

Surrey Central

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Surrey Average



DOMAIN	Indicator	Surrey Central (%) n = 283	Surrey (%) n = 3,683	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	4.9	15.7	16.2	4.9		39.8
	Education level high school or less	39.9	47.5	38.0	58.5		8.9
	Household income under \$40,000	41.7	33.4	31.7	75.6		6.9
	Currently employed	66.1	64.1	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	34.3	45.5	48.5	34.3		73.1
	Mental health (excellent/very good)	55.1	59.6	56.5	39.8		79.9
	Obesity (BMI 30+)	30.6	28.1	21.7	39.7		6.6
	Diabetes	10.6	11.5	7.7	19.1		2.9
	High blood pressure	20.8	20.6	17.9	29.2		8.0
	Chronic breathing condition	9.4	6.7	7.2	13.3		3.7
	Arthritis	14.0	13.8	13.1	27.6		4.6
	Mood or anxiety disorder	20.4	15.2	16.3	28.8		7.2
LIFESTYLE	Multiple chronic conditions	12.3	10.3	7.9	16.3		2.6
	Binge drinking (1+ times/month)	17.5	17.2	20.7	39.1		9.5
	Smoker (daily/occasional)	15.7	11.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	35.8	41.3	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	19.6	20.5	24.9	12.9		40.8
	Stress (extremely/quite stressed)	28.7	18.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	53.6	45.6	47.8	59.7		32.4
PRIMARY CARE ACCESS	High physical wellness score (10-16)	39.5	35.3	37.7	21.1		52.1
	Family doctor access	79.0	84.7	83.1	60.2		99.2
	Visited health care professional (past 12 months)	76.9	80.1	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	73.1	73.9	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>	16.3	18.3	16.5	30.7		4.5	
BUILT ENVIRONMENT	Commute - car	36.4	65.5	55.1	92.0		10.7
	Commute - public transit	45.3	23.7	28.2	5.9		53.9
	Commute - walk or cycle	16.3	6.9	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	63.4	58.0	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	22.3	11.5	19.8	4.2		77.4
	Second hand smoke exposure (public places)	39.2	25.8	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	63.3	72.4	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	81.3	63.8	69.5	10.1		96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	83.5	77.8	84.0	37.5		97.5
	Emergency supplies (3+ days)	21.3	25.0	26.7	16.6		46.6
	Food secure (enough to eat)	90.6	92.6	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	29.0	53.6	55.9	29.0		82.6
4+ people to confide in/turn to for help	34.0	40.9	45.0	26.8		60.6	

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

