Surrey | Community Health Indicators

The chart below summarizes select indicators of health and well-being. Results for Surrey are compared to the Metro Vancouver region as well as Fraser Health Authority.

• Better	Similar	erage			Worst	Best		
DOMAIN ECONOMIC	Indicator Household income under \$40,000	Surrey (%) n = 3683 33.4	Metro Vancouver (%) n = 28128 31.7	Fraser Health (%) n = 15427 28.5	Fraser Health Worst (%) 47.3	Summary Chart		Fraser Health Best (%)
								6.9
	Currently unemployed	7.8	6.4	6.0	12.0	•		4.0
HEALTH STATUS	General health (excellent/very good)	45.5	48.5	47.5	40.7		♦	58.9
	Mental health (excellent/very good)	59.6	56.5	58.8	47.7	•	•	64.6
	Obesity (BMI 30+)	28.1	21.7	27.2	36.7		•	17.3
	Diabetes	11.5	7.7	8.8	11.5	•	•	3.3
	High blood pressure	20.6	17.9	19.5	34.4		•	14.4
	Heart disease	5.7	4.7	5.0	7.6	•	♦	2.8
	Chronic breathing condition	6.7	7.2	7.3	10.9		• •	4.1
	Arthritis	13.8	13.1	13.9	30.0		•>	7.4
	Mood or anxiety disorder	15.2	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)	3.0	2.9	3.0	8.8			2.3
LIFESTYLE	Binge drinking (1+ times/month) ²	17.2	20.7	18.8	24.8	•		15.1
	Smoker (daily/occasional)	11.2	10.6	10.5	22.4			3.3
	Physical activity (150+ minutes/week)	41.3	44.1	43.3	38.2			56.7
	5+ servings of fruits and vegetables (/day)	20.5	24.9	23.6	20.5		•	30.0
	Stress (extremely/quite stressed)	18.6	17.8	18.6	26.3			13.7
	Screen time (2+ hours/day)	45.6	47.8	47.5	60.8			41.4
	High physical wellness score (10-16) ³	35.3	37.7	35.6	28.4		•	43.9
PRIMARY CARE ACCESS	Have a family doctor	84.7	83.1	85.8	78.5	••		92.3
	Visited health care professional (past 12 months)	80.1	80.4	79.9	76.0		•	84.4
	Visited physician with appointment	73.9	75.0	77.0	71.3			85.6
	Visited walk-in clinic without appointment	18.3	16.5	15.1	21.0	• •		7.9
BUILT ENVIRONMENT	Commute - car	65.5	55.1	67.0	81.8		• •	47.5
	Commute - public transit	23.7	28.2	21.4	3.2		• •	38.0
	Commute - walk or cycle	6.9	13.7	8.4	3.7	•	•	20.9
	Commute time (one way 30+ minutes)	58.0	56.0	55.7	66.6			33.3
	Primary mode to run errands - walk or cycle	11.5	19.8	11.0	3.9		•	24.9
	Second hand smoke exposure (public places)	25.8	26.6	23.5	32.2			6.8
	Sidewalks well maintained (strongly/somewhat agree)	72.4	75.5	72.8	40.1		•	86.5
	Amenities within walking/cycling distance (strongly/ somewhat agree)	63.8	69.5	61.3	32.3		• •	82.3
	Transit stop (less than 5 minute walk)	77.8	84.0	78.7	14.7			91.3
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	25.0	26.7	27.3	23.5	• •		32.0
	Food insecure (sometimes/often)	7.4	7.0	6.3	12.7	•		3.6
	Community belonging (strong/somewhat strong)	53.6	55.9	56.0	49.1			71.1
	4+ people to confide in/turn to for help	40.9	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.