

## Aldergrove & Rural Langley

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

### Compared to Metro Vancouver

● Better   ● Similar   ● Worse   ◆ Langley Average



DOMAIN	Indicator	Aldergrove/Rural Langley (%) n = 248	Langley Township (%) n = 982	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	12.2	16.3	16.2	4.9		39.8
	Education level high school or less	41.9	41.6	38.0	58.5		8.9
	Household income under \$40,000	29.2	18.1	31.7	75.6		6.9
	Currently employed	74.4	70.4	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	46.4	50.1	48.5	34.3		73.1
	Mental health (excellent/very good)	60.6	62.7	56.5	39.8		79.9
	Obesity (BMI 30+)	30.8	29.0	21.7	39.7		6.6
	Diabetes	s	6.3	7.7	19.1		2.9
	High blood pressure	18.6	14.4	17.9	29.2		8.0
	Chronic breathing condition	s	8.4	7.2	13.3		3.7
	Arthritis	9.4	13.7	13.1	27.6		4.6
	Mood or anxiety disorder	17.2	15.1	16.3	28.8		7.2
	Multiple chronic conditions	s	8.5	7.9	16.3		2.6
<b>LIFESTYLE</b>	Binge drinking (1+ times/month)	20.1	20.1	20.7	39.1		9.5
	Smoker (daily/occasional)	s	8.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	47.8	48.8	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	22.6	26.5	24.9	12.9		40.8
	Stress (extremely/quite stressed)	22.5	18.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	44.0	42.7	47.8	59.7		32.4
	High physical wellness score (10-16)	33.5	35.2	37.7	21.1		52.1
<b>PRIMARY CARE ACCESS</b>	Family doctor access	85.9	87.0	83.1	60.2		99.2
	Visited health care professional (past 12 months)	76.5	78.4	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	73.8	75.1	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	s	16.2	16.5	30.7		4.5
<b>BUILT ENVIRONMENT</b>	Commute - car	85.9	80.7	55.1	92.0		10.7
	Commute - public transit	s	8.1	28.2	5.9		53.9
	Commute - walk or cycle	s	7.2	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	48.9	52.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	6.6	19.8	4.2		77.4
	Second hand smoke exposure (public places)	8.1	14.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	46.0	67.4	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	45.8	61.7	69.5	10.1		96.7
<b>COMMUNITY RESILIENCY</b>	Transit stop (less than 5 minute walk)	47.1	68.4	84.0	37.5		97.5
	Emergency supplies (3+ days)	32.2	27.1	26.7	16.6		46.6
	Food secure (enough to eat)	87.6	93.1	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	40.5	56.8	55.9	29.0		82.6
	4+ people to confide in/turn to for help	46.4	47.8	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)

