

Sea Island & Thompson

The chart below summarizes select indicators of health and well-being. Results for Sea Island & Thompson are compared to Richmond overall as well as the Metro Vancouver region.

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Richmond Average



DOMAIN	Indicator	Sea Island & Thompson (%) n = 247	Richmond (%) n = 2,875	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	12.8	17.0	16.2	4.9		39.8
	Education level high school or less	30.3	39.2	38.0	58.5		8.9
	Household income under \$40,000	38.1	38.5	31.7	75.6		6.9
	Currently employed	60.0	56.0	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	45.4	41.5	48.5	34.3		73.1
	Mental health (excellent/very good)	58.1	52.4	56.5	39.8		79.9
	Obesity (BMI 30+)	6.6	16.9	21.7	39.7		6.6
	Diabetes	s	8.4	7.7	19.1		2.9
	High blood pressure	15.7	20.2	17.9	29.2		8.0
	Chronic breathing condition	s	6.2	7.2	13.3		3.7
	Arthritis	12.2	12.1	13.1	27.6		4.6
	Mood or anxiety disorder	7.2	11.3	16.3	28.8		7.2
Multiple chronic conditions	7.2	8.6	7.9	16.3		2.6	
LIFESTYLE	Binge drinking (1+ times/month)	15.5	15.0	20.7	39.1		9.5
	Smoker (daily/occasional)	s	7.8	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	38.6	37.5	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	26.4	20.9	24.9	12.9		40.8
	Stress (extremely/quite stressed)	15.4	13.9	17.8	29.1		9.0
	Screen time (2+ hours/day)	40.3	49.4	47.8	59.7		32.4
	High physical wellness score (10-16)	41.0	36.8	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	90.2	87.1	83.1	60.2		99.2
	Visited health care professional (past 12 months)	82.8	79.8	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	84.8	82.9	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	10.6	10.2	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	70.3	64.0	55.1	92.0		10.7
	Commute - public transit	14.4	22.4	28.2	5.9		53.9
	Commute - walk or cycle	13.4	10.3	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	40.7	49.7	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	6.4	11.7	19.8	4.2		77.4
	Second hand smoke exposure (public places)	24.7	26.1	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	73.0	76.1	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	52.9	68.5	69.5	10.1		96.7
Transit stop (less than 5 minute walk)	78.0	80.9	84.0	37.5		97.5	
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	33.7	29.6	26.7	16.6		46.6
	Food secure (enough to eat)	96.5	93.7	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	63.2	56.2	55.9	29.0		82.6
	4+ people to confide in/turn to for help	48.1	41.4	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

