## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTRODUCTION</td>
<td>3</td>
</tr>
<tr>
<td>SUMMARY OF FINDINGS</td>
<td>6</td>
</tr>
<tr>
<td>COMMUNITY PROFILE</td>
<td>7</td>
</tr>
<tr>
<td>COMMUNITY VITALITY</td>
<td>11</td>
</tr>
<tr>
<td>DEMOCRATIC ENGAGEMENT</td>
<td>14</td>
</tr>
<tr>
<td>EDUCATION</td>
<td>17</td>
</tr>
<tr>
<td>ENVIRONMENT</td>
<td>21</td>
</tr>
<tr>
<td>HEALTHY POPULATIONS</td>
<td>24</td>
</tr>
<tr>
<td>LEISURE AND CULTURE</td>
<td>27</td>
</tr>
<tr>
<td>LIVING STANDARDS</td>
<td>30</td>
</tr>
<tr>
<td>TIME USE</td>
<td>34</td>
</tr>
<tr>
<td>CONCLUSION</td>
<td>36</td>
</tr>
<tr>
<td>ACKNOWLEDGEMENTS</td>
<td>36</td>
</tr>
<tr>
<td>APPENDIX</td>
<td>37</td>
</tr>
<tr>
<td>ENDNOTES</td>
<td>41</td>
</tr>
</tbody>
</table>

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### How to Read this Report

This report presents 26 indicators of community wellbeing for Guelph. These indicators have been organized according to the eight domains of wellbeing. Within each of the domains, you will find three to four headline indicators. For each indicator, you will find a brief definition of “what it is”, an explanation of “why it matters”, and both written and visual highlights of “what the latest data says”.

We want you to be able to read this report in the way that is most useful to you. We have designed it so that it can be read from start to finish, or so you can be selective based on a particular wellbeing domain (area) of interest.
INTRODUCTION

Wellbeing \(^1\), also known as quality of life, starts with the basics - food, housing and health. But it also includes how we spend our time, how we care for each other, how we earn a living, and how we treat the planet. Wellbeing means being safe, and feeling connected to the people and places around you. It is about the quality of our neighbourhoods and parks, and our lived environment. It is also about arts, culture and leisure, and having the time to take part in the activities that we love and that nurture creativity.

What makes for good quality of life varies from one community to another. This report presents some of the latest statistical measures that have been identified as important to Guelph. It explores issues like the gap between the rich and poor, how often we participate in leisure activities, the quality of our jobs and housing, and greenhouse gas emissions.

This document was prepared for the Community Wellbeing Initiative (CWI). It provides a snapshot of the current state of wellbeing in Guelph based on selected indicators. Along with other measurements, these indicators form a baseline against which the success of the CWI can be assessed. They show us where we are making progress, where we are falling behind, and what we can do – both as a society and as individuals – to improve quality of life.

About the Community Wellbeing Initiative (CWI)

The Community Wellbeing Initiative is a community project that has the goal of providing each person the best possible quality of life in Guelph. The initiative will define a vision for the future and develop a shared plan for action to achieve the goals set out by the community.

How the Indicators were Selected

The basis for this report was the Canadian Index of Wellbeing (www.ciw.ca) - a pan Canadian initiative, which has developed an innovative, comprehensive and integrated system of indicators to measure and report on wellbeing. This index is based on the understanding that a true measure of wellbeing takes into account social, cultural, and environmental factors, as well as economic ones. It emerged out of dissatisfaction with traditional measures of progress that focus primarily on economic vitality, such as the Gross Domestic Product (GDP).
The Canadian Index of Wellbeing is comprised of eight domains that contribute to the wellbeing of Canadians:

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

Within each domain, a series of eight headline indicators has been identified through extensive research, consultation and validation. Data for each of these indicators is drawn from reputable sources, such as Statistics Canada. Together these indicators form a composite index, a means to track the progress of Canada’s wellbeing over time.

Starting with the Canadian Index of Wellbeing’s headline indicators, we began compiling statistics from a variety of sources, both local and national. We then held a half-day session (in November 2012) with local data experts and other interested stakeholders to help us review the indicator data we had collected, and to prioritize the indicators to include in this publication. In so doing, we considered the following factors:

- Is data for this indicator readily available and suitable at the municipal level, with the possibility of breakdown by wards/neighbourhoods?
- Is the data source reliable?
- How new is the information, and is there a prospect for future updates?
- Does it measure outcomes? ²
- Is it relevant to all, or a very large proportion of Guelph’s population?
- Is it easily understandable?

We then compared the results of this meeting, alongside the consultation priorities identified through the CWI planning process. Finally, we selected a few headline indicators for each of the domain areas to include in this report.
Due to gaps in available indicator data at the municipal level, some of the indicators included in this report differ from the Canadian Index of Wellbeing. For a complete list of the 64 indicators in the Canadian Index of Wellbeing, in comparison to the 26 indicators highlighted in this report, please refer to the Appendix.

**Data Explanations**

All indicator data is presented for the City of Guelph (population 121,688, 2011 Census), unless otherwise specified.

Much of the findings in this report come from a recent Community Wellbeing Survey, which was designed and analyzed by staff of the Canadian Index of Wellbeing on behalf of the City. This survey was conducted between June 20 and August 18, 2012, and involved 10,512 randomly selected households in Guelph. The response rate to this survey was approximately 14%, and the results have been weighted to ensure that the data is representative geographically within the City of Guelph and that the gender distribution matches the City of Guelph 2011 Census Profile. 3

Other key sources of data include: the City of Guelph, Statistics Canada (Census), Wellington-Dufferin-Guelph Public Health (which provided special tabulations from the Canadian Community Health Survey), as well as other community organizations. For a detailed list of references, data sources and definitions, please refer to the endnotes at the end of this document.

Where available, historical and provincial data has been included in order to provide some initial context. It should be noted, however, that comparative data is not available for many of the reported indicators (e.g. no time series is available for the Guelph Community Wellbeing Survey as it began in 2012).
SUMMARY OF FINDINGS

Community Vitality
- Two-thirds of residents have a strong sense of community belonging.
- 81% of residents feel safe walking in their neighbourhood at night.
- Half of the population volunteers.

