



# **Health and Wellness in Squamish findings from the My Health My Community survey**

**Dr. Paul Martiquet**

Medical Health Officer, Coast Rural  
Vancouver Coastal Health





my Health  
my Community

**It's time to see  
the big picture.**

Help shape your  
community.

Get involved  
today!



[myhealthmycommunity.org](http://myhealthmycommunity.org)





# WHAT MAKES CANADIANS SICK?

50%

**YOUR LIFE**

- INCOME
- EARLY CHILDHOOD DEVELOPMENT
- DISABILITY
- EDUCATION
- SOCIAL EXCLUSION
- SOCIAL SAFETY NET
- GENDER
- EMPLOYMENT/WORKING CONDITIONS
- RACE
- ABORIGINAL STATUS
- SAFE AND NUTRITIOUS FOOD
- HOUSING/HOMELESSNESS
- COMMUNITY BELONGING

25%

**YOUR HEALTH CARE**

- ACCESS TO HEALTH CARE
- HEALTH CARE SYSTEM
- WAIT TIMES

15%

**YOUR BIOLOGY**

- BIOLOGY
- GENETICS

10%

**YOUR ENVIRONMENT**

- AIR QUALITY
- CIVIC INFRASTRUCTURE



THESE ARE CANADA'S SOCIAL DETERMINANTS OF HEALTH #SDOH

1. Socio-demographics

2. Health status

3. Health care access

4. Lifestyle

5. Built environment

6. Community resiliency

# SURVEY Topics



129 EDMONDS STN

my Health  
my Community

**Do you have enough transportation options in your community?**

Tell us at [www.myhealthmycommunity.org](http://www.myhealthmycommunity.org).  
Your voice for a healthier community.

Where you live, work and play affects your health.

Westcoast Health Fraser Health



my Health  
my Community

**Can you get fresh fruits and vegetables in your neighbourhood?**

Tell us at [www.myhealthmycommunity.org](http://www.myhealthmycommunity.org).  
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Where you live, work and play affects your health.

Westcoast Health Fraser Health



my Health  
my Community

**Do you know your neighbours?**

Tell us at [www.myhealthmycommunity.org](http://www.myhealthmycommunity.org).  
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## Data collection

- Online survey
- 18 years +
- Media and social media promotions



- Community partnerships
- Outreach
- Incentives

# Ensuring a representative sample

- 2% population target overall
- Purposeful sampling
- Monitoring of progress
- Outreach
- Post-collection weighting
  - Age, gender, education and geography (municipality)









# Squamish MHMC sample area



2011 Squamish census agglomeration was 17,479 (**13,410 aged 18+**)

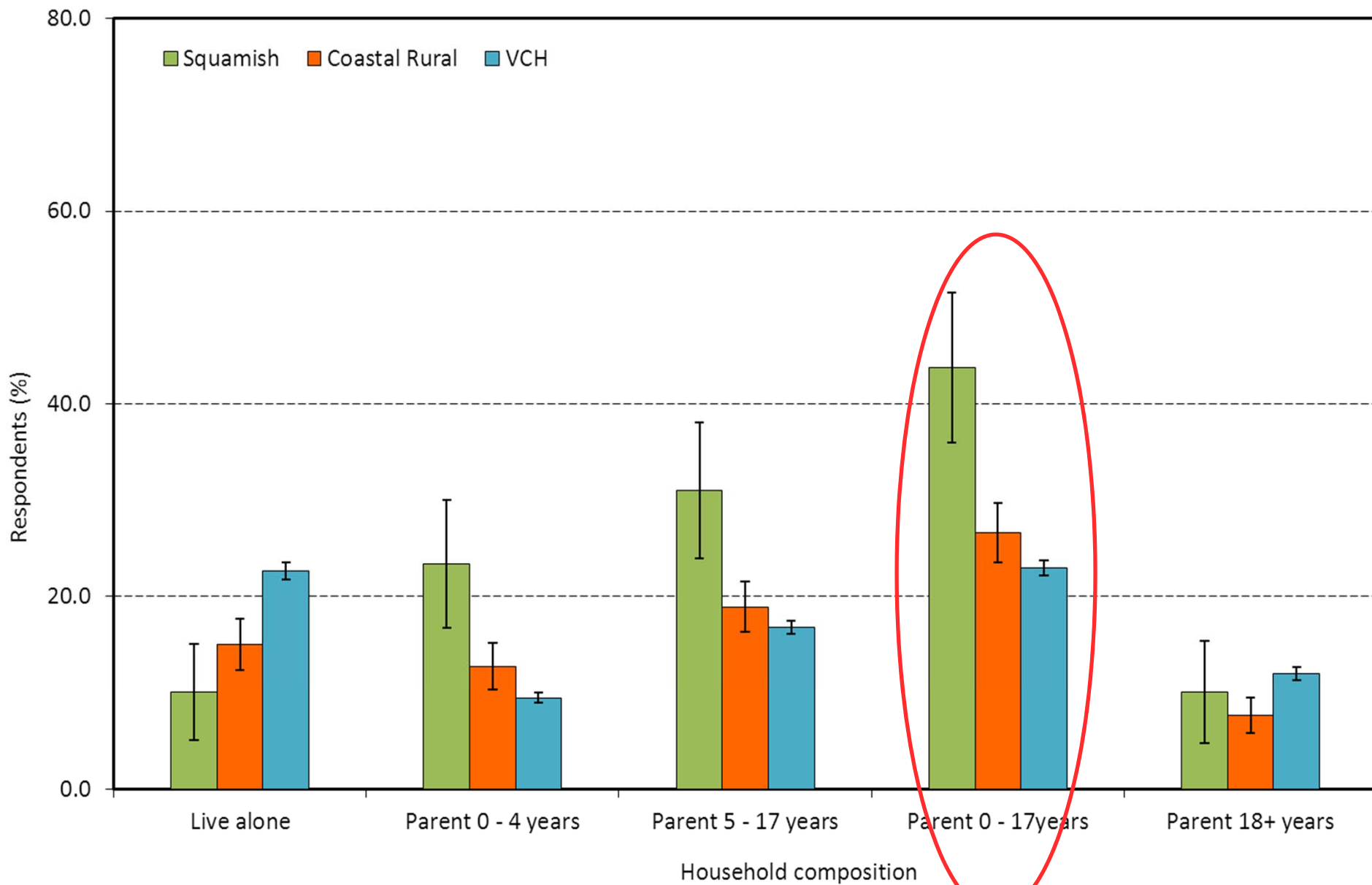
# Who are the residents of Squamish and how do they compare..?

	<b>Squamish*</b> n=372	<b>Coastal Rural</b> n=2,027	<b>VCH</b> n=17,648
 Female	50.5%	55.1%	52.4%
 Aged 18-39 years	41.2%	29.4%	38.9%
 Canadian born	79.2%	79.1%	61.2%
 Household income >\$80K	53.5%	37.4%	38.0%
 University educated	21.5%	23.5%	36.2%
 Employed	78.6%	64.3%	62.8%

\*Census agglomeration - includes Squamish, Garibaldi Highlands, Brackendale, Paradise Valley



**Respondents living alone or with their children.**  
**My Health My Community Survey, Squamish, Coastal Rural and VCH, 2013-2014**



Source: My Health My Community Survey, 2013-2014.

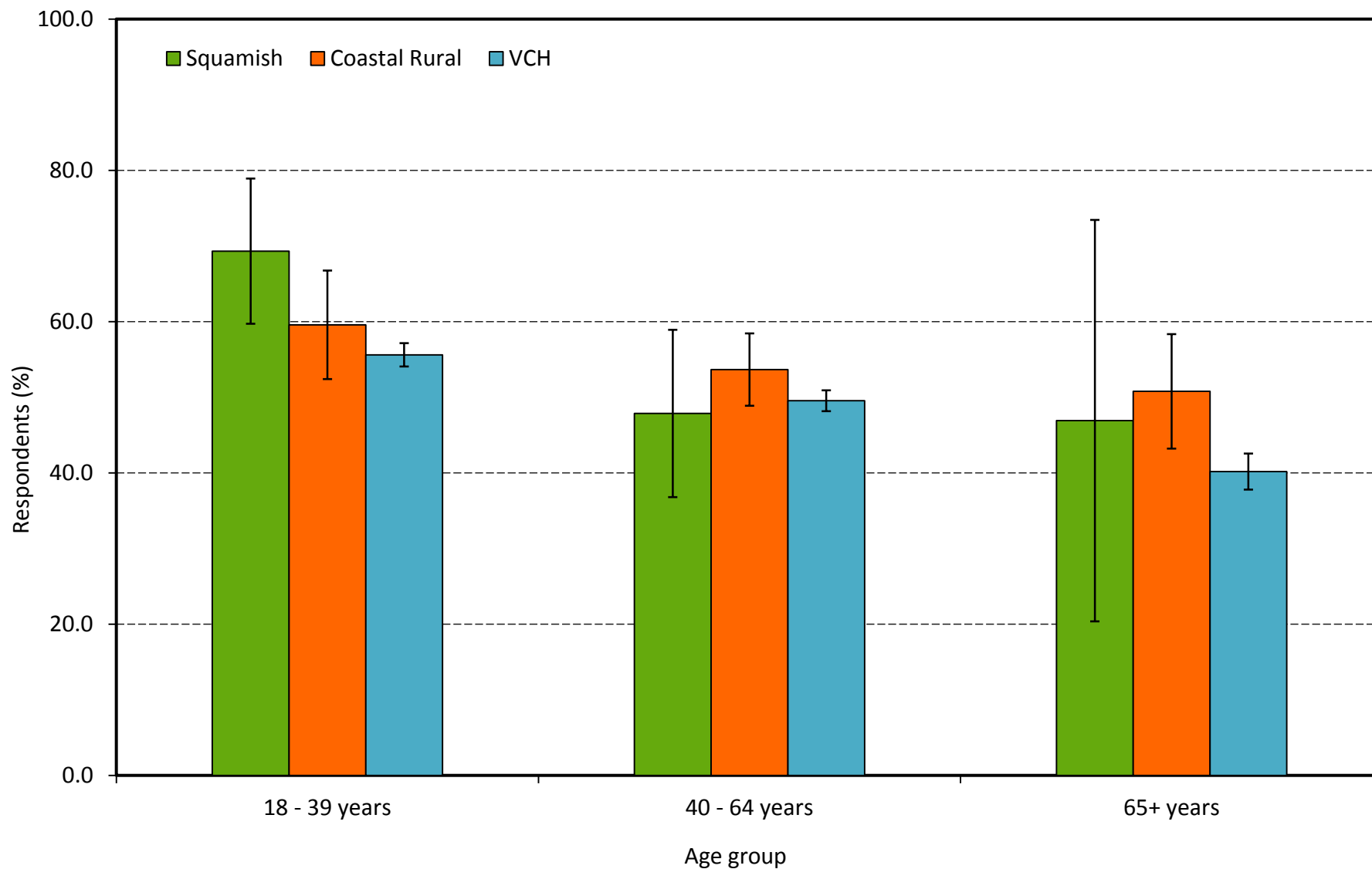
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit, April 2015.

