

Attribute	Benchmark		CSD/DM (5915055): West Vancouver, BC		
	CSD/CY (5915051): North Vancouver, BC				
	Count: -		Count: -		
	Value	Percent	Value	Percent	Index
Population aged 12 and over	56,471		41,861		
Health Improvement					
Did something to improve health - 12 month	30,418	53.87%	22,324	53.33%	99
Most important change to improve health: Increased exercise, sports/physical activity	15,441	27.34%	11,475	27.41%	100
Most important change to improve health: Lost weight	2,824	5.00%	2,076	4.96%	99
Most important change to improve health: Changed diet/improved eating habits	6,347	11.24%	4,539	10.84%	96
Most important change to improve health: Quit smoking/reduced amount smoked	1,414	2.50%	977	2.34%	94
Most important change to improve health: Drank less alcohol	213	0.38%	148	0.35%	92
Most important change to improve health: Reduced stress level	416	0.74%	308	0.74%	100
Most important change to improve health: Received medical treatment	1,867	3.31%	1,391	3.32%	100
Most important change to improve health: Took vitamins	430	0.76%	317	0.76%	100
Most important change to improve health: Other	1,275	2.26%	934	2.23%	99
Thinks should do something to improve health	37,330	66.10%	27,084	64.70%	98
Most important thing to do to improve health: Start/Increase exercise, sports/physical activity	19,137	33.89%	14,022	33.50%	99
Most important thing to do to improve health: Lose weight	3,583	6.34%	2,637	6.30%	99
Most important thing to do to improve health: Change diet/improve eating habits	8,626	15.28%	6,271	14.98%	98
Most important thing to do to improve health: Quit smoking/reduce amount smoked	3,203	5.67%	1,957	4.67%	82
Most important thing to do to improve health: Drink less alcohol	288	0.51%	207	0.49%	96
Most important thing to do to improve health: Reduce stress level	350	0.62%	260	0.62%	100
Most important thing to do to improve health: Receive medical treatment	490	0.87%	384	0.92%	106
Most important thing to do to improve health: Take vitamins	114	0.20%	81	0.19%	95
Most important thing to do to improve health: Other	1,293	2.29%	936	2.24%	98
Barrier to improving health	16,445	29.12%	11,730	28.02%	96
Barrier to improving health - lack of will power	5,188	9.19%	3,733	8.92%	97
Barrier to improving health - family responsibilities	2,414	4.28%	1,598	3.82%	89
Barrier to improving health - work schedule	3,815	6.76%	2,630	6.28%	93
Barrier to improving health - addiction to drugs/alcohol	138	0.24%	82	0.20%	83
Barrier to improving health - disability/health condition	2,117	3.75%	1,591	3.80%	101
Barrier to improving health - too stressed	602	1.07%	414	0.99%	93
Barrier to improving health - too costly	1,233	2.18%	851	2.03%	93
Barrier to improving health - not available in area	114	0.20%	84	0.20%	100
Barrier to improving health - transportation problems	142	0.25%	104	0.25%	100
Barrier to improving health - weather problems	531	0.94%	407	0.97%	103
Barrier to improving health - other	2,453	4.34%	1,782	4.26%	98
Intention to improve health over next year	28,535	50.53%	20,577	49.16%	97

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Actions take for health improvement - exercise/sport/physical activity	20,395	36.12%	14,774	35.29%	98
Actions take for health improvement - lose weight	3,213	5.69%	2,341	5.59%	98
Actions take for health improvement - change diet	7,658	13.56%	5,511	13.17%	97
Actions take for health improvement - quit smoking/reduce amount smoked	2,238	3.96%	1,366	3.26%	82
Actions take for health improvement - drink less alcohol	284	0.50%	190	0.45%	90
Actions take for health improvement - reduce stress level	801	1.42%	560	1.34%	94
Actions take for health improvement - receive medical treatment	875	1.55%	642	1.53%	99
Actions take for health improvement - take vitamins	313	0.56%	222	0.53%	95
Actions take for health improvement - other	1,298	2.30%	943	2.25%	98

Index	Description
≥ 180	Extremely High
≥ 110 and < 180	High
≥ 90 and < 110	Similar
≥ 50 and < 90	Low
< 50	Extremely Low

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Data Source: Manifold Data Mining Inc.

This report is based on consumer demographic and behaviour data products at the 6-digit postal code level. No confidential information about an individual, household, organization or business has been obtained from Statistics Canada or Numeris.

Data Vintage: Data Vintage: 2022/2023