Democratic Engagement
- One-third of the population voted in the last municipal election.
- One-quarter of residents feel that the policies of local government have made them better off.
- The proportion of women elected to municipal government is representative of the general populace.

Education
- Close to one-third of kindergarten children are vulnerable in one or more areas of school readiness.
- 84% of high school students passed the provincial literacy test.
- A third of working age adults (aged 25-64 years) has a university education.

Environment
- The local greenhouse gas emission rate is on the decline.
- The amount of water used daily by residents is decreasing.
- Total green spaces in the City of Guelph equate to 2,262 hectares.

Healthy Populations
- Two-thirds of residents perceive their health status as excellent or very good.
- 1 in 15 residents suffer from a mood disorder.
- 1 in 15 residents have diabetes.
- 43% of residents rate the quality of health care services as excellent or very good.

Leisure and Culture
- Residents participate in an average of 25 physical activities per month.
- 1 in 10 residents frequently access local recreation and cultural facilities.
- 2.2% of total municipal expenditures are allocated to arts and culture.

Living Standards
- The richest 10% earns 6.2 times the income of the poorest 10%.
- 78% of the labour force is employed.
- 1 in 8 households are living in accommodations that are too costly, in need of repair, or overcrowded.
- The number of individuals accessing the local food bank is on the rise.

Time Use
- 1 in 7 residents work 50 or more hours per week.
- The average commute between home and the workplace takes 22 minutes.
- Over half of the population report high levels of time pressure.
COMMUNITY PROFILE

The City of Guelph was founded in 1827, and is considered to be one of the first planned towns in Canada. Surrounded by the rolling hills of southwestern Ontario, Guelph covers a geographic area of 87.2 km², and is situated at the junction of the Speed and Eramosa Rivers. This location was originally chosen as the headquarters of a British development firm known as the “Canada Company” by its first superintendent, John Galt.

Guelph has experienced tremendous growth and changes since its inception. The following are some recently published demographic statistics from the latest Census periods (2011 and 2006) illustrating the present size and make-up of the community.  

Population Size and Growth

Today, the population of Guelph is 121,688. This represents a 5.9% increase since 2006, and there is no end to this growth in sight. The community has been designated as a settlement area within the province’s Places to Grow strategy. Municipal projections estimate that Guelph’s population will reach 169,000 by 2031 - a 38.9% increase over the 2011 Census counts. How the City manages and accommodates this future population growth will have a tremendous impact on the wellbeing of neighbourhoods and the municipality as a whole.

Population Growth and Projections for Guelph, 2001-2031

Age and Gender

The following figure illustrates the distribution of males and females living in Guelph by different age categories. There are slightly more women than men in the general population (51.5% to 48.5%). Youth (19 years and under) account for 23.4%, whereas seniors (65 years and over) make-up 13.0% of the population. Individuals of working age (20 to 64 years) comprise the bulk of the population at 62.7%; the largest cohort of which are 45 to 49 year olds. Since the previous 2006 Census, there has been a slight growth in the number of pre-school age children (0 to 4 years); however, in general Canadians of childbearing age are having fewer children than previous generations.

Population Distribution of Guelph by Age and Gender, 2011

Family and Household Composition

As the total population increased between the last two Census periods, the number of families and households in Guelph has increased proportionally, by 5.2% and 7.6% respectively. However, there has been a marked increase in the number of lone-parent families (9.3%) and the number of individuals living alone (12.9%). The rise in the number of one-person households is being reflected across the nation.

*Family and Household Composition in Guelph, 2006 and 2011*

<table>
<thead>
<tr>
<th></th>
<th>2006</th>
<th>2011</th>
<th>Percentage Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Census Families</td>
<td>32,180</td>
<td>33,865</td>
<td>5.2%</td>
</tr>
<tr>
<td>Lone Parent Families</td>
<td>5,015</td>
<td>5,480</td>
<td>9.3%</td>
</tr>
<tr>
<td>Total Households</td>
<td>44,705</td>
<td>48,115</td>
<td>7.6%</td>
</tr>
<tr>
<td>Living Alone</td>
<td>11,300</td>
<td>12,755</td>
<td>12.9%</td>
</tr>
<tr>
<td>Average Household Size</td>
<td>2.5</td>
<td>2.5</td>
<td>0%</td>
</tr>
</tbody>
</table>


Linguistic Characteristics

About one-tenth of Guelph’s population (14,610), spoke a language other than English or French at home in 2011, either alone or in some combination with English or French. Furthermore, 18.1% of residents (21,890) report that their mother tongue is a non-official language. These ratios are comparable to the previous Census period, and remain well below the provincial averages.

*Top Mother Tongues of Guelph Residents, 2011*

<table>
<thead>
<tr>
<th>Language</th>
<th>Number</th>
<th>Percentage of Total Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>95,845</td>
<td>79.2%</td>
</tr>
<tr>
<td>French</td>
<td>1,605</td>
<td>1.3%</td>
</tr>
<tr>
<td>Non-official languages</td>
<td>21,890</td>
<td>18.1%</td>
</tr>
<tr>
<td>Italian</td>
<td>2,320</td>
<td>1.9%</td>
</tr>
<tr>
<td>Vietnamese</td>
<td>1,465</td>
<td>1.2%</td>
</tr>
<tr>
<td>Chinese (n.o.s.)</td>
<td>1,325</td>
<td>1.1%</td>
</tr>
<tr>
<td>Polish</td>
<td>1,290</td>
<td>1.1%</td>
</tr>
<tr>
<td>Punjabi</td>
<td>1,265</td>
<td>1.0%</td>
</tr>
</tbody>
</table>

Mother tongue refers to the first language learned, and is often the basis for cultural identity. The top five mother tongues in Guelph are Italian, Chinese (not otherwise stated, n.o.s.), Vietnamese, Polish and Punjabi (2011).

Newcomers

In 2006, there were 3,820 newcomers (immigrated between 2001 and 2006) living in the City of Guelph, representing 3.3% of the total population. In comparison, recent immigrants made up 4.8% of the population of Ontario.

Visible Minorities

In 2006, visible minorities made up 13.8% (15,800) of Guelph’s population – far below the provincial average of 22.8%.
COMMUNITY VITALITY

The Community Vitality indicators explore community engagement and belonging, such as the strength of personal relationships, participation in community organizations, as well as perceptions of safety and security.

