

Powell River (Regional District) | Community Health Indicators

The chart below summarizes select indicators of health and well-being. Results for Powell River are compared to the Coastal Rural region as well as Vancouver Coastal Health Authority.

Compared to Vancouver Coastal Health

● Better ○ Similar ● Worse ◆ Coastal Rural Average



DOMAIN	Indicator	Powell River (%) n = 248	Coastal Rural (%) n = 2027	Vancouver Coastal Health (%) n = 17648	Vancouver Coastal Health Worst (%)	Summary Chart	Vancouver Coastal Health Best (%)
ECONOMIC	Household income under \$40,000	29.3	28.6	35.6	40.4		18.6
	Currently unemployed	s	3.2	6.6	9.5		3.2
HEALTH STATUS	General health (excellent/very good)	47.6	54.8	50.3	41.5		68.2
	Mental health (excellent/very good)	62.4	63.4	54.9	52.2		71.0
	Obesity (BMI 30+)	37.9	26.9	17.0	39.1		14.2
	Diabetes	s	6.3	6.6	11.8		3.9
	High blood pressure	29.6	19.1	16.4	30.8		8.1
	Heart disease	s	5.7	4.1	12.0		3.1
	Chronic breathing condition	s	7.1	7.3	10.2		4.0
	Arthritis	21.1	15.5	12.4	21.6		11.6
	Mood or anxiety disorder	14.1	15.1	16.4	19.9		11.3
	Multiple chronic conditions ¹	13.2	7.8	6.8	13.7		5.8
	Cancer (lung, breast, prostate or colorectal)	7.5	4.9	2.9	7.8		2.4
LIFESTYLE	Binge drinking (1+ times/month) ²	15.4	27.6	23.4	48.3		15.0
	Smoker (daily/occasional)	11.6	9.7	10.6	13.0		6.2
	Physical activity (150+ minutes/week)	53.8	57.3	46.4	37.5		68.9
	5+ servings of fruits and vegetables (/day)	35.3	32.2	27.2	20.9		37.1
	Stress (extremely/quite stressed)	14.7	15.0	16.4	18.0		7.4
	Screen time (2+ hours/day)	55.0	51.7	48.8	57.7		38.1
	High physical wellness score (10-16) ³	30.5	43.8	40.9	29.3		55.9
PRIMARY CARE ACCESS	Have a family doctor	83.3	87.1	81.0	76.9		93.2
	Visited health care professional (past 12 months)	85.2	82.1	81.5	76.0		87.9
	<i>Visited physician with appointment</i>	75.2	78.8	73.6	69.6		85.8
	<i>Visited walk-in clinic without appointment</i>	s	8.1	16.6	20.5		5.3
BUILT ENVIRONMENT	Commute - car	85.5	80.4	45.2	86.9		32.7
	Commute - public transit	s	4.1	31.8	4.1		38.9
	Commute - walk or cycle	8.4	13.5	20.2	8.2		25.7
	Commute time (one way 30+ minutes)	15.2	24.6	50.5	56.0		9.5
	Primary mode to run errands - walk or cycle	s	9.5	28.1	8.1		38.1
	Second hand smoke exposure (public places)	s	11.6	27.6	32.1		8.9
	Sidewalks well maintained (strongly/somewhat agree)	51.9	45.2	75.8	4.9		79.8
	Amenities within walking/cycling distance (strongly/somewhat agree)	36.6	44.6	74.9	32.9		87.4
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	77.3	75.8	88.0	68.7		93.4
	Emergency supplies (3+ days)	36.5	34.7	27.0	17.3		44.4
	Food insecure (sometimes/often)	s	4.1	7.3	8.5		2.3
	Community belonging (strong/somewhat strong)	78.2	74.3	57.8	53.8		82.3
	4+ people to confide in/turn to for help	48.9	49.9	48.1	41.4		55.9

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.

