



# NORTH SHORE COMMUNITY WELLNESS SURVEY

*Descriptive Report*

*Prepared by the Public Health Surveillance Unit  
Vancouver Coastal Health*

*October 2013*

Vancouver  
CoastalHealth





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# FOREWORD

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Healthy children are raised within healthy families with the support of healthy communities.

The North Shore Community Wellness Survey and report was designed to determine how “child and family friendly” the North Shore community is by assessing the health status of the children, the parents and the degree to which community programs and policies support those children and their families. It was implemented in order to provide the North Shore Congress with an understanding of how successful the community is in meeting the principles of the “Child and Family Friendly Community Charter” which the Congress produced, adopted and which the municipalities, school boards and the health authority signed in October 2011.

It is anticipated that the data from this, and other surveys and reports, will highlight the areas of success so that they may be maintained and strengthened but will also show those areas in which improvements can be made. The data and analysis should allow planners and politicians to consider those policy options and programs that will contribute to development and well being of ALL the children on the North Shore making certain that children who may live in disadvantaged circumstances also are afforded the opportunity, through a supportive community, to lead healthy successful lives.

Dr. Brian O’Connor, MD  
Medical Health Officer, North Shore  
Vancouver Coastal Health

# INTRODUCTION

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The North Shore commonly refers to the area north of Burrard Inlet that includes five municipalities (District of North Vancouver, City of North Vancouver, District of West Vancouver, Bowen Island Municipality and the Village of Lions Bay) and two First Nations communities (Squamish Nation and Tsleil-Waututh Nation). The 2011 Census of Canada reported a total population of 180,000 for the North Shore and an adult population (aged 18+ years) of 149,305.

The five municipalities along with the North Vancouver Board of Education, the West Vancouver Board of Education and Vancouver Coastal Health Authority signed the North Shore Congress Child and Family Friendly Community Charter in 2011 as a commitment to work together to create broad, equitable access to the conditions that help children and families thrive.

The full Charter can be found at:

[www.cnv.org/Property-and-Development/Major-Development-Projects/General-Successes-and-Achievements](http://www.cnv.org/Property-and-Development/Major-Development-Projects/General-Successes-and-Achievements)

The North Shore Community Wellness Survey was developed to collect local level data on health, well-being and community characteristics to support the Charter. Information gathered from this survey will be used to understand the individual and community characteristics that contribute to child and family well-being and from that, to consider strategic priorities to address areas of need.

Survey results are presented here in three sections titled: Thriving People, Thriving Families and Thriving Communities, with the understanding that healthy children are raised within healthy families with the support of healthy communities.

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# EXECUTIVE SUMMARY

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## SURVEY HIGHLIGHTS

- The North Shore Community Wellness Survey was developed to fill an existing gap in local level health and wellness data and to support the strategic direction of the North Shore Congress Child and Family Friendly Community Charter.
- Content themes were chosen to explore the concept that healthy children are raised within healthy families with the support of healthy communities. Topic areas included health status, health behaviours, child care, and community characteristics.
- The survey was administered both online and in person in late Fall 2012. In total, 3,420 adults aged 18 years or older completed (~2% of the adult population of the North Shore) the survey. The sample was representative of North Shore survey zones by age, sex and ethnicity.

## THRIVING PEOPLE

- Overall, 57% of North Shore adults rated their health as excellent or very good (19% reported excellent health).
- Only 31% of adults aged 18+ years reported eating the daily recommended number of servings of fruits and vegetables.
- Almost half of adults (47%) are meeting the recommended physical activity guideline.
- The current smoking rate among adults on the North Shore is low, at 7.6%.
- Overall, 27% indicate that their lives are quite or extremely stressful. The top causes of stress are work situation (59%), financial situation (48%) and caring for children (32%).

## THRIVING FAMILIES

- The majority of families with children aged 0 to 4 years (51%) are caring for their child at home themselves, or by an immediate family member, while 30% use day care and 11% employ a nanny.
- The top concerns parents have about their children are academic performance (38%), too much screen time (36%) and quality of education (34%).
- Increased sense of community belonging among parents is associated with decreased concern about peer pressure (↓ 13%), bullying (↓ 16%) and social connections (↓ 20%) for their children.

## THRIVING COMMUNITIES

- Overall, 93% of residents feel safe walking in their neighbourhood alone after dark.
- Only 26% of adults strongly agree that their neighbours are willing to help each other out.
- A strong association between sense of community belonging and overall health was found. Sense of belonging increases with age and increased length of time among immigrants to the North Shore. Those with stronger sense of belonging were more likely to have accessed a community amenity in the past week.

## CONCLUSION

- Policy considerations to address the availability of high quality, accessible and affordable child care options are required.
- Investments in strategies that increase one's sense of community belonging may have positive impacts on health and wellness.

# METHODS

The North Shore Community Wellness Survey (NS-CWS) was administered by Vancouver Coastal Health, in partnership with the North Shore Congress, from November 23, 2012 to December 21, 2012.

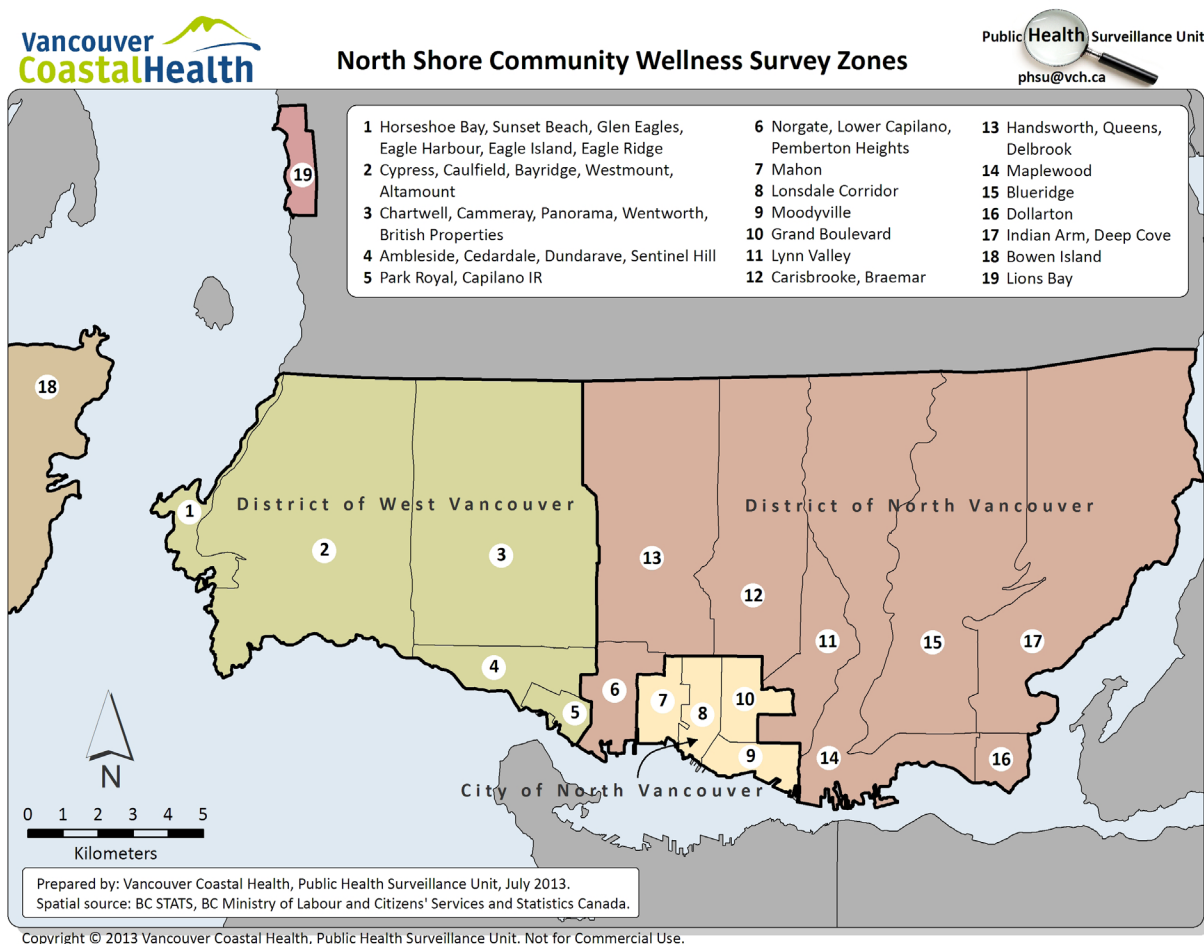
## Questionnaire development

The questionnaire consisted of 44 questions that focused on socio-demographic characteristics, general health, diet, physical activity, tobacco & alcohol use, stress, sleep, child care and community belonging. Validated questions from the Statistics Canada Census, the Canadian Community Health Survey and the International Physical Activity Questionnaire were used where possible. Community-specific questions were also included based on consultation with community organizations.

## Data collection

The NS-CWS was designed to collect data at the local or community level. Data collection involved 19 'survey zones' that were defined by combining 2011 census tracts into larger areas to allow for sufficient sample size. The custom boundaries were developed with input from those who work and live on the North Shore.

The NS-CWS was administered online; participants could either complete the survey at home by accessing survey URL or in person with a field surveyor who accessed the online survey on a tablet computer. Field surveyors were located throughout the North Shore. In total, 3,420 surveys were completed, representing approximately 2% of the adult (aged 18+ years) population of the North Shore.



# METHODS

## Survey sample demographics

- Overall on the North Shore, English is the most commonly spoken language at home (88%), followed by Farsi (5%) and Cantonese (2%).
- Thirty-four percent of the adult population was born outside of Canada. The most common countries of birth outside of Canada were the United Kingdom (21%), Iran (16%), USA (9%), China (8.5%) and South Africa (4%). Of those born outside of Canada, the majority have been living in Canada for at least 16 years (58%), while 19% are considered recent immigrants (living in Canada for 0 to 5 years).
- The majority of the North Shore population holds a bachelor’s degree or higher (51%).
- Overall, 43% of the population reports full- or part-time employment, 21% reports being retired and less than 4% of residents report that they are unemployed.
- The sample reached was representative of the population’s age, gender and ethnicity demographics, in relation to the 2011 Census of Canada.

## Age and gender breakdown of North Shore Community Wellness Survey sample.

	TOTAL	Age						
		18-29	30-39	40-49	50-59	60-69	70-79	80+
	n=3178 (100%)	n=317 (17%)	n=413 (13%)	n=888 (20.3%)	n=783 (20.4%)	n=436 (14.6%)	n=226 (8.6%)	n=105 (6.1%)
Female	53.5%	8.4%	7.2%	11.1%	10.7%	7.6%	4.8%	3.8%
Male	46.5%	8.6%	5.8%	9.3%	9.7%	7.0%	3.9%	2.3%

*Note: Unweighted n values and weighted percentages are reported.*

## Weighting & Analysis

A weighting scheme was constructed for each ‘survey zone’ based on the population age and gender profile from 2011 Statistics Canada Census data. These weights were used to ensure the correct representation of each ‘survey zone’ with respect to age and gender. All analyses shown exclude “don’t know” or “prefer not to answer” responses. To examine associations, we employ tests for linear trend and for statistical significance at the 95% confidence level. The maps shown in this report use Jenks Natural Breaks (breaks based on the natural distribution of the data) to classify responses. Estimates with a coefficient of variance greater than 0.35 are indicated as highly variable and should be interpreted with caution.

## Data considerations

This report is intended to present overall results from the North Shore Community Wellness Survey. The survey was administered during late fall and may result in seasonal bias, especially for estimates such as fruit and vegetable consumption, physical activity and method of commute. However, seasonal bias is expected to be consistent across all demographics and ‘survey zones’ on the North Shore and thus, reliable comparisons can be made between demographic groups within these results.



# THRIVING PEOPLE

“

*I have worked abroad for the past few years and have recently come back [to the North Shore]. I now feel a strong sense of connection with my community.”*

*Survey participant*



# HEALTH STATUS

## NORTH SHORE HIGHLIGHTS

- Self-rated health status is a valid and reliable indicator of an individual's perception of their overall health.
- Overall, 19% of North Shore residents reports excellent health. The District of West Vancouver has the highest proportion of residents reporting excellent health (23%).
- Among those aged 60 years or older, almost half (46%) report having been diagnosed with arthritis, 44% report having been diagnosed with hypertension (high blood pressure) and 33% report having been diagnosed with cancer.

How would you rate your general health?  
(% of respondents)

	North Shore	Lions Bay	Bowen Island	District of West Vancouver	City of North Vancouver	District of North Vancouver
Excellent	19%	15%	14%	23%	17%	19%
Very good	38%	61%	46%	39%	35%	40%

Has a doctor ever diagnosed you with any of the following conditions?  
(% of respondents, by age)

	18 to 44 years	45 to 59 years	60 years+
Arthritis	4%	18%	46%
Cancer	2%	8%	33%
Chronic Lung Condition*	9%	7%	17%
Diabetes	2%	5%	13%
Heart Disease	1%	3%	18%
High Blood Pressure	4%	16%	44%

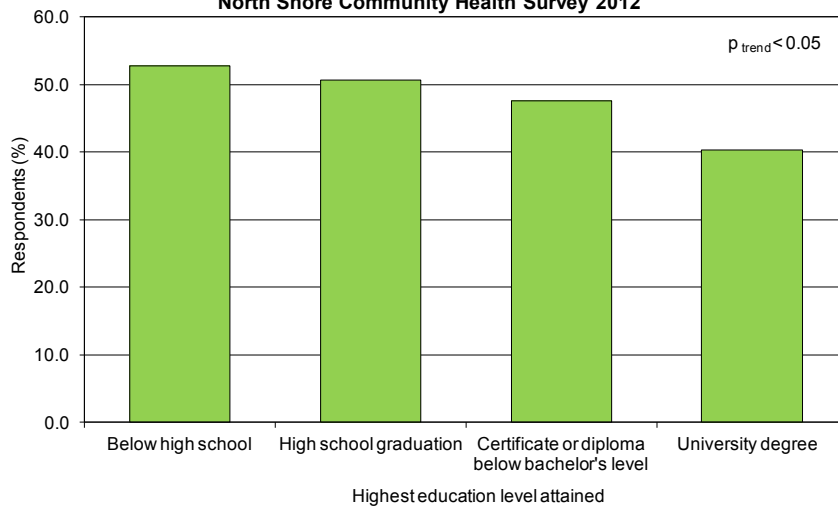
\*Chronic Lung Condition includes chronic obstructive pulmonary disease (COPD) and asthma.

