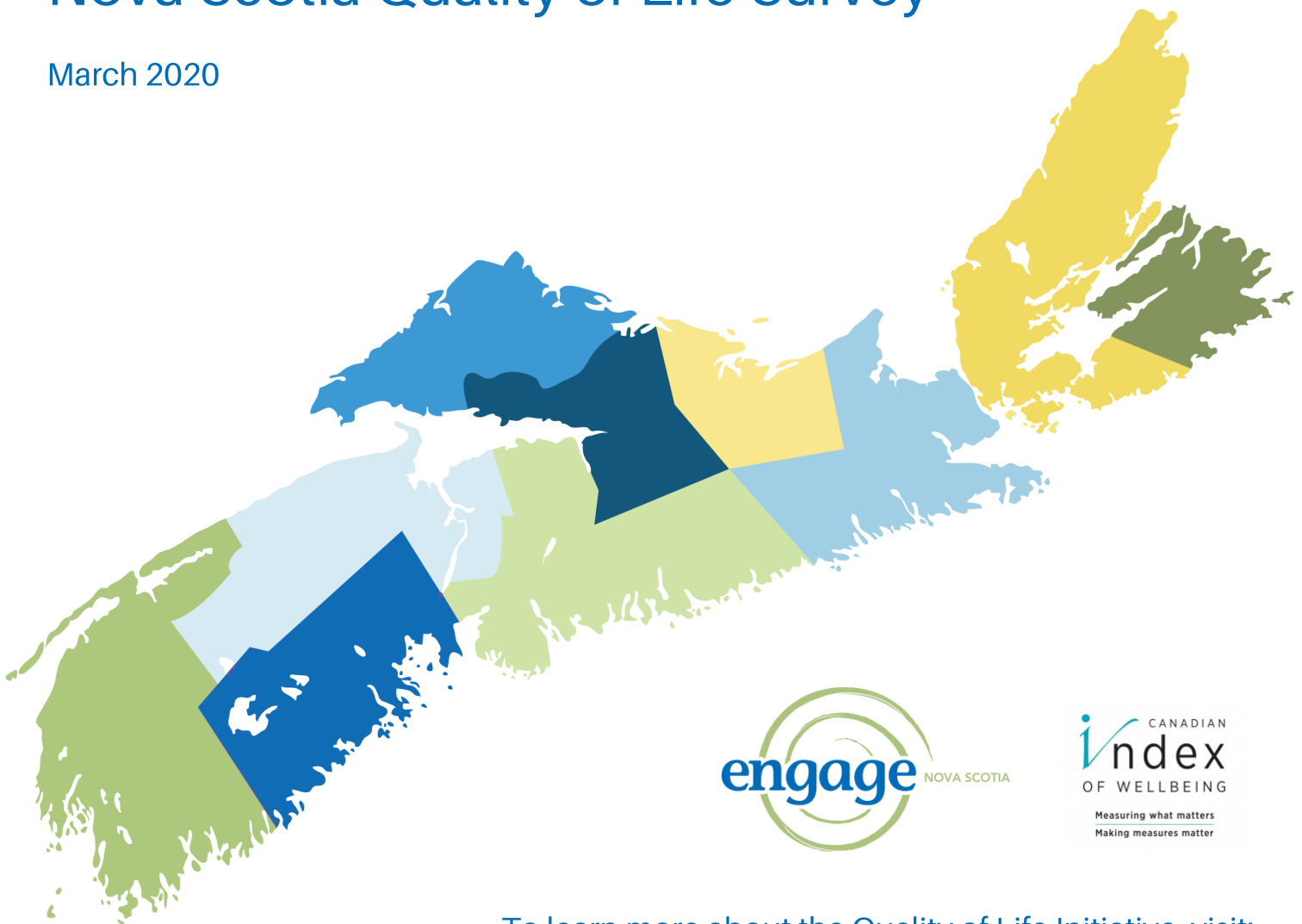




# An Exploration of Wellbeing in Nova Scotia

A Summary of Results from the  
Nova Scotia Quality of Life Survey

March 2020



To learn more about the Quality of Life Initiative, visit:

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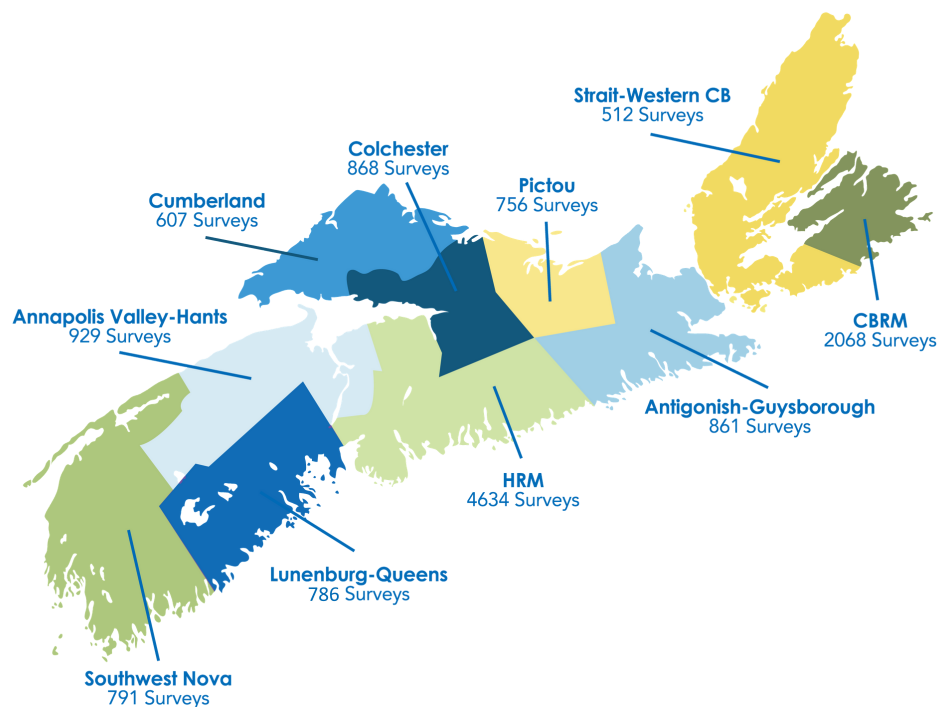
# Foreword


This is the second in a series of reports prepared through the collaboration of Engage Nova Scotia and the Canadian Index of Wellbeing.

In June of 2018 we released the Nova Scotia Quality of Life Index. It relied on existing data sets to highlight trends related to the wellbeing of Nova Scotians from 1994-2014, and then compared them to trends in the Canadian average.

This set of results goes further and substantially deepens our understanding of how Nova Scotians are doing. It is the result of over 12,000 Nova Scotians participating in a 230-question survey in May and June of 2019. It represents the largest data set of its kind in Canada.

The high response rates ensure that reliable data are available for each of 10 regions of the province – as shown in the map below.





Local Leadership Teams have assembled across the province to consider the results for their regions and determine how to engage the public and support the identification of regional priorities.

A review of the responses will reveal that in some areas we might be richer than we think. Undoubtedly, in others we will find room for improvement. We will let the data speak for itself and encourage others to learn from it.

This data set does not provide the final word on how to assess progress. It is intended as one of the next tools for important conversations about how we can build a society around the things we value most. We hope it sparks your imagination and deepens your knowledge base for new collaborations.

This is the start of additional measurement, analysis, research, and reporting that will be forthcoming in 2020 and beyond. Some of these insights will come from Engage Nova Scotia, but we anticipate many others from groups and organizations who will work with this data across the province. This is a multi-year initiative that has the opportunity to examine a wide range of topics. These measurements set the stage for better decision-making and a more engaged citizenry.

This work is made possible through partnerships with hundreds of volunteers and dozens of organizations striving to ensure our collective efforts make sure Nova Scotia is vibrant, inclusive and adaptive to change.

We invite you to share this report broadly. For more information, go to [www.engagenovascotia.ca](http://www.engagenovascotia.ca)

# Executive Summary

## Community Vitality

- ✓ **Over half (52.1%) of Nova Scotians volunteer.** Volunteer rates are highest in Antigonish-Guysborough (66.9%) and Strait Area-Western Cape Breton (66.8%), and lowest in Halifax RM (49.5%) and Cape Breton RM (46.2%). [Table A1]
- ✓ **More than 6 in 10 Nova Scotians (64.7%) provide unpaid help to others** with home support such as cooking, cleaning, maintenance, and repairs. Over half of Nova Scotians also provide support by running errands and providing health-related care and assistance. [Table A3]
- ✓ **Social connections and support:** Nova Scotians have an average of 5 to 6 relatives ( $M = 5.84$ ) and 4 to 5 friends ( $M = 4.86$ ) with whom they are close. They also typically have at least 4 neighbours ( $M = 4.17$ ) from whom they feel they could ask a favour. [Tables A4 to A6]
- ✓ **Sense of belonging to one's community is above average across Nova Scotia ( $M = 4.45$  on a 7-point scale), but differs somewhat by region.** Sense of belonging is slightly higher in Antigonish-Guysborough ( $M = 4.95$ ), and slightly lower in Halifax RM ( $M = 4.34$ ). [Table A7]
- ✓ **Residents of Antigonish-Guysborough and Strait Area-Western Cape Breton report the strongest sense of community,** especially with respect to the social connections and bonds they have and the feeling that their communities provide more opportunities to fulfil their needs. [Tables A8a to A8m, and A8 – Summary]
- ✓ **Feelings of social isolation** are lowest in Antigonish-Guysborough ( $M = 3.11$ , on a 7-point scale), Cape Breton RM ( $M = 3.15$ ), and Lunenburg-Queens ( $M = 3.15$ ), and slightly higher in Southwest Nova ( $M = 3.31$ ) and Cumberland ( $M = 3.34$ ). [Tables A8-SI1 to A8-SI3, and A8-SI Summary]
- ✓ **Residents of Nova Scotia feel quite safe walking alone after dark in their neighbourhoods ( $M = 5.63$ , on a 7-point scale).** Residents in Strait Area-Western Cape Breton feel the most safe ( $M = 6.19$ ) as do residents of Antigonish-Guysborough ( $M = 6.10$ ). Even though they still feel quite safe walking alone after dark, residents of Pictou report relatively lower perceptions of safety than elsewhere ( $M = 5.48$ ). [Table A9]
- ✓ **Experiences of discrimination in the community due to one's ethnicity, culture, or skin colour are quite low across Nova Scotia.** Such experiences of discrimination occur somewhat more often in Southwest Nova ( $M = 1.53$ , on a 7-point scale) and in Halifax RM ( $M = 1.45$ ). While still quite low overall, experiences of discrimination due to one's age occur the most often in every region across Nova Scotia. [Tables A13a to A13f, and A13 Summary]

- ✓ **Almost one-third of Nova Scotians believe that the people with whom they work or go to school can be trusted a lot (31.0%) as can the people in their neighbourhoods or community (29.1%).** Feelings of trust in strangers are more mixed across Nova Scotia, but are highest in Strait Area-Western Cape Breton and Antigonish-Guysborough. [Tables A10a to A10c]
- ✓ **Nova Scotians' feelings of trust are highest in non-governmental organisations (NGOs) and the business community,** especially in Strait Area-Western Cape Breton and Lunenburg-Queens. Feelings of trust are lowest in both the provincial and federal governments. [Tables A11a to A11f, and A11 Summary]
- ✓ **Confidence in institutions is highest across Nova Scotia for the police and in the justice system and courts.** However, trust in these institutions, as well as in the school system and the health care system is notably lower among residents of Cape Breton RM. [Tables A12a to A12d, and A12 Summary]

## Healthy Populations

- ✓ **Almost half of Nova Scotians (45.0%) report very good or excellent *physical* health.** The highest percentage of residents reporting very good or excellent physical health are living in Halifax RM (48.3%) and in Antigonish-Guysborough (47.1%), while less than 4 in 10 residents in Pictou (36.9%) and Southwest Nova (37.5%) report very good or excellent physical health. [Table B1]
- ✓ **Half of Nova Scotians (50.0%) report very good or excellent *mental* health.** The highest percentage of residents reporting very good or excellent mental health are living in Strait Area-Western Cape Breton (53.5%) and in Antigonish-Guysborough (55.9%), while less than half of residents in Cumberland (45.0%) and in Pictou (45.7%) report very good or excellent mental health. [Table B2]
- ✓ **Approximately 3 to 4 in 10 Nova Scotians have experienced negative impacts in the past year due to *mental health issues*** that they faced (28.6%), that a family member faced (38.2%), or that someone else, like a friend, had faced (32.8%). These negative impacts were experienced more often by residents of Halifax RM. [Table B3]
- ✓ **Just over 1 in 10 Nova Scotians have experienced negative impacts in the past year due to *substance use issues*** by a family member (11.4%) or by someone else, like a friend (11.6%). These negative impacts were experienced more often by residents of Southwest Nova, Colchester, and Cape Breton RM. [Tables B6c and B7]
- ✓ **Six in 10 Nova Scotians (60.7%) agree that they have engaged in good quality exercise during the past week,** a pattern that is fairly consistent across all regions in the province. [Tables B6a]
- ✓ **Over three-quarters of Nova Scotians (77.8%) agreed that they regularly ate healthy meals during the past week,** a pattern – like quality exercise – that is fairly consistent across all regions in the province. [Table B6b]



- ✓ **Only about 1 in 5 Nova Scotians (19.5%) rate the overall *quality* of health care services in their community as very good or excellent.** Almost 1 in 4 rate the quality as poor. These lower ratings of health care services are especially pronounced in Cape Breton RM where almost half of the residents rate their quality as poor (47.8%). In contrast, only 1 in 10 residents of Antigonish-Guysborough (10.6%) rate their quality as poor. [Table B4]
- ✓ **An even smaller percentage of Nova Scotians (13.3%) rate the overall *accessibility* of health care services in their community as very good or excellent.** One-third rate accessibility to health care services as poor. These lower ratings of health care services are again especially pronounced in Cape Breton RM where almost 6 in 10 residents rate their accessibility as poor (57.3%). The highest percentages of residents rating the accessibility of health care services in their community as very good or excellent are found in Antigonish-Guysborough (21.9%) and Halifax RM (16.4%). [Table B5]

## Democratic Engagement

- ✓ **Nova Scotians' level of interest in politics is highest for federal politics ( $M = 6.15$ , on a 10-point scale) and lowest for municipal or band politics ( $M = 5.51$ ).** Interest in all levels of politics tends to be higher in Halifax RM and in Antigonish-Guysborough, and lowest in Cumberland and Southwest Nova. [Tables C1a to C1c]
- ✓ **About half of Nova Scotians participated in local events for a charitable organisation (51.5%) and/or a local event in support of their community (49.0%) in the past year.** About one-quarter of Nova Scotians wrote or spoke to local officials about a local issue (26.4%), joined social media to discuss a local issue (25.4%), and/or attended a neighbourhood community meeting (22.6%). Just under 1 in 10 residents attended a local council meeting (9.4%) or participated in a public demonstration or protest (7.4%). [Table C2]
- ✓ **Nova Scotians' feelings about their influence on government is quite mixed with similar percentages of residents feeling they have more and others feeling they have less influence.** These mixed feelings are present even though more than two-thirds of Nova Scotians agree they have a pretty good understanding of the important issues in their region (65.9%) and almost as many agree they are as well informed about politics as most people (61.7%). Residents of Halifax RM and Antigonish-Guysborough generally feel they have more influence on government whereas residents of Cumberland and Cape Breton RM feel they have less. [Tables C3a to C3f, and Table C3 Summary]
- ✓ **About half of Nova Scotians (48.0%) feel that the programs and services provided by their local governments have not made much of a difference in their lives.** One in 5 Nova Scotians feel that the programs and services have made them slightly better off (21.2%), but these feelings are not shared by residents of Cape Breton RM (13.5%) or Pictou (14.5%). [Table C4]

# Environment

- ✓ **Almost 9 in 10 Nova Scotians (87.8%) agree that they have a personal responsibility to help protect the environment.** Yet, fewer than 1 in 5 Nova Scotians (16.3%) agree that they regularly participate in events to protect the natural environment – a finding consistent with their level of participation in this type of democratic engagement activity. [Tables D1a to D1g, and D1 Summary]
- ✓ With respect to **Nova Scotians' perceptions concerning the environment** where they live:
  - **Seven in 10 Nova Scotians (70.3%) agree that the quality of the natural environment in the community where they live is very high.** These positive perceptions of the quality of the natural environment in their community are even higher among residents of Antigonish-Guysborough (81.2%) and Strait Area-Western Cape Breton (79.3%). In contrast, fewer than 6 in 10 residents of Pictou (58.1%) agree that the quality of the natural environment in their community is very high. [Table D1a]
  - **Almost 9 in 10 Nova Scotians (88.0%) agree there are plenty of opportunities to enjoy nature in the community where they live.** [Table D1b]
  - **Traffic congestion is generally not perceived to be a problem in Nova Scotia except for Halifax RM where close to half of the residents (45.2%) agree it is a problem.** [Table D1c]
  - **Unlike anywhere else in Nova Scotia, many more residents of Pictou disagree the air quality is very good in their communities (45.3%).** Only 1 in 10 Nova Scotians (10.0%) feel similarly about the air quality in their communities. A higher percentage of residents in Pictou also disagree that the quality of the water in their communities is very good (21.7% compared to 11.3% province-wide). [Tables D1d and D1e]
- ✓ **The vast majority of Nova Scotians – typically over 90% – regularly or more often reuse and recycle materials, try to reduce household waste, and separate waste.** (i.e., separate between biodegradable and non-biodegradable waste). They also regularly or more often try to conserve energy and water. [Table D2a to D2f]
- ✓ **Slightly over one-third of Nova Scotians (34.2%) regularly or more often walk or bike, rather than use a car, to get around their community.** A slightly higher percentage of residents in Halifax RM (37.7%) regularly walk or bike. A smaller percentage of Nova Scotians (14.4%) regularly or more often use public transit when it is available or carpool or use car share services (18.1%). Again, a greater percentage of residents of Halifax RM (21.5%) regularly use public transit and more residents in Cumberland (20.6%), Strait Area-Western Cape Breton (20.7%), and Southwest Nova (21.9%) carpool. [Tables D2g to D2j]
- ✓ **Two-thirds of Nova Scotians (66.3%) regularly or more often purchase foods produced locally.** A much higher percentage of residents of Annapolis Valley-Hants (81.3%) purchase local foods regularly or more often, whereas lower percentages of residents of Cape Breton RM (56.5%) and of Strait Area-Western Cape Breton (57.4%) regularly purchase local foods. [Table D2j]

# Leisure and Culture

- ✓ **Four in 10 Nova Scotians (39.9%) participate in vigorous exercise every month, and more than 8 in 10 (86.0%) participate in light exercise.** The highest rate of participation in vigorous exercise is reported by residents of Halifax RM (47.6%), which is more than 20% higher than the rate reported by residents of Southwest Nova (27.1%). [Tables E1c and E1d]
- ✓ **Monthly participation in both team and individual sports varies considerably across Nova Scotia.** Participation rates range from a low of approximately 1 in 10 Nova Scotians (team sports participation in Lunenburg-Queens at 10.9%) to one-quarter of Nova Scotians (individual sports participation in Colchester at 26.1%). [Tables E1a and E1b]
- ✓ **Nine in 10 Nova Scotians (89.9%) report socialising with friends each month, typically at least twice per week.** Nova Scotians also regularly go out to restaurants, clubs, bars, or taverns with friends each month (84.1%), although the frequency of such socialising is less at about once per week. [Tables E2a and E2c]
- ✓ With respect to Nova Scotians' **participation in home-based passive activities:**
  - **More than 8 in 10 Nova Scotians (85.8%) read books, newspapers, and/or magazines for pleasure each week.** Weekly readership is highest in Antigonish-Guysborough (90.2%). [Table E3a]
  - **More than 4 in 10 Nova Scotians play board games or cards each week (43.3%), do puzzles like crosswords, Sudoku, or jigsaw puzzles (47.4%), and engage in hobbies like knitting, beading, or other crafts (43.6%).** Game playing each week is highest in Antigonish-Guysborough (49.1%) and lowest in Cape Breton Regional Municipality (38.0%). Weekly participation rates doing puzzles and hobbies are more similar across regions in the province. [Tables E3b to E3d]
  - **More than 15% of Nova Scotians play a musical instrument on a weekly basis, usually about 3 to 4 times per week.** Weekly participation rates are highest in Halifax RM (17.8%) and in Annapolis Valley-Hants (16.7%), and comparatively lowest in Pictou even though 1 in 10 people play a musical instrument on a weekly basis (10.5%). [Table E3e]
- ✓ Nova Scotians' **participation in cultural leisure activities** is characterised by the following:
  - **More than half of Nova Scotians (54.6%) attended music concerts in the past year.** A higher percentage of residents in Antigonish-Guysborough (60.8%) and Strait Area-Western Cape Breton (62.5%) attended music concerts in the past year, while less than half of Southwest Nova residents (44.4%) did so. [Table E4a]
  - **In the past year, just under half of Nova Scotians visited art galleries or museums (46.6%), attended festivals (45.2%), and attended live theater productions (40.9%).** A greater percentage of residents of Halifax RM (53.6%) visited art galleries or museums in the past year while many fewer residents of Cape Breton RM (29.5%) did so. [Tables E4b, E4c, and E4e]

- **A smaller percentage of Nova Scotians attended a dance performance in the past year (16.6%),** although the percentage was much higher among residents of Antigonish-Guysborough (25.4%) and Strait Area-Western Cape Breton (24.4%). [Table E4d]
- ✓ **More than 9 in 10 Nova Scotians in all regions engaged in computer-related activities for leisure (96.6%) and watched television, DVDs, and movies online (95.1%) on a daily basis.** On average, Nova Scotians spent at least 2.5 hours each day on computer-related activities for leisure and close to 3 hours watching television. [Tables E6 and E7]
- ✓ **Six in 10 Nova Scotians (59.6%) gambled at least once during the past year, and 1 in 5 gambled at least once every three months (19.9%).** Gambling rates are highest in Cape Breton RM and lowest in Halifax RM, Annapolis Valley-Hants, and Colchester. [Table E8]
- ✓ Nova Scotians' **use of community recreation and cultural facilities** in the past year varied by type. Specifically:
  - **Over 8 in 10 Nova Scotians (83.4%) used their local parks, playgrounds, and/or trails during the past year.** [Table E9e]
  - **Seven in 10 Nova Scotians (70.0%) used a beach, outdoor swimming pool, or wading pool in the past year.** [Tables E9a and E9i]
  - **Over half of Nova Scotians (54.5%) used a community complex or recreation centre and visited an historic site during the past year, and almost 6 in 10 (58.1%) used a public library.** Library use was highest in Halifax RM (69.7%) and lowest in Strait Area-Western Cape Breton (41.0%). [Tables E9a, E9j, and E9k]
  - **In the past year, 40.1% of Nova Scotians visited a performing arts facility.** Visitation was highest by residents in Antigonish-Guysborough (48.6%) and lowest by residents in Cumberland (26.7%). [Table E9l]
  - **About 3 in 10 Nova Scotians (28.2%) visited a visual arts facility in the past year.** Visitation was highest by residents in Halifax RM (33.0%) and lowest among residents in Cumberland (17.4%). [Table E9m]
  - **In the past year, 14.9% of Nova Scotians sometimes used an indoor skating rink and 16.0% sometimes used an outdoor skating rink.** [Tables E9b and E9c]
  - **Less than 1 in 10 Nova Scotians (8.7%) used a curling rink in their community in the past year.** [Table E9d]
- ✓ **Eight in 10 Nova Scotians (79.8%) agreed that there is a local park nearby that is easy for them to get to and over two-thirds (67.8%) agreed that the recreation and culture facilities in their community are easy to get to.** [Tables E10a and E10d]
- ✓ **Less than half of Nova Scotians (45.4%) felt recreation and culture programs are offered at convenient times and over 1 in 5 (21.1%) agreed that the cost of public**

**recreation and culture programs prevented them from participating.** [Tables E10c and E10f]

- ✓ **Just over half of Nova Scotians (51.9%) agreed that the recreation and cultural facilities are very welcoming to them.** Only about one-third of residents in Southwest Nova (37.5%) felt the facilities were welcoming where 6 in 10 residents in Colchester (61.8%) agreed that they felt welcomed in the facilities. [Table E10g]

## Education

- ✓ **Almost 6 in 10 Nova Scotians (57.0%) agreed that there are plenty of opportunities to take formal education courses, and that there are schools nearby where they can upgrade their educational qualifications (57.3%).** [Tables F1a and F1e]
- ✓ **Similar to opportunities for formal education courses, over half of Nova Scotians (55.2%) agreed that there are plenty of opportunities to take courses of interest, and that there are places nearby where they can take courses out of interest (53.0%).** [Tables F1b and F1d]
- ✓ **Over one-third of Nova Scotians (34.5%) agreed that the cost of taking courses is too expensive and fewer than 1 in 5 (18.5%) felt that the courses are offered at inconvenient times.** A greater percentage of residents in Pictou agreed that courses were too expensive (40.3%) and that they were offered at inconvenient times (23.1%). [Tables F10c and F10f]
- ✓ **One in 4 Nova Scotians (25.0%) took formal education courses in the past year to improve their skills in their current job and 1 in 5 (19.4%) took courses to prepare for a job they might do in the future.** [Table F2]
- ✓ **About 1 in 6 Nova Scotians (16.8%) took courses for interest in the community or online in the past year.** A slightly higher percentage in Halifax RM (18.7%) took courses for interest in the past year and the percentage taking such courses was lowest among residents living in Antigonish-Guysborough (11.8%). [Table F3a]
- ✓ **Just under 1 in 10 Nova Scotians (9.7%) took traditional or cultural education courses or activities in the community in the past year.** The lowest participation rate was among residents in Colchester (7.7%), while the highest participation rate was in Annapolis Valley-Hants (12.2%). [Table F4]

## Living Standards

- ✓ **Over 6 in 10 Nova Scotians (62.1%) reported working for pay.** The employment rate was highest in Halifax RM (67.7%) and lowest in Pictou (54.5%). [Table G1]
- ✓ **Almost 1 in 5 Nova Scotians (19.8%) who are working for pay reported having more than one job.** The percentage of residents of working multiple jobs is highest in

Strait Area-Western Cape Breton (24.4%), Annapolis Valley-Hants (24.1%), and Cumberland (23.9%). [Table G2]

- ✓ **Overall, over half of Nova Scotians (51.4%) spend 35 to 44 hours per week working for pay on their main job.** About 1 in 6 residents (14.2%) work fewer than 25 hours per week and almost 1 in 10 (7.9%) work for 55 or more hours. [Table G3]
- ✓ **Four in 10 Nova Scotians (41.2%) who work for pay have flexible work hours.** The percentage of residents with flexible work hours is highest in Halifax RM (47.6%) and lowest in Cape Breton RM (28.7%). [Table G5]
- ✓ **Seven in 10 Nova Scotians (70.7%) have a regular weekday schedule.** The percentage of residents having regular weekday schedule is highest in Halifax RM (76.1%) and lowest in Cumberland (57.8%), Lunenburg-Queens (59.6%), and Pictou (58.5%). [Table G6]
- ✓ **Eight in 10 Nova Scotians (82.4%) spend less than 30 minutes commuting from home to the workplace for their main job.** On average, Nova Scotians spend about one-third of an hour ( $M = 19.38$  mins) on their commute. Residents living in Halifax RM spend the most time on average commuting ( $M = 22.16$  mins), while residents living in Pictou ( $M = 13.44$  mins) and Antigonish-Guysborough ( $M = 13.74$  mins) spend the least. [Tables G7a and G7b]
- ✓ **More than three-quarters of Nova Scotians (76.7%) use their personal cars to get to work.** The percentage of residents using personal cars is highest in Southwest Nova (85.0%), Cape Breton RM (85.7%), and Annapolis Valley-Hants (85.9%), and lowest in Halifax RM (69.0%) where public transit use is the highest (9.1%). [Table G8]
- ✓ **Nova Scotians report moderate levels of job fit ( $M = 4.53$  on a 7-point scale).** Feelings of overall job security are higher ( $M = 4.65$ ) than perceived opportunities for promotion ( $M = 4.42$ ). [Table G9 Summary]
- ✓ **Nova Scotians report relatively low levels of work-life balance ( $M = 3.36$  on a 7-point scale).** In so far as what is contributing to work-life imbalance, Nova Scotians report that work tends to interfere with their personal lives more so than their personal lives interfere with their work. [Table G10 Summary]
- ✓ **Over one-quarter of Nova Scotians (25.6%) could *not* pay their bills on time at least once in the past year.** The percentage of residents who were unable to pay bills at least once in the past year was highest in Cumberland (33.7%) and Southwest Nova (31.9%), and lowest in Antigonish-Guysborough (20.3%) and Strait Area-Western Cape Breton (21.8%). [Table G11a]
- ✓ **Almost 1 in 5 Nova Scotians (18.4%) ate less because there was not enough food or money for food at least once in the past year.** The highest percentage of residents facing this form of food insecurity were in Cumberland (22.5%) and Pictou (22.2%), and the lowest percentage were in Strait Area-Western Cape Breton (13.9%). [Table G11c]
- ✓ **Over one-quarter of Nova Scotians (26.1%) did not have enough money to buy the things they *needed* at least once in past year.** The highest percentage of residents

who experienced this financial challenge were in Cumberland (33.1%) and Southwest Nova (31.6%), and lowest in Strait Area-Western Cape Breton (21.8%) and Annapolis Valley-Hants (23.0%). [Table G11h]

- ✓ **Most Nova Scotians (96.5%) have access to the Internet from their homes.** However, just over half of residents (54.6%) felt the quality of Internet service at home was very good or excellent. The highest percentage of residents reporting “poor” Internet service are in Strait Area-Western Cape Breton (15.8%), Southwest Nova (11.6%), Pictou (10.9%), and Lunenburg-Queens (10.4%). Much lower percentages of residents in Halifax RM (4.0%) and in Cape Breton RM (3.0%) reported their Internet service as poor. [Tables G12a and G12b]

## Time Use

- ✓ **About 1 in 5 Nova Scotians (19.4%) provide unpaid care to children.** The rate of providing care to children is highest in Cumberland (22.6%), and lowest in Strait Area-Western Cape Breton (14.7%). Among those Nova Scotians who report providing care to children, they spend an average of 41.26 hours per week taking care of children in their family and an average of 5.14 hours per week caring for children not in their family. [Tables H1a and H1b]
- ✓ **One-quarter of Nova Scotians (25.6%) perceive that the supply of childcare is *not* adequate in the community.** A higher percentage of residents in Strait Area-Western Cape Breton (36.6%) and in Antigonish-Guysborough (32.2%) feel childcare is inadequate while fewer residents in Annapolis Valley-Hants (22.1%) feel this way. [Table H2]
- ✓ **Over 1 in 10 Nova Scotians (12.7%) provide unpaid care to older adults.** The rate of providing care to older adults is highest in Cape Breton RM (15.7%) and Pictou (15.3%). Among those Nova Scotians who report providing care to older adults, they spend an average of 17.37 hours per week for older adults in their family and 3.44 hours per week providing care to those not in their family. [Tables H3a and H3b]
- ✓ **Four in 10 Nova Scotians (40.7%) feel that the supply of care services for older adults is not adequate in their community.** The percentage of residents who feel the supply of care services is highest in Cape Breton RM (48.8%), Strait Area-Western Cape Breton (47.1%), and Southwest Nova (46.2%). [Table H4]
- ✓ **One in 5 Nova Scotians (19.2%) feel rushed every day and half of Nova Scotians feel rushed at least a few times per week (49.7%).** The percentage of residents who report feeling rushed at least a few times per week is highest in Halifax RM (53.8%) and lowest in Southwest Nova (41.1%). [Table H5]
- ✓ **About two-thirds of Nova Scotians feel they have adequate time for them to be themselves (67.7%), to make healthy meals (63.5%), and to be with their partner or spouse (64.2%).** Only about half of Nova Scotians feel they have adequate time to nurture their spiritual side (54.3%), to nurture their creative side (51.3%), or to participate in or be active in the community (50.6%). There are considerable variations across regions in Nova Scotia in feelings of time adequacy. For example, compared to

other regions, fewer residents in Cumberland and in Lunenburg-Queens do not feel they have adequate time for their partner or spouse. More residents in Pictou are likely to feel they do not have time to get enough sleep or rest. [Tables H6a to H6m, and H6 Summary]

- ✓ **Nova Scotians get almost 7 hours of sleep per day on average ( $M = 6.95$  hours).** While the averages are quite similar across the province, residents living in Colchester report getting the most sleep per day ( $M = 7.15$  hours) and residents of Cumberland are getting the least ( $M = 6.88$  hours). [Table H7]
- ✓ **Nova Scotians spent an average of almost two weeks on vacation in the past year ( $M = 13.14$  days).** However, one in four residents (25.0%) did not take any vacation days in the past year, and almost one in five residents (17.8%) who work for pay did not take any vacation days. The numbers of days on vacation are highest in Halifax RM ( $M = 14.39$  days) and Antigonish-Guysborough ( $M = 14.13$  days), and lowest in Southwest Nova ( $M = 10.62$  days) and Strait Area-Western Cape Breton ( $M = 11.47$  days). [Table H8]

## Overall Wellbeing

- ✓ **Two-thirds of Nova Scotians are satisfied with their neighbourhood or community as a place to live (75.5%) and with its environmental quality (74.3%).** Over two-thirds also are satisfied with their personal relationships (69.3%). In contrast, only about one-third of Nova Scotians are satisfied with the way democracy is working in their communities (35.4%) and with the way their local government responds to community needs (31.9%). [Tables I1a to I1p, and I1 Summary Ranks]
- ✓ **With respect to the eight domains of wellbeing as defined by the Canadian Index of Wellbeing (CIW), Nova Scotians are most satisfied with the Environment ( $M = 5.33$  on a 7-point scale) and Community Vitality ( $M = 4.83$ ).** They are least satisfied with Democratic Engagement ( $M = 3.88$ ). [Table I1 Summary]
- ✓ **Nova Scotians report reasonably higher levels of overall life satisfaction ( $M = 7.68$  on a 10-point scale) and feelings that the things that they do in life are worthwhile ( $M = 7.73$ ).** Life satisfaction is slightly higher in Antigonish-Guysborough ( $M = 7.95$ ) and in Strait Area-Western Cape Breton ( $M = 7.91$ ), and is slightly lower in Cumberland ( $M = 7.51$ ). Similarly, feelings that things done in life are worthwhile are slightly higher in Antigonish-Guysborough ( $M = 8.01$ ) and in Strait Area-Western Cape Breton ( $M = 7.94$ ), and is slightly lower in Cumberland ( $M = 7.51$ ). [Tables I2 and I3]



# What is Wellbeing?

There are many definitions of wellbeing. *The Canadian Index of Wellbeing* has adopted the following as its working definition:

*The presence of the highest possible quality of life in its full breadth of expression focused on but not necessarily exclusive to: good living standards, robust health, a sustainable environment, vital communities, an educated populace, balanced time use, high levels of democratic participation, and access to and participation in leisure and culture.*



# Overview on Methods

The survey phase of the Nova Scotia Quality of Life Initiative was launched in the spring of 2019 with two principal approaches to encourage residents of the province to participate. The approaches used to encourage residents who were 16 years of age or older to participate in the survey were: (1) a personalised letter to approximately 80,000 randomly selected households from across 10 relatively distinct regions covering the entire province; and (2) a targeted outreach to specific populations who might not typically have the same opportunity to complete a questionnaire using traditional survey approaches (i.e., lower income residents; younger residents; immigrants/refugees; people living with disabilities; older adults).

The random selection of households included an oversampling of the more rural regions of the province to ensure adequate representation of residents living in smaller communities and outlying areas. To help ensure a broader age range of respondents, the household member 16 years of age or older with a birthday closest to June 1<sup>st</sup> was asked to complete the survey.

Close to 14,000 questionnaires were initially submitted by Nova Scotians, of which a total of 12,826 were assessed to be usable. Most of the unusable surveys were begun online, but never completed. Some were deemed unusable due to low response on critical sections of the questionnaire and/or questionable integrity. Most surveys were completed online (88.6%;  $n = 11,363$ ) with the remaining surveys either completed using a paper version that was either requested by residents (6.0%;  $n = 764$ ) or used with targeted groups as part of the outreach approach (5.4%;  $n = 699$ ). Given the different strategies used to generate a sample, determining an accurate, final response rate is not possible, but based on the nature of the responses, the reach across the province, and previous experience with general population surveys, a response rate of approximately 16.4% has been estimated.

Given the size of the sample, the margin of error when reporting the overall results for Nova Scotia is estimated to be within  $\pm 1.0\%$ , 19 times out of 20. This margin of error is somewhat higher for each of the 10 regions across the province, as the total sample size within each region is smaller. Nevertheless, margin of errors still range from lows of  $\pm 1.4\%$  for Halifax RM and  $\pm 2.1\%$  for Cape Breton RM to a high of  $\pm 4.2\%$  in Strait Area-Western Cape Breton, with an average margin of error of  $\pm 3.5\%$  across the other seven regions in the province. These margins of error are consistent with those reported in most national polls and are considerably better for the two Regional Municipalities and for the province overall.

This report is comprised mainly of summary, descriptive statistics. It provides frequency distributions and measures of central tendency for all questions across the eight domains comprising the Canadian Index of Wellbeing (CIW) conceptual framework: *Community Vitality*, *Democratic Engagement*, *Education*, *Environment*, *Healthy Populations*, *Leisure and Culture*, *Living Standards*, and *Time Use*. A demographic profile of residents precedes the domain sections and measures of overall wellbeing are reported to conclude the main body of the report. The report starts with a brief Executive Summary that highlights some of the key findings from each domain.

## Weighting of data

In order to ensure the results from the survey are representative of the residents of Nova Scotia, the data provided by the 12,826 respondents were weighted by sex, age grouping, and region to match the Census profile estimated for 2019 for those residents 16 years of age and

older ( $N = 787,120$ ). Weighting the data allows the overall results presented in this report to more accurately reflect the responses of residents without under- or over-representing any groups based on age, sex, or where they live in Nova Scotia.

The following tables provide a description of survey participants for the three factors used in the weighting procedure. Each table first presents the unweighted results for age, sex, and region, and then presents the results for these three characteristics once survey weights were applied. Survey weights were based on the results taken from 2016 Census of Canada and then extrapolated to 2019 population estimates using growth rates within each region. This process thereby adjusted the distributions of representative respondents to the survey to match the distributions of all residents in each region and across the entire province.

To weight the data, participants were assigned to one of the following ten regions based on information provided in the survey:

Regions in Nova Scotia	
✓ Halifax RM	✓ Cumberland
✓ Cape Breton RM	✓ Lunenburg-Queens
✓ Annapolis Valley-Hants	✓ Pictou
✓ Antigonish-Guysborough	✓ Southwest Nova
✓ Colchester	✓ Strait Area-Western Cape Breton

Survey results based on both unweighted and weighted data are presented in the following tables: *sex* (see Table 1), *age group* (see Table 2), and *region* (see Table 3).

More specifically, Tables 1 and 2 compare the sample results to the actual distribution for the total population separately for sex and age. The final weighting of the sample incorporated age, sex, and region concurrently to generate the weighted sample, which reflects the overall population distribution in each of the 10 regions across Nova Scotia (see Table 3).

Table 1  
Distribution of Respondents *by Sex*

Sex	Unweighted <sup>a</sup>		Weighted Sample	
	n	Pct.	n	Pct.
Males	5,125	41.8	377,189	47.9
Females	7,123	58.2	409,932	52.1
<b>Total</b>	<b>12,248</b>	<b>100.0</b>	<b>787,120</b>	<b>100.0</b>

<sup>a</sup> 578 respondents (4.5%) did not provide information about their sex.

Women routinely respond to surveys more frequently than men. Just under 60% of the total respondents to the survey were women, so following weighting, the numbers adjusted to better reflect the actual distribution of men and women in the province and in each region.

Table 2  
Distribution of Respondents *by Age Group*

Age Group	Unweighted <sup>a</sup>		Weighted Sample	
	n	Pct.	n	Pct.
15 to 39 years	1,220	10.1	263,767	33.5
40 to 49 years	1,298	10.7	118,675	15.1
50 to 59 years	2,518	20.8	151,761	19.3
60 to 64 years	1,988	16.4	69,753	8.9
65 to 69 years	2,003	16.5	63,476	8.1
70 to 74 years	1,555	12.8	44,832	5.7
75 years and older	1,531	12.6	74,857	9.5
<b>Total</b>	<b>12,113</b>	<b>100.0</b>	<b>787,120</b>	<b>100.0</b>

<sup>a</sup> 713 respondents (5.6%) did not provide information about their age. Within the age group 15 to 39 years, 97 (0.8%) are teenaged respondents (14 to 19 years) and 359 (3.0%) respondents aged 20 to 29 years.

People in their middle and later years are more likely to respond to surveys than other age groups, and this was reflected in the Nova Scotia results. Indeed, almost 60% of the survey respondents were 60 years of age or older, so weighting of the data significantly readjusted the distributions to better reflect the age profile in Nova Scotia.

Table 3  
Distribution of Respondents *by Region*

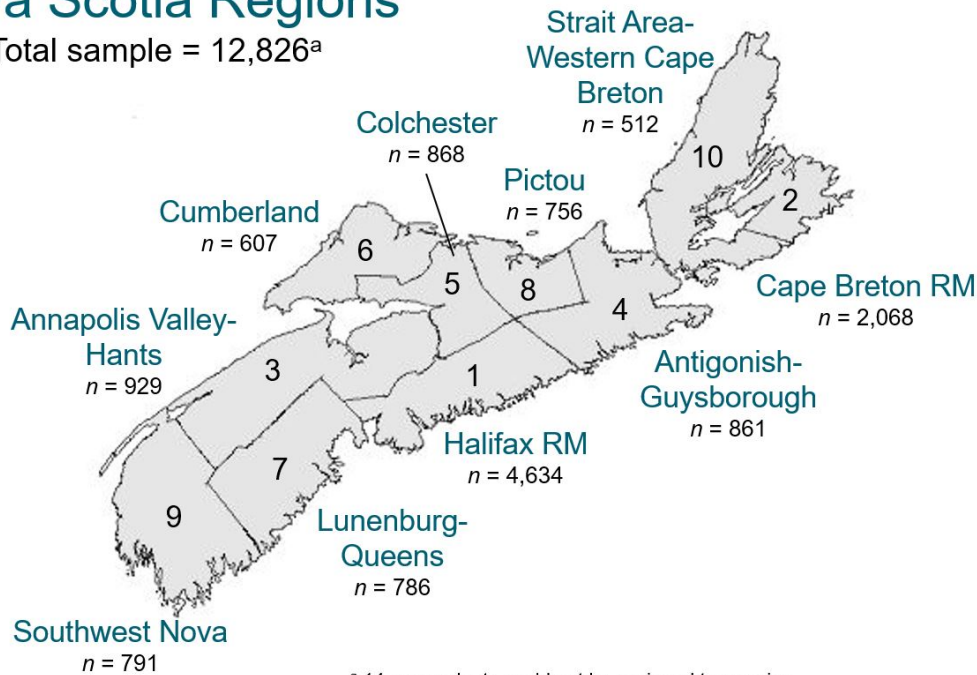
Region	Unweighted <sup>a</sup>		Weighted Sample	
	n	Pct.	n	Pct.
Halifax RM	4,634	36.2	349,249	44.4
Cape Breton RM	2,068	16.1	79,992	10.2
Annapolis Valley-Hants	929	7.3	104,946	13.3
Antigonish-Guysborough	861	6.7	22,627	2.9
Colchester	868	6.8	42,744	5.4
Cumberland	607	4.7	25,389	3.2
Lunenburg-Queens	786	6.1	50,096	6.4
Pictou	756	5.9	36,392	4.6
Southwest Nova	791	6.2	47,476	6.0
Strait Area-Western Cape Breton	512	4.0	28,209	3.6
<b>Total</b>	<b>12,812</b>	<b>100.0</b>	<b>787,120</b>	<b>100.0</b>

<sup>a</sup> Region was unavailable for 14 respondents.

Figure 1. Regions in Nova Scotia with Number of Respondents

## Nova Scotia Regions

Total sample = 12,826<sup>a</sup>



<sup>a</sup> 14 respondents could not be assigned to a region

A higher percentage of responses were received from Cape Breton RM and a lower percentage from Halifax RM and Annapolis Valley-Hants than might be expected given their overall populations. The percentage of responses from other regions in the province more closely approximated their populations so weighting slightly adjusted the distributions accordingly, again to ensure that the results more accurately the voices of the residents of Nova Scotia regardless of where they live.

## Reading the tables

As noted, the results presented in the tables in this report are weighted to reflect estimates for the population of Nova Scotia, aged 16 years and older.

### *General things to keep in mind*

All of the tables report the results for each of the ten regions in the province as well as for Nova Scotia overall. Table numbers linked to titles correspond with survey question numbers (e.g., Table **J4** for age of respondent refers to question **J4** on the questionnaire). For tables listing several items for which residents have reported participation or have rated on scales such as level of agreement or perceptions, there are separate tables for each item in the scale. For example, Table A8 in the Community Vitality section concerning residents' perceptions of their sense of community as a place to live, there are 12 tables comparing responses by region listed as Tables A7a to A7k. Also, total percentages in a few tables may not add up to exactly 100% due to rounding. Finally, not all response categories are reported for some of the open-ended demographic questions, especially when the number of responses is very low. In these instances, some explanatory text appears as notes beneath the relevant tables.

## Understanding variations in “Total” respondents

Total weighted population numbers vary from table to table due to missing responses. People might have chosen not to answer specific questions for a variety of reasons (e.g., felt the question was irrelevant to them, did not recall the requested information, or thought the question was too personal). In addition, for some questions, response categories of “does not apply” or “don’t know” were provided, and these answers are not reported in the tables. When any of these cases occur, the overall, total number of responses will not match from table to table or match the weighted population total for the province or for each region (see Table 3, p. 17). For example, almost all of the survey participants answered the question concerning their marital status, which resulted in a weighted estimate of 785,297 respondents (see Table J5, p. 24). However, because fewer survey participants answered the question concerning their annual household income, the weighted estimate of respondents is much lower – 727,631 – reflecting the fewer number of people who actually provided information on their income (see Table J8, p. 26).

## List of abbreviations and terms

n	Number of residents
Pct.	Percentage of residents
Mean or ( <i>M</i> )	Arithmetic average
Std. Dev. or ( <i>SD</i> )	Standard deviation (average amount of variation in scores around the mean)
Min.	Minimum score reported
Max.	Maximum score reported

To distinguish regions in some tables, where needed, short forms are used. They are:

HRM	Halifax Regional Municipality
CBRM	Cape Breton Regional Municipality
AV-H	Annapolis Valley-Hants
Ant-Guy	Antigonish-Guysborough
Colc.	Colchester
Cumb.	Cumberland
Lun.-Q	Lunenburg-Queens
Pictou	Pictou
SWN	Southwest Nova
SA-WCB	Strait Area-Western Cape Breton





# Demographic Profile

# Demographic Profile

Table J1  
Profile of Respondents in Nova Scotia:  
*Sex at Birth*

Sex	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Male	47.9	48.0	46.6	48.2	48.0	47.7	48.3	48.4	47.9	48.1	48.5
Female	52.1	52.0	53.4	51.8	52.0	52.3	51.7	51.6	52.1	51.9	51.5
<b>Total</b>	787,120	349,249	79,992	104,946	22,627	42,744	25,389	50,097	36,392	47,475	28,209

Table J3  
Profile of Respondents in Nova Scotia:  
*Sexual Orientation*

Sexual Orientation	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Heterosexual	91.6	90.7	93.4	92.0	92.9	94.2	91.4	94.6	91.3	88.9	92.0
Homosexual	2.6	3.4	1.4	3.1	1.1	1.3	2.6	2.1	2.3	1.4	1.6
Bisexual	2.6	3.3	2.2	2.1	3.1	0.8	1.8	0.6	3.5	3.1	1.0
Prefer not to say	3.1	2.6	3.0	2.8	2.9	3.7	4.3	2.7	2.9	6.5	5.3
<b>Total</b>	779,964	346,638	78,498	104,258	22,239	42,418	25,047	49,913	36,164	46,936	27,853

Table J4a  
 Profile of Respondents in Nova Scotia:  
*Age Groupings*

Age Group	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
14 to 19 years	3.0	3.8	2.0	2.1	2.0	4.7	3.4	2.0	2.3	2.7	1.0
20 to 29 years	9.8	10.4	9.1	12.8	9.8	9.0	8.0	5.7	9.6	8.0	8.2
30 to 39 years	20.5	25.3	17.5	15.7	17.6	17.5	15.1	17.2	17.1	16.2	17.0
40 to 49 years	15.1	15.9	13.6	15.2	13.8	15.1	14.1	14.2	14.8	14.8	13.5
50 to 59 years	19.3	18.5	19.8	20.3	19.2	19.5	19.4	20.4	19.5	20.4	19.6
60 to 64 years	8.9	7.6	10.4	9.2	10.0	9.0	10.3	10.4	10.1	9.7	10.6
65 to 74 years	13.8	11.1	15.8	14.5	16.6	14.6	16.9	17.7	15.9	16.4	18.3
75 years and older	9.5	7.4	11.7	10.2	11.0	10.7	12.7	12.4	10.7	11.7	11.8
<b>Total</b>	<b>785,403</b>	<b>348,068</b>	<b>79,843</b>	<b>104,661</b>	<b>22,627</b>	<b>42,744</b>	<b>25,389</b>	<b>50,095</b>	<b>36,391</b>	<b>47,377</b>	<b>28,208</b>

<sup>a</sup> Residents had to be at least 16 years of age to participate in the survey.

