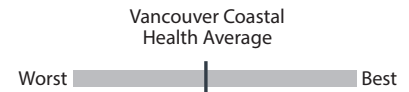


Squamish | Community Health Indicators

The chart below summarizes select indicators of health and well-being. Results for Squamish are compared to the Coastal Rural region as well as Vancouver Coastal Health Authority.

Compared to Vancouver Coastal Health

● Better ○ Similar ● Worse ◆ Coastal Rural Average



DOMAIN	Indicator	Squamish (%) n = 372	Coastal Rural (%) n = 2027	Vancouver Coastal Health (%) n = 17648	Vancouver Coastal Health Worst (%)	Summary Chart	Vancouver Coastal Health Best (%)
ECONOMIC	Household income under \$40,000	22.1	28.6	35.6	40.4		18.6
	Currently unemployed	s	3.2	6.6	9.5		3.2
HEALTH STATUS	General health (excellent/very good)	56.7	54.8	50.3	41.5		68.2
	Mental health (excellent/very good)	61.4	63.4	54.9	52.2		71.0
	Obesity (BMI 30+)	21.1	26.9	17.0	39.1		14.2
	Diabetes	s	6.3	6.6	11.8		3.9
	High blood pressure	8.1	19.1	16.4	30.8		8.1
	Heart disease	s	5.7	4.1	12.0		3.1
	Chronic breathing condition	8.4	7.1	7.3	10.2		4.0
	Arthritis	s	15.5	12.4	21.6		11.6
	Mood or anxiety disorder	17.7	15.1	16.4	19.9		11.3
	Multiple chronic conditions ¹	s	7.8	6.8	13.7		5.8
	Cancer (lung, breast, prostate or colorectal)	s	4.9	2.9	7.8		2.4
LIFESTYLE	Binge drinking (1+ times/month) ²	32.8	27.6	23.4	48.3		15.0
	Smoker (daily/occasional)	9.5	9.7	10.6	13.0		6.2
	Physical activity (150+ minutes/week)	62.2	57.3	46.4	37.5		68.9
	5+ servings of fruits and vegetables (/day)	32.9	32.2	27.2	20.9		37.1
	Stress (extremely/quite stressed)	14.4	15.0	16.4	18.0		7.4
	Screen time (2+ hours/day)	49.9	51.7	48.8	57.7		38.1
	High physical wellness score (10-16) ³	52.7	43.8	40.9	29.3		55.9
	PRIMARY CARE ACCESS	Have a family doctor	91.7	87.1	81.0	76.9	
Visited health care professional (past 12 months)		83.4	82.1	81.5	76.0		87.9
Visited physician with appointment		74.9	78.8	73.6	69.6		85.8
Visited walk-in clinic without appointment		11.5	8.1	16.6	20.5		5.3
BUILT ENVIRONMENT	Commute - car	78.6	80.4	45.2	86.9		32.7
	Commute - public transit	s	4.1	31.8	4.1		38.9
	Commute - walk or cycle	17.1	13.5	20.2	8.2		25.7
	Commute time (one way 30+ minutes)	38.5	24.6	50.5	56.0		9.5
	Primary mode to run errands - walk or cycle	10.4	9.5	28.1	8.1		38.1
	Second hand smoke exposure (public places)	12.9	11.6	27.6	32.1		8.9
	Sidewalks well maintained (strongly/somewhat agree)	56.8	45.2	75.8	4.9		79.8
	Amenities within walking/cycling distance (strongly/somewhat agree)	56.9	44.6	74.9	32.9		87.4
	Transit stop (less than 5 minute walk)	89.6	75.8	88.0	68.7		93.4
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	33.0	34.7	27.0	17.3		44.4
	Food insecure (sometimes/often)	4.5	4.1	7.3	8.5		2.3
	Community belonging (strong/somewhat strong)	70.9	74.3	57.8	53.8		82.3
	4+ people to confide in/turn to for help	50.5	49.9	48.1	41.4		55.9

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.