SENSE OF COMMUNITY BELONGING

WHAT IT IS – This indicator measures residents’ perceptions of belonging to their local community on a 4-point scale (i.e. very strong, somewhat strong, somewhat weak or very weak).

WHY IT MATTERS - People who have a strong sense of community are happier, have greater feelings of safety and security, and are more likely to be engaged and participate in community affairs, such as voting, recycling, and volunteering.  

WHAT THE LATEST DATA SAYS – 64.8% of residents (12 years and older) report a very strong or somewhat strong sense of belonging to Guelph (2009-10) – slightly below the provincial average of 67.4%.  

PERCEPTION OF SAFETY

WHAT IT IS – The percentage of residents who feel safe walking alone in Guelph at night.

WHY IT MATTERS – Fear of crime can influence the quality of life in neighbourhoods by limiting interaction and trust among residents. It is important to note that fear of crime refers to perceptions of security, and may not be reflective of actual crime rates. 

WHAT THE LATEST DATA SAYS – 80.8% of residents (18 years and older) feel very or somewhat safe walking in their neighbourhood at night, and 57.4% feel very or somewhat safe walking in Guelph at night (2012).
Perceptions of Safety While Walking at Night, 2012

On a scale of 1-7, how safe do you feel walking alone after dark?

Source: City of Guelph Subjective Wellbeing Survey (2012)

VOLUNTEERING

WHAT IT IS – The percentage of residents who provided unpaid help to a community group at least once during the past 12 months.

WHY IT MATTERS – Some people volunteer because they love helping others, and it provides a sense of purpose and meaning to life. Others do it to gain new skills and experiences, which may help boost career opportunities. Regardless of the reason for getting involved, there is substantial research showing the positive impacts of volunteering on individual wellbeing, such as increasing social attachments and reducing depression. In addition to these personal benefits, volunteers are critical to the sustainability of the community benefit sector, helping to provide a wide range of essential programs that touch virtually all aspects of society – social justice, sport and recreation, environment, health, housing, faith, and arts and culture.

WHAT THE LATEST DATA SAYS – 53.4% all residents (18 years and over) volunteered during the past 12 months (2012).
Did You Know?

Guelph had the lowest Crime Severity Index (47.0) of all Canadian census metropolitan areas in 2011.\textsuperscript{15}

Traditional crime rates provide information on the number of police-reported incidents per capita. They measure the volume of crime coming to the attention of the police. The Crime Severity Index, however, takes into account not only the change in volume of crime, but also the relative seriousness of that crime. For instance, is the crime coming to the attention of police more or less serious than before, and is police-reported crime in Guelph more or less serious than in other jurisdictions?\textsuperscript{16}
DEMOCRATIC ENGAGEMENT

The Democratic Engagement indicators illustrate citizen participation in public life and in the functioning of government, and the role residents and their institutions play as global citizens.

VOTER TURNOUT

WHAT IT IS – The percentage of eligible voters who cast a ballot in the most recent election.

WHY IT MATTERS – A high voter turnout is considered to be desirable, and is generally viewed as evidence of the legitimacy of the democratic system. A low turnout reflects disenchantment and indifference with the functioning of government. In addition, low turnouts can lead to unequal representation among particular segments of the population, as non-voters tend to be concentrated in certain socioeconomic groups, such as the young and poor. This has the potential to skew policy. 17, 18

WHAT THE LATEST DATA SAYS – 33.9% of the population (18 years and over) voted in the 2010 municipal election – down six percentage points from the 2006 municipal election (39.8%). 19

Municipal Voter Turnout by Ward in Guelph, 2010

Source: City of Guelph (2012)
Guelph Voter Turnout in Federal, Provincial and Municipal Elections, 2010-2011

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Federal</td>
<td>64.9%</td>
<td></td>
</tr>
<tr>
<td>Provincial</td>
<td>50.3%</td>
<td></td>
</tr>
<tr>
<td>Municipal</td>
<td>33.9%</td>
<td></td>
</tr>
</tbody>
</table>

Sources: Elections Canada, Elections Ontario, City of Guelph (2012)

POLICY IMPACT PERCEPTION

What it is – The percentage of the population who report that the policies of local government have made their lives better.

Why it matters – Several factors that contribute to wellbeing (e.g. neighbourhood design, affordable housing, public transportation, recreation and leisure opportunities, etc.) fall within the domain of local government. 20 This indicator addresses taxpayers’ satisfaction with the end result of the democratic process: “Have your elected government representatives successfully worked towards improving your wellbeing?” 21

What the latest data says – 25.6% of Guelph residents (18 years and over) report that the policies of the local government have made them much or somewhat better off (2012). 22
Perception of Policy Impact in Guelph, 2012

Source: City of Guelph Subjective Wellbeing Survey (2012)

REPRESENTATION OF WOMEN IN GOVERNMENT

WHAT IT IS – The proportion of women that are elected to office.

WHY IT MATTERS – In order for democratic decision-making to be equitable, all demographic groups require a political voice. Women, for example, represent half of the population; yet remain the largest group of citizens underrepresented in Canadian government. Underrepresentation by women, immigrants and other marginalized groups in the formal political process is often reflected in other community engagement activities. 23

WHAT THE LATEST DATA SAYS – The proportion of women elected to municipal government (46.2%) is representative of the amount of females in the general populace (51.5%) 24 - above the provincial average (27.9%) among Ontario’s largest 23 cities. 25

Did You Know?

In May 2012, the City of Guelph launched a new Diversity Strategy, which outlines the City’s commitment to ensuring that diversity, in all its shapes and forms, is valued and reflected in its people, practices and the way that services are delivered in the community.
EDUCATION

The Education indicators explore the literacy and skill levels of the population, including the ability of residents to participate effectively in society and the economy.

SCHOOL READINESS

WHAT IT IS – The proportion of senior kindergarten children without the skills they need to learn. Children who score in the lowest 10% on the Early Development Instrument (EDI) are considered to be vulnerable.

WHY IT MATTERS – The EDI assesses school readiness in five general domains of child development:

   a) Physical health and well-being
   b) Social competence
   c) Emotional maturity
   d) Language and cognitive development
   e) Communication skills and general knowledge

Research indicates that children who start school not ready to learn are at a disadvantage, and often never catch up. The degree to which a child is ready to learn at school predicts much about a person’s lifelong health, learning and behaviour.  

