

# A Closer Look at CIW *Community Wellbeing Survey* Results for Bruce and Grey Counties

UNIVERSITY OF  
**WATERLOO**



*Prepared for:*  
South East Grey Community Health Centre and  
Bruce and Grey Counties  
June 2019

# Wellbeing as a basic human right



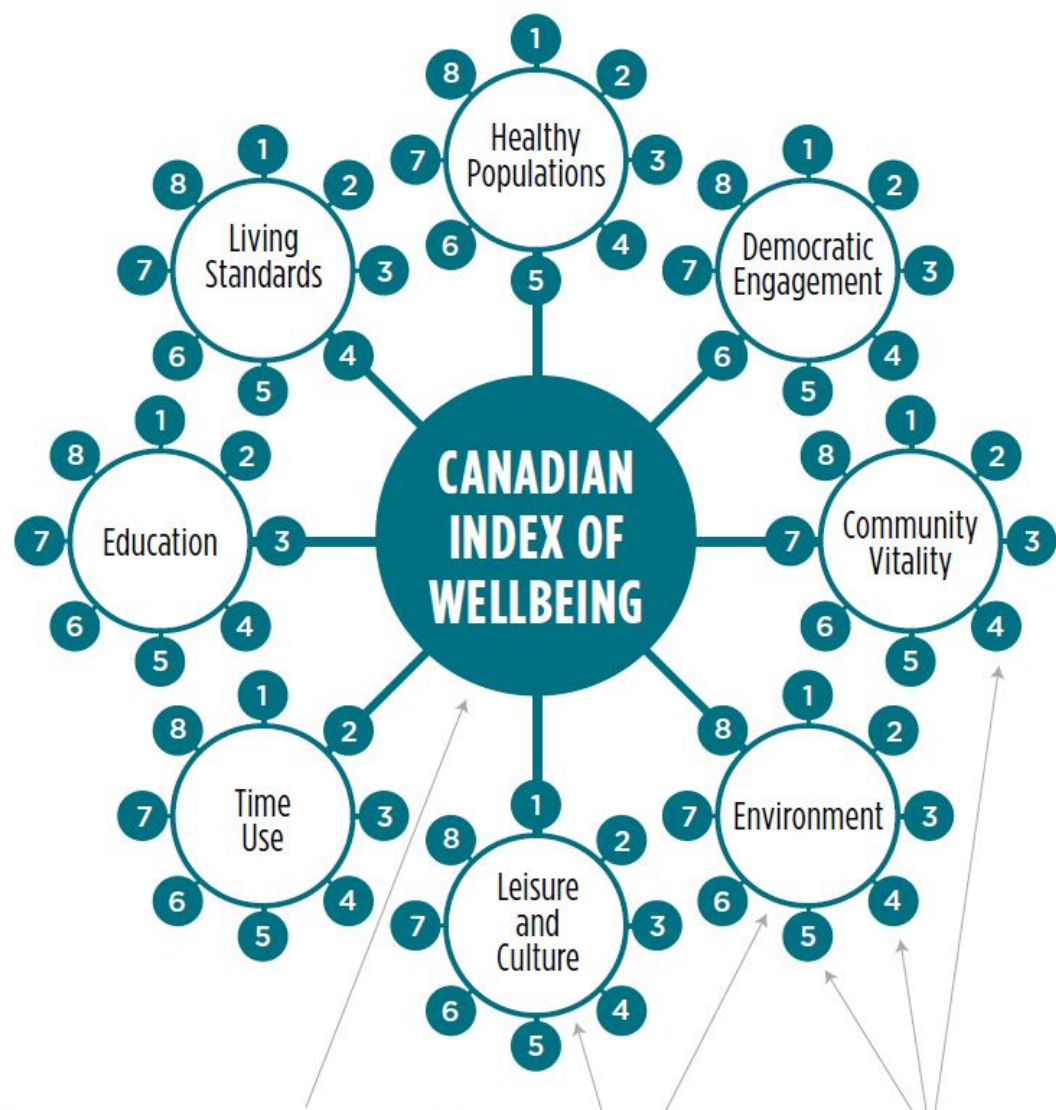
“People are much more than the goods and services they produce! Their health and quality of life come from the conditions of their daily living – the circumstances in which they are born, grow, live, work, and age.”

**The Honourable Monique Bégin**

Former CIW Advisory Board Co-Chair

Former Canadian Commissioner

WHO Commission on Social Determinants of Health



**CIW Composite Index**  
64 Indicators consolidated into a single CIW average

**8 Domains**

**8 Indicators**  
in each domain

*Live Well*  
in Bruce & Grey Counties



Community Wellbeing Survey

# 2018 CIW Community Wellbeing Survey

Measuring what matters

# CIW Community Wellbeing Survey

## Sample

- Random sample of households stratified by County

## Questionnaire

- Behaviours and perceptions directly related to each of the CIW's domains
- Aspects of and overall wellbeing
- Comprehensive demographics

## Analysis

- Technical report summarising all measures in the questionnaire
- Targetted analyses on issues of local concern

Community Wellbeing Survey		
Section A: Community Vitality		
	No	Yes
In the past 12 months, did you do any unpaid volunteer work for any organization?	<input type="radio"/>	<input type="radio"/>
In the past 12 months, were you a member of or a participant in...		
	No	Yes
a union or professional association?	<input type="radio"/>	<input type="radio"/>
a political party or group?	<input type="radio"/>	<input type="radio"/>
a sports or recreational organization (e.g., hockey league, health club, golf club)?	<input type="radio"/>	<input type="radio"/>
a cultural, educational or hobby organization (e.g., theatre group, book club, bridge club)?	<input type="radio"/>	<input type="radio"/>
a religious-affiliated group (e.g., church youth group, choir)?	<input type="radio"/>	<input type="radio"/>
a school group, neighbourhood, civic or community association (e.g., PTA, alumni, block parents, neighbourhood watch)?	<input type="radio"/>	<input type="radio"/>
a service club or fraternal organization (e.g., Kiwanis, Knights of Columbus, the Legion)?	<input type="radio"/>	<input type="radio"/>
a public interest group (e.g., focused on the environment, animal welfare, food security, homelessness)?	<input type="radio"/>	<input type="radio"/>
some other organised group or activity not mentioned above?	<input type="radio"/>	<input type="radio"/>
In the past 12 months, did you provide any unpaid help to anyone ...		
	No	Yes
with work at their home such as cooking, cleaning, gardening, maintenance, painting, shovelling snow, or car repairs?	<input type="radio"/>	<input type="radio"/>
by doing any shopping, driving someone to the store, or to any other appointments?	<input type="radio"/>	<input type="radio"/>
with paperwork tasks such as writing letters, doing taxes, filling out forms, banking, paying bills, or finding information?	<input type="radio"/>	<input type="radio"/>
with health-related or personal care, such as emotional support, counselling, providing advice, visiting the elderly, unpaid babysitting?	<input type="radio"/>	<input type="radio"/>
with unpaid teaching, coaching, tutoring, or assisting with reading?	<input type="radio"/>	<input type="radio"/>

# Reliability of Sample and Results

## ***Sample***

- A representative sample of 17,375 households from Bruce and Grey Counties were invited to participate in the survey, with additional efforts to reach smaller rural areas
- Estimated response rate of 10.4% – which corresponds to the response rate of most general population surveys
- Weighting of data by county, age, and sex ensures balanced representation of voices from across Bruce and Grey Counties

## ***Results***

- Careful assessment of all respondents to ensure *reliable* and *valid* responses to majority of questions on survey
- A total of 1,759 usable questionnaires comprised the final sample
- The margin of error is  $\pm 2.3\%$  (19 times out of 20) – better than most national polls



# Bruce and Grey Counties Final Sample

Distribution of Residents *by County*

County	Unweighted <sup>a</sup>		Weighted Sample	
	n	Pct.	n	Pct.
Bruce County	624	53.7	72,594	50.2
Grey County	539	46.3	71,909	49.8
<b>Total</b>	<b>1,163</b>	<b>100.0</b>	<b>144,503</b>	<b>100.0</b>

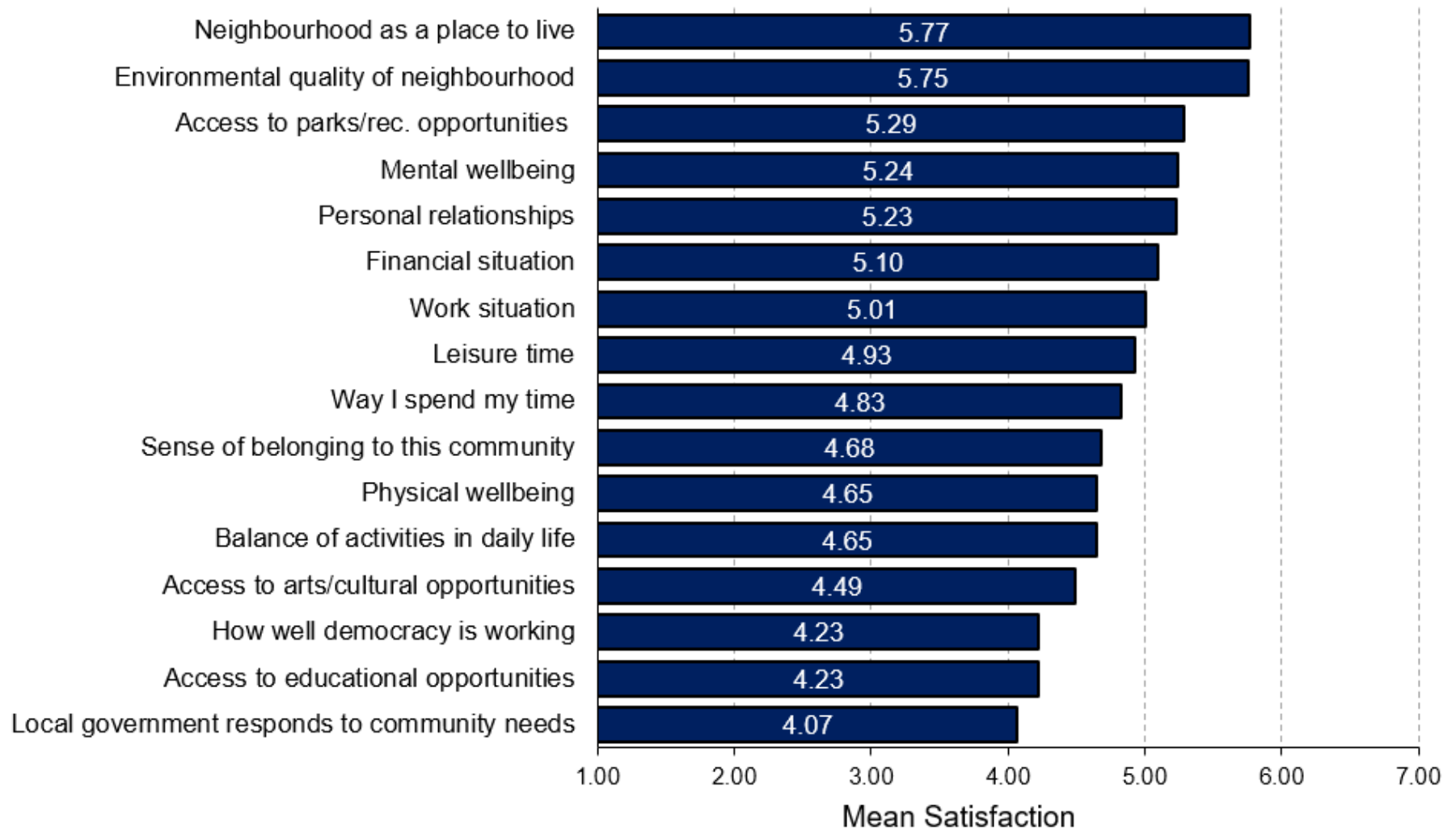
<sup>a</sup> 596 respondents did not provide information on the County within which they lived, because either they chose not to report it or they were seasonal residents.

# Overall Wellbeing in Bruce and Grey Counties

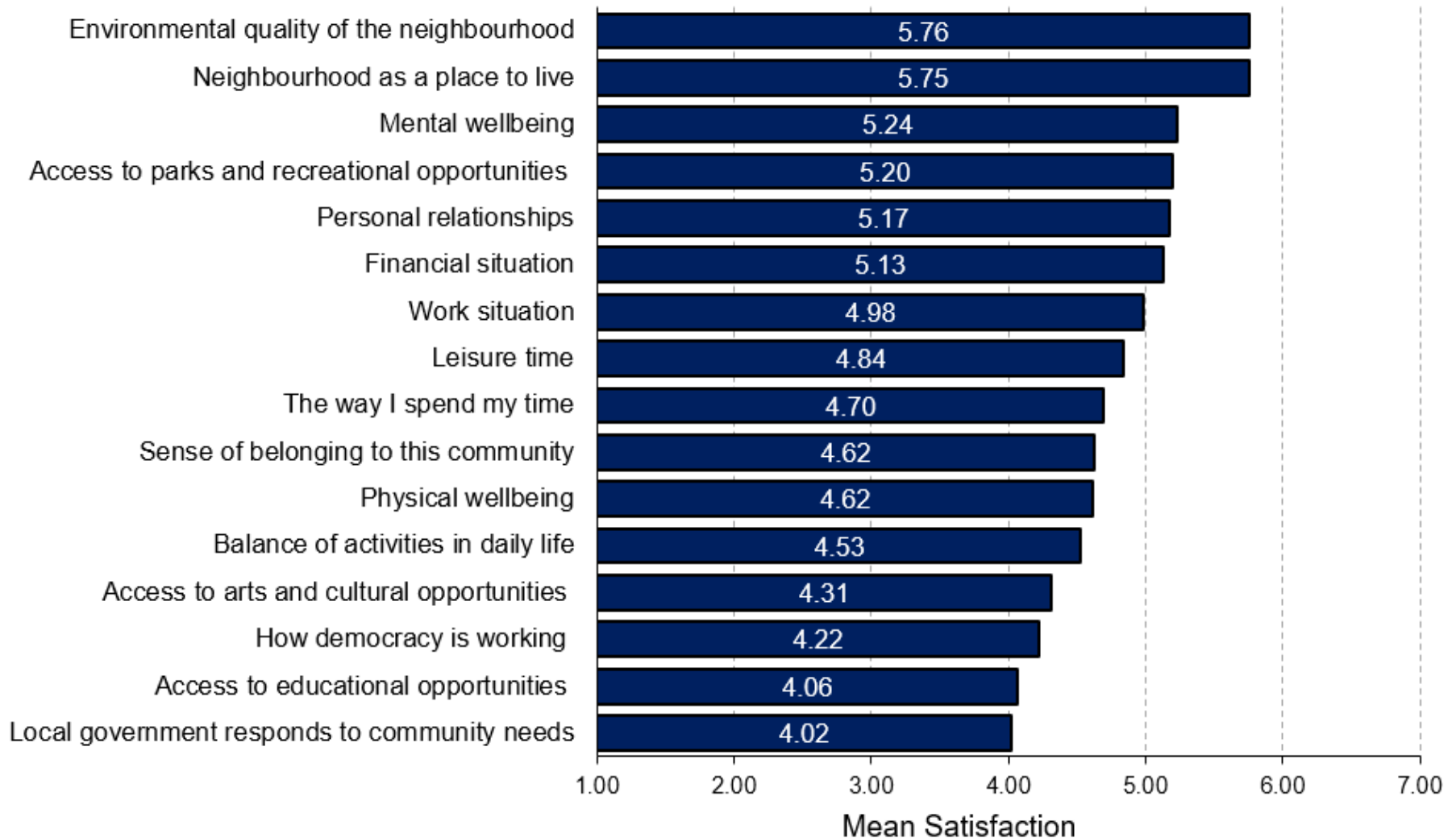




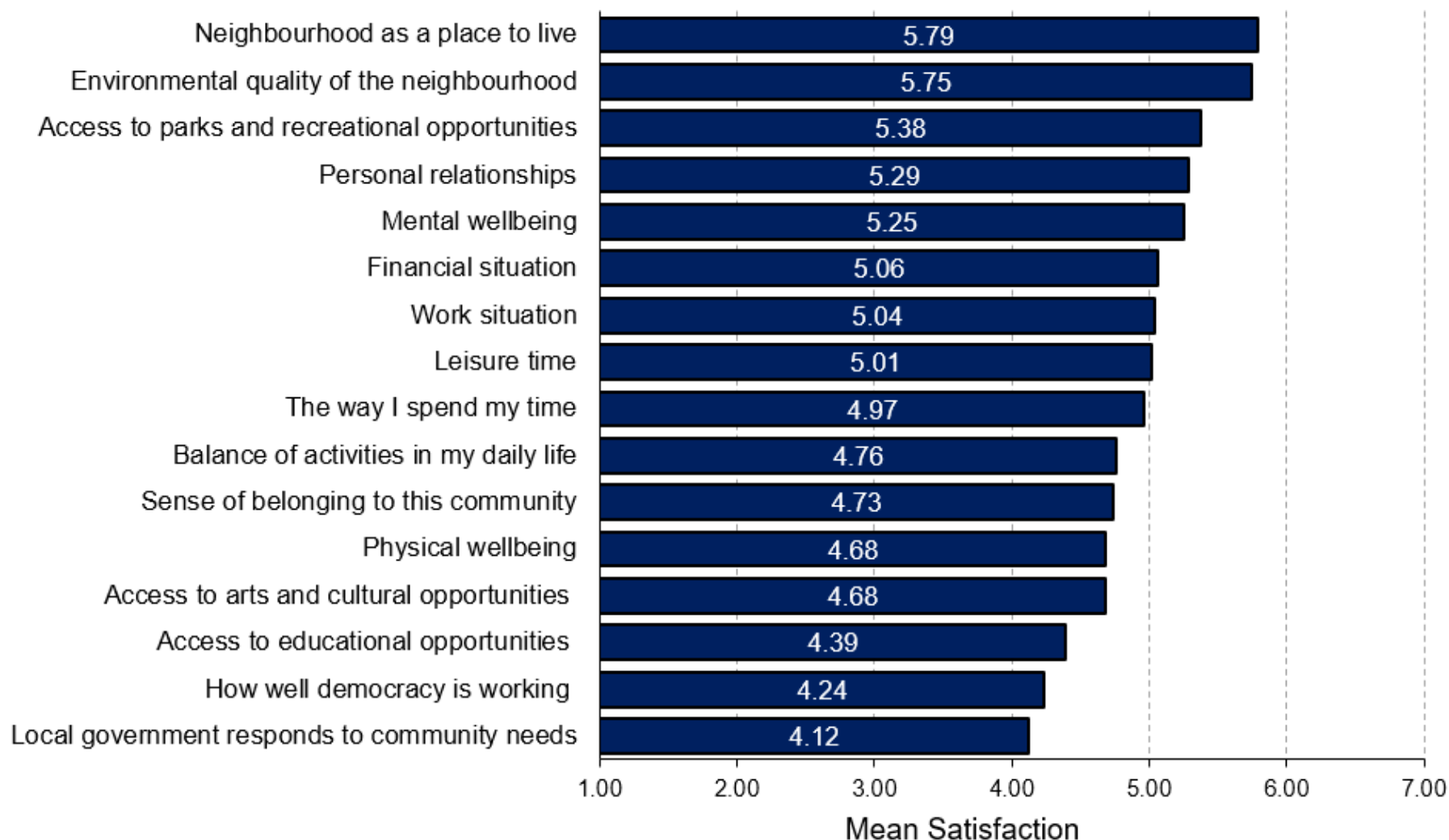
# Satisfaction with Aspects of Wellbeing: *Bruce and Grey Counties*



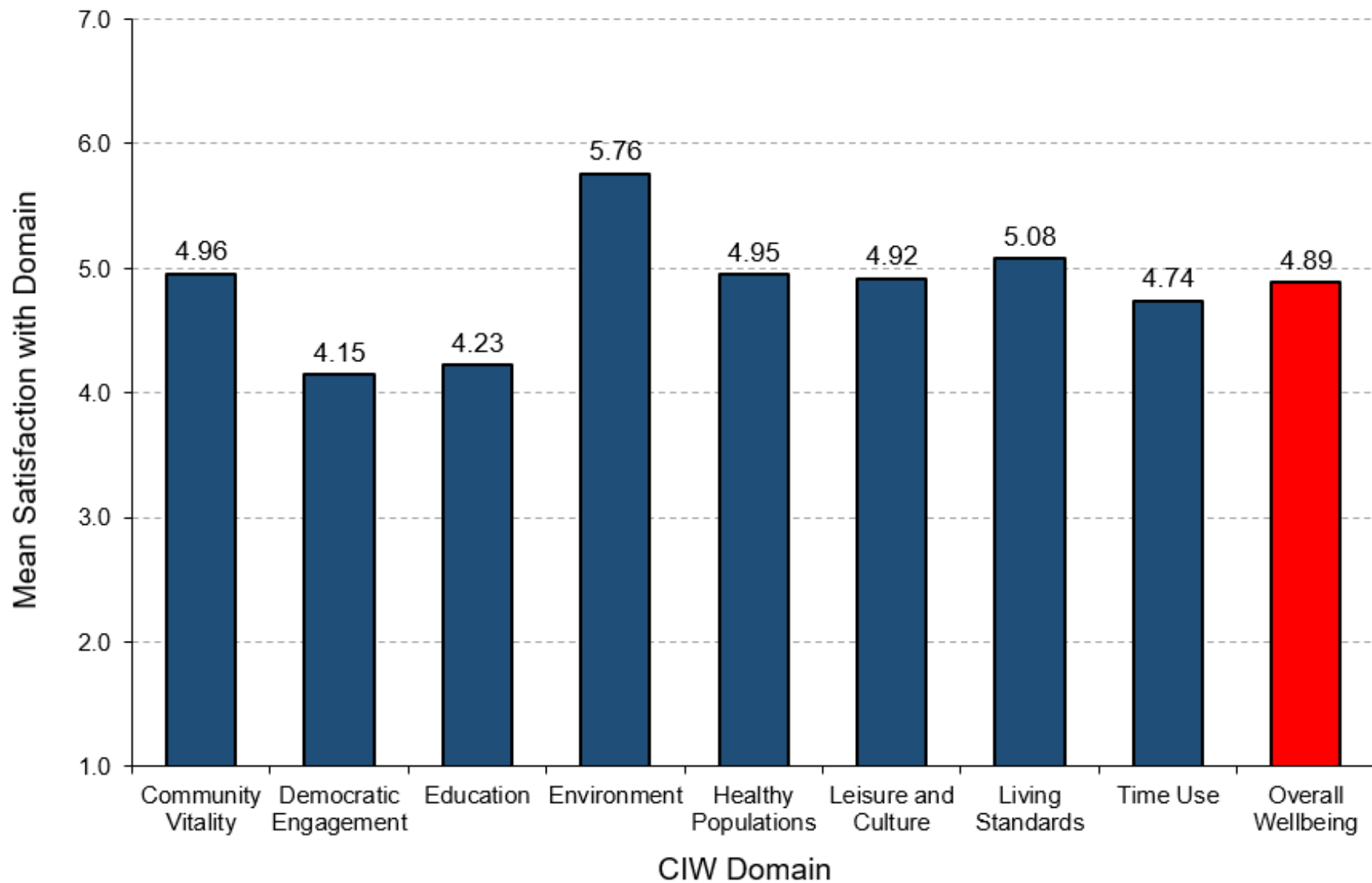
# Satisfaction with Aspects of Wellbeing: *Bruce County*



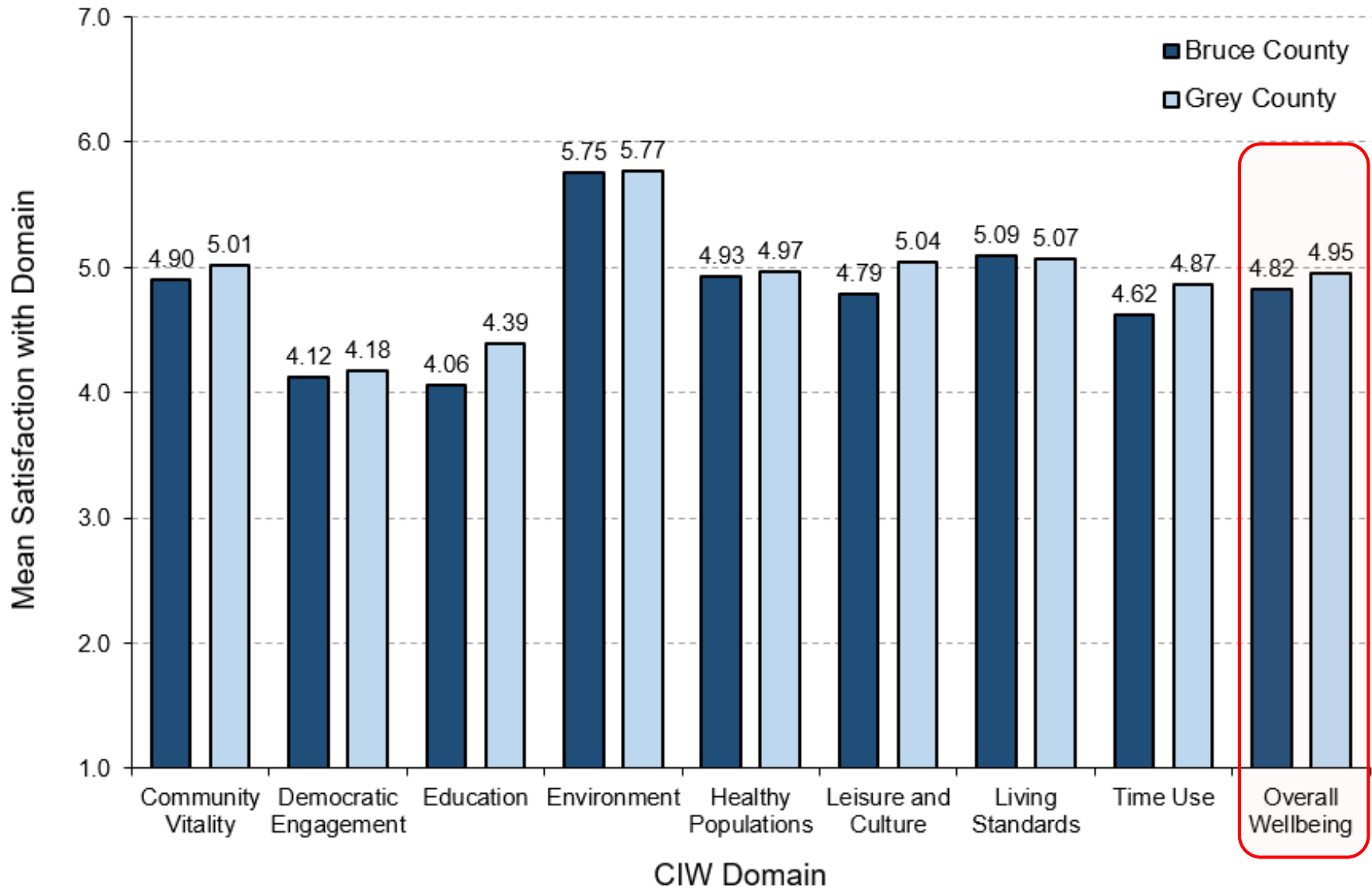
# Satisfaction with Aspects of Wellbeing: Grey County



# Wellbeing by Domain: *Bruce and Grey Counties*



# Wellbeing by Domain and County





# Demographics and Wellbeing

# Characteristics of wellbeing in Bruce and Grey Counties

What characterises residents with *higher or lower wellbeing*?

## *Below* average wellbeing

- ✓ Women
- ✓ Younger
- ✓ On their own
- ✓ More spend over 30% of income on housing
- ✓ Living with a disability or chronic illness
- ✓ Couple with children at home

## *Above* average wellbeing

- ✓ Tend to be older
- ✓ Married
- ✓ More likely to have a university or graduate degree
- ✓ More likely to be retired
- ✓ Couple with no children at home (i.e., “empty nester”)



# Low Income Residents and Wellbeing

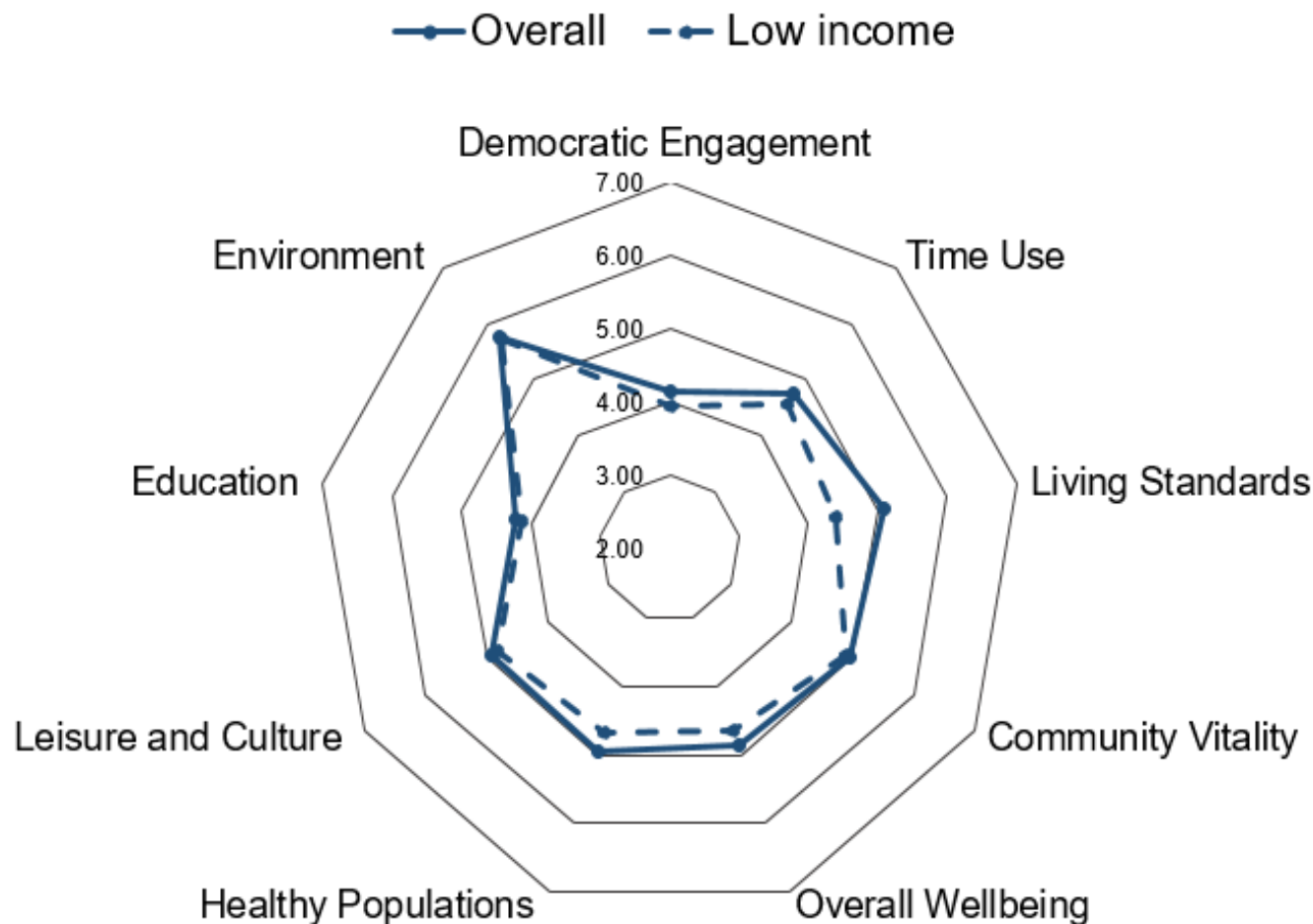
**Low income:** Total household income before taxes from all sources was under \$30,000 per year

Profile of Respondents of Bruce and Grey Counties: *Annual Household Income* from All Sources

Annual Household Income	Bruce County		Grey County		TOTAL	
	n	Pct.	n	Pct.	n	Pct.
Under \$10,000	192	0.3	971	1.4	1,163	0.9
\$10,000 to \$19,999	2,248	3.3	2,586	3.8	4,834	3.6
\$20,000 to \$29,999	3,369	4.9	4,917	7.3	8,286	6.1
\$30,000 to \$39,999	5,222	7.7	6,004	8.9	11,226	8.3
\$40,000 to \$59,999	10,993	16.1	12,611	18.7	23,604	17.4
\$60,000 to \$79,999	12,364	18.1	12,021	17.9	24,385	18.0
\$80,000 to \$99,999	8,464	12.4	9,437	14.0	17,901	13.2
\$100,000 to \$119,999	5,591	8.2	4,628	6.9	10,219	7.5
\$120,000 to \$149,999	7,477	11.0	7,448	11.1	14,925	11.0
\$150,000 and over	12,206	17.9	6,699	10.0	18,905	14.0

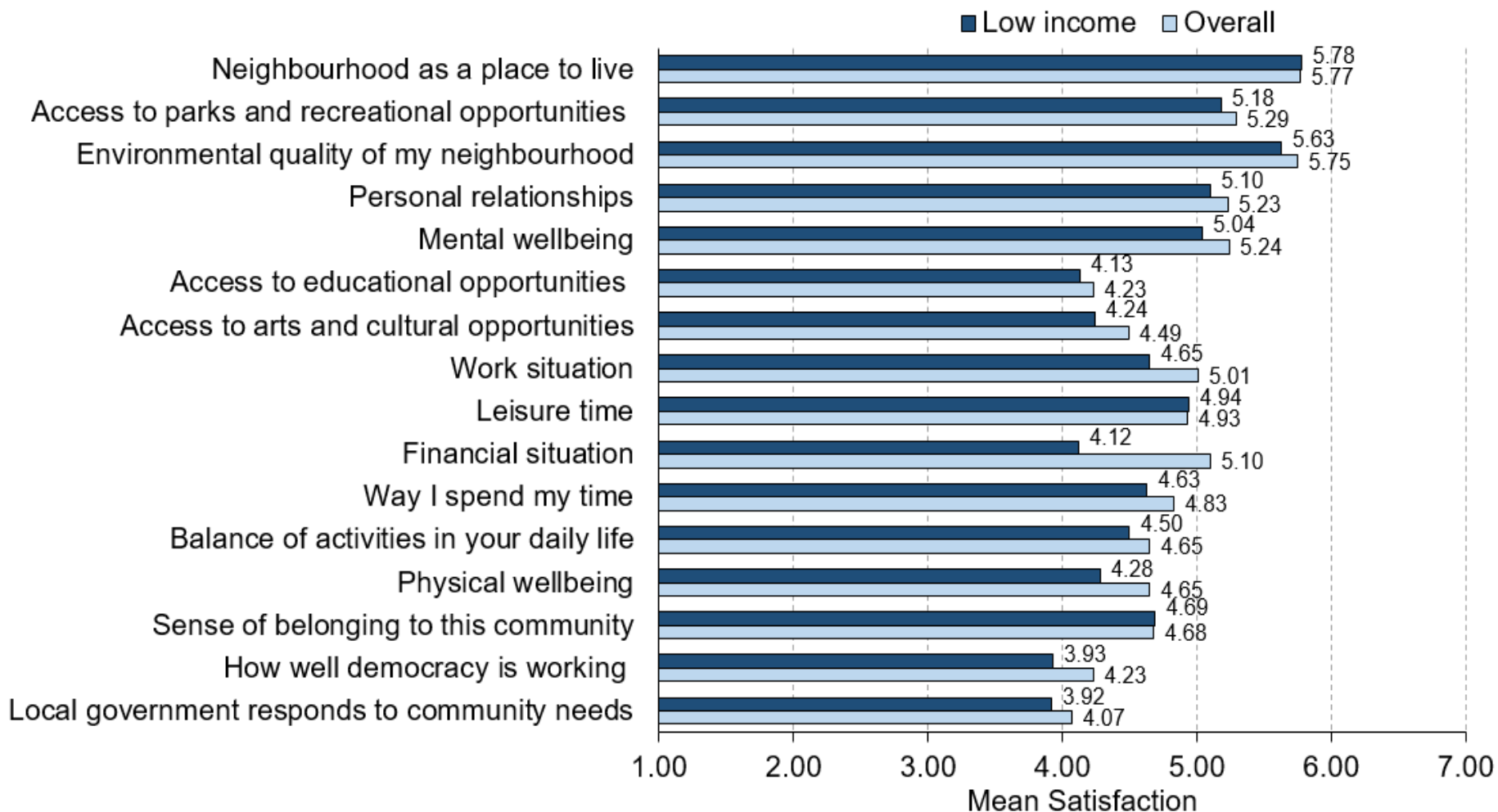
# Low Income Residents and Wellbeing

## Low income resident satisfaction with domains of wellbeing



# Low Income Residents and Wellbeing

Satisfaction with Aspects of Wellbeing



# Older Adults and Wellbeing

**Older adults:** Residents aged 65 to 74 years and those 75 years and older

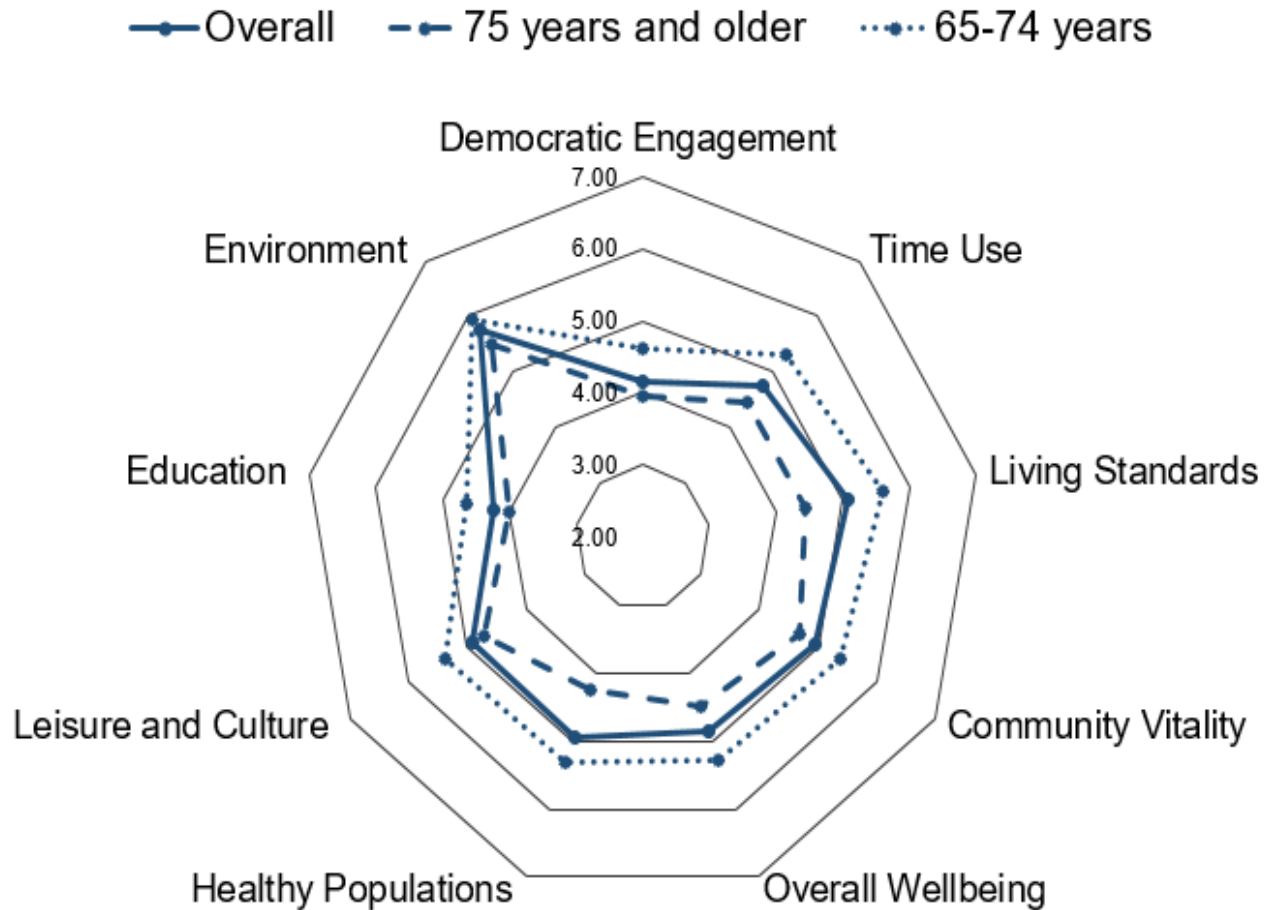
Profile of Residents of Bruce and Grey Counties:  
*Age Groupings<sup>a</sup>*

Age Group	Bruce County		Grey County		TOTAL	
	n	Pct.	n	Pct.	n	Pct.
16 to 34 years	19,559	26.9	17,272	24.0	36,831	25.5
35 to 44 years	9,516	13.1	6,636	9.2	16,152	11.2
45 to 54 years	11,507	15.9	12,435	17.3	23,942	16.6
55 to 64 years	15,326	21.1	13,660	19.0	28,986	20.1
65 to 74 years	10,736	14.8	12,141	16.9	22,877	15.8
75 years and older	5,950	8.2	9,765	13.6	15,715	10.9

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

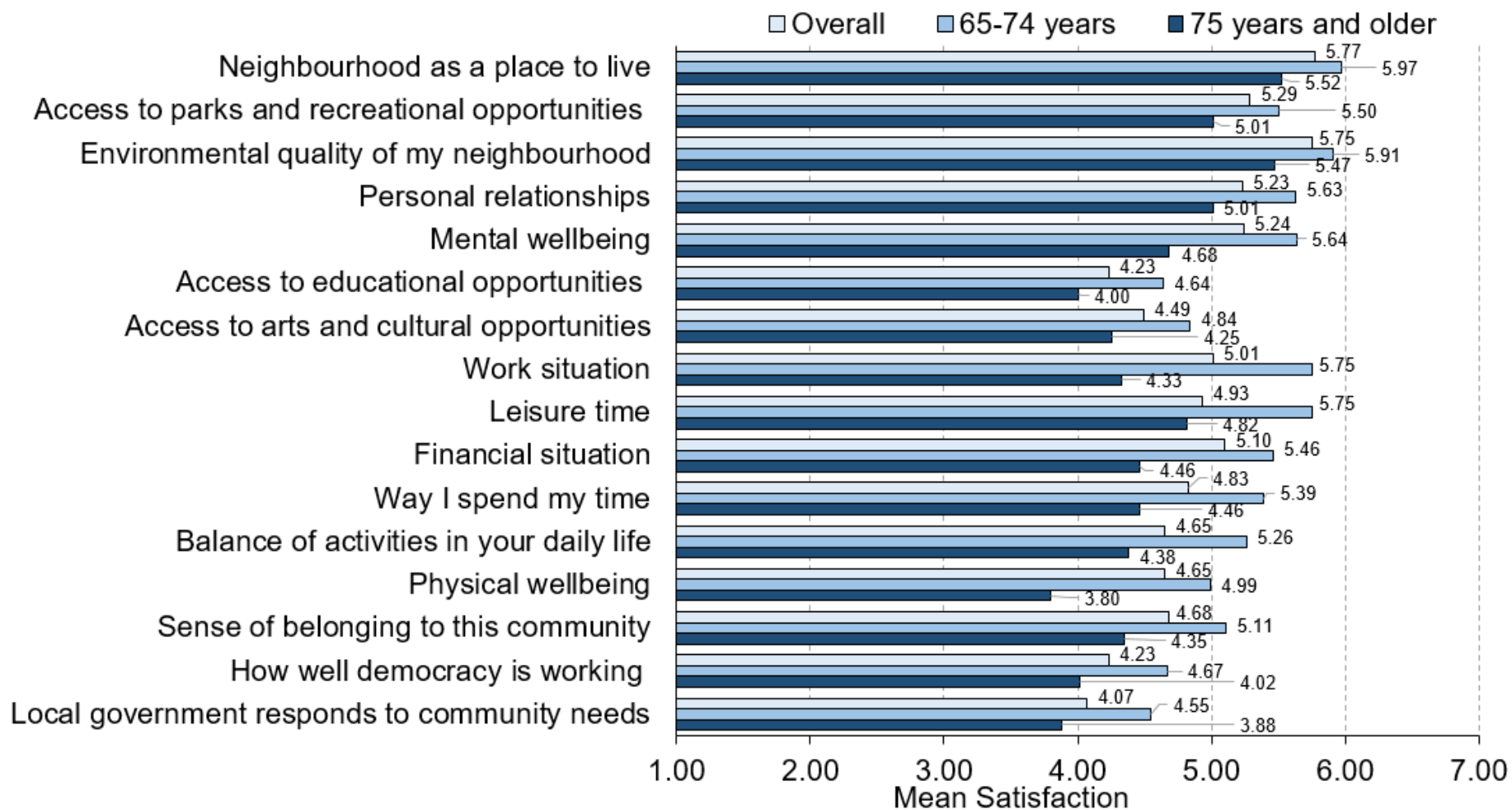
# Older Adults and Wellbeing

## Older adults satisfaction with domains of wellbeing



# Older Adults and Wellbeing

Satisfaction with Aspects of Wellbeing



# Disabilities and Wellbeing

## *Living with a disability or chronic illness:*

**Residents who are living with a physical or mental disability or a chronic illness that limits their activity**

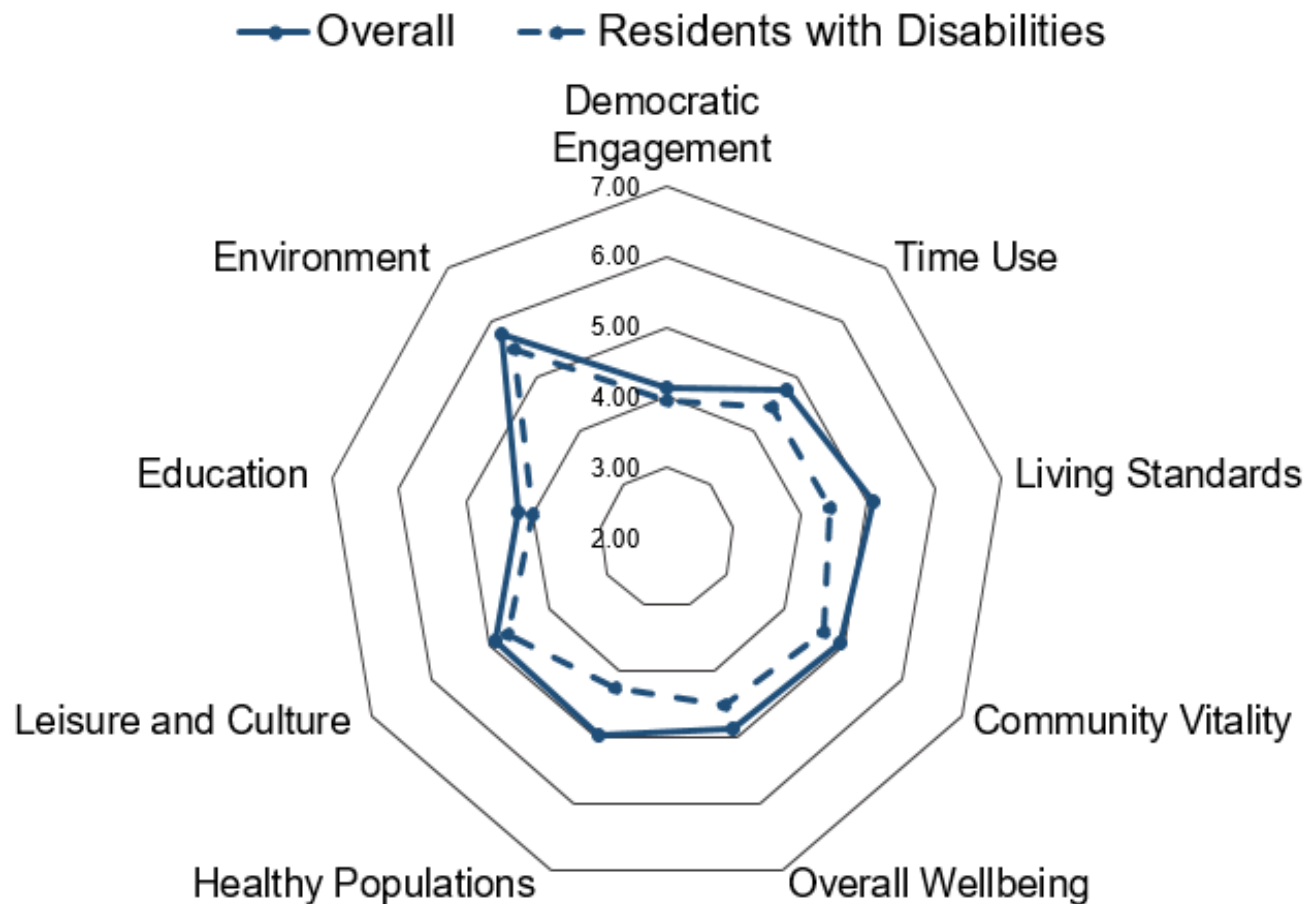
Profile of Respondents of Bruce and Grey Counties:  
*Living with a Disability (physical or mental) or a Chronic Illness that Limits Activity*

Living with disability	Bruce County		Grey County		TOTAL	
	n	Pct.	n	Pct.	n	Pct.
Yes	12,393	17.2	14,311	20.0	26,704	18.6
No	59,862	82.8	57,381	80.0	117,243	81.4



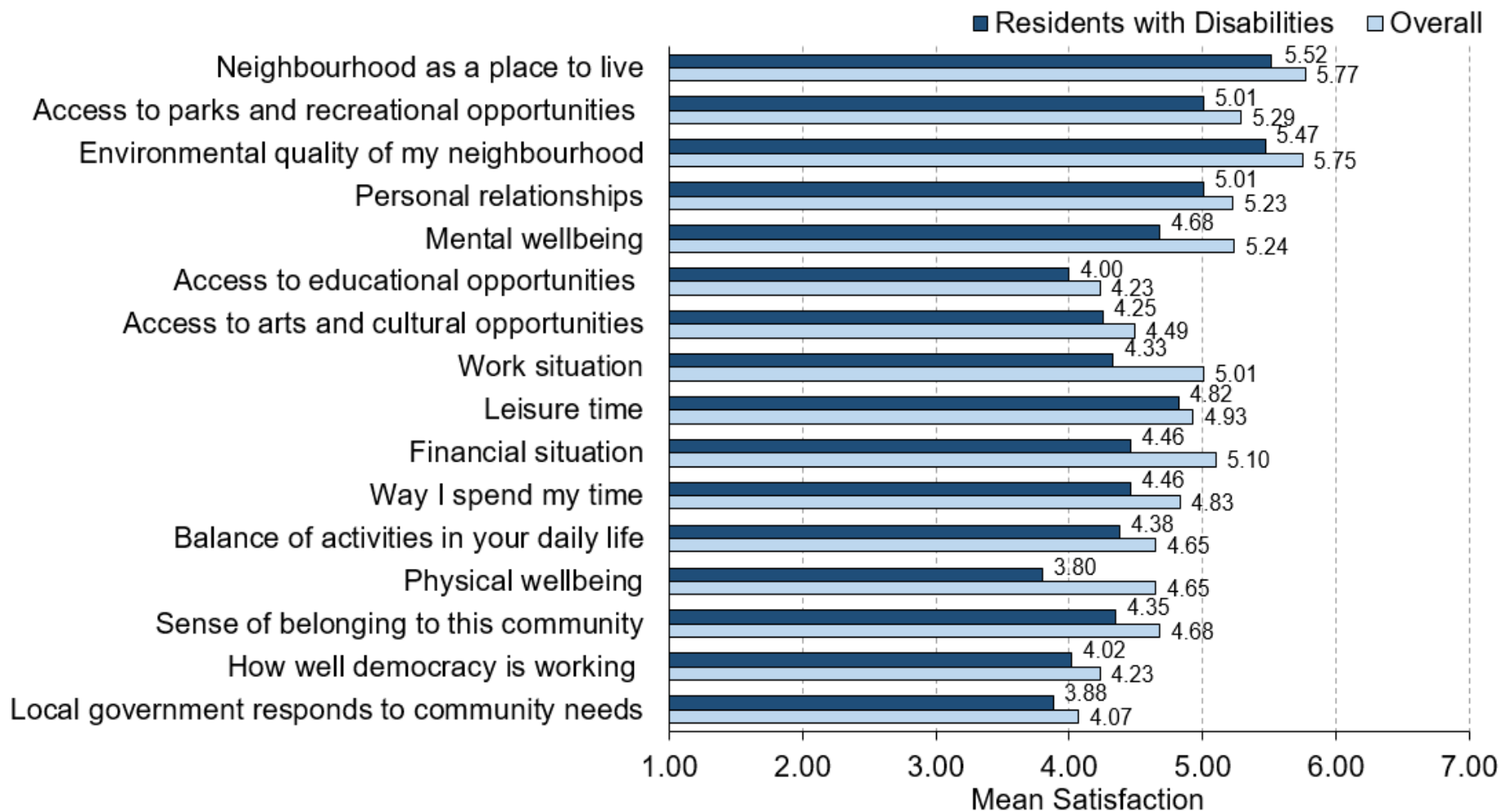
# Disabilities and Wellbeing

## Satisfaction with domains of wellbeing for those residents living with a disability or chronic illness



# Disabilities and Wellbeing

Satisfaction with Aspects of Wellbeing



# Newcomers and Wellbeing

## **Newcomers: Residents who have lived in Canada for 10 years or less**

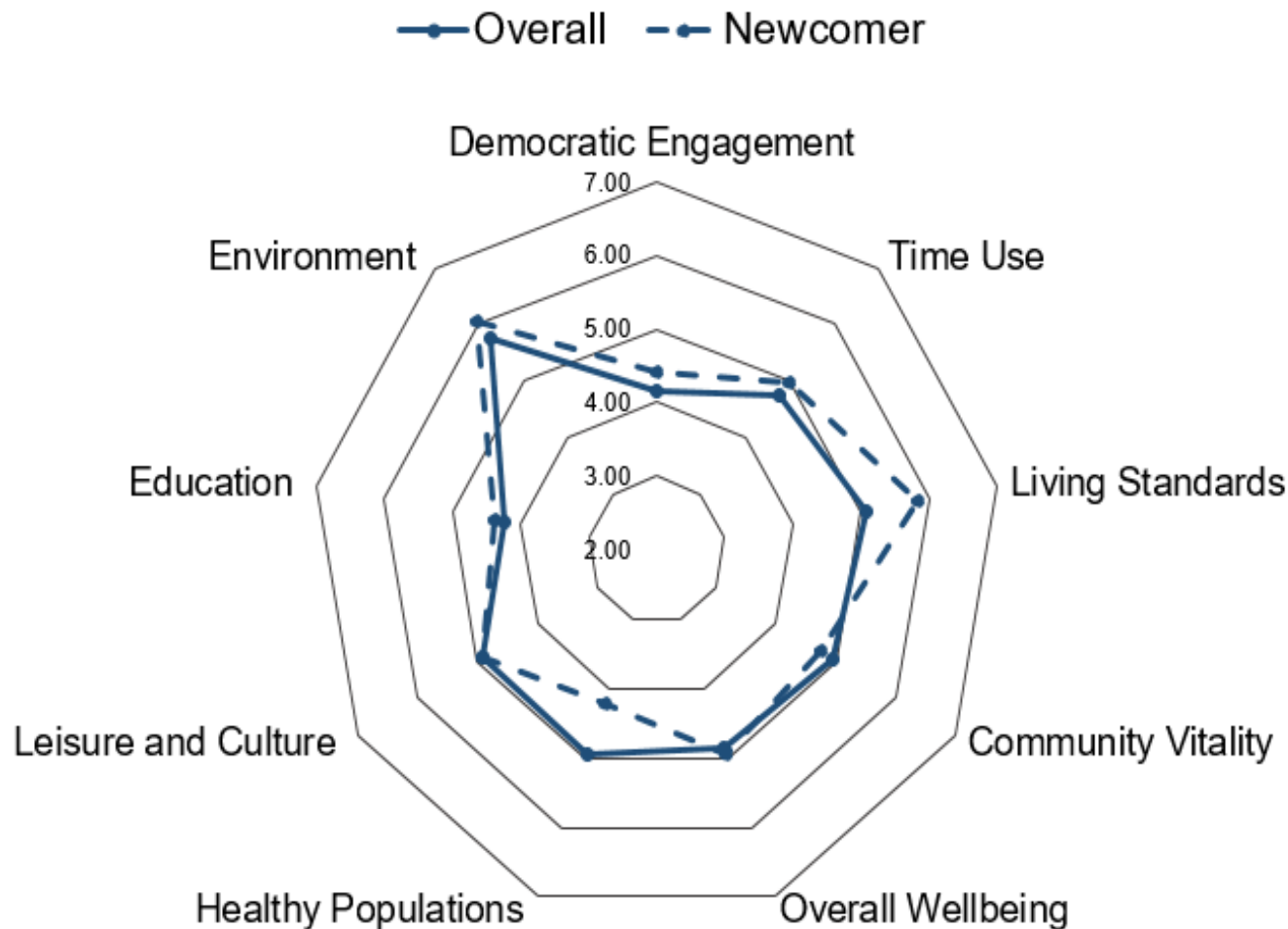
Profile of Respondents of Bruce and Grey Counties:  
*Years Lived in Canada (if not born in Canada)*

Years in Canada	Bruce County		Grey County		TOTAL	
	n	Pct.	n	Pct.	n	Pct.
10 years or less	1,145	1.6	191	0.3	1,336	1.0
11 to 20 years	989	1.4	971	1.4	1,960	1.4
21 to 30 years	10,159	14.6	9,774	14.2	19,933	14.4
31 to 50 years	22,616	32.4	20,577	30.0	43,193	31.2
51 years or more	34,883	50.0	37,103	54.1	71,986	52.0

*Note:* Not all respondents born outside of Canada reported years lived in Canada. For those respondents who were born outside of Canada and who reported years lived in Canada ( $n = 138,408$ ), the average length of time they had lived in Canada was XX years ( $M = 50.4$ ,  $SD = 18.0$ ).

