

Port Coquitlam | Community Health Indicators

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

Compared to Fraser Health

● Better ○ Similar ● Worse ◆ Metro Vancouver Average



| DOMAIN | Indicator | Port Coquitlam (%) n=624 | Metro Vancouver (%) n=28128 | Fraser Health (%) n=15427 | Fraser Health Worst (%) | Summary Chart | Fraser Health Best (%) |
|-----------------------------|---|--------------------------|-----------------------------|---------------------------|-------------------------|---------------|------------------------|
| ECONOMIC | Household income under \$40,000 | 14.8 | 31.7 | 28.5 | 47.3 | | 6.9 |
| | Currently unemployed | 4.0 | 6.4 | 6.0 | 12.0 | | 4.0 |
| HEALTH STATUS | General health (excellent/very good) | 46.9 | 48.5 | 47.5 | 40.7 | | 58.9 |
| | Mental health (excellent/very good) | 58.1 | 56.5 | 58.8 | 47.7 | | 64.6 |
| | Obesity (BMI 30+) | 31.6 | 21.7 | 27.2 | 36.7 | | 17.3 |
| | Diabetes | 5.0 | 7.7 | 8.8 | 11.5 | | 3.3 |
| | High blood pressure | 22.2 | 17.9 | 19.5 | 34.4 | | 14.4 |
| | Heart disease | s | 4.7 | 5.0 | 7.6 | | 2.8 |
| | Chronic breathing condition | 8.3 | 7.2 | 7.3 | 10.9 | | 4.1 |
| | Arthritis | 14.1 | 13.1 | 13.9 | 30.0 | | 7.4 |
| | Mood or anxiety disorder | 17.5 | 16.3 | 16.7 | 28.2 | | 13.9 |
| | Multiple chronic conditions ¹ | 5.9 | 7.9 | 8.8 | 12.5 | | 5.9 |
| | Cancer (lung, breast, prostate or colorectal) | s | 2.9 | 3.0 | 8.8 | | 2.3 |
| LIFESTYLE | Binge drinking (1+ times/month) ² | 23.4 | 20.7 | 18.8 | 24.8 | | 15.1 |
| | Smoker (daily/occasional) | 10.0 | 10.6 | 10.5 | 22.4 | | 3.3 |
| | Physical activity (150+ minutes/week) | 47.2 | 44.1 | 43.3 | 38.2 | | 56.7 |
| | 5+ servings of fruits and vegetables (/day) | 23.9 | 24.9 | 23.6 | 20.5 | | 30.0 |
| | Stress (extremely/quite stressed) | 16.2 | 17.8 | 18.6 | 26.3 | | 13.7 |
| | Screen time (2+ hours/day) | 48.2 | 47.8 | 47.5 | 60.8 | | 41.4 |
| | High physical wellness score (10-16) ³ | 35.1 | 37.7 | 35.6 | 28.4 | | 43.9 |
| PRIMARY CARE ACCESS | Have a family doctor | 92.0 | 83.1 | 85.8 | 78.5 | | 92.3 |
| | Visited health care professional (past 12 months) | 81.1 | 80.4 | 79.9 | 76.0 | | 84.4 |
| | Visited physician with appointment | 84.6 | 75.0 | 77.0 | 71.3 | | 85.6 |
| | Visited walk-in clinic without appointment | 10.6 | 16.5 | 15.1 | 21.0 | | 7.9 |
| BUILT ENVIRONMENT | Commute - car | 69.1 | 55.1 | 67.0 | 81.8 | | 47.5 |
| | Commute - public transit | 22.0 | 28.2 | 21.4 | 3.2 | | 38.0 |
| | Commute - walk or cycle | 5.7 | 13.7 | 8.4 | 3.7 | | 20.9 |
| | Commute time (one way 30+ minutes) | 62.3 | 56.0 | 55.7 | 66.6 | | 33.3 |
| | Primary mode to run errands - walk or cycle | 8.1 | 19.8 | 11.0 | 3.9 | | 24.9 |
| | Second hand smoke exposure (public places) | 23.9 | 26.6 | 23.5 | 32.2 | | 6.8 |
| | Sidewalks well maintained (strongly/somewhat agree) | 79.1 | 75.5 | 72.8 | 40.1 | | 86.5 |
| | Amenities within walking/cycling distance (strongly/somewhat agree) | 59.1 | 69.5 | 61.3 | 32.3 | | 82.3 |
| COMMUNITY RESILIENCY | Transit stop (less than 5 minute walk) | 85.9 | 84.0 | 78.7 | 14.7 | | 91.3 |
| | Emergency supplies (3+ days) | 29.5 | 26.7 | 27.3 | 23.5 | | 32.0 |
| | Food insecure (sometimes/often) | s | 7.0 | 6.3 | 12.7 | | 3.6 |
| | Community belonging (strong/somewhat strong) | 56.2 | 55.9 | 56.0 | 49.1 | | 71.1 |
| | 4+ people to confide in/turn to for help | 39.3 | 45.0 | 43.2 | 32.1 | | 50.5 |

S = suppressed

- 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.