WHAT THE LATEST DATA SAYS – 30.1% of senior kindergarten children are vulnerable on one or more domains of early learning (2012) – an increase of three percentage points since 2006.
BASIC KNOWLEDGE AND SKILLS OF YOUTH

WHAT IT IS – The proportion of high school students who score at or above the provincial standard on basic educational knowledge and skills tests, such as the Ontario Secondary School Literacy Test (OSSLT) and the Grade 9 Assessment of Mathematics.

WHY IT MATTERS – Historically, literacy referred to the ability to read and understand information. Today, the term has come to be used in a broader sense, encompassing a range of 21st Century Skills relating to communication, numeracy, critical thinking and problem solving. Research shows that literacy skills are not only fundamental for learning in school, but are also closely linked to economic prospects, health outcomes, and the ability to participate fully in society. Individuals with strong educational knowledge and skills are more likely to be employed, and to hold jobs with better wages and working conditions than persons with weak literacy skills.

WHAT THE LATEST DATA SAYS – 84% of first-time eligible students in both the Upper Grand and Wellington Catholic District School Boards passed the OSSLT (2012) – slightly above the provincial average (82%) and on par with previous years.
Ontario Secondary School Literacy Test (OSSLT), 2010-2012

Source: Education Quality and Accountability Office (2012)

Ontario Grade 9 Assessment of Mathematics, 2010-2012

Source: Education Quality and Accountability Office (2012)
UNIVERSITY GRADUATES

WHAT IT IS – The proportion of working age adults (25-64 year olds) with a university certificate, diploma or degree.

WHY IT MATTERS – In an increasingly knowledge-based economy, post-secondary education is highly related to employment rates, quality of employment and earning potential. According to Statistics Canada, the employment rate in Canada for adults aged 25 to 64 who had completed college or university programs was 81%, compared with 72% for those who completed secondary school and 55% for those who had not completed high school (2010). 31, 32

WHAT THE LATEST DATA SAYS – 30.5% of Guelph residents aged 25-64 years have completed university – more than the provincial average of 26.0% (2006). 33

Did You Know?
48,559 residents have active library cards. Library customers borrowed 1,978,280 items from the Guelph Public Library in 2011 - up 7.9% from the previous year. 34
ENVIRONMENT

The Environment indicators tell us about the state of and trends in Guelph’s ecosystem, for example: air, energy, water, non-renewable materials and biotic factors (i.e. climate, soil, and living things).

GREENHOUSE GAS EMISSIONS

WHAT IT IS – The emission rate of the six key anthropogenic (human-made) greenhouse gases (GHGs).

WHY IT MATTERS – A small group of GHGs (carbon dioxide, methane, nitrous oxide, sulphur hexafluoride, perfluorocarbons and hydrofluorocarbon) help to regulate the earth’s climate by trapping solar energy that radiates from the planet’s surface as heat. According to the International Panel on Climate Change (IPCC), human-made GHG emissions are significant contributors to climate change. Researchers suggest that the impacts of climate change will affect wellbeing by triggering droughts/floods and their associated costs, increasing diseases and the incidence of heat-related illnesses, as well as altering our leisure activities.  

WHAT THE LATEST DATA SAYS – Guelph’s GHG emissions decreased by 21.5% from 9.5 to 7.5 tonnes of CO₂ per capita between 2006 and 2011. 

Guelph’s GHG Emissions, 2006-2011

Source: City of Guelph (2012)
RESIDENTIAL WATER USE

WHAT IT IS – The average amount of water used per person per day at home.

WHY IT MATTERS – A sustainable supply of freshwater is vital for many activities of daily living. In addition to drinking and cooking, water is used to fight house fires, wash clothes, fill public swimming pools, flush toilets and water gardens. Moreover, water is critical for agricultural production and industrial use. Although water cannot easily be destroyed, it can easily be shifted and re-located through usage. This is particularly important in Guelph as the city is completely dependent on groundwater for its public water supplies. 37

WHAT THE LATEST DATA SAYS – The average amount of water used per residential household/unit in Guelph is 183.7 litres – down 8.5% (17 litres) between 2007 and 2011. 38

Average Guelph Residential Water Use, 2007-2011

<table>
<thead>
<tr>
<th>Year</th>
<th>Litres/person/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>201</td>
</tr>
<tr>
<td>2008</td>
<td>193</td>
</tr>
<tr>
<td>2009</td>
<td>187</td>
</tr>
<tr>
<td>2010</td>
<td>186</td>
</tr>
<tr>
<td>2011</td>
<td>184</td>
</tr>
<tr>
<td>2019 Target</td>
<td>167</td>
</tr>
</tbody>
</table>

Source: City of Guelph (2012)
GREEN SPACE

WHAT IT IS – The proportion of hectares per capita that is designated as green areas (i.e. parks, open spaces, ecological/conservation areas, cemeteries, golf courses, public plazas/gathering spaces).

WHY IT MATTERS – Green spaces in urban areas serve multiple functions. From an environmental perspective, they contribute to the quality of the air, help maintain the water cycle, and protect the natural ecosystem. They also offer opportunities for recreation, leisure and social interactions. In addition, green areas help to define the image and character of a city, by making it an attractive place to live, work and play.

WHAT THE LATEST DATA SAYS – There are 1,859 hectares of green area per 100,000 people in Guelph (2011). 39

Did You Know?
In keeping with the City’s Community Energy Initiative to reduce energy consumption and GHG emissions by 50% by 2031, a new initiative - Net Zero City - has been launched. The City of Guelph is working in partnership with Guelph Environmental Leadership, Transition Guelph and other community groups to connect local neighbourhoods, with residents on each street generating their actual environmental footprint (energy, water, waste, transportation and food) while developing the capacity to change behaviours, adopt innovative technologies and implement action plans year over year.
HEALTHY POPULATIONS

The Healthy Populations indicators illustrate different aspects of health status, with a focus on physical, mental and social wellbeing, personal lifestyle and behaviours, and access to health care services.

