

# Port Coquitlam

## Community Health Profile



my Health  
my Community

This report provides an overview of health and wellness in Port Coquitlam that will give residents, community agencies and local governments a better understanding of the factors influencing health in their community. Our hope is that this information will help spark community level dialogue on actions to create health promoting environments and reduce health inequities.

### HIGHLIGHTS

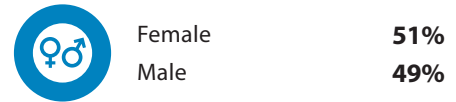
- Over 92% of Port Coquitlam respondents had a family doctor; this is the highest percentage of respondents with a family doctor in Fraser Health.
- There is room for improvement with respect to healthy behaviours. One in ten respondents smoked, less than half were physically active, less than one in four were eating 5+ servings of fruits and vegetables, around half had high screen time, and one in four reported binge drinking at least once per month.
- Port Coquitlam is part of the new Tri-Cities Healthier Communities Partnership, where mental health, seniors, and physician recruitment have been identified as priority areas.



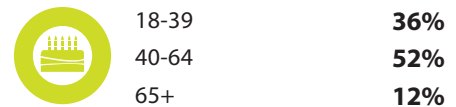
PORT COQUITLAM POPULATION 18+ YEARS (CENSUS 2011) = 43,992

### COMMUNITY DEMOGRAPHICS

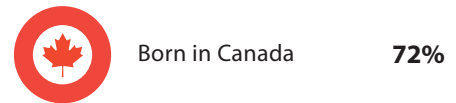
#### GENDER



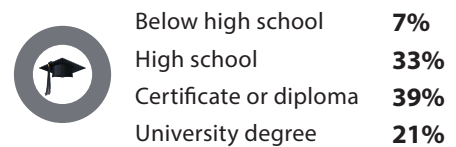
#### AGE (YEARS)



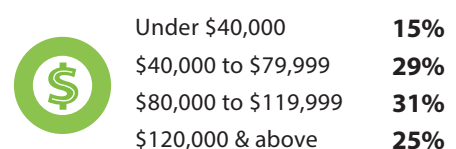
#### BIRTH PLACE



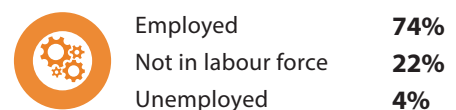
#### EDUCATION



#### HOUSEHOLD INCOME



#### EMPLOYMENT



#### ETHNICITY



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA



## Survey and participant recruitment

The My Health My Community survey was conducted between June 2013 and July 2014. People who responded to the survey were 18 years of age or older and lived within the Vancouver Coastal or Fraser Health regions. The survey was available online, in both English and Chinese, and printed versions were also available in English, Chinese and Punjabi. To ensure that we reached all segments of our population, our field outreach team also administered the survey in person in community settings (e.g. community events, seniors groups, homeless shelters).

Overall, more females responded to the survey than males and more responses were received from some geographic areas and population groups than others. Due to the nature of survey responses, it is common practice to “weight” survey results using the most recent census data (2011) to account for these differences. After all of the surveys were completed, we used statistical “weighting” to balance the results so that they represent the population of the geographic region specified. For example, if the responses were 65% female and 35% male, after weighting the responses represent a population that is 51% female and 49% male – closer to the actual values based on census data.

The results in this profile may differ from other publicly reported surveys, e.g. Canadian Community Health Survey, National Household Survey etc., due to differences in methodology such as recruitment, collection and reporting.

More detailed information on the survey tool and questions, recruitment of participants and calculation of indicators can be found in the My Health My Community Technical Report at: [www.myhealthmycommunity.org](http://www.myhealthmycommunity.org)

## How to read this profile

Unless otherwise indicated, this report summarizes results for the highlighted geographical area (e.g. municipality) specified on page 1. Results for each indicator on pages 3-7 are presented for the highlighted area overall, and where possible are split into gender (male and female) and three age groups (18-39 years, 40-64 years and 65+ years). In some cases, data for a particular indicator or sub-group have not been shown (have been suppressed) due to small sample size and this is indicated with an ‘S’.

