

Citadel Heights

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Port Coquitlam Average



DOMAIN	Indicator	Citadel Heights (%) n = 94	Port Coquitlam (%) n = 624	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	s	11.9	16.2	4.9		39.8
	Education level high school or less	25.8	39.8	38.0	58.5		8.9
	Household income under \$40,000	s	14.8	31.7	75.6		6.9
	Currently employed	68.8	73.9	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	57.5	46.9	48.5	34.3		73.1
	Mental health (excellent/very good)	66.8	58.1	56.5	39.8		79.9
	Obesity (BMI 30+)	20.1	31.6	21.7	39.7		6.6
	Diabetes	s	5.0	7.7	19.1		2.9
	High blood pressure	16.4	22.2	17.9	29.2		8.0
	Chronic breathing condition	s	8.3	7.2	13.3		3.7
	Arthritis	s	14.1	13.1	27.6		4.6
	Mood or anxiety disorder	14.3	17.5	16.3	28.8		7.2
	Multiple chronic conditions	s	5.9	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	21.8	23.4	20.7	39.1		9.5
	Smoker (daily/occasional)	s	10.0	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	49.1	47.2	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	20.0	23.9	24.9	12.9		40.8
	Stress (extremely/quite stressed)	16.1	16.2	17.8	29.1		9.0
	Screen time (2+ hours/day)	46.9	48.2	47.8	59.7		32.4
	High physical wellness score (10-16)	32.8	35.1	37.7	21.1		52.1
	PRIMARY CARE ACCESS	Family doctor access	99.2	92.0	83.1	60.2	
Visited health care professional (past 12 months)		81.5	81.1	80.4	63.9		90.1
<i>Visited physician with appointment</i>		88.9	84.6	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>		s	10.6	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	90.9	69.1	55.1	92.0		10.7
	Commute - public transit	s	22.0	28.2	5.9		53.9
	Commute - walk or cycle	s	5.7	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	62.9	62.3	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	8.1	19.8	4.2		77.4
	Second hand smoke exposure (public places)	20.6	23.9	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	85.8	79.1	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	s	59.1	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	82.6	85.9	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	32.7	29.5	26.7	16.6		46.6
	Food secure (enough to eat)	100.0	95.4	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	60.0	56.2	55.9	29.0		82.6
	4+ people to confide in/turn to for help	51.0	39.3	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

