

## Sapperton

The chart below summarizes select indicators of health and well-being. Results for Sapperton are compared to New Westminster overall as well as the Metro Vancouver region.

### Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ New Westminster Average

Metro Vancouver Average  
Worst | Best

DOMAIN	Indicator	Sapperton (%) n = 182	New Westminster (%) n = 1,085	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)	
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	11.3	15.6	16.2	4.9		39.8	
	Education level high school or less	26.5	36.6	38.0	58.5		8.9	
	Household income under \$40,000	18.0	31.5	31.7	75.6		6.9	
	Currently employed	80.1	66.8	64.7	39.4		90.5	
<b>HEALTH STATUS</b>	General health (excellent/very good)	48.1	46.0	48.5	34.3		73.1	
	Mental health (excellent/very good)	61.9	57.1	56.5	39.8		79.9	
	Obesity (BMI 30+)	34.0	26.8	21.7	39.7		6.6	
	Diabetes	s	10.8	7.7	19.1			2.9
	High blood pressure	15.4	19.2	17.9	29.2		8.0	
	Chronic breathing condition	10.2	7.9	7.2	13.3		3.7	
	Arthritis	21.2	13.6	13.1	27.6		4.6	
	Mood or anxiety disorder	23.1	20.7	16.3	28.8		7.2	
	Multiple chronic conditions	s	8.9	7.9	16.3			2.6
<b>LIFESTYLE</b>	Binge drinking (1+ times/month)	22.3	24.8	20.7	39.1		9.5	
	Smoker (daily/occasional)	6.6	14.5	10.6	29.5		3.0	
	Physical activity (150+ minutes/week)	50.4	44.7	44.1	26.9		62.1	
	5+ servings of fruits and vegetables (/day)	30.3	24.3	24.9	12.9		40.8	
	Stress (extremely/quite stressed)	22.8	18.0	17.8	29.1		9.0	
	Screen time (2+ hours/day)	48.0	52.1	47.8	59.7		32.4	
	High physical wellness score (10-16)	52.1	39.4	37.7	21.1		52.1	
<b>PRIMARY CARE ACCESS</b>	Family doctor access	89.6	78.5	83.1	60.2		99.2	
	Visited health care professional (past 12 months)	88.3	81.5	80.4	63.9		90.1	
	<i>Visited physician with appointment</i>	74.0	71.8	75.0	60.8		91.6	
	<i>Visited walk-in clinic without appointment</i>	19.0	18.4	16.5	30.7		4.5	
<b>BUILT ENVIRONMENT</b>	Commute - car	51.2	47.5	55.1	92.0		10.7	
	Commute - public transit	23.9	34.5	28.2	5.9		53.9	
	Commute - walk or cycle	21.3	16.5	13.7	4.7		52.3	
	Commute time (one way 30+ minutes)	57.9	57.9	56.0	81.3		38.8	
	Primary mode to run errands - walk or cycle	19.1	24.9	19.8	4.2		77.4	
	Second hand smoke exposure (public places)	21.1	32.2	26.6	43.7		7.9	
	Sidewalks well maintained (strongly/somewhat agree)	85.7	77.1	75.5	4.9		90.9	
	Amenities within walking/cycling distance (strongly/somewhat agree)	75.2	82.3	69.5	10.1		96.7	
<b>COMMUNITY RESILIENCY</b>	Transit stop (less than 5 minute walk)	87.9	91.3	84.0	37.5		97.5	
	Emergency supplies (3+ days)	26.6	27.8	26.7	16.6		46.6	
	Food secure (enough to eat)	97.4	89.8	93.0	74.4		100.0	
	Community belonging (strong/somewhat strong)	57.7	60.4	55.9	29.0		82.6	
	4+ people to confide in/turn to for help	44.8	43.4	45.0	26.8		60.6	

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed.

For indicator definitions, please refer to Technical Notes at [www.myhealthmycommunity.org/Results/TechnicalNotes](http://www.myhealthmycommunity.org/Results/TechnicalNotes)

