

Health Care Patterns - Physical Activity 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		
Physical Activity for Adults 18+					
Used active transportation - 7 days (active ways like walking or cycling to get to places such as work, school, bus stop etc)	29,531	50.08%	21,615	49.83%	100
Used active transportation - Monday	20,049	34.00%	14,718	33.93%	100
Used active transportation - Tuesday	19,967	33.86%	14,651	33.77%	100
Used active transportation - Wednesday	20,407	34.61%	14,969	34.51%	100
Used active transportation - Thursday	19,412	32.92%	14,255	32.86%	100
Used active transportation - Friday	19,739	33.47%	14,481	33.38%	100
Used active transportation - Saturday	17,103	29.00%	12,458	28.72%	99
Used active transportation - Sunday	15,981	27.10%	11,672	26.91%	99
Active transportation - 7 days - total - hours	1.92		1.90		99
Active transportation - 7 days - total - minutes	9.26		9.43		102
Did sports/fitness/rec phys act - 7 days	31,887	54.07%	23,269	53.64%	99
Sports/fitness/rec phys act - sweat and breathe harder	27,005	45.79%	19,577	45.13%	99
Did sports/fitness/rec phys act - Monday	14,675	24.89%	10,784	24.86%	100
Did sports/fitness/rec phys act - Tuesday	14,258	24.18%	10,489	24.18%	100
Did sports/fitness/rec phys act - Wednesday	14,989	25.42%	10,952	25.25%	99
Did sports/fitness/rec phys act - Thursday	13,702	23.23%	10,077	23.23%	100
Did sports/fitness/rec phys act - Friday	12,997	22.04%	9,533	21.98%	100
Did sports/fitness/rec phys act - Saturday	12,298	20.85%	8,929	20.58%	99
Did sports/fitness/rec phys act - Sunday	11,909	20.19%	8,611	19.85%	98
Sports/fitness/rec phys act - 7 days - total - hours	1.91		1.91		100
Sports/fitness/rec phys act - 7 days - total - minutes	6.01		6.01		100
Other physical activities - 7 days	34,799	59.01%	25,255	58.22%	99
Other physical activities - sweat and breathe harder	22,474	38.11%	16,160	37.25%	98
Other physical activities - Monday	11,315	19.19%	8,076	18.62%	97
Other physical activities - Tuesday	11,139	18.89%	7,946	18.32%	97
Other physical activities - Wednesday	11,245	19.07%	8,000	18.44%	97
Other physical activities - Thursday	11,107	18.83%	7,899	18.21%	97
Other physical activities - Friday	10,843	18.39%	7,748	17.86%	97
Other physical activities - Saturday	9,515	16.14%	6,864	15.82%	98
Other physical activities - Sunday	8,664	14.69%	6,247	14.40%	98
Other physical activities - 7 days - total - hours	3.03		2.89		95
Other physical activities - 7 days - total - minutes	3.18		3.16		99
Physical activities - vigorous intensity	16,481	27.95%	11,849	27.32%	98
Physical activities - vigorous intensity - 7 days - total - hours	0.99		0.97		98
Physical activities - vigorous intensity - 7 days - total - minutes	5.32		5.11		96
Active transportation minutes per week	131.47		130.42		99
Average minutes per day - active transportation	24.52		24.10		98
Recreational activity minutes per week	126.91		126.93		100
Average minutes per day - recreational activities	37.27		36.94		99
Other activity minutes per week	190.64		182.38		96

