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

Metro Vancouver Average

Worst — Best

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
	Multiple chronic conditions	16.3	10.3	7.9	16.3		2.6
LIFESTYLE	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
	High physical wellness score (10-16)	37.4	35.3	37.7	21.1		52.1
PRIMARY CARE ACCESS	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
	Visited physician with appointment	62.4	73.9	75.0	60.8		91.6
	Visited walk-in clinic without appointment	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
	Transit stop (less than 5 minute walk)	77.6	77.8	84.0	37.5		97.5
COMMUNITY RESILIENCY	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