# HEALTH STATUS

## NORTH SHORE HIGHLIGHTS

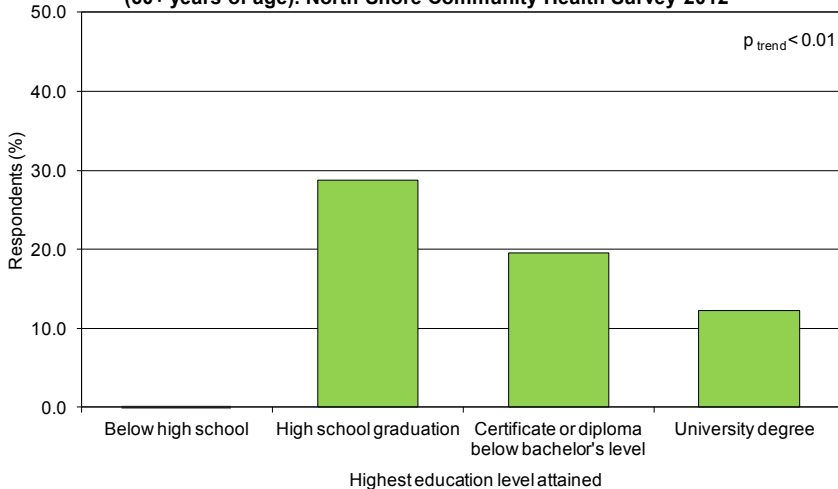
- Prevalence of arthritis, a chronic lung condition (chronic obstructive pulmonary disease or asthma), cancer, diabetes, heart disease and hypertension (high blood pressure) all increase with age.
- Prevalence of hypertension (high blood pressure) and a chronic lung condition decrease with increased educational attainment. Prevalence of arthritis, cancer, diabetes and heart disease do not have a significant association with educational attainment.

**Respondents by education level diagnosed with high blood pressure (60+ years of age). North Shore Community Health Survey 2012**



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.

**Respondents by education level diagnosed with chronic lung disease (60+ years of age). North Shore Community Health Survey 2012**



\*Diagnosed with chronic obstructive pulmonary disease or asthma.  
Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.

**76%**

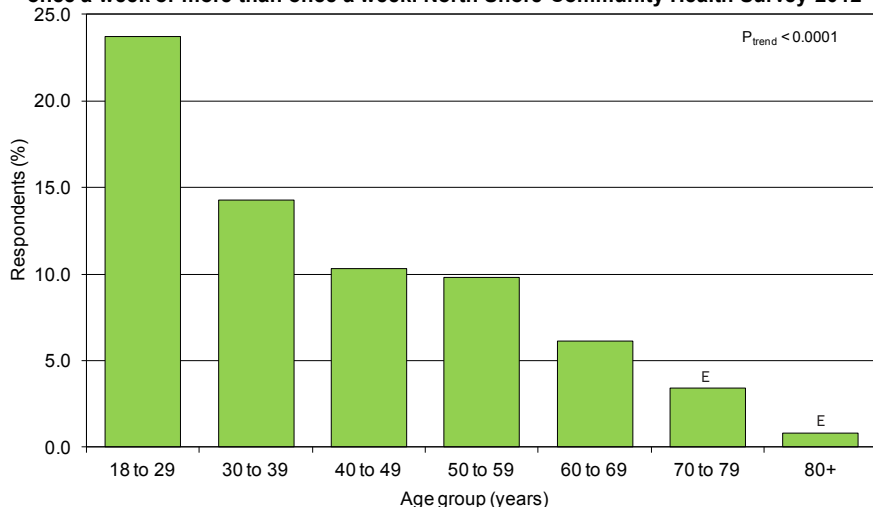
*Proportion of North Shore adults aged 60+ years with one or more chronic condition*

# ALCOHOL CONSUMPTION

## NORTH SHORE HIGHLIGHTS

- Eleven percent of the North Shore population reports binge drinking\*, more than once per month. A small minority of the population (2.2%) reports binge drinking at least once per week.
- Of the five North Shore municipalities, Lions Bay has the highest prevalence of binge drinking (21%) more than once per month, while the District of West Vancouver has the lowest (6.5%).
- Men are more likely (16%) than women (7%) to report binge drinking more than once per month.
- Those in the 18 to 29 year old age group, and those with lower educational attainment are more likely to bringe drink more than once per month.

**Respondents by age group with 5+ drinks of alcohol 2-3 times per month, once a week or more than once a week. North Shore Community Health Survey 2012**

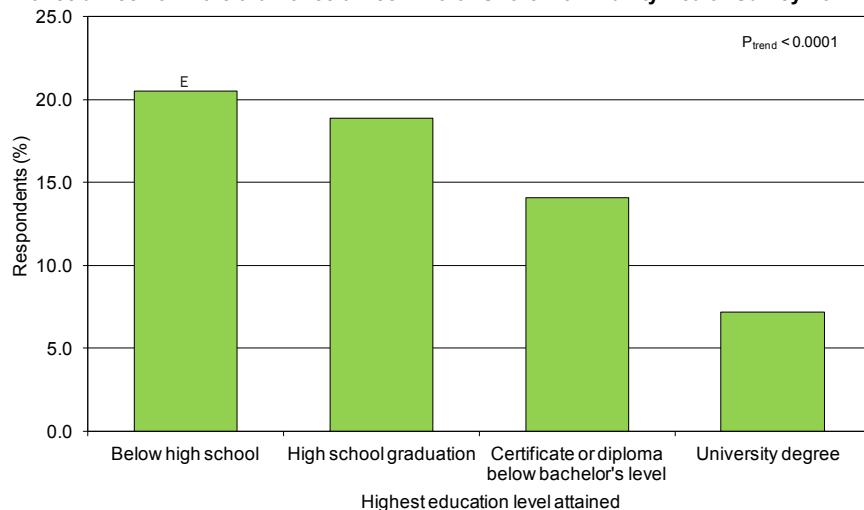


Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
 Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.  
 E=Coefficient of variance > 0.35. Interpret with caution.

# 11%

*Proportion of North Shore adults that consume 5+ drinks in one sitting more than once per month*

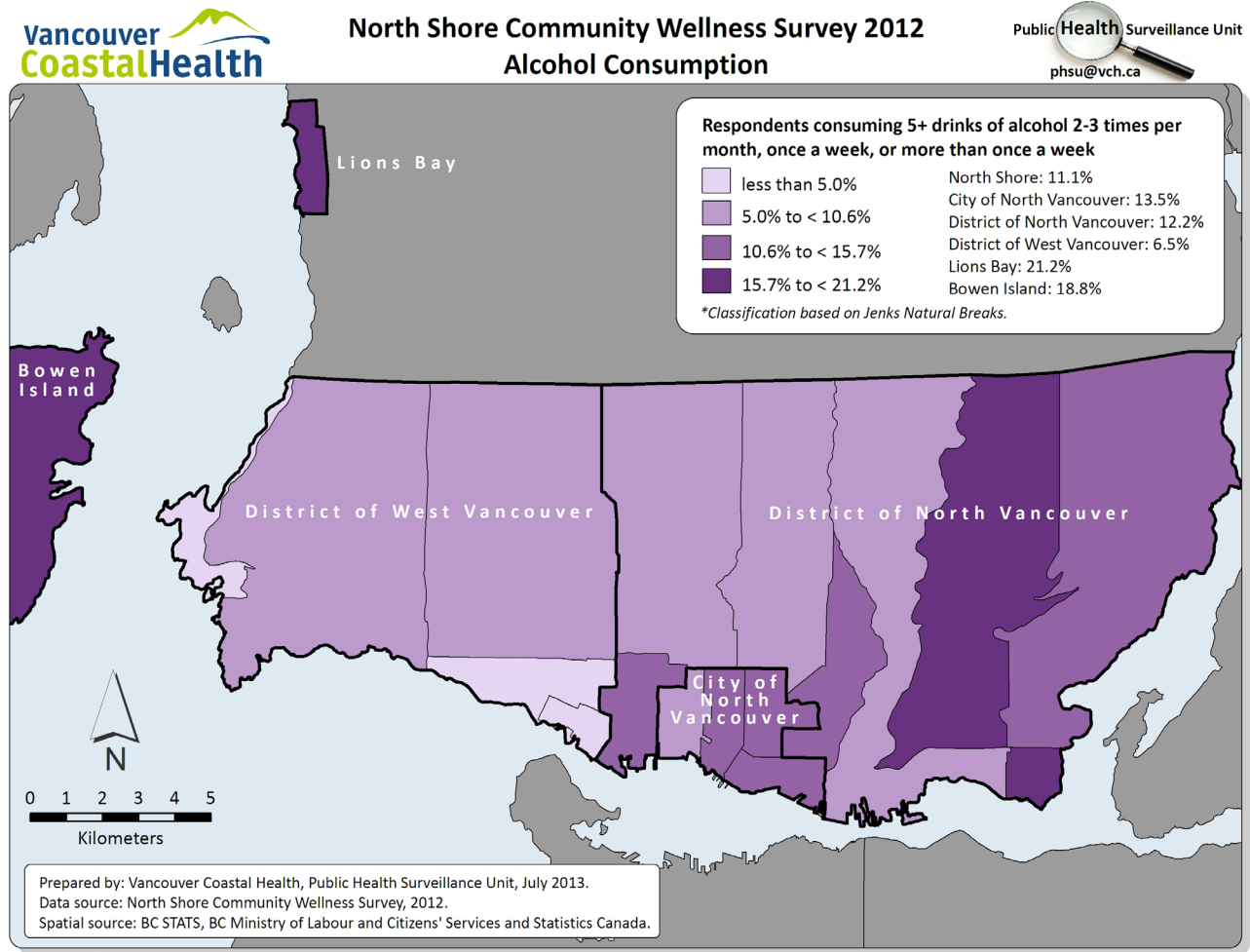
**Respondents by education level with 5+ drinks of alcohol 2-3 times per month, once a week or more than once a week. North Shore Community Health Survey 2012**



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
 Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.  
 E=Coefficient of variance > 0.35. Interpret with caution.

\*Canadian drinking standards define binge drinking as consuming five or more drinks in one occasion.

# ALCOHOL CONSUMPTION



If all Canadian drinkers were drinking alcohol within the proposed guidelines, it is estimated that alcohol-related deaths would be reduced by approximately 4,600 per year.

Source: *Alcohol and Health in Canada: A Summary of Evidence and Guidelines for Low Risk Drinking.*

# TOBACCO USE

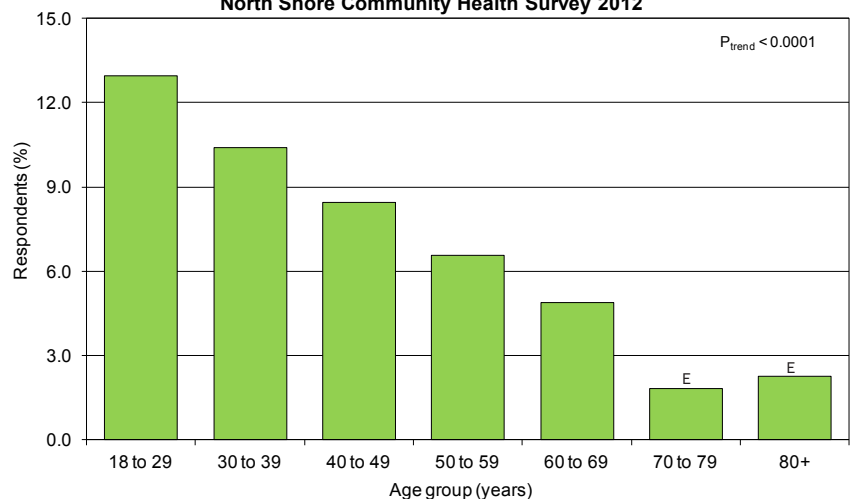
## NORTH SHORE HIGHLIGHTS

- Overall, smoking prevalence (cigarettes only) on the North Shore among adults is 7.6% [95% confidence interval: 6.5% - 8.8%].
- Smoking prevalence is higher among men (9.1%) than among women (6.2%). Smoking prevalence decreases as participants' age and educational attainment increases.
- Smoking prevalence among the municipalities ranges from 4.6% in the District of West Vancouver to 10.0% in the City of North Vancouver.
- All municipalities have a current smoking rate below the British Columbia average of 15.8% [95% confidence interval: 14.4-17.2%]. *Source: Canadian Community Health Survey, 2011*

Smoking status was assessed by asking participants to identify as currently smoking cigarettes daily or occasionally, not currently smoking cigarettes but had in the past, or never having smoked cigarettes.

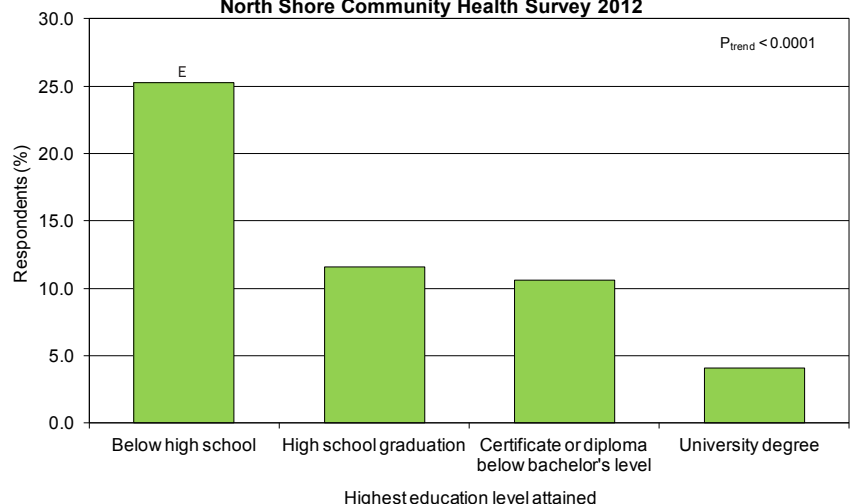
The data are summarized into three categories of smoking status: never smoked, former smoker and current smoker.

**Respondents by age group who are current daily/occasional smokers.**  
North Shore Community Health Survey 2012



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.  
E=Coefficient of variance > 0.35. Interpret with caution.

**Respondents by education level who are current daily/occasional smokers.**  
North Shore Community Health Survey 2012



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.  
E=Coefficient of variance > 0.35. Interpret with caution.

