

Attribute	Benchmark		CSD/DM (5915055): West Vancouver, BC		
	CSD/CY (5915051): North Vancouver, BC				
	Count: -		Count: -		
	Value	Percent	Value	Percent	Index
Population aged 12 and over	56,471		41,861		
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)	28,280	50.08%	20,857	49.82%	99
Used active transportation - Monday	19,200	34.00%	14,202	33.93%	100
Used active transportation - Tuesday	19,121	33.86%	14,137	33.77%	100
Used active transportation - Wednesday	19,542	34.61%	14,444	34.51%	100
Used active transportation - Thursday	18,589	32.92%	13,755	32.86%	100
Used active transportation - Friday	18,902	33.47%	13,973	33.38%	100
Used active transportation - Saturday	16,378	29.00%	12,022	28.72%	99
Used active transportation - Sunday	15,304	27.10%	11,263	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	30,534	54.07%	22,454	53.64%	99
Sports/fitness/rec phys act - sweat and breathe harder	25,859	45.79%	18,890	45.13%	99
Did sports/fitness/rec phys act - Monday	14,053	24.89%	10,407	24.86%	100
Did sports/fitness/rec phys act - Tuesday	13,654	24.18%	10,122	24.18%	100
Did sports/fitness/rec phys act - Wednesday	14,353	25.42%	10,568	25.25%	99
Did sports/fitness/rec phys act - Thursday	13,121	23.24%	9,725	23.23%	100
Did sports/fitness/rec phys act - Friday	12,446	22.04%	9,199	21.98%	100
Did sports/fitness/rec phys act - Saturday	11,776	20.85%	8,616	20.58%	99
Did sports/fitness/rec phys act - Sunday	11,404	20.19%	8,309	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	33,322	59.01%	24,370	58.22%	99
Other physical activities - sweat and breathe harder	21,520	38.11%	15,593	37.25%	98
Other physical activities - Monday	10,835	19.19%	7,793	18.62%	97
Other physical activities - Tuesday	10,667	18.89%	7,667	18.32%	97
Other physical activities - Wednesday	10,768	19.07%	7,719	18.44%	97
Other physical activities - Thursday	10,636	18.83%	7,621	18.21%	97
Other physical activities - Friday	10,383	18.39%	7,476	17.86%	97
Other physical activities - Saturday	9,112	16.14%	6,623	15.82%	98
Other physical activities - Sunday	8,297	14.69%	6,028	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	15,781	27.95%	11,433	27.31%	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	131.48		130.42		99
Average minutes per day - active transportation	24.52		24.09		98
Recreational activity minutes per week	126.92		126.93		100
Average minutes per day - recreational activities	37.27		36.94		99
Other activity minutes per week	190.64		182.36		96

