

| 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 | | |
| Maternal Experiences (Females Age 15-54) | | | | | |
| Takes vitamin supplement with folic acid | 4,481 | 7.60% | 2,922 | 6.74% | 89 |
| Gave birth - 5 yrs. | 2,721 | 4.61% | 1,723 | 3.97% | 86 |
| Folic acid supplement - 3 mo before pregnancy | 1,667 | 2.83% | 1,053 | 2.43% | 86 |
| Folic acid supplement - 3 mo before pregnancy - every day | 1,641 | 2.78% | 1,034 | 2.38% | 86 |
| Folic acid supplement - first 3 mo of pregnancy | 2,469 | 4.19% | 1,562 | 3.60% | 86 |
| Folic acid supplement - first 3 mo of pregnancy - every day | 2,447 | 4.15% | 1,548 | 3.57% | 86 |
| Folic acid supplement - aware can prevent birth defects | 2,006 | 3.40% | 1,269 | 2.93% | 86 |
| Iron supplement - during pregnancy | 2,272 | 3.85% | 1,443 | 3.33% | 86 |
| Co-sleeping with baby less than 12 mo - frequency: Every day or almost every day | 1,230 | 2.09% | 785 | 1.81% | 87 |
| Co-sleeping with baby less than 12 mo - frequency: Once or twice a week | 272 | 0.46% | 171 | 0.39% | 85 |
| Co-sleeping with baby less than 12 mo - frequency: A few times a month | 176 | 0.30% | 112 | 0.26% | 87 |
| Co-sleeping with baby less than 12 mo - freq: Less than once a month | 188 | 0.32% | 117 | 0.27% | 84 |
| Co-sleeping with baby less than 12 mo - freq: Never | 855 | 1.45% | 538 | 1.24% | 86 |
| Co-sleeping with baby less than 12 mo - reason: To breastfeed | 1,280 | 2.17% | 813 | 1.88% | 87 |
| Co-sleeping with baby less than 12 mo - reason: So the baby would sleep/So I could get some sleep | 719 | 1.22% | 460 | 1.06% | 87 |
| Co-sleeping with baby less than 12 mo - reason: Did not have room for a crib | 22 | 0.04% | 13 | 0.03% | 75 |
| Co-sleeping with baby less than 12 mo - reason: Could not afford a crib | 0 | 0.00% | 0 | 0.00% | - |
| Co-sleeping with baby less than 12 mo - reason: Believe that bed sharing was best for my child | 230 | 0.39% | 142 | 0.33% | 85 |
| Co-sleeping with baby less than 12 months - reason: Child was sick | 71 | 0.12% | 45 | 0.10% | 83 |
| Co-sleeping with baby less than 12 months - reason: Other | 398 | 0.67% | 250 | 0.58% | 87 |
| Breastfed last baby | 2,537 | 4.30% | 1,610 | 3.71% | 86 |
| Did not breastfeed last baby - reason: Bottle feeding is easier | 1 | 0.00% | 1 | 0.00% | - |
| Did not breastfeed last baby - reason: Formula is as good as breast milk | 0 | 0.00% | 0 | 0.00% | - |
| Did not breastfeed last baby - reason: Breastfeeding is unappealing | 14 | 0.02% | 8 | 0.02% | 100 |
| Did not breastfeed last baby - reason: Medical condition - mother | 12 | 0.02% | 7 | 0.02% | 100 |
| Did not breastfeed last baby - reason: Other - Specify | 45 | 0.08% | 26 | 0.06% | 75 |
| Still breastfeeding last baby | 873 | 1.48% | 560 | 1.29% | 87 |
| Breastfed last baby - duration | 0.19 | | 0.16 | | 84 |
| Breastfed last baby - duration - days/weeks/months/years: Days | 28 | 0.05% | 17 | 0.04% | 80 |
| Breastfed last baby - duration - days/weeks/months/years: Weeks | 155 | 0.26% | 97 | 0.22% | 85 |