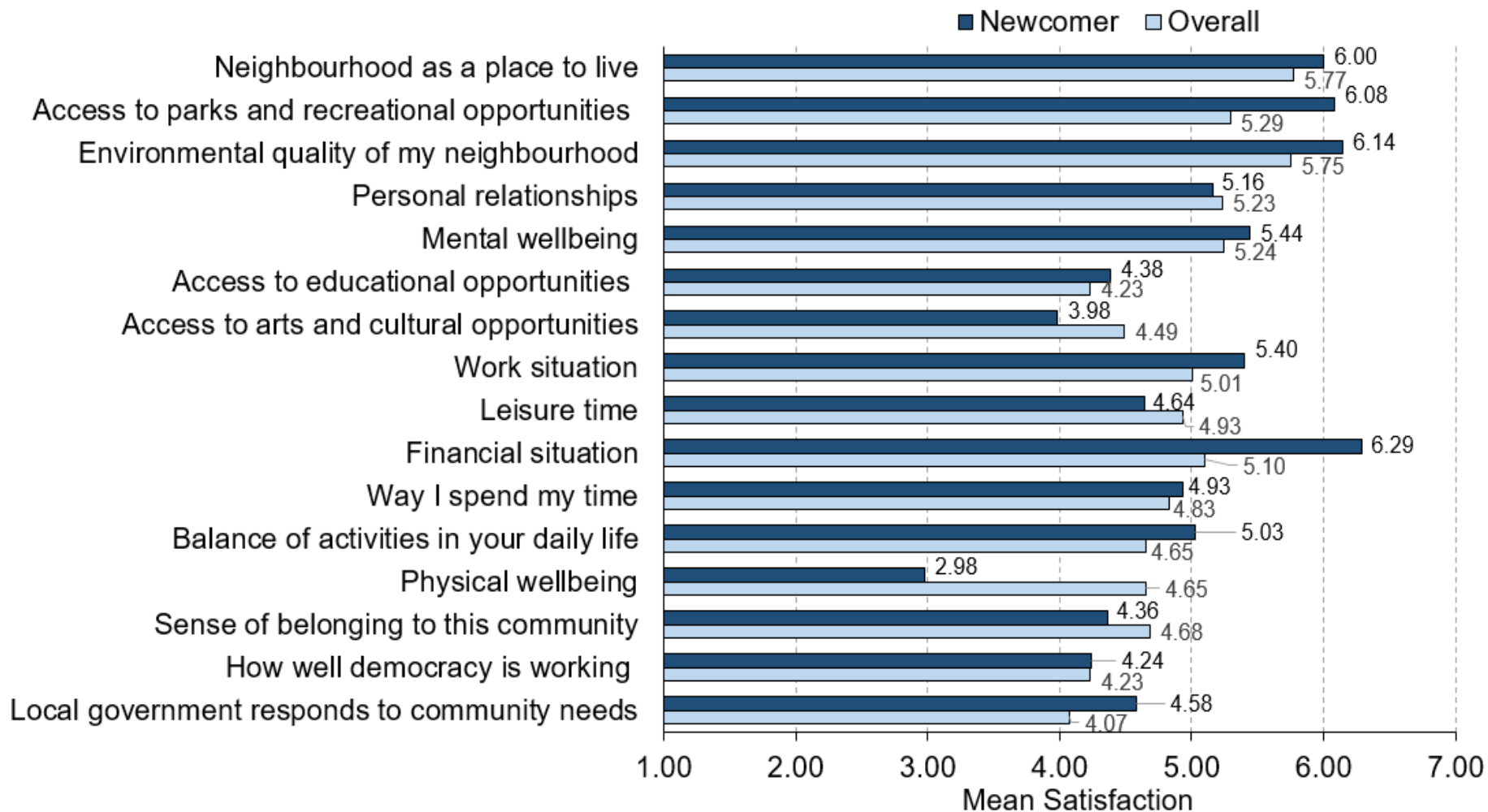
# Newcomers and Wellbeing

## Newcomer satisfaction with domains of wellbeing



# Newcomers and Wellbeing

Satisfaction with Aspects of Wellbeing



# Wellbeing by CIW Domains





# Living Standards



# LIVING STANDARDS and Wellbeing

## How do residents with *higher or lower wellbeing compare?*

### *Below* average wellbeing

- ✓ Work at multiple jobs
- ✓ Less likely to work long hours
- ✓ Lower job security
- ✓ More people could not pay their bills on time
- ✓ More people could not pay their mortgage or rent on time
- ✓ More people ate less due to lack of money for food

### *Above* average wellbeing

- ✓ More likely to have a regular weekday schedule
- ✓ More work flexibility
- ✓ Have better job fit
- ✓ Have more opportunities for job promotion
- ✓ Have enough money to buy things they *needed* and *wanted*

# LIVING STANDARDS and Wellbeing by sex

## How do women and men compare on living standards?

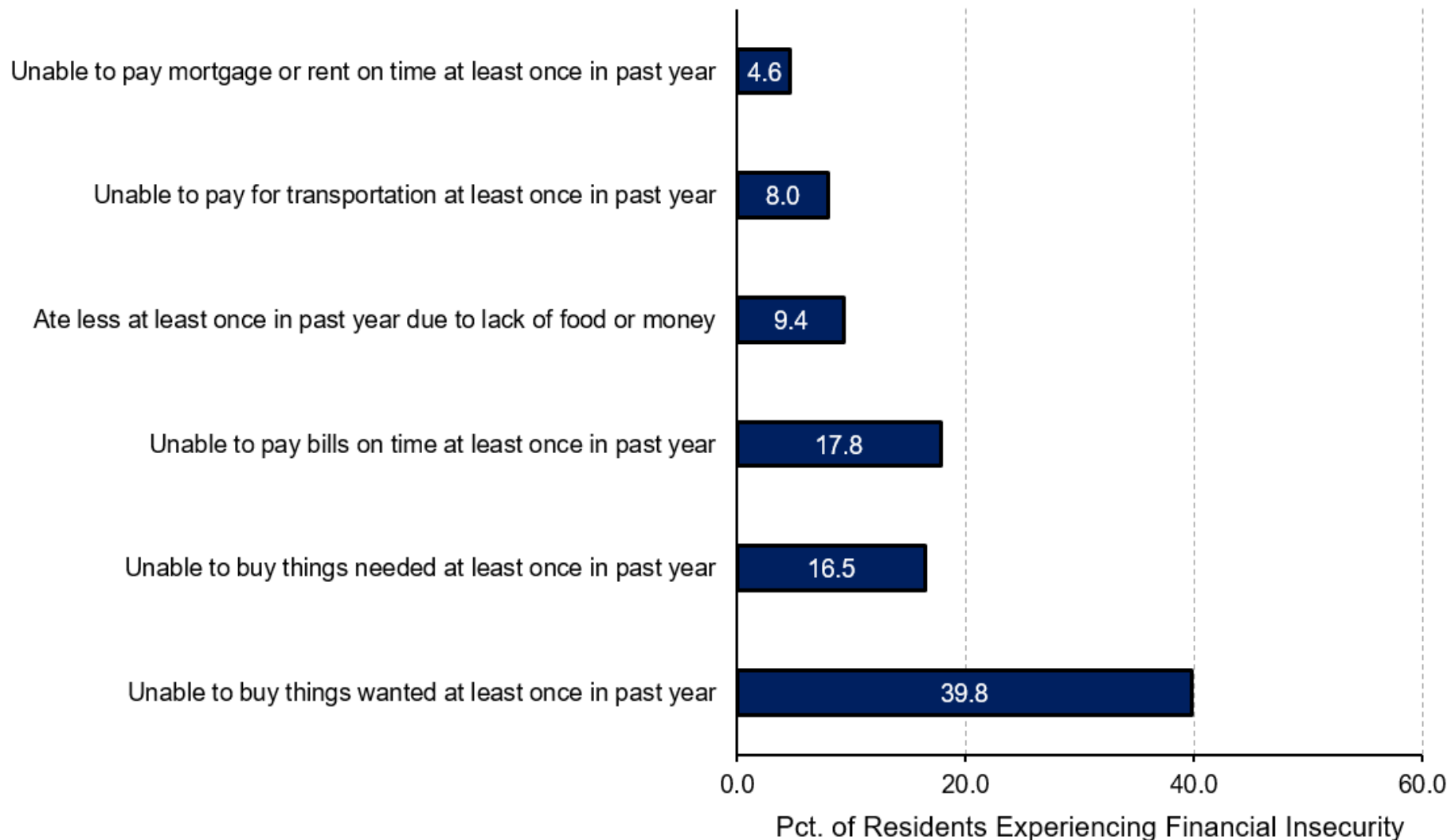
### Women

- ✓ Work at multiple jobs
- ✓ More likely to have a regular weekday schedule
- ✓ Have lower job security
- ✓ More women could not pay their bills on time
- ✓ More women ate less due to lack of money for food

### Men

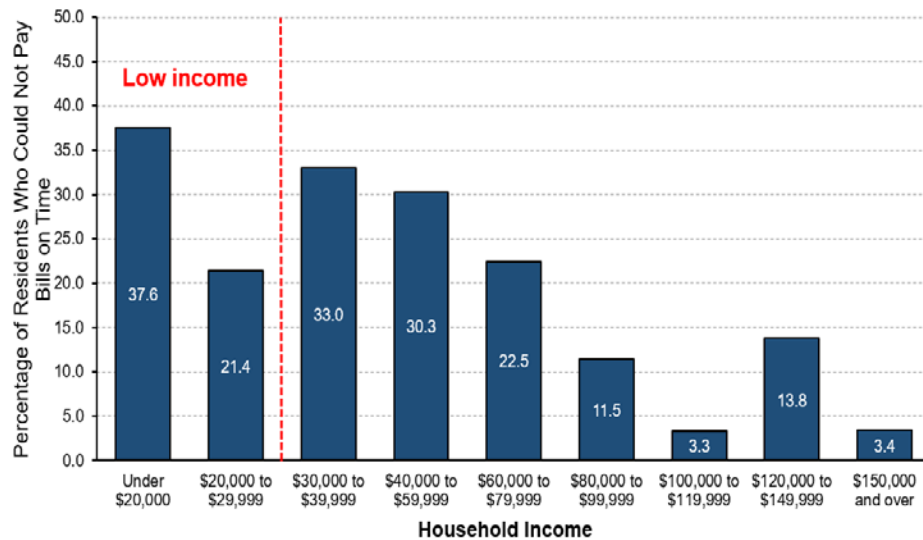
- ✓ More likely to have a flexible work schedule
- ✓ More likely to work long hours
- ✓ Have better job fit
- ✓ Perceive more promotion potential with their job
- ✓ Have enough money to buy things they *needed* and *wanted*

# Overall Financial Insecurity

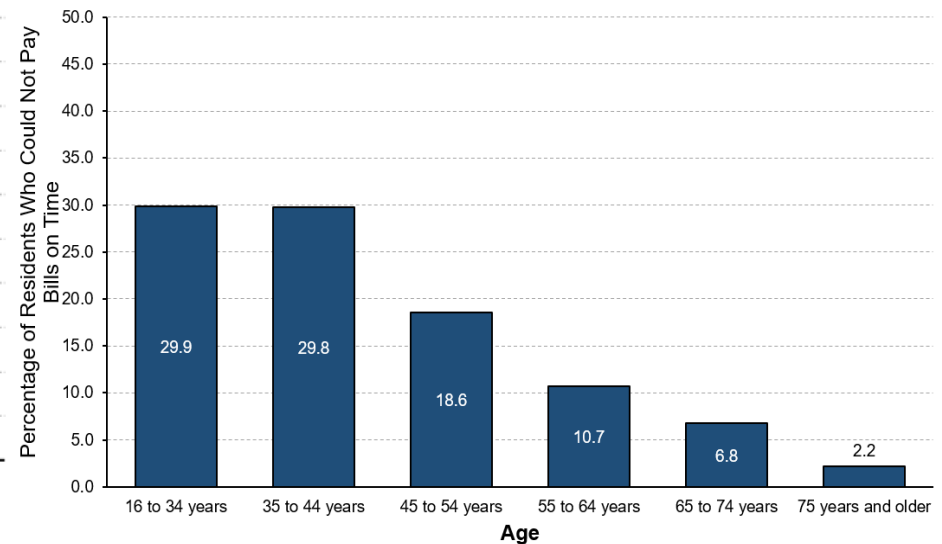


# Financial Insecurity: Inability to pay bills on time

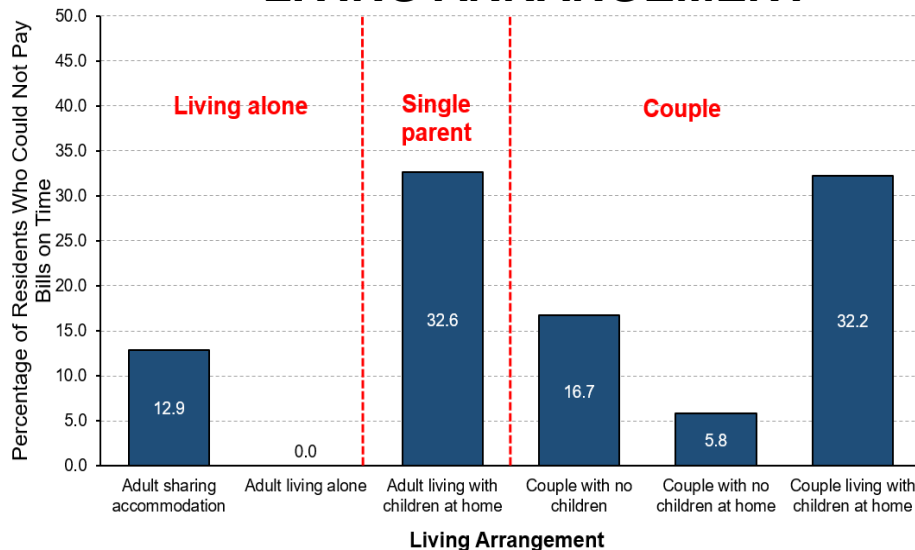
## INCOME



## AGE



## LIVING ARRANGEMENT

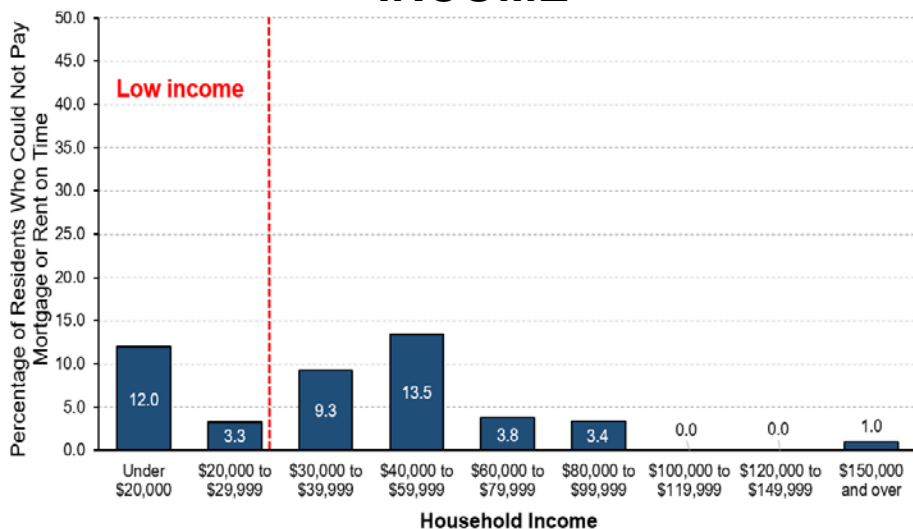


Inability to pay bills on time *is linked to:*

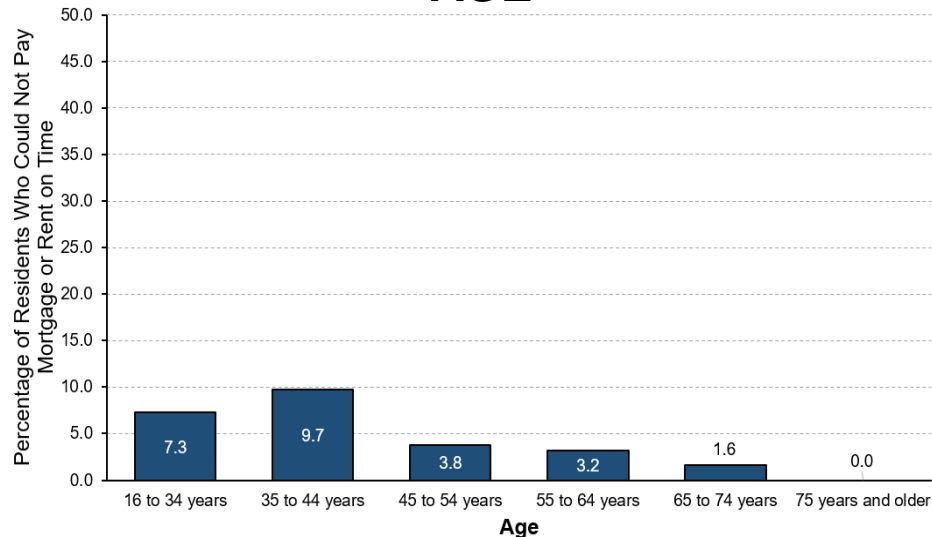
- Lower incomes;
- Younger residents;
- Single parent families
- Couples living with children

# Financial Insecurity: Inability to pay mortgage/rent

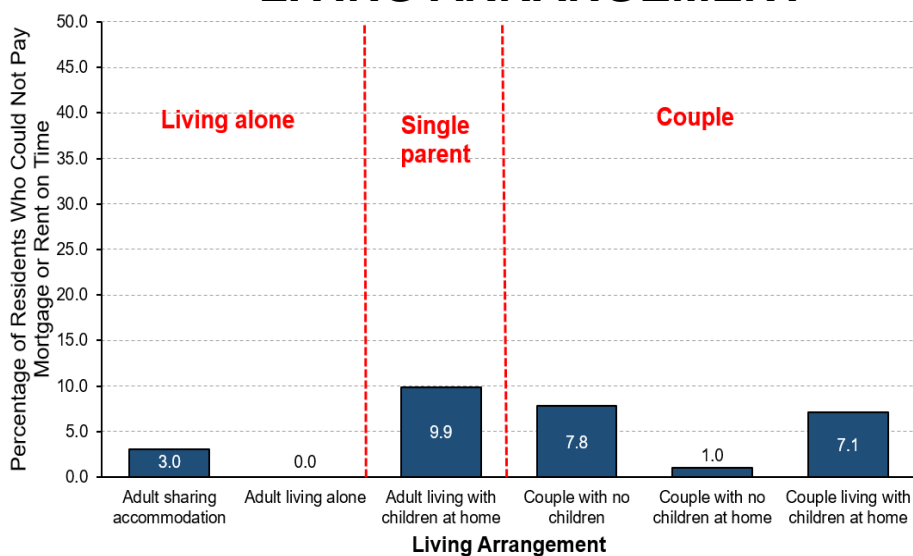
## INCOME



## AGE



## LIVING ARRANGEMENT

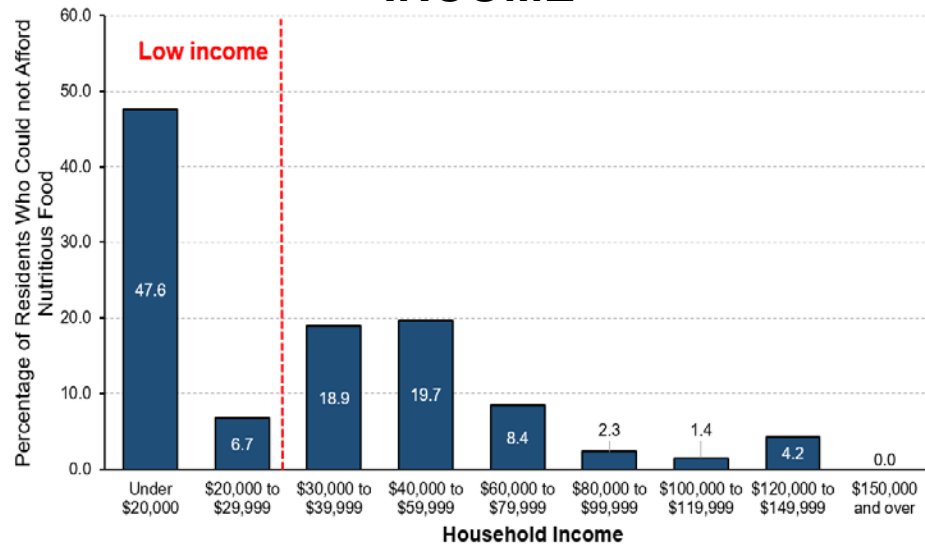


Inability to pay mortgage or rent on time *is linked to:*

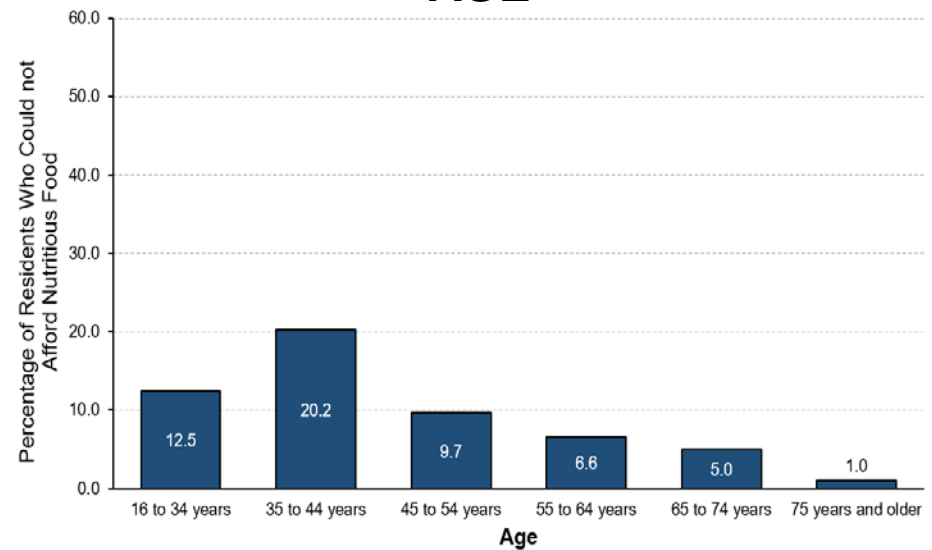
- Lower incomes
- Younger residents
- Single parent families

# Financial Insecurity: Inability to purchase food

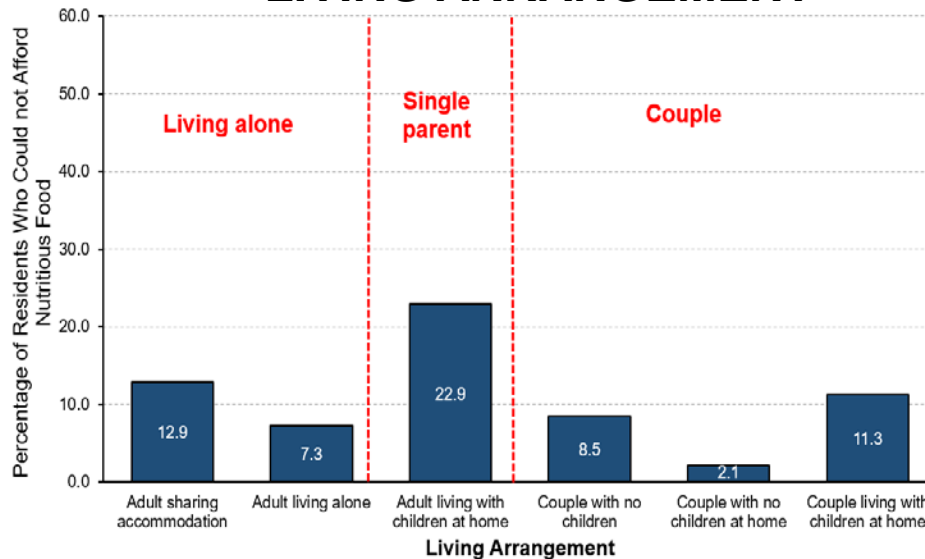
## INCOME



## AGE



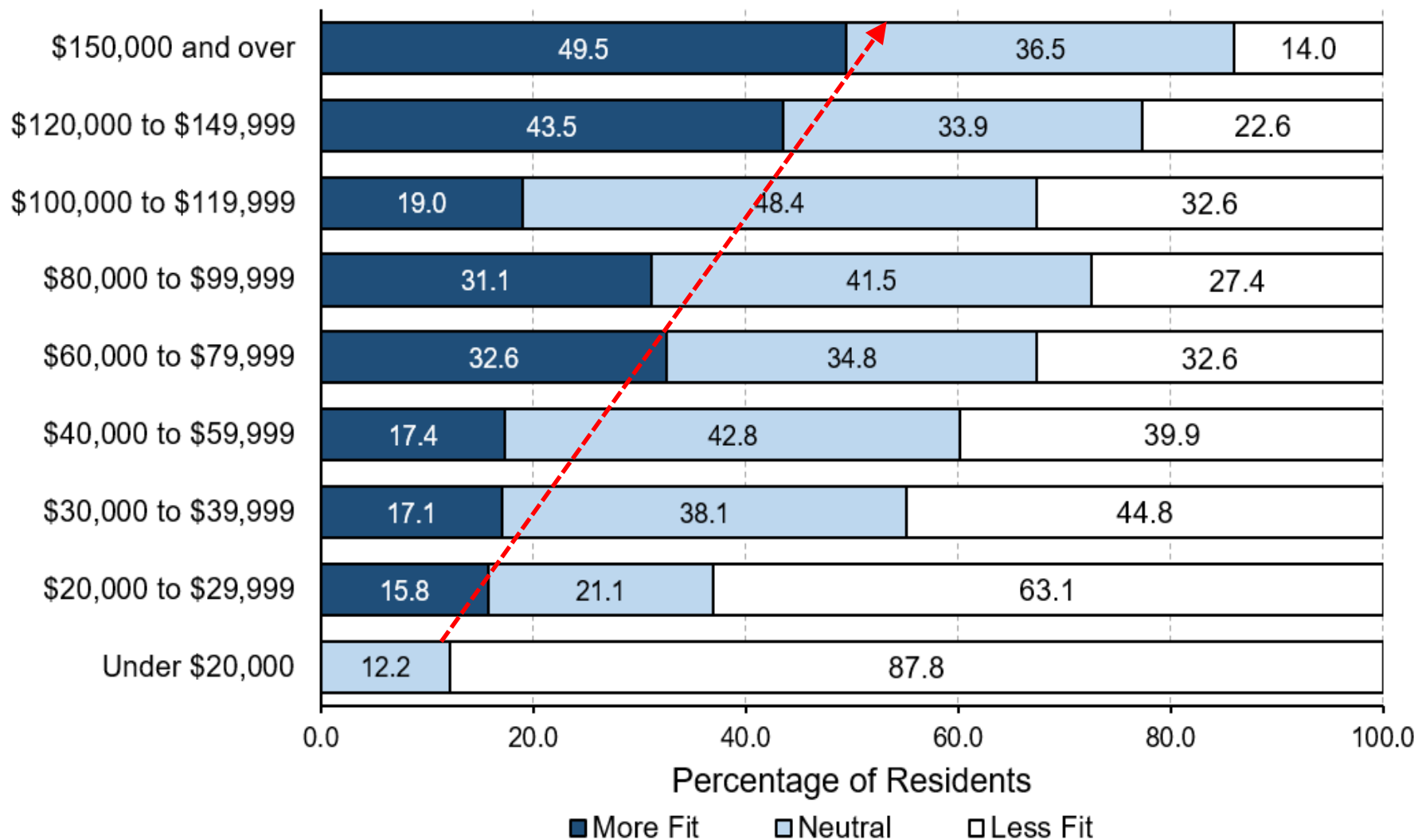
## LIVING ARRANGEMENT



Inability to purchase food *is linked to:*

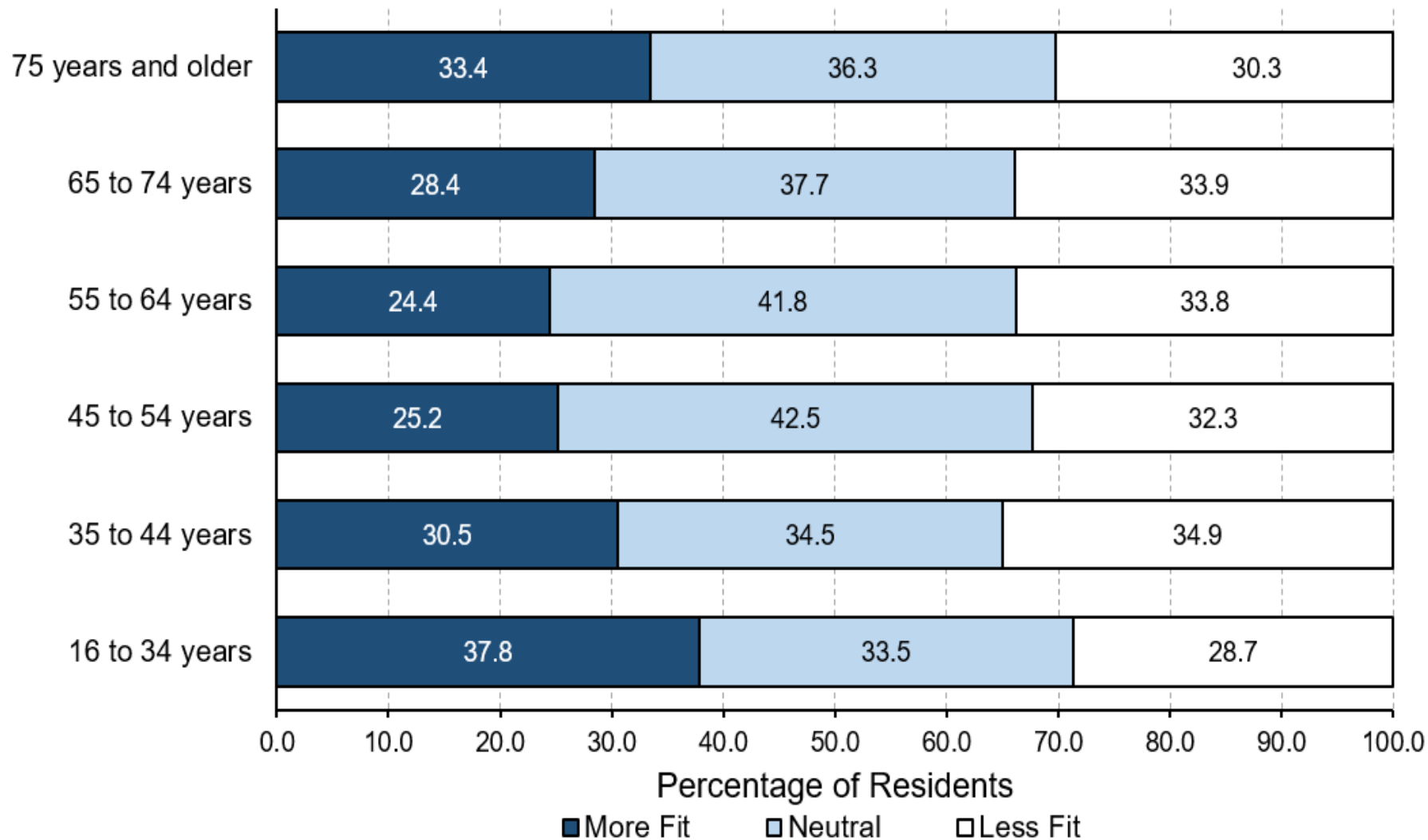
- Lower incomes
- Younger residents
- Single parent families

# Job Fit by *income*

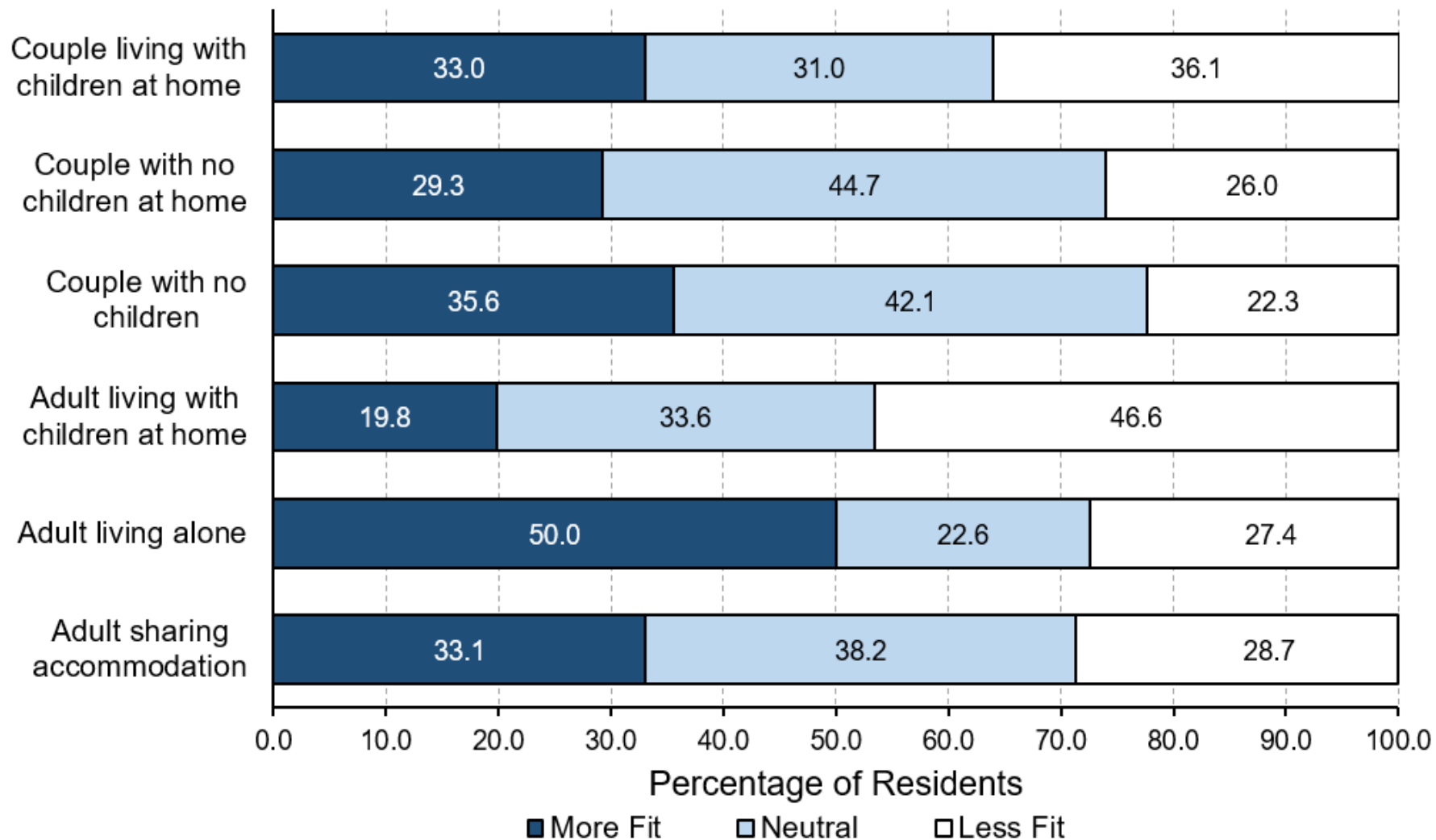




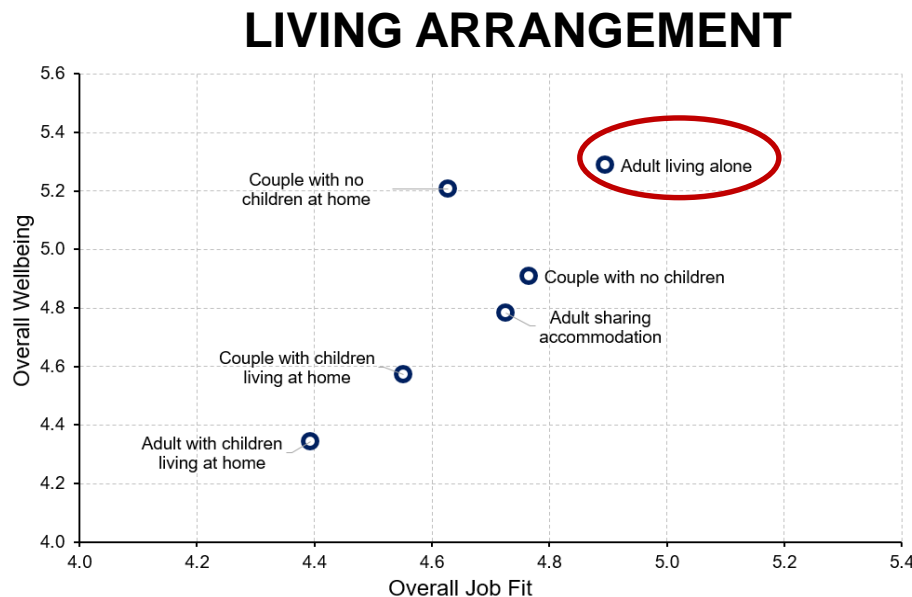
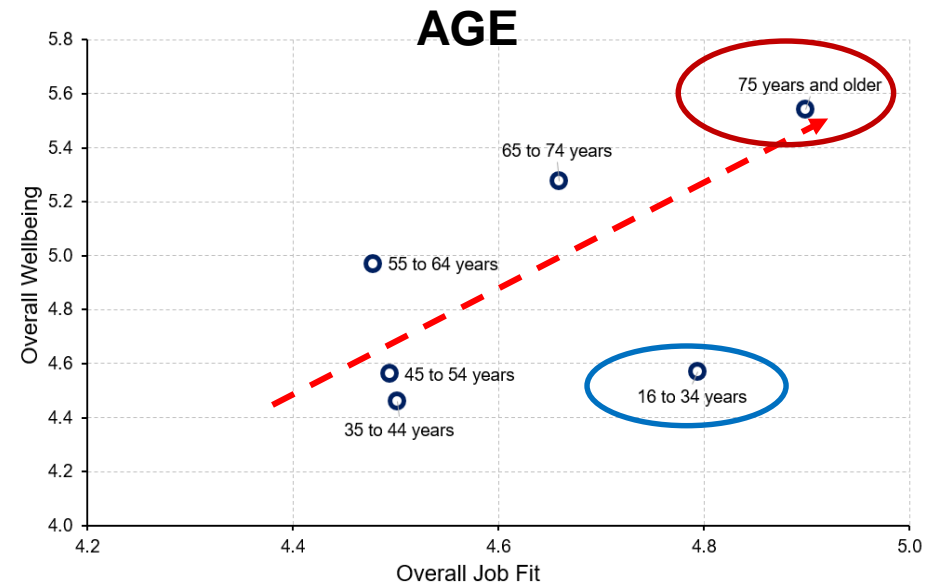
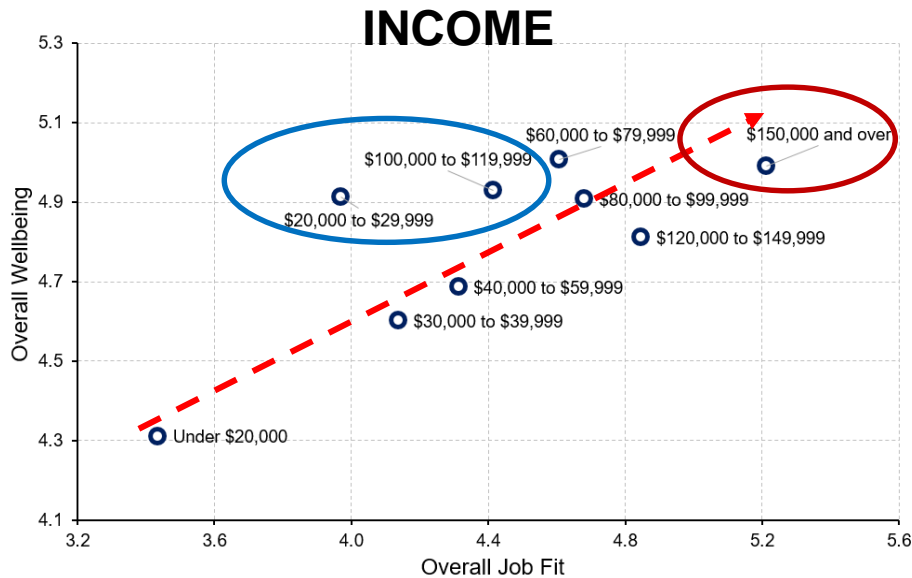
# Job Fit by age



# Job Fit by *living arrangement*



# Job Fit and Overall Wellbeing

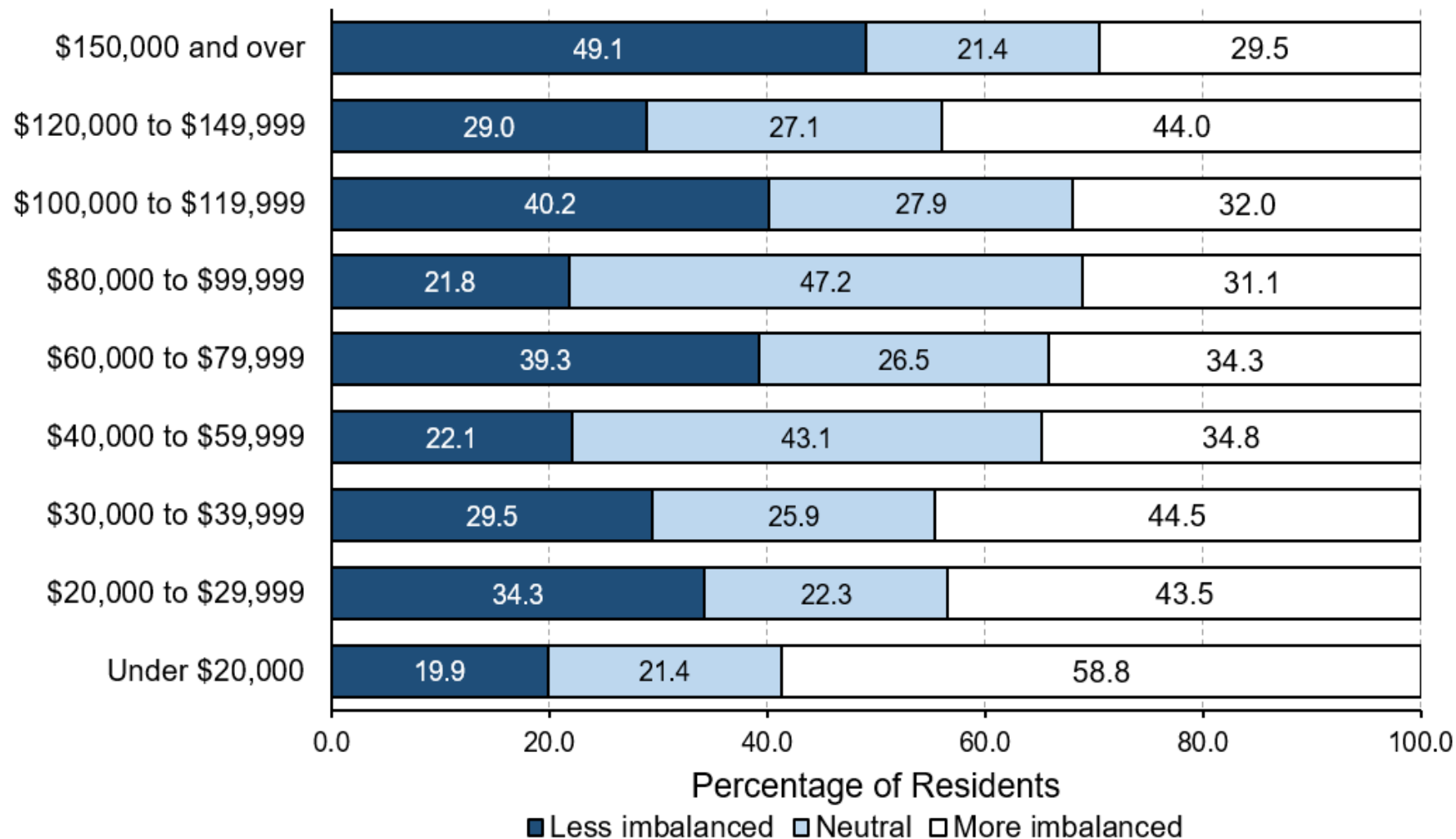


A higher perceived job fit is related to higher overall wellbeing.

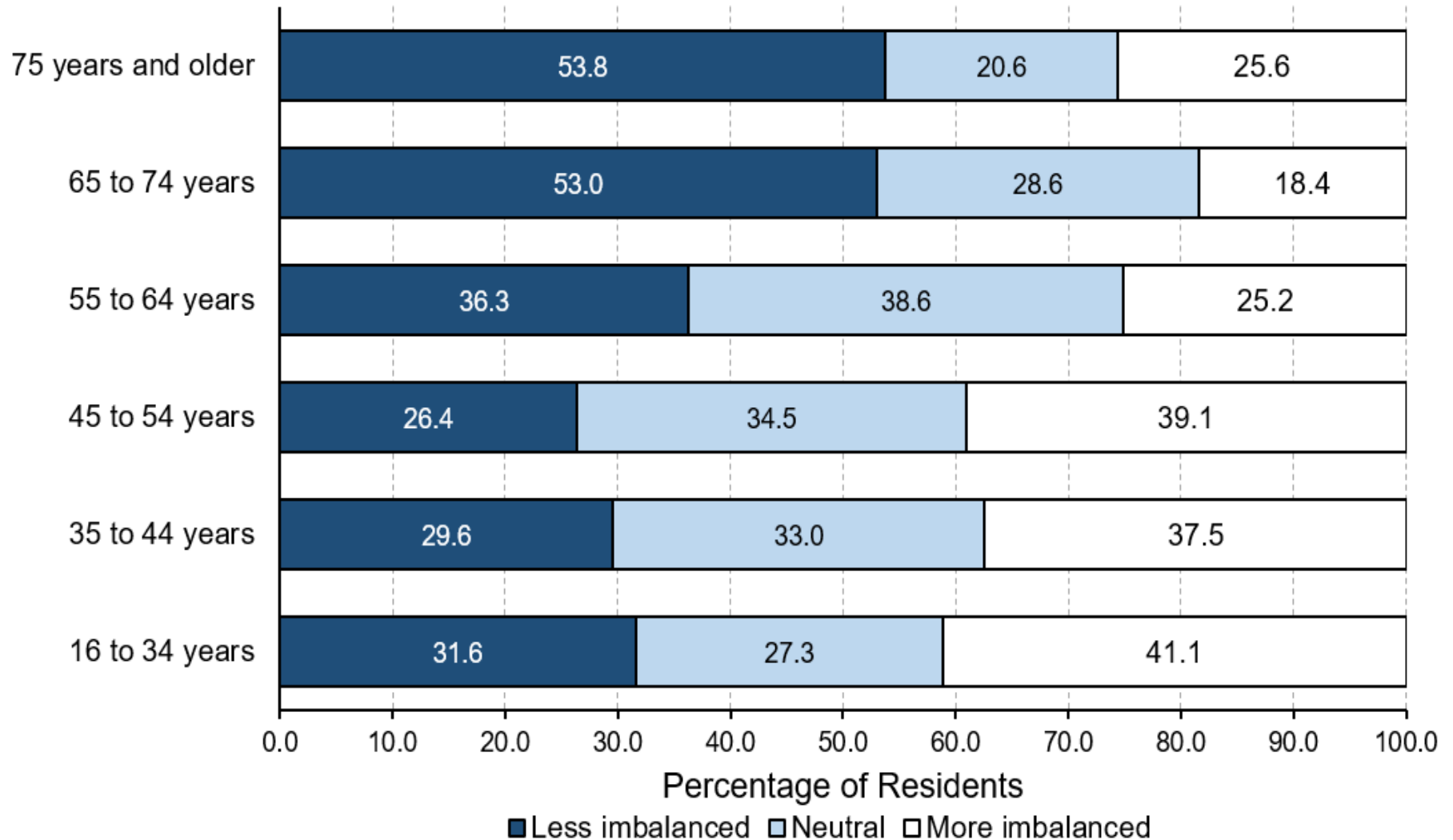
*And is linked to:*

- Higher incomes
- Older residents
- Adults living alone

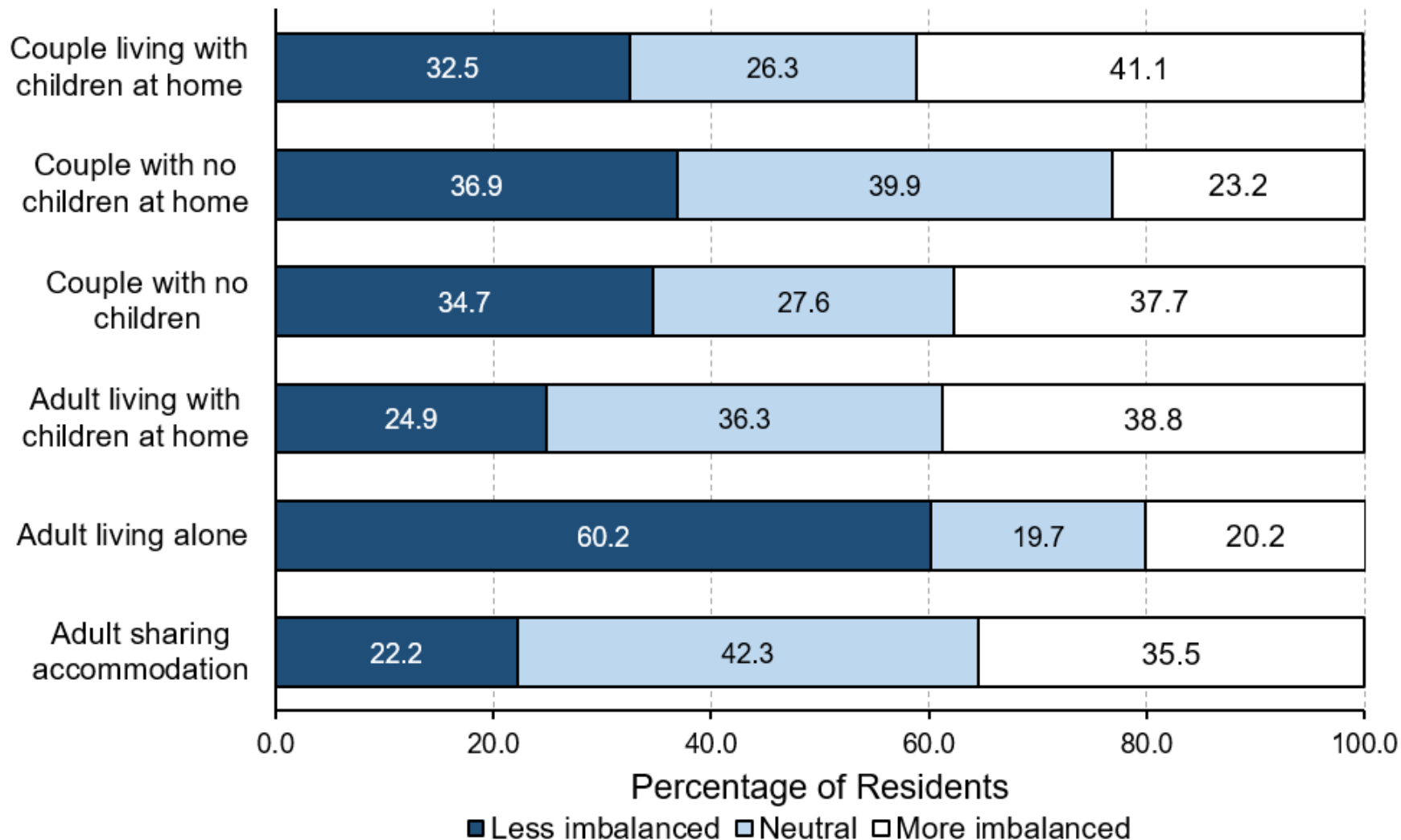
# Work-Life Imbalance by *income*



# Work-Life Imbalance by age

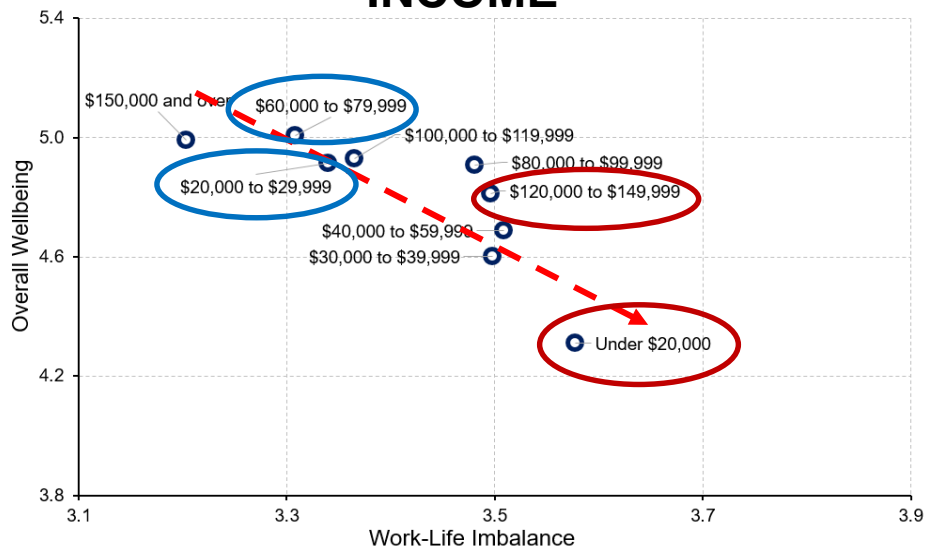


# Work-Life Imbalance by *living arrangement*

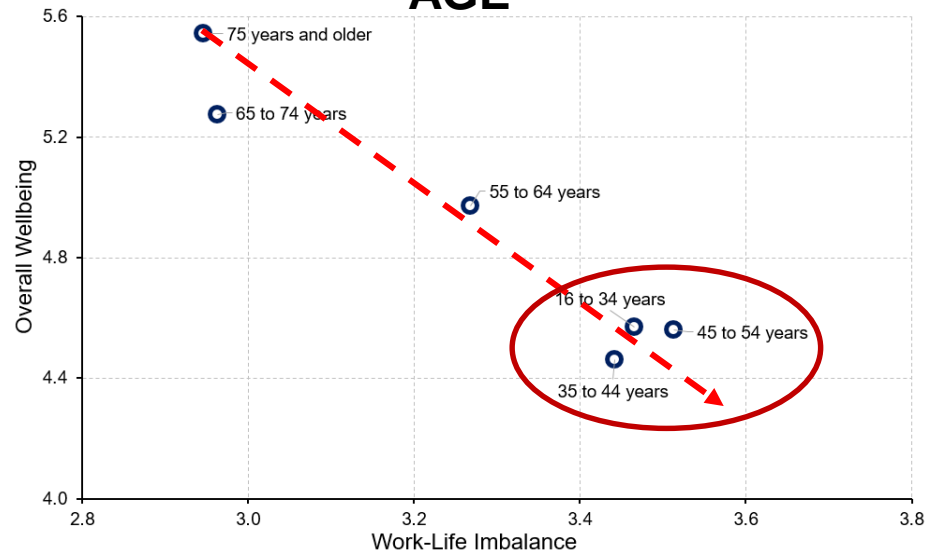


# Work-Life Imbalance and Overall Wellbeing

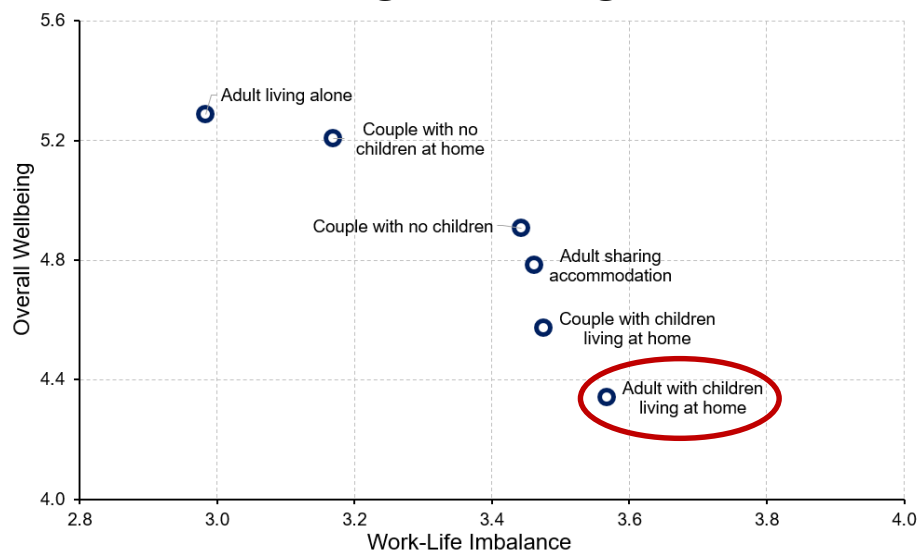
## INCOME



## AGE



## LIVING ARRANGEMENT



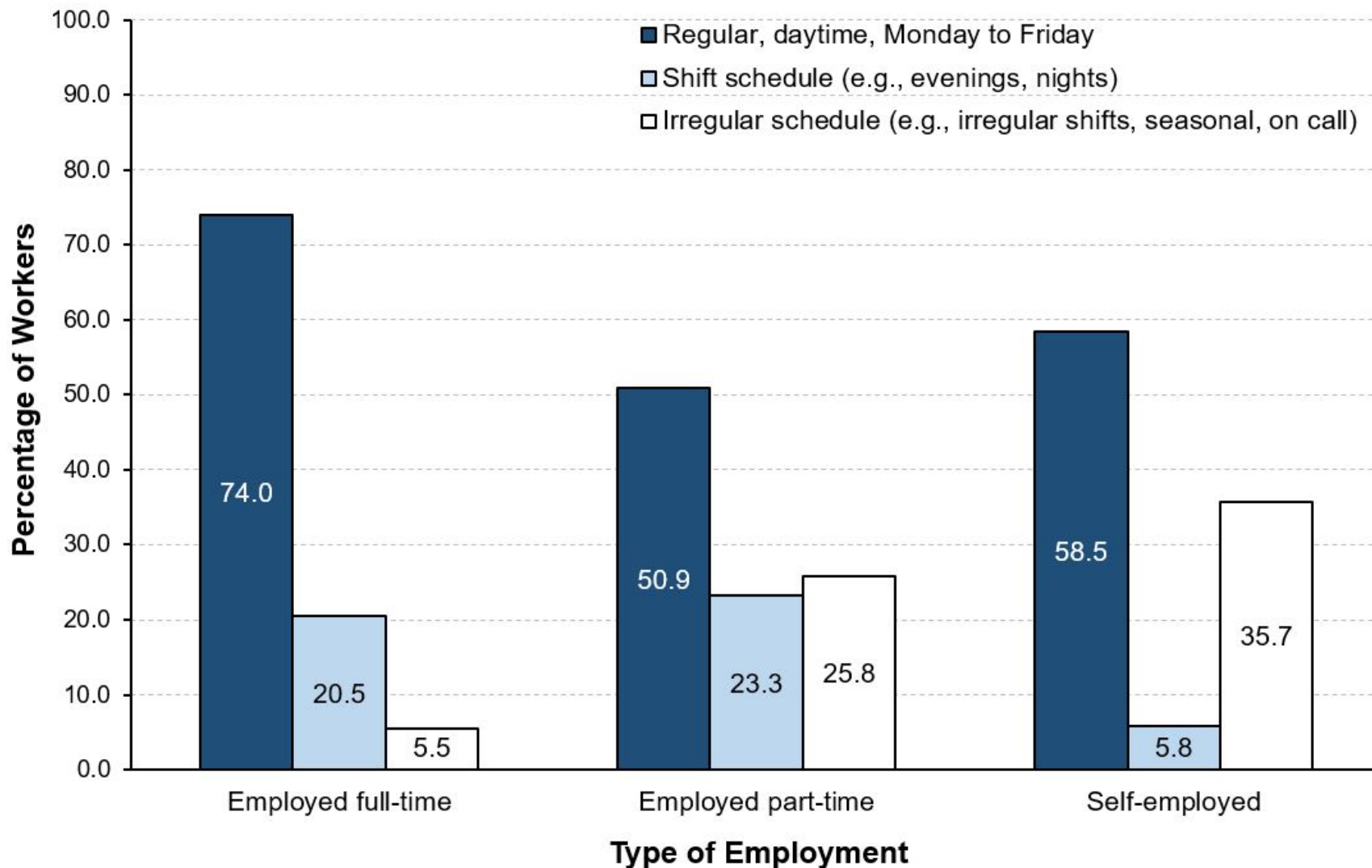
A higher perceived work-life imbalance is related to lower overall wellbeing.