Health Care Patterns - Physical Activity Report

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Average minutes per day - other activities	48.24		46.47		96
Total minutes of moderate to vigorous activity - 7 days	449.74		440.34		98
Alternate physical activity indicator: Active	34,476	61.05%	24,904	59.49%	97
Alternate physical activity indicator: Moderately active	5,363	9.50%	3,907	9.33%	98
Alternate physical activity indicator: Somewhat active	4,831	8.55%	3,483	8.32%	97
Alternate physical activity indicator: Sedentary	8,593	15.22%	6,220	14.86%	98
Physical activity indicator: Physically active at/above recommended level from Canadian Physical Activity Guidelines (CPAG)	34,496	61.09%	24,912	59.51%	97
Physical activity indicator: Physically active below recommended level from Canadian Physical Activity Guidelines (CPAG).	10,168	18.01%	7,381	17.63%	98
Physical activity indicator: No physical activity minutes reported	8,598	15.23%	6,222	14.86%	98
Total minutes of vigorous activity - 7 days	53.14		51.58		97
Volume of weekly activity - 7 days (METs*mins/week)	1,484.47		1,452.43		98
Physically active based on WHO guidelines: Active	26,648	47.19%	19,153	45.75%	97
Physically active based on WHO guidelines: Moderately active	8,586	15.20%	6,271	14.98%	99
Physically active based on WHO guidelines: Somewhat active	9,311	16.49%	6,780	16.20%	98
Physically active based on WHO guidelines: Sedentary	8,718	15.44%	6,311	15.08%	98
Performed physical activity on Monday	32,225	57.07%	23,715	56.65%	99
Performed physical activity on Tuesday	31,498	55.78%	23,136	55.27%	99
Performed physical activity on Wednesday	32,442	57.45%	23,831	56.93%	99
Performed physical activity on Thursday	30,889	54.70%	22,714	54.26%	99
Performed physical activity on Friday	30,493	54.00%	22,424	53.57%	99
Performed physical activity on Saturday	28,057	49.68%	20,594	49.20%	99
Performed physical activity on Sunday	26,640	47.17%	19,539	46.68%	99
Physical Activity for Youth 12-17					
Physical activities - attend school - 7 days	2,744	4.86%	2,244	5.36%	110
Physical activities - attend a day camp - 7 days	93	0.17%	69	0.16%	94
Physical activities - paid or unpaid work - 7 days	624	1.11%	521	1.24%	112
Physical activities - none of the above - 7 days	688	1.22%	550	1.31%	107
Used active transportation - 7 days	2,910	5.15%	2,365	5.65%	110
Did sports/fitness/rec phys act - school/camp - 7 days	2,208	3.91%	1,783	4.26%	109
Sports/fitness/rec phys act - school/camp - sweat and breathe harder	2,110	3.74%	1,702	4.07%	109
Physical activities - leisure time - 7 days	2,899	5.13%	2,352	5.62%	110
Physical activities - leisure time - sweat and breathe harder	2,604	4.61%	2,122	5.07%	110
Other physical activities - 7 days	1,658	2.94%	1,335	3.19%	109
Other physical activities - sweat and breathe harder	725	1.28%	585	1.40%	109
Physical activities - vigorous intensity/out of breath	1,926	3.41%	1,584	3.78%	111
Physical activities - vigorous intensity/out of breath - Monday	843	1.49%	698	1.67%	112
Physical activities - vigorous intensity/out of breath - Tuesday	816	1.45%	660	1.58%	109
Physical activities - vigorous intensity/out of breath - Wednesday	759	1.34%	618	1.48%	110
Physical activities - vigorous intensity/out of breath - Thursday	824	1.46%	679	1.62%	111

