

Blundell

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Richmond Average



DOMAIN	Indicator	Blundell (%) n = 278	Richmond (%) n = 2,875	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	16.3	17.0	16.2	4.9		39.8
	Education level high school or less	39.8	39.2	38.0	58.5		8.9
	Household income under \$40,000	37.7	38.5	31.7	75.6		6.9
	Currently employed	51.0	56.0	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	42.2	41.5	48.5	34.3		73.1
	Mental health (excellent/very good)	59.1	52.4	56.5	39.8		79.9
	Obesity (BMI 30+)	21.8	16.9	21.7	39.7		6.6
	Diabetes	12.7	8.4	7.7	19.1		2.9
	High blood pressure	15.5	20.2	17.9	29.2		8.0
	Chronic breathing condition	7.2	6.2	7.2	13.3		3.7
	Arthritis	9.5	12.1	13.1	27.6		4.6
	Mood or anxiety disorder	9.8	11.3	16.3	28.8		7.2
Multiple chronic conditions	7.8	8.6	7.9	16.3		2.6	
LIFESTYLE	Binge drinking (1+ times/month)	9.6	15.0	20.7	39.1		9.5
	Smoker (daily/occasional)	s	7.8	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	38.0	37.5	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	20.3	20.9	24.9	12.9		40.8
	Stress (extremely/quite stressed)	16.0	13.9	17.8	29.1		9.0
	Screen time (2+ hours/day)	52.6	49.4	47.8	59.7		32.4
	High physical wellness score (10-16)	36.6	36.8	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	88.8	87.1	83.1	60.2		99.2
	Visited health care professional (past 12 months)	76.5	79.8	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	85.5	82.9	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	6.4	10.2	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	63.3	64.0	55.1	92.0		10.7
	Commute - public transit	17.2	22.4	28.2	5.9		53.9
	Commute - walk or cycle	13.1	10.3	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	45.6	49.7	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	9.3	11.7	19.8	4.2		77.4
	Second hand smoke exposure (public places)	29.7	26.1	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	78.0	76.1	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	68.0	68.5	69.5	10.1		96.7
Transit stop (less than 5 minute walk)	81.0	80.9	84.0	37.5		97.5	
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	33.3	29.6	26.7	16.6		46.6
	Food secure (enough to eat)	96.0	93.7	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	50.4	56.2	55.9	29.0		82.6
	4+ people to confide in/turn to for help	40.4	41.4	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