# Health perceptions



	Excellent/very good Self-rated health	Excellent/very good Self-rated mental health
Squamish	57%	61%
Coastal Rural	55%	63%
VCH	50%	55%

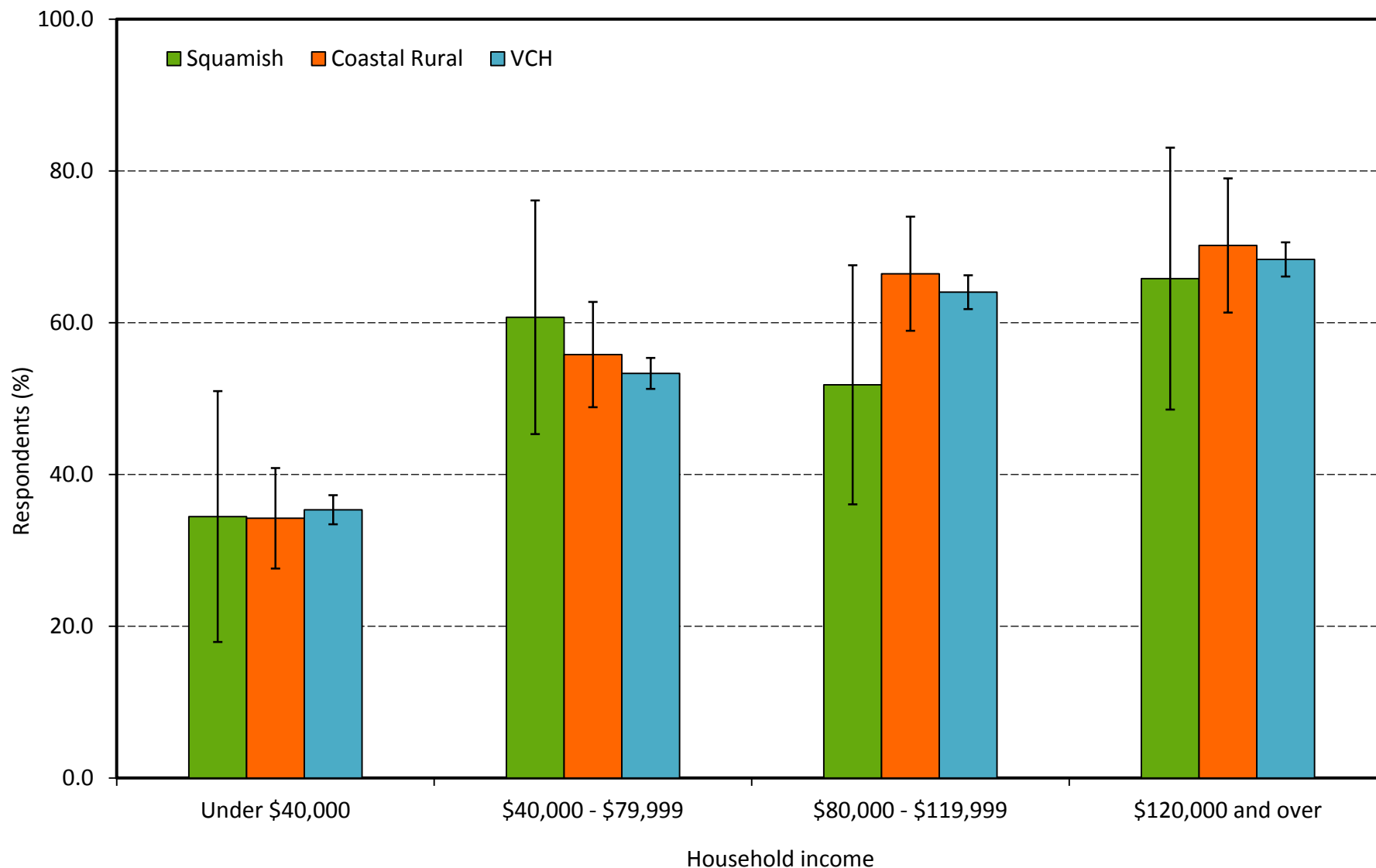
**Respondents by age group who reported excellent/very good general health.  
My Health My Community Survey, Squamish, Coastal Rural and VCH, 2013-2014**



Source: My Health My Community Survey, 2013-2014.  
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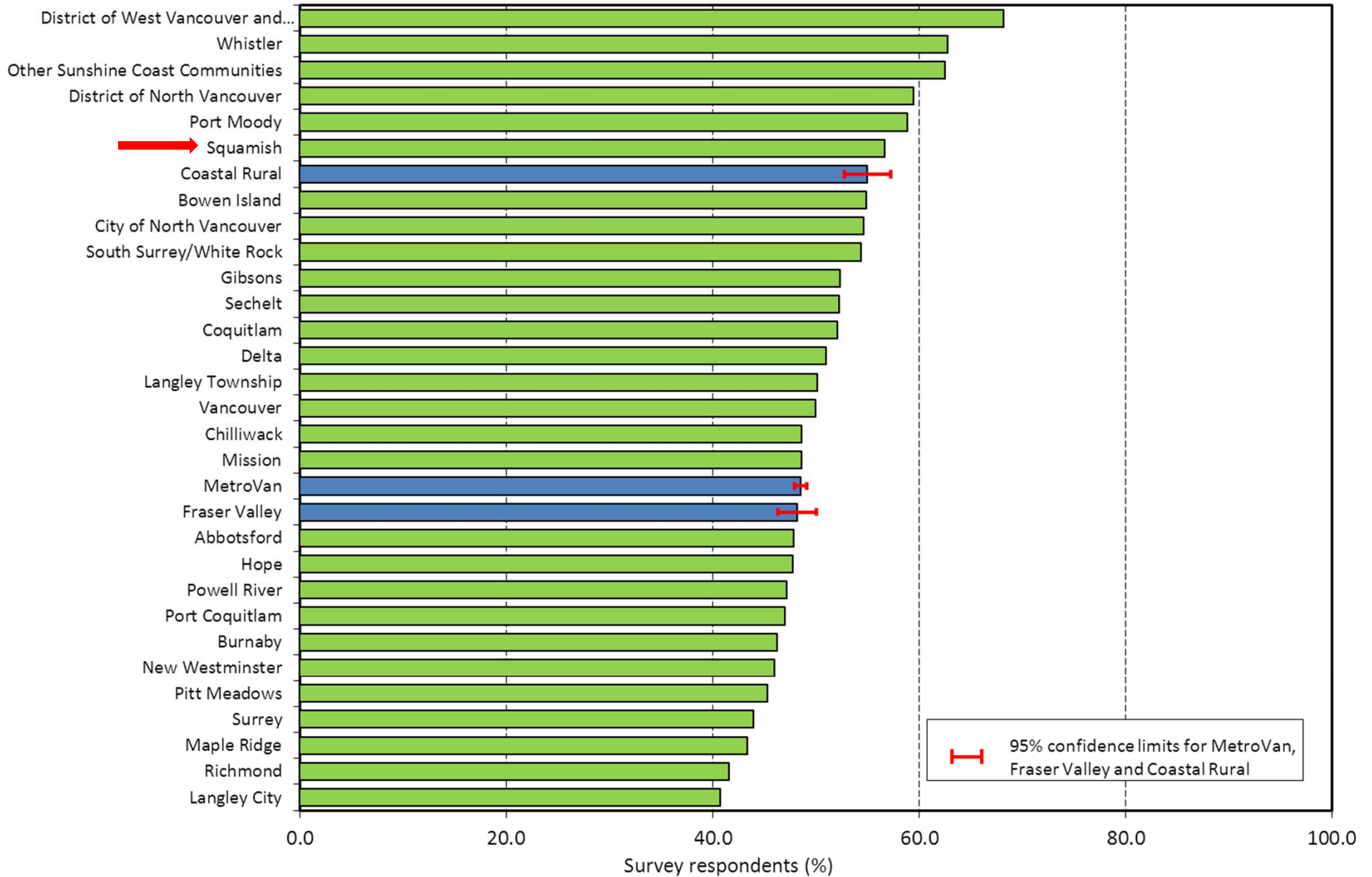


**Respondents by household income level who reported excellent/very good general health.  
My Health My Community Survey, Squamish, Coastal Rural and VCH, 2013-2014**