*And is linked to:*

- lower incomes
- Younger residents
- Single parent families

# Living Standards

## Is the type of employment linked to work schedules?







# Healthy Populations

# HEALTHY POPULATIONS and Wellbeing

How do residents with *higher* or *lower* wellbeing compare?

## *Below* average wellbeing

- ✓ Could not afford to pay for doctor prescribed medications
- ✓ Could not afford to get dental care
- ✓ Eat healthy meals less often
- ✓ Get good quality exercise less often

## *Above* average wellbeing

- ✓ Better self-rated *physical* health
- ✓ Better self-rated *mental* health
- ✓ Perceive quality of the health care services to be better
- ✓ Perceive accessibility of the health care services to be better

# HEALTHY POPULATIONS and Wellbeing by sex

## How do women and men compare on healthy populations?

### Women

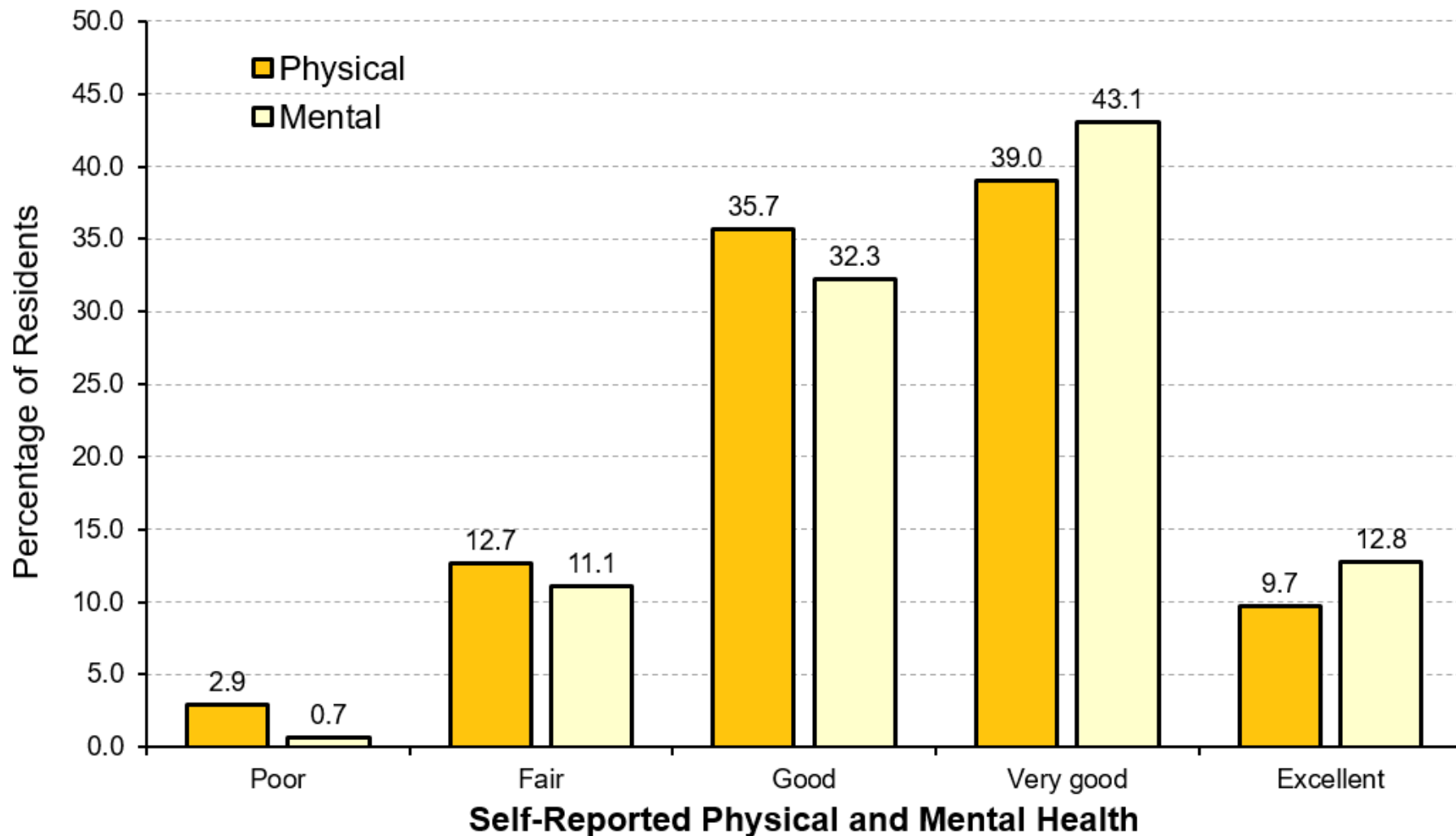
- ✓ Better self-rated *physical* health
- ✓ Could not afford to pay for doctor prescribed medications
- ✓ Could not afford to get dental care

### Men

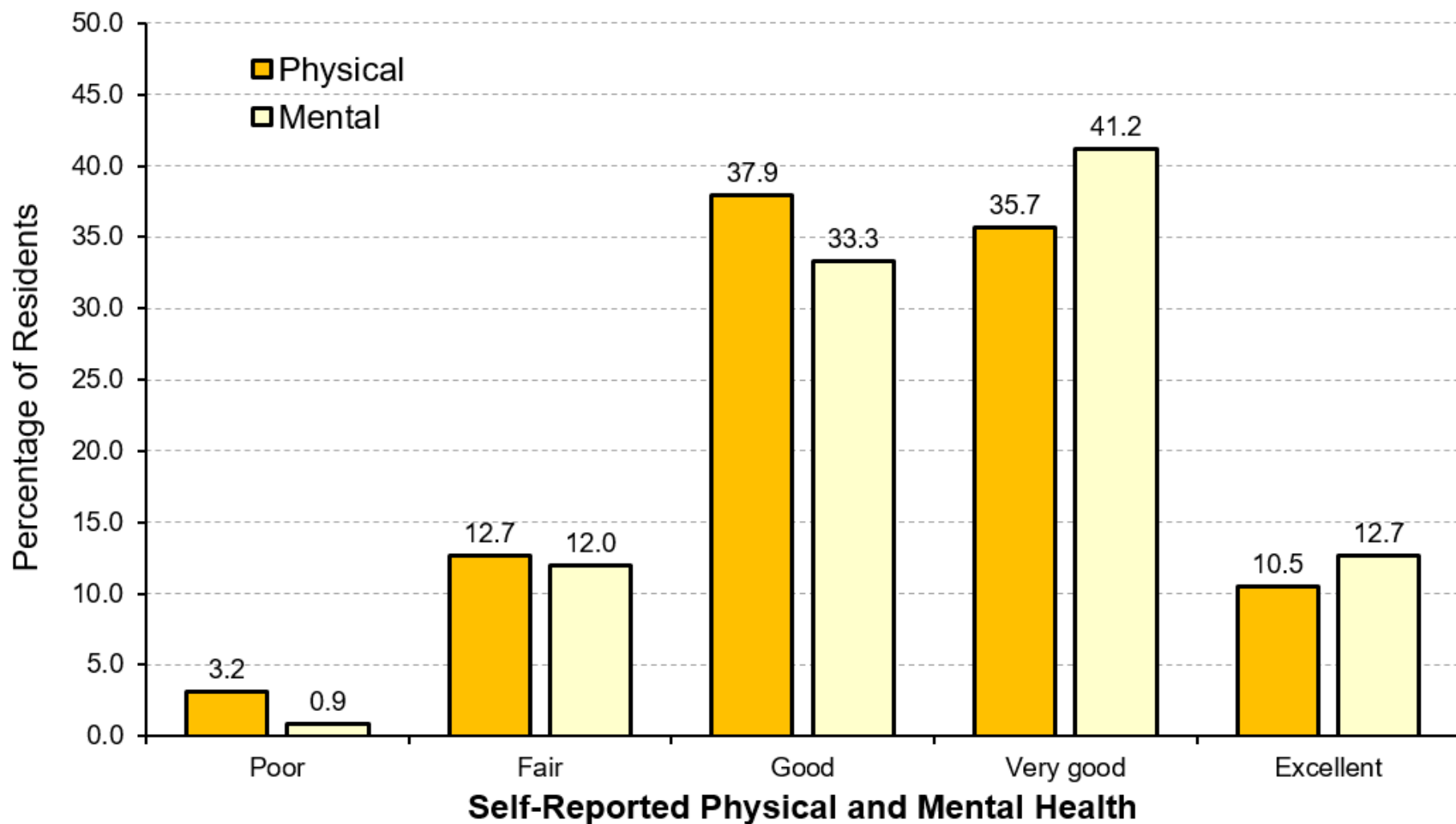
- ✓ Perceive *quality* of the health care services to be better
- ✓ Perceive *access* to the health care services to be better
- ✓ Less likely to eat healthy meals

- Over half of both women and men rate their mental health as very good or excellent.

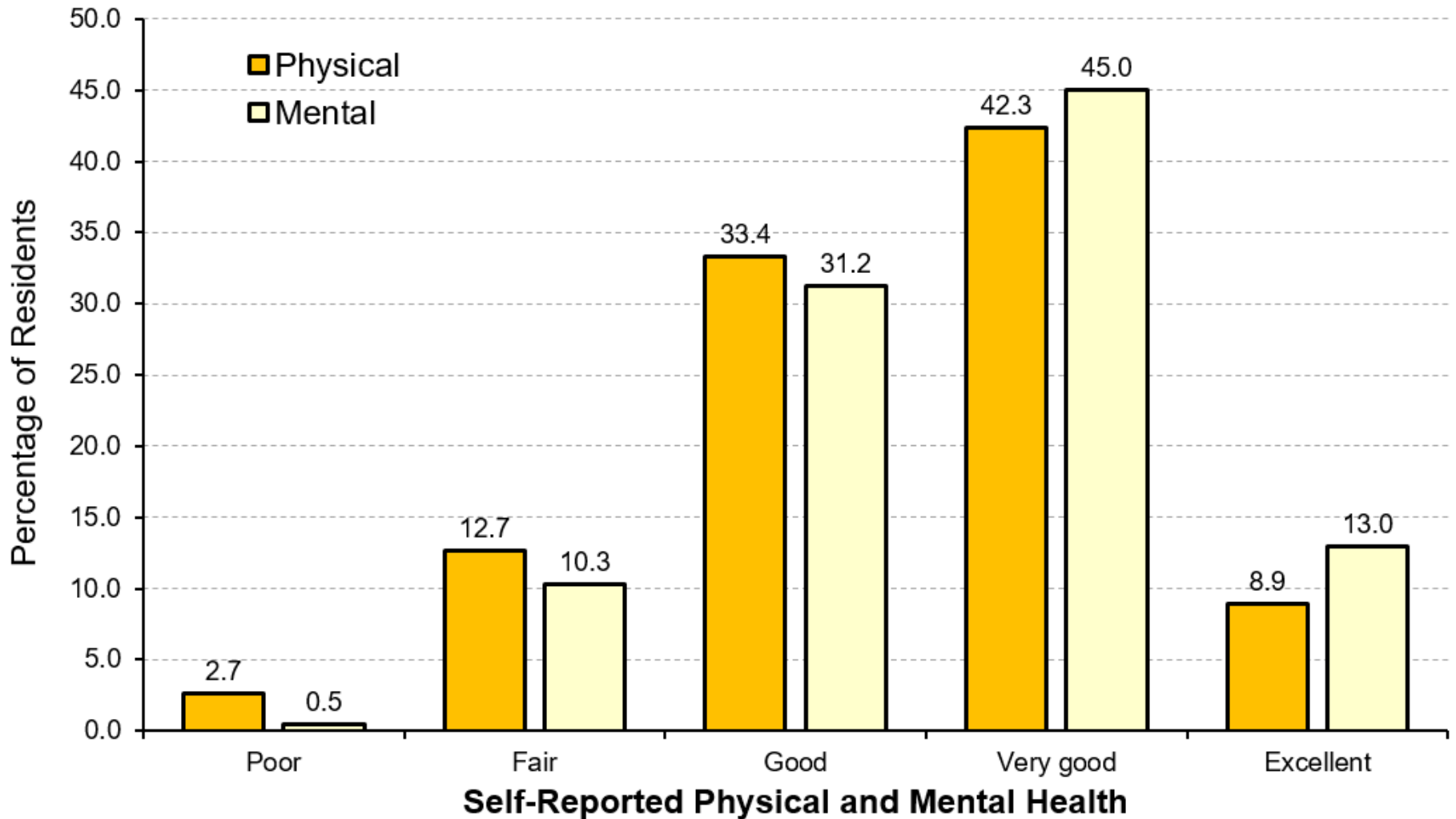
# Physical and Mental Health in Bruce and Grey Counties



# Physical and Mental Health in *Bruce County*



# Physical and Mental Health in Grey County

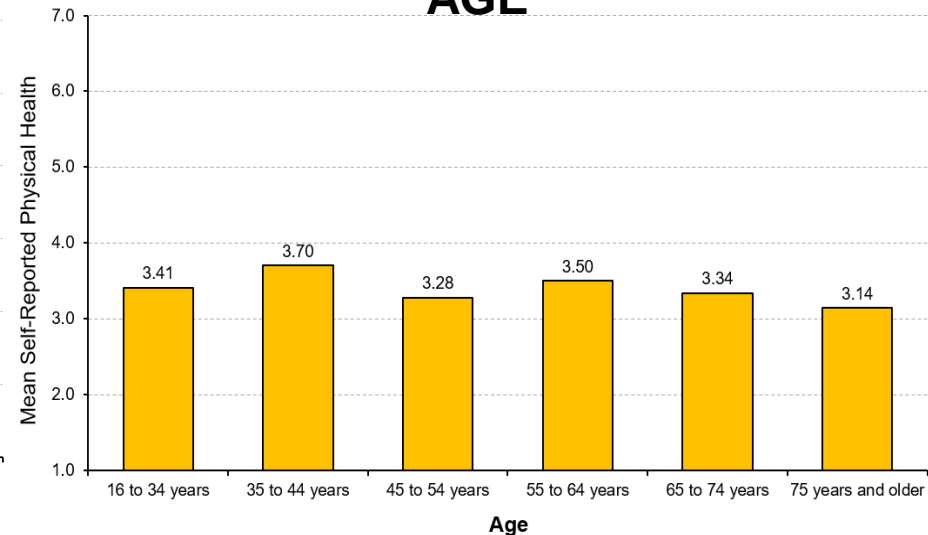


# Physical Health in Bruce and Grey Counties

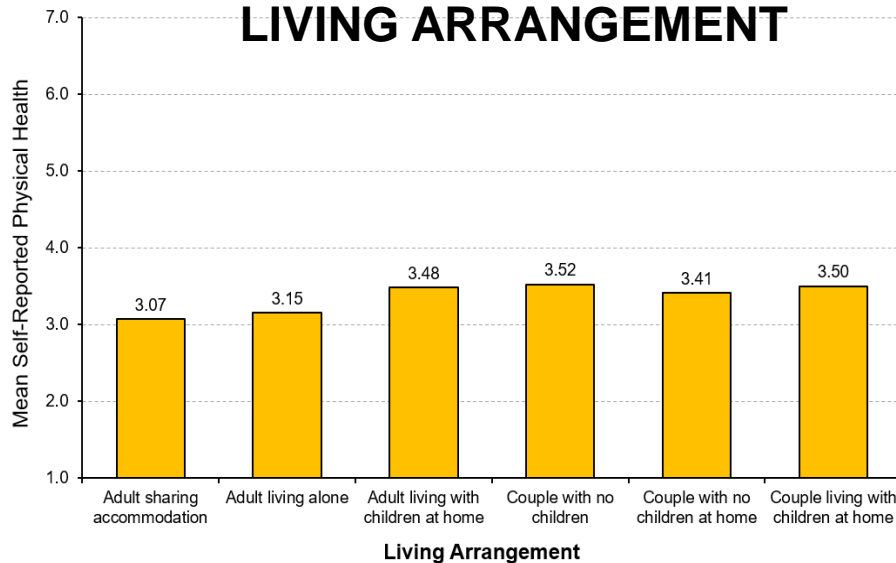
## INCOME



## AGE



## LIVING ARRANGEMENT

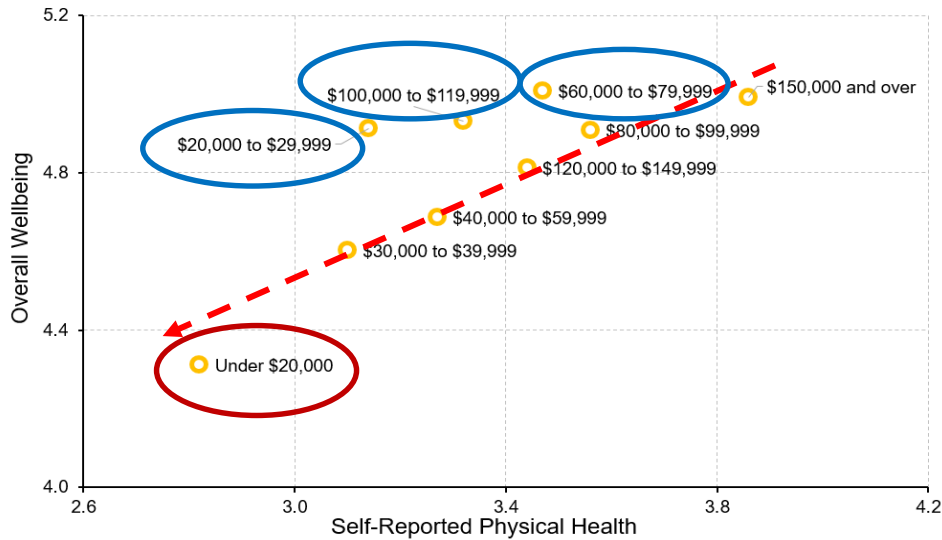


Lower rated physical wellbeing *is linked to:*

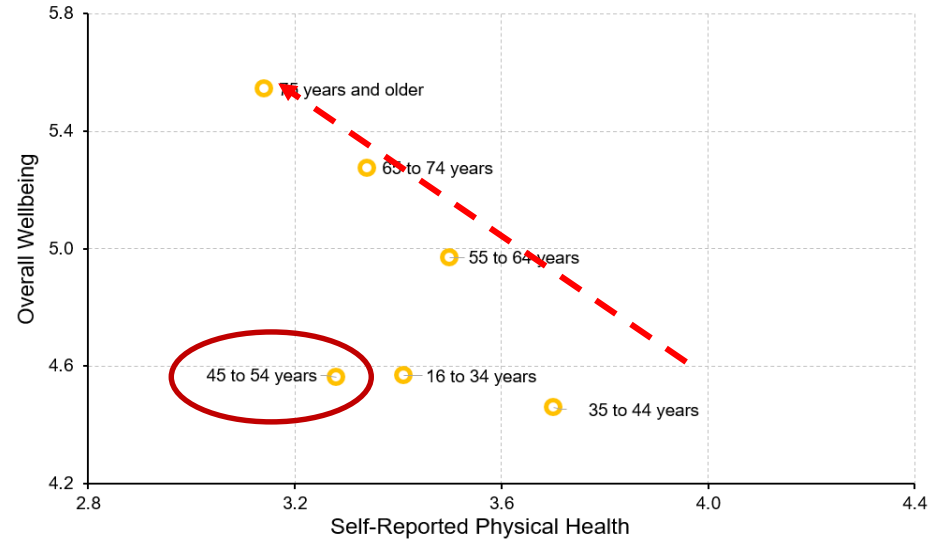
- Lower incomes
- Older residents
- Adults living alone or sharing accommodation with others

# Physical Health and Overall Wellbeing

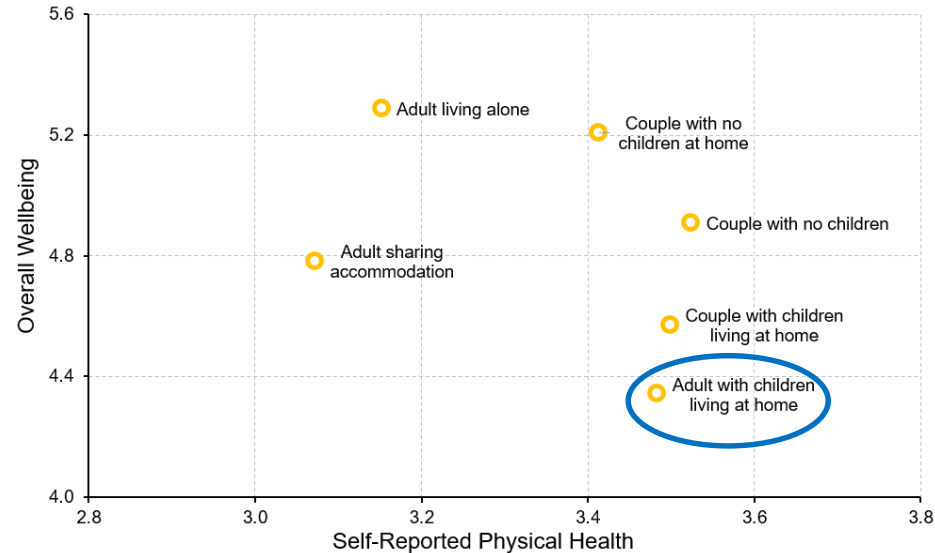
## INCOME



## AGE



## LIVING ARRANGEMENT



A lower self-reported physical wellbeing is related to lower overall wellbeing.

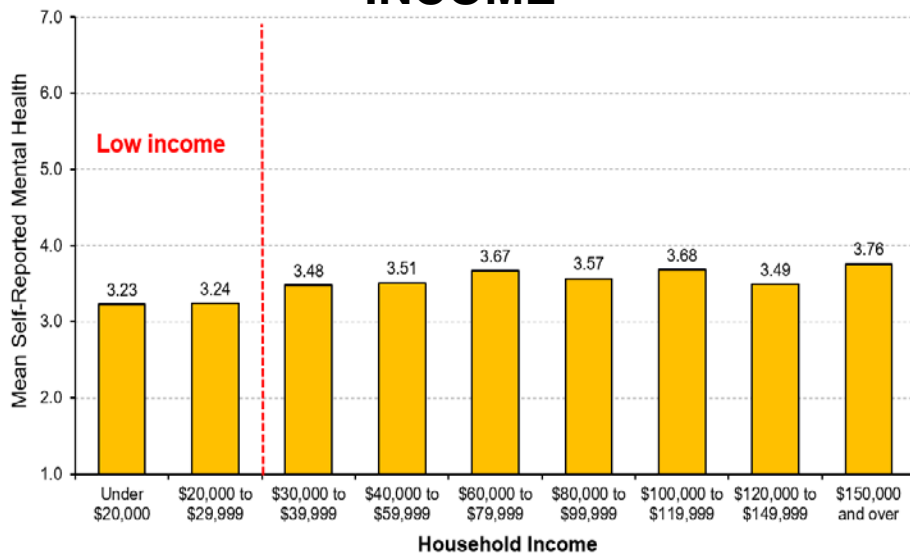
*And is linked to:*

- Lower incomes
- Mid-age residents

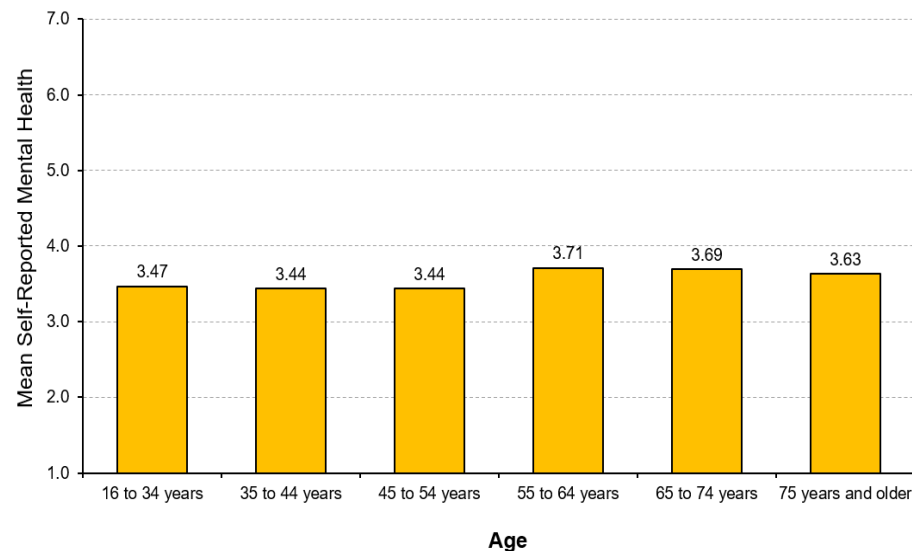


# Mental Health in Bruce and Grey Counties

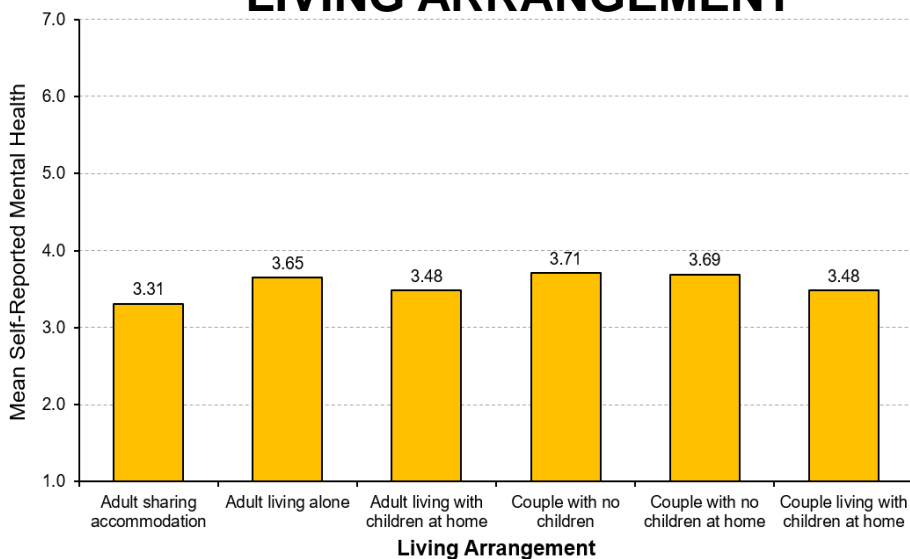
## INCOME



## AGE



## LIVING ARRANGEMENT

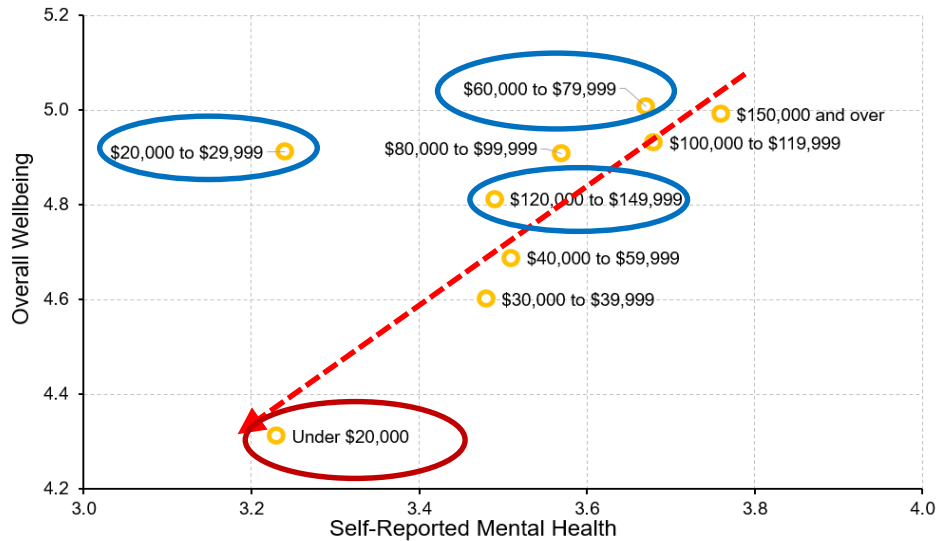


Lower rated mental wellbeing *is linked to:*

- Lower incomes
- Younger and middle-aged residents
- Adults sharing accommodation with others

# Mental Health and Overall Wellbeing

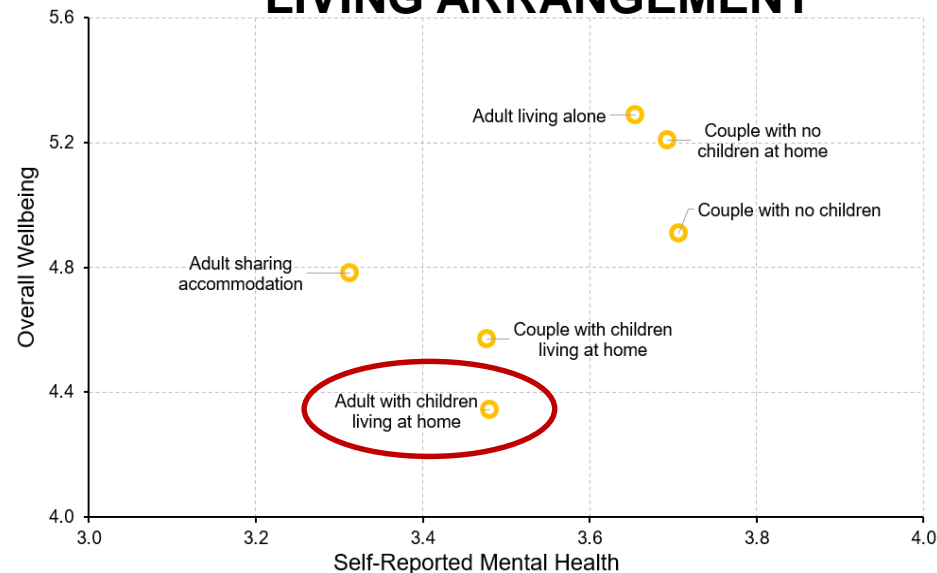
## INCOME



## AGE



## LIVING ARRANGEMENT

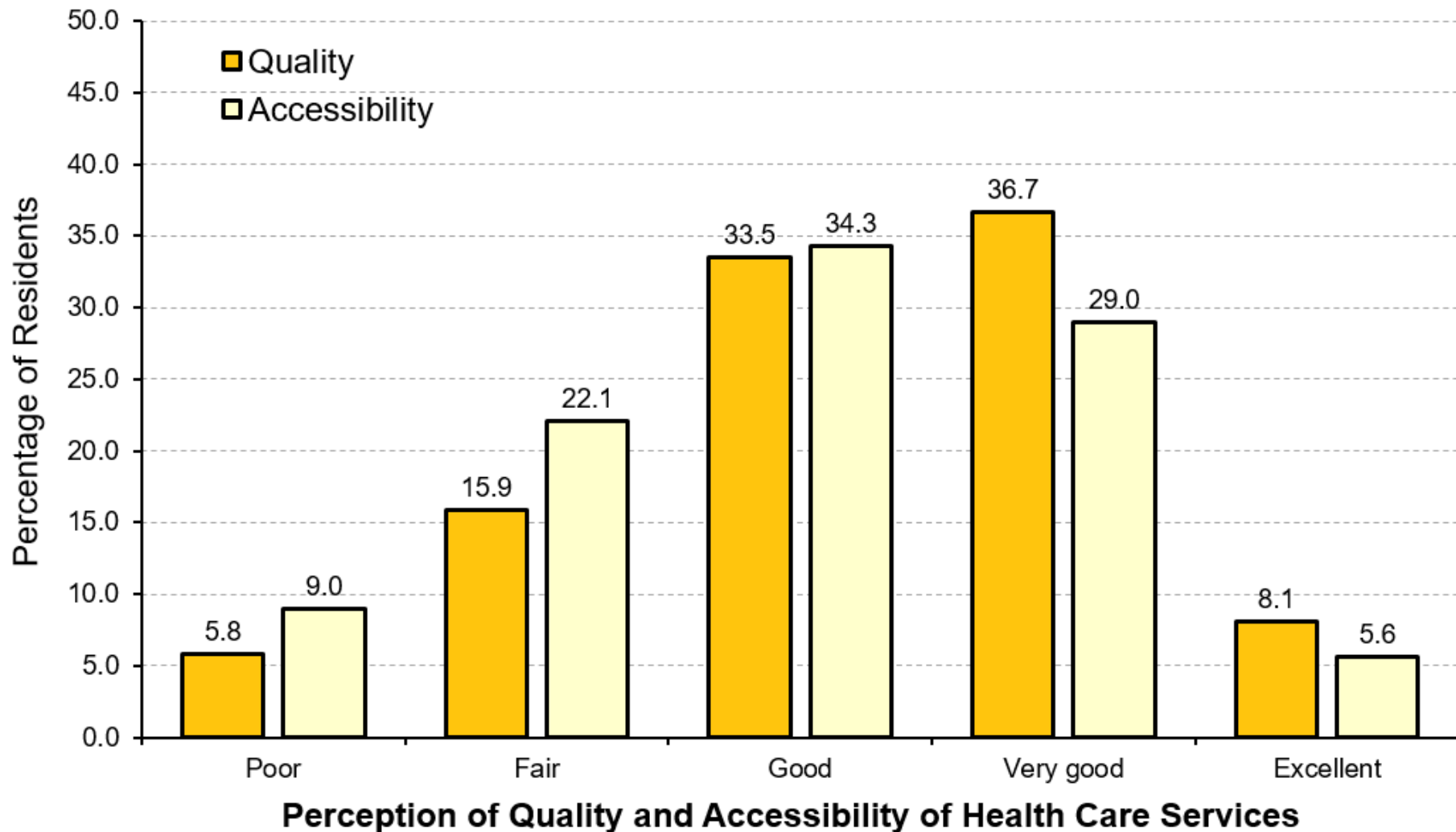


A lower self-reported mental wellbeing is related to lower overall wellbeing.

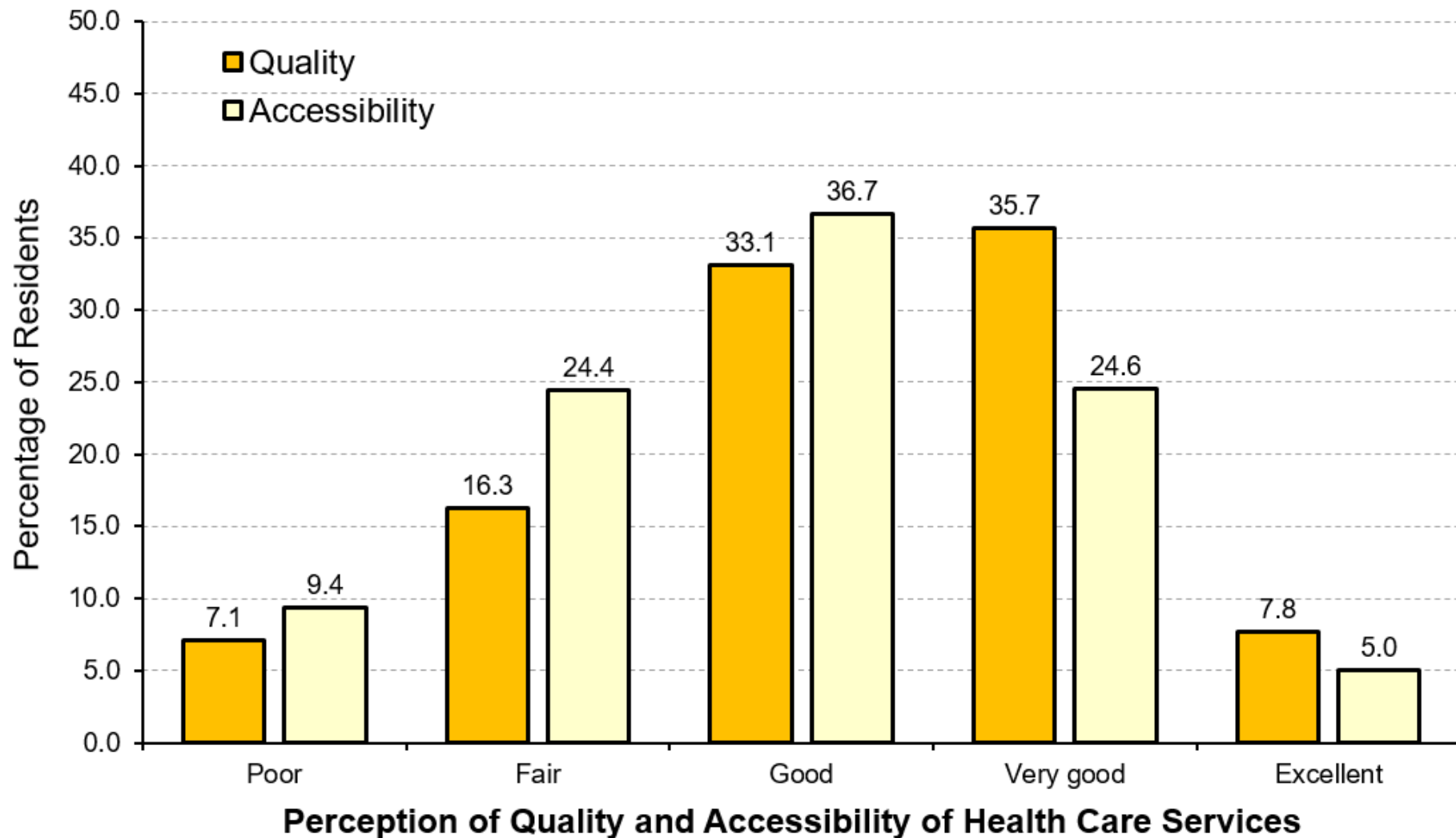
*And is linked to:*

- Lower incomes
- Younger residents
- Single parent families

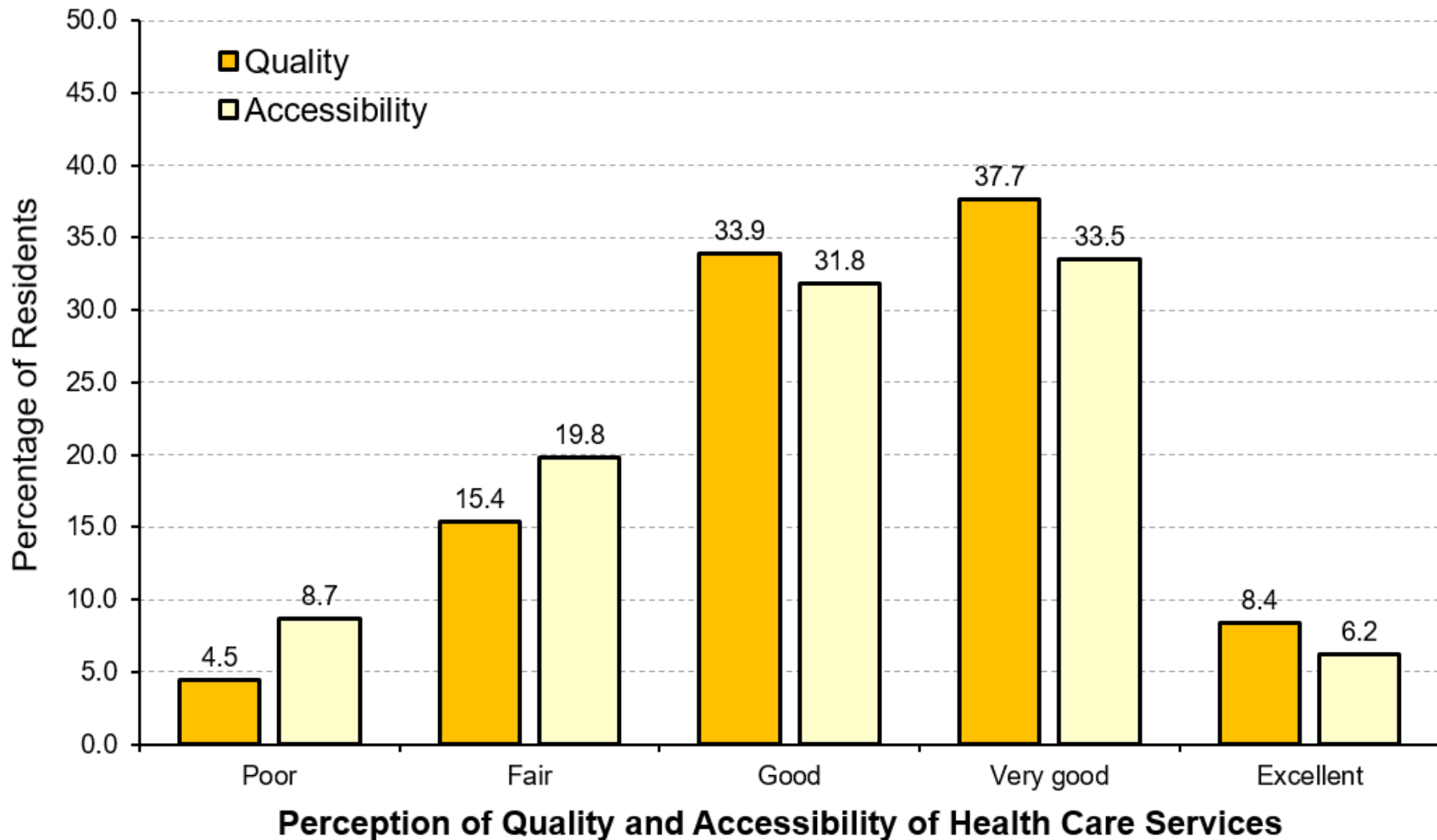
# Health Care Services in Bruce and Grey Counties



# Health Care Services in *Bruce County*



# Health Care Services in *Grey County*

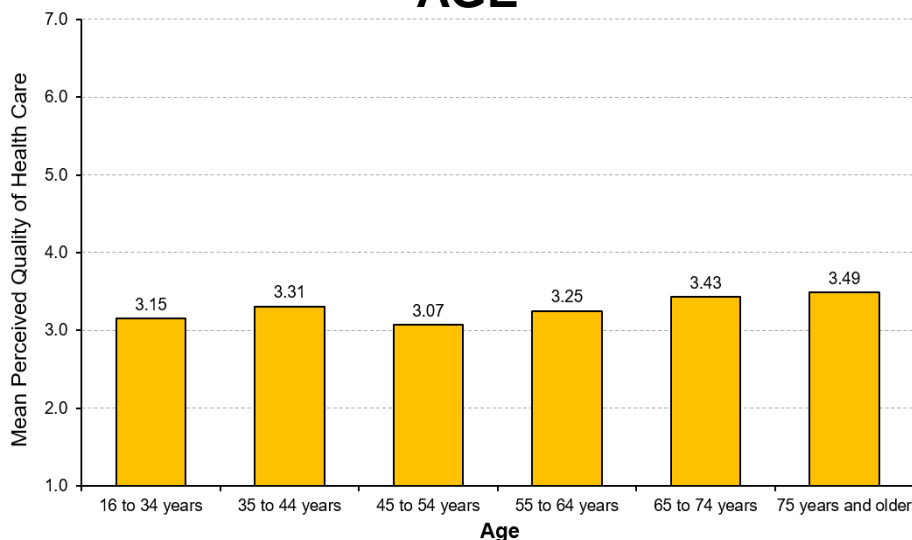


# Quality of Health Care Services in Bruce and Grey Counties

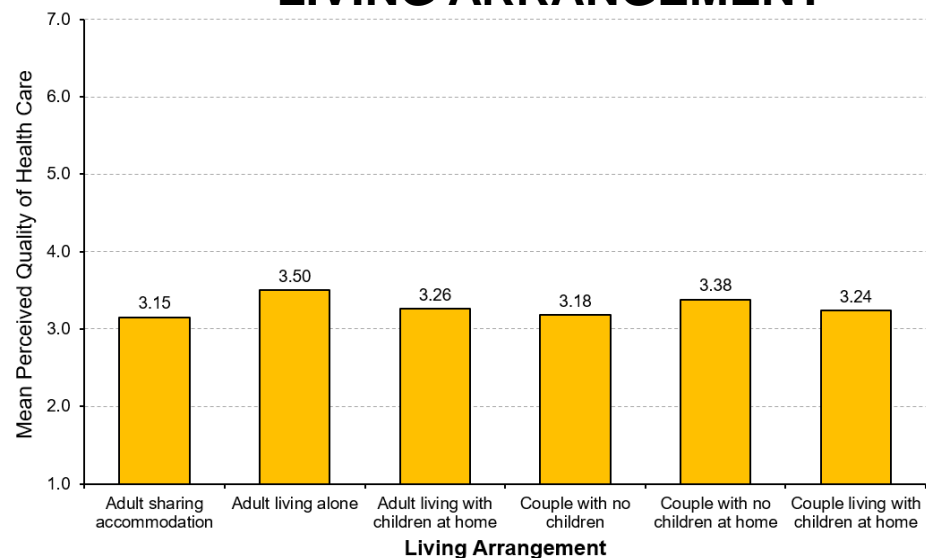
## INCOME



## AGE



## LIVING ARRANGEMENT

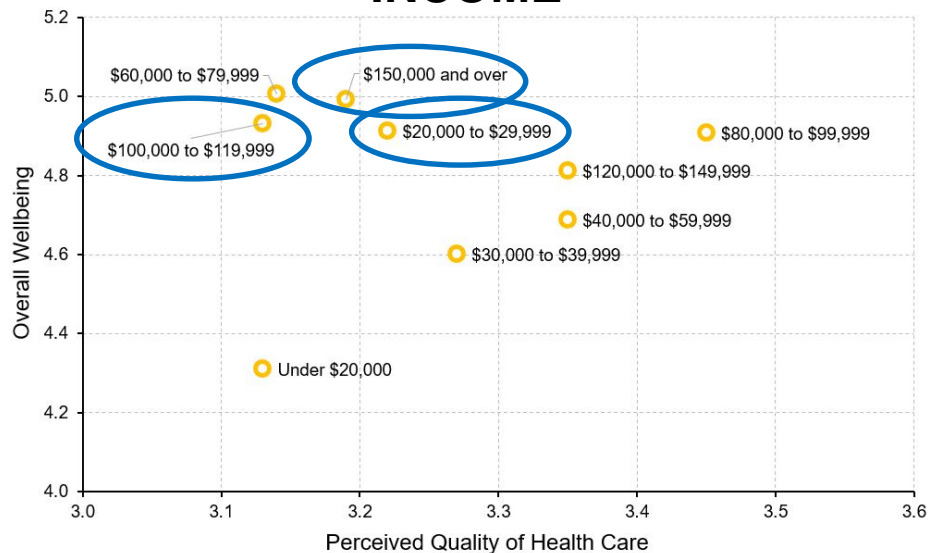


Lower perceived quality of health care services *is linked to:*

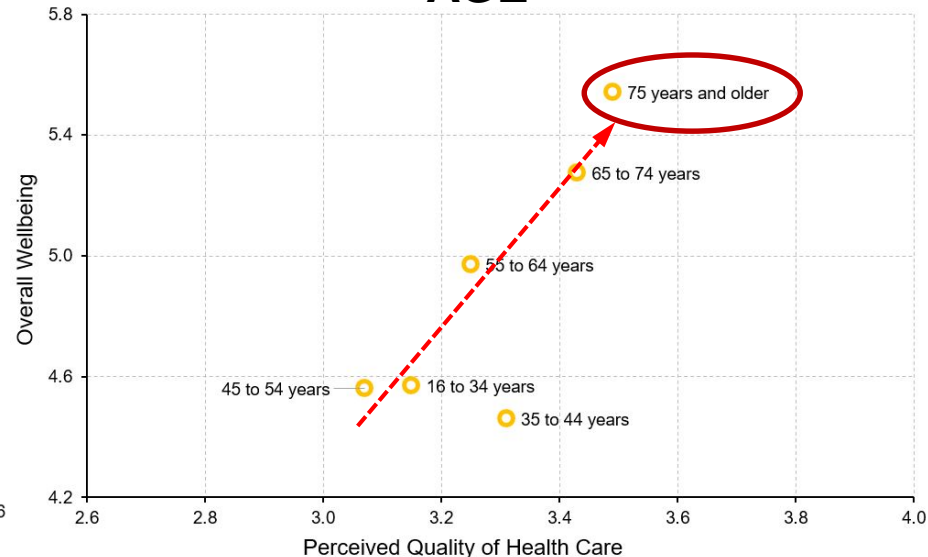
- Lower incomes
- Middle-aged residents
- Adults sharing accommodation with others

# Quality of Health Care and Overall Wellbeing

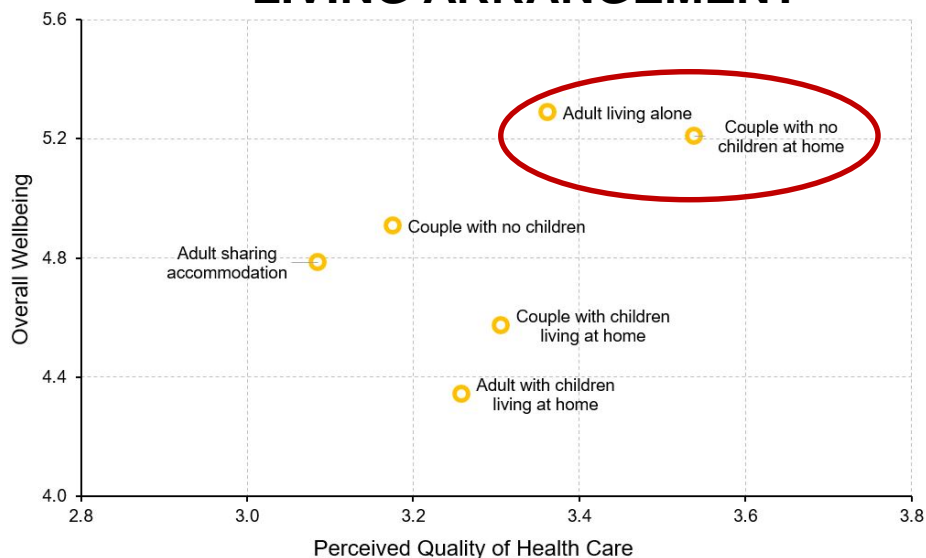
## INCOME



## AGE



## LIVING ARRANGEMENT



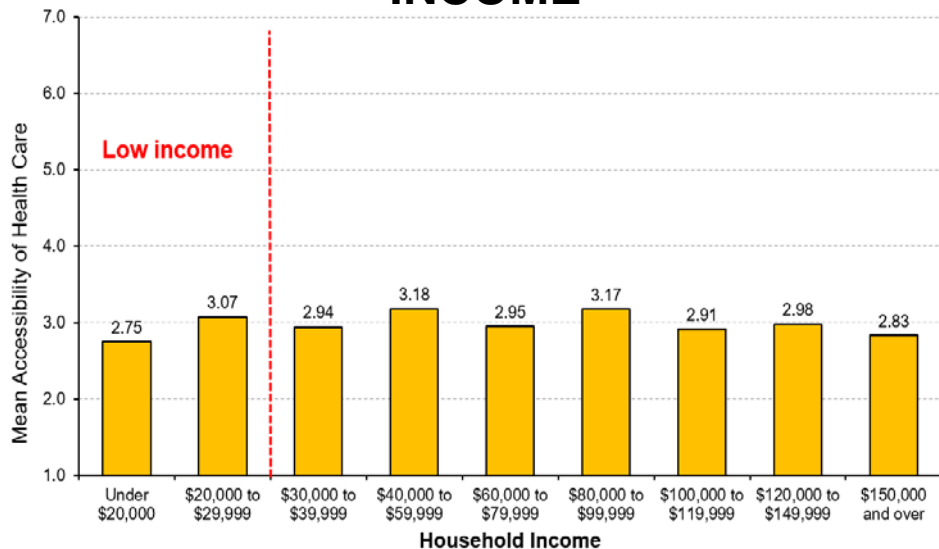
A higher perceived quality of health care services is related to higher overall wellbeing.

