

Kitsilano

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Vancouver Average



DOMAIN	Indicator	Kitsilano (%) n = 785	Vancouver (%) n = 9,995	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	9.3	15.4	16.2	4.9		39.8
	Education level high school or less	16.7	34.4	38.0	58.5		8.9
	Household income under \$40,000	23.3	38.2	31.7	75.6		6.9
	Currently employed	79.1	64.5	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	68.0	50.0	48.5	34.3		73.1
	Mental health (excellent/very good)	60.1	52.2	56.5	39.8		79.9
	Obesity (BMI 30+)	11.1	15.2	21.7	39.7		6.6
	Diabetes	s	6.5	7.7	19.1		2.9
	High blood pressure	10.1	14.5	17.9	29.2		8.0
	Chronic breathing condition	9.2	7.7	7.2	13.3		3.7
	Arthritis	7.7	11.6	13.1	27.6		4.6
	Mood or anxiety disorder	22.0	18.5	16.3	28.8		7.2
Multiple chronic conditions	2.8	6.3	7.9	16.3		2.6	
LIFESTYLE	Binge drinking (1+ times/month)	33.9	25.7	20.7	39.1		9.5
	Smoker (daily/occasional)	7.7	12.1	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	57.6	45.9	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	33.5	28.0	24.9	12.9		40.8
	Stress (extremely/quite stressed)	18.6	17.1	17.8	29.1		9.0
	Screen time (2+ hours/day)	44.7	49.1	47.8	59.7		32.4
	High physical wellness score (10-16)	49.2	40.9	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	73.7	76.8	83.1	60.2		99.2
	Visited health care professional (past 12 months)	79.7	81.2	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	69.3	69.6	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	18.5	19.4	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	38.9	32.7	55.1	92.0		10.7
	Commute - public transit	33.0	38.9	28.2	5.9		53.9
	Commute - walk or cycle	24.9	25.7	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	39.2	52.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	54.9	38.1	19.8	4.2		77.4
	Second hand smoke exposure (public places)	25.4	32.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	86.5	79.8	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	96.7	81.4	69.5	10.1		96.7
Transit stop (less than 5 minute walk)	97.5	91.5	84.0	37.5		97.5	
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	24.2	24.1	26.7	16.6		46.6
	Food secure (enough to eat)	96.2	91.5	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	53.8	53.8	55.9	29.0		82.6
	4+ people to confide in/turn to for help	60.4	49.5	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