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Physical activities - vigorous intensity/out of breath - Friday	735	1.30%	600	1.43%	110
Physical activities - vigorous intensity/out of breath - Saturday	719	1.27%	586	1.40%	110
Physical activities - vigorous intensity/out of breath - Sunday	765	1.35%	634	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		12.07		109
Total minutes of physical activity - leisure - 7 days	16.43		18.06		110
Total minutes of other activities - 7 days	3.34		3.72		111
Total physical activity minutes - Monday	6.28		6.89		110
Total physical activity minutes - Tuesday	6.49		7.16		110
Total physical activity minutes - Wednesday	6.20		6.85		110
Total physical activity minutes - Thursday	6.57		7.22		110
Total physical activity minutes - Friday	6.31		6.90		109
Total physical activity minutes - Saturday	5.07		5.61		111
Total physical activity minutes - Sunday	4.38		4.85		111
Total minutes of youth physical activity - 7 days	41.29		45.49		110
Average number of minutes of physical activity per active day	6.61		7.27		110
Total physical activity minutes - weekday - 7 days	32.20		35.44		110
Total physical activity minutes - weekend - 7 days	9.63		10.66		111
Youth physical activity indicator: No activity	132	0.23%	109	0.26%	113
Youth physical activity indicator: Physically active according to the CPAG	928	1.64%	753	1.80%	110
Youth physical activity indicator: Not physically active according to the CPAG	2,068	3.66%	1,684	4.02%	110
Total minutes of vigorous activity - youth - 7 days	5.93		6.73		113
Physical activity - special weekly guideline 1: Level 1 (>100% active)	2,150	3.81%	2,241	5.35%	140
Physical activity - special weekly guideline 1: Level 2 (>=50% and < 100% active)	658	1.17%	678	1.62%	138
Physical activity - special weekly guideline 1: Level 3 (>= 25% and < 50% active)	190	0.34%	209	0.50%	147
Physical activity - special weekly guideline 1: Level 4 (> 0% and < 25% active)	75	0.13%	75	0.18%	138
Physical activity - special weekly guideline 1: Level 5 (0% active)	136	0.24%	144	0.34%	142
Physical activity - special weekly guideline 2: Level 1 (7 days activity, 60+ min/day active)	951	1.68%	991	2.37%	141
Physical activity - special weekly guideline 2: Level 2 (5+ days activity, 40+ min/day active)	1,093	1.94%	1,129	2.70%	139
Physical activity - special weekly guideline 2: Level 3 (3+ days activity, 20+ min/day active)	877	1.55%	930	2.22%	143
Physical activity - special weekly guideline 2: Level 4 (1+ day activity, 1+ min/day active)	151	0.27%	153	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)	136	0.24%	144	0.34%	142
Physical activity - special weekly guideline 3: Active	2,070	3.67%	2,159	5.16%	141
Physical activity - special weekly guideline 3: Moderately active	707	1.25%	731	1.75%	140
Physical activity - special weekly guideline 3: A bit active	164	0.29%	181	0.43%	148
Physical activity - special weekly guideline 3: Very little activity	132	0.23%	132	0.32%	139
Physical activity - special weekly guideline 3: Sedentary	136	0.24%	144	0.34%	142
Meet Canadian Physical Activity Guidelines: Meets CPAG	297	0.53%	312	0.75%	142
Meet Canadian Physical Activity Guidelines: Does not meet CPAG	2,911	5.16%	3,034	7.25%	141
Use of Protective Equipment					
Bicycling - 12 months	20,347	36.03%	14,810	35.38%	98
Bicycling - Wear helmet - Frequency - Always	9,765	17.29%	7,199	17.20%	99
Bicycling - Wear helmet - Frequency - Most of the time	2,622	4.64%	1,924	4.60%	99
Bicycling - Wear helmet - Frequency - Rarely	1,898	3.36%	1,380	3.30%	98
Bicycling - Wear helmet - Frequency - Never	6,062	10.73%	4,308	10.29%	96
Rollerblading - 12 months	3,070	5.44%	2,203	5.26%	97
Rollerblading - Wear helmet - Frequency - Always	1,271	2.25%	920	2.20%	98
Rollerblading - Wear helmet - Frequency - Most of the time	315	0.56%	244	0.58%	104
Rollerblading - Wear helmet - Frequency - Rarely	292	0.52%	216	0.52%	100
Rollerblading - Wear helmet - Frequency - Never	1,193	2.11%	823	1.97%	93
Rollerblading - Wear wrist protectors - Frequency - Always	546	0.97%	378	0.90%	93
Rollerblading - Wear wrist protectors - Frequency - Most of the time	98	0.17%	75	0.18%	106
Rollerblading - Wear wrist protectors - Frequency - Rarely	258	0.46%	189	0.45%	98
Rollerblading - Wear wrist protectors - Frequency - Never	2,168	3.84%	1,560	3.73%	97
Rollerblading - Wear elbow pads - Frequency - Always	331	0.59%	234	0.56%	95
Rollerblading - Wear elbow pads - Frequency - Most of the time	50	0.09%	41	0.10%	111
Rollerblading - Wear elbow pads - Frequency - Rarely	207	0.37%	152	0.36%	97
Rollerblading - Wear elbow pads - Frequency - Never	2,481	4.39%	1,776	4.24%	97
Rollerblading - Wear knee pads - Frequency - Always	453	0.80%	315	0.75%	94
Rollerblading - Wear knee pads - Frequency - Most of the time	90	0.16%	69	0.17%	106
Rollerblading - Wear knee pads - Frequency - Rarely	208	0.37%	154	0.37%	100
Rollerblading - Wear knee pads - Frequency - Never	2,319	4.11%	1,664	3.98%	97
Downhill skiing/snowboarding - 12 months: Downhill skiing only	4,827	8.55%	3,582	8.56%	100
Downhill skiing/snowboarding - 12 months: Snowboarding only	2,457	4.35%	1,802	4.30%	99
Downhill skiing/snowboarding - 12 months: Both	574	1.02%	413	0.99%	97
Downhill skiing/snowboarding - 12 months: Neither	47,158	83.51%	34,774	83.07%	99
Downhill skiing - Wear helmet - Frequency - Always	4,980	8.82%	3,692	8.82%	100
Downhill skiing - Wear helmet - Frequency - Most of the time	4,968	8.80%	3,683	8.80%	100
Downhill skiing - Wear helmet - Frequency - Rarely	4,967	8.80%	3,683	8.80%	100
Downhill skiing - Wear helmet - Frequency - Never	4,969	8.80%	3,684	8.80%	100
Snowboarding - Wear helmet - Frequency - Always	2,618	4.64%	1,917	4.58%	99

