

# Port Moody | Community Health Indicators

The chart below summarizes select indicators of health and well-being. Results for Port Moody 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	Port Moody (%) n = 304	Metro Vancouver (%) n = 28128	Fraser Health (%) n = 15427	Fraser Health Worst (%)	Summary Chart	Fraser Health Best (%)
<b>ECONOMIC</b>	Household income under \$40,000	6.9	31.7	28.5	47.3		6.9
	Currently unemployed	s	6.4	6.0	12.0		4.0
<b>HEALTH STATUS</b>	General health (excellent/very good)	58.9	48.5	47.5	40.7		58.9
	Mental health (excellent/very good)	63.0	56.5	58.8	47.7		64.6
	Obesity (BMI 30+)	17.3	21.7	27.2	36.7		17.3
	Diabetes	s	7.7	8.8	11.5		3.3
	High blood pressure	18.7	17.9	19.5	34.4		14.4
	Heart disease	s	4.7	5.0	7.6		2.8
	Chronic breathing condition	6.7	7.2	7.3	10.9		4.1
	Arthritis	9.5	13.1	13.9	30.0		7.4
	Mood or anxiety disorder	17.7	16.3	16.7	28.2		13.9
	Multiple chronic conditions <sup>1</sup>	s	7.9	8.8	12.5		5.9
	Cancer (lung, breast, prostate or colorectal)	s	2.9	3.0	8.8		2.3
<b>LIFESTYLE</b>	Binge drinking (1+ times/month) <sup>2</sup>	22.9	20.7	18.8	24.8		15.1
	Smoker (daily/occasional)	3.3	10.6	10.5	22.4		3.3
	Physical activity (150+ minutes/week)	56.7	44.1	43.3	38.2		56.7
	5+ servings of fruits and vegetables (/day)	28.8	24.9	23.6	20.5		30.0
	Stress (extremely/quite stressed)	14.7	17.8	18.6	26.3		13.7
	Screen time (2+ hours/day)	41.4	47.8	47.5	60.8		41.4
	High physical wellness score (10-16) <sup>3</sup>	43.9	37.7	35.6	28.4		43.9
<b>PRIMARY CARE ACCESS</b>	Have a family doctor	88.5	83.1	85.8	78.5		92.3
	Visited health care professional (past 12 months)	81.0	80.4	79.9	76.0		84.4
	Visited physician with appointment	77.7	75.0	77.0	71.3		85.6
	Visited walk-in clinic without appointment	13.2	16.5	15.1	21.0		7.9
<b>BUILT ENVIRONMENT</b>	Commute - car	75.1	55.1	67.0	81.8		47.5
	Commute - public transit	15.7	28.2	21.4	3.2		38.0
	Commute - walk or cycle	7.3	13.7	8.4	3.7		20.9
	Commute time (one way 30+ minutes)	60.9	56.0	55.7	66.6		33.3
	Primary mode to run errands - walk or cycle	9.5	19.8	11.0	3.9		24.9
	Second hand smoke exposure (public places)	22.2	26.6	23.5	32.2		6.8
	Sidewalks well maintained (strongly/somewhat agree)	86.5	75.5	72.8	40.1		86.5
	Amenities within walking/cycling distance (strongly/somewhat agree)	56.7	69.5	61.3	32.3		82.3
<b>COMMUNITY RESILIENCY</b>	Transit stop (less than 5 minute walk)	88.2	84.0	78.7	14.7		91.3
	Emergency supplies (3+ days)	28.0	26.7	27.3	23.5		32.0
	Food insecure (sometimes/often)	s	7.0	6.3	12.7		3.6
	Community belonging (strong/somewhat strong)	60.6	55.9	56.0	49.1		71.1
	4+ people to confide in/turn to for help	42.9	45.0	43.2	32.1		50.5

S = suppressed

- 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.

