

Guelph Community Wellbeing Survey

A technical report for
The City of Guelph

***Relationship of CIW Domain Indicators
to the Overall Wellbeing
of Residents of Guelph***

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Introduction

The Guelph Community Wellbeing Survey was launched on June 20, 2012 when invitations to participate were distributed to 10,512 randomly selected households. The survey closed on August 18, 2012. During that time, 1,299 electronic and 111 paper surveys were completed by Guelph residents. Of the 1,410 surveys, 1,401 were deemed usable. This represents a response rate of approximately 14%.

The results presented in this technical report identify those indicators based on the eight domains comprising the Canadian Index of Wellbeing that are significantly related to the overall wellbeing of the residents of Guelph. Indicators drawn from the Community Wellbeing Survey are organised according to: *Community Vitality, Democratic Engagement, Education, Environment, Healthy Populations, Leisure and Culture, Living Standards, and Time Use*. The data were weighted to ensure that results are representative geographically within the City of Guelph and that the gender distribution matched the City of Guelph 2011 census profile.

Interpreting the results

Following an examination of a selection of demographic characteristics, in the sections that follow, the extent to which indicators within each domain are associated with higher levels of overall wellbeing are reported. Whenever group differences in wellbeing or relationships between indicators and wellbeing are reported, they are *statistically significant*.

Dimensions of Wellbeing Linked to the CIW^a

The table below shows the overall averages within each of the domains of wellbeing, except for Time Use, as well as for overall wellbeing (i.e., the combined score based on the seven domains). Overall, satisfaction among all residents is highest with the Environment in Guelph, followed by Community Vitality, Leisure and Culture, and Healthy Populations.

Dimension of Wellbeing	n	Mean^b	Std. Dev.
Environment	119,777	5.47	1.24
Community Vitality	120,600	5.16	1.05
Leisure and Culture	119,854	5.12	1.04
Health Populations	120,027	5.09	1.22
Education	117,695	4.90	1.28
Living Standards	107,010	4.76	1.38
Democratic Engagement	118,580	3.73	1.60
Overall Wellbeing	104,396	4.86	0.87

^a Time Use domain was not included among the measures in that section of the questionnaire asking Guelph residents to indicate their level of satisfaction with various dimensions of wellbeing

^b Mean scores based on 7-point scales where 1="extremely dissatisfied" and 7="extremely satisfied"

Demographic Factors Related to Dimensions of Wellbeing^a

- Men report being *more* satisfied with their living standards than women
- The older the residents, the *more* satisfied they are with leisure and culture (with the exception of those 19 years of age and younger who are also quite satisfied)
- The older the residents, the *more* satisfied they are with their living standards
- Residents who are married or living common law are *more* satisfied with community vitality, health populations, living standards, and their overall wellbeing than singles and those residents who are divorced, separated, or widowed
- Residents with university degrees (i.e., undergraduate and graduate degrees) are *more* satisfied with democratic engagement, living standards, and their overall wellbeing
- Retired residents are generally *more* satisfied on almost all dimensions of wellbeing. Residents who are unemployed (and looking for work) or are on leave from work (due to illness or parental leave) are *less* satisfied on most dimension of wellbeing except democratic engagement and the environment
- Residents in higher income households are generally *more* satisfied with community vitality, healthy populations, living standards, and their overall wellbeing
- Residents who own their homes are *more* satisfied with all dimensions of wellbeing (except democratic engagement) and their overall wellbeing than residents who rent
- The longer residents have lived in Guelph and the longer they have lived in their current residences, the *more* satisfied they are with all dimensions of wellbeing and with their overall wellbeing. There is one notable exception – they longer residents have lived in Guelph and in their current residences, the *less* satisfied they are with democratic engagement
- Residents living with a disability are *less* satisfied with all dimensions of wellbeing and their overall wellbeing
- Residents born outside of Canada are *more* satisfied with democratic engagement (i.e., the honesty and transparency of local government)

^a only significant differences are reported (e.g., men and women only differed on living standards and not on any other dimension – or overall – in their wellbeing).