Health Care Patterns - Physical Activity Report

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Snowboarding - Wear helmet - Frequency - Most of the time	2,595	4.60%	1,901	4.54%	99
Snowboarding - Wear helmet - Frequency - Rarely	2,594	4.59%	1,900	4.54%	99
Snowboarding - Wear helmet - Frequency - Never	2,597	4.60%	1,902	4.54%	99
Snowboarding - Wear wrist protectors - Frequency - Always	2,595	4.60%	1,901	4.54%	99
Snowboarding - Wear wrist protectors - Frequency - Most of the time	2,593	4.59%	1,900	4.54%	99
Snowboarding - Wear wrist protectors - Frequency - Rarely	2,594	4.59%	1,900	4.54%	99
Snowboarding - Wear wrist protectors - Frequency - Never	2,621	4.64%	1,919	4.58%	99
Skateboarding - 12 months	1,880	3.33%	1,407	3.36%	101
Skateboarding - Wear helmet - Frequency - Always	453	0.80%	344	0.82%	103
Skateboarding - Wear helmet - Frequency - Most of the time	191	0.34%	151	0.36%	106
Skateboarding - Wear helmet - Frequency - Rarely	295	0.52%	232	0.55%	106
Skateboarding - Wear helmet - Frequency - Never	942	1.67%	681	1.63%	98
Skateboarding - Wear wrist protectors - Frequency - Always	91	0.16%	67	0.16%	100
Skateboarding - Wear wrist protectors - Frequency - Most of the time	40	0.07%	30	0.07%	100
Skateboarding - Wear wrist protectors - Frequency - Rarely	98	0.17%	77	0.18%	106
Skateboarding - Wear wrist protectors - Frequency - Never	1,651	2.92%	1,233	2.95%	101
Skateboarding - Wear elbow pads - Frequency - Always	62	0.11%	47	0.11%	100
Skateboarding - Wear elbow pads - Frequency - Most of the time	32	0.06%	23	0.05%	83
Skateboarding - Wear elbow pads - Frequency - Rarely	80	0.14%	63	0.15%	107
Skateboarding - Wear elbow pads - Frequency - Never	1,707	3.02%	1,274	3.04%	101
Ice hockey - 12 months	5,078	8.99%	3,688	8.81%	98
Ice hockey - Wear mouth guard - Frequency - Always	902	1.60%	664	1.59%	99
Ice hockey - Wear mouth guard - Frequency - Most of the time	276	0.49%	208	0.50%	102
Ice hockey - Wear mouth guard - Frequency - Rarely	390	0.69%	287	0.69%	100
Ice hockey - Wear mouth guard - Frequency - Never	3,510	6.22%	2,529	6.04%	97
Wears protective equipment - In-line skating	255	0.45%	185	0.44%	98
Wears protective equipment - snowboarding	271	0.48%	210	0.50%	104
Wears protective equipment - skateboarding	62	0.11%	48	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.

Data Vintage: Data Vintage: 2022/2023