Polaris
Market Analytics + Intelligence

Attribute	Benchmark CSD/CY (5915051): North Vancouver, BC		CSD/DM (5915055): West Vancouver, BC		
	Count: -		Count: -		
	Value	Percent	Value	Percent	Index
Population aged 12 and over	58,973		43,379		
Health Improvement					
Did something to improve health - 12 month	31,766	53.87%	23,136	53.34%	99
Most important change to improve health: Increased exercise, sports/physical activity	16,125	27.34%	11,892	27.41%	100
Most important change to improve health: Lost weight	2,949	5.00%	2,152	4.96%	99
Most important change to improve health: Changed diet/improved eating habits	6,629	11.24%	4,704	10.85%	97
Most important change to improve health: Quit smoking/reduced amount smoked	1,476	2.50%	1,013	2.34%	94
Most important change to improve health: Drank less alcohol	222	0.38%	153	0.35%	92
Most important change to improve health: Reduced stress level	435	0.74%	319	0.74%	100
Most important change to improve health: Received medical treatment	1,950	3.31%	1,442	3.32%	100
Most important change to improve health: Took vitamins	449	0.76%	328	0.76%	100
Most important change to improve health: Other	1,331	2.26%	968	2.23%	99
Thinks should do something to improve health	38,985	66.11%	28,070	64.71%	98
Most important thing to do to improve health: Start/Increase exercise, sports/physical activity	19,986	33.89%	14,531	33.50%	99
Most important thing to do to improve health: Lose weight	3,741	6.34%	2,733	6.30%	99
Most important thing to do to improve health: Change diet/improve eating habits	9,008	15.28%	6,500	14.99%	98
Most important thing to do to improve health: Quit smoking/reduce amount smoked	3,344	5.67%	2,030	4.68%	83
Most important thing to do to improve health: Drink less alcohol	301	0.51%	215	0.50%	98
Most important thing to do to improve health: Reduce stress level	366	0.62%	270	0.62%	100
Most important thing to do to improve health: Receive medical treatment	511	0.87%	398	0.92%	106
Most important thing to do to improve health: Take vitamins	119	0.20%	83	0.19%	95
Most important thing to do to improve health: Other	1,350	2.29%	970	2.24%	98
Barrier to improving health	17,175	29.12%	12,158	28.03%	96
Barrier to improving health - lack of will power	5,418	9.19%	3,869	8.92%	97
Barrier to improving health - family responsibilities	2,522	4.28%	1,656	3.82%	89
Barrier to improving health - work schedule	3,985	6.76%	2,726	6.28%	93
Barrier to improving health - addiction to drugs/alcohol	144	0.24%	85	0.20%	83
Barrier to improving health - disability/health condition	2,211	3.75%	1,649	3.80%	101
Barrier to improving health - too stressed	628	1.07%	430	0.99%	93
Barrier to improving health - too costly	1,287	2.18%	882	2.03%	93
Barrier to improving health - not available in area	119	0.20%	87	0.20%	100
Barrier to improving health - transportation problems	149	0.25%	108	0.25%	100
Barrier to improving health - weather problems	554	0.94%	421	0.97%	103
Barrier to improving health - other	2,562	4.35%	1,847	4.26%	98
Intention to improve health over next year	29,801	50.53%	21,327	49.16%	97

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Actions take for health improvement - exercise/sport/physical activity	21,300	36.12%	15,312	35.30%	98
Actions take for health improvement - lose weight	3,355	5.69%	2,426	5.59%	98
Actions take for health improvement - change diet	7,998	13.56%	5,712	13.17%	97
Actions take for health improvement - quit smoking/reduce amount smoked	2,337	3.96%	1,417	3.27%	83
Actions take for health improvement - drink less alcohol	297	0.50%	197	0.45%	90
Actions take for health improvement - reduce stress level	837	1.42%	580	1.34%	94
Actions take for health improvement - receive medical treatment	914	1.55%	665	1.53%	99
Actions take for health improvement - take vitamins	327	0.56%	230	0.53%	95
Actions take for health improvement - other	1,356	2.30%	977	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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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.