my Health my Community

Willoughby & Willowbrook

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

Compared to Metro Vancouver
● Better ● Similar ● Worse ◆ Langley Average

Metro Vancouver Average

Worst ▭ Best

DOMAIN	Indicator	Willoughby & Willowbrook (%) n = 208	Langley Township (%) n = 982	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	5.4	16.3	16.2	4.9		39.8
	Education level high school or less	33.6	41.6	38.0	58.5		8.9
	Household income under $40,000	9.6	18.1	31.7	75.6		6.9
	Currently employed	85.2	70.4	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	63.2	50.1	48.5	34.3		73.1
	Mental health (excellent/very good)	62.1	62.7	56.5	39.8		79.9
	Obesity (BMI 30+)	18.3	29.0	21.7	39.7		6.6
	Diabetes	s	6.3	7.7	19.1		2.9
	High blood pressure	s	14.4	17.9	29.2		8.0
	Chronic breathing condition	s	8.4	7.2	13.3		3.7
	Arthritis	s	13.7	13.1	27.6		4.6
	Mood or anxiety disorder	14.0	15.1	16.3	28.8		7.2
	Multiple chronic conditions	s	8.5	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	16.3	20.1	20.7	39.1		9.5
	Smoker (daily/occasional)	s	8.2	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	43.8	48.8	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	28.2	26.5	24.9	12.9		40.8
	Stress (extremely/quite stressed)	19.5	18.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	37.3	42.7	47.8	59.7		32.4
	High physical wellness score (10-16)	34.9	35.2	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	85.4	87.0	83.1	60.2		99.2
	Visited health care professional (past 12 months)	69.2	78.4	80.4	63.9		90.1
	Visited physician with appointment	68.0	75.1	75.0	60.8		91.6
	Visited walk-in clinic without appointment	21.9	16.2	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	80.9	80.7	55.1	92.0		10.7
	Commute - public transit	8.7	8.1	28.2	5.9		53.9
	Commute - walk or cycle	s	7.2	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	52.7	52.6	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	6.6	19.8	4.2		77.4
	Second hand smoke exposure (public places)	22.6	14.0	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	75.0	67.4	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	69.9	61.7	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	67.8	68.4	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	22.6	27.1	26.7	16.6		46.6
	Food secure (enough to eat)	93.6	93.1	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	44.4	56.8	55.9	29.0		82.6
	4+ people to confide in/turn to for help	44.7	47.8	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