*And is linked to:*

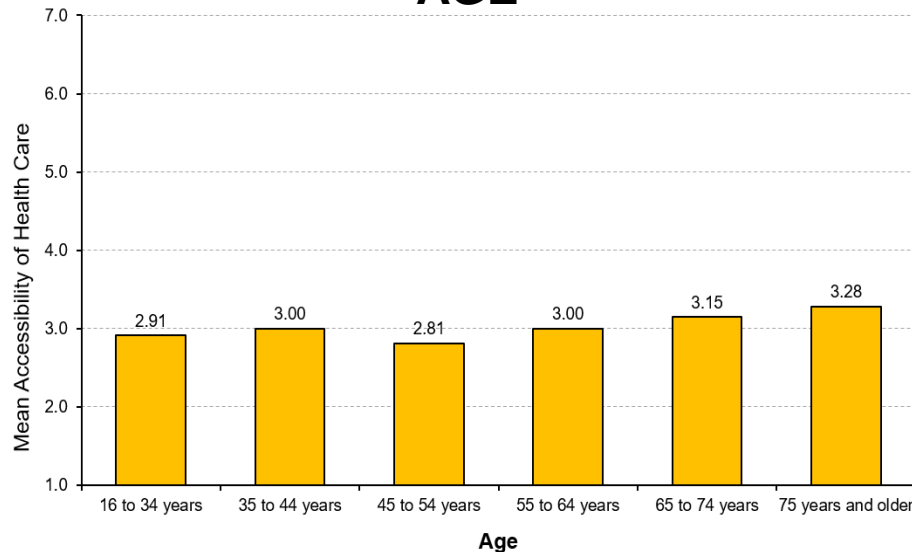
- Older residents
- Couple with no children at home
- Adults living alone

# Accessibility of Health Care Services in Bruce and Grey Counties

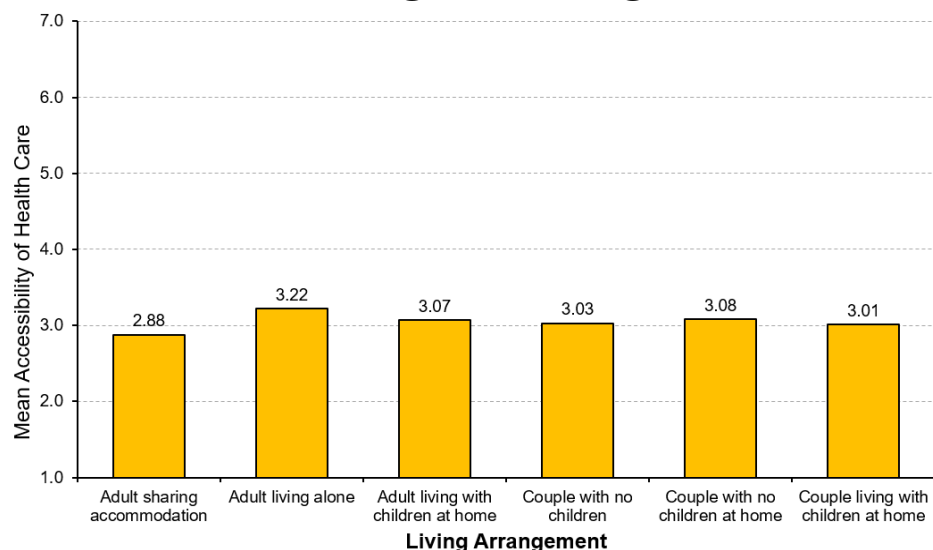
## INCOME



## AGE



## LIVING ARRANGEMENT



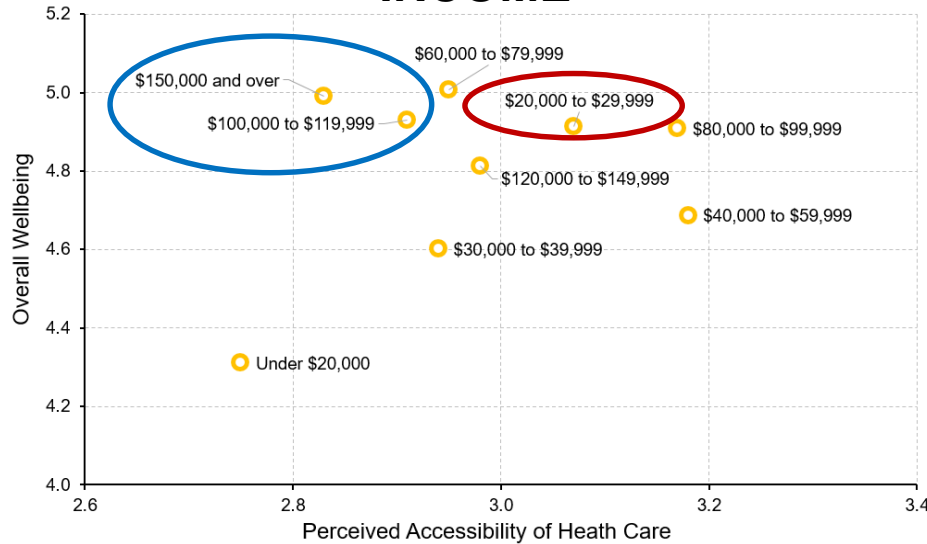
Lower perceived accessibility of health care services *is linked to:*

- Lower incomes
- Younger and middle-aged residents
- Adults sharing accommodation with others

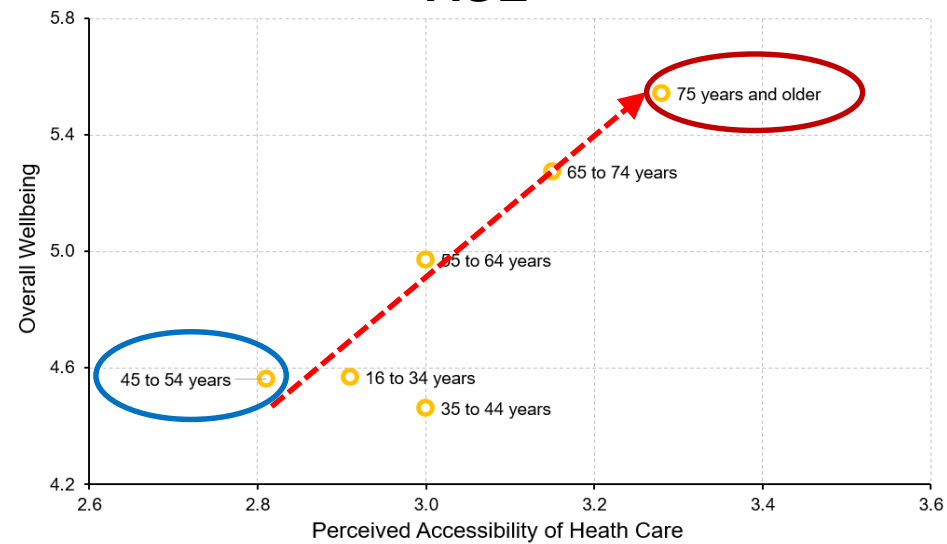


# Accessibility of Health Care and Overall Wellbeing

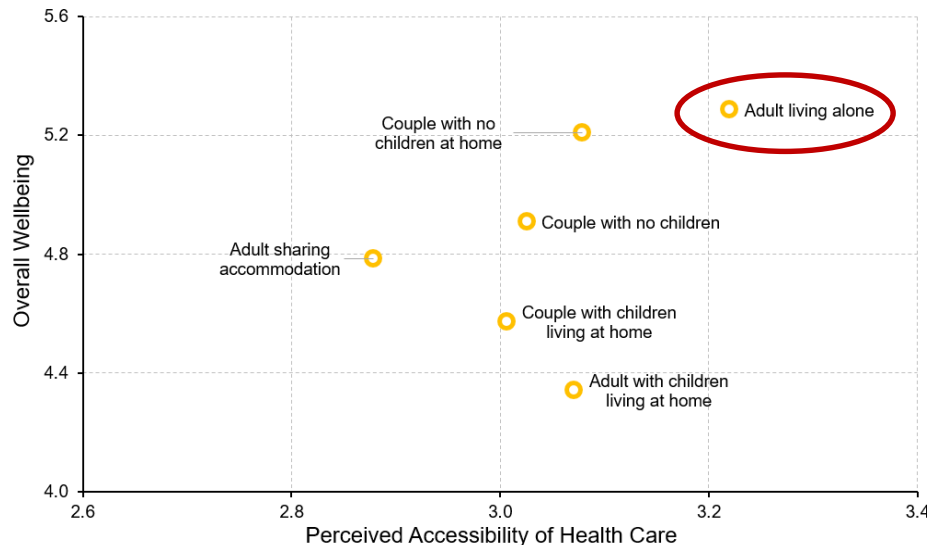
## INCOME



## AGE



## LIVING ARRANGEMENT



A higher perceived accessibility of health care services is related to higher overall wellbeing.

*And is linked to:*

- Older residents
- Adults living alone



# EDUCATION

# EDUCATION and Wellbeing

## How do residents with *higher or lower wellbeing compare?*

### *Below* average wellbeing

- ✓ More likely to have taken courses to improve skills or qualification for current job
- ✓ Courses seen as too expensive
- ✓ Courses seen as offered at inconvenient times

### *Above* average wellbeing

- ✓ Higher perceived availability of *formal education opportunities*
- ✓ Higher perceived availability of *courses for interest*
- ✓ Less likely to have taken courses to get started or prepare for job

- Both groups have taken courses for interest in the community or online.

# EDUCATION and Wellbeing by sex

## How do women and men compare on education domain?

### Women

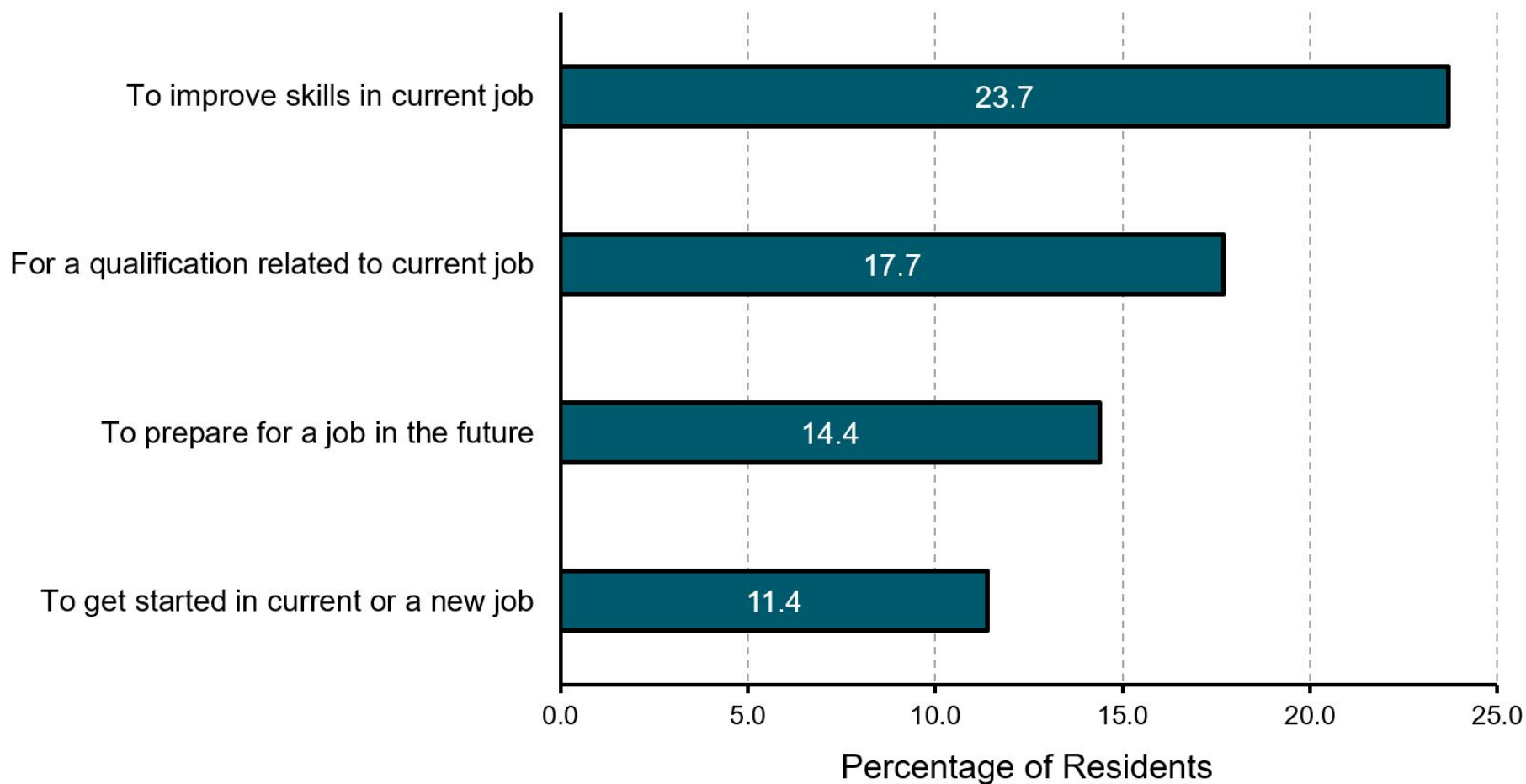
- ✓ More likely to take formal education courses to improve skills for current job
- ✓ More likely to take courses for interest in community or online
- ✓ Courses seen as too expensive
- ✓ Courses seen as offered at inconvenient times

### Men

- ✓ Higher perceived availability of *formal education opportunities*
- ✓ Higher perceived availability of *courses for interest*
- ✓ Less likely to have taken courses to get started or prepare for job

# Taking Courses in Bruce and Grey Counties

## Reasons for Taking Formal Education Courses

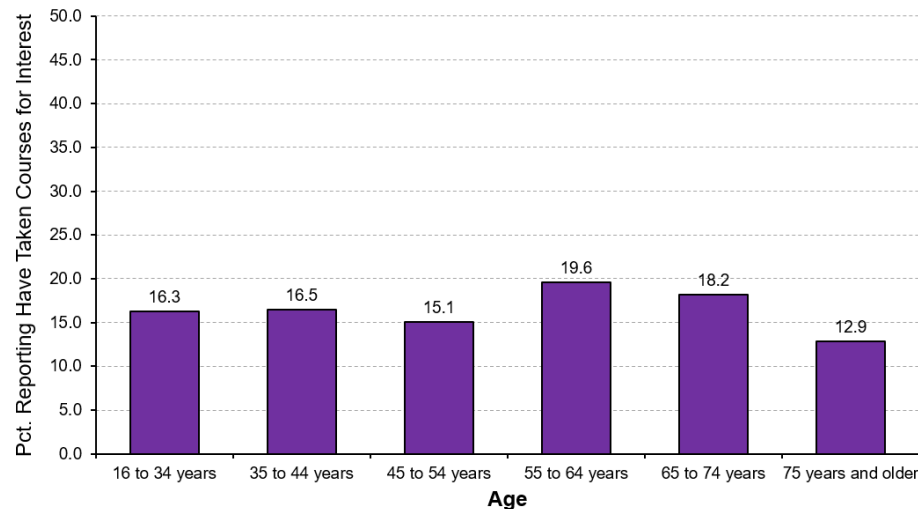


# Taking Courses for Interest

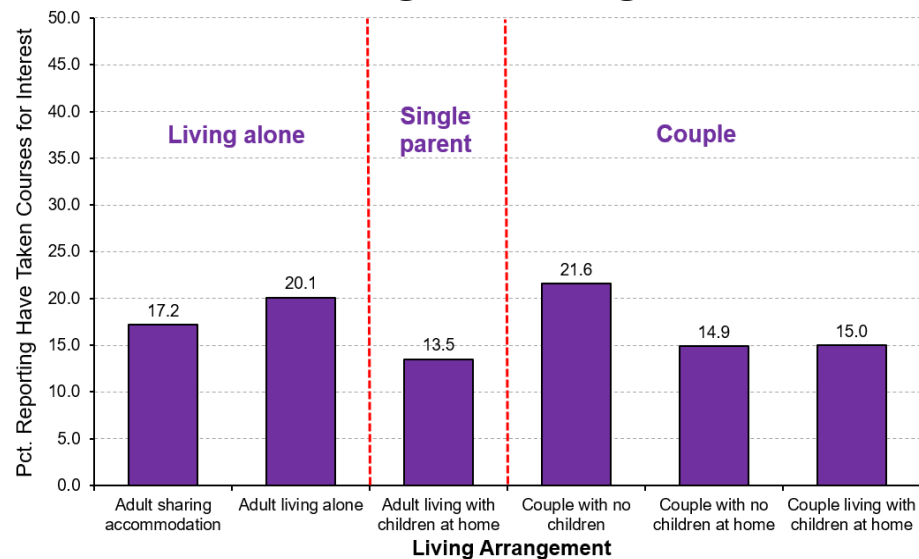
## INCOME



## AGE



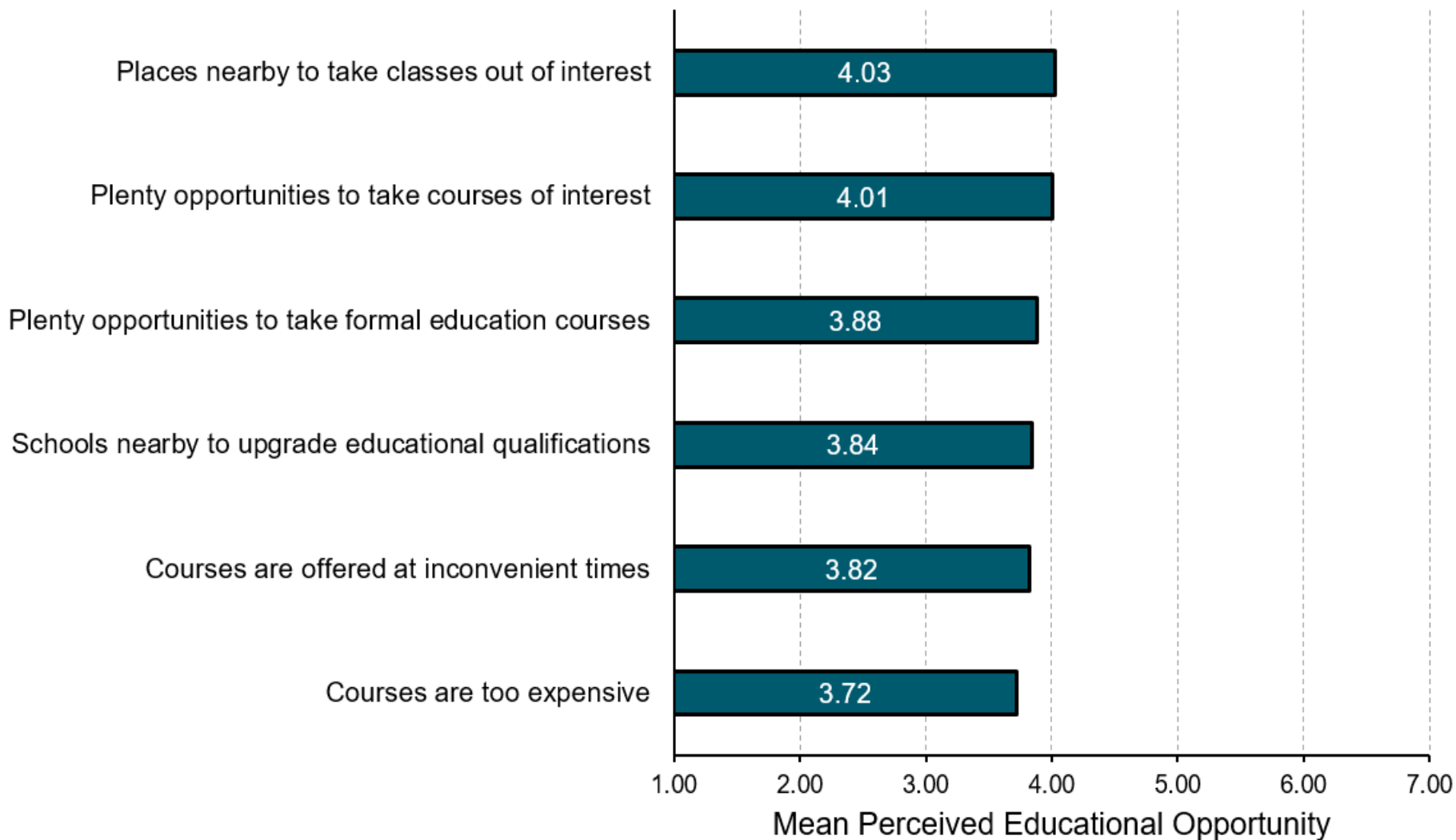
## LIVING ARRANGEMENT



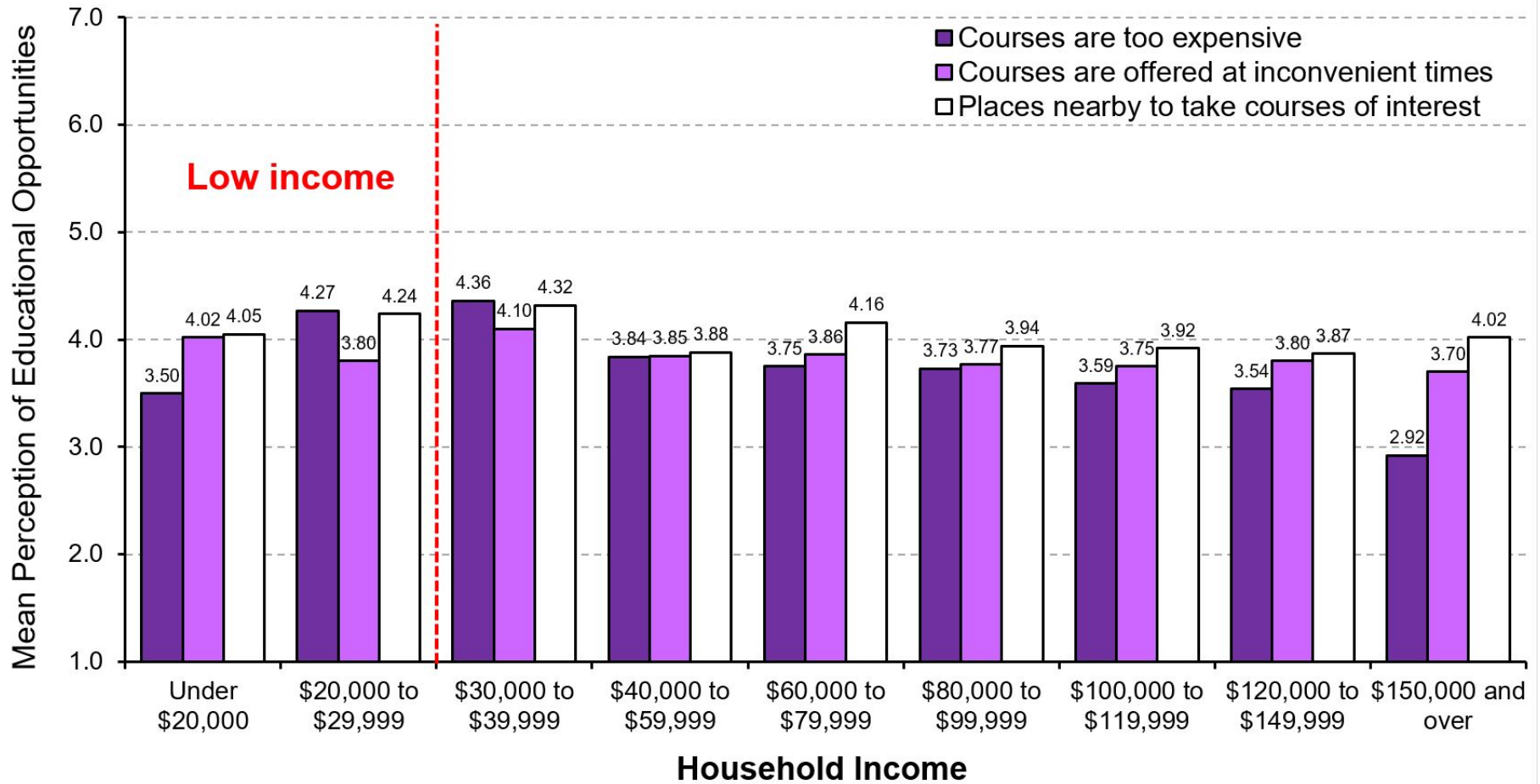
Taking courses for interest is *not* strongly related to:

- Income
- Age
- Living arrangement

# Educational Opportunity in Bruce and Grey Counties

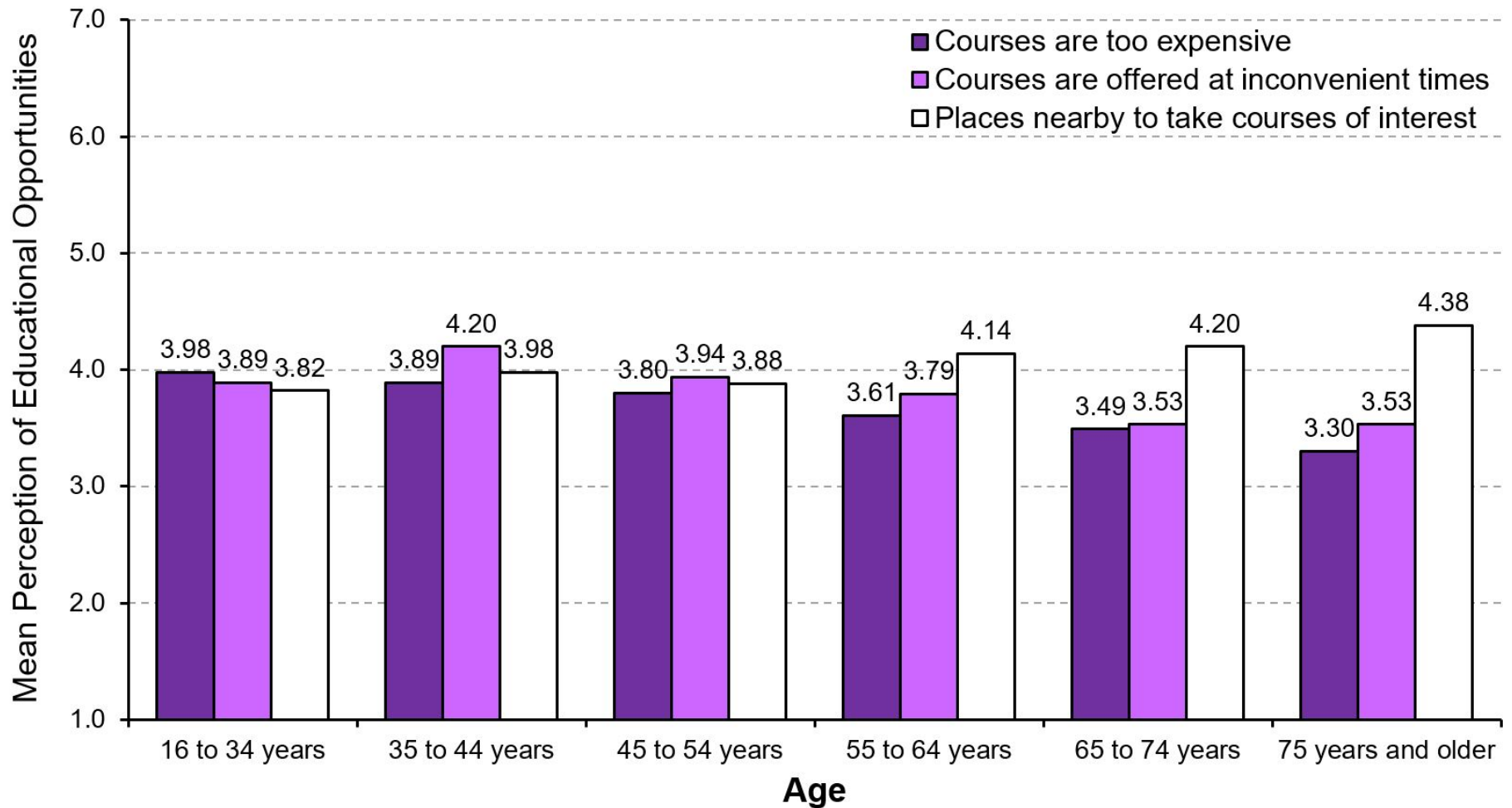


# Educational Opportunity by *income*

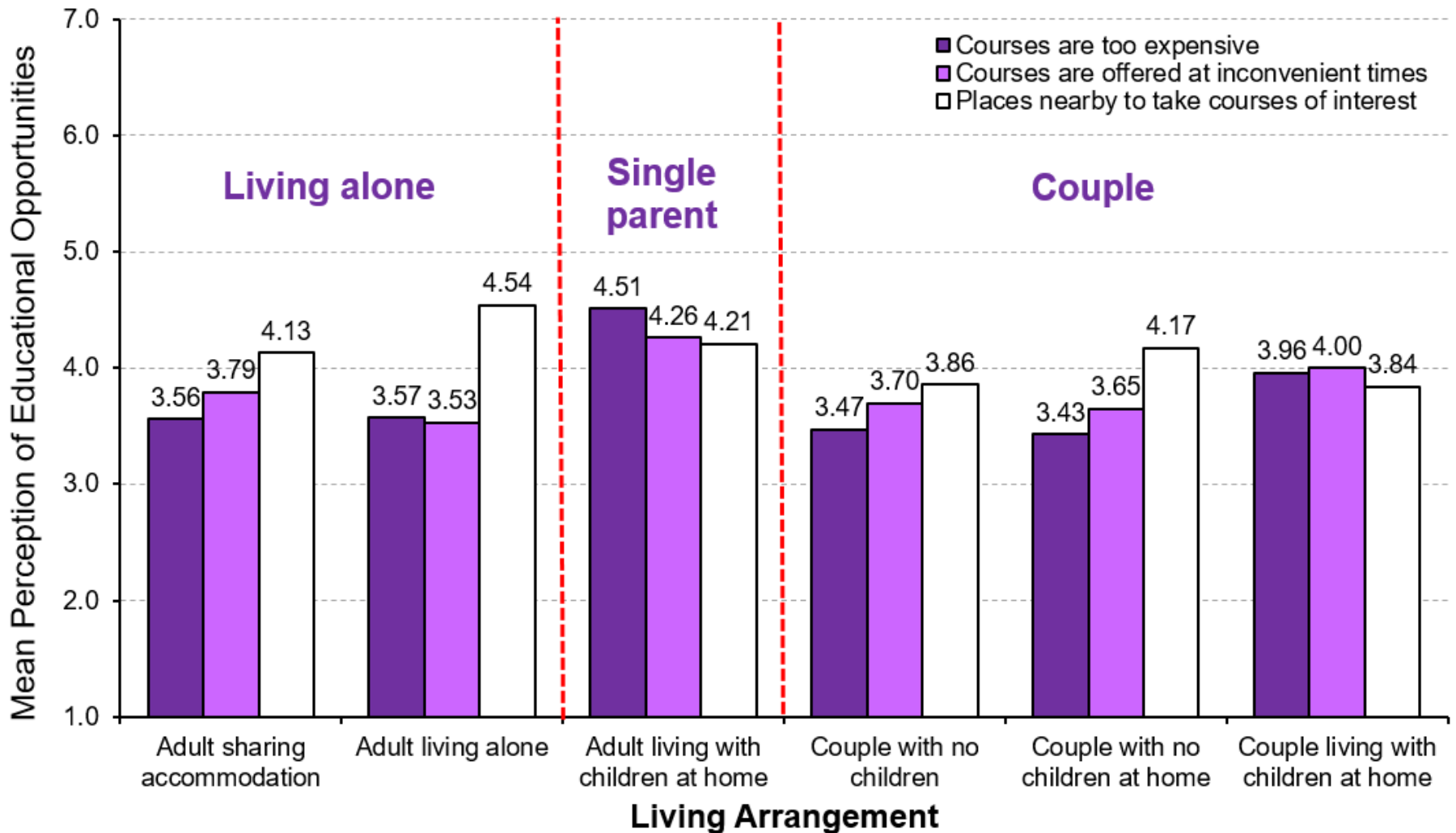




# Educational Opportunity by age

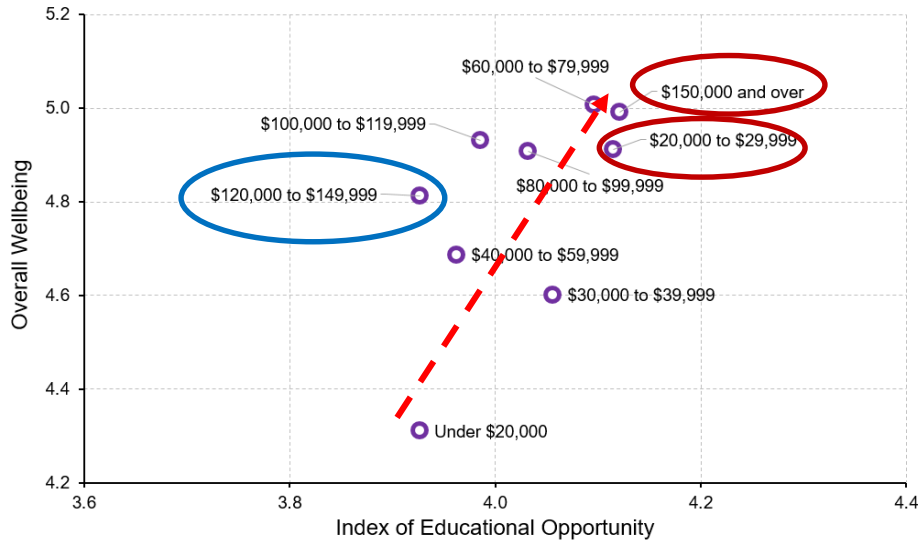


# Educational Opportunity by *living arrangement*

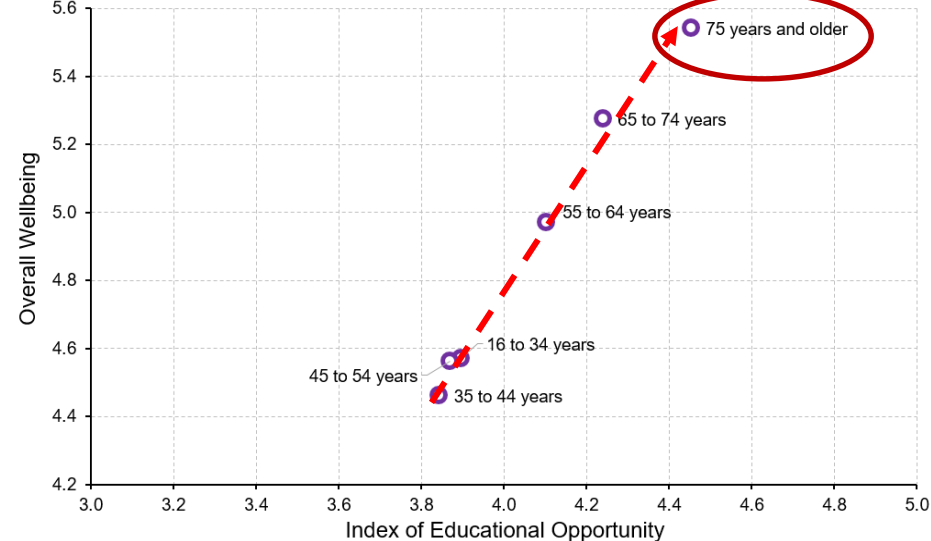


# Educational Opportunity and Overall Wellbeing

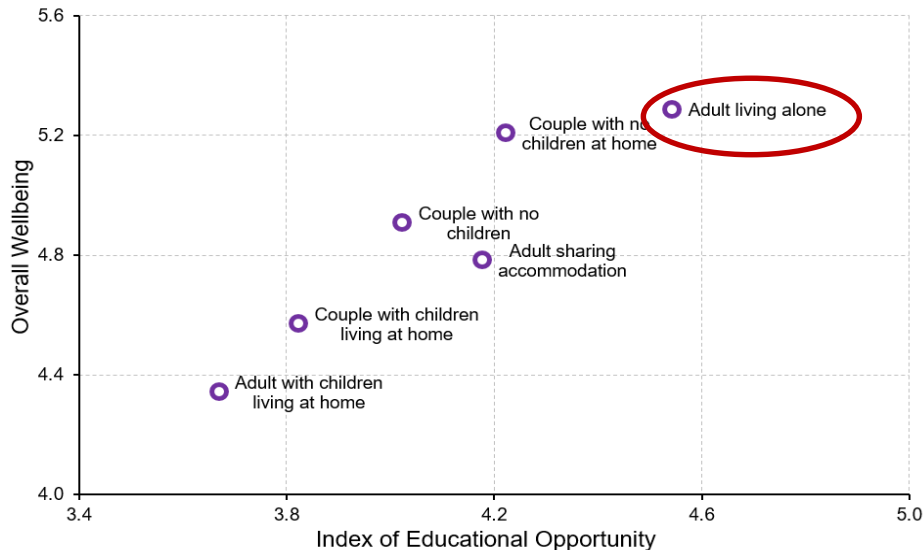
## INCOME



## AGE



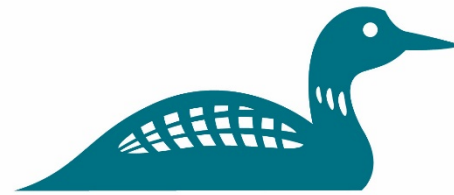
## LIVING ARRANGEMENT



Higher level of perceived educational opportunities is related to higher overall wellbeing

*And is linked to:*

- Higher incomes
- Older residents
- Adults living alone



# ENVIRONMENT

# ENVIRONMENT and Wellbeing

## How do residents with *higher or lower wellbeing compare?*

### *Below* average wellbeing

- ✓ Perceive *air quality* and *water quality* as lower
- ✓ Perceive traffic congestion as worse
- ✓ Less likely to conserve energy or water
- ✓ Less likely to purchase local food
- ✓ Less likely to walk or bike

### *Above* average wellbeing

- ✓ Perceive *quality of nature environment* as higher
- ✓ See more opportunities to enjoy nature in community and in neighbourhood
- ✓ More likely to *reuse* and *recycle* materials, and to *reduce* and *separate waste*
- ✓ More likely to participate in events to protect the natural environment

# ENVIRONMENT and Wellbeing by sex

## How do women and men compare on environment domain?

### Women

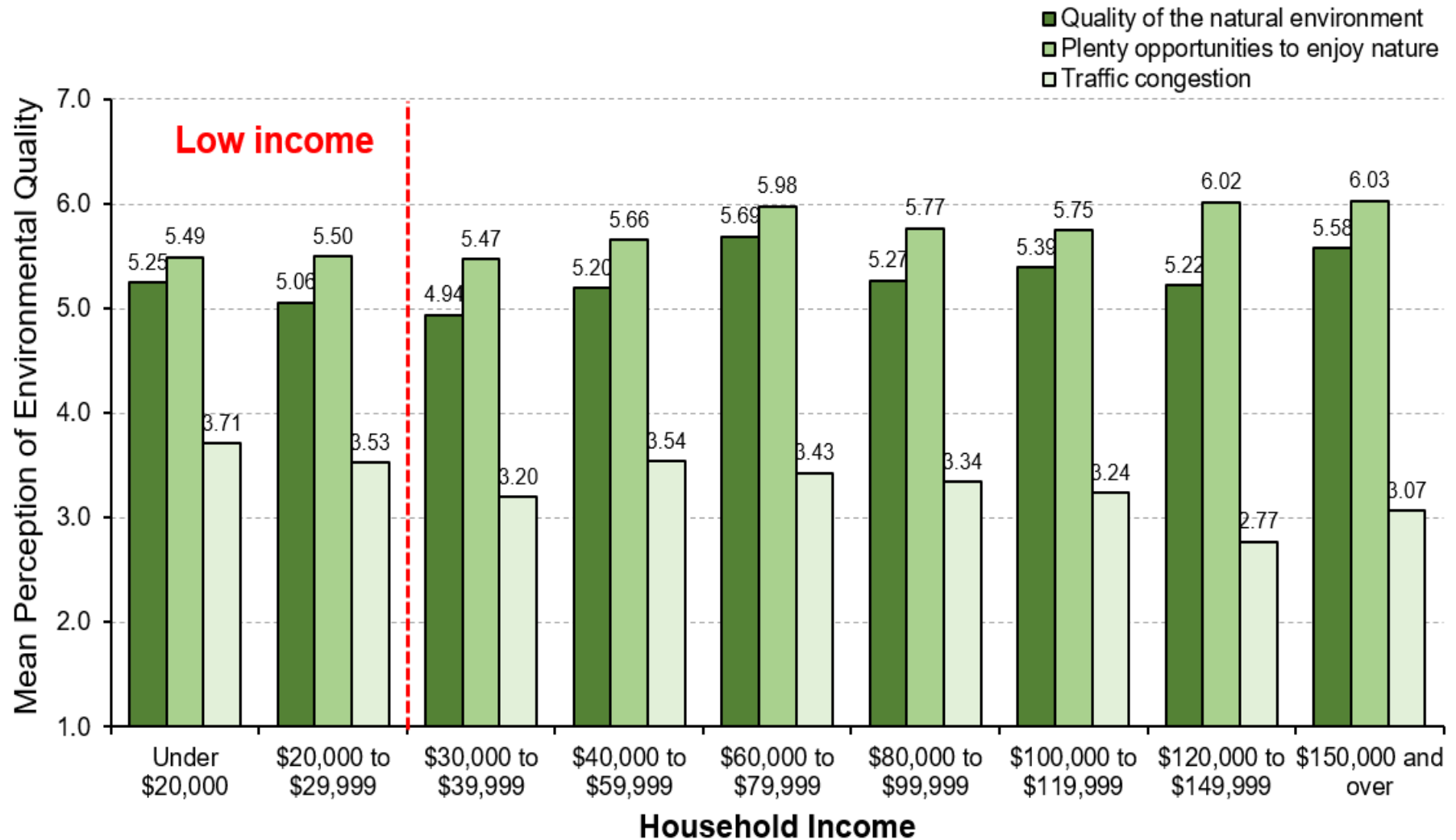
- ✓ Perceive *air quality* and *water quality* as lower
- ✓ Feel they have responsibilities to protect the nature environment
- ✓ More likely to *reuse* materials, to *reduce* or *separate* waste, and to *purchase* local food

### Men

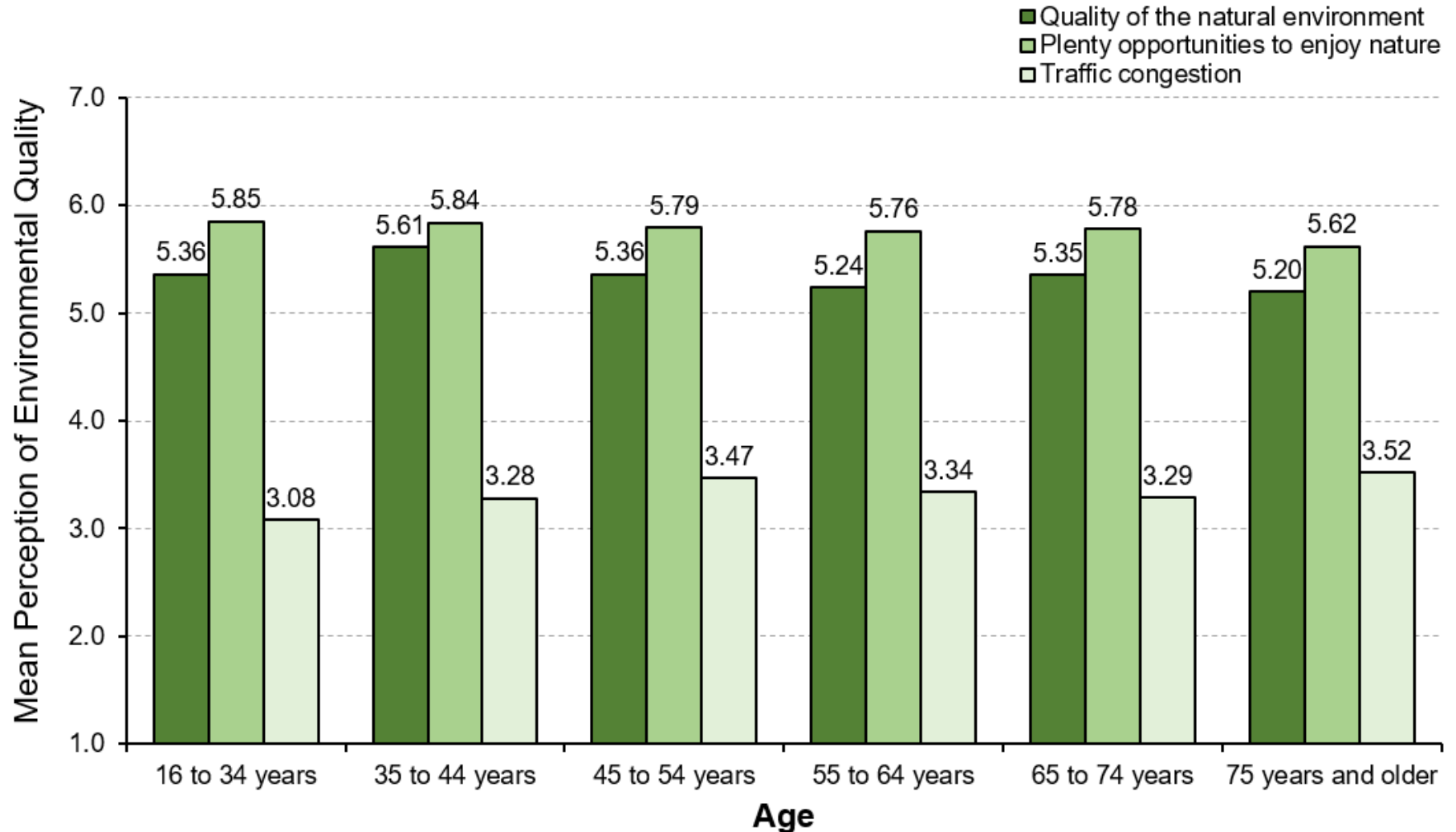
- ✓ Perceive *quality of nature environment* in community and in neighbourhood as higher
- ✓ See more opportunities to enjoy nature in the community
- ✓ Less likely to *conserve energy* or *water*

- Both men and women agree that traffic congestion is a problem in the community.

# Perceived Environmental Quality by *income*

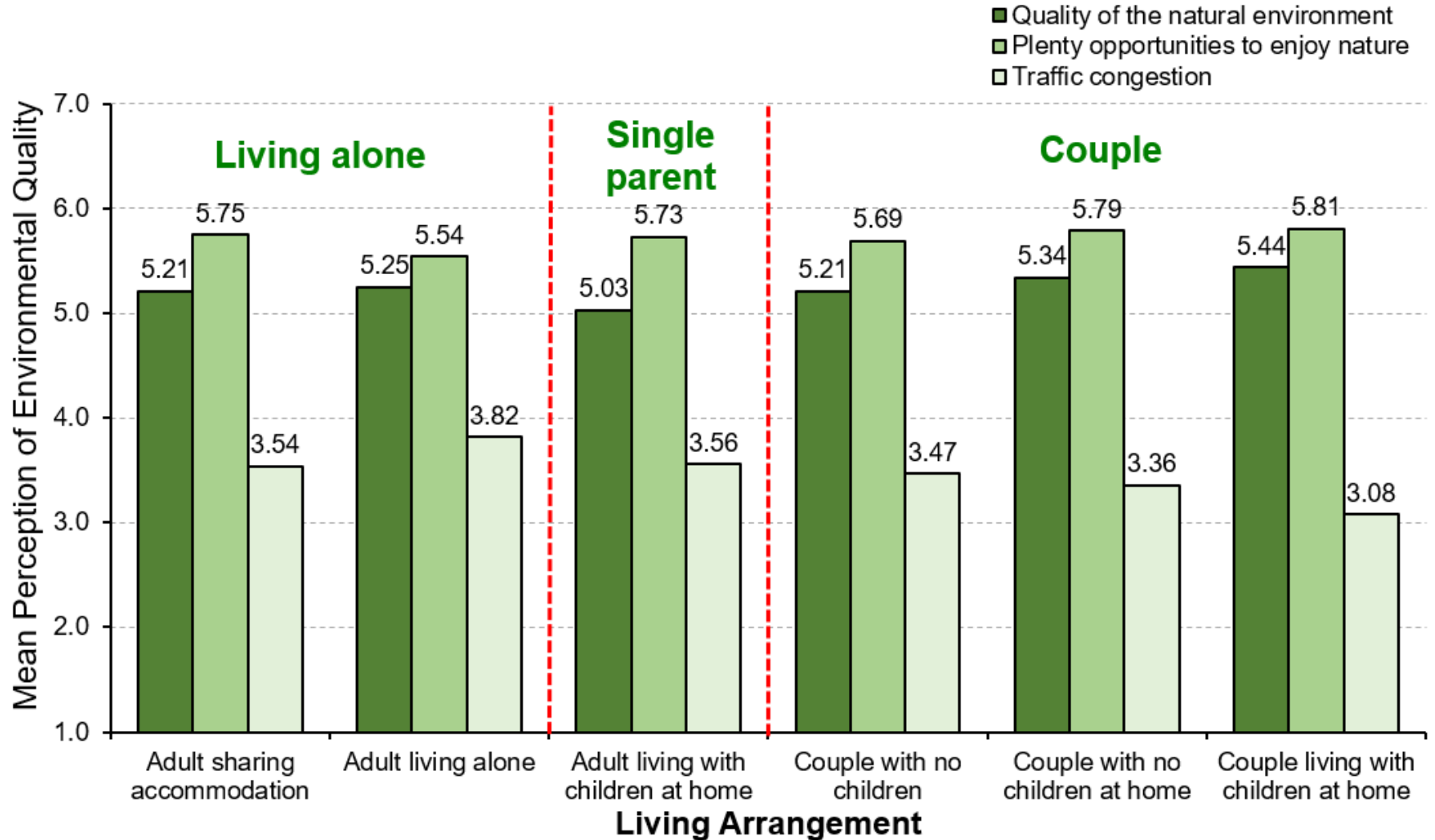


# Perceived Environmental Quality by age



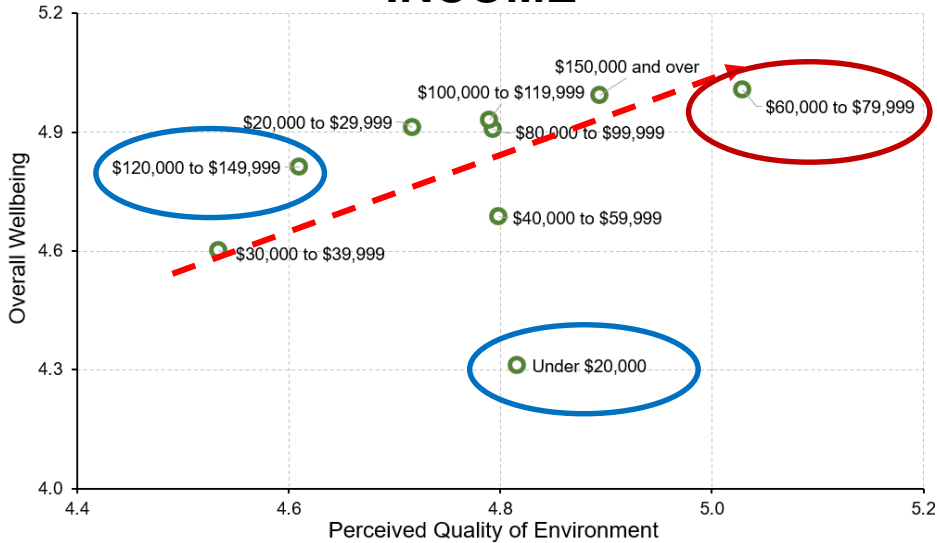


# Perceived Environmental Quality by *living arrangement*

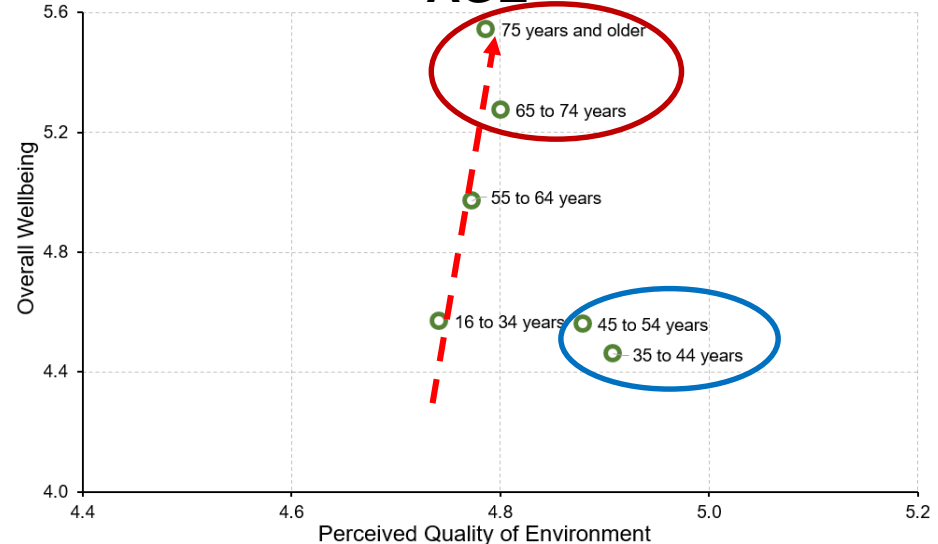


# Environmental Quality and Overall Wellbeing

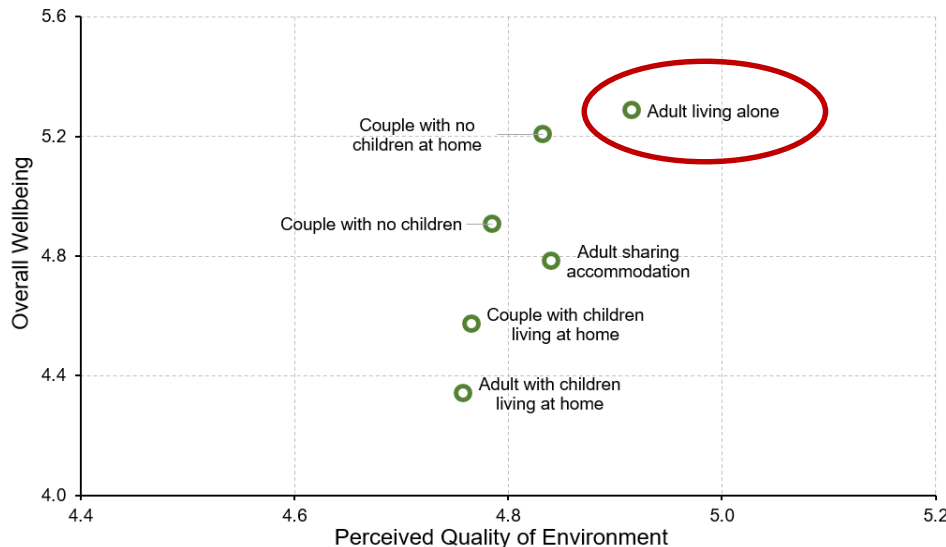
## INCOME



## AGE



## LIVING ARRANGEMENT

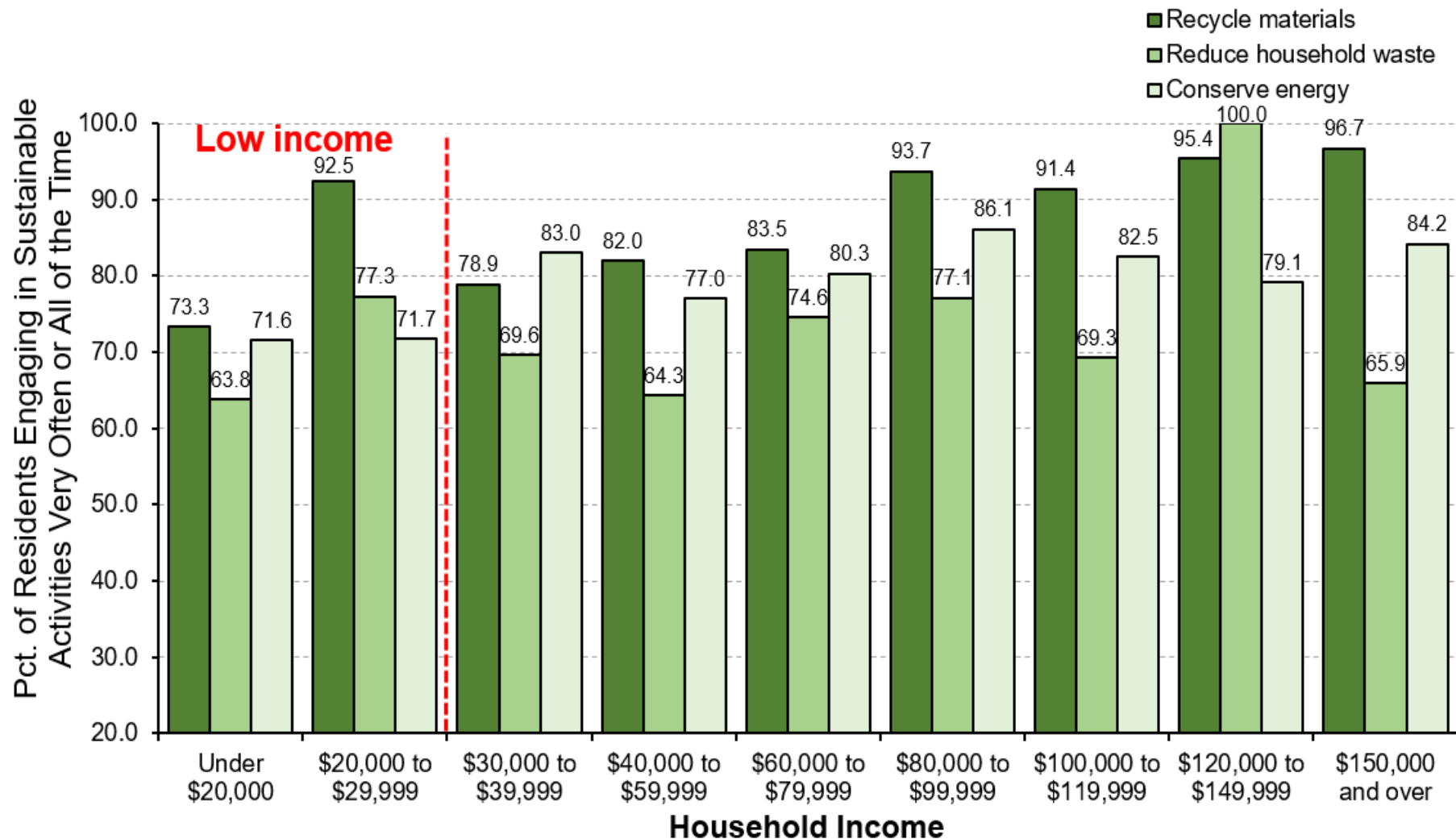


Higher perceived environmental quality is related to higher overall wellbeing.

