CANADIAN Index OF WELLBEING

Measuring what matters

How are Ontarians *Really* Doing?

Adapting the *Canadian Index of Wellbeing* to the Provincial Level

A Technical Report

prepared for the

Ontario Trillium Foundation

Submitted by

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The *Canadian Index of Wellbeing* conducts rigorous research related to, and regularly and publicly report on, the quality of life of Canadians; encourages policy shapers and government leaders to make decisions based on solid evidence; and empowers Canadians to advocate for change that responds to their needs and values.

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Table of Contents

List of Tables

List of Figures

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Executive Summary

The United Nations and the OECD agree – the true measure of a country's progress must include the wellbeing of its citizens. While the most traditional metric, Gross Domestic Product (GDP), measures all goods and services produced by a country, it has two critical shortcomings. First, by focusing exclusively on the economy, GDP fails to capture areas of our lives that we care about most like education, health, environmental quality, and the relationships we have with others. Second, it does not identify the *costs* of economic growth – like pollution.

To create a robust and more revealing measure of our social progress, the Canadian Index of Wellbeing (CIW) has been working with experts and everyday Canadians since 1999 to determine how we are *really* doing in the areas of our lives that matter most. The CIW measures overall wellbeing based on 64 indicators covering eight domains of vital importance to Canadians: *Education, Community Vitality, Healthy Populations, Democratic Engagement, Environment, Leisure and Culture, Time Use*, and *Living Standards*. The CIW's comprehensive index of overall wellbeing tracks progress provincially and nationally and allows comparisons to GDP.

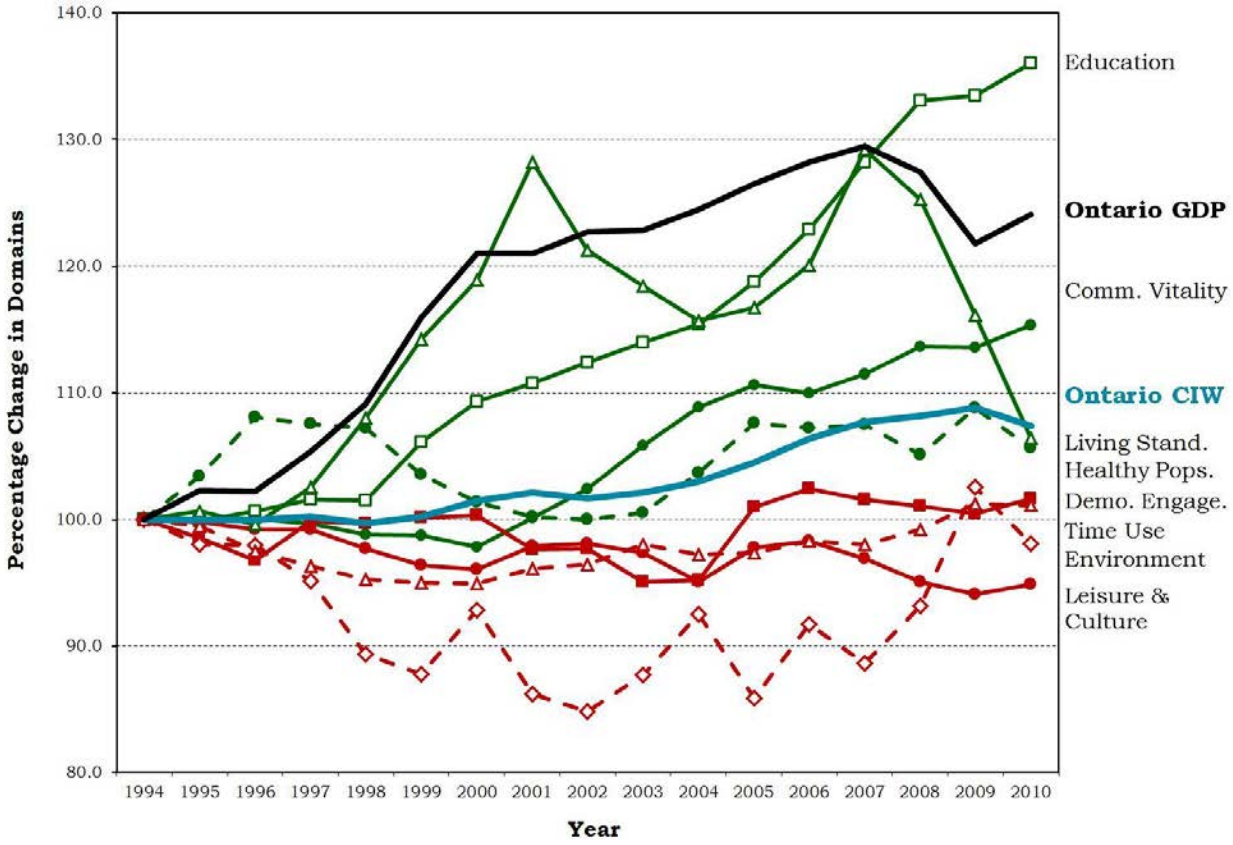
Comparing the CIW and GDP between 1994 and 2010 reveals a chasm between our wellbeing and economic growth both nationally and provincially. Over the 17-year period, GDP has grown almost four times more than our overall wellbeing. The trends clearly show that even when times are good, overall wellbeing does not keep up with economic growth and when times are bad, the impact on our wellbeing is even harsher. We have to ask ourselves, is this good enough?

The Ontario report

This report, our first produced provincially, draws on data collected for the CIW's national report in 2012. In keeping with the CIW's mission, the report focuses on three principal objectives. First, based on rigorous research, it describes how the quality of life for Ontarians has shifted from 1994 to 2010, and how those shifts compare to all Canadians. Basically, we ask a simple question: "How are Ontarians *really* doing?" both overall and within each domain, and in comparison with Canada. Second, it encourages policy makers and government leaders to make decisions based on solid and compelling evidence. Third, it empowers Ontarians to advocate for change that responds to their needs and values. Collectively, we should be asking, "How can we do better?"

Even though Ontario and Canada show very similar increases in overall wellbeing (7.3% and 7.5%), both pale in comparison with GDP growth of almost 30% over the same time period. The paths they took to arrive at these similar results, however, are very different. Delving into the numbers, Ontario shows great strengths in the Education and Community Vitality domains; a modest increase in the Healthy Populations; mixed results in Democratic Engagement and the Environment; and deeply troubling trends in the domains for Leisure and Culture, Time Use, and Living Standards.

Trends in the Canadian Index of Wellbeing for Ontario with Eight Domains and Compared with GDP for Ontario from 1994 to 2010



Progress in Education, Community Vitality and Healthy Populations

In Canada and Ontario, the strongest growth has been in the Education domain. The 36% increase in wellbeing is due to more regulated childcare spaces – although still below what is needed, – an improving student-educator ratio, and higher university and high school completion rates. Ontarians are well positioned to adapt to future challenges.

Community Vitality is another strength. Ontario's 15.4% improvement in the domain is well ahead of Canada's at 10.3%. Community connections are strong, people are participating more in organised voluntary activities, and providing more unpaid help to others. In difficult times, Ontarians are pulling together. Curiously, while crime rates are at a 17-year low and Ontarians feel safer than ever, trust in others has declined.

A 5.6% increase in Ontario's Healthy Populations is also encouraging, but lags slightly behind the 6.1% national average. Success stories include greater life expectancy, higher levels of satisfaction with health care services, a slightly lower incidence of reported cases of depression, and a spectacular decline in teen smoking, particularly

among girls. However, increasing rates of diabetes in men and declining numbers of people getting their flu-shot are serious underlying conditions in health and in society.

Stagnation in Democratic Engagement

Weak growth of 1.7% in Democratic Engagement – a result that is four times lower than the Canadian increase of 7% – shows the ambivalence Ontarians have towards democracy. Three out of four Ontarians are satisfied with Canadian democracy, but they feel far less confident in federal Parliament than other Canadians. A greater number of Ontarians are interested in politics and believe they have a duty to vote, but fewer are showing up at the polls. The under-representation of women in elected office is also a persistent trend.

Decline in the Environment

Between1994 and 2010, the Environment domain dropped by 1.9% in Ontario. While this decline might not be as concerning as the steeper decline of 7.8% for all of Canada, it still represents a troubling trend. Smog is increasing and greenhouse gas emissions remain high. While individual Ontarians are doing their part to help reverse these trends, more meaningful action from governments and industries must be taken. Making more national data available that can translate to the provincial level is also crucial to track progress and guide policy.

Decline in Leisure and Culture

The largest negative trend in Ontario, a 5.9% drop in Leisure and Culture, has Ontarians asking, "Where have all the good times gone?" While less severe than the national decline of 7.8%, the trend deserves attention. Ontarians, especially women, are socialising less and spending less time engaged in arts and culture. Overall, volunteering in arts and culture, attending performances, and spending are all down significantly in Ontario. Historically, people have fiercely protected the time and money they spend on their free-time pursuits. Seen across all income levels, this dip goes beyond belt-tightening due to the recession. All these factors erode elements of health and community connection, and reduce the sense of who we are as a people. More positively, many Ontarians are physically active almost every day.

Little improvement in Time Use

With tiny gains of 1% each, neither Ontario nor Canada managed to ease the time crunch. Gains from greater access to flexible work options and fewer people working more than 50 hours each week were offset by the longest commutes in the country and more unpaid time spent caring for seniors. One in five Ontarians feels caught in a "time crunch". The impact of this persistent trend is seen directly in Time Use, but is also reflected in aspects of our leisure and cultural engagements, and has implications for community vitality and our overall health. More positively, seniors' engagement in active leisure and volunteering remains unchanged.

Lagging far behind in Living Standards

Ontario's 6.4% increase in Living Standards lags far behind the increase of 14.3% for all of Canada. Having risen to 29.2% by 2007 – almost matching the 29.5% increase in GDP – the recession lead to a 22.8% drop in Living Standards in just three years. We

see a growing income gap, volatility in long-term unemployment, and lower job quality. In 2010, the risk of being economically insecure was much higher than in 1994. Ontario did make progress in both poverty reduction and higher median incomes, but these still trail Canada as a whole.

People and policy: The key to positive change

Canada has a history of setting big goals, and achieving them, such as Confederation, a national railroad, universal health care, and international peace keeping. Our next big dream must be greater wellbeing for everyone. We call on policy makers to put wellbeing at the heart of public policy.

Moving from analysis to action means looking at society and issues as interconnected systems. Three foundational domains – Living Standards, Education, and Healthy Populations – have proven and profound long-term influences on one another and on wellbeing in most other domains. To enhance these domains, we must reduce income inequality, provide early childhood education and childcare, support for families, and adopt a proactive approach to health.

Similarly, igniting Democratic Engagement can have a dramatic positive effect, especially at the community level. By becoming more involved locally on issues that are close to their hearts, Ontarians can become integral parts of the process and bring about positive change. Increasing access to Leisure and Culture creates more and stronger social connections, enriches lives, and increases trust and the sense of belonging to their communities. Finally, whether we increase our daily connection with the Environment though more local green spaces or by advocating for less dependence on non-renewable energy reserves, we must all work towards reversing damaging environmental trends. Individuals are doing their part. We need bold and immediate action from governments and industries.

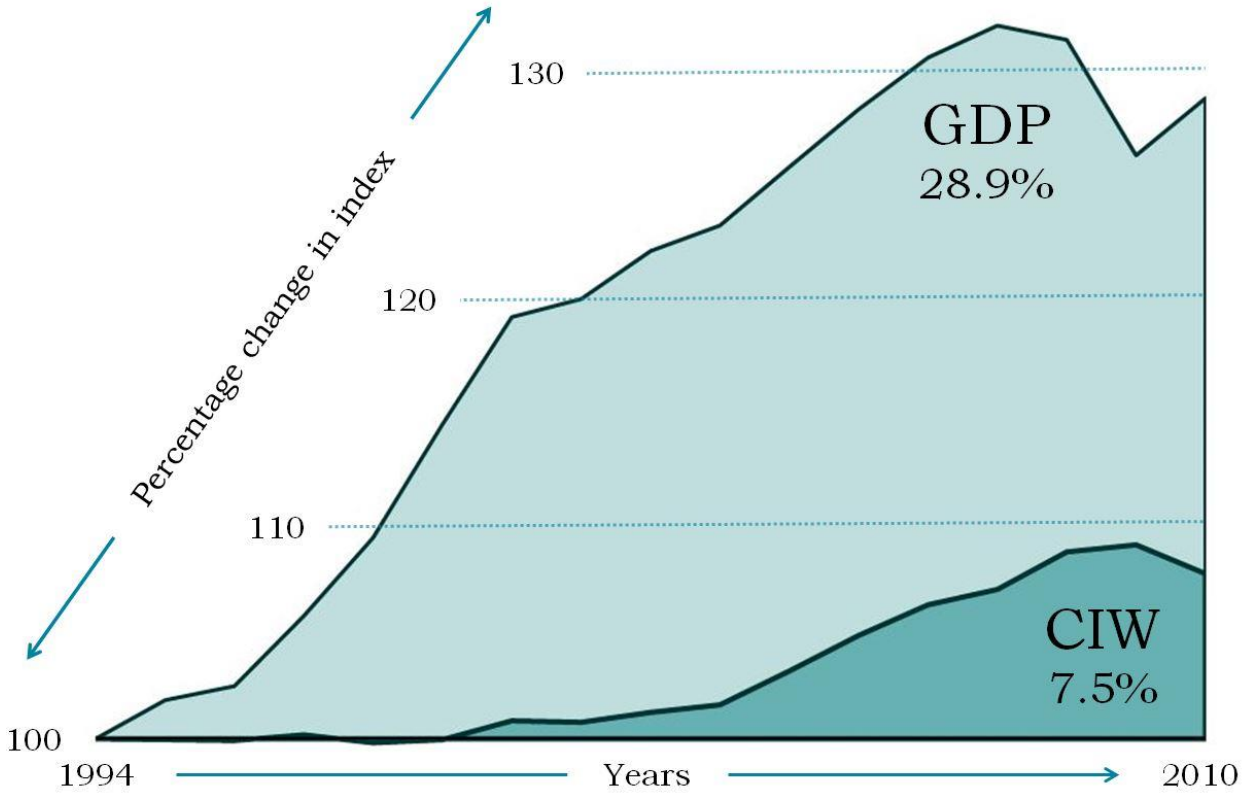
In business, we hear “Measure what you treasure.” We need to apply the maxim to our wellbeing. While there’s a mountain of economic data to track how the economy is doing, social and environmental data are much sparser by comparison. Our final recommendation is simple: we must measure wellbeing with valid, consistently gathered, and meaningful data. Doing so will guide the development and implementation of good public policy and will measure progress on what *really* matters to Ontarians in the years to come.

Why Canada needs the CIW

In 1930, in an essay entitled *Economic possibilities for our grandchildren,* the economist John Maynard Keynes predicted that in a century's time, Gross Domestic Product (GDP) would be four to eight times greater and by 2010 the average work-week would be 15 hours.[1] The great challenge would be to fill up people's leisure time with meaningful activities.

While the first half of Keynes's prediction has come true, the corresponding quality of life improvement has never come close. As the figure below clearly indicates, GDP per capita in Canada has been rising much faster than wellbeing as measured by the CIW. In the 17-year period from 1994 to 2010, GDP grew by an ample 28.9% while the CIW rose by a much smaller 7.5% (see Figure 1). The gap between these measures reveals a deeper issue: GDP, alone, cannot measure how well our population is faring as a whole.[2]

Figure 1. Trends in Canadian Wellbeing Compared to GDP per capita (1994 to 2010)



[1] Keynes, J.M. (1930/1963). Economic possibilities for our grandchildren. In J.M. Keynes, *Essays in persuasion* (pp. 358-374). London: Macmillan.

[2] For a description of GDP, as well as some of the myths surrounding it, see Appendix A.

The CIW represents an innovation about how things could be better. Not just a little better for some Canadians, but a lot better for *all* Canadians.

Evidence suggests that societies where there is greater inequality have worse health and wellbeing outcomes.[3] This is obvious for those at the bottom of the socio-economic ladder, but what may surprise many is that those worse outcomes extend all the way to the top of the ladder. Even the wealthiest in an unbalanced society suffer worse health and wellbeing. The stories of people who are most affected by this inequality bring this into sharp focus, but we must remind ourselves that focusing on wellbeing means more than just helping the 9% of Canadians that were living in poverty in 2010 (as defined by the low income cut-off). We must create the conditions that lead to greater wellbeing for everyone.

The CIW framework and methodology

Throughout the development of the CIW, the process has been designed to ensure everyday Canadians hear their own voices and see themselves reflected in the CIW.

The CIW was created through the combined efforts of national leaders and organisations, community groups, research experts, indicator users, and importantly, the Canadian public. Through three rounds of public consultations, everyday Canadians across the country candidly expressed what really matters to their wellbeing. The process culminated in the identification of eight domains of life, all of which contribute to and affect the wellbeing of Canadians: *Community Vitality, Democratic Engagement, Education, Environment, Healthy Populations, Leisure and Culture, Living Standards,* and *Time Use*. The CIW framework shifts the focus solely from the economy to include other critical domains of people's lives identified by Canadians.

- ***Community Vitality*** measures the strength, activity and inclusiveness of relationships between residents, private sector, public sector and civil society organisations that fosters individual and collective wellbeing.
- ***Democratic Engagement*** measures the participation of citizens in public life and in governance and the functioning of Canadian governments and the role Canadians and their institutions play as global citizens.
- ***Education*** measures the literacy and skill levels of the population, including the ability of both children and adults to function in various contexts and plan for and adapt to future situations.
- ***Environment*** measures the wise use of our natural environment that involves prevention of waste and damage while revitalising the quality and sustainability of all our resources.
- ***Healthy Populations*** measures the physical, mental, and social wellbeing of the population, life expectancy and circumstances that influence health, health care quality, access, and public health services.

[3] Wilkinson, R., & Pickett, K. (2009). *The spirit level: Why more equal societies almost always do better*. London: Penguin.

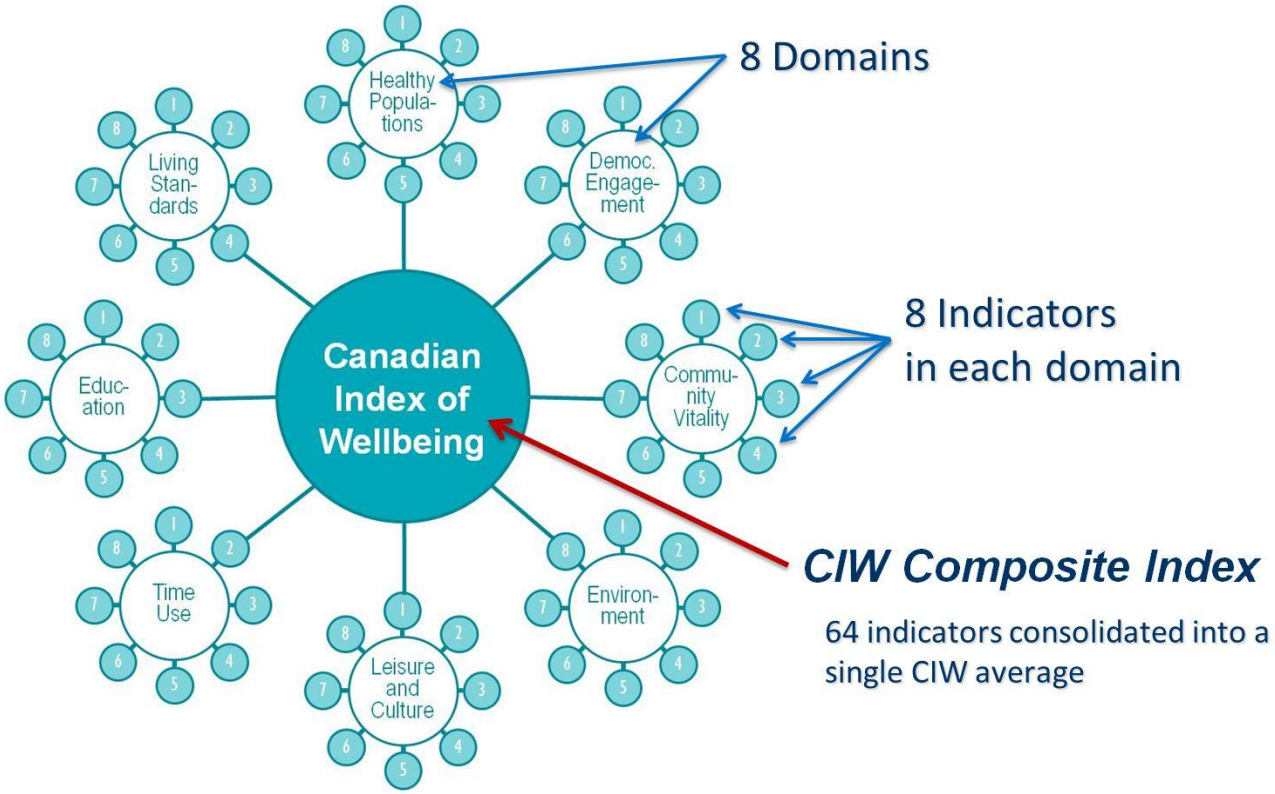
- ***Leisure and Culture*** measures activity in the very broad area of leisure and culture that involves all forms of human expression, in particular in more focused areas of the arts and leisure and recreational activities.

- ***Living Standards*** measures the level and distribution of income and wealth. Poverty rates, income volatility, and economic security are captured by income levels and the distribution and sustainability of current income levels.

- ***Time Use*** measures how people experience and spend their time, how time use affects wellbeing. A life stage approach for understanding the relationship between time use and wellbeing is used to identify unique time use patterns of each stage of life.

Together, these eight domains provide a complete picture of wellbeing, incorporating a comprehensive set of the key social, health, economic, and environmental factors contributing to overall quality of life. In this way, the CIW framework goes beyond purely economic measures like GDP (see Appendix A) and provides the only national framework that captures the essence of wellbeing across a wide spectrum of domains. These definitions helped teams of nationally and internationally renowned experts to identify eight key indicators within each domain that are directly related to wellbeing. The 64 indicators in total are then drawn together into a single measure determining the CIW composite index (see Figure 2).

Figure 2. The Canadian Index of Wellbeing Framework



Moving forward, an ongoing cycle of public engagement, consultation, and refinement is one of the key characteristics of the CIW. It ensures that the CIW is rooted in Canadian values, grounded in community experience, shaped by technical expertise, and responsive to emerging knowledge. Hence, the CIW is not a static measuring tool, carved in stone for all time. It grows and changes as more becomes known about those factors that affect our wellbeing, how to measure changes in our quality of life, and when more sources of quality data become available. This year, for example, we are introducing five new headline indicators in four different domains to replace five from last year's model for which data are no longer being gathered or the new indicators provided more stable, valid measures. The introduction of these indicators strengthens our measure of wellbeing even more – and hence, the CIW – without veering from the values on which the CIW is grounded.

Consequently, the development and evolution of the CIW has been and probably will remain pragmatic and attuned to the concerns of Canadians. Practically speaking, that means that we proceed patiently, transparently, and flexibly, testing any ideas presented both with the evidence yielded by empirical research and based on the common sense of the experts comprising the CIW's Canadian Research Advisory Group (CRAG) and a broad network of partners concerned with Canada's wellbeing.

To date, the CIW has gone through an extensive and lengthy process of validation and legitimisation. The model was presented to and feedback sought from international experts at gatherings such as the 2005 workshop led by composite index experts from the Joint Research Centre of the European Commission, at a November 2006 workshop with NGO leaders and government officials, and at the OECD Second World Forum on Measuring and Fostering the Progress of Societies in Istanbul in 2007. More recently, the CIW framework and initial findings were shared in May 2012 in an open online global discussion on Wikiprogress and in October 2012 at a Global Progress Research Network Workshop at the 4th OECD World Forum in New Delhi, India.

As the world changes, new issues become salient, and new knowledge, data, and technology become available, some of the things that matter most to people today may be supplanted by other things in the future. Validating and continually improving the CIW is an ongoing process.

How the CIW works

Many of our indicators were drawn from various cycles of the National Population Health Survey, which began in 1994, so this was selected as our base year. This year, we report on trends up to 2010, which was selected because it represented the most recent year for which the latest full set of data across all eight domains was available. To create comparable index values from the many sources of raw data, the baseline values of each of the 64 headline indicators has been set at 100. Positive percentage changes for each one indicate some improvement in wellbeing while negative percentage changes indicate some deterioration. This approach applies to all 64 indicators as well as the eight domains, and ultimately, the CIW composite index.

Applying the CIW Framework to Ontario

Assessing the wellbeing of Canadians at the provincial level brings us closer both to understanding how a regional context contributes to variations in wellbeing and to identifying what factors unique to each province might produce different trends in the indicators of wellbeing for its residents. Given the greater jurisdictional responsibility that the provinces have for developing and administering policies directly related to wellbeing, monitoring trends in the indicators and domains can contribute to making better informed, positive changes in social, environmental, and economic practices and policies.

In this report, the Canadian Index of Wellbeing has been generated for the province of Ontario drawing on the same data sources used to create the national index. This approach not only allows for a picture of wellbeing to be created for Ontario, it also provides an opportunity to compare trends in Ontario to those at the national level. Such comparisons reveal where the province is doing better – or doing worse – than in the rest of the country, and help to identify specific areas where Ontario might need to focus its attention to facilitate the wellbeing of its residents. The results also might point to areas where Ontario can learn from practices and policies used in other provinces that are doing better or where Ontario can take leadership in enhancing wellbeing in areas in which the province is doing better.

The process for Ontario

The process for measuring wellbeing in Ontario followed the same one used to generate the CIW at the national level. We began with 1994 as our base year and retrieved the 64 indicators for each year up to 2010 from a variety of data sources, principally those provided by Statistics Canada, such as the Canadian Community Health Surveys, the General Social Surveys, and the Survey on Labour and Income Dynamics. Approximately 130 different data sources were drawn upon to obtain all of the data points for each indicator and for each year. To facilitate comparisons with the national results of the CIW, released as part of the 2012 report, "How are Canadians Really Doing?" [4], we adopted the same 17-year time period beginning with the base year of 1994 and running up to 2010. We also selected 2010 because it represents the most recent year for which we could maximise the available data on all domains.

For a domain such as Living Standards, all eight indicators draw on data sources that are collected and available every year. However, for some other domains such as Time Use and Democratic Engagement, not all of the sources gather data every year. For those years between 1994 and 2010 for which there was not a data point on an indicator, we estimated its value by extrapolating a trend between adjacent years for which there were data points. All of the data for each indicator in each year from 1994 to 2010 are reported in Appendix B. Overall, a total of 1,088 unique data points that define the trends for each indicator and provide the building blocks for the composite indices for each domain and for the overall index of wellbeing in Ontario were calculated.

[4] Canadian Index of Wellbeing. (2012). *How are Canadians Really Doing? The 2012 CIW Report*. Waterloo, ON: Canadian Index of Wellbeing and University of Waterloo. Retrieved from https://uwaterloo.ca/canadian-index-wellbeing/resources/reports

With data being drawn from so many different sources and being measured in very different ways, we needed to establish a baseline measure that would permit direct comparisons among the indicators and to set the foundation for compiling a composite index for each domain and for wellbeing overall. A baseline value was set to 100 for each indicator in the initial year, 1994, and then the value for each subsequent year up to 2010 was calculated as a percentage change. This process allows us to see changes in each indicator from year to year as well as to calculate the cumulative change over the 17-year period (see Appendix B). Using percentage change as the common measure for all indicators set the stage for calculating composite measures for each domain (see Appendix C), and ultimately, a composite measure of wellbeing for Ontario. Positive percentage changes for each indicator and index signify some improvement in wellbeing while negative percentage changes indicate some deterioration.

The availability of indicators in each domain

Disaggregating the data used to compile the indicators at the national level in order to create their provincial equivalents seemed like a straight-forward task. However, not all of the data sources used for the CIW included a breakdown at the provincial level. The inability to retrieve provincial-level indicators was due to a number of reasons, but generally fell into three categories: (1) the original data source usually only reports at the national level and provincial data either are not gathered or not reported, (2) the indicator required calculation from two or more discrete sources and not all of the original data were available at the provincial level, or (3) provincial data may have been available through special requests to the provider, but typically incurred a fee.

In the sections that follow, those indicators that could be disaggregated to the provincial level from the data sources used for the CIW are identified along with those that could not. Overall, of the 64 indicators comprising the CIW, a total of 52 were available for Ontario, as well as all of the other provinces. In other words, 12 indicators could not be disaggregated and so were excluded from their respective domains. Hardest hit was the Environment domain, which lost six of its eight indicators due to the lack of provincial level data, followed by Education domain, which is based on four of its eight indicators. For the other six domains, the data sources could be disaggregated for the indicator in almost all cases – four of the domains retained all eight indicators and seven of the eight indicators were available for the other two domains.

Substituting new indicators drawn from provincial sources for those that were unavailable was not an option for this exercise. In order to make comparisons between the Ontario results and for the rest of Canada overall, the indicators had to be identical. Consequently, for those domains where indicators were not available at the provincial level, the composite scores for each domain of the national index were re-calculated using just those indicators available for the province to facilitate direct comparisons of the trends for Canada and for Ontario.

Community Vitality

All eight indicators were available for Community Vitality at the provincial level.

Community Vitality Indicator	Data Source	Access
Percentage of population reporting participation in organised activities	Canadian Survey of Giving, Volunteering, & Participating	☑
Percentage of population with 6 or more close friends	General Social Survey: Social Engagement	☑
Property crime rate per 100,000 population	Uniform Crime Reporting Survey (Statistics Canada)	☑
Violent crime rate per 100,000 population	Uniform Crime Reporting Survey (Statistics Canada)	☑
Percentage of population who feel safe walking alone after dark	General Social Survey: Victimisation	☑
Percentage of population who feel most or many people can be trusted	General Social Survey: Social Engagement	☑
Percentage of population who provide unpaid help to others living on their own	Canadian Survey of Giving, Volunteering, & Participating	☑
Pct. of population reporting a very or somewhat strong sense of belonging to the community	Canadian Community Health Survey	☑

Democratic Engagement

All eight indicators were available for Democratic Engagement at the provincial level.

Democratic Engagement Indicator	Data Source	Access
Percentage of voter turnout at federal elections	Elections Canada	☑
Percentage of population reporting that they are not interested in politics at all	Canada Election Study (Pre-Election Survey)	☑
Pct. of population who strongly agree it is every citizen's duty to vote in federal elections	Canada Election Study (Pre-Election Survey)	☑
Pct. of pop. reporting very or fairly satisfied with way democracy works in Canada	Canada Election Study (Pre-Election Survey)	☑
Percentage of population with a great deal or quite a lot of confidence in federal Parliament	General Social Survey, Social Support/Engagement	☑
Ratio of registered to eligible voters	Elections Canada	☑
Percentage of women in Parliament	Elections Canada	☑
Net official development aid as a percentage of gross national income (GNI)[a]	OECD	☑

Education

Of the eight indicators used in the Education domain at the national level, only four could be disaggregated to the provincial level. As shown in the table below, two of the original data sources for the missing indicators are provided by agencies with an international perspective and they report at the national level for countries around the world. Further, in the case of the indicator for basic knowledge and skills for 13 to 15 year olds, data were available for the PISA, but not for the TIMSS. The other two indicators have been drawn from the National Longitudinal Survey of Children and Youth administered by Statistics Canada, which has been discontinued.

Education Indicator	Data Source	Access
Ratio of childcare spaces to children aged 0 to 5 years of age	Childcare Canada (Childcare Resource and Research Unit)	☑
Percentage of children doing well on five developmental domains	National Longitudinal Survey of Children and Youth	☒
Ratio of students to educators in public schools	Centre for Education, Statistics Canada	☑
Average of 5 social and emotional competence scores for 12 to 13 year olds	National Longitudinal Survey of Children and Youth	☒
Basic knowledge and skills index for 13 to 15 year olds	Trends in International Math. & Science Study / PISA	☒
Percentage of PISA scores explained by socio-economic background	International Student Assessment (PISA)/ OECD	☒
Percentage of 20 to 24 year olds in population completing high school	Labour Force Survey	☑
Percentage of 25 to 64 year olds in population with a university degree	Labour Force Survey	☑

Environment

The Environment domain, more so than any other domain, did not have data available for the majority of its indicators. With several of the missing indicators coming from agencies with an international focus (i.e., Global Footprint Network, World Wildlife Fund, Sea Around Us Project), provincial level measures were simply unavailable because of the primary mandate of these agencies. The other indicators, although reported through Environment Canada or Statistics Canada, either were available only in published reports rather than as original data or required customised calculation based on a variety of sources, not all of which were available or accessible.

Somewhat more positively, the indicators that are available at the provincial level are two measures that reflect both the health of our environment as well as its effect on the health of Canadians – greenhouse gas emissions and ground level ozone. For this domain, these two indicators are perhaps the most critical.

Environment Indicator	Data Source	Access
Ground level ozone (population weighted in parts per billion)	Environment Canada – Environmental Indicators	☑
Absolute greenhouse gas (GHG) emissions (megatons of CO^2 per year)	Environment Canada – Environmental Indicators	☑
Primary energy production (petajoules)	Statistics Canada - Energy Statistics Handbook	☒
Water yield in Southern Canada (km^3)	Statistics Canada– Freshwater supply and demand	☒
Ecological Footprint	Global Footprint Network	☒
Viable Metal Reserves Index	Statistics Canada – search metal reserves	☒
Canadian Living Planet Index	World Wildlife Fund	☒
Marine Trophic Index	Sea Around Us Project, UBC	☒

Healthy Populations

All but one of the indicators for the Healthy Populations domain was available at the provincial level. The measure for HALE – average remaining years expected to be lived in good health – is based on a complex calculation and is derived from data drawn from a variety of sources, not all of which are readily available provincially.

Healthy Populations Indicator	Data Source	Access
Percentage of persons self-rating their health as excellent or very good	NPHS/Canadian Community Health Survey	☑
Percentage of persons with self-reported diabetes	NPHS/Canadian Community Health Survey	☑
Life expectancy at birth in years	Vital Statistics Birth and Death Databases, Stat. Canada	☑
Percentage of daily or occasional smokers among teens 12 to 19 years of age	NPHS/Canadian Community Health Survey	☑
Percentage of population with probable depression	NPHS/Canadian Community Health Survey	☑
Percentage of persons rating patient health services as excellent or good	NPHS/Canadian Community Health Survey	☑
Percentage of adults getting influenza immunization	NPHS/Canadian Community Health Survey	☑
Average remaining years expected to be lived in good health (avg. HALE 15+)	Canadian Comm. Health Survey, Census, and Life Tables	☒

Leisure and Culture

All eight indicators were available for Leisure and Culture at the provincial level.

Leisure and Culture Indicator	Data Source	Access
Average percentage of time spent on the previous day in *social* leisure activities	General Social Survey, Time Use	☑
Average percentage of time spent on the previous day in *arts and culture* activities	General Social Survey, Time Use	☑
Avg. number of hours in past year volunteering for culture and recreation organisations	Canadian Survey of Giving, Volunteering, & Participating	☑
Average monthly frequency of participation in physical activity lasting over 15 minutes	Canadian Community Health Survey	☑
Average attendance per performance in past year at all performing arts performances	Survey of Service Industries, Performing Arts	☑
Average visitation per site in past year to all National Parks and National Historic Sites	Parks Canada visitation data	☑
Average nights away per trip in past year on vacations to destin. over 80 km from home	Travel Survey of Residents of Canada	☑
Expend. in past year on culture and recreation as pct. of total household expenditures	Survey of Household Spending, Statistics Canada	☑

Living Standards

All eight indicators were available for Living Standards at the provincial level.

Living Standards Indicator	Data Source	Access
Ratio of top to bottom quintile of economic families (after tax)	Survey of Labour and Income Dynamics	☑
After tax median income of economic families (2010$)	Survey of Labour and Income Dynamics	☑
Percentage of persons in low income	Survey of Labour and Income Dynamics	☑
Scaled value of Centre for the Study of Living Standards (CSLS) economic security	CSLS Index of Economic Well Being Database	☑
Percentage of labour force with long-term unemployment	CSLS Tables 25A and 37	☑
Percentage of labour force that is employed	Labour Force Survey	☑
CIBC index of employment quality (1994 Q1=100)	CIBC Employment Quality Index	☑
RBC housing affordability index	RBC Financial Group	☑

Time Use

All but one of the indicators for the Time Use domain was available at the provincial level. The last measure concerning the percentage of 3 to 5 year olds reading or read to daily by parents was not consistently available over the years at the provincial level. Also, this national survey has been discontinued so this indicator will be replaced in subsequent reports of the CIW.

Time Use Indicator	Data Source	Access
Percentage of labour force participants working more than 50 hours per week	Labour Force Survey	☑
Percentage of 20 to 64 year olds reporting high levels of time pressure	General Social Survey, Time Use	☑
Percentage of 20 to 64 year olds giving unpaid care to seniors	Canadian Census of Population	☑
Percentage of persons 65 years and older reporting daily active leisure activities	General Social Survey, Time Use	☑
Percentage of persons 65 years and older reporting annual formal volunteering activities	Canadian Survey of Giving, Volunteering, & Participating	☑
Mean workday commute time in minutes for individuals working for pay	General Social Survey, Time Use	☑
Percentage of individuals working for pay with flexible work hours	General Social Survey, Time Use	☑
Percentage of 3 to 5 year olds reading or read to daily by parents	National Longitudinal Survey of Children and Youth	☒

Moving forward: Data availability in the future

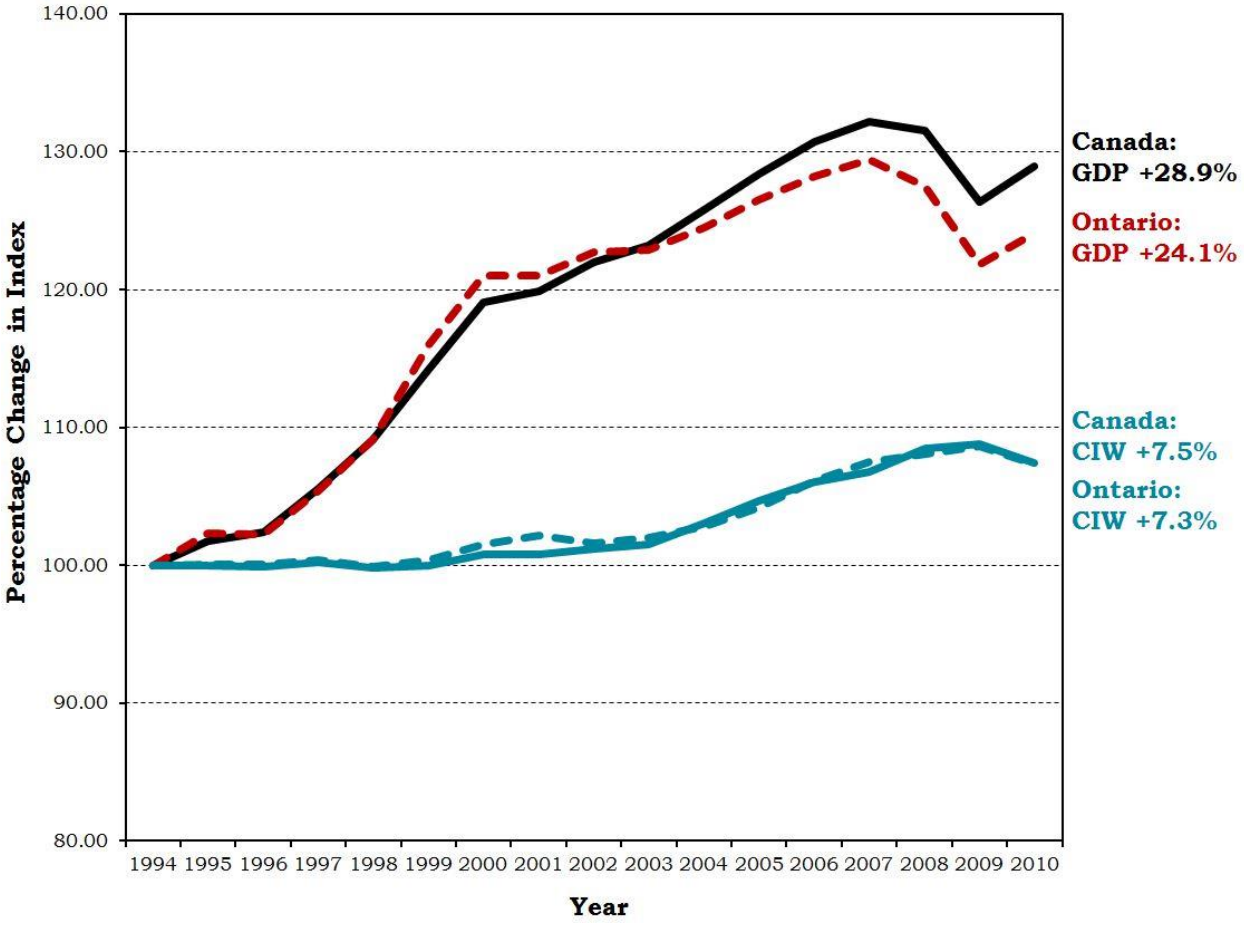
With plans to release updated provincial reports in the future, replacing those indicators not currently available is a priority for the CIW. When the CIW index was being created, the ability to disaggregate data gathered at the national level to provincial level was not one of the main priorities. Acquiring valid and reliable data from credible sources remains the main priority, but attending to a desire for those data to be available for the provinces – and even the territories – has risen in importance.

Equally important is the need to encourage an expanded and ongoing collection of data, especially on the environment, that can inform our understanding of wellbeing in all of its breadth and complexity for all Canadians, regardless of where they live.

The CIW in Ontario: How are Ontarians *really* doing?

Overall since 1994, wellbeing in Ontario has increased by 7.3% compared to an increase in provincial GDP of 24.1% over the same time period (see Figure 3). Like the results for Canada overall[5], wellbeing in Ontario falls well short of the progress made in GDP. While economic productivity in Ontario continues to grow, even recovering relatively quickly following the 2008 recession, wellbeing in Ontario has never thrived to the same extent, even in more prosperous years. Perhaps more troubling, wellbeing has not shown signs of rebounding from the recession in the same way that GDP has.

