

## Whalley

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

### Compared to Metro Vancouver

● Better   ● Similar   ● Worse   ◆ Surrey Average



DOMAIN	Indicator	Whalley (%) n = 313	Surrey (%) n = 3,683	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	7.3	15.7	16.2	4.9		39.8
	Education level high school or less	54.3	47.5	38.0	58.5		8.9
	Household income under \$40,000	40.1	33.4	31.7	75.6		6.9
	Currently employed	59.7	64.1	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	44.7	45.5	48.5	34.3		73.1
	Mental health (excellent/very good)	51.2	59.6	56.5	39.8		79.9
	Obesity (BMI 30+)	24.3	28.1	21.7	39.7		6.6
	Diabetes	8.9	11.5	7.7	19.1		2.9
	High blood pressure	17.5	20.6	17.9	29.2		8.0
	Chronic breathing condition	6.6	6.7	7.2	13.3		3.7
	Arthritis	12.1	13.8	13.1	27.6		4.6
	Mood or anxiety disorder	20.3	15.2	16.3	28.8		7.2
<b>LIFESTYLE</b>	Multiple chronic conditions	8.0	10.3	7.9	16.3		2.6
	Binge drinking (1+ times/month)	21.4	17.2	20.7	39.1		9.5
	Smoker (daily/occasional)	20.4	11.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	41.0	41.3	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	18.6	20.5	24.9	12.9		40.8
	Stress (extremely/quite stressed)	25.4	18.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	38.8	45.6	47.8	59.7		32.4
<b>PRIMARY CARE ACCESS</b>	High physical wellness score (10-16)	31.5	35.3	37.7	21.1		52.1
	Family doctor access	86.5	84.7	83.1	60.2		99.2
	Visited health care professional (past 12 months)	78.1	80.1	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	72.2	73.9	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>	20.2	18.3	16.5	30.7		4.5	
<b>BUILT ENVIRONMENT</b>	Commute - car	56.2	65.5	55.1	92.0		10.7
	Commute - public transit	29.3	23.7	28.2	5.9		53.9
	Commute - walk or cycle	11.2	6.9	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	51.1	58.0	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	12.9	11.5	19.8	4.2		77.4
	Second hand smoke exposure (public places)	32.9	25.8	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	60.5	72.4	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	53.1	63.8	69.5	10.1		96.7
<b>COMMUNITY RESILIENCY</b>	Transit stop (less than 5 minute walk)	83.6	77.8	84.0	37.5		97.5
	Emergency supplies (3+ days)	20.6	25.0	26.7	16.6		46.6
	Food secure (enough to eat)	86.0	92.6	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	46.6	53.6	55.9	29.0		82.6
4+ people to confide in/turn to for help	37.7	40.9	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)