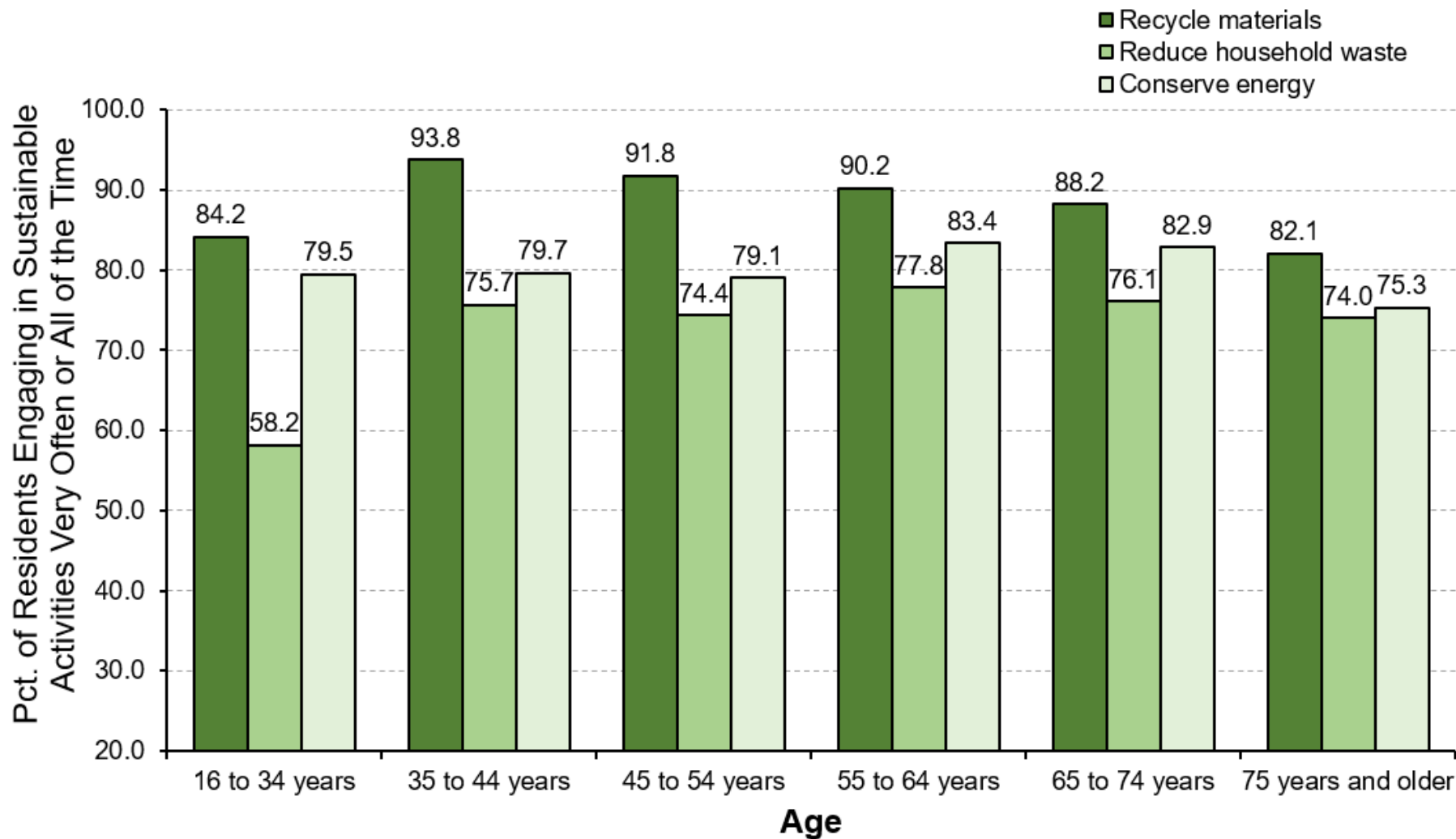
*And is linked to:*

- Higher incomes
- Older residents
- Adults living alone

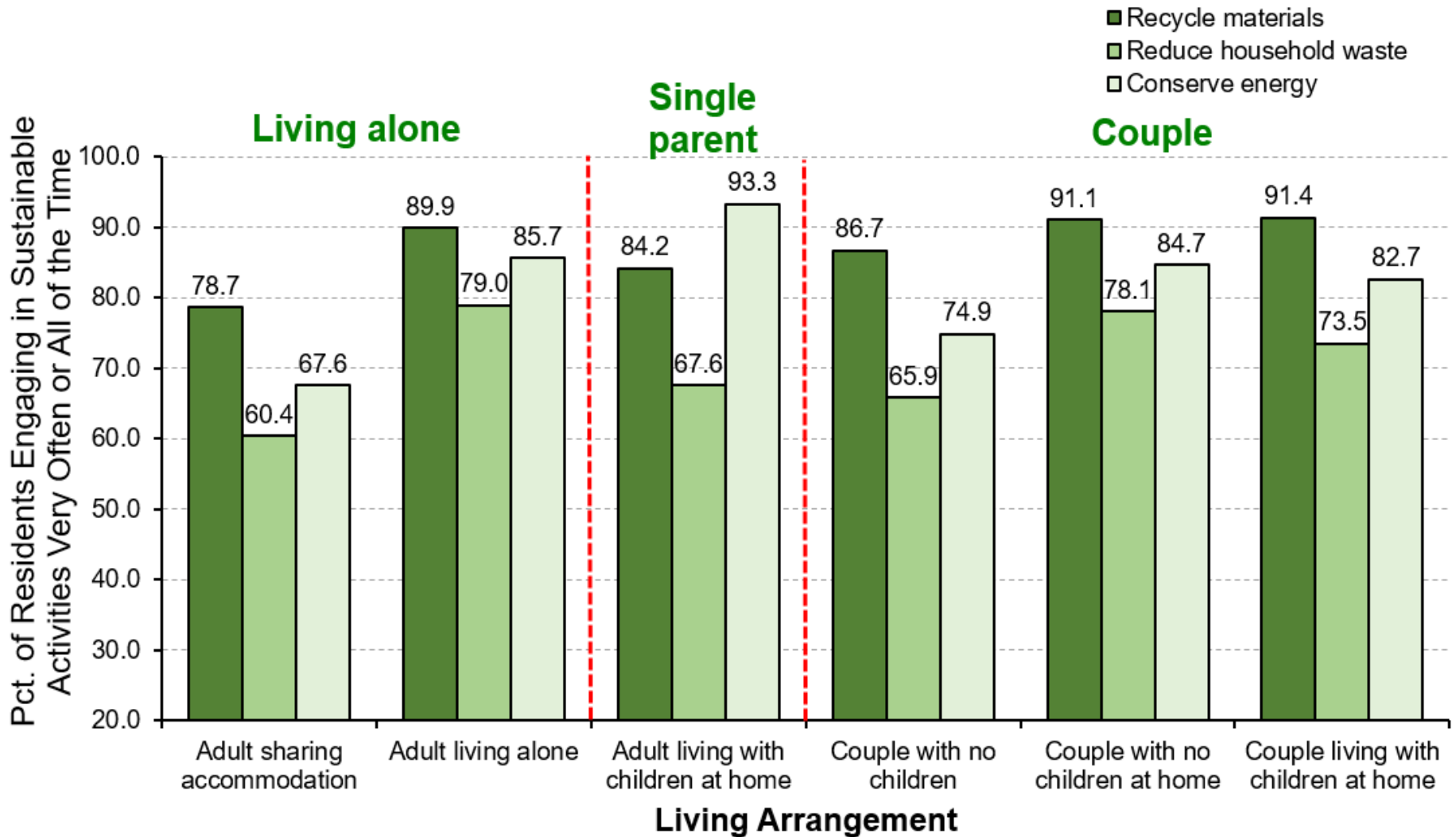
# Environmental Behaviour by *income*



# Environmental Behaviour by age



# Environmental Behaviour by *living arrangement*





# DEMOCRATIC ENGAGEMENT

# DEMOCRATIC ENGAGEMENT and Wellbeing

## How do residents with *higher or lower wellbeing compare?*

### *Below* average wellbeing

- ✓ Less interest in federal, provincial, and local politics
- ✓ More likely to join social media on local issues
- ✓ Less likely to participate in local events supporting their community
- ✓ Feel they have less say in what government does
- ✓ Feel public officials do not care what they think

### *Above* average wellbeing

- ✓ More likely to agree programs/services have made their community better off
- ✓ More likely to attend local or regional council meetings
- ✓ More likely to attend neighbourhood meetings
- ✓ Feel well-informed and have better understanding of issues facing their county

# DEMOCRATIC ENGAGEMENT and Wellbeing by sex

## How do women and men compare on democratic engagement?

### *Women*

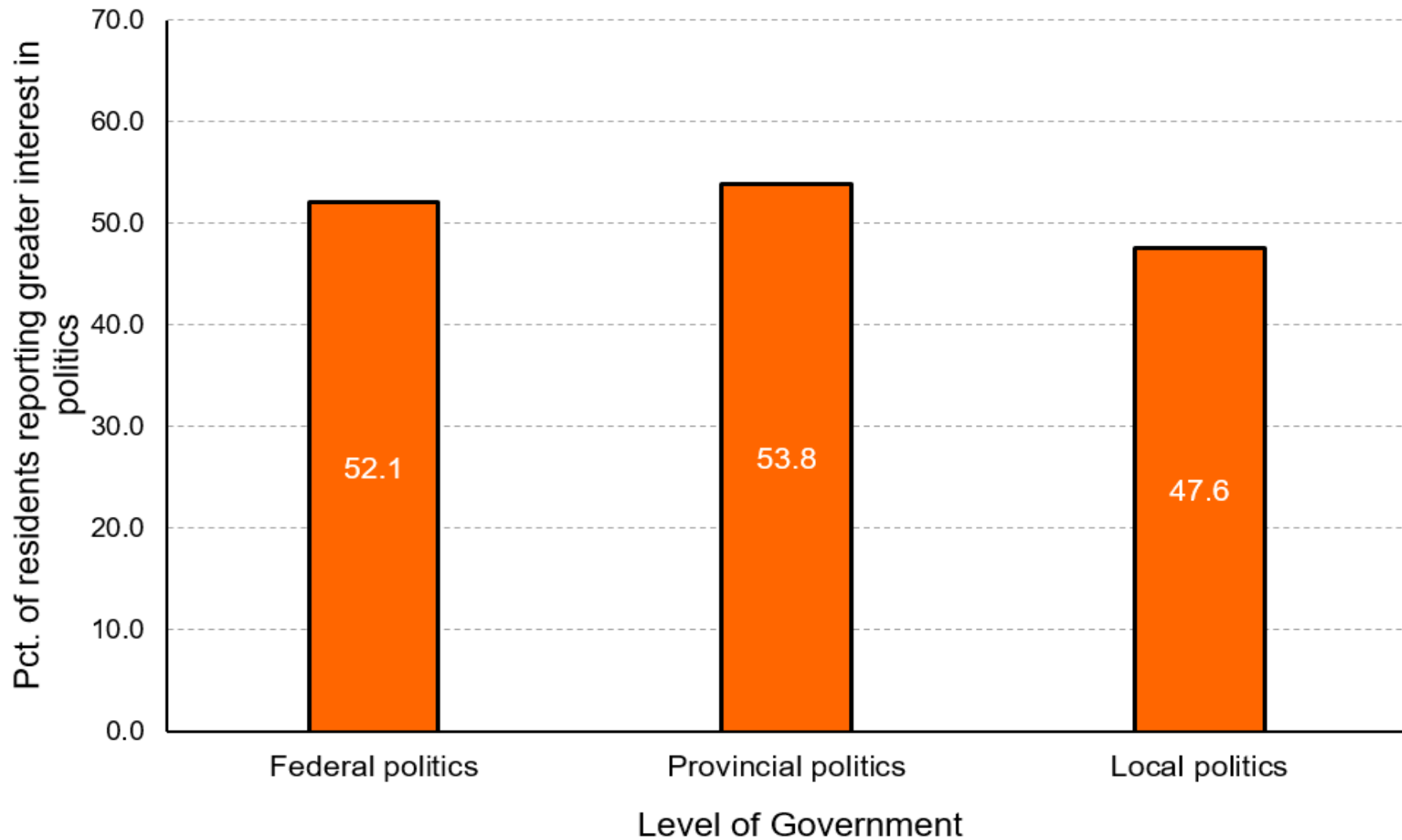
- ✓ More likely to attend a city planning meeting or open house
- ✓ More likely to join social media on local issues
- ✓ More likely to participate in local events to support the community
- ✓ Feel they have a say in what government does
- ✓ Feel public officials care what they think

### *Men*

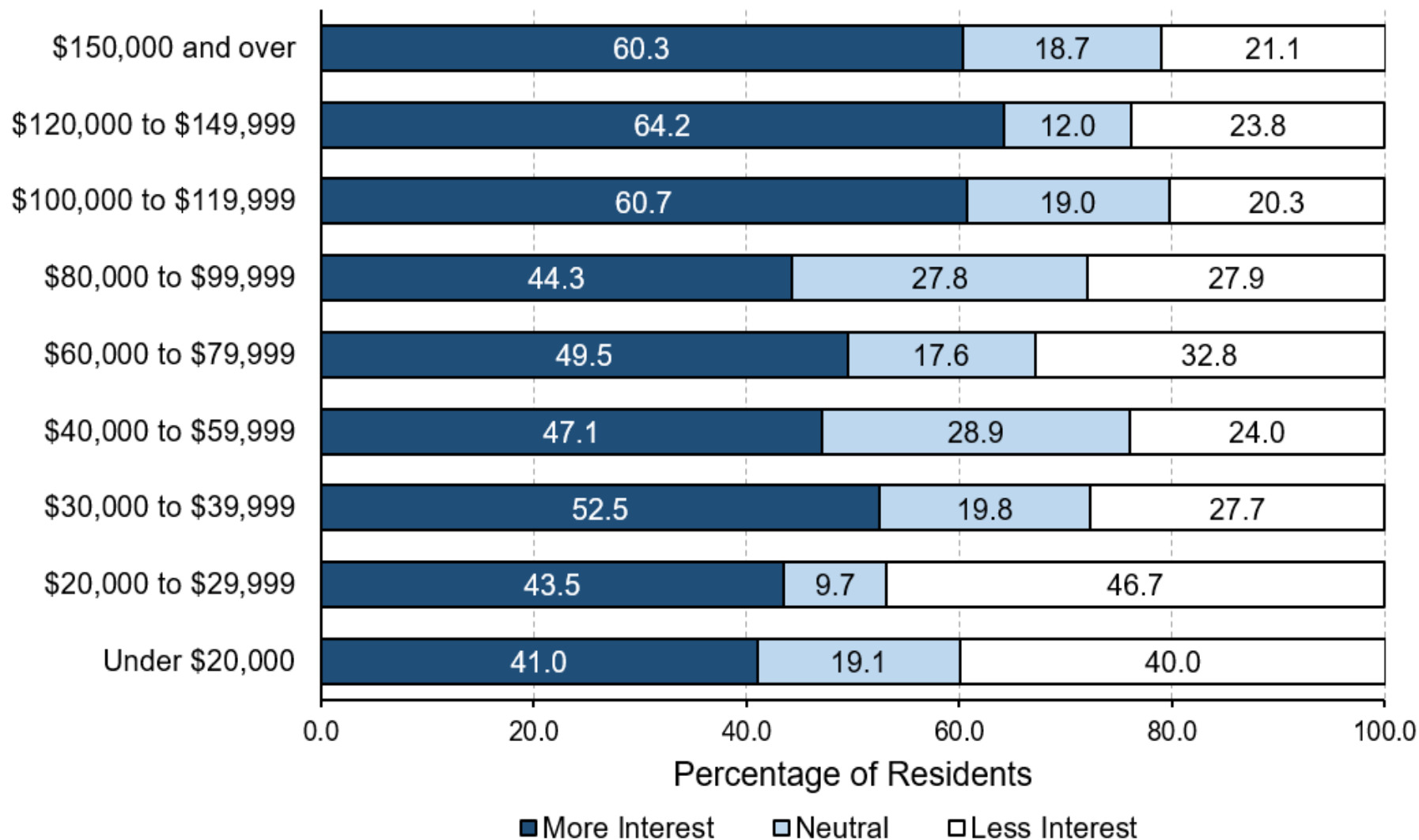
- ✓ Less interest in federal, provincial, and local politics
- ✓ More likely to agree programs and services have made their community better off
- ✓ Feel well-informed and have better understanding of issues facing their county
- ✓ Consider themselves to be well-qualified to participate in politics



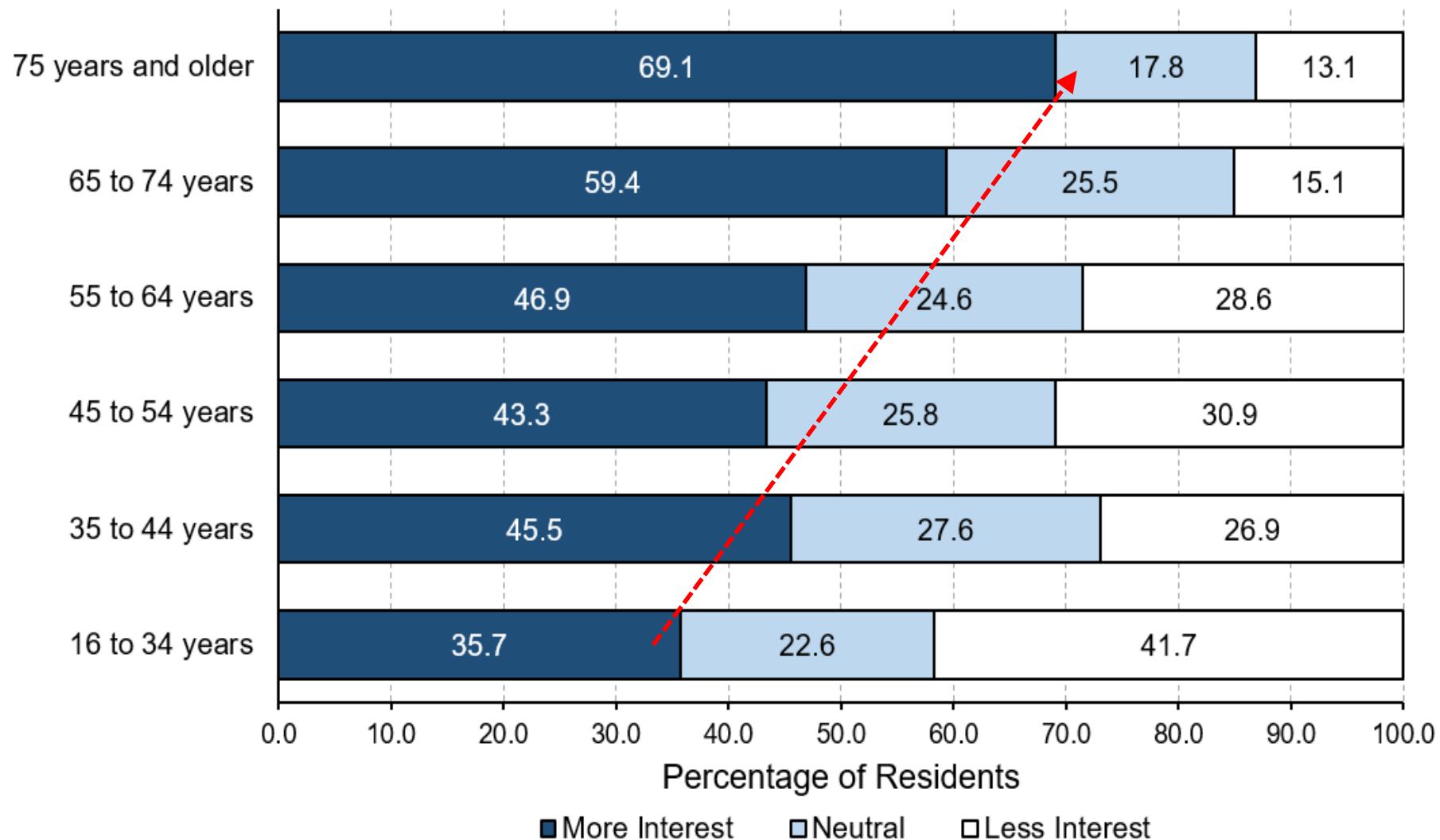
# Overall Interest in Politics



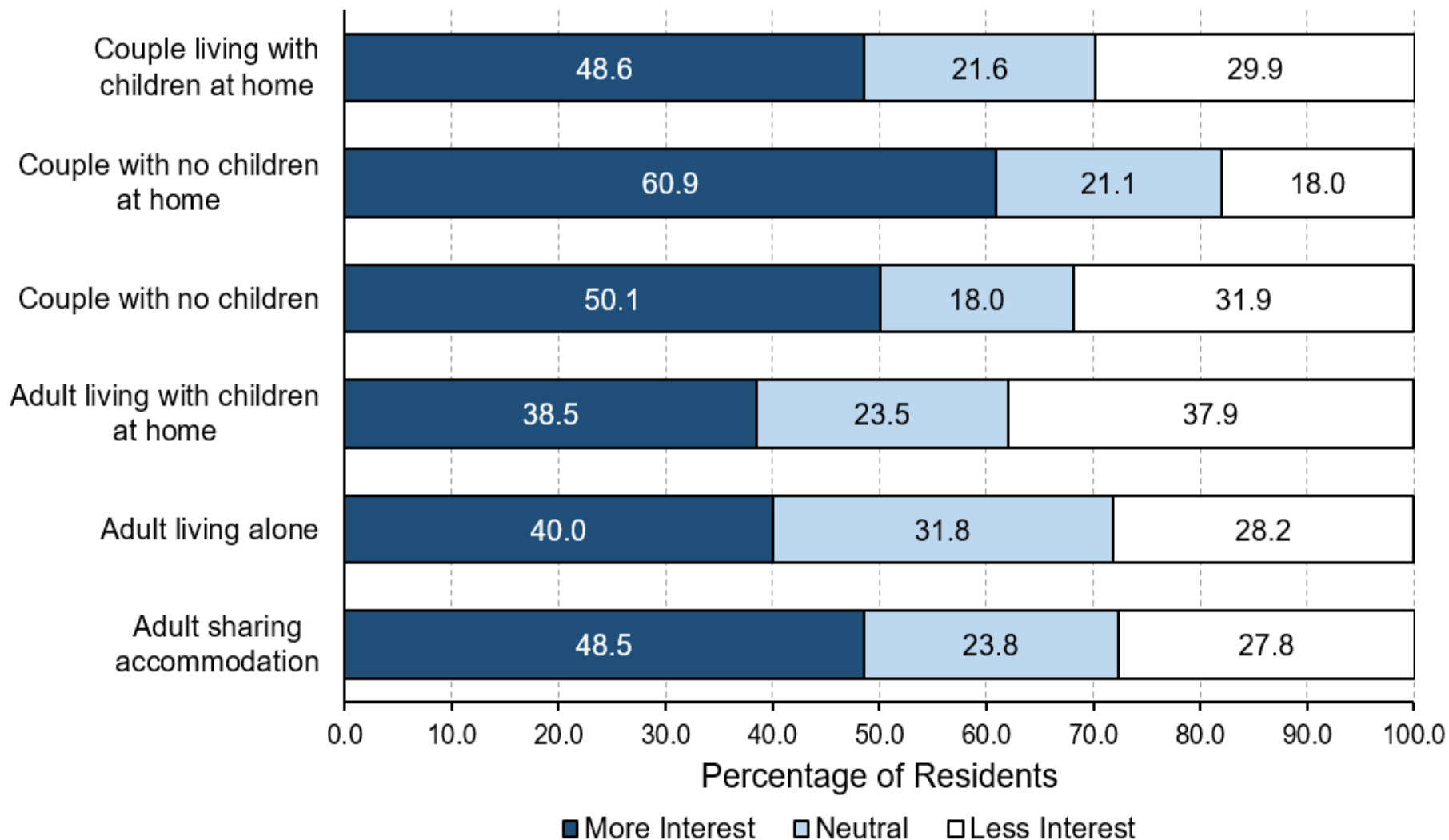
# Interest in Local Politics by *income*



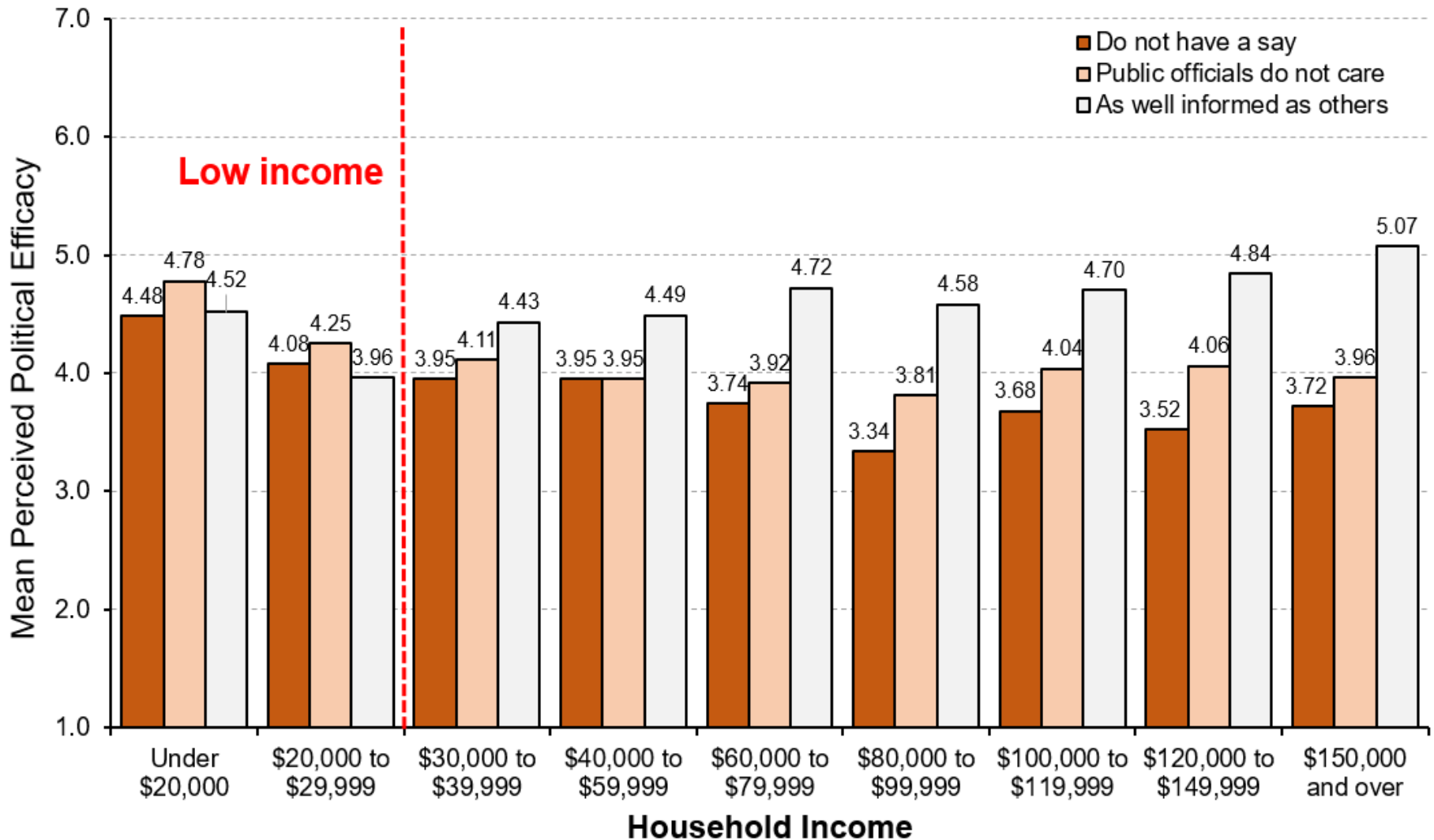
# Interest in Local Politics by age



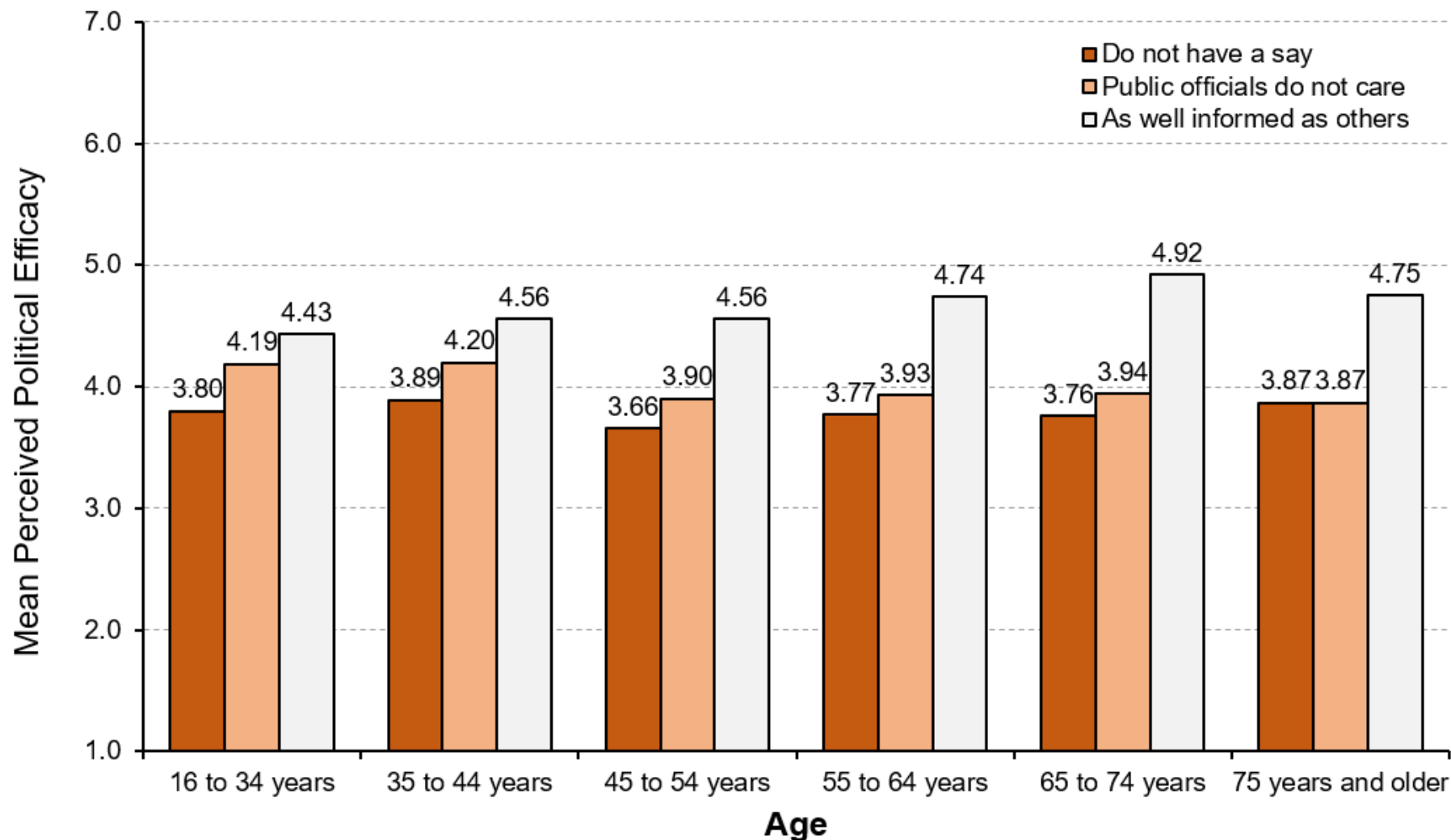
# Interest in Local Politics by *living arrangement*



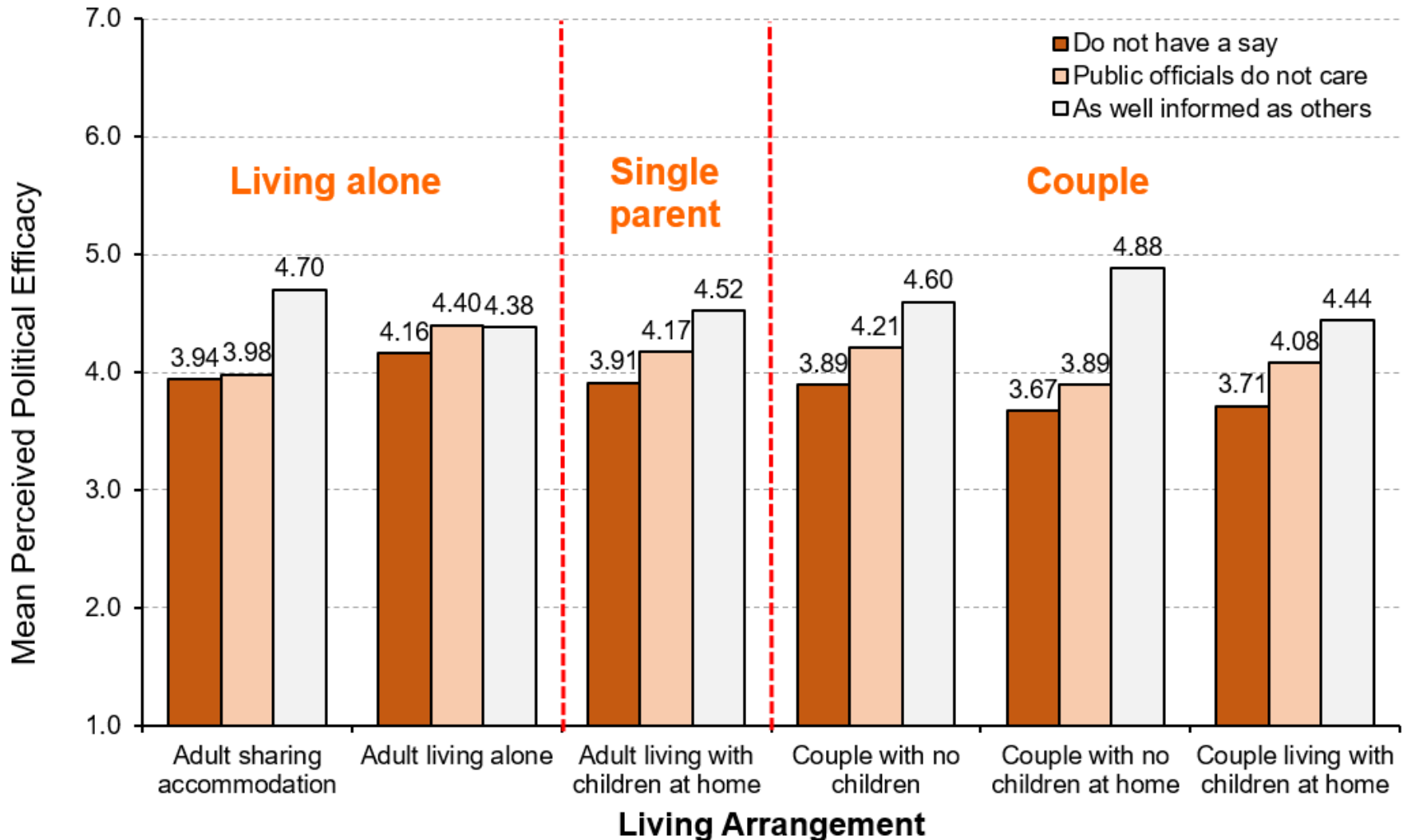
# Political Capital by *income*



# Political Capital by age

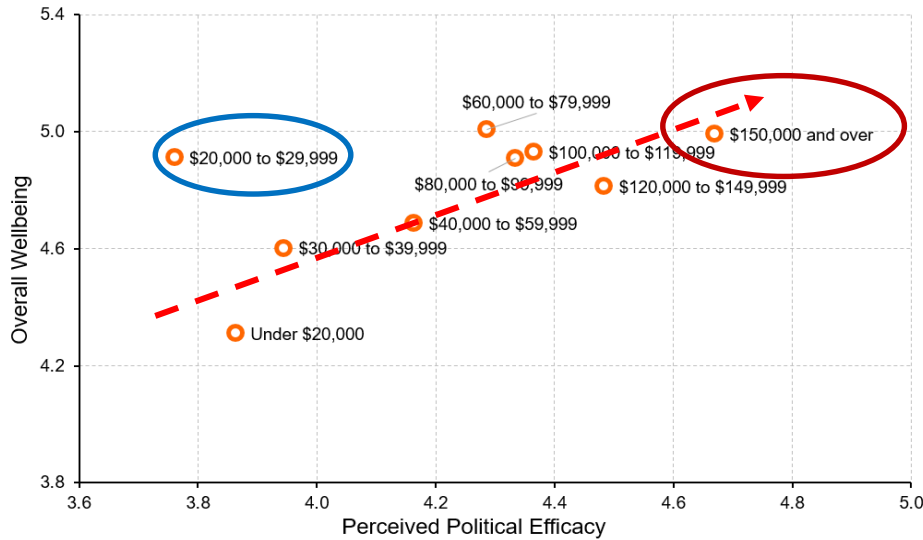


# Political Capital by *living arrangement*

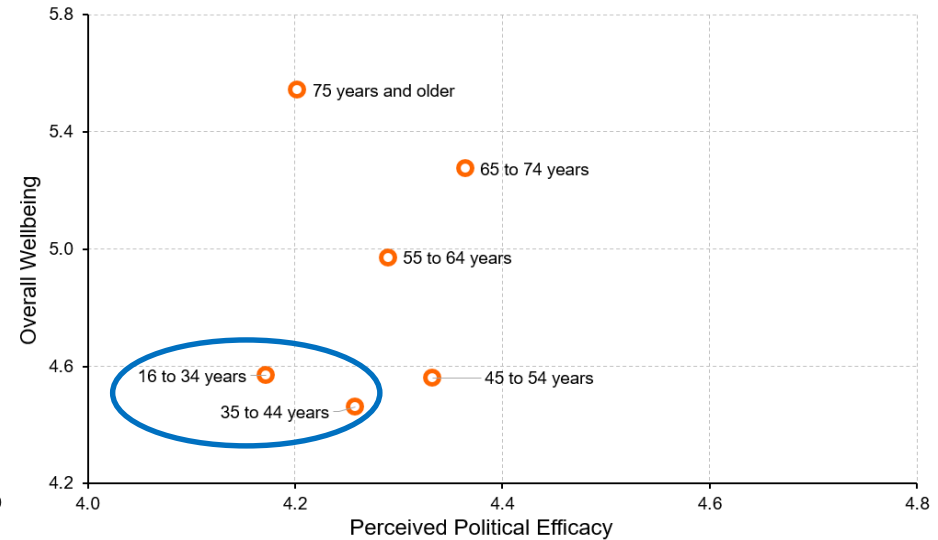


# Political Capital and Overall Wellbeing

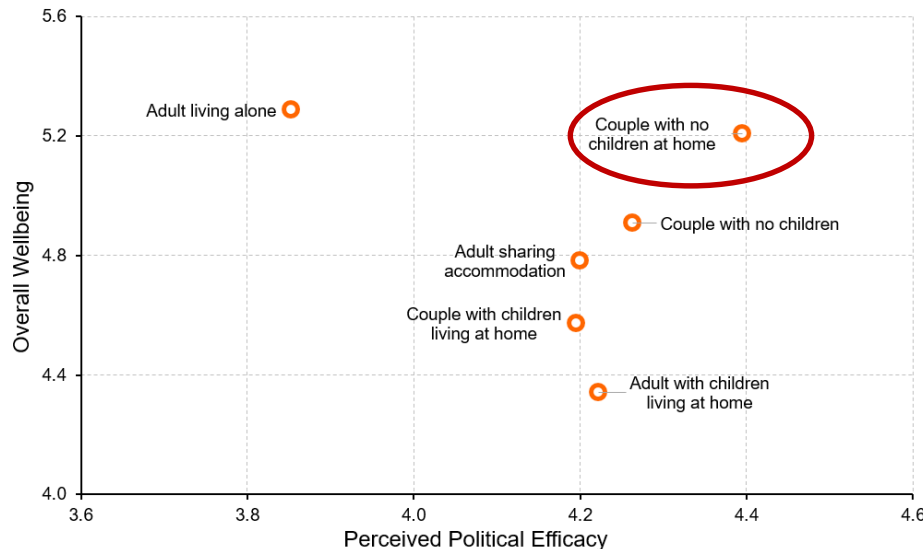
## INCOME



## AGE



## LIVING ARRANGEMENT



Higher perceived political capital is related to higher overall wellbeing.

*And is linked to:*

- Higher incomes
- Couples with no children at home





# COMMUNITY VITALITY

# COMMUNITY VITALITY and Wellbeing

How do residents with *higher or lower wellbeing compare?*

## *Below* average wellbeing

- ✓ Fewer close *relatives* or *friends* in community
- ✓ More socially isolated
- ✓ Experience discrimination due to *religious affiliation* and *age* more often
- ✓ Feel less safe walking alone after dark

## *Above* average wellbeing

- ✓ Volunteer more
- ✓ Strong sense of belonging
- ✓ Stronger social bonds
- ✓ Feel help is available if needed
- ✓ Greater trust in others
- ✓ More confidence in institutions

# COMMUNITY VITALITY and Wellbeing by sex

## How do women and men compare on community vitality?

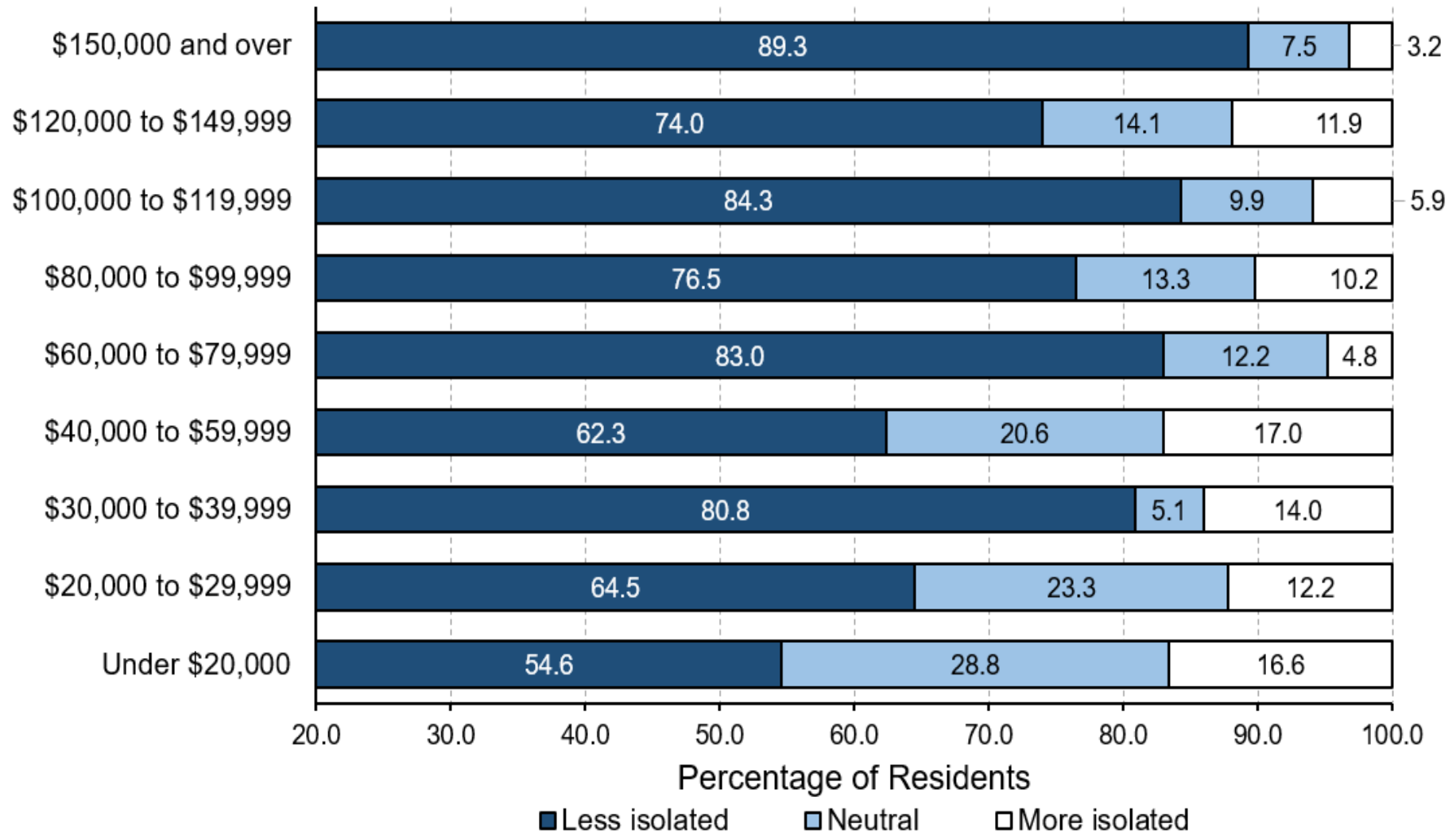
### Women

- ✓ Provide more unpaid help for *personal support*
- ✓ Volunteer more
- ✓ Experience *gender* discrimination more often
- ✓ More confidence in justice system and courts
- ✓ Feel less safe walking alone after dark

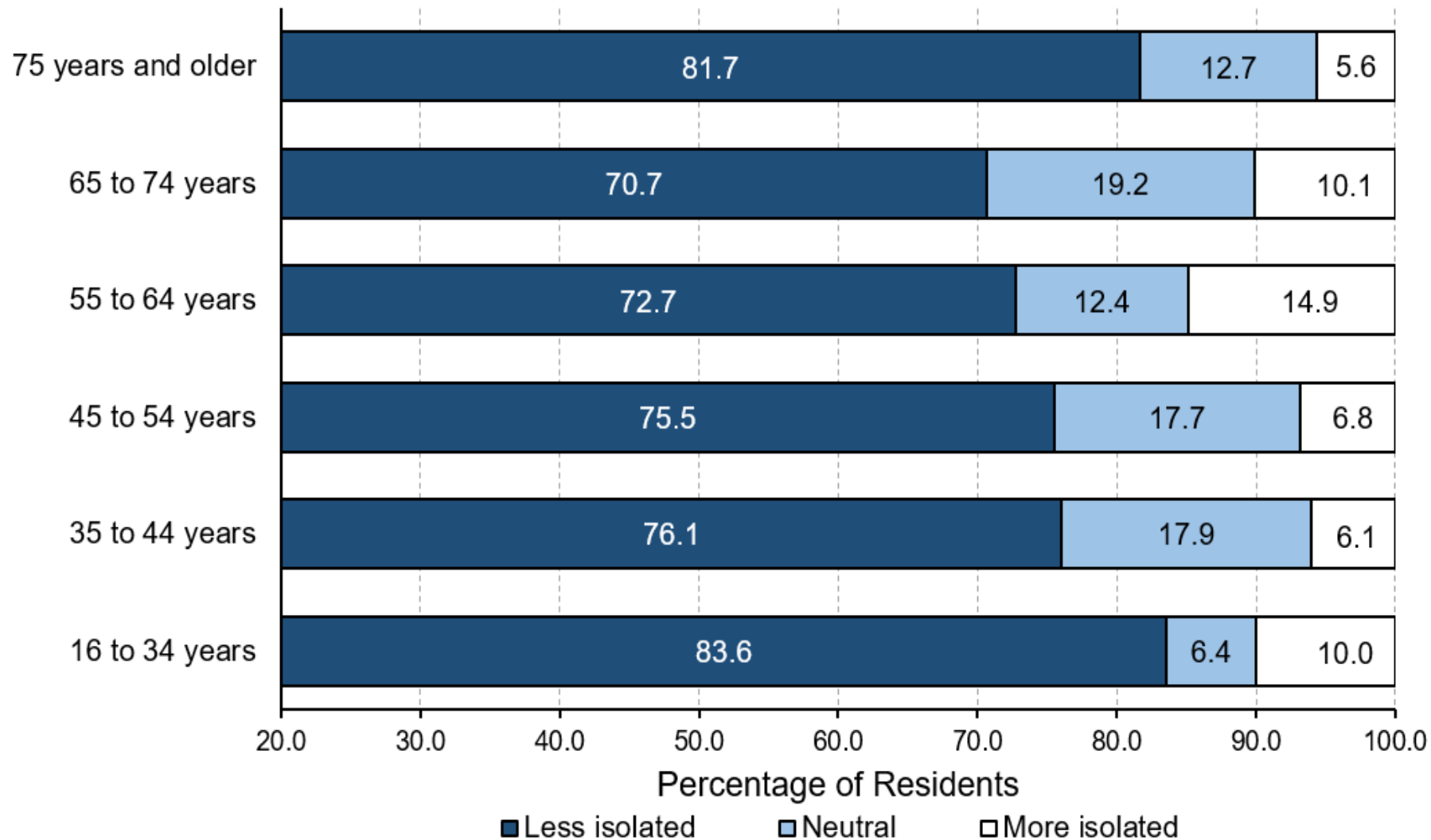
### Men

- ✓ Provide more unpaid help for *home maintenance*
- ✓ Stronger sense of belonging
- ✓ Greater trust in others
- ✓ Experience religious and age discrimination more often
- ✓ More confidence in the police

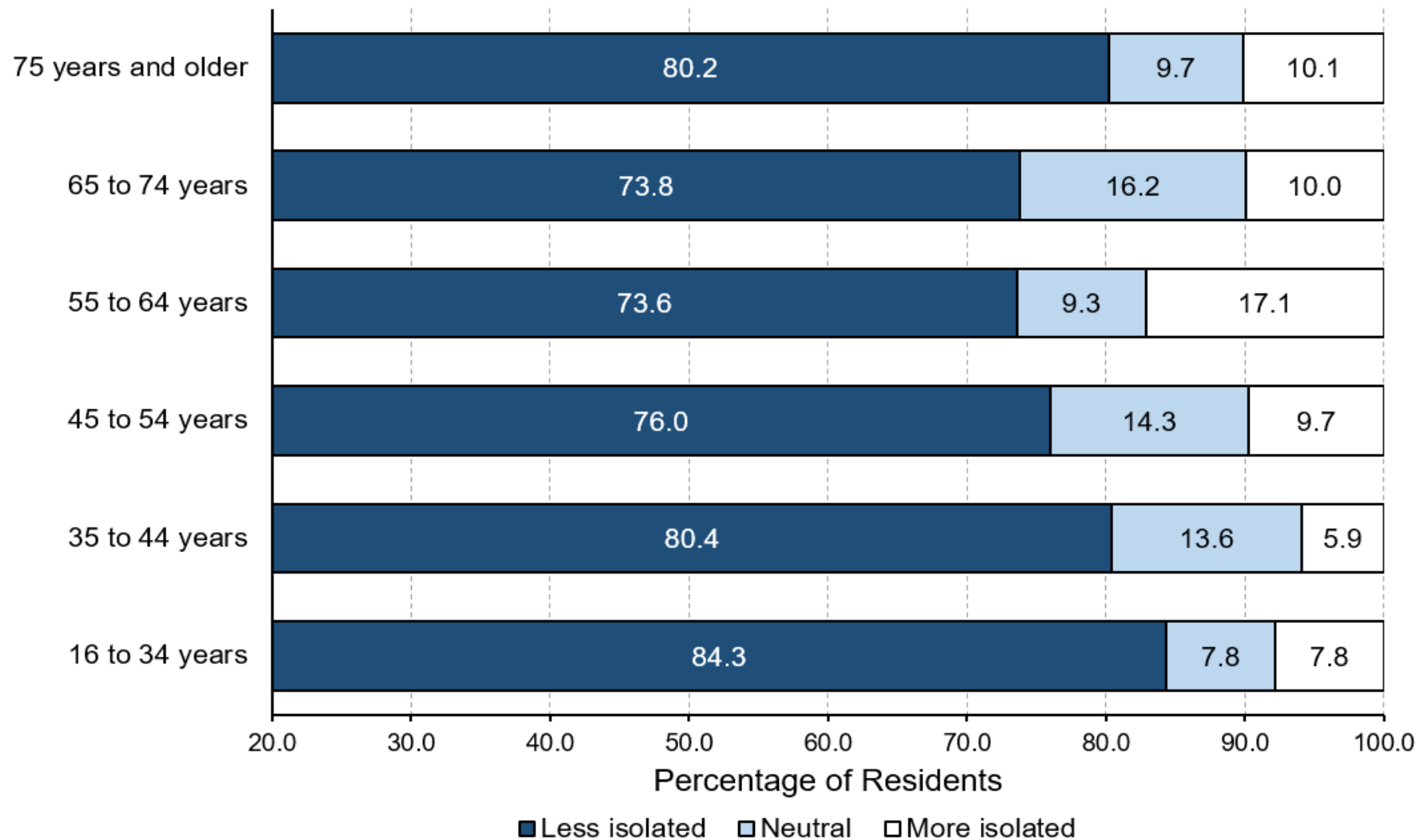
# Social Isolation by *income*: Bruce and Grey Counties



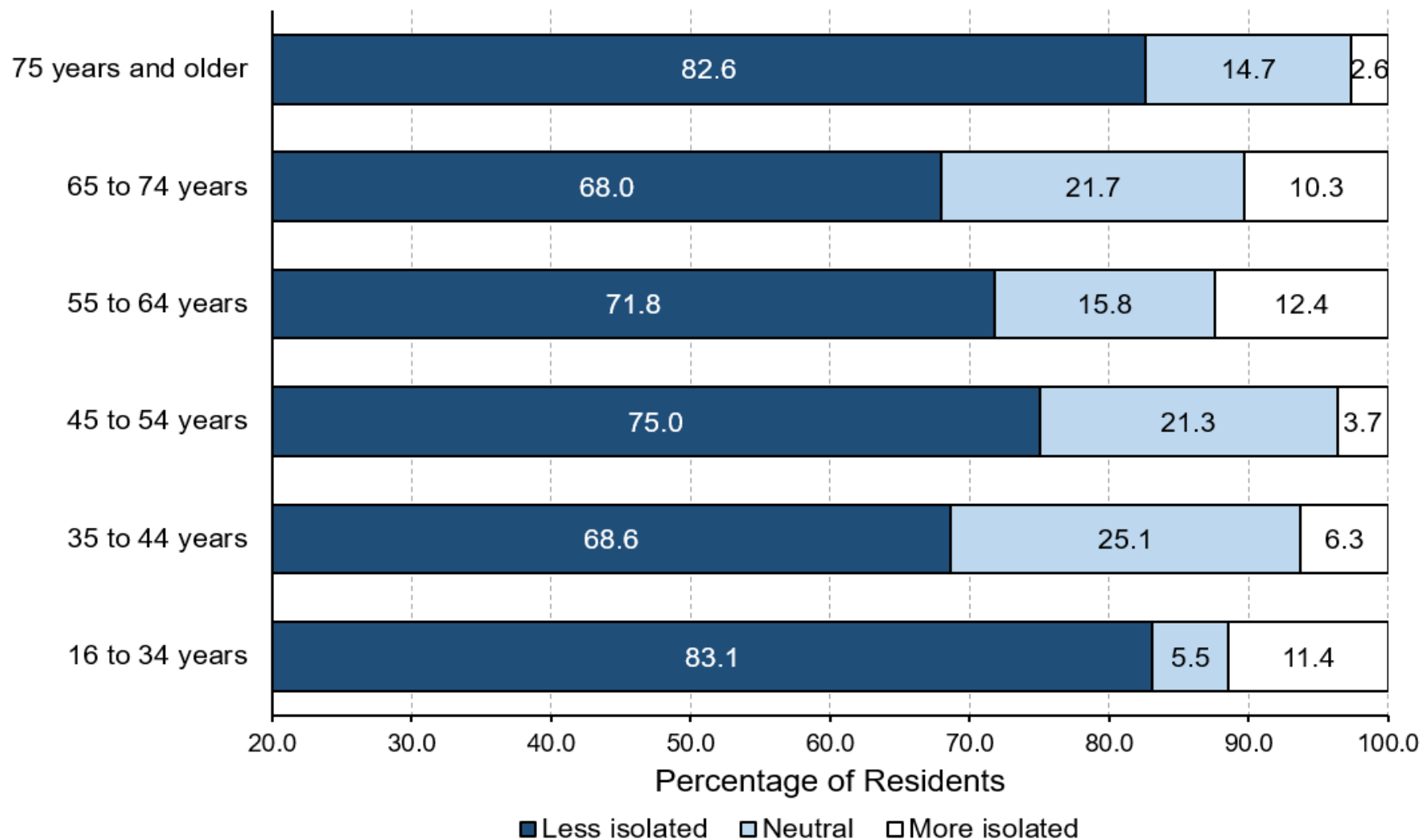
# Social Isolation by age: Bruce and Grey Counties



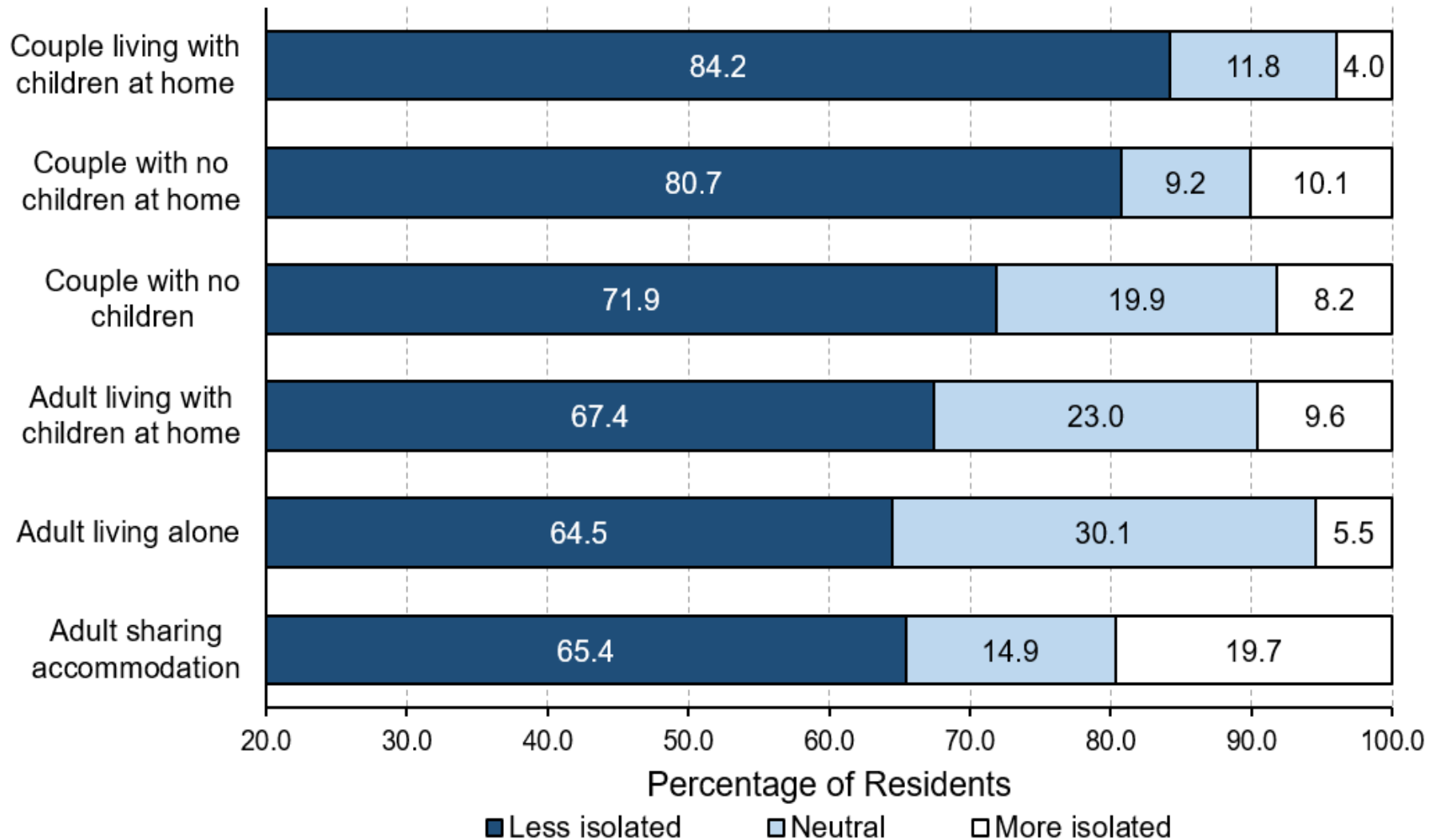
# Social Isolation by age: Bruce County



# Social Isolation by age: Grey County

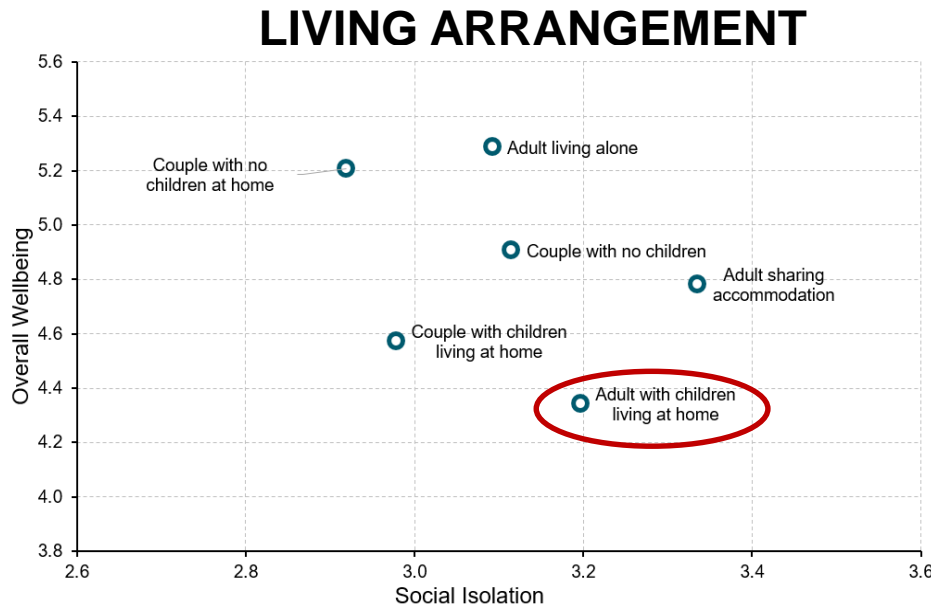
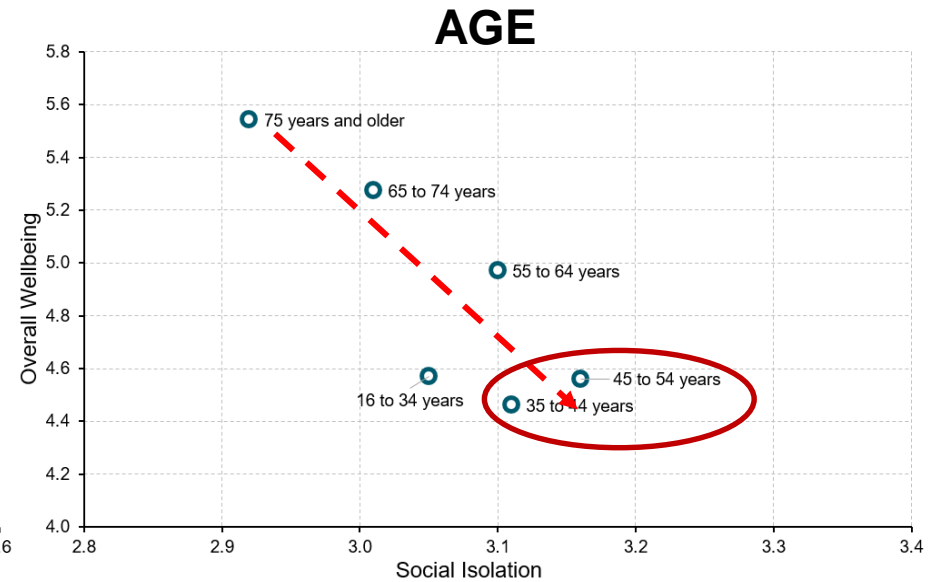


# Social Isolation by *living arrangement*: Bruce and Grey Counties





# Social Isolation and Overall Wellbeing



A higher feelings of social isolation is related to lower overall wellbeing.

