

# New Westminster | Community Health Indicators

The chart below summarizes select indicators of health and well-being. Results for New Westminster 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	New Westminster (%) n = 1085	Metro Vancouver (%) n = 28128	Fraser Health (%) n = 15427	Fraser Health Worst (%)	Summary Chart	Fraser Health Best (%)
<b>ECONOMIC</b>	Household income under \$40,000	31.5	31.7	28.5	47.3		6.9
	Currently unemployed	8.8	6.4	6.0	12.0		4.0
<b>HEALTH STATUS</b>	General health (excellent/very good)	46.0	48.5	47.5	40.7		58.9
	Mental health (excellent/very good)	57.1	56.5	58.8	47.7		64.6
	Obesity (BMI 30+)	26.8	21.7	27.2	36.7		17.3
	Diabetes	10.8	7.7	8.8	11.5		3.3
	High blood pressure	19.2	17.9	19.5	34.4		14.4
	Heart disease	4.7	4.7	5.0	7.6		2.8
	Chronic breathing condition	7.9	7.2	7.3	10.9		4.1
	Arthritis	13.6	13.1	13.9	30.0		7.4
	Mood or anxiety disorder	20.7	16.3	16.7	28.2		13.9
	Multiple chronic conditions <sup>1</sup>	8.9	7.9	8.8	12.5		5.9
	Cancer (lung, breast, prostate or colorectal)	3.2	2.9	3.0	8.8		2.3
<b>LIFESTYLE</b>	Binge drinking (1+ times/month) <sup>2</sup>	24.8	20.7	18.8	24.8		15.1
	Smoker (daily/occasional)	14.5	10.6	10.5	22.4		3.3
	Physical activity (150+ minutes/week)	44.7	44.1	43.3	38.2		56.7
	5+ servings of fruits and vegetables (/day)	24.3	24.9	23.6	20.5		30.0
	Stress (extremely/quite stressed)	18.0	17.8	18.6	26.3		13.7
	Screen time (2+ hours/day)	52.1	47.8	47.5	60.8		41.4
	High physical wellness score (10-16) <sup>3</sup>	39.4	37.7	35.6	28.4		43.9
<b>PRIMARY CARE ACCESS</b>	Have a family doctor	78.5	83.1	85.8	78.5		92.3
	Visited health care professional (past 12 months)	81.5	80.4	79.9	76.0		84.4
	Visited physician with appointment	71.8	75.0	77.0	71.3		85.6
	Visited walk-in clinic without appointment	18.4	16.5	15.1	21.0		7.9
<b>BUILT ENVIRONMENT</b>	Commute - car	47.5	55.1	67.0	81.8		47.5
	Commute - public transit	34.5	28.2	21.4	3.2		38.0
	Commute - walk or cycle	16.5	13.7	8.4	3.7		20.9
	Commute time (one way 30+ minutes)	57.9	56.0	55.7	66.6		33.3
	Primary mode to run errands - walk or cycle	24.9	19.8	11.0	3.9		24.9
	Second hand smoke exposure (public places)	32.2	26.6	23.5	32.2		6.8
	Sidewalks well maintained (strongly/somewhat agree)	77.1	75.5	72.8	40.1		86.5
	Amenities within walking/cycling distance (strongly/somewhat agree)	82.3	69.5	61.3	32.3		82.3
<b>COMMUNITY RESILIENCY</b>	Transit stop (less than 5 minute walk)	91.3	84.0	78.7	14.7		91.3
	Emergency supplies (3+ days)	27.8	26.7	27.3	23.5		32.0
	Food insecure (sometimes/often)	10.2	7.0	6.3	12.7		3.6
	Community belonging (strong/somewhat strong)	60.4	55.9	56.0	49.1		71.1
	4+ people to confide in/turn to for help	43.4	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.

