The purpose of this data summary sheet is to provide an overview of the level of physical activity among different population groups across Vancouver Coastal Health (VCH) and Fraser Health (FH). The intent is to provide a better understanding of the factors influencing physical activity within each health authority at the health service delivery area (HSDA) level.

Overview

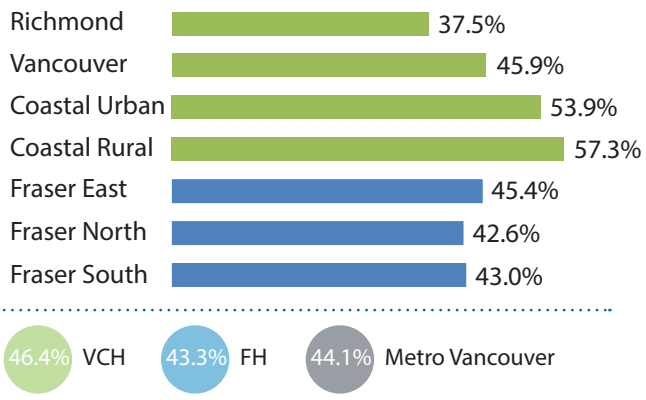
Physical activity plays an important role in one's health and well-being. Being physically active can help prevent chronic diseases such as certain types of cancers, type 2 diabetes and cardiovascular disease. In addition, physical activity can help reduce stress, decrease the risk of injury and prevent obesity.[1] In order to achieve these health benefits, it is recommended that adults aged 18+ years participate in at least 150 minutes of moderate to vigorous physical activity per week.[2]

Thirty-six percent of British Columbians (aged 12+ years) in 2013 reported being physically inactive.[3] Being physically inactive may be a result of many factors, including lack of time, motivation and barriers that restrict access to participation.[4] In 2013, the health impact of physical inactivity in BC resulted in an estimated economic burden of $1.0 billion ($350 million in direct costs and $673 million in costs related to disability and premature mortality).[5]

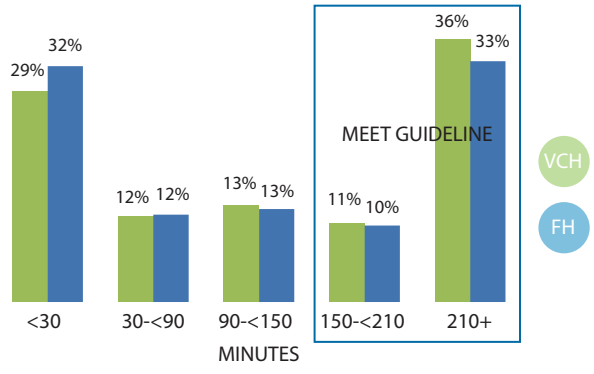
Overall proportion of respondents meeting the physical activity guideline

- 46.4% of VCH and 43.3% of FH respondents aged 18+ years meet the physical activity guideline of 150+ minutes of moderate to vigorous physical activity per week. Of those meeting the guideline, three-quarters are exercising 210+ minutes per week. Twenty-nine percent of VCH and 32% of FH respondents do very little or no exercise at all (e.g. less than 30 minutes) and are at highest risk for developing chronic diseases.
- Coastal Rural has a significantly higher (57.3%) and Richmond has a significantly lower (37.5%) proportion of respondents meeting the guideline when compared to the overall VCH value.
- For FH, there are no significant differences in the proportion of respondents meeting the guideline between its regions and the overall FH value.
- The proportion of respondents meeting the physical activity guideline is significantly (*see methods*) lower among the following population segments:
  - high school education or less
  - household income under $40,000
  - unemployed
  - not born in Canada
  - Chinese
  - parents of children aged 0-17 years
  - fair/poor self-reported general health
  - fair/poor self-reported mental health
  - obese
  - diagnosed with diabetes
  - extreme/quite a bit of stress
  - 2+ hours of screen time per day
  - six hours or less of sleep per day

150+ MINUTES OF MODERATE TO VIGOROUS **PHYSICAL ACTIVITY** PER WEEK



DISTRIBUTION OF MODERATE TO VIGOROUS **PHYSICAL ACTIVITY** PER WEEK



[1] Public Health Agency of Canada (PHAC). Physical Activity (2011).
[2] Canadian Society for Exercise Physiology (CSEP). Canadian Physical Activity Guidelines for Adults 18-64 years (2011).
[3] Statistics Canada. Canadian Community Health Survey, Annual Component. 2013.
[4] BC Ministry of Health, Healthy Families BC. Active People, Active Places: BC Physical Activity Strategy. 2015
[5] Provincial Health Services Authority. The economic benefits of risk factor reduction in British Columbia: Excess weight, physical inactivity, and tobacco smoking. Vancouver, B.C. 2015.

