Health Care Patterns - Food Consumption Report

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		
Fruit/Vegetable Consumption					
Daily consumption - number of times - pure fruit juice	0.35		0.36		103
Daily consumption - number of times - fruit	1.34		1.35		101
Daily consumption - number of times - dark green vegetables	1.03		1.03		100
Daily consumption - number of times - orange-coloured vegetables	0.57		0.57		100
Daily consumption - number of times - potatoes	0.29		0.30		103
Daily consumption - number of times - other vegetables	0.73		0.73		100
Daily consumption - number of times - fruits and vegetables	4.30		4.32		100
Grouping of total daily consumption - fruits and vegetables: Eats fruits and vegetables less than 5 times per day	37,924	64.31%	27,642	63.72%	99
Grouping of total daily consumption - fruits and vegetables: Eats fruits and vegetables between 5 and 10 times per day	15,271	25.90%	11,222	25.87%	100
Grouping of total daily consumption - fruits and vegetables: Eats fruits and vegetables more than 10 times per day	1,536	2.60%	1,142	2.63%	101
Food Choices					
Chooses/avoids foods - concerned about body weight (or sometimes)	28,475	48.29%	20,823	48.00%	99
Chooses/avoids foods - concerned about heart disease (or sometimes)	20,371	34.54%	14,997	34.57%	100
Chooses/avoids foods - concerned about cancer (or sometimes)	17,490	29.66%	12,789	29.48%	99
Chooses/avoids foods - concerned about osteoporosis (or sometimes)	9,971	16.91%	7,474	17.23%	102
Reason to choose foods - lower fat content (or sometimes)	36,998	62.74%	27,257	62.83%	100
Reason to choose foods - fibre content (or sometimes)	32,457	55.04%	23,947	55.20%	100
Reason to choose foods - calcium content (or sometimes)	22,858	38.76%	17,019	39.23%	101
Reason to avoid foods - fat content (or sometimes)	39,482	66.95%	29,117	67.12%	100
Reason to avoid foods - type of fat (or sometimes)	33,147	56.21%	24,449	56.36%	100
Reason to avoid foods - salt content (or sometimes)	34,784	58.98%	25,654	59.14%	100
Reason to avoid foods - cholesterol content (or sometimes)	25,812	43.77%	19,070	43.96%	100
Reason to avoid foods - calorie content (or sometimes)	30,230	51.26%	22,272	51.34%	100
Avoids certain foods for certain content reasons: Avoids foods - fat, salt, cholesterol, calories	47,153	79.96%	34,687	79.96%	100
Avoids certain foods for certain content reasons: Does not avoid foods - fat, salt, cholesterol, calories	10,452	17.72%	7,549	17.40%	98
Chooses/avoids certain foods because of health concerns: Choose/avoids foods - health concerns	36,716	62.26%	26,961	62.15%	100
Chooses/avoids certain foods because of health concerns: Does not choose/avoid foods - health concerns	20,850	35.36%	15,233	35.12%	99
Chooses certain foods for content reasons: Chooses foods - fat, fibre, calcium content	43,044	72.99%	31,689	73.05%	100

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Chooses certain foods for content reasons: Does not choose foods - fat, fibre and calcium content	14,555	24.68%	10,544	24.31%	99
Canada's Food Guide Use					
Seen/heard of Canada's Food Guide (CFG) - lifetime	47,490	80.53%	34,767	80.15%	100
Used information from Canada's Food Guide (CFG) - lifetime	26,554	45.03%	19,409	44.74%	99
Used Canada's Food Guide - to choose foods	12,241	20.76%	8,879	20.47%	99
Used Canada's Food Guide - determine quantity of food needed every day	12,389	21.01%	8,948	20.63%	98
Used Canada's Food Guide - to plan meals/grocery shopping	9,928	16.83%	7,233	16.67%	99
Used Canada's Food Guide - assess how well household members are eating	13,557	22.99%	9,897	22.82%	99
Used Canada's Food Guide - other	3,385	5.74%	2,537	5.85%	102
Used Canada's Food Guide - none of the above	807	1.37%	593	1.37%	100

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.