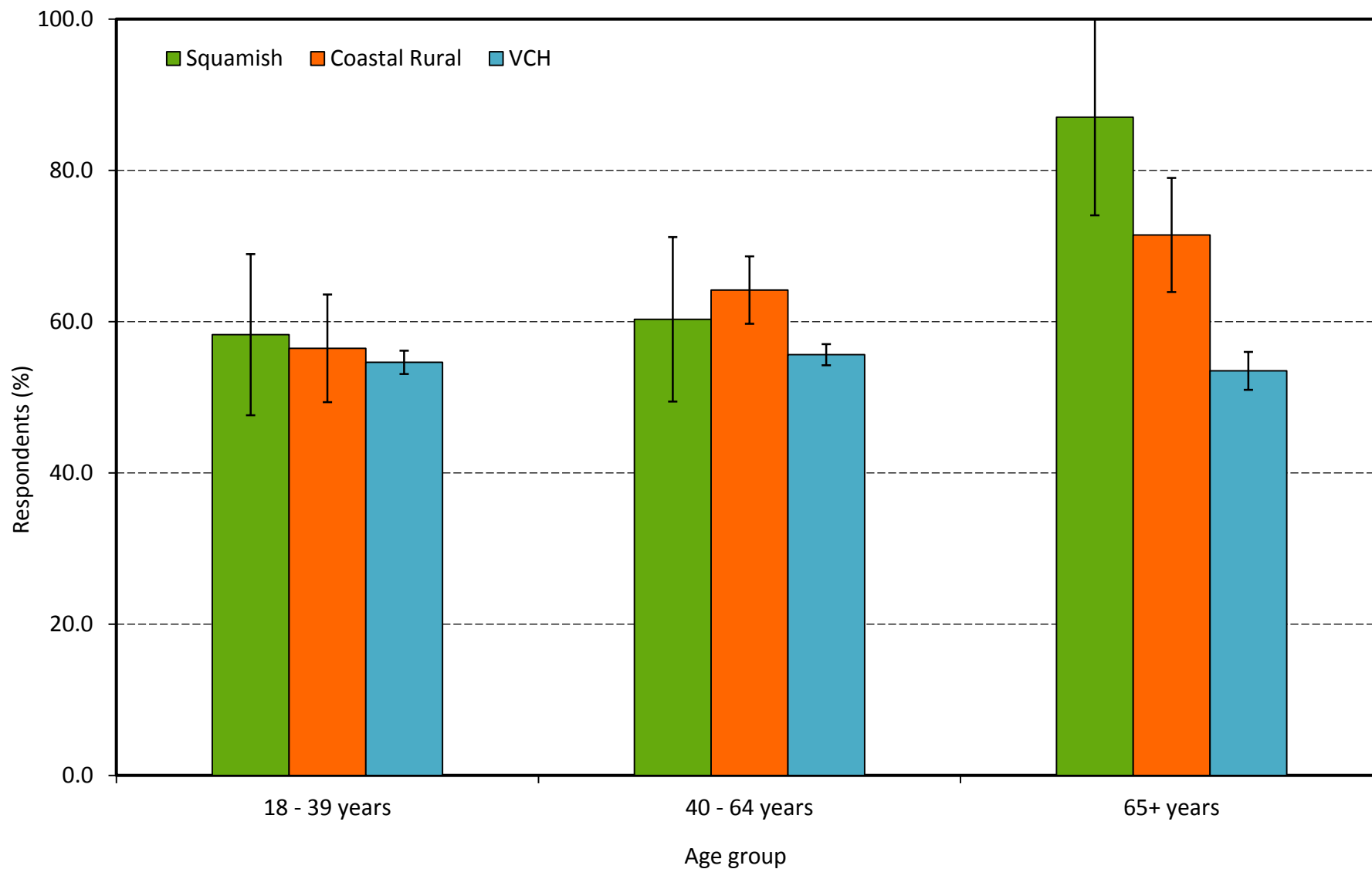
Source: My Health My Community Survey, 2013-2014.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit, April 2015.

**General health: excellent or very good.  
All FH/VCH Municipalities, My Health My Community Survey 2013-2014**



Source: My Health My Community Survey. Data as of August 14, 2014.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit, April 2015.

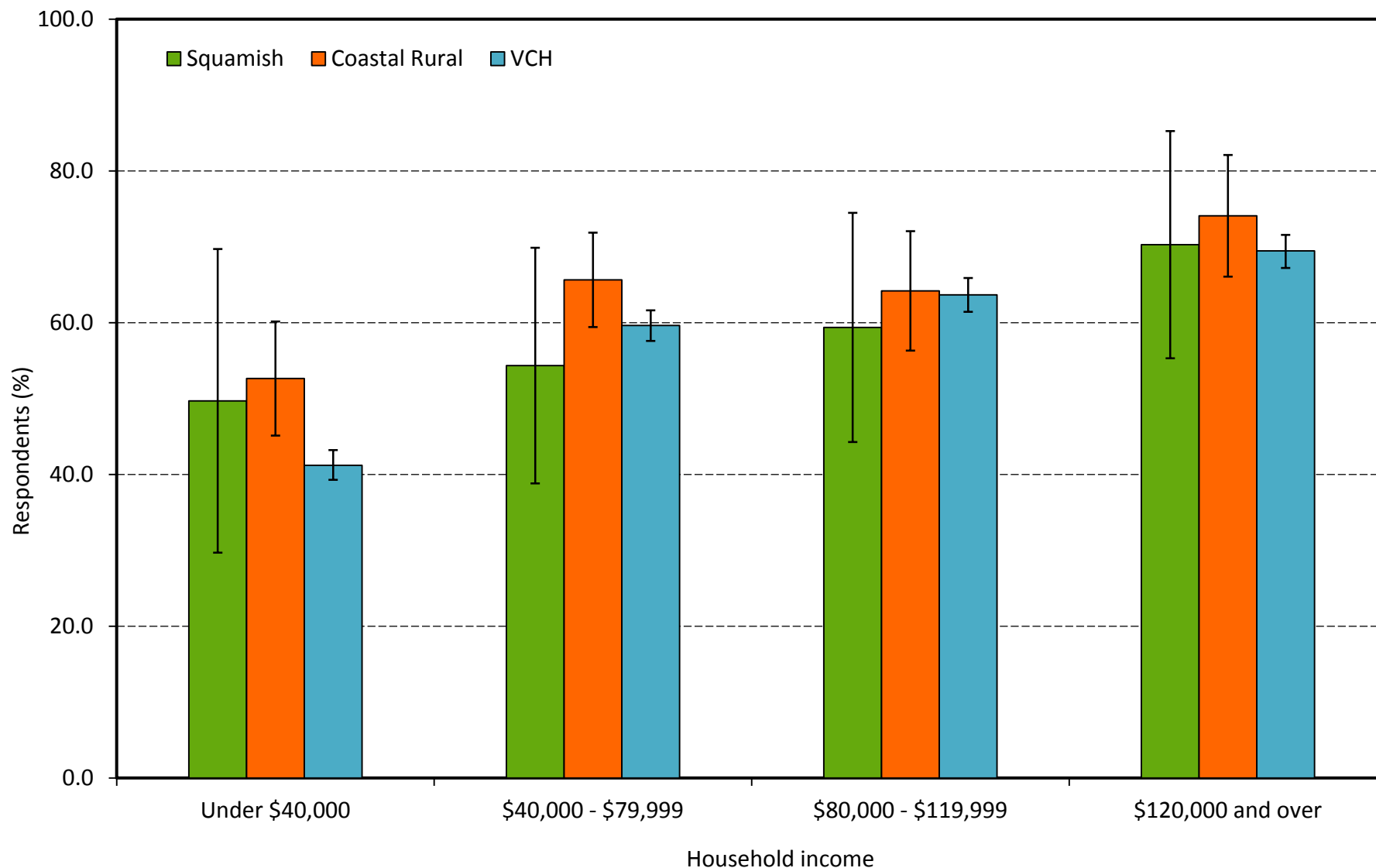
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**Respondents by household income level who reported excellent/very good mental health.  
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# Is stress an issue?



Most days are...		
	Not very or a bit stressful	Quite or extremely stressful
Squamish	52%	14%
Coastal Rural	57%	15%
VCH	53%	16%

## What's causing Squamish residents stress?

Financial situation > Work or school situation > Not having enough time > Personal relationships

# Smoking

	Squamish	Coastal Rural	VCH
Smoke daily or occasionally	9.5%	9.7%	10.6%





# Alcohol consumption



## Drink alcohol 4 + times per week

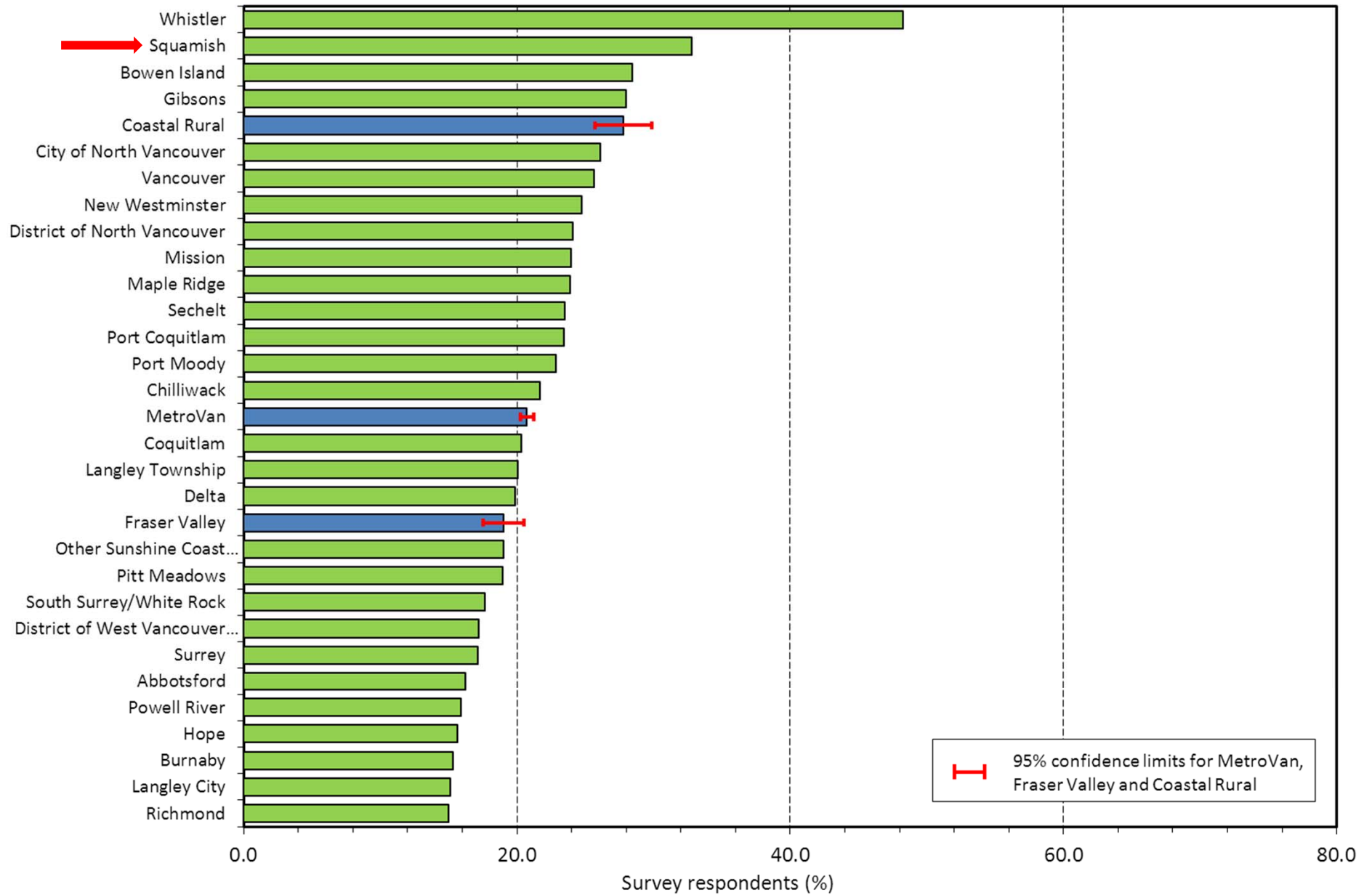
Squamish	Coastal Rural	VCH
27%	22%	12%

## Binge drink 1+ times per month



Squamish	Coastal Rural	VCH
29%	25%	20%
36%	31%	27%

**Binge drinking: one or more times per month.  
FH/VCH Municipalities, My Health My Community Survey 2013-2014**



Source: My Health My Community Survey. Data as of August 14, 2014.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit, April 2015.



