Neighbourhood Health Indicators - Maple Ridge



Albion & Whonnock

The chart below summarizes select indicators of health and well-being. Results for Albion & Whonnock are compared to Maple Ridge overall as well as the Metro Vancouver region.

•			-			Metro vancouver				
C	J 4 - M - 4 \/-				Average					
Compared to Metro Vancouver				144						
Better	Similar	Worse	 Maple Ridge Average 		Worst		Best			
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Better	Similar • Worse • Maple Ridge Average	· 					
DOMAIN	Indicator	Albion & Whonnock (%) n = 158	Maple Ridge (%) n = 783	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-	Seniors aged 65+ years	S	13.8	16.2	4.9	•	39.8
ECONOMIC	Education level high school or less	35.1	41.9	38.0	58.5	•	8.9
	Household income under \$40,000	14.8	23.8	31.7	75.6	• •	6.9
	Currently employed	78.8	69.6	64.7	39.4	• •	90.5
HEALTH	General health (excellent/very good)	50.0	43.3	48.5	34.3	•	73.1
STATUS	Mental health (excellent/very good)	58.3	51.7	56.5	39.8	•	79.9
	Obesity (BMI 30+)	37.8	32.8	21.7	39.7	• •	6.6
	Diabetes	S	8.3	7.7	19.1	•	2.9
	High blood pressure	18.7	19.5	17.9	29.2	4.	8.0
	Chronic breathing condition	6.4	7.8	7.2	13.3	•	3.7
	Arthritis	S	15.8	13.1	27.6	♦	4.6
	Mood or anxiety disorder	25.6	25.8	16.3	28.8	•	7.2
	Multiple chronic conditions	S	7.1	7.9	16.3	♦	2.6
LIFESTYLE	Binge drinking (1+ times/month)	17.2	23.9	20.7	39.1	•	9.5
	Smoker (daily/occasional)	S	14.2	10.6	29.5	♦	3.0
	Physical activity (150+ minutes/week)	40.9	47.2	44.1	26.9	•	62.1
	5+ servings of fruits and vegetables (/day)	34.2	23.8	24.9	12.9	•	40.8
	Stress (extremely/quite stressed)	29.1	26.3	17.8	29.1	• •	9.0
	Screen time (2+ hours/day)	43.3	53.9	47.8	59.7	•	32.4
	High physical wellness score (10-16)	35.5	32.4	37.7	21.1	♦ •	52.1
PRIMARY	Family doctor access	95.3	89.0	83.1	60.2	• •	99.2
ARE ACCESS	Visited health care professional (past 12 months)	83.9	79.9	80.4	63.9	• •	90.1
	Visited physician with appointment	87.4	81.3	75.0	60.8	• •	91.6
	Visited walk-in clinic without appointment	S	9.9	16.5	30.7	•	4.5
BUILT	Commute - car	89.9	75.1	55.1	92.0	• •	10.7
ENVIRONMENT	Commute - public transit	S	10.2	28.2	5.9	•	53.9
	Commute - walk or cycle	S	13.0	13.7	4.7	•	52.3
	Commute time (one way 30+ minutes)	53.3	54.3	56.0	81.3	(38.8
	Primary mode to run errands - walk or cycle	S	15.3	19.8	4.2	•	77.4
	Second hand smoke exposure (public places)	12.7	22.4	26.6	43.7	• •	7.9
	Sidewalks well maintained (strongly/somewhat agree)	71.2	69.5	75.5	4.9	0	90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	19.9	48.9	69.5	10.1	•	96.7
	Transit stop (less than 5 minute walk)	79.3	75.5	84.0	37.5	•••	97.5
COMMUNITY	Emergency supplies (3+ days)	31.0	28.3	26.7	16.6	♦ •	46.6
RESILIENCY	Food secure (enough to eat)	95.9	87.7	93.0	74.4	•	100.0
	Community belonging (strong/somewhat strong)	50.9	56.3	55.9	29.0	•	82.6
	4+ people to confide in/turn to for help	45.9	46.2	45.0	26.8	•	60.6

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed.



