

## West Vancouver Lower

The chart below summarizes select indicators of health and well-being. Results for West Vancouver Lower\* are compared to West Vancouver/Lions Bay overall as well as the Metro Vancouver region.

### Compared to Metro Vancouver

● Better ● Similar ● Worse ◆ West Vancouver/Lions Bay Average

Metro Vancouver Average  
Worst | Best

DOMAIN	Indicator	West Vancouver Lower (%) n = 211	West Vancouver/Lions Bay (%) n = 413	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
SOCIO-ECONOMIC	Seniors aged 65+ years	39.8	30.9	16.2	4.9		39.8
	Education level high school or less	21.8	22.1	38.0	58.5		8.9
	Household income under \$40,000	32.4	24.9	31.7	75.6		6.9
	Currently employed	53.6	56.2	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	65.4	68.2	48.5	34.3		73.1
	Mental health (excellent/very good)	71.5	71.0	56.5	39.8		79.9
	Obesity (BMI 30+)	25.2	19.0	21.7	39.7		6.6
	Diabetes	5	5.4	7.7	19.1		2.9
	High blood pressure	29.2	23.5	17.9	29.2		8.0
	Chronic breathing condition	4.8	4.0	7.2	13.3		3.7
	Arthritis	27.6	18.1	13.1	27.6		4.6
	Mood or anxiety disorder	12.1	12.3	16.3	28.8		7.2
	Multiple chronic conditions	7.5	7.4	7.9	16.3		2.6
	LIFESTYLE	Binge drinking (1+ times/month)	12.2	17.2	20.7	39.1	
Smoker (daily/occasional)		6.3	6.2	10.6	29.5		3.0
Physical activity (150+ minutes/week)		49.5	57.8	44.1	26.9		62.1
5+ servings of fruits and vegetables (/day)		30.9	32.2	24.9	12.9		40.8
Stress (extremely/quite stressed)		16.2	16.0	17.8	29.1		9.0
Screen time (2+ hours/day)		47.2	46.3	47.8	59.7		32.4
High physical wellness score (10-16)		48.0	46.9	37.7	21.1		52.1
PRIMARY CARE ACCESS		Family doctor access	89.9	90.6	83.1	60.2	
	Visited health care professional (past 12 months)	88.8	87.9	80.4	63.9		90.1
	Visited physician with appointment	86.1	83.8	75.0	60.8		91.6
	Visited walk-in clinic without appointment	8.3	10.7	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	62.7	68.3	55.1	92.0		10.7
	Commute - public transit	14.5	16.8	28.2	5.9		53.9
	Commute - walk or cycle	15.1	11.0	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	43.5	51.8	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	23.2	17.5	19.8	4.2		77.4
	Second hand smoke exposure (public places)	13.3	12.3	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	72.2	61.1	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	87.8	63.3	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	87.4	81.7	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	29.3	31.9	26.7	16.6		46.6
	Food secure (enough to eat)	96.8	97.1	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	73.8	74.1	55.9	29.0		82.6
	4+ people to confide in/turn to for help	52.4	52.9	45.0	26.8		60.6

\*West Vancouver Lower is defined as: Ambleside/Cedardale/Dundarave/Sentinel Hill. Refer to MHMC Atlas for further neighbourhood boundary definitions at [www.myhealthmycommunity.org/Results/Atlas](http://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](http://www.myhealthmycommunity.org/Results/TechnicalNotes)