# Healthy eating – fruits & vegetables

	Squamish	Coastal Rural	VCH
Eat 5+ servings per day	33%	32%	27%
Access to large selection of fruits & veg – agree	59%	56%	79%

**Access ≠ consumption!**

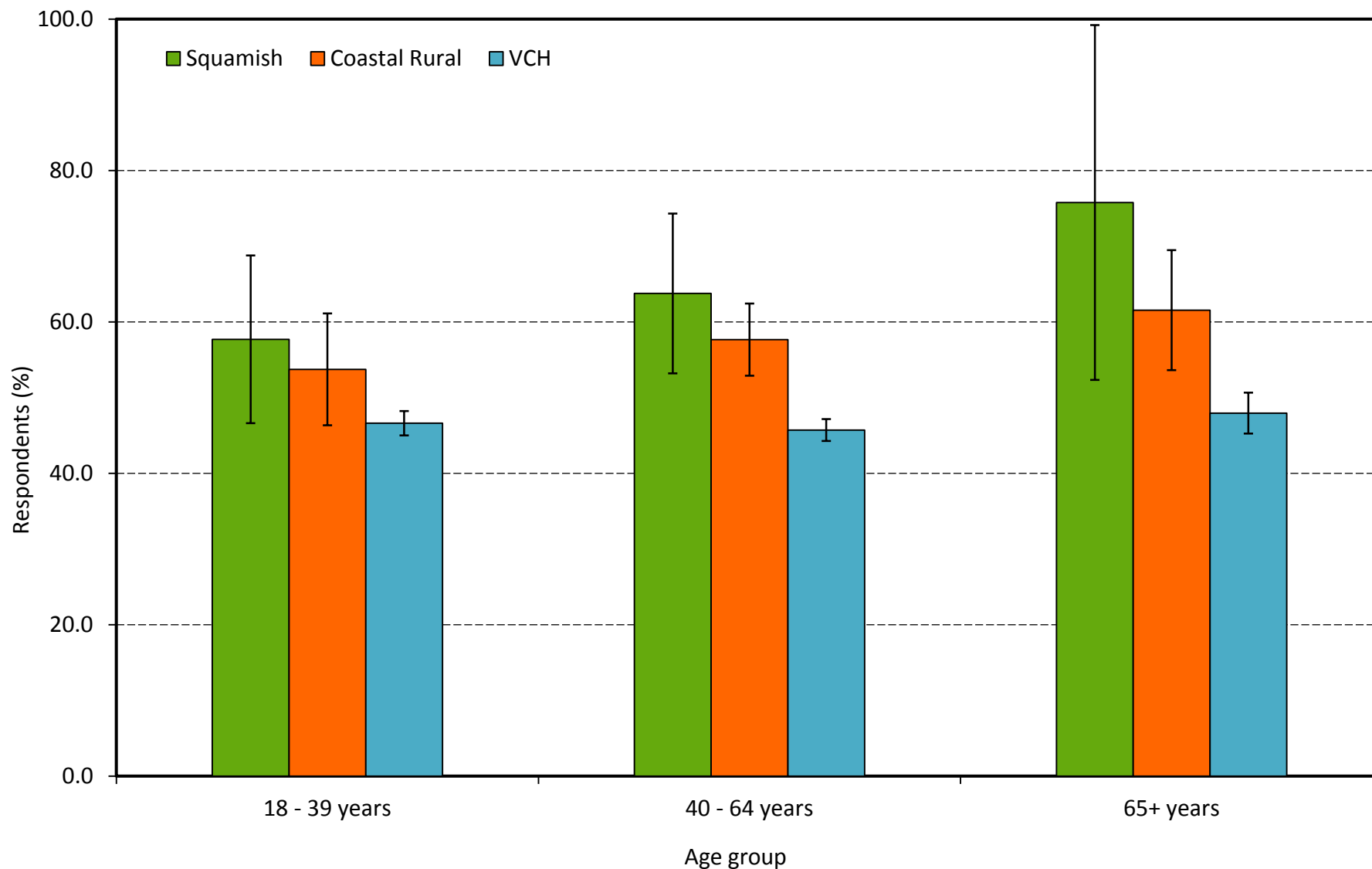


# Physical activity



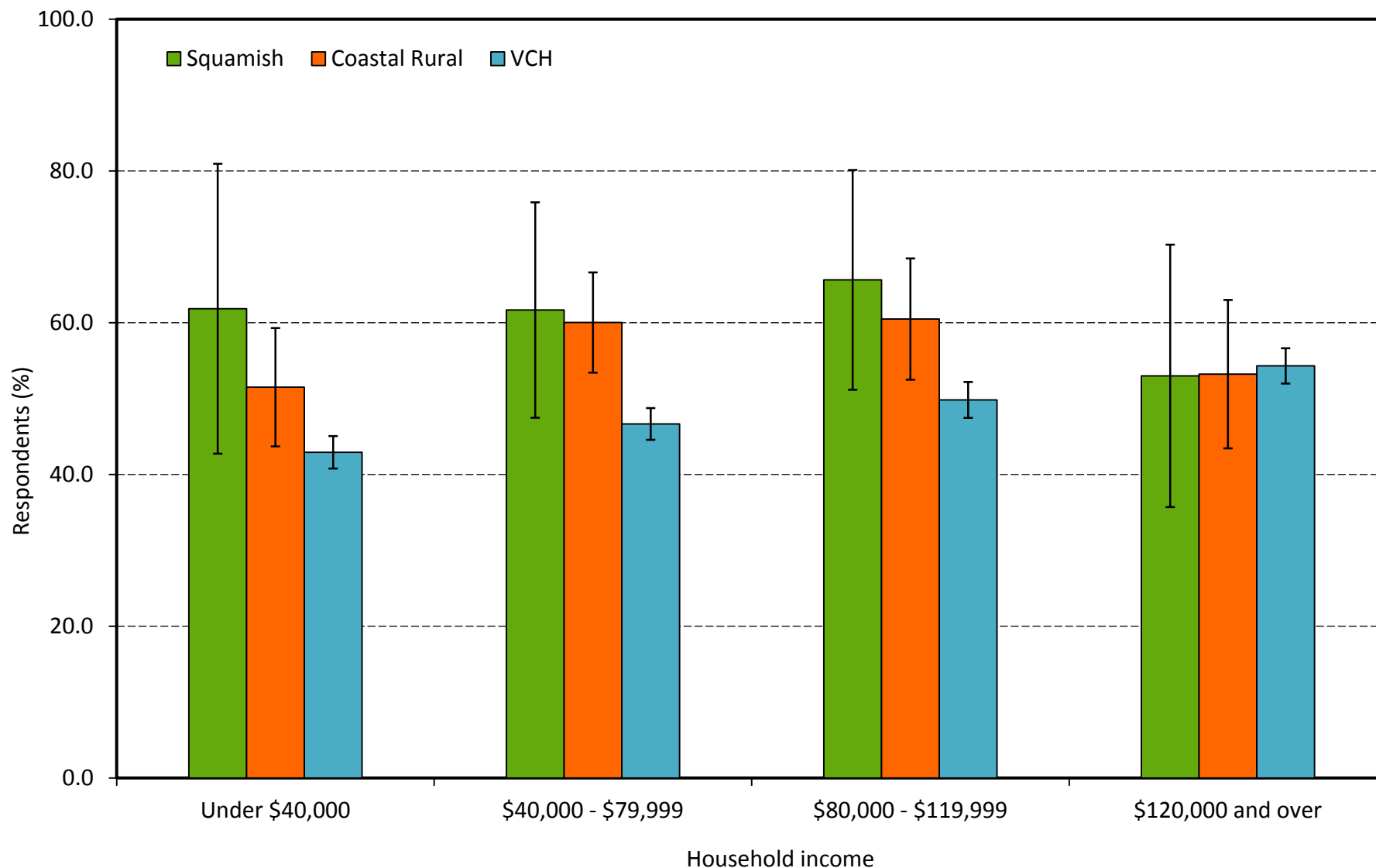
	Squamish	Coastal Rural	VCH
150+ mins moderate / vigorous per week	62%	57%	46%
30+ mins walk per day for leisure	45%	42%	41%
30+ mins walk per day for errands	31%	22%	35%

**Respondents by age group who reported spending 150+ mins per week on moderate/vigorous physical activity.  
My Health My Community Survey, Squamish, Coastal Rural and VCH, 2013-2014**