Relationship of Domain Indicators to Overall Wellbeing

A. Community Vitality

Residents of Guelph are *more* satisfied with their overall wellbeing *if* they:

- volunteered in the past year
- are a member of a union or other professional organisation
- are a member of or participant in a political party
- are a member or participant in a sports organisation
- are a member of a cultural, educational, or hobbyist organisation
- have more close relatives, friends, and neighbours
- feel safer walking at night around their neighbourhood and around Guelph
- feel a stronger sense of belonging to the community
- feel less uncomfortable in their neighbourhood due to ethnicity, culture, race, or skin colour
- feel people in the city are available to give help when someone needs it
- feel people in the city would try to help them if they had a problem
- feel the city has many excellent services to meet their needs
- have good friends in the city
- feel at ease with other people in the city
- feel the people of Guelph are sociable
- feel it is easy to connect with other people in the city
- feel the city provides opportunities for them to do a lot of different things

Residents of Guelph are *not* any more or less satisfied with their overall wellbeing *if* they:

- are a member of or participant in a religious-affiliated group; a school group, neighbourhood, civic, or community association; a service club or fraternal organisation; or a public interest group

B. Democratic Engagement

Residents of Guelph are *more* satisfied with their overall wellbeing *if* they:

- wrote a letter to the Editor of the newspaper about a local issue
- participated in a local event in support of a charitable organisation
- *voted* in the last federal, provincial, and/or municipal elections
- are *interested* in federal, provincial, and/or municipal politics
- feel the policies of the local government have made them better off

Residents of Guelph are *not* any more or less satisfied with their overall wellbeing *if* they:

- attended a City Council meeting in the past year; attended a Ward or neighbourhood meeting; attended a city planning meeting or open house; participated in a public demonstration or protest; wrote a letter or e-mail to a City official about a local issue; joined a Facebook page about a local issue; or participated in a local event in support of their community

C. Education

Residents of Guelph are *more* satisfied with their overall wellbeing *if* they:

- took a formal education course in the past year that leads directly to a qualification related to their current job
- took *more than one* course for interest in the past year, such as computer skills, woodworking, sewing, or creative writing
- feel there are plenty of opportunities to take *formal education courses*
- feel there are plenty of opportunities to take *courses of interest*
- feel there are places nearby where they can take classes of interest
- feel there are schools nearby where they can upgrade their educational qualifications
- feel there are many opportunities to them to get to know people from different cultures
- feel they can take courses as long as they are not too expensive and are offered at convenient times

Residents of Guelph are *not* any more or less satisfied with their overall wellbeing *if* they:

- took a formal education course in the past year to improve their skills in their current job, or to prepare them for another job they might do in the future
- took a course for interest in the past year, such as computer skills, woodworking, sewing, or creative writing

D. Environment

Residents of Guelph are *more* satisfied with their overall wellbeing *if* they:

- feel the quality of the natural environment in *Guelph* is very high
- feel the quality of the natural environment in *their neighbourhood* is very high
- feel there are plenty of opportunities to enjoy nature in *Guelph*
- feel there are plenty of opportunities to enjoy nature in *their neighbourhood*
- feel the *air quality* of Guelph is very good
- feel the *water quality* of Guelph is very good
- feel that traffic congestion in Guelph is *not* a problem
- feel more strongly that they have a responsibility to help protect the natural environment
- regularly participate in events organised by local groups to help protect the natural environment
- more often *reuse* and *recycle* materials and *reduce* and *separate* household waste
- conserve *energy* and conserve *water* more often
- are more likely to walk, bike, or take public transit, rather than drive their cars
- more often purchase foods produced locally

E. Healthy Populations

Residents of Guelph are *more* satisfied with their overall wellbeing:

- the higher they rate their *physical health*
- the higher they rate their *mental health*
- the higher they rate the *quality* of health care service in Guelph
- the higher they rate the *accessibility* of health care services in Guelph

Residents of Guelph are *more* satisfied with their overall wellbeing *if* they:

- had a lot of energy in the past week
- felt they could “get going” in the past week
- were able to perform all of their activities of daily living in the past week
- did not experience any physical pain that prevented them from doing what they needed
- had gotten good quality exercise in the past week
- had regularly eaten healthy meals in the past week

F. Leisure and Culture

Residents of Guelph are *more* satisfied with their overall wellbeing:

- the more they participated in *individual sports, physical exercise, and/or light exercise* in the previous month
- the more they socialised with friends in the previous month
- the more often they went out to the movies
- the more often they read books, newspapers, and/or magazines for pleasure in the previous week
- the more often they attended musical concerts in the previous year
- the more often they visited art galleries and/or museums in the previous year
- the more often they attended festivals in the previous year
- the more often they attended ballet or other dance performances in the previous year
- the more often they attended live theatre in the previous year
- the more days of vacation they had in the previous year
- the more often they used in the previous year: a *local park, public library, historic site in Guelph, performing arts facility, or visual arts facility*

