



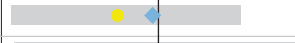




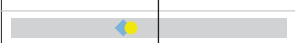














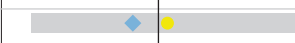
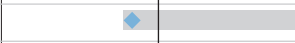
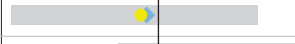




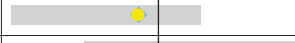







Cedar Hills & Royal Heights

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Surrey Average



DOMAIN	Indicator	Cedar Hills & Royal Heights (%) n = 155	Surrey (%) n = 3,683	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	s	15.7	16.2	4.9		39.8
	Education level high school or less	53.5	47.5	38.0	58.5		8.9
	Household income under \$40,000	43.9	33.4	31.7	75.6		6.9
	Currently employed	70.8	64.1	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	44.8	45.5	48.5	34.3		73.1
	Mental health (excellent/very good)	57.0	59.6	56.5	39.8		79.9
	Obesity (BMI 30+)	20.7	28.1	21.7	39.7		6.6
	Diabetes	16.4	11.5	7.7	19.1		2.9
	High blood pressure	20.0	20.6	17.9	29.2		8.0
	Chronic breathing condition	s	6.7	7.2	13.3		3.7
	Arthritis	s	13.8	13.1	27.6		4.6
	Mood or anxiety disorder	12.8	15.2	16.3	28.8		7.2
LIFESTYLE	Multiple chronic conditions	16.3	10.3	7.9	16.3		2.6
	Binge drinking (1+ times/month)	13.8	17.2	20.7	39.1		9.5
	Smoker (daily/occasional)	15.5	11.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	38.3	41.3	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	23.9	20.5	24.9	12.9		40.8
	Stress (extremely/quite stressed)	23.2	18.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	44.7	45.6	47.8	59.7		32.4
PRIMARY CARE ACCESS	High physical wellness score (10-16)	37.4	35.3	37.7	21.1		52.1
	Family doctor access	81.4	84.7	83.1	60.2		99.2
	Visited health care professional (past 12 months)	87.0	80.1	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	62.4	73.9	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>	23.6	18.3	16.5	30.7		4.5	
BUILT ENVIRONMENT	Commute - car	57.4	65.5	55.1	92.0		10.7
	Commute - public transit	29.8	23.7	28.2	5.9		53.9
	Commute - walk or cycle	s	6.9	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	59.0	58.0	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	11.5	19.8	4.2		77.4
	Second hand smoke exposure (public places)	31.0	25.8	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	47.5	72.4	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	53.5	63.8	69.5	10.1		96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	77.6	77.8	84.0	37.5		97.5
	Emergency supplies (3+ days)	17.2	25.0	26.7	16.6		46.6
	Food secure (enough to eat)	89.8	92.6	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	50.2	53.6	55.9	29.0		82.6
4+ people to confide in/turn to for help	26.8	40.9	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