Metro Vancouver averages for each indicator are represented by: 

Graphic bullets highlight socioeconomic differences for select indicators across the METRO VANCOUVER region. Immigration, education, income and ethnicity are represented by the following graphics:



IMMIGRATION



EDUCATION



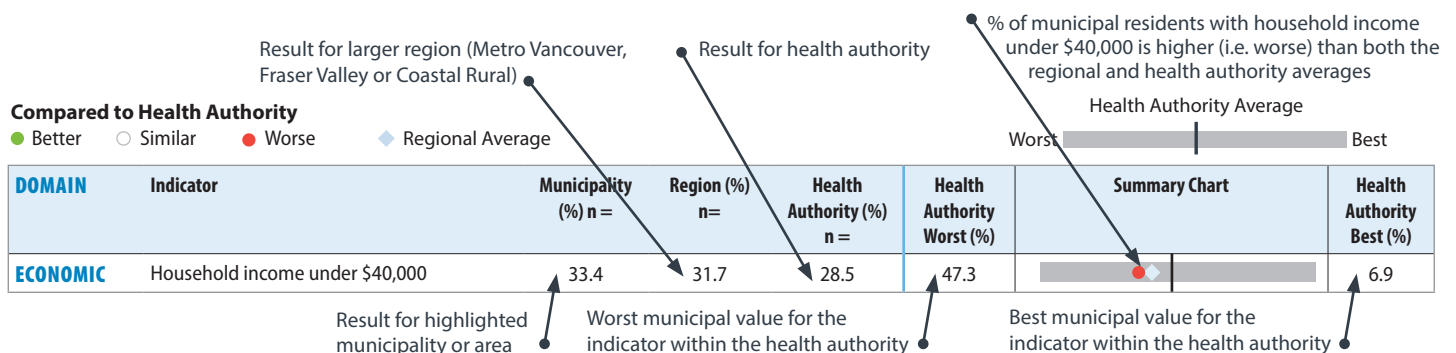
INCOME



ETHNICITY

## Using the spine chart

The chart on page 8 summarizes results for select indicators of health and well-being (some of which you will find on pages 3-7). In the chart, the results for the highlighted geographic area are given in the first column, along with the results for the relevant larger region (Metro Vancouver, Fraser Valley or Coastal Rural) and the results for the relevant health authority (Vancouver Coastal or Fraser Health). The chart also shows the results for the “worst” and the “best” geographic areas within that health authority. The value for the highlighted geographic area is labeled better (●) or worse (●) if the 95% confidence interval around the municipal value does not overlap with the health authority average.

