

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		
General Health					
Perceived health: Excellent	14,313	24.27%	10,520	24.25%	100
Perceived health: Very good	20,855	35.36%	15,270	35.20%	100
Perceived health: Good	16,913	28.68%	12,404	28.59%	100
Perceived health: Fair	4,857	8.24%	3,625	8.36%	101
Perceived health: Poor	2,034	3.45%	1,560	3.60%	104
Perceived mental health: Excellent	20,301	34.42%	14,998	34.57%	100
Perceived mental health: Very good	20,499	34.76%	15,097	34.80%	100
Perceived mental health: Good	13,896	23.56%	10,178	23.46%	100
Perceived mental health: Fair	3,376	5.73%	2,464	5.68%	99
Perceived mental health: Poor	901	1.53%	643	1.48%	97
Perceived life stress: Not at all stressful	7,285	12.35%	5,695	13.13%	106
Perceived life stress: Not very stressful	15,880	26.93%	11,836	27.29%	101
Perceived life stress: A bit stressful	24,047	40.78%	17,434	40.19%	99
Perceived life stress: Quite a bit stressful	10,024	17.00%	7,173	16.54%	97
Perceived life stress: Extremely stressful	1,736	2.94%	1,241	2.86%	97
Perceived stress at work: Not at all stressful	5,642	9.57%	4,193	9.67%	101
Perceived stress at work: Not very stressful	13,290	22.54%	9,962	22.97%	102
Perceived stress at work: A bit stressful	25,758	43.68%	18,690	43.08%	99
Perceived stress at work: Quite a bit stressful	11,758	19.94%	8,690	20.03%	100
Perceived stress at work: Extremely stressful	2,525	4.28%	1,845	4.25%	99
Satisfaction with life in general: Very Satisfied	23,612	40.04%	17,710	40.83%	102
Satisfaction with life in general: Satisfied	30,783	52.20%	22,345	51.51%	99
Satisfaction with life in general: Neither satisfied nor dissatisfied	2,780	4.71%	2,038	4.70%	100
Satisfaction with life in general: Dissatisfied	1,449	2.46%	1,037	2.39%	97
Satisfaction with life in general: Very Dissatisfied	349	0.59%	250	0.58%	98
Sense of belonging to local community: Very strong	12,103	20.52%	9,117	21.02%	102
Sense of belonging to local community: Somewhat strong	30,058	50.97%	22,167	51.10%	100
Sense of belonging to local community: Somewhat weak	12,619	21.40%	9,099	20.98%	98
Sense of belonging to local community: Very weak	4,193	7.11%	2,996	6.91%	97
Living Environments					
Canadian Active Living Environments: Very low	16,247	27.55%	12,279	28.31%	103
Canadian Active Living Environments: Low	16,115	27.33%	11,988	27.64%	101
Canadian Active Living Environments: Moderate	14,082	23.88%	10,184	23.48%	98
Canadian Active Living Environments: High	8,052	13.65%	5,770	13.30%	97
Canadian Active Living Environments: Very high	4,476	7.59%	3,158	7.28%	96
Activities of Daily Living					
Difficulty - preparing meals: No, no difficulty	55,236	93.66%	40,574	93.53%	100
Difficulty - preparing meals: Difficulty, but do not require help of others	1,795	3.04%	1,301	3.00%	99
Difficulty - preparing meals: Difficulty, but can do it with the help of others	1,211	2.05%	932	2.15%	105

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Difficulty - preparing meals: Cannot do it at all	731	1.24%	572	1.32%	106
Difficulty - running errands such as shopping for groceries: No, no difficulty	53,212	90.23%	39,070	90.07%	100
Difficulty - running errands such as shopping for groceries: Difficulty, but do not require help of others	2,270	3.85%	1,620	3.74%	97
Difficulty - running errands such as shopping for groceries: Difficulty, but can do it with the help of others	2,355	3.99%	1,794	4.14%	104
Difficulty - running errands such as shopping for groceries: Cannot do it at all	1,135	1.93%	895	2.06%	107
Difficulty - doing everyday housework: No, no difficulty	52,799	89.53%	38,744	89.31%	100
Difficulty - doing everyday housework: Difficulty, but do not require help of others	2,705	4.59%	1,971	4.54%	99
Difficulty - doing everyday housework: Difficulty, but can do it with the help of others	2,294	3.89%	1,736	4.00%	103
Difficulty - doing everyday housework: Cannot do it at all	1,175	1.99%	928	2.14%	108
Difficulty - personal care/taking medication: No, no difficulty	56,775	96.27%	41,696	96.12%	100
Difficulty - personal care/taking medication: Difficulty, but do not require help of others	838	1.42%	621	1.43%	101
Difficulty - personal care/taking medication: Difficulty, but can do it with the help of others	1,069	1.81%	842	1.94%	107
Difficulty - personal care/taking medication: Cannot do it at all	290	0.49%	221	0.51%	104
Difficulty - moving about inside the house: No, no difficulty	56,395	95.63%	41,457	95.57%	100
Difficulty - moving about inside the house: Difficulty, but do not require help of others	1,959	3.32%	1,460	3.37%	102
Difficulty - moving about inside the house: Difficulty, but can do it with the help of others	463	0.79%	354	0.82%	104
Difficulty - moving about inside the house: Cannot do it at all	155	0.26%	107	0.25%	96
Difficulty - looking after personal finances: No, no difficulty	56,429	95.69%	41,405	95.45%	100
Difficulty - looking after personal finances: Difficulty, but do not require help of others	411	0.70%	294	0.68%	97
Difficulty - looking after personal finances: Difficulty, but can do it with the help of others	1,005	1.71%	773	1.78%	104
Difficulty - looking after personal finances: Cannot do it at all	1,127	1.91%	907	2.09%	109
Home support score: The degree to which an individual has difficulty engaging in activities of daily living tied to home support	0.54		0.57		106
Personal care score: The degree to which an individual has difficulty engaging in act. of daily living tied to personal care and mobility	0.12		0.13		108
Sleep					
Number of hours per night usually spent sleeping: Under 3 hours	411	0.70%	307	0.71%	101
Number of hours per night usually spent sleeping: 3 hours to less than 4 hours	818	1.39%	591	1.36%	98