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| Breastfed last baby - duration - days/weeks/months/years: Months | 1,784 | 3.03% | 1,143 | 2.64% | 87 |
| Breastfed last baby - duration - days/weeks/months/years: Years | 570 | 0.97% | 353 | 0.81% | 84 |
| Breastfeeding - reason for stopping: Not enough breast milk | 423 | 0.72% | 278 | 0.64% | 89 |
| Breastfeeding - reason for stopping: Baby was ready for solid foods | 253 | 0.43% | 158 | 0.37% | 86 |
| Breastfeeding - reason for stopping: Inconvenience/fatigue due to breastfeeding | 170 | 0.29% | 102 | 0.23% | 79 |
| Breastfeeding - reason for stopping: Difficulty with breastfeeding | 95 | 0.16% | 60 | 0.14% | 88 |
| Breastfeeding - reason for stopping: Medical condition - mother | 99 | 0.17% | 65 | 0.15% | 88 |
| Breastfeeding - reason for stopping: Medical condition - baby | 31 | 0.05% | 19 | 0.04% | 80 |
| Breastfeeding - reason for stopping: Planned to stop at this time | 91 | 0.15% | 57 | 0.13% | 87 |
| Breastfeeding - reason for stopping: Child weaned him/herself | 276 | 0.47% | 172 | 0.40% | 85 |
| Breastfeeding - reason for stopping: Returned to work/school | 158 | 0.27% | 95 | 0.22% | 81 |
| Breastfeeding - reason for stopping: Other - Specify | 68 | 0.12% | 43 | 0.10% | 83 |
| Vitamin D supplement - baby less than 12 mo | 2,189 | 3.71% | 1,384 | 3.19% | 86 |
| Vitamin D supplement - baby over 12 mo | 477 | 0.81% | 299 | 0.69% | 85 |
| Vitamin D supplement - overall frequency: Every day | 1,178 | 2.00% | 746 | 1.72% | 86 |
| Vitamin D supplement - overall frequency: Almost every day | 527 | 0.89% | 330 | 0.76% | 85 |
| Vitamin D supplement - overall frequency: Once or twice a week | 345 | 0.59% | 220 | 0.51% | 86 |
| Vitamin D supplement - overall frequency: Less than once a week | 140 | 0.24% | 89 | 0.21% | 88 |
| Baby's feeds - While still breastfeeding, had/Have liquids such as milk, formula, water, juice been introduced to feeds | 1,861 | 3.16% | 1,177 | 2.71% | 86 |
| Baby's feeds - age - how old was when other liquids were first added to the feeds | 0.14 | | 0.12 | | 86 |
| Other liquids - age - days/weeks/months/years: Days | 277 | 0.47% | 177 | 0.41% | 87 |
| Other liquids - age - days/weeks/months/years: Weeks | 143 | 0.24% | 89 | 0.20% | 83 |
| Other liquids - age - days/weeks/months/years: Months | 1,378 | 2.34% | 871 | 2.01% | 86 |
| Other liquids - age - days/weeks/months/years: Years | 64 | 0.11% | 40 | 0.09% | 82 |
| Baby's feeds - solid foods - have solid foods such as cereals, mashed up or pureed meat, vegetables or fruits | 829 | 1.41% | 537 | 1.24% | 88 |
| Baby's feeds - solid foods - age | 0.21 | | 0.18 | | 86 |
| Solid foods - age - days/weeks/months/years: Days | 3 | 0.01% | 2 | 0.00% | 0 |
| Solid foods - age - days/weeks/months/years: Weeks | 5 | 0.01% | 3 | 0.01% | 100 |
| Solid foods - age - days/weeks/months/years: Months | 2,666 | 4.52% | 1,690 | 3.90% | 86 |
| Solid foods - age - days/weeks/months/years: Years | 47 | 0.08% | 28 | 0.06% | 75 |
| Baby's feeds - first solid food: Infant cereals | 1,723 | 2.92% | 1,084 | 2.50% | 86 |
| Baby's feeds - first solid food: Meat, fish or poultry | 105 | 0.18% | 71 | 0.16% | 89 |
| Baby's feeds - first solid food: Meat alternatives | 23 | 0.04% | 14 | 0.03% | 75 |
| Baby's feeds - first solid food: Fruits or vegetables | 800 | 1.36% | 512 | 1.18% | 87 |
| Baby's feeds - first solid food: Other | 70 | 0.12% | 42 | 0.10% | 83 |

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| Baby's feeds - other liquids/solid foods - reason: Not enough breast milk | 289 | 0.49% | 187 | 0.43% | 88 |
| Baby's feeds - other liquids/solid foods - reason: [Baby was ready for solid foods] | 1,584 | 2.69% | 998 | 2.30% | 86 |
| Baby's feeds - other liquids/solid foods - reason: Inconvenience/fatigue due to breastfeeding | 27 | 0.05% | 18 | 0.04% | 80 |
| Baby's feeds - other liquids/solid foods - reason: Difficulty with breastfeeding | 8 | 0.01% | 6 | 0.01% | 100 |
| Baby's feeds - other liquids/solid foods - reason: Medical condition - mother | 7 | 0.01% | 5 | 0.01% | 100 |
| Baby's feeds - other liquids/solid foods - reason: Medical condition - baby | 45 | 0.08% | 28 | 0.06% | 75 |
| Baby's feeds - other liquids/solid foods - reason: Advice from health professional/family | 199 | 0.34% | 126 | 0.29% | 85 |
| Baby's feeds - other liquids/solid foods - reason: Returned to work/school | 16 | 0.03% | 10 | 0.02% | 67 |
| Baby's feeds - other liquids/solid foods - reason: Formula equally healthy for baby | 17 | 0.03% | 9 | 0.02% | 67 |
| Baby's feeds - other liquids/solid foods - reason: Other - Specify | 165 | 0.28% | 101 | 0.23% | 82 |
| Weight before pregnancy (in kilograms) | 2.70 | | 2.32 | | 86 |
| Weight gained during pregnancy (in kilograms) | 0.63 | | 0.54 | | 86 |
| Exclusively breastfed for 6 months (or more): Had exclusively breastfed last baby at least 6 months | 1,100 | 1.86% | 694 | 1.60% | 86 |
| Exclusively breastfed for 6 months (or more): Did not exclusively breastfeed last baby at least 6 months | 1,538 | 2.61% | 980 | 2.26% | 87 |
| Exclusively breastfed for 6 months (or more): Has not breastfed her last baby at all | 83 | 0.14% | 50 | 0.11% | 79 |
| Length of exclusive breastfeeding: Less than 1 week | 126 | 0.21% | 80 | 0.19% | 90 |
| Length of exclusive breastfeeding: 1 week to less than 1 month | 95 | 0.16% | 59 | 0.14% | 88 |
| Length of exclusive breastfeeding: 1 month to less than 2 months | 41 | 0.07% | 26 | 0.06% | 86 |
| Length of exclusive breastfeeding: 2 months to less than 3 months | 22 | 0.04% | 14 | 0.03% | 75 |
| Length of exclusive breastfeeding: 3 months to less than 4 months | 96 | 0.16% | 63 | 0.15% | 94 |
| Length of exclusive breastfeeding: 4 months to less than 5 months | 97 | 0.17% | 63 | 0.15% | 88 |
| Length of exclusive breastfeeding: 5 months to less than 6 months | 164 | 0.28% | 100 | 0.23% | 82 |
| Length of exclusive breastfeeding: 6 months or more | 458 | 0.78% | 288 | 0.66% | 85 |
| Child received vitamin D: Baby never received Vitamin D supplement | 362 | 0.62% | 235 | 0.54% | 87 |
| Child received vitamin D: Baby received vitamin D only when under 1 year old | 1,839 | 3.12% | 1,163 | 2.68% | 86 |