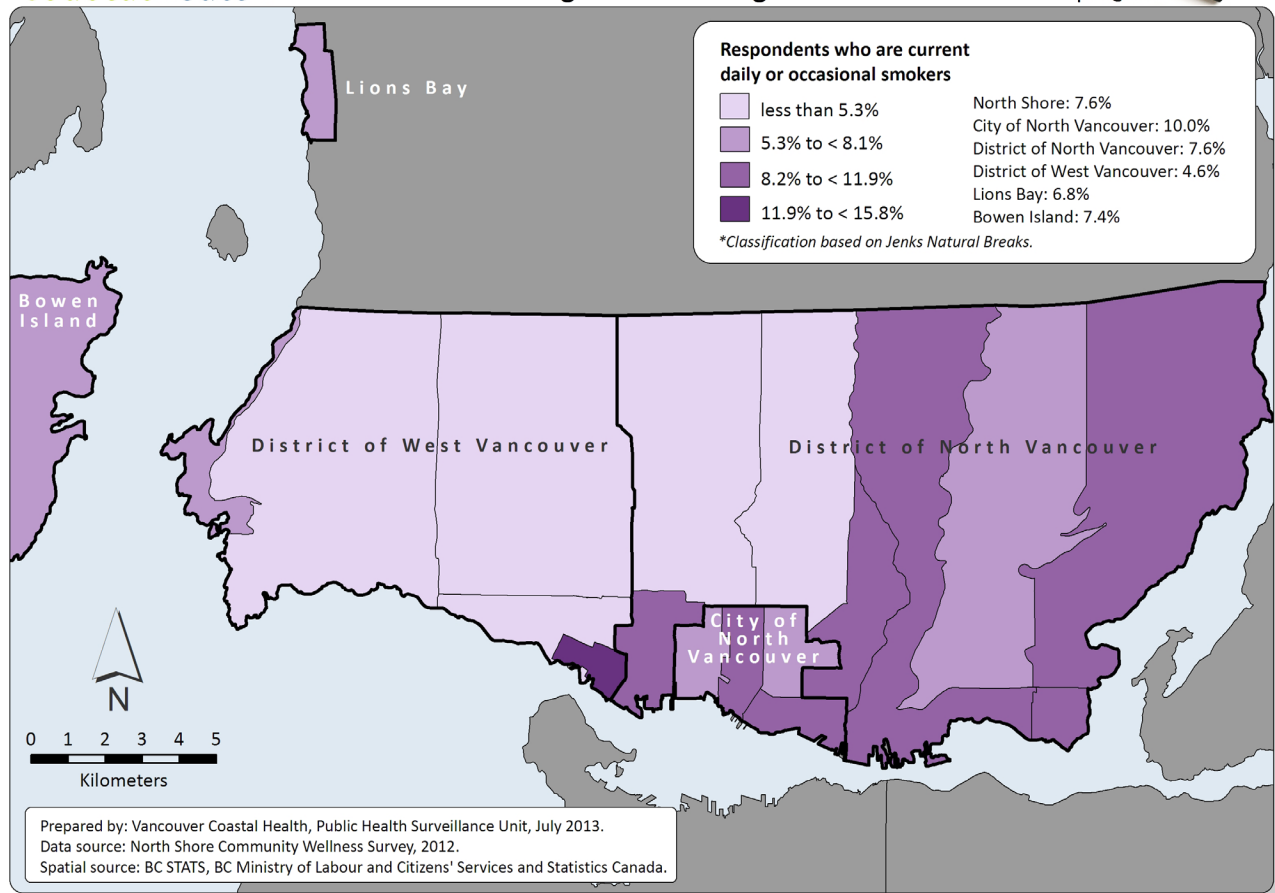
**7.6%**

*Cigarette smoking prevalence among adults on the North Shore*

# TOBACCO USE



## North Shore Community Wellness Survey 2012 Cigarette Smoking



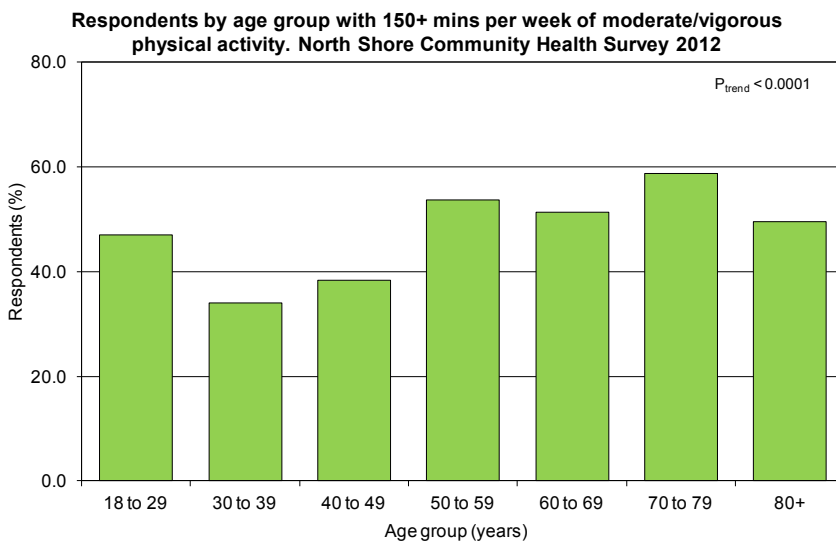
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit, July 2013.  
 Data source: North Shore Community Wellness Survey, 2012.  
 Spatial source: BC STATS, BC Ministry of Labour and Citizens' Services and Statistics Canada.

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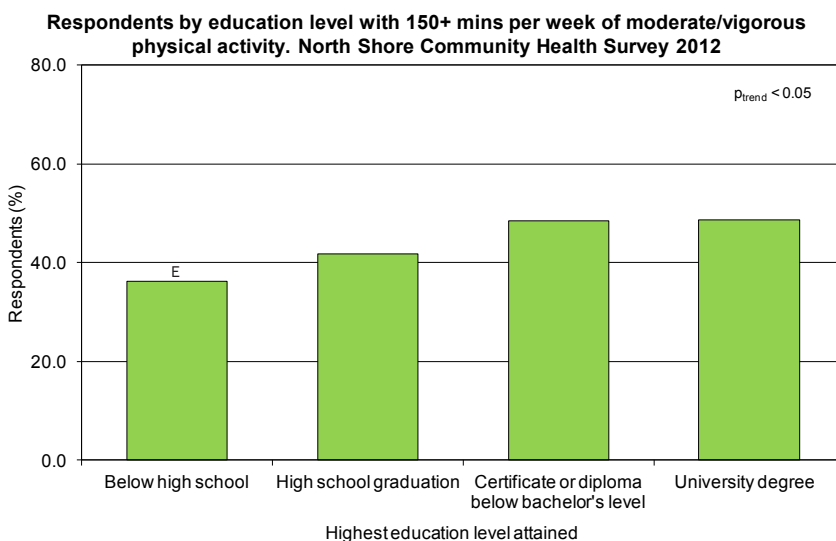
# PHYSICAL ACTIVITY

## NORTH SHORE HIGHLIGHTS

- Forty-seven percent of the North Shore population meets or exceeds the physical activity guideline\*.
- The most active North Shore municipality is Lions Bay, with 63% of its residents meeting the recommendation.
- Women (44%, compared to 51% of men) and those aged 30 to 49 years are less likely to meet the minimum physical activity recommendation.
- Increased educational attainment is associated with increased weekly physical activity.



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
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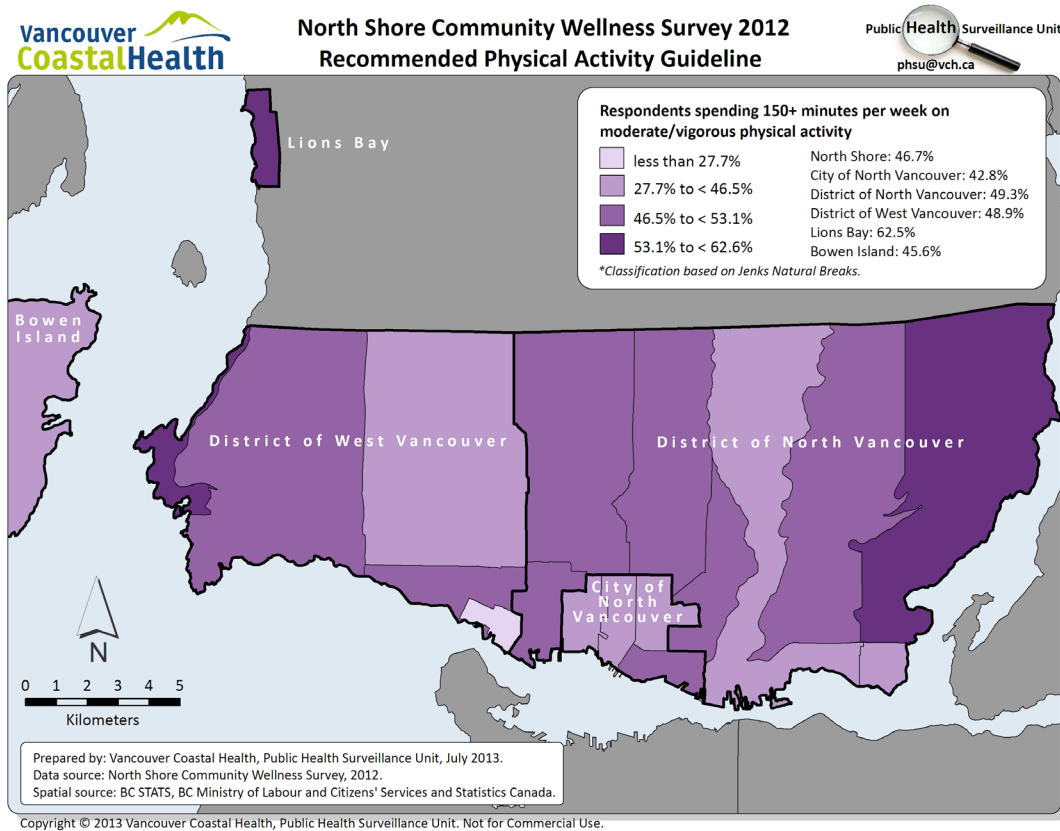
**47%**

*Proportion of North Shore adults meeting the recommended physical activity guideline*

\*Weekly physical activity was assessed using the short form International Physical Activity Questionnaire. The Canadian guideline for all adults aged 18+ years is at least 150 minutes of moderate or vigorous physical activity per week.



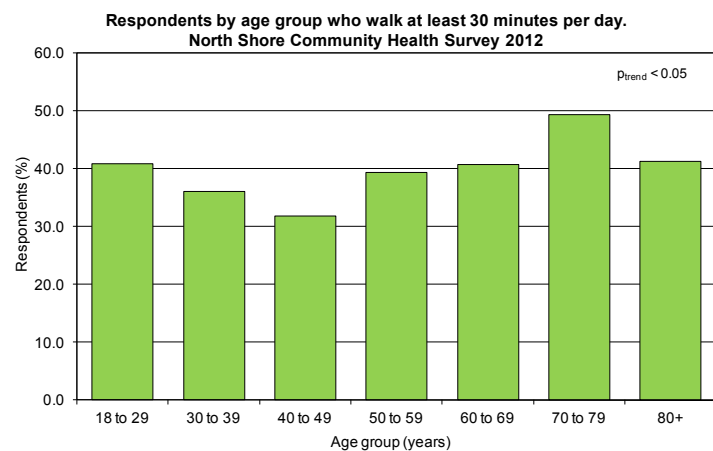
# PHYSICAL ACTIVITY



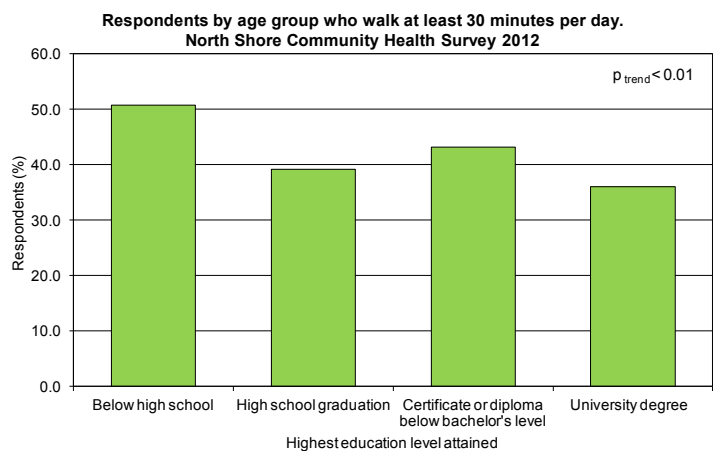
## DAILY WALKING

### NORTH SHORE HIGHLIGHTS

- Overall, 39% of North Shore residents are walking at least 30 minutes a day.



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.

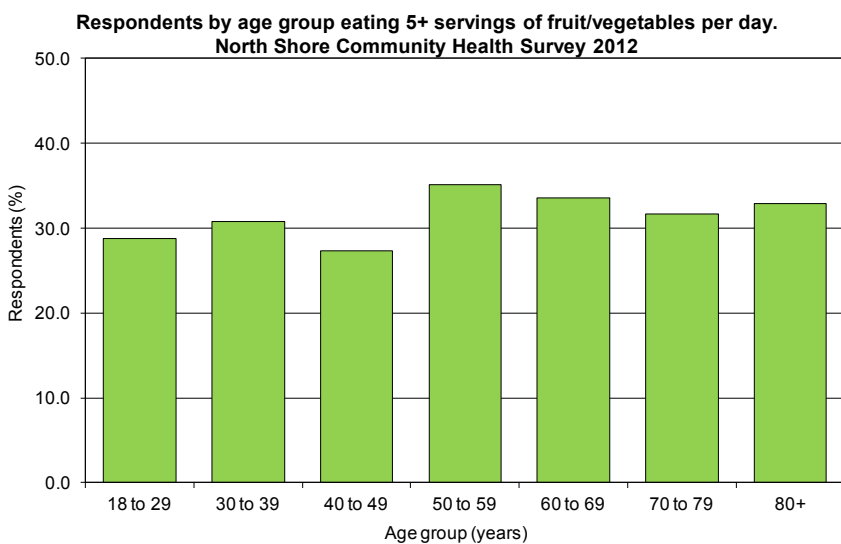


Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.

# FRUIT & VEGETABLE CONSUMPTION

## NORTH SHORE HIGHLIGHTS

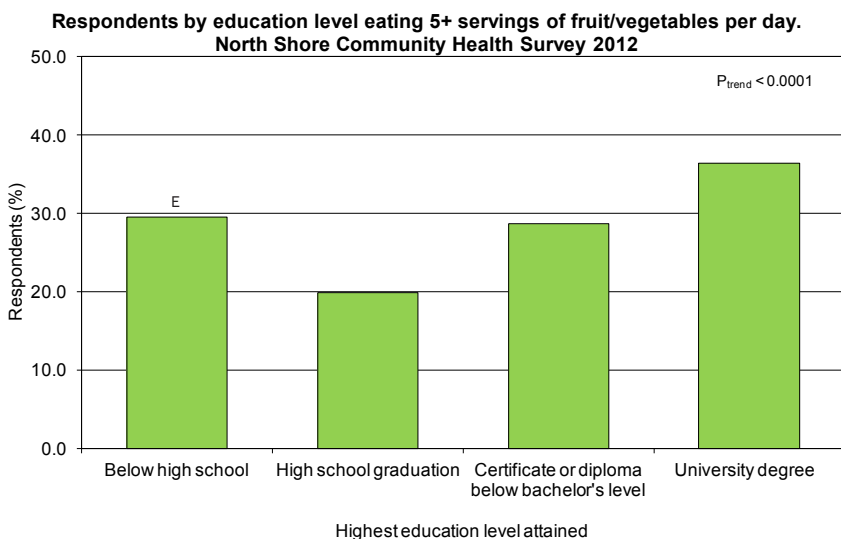
- Overall, 31% of North Shore adults are consuming five or more servings of fruits and vegetables a day.
- Women are eating more fruits and vegetables (38% meeting this guideline) than men (24% meeting this guideline).
- Lions Bay reports the lowest proportion of its residents eating five or more servings of fruits and vegetables (28% meeting the target), while the District of North Vancouver has the highest proportion at 34%.
- Fruit and vegetable consumption increases slightly with increased educational attainment, but is not affected by age.