Figure 3. Trends in the Canadian Index of Wellbeing Compared to GDP (per capita) for Canada and Ontario from 1994 to 2010



Even though Ontario shows a similar rate of change in its wellbeing (7.3% increase) to Canada as a whole (7.5% increase) between 1994 and 2010, it arrived at that result with changes in some of its domains that followed quite different paths (see Figure 4).

[5] Canadian Index of Wellbeing. (2012). *How are Canadians Really Doing? The 2012 CIW Report.* Waterloo, ON: Canadian Index of Wellbeing and University of Waterloo. Retrieved from https://uwaterloo.ca/canadian-index-wellbeing/resources/reports

For example, on the positive side, Community Vitality improved considerably more in Ontario (15.4%) than in Canada as a whole (10.3%), and the Environment, while still declining over the same time period by 1.9%, was still better than for the country as a whole, which saw a 7.8% decline (see Table 1).

Figure 4. Trends in the Canadian Index of Wellbeing for Ontario with Eight Domains and Compared with GDP for Ontario from 1994 to 2010

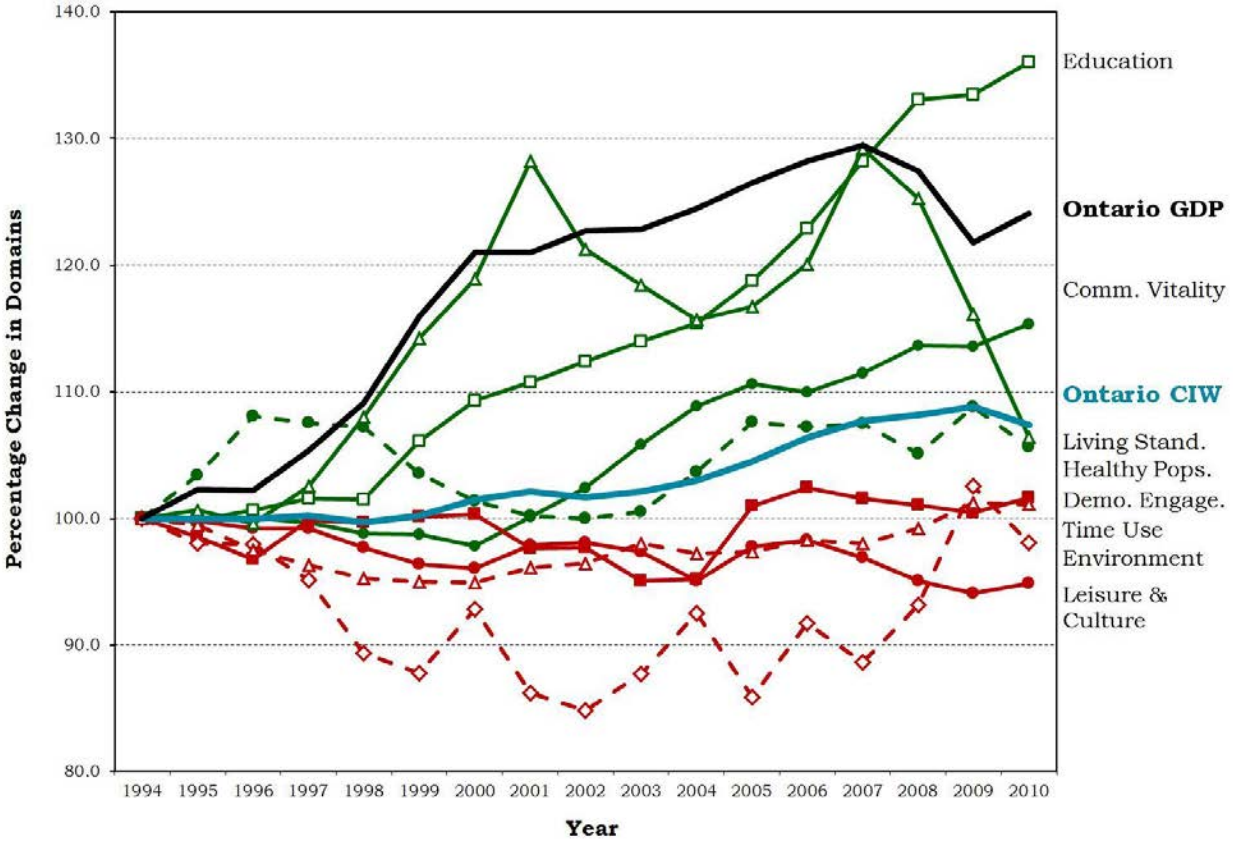


Table 1. Overall Percentage Change in Domains and CIW for Ontario and Canada from 1994 to 2010

Region	Domains								CIW Overall
	CV	DE	ED	ENV	HP	LC	LS	TU	
Ontario	15.4	1.7	36.0	-1.9	5.6	-5.9	6.5	1.1	**7.3**
Canada	10.3	7.0	36.2	-7.8	6.1	-7.8	14.3	1.2	**7.5**

Key: CV = Community Vitality; DE = Democratic Engagement; ED = Education; ENV = Environment; HP = Healthy Populations; LC = Leisure and Culture; LS = Living Standards; TU = Time Use

On the negative side, Democratic Engagement in Ontario failed to show the same amount of growth (1.7%) as the rest of Canada (7.0%) and Living Standards in Ontario (6.4%) were well behind the rest of the country (14.3%) overall, with much of that decline occurring following the 2008 recession.

The results for Ontario

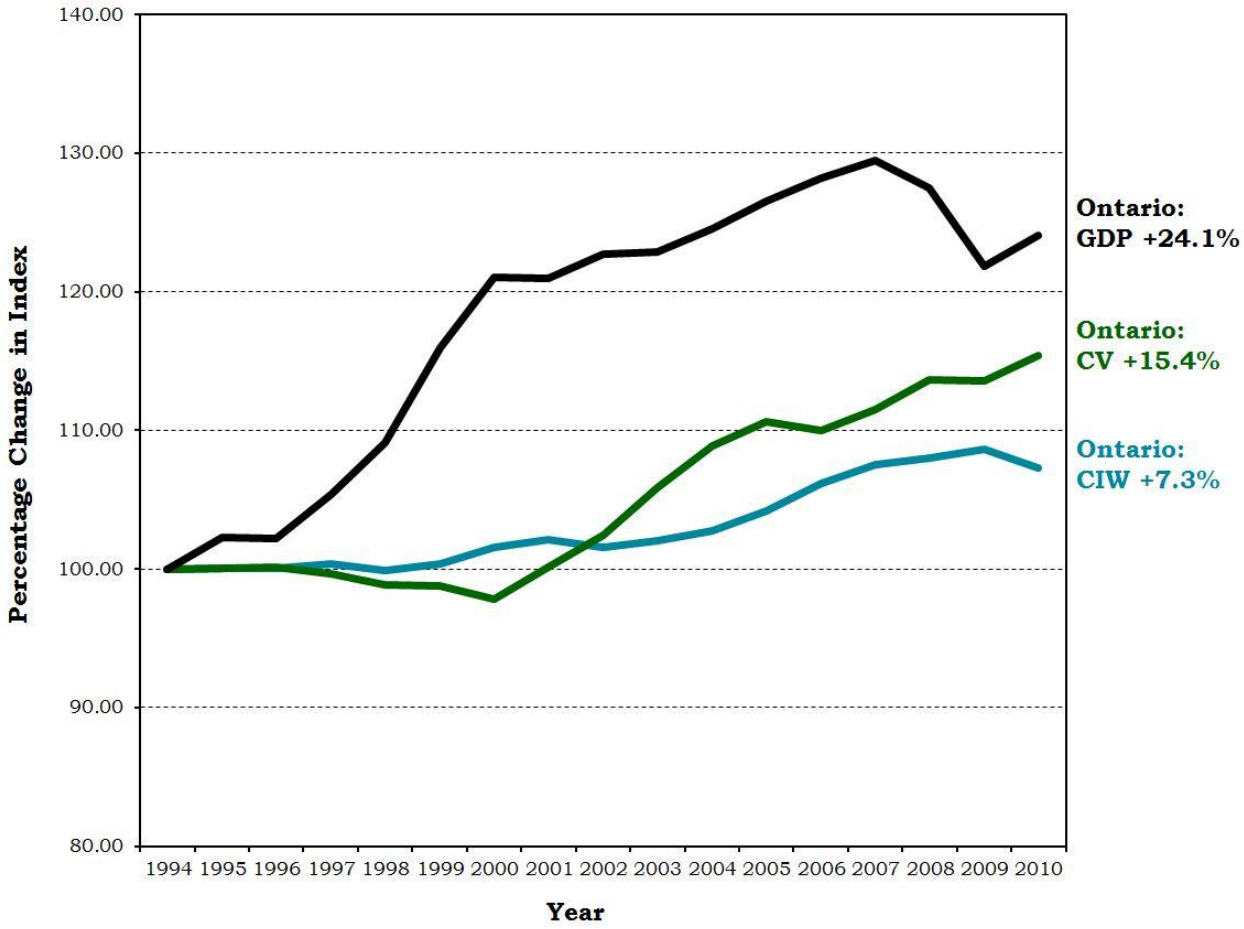
In the sections that follow, the graphs reporting trends at the domain and indicator level reflect contributions to or detractions from wellbeing. When a line trends upwards, the indicator is contributing to wellbeing and when a line trends downwards, it is detracting from wellbeing. These trends also are true for the negative indicators included in the domains – when a negative indicator trends upwards, it represents a contribution to wellbeing, not an increase in the indicator. For example, the dramatic decline in teen smoking over the years represents a very positive change contributing to wellbeing so the line on the graph for this indicator trends upwards.

Community Vitality

Vital communities are those that have strong, active and inclusive relationships among residents, the private and public sectors, and civil society organisations – relationships that promote individual and collective wellbeing. Vital communities are able to cultivate and marshal these relationships in order to create, adapt, and thrive in the changing world. They do so in ways that are inclusive and respectful of the needs and aspirations of diverse communities.

CIW research on Community Vitality focuses on issues of social relationships and networks, and on the conditions that promote these relationships and facilitate community action on behalf of current and future residents.

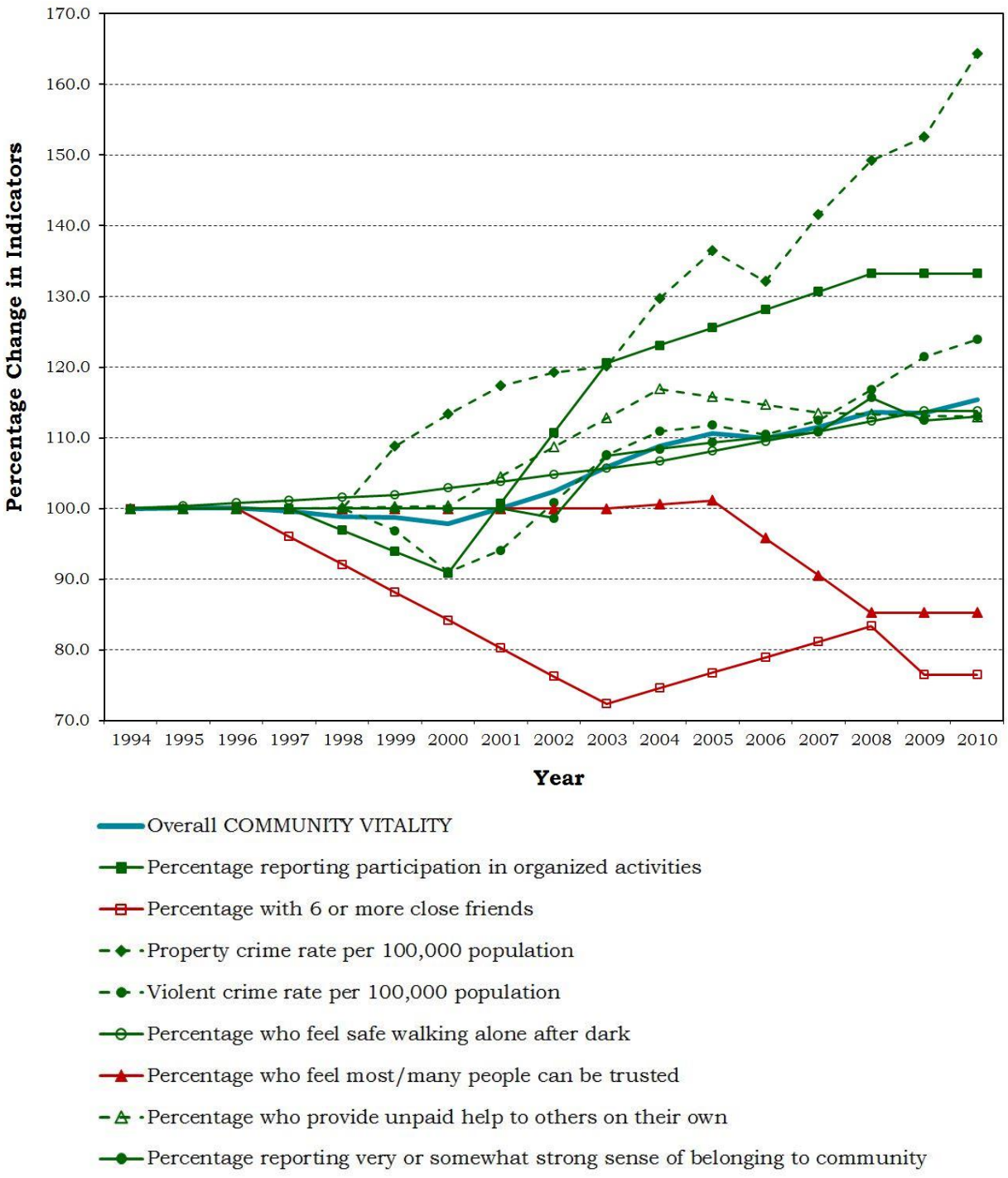
Figure 5: Overall Percentage Change in *Community Vitality* Domain (1994 to 2010)



Safer and more caring communities

Ontarians have seen their Community Vitality improve every year since 2000 and even more so than the country as a whole (see Figure 5). Ontarians are strongly connected to and engaged in their communities, and their wellbeing is higher in this domain than any other except Education.

Figure 6. Trends in Indicators of *Community Vitality* for Ontario (1994 to 2010)



Some of the more notable trends in Ontario for Community Vitality are as follows (see Figure 6):

- The rate of membership in voluntary groups and organisations is relatively high with approximately two-thirds of Ontarians engaged in volunteering.

- The size of Ontarians' social networks of close friends remains lower than 1994 levels, and after steadily rising since its lowest point in 2003, it fell again in 2009.

- Ontarians report high levels of giving social support, and extending assistance to family, friends, and neighbours at a rate higher than in 1994.

- Levels of both property and violent crime are substantially down in Ontario and feelings of safety have increased correspondingly, which reflects well on social connections within the community.

- After a very slight dip in 2002, Ontarians' sense of belonging to their local communities has grown steadily stronger in recent years.

- Despite gains in feelings of safety and lower crime rates, Ontarians' sense of trust in others has fallen off since 2005 by almost 15.0%.

Ontarians feel attached to their communities

- Over two-thirds of Ontarians expressed a strong sense of belonging to their local community in 2010, up from about 60% in 1994, for an overall increase of 7.8%.

Participation in organised voluntary activities is on the rise ...

- Over two-thirds of Ontarians (68.7%) were members or participants in voluntary groups or community organisations in 2008. This is a steady increase from about half of the population in the mid-1990s for an overall increase of 33.2%.

... and Ontarians, especially women, are providing more unpaid help to others

- 82.7% of Ontarians, primarily women, reported that they extended unpaid care and assistance to family, friends, and neighbours in 2010, an almost 10% increase from 73.2% in 1994.

Crime rates are at a 17-year low

- Between 1994 and 2010, the property crime rate plunged by 64.3% to its lowest levels over the entire time period.

- Ontario's rate of violent offences in 2010 was 23.9% lower than in 1998. Violent crime has dropped almost every year since 2000, and by 2010, is at its lowest levels since 1998.

Ontarians feel safer than ever …

- Ontarians are now reporting their highest levels of personal safety. The proportion of Ontarians who feel safe walking alone after dark grew from 71.7% in 1994 to 81.6% in 2009. The Canadian trend is almost identical.

… but trust in others has declined

- In 2008, only half of Ontarians (50.9%) felt that most or many people could be trusted compared to 59.7% in the early 2000s. This represents an almost 15% percentage change in levels of trust. This troubling trend is also very similar to the Canadian indicator.

… and we have fewer close friends

- Since 1996, the percentage of Ontarians reporting they have six or more close friends has dropped from 46.0% to 35.2% in 2010. This 23.5% overall decline in our social networks suggests the level of support on which we can rely has also diminished.

How well is Ontario doing on *Community Vitality* compared to Canada as a whole?

Ontario's 15.4% growth in Community Vitality reflects a greater contribution to overall wellbeing than Canada's 10.3% increase. That strong trend is seen across almost all of the indicators in the domain (see Figure 7).

The increase in participation in organised activities was 5.9% higher for Ontario (33.2%) than for Canada (27.3%). Feelings of safety in Ontario were 3.5% higher than the national indicator. Most dramatically were the significant improvements in Ontario's property and violent crime rates. These improved by 64.3% and 23.9% respectively in Ontario, but only by 48.0% and 4.9% nationally (see Table 2).

Strikingly, the only indicators where Community Vitality is declining – both in Ontario and in Canada overall – concern trust in others and in the number of close friends people have. In these areas, Ontarian's trust in others has declined by 14.7%, in contrast to the 13.7% decline nationally. With respect to the percentage of people with six or more close friends, Ontario's drop of 23.5% was greater than in Canada as a whole, which was down by 20.2% (see Figure 8a to 8h).

Figure 7. Percentage Change in *Community Vitality* for Ontario and Canada (1994 to 2010)

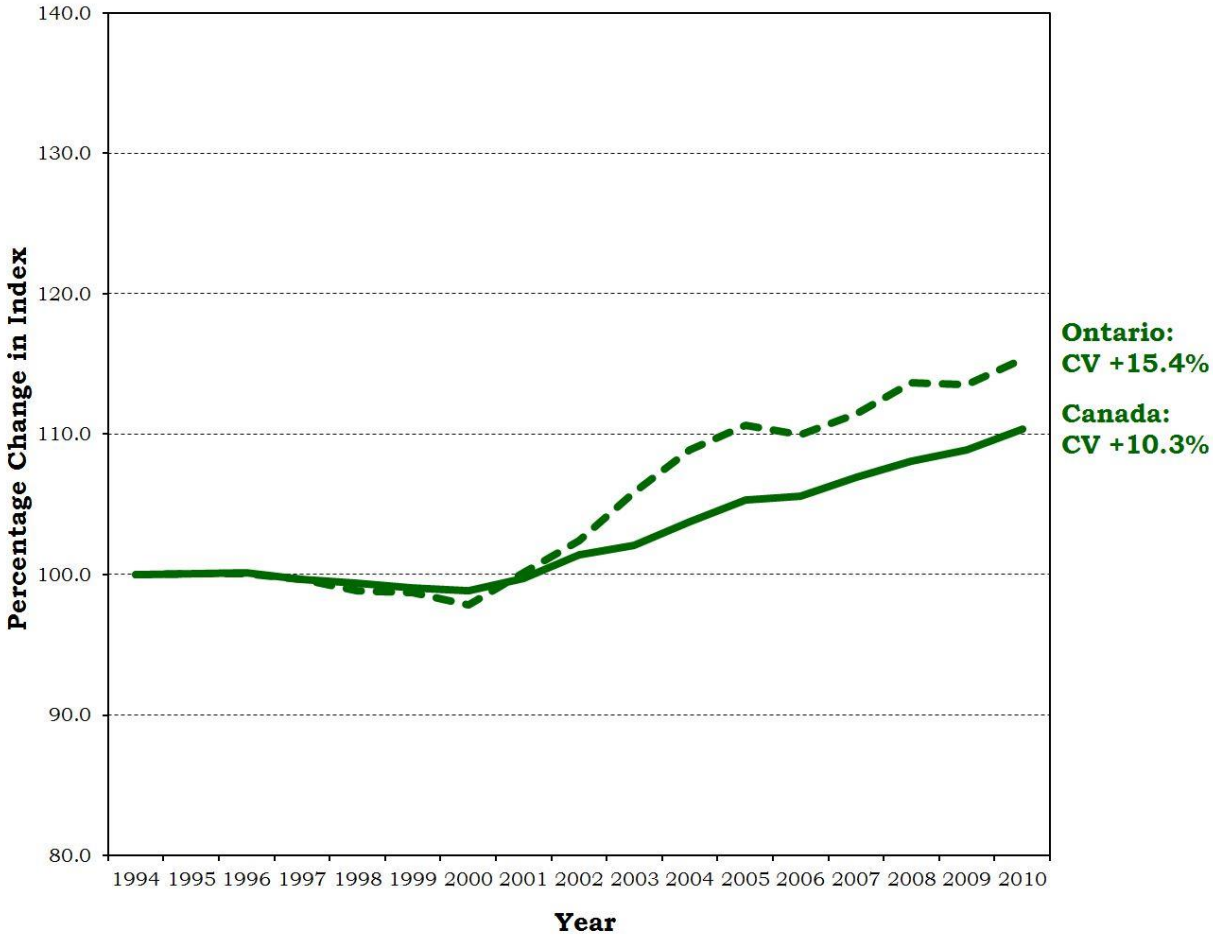


Table 2. Overall Percentage Change in *Community Vitality* Indicators for Ontario and Canada from 1994 to 2010

Region	Indicators								Overall
	1p	2p	3n	4n	5p	6p	7p	8p	
Ontario	33.2	-23.5	64.3	23.9	13.8	-14.7	13.0	13.0	**15.4**
Canada	27.3	-20.2	48.0	4.9	10.3	-13.7	13.3	13.0	**10.3**

Key: 1p = percentage reporting participation in organised activities
2p = percentage with six or more close friends
3n = property crime rate per 100,000 population
4n = violent crime rate per 100,000 population
5p = percentage who feel safe walking alone after dark
6p = percentage who feel most/many people can be trusted
7p = percentage who provide unpaid help to others on their own
8p = percentage reporting very or somewhat strong sense of belonging to community

Conclusion

Despite the challenges of the past several years, including a major recession and a sluggish economy, Ontarians have pulled together even more so to strengthen their communities. The trends in community vitality suggest a strong commitment to the core Canadian value of "shared destiny" and illustrate a capacity among Ontarians to adapt and even thrive in a changing world.

There is so much to celebrate in the strength of the Community Vitality domain. However, it's important to recognize that while the growing trend to provide unpaid care and assistance to others helps strengthen community vitality, it also exacerbates the time crunch felt by millions of people. It's a trend that is likely to continue given Canada's ageing population. With greater accessibility to community supports such as daily respite, elder care, flexible child care and workplace arrangements, those Ontarians providing support to others could better enjoy these caring relationships.

Finally, trust is a foundation of a thriving society. We are safe on our roads because we trust others to obey traffic laws. We trust that our children will be safe in their schools and during their activities. We trust we will be paid fairly for the work we provide. When that basic trust is eroded, we see monitoring increase, participation decrease, and suspicion grow. Community Vitality cannot thrive when trust is eroded. Individuals, employers, organisations, and policy makers need to find ways to extend, build, and preserve trust to maintain and enhance the gains we have seen in community vitality.

Figure 8. Percentage Change in *Community Vitality* Indicators for Ontario and Canada from 1994 to 2010

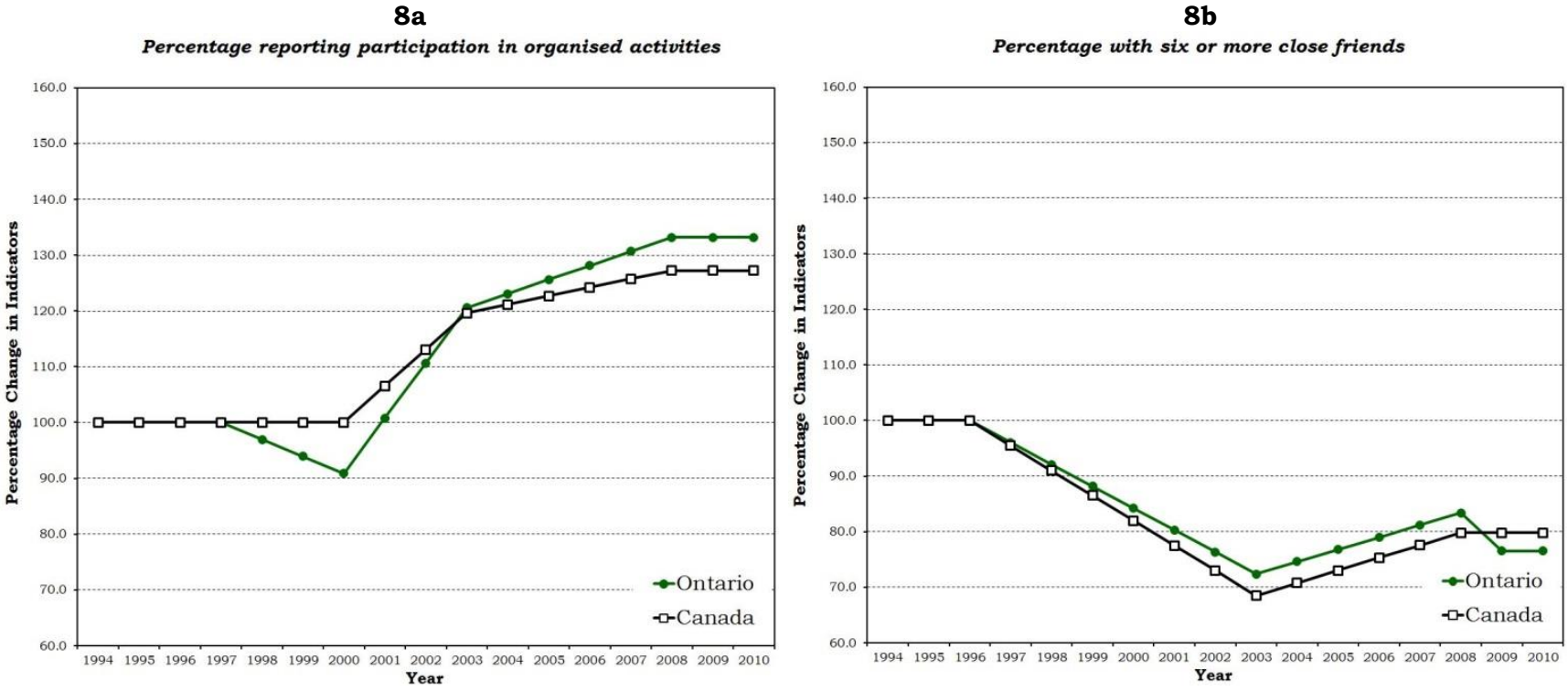
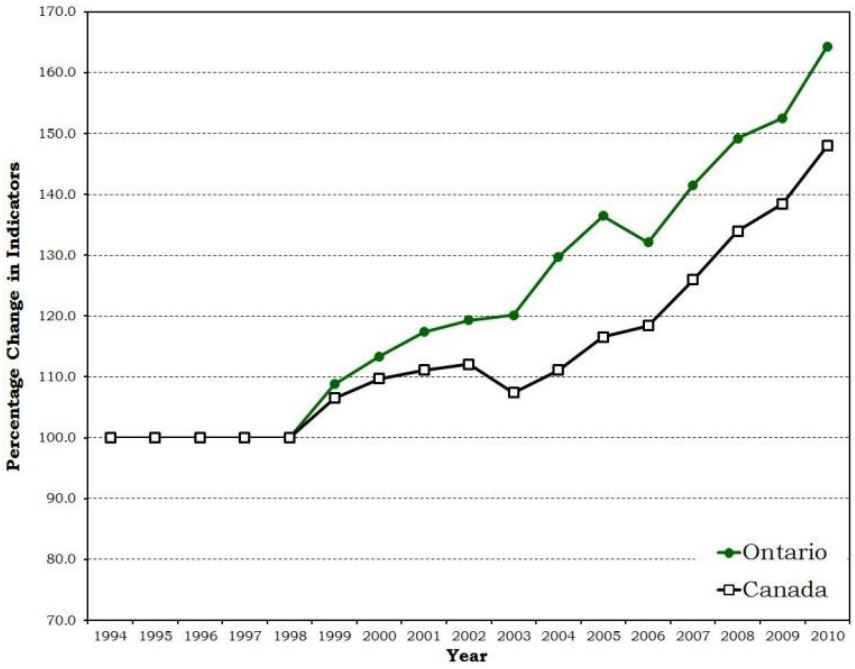


Figure 8. Percentage Change in *Community Vitality* Indicators for Ontario and Canada from 1994 to 2010 (continued)

8c

Property crime rate per 100,000 population



8d

Violent crime rate per 100,000 population

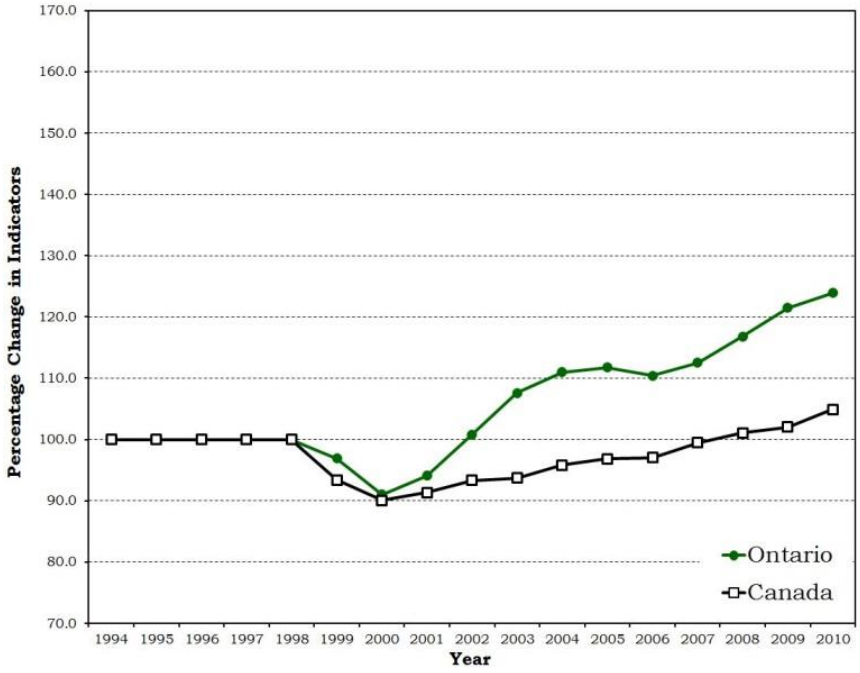
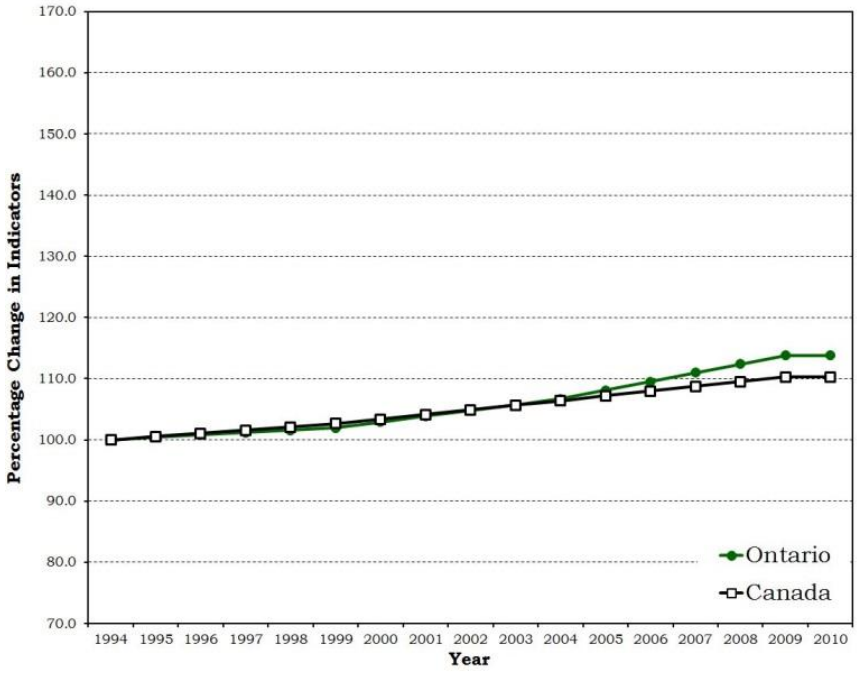


Figure 8. Percentage Change in *Community Vitality* Indicators for Ontario and Canada from 1994 to 2010 (continued)

8e

Percentage who feel safe walking alone after dark



8f

Percentage who believe most/many people can be trusted

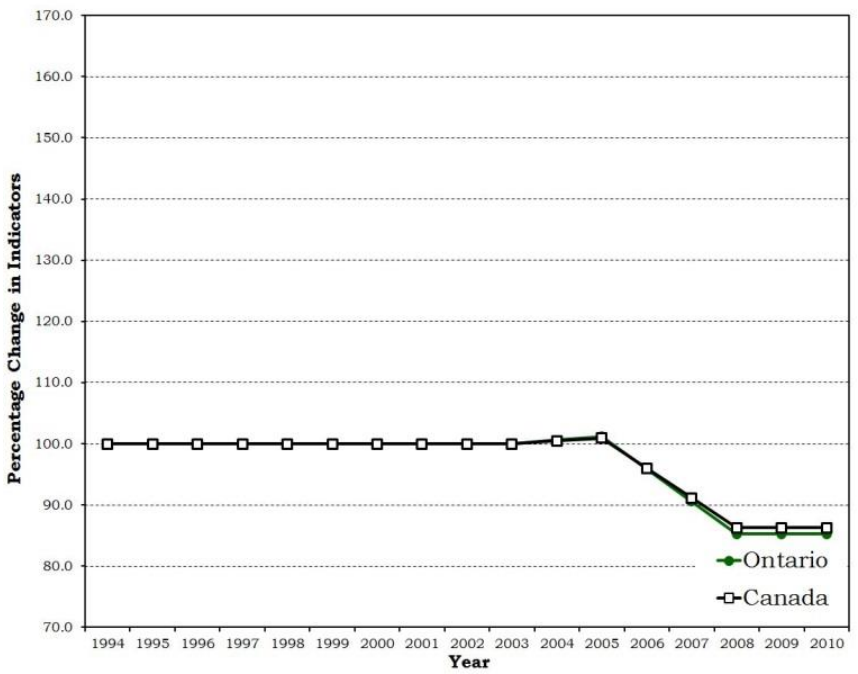
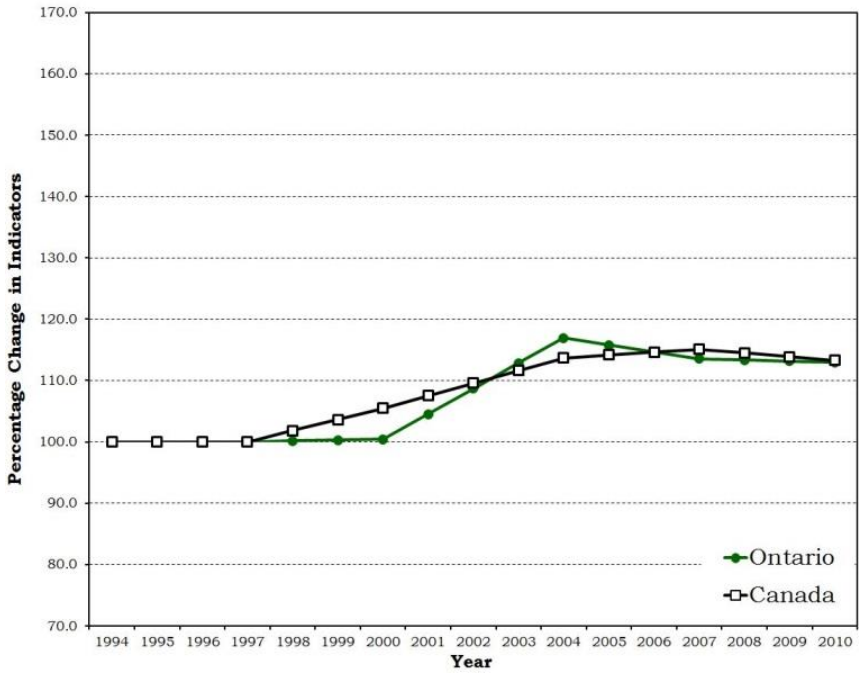


Figure 8. Percentage Change in *Community Vitality* Indicators for Ontario and Canada from 1994 to 2010 (continued)

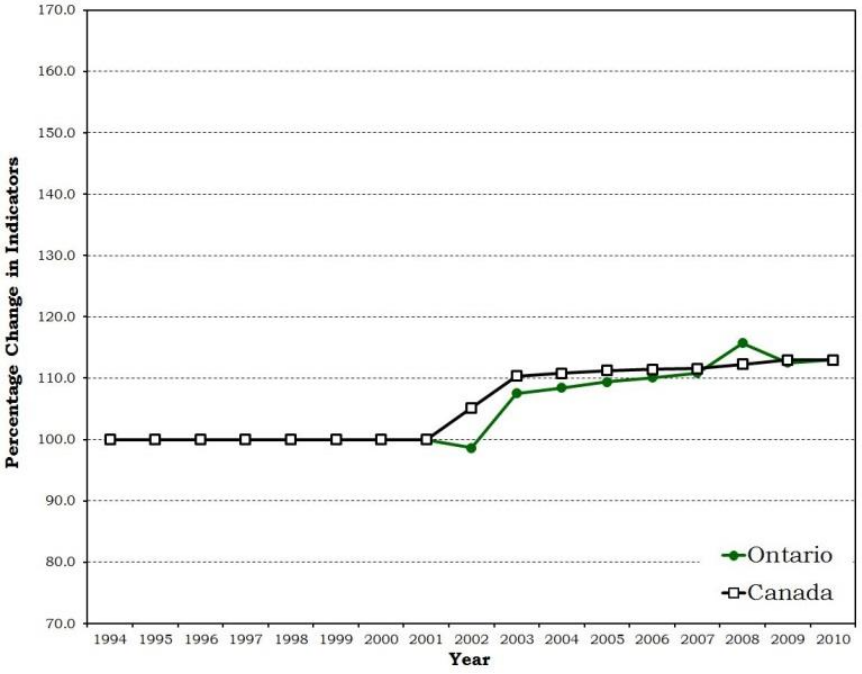
8g

Percentage who provide unpaid help to others on their own



8h

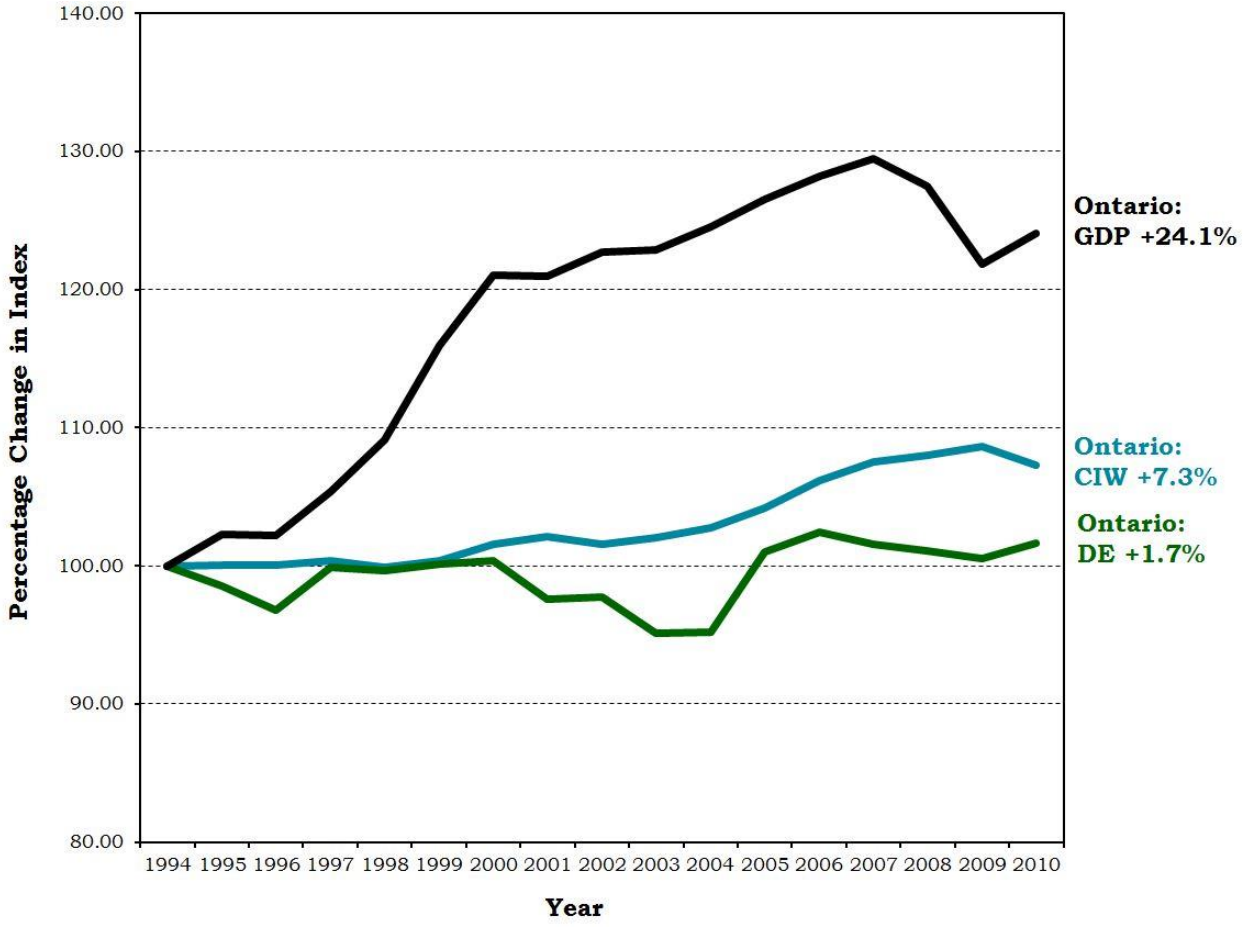
Percentage reporting strong sense of belonging to community



Democratic Engagement

Democratic Engagement is the state of being involved in advancing democracy through political institutions, organisations, 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; governments build relationships, trust, shared responsibility, and participation opportunities with citizens; and democratic values are sustained by citizens, government, and civil society at a local, national, and global level. A healthy democracy requires more than participation in elections. A healthy democracy requires ongoing democratic engagement both during and between elections.