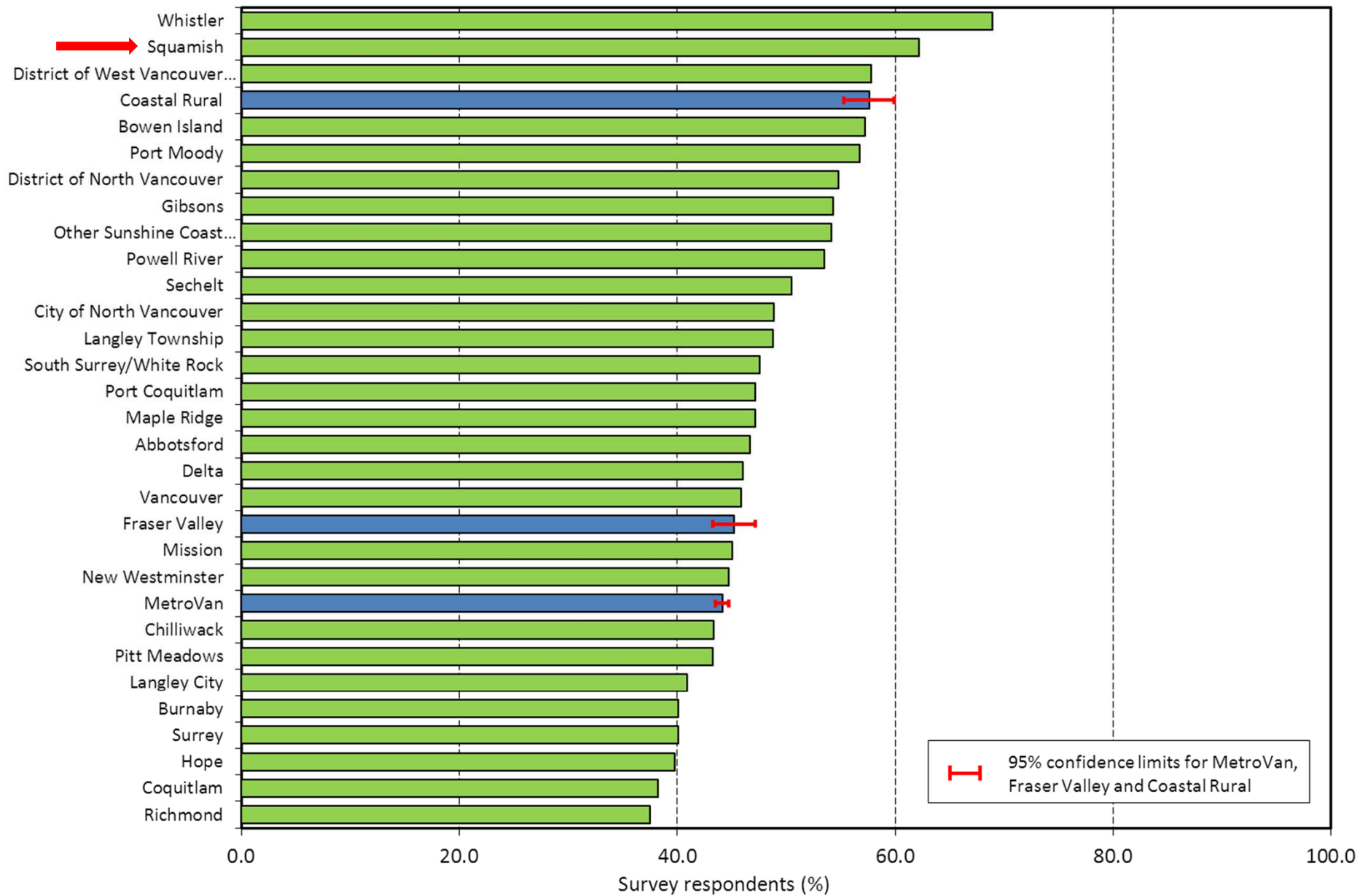
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**Physical activity: 150+ minutes per week.  
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# Sedentary behaviour

	Squamish	Coastal Rural	VCH
<b>2+ hours screen time per day</b>	<b>50%</b>	<b>52%</b>	<b>49%</b>





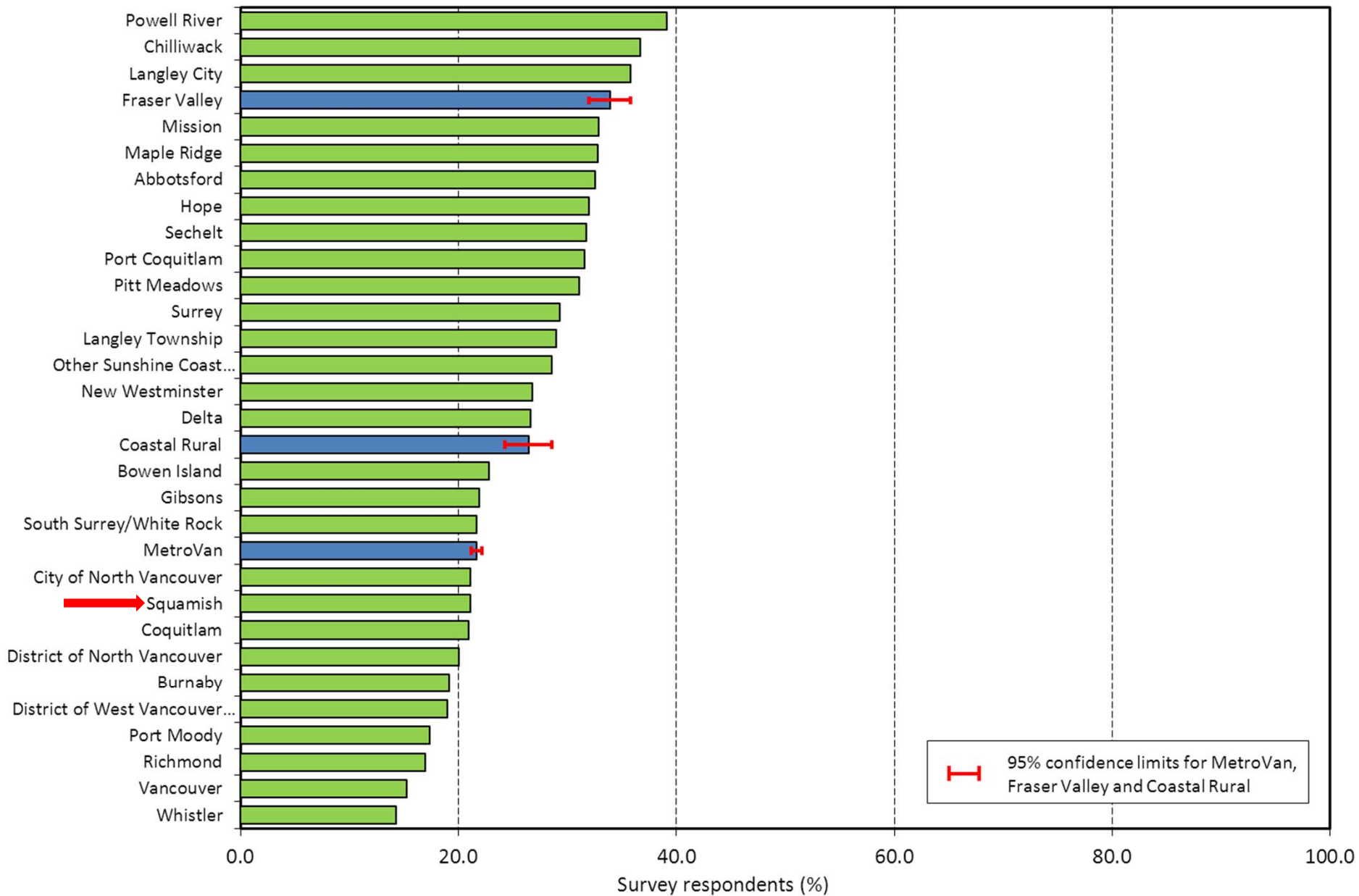
# Weighing in...

	Squamish	Coastal Rural	VCH
Normal	40%	34%	47%
Overweight	39%	39%	34%
Obese	21%	27%	17%



...on the obesity issue

**Obesity: BMI more than 30 kg/m<sup>2</sup>.**  
**All FH/VCH Municipalities, My Health My Community Survey 2013-2014**



Source: My Health My Community Survey. Data as of August 14, 2014.  
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# Chronic disease



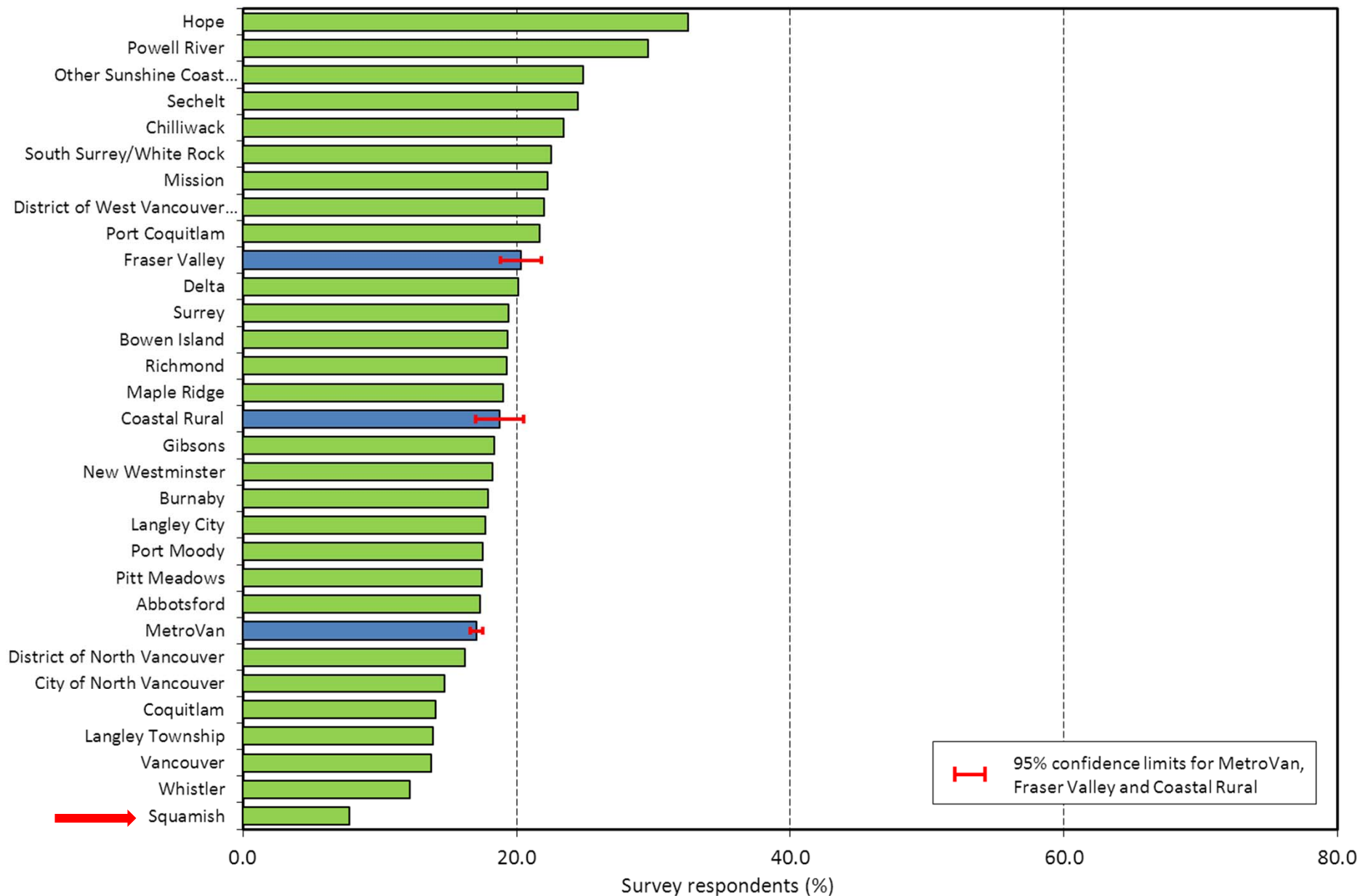
	Squamish	Coastal Rural	VCH	
Cancer*	3%	5%	3%	5%
Diabetes	5%	6%	7%	6%
High blood pressure	8%	19%	16%	18%
Heart disease	2%	6%	4%	4%
Arthritis	7%	16%	12%	16%
Mood or anxiety disorder	18%	15%	16%	8%