31%

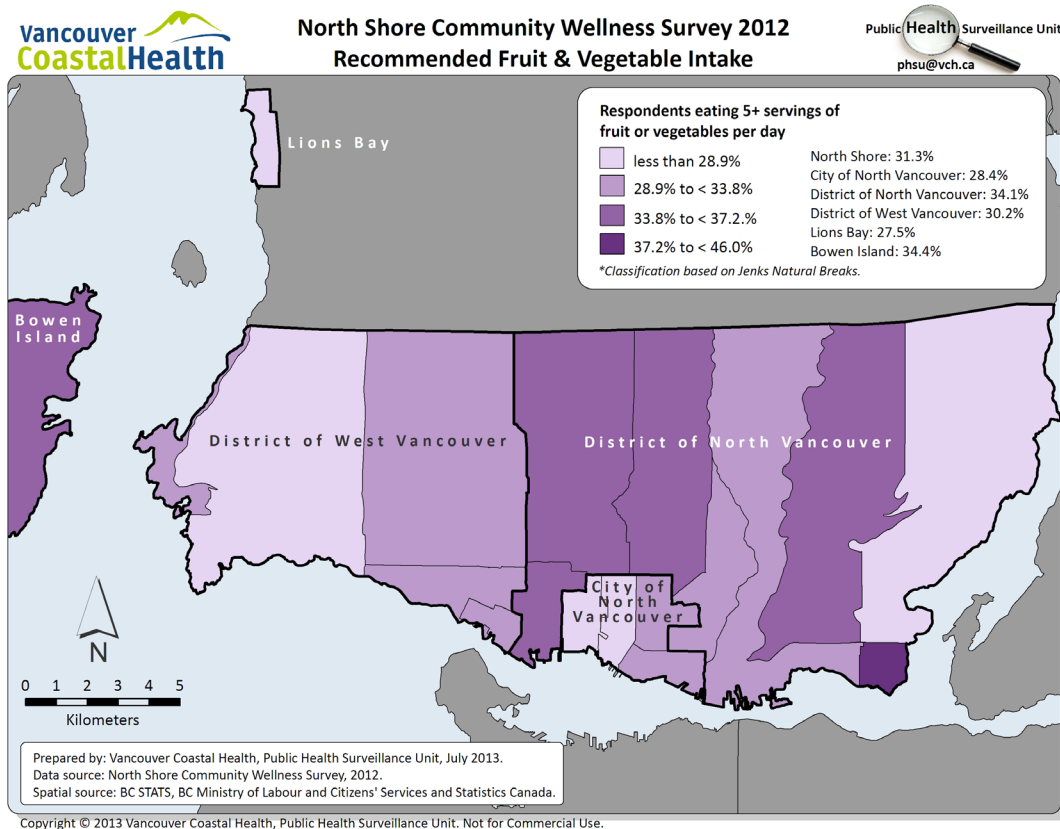
*Proportion of North Shore adults consuming 5 or more servings of fruits and vegetables a day*

Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
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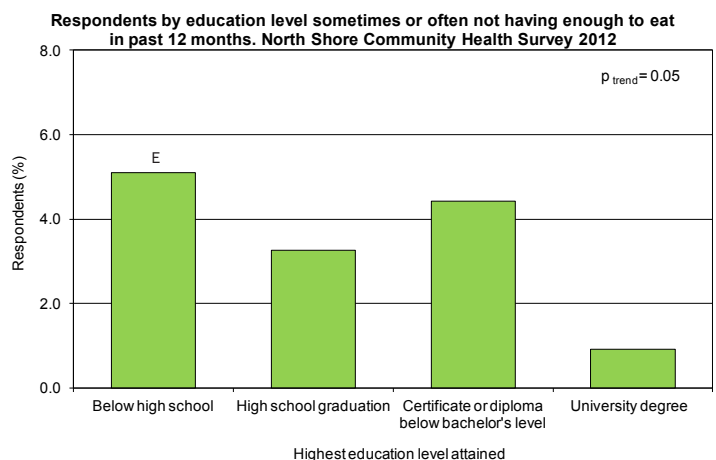
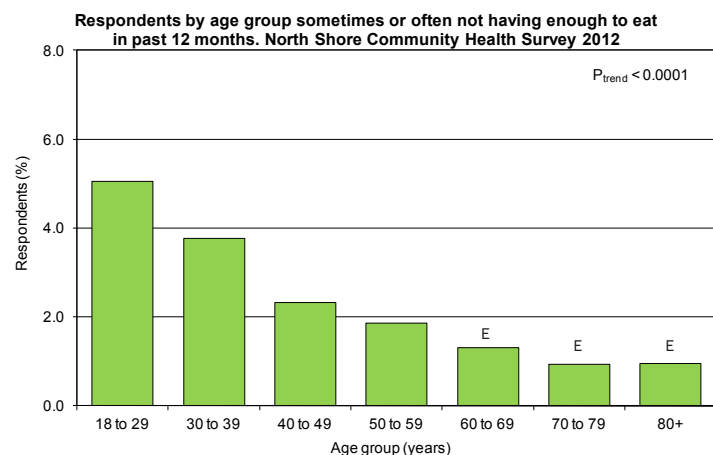
# FRUIT & VEGETABLE CONSUMPTION



# FOOD SECURITY

## NORTH SHORE HIGHLIGHTS

- Overall, 2.6% of North Shore adults report that they sometimes or often do not have enough to eat.
- This rate is slightly higher among younger adults (18 to 39 years) and those who are unemployed (7.0%). Those with a university degree have the lowest rate (0.9%) of those reporting that they sometimes or often do not have enough to eat.

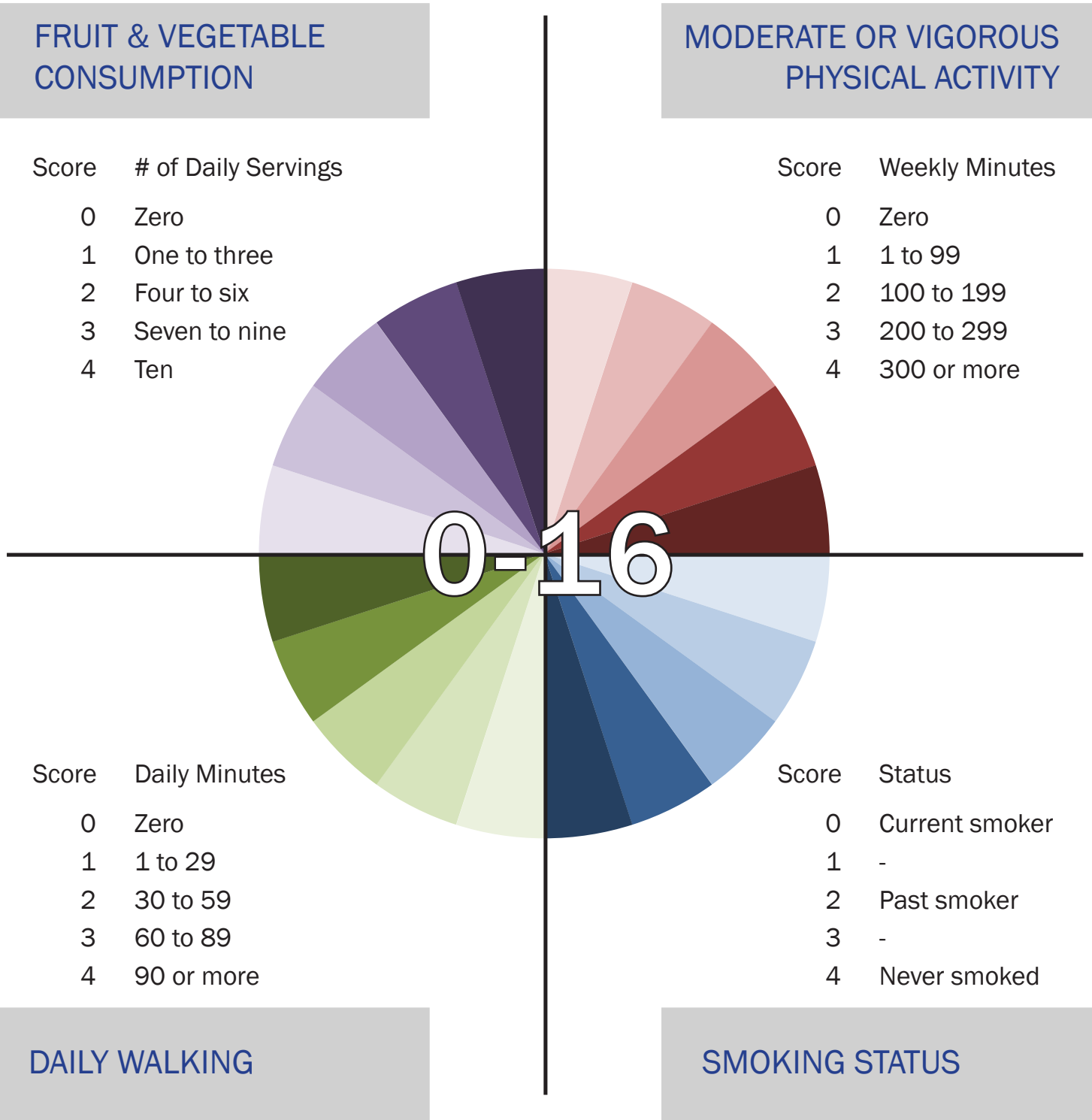


Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.  
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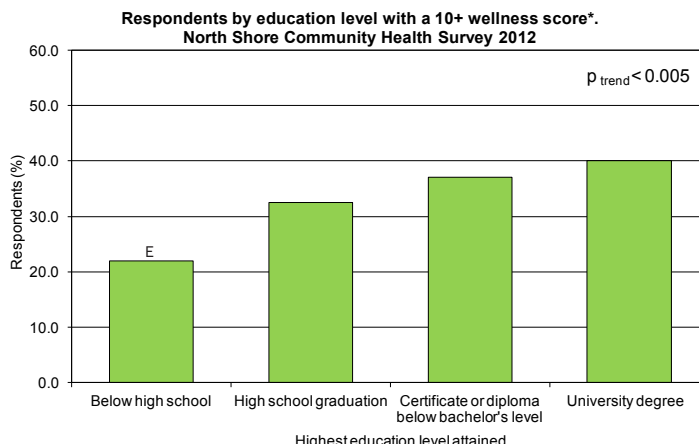
# PHYSICAL WELLNESS SCORE

A physical wellness score was constructed based on levels of fruit & vegetable consumption, weekly moderate or vigorous physical activity, daily walking and smoking status in order to examine their cumulative effect. Each indicator was given a sub-score from 0 to 4, with 4 representing the “healthiest” end of the spectrum. The final score was based on the sum of these four sub-scores. The median score was 9 (range: 1 to 15).



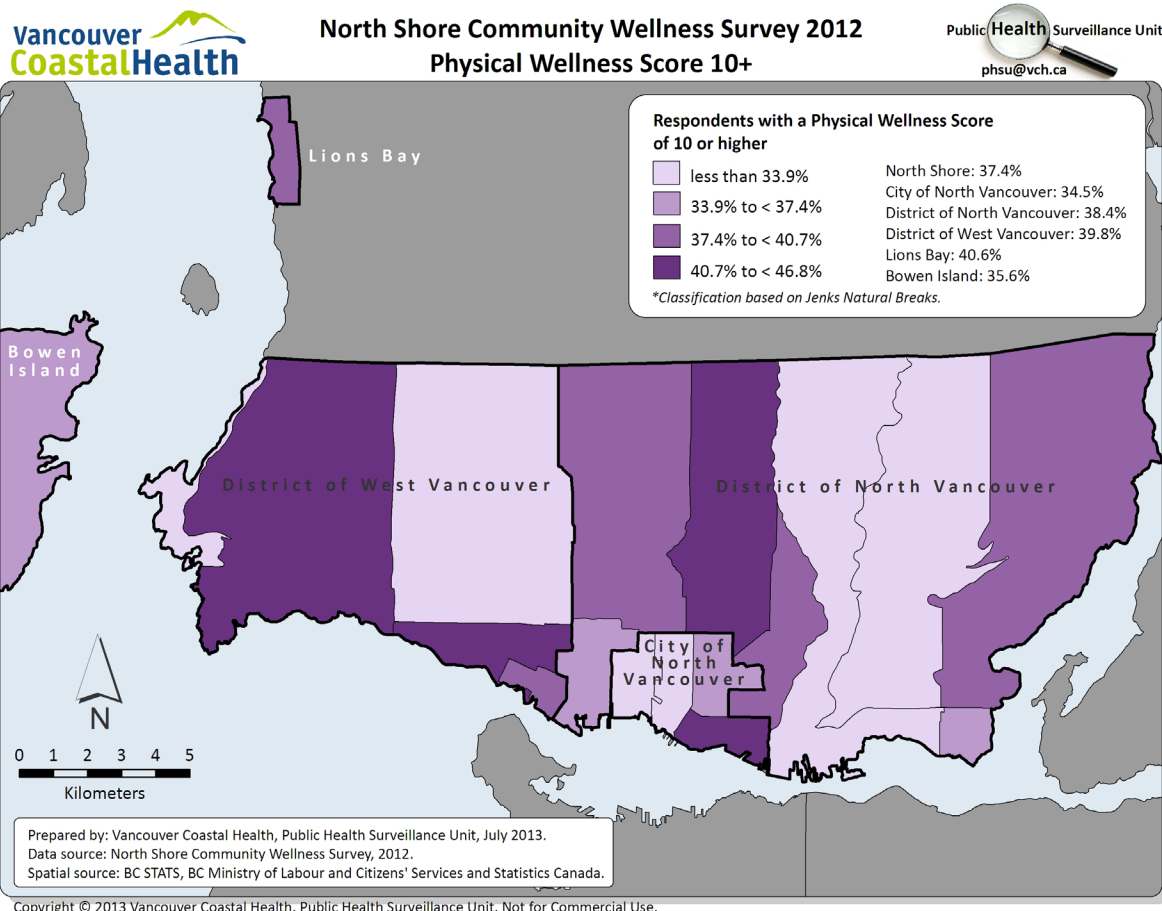
# PHYSICAL WELLNESS SCORE

We identify those with a wellness score of 10 or higher as generally possessing healthy lifestyle traits. Overall, 37% of the North Shore has a wellness score of at least 10. Wellness score increases with increased educational attainment, but is not strongly correlated to age.



