

West Vancouver Upper

The chart below summarizes select indicators of health and well-being. Results for West Vancouver Upper* 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



DOMAIN	Indicator	West Vancouver Upper (%) n = 182	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	23.1	30.9	16.2	4.9		39.8
	Education level high school or less	16.4	22.1	38.0	58.5		8.9
	Household income under \$40,000	14.0	24.9	31.7	75.6		6.9
	Currently employed	61.6	56.2	64.7	39.4		90.5
HEALTH STATUS	General health (excellent/very good)	73.1	68.2	48.5	34.3		73.1
	Mental health (excellent/very good)	70.5	71.0	56.5	39.8		79.9
	Obesity (BMI 30+)	17.0	19.0	21.7	39.7		6.6
	Diabetes	s	5.4	7.7	19.1		2.9
	High blood pressure	16.4	23.5	17.9	29.2		8.0
	Chronic breathing condition	s	4.0	7.2	13.3		3.7
	Arthritis	11.7	18.1	13.1	27.6		4.6
	Mood or anxiety disorder	9.7	12.3	16.3	28.8		7.2
	Multiple chronic conditions	s	7.4	7.9	16.3		2.6
	LIFESTYLE	Binge drinking (1+ times/month)	17.7	17.2	20.7	39.1	
Smoker (daily/occasional)		s	6.2	10.6	29.5		3.0
Physical activity (150+ minutes/week)		62.1	57.8	44.1	26.9		62.1
5+ servings of fruits and vegetables (/day)		35.5	32.2	24.9	12.9		40.8
Stress (extremely/quite stressed)		19.0	16.0	17.8	29.1		9.0
Screen time (2+ hours/day)		45.7	46.3	47.8	59.7		32.4
High physical wellness score (10-16)		43.3	46.9	37.7	21.1		52.1
PRIMARY CARE ACCESS		Family doctor access	96.2	90.6	83.1	60.2	
	Visited health care professional (past 12 months)	82.7	87.9	80.4	63.9		90.1
	Visited physician with appointment	82.2	83.8	75.0	60.8		91.6
	Visited walk-in clinic without appointment	11.3	10.7	16.5	30.7		4.5
BUILT ENVIRONMENT	Commute - car	81.0	68.3	55.1	92.0		10.7
	Commute - public transit	12.1	16.8	28.2	5.9		53.9
	Commute - walk or cycle	s	11.0	13.7	4.7		52.3
	Commute time (one way 30+ minutes)	54.8	51.8	56.0	81.3		38.8
	Primary mode to run errands - walk or cycle	s	17.5	19.8	4.2		77.4
	Second hand smoke exposure (public places)	s	12.3	26.6	43.7		7.9
	Sidewalks well maintained (strongly/somewhat agree)	41.4	61.1	75.5	4.9		90.9
	Amenities within walking/cycling distance (strongly/somewhat agree)	30.6	63.3	69.5	10.1		96.7
	Transit stop (less than 5 minute walk)	74.8	81.7	84.0	37.5		97.5
COMMUNITY RESILIENCY	Emergency supplies (3+ days)	37.3	31.9	26.7	16.6		46.6
	Food secure (enough to eat)	98.7	97.1	93.0	74.4		100.0
	Community belonging (strong/somewhat strong)	73.9	74.1	55.9	29.0		82.6
	4+ people to confide in/turn to for help	53.7	52.9	45.0	26.8		60.6

*West Vancouver Upper is defined as: Lions Bay/Horseshoe Bay/Sunset Beach/Glen Eagles/Eagle Harbour/Eagle Island/Eagle.

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

