

2025 Vital Signs Report– Resources

Cover (page 1)

- Cover Image taken by: Sarah Jane M Photography
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Working Toward a Healthier Tomorrow (page 2)

- Image taken by: Sarah Jane M Photography
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- Skwxwú7mesh People – written with information from Squamish Nation:
<https://www.squamish.net/>

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- Image taken by: Sarah Jane M Photography
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- 1) Mental Health Statistics= 2023 B.C. SPEAK Survey
<http://www.bccdc.ca/health-professionals/data-reports/bc-covid-19-speak-dashboard>
- 2) Canadian Mental Health Association – North and West Vancouver= CMHA Annual Report 2023/2024
<https://northwestvancouver.cmha.bc.ca/wp-content/uploads/2024/08/CMHANWV-annualreport-2023-24.pdf>
- 3) Percentages about mental health and stress: Canadian Community Health Survey:
<https://www.bccdc.ca/health-professionals/data-reports/health-status/canadian-community-health-survey-dashboard#Dashboard>
- 4) Illicit drug toxicity deaths= BC Centre for Disease Control and Coroners Service:
<https://www.bccdc.ca/resource-gallery/Documents/Statistics%20and%20Research/Statistics%20and%20Reports/Overdose/Illicit%20Drug%20Toxicity%20Deaths%20by%20HSDA%20BC%20-%20No%20Counts.pdf>

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- 1) səlilwətał (Tsleil-Waututh Nation) - cécéwət leləm Helping House =

- Helping house information: <https://twnation.ca/health-wellness/>
 - Paul Myers Tower information: <https://www.vch.ca/en/background-information-paul-myers-tower-lions-gate-hospital>
 - Image provided by: səilwətał (Tseil-Waututh Nation)
- 2) Emergency Mental Health and Substance Use Treatment = Vancouver Coast Health: <https://www.vch.ca/en/news/safe-space-patients-seeking-emergency-mental-health-and-substance-use-treatment-opens-lions>
- 3) Counselling available on the North Shore =
- Foundry: <https://foundrybc.ca/northshore/>
 - Family Services North Shore: <https://www.familyservices.bc.ca/find-support/counselling-support/>
 - CMHA North and West Vancouver: <https://northwestvancouver.cmha.bc.ca/programs-and-services/counselling/>
 - Hollyburn Support Services: <https://www.hollyburn.ca/services/>
 - Avalon Recovery Society: <https://www.avalonrecoveryociety.org/community-services/>

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- 1) Physical Health Statistics = 2023 B.C. SPEAK Survey: <http://www.bccdc.ca/health-professionals/data-reports/bc-covid-19-speak-dashboard>
- 2) The North Shore is Active! = 2023 B.C. SPEAK Survey: <http://www.bccdc.ca/health-professionals/data-reports/bc-covid-19-speak-dashboard>
- Image taken by: Sarah Jane M Photography <https://www.sarahjanemphotography.com/west-vancouver-wedding-photography/>
- 3) Crime Severity Statistics = provided by West Vancouver Police Chief John Lo
- Both images taken by: Sarah Jane M Photography <https://www.sarahjanemphotography.com/west-vancouver-wedding-photography/>

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- 1) Outdoor recreation
- Trail count= Trail forks: https://www.trailforks.com/region/north-shore/?activitytype=1&z=10.8&lat=49.35897&lon=-123.09994&content=trails,labels,region,poi,directory,polygon,waypoint,nst,routes_featured

- North Shore resident ride count= Mountain Biking Economic Impact Study – North Shore (2017): <https://www.mbta.ca/wp-content/uploads/2017/10/North-Shore-EI-Report-Oct-24-updated.pdf>
 - Study about correlations between green space and health: <https://www.mdpi.com/1660-4601/18/9/4790>
- 2) Excerpts from “Generations of Skwxwú7mesh athletes: k’éxwa7 and our community” By Kyla Peters, Squamish Nation = access was granted from one of the employees at Skwxwú7mesh Úxwumixw (Squamish Nation).
 - 3) Photos were sent to us from the same Skwxwú7mesh Úxwumixw (Squamish Nation) employee through a link to the Skwxwú7mesh Úxwumixw (Squamish Nation) Facebook page.