Table J4b  
 Profile of Respondents in Nova Scotia:  
*Age in Years*

Age <sup>a</sup>	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Age in years	50.30 (17.35)	47.85 (16.94)	52.46 (17.38)	51.11 (17.51)	52.29 (17.36)	51.29 (17.81)	52.88 (17.85)	53.86 (16.87)	51.66 (17.46)	52.67 (17.48)	53.83 (16.75)
<b>Total</b>	<b>785,593</b>	<b>348,108</b>	<b>79,892</b>	<b>104,660</b>	<b>22,627</b>	<b>42,744</b>	<b>25,389</b>	<b>50,096</b>	<b>36,392</b>	<b>47,476</b>	<b>28,209</b>

<sup>a</sup> Mean age in years with standard deviation below in parentheses.

Table J5  
Profile of Respondents in Nova Scotia:  
*Marital Status*

Marital Status	Pct. in	Percentage in Region									
	NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Single, never married	17.6	18.6	22.2	13.7	16.1	17.8	14.5	9.5	18.9	17.9	20.5
Married	58.7	58.6	55.3	59.7	62.9	61.9	58.8	60.4	60.0	57.0	56.7
Living common-law	10.7	11.5	8.1	12.2	8.1	8.3	8.6	14.4	7.9	10.2	8.9
Separated	2.3	2.0	2.5	2.5	2.4	2.3	4.8	2.2	3.4	2.5	1.7
Divorced	5.1	5.0	4.7	5.8	5.1	3.5	6.2	5.8	4.4	5.6	4.6
Widowed	5.5	4.1	7.2	6.2	5.4	6.0	7.2	7.6	5.3	6.8	7.6
<b>Total</b>	<b>785,297</b>	<b>348,488</b>	<b>79,864</b>	<b>104,739</b>	<b>22,627</b>	<b>42,743</b>	<b>25,388</b>	<b>50,096</b>	<b>36,036</b>	<b>47,287</b>	<b>28,029</b>

Table J6  
Profile of Respondents in Nova Scotia:  
*Highest Level of Education Completed*

Level of Education	Pct. in	Percentage in Region									
	NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Elementary school	3.0	2.6	3.0	2.9	1.2	2.4	3.8	2.2	3.9	6.6	4.8
High school	20.1	16.6	24.7	19.6	17.5	27.4	23.5	25.8	20.6	25.7	18.1
Post-secondary <sup>a</sup>	19.9	15.3	21.8	23.2	17.6	20.7	25.1	25.7	28.6	24.8	25.1
College diploma	17.1	15.6	18.9	18.3	16.5	18.4	20.7	15.8	18.7	19.9	17.4
University degree <sup>b</sup>	26.3	32.2	21.0	26.3	29.8	19.6	18.1	20.2	20.3	14.5	23.3
Graduate degree <sup>c</sup>	13.6	17.7	10.6	9.7	17.4	11.5	8.7	10.2	7.9	8.5	11.3
<b>Total</b>	<b>784,137</b>	<b>348,336</b>	<b>79,495</b>	<b>104,481</b>	<b>22,477</b>	<b>42,604</b>	<b>25,120</b>	<b>50,065</b>	<b>36,255</b>	<b>47,209</b>	<b>28,095</b>

- Notes: <sup>a</sup> Post secondary includes certificate, trade, or apprenticeship.  
<sup>b</sup> University degree includes all undergraduate degree programs (e.g., B.A., B.Sc.)  
<sup>c</sup> Graduate degree includes all post-undergraduate programs (e.g., M.A., M.Sc., Ph.D.)

Table J7  
Profile of Respondents in Nova Scotia:  
*Main Activity*

Main Activity	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Employed full-time	41.9	47.9	37.7	39.3	42.6	39.9	39.2	33.4	33.6	32.3	35.9
Employed part-time, by choice	6.3	6.5	4.7	5.4	6.0	7.0	6.2	10.3	6.2	4.6	6.5
Employed part-time, <i>not</i> by choice	2.1	1.3	3.4	1.8	2.8	2.1	1.6	2.1	1.9	6.0	3.5
Self-employed	6.8	6.9	4.6	8.4	5.9	7.1	6.3	6.4	8.7	7.6	5.4
Unemployed, looking for work	3.3	2.9	4.4	4.1	1.8	0.9	2.0	2.9	6.9	5.4	1.3
Unemployed, <i>not</i> looking for work	1.6	1.5	1.4	2.7	1.4	1.7	1.5	0.9	2.0	1.5	1.3
Non-standard employment <sup>a</sup>	2.4	2.3	3.8	1.9	2.8	1.6	2.7	1.4	0.8	2.1	7.2
Retired, by choice	24.3	20.8	24.8	26.6	26.7	25.8	28.5	30.2	28.9	27.6	28.6
Retired, <i>not</i> by choice	3.1	2.2	6.3	2.8	3.1	2.9	4.2	3.7	4.2	3.5	3.6
Going to school	3.0	3.2	3.3	2.5	2.4	5.2	2.9	1.3	2.7	3.4	2.6
Household work/ caring for children	2.3	2.3	2.2	1.9	1.4	3.2	1.0	3.4	1.5	2.4	2.2
On leave from work <sup>b</sup>	1.7	1.3	2.4	1.6	2.0	1.9	2.6	2.6	1.7	2.3	1.1
Temporary leave from work <sup>c</sup>	1.1	1.0	1.2	1.2	1.1	0.6	1.3	1.4	1.0	1.4	0.8
<b>Total</b>	<b>777,298</b>	<b>345,613</b>	<b>78,573</b>	<b>104,090</b>	<b>22,195</b>	<b>42,083</b>	<b>24,917</b>	<b>49,645</b>	<b>35,715</b>	<b>46,600</b>	<b>27,867</b>

Notes: <sup>a</sup> Includes contract, temporary, seasonal, and multiple jobs.  
<sup>b</sup> Leave due to long-term disability.  
<sup>c</sup> Temporary leave due to, for example, illness or parental leave.

Table J8  
 Profile of Respondents in Nova Scotia:  
*Annual Household Income from All Sources*

Household Income	Pct. in	Percentage in Region									
	NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Under \$10,000	5.2	5.2	5.2	5.0	5.3	3.2	6.6	3.2	8.0	6.9	5.2
\$10,000 to \$19,999	4.3	3.8	6.2	3.1	3.8	3.4	4.5	7.2	4.3	5.6	5.6
\$20,000 to \$29,999	7.5	4.8	9.9	9.0	7.3	8.7	9.7	8.7	11.3	12.5	11.2
\$30,000 to \$39,999	7.9	4.8	10.8	9.2	8.2	9.6	12.1	9.9	7.6	14.7	12.4
\$40,000 to \$59,999	15.7	13.4	18.7	16.0	13.7	18.4	19.8	19.0	18.7	16.7	18.8
\$60,000 to \$79,999	14.6	13.6	13.8	18.0	15.1	14.5	11.9	15.7	14.7	14.9	16.4
\$80,000 to \$99,999	12.5	12.3	10.8	13.1	13.9	12.3	13.0	15.2	13.0	12.8	8.8
\$100,000 to \$119,999	10.5	13.1	7.6	8.9	10.8	10.6	7.7	8.0	8.1	5.6	9.2
\$120,000 to \$149,999	9.7	11.7	8.7	11.4	8.6	8.8	7.0	4.9	5.4	5.8	6.7
\$150,000 and over	12.0	17.4	8.2	6.4	13.3	10.6	7.6	8.2	8.8	4.7	5.6
<b>Total</b>	727,631	323,545	72,861	97,479	21,272	39,794	23,546	45,784	32,688	44,309	26,353

Table J9  
 Profile of Respondents in Nova Scotia:  
*Born in Canada*

Birthplace	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Born in Canada	92.4	90.2	97.8	94.5	92.2	93.5	97.5	89.3	93.9	93.1	93.1
<b>Total</b>	<b>779,448</b>	<b>345,948</b>	<b>79,108</b>	<b>103,873</b>	<b>22,485</b>	<b>42,366</b>	<b>25,389</b>	<b>49,670</b>	<b>35,608</b>	<b>47,053</b>	<b>27,948</b>

*Note:* Respondents born outside of Canada came from a wide variety of countries around the world. However, the percentage of respondents from any one country was always under 1% of the total population so country of birth is not reported here. The countries with the highest percentage of respondents (close to, but still under 1% of the total) were England, Germany, China, and India, most of whom were in Halifax Regional Municipality.

Table J9c  
 Profile of Respondents in Nova Scotia:  
*Currently a Canadian Citizen (if not born in Canada)*

Citizenship	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Now a Canadian	70.3	66.2	57.6	82.3	80.7	84.6	68.5	87.8	53.7	73.9	58.1
<b>Total</b>	<b>17,347</b>	<b>11,399</b>	<b>745</b>	<b>1,003</b>	<b>339</b>	<b>367</b>	<b>199</b>	<b>625</b>	<b>1,006</b>	<b>855</b>	<b>809</b>

*Note:* The table only includes those respondents who reported *not* being born in Canada and indicated whether they currently held Canadian citizenship.

Table J10  
 Profile of Respondents in Nova Scotia:  
 Years Lived in Canada (if not born in Canada)

Years Lived in Canada	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
10 years or less	2.2	3.5	0.9	0.5	1.5	1.5	0.8	3.0	1.2	0.4	2.4
11 to 20 years	5.0	6.0	2.8	3.7	3.0	7.2	4.5	3.9	4.9	6.0	2.1
21 to 30 years	10.6	10.8	10.5	13.5	10.5	10.1	8.8	6.6	9.1	9.3	10.2
31 to 50 years	34.9	39.1	30.3	32.5	33.3	30.5	29.6	32.4	31.4	33.7	27.6
51 years or more	47.4	40.6	55.5	49.8	51.6	50.7	56.2	54.2	53.5	50.6	57.7
<b>Total</b>	764,070	338,693	78,076	100,438	22,146	41,316	25,070	48,921	35,199	46,630	27,581

*Note:* Not all respondents born outside of Canada reported years lived in Canada. For those respondents who were born outside of Canada ( $n = 59,171$ , or 7.6%) and who reported years lived in Canada ( $n = 58,727$ ), the average length of time they had lived in Canada was just over 30 years ( $M = 30.75$ ,  $SD = 22.17$ ).



Table J11  
 Profile of Respondents in Nova Scotia:  
*Ethnic Origin (beyond identifying as Canadian first)*

Ethnic Origin	Pct. in NS	Percentage in Region <sup>a</sup>									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
British Isles	45.6	44.8	48.2	51.5	46.3	48.1	48.3	40.8	52.8	31.9	43.2
Western European <sup>b</sup>	12.0	13.3	7.4	13.2	11.9	10.5	10.9	16.6	8.9	9.8	7.5
Acadian	8.5	6.2	7.8	6.0	10.9	8.9	10.7	5.4	6.4	25.3	23.5
Eastern European	5.7	6.1	7.0	5.6	4.8	6.0	4.3	7.5	3.7	2.6	3.8
Northern European	4.5	4.7	5.0	2.6	5.1	6.3	4.6	6.6	5.8	4.0	2.1
French	4.4	3.8	6.2	4.6	7.5	2.8	5.7	4.5	4.1	4.1	6.0
American	2.8	3.0	2.0	1.7	2.3	3.5	2.8	3.7	2.2	4.1	2.5
African Nova Scotian	2.1	2.6	1.0	1.9	0.8	2.7	1.1	0.9	3.0	3.1	0.0
Asian	1.8	2.9	0.5	1.9	0.8	0.9	0.6	0.7	0.7	0.4	0.1
Other Indigenous	1.7	1.5	1.9	2.3	1.3	0.9	3.1	0.8	1.3	3.1	1.9
Mi'kmaq	1.5	1.5	1.3	2.2	0.2	0.9	0.6	1.6	1.0	2.1	1.0
Middle Eastern	1.3	1.5	1.8	0.7	0.9	1.0	0.7	1.0	2.3	0.7	0.0
Southern European	0.8	0.9	0.7	0.9	0.1	0.5	0.3	1.7	0.5	0.4	1.6
Other African	0.7	1.1	0.4	0.2	0.2	0.4	0.0	1.3	0.0	0.0	0.4
Central/South American	0.6	1.0	0.2	0.6	0.2	0.2	0.3	0.2	0.1	0.1	0.8
Other	5.9	5.3	8.6	4.0	6.6	6.5	6.0	6.7	7.2	8.6	5.5
<b>Total</b>	<b>673,157</b>	<b>304,135</b>	<b>67,500</b>	<b>90,011</b>	<b>18,100</b>	<b>34,787</b>	<b>20,554</b>	<b>42,508</b>	<b>29,764</b>	<b>41,154</b>	<b>24,644</b>

Notes: <sup>a</sup> Percentages of less than 5% are not reported in the table. Listed in order from highest to lowest percentage in the province overall.  
<sup>b</sup> Does not include French origins.

Table J12a  
 Profile of Respondents in Nova Scotia:  
*First Official Language*

First Official Language	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
English	95.1	94.2	98.9	97.7	97.0	97.2	97.5	97.6	97.8	85.8	86.1
French	2.6	1.9	0.6	1.6	2.1	1.7	1.2	1.1	0.4	13.0	12.2
Other	2.3	3.9	0.5	0.7	0.9	1.1	1.3	1.3	1.8	1.2	1.8
<b>Total</b>	<b>781,791</b>	<b>347,226</b>	<b>79,509</b>	<b>104,108</b>	<b>22,426</b>	<b>42,619</b>	<b>25,177</b>	<b>49,911</b>	<b>35,918</b>	<b>46,860</b>	<b>28,037</b>

Table J12b  
 Profile of Respondents in Nova Scotia:  
*Language Spoken Most Often at Home*

Language Spoken at Home	Pct. in NS	Percentage in Region <sup>a</sup>									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
English	96.6	96.2	99.1	98.8	98.4	98.9	98.6	97.8	97.7	89.7	89.4
French	1.5	0.8	0.5	0.7	0.5	0.2	0.2	0.3	0.9	8.6	9.5
Other <sup>b</sup>	0.9	1.6	0.4	0.2	0.6	0.7	0.3	0.4	0.4	1.3	0.2
<b>Total</b>	<b>758,101</b>	<b>335,335</b>	<b>76,796</b>	<b>100,167</b>	<b>21,705</b>	<b>41,856</b>	<b>24,792</b>	<b>48,797</b>	<b>34,939</b>	<b>46,272</b>	<b>27,442</b>

Note: <sup>a</sup> Percentages of less than 1% for the province overall are not reported in the table.  
<sup>b</sup> Other languages spoken most often at home written in by respondents (i.e., not among the options provided) included Czech, Dutch, Hindi, and Greek.

Table J14a  
 Profile of Respondents in Nova Scotia:  
*Respondents Living with a Disability (physical or mental) or a Chronic Illness*

Living with a Disability	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Yes	26.0	22.9	29.5	27.9	22.7	27.4	36.0	27.1	29.1	31.0	25.9
<b>Total</b>	777,169	345,534	78,922	103,184	22,218	42,259	25,226	49,634	35,491	46,972	27,729

Table J14b  
 Profile of Respondents in Nova Scotia:  
*Physical or Mental Health Limits Ability to Fully Participate in Community*

Participation limited by:	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Physical disability	40.6	34.8	43.9	49.5	35.1	37.9	43.5	47.6	41.5	45.6	37.3
Mental health challenge	29.8	35.0	25.3	25.5	25.8	28.4	25.8	29.1	28.3	24.6	27.8
Chronic illness	38.7	35.2	42.6	42.8	43.4	30.4	40.2	47.1	40.9	39.2	35.8

Note: Table includes only those respondents who reported living with a physical or mental disability or a chronic illness.

Table J15  
 Profile of Respondents in Nova Scotia:  
*Years of Residency in Current Community*

Residency	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Years in community	25.19 (18.92)	21.41 (16.71)	35.67 (21.84)	22.91 (17.03)	29.23 (20.75)	26.46 (19.34)	29.69 (20.53)	25.49 (18.38)	28.53 (20.21)	29.00 (19.45)	29.98 (20.76)
<b>Total</b>	766,486	340,431	78,823	101,367	22,254	41,965	24,946	48,240	35,168	45,960	27,332

<sup>a</sup> Mean years of residency in Region with standard deviation below in parentheses.

Table J16  
 Profile of Respondents in Nova Scotia:  
*Years Lived in Current Residence*

Current Residence	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Years in residence	16.80 (14.02)	15.28 (13.10)	21.89 (16.54)	16.06 (12.61)	16.95 (14.72)	17.01 (13.86)	17.23 (13.90)	17.14 (14.45)	17.61 (14.39)	17.56 (14.35)	20.01 (15.78)
<b>Total</b>	757,555	335,597	77,711	100,922	21,925	41,389	24,873	48,439	34,846	44,960	26,893

<sup>a</sup> Mean years in current residence with standard deviation below in parentheses.

Table J18  
 Profile of Respondents in Nova Scotia:  
*Main Type of Transportation Used to Get Around Community*

Main Transportation Used	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Personal car	86.3	81.6	90.4	88.6	91.1	92.5	88.2	89.8	90.9	89.2	91.3
Walk	7.8	10.0	5.4	6.2	6.3	4.6	7.0	7.1	6.4	6.8	5.4
Public transit	3.0	5.4	1.7	2.3	0.6	0.2	0.3	0.2	0.0	0.5	2.5
Bicycle	0.9	1.4	0.2	0.3	0.5	0.9	0.8	0.5	0.1	1.6	0.0
Other <sup>a</sup>	2.0	1.7	2.3	2.5	1.5	1.9	3.7	2.4	2.6	1.8	0.9
<b>Total</b>	<b>775,695</b>	<b>343,454</b>	<b>79,388</b>	<b>103,803</b>	<b>22,229</b>	<b>41,527</b>	<b>25,241</b>	<b>49,682</b>	<b>35,414</b>	<b>46,981</b>	<b>27,976</b>

Notes: <sup>a</sup> Among the very few respondents who reported another type of transportation (i.e., less than 0.2%), the most frequently cited types were borrowed car, taxi/cab, and getting a ride from family members or friends. Other types of transportation reported included carpool, scooter, skateboard, and motorcycle.

Table J17  
 Profile of Respondents in Nova Scotia:  
*Own, Rent, or Lease Place in Which Currently Living*

Nature of Residency	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Own	81.3	80.4	80.2	82.8	83.0	81.7	81.0	84.5	82.8	81.4	81.2
Rent	12.9	13.9	13.1	12.1	13.3	11.9	13.2	8.3	13.1	13.1	12.0
Lease	0.3	0.2	0.1	0.3	0.6	0.3	0.5	1.0	0.0	0.0	0.5
Other <sup>a</sup>	5.5	5.5	6.6	4.9	3.0	6.1	5.3	6.2	4.1	5.6	6.3
<b>Total</b>	<b>778,285</b>	<b>345,246</b>	<b>79,469</b>	<b>103,611</b>	<b>22,535</b>	<b>42,296</b>	<b>25,069</b>	<b>49,768</b>	<b>35,258</b>	<b>47,019</b>	<b>28,014</b>

Notes: <sup>a</sup> Among the few respondents who reported another type of accommodation, living with parents and living with other family members were the most common responses.

Table J19  
 Profile of Respondents in Nova Scotia:  
*Percentage of Monthly Income Spent on Housing*

Income Spent on Housing	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Less than 30%	66.0	62.1	69.1	69.6	70.5	68.0	65.2	67.9	65.5	72.5	74.8
30% to 50%	29.0	32.7	25.3	26.1	26.8	27.0	29.1	28.6	27.4	24.0	21.1
More than 50%	4.9	5.2	5.6	4.3	2.7	5.0	5.7	3.5	7.1	3.6	4.1
<b>Total</b>	<b>741,347</b>	<b>331,799</b>	<b>74,482</b>	<b>98,808</b>	<b>21,432</b>	<b>39,804</b>	<b>23,720</b>	<b>47,114</b>	<b>33,931</b>	<b>44,381</b>	<b>25,876</b>

Table J20a  
 Profile of Respondents in Nova Scotia:  
*Currently have Partner*

Have a Partner	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Have partner	75.8	76.2	72.2	76.1	75.9	76.6	76.2	80.0	76.7	74.7	70.7
<b>Total</b>	778,074	345,608	78,972	103,643	22,379	42,187	25,214	49,814	35,493	46,972	27,792

Table J20b  
 Profile of Respondents in Nova Scotia:  
*Living with Partner*

Living with Partner	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Live with partner	93.1	93.4	88.7	96.2	93.9	92.3	92.5	93.4	91.7	91.9	94.3
<b>Total</b>	587,242	262,635	56,857	78,746	16,808	32,241	19,118	39,511	26,987	34,846	19,493

Table J21a  
 Profile of Respondents in Nova Scotia:  
*Household Type*

Household Type	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Couple with children living at home	30.8	35.7	26.2	27.7	29.2	28.5	26.6	27.6	27.8	27.6	18.3
Couple with no children at home	26.4	20.9	28.9	29.6	29.5	30.6	34.5	32.6	31.2	32.3	31.8
Adult living alone	13.9	12.3	16.1	14.5	15.1	14.1	15.3	15.2	15.1	16.2	16.6
Couple with no children	13.3	14.4	10.4	16.3	11.5	10.8	10.5	13.2	10.4	9.9	14.6
Adult sharing accommodation	6.2	7.2	7.4	5.1	5.5	5.4	4.2	4.4	6.3	3.7	5.8
Adult with children living at home	5.1	5.1	6.4	4.0	5.6	5.0	5.3	3.9	5.5	6.8	3.9
Other <sup>a</sup>	4.2	4.4	4.6	2.9	3.6	5.7	3.4	3.0	3.7	3.5	8.9
<b>Total</b>	<b>775,799</b>	<b>344,102</b>	<b>78,993</b>	<b>103,699</b>	<b>22,331</b>	<b>42,363</b>	<b>24,977</b>	<b>49,829</b>	<b>35,349</b>	<b>46,281</b>	<b>27,875</b>

Note: <sup>a</sup> Among the very few respondents who indicated an *other* household type (i.e., less than 0.2%), most of the responses indicated living with parents or other family members and living in multigenerational households. Specifically, frequently reported examples included living arrangements such as adult children living at home, grandchildren living with grandparents, or elderly parents living with adult children.



Table J21b  
 Profile of Respondents in Nova Scotia:  
*Percentage of Households with at Least One Child of Selected Ages*

Presence of Children	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Under 5 years	11.5	13.2	10.5	9.4	12.0	8.2	10.5	12.2	12.9	10.3	6.7
5 to 12 years	16.7	20.5	12.6	13.2	19.2	17.0	13.6	12.7	13.1	13.6	12.2
13 to 18 years	11.8	12.8	9.8	10.7	13.0	12.6	15.3	10.0	9.8	11.3	9.1
Over 18 years	44.2	37.1	49.7	47.1	51.8	51.4	55.4	49.4	49.9	50.9	50.3



# Community Vitality

Vital communities foster trusting and inclusive relationships. Strong social relationships ground our wellbeing. Public engagements, and having a high sense of community belonging, are expressions of community vitality.

Examples of questions explored in this domain relate to unpaid volunteer and care work; strength of relationships; sense of belonging; neighbourhood safety; confidence in institutions; and experiences of discrimination.

# Community Vitality

## Volunteering and Civic Participation

Table A1  
Residents who Volunteered During the Past 12 Months

Volunteering	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Volunteered	52.1	49.5	46.2	54.9	66.9	56.5	55.9	54.2	52.9	50.8	66.8
<b>Total</b>	785,296	348,647	79,740	104,885	22,599	42,677	25,367	49,956	36,071	47,295	28,059

Table A2  
Residents who were Members of or Participants in an Organization During the Past 12 Months

Organisation Type	Pct. in NS	Percentage in Region <sup>a</sup>									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Sports or recreational organisation	31.2	34.2	22.3	30.6	34.7	37.8	28.3	26.1	27.5	28.1	28.4
Professional association	25.9	29.9	23.8	20.4	31.9	25.5	22.6	22.4	20.0	19.7	24.4
Cultural, educational, or hobby organisation	25.6	26.1	19.7	24.9	35.5	31.0	28.2	22.7	21.3	24.9	32.1
School, neighbourhood, civic, community association	24.7	23.6	19.1	23.7	29.5	27.3	24.5	28.1	24.6	27.7	39.7
Union	21.5	21.8	30.4	17.9	27.2	23.8	22.0	16.0	14.9	17.2	21.9
Faith-based group	20.4	18.9	21.4	18.8	27.7	22.7	23.9	21.0	19.5	22.2	26.1
Public interest group <sup>b</sup>	15.9	16.1	13.3	17.4	15.6	15.3	17.0	15.8	13.2	16.5	18.6
Service club, fraternal organisation <sup>c</sup>	8.5	6.6	8.6	10.6	10.2	10.2	10.1	10.2	10.0	9.5	12.3
Political party or group	7.8	6.6	6.6	9.6	9.9	6.1	9.8	9.1	10.1	10.3	7.9

Notes: <sup>a</sup> Organisations listed in order from highest to lowest percentage participation for the province overall.  
<sup>b</sup> For example: focused on the environment, animal welfare, food security, or homelessness.  
<sup>c</sup> For example: Kiwanis, Knights of Columbus, the Legion.

Table A3  
Residents Who Provided Unpaid Help to Others in the Past 12 Months

Type of Support	Pct. in	Percentage in Region									
	NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Home support <sup>a</sup>	64.7	65.7	65.8	61.3	66.4	64.5	66.1	63.6	65.4	61.6	66.0
Errand support <sup>b</sup>	59.1	58.7	64.0	58.3	58.7	59.6	61.3	57.3	57.9	57.2	58.2
Health-related support <sup>c</sup>	57.0	57.6	61.0	52.8	60.4	57.1	57.2	54.2	60.4	53.2	56.5
Paperwork support <sup>d</sup>	47.5	48.1	51.8	44.1	50.0	46.1	49.6	45.8	45.1	46.9	46.0
Other assistance <sup>e</sup>	24.3	26.6	22.6	21.8	26.6	25.8	25.3	21.7	22.1	20.1	19.4

- Notes:
- <sup>a</sup> Work at their home such as cooking, cleaning, gardening, maintenance, painting, shovelling snow, or car repairs.
  - <sup>b</sup> Doing any shopping, driving someone to the store, or to any other appointments.
  - <sup>c</sup> Health-related or personal care, such as emotional support, counselling, providing advice, visiting the elderly, unpaid babysitting.
  - <sup>d</sup> Paperwork tasks such as writing letters, doing taxes, filling out forms, banking, paying bills, or finding information.
  - <sup>e</sup> Unpaid teaching, coaching, tutoring, or assisting with reading.

## Social Connections and Support

Table A4  
Numbers of Social Contacts Reported by Residents:  
*Relatives with whom Residents are Close*

Relative	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Number of relatives	5.84 (5.64)	5.67 (5.48)	6.36 (6.24)	5.53 (5.02)	7.11 (6.69)	6.63 (6.57)	5.85 (5.59)	5.10 (5.01)	6.02 (5.83)	5.40 (5.13)	7.18 (6.56)
<b>Total</b>	<b>778,546</b>	<b>345,913</b>	<b>79,007</b>	<b>103,926</b>	<b>22,117</b>	<b>42,163</b>	<b>25,309</b>	<b>49,682</b>	<b>36,066</b>	<b>47,013</b>	<b>27,350</b>

<sup>a</sup> Mean number of relatives with standard deviation below in parentheses.

Table A5  
Numbers of Social Contacts Reported by Residents:  
*Close Friends in whom Residents can Confide*

Close Friends	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Number of close friends	4.86 (4.56)	5.00 (4.48)	4.42 (4.33)	4.83 (4.64)	5.43 (4.89)	5.16 (5.07)	4.80 (4.79)	4.55 (4.48)	5.08 (4.96)	4.16 (4.00)	5.07 (4.71)
<b>Total</b>	<b>778,673</b>	<b>345,897</b>	<b>79,075</b>	<b>103,459</b>	<b>22,188</b>	<b>42,413</b>	<b>25,265</b>	<b>49,644</b>	<b>36,071</b>	<b>46,754</b>	<b>27,908</b>

<sup>a</sup> Mean number of close friends with standard deviation below in parentheses.

Table A6  
 Numbers of Social Contacts Reported by Residents:  
*Neighbours from whom Residents could ask a Favour*

Neighbours	Nova Scotia	Region									
	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB	
Number of neighbours	4.17 (4.60)	3.95 (4.29)	3.94 (4.65)	4.21 (4.43)	5.73 (5.98)	4.30 (4.80)	3.90 (4.31)	4.58 (5.16)	3.92 (4.53)	4.07 (4.28)	6.02 (6.16)
<b>Total</b>	784,977	348,814	79,592	104,690	22,388	42,624	25,389	50,040	36,262	47,259	27,918

<sup>a</sup> Mean number of neighbours with standard deviation below in parentheses.



## Sense of Community

Table A7  
Residents' Perceptions of Their Sense of Belonging to the Community

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very weak						Very strong	Mean	Std. Dev.
Halifax RM	348,814	7.3	7.2	13.7	24.5	22.8	12.5	12.0	4.34	1.67
Cape Breton RM	79,592	7.4	4.3	10.7	25.9	18.6	12.5	20.5	4.64	1.75
Annapolis Valley-Hants	104,691	5.8	6.7	10.4	29.7	21.8	13.3	12.3	4.44	1.60
Antigonish-Guysborough	22,389	4.2	3.2	7.8	21.9	24.7	17.1	21.1	4.95	1.58
Colchester	42,623	7.2	5.6	11.4	24.4	19.8	14.3	17.4	4.56	1.73
Cumberland	25,388	8.5	5.6	11.4	24.1	24.8	11.4	14.1	4.42	1.70
Lunenburg-Queens	50,040	7.9	8.2	9.5	24.9	21.8	11.8	15.9	4.44	1.75
Pictou	36,261	10.0	6.7	10.8	25.1	21.2	8.2	18.1	4.38	1.82
Southwest Nova	47,260	7.5	5.3	14.2	24.2	18.9	10.5	19.4	4.51	1.77
Strait Area-Western CB	27,919	6.6	3.5	9.2	19.9	18.9	17.0	24.9	4.91	1.76
<b>Province Overall</b>	<b>784,977</b>	<b>7.2</b>	<b>6.4</b>	<b>12.1</b>	<b>25.1</b>	<b>21.7</b>	<b>12.6</b>	<b>14.9</b>	<b>4.45</b>	<b>1.70</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect stronger feelings of belonging.

Table A8a  
Residents' Perceptions of Sense of Community as a Place to Live

*"Many people in my community are available to give help if somebody needs it"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	345,673	1.3	2.3	7.1	23.2	38.4	19.6	8.1	4.86	1.20
Cape Breton RM	77,804	1.7	2.2	5.9	20.0	36.4	20.6	13.2	5.02	1.28
Annapolis Valley-Hants	103,961	2.1	2.1	4.2	20.0	40.4	19.2	12.1	5.00	1.25
Antigonish-Guysborough	22,187	0.9	1.2	1.9	12.8	34.9	31.2	17.0	5.41	1.13
Colchester	41,594	1.6	2.4	3.6	23.2	37.0	21.9	10.3	4.99	1.21
Cumberland	24,937	2.5	2.6	5.7	15.4	36.7	27.2	10.0	5.03	1.29
Lunenburg-Queens	48,856	1.3	2.9	8.9	19.0	38.1	16.7	13.0	4.92	1.31
Pictou	35,696	1.3	2.5	5.6	20.5	34.5	22.0	13.6	5.05	1.27
Southwest Nova	46,895	1.3	3.9	3.7	17.4	34.2	25.7	13.7	5.11	1.30
Strait Area-Western CB	27,896	1.0	2.3	2.6	7.2	35.5	29.7	21.6	5.50	1.21
<b>Province Overall</b>	<b>775,499</b>	<b>1.5</b>	<b>2.4</b>	<b>5.9</b>	<b>20.6</b>	<b>37.7</b>	<b>21.0</b>	<b>11.0</b>	<b>4.97</b>	<b>1.24</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8b  
Residents' Perceptions of Sense of Community as a Place to Live

*"I have good friends in my community"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	344,586	3.5	3.2	9.9	17.0	34.5	19.4	12.5	4.84	1.44
Cape Breton RM	77,931	2.5	3.1	6.5	14.5	34.3	21.7	17.4	5.10	1.41
Annapolis Valley-Hants	103,832	2.0	2.3	9.6	14.1	37.8	19.5	14.6	5.01	1.35
Antigonish-Guysborough	22,114	1.2	1.1	5.7	10.3	34.6	27.2	20.0	5.37	1.25
Colchester	41,241	3.1	2.4	6.4	12.1	35.1	25.1	15.6	5.12	1.40
Cumberland	24,800	4.5	2.6	5.2	13.6	39.8	21.6	12.6	4.97	1.42
Lunenburg-Queens	48,831	2.4	2.3	11.6	16.7	33.4	17.0	16.6	4.94	1.43
Pictou	35,861	2.7	2.0	8.7	12.4	35.5	21.6	17.1	5.09	1.40
Southwest Nova	46,695	2.0	1.3	6.6	16.1	37.5	21.2	15.3	5.11	1.29
Strait Area-Western CB	27,985	2.9	1.7	4.0	7.9	33.5	29.5	20.6	5.38	1.35
<b>Province Overall</b>	<b>773,876</b>	<b>2.9</b>	<b>2.7</b>	<b>8.7</b>	<b>15.2</b>	<b>35.2</b>	<b>20.7</b>	<b>14.6</b>	<b>4.98</b>	<b>1.41</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8c  
Residents' Perceptions of Sense of Community as a Place to Live

*“My community provides opportunities for me to do a lot of different things”*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	343,604	3.0	4.6	11.8	21.3	35.4	16.7	7.2	4.60	1.37
Cape Breton RM	77,728	6.6	7.5	17.4	22.7	29.5	10.7	5.6	4.15	1.51
Annapolis Valley-Hants	103,596	3.8	2.3	13.4	23.1	32.6	17.1	7.8	4.61	1.38
Antigonish-Guysborough	21,990	2.2	5.6	9.1	17.0	31.7	24.1	10.4	4.84	1.42
Colchester	41,184	3.2	3.1	9.8	18.9	34.8	18.8	11.3	4.81	1.41
Cumberland	24,740	5.0	2.6	14.8	17.9	37.4	14.1	8.2	4.55	1.44
Lunenburg-Queens	48,821	5.7	6.7	16.5	19.2	27.9	14.3	9.7	4.38	1.59
Pictou	35,870	3.7	5.8	13.7	24.0	32.3	13.4	7.0	4.44	1.42
Southwest Nova	46,467	5.7	3.2	15.0	25.9	30.4	13.2	6.5	4.38	1.44
Strait Area-Western CB	27,913	5.7	2.4	12.7	19.8	36.4	12.8	10.1	4.57	1.48
<b>Province Overall</b>	<b>771,913</b>	<b>4.0</b>	<b>4.5</b>	<b>13.1</b>	<b>21.6</b>	<b>33.5</b>	<b>15.7</b>	<b>7.7</b>	<b>4.54</b>	<b>1.43</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8d  
Residents' Perceptions of Sense of Community as a Place to Live

*"If I had a problem, few people in my community would try to help me"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	344,668	6.8	13.2	27.8	21.3	22.9	5.2	2.8	3.67	1.41
Cape Breton RM	78,103	7.1	12.1	28.1	20.5	21.7	6.1	4.4	3.74	1.48
Annapolis Valley-Hants	103,976	7.3	14.1	27.8	22.0	19.4	6.3	3.1	3.63	1.45
Antigonish-Guysborough	22,217	9.3	19.5	28.1	15.2	15.9	8.1	4.0	3.49	1.57
Colchester	41,294	6.2	15.0	28.0	19.6	21.8	6.0	3.5	3.68	1.45
Cumberland	24,914	8.6	12.4	28.0	21.2	20.9	4.6	4.2	3.64	1.48
Lunenburg-Queens	48,769	7.3	12.5	27.3	22.5	21.2	5.6	3.6	3.69	1.45
Pictou	35,846	4.7	11.6	31.9	19.8	20.4	6.9	4.7	3.79	1.44
Southwest Nova	46,652	8.4	13.4	23.5	21.3	23.7	7.3	2.5	3.70	1.48
Strait Area-Western CB	27,831	9.0	19.1	30.5	11.3	17.1	8.0	5.1	3.53	1.61
<b>Province Overall</b>	<b>774,270</b>	<b>7.1</b>	<b>13.6</b>	<b>27.9</b>	<b>20.7</b>	<b>21.6</b>	<b>5.9</b>	<b>3.3</b>	<b>3.67</b>	<b>1.45</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8e  
Residents' Perceptions of Sense of Community as a Place to Live

*"I feel at ease with the people in my community"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	344,588	1.4	3.0	6.3	19.8	43.5	19.0	6.8	4.86	1.18
Cape Breton RM	77,403	2.0	2.3	5.5	19.6	40.7	20.2	9.8	4.94	1.24
Annapolis Valley-Hants	103,832	1.8	1.8	4.5	20.6	46.3	17.1	7.9	4.91	1.14
Antigonish-Guysborough	21,993	0.7	2.6	4.7	13.1	43.3	24.3	11.3	5.14	1.16
Colchester	41,324	2.3	1.5	6.7	17.8	43.2	19.0	9.5	4.93	1.23
Cumberland	24,930	2.8	2.5	6.8	20.1	43.6	13.8	10.4	4.82	1.29
Lunenburg-Queens	48,841	2.6	3.5	8.2	15.8	42.1	18.3	9.5	4.84	1.33
Pictou	35,329	1.8	2.6	5.9	19.9	42.4	17.7	9.8	4.91	1.23
Southwest Nova	46,739	1.6	2.0	5.4	22.6	40.1	18.3	9.9	4.92	1.21
Strait Area-Western CB	27,596	2.5	1.3	4.1	12.5	43.8	23.7	12.2	5.14	1.23
<b>Province Overall</b>	<b>772,575</b>	<b>1.7</b>	<b>2.6</b>	<b>5.9</b>	<b>19.3</b>	<b>43.2</b>	<b>18.9</b>	<b>8.4</b>	<b>4.90</b>	<b>1.20</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8f  
Residents' Perceptions of Sense of Community as a Place to Live

*"If I need help, my community has many excellent services to meet my needs"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	343,760	3.6	5.0	13.1	31.1	32.0	11.5	3.6	4.32	1.29
Cape Breton RM	77,712	7.2	9.9	18.0	29.9	24.9	6.1	3.9	3.89	1.44
Annapolis Valley-Hants	104,009	4.0	4.8	17.9	30.2	29.0	9.6	4.7	4.23	1.33
Antigonish-Guysborough	22,075	2.8	4.2	12.7	23.2	35.6	15.6	5.9	4.55	1.33
Colchester	41,233	4.2	5.3	13.6	24.4	32.9	13.1	6.6	4.42	1.41
Cumberland	24,857	7.2	7.4	13.7	20.2	36.1	11.5	3.9	4.21	1.49
Lunenburg-Queens	48,731	8.1	9.7	14.9	27.3	26.4	8.2	5.4	4.00	1.53
Pictou	35,855	5.6	8.3	18.9	28.7	26.0	7.8	4.6	4.03	1.42
Southwest Nova	46,257	6.3	8.0	19.2	30.5	25.1	7.0	4.0	3.97	1.40
Strait Area-Western CB	27,986	5.2	8.5	20.1	26.0	29.1	7.4	3.8	4.03	1.39
<b>Province Overall</b>	<b>772,475</b>	<b>4.8</b>	<b>6.3</b>	<b>15.3</b>	<b>29.3</b>	<b>30.0</b>	<b>10.1</b>	<b>4.2</b>	<b>4.21</b>	<b>1.37</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8g  
Residents' Perceptions of Sense of Community as a Place to Live

*"In my community, people are not willing to help those in need"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	344,399	12.6	20.0	39.8	19.1	5.5	2.5	0.6	2.95	1.20
Cape Breton RM	77,766	16.3	19.3	34.2	19.1	6.8	2.8	1.5	2.95	1.34
Annapolis Valley-Hants	104,101	14.5	20.1	41.8	16.2	4.4	1.1	1.7	2.86	1.22
Antigonish-Guysborough	22,090	25.2	29.0	30.5	9.2	3.0	1.1	2.1	2.48	1.29
Colchester	41,605	12.4	21.9	39.6	16.8	5.0	3.4	0.8	2.94	1.23
Cumberland	24,960	16.4	21.4	35.5	16.7	6.1	2.9	1.0	2.88	1.30
Lunenburg-Queens	48,840	18.6	19.4	35.2	19.9	4.4	1.6	0.8	2.80	1.25
Pictou	35,866	15.5	21.7	36.4	17.6	6.0	2.0	0.7	2.86	1.24
Southwest Nova	46,767	18.3	22.0	32.6	17.4	5.1	2.1	2.4	2.85	1.37
Strait Area-Western CB	27,998	24.2	24.6	34.4	10.3	3.4	0.8	2.3	2.56	1.30
<b>Province Overall</b>	<b>774,392</b>	<b>15.0</b>	<b>20.7</b>	<b>38.0</b>	<b>17.8</b>	<b>5.2</b>	<b>2.2</b>	<b>1.1</b>	<b>2.89</b>	<b>1.25</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.



Table A8h  
Residents' Perceptions of Sense of Community as a Place to Live

*"People are sociable here"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	343,339	1.5	1.9	7.5	15.3	47.1	19.7	7.1	4.92	1.15
Cape Breton RM	77,585	1.7	2.7	4.9	14.9	44.0	20.1	11.6	5.04	1.24
Annapolis Valley-Hants	103,321	2.1	2.1	4.4	17.0	47.0	19.7	7.7	4.95	1.17
Antigonish-Guysborough	22,057	1.1	1.6	4.9	11.8	42.8	25.2	12.7	5.20	1.16
Colchester	40,888	1.9	1.7	4.9	18.1	44.5	20.0	8.9	4.97	1.18
Cumberland	24,874	1.4	2.2	7.3	16.6	43.7	19.6	9.1	4.94	1.20
Lunenburg-Queens	48,648	0.9	4.1	8.3	15.3	41.1	20.8	9.6	4.92	1.26
Pictou	35,674	1.5	2.6	8.2	17.9	42.2	17.1	10.6	4.91	1.25
Southwest Nova	46,707	1.9	1.3	5.9	18.9	42.3	17.8	11.9	4.99	1.23
Strait Area-Western CB	27,983	2.2	1.8	4.5	12.8	34.7	27.4	16.6	5.24	1.31
<b>Province Overall</b>	<b>771,076</b>	<b>1.6</b>	<b>2.1</b>	<b>6.5</b>	<b>15.8</b>	<b>45.1</b>	<b>20.0</b>	<b>8.9</b>	<b>4.96</b>	<b>1.19</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8i  
Residents' Perceptions of Sense of Community as a Place to Live

*"In my community, there is never much to do"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	342,837	7.2	18.2	34.5	18.7	14.2	4.0	3.1	3.39	1.39
Cape Breton RM	77,129	6.2	8.1	22.4	19.5	24.5	11.5	7.8	4.13	1.58
Annapolis Valley-Hants	103,268	8.9	14.2	30.3	20.7	18.1	3.7	4.0	3.52	1.46
Antigonish-Guysborough	22,054	11.6	19.6	29.1	14.8	15.8	5.1	4.1	3.35	1.56
Colchester	41,052	9.9	14.4	36.9	17.1	14.7	3.5	3.5	3.37	1.43
Cumberland	24,878	6.2	14.7	33.3	13.9	18.1	5.7	8.2	3.73	1.60
Lunenburg-Queens	48,601	9.0	14.4	27.6	16.4	17.3	10.3	5.0	3.70	1.62
Pictou	35,703	4.6	9.0	28.5	21.5	23.8	5.8	6.8	3.95	1.46
Southwest Nova	46,264	9.3	12.3	23.1	22.2	17.7	7.2	8.3	3.82	1.65
Strait Area-Western CB	27,838	5.9	11.7	28.8	17.7	22.5	8.3	5.2	3.85	1.51
<b>Province Overall</b>	769,624	7.6	15.1	31.1	18.9	17.1	5.6	4.6	3.58	1.49

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8j  
Residents' Perceptions of Sense of Community as a Place to Live

*"If I had an emergency, even people I do not know would be willing to help me"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	344,045	2.2	3.0	7.3	19.6	39.9	18.6	9.4	4.85	1.29
Cape Breton RM	77,302	2.1	3.4	5.6	16.7	42.6	18.4	11.2	4.94	1.29
Annapolis Valley-Hants	103,569	1.5	3.8	6.4	18.9	40.0	17.5	12.0	4.93	1.29
Antigonish-Guysborough	22,152	2.2	2.5	3.0	13.9	37.7	24.9	15.8	5.20	1.30
Colchester	40,825	2.6	2.3	5.7	15.9	44.4	22.1	7.0	4.91	1.23
Cumberland	24,890	5.0	2.2	5.3	15.7	44.4	16.0	11.3	4.85	1.40
Lunenburg-Queens	48,615	1.9	2.2	8.4	19.5	39.0	19.6	9.5	4.88	1.26
Pictou	35,602	1.9	3.0	5.6	20.4	38.3	19.7	11.1	4.94	1.28
Southwest Nova	46,826	1.3	1.9	5.9	19.8	40.1	17.0	14.0	5.03	1.24
Strait Area-Western CB	28,047	2.6	1.9	4.8	13.9	35.5	21.5	19.8	5.21	1.37
<b>Province Overall</b>	<b>771,873</b>	<b>2.1</b>	<b>2.9</b>	<b>6.6</b>	<b>18.6</b>	<b>40.2</b>	<b>18.8</b>	<b>10.8</b>	<b>4.91</b>	<b>1.29</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8k  
Residents' Perceptions of Sense of Community as a Place to Live

*"It is difficult for me to connect with the people in my community"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	343,927	7.1	15.6	34.7	19.0	17.5	4.3	1.9	3.45	1.35
Cape Breton RM	77,803	11.1	15.3	34.1	19.8	13.7	4.3	1.7	3.29	1.38
Annapolis Valley-Hants	103,790	8.9	15.9	31.3	21.1	18.1	2.9	1.8	3.39	1.36
Antigonish-Guysborough	22,139	12.2	20.9	33.4	14.6	13.2	4.0	1.6	3.14	1.41
Colchester	41,071	10.5	17.0	30.7	19.0	17.0	3.9	2.0	3.35	1.42
Cumberland	25,003	10.5	15.5	32.3	19.3	14.4	4.4	3.7	3.39	1.47
Lunenburg-Queens	48,739	10.8	16.2	31.1	17.0	17.9	4.4	2.7	3.39	1.47
Pictou	35,714	8.9	14.9	31.3	17.5	18.3	5.9	3.2	3.52	1.48
Southwest Nova	46,458	12.6	14.7	31.3	19.3	16.9	3.2	2.0	3.31	1.43
Strait Area-Western CB	28,001	12.3	20.1	37.1	13.6	11.8	1.9	3.3	3.11	1.41
<b>Province Overall</b>	<b>772,645</b>	<b>9.0</b>	<b>15.9</b>	<b>33.3</b>	<b>18.9</b>	<b>16.8</b>	<b>4.0</b>	<b>2.1</b>	<b>3.39</b>	<b>1.39</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8I  
Residents' Perceptions of Sense of Community as a Place to Live

*"In my community, I have few opportunities to satisfy my needs"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	344,605	7.3	17.4	33.3	23.4	12.9	3.9	1.8	3.36	1.31
Cape Breton RM	77,866	7.7	10.7	26.7	25.4	18.9	6.4	4.2	3.73	1.46
Annapolis Valley-Hants	103,867	8.8	14.3	30.8	27.0	12.0	4.6	2.6	3.43	1.37
Antigonish-Guysborough	22,236	10.5	19.0	31.8	15.8	16.7	3.0	3.2	3.31	1.46
Colchester	41,157	8.5	18.3	33.7	18.9	14.1	3.6	3.0	3.35	1.40
Cumberland	24,962	7.8	12.8	29.4	20.8	18.8	5.9	4.5	3.66	1.49
Lunenburg-Queens	48,681	8.9	14.8	26.1	22.4	20.1	4.1	3.7	3.57	1.47
Pictou	35,742	6.4	10.5	31.2	25.2	16.7	4.4	5.7	3.71	1.44
Southwest Nova	46,705	9.1	15.0	25.8	25.0	17.5	2.9	4.7	3.54	1.48
Strait Area-Western CB	28,040	7.3	13.5	28.2	26.6	17.2	1.8	5.4	3.60	1.43
<b>Province Overall</b>	<b>773,861</b>	<b>7.9</b>	<b>15.5</b>	<b>31.0</b>	<b>23.8</b>	<b>14.8</b>	<b>4.2</b>	<b>2.9</b>	<b>3.46</b>	<b>1.39</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8m  
Residents' Perceptions of Sense of Community as a Place to Live

*"I regularly stop to talk to people in my neighbourhood"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	345,748	2.3	4.8	14.5	18.8	34.7	15.9	9.1	4.63	1.39
Cape Breton RM	77,903	4.2	3.1	13.2	16.1	34.3	16.3	12.8	4.73	1.50
Annapolis Valley-Hants	104,028	1.9	5.0	14.7	17.4	33.8	16.2	11.0	4.69	1.42
Antigonish-Guysborough	22,261	1.8	1.9	12.1	13.7	35.1	18.8	16.5	5.01	1.39
Colchester	41,369	3.7	3.4	12.1	13.9	41.3	15.8	9.8	4.72	1.41
Cumberland	25,031	3.0	4.8	10.6	16.0	36.8	17.5	11.3	4.77	1.44
Lunenburg-Queens	48,801	4.8	2.8	14.0	14.7	32.0	17.9	13.8	4.75	1.55
Pictou	35,738	6.2	2.8	14.8	18.4	33.8	12.9	11.1	4.54	1.55
Southwest Nova	46,873	2.5	4.5	12.5	18.6	32.4	18.5	11.1	4.74	1.43
Strait Area-Western CB	28,104	2.7	1.0	6.4	14.3	37.7	18.7	19.3	5.16	1.36
<b>Province Overall</b>	<b>775,856</b>	<b>2.9</b>	<b>4.1</b>	<b>13.6</b>	<b>17.4</b>	<b>34.8</b>	<b>16.4</b>	<b>10.9</b>	<b>4.70</b>	<b>1.43</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table A8-Summary  
Dimensions of *Overall Sense of Community*

Dimension <sup>a</sup>	Nova Scotia	Region <sup>b</sup>									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Social climate and bonds	4.86 (1.04)	4.79 (1.04)	4.95 (1.01)	4.87 (1.01)	5.14 (0.98)	4.92 (1.06)	4.83 (1.03)	4.83 (1.11)	4.85 (1.03)	4.93 (1.03)	5.16 (1.05)
Help in case of need	4.83 (0.93)	4.77 (0.91)	4.81 (0.92)	4.86 (0.93)	5.16 (0.90)	4.82 (0.94)	4.84 (0.94)	4.82 (0.96)	4.83 (0.90)	4.90 (0.94)	5.16 (1.04)
Needs fulfillment	4.43 (1.14)	4.54 (1.08)	4.05 (1.17)	4.47 (1.12)	4.68 (1.14)	4.63 (1.12)	4.34 (1.21)	4.28 (1.31)	4.20 (1.12)	4.24 (1.20)	4.29 (1.14)
<b>Overall sense of community</b>	4.71 (0.89)	4.70 (0.87)	4.60 (0.87)	4.73 (0.89)	5.00 (0.86)	4.79 (0.90)	4.67 (0.93)	4.64 (0.99)	4.63 (0.87)	4.69 (0.90)	4.87 (0.92)


Notes: <sup>a</sup> *Social climate and bonds* is an average of responses to statements assessing friendships, sociability, and ability to connect with people in the city.  
*Help in case of need* includes responses to statements about the number and willingness of people to provide help in an emergency or situation of need.  
*Needs fulfillment* refers to perceptions of the range and accessibility of opportunities to satisfy activity needs.