\*Includes lung, breast, prostate and colorectal cancers

\*\*Canadian Community Health Survey, Statistics Canada 2011/12

**Diagnosed with high blood pressure by a doctor.  
FH / VCH Municipalities, My Health My Community Survey 2013-2014**



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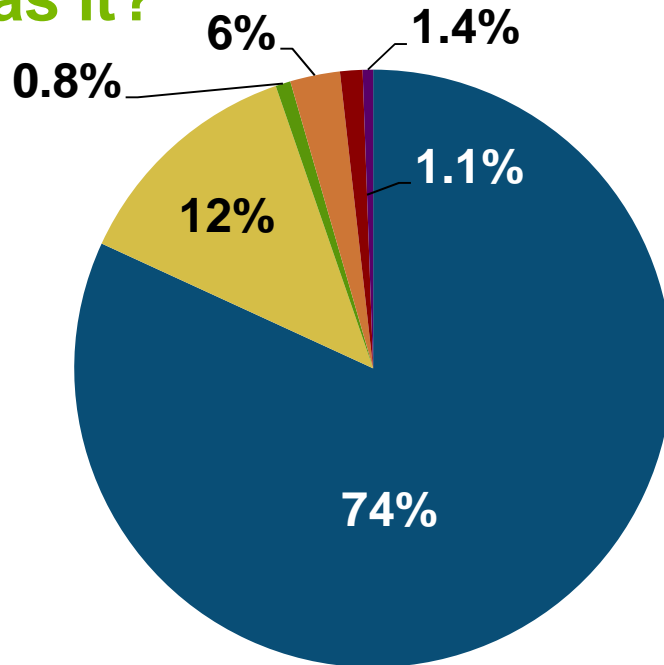
# Accessing care

Do you have a regular family doctor?



	Squamish	Coastal Rural	VCH
Yes (Green Checkmark)	92%	87%	81%
No (Red X)	8%	13%	19%

The last time you saw a doctor/health professional – where was it?



## Squamish

- Doctor's office (appointment)
- Walk-in clinic (no appointment)
- Community health centre
- Hospital ER
- Hospital outpatient clinic
- Telephone consultation/811



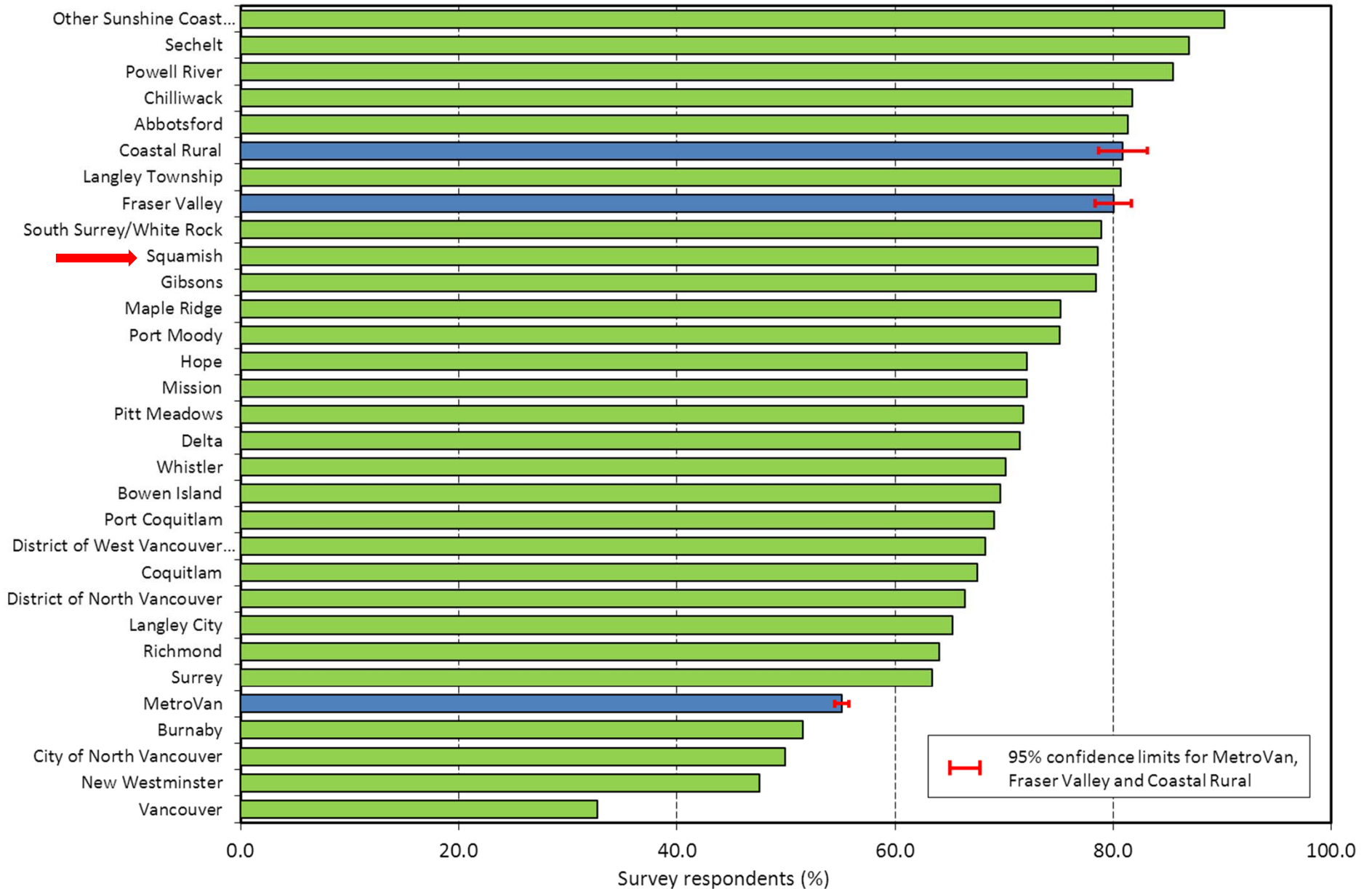
# Getting to work or school

Mode	Squamish	Coastal Rural	VCH
Car (driver or passenger)	79%	80%	45%
Public transit	1%	4%	32%
Walk or bike	17%	13%	20%



Photo By Kevin Lo  
Copyright. 2010

**Car, truck or van (own vehicle driver/passenger) as primary mode of commuting to work or school.  
FH/VCH Municipalities, My Health My Community Survey 2013-2014**



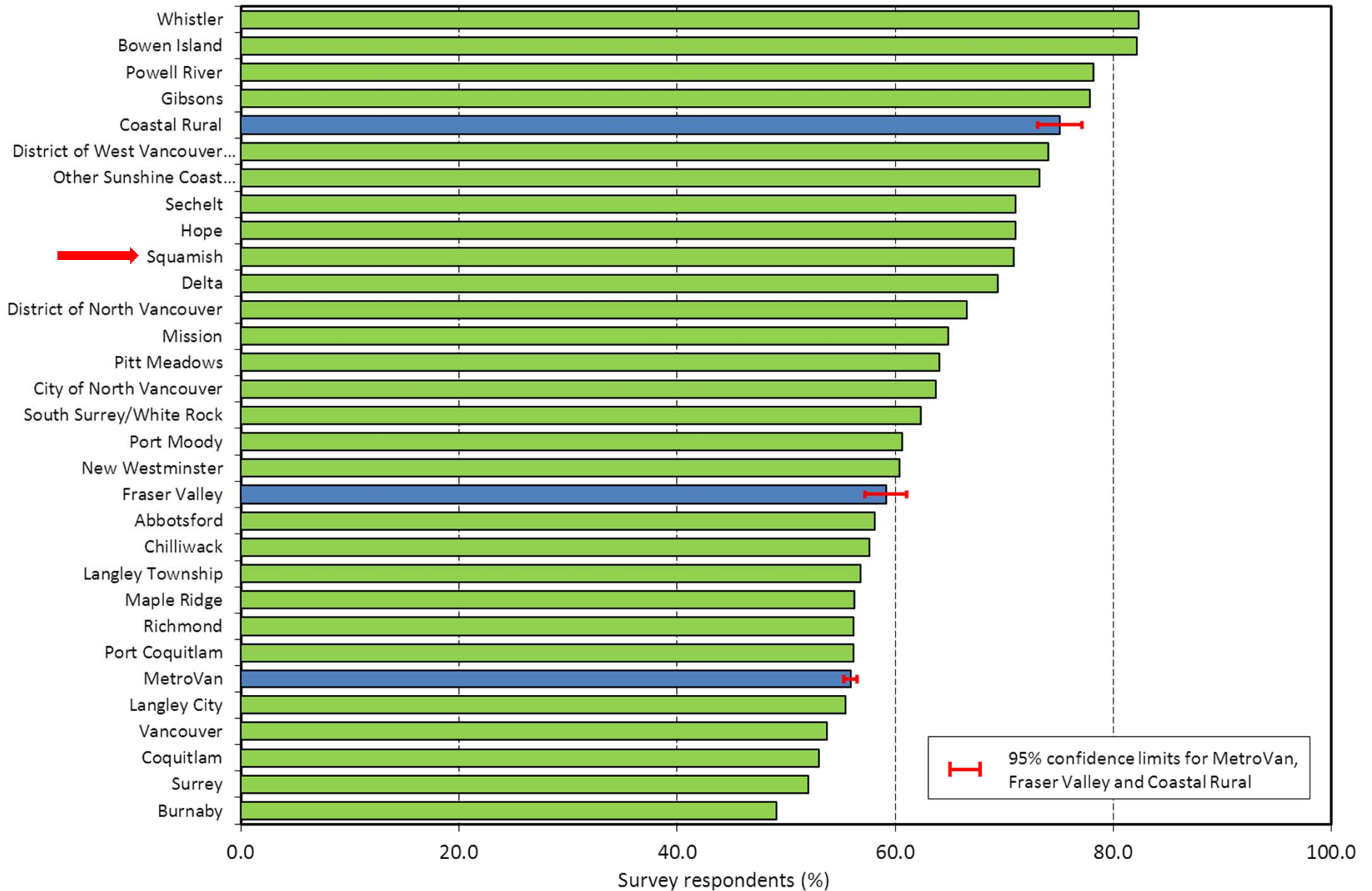
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# Community belonging