Figure 9. Overall Percentage Change in the *Democratic Engagement* Domain (1994 to 2010)

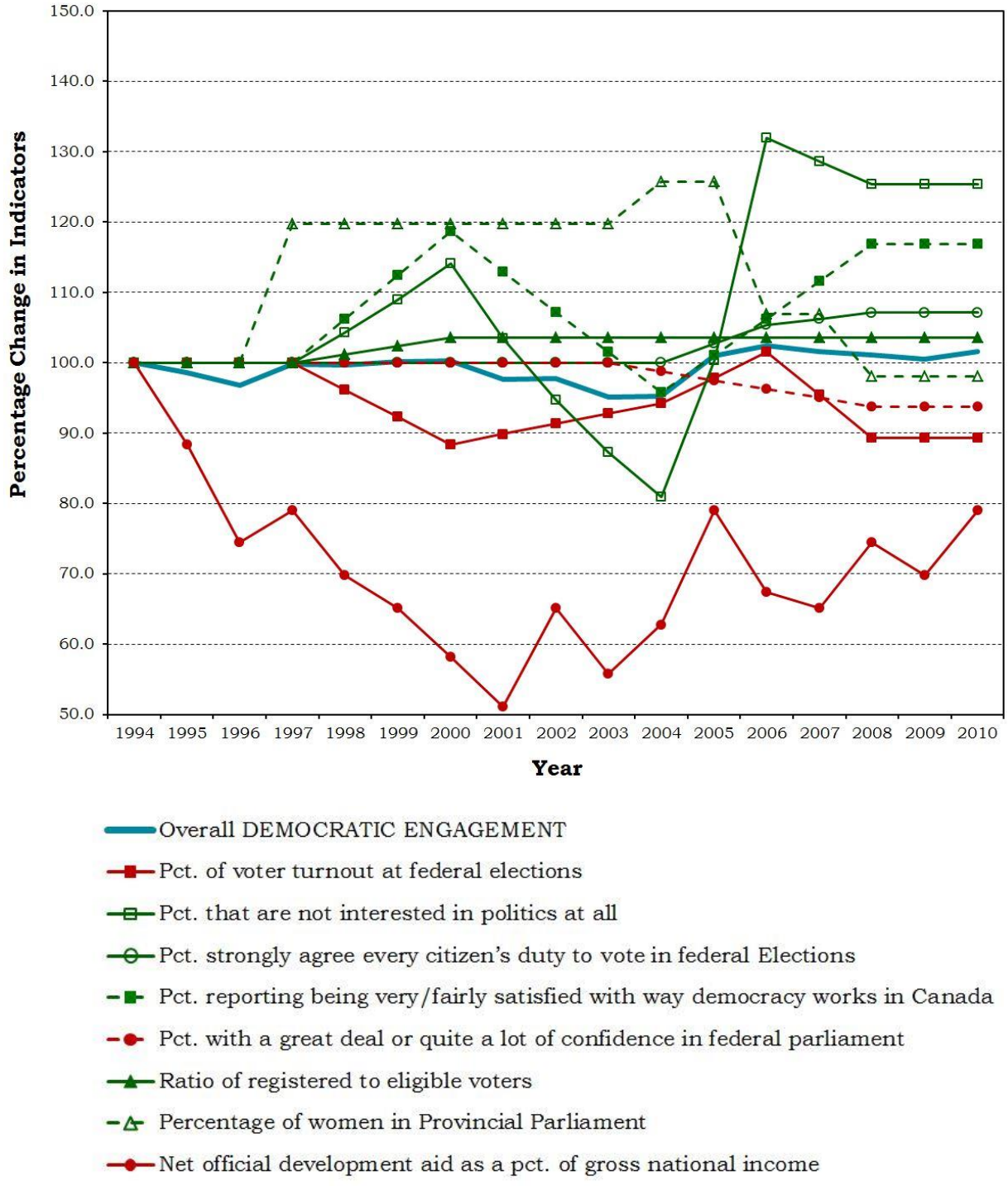


Ambivalent about democracy

Overall, Democratic Engagement in Ontario dipped from 1994 to 2004 then saw improvements in 2005, which have since stagnated. The small overall increase in Ontario's Democratic Engagement (up by 1.7%) between 1994 and 2010 fell well short of the increase that occurred for Canada as a whole (7.0%). On almost every indicator

of democratic engagement, Ontario showed lower levels of wellbeing than for Canada as a whole. In addition to fluctuations over the 17-year time frame, the contradictory trends on several indicators in Ontario spell trouble for our commitment to the democratic process (see Figure 9).

Figure 10. Trends in Indicators of *Democratic Engagement* for Ontario (1994 to 2010)



The following trends in Ontario since 1994 can be seen (see Figure 10):

- Almost three-quarters of Ontarians are satisfied with the way in which democracy is working in Canada.
- However, less than half of Ontarians feel a great deal or quite a lot of confidence in their federal Parliament.
- More Ontarians are expressing an interest in politics, but this growing interest has not translated into higher voter turnout for federal elections.
- After representing almost one-quarter of the Members of the provincial Parliament, the percentage of women has fallen below 20%.

Three out of four Ontarians are satisfied with Canadian democracy ...

- Overall, Ontarian's satisfaction with Canadian democracy rose 16.9% since 1994.
- The percentage of Ontarians who were "very satisfied" or "fairly satisfied" with how democracy works in Canada dropped to a record low of 61.1% in 2004 after being as high as 75.7% in 2000. By 2010, satisfaction levels had almost fully recovered.

... but they feel less confident in federal Parliament than other Canadians

- Less than half of Ontarians feel "quite a lot" or "a great deal of confidence" in federal Parliament and their confidence has slipped from 48.2% in 2003 to its lowest level of 45.2% in 2010. That represents a 6.2% drop in Ontario, compared to a 2.6% reduction nationally.

More Ontarians are interested in politics ...

- The percentage of Ontarians who said they are "not interested in politics" dropped from 8.9% in the mid-1990s to 7.1% by 2010.

... and believe it's their duty to vote ...

- Even though 84.2% of Ontarians indicated in the 2008 Canadian Election study that they considered it their duty to vote in federal elections, only 58.6% actually turned out to vote in the federal election that year.

... but fewer are voting

- From highs of 65.6% and 66.6% in the 1997 and 2006 federal elections respectively, voter turnout fell to its lowest levels of 58.0% in 2000 and 58.6% in 2008. Overall, there has been a 10.7% decrease since 1994 in voter turnout by Ontarians for federal elections.

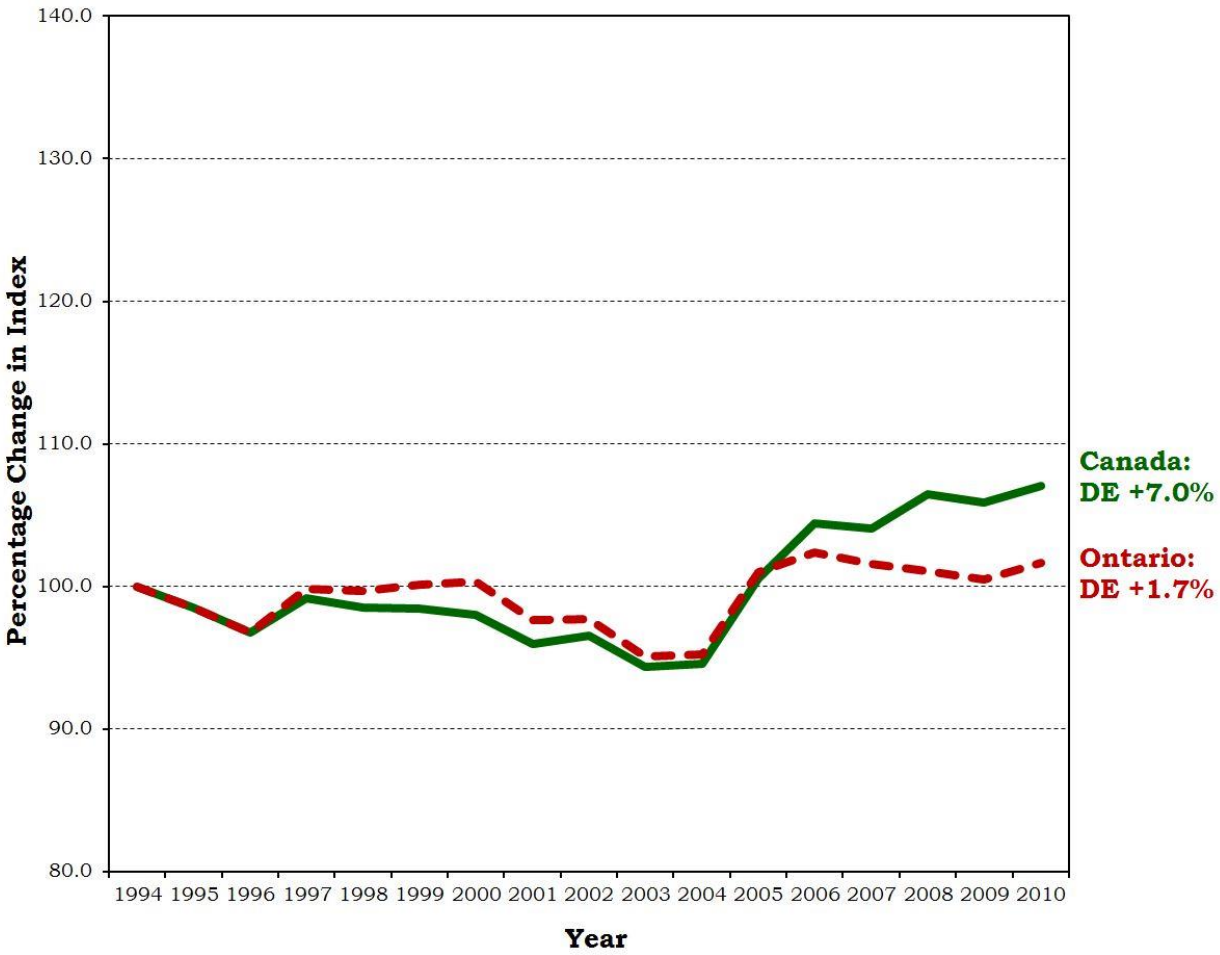
Women remain significantly under-represented at Queen's Park

- From 1994 to 2010, women continued to be under-represented in Ontario's Parliament. During that time, the percentage of female MPPs declined from a high of 25.4% in 2004 to just 19.8% by 2008 – a drop of almost a quarter in just four years. In the same period, the representation of women in the federal House of Commons jumped by almost 25%.

How well is Ontario doing on *Democratic Engagement* compared to Canada as a whole?

The small increase in Ontario's Democratic Engagement (1.7%) between 1994 and 2010 fell well short of the increase that occurred for Canada as a whole (7.0%). Ontario kept pace with national trends until 2006 but then began to slowly decline (see Figure 11).

Figure 11. Percentage Change in *Democratic Engagement* for Ontario and Canada (1994 to 2010)



On almost every indicator, Ontario showed lower levels of wellbeing than for Canada as a whole. Since 2004 Ontarians have shown a marked increase in both their interest

in politics (25.4%) and in their satisfaction with the way in which democracy is working in Canada (16.9%), but still less so than for all Canadians (31.1% and 18.5%, respectively). Even though people say that they are more interested in politics and claim they are satisfied, their level of confidence in federal parliament has declined by 6.2% in Ontario and 2.6% nationally since the early 2000s (see Table 3).

Table 3. Overall Percentage Change in *Democratic Engagement* Indicators for Ontario and Canada from 1994 to 2010

Region	Indicators								Overall
	1p	2n	3p	4p	5p	6p	7p	8p	
Ontario	-10.7	25.4	7.1	16.9	-6.2	3.6	-2.0	-20.9	**1.7**
Canada	-11.8	31.1	10.8	18.5	-2.6	6.7	24.4	-20.9	**7.0**

Key: 1p = percentage of voter turnout at federal elections
2n = percentage that are not interested in politics at all
3p = percentage strongly agree it is every citizen's duty to vote in federal elections
4p = percentage reporting being very/fairly satisfied with way democracy works in Canada
5p = percentage with a great deal or quite a lot of confidence in federal parliament
6p = ratio of registered to eligible voters
7p = percentage of women in provincial/federal parliament
8p = net official development aid as a percentage of Gross National Income (GNI)

The gap between words and actions is also evident in voter behaviour. The percentage of people who strongly agree that every citizen has a duty to vote in federal elections increased more in Canada (10.8%) than in Ontario (7.1%). Yet voter turnout in federal elections remains a grim statistic across the board with a 10.7% decline in Ontario and an even larger 11.8% decline in Canada (see Figure 12a to 12g).

Perhaps most troubling is that the number of women in the provincial Parliament declined between 1994 and 2010 (down by 2.0%) while in the federal parliament, the representation of women increased by almost a quarter (24.4%). In the World Economic Forum's *Global Gender Gap Report 2013*, Canada's rank remains at 20th internationally in gender equality on the Global Gender Gap Index and has dropped to 42nd (down from 36th in 2010) on the political empowerment sub-index, despite ranking tied for first in educational attainment.[6]

Conclusion

Despite representing almost 40% of the Canadian population, Ontarians are increasingly ambivalent and disengaged from the democratic process. Lower confidence in federal parliament, declining voter turnouts, and stubborn under-representation of women in electoral politics are all persistent trends that are at odds

[6] Hausmann, R., Tyson, L.D., Bekhouche, Y., & Zahidi, S. (2013). *The global gender gap report 2013*. Geneva, Switzerland: World Economic Forum. Retrieved from http://www.weforum.org/issues/global-gender-gap

with growing interest in politics, a stronger sense of the duty to vote, and more registered voters.

Apparently, Ontarians' interest in democracy is greater than their actual engagement in it. The challenge appears to be how to translate their beliefs and interest into action so that they feel they have a greater stake in the future of our province and country. In the 2011 federal election, Ontario maintained a barely passing grade with a 57.6% voter turnout. And while voter turnout is shrinking in all age brackets, the turnout among 18 to 24 year olds, which is the lowest of all age groups at under 40%,[7] is of critical importance because young people, when they eventually do begin to vote, are taking longer to enter the electorate. That means that participation may continue to drop with each new generation of eligible voters[8]. Introducing young people to politics and political debate is an important contributor to their future voting behaviour and should therefore be an integral part of their education. Further, elected officials must see these trends as a call to action and take immediate steps to halt the eroding confidence in federal Parliament and to restore trust, which is the very foundation of elected representation.

Higher voter interest, participation, and confidence could also help attract more candidates to the political arena – including more women. Although the number of women elected to public office increased slightly in 2011, with 30 women elected to Queen's Park representing 28.0% of the members of the legislature and 76 women to the House of Commons (24.7%), women are nowhere near equal representation.[9] Despite their lower numbers overall, the number of women currently serving as provincial and territorial leaders is an encouraging sign.

To script a future for Ontario that involves greater wellbeing, in all respects, we need passionate and informed political debate. Democratic engagement is about more than voting. It's about influencing society's vision for greater quality of life and the policies that help us achieve it.

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[7] Elections Canada. (2012). *Estimation of voter turnout by age group and gender at the 2011 federal general election.* Resource Centre, Elections Canada, Ottawa, ON. Retrieved from http://www.elections.ca/content.aspx?section=res&dir=rec/part/estim/41ge&document=report41&lang=e#p5

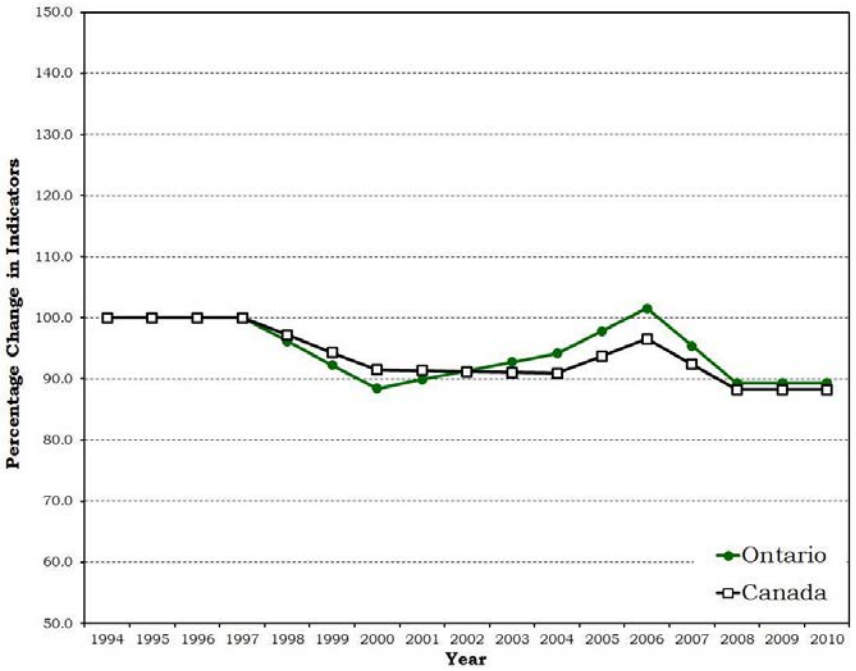
[8] Pammett, J.H., & LeDuc, L. (2003). Confronting the problem of declining voter turnout among youth. *Electoral Insight, 5*(2), 3-8. Retrieved from http://www.elections.ca/res/eim/article_search/article.asp?id=47&lang=e&frmPageSize

[9] Equal Voice. (2011, October). *Thirty women MPPs elected in Ontario.* Retrieved from http://www.equalvoice.ca/speaks_article.cfm?id=534

Figure 12. Percentage Change in *Democratic Engagement* Indicators for Ontario and Canada from 1994 to 2010

12a

Percentage of voter turnout at federal elections



12b

Percentage that are not interested in politics at all

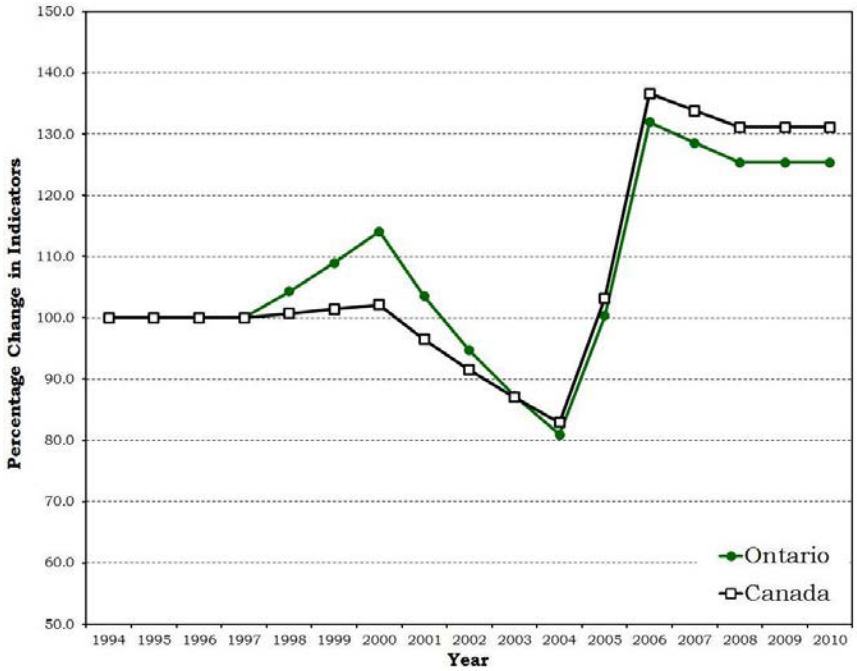
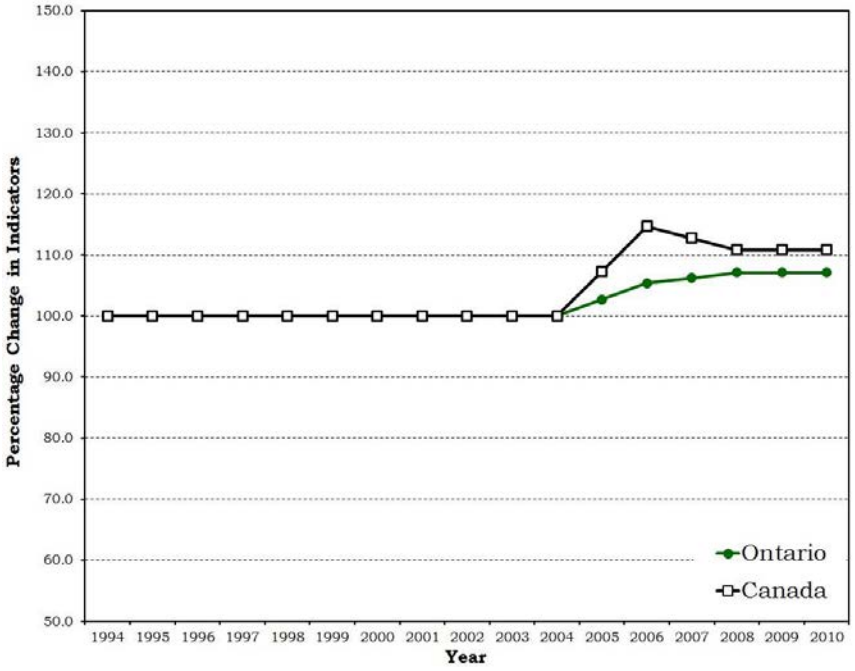


Figure 12. Percentage Change in *Democratic Engagement* Indicators for Ontario and Canada from 1994 to 2010 (continued)

12c

Pct. agreeing it is every citizen's duty to vote in federal elections



12d

Percentage satisfied with way democracy works in Canada

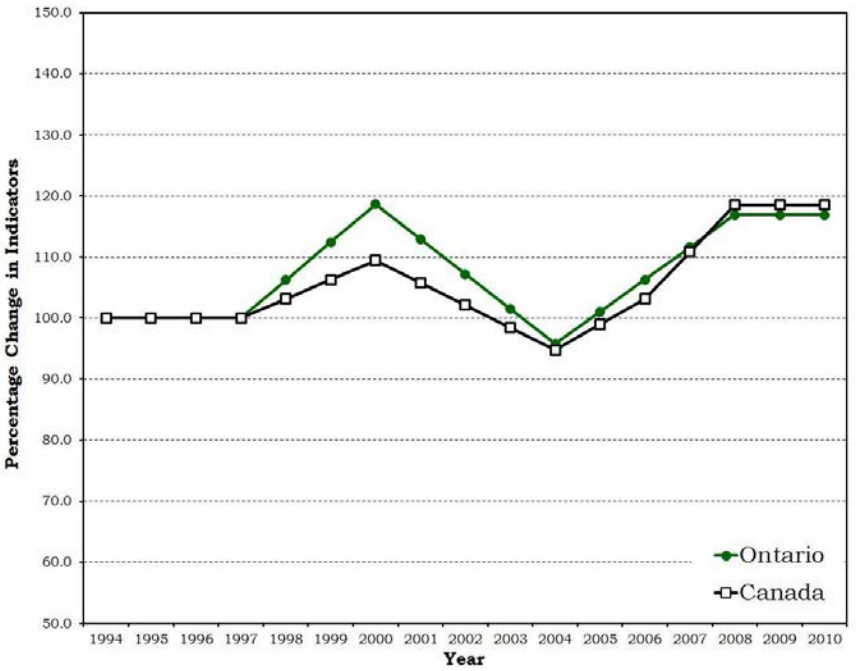
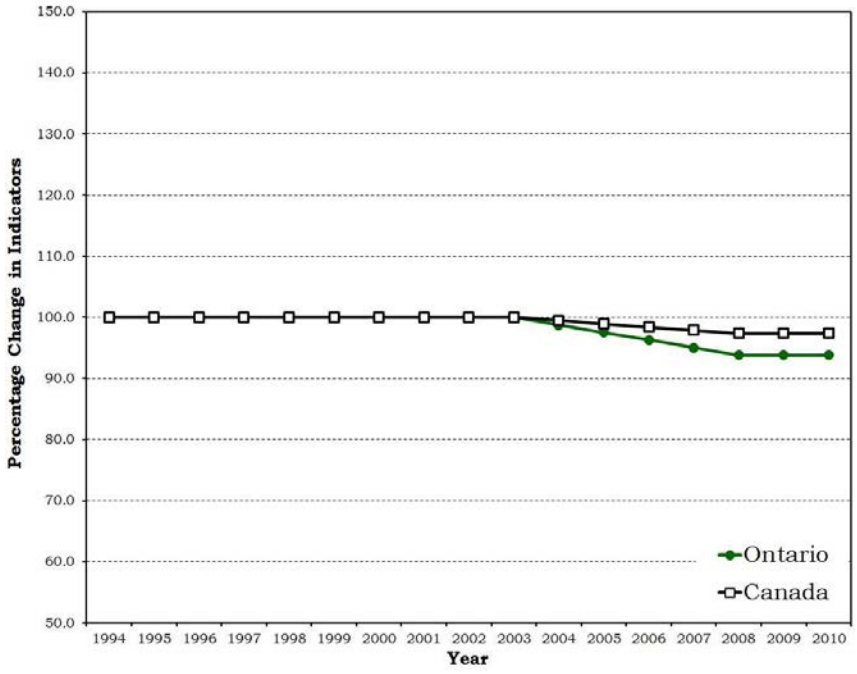


Figure 12. Percentage Change in *Democratic Engagement* Indicators for Ontario and Canada from 1994 to 2010 (continued)

12e

Percentage with a lot of confidence in federal parliament



12f

Ratio of registered to eligible voters

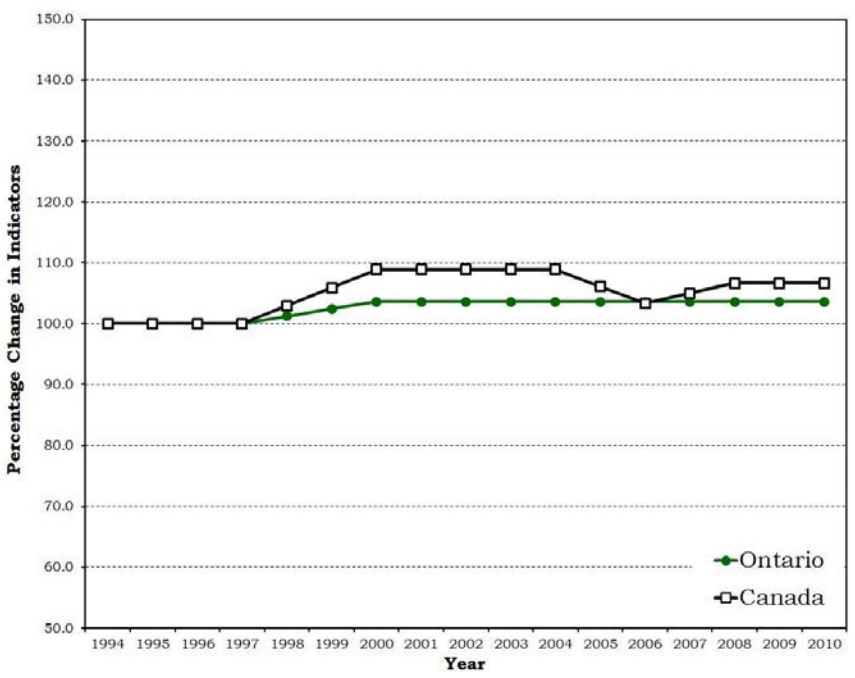
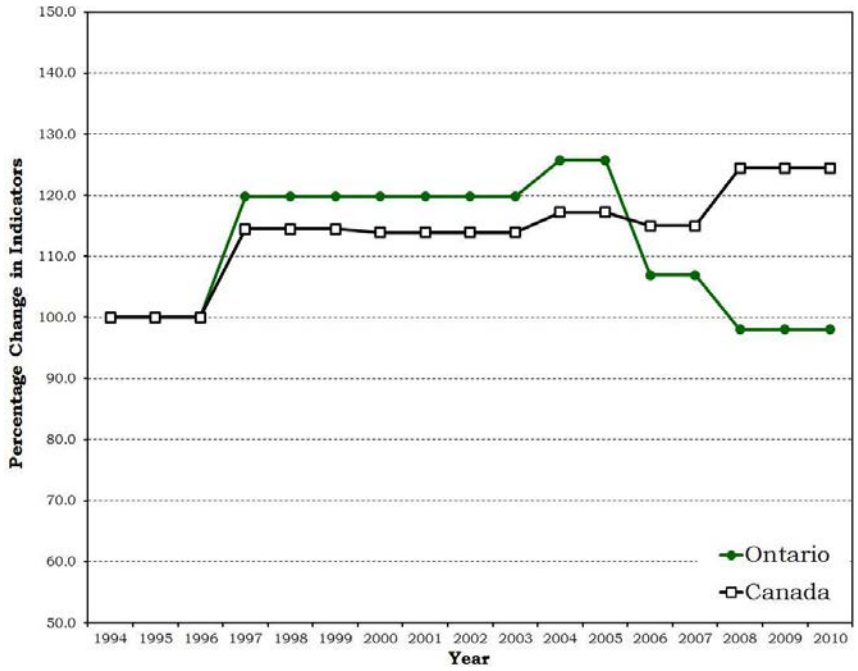


Figure 12. Percentage Change in *Democratic Engagement* Indicators for Ontario and Canada from 1994 to 2010 (continued)

12g

Percentage of women in federal/provincial parliament

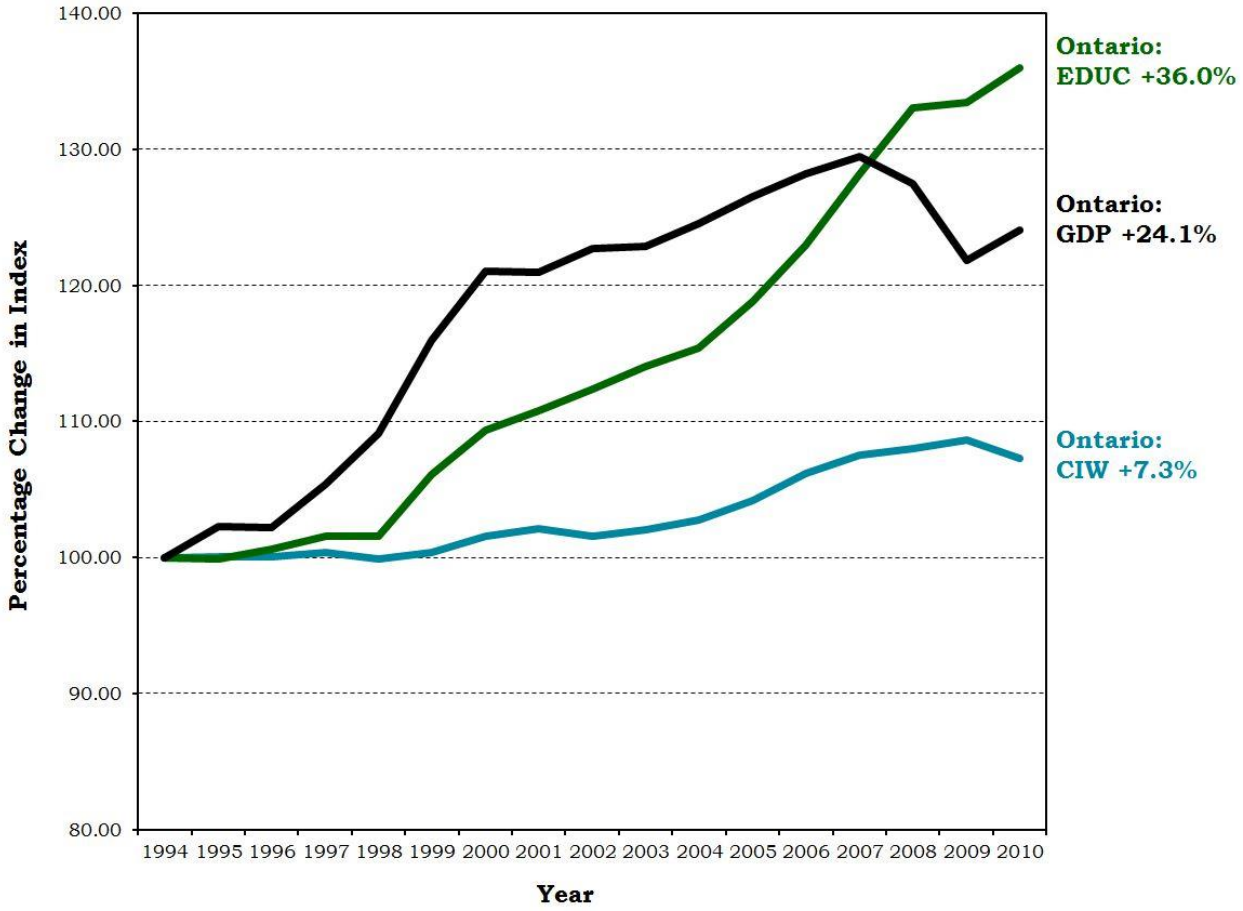


Education

Education is the systematic instruction, schooling, or training given to the young in preparation for the work of life, and by extension, similar instruction or training obtained in adult age. It is a process that begins before school age and extends beyond high school, university, and apprenticeships. Before the start of formal schooling in kindergarten, education is reflected in pre-school arrangements such as childcare and early childhood education. Beyond high school, college or university, and professional training through apprenticeships, education takes place in the form of adult learning and lifelong learning.

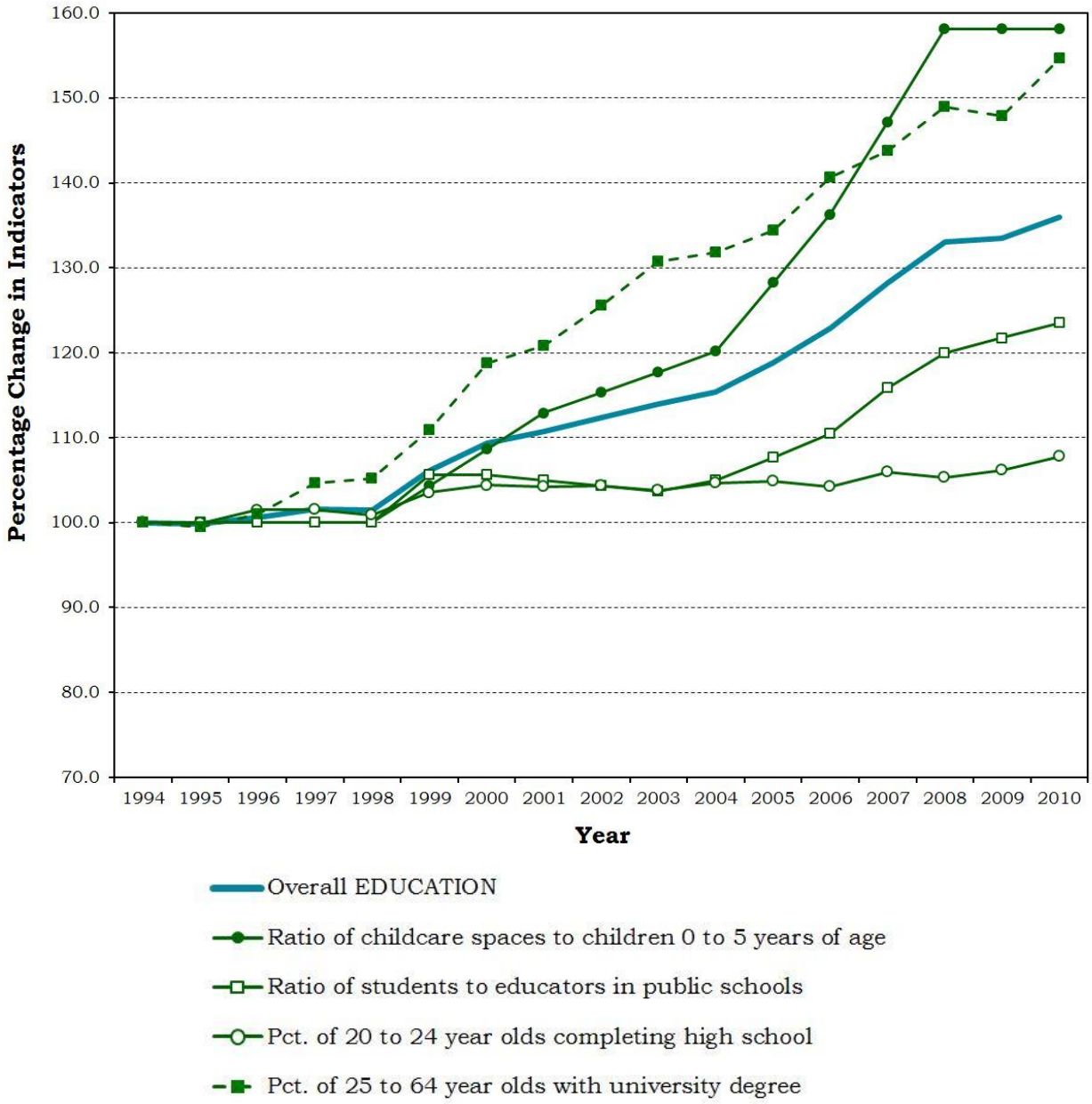
For education, the CIW measures aspects of early childhood to university instruction and is a reflection of our ability to function and adapt in society. It's an important predictor of lifelong learning, education for future generations, health, and living standards. Societies that thrive encourage that thirst for knowledge – at every age and stage.

Figure 13. Overall Percentage Change in *Education* Domain (1994 to 2010)



In the CIW's national report,[10] the Education domain also captures developmental skills, social and emotional competence, knowledge, and OECD scores on math, science, and reading. These data are not available at the provincial level, so the domain has been recalculated provincially and nationally to reflect accurate trends.

Figure 14. Trends in Indicators of *Education* for Ontario (1994 to 2010)



[10] Canadian Index of Wellbeing. (2012). *How are Canadians Really Doing?* The 2012 CIW Report. Waterloo, ON: Canadian Index of Wellbeing and University of Waterloo.

Highest marks for Education in Ontario

The four indicators available for Ontario span from pre-school to university. They show that Education is the strongest contributor overall to wellbeing in Ontario. It's the only domain in Ontario to *exceed* GDP growth from 1994 to 2010, eventually matching then surpassing it in 2007. Overall, the Education domain increased by 36.0% while GDP increased by 24.1% over the 17-year period (see Figure 13). An almost identical trend is seen for Canada with an overall increase of 36.2%.

From early childhood to university, all educational indicators are improving and none more so than the availability of childcare spaces and the numbers of Ontarians with university degrees. However, while these percentage increases are highly positive, they mask how childcare spaces remain well below the needs of Ontarians and the increasing debt load being faced by university graduates (see Figure 14).

Regulated childcare spaces increased, but stalled in 2008

- Between 1998 and 2008, the percentage of 0 to 5 year-old children with access to regulated childcare spaces rose steadily from 12.4% to 19.6%. This overall increase of 58.9% in Ontario meant more kids had access to early childhood education, a predictor of later educational achievement and overall health.

- Progress stalled between 2008 and 2010 when the ratio remained virtually unchanged at 19.7%. While the overall increase is notable, it also means that four out of five children still do not have access to regulated childcare spaces in Ontario.

Student-educator ratio improved

- The number of students per educator in Ontario public schools remained relatively stable from 1999 to 2004 at about 16. Then it improved steadily to one educator for every 13.6 students in 2010. This marks an overall improvement in the index of 15.8% in six years.

Nine out of 10 Ontarians are completing high school ...

- The percentage of 20 to 24-year old Ontarians who completed high school grew slowly but steadily from 84.1% in 1994 to 90.6% in 2010. The overall increase in high school completion rates was 7.8% during that period. These incremental gains are impressive because they have the potential for life-changing impacts on the lives of young Ontarians who would otherwise have dropped out.

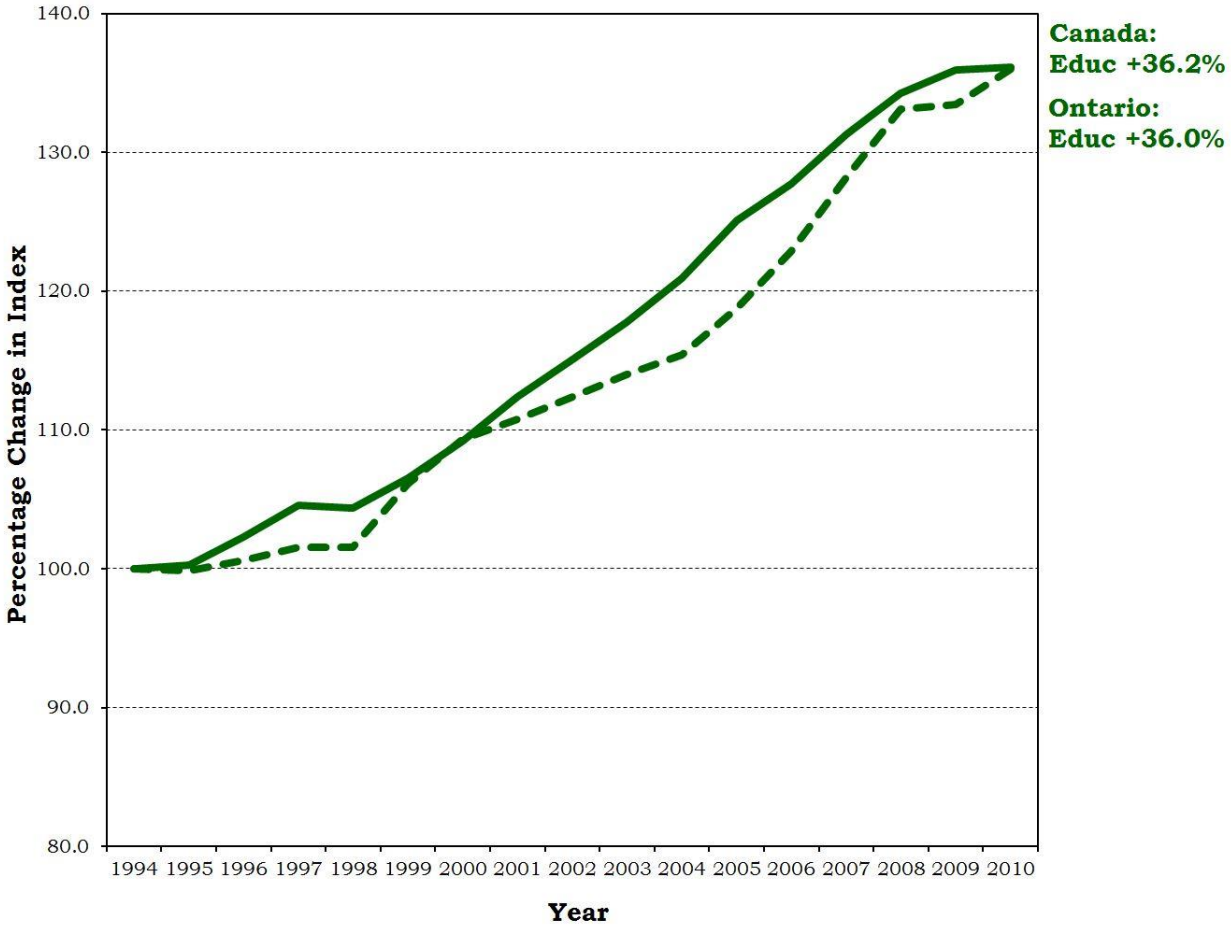
... and three out of 10 are university graduates

- University graduation rates among 25 to 64 year-olds in Ontario have gone up steadily from 19.2% in 1994 to 29.7% in 2010.

