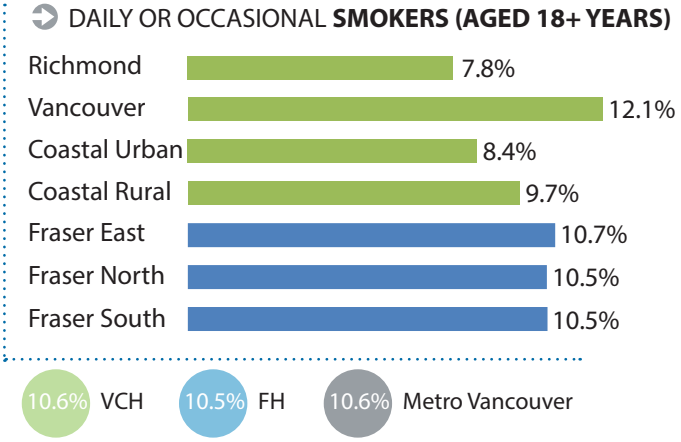
The purpose of this data summary sheet is to provide an overview of tobacco smoking prevalence among different population groups across Vancouver Coastal Health (VCH) and Fraser Health (FH). The intent is to provide a better understanding of the factors influencing smoking prevalence within each health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

Overview

Smoking is a known risk factor for a number of serious health conditions including cancers, cardiovascular disease, chronic respiratory conditions and dental decay. In both the VCH and FH regions, smoking is the leading cause of preventable disease, substance-related hospitalizations and premature deaths. In 2013, VCH reported 5,521hospitalizations for medical conditions attributable to tobacco smoking (49% of total substance-related hospitalizations) and FH reported 10,555 hospitalizations (47% of total substance-related hospitalizations). There were 887 smoking-related deaths in VCH (73% of substance-related deaths and 13% of total deaths) and 1,489 deaths reported in FH (78% of substance-related deaths and 14% of total deaths), where 48% were as a result of cancer for both regions in 2013.[1] For British Columbia overall, the health impact of tobacco smoking resulted in an estimated economic burden of $2.0 billion ($724 million in direct and $1.3 billion in indirect costs).[2]

Overall smoking prevalence

- 10.6% of VCH and 10.5% of FH respondents aged 18+ years are daily or occasional smokers, which translates to approximately 101,711 and 143,207 people respectively in each health region.
- Richmond has a significantly lower proportion of smokers (7.8%) when compared to the overall VCH value. There are no significant differences in smoking prevalence between the rest of the regions and VCH.
- For FH, there are no significant differences in smoking prevalence between its regions and the overall FH value.
- Smoking prevalence was significantly highest amongst the following population segments: those with high school education or less, those with household income under $40,000, unemployed, Aboriginal, LGBTQ, those with fair/poor self-reported general and mental health, those diagnosed with mood or anxiety disorders, those who report binge drinking 1+ times per month and those with extreme/quite a bit of stress.



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, smokers were defined as those who smoke cigarettes daily or occasionally. The data were further stratified into a number of socio-demographic, health status, lifestyle behaviours and built environment population segments. Smoking prevalence and confidence intervals (CI) were calculated for each population segment by HSDA and summarized in Tables 1 and 3. Significant differences exist where confidence intervals are non-overlapping. Projected population numbers for smokers found in Tables 2 and 4 were calculated using the smoking prevalence and the 2013/2014 population estimates for the specified sex and age population segments available from the BC Statistics Agency (BC Stats).

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 smoking prevalence for the larger geographic area of an HSDA.

[1] BC Alcohol and Other Drugs (AOD) Monitoring Project, Centre for Additions Research of BC. 2013.
[2] Provincial Health Services Authority. 2015. The economic benefits of risk factor reduction in British Columbia: Excess weight, physical inactivity, and tobacco smoking. Vancouver, B.C.

