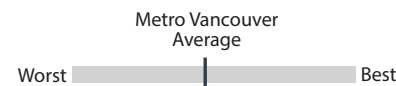**my Health my Community**

Queensborough, West End & Connaught Heights

The chart below summarizes select indicators of health and well-being. Results for Queensborough, West End, & Connaught Heights are compared to New Westminster overall as well as the Metro Vancouver region.

Compared to Metro Vancouver
- ● Better
- ● Similar
- ● Worse
- ◆ New Westminster Average

Metro Vancouver Average — Worst | Best

DOMAIN	Indicator	Queensborough, West End, & Connaught Heights (%) n = 185	New Westminster (%) n = 1,085	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	9.5	15.6	16.2	4.9		39.8
	Education level high school or less	30.9	36.6	38.0	58.5		8.9
	Household income under $40,000	24.2	31.5	31.7	75.6		6.9
	Currently employed	75.4	66.8	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	56.9	46.0	48.5	34.3		73.1
	Mental health (excellent/very good)	62.6	57.1	56.5	39.8		79.9
	Obesity (BMI 30+)	26.9	26.8	21.7	39.7		6.6
	Diabetes	5.5	10.8	7.7	19.1		2.9
	High blood pressure	15.4	19.2	17.9	29.2		8.0
	Chronic breathing condition	6.9	7.9	7.2	13.3		3.7
	Arthritis	s	13.6	13.1	27.6		4.6
	Mood or anxiety disorder	16.3	20.7	16.3	28.8		7.2
	Multiple chronic conditions	3.6	8.9	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	17.1	24.8	20.7	39.1		9.5
	Smoker (daily/occasional)	9.8	14.5	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	45.3	44.7	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	22.9	24.3	24.9	12.9		40.8
	Stress (extremely/quite stressed)	17.9	18.0	17.8	29.1		9.0
	Screen time (2+ hours/day)	47.0	52.1	47.8	59.7		32.4
	High physical wellness score (10-16)	31.5	39.4	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	88.2	78.5	83.1	60.2		99.2
	Visited health care professional (past 12 months)	77.6	81.5	80.4	63.9		90.1
	Visited physician with appointment	73.9	71.8	75.0	60.8		91.6
	Visited walk-in clinic without appointment	14.8	18.4	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	62.3	47.5	55.1	92.0		10.7
	Commute - public transit	27.2	34.5	28.2	5.9		53.9
	Commute - walk or cycle	s	16.5	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	56.4	57.9	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	24.9	19.8	4.2		77.4
	Second hand smoke exposure (public places)	22.9	32.2	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	65.7	77.1	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	69.2	82.3	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	84.5	91.3	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	38.8	27.8	26.7	16.6		46.6
	Food secure (enough to eat)	95.7	89.8	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	56.2	60.4	55.9	29.0		82.6
	4+ people to confide in/turn to for help	38.3	43.4	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