How well is Ontario doing on *Education* compared to Canada as a whole?

Ontario has matched the Canadian trend in the Education domain with an overall increase of 36%. It is, by far, the domain that has seen the greatest improvements from 1994 to 2010. This improvement has continued even since the recession of 2008, which had a negative impact on many of the other domains of wellbeing in both Ontario and Canada (see Figure 15).

Figure 15. Percentage Change in *Education* for Ontario and Canada (1994 to 2010)



Ontario showed greater improvements than Canada as a whole on the ratio of students to educators. It was 10% higher in Ontario than that in Canada as a whole (23.5% to 13.6% respectively). Ontario's high school completion among 20 to 24 year olds (7.8%) was also slightly higher than the Canadian increase of 4.1% (see Table 4). The province lagged slightly with respect to the percentage of the population completing university degrees. That increase was 54.7% in Ontario and 57.9% in Canada. Finally, the gap is most pronounced in the ratio of childcare spaces in Ontario which grew by 58.1% in Ontario, behind Canada as a whole where it rose by 69.2% (see Figure 16a to 16d).

Table 4. Overall Percentage Change in *Education* Indicators for Ontario and Canada from 1994 to 2010[a]

Region	Indicators								Overall
	1p	2p	3n	4p	5p	6n	7p	8p	
Ontario	58.1	–	23.5	–	–	–	7.8	54.7	**36.0**
Canada	69.2	–	13.6	–	–	–	4.1	57.9	**36.2**

[a] only the four indicators shown of the original eight indicators within the Education domain could be disaggregated to the provincial level

Key: 1p = ratio of childcare spaces to children 0 to 5 years of age
2p = percentage of children doing well on five developmental domains, at age 5 years
3n = ratio of students to educators in public schools
4p = average of five social and emotional competence scores for 12 to 13 year olds
5p = basic knowledge and skills index for 13 to 15 year olds
6n = percentage of PISA scores explained by socio-economic background
7p = percentage of 20 to 24 year olds completing high school
8p = percentage of 25 to 64 year olds with university degree

Conclusion

Education is a critical component of individual wellbeing. With significant increases in life expectancy over the past century, embracing a lifetime development approach to education is important to develop natural abilities, to help us adapt to change, for social and personal enrichment, for memory, and for cognitive development at every stage of life.

A strong developmental foundation in the early years of life is predictive of educational and career attainment, health, and overall wellbeing. For every dollar invested in early childhood education, "the return ranges from roughly 1.5 to almost 3 dollars, with the benefit ratio for disadvantaged children being in double digits."[11] In the absence of a national childcare programme, the availability and affordability of regulated childcare varies significantly from province to province and Ontario has remained well behind national trends since 1998. We know that early childhood education has many benefits. It expands intelligence, stimulates the imagination, and encourages creative problem solving. It also supports the development of social skills and solidarity among children, encourages lifelong learning, provides a more equitable start for all children, and is a positive support for parental employment. Whether the introduction of all-day kindergarten in Ontario also helps to contribute to these outcomes remains to be seen.

High school completion is also linked to a number of important outcomes such as more active engagement in society, higher incomes, and better health.[12] Rising high school and university completion rates are both trends that bode well for an economy

[11] Alexander, C., & Ignjatovic, D. (2012). *Early childhood education has widespread and long lasting benefits*. Special Report, TD Economics. Toronto, ON: TD Economics. Retrieved from www.td.com/document/PDF/economics/special/di1112_EarlyChildhoodEducation.pdf

[12] Conference Board of Canada. (2013). *High-school completion*. Retrieved from http://www.conferenceboard.ca/hcp/details/education/high-school-graduation-rate.aspx

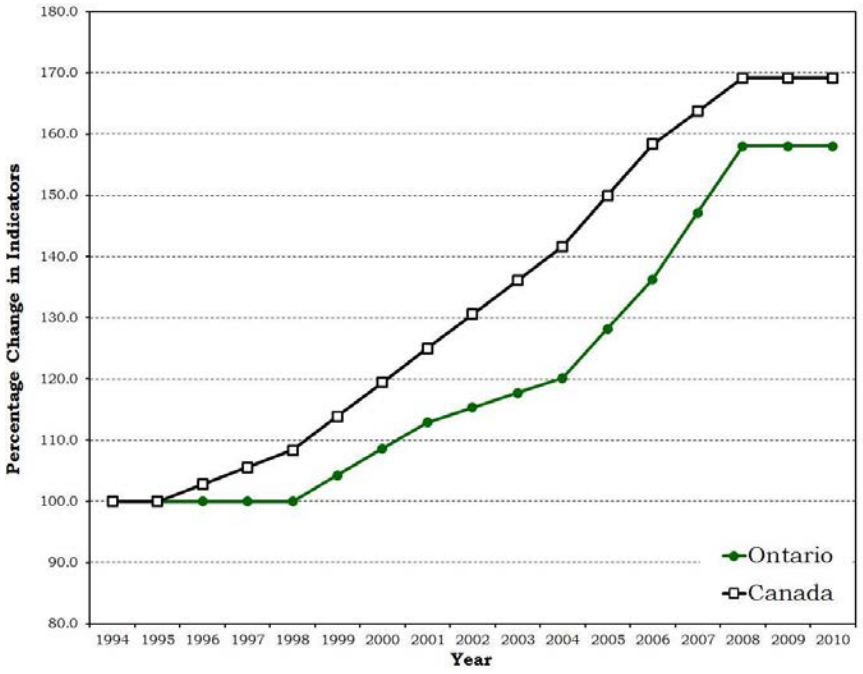
that requires a workforce skilled in a variety of professions and disciplines. While rising levels of student debt and persistently high youth unemployment may lead some to question the value of post-secondary education, it remains a critical factor for employment and Living Standards. In December 2013, Ontario's Ministry of Training, Colleges and Universities reported that a*ll* of the increase in net new jobs for the year was among adults with post-secondary education, the majority of whom held a university degree[13]. In addition, post-secondary education is not simply job training, but an opportunity to learn how to think critically, to adapt, and to acquire a broad base of knowledge. So, despite current issues regarding debt and youth unemployment, university completion is associated with a better quality of life in Canada as well as in other developed nations.

[13] Ontario Ministry of Training, Colleges and Universities. (2013). *Ontario Labour Market Statistics for December 2013*. Retrieved from www.tcu.gov.on.ca/eng/labourmarket/currenttrends/docs/monthly/201312.pdf

Figure 16. Percentage Change in *Education* Indicators for Ontario and Canada from 1994 to 2010

16a

Ratio of childcare spaces to children 0 to 5 years of age



16b

Ratio of students to educators in public schools

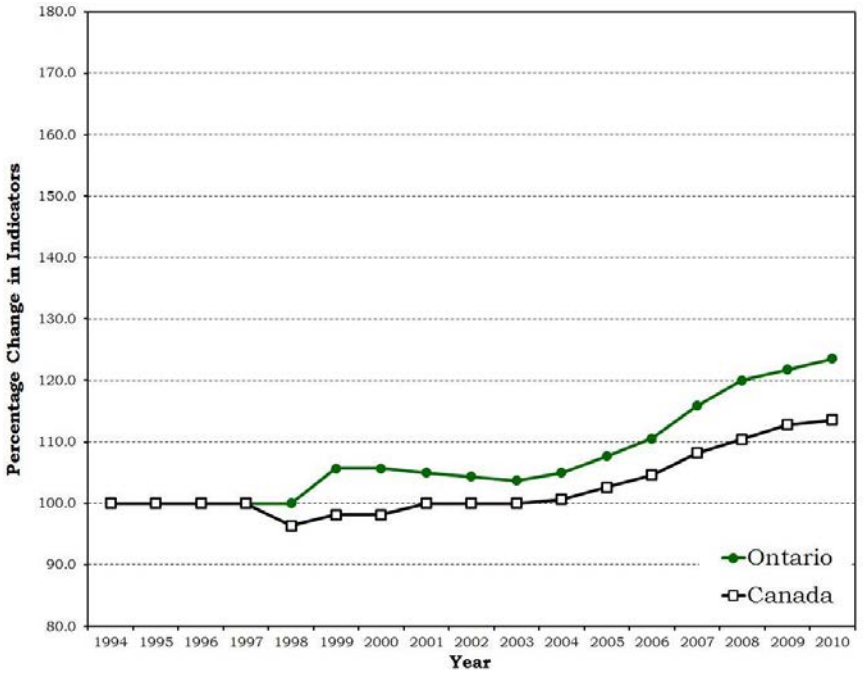
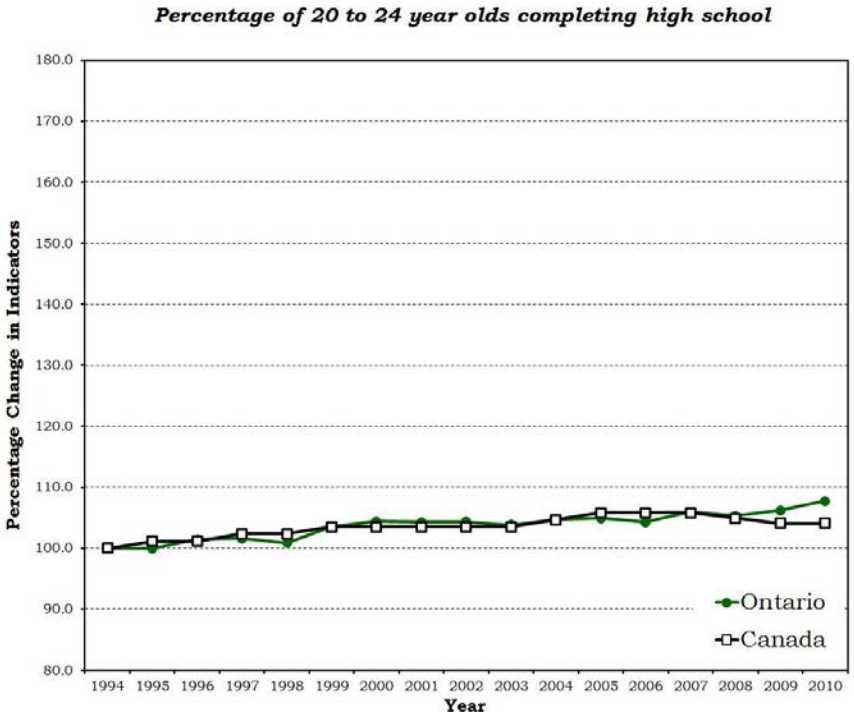
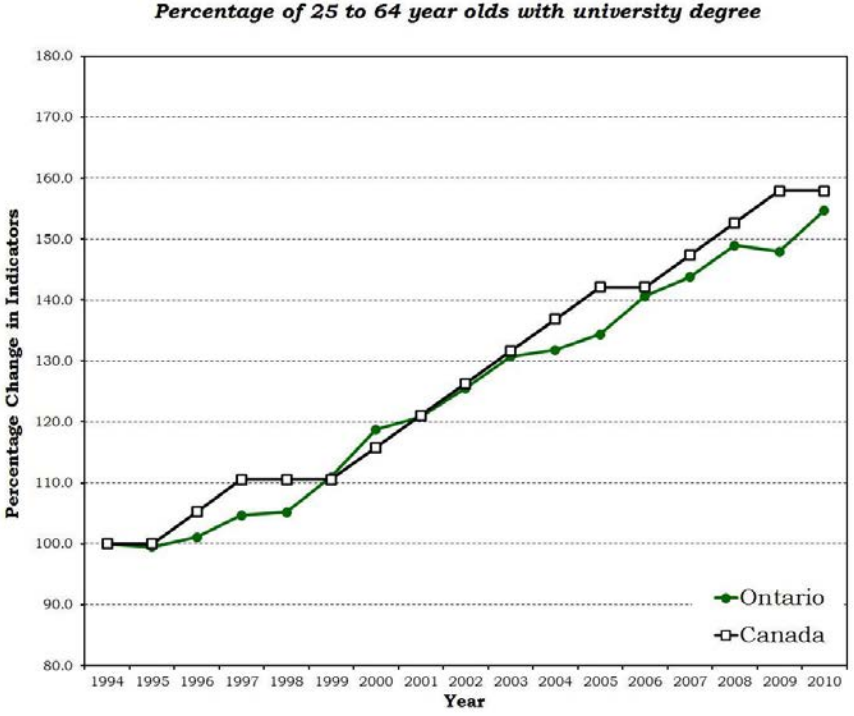


Figure 16. Percentage Change in *Education* Indicators for Ontario and Canada from 1994 to 2010 (continued)

16c



16d

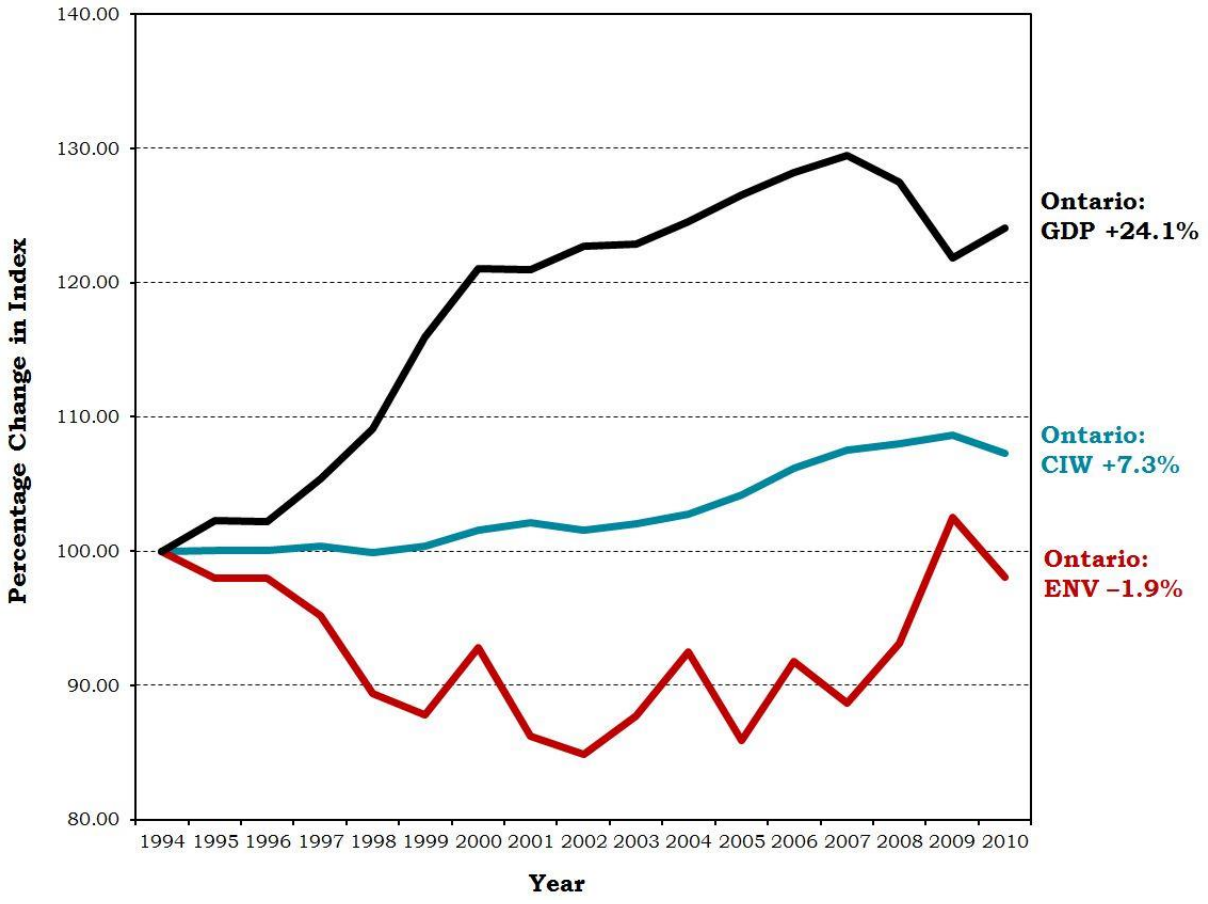


Environment

The environment is the foundation upon which human societies are built. On a broader level, it involves prevention of waste and damage while revitalising the quality and sustainability of all our resources. It is the foundation of all human societies and the source of our sustained wellbeing, yet we often take it for granted.

The environment is the basis for our health, our communities, and our economy. Despite its fundamental importance and the natural resource wealth it provides to Canada, we often fail to appreciate the various ecosystem services provided by nature that sustain human wellbeing. Indeed, how great is our wellbeing if we cannot breathe the air or drink the water?

Figure 17. Overall Percentage Change in the *Environment* Domain (1994 to 2010)



A data challenge

In the CIW's national report,[14] measures for energy production, water yield and marine ecosystem integrity, our ecological footprint, and the Canadian Living Planet Index are used to indicate the environment's role in our wellbeing. These measures are *not* available at the provincial level, so data are limited for the comparison in this report. However, measures for greenhouse gas (GHG) emissions and ground level ozone are available for Ontario and Canada – measures that are perhaps the most critical because they reflect both the health of the environment and its effect on our health. So while the picture of how well Ontarians are doing with respect to their environment is not as clear as in other domains, it does reflect accurate trends in these two important indicators and the results are very much in line with overall national trends.

Little progress for the planet

Across all domains comprising the CIW framework, only the Environment and Leisure and Culture domains showed overall declines over the 17-year period. Overall, the Environment domain decreased by almost 2% in Ontario between 1994 and 2010. While this outcome is better than the national decline of 7.8% in this domain, the trends in GHG emissions and ground level ozone are far from what we need to address challenges of climate change (see Figure 17).

However, there are some promising signs in these trends since 2005. Specifically, GHG emissions dropped dramatically in Ontario after 2008 and individual Ontarians are doing their part (see Figure 18).

Smog is increasing …

- Ground-level ozone – or smog – rose from 40.22 ppb in 1994 to 43.12 ppb in 2010 in Ontario, which represents a 6.7% increase over the 17-year period. These increasing levels are of concern because of their direct effect on our health and on the environment.

… and GHG emissions remain high …

- Overall, absolute GHG emissions in Ontario decreased by 2.9% from 1994 to 2010, largely due to a 14.9% decrease between 2007 and 2010. Particularly encouraging, by 2009, GHG emissions fell below 1994 levels for the first time. However, in 2010, GHG emissions began to rise again.

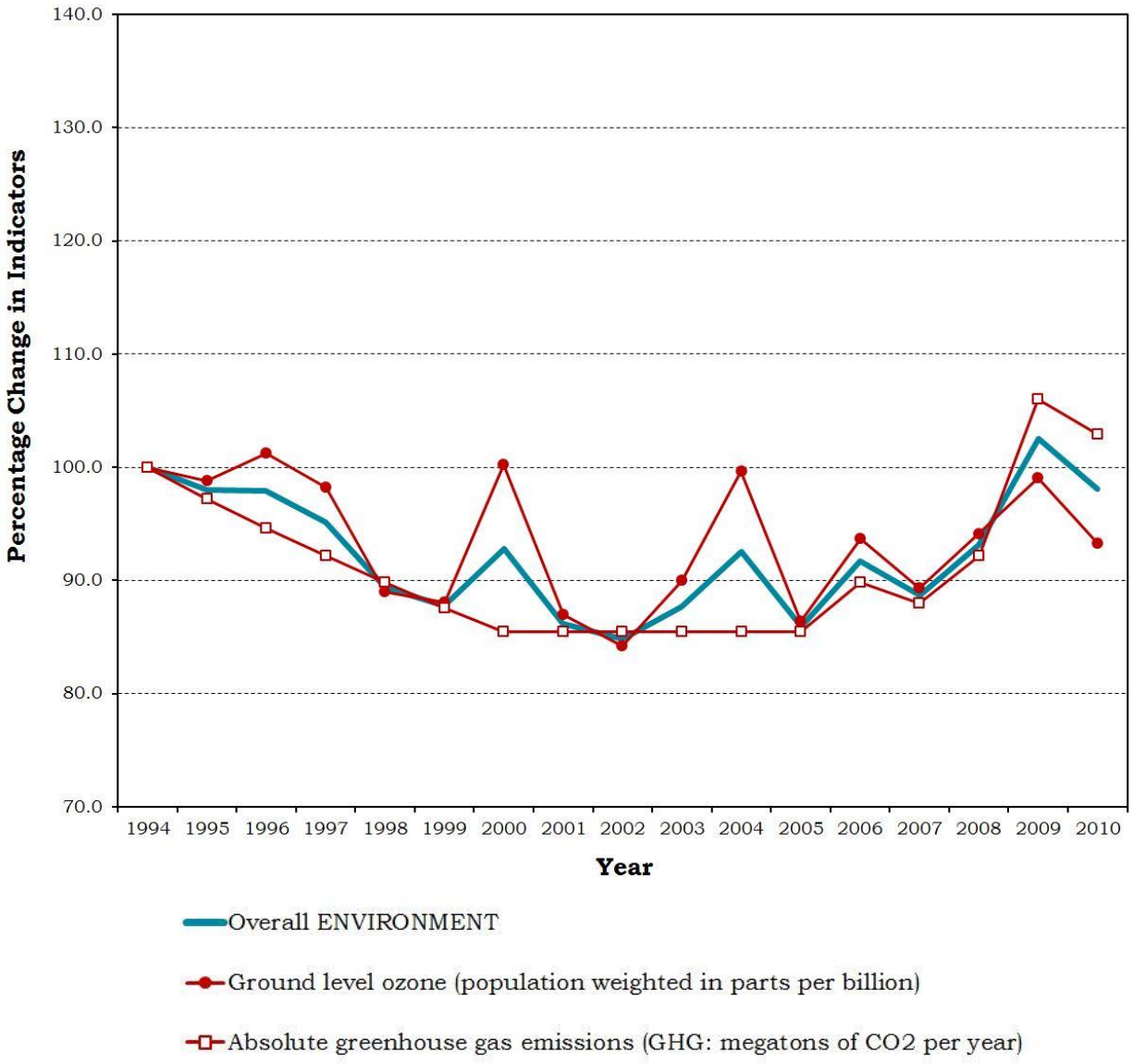
- By 2010, more than 60% of GHG emissions nationally were produced by transportation (24.0%), fossil fuel industries (22.3%), and electricity production via utilities (14.3%).

[14] Canadian Index of Wellbeing. (2012). *How are Canadians Really Doing?* The 2012 CIW Report. Waterloo, ON: Canadian Index of Wellbeing and University of Waterloo.

... but individual Ontarians are doing their part

- Household emissions have remained relatively stable at just 6% of the total GHG emissions over the 17-year period from 1994 to 2010. Unlike many other sectors, household emissions had dropped by 1.4% by 2010.[15]

Figure 18. Trends in Indicators of *Environment* for Ontario (1994 to 2010)

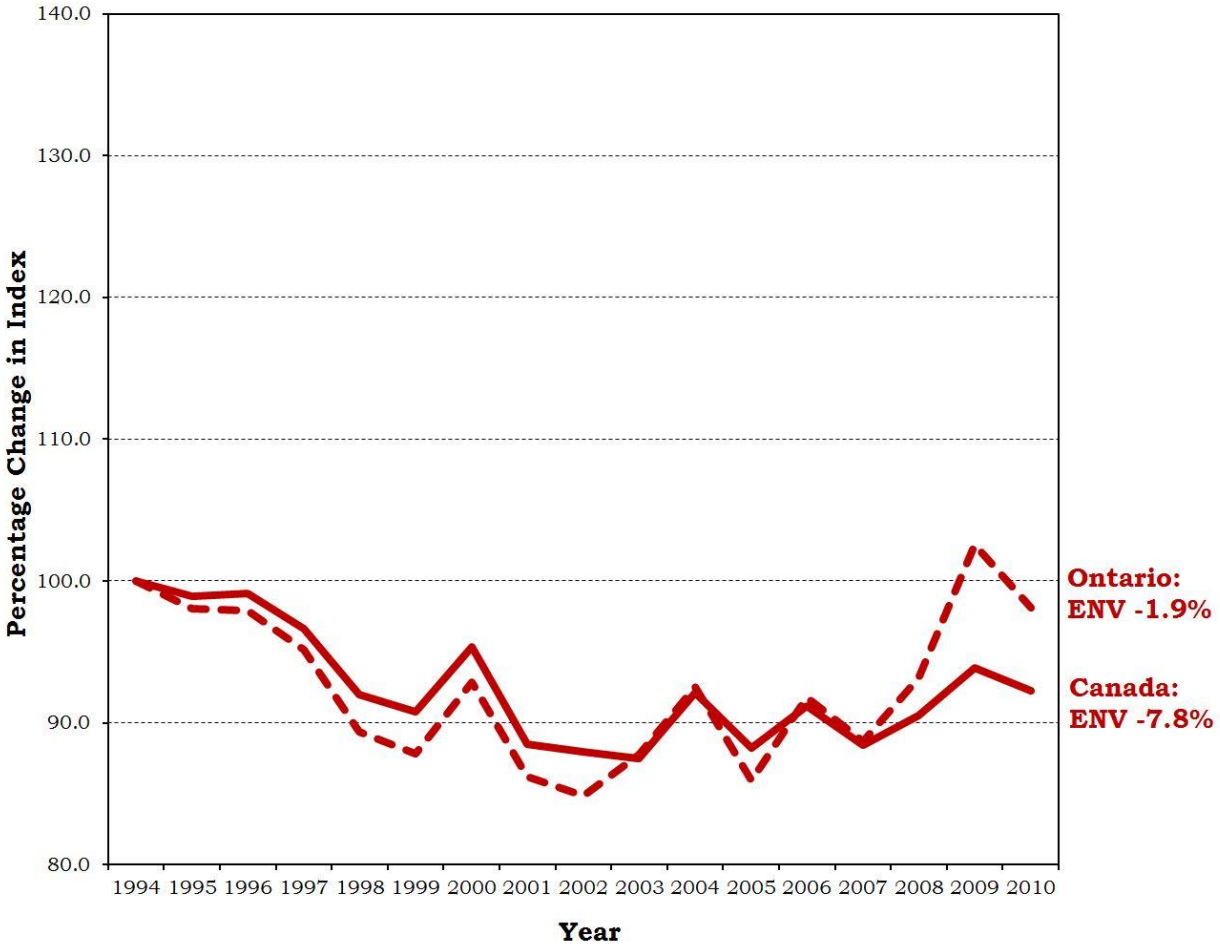


[15] Environment Canada. (2012). *National inventory report 1990-2010: Greenhouse gas sources and sinks in Canada - Executive summary.* Ottawa, ON: Environment Canada. Retrieved from http://www.ec.gc.ca/Publications/default.asp?lang=En&xml=A91164E0-7CEB-4D61-841C-BEA8BAA223F9

How well is Ontario doing on the *Environment* compared to Canada as a whole?

Ontario has seen greater improvement in the Environment domain compared to Canada as a whole. While the health of the environment decreased by 1.9% overall in Ontario between 1994 and 2010, it was not as severe as the decline experienced by Canada as a whole at 7.8% (see Figure 19).

Figure 19. Percentage Change in the *Environment* for Ontario and Canada (1994 to 2010)



Ground level ozone has increased since 1994 slightly more in Ontario (6.7%) than for Canada as a whole (5.7%) (see Table 5). As the seat of much of Canada's manufacturing sector, this slightly higher increase in ground level ozone might not surprising, but remains a concern for the health of Ontarians (see Figure 20a and 20b).

Table 5. Overall Percentage Change in *Environment* Indicators for Ontario and Canada from 1994 to 2010[a]

Region	Indicators								Overall
	1n	2n	3p	4p	5n	6p	7p	8p	
Ontario	-6.7	2.9	–	–	–	–	–	–	**-1.9**
Canada	-5.7	-9.8	–	–	–	–	–	–	**-7.8**

[a] only the two indicators shown of the original eight indicators within the Environment domain could be disaggregated to the provincial level

Key: 1n = ground level ozone (population weighted in parts per billion)
2n = absolute greenhouse gas emissions (GHG: megatons of CO^2 per year)
3p = primary energy production (petajoules)
4p = water yield in southern Canada (km^3)
5n = Ecological Footprint
6p = viable metal reserves index
7p = Canadian Living Planet Index
8p = marine trophic index

Ontario is one of only two provinces, along with Québec, that has seen its overall GHG emissions decline from 1990 levels. Reductions in GHG emissions have occurred only since 2007 in Ontario, and they remain much higher than anywhere else in the country except Alberta.[16] Together, these two provinces contribute almost 60% of GHG emissions to the national total[17].

Conclusion

All is not well when it comes to the Environment where trends paint a picture that is largely deteriorating. While more efficient industrial processes, a more service-based economy, and cleaner energy generation are positive shifts,[18] the lack of real progress during this 17-year period continues to be a concern. The choices we make in terms of protecting, managing, and/or restoring the environment will dictate not only the state of our lands and waters, but our present and future wellbeing as Canadians.

We can see and feel the impact of environmental degradation. Longer commutes to work increase traffic congestion and emissions. The resulting smog is directly linked to human health – such as respiratory problems – and to deteriorating ecosystems.

[16] Environment Canada. (2014). *Greenhouse gas emissions by province and territory.* Available at http://www.ec.gc.ca/indicateurs-indicators/default.asp?lang=en&n=18F3BB9C-1

[17] Environment Canada. (2013). *National inventory report: Greenhouse gas sources and sinks in Canada 1990-2011*. The Canadian Government's Submission to the UN Framework Convention on Climate Change. Executive Summary. Ottawa, ON: Government of Canada. Retrieved from http://www.ec.gc.ca/Publications/A07ADAA2-E349-481A-860F-9E2064F34822/NationalInventoryReportGreenhouseGasSourcesAndSinksInCanada19902011.pdf

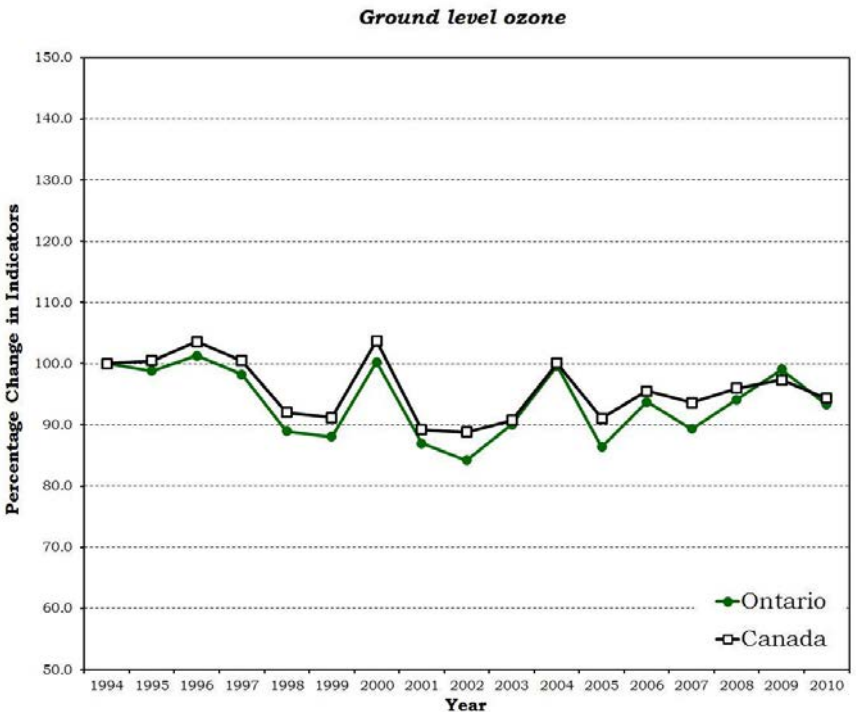
[18] Environment Canada. (2013). *Greenhouse gas emissions per person and per unit gross domestic product.* Retrieved from http://www.ec.gc.ca/indicateurs-indicators/default.asp?lang=en&n=79BA5699-1

Given that there is an increasingly large global population with a voracious and growing demand for our natural capital, it is critical that individuals, industry, and government leaders assess not only the benefits, but the *consequences*, of drawing on the resources provided by the environment. We must find ways to ensure that gains in the economy do not come at the expense of the environment. Our wellbeing depends on bold individual and collective action to reverse these negative trends.

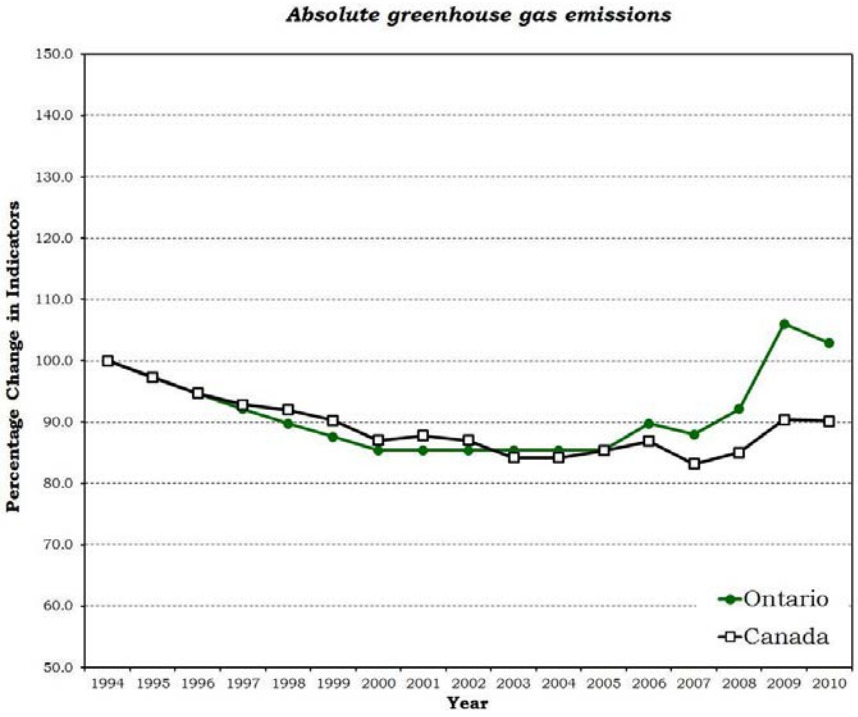
Having more accessible and reliable data on many indicators comprising the Environment domain – at both the national and provincial levels – would make our observations about overall trends in Ontario even more firm. Having such data would not only clarify the picture about the environment for Ontario as well as all other provinces, but would enable a fuller picture of our wellbeing.

Figure 20. Percentage Change in *Environment* Indicators from 1994 to 2010 for Ontario and Canada

20a



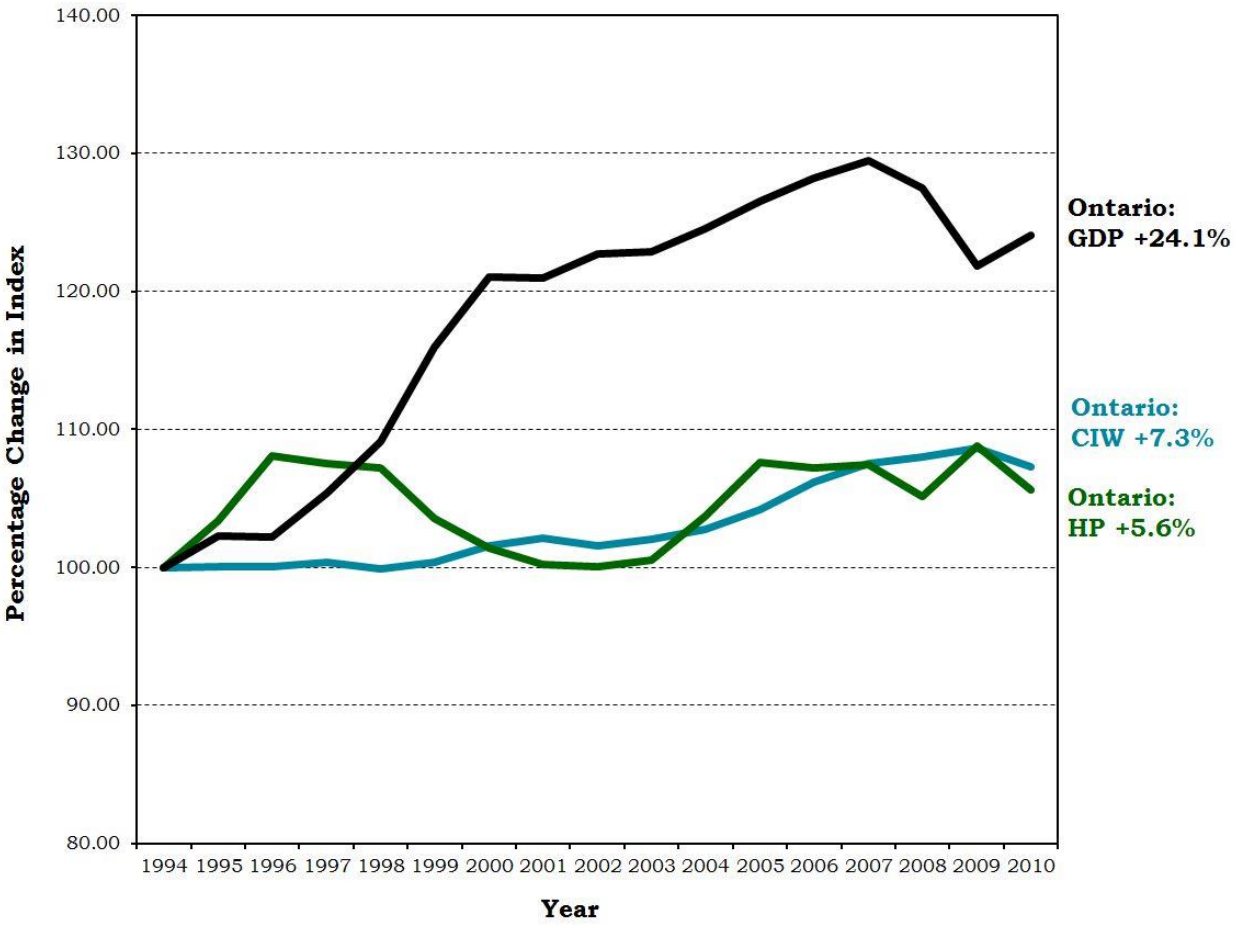
20b



Healthy Populations

The Healthy Populations domain considers the physical, mental, and social wellbeing of the population. It examines life expectancy, lifestyle and behaviours, and the circumstances that influence health as well as health care quality, access, and public health services. In this way, it captures both the overall health of the population ("health status") as well as factors that influence health ("health determinants"). We use a broad perspective for healthy populations because individuals' lifestyles and behavioural are constrained and shaped by broader social factors such as how food is distributed and priced, how houses are constructed and located, how urban transportation is designed, how accessible health care and recreational services are, and how we interact with the natural environment.

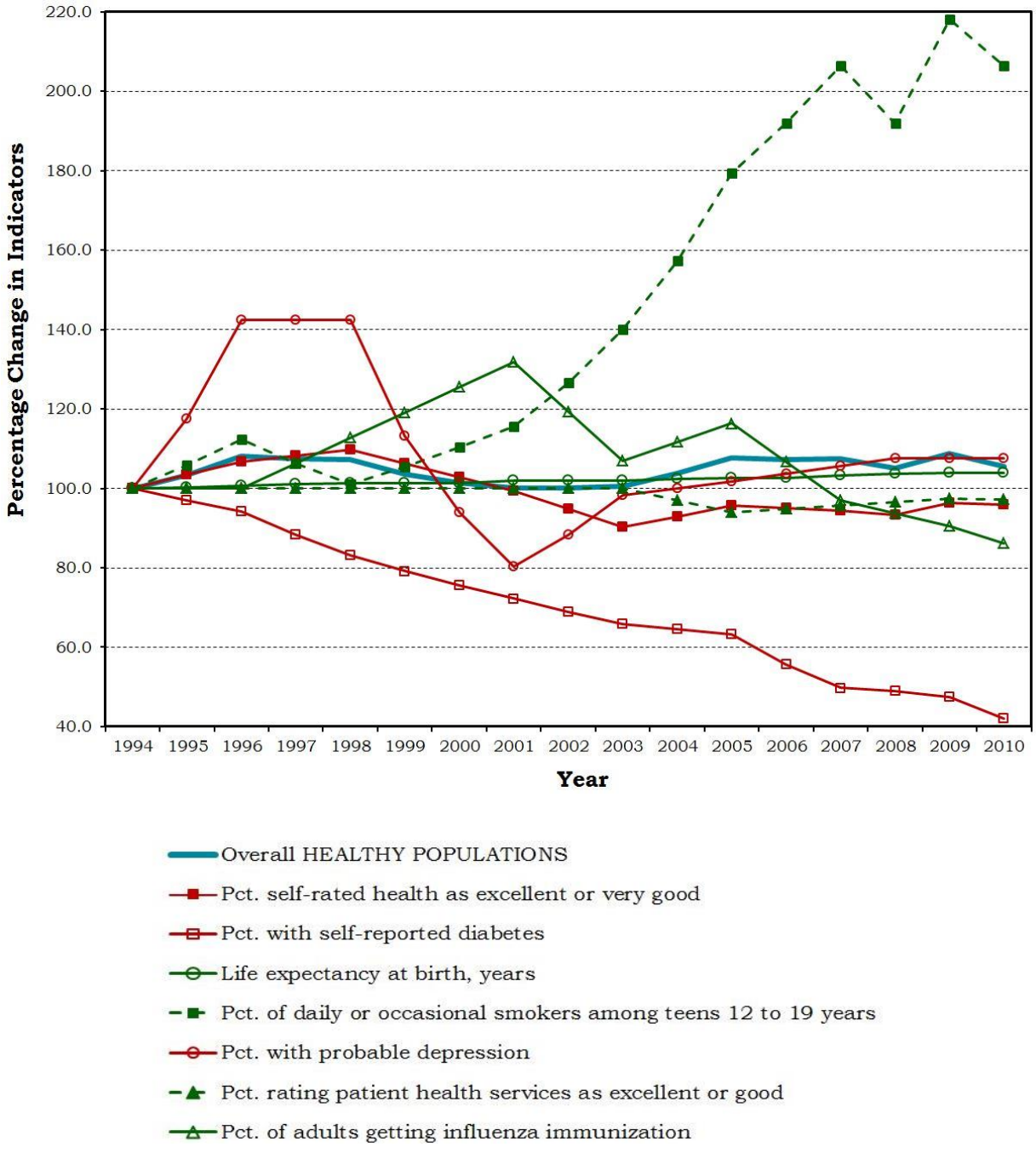
Figure 21. Overall Percentage Change in *Healthy Populations* Domain (1994 to 2010)



Complex signs and systems

Taking Ontario's pulse shows that our overall health is improving, but is it enough? Following a worrying decline in Ontarians' health during the late 1990s and early 2000s, the Healthy Populations domain rose again and stabilised during the late 2000s. This marked an overall increase of 5.6% from 1994 to 2010 – slightly below the 6.1% gain nationally and a far cry from the 24.1% growth in GDP (see Figure 21).

