

# Health Care Patterns - Sedentary Activity Report

Attribute	Benchmark CSD/CY (5915051): North Vancouver, BC		CSD/DM (5915055): West Vancouver, BC		
	Count: -		Count: -		
	Value	Percent	Value	Percent	Index
<b>Population aged 12 and over</b>	58,973		43,379		
<b>Sedentary Activity</b>					
Num of hours - reading (including electronic format) - 7 d: None or less than 1 hour	10,619	18.01%	7,665	17.67%	98
Num of hours - reading (including electronic format) - 7 d: 1 to 2 hours	12,573	21.32%	9,065	20.90%	98
Num of hours - reading (including electronic format) - 7 d: 2.5 to 5 hours	12,713	21.56%	9,272	21.37%	99
Num of hours - reading (including electronic format) - 7 d: 5.5 to 10 hours	13,251	22.47%	9,864	22.74%	101
Num of hours - reading (including electronic format) - 7 d: 10.5 to 14 hours	5,131	8.70%	3,896	8.98%	103
Num of hours - reading (including electronic format) - 7 d: 14.5 to 20 hours	1,541	2.61%	1,173	2.70%	103
Num of hours - reading (including electronic format) - 7 d: 20.5 to 30 hours	2,497	4.24%	1,947	4.49%	106
Num of hours - reading (including electronic format) - 7 d: 30.5 to 40 hours	318	0.54%	239	0.55%	102
Num of hours - reading (including electronic format) - 7 d: Greater than 40 hours	330	0.56%	259	0.60%	107
Num of hours - watching TV/movies/internet videos - 7 d: None or less than 1 hour	4,341	7.36%	3,156	7.28%	99
Num of hours - watching TV/movies/internet videos - 7 d: 1 to 2 hours	5,843	9.91%	4,208	9.70%	98
Num of hours - watching TV/movies/internet videos - 7 d: 2.5 to 5 hours	9,807	16.63%	7,081	16.32%	98
Num of hours - watching TV/movies/internet videos - 7 d: 5.5 to 10 hours	14,655	24.85%	10,624	24.49%	99
Num of hours - watching TV/movies/internet videos - 7 d: 10.5 to 14 hours	10,011	16.98%	7,473	17.23%	101
Num of hours - watching TV/movies/internet videos - 7 d: 14.5 to 20 hours	3,915	6.64%	2,910	6.71%	101
Num of hours - watching TV/movies/internet videos - 7 d: 20.5 to 30 hours	7,751	13.14%	5,888	13.57%	103
Num of hours - watching TV/movies/internet videos - 7 d: 30.5 to 40 hours	1,411	2.39%	1,085	2.50%	105
Num of hours - watching TV/movies/internet videos - 7 d: 40.5 to 50 hours	796	1.35%	617	1.42%	105
Num of hours - watching TV/movies/internet videos - 7 d: 50.5 to 60 hours	190	0.32%	145	0.34%	106
Num of hours - watching TV/movies/internet videos - 7 d: Greater than 60 hours	253	0.43%	192	0.44%	102