\*Wellness score is determined by the amount of physical activity, walking, fruit & vegetable intake and smoking.  
Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.

\*Wellness score is determined by the amount of physical activity, walking, fruit & vegetable intake and smoking.  
Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.  
E=Coefficient of variance > 0.35. Interpret with caution.



# STRESS

## NORTH SHORE HIGHLIGHTS

- Overall, 27% of North Shore residents indicate stress in their life (i.e. indicate “extremely stressful” or “quite stressful”)
- Stress does not differ significantly between men and women.
- Younger age groups and those with the lowest educational attainment, have higher levels of stress.



“People on the North Shore are so stressed out from my experience here. We have friends but they are all too busy to hang out because they are all working so hard to pay the bills. The cost of living is a real community killer in my mind.”

Survey Participant

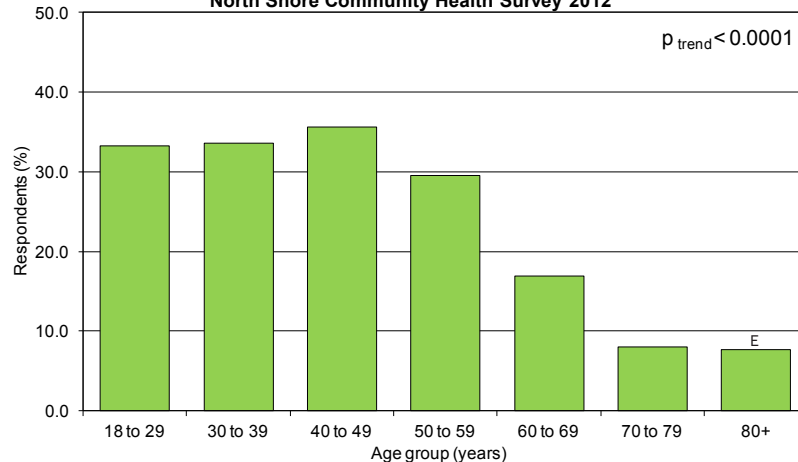
## TOP CAUSES OF STRESS ON THE NORTH SHORE

- 1 Work situation (59%)
- 2 Financial situation (48%)
- 3 Caring for children (32%)
- 4 Physical health (19%)
- 5 Employment status (15%)

34% of parents indicate stress

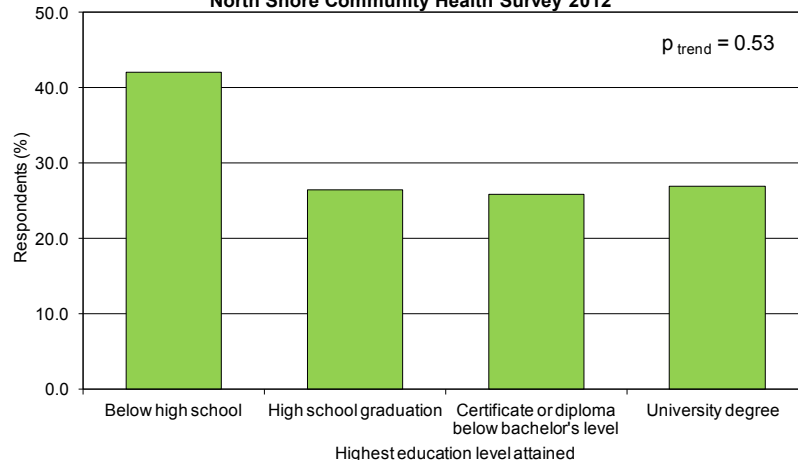
23%\* of non-parents indicate stress

Respondents by age group who indicate stress in their life\*. North Shore Community Health Survey 2012



\*Respondents who indicate “extremely stressful” or “quite a bit of stressful”. Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012. Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit. E=Coefficient of variance > 0.35. Interpret with caution.

Respondents by education level who indicate stress in their life\*. North Shore Community Health Survey 2012



\*Respondents who indicate “extremely stressful” or “quite a bit of stressful”. Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012. Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.

\* statistically different, alpha = 0.05

# THRIVING FAMILIES

“

*Having a little one,  
I really appreciate  
the library story  
times and the trails  
(I take our son  
out for a walk in  
the park or Lynn  
Valley every day for  
exercise).*

*Survey participant*



# CHILD CARE ARRANGEMENTS

## NORTH SHORE HIGHLIGHTS

- The majority of parents with children aged 0 to 4 years (51%) are caring for their child at home themselves (or by an immediate family member). Thirty percent of parents use daycare and 11% employ a nanny.
- Care in the child's home by a non-relative (nanny) increases with parents' increased educational attainment.
- Among all types of child care, 100% of parents feel that their arrangement provides a safe and secure environment.

### Are parents satisfied with the level of caregiver training?

Care at home by self	94% say yes
Care at home by nanny	80% say yes
Daycare Centre	98% say yes

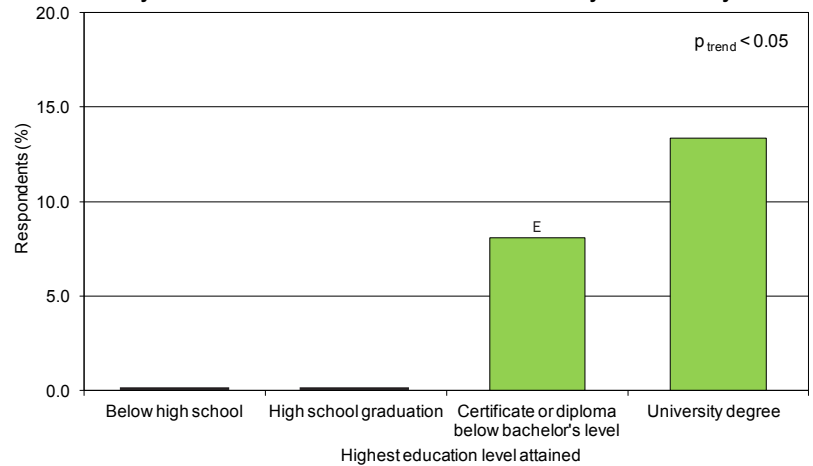
### Do parents feel their child care arrangement is a reasonable cost?

Care at home by self	81% say yes
Care at home by nanny	65% say yes
Daycare Centre	46% say yes

### Do parents feel their child care arrangement provides a stimulating learning environment?

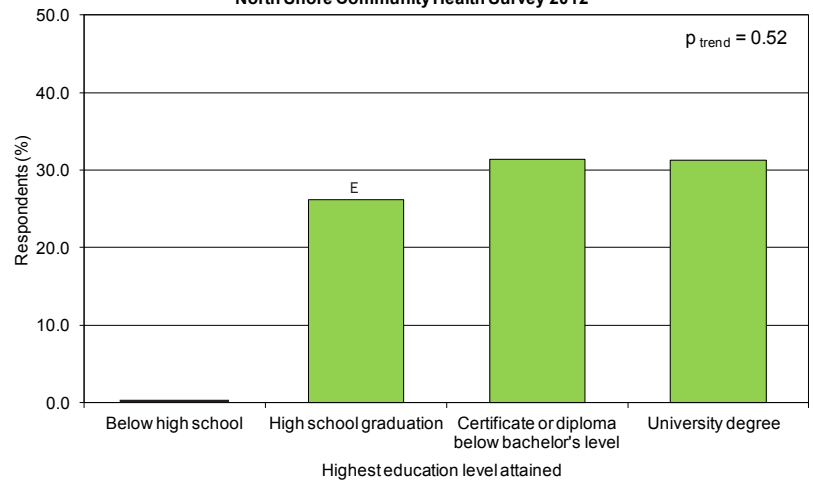
Care at home by self	92% say yes
Care at home by nanny	85% say yes
Daycare Centre	98% say yes

Parents (of children 0-4 years of age) by education level who have their children in "home by non-relative" childcare. North Shore Community Health Survey 2012



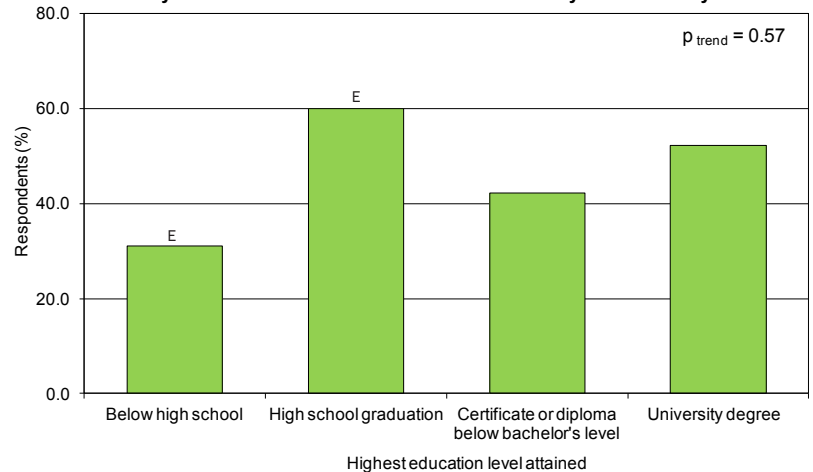
Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.  
E=Coefficient of variance > 0.35. Interpret with caution.

Parents (of children 0-4 years of age) by education level who have their children in daycare. North Shore Community Health Survey 2012



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.  
E=Coefficient of variance > 0.35. Interpret with caution.

Parents (of children 0-4 years of age) by education level who have their children in "home by relative" childcare. North Shore Community Health Survey 2012



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.  
E=Coefficient of variance > 0.35. Interpret with caution.



# CONCERNS ABOUT CHILDREN

## NORTH SHORE HIGHLIGHTS

- Parents of children 0 to 18 years of age were asked to select from a list of sixteen choices, whether they had any specific concerns about their children. Parents could choose all that applied. Across the North Shore, the top concerns parents have about their children are 'academic performance' and 'too much screen time.'

### TOP CONCERNS PARENTS HAVE ABOUT THEIR CHILDREN



My husband and I are both university educated and make a combined annual salary of >\$100,000 but cannot afford even a modest home and are struggling with an annual daycare cost of approximately \$20,000. I see these areas as the two greatest problems on the North Shore”

*Survey Participant*

- 1 Academic performance (38%)
- 2 Too much screen time (36%)
- 3 Quality of education (34%)
- 4 Social connections (34%)
- 5 Self-esteem (30%)

## HOW HEALTHY ARE PARENTS?

When comparing parents with children aged 0 to 18 years, to those with no children or adult children, we find:

- 23% of parents report excellent health, compared to 17% of non-parents\*
- 1.9% of parents report not having enough to eat, compared to 2.5% of non-parents\*
- 39% of parents meeting the physical activity guideline, compared to 50% of non-parents\*
- 32% of parents have a physical wellness score of 10 or higher, compared to 41% of non-parents\*
- 34% of parents indicate that their lives are quite or extremely stressful, compared to 23% of non-parents\*
- No significant difference among the proportion of parents vs. non parents eating 5+ servings of fruits and vegetables per day and proportion who are current smokers

\* statistically different, alpha = 0.05

# THRIVING COMMUNITIES

“

*The Community Centres  
are great places, but  
it's expensive to go  
to the gym or attend  
programs.”*

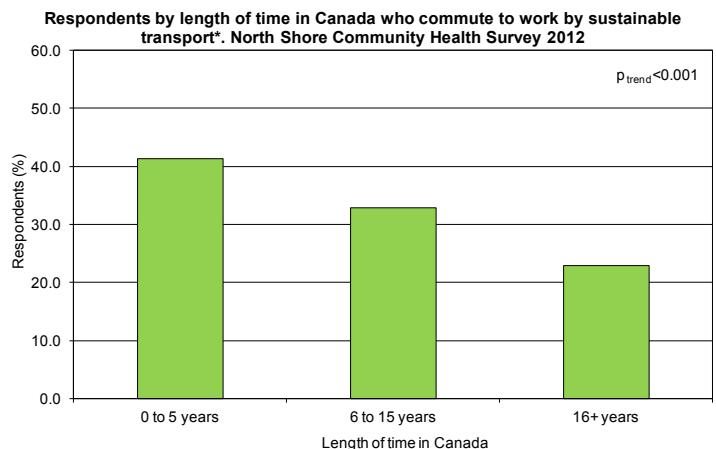
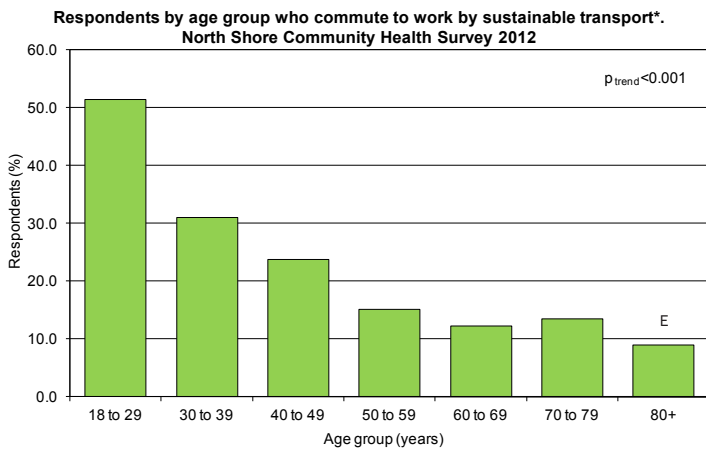
*Survey participant*