SELF-RATED HEALTH

WHAT IT IS – This indicator measures residents’ perceptions of their general health status on a 5-point scale (i.e. excellent, very good, good, fair, or poor).

WHY IT MATTERS – Individuals’ self-assessments of their health are closely linked to their risk of illness and disease. Studies have demonstrated that there is an association between how people rate their own health and objective outcomes such as morbidity, mortality, and the use of health care services. 40, 41

WHAT THE LATEST DATA SAYS – 66.2% of Guelph residents (12 years and older) rate their health as excellent or very good (2009-10) 42 – above the provincial average of 61.0%. 43

PREVALENCE OF MOOD DISORDERS

WHAT IT IS – The proportion of residents who report that they have been diagnosed by a health professional as having a mood disorder, such as depression, bipolar disorder, mania or dysthymia.

WHY IT MATTERS – Depression and other mental illnesses represent major health issues for society. Depression is now the fourth leading contributor to the global burden of disease (as measured by disability adjusted life years), and it is expected to reach second place by 2020.44 The impact of depression on job performance has been estimated to be greater than that of chronic conditions such as arthritis, hypertension, back problems and diabetes. 45

WHAT THE LATEST DATA SAYS – 6.8% of Guelph residents (12 years and older) report that they have been diagnosed with a mood disorder (2009-10) 46 – the same as the provincial average of 6.8%. 47
PREVALENCE OF DIABETES

WHAT IT IS – The proportion of the population who report that they have been diagnosed by a health professional as having diabetes.

WHY IT MATTERS – Diabetes was selected as a core indicator of physical health for the Canadian Index of Wellbeing because it is closely linked to other conditions, including obesity, high blood pressure, heart disease, and kidney failure. Of great importance is the fact that type-2 diabetes is largely preventable. Research suggests that 90% of diabetes can be prevented by improved nutrition, exercise and a healthy weight. 48

WHAT THE LATEST DATA SAYS – 6.4% of Guelph residents (12 years and older) report that they have been diagnosed with diabetes (2009-10) 49 – comparable to the provincial average of 6.8%. 50

PERCEPTION OF THE QUALITY OF HEALTH SERVICES

WHAT IT IS – This indicator measures residents’ perception of the quality of health care services on a 5-point scale (i.e. excellent, very good, good, fair, or poor). 51

WHY IT MATTERS – Although the public health care system is a fundamental element of Canadian life, health care in itself is not a determinant of population health status. Nevertheless, residents’ perceptions of the quality of care provided by the health system is important to track because it shapes consumer confidence in the system, and can impact personal health behaviours with respect to usage of health services (including prevention) and compliance with treatment regimes. 52

WHAT THE LATEST DATA SAYS – 42.5% of Guelph residents (18 years and over) rate the quality of health care services in Guelph as excellent or very good (2012). 53
Guelph Residents’ Ratings of Quality of Health Care Services, 2012

Did You Know?

Wellington-Dufferin-Guelph Public Health offers free dental care for children and youth up to and including 17 years of age.

Dental health is an important part of a child’s overall health. Research has demonstrated correlations between gum disease and other health conditions, such as diabetes, pneumonia and other respiratory diseases, heart disease, and stroke. Oral health is also closely tied to income level and socioeconomic status, as many low-income families do not have the resources required to maintain a nutritious diet. 

Source: City of Guelph Subjective Wellbeing Survey (2012)
LEISURE AND CULTURE

The Leisure and Culture indicators explore all forms of human expression, such as activities focused on the arts and culture, as well as recreational interests and pastimes.

PHYSICAL ACTIVITY PARTICIPATION

WHAT IT IS – The typical number of times residents participated in physical activities during the past month.

WHY IT MATTERS – Participation in physical activities positively affects individuals’ wellbeing. Regular exercise is associated with a range of health benefits, such as a reduced risk of cardiovascular disease, high blood pressure, osteoporosis, diabetes, obesity, and some types of cancer. People with active lifestyles are also less likely to become depressed, suffer from stress and anxiety, as well as have higher levels of life satisfaction. Among youth, time spent on physical activity is associated with improved behavioural and academic scores, as well as a reduced risk of obesity. In addition, research shows that early exposure to physical activities leads to early adoption by children and adolescents, and that these patterns of participation are continued throughout adulthood. 55, 56, 57

WHAT THE LATEST DATA SAYS – On average, Guelph residents (18 years and over) report that they participate in a total of 25.3 physical activities per month (2012):

- Light exercise, e.g. going for a walk, bicycling (16.5)
- Physical exercise, e.g. aerobics, jogging, weight training (6.5)
- Individual sports, e.g. tennis, badminton, skiing (1.2)
- Team sports, e.g. baseball, hockey, volleyball, basketball (1.1) 58
Guelph Residents’ Monthly Participation in Physical Activities, 2012

Source: City of Guelph Subjective Wellbeing Survey (2012)

Guelph Residents’ Annual Participation in Cultural Activities, 2012

Source: City of Guelph Subjective Wellbeing Survey (2012)
USAGE OF LOCAL RECREATION AND CULTURAL FACILITIES

WHAT IT IS – The usage rate of municipal sports and recreation facilities, cultural and performing arts centres, libraries and parks, as measured on a 5-point scale (i.e. never, sometimes, regularly, quite often, all of the time).

WHY IT MATTERS – Community facilities (i.e., swimming pools, arenas, performing arts facility, libraries, museums, parks, etc.) offer opportunities for leisure and culture, by providing the places and spaces for people to use during their free time. Studies show that when people live in proximity to parks, open spaces, and other arts and recreation facilities, they report higher rates of participation in social leisure, cultural and physical activities. 59

WHAT THE LATEST DATA SAYS – 9.3% of Guelph residents (18 years and over) use municipal recreation and cultural facilities quite often or all of the time (2012). 60

EXPENDITURES ON ARTS AND CULTURE

WHAT IT IS – Expenditures in past year on all aspects of arts and culture as a percentage of total municipal expenditures (net of revenues). 61

WHY IT MATTERS – A strong arts and culture scene contributes to the City’s ability to compete for talented individuals, leading-edge businesses and tourists. Beyond economic development factors, Guelph’s award-winning festivals, cultural events, public spaces and venues are a source of pride and attraction for many residents. They also help enrich the overall quality of life in the community, by providing opportunities for leisure and social engagement. 62

WHAT THE LATEST DATA SAYS – 2.2% of total municipal expenditures were allocated to arts and culture programming, facilities, and community grants in 2012 (including libraries, it was 6.5%).63 This equates to (using 2011 Census data) $32 per resident ($96 per resident including libraries).