	Squamish	Coastal Rural	VCH
Very strong	27%	26%	15%
Somewhat strong	44%	48%	43%
Somewhat weak	23%	20%	29%
Very weak	5.8%	5.8%	13%



**Strong sense of belonging to local community.  
FH/VCH Municipalities, My Health My Community Survey 2013-2014**



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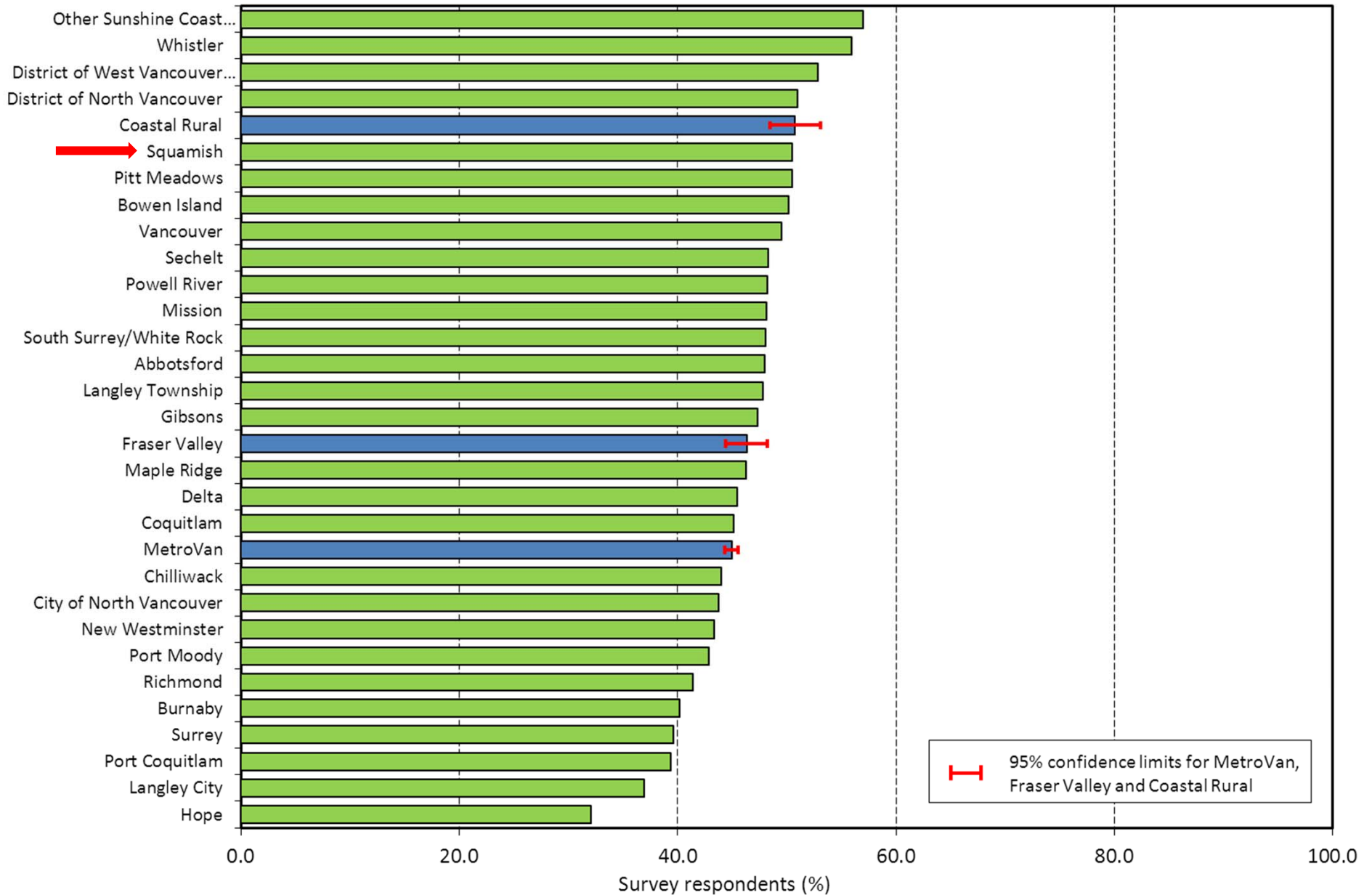
# Social connectedness

# people in social network to confide in	Squamish	Coastal Rural	VCH
0	4%	3%	6%
1-3	45%	47%	46%
4-6	24%	28%	26%
>6	26%	22%	22%





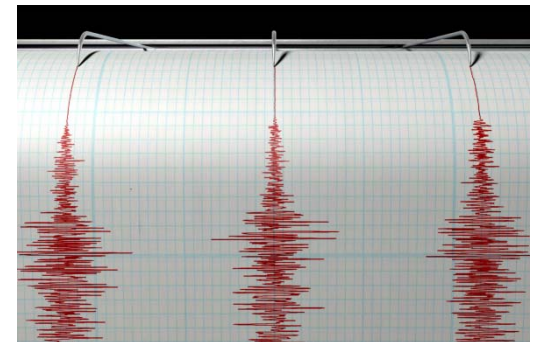
**4 or more people to confide in or turn to for help.  
FH/VCH Municipalities, My Health My Community Survey 2013-2014**



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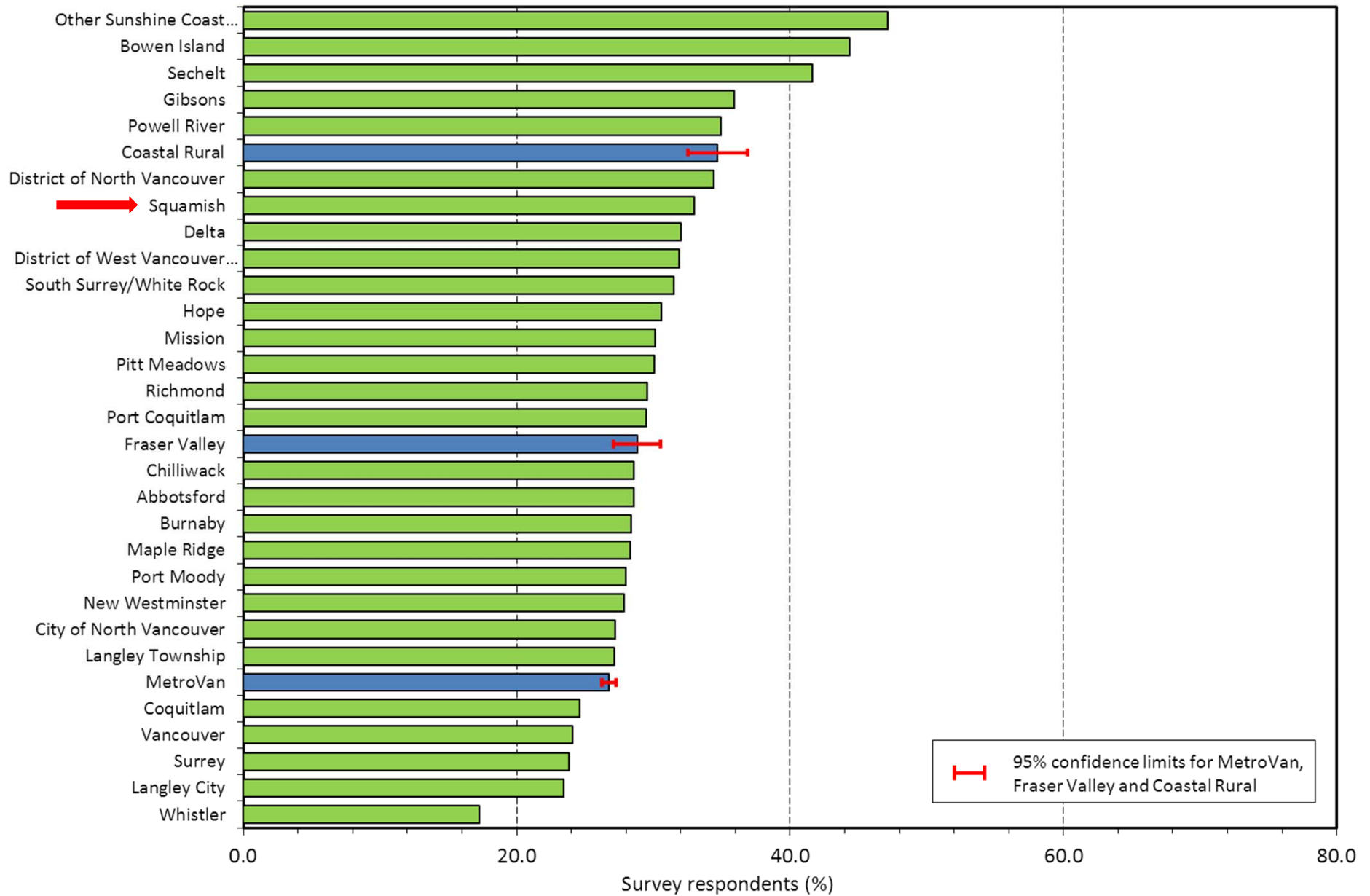
# Emergency Preparedness

	Squamish	Coastal Rural	VCH
Emergency supplies for 3 or more days	33%	35%	27%



IS YOUR FAMILY  
PREPARED?