# METHOD OF COMMUTE

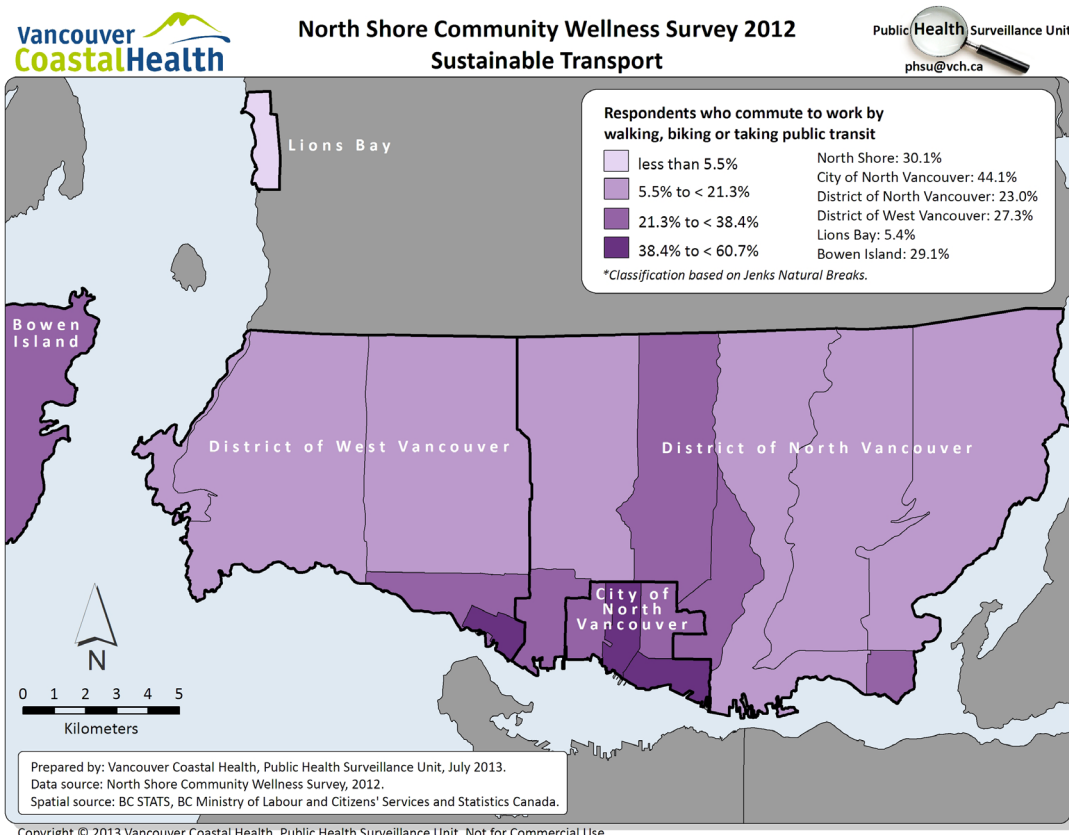
## NORTH SHORE HIGHLIGHTS

- Overall, 30% of North Shore residents use a sustainable mode of transport (walking, bicycling or public transit) as their primary way of commuting to work or school.
- The City of North Vancouver has the highest proportion of residents using sustainable transport for their commute (44%), while Lions Bay has the lowest (5%).
- Commuting by sustainable mode is more prevalent among younger age groups and recent immigrants.
- Presence of cycling and pedestrian infrastructure and access to public transit contribute to commuting choices.

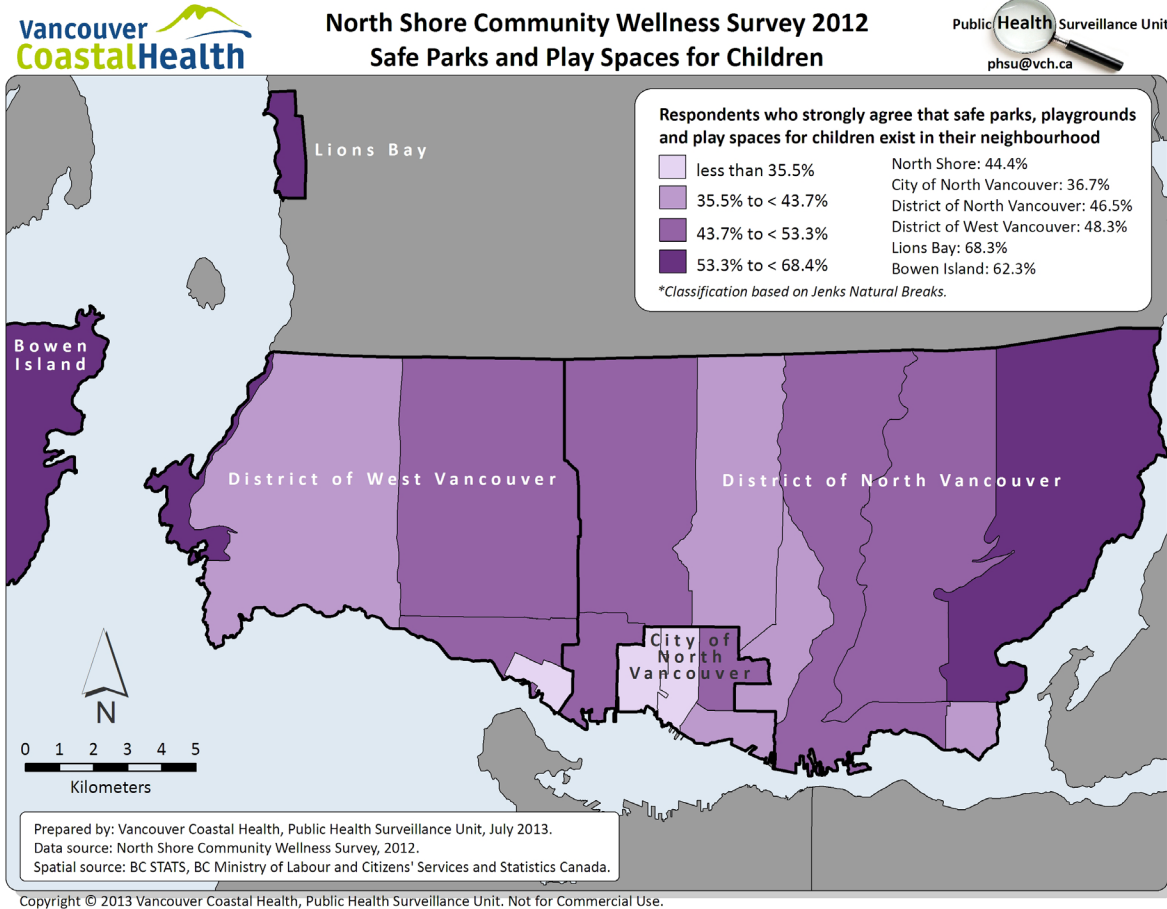


\*Commute to work by walk, bicycle or public transportation.  
Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.  
E=Coefficient of variance > 0.35. Interpret with caution.

\*Commute to work by walk, bicycle or public transportation.  
Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.



# NEIGHBOURHOOD SAFETY



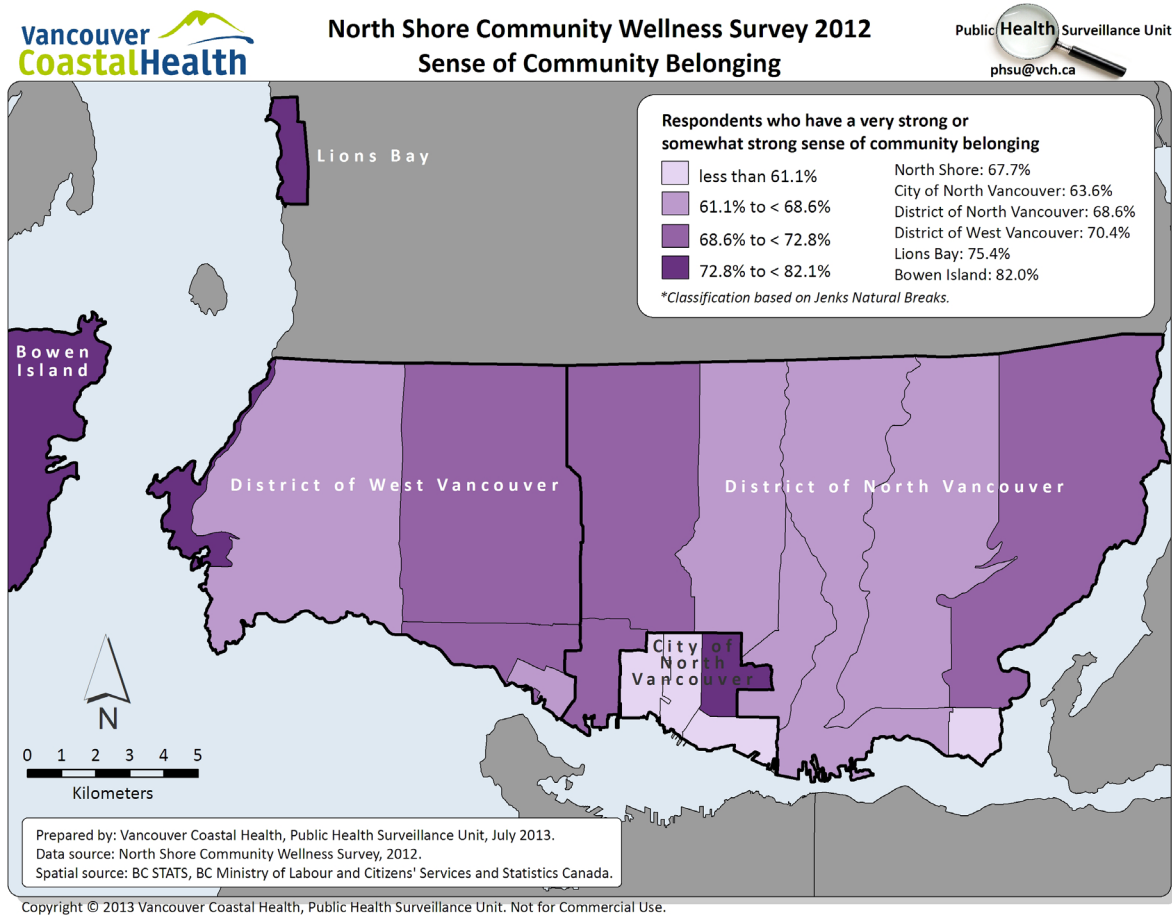
## NORTH SHORE HIGHLIGHTS

- Overall, 44% of residents strongly agree that there are safe parks, playgrounds and play spaces for children in their neighbourhood. This ranges from 37% in City of North Vancouver to 68% in Lions Bay. Overall, 95% of residents either strongly agree or agree that there are safe parks, playgrounds and play spaces.
- Overall, 40% of residents strongly agree that they feel safe walking alone in their neighbourhood after dark. Overall, 93% of residents either strongly agree or agree that they feel safe.

**Do you feel safe walking alone in your neighbourhood after dark?**  
 (% respondents)

	North Shore	Lions Bay	Bowen Island	District of West Vancouver	City of North Vancouver	District of North Vancouver
Strongly agree	40%	75%	72%	45%	30%	42%
Agree	53%	19%	26%	49%	61%	52%

# COMMUNITY BELONGING



## NORTH SHORE HIGHLIGHTS

- Overall, 68% of North Shore residents report that they feel a very strong or somewhat strong sense of community belonging.
- Bowen Island has the highest reported sense of community belonging (82%) and the City of North Vancouver has the lowest reported sense of community belonging (64%).
- Almost 100% of residents say they strongly agree or agree that they have someone to turn to for advice, someone they can count on in an emergency and neighbours that would help them out (measure of social capital).
- Only 26% of residents report that they strongly agree that neighbours are willing to help each other out. This ranges from 18% in the City of North Vancouver to 56% in Bowen Island and Lions Bay.

Do you have someone you can turn to for advice?		Do you have someone you can count on in an emergency?		Are your neighbours willing to help each other out?	
Strongly Agree	46%	Strongly Agree	52%	Strongly Agree	26%
Agree	47%	Agree	44%	Agree	65%

# COMMUNITY BELONGING

## NORTH SHORE HIGHLIGHTS

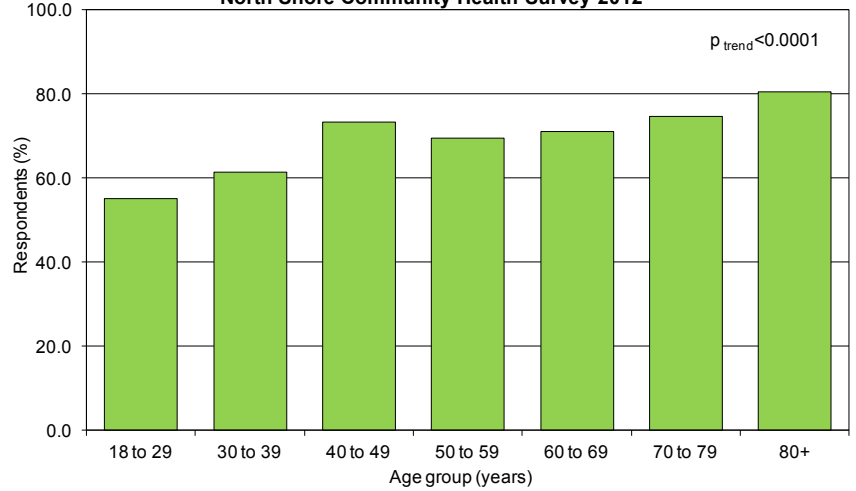
- Sense of belonging increases with age among North Shore residents and increases with increased length of time in Canada among immigrants to the North Shore.
- Community belonging is not associated by educational attainment.
- A greater proportion of women (72%) than men (63%) feel a strong sense of community belonging.



After doing this survey, I realized that I am very fortunate to live and work where I do!"

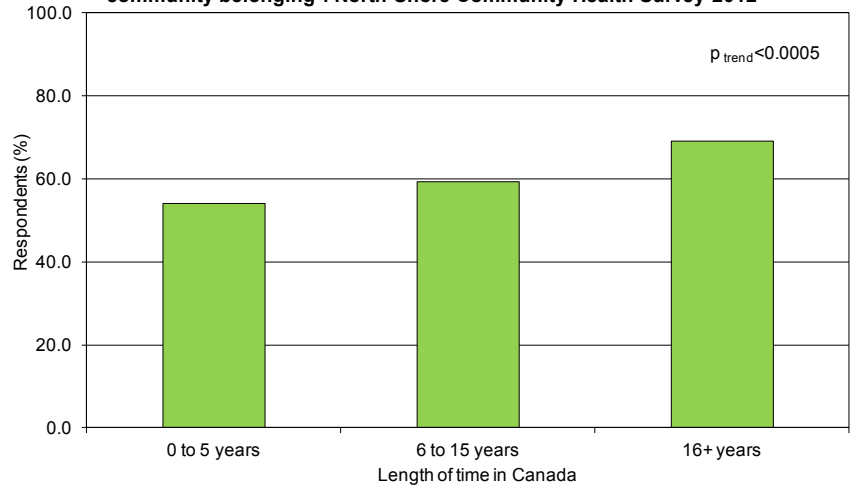
*Survey Participant*

**Respondents by age group who have a strong sense of community belonging\*.**  
North Shore Community Health Survey 2012



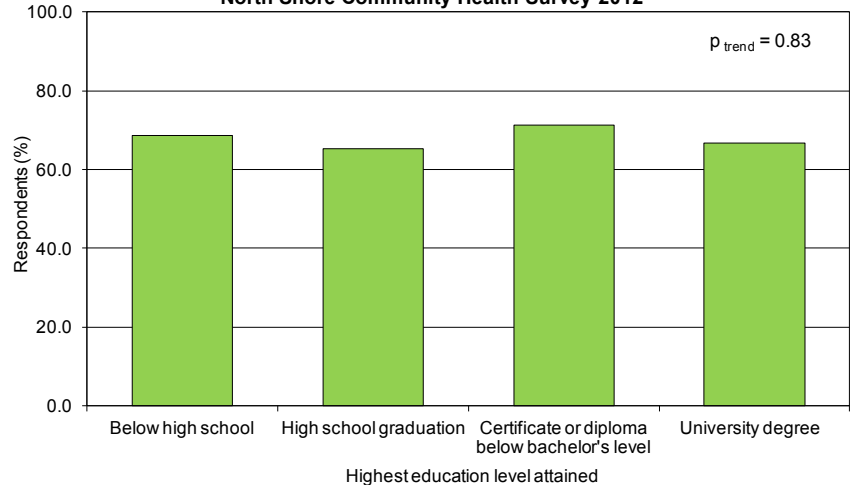
\*Respondents who answered "very strong" or "somewhat strong".  
Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.

