

## Downtown

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

### Compared to Metro Vancouver

● Better   ● Similar   ● Worse   ◆ Vancouver Average



DOMAIN	Indicator	Downtown (%) n = 788	Vancouver (%) n = 9,995	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	7.4	15.4	16.2	4.9		39.8
	Education level high school or less	22.9	34.4	38.0	58.5		8.9
	Household income under \$40,000	29.5	38.2	31.7	75.6		6.9
	Currently employed	72.6	64.5	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	60.2	50.0	48.5	34.3		73.1
	Mental health (excellent/very good)	56.8	52.2	56.5	39.8		79.9
	Obesity (BMI 30+)	11.6	15.2	21.7	39.7		6.6
	Diabetes	3.2	6.5	7.7	19.1		2.9
	High blood pressure	8.4	14.5	17.9	29.2		8.0
	Chronic breathing condition	6.2	7.7	7.2	13.3		3.7
	Arthritis	6.9	11.6	13.1	27.6		4.6
	Mood or anxiety disorder	18.9	18.5	16.3	28.8		7.2
Multiple chronic conditions	2.6	6.3	7.9	16.3		2.6	
<b>LIFESTYLE</b>	Binge drinking (1+ times/month)	38.8	25.7	20.7	39.1		9.5
	Smoker (daily/occasional)	14.5	12.1	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	46.2	45.9	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	30.6	28.0	24.9	12.9		40.8
	Stress (extremely/quite stressed)	19.9	17.1	17.8	29.1		9.0
	Screen time (2+ hours/day)	49.5	49.1	47.8	59.7		32.4
	High physical wellness score (10-16)	43.7	40.9	37.7	21.1		52.1
<b>PRIMARY CARE ACCESS</b>	Family doctor access	67.8	76.8	83.1	60.2		99.2
	Visited health care professional (past 12 months)	79.6	81.2	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	62.2	69.6	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	25.1	19.4	16.5	30.7		4.5
<b>BUILT ENVIRONMENT</b>	Commute - car	22.5	32.7	55.1	92.0		10.7
	Commute - public transit	38.6	38.9	28.2	5.9		53.9
	Commute - walk or cycle	36.3	25.7	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	45.5	52.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	59.6	38.1	19.8	4.2		77.4
	Second hand smoke exposure (public places)	35.9	32.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	86.7	79.8	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	91.4	81.4	69.5	10.1		96.7
Transit stop (less than 5 minute walk)	96.5	91.5	84.0	37.5		97.5	
<b>COMMUNITY RESILIENCY</b>	Emergency supplies (3+ days)	20.0	24.1	26.7	16.6		46.6
	Food secure (enough to eat)	90.9	91.5	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	46.3	53.8	55.9	29.0		82.6
	4+ people to confide in/turn to for help	54.6	49.5	45.0	26.8		60.6

For indicator definitions, please refer to Technical Notes at [www.myhealthmycommunity.org/Results/TechnicalNotes](http://www.myhealthmycommunity.org/Results/TechnicalNotes)