Figure 22. Trends in Indicators of *Healthy Populations* for Ontario (1994 to 2010)



A close look at the indicators reveals contradictory trends. Ontarians are happy with their health care services and some indicators – like the significant decrease in teen smoking and rates of depression – are improving. However, the alarming increase in rates of reported diabetes, fewer flu shots, and a decrease in self-reported health are cause for concern (see Figure 22).

Most Ontarians are happy with their health care services

- 88.1% of Ontarians said in 2010 that the quality of health services is either excellent or good over this 17-year period. Although the percentage dropped very slightly from over 90% prior to 2004, the decline is minor considering the overwhelming concern that Ontarians express over the future of health care.

Fewer Ontarians are likely to be depressed

- Overall, the likelihood of depression decreased among Ontarians by 7.5% since 1994 with most of the improvement occurring since 2001.

- By 2010, one in 20 Ontarians (5.3%) reported probable depression. While this is slightly below 1994 levels (5.7%), the numbers have fluctuated considerably over the years with lowest levels of depression reported in the late 1990s and the highest in the early 2000s where is rose to between 6.5% and 7.0%. While these percentages appear low, the mental health of Ontarians is an ongoing area of concern.

Significantly fewer teens – especially girls – are smoking

- Since 1994, there has been a dramatic decline in the numbers of 12 to19 year-olds who report smoking either occasionally or daily, from 19.2% to 9.3% in 2010. That's a remarkable decline of 106.5%.

- The decline was even more pronounced among teenage girls. In 1994, 23.7% of girls smoked daily or occasionally compared to only 15.1% of boys. However, by 2010, the percentage of girls smoking had dropped to 8.5%.

Overall, Ontarians are living longer …

- Life expectancy rates in Ontario are among the best in the world and continued to improve over the past two decades. On average, an Ontarian born in 2009 could expect to live to be 81.5, up 4.0% from 1994. And someone who was 65 years old in 2009 could expect to live another 20 years.

- Women in Ontario are living longer than men – 83.6 years compared to 79.2 years in 2009. But the gap between men and women is shrinking. Men's life expectancy increased by 3.6 years between 1994 and 2009 compared to 2.5 years for women.

... but 10% don't feel as healthy as they used to

- The percentage of Ontarians who consider themselves as having very good or excellent health peaked in 1998 at 69.7%, then decreased substantially to just 57.3% in 2003. Self-rated health rebounded slightly in 2005 to 60.8% where it has remained – respectable, but it still well below pre-2000 levels.

Flu shot rates have plummeted ...

- In 2001, over three-quarters of Ontarians (76.6%) were getting their influenza immunizations – a 31.8% increase from 1994. Then, despite government marketing campaigns, immunization rates slipped to only half (50.1%) by 2010.

- The slide, which is most significant among younger and mid-aged adults, began in 2001.

... and diabetes is climbing sharply, especially among men

- Reported rates of diabetes have increased almost two and a half times from 1994 to 2010 – from 3.0% of the population in Ontario in 1994 to 7.2% in 2010.

- By 2010, many more men (8.7%) than women (5.8%) were reporting diabetes, which reversed the pattern seen in 1994 when more women reported diabetes (3.3%) than men (2.7%).

How well is Ontario doing on *Healthy Populations* compared to Canada as a whole?

The trend in Healthy Populations for Ontario is very similar to Canada as a whole. It has shown an overall increase of 5.6% compared to 6.1% for the rest of the country. However, Ontario took quite divergent paths to a similar result (see Figure 23).

Ontario was very similar to Canada as a whole in three respects: rising life expectancy, the slight decline in self-reported "very good or excellent" health, and in the troubling increase in the incidence of diabetes.

The decrease in teen smoking rates is a success story nationally, but especially in Ontario where smoking among 12 to 19 year olds is down 21.5% more in Ontario than for Canada overall. Rates of depression in Ontario have also declined by 7.5% since 1994, whereas they have actually increased across Canada by 3.6% (see Table 6).

In contrast, even though satisfaction with the quality of health services remains quite high in Ontario, it has declined by almost 3% while in Canada as a whole it has increased by 4.6%. Perhaps of greater concern, is the significant decline in the percentage of Ontarians who report getting immunized against influenza – down by 13.8% since 1994 – compared to the 11.1% increase across the country over the same period (see Figure 24a to 24g).

Figure 23. Percentage Change in *Healthy Populations* for Ontario and Canada (1994 to 2010)

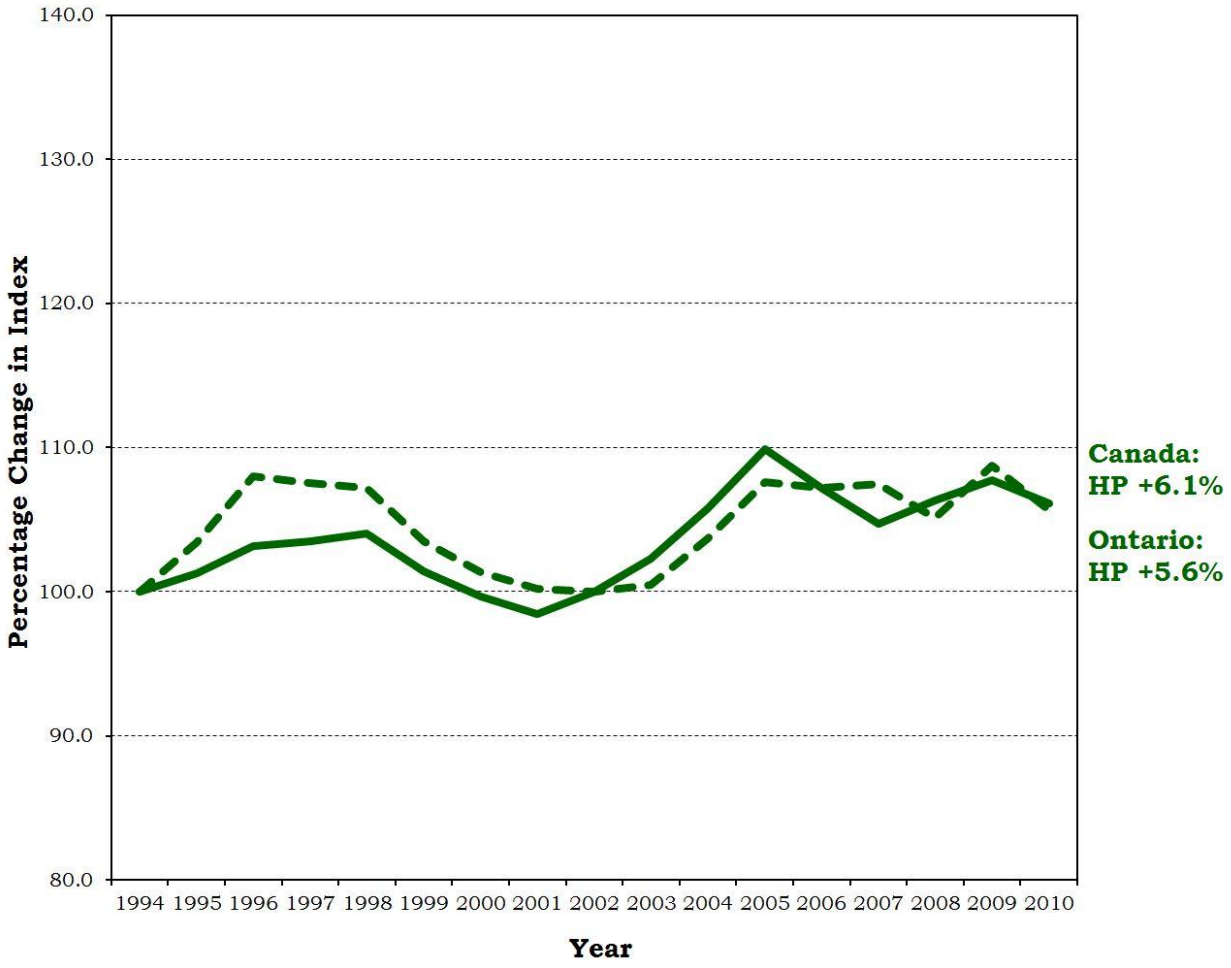


Table 6. Overall Percentage Change in *Healthy Populations* Indicators for Ontario and Canada from 1994 to 2010[a]

Region	Indicators								Overall
	1p	2n	3p	4n	5n	6p	7p	8p	
Ontario	-4.1	-57.9	4.0	106.5	7.5	-2.8	-13.8	–	**5.6**
Canada	-4.8	-53.1	3.7	85.0	-3.6	4.6	11.1	–	**6.1**

[a] only the seven indicators shown of the original eight indicators within the Healthy Populations domain could be disaggregated to the provincial level

Key: 1p = percentage reporting self-rated health as very good or excellent
2n = prevalence of diabetes (percentage of population)
3p = life expectancy at birth in years
4n = percentage of teens (12 to 19 year olds) who are occasional/daily smokers
5n = percentage of population with probable depression
6p = patient satisfaction with overall health services, rating them as excellent or good
7p = percentage of adults getting influenza immunization
8p = average remaining years expected to be lived in good health (avg. HALE 15+)

Conclusion

While an increase in the Healthy Populations domain is positive, it is a modest gain in an area that is vital to our individual and collective wellbeing. The gain also hides troubling symptoms that must be addressed. As the Roman poet Virgil wrote, "The greatest wealth is health." This is true for individuals and for communities. The linkages between the health of Ontarians and other domains for overall wellbeing cannot be overstated. Without health, people cannot be fully engaged with their families, in their community, in our democracy, in leisure, work or the pursuit of lifelong learning.

We all have a role in ensuring a healthier Ontario. Individuals have a responsibility to take care of themselves proactively through healthy diets, exercise, and immunization. Communities have a similar responsibility by ensuring access to nutritious foods, by maintaining quality living environments, and by creating conditions that support population health. Greater and collective challenges, such as an ageing population, skyrocketing diabetes, and ongoing mental health challenges, need broader public policy solutions.

Policies to address these challenges must also address disparities in health status for many in our communities. We must close those gaps to ensure that all Ontarians have similar access to and positive outcomes from our health care system. Part of the solution lies in recognising that health extends beyond primary care. It's a function of individual lifestyles and behaviours as well as a function of our social and physical environment. As concluded by the World Health Organization's Commission on *Social Determinants of Health,*[19] action is needed on social justice and equity-oriented measures, such as poverty alleviation, better access to health care and medications, and affordable housing.

[19] Commission on Social Determinants of Health. (2008). *Closing the gap in a generation: Health equity through action on the social determinants of health.* Final Report of the Commission on Social Determinants of Health. Geneva, Switzerland: World Health Organization.

Figure 24. Percentage Change in *Healthy Populations* Indicators for Ontario and Canada from 1994 to 2010

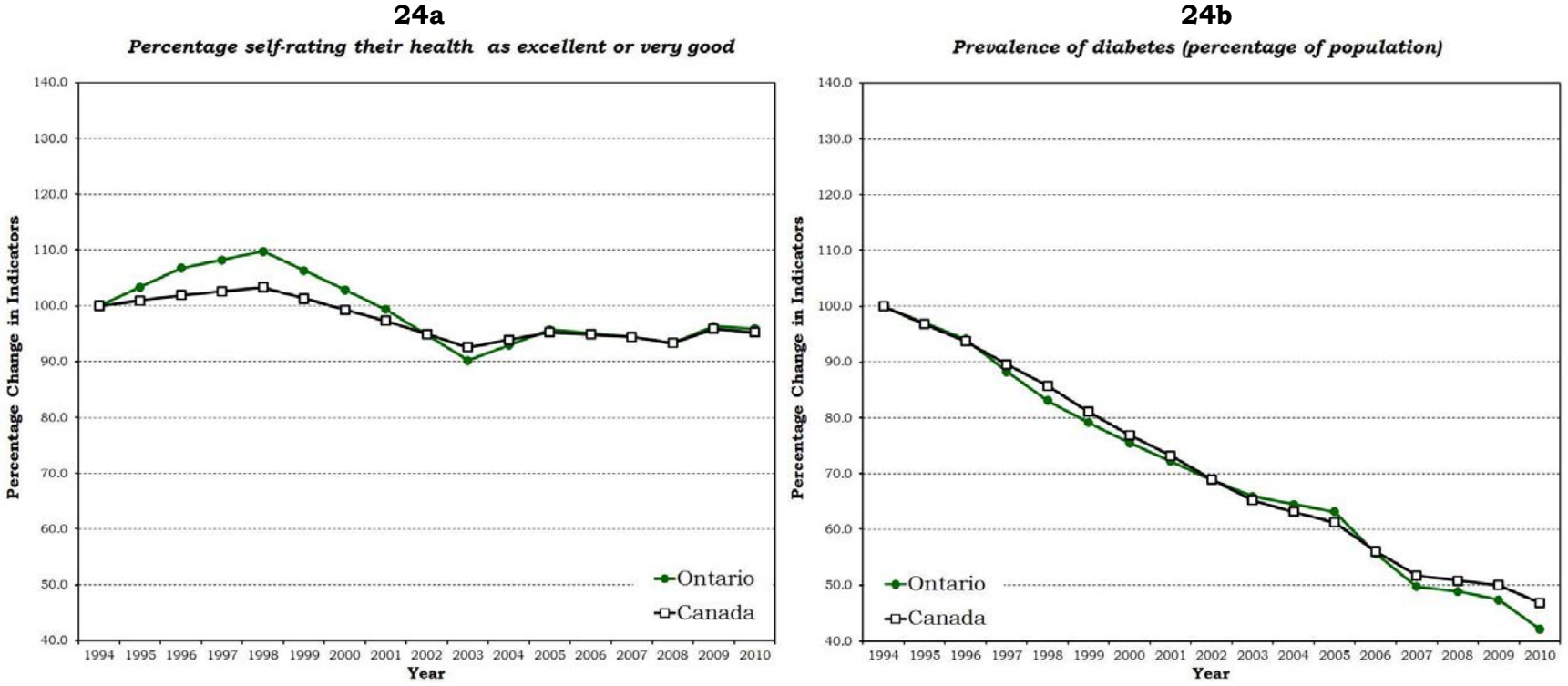
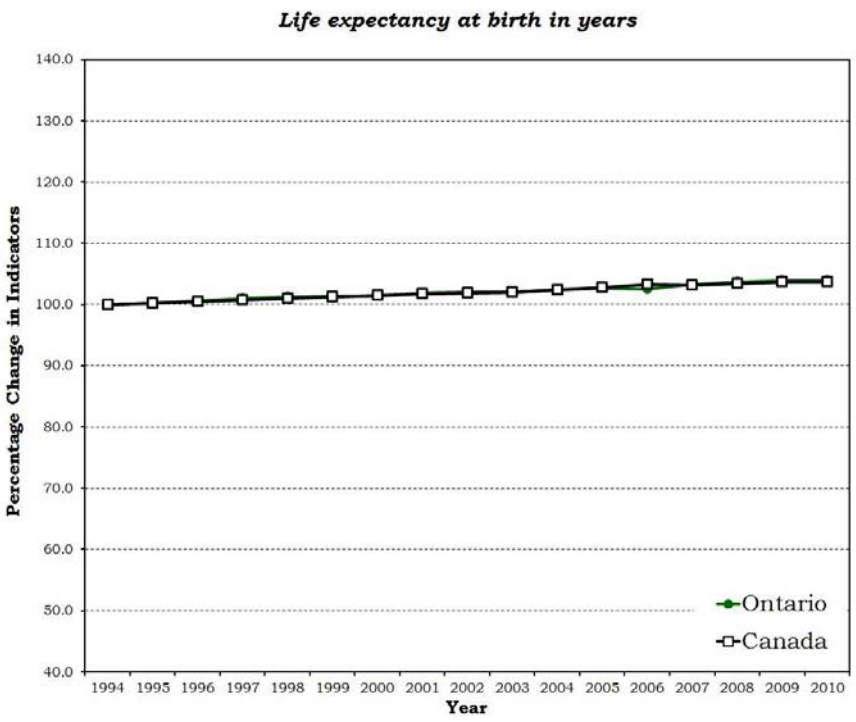


Figure 24. Percentage Change in *Healthy Populations* Indicators for Ontario and Canada from 1994 to 2010 (continued)

24c



24d

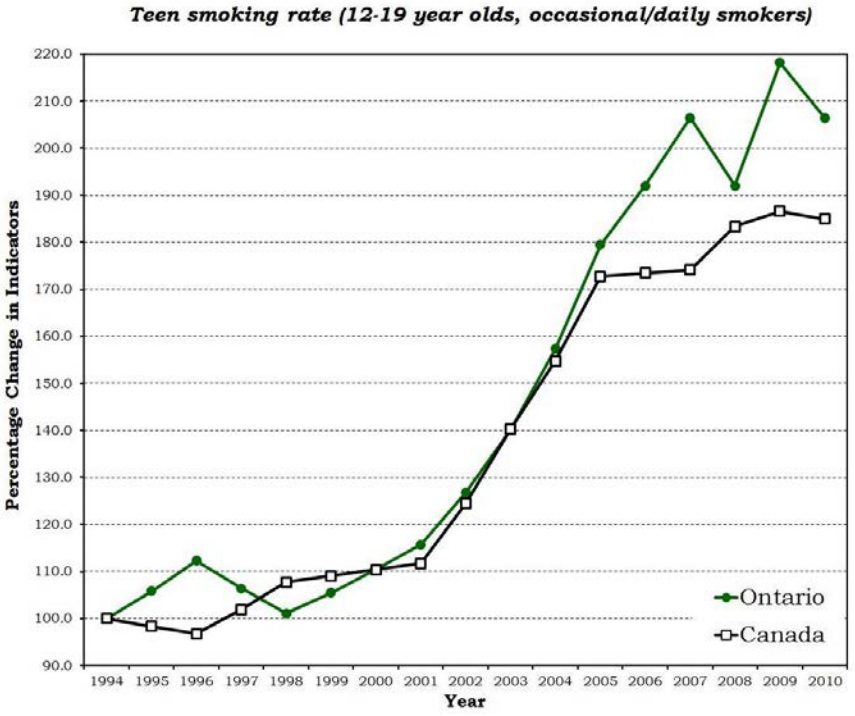


Figure 24. Percentage Change in *Healthy Populations* Indicators for Ontario and Canada from 1994 to 2010 (continued)

24e

Percentage of population with probable depression

24f

Patient satisfaction with overall health services

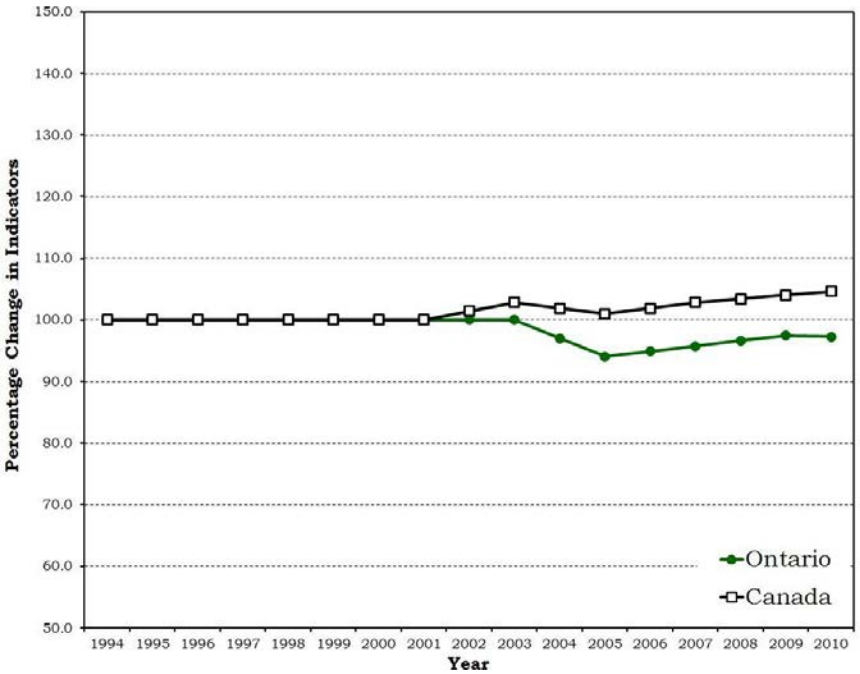
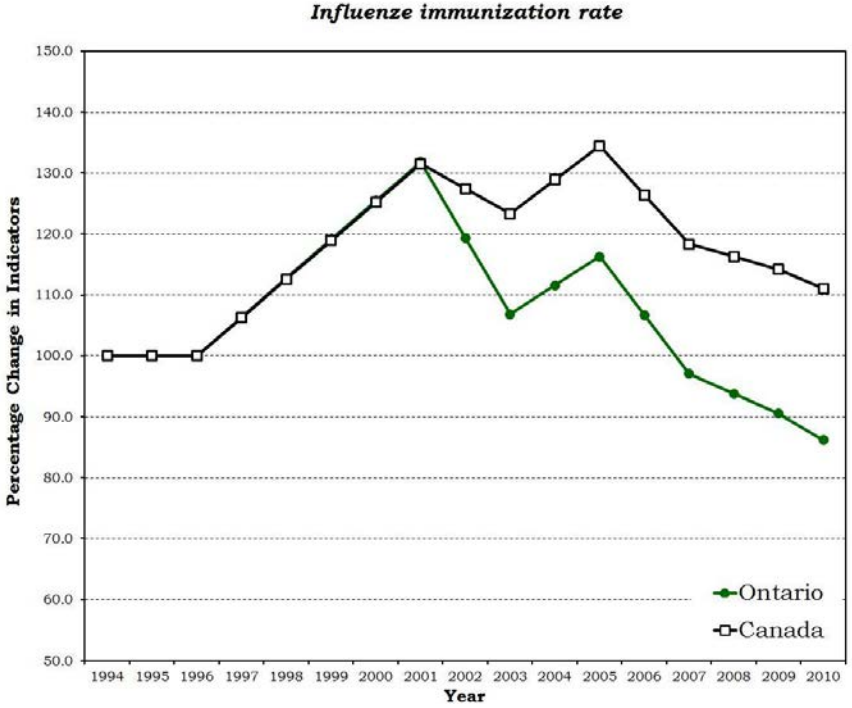


Figure 24. Percentage Change in *Healthy Populations* Indicators for Ontario and Canada from 1994 to 2010 (continued)

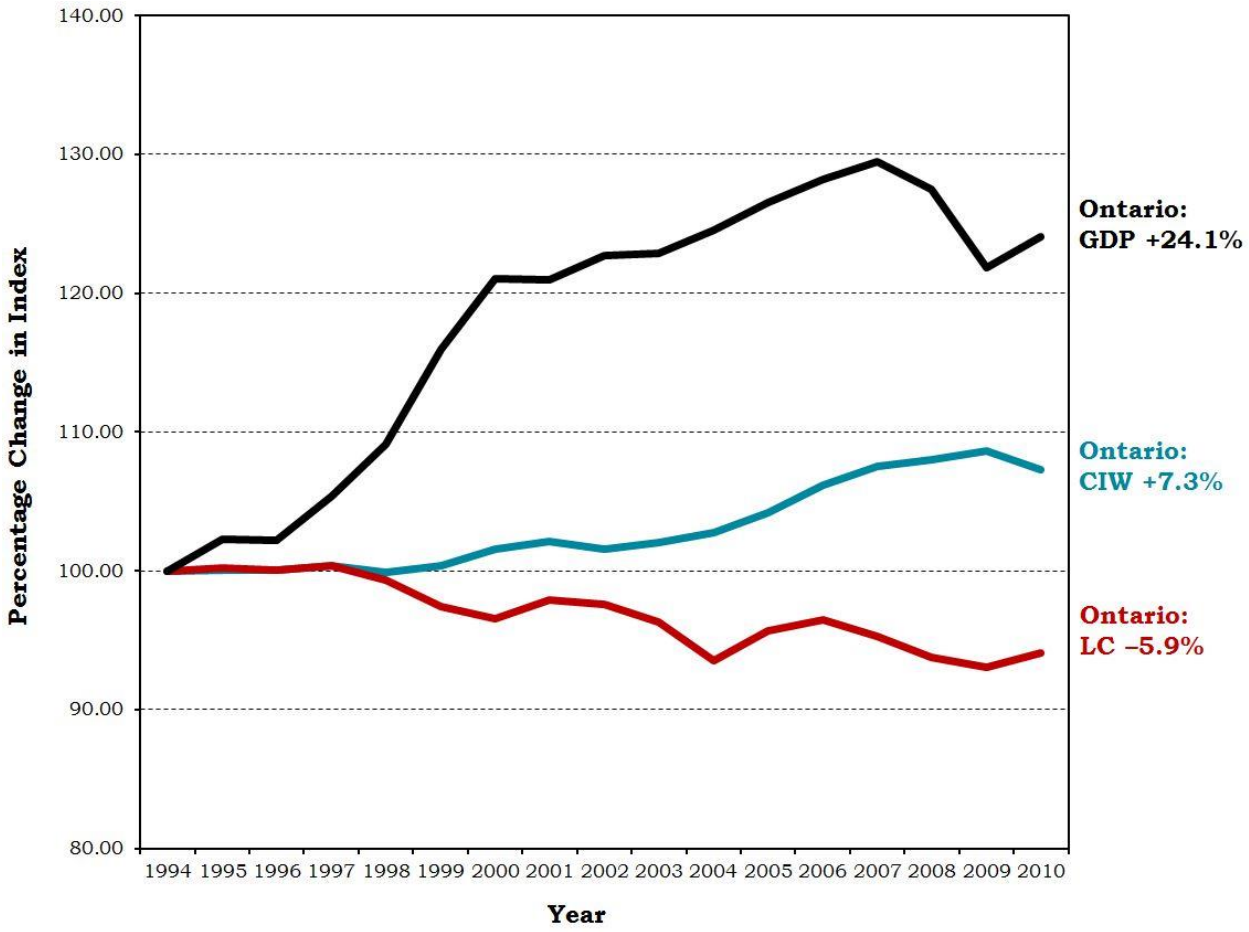
24g



Leisure and Culture

By participating in leisure and cultural activities, whether arts, culture, or recreation, we contribute to our wellbeing as individuals, to our communities, and to society as a whole. The myriad of activities and opportunities we pursue and enjoy benefit our overall life satisfaction and quality of life. As forms of human expression, they help to fully define our lives, the meaning we derive from them, and ultimately, our wellbeing. This is true throughout our lives and for all social groups, all ages, and both genders. The impact of participation in leisure and cultural activities is even greater for people in marginalized groups, such as people living with disabilities, those living in poverty, and minority populations.

Figure 25. Overall Percentage Change in the *Leisure and Culture* Domain (1994 to 2010

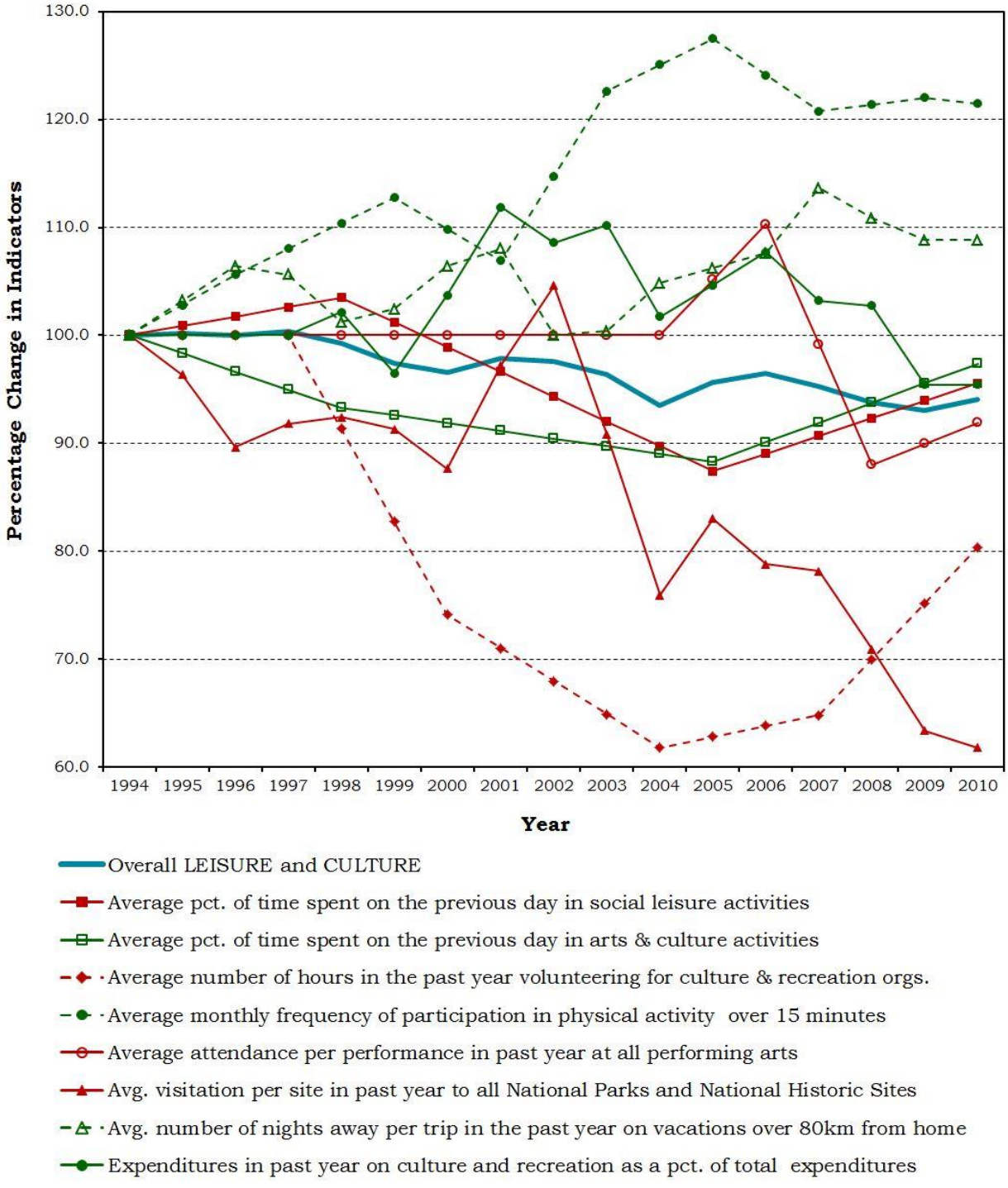


Where have all the good times gone?

The Leisure and Culture domain is the only domain in Ontario other than the Environment to see an overall decline since 1994, falling by 5.9% (see Figure 25).

Positive trends include greater participation in physical activity and slightly longer vacations. However, decreasing engagement in social leisure and the arts, lower rates of volunteerism, and declining household spending in the domain are of growing concern for our wellbeing if they are not soon reversed (see Figure 26).

Figure 26. Trends in Indicators of *Leisure and Culture* for Ontario (1994 to 2010)



Ontarians, especially women, are socialising less than 17 years ago …

- By 2010, Ontarians spent 4.4% less time on average engaged in social leisure activities on the previous day than they did in 1994. This decline represents 30 to 40 minutes each week that we no longer spend socialising with friends and family. Since 2005, participation in social leisure activities has slowly begun to increase, but remains below 1994 levels.

- Women spend a greater percentage of their time socialising than men do, but the decline in participation was felt almost entirely by women who saw a 7% drop in their social leisure whereas men experienced a less than 1% drop.

… and are also spending less time engaged in arts and culture

- Time spent engaged in arts and culture activities dropped by almost 12% between 1994 and 2005. Despite increasing after 2005, participation was still 2.6% below 1994 levels in 2010.

- Similar to social leisure, women spend more time engaged in arts and culture activities. However, women's declining participation – down almost 4% – accounts almost entirely for the drop among Ontarians.

Except for seniors, Ontarians are volunteering fewer hours in culture and recreation

- Between 2007 and 2010, the percentage of Ontarians who volunteer edged up from 47% to 48%[20]. Yet the time spent volunteering for culture and recreation organisations dropped by an average of almost 10 hours annually, from 49.7 hours in 1994 to 40.0 hours in 2010. Despite the drop, men were still volunteering an average of 15 more hours each year than women between 1994 and 2010.

- The reduction in volunteer time was reflected in all age groups except Ontarians over 65 years of age who actually showed an increase of 11.5% in their volunteering.

Attendance at performing arts performances has dropped …

- Attendance at the performing arts was uneven throughout the 2000s. Between 2004 and 2006, average attendance per performance rose by over 10%, yet two years later it had fallen almost 12% below 1994 levels. The decline from 2006 to 2008 – before the recession even started – represented one in every four attendees to the performing arts. Attendance has started to rebound slowly, but it dropped by 8.1% overall between 1994 and 2010.

[20] Vézina, M., & Crompton, S. (2012). *Volunteering in Canada*. Statistics Canada Catalogue no. 11-008-X, Canadian Social Trends. Retrieved from http://www.statcan.gc.ca/pub/11-008-x/2012001/article/11638-eng.pdf

... overall spending on culture and recreation is down ...

- Ontarians' spending on culture and recreation also dropped significantly after 2006. Despite rising steadily in the first part of the decade, the percentage of Ontarians' total household income spent on culture and recreation dropped by 4.5% from 1994 to 2010. The reduction occurred regardless of whether household income went up or down.

- This is a troubling trend because such spending is something that Ontarians – and all Canadians – have traditionally protected even in difficult economic times.

... and young people are the most affected

- All age groups saw reductions of between 2% to 2.5% in their annual household spending for culture and recreation. One exception is for Ontarians under the age of 25. In their case, spending decreased much more, falling from almost 27% of their total household income in 1997 to 20.6% by 2010. This decrease is more than three times larger than for almost all other age groups. In contrast, as more baby boomers enter retirement, there appears to be a slight trend upwards in their spending on culture and recreation.

More positively, many Ontarians are physically active almost every day

- Participation in physical activity lasting more than 15 minutes rose steadily from about 21 to 27 times per month between 1994 and 2005. It levelled off to about 26 times per month after 2006 for a percentage increase of 21.5%.

- Even though older adults in Ontario show similar trends in their participation in physical activity between 1994 and 2010, they are participating at much lower levels than all other age groups.

Ontarians are taking slightly longer vacations ...

- The average number of nights Ontarians spent away from home on holidays remained steady throughout the late 1990s and early 2000s. The average increased steadily from 2003 to 2007, rising by 13.3%. After 2007, however, average nights away suddenly decreased by almost 5% undoubtedly reflecting the impact of the recession on holiday travel. Over the 17-year period from 1994 to 2010, average nights away increased by 8.8% overall. Interestingly, the highest average increase in nights away was enjoyed principally by those with lower household incomes.

... but are not visiting National Parks and Historic Sites

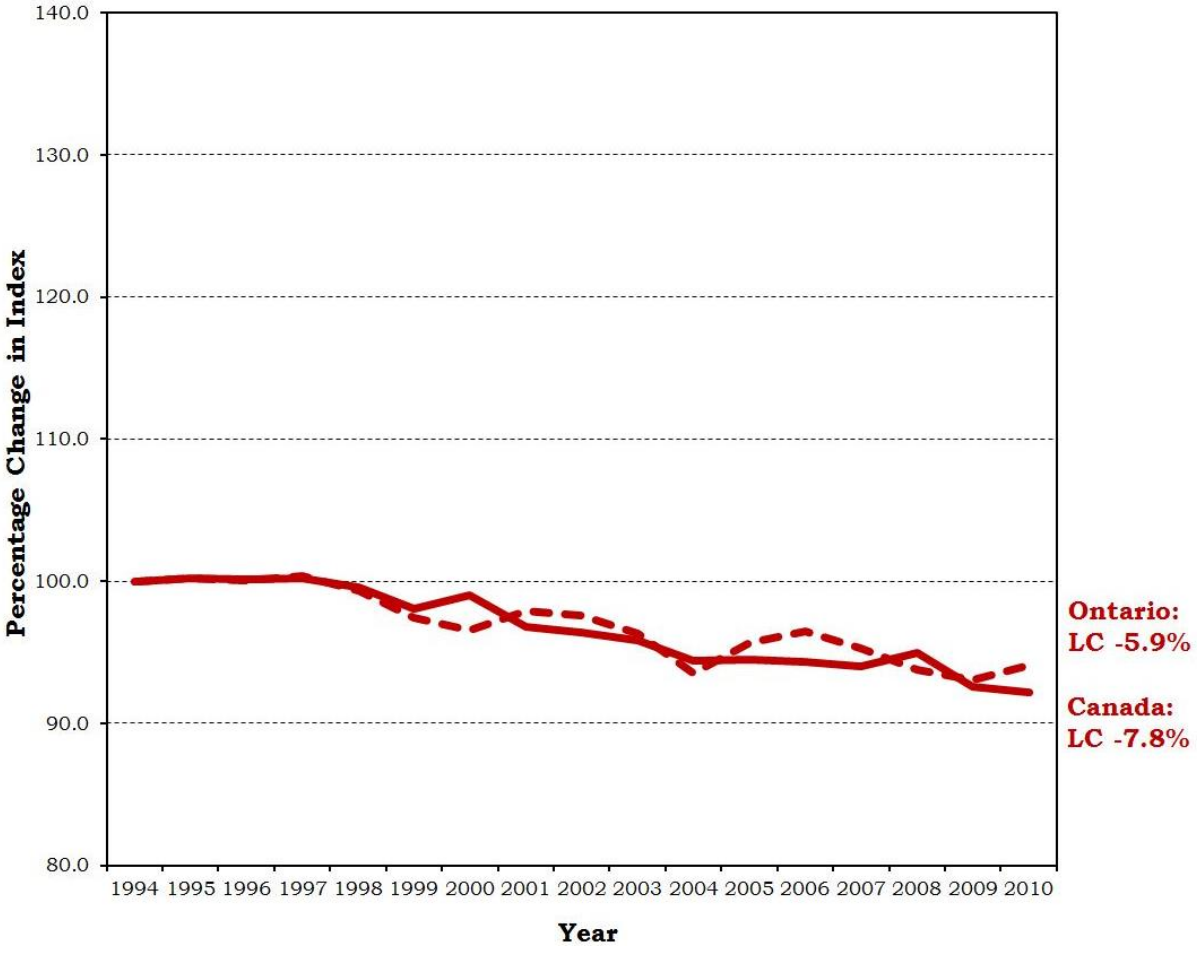
- Annual visits to the National Parks and National Historic Sites of Canada in Ontario have dropped by 38.2% from 1994 to 2010. In real terms, that's a decrease of roughly 92,000 annual visitors. Visitation to Ontario Provincial

Parks also declined over the same time period,[21] although not to the same extent. Engagement with the natural environment appears to be in decline generally and visitation to our National Parks and Historic Sites is not simply being experienced in other parks or protected areas. These declines mean that fewer Ontarians are receiving the social, psychological, and physical benefits from interacting with nature.

How well is Ontario doing on *Leisure and Culture* compared to Canada as a whole?

Overall, the negative trend in Ontario from 1994 to 2010 for the Leisure and Culture domain followed a similar, although less severe downward path than in Canada (5.9% and 7.8%, respectively). However, any decline in wellbeing over this period is cause for concern, especially because it occurred during times of economic growth and prosperity in the province (see Figure 27).

Figure 27. Percentage Change in *Leisure and Culture* for Ontario and Canada (1994 to 2010)



[21] Ontario Ministry of Natural Resources. (2011). *State of Ontario's Protected Areas Report*. Toronto, ON: Queen's Printer for Ontario. Retrieved from www.mnr.gov.on.ca/stdprodconsume/groups/lr/@mnr/@sorr/documents/document/stdprod_085564.pdf

Declines in the amount of time Ontarians spent in social leisure activities (down by 4.4%) and in arts and culture activities (down by 2.6%) were not as severe as in the rest of the country (down by 19.7% and 8.5%, respectively), but visitation to National Parks and National Historic Sites decreased by a much greater extent than in Canada as a whole (down 38.2% in Ontario and 28.7% in the country overall). Also, monthly participation in physical activity by Ontarians has gone up since 1994 by 21.5%, but not as much as the increase seen in Canada as a whole at 24.0% (see Table 7).