Methods

Data summarized in this report are from the My Health My Community (MHMC) survey that was conducted between June 2013 and July 2014. People who responded to the survey were 18+ years of age and lived within the VCH or FH regions. Detailed information on the survey tool and questions, recruitment of participants and calculation of indicators can be found in the MHMC Technical Report at: **www.myhealthmycommunity.org/results/technicalnotes**.

For this report, meeting the weekly physical activity guideline is defined as those who reported spending 150+ minutes on moderate to vigorous physical activity in the last week. The data were further stratified into a number of socio-demographic, health status, lifestyle behaviours and built environment population segments. The proportion of respondents meeting the physical activity guideline and confidence intervals (CI) were calculated for each population segment by HSDA and summarized in Tables 1 and 2. Significant differences exist where confidence intervals do not overlap.

In contrast to the Community Health Profiles, Neighbourhood Profiles and Atlas where the data are reported by either municipality or neighbourhood, this data summary sheet reports physical activity levels for the larger geographic area of an HSDA.

Highlights: Vancouver Coastal Health

SOCIO-DEMOGRAPHIC

- Overall for VCH, 52.4% of males and 41.1% of females meet the physical activity guideline of 150+ minutes of moderate to vigorous physical activity per week. Richmond has the lowest proportion of females (31.6%) and males (44.2%) who meet the guideline (64.6%) among all regions. Coastal Rural has the highest proportion of females (51.3%) and males (64.6%) who meet the guideline (64.6%) among all regions.
- 49.7% of VCH respondents aged 18-24 years meet the guideline, with Coastal Urban having the significantly highest proportion (65.7%) compared to VCH. Richmond has the lowest proportion of respondents aged 40-64 years who meet the guideline (36.2%) and Coastal Rural has the highest (57.7%). Compared to VCH and the rest of the regions, Coastal Rural has the highest proportion of respondents aged 65+ years who meet the guideline (61.6%).
- 42.3% of VCH respondents with an education level of high school or less meet the guideline, which is significantly lower than those with an education level of Bachelor's degree or higher (49.5%).
- 42.9% of VCH respondents with a household income under $40,000 meet the guideline, which is significantly lower than those with a household income of $100,000 or higher (53.2%).
- 39.9% of VCH respondents who report being unemployed meet the guideline, which is significantly lower than those employed (48.1%).
- 40.1% of VCH respondents not born in Canada meet the guideline, which is significantly lower than those born in Canada (50.3%).
- Overall for VCH, Chinese respondents have the lowest proportion meeting the guideline (33.6%) amongst all ethnic and visible minority groups. Richmond has the lowest proportion of Chinese respondents who meet the guideline (30.6%) and Coastal Rural has the highest (66.0%).
- 33.5% of VCH respondents who are parents of children aged 0-4 years meet the guideline. Coastal Rural has the highest proportion of parents of children aged 0-4 years who meet the guideline (50.1%) amongst all regions.

Highlights (con't): Vancouver Coastal Health

HEALTH-STATUS

- 29.1% of VCH respondents who report having fair or poor general health meet the physical activity guideline, which is significantly lower than those who report excellent or very good general health (57.3%).
- 37.3% of VCH respondents who report having fair or poor mental health meet the guideline, which is significantly lower than those who report excellent or very good mental health (51.9%).
- 38.5% of VCH respondents who are obese (BMI 30+) and 40.1% of those who report having been diagnosed with diabetes meet the guideline, which is significantly lower than the overall VCH value (46.4%).

LIFESTYLE

- 42.7% of VCH respondents who report eating less than 5 servings of fruits and vegetables per day meet the physical activity guideline, which is significantly lower than those who report eating 5+ servings of fruits and vegetables per day (57.1%).
- 41.2% of VCH respondents who report being extremely or quite stressed day meet the guideline.
- 42.6% of VCH respondents who report having screen time 2+ hours per day meet the guideline.
- 42.2% of VCH respondents who report sleeping six hours or less per day meet the guideline, which is significantly lower than those who report sleeping 7+ hours per day (48.8%).