Highlights: Vancouver Coastal Health

SOCIO-DEMOGRAPHIC

- Overall for VCH, 14.4% of males and 7.0% of females are daily or occasional smokers. Richmond has the lowest proportion of female smokers (4.7%) and Vancouver has the highest proportion of male smokers (16.6%) among all regions.
- 9.3% of VCH youth aged 18-24 years are daily or occasional smokers (approx. 10,415 youth). Richmond has the lowest proportion of adults aged 40-64 years who are daily or occasional smokers (9.0%) and Vancouver has the highest (14.8%). Adult respondents aged 40-64 years in VCH have the highest prevalence of daily or occasional smokers compared to the rest of the age groups, with approximately 50,864 people.
- 17.3% of VCH respondents with an education level of high school or less are daily or occasional smokers, which is significantly higher than those with an education level of Bachelor's degree or higher (4.3%).
- 19.2% of VCH respondents with a household income under $40,000 are daily or occasional smokers, which is significantly higher than those with a household income of $100,000 or higher (5.1%). Compared to the VCH value, Richmond respondents with a household income under $40,000 have a significantly lower prevalence of daily or occasional smokers (11.1%).
- 26.1% of VCH respondents who report being unemployed are daily or occasional smokers, which is significantly higher than those employed (9.6%).
- 13.4% of VCH respondents born in Canada are daily or occasional smokers, which is significantly higher than those not born in Canada (5.6%).
- Overall for VCH, Aboriginal respondents have the highest prevalence of daily or occasional smokers (40.6%) amongst all ethnic and visible minority groups. Vancouver has the highest proportion of Aboriginal respondents who smoke (45.9%) and Coastal Rural has the lowest (20.1%).
- 15.8% of Vancouver respondents who identify as LGBTQ are daily or occasional smokers.

HEALTH-STATUS

- 16.1% of VCH respondents who report having fair or poor general health are daily or occasional smokers, which is significantly higher than those who report excellent or very good general health (6.9%).
- 18.2% of VCH respondents who report having fair or poor mental health are daily or occasional smokers, which is significantly higher than those who report excellent or very good mental health (8.1%).
- In terms of chronic conditions, 17.7% of VCH respondents who report having a chronic breathing condition and 19.1% of those who report having a mood or anxiety disorder are daily or occasional smokers.

LIFESTYLE, BUILT ENVIRONMENT & COMMUNITY RESILIENCY

- 19.3% of VCH respondents who report binge drinking (1+ times/month) and 13.3% who report being extremely or quite stressed are daily or occasional smokers.
- 11.5% of VCH respondents who report eating less than 5 servings of fruits and vegetables per day are daily or occasional smokers, which is significantly higher than those who report eating 5+ servings of fruits and vegetables per day (6.7%).
- 11.7% of VCH respondents who report having a weak or somewhat weak sense of community belonging are daily or occasional smokers, which is significantly higher than those who report having a strong or somewhat strong sense of community belonging (9.2%).

Highlights: Fraser Health

SOCIO-DEMOGRAPHIC

- Overall for FH, 12.0% of males and 9.1% of females are daily or occasional smokers. Fraser East is the only region where the proportion of females who smoke (11.5%) is higher than the males respondents who smoke (10.0%). Fraser North has the lowest proportion of female smokers (8.0%) and the highest proportion of male smokers (13.3%) among all regions.
- 9.0% of FH youth aged 18-24 years are daily or occasional smokers (approx. 15,471 youth). Fraser East has the highest proportion of youth who smoke (11.3%) and Fraser North has the lowest (7.7%). Adult respondents aged 40-64 years in FH have the highest prevalence of daily or occasional smokers compared to all age groups with approximately 69,186 people.
- 14.2% of FH respondents with an education level of high school or less are daily or occasional smokers, which is significantly higher than those with an education level of Bachelor's degree or higher (3.9%).
- 20.2% of FH respondents with a household income under $40,000 are daily or occasional smokers, which is significantly higher than those with a household income of $100,000 or higher (5.6%).
- 24.4% of FH respondents who report being unemployed are daily or occasional smokers, which is significantly higher than those employed (9.8%)
- 12.3% of FH respondents born in Canada are daily or occasional smokers, which is significantly higher than those not born in Canada (6.3%).
- Overall for FH, Aboriginal respondents have the highest prevalence of daily or occasional smokers (28.9%) amongst all ethnic and visible minority groups. Fraser East has the highest proportion of Aboriginal respondents who smoke (32.6%) and Fraser North has the lowest (23.8%).
- 18.9% of FH respondents who identify as LGBTQ are daily or occasional smokers, with Fraser East having the highest prevalence (24.1%) and Fraser South having the lowest (15.8%).

