

## North Vancouver DM Central

The chart below summarizes select indicators of health and well-being. Results for District of North Vancouver Central (North Vancouver DM Central\*) are compared to North Shore 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 Central (%) n = 399	District of North Vancouver (%) n = 1,192	Metro Vancouver (%) n = 28,128	Metro Vancouver Worst (%)	Summary Chart	Metro Vancouver Best (%)
<b>SOCIO-ECONOMIC</b>	Seniors aged 65+ years	18.6	19.2	16.2	4.9		39.8
	Education level high school or less	28.6	27.8	38.0	58.5		8.9
	Household income under \$40,000	15.2	18.6	31.7	75.6		6.9
	Currently employed	70.1	67.3	64.7	39.4		90.5
<b>HEALTH STATUS</b>	General health (excellent/very good)	60.5	59.5	48.5	34.3		73.1
	Mental health (excellent/very good)	63.3	65.0	56.5	39.8		79.9
	Obesity (BMI 30+)	17.6	20.0	21.7	39.7		6.6
	Diabetes	3.7	3.9	7.7	19.1		2.9
	High blood pressure	16.1	17.1	17.9	29.2		8.0
	Chronic breathing condition	5.9	6.4	7.2	13.3		3.7
	Arthritis	15.3	13.2	13.1	27.6		4.6
	Mood or anxiety disorder	13.3	12.8	16.3	28.8		7.2
	Multiple chronic conditions	4.5	5.8	7.9	16.3		2.6
<b>LIFESTYLE</b>	Binge drinking (1+ times/month)	21.8	24.1	20.7	39.1		9.5
	Smoker (daily/occasional)	5	6.8	10.6	29.5		3.0
	Physical activity (150+ minutes/week)	48.7	54.8	44.1	26.9		62.1
	5+ servings of fruits and vegetables (/day)	29.5	29.4	24.9	12.9		40.8
	Stress (extremely/quite stressed)	15.6	18.0	17.8	29.1		9.0
	Screen time (2+ hours/day)	43.8	44.6	47.8	59.7		32.4
	High physical wellness score (10-16)	40.5	44.7	37.7	21.1		52.1
<b>PRIMARY CARE ACCESS</b>	Family doctor access	91.7	87.5	83.1	60.2		99.2
	Visited health care professional (past 12 months)	83.8	83.6	80.4	63.9		90.1
	<i>Visited physician with appointment</i>	81.5	76.5	75.0	60.8		91.6
	<i>Visited walk-in clinic without appointment</i>	13.7	17.2	16.5	30.7		4.5
<b>BUILT ENVIRONMENT</b>	Commute - car	71.7	66.4	55.1	92.0		10.7
	Commute - public transit	16.9	21.7	28.2	5.9		53.9
	Commute - walk or cycle	9.9	9.8	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	47.4	49.9	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	7.1	10.2	19.8	4.2		77.4
	Second hand smoke exposure (public places)	18.5	16.7	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	76.0	74.9	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	67.3	61.2	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	90.3	87.1	84.0	37.5		97.5
<b>COMMUNITY RESILIENCY</b>	Emergency supplies (3+ days)	35.3	34.4	26.7	16.6		46.6
	Food secure (enough to eat)	96.9	95.7	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	70.3	66.6	55.9	29.0		82.6
	4+ people to confide in/turn to for help	51.2	50.9	45.0	26.8		60.6

\*North Vancouver DM Central is defined as: Lynn Valley/Carisbrooke/Braemar.

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)