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Average minutes per day - other activities	48.24		46.47		96
Total minutes of moderate to vigorous activity - 7 days	449.72		440.37		98
Alternate physical activity indicator: Active	36,003	61.05%	25,803	59.48%	97
Alternate physical activity indicator: Moderately active	5,600	9.50%	4,049	9.33%	98
Alternate physical activity indicator: Somewhat active	5,045	8.56%	3,610	8.32%	97
Alternate physical activity indicator: Sedentary	8,976	15.22%	6,442	14.85%	98
Physical activity indicator: Physically active at/above recommended level from Canadian Physical Activity Guidelines (CPAG)	36,024	61.09%	25,811	59.50%	97
Physical activity indicator: Physically active below recommended level from Canadian Physical Activity Guidelines (CPAG).	10,619	18.01%	7,649	17.63%	98
Physical activity indicator: No physical activity minutes reported	8,981	15.23%	6,443	14.85%	98
Total minutes of vigorous activity - 7 days	53.14		51.59		97
Volume of weekly activity - 7 days (METs*mins/week)	1,484.42		1,452.53		98
Physically active based on WHO guidelines: Active	27,828	47.19%	19,844	45.75%	97
Physically active based on WHO guidelines: Moderately active	8,966	15.20%	6,497	14.98%	99
Physically active based on WHO guidelines: Somewhat active	9,723	16.49%	7,025	16.20%	98
Physically active based on WHO guidelines: Sedentary	9,106	15.44%	6,536	15.07%	98
Performed physical activity on Monday	33,652	57.06%	24,577	56.66%	99
Performed physical activity on Tuesday	32,893	55.78%	23,977	55.27%	99
Performed physical activity on Wednesday	33,878	57.45%	24,697	56.93%	99
Performed physical activity on Thursday	32,257	54.70%	23,539	54.26%	99
Performed physical activity on Friday	31,843	54.00%	23,239	53.57%	99
Performed physical activity on Saturday	29,299	49.68%	21,342	49.20%	99
Performed physical activity on Sunday	27,819	47.17%	20,249	46.68%	99
Physical Activity for Youth 12-17					
Physical activities - attend school - 7 days	2,865	4.86%	2,327	5.36%	110
Physical activities - attend a day camp - 7 days	97	0.17%	71	0.16%	94
Physical activities - paid or unpaid work - 7 days	652	1.11%	540	1.24%	112
Physical activities - none of the above - 7 days	719	1.22%	570	1.31%	107
Used active transportation - 7 days	3,039	5.15%	2,452	5.65%	110
Did sports/fitness/rec phys act - school/camp - 7 days	2,306	3.91%	1,849	4.26%	109
Sports/fitness/rec phys act - school/camp - sweat and breathe harder	2,203	3.74%	1,764	4.07%	109
Physical activities - leisure time - 7 days	3,027	5.13%	2,439	5.62%	110
Physical activities - leisure time - sweat and breathe harder	2,719	4.61%	2,200	5.07%	110
Other physical activities - 7 days	1,732	2.94%	1,384	3.19%	109
Other physical activities - sweat and breathe harder	757	1.28%	607	1.40%	109
Physical activities - vigorous intensity/out of breath	2,011	3.41%	1,642	3.79%	111
Physical activities - vigorous intensity/out of breath - Monday	880	1.49%	724	1.67%	112
Physical activities - vigorous intensity/out of breath - Tuesday	853	1.45%	685	1.58%	109
Physical activities - vigorous intensity/out of breath - Wednesday	793	1.34%	640	1.48%	110
Physical activities - vigorous intensity/out of breath - Thursday	860	1.46%	704	1.62%	111

