

CANADIAN INDEX OF WELLBEING: ONTARIO SNAPSHOTS

A true measure of a country's progress must include the wellbeing of its citizens. What is the value of a high GDP if we are not healthy, cannot breathe the air, or spend time with family and friends? What important challenges does GDP mask? Who is getting left behind and what can we do about it?

The Canadian Index of Wellbeing (CIW) tracks indicators in eight domains that have an impact on our wellbeing. It gives us a comprehensive portrait of the quality of life in Canada and Ontario and its evolution over time.

- » Community Vitality
- » Democratic Engagement
- » Education
- » Environment
- » Healthy Populations
- » Leisure and Culture
- » Living Standards
- » Time Use

**EAST
REGION**

i CANADIAN
ndex
OF WELLBEING

Measuring what matters
Making measures matter

Ontario
Trillium Foundation



Fondation Trillium
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IT'S EASY TO SEE, ONTARIO'S WELLBEING LAGS WELL BEHIND OUR ECONOMIC GROWTH.

- » Ontario is less economically secure than Canada overall with more people living in poverty. Many people struggle with housing costs and food insecurity is higher than the national average.
- » Compared to Canada, employed Ontarians spend more time working and commute an average of almost one hour per day.
- » 1 in 5 Ontarians feel high levels of time pressure.

Still ...

- » Ontarians feel a stronger sense of belonging to their communities than Canadians overall and have the lowest incidence of severe crime than any other Canadian province.

REGIONAL STRENGTHS AND CHALLENGES DIFFER GREATLY AND CALL FOR DIFFERENT APPROACHES.

To build on strengths and tackle challenges, the Ontario Trillium Foundation (OTF) — an agency of the Government of Ontario and one of Canada's largest granting foundations — commissioned the Canadian Index of Wellbeing (CIW) to produce detailed reports for Ontario's five regions: Central, East, North, Toronto and West.

Using the latest data from 2014 and 2015 to form a comprehensive picture of wellbeing, funders, agencies, policy-makers and all stakeholders can make informed, evidence-based decisions as we build healthy and vibrant Ontario communities. When we understand regional strengths and challenges and see the domains as parts of an interconnected system, we can invest resources wisely to tackle multiple challenges.

**NOW WE CAN ANSWER “HOW ARE WE REALLY DOING?”
AND “HOW DO WE MAKE IT BETTER?”**

EAST REGION

With 1/5 of Ontario's population, this steadily growing region is home to a slightly older demographic and has fewer families led by single parents. There are fewer racialized populations in the region, and while most residents speak English as their first language, 9% have French as a first language and over 20% are bilingual. Employment rates and family incomes are the second highest in the province.

COMMUNITY VITALITY

Do strong, active, and inclusive relationships exist among people and between all types of organisations?

Compared to Ontario, the region has on average:

- » Above average participation in organised activities
- » Lowest serious crime
- » Highest trust (similar to rest of province) and more people helping others

Yet ...

- » Slightly lower sense of community belonging
- » 1 in 10 people living alone



CRIME SEVERITY INDEX

East 31.3
Ontario 50.0

PEOPLE WITH STRONG SENSE OF BELONGING TO THEIR COMMUNITIES

East 67.3% Ontario 68.1%



People participate in organised activities, trust and help each other, yet their sense of belonging is slightly lower than the provincial average. What can enhance residents' connection to their communities?

DEMOCRATIC ENGAGEMENT

Are people advancing democracy through political institutions, organisations, and activities?

Compared to Ontario, it has on average:

- » Highest federal voter turnout

Yet ...

- » Only 3% of people volunteering for law/advocacy/political groups
- » Lower confidence in federal Parliament
- » Only one third of MPs are female, and even fewer MPPs are female

VOTER TURNOUT IN LAST FEDERAL ELECTION

East 72.1%
Ontario 67.8%



PEOPLE WITH A LOT OF CONFIDENCE IN FEDERAL PARLIAMENT

East 35.2%
Ontario 39.6%

Although people are showing up at the polls, the number of women elected remains stubbornly low. How can the system be more inclusive and accessible?



EDUCATION

Are instruction, schooling, and training from youth to adulthood available? Accessible? Do they prepare people for work, life, and life's changes?

Compared to Ontario, the region has on average:

- » Highest percentage of elementary schools measuring progress in student health and wellbeing, socio-emotional skills, and school learning environment
- » Highest number of library-based children's programs
- » 2nd highest number of library-based adult learning programs



- » Only 1 in 5 children have access to regulated centre-based child care
- » Fewer library-based early literacy and early learning programs
- » Lowest number of library-based career, job help, and skills programs

LIBRARY-BASED LEARNING PROGRAMS PER 1,000 ADULTS



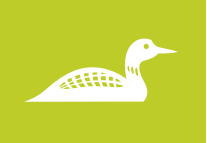
East **3.8** Ontario **2.7**

LIBRARY-BASED EARLY LITERACY AND LEARNING PROGRAMS PER 1,000 CHILDREN

East **22.8** Ontario **25.8**



Elementary schools are measuring many key areas of progress to improve children's development and adult learning programs are available. What can be done to increase early learning and literacy and to support job skills?



