

South Surrey/White Rock | Community Health Indicators

The chart below summarizes select indicators of health and well-being. Results for South Surrey/White Rock 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	South Surrey/White Rock (%) n = 715	Metro Vancouver (%) n = 28128	Fraser Health (%) n = 15427	Fraser Health Worst (%)	Summary Chart ⁴	Fraser Health Best (%)
ECONOMIC	Household income under \$40,000	16.4	31.7	28.5	47.3		6.9
	Currently unemployed	2.4	6.4	6.0	12.0		4.0
HEALTH STATUS	General health (excellent/very good)	54.4	48.5	47.5	40.7		58.9
	Mental health (excellent/very good)	67.7	56.5	58.8	47.7		64.6
	Obesity (BMI 30+)	21.7	21.7	27.2	36.7		17.3
	Diabetes	7.3	7.7	8.8	11.5		3.3
	High blood pressure	23.3	17.9	19.5	34.4		14.4
	Heart disease	6.3	4.7	5.0	7.6		2.8
	Chronic breathing condition	5.5	7.2	7.3	10.9		4.1
	Arthritis	17.6	13.1	13.9	30.0		7.4
	Mood or anxiety disorder	13.3	16.3	16.7	28.2		13.9
	Multiple chronic conditions ¹	10.3	7.9	8.8	12.5		5.9
	Cancer (lung, breast, prostate or colorectal)	5.0	2.9	3.0	8.8		2.3
	LIFESTYLE	Binge drinking (1+ times/month) ²	17.7	20.7	18.8	24.8	
Smoker (daily/occasional)		5.8	10.6	10.5	22.4		3.3
Physical activity (150+ minutes/week)		47.6	44.1	43.3	38.2		56.7
5+ servings of fruits and vegetables (/day)		29.6	24.9	23.6	20.5		30.0
Stress (extremely/quite stressed)		17.9	17.8	18.6	26.3		13.7
Screen time (2+ hours/day)		49.8	47.8	47.5	60.8		41.4
High physical wellness score (10-16) ³		37.8	37.7	35.6	28.4		43.9
PRIMARY CARE ACCESS		Have a family doctor	91.9	83.1	85.8	78.5	
	Visited health care professional (past 12 months)	81.7	80.4	79.9	76.0		84.4
	Visited physician with appointment	79.1	75.0	77.0	71.3		85.6
	Visited walk-in clinic without appointment	11.7	16.5	15.1	21.0		7.9
BUILT ENVIRONMENT	Commute - car	78.9	55.1	67.0	81.8		47.5
	Commute - public transit	11.7	28.2	21.4	3.2		38.0
	Commute - walk or cycle	7.5	13.7	8.4	3.7		20.9
	Commute time (one way 30+ minutes)	59.0	56.0	55.7	66.6		33.3
	Primary mode to run errands - walk or cycle	12.0	19.8	11.0	3.9		24.9
	Second hand smoke exposure (public places)	11.6	26.6	23.5	32.2		6.8
	Sidewalks well maintained (strongly/somewhat agree)	77.9	75.5	72.8	40.1		86.5
	Amenities within walking/cycling distance (strongly/somewhat agree)	68.7	69.5	61.3	32.3		82.3
	Transit stop (less than 5 minute walk)	79.6	84.0	78.7	14.7		91.3
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	31.5	26.7	27.3	23.5		32.0
	Food insecure (sometimes/often)	2.8	7.0	6.3	12.7		3.6
	Community belonging (strong/somewhat strong)	62.4	55.9	56.0	49.1		71.1
	4+ people to confide in/turn to for help	48.1	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.
 4 Health Authority best/worst values represent individual communities and unstable values for small communities have been suppressed. Indicator values for aggregated communities may therefore fall above or below health authority best or worst values in the summary chart.