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- 1) Community belonging statistics = 2023 B.C. SPEAK Survey: <http://www.bccdc.ca/health-professionals/data-reports/bc-covid-19-speak-dashboard>
 - Image taken by: Sarah Jane M Photography <https://www.sarahjanemphotography.com/west-vancouver-wedding-photography/>
- 2) Impact North Shore and discrimination statistics = North Shore Racism Response Protocol 2023: https://impactnorthshore.ca/wp-content/uploads/2023/07/Anti-Racism_Protocol_Web.pdf
 - 72% of Skwxwú7mesh Úxwumixw (Squamish Nation) members have experienced racism (2022) = City of North Vancouver Community Wellbeing Strategy: <https://www.cnv.org/Community-Environment/Social-Planning/Community-Wellbeing>
 - 37% of immigrants living on the North Shore are immigrants = Impact North Shore – Fact Sheet: The story of the North Shore’s recent im/migrants: <https://westvancouver.ca/media/2839>

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- 1) Unhoused numbers = 2025 Point-in-Time Homeless Count in Greater Vancouver – Preliminary Data Report (July 2025): https://hsa-bc.ca/_Library/2024_25_HC/2025_PiT_Homeless_Count_for_GV_Preliminary_Data_Report_250730.pdf
- 2) Hollyburn Community Services Society: <https://www.hollyburn-society.ca>
 - 2024 Impact Report (statistics): <https://www.hollyburn-society.ca/wp-content/uploads/2025/02/2024-Impact-Report.pdf>

- 3) The Harvest Project = Harvest Project 2024 Impact Report:
<https://www.harvestproject.org/wp-content/uploads/2025/01/2024-Impact-Statement-Harvest-Project.pdf>

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- 1) Youth of the North Shore = 2021 Statistics Canada Census Report:
 - West Vancouver: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/page.cfm?topic=2&lang=E&dguid=2021A00055915055>
 - District of North Vancouver: <https://www12.statcan.gc.ca/census-recensement/2021/assa/fogsspg/Page.cfm?Lang=E&Dguid=2021A00055915046&topic=1>
 - City of North Vancouver: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/page.cfm?topic=2&lang=E&dguid=2021A00055915051>
- 2) Health Statistics = 2023 BC Adolescent Health Survey (SD45): This report was provided to us by the Superintendent of SD45 along with his permission to allow McCreary to analyze certain data points from the SD45 report.
- 3) Screen time = North Shore News: <https://www.nsnews.com/living/the-pandemic-worsened-their-kids-performance-in-school-parents-say-5190672>

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- 1) Climate change impact on youth =
 - North Shore News: <https://www.nsnews.com/indigenous-news/climate-change-is-an-added-barrier-to-youth-physical-activity-report-says-8707680>
 - Statistics on feelings towards climate change = “Climate emotions and anxiety among young people in Canada: A national survey and call to action”:
<https://www.sciencedirect.com/science/article/pii/S2667278223000032>
- 2) Participation in sport statistic = 2023 BC Adolescent Health Survey (North Shore/Coast Garibaldi):
https://www.mcs.bc.ca/pdf/2023_bcahs_north_shore_coast_garibaldi.pdf
- 3) Friendships = 2023 BC Adolescent Health Survey (SD45) and The Big Picture: An overview of the 2023 BC Adolescent health survey provincial results
(https://mcs.bc.ca/pdf/2023_bcahs_the_big_picture.pdf)

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- 1) Connectedness statistics= 2023 BC Adolescent Health Survey (SD45) and The Big Picture: An overview of the 2023 BC Adolescent health survey provincial results
(https://mcs.bc.ca/pdf/2023_bcahs_the_big_picture.pdf)

- 2) Youth substance use and its impacts= Data taken from the 2023 BC Adolescent Health Survey (SD45) and The Big Picture: An overview of the 2023 BC Adolescent health survey provincial results (https://mcs.bc.ca/pdf/2023_bcahs_the_big_picture.pdf), were analysed by staff at McCreary and produced the listed statistics.