ENVIRONMENT

Are we protecting our environment while revitalizing our ecosystems and working towards sustainability?

Compared to Ontario, the East has:

- » Average smog, greenhouse gas emissions and water quality; however,
- » Lower residential waste diversion rates



RESIDENTIAL WASTE DIVERSION RATE

East **45.7%**
Ontario **47.3%**

What are the region's next steps environmentally? How can waste diversion rates improve?



HEALTHY POPULATIONS

Are people physically, mentally and socially healthy?

Compared to Ontario, the region has on average:

- » 60% of people saying overall health is very good or excellent and 70% rating mental health as very good or excellent (same as provincial averages)
- » Highest flu-shot rates (39%)
- » Excellent access to family doctors

PEOPLE WITH A FAMILY DOCTOR

East **93.1%**
Ontario **92.5%**



- » 36% of people have health restrictions or activity limitations
- » 2nd highest rates of diabetes (7.5%)

PEOPLE WITH NO HEALTH OR ACTIVITY LIMITATIONS

East **63.7%** Ontario **67.9%**

While health ratings are not dramatically different than Ontario overall, many people still struggle and health ratings are getting worse over time. What would improve overall and mental health? How can we overcome the barriers to better health?



LEISURE AND CULTURE

Are arts, culture and recreation activities available and being embraced?

Compared to Ontario, the region has on average:

- » Higher physical activity levels
- » Highest volunteer rates for cultural and recreational organisations



- » Least time spent in arts and culture activities
- » Fewer Culture Days, poetry and story readings and art shows at libraries
- » Lowest number of library visits

AVERAGE NUMBER OF TIMES PER MONTH PARTICIPATING IN PHYSICAL ACTIVITY LASTING OVER 15 MINS.

East **31.1**
Ontario **28.8**



WEEKLY IN-PERSON VISITS TO LIBRARIES PER 1,000 PEOPLE

East **86.0** Ontario **103.2**



People are staying active and volunteering for cultural and recreational organisations, but they are spending less time in arts and culture library activities, and less programming is available. What would prompt greater participation?

 **LIVING STANDARDS** Are we economically secure?

Compared to Ontario, the East has on average:

- » 2nd highest after-tax median family incomes (\$75,300)
- » Lowest levels of people reporting high work stress (25%)

Yet ...

- » 24% of households are struggling with housing costs and 8% with food insecurity


 **PEOPLE REPORTING HIGH LEVELS OF WORK STRESS**

East	25.0%
Ontario	28.2%

 **PEOPLE IN LOW INCOME**

East	11.9%
Ontario	13.9%

Even though family incomes are high, over 330,000 people have low incomes and about 250,000 people struggle with food insecurity. What can be done to support them?

 **TIME USE** Are we balancing our leisure, work, social, and rest time to improve wellbeing?

Compared to Ontario, the region has on average:

- » Fewest people working 50+ hours/week
- » More flexible work hours
- » Lower percentage of people reporting high levels of time pressure

Yet ...

- » Almost 70% of people not getting good quality essential sleep

PEOPLE WORKING 50+ HOURS PER WEEK

East	12.6%	Ontario	14.3%
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PEOPLE GETTING 7 TO 9 HOURS OF QUALITY SLEEP

East	31.1%
Ontario	30.5%



People in the East are the best in the province at finding work-life balance. How could time be used to enhance results in other areas? What could improve sleep?

USING THE WELLBEING SNAPSHOT

This snapshot summarizes some of the key findings found in the detailed Canadian Index of Wellbeing regional reports commissioned by the Ontario Trillium Foundation. The reports show that systems are complex and inter-related. These and other resources provide solid evidence to help policy makers, program developers and granting agencies consider community needs and to make focused, impactful, evidence-based decisions.

Visit the Ontario Trillium Foundation Knowledge Centre to access the full reports.

WHAT OTHER QUESTIONS SHOULD BE ON THIS LIST?
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AND **@ONTRILLIUM**.



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When developing policy or programs or making community investment decisions, ask yourself:

Which innovations will work best in your region?
Can you address multiple areas of need simultaneously?
Does your policy or program:

ENCOURAGE AND SUPPORT HEALTHY LIFESTYLES

- broaden access, choice and opportunity for a more active lifestyle?
- address work-related stress, time pressure or better sleep?
- reduce barriers for the 32% of Ontarians who have a health or activity limitation?
- help the 40% of Ontarians who rate their overall health and 30% who rate their mental health as below 'very good' or 'excellent'?

CONNECT PEOPLE

- boost participation in political/advocacy groups or organized activities?
- reduce isolation, fight discrimination and increase belonging?
- enhance voter turnout or support women who pursue elected office?

ENHANCE THE ENVIRONMENT

- address pressing environmental concerns?
- lead to responsible use and/or protection of the environment?

SPOTLIGHT ARTS AND LITERACY

- expand arts and culture opportunities?
- encourage volunteering in arts and culture?
- support library programs or Culture Days?
- boost early learning and literacy?
- increase the availability and affordability of quality children's programs?

LEVEL THE PLAYING FIELD

- create additional high quality child care options?
- make a difference to reduce economic hardship like food or housing insecurity, low incomes or job security?
- provide job help or skills programs?



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