

Westwood Plateau

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Coquitlam Average



DOMAIN	Indicator	Westwood Plateau (%) n = 108	Coquitlam (%) n = 993	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	s	14.1	16.2	4.9		39.8
	Education level high school or less	20.3	34.6	38.0	58.5		8.9
	Household income under \$40,000	s	20.9	31.7	75.6		6.9
	Currently employed	71.7	70.8	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	39.0	52.1	48.5	34.3		73.1
	Mental health (excellent/very good)	60.3	59.2	56.5	39.8		79.9
	Obesity (BMI 30+)	19.5	21.0	21.7	39.7		6.6
	Diabetes	s	6.0	7.7	19.1		2.9
	High blood pressure	s	14.9	17.9	29.2		8.0
	Chronic breathing condition	s	6.1	7.2	13.3		3.7
	Arthritis	10.0	10.7	13.1	27.6		4.6
	Mood or anxiety disorder	12.9	13.9	16.3	28.8		7.2
	Multiple chronic conditions	s	6.2	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	24.0	20.3	20.7	39.1		9.5
	Smoker (daily/occasional)	s	11.7	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	38.3	38.2	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	30.3	24.2	24.9	12.9		40.8
	Stress (extremely/quite stressed)	21.8	19.5	17.8	29.1		9.0
	Screen time (2+ hours/day)	46.5	48.4	47.8	59.7		32.4
	High physical wellness score (10-16)	34.8	31.6	37.7	21.1		52.1
	PRIMARY CARE ACCESS	Family doctor access	81.3	85.4	83.1	60.2	
Visited health care professional (past 12 months)		79.4	77.1	80.4	63.9		90.1
<i>Visited physician with appointment</i>		72.0	76.7	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>		19.6	16.3	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	68.9	67.6	55.1	92.0		10.7
	Commute - public transit	22.3	24.8	28.2	5.9		53.9
	Commute - walk or cycle	s	5.6	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	81.3	66.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	5.9	19.8	4.2		77.4
	Second hand smoke exposure (public places)	25.6	25.3	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	87.5	76.6	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	41.4	58.8	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	90.5	83.8	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	16.6	24.6	26.7	16.6		46.6
	Food secure (enough to eat)	95.2	95.4	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	55.3	53.0	55.9	29.0		82.6
	4+ people to confide in/turn to for help	45.6	45.1	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