BUILT ENVIRONMENT & COMMUNITY RESILIENCY

- 58.4% of VCH respondents whose primary commute mode is walking or cycling meet the physical activity guideline, which is significantly higher than the overall VCH value (46.4%).
- 53.2% of VCH respondents whose primary commute mode for errands is walking or cycling meet the guideline.
- 51.7% of VCH respondents who strongly or somewhat agree there are lanes and pathways for cyclists and walking in their neighbourhood meet the guideline.
- 42.8% of VCH respondents who report having a weak or somewhat weak sense of community belonging meet the guideline, which is significantly lower than those who report having a strong or somewhat strong sense of community belonging (50.7%).

Highlights: Fraser Health

SOCIO-DEMOGRAPHIC

- Overall for FH, 48.8% of males and 38.2% of females meet the physical activity guideline of 150+ minutes of moderate to vigorous physical activity per week.
- 47.7% of FH respondents aged 18-24 years meet the guideline, which is the highest proportion amongst all age groups.
- 38.1% of FH respondents with a household income under $40,000 meet the guideline, which is significantly lower than those with a household income of $100,000 or higher (48.7%).
- 38.2% of FH respondents not born in Canada meet the guideline, which is significantly lower than those born in Canada (45.9%). Fraser East is the only region where the proportion of respondents meeting the guideline is higher among respondents not born in Canada (48.0%) than among those born in Canada (44.9%).
- Overall for FH, Chinese respondents have the lowest proportion meeting the guideline (30.8%) amongst all ethnic and visible minority groups. Fraser South has the lowest proportion of Chinese respondents who meet the guideline (30.3%) and Fraser East has the highest (42.3%).
- 33.4% of FH respondents who are parents of children aged 0-4 years meet the guideline. Fraser East has the highest proportion of respondents who are parents of children aged 0-4 years and meet the guideline (39.7%) and Fraser South has the lowest (29.4%).

HEALTH-STATUS

- 29.8% of FH respondents who report having fair or poor general health meet the physical activity guideline, which is significantly lower than those who report excellent or very good general health (52.2%).
- 34.4% of FH respondents who report having fair or poor mental health meet the guideline, which is significantly lower than those who report excellent or very good mental health (47.5%).
- 37.1% of FH respondents who are obese (BMI 30+) and 37.7% of those who report having been diagnosed with a mood or anxiety disorder meet the guideline, which is significantly lower than the overall FH value (43.3%).

LIFESTYLE

- 40.4% of FH respondents who report eating less than 5 servings of fruits and vegetables per day meet the physical activity guideline, which is significantly lower than those who report eating 5+ servings of fruits and vegetables per day (53.9%).
- 38.8% of FH respondents who report having screen time 2+ hours per day meet the guideline, which is significantly lower than those who report having less than 2 hours of screen time per day (47.8%).

BUILT ENVIRONMENT & COMMUNITY RESILIENCY

- 55.0% of FH respondents whose primary commute mode is walking or cycling meet the physical activity guideline, which is significantly higher than the FH value (43.3%). The proportion of respondents meeting the guideline among those whose primary commute mode is walking or cycling is highest in Fraser East (62.1%) and lowest in Fraser South (50.0%).
- 52.4% of FH respondents whose primary commute mode for errands is walking or cycling meet the guideline.
- 40.1% of FH respondents who report having a weak or somewhat weak sense of community belonging meet the guideline, which is significantly lower than those who report having a strong or somewhat strong sense of community belonging (46.7%).

Data Tables: Vancouver Coastal Health

Table 1. Proportion of survey respondents aged 18+ years by indicator who meet the physical activity guideline.