**Emergency supplies enough for 3 or more days.  
FH/VCH Municipalities, My Health My Community Survey 2013-2014**



Source: My Health My Community Survey. Data as of August 14, 2014.  
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# Summary

- Health status is generally very good
  - Low burden of chronic disease
- Many positive lifestyle attributes
  - Exception is higher reported binge drinking
- Excellent access to primary care
- Car dependent community
  - Room to improve walking/cycling for errands/amenities
- Great elements of community resiliency
- A thriving and relatively equitable community
  - Many households with dependents under 18yrs of age

# Project Team (since 2013)



my Health  
my Community

**Andi Cuddington\***, VCH

**Belinda Boyd**, VCH

**Chae-Lyn Dopke**, VCH/UBC

**Chris Richardson**, UBC

**Christina Fung**, FHA

**Claire Gram**, VCH

**Eleni Kefalas**, VCH

**Elizabeth Stacy**, UBC

**Emily Laflamme\***, VCH

**Evelyn Derus\***, UBC

**Geoff Ramler**, FHA

**Helen Novak Lauscher (CI)**, UBC

**Helena Swinkels**, FHA

**James Lu\***, VCH

**Jami Brown**, FHA

**Justyna Berzowska\***, UBC

**Katherine Tweedie**, FHA

**Kendall Ho (CI)**, UBC

**Lisa Mu**, FHA

**Lisa Thibault**, FHA

**Maritia Gully\***, VCH

**Michael Lim\***, UBC

**Peter Chow**, UBC

**Paul Gustafson**, UBC

**Paul Martiquet**, VCH

**Peter Vlahos**, VCH

**Rahul Chokar**, FHA

**Salman Klar**, FHA

**Sha Xiao**, UBC

**Stephanie Bale**, FHA

**Sophie Pasche**, UBC

**Tanya Lo**, VCH

**Tiffany Akins\***, VCH

**Victoria Lee (CI)**, FHA

**Yumian Hu**, VCH

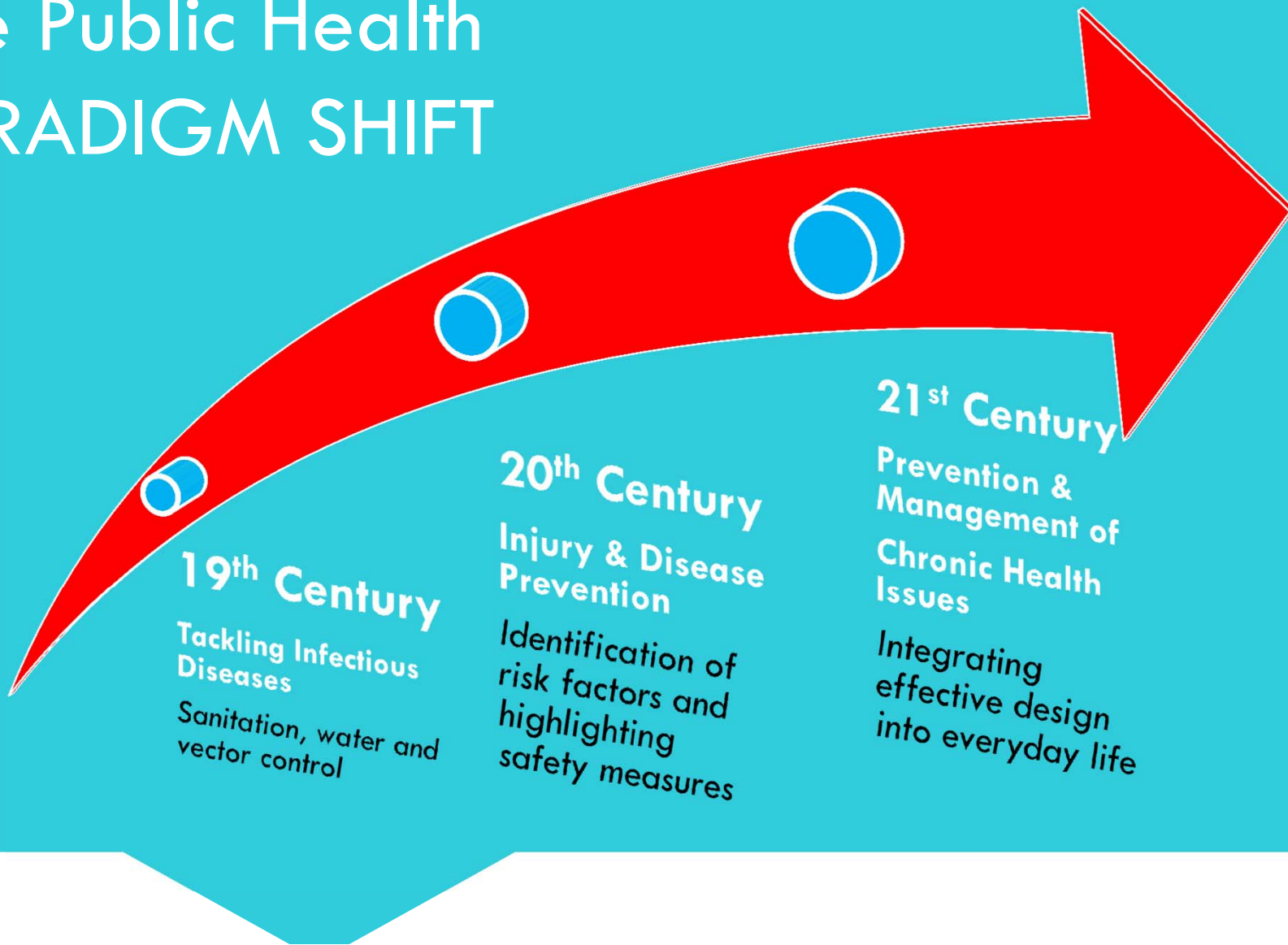
**CI - Co-Investigator**      **\* - Working Group Lead**



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

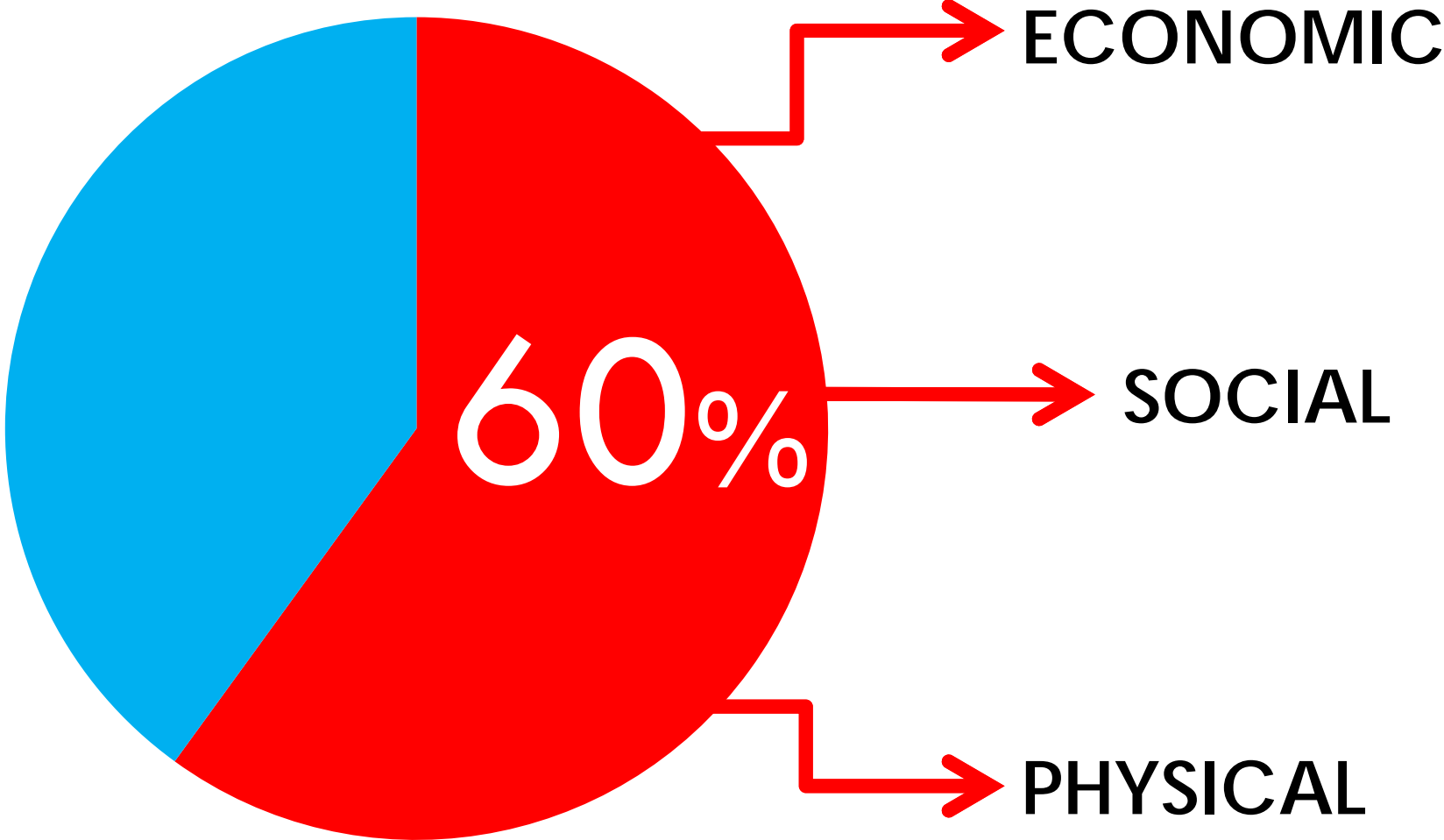


# The Public Health PARADIGM SHIFT





# POPULATION HEALTH OUTCOMES



# HEALTHY COMMUNITIES INITIATIVE

PROVINCIAL PROGRAM



Healthy  
FamiliesBC 

Delivered in partnership  
with health authorities, to stimulate  
more local actions and policies to  
support healthy living

Vancouver  
CoastalHealth  
Promoting wellness. Ensuring care.



# VCH HEALTHY COMMUNITIES INITIATIVE

## Healthy Communities Initiative HEALTH BEGINS WHERE WE LIVE, WORK, LEARN AND PLAY



# CURRENT AGREEMENTS

- Just signed - District of Squamish
- Recently signed - City of Powell River, District of Sechelt, Town of Gibsons the SCRD and District of West Vancouver
- Other agreements are with Richmond, Vancouver, and the City and District of North Vancouver

