

North Vancouver DM East

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

Compared to Metro Vancouver
● Better ● Similar ● Worse ◆ District of North Vancouver Average

Metro Vancouver Average
Worst | Best

DOMAIN	Indicator	North Vancouver DM East (%) n = 395	District of North Vancouver (%) n = 1,192	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	14.7	19.2	16.2	4.9		39.8
	Education level high school or less	25.3	27.8	38.0	58.5		8.9
	Household income under \$40,000	14.3	18.6	31.7	75.6		6.9
	Currently employed	71.0	67.3	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	57.1	59.5	48.5	34.3		73.1
	Mental health (excellent/very good)	64.3	65.0	56.5	39.8		79.9
	Obesity (BMI 30+)	19.1	20.0	21.7	39.7		6.6
	Diabetes	5.8	3.9	7.7	19.1		2.9
	High blood pressure	15.9	17.1	17.9	29.2		8.0
	Chronic breathing condition	6.5	6.4	7.2	13.3		3.7
	Arthritis	16.5	13.2	13.1	27.6		4.6
	Mood or anxiety disorder	17.6	12.8	16.3	28.8		7.2
	Multiple chronic conditions	6.7	5.8	7.9	16.3		2.6
LIFESTYLE	Binge drinking (1+ times/month)	26.8	24.1	20.7	39.1		9.5
	Smoker (daily/occasional)	6.8	6.8	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	53.2	54.8	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	30.9	29.4	24.9	12.9		40.8
	Stress (extremely/quite stressed)	20.6	18.0	17.8	29.1		9.0
	Screen time (2+ hours/day)	47.5	44.6	47.8	59.7		32.4
	High physical wellness score (10-16)	44.7	44.7	37.7	21.1		52.1
PRIMARY CARE ACCESS	Family doctor access	90.2	87.5	83.1	60.2		99.2
	Visited health care professional (past 12 months)	84.6	83.6	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	79.9	76.5	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	16.3	17.2	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	72.4	66.4	55.1	92.0		10.7
	Commute - public transit	20.4	21.7	28.2	5.9		53.9
	Commute - walk or cycle	7.0	9.8	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	50.5	49.9	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	11.0	10.2	19.8	4.2		77.4
	Second hand smoke exposure (public places)	17.8	16.7	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	79.6	74.9	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	51.6	61.2	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	84.8	87.1	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	30.7	34.4	26.7	16.6		46.6
	Food secure (enough to eat)	96.4	95.7	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	62.1	66.6	55.9	29.0		82.6
	4+ people to confide in/turn to for help	45.6	50.9	45.0	26.8		60.6

*North Vancouver DM East is defined as: Maplewood/Blueridge/Dollarton/Deep Cove/Indian Arm.
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