Domain	Indicator	Richmond (n=915)			Vancouver (n=4,074)			Coastal Urban (n=1,305)			Coastal Rural (n=1,057)			VCH (n=7,351)			Metro Vancouver (n=10,895)		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	Moderate to vigorous physical activity (150+ minutes/week)	37.5	35.2	39.8	45.9	44.6	47.1	53.9	51.2	56.6	57.3	53.7	60.9	46.4	45.4	47.4	44.1	43.3	45.0
Socio-Demographic	Female	31.6	29.1	34.1	40.3	38.8	41.8	49.6	46.4	52.8	51.3	47.4	55.2	41.1	39.9	42.2	38.9	37.9	39.8
	Male	44.2	40.2	48.2	51.8	49.8	53.9	59.0	54.5	63.5	64.6	58.2	70.9	52.4	50.7	54.0	49.8	48.3	51.3
	Young adults aged 18-24 years	41.6	34.3	49.0	47.7	43.3	52.0	65.7	55.8	75.6	55.6	35.5	75.7	49.7	46.2	53.3	47.9	45.3	50.6
	Adults aged 18-39 years	37.2	33.3	41.0	46.8	44.9	48.7	55.5	50.1	60.9	53.7	46.3	61.1	46.6	45.0	48.2	43.8	42.5	45.1
	Adults aged 40-64 years	36.2	32.9	39.6	45.1	43.2	46.9	53.1	49.6	56.5	57.7	52.9	62.4	45.7	44.3	47.2	43.7	42.4	44.9
	Seniors age 65+ years	42.4	36.7	48.1	45.3	41.6	49.1	53.8	47.5	60.1	61.6	53.6	69.5	48.0	45.3	50.7	46.4	43.7	49.0
	Education level high school or less	34.9	30.1	39.7	41.6	38.8	44.5	51.0	43.9	58.1	53.7	46.1	61.3	42.3	40.0	44.6	42.3	40.4	44.2
	Education level Bachelor's degree or higher	40.0	36.7	43.3	49.4	47.9	50.8	54.8	51.6	57.9	65.6	61.3	69.8	49.5	48.3	50.8	46.0	45.0	47.0
	Household income under $40,000	35.8	30.9	40.6	44.2	41.5	46.9	42.5	35.5	49.5	51.5	43.7	59.3	42.9	40.8	45.1	40.4	38.4	42.3
	Household income $100,000+	45.9	40.7	51.0	51.7	49.3	54.1	59.9	55.5	64.3	58.1	50.7	65.5	53.2	51.2	55.1	50.3	48.7	52.0
	Employed	40.5	37.4	43.6	47.3	45.8	48.8	54.9	51.7	58.2	57.6	53.1	62.1	48.1	46.9	49.3	45.0	44.0	46.0
	Unemployed	29.4	19.3	39.4	42.1	36.4	47.7	39.7	26.5	52.9	52.1	24.4	79.8	39.9	35.3	44.4	39.6	35.4	43.7
	Born in Canada	44.9	41.2	48.6	48.8	47.2	50.4	57.3	54.0	60.5	55.6	51.4	59.8	50.3	49.1	51.6	47.7	46.6	48.8
	Not born in Canada	32.0	29.0	35.0	40.5	38.3	42.7	48.2	43.1	53.4	62.1	54.7	69.6	40.1	38.4	41.8	38.2	36.7	39.6
	Time in Canada 0-5 years	19.5	14.1	24.9	37.6	31.8	43.4	43.3	26.2	60.4	55.9	35.0	76.8	32.4	27.9	36.9	30.8	27.2	34.5
	Time in Canada 6-15 years	33.4	26.5	40.3	37.1	32.2	42.1	38.5	26.5	50.5	65.2	47.4	83.0	37.3	33.5	41.2	35.0	31.8	38.2
	Time in Canada 16+ years	37.6	33.2	42.1	42.5	39.6	45.4	52.7	46.5	59.0	63.5	54.0	73.0	43.7	41.4	45.9	41.3	39.3	43.3
