

## Tsawwassen

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

### Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Delta Average



DOMAIN	Indicator	Tsawwassen (%) n = 217	Delta (%) n = 1,228	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	27.5	19.2	16.2	4.9		39.8
	Education level high school or less	28.2	41.9	38.0	58.5		8.9
	Household income under \$40,000	13.3	21.6	31.7	75.6		6.9
	Currently employed	68.0	62.0	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	67.5	51.0	48.5	34.3		73.1
	Mental health (excellent/very good)	67.9	61.6	56.5	39.8		79.9
	Obesity (BMI 30+)	27.4	26.6	21.7	39.7		6.6
	Diabetes	s	9.8	7.7	19.1		2.9
	High blood pressure	23.7	21.0	17.9	29.2		8.0
	Chronic breathing condition	7.1	7.4	7.2	13.3		3.7
	Arthritis	25.0	16.7	13.1	27.6		4.6
	Mood or anxiety disorder	18.1	15.5	16.3	28.8		7.2
	Multiple chronic conditions	10.1	10.7	7.9	16.3		2.6
<b>LIFESTYLE</b>	Binge drinking (1+ times/month)	26.0	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)	49.9	46.0	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	30.3	25.0	24.9	12.9		40.8
	Stress (extremely/quite stressed)	21.6	17.9	17.8	29.1		9.0
	Screen time (2+ hours/day)	43.4	44.7	47.8	59.7		32.4
	High physical wellness score (10-16)	35.9	34.6	37.7	21.1		52.1
<b>PRIMARY CARE ACCESS</b>	Family doctor access	94.6	90.7	83.1	60.2		99.2
	Visited health care professional (past 12 months)	85.2	84.4	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	89.7	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	81.7	71.5	55.1	92.0		10.7
	Commute - public transit	10.6	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)	64.5	55.8	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	15.7	11.5	19.8	4.2		77.4
	Second hand smoke exposure (public places)	7.9	19.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	71.3	69.9	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	68.7	65.8	69.5	10.1		96.7
<b>COMMUNITY RESILIENCY</b>	Transit stop (less than 5 minute walk)	73.9	77.9	84.0	37.5		97.5
	Emergency supplies (3+ days)	29.3	32.0	26.7	16.6		46.6
	Food secure (enough to eat)	95.7	96.4	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	72.6	69.4	55.9	29.0		82.6
	4+ people to confide in/turn to for help	46.0	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)

