Sechelt | Community Health Indicators

The chart below summarizes select indicators of health and well-being. Results for Sechelt 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

Vancouver Coastal Health Average
Worst ▬▬▬ Best

DOMAIN	Indicator	Sechelt (%) n = 424	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	33.4	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)	52.2	54.8	50.3	41.5		68.2
	Mental health (excellent/very good)	67.3	63.4	54.9	52.2		71.0
	Obesity (BMI 30+)	31.7	26.9	17.0	39.1		14.2
	Diabetes	7.5	6.3	6.6	11.8		3.9
	High blood pressure	25.4	19.1	16.4	30.8		8.1
	Heart disease	7.9	5.7	4.1	12.0		3.1
	Chronic breathing condition	8.6	7.1	7.3	10.2		4.0
	Arthritis	16.4	15.5	12.4	21.6		11.6
	Mood or anxiety disorder	17.8	15.1	16.4	19.9		11.3
	Multiple chronic conditions[1]	13.5	7.8	6.8	13.7		5.8
	Cancer (lung, breast, prostate or colorectal)	6.1	4.9	2.9	7.8		2.4
LIFESTYLE	Binge drinking (1+ times/month)[2]	23.5	27.6	23.4	48.3		15.0
	Smoker (daily/occasional)	8.6	9.7	10.6	13.0		6.2
	Physical activity (150+ minutes/week)	50.5	57.3	46.4	37.5		68.9
	5+ servings of fruits and vegetables (/day)	26.1	32.2	27.2	20.9		37.1
	Stress (extremely/quite stressed)	16.5	15.0	16.4	18.0		7.4
	Screen time (2+ hours/day)	54.9	51.7	48.8	57.7		38.1
	High physical wellness score (10-16)[3]	39.9	43.8	40.9	29.3		55.9
PRIMARY CARE ACCESS	Have a family doctor	93.2	87.1	81.0	76.9		93.2
	Visited health care professional (past 12 months)	83.4	82.1	81.5	76.0		87.9
	Visited physician with appointment	85.8	78.8	73.6	69.6		85.8
	Visited walk-in clinic without appointment	s	8.1	16.6	20.5		5.3
BUILT ENVIRONMENT	Commute - car	86.9	80.4	45.2	86.9		32.7
	Commute - public transit	s	4.1	31.8	4.1		38.9
	Commute - walk or cycle	10.6	13.5	20.2	8.2		25.7
	Commute time (one way 30+ minutes)	14.8	24.6	50.5	56.0		9.5
	Primary mode to run errands - walk or cycle	12.7	9.5	28.1	8.1		38.1
	Second hand smoke exposure (public places)	12.5	11.6	27.6	32.1		8.9
	Sidewalks well maintained (strongly/somewhat agree)	44.9	45.2	75.8	4.9		79.8
	Amenities within walking/cycling distance (strongly/somewhat agree)	40.4	44.6	74.9	32.9		87.4
	Transit stop (less than 5 minute walk)	74.1	75.8	88.0	68.7		93.4
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	41.6	34.7	27.0	17.3		44.4
	Food insecure (sometimes/often)	3.2	4.1	7.3	8.5		2.3
	Community belonging (strong/somewhat strong)	71.1	74.3	57.8	53.8		82.3
	4+ people to confide in/turn to for help	48.3	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.