	Aboriginal	s	-	-	44.9	37.9	51.9	54.5	39.7	69.3	55.7	41.9	69.5	45.9	40.2	51.7	41.9	37.1	46.6
	Caucasian	46.0	42.1	49.9	51.3	49.7	53.0	57.3	54.3	60.2	57.6	53.7	61.6	52.6	51.4	53.9	49.0	47.9	50.2
	Chinese	30.6	27.2	34.1	35.2	32.3	38.0	33.4	19.7	47.1	66.0	38.8	93.2	33.6	31.4	35.8	32.4	30.5	34.4
	South Asian	45.4	35.4	55.5	45.3	38.2	52.4	32.3	14.6	50.1	66.5	28.7	100.0	44.4	38.9	50.0	44.3	40.7	48.0
	LGBTQ	21.6	9.8	33.4	49.5	45.5	53.5	46.2	30.7	61.7	66.9	49.5	84.3	48.6	44.9	52.3	45.0	41.2	48.9
	Parents with children at home (0-4 years)	23.4	17.4	29.4	32.7	29.0	36.5	40.4	33.5	47.3	50.1	38.9	61.3	33.5	30.7	36.4	32.1	29.7	34.5
	Parents with children at home (under 18 years)	27.7	23.3	32.0	37.8	34.7	41.0	47.3	42.1	52.5	48.5	40.8	56.2	38.5	36.2	40.8	38.7	36.9	40.5
	Living alone	39.3	32.9	45.8	48.3	45.7	50.9	53.4	46.2	60.6	53.8	43.7	63.9	48.2	45.9	50.4	46.3	44.1	48.4
Health Status	General health (excellent/very good)	50.2	46.7	53.7	56.1	54.4	57.7	63.7	60.5	66.9	65.0	60.7	69.3	57.3	56.0	58.6	54.0	52.9	55.2
	General health (fair/poor)	26.6	21.4	31.7	28.5	25.2	31.8	34.8	24.7	44.8	37.9	27.4	48.3	29.1	26.5	31.8	29.6	27.2	32.1
	Mental health (excellent/very good)	43.1	39.8	46.3	50.7	49.0	52.4	59.2	55.9	62.5	62.0	57.7	66.4	51.9	50.6	53.2	48.7	47.6	49.9
	Mental health (fair/poor)	29.3	23.4	35.1	38.3	35.0	41.6	42.5	34.0	51.1	41.4	29.8	53.0	37.3	34.6	39.9	35.9	33.5	38.2
	Healthy weight (BMI 18.5-24.9)	35.6	32.2	39.0	48.4	46.5	50.2	57.0	52.8	61.3	65.7	60.1	71.3	48.2	46.7	49.8	46.3	44.9	47.6
	Overweight/obese (BMI 25+)	41.3	37.6	44.9	46.0	44.0	48.0	53.3	49.4	57.2	54.1	49.2	59.0	47.2	45.7	48.7	44.3	43.1	45.6
	Obesity (BMI 30+)	36.7	30.3	43.1	36.2	32.9	39.5	43.7	36.6	50.7	44.9	37.1	52.7	38.5	35.9	41.1	37.5	35.5	39.5
	Diabetes	32.5	23.6	41.4	40.8	35.1	46.6	45.7	32.7	58.6	48.4	31.3	65.5	40.1	35.7	44.5	39.6	35.8	43.3
	High blood pressure	40.0	34.2	45.8	43.7	39.9	47.5	52.9	46.4	59.4	50.4	41.5	59.2	45.1	42.4	47.9	43.3	41.0	45.6
	Mood or anxiety disorder	43.5	36.2	50.7	42.0	39.0	45.0	44.4	37.7	51.2	52.0	43.4	60.6	43.1	40.6	45.6	40.4	38.2	42.5
	Multiple chronic conditions[1]	37.3	28.2	46.4	40.3	34.4	46.2	47.8	37.1	58.4	48.4	34.1	62.7	41.5	37.2	45.8	40.0	36.4	43.7
Lifestyle	Binge drinking (1+ times/month)[2]	46.0	39.3	52.6	53.7	51.1	56.2	63.1	57.4	68.8	59.2	51.6	66.8	54.7	52.6	56.9	51.9	50.0	53.8