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Num of hours - playing video games requiring physical activity - 7 d: None or less than 1 hour	56,779	96.28%	41,769	96.29%	100
Num of hours - playing video games requiring physical activity - 7 d: 1 to 2 hours	1,026	1.74%	750	1.73%	99
Num of hours - playing video games requiring physical activity - 7 d: 2.5 to 5 hours	589	1.00%	426	0.98%	98
Num of hours - playing video games requiring physical activity - 7 d: 5.5 to 10 hours	306	0.52%	231	0.53%	102
Num of hours - playing video games requiring physical activity - 7 d: Greater than 10 hours	272	0.46%	203	0.47%	102
Num of hours - playing other video/computer games - 7 d: 1 to 2 hours	43,333	73.48%	31,894	73.52%	100
Num of hours - playing other video/computer games - 7 d: 2.5 to 5 hours	5,468	9.27%	3,981	9.18%	99
Num of hours - playing other video/computer games - 7 d: 5.5 to 10 hours	3,824	6.48%	2,819	6.50%	100
Num of hours - playing other video/computer games - 7 d: 10.5 to 14 hours	3,514	5.96%	2,603	6.00%	101
Num of hours - playing other video/computer games - 7 d: 14.5 to 20 hours	1,327	2.25%	976	2.25%	100
Num of hours - playing other video/computer games - 7 d: 20.5 to 30 hours	635	1.08%	477	1.10%	102
Num of hours - playing other video/computer games - 7 d: 30.5 to 40 hours	725	1.23%	526	1.21%	98
Num of hours - playing other video/computer games - 7 d: Greater than 40 hours	147	0.25%	104	0.24%	96
Num of hours - computer/tablet/smart phone - 7 d: None or less than 1 hour	9,964	16.90%	7,791	17.96%	106
Num of hours - computer/tablet/smart phone - 7 d: 1 to 2 hours	9,205	15.61%	6,714	15.48%	99
Num of hours - computer/tablet/smart phone - 7 d: 2.5 to 5 hours	12,264	20.80%	8,905	20.53%	99
Num of hours - computer/tablet/smart phone - 7 d: 5.5 to 10 hours	14,660	24.86%	10,605	24.45%	98
Num of hours - computer/tablet/smart phone - 7 d: 10.5 to 14 hours	6,026	10.22%	4,350	10.03%	98
Num of hours - computer/tablet/smart phone - 7 d: 14.5 to 20 hours	2,252	3.82%	1,645	3.79%	99
Num of hours - computer/tablet/smart phone - 7 d: 20.5 to 30 hours	3,043	5.16%	2,230	5.14%	100
Num of hours - computer/tablet/smart phone - 7 d: 30.5 to 40 hours	831	1.41%	608	1.40%	99
Num of hours - computer/tablet/smart phone - 7 d: Greater than 40 hours	727	1.23%	529	1.22%	99

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Total number hours/week - sedentary activities (excel reading): Less than 5 hours	5,658	9.59%	4,169	9.61%	100
Total number hours/week - sedentary activities (excel reading): 5 to 9 hours	9,753	16.54%	7,064	16.28%	98
Total number hours/week - sedentary activities (excel reading): 10 to 14 hours	10,408	17.65%	7,590	17.50%	99
Total number hours/week - sedentary activities (excel reading): 15 to 19 hours	7,181	12.18%	5,245	12.09%	99
Total number hours/week - sedentary activities (excel reading): 20 to 24 hours	8,130	13.79%	6,036	13.92%	101
Total number hours/week - sedentary activities (excel reading): 25 to 29 hours	5,206	8.83%	3,849	8.87%	100
Total number hours/week - sedentary activities (excel reading): 30 to 34 hours	2,812	4.77%	2,116	4.88%	102
Total number hours/week - sedentary activities (excel reading): 35 to 39 hours	3,111	5.28%	2,282	5.26%	100
Total number hours/week - sedentary activities (excel reading): 40 to 44 hours	2,123	3.60%	1,584	3.65%	101
Total number hours/week - sedentary activities (excel reading): 45 hours or more	4,592	7.79%	3,443	7.94%	102
Total number hours/week - sedentary activities: Less than 5 hours	2,504	4.25%	1,820	4.20%	99
Total number hours/week - sedentary activities: 5 to 9 hours	6,187	10.49%	4,455	10.27%	98
Total number hours/week - sedentary activities: 10 to 14 hours	8,177	13.87%	5,921	13.65%	98
Total number hours/week - sedentary activities: 15 to 19 hours	7,545	12.80%	5,463	12.59%	98
Total number hours/week - sedentary activities: 20 to 24 hours	7,891	13.38%	5,763	13.29%	99
Total number hours/week - sedentary activities: 25 to 29 hours	6,398	10.85%	4,700	10.83%	100
Total number hours/week - sedentary activities: 30 to 34 hours	4,536	7.69%	3,410	7.86%	102
Total number hours/week - sedentary activities: 35 to 39 hours	4,347	7.37%	3,263	7.52%	102
Total number hours/week - sedentary activities: 40 to 44 hours	3,162	5.36%	2,387	5.50%	103
Total number hours/week - sedentary activities: 45 hours or more	8,225	13.95%	6,197	14.29%	102

Index	Description
$\geq 180$	Extremely High
$\geq 110$ and $< 180$	High
$\geq 90$ and $< 110$	Similar
$\geq 50$ 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.