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- 1) Take a Hike Foundation = 2023-2024 Annual report: http://takeahikefoundation.org/wp-content/uploads/2024/11/TAH_ANNUAL-REPORT-2024_DIGITAL.pdf
 - Image provided by: Take a Hike Foundation
- 2) Discrimination = 2023 BC Adolescent Health Survey (SD45)
- 3) Youth Philanthropy Council at the West Vancouver Foundation: <https://westvanfoundation.ca/insights/youth-philanthropy-council/>

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- 1) Red Fox Healthy Living Society: <https://www.redfoxsociety.org/copy-of-about>
 - 2024 Impact Report: <https://www.redfoxsociety.org/copy-of-about-2>
 - Seed Generation Program: <https://www.redfoxsociety.org/copy-of-child>
 - Free Active Play program statistic: Give Where You Live 2024 – FollowUp Form
 - Image: provided by Emma Sutherland at the Red Fox Healthy Living Society
- 2) səliłwətał (Tsleil-Waututh Nation) School - si?ámθət School = TWN website: <https://twnationschool.ca/>
 - Image: provided by səliłwətał (Tsleil-Waututh Nation)
- 3) Connecting youth= West Vancouver Foundation Neighbourhood Small Grant Story: <https://westvanfoundation.ca/north-shore-live-open-mic-nights-for-teens/>
 - Image provided by: Sam J

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- 1) Climate change evidence:
 - Atmospheric Rivers = North Shore News: <https://www.nsnews.com/opinion/opinion-north-vancouver-flooding-more-proof-of-the-damage-of-climate-change-9920528>
 - Precipitation and Temperature = British Columbia Ministry of Environment: <https://www.env.gov.bc.ca/soe/indicators/climate-change/temp.html>
 - Wildfires = North Shore Emergency Management: <https://nsem.ca/know-the-risks/wildfire/>

- 2) Tree Canopy = Metro Vancouver: <https://metrovancover.org/services/regional-planning/metro-2050-performance-monitoring/goal-3/ecosystem-health/tree-canopy-cover>

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- 1) Greenhouse Gas Emissions= Canada Energy Regulator: <https://www.cer-rec.gc.ca/en/data-analysis/energy-markets/provincial-territorial-energy-profiles/provincial-territorial-energy-profiles-british-columbia.html#s3>
- 2) Changes in Metro Vancouver and the North Shore = 2023 North Shore Transportation Survey: https://docs.dnv.org/documents/FINAL_2023-North-Shore-Transportation-Survey.PDF
- 3) What is our environment worth = West Vancouver Natural Assets: <https://westvancover.ca/climate-environment/natural-assets>

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- 1) Did you know? = “New Research Estimating Long-term and Large-scale Colonial Impacts on the Burrard Inlet Ecosystem, səliłwətał (Tsleil-Waututh Nation) People, and Harvesting Rights”: <https://twnation.ca/new-research-estimating-long-term-and-large-scale-colonial-impacts-on-the-burrard-inlet-ecosystem-s%C9%99lilw%C9%99ta%C9%AC-tisleil-waututh-nation-people-and-harvesting-rights/>
 - Image of Herring taken by: Ellika Cairns – Marine Stewardship Initiative
 - Image of Ambleside taken by: Sarah Jane M Photography
<https://www.sarahjanemphotography.com/west-vancouver-wedding-photography/>

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- 1) Howe Sound Biosphere Region: <https://www.howesoundbri.org/atlka7tsem-howe-sound>
 - Image of Howe Sound Sunset and map provided by: Ellika Cairns – Marine Stewardship Initiative
- 2) Upper Lands = District of West Vancouver: <https://westvancover.ca/media/4224>
- 3) Cypress Village = District of West Vancouver: [https://westvancover.ca/sites/default/files/dwv/westvancoverite/upper-lands/phase%20%20survey/4-Cypress%20Village%20Concept%20Plans%20\(Urban%20and%20Natural%20Area%20Road%20Network%20and%20Land%20Use%20Plan\).pdf](https://westvancover.ca/sites/default/files/dwv/westvancoverite/upper-lands/phase%20%20survey/4-Cypress%20Village%20Concept%20Plans%20(Urban%20and%20Natural%20Area%20Road%20Network%20and%20Land%20Use%20Plan).pdf)

- 4) Caroline Helbig & Michael Sharp Fund = West Vancouver Community Foundation Fund: <https://westvanfoundation.ca/caroline-helbig-and-michael-sharp-memorial-fund/>