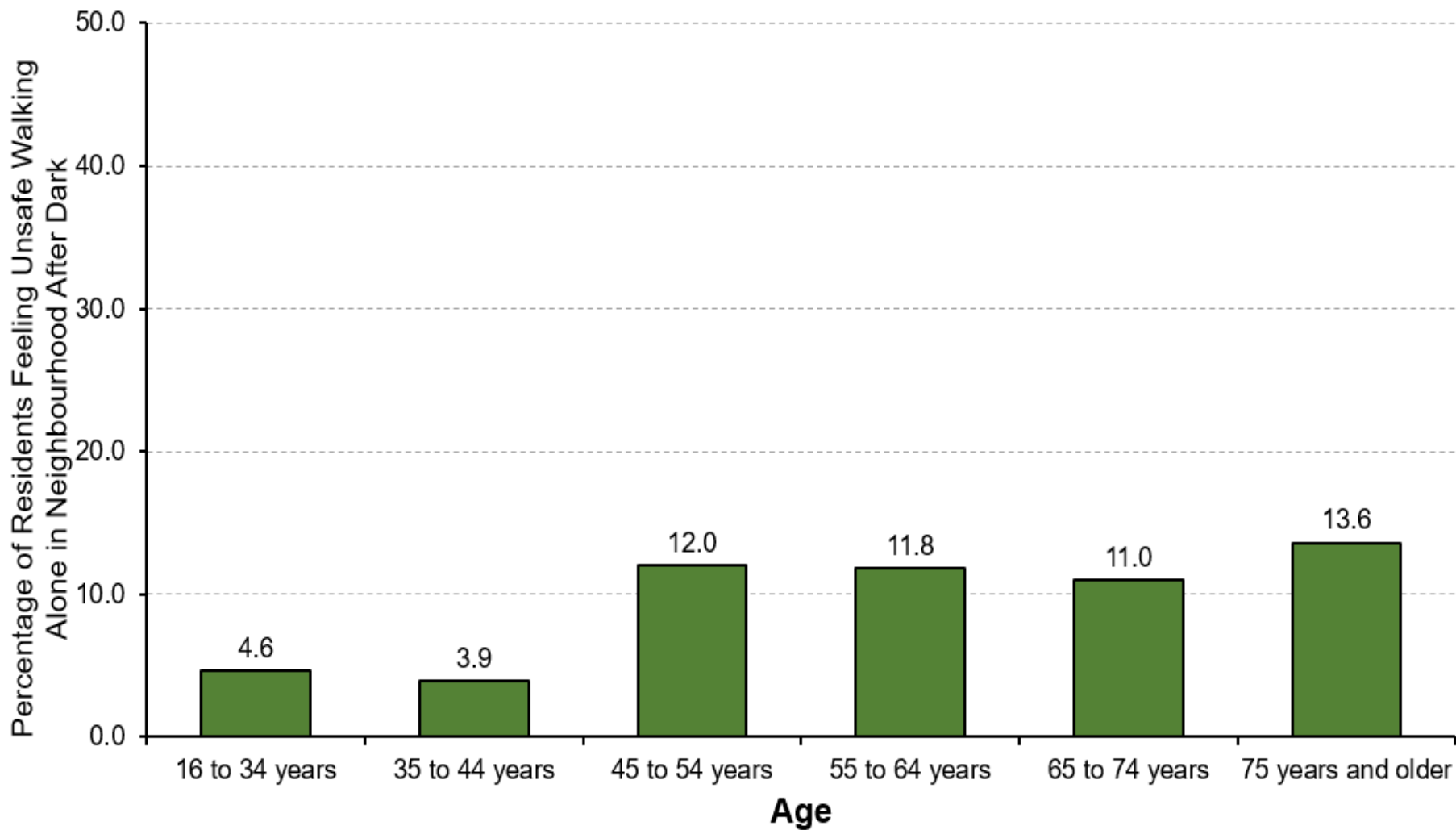
*And is linked to:*

- Lower incomes
- Mid-age residents
- Single parent families

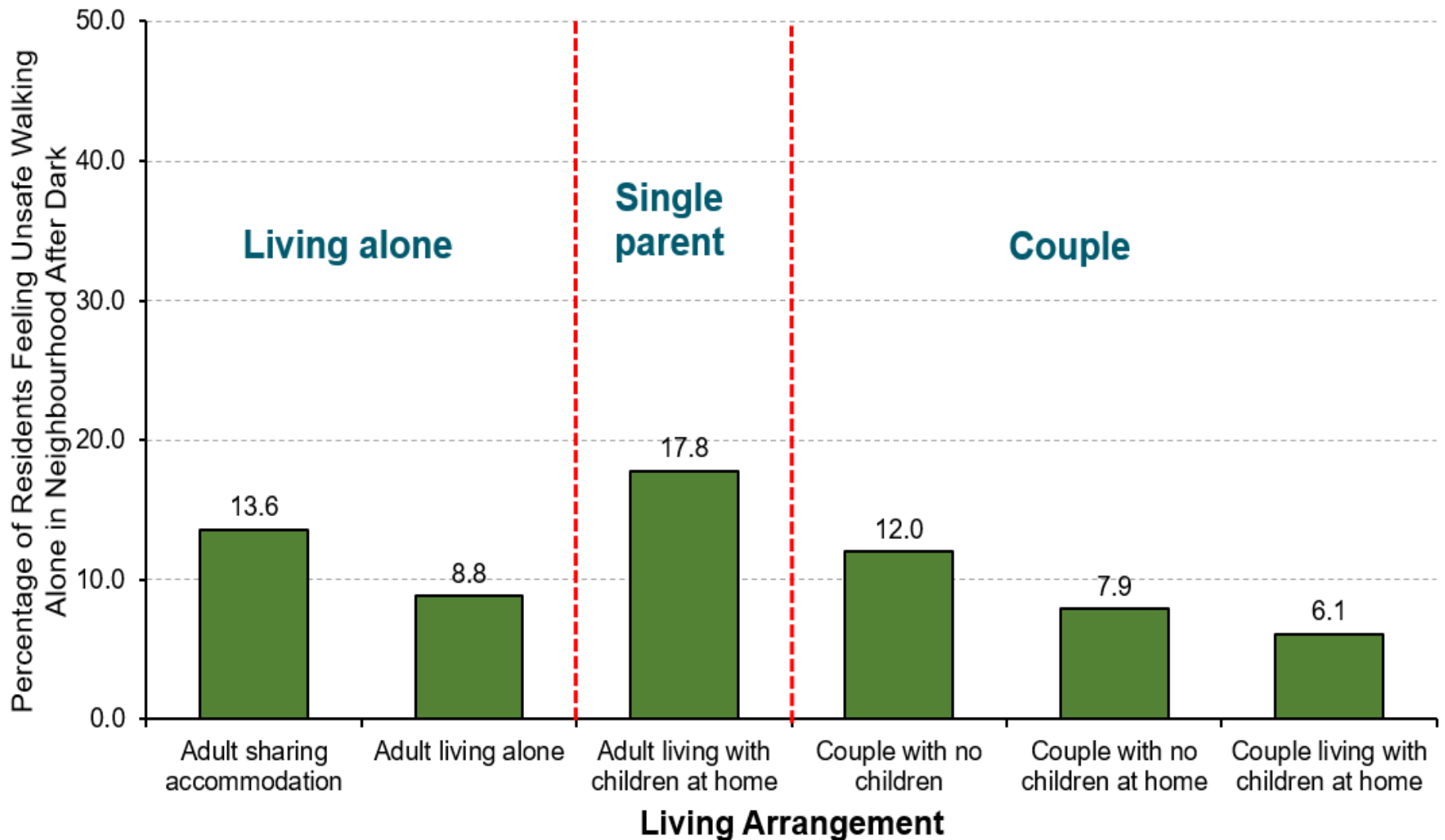
# Perception of Safety in Community by *income*



# Perception of Safety in Community by age



# Safety in Community by *living arrangement*





# LEISURE and CULTURE

# LEISURE and CULTURE and Wellbeing

## How do residents with *higher or lower wellbeing compare?*

### *Below* average wellbeing

- ✓ Participate more in computer-based leisure activities
- ✓ Use outdoor sports facilities less often
- ✓ Perceive recreation and culture facilities as less accessible (i.e., costly programs, not convenient, no child care available)

### *Above* average wellbeing

- ✓ Participate more in arts and cultural activities, and in social leisure activities
- ✓ Use community recreation centres and performing arts facilities more
- ✓ Perceive better access to recreation and culture facilities (i.e., easy to get to, facilities are welcoming)

# LEISURE and CULTURE and Wellbeing by sex

## How do women and men compare on leisure and culture?

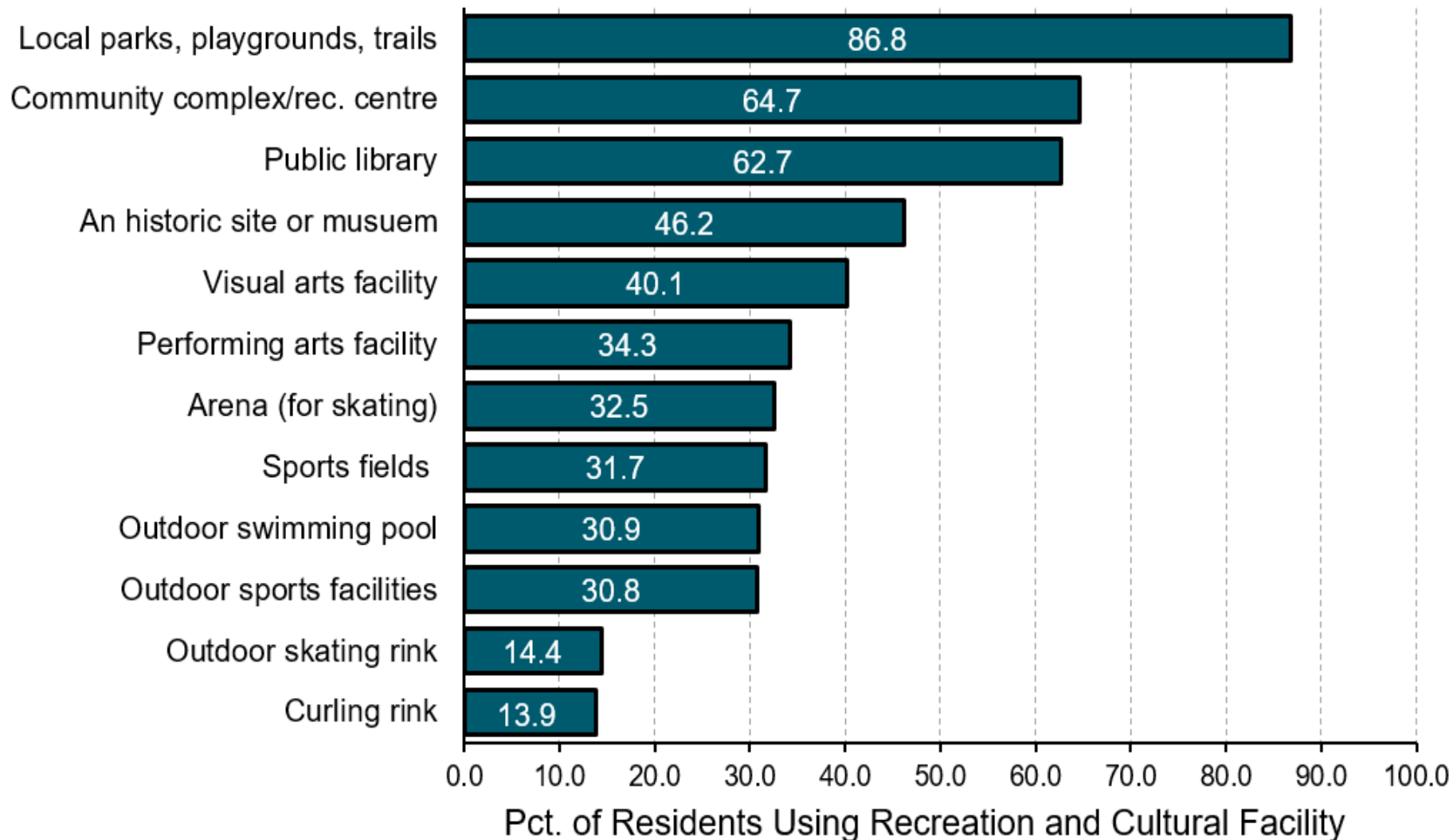
### *Women*

- ✓ Participate more in home-based leisure activities, and in arts and cultural activities
- ✓ More likely to socialize online
- ✓ Use community recreation centres and public libraries more often
- ✓ Perceive recreation programs as more expensive and childcare as unavailable

### *Men*

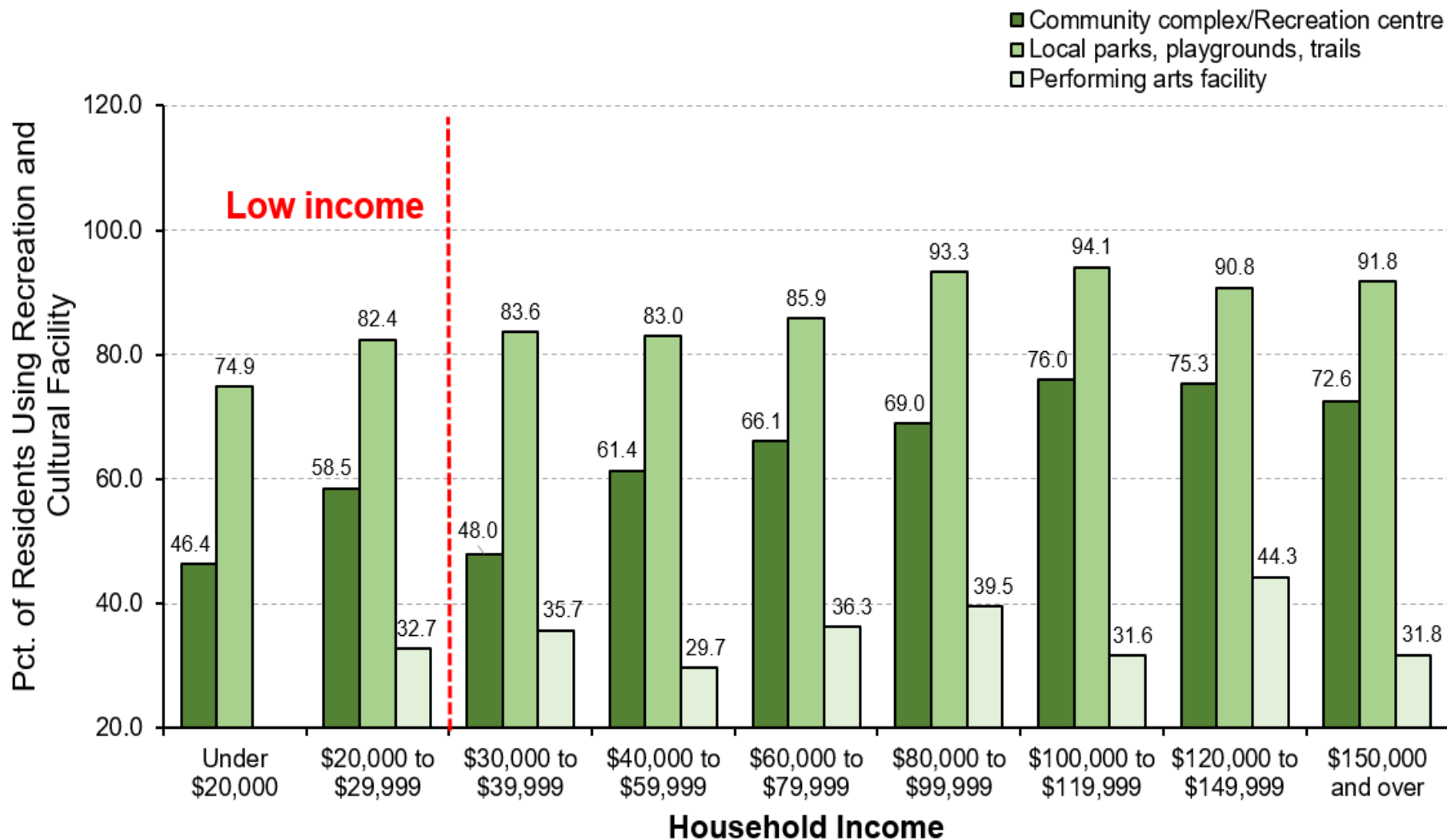
- ✓ Participate more in sports-related social leisure activities
- ✓ Use sports and outdoor facilities more often
- ✓ Perceive recreation and culture facilities more welcoming, and programs offered at convenient times

# Facility Use in Bruce and Grey Counties

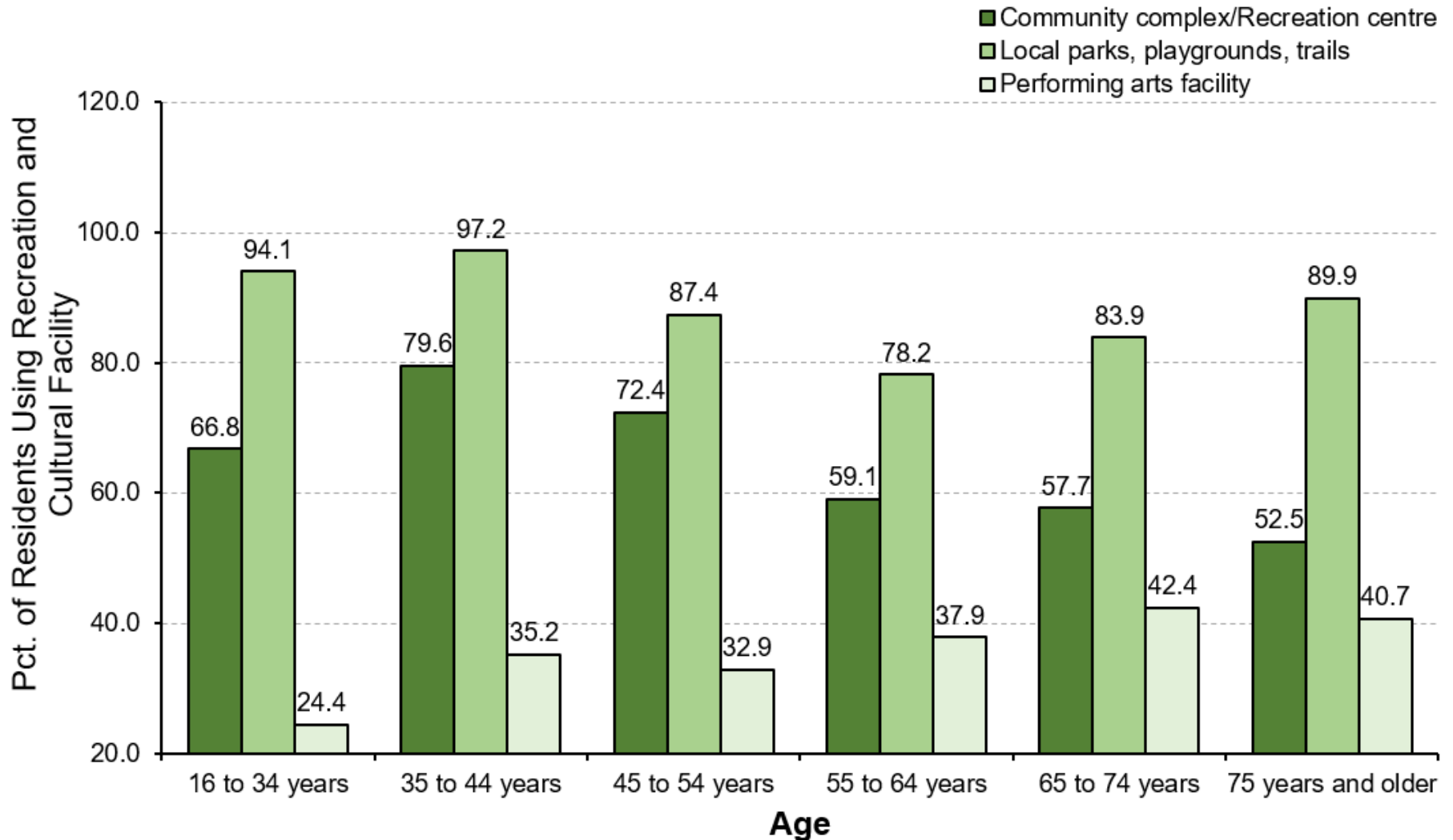




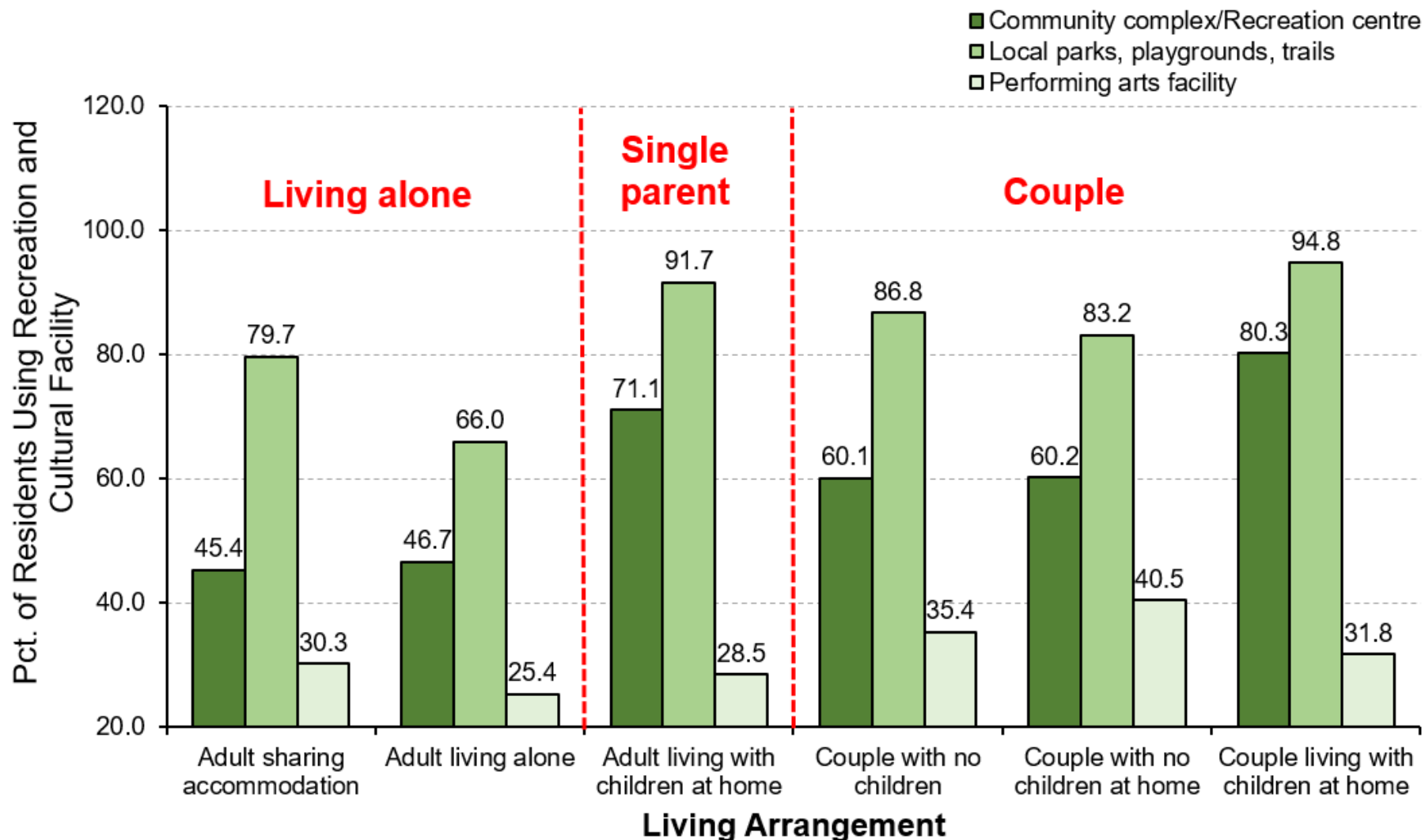
# Facility Use by *income*



# Facility Use by age

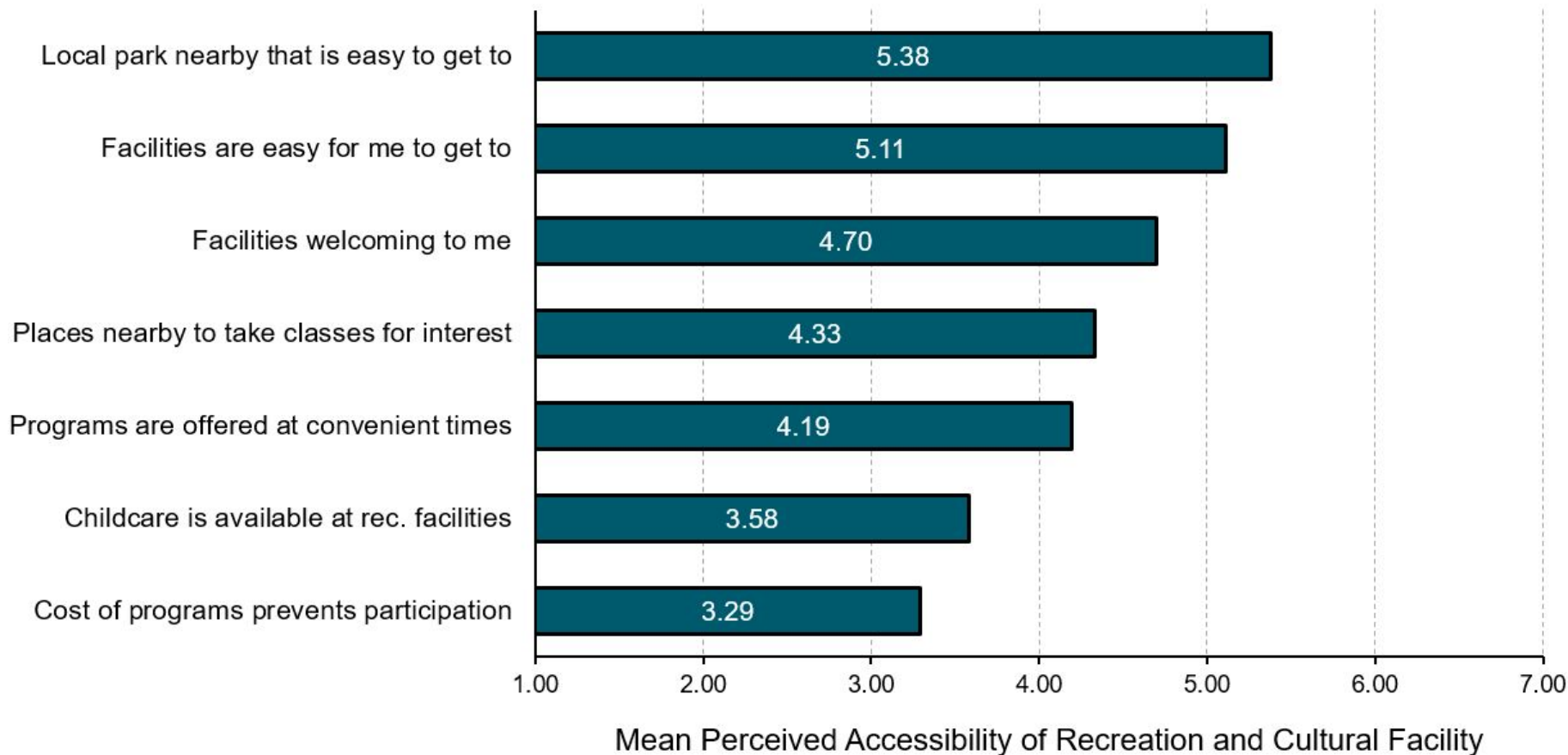


# Facility Use by *living arrangement*

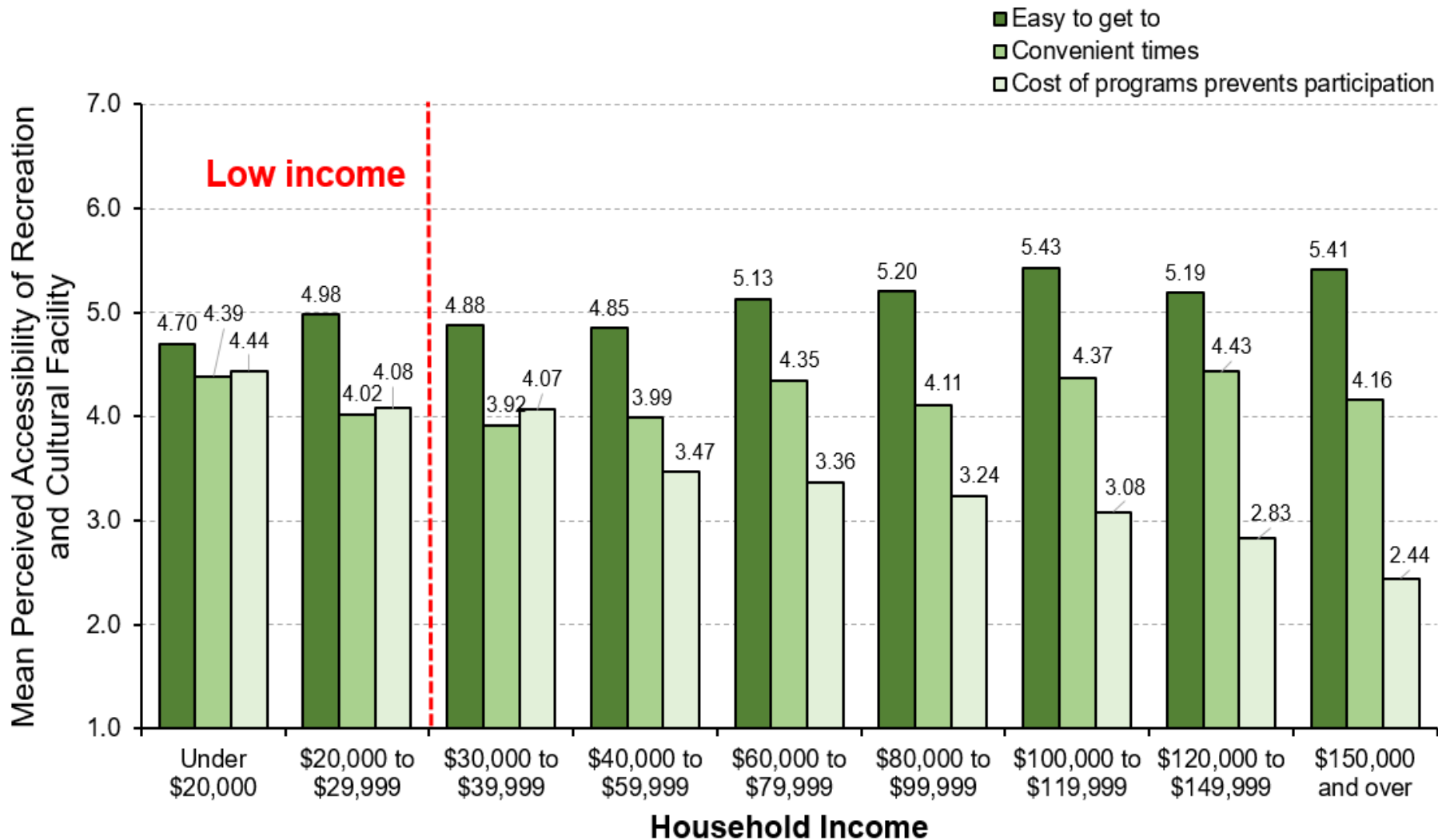


# Accessibility of Facilities in Bruce and Grey Counties

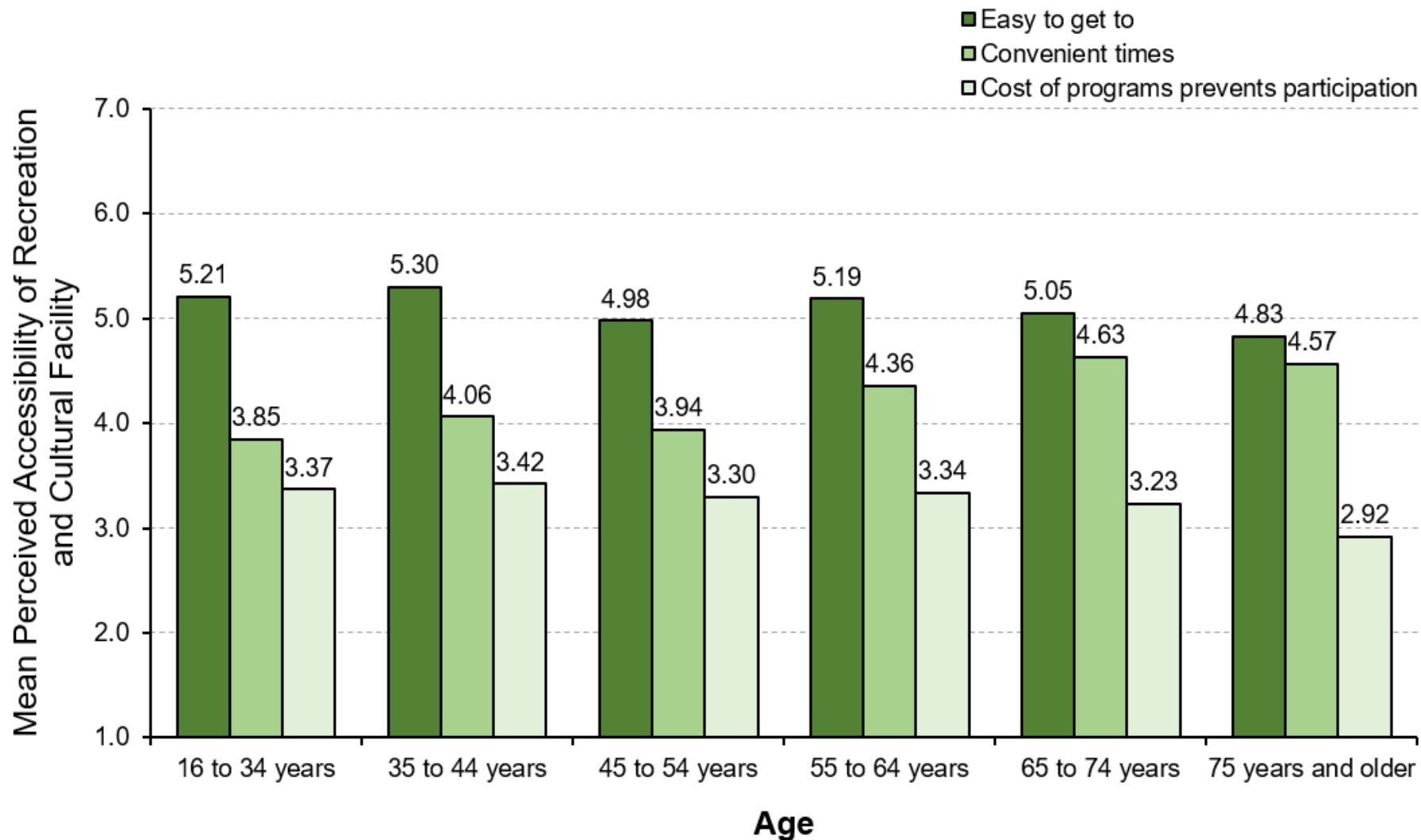
## Accessibility of Recreation and Cultural Facilities



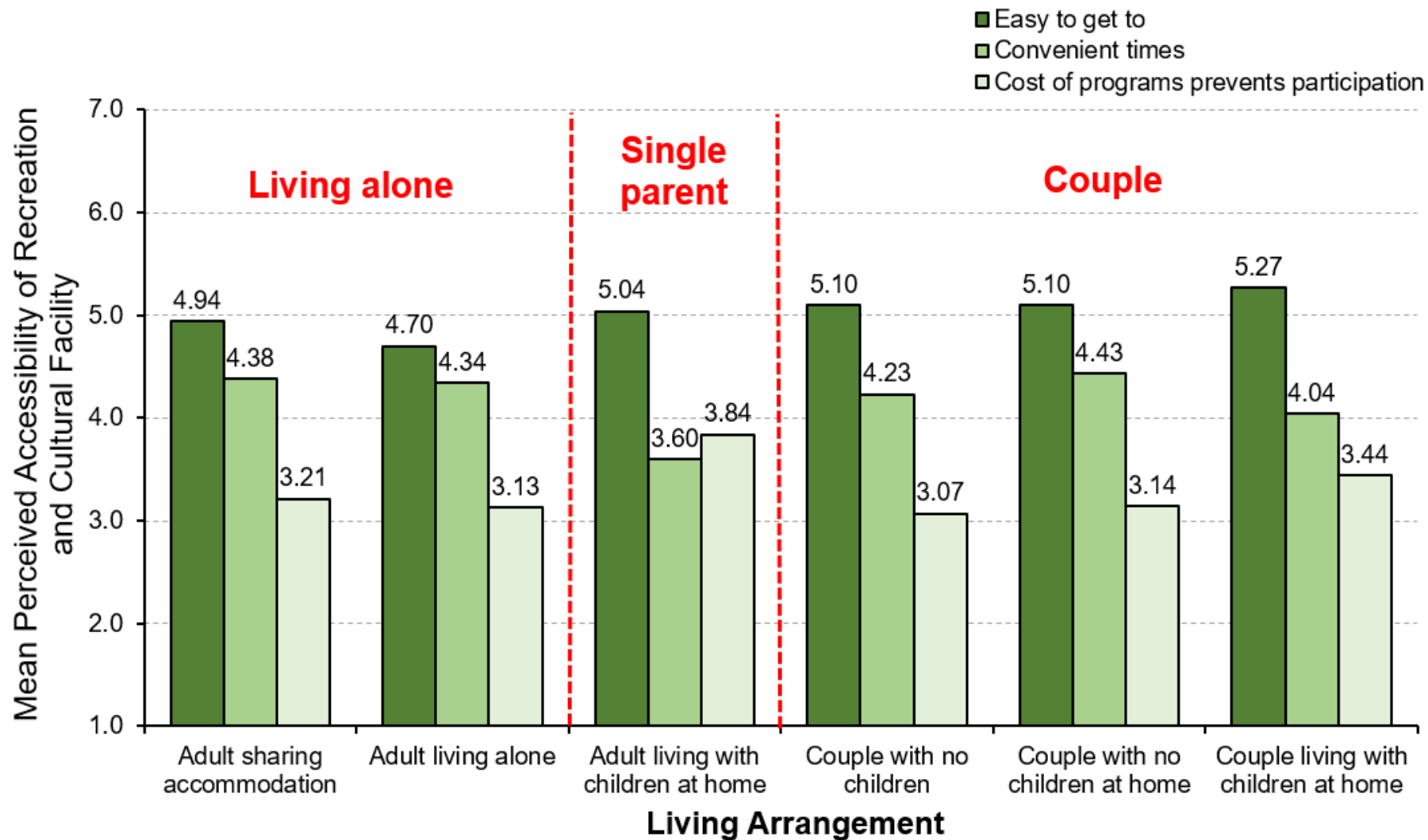
# Accessibility of Facilities by *income*



# Accessibility of Facilities by age

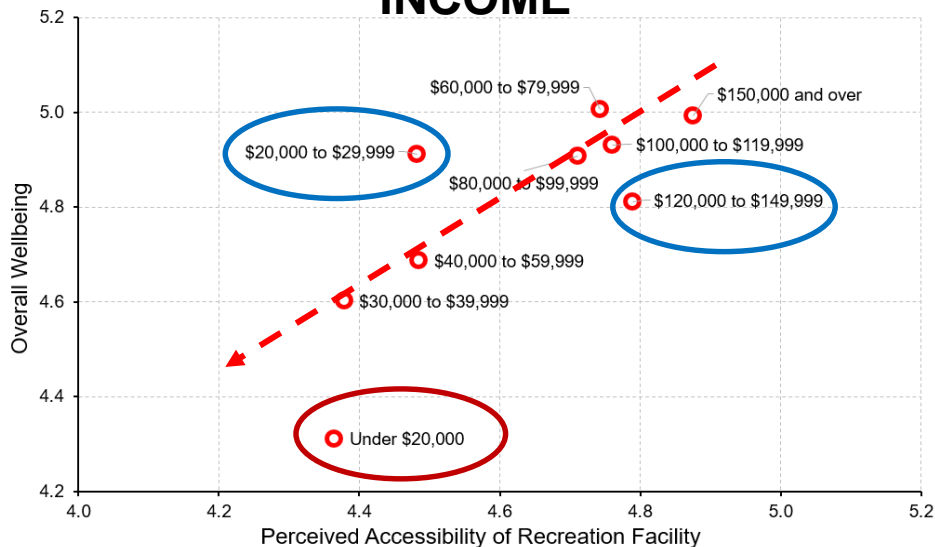


# Accessibility of Facilities by *living arrangement*

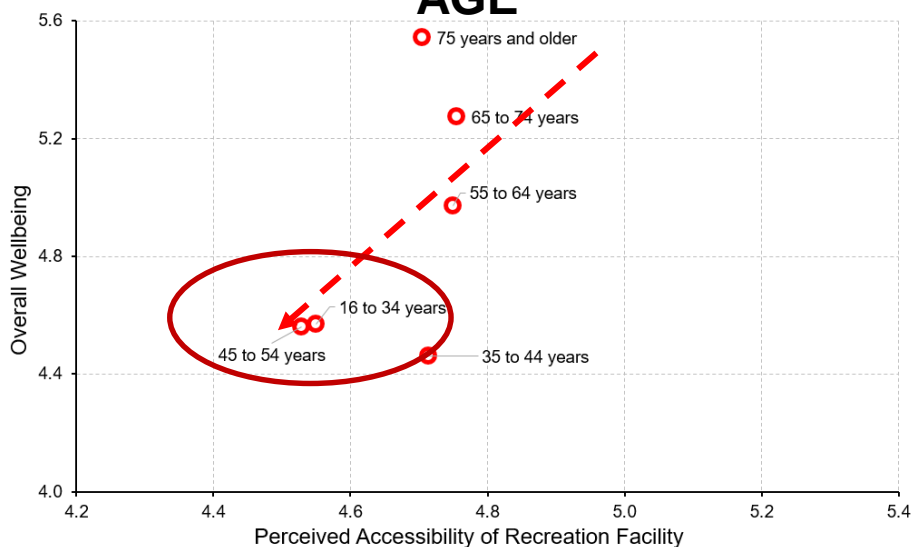


# Accessibility of Facilities and Overall Wellbeing

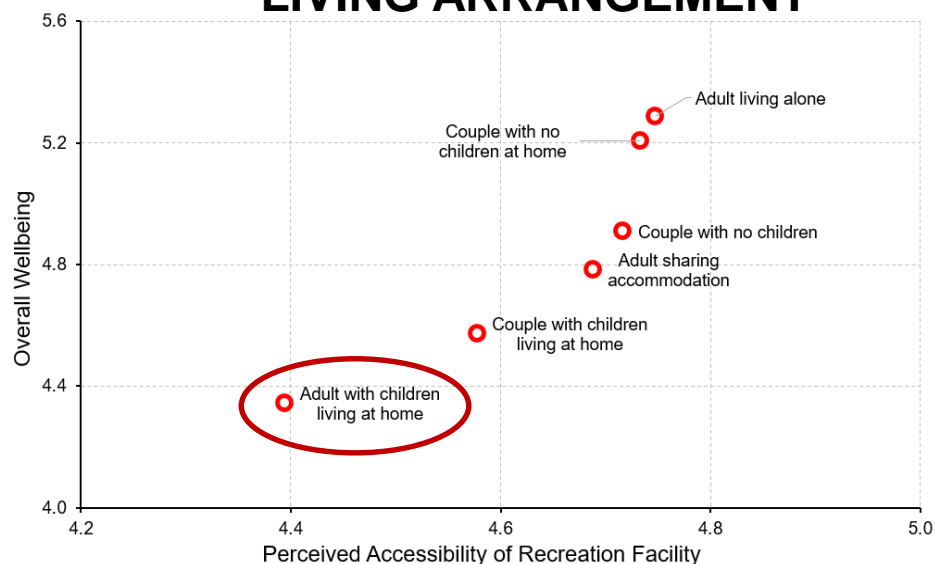
## INCOME



## AGE



## LIVING ARRANGEMENT



Lower perceived accessibility of recreation and cultural facilities is related to lower overall wellbeing.

*And is linked to:*

- Lower incomes
- Younger and mid-age adults
- Single parent families





# TIME USE

# TIME USE and Wellbeing

How do residents with *higher or lower wellbeing compare?*

## *Below* average wellbeing

- ✓ More often feel rushed
- ✓ Less time to:
  - Get enough sleep
  - Prepare healthy meals
  - Be with partner
  - Be together with family
  - Socialize
- ✓ Work interferes more with personal life

## *Above* average wellbeing

- ✓ Take more vacation days
- ✓ *More* time to:
  - Keep in shape
  - Nurture spiritual side
  - Be with children
  - Form/sustain relationships
  - Participate in community
- ✓ Higher perceived work-life balance

# TIME USE and Wellbeing by sex

## How do women and men compare on time use?

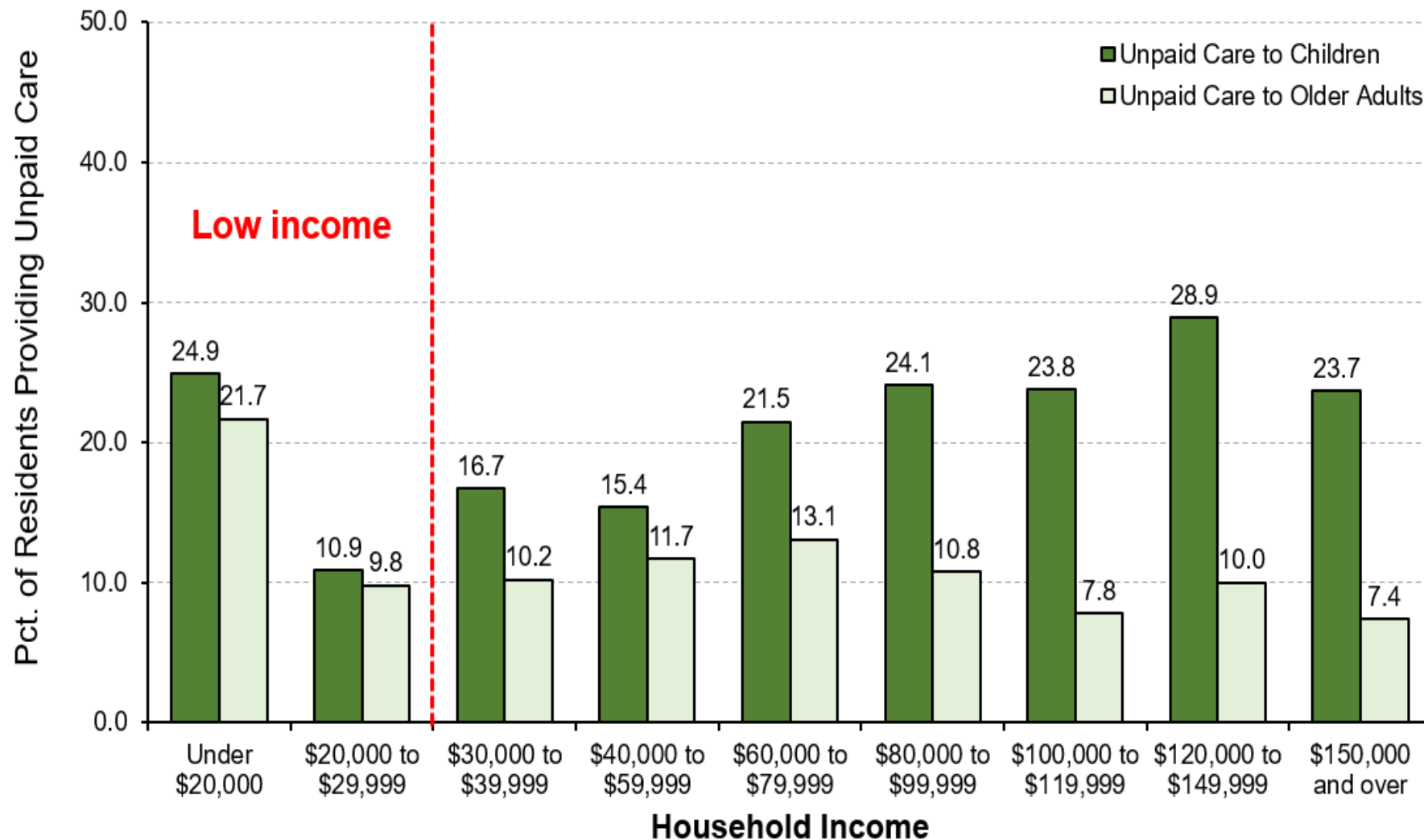
### Women

- ✓ Devote more time taking care of children
- ✓ Devote more time taking care of older adults
- ✓ More often feel rushed
- ✓ *Less time to:*
  - Be with partner
  - Be with children
  - Socialize

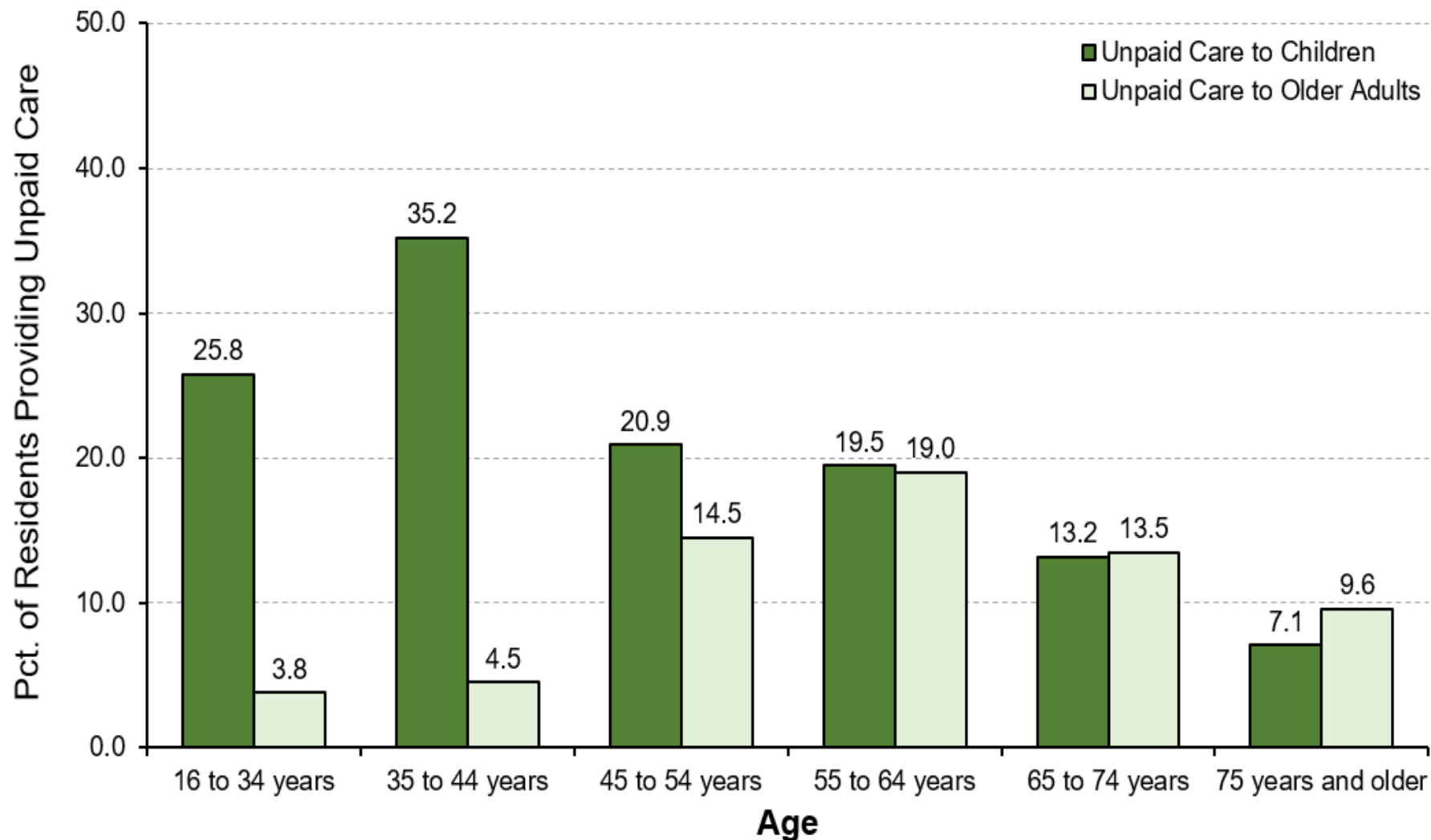
### Men

- ✓ More often feel that they have free time on their hands
- ✓ More likely to agree childcare services in community are adequate
- ✓ *More time to:*
  - Keep in shape
  - Nurture spiritual side
  - Form/sustain relationships
  - Be active in community

