

Brookwood & Fernridge

The chart below summarizes select indicators of health and well-being. Results for Brookwood & Fernridge are compared to Langley overall as well as the Metro Vancouver region.

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Langley Average



DOMAIN	Indicator	Brookwood & Fernridge (%) n = 125	Langley Township (%) n = 982	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	12.6	16.3	16.2	4.9		39.8
	Education level high school or less	35.8	41.6	38.0	58.5		8.9
	Household income under \$40,000	s	18.1	31.7	75.6		6.9
	Currently employed	77.2	70.4	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	51.3	50.1	48.5	34.3		73.1
	Mental health (excellent/very good)	53.4	62.7	56.5	39.8		79.9
	Obesity (BMI 30+)	38.6	29.0	21.7	39.7		6.6
	Diabetes	s	6.3	7.7	19.1		2.9
	High blood pressure	16.8	14.4	17.9	29.2		8.0
	Chronic breathing condition	s	8.4	7.2	13.3		3.7
	Arthritis	s	13.7	13.1	27.6		4.6
	Mood or anxiety disorder	25.1	15.1	16.3	28.8		7.2
	Multiple chronic conditions	s	8.5	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	20.7	20.1	20.7	39.1		9.5
	Smoker (daily/occasional)	s	8.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	50.2	48.8	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	29.3	26.5	24.9	12.9		40.8
	Stress (extremely/quite stressed)	9.0	18.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	48.4	42.7	47.8	59.7		32.4
	High physical wellness score (10-16)	30.3	35.2	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	86.6	87.0	83.1	60.2		99.2
	Visited health care professional (past 12 months)	72.3	78.4	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	77.0	75.1	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	s	16.2	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	89.9	80.7	55.1	92.0		10.7
	Commute - public transit	s	8.1	28.2	5.9		53.9
	Commute - walk or cycle	s	7.2	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	60.8	52.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	6.6	19.8	4.2		77.4
	Second hand smoke exposure (public places)	13.6	14.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	52.8	67.4	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	45.3	61.7	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	74.6	68.4	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	34.4	27.1	26.7	16.6		46.6
	Food secure (enough to eat)	94.1	93.1	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	60.0	56.8	55.9	29.0		82.6
	4+ people to confide in/turn to for help	47.1	47.8	45.0	26.8		60.6

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed.

For indicator definitions, please refer to Technical Notes at www.myhealthmycommunity.org/Results/TechnicalNotes