HEALTH-STATUS

- 17.3% of FH respondents who report having fair or poor general health are daily or occasional smokers, which is significantly higher than those who report excellent or very good general health (7.1%).
- 19.0% of FH respondents who report having fair or poor mental health are daily or occasional smokers, which is significantly higher than those who report excellent or very good mental health (8.1%).
- In terms of chronic conditions, 16.3% of FH respondents who report having a chronic breathing condition and 19.2% of those who report having a mood or anxiety disorder are daily or occasional smokers.

LIFESTYLE, BUILT ENVIRONMENT & COMMUNITY RESILIENCY

- 21.2% of FH respondents who report binge drinking (1+ times/month) and 14.3% who report being extremely or quite stressed are daily or occasional smokers.
- 11.6% of FH respondents who report eating less than 5 servings of fruits and vegetables per day are daily or occasional smokers, which is significantly higher than those who report eating 5+ servings of fruits and vegetables per day (6.5%).
- 12.6% of FH respondents who report having a weak or somewhat weak sense of community belonging are daily or occasional smokers, which is significantly higher than those who report having a strong or somewhat strong sense of community belonging (8.2%).

Data Tables: Vancouver Coastal Health

Table 1. Proportion of survey respondents aged 18+ years by indicator who report being daily or occasional smokers.