Table 7. Overall Percentage Change in *Leisure and Culture* Indicators for Ontario and Canada from 1994 to 2010[a]

Region	Indicators								Overall
	1p	2p	3p	4p	5p	6p	7p	8p	
Ontario	-4.4	-2.6	-19.6	21.5	-8.1	-38.2	8.8	-4.5	**-5.9**
Canada	-19.7	-8.5	-21.9	24.0	-10.7	-28.7	7.2	-4.1	**-7.8**

Key: 1p = average percentage of time spent on previous day in social leisure activities
2p = average percentage of time spent on previous day in arts and culture activities
3p = average number of hours in past year volunteering for culture and recreation organisations
4p = average monthly frequency of participation in physical activity over 15 minutes
5p = average attendance per performance in past year at all performing arts
6p = average visitation per site in past year to National Parks and National Historic Sites
7p = average number of nights away per trip in past year on vacations over 80km from home
8p = expenditures in past year on culture and recreation as a percentage of total household expenditures

Reductions in volunteerism in leisure and culture were similar in both Ontario and Canada (down by 19.6% and 21.9%, respectively). Similarly, declines in household spending on culture and recreation were almost identical with a 4.5% drop in Ontario compared to a 4.1% drop nationally.

Finally, attendance at the performing arts declined in Ontario and Canada by 8.1% and 10.7% respectively. Consequently, fewer people are enjoying opportunities to engage our arts community and to experience important expressions of what it means to be Canadian (see Figure 28a to 28h).

Conclusion

Leisure and culture make significant contributions to our personal and collective wellbeing. They provide opportunities for strong social relationships and enrichment, and help shape our personal, community, and national identity. They give us a sense of who we are as a people. For these reasons the overall decline in the engagement of Ontarians in leisure and cultural activities is troubling.

The significant drop in leisure time activity among women is noteworthy and may very well reflect their increased feelings of time crunch which includes increasing unpaid time helping others living on their own. While there is some comfort in knowing that participation in physical activity has increased slightly over recent years, given the challenge of an ageing population, increased chronic diseases such as diabetes, and obesity-related health challenges, it would be of greater benefit to see a substantial increase in physical activity, especially among the boomers as many of them enter retirement.

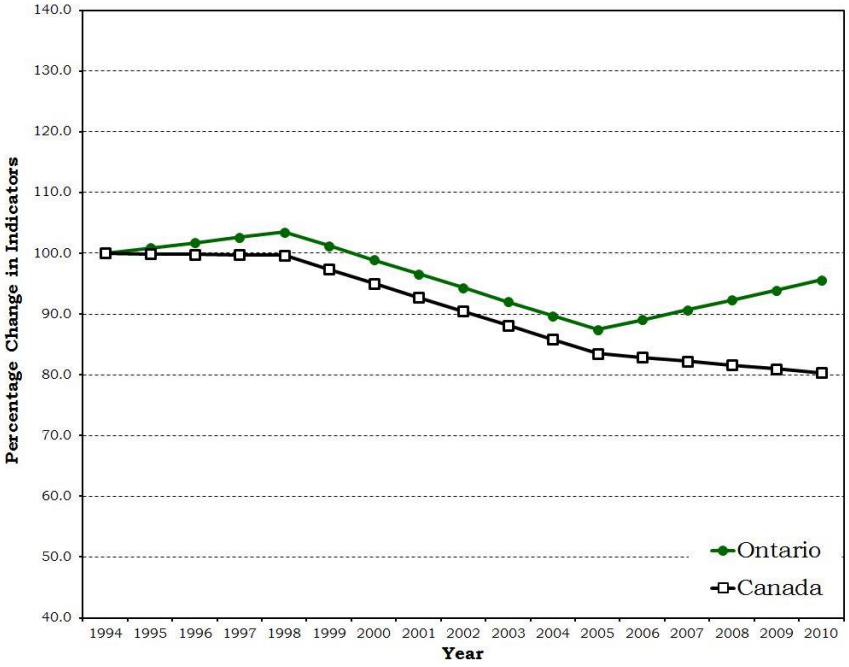
Equally worrying is that over the past several years, public agencies and non-profit, voluntary organisations responsible for the provision of leisure and culture programmes, services, facilities, and other opportunities have seen an ongoing shift away from core funding. Now, they are also faced with declining volunteer hours. Not only do volunteers lose some of the benefits of volunteering, such as socialising, learning new skills, and feeling fulfilled, but many citizens may lose opportunities for accessing leisure and culture programmes and services that are often provided by volunteers.

These trends strike at the very heart of our leisure time – at what makes us who we are. They bode poorly for the wellbeing of individuals, communities, and society. Should they continue, the benefits associated with having leisure and culture as key components in the lifestyles of Ontarians and in our communities will simply not be realised. We must strengthen our capacity to provide meaningful and accessible venues and opportunities for leisure and culture for all Canadians.

Figure 28. Percentage Change in *Leisure and Culture* Indicators for Ontario and Canada from 1994 to 2010

28a

Average percentage of time spent in social leisure activities



28b

Average percentage of time spent in arts and culture activities

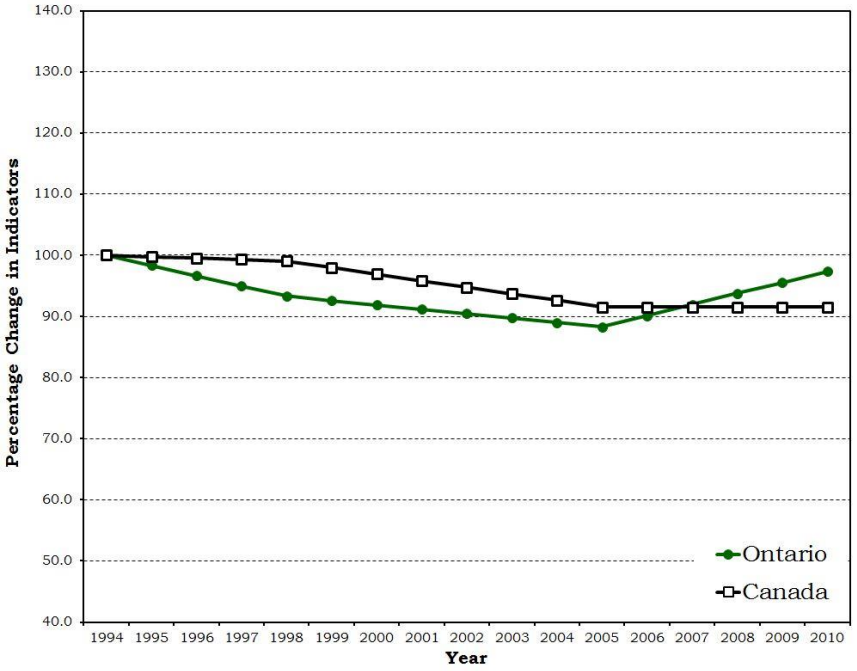
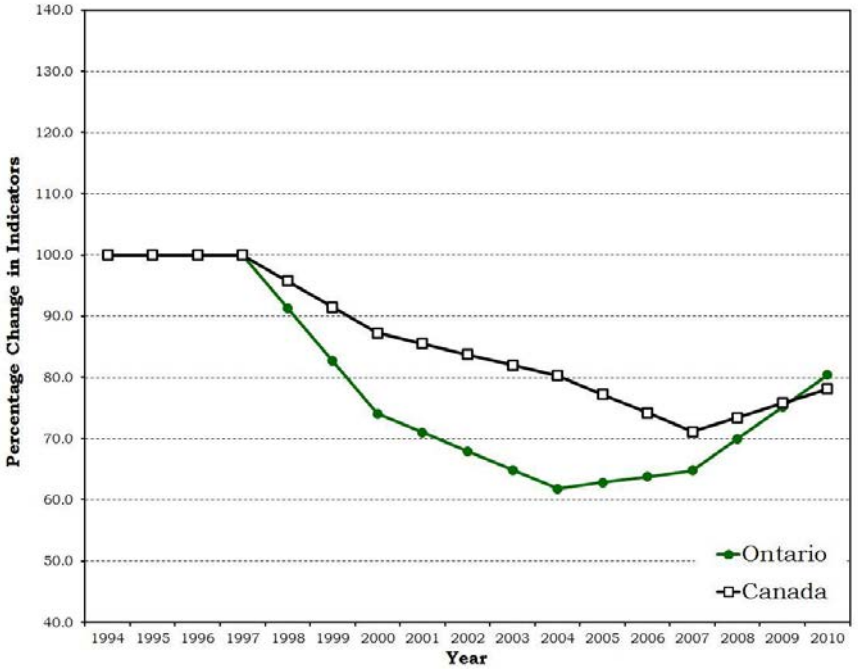


Figure 28. Percentage Change in *Leisure and Culture* Indicators for Ontario and Canada from 1994 to 2010 (continued)

28c

Avg. hours spent volunteering for culture and recreation orgs.



28d

Average monthly participation in physical activity

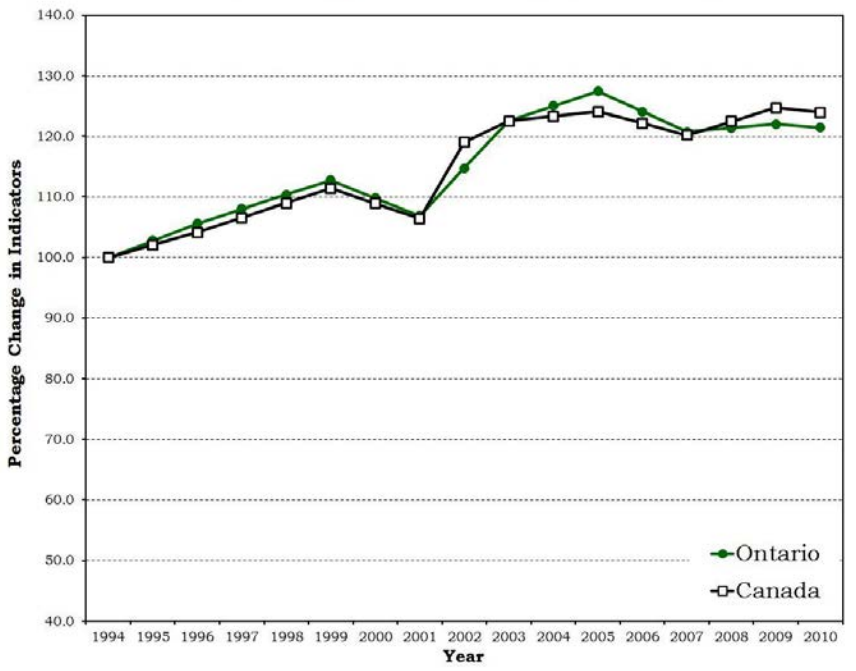
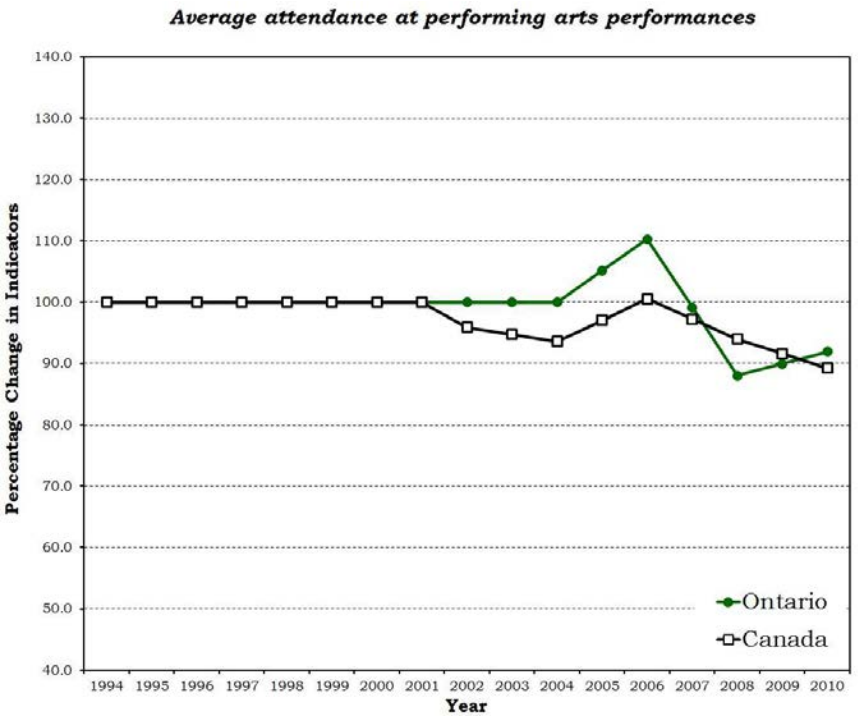


Figure 27. Percentage Change in *Leisure and Culture* Indicators for Ontario and Canada from 1994 to 2010 (continued)

28e



28f

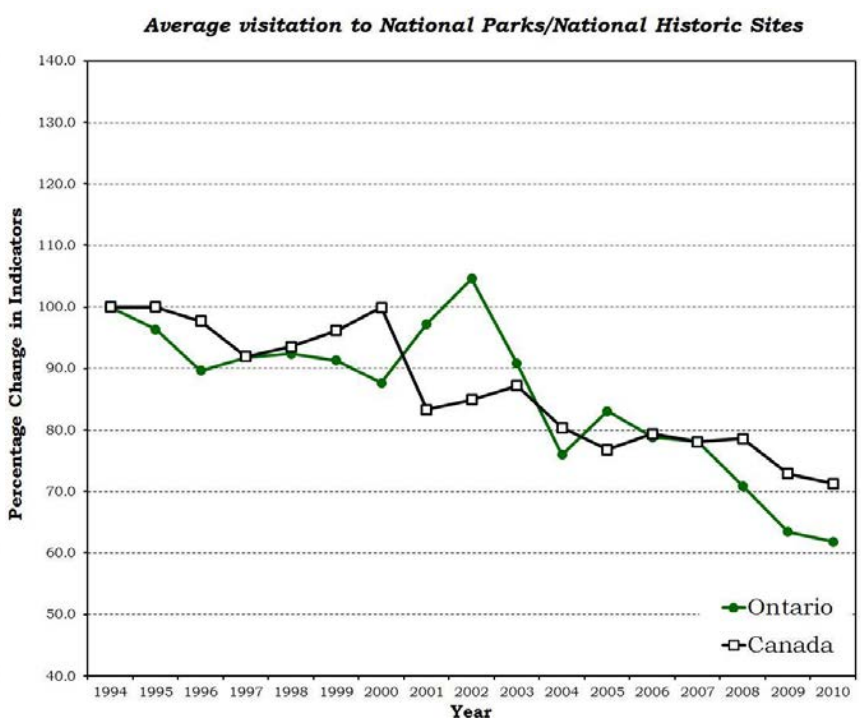
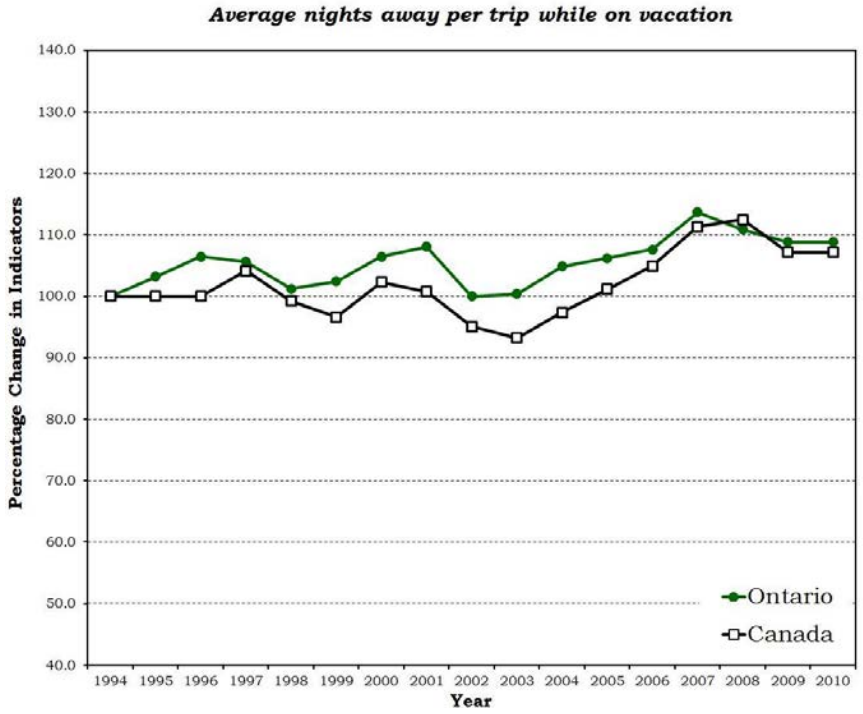
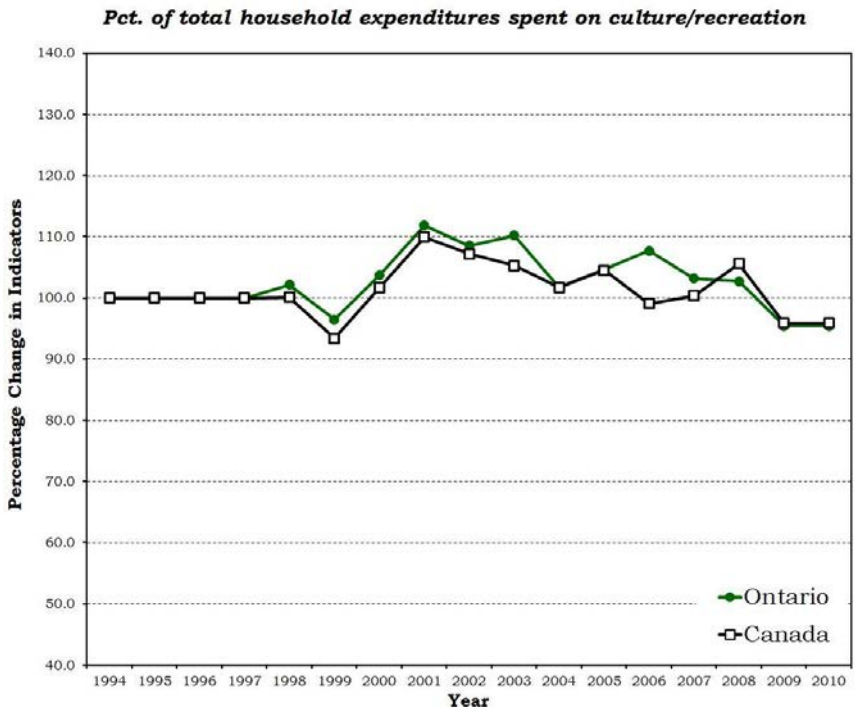


Figure 27. Percentage Change in *Leisure and Culture* Indicators for Ontario and Canada from 1994 to 2010 (continued)

28g



28h



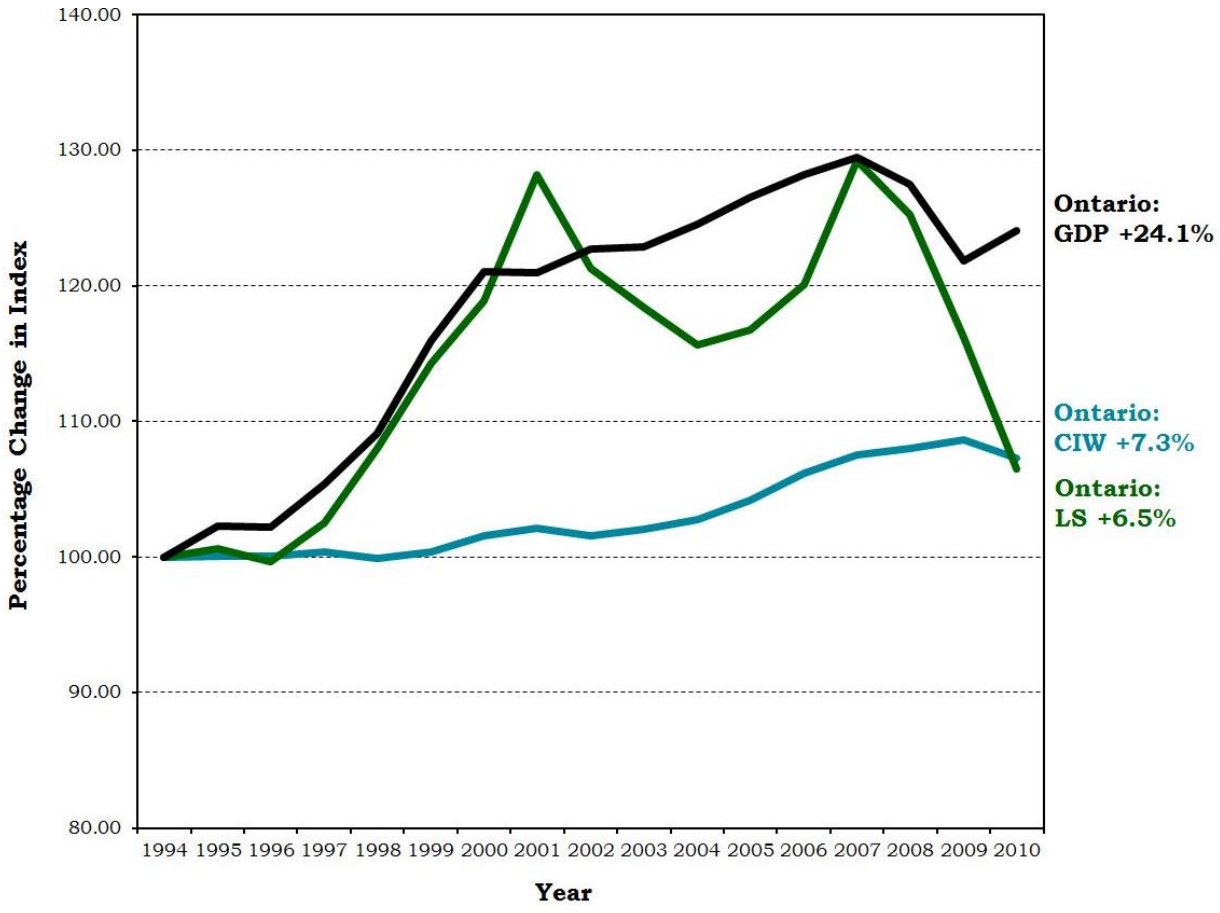
Living Standards

The Living Standards domain examines Canadians' average and median income and wealth, distribution of income and wealth including poverty rates, income fluctuations and volatility, and economic security, including labour market security, housing security, and security provided by the social safety net.

The objective of the Living Standards domain is to track not only the capacity of the Canadian economy to grow, but more importantly, its capacity to transform economic growth into stable current and future income streams for Canadians. Economic growth does not automatically translate into better living standards for all Canadians. A given level of income, for example, may be obtained at the cost of increased inequality or greater economic insecurity. It may be fuelled by poor quality job creation or fail to achieve basic economic outcomes, such as reducing poverty or providing basic housing to individuals and families.

Among our circle of friends, are they satisfied with the state of their personal finances, are they seeing great job opportunities, or are they finding it harder to make ends meet?

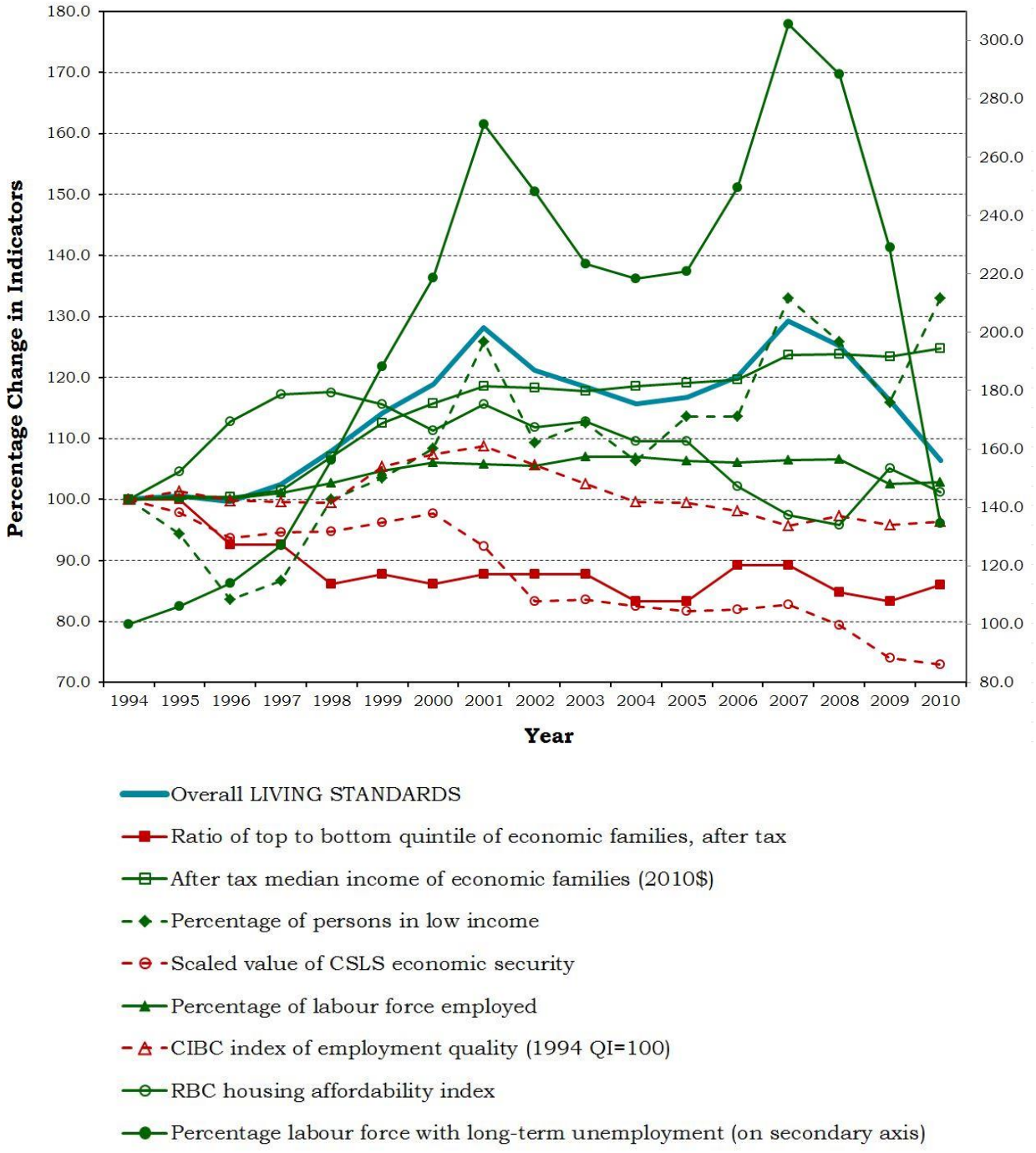
Figure 29. Overall Percentage Change in the *Living Standards* Domain (1994 to 2010)



Acute economic anxiety and insecurity

Ontarians are reeling from the fluctuations in Living Standards over the 17-year period from 1994 to 2010 (see Figure 29). Although the living standards of Ontarians improved considerably between 1994 and 2007 with an overall increase of 29.2% – essentially matching the growth in GDP at 29.5% – there was a sharp drop following the recession of 2008. By 2010, the increase in living standards in Ontario was at only 6.5%, reflecting a decline of 22.7% in just three years.

Figure 30. Trends in Indicators of *Living Standards* for Ontario (1994 to 2010)



Most indicators have either stagnated or sharply deteriorated in recent years resulting in the current downward trend (see Figure 30). The overall increase in living standards also masks the steady decrease in Ontario's economic security over the same period. While GDP in Ontario also declined post-recession, it is showing signs of recovery. Not so the living standards of Ontarians who lag behind their Canadian counterparts who saw an increase in the Living Standards domain of 14.3%.

Ontarians have been earning more on average …

- The after-tax median income of families in Ontario increased 24.8% from 1994 to 2010. In constant dollars, median incomes rose from an average of $52,900 in 1994 to $66,000 by 2010.

… and poverty has declined somewhat …

- The poverty rate for all persons in Ontario, measured by the after tax low income cut-off (LICO) rate, was 8.8% in 2010, down from 11.7% in 1994. This represents an overall 33.0% decrease over the 17-year period. Still, almost one in ten Ontarians is living in poverty – many of them children.

… but inequality is increasing

- Despite the gains in decreasing poverty, the ratio of after-tax income of the top 20% of households to the bottom 20% of households rose 13.9% between 1994 and 2010 in Ontario, with the largest gap occurring in 2004, 2005, and again in 2009 (16.7%).

- The top 20% of earners received the greatest benefit in rising incomes. According to the Conference Board of Canada, the gap in real after-tax average income between the richest and the poorest grew by over 40% between 1994 and 2009.[22]

Employment rates have been on a roller-coaster …

- Ontario's long-term unemployment rate fell from 19.7% in 1994 to 6.4% in 2007, but rose sharply again to 14.6% by 2010. Over the entire 17-year period from 1994 to 2010, the percentage of Ontarians unemployed for more than 52 weeks decreased overall by 34.5%, but long-term unemployment jumped by a staggering 171% from 2007 to 2010. Much of that increase has been felt by younger Ontarians 15 to 24 years of age who saw their long-term unemployment rate rise to 18.9% in 2010.

- The percentage of the working age population that is employed increased overall by 2.8% since 1994. The employment rate reached 63.7% in 2003, up from 59.6% in 1994. It remained fairly stable until 2008, representing a 6.5% increase since 1994. However, in the two years that followed, the percentage of

[22] Conference Board of Canada. (2009). *Canadian income inequality. Is Canada becoming more unequal?* Retrieved from http://www.conferenceboard.ca/hcp/hot-topics/caninequality.aspx

employed Ontarians has dropped to 61.3%, a 3.7% decline, which represents more than half of the gains made between 1994 and 2008.

… job quality in Ontario has declined …

- Employment quality in Ontario, as measured by the CIBC Employment Quality Index (EQI), peaked in 2001, which was 8.7% higher than in 1994. In the years since 2001, the quality of Ontarians' employment has steadily declined, falling to its lowest levels in 2007 when it was 13.0% below its peak in 2001. In the years since 2007, job quality has fluctuated somewhat, but over the entire 17-year period, it has decreased by 3.6%.

… and economic security has dropped dramatically

- The measure of the risks associated with unemployment, with illness, from single parent poverty, and from poverty in old age, provides a scaled value of economic security.[23] This index quantifies all of these risks to paint a picture of economic security. From 1994 to 2010, the index decreased consistently in Ontario for an overall decline of 27.1%. In other words, Ontarians have a much higher risk of being economically insecure in 2010 than they did in 1994.

Home ownership affordability in Ontario remains the same

- Based on the Royal Bank of Canada's (RBC) Housing Affordability Index, homes in Ontario were generally at their most affordable between 1996 and 2005. During that decade, the Index improved by between 9.5% and 17.6% over 1994 levels. After 2005, housing affordability declined, even dropping below 1994 levels in 2007 and 2008. After all of the ups and downs between 1994 and 2010, overall housing affordability in Ontario increased by just 1.2%.

How well is Ontario doing on *Living Standards* compared to Canada as a whole?

Ontario's increase of 6.5% in living standards falls well short of the overall increase of 14.3% realised across Canada as a whole (see Figure 31). Ontario showed strong increases in its living standards in 2001 when they rose by 28.2% compared to 18.6% in the rest of the country, and in 2007 when they rose again to 29.2% compared to 26.4% nationally. The decline in Ontario's living standards since 2007 has been far more dramatic, falling by 22.7% compared to a decline of 12.1% in Canada. The significant downturn is largely due to the recession.

The increase in living standards had trended upwards quite similarly to GDP over the 17-years from 1994 to 2007, but since 2008, declined far more severely. Unlike GDP, however, Living Standards in Ontario have not shown signs of recovering.

[23] Osberg, L. (2009). *Measuring economic security in insecure times: New perspectives, new events, and the Index of Economic Well-being.* Centre for the Study of Living Standards Research Report 2009-12. Ottawa, ON: CSLS. Retrieved from www.csls.ca/reports/csls2009-12.pdf

Figure 31. Percentage Change in *Living Standards* for Ontario and Canada (1994 to 2010)

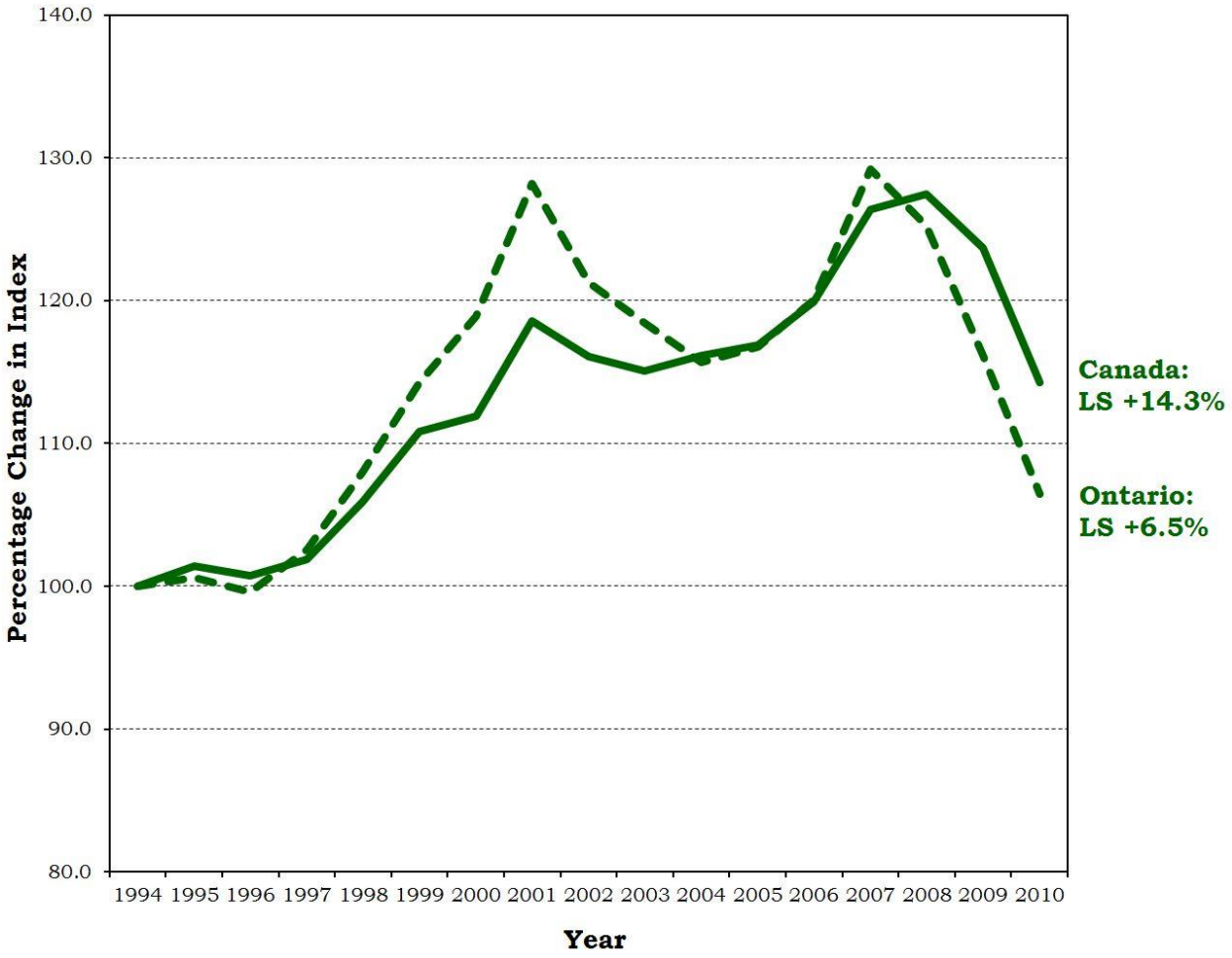


Table 8. Overall Percentage Change in *Living Standards* Indicators from 1994 to 2010 for Ontario and Canada

Region	Indicators								Overall
	1n	2p	3n	4p	5n	6p	7p	8p	
Ontario	-13.9	24.8	33.0	-27.1	34.5	2.8	-3.6	1.2	**6.5**
Canada	-11.4	28.6	55.6	-13.9	51.7	5.5	-2.8	0.8	**14.3**

Key: 1n = ratio of top to bottom quintile of economic families, after tax
2p = after tax median income of economic families (2010$)
3n = percentage of persons in low income (incidence of poverty)
4p = scaled value of economic security (CSLS)
5n = incidence of long-term unemployment
6p = percentage of labour force employed
7p = CIBC index of employment quality
8p = RBC housing affordability index

Although trends over time have been similar, in every respect other than housing affordability, the indicators for living standards in Ontario have performed worse than in the rest of the country (see Table 8), and in some cases, much worse:

- The decline in economic security in Ontario has been almost twice as severe as in Canada as a whole (down by 27.1% and 13.9%, respectively).
- The decrease in the percentage of people living in poverty in Ontario falls well short of the decrease in Canada as a whole (down by 33.0% and 55.6%, respectively).
- Decreases in long-term unemployment of 34.5% in Ontario have not matched the 51.7% improvement seen nationally.
- The 2.8% increase in the percentage of people employed in Ontario is only half the increase of 5.5% in Canada as a whole.
- Job quality has worsened across the country, but the 3.6% decline in Ontario is slightly worse than the 2.8% decline overall in Canada.
- Median income has grown by 24.8% in Ontario, but it also trails the 28.6% increase in Canada as a whole. Ontario lead Canada as a whole throughout the late 1990s and early 2000s, but its growth in median income has fallen behind since 2005.
- At 13.9%, the increase in Ontario's income gap is slightly greater than the national average of 11.4%. Ontario's income gap surpassed the Canadian average in 2003 and has not narrowed significantly since.
- The only indicator where Ontario outpaces Canada ever so slightly is the RBC housing affordability index. Here, housing affordability – already an issue of debate in Ontario – improved by 1.2% compared to a 0.8% improvement nationally.

Poignantly, while some indicators reflect overall trends in Ontario that should be regarded as positive, they suffer by comparison to those reflected overall in Canada as a whole (see Figure 32a to 32h). Apart from the more recent impact of the 2008 recession, the early 2000s appear to be pivotal in trends in Ontario's living standards compared to Canada as a whole. After initially showing reductions in poverty similar to Canada as a whole, Ontario has been falling further behind since 2001. Similarly, Ontario trails the country with respect to median income and a growing income gap since the mid-2000s.

Conclusion

Many aspects of Ontarians' living standards did not improve between 1994 and 2010. In fact, they've experienced widening income inequality, substantial increases in long-term unemployment, decreases in economic security and lower job quality. These trends tend to hide the important poverty reductions over the same period and increases in the median income of Ontario families. However, since 1998, the gap

between rich and poor has remained largely the same, and if such inequality is not addressed, our communities or society will not thrive.[24]

Looking at the years following the 2008 recession, the living standards of Ontarians have taken a big blow, declining by 18.7%. These trends do not bode well given the sluggish economic recovery and contradictory predictions for economic growth in the province. Despite GDP and jobs rebounding slightly beyond pre-recession levels, job quality continues to decline,[25] and Ontario's long-term unemployment rate is still higher than before the recession. In fact, the OECD urged Canada to provide targeted assistance for those who are long-term unemployed. In their 2013 employment outlook report, Canada was cited as offering the least protection among OECD nations for both full and part-time workers in the industrialized world.[26]

Beyond the numbers, insecurity remains palpable. Those individuals in the middle of the income gap, who may not be on the margins yet, are feeling increasingly vulnerable and economically insecure. In 2013, over 40% of Ontarians were living paycheque to paycheque.[27] Increasing personal debt levels, the potential for rising interest rates, and a tight job market are keeping many people awake at night.

There is more to life than money, but our living standards are invariably linked to several domains of wellbeing. Such things as being able to work with stable employment, feeling financially secure, and having affordable housing all have a significant impact on our ability to fully engage in our communities and in leisure and culture. They impact our use of time, our ability to afford our children's education, or to pursue our own continuing education. In the short term, worsening living standards have an impact on our stress levels and lead to deterioration of our health. In the longer term, they are a predictor of physical and mental health for our children as well as their academic success. At the same time, supporting educational attainment is critical in maintaining and increasing living standards, and healthy people and communities generate higher living standards.

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[24] See, for example, Stiglitz, J.E. (2012). *The price of inequality*. New York: W.W. Norton; Wilkinson, R., & Pickett, K. (2009). *The spirit level: Why more equal societies almost always do better*. London: Allen Lane/Penguin.