In comparison, research conducted by Hill Strategies of five major cities in Canada – Toronto, Calgary, Vancouver, Montreal and Ottawa – found a net cultural investment of $35 per resident in 2009 (The net investment in libraries was an additional $53 per capita). 64

Did You Know?

Fourth Fridays are fun, interactive, family friendly, community building events. Different downtown Guelph merchants and the streets become venues for the night, hosting artist’s paintings on their walls, demonstrations, musical performances, theatre, spoken word poetry, crafts and interactive projects.

For more information, visit http://fourthfridaysguelph.ca/
LIVING STANDARDS

The Living Standards indicators speak to financial security and material wellbeing. They establish the level and distribution of income and wealth in the community, as well as trends in economic security, such as employment rates, job quality, housing affordability, and poverty.

GAP BETWEEN THE RICH AND POOR

WHAT IT IS – The distribution of family incomes between top and bottom deciles (ratio between the richest and poorest 10%).

WHY IT MATTERS – Wellbeing is dependent on both the level of income and the distribution of income within the population. Differences in the distribution of income are often considered a measure of fairness and social justice. Large income disparities are often associated with high unemployment, but may also indicate that large numbers of people are in low-paid jobs and that the skills and capacities of citizens are not being fully utilized. 65

WHAT THE LATEST DATA SAYS – The average (pre-tax) income of the top 10% of census families in the Guelph CMA 66 is $161,000, while the average income for the bottom 10% is $26,100 (2006). In other words, the richest earn 6.2 times the income of the poorest – up 3% from the previous Census (2001). 67

EMPLOYMENT RATE

WHAT IT IS – The number of persons employed as a proportion of the working age population (age 15 years and over).

WHY IT MATTERS – Employment contributes to wellbeing in many ways. It is the primary source of income for most individuals and families, enabling them to satisfy basic needs and pursue other interests. For many individuals, work also provides a sense of purpose and accomplishment. At a societal level, employment generates efficiency, productivity, and competitiveness in the local economy. 68, 69, 70

WHAT THE LATEST DATA SAYS – The employment rate in the Guelph CMA is 78.3% (2011) – up three percentage points from the previous year. 71
HOUSING SECURITY

WHAT IT IS – The proportion of the population living in Core Housing Need.

WHY IT MATTERS – Core Housing Need looks at three elements of housing security:

a) Adequacy - Is the dwelling in need of major repair?

b) Suitability – Are there enough bedrooms for the size and make-up of the household?

c) Affordability – Does the households spend 30% or more of their before-tax income on accommodation?

Housing that is too costly, in need of repair, or overcrowded can be a large drain on the resources and health of its occupants. Because housing is the largest and perhaps least flexible component of a household budget, those spending a disproportionate amount of their income on housing struggle with which bills to pay each month.

WHAT THE LATEST DATA SAYS – 12.2% (5,260) of all households in Guelph are living in Core Housing Need (2006) – up one percentage point from the previous Census (2001).
Guelph Households in Core Housing Need, 2001 and 2006

Source: Canada Mortgage and Housing Corporation (2011)

FOOD SECURITY

WHAT IT IS – The proportion of the population accessing the Food Bank.

WHY IT MATTERS – Food security is defined as the ability at all times to obtain appropriate, nutritious foods that are needed to maintain a healthy and active lifestyle. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity. 73 Due to economic challenges, many people need to rely on Food Banks and other social services for assistance with daily sustenance.

WHAT THE LATEST DATA SAYS – An average of 4.3% of the total population of Guelph (5,267 people) access the Guelph Food Bank per month (2011). The total number of individuals accessing the Food Bank is up 19.6% over the previous year. 74
Number of Individuals Accessing the Guelph Food Bank, 2006-2011

Source: Food Bank Canada (2012)

Did You Know?

The weekly cost of a Nutritious Food Basket to feed a family of four locally in 2012 is $191.29 – up 5.7% over 2011. This represents a 14.5% increase since the food basket cost was first reported in 2009. 

The Nutritious Food Basket represents the price to purchase one week of food to feed a reference family of four (i.e. a man and woman each aged 31 to 50 years; a boy, 14 to 18 years of age; and a girl, four to eight years old). It is based on a survey of 67 nutritious food items in seven grocery stores, which was conducted by Wellington-Dufferin-Guelph Public Health in May 2012.
The Time Use indicators explore the use of time, how people experience time, what controls its use, and how it affects wellbeing.

**WORKING LONG HOURS**

**WHAT IT IS** – The percentage of residents working 50 hours or more per week.

**WHY IT MATTERS** – Working excessive hours is associated with increased health risks for employees, for example: work accidents and injuries, musculoskeletal disorders, fatigue, psychological ill health, and unhealthy behaviours (i.e. smoking, drinking and poor diet). Long work hours also increase the likelihood of job stress, job dissatisfaction, and time-related pressures for non-work responsibilities. In addition, it can have a negative impact on work-life balance and family time. 76

**WHAT THE LATEST DATA SAYS** – 14.0% of Guelph residents (18 years and over) work 50 or more hours per week (2012).77

**COMMUTING TIME**

**WHAT IT IS** – The average commute time from home to the workplace (one-way).

**WHY IT MATTERS** – For many workers, commuting to work is routine and causes little concern. For others, it can be a cause of stress and frustration. Generally, the longer the commute time is (i.e. 45 minutes or more), the more stressful the experience. Public transit users are more likely than car commuters to be dissatisfied with their commuting times as it takes them longer on average to get to work. 78

**WHAT THE LATEST DATA SAYS** – It takes Guelph residents (18 years and over) an average of 21.8 minutes to get to work on a typical day (2012).79

**TIME PRESSURE**

**WHAT IT IS** – The proportion of working age adults experiencing high levels of time pressures (i.e. ranks 4 or less on 10 point scale, with lower scores indicating higher feelings of time pressure).

