

North Vancouver CY West

The chart below summarizes select indicators of health and well-being. Results for North Vancouver City West (North Vancouver CY West*) are compared to City of North Vancouver overall as well as the Metro Vancouver region.

Compared to Metro Vancouver

● Better ● Similar ● Worse

◆ City of North Vancouver Average

Metro Vancouver Average

Worst | Best

DOMAIN	Indicator	North Vancouver CY West (%) n = 445	City of North Vancouver (%) n = 734	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	14.6	14.8	16.2	4.9		39.8
	Education level high school or less	27.8	30.0	38.0	58.5		8.9
	Household income under \$40,000	36.6	35.3	31.7	75.6		6.9
	Currently employed	66.8	64.2	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	51.7	54.6	48.5	34.3		73.1
	Mental health (excellent/very good)	58.4	58.7	56.5	39.8		79.9
	Obesity (BMI 30+)	20.2	21.1	21.7	39.7		6.6
	Diabetes	7.2	6.9	7.7	19.1		2.9
	High blood pressure	19.0	15.3	17.9	29.2		8.0
	Chronic breathing condition	9.4	10.2	7.2	13.3		3.7
	Arthritis	15.2	13.2	13.1	27.6		4.6
	Mood or anxiety disorder	21.2	19.9	16.3	28.8		7.2
LIFESTYLE	Multiple chronic conditions	9.7	7.6	7.9	16.3		2.6
	Binge drinking (1+ times/month)	23.3	26.1	20.7	39.1		9.5
	Smoker (daily/occasional)	12.9	13.0	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	49.8	48.9	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	26.6	28.3	24.9	12.9		40.8
	Stress (extremely/quite stressed)	14.8	16.6	17.8	29.1		9.0
	Screen time (2+ hours/day)	49.9	49.0	47.8	59.7		32.4
PRIMARY CARE ACCESS	High physical wellness score (10-16)	39.6	38.6	37.7	21.1		52.1
	Family doctor access	82.4	81.4	83.1	60.2		99.2
	Visited health care professional (past 12 months)	83.6	83.2	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	68.5	70.6	75.0	60.8		91.6
<i>Visited walk-in clinic without appointment</i>	22.3	20.5	16.5	30.7		4.5	
BUILT ENVIRONMENT	Commute - car	46.1	49.9	55.1	92.0		10.7
	Commute - public transit	32.7	30.3	28.2	5.9		53.9
	Commute - walk or cycle	15.7	14.2	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	55.9	55.4	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	30.6	24.8	19.8	4.2		77.4
	Second hand smoke exposure (public places)	29.0	27.1	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	84.1	79.8	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	93.1	87.4	69.5	10.1		96.7
COMMUNITY RESILIENCY	Transit stop (less than 5 minute walk)	96.0	93.4	84.0	37.5		97.5
	Emergency supplies (3+ days)	23.2	27.2	26.7	16.6		46.6
	Food secure (enough to eat)	92.5	91.5	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	64.5	63.7	55.9	29.0		82.6
4+ people to confide in/turn to for help	42.9	43.7	45.0	26.8		60.6	

*North Vancouver CY West is defined as: Mahon/Lonsdale Corridor.

Refer to MHMC Atlas for further neighbourhood boundary definitions at www.myhealthmycommunity.org/Results/Atlas

For indicator definitions, please refer to Technical Notes at www.myhealthmycommunity.org/Results/TechnicalNotes

