District of West Vancouver and Lions Bay | Community Health Indicators

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

Command to Vancous Constal Hoolth	Vancouver Coastal Health Average
Compared to Vancouver Coastal Health ■ Better Similar ■ Worse ■ Metro Vancouver Average	Worst Best

Currently unemployed 4.2 6.4 6.6 9.5 3.2	DOMAIN	Indicator	West Vanouver & Lions Bay (%) n = 413	Metro Vancouver (%) n = 28128	Vancouver Coastal Health (%) n = 17648	Vancouver Coastal Health Worst (%)	Summary Chart	Vancouver Coastal Health Best (%)
General health (excellent/very good) 68.2 48.5 50.3 41.5 68.2	ECONOMIC	Household income under \$40,000	24.9	31.7	35.6	40.4	♦ •	18.6
Mental health (excellent/very good)		Currently unemployed	4.2	6.4	6.6	9.5	•	3.2
Obesity (BMI 30-1) 19.0 21.7 17.0 39.1 14.2	HEALTH	General health (excellent/very good)	68.2	48.5	50.3	41.5	→	68.2
Diabetes 5.4 7.7 6.6 11.8 3.9	STATUS	Mental health (excellent/very good)	71.0	56.5	54.9	52.2	•	71.0
High blood pressure		Obesity (BMI 30+)	19.0	21.7	17.0	39.1	*•	14.2
Heart disease		Diabetes	5.4	7.7	6.6	11.8	• •	3.9
Chronic breathing condition		High blood pressure	23.5	17.9	16.4	30.8	• •	8.1
Arthritis		Heart disease	5.7	4.7	4.1	12.0	• •	3.1
Mood or anxiety disorder		Chronic breathing condition	4.0	7.2	7.3	10.2	•	4.0
Multiple chronic conditions		Arthritis	18.1	13.1	12.4	21.6	• •	11.6
Cancer (lung. breast, prostate or colorectal) 5.7 2.9 2.9 7.8 2.4		Mood or anxiety disorder	12.3	16.3	16.4	19.9	•	11.3
Single drinking (1+ times/month) ² 17.2 20.7 23.4 48.3 15.0		Multiple chronic conditions ¹	7.4	7.9	6.8	13.7	**	5.8
Smoker (daily/occasional) 6.2 10.6 10.6 13.0 6.2		Cancer (lung, breast, prostate or colorectal)	5.7	2.9	2.9	7.8	•	2.4
Physical activity (150+ minutes/week) 57.8 44.1 46.4 37.5 68.9	LIFESTYLE	Binge drinking (1+ times/month) ²	17.2	20.7	23.4	48.3	• •	15.0
Steervings of fruits and vegetables (/day) 32.2 24.9 27.2 20.9 37.1		Smoker (daily/occasional)	6.2	10.6	10.6	13.0	•	6.2
Stress (extremely/quite stressed) 16.0 17.8 16.4 18.0 7.4 Screen time (2+ hours/day) 46.3 47.8 48.8 57.7 38.1 High physical wellness score (10-16) 46.9 37.7 40.9 29.3 55.9 PRIMARY LARE A Family doctor 90.6 83.1 81.0 76.9 93.2 CARE ACCESS Visited health care professional (past 12 months) 87.9 80.4 81.5 76.0 87.9 Visited physician with appointment 83.8 75.0 73.6 69.6 85.8 Visited walk-in clinic without appointment 10.7 16.5 16.6 20.5 5.3 BUILT Commute - car 68.3 55.1 45.2 86.9 32.7 Commute - walk or cycle 11.0 13.7 20.2 8.2 25.7 Commute under one way 30+ minutes) 51.8 56.0 50.5 56.0 9.5 Primary mode to run errands - walk or cycle 17.5 19.8 28.1 8.1 38.1 Second hand smoke exposure (public places) 12.3 26.6 27.6 32.1 8.9 Sidewalks well maintained (strongly/somewhat agree) 61.1 75.5 75.8 4.9 79.8 Amenities within walking/cycling distance (strongly/somewhat agree) 63.3 69.5 74.9 32.9 87.4 Transit stop (less than 5 minute walk) 81.7 84.0 88.0 68.7 93.4 COMMUNITY Emergency supplies (3+ days) 31.9 26.7 27.0 17.3 8.5 Community belonging (strong/somewhat strong) 74.1 55.9 57.8 53.8 82.3		Physical activity (150+ minutes/week)	57.8	44.1	46.4	37.5	•	68.9