**WHY IT MATTERS** – The term time pressure - also referred to as time squeeze, time stress or time crunch - refers to not having enough time in a day to do what is needed to be done. High levels of time pressure are associated with stress, insomnia, and general dissatisfaction with life. 80

**WHAT THE LATEST DATA SAYS** – 55.6% of Guelph residents (18 years and over) report high levels of time pressure (2012).81
Guelph Residents’ Perceptions of Adequate Time, 2012

On a scale of 1-10, to what is extent is there enough time for you...
(1 = not at all enough time; 10 = almost always enough time)

Did You Know?
Individuals of different ages and life stages display different patterns of time use. For example, most pre-school children spend almost their entire day in unstructured play, school-aged children and youth spend more time in educational activities, adults spend many of their awake hours in the paid labour force and child care, while seniors spend greater amounts of time in social leisure, caregiving, volunteering and health maintenance activities compared to other age groups.82

In the spring of 2012, the City of Guelph launched an initiative to develop an Older Adult Strategy. The purpose of this strategy is to create an age-friendly community that supports older adults to live in security, maintain their health, and participate fully in society. In response, the City will adapt its structure and services to be accessible and inclusive of older people with varying needs and capacities.

Source: City of Guelph Subjective Wellbeing Survey (2012)
CONCLUSION

This report presents a sampling of community indicators for Guelph, which viewed collectively provide a snapshot of the current state of wellbeing in Guelph. These indicators were selected based on community input and data availability, and have been organized according to the eight domains of wellbeing. The findings highlight some of the issues that will be considered as part of the CWI.

We hope this report will inspire conversations and action. We encourage you to talk with your family, friends, neighbours and colleagues (and the City!) about ways to enhance wellbeing in Guelph. For more information about the CWI and how to get involved, visit [www.guelphwellbeing.ca](http://www.guelphwellbeing.ca) or call 519-822-1260.

ACKNOWLEDGEMENTS

We would like to thank all the individuals and organizations that contributed data for this report, and who participated in various consultations relating to CWI. A special thanks goes to Barbara Powell, Louise Daw and Jennifer Smith for their ongoing support and leadership to the CWI, to Eden Grodzinski of JPMC Inc. for writing this report, and to An-Su De Lellis of the Design Loft Inc. for the design and layout.
The Community Wellbeing Initiative (CWI) models itself on the Canadian Index of Wellbeing (CIW) in adopting the eight domains of wellbeing. It is important to note, however, how this CWI - Community Profile differs from the CIW. This report includes only three to four indicators per domain, not eight as in the CIW. In addition, of the 26 indicators presented here, only 19 of the indicators are actually from the CIW. And a few of those indicator descriptions have been modified slightly for suitability at the municipal level (see table below). Moreover, while the CIW combines the indicator results into an aggregate CIW value, this CWI - Community Profile does not provide a composite index.

A Comparison of the Headline Indicators in the Canadian Index of Wellbeing and the Community Profile of Guelph

<table>
<thead>
<tr>
<th>Domain</th>
<th>Canadian Index of Wellbeing</th>
<th>Community Wellbeing Initiative – A Community Profile of Guelph</th>
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<tbody>
<tr>
<td>Community Vitality</td>
<td>Percentage of people who report a very or somewhat strong sense of belonging to community</td>
<td>Percentage of people who report a very or somewhat strong sense of belonging to community</td>
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<tr>
<td></td>
<td>Percentage of people who feel safe walking after dark</td>
<td>Percentage of people who feel safe walking after dark</td>
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<td>Percentage of people who participate in organized activities</td>
<td>Volunteer rate</td>
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<td>Percentage of people with six or more close friends</td>
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<td></td>
<td>Percentage of people who feel that most or many people can be trusted</td>
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<td>Percentage of people who provide unpaid help to others on their own</td>
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<td>Property crime rate</td>
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<td>Violent crime rate</td>
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<td>Democratic Engagement</td>
<td>Voter turnout</td>
<td>Voter turnout</td>
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<td></td>
<td>Percentage of people who report that policies of government have made them better off</td>
<td>Percentage of people who report that policies of government have made them better off</td>
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<td></td>
<td>Percentage of women in parliament</td>
<td>Percentage of women in municipal government</td>
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<td></td>
<td>Percentage of people who are not interested in politics at all</td>
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<td>Domain</td>
<td>Canadian Index of Wellbeing</td>
<td>Community Wellbeing Initiative – A Community Profile of Guelph</td>
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<tr>
<td>Democratic Engagement</td>
<td>Percentage of people who strongly agree it is every citizen’s duty to vote</td>
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<td>Percentage of people who are very/fairly satisfied with the way democracy works</td>
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<td>Percentage of people with a great deal or quite a lot of confidence in parliament</td>
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<td>Ratio of registered to eligible voters</td>
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<td>Net official development aid as a percentage of gross national income</td>
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<td>Education</td>
<td>Percentage of children doing well on five developmental domains</td>
<td>Percentage of children who are vulnerable on five developmental domains</td>
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<tr>
<td></td>
<td>Basic knowledge and skills index for 13-15 year olds</td>
<td>High school literacy and math test results</td>
</tr>
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<td></td>
<td>Percentage of 25-64 year olds in population with a university degree</td>
<td>Percentage of 25-64 year olds in population with a university degree</td>
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<td>Average of five social and emotional competence scores for 12-13 year olds</td>
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<td>Ratio of child care spaces to children 0 to 5 years of age</td>
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<td>Percentage of 20-24 year olds in population completing high school</td>
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<td></td>
<td>Ratio of students to educators in public schools</td>
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<td>Percentage of Programme for International Student Assessment (PISA) scores explained by socio-economic background</td>
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<tr>
<td>Environment</td>
<td>Absolute greenhouse gas emissions</td>
<td>Greenhouse gas emission rate</td>
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<td>Water yield in Southern Canada</td>
<td>Residential water use</td>
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<td>Ground level ozone</td>
<td>Percentage of green space</td>
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<td>Primary energy production</td>
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<td>Ecological footprint</td>
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<td>Viable Metal Reserves Index</td>
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<td>Canadian Living Planet Index</td>
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<td>Marine Tropic Index</td>
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<tr>
<td>Healthy Populations</td>
<td>Percentage of people who rate their health as excellent or very good</td>
<td>Percentage of people who rate their health as excellent or very good</td>
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<td></td>
<td>Percentage of people with probable depression</td>
<td>Percentage of people with a mood disorder (including depression)</td>
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<td>Percentage of people with self-reported diabetes</td>
<td>Percentage of people with diabetes</td>
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<td></td>
<td>Percentage of people who rate patient health services as excellent or good</td>
<td>Percentage of people who rate the quality of health care services as excellent or very good</td>
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<tr>
<td>Life expectancy at birth</td>
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<td>Percentage of daily or occasional smokers among teens aged 12-19</td>
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<td></td>
<td>Percentage of adults getting influenza immunization</td>
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<td>Average years expected to be lived in good health (HALE)</td>
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</tr>
<tr>
<td>Leisure and Culture</td>
<td>Average monthly participation in physical activity</td>
<td>Average monthly participation in physical activity</td>
</tr>
<tr>
<td></td>
<td>Average visitation per site in past year to all National Parks and National Historic Sites</td>
<td>Usage of local recreation and cultural facilities</td>
</tr>
<tr>
<td></td>
<td>Expenditures in past year on culture and recreation as a percentage of total household expenditures</td>
<td>Municipal expenditures on arts and culture per capita</td>
</tr>
<tr>
<td></td>
<td>Average percentage of time spent on social leisure activities</td>
<td></td>
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<tr>
<td></td>
<td>Average percentage of time spent in arts and cultural activities</td>
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<td>Average number of hours in past year volunteering for culture and recreation organizations</td>
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<td></td>
<td>Average attendance per performance in past year at all performing arts performances</td>
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<td>Average number of nights away per trip on vacation to destinations over 80 km from home</td>
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## Community Wellbeing Initiative • A Community Profile of Guelph