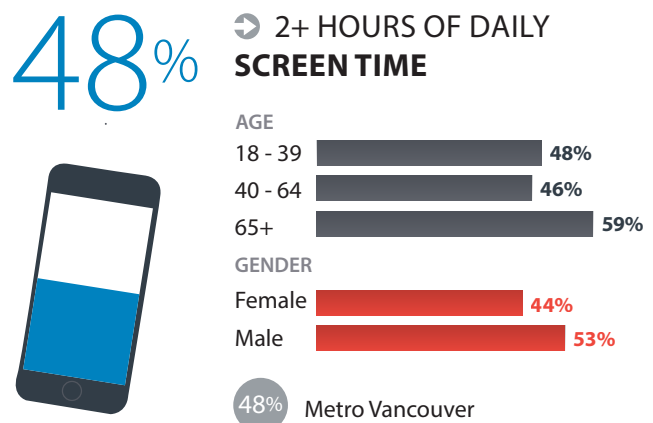
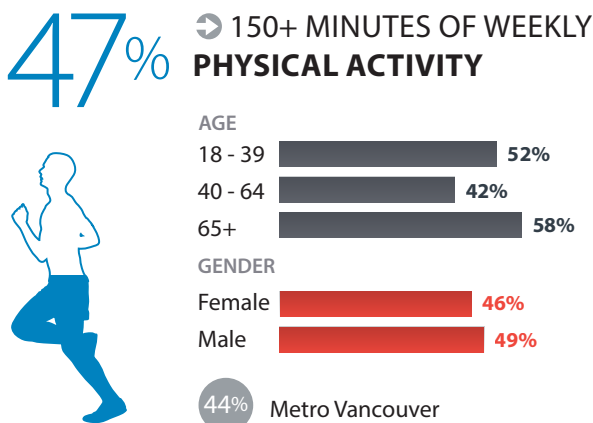
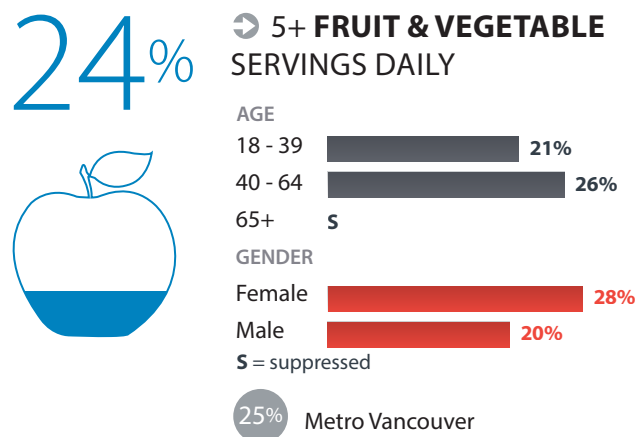
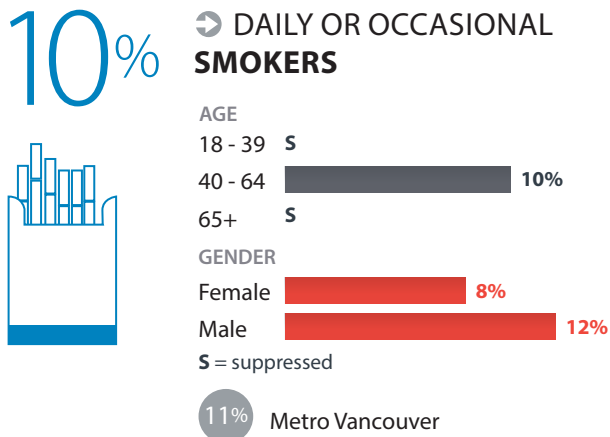


To provide feedback or for any additional information please contact: [info@myhealthmycommunity.org](mailto:info@myhealthmycommunity.org)

## Port Coquitlam | Healthy Behaviours

Healthy behaviours contribute to maintaining physical and mental health, and reducing the risk of chronic conditions such as heart disease, diabetes and stroke. Recommended lifestyle behaviours include (but are not limited to) consumption of 5 or more servings of fruits and vegetables per day, limiting harmful alcohol consumption, avoiding smoking, exercising moderately to vigorously for 150 or more minutes per week, and reducing screen time and other sedentary activities.

Healthy behaviours are shaped by individual choices, social and economic conditions and neighbourhood design. Community programs and policies can encourage and enable healthy behaviours and reduce the burden of chronic conditions in our communities.



### ACROSS METRO VANCOUVER



**Canadian born** were more likely to be physically active and eat 5+ daily servings of fruits and vegetables, but were 2 times more likely to be smokers compared to immigrants.



Healthy behaviours were higher among university graduates compared to those with less than high school education. They were 80% less likely to smoke and 2 times more likely to consume 5+ daily servings of fruits and vegetables.