Residents of Guelph are *more* satisfied with their overall wellbeing *if* they:

- feel the recreation and cultural facilities are easy to get to from their home
- feel there are places nearby for them to take classes for their own interest
- feel the recreation programmes are offered at convenient times
- feel there is a local park nearby to their home
- feel childcare is available at the recreation facilities if they need to use it
- feel that the recreation and cultural facilities are welcoming
- feel the cost of public recreation and culture programmes do *not* prevent them from participating

Residents of Guelph are *more* satisfied with their overall wellbeing the more strongly they feel that their leisure experiences:

- provide them with opportunities to *try new things*
- provide them with opportunities to *socialise with others*
- are enjoyable so they can connect with others
- develop close relationships with others
- help them to relax
- help them to relieve stress
- help to develop their emotional wellbeing
- develop their physical fitness
- restore them physically
- help them to stay healthy
- learn more about *themselves*
- learn more about *other people*

Residents of Guelph are *not* any more or less satisfied with their overall wellbeing:

- the more they participated in *team sports* in the previous month
- the more often they went out to clubs, bars, and/or taverns
- the more often they went to sports events as a spectator in the previous month
- the more often they participated in the previous week in: playing board or card games; doing puzzles such as crosswords, Sudoku, or jigsaw puzzles; or knitting, craft or woodworking
- the more often they participated in the previous week in: searching the internet for interest; playing computer games online; or socialising with others online
- depending on how much television they watch in a typical day
- the more often in the previous year that they used: a multi-purpose recreation centre, an arena, an outdoor skating rink, a sports field, a swimming pool, or a splash pad or wading pool

G. Living Standards

Residents of Guelph are *more* satisfied with their overall wellbeing *if* they:

- do *not* work for pay
- work *fewer hours* at their main job in a typical week
- feel they have more hope for a promotion at their job
- feel their current occupational position adequately reflects their education and training
- feel their *opportunities at work* are adequate given their efforts and achievements
- feel their *salary or income at work* is adequate given their efforts and achievements
- feel less likely to experience or expect an undesirable change in their work situation
- feel that their job security is good

Residents of Guelph are *more* satisfied with their overall wellbeing:

- the happier they are with their current place of residence
- the more they feel their residence is adequate for their needs
- the more they feel able to afford their current residence
- the less they feel they would like to be living in another residence
- the less often they feel they sometimes must do without other needs in order to afford their current residence

Residents of Guelph are *less* satisfied with their overall wellbeing the *more often in the past year*:

- they could not pay their bills on time
- they ate less because there as not enough food or money for food
- they did not have enough money for the things they *needed*
- they did not have enough money for the things they *wanted*

Residents of Guelph are *not* any more or less satisfied with their overall wellbeing *if* they:

- have more than one job for pay
- work more or less hours at their other jobs, if they have them
- spend more or less time commuting to their main job

H. Time Use

Residents of Guelph are *more* satisfied with their overall wellbeing *if* they:

- spend fewer hours providing unpaid care to children in their family in a typical week
- spend fewer hours providing unpaid care to an older or dependent adult in their family or who is a neighbour or friend
- get more hours of sleep in a typical day

Residents of Guelph are *more* satisfied with their overall wellbeing the *more* they feel there is enough time for them:

- to get enough sleep or rest
- to be themselves
- to socialise
- to keep in shape
- to prepare or eat healthy meals
- to participate in or be active in the community
- to nurture their spiritual and/or creative side
- to complete housework or chores
- to be with their children
- to be with their partner or spouse
- and their families to be together
- to form and sustain serious relationships

When thinking about their time at work, residents of Guelph are *more* satisfied with their overall wellbeing:

- the *less* they feel their personal life suffers because of work
- the *less* they feel their work suffers because of their personal life
- the *less* they feel their job makes their personal life difficult