	Smoker (daily/occasional)	28.0	18.4	37.6	44.0	39.7	48.3	53.1	42.1	64.0	41.9	29.5	54.3	42.9	39.3	46.5	43.3	40.1	46.4
	Non-smoker	38.4	36.0	40.8	46.0	44.7	47.3	54.1	51.3	56.9	59.0	55.2	62.7	46.8	45.8	47.9	44.2	43.3	45.1
	5+ servings of fruits and vegetables (/day)	49.4	44.4	54.4	55.6	53.3	57.9	65.3	61.1	69.6	64.1	58.5	69.7	57.1	55.3	58.9	55.1	53.5	56.7
	0-4 servings of fruits and vegetables (/day)	35.3	32.6	38.0	42.1	40.6	43.7	49.8	46.4	53.3	54.5	49.7	59.2	42.7	41.5	44.0	40.8	39.8	41.9
	Stress (extremely/quite stressed)	29.4	23.5	35.3	41.2	38.2	44.2	49.4	43.1	55.6	48.0	38.1	57.9	41.2	38.8	43.6	40.4	38.4	42.4
	Screen time (2+ hours/day)	35.5	32.3	38.8	41.7	39.8	43.5	50.0	45.7	54.3	53.6	48.3	58.9	42.6	41.1	44.1	40.0	38.7	41.3
	Screen time (less than 2 hours/day)	39.9	36.5	43.2	50.5	48.8	52.2	57.3	53.9	60.7	61.9	57.1	66.8	50.5	49.2	51.9	48.3	47.2	49.5
	Sleep (6 hours or less/day)	34.3	30.1	38.5	43.6	41.1	46.1	43.2	37.6	48.8	52.2	43.3	61.1	42.2	40.2	44.1	43.0	41.3	44.7
	Sleep (7+ hours/day)	39.7	36.9	42.5	47.6	46.1	49.1	57.9	54.8	60.9	59.2	55.3	63.2	48.8	47.7	50.0	45.5	44.5	46.5
Built environment	Commute - car	36.6	33.5	39.8	41.9	39.7	44.2	52.2	48.3	56.0	57.0	52.0	62.0	44.2	42.5	45.8	42.4	41.1	43.6
	Commute - public transit	37.3	31.4	43.2	40.3	38.0	42.6	49.6	41.7	57.6	47.6	30.9	64.4	41.0	38.9	43.1	41.1	39.4	42.9
	Commute - walk or cycle	44.6	36.2	53.0	59.4	56.7	62.0	60.9	52.6	69.2	64.2	54.0	74.4	58.4	56.1	60.8	56.7	54.3	59.1
	Primary mode to run errands - walk or cycle	46.5	38.7	54.3	52.7	50.7	54.8	62.4	55.7	69.0	57.6	44.4	70.9	53.2	51.3	55.1	53.1	51.2	54.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	39.6	36.7	42.5	47.5	46.1	48.9	53.3	50.1	56.5	58.5	52.8	64.1	47.5	46.4	48.7	44.9	43.9	45.9
	Lanes/pathways for cyclists & walking in neighbourhood (stongly/somewhat agree)	40.4	37.6	43.3	48.2	46.8	49.6	54.7	51.4	58.0	57.5	52.8	62.2	51.7	50.5	52.9	46.3	45.3	47.4
	Many attractive natural sites in neighbourhood (strongly/somewhat agree)	40.2	37.4	43.1	47.5	46.1	48.9	55.3	52.5	58.2	58.5	54.6	62.4	48.6	47.4	49.7	46.2	45.2	47.2
Community resiliency	Community belonging (strong/somewhat strong)	43.4	39.9	46.8	49.3	47.5	51.1	56.8	53.4	60.2	60.0	55.8	64.2	50.7	49.3	52.1	48.0	46.7	49.2
	Community belonging (very weak/somewhat weak)	33.0	29.5	36.5	43.4	41.5	45.4	50.5	45.7	55.4	52.0	44.4	59.6	42.8	41.2	44.4	40.8	39.5	42.1