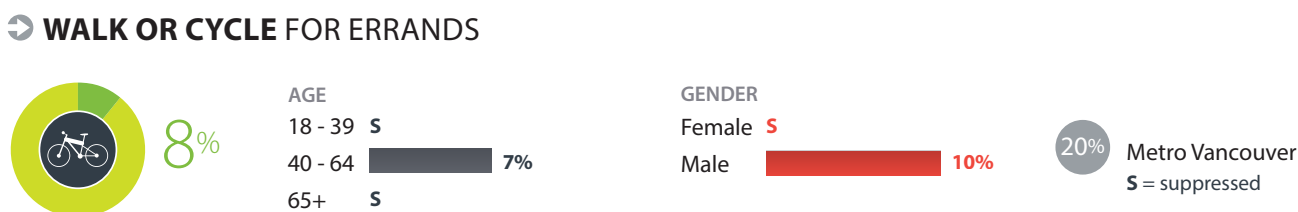
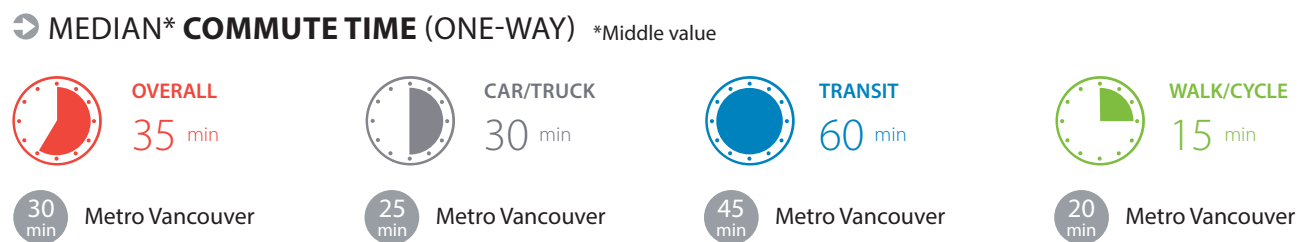
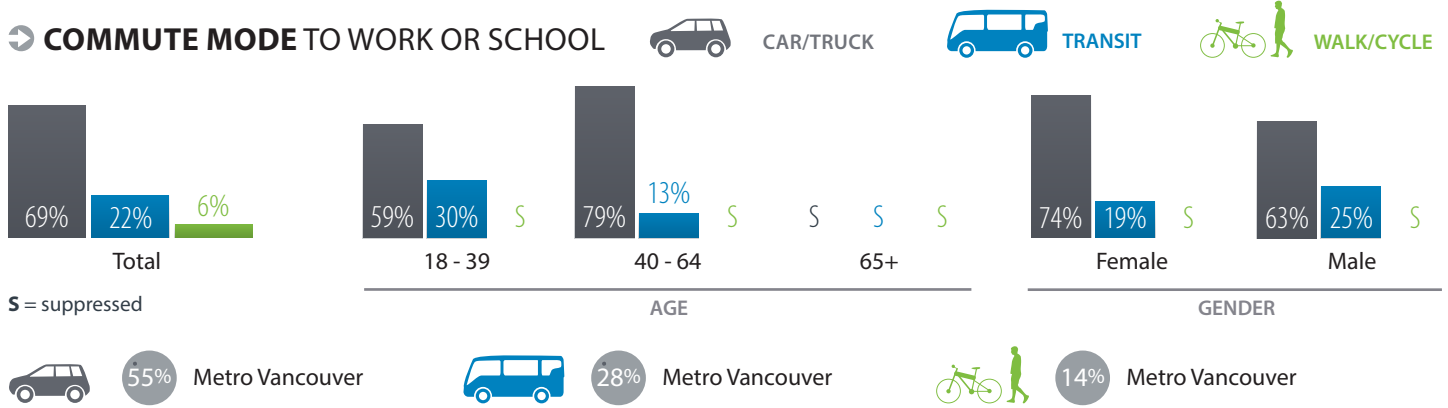
Healthy behaviours were higher among people with annual household income \$120,000+. They were 75% less likely to smoke, were 60% more likely to consume 5+ daily servings of fruits and vegetables and were 30% less likely to have 2+ hours of daily screen time compared to those with household income under \$40,000.