Domain	Indicator	Richmond (n=141)			Vancouver (n=834)			Coastal Urban (n=170)			Coastal Rural (n=161)			VCH (n=1,306)			Metro Vancouver (n=2,097)		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	Smoking rate (daily/occasional)	7.8	6.2	9.3	12.1	11.2	13.0	8.4	6.8	10.1	9.7	7.6	11.8	10.6	9.9	11.3	10.6	10.0	11.1
Socio-Demographic	Female	4.7	3.4	6.0	7.7	6.8	8.5	6.2	4.6	7.8	9.8	7.8	11.8	7.0	6.4	7.6	7.9	7.3	8.4
	Male	11.3	8.5	14.1	16.6	15.0	18.2	11.1	8.1	14.1	9.4	5.4	13.4	14.4	13.2	15.6	13.4	12.4	14.5
	Youth aged 18-24 years	s	-	-	10.0	7.2	12.7	12.8	5.6	20.1	s	-	-	9.3	7.1	11.5	8.9	7.4	10.4
	Adults aged 18-39 years	8.0	5.3	10.6	12.8	11.4	14.1	9.2	5.9	12.5	11.2	6.6	15.7	11.5	10.4	12.6	11.6	10.7	12.5
	Adults aged 40-64 years	9.0	6.6	11.3	14.8	13.3	16.3	10.1	7.7	12.6	10.7	7.8	13.7	12.5	11.4	13.6	12.1	11.2	13.0
	Seniors age 65+ years	3.7	1.6	5.8	2.8	1.7	4.0	3.3	1.6	5.1	s	-	-	3.2	2.4	4.1	3.6	2.7	4.4
	Education level high school or less	13.0	9.4	16.6	19.6	17.4	21.9	15.3	10.7	19.9	14.0	9.3	18.7	17.3	15.7	19.0	15.8	14.4	17.1
	Education level Bachelor's degree or higher	3.4	2.2	4.7	5.2	4.5	5.8	2.1	1.2	2.9	2.5	1.3	3.6	4.3	3.8	4.7	4.1	3.7	4.5
	Household income under $40,000	11.1	7.8	14.4	21.4	19.2	23.6	21.7	16.0	27.4	15.9	10.6	21.1	19.2	17.5	21.0	20.2	18.6	21.9
	Household income $100,000+	5.3	2.2	8.3	5.2	4.0	6.5	4.1	2.2	6.1	7.3	2.7	12.0	5.1	4.1	6.1	5.6	4.7	6.5
	Employed	9.0	6.8	11.3	10.4	9.4	11.4	8.6	6.4	10.8	9.6	6.8	12.3	9.8	9.0	10.7	9.6	9.0	10.3
	Unemployed	19.8	9.9	29.7	29.2	24.1	34.4	21.5	10.3	32.7	s	-	-	26.1	22.0	30.3	25.5	21.8	29.2
	Born in Canada	10.8	8.0	13.7	15.1	13.8	16.3	10.2	8.0	12.5	11.4	8.7	14.0	13.4	12.4	14.4	13.0	12.1	13.8
	Not born in Canada	5.6	3.8	7.3	5.9	4.9	7.0	5.0	2.9	7.1	s	-	-	5.6	4.8	6.4	6.0	5.3	6.7
	Time in Canada 0-5 years	s	-	-	8.7	5.4	12.0	s	-	-	s	-	-	7.2	4.8	9.7	7.6	5.6	9.6
	Time in Canada 6-15 years	8.6	3.9	13.3	5.6	3.0	8.3	s	-	-	s	-	-	6.4	4.3	8.6	5.4	4.0	6.8
	Time in Canada 16+ years	4.7	2.6	6.8	5.6	4.2	7.0	4.2	1.9	6.4	s	-	-	5.1	4.1	6.1	5.8	4.8	6.8
	Aboriginal	42.9	20.1	65.7	45.9	39.5	52.4	28.4	15.4	41.3	20.1	11.6	28.7	40.6	35.3	46.0	35.0	30.8	39.3
	Caucasian	9.6	6.8	12.5	12.3	11.1	13.5	8.3	6.5	10.2	8.2	6.0	10.4	10.8	9.9	11.7	11.4	10.5	12.2
	Chinese	5.1	3.3	7.0	4.2	3.0	5.3	s	-	-	s	-	-	4.4	3.4	5.3	4.9	3.9	5.9
	South Asian	s	-	-	7.3	3.5	11.2	s	-	-	s	-	-	5.6	2.9	8.3	5.0	3.3	6.6