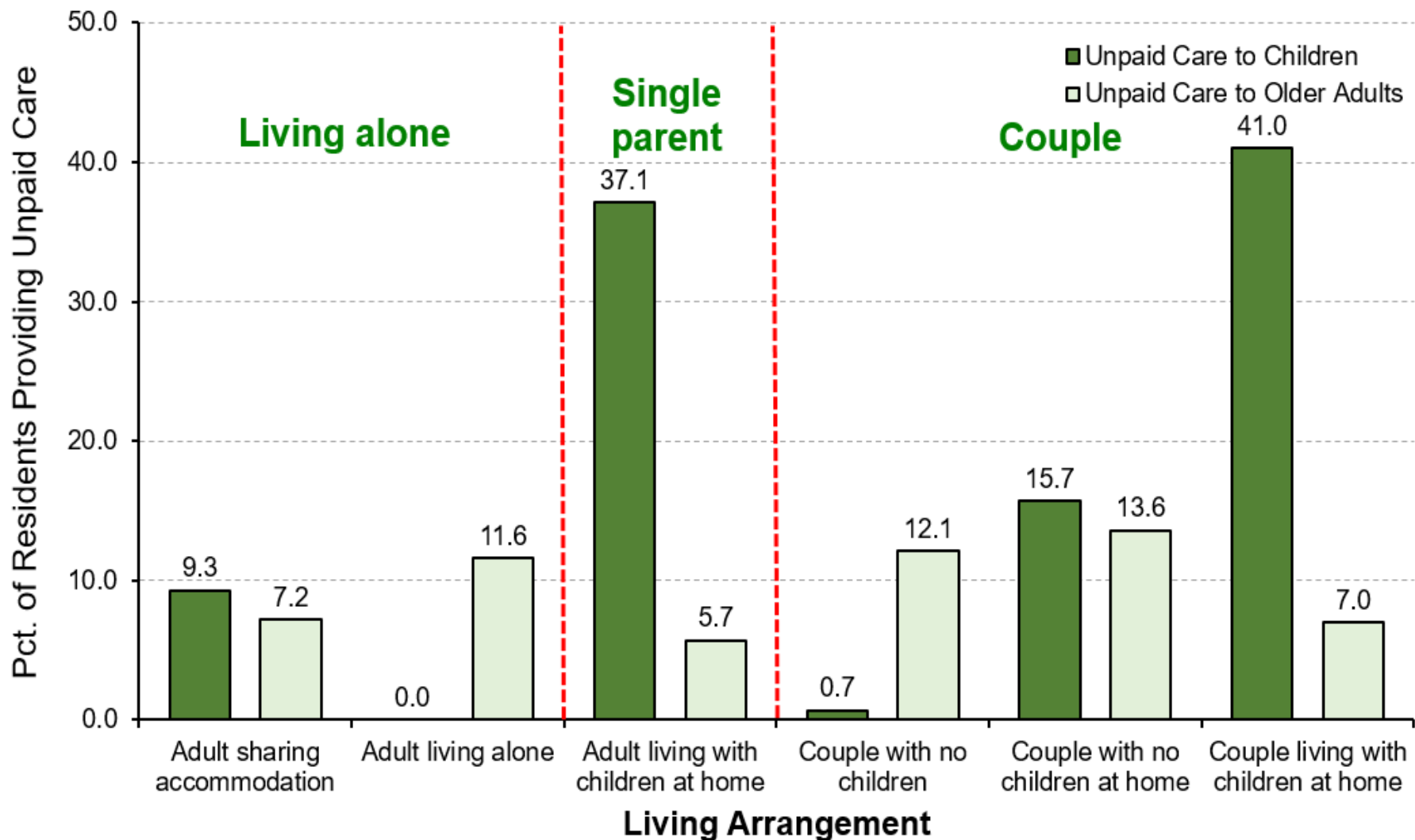
# Providing Unpaid Care by *income*



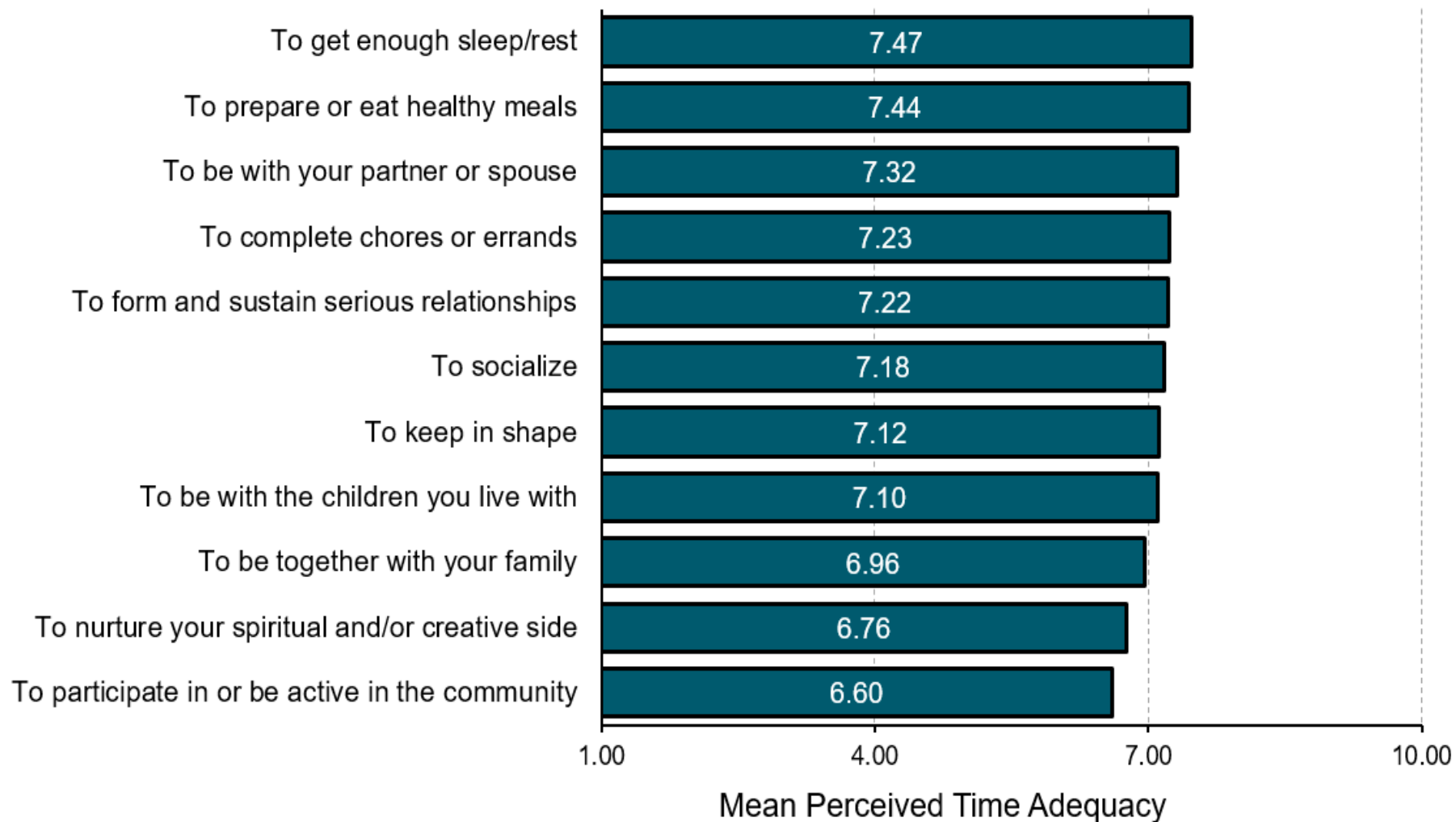
# Providing Unpaid Care by age



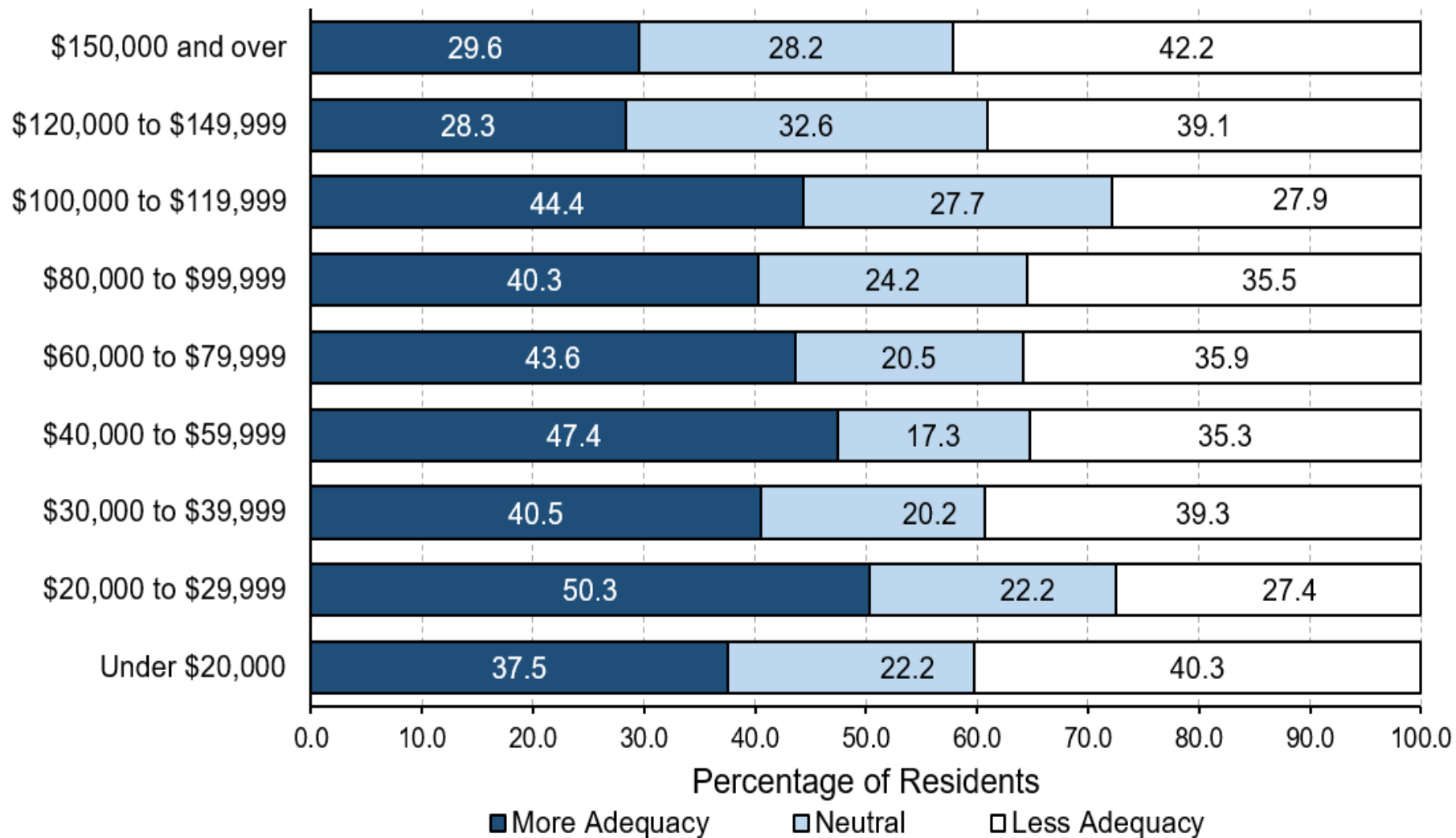
# Providing Unpaid Care by *living arrangement*



# Time Adequacy in Bruce and Grey Counties

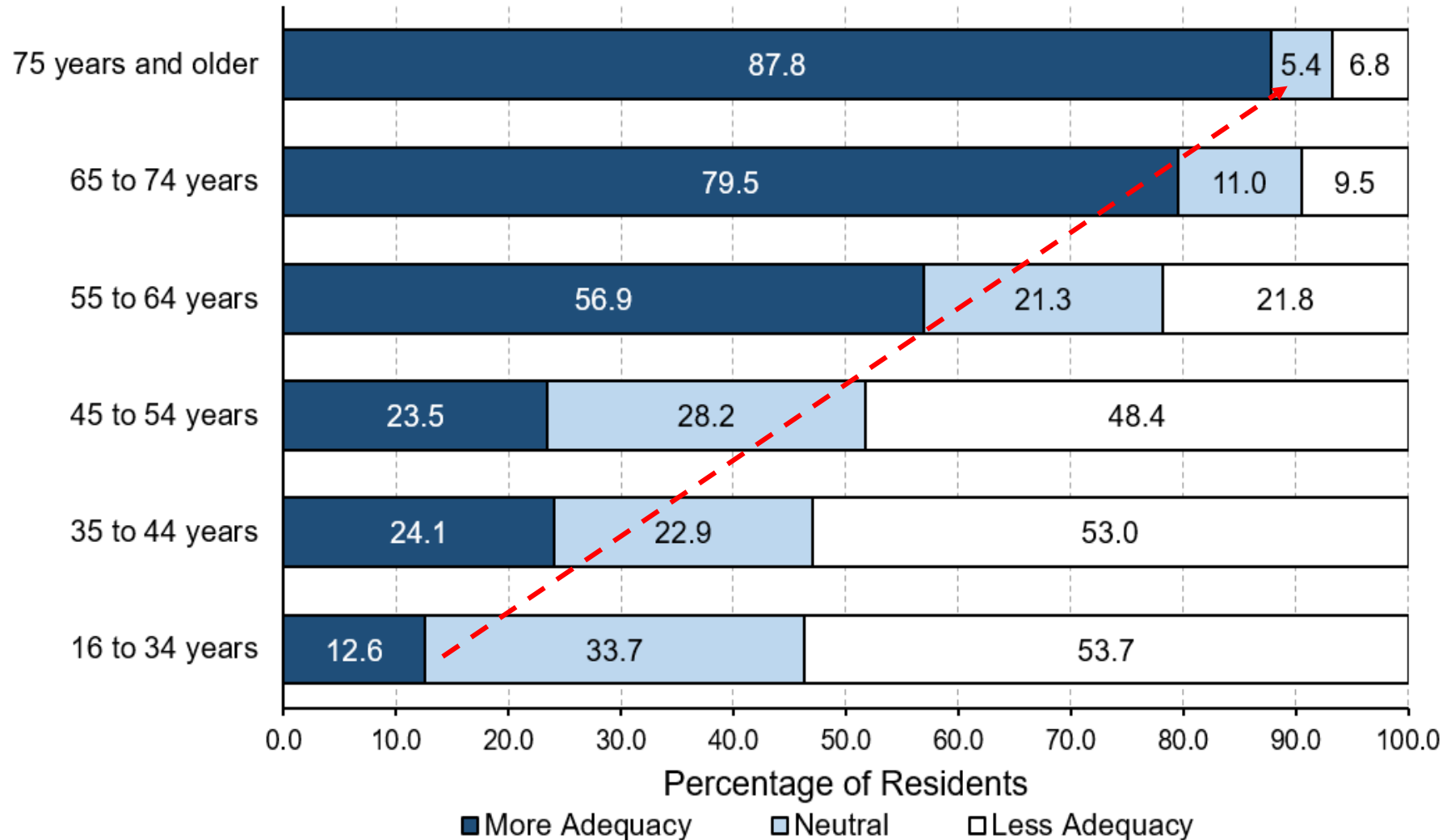


# Time Adequacy by *income*

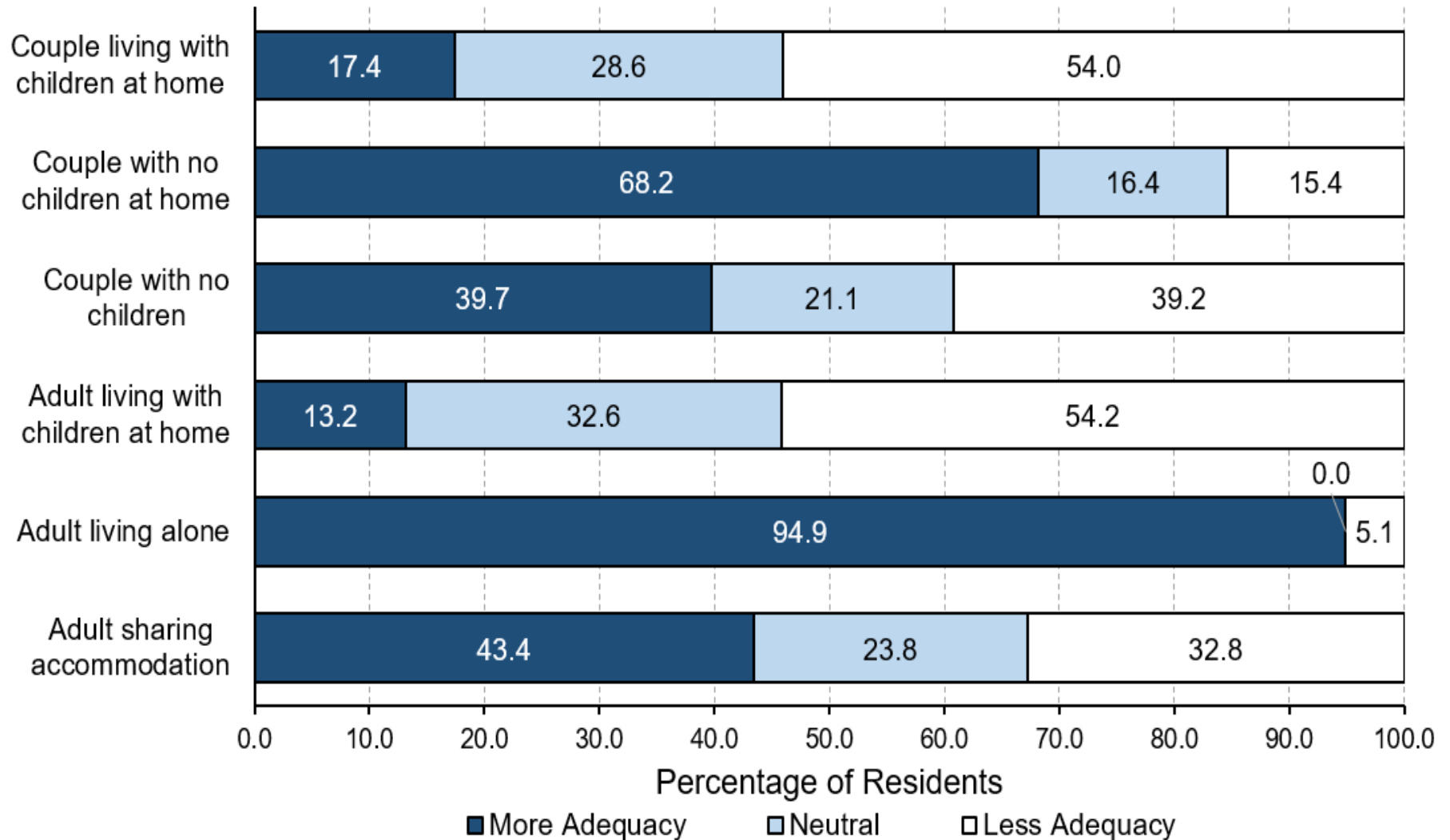




# Time Adequacy by age

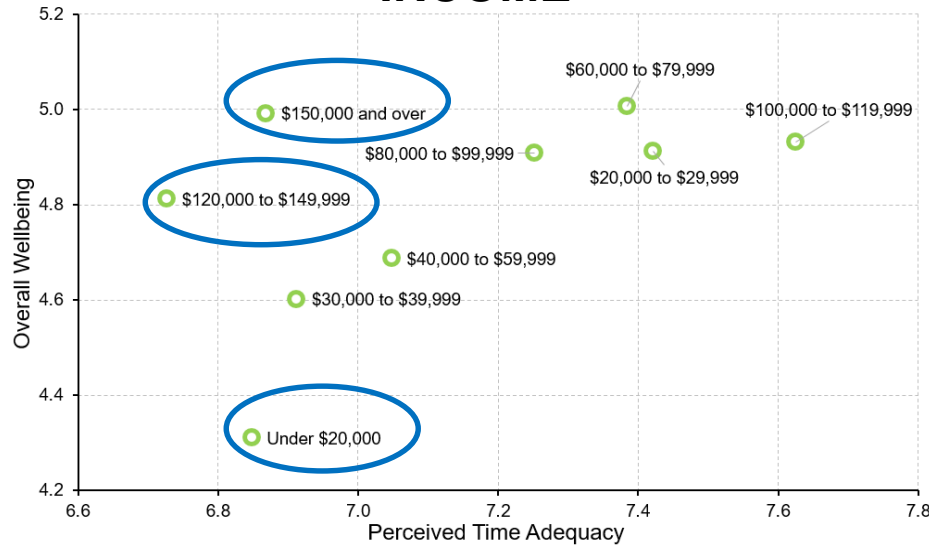


# Time Adequacy by *living arrangement*

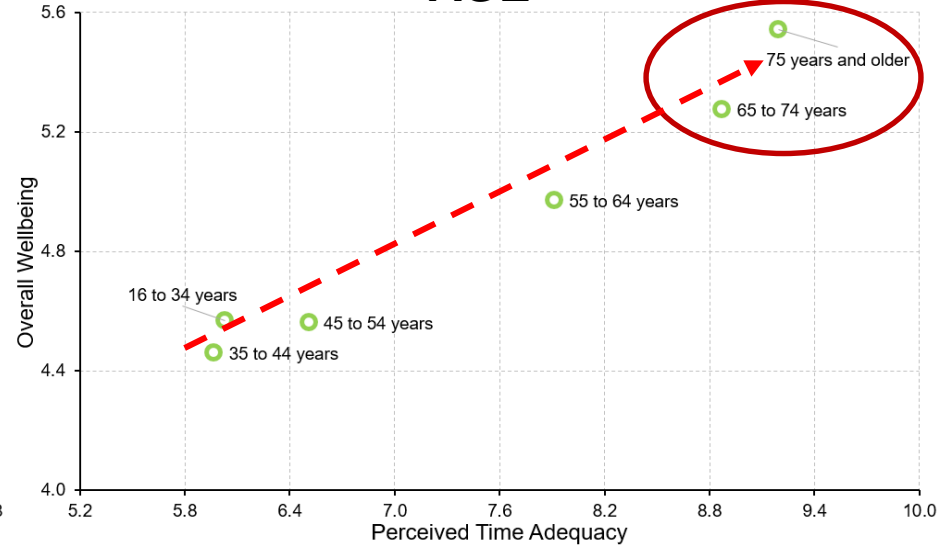


# Time Adequacy and Overall Wellbeing

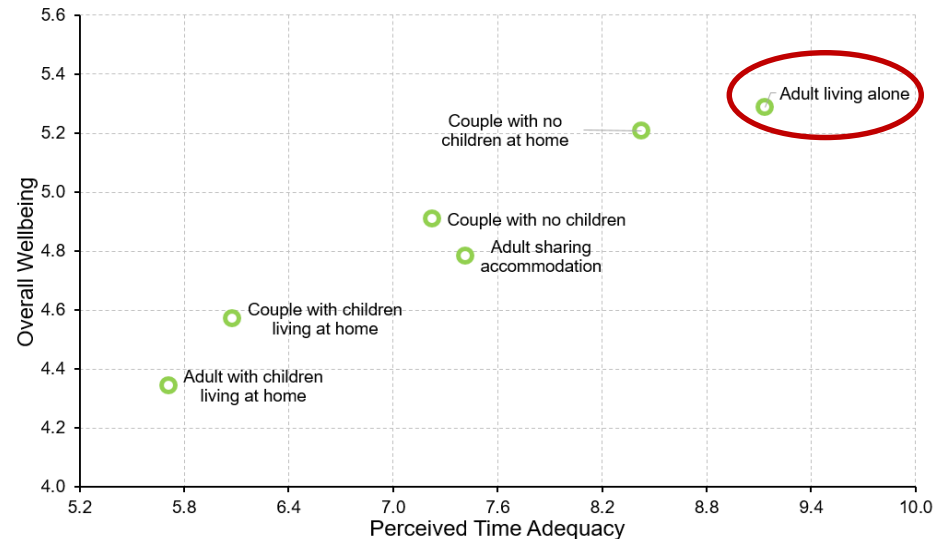
## INCOME



## AGE



## LIVING ARRANGEMENT



A higher perceived time adequacy is related to higher overall wellbeing.

*And is linked to:*

- Older residents
- Adults living alone



**Which domains are most critical to the quality of community life?**

# Which domains are most critical to wellbeing?

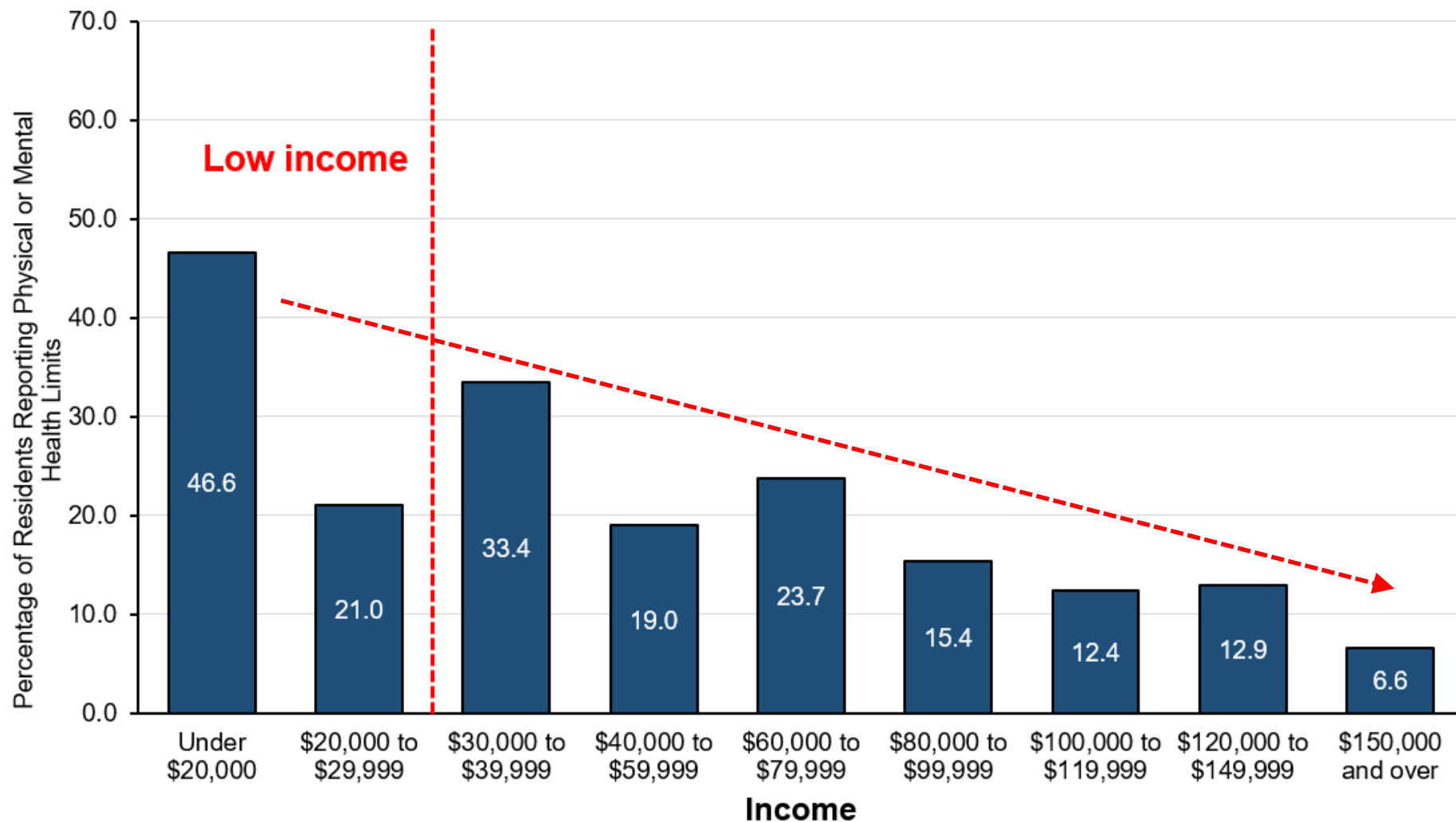




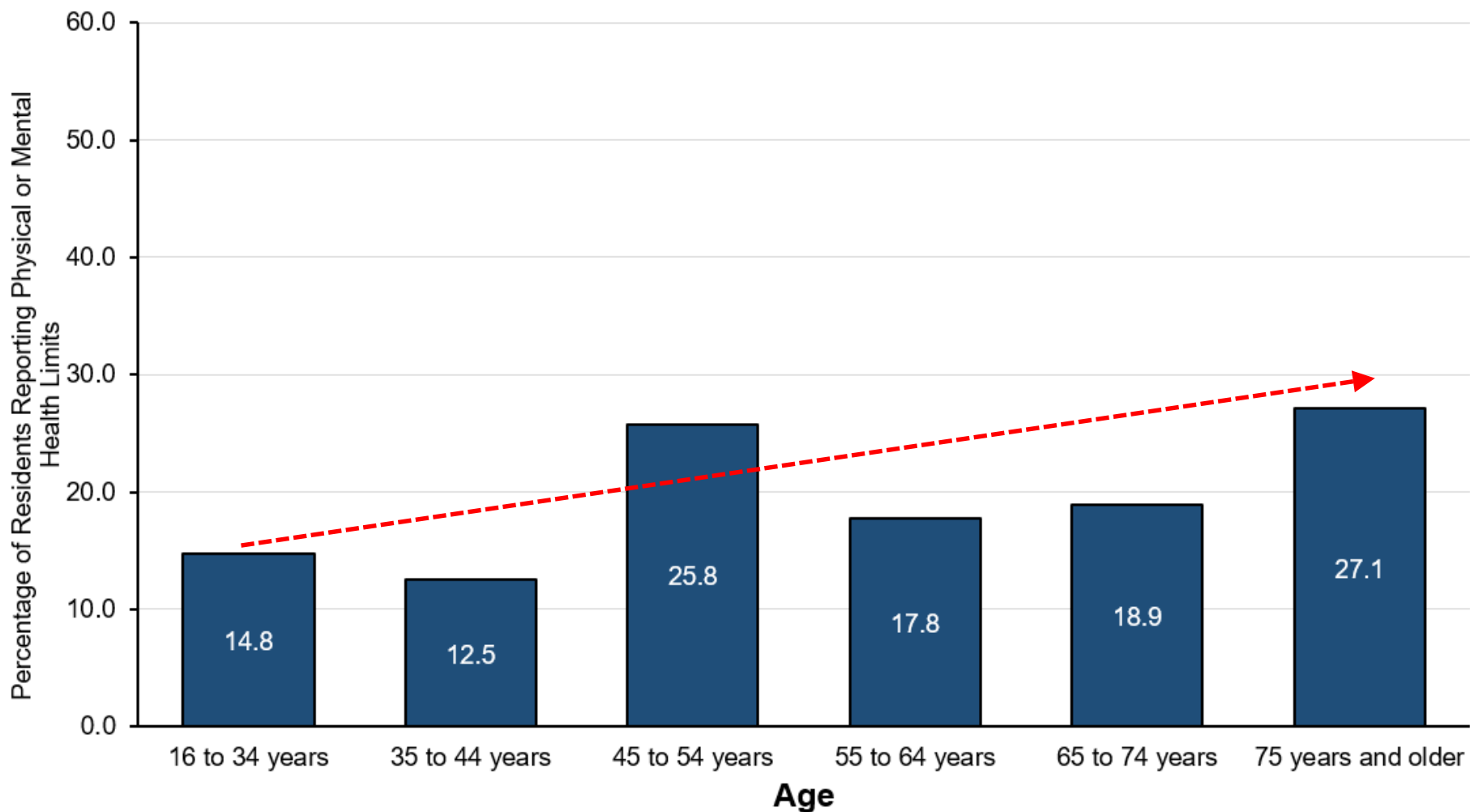
## *A Closer Look:*

Limitations Due to a Disability or Chronic Illness  
Housing Affordability  
Use of Public Transportation

# Disability or chronic illness limitations by *income*

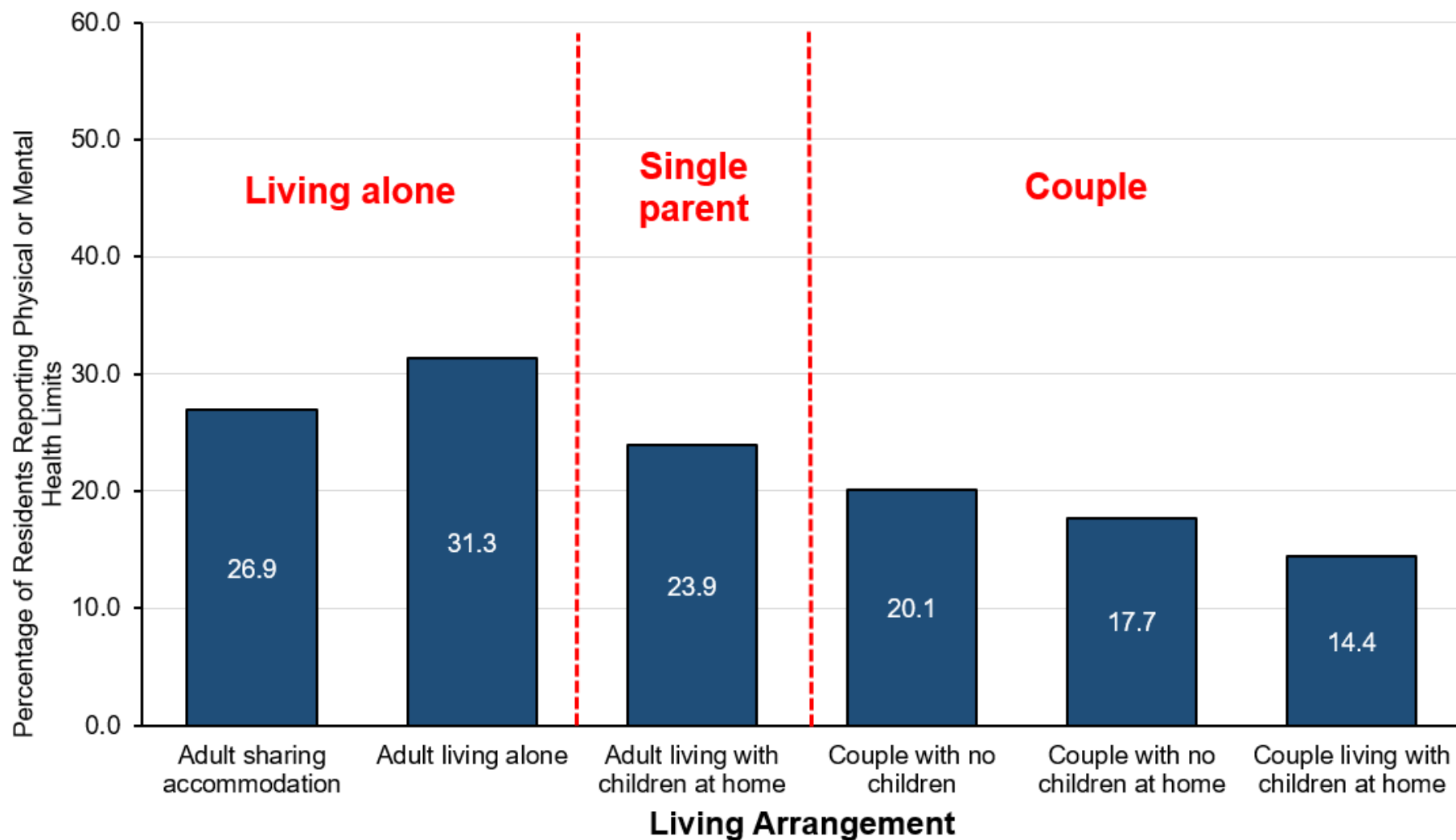


# Disability or chronic illness limitations by age

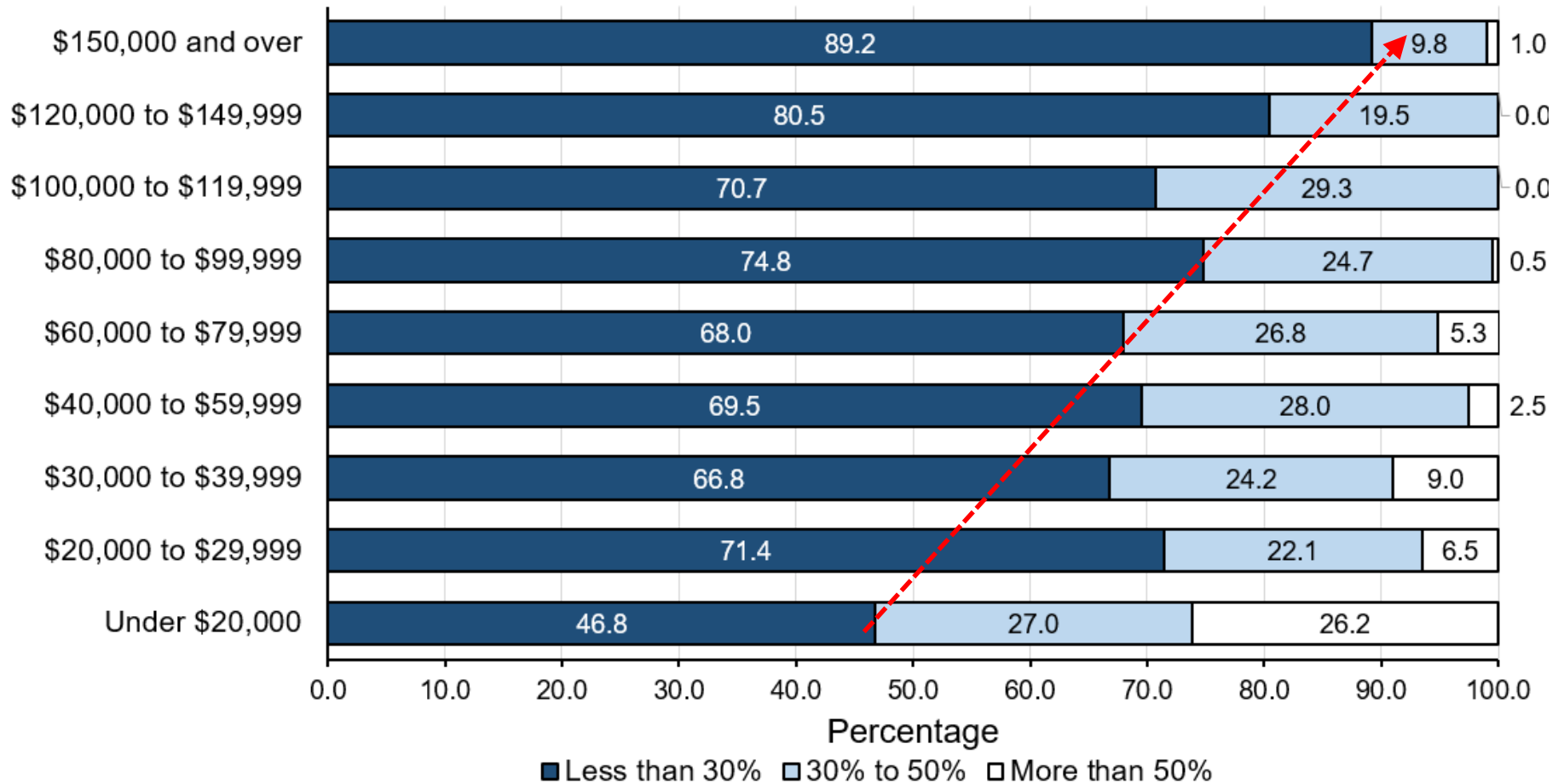




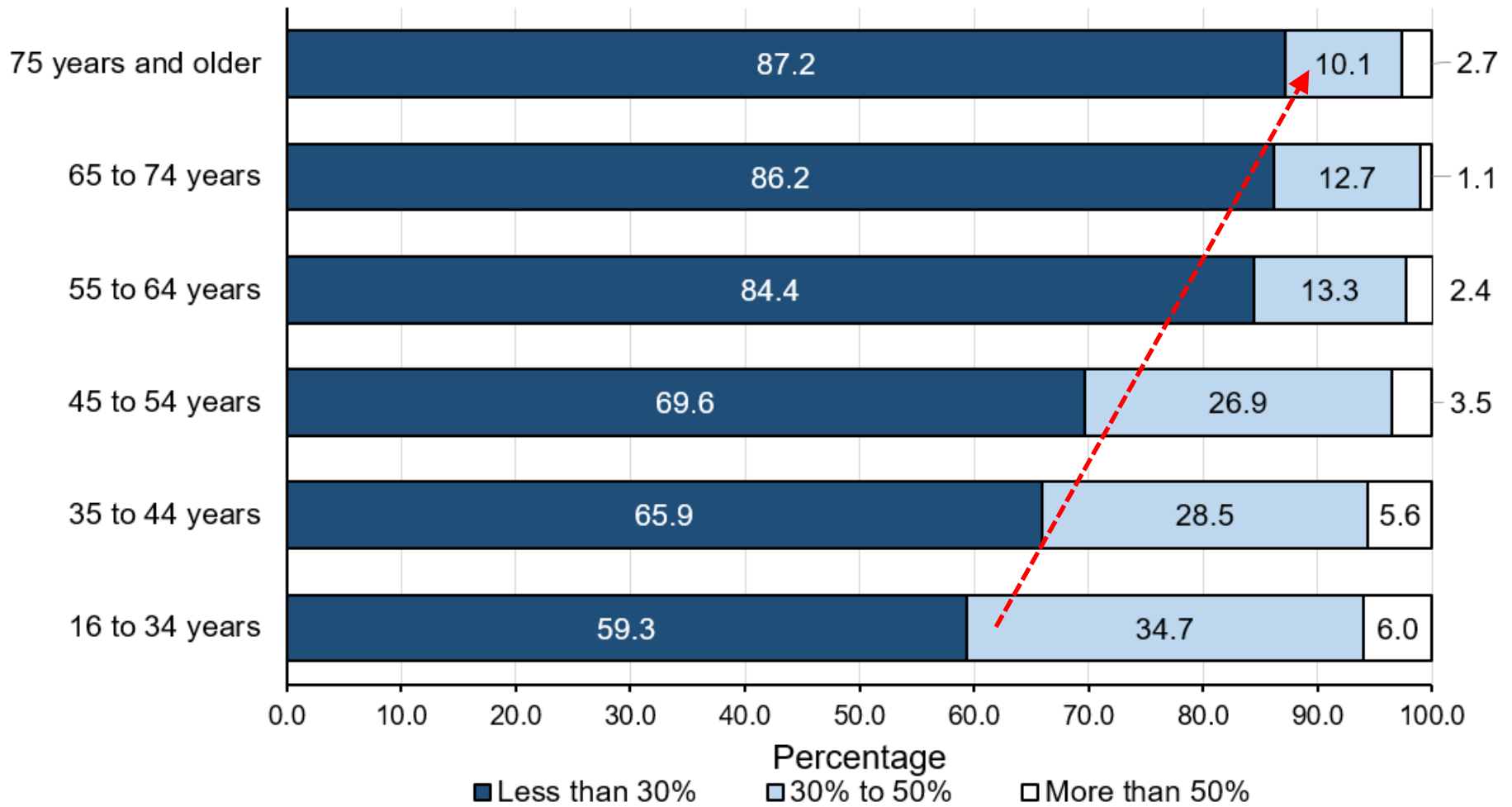
# Disability/chronic illness limitations by *living arrangement*



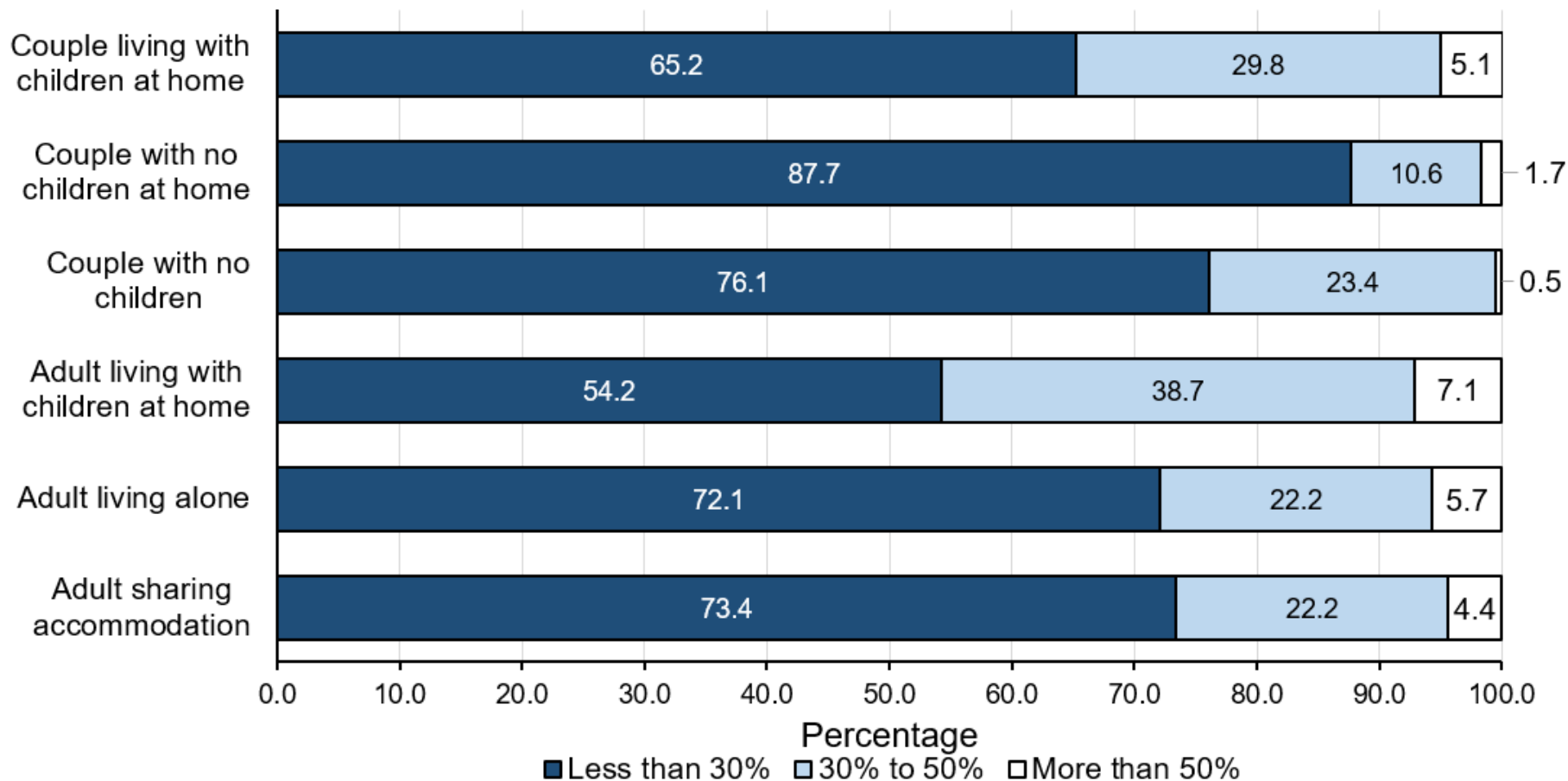
# Housing affordability by *income*



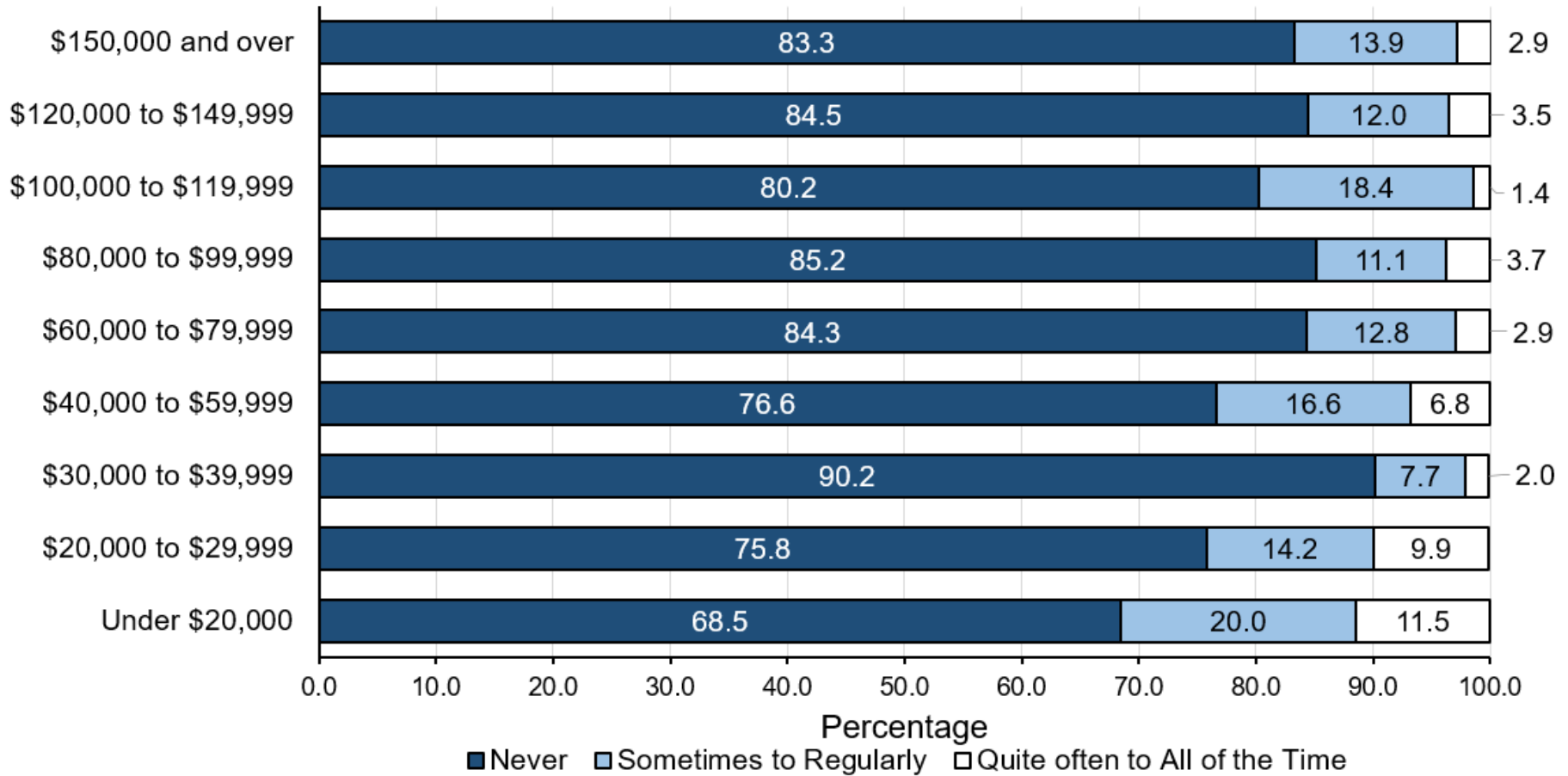
# Housing affordability by age



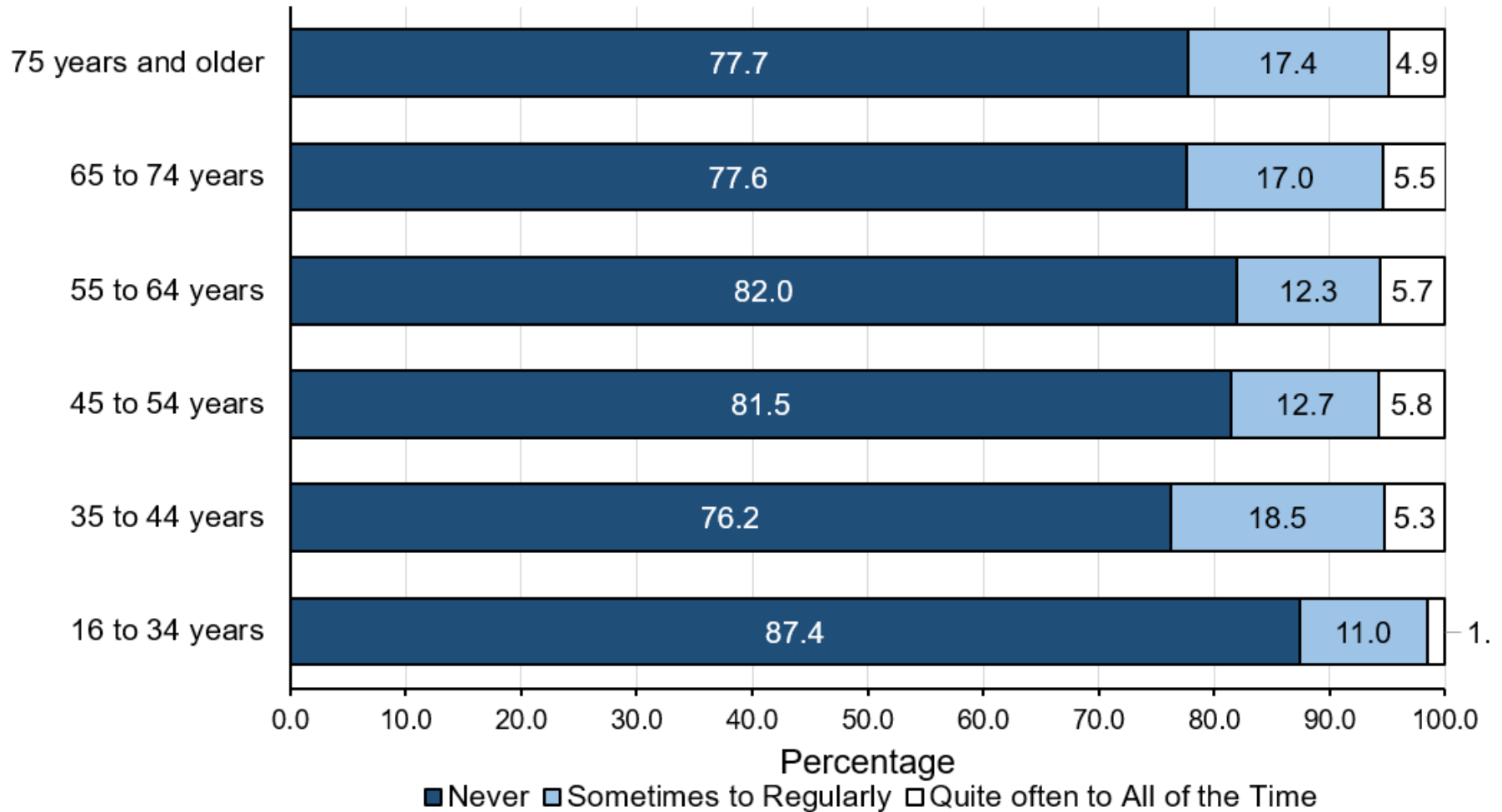
# Housing affordability by *living arrangement*



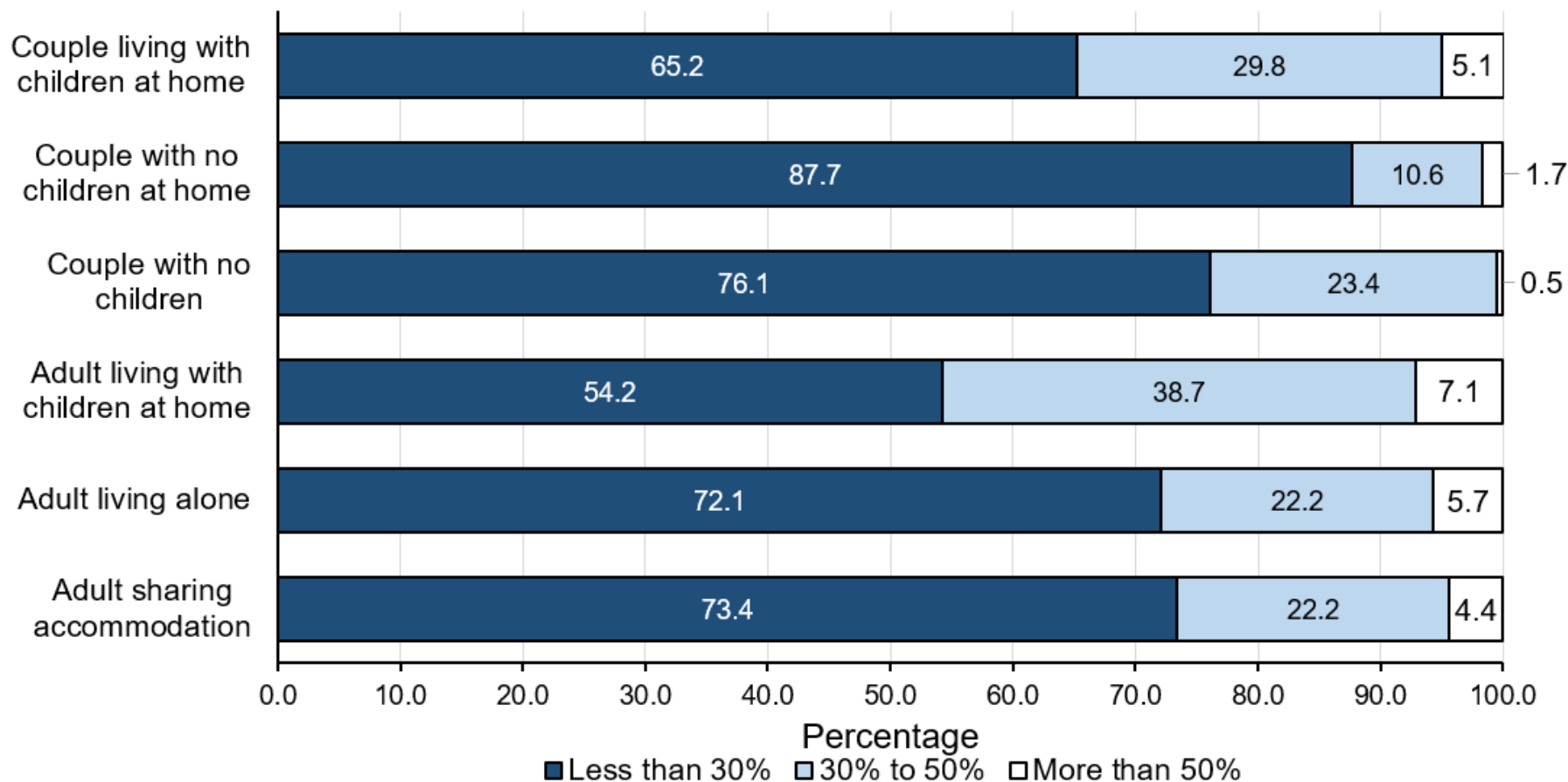
# Use of public transportation by *income*



