Whistler | Community Health Indicators

The chart below summarizes select indicators of health and well-being. Results for Whistler 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	Whistler (%) n = 203	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	21.7	28.6	35.6	40.4		18.6
	Currently unemployed	s	3.2	6.6	9.5		3.4
HEALTH STATUS	General health (excellent/very good)	62.8	54.8	50.3	41.5		68.2
	Mental health (excellent/very good)	62.0	63.4	54.9	52.2		71.0
	Obesity (BMI 30+)	14.2	26.9	17.0	37.9		14.2
	Diabetes	s	6.3	6.6	8.4		3.9
	High blood pressure	s	19.1	16.4	29.6		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	s	15.5	12.4	21.1		10.1
	Mood or anxiety disorder	s	15.1	16.4	19.9		11.3
	Multiple chronic conditions[1]	s	7.8	6.8	13.5		5.8
	Cancer (lung, breast, prostate or colorectal)	s	4.9	2.9	8.1		2.5
LIFESTYLE	Binge drinking (1+ times/month)[2]	48.2	27.6	23.4	48.2		15.0
	Smoker (daily/occasional)	s	9.7	10.6	13.0		6.2
	Physical activity (150+ minutes/week)	68.9	57.3	46.4	37.5		68.9
	5+ servings of fruits and vegetables (/day)	35.6	32.2	27.2	20.9		37.1
	Stress (extremely/quite stressed)	s	15.0	16.4	18.0		7.4
	Screen time (2+ hours/day)	41.3	51.7	48.8	57.7		38.1
	High physical wellness score (10-16)[3]	55.9	43.8	40.9	30.5		55.9
PRIMARY CARE ACCESS	Have a family doctor	81.4	87.1	81.0	76.8		93.2
	Visited health care professional (past 12 months)	76.0	82.1	81.5	76.0		87.9
	Visited physician with appointment	69.7	78.8	73.6	69.6		85.8
	Visited walk-in clinic without appointment	10.6	8.1	16.6	20.5		6.1
BUILT ENVIRONMENT	Commute - car	70.1	80.4	45.2	86.9		32.7
	Commute - public transit	8.7	4.1	31.8	8.7		38.9
	Commute - walk or cycle	20.1	13.5	20.2	8.4		25.7
	Commute time (one way 30+ minutes)	9.5	24.6	50.5	55.4		9.5
	Primary mode to run errands - walk or cycle	11.9	9.5	28.1	8.1		38.1
	Second hand smoke exposure (public places)	9.1	11.6	27.6	32.0		8.9
	Sidewalks well maintained (strongly/somewhat agree)	56.6	45.2	75.8	4.9		79.8
	Amenities within walking/cycling distance (strongly/somewhat agree)	62.0	44.6	74.9	32.9		87.4
	Transit stop (less than 5 minute walk)	92.3	75.8	88.0	68.7		93.4
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	17.3	34.7	27.0	17.3		44.4
	Food insecure (sometimes/often)	s	4.1	7.3	8.5		3.2
	Community belonging (strong/somewhat strong)	82.3	74.3	57.8	53.8		82.3
	4+ people to confide in/turn to for help	55.9	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.
Updated version: July 7, 2017