

North Vancouver DM West

The chart below summarizes select indicators of health and well-being. Results for District of North Vancouver West (North Vancouver DM West*) 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 West (%) n = 366	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	18.8	19.2	16.2	4.9		39.8
	Education level high school or less	22.6	27.8	38.0	58.5		8.9
	Household income under \$40,000	14.4	18.6	31.7	75.6		6.9
	Currently employed	63.8	67.3	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	63.4	59.5	48.5	34.3		73.1
	Mental health (excellent/very good)	67.9	65.0	56.5	39.8		79.9
	Obesity (BMI 30+)	19.2	20.0	21.7	39.7		6.6
	Diabetes	5	3.9	7.7	19.1		2.9
	High blood pressure	19.3	17.1	17.9	29.2		8.0
	Chronic breathing condition	5.4	6.4	7.2	13.3		3.7
	Arthritis	10.2	13.2	13.1	27.6		4.6
	Mood or anxiety disorder	9.3	12.8	16.3	28.8		7.2
	Multiple chronic conditions	4.7	5.8	7.9	16.3		2.6
	LIFESTYLE	Binge drinking (1+ times/month)	26.1	24.1	20.7	39.1	
Smoker (daily/occasional)		5	6.8	10.6	29.5		3.0
Physical activity (150+ minutes/week)		60.9	54.8	44.1	26.9		62.1
5+ servings of fruits and vegetables (/day)		31.0	29.4	24.9	12.9		40.8
Stress (extremely/quite stressed)		18.2	18.0	17.8	29.1		9.0
Screen time (2+ hours/day)		40.8	44.6	47.8	59.7		32.4
High physical wellness score (10-16)		52.1	44.7	37.7	21.1		52.1
PRIMARY CARE ACCESS		Family doctor access	90.4	87.5	83.1	60.2	
	Visited health care professional (past 12 months)	84.2	83.6	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	74.6	76.5	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	18.7	17.2	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	63.8	66.4	55.1	92.0		10.7
	Commute - public transit	21.9	21.7	28.2	5.9		53.9
	Commute - walk or cycle	11.8	9.8	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	49.3	49.9	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	13.7	10.2	19.8	4.2		77.4
	Second hand smoke exposure (public places)	11.4	16.7	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	71.6	74.9	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	66.4	61.2	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	87.0	87.1	84.0	37.5		97.5
	COMMUNITY RESILIENCY	Emergency supplies (3+ days)	40.9	34.4	26.7	16.6	
Food secure (enough to eat)		97.2	95.7	93.0	74.4		100.0
Community belonging (strong/somewhat strong)		70.5	66.6	55.9	29.0		82.6
4+ people to confide in/turn to for help		55.7	50.9	45.0	26.8		60.6

*North Vancouver DM West is defined as: Norgate/Lower Capilano/Pemberton Heights/Handsworth/Queens/Delbrook. Refer to MHMC Atlas for further neighbourhood boundary definitions at www.myhealthmycommunity.org/Results/Atlas
 s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed.

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