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed. CI = Confidence interval.
[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.
For indicator definitions, please refer to Technical Notes at: www.myhealthmycommunity.org/Results/TechnicalNotes

Data Tables: Fraser Health

Table 2. Proportion of survey respondents aged 18+ years by indicator who meet the physical activity guideline.

Domain	Indicator	Fraser East (n=1,166)			Fraser North (n=2,328)			Fraser South (n=2,273)			FH (n=5,767)			Metro Vancouver (n=10,895)		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	Moderate to vigorous physical activity (150+ minutes/week)	45.4	42.5	48.3	42.6	40.8	44.5	43.0	41.2	44.9	43.3	42.1	44.5	44.1	43.3	45.0
Socio-Demographic	Female	40.5	37.4	43.7	38.2	36.2	40.1	37.3	35.2	39.3	38.2	36.9	39.4	38.9	37.9	39.8
	Male	51.0	46.0	56.1	47.5	44.3	50.7	49.0	45.9	52.1	48.8	46.7	50.8	49.8	48.3	51.3
	Young adults aged 18-24 years	52.7	42.4	63.1	47.2	41.7	52.7	46.3	41.2	51.3	47.7	44.1	51.3	47.9	45.3	50.6
	Adults aged 18-39 years	47.7	42.6	52.9	42.5	39.7	45.3	40.9	38.1	43.7	42.6	40.7	44.5	43.8	42.5	45.1
	Adults aged 40-64 years	43.4	39.5	47.2	42.5	39.9	45.2	43.1	40.5	45.7	42.9	41.2	44.6	43.7	42.4	44.9
	Seniors age 65+ years	45.9	38.6	53.3	43.3	37.6	49.0	47.8	42.0	53.7	46.0	42.3	49.6	46.4	43.7	49.0
	Education level high school or less	45.0	39.7	50.3	41.1	37.2	45.0	44.0	40.4	47.5	43.2	40.8	45.6	42.3	40.4	44.2
	Education level Bachelor's degree or higher	49.4	45.1	53.6	42.2	39.9	44.6	42.2	39.7	44.6	42.9	41.3	44.5	46.0	45.0	47.0
	Household income under $40,000	37.4	30.7	44.1	37.4	32.8	42.0	38.9	34.3	43.5	38.1	35.1	41.0	40.4	38.4	42.3
	Household income $100,000+	50.7	45.1	56.4	47.8	44.3	51.3	48.9	45.5	52.4	48.7	46.5	51.0	50.3	48.7	52.0
	Employed	46.8	43.4	50.1	42.9	40.8	45.0	43.3	41.2	45.5	43.7	42.3	45.1	45.0	44.0	46.0
	Unemployed	31.2	16.3	46.1	42.1	31.5	52.8	37.9	29.4	46.4	38.3	32.2	44.4	39.6	35.4	43.7
	Born in Canada	44.9	41.7	48.2	46.7	44.4	49.0	45.7	43.4	47.9	45.9	44.5	47.4	47.7	46.6	48.8
	Not born in Canada	48.2	41.0	55.5	34.8	31.7	37.9	38.9	35.6	42.3	38.2	36.0	40.4	38.2	36.7	39.6
	Time in Canada 0-5 years	46.0	21.6	70.3	28.6	20.5	36.7	30.7	22.7	38.7	31.4	25.6	37.3	30.8	27.2	34.5
	Time in Canada 6-15 years	50.0	31.6	68.4	29.8	24.2	35.3	37.1	30.1	44.2	35.6	30.9	40.4	35.0	31.8	38.2
	Time in Canada 16+ years	48.0	39.4	56.7	37.7	33.4	42.1	41.6	36.9	46.2	40.6	37.5	43.6	41.3	39.3	43.3
	Aboriginal	42.8	33.0	52.5	36.5	26.2	46.8	40.6	30.8	50.5	39.9	34.1	45.7	41.9	37.1	46.6
	Caucasian	45.4	42.1	48.7	47.4	45.0	49.8	46.1	43.7	48.5	46.5	44.9	48.0	49.0	47.9	50.2
	Chinese	42.3	20.0	64.6	30.6	26.5	34.8	30.3	22.8	37.8	30.8	27.2	34.4	32.4	30.5	34.4
	South Asian	48.7	36.9	60.5	37.1	28.9	45.2	45.9	41.0	50.8	45.0	40.9	49.0	44.3	40.7	48.0
	LGBTQ	47.7	30.1	65.4	39.1	27.8	50.5	40.7	28.2	53.2	41.0	33.4	48.7	45.0	41.2	48.9
	Parents with children at home (0-4 years)	39.7	32.2	47.3	35.4	30.2	40.6	29.4	24.4	34.3	33.4	30.1	36.6	32.1	29.7	34.5
	Parents with children at home (under 18 years)	41.5	36.4	46.5	38.0	34.4	41.6	40.2	36.7	43.7	39.6	37.3	41.8	38.7	36.9	40.5
	Living alone	46.3	36.3	56.3	44.9	39.7	50.1	43.8	38.3	49.3	44.7	41.1	48.2	46.3	44.1	48.4
Health Status	General health (excellent/very good)	54.8	51.0	58.6	51.7	49.2	54.3	51.6	49.0	54.2	52.2	50.5	53.8	54.0	52.9	55.2
	General health (fair/poor)	27.3	19.7	34.9	27.0	21.5	32.4	33.1	27.8	38.4	29.8	26.4	33.2	29.6	27.2	32.1
	Mental health (excellent/very good)	50.2	46.6	53.9	46.9	44.5	49.3	46.9	44.5	49.3	47.5	45.9	49.0	48.7	47.6	49.9