	LGBTQ	s	-	-	15.8	12.7	18.9	s	-	-	s	-	-	15.3	12.5	18.1	16.4	13.2	19.5
Health Status	General health (excellent/very good)	3.2	1.9	4.4	8.3	7.3	9.4	5.3	3.6	7.0	7.0	4.3	9.7	6.9	6.2	7.6	7.1	6.4	7.7
	General health (fair/poor)	13.0	8.5	17.4	17.7	15.1	20.4	12.6	7.1	18.2	18.4	10.6	26.2	16.1	14.0	18.1	17.3	15.3	19.2
	Mental health (excellent/very good)	5.0	3.4	6.7	9.6	8.5	10.7	6.2	4.4	8.0	8.2	5.9	10.5	8.1	7.3	8.9	8.1	7.4	8.8
	Mental health (fair/poor)	11.3	6.6	16.0	19.1	16.5	21.7	22.2	14.2	30.2	24.0	13.1	34.9	18.2	16.0	20.4	19.0	17.0	21.0
	Obesity (BMI 30+)	7.7	3.8	11.7	13.0	10.5	15.5	9.0	5.6	12.4	14.1	9.0	19.1	11.4	9.7	13.1	10.3	8.9	11.6
	Diabetes	8.4	2.5	14.2	10.6	7.0	14.2	10.0	3.5	16.4	s	-	-	10.0	7.4	12.7	11.2	8.7	13.7
	High blood pressure	4.8	2.1	7.5	11.8	9.4	14.2	6.6	3.6	9.6	10.4	5.2	15.6	9.2	7.6	10.7	8.4	7.2	9.6
	Chronic breathing condition	10.7	4.3	17.0	21.3	17.1	25.4	13.0	6.7	19.4	s	-	-	17.7	14.6	20.7	16.3	13.8	18.9
	Arthritis	8.8	4.0	13.5	16.3	13.2	19.4	10.1	5.7	14.5	9.3	4.5	14.2	13.3	11.1	15.4	12.2	10.5	13.9
	Mood or anxiety disorder	14.2	8.3	20.1	21.4	18.8	24.0	14.4	9.4	19.4	14.6	8.4	20.9	19.1	17.0	21.2	19.2	17.4	21.1
	Multiple chronic conditions[1]	s	-	-	14.0	10.0	18.0	s	-	-	16.3	6.2	26.4	12.0	9.3	14.8	10.1	8.1	12.2
Lifestyle	Binge drinking (1+ times/month)[2]	16.7	11.1	22.2	20.9	18.7	23.2	16.4	11.6	21.2	14.5	9.6	19.3	19.3	17.5	21.1	20.3	18.6	22.0
	Physical activity (150+ minutes/week)	5.8	3.6	8.0	11.1	9.8	12.5	7.8	5.4	10.3	6.6	4.1	9.1	9.4	8.4	10.4	10.0	9.0	10.9
	5+ servings of fruits and vegetables (/day)	4.9	2.1	7.7	7.7	6.3	9.1	5.7	2.6	8.7	3.6	1.9	5.3	6.7	5.6	7.7	6.5	5.5	7.4
	0-4 servings of fruits and vegetables (/day)	8.2	6.4	10.1	13.1	11.9	14.2	9.6	7.6	11.7	12.2	9.1	15.3	11.5	10.7	12.4	11.5	10.8	12.3
	Stress (extremely/quite stressed)	8.0	3.9	12.1	15.0	12.6	17.5	12.1	7.5	16.7	10.8	5.2	16.4	13.3	11.4	15.1	14.0	12.5	15.5
	Screen time (2+ hours/day)	8.5	6.2	10.7	12.6	11.3	13.9	9.0	6.6	11.5	9.1	6.6	11.7	11.1	10.1	12.1	11.2	10.3	12.0
Built environment	Second hand smoke exposure (public places)	6.5	3.6	9.4	12.8	11.0	14.5	12.4	7.5	17.4	5.9	2.4	9.5	11.5	10.1	12.9	12.2	10.9	13.5
Community resiliency	Community belonging (strong/somewhat strong)	5.7	3.8	7.6	11.2	9.9	12.5	6.7	4.9	8.5	8.5	6.2	10.8	9.2	8.3	10.0	8.6	7.8	9.3
	Community belonging (very weak/somewhat weak)	10.2	7.4	13.0	12.2	10.8	13.6	10.9	7.1	14.6	12.1	7.0	17.2	11.7	10.5	12.8	12.2	11.2	13.2