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- 1) Pollinator statistics = Ambleside Butterfly Garden: <https://ambleside-butterfly-garden.square.site>
- 4) Information on how to make gardens pollinator friendly and the butterflyway project = David Suzuki – Butterflyway Project Map: <https://davidsuzuki.maps.arcgis.com/apps/webappviewer/index.html?id=6bfef3adf94d40b0888316bb2d2a3487>
- 5) Bee colony and pollen statistics (BC Beekeeping production statistics 2018, 2021 & 2024) = Government of BC:
 - a. 2018: https://www2.gov.bc.ca/assets/gov/farming-natural-resources-and-industry/agriculture-and-seafood/statistics/industry-and-sector-profiles/bees/api_logo_2018_production_stats_final.pdf
 - b. 2021: https://www2.gov.bc.ca/assets/gov/farming-natural-resources-and-industry/agriculture-and-seafood/statistics/market-analysis-and-trade-statistics/api_2021_production_stats_final.pdf
 - c. 2024: https://www2.gov.bc.ca/assets/gov/farming-natural-resources-and-industry/agriculture-and-seafood/statistics/market-analysis-and-trade-statistics/api_2024_production_stats_final.pdf
- 6) Why are bees producing less pollen? = Vancouver is Awesome: <https://www.vancouverisawesome.com/weatherhood-bc/bcs-drought-beekeepers-say-heat-temperature-swings-dry-conditions-impacting-colonies-9075818#:~:text=Honey%20bee%20colonies%20structure%20themselves,facing%20stresses%20from%20all%20angles.>

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- 1) Salmon Success= West Vancouver Streamkeeper Society: Statistics and information provided by Executive Director Keith Pelletier
- 2) Cetaceans: Cetacean sighting data collected by the Pacific Whale Watch Association (PWWA) and PWWA App, Howe Sound 2019-2024
- 3) Larval Dungeness crabs: <https://howesoundguide.ca/dungeness-crab/>
- 4) Image of Dungeness Megalopae taken by: Susanna Shankar – Marine Stewardship Initiative

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- 1) Pet ownership and Health = North Shore News:
 - <https://www.nsnews.com/living/north-shore-pets-2918952>
 - <https://www.nsnews.com/highlights/the-power-of-pets-against-loneliness-9063427>
 - a. National Institute of Health:
 - https://newsinhealth.nih.gov/2018/02/power-pets?utm_source=north%20shore%20news&utm_campaign=north%20shore%20news%3A%20outbound&utm_medium=referral
 - b. Helpguide.org:
 - https://www.helpguide.org/wellness/pets/mood-boosting-power-of-dogs?utm_source=north%20shore%20news&utm_campaign=north%20shore%20news:%20outbound&utm_medium=referral
- 2) 10,000 dogs statistic = North Shore News: <https://www.nsnews.com/local-news/new-plan-aims-to-make-north-van-a-more-dog-friendly-city-5513383>
- 3) 42% statistic: <https://infotel.ca/newsitem/new-dog-owners-in-bc-say-exercise-main-reason-for-acquiring-a-pet-survey/it81175>
- 4) BC SPCA – West Vancouver: https://spca.bc.ca/locations/west-vancouver/?gad_source=1&gad_campaignid=2030806021&gbraid=0AAAAADkHMm8iEC0Yajw2KbA08q58ctUyr&gclid=EAlaIQobChMlpvh74f_kAMVEtDCBB0I4SgfEAAAYASAAEgLbbfD_BwE

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- 1) What can we do as a community? = Skwxwú7mesh Úxwumixw (Squamish Nation) – Climate Legacy Strategy: https://www.squamish.net/wp-content/uploads/2024/10/ClimateLegacyStrategy_Final_Sep16_DIGITAL_Booklet.pdf
- 2) What can businesses do? = Seaspan Electric Shuttles – Seaspan: <https://www.seaspan.com/press-release/seaspan-celebrates-delivery-of-two-electric-shuttle-buses-wrapped-with-local-indigenous-art/>
 - Images provided by: Seaspan and included in the featured article
- 3) What can we do as individuals = list provided by Alison Wood at Ocean Ambassadors
- 4) Sustainable development goals: <https://sdgs.un.org/goals>