

West End

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

Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ Vancouver Average



DOMAIN	Indicator	West End (%) n = 809	Vancouver (%) n = 9,995	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	11.1	15.4	16.2	4.9		39.8
	Education level high school or less	25.1	34.4	38.0	58.5		8.9
	Household income under \$40,000	32.9	38.2	31.7	75.6		6.9
	Currently employed	71.9	64.5	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	58.4	50.0	48.5	34.3		73.1
	Mental health (excellent/very good)	57.3	52.2	56.5	39.8		79.9
	Obesity (BMI 30+)	14.3	15.2	21.7	39.7		6.6
	Diabetes	3.3	6.5	7.7	19.1		2.9
	High blood pressure	10.7	14.5	17.9	29.2		8.0
	Chronic breathing condition	7.3	7.7	7.2	13.3		3.7
	Arthritis	8.6	11.6	13.1	27.6		4.6
	Mood or anxiety disorder	21.2	18.5	16.3	28.8		7.2
LIFESTYLE	Multiple chronic conditions	4.5	6.3	7.9	16.3		2.6
	Binge drinking (1+ times/month)	39.1	25.7	20.7	39.1		9.5
	Smoker (daily/occasional)	12.9	12.1	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	49.7	45.9	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	29.0	28.0	24.9	12.9		40.8
	Stress (extremely/quite stressed)	17.7	17.1	17.8	29.1		9.0
	Screen time (2+ hours/day)	54.7	49.1	47.8	59.7		32.4
PRIMARY CARE ACCESS	High physical wellness score (10-16)	47.6	40.9	37.7	21.1		52.1
	Family doctor access	65.0	76.8	83.1	60.2		99.2
	Visited health care professional (past 12 months)	81.9	81.2	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	61.8	69.6	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>	27.8	19.4	16.5	30.7		4.5	
BUILT ENVIRONMENT	Commute - car	18.8	32.7	55.1	92.0		10.7
	Commute - public transit	36.8	38.9	28.2	5.9		53.9
	Commute - walk or cycle	41.1	25.7	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	54.0	52.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	77.4	38.1	19.8	4.2		77.4
	Second hand smoke exposure (public places)	35.4	32.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	87.4	79.8	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	95.9	81.4	69.5	10.1		96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	96.1	91.5	84.0	37.5		97.5
	Emergency supplies (3+ days)	21.4	24.1	26.7	16.6		46.6
	Food secure (enough to eat)	91.4	91.5	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	53.5	53.8	55.9	29.0		82.6
4+ people to confide in/turn to for help	53.8	49.5	45.0	26.8		60.6	

For indicator definitions, please refer to Technical Notes at www.myhealthmycommunity.org/Results/TechnicalNotes

