

# Mission | Community Health Indicators

The chart below summarizes select indicators of health and well-being. Results for Mission are compared to the Fraser Valley region as well as Fraser Health Authority.

## Compared to Fraser Health

● Better ○ Similar ● Worse ◆ Fraser Valley Average



DOMAIN	Indicator	Mission (%) n = 569	Fraser Valley (%) n = 2920	Fraser Health (%) n = 15427	Fraser Health Worst (%)	Summary Chart	Fraser Health Best (%)
<b>ECONOMIC</b>	Household income under \$40,000	30.4	30.3	28.5	47.3		6.9
	Currently unemployed	8.0	5.8	6.0	12.0		4.0
<b>HEALTH STATUS</b>	General health (excellent/very good)	48.6	48.5	47.5	40.7		58.9
	Mental health (excellent/very good)	58.1	61.2	58.8	47.7		64.6
	Obesity (BMI 30+)	32.9	33.7	27.2	36.7		17.3
	Diabetes	7.9	9.9	8.8	11.5		3.3
	High blood pressure	23.0	21.2	19.5	34.4		14.4
	Heart disease	3.7	3.7	5.0	7.6		2.8
	Chronic breathing condition	8.4	8.5	7.3	10.9		4.1
	Arthritis	16.1	14.7	13.9	30.0		7.4
	Mood or anxiety disorder	28.2	19.4	16.7	28.2		13.9
	Multiple chronic conditions <sup>1</sup>	9.0	9.1	8.8	12.5		5.9
	Cancer (lung, breast, prostate or colorectal)	2.3	3.6	3.0	8.8		2.3
<b>LIFESTYLE</b>	Binge drinking (1+ times/month) <sup>2</sup>	23.9	18.9	18.8	24.8		15.1
	Smoker (daily/occasional)	13.8	10.7	10.5	22.4		3.3
	Physical activity (150+ minutes/week)	45.1	45.4	43.3	38.2		56.7
	5+ servings of fruits and vegetables (/day)	26.6	25.2	23.6	20.5		30.0
	Stress (extremely/quite stressed)	18.1	17.6	18.6	26.3		13.7
	Screen time (2+ hours/day)	49.8	49.7	47.5	60.8		41.4
	High physical wellness score (10-16) <sup>3</sup>	37.2	38.2	35.6	28.4		43.9
<b>PRIMARY CARE ACCESS</b>	Have a family doctor	83.5	89.7	85.8	78.5		92.3
	Visited health care professional (past 12 months)	81.3	81.2	79.9	76.0		84.4
	Visited physician with appointment	73.6	80.4	77.0	71.3		85.6
	Visited walk-in clinic without appointment	19.4	11.2	15.1	21.0		7.9
<b>BUILT ENVIRONMENT</b>	Commute - car	72.1	80.1	67.0	81.8		47.5
	Commute - public transit	13.6	6.4	21.4	3.2		38.0
	Commute - walk or cycle	6.9	9.2	8.4	3.7		20.9
	Commute time (one way 30+ minutes)	38.8	36.1	55.7	66.6		33.3
	Primary mode to run errands - walk or cycle	4.3	5.1	11.0	3.9		24.9
	Second hand smoke exposure (public places)	22.7	15.9	23.5	32.2		6.8
	Sidewalks well maintained (strongly/somewhat agree)	58.8	67.9	72.8	40.1		86.5
	Amenities within walking/cycling distance (strongly/somewhat agree)	32.3	48.8	61.3	32.3		82.3
<b>COMMUNITY RESILIENCY</b>	Transit stop (less than 5 minute walk)	76.3	71.5	78.7	14.7		91.3
	Emergency supplies (3+ days)	30.1	29.1	27.3	23.5		32.0
	Food insecure (sometimes/often)	6.4	4.9	6.3	12.7		3.6
	Community belonging (strong/somewhat strong)	64.9	59.4	56.0	49.1		71.1
	4+ people to confide in/turn to for help	48.1	46.5	43.2	32.1		50.5

1 Reported diagnosis of two or more of the following: Diabetes, heart disease, stroke, high blood pressure or chronic breathing conditions.  
 2 Five or more drinks on one occasion for males and 4 or more drinks on one occasion for females.  
 3 Lifestyles characterised by eating 5+ servings of fruits or vegetables a day, 30+ minutes of walking a day, 150+ minutes of moderate or vigorous physical activity a week, and not smoking. Wellness scores ranged from 0 -16.

