

## Strathcona

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

### Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Vancouver Average



DOMAIN	Indicator	Strathcona (%) n = 306	Vancouver (%) n = 9,995	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	25.6	15.4	16.2	4.9		39.8
	Education level high school or less	58.5	34.4	38.0	58.5		8.9
	Household income under \$40,000	75.6	38.2	31.7	75.6		6.9
	Currently employed	39.4	64.5	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	34.5	50.0	48.5	34.3		73.1
	Mental health (excellent/very good)	39.8	52.2	56.5	39.8		79.9
	Obesity (BMI 30+)	21.7	15.2	21.7	39.7		6.6
	Diabetes	17.0	6.5	7.7	19.1		2.9
	High blood pressure	25.7	14.5	17.9	29.2		8.0
	Chronic breathing condition	13.3	7.7	7.2	13.3		3.7
	Arthritis	24.6	11.6	13.1	27.6		4.6
	Mood or anxiety disorder	25.7	18.5	16.3	28.8		7.2
<b>LIFESTYLE</b>	Multiple chronic conditions	15.8	6.3	7.9	16.3		2.6
	Binge drinking (1+ times/month)	24.0	25.7	20.7	39.1		9.5
	Smoker (daily/occasional)	29.5	12.1	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	40.8	45.9	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	18.5	28.0	24.9	12.9		40.8
	Stress (extremely/quite stressed)	22.2	17.1	17.8	29.1		9.0
	Screen time (2+ hours/day)	45.5	49.1	47.8	59.7		32.4
<b>PRIMARY CARE ACCESS</b>	High physical wellness score (10-16)	32.7	40.9	37.7	21.1		52.1
	Family doctor access	78.5	76.8	83.1	60.2		99.2
	Visited health care professional (past 12 months)	84.9	81.2	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	65.1	69.6	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>	16.3	19.4	16.5	30.7		4.5	
<b>BUILT ENVIRONMENT</b>	Commute - car	10.7	32.7	55.1	92.0		10.7
	Commute - public transit	41.1	38.9	28.2	5.9		53.9
	Commute - walk or cycle	45.0	25.7	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	56.1	52.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	39.6	38.1	19.8	4.2		77.4
	Second hand smoke exposure (public places)	43.7	32.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	62.6	79.8	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	72.8	81.4	69.5	10.1		96.7
<b>COMMUNITY RESILIENCY</b>	Transit stop (less than 5 minute walk)	93.0	91.5	84.0	37.5		97.5
	Emergency supplies (3+ days)	19.0	24.1	26.7	16.6		46.6
	Food secure (enough to eat)	74.4	91.5	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	58.0	53.8	55.9	29.0		82.6
4+ people to confide in/turn to for help	42.3	49.5	45.0	26.8		60.6	

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