Healthy behaviours varied by ethnicity. Compared to the Metro Vancouver average, smoking was 3 times higher among Aboriginal people, consumption of 5+ daily servings of fruits and vegetables was 40% lower among South Asians, and weekly recommended physical activity was 25% lower among Chinese.

## Port Coquitlam | Built Environment

The physical environment in which we live, work and play impacts our health. Physical components of a built environment include neighbourhood design, transportation networks, natural environment, healthy food systems and housing. Community design influences community connectedness, mental and physical health, and chronic disease outcomes by promoting healthy behaviours such as walking or cycling. Healthy built environments are a shared responsibility and require the combined efforts of community agencies, health and social services and various levels of government.



## ACROSS METRO VANCOUVER

Compared to Canadian born, immigrants and especially recent **immigrants** were **more likely to take transit**. **Car use** among immigrants **increases with length of time in Canada**.

Households with annual **income under \$40,000** were **3 times more likely to commute by transit**, **2 times more likely to walk or cycle to run errands**, and **2 times more likely to be exposed to second hand smoke** in public places compared to household income of \$120,000+.

**Commuting by transit** was **50% higher among** those with **less than high school education** compared to university graduates. Exposure to **second hand smoke** in public places was **40% lower among university graduates** compared to those with less than high school education.

Among all ethnicities, **Caucasians and South Asians** were **most likely to drive** to work or school. **Aboriginal people and Chinese** reported the **highest likelihood of exposure to second hand smoke** in public places.

## Port Coquitlam | Built Environment

➔ **WELL MAINTAINED SIDEWALKS IN NEIGHBOURHOOD**



76% Metro Vancouver

➔ **AMENITIES WITHIN WALKING OR CYCLING DISTANCE**



70% Metro Vancouver

➔ **EXPOSED TO SECOND HAND SMOKE IN PUBLIC PLACES**

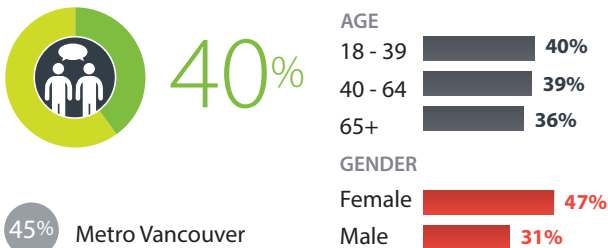


27% Metro Vancouver

## Port Coquitlam | Community Resiliency

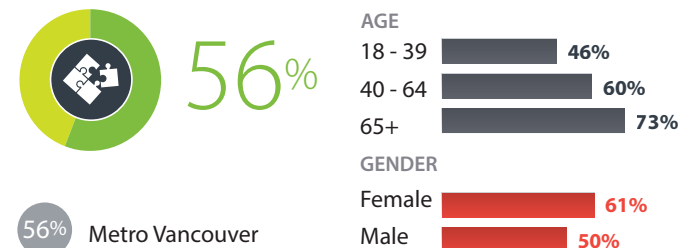
Support from families, friends and communities is associated with better health as it helps people deal with challenges and overcome problems. Supportive communities provide environments in which people are able to make decisions to improve their health and engage in healthy behaviours.

➔ **HAVE 4+ PEOPLE TO CONFIDE IN**



6% Metro Vancouver residents with **no one** to confide in

➔ **STRONG SENSE OF COMMUNITY BELONGING**



## ACROSS METRO VANCOUVER

**Recent immigrants** were **less likely to report a strong sense of community belonging**, and **Canadian born** were **more likely to report having 4+ people they can confide in**.