<sup>b</sup> Based on a 7-point scale where higher scores reflect greater satisfaction with dimension of sense of community. Mean is reported above with the standard deviation below in parentheses.

Table A8 – Summary Ranks  
 Rankings of Statements in Sense of Community Scale (Tables A8a to A8p)<sup>a</sup>

Sense of Community	Ranking of Sense of Community Statements										
	Rank in NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
I have good friends in my community.....	1	5	1	1	2	1	2	1	1	2	2
Many people in my community are available to give help if somebody needs it.....	2	2	3	2	1	2	1	3	2	1	1
People are sociable here.....	3	1	2	3	4	3	3	2	5	4	3
If I had an emergency, even people I do not know would be willing to help me.....	4	4	5	4	3	5	4	4	3	3	4
I feel at ease with the people in my community	5	3	4	5	5	4	5	5	4	5	6
I regularly stop to talk to people in my neighbourhood .....	6	6	6	6	6	7	6	6	6	6	5
My community provides opportunities for me to do a lot of different things.....	7	7	7	7	7	6	7	7	7	7	7
If I need help, my community has many excellent services to meet my needs .....	8	8	9	8	8	8	8	8	8	8	8
If I had a problem, few people in my community would try to help me.....	9	9	10	9	9	9	11	10	10	10	11
In my community, there is never much to do ....	10	11	8	10	10	10	9	9	9	9	9
In my community, I have few opportunities to satisfy my needs.....	11	12	11	11	11	11	10	11	11	11	10
It is difficult for me to connect with the people in my community .....	12	10	12	12	12	12	12	12	12	12	12
In my community, people are not willing to help those in need.....	13	13	13	13	13	13	13	13	13	13	13

Notes: <sup>a</sup> Rankings are based on the mean score of agreement to each statement. The statement ranked first received the highest level of agreement and the statement ranked last received the lowest level of agreement. Statements are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall



## Feelings of Social Isolation

(a component of the Sense of Community scale)

Table A8-SI1  
Residents' Experience of *Social Isolation*:  
***"I often feel that I lack companionship"***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	344,278	14.7	17.6	28.0	17.0	14.1	5.1	3.4	3.27	1.56
Cape Breton RM	77,558	18.3	16.7	27.9	14.7	13.4	5.1	3.8	3.19	1.62
Annapolis Valley-Hants	104,074	16.3	15.2	31.8	13.0	15.7	4.3	3.6	3.24	1.57
Antigonish-Guysborough	22,116	17.6	19.0	29.3	11.4	13.6	5.5	3.6	3.15	1.61
Colchester	41,256	11.8	21.0	28.0	11.1	18.2	6.1	3.8	3.36	1.60
Cumberland	24,947	14.3	14.8	31.2	14.5	16.6	5.9	2.6	3.32	1.54
Lunenburg-Queens	48,755	21.2	15.8	24.9	18.0	12.1	5.5	2.4	3.10	1.60
Pictou	35,840	14.7	13.9	33.7	15.5	14.0	2.7	5.4	3.30	1.57
Southwest Nova	46,297	16.9	13.4	25.6	17.6	16.5	5.9	4.0	3.37	1.64
Strait Area-Western CB	27,900	15.4	13.5	32.2	14.9	14.6	4.4	5.1	3.33	1.61
<b>Province Overall</b>	<b>773,021</b>	<b>15.8</b>	<b>16.6</b>	<b>28.7</b>	<b>15.6</b>	<b>14.6</b>	<b>5.0</b>	<b>3.6</b>	<b>3.26</b>	<b>1.58</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of social isolation.

Table A8-S12  
 Residents' Experience of *Social Isolation*:  
 "I often feel left out"

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	344,048	13.2	17.0	32.9	21.2	10.6	3.1	1.9	3.16	1.38
Cape Breton RM	77,925	16.0	17.3	30.9	20.1	9.9	4.5	1.4	3.10	1.42
Annapolis Valley-Hants	103,743	14.6	16.4	36.3	19.6	7.8	2.4	2.8	3.08	1.39
Antigonish-Guysborough	22,097	18.9	16.9	29.4	16.4	11.7	4.7	2.0	3.07	1.52
Colchester	41,442	13.4	17.0	28.5	20.9	12.8	4.6	2.8	3.28	1.49
Cumberland	24,903	12.7	14.4	30.7	20.2	13.9	3.9	4.2	3.37	1.52
Lunenburg-Queens	48,768	15.3	16.6	28.1	24.1	11.3	2.6	2.0	3.15	1.41
Pictou	35,436	13.2	16.8	31.2	24.3	9.4	3.0	2.2	3.17	1.38
Southwest Nova	46,609	15.4	15.4	28.8	21.5	12.1	4.0	2.8	3.23	1.49
Strait Area-Western CB	28,028	16.1	18.9	27.3	21.5	8.1	3.0	5.2	3.16	1.56
<b>Province Overall</b>	<b>772,999</b>	<b>14.2</b>	<b>16.8</b>	<b>31.9</b>	<b>21.0</b>	<b>10.4</b>	<b>3.3</b>	<b>2.3</b>	<b>3.16</b>	<b>1.42</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of social isolation.

Table A8-SI3  
Residents' Experience of *Social Isolation*:  
***"I often feel isolated from others in the community"***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	344,624	11.7	16.8	34.1	20.0	12.2	3.2	2.0	3.21	1.37
Cape Breton RM	77,496	13.6	15.6	34.8	18.3	11.8	3.9	2.0	3.19	1.41
Annapolis Valley-Hants	102,870	11.3	17.9	34.8	18.0	11.4	4.2	2.3	3.22	1.40
Antigonish-Guysborough	22,035	14.5	18.4	34.4	14.5	11.4	5.2	1.6	3.12	1.44
Colchester	41,036	12.3	15.6	35.1	20.4	11.7	3.3	1.6	3.20	1.36
Cumberland	24,642	11.9	14.8	32.1	22.4	11.9	3.3	3.5	3.32	1.45
Lunenburg-Queens	48,728	14.8	16.0	29.4	21.2	14.3	3.4	1.0	3.19	1.41
Pictou	35,475	10.7	16.1	34.8	19.8	12.2	2.8	3.6	3.29	1.42
Southwest Nova	46,468	13.1	15.0	31.5	19.7	13.1	4.6	3.0	3.31	1.48
Strait Area-Western CB	27,774	14.2	16.6	37.0	14.6	12.8	3.5	1.4	3.11	1.38
<b>Province Overall</b>	<b>771,148</b>	<b>12.3</b>	<b>16.5</b>	<b>34.0</b>	<b>19.4</b>	<b>12.2</b>	<b>3.6</b>	<b>2.1</b>	<b>3.22</b>	<b>1.40</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of social isolation.

Table A8-SI – Summary  
 Residents' Overall Feelings of Experience of *Social Isolation*:  
 Summary Statistics<sup>a</sup>

Social Isolation	Nova	Region									
	Scotia	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Feelings of social isolation	3.21 (1.27)	3.22 (1.25)	3.15 (1.28)	3.18 (1.27)	3.11 (1.35)	3.28 (1.27)	3.34 (1.28)	3.15 (1.22)	3.26 (1.29)	3.31 (1.31)	3.21 (1.28)
<b>Total</b>	777,117	346,187	78,420	104,262	22,238	41,380	25,030	48,919	35,908	46,716	28,056

Note: <sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of social isolation. Mean reported above with standard deviation below in parentheses.

## Perceptions of Safety and Discrimination

Table A9  
Perceptions of Safety and Discrimination:  
How Safe Residents Feel Walking Alone in Their Neighbourhood After Dark

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very unsafe						Very safe	Mean	Std. Dev.
Halifax RM	346,600	1.7	3.0	6.6	11.9	19.1	24.7	33.0	5.50	1.50
Cape Breton RM	78,540	2.5	2.5	6.2	12.2	17.7	19.7	39.1	5.56	1.57
Annapolis Valley-Hants	104,422	0.8	2.5	4.3	9.5	16.5	23.4	43.0	5.80	1.39
Antigonish-Guysborough	22,153	0.7	1.5	2.7	7.7	10.2	24.6	52.6	6.10	1.26
Colchester	41,786	2.9	3.1	5.1	9.0	20.1	23.4	36.4	5.56	1.55
Cumberland	25,203	2.4	2.6	4.2	8.7	14.2	25.6	42.2	5.75	1.50
Lunenburg-Queens	49,602	1.7	3.2	3.0	6.4	13.2	28.2	44.3	5.88	1.42
Pictou	36,129	3.3	2.8	8.1	11.6	16.9	17.6	39.7	5.48	1.66
Southwest Nova	47,016	1.6	2.6	4.7	14.2	13.9	20.4	42.7	5.68	1.51
Strait Area-Western CB	28,035	1.2	1.1	3.0	6.2	9.5	18.0	60.9	6.19	1.29
<b>Province Overall</b>	<b>779,486</b>	<b>1.8</b>	<b>2.7</b>	<b>5.6</b>	<b>10.8</b>	<b>17.1</b>	<b>23.4</b>	<b>38.6</b>	<b>5.63</b>	<b>1.50</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of safety.

Table A13a  
 Perceptions of Safety and Discrimination:  
 Residents' Experience of Discrimination in the Community Because of  
***Ethnicity, Culture, or Skin Colour***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Never						All of the time	Mean	Std. Dev.
Halifax RM	347,770	81.8	7.9	2.1	2.7	3.3	1.3	0.8	1.45	1.16
Cape Breton RM	79,422	89.3	4.1	1.0	3.3	0.7	0.8	0.8	1.28	0.95
Annapolis Valley-Hants	104,726	86.3	6.1	2.2	1.7	1.6	1.3	0.8	1.33	1.03
Antigonish-Guysborough	22,378	87.4	5.4	1.2	2.7	1.3	1.2	0.8	1.32	1.02
Colchester	42,262	87.2	6.2	1.5	1.7	1.8	0.9	0.6	1.30	0.96
Cumberland	25,229	89.0	4.5	1.1	2.6	1.2	0.4	1.1	1.28	0.97
Lunenburg-Queens	49,855	87.4	5.3	1.6	2.5	1.1	2.1	0.0	1.31	0.98
Pictou	36,283	87.2	4.7	2.7	3.3	1.1	0.8	0.3	1.30	0.92
Southwest Nova	47,288	81.4	5.6	2.7	4.6	2.0	1.9	1.7	1.53	1.31
Strait Area-Western CB	28,076	90.1	2.8	4.2	1.6	0.7	0.5	0.0	1.22	0.73
<b>Province Overall</b>	<b>783,289</b>	<b>84.8</b>	<b>6.4</b>	<b>2.0</b>	<b>2.7</b>	<b>2.2</b>	<b>1.2</b>	<b>0.7</b>	<b>1.38</b>	<b>1.08</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect more frequent experiences of discrimination.

Table A13b  
 Perceptions of Safety and Discrimination:  
 Residents' Experience of Discrimination in the Community Because of  
**Religious Affiliation**

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Never						All of the time	Mean	Std. Dev.
Halifax RM	346,923	83.4	6.7	3.4	3.0	1.8	0.9	0.8	1.39	1.05
Cape Breton RM	79,285	87.1	4.7	2.0	4.1	0.8	0.9	0.5	1.32	0.96
Annapolis Valley-Hants	104,180	84.0	7.5	2.6	2.5	1.9	0.8	0.7	1.36	1.02
Antigonish-Guysborough	22,371	80.2	10.2	3.2	3.4	1.2	1.0	0.8	1.42	1.05
Colchester	42,093	84.1	7.8	2.0	3.6	1.2	0.7	0.6	1.34	0.97
Cumberland	25,230	86.7	5.0	4.1	2.1	1.8	0.1	0.2	1.29	0.85
Lunenburg-Queens	49,622	86.4	5.0	1.6	3.4	1.5	1.8	0.3	1.35	1.04
Pictou	36,235	86.3	6.0	1.1	4.3	1.3	0.7	0.4	1.32	0.96
Southwest Nova	47,248	78.3	7.7	3.4	5.8	2.4	1.5	0.8	1.54	1.22
Strait Area-Western CB	28,068	83.7	4.8	4.2	3.5	3.4	0.2	0.2	1.39	1.02
<b>Province Overall</b>	<b>781,255</b>	<b>83.9</b>	<b>6.6</b>	<b>2.9</b>	<b>3.3</b>	<b>1.7</b>	<b>0.9</b>	<b>0.6</b>	<b>1.37</b>	<b>1.03</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect more frequent experiences of discrimination.

Table A13c  
 Perceptions of Safety and Discrimination:  
 Residents' Experience of Discrimination in the Community Because of  
***Sexual Orientation***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Never						All of the time	Mean	Std. Dev.
Halifax RM	347,041	87.3	4.7	2.3	2.7	1.5	0.9	0.7	1.32	0.99
Cape Breton RM	79,385	91.5	3.0	1.4	2.4	0.7	0.7	0.3	1.22	0.82
Annapolis Valley-Hants	103,935	91.5	4.0	0.9	1.9	0.7	0.3	0.8	1.20	0.81
Antigonish-Guysborough	22,329	90.2	4.1	1.0	2.3	1.0	0.7	0.7	1.24	0.90
Colchester	42,161	92.2	4.1	0.8	1.8	0.2	0.1	0.7	1.17	0.73
Cumberland	25,266	91.0	3.2	1.2	1.2	1.1	1.2	1.0	1.26	0.99
Lunenburg-Queens	49,789	91.4	4.3	0.5	1.6	1.7	0.6	0.0	1.20	0.77
Pictou	36,183	86.8	4.7	1.8	3.5	1.2	0.7	1.4	1.35	1.08
Southwest Nova	47,211	87.9	3.9	2.3	3.5	0.9	0.7	0.8	1.31	0.98
Strait Area-Western CB	27,864	92.8	2.8	2.0	1.5	0.4	0.4	0.1	1.15	0.64
<b>Province Overall</b>	<b>781,164</b>	<b>89.2</b>	<b>4.2</b>	<b>1.7</b>	<b>2.4</b>	<b>1.1</b>	<b>0.7</b>	<b>0.6</b>	<b>1.27</b>	<b>0.92</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect more frequent experiences of discrimination.



Table A13d  
 Perceptions of Safety and Discrimination:  
 Residents' Experience of Discrimination in the Community Because of  
**Age**

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Never						All of the time	Mean	Std. Dev.
Halifax RM	347,749	69.0	10.5	6.9	6.3	4.5	2.1	0.9	1.77	1.38
Cape Breton RM	79,398	77.9	7.0	4.5	6.1	2.5	1.0	1.0	1.55	1.22
Annapolis Valley-Hants	103,628	72.9	11.7	6.6	3.6	2.7	1.5	0.9	1.60	1.22
Antigonish-Guysborough	22,365	73.0	11.9	4.7	5.5	2.7	1.8	0.4	1.60	1.21
Colchester	42,179	74.0	10.4	5.3	6.2	3.2	0.4	0.6	1.58	1.17
Cumberland	25,297	76.2	7.7	5.1	4.5	3.6	2.1	1.0	1.62	1.32
Lunenburg-Queens	49,734	75.9	9.8	4.2	3.7	3.3	1.1	2.0	1.60	1.33
Pictou	36,332	72.2	9.0	6.0	6.3	2.3	2.7	1.5	1.72	1.40
Southwest Nova	47,274	73.0	7.0	6.3	7.2	3.8	1.1	1.6	1.71	1.39
Strait Area-Western CB	28,070	78.4	9.5	4.1	2.0	3.1	1.7	1.2	1.52	1.24
<b>Province Overall</b>	<b>782,026</b>	<b>72.2</b>	<b>9.9</b>	<b>6.0</b>	<b>5.6</b>	<b>3.6</b>	<b>1.7</b>	<b>1.0</b>	<b>1.68</b>	<b>1.32</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect more frequent experiences of discrimination.

Table A13e  
 Perceptions of Safety and Discrimination:  
 Residents' Experience of Discrimination in the Community Because of  
**Gender**

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Never						All of the time	Mean	Std. Dev.
Halifax RM	347,752	73.1	8.4	6.0	5.8	3.8	1.8	1.1	1.69	1.35
Cape Breton RM	79,293	82.5	5.3	3.4	4.0	3.4	1.0	0.3	1.45	1.13
Annapolis Valley-Hants	103,976	76.0	12.5	3.1	3.2	2.4	2.0	0.8	1.53	1.20
Antigonish-Guysborough	22,372	76.8	8.2	4.5	4.5	3.8	1.5	0.7	1.58	1.25
Colchester	42,215	75.9	12.0	3.6	4.3	2.2	1.3	0.7	1.52	1.15
Cumberland	25,295	82.3	5.5	3.3	3.0	3.5	1.6	0.8	1.48	1.21
Lunenburg-Queens	49,726	82.6	6.0	3.4	2.4	3.1	1.5	1.0	1.46	1.19
Pictou	36,310	78.8	7.0	3.2	3.7	3.9	1.2	2.3	1.59	1.38
Southwest Nova	47,337	78.4	7.9	4.5	4.2	2.5	1.1	1.3	1.53	1.23
Strait Area-Western CB	28,105	80.6	8.3	3.4	4.8	2.3	0.3	0.4	1.42	1.03
<b>Province Overall</b>	<b>782,381</b>	<b>76.5</b>	<b>8.5</b>	<b>4.6</b>	<b>4.6</b>	<b>3.3</b>	<b>1.6</b>	<b>1.0</b>	<b>1.58</b>	<b>1.27</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect more frequent experiences of discrimination.

Table A13f  
 Perceptions of Safety and Discrimination:  
 Residents' Experience of Discrimination in the Community Because of  
***Disability***


Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Never						All of the time	Mean	Std. Dev.
Halifax RM	343,564	84.6	4.5	2.3	3.9	2.5	1.0	1.2	1.43	1.17
Cape Breton RM	78,423	84.8	3.9	2.9	4.2	1.0	1.8	1.3	1.43	1.20
Annapolis Valley-Hants	103,110	86.2	4.6	1.8	4.3	1.5	0.7	0.9	1.36	1.06
Antigonish-Guysborough	21,774	87.6	4.5	1.9	2.9	0.8	1.1	1.2	1.33	1.05
Colchester	41,727	84.0	6.3	1.6	3.6	2.2	0.8	1.4	1.42	1.16
Cumberland	24,986	82.2	5.5	1.9	4.3	1.7	2.3	2.1	1.53	1.35
Lunenburg-Queens	48,908	86.2	3.9	1.0	4.0	1.4	0.9	2.6	1.44	1.28
Pictou	35,819	84.6	4.4	2.2	5.0	2.3	1.0	0.6	1.41	1.11
Southwest Nova	46,716	78.9	6.9	4.2	4.4	1.6	1.7	2.3	1.57	1.35
Strait Area-Western CB	27,729	88.1	2.0	2.8	3.2	1.0	2.1	0.8	1.36	1.12
<b>Province Overall</b>	<b>772,756</b>	<b>84.7</b>	<b>4.6</b>	<b>2.3</b>	<b>4.0</b>	<b>2.0</b>	<b>1.1</b>	<b>1.3</b>	<b>1.43</b>	<b>1.18</b>


<sup>a</sup> Based on a 7-point scale where higher scores reflect more frequent experiences of discrimination.

Table A13 – Summary Ranks  
 Rankings of Frequency of Experiences of Discrimination by Focus (Tables A13a to A13f)<sup>a</sup>

Focus of Discrimination	Ranking of Experiences of Discrimination										
	Rank in NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Age	1	1	1	1	1	1	1	1	1	1	1
Gender	2	2	2	2	2	2	3	2	2	4	2
Disability	3	4	3	4	4	3	2	3	3	2	4
Ethnicity, culture, or skin colour	4	3	5	5	5	5	5	5	6	5	5
Religious affiliation	5	5	4	3	3	4	4	4	5	3	3
Sexual orientation	6	6	6	6	6	6	6	6	4	6	6

Notes: <sup>a</sup> Rankings are based on the mean score of frequency of experience of discrimination. The focus of discrimination ranked first was experienced most often and the focus of discrimination ranked last was experienced least often. Foci of discrimination are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall

## Trust in Others and Confidence in Institutions

### Trust in Others

Table A10a  
Feelings of Trust and Confidence:  
*Trust in People in Your Neighbourhood or Community*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Cannot be trusted at all						Can be trusted a lot	Mean	Std. Dev.
Halifax RM	346,264	1.1	2.6	5.6	13.7	23.2	27.7	26.2	5.43	1.38
Cape Breton RM	79,219	1.0	2.3	4.7	16.7	19.3	23.9	32.1	5.51	1.41
Annapolis Valley-Hants	104,692	0.3	1.6	5.2	15.4	20.7	25.3	31.5	5.56	1.32
Antigonish-Guysborough	22,237	0.3	1.3	2.5	14.6	26.0	23.7	31.6	5.62	1.24
Colchester	42,017	0.9	2.6	6.7	17.7	21.0	27.2	23.9	5.32	1.40
Cumberland	25,319	1.7	4.1	7.4	15.9	22.2	19.7	29.0	5.28	1.54
Lunenburg-Queens	49,818	0.6	2.5	4.5	14.2	19.6	24.4	34.2	5.60	1.38
Pictou	36,237	2.7	2.8	5.8	12.4	20.6	22.0	33.7	5.46	1.55
Southwest Nova	46,755	0.7	2.6	7.2	15.9	19.1	26.0	28.5	5.42	1.42
Strait Area-Western CB	28,074	0.7	1.0	2.5	11.0	16.0	27.7	41.1	5.88	1.25
<b>Province Overall</b>	<b>780,632</b>	<b>0.9</b>	<b>2.4</b>	<b>5.4</b>	<b>14.5</b>	<b>21.6</b>	<b>26.0</b>	<b>29.1</b>	<b>5.48</b>	<b>1.39</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of trust.

Table A10b  
Feelings of Trust and Confidence:  
*Trust in People you Work with or go to School with*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Cannot be trusted at all						Can be trusted a lot	Mean	Std. Dev.
Halifax RM	327,381	1.1	1.6	4.6	14.5	17.7	30.6	29.9	5.58	1.35
Cape Breton RM	73,587	0.9	1.4	3.0	17.0	18.8	26.5	32.3	5.60	1.33
Annapolis Valley-Hants	97,651	1.8	1.4	5.4	16.5	15.6	26.7	32.6	5.53	1.45
Antigonish-Guysborough	20,667	1.6	2.2	4.5	14.3	23.9	25.1	28.4	5.46	1.40
Colchester	39,041	1.2	1.8	4.8	21.3	17.7	25.2	28.0	5.40	1.40
Cumberland	23,022	1.4	3.6	5.9	18.0	17.7	20.0	33.5	5.41	1.53
Lunenburg-Queens	46,246	2.4	4.1	3.8	14.3	20.6	24.7	30.1	5.41	1.52
Pictou	34,441	1.8	2.9	3.1	19.8	19.2	25.2	28.0	5.39	1.44
Southwest Nova	43,900	0.7	1.1	3.8	16.4	15.9	26.8	35.3	5.67	1.32
Strait Area-Western CB	25,605	0.9	0.4	4.5	10.7	18.2	26.3	38.9	5.80	1.28
<b>Province Overall</b>	<b>731,541</b>	<b>1.3</b>	<b>1.8</b>	<b>4.4</b>	<b>15.7</b>	<b>17.9</b>	<b>27.9</b>	<b>31.0</b>	<b>5.55</b>	<b>1.38</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of trust.

Table A10c  
 Feelings of Trust and Confidence:  
***Trust in Strangers***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Cannot be trusted at all						Can be trusted a lot	Mean	Std. Dev.
Halifax RM	344,985	6.6	14.0	18.6	32.2	20.0	6.9	1.7	3.72	1.38
Cape Breton RM	78,750	9.7	11.9	21.0	30.4	17.9	6.5	2.6	3.65	1.45
Annapolis Valley-Hants	104,273	5.3	13.3	15.0	34.6	21.8	8.7	1.3	3.86	1.35
Antigonish-Guysborough	22,049	3.8	9.1	21.7	26.7	25.5	9.0	4.2	4.05	1.38
Colchester	41,715	9.0	15.9	19.9	29.4	16.5	7.6	1.7	3.58	1.45
Cumberland	25,200	10.3	12.8	21.8	27.4	15.6	9.0	3.0	3.64	1.52
Lunenburg-Queens	49,503	9.0	10.5	18.4	30.2	19.3	10.0	2.6	3.81	1.49
Pictou	36,133	8.7	10.3	20.4	29.9	19.5	7.9	3.3	3.78	1.47
Southwest Nova	46,543	8.8	12.7	17.3	31.0	16.9	11.1	2.2	3.77	1.49
Strait Area-Western CB	27,894	6.9	7.3	16.2	30.5	18.4	15.7	4.9	4.13	1.52
<b>Province Overall</b>	<b>777,045</b>	<b>7.3</b>	<b>12.9</b>	<b>18.5</b>	<b>31.5</b>	<b>19.5</b>	<b>8.1</b>	<b>2.1</b>	<b>3.76</b>	<b>1.42</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of trust.

## Trust in Institutions

Table A11a  
Feelings of Trust and Confidence:  
**Trust in Local/Municipal/Band Government**

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Cannot be trusted at all						Can be trusted a lot	Mean	Std. Dev.
Halifax RM	347,021	7.2	10.8	16.7	24.8	22.8	14.4	3.2	4.01	1.53
Cape Breton RM	79,131	13.5	12.3	15.3	26.2	20.1	8.3	4.3	3.69	1.64
Annapolis Valley-Hants	104,415	7.3	7.5	13.2	27.4	21.9	18.9	3.9	4.21	1.54
Antigonish-Guysborough	22,294	5.6	8.1	13.3	23.9	22.5	19.1	7.6	4.37	1.58
Colchester	42,148	4.8	9.8	17.6	23.2	21.8	17.4	5.4	4.21	1.54
Cumberland	25,216	8.1	11.2	14.3	24.8	19.6	14.1	7.9	4.11	1.67
Lunenburg-Queens	49,883	9.0	8.4	15.8	24.3	20.9	16.0	5.7	4.10	1.63
Pictou	36,229	7.3	12.7	15.1	24.8	22.1	12.9	5.1	4.01	1.59
Southwest Nova	47,128	8.5	9.9	12.7	27.9	20.2	14.7	6.2	4.10	1.62
Strait Area-Western CB	28,103	5.8	12.5	13.1	25.2	23.5	15.4	4.5	4.12	1.55
<b>Province Overall</b>	<b>781,568</b>	<b>7.9</b>	<b>10.3</b>	<b>15.5</b>	<b>25.4</b>	<b>22.0</b>	<b>14.7</b>	<b>4.3</b>	<b>4.05</b>	<b>1.57</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of trust in institution.



Table A11b  
 Feelings of Trust and Confidence:  
***Trust in Provincial Government***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Cannot be trusted at all						Can be trusted a lot	Mean	Std. Dev.
Halifax RM	346,300	12.9	16.0	18.7	22.7	18.6	8.6	3.2	3.54	1.59
Cape Breton RM	79,124	25.9	16.8	15.2	22.1	11.7	5.5	4.3	3.05	1.68
Annapolis Valley-Hants	104,799	13.9	13.2	15.3	26.2	19.4	10.5	3.9	3.61	1.59
Antigonish-Guysborough	22,290	14.3	14.7	19.1	25.7	17.5	6.6	7.6	3.46	1.55
Colchester	42,236	14.3	13.2	22.2	23.7	16.6	7.7	5.4	3.48	1.57
Cumberland	25,133	17.0	16.1	18.7	23.2	13.7	8.6	7.9	3.37	1.64
Lunenburg-Queens	49,796	15.4	16.3	22.1	22.5	14.2	8.0	5.7	3.34	1.56
Pictou	36,125	18.6	17.3	18.0	23.2	13.6	7.4	5.1	3.26	1.61
Southwest Nova	47,229	15.3	12.7	16.5	26.4	15.6	9.6	6.2	3.59	1.67
Strait Area-Western CB	27,986	11.6	18.4	18.4	27.0	14.2	8.3	4.5	3.47	1.53
<b>Province Overall</b>	<b>781,018</b>	<b>15.1</b>	<b>15.5</b>	<b>18.2</b>	<b>23.7</b>	<b>16.9</b>	<b>8.4</b>	<b>4.3</b>	<b>3.46</b>	<b>1.61</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of trust in institution.

Table A11c  
 Feelings of Trust and Confidence:  
***Trust in Federal Government***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Cannot be trusted at all						Can be trusted a lot	Mean	Std. Dev.
Halifax RM	346,335	11.8	14.4	18.1	23.9	19.2	10.1	2.4	3.64	1.58
Cape Breton RM	79,235	21.1	15.9	16.0	24.0	13.6	6.8	2.6	3.24	1.66
Annapolis Valley-Hants	104,298	14.8	11.1	17.4	27.6	17.5	10.1	1.5	3.58	1.58
Antigonish-Guysborough	22,224	11.9	13.2	19.3	27.5	18.3	7.6	2.2	3.59	1.52
Colchester	42,224	14.3	14.5	19.6	25.0	16.3	7.7	2.7	3.48	1.58
Cumberland	25,168	19.1	14.6	18.9	21.4	15.8	6.8	3.4	3.34	1.67
Lunenburg-Queens	49,752	16.5	16.2	21.5	20.4	16.3	8.0	1.1	3.32	1.57
Pictou	36,180	18.1	17.8	17.4	21.7	14.6	8.2	2.1	3.30	1.64
Southwest Nova	46,709	18.3	12.4	14.6	27.9	14.3	9.3	3.2	3.48	1.68
Strait Area-Western CB	27,934	9.4	16.1	18.5	27.9	14.9	9.2	4.0	3.67	1.56
<b>Province Overall</b>	<b>780,059</b>	<b>14.4</b>	<b>14.3</b>	<b>17.9</b>	<b>24.6</b>	<b>17.3</b>	<b>9.2</b>	<b>2.4</b>	<b>3.53</b>	<b>1.61</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of trust in institution.

Table A11d  
 Feelings of Trust and Confidence:  
***Trust in the Media***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Cannot be trusted at all						Can be trusted a lot	Mean	Std. Dev.
Halifax RM	346,213	9.2	13.9	18.2	25.8	19.5	10.8	2.6	3.75	1.54
Cape Breton RM	78,793	13.5	12.6	18.6	26.6	17.5	8.1	3.2	3.59	1.59
Annapolis Valley-Hants	104,513	7.0	11.3	19.4	31.1	17.1	11.1	3.0	3.85	1.46
Antigonish-Guysborough	22,260	7.4	14.1	23.3	26.7	18.5	8.2	1.8	3.67	1.42
Colchester	42,064	10.0	14.1	18.7	28.7	17.8	8.6	2.1	3.65	1.50
Cumberland	25,116	10.8	17.4	18.2	24.6	15.3	10.5	3.2	3.61	1.60
Lunenburg-Queens	49,695	10.2	15.6	18.0	25.0	18.3	9.3	3.5	3.68	1.58
Pictou	36,134	12.9	12.3	18.1	26.8	16.1	9.8	3.9	3.66	1.62
Southwest Nova	47,069	13.8	13.4	17.3	26.6	15.6	9.2	3.9	3.60	1.64
Strait Area-Western CB	27,973	7.3	13.1	16.5	27.1	22.2	10.0	3.8	3.89	1.52
<b>Province Overall</b>	<b>779,830</b>	<b>9.8</b>	<b>13.5</b>	<b>18.4</b>	<b>26.9</b>	<b>18.4</b>	<b>10.1</b>	<b>2.9</b>	<b>3.72</b>	<b>1.54</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of trust in institution.

Table A11e  
Feelings of Trust and Confidence:  
***Trust in Non-Governmental Organisations (NGOs)***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Cannot be trusted at all						Can be trusted a lot	Mean	Std. Dev.
Halifax RM	344,156	3.4	6.0	13.2	33.6	25.2	15.2	3.3	4.30	1.32
Cape Breton RM	78,545	4.7	7.0	13.4	37.0	22.9	11.5	3.4	4.15	1.35
Annapolis Valley-Hants	103,924	4.4	4.0	13.4	35.8	23.3	15.8	3.3	4.30	1.33
Antigonish-Guysborough	22,124	1.1	4.6	20.9	32.5	23.7	14.6	2.5	4.27	1.21
Colchester	41,732	2.7	6.3	20.4	32.5	22.5	12.9	2.7	4.15	1.29
Cumberland	24,923	3.8	7.3	16.4	32.9	21.3	15.6	2.7	4.18	1.36
Lunenburg-Queens	49,489	2.8	6.5	13.2	33.0	26.0	15.1	3.4	4.32	1.31
Pictou	35,989	5.0	6.7	17.0	31.8	22.7	13.1	3.7	4.14	1.40
Southwest Nova	47,050	5.6	7.1	14.3	34.8	19.6	15.2	3.3	4.14	1.42
Strait Area-Western CB	27,904	3.2	5.2	11.9	33.0	25.6	16.8	4.2	4.40	1.33
<b>Province Overall</b>	<b>775,836</b>	<b>3.7</b>	<b>6.0</b>	<b>14.1</b>	<b>34.1</b>	<b>24.0</b>	<b>14.8</b>	<b>3.3</b>	<b>4.26</b>	<b>1.33</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of trust in institution.

Table A11f  
 Feelings of Trust and Confidence:  
***Trust in the Business Community***


Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Cannot be trusted at all						Can be trusted a lot	Mean	Std. Dev.
Halifax RM	345,585	4.8	8.5	16.9	30.6	25.1	12.3	1.7	4.07	1.36
Cape Breton RM	79,160	4.7	8.9	15.2	30.9	26.0	10.6	3.7	4.11	1.39
Annapolis Valley-Hants	104,159	5.8	4.5	12.9	29.9	25.5	17.1	4.5	4.34	1.43
Antigonish-Guysborough	22,327	2.2	5.3	18.2	33.7	26.0	12.1	2.6	4.22	1.23
Colchester	42,152	4.1	5.3	15.4	31.3	25.2	15.8	2.8	4.27	1.34
Cumberland	25,010	3.9	5.9	14.1	30.0	22.7	19.0	4.3	4.36	1.41
Lunenburg-Queens	49,573	3.3	5.2	13.9	28.4	28.3	17.2	3.6	4.39	1.34
Pictou	36,126	4.8	6.5	17.2	28.4	27.2	11.9	4.1	4.19	1.39
Southwest Nova	46,918	3.2	6.7	15.0	30.3	22.0	18.8	4.0	4.34	1.39
Strait Area-Western CB	27,793	3.3	5.6	12.6	27.7	27.8	18.7	4.3	4.44	1.37
<b>Province Overall</b>	<b>778,803</b>	<b>4.5</b>	<b>7.1</b>	<b>15.6</b>	<b>30.3</b>	<b>25.4</b>	<b>14.1</b>	<b>2.9</b>	<b>4.19</b>	<b>1.38</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater feelings of trust in institution.

Table A11 – Summary Ranks  
 Rankings of Feelings of Trust in Institutions (Tables A11a to A11f)<sup>a</sup>

Institution	Rank in NS	Ranking of Feelings of Trust in Institutions									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Non-government organisations (NGOs)	1	1	1	2	2	3	2	2	2	2	2
Business community	2	2	2	1	3	1	1	1	1	1	1
Local / Municipal / Band government	3	3	3	3	1	2	3	3	3	3	3
The media	4	4	4	4	4	4	4	4	4	4	4
Federal government	5	5	5	6	5	5	6	6	5	6	5
Provincial government	6	6	6	5	6	6	5	5	6	5	6

Notes: <sup>a</sup> Rankings are based on the mean score of feelings of trust in institutions. The institution ranked first was trusted most and the institution ranked last was trusted least. Institutions are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall

## Confidence in Institutions

Table A12a  
Feelings of Trust and Confidence:  
**Confidence in the Police**

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		No confidence at all						A great deal of confidence	Mean	Std. Dev.
Halifax RM	347,392	3.3	5.4	7.0	13.1	22.9	26.5	21.8	5.13	1.60
Cape Breton RM	79,486	6.9	6.8	7.5	14.5	25.0	22.3	17.0	4.79	1.74
Annapolis Valley-Hants	104,424	3.9	3.0	5.8	12.6	20.8	29.0	24.9	5.30	1.56
Antigonish-Guysborough	22,400	2.3	1.9	9.0	16.3	24.9	24.5	21.0	5.17	1.46
Colchester	42,204	3.0	3.2	7.0	17.3	21.2	27.1	21.3	5.17	1.52
Cumberland	25,297	5.3	4.2	7.8	16.0	18.1	21.4	27.1	5.10	1.73
Lunenburg-Queens	49,621	4.8	5.2	7.0	16.2	20.3	25.2	21.2	5.02	1.67
Pictou	36,309	3.5	5.3	8.4	13.5	24.2	23.8	21.4	5.07	1.61
Southwest Nova	47,316	4.1	6.2	7.0	14.3	19.4	24.2	24.7	5.10	1.69
Strait Area-Western CB	28,134	3.6	4.3	7.4	14.3	25.6	21.1	23.6	5.12	1.60
<b>Province Overall</b>	<b>782,583</b>	<b>4.0</b>	<b>4.9</b>	<b>7.1</b>	<b>13.9</b>	<b>22.4</b>	<b>25.7</b>	<b>22.0</b>	<b>5.11</b>	<b>1.62</b>

<sup>a</sup> Based on a 5-point scale where higher scores reflect greater confidence in institution.

Table A12b  
Feelings of Trust and Confidence:  
***Confidence in the Justice System and Courts***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		No confidence at all						A great deal of confidence	Mean	Std. Dev.
Halifax RM	346,408	5.6	9.6	11.0	18.4	25.1	21.0	9.3	4.48	1.64
Cape Breton RM	79,049	11.5	9.6	11.1	20.8	22.1	15.3	9.5	4.16	1.79
Annapolis Valley-Hants	103,721	7.0	6.2	12.9	18.8	20.5	24.6	10.0	4.54	1.68
Antigonish-Guysborough	22,275	4.0	6.9	13.6	21.3	24.2	19.9	10.2	4.55	1.56
Colchester	42,084	5.0	9.6	12.1	23.5	20.4	20.0	9.5	4.43	1.62
Cumberland	25,234	7.6	7.3	12.6	22.5	20.3	18.1	11.6	4.41	1.71
Lunenburg-Queens	49,633	9.1	6.9	13.4	20.5	21.1	18.5	10.5	4.35	1.73
Pictou	36,236	8.2	10.5	14.1	15.3	21.9	19.5	10.5	4.33	1.77
Southwest Nova	47,310	7.9	10.2	14.5	19.6	18.4	18.2	11.2	4.30	1.76
Strait Area-Western CB	27,962	7.0	8.2	10.4	19.9	24.4	19.5	10.6	4.47	1.68
<b>Province Overall</b>	<b>779,912</b>	<b>6.9</b>	<b>8.9</b>	<b>11.9</b>	<b>19.3</b>	<b>22.9</b>	<b>20.3</b>	<b>9.8</b>	<b>4.43</b>	<b>1.68</b>

<sup>a</sup> Based on a 5-point scale where higher scores reflect greater confidence in institution.



Table A12c  
 Feelings of Trust and Confidence:  
***Confidence in the School System***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		No confidence at all						A great deal of confidence	Mean	Std. Dev.
Halifax RM	345,110	5.7	10.1	15.3	22.1	24.8	16.5	5.5	4.22	1.56
Cape Breton RM	78,462	8.7	9.3	14.3	24.3	22.2	14.6	6.5	4.12	1.64
Annapolis Valley-Hants	103,915	6.9	8.4	13.5	23.9	19.5	20.6	7.2	4.31	1.63
Antigonish-Guysborough	22,108	3.3	7.3	15.7	21.8	28.2	16.9	6.8	4.42	1.46
Colchester	41,821	5.7	7.9	16.3	22.6	23.9	17.6	6.1	4.28	1.55
Cumberland	25,128	5.8	11.8	15.0	25.1	18.1	15.1	9.1	4.20	1.65
Lunenburg-Queens	49,265	7.9	9.5	13.4	21.9	24.1	17.0	6.2	4.21	1.63
Pictou	36,041	8.4	9.6	16.9	21.5	22.1	14.5	7.0	4.11	1.65
Southwest Nova	46,879	7.3	10.2	14.2	24.9	21.9	15.5	6.0	4.15	1.60
Strait Area-Western CB	27,916	2.9	7.3	11.6	22.5	26.6	20.0	9.1	4.59	1.49
<b>Province Overall</b>	<b>776,645</b>	<b>6.4</b>	<b>9.5</b>	<b>14.8</b>	<b>22.8</b>	<b>23.4</b>	<b>16.9</b>	<b>6.3</b>	<b>4.23</b>	<b>1.59</b>

<sup>a</sup> Based on a 5-point scale where higher scores reflect greater confidence in institution.

Table A12d  
Feelings of Trust and Confidence:  
***Confidence in the Health Care System***


Region	n	Percentage of Residents							Summary <sup>a</sup>	
		No confidence at all						A great deal of confidence	Mean	Std. Dev.
Halifax RM	347,618	12.7	17.7	15.6	17.6	20.2	11.7	4.4	3.68	1.73
Cape Breton RM	79,278	36.9	21.7	12.5	12.2	9.2	5.8	1.8	2.60	1.68
Annapolis Valley-Hants	104,524	18.3	19.7	13.0	17.7	17.0	9.3	5.0	3.43	1.80
Antigonish-Guysborough	22,373	12.0	17.8	16.0	19.6	19.2	10.7	4.8	3.67	1.70
Colchester	42,173	19.3	16.8	17.6	15.1	16.7	11.0	3.6	3.40	1.78
Cumberland	25,297	18.6	17.4	16.4	18.8	12.0	11.6	5.2	3.44	1.81
Lunenburg-Queens	49,822	21.5	18.7	16.8	13.3	14.6	10.5	4.6	3.30	1.83
Pictou	36,309	23.7	18.0	14.9	17.6	14.7	8.4	2.7	3.18	1.75
Southwest Nova	47,336	25.1	21.8	16.3	14.0	11.6	8.2	3.1	3.02	1.75
Strait Area-Western CB	28,135	19.7	13.0	13.6	19.7	16.3	10.4	7.3	3.60	1.87
<b>Province Overall</b>	<b>782,865</b>	<b>18.5</b>	<b>18.5</b>	<b>15.1</b>	<b>16.6</b>	<b>16.9</b>	<b>10.2</b>	<b>4.2</b>	<b>3.42</b>	<b>1.78</b>


<sup>a</sup> Based on a 5-point scale where higher scores reflect greater confidence in institution.

Table A12 – Summary Ranks  
 Rankings of Feelings of Confidence in Institutions (Tables A12a to A12d)<sup>a</sup>

Institution	Ranking of Feelings of Confidence in Institutions										
	Rank in NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
The police	1	1	1	1	1	1	1	1	1	1	1
The justice system and courts	2	2	2	2	2	2	2	2	2	2	3
The school system	3	3	3	3	3	3	3	3	3	3	2
The health care system	4	4	4	4	4	4	4	4	4	4	4

Notes: <sup>a</sup> Rankings are based on the mean score of feelings of confidence in institutions. The institution in which respondents had the *most* confidence was ranked first and the institution in which respondents had the *least* confidence was ranked last. Institutions are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall



# Healthy Populations

The Healthy Populations domain considers the physical and mental wellbeing of the population. It examines individual behaviours and perceptions, and the circumstances that influence health such as access to health care.

Nova Scotians were asked about their physical and mental health, as well as substance use. It considers the quality and accessibility of health care services; and the regularity of exercise and nutritious meals.

# Healthy Populations

## Self-Assessed Health

Table B1  
Residents' Self-Assessed *Physical Health*

Region	n	Percentage of Residents					Summary <sup>a</sup>	
		Poor	Fair	Good	Very good	Excellent	Mean	Std. Dev.
Halifax RM	348,948	2.9	12.6	36.2	37.6	10.7	3.41	0.94
Cape Breton RM	79,902	4.4	15.4	37.6	35.2	7.5	3.26	0.95
Annapolis Valley-Hants	104,881	4.2	17.6	34.2	31.6	12.4	3.30	1.03
Antigonish-Guysborough	22,562	1.2	11.2	40.5	38.3	8.8	3.42	0.85
Colchester	42,623	3.1	14.3	35.7	38.3	8.6	3.35	0.93
Cumberland	25,265	3.8	21.1	35.3	31.7	8.1	3.19	0.98
Lunenburg-Queens	49,846	5.0	18.6	36.0	33.3	7.1	3.19	0.98
Pictou	36,024	4.5	17.3	41.4	31.0	5.9	3.17	0.93
Southwest Nova	47,319	5.5	20.8	36.1	27.6	9.9	3.16	1.04
Strait Area-Western CB	28,208	2.1	16.4	37.1	33.8	10.6	3.34	0.94
<b>Province Overall</b>	<b>785,578</b>	<b>3.5</b>	<b>15.1</b>	<b>36.4</b>	<b>35.1</b>	<b>9.9</b>	<b>3.33</b>	<b>0.97</b>

<sup>a</sup> Based on a 5-point scale where higher scores reflect higher perceived levels of physical health.

