

Maple Ridge | Community Health Indicators

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

Compared to Fraser Health

● Better ○ Similar ● Worse ◆ Metro Vancouver Average



DOMAIN	Indicator	Maple Ridge (%) n = 783	Metro Vancouver (%) n = 28128	Fraser Health (%) n = 15427	Fraser Health Worst (%)	Summary Chart	Fraser Health Best (%)
ECONOMIC	Household income under \$40,000	23.8	31.7	28.5	47.3		6.9
	Currently unemployed	6.1	6.4	6.0	12.0		4.0
HEALTH STATUS	General health (excellent/very good)	43.3	48.5	47.5	40.7		58.9
	Mental health (excellent/very good)	51.7	56.5	58.8	47.7		64.6
	Obesity (BMI 30+)	32.8	21.7	27.2	36.7		17.3
	Diabetes	8.3	7.7	8.8	11.5		3.3
	High blood pressure	19.5	17.9	19.5	34.4		14.4
	Heart disease	5.0	4.7	5.0	7.6		2.8
	Chronic breathing condition	7.8	7.2	7.3	10.9		4.1
	Arthritis	15.8	13.1	13.9	30.0		7.4
	Mood or anxiety disorder	25.8	16.3	16.7	28.2		13.9
	Multiple chronic conditions ¹	7.1	7.9	8.8	12.5		5.9
	Cancer (lung, breast, prostate or colorectal)	2.8	2.9	3.0	8.8		2.3
LIFESTYLE	Binge drinking (1+ times/month) ²	23.9	20.7	18.8	24.8		15.1
	Smoker (daily/occasional)	14.2	10.6	10.5	22.4		3.3
	Physical activity (150+ minutes/week)	47.2	44.1	43.3	38.2		56.7
	5+ servings of fruits and vegetables (/day)	23.8	24.9	23.6	20.5		30.0
	Stress (extremely/quite stressed)	26.3	17.8	18.6	26.3		13.7
	Screen time (2+ hours/day)	53.9	47.8	47.5	60.8		41.4
	High physical wellness score (10-16) ³	32.4	37.7	35.6	28.4		43.9
PRIMARY CARE ACCESS	Have a family doctor	89.0	83.1	85.8	78.5		92.3
	Visited health care professional (past 12 months)	79.9	80.4	79.9	76.0		84.4
	Visited physician with appointment	81.3	75.0	77.0	71.3		85.6
	Visited walk-in clinic without appointment	9.9	16.5	15.1	21.0		7.9
BUILT ENVIRONMENT	Commute - car	75.1	55.1	67.0	81.8		47.5
	Commute - public transit	10.2	28.2	21.4	3.2		38.0
	Commute - walk or cycle	13.0	13.7	8.4	3.7		20.9
	Commute time (one way 30+ minutes)	54.3	56.0	55.7	66.6		33.3
	Primary mode to run errands - walk or cycle	15.3	19.8	11.0	3.9		24.9
	Second hand smoke exposure (public places)	22.4	26.6	23.5	32.2		6.8
	Sidewalks well maintained (strongly/somewhat agree)	69.5	75.5	72.8	40.1		86.5
	Amenities within walking/cycling distance (strongly/somewhat agree)	48.9	69.5	61.3	32.3		82.3
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	75.5	84.0	78.7	14.7		91.3
	Emergency supplies (3+ days)	28.3	26.7	27.3	23.5		32.0
	Food insecure (sometimes/often)	12.3	7.0	6.3	12.7		3.6
	Community belonging (strong/somewhat strong)	56.3	55.9	56.0	49.1		71.1
	4+ people to confide in/turn to for help	46.2	45.0	43.2	32.1		50.5

1 Reported diagnosis of two or more of the following: Diabetes, heart disease, stroke, high blood pressure or chronic breathing conditions.
 2 Five or more drinks on one occasion for males and 4 or more drinks on one occasion for females.
 3 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.