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Number of hours per night usually spent sleeping: 4 hours to less than 5 hours	2,380	4.04%	1,739	4.01%	99
Number of hours per night usually spent sleeping: 5 hours to less than 6 hours	6,956	11.80%	5,056	11.66%	99
Number of hours per night usually spent sleeping: 6 hours to less than 7 hours	16,574	28.11%	12,004	27.67%	98
Number of hours per night usually spent sleeping: 7 hours to less than 8 hours	18,715	31.74%	13,756	31.71%	100
Number of hours per night usually spent sleeping: 8 hours to less than 9 hours	10,023	17.00%	7,523	17.34%	102
Number of hours per night usually spent sleeping: 9 hours to less than 10 hours	2,062	3.50%	1,601	3.69%	105
Number of hours per night usually spent sleeping: 10 hours to less than 11 hours	700	1.19%	548	1.26%	106
Number of hours per night usually spent sleeping: 11 hours to less than 12 hours	179	0.30%	138	0.32%	107
Number of hours per night usually spent sleeping: 12 hours or more	154	0.26%	116	0.27%	104
Trouble going to sleep or staying asleep - frequency: Never	15,407	26.13%	11,238	25.91%	99
Trouble going to sleep or staying asleep - frequency: Rarely	16,548	28.06%	12,281	28.31%	101
Trouble going to sleep or staying asleep - frequency: Sometimes	17,495	29.67%	12,877	29.69%	100
Trouble going to sleep or staying asleep - frequency: Most of the time	6,430	10.90%	4,754	10.96%	101
Trouble going to sleep or staying asleep - frequency: All of the time	3,092	5.24%	2,228	5.14%	98
Refreshing sleep - frequency: Never	2,834	4.81%	2,009	4.63%	96
Refreshing sleep - frequency: Rarely	6,333	10.74%	4,535	10.45%	97
Refreshing sleep - frequency: Sometimes	15,226	25.82%	10,960	25.27%	98
Refreshing sleep - frequency: Most of the time	25,248	42.81%	18,884	43.53%	102
Refreshing sleep - frequency: All of the time	9,332	15.83%	6,992	16.12%	102
Difficulty staying awake - frequency: Never	22,337	37.88%	16,391	37.79%	100
Difficulty staying awake - frequency: Rarely	16,663	28.26%	12,190	28.10%	99
Difficulty staying awake - frequency: Sometimes	13,417	22.75%	9,798	22.59%	99
Difficulty staying awake - frequency: Most of the time	2,929	4.97%	2,146	4.95%	100
Difficulty staying awake - frequency: All of the time	1,082	1.84%	791	1.82%	99
Health Insurance Coverage					
Insurance - prescription medications - all/part cost coverage	41,515	70.40%	30,448	70.19%	100
Type of insurance - prescription meds - govt	8,931	15.14%	6,875	15.85%	105
Type of insurance - prescription meds - employer	28,155	47.74%	20,164	46.48%	97
Type of insurance - prescription meds - association	1,868	3.17%	1,420	3.27%	103
Type of insurance - prescription meds - own private plan	2,562	4.34%	1,988	4.58%	106
Insurance - long-term care costs - all/part cost coverage	19,184	32.53%	13,963	32.19%	99
Type of insurance - long-term care costs - govt	3,226	5.47%	2,482	5.72%	105

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Type of insurance - long-term care costs - employer	13,563	23.00%	9,683	22.32%	97
Type of insurance - long-term care costs - association	771	1.31%	575	1.33%	102
Type of insurance - long-term care costs - own private plan	1,625	2.76%	1,223	2.82%	102

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

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