Table B2  
Residents' Self-Assessed *Mental Health*

Region	n	Percentage of Residents					Summary <sup>a</sup>	
		Poor	Fair	Good	Very good	Excellent	Mean	Std. Dev.
Halifax RM	348,184	4.5	13.8	31.5	37.7	12.5	3.40	1.02
Cape Breton RM	79,886	3.5	11.9	31.6	40.0	12.9	3.47	0.98
Annapolis Valley-Hants	104,880	3.5	12.3	34.4	37.5	12.3	3.43	0.97
Antigonish-Guysborough	22,524	2.1	10.1	31.9	40.8	15.1	3.57	0.94
Colchester	42,612	4.6	11.5	34.9	38.1	10.9	3.39	0.98
Cumberland	25,327	5.9	15.4	34.8	34.5	9.5	3.26	1.02
Lunenburg-Queens	50,027	3.4	12.6	35.0	37.0	11.9	3.41	0.97
Pictou	36,005	3.7	18.3	32.4	35.0	10.7	3.31	1.01
Southwest Nova	47,182	4.0	16.0	32.2	35.9	11.9	3.36	1.01
Strait Area-Western CB	28,210	1.5	11.8	33.2	39.3	14.2	3.53	0.93
<b>Province Overall</b>	<b>784,837</b>	<b>4.0</b>	<b>13.4</b>	<b>32.6</b>	<b>37.7</b>	<b>12.3</b>	<b>3.41</b>	<b>1.00</b>

<sup>a</sup> Based on a 5-point scale where higher scores reflect higher perceived levels of mental health.

## *Impact of Mental Health Issues*

Table B3  
Residents Who Experienced Negative Impacts in the Past 12 Months Due to Mental Health Issues

<b>Mental Health Issue</b>	<b>Pct. in NS</b>	<b>Percentage in Region</b>									
		<b>HRM</b>	<b>CBRM</b>	<b>AV-H</b>	<b>Ant-Guy</b>	<b>Colc.</b>	<b>Cumb.</b>	<b>Lun.-Q</b>	<b>Pictou</b>	<b>SWN</b>	<b>SA-WCB</b>
Own mental health issues	28.6	31.6	24.7	27.8	22.8	26.6	30.1	24.3	26.4	27.5	24.4
Family member's mental health issues	38.2	40.2	34.8	38.6	31.5	37.5	35.7	37.7	39.6	33.7	35.7
Someone else's mental health issues (e.g., friend)	32.8	35.1	29.9	32.6	27.7	32.2	33.5	27.8	32.8	31.1	27.2



## Perceptions of Health Care Services

Table B4  
Assessment of Health Care Services in Community:  
**Overall Quality**

Region	n	Percentage of Residents					Summary <sup>a</sup>	
		Poor	Fair	Good	Very good	Excellent	Mean	Std. Dev.
Halifax RM	348,223	16.3	28.4	31.7	20.7	2.9	2.66	1.07
Cape Breton RM	79,691	47.8	28.4	17.7	5.2	0.9	1.83	0.96
Annapolis Valley-Hants	104,675	23.3	29.4	27.5	16.3	3.5	2.47	1.12
Antigonish-Guysborough	22,448	10.6	25.0	35.0	24.3	5.2	2.89	1.05
Colchester	42,555	20.1	29.6	30.0	16.5	3.9	2.54	1.10
Cumberland	25,182	27.6	29.6	26.2	15.4	1.2	2.33	1.07
Lunenburg-Queens	49,900	26.7	29.1	26.7	15.3	2.1	2.37	1.10
Pictou	36,017	28.5	31.7	27.1	11.6	1.0	2.25	1.03
Southwest Nova	47,227	37.5	28.1	22.9	10.0	1.5	2.10	1.06
Strait Area-Western CB	28,182	19.4	25.7	30.7	20.1	4.1	2.64	1.13
<b>Province Overall</b>	<b>784,100</b>	<b>23.4</b>	<b>28.6</b>	<b>28.4</b>	<b>16.8</b>	<b>2.7</b>	<b>2.47</b>	<b>1.10</b>

<sup>a</sup> Based on a 5-point scale where higher scores reflect higher perceived levels of overall quality.

Table B5  
Assessment of Health Care Services in Community:  
**Overall Accessibility**

Region	n	Percentage of Residents					Summary <sup>a</sup>	
		Poor	Fair	Good	Very good	Excellent	Mean	Std. Dev.
Halifax RM	348,795	27.0	31.2	25.3	13.8	2.6	2.34	1.09
Cape Breton RM	79,829	57.3	28.1	10.5	3.3	0.8	1.62	0.86
Annapolis Valley-Hants	104,872	33.3	32.0	21.9	10.3	2.4	2.17	1.08
Antigonish-Guysborough	22,545	16.2	34.4	27.5	18.5	3.4	2.59	1.07
Colchester	42,698	30.2	34.4	23.1	9.9	2.4	2.20	1.05
Cumberland	25,326	32.7	34.4	20.4	10.7	1.8	2.14	1.05
Lunenburg-Queens	50,061	35.5	33.0	18.7	11.8	0.9	2.09	1.04
Pictou	36,060	43.0	31.3	16.2	8.8	0.8	1.93	1.01
Southwest Nova	47,348	48.5	31.7	12.8	5.5	1.4	1.80	0.96
Strait Area-Western CB	28,136	27.6	31.2	25.2	13.9	2.1	2.32	1.08
<b>Province Overall</b>	<b>785,670</b>	<b>33.6</b>	<b>31.5</b>	<b>21.6</b>	<b>11.2</b>	<b>2.1</b>	<b>2.17</b>	<b>1.08</b>

<sup>a</sup> Based on a 5-point scale where higher scores reflect higher perceived levels of overall accessibility.

## Health-Related Behaviours

Table B6a  
Residents' Health Behaviours in Past Week:  
*Engaged in Good Quality Exercise*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	347,648	3.8	4.1	16.2	12.9	29.1	18.0	15.9	4.77	1.59
Cape Breton RM	79,259	4.8	6.2	17.1	14.9	32.2	12.4	12.4	4.50	1.59
Annapolis Valley-Hants	104,537	4.6	5.6	16.0	14.0	29.3	16.0	14.4	4.63	1.62
Antigonish-Guysborough	22,454	4.4	5.2	17.2	9.9	31.1	16.0	16.3	4.71	1.64
Colchester	42,477	3.2	4.3	16.8	13.0	32.5	14.6	15.6	4.73	1.55
Cumberland	25,130	4.9	5.8	18.5	16.3	30.8	11.7	12.0	4.45	1.58
Lunenburg-Queens	49,632	5.8	3.2	16.5	11.3	32.7	18.7	11.8	4.65	1.59
Pictou	36,011	8.1	5.2	15.0	18.2	28.0	13.1	12.4	4.42	1.68
Southwest Nova	47,086	4.4	6.1	15.4	17.5	29.6	12.8	14.3	4.57	1.60
Strait Area-Western CB	28,104	4.8	6.2	17.8	13.2	30.1	12.5	15.4	4.57	1.65
<b>Province Overall</b>	<b>782,338</b>	<b>4.4</b>	<b>4.8</b>	<b>16.4</b>	<b>13.7</b>	<b>30.0</b>	<b>16.0</b>	<b>14.7</b>	<b>4.67</b>	<b>1.60</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table B6b  
Residents' Health Behaviours in Past Week:  
***Regularly ate healthy meals***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	347,405	0.9	1.3	7.0	10.8	39.0	24.7	16.3	5.25	1.22
Cape Breton RM	79,400	1.6	2.7	8.1	14.8	40.8	19.5	12.5	4.99	1.29
Annapolis Valley-Hants	104,822	1.2	3.3	5.4	12.7	38.1	24.5	14.9	5.16	1.28
Antigonish-Guysborough	22,452	2.1	1.3	8.3	7.7	37.2	28.0	15.4	5.22	1.31
Colchester	42,491	1.8	1.2	9.1	10.3	39.9	25.5	12.2	5.11	1.26
Cumberland	25,170	1.8	1.9	6.9	12.6	39.9	24.9	11.9	5.09	1.26
Lunenburg-Queens	49,774	2.2	2.7	8.8	9.3	36.8	26.3	14.0	5.11	1.36
Pictou	35,817	3.3	2.7	8.6	13.0	37.3	23.5	11.6	4.95	1.39
Southwest Nova	47,119	3.2	2.3	7.4	12.7	38.9	20.2	15.5	5.04	1.40
Strait Area-Western CB	27,988	2.6	1.9	8.4	9.4	36.3	22.6	18.8	5.18	1.40
<b>Province Overall</b>	<b>782,438</b>	<b>1.5</b>	<b>1.9</b>	<b>7.3</b>	<b>11.5</b>	<b>38.8</b>	<b>24.0</b>	<b>15.0</b>	<b>5.16</b>	<b>1.28</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

Table B6c  
Residents' Health Behaviours in Past Week:  
***Engaged in Substance Use (e.g., recreational drugs)***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	348,122	64.3	6.3	7.5	4.9	11.6	2.8	2.7	2.12	1.75
Cape Breton RM	79,403	68.7	7.2	8.3	6.1	4.9	2.3	2.4	1.88	1.56
Annapolis Valley-Hants	104,355	65.9	5.9	8.1	4.6	7.1	2.9	5.5	2.12	1.84
Antigonish-Guysborough	22,443	70.5	6.6	7.3	2.8	7.3	2.6	2.9	1.89	1.64
Colchester	42,506	64.5	7.4	10.3	4.9	9.5	0.9	2.6	2.00	1.60
Cumberland	25,077	69.3	5.4	8.0	5.0	8.4	1.0	2.9	1.93	1.62
Lunenburg-Queens	49,641	66.4	5.8	7.5	5.3	9.5	2.1	3.5	2.06	1.73
Pictou	35,853	69.0	6.4	7.9	6.1	8.0	1.1	1.3	1.86	1.49
Southwest Nova	47,033	70.9	6.4	7.6	5.4	6.9	1.3	1.5	1.81	1.48
Strait Area-Western CB	28,103	68.7	7.0	9.4	3.9	5.2	0.9	4.9	1.92	1.66
<b>Province Overall</b>	<b>782,536</b>	<b>66.2</b>	<b>6.4</b>	<b>7.9</b>	<b>5.0</b>	<b>9.2</b>	<b>2.3</b>	<b>3.0</b>	<b>2.04</b>	<b>1.70</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect greater agreement.

## Impacts of Substance Use

Table B7  
Residents' Who Experienced Negative Impacts in the Past 12 Months Due to Substance Use Issues

Mental Health Issue	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Own substance use issues	4.1	5.4	3.8	1.7	3.0	3.1	4.2	3.8	3.0	3.7	2.6
Family member's substance use issues	11.4	10.6	12.3	10.4	11.3	12.0	11.1	12.6	12.5	15.0	13.0
Someone else's substance use issues (e.g., friend)	11.6	12.3	13.0	9.2	10.6	13.3	9.3	9.4	10.1	13.1	10.6

# Democratic Engagement

Democratic Engagement relates to being involved in advancing democracy through political institutions, organizations, and activities.

A society that enjoys a high degree of democratic engagement is one where citizens participate in political activities, express political views, and foster political knowledge. A healthy democracy needs citizens who feel their votes count, are informed, participate, debate, and advocate. It needs governments at all levels to be transparent, inclusive, consultative, and trustworthy.

The Nova Scotia Quality of Life Survey asked Nova Scotians to note their interest in politics; participation in local meetings, events, and discussion of local issues; personal influence on governments; and, experience of local government programs and services.





# Democratic Engagement

## Interest in Politics

Table C1a  
Residents' Level of Interest in Politics at the Federal, Provincial, and Local Levels:

### *Federal Politics*

Region	n	Percentage of Residents										Summary <sup>a</sup>	
		No interest at all										A lot of interest	Mean
Halifax RM	348,723	10.7	4.3	5.3	4.6	9.3	8.5	15.4	16.2	9.3	16.4	6.36	2.87
Cape Breton RM	79,728	15.1	5.5	6.3	4.6	11.2	8.7	12.8	13.1	6.1	16.6	5.87	3.06
Annapolis Valley-Hants	104,540	12.5	3.5	5.6	3.7	12.1	7.3	12.7	16.8	8.6	17.2	6.28	2.95
Antigonish-Guysborough	22,456	12.1	2.8	5.8	5.3	8.5	9.8	14.9	14.2	8.6	18.0	6.33	2.93
Colchester	42,672	13.1	5.3	7.0	4.5	12.4	10.0	13.8	10.6	7.5	15.7	5.91	2.97
Cumberland	25,272	18.9	4.5	6.8	4.7	10.5	8.0	13.2	12.3	8.2	13.0	5.61	3.10
Lunenburg-Queens	50,038	14.9	5.3	7.4	4.1	11.0	6.2	11.9	12.0	9.7	17.3	5.97	3.13
Pictou	36,023	17.4	5.2	4.9	3.4	10.5	7.6	14.5	14.0	6.6	16.0	5.87	3.11
Southwest Nova	47,315	20.5	5.6	3.5	5.0	10.1	8.2	12.9	10.2	8.4	15.6	5.66	3.21
Strait Area-Western CB	28,133	13.2	6.3	4.9	3.3	12.9	9.9	10.0	14.3	8.7	16.6	6.06	3.02
<b>Province Overall</b>	<b>784,900</b>	<b>13.1</b>	<b>4.6</b>	<b>5.6</b>	<b>4.4</b>	<b>10.4</b>	<b>8.3</b>	<b>14.0</b>	<b>14.7</b>	<b>8.6</b>	<b>16.4</b>	<b>6.15</b>	<b>2.98</b>

<sup>b</sup> Based on a 10-point scale where higher scores reflect higher levels of interest.

Table C1b  
Residents' Level of Interest in Politics at the Federal, Provincial, and Local Levels:  
**Provincial Politics**

Region	n	Percentage of Residents										Summary <sup>a</sup>	
		No interest at all										A lot of interest	Mean
Halifax RM	348,791	10.4	3.8	5.9	4.9	10.6	10.1	15.3	16.4	9.1	13.4	6.24	2.79
Cape Breton RM	79,627	14.1	5.3	5.6	4.7	12.2	9.0	11.0	14.9	7.8	15.4	5.95	3.01
Annapolis Valley-Hants	104,538	13.2	3.8	4.8	3.9	11.8	8.6	13.0	18.5	9.1	13.1	6.15	2.90
Antigonish-Guysborough	22,498	13.0	2.9	5.0	5.2	8.8	8.6	14.8	15.3	10.5	16.0	6.30	2.94
Colchester	42,630	12.1	5.0	6.7	6.2	12.5	9.6	13.1	13.5	8.8	12.5	5.91	2.87
Cumberland	25,303	18.2	5.2	5.1	4.3	9.9	9.3	13.7	15.2	7.3	11.7	5.67	3.05
Lunenburg-Queens	49,892	15.7	5.2	6.2	4.6	12.3	6.8	11.7	15.5	8.1	13.8	5.83	3.05
Pictou	35,840	16.5	3.9	4.2	4.9	10.9	9.0	14.2	14.3	8.2	13.8	5.90	3.02
Southwest Nova	47,315	19.6	5.2	3.6	4.2	10.9	9.2	10.6	12.6	8.6	15.5	5.75	3.18
Strait Area-Western CB	28,002	12.5	6.7	4.7	3.6	12.0	9.8	11.1	14.9	10.1	14.7	6.07	2.97
<b>Province Overall</b>	<b>784,436</b>	<b>12.8</b>	<b>4.3</b>	<b>5.5</b>	<b>4.7</b>	<b>11.2</b>	<b>9.4</b>	<b>13.7</b>	<b>15.9</b>	<b>8.9</b>	<b>13.8</b>	<b>6.09</b>	<b>2.91</b>

<sup>b</sup> Based on a 10-point scale where higher scores reflect higher levels of interest.

Table C1c  
Residents' Level of Interest in Politics at the Federal, Provincial, and Local Levels:  
***Municipal/Band Politics***

Region	n	Percentage of Residents										Summary <sup>a</sup>	
		No interest at all										A lot of interest	Mean
Halifax RM	348,333	12.2	5.6	6.8	7.6	13.3	10.5	14.2	13.9	6.8	9.1	5.66	2.77
Cape Breton RM	79,685	16.1	5.4	6.5	6.0	14.0	10.5	10.7	11.6	6.7	12.5	5.56	2.97
Annapolis Valley-Hants	104,358	17.4	4.9	6.7	6.0	18.5	10.1	11.5	11.8	5.6	7.6	5.25	2.81
Antigonish-Guysborough	22,394	14.0	5.0	7.8	4.6	13.3	9.8	12.2	15.2	7.1	10.9	5.72	2.89
Colchester	42,630	15.7	6.8	7.1	8.5	13.4	9.9	14.3	7.7	7.9	8.7	5.31	2.87
Cumberland	25,279	19.4	5.4	7.1	7.1	13.4	9.2	13.2	10.0	6.8	8.5	5.20	2.94
Lunenburg-Queens	49,956	16.2	6.7	5.5	6.0	15.7	8.5	10.9	11.8	8.7	10.0	5.49	2.95
Pictou	35,996	17.8	6.5	6.3	5.2	13.9	11.7	12.3	10.0	5.3	11.0	5.34	2.96
Southwest Nova	47,316	20.3	6.4	5.4	8.0	11.6	9.8	11.2	9.0	5.9	12.3	5.25	3.07
Strait Area-Western CB	28,150	15.6	7.1	5.8	4.7	13.0	10.5	8.9	13.9	7.4	13.2	5.66	3.03
<b>Province Overall</b>	<b>784,097</b>	<b>14.9</b>	<b>5.8</b>	<b>6.6</b>	<b>6.9</b>	<b>14.1</b>	<b>10.3</b>	<b>12.7</b>	<b>12.4</b>	<b>6.7</b>	<b>9.7</b>	<b>5.51</b>	<b>2.86</b>

<sup>b</sup> Based on a 10-point scale where higher scores reflect higher levels of interest.

## Participation in Democratic Activities

Table C2  
Residents Participating in Democratic Activity During the Past 12 Months

Democratic Activity	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Participated in local event for charitable organisation	51.5	49.3	49.3	51.2	62.2	55.6	59.4	54.8	49.6	51.3	61.6
Participated in local event in support of community	49.0	43.3	47.3	54.4	61.8	55.7	59.5	52.2	46.9	51.6	67.1
Wrote to or spoke with municipal official about local issue	26.4	28.2	23.7	24.9	27.0	23.4	25.8	26.4	23.5	23.8	31.1
Joined Facebook page/online discussion on a local issue	25.4	26.5	25.8	23.2	24.7	22.5	24.5	21.4	28.2	27.8	23.9
Attended neighbourhood community meeting	22.6	21.2	19.9	23.3	32.6	15.5	25.2	29.9	18.5	22.4	38.6
Attended local planning meeting/open house	16.3	16.0	12.8	15.3	23.6	13.9	19.5	18.9	14.4	17.8	24.3
Attended local/municipal council meeting	9.4	6.9	8.6	11.3	11.6	7.4	12.1	14.0	12.1	12.3	17.3
Participated in public demonstration/protest	7.4	6.8	10.1	6.2	10.0	12.0	9.0	4.8	9.7	6.5	4.1
Wrote letter to editor about local issue	3.7	3.4	3.9	3.9	2.6	2.2	4.5	3.6	3.6	5.7	4.9

## Feelings of Influence on Government (Political Efficacy)

Table C3a  
Residents' Perceptions of Their Influence on Government:  
*"I consider myself to be well-qualified to participate in politics"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	347,979	9.3	7.9	17.7	22.8	23.3	12.7	6.4	4.07	1.62
Cape Breton RM	79,267	11.0	9.0	21.5	22.5	23.0	7.9	5.1	3.82	1.59
Annapolis Valley-Hants	104,737	12.2	6.5	19.9	22.8	21.8	9.9	7.1	3.93	1.67
Antigonish-Guysborough	22,511	8.4	8.8	18.1	23.4	21.8	12.9	6.7	4.07	1.62
Colchester	42,631	11.7	9.8	19.9	21.8	23.8	8.6	4.4	3.80	1.61
Cumberland	25,291	14.0	9.0	21.1	23.6	17.0	10.2	5.1	3.72	1.67
Lunenburg-Queens	49,925	11.6	7.5	20.3	23.0	22.3	11.7	3.7	3.87	1.60
Pictou	35,875	12.3	8.8	19.9	23.3	22.7	7.3	5.9	3.81	1.63
Southwest Nova	47,178	10.4	10.0	20.7	23.7	19.8	8.6	6.8	3.86	1.64
Strait Area-Western CB	28,050	13.5	6.4	16.5	25.7	21.1	10.4	6.4	3.91	1.68
<b>Province Overall</b>	<b>783,444</b>	<b>10.6</b>	<b>8.1</b>	<b>19.0</b>	<b>22.9</b>	<b>22.5</b>	<b>10.9</b>	<b>6.0</b>	<b>3.96</b>	<b>1.63</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table C3b  
Residents' Perceptions of Their Influence on Government:  
*"I feel I have a pretty good understanding of the important issues facing our region"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	347,469	4.0	4.5	8.4	15.8	41.1	19.9	6.3	4.70	1.38
Cape Breton RM	78,742	5.0	3.4	7.3	15.0	47.2	15.5	6.6	4.69	1.37
Annapolis Valley-Hants	103,468	5.1	5.0	9.4	17.1	39.8	16.9	6.8	4.59	1.44
Antigonish-Guysborough	22,507	3.7	3.8	8.8	13.3	44.3	19.6	6.4	4.75	1.35
Colchester	42,469	5.8	5.9	9.5	18.0	40.5	12.9	7.4	4.50	1.48
Cumberland	25,221	7.9	2.8	10.2	16.2	40.7	15.4	6.6	4.52	1.51
Lunenburg-Queens	49,595	4.0	5.2	8.4	16.2	45.8	14.0	6.4	4.62	1.37
Pictou	35,771	5.7	5.1	6.6	19.0	43.9	12.7	6.9	4.56	1.43
Southwest Nova	47,120	5.2	4.0	11.4	18.5	38.9	15.4	6.4	4.54	1.43
Strait Area-Western CB	28,016	5.3	1.9	8.0	17.5	41.2	18.4	7.8	4.74	1.39
<b>Province Overall</b>	<b>780,378</b>	<b>4.7</b>	<b>4.4</b>	<b>8.7</b>	<b>16.4</b>	<b>41.9</b>	<b>17.5</b>	<b>6.5</b>	<b>4.65</b>	<b>1.40</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table C3c  
Residents' Perceptions of Their Influence on Government:

***“People like me do not have any say about what government does”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	347,850	6.6	10.5	28.1	18.4	21.2	7.7	7.5	3.90	1.57
Cape Breton RM	79,064	7.0	7.9	21.0	15.5	26.3	11.3	10.9	4.24	1.67
Annapolis Valley-Hants	104,737	8.0	11.4	28.6	21.5	17.1	6.9	6.7	3.76	1.56
Antigonish-Guysborough	22,381	7.3	11.6	27.7	20.1	19.4	8.5	5.3	3.80	1.54
Colchester	42,547	8.6	6.9	28.2	18.2	20.5	8.9	8.6	3.96	1.63
Cumberland	25,250	7.8	7.3	23.2	19.8	20.5	9.6	11.8	4.13	1.69
Lunenburg-Queens	49,859	6.3	9.3	28.1	16.7	19.2	10.5	9.7	4.04	1.65
Pictou	35,975	8.5	11.1	22.3	18.5	20.8	7.1	11.8	4.01	1.73
Southwest Nova	47,259	9.5	8.9	20.6	20.0	21.8	8.6	10.6	4.04	1.71
Strait Area-Western CB	27,828	8.1	8.2	26.9	18.0	21.5	8.6	8.7	3.97	1.63
<b>Province Overall</b>	<b>782,750</b>	<b>7.3</b>	<b>9.9</b>	<b>26.5</b>	<b>18.6</b>	<b>21.0</b>	<b>8.3</b>	<b>8.4</b>	<b>3.95</b>	<b>1.62</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table C3d  
Residents' Perceptions of Their Influence on Government:

*"I feel I could do as good a job in public office as most people"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	347,202	6.0	7.5	17.2	26.7	24.5	11.2	7.0	4.18	1.52
Cape Breton RM	79,024	9.5	8.8	21.4	24.1	21.6	8.4	6.3	3.90	1.59
Annapolis Valley-Hants	104,524	9.3	5.6	19.6	30.1	19.8	7.2	8.4	4.01	1.58
Antigonish-Guysborough	22,397	7.4	8.2	21.6	22.8	21.1	12.4	6.5	4.05	1.58
Colchester	42,467	8.5	8.4	23.5	24.5	22.0	8.8	4.2	3.86	1.51
Cumberland	25,228	10.4	5.7	21.0	29.2	18.1	11.2	4.3	3.90	1.54
Lunenburg-Queens	49,872	8.4	5.7	19.9	26.6	20.7	13.2	5.5	4.07	1.55
Pictou	35,891	9.4	6.0	22.4	28.3	20.2	6.3	7.4	3.93	1.56
Southwest Nova	47,127	10.5	5.8	18.2	29.1	19.4	10.0	6.9	3.99	1.61
Strait Area-Western CB	28,015	9.3	6.6	19.6	22.7	28.1	7.8	5.9	4.00	1.56
<b>Province Overall</b>	<b>781,747</b>	<b>7.8</b>	<b>7.1</b>	<b>19.1</b>	<b>26.8</b>	<b>22.5</b>	<b>10.0</b>	<b>6.7</b>	<b>4.06</b>	<b>1.55</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.



Table C3e  
Residents' Perceptions of Their Influence on Government:

*"I do not think public officials care much what people like me think"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	347,230	2.9	7.9	26.9	21.6	21.8	9.7	9.1	4.17	1.50
Cape Breton RM	79,272	4.1	5.8	18.7	17.8	26.1	13.0	14.5	4.53	1.61
Annapolis Valley-Hants	104,394	4.6	6.5	28.8	22.2	21.9	6.6	9.5	4.08	1.51
Antigonish-Guysborough	22,395	4.6	9.2	24.4	20.7	23.5	8.6	9.0	4.11	1.55
Colchester	42,576	3.9	6.8	25.5	20.4	22.5	10.2	10.8	4.24	1.56
Cumberland	25,182	5.0	7.8	21.8	21.8	20.8	11.3	11.3	4.25	1.61
Lunenburg-Queens	49,890	2.3	6.0	21.5	20.2	24.7	12.9	12.4	4.47	1.52
Pictou	35,747	4.2	6.9	23.9	19.8	21.3	11.1	12.8	4.32	1.61
Southwest Nova	47,153	5.0	6.6	21.6	25.0	18.4	11.4	11.9	4.27	1.61
Strait Area-Western CB	28,104	3.2	5.8	26.0	21.7	26.0	7.0	10.3	4.24	1.48
<b>Province Overall</b>	<b>781,943</b>	<b>3.6</b>	<b>7.1</b>	<b>25.2</b>	<b>21.3</b>	<b>22.4</b>	<b>10.0</b>	<b>10.5</b>	<b>4.24</b>	<b>1.54</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table C3f  
Residents' Perceptions of Their Influence on Government:

*"I think I am as well-informed about politics and government as most people"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	347,806	3.2	3.7	10.2	19.5	37.5	17.5	8.4	4.71	1.37
Cape Breton RM	79,063	5.1	2.8	8.7	21.1	41.7	14.0	6.5	4.60	1.37
Annapolis Valley-Hants	104,676	3.9	4.0	12.9	18.7	38.7	11.9	9.8	4.59	1.43
Antigonish-Guysborough	22,488	4.2	3.8	8.3	19.0	38.2	17.8	8.7	4.71	1.41
Colchester	42,613	4.0	3.1	12.5	22.0	35.6	15.6	7.2	4.57	1.38
Cumberland	25,209	6.5	4.4	10.6	22.5	33.0	14.4	8.4	4.48	1.52
Lunenburg-Queens	49,699	5.0	2.5	9.4	23.0	38.4	15.6	6.2	4.59	1.36
Pictou	35,795	5.6	5.3	10.2	19.5	38.2	12.6	8.5	4.51	1.49
Southwest Nova	47,215	4.8	3.7	12.5	20.2	36.7	13.9	8.2	4.55	1.44
Strait Area-Western CB	27,897	5.4	3.2	11.1	17.7	39.3	13.0	10.3	4.62	1.48
<b>Province Overall</b>	<b>782,461</b>	<b>4.1</b>	<b>3.6</b>	<b>10.6</b>	<b>20.0</b>	<b>37.9</b>	<b>15.5</b>	<b>8.3</b>	<b>4.64</b>	<b>1.40</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table C3 Summary  
Residents' Perceptions of Their Influence on Government (*Political Efficacy*):  
Summary Statistics<sup>a</sup>


Influence on Government	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Political efficacy	4.19 (0.95)	4.26 (0.94)	4.04 (0.90)	4.21 (0.98)	4.28 (0.96)	4.09 (0.96)	4.04 (1.04)	4.11 (0.94)	4.08 (0.95)	4.10 (1.01)	4.18 (0.94)
<b>Total</b>	783,430	348,124	79,165	104,675	22,508	42,623	25,279	49,890	35,875	47,215	28,076

<sup>a</sup> Mean political efficacy with standard deviation below in parentheses.  
Based on a 7-point scale where higher scores reflect greater feelings of influence on government

Table C3 – Summary Ranks  
 Rankings of Statements on Perceptions of Influence on Government (*Political Efficacy*) (Tables C3a to C3f)<sup>a</sup>

Influence on Government	Rank in NS	Ranking of Statement of Perceived Influence on Government									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
I feel I have a pretty good understanding of the important issues facing our region	1	2	1	1	1	2	1	1	1	2	1
I think I am as well-informed about politics and government as most people	2	1	2	2	2	1	2	2	2	1	2
I do not think public officials care much what people like me think	3	4	3	3	3	3	3	3	3	3	3
I feel I could do as good a job in public office as most people	4	3	5	4	5	5	5	4	5	5	4
I consider myself to be well-qualified to participate in politics	5	5	6	5	4	6	6	6	6	6	6
People like me do not have any say about what government does	6	6	4	6	6	4	4	5	4	4	5

Notes: <sup>a</sup> Rankings are based on the mean score of agreement to each statement. The statement ranked first received the highest level of agreement and the statement ranked last received the lowest level of agreement. Statements are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall


 Rank in region is notably *lower* than province overall

Table C4  
Residents who Feel Programs and Services of Local Government (i.e., municipal, local, and/or regional)  
Have Made Them Better Off

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Much worse off			Have not made a difference		Much better off	Mean	Std. Dev.	
Halifax RM	307,311	1.9	3.1	5.9	44.7	23.9	16.5	4.1	4.52	1.16
Cape Breton RM	71,139	6.9	3.7	7.4	56.6	13.5	7.8	4.1	4.06	1.29
Annapolis Valley-Hants	87,614	3.4	3.4	5.3	43.4	24.2	15.6	4.7	4.47	1.25
Antigonish-Guysborough	19,823	1.0	2.4	4.2	44.1	19.7	22.2	6.3	4.71	1.17
Colchester	36,312	3.0	1.4	3.8	50.3	17.5	16.4	7.6	4.58	1.24
Cumberland	22,655	6.5	2.2	3.4	48.3	22.0	12.2	5.4	4.35	1.33
Lunenburg-Queens	43,788	4.0	2.3	4.1	50.9	21.5	14.1	3.1	4.38	1.18
Pictou	31,148	4.4	2.5	7.3	59.8	14.5	7.8	3.7	4.15	1.16
Southwest Nova	42,448	3.6	2.5	7.3	53.2	17.5	9.9	6.0	4.32	1.22
Strait Area-Western CB	25,040	5.7	3.5	3.8	50.1	20.3	11.4	5.1	4.30	1.31
<b>Province Overall</b>	<b>687,278</b>	<b>3.3</b>	<b>3.0</b>	<b>5.7</b>	<b>48.0</b>	<b>21.2</b>	<b>14.3</b>	<b>4.6</b>	<b>4.42</b>	<b>1.22</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect greater feelings that they are better off.



# Environment

The Environment is the foundation upon which human societies are built and the source of our sustained wellbeing. On a broader level, environmental protection involves the prevention of waste and damage while revitalizing our ecosystems and working towards the sustainability of all our resources.

Survey questions related to this domain asked Nova Scotians about, for example, the quality of their community's natural environment and the opportunities to enjoy it; air and water quality; and, personal responsibility for environmental protection. Respondents also described their practices related to household waste and conservation, personal modes of transportation, and buying local food.

# Environment

## Perceptions of Environment

Table D1a  
Residents' Perceptions of the Environment Where They Live:

*“The quality of the natural environment in the community where I live is very high”*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	347,131	1.4	2.4	8.4	16.6	44.3	19.8	7.0	4.87	1.19
Cape Breton RM	78,732	2.3	3.2	13.0	21.3	39.1	12.8	8.2	4.63	1.31
Annapolis Valley-Hants	104,580	1.2	1.1	7.1	17.1	42.1	23.3	8.0	5.00	1.14
Antigonish-Guysborough	22,524	0.7	0.9	4.3	13.1	42.2	25.5	13.5	5.26	1.10
Colchester	42,393	0.6	2.2	8.0	14.3	42.4	24.7	7.7	5.01	1.15
Cumberland	25,220	2.1	2.8	8.5	22.8	42.3	13.9	7.5	4.72	1.23
Lunenburg-Queens	49,599	1.4	3.1	5.7	14.4	45.6	19.9	9.9	4.99	1.21
Pictou	35,234	5.1	4.3	16.0	16.5	37.7	14.5	5.9	4.45	1.44
Southwest Nova	47,077	2.1	1.3	6.3	23.8	37.2	21.5	7.9	4.89	1.21
Strait Area-Western CB	27,848	1.0	0.6	5.6	13.5	38.1	18.9	22.3	5.33	1.24
<b>Province Overall</b>	<b>780,338</b>	<b>1.6</b>	<b>2.3</b>	<b>8.5</b>	<b>17.3</b>	<b>42.4</b>	<b>19.7</b>	<b>8.2</b>	<b>4.88</b>	<b>1.22</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.



Table D1b  
Residents' Perceptions of the Environment Where They Live:

*"There are plenty of opportunities to enjoy nature in the community where I live"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	346,881	0.9	1.3	3.9	6.5	42.2	29.4	15.7	5.39	1.12
Cape Breton RM	78,704	1.0	2.1	8.1	7.9	40.2	21.3	19.4	5.25	1.30
Annapolis Valley-Hants	104,482	0.9	0.4	2.6	5.9	38.2	28.6	23.4	5.59	1.10
Antigonish-Guysborough	22,543	0.4	0.3	2.5	3.8	33.0	36.3	23.7	5.72	1.01
Colchester	42,337	0.1	0.7	2.4	2.7	39.7	35.7	18.7	5.63	0.96
Cumberland	25,280	1.6	2.6	6.4	8.6	42.7	21.3	16.9	5.19	1.30
Lunenburg-Queens	49,508	0.5	0.7	1.9	3.1	40.4	31.8	21.7	5.64	1.01
Pictou	35,146	1.0	1.2	5.7	5.0	45.7	24.9	16.5	5.34	1.16
Southwest Nova	46,868	0.5	1.2	2.5	8.6	33.8	31.1	22.4	5.57	1.12
Strait Area-Western CB	27,886	0.0	0.3	1.7	3.6	28.9	28.5	37.0	5.95	1.00
<b>Province Overall</b>	<b>779,635</b>	<b>0.8</b>	<b>1.2</b>	<b>3.9</b>	<b>6.1</b>	<b>40.1</b>	<b>28.8</b>	<b>19.1</b>	<b>5.46</b>	<b>1.14</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table D1c  
Residents' Perceptions of the Environment Where They Live:

*“Traffic congestion in my community is a problem”*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	346,212	6.2	7.2	26.8	14.7	26.1	10.5	8.6	4.13	1.60
Cape Breton RM	79,309	20.3	17.4	42.7	9.3	6.0	2.1	2.1	2.78	1.34
Annapolis Valley-Hants	104,707	19.5	19.4	29.6	14.6	11.4	3.9	1.6	2.97	1.48
Antigonish-Guysborough	22,530	26.0	19.8	33.1	9.8	6.9	2.5	1.9	2.67	1.43
Colchester	42,501	15.5	20.1	36.5	11.8	11.3	3.5	1.4	2.99	1.39
Cumberland	25,157	33.6	20.2	33.6	7.7	3.2	0.8	0.9	2.33	1.24
Lunenburg-Queens	48,999	25.6	20.0	34.4	7.4	9.8	1.8	0.9	2.65	1.37
Pictou	34,958	24.4	15.8	36.9	12.6	6.2	2.8	1.3	2.74	1.38
Southwest Nova	47,020	28.3	21.7	31.7	10.9	4.4	0.9	2.0	2.52	1.35
Strait Area-Western CB	27,766	40.8	19.2	24.7	5.8	4.9	1.7	2.9	2.31	1.49
<b>Province Overall</b>	<b>779,159</b>	<b>16.0</b>	<b>13.8</b>	<b>30.9</b>	<b>12.5</b>	<b>16.0</b>	<b>6.0</b>	<b>4.8</b>	<b>3.36</b>	<b>1.65</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table D1d  
Residents' Perceptions of the Environment Where They Live:

*"The air quality in my community is very good"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	346,737	0.7	1.6	6.4	13.8	41.2	23.4	12.8	5.15	1.18
Cape Breton RM	78,150	1.5	1.5	6.3	13.4	39.7	21.5	16.1	5.17	1.26
Annapolis Valley-Hants	104,476	1.2	1.0	4.1	12.1	36.6	28.1	16.9	5.34	1.19
Antigonish-Guysborough	22,415	1.9	1.0	3.0	6.1	30.9	30.6	26.4	5.60	1.26
Colchester	42,370	1.2	2.4	6.2	10.7	39.7	26.8	12.9	5.17	1.24
Cumberland	24,986	4.5	1.1	6.2	9.0	31.6	29.0	18.6	5.24	1.46
Lunenburg-Queens	49,478	1.6	1.8	3.7	8.1	37.9	25.7	21.2	5.41	1.26
Pictou	35,036	13.5	14.0	17.8	14.8	23.1	8.2	8.6	3.79	1.80
Southwest Nova	47,063	3.5	2.1	3.4	11.4	35.0	23.5	21.1	5.27	1.42
Strait Area-Western CB	27,576	2.0	0.3	2.6	6.5	27.6	24.3	36.8	5.77	1.28
<b>Province Overall</b>	<b>778,287</b>	<b>1.9</b>	<b>2.1</b>	<b>6.0</b>	<b>12.3</b>	<b>37.9</b>	<b>23.9</b>	<b>16.0</b>	<b>5.18</b>	<b>1.30</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table D1e  
Residents' Perceptions of the Environment Where They Live:

*“The water quality in my community is very good”*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	347,008	1.5	1.9	5.9	12.0	40.8	25.6	12.4	5.15	1.22
Cape Breton RM	78,700	2.9	2.3	9.0	10.9	37.0	23.7	14.2	5.05	1.39
Annapolis Valley-Hants	104,325	1.4	2.5	7.0	13.3	38.0	23.2	14.5	5.12	1.29
Antigonish-Guysborough	22,542	1.3	1.7	6.5	8.4	32.6	30.0	19.5	5.37	1.28
Colchester	42,503	1.4	0.9	8.2	10.8	38.1	28.2	12.4	5.18	1.22
Cumberland	25,173	5.0	2.0	4.1	9.3	32.9	26.4	20.4	5.24	1.50
Lunenburg-Queens	49,596	2.8	1.2	10.5	9.1	38.4	24.7	13.3	5.06	1.36
Pictou	34,815	6.5	4.3	10.9	16.2	33.3	15.7	13.1	4.65	1.61
Southwest Nova	47,092	3.9	2.9	6.5	14.1	36.4	19.7	16.4	5.01	1.46
Strait Area-Western CB	27,676	3.4	1.8	7.5	8.9	33.6	21.0	23.8	5.26	1.48
<b>Province Overall</b>	<b>779,430</b>	<b>2.2</b>	<b>2.1</b>	<b>7.0</b>	<b>11.8</b>	<b>38.4</b>	<b>24.4</b>	<b>14.1</b>	<b>5.11</b>	<b>1.32</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table D1f  
Residents' Perceptions of the Environment Where They Live:

*"I feel I have a personal responsibility to help protect the natural environment"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	346,568	0.4	0.6	1.3	8.1	34.2	27.7	27.7	5.69	1.08
Cape Breton RM	78,836	0.7	0.5	2.1	11.6	39.1	23.5	22.4	5.48	1.12
Annapolis Valley-Hants	104,705	1.0	0.3	2.1	9.2	34.6	23.0	29.8	5.64	1.17
Antigonish-Guysborough	22,371	1.1	0.9	0.9	7.2	32.0	25.8	32.1	5.74	1.17
Colchester	42,405	0.6	0.6	1.8	8.2	39.3	26.1	23.4	5.57	1.09
Cumberland	25,176	1.7	0.7	2.3	12.7	32.1	24.7	25.7	5.50	1.26
Lunenburg-Queens	49,384	1.5	0.3	1.0	7.4	36.2	27.2	26.5	5.64	1.14
Pictou	35,083	0.3	0.3	2.7	9.9	41.7	23.2	21.9	5.50	1.07
Southwest Nova	47,104	0.5	1.1	2.0	16.6	30.2	25.8	23.8	5.48	1.18
Strait Area-Western CB	27,854	1.3	0.6	2.3	6.3	32.0	22.0	35.5	5.75	1.22
<b>Province Overall</b>	<b>779,486</b>	<b>0.7</b>	<b>0.6</b>	<b>1.6</b>	<b>9.2</b>	<b>35.0</b>	<b>25.8</b>	<b>27.0</b>	<b>5.63</b>	<b>1.12</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table D1g  
Residents' Perceptions of the Environment Where They Live:

*"I regularly participate in events organized by local groups to protect the natural environment (e.g., protests, fundraising)"*


Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	347,333	13.8	10.2	33.2	26.9	9.2	3.8	2.9	3.30	1.42
Cape Breton RM	79,186	12.2	9.1	32.8	30.1	10.4	2.6	2.8	3.37	1.36
Annapolis Valley-Hants	104,824	11.8	10.3	34.8	27.9	9.8	2.7	2.7	3.32	1.35
Antigonish-Guysborough	22,430	9.8	10.7	30.8	27.8	12.8	4.3	3.9	3.51	1.42
Colchester	42,393	13.0	8.7	32.1	29.6	11.5	2.7	2.5	3.36	1.37
Cumberland	25,261	11.3	8.1	30.8	30.1	13.7	3.8	2.2	3.47	1.36
Lunenburg-Queens	49,572	15.9	11.3	30.1	25.3	11.2	2.5	3.7	3.27	1.48
Pictou	35,186	14.9	7.9	31.5	31.6	9.4	3.3	1.5	3.28	1.35
Southwest Nova	47,103	15.3	5.7	28.5	35.9	9.5	3.3	1.7	3.36	1.36
Strait Area-Western CB	27,861	13.4	8.8	25.9	29.0	13.8	4.3	4.8	3.53	1.53
<b>Province Overall</b>	<b>781,149</b>	<b>13.4</b>	<b>9.6</b>	<b>32.4</b>	<b>28.4</b>	<b>10.1</b>	<b>3.4</b>	<b>2.8</b>	<b>3.34</b>	<b>1.40</b>


<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table D1 – Summary Ranks  
Rankings of Perceptions of Environment Where Respondents Live (Tables D1a to D1g)<sup>a</sup>

Perception of Local Environment	Rank in NS	Ranking of Perceptions of Local Environment									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
I feel I have a personal responsibility to help protect the natural environment	1	1	1	1	1	2	1	2	1	2	3
There are plenty of opportunities to enjoy nature in the community where I live	2	2	2	2	2	1	4	1	2	1	1
The <i>air quality</i> in my community is very good	3	4	3	3	3	4	3	3	5	3	2
The <i>water quality</i> in my community is very good	4	3	4	4	4	3	2	4	3	4	5
The <i>quality</i> of the natural environment in the community where I live is very high	5	5	5	5	5	5	5	5	4	5	4
Traffic congestion in my community is a problem	6	6	7	7	7	7	7	7	7	7	7
I regularly participate in events organized by local groups to protect the natural environment (e.g., protests, fund raising)	7	7	6	6	6	6	6	6	6	6	6

Notes: <sup>a</sup> Rankings are based on the mean score of agreement to each statement. The statement ranked first received the highest level of agreement and the statement ranked last received the lowest level of agreement. Statements are listed based on the results for the entire province.. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall

## Participation in Resource Conservation and Sustainable Activities

Table D2a  
Residents' Participation in Resource Conservation and Sustainable Activities in Past 12 Months

*“Reuse materials (e.g., plastic bottles, plastic bags, tins cans)”*

Region	n	Percentage of Residents				
		Never	Some- times	Regularly	Quite often	All of the time
Halifax RM	348,457	1.3	10.7	16.9	22.3	48.8
Cape Breton RM	79,561	2.0	11.8	20.2	18.3	47.8
Annapolis Valley-Hants	104,762	1.0	8.6	20.0	20.9	49.6
Antigonish-Guysborough	22,560	0.9	7.7	18.5	28.0	44.9
Colchester	42,575	1.9	9.4	21.1	23.0	44.6
Cumberland	25,258	2.3	10.5	15.9	22.9	48.4
Lunenburg-Queens	49,739	1.1	9.7	19.7	22.6	46.8
Pictou	35,555	1.9	9.6	20.8	19.0	48.7
Southwest Nova	47,298	4.0	11.1	22.1	22.3	40.5
Strait Area-Western CB	27,899	0.9	13.2	20.1	19.8	46.0
<b>Province Overall</b>	<b>783,664</b>	<b>1.5</b>	<b>10.4</b>	<b>18.7</b>	<b>21.7</b>	<b>47.7</b>



Table D2b  
Residents' Participation in Resource Conservation and Sustainable Activities in Past 12 Months

***“Recycle materials (e.g., plastics, tin cans, cardboard)”***

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	347,683	0.4	2.8	10.6	12.8	73.5
Cape Breton RM	79,352	0.8	3.1	15.8	12.8	67.5
Annapolis Valley-Hants	104,033	0.0	2.2	10.6	14.0	73.3
Antigonish-Guysborough	22,460	0.2	3.1	11.0	14.8	70.8
Colchester	42,483	0.8	2.2	14.3	11.5	71.3
Cumberland	25,268	0.7	3.0	10.2	13.4	72.7
Lunenburg-Queens	49,666	1.2	3.0	10.8	15.6	69.3
Pictou	35,515	1.1	2.4	13.1	10.3	73.2
Southwest Nova	46,980	2.1	3.3	16.5	13.2	65.0
Strait Area-Western CB	27,937	0.2	5.1	12.7	13.6	68.3
<b>Province Overall</b>	<b>781,377</b>	<b>0.6</b>	<b>2.8</b>	<b>11.9</b>	<b>13.1</b>	<b>71.6</b>

Table D2c  
Residents' Participation in Resource Conservation and Sustainable Activities in Past 12 Months

***“Try to reduce household waste”***

Region	n	Percentage of Residents				
		Never	Some- times	Regularly	Quite often	All of the time
Halifax RM	347,252	1.1	7.9	17.7	23.7	49.6
Cape Breton RM	79,444	1.6	8.4	23.1	18.7	48.1
Annapolis Valley-Hants	104,374	1.5	5.4	17.9	25.3	49.9
Antigonish-Guysborough	22,462	0.2	9.6	19.9	24.7	45.7
Colchester	42,426	1.8	8.9	18.1	22.2	49.0
Cumberland	25,232	2.7	4.8	17.6	23.9	51.1
Lunenburg-Queens	49,625	1.7	7.1	23.4	20.1	47.7
Pictou	35,567	2.0	7.2	19.3	20.1	51.3
Southwest Nova	46,905	1.1	9.9	23.3	23.6	42.0
Strait Area-Western CB	27,539	2.3	11.6	18.9	20.6	46.6
<b>Province Overall</b>	<b>780,826</b>	<b>1.4</b>	<b>7.8</b>	<b>19.2</b>	<b>22.9</b>	<b>48.8</b>

Table D2d  
Residents' Participation in Resource Conservation and Sustainable Activities in Past 12 Months