**Respondents by length of time in Canada group who have a strong sense of community belonging\*.**  
North Shore Community Health Survey 2012



\*Respondents who answered "very strong" or "somewhat strong".  
Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.

**Respondents by education level who have a strong sense of community belonging\*.**  
North Shore Community Health Survey 2012



\*Respondents who answered "very strong" or "somewhat strong".  
Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Health Survey, 2012.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit.

# EFFECT OF COMMUNITY BELONGING

## NORTH SHORE HIGHLIGHTS

- Community belonging is associated with better self-reported health status and greater wellness score.
- Those with a strong sense of community belonging are more likely to have visited community amenities.

Those with a very strong sense of community belonging were more likely to have visited the following community amenities in the past week:  
(strong vs. weak)

- A municipal or school park (47% vs. 34%\*)
- A North Shore walking trail (54% vs. 41%\*)
- A Seniors' Centre (among those aged 65+) (52% vs. 36%\*)
- Arts or cultural facilities (13% vs. 6%\*)

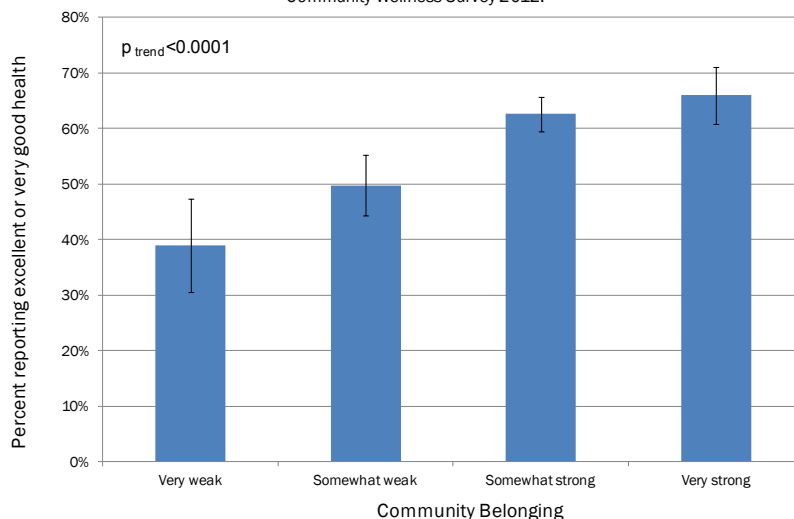
\*  $p < 0.05$  compared to those who report a weak sense of belonging.

Increased community belonging was found to be associated with:

- Increased level of stimulation for children cared for at home (↑ 50%)\*\*
- Increased parents' wellness scores (↑ 32%)\*\* and decreased stress levels (↓ 28%)\*\*
- Decreased parental concerns about peer pressure (↓ 13%)\*\*, bullying (↓ 16%)\*\* and social connections (↓ 20%)\*\* about their children

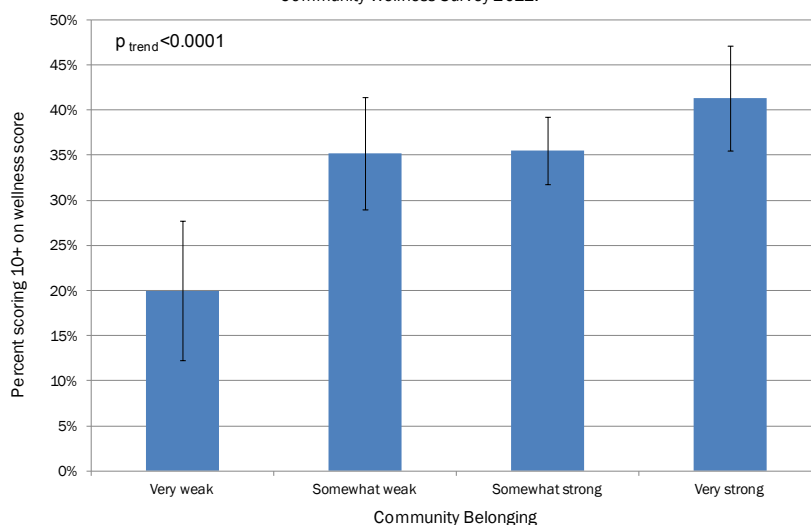
\*\*  $p < 0.001$ , after controlling for age, sex and education.

Respondents reporting excellent or very good health by community belonging. North Shore Community Wellness Survey 2012.



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Wellness Survey 2012  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit

Respondents scoring 10+ on wellness score by community belonging. North Shore Community Wellness Survey 2012.



Source: Vancouver Coastal Health, Public Health Surveillance Unit, North Shore Community Wellness Survey 2012  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit

# CONCLUSION

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Overall the North Shore communities are successful and thriving with many attributes that make for healthy communities. However, despite some of these very desirable attributes this report does reveal that making the healthy choice the easy choice is without doubt hindered for certain segments of the North Shore population such as recent immigrants, young adults, and parents. The extent to which they are unable to fully avail themselves of opportunities for physical activity, healthy food access, transportation choices, and affordable childcare is almost certainly influenced by selected barriers related to their social, economic and physical environment. These barriers manifest in the association of lower physical wellness and decreased sense of community belonging among these groups.

The consequences of these barriers not only impact the individual but their dependents, and children in particular are most vulnerable as these determinants can have lasting impact across the whole life course. Early experiences determine health, education and economic participation for the rest of life.

Therefore in the context of the North Shore the early childhood environment should be paramount in healthy public policy. The observation that majority of parents have some arrangement of care for their child at home (relative or non-relative) potentially signifies the current level of available daycare spaces (30% for the size of the eligible population) and affordability may be barriers. Given the importance of early childhood stimulation as predictor of future health and success, policy considerations to address the availability of high quality, accessible and affordable child care options are required.

A vital cornerstone of child and family well-being is the sense of community belonging. Community engagement and interaction can have a great impact on belonging and well-being.

Public policy that cultivates a healthy society should also include strategies to foster sense of belonging. While accessible community amenities that allow for physical activity, learning, and cultural expression has dividends in better health and well-being for most, particular consideration needs to be given to young adults, recent immigrants and parents that report a weaker sense of belonging. Facilitating and advancing discussions and understanding on the impacts of community belonging will have a significant influence on population health outcomes that are underpinned by positive lifestyle traits and quality of life.

An essential part of increasing the quality of life for residents of the North Shore communities will require addressing those elements of the social, economic and physical environment that gives rise to inequalities in health and well-being. Establishing policies that positively influence the conditions in which we live, learn, work, and play and the quality of our relationships will have a lasting influence on building healthier communities with improved population health status.



# ACKNOWLEDGEMENTS

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Joel Gibson, Sentinel Secondary School  
Karen Johnson, Sentinel Secondary School  
Melanie Nelson, Carson Graham Secondary School  
Connie O'Connor, West Vancouver Secondary School

North Shore Field Surveyors and Supervisors  
North Shore Survey Field Sites

# APPENDIX

Question	Response	North Shore Overall	City of North Vancouver	District of North Vancouver	District of West Vancouver	Bowen Island	Lions Bay
		% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
<b>THRIVING PEOPLE</b>							
How would you rate your general health?	Excellent or very good	57.4 ( 55.3 - 59.5 )	51.9 ( 47.6 - 56.3 )	59.0 ( 55.6 - 62.4 )	61.6 ( 57.3 - 65.8 )	59.5 ( 51.1 - 67.8 )	76.6 ( 62.4 - 90.8 )
How often in the past 12 months have you had 5 or more alcoholic drinks in one occasion?	2 to 3 times a month, once a week or more than once a week	11.1 ( 9.7 - 12.5 )	13.5 ( 10.5 - 16.5 )	12.2 ( 9.8 - 14.5 )	6.5 ( 4.4 - 8.6 )	18.8 ( 10.3 - 27.3 )	21.2 ( 0.2 - 42.1 )
Do you currently smoke cigarettes?	Yes, daily or Yes, occasionally	7.6 ( 6.5 - 8.8 )	10.0 ( 7.6 - 12.4 )	7.6 ( 5.7 - 9.5 )	4.6 ( 2.6 - 6.5 )	7.4 ( 3.1 - 11.6 )	6.8 ( 0.0 - 16.3 )
Repondents with 150+ minutes of moderate or vigorous physical activity per week [derived variable]	% w/ 150+ mins per week	46.8 ( 44.5 - 49.0 )	42.8 ( 38.3 - 47.4 )	49.5 ( 46.0 - 53.0 )	48.9 ( 44.3 - 53.6 )	45.6 ( 36.4 - 54.8 )	62.5 ( 46.0 - 79.1 )
Repondents with 30+ minutes of walking per day [derived variable]	% w/ 30+ mins per day	38.8 ( 36.6 - 41.1 )	43.8 ( 39.2 - 48.4 )	36.7 ( 33.3 - 40.2 )	38.1 ( 33.7 - 42.6 )	39.4 ( 30.7 - 48.2 )	41.5 ( 24.8 - 58.2 )
How many servings of fruits and/or vegetables did you eat yesterday?	% w/ 5+ servings per day	31.2 ( 29.2 - 33.3 )	28.4 ( 24.6 - 32.1 )	34.1 ( 30.8 - 37.4 )	30.2 ( 25.9 - 34.5 )	34.3 ( 26.3 - 42.4 )	27.5 ( 12.9 - 42.2 )
Which of the following statements best describes the food eaten in your household?	Sometimes or often you did not have enough to eat	2.6 ( 1.9 - 3.2 )	3.3 ( 1.9 - 4.6 )	2.6 ( 1.5 - 3.7 )	1.7 ( 0.6 - 2.9 )	0.4 ( 0.0 - 1.2 )	0.0 ( 0.0 - 0.0 )
Physical wellness score	% w/ score 10+	37.4 ( 34.9 - 39.8 )	34.5 ( 29.6 - 39.5 )	38.4 ( 34.6 - 42.1 )	39.8 ( 34.9 - 44.6 )	35.6 ( 26.5 - 44.6 )	40.6 ( 23.9 - 57.3 )
Thinking about the amount of stress in your life, would you say that most days are:	Extremely or quite stressful	27.0 ( 25.1 - 28.8 )	28.5 ( 24.8 - 32.2 )	27.9 ( 24.9 - 30.8 )	23.2 ( 19.5 - 26.9 )	31.1 ( 22.3 - 40.0 )	17.1 ( 4.3 - 29.8 )
What are the factors contributing to your stress?	Physical health problem or condition	19.5 ( 16.4 - 22.5 )	23.7 ( 17.3 - 30.0 )	17.0 ( 12.6 - 21.5 )	18.0 ( 11.4 - 24.6 )	25.2 ( 11.0 - 39.4 )	17.5 ( 0.0 - 48.2 )
	Financial situation	48.3 ( 44.3 - 52.3 )	44.2 ( 36.9 - 51.4 )	54.6 ( 48.6 - 60.7 )	39.4 ( 30.5 - 48.2 )	60.3 ( 43.0 - 77.6 )	25.1 ( 0.0 - 61.0 )
	Work situation	58.6 ( 54.7 - 62.6 )	56.2 ( 48.8 - 63.5 )	64.8 ( 58.9 - 70.8 )	50.6 ( 41.5 - 59.7 )	71.7 ( 54.3 - 89.2 )	90.0 ( 65.4 - 100.0 )
	Employment status	15.0 ( 12.1 - 17.9 )	13.6 ( 8.5 - 18.8 )	14.7 ( 10.2 - 19.1 )	17.3 ( 10.6 - 24.0 )	11.8 ( 2.1 - 21.5 )	7.6 ( 0.0 - 26.7 )
	Caring for children or grandchildren	32.1 ( 28.5 - 35.6 )	28.1 ( 21.9 - 34.4 )	34.2 ( 28.7 - 39.7 )	30.9 ( 22.6 - 39.1 )	33.5 ( 16.0 - 51.1 )	47.5 ( 0.0 - 97.2 )
	Caring for elderly relatives	10.5 ( 8.4 - 12.7 )	9.6 ( 5.8 - 13.4 )	10.1 ( 6.9 - 13.3 )	13.1 ( 7.7 - 18.4 )	9.6 ( 1.8 - 17.4 )	0.0 ( 0.0 - 0.0 )
	Personal or family safety	6.0 ( 4.2 - 7.8 )	4.6 ( 1.9 - 7.2 )	7.1 ( 4.0 - 10.2 )	3.5 ( 0.1 - 6.9 )	11.0 ( 0.9 - 21.0 )	7.5 ( 0.0 - 26.5 )
	Living conditions	11.3 ( 8.8 - 13.8 )	9.8 ( 5.4 - 14.3 )	11.1 ( 7.3 - 14.8 )	12.1 ( 6.1 - 18.1 )	15.8 ( 0.0 - 33.0 )	0.0 ( 0.0 - 0.0 )

