

## Sunshine Hills

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

### Compared to Metro Vancouver

● Better   ● Similar   ● Worse   ◆ Delta Average



| DOMAIN  | Indicator   | Sunshine Hills (%)<br>n = 126 | Delta (%)<br>n = 1,228 | Metro Vancouver (%)<br>n = 28,128 | Metro Vancouver Worst (%) | Summary Chart | Metro Vancouver Best (%) |
|---|---|-------------------------------|------------------------|-----------------------------------|---------------------------|---------------|--------------------------|
| <b>SOCIO-ECONOMIC</b>                             | Seniors aged 65+ years  | 8.4                           | 19.2                   | 16.2                              | 4.9                       |               | 39.8                     |
|   | Education level high school or less                                 | 26.3                          | 41.9                   | 38.0                              | 58.5                      |               | 8.9                      |
|   | Household income under \$40,000                                     | 14.1                          | 21.6                   | 31.7                              | 75.6                      |               | 6.9                      |
|   | Currently employed  | 72.5                          | 62.0                   | 64.7                              | 39.4                      |               | 90.5                     |
| <b>HEALTH STATUS</b>                              | General health (excellent/very good)                                | 52.5                          | 51.0                   | 48.5                              | 34.3                      |               | 73.1                     |
|   | Mental health (excellent/very good)                                 | 57.2                          | 61.6                   | 56.5                              | 39.8                      |               | 79.9                     |
|   | Obesity (BMI 30+)   | 20.3                          | 26.6                   | 21.7                              | 39.7                      |               | 6.6                      |
|   | Diabetes  | 8.2                           | 9.8                    | 7.7                               | 19.1                      |               | 2.9                      |
|   | High blood pressure   | 10.0                          | 21.0                   | 17.9                              | 29.2                      |               | 8.0                      |
|   | Chronic breathing condition   | s                             | 7.4                    | 7.2                               | 13.3                      |               | 3.7                      |
|   | Arthritis   | 16.3                          | 16.7                   | 13.1                              | 27.6                      |               | 4.6                      |
|   | Mood or anxiety disorder  | 14.9                          | 15.5                   | 16.3                              | 28.8                      |               | 7.2                      |
|   | Multiple chronic conditions   | s                             | 10.7                   | 7.9                               | 16.3                      |               | 2.6                      |
| <b>LIFESTYLE</b>                                  | Binge drinking (1+ times/month)                                     | 18.2                          | 19.8                   | 20.7                              | 39.1                      |               | 9.5                      |
|   | Smoker (daily/occasional)   | s                             | 8.7                    | 10.6                              | 29.5                      |               | 3.0                      |
|   | Physical activity (150+ minutes/week)                               | 46.1                          | 46.0                   | 44.1                              | 26.9                      |               | 62.1                     |
|   | 5+ servings of fruits and vegetables (/day)                         | 25.5                          | 25.0                   | 24.9                              | 12.9                      |               | 40.8                     |
|   | Stress (extremely/quite stressed)                                   | 19.9                          | 17.9                   | 17.8                              | 29.1                      |               | 9.0                      |
|   | Screen time (2+ hours/day)  | 43.9                          | 44.7                   | 47.8                              | 59.7                      |               | 32.4                     |
|   | High physical wellness score (10-16)                                | 32.6                          | 34.6                   | 37.7                              | 21.1                      |               | 52.1                     |
|   | <b>PRIMARY CARE ACCESS</b>  | Family doctor access          | 94.4                   | 90.7                              | 83.1                      | 60.2          |                          |
| Visited health care professional (past 12 months) |   | 90.1                          | 84.4                   | 80.4                              | 63.9                      |               | 90.1                     |
| <i>Visited physician with appointment</i>         |   | 88.7                          | 85.6                   | 75.0                              | 60.8                      |               | 91.6                     |
| <i>Visited walk-in clinic without appointment</i> |   | s                             | 9.8                    | 16.5                              | 30.7                      |               | 4.5                      |
| <b>BUILT ENVIRONMENT</b>                          | Commute - car   | 75.1                          | 71.5                   | 55.1                              | 92.0                      |               | 10.7                     |
|   | Commute - public transit  | s                             | 16.1                   | 28.2                              | 5.9                       |               | 53.9                     |
|   | Commute - walk or cycle   | s                             | 8.4                    | 13.7                              | 4.7                       |               | 52.3                     |
|   | Commute time (one way 30+ minutes)                                  | 68.2                          | 55.8                   | 56.0                              | 81.3                      |               | 38.8                     |
|   | Primary mode to run errands - walk or cycle                         | s                             | 11.5                   | 19.8                              | 4.2                       |               | 77.4                     |
|   | Second hand smoke exposure (public places)                          | 19.0                          | 19.0                   | 26.6                              | 43.7                      |               | 7.9                      |
|   | Sidewalks well maintained (strongly/somewhat agree)                 | 81.4                          | 69.9                   | 75.5                              | 4.9                       |               | 90.9                     |
|   | Amenities within walking/cycling distance (strongly/somewhat agree) | 64.8                          | 65.8                   | 69.5                              | 10.1                      |               | 96.7                     |
|   | Transit stop (less than 5 minute walk)                              | 56.4                          | 77.9                   | 84.0                              | 37.5                      |               | 97.5                     |
| <b>COMMUNITY RESILIENCY</b>                       | Emergency supplies (3+ days)  | 46.3                          | 32.0                   | 26.7                              | 16.6                      |               | 46.6                     |
|   | Food secure (enough to eat)   | 99.2                          | 96.4                   | 93.0                              | 74.4                      |               | 100.0                    |
|   | Community belonging (strong/somewhat strong)                        | 68.5                          | 69.4                   | 55.9                              | 29.0                      |               | 82.6                     |
|   | 4+ people to confide in/turn to for help                            | 47.3                          | 45.5                   | 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)