***“Separate waste (e.g., sort biodegradable and non-biodegradable waste and dispose of it in special containers)”***

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	348,223	1.9	3.9	10.4	14.3	69.5
Cape Breton RM	79,387	2.8	5.8	17.7	12.8	60.8
Annapolis Valley-Hants	104,769	1.5	3.1	11.5	11.5	72.4
Antigonish-Guysborough	22,502	1.8	4.3	11.6	13.7	68.7
Colchester	42,578	1.5	3.4	14.5	12.9	67.7
Cumberland	25,178	1.4	2.3	9.4	14.9	72.0
Lunenburg-Queens	49,742	2.3	3.3	11.6	14.1	68.7
Pictou	35,438	2.8	3.8	14.3	12.5	66.7
Southwest Nova	47,253	2.7	4.5	15.7	14.1	63.0
Strait Area-Western CB	27,954	5.5	10.5	17.8	13.4	52.8
<b>Province Overall</b>	<b>783,024</b>	<b>2.2</b>	<b>4.1</b>	<b>12.3</b>	<b>13.5</b>	<b>67.8</b>

Table D2e  
Residents' Participation in Resource Conservation and Sustainable Activities in Past 12 Months

***“Conserve energy (e.g., turn off lights, install insulation)”***

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	348,221	1.0	4.4	18.2	26.9	49.5
Cape Breton RM	79,634	0.6	6.3	21.4	22.7	49.0
Annapolis Valley-Hants	104,676	0.9	5.4	19.2	24.5	50.1
Antigonish-Guysborough	22,549	0.6	5.2	16.1	32.4	45.7
Colchester	42,662	0.3	8.9	20.1	26.1	44.7
Cumberland	25,291	1.0	5.9	17.2	24.2	51.7
Lunenburg-Queens	49,624	0.8	5.1	17.4	23.4	53.2
Pictou	35,566	1.2	5.3	19.4	22.9	51.3
Southwest Nova	47,306	0.7	7.1	20.1	29.5	42.6
Strait Area-Western CB	27,787	1.2	7.0	19.8	24.6	47.3
<b>Province Overall</b>	<b>783,316</b>	<b>0.9</b>	<b>5.4</b>	<b>18.9</b>	<b>25.9</b>	<b>49.0</b>

Table D2f  
Residents' Participation in Resource Conservation and Sustainable Activities in Past 12 Months

***“Conserve water (e.g., not leaving the water tap running, take shorter showers)”***

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	347,109	2.0	11.4	19.3	24.6	42.7
Cape Breton RM	79,243	1.6	10.7	22.6	21.5	43.6
Annapolis Valley-Hants	104,696	0.8	10.5	21.5	23.9	43.2
Antigonish-Guysborough	22,459	1.7	10.0	23.2	27.0	38.0
Colchester	42,247	0.7	8.9	23.6	28.7	38.1
Cumberland	25,134	1.7	7.7	19.5	25.0	46.1
Lunenburg-Queens	49,799	1.4	11.5	22.4	21.9	42.9
Pictou	35,702	2.3	11.3	20.6	22.9	42.9
Southwest Nova	47,261	2.9	12.0	25.5	25.6	33.9
Strait Area-Western CB	27,937	1.4	15.1	20.0	19.3	44.2
<b>Province Overall</b>	<b>781,587</b>	<b>1.7</b>	<b>11.1</b>	<b>21.0</b>	<b>24.1</b>	<b>42.1</b>

Table D2g  
Residents' Participation in Resource Conservation and Sustainable Activities in Past 12 Months

***“Walk or bike more often (rather than use a car)”***

Region	n	Percentage of Residents				
		Never	Some- times	Regularly	Quite often	All of the time
Halifax RM	347,186	25.5	36.9	12.1	10.8	14.8
Cape Breton RM	79,032	32.3	38.4	12.0	8.3	9.0
Annapolis Valley-Hants	104,256	27.7	40.2	11.9	10.5	9.7
Antigonish-Guysborough	22,427	23.5	42.2	12.7	11.1	10.5
Colchester	42,123	23.3	43.9	13.2	10.6	9.1
Cumberland	25,197	26.9	42.8	10.1	7.9	12.4
Lunenburg-Queens	49,648	29.1	35.7	13.4	10.6	11.3
Pictou	34,876	30.0	39.9	13.5	6.8	9.7
Southwest Nova	47,185	28.3	40.4	12.7	9.6	9.1
Strait Area-Western CB	27,735	28.2	44.0	8.7	7.4	11.6
<b>Province Overall</b>	<b>779,665</b>	<b>27.0</b>	<b>38.7</b>	<b>12.1</b>	<b>10.0</b>	<b>12.1</b>

Table D2h  
Residents' Participation in Resource Conservation and Sustainable Activities in Past 12 Months

***“Take public transit, when available, rather than use a car”***

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	346,894	56.4	22.0	5.3	6.6	9.6
Cape Breton RM	78,971	83.1	9.8	2.6	2.1	2.4
Annapolis Valley-Hants	103,847	77.5	15.4	3.1	2.9	1.1
Antigonish-Guysborough	21,934	73.6	15.3	5.8	2.3	3.1
Colchester	41,422	74.2	13.4	6.2	3.4	2.7
Cumberland	24,585	79.9	11.6	3.3	2.0	3.2
Lunenburg-Queens	48,772	81.0	11.5	1.8	2.5	3.2
Pictou	34,500	83.5	10.3	2.2	1.0	3.1
Southwest Nova	46,443	75.4	12.8	4.5	3.1	4.3
Strait Area-Western CB	26,996	75.1	13.3	3.9	2.8	4.9
<b>Province Overall</b>	<b>774,364</b>	<b>68.7</b>	<b>16.9</b>	<b>4.3</b>	<b>4.3</b>	<b>5.8</b>

Table D2i  
Residents' Participation in Resource Conservation and Sustainable Activities in Past 12 Months

***“Carpool or use car share”***

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	345,697	58.4	23.1	7.8	6.0	4.7
Cape Breton RM	78,990	59.7	22.7	8.0	4.7	4.9
Annapolis Valley-Hants	103,815	54.5	29.5	6.7	4.9	4.3
Antigonish-Guysborough	22,114	55.8	26.2	8.6	4.7	4.8
Colchester	41,841	55.7	25.7	8.3	6.6	3.7
Cumberland	25,015	55.0	24.5	8.1	6.7	5.8
Lunenburg-Queens	48,902	60.4	23.0	6.6	5.0	5.1
Pictou	35,268	60.7	24.2	5.6	4.2	5.2
Southwest Nova	46,495	53.4	24.6	9.2	6.9	5.8
Strait Area-Western CB	27,322	52.5	26.7	8.5	5.7	6.5
<b>Province Overall</b>	<b>775,459</b>	<b>57.4</b>	<b>24.4</b>	<b>7.7</b>	<b>5.6</b>	<b>4.8</b>



Table D2j  
Residents' Participation in Resource Conservation and Sustainable Activities in Past 12 Months


***“Purchase foods produced locally”***


Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	348,369	2.7	33.0	25.0	26.9	12.4
Cape Breton RM	79,380	3.1	40.3	22.8	21.1	12.6
Annapolis Valley-Hants	104,822	1.3	17.4	24.5	36.5	20.3
Antigonish-Guysborough	22,518	3.0	34.0	25.4	23.9	13.6
Colchester	42,523	1.8	31.7	23.3	29.5	13.7
Cumberland	25,291	1.6	31.3	23.1	28.4	15.6
Lunenburg-Queens	49,648	3.2	31.2	25.1	26.8	13.7
Pictou	35,628	2.9	28.9	27.2	24.2	16.7
Southwest Nova	47,222	2.0	28.5	24.4	29.5	15.5
Strait Area-Western CB	27,825	2.9	39.7	21.3	22.8	13.3
<b>Province Overall</b>	<b>783,226</b>	<b>2.5</b>	<b>31.2</b>	<b>24.5</b>	<b>27.6</b>	<b>14.2</b>

Table D2 – Summary Ranks  
 Rankings of Participation in Resource Conservation and Sustainable Activities (Tables D2a to D2j)<sup>a</sup>

Conservation and Sustainable Activities	Rank in NS	Ranking of Participation in Conservation and Sustainable Activities									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
<i>Recycle materials</i>	1	1	1	1	1	1	1	1	1	1	1
Separate waste	2	2	2	2	2	2	2	2	2	2	4
Conserve <i>energy</i>	3	3	3	3	3	4	3	3	3	3	2
Reduce household waste	4	4	4	4	5	3	4	4	4	4	3
<i>Reuse materials</i>	5	5	5	5	4	5	6	5	5	5	5
Conserve <i>water</i>	6	6	6	6	6	6	5	6	6	6	6
Purchase foods produced locally	7	7	7	7	7	7	7	7	7	7	7
Walk or bike more often (rather than use car)	8	8	8	8	8	8	8	8	8	8	8
Carpool or use car share	9	10	9	9	9	9	9	9	9	9	9
Take public transit, when available	10	9	10	10	10	10	10	10	10	10	10

Notes: <sup>a</sup> Rankings are based on the mean score of frequency of participation in each activity. The conservation/sustainable activity ranked first was participated in most often and the activity ranked last was participated in least often. Statements are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall

# Leisure and Culture

By participating in Leisure and Culture activities, whether arts, culture, or recreation, we contribute to our wellbeing.

As forms of human expression, leisure and cultural activities help to more fully define our lives and the meaning we derive from them. The impact of participation in leisure and cultural activities is even greater for people in marginalized groups, such as those living with disabilities, living in poverty, or as members of a minority population.

Nova Scotians responded to questions related to the physical, social, and cultural activities they typically take part in; computer-related activities as well as television and online viewing; gambling; and, use of and access to their community's recreation and cultural facilities.



# Leisure and Culture

## Participation in Leisure and Culture Activities

### *Physically Active Leisure*

Table E1a  
Residents' Typical Monthly Participation in *Physically Active Leisure*:

**Team sports**  
(e.g., baseball, hockey, volleyball, basketball)

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	64,733	18.7	1	15	6.08	4.07
Cape Breton RM	9,580	12.2	1	15	6.57	4.53
Annapolis Valley-Hants	15,413	14.8	1	15	5.96	4.02
Antigonish-Guysborough	3,464	15.6	1	15	6.20	3.64
Colchester	8,488	20.2	1	15	5.74	3.96
Cumberland	3,187	12.7	1	15	6.41	4.14
Lunenburg-Queens	5,384	10.9	1	15	4.71	3.47
Pictou	5,207	14.5	1	15	6.99	4.28
Southwest Nova	5,535	11.8	1	15	5.66	3.58
Strait Area-Western CB	4,417	16.0	1	15	5.29	4.11
<b>Province Overall</b>	<b>125,408</b>	<b>16.1</b>	<b>1</b>	<b>15</b>	<b>6.02</b>	<b>4.07</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical month.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in physically active leisure in a typical month.

Table E1b  
Residents' Typical Monthly Participation in *Physically Active Leisure*:

**Individual sports**  
(e.g., tennis, badminton, skiing)

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	75,664	21.9	1	15	5.47	4.37
Cape Breton RM	12,025	15.3	1	15	5.83	4.43
Annapolis Valley-Hants	22,121	21.3	1	15	5.58	4.33
Antigonish-Guysborough	4,300	19.3	1	15	6.24	4.49
Colchester	10,990	26.1	1	15	6.01	4.41
Cumberland	3,916	15.7	1	15	5.92	4.20
Lunenburg-Queens	7,663	15.4	1	15	6.17	4.69
Pictou	6,202	17.4	1	15	5.36	4.63
Southwest Nova	5,681	12.1	1	15	7.26	4.97
Strait Area-Western CB	4,992	18.1	1	15	6.99	4.16
<b>Province Overall</b>	<b>153,554</b>	<b>19.8</b>	<b>1</b>	<b>15</b>	<b>5.73</b>	<b>4.43</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical month.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in physically active leisure in a typical month.

Table E1c  
Residents' Typical Monthly Participation in *Physically Active Leisure*:

***Vigorous exercise***  
(e.g., aerobics, jogging, weight training)

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	164,714	47.6	1	30	11.22	7.31
Cape Breton RM	23,415	30.0	1	30	12.01	8.03
Annapolis Valley-Hants	39,864	38.4	1	30	11.77	8.19
Antigonish-Guysborough	9,527	42.8	1	30	12.77	8.18
Colchester	17,013	40.7	1	30	10.14	7.39
Cumberland	7,309	29.0	1	30	10.63	8.03
Lunenburg-Queens	16,352	33.0	1	30	11.93	8.09
Pictou	10,644	29.8	1	30	11.19	7.68
Southwest Nova	12,701	27.1	1	30	12.76	8.26
Strait Area-Western CB	8,053	29.1	1	30	12.51	9.03
<b>Province Overall</b>	<b>309,592</b>	<b>39.9</b>	<b>1</b>	<b>30</b>	<b>11.46</b>	<b>7.70</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical month.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in physically active leisure in a typical month.

Table E1d  
Residents' Typical Monthly Participation in *Physically Active Leisure*:

***Light exercise***  
(e.g., going for a walk, bicycling)

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	307,390	88.6	1	30	15.08	9.22
Cape Breton RM	64,351	81.0	1	30	14.48	9.01
Annapolis Valley-Hants	87,553	84.0	1	30	14.90	9.05
Antigonish-Guysborough	19,605	87.4	1	30	15.62	9.36
Colchester	36,871	87.0	1	30	13.98	9.04
Cumberland	21,744	86.2	1	30	15.09	9.92
Lunenburg-Queens	42,827	86.1	1	30	15.63	9.03
Pictou	29,161	82.5	1	30	14.22	9.22
Southwest Nova	37,876	81.1	1	30	14.78	9.23
Strait Area-Western CB	23,256	84.2	1	30	15.36	9.53
<b>Province Overall</b>	<b>670,634</b>	<b>86.0</b>	<b>1</b>	<b>30</b>	<b>14.94</b>	<b>9.20</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical month.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in physically active leisure in a typical month.



## Social Leisure

Table E2a  
Residents' Typical Monthly Participation in *Social Leisure Activities*:

### ***Socializing with friends***

(e.g., getting together at someone's home, chatting with a friend, going for coffee with friends)

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	319,029	92.1	1	30	7.60	6.87
Cape Breton RM	68,333	86.3	1	30	8.51	7.59
Annapolis Valley-Hants	94,194	90.3	1	30	7.59	6.69
Antigonish-Guysborough	20,744	92.9	1	30	8.60	7.52
Colchester	37,347	87.8	1	30	8.43	7.31
Cumberland	22,315	88.5	1	30	8.85	7.86
Lunenburg-Queens	43,522	87.2	1	30	8.02	7.02
Pictou	31,115	87.4	1	30	8.24	7.48
Southwest Nova	40,366	86.4	1	30	8.65	8.10
Strait Area-Western CB	24,026	86.4	1	30	8.97	7.55
<b>Province Overall</b>	<b>700,991</b>	<b>89.9</b>	<b>1</b>	<b>30</b>	<b>7.96</b>	<b>7.15</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical month.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in social leisure activities in a typical month.

Table E2b  
Residents' Typical Monthly Participation in *Social Leisure Activities*:

***Going out to movies***

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	137,866	39.9	1	4	1.47	0.83
Cape Breton RM	32,575	41.2	1	4	1.64	0.92
Annapolis Valley-Hants	37,088	35.6	1	4	1.33	0.77
Antigonish-Guysborough	6,484	29.5	1	4	1.33	0.70
Colchester	14,956	35.4	1	4	1.38	0.76
Cumberland	8,100	32.4	1	4	1.43	0.79
Lunenburg-Queens	16,882	33.9	1	4	1.47	0.85
Pictou	12,434	34.9	1	4	1.44	0.80
Southwest Nova	12,396	26.3	1	4	1.47	0.77
Strait Area-Western CB	5,173	18.7	1	4	1.51	0.98
<b>Province Overall</b>	<b>283,954</b>	<b>36.5</b>	<b>1</b>	<b>4</b>	<b>1.46</b>	<b>0.83</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical month.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in social leisure activities in a typical month.

Table E2c  
Residents' Typical Monthly Participation in *Social Leisure Activities*:

***Going out to restaurants, clubs, bars, taverns***

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	299,058	86.2	1	12	3.96	2.92
Cape Breton RM	64,358	81.6	1	12	4.15	2.86
Annapolis Valley-Hants	89,811	86.0	1	12	3.73	2.64
Antigonish-Guysborough	18,761	83.7	1	12	3.74	2.62
Colchester	35,047	83.0	1	12	4.04	2.76
Cumberland	21,044	83.5	1	12	4.27	3.00
Lunenburg-Queens	39,234	78.5	1	12	4.03	2.99
Pictou	28,865	80.3	1	12	3.79	2.86
Southwest Nova	38,116	80.7	1	12	3.98	2.93
Strait Area-Western CB	22,310	79.8	1	12	4.26	3.20
<b>Province Overall</b>	<b>656,604</b>	<b>84.1</b>	<b>1</b>	<b>12</b>	<b>3.96</b>	<b>2.88</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical month.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in social leisure activities in a typical month.

Table E2d  
Residents' Typical Monthly Participation in *Social Leisure Activities*:

***Attending sports events as a spectator***

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	112,501	32.6	1	12	2.70	2.69
Cape Breton RM	29,054	36.8	1	12	3.20	2.73
Annapolis Valley-Hants	27,640	26.5	1	12	2.57	2.25
Antigonish-Guysborough	8,460	38.2	1	12	3.21	3.06
Colchester	13,880	32.8	1	12	3.12	2.76
Cumberland	7,122	28.3	1	12	3.06	2.83
Lunenburg-Queens	10,554	21.2	1	12	2.88	2.47
Pictou	8,820	24.6	1	12	3.46	3.12
Southwest Nova	11,196	23.8	1	12	3.02	2.34
Strait Area-Western CB	7,576	27.3	1	12	3.90	3.32
<b>Province Overall</b>	<b>236,803</b>	<b>30.4</b>	<b>1</b>	<b>12</b>	<b>2.89</b>	<b>2.70</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical month.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in social leisure activities in a typical month.

## Home-Based, Passive Leisure

Table E3a  
Residents' Typical Weekly Participation in *Home-Based, Passive Leisure Activities*:

### *Reading books, newspapers, and/or magazines for pleasure*

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	298,295	86.2	1	21	7.26	5.44
Cape Breton RM	68,992	86.6	1	21	7.33	5.10
Annapolis Valley-Hants	91,467	87.7	1	21	7.62	5.79
Antigonish-Guysborough	20,249	90.2	1	21	7.59	5.57
Colchester	36,165	85.6	1	21	7.27	5.31
Cumberland	21,923	86.8	1	21	7.63	5.92
Lunenburg-Queens	40,826	81.7	1	21	7.83	5.43
Pictou	29,672	82.6	1	21	7.65	5.55
Southwest Nova	38,555	81.5	1	21	7.14	5.30
Strait Area-Western CB	23,836	85.0	1	21	8.00	5.61
<b>Province Overall</b>	<b>669,980</b>	<b>85.8</b>	<b>1</b>	<b>21</b>	<b>7.41</b>	<b>5.47</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical week.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in home-based, passive leisure activities in a typical week.

Table E3b  
Residents' Typical Weekly Participation in *Home-Based, Passive Leisure Activities*:

***Playing board or card games***

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	151,381	43.9	1	7	2.35	1.93
Cape Breton RM	29,961	38.0	1	7	2.81	2.10
Annapolis Valley-Hants	46,498	44.6	1	7	2.46	1.93
Antigonish-Guysborough	10,939	49.1	1	7	2.76	2.17
Colchester	18,488	43.8	1	7	2.61	2.01
Cumberland	11,959	47.3	1	7	2.97	2.20
Lunenburg-Queens	20,371	41.0	1	7	2.87	2.14
Pictou	15,591	43.4	1	7	3.12	2.31
Southwest Nova	18,161	39.0	1	7	2.75	2.03
Strait Area-Western CB	13,559	48.8	1	7	2.75	2.01
<b>Province Overall</b>	<b>336,908</b>	<b>43.3</b>	<b>1</b>	<b>7</b>	<b>2.56</b>	<b>2.02</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical week.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in home-based, passive leisure activities in a typical week.

Table E3c  
Residents' Typical Weekly Participation in *Home-Based, Passive Leisure Activities:*  
***Doing puzzles such as crosswords, Sudoku, jigsaw***

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	161,932	46.8	1	21	5.57	4.79
Cape Breton RM	37,465	47.3	1	21	6.24	4.86
Annapolis Valley-Hants	48,329	46.2	1	21	5.89	5.38
Antigonish-Guysborough	11,098	49.9	1	21	6.05	4.83
Colchester	20,499	48.5	1	21	5.53	4.85
Cumberland	12,659	50.0	1	21	6.14	5.40
Lunenburg-Queens	23,568	47.2	1	21	6.17	4.63
Pictou	17,107	47.6	1	21	6.10	4.84
Southwest Nova	22,298	47.4	1	21	5.57	4.43
Strait Area-Western CB	14,887	53.4	1	21	5.75	4.98
<b>Province Overall</b>	<b>369,842</b>	<b>47.4</b>	<b>1</b>	<b>21</b>	<b>5.78</b>	<b>4.89</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical week.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in home-based, passive leisure activities in a typical week.

Table E3d  
Residents' Typical Weekly Participation in *Home-Based, Passive Leisure Activities:*

***Hobbies such as knitting, beading, crafts, woodworking***

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	147,431	42.5	1	7	3.50	2.21
Cape Breton RM	29,531	37.4	1	7	3.71	2.20
Annapolis Valley-Hants	48,842	46.7	1	7	3.68	2.32
Antigonish-Guysborough	10,140	45.6	1	7	3.45	2.15
Colchester	18,814	44.8	1	7	3.33	2.18
Cumberland	11,794	46.8	1	7	3.94	2.38
Lunenburg-Queens	24,142	48.5	1	7	3.77	2.27
Pictou	15,651	43.7	1	7	4.02	2.34
Southwest Nova	20,789	44.6	1	7	3.95	2.25
Strait Area-Western CB	12,679	45.7	1	7	3.79	2.28
<b>Province Overall</b>	<b>339,813</b>	<b>43.6</b>	<b>1</b>	<b>7</b>	<b>3.63</b>	<b>2.25</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical week.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in home-based, passive leisure activities in a typical week.



Table E3e  
Residents' Typical Weekly Participation in *Home-Based, Passive Leisure Activities:*

***Playing a musical instrument***

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	61,626	17.8	1	7	3.44	2.39
Cape Breton RM	10,016	12.7	1	7	4.04	2.35
Annapolis Valley-Hants	17,332	16.7	1	7	3.87	2.45
Antigonish-Guysborough	2,714	12.3	1	7	3.79	2.14
Colchester	6,441	15.2	1	7	3.29	2.11
Cumberland	3,319	13.2	1	7	3.77	2.42
Lunenburg-Queens	6,586	13.2	1	7	3.96	2.26
Pictou	3,758	10.5	1	7	3.62	2.22
Southwest Nova	7,156	15.2	1	7	4.32	2.22
Strait Area-Western CB	3,358	12.1	1	7	3.21	2.06
<b>Province Overall</b>	<b>122,306</b>	<b>15.7</b>	<b>1</b>	<b>7</b>	<b>3.64</b>	<b>2.36</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical week.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in home-based, passive leisure activities in a typical week.

## Cultural Leisure

Table E4a  
Residents' Annual Participation in *Cultural Leisure Activities*:

### *Attending music concerts*

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	193,017	55.6	1	12	3.32	2.96
Cape Breton RM	45,815	57.9	1	12	3.40	2.86
Annapolis Valley-Hants	55,036	52.6	1	12	3.50	3.23
Antigonish-Guysborough	13,623	60.8	1	12	3.36	2.86
Colchester	25,237	59.9	1	12	3.45	3.02
Cumberland	12,855	50.9	1	12	3.07	2.78
Lunenburg-Queens	23,792	47.8	1	12	3.53	3.13
Pictou	19,315	53.8	1	12	3.52	2.91
Southwest Nova	20,892	44.4	1	12	3.43	2.91
Strait Area-Western CB	17,469	62.5	1	12	4.59	3.46
<b>Province Overall</b>	<b>427,051</b>	<b>54.6</b>	<b>1</b>	<b>12</b>	<b>3.43</b>	<b>3.02</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical year.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in cultural leisure activities in a typical year.

Table E4b  
Residents' Annual Participation in *Cultural Leisure Activities*:  
*Visiting art galleries and/or museums*

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	185,810	53.6	1	6	2.84	1.79
Cape Breton RM	23,304	29.5	1	6	2.47	1.53
Annapolis Valley-Hants	48,536	46.4	1	6	2.75	1.76
Antigonish-Guysborough	10,088	45.2	1	6	2.88	1.73
Colchester	18,783	44.7	1	6	2.67	1.68
Cumberland	10,043	39.9	1	6	2.46	1.69
Lunenburg-Queens	20,496	41.2	1	6	3.04	1.73
Pictou	14,406	40.2	1	6	2.67	1.61
Southwest Nova	21,095	44.8	1	6	3.04	1.81
Strait Area-Western CB	11,036	39.8	1	6	2.59	1.57
<b>Province Overall</b>	<b>363,597</b>	<b>46.6</b>	<b>1</b>	<b>6</b>	<b>2.79</b>	<b>1.75</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical year.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in cultural leisure activities in a typical year.

Table E4c  
Residents' Annual Participation in *Cultural Leisure Activities*:

***Attending festivals***

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	153,647	44.3	1	6	2.28	1.37
Cape Breton RM	30,868	39.1	1	6	2.42	1.47
Annapolis Valley-Hants	50,242	48.1	1	6	2.32	1.38
Antigonish-Guysborough	10,239	45.8	1	6	2.08	1.30
Colchester	19,563	46.2	1	6	2.27	1.35
Cumberland	11,742	46.7	1	6	2.72	1.65
Lunenburg-Queens	21,454	43.1	1	6	2.43	1.51
Pictou	17,895	49.9	1	6	2.55	1.48
Southwest Nova	21,200	45.1	1	6	2.52	1.56
Strait Area-Western CB	15,686	56.3	1	6	2.53	1.52
<b>Province Overall</b>	<b>352,536</b>	<b>45.2</b>	<b>1</b>	<b>6</b>	<b>2.35</b>	<b>1.43</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical year.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in cultural leisure activities in a typical year.

Table E4d  
Residents' Annual Participation in *Cultural Leisure Activities*:

***Attending dance performances***

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	60,713	17.5	1	6	2.09	1.47
Cape Breton RM	10,644	13.5	1	6	2.43	1.53
Annapolis Valley-Hants	16,238	15.6	1	6	2.27	1.54
Antigonish-Guysborough	5,649	25.4	1	6	1.98	1.43
Colchester	7,228	17.2	1	6	2.17	1.53
Cumberland	3,643	14.5	1	6	2.01	1.40
Lunenburg-Queens	4,935	9.9	1	6	2.78	1.93
Pictou	5,198	14.5	1	6	2.23	1.48
Southwest Nova	8,143	17.3	1	6	2.25	1.70
Strait Area-Western CB	6,789	24.4	1	6	2.23	1.61
<b>Province Overall</b>	<b>129,180</b>	<b>16.6</b>	<b>1</b>	<b>6</b>	<b>2.19</b>	<b>1.53</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical year.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in cultural leisure activities in a typical year.

Table E4e  
Residents' Annual Participation in *Cultural Leisure Activities*:

***Attending live theatre***

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	157,141	45.3	1	11	2.32	1.81
Cape Breton RM	32,684	41.3	1	11	3.19	2.33
Annapolis Valley-Hants	41,682	39.9	1	11	2.69	2.21
Antigonish-Guysborough	11,167	49.9	1	10	2.78	2.07
Colchester	15,243	36.1	1	10	2.26	1.71
Cumberland	8,658	34.3	1	11	2.30	1.73
Lunenburg-Queens	16,414	33.0	1	10	2.14	1.60
Pictou	10,354	28.8	1	10	2.28	1.72
Southwest Nova	15,836	33.7	1	10	2.21	1.60
Strait Area-Western CB	10,667	38.4	1	10	2.24	1.58
<b>Province Overall</b>	<b>319,846</b>	<b>40.9</b>	<b>1</b>	<b>11</b>	<b>2.45</b>	<b>1.92</b>

<sup>a</sup> Percentage of residents who report participating in the activity at least once in a typical year.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in cultural leisure activities in a typical year.

## Computer-Related Leisure

Table E5a  
Residents' Typical Daily Participation in *Computer-Related Leisure Activities*:

### *Searching the internet for interest*

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	328,651	94.9	1	20	6.09	5.13
Cape Breton RM	71,764	91.3	1	20	5.55	4.70
Annapolis Valley-Hants	94,131	91.7	1	20	5.91	5.37
Antigonish-Guysborough	20,631	92.5	1	20	5.79	4.89
Colchester	38,754	91.9	1	20	5.26	4.61
Cumberland	22,760	90.6	1	20	5.76	4.79
Lunenburg-Queens	46,377	93.3	1	20	5.56	5.17
Pictou	33,136	93.3	1	20	6.03	5.12
Southwest Nova	42,967	92.4	1	20	5.80	5.30
Strait Area-Western CB	25,068	90.0	1	20	5.05	4.26
<b>Province Overall</b>	<b>724,239</b>	<b>93.2</b>	<b>1</b>	<b>20</b>	<b>5.86</b>	<b>5.07</b>

<sup>a</sup> Percentage of residents who report participating daily in computer-related activities for leisure.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in computer-related leisure activities on a typical day.

Table E5b  
Residents' Typical Daily Participation in *Computer-Related Leisure Activities*:

***Playing computer games***  
(e.g., online, console, handheld)

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	158,912	46.0	1	10	3.25	2.68
Cape Breton RM	39,785	50.3	1	10	3.71	2.90
Annapolis Valley-Hants	51,478	49.9	1	10	3.43	2.84
Antigonish-Guysborough	10,175	45.5	1	10	3.16	2.63
Colchester	22,444	53.4	1	10	3.15	2.53
Cumberland	14,091	56.0	1	10	3.81	2.79
Lunenburg-Queens	25,022	50.3	1	10	3.66	2.92
Pictou	18,028	51.1	1	10	4.08	3.18
Southwest Nova	24,798	53.3	1	10	3.85	2.88
Strait Area-Western CB	13,447	48.4	1	10	3.60	2.99
<b>Province Overall</b>	<b>378,180</b>	<b>48.7</b>	<b>1</b>	<b>10</b>	<b>3.46</b>	<b>2.80</b>

<sup>a</sup> Percentage of residents who report participating daily in computer-related activities for leisure.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in computer-related leisure activities on a typical day.



Table E5c  
Residents' Typical Daily Participation in *Computer-Related Leisure Activities*:

***Socializing with others online***  
(e.g., social media, texting)

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	271,045	78.7	1	29	7.52	6.45
Cape Breton RM	57,426	72.8	1	28	7.99	6.80
Annapolis Valley-Hants	76,010	73.6	1	25	7.13	6.17
Antigonish-Guysborough	17,336	77.8	1	25	7.49	6.32
Colchester	32,845	78.3	1	25	6.88	5.94
Cumberland	19,710	78.4	1	25	7.42	6.15
Lunenburg-Queens	37,503	75.3	1	25	7.28	6.81
Pictou	27,436	77.6	1	29	7.66	6.53
Southwest Nova	35,424	75.6	1	25	6.77	5.91
Strait Area-Western CB	20,645	74.4	1	25	8.10	6.75
<b>Province Overall</b>	<b>595,380</b>	<b>76.8</b>	<b>1</b>	<b>29</b>	<b>7.44</b>	<b>6.42</b>

<sup>a</sup> Percentage of residents who report participating daily in computer-related activities for leisure.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in computer-related leisure activities on a typical day.

Table E6  
Time Spent Daily by Residents Engaged in Computer-related Activities for Leisure  
(Hours per day)

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	340,160	97.4	0.1	24.0	2.72	2.20
Cape Breton RM	76,286	95.4	0.1	24.1	2.95	2.41
Annapolis Valley-Hants	100,652	95.9	0.2	24.0	2.99	2.74
Antigonish-Guysborough	21,751	96.1	0.1	22.0	2.49	1.89
Colchester	41,226	96.4	0.2	24.0	2.62	2.16
Cumberland	24,468	96.4	0.1	22.0	2.96	2.57
Lunenburg-Queens	48,320	96.5	0.2	24.0	2.81	2.65
Pictou	35,049	96.3	0.1	20.0	3.03	2.12
Southwest Nova	45,207	95.2	0.1	12.5	2.73	1.77
Strait Area-Western CB	27,327	96.9	0.2	12.0	2.51	1.52
<b>Province Overall</b>	<b>760,446</b>	<b>96.6</b>	<b>0.1</b>	<b>24.1</b>	<b>2.79</b>	<b>2.29</b>

<sup>a</sup> Percentage of residents who report participating daily in computer-related activities for leisure.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of participation in computer-related leisure activities on a typical day.

## Television and Online Movies

Table E7  
Time Spent Daily by Residents Watching Television, DVDs, and/or Shows/Movies Online  
(Hours per day)

Region	Participation Rate <sup>a</sup>		Summary Statistics <sup>b</sup>			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Halifax RM	331,554	94.9	0.2	24.0	2.79	2.25
Cape Breton RM	76,930	96.2	0.3	21.0	3.40	2.21
Annapolis Valley-Hants	99,844	95.1	0.2	16.2	2.86	1.85
Antigonish-Guysborough	21,697	95.9	0.4	12.0	2.81	1.64
Colchester	40,233	94.1	0.1	24.0	3.01	2.27
Cumberland	24,527	96.6	0.3	24.0	3.24	2.15
Lunenburg-Queens	48,126	96.1	0.5	16.0	2.97	1.93
Pictou	34,805	95.6	0.1	18.0	3.25	2.20
Southwest Nova	44,700	94.2	0.3	12.6	3.22	2.02
Strait Area-Western CB	26,483	93.9	0.5	20.0	3.05	1.73
<b>Province Overall</b>	<b>748,899</b>	<b>95.1</b>	<b>0.1</b>	<b>24.0</b>	<b>2.96</b>	<b>2.13</b>

<sup>a</sup> Percentage of residents who report watching television, DVDs, and/or movies online.

<sup>b</sup> For those residents who do participate, their minimum, maximum, and average rates of daily watching of television, DVDs, and/or movies online.

## Gambling

Table E8  
Residents' Participation in Gambling During the Past Year  
(e.g., video lottery terminals, lottery tickets)

Region	n	Percentage of Residents				
		Never	Once in past year	At least once every 6 months	At least once every 3 months	At least once a month
Halifax RM	347,314	42.4	12.7	12.2	8.8	11.0
Cape Breton RM	79,255	33.4	10.4	12.5	10.6	13.9
Annapolis Valley-Hants	104,170	42.7	13.1	12.5	7.9	10.1
Antigonish-Guysborough	22,502	38.6	7.6	13.3	11.5	14.2
Colchester	42,263	43.9	11.8	10.9	8.7	12.7
Cumberland	25,270	36.9	7.8	14.7	6.0	12.3
Lunenburg-Queens	49,943	38.8	10.6	14.0	10.1	12.8
Pictou	35,424	36.0	10.1	12.9	6.6	14.9
Southwest Nova	46,810	37.6	11.4	13.7	9.9	12.6
Strait Area-Western CB	28,028	38.9	12.3	10.2	10.2	14.7
<b>Province Overall</b>	<b>780,979</b>	<b>40.4</b>	<b>11.8</b>	<b>12.5</b>	<b>9.0</b>	<b>11.9</b>

## Use of Community Recreation and Cultural Facilities

Table E9a  
Residents' Use of Recreation and Cultural Facilities During the Past Year:

### *Community complex / recreation centre*

Region	n	Percentage of Residents				
		Never	Some- times	Regularly	Quite often	All of the time
Halifax RM	342,906	42.1	31.9	11.7	8.5	5.8
Cape Breton RM	77,271	47.4	33.9	9.1	6.7	2.9
Annapolis Valley-Hants	102,971	51.6	27.7	9.3	7.4	4.0
Antigonish-Guysborough	21,755	42.5	29.2	10.9	11.8	5.7
Colchester	41,899	33.3	38.8	10.6	10.5	6.7
Cumberland	24,667	53.4	27.9	6.0	8.3	4.4
Lunenburg-Queens	49,057	43.4	37.2	9.7	7.3	2.4
Pictou	35,307	49.1	29.2	6.9	8.3	6.6
Southwest Nova	46,549	56.0	25.9	10.3	4.6	3.3
Strait Area-Western CB	27,373	53.8	29.9	5.4	6.2	4.7
<b>Province Overall</b>	<b>769,755</b>	<b>45.5</b>	<b>31.5</b>	<b>10.2</b>	<b>8.0</b>	<b>4.9</b>

Table E9b  
Residents' Use of Recreation and Cultural Facilities During the Past Year:

*Indoor skating rink*

Region	n	Percentage of Residents				
		Never	Some- times	Regularly	Quite often	All of the time
Halifax RM	340,573	76.7	13.8	3.3	4.1	2.2
Cape Breton RM	76,927	74.1	15.1	5.4	2.9	2.5
Annapolis Valley-Hants	102,526	77.0	16.8	2.4	1.8	2.1
Antigonish-Guysborough	21,450	70.4	18.1	4.9	4.4	2.2
Colchester	41,362	72.4	16.8	4.2	4.6	2.0
Cumberland	24,774	74.9	18.0	2.5	3.3	1.3
Lunenburg-Queens	48,858	80.3	15.3	2.3	2.0	0.1
Pictou	35,300	75.4	14.5	3.4	2.8	3.8
Southwest Nova	46,767	75.8	14.8	4.3	3.0	2.1
Strait Area-Western CB	27,164	80.2	12.3	1.6	3.5	2.4
<b>Province Overall</b>	765,701	76.2	14.9	3.4	3.4	2.1

Table E9c  
Residents' Use of Recreation and Cultural Facilities During the Past Year

***Outdoor skating rink***

Region	n	Percentage of Residents				
		Never	Some- times	Regularly	Quite often	All of the time
Halifax RM	341,656	71.7	23.8	2.9	1.4	0.3
Cape Breton RM	76,718	91.0	7.3	1.1	0.5	0.1
Annapolis Valley-Hants	102,001	86.8	12.2	0.6	0.4	0.0
Antigonish-Guysborough	21,515	83.4	11.7	2.0	1.7	1.3
Colchester	41,550	73.8	18.1	5.0	2.6	0.5
Cumberland	24,570	87.2	12.3	0.1	0.4	0.0
Lunenburg-Queens	48,154	89.6	8.8	0.9	0.5	0.3
Pictou	34,923	90.4	7.6	0.6	1.4	0.0
Southwest Nova	46,418	93.5	4.2	1.6	0.7	0.0
Strait Area-Western CB	26,783	90.9	5.6	2.1	0.8	0.6
<b>Province Overall</b>	<b>764,288</b>	<b>80.6</b>	<b>16.0</b>	<b>2.1</b>	<b>1.1</b>	<b>0.2</b>

Table E9d  
Residents' Use of Recreation and Cultural Facilities During the Past Year

***Curling rink***

Region	n	Percentage of Residents				
		Never	Some- times	Regularly	Quite often	All of the time
Halifax RM	338,537	92.5	3.9	1.4	1.2	1.0
Cape Breton RM	76,666	91.7	6.3	1.1	0.6	0.3
Annapolis Valley-Hants	100,893	89.9	5.3	2.2	1.0	1.7
Antigonish-Guysborough	21,524	88.1	5.3	2.6	2.0	2.0
Colchester	41,418	89.8	3.2	1.4	2.4	3.1
Cumberland	24,539	89.4	7.5	1.0	0.6	1.5
Lunenburg-Queens	48,854	90.3	5.9	1.6	1.5	0.7
Pictou	34,880	91.1	3.3	1.0	3.4	1.1
Southwest Nova	46,268	89.5	7.2	1.4	0.9	1.0
Strait Area-Western CB	27,045	91.7	3.7	0.7	3.1	0.8
<b>Province Overall</b>	<b>760,624</b>	<b>91.3</b>	<b>4.7</b>	<b>1.5</b>	<b>1.3</b>	<b>1.2</b>



Table E9e  
Residents' Use of Recreation and Cultural Facilities During the Past Year

***Local parks, playgrounds, and/or trails***

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	345,127	10.9	30.4	24.5	21.3	12.9
Cape Breton RM	78,235	22.7	38.9	19.2	12.8	6.4
Annapolis Valley-Hants	103,844	21.1	34.0	21.8	14.1	9.0
Antigonish-Guysborough	22,270	17.9	43.3	16.5	16.5	5.9
Colchester	42,053	15.8	37.4	22.8	15.5	8.5
Cumberland	25,028	23.8	41.1	17.6	12.5	4.9
Lunenburg-Queens	49,303	20.6	38.0	20.4	15.0	6.0
Pictou	35,388	20.1	39.8	18.3	12.7	9.0
Southwest Nova	46,966	24.7	37.9	15.7	14.3	7.4
Strait Area-Western CB	27,836	22.5	43.7	14.6	11.7	7.5
<b>Province Overall</b>	<b>776,050</b>	<b>16.6</b>	<b>34.7</b>	<b>21.6</b>	<b>17.2</b>	<b>9.9</b>

Table E9f  
Residents' Use of Recreation and Cultural Facilities During the Past Year

**Sports fields**

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	340,573	59.3	23.3	7.5	7.4	2.5
Cape Breton RM	77,121	67.9	21.4	4.5	4.4	1.7
Annapolis Valley-Hants	102,060	68.1	19.4	5.9	5.3	1.3
Antigonish-Guysborough	21,777	61.2	23.9	7.0	5.1	2.8
Colchester	41,430	64.8	21.8	8.7	3.1	1.7
Cumberland	24,646	68.3	21.1	4.8	4.1	1.8
Lunenburg-Queens	48,851	74.2	17.1	5.0	3.0	0.7
Pictou	35,093	70.2	20.0	5.0	2.3	2.5
Southwest Nova	46,479	73.4	14.6	4.8	6.3	0.9
Strait Area-Western CB	27,306	75.5	18.1	3.4	1.7	1.3
<b>Province Overall</b>	<b>765,336</b>	<b>64.9</b>	<b>21.2</b>	<b>6.4</b>	<b>5.6</b>	<b>1.9</b>

Table E9g  
Residents' Use of Recreation and Cultural Facilities During the Past Year

***Other outdoor sports facilities***  
(e.g., golf, tennis, basketball, pickle ball)

Region	n	Percentage of Residents				
		Never	Some- times	Regularly	Quite often	All of the time
Halifax RM	342,238	67.2	19.1	6.0	5.8	1.9
Cape Breton RM	77,416	73.8	15.2	5.1	4.3	1.6
Annapolis Valley-Hants	102,971	73.5	16.4	5.0	3.4	1.8
Antigonish-Guysborough	21,818	71.1	15.8	4.7	6.0	2.3
Colchester	41,754	70.3	15.2	7.9	5.3	1.3
Cumberland	24,750	74.1	17.1	4.7	2.0	2.2
Lunenburg-Queens	48,784	77.8	15.6	3.9	1.7	1.0
Pictou	35,221	76.9	12.5	4.8	4.0	1.9
Southwest Nova	46,726	76.5	12.6	3.4	4.4	3.1
Strait Area-Western CB	27,457	78.5	12.2	4.5	3.6	1.3
<b>Province Overall</b>	769,135	71.3	16.8	5.4	4.7	1.8

Table E9h  
Residents' Use of Recreation and Cultural Facilities During the Past Year

***Indoor swimming pool***

Region	n	Percentage of Residents				
		Never	Some- times	Regularly	Quite often	All of the time
Halifax RM	341,374	60.6	24.7	6.8	5.3	2.7
Cape Breton RM	77,400	72.2	19.3	4.9	2.1	1.5
Annapolis Valley-Hants	102,262	73.2	21.4	1.9	1.9	1.6
Antigonish-Guysborough	21,093	68.2	20.5	5.4	4.6	1.3
Colchester	41,632	63.6	21.7	7.0	4.2	3.5
Cumberland	24,370	72.8	18.3	5.7	2.5	0.7
Lunenburg-Queens	48,805	69.9	20.9	3.5	2.9	2.8
Pictou	35,298	69.0	20.3	4.1	4.7	2.0
Southwest Nova	46,214	70.2	17.7	5.6	4.7	1.9
Strait Area-Western CB	27,257	81.0	11.7	3.4	3.2	0.6
<b>Province Overall</b>	<b>765,705</b>	<b>66.5</b>	<b>21.9</b>	<b>5.3</b>	<b>4.1</b>	<b>2.2</b>

Table E9i  
Residents' Use of Recreation and Cultural Facilities During the Past Year

***Beaches, outdoor swimming pool, splash pads, and/or wading pools***

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	343,933	28.3	38.4	15.1	13.7	4.4
Cape Breton RM	78,259	29.6	35.3	17.2	12.9	5.0
Annapolis Valley-Hants	103,502	36.4	36.5	14.9	9.3	2.9
Antigonish-Guysborough	22,234	24.7	35.0	18.4	17.1	4.7
Colchester	41,846	36.8	35.6	14.2	11.3	2.1
Cumberland	24,820	29.4	32.6	21.1	12.8	4.1
Lunenburg-Queens	49,236	25.1	37.1	15.5	16.0	6.2
Pictou	35,443	26.5	37.2	16.8	14.4	5.1
Southwest Nova	46,342	32.3	32.6	17.2	14.3	3.7
Strait Area-Western CB	27,635	32.9	36.5	11.9	11.9	6.8
<b>Province Overall</b>	<b>773,250</b>	<b>30.0</b>	<b>36.9</b>	<b>15.7</b>	<b>13.1</b>	<b>4.3</b>

Table E9j  
Residents' Use of Recreation and Cultural Facilities During the Past Year

**Public library**

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	345,229	30.3	33.9	15.4	10.8	9.6
Cape Breton RM	77,617	55.4	29.7	7.0	4.5	3.5
Annapolis Valley-Hants	103,507	55.2	24.6	9.4	6.1	4.7
Antigonish-Guysborough	22,093	36.7	34.5	12.7	9.7	6.5
Colchester	41,874	43.7	33.2	12.1	6.8	4.2
Cumberland	25,089	51.4	29.6	9.0	6.3	3.7
Lunenburg-Queens	48,784	51.3	28.4	10.9	4.8	4.6
Pictou	35,246	45.3	34.0	9.7	5.9	5.1
Southwest Nova	47,036	48.5	30.5	9.3	6.5	5.3
Strait Area-Western CB	27,435	59.0	26.0	7.5	4.1	3.4
<b>Province Overall</b>	<b>773,910</b>	<b>41.9</b>	<b>31.2</b>	<b>12.1</b>	<b>8.0</b>	<b>6.8</b>

Table E9k  
Residents' Use of Recreation and Cultural Facilities During the Past Year

***An historic site***

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	343,055	38.3	47.6	9.5	3.6	0.9
Cape Breton RM	77,758	42.7	45.2	8.6	2.8	0.6
Annapolis Valley-Hants	102,468	41.9	46.8	8.6	2.5	0.1
Antigonish-Guysborough	21,820	53.2	38.6	5.0	3.0	0.3
Colchester	41,513	53.7	38.5	5.2	2.2	0.4
Cumberland	24,792	47.5	42.7	7.0	2.5	0.3
Lunenburg-Queens	48,506	48.4	42.1	7.2	2.0	0.3
Pictou	34,809	54.2	38.2	5.5	1.0	1.0
Southwest Nova	46,464	46.7	38.6	8.8	5.3	0.7
Strait Area-Western CB	27,215	53.8	39.3	4.7	1.8	0.4
<b>Province Overall</b>	<b>768,400</b>	<b>43.2</b>	<b>44.8</b>	<b>8.3</b>	<b>3.1</b>	<b>0.6</b>

Table E9I  
Residents' Use of Recreation and Cultural Facilities During the Past Year

***Performing arts facility***

Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	342,420	55.7	32.9	6.8	3.3	1.2
Cape Breton RM	77,797	60.0	29.4	5.8	3.4	1.4
Annapolis Valley-Hants	102,787	63.8	26.5	6.0	2.9	0.9
Antigonish-Guysborough	21,719	51.4	35.1	7.3	4.8	1.3
Colchester	41,581	62.9	28.5	4.5	3.4	0.7
Cumberland	24,276	73.3	21.1	3.0	2.5	0.0
Lunenburg-Queens	48,367	68.7	24.7	4.3	1.8	0.6
Pictou	35,247	63.0	30.3	4.2	2.1	0.3
Southwest Nova	46,549	63.4	27.9	5.3	3.0	0.5
Strait Area-Western CB	27,328	62.1	30.5	4.1	3.0	0.3
<b>Province Overall</b>	<b>768,071</b>	<b>59.9</b>	<b>30.1</b>	<b>5.9</b>	<b>3.1</b>	<b>1.0</b>



Table E9m  
Residents' Use of Recreation and Cultural Facilities During the Past Year