# APPENDIX

		North Shore Overall	City of North Vancouver	District of North Vancouver	District of West Vancouver	Bowen Island	Lions Bay
Question	Response	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
<b>THRIVING FAMILIES</b>							
[For those families with children aged 0 to 4 years], what type of child care do you use?	Care in child's home by self, immediate family or relative	50.5 ( 43.8 - 57.2 )	50.8 ( 39.2 - 62.3 )	44.9 ( 35.1 - 54.7 )	63.3 ( 45.0 - 81.6 )	81.4 ( 59.5 - 100.0 )	#### ( 100.0 - 100.0 )
	Care in child's home by a non-relative	11.4 ( 7.7 - 15.2 )	9.2 ( 3.4 - 14.9 )	10.5 ( 4.9 - 16.0 )	20.6 ( 7.0 - 34.2 )	4.8 ( 0.0 - 15.6 )	0.0 ( 0.0 - 0.0 )
	Care in someone else's home by a relative	11.1 ( 6.0 - 16.3 )	10.6 ( 4.2 - 17.1 )	9.1 ( 1.8 - 16.5 )	17.3 ( 0.0 - 40.9 )	35.0 ( 0.0 - 76.5 )	0.0 ( 0.0 - 0.0 )
	Care in someone else's home by a non-relative	6.2 ( 2.9 - 9.4 )	7.3 ( 0.5 - 14.0 )	4.9 ( 0.9 - 8.9 )	5.7 ( 0.0 - 14.7 )	15.2 ( 0.0 - 35.4 )	0.0 ( 0.0 - 0.0 )
	Daycare centre	29.9 ( 24.0 - 35.9 )	36.9 ( 25.7 - 48.2 )	32.3 ( 23.6 - 41.1 )	7.8 ( 0.0 - 16.2 )	19.0 ( 0.0 - 41.3 )	0.0 ( 0.0 - 0.0 )
	Before and/or after school program	9.4 ( 5.6 - 13.3 )	8.4 ( 1.5 - 15.3 )	11.3 ( 5.2 - 17.3 )	5.4 ( 0.0 - 12.0 )	8.7 ( 0.0 - 22.7 )	0.0 ( 0.0 - 0.0 )
	Nursery school/preschool	14.6 ( 10.1 - 19.1 )	14.0 ( 6.1 - 22.0 )	8.6 ( 3.3 - 13.8 )	34.7 ( 16.7 - 52.7 )	42.7 ( 3.2 - 82.3 )	0.0 ( 0.0 - 0.0 )
	No child care needed	10.1 ( 6.0 - 14.3 )	8.0 ( 0.8 - 15.3 )	10.4 ( 4.5 - 16.3 )	16.0 ( 1.3 - 30.8 )	7.3 ( 0.0 - 19.1 )	0.0 ( 0.0 - 0.0 )
Do you have any of the following concerns about your children aged 0 to 18 years? (top five most prevalent)	Academic performace	38.0 ( 34.9 - 41.2 )	30.6 ( 24.2 - 37.0 )	38.4 ( 33.7 - 43.2 )	47.1 ( 40.6 - 53.7 )	28.4 ( 13.4 - 43.5 )	42.5 ( 4.9 - 80.0 )
	Too much screen time	35.9 ( 32.7 - 39.0 )	34.3 ( 27.7 - 40.8 )	35.7 ( 31.1 - 40.4 )	40.3 ( 33.8 - 46.9 )	37.1 ( 21.3 - 53.0 )	18.8 ( 0.0 - 42.5 )
	Quality of education	33.7 ( 30.7 - 36.8 )	31.8 ( 25.4 - 38.1 )	36.5 ( 31.8 - 41.2 )	32.1 ( 26.2 - 37.9 )	37.5 ( 21.1 - 54.0 )	11.8 ( 0.0 - 25.6 )
	Friendships or social connections	33.7 ( 30.6 - 36.8 )	28.5 ( 22.3 - 34.7 )	35.6 ( 31.0 - 40.3 )	37.8 ( 31.2 - 44.3 )	29.7 ( 15.3 - 44.1 )	31.8 ( 0.0 - 72.5 )
	Self-esteem	30.4 ( 27.5 - 33.3 )	28.9 ( 22.8 - 35.0 )	31.9 ( 27.5 - 36.3 )	30.9 ( 25.0 - 36.8 )	32.0 ( 17.4 - 46.7 )	19.5 ( 0.0 - 40.8 )

# APPENDIX

		North Shore Overall	City of North Vancouver	District of North Vancouver	District of West Vancouver	Bowen Island	Lions Bay
Question	Response	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
<b>THRIVING COMMUNITIES</b>							
What is your primary method of commuting to and from work or school?	Public transit	19.7 ( 17.6 - 21.9 )	27.5 ( 22.8 - 32.2 )	15.4 ( 12.6 - 18.2 )	18.5 ( 14.3 - 22.7 )	26.4 ( 16.2 - 36.5 )	1.6 ( 0.0 - 5.0 )
	Walk	7.8 ( 6.7 - 8.9 )	13.7 ( 10.9 - 16.5 )	4.4 ( 3.1 - 5.6 )	7.4 ( 4.9 - 9.9 )	2.8 ( 0.5 - 5.1 )	3.8 ( 0.0 - 9.4 )
	Bicycle	2.6 ( 1.9 - 3.3 )	2.9 ( 1.4 - 4.3 )	3.2 ( 2.0 - 4.5 )	1.4 ( 0.4 - 2.5 )	0.0 ( 0.0 - 0.0 )	0.0 ( 0.0 - 0.0 )
To what extent do you agree: It is safe to walk along in my neighbourhood after dark.	Strongly agree	39.5 ( 37.3 - 41.7 )	29.5 ( 25.5 - 33.6 )	41.7 ( 38.3 - 45.1 )	44.8 ( 40.3 - 49.3 )	72.2 ( 64.5 - 79.8 )	75.3 ( 62.0 - 88.6 )
	Agree	53.3 ( 51.0 - 55.5 )	61.0 ( 56.7 - 65.3 )	52.2 ( 48.7 - 55.6 )	48.7 ( 44.2 - 53.3 )	25.7 ( 18.1 - 33.2 )	19.1 ( 7.2 - 30.9 )
To what extent do you agree: there are safe parks, playgrounds and play spaces for children in my neighbourhood.	Strongly agree	44.4 ( 42.1 - 46.6 )	36.7 ( 32.5 - 40.8 )	46.5 ( 43.0 - 50.0 )	48.3 ( 43.7 - 52.8 )	62.3 ( 53.7 - 70.9 )	68.3 ( 47.7 - 88.9 )
	Agree	50.1 ( 47.9 - 52.4 )	57.1 ( 52.8 - 61.5 )	49.3 ( 45.8 - 52.7 )	45.6 ( 41.1 - 50.2 )	29.1 ( 21.3 - 36.9 )	29.0 ( 8.2 - 49.8 )
How would you describe your sense of belonging to your community?	Very strong	20.8 ( 18.9 - 22.8 )	17.3 ( 14.0 - 20.6 )	20.0 ( 17.1 - 22.9 )	25.3 ( 20.8 - 29.8 )	42.6 ( 32.1 - 53.0 )	29.7 ( 12.1 - 47.4 )
	Somewhat strong	46.9 ( 44.5 - 49.3 )	46.3 ( 41.6 - 50.9 )	48.6 ( 44.9 - 52.3 )	45.1 ( 40.3 - 49.9 )	39.4 ( 29.3 - 49.5 )	45.6 ( 24.2 - 67.0 )
To what extent do you agree: People around here are willing to help their neighbours.	Strongly agree	26.4 ( 24.3 - 28.4 )	17.5 ( 14.3 - 20.7 )	30.7 ( 27.3 - 34.1 )	25.1 ( 21.1 - 29.0 )	55.9 ( 47.1 - 64.7 )	55.9 ( 36.3 - 75.5 )
	Agree	64.9 ( 62.7 - 67.1 )	71.8 ( 67.9 - 75.6 )	63.4 ( 59.9 - 66.9 )	62.9 ( 58.5 - 67.3 )	42.6 ( 33.8 - 51.4 )	40.7 ( 20.9 - 60.4 )
To what extent do you agree: There is someone I trust whom I would turn to for advice if I were having problems.	Strongly agree	45.9 ( 43.6 - 48.1 )	42.8 ( 38.5 - 47.1 )	45.8 ( 42.3 - 49.3 )	49.0 ( 44.5 - 53.5 )	52.4 ( 43.5 - 61.4 )	62.4 ( 42.4 - 82.4 )
	Agree	47.1 ( 44.8 - 49.3 )	48.6 ( 44.2 - 53.0 )	48.0 ( 44.5 - 51.4 )	45.0 ( 40.5 - 49.6 )	43.2 ( 34.4 - 52.0 )	21.3 ( 8.1 - 34.5 )
To what extent do you agree: There are people I can count on in an emergency.	Strongly agree	52.2 ( 49.9 - 54.4 )	45.6 ( 41.4 - 49.9 )	54.4 ( 51.0 - 57.9 )	54.9 ( 50.4 - 59.3 )	62.3 ( 53.8 - 70.9 )	69.7 ( 49.3 - 90.2 )
	Agree	43.5 ( 41.3 - 45.7 )	48.3 ( 43.9 - 52.7 )	42.2 ( 38.9 - 45.6 )	41.2 ( 36.8 - 45.6 )	35.9 ( 27.5 - 44.4 )	18.7 ( 6.1 - 31.4 )

# APPENDIX

		North Shore Overall	City of North Vancouver	District of North Vancouver	District of West Vancouver	Bowen Island	Lions Bay
Question	Response	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI	% 95% CI
<b>DEMOGRAPHICS</b>							
Language (top three most prevalent)	English	87.9 ( 86.4 - 89.3 )	89.3 ( 86.8 - 91.8 )	89.7 ( 87.7 - 91.7 )	82.5 ( 79.3 - 85.8 )	98.9 ( 97.7 - 100.0 )	98.7 ( 96.0 - 100.0 )
	Farsi	4.5 ( 3.6 - 5.4 )	4.5 ( 2.8 - 6.3 )	4.2 ( 3.0 - 5.5 )	5.1 ( 3.3 - 6.9 )	0.0 ( 0.0 - 0.0 )	0.0 ( 0.0 - 0.0 )
	Other	2.4 ( 1.7 - 3.0 )	2.1 ( 1.2 - 3.1 )	2.6 ( 1.5 - 3.6 )	2.4 ( 1.2 - 3.7 )	0.6 ( 0.0 - 1.4 )	1.3 ( 0.0 - 4.0 )
Born in Canada?	No	34.4 ( 32.3 - 36.5 )	34.3 ( 30.1 - 38.5 )	29.1 ( 26.1 - 32.1 )	44.2 ( 39.7 - 48.6 )	26.0 ( 19.0 - 32.9 )	32.6 ( 16.9 - 48.4 )
Country born (top three most prevalent)	United Kingdom	21.0 ( 18.0 - 24.1 )	18.5 ( 12.8 - 24.2 )	25.2 ( 20.0 - 30.5 )	17.8 ( 12.8 - 22.9 )	31.6 ( 18.6 - 44.6 )	46.6 ( 16.9 - 76.3 )
	Iran	15.8 ( 13.1 - 18.5 )	15.8 ( 10.3 - 21.4 )	16.1 ( 11.8 - 20.5 )	16.0 ( 11.2 - 20.8 )	0.0 ( 0.0 - 0.0 )	0.0 ( 0.0 - 0.0 )
	USA	9.0 ( 6.8 - 11.2 )	9.6 ( 5.1 - 14.1 )	6.6 ( 3.9 - 9.4 )	10.7 ( 6.1 - 15.3 )	33.7 ( 20.2 - 47.2 )	8.7 ( 0.0 - 22.0 )
Length of time in Canada	0 to 5 years	18.8 ( 15.8 - 21.8 )	15.2 ( 10.1 - 20.4 )	16.8 ( 12.0 - 21.7 )	24.4 ( 18.6 - 30.2 )	12.1 ( 0.0 - 25.1 )	0.0 ( 0.0 - 0.0 )
	6 to 15 years	22.9 ( 19.8 - 26.0 )	24.1 ( 17.7 - 30.6 )	19.5 ( 14.7 - 24.3 )	25.2 ( 19.4 - 30.9 )	16.3 ( 6.7 - 26.0 )	8.6 ( 0.0 - 21.8 )
	16+ years	58.3 ( 54.5 - 62.1 )	60.7 ( 53.0 - 68.3 )	63.7 ( 57.7 - 69.6 )	50.4 ( 43.3 - 57.5 )	71.5 ( 57.2 - 85.8 )	91.4 ( 78.2 - 100.0 )
Ethnicity (top three most prevalent)	Caucasian	78.4 ( 76.5 - 80.2 )	79.8 ( 76.5 - 83.0 )	80.1 ( 77.2 - 83.1 )	73.1 ( 69.2 - 77.1 )	94.7 ( 90.0 - 99.3 )	97.0 ( 92.7 - 100.0 )
	Chinese	6.0 ( 4.8 - 7.2 )	4.4 ( 2.8 - 5.9 )	4.9 ( 2.9 - 7.0 )	9.9 ( 7.4 - 12.5 )	0.5 ( 0.0 - 1.4 )	1.3 ( 0.0 - 3.9 )
	West Asian	4.9 ( 4.0 - 5.9 )	4.5 ( 2.7 - 6.3 )	4.3 ( 3.0 - 5.7 )	6.9 ( 4.7 - 9.1 )	0.0 ( 0.0 - 0.0 )	0.0 ( 0.0 - 0.0 )
Education	Below high school	1.8 ( 1.2 - 2.4 )	2.4 ( 1.0 - 3.8 )	1.1 ( 0.5 - 1.8 )	2.2 ( 0.7 - 3.7 )	1.7 ( 0.0 - 3.5 )	0.0 ( 0.0 - 0.0 )
	Bachelors degree	27.1 ( 25.1 - 29.1 )	28.1 ( 23.9 - 32.3 )	26.9 ( 23.8 - 30.0 )	26.6 ( 22.8 - 30.4 )	26.5 ( 18.9 - 34.2 )	34.5 ( 17.3 - 51.6 )
	University degree above bachelors degree	24.2 ( 22.4 - 26.1 )	18.1 ( 15.1 - 21.1 )	23.9 ( 21.1 - 26.7 )	31.5 ( 27.2 - 35.8 )	27.1 ( 19.9 - 34.3 )	29.9 ( 9.0 - 50.9 )
Employment status	Full-time/self-employed	43.3 ( 41.1 - 45.4 )	50.9 ( 46.6 - 55.2 )	46.7 ( 43.3 - 50.0 )	28.6 ( 24.6 - 32.6 )	47.2 ( 38.1 - 56.3 )	48.5 ( 29.4 - 67.5 )
	Retired	20.8 ( 18.7 - 22.9 )	16.6 ( 12.4 - 20.7 )	18.9 ( 15.7 - 22.1 )	28.8 ( 24.6 - 33.1 )	18.3 ( 12.9 - 23.6 )	25.4 ( 10.8 - 40.1 )
	Looking after home/family	4.2 ( 3.5 - 4.8 )	2.2 ( 1.3 - 3.2 )	3.4 ( 2.4 - 4.3 )	7.4 ( 5.8 - 9.0 )	4.8 ( 2.1 - 7.5 )	7.3 ( 0.0 - 15.4 )
	Unemployed	3.7 ( 2.9 - 4.6 )	3.3 ( 1.9 - 4.7 )	2.2 ( 1.3 - 3.2 )	6.7 ( 4.2 - 9.1 )	3.2 ( 0.0 - 6.8 )	0.0 ( 0.0 - 0.0 )
	Unpaid/voluntary work	1.7 ( 1.1 - 2.2 )	1.5 ( 0.5 - 2.5 )	1.0 ( 0.3 - 1.7 )	3.0 ( 1.5 - 4.5 )	2.4 ( 0.6 - 4.2 )	1.3 ( 0.0 - 3.9 )

CI = Confidence Interval