## District of North Vancouver | Community Health Indicators

The chart below summarizes select indicators of health and well-being. Results for the District of North Vancouver are compared to the Metro Vancouver region as well as Vancouver Coastal Health Authority.

Better		verage				1	•	
	Indicator	District of North Vancouver (%) n=1192	Metro Vancouver (%) n = 28128	Vancouver Coastal Health (%) n = 17648	Vancouver Coastal Health Worst (%)	Summa	ry Chart	Vancouver Coastal Health Best (%)
	Household income under \$40,000	18.6	31.7	35.6	40.4		<u>♦</u>	18.6
	Currently unemployed	3.4	6.4	6.6	9.5		•	3.2
HEALTH STATUS	General health (excellent/very good)	59.5	48.5	50.3	41.5	•	•	68.2
	Mental health (excellent/very good)	65.0	56.5	54.9	52.2		•	71.0
	Obesity (BMI 30+)	20.0	21.7	17.0	39.1	<b>.</b>		14.2
	Diabetes	3.9	7.7	6.6	11.8	•	•	3.9
	High blood pressure	17.1	17.9	16.4	30.8			8.1
	Heart disease	3.1	4.7	4.1	12.0	•	•	3.1
	Chronic breathing condition	6.4	7.2	7.3	10.2		•	4.0
	Arthritis	13.2	13.1	12.4	21.6	•		11.6
	Mood or anxiety disorder	12.8	16.3	16.4	19.9			11.3
	Multiple chronic conditions <sup>1</sup>	5.8	7.9	6.8	13.7	<b>•</b>	•	5.8
	Cancer (lung, breast, prostate or colorectal)	4.2	2.9	2.9	7.8	•		2.4
LIFESTYLE	Binge drinking (1+ times/month) <sup>2</sup>	24.1	20.7	23.4	48.3		•	15.0
	Smoker (daily/occasional)	6.8	10.6	10.6	13.0			6.2
	Physical activity (150+ minutes/week)	54.8	44.1	46.4	37.5	•		68.9
	5+ servings of fruits and vegetables (/day)	29.4	24.9	27.2	20.9	•	•	37.1
	Stress (extremely/quite stressed)	18.0	17.8	16.4	18.0	$\diamond$		7.4
	Screen time (2+ hours/day)	44.6	47.8	48.8	57.7		•	38.1
	High physical wellness score (10-16) <sup>3</sup>	44.7	37.7	40.9	29.3	•	•	55.9
PRIMARY CARE ACCESS	Have a family doctor	87.5	83.1	81.0	76.9		•	93.2
	Visited health care professional (past 12 months)	83.6	80.4	81.5	76.0	•	•	87.9
	Visited physician with appointment	76.5	75.0	73.6	69.6		<b>*</b> •	85.8
	Visited walk-in clinic without appointment	17.2	16.5	16.6	20.5			5.3
BUILT ENVIRONMENT	Commute - car	66.4	55.1	45.2	86.9	• •		32.7
	Commute - public transit	21.7	28.2	31.8	4.1	• •		38.9
	Commute - walk or cycle	9.8	13.7	20.2	8.2	• •		25.7
	Commute time (one way 30+ minutes)	49.9	56.0	50.5	56.0			9.5
	Primary mode to run errands - walk or cycle	10.2	19.8	28.1	8.1	• •		38.1
	Second hand smoke exposure (public places)	16.7	26.6	27.6	32.1		•	8.9
	Sidewalks well maintained (strongly/somewhat agree)	74.9	75.5	75.8	4.9		ļ	79.8
	Amenities within walking/cycling distance (strongly/somewhat agree)	61.2	69.5	74.9	32.9	• •		87.4
	Transit stop (less than 5 minute walk)	87.1	84.0	88.0	68.7	•		93.4
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	34.4	26.7	27.0	17.3			44.4
	Food insecure (sometimes/often)	4.3	7.0	7.3	8.5		•	2.3
	Community belonging (strong/somewhat strong)	66.6	55.9	57.8	53.8		•	82.3
	4+ people to confide in/turn to for help	50.9	45.0	48.1	41.4			55.9

1 Reported diagnosis of two or more of the following: Diabetes, heart disease, stroke, high blood pressure or chronic breathing conditions.

2 Five or more drinks on one occasion for males and 4 or more drinks on one occasion for females.

3 Lifestyles characterised by eating 5+ servings of fruits or vegetables a day, 30+ minutes of walking a day, 150+ minutes of moderate or vigorous physical activity a week, and not smoking. Wellness scores ranged from 0-16.