Screen time (2+ hours/day)		5+ servings of fruits and vegetables (/day)	32.2	24.9	27.2	20.9	•	37.1
High physical wellness score (10-16)³		Stress (extremely/quite stressed)	16.0	17.8	16.4	18.0	•	7.4
Have a family doctor 90.6 83.1 81.0 76.9 93.2		Screen time (2+ hours/day)	46.3	47.8	48.8	57.7	♦ •	38.1
CARE ACCESS Visited health care professional (past 12 months) 87.9 80.4 81.5 76.0 87.9 Visited physician with appointment 83.8 75.0 73.6 69.6 85.8 Visited walk-in clinic without appointment 10.7 16.5 16.6 20.5 5.3 BUILT Commute - car 68.3 55.1 45.2 86.9 32.7 Commute - public transit 16.8 28.2 31.8 4.1 38.9 Commute - walk or cycle 11.0 13.7 20.2 8.2 2.2 Commute time (one way 30+ minutes) 51.8 56.0 50.5 56.0 9.5 Primary mode to run errands - walk or cycle 17.5 19.8 28.1 8.1 38.1 Second hand smoke exposure (public places) 12.3 26.6 27.6 32.1 8.9 Sidewalks well maintained (strongly/somewhat agree) 61.1 75.5 75.8 4.9 79.8 Transit stop (less than 5 minute w		High physical wellness score (10-16) ³	46.9	37.7	40.9	29.3	•	55.9
Visited Ineactical professional quast 12 months S7.9 S0.4 S1.5 70.0	PRIMARY	Have a family doctor	90.6	83.1	81.0	76.9	•	93.2
Visited walk-in clinic without appointment 10.7 16.5 16.6 20.5	CARE ACCESS	Visited health care professional (past 12 months)	87.9	80.4	81.5	76.0	•	87.9
Commute - car Commute - car Commute - car Commute - public transit Commute - public transit Commute - public transit Commute - public transit Commute - walk or cycle Commute - walk or cycle Commute time (one way 30+ minutes) S1.8 S6.0 S0.5 S6.0		Visited physician with appointment	83.8	75.0	73.6	69.6	•	85.8
Commute - public transit 16.8 28.2 31.8 4.1 38.9		Visited walk-in clinic without appointment	10.7	16.5	16.6	20.5	•	5.3
Commute - walk or cycle 11.0 13.7 20.2 8.2 25.7 Commute time (one way 30+ minutes) 51.8 56.0 50.5 56.0 9.5 Primary mode to run errands - walk or cycle 17.5 19.8 28.1 8.1 38.1 Second hand smoke exposure (public places) 12.3 26.6 27.6 32.1 8.9 Sidewalks well maintained (strongly/somewhat agree) 61.1 75.5 75.8 4.9 79.8 Amenities within walking/cycling distance (strongly/somewhat agree) 63.3 69.5 74.9 32.9 87.4 Transit stop (less than 5 minute walk) 81.7 84.0 88.0 68.7 93.4 COMMUNITY Emergency supplies (3+ days) 31.9 26.7 27.0 17.3 44.4 Food insecure (sometimes/often) 5 7.0 7.3 8.5 Community belonging (strong/somewhat strong) 74.1 55.9 57.8 53.8	BUILT	Commute - car	68.3	55.1	45.2	86.9	• •	32.7
