

Bowen Island

The chart below summarizes select indicators of health and well-being. Results for Bowen Island are compared to the Metro Vancouver region.

Compared to Metro Vancouver
● Better ● Similar ● Worse



DOMAIN	Indicator	Bowen Island (%) n = 412	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	17.6	16.2	4.9		39.8
	Education level high school or less	27.4	38.0	58.5		8.9
	Household income under \$40,000	23.5	31.7	75.6		6.9
	Currently employed	71.6	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	54.8	48.5	34.3		73.1
	Mental health (excellent/very good)	62.4	56.5	39.8		79.9
	Obesity (BMI 30+)	22.8	21.7	39.7		6.6
	Diabetes	6.1	7.7	19.1		2.9
	High blood pressure	20.1	17.9	29.2		8.0
	Chronic breathing condition	10.1	7.2	13.3		3.7
	Arthritis	14.7	13.1	27.6		4.6
	Mood or anxiety disorder	17.2	16.3	28.8		7.2
	Multiple chronic conditions	6.9	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	28.4	20.7	39.1		9.5
	Smoker (daily/occasional)	11.1	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	57.3	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	37.1	24.9	12.9		40.8
	Stress (extremely/quite stressed)	16.3	17.8	29.1		9.0
	Screen time (2+ hours/day)	38.1	47.8	59.7		32.4
	High physical wellness score (10-16)	42.8	37.7	21.1		52.1
	PRIMARY CARE ACCESS	Family doctor access	85.0	83.1	60.2	
Visited health care professional (past 12 months)		83.4	80.4	63.9		90.1
<i>Visited physician with appointment</i>		82.7	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>		s	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	69.6	55.1	92.0		10.7
	Commute - public transit	12.3	28.2	5.9		53.9
	Commute - walk or cycle	15.8	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	48.4	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	8.1	19.8	4.2		77.4
	Second hand smoke exposure (public places)	8.8	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	4.9	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	32.9	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	68.7	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	44.4	26.7	16.6		46.6
	Food secure (enough to eat)	98.5	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	82.2	55.9	29.0		82.6
	4+ people to confide in/turn to for help	50.1	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