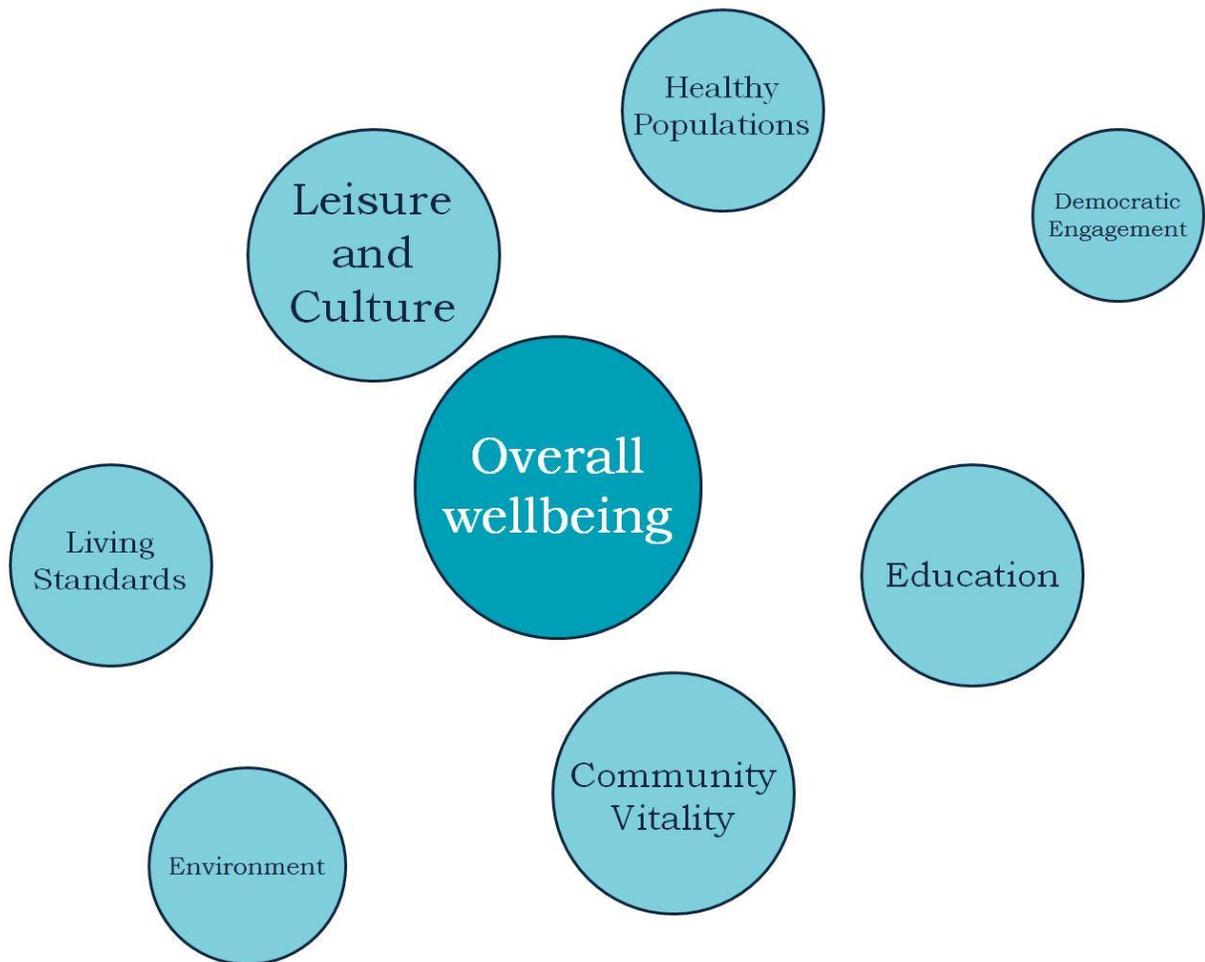
- the *less* they feel personal matters makes their work more difficult
- the *less* they feel that their personal life drains them of energy for work
- the *more* they feel their personal life give them energy for work
- the *less often* they feel too tired to be effective at work
- the *less often* they neglect personal needs because of work
- the *less often* they put their personal life on hold because of work
- the *less often* they struggle to juggle work and non-work activities
- the *better their mood* at work because of their personal life
- the *better their mood* generally because of their job
- the *happier* they are with the amount of time they have for *non-work* activities

Residents of Guelph are *not* any more or less satisfied with their overall wellbeing *if* they:

- provide unpaid care for any children or for an older or dependent adult

Relationship of Domain Dimensions to Overall Wellbeing

All of the domains of wellbeing are very strongly related to overall wellbeing. As wellbeing in any domain increases, we would see an increase in overall wellbeing as well. The diagram below is intended to reflect how strongly each of the domains is related to overall wellbeing. The larger and closer the domain circle is to overall wellbeing, the more strongly related it is.



Overall, *Leisure and Culture* is the domain most strongly related to overall wellbeing. *Democratic Engagement* is still strongly related to overall wellbeing, but just somewhat less so than each of the other domains.