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| Child received vitamin D: Baby received vitamin D both before and when older than 1 | 519 | 0.88% | 325 | 0.75% | 85 |
| Smoking during Maternal Experience | | | | | |
| Smoked cigarettes 3 months before last pregnancy | 784 | 1.33% | 481 | 1.11% | 83 |
| Smoked cigarettes 3 months before last pregnancy: Everyday | 211 | 0.36% | 126 | 0.29% | 81 |
| Smoked cigarettes 3 months before last pregnancy: Almost everyday | 26 | 0.04% | 14 | 0.03% | 75 |
| Smoked cigarettes 3 months before last pregnancy: About 2 or 3 times a week | 28 | 0.05% | 16 | 0.04% | 80 |
| Smoked cigarettes 3 months before last pregnancy: About once a week | 35 | 0.06% | 19 | 0.05% | 83 |
| Smoked cigarettes 3 months before last pregnancy: Once or twice | 16 | 0.03% | 11 | 0.03% | 100 |
| Smoked cigarettes 3 months before last pregnancy: Never | 469 | 0.80% | 295 | 0.68% | 85 |
| Smoked cigarettes after finding out about pregnancy | 784 | 1.33% | 481 | 1.11% | 83 |
| Smoked cigarettes after finding out about pregnancy: Everyday | 90 | 0.15% | 54 | 0.12% | 80 |
| Smoked cigarettes after finding out about pregnancy: At least once | 70 | 0.12% | 40 | 0.09% | 75 |
| Smoked cigarettes after finding out about pregnancy: Never | 624 | 1.06% | 388 | 0.89% | 84 |
| Smoked cigarettes last 3 months of pregnancy | 784 | 1.33% | 481 | 1.11% | 83 |
| Smoked cigarettes last 3 months of pregnancy: Everyday | 83 | 0.14% | 48 | 0.11% | 79 |
| Smoked cigarettes last 3 months of pregnancy: At least once | 41 | 0.07% | 24 | 0.05% | 71 |
| Smoked cigarettes last 3 months of pregnancy: Never | 660 | 1.12% | 410 | 0.94% | 84 |
| Second-hand smoke exposure during last pregnancy | 149 | 0.25% | 91 | 0.21% | 84 |
| Alcohol use during Maternal Experience | | | | | |
| Drank alcohol 3 months before last pregnancy | 1,758 | 2.98% | 1,097 | 2.53% | 85 |
| Drank alcohol 3 months before last pregnancy - frequency: Less than once per month | 589 | 1.00% | 370 | 0.85% | 85 |
| Drank alcohol 3 months before last pregnancy - frequency: Once per month | 279 | 0.47% | 183 | 0.42% | 89 |
| Drank alcohol 3 months before last pregnancy - frequency: 2 to 3 times per month | 346 | 0.59% | 210 | 0.49% | 83 |
| Drank alcohol 3 months before last pregnancy - frequency: Once a week | 307 | 0.52% | 193 | 0.44% | 85 |
| Drank alcohol 3 months before last pregnancy - frequency: More than once a week | 236 | 0.40% | 141 | 0.32% | 80 |
| Drank alcohol after finding out about pregnancy | 63 | 0.11% | 36 | 0.08% | 73 |
| Drank alcohol while breastfeeding last baby | 764 | 1.30% | 467 | 1.08% | 83 |
| Drank alcohol while breastfeeding last baby - frequency: Less than once per month | 421 | 0.71% | 260 | 0.60% | 85 |
| Drank alcohol while breastfeeding last baby - frequency: Once per month or more | 343 | 0.58% | 208 | 0.48% | 83 |

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

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