***Visual arts facility***


Region	n	Percentage of Residents				
		Never	Some-times	Regularly	Quite often	All of the time
Halifax RM	342,092	67.0	26.6	3.9	2.4	0.2
Cape Breton RM	76,695	79.1	17.2	2.4	1.0	0.3
Annapolis Valley-Hants	102,371	74.5	21.1	3.6	0.8	0.1
Antigonish-Guysborough	21,250	71.5	22.5	3.8	1.6	0.5
Colchester	41,081	74.0	21.5	2.6	1.5	0.5
Cumberland	24,297	82.6	13.9	1.9	0.7	0.8
Lunenburg-Queens	48,303	76.2	19.9	2.8	0.7	0.4
Pictou	35,030	77.6	20.3	1.3	0.6	0.2
Southwest Nova	46,458	70.6	22.7	4.5	1.9	0.3
Strait Area-Western CB	26,947	74.6	19.7	3.4	1.6	0.6
<b>Province Overall</b>	<b>764,524</b>	<b>71.8</b>	<b>22.9</b>	<b>3.4</b>	<b>1.7</b>	<b>0.3</b>

Table E9 – Summary Ranks  
 Rankings of Frequency of Use of Recreation and Cultural Facilities (Tables E9a to E9m)<sup>a</sup>

Recreation and Cultural Facilities	Ranking of Frequency of Use of Recreation and Cultural Facilities										
	Rank in NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Local parks, playgrounds, and/or trails	1	1	1	1	1	1	1	1	1	1	1
Beaches, outdoor swimming pool, splash pads, and/or wading pools	2	3	2	2	2	3	2	2	2	2	2
Public library	3	2	5	4	3	4	4	4	4	3	4
Community complex/recreation centre	4	4	3	3	4	2	3	3	3	5	3
An historic site	5	5	4	5	7	6	5	5	5	4	5
Sports fields	6	6	7	6	6	7	6	8	7	8	9
Performing arts facility	7	8	6	7	5	9	10	7	8	7	6
Indoor swimming pool	8	7	10	9	9	5	8	6	6	6	11
Outdoor sports facilities (e.g., golf, tennis, basketball, pickle ball)	9	9	9	8	8	8	7	9	10	9	7
Indoor skating rink	10	11	8	10	10	10	9	11	9	10	8
Visual arts facility	11	10	11	11	11	12	11	10	11	11	10
Outdoor skating rink	12	12	12	13	12	11	13	13	13	13	13
Curling rink	13	13	13	12	13	13	12	12	12	12	12

Notes: <sup>a</sup> Rankings are based on the mean score of frequency of use of facility. The facility ranked first was used most often and the facility ranked last was used least often. Facilities are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall

## Perceived Accessibility of Community Recreation and Cultural Facilities

Table E10a  
Residents' Perceptions of Accessibility to Recreation and Cultural Facilities

*“The recreation and culture facilities are easy for me to get to”*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	342,341	3.7	2.6	7.5	15.2	42.1	17.2	11.9	4.88	1.38
Cape Breton RM	76,676	6.3	3.6	9.9	19.2	42.6	10.0	8.5	4.52	1.46
Annapolis Valley-Hants	102,945	5.7	1.6	7.4	18.6	37.7	16.6	12.3	4.80	1.47
Antigonish-Guysborough	22,096	1.8	2.9	5.1	10.5	44.7	18.1	17.0	5.16	1.30
Colchester	41,404	3.3	3.1	5.2	13.7	40.0	21.4	13.3	5.01	1.38
Cumberland	24,187	8.3	4.1	5.9	16.8	36.2	18.5	10.2	4.65	1.60
Lunenburg-Queens	47,707	6.4	4.4	9.5	15.9	36.4	14.8	12.6	4.66	1.58
Pictou	34,891	6.1	2.5	9.3	19.7	41.5	10.6	10.2	4.60	1.46
Southwest Nova	45,996	4.3	4.3	10.0	20.4	40.5	12.2	8.3	4.58	1.40
Strait Area-Western CB	26,696	10.5	6.0	13.0	14.7	33.7	9.0	13.1	4.35	1.75
<b>Province Overall</b>	<b>764,939</b>	<b>4.8</b>	<b>3.0</b>	<b>8.0</b>	<b>16.4</b>	<b>40.6</b>	<b>15.6</b>	<b>11.6</b>	<b>4.78</b>	<b>1.45</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table E10b  
Residents' Perceptions of Accessibility to Recreation and Cultural Facilities

*"There are places nearby where I can take classes for my own interest"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	337,264	3.8	4.0	11.0	16.6	41.0	14.2	9.3	4.67	1.41
Cape Breton RM	76,332	8.3	5.2	17.2	18.3	38.8	7.1	5.1	4.15	1.50
Annapolis Valley-Hants	101,476	5.5	2.8	11.2	19.5	39.8	12.7	8.5	4.58	1.44
Antigonish-Guysborough	22,000	3.8	3.7	12.3	14.6	38.3	15.1	12.1	4.74	1.47
Colchester	41,080	4.9	3.3	15.8	19.0	34.6	13.2	9.2	4.51	1.47
Cumberland	24,369	12.0	7.5	13.5	19.3	33.1	8.0	6.6	4.04	1.66
Lunenburg-Queens	47,225	7.5	6.2	13.6	15.7	38.3	11.0	7.7	4.35	1.57
Pictou	34,997	7.0	2.5	15.2	22.3	39.8	7.4	5.8	4.31	1.42
Southwest Nova	45,286	7.7	6.8	17.8	26.5	29.9	7.1	4.1	4.02	1.45
Strait Area-Western CB	26,498	12.9	7.0	20.5	13.2	35.8	5.3	5.4	3.90	1.64
<b>Province Overall</b>	<b>756,527</b>	<b>5.7</b>	<b>4.4</b>	<b>13.1</b>	<b>18.0</b>	<b>38.9</b>	<b>11.8</b>	<b>8.1</b>	<b>4.48</b>	<b>1.48</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table E10c  
Residents' Perceptions of Accessibility to Recreation and Cultural Facilities

*“Recreation and culture programs are offered at times that are convenient to me”*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	334,118	4.4	4.9	12.2	28.1	34.4	10.3	5.7	4.37	1.36
Cape Breton RM	75,241	7.1	5.7	15.6	31.7	30.0	5.4	4.4	4.06	1.39
Annapolis Valley-Hants	99,515	7.2	4.9	12.8	29.5	32.5	8.2	4.7	4.19	1.42
Antigonish-Guysborough	21,626	2.4	4.2	12.7	24.6	37.6	10.3	8.3	4.55	1.32
Colchester	40,619	4.1	3.7	13.9	33.3	28.8	9.3	6.8	4.34	1.35
Cumberland	23,901	11.2	6.8	12.4	29.1	28.5	7.5	4.5	3.98	1.55
Lunenburg-Queens	47,136	7.6	7.3	11.3	29.7	30.6	7.5	6.0	4.15	1.49
Pictou	34,658	7.1	3.8	14.4	37.4	27.3	4.7	5.2	4.09	1.36
Southwest Nova	45,550	8.3	5.7	12.9	42.8	20.7	5.3	4.2	3.95	1.38
Strait Area-Western CB	25,669	14.2	8.6	23.6	20.2	25.7	2.6	5.0	3.62	1.59
<b>Province Overall</b>	<b>748,033</b>	<b>6.1</b>	<b>5.2</b>	<b>13.2</b>	<b>30.0</b>	<b>31.6</b>	<b>8.4</b>	<b>5.4</b>	<b>4.23</b>	<b>1.41</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table E10d  
Residents' Perceptions of Accessibility to Recreation and Cultural Facilities

*“There is a local park nearby that is easy for me to get to”*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	337,284	1.6	1.5	6.0	7.1	37.7	20.5	25.4	5.41	1.33
Cape Breton RM	76,857	4.4	2.6	8.1	8.4	46.1	14.6	15.8	4.96	1.46
Annapolis Valley-Hants	102,478	4.3	1.3	5.8	10.2	38.3	20.2	19.9	5.17	1.45
Antigonish-Guysborough	21,769	2.2	2.2	7.3	6.3	43.5	19.0	19.6	5.22	1.36
Colchester	41,041	2.2	1.4	3.0	4.4	36.8	21.6	30.7	5.60	1.31
Cumberland	24,690	7.9	1.5	4.8	8.6	38.1	19.7	19.4	5.04	1.63
Lunenburg-Queens	48,470	4.9	3.2	8.3	9.1	37.5	17.3	19.8	5.02	1.57
Pictou	34,620	3.0	2.7	8.2	13.8	35.3	18.4	18.7	5.06	1.45
Southwest Nova	45,421	4.7	3.6	8.2	12.8	44.5	12.8	13.4	4.81	1.47
Strait Area-Western CB	26,472	7.6	4.2	10.7	9.7	40.0	8.9	18.9	4.72	1.70
<b>Province Overall</b>	<b>759,102</b>	<b>3.2</b>	<b>2.0</b>	<b>6.6</b>	<b>8.4</b>	<b>39.1</b>	<b>18.7</b>	<b>22.0</b>	<b>5.22</b>	<b>1.43</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table E10e  
Residents' Perceptions of Accessibility to Recreation and Cultural Facilities

*“Childcare is available at the recreation facilities if I need to use it”*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	238,476	7.3	4.1	9.6	53.9	18.1	4.2	2.8	3.95	1.23
Cape Breton RM	56,449	12.6	8.1	11.5	52.3	10.7	3.2	1.5	3.56	1.33
Annapolis Valley-Hants	68,910	12.9	9.4	15.5	52.8	5.2	2.9	1.3	3.42	1.28
Antigonish-Guysborough	14,879	16.8	13.1	15.6	41.8	7.6	2.9	2.3	3.28	1.44
Colchester	28,893	8.8	4.4	11.8	49.0	19.0	3.3	3.7	3.90	1.32
Cumberland	17,207	19.3	6.3	12.3	40.6	13.8	2.5	5.2	3.51	1.61
Lunenburg-Queens	33,175	13.6	7.6	14.1	47.2	8.9	7.1	1.3	3.57	1.41
Pictou	26,173	7.8	4.0	9.9	47.9	19.7	5.5	5.1	4.05	1.36
Southwest Nova	36,121	12.6	9.3	18.1	49.8	8.7	0.6	0.9	3.38	1.22
Strait Area-Western CB	18,706	30.0	9.3	11.0	37.5	8.3	2.4	1.5	2.98	1.57
<b>Province Overall</b>	<b>538,989</b>	<b>10.9</b>	<b>6.3</b>	<b>11.8</b>	<b>51.0</b>	<b>13.8</b>	<b>3.7</b>	<b>2.4</b>	<b>3.72</b>	<b>1.33</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table E10f  
Residents' Perceptions of Accessibility to Recreation and Cultural Facilities

*“The cost of public recreation and culture programs prevents me from participating”*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	326,511	11.2	12.1	31.3	23.7	14.4	4.0	3.4	3.44	1.45
Cape Breton RM	73,572	10.8	8.9	29.4	27.8	14.7	4.5	4.0	3.56	1.45
Annapolis Valley-Hants	95,946	9.6	11.8	33.6	28.5	11.2	2.6	2.6	3.38	1.32
Antigonish-Guysborough	21,122	14.7	15.8	29.4	21.8	13.4	1.9	3.0	3.21	1.45
Colchester	40,055	9.9	13.9	28.4	21.2	16.3	5.3	5.1	3.56	1.54
Cumberland	23,355	16.7	10.7	26.1	28.3	9.5	2.4	6.3	3.35	1.59
Lunenburg-Queens	46,474	12.6	13.4	26.5	25.8	10.0	6.8	5.0	3.47	1.57
Pictou	33,949	9.2	7.9	24.3	30.0	14.4	4.3	9.9	3.85	1.60
Southwest Nova	44,556	11.8	9.2	28.1	35.3	11.3	1.9	2.3	3.40	1.32
Strait Area-Western CB	25,050	18.4	13.9	28.4	21.7	8.7	1.7	7.1	3.22	1.64
<b>Province Overall</b>	<b>730,590</b>	<b>11.4</b>	<b>11.7</b>	<b>30.1</b>	<b>25.8</b>	<b>13.3</b>	<b>3.8</b>	<b>4.0</b>	<b>3.45</b>	<b>1.46</b>

<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.



Table E10g  
Residents' Perceptions of Accessibility to Recreation and Cultural Facilities

*"The recreation and cultural facilities are very welcoming to me"*


Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	323,739	1.6	1.5	3.2	38.2	36.0	10.9	8.5	4.72	1.13
Cape Breton RM	72,322	3.4	1.8	4.4	43.9	33.1	7.9	5.4	4.47	1.16
Annapolis Valley-Hants	96,189	3.0	0.6	3.7	43.0	34.6	9.7	5.4	4.56	1.11
Antigonish-Guysborough	21,105	2.3	1.8	4.2	30.4	38.6	13.2	9.5	4.79	1.21
Colchester	39,811	2.9	0.4	2.7	32.2	39.2	13.2	9.4	4.82	1.19
Cumberland	22,864	2.9	2.9	5.9	38.8	32.9	8.6	8.1	4.54	1.24
Lunenburg-Queens	46,693	3.0	1.1	6.0	39.8	30.3	10.7	9.1	4.62	1.24
Pictou	33,888	1.3	4.3	6.9	43.4	31.7	8.0	4.4	4.41	1.11
Southwest Nova	44,829	3.0	2.0	5.9	51.6	24.4	8.4	4.7	4.36	1.13
Strait Area-Western CB	24,504	5.9	1.0	4.4	40.8	35.5	4.3	8.1	4.44	1.29
<b>Province Overall</b>	<b>725,944</b>	<b>2.4</b>	<b>1.5</b>	<b>4.0</b>	<b>40.1</b>	<b>34.4</b>	<b>10.0</b>	<b>7.5</b>	<b>4.62</b>	<b>1.16</b>


<sup>b</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table E10 – Summary Ranks  
 Rankings of Perceived Accessibility to Recreation and Cultural Facilities (Tables E10a to E10g)<sup>a</sup>

Perceived Accessibility to Recreation and Cultural Facilities	Rank in NS	Ranking of Perceived Accessibility to Recreation and Cultural Facilities									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
There is a local park nearby that is easy for me to get to	1	1	1	1	1	1	1	1	1	1	1
The recreation and culture facilities are easy for me to get to	2	2	2	2	2	2	2	2	2	2	3
The recreation and cultural facilities are very welcoming to me	3	3	3	4	3	3	3	3	3	3	2
There are places nearby where I can take classes for my own interest	4	4	4	3	4	4	4	4	4	4	4
Recreation and culture programs are offered at times that are convenient to me	5	5	5	5	5	5	5	5	5	5	5
Childcare is available at the recreation facilities if I need to use it	6	6	7	6	6	6	6	6	6	7	7
The cost of public recreation and culture programs prevents me from participating	7	7	6	7	7	7	7	7	7	6	6

Notes: <sup>a</sup> Rankings are based on the mean score of perceived accessibility of facilities. The statement ranked first received the highest level of agreement and the statement ranked last received the lowest level of agreement. Statements are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall

# Education

Societies that thrive encourage a thirst for knowledge — at every age and stage of life. It continues beyond elementary and high school, to college, university, and professional training through apprenticeships. Education continues as lifelong learning. As the world changes, education helps Canadians adapt to new challenges.

The Nova Scotia Quality of Life Survey asked Nova Scotians about the availability, access to, and experience of formal education and courses of interest in their community as well as participation in any traditional or cultural education opportunities.



# Education

## Perceptions of Educational Opportunities

Table F1a  
Residents' *Perceptions of Opportunities* for Formal Education and Courses of Interest:

***“There are plenty of opportunities to take formal education courses”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	346,119	4.6	3.7	9.3	19.2	35.4	18.2	9.5	4.70	1.45
Cape Breton RM	78,738	5.4	3.6	9.2	20.4	42.0	11.8	7.6	4.56	1.41
Annapolis Valley-Hants	104,550	4.9	3.1	9.7	19.6	37.9	16.8	7.9	4.65	1.42
Antigonish-Guysborough	22,325	5.8	4.1	11.2	13.7	29.6	19.7	15.9	4.80	1.64
Colchester	41,914	3.8	6.1	11.8	21.1	39.3	11.9	6.0	4.46	1.38
Cumberland	25,135	11.7	4.5	18.7	22.7	25.5	13.2	3.7	4.00	1.59
Lunenburg-Queens	49,513	8.7	8.9	17.6	25.1	31.4	6.2	2.0	3.88	1.43
Pictou	35,825	6.0	5.8	13.5	25.0	37.2	8.8	3.7	4.23	1.38
Southwest Nova	46,975	7.3	6.4	16.8	34.1	26.5	5.7	3.2	3.96	1.36
Strait Area-Western CB	27,944	20.6	7.8	19.3	19.9	25.1	3.5	3.9	3.47	1.68
<b>Province Overall</b>	<b>779,038</b>	<b>6.0</b>	<b>4.5</b>	<b>11.4</b>	<b>21.0</b>	<b>35.0</b>	<b>14.4</b>	<b>7.6</b>	<b>4.48</b>	<b>1.49</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table F1b  
Residents' *Perceptions of Opportunities* for Formal Education and Courses of Interest

***“There are plenty of opportunities to take courses of interest”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	345,828	3.7	3.6	10.9	19.1	39.3	16.5	6.8	4.63	1.36
Cape Breton RM	78,257	4.9	4.3	12.7	23.2	40.2	9.5	5.3	4.39	1.36
Annapolis Valley-Hants	104,362	4.7	3.0	11.4	23.9	37.6	13.8	5.6	4.51	1.35
Antigonish-Guysborough	22,377	4.6	4.6	14.3	16.2	31.9	18.8	9.6	4.61	1.52
Colchester	41,547	3.5	6.6	13.2	23.5	39.8	8.9	4.5	4.34	1.32
Cumberland	25,104	10.7	6.3	19.2	24.2	25.5	9.9	4.2	3.94	1.56
Lunenburg-Queens	49,445	8.3	6.4	14.4	24.0	38.4	6.1	2.3	4.05	1.41
Pictou	35,680	6.6	5.3	14.9	26.3	36.6	6.9	3.4	4.15	1.37
Southwest Nova	46,910	8.0	6.6	19.5	30.9	27.0	5.5	2.4	3.89	1.37
Strait Area-Western CB	28,093	19.2	9.2	21.7	19.8	24.8	3.0	2.3	3.40	1.59
<b>Province Overall</b>	<b>777,603</b>	<b>5.5</b>	<b>4.5</b>	<b>13.0</b>	<b>21.9</b>	<b>37.1</b>	<b>12.6</b>	<b>5.5</b>	<b>4.41</b>	<b>1.42</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table F1c  
Residents' Perceptions of Opportunities for Formal Education and Courses of Interest

*"I would take courses, but they are too expensive"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	343,883	5.0	6.4	23.2	28.9	21.5	8.4	6.5	4.07	1.44
Cape Breton RM	78,127	5.5	4.9	20.2	30.6	22.4	9.1	7.3	4.16	1.45
Annapolis Valley-Hants	103,409	2.9	6.9	23.0	33.9	20.6	6.8	5.9	4.06	1.33
Antigonish-Guysborough	22,049	7.6	9.1	23.3	29.5	19.8	7.2	3.6	3.81	1.43
Colchester	41,900	6.2	8.3	22.3	27.8	19.8	8.2	7.5	4.01	1.52
Cumberland	24,935	8.6	5.8	21.3	35.8	17.5	4.3	6.6	3.87	1.47
Lunenburg-Queens	49,398	7.1	5.6	21.9	37.8	17.8	6.7	3.1	3.86	1.34
Pictou	35,614	4.9	3.7	19.8	31.0	24.5	7.3	8.8	4.24	1.44
Southwest Nova	46,893	6.4	5.6	16.9	42.1	20.1	5.4	3.5	3.94	1.30
Strait Area-Western CB	27,561	12.8	8.3	22.8	32.6	11.9	3.1	8.5	3.66	1.61
<b>Province Overall</b>	<b>773,769</b>	<b>5.5</b>	<b>6.3</b>	<b>22.1</b>	<b>31.5</b>	<b>20.7</b>	<b>7.6</b>	<b>6.2</b>	<b>4.03</b>	<b>1.43</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table F1d  
Residents' *Perceptions of Opportunities* for Formal Education and Courses of Interest

***"There are places nearby where I can take courses out of interest"***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	344,751	3.5	3.0	10.6	24.6	42.8	11.0	4.6	4.51	1.25
Cape Breton RM	78,412	5.7	4.9	14.4	26.3	38.0	6.3	4.5	4.23	1.35
Annapolis Valley-Hants	104,076	4.0	2.2	9.1	27.4	41.7	10.1	5.5	4.53	1.26
Antigonish-Guysborough	22,253	4.4	4.4	12.1	22.4	36.3	14.1	6.3	4.49	1.39
Colchester	41,464	4.3	4.8	13.8	24.7	41.9	8.1	2.4	4.29	1.26
Cumberland	24,844	11.3	5.2	15.2	26.8	32.0	6.5	3.0	3.95	1.49
Lunenburg-Queens	49,335	7.3	4.8	17.2	24.0	40.7	3.8	2.1	4.06	1.33
Pictou	35,560	5.3	4.9	14.2	28.4	39.8	5.2	2.1	4.17	1.26
Southwest Nova	46,756	8.4	5.9	17.8	31.0	31.0	4.5	1.4	3.90	1.33
Strait Area-Western CB	27,800	16.9	6.8	19.3	21.6	29.6	2.7	3.1	3.61	1.59
<b>Province Overall</b>	<b>775,251</b>	<b>5.2</b>	<b>3.8</b>	<b>12.5</b>	<b>25.6</b>	<b>40.1</b>	<b>8.8</b>	<b>4.1</b>	<b>4.34</b>	<b>1.32</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.



Table F1e  
Residents' *Perceptions of Opportunities* for Formal Education and Courses of Interest

***“There are schools nearby where I can upgrade my educational qualifications”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	344,309	3.9	4.3	8.7	24.5	34.4	15.5	8.7	4.62	1.40
Cape Breton RM	77,857	5.4	3.2	7.7	22.9	42.5	11.7	6.6	4.55	1.37
Annapolis Valley-Hants	104,210	3.7	1.8	6.1	22.5	39.0	15.3	11.6	4.84	1.35
Antigonish-Guysborough	22,158	6.1	3.6	9.4	14.5	34.7	18.3	13.4	4.77	1.58
Colchester	41,719	3.8	5.1	11.6	23.1	40.0	10.8	5.7	4.46	1.34
Cumberland	24,983	11.0	4.3	10.1	24.4	34.9	9.6	5.7	4.19	1.57
Lunenburg-Queens	49,484	8.1	7.5	15.6	26.7	31.8	5.2	5.0	4.02	1.47
Pictou	35,777	6.2	3.2	9.3	23.1	41.8	9.7	6.6	4.47	1.40
Southwest Nova	46,732	6.9	6.3	12.1	28.3	33.1	8.9	4.5	4.19	1.43
Strait Area-Western CB	27,796	13.9	8.3	15.4	20.3	32.0	4.0	6.2	3.85	1.66
<b>Province Overall</b>	<b>775,025</b>	<b>5.2</b>	<b>4.3</b>	<b>9.4</b>	<b>23.9</b>	<b>36.2</b>	<b>13.0</b>	<b>8.1</b>	<b>4.53</b>	<b>1.44</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table F1f  
Residents' *Perceptions of Opportunities* for Formal Education and Courses of Interest

***"I would take courses, but they are offered at inconvenient times"***


Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	343,982	5.4	6.7	24.4	44.2	14.0	3.3	2.0	3.73	1.17
Cape Breton RM	77,843	7.4	5.9	23.8	44.2	13.4	2.9	2.3	3.68	1.22
Annapolis Valley-Hants	103,639	6.0	5.0	22.9	48.1	12.2	2.6	3.1	3.76	1.19
Antigonish-Guysborough	22,190	7.7	7.4	22.3	42.4	16.8	2.3	1.1	3.64	1.20
Colchester	41,285	5.9	5.3	23.6	46.4	12.6	3.7	2.7	3.76	1.20
Cumberland	24,804	9.2	5.5	23.8	44.5	10.4	4.4	2.4	3.64	1.28
Lunenburg-Queens	49,525	6.7	4.3	24.7	52.3	7.4	3.6	1.1	3.65	1.10
Pictou	35,681	4.3	4.0	20.1	48.7	15.1	4.9	3.1	3.93	1.17
Southwest Nova	46,686	8.2	5.2	20.6	48.8	13.8	1.6	1.9	3.67	1.19
Strait Area-Western CB	27,695	11.9	5.7	20.3	44.4	12.4	1.9	3.3	3.59	1.35
<b>Province Overall</b>	<b>773,330</b>	<b>6.3</b>	<b>5.9</b>	<b>23.4</b>	<b>45.8</b>	<b>13.2</b>	<b>3.1</b>	<b>2.2</b>	<b>3.72</b>	<b>1.19</b>


<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table F1 – Summary Ranks  
 Rankings of Perceptions of Opportunities for Formal Education and Courses of Interest (Tables F1a to F1f)<sup>a</sup>

Perceptions of Educational Opportunities	Rank in NS	Ranking of Perceptions of Educational Opportunities									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
There are schools nearby where I can upgrade my educational qualifications	1	3	2	1	2	2	1	3	1	1	1
There are plenty of opportunities to take formal education courses	2	1	1	2	1	1	2	4	3	2	5
There are plenty of opportunities to take courses of interest	3	2	3	4	3	3	4	2	5	5	6
There are places nearby where I can take courses out of interest	4	4	4	3	4	4	3	1	4	4	3
I would take courses, but they are too expensive	5	5	5	5	5	5	5	5	2	3	2
I would take courses, but they are offered at inconvenient times	6	6	6	6	6	6	6	6	6	6	4

Notes: <sup>a</sup> Rankings are based on the mean score of perceptions of opportunities for formal education and courses of interest. The statement ranked first received the highest level of agreement and the statement ranked last received the lowest level of agreement. Statements are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall

## Ongoing Formal Education and Courses for Interest

Table F2  
Residents Who Took *Formal Education* Courses in the Past Year to Improve Skills or to Prepare for a Job

	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
To improve your skills in your current job	25.0	26.6	25.6	23.2	25.5	28.0	20.2	20.0	22.5	24.8	23.4
To prepare for a job you might do in the future	19.4	21.9	20.7	17.5	16.7	14.5	14.8	16.8	14.3	18.1	18.8
To lead directly to a qualification related to current job	18.7	20.4	20.0	15.5	19.0	19.9	17.1	14.0	15.8	18.0	16.8
To help you get started in a current/new job	14.3	16.0	16.0	11.2	10.4	13.7	11.4	11.8	11.5	16.1	11.7

Table F3a  
Residents Who Took Courses *for Interest* in the Community or Online in the Past Year

Course(s) taken for interest	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Residents	16.8	18.7	13.4	16.9	11.8	16.5	16.2	17.5	14.0	14.0	14.9
<b>Total</b>	778,967	345,920	79,140	104,094	22,382	42,253	24,990	49,755	35,513	46,776	28,144

Table F3b  
Number of Courses *for Interest* Taken by Residents in the Past Year

Number of Courses	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Courses taken in the community	1.39 (1.52)	1.37 (1.45)	1.33 (1.64)	1.63 (1.63)	1.41 (1.44)	1.49 (1.43)	1.32 (1.78)	1.37 (1.63)	1.44 (1.63)	1.08 (1.27)	1.24 (1.55)
Courses taken online	1.44 (1.67)	1.40 (1.57)	1.87 (1.82)	1.27 (1.82)	0.88 (0.97)	1.17 (1.57)	1.61 (1.75)	1.98 (2.03)	1.19 (1.51)	1.53 (1.63)	1.38 (1.49)

Note: Table includes only those Residents who took at least one course for interest in past year.  
Mean number of courses shown above with standard deviation below in parentheses.

Table F4  
Residents Who Took or Participated in *Traditional or Cultural Education Courses or Activities* in the Community in the Past Year

Traditional/Cultural Course(s) taken	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Residents	9.7	9.7	9.2	12.2	9.2	7.7	8.6	8.0	8.7	9.7	11.0
<b>Total</b>	777,058	345,461	78,978	103,463	22,185	42,234	24,620	49,900	35,521	46,575	28,121



# Living Standards

Our living standards should reflect our capacity to transform economic growth into stable current and future income streams for everyone. Economic growth does not automatically translate into better living standards.

The Nova Scotia Quality of Life Survey included questions for Nova Scotians about their paid work and work schedules; commuting time and mode of transportation; how respondents feel about their job(s); the ways work and personal lives impact one another; home internet access; and, experiences of financial insecurity.

# Living Standards

## Working for Pay and Its Characteristics

Table G1  
Residents Who Work for *Pay*

Work for Pay	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Residents	62.1	67.7	55.6	56.9	63.2	63.8	58.8	56.1	54.5	56.5	60.2
<b>Total</b>	779,092	345,265	79,079	104,401	22,397	42,401	25,290	49,614	35,658	46,919	28,068

Table G2  
Number of *Different* Paid Jobs (full- or part-time) held by Residents<sup>a</sup>

Number of <i>different</i> jobs for pay	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
1 job	80.2	81.3	82.3	75.9	76.9	81.3	76.1	82.1	81.0	80.2	75.6
2 jobs	16.1	15.2	14.8	19.0	15.8	16.9	22.4	15.6	14.3	15.8	17.2
3 or more jobs	3.7	3.5	3.0	5.1	7.3	1.7	1.5	2.3	4.6	4.0	7.2
<b>Total</b>	475,097	230,200	42,862	58,005	13,871	26,538	14,690	27,567	19,150	25,620	16,594

<sup>a</sup> Includes only those residents who indicated that they worked for pay.



Table G3  
Residents' Weekly Hours Spent Working for Pay on *Main Job*<sup>a</sup>

Hours spent on <i>main job</i> per week	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Fewer than 25 hours	14.2	13.8	8.6	12.0	14.9	19.3	15.7	20.8	18.1	17.1	13.5
25 to 34 hours	9.4	8.4	9.8	10.6	7.7	9.9	7.5	13.6	11.3	12.5	6.6
35 to 44 hours	51.4	52.5	59.7	49.2	53.7	51.8	55.3	40.5	47.9	41.2	55.0
45 to 54 hours	17.0	18.0	13.7	20.8	16.7	13.6	15.2	15.8	13.6	15.1	12.7
55 or more hours	7.9	7.2	8.2	7.4	7.0	5.4	6.3	9.2	9.2	14.1	12.2
<b>Total responding</b>	480,190	232,421	43,727	58,947	14,007	26,600	14,692	27,624	19,257	26,153	16,762

<sup>a</sup> Includes only those residents who indicated that they worked for pay.  
The average number of hours per week that Nova Scotia residents work at their main job is 37.74 hours ( $SD = 12.38$ ).

Table G4  
Residents' Weekly Hours Spent Working for Pay on *Other Job(s)*<sup>a</sup>

Hours spent on <i>other jobs</i> per week	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Fewer than 10 hours	49.2	52.3	34.6	45.0	45.5	66.5	57.5	61.9	43.3	37.9	37.5
10 to 20 hours	40.3	39.2	56.2	38.9	47.2	29.0	31.9	31.8	39.7	48.0	43.2
21 to 35 hours	9.3	7.8	8.0	14.9	6.9	4.4	8.2	3.7	16.3	14.0	11.8
More than 35 hours	1.2	0.8	1.2	1.1	0.4	0.0	2.4	2.6	0.8	0.0	7.5
<b>Total responding</b>	90,401	41,321	7,493	13,739	3,128	4,727	3,511	4,486	3,309	4,936	3,751

<sup>a</sup> Includes only those residents who reported working at more than one job.  
The average number of hours per week that Nova Scotia residents work at *other jobs* is 11.10 hours ( $SD = 8.49$ ).

Table G5  
Residents who Work for Pay with Flexible Work Hours

Flexible work hours <sup>a</sup>	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Residents	41.2	47.6	28.7	39.3	41.7	33.1	35.5	37.4	36.0	34.2	32.3
<b>Total responding</b>	482,023	233,109	43,755	59,032	14,060	26,915	14,798	27,629	19,399	26,437	16,889

<sup>a</sup> Employees with flexible hours who work the full number of hours required by the employer, but have some control over the time their workday begins and ends.

Table G6  
Profile of Residents in Nova Scotia:  
*Work Schedule*

Work Schedule	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Regular daytime, Monday to Friday	70.7	76.1	65.4	72.0	74.4	64.7	57.8	59.6	58.5	61.6	70.0
Shift schedule <sup>a</sup>	17.7	14.1	25.9	14.6	12.3	24.8	25.3	21.9	25.3	21.3	20.9
Irregular shift schedule <sup>b</sup>	11.7	9.8	8.7	13.4	13.3	10.5	16.9	18.6	16.2	17.2	9.2
<b>Total responding</b>	480,391	232,842	43,588	58,846	13,952	26,776	14,798	27,392	19,252	26,385	16,560

<sup>a</sup> Includes evenings, nights, and/or rotating shifts throughout the week.

<sup>b</sup> Includes irregular shifts, on call, compressed work weeks.

Table G7a  
Residents *Workday Commute* from Home to Workplace for Main Job (minutes per day)

Commute Time	Nova	Region									
	Scotia	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Time in minutes	19.38 (15.58)	22.16 (15.29)	16.13 (12.37)	18.91 (16.19)	13.74 (14.19)	16.92 (15.93)	15.35 (15.09)	18.22 (18.86)	13.44 (11.46)	15.41 (14.69)	17.74 (16.86)
<b>Total</b>	472,334	229,110	42,546	58,317	13,820	26,518	14,540	27,183	18,809	24,899	16,593

Table G7b  
Residents *Workday Commute* from Home to Workplace for Main Job (minutes per day grouped)

Work Schedule	Pct. in	Percentage in Region									
	NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
15 minutes or less	53.0	42.0	58.8	58.7	77.5	65.4	65.8	64.3	72.5	62.5	62.4
16 to 30 minutes	29.4	37.2	30.9	24.8	9.4	18.3	20.8	16.6	20.0	23.6	16.7
31 to 45 minutes	10.2	13.1	6.5	7.7	6.7	8.6	8.5	5.3	4.7	8.1	12.2
45 to 60 minutes	4.8	5.4	1.4	6.0	4.4	3.6	3.0	8.7	1.5	2.2	7.3
More than an hour	2.6	2.2	2.4	2.8	1.9	4.1	1.9	5.1	1.3	3.7	1.4
<b>Total responding</b>	476,170	230,770	43,302	58,472	14,060	26,592	14,703	27,182	18,932	25,433	16,724

Table G8  
Residents' Usual Form of Transportation to Get to Their Main Job<sup>a</sup>

Main Form of Transportation	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Personal car	76.7	69.0	85.7	85.9	80.9	83.8	79.0	81.8	83.2	85.0	80.8
Walk	7.8	8.6	5.0	5.5	8.7	7.9	10.6	8.6	6.5	6.6	10.1
Public transit	4.7	9.1	2.3	0.0	0.4	0.3	0.0	0.2	0.0	0.8	1.7
Bicycle	1.1	1.9	0.0	0.4	1.1	1.1	0.7	0.0	0.2	0.6	0.0
Other <sup>b</sup>	9.7	11.5	7.0	8.2	9.0	6.9	9.7	9.4	10.1	6.9	7.4
<b>Total responding</b>	480,184	231,571	43,781	59,232	14,060	26,424	14,773	27,734	19,303	26,463	16,843

<sup>a</sup> Includes only those residents who indicated that they worked for pay.

<sup>b</sup> Other forms of transportation included airplane, company vehicle, carpool, taxi, and ferry.

## Perceptions of Job Fit and Security

Table G9a  
Residents' Perceptions of *Job Fit and Security*  
***"I have little hope for promotion at my job"***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	231,945	6.7	10.4	22.7	22.2	21.4	7.6	9.0	4.00	1.61
Cape Breton RM	43,548	6.4	8.9	23.2	20.4	21.3	8.1	11.7	4.12	1.65
Annapolis Valley-Hants	59,073	7.3	9.5	21.5	24.7	18.9	7.9	10.2	4.02	1.63
Antigonish-Guysborough	13,957	5.2	8.9	21.9	17.8	22.0	13.1	10.9	4.26	1.65
Colchester	26,804	5.5	12.7	16.6	23.2	22.8	8.6	10.6	4.13	1.64
Cumberland	14,830	7.8	6.4	15.6	25.3	24.2	7.3	13.4	4.27	1.67
Lunenburg-Queens	27,635	5.8	3.8	15.3	23.1	24.0	12.3	15.7	4.55	1.63
Pictou	19,207	4.1	6.4	18.1	25.3	26.3	8.3	11.5	4.34	1.52
Southwest Nova	26,464	5.2	6.4	20.9	22.2	23.6	10.6	11.2	4.29	1.59
Strait Area-Western CB	16,855	6.0	6.6	19.1	24.2	18.3	10.0	15.8	4.35	1.70
<b>Province Overall</b>	<b>480,318</b>	<b>6.4</b>	<b>9.2</b>	<b>21.2</b>	<b>22.6</b>	<b>21.6</b>	<b>8.4</b>	<b>10.5</b>	<b>4.11</b>	<b>1.63</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G9b  
Residents' Perceptions of *Job Fit and Security*

***“My current occupational position adequately reflects my education and training”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	231,833	5.1	4.8	12.1	11.1	32.8	20.1	14.0	4.78	1.60
Cape Breton RM	43,102	5.6	5.1	9.5	7.2	38.2	20.3	14.2	4.85	1.60
Annapolis Valley-Hants	59,260	5.0	3.2	11.5	6.8	34.0	23.4	16.2	4.96	1.58
Antigonish-Guysborough	13,994	4.8	5.6	11.2	9.1	33.3	24.0	12.0	4.81	1.58
Colchester	26,805	4.8	5.0	9.1	14.7	41.7	14.6	10.1	4.68	1.47
Cumberland	14,830	6.0	3.9	12.0	10.6	35.3	17.7	14.5	4.76	1.61
Lunenburg-Queens	27,730	7.2	7.0	17.4	7.4	33.5	17.1	10.4	4.46	1.69
Pictou	19,057	5.2	4.6	15.8	10.7	34.5	16.0	13.2	4.66	1.60
Southwest Nova	26,264	4.3	5.6	17.5	8.5	35.0	15.1	14.0	4.66	1.60
Strait Area-Western CB	16,772	6.2	2.9	13.8	11.2	29.7	20.7	15.4	4.79	1.64
<b>Province Overall</b>	<b>479,647</b>	<b>5.2</b>	<b>4.7</b>	<b>12.4</b>	<b>10.0</b>	<b>34.1</b>	<b>19.6</b>	<b>13.8</b>	<b>4.77</b>	<b>1.60</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G9c  
Residents' Perceptions of *Job Fit and Security*

***“Considering all my efforts and achievements, my opportunities at work are adequate”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	232,145	3.4	3.5	11.1	17.6	39.4	16.4	8.5	4.69	1.38
Cape Breton RM	43,534	4.4	4.8	9.3	15.0	44.2	13.7	8.5	4.65	1.42
Annapolis Valley-Hants	58,792	2.8	5.0	10.1	14.9	38.9	16.5	11.9	4.79	1.43
Antigonish-Guysborough	13,891	1.5	4.2	12.4	18.4	38.9	16.1	8.5	4.71	1.31
Colchester	26,805	1.6	4.4	10.2	19.1	44.9	12.2	7.6	4.68	1.26
Cumberland	14,807	5.2	5.9	8.2	18.8	38.3	16.6	7.0	4.57	1.46
Lunenburg-Queens	27,670	3.7	4.6	7.5	23.1	38.4	14.5	8.3	4.64	1.37
Pictou	19,318	2.3	2.0	17.3	21.3	37.0	12.0	8.2	4.57	1.31
Southwest Nova	26,408	2.4	5.1	11.3	23.0	37.8	13.2	7.2	4.57	1.33
Strait Area-Western CB	16,857	4.0	3.9	6.2	13.1	40.5	20.2	12.0	4.91	1.43
<b>Province Overall</b>	<b>480,227</b>	<b>3.3</b>	<b>4.0</b>	<b>10.6</b>	<b>17.8</b>	<b>39.8</b>	<b>15.6</b>	<b>8.9</b>	<b>4.69</b>	<b>1.38</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G9d  
Residents' Perceptions of *Job Fit and Security*

*"I have experienced or I expect to experience an undesirable change in my work situation"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	231,897	10.5	13.2	30.0	20.1	15.3	5.3	5.6	3.55	1.56
Cape Breton RM	43,370	9.5	10.9	28.8	18.0	19.7	5.8	7.4	3.74	1.61
Annapolis Valley-Hants	59,321	10.5	13.2	32.8	18.8	13.9	6.5	4.3	3.49	1.52
Antigonish-Guysborough	14,050	11.0	14.5	30.1	17.2	15.9	5.8	5.5	3.52	1.59
Colchester	26,861	10.9	10.5	33.3	26.0	12.1	3.9	3.3	3.43	1.41
Cumberland	14,831	11.8	13.2	26.3	20.0	18.6	4.5	5.6	3.56	1.59
Lunenburg-Queens	27,639	11.6	10.6	24.8	21.7	17.8	6.9	6.6	3.71	1.64
Pictou	19,319	6.9	10.1	26.2	22.9	21.5	6.0	6.4	3.86	1.52
Southwest Nova	26,462	9.4	12.5	24.5	25.9	14.7	6.3	6.6	3.70	1.58
Strait Area-Western CB	16,856	11.6	8.2	38.9	21.9	11.0	6.2	2.2	3.40	1.40
<b>Province Overall</b>	<b>480,606</b>	<b>10.4</b>	<b>12.4</b>	<b>29.9</b>	<b>20.6</b>	<b>15.7</b>	<b>5.6</b>	<b>5.5</b>	<b>3.58</b>	<b>1.56</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.



Table G9e  
Residents' Perceptions of *Job Fit and Security*

***“Considering all my efforts and achievements, my salary/income is adequate”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	231,042	6.7	6.1	18.0	15.3	32.0	13.9	8.0	4.33	1.58
Cape Breton RM	43,175	7.0	5.9	17.9	14.6	38.5	9.6	6.6	4.27	1.53
Annapolis Valley-Hants	59,255	5.2	5.5	19.3	14.7	35.2	13.6	6.5	4.36	1.49
Antigonish-Guysborough	13,925	5.0	7.5	17.9	15.8	32.9	14.6	6.3	4.33	1.52
Colchester	26,901	6.7	4.4	18.0	12.4	41.0	10.8	6.7	4.36	1.51
Cumberland	14,784	11.1	5.4	13.1	14.6	33.5	13.4	8.9	4.30	1.71
Lunenburg-Queens	27,729	7.2	9.6	16.6	19.2	28.2	13.1	6.1	4.15	1.59
Pictou	19,255	6.0	6.7	14.2	17.8	39.6	10.7	4.9	4.30	1.46
Southwest Nova	26,463	5.7	6.3	17.1	16.7	38.0	7.9	8.2	4.32	1.51
Strait Area-Western CB	16,828	7.3	6.8	10.1	12.8	39.6	12.1	11.3	4.52	1.63
<b>Province Overall</b>	<b>479,357</b>	<b>6.6</b>	<b>6.2</b>	<b>17.4</b>	<b>15.3</b>	<b>34.2</b>	<b>12.7</b>	<b>7.5</b>	<b>4.33</b>	<b>1.56</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G9f  
Residents' Perceptions of *Job Fit and Security*

***"My job security is poor"***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	232,434	18.7	18.8	28.6	17.0	10.3	3.2	3.4	3.05	1.53
Cape Breton RM	43,455	13.9	16.0	31.2	15.2	11.0	5.1	7.6	3.39	1.68
Annapolis Valley-Hants	59,321	16.5	17.8	32.9	17.4	9.8	3.4	2.1	3.05	1.43
Antigonish-Guysborough	14,036	17.3	20.2	31.3	15.5	9.5	2.9	3.4	3.02	1.50
Colchester	26,594	18.2	21.7	29.2	17.3	9.6	1.8	2.3	2.93	1.43
Cumberland	14,830	17.1	13.2	32.6	17.1	12.0	3.3	4.7	3.22	1.57
Lunenburg-Queens	27,692	16.0	14.9	30.0	14.9	16.9	5.6	1.7	3.25	1.52
Pictou	19,296	12.2	12.4	28.3	21.6	17.1	2.9	5.5	3.50	1.55
Southwest Nova	26,462	15.6	8.9	34.0	20.1	10.2	5.6	5.6	3.39	1.60
Strait Area-Western CB	16,821	13.6	14.1	36.2	18.4	9.3	2.0	6.3	3.27	1.54
<b>Province Overall</b>	<b>480,941</b>	<b>17.1</b>	<b>17.2</b>	<b>30.2</b>	<b>17.1</b>	<b>10.9</b>	<b>3.5</b>	<b>3.8</b>	<b>3.13</b>	<b>1.54</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G9g  
Residents' Perceptions of *Job Fit and Security*

***"My job is really meaningful to me"***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	232,472	2.9	3.1	8.0	15.0	30.3	22.2	18.4	5.07	1.47
Cape Breton RM	43,286	4.2	2.8	3.5	16.4	27.4	22.1	23.5	5.21	1.53
Annapolis Valley-Hants	59,260	2.6	3.4	6.7	12.0	34.1	20.6	20.7	5.16	1.45
Antigonish-Guysborough	14,012	4.1	1.9	5.3	10.0	33.3	22.7	22.7	5.25	1.49
Colchester	26,546	4.9	2.1	4.7	14.3	29.5	22.9	21.6	5.16	1.54
Cumberland	14,830	4.3	1.9	5.7	14.6	30.0	22.1	21.5	5.16	1.51
Lunenburg-Queens	27,729	5.7	4.0	5.0	13.3	25.5	24.5	21.9	5.10	1.65
Pictou	19,320	3.3	2.0	6.6	14.7	31.6	16.4	25.3	5.20	1.50
Southwest Nova	26,409	4.1	1.4	5.2	14.7	31.5	27.7	15.4	5.13	1.42
Strait Area-Western CB	16,889	4.0	3.9	7.4	12.6	29.7	19.8	22.6	5.10	1.58
<b>Province Overall</b>	<b>480,753</b>	<b>3.5</b>	<b>2.9</b>	<b>6.7</b>	<b>14.4</b>	<b>30.4</b>	<b>22.2</b>	<b>20.0</b>	<b>5.12</b>	<b>1.50</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.  
Note: this item is not part of the Job Fit Scale.

Table G9 Summary  
Dimensions of *Job Fit and Security*<sup>a</sup>

Dimension <sup>b</sup>	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Job security	4.65 (1.29)	4.70 (1.28)	4.44 (1.39)	4.73 (1.15)	4.73 (1.30)	4.81 (1.18)	4.61 (1.41)	4.52 (1.36)	4.32 (1.32)	4.46 (1.30)	4.67 (1.27)
Job promotion	4.42 (1.09)	4.45 (1.09)	4.41 (1.08)	4.52 (1.13)	4.40 (1.07)	4.40 (0.98)	4.34 (1.12)	4.18 (1.08)	4.30 (1.02)	4.31 (0.99)	4.46 (1.19)
<b>Overall Job Fit</b>	4.53 (1.00)	4.58 (1.01)	4.43 (1.04)	4.63 (0.98)	4.56 (0.97)	4.61 (0.90)	4.47 (1.08)	4.35 (1.02)	4.31 (0.96)	4.38 (0.94)	4.57 (1.03)

<sup>a</sup> Mean scores (and standard deviations in parentheses) are based on a 7-point scale where higher scores reflect higher agreement that job security and promotion are better.


<sup>b</sup> *Job security* is comprised of perceptions of job security and experience of an undesirable change in work situation. *Job promotion* is comprised of questions related to opportunities for promotion, to use one's training/education, recognition of effort, and appropriate remuneration.


The statement, "My job is really meaningful to me", is not part of the original scale so is not included in these summary measures.