Those with annual household **income of \$120,000+** were **more likely to report a strong sense of community belonging** and having **4+ people to confide in**.

**University graduates** were **more likely to report having 4+ people to confide in**, but were **less likely to report a strong sense of community belonging** compared to those with less than high school education.

Compared to the Metro Vancouver average of all ethnicities, **Caucasians** were **more likely to report having 4+ people to confide in**, and **South Asians** were **more likely to report having a strong sense of community belonging**.

## Port Coquitlam | Family Doctor

Having a family doctor plays an important role in maintaining health and preventing chronic illness. Regular contact with a health care provider ensures that recommended preventive services, like screening for early stages of disease, is timely and that chronic conditions are well-managed to prevent complications. Having a regular care provider also helps to maintain continuity of care.

### ➔ HAVE A FAMILY DOCTOR



92%



83% Metro Vancouver

### ACROSS METRO VANCOUVER



Compared to the Metro Vancouver average, **having a family doctor was 25% lower among recent immigrants.**



Households with **annual income of \$120,000+** were **15% more likely to have a family doctor** compared to those with household income under \$40,000.



Among all ethnicities, **Aboriginal people** were **least likely to report having a family doctor** and **South Asians** were the **most likely**.

## Port Coquitlam | Health Status

Our physical and mental health is influenced by lifestyle behaviours, access to health services, the built environment, and our social and economic situation. Self-rated health is considered to be a good measure of the general health status of a population.

### ➔ SELF-RATED GENERAL HEALTH



42% GOOD  
11% FAIR OR POOR

47% EXCELLENT OR VERY GOOD



49% Metro Vancouver excellent or very good

### ➔ SELF-RATED MENTAL HEALTH



30% GOOD  
11% FAIR OR POOR

58% EXCELLENT OR VERY GOOD



57% Metro Vancouver excellent or very good

### ACROSS METRO VANCOUVER



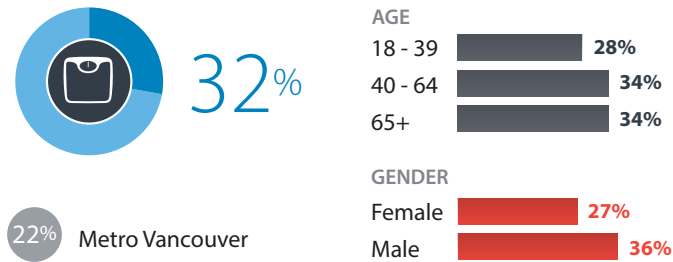
**University graduates** were **2 times more likely to report excellent or very good general health** and **60% more likely to report excellent or very good mental health** compared to those with less than high school education.



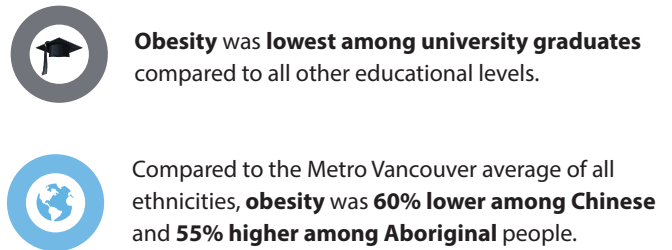
Households with **annual income \$120,000+** were **2 times more likely to report excellent or very good general health** and **60% more likely to report excellent or very good mental health** compared to households with income under \$40,000.