[25] Tal, B. (2013). *CIBC Employment Quality Index: Job Quality – Not what it used to be*. CIBC Canadian Research Services. Toronto, ON: CIBC. Retrieved from http://research.cibcwm.com/economic_public/download/eqi-cda-20130610.pdf

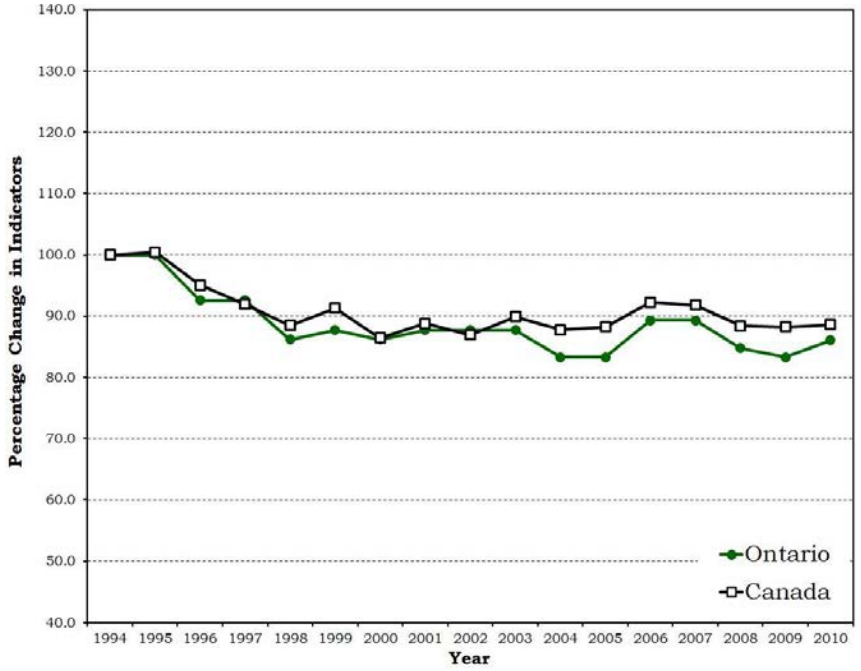
[26] OECD. (2013). *OECD employment outlook 2013*. OECD Publishing. Retrieved from http://dx.doi.org/10.1787/empl_outlook-2013-en

[27] Canadian Payroll Association. (2013). *CPA survey shows huge gap between retirement needs and savings for Canadian employees: Fewer living pay cheque to pay cheque, but long-term financial health remains troubling*. Toronto, ON: Canadian Payroll Association. Retrieved from http://www.payroll.ca/cpadocs/Media/NewsReleases/2013_NPW_Survey_National.pdf

Figure 32. Percentage Change in *Living Standards* Indicators for Ontario and Canada from 1994 to 2010

32a

Ratio of top to bottom quintile of economic families



32b

After tax median income of economic families

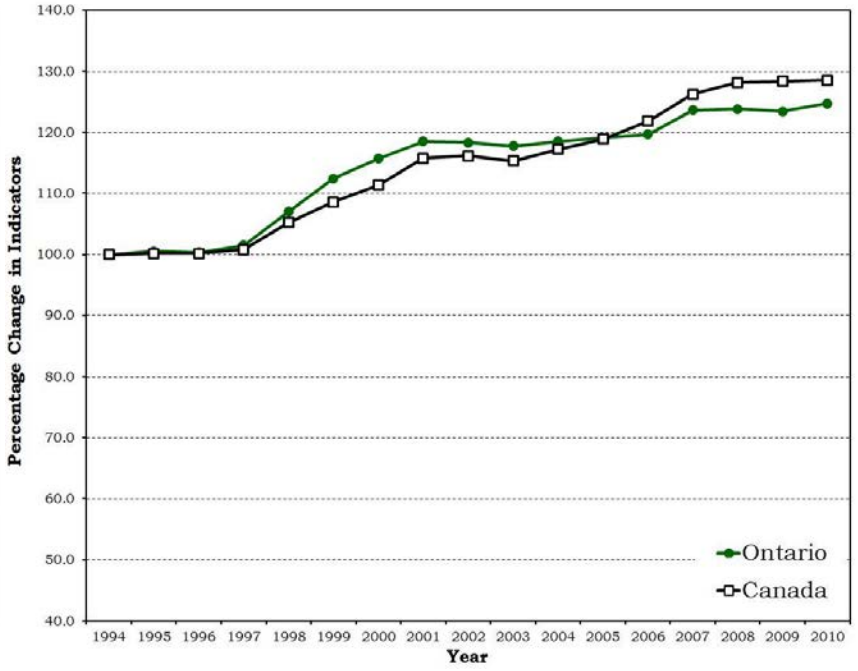


Figure 32. Percentage Change in *Living Standards* Indicators for Ontario and Canada from 1994 to 2010 (continued)

32c

Incidence of poverty

32d

Scaled value of economic secuirty

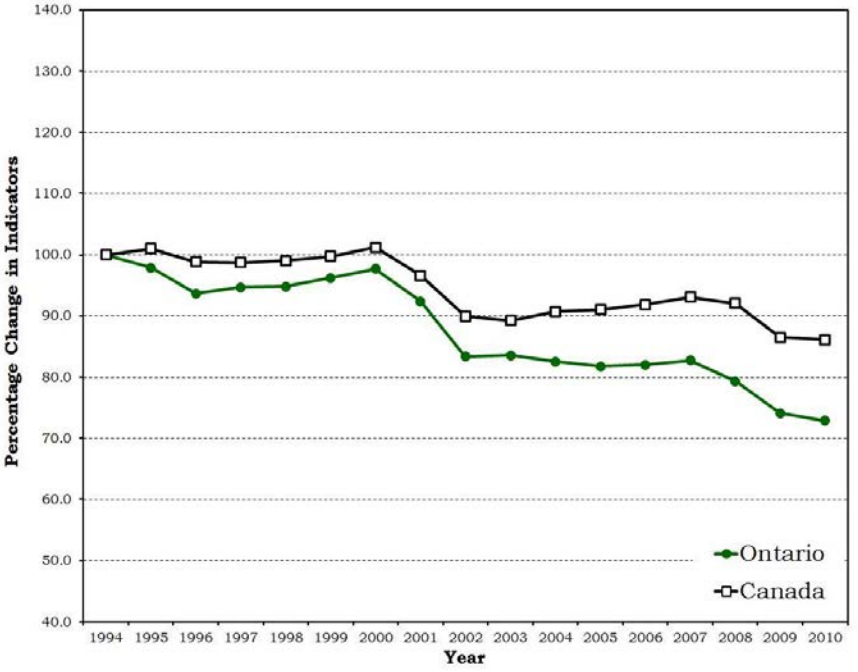
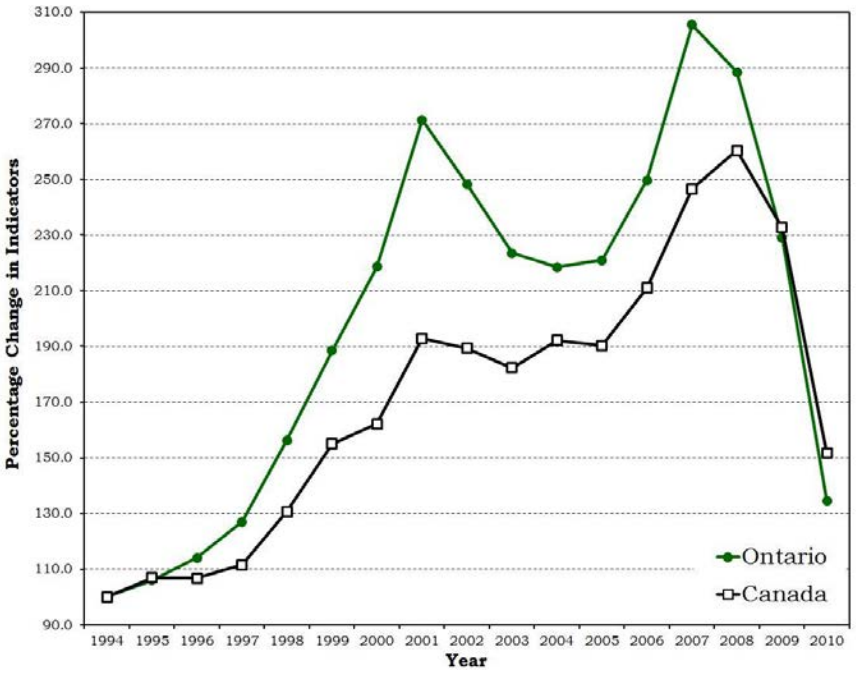


Figure 32. Percentage Change in *Living Standards* Indicators for Ontario and Canada from 1994 to 2010 (continued)

32e

Incidence of long-term unemployment



32f

Employment rate

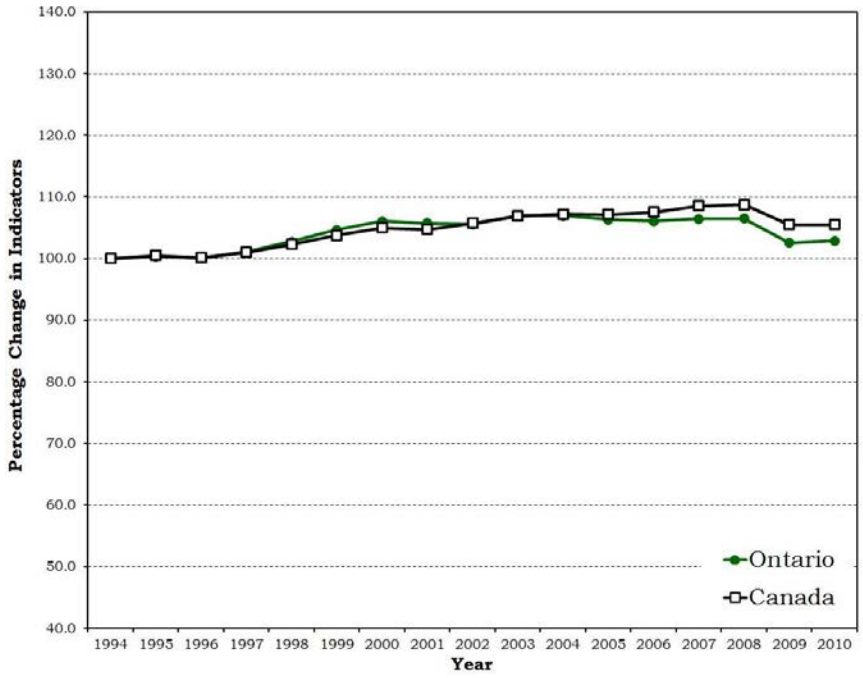
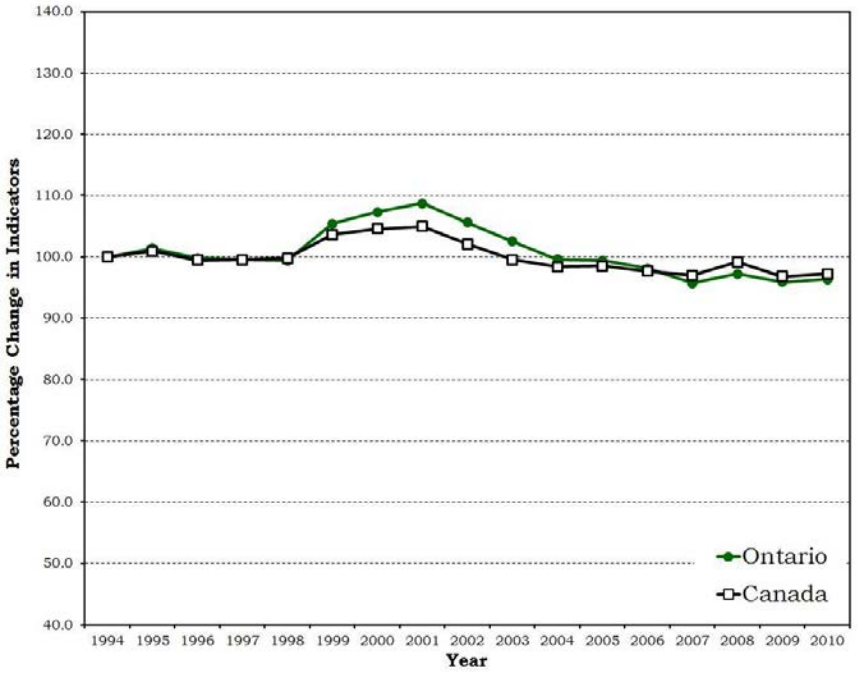


Figure 32. Percentage Change in *Living Standards* Indicators for Ontario and Canada from 1994 to 2010 (continued)

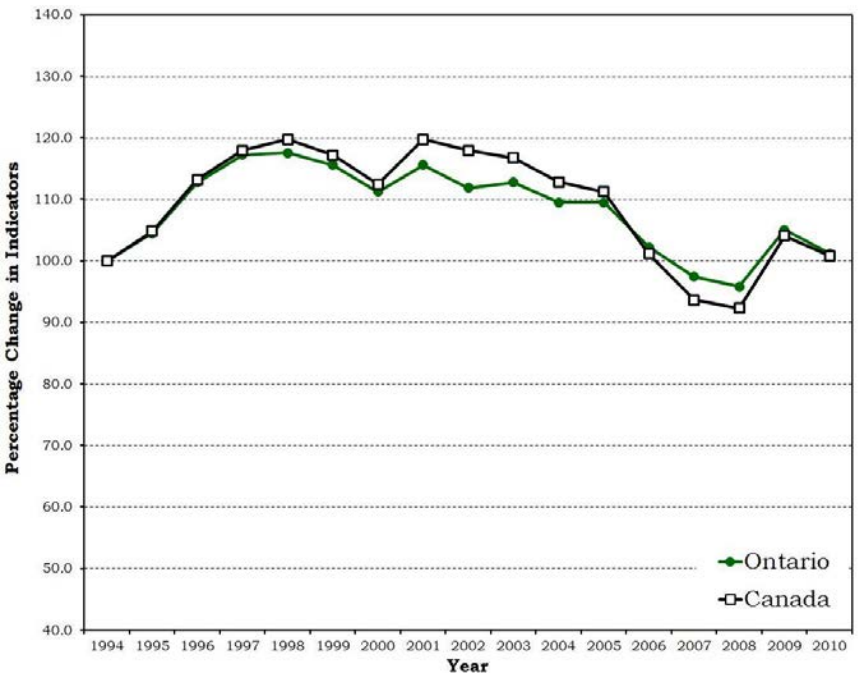
32g

CIBC index of employment quality



32h

RBC housing affordability index

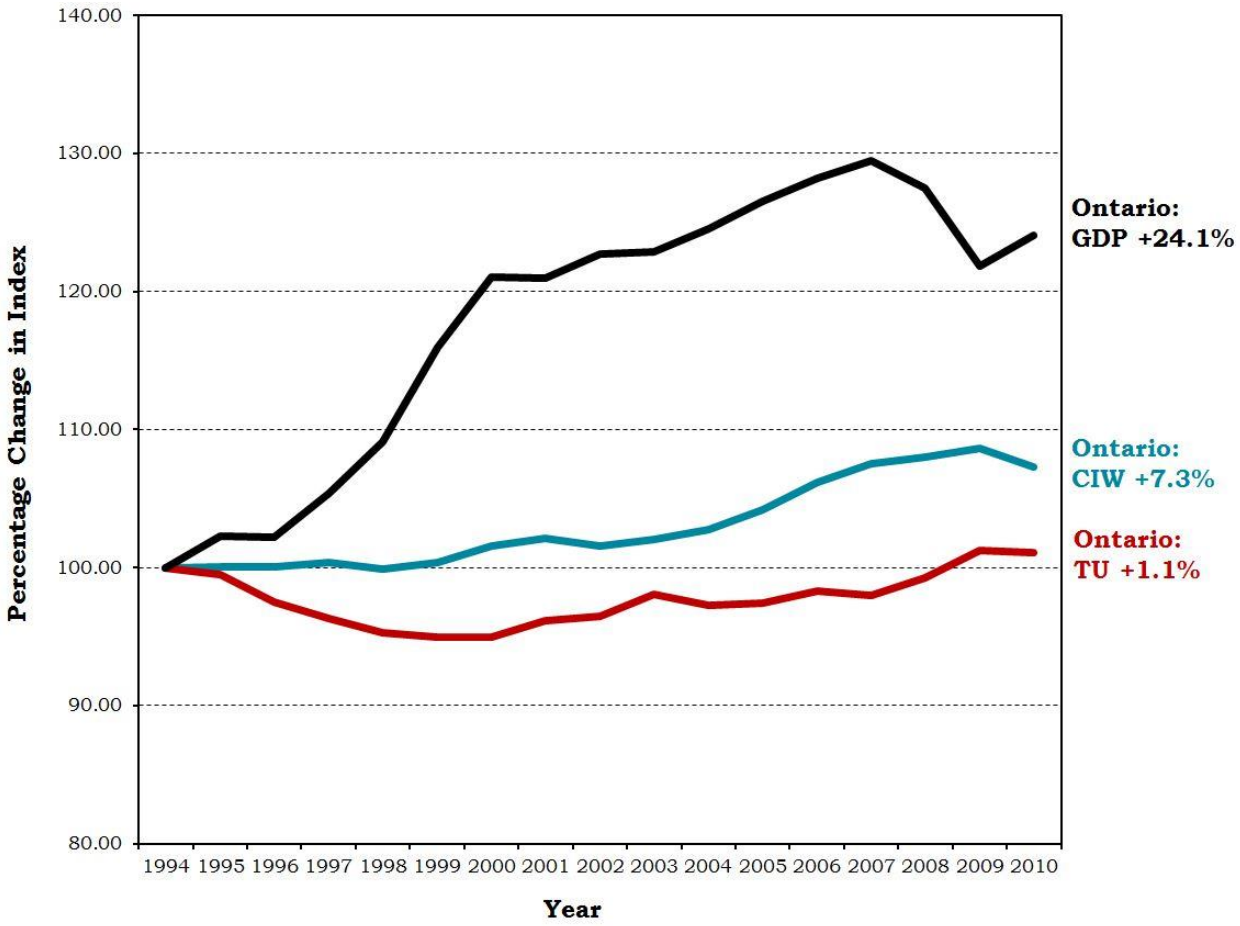


Time Use

Time use measures how people experience and spend their time. It examines how the use of our time affects physical and mental wellbeing, individual and family wellbeing, and present and future wellbeing. It considers the length of our work week and our work arrangements, our levels of time pressure, and the time we spend in leisure and volunteerism.

The implicit assumption 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. Since there are only 24-hours in a day, 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.

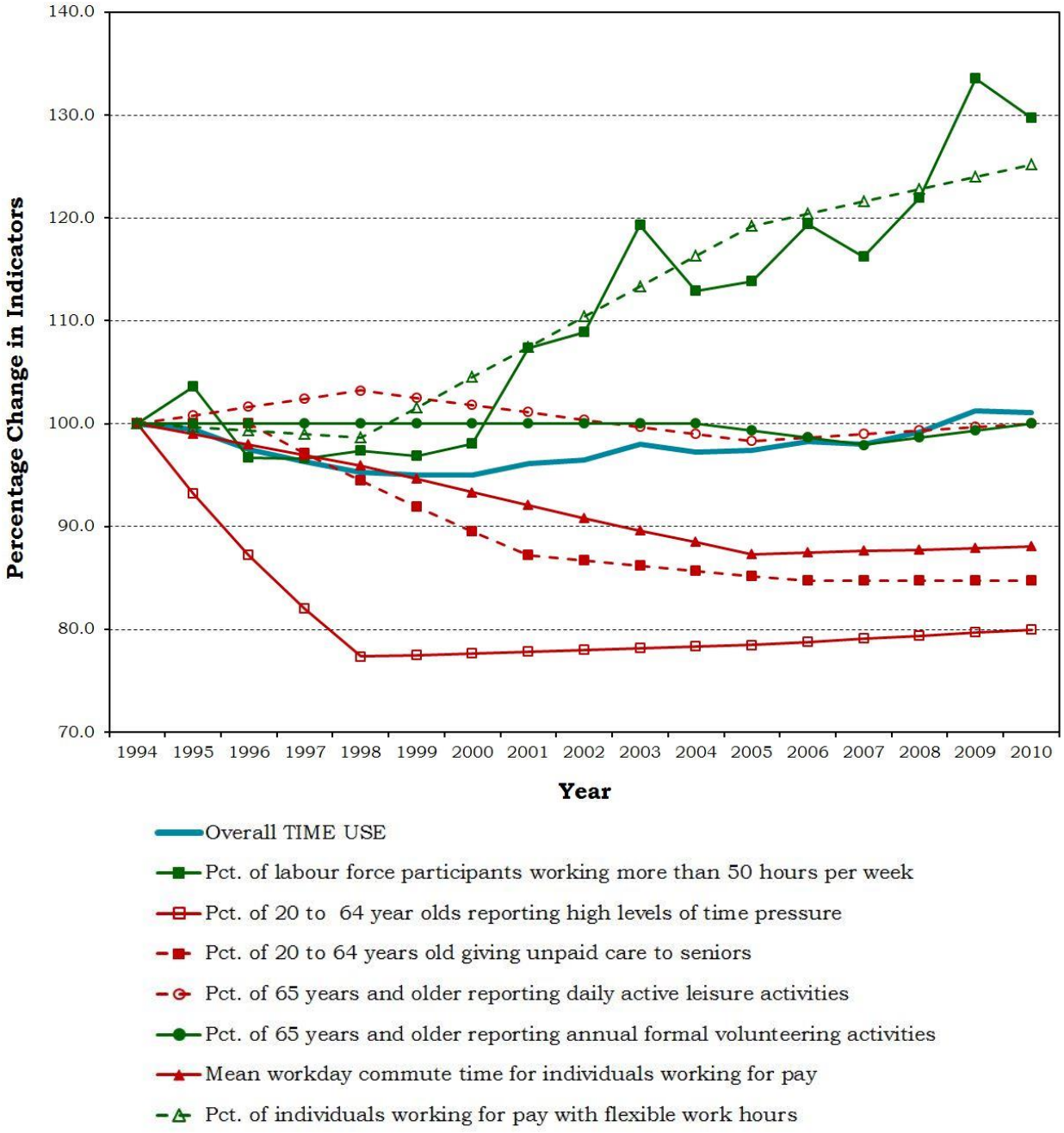
Figure 33. Overall Percentage Change in the *Time Use* Domain (1994 to 2010)



Trapped in the time crunch

The Time Use domain saw a very modest improvement of 1.1% since 1994 in Ontario. This slight increase suggests that the way Ontarians are experiencing time has not changed very much over the 17-year period from 1994 to 2010 (see Figure 33). Despite a modest upturn in the early 2000s, the overall trend suggests that Ontarians – and all Canadians – have not made much progress finding work-life balance. Instead, we are trapped in a "time crunch."

Figure 34. Trends in Indicators of *Time Use* for Ontario (1994 to 2010)



The consistent trend and small positive change over the years also mask important underlying changes in the Time Use indicators. Fewer people working more than 50 hours per week and increased access to flexible work hours greatly contributed to a higher degree of balance in the lives of many Ontarians. However, the influence of these positive trends is mitigated by the increase in the numbers of people who are feeling pressed for time, more women providing unpaid care to older adults, and all the additional time spent commuting to work (see Figure 34).

Fewer Ontarians are working long hours ...

- The percentage of Ontarians who reported working more than 50 hours a week rose to its highest level of 14.4% in 1999, but has declined to 10.7% in 2010. This is an overall decrease of 29.7% during the 17-year period.

- Even though long work weeks are declining, men are still much more likely than women to work long hours for pay each week. In part, this is because women are allocating time to other unpaid activities such as childcare, eldercare, and household labour such as cooking, cleaning, shopping, and doing laundry. Men's participation in these activities has increased somewhat since 1994, but the gender gap in time allocated to these activities remains pronounced.

... and more Ontarians have access to flexible work hours ...

- The percentage of Ontarians working for pay that has some choice over when their workday begins and ends has increased by over 25% during the 17-year period. In 1994, just 36.9% reported flexible work hours compared to 46.2% in 2010 with much of the increase occurring after 1998.

- Men are much more likely than women to have access to flexible work hours, which may be largely attributable to occupational class and sector. Men continue to occupy more professional and managerial positions, which are far more likely have access to flexible work hours. Some sectors, such as sales and service, employ a disproportionately higher number of women and are less likely to offer the same flexibility.

... but commutes are getting longer

- The average daily commute time for Ontarians with paid employment increased from an average of 47.1 minutes in 1994 to 53.5 minutes in 2010. This 6.4 minute difference represents an 11.9% increase in the amount of time people spend travelling back and forth to work. While an increase of six to seven minutes commuting per day might not seem like much, over a typical work-year, it represents an additional 27 hours of commuting. In other words, working Ontarians have lost over an entire day's worth of free time to commuting and have increased the detrimental impact on the environment, on their health, and on their overall wellbeing.

- Ontarians living in and around Toronto have the longest commute times per day, averaging an hour in length. Those living in Toronto commute 65.6

minutes, those in Oshawa 63.6 minutes, and Barrie residents commute 59.2 minutes.[28]

One in five Ontarians are feeling high levels of "time crunch"

- By 2010, 20.5% of Ontarians between 20 and 64 years of age were experiencing high levels of time pressure, up from 16.4% in 1994. This represents a 20% increase in the 17-year period.

- The group feeling the greatest time crunch was adults with younger children at home. Over a quarter of couples with children (26.9%) and slightly more single parents (27.1%) reported high levels of time pressure.

- Almost 5% more females than males reported feeling high levels of time pressure in 2010. This is not surprising considering the higher number of women who provide unpaid help to others living on their own, who have less time for social leisure, arts and culture, and volunteering, and who are primarily responsible for domestic tasks.

More adults – especially women – are providing unpaid care to seniors

- The percentage of working-age adults in Ontario providing unpaid care to seniors has grown from 16.9% in 1996 to 20.0% in 2006, for an overall percentage increase of 15.3%.

- A higher percentage of women (21.0%) than men (16.2%) provided unpaid care to seniors, and women spent on average 10% more time per week providing care than men in 2006. This is a trend that is expected to continue with the ageing of Ontario's population.

Seniors engaged in active leisure pursuits and volunteering remains unchanged

- After a small rise in the percentage of older adults engaged in daily active leisure pursuits during the late 1990s, followed by a small decrease in the mid-2000s, by 2010, the percentage had remained unchanged since 1994 (87.1%).

- The percentage of Ontarians 65 years of age and older participating in formal volunteering activities has remained unchanged over the 17-year period from 1994 to 2010 with a 38.5% participation rate.

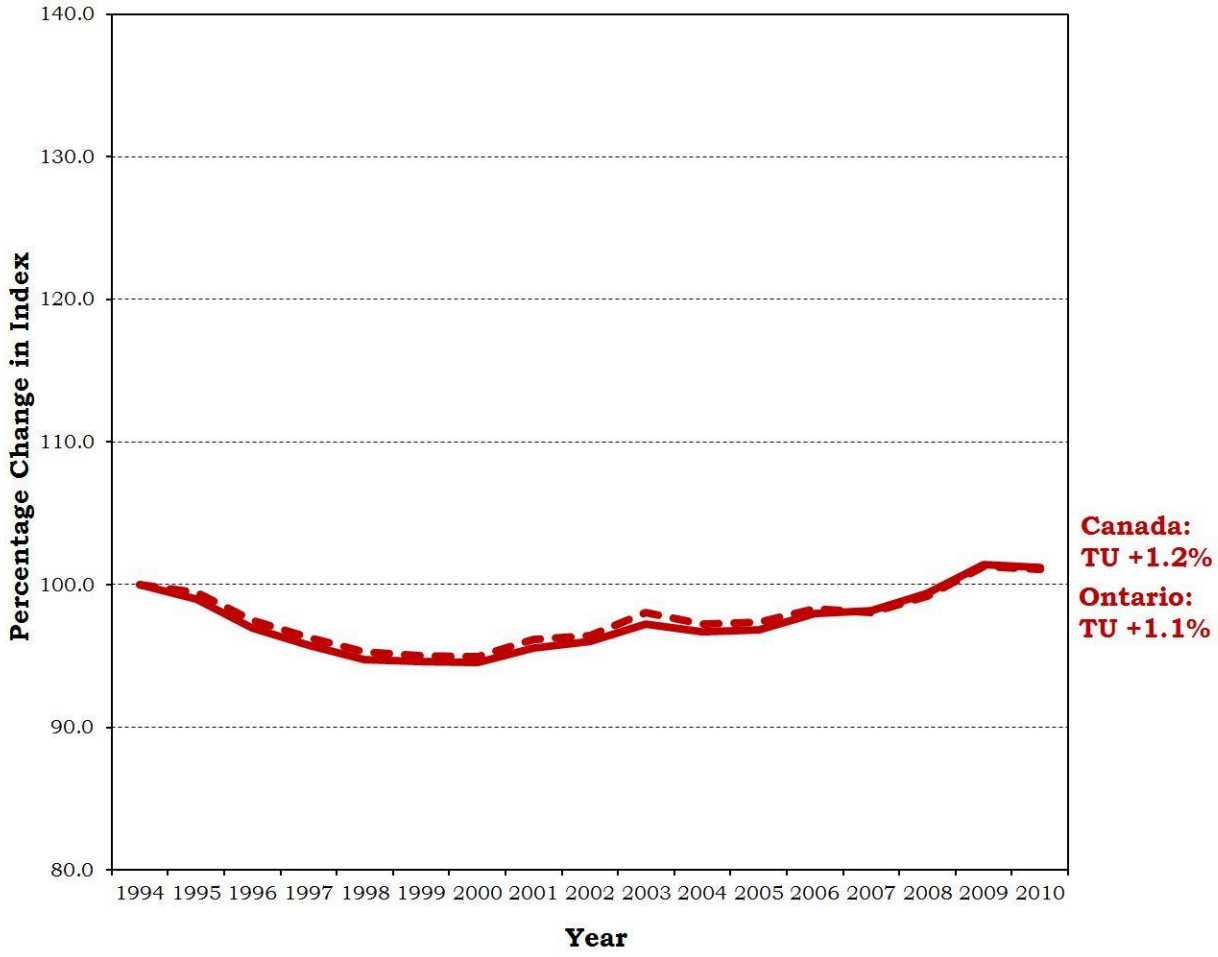
- Even though the *percentage* of adults 65 years of age and over participating in daily active leisure and in formal volunteering activities has remained stable, this represents a greater *number* of older adults in Ontario who are both active and volunteer because the population is ageing. Between 1994 and 2010, the number of Ontarians who are 65 years of age and over rose by more than 40%.

[28] Statistics Canada. (2013). *Commuting to work*. National Household Survey (NHS) in Brief, Catalogue No. 99-012-2011003. Ottawa, ON: Ministry of Industry. Retrieved from http://www12.statcan.gc.ca/nhs-enm/2011/as-sa/99-012-x/99-012-x2011003_1-eng.pdf

How well is Ontario doing on *Time Use* compared to Canada as a whole?

The Time Use domain in Ontario shows an almost identical trend to Canada as a whole between 1994 and 2010. Even though Time Use showed a small overall increase of 1.1%, this increase over 1994 levels only came about in 2009 (see Figure 35).

Figure 35. Percentage Change in *Time Use* for Ontario and Canada (1994 to 2010)



The small rise is largely the result of far fewer Ontarians working more than 50 hours per week and many more having access to flexible work hours. This gave people greater choice in how their time is allocated. Both of these trends were shared by Canada as a whole, although more Ontarians (25.2%) than other Canadians (17.0%) enjoyed flexible working hours (see Table 9).

Despite the positive trends in employee-initiated work schedule flexibility in Ontario, there are more troubling signs in the time use domain. Ontarians are increasingly feeling high levels of "time crunch", which is up 20% as compared to Canada as a

whole where such feelings rose by just under 10%. The prevalence of high time stress subsided somewhat in Canada since the late 1990s, but persists in Ontario.

Table 9. Overall Percentage Change in *Time Use* Indicators for Ontario and Canada from 1994 to 2010[a]

Region	Indicators								Overall
	1n	2n	3p	4p	5p	6p	7p	8p	
Ontario	29.7	-20.0	-15.3	0.0	0.0	-11.9	25.2	–	**1.1**
Canada	29.6	-9.9	-10.8	-12.8	15.5	-19.9	17.0	–	**1.2**

[a] only the seven indicators shown of the original eight indicators within the Time Use domain could be disaggregated to the provincial level

Key:
1n = percentage of labour force participants working more than 50 hours per week
2n = percentage of 20 to 64 year olds reporting high levels of time pressure
3p = percentage of 20 to 64 year olds giving unpaid care to seniors
4p = percentage of individuals 65 years of age and older reporting daily active leisure
5p = percentage of individuals 65 years of age and older reporting annual formal volunteering activities
6n = average workday commute time for individuals working for pay
7p = percentage of individuals working for pay with flexible work hours
8p = percentage of 3 to 5 year olds reading to or read to daily by parents

The percentage of people providing unpaid care to older adults has increased across the country since 1994, but a greater number of Ontarians, especially women, are engaged in this activity. The provision of support to older adults increased by 15.3% in Ontario, whereas elsewhere in Canada, such support increased by 10.8%. This increased support likely played some role in the higher levels of time stress being felt by Ontarians, and as the population ages, it likely will continue to rise.

While commute times in Ontario have not increased as much as in the rest of country (11.9% compared to 19.9%), they are already higher on average than anywhere else in Canada. Consequently, smaller increases in commute times still have significant implications for the wellbeing of working Ontarians (see Figure 36a to 36g).

Conclusion

The ways in which Canadians spend their time, and their perceptions of that time, may have fluctuated over the last few decades, but the “time crunch” persists and may only worsen in the coming years. While people can choose how to spend their time, their choices are often shaped and constrained by economic circumstances, work and family obligations, and social expectations about appropriate behaviour for women and men during different life stages.

The changing nature of work and the workplace is forcing more people in Ontario to accept less than desirable working conditions. Higher commuting times are linked to poorer health and, when combined with a high volume of traffic congestion, contribute to greater dissatisfaction with work-life balance. Further, growing traffic congestion

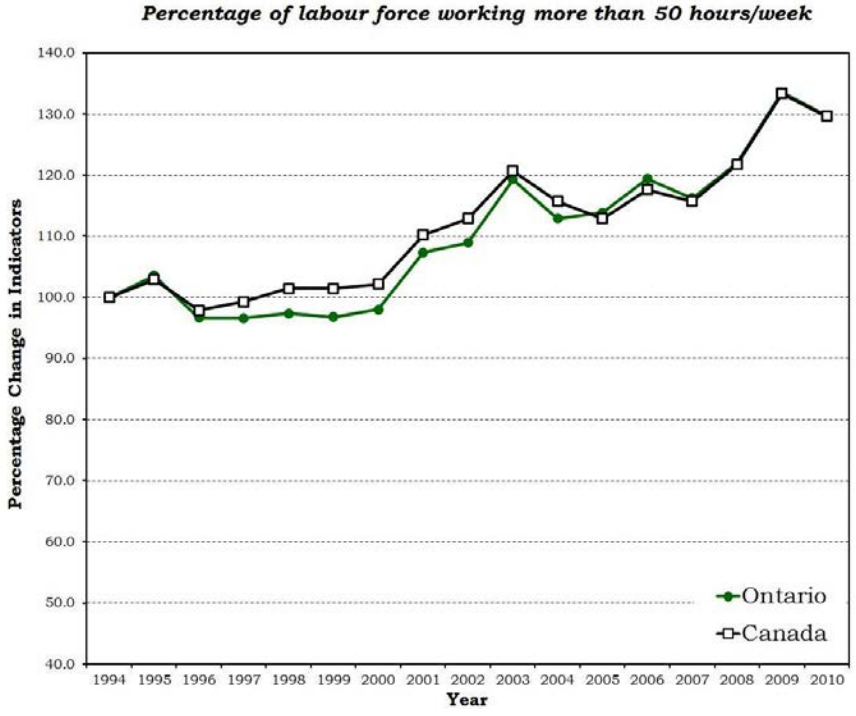
from longer commute times has economic, social, and environmental costs. It increases stress among commuters, reduces time available for other valued activities, and reduces business productivity. It contributes to higher levels of pollution, especially in urban areas, and diminishes environmental quality, thereby jeopardising public health. Coupled with an expansion of the service and manufacturing sectors to a 24 hour/7 day cycle – such as banks offering extended hours, grocery stores open 24 hours a day, or factories producing goods around the clock – such changes represent significant contributions to the number of people working non-standard hours or multiple part-time jobs.

More positively, the upward trend in employees who report flexible work hours is encouraging. Having some control over work hours is linked to stronger perceptions of work-life balance and greater satisfaction with life as a whole. Furthermore, having access to flexible work hours may allow commuters to avoid the rush hour when traffic is congested and commute time increases.

Today, there are fewer families who have a parent at home to help manage the household, or to provide childcare and eldercare. Meanwhile, Canada's population is ageing, and even though it is generally healthier and more financially secure, there are still greater numbers of older adults who are in need of care. These factors have all contributed to greater feelings of time crunch. The effects of changing time use patterns coupled with the stagnating active leisure participation among a growing number of older adults, point to troubling outcomes for the wellbeing of Ontarians.

Figure 36. Percentage Change in *Time Use* Indicators for Ontario and Canada from 1994 to 2010

36a



36b

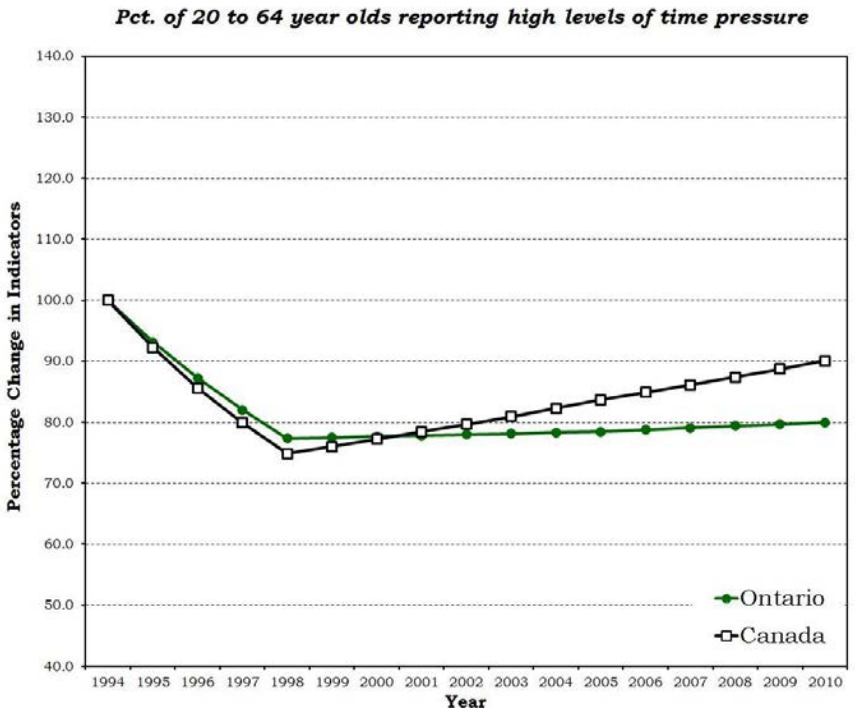
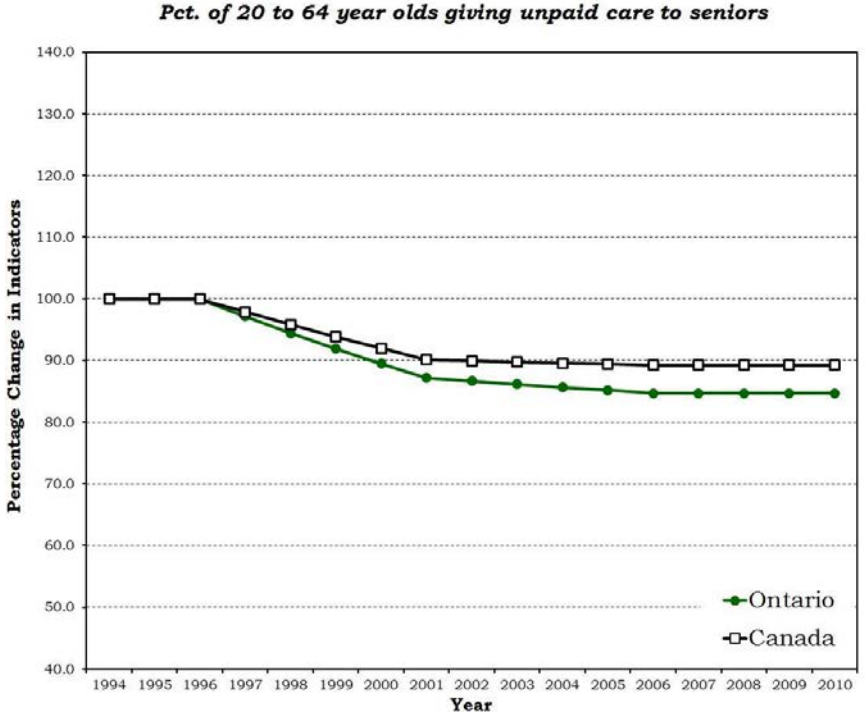


Figure 36. Percentage Change in *Time Use* Indicators for Ontario and Canada from 1994 to 2010 (continued)

36c



36d

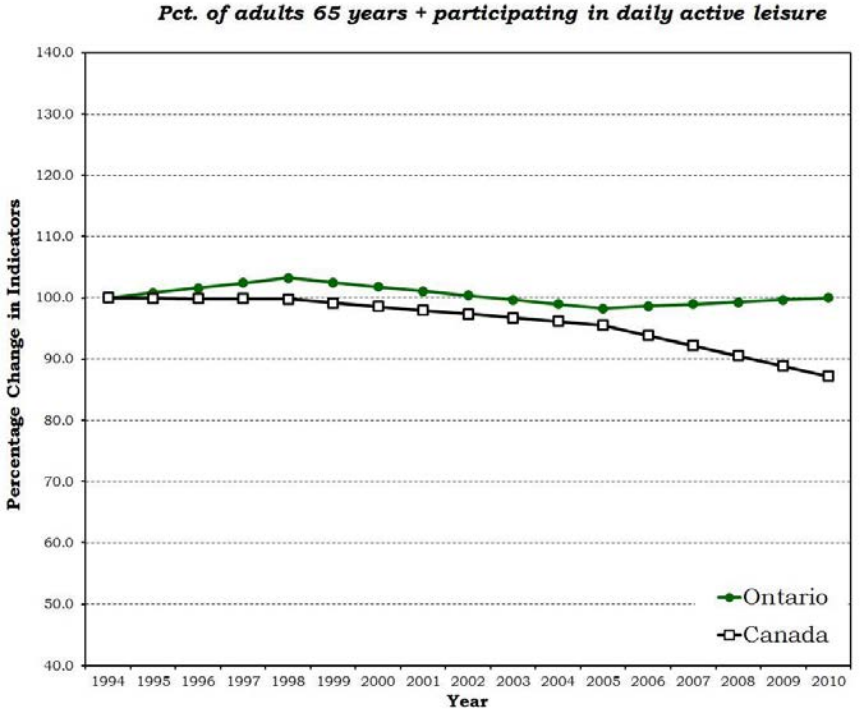
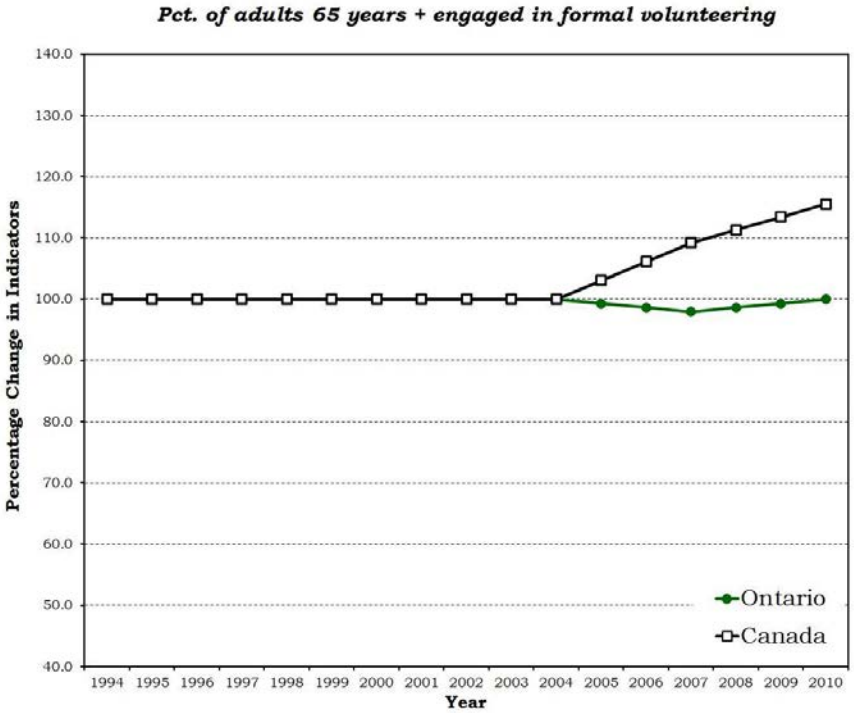


Figure 36. Percentage Change in *Time Use* Indicators for Ontario and Canada from 1994 to 2010 (continued)

36e



36f

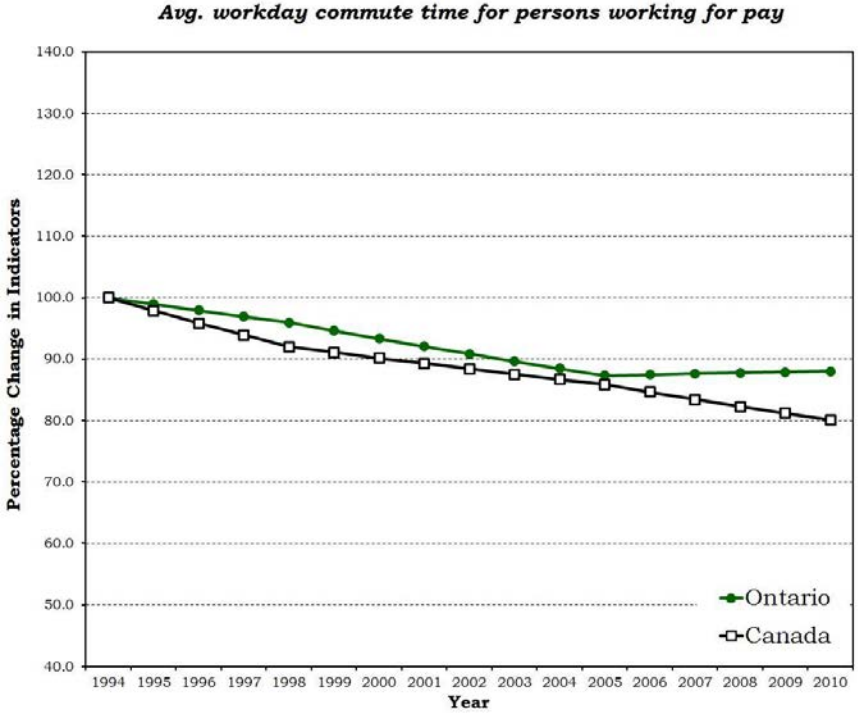
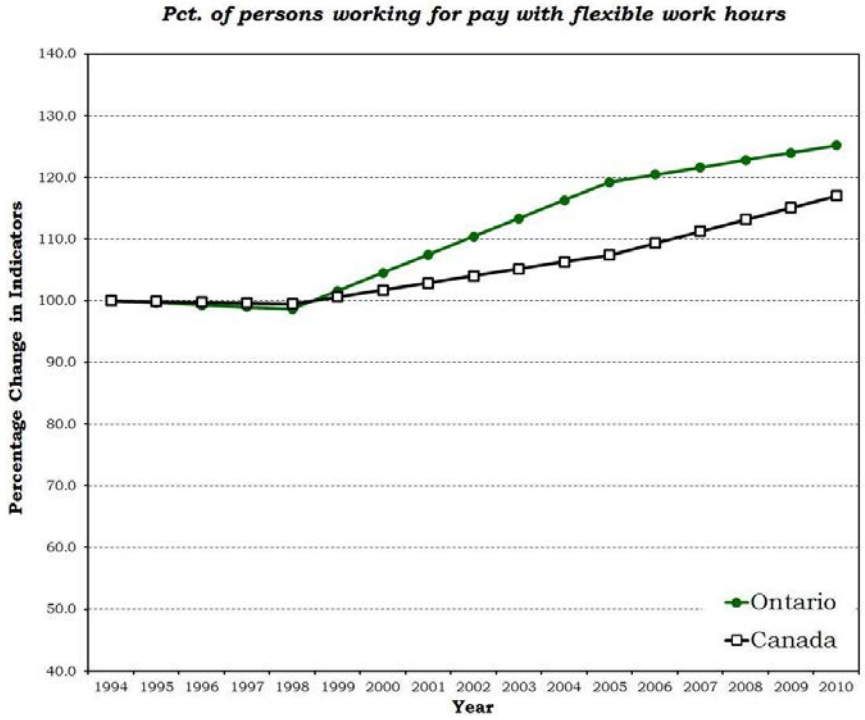


Figure 36. Percentage Change in *Time Use* Indicators for Ontario and Canada from 1994 to 2010 (continued)

36g



A call to action: People and policy for positive change

Countless interconnected systems

Society is a hugely complex, interconnected "system of systems" – of relationships, of policies, of services, of countless visible and invisible interactions, influences, and impacts. Improving wellbeing in one system will often have positive impacts on others and on the whole. A key goal of the CIW is to identify and understand the connections between the eight domains – each of which represents a system – and the many factors that influence overall wellbeing. Using 64 indicators that reflect aspects of our everyday lives, the CIW combines data, theory, and practice to come up with new solutions to boost different aspects of wellbeing – either simultaneously or in succession.