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Physical activities - vigorous intensity/out of breath - Friday	767	1.30%	623	1.44%	111
Physical activities - vigorous intensity/out of breath - Saturday	751	1.27%	608	1.40%	110
Physical activities - vigorous intensity/out of breath - Sunday	799	1.35%	657	1.51%	112
Physical activities - vigorous intensity/out of breath - hours	0.08		0.09		113
Physical activities - vigorous intensity/out of breath - minutes	0.80		0.90		113
Total minutes of active transportation - 7 days	14.24		15.62		110
Total minutes of physical activity - school/camp - 5 weekdays	11.06		12.08		109
Total minutes of physical activity - leisure - 7 days	16.43		18.07		110
Total minutes of other activities - 7 days	3.34		3.72		111
Total physical activity minutes - Monday	6.28		6.90		110
Total physical activity minutes - Tuesday	6.49		7.16		110
Total physical activity minutes - Wednesday	6.20		6.86		111
Total physical activity minutes - Thursday	6.57		7.23		110
Total physical activity minutes - Friday	6.31		6.91		110
Total physical activity minutes - Saturday	5.07		5.61		111
Total physical activity minutes - Sunday	4.37		4.85		111
Total minutes of youth physical activity - 7 days	41.29		45.51		110
Average number of minutes of physical activity per active day	6.61		7.28		110
Total physical activity minutes - weekday - 7 days	32.19		35.46		110
Total physical activity minutes - weekend - 7 days	9.63		10.66		111
Youth physical activity indicator: No activity	138	0.23%	113	0.26%	113
Youth physical activity indicator: Physically active according to the CPAG	969	1.64%	781	1.80%	110
Youth physical activity indicator: Not physically active according to the CPAG	2,159	3.66%	1,747	4.03%	110
Total minutes of vigorous activity - youth - 7 days	5.93		6.73		113
Physical activity - special weekly guideline 1: Level 1 (>100% active)	2,244	3.81%	2,328	5.37%	141
Physical activity - special weekly guideline 1: Level 2 (>=50% and < 100% active)	687	1.17%	704	1.62%	138
Physical activity - special weekly guideline 1: Level 3 (>= 25% and < 50% active)	198	0.34%	217	0.50%	147
Physical activity - special weekly guideline 1: Level 4 (> 0% and < 25% active)	78	0.13%	78	0.18%	138
Physical activity - special weekly guideline 1: Level 5 (0% active)	141	0.24%	149	0.34%	142
Physical activity - special weekly guideline 2: Level 1 (7 days activity, 60+ min/day active)	993	1.68%	1,029	2.37%	141
Physical activity - special weekly guideline 2: Level 2 (5+ days activity, 40+ min/day active)	1,141	1.94%	1,172	2.70%	139
Physical activity - special weekly guideline 2: Level 3 (3+ days activity, 20+ min/day active)	916	1.55%	967	2.23%	144
Physical activity - special weekly guideline 2: Level 4 (1+ day activity, 1+ min/day active)	158	0.27%	159	0.37%	137

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Physical activity - special weekly guideline 2: Level 5 (no active day, no minute of activity on any day)	141	0.24%	149	0.34%	142
Physical activity - special weekly guideline 3: Active	2,161	3.66%	2,243	5.17%	141
Physical activity - special weekly guideline 3: Moderately active	738	1.25%	759	1.75%	140
Physical activity - special weekly guideline 3: A bit active	171	0.29%	188	0.43%	148
Physical activity - special weekly guideline 3: Very little activity	138	0.23%	138	0.32%	139
Physical activity - special weekly guideline 3: Sedentary	142	0.24%	149	0.34%	142
Meet Canadian Physical Activity Guidelines: Meets CPAG	310	0.53%	324	0.75%	142
Meet Canadian Physical Activity Guidelines: Does not meet CPAG	3,039	5.15%	3,152	7.27%	141
Use of Protective Equipment					
Bicycling - 12 months	21,250	36.03%	15,351	35.39%	98
Bicycling - Wear helmet - Frequency - Always	10,198	17.29%	7,461	17.20%	99
Bicycling - Wear helmet - Frequency - Most of the time	2,738	4.64%	1,994	4.60%	99
Bicycling - Wear helmet - Frequency - Rarely	1,983	3.36%	1,431	3.30%	98
Bicycling - Wear helmet - Frequency - Never	6,331	10.74%	4,465	10.29%	96
Rollerblading - 12 months	3,206	5.44%	2,283	5.26%	97
Rollerblading - Wear helmet - Frequency - Always	1,327	2.25%	954	2.20%	98
Rollerblading - Wear helmet - Frequency - Most of the time	329	0.56%	253	0.58%	104
Rollerblading - Wear helmet - Frequency - Rarely	305	0.52%	224	0.52%	100
Rollerblading - Wear helmet - Frequency - Never	1,246	2.11%	854	1.97%	93
Rollerblading - Wear wrist protectors - Frequency - Always	570	0.97%	392	0.90%	93
Rollerblading - Wear wrist protectors - Frequency - Most of the time	103	0.17%	78	0.18%	106
Rollerblading - Wear wrist protectors - Frequency - Rarely	269	0.46%	196	0.45%	98
Rollerblading - Wear wrist protectors - Frequency - Never	2,265	3.84%	1,617	3.73%	97
Rollerblading - Wear elbow pads - Frequency - Always	346	0.59%	242	0.56%	95
Rollerblading - Wear elbow pads - Frequency - Most of the time	53	0.09%	43	0.10%	111
Rollerblading - Wear elbow pads - Frequency - Rarely	216	0.37%	158	0.36%	97
Rollerblading - Wear elbow pads - Frequency - Never	2,591	4.39%	1,841	4.24%	97
Rollerblading - Wear knee pads - Frequency - Always	473	0.80%	327	0.75%	94
Rollerblading - Wear knee pads - Frequency - Most of the time	94	0.16%	72	0.17%	106
Rollerblading - Wear knee pads - Frequency - Rarely	217	0.37%	160	0.37%	100
Rollerblading - Wear knee pads - Frequency - Never	2,422	4.11%	1,725	3.98%	97
Downhill skiing/snowboarding - 12 months: Downhill skiing only	5,042	8.55%	3,713	8.56%	100
Downhill skiing/snowboarding - 12 months: Snowboarding only	2,566	4.35%	1,867	4.31%	99
Downhill skiing/snowboarding - 12 months: Both	600	1.02%	429	0.99%	97
Downhill skiing/snowboarding - 12 months: Neither	49,247	83.51%	36,036	83.07%	99
Downhill skiing - Wear helmet - Frequency - Always	5,201	8.82%	3,827	8.82%	100
Downhill skiing - Wear helmet - Frequency - Most of the time	5,188	8.80%	3,817	8.80%	100
Downhill skiing - Wear helmet - Frequency - Rarely	5,188	8.80%	3,817	8.80%	100
Downhill skiing - Wear helmet - Frequency - Never	5,190	8.80%	3,819	8.80%	100
Snowboarding - Wear helmet - Frequency - Always	2,734	4.64%	1,987	4.58%	99