# Use of public transportation by age



# Use of public transportation by *living arrangement*



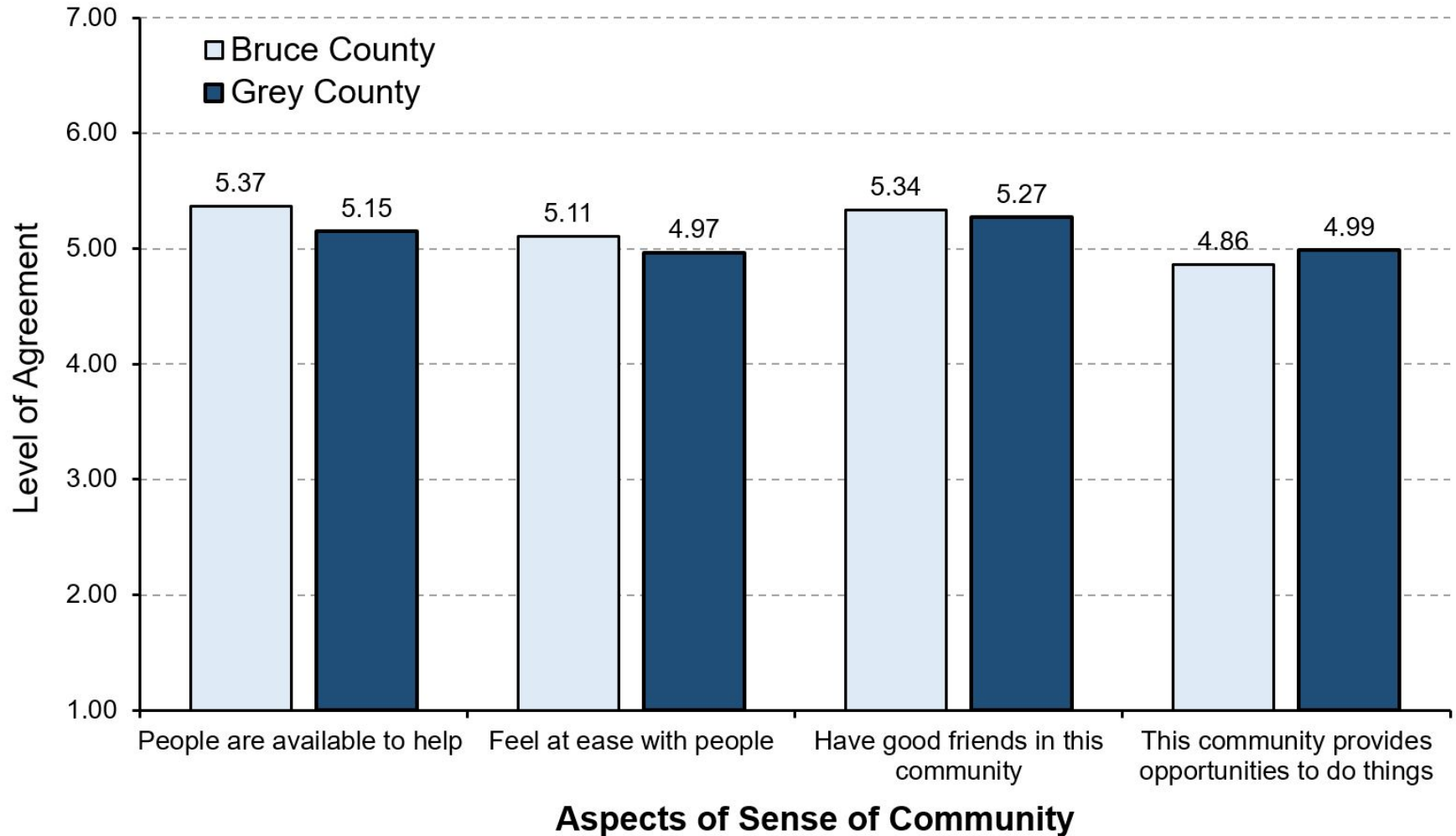


# County Comparisons on Key Concepts



# Community Vitality

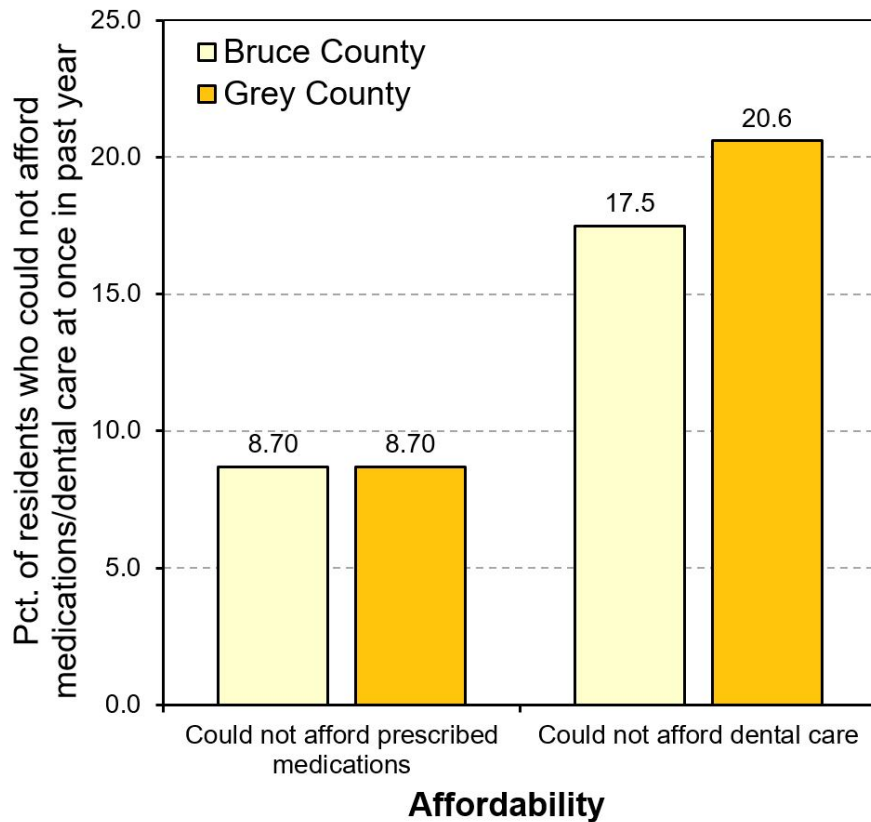
## Comparing Bruce and Grey Counties: Aspects of sense of community



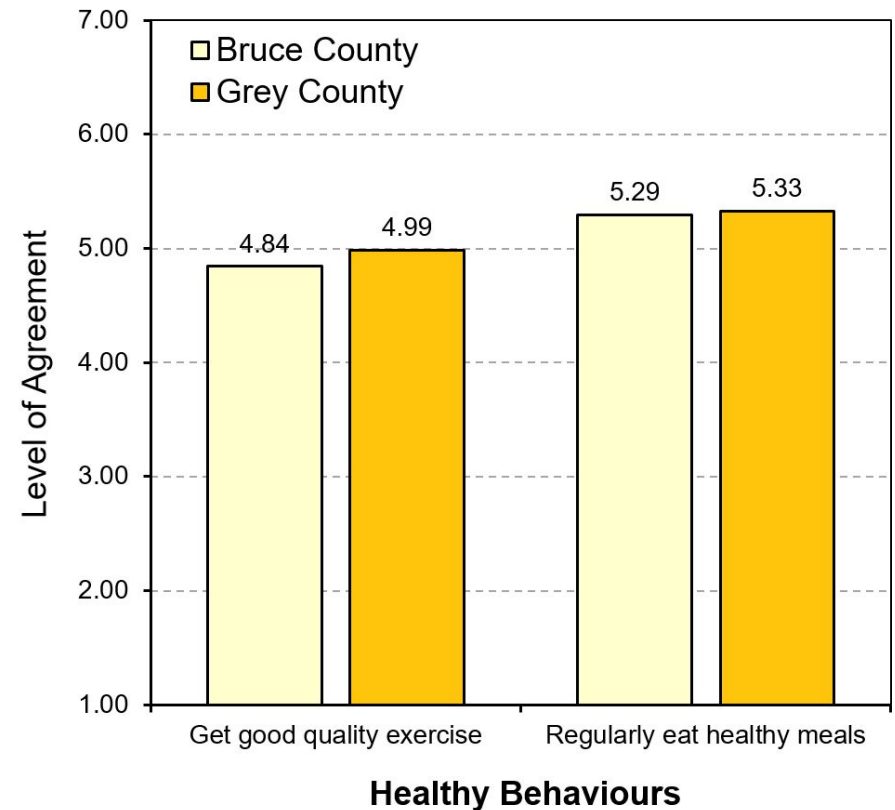
# Healthy Populations

## Comparing Bruce and Grey Counties:

### Affordability of medications and dental care

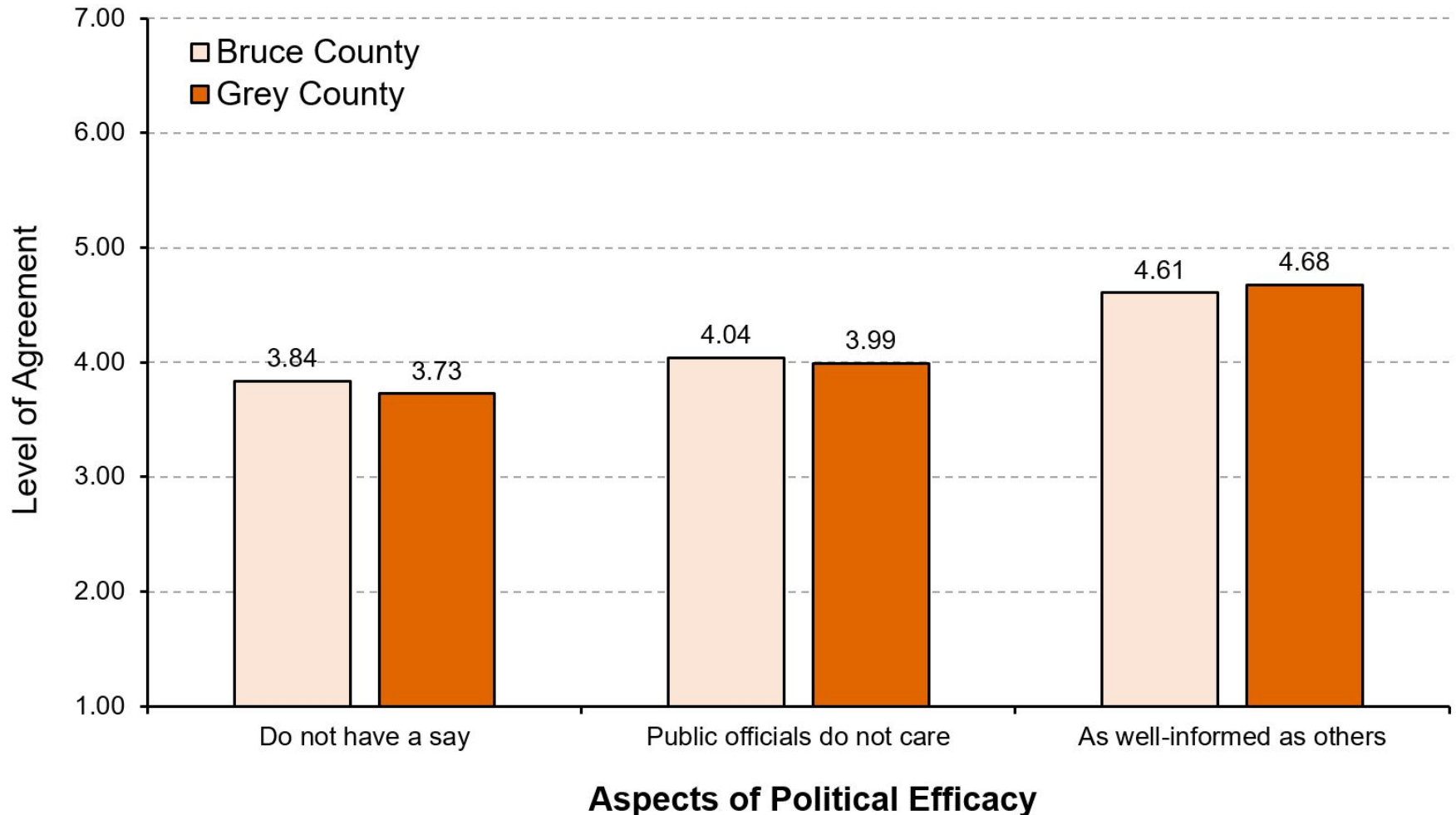


### Healthy behaviour participation

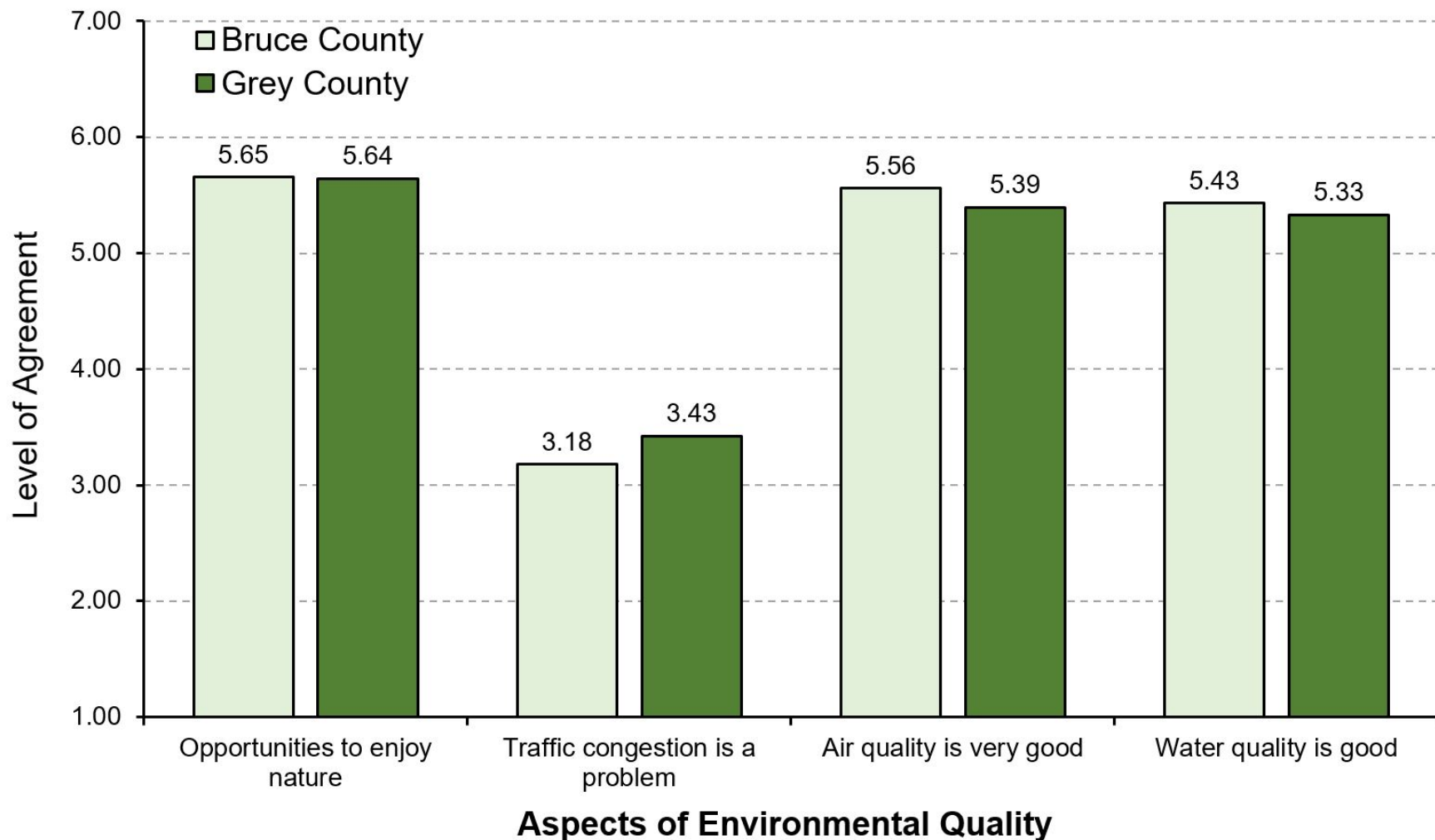


# Democratic Engagement

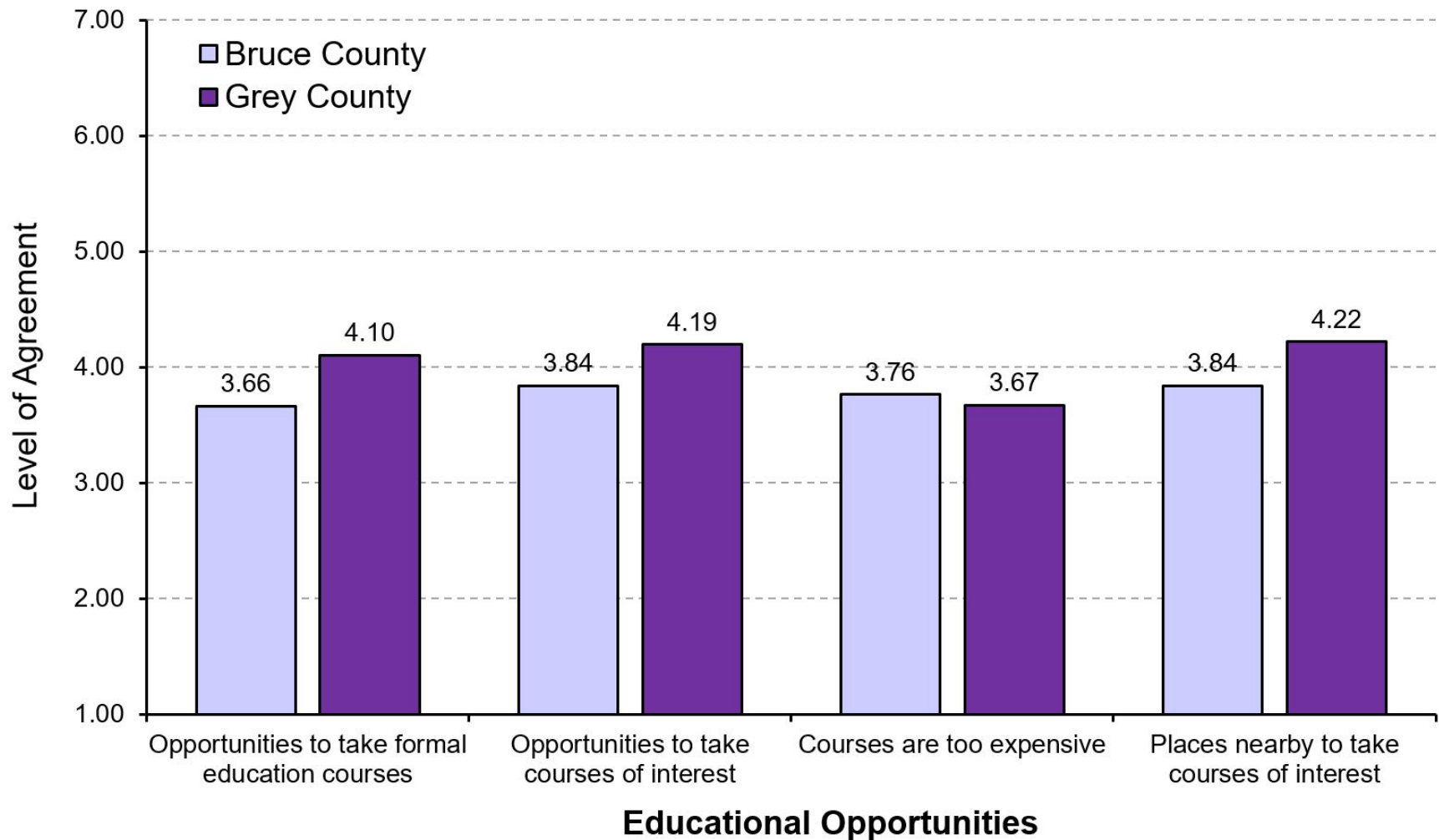
## Comparing Bruce and Grey Counties: Aspects of political efficacy



## Comparing Bruce and Grey Counties: Aspects of environmental quality

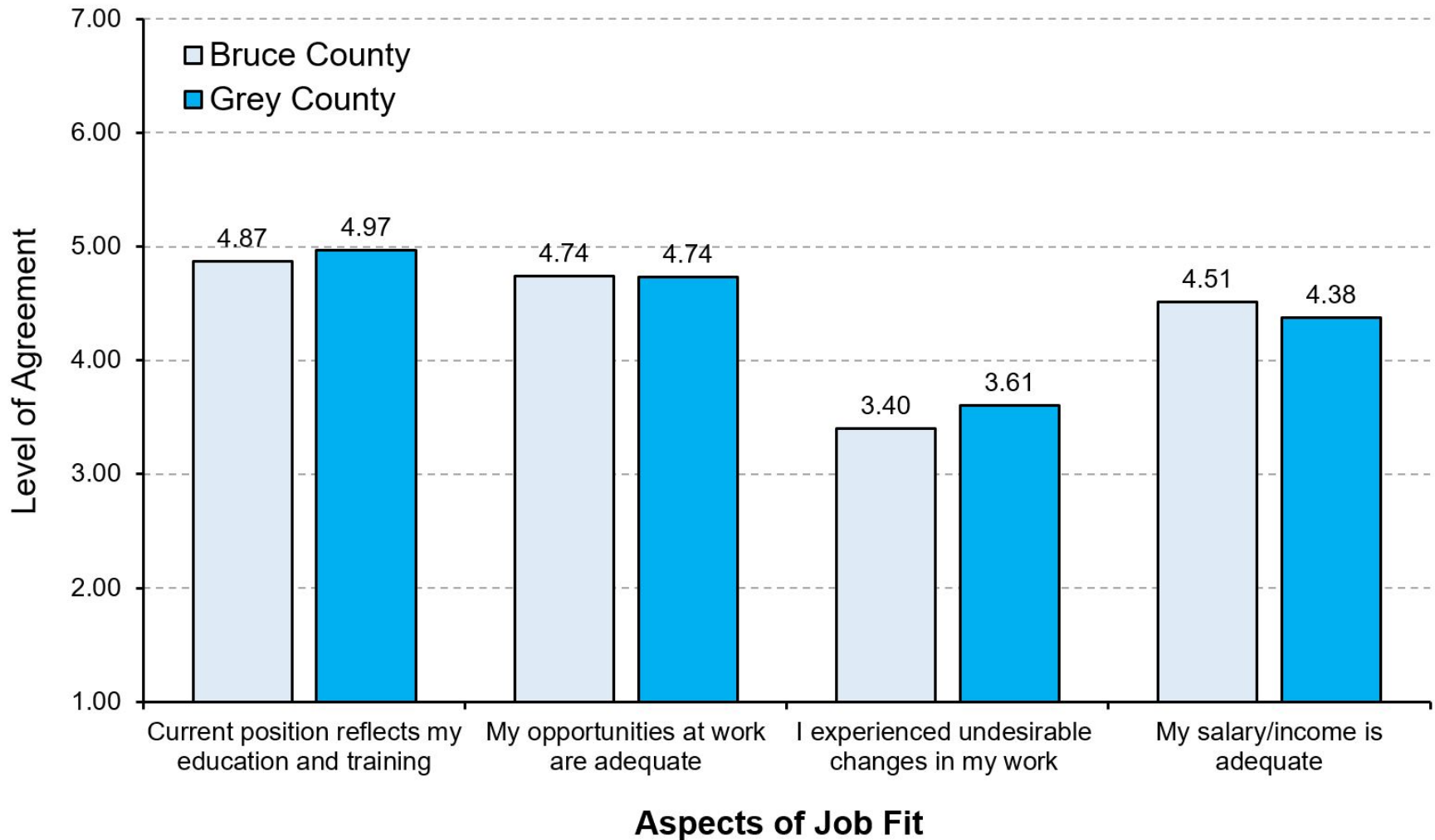


## Comparing Bruce and Grey Counties: Aspects of educational opportunities



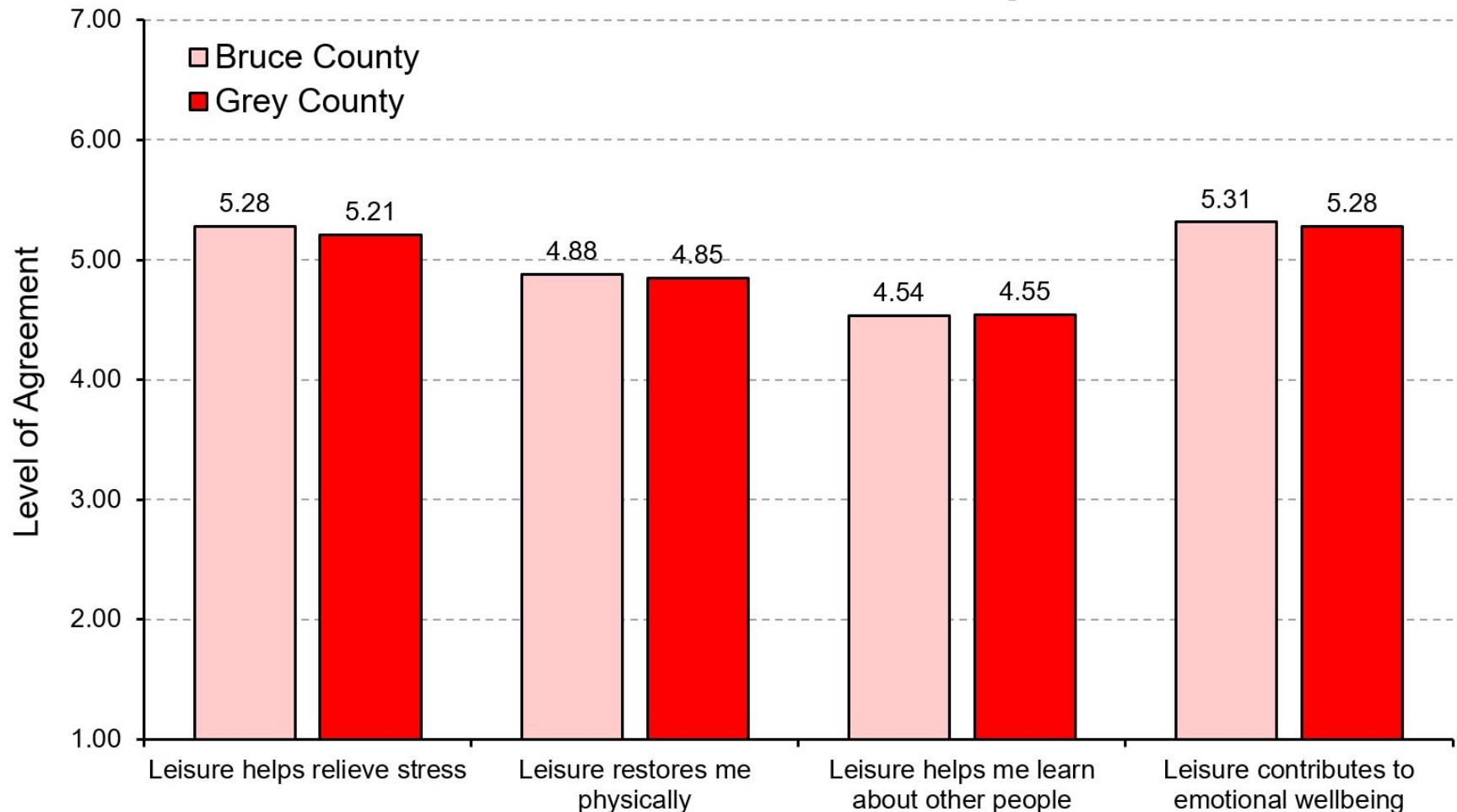
# Living Standards

## Comparing Bruce and Grey Counties: Aspects of job fit



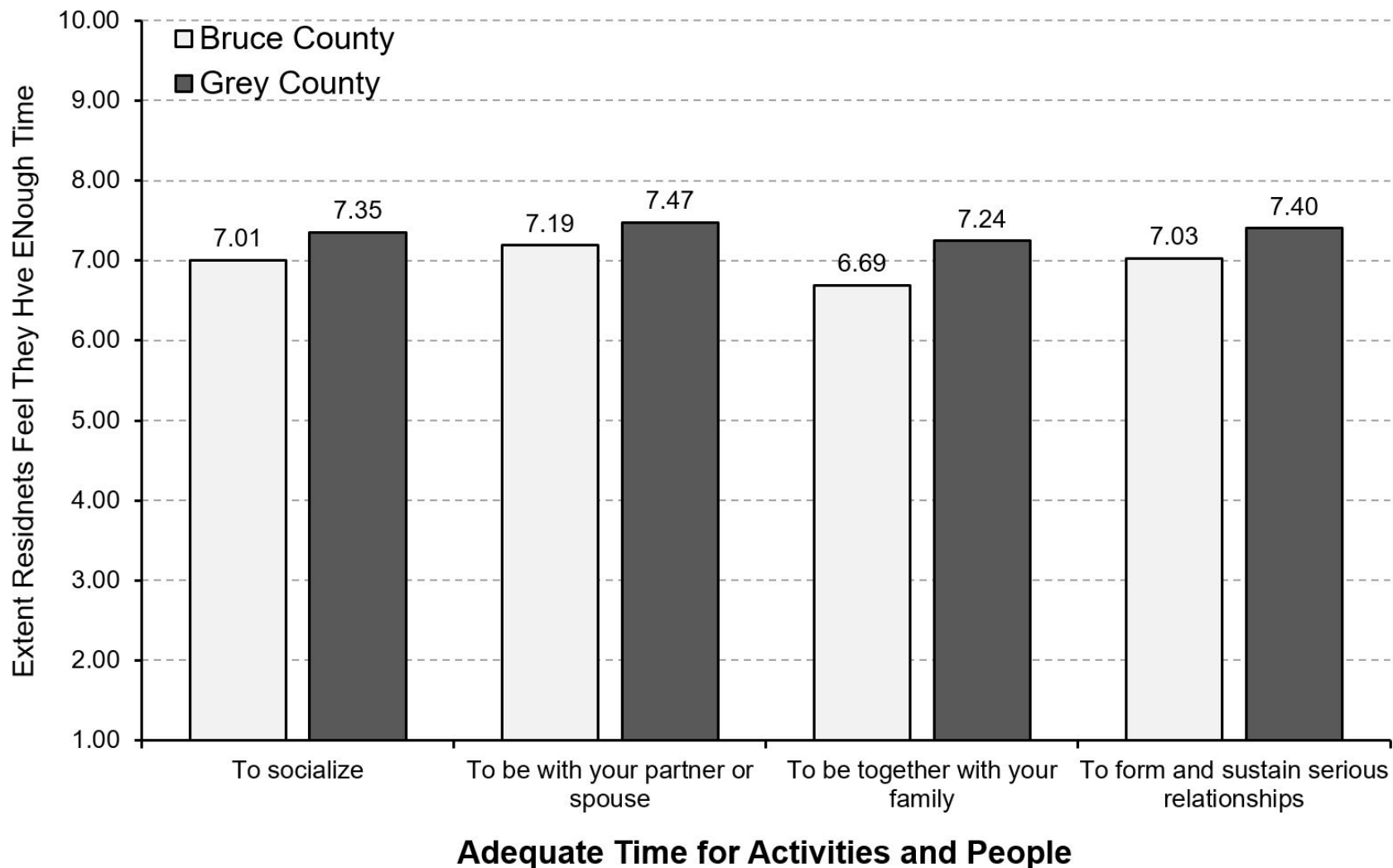
# Leisure and Culture

## Comparing Bruce and Grey Counties: Outcomes of their leisure experiences



**Selected Outcomes of Leisure Experiences**

## Comparing Bruce and Grey Counties: Feelings of time adequacy

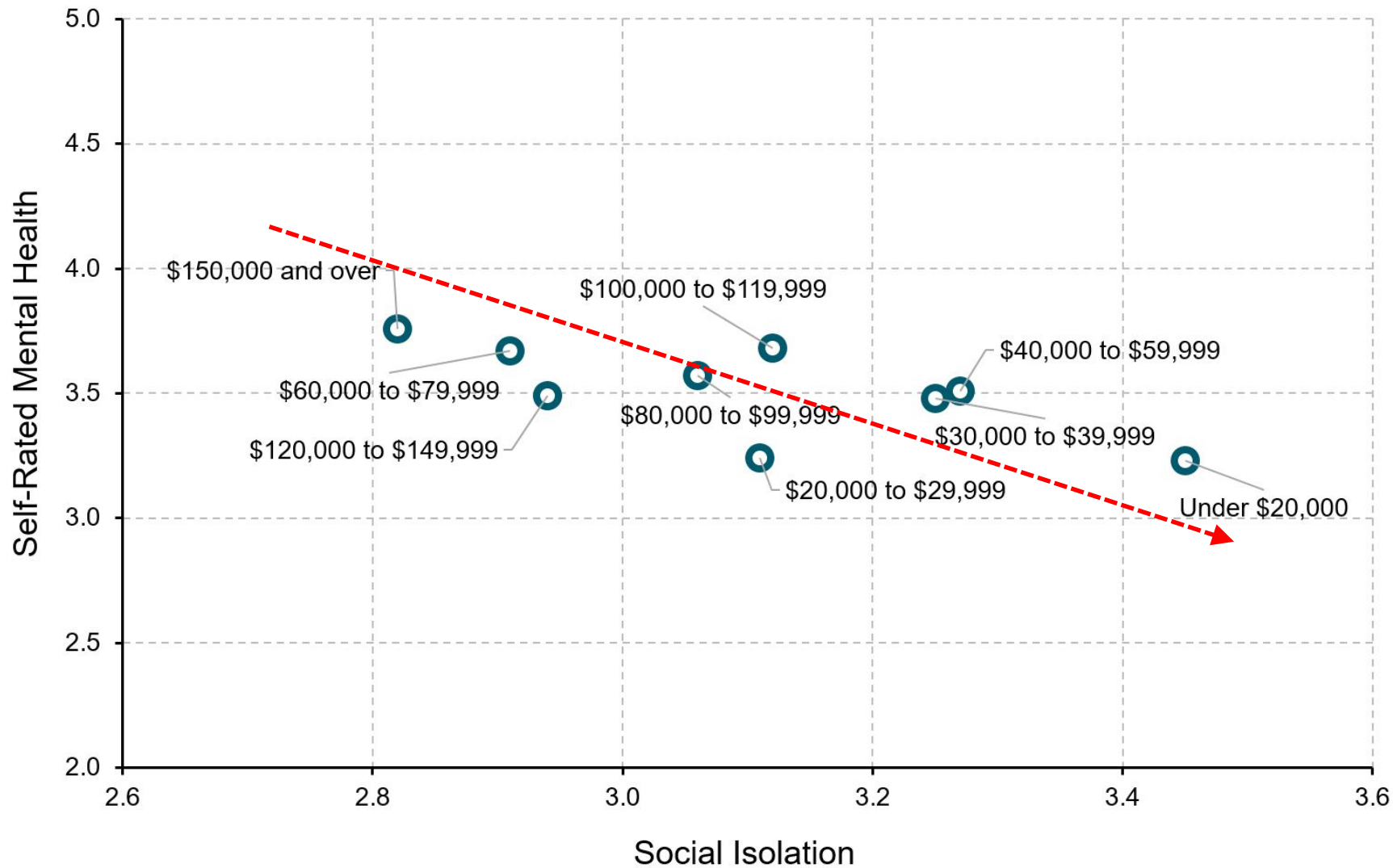




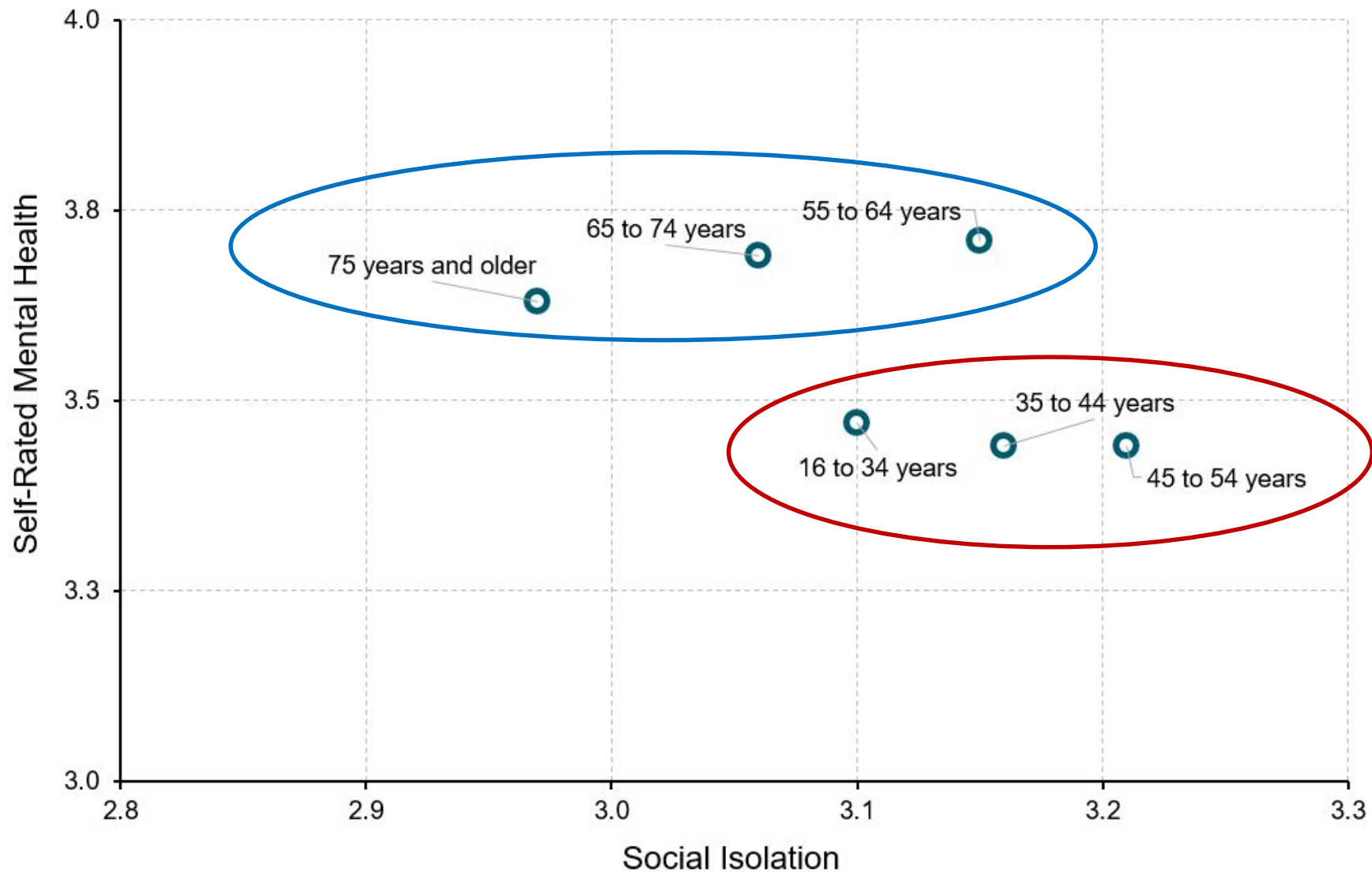


# Interconnectivity of Domains

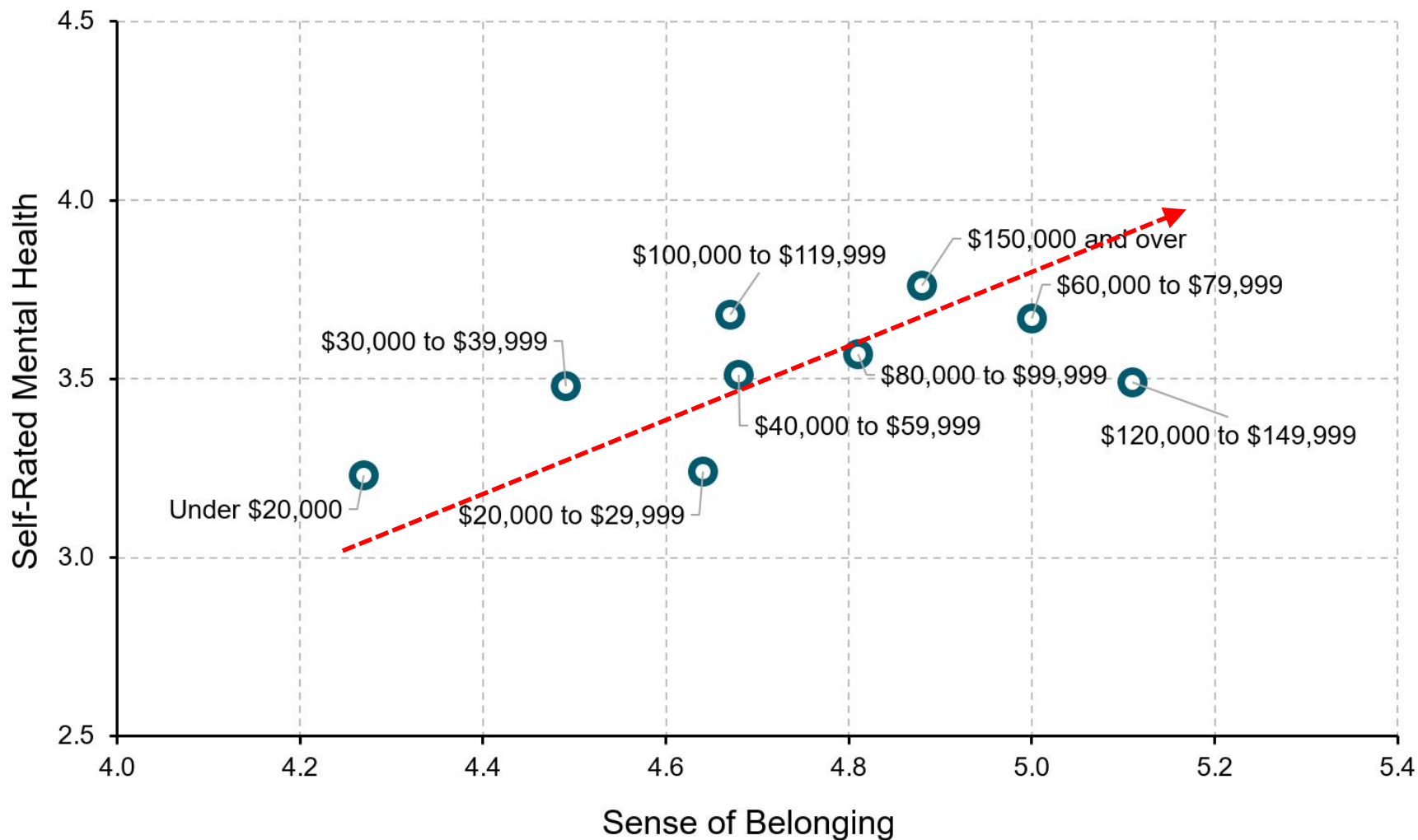
# Social isolation and mental health by *income*



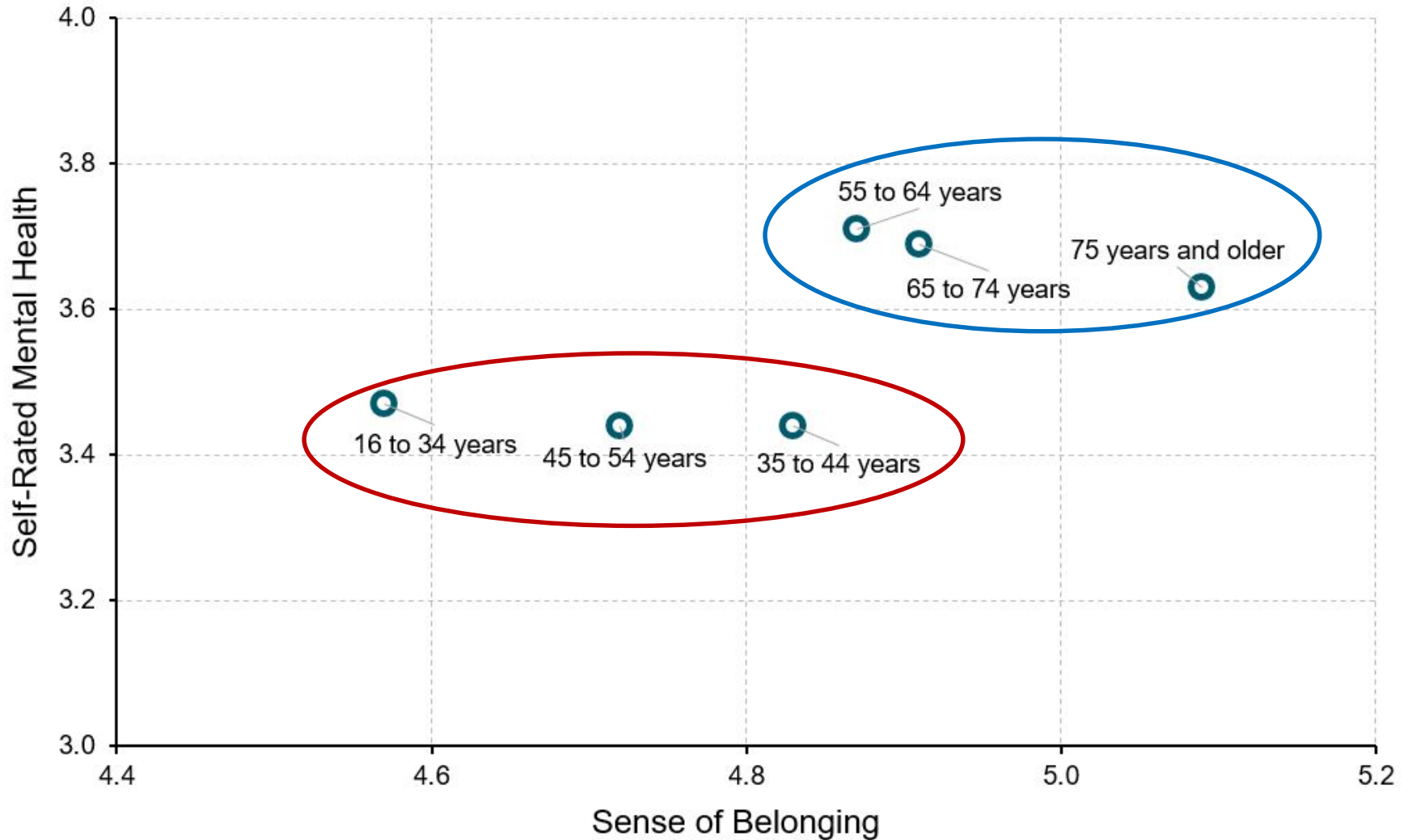
# Social isolation and mental health by age



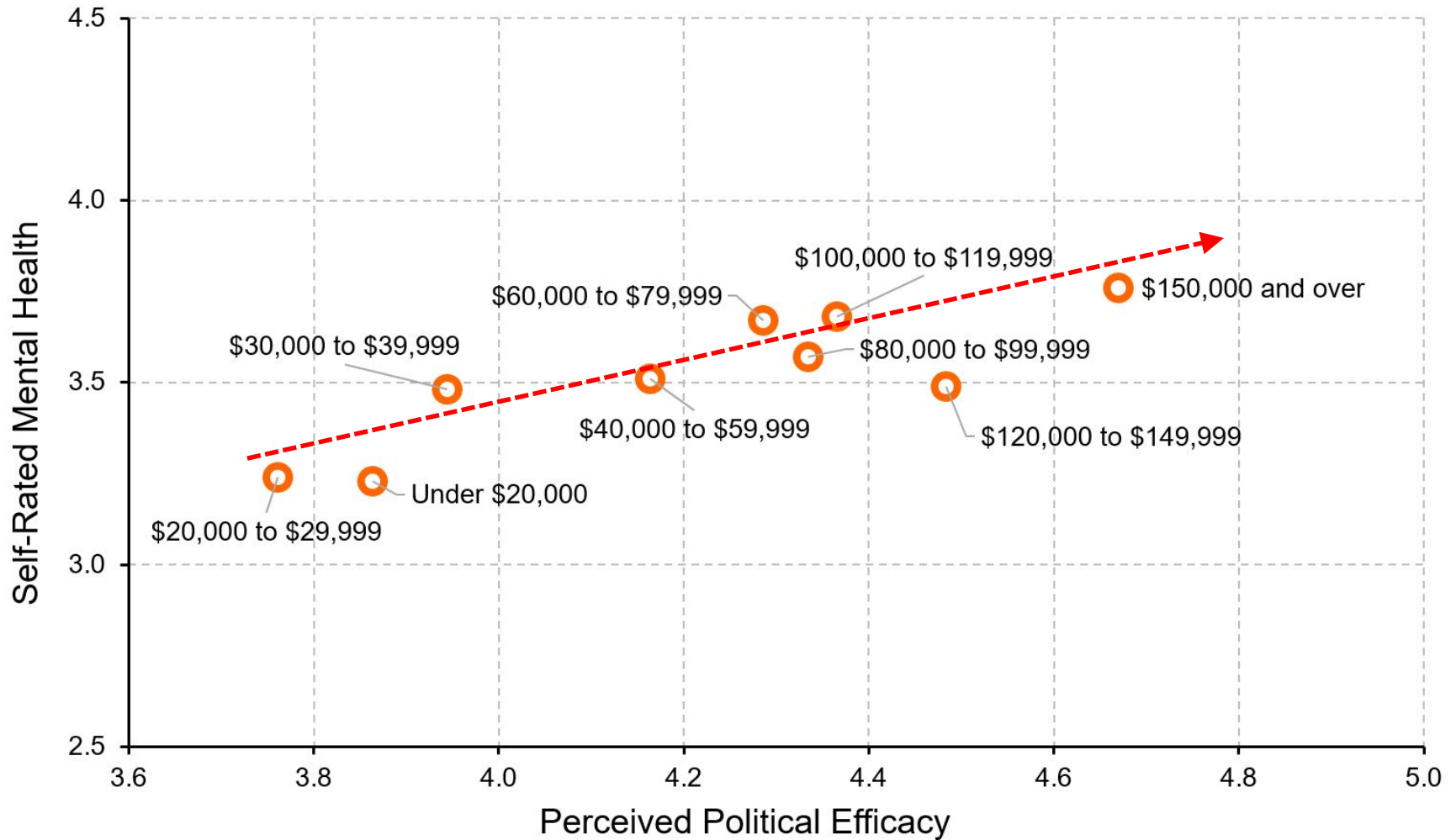
# Sense of belonging and mental health by *income*



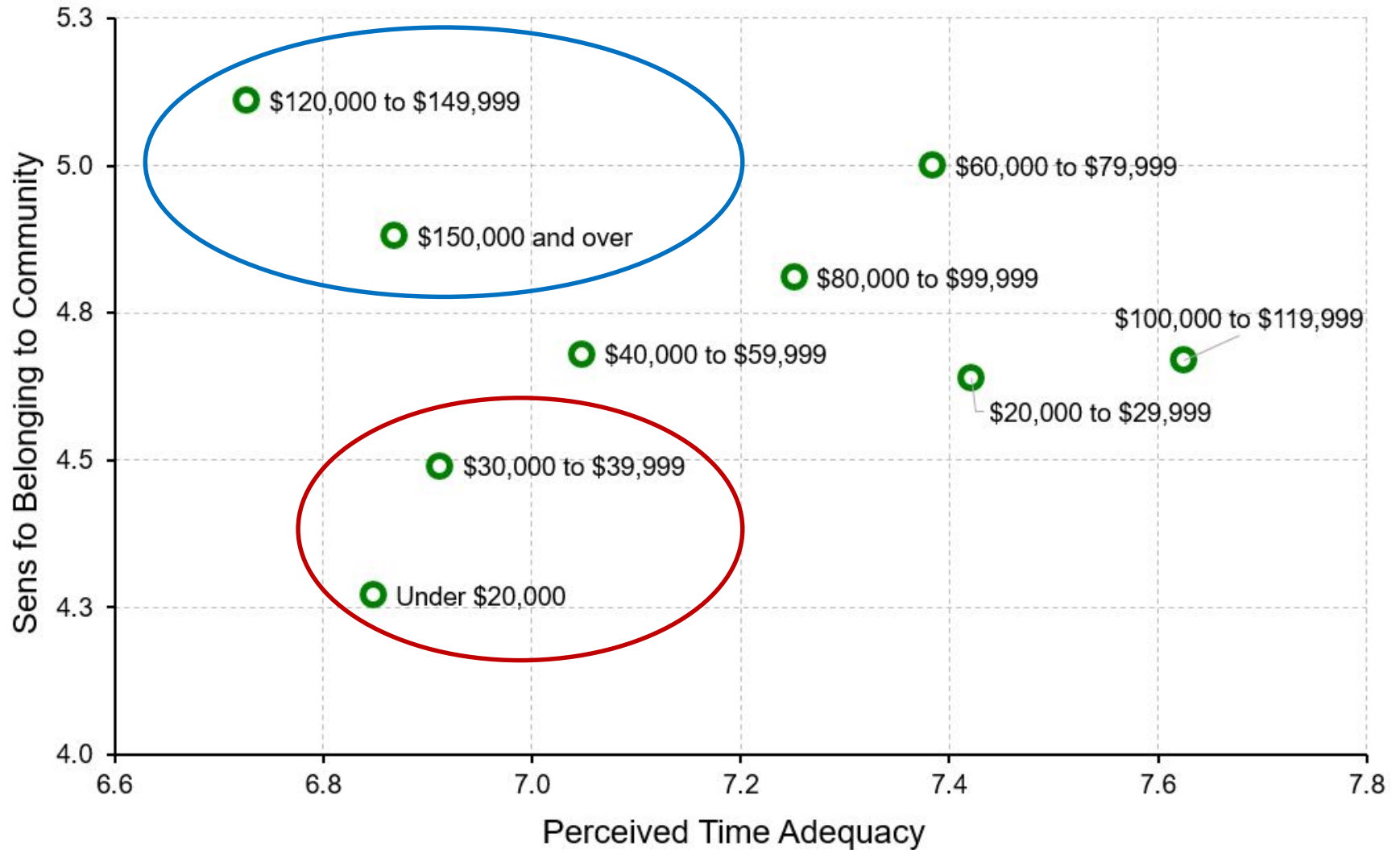
# Sense of belonging and mental health by age



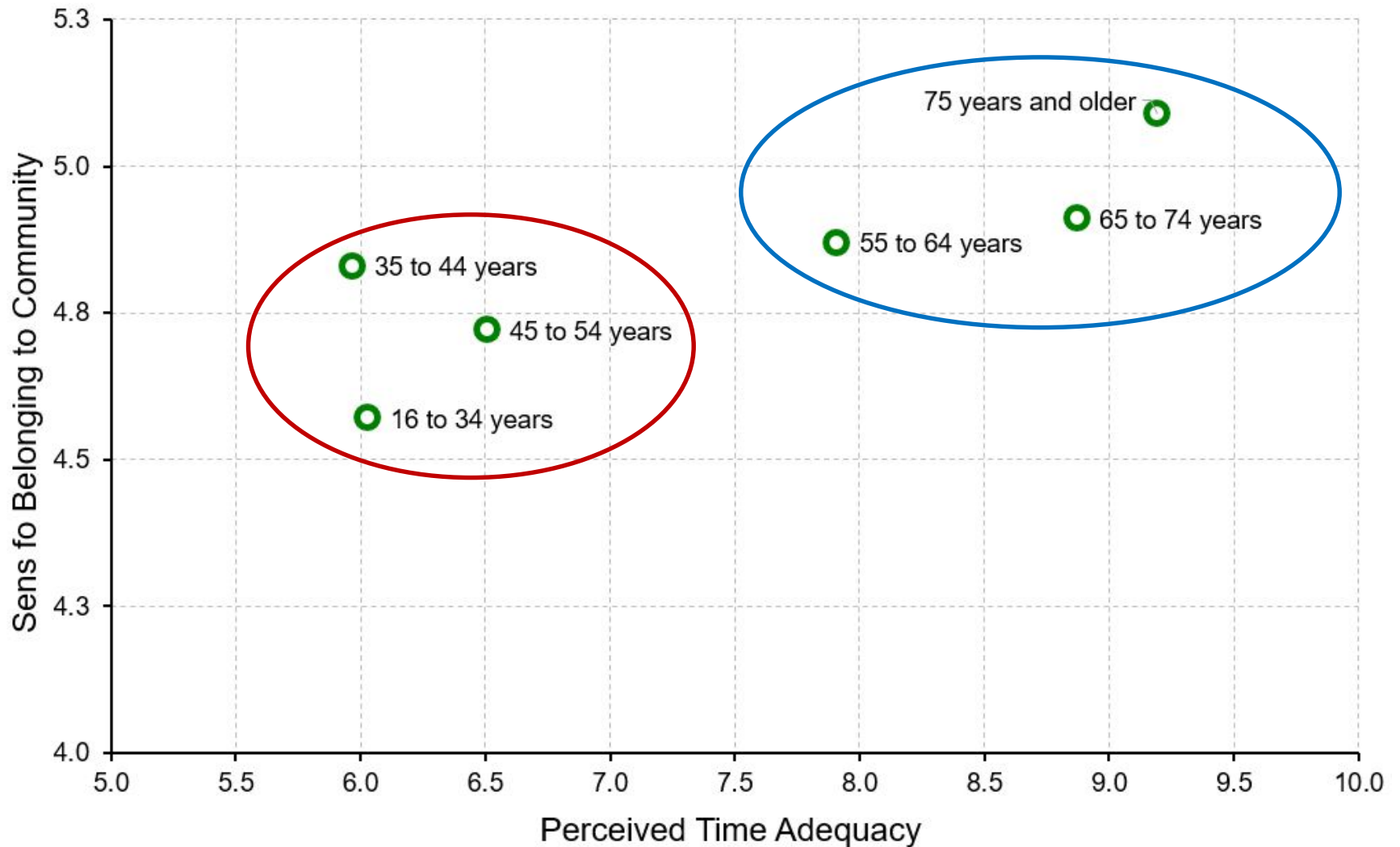
# Political efficacy and mental health by *income*



# Time adequacy and sense of belonging by *income*



# Time adequacy and sense of belonging by age







COMMUNITY  
VITALITY



EDUCATION



HEALTHY  
POPULATIONS



LIVING  
STANDARDS



DEMOCRATIC  
ENGAGEMENT



ENVIRONMENT



LEISURE AND  
CULTURE



TIME USE

# SUMMARY

**We have tried to  
*measure what matters...***

**Now we must  
*make the measures matter***

# A pathway forward to wellbeing...

*Which are some of the groups that appear to be falling behind in their wellbeing?*

- ✓ Women
- ✓ Single parents
- ✓ Lower income
- ✓ Younger adults

*What might be done to raise wellbeing?*

- ✓ Greater access to opportunities in community
- ✓ Strengthen *connections* to community
- ✓ Build *trust* in institutions, especially government
- ✓ Ensure all *voices are heard* in policy development

For positive social change...

“... place *wellbeing* at the centre of policy development.”

*Canadian Index of Wellbeing*  
University of Waterloo



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