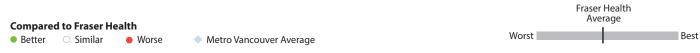
## Coquitlam | Community Health Indicators

The chart below summarizes select indicators of health and well-being. Results for Coquitlam are compared to the Metro Vancouver region as well as Fraser Health Authority.



DOMAIN	Indicator	Coquitlam (%) n = 993	Metro Vancouver (%) n = 28128	Fraser Health (%) n = 15427	Fraser Health Worst (%)	Summary Chart		Fraser Health Best (%)
ECONOMIC	Household income under \$40,000	20.9	31.7	28.5	47.3	<b>•</b>	•	6.9
	Currently unemployed	4.1	6.4	6.0	12.0	•		4.0
HEALTH STATUS	General health (excellent/very good)	52.1	48.5	47.5	40.7	•	•	58.9
	Mental health (excellent/very good)	59.2	56.5	58.8	47.7	•		64.6
	Obesity (BMI 30+)	21.0	21.7	27.2	36.7		10	17.3
	Diabetes	6.0	7.7	8.8	11.5		•	3.3
	High blood pressure	14.9	17.9	19.5	34.4	•		14.4
	Heart disease	2.8	4.7	5.0	7.6	•	•	2.8
	Chronic breathing condition	6.1	7.2	7.3	10.9	•	•	4.1
	Arthritis	10.7	13.1	13.9	30.0	•		7.4
	Mood or anxiety disorder	13.9	16.3	16.7	28.2	•	O	13.9
	Multiple chronic conditions <sup>1</sup>	6.2	7.9	8.8	12.5		•	5.9
	Cancer (lung, breast, prostate or colorectal)	2.7	2.9	3.0	8.8			2.3
LIFESTYLE	Binge drinking (1+ times/month) <sup>2</sup>	20.3	20.7	18.8	24.8	40		15.1
	Smoker (daily/occasional)	11.7	10.6	10.5	22.4	•		3.3
	Physical activity (150+ minutes/week)	38.2	44.1	43.3	38.2	•		56.7
	5+ servings of fruits and vegetables (/day)	24.2	24.9	23.6	20.5	•	<b>♦</b>	30.0
	Stress (extremely/quite stressed)	19.5	17.8	18.6	26.3	•		13.7
	Screen time (2+ hours/day)	48.4	47.8	47.5	60.8			41.4
	High physical wellness score (10-16) <sup>3</sup>	31.6	37.7	35.6	28.4	•	<b>♦</b>	43.9
PRIMARY CARE ACCESS	Have a family doctor	85.4	83.1	85.8	78.5	• •		92.3
	Visited health care professional (past 12 months)	77.1	80.4	79.9	76.0	•		84.4
	Visited physician with appointment	76.7	75.0	77.0	71.3	• •		85.6
	Visited walk-in clinic without appointment	16.3	16.5	15.1	21.0	•		7.9
BUILT ENVIRONMENT	Commute - car	67.6	55.1	67.0	81.8		<b>♦</b>	47.5
	Commute - public transit	24.8	28.2	21.4	3.2		• •	38.0
	Commute - walk or cycle	5.6	13.7	8.4	3.7	•	<b>♦</b>	20.9
	Commute time (one way 30+ minutes)	66.6	56.0	55.7	66.6	•		33.3
	Primary mode to run errands - walk or cycle	5.9	19.8	11.0	3.9	•	<b>♦</b>	24.9
	Second hand smoke exposure (public places)	25.3	26.6	23.5	32.2	••		6.8
	Sidewalks well maintained (strongly/somewhat agree)	76.6	75.5	72.8	40.1	•		86.5
	Amenities within walking/cycling distance (strongly/somewhat agree)	58.8	69.5	61.3	32.3	•	<b>•</b>	82.3
	Transit stop (less than 5 minute walk)	83.8	84.0	78.7	14.7	•		91.3
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	24.6	26.7	27.3	23.5	• •		32.0
	Food insecure (sometimes/often)	4.6	7.0	6.3	12.7	•	•	3.6
	Community belonging (strong/somewhat strong)	53.0	55.9	56.0	49.1	•		71.1
	4+ people to confide in/turn to for help	45.1	45.0	43.2	32.1			50.5

<sup>1</sup> Reported diagnosis of two or more of the following: Diabetes, heart disease, stroke, high blood pressure or chronic breathing conditions.

<sup>3</sup> Lifestyles characterised by eating 5+ servings of fruits or vegetables a day, 30+ minutes of walking a day, 150+ minutes of moderate or vigorous physical activity a week, and not smoking. Wellness scores ranged from 0 -16.



<sup>2</sup> Five or more drinks on one occasion for males and 4 or more drinks on one occasion for females.