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

Table 2. Projected population aged 18+ years by indicator who report being daily or occasional smokers.

Domain	Indicator	Richmond #	Vancouver #	Coastal Urban #	Coastal Rural #	VCH #	Metro Vancouver #
	Smokers (daily/occasional)	13,026	68,383	13,091	7,072	101,711	213,478
Demographic	Female	4,081	22,217	5,024	3,532	34,608	80,974
	Male	9,139	45,840	8,198	3,468	67,286	132,744
	Youth aged 18-24 years	s	6,539	2,268	s	10,415	22,188
	Adults aged 18-39 years	4,946	31,368	4,445	2,686	43,630	92,326
	Adults aged 40-64 years	6,791	33,386	7,267	3,518	50,864	105,480
	Seniors age 65+ years	1,111	2,621	1,160	s	5,592	12,664

Population source: BC Statistics Agency, Population Estimates, 2016.

Data Tables: Fraser Health

Table 3. Proportion of survey respondents aged 18+ years by indicator who report being daily or occasional smokers.

Domain	Indicator	Fraser East (n=282)			Fraser North (n=463)			Fraser South (n=489)			FH (n=1,234)			Metro Vancouver (n=2,097)		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	Smoking rate (daily/occasional)	10.7	9.1	12.4	10.5	9.2	11.8	10.5	9.3	11.7	10.5	9.8	11.3	10.6	10.0	11.1
Socio-Demographic	Female	11.5	9.3	13.6	8.0	6.9	9.1	9.2	8.0	10.5	9.1	8.4	9.9	7.9	7.3	8.4
	Male	10.0	7.6	12.5	13.3	10.8	15.7	11.7	9.7	13.7	12.0	10.7	13.4	13.4	12.4	14.5
	Youth aged 18-24 years	11.3	6.0	16.6	7.7	5.0	10.5	9.2	6.3	12.1	9.0	7.1	10.9	8.9	7.4	10.4
	Adults aged 18-39 years	13.2	10.3	16.2	11.1	9.1	13.0	12.3	10.4	14.3	12.0	10.7	13.2	11.6	10.7	12.5
	Adults aged 40-64 years	11.5	9.2	13.7	12.1	10.0	14.3	11.3	9.4	13.1	11.7	10.4	12.9	12.1	11.2	13.0
	Seniors age 65+ years	s	-	-	3.6	1.4	5.7	4.3	2.5	6.0	4.0	2.7	5.3	3.6	2.7	4.4
	Education level high school or less	12.5	9.6	15.5	15.0	12.1	18.0	14.3	11.9	16.6	14.2	12.6	15.8	15.8	14.4	17.1
	Education level Bachelor's degree or higher	4.3	2.5	6.1	3.9	3.0	4.8	3.7	2.8	4.6	3.9	3.2	4.5	4.1	3.7	4.5
	Household income under $40,000	16.7	12.1	21.3	20.3	16.0	24.5	21.8	17.9	25.6	20.3	17.8	22.8	20.2	18.6	21.9
	Household income $100,000+	8.2	5.1	11.4	6.5	4.2	8.8	5.6	3.9	7.2	6.4	5.1	7.6	5.6	4.7	6.5
	Employed	10.1	8.3	11.9	9.6	8.1	11.2	9.3	8.0	10.7	9.6	8.7	10.5	9.6	9.0	10.3
	Unemployed	23.6	13.1	34.0	29.1	18.9	39.3	21.4	14.5	28.2	24.4	19.2	29.7	25.5	21.8	29.2
	Born in Canada	11.6	9.7	13.5	11.9	10.2	13.6	13.0	11.4	14.7	12.3	11.3	13.4	13.0	12.1	13.8
	Not born in Canada	6.8	3.7	10.0	7.4	5.4	9.3	5.4	4.0	6.7	6.3	5.3	7.4	6.0	5.3	6.7
	Time in Canada 0-5 years	s	-	-	10.8	5.6	16.0	s	-	-	8.6	5.4	11.8	7.6	5.6	9.6
	Time in Canada 6-15 years	s	-	-	6.5	3.4	9.6	s	-	-	4.3	2.7	6.0	5.4	4.0	6.8
	Time in Canada 16+ years	6.2	2.7	9.8	6.7	3.9	9.4	6.2	4.1	8.2	6.4	4.8	8.0	5.8	4.8	6.8
	Aboriginal	32.6	23.7	41.4	23.8	15.8	31.7	30.1	21.3	38.9	28.9	23.8	33.9	35.0	30.8	39.3
	Caucasian	8.9	7.1	10.6	11.6	9.8	13.4	11.6	9.9	13.2	11.1	10.0	12.1	11.4	10.5	12.2
	Chinese	s	-	-	5.2	2.5	7.9	7.6	2.8	12.4	5.8	3.5	8.1	4.9	3.9	5.9