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Snowboarding - Wear helmet - Frequency - Most of the time	2,710	4.60%	1,970	4.54%	99
Snowboarding - Wear helmet - Frequency - Rarely	2,709	4.59%	1,969	4.54%	99
Snowboarding - Wear helmet - Frequency - Never	2,712	4.60%	1,971	4.55%	99
Snowboarding - Wear wrist protectors - Frequency - Always	2,711	4.60%	1,971	4.54%	99
Snowboarding - Wear wrist protectors - Frequency - Most of the time	2,709	4.59%	1,969	4.54%	99
Snowboarding - Wear wrist protectors - Frequency - Rarely	2,709	4.59%	1,969	4.54%	99
Snowboarding - Wear wrist protectors - Frequency - Never	2,737	4.64%	1,989	4.59%	99
Skateboarding - 12 months	1,964	3.33%	1,459	3.36%	101
Skateboarding - Wear helmet - Frequency - Always	473	0.80%	356	0.82%	103
Skateboarding - Wear helmet - Frequency - Most of the time	199	0.34%	156	0.36%	106
Skateboarding - Wear helmet - Frequency - Rarely	308	0.52%	240	0.55%	106
Skateboarding - Wear helmet - Frequency - Never	984	1.67%	706	1.63%	98
Skateboarding - Wear wrist protectors - Frequency - Always	95	0.16%	69	0.16%	100
Skateboarding - Wear wrist protectors - Frequency - Most of the time	42	0.07%	32	0.07%	100
Skateboarding - Wear wrist protectors - Frequency - Rarely	102	0.17%	80	0.18%	106
Skateboarding - Wear wrist protectors - Frequency - Never	1,724	2.92%	1,278	2.95%	101
Skateboarding - Wear elbow pads - Frequency - Always	65	0.11%	49	0.11%	100
Skateboarding - Wear elbow pads - Frequency - Most of the time	33	0.06%	24	0.05%	83
Skateboarding - Wear elbow pads - Frequency - Rarely	84	0.14%	65	0.15%	107
Skateboarding - Wear elbow pads - Frequency - Never	1,782	3.02%	1,321	3.05%	101
Ice hockey - 12 months	5,303	8.99%	3,823	8.81%	98
Ice hockey - Wear mouth guard - Frequency - Always	943	1.60%	688	1.59%	99
Ice hockey - Wear mouth guard - Frequency - Most of the time	288	0.49%	216	0.50%	102
Ice hockey - Wear mouth guard - Frequency - Rarely	407	0.69%	297	0.69%	100
Ice hockey - Wear mouth guard - Frequency - Never	3,666	6.22%	2,622	6.04%	97
Wears protective equipment - In-line skating	266	0.45%	192	0.44%	98
Wears protective equipment - snowboarding	283	0.48%	218	0.50%	104
Wears protective equipment - skateboarding	65	0.11%	50	0.12%	109

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

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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.