Health Care Patterns - Food Consumption Report

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	56,471		41,861		
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	36,315	64.31%	26,673	63.72%	99
Grouping of total daily consumption - fruits and vegetables: Eats fruits and vegetables between 5 and 10 times per day	14,623	25.90%	10,829	25.87%	100
Grouping of total daily consumption - fruits and vegetables: Eats fruits and vegetables more than 10 times per day	1,471	2.60%	1,102	2.63%	101
Food Choices					
Chooses/avoids foods - concerned about body weight (or sometimes)	27,267	48.29%	20,094	48.00%	99
Chooses/avoids foods - concerned about heart disease (or sometimes)	19,507	34.54%	14,472	34.57%	100
Chooses/avoids foods - concerned about cancer (or sometimes)	16,748	29.66%	12,341	29.48%	99
Chooses/avoids foods - concerned about osteoporosis (or sometimes)	9,548	16.91%	7,214	17.23%	102
Reason to choose foods - lower fat content (or sometimes)	35,428	62.74%	26,304	62.84%	100
Reason to choose foods - fibre content (or sometimes)	31,080	55.04%	23,109	55.21%	100
Reason to choose foods - calcium content (or sometimes)	21,889	38.76%	16,424	39.24%	101
Reason to avoid foods - fat content (or sometimes)	37,807	66.95%	28,098	67.12%	100
Reason to avoid foods - type of fat (or sometimes)	31,741	56.21%	23,594	56.36%	100
Reason to avoid foods - salt content (or sometimes)	33,309	58.98%	24,757	59.14%	100
Reason to avoid foods - cholesterol content (or sometimes)	24,717	43.77%	18,404	43.96%	100
Reason to avoid foods - calorie content (or sometimes)	28,948	51.26%	21,493	51.34%	100
Avoids certain foods for certain content reasons: Avoids foods - fat, salt, cholesterol, calories	45,152	79.96%	33,474	79.96%	100
Avoids certain foods for certain content reasons: Does not avoid foods - fat, salt, cholesterol, calories	10,008	17.72%	7,283	17.40%	98
Chooses/avoids certain foods because of health concerns: Choose/avoids foods - health concerns	35,158	62.26%	26,018	62.15%	100
Chooses/avoids certain foods because of health concerns: Does not choose/avoid foods - health concerns	19,965	35.36%	14,699	35.11%	99
Chooses certain foods for content reasons: Chooses foods - fat, fibre, calcium content	41,218	72.99%	30,580	73.05%	100

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
Chooses certain foods for content reasons: Does not choose foods - fat, fibre and calcium content	13,938	24.68%	10,174	24.30%	98
Canada's Food Guide Use					
Seen/heard of Canada's Food Guide (CFG) - lifetime	45,475	80.53%	33,549	80.14%	100
Used information from Canada's Food Guide (CFG) - lifetime	25,427	45.03%	18,728	44.74%	99
Used Canada's Food Guide - to choose foods	11,722	20.76%	8,567	20.47%	99
Used Canada's Food Guide - determine quantity of food needed every day	11,863	21.01%	8,633	20.62%	98
Used Canada's Food Guide - to plan meals/grocery shopping	9,506	16.83%	6,979	16.67%	99
Used Canada's Food Guide - assess how well household members are eating	12,981	22.99%	9,550	22.81%	99
Used Canada's Food Guide - other	3,241	5.74%	2,448	5.85%	102
Used Canada's Food Guide - none of the above	773	1.37%	572	1.37%	100

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

Powered By: PolarisIntelligence.com
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