Table G9 – Summary Ranks  
Rankings of Perceptions of *Job Fit and Security* (Tables G9a to G9g)<sup>a</sup>

Perceptions of Job Fit and Security	Ranking of Perceptions of Job Fit and Security										
	Rank in NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
My job is really meaningful to me	1	1	1	1	1	1	1	1	1	1	1
My current occupational position adequately reflects my education and training	2	2	2	2	2	3	2	4	2	2	3
Considering all my efforts and achievements, my opportunities at work are adequate	3	3	3	3	3	2	3	2	3	3	2
Considering all my efforts and achievements, my salary/income is adequate	4	4	4	4	4	4	4	5	5	4	4
I have little hope for promotion at my job	5	5	5	5	5	5	5	3	4	5	5
I have experienced or I expect to experience an undesirable change in my work situation	6	6	6	6	6	6	6	6	6	6	6
My job security is poor	7	7	7	7	7	7	7	7	7	7	7

Notes: <sup>a</sup> Rankings are based on the mean score of perceptions of job fit and security. The statement ranked first received the highest level of agreement and the statement ranked last received the lowest level of agreement. Statements are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall

## Work-Life Balance

Table G10a  
Residents' Reactions to *Work*

*"My personal life suffers because of work"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	240,277	10.9	10.3	29.6	13.2	23.8	8.0	4.2	3.69	1.59
Cape Breton RM	45,514	13.2	13.0	30.7	12.4	19.3	6.0	5.4	3.51	1.64
Annapolis Valley-Hants	61,770	8.0	11.0	27.6	10.0	27.4	11.3	4.7	3.91	1.61
Antigonish-Guysborough	14,731	11.4	11.9	31.1	11.6	25.3	5.1	3.6	3.57	1.55
Colchester	27,733	11.6	16.4	29.0	9.3	24.8	6.3	2.7	3.49	1.57
Cumberland	15,705	7.6	14.7	29.0	9.3	23.9	9.0	6.4	3.80	1.64
Lunenburg-Queens	28,992	11.5	13.0	27.2	13.3	19.6	5.5	9.9	3.73	1.75
Pictou	20,992	9.4	11.3	25.6	15.1	27.5	7.8	3.3	3.76	1.54
Southwest Nova	29,062	11.9	11.1	31.2	10.8	22.8	3.4	8.8	3.67	1.69
Strait Area-Western CB	17,610	18.3	5.3	29.9	12.1	23.2	7.9	3.2	3.53	1.67
<b>Province Overall</b>	<b>502,386</b>	<b>11.0</b>	<b>11.2</b>	<b>29.2</b>	<b>12.2</b>	<b>23.8</b>	<b>7.6</b>	<b>4.9</b>	<b>3.69</b>	<b>1.62</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G10b  
Residents' Reactions to *Work*

***“My job makes a personal life difficult”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,855	11.7	12.9	35.7	13.4	17.1	5.9	3.4	3.42	1.52
Cape Breton RM	45,515	13.0	13.9	36.2	12.7	15.2	4.7	4.3	3.34	1.54
Annapolis Valley-Hants	61,538	8.3	11.6	34.9	11.2	25.5	4.8	3.7	3.63	1.48
Antigonish-Guysborough	14,676	12.2	17.5	35.5	11.0	15.5	5.4	2.8	3.28	1.50
Colchester	27,707	12.6	15.9	34.2	13.7	15.9	5.6	2.1	3.30	1.48
Cumberland	15,549	7.7	17.1	30.1	14.2	20.2	5.3	5.3	3.59	1.55
Lunenburg-Queens	28,993	11.4	14.8	30.0	11.0	18.7	6.3	7.8	3.61	1.71
Pictou	20,912	8.8	13.5	29.2	15.2	24.0	5.6	3.7	3.64	1.51
Southwest Nova	29,008	11.0	14.0	33.8	14.2	14.2	5.2	7.7	3.53	1.65
Strait Area-Western CB	17,552	18.7	8.8	36.3	8.0	18.2	7.5	2.5	3.30	1.62
<b>Province Overall</b>	<b>501,305</b>	<b>11.4</b>	<b>13.3</b>	<b>34.7</b>	<b>12.8</b>	<b>18.2</b>	<b>5.6</b>	<b>4.0</b>	<b>3.46</b>	<b>1.54</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G10c  
Residents' Reactions to *Work*

*"I neglect personal needs because of work"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,090	10.8	10.4	31.7	11.3	25.6	6.5	3.7	3.65	1.56
Cape Breton RM	44,943	13.7	12.6	33.2	9.1	20.8	6.0	4.7	3.47	1.63
Annapolis Valley-Hants	61,655	8.7	9.8	27.2	10.7	33.6	5.5	4.5	3.85	1.55
Antigonish-Guysborough	14,712	12.5	13.7	30.2	11.4	23.4	6.2	2.6	3.49	1.56
Colchester	27,650	12.5	18.8	31.0	9.0	22.4	4.2	2.1	3.31	1.51
Cumberland	15,672	8.7	14.2	28.1	13.4	23.2	7.6	4.7	3.70	1.58
Lunenburg-Queens	28,937	10.5	12.7	24.7	13.2	21.7	10.7	6.5	3.81	1.70
Pictou	20,992	8.1	11.3	31.0	10.9	28.0	6.7	3.9	3.75	1.53
Southwest Nova	29,063	13.0	10.4	31.8	12.2	20.4	5.7	6.6	3.60	1.66
Strait Area-Western CB	17,553	16.6	5.6	34.2	10.4	20.1	7.6	5.4	3.56	1.69
<b>Province Overall</b>	<b>500,267</b>	<b>11.1</b>	<b>11.2</b>	<b>30.7</b>	<b>11.1</b>	<b>25.2</b>	<b>6.5</b>	<b>4.2</b>	<b>3.64</b>	<b>1.59</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.



Table G10d  
Residents' Reactions to *Work*

***"I put my personal life on hold for work"***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,236	10.4	12.1	30.6	12.1	25.6	5.9	3.3	3.61	1.54
Cape Breton RM	45,387	13.2	9.6	31.6	10.4	24.3	6.5	4.5	3.60	1.62
Annapolis Valley-Hants	61,654	8.2	8.3	29.2	11.4	32.6	5.9	4.4	3.87	1.52
Antigonish-Guysborough	14,711	12.2	13.2	28.8	12.1	25.4	6.0	2.3	3.53	1.55
Colchester	27,685	12.0	14.0	30.4	11.4	25.0	5.4	1.8	3.47	1.51
Cumberland	15,629	7.9	11.9	28.1	14.6	25.6	6.2	5.7	3.80	1.56
Lunenburg-Queens	29,027	9.9	10.1	24.1	16.7	22.8	9.5	6.9	3.88	1.66
Pictou	20,950	8.5	12.8	26.5	16.5	24.8	5.6	5.4	3.74	1.56
Southwest Nova	28,974	14.6	11.5	26.1	13.0	21.4	6.4	6.9	3.62	1.73
Strait Area-Western CB	17,551	15.5	8.0	28.6	9.3	25.8	5.8	7.0	3.67	1.74
<b>Province Overall</b>	<b>500,804</b>	<b>10.8</b>	<b>11.3</b>	<b>29.5</b>	<b>12.3</b>	<b>25.9</b>	<b>6.2</b>	<b>4.1</b>	<b>3.66</b>	<b>1.57</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G10e  
Residents' Reactions to *Work*

***"I struggle to juggle work and non-work activities"***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,528	9.2	10.0	28.1	14.8	27.2	7.1	3.7	3.76	1.53
Cape Breton RM	45,450	13.3	11.3	31.6	11.5	22.4	4.7	5.2	3.54	1.62
Annapolis Valley-Hants	61,443	5.9	9.6	31.6	13.5	29.9	6.6	2.9	3.83	1.42
Antigonish-Guysborough	14,680	11.7	10.9	32.5	8.8	26.1	6.8	3.3	3.60	1.58
Colchester	27,708	10.9	13.1	33.6	14.4	19.4	5.4	3.2	3.47	1.50
Cumberland	15,673	8.1	10.8	29.4	16.4	22.7	7.9	4.6	3.77	1.54
Lunenburg-Queens	28,961	7.5	8.9	25.1	13.4	29.0	9.0	7.1	4.03	1.60
Pictou	20,911	7.3	9.0	25.6	18.8	26.3	8.3	4.7	3.92	1.51
Southwest Nova	29,009	10.6	9.9	27.8	17.1	22.6	5.9	6.1	3.74	1.60
Strait Area-Western CB	17,552	16.9	6.6	30.3	9.3	21.7	11.2	4.0	3.62	1.72
<b>Province Overall</b>	500,915	9.5	10.1	29.1	14.2	26.1	7.0	4.1	3.75	1.55

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G10f  
Residents' Reactions to *Work*

*"I am happy with the amount of time for non-work activities"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,535	3.6	5.4	25.9	19.0	33.1	9.0	4.0	4.16	1.35
Cape Breton RM	45,262	4.5	4.0	22.2	16.4	37.8	8.6	6.4	4.30	1.41
Annapolis Valley-Hants	61,413	4.9	9.0	23.7	18.0	32.2	9.5	2.7	4.03	1.41
Antigonish-Guysborough	14,695	3.4	5.7	25.0	16.0	36.4	7.7	5.9	4.23	1.39
Colchester	27,689	2.8	4.5	22.0	14.0	36.9	14.0	5.8	4.43	1.39
Cumberland	15,671	6.9	5.9	24.9	18.8	32.6	6.5	4.4	4.01	1.44
Lunenburg-Queens	28,970	6.9	3.9	25.9	18.4	32.7	9.6	2.7	4.05	1.41
Pictou	20,992	7.0	4.2	22.0	24.5	32.1	6.1	4.1	4.05	1.39
Southwest Nova	29,035	6.2	3.8	22.4	23.5	33.6	7.6	2.8	4.09	1.35
Strait Area-Western CB	17,552	10.5	5.2	21.6	14.7	33.8	4.7	9.5	4.08	1.66
<b>Province Overall</b>	500,814	4.6	5.4	24.5	18.6	33.7	8.8	4.3	4.15	1.39

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G10g  
Residents' Reactions to *Work*

***“My personal life drains me of energy for work”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,990	16.3	18.9	41.1	10.9	9.6	1.8	1.4	2.90	1.31
Cape Breton RM	45,515	20.5	19.5	43.4	9.7	4.9	0.8	1.1	2.66	1.20
Annapolis Valley-Hants	61,298	14.7	18.2	49.6	8.2	8.2	1.2	0.0	2.80	1.12
Antigonish-Guysborough	14,732	16.5	24.6	40.5	10.9	6.0	0.9	0.5	2.70	1.15
Colchester	27,753	18.0	21.2	40.7	10.6	5.5	2.1	1.9	2.78	1.30
Cumberland	15,671	20.4	19.7	41.2	10.8	3.6	0.9	3.3	2.74	1.35
Lunenburg-Queens	28,957	16.4	21.4	43.9	6.7	8.6	2.4	0.6	2.79	1.24
Pictou	20,960	14.0	16.7	46.6	12.5	4.7	2.5	3.1	2.97	1.32
Southwest Nova	29,009	21.9	14.1	42.2	15.2	5.3	0.3	1.0	2.73	1.22
Strait Area-Western CB	17,346	23.3	15.1	46.9	5.8	4.4	1.8	2.7	2.69	1.35
<b>Province Overall</b>	<b>501,231</b>	<b>17.2</b>	<b>18.9</b>	<b>43.0</b>	<b>10.3</b>	<b>7.8</b>	<b>1.6</b>	<b>1.3</b>	<b>2.83</b>	<b>1.27</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G10h  
Residents' Reactions to *Work*

***"I am too tired to be effective at work"***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,411	14.5	22.1	42.6	13.4	5.6	0.9	1.0	2.80	1.16
Cape Breton RM	45,431	19.6	17.6	44.5	10.1	4.9	1.8	1.5	2.74	1.26
Annapolis Valley-Hants	61,581	15.9	22.3	41.6	13.0	6.1	0.5	0.7	2.75	1.15
Antigonish-Guysborough	14,690	17.4	25.8	40.3	9.4	6.4	0.1	0.6	2.64	1.13
Colchester	27,576	18.0	21.6	41.8	10.2	7.5	0.4	0.6	2.71	1.17
Cumberland	15,672	17.0	18.7	40.5	17.0	3.7	1.4	1.7	2.83	1.25
Lunenburg-Queens	28,992	18.1	23.1	38.0	8.2	11.6	1.0	0.1	2.76	1.24
Pictou	20,942	16.3	15.2	42.6	16.4	5.7	0.4	3.4	2.95	1.33
Southwest Nova	29,026	19.3	16.4	43.0	13.6	7.3	0.1	0.3	2.75	1.17
Strait Area-Western CB	17,551	22.2	22.3	41.8	5.1	5.1	1.0	2.5	2.61	1.31
<b>Province Overall</b>	500,872	16.3	21.1	42.2	12.4	6.1	0.8	1.0	2.77	1.19

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G10i  
Residents' Reactions to *Work*

***“My work suffers because of my personal life”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,686	20.5	22.8	41.4	9.2	5.0	0.6	0.5	2.59	1.14
Cape Breton RM	45,360	24.4	24.0	39.8	6.3	4.0	0.2	1.3	2.47	1.17
Annapolis Valley-Hants	61,488	20.2	22.7	47.1	6.5	2.9	0.4	0.2	2.51	1.02
Antigonish-Guysborough	14,732	24.9	24.7	40.5	5.5	3.7	0.1	0.6	2.41	1.10
Colchester	27,726	19.6	24.6	42.6	7.9	4.3	0.1	0.9	2.56	1.11
Cumberland	15,589	21.9	23.1	39.0	11.5	2.8	0.0	1.7	2.57	1.19
Lunenburg-Queens	28,841	24.0	20.8	40.0	7.9	6.1	0.6	0.5	2.55	1.19
Pictou	20,992	23.2	20.0	43.4	9.8	1.0	1.6	0.8	2.54	1.15
Southwest Nova	29,063	24.7	19.6	42.0	8.4	4.2	0.4	0.5	2.51	1.15
Strait Area-Western CB	17,551	29.6	22.8	38.5	3.9	2.9	0.0	2.2	2.37	1.23
<b>Province Overall</b>	501,028	21.8	22.7	41.9	8.2	4.3	0.5	0.6	2.54	1.14

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G10j  
Residents' Reactions to *Work*

***"It is hard to work because of personal matters"***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,164	20.5	23.3	36.7	9.2	8.0	1.0	1.3	2.69	1.29
Cape Breton RM	45,110	24.6	22.1	38.7	8.4	4.3	0.4	1.4	2.53	1.22
Annapolis Valley-Hants	61,580	20.8	23.9	40.1	9.8	4.9	0.2	0.3	2.56	1.11
Antigonish-Guysborough	14,730	24.7	22.6	40.6	6.2	5.1	0.1	0.6	2.47	1.14
Colchester	27,624	21.6	26.8	37.2	6.7	6.4	0.4	1.0	2.55	1.20
Cumberland	15,650	19.3	24.7	36.0	11.7	5.4	1.2	1.7	2.69	1.28
Lunenburg-Queens	28,893	25.0	19.6	35.5	9.1	9.1	1.5	0.1	2.63	1.29
Pictou	20,930	22.4	19.7	36.6	12.3	6.0	0.0	3.0	2.72	1.36
Southwest Nova	28,529	23.9	15.7	43.1	11.6	4.5	0.6	0.6	2.61	1.19
Strait Area-Western CB	17,552	31.5	17.6	36.6	6.4	4.4	1.4	2.2	2.48	1.37
<b>Province Overall</b>	499,762	22.0	22.5	37.7	9.2	6.7	0.7	1.2	2.63	1.26

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G10k  
Residents' Reactions to *Work*

***“My personal life gives me energy for my job”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,622	3.7	4.2	16.7	29.4	31.1	10.5	4.4	4.29	1.31
Cape Breton RM	45,340	5.9	3.6	19.3	28.8	31.6	6.9	3.8	4.13	1.34
Annapolis Valley-Hants	61,146	4.3	2.7	17.2	34.1	30.8	8.1	2.6	4.19	1.23
Antigonish-Guysborough	14,717	2.9	3.0	16.2	30.3	34.2	9.3	4.1	4.34	1.23
Colchester	27,684	3.5	3.8	18.1	30.3	31.8	9.8	2.7	4.23	1.24
Cumberland	15,434	6.4	5.4	18.2	26.8	28.8	11.0	3.5	4.13	1.41
Lunenburg-Queens	28,993	3.2	5.2	16.1	34.1	31.0	7.1	3.3	4.19	1.23
Pictou	20,864	5.3	4.0	19.5	35.0	25.5	5.3	5.4	4.09	1.33
Southwest Nova	28,917	2.9	8.9	17.0	32.3	26.1	9.5	3.4	4.12	1.31
Strait Area-Western CB	17,550	3.5	4.9	12.9	28.4	33.7	10.4	6.3	4.40	1.34
<b>Province Overall</b>	<b>500,267</b>	<b>4.0</b>	<b>4.3</b>	<b>17.1</b>	<b>30.6</b>	<b>30.7</b>	<b>9.3</b>	<b>4.0</b>	<b>4.24</b>	<b>1.30</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.



Table G10I  
Residents' Reactions to *Work*

*"I am in a better mood at work because of my personal life"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,526	3.3	3.2	11.7	24.6	35.8	15.4	6.0	4.57	1.32
Cape Breton RM	45,315	4.3	3.1	12.3	27.1	36.7	11.5	5.1	4.44	1.31
Annapolis Valley-Hants	61,249	4.0	2.5	10.8	30.9	36.2	11.2	4.4	4.44	1.26
Antigonish-Guysborough	14,647	3.7	3.3	12.9	26.5	33.9	12.8	6.9	4.50	1.35
Colchester	27,728	4.1	3.5	9.6	22.9	43.5	12.2	4.2	4.51	1.28
Cumberland	15,592	7.2	5.2	13.7	22.6	30.3	15.2	5.8	4.32	1.52
Lunenburg-Queens	28,967	3.8	6.4	11.4	27.0	35.9	7.7	7.7	4.39	1.39
Pictou	20,833	3.2	4.1	15.9	34.3	32.2	4.4	5.8	4.25	1.25
Southwest Nova	29,032	3.5	5.5	11.7	33.0	26.8	13.8	5.6	4.38	1.35
Strait Area-Western CB	17,518	3.2	2.0	13.5	23.7	33.9	14.5	9.2	4.63	1.36
<b>Province Overall</b>	<b>500,407</b>	<b>3.7</b>	<b>3.5</b>	<b>11.9</b>	<b>26.5</b>	<b>35.4</b>	<b>13.2</b>	<b>5.8</b>	<b>4.49</b>	<b>1.32</b>

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G10m  
Residents' Reactions to *Work*

*"I am in a better mood generally because of my job"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Very strongly disagree	Strongly disagree	Disagree	Neutral/ not sure	Agree	Strongly agree	Very strongly agree	Mean	Std. Dev.
Halifax RM	239,553	5.4	4.6	18.4	30.4	28.2	9.3	3.7	4.14	1.35
Cape Breton RM	45,261	7.7	5.2	17.8	29.3	27.5	8.8	3.6	4.05	1.43
Annapolis Valley-Hants	61,284	6.7	6.2	16.5	28.6	29.9	8.8	3.4	4.09	1.40
Antigonish-Guysborough	14,644	4.3	6.3	15.8	31.6	31.8	7.5	2.7	4.14	1.28
Colchester	27,657	4.8	4.4	17.1	27.7	33.0	10.7	2.4	4.21	1.30
Cumberland	15,625	9.8	3.5	15.6	29.1	29.2	9.2	3.7	4.07	1.47
Lunenburg-Queens	28,997	8.0	3.2	17.3	30.0	27.2	8.8	5.6	4.14	1.46
Pictou	20,966	6.2	4.8	14.9	37.3	24.5	7.4	4.8	4.11	1.36
Southwest Nova	29,005	6.3	6.6	14.7	32.9	24.2	13.2	2.2	4.10	1.39
Strait Area-Western CB	17,551	4.0	4.7	17.4	24.0	30.0	9.3	10.6	4.42	1.47
<b>Province Overall</b>	500,543	6.0	4.9	17.4	30.1	28.4	9.3	3.9	4.13	1.38

<sup>a</sup> Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table G10 Summary  
Dimensions of *Work-Life Balance*<sup>a</sup>

Dimension <sup>b</sup>	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Work/personal life enhancement	3.71 (1.10)	3.67 (1.10)	3.80 (1.13)	3.76 (1.03)	3.67 (1.09)	3.68 (1.08)	3.83 (1.23)	3.76 (1.07)	3.85 (1.08)	3.80 (1.14)	3.52 (1.10)
Work interference with personal life	3.68 (1.34)	3.67 (1.31)	3.53 (1.37)	3.84 (1.27)	3.54 (1.31)	3.43 (1.30)	3.77 (1.34)	3.83 (1.44)	3.79 (1.31)	3.68 (1.42)	3.60 (1.46)
Personal life interference with work	2.69 (1.05)	2.74 (1.05)	2.60 (1.09)	2.66 (0.94)	2.56 (1.02)	2.65 (1.02)	2.71 (1.07)	2.68 (1.09)	2.79 (1.13)	2.66 (1.02)	2.54 (1.15)
<b>Overall work-life balance</b>	<b>3.36</b> <b>(0.87)</b>	<b>3.36</b> <b>(0.88)</b>	<b>3.31</b> <b>(0.91)</b>	<b>3.42</b> <b>(0.79)</b>	<b>3.26</b> <b>(0.85)</b>	<b>3.25</b> <b>(0.82)</b>	<b>3.43</b> <b>(0.92)</b>	<b>3.43</b> <b>(0.89)</b>	<b>3.48</b> <b>(0.84)</b>	<b>3.38</b> <b>(0.91)</b>	<b>3.22</b> <b>(0.98)</b>


Notes: <sup>a</sup> Mean scores (and standard deviations in parentheses) are based on a 7-point scale where higher scores reflect greater degree of work-life imbalance.

<sup>b</sup> *Work/personal life enhancement* refers to the positive transfer of mood and energy between work and personal domains.  
*Work interference with personal life* refers to difficulties re: detrimental influence of work on personal needs, time, energy, relationships.  
*Personal life interference with work* refers to difficulties performing job requirements because of personal matters.

Table G10 – Summary Ranks  
 Rankings of Residents' Reactions to Work (Work-Life Balance) (Tables G10a to G10m)<sup>a</sup>

Reactions to Work (Work-Life Balance)	Ranking of Reactions to Work (Work-Life Balance)										
	Rank in NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
I am in a better mood at work because of my personal life	1	1	1	1	1	1	1	1	1	1	1
My personal life gives me energy for my job	2	2	3	2	2	3	2	2	2	2	2
I am happy with the amount of time for non-work activities	3	3	2	4	3	2	4	4	4	4	4
I am in a better mood generally because of my job	4	4	4	3	4	4	3	3	3	3	3
I struggle to juggle work and non-work activities	5	5	6	8	5	6	7	5	5	5	6
My personal life suffers because of work	6	6	7	5	6	5	5	8	7	6	8
I put my personal life on hold for work	7	8	5	6	7	7	6	6	8	7	5
I neglect personal needs because of work	8	7	8	7	8	8	8	7	6	8	7
My job makes a personal life difficult	9	9	9	9	9	9	9	9	9	9	9
My personal life drains me of energy for work	10	10	11	10	10	10	11	10	11	11	10
I am too tired to be effective at work	11	11	10	11	11	11	10	11	10	10	11
It is hard to work because of personal matters	12	12	12	12	12	12	12	12	12	12	12
My work suffers because of my personal life	13	13	13	13	13	13	13	13	13	13	13

Notes: <sup>a</sup> Rankings are based on the mean score of reactions to work (work-life balance). The statement ranked first received the highest level of agreement and the statement ranked last received the lowest level of agreement. Statements are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall

## Experiences of Financial Insecurity

Table G11a  
Residents' Experiences of *Financial Insecurity* During the Past Year

*"I could not pay my bills on time (e.g., water, power, phone, credit card)"*

Region	n	Percentage of Residents				
		Never	Once in past year	At least once every 6 months	At least once every 3 months	At least once a month
Halifax RM	325,309	74.4	9.2	5.7	5.0	5.6
Cape Breton RM	74,548	72.3	9.6	7.3	5.3	5.4
Annapolis Valley-Hants	96,128	72.6	11.7	4.4	5.1	6.2
Antigonish-Guysborough	21,430	79.7	7.1	5.4	4.1	3.6
Colchester	39,397	76.3	7.1	8.0	4.5	4.1
Cumberland	23,995	66.3	11.1	8.3	7.2	7.1
Lunenburg-Queens	47,205	73.3	10.0	5.2	5.1	6.4
Pictou	34,160	70.1	10.9	7.9	5.0	6.2
Southwest Nova	44,166	68.1	12.7	8.5	5.2	5.5
Strait Area-Western CB	25,421	78.2	8.1	6.5	4.7	2.5
<b>Province Overall</b>	<b>731,759</b>	<b>73.4</b>	<b>9.8</b>	<b>6.2</b>	<b>5.1</b>	<b>5.5</b>

Table G11b  
Residents' Experiences of *Financial Insecurity* During the Past Year

***"I could not pay my mortgage or rent on time"***

Region	n	Percentage of Residents				
		Never	Once in past year	At least once every 6 months	At least once every 3 months	At least once a month
Halifax RM	299,314	90.9	4.2	2.1	1.5	1.3
Cape Breton RM	65,229	89.4	4.3	2.4	1.4	2.4
Annapolis Valley-Hants	89,641	91.7	5.6	1.1	0.9	0.6
Antigonish-Guysborough	19,306	95.1	1.9	1.6	1.0	0.4
Colchester	35,426	94.3	2.5	1.3	1.3	0.6
Cumberland	21,411	90.5	3.6	2.4	1.4	2.1
Lunenburg-Queens	40,967	92.1	3.1	1.2	0.7	2.9
Pictou	31,077	90.8	5.8	1.4	1.4	0.6
Southwest Nova	38,976	86.8	4.9	4.8	2.7	0.8
Strait Area-Western CB	21,691	89.3	4.7	3.2	1.8	1.0
<b>Province Overall</b>	663,038	90.9	4.3	2.0	1.4	1.3

Table G11c  
Residents' Experiences of *Financial Insecurity* During the Past Year

***"I ate less because there was not enough food or money for food"***

Region	n	Percentage of Residents				
		Never	Once in past year	At least once every 6 months	At least once every 3 months	At least once a month
Halifax RM	328,651	81.6	3.7	3.9	4.5	6.3
Cape Breton RM	73,801	82.8	5.2	3.4	2.3	6.4
Annapolis Valley-Hants	96,742	81.5	5.3	3.9	2.5	6.8
Antigonish-Guysborough	21,511	84.1	6.4	5.1	1.8	2.6
Colchester	40,547	81.4	5.7	3.8	4.2	4.8
Cumberland	24,081	77.5	7.0	4.2	4.2	7.1
Lunenburg-Queens	47,456	82.9	3.2	2.9	5.1	6.0
Pictou	34,392	77.8	5.4	4.4	6.0	6.4
Southwest Nova	43,914	79.9	4.0	5.7	4.7	5.7
Strait Area-Western CB	25,628	86.1	4.4	1.6	4.0	4.0
<b>Province Overall</b>	<b>736,723</b>	<b>81.6</b>	<b>4.5</b>	<b>3.9</b>	<b>4.0</b>	<b>6.1</b>

Table G11d  
Residents' Experiences of *Financial Insecurity* During the Past Year

***"I could not afford to purchase nutritious foods (e.g., fresh vegetables, whole foods)"***

Region	n	Percentage of Residents				
		Never	Once in past year	At least once every 6 months	At least once every 3 months	At least once a month
Halifax RM	327,898	76.4	4.2	5.0	5.6	8.8
Cape Breton RM	74,075	74.0	5.4	5.1	4.2	11.3
Annapolis Valley-Hants	96,746	76.3	5.6	2.6	3.9	11.5
Antigonish-Guysborough	21,549	79.8	5.6	5.1	5.7	3.9
Colchester	40,793	78.6	3.8	4.0	4.7	8.8
Cumberland	24,353	71.6	5.3	5.8	5.0	12.2
Lunenburg-Queens	46,885	74.4	4.3	3.7	4.0	13.6
Pictou	34,390	71.6	4.0	5.8	5.5	13.3
Southwest Nova	44,157	71.0	5.1	6.6	5.2	12.1
Strait Area-Western CB	25,745	82.4	1.9	4.9	3.0	7.8
<b>Province Overall</b>	736,591	75.7	4.5	4.7	4.9	10.1



Table G11e  
Residents' Experiences of *Financial Insecurity* During the Past Year

***"I used a local food bank"***

Region	n	Percentage of Residents				
		Never	Once in past year	At least once every 6 months	At least once every 3 months	At least once a month
Halifax RM	328,476	94.1	1.2	1.4	1.2	2.0
Cape Breton RM	73,415	96.0	0.8	0.4	0.8	2.0
Annapolis Valley-Hants	95,232	96.4	1.1	0.1	0.3	2.1
Antigonish-Guysborough	21,367	96.1	2.4	0.2	0.5	0.8
Colchester	40,733	96.5	0.6	0.8	0.4	1.7
Cumberland	23,724	94.0	1.8	0.4	1.0	2.8
Lunenburg-Queens	47,618	94.3	2.3	0.5	0.4	2.5
Pictou	34,197	92.8	2.5	1.9	1.6	1.2
Southwest Nova	43,411	93.5	2.0	1.1	0.8	2.6
Strait Area-Western CB	25,583	96.1	0.5	0.0	0.0	3.3
<b>Province Overall</b>	<b>733,756</b>	<b>94.8</b>	<b>1.3</b>	<b>0.9</b>	<b>0.9</b>	<b>2.1</b>

Table G11f  
Residents' Experiences of *Financial Insecurity* During the Past Year

***“I could not afford to pay for transportation to get to where I needed to go”***

Region	n	Percentage of Residents				
		Never	Once in past year	At least once every 6 months	At least once every 3 months	At least once a month
Halifax RM	326,976	88.4	4.4	2.7	1.8	2.7
Cape Breton RM	72,724	88.2	3.8	1.6	1.9	4.5
Annapolis Valley-Hants	95,623	89.4	4.6	2.2	1.7	2.1
Antigonish-Guysborough	21,163	92.5	3.6	1.8	1.2	0.8
Colchester	39,068	91.3	3.2	1.8	1.1	2.6
Cumberland	23,248	88.2	4.1	0.8	1.4	5.5
Lunenburg-Queens	44,691	92.2	0.7	2.5	2.4	2.2
Pictou	34,021	83.9	5.7	2.8	2.9	4.8
Southwest Nova	43,401	86.9	4.2	4.3	2.5	2.0
Strait Area-Western CB	24,859	92.7	3.3	0.9	1.1	2.0
<b>Province Overall</b>	<b>725,774</b>	<b>88.9</b>	<b>4.0</b>	<b>2.4</b>	<b>1.8</b>	<b>2.8</b>

Table G11g  
Residents' Experiences of *Financial Insecurity* During the Past Year

***"I did not have enough money to buy the things I wanted"***

Region	n	Percentage of Residents				
		Never	Once in past year	At least once every 6 months	At least once every 3 months	At least once a month
Halifax RM	331,479	51.5	7.8	12.1	8.1	20.4
Cape Breton RM	74,153	53.3	9.8	10.7	5.4	20.8
Annapolis Valley-Hants	96,471	50.8	11.8	10.5	8.0	18.9
Antigonish-Guysborough	21,610	56.3	7.1	10.7	9.1	16.8
Colchester	40,406	50.0	8.5	13.2	9.3	18.9
Cumberland	24,346	48.7	5.0	12.8	10.0	23.5
Lunenburg-Queens	46,839	51.3	6.1	11.9	9.0	21.8
Pictou	34,083	53.6	8.7	8.2	9.6	20.0
Southwest Nova	44,298	50.6	10.4	8.6	9.2	21.2
Strait Area-Western CB	25,566	63.9	8.0	8.7	4.8	14.5
<b>Province Overall</b>	<b>739,251</b>	<b>52.0</b>	<b>8.5</b>	<b>11.3</b>	<b>8.0</b>	<b>20.1</b>

Table G11h  
Residents' Experiences of *Financial Insecurity* During the Past Year


***“I did not have enough money to buy the things I needed”***

Region	n	Percentage of Residents				
		Never	Once in past year	At least once every 6 months	At least once every 3 months	At least once a month
Halifax RM	331,263	74.9	6.0	6.3	5.3	7.4
Cape Breton RM	74,428	71.5	8.8	5.1	5.5	9.1
Annapolis Valley-Hants	97,801	74.8	7.0	3.6	5.3	9.3
Antigonish-Guysborough	21,605	77.0	7.6	6.7	4.6	4.1
Colchester	41,064	76.2	7.5	5.4	5.3	5.6
Cumberland	24,565	66.9	10.8	7.6	4.6	10.1
Lunenburg-Queens	47,628	74.0	7.0	4.8	4.5	9.6
Pictou	34,484	71.0	7.3	6.1	5.7	9.9
Southwest Nova	44,236	68.4	7.3	7.1	8.6	8.6
Strait Area-Western CB	25,757	78.2	7.5	3.1	4.4	6.8
<b>Province Overall</b>	<b>742,831</b>	<b>73.9</b>	<b>7.0</b>	<b>5.7</b>	<b>5.4</b>	<b>8.0</b>

Table G11 – Summary Ranks  
 Rankings of Residents' Experiences of *Financial Insecurity* During the Past Year (Tables G11a to G11h)<sup>a</sup>

Experiences of Financial Insecurity	Ranking of Experiences of Financial Insecurity										
	Rank in NS	HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
I did not have enough money to buy the things I <i>wanted</i>	1	1	1	1	1	1	1	1	1	1	1
I could not afford to purchase nutritious foods (e.g., fresh vegetables, whole foods)	2	2	2	2	3	2	2	2	2	2	3
I did not have enough money to buy the things I <i>needed</i>	3	3	3	3	2	3	3	3	3	3	2
I could not pay my bills on time (e.g., water, power, phone, credit card)	4	4	4	4	4	4	4	4	4	4	4
I ate less because there was not enough food or money for food	5	5	5	5	5	5	5	5	5	5	5
I could not afford to pay for transportation to get to where I needed to go	6	6	6	6	6	6	6	6	6	6	6
I could not pay my mortgage or rent on time	7	7	7	7	7	7	7	7	8	7	7
I used a local food bank	8	8	8	8	8	8	8	8	7	8	8

Notes: <sup>a</sup> Rankings are based on the mean frequency of experiences of *financial insecurity* during the past year. The experience ranked first was faced *most* often during the past year and experience ranked last was faced *least* often during the past year. Statements are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall

## Internet Access and Perceived Quality

Table G12a  
Residents with Access to the Internet from Home

Internet access at home	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Have access	96.5	97.4	95.6	95.7	96.0	96.7	95.7	95.3	96.2	95.2	95.1
<b>Total</b>	783,004	347,276	79,430	104,760	22,549	42,495	25,356	49,756	36,096	47,399	27,887

Table G12b  
Perceived Overall Quality of Internet Service at Home

Region	n	Percentage of Residents					Summary <sup>a</sup>	
		Poor	Fair	Good	Very good	Excellent	Mean	Std. Dev.
Halifax RM	336,196	4.0	9.9	27.0	40.1	19.0	3.60	1.03
Cape Breton RM	75,202	3.0	10.3	28.0	37.5	21.2	3.64	1.02
Annapolis Valley-Hants	99,169	10.3	10.6	26.1	34.7	18.3	3.40	1.20
Antigonish-Guysborough	21,334	8.8	12.4	29.3	33.5	16.0	3.36	1.15
Colchester	40,814	8.5	12.2	21.4	40.3	17.6	3.46	1.16
Cumberland	24,137	8.8	13.3	26.4	36.0	15.5	3.36	1.16
Lunenburg-Queens	46,999	10.4	12.3	28.5	34.1	14.7	3.30	1.17
Pictou	34,343	10.9	17.9	25.8	31.2	14.2	3.20	1.21
Southwest Nova	44,549	11.6	19.8	26.3	29.9	12.4	3.12	1.20
Strait Area-Western CB	26,224	15.8	21.3	27.4	24.8	10.8	2.94	1.23
<b>Province Overall</b>	748,967	6.8	11.9	26.7	36.9	17.7	3.47	1.12

<sup>a</sup> Based on a 5-point scale where higher scores reflect higher perceived quality of internet service.

# Time Use

The use of our time affects physical and mental wellbeing. The implicit assumption with Time Use is the notion of balance. Most activities are beneficial to wellbeing when done in moderation, but are detrimental when done excessively or not at all. There are only 24 hours in a day, so too much time directed towards one activity can mean not enough or no time at all allocated for other activities that are also critical for our wellbeing. Not only does the amount of time matter, but the pace of and relative control over timing of activities throughout the day can affect overall quality of life.

The Nova Scotia Quality of Life Survey explored Time Use through questions around care services for children and older adults; unpaid care work; frequency with which respondents feel rushed; sleep; vacation time; and whether respondents feel they have enough time for themselves (e.g., to socialize, to be with their partner or spouse, and to nurture their creativity).





# Time Use

## Time Providing Support to Others

Table H1a  
Residents Providing Unpaid Care *to Any Children*

Unpaid care to children	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Residents providing care	19.4	20.7	19.1	19.5	17.6	18.7	22.6	16.5	18.5	17.5	14.7
<b>Total</b>	781,397	347,024	79,252	104,553	22,527	42,560	25,138	49,764	35,584	47,173	27,822

Table H1b  
Weekly Hours Typically Spent by Residents Providing Unpaid Care *to Children*

Hours of Unpaid Care <sup>a</sup>	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Children in your family	41.26 (48.25)	45.52 (49.10)	36.21 (46.13)	38.34 (41.20)	43.51 (52.04)	38.84 (53.93)	45.99 (48.65)	33.82 (48.31)	38.27 (53.30)	31.47 (43.12)	33.19 (47.84)
Children <i>not</i> in your family	5.14 (4.51)	5.52 (4.80)	4.30 (3.63)	4.80 (3.04)	5.70 (4.05)	3.86 (4.47)	4.85 (4.59)	4.03 (4.68)	4.88 (5.77)	6.84 (5.95)	4.56 (2.34)

<sup>a</sup> Mean number of hours with standard deviation below in parentheses for just those indicating that they provide care to children.

Table H2  
Residents' Perceptions of the Adequacy of Supply of Childcare in the Community

Perceptions of childcare	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Childcare is adequate	20.3	22.6	18.2	17.2	18.3	20.2	22.0	18.7	17.6	20.5	14.3
Childcare is <i>not</i> adequate	25.6	24.0	30.6	22.1	32.2	24.3	24.6	26.9	25.1	28.3	36.6
Not sure / do not know	54.1	53.3	51.2	60.7	49.5	55.4	53.4	54.5	57.2	51.2	49.1
<b>Total</b>	781,579	347,281	79,601	104,599	22,524	42,459	25,034	49,619	35,594	47,009	27,859

Table H3a  
Residents Providing Unpaid Care to Older or Dependent Adult(s)

Unpaid care to older adults	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Residents providing care	12.7	12.4	15.7	11.1	11.9	13.6	13.4	11.6	15.3	11.2	13.6
<b>Total</b>	779,790	346,271	79,124	104,473	22,508	42,443	24,805	49,881	35,407	47,108	27,770

Table H3b  
Weekly Hours Typically Spent by Residents Providing Unpaid Care to Older or Dependent Adult(s)

Hours of Unpaid Care <sup>a</sup>	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Older/dependent adult in family	17.37 (22.38)	16.29 (21.15)	22.01 (25.86)	16.16 (23.66)	14.50 (18.42)	16.42 (21.16)	24.06 (27.52)	18.16 (23.58)	16.84 (22.29)	14.02 (15.51)	19.40 (21.35)
Older/dependent adult(s) who is neighbour/friend	3.44 (3.31)	2.90 (2.60)	4.49 (4.23)	2.81 (2.74)	2.81 (2.65)	4.33 (3.93)	5.62 (3.89)	3.49 (2.90)	2.72 (2.02)	4.23 (4.98)	4.47 (3.96)

<sup>a</sup> Mean number of hours with standard deviation below in parentheses for just those indicating that they provide care to older/dependent adult(s).

Table H4  
Residents' Perceptions of the Adequacy of Supply of Care Services for Older Adults in the Community

Care Services for Older Adults	Pct. in NS	Percentage in Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Care services are adequate	12.6	9.8	14.2	12.7	18.8	16.4	20.2	14.8	14.1	14.7	16.7
Care service are <i>not</i> adequate	40.7	38.7	48.8	38.1	38.3	37.4	38.1	42.6	42.0	46.2	47.1
Not sure / do not know	46.7	51.5	37.0	49.2	42.9	46.3	41.7	42.6	44.0	39.2	36.2
<b>Total</b>	780,996	347,050	79,437	104,664	22,456	42,530	24,967	49,409	35,602	47,055	27,826

## Feeling the Time Crunch

Table H5  
How Often Residents *Feel Rushed*

Region	n	Percentage of Residents					
		Never	Less than once a month	About once a month	About once a week	A few times per week	Every day
Halifax RM	340,077	6.9	10.7	9.8	18.9	33.0	20.8
Cape Breton RM	78,124	11.6	13.5	10.5	17.8	30.1	16.4
Annapolis Valley-Hants	103,426	8.3	10.8	12.3	18.3	27.4	22.9
Antigonish-Guysborough	21,985	9.2	11.3	11.5	23.6	29.5	15.0
Colchester	41,397	8.1	11.9	13.6	22.0	28.6	15.9
Cumberland	24,462	9.1	12.0	13.6	17.8	27.3	20.1
Lunenburg-Queens	48,886	9.4	13.9	8.6	21.2	31.8	15.1
Pictou	34,814	9.6	11.3	12.2	19.9	29.7	17.3
Southwest Nova	46,221	13.7	14.8	11.7	18.8	25.1	16.0
Strait Area-Western CB	27,436	16.9	10.8	15.6	13.8	27.1	15.7
<b>Province Overall</b>	<b>766,828</b>	<b>8.8</b>	<b>11.6</b>	<b>10.9</b>	<b>19.0</b>	<b>30.5</b>	<b>19.2</b>

## Perceptions of Time Adequacy

Table H6a  
Residents' Perceptions of *Time Adequacy*

***“There is time to get enough sleep/rest”***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	342,559	12.0	14.0	12.9	19.6	41.5	6.92	3.09
Cape Breton RM	78,368	12.8	9.4	13.5	14.6	49.6	7.23	3.16
Annapolis Valley-Hants	103,143	15.5	9.7	11.3	19.8	43.8	6.98	3.16
Antigonish-Guysborough	22,296	9.0	9.3	13.2	19.9	48.5	7.42	2.88
Colchester	41,715	10.8	9.3	11.9	20.7	47.3	7.30	2.97
Cumberland	24,942	12.2	8.8	13.1	19.9	46.0	7.19	3.06
Lunenburg-Queens	49,162	12.6	9.4	12.6	13.3	52.0	7.32	3.14
Pictou	35,381	13.3	9.0	15.9	18.1	43.8	6.99	3.11
Southwest Nova	46,407	12.6	8.7	15.7	15.0	48.0	7.18	3.11
Strait Area-Western CB	27,195	8.6	10.0	11.6	14.7	55.1	7.66	2.94
<b>Province Overall</b>	<b>771,168</b>	<b>12.4</b>	<b>11.4</b>	<b>13.0</b>	<b>18.3</b>	<b>44.9</b>	<b>7.07</b>	<b>3.10</b>

<sup>a</sup> Percentages based on combining responses:

1 and 2 = *Not at all enough*

3 and 4 = *Not enough*

5 and 6 = *Neutral*

7 and 8 = *Enough*

9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6b  
Residents' Perceptions of *Time Adequacy*

***"There is enough time to be yourself"***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	340,528	7.4	9.0	17.4	22.1	44.0	7.35	2.74
Cape Breton RM	77,461	7.4	7.7	15.2	16.8	52.9	7.67	2.80
Annapolis Valley-Hants	102,750	8.8	11.0	13.6	18.0	48.6	7.41	2.87
Antigonish-Guysborough	22,225	5.5	8.8	18.6	19.7	47.4	7.50	2.65
Colchester	41,677	6.0	5.8	15.7	20.8	51.8	7.80	2.59
Cumberland	24,903	9.1	8.6	12.1	18.5	51.6	7.55	2.86
Lunenburg-Queens	48,854	8.4	7.1	13.6	15.0	55.9	7.76	2.81
Pictou	35,057	7.4	6.7	18.8	18.4	48.6	7.57	2.70
Southwest Nova	46,349	7.9	8.8	15.8	19.0	48.4	7.44	2.82
Strait Area-Western CB	26,743	5.6	4.2	17.1	18.3	54.9	7.95	2.54
<b>Province Overall</b>	<b>766,547</b>	<b>7.5</b>	<b>8.5</b>	<b>16.2</b>	<b>19.8</b>	<b>47.9</b>	<b>7.49</b>	<b>2.76</b>

<sup>a</sup> Percentages based on combining responses:

1 and 2 = *Not at all enough*

3 and 4 = *Not enough*

5 and 6 = *Neutral*

7 and 8 = *Enough*

9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6c  
Residents' Perceptions of *Time Adequacy*

***"There is enough time to socialize"***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	338,706	8.5	13.2	19.8	22.0	36.4	6.89	2.79
Cape Breton RM	77,275	9.2	10.4	20.4	16.5	43.5	7.14	2.89
Annapolis Valley-Hants	100,741	8.3	13.7	20.3	19.0	38.8	6.97	2.80
Antigonish-Guysborough	21,912	7.0	10.8	20.2	22.3	39.7	7.12	2.70
Colchester	41,384	7.3	10.1	19.1	21.8	41.6	7.20	2.74
Cumberland	24,517	10.5	9.6	18.1	22.6	39.2	7.04	2.87
Lunenburg-Queens	47,262	12.1	7.7	18.1	18.2	43.9	7.12	2.94
Pictou	35,091	9.2	9.2	23.7	16.3	41.6	7.08	2.82
Southwest Nova	45,962	9.3	12.3	19.9	17.9	40.6	6.98	2.88
Strait Area-Western CB	26,889	5.6	15.9	17.0	16.2	45.3	7.23	2.78
<b>Province Overall</b>	<b>759,739</b>	<b>8.7</b>	<b>12.2</b>	<b>19.8</b>	<b>20.1</b>	<b>39.2</b>	<b>6.99</b>	<b>2.82</b>

<sup>a</sup> Percentages based on combining responses:

1 and 2 = *Not at all enough*

3 and 4 = *Not enough*

5 and 6 = *Neutral*

7 and 8 = *Enough*

9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.