## Port Coquitlam | Obesity

### OBESITY (BODY MASS INDEX $\geq 30.0$ )



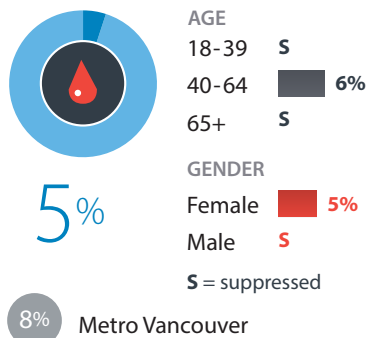
### ACROSS METRO VANCOUVER



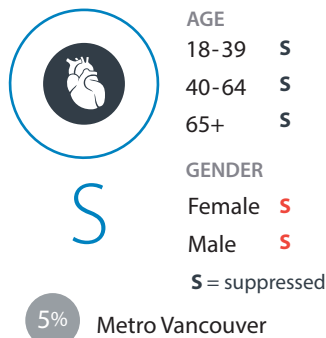
## Port Coquitlam | Self-reported Chronic Conditions

Chronic conditions are a major burden on our health care system, individuals, families and communities. Strategies to prevent chronic conditions include the development of policies and programs, at a community level, which encourage and enable healthy behaviours in order to reduce risk factors for chronic conditions.

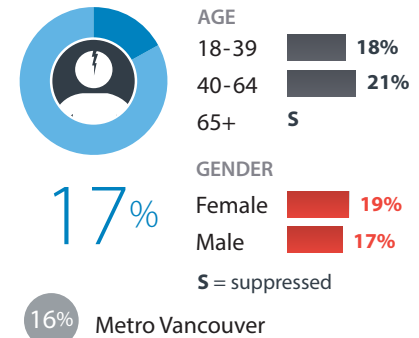
### DIABETES



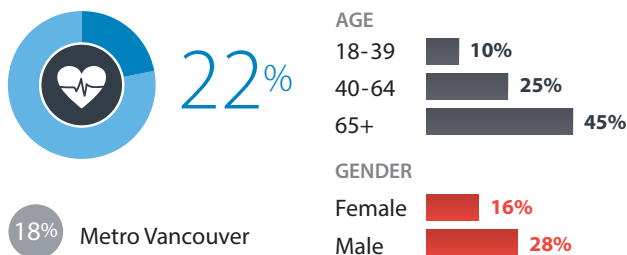
### HEART DISEASE



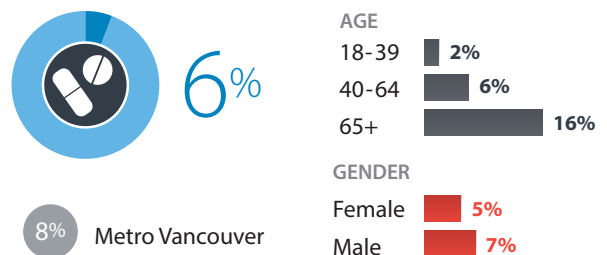
### MOOD OR ANXIETY DISORDER



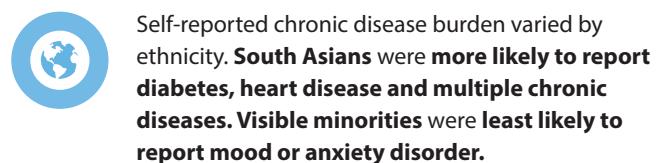
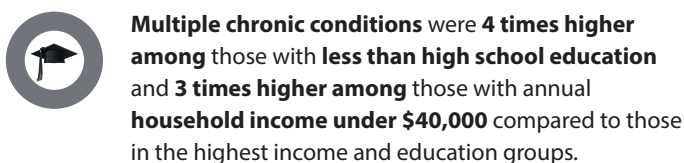
### HIGH BLOOD PRESSURE



### MULTIPLE CHRONIC ILLNESSES



### ACROSS METRO VANCOUVER



# 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 (%)
<b>ECONOMIC</b>	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
<b>HEALTH STATUS</b>	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 <sup>1</sup>	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
<b>LIFESTYLE</b>	Binge drinking (1+ times/month) <sup>2</sup>	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) <sup>3</sup>	35.1	37.7	35.6	28.4		43.9
<b>PRIMARY CARE ACCESS</b>	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
<b>BUILT ENVIRONMENT</b>	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
<b>COMMUNITY RESILIENCY</b>	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.