Commute time (one way 30+ minutes) 51.8 56.0 50.5 56.0 9.5 Primary mode to run errands - walk or cycle 17.5 19.8 28.1 8.1 38.1 Second hand smoke exposure (public places) 12.3 26.6 27.6 32.1 8.9 Sidewalks well maintained (strongly/somewhat agree) 61.1 75.5 75.8 4.9 79.8 Amenities within walking/cycling distance (strongly/somewhat agree) 63.3 69.5 74.9 32.9 Transit stop (less than 5 minute walk) 81.7 84.0 88.0 68.7 93.4 COMMUNITY RESILIENCY Food insecure (sometimes/often) 5 7.0 7.3 8.5 Community belonging (strong/somewhat strong) 74.1 55.9 57.8 53.8 82.3	ENVIRONMENT	Commute - public transit	16.8	28.2	31.8	4.1	• •	38.9
Primary mode to run errands - walk or cycle 17.5 19.8 28.1 8.1 38.1 Second hand smoke exposure (public places) 12.3 26.6 27.6 32.1 8.9 Sidewalks well maintained (strongly/somewhat agree) 61.1 75.5 75.8 4.9 79.8 Amenities within walking/cycling distance (strongly/somewhat agree) 63.3 69.5 74.9 32.9 87.4 Transit stop (less than 5 minute walk) 81.7 84.0 88.0 68.7 93.4 COMMUNITY RESILIENCY Emergency supplies (3+ days) 31.9 26.7 27.0 17.3 44.4 Food insecure (sometimes/often) 5 7.0 7.3 8.5 2.3 Community belonging (strong/somewhat strong) 74.1 55.9 57.8 53.8		Commute - walk or cycle	11.0	13.7	20.2	8.2	• •	25.7
Second hand smoke exposure (public places) 12.3 26.6 27.6 32.1 8.9		Commute time (one way 30+ minutes)	51.8	56.0	50.5	56.0	••	9.5
Sidewalks well maintained (strongly/somewhat agree) 61.1 75.5 75.8 4.9 79.8		Primary mode to run errands - walk or cycle	17.5	19.8	28.1	8.1		38.1
Amenities within walking/cycling distance (strongly/somewhat agree) Transit stop (less than 5 minute walk) 81.7 84.0 88.0 68.7 COMMUNITY RESILIENCY Food insecure (sometimes/often) S 70. 73 8.5 Community belonging (strong/somewhat strong) 74.1 55.9 74.9 32.9 87.4 87.4 87.4 87.4 87.6 87.6 87.0 87.0 88.5 88.5 88.5 88.5 88.6 88.7 88.7 88.7 88.7 88.7 88.7 88.8		Second hand smoke exposure (public places)	12.3	26.6	27.6	32.1	•	8.9
(strongly/somewhat agree)		Sidewalks well maintained (strongly/somewhat agree)	61.1	75.5	75.8	4.9		79.8
COMMUNITY RESILIENCY Emergency supplies (3+ days) 31.9 26.7 27.0 17.3 44.4 Food insecure (sometimes/often) s 7.0 7.3 8.5 2.3 Community belonging (strong/somewhat strong) 74.1 55.9 57.8 53.8 82.3			63.3	69.5	74.9	32.9	• •	87.4
Food insecure (sometimes/often) s 7.0 7.3 8.5 2.3 Community belonging (strong/somewhat strong) 74.1 55.9 57.8 53.8 82.3		Transit stop (less than 5 minute walk)	81.7	84.0	88.0	68.7	•	93.4
Community belonging (strong/somewhat strong) 74.1 55.9 57.8 53.8 82.3	COMMUNITY RESILIENCY	Emergency supplies (3+ days)	31.9	26.7	27.0	17.3	•	44.4
		Food insecure (sometimes/often)	S	7.0	7.3	8.5	→	2.3
4+ people to confide in/turn to for help 52.9 45.0 48.1 41.4 55.9		Community belonging (strong/somewhat strong)	74.1	55.9	57.8	53.8	•	82.3
		4+ people to confide in/turn to for help	52.9	45.0	48.1	41.4	•	55.9

S = supressed

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.



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.