	Mental health (fair/poor)	33.1	25.0	41.1	34.1	28.7	39.4	35.3	30.0	40.7	34.4	31.0	37.8	35.9	33.5	38.2
	Healthy weight (BMI 18.5-24.9)	53.5	48.0	59.0	44.8	41.7	47.9	45.2	41.9	48.4	46.1	44.0	48.2	46.3	44.9	47.6
	Overweight/obese (BMI 25+)	43.1	39.4	46.8	42.0	39.5	44.6	43.5	41.0	46.0	42.9	41.3	44.5	44.3	43.1	45.6
	Obesity (BMI 30+)	36.1	30.7	41.6	34.7	31.0	38.5	39.3	35.5	43.0	37.1	34.7	39.5	37.5	35.5	39.5
	Diabetes	36.1	25.2	47.1	34.7	26.3	43.2	42.3	35.4	49.1	38.9	34.1	43.8	39.6	35.8	43.3
	High blood pressure	39.3	33.2	45.4	41.4	36.7	46.0	43.1	38.3	47.8	41.7	38.8	44.7	43.3	41.0	45.6
	Chronic breathing condition	40.5	31.3	49.7	43.8	36.8	50.8	42.3	34.5	50.0	42.5	37.9	47.1	42.6	39.3	45.9
	Arthritis	43.8	36.9	50.7	40.1	34.8	45.4	41.3	35.7	46.9	41.3	37.9	44.8	42.7	40.1	45.4
	Mood or anxiety disorder	34.0	27.8	40.3	38.6	33.7	43.4	38.6	34.2	43.1	37.7	34.8	40.6	40.4	38.2	42.5
	Multiple chronic conditions[1]	29.5	20.9	38.1	34.7	28.1	41.3	42.5	35.2	49.8	37.7	33.1	42.3	40.0	36.4	43.7
Lifestyle	Binge drinking (1+ times/month)[2]	46.5	39.9	53.2	49.3	44.8	53.7	49.6	45.3	54.0	48.9	46.1	51.8	51.9	50.0	53.8
	Smoker (daily/occasional)	43.9	35.3	52.4	39.2	31.9	46.4	47.4	41.0	53.9	43.6	39.3	47.9	43.3	40.1	46.4
	Non-smoker	45.7	42.5	48.8	42.7	40.8	44.6	42.8	40.9	44.8	43.2	42.0	44.5	44.2	43.3	45.1
	5+ servings of fruits and vegetables (/day)	54.8	49.4	60.2	53.2	49.8	56.6	54.3	50.5	58.0	53.9	51.6	56.2	55.1	53.5	56.7
	0-4 servings of fruits and vegetables (/day)	43.0	39.5	46.5	39.0	36.8	41.2	40.7	38.5	42.9	40.4	39.0	41.9	40.8	39.8	41.9
	Stress (extremely/quite stressed)	37.1	30.2	44.0	43.6	39.3	47.9	36.9	32.9	41.0	39.7	37.0	42.4	40.4	38.4	42.4
	Screen time (2+ hours/day)	40.6	36.1	45.2	38.3	35.7	41.0	38.6	35.8	41.4	38.8	37.1	40.6	40.0	38.7	41.3
	Screen time (less than 2 hours/day)	50.7	47.0	54.4	47.4	44.9	50.0	47.0	44.5	49.5	47.8	46.2	49.4	48.3	47.2	49.5
	Sleep (6 hours or less/day)	47.0	41.2	52.7	43.1	39.5	46.7	44.9	41.3	48.4	44.5	42.2	46.8	43.0	41.3	44.7
	Sleep (7+ hours/day)	45.8	42.3	49.2	43.3	41.2	45.5	43.4	41.1	45.6	43.7	42.3	45.2	45.5	44.5	46.5
Built environment	Commute - car	43.2	39.7	46.6	41.2	38.7	43.7	42.8	40.5	45.1	42.3	40.8	43.8	42.4	41.1	43.6
	Commute - public transit	55.6	39.3	71.9	41.1	37.2	44.9	41.8	37.3	46.2	42.0	39.1	44.9	41.1	39.4	42.9
	Commute - walk or cycle	62.1	50.5	73.8	56.7	49.4	64.0	50.0	41.9	58.1	55.0	50.0	60.0	56.7	54.3	59.1
	Primary mode to run errands - walk or cycle	46.3	34.2	58.4	52.0	46.4	57.7	53.8	47.7	60.0	52.4	48.4	56.4	53.1	51.2	54.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	45.7	41.4	50.1	43.3	41.0	45.6	42.4	40.1	44.7	43.2	41.7	44.7	44.9	43.9	45.9
	Lanes/pathways for cyclists & walking in neighbourhood (stongly/somewhat agree)	47.1	43.1	51.2	44.4	42.2	46.7	45.4	43.0	47.8	45.3	43.8	46.8	46.3	45.3	47.4
	Many attractive natural sites in neighbourhood (strongly/somewhat agree)	48.3	44.8	51.9	44.8	42.7	46.9	44.7	42.5	47.0	45.4	44.0	46.8	46.2	45.2	47.2
Community resiliency	Community belonging (strong/somewhat strong)	48.1	44.4	51.9	46.4	43.7	49.0	46.5	43.8	49.1	46.7	45.0	48.4	48.0	46.7	49.2
	Community belonging (very weak/somewhat weak)	43.2	38.1	48.3	38.7	35.9	41.5	40.3	37.4	43.2	40.1	38.2	42.0	40.8	39.5	42.1

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed. CI = Confidence interval.
[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.
For indicator definitions, please refer to Technical Notes at: www.myhealthmycommunity.org/Results/TechnicalNotes