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<tr>
<td><strong>Living Standards</strong></td>
<td>Ratio of top to bottom quintile of economic families, after tax</td>
<td>Ratio of top to bottom decile of census families (pre-tax)</td>
</tr>
<tr>
<td></td>
<td>Percentage of labour force employed</td>
<td>Percentage of labour force employed</td>
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<td>RBC Housing Affordability Index</td>
<td>Core housing need</td>
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<td></td>
<td>After tax median income of economic families</td>
<td>Food bank usage</td>
</tr>
<tr>
<td></td>
<td>Percentage of persons in low income</td>
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<td>Scaled value of CSLS economic security index</td>
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<td>Percentage of labour force with long-term unemployment</td>
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<td>CIBC Index of Employment Quality</td>
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<tr>
<td><strong>Time Use</strong></td>
<td>Percentage of labour force participants working more than 50 hours per week</td>
<td>Percentage of population (18 years and over) working more than 50 hours per week</td>
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<td>Mean workday commute time for individuals working for pay</td>
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<td>Percentage of 20-64 year olds reporting high levels of time pressure</td>
<td>Percentage of population (18 years and older) reporting high levels of time pressure</td>
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<td></td>
<td>Percentage of 20-64 year olds giving unpaid care to seniors</td>
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<td>Percentage of seniors reporting daily active leisure activities</td>
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<td>Percentage of 65 year olds reporting annual formal volunteering activities</td>
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<td>Percentage of people individuals working for pay with flexible work hours</td>
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<td></td>
<td>Percentage of 3-5 year olds read to daily by parent</td>
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</table>
ENDNOTES

1. Wellbeing is typically defined as a state of being happy and healthy. The World Health Organization (2001) defines health as: “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”. These definitions recognize that wellbeing is not restricted to physical dimensions, but that it also encompasses psychological and social dimensions (Canadian Index of Wellbeing, 2010).

2. Outcome indicators measure how well an initiative accomplishes its intended results. They compare the result of an intervention to the situation beforehand. For example, the number of police per capita is a process (input) indicator, whereas crime rates are outcomes of community safety.


5. Census family is defined as a married couple and the children, if any, of either or both spouses; a couple living common law and the children, if any, of either or both partners; or, a lone parent of any marital status with at least one child living in the same dwelling and that child or those children. All members of a particular census family live in the same dwelling. A couple may be of opposite or same sex. Children may be children by birth, marriage or adoption regardless of their age or marital status as long as they live in the dwelling and do not have their own spouse or child living in the dwelling. Grandchildren living with their grandparent(s) but with no parents present also constitute a census family. (Statistics Canada, n.d.) Retrieved from http://www.statcan.gc.ca/concepts/definitions/cfamily-rfamille-eng.htm

6. In 2011, there was a change in the way the Census reports Chinese languages. For the first time, Chinese languages are being analyzed separately. The term Chinese designated as ‘not otherwise specified’ (n.o.s.) refers to people who reported ‘Chinese’ in their response to the question on mother tongue without specifying Mandarin, Cantonese or other Chinese languages.


8. Wellington-Dufferin-Guelph Public Health (2012). City of Guelph data from the 2009-10 Canadian Community Health Survey obtained by special request.


27. Guelph Community Health Centre (2012). EDI Results for Guelph and Wellington County.

28. The 21st Century Skills are also referred to as employability skills or essential skills and can be organized into six categories: numeracy; communication; critical thinking and problem solving; personal; interpersonal; and information management, technology and information systems. Retrieved from the Partnership for 21st Century Skills: http://www.p21.org/.


42. Wellington-Dufferin-Guelph Public Health (2012). City of Guelph data from the 2009-10 Canadian Community Health Survey obtained by special request.


46. Wellington-Dufferin-Guelph Public Health (2012). City of Guelph data from the 2009-10 Canadian Community Health Survey obtained by special request.


49. Wellington-Dufferin-Guelph Public Health (2012). City of Guelph data from the 2009-10 Canadian Community Health Survey obtained by special request.


51. The rating used in the Guelph Wellbeing Survey differs from the Canadian Community Health Survey, which rates quality of care is according to four categories: excellent, good, fair, and poor.


61. The "net" investment in the arts figures excludes funds transferred from other levels of government as well as other sources of revenue for civic theatres and other municipal facilities that charge admission. The net expenditures figures provide estimates of what was spent from the tax supported municipal operating budget.


63. The Guelph Census Metropolitan Area (CMA) is comprised of the City of Guelph and the Township of Guelph/Eramosa.