	South Asian	s	-	-	s	-	-	4.0	2.1	6.0	4.6	2.9	6.4	5.0	3.3	6.6
	LGBTQ	24.1	10.9	37.4	20.2	8.2	32.1	15.8	8.4	23.2	18.9	12.5	25.3	16.4	13.2	19.5
Health Status	General health (excellent/very good)	8.0	5.9	10.2	6.9	5.4	8.3	7.6	6.2	9.0	7.4	6.5	8.3	7.1	6.4	7.7
	General health (fair/poor)	15.0	10.1	19.9	18.9	14.1	23.7	18.0	13.8	22.1	17.8	15.0	20.5	17.3	15.3	19.2
	Mental health (excellent/very good)	8.2	6.2	10.1	9.0	7.4	10.7	7.4	6.2	8.7	8.1	7.2	9.0	8.1	7.4	8.8
	Mental health (fair/poor)	18.2	12.6	23.7	17.5	13.1	21.8	22.5	17.7	27.4	19.7	16.8	22.6	19.0	17.0	21.0
	Obesity (BMI 30+)	10.3	7.0	13.6	10.4	7.3	13.5	9.4	7.4	11.5	9.9	8.4	11.5	10.3	8.9	11.6
	Diabetes	8.9	4.3	13.5	15.5	7.4	23.6	10.0	6.5	13.4	11.4	8.2	14.5	11.2	8.7	13.7
	High blood pressure	10.4	6.6	14.2	8.9	6.2	11.6	7.2	5.0	9.3	8.4	6.8	9.9	8.4	7.2	9.6
	Chronic breathing condition	15.0	9.3	20.6	12.6	7.7	17.6	16.6	11.0	22.3	14.8	11.5	18.1	16.3	13.8	18.9
	Arthritis	11.1	7.1	15.0	12.7	8.9	16.5	10.1	7.1	13.2	11.2	9.1	13.3	12.2	10.5	13.9
	Mood or anxiety disorder	17.6	13.1	22.1	16.4	12.4	20.4	21.6	17.6	25.7	18.8	16.4	21.3	19.2	17.4	21.1
	Multiple chronic conditions[1]	12.5	6.8	18.2	11.3	6.7	15.8	7.8	4.3	11.2	9.7	7.2	12.2	10.1	8.1	12.2
Lifestyle	Binge drinking (1+ times/month)[2]	22.5	16.9	28.0	21.3	17.1	25.4	20.7	17.1	24.3	21.2	18.7	23.7	20.3	18.6	22.0
	Physical activity (150+ minutes/week)	9.7	7.1	12.2	9.5	7.3	11.7	10.9	8.9	12.9	10.1	8.8	11.4	10.0	9.0	10.9
	5+ servings of fruits and vegetables (/day)	8.4	4.7	12.2	5.8	3.5	8.1	6.3	4.5	8.2	6.5	5.1	7.9	6.5	5.5	7.4
	0-4 servings of fruits and vegetables (/day)	11.5	9.6	13.4	11.9	10.3	13.5	11.3	9.8	12.7	11.6	10.6	12.5	11.5	10.8	12.3
	Stress (extremely/quite stressed)	13.4	9.2	17.5	15.9	12.4	19.4	13.1	10.3	15.9	14.3	12.3	16.3	14.0	12.5	15.5
	Screen time (2+ hours/day)	10.8	8.3	13.3	10.9	9.0	12.8	11.3	9.4	13.1	11.1	9.9	12.2	11.2	10.3	12.0
Built environment	Second hand smoke exposure (public places)	12.4	7.8	16.9	11.2	8.1	14.3	14.3	11.2	17.3	12.7	10.6	14.7	12.2	10.9	13.5
Community resiliency	Community belonging (strong/somewhat strong)	9.0	6.8	11.1	8.5	6.9	10.1	7.6	6.3	9.0	8.2	7.2	9.1	8.6	7.8	9.3
	Community belonging (very weak/somewhat weak)	12.7	9.9	15.6	11.3	9.1	13.4	13.8	11.6	16.0	12.6	11.2	14.0	12.2	11.2	13.2

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

Table 4. Projected population aged 18+ years by indicator who report being daily or occasional smokers.

Domain	Indicator	Fraser East #	Fraser North #	Fraser South #	FH #	Metro Vancouver #
	Smokers (daily/occasional)	24,229	54,968	64,019	143,207	213,478
Demographic	Female	12,994	21,358	28,468	62,802	80,974
	Male	11,254	34,262	35,122	80,694	132,744
	Youth aged 18-24 years	3,125	5,245	7,079	15,471	22,188
	Adults aged 18-39 years	10,980	22,712	28,694	62,397	92,326
	Adults aged 40-64 years	10,955	28,219	29,982	69,186	105,480
	Seniors age 65+ years	s	3,060	4,725	9,825	12,664

Population source: BC Statistics Agency, Population Estimates, 2016.