

Port Moody

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

Compared to Metro Vancouver
● Better ● Similar ● Worse



DOMAIN	Indicator	Port Moody (%) n = 304	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	7.9	16.2	4.9	●	39.8
	Education level high school or less	25.0	38.0	58.5	●	8.9
	Household income under \$40,000	6.9	31.7	75.6	●	6.9
	Currently employed	80.6	64.7	39.4	●	90.5
HEALTH STATUS	General health (excellent/very good)	58.9	48.5	34.3	●	73.1
	Mental health (excellent/very good)	63.0	56.5	39.8	●	79.9
	Obesity (BMI 30+)	17.3	21.7	39.7	●	6.6
	Diabetes	s	7.7	19.1		2.9
	High blood pressure	18.7	17.9	29.2	●	8.0
	Chronic breathing condition	6.7	7.2	13.3	●	3.7
	Arthritis	9.5	13.1	27.6	●	4.6
	Mood or anxiety disorder	17.7	16.3	28.8	●	7.2
	Multiple chronic conditions	s	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	22.9	20.7	39.1	●	9.5
	Smoker (daily/occasional)	3.3	10.6	29.5	●	3.0
	Physical activity (150+ minutes/week)	56.7	44.1	26.9	●	62.1
	5+ servings of fruits and vegetables (/day)	28.8	24.9	12.9	●	40.8
	Stress (extremely/quite stressed)	14.7	17.8	29.1	●	9.0
	Screen time (2+ hours/day)	41.4	47.8	59.7	●	32.4
	High physical wellness score (10-16)	43.9	37.7	21.1	●	52.1
PRIMARY CARE ACCESS	Family doctor access	88.5	83.1	60.2	●	99.2
	Visited health care professional (past 12 months)	81.0	80.4	63.9	●	90.1
	<i>Visited physician with appointment</i>	77.7	75.0	60.8	●	91.6
	<i>Visited walk-in clinic without appointment</i>	13.2	16.5	30.7	●	4.5
BUILT ENVIRONMENT	Commute - car	75.1	55.1	92.0	●	10.7
	Commute - public transit	15.7	28.2	5.9	●	53.9
	Commute - walk or cycle	7.3	13.7	4.7	●	52.3
	Commute time (one way 30+ minutes)	60.9	56.0	81.3	●	38.8
	Primary mode to run errands - walk or cycle	9.5	19.8	4.2	●	77.4
	Second hand smoke exposure (public places)	22.2	26.6	43.7	●	7.9
	Sidewalks well maintained (strongly/somewhat agree)	86.5	75.5	4.9	●	90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	56.7	69.5	10.1	●	96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	88.2	84.0	37.5	●	97.5
	Emergency supplies (3+ days)	28.0	26.7	16.6	●	46.6
	Food secure (enough to eat)	98.2	93.0	74.4	●	100.0
	Community belonging (strong/somewhat strong)	60.6	55.9	29.0	●	82.6
	4+ people to confide in/turn to for help	42.9	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