Table H6d  
Residents' Perceptions of *Time Adequacy*

***“There is enough time to exercise”***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	335,329	9.1	13.0	21.6	19.8	36.5	6.83	2.82
Cape Breton RM	75,227	10.4	10.8	19.2	16.8	42.8	7.05	2.94
Annapolis Valley-Hants	98,473	11.5	11.6	19.7	17.0	40.1	6.87	2.95
Antigonish-Guysborough	21,741	6.6	13.2	19.1	19.3	41.8	7.16	2.74
Colchester	40,689	7.9	11.3	19.6	17.5	43.6	7.18	2.80
Cumberland	23,979	12.1	10.4	18.8	17.1	41.6	6.91	2.97
Lunenburg-Queens	45,960	8.3	10.5	19.2	16.2	45.8	7.24	2.85
Pictou	34,153	8.2	10.8	22.0	18.3	40.8	7.04	2.79
Southwest Nova	43,999	10.7	11.7	20.1	16.6	40.9	6.91	2.95
Strait Area-Western CB	26,092	3.8	10.2	16.5	22.4	47.1	7.63	2.48
<b>Province Overall</b>	<b>745,642</b>	<b>9.3</b>	<b>12.0</b>	<b>20.5</b>	<b>18.5</b>	<b>39.7</b>	<b>6.96</b>	<b>2.85</b>

<sup>a</sup> Percentages based on combining responses:

1 and 2 = *Not at all enough*

3 and 4 = *Not enough*

5 and 6 = *Neutral*

7 and 8 = *Enough*

9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6e  
Residents' Perceptions of *Time Adequacy*

***“There is enough time to prepare or eat healthy meals”***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	341,290	5.8	12.5	19.5	24.2	38.0	7.13	2.63
Cape Breton RM	77,167	7.4	11.2	18.7	18.2	44.5	7.25	2.78
Annapolis Valley-Hants	102,526	7.7	10.7	19.9	19.9	41.9	7.21	2.74
Antigonish-Guysborough	21,869	4.4	9.1	19.3	21.1	46.1	7.55	2.51
Colchester	41,128	6.7	9.2	17.6	22.0	44.5	7.44	2.62
Cumberland	24,736	11.0	8.3	15.9	22.7	42.1	7.17	2.88
Lunenburg-Queens	48,451	5.8	7.8	18.4	20.5	47.5	7.60	2.56
Pictou	35,160	6.7	10.5	20.8	20.9	41.1	7.22	2.69
Southwest Nova	45,806	8.3	10.5	19.1	16.9	45.3	7.27	2.83
Strait Area-Western CB	26,750	3.0	6.6	17.3	21.9	51.3	7.91	2.33
<b>Province Overall</b>	<b>764,883</b>	<b>6.5</b>	<b>11.0</b>	<b>19.1</b>	<b>21.9</b>	<b>41.6</b>	<b>7.25</b>	<b>2.67</b>

<sup>a</sup> Percentages based on combining responses:

1 and 2 = *Not at all enough*

3 and 4 = *Not enough*

5 and 6 = *Neutral*

7 and 8 = *Enough*

9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6f  
Residents' Perceptions of *Time Adequacy*

***“There is enough time to participate in or be active in the community”***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	315,636	13.2	17.6	22.4	18.4	28.4	6.20	2.91
Cape Breton RM	71,135	12.3	12.8	23.0	16.6	35.3	6.58	2.99
Annapolis Valley-Hants	92,648	13.8	13.1	20.3	20.8	32.0	6.43	2.97
Antigonish-Guysborough	20,948	8.0	14.9	23.2	19.4	34.5	6.74	2.78
Colchester	38,754	9.7	14.0	19.7	21.2	35.5	6.81	2.86
Cumberland	22,795	12.8	13.0	20.8	19.8	33.6	6.54	2.95
Lunenburg-Queens	44,262	10.8	14.6	17.9	17.9	38.8	6.77	2.98
Pictou	32,788	13.8	12.9	24.1	17.3	31.9	6.38	2.98
Southwest Nova	42,657	11.7	14.9	21.5	15.4	36.5	6.57	3.00
Strait Area-Western CB	25,407	7.8	10.0	21.9	21.6	38.7	7.04	2.74
<b>Province Overall</b>	<b>707,030</b>	<b>12.4</b>	<b>15.3</b>	<b>21.7</b>	<b>18.6</b>	<b>32.0</b>	<b>6.43</b>	<b>2.94</b>

<sup>a</sup> Percentages based on combining responses:

1 and 2 = *Not at all enough*

3 and 4 = *Not enough*

5 and 6 = *Neutral*

7 and 8 = *Enough*

9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6g  
Residents' Perceptions of *Time Adequacy*

***“There is enough time to nurture your spiritual side”***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	260,669	14.4	14.1	21.3	16.2	33.9	6.40	3.04
Cape Breton RM	61,653	13.1	11.2	18.5	12.2	45.0	6.93	3.13
Annapolis Valley-Hants	77,612	15.0	13.2	15.7	15.2	40.8	6.69	3.19
Antigonish-Guysborough	17,890	9.6	11.4	17.7	17.6	43.7	7.12	2.92
Colchester	31,256	10.2	14.4	16.4	17.1	41.9	6.93	2.96
Cumberland	19,721	18.8	11.2	18.0	13.0	39.0	6.48	3.31
Lunenburg-Queens	35,622	14.0	11.2	13.7	12.8	48.4	7.00	3.18
Pictou	27,767	12.3	12.1	19.7	14.7	41.2	6.83	3.06
Southwest Nova	37,541	16.8	11.2	16.6	15.5	40.0	6.63	3.22
Strait Area-Western CB	22,618	6.4	14.4	16.8	19.7	42.8	7.20	2.78
<b>Province Overall</b>	<b>592,349</b>	<b>13.8</b>	<b>13.1</b>	<b>18.8</b>	<b>15.5</b>	<b>38.8</b>	<b>6.65</b>	<b>3.09</b>

<sup>a</sup> Percentages based on combining responses:

- 1 and 2 = *Not at all enough*
- 3 and 4 = *Not enough*
- 5 and 6 = *Neutral*
- 7 and 8 = *Enough*
- 9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6h  
Residents' Perceptions of *Time Adequacy*

***“There is enough time to complete chores or errands”***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	340,334	6.6	13.5	22.3	23.7	33.9	6.90	2.63
Cape Breton RM	77,421	7.9	11.5	18.4	19.0	43.3	7.19	2.79
Annapolis Valley-Hants	101,090	8.1	13.3	21.1	21.7	35.8	6.90	2.76
Antigonish-Guysborough	21,961	5.1	9.4	20.0	23.4	42.0	7.40	2.55
Colchester	41,212	4.7	12.6	19.8	22.1	40.8	7.29	2.53
Cumberland	24,473	9.1	10.5	17.1	22.3	40.9	7.07	2.80
Lunenburg-Queens	48,483	7.9	9.1	18.8	18.9	45.3	7.31	2.74
Pictou	34,685	6.8	11.5	21.5	18.4	41.8	7.19	2.72
Southwest Nova	45,908	10.2	11.9	17.4	20.9	39.5	6.96	2.87
Strait Area-Western CB	27,158	5.9	10.4	12.3	25.5	45.8	7.54	2.65
<b>Province Overall</b>	<b>762,725</b>	<b>7.1</b>	<b>12.5</b>	<b>20.5</b>	<b>22.2</b>	<b>37.8</b>	<b>7.03</b>	<b>2.70</b>

<sup>a</sup> Percentages based on combining responses:

- 1 and 2 = *Not at all enough*
- 3 and 4 = *Not enough*
- 5 and 6 = *Neutral*
- 7 and 8 = *Enough*
- 9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6i  
Residents' Perceptions of *Time Adequacy*

***“There is enough time to be with the children you live with”***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	167,325	9.9	10.5	19.2	27.9	32.5	6.77	2.73
Cape Breton RM	36,891	10.1	8.4	19.1	19.8	42.6	7.15	2.89
Annapolis Valley-Hants	41,377	10.6	9.1	26.6	24.0	29.6	6.63	2.70
Antigonish-Guysborough	9,305	9.5	4.4	24.0	23.8	38.3	7.12	2.69
Colchester	18,621	12.3	6.3	23.3	21.1	36.9	6.85	2.92
Cumberland	11,291	17.1	9.7	12.0	27.7	33.5	6.51	3.12
Lunenburg-Queens	19,771	10.6	11.6	20.6	18.2	39.0	6.88	2.92
Pictou	16,404	7.9	9.4	22.5	17.7	42.6	7.11	2.79
Southwest Nova	20,835	12.5	14.3	20.7	17.1	35.4	6.57	2.92
Strait Area-Western CB	9,418	11.2	7.3	17.1	25.7	38.8	7.06	2.89
<b>Province Overall</b>	<b>351,238</b>	<b>10.5</b>	<b>9.9</b>	<b>20.4</b>	<b>24.4</b>	<b>34.8</b>	<b>6.82</b>	<b>2.80</b>

<sup>a</sup> Percentages based on combining responses:

- 1 and 2 = *Not at all enough*
- 3 and 4 = *Not enough*
- 5 and 6 = *Neutral*
- 7 and 8 = *Enough*
- 9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6j  
Residents' Perceptions of *Time Adequacy*

***“There is enough time to be with your partner or spouse”***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	277,471	8.9	11.2	17.1	22.8	39.9	7.07	2.82
Cape Breton RM	61,750	7.3	9.2	16.0	17.1	50.4	7.56	2.79
Annapolis Valley-Hants	81,523	7.6	11.3	17.9	22.2	40.9	7.18	2.73
Antigonish-Guysborough	17,534	7.9	8.5	16.4	18.7	48.6	7.48	2.76
Colchester	33,849	6.8	8.0	14.8	23.1	47.4	7.59	2.66
Cumberland	20,690	13.2	10.9	12.3	19.3	44.3	7.01	3.11
Lunenburg-Queens	40,352	10.5	10.7	15.9	15.9	47.0	7.18	2.93
Pictou	28,363	8.7	9.0	15.0	15.6	51.6	7.52	2.88
Southwest Nova	38,823	10.7	12.5	15.1	15.6	46.2	7.13	2.98
Strait Area-Western CB	20,544	9.1	8.6	11.0	19.9	51.3	7.56	2.88
<b>Province Overall</b>	<b>620,899</b>	<b>8.8</b>	<b>10.6</b>	<b>16.3</b>	<b>20.6</b>	<b>43.6</b>	<b>7.22</b>	<b>2.83</b>

<sup>a</sup> Percentages based on combining responses:

1 and 2 = *Not at all enough*

3 and 4 = *Not enough*

5 and 6 = *Neutral*

7 and 8 = *Enough*

9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6k  
Residents' Perceptions of *Time Adequacy*

***“There is enough time to be together with your family”***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	322,232	9.6	11.4	20.0	24.4	34.7	6.85	2.77
Cape Breton RM	74,515	8.4	8.7	17.2	21.3	44.4	7.32	2.78
Annapolis Valley-Hants	94,004	11.5	16.2	13.9	24.2	34.2	6.62	2.89
Antigonish-Guysborough	20,468	9.3	9.5	19.0	22.7	39.4	7.07	2.77
Colchester	40,469	9.1	7.6	18.4	26.2	38.7	7.11	2.74
Cumberland	23,951	13.1	11.2	15.3	21.3	39.1	6.83	2.99
Lunenburg-Queens	44,487	11.7	12.5	19.2	16.1	40.5	6.82	2.98
Pictou	33,463	6.8	11.6	20.8	20.0	40.8	7.16	2.75
Southwest Nova	42,859	11.3	10.9	17.7	19.4	40.7	6.89	2.93
Strait Area-Western CB	24,564	9.1	10.4	18.5	22.8	39.3	7.09	2.82
<b>Province Overall</b>	<b>721,012</b>	<b>9.9</b>	<b>11.5</b>	<b>18.4</b>	<b>22.9</b>	<b>37.3</b>	<b>6.91</b>	<b>2.82</b>

<sup>a</sup> Percentages based on combining responses:

1 and 2 = *Not at all enough*

3 and 4 = *Not enough*

5 and 6 = *Neutral*

7 and 8 = *Enough*

9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.



Table H6I  
Residents' Perceptions of *Time Adequacy*

***“There is enough time to form and sustain serious relationships”***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	295,940	9.0	12.0	21.3	23.8	33.9	6.81	2.74
Cape Breton RM	62,750	11.3	8.8	18.3	17.2	44.3	7.10	2.98
Annapolis Valley-Hants	84,950	9.8	10.5	18.9	21.0	39.7	7.03	2.83
Antigonish-Guysborough	18,401	7.0	11.5	21.3	21.2	38.9	7.06	2.72
Colchester	35,596	7.7	8.2	23.3	20.2	40.5	7.16	2.71
Cumberland	21,353	9.8	9.7	20.1	20.2	40.1	7.03	2.88
Lunenburg-Queens	39,493	7.4	7.6	21.5	16.4	47.1	7.35	2.75
Pictou	29,109	7.1	12.3	18.7	18.0	43.9	7.20	2.81
Southwest Nova	38,530	10.9	10.4	17.7	16.2	44.8	7.05	2.94
Strait Area-Western CB	22,068	6.8	16.1	13.5	20.2	43.4	7.18	2.82
<b>Province Overall</b>	<b>648,190</b>	<b>9.1</b>	<b>11.0</b>	<b>20.2</b>	<b>21.1</b>	<b>38.6</b>	<b>6.98</b>	<b>2.80</b>

<sup>a</sup> Percentages based on combining responses:

- 1 and 2 = *Not at all enough*
- 3 and 4 = *Not enough*
- 5 and 6 = *Neutral*
- 7 and 8 = *Enough*
- 9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6m  
Residents' Perceptions of *Time Adequacy*

***“There is enough time to nurture your creative side”***

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all enough	Not enough	Neutral	Enough	Always enough	Mean	Std. Dev.
Halifax RM	315,614	14.7	16.2	20.6	19.2	29.3	6.22	2.98
Cape Breton RM	69,271	14.4	13.8	19.4	15.1	37.2	6.53	3.12
Annapolis Valley-Hants	93,901	14.3	16.5	16.1	18.1	34.9	6.43	3.09
Antigonish-Guysborough	19,683	10.7	14.2	18.3	20.7	36.1	6.71	2.92
Colchester	37,061	14.3	11.0	19.2	22.2	33.3	6.59	2.98
Cumberland	22,643	17.6	12.0	19.2	17.6	33.5	6.32	3.13
Lunenburg-Queens	43,425	13.5	11.2	20.9	13.7	40.7	6.70	3.10
Pictou	30,924	13.4	14.0	21.0	15.1	36.5	6.53	3.05
Southwest Nova	42,098	15.1	13.1	17.1	19.5	35.2	6.53	3.04
Strait Area-Western CB	24,107	10.4	15.5	16.7	17.6	39.8	6.85	2.94
<b>Province Overall</b>	<b>698,727</b>	<b>14.3</b>	<b>14.9</b>	<b>19.4</b>	<b>18.2</b>	<b>33.1</b>	<b>6.40</b>	<b>3.03</b>

<sup>a</sup> Percentages based on combining responses:

1 and 2 = *Not at all enough*

3 and 4 = *Not enough*

5 and 6 = *Neutral*

7 and 8 = *Enough*

9 and 10 = *Always Enough*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6 Summary  
Overall Perception of Time Adequacy<sup>a</sup>


Time Adequacy	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Perceived time adequacy	7.00 (2.40)	6.86 (2.37)	7.19 (2.44)	6.94 (2.43)	7.22 (2.27)	7.26 (2.30)	6.98 (2.54)	7.20 (2.43)	7.11 (2.36)	6.95 (2.52)	7.45 (2.19)
<b>Total</b>	708,804	318,731	70,979	92,611	20,640	39,221	23,392	43,773	32,894	42,067	24,495

<sup>a</sup> Mean above with standard deviation below in parentheses. Overall mean score based on combining responses to all items in original 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent.

Table H6 – Summary Ranks  
 Rankings of Perceptions of Time Adequacy for Selected Activities (Tables H6a to H6m)<sup>a</sup>

Adequate Time to ...	Rank in NS	Ranking of Perceptions of Time Adequacy for Selected Activities									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Be yourself	1	1	1	1	2	1	1	1	1	1	1
Prepare or eat healthy meals	2	2	4	2	1	3	3	2	3	2	2
Be with your partner or spouse	3	3	2	3	3	2	7	7	2	4	5
Get enough sleep/rest	4	4	5	5	4	4	2	4	10	3	3
Complete chores or errands	5	5	6	7	5	5	4	5	5	7	6
Socialise	6	6	8	6	7	6	5	8	8	6	7
Form and sustain serious relationships	7	9	9	4	11	8	6	3	4	5	9
Exercise	8	8	10	8	6	7	8	6	9	8	4
Be together with your family	9	7	3	11	10	9	9	11	6	9	10
Be with the children you live with	10	10	7	10	9	11	11	10	7	12	11
Nurture your spiritual side	11	11	11	9	8	10	12	9	11	10	8
Participate in or be active in the community	12	13	12	13	12	12	10	12	13	11	12
Nurture your creative side	13	12	13	12	13	13	13	13	12	13	13

Notes: <sup>a</sup> Rankings are based on the mean score of perceptions of having adequate time for selected activities. The activity ranked first was perceived to have the *most* time available and activity ranked last was perceived to have the *least* time available. Statements are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall


 Rank in region is notably *lower* than province overall

Table H7  
Usual Hours of *Sleep* per Day<sup>a</sup>

Hours of Sleep per Day <sup>b</sup>	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Usual hours of sleep	6.95 (1.24)	6.91 (1.18)	6.93 (1.28)	7.00 (1.25)	7.02 (1.22)	7.15 (1.28)	6.88 (1.36)	6.92 (1.30)	6.95 (1.32)	7.01 (1.44)	7.08 (1.16)
<b>Total</b>	772,127	341,963	77,970	103,829	22,157	42,230	24,875	49,490	35,675	46,190	27,748

Notes: <sup>a</sup> Includes both night-time sleep and naps.  
<sup>b</sup> Mean number of hours with standard deviation below in parentheses

Table H8  
Number of Days Residents Had on Holidays in Past Year<sup>a</sup>

Days on Holiday <sup>b</sup>	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Total number of days in past year	13.14 (15.92)	14.39 (15.57)	11.98 (16.38)	12.22 (15.75)	14.13 (17.11)	12.56 (15.75)	12.99 (17.26)	11.88 (16.26)	12.83 (16.82)	10.62 (15.73)	11.47 (14.50)
<b>Total</b>	764,326	339,159	77,837	102,727	22,010	40,881	24,617	49,205	35,002	46,026	26,861

Notes: <sup>a</sup> One quarter of residents (25.0%) reported taking no vacation days in the past year. Almost one in five residents (17.8%) who work for pay reported taking no vacation days in the past years  
<sup>b</sup> Mean number of days with standard deviation below in parentheses



# Overall Wellbeing

Traditionally, much of the information we use to make decisions that affect our daily lives is based on economic data. Those data are not wrong - they are just incomplete. With this Initiative, we are working to advance a comprehensive framework for measuring and improving the daily lives of all Nova Scotians. By measuring Overall Wellbeing, we are able to explore overall levels of satisfaction with a variety of areas that affect wellbeing.

Nova Scotians were asked questions related to their overall satisfaction with life and whether they feel the things they do are worthwhile. The answers to these questions help us draw correlations about what is driving or diminishing life satisfaction.

These are overarching questions that are often surveyed internationally.

# Overall Wellbeing

## Satisfaction with Aspects of Wellbeing (based on CIW Framework and its domains)

Table I1a  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*"My mental wellbeing"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	346,257	4.9	4.9	8.9	17.4	19.6	25.8	18.3	4.93	1.66
Cape Breton RM	79,464	5.1	4.1	7.7	17.0	14.9	25.9	25.1	5.11	1.71
Annapolis Valley-Hants	104,549	3.6	4.0	9.6	17.9	17.3	28.4	19.2	5.04	1.59
Antigonish-Guysborough	22,521	3.8	4.3	7.0	14.5	22.2	27.1	20.9	5.12	1.59
Colchester	42,524	4.8	3.5	4.6	17.8	20.0	29.9	19.3	5.12	1.58
Cumberland	25,295	6.4	5.2	10.4	15.1	20.0	22.3	20.6	4.86	1.76
Lunenburg-Queens	49,847	3.9	5.6	5.8	15.9	17.0	29.6	22.1	5.14	1.64
Pictou	35,684	3.6	6.8	9.1	19.3	17.1	20.2	23.9	4.96	1.70
Southwest Nova	47,069	6.5	3.1	8.0	21.1	14.8	24.9	21.6	4.96	1.72
Strait Area-Western CB	28,133	2.8	4.3	6.0	16.7	21.6	24.7	23.9	5.20	1.55
<b>Province Overall</b>	<b>781,343</b>	<b>4.7</b>	<b>4.6</b>	<b>8.3</b>	<b>17.5</b>	<b>18.5</b>	<b>26.2</b>	<b>20.2</b>	<b>5.00</b>	<b>1.66</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.



Table I1b  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*"My physical wellbeing"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	346,647	5.6	6.8	13.2	20.9	23.1	21.9	8.4	4.49	1.59
Cape Breton RM	79,265	7.6	5.6	12.7	20.8	19.5	21.9	11.9	4.52	1.70
Annapolis Valley-Hants	104,696	6.6	6.9	10.3	20.5	23.3	21.9	10.5	4.55	1.65
Antigonish-Guysborough	22,486	2.3	8.1	10.7	26.1	20.4	23.1	9.3	4.61	1.50
Colchester	42,570	9.0	5.1	8.0	21.1	23.3	24.9	8.6	4.54	1.67
Cumberland	25,296	7.5	9.9	11.2	20.2	19.9	20.5	10.8	4.40	1.74
Lunenburg-Queens	49,828	6.6	6.3	12.3	21.3	21.9	20.0	11.6	4.52	1.66
Pictou	35,573	6.9	7.3	15.6	23.0	20.8	16.7	9.7	4.32	1.65
Southwest Nova	47,069	9.0	8.2	12.5	21.5	17.1	20.7	11.0	4.36	1.77
Strait Area-Western CB	28,076	3.3	7.3	9.8	23.6	19.9	21.2	14.9	4.73	1.59
<b>Province Overall</b>	<b>781,506</b>	<b>6.3</b>	<b>6.8</b>	<b>12.2</b>	<b>21.2</b>	<b>21.9</b>	<b>21.6</b>	<b>9.8</b>	<b>4.50</b>	<b>1.64</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1c  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*"My leisure time"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	345,634	4.7	5.4	13.6	20.8	20.4	20.4	14.8	4.67	1.63
Cape Breton RM	79,228	4.8	5.3	8.3	20.5	19.6	22.6	18.8	4.88	1.66
Annapolis Valley-Hants	104,407	3.7	6.9	13.2	17.1	20.9	23.0	15.2	4.75	1.64
Antigonish-Guysborough	22,441	2.5	5.5	12.1	18.7	19.6	25.1	16.5	4.89	1.57
Colchester	42,439	3.3	4.8	9.6	21.6	18.5	27.1	15.1	4.89	1.56
Cumberland	25,012	4.0	5.6	9.1	20.2	21.5	20.9	18.7	4.87	1.63
Lunenburg-Queens	49,812	5.1	7.3	12.4	17.0	17.6	19.6	20.9	4.77	1.77
Pictou	35,555	4.9	7.2	9.9	23.8	18.7	16.6	18.9	4.70	1.70
Southwest Nova	47,040	6.1	6.0	9.2	22.4	15.9	21.8	18.6	4.76	1.74
Strait Area-Western CB	28,070	2.4	6.6	10.2	18.5	21.3	20.5	20.5	4.93	1.61
<b>Province Overall</b>	<b>779,638</b>	<b>4.4</b>	<b>5.8</b>	<b>12.0</b>	<b>20.2</b>	<b>19.8</b>	<b>21.4</b>	<b>16.4</b>	<b>4.75</b>	<b>1.65</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1d  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*"My sense of belonging to this community"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	345,424	4.5	7.8	13.2	27.3	20.2	18.1	8.9	4.41	1.55
Cape Breton RM	79,203	5.7	6.2	9.8	26.5	19.0	19.2	13.5	4.58	1.64
Annapolis Valley-Hants	104,410	3.3	5.6	12.8	25.5	23.0	18.2	11.6	4.60	1.51
Antigonish-Guysborough	22,446	1.9	5.4	11.4	23.5	21.3	21.8	14.8	4.81	1.50
Colchester	42,443	5.2	7.0	8.2	24.9	20.2	24.2	10.3	4.62	1.60
Cumberland	25,059	5.7	7.3	10.6	29.3	17.3	18.6	11.2	4.46	1.62
Lunenburg-Queens	49,818	4.9	8.9	10.6	22.0	19.0	19.5	15.1	4.60	1.69
Pictou	35,661	3.8	12.2	11.3	27.3	14.7	19.7	11.0	4.40	1.65
Southwest Nova	46,657	6.4	5.6	9.0	28.8	16.8	18.0	15.3	4.60	1.67
Strait Area-Western CB	28,160	3.6	6.2	8.7	18.4	24.5	21.0	17.5	4.87	1.60
<b>Province Overall</b>	<b>779,281</b>	<b>4.5</b>	<b>7.3</b>	<b>11.7</b>	<b>26.2</b>	<b>20.0</b>	<b>18.9</b>	<b>11.2</b>	<b>4.52</b>	<b>1.59</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1e  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
***“My personal relationships”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	346,015	3.3	4.4	7.3	16.8	22.2	27.2	18.8	5.07	1.55
Cape Breton RM	79,037	4.1	4.1	5.7	16.1	17.9	27.2	24.9	5.21	1.62
Annapolis Valley-Hants	104,360	3.4	3.9	7.5	15.6	20.5	28.9	20.2	5.13	1.56
Antigonish-Guysborough	22,425	0.7	5.5	6.2	17.8	19.5	27.4	23.0	5.24	1.47
Colchester	42,470	4.5	3.9	7.2	12.3	21.7	28.7	21.7	5.16	1.61
Cumberland	24,973	5.5	3.7	5.3	14.6	17.8	26.2	26.9	5.22	1.69
Lunenburg-Queens	49,017	4.1	4.5	6.0	12.4	19.1	25.2	28.8	5.29	1.66
Pictou	35,622	3.8	5.9	5.8	17.5	21.2	21.8	24.0	5.08	1.65
Southwest Nova	46,755	2.7	4.6	7.5	16.2	17.5	26.7	24.7	5.20	1.59
Strait Area-Western CB	27,969	1.9	2.4	5.9	19.5	18.9	24.0	27.4	5.33	1.47
<b>Province Overall</b>	<b>778,643</b>	<b>3.4</b>	<b>4.3</b>	<b>6.9</b>	<b>16.1</b>	<b>20.7</b>	<b>26.9</b>	<b>21.7</b>	<b>5.14</b>	<b>1.58</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1f  
 Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*"My access to educational opportunities in the community"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	342,441	5.2	5.6	9.0	29.5	20.5	19.9	10.2	4.55	1.55
Cape Breton RM	77,590	6.8	7.2	10.8	28.3	17.2	18.6	11.1	4.42	1.66
Annapolis Valley-Hants	102,735	5.1	5.4	8.6	29.5	20.0	19.8	11.6	4.60	1.56
Antigonish-Guysborough	21,971	5.2	6.2	8.9	24.1	20.5	21.6	13.5	4.67	1.62
Colchester	41,341	6.4	6.3	9.9	25.1	17.9	24.4	9.9	4.55	1.64
Cumberland	24,785	7.0	8.6	15.6	28.7	14.3	14.7	11.0	4.23	1.67
Lunenburg-Queens	48,715	8.2	8.5	10.3	30.6	14.0	18.6	9.9	4.29	1.69
Pictou	35,204	6.2	6.5	13.5	31.5	15.8	14.5	12.1	4.36	1.63
Southwest Nova	45,894	6.5	10.1	12.0	31.6	17.3	12.0	10.6	4.21	1.63
Strait Area-Western CB	27,444	7.9	14.3	12.5	30.8	13.7	13.4	7.4	3.98	1.66
<b>Province Overall</b>	<b>768,120</b>	<b>5.9</b>	<b>6.7</b>	<b>10.0</b>	<b>29.3</b>	<b>18.7</b>	<b>18.9</b>	<b>10.6</b>	<b>4.47</b>	<b>1.60</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1g  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*"The balance of activities in my daily life"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	345,302	4.0	6.9	14.0	23.9	22.0	19.2	10.0	4.50	1.55
Cape Breton RM	78,960	5.7	5.5	9.7	26.5	19.0	20.2	13.4	4.62	1.63
Annapolis Valley-Hants	104,323	3.9	8.1	11.3	21.5	26.6	16.7	11.8	4.56	1.57
Antigonish-Guysborough	22,299	2.0	4.7	12.2	23.7	23.5	21.1	12.9	4.77	1.46
Colchester	42,282	5.3	5.9	11.7	20.5	21.2	22.2	13.2	4.66	1.64
Cumberland	24,942	5.1	6.9	11.7	24.3	18.9	20.2	12.8	4.57	1.64
Lunenburg-Queens	49,527	3.1	8.4	11.3	23.7	18.7	22.3	12.4	4.63	1.59
Pictou	35,467	5.8	6.7	13.9	28.1	17.6	15.9	12.1	4.41	1.63
Southwest Nova	46,456	5.2	5.5	13.1	26.9	18.6	18.4	12.4	4.53	1.60
Strait Area-Western CB	28,106	2.5	6.2	11.3	23.7	23.8	17.6	15.0	4.73	1.53
<b>Province Overall</b>	<b>777,664</b>	<b>4.3</b>	<b>6.8</b>	<b>12.6</b>	<b>24.0</b>	<b>21.6</b>	<b>19.1</b>	<b>11.5</b>	<b>4.56</b>	<b>1.58</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1h  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*"The way I spend my time"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	345,728	4.5	7.6	13.5	21.9	23.4	18.5	10.7	4.51	1.59
Cape Breton RM	78,763	5.7	4.9	10.4	22.3	21.1	18.6	16.9	4.71	1.67
Annapolis Valley-Hants	104,256	4.8	5.2	12.9	19.8	24.6	19.8	12.9	4.66	1.59
Antigonish-Guysborough	22,452	1.6	5.2	11.3	22.5	24.0	23.5	11.9	4.80	1.44
Colchester	42,335	5.1	5.6	9.4	19.4	22.1	24.6	13.8	4.77	1.63
Cumberland	25,019	4.1	5.6	11.1	22.8	20.3	20.0	16.0	4.74	1.61
Lunenburg-Queens	49,692	2.4	6.0	10.9	23.8	20.9	21.0	14.9	4.77	1.54
Pictou	35,310	4.2	7.8	10.6	29.3	19.6	15.3	13.2	4.51	1.59
Southwest Nova	46,978	4.9	5.6	11.6	23.0	17.8	22.1	14.9	4.69	1.65
Strait Area-Western CB	27,941	2.4	5.0	8.8	24.7	21.6	20.6	17.0	4.88	1.52
<b>Province Overall</b>	<b>778,474</b>	<b>4.4</b>	<b>6.4</b>	<b>12.2</b>	<b>22.2</b>	<b>22.4</b>	<b>19.5</b>	<b>12.9</b>	<b>4.62</b>	<b>1.60</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table 11i  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*“My access to arts and cultural opportunities in the community”*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	343,152	4.7	6.7	9.9	31.0	20.4	18.5	8.8	4.47	1.52
Cape Breton RM	77,928	8.0	7.9	12.3	29.9	16.4	15.6	10.0	4.25	1.67
Annapolis Valley-Hants	103,222	5.4	4.2	13.1	33.8	19.0	15.7	8.8	4.39	1.50
Antigonish-Guysborough	21,995	5.0	5.8	9.3	29.4	19.4	19.4	11.7	4.57	1.57
Colchester	41,788	4.9	6.9	10.4	28.5	19.5	19.8	10.1	4.50	1.57
Cumberland	24,727	10.2	11.0	14.6	28.7	15.2	11.4	8.8	3.97	1.71
Lunenburg-Queens	48,867	5.5	8.2	10.5	32.2	18.4	15.7	9.6	4.35	1.57
Pictou	35,196	8.9	8.1	12.1	39.3	12.8	11.0	7.8	4.03	1.59
Southwest Nova	46,089	7.5	9.1	10.2	35.5	13.7	12.5	11.5	4.22	1.66
Strait Area-Western CB	27,596	8.7	10.4	19.4	25.9	12.9	14.6	8.1	4.00	1.68
<b>Province Overall</b>	<b>770,560</b>	<b>5.9</b>	<b>7.1</b>	<b>11.2</b>	<b>31.5</b>	<b>18.4</b>	<b>16.7</b>	<b>9.2</b>	<b>4.37</b>	<b>1.57</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.



Table I1j  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*“My access to parks and recreational opportunities in the community”*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	344,072	2.6	2.8	5.7	16.5	26.0	28.9	17.6	5.18	1.42
Cape Breton RM	78,379	4.3	5.2	6.3	23.2	21.3	23.3	16.4	4.88	1.58
Annapolis Valley-Hants	104,243	3.1	1.6	5.5	20.4	28.3	26.0	15.1	5.08	1.39
Antigonish-Guysborough	22,191	1.7	3.3	7.3	21.1	24.6	25.3	16.8	5.06	1.41
Colchester	42,375	2.0	1.7	5.3	17.0	20.9	29.3	24.0	5.37	1.40
Cumberland	24,967	6.3	6.2	7.4	22.0	19.9	23.7	14.5	4.72	1.68
Lunenburg-Queens	49,458	3.1	2.7	4.5	20.6	24.0	28.1	17.1	5.12	1.44
Pictou	35,397	4.3	5.3	6.3	25.4	21.7	21.9	15.1	4.81	1.57
Southwest Nova	46,243	3.9	4.1	8.0	26.0	23.4	19.7	14.8	4.79	1.52
Strait Area-Western CB	27,739	5.8	5.5	7.4	24.1	20.2	19.8	17.2	4.75	1.67
<b>Province Overall</b>	<b>775,064</b>	<b>3.2</b>	<b>3.2</b>	<b>6.0</b>	<b>19.5</b>	<b>24.7</b>	<b>26.4</b>	<b>17.0</b>	<b>5.07</b>	<b>1.47</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1k  
 Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*"My neighbourhood as a place to live"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	345,145	2.3	2.0	4.4	14.7	23.4	31.1	22.1	5.37	1.39
Cape Breton RM	78,473	3.5	2.9	5.3	18.9	18.3	27.3	23.8	5.22	1.55
Annapolis Valley-Hants	103,508	1.2	1.5	2.6	14.1	23.1	33.4	24.3	5.54	1.26
Antigonish-Guysborough	22,354	0.6	1.7	3.8	13.0	24.4	28.4	28.1	5.56	1.27
Colchester	42,328	2.4	1.0	4.8	15.5	20.1	29.6	26.6	5.45	1.41
Cumberland	24,947	5.4	2.8	6.4	18.6	19.0	26.4	21.4	5.08	1.63
Lunenburg-Queens	49,004	1.8	2.1	5.2	15.1	17.4	31.6	26.8	5.46	1.42
Pictou	35,241	3.9	3.2	5.4	20.2	20.6	23.3	23.4	5.14	1.57
Southwest Nova	46,558	2.4	3.5	5.1	16.8	22.9	22.7	26.6	5.29	1.51
Strait Area-Western CB	27,855	1.9	3.0	4.3	15.6	17.1	27.9	30.3	5.48	1.47
<b>Province Overall</b>	<b>775,413</b>	<b>2.4</b>	<b>2.2</b>	<b>4.4</b>	<b>15.6</b>	<b>21.8</b>	<b>29.8</b>	<b>23.9</b>	<b>5.37</b>	<b>1.42</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I11  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*"The environmental quality of my neighbourhood"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	343,227	2.6	2.2	5.0	14.9	25.1	32.0	18.2	5.26	1.39
Cape Breton RM	78,269	3.5	3.2	6.6	19.6	22.4	24.7	20.0	5.08	1.53
Annapolis Valley-Hants	103,681	1.1	0.9	3.4	14.7	22.9	36.5	20.6	5.49	1.22
Antigonish-Guysborough	22,399	0.9	0.8	3.0	13.8	21.8	35.9	23.8	5.58	1.21
Colchester	42,327	1.9	2.6	4.5	14.9	21.7	34.1	20.2	5.35	1.38
Cumberland	25,060	3.5	3.8	5.8	17.1	19.4	29.3	21.1	5.17	1.55
Lunenburg-Queens	49,555	0.8	2.2	3.9	16.8	15.5	33.9	26.8	5.53	1.34
Pictou	35,605	7.4	6.6	12.8	21.6	19.3	19.5	12.8	4.49	1.72
Southwest Nova	46,061	1.4	1.9	5.1	15.3	26.0	25.7	24.6	5.38	1.36
Strait Area-Western CB	28,005	0.5	1.1	3.4	14.8	16.0	33.6	30.5	5.68	1.25
<b>Province Overall</b>	<b>774,189</b>	<b>2.4</b>	<b>2.3</b>	<b>5.1</b>	<b>15.9</b>	<b>22.9</b>	<b>31.2</b>	<b>20.2</b>	<b>5.29</b>	<b>1.41</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1m  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
*"The way my local government responds to community needs"*

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	344,125	9.8	10.7	14.5	33.0	19.7	8.8	3.4	3.82	1.51
Cape Breton RM	78,700	21.1	15.0	17.8	24.4	13.0	5.8	3.0	3.23	1.65
Annapolis Valley-Hants	103,303	10.0	8.2	11.2	34.6	20.1	10.5	5.4	4.00	1.56
Antigonish-Guysborough	22,264	7.7	8.7	12.1	29.7	22.4	13.3	6.0	4.14	1.56
Colchester	42,195	9.3	8.8	12.3	31.0	20.8	14.3	3.4	4.02	1.55
Cumberland	24,998	12.6	9.5	12.9	28.5	20.0	11.7	4.8	3.88	1.65
Lunenburg-Queens	49,766	11.2	12.1	11.1	31.2	21.0	9.5	4.0	3.83	1.59
Pictou	35,475	15.0	15.5	14.7	28.2	13.1	9.0	4.4	3.54	1.67
Southwest Nova	46,671	13.1	12.6	14.6	29.9	11.4	11.3	7.1	3.76	1.73
Strait Area-Western CB	28,114	14.0	11.5	17.2	28.0	16.2	7.8	5.2	3.65	1.65
<b>Province Overall</b>	<b>775,611</b>	<b>11.7</b>	<b>11.1</b>	<b>14.0</b>	<b>31.3</b>	<b>18.4</b>	<b>9.4</b>	<b>4.1</b>	<b>3.78</b>	<b>1.59</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1n  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
***“How well democracy is working in our community”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	343,352	7.3	10.0	12.2	34.3	20.6	11.1	4.5	4.02	1.50
Cape Breton RM	78,057	16.5	13.7	14.7	27.5	13.9	8.7	5.1	3.55	1.71
Annapolis Valley-Hants	103,026	6.8	6.0	12.3	37.6	20.4	11.2	5.8	4.15	1.46
Antigonish-Guysborough	22,128	6.5	8.0	11.7	30.0	20.2	18.2	5.4	4.26	1.54
Colchester	42,330	8.5	6.8	12.0	32.8	20.5	15.1	4.4	4.13	1.53
Cumberland	24,761	11.6	9.7	15.4	26.4	18.8	12.5	5.6	3.91	1.66
Lunenburg-Queens	49,187	8.8	7.3	14.5	32.1	19.3	12.1	5.8	4.05	1.56
Pictou	35,298	13.1	9.9	14.4	31.0	16.8	9.8	5.1	3.78	1.64
Southwest Nova	46,762	11.7	11.7	12.3	33.5	13.2	12.1	5.5	3.83	1.65
Strait Area-Western CB	27,951	10.8	11.1	13.5	28.0	21.4	8.4	6.8	3.91	1.65
<b>Province Overall</b>	<b>772,852</b>	<b>9.1</b>	<b>9.6</b>	<b>12.8</b>	<b>33.0</b>	<b>19.1</b>	<b>11.3</b>	<b>5.0</b>	<b>3.98</b>	<b>1.56</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1o  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
***“My financial situation”***

Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	345,354	8.3	7.4	10.4	16.1	21.1	22.9	13.8	4.58	1.78
Cape Breton RM	78,972	10.9	8.6	8.9	19.7	17.4	20.4	14.0	4.41	1.87
Annapolis Valley-Hants	104,082	10.0	5.7	9.2	16.7	23.4	24.0	11.1	4.54	1.77
Antigonish-Guysborough	22,366	6.6	5.7	10.6	17.8	19.0	25.6	14.6	4.72	1.72
Colchester	42,493	7.8	9.5	9.9	17.1	20.0	21.7	14.0	4.53	1.80
Cumberland	25,159	12.6	9.4	6.4	19.8	17.2	23.9	10.8	4.34	1.88
Lunenburg-Queens	49,398	11.4	7.4	10.7	19.5	13.7	21.7	15.7	4.45	1.91
Pictou	35,574	12.4	8.6	9.6	18.1	18.6	19.4	13.2	4.33	1.90
Southwest Nova	46,782	10.6	7.8	12.1	18.5	18.4	18.6	13.9	4.38	1.85
Strait Area-Western CB	28,032	9.4	6.5	10.5	18.4	17.7	23.3	14.2	4.56	1.81
<b>Province Overall</b>	<b>778,212</b>	<b>9.4</b>	<b>7.5</b>	<b>10.0</b>	<b>17.3</b>	<b>19.9</b>	<b>22.3</b>	<b>13.5</b>	<b>4.52</b>	<b>1.81</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1p  
Residents' Level of Satisfaction with Various Aspects of Wellbeing  
***"My work situation"***


Region	n	Percentage of Residents							Summary <sup>a</sup>	
		Extremely dissatisfied						Extremely satisfied	Mean	Std. Dev.
Halifax RM	330,027	7.8	5.5	9.0	16.9	19.9	22.5	18.3	4.77	1.78
Cape Breton RM	73,364	11.6	6.8	6.9	19.0	15.3	21.1	19.3	4.60	1.94
Annapolis Valley-Hants	98,183	7.3	4.9	8.6	16.8	16.8	26.9	18.7	4.86	1.77
Antigonish-Guysborough	20,448	5.3	5.5	8.7	18.5	18.9	24.3	18.8	4.88	1.69
Colchester	40,424	6.0	5.0	6.5	19.0	19.2	25.3	18.9	4.92	1.69
Cumberland	22,960	10.0	7.3	6.6	17.7	16.0	21.1	21.2	4.71	1.92
Lunenburg-Queens	46,564	7.5	8.2	3.5	19.5	15.1	22.8	23.4	4.88	1.85
Pictou	33,734	11.1	6.4	7.4	23.9	14.9	14.9	21.3	4.55	1.92
Southwest Nova	44,172	8.6	7.3	10.4	20.3	12.8	20.5	20.2	4.63	1.88
Strait Area-Western CB	25,628	7.0	3.1	5.6	20.1	19.6	20.4	24.1	5.00	1.73
<b>Province Overall</b>	<b>735,504</b>	<b>8.2</b>	<b>5.8</b>	<b>8.1</b>	<b>18.1</b>	<b>17.9</b>	<b>22.6</b>	<b>19.4</b>	<b>4.77</b>	<b>1.81</b>

<sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction.

Table I1 – Summary Ranks  
 Rankings of Satisfaction with Aspects of Wellbeing Based on CIW Framework (Tables I1a to I1p)<sup>a</sup>

Satisfaction with Aspect of Wellbeing	Rank in NS	Ranking of Aspects of Wellbeing Based on CIW Framework									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
My neighbourhood / community as a place to live	1	1	1	1	2	1	3	2	1	2	2
The environmental quality of my neighbourhood / community	2	2	4	2	1	3	2	1	8	1	1
My personal relationships	3	4	2	3	3	4	1	3	2	3	3
My access to <i>parks and recreational</i> opportunities in my community	4	3	6	4	5	2	7	5	4	5	9
My <i>mental</i> wellbeing	5	5	3	5	4	5	5	4	3	4	4
My work situation	6	6	9	6	7	6	8	6	6	8	5
My leisure time	7	7	5	7	6	7	4	8	5	6	6
The way I spend my time	8	10	7	8	9	8	6	7	7	7	7
The balance of activities in my daily life	9	11	8	11	10	9	9	9	9	10	11
My financial situation	10	8	13	13	11	13	12	12	12	11	12
My sense of belonging to my community	11	14	10	9	8	10	10	10	10	9	8
My <i>physical</i> wellbeing	12	12	11	12	13	12	11	11	13	12	10
My access to educational opportunities in my community	13	9	12	10	12	11	13	14	11	14	14
My access to <i>arts and cultural</i> opportunities in my community	14	13	14	14	14	14	14	13	14	13	13
How well democracy is working in our community	15	15	15	15	15	15	15	15	15	15	15
The way my local government responds to community needs	16	16	16	16	16	16	16	16	16	16	16

Notes: <sup>a</sup> Rankings are based on the mean score of satisfaction with various aspects of wellbeing based on the CIW framework. The aspect ranked first was the one with which residents were *most* satisfied and aspect ranked last was the one with which residents were *least* satisfied. Statements are listed based on the results for the entire province. Rankings should be interpreted with caution as differences in mean scores may be quite small.

 Rank in region is notably *higher* than province overall

 Rank in region is notably *lower* than province overall



Table I1 Summary  
Residents' Satisfaction with Domains of Wellbeing based on CIW Framework

Wellbeing Domain <sup>a</sup>	Nova Scotia	Region									
		HRM	CBRM	AV-H	Ant-Guy	Colc.	Cumb.	Lun.-Q	Pictou	SWN	SA-WCB
Environment	5.33 (1.32)	5.31 (1.31)	5.16 (1.45)	5.51 (1.15)	5.57 (1.15)	5.40 (1.30)	5.12 (1.50)	5.50 (1.24)	4.82 (1.46)	5.33 (1.34)	5.58 (1.24)
Community Vitality	4.83 (1.40)	4.74 (1.38)	4.89 (1.48)	4.87 (1.34)	5.03 (1.31)	4.89 (1.41)	4.84 (1.44)	4.95 (1.46)	4.74 (1.48)	4.90 (1.45)	5.10 (1.32)
Healthy Populations	4.75 (1.46)	4.71 (1.44)	4.81 (1.54)	4.79 (1.43)	4.87 (1.35)	4.83 (1.47)	4.63 (1.56)	4.83 (1.48)	4.64 (1.49)	4.66 (1.54)	4.96 (1.39)
Leisure and Culture	4.73 (1.27)	4.77 (1.25)	4.68 (1.35)	4.74 (1.21)	4.85 (1.23)	4.925 (1.23)	4.52 (1.38)	4.76 (1.24)	4.52 (1.35)	4.59 (1.33)	4.56 (1.29)
Living Standards	4.66 (1.63)	4.69 (1.60)	4.52 (1.73)	4.70 (1.60)	4.82 (1.52)	4.74 (1.55)	4.54 (1.71)	4.66 (1.66)	4.46 (1.75)	4.53 (1.63)	4.76 (1.55)
Time Use	4.59 (1.51)	4.51 (1.49)	4.67 (1.57)	4.61 (1.51)	4.79 (1.36)	4.71 (1.55)	4.66 (1.55)	4.70 (1.45)	4.46 (1.51)	4.61 (1.54)	4.80 (1.45)
Education	4.47 (1.60)	4.55 (1.55)	4.42 (1.66)	4.60 (1.56)	4.67 (1.62)	4.55 (1.64)	4.23 (1.67)	4.29 (1.69)	4.36 (1.63)	4.21 (1.63)	3.98 (1.66)
Democratic Engagement	3.88 (1.49)	3.92 (1.42)	3.39 (1.58)	4.07 (1.44)	4.20 (1.47)	4.07 (1.47)	3.90 (1.60)	3.94 (1.45)	3.67 (1.57)	3.80 (1.60)	3.78 (1.57)
<b>Overall Wellbeing<sup>b</sup></b>	4.66 (1.13)	4.65 (1.12)	4.57 (1.20)	4.74 (1.07)	4.85 (1.05)	4.77 (1.16)	4.56 (1.21)	4.71 (1.11)	4.46 (1.17)	4.58 (1.16)	4.69 (1.04)

Notes: <sup>a</sup> Based on 7-point scale where higher scores reflect greater satisfaction with domain of wellbeing. Mean score shown above with standard deviation below in parentheses. Domains listed in rank order from most satisfied to least satisfied based on mean score for the province overall.

<sup>b</sup> Overall mean score based on combining scores on all eight domains.

## Life Satisfaction (OECD measures)

Table I2  
Extent to Which Residents Feel the Things They Do in Life are *Worthwhile*

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Not at all worthwhile	Not worthwhile	Neutral	Worthwhile	Completely worthwhile	Mean	Std. Dev.
Halifax RM	346,498	2.1	6.6	12.6	42.4	36.4	7.67	2.00
Cape Breton RM	79,696	3.0	5.6	13.4	36.2	41.8	7.78	2.18
Annapolis Valley-Hants	104,759	2.2	3.5	14.1	41.1	39.1	7.81	1.87
Antigonish-Guysborough	22,489	0.8	3.6	10.8	44.8	39.9	8.01	1.73
Colchester	42,633	3.5	4.7	13.2	39.8	38.8	7.72	2.12
Cumberland	25,297	5.0	5.9	14.2	37.1	37.9	7.51	2.29
Lunenburg-Queens	49,917	2.3	6.8	10.6	38.7	41.5	7.81	2.02
Pictou	35,613	2.2	4.9	19.0	40.7	33.2	7.59	2.01
Southwest Nova	47,439	3.9	5.6	12.1	37.0	41.4	7.73	2.22
Strait Area-Western CB	28,211	1.3	5.1	11.1	41.2	41.3	7.94	1.95
<b>Province Overall</b>	<b>782,552</b>	<b>2.4</b>	<b>5.7</b>	<b>13.0</b>	<b>40.7</b>	<b>38.2</b>	<b>7.73</b>	<b>2.03</b>

<sup>a</sup> Percentages based on combining responses:

- 1 and 2 = *Not at all worthwhile*
- 3 and 4 = *Not worthwhile*
- 5 and 6 = *Neutral*
- 7 and 8 = *Worthwhile*
- 9 and 10 = *Completely worthwhile*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect residents' stronger feelings that the things they have done in life are worthwhile.

Table I3  
Residents' Level of *Satisfaction with Life* in General

Region	n	Percentage of Residents <sup>a</sup>					Summary <sup>b</sup>	
		Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied	Mean	Std. Dev.
Halifax RM	346,951	3.0	6.7	13.8	38.9	37.7	7.61	2.13
Cape Breton RM	79,599	4.9	5.7	13.0	32.0	44.4	7.72	2.35
Annapolis Valley-Hants	104,826	2.6	3.8	14.5	36.4	42.7	7.80	2.05
Antigonish-Guysborough	22,487	0.8	6.3	12.7	34.4	45.7	7.95	1.92
Colchester	42,672	3.3	5.9	12.3	36.0	42.5	7.76	2.15
Cumberland	25,296	5.6	6.4	13.9	33.5	40.6	7.51	2.35
Lunenburg-Queens	49,948	2.9	4.4	15.0	33.9	43.9	7.76	2.10
Pictou	35,613	2.7	7.7	15.2	38.1	36.3	7.56	2.14
Southwest Nova	47,399	3.9	6.1	16.1	30.6	43.2	7.64	2.30
Strait Area-Western CB	28,106	2.2	4.0	11.4	39.6	42.8	7.91	1.97
<b>Province Overall</b>	<b>782,897</b>	<b>3.2</b>	<b>5.9</b>	<b>13.9</b>	<b>36.6</b>	<b>40.5</b>	<b>7.68</b>	<b>2.15</b>

<sup>a</sup> Percentages based on combining responses:

1 and 2 = *Very dissatisfied*

3 and 4 = *Dissatisfied*

5 and 6 = *Neutral*

7 and 8 = *Satisfied*

9 and 10 = *Very satisfied*.

<sup>b</sup> Based on original 10-point scale where higher scores reflect residents' greater satisfaction with life in general.



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