

## Hamilton, East Richmond & Fraser Lands

The chart below summarizes select indicators of health and well-being. Results for Hamilton, East Richmond & Fraser Lands are compared to Richmond overall as well as the Metro Vancouver region.

### Compared to Metro Vancouver

● Better   ● Similar   ● Worse   ◆ Richmond Average

Metro Vancouver Average  
Worst ————— Best

DOMAIN	Indicator	Hamilton, East Richmond & Fraser Lands (%) n = 93	Richmond (%) n = 2,875	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	s	17.0	16.2	4.9		39.8
	Education level high school or less	32.1	39.2	38.0	58.5		8.9
	Household income under \$40,000	40.0	38.5	31.7	75.6		6.9
	Currently employed	72.8	56.0	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	40.0	41.5	48.5	34.3		73.1
	Mental health (excellent/very good)	53.1	52.4	56.5	39.8		79.9
	Obesity (BMI 30+)	17.6	16.9	21.7	39.7		6.6
	Diabetes	s	8.4	7.7	19.1		2.9
	High blood pressure	18.3	20.2	17.9	29.2		8.0
	Chronic breathing condition	s	6.2	7.2	13.3		3.7
	Arthritis	12.5	12.1	13.1	27.6		4.6
	Mood or anxiety disorder	13.4	11.3	16.3	28.8		7.2
	Multiple chronic conditions	s	8.6	7.9	16.3		2.6
<b>LIFESTYLE</b>	Binge drinking (1+ times/month)	14.4	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)	36.7	37.5	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	23.8	20.9	24.9	12.9		40.8
	Stress (extremely/quite stressed)	21.1	13.9	17.8	29.1		9.0
	Screen time (2+ hours/day)	40.5	49.4	47.8	59.7		32.4
	High physical wellness score (10-16)	38.0	36.8	37.7	21.1		52.1
	<b>PRIMARY CARE ACCESS</b>	Family doctor access	88.5	87.1	83.1	60.2	
Visited health care professional (past 12 months)		81.2	79.8	80.4	63.9		90.1
<i>Visited physician with appointment</i>		71.9	82.9	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>		24.6	10.2	16.5	30.7		4.5
<b>BUILT ENVIRONMENT</b>	Commute - car	71.9	64.0	55.1	92.0		10.7
	Commute - public transit	20.1	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)	65.8	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)	19.1	26.1	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	60.0	76.1	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	19.0	68.5	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	78.5	80.9	84.0	37.5		97.5
<b>COMMUNITY RESILIENCY</b>	Emergency supplies (3+ days)	26.8	29.6	26.7	16.6		46.6
	Food secure (enough to eat)	95.1	93.7	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	45.7	56.2	55.9	29.0		82.6
	4+ people to confide in/turn to for help	48.3	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](http://www.myhealthmycommunity.org/Results/TechnicalNotes)

