

Shaughnessy, Arbutus-Ridge & Kerrisdale

The chart below summarizes select indicators of health and well-being. Results for Shaughnessy, Arbutus-Ridge & Kerrisdale are compared to Vancouver overall as well as the Metro Vancouver region.

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Vancouver Average



DOMAIN	Indicator	Shaughnessy, Arbutus-Ridge & Kerrisdale (%) n = 408	Vancouver (%) n = 9,995	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	19.9	15.4	16.2	4.9		39.8
	Education level high school or less	23.1	34.4	38.0	58.5		8.9
	Household income under \$40,000	24.6	38.2	31.7	75.6		6.9
	Currently employed	63.7	64.5	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	55.9	50.0	48.5	34.3		73.1
	Mental health (excellent/very good)	55.2	52.2	56.5	39.8		79.9
	Obesity (BMI 30+)	14.9	15.2	21.7	39.7		6.6
	Diabetes	5.0	6.5	7.7	19.1		2.9
	High blood pressure	18.6	14.5	17.9	29.2		8.0
	Chronic breathing condition	7.2	7.7	7.2	13.3		3.7
	Arthritis	7.9	11.6	13.1	27.6		4.6
	Mood or anxiety disorder	17.4	18.5	16.3	28.8		7.2
	Multiple chronic conditions	4.1	6.3	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	16.8	25.7	20.7	39.1		9.5
	Smoker (daily/occasional)	4.9	12.1	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	47.2	45.9	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	29.3	28.0	24.9	12.9		40.8
	Stress (extremely/quite stressed)	19.1	17.1	17.8	29.1		9.0
	Screen time (2+ hours/day)	49.0	49.1	47.8	59.7		32.4
	High physical wellness score (10-16)	44.8	40.9	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	84.4	76.8	83.1	60.2		99.2
	Visited health care professional (past 12 months)	81.9	81.2	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	76.8	69.6	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	14.5	19.4	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	51.0	32.7	55.1	92.0		10.7
	Commute - public transit	31.7	38.9	28.2	5.9		53.9
	Commute - walk or cycle	14.9	25.7	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	48.2	52.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	18.5	38.1	19.8	4.2		77.4
	Second hand smoke exposure (public places)	25.4	32.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	83.8	79.8	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	80.3	81.4	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	89.8	91.5	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	29.2	24.1	26.7	16.6		46.6
	Food secure (enough to eat)	94.0	91.5	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	47.5	53.8	55.9	29.0		82.6
	4+ people to confide in/turn to for help	51.0	49.5	45.0	26.8		60.6

For indicator definitions, please refer to Technical Notes at www.myhealthmycommunity.org/Results/TechnicalNotes

