Neighbourhood Health Indicators - Richmond

my Health my Community

Gilmore & Shellmont

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

Compared to Metro Vancouver
- ● Better
- ● Similar
- ● Worse
- ◆ Richmond Average

Summary Chart scale: Worst — Metro Vancouver Average — Best

DOMAIN	Indicator	Gilmore & Shellmont (%) n = 186	Richmond (%) n = 2,875	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	14.5	17.0	16.2	4.9		39.8
	Education level high school or less	34.2	39.2	38.0	58.5		8.9
	Household income under $40,000	31.9	38.5	31.7	75.6		6.9
	Currently employed	60.2	56.0	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	38.3	41.5	48.5	34.3		73.1
	Mental health (excellent/very good)	60.8	52.4	56.5	39.8		79.9
	Obesity (BMI 30+)	24.0	16.9	21.7	39.7		6.6
	Diabetes	s	8.4	7.7	19.1		2.9
	High blood pressure	28.4	20.2	17.9	29.2		8.0
	Chronic breathing condition	s	6.2	7.2	13.3		3.7
	Arthritis	14.1	12.1	13.1	27.6		4.6
	Mood or anxiety disorder	10.3	11.3	16.3	28.8		7.2
	Multiple chronic conditions	s	8.6	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	18.1	15.0	20.7	39.1		9.5
	Smoker (daily/occasional)	s	7.8	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	40.6	37.5	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	20.0	20.9	24.9	12.9		40.8
	Stress (extremely/quite stressed)	22.1	13.9	17.8	29.1		9.0
	Screen time (2+ hours/day)	50.8	49.4	47.8	59.7		32.4
	High physical wellness score (10-16)	35.1	36.8	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	90.2	87.1	83.1	60.2		99.2
	Visited health care professional (past 12 months)	79.1	79.8	80.4	63.9		90.1
	Visited physician with appointment	81.1	82.9	75.0	60.8		91.6
	Visited walk-in clinic without appointment	12.0	10.2	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	72.5	64.0	55.1	92.0		10.7
	Commute - public transit	19.0	22.4	28.2	5.9		53.9
	Commute - walk or cycle	s	10.3	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	47.1	49.7	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	11.7	19.8	4.2		77.4
	Second hand smoke exposure (public places)	20.6	26.1	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	69.5	76.1	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	54.8	68.5	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	81.9	80.9	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	22.0	29.6	26.7	16.6		46.6
	Food secure (enough to eat)	94.1	93.7	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	51.9	56.2	55.9	29.0		82.6
	4+ people to confide in/turn to for help	40.2	41.4	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