

## Uptown New Westminster

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

### Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ New Westminster Average



DOMAIN	Indicator	Uptown New Westminster (%) n = 266	New Westminster (%) n = 1,085	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	19.5	15.6	16.2	4.9		39.8
	Education level high school or less	36.1	36.6	38.0	58.5		8.9
	Household income under \$40,000	42.1	31.5	31.7	75.6		6.9
	Currently employed	66.0	66.8	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	38.6	46.0	48.5	34.3		73.1
	Mental health (excellent/very good)	55.9	57.1	56.5	39.8		79.9
	Obesity (BMI 30+)	31.1	26.8	21.7	39.7		6.6
	Diabetes	13.6	10.8	7.7	19.1		2.9
	High blood pressure	25.5	19.2	17.9	29.2		8.0
	Chronic breathing condition	3.9	7.9	7.2	13.3		3.7
	Arthritis	15.4	13.6	13.1	27.6		4.6
	Mood or anxiety disorder	20.8	20.7	16.3	28.8		7.2
	Multiple chronic conditions	11.5	8.9	7.9	16.3		2.6
<b>LIFESTYLE</b>	Binge drinking (1+ times/month)	24.3	24.8	20.7	39.1		9.5
	Smoker (daily/occasional)	11.7	14.5	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	37.5	44.7	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	27.9	24.3	24.9	12.9		40.8
	Stress (extremely/quite stressed)	14.4	18.0	17.8	29.1		9.0
	Screen time (2+ hours/day)	59.7	52.1	47.8	59.7		32.4
	High physical wellness score (10-16)	39.2	39.4	37.7	21.1		52.1
<b>PRIMARY CARE ACCESS</b>	Family doctor access	79.2	78.5	83.1	60.2		99.2
	Visited health care professional (past 12 months)	78.9	81.5	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	75.6	71.8	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	19.7	18.4	16.5	30.7		4.5
<b>BUILT ENVIRONMENT</b>	Commute - car	44.1	47.5	55.1	92.0		10.7
	Commute - public transit	32.8	34.5	28.2	5.9		53.9
	Commute - walk or cycle	21.9	16.5	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	57.6	57.9	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	35.2	24.9	19.8	4.2		77.4
	Second hand smoke exposure (public places)	34.5	32.2	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	71.2	77.1	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	85.6	82.3	69.5	10.1		96.7
<b>COMMUNITY RESILIENCY</b>	Transit stop (less than 5 minute walk)	91.9	91.3	84.0	37.5		97.5
	Emergency supplies (3+ days)	25.8	27.8	26.7	16.6		46.6
	Food secure (enough to eat)	90.7	89.8	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	62.3	60.4	55.9	29.0		82.6
	4+ people to confide in/turn to for help	41.7	43.4	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)