For example, a healthier population reduces the cost of health care treatments. Reduced costs frees up funds for other domains, like education. A more educated workforce is more innovative. This boosts productivity and economic prosperity. A wealthier economy can afford better social programmes and cultural activities for everyone. Culture and leisure help build closer ties to the community. This improves community vitality and boosts democratic engagement. People who feel engaged stand up for issues that matter most to them, like the environment. Naturally, a more sustainable environment produces nutritious foods and offers a range of options for leisure, recreation, and quality family time – all of which improve health. This positive cycle amplifies what begins with improved health and is just one example of the complex interplay among domains of our wellbeing.

The CIW's research on wellbeing and its key leverage points is also a call to action for all Ontarians. Far from a series of passive observations, it is an opportunity for all of us to make changes in our homes, at work, and in our communities. If we want to create a society that places wellbeing – in its broadest sense – at the centre of policy development and action, we need to understand the complex interplay of those factors that affect our wellbeing. Policies and actions intended to create opportunities, build capacity, and enhance an environment where Canadians can lead fulfilling and satisfying lives recognise that wellbeing is based on more than purely economic considerations.[29] Policies and actions that recognise changes in one area – in one system contributing to the whole – will inevitably have implications for another area.

This is an approach that is increasingly recognised around the world as having the greatest potential to raise the quality of our lives. This is an approach that can prompt positive change.

Ideas for positive change

To explore innovative policy options, the CIW invited experts on each of the eight domains to come together and consider the findings of the Ontario report. They were given the task of exploring the findings and looking for new insights within and

[29] O'Donnell, G., Deaton, A., Durand, M., Halpern, D., & Layard, R. (2014). *Wellbeing and policy*. Commission on Wellbeing and Policy. London: Legatum Institute.

especially across domains, making connections between indicators and outcomes in different domains, and identifying strategies that could facilitate the development of mutually-beneficial policies and programmes. They also discovered that making connections among issues led to making connections among public, private, and non-governmental organisations that could lead to powerful new partnerships. In this section, we present the insights and ideas that emerged that help us shift the process from *thinking* about problems to problem-*solving* for positive change.

Reduce income inequality

The consequences of Ontario's growing inequality of income and in wealth are not confined to our living standards. Income inequality leads to larger gaps between the rich and the poor in terms of opportunities, level of educational attainment, access to leisure and cultural opportunities, and overall health.[30] These impacts are often felt for generations. As a society, inequality undermines our sense of common purpose, marginalises and excludes the poor, weakens community vitality, threatens our democracy, and even reduces life expectancy.

If we are serious about wanting a future where we all enjoy higher living standards, we must recognise the dangers of growing inequality. We must move towards a country that is both wealthier *and* equitable. Within Ontario and Canada we can:

- Reform Canada's tax and transfer system to be fair to all income groups and especially to reduce the burden on low-income Canadians
- Increase minimum wages
- Consider a guaranteed annual income for those most in need
- Raise corporate tax rates to levels at least similar to other developed countries
- Provide targeted assistance for the long-term unemployed and better protection for part-time workers
- Develop a "national learning agenda" that would improve access to early learning and childcare
- Make college and university tuition more affordable and alleviate student debt

Adopt early childhood education and greater access to childcare

Considerable research shows that a solid start in life through early childhood education increases a child's school readiness and leads to better academic success, higher living standards, and ultimately, better health across all social and economic groups.[31] Providing a level playing field in the formative years of children born into

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[30] Wellesley Institute. (2013). *Poverty is a health issue*. Submission on the Ontario Poverty Reduction Strategy. Toronto, ON: Wellesley Institute. Retrieved from http://www.wellesleyinstitute.com/publication/poverty-is-a-health-issue/

[31] Evans, R.G., Hertzman, C., & Morgan, S. (2007). Improving health outcomes in Canada. In J. Leonard, C. Ragan, & F. St-Hilaire (Eds.), *A Canadian priorities agenda: Policy choices to improve economic and social well-being* (pp. 291-325). Montréal, QC: Institute for Research on Public Policy.

poverty is a key to addressing existing and future inequality.[32] Finally, access to early childhood education and to adequate childcare supports gender equity by offering women more equal opportunities to pursue full-time work, thereby actively building on their human capital and full engagement in the workforce. Ultimately, these actions lead to a wide array of individual, family, and societal benefits.

Building on the existing strength of Ontario and Canada's Education domain with comprehensive, coordinated early childhood education, adequate childcare, and family support policies can further help address one of the provinces key challenges – income inequality. To achieve this, a number of options should be explored:

- Adopt a Federal-Provincial-Territorial programme of early childhood education (ECE)
- Expand the number of regulated, centre-based childcare spaces to better reflect and address the needs of families with young children, most of which have two employed parents
- Extend affordable and accessible childcare to university and college students with young children

Expand access to Community Health Centres

Our wellbeing is shaped by a wide variety of factors, most of which occur outside of our formal health care system. The places and conditions within which we live, learn, work, and play are the most important determinants of our health.[33] In turn, our health is related to income inequality and education – it affects our ability to work, our ability to learn, to engage fully with our friends and in our communities. Regrettably, our current health care system was not designed to consider these. It focuses on a "downstream approach" to restore health once it has been lost, instead of an "upstream approach" that prevents illness and disease before they take hold.

Ontario's Community Health Centres (CHCs) have shown that the most effective, efficient, and affordable means of delivering primary health care is through an "upstream approach". CHCs partner with other agencies and with the community to fully integrate a wide range of health promotion and community development services. These services proactively help to overcome barriers to greater wellbeing attributable to health-related social and economic factors like income levels, access to shelter/housing, education, language, and geographic location. While CHCs have been very successful in meeting the health needs of vulnerable populations and in managing complex chronic disease, many parts of the province do not have access to them. Currently, Ontario's CHCs only serve about 4% of the population. To benefit the long-term health of Ontarians, we must:

- Adopt a proactive and preventative approach to health care that addresses social and economic factors

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[32] Scott, K. (2008). *Growing up in North America: The economic wellbeing of children in Canada, United States, and Mexico*. Ottawa, ON: Canadian Council on Social Development, Anne E. Casey Foundation, and Red por los Derechos de la Infancia en México.

[33] Mikkonen, J., & Raphael, D. (2010). *Social determinants of health: The Canadian facts*. Toronto, ON: York University School of Health Policy and Management. Available from http://www.thecanadianfacts.org/The_Canadian_Facts.pdf

- Expand access to Ontario's Community Health Centres by creating a comprehensive network that enables people in all parts of the province – especially those facing barriers to better health – to access its benefits
- Provide direct and targeted funding from federal and provincial governments to support a network model of community health centres throughout the province

Develop a public transit strategy for Ontario

Increasingly, Ontarians have to commute longer distances to work. Individually, this has a negative effect on health, is expensive, and intensifies the feeling of "time crunch." Longer daily commutes are impeding economic productivity, putting more vehicles on the roads for longer periods of time, and ultimately, hurting the environment, and by extension, contributing to poorer health and wellbeing.

A broader and more coordinated public transit system would lighten congestion on the roads, improve air quality, and increase people's access to work, to needed goods and services, to nutritious foods, and to leisure and culture opportunities. A viable public transit system can be especially important for disadvantaged and marginalised people. Such a system can be one of the key means of reducing environmental impacts, enhancing employment opportunities, and reducing health inequities.[34] The major challenge, however, is that Ontario municipalities have limited revenue to design and build adequate modern transit systems within and between regions. To move towards a public transit strategy for Ontario, the federal and provincial governments need to:

- Develop strategies for accessible, efficient, and affordable public transit systems as a path towards improved health, more opportunities, and reduced greenhouse gas emissions
- Emphasise *accessibility* in transit policy rather than simply mobility so wellbeing is the focus, not just moving people farther and faster
- Reinvest more of the federal tax dollars that communities send to Ottawa into new buses, subways, and commuter rail systems
- Work with municipalities, provinces, and territories to fill critical gaps in transportation networks

Address "time crunch" through changes in infrastructure, social, and environmental policy

As noted above, feelings of "time crunch" are intensified by longer commutes and more difficult access to needed goods and services, and other opportunities. By looking at commuting – and general access – as a systems problem, we recognise that it extends beyond the individuals and groups directly involved and see broader patterns and solutions. For instance, as masses of people leave home for work, and work for home at approximately the same times each day, they overload the province's roads, causing gridlock, spikes in carbon emissions, and generally lengthening commute times. These

[34] Wray, R. (2013). *The spatial trap: Exploring equitable access to public transit as a social determinant of health*. Policy paper. Toronto, ON: Wellesley Institute. Retrieved from http://www.wellesleyinstitute.com/wp-content/uploads/2013/10/The-Spatial-Trap2.pdf

patterns reduce the time people have for family, for leisure, and for their communities, increase stress and anxiety, and contribute to worsening air quality.

We can address "time crunch" by looking across all CIW domains. If municipal planners, provincial officials, employers, and developers were to re-imagine both the transportation infrastructure and how it is used, we can lighten the concentration of traffic on the roads. We need to:

- Provide more opportunities for staggered work times and teleworking
- Shift urban design towards more mixed residential and commercial uses so people do not need to travel as far to work or to access goods and services
- Enhance the network of bike lanes and walkable communities so that people who work locally can improve their health and have greater choice on how to allocate their time

Increase our daily connection with the natural environment

Whether we bike to work, walk to school, or use local parks and green spaces, our connection to the local natural environment is closely linked to our impact on the broader environment on which we rely for resources such as clean air and water. Our close connections to the natural environment enhance our quality of life and remind us of our responsibility to protect it. These connections speak to the benefits of connecting with nature in our communities, living in a clean environment, and the positive health outcomes that result.

By connecting aspects of education, time use, and leisure and culture to our concern for the environment, we can make a powerful case on how to reimagine the role it plays in our lives and how our interactions with nature can facilitate its protection and our wellbeing. We can think about how to:

- Better integrate a system of green spaces into communities through urban design so that people can experience and enjoy nature every day as we work, live, and play
- Encourage daily environmental engagement, such as walking to school or participation in community gardens, to improve health, facilitate recreational opportunities, and raise awareness of and appreciation for the environment
- Ensure public spaces, such as parks, public green spaces, and trails, are integrated into the human landscape, provide opportunities for community connections, and are maintained in environmentally-friendly ways

Reduce our dependence on non-renewable energy reserves

By making stronger, daily connections with local natural places and spaces and acknowledging the deterioration of the broader environment in which we live, we better understand the critical role the environment plays in our lives. While GDP measures our overall economic productivity, it ignores the cost to our environment – it fails to

address the depletion of our natural resources, the increased pollution of our air and water, or the reduced sustainability and health of the environment.

We must admit that our economy is borrowing heavily from the natural environment without seriously considering the long-term impact of those "loans". Canada ranks 27th out of 29 OECD countries in energy use per capita[35] and its consumption is almost three times as much as the international average.[36] Over 80% of that massive energy consumption comes from non-renewable hydrocarbons (i.e., oil, gas, and coal) and an additional 10% comes from nuclear energy.[37] Given the impacts that such heavy reliance on these resources has on our health and environment quality, we need a society to:

- Balance immediate energy needs and economic benefits against our future wellbeing
- Find more effective ways to maintain high levels of energy production while decreasing our greenhouse gas emissions
- Invest more revenues from fossil fuels into sustainable forms of energy such as wind, solar, and biomass
- Shift energy demand through carbon tax policies or other subsidies to drive investment and separate energy production from greenhouse gas emissions

Develop democratic engagement as a process through education and new technology – especially for youth

If we are to achieve positive change in our lives, whether it be the environment or in any domain, we must do more than make expert recommendations. We need to be committed citizens who are eager to get involved. Most parts of our lives – our education, health care, environment, workplace health, and food safety, for example – are touched by legislation and regulation. When we embrace our full democratic role – indeed, our *responsibility* – we can shape the policies that we care about most and that affect us every day. Sadly, trends in the province indicate that Ontarians are ambivalent about our democracy.

Democratic engagement is a process that involves: (1) *political knowledge* – what people learn about public affairs, (2) *political trust* –public support for the political system, and (3) *political participation – activities* that influence government and the decision-making process.[38] When knowledge, trust, and action grow, we can influence the world around us. We need to must excite Ontarians about the tools, the actions,

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[35] Boyd, D.R. (2001). *Canada vs. the OECD: An environmental comparison*. Victoria, BC: University of Victoria. Available at www.environmentalindicators.com/htdocs/about.htm

[36] The World Bank. (2014). *World Data Bank: World Development Indicators – Energy use (kg of oil equivalent per capita)*. The World Bank Group. Retrieved from http://databank.worldbank.org/data/views/reports/tableview.aspx

[37] Hughes, J.D. (2010). *Hydrocarbons in North America.* The Post Carbon Reader Series: Energy. Santa Rosa, CA: Post Carbon Institute. Available at www.postcarbon.org/Reader/PCReader-Hughes-Energy.pdf

[38] Norris, P. (2001). *Digital divide: Civic engagement, information poverty, and the internet worldwide*. Cambridge, UK: Cambridge University Press.

and the relationships they can use to full advantage and see how they can bring about meaningful change to any domain where political debate occurs. We therefore can:

- Support teachers and schools to integrate democratic engagement themes into the wider curriculum
- Consider lowering the voting age to provide students still in high school with the experience of voting to enhance the link between learning and doing
- Educate and include people who may not feel welcome in the political process. For example, ensure new Canadians in English as a second language (ESL) classes understand the role that they can play in our democracy; encourage more women to enter politics; and demonstrate to youth how their engagement really does matter for their future
- Maximise the use of the internet, mobile communications, and other technologies to raise awareness, provide information, create a forum for political discussion, and to invite direct participation, particularly among youth[39]
- Restore confidence in our Parliament and legislatures by demanding elected and non-elected officials focus on issues of public concern, debate ideas, and behave more ethically and respectively towards their colleagues
- Ensure that citizens feel welcome in city and town halls and legislatures, understand how they can participate in the political process, have meaningful opportunities for input, and can see their input translated into action

Focus on the community as a place for social innovation and change

Within each domain of the CIW, data reported for Ontario as a whole hide both successes and problems. For instance, province-wide indicators for the Healthy Populations domain masks the difficulty that sub-groups of Ontarians and some regions might be facing in accessing health services. Understanding that these issues most often play out at the community level is a first step towards creating custom solutions that work for those groups affected.

To borrow from the saying "all politics is local", communities are the ideal place to build cooperation among stakeholders, to break down the silos between domains, and to experiment with social innovation. While broad public policy can be implemented at the national or provincial levels, the community level is where meeting compelling challenges head-on and customising new ways to address them may have the most, and the fastest, impact on our wellbeing. Critically, the *process* of cooperation also can lead to social change and help build community vitality and encourage greater democratic engagement. In this respect, the process is just as valuable as the outcomes.

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[39] Milner, H. (2007). The problem of political drop-outs: Canada in comparative perspective. In A.-G. Gagnon & A.B. Tanguay (Eds.), *Canadian parties in transition* (3rd ed., pp. 437-465). Toronto, ON: University of Toronto Press.

To support the process of social change, innovation, and collaboration among diverse community-based groups, we can:

- Create, fund, and support ways for people to connect with each other, with the natural environment, and with institutions meant to represent them
- Support the growth of formal and informal cooperation among organisations that serve the same citizens and have complementary missions to help them develop and deliver *integrated* plans
- Encourage communities to conduct wellbeing surveys to establish baseline knowledge of their residents' needs, to measure gaps in access to services that support wellbeing, and to guide local policy and initiatives
- Ensure communities can direct resources to those in need and respond quickly to emergent issues that might compromise community wellbeing
- Help communities create the conditions and build the capacity for collective action that can sustain wellbeing for all residents

Enhance access to public spaces, leisure and culture opportunities for all citizens

Our communities are also the best places to build relationships and to rekindle participation in leisure and culture. Trust among Ontarians appears to be eroding and participation in cultural and leisure activities has dropped to a 17-year low. How are these related? Participation in culture, leisure, and recreational activities is inevitably social in nature – it brings us into regular contact with others who share similar interests and values. These connections help build social capital – trusting relationships, stronger ties to the community, and greater understanding of the diverse groups within the community. They also contribute to individual enrichment, particularly among individuals who are marginalised or disadvantaged.

There are both macro and micro approaches for building greater trust between people, for creating stronger connections to community, and for providing better access to leisure and cultural opportunities. We need to think beyond simply creating more activities and ensure that people are aware, feel included, and have the resources to participate. These include:

- Build community with a mosaic approach by creating many opportunities for informal interactions among diverse groups within the community
- Create or enhance safe and attractive public spaces where people can play freely, can meet and interact, and where friendship and trust can grow through daily contact
- Amend provincial legislation and community plans concerning open space and parkland dedication to ensure new and redeveloped communities include larger, integrated spaces where resident contacts, exchanges, and play can occur

- Ensure all citizens, regardless of social or economic status, have access to opportunities for leisure and culture
- Support partnerships between community groups and public agencies that identify local needs and help provide access to leisure and culture opportunities, especially for marginalised groups and new Canadians who may be unfamiliar with traditional programmes and services
- Protect or restore funding for arts, culture, and recreational programmes

Two critical research recommendations

Frame policy in terms of life stage, generation, and location

Increasingly, we have communities defined by the "sandwich generation" taking care of their children and their ageing parents, retirees looking after grandchildren, and multiple generations living together. We are not only individuals and members of a broader society, but also members of increasingly diverse and multi-generational families. These various roles and the responsibilities that come with them have an influence on our decisions, our work and incomes, even how we allocate our time. Further, these roles and responsibilities fluctuate continuously as we move through the different stages of our lives – as sons and daughters, as parents and grandparents, as friends and neighbours – and in the different places and conditions where we live.

We need to know more about the ways different stages of life and inter-generational relationships positively – or negatively – affect our wellbeing. Too often, policy and programmes are designed and delivered to *individuals* without consideration of the context within which they live – the family members and other people they are responsible to and for, the relationships they maintain and support, the jobs and community responsibilities they have, and where they live in the province. Therefore, we need to:

- Use data to detect trends at different stage of life, for different generations, and for different regions so policies and programmes better reflect the needs of diverse groups in the context in which they live
- Develop social policies and programmes that reflect an understanding of the relational context; in other words, policies for families, groups, and communities rather than just individuals
- Develop policy that is informed by Canadian values and based on research evidence
- Develop policy not just for conditions today, but with an eye towards future conditions as shaped by other related policies and programmes

Improve national data collection

Research into the wellbeing of all Canadians and the policy actions that it can facilitate is limited by data availability and access. Without adequate data, the capacity of our institutions to obtain a complete picture of our wellbeing and to respond accordingly is seriously restricted. While Canada collects an abundance of economic data, the breadth and comprehensiveness of social and environmental data

are much poorer by comparison. We must place greater priority on the regular collection and publication of high quality data that can better inform the development of new policy and enforce the good policies already in place.

One of the greatest challenges to ensuring that we can assess our wellbeing effectively at both the national and provincial levels is the continued availability of reliable, valid, and timely data. Statistics Canada, Environment Canada, and other federal agencies do provide some excellent data resources, but unfortunately, there are few robust, multi-year, and fully accessible national data sets on a wide array of social and environmental aspects of our lives. Without such data, our efforts to report on changes to Canadians' quality of life are hampered.

Having access to such data is essential. Evidence-based decision-making is critical to ensure that policy development and implementation are guided by the most current and relevant indicators of those aspects of our lives that matter most. We must:

- Place greater priority on the regular collection and publication of high-quality social and environmental data to inform the development of new policy
- Ensure the continued availability and accessibility of reliable, valid, and timely data on all aspects of wellbeing
- Use sound social and environmental data to develop policy and then to enforce, monitor, and validate the effectiveness of policies to enhance the wellbeing of all Canadians

Conclusion

The CIW promotes constructive and informative dialogue that can lead to positive societal change. With the CIW, we can choose to stop and question the status quo and consider alternative ways to promote both a higher quality of life for all Canadians and a healthy economy.

The divergence in the CIW and GDP tells us emphatically that we have not been making the right investments in our people and in our communities – and we have not been doing it for a long time. It is time public policy focused more on the quality of our lives. By looking at the CIW findings through a policy lens and considering how change occurs within a complex system of interconnected domains, we can make better decisions about how to improve the quality of life for everyone. We can determine how the various levels of government, the private sector, the community, and non-profit sectors can work together on improving those areas where we have lost ground since 1994, while bolstering those areas that have improved during the same period. The interrelated nature of the CIW domains requires this level of cooperation to achieve the best outcomes for all Canadians. Doing so will guide the development and implementation of good public policy and will measure progress on what *really* matters to Ontarians and Canadians for years to come.

Appendix A
GDP: What you need to know

In order to understand the differences between GDP and the CIW, it is important to understand how GDP is defined. Put simply, GDP refers to the aggregate production of an economy – meaning the value of all final goods and services – produced in a country in a given period of time. More technically, GDP can be determined in three ways, all of which should, in principle, give the same result. The three approaches to measuring GDP are: (1) the production or value-added approach, (2) the income approach, and (3) the final expenditure approach.[40] To illustrate, using the expenditure approach, GDP is:

GDP = private consumption + gross investment + government spending + (exports − imports)

The CIW, on the other hand, tracks eight domains that together form a comprehensive measure of wellbeing. While the CIW measures how well we fare as engaged citizens in our private, public, and voluntary lives, GDP measures the aggregate of how much money we receive, what we buy with it, or how much we pay for it.

The fact that our wellbeing consistently lags behind expenditures and consumption does not just demonstrate that money cannot buy happiness, but reveals that when GDP is used to guide economic and social policies, we are not necessarily better off as a nation. As illustrated earlier in Figure 1, over time, our economic performance outpaces our quality of life. *This is at the very heart of the issue of growing inequality – where some of us do extremely well while many of us fare less well.*

Popular GDP Myths

MYTH #1: "GDP shows how well a country is doing"

REALITY: GDP is not a measurement of a society's progress or wellbeing. It was never meant to be. As early as 1934, Nobel laureate Simon Kuznets recognised that "The welfare of a nation can scarcely be inferred from a measurement of national income" such as that defined by GDP.[41]

GDP was first introduced in the U.S. during the Great Depression as a way of measuring how much and how quickly the U.S. economy was shrinking. It was later adopted by the rest of the world because it's very good at doing what it does – adding up the value of all goods and services produced in a country in a given period. But GDP does not tell us anything about how well or poorly we are doing in a wide variety of other economic, social, health, and environmental determinants that shape our country, our communities, and our everyday lives. In short, GDP tells us nothing

[40] Statistics Canada. (2008). *Guide to the income and expenditure accounts*. Catalogue no. 13-017-x. Ottawa, ON: Ministry of Industry.

[41] Kuznets, S. (1934). *National income, 1929-1932*. 73rd US Congress, 2d Session, Senate Document no. 124, p. 7.

about the kind of world we are creating for ourselves and future generations, and whether we are progressing forward or moving back. The CIW does.

MYTH #2: "All growth is good"

REALITY: GDP rests on the philosophic assumption that all growth is good – a rising tide lifts all boats. But is all growth really good? And are all activities where no money changes hands of no value?

If you're talking about GDP, the answer to both questions is "yes". GDP makes no distinction between economic activities that are good for our wellbeing and those that are harmful. Spending on tobacco, natural and human-made disasters, crime and accidents, all make GDP go up.

Conversely, the value of unpaid housework, childcare, volunteer work, and leisure time are not included in GDP because they take place outside of the formal marketplace. Nor are subtractions made for activities that heat up our planet, pollute our air and waterways, or destroy farmlands, wetlands, and old-growth forests. The notion of sustainability – ensuring that precious resources are preserved for future generations – does not enter the equation.

The shortcomings of GDP, and its cousin GNP, were summarised most eloquently by Senator Robert Kennedy in a speech he gave nearly half a century ago:

> … Gross National Product counts air pollution and cigarette advertising, and ambulances to clear our highways of carnage. It counts special locks for our doors and jails for the people who break them. It counts the destruction of the redwood and the loss of our natural wonder in chaotic sprawl … Yet the Gross National Product does not allow for the health of our children, the quality of their education, or the joy of their play. It does not include the beauty of our poetry or the strength of our marriages, or the intelligence of our public debate or the integrity of our public officials … It measures everything, in short, except that which makes life worthwhile.[42]

MYTH #3: "Cutting spending will fire up the economy and boost GDP"

REALITY: There is no doubt that governments spend a lot of money. But what do they spend it on? Mostly on building schools, hospitals, roads, bridges, public transportation, and paying the salaries of teachers, doctors, nurses, police, firefighters, and a host of other valuable public servants. They in turn return the money to the economy by buying food, clothes, housing, movie and hockey tickets, and generally supporting the many small businesses that dot every street.

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[42] Kennedy, R.F. (1968, March 18). Remarks of Robert F. Kennedy at the University of Kansas. Lawrence, KS. Retrieved from http://www.jfklibrary.org/Research/Ready-Reference/RFK-Speeches/Remarks-of-Robert-F-Kennedy-at-the-University-of-Kansas-March-18-1968.aspx

Government spending makes up a large part of GDP. This means that when significant cuts are made to reduce deficits, pay down debt, or otherwise "get our fiscal house in order," a lot of money is siphoned out of the economy and GDP can shrink. If government cuts are big enough to reduce overall GDP, they will automatically push Canada into a painful recession. So instead of firing up the economy, massive public spending cuts can actually achieve the opposite.

The reality is we cannot shrink ourselves bigger. To pay off our public debts, we have to grow our economy. Governments must be part of the equation, but they have to spend and invest in those areas that improve our collective quality of life, so that we have a citizenry with the strength to meet both our challenges and obligations. It is really not that different than a family paying for its mortgage and household costs by getting higher value jobs instead of by cutting back on food and prescriptions.

Appendix B
Changes in indicators for the eight domains of the Canadian Index of Wellbeing in Ontario (1994 to 2010)

B1. COMMUNITY VITALITY

Table B1a
Trends in *Community Vitality* Indicators for Ontario, 1994 to 2010

Year	Indicators for Community Vitality[a]							
	1p	2p	3n	4n	5p	6p	7p	8p
1994	51.6	46.0	4,842	1,222	**71.7**	59.7	73.2	59.9
1995	51.6	46.0	4,842	1,222	72.0	59.7	73.2	59.9
1996	51.6	**46.0**	4,842	1,222	72.3	59.7	73.2	59.9
1997	**51.6**	44.2	4,842	1,222	72.5	59.7	**73.2**	59.9
1998	50.0	42.4	**4,842**	**1,222**	72.8	59.7	73.3	59.9
1999	48.5	40.6	**4,450**	**1,261**	**73.1**	59.7	73.4	59.9
2000	**46.9**	38.7	**4,271**	**1,343**	73.8	59.7	**73.5**	59.9
2001	52.0	36.9	**4,125**	**1,299**	74.5	59.7	76.5	**59.9**
2002	57.1	35.1	**4,059**	**1,212**	75.1	59.7	79.6	**59.1**
2003	**62.2**	**33.3**	**4,029**	**1,136**	75.8	**59.7**	82.6	**64.4**
2004	63.5	34.3	**3,733**	**1,101**	**76.5**	60.1	**85.6**	65.0
2005	64.8	35.3	**3,548**	**1,093**	77.5	**60.4**	84.8	**65.5**
2006	66.1	36.3	**3,665**	**1,107**	78.5	57.2	83.9	66.0
2007	67.4	37.3	**3,421**	**1,086**	79.6	54.1	**83.1**	**66.4**
2008	**68.7**	**38.4**	**3,245**	**1,046**	80.6	**50.9**	83.0	**69.3**
2009	68.7	35.2	**3,175**	**1,006**	**81.6**	50.9	82.8	**67.4**
2010	68.7	35.2	**2,947**	**986**	81.6	50.9	**82.7**	**67.7**

[a] *Key:* 1p = Percentage of population reporting participation in organised activities
2p = Percentage of population with 6 or more close friends
3n = Property crime rate per 100,000 population
4n = Violent crime rate per 100,000 population
5p = Percentage of population who feel safe walking alone after dark
6p = Percentage of population who feel most or many people can be trusted
7p = Percentage of population who provide unpaid help to others living on their own
8p = Percentage of population reporting a very or somewhat strong sense of belonging to the community

* Data which are *not* in bold were obtained by imputation.

Table B1b
Index of *Community Vitality* Indicators for Ontario, 1994 to 2010

Year	Percentage Change in Indicators[a]								Avg.[b]
	1p	2p	3n	4n	5p	6p	7p	8p	
1994	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
1995	100.0	100.0	100.0	100.0	100.4	100.0	100.0	100.0	100.0
1996	100.0	100.0	100.0	100.0	100.8	100.0	100.0	100.0	100.1
1997	100.0	96.1	100.0	100.0	101.2	100.0	100.0	100.0	99.7
1998	97.0	92.1	100.0	100.0	101.6	100.0	100.1	100.0	98.8
1999	93.9	88.2	108.8	96.9	102.0	100.0	100.3	100.0	98.8
2000	90.9	84.2	113.4	91.0	102.9	100.0	100.4	100.0	97.9
2001	100.8	80.3	117.4	94.1	103.8	100.0	104.5	100.0	100.1
2002	110.7	76.3	119.3	100.8	104.8	100.0	108.7	98.7	102.4
2003	120.5	72.4	120.2	107.6	105.7	100.0	112.8	107.5	105.8
2004	123.1	74.6	129.7	111.0	106.7	100.6	116.9	108.4	108.9
2005	125.6	76.8	136.5	111.8	108.1	101.2	115.8	109.3	110.6
2006	128.1	79.0	132.1	110.4	109.5	95.9	114.7	110.1	110.0
2007	130.7	81.2	141.5	112.5	111.0	90.6	113.5	110.9	111.5
2008	133.2	83.4	149.2	116.8	112.4	85.3	113.3	115.7	113.7
2009	133.2	76.5	152.5	121.5	113.8	85.3	113.2	112.5	113.6
2010	133.2	76.5	164.3	123.9	113.8	85.3	113.0	113.0	115.4
Overall Percentage Change in Indicators Since 1994:									
	+33.2	-23.5	+64.3	+23.9	+13.8	-14.7	+13.0	+13.0	**+15.4**

[a] *Key:* 1p = Percentage of population reporting participation in organized activities
2p = Percentage of population with 6 or more close friends
3n = Property crime rate per 100,000 population
4n = Violent crime rate per 100,000 population
5p = Percentage of population who feel safe walking alone after dark
6p = Percentage of population who feel most or many people can be trusted
7p = Percentage of population who provide unpaid help to others living on their own
8p = Percentage of population reporting a very or somewhat strong sense of belonging to the community

B2. DEMOCRATIC ENGAGEMENT

Table B2a
Trends in *Democratic Engagement* Indicators for Ontario, 1994 to 2010

Year	Indicators for Democratic Engagement[a]							
	1p	**2n**	**3p**	**4p**	**5p**	**6p**	**7p**	**8p**
1994	65.6	8.9	78.6	63.8	48.2	0.83	**20.2**	**0.43**
1995	65.6	8.9	78.6	63.8	48.2	0.83	20.2	**0.38**
1996	65.6	8.9	78.6	63.8	48.2	0.83	20.2	**0.32**
1997	**65.6**	**8.9**	78.6	**63.8**	48.2	**0.83**	**24.2**	**0.34**
1998	63.1	8.5	78.6	67.8	48.2	0.84	24.2	**0.30**
1999	60.5	8.2	78.6	71.7	48.2	0.85	24.2	**0.28**
2000	**58.0**	**7.8**	78.6	**75.7**	48.2	**0.86**	**24.2**	**0.25**
2001	59.0	8.6	78.6	72.1	48.2	0.86	24.2	**0.22**
2002	59.9	9.4	78.6	68.4	48.2	0.86	24.2	**0.28**
2003	60.9	10.2	78.6	64.8	**48.2**	0.86	24.2	**0.24**
2004	**61.8**	**11.0**	**78.6**	**61.1**	47.6	**0.86**	**25.4**	**0.27**
2005	64.2	8.9	80.7	64.5	47.0	0.86	25.4	**0.34**
2006	**66.6**	**6.7**	**82.8**	**67.8**	46.4	**0.86**	**21.6**	**0.29**
2007	62.6	6.9	83.5	71.2	45.8	0.86	21.6	**0.28**
2008	**58.6**	**7.1**	**84.2**	**74.6**	**45.2**	**0.86**	**19.8**	**0.32**
2009	58.6	7.1	84.2	74.6	45.2	0.86	19.8	**0.30**
2010	58.6	7.1	84.2	74.6	45.2	0.86	19.8	**0.34**

[a] *Key:* 1p = Percentage of voter turnout at federal elections
2n = Percentage of population reporting that they are not interested in politics at all
3p = Percentage of population who strongly agree that it is every citizen's duty to vote in federal elections
4p = Percentage of population reporting being very or fairly satisfied with way democracy works in Canada
5p = Percentage of population with a great deal or quite a lot of confidence in federal Parliament
6p = Ratio of registered to eligible voters
7p = Percentage of women in Parliament
8p = Net official development aid as a percentage of gross national income (GNI)

* Data which are *not* in bold were obtained by imputation.

Table B2b
Index of *Democratic Engagement* Indicators for Ontario, 1994 to 2010

Year	Percentage Change in Indicators[a]								Avg.[b]
	1p	2n	3p	4p	5p	6p	7p	8p	
1994	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
1995	100.0	100.0	100.0	100.0	100.0	100.0	100.0	88.4	98.5
1996	100.0	100.0	100.0	100.0	100.0	100.0	100.0	74.4	96.8
1997	100.0	100.0	100.0	100.0	100.0	100.0	119.8	79.1	99.9
1998	96.1	104.3	100.0	106.2	100.0	101.2	119.8	69.8	99.7
1999	92.3	109.0	100.0	112.4	100.0	102.4	119.8	65.1	100.1
2000	88.4	114.1	100.0	118.7	100.0	103.6	119.8	58.1	100.3
2001	89.9	103.5	100.0	112.9	100.0	103.6	119.8	51.2	97.6
2002	91.3	94.7	100.0	107.2	100.0	103.6	119.8	65.1	97.7
2003	92.8	87.3	100.0	101.5	100.0	103.6	119.8	55.8	95.1
2004	94.2	80.9	100.0	95.8	98.8	103.6	125.7	62.8	95.2
2005	97.9	100.3	102.7	101.0	97.5	103.6	125.7	79.1	101.0
2006	101.5	131.9	105.4	106.3	96.3	103.6	106.9	67.4	102.4
2007	95.4	128.6	106.2	111.6	95.0	103.6	106.9	65.1	101.6
2008	89.3	125.4	107.1	116.9	93.8	103.6	98.0	74.4	101.1
2009	89.3	125.4	107.1	116.9	93.8	103.6	98.0	69.8	100.5
2010	89.3	125.4	107.1	116.9	93.8	103.6	98.0	79.1	101.7
Overall Percentage Change in Indicators Since 1994:									
	-10.7	+25.4	+7.1	+16.9	-6.2	+3.6	-2.0	-20.9	**+1.7**

[a] *Key:* 1p = Percentage of voter turnout at federal elections
2n = Percentage of population reporting that they are not interested in politics at all
3p = Percentage of population who strongly agree that it is every citizen's duty to vote in federal elections
4p = Percentage of population reporting being very or fairly satisfied with way democracy works in Canada
5p = Percentage of population with a great deal or quite a lot of confidence in federal Parliament
6p = Ratio of registered to eligible voters
7p = Percentage of women in Parliament
8p = Net official development aid as a percentage of gross national income (GNI)

B3. EDUCATION

Table B3a
Trends in *Education* Indicators for Ontario, 1994 to 2010

Year	Indicators for Education[a]							
	1p	2p	3n	4p	5p	6p	7p	8p
1994	**12.4**		16.8				**84.1**	**19.2**
1995	12.4		16.8				**84.0**	**19.1**
1996	12.4		16.8				**85.4**	**19.4**
1997	12.4		**16.8**				**85.4**	**20.1**
1998	**12.4**		**16.8**				**84.9**	**20.2**
1999	12.9		**15.9**				**87.1**	**21.3**
2000	13.5		**15.9**				**87.8**	**22.8**
2001	**14.0**		**16.0**				**87.7**	**23.2**
2002	14.3		**16.1**				**87.8**	**24.1**
2003	14.6		**16.2**				**87.4**	**25.1**
2004	**14.9**		**16.0**				**88.0**	**25.3**
2005	15.9		**15.6**				**88.3**	**25.8**
2006	**16.9**		**15.2**				**87.7**	**27.0**
2007	18.3		**14.5**				**89.1**	**27.6**
2008	**19.6**		**14.0**				**88.6**	**28.6**
2009	19.7		**13.8**				**89.3**	**28.4**
2010	**19.7**		**13.6**				**90.6**	**29.7**

[a] *Key:* 1p = Ratio of childcare spaces to children aged 0 to 5 years of age
2p = Percentage of children doing well on five developmental domains
3n = Ratio of students to educators in public schools
4p = Average of 5 social and emotional competence scores for 12 to 13 year olds
5p = Basic knowledge and skills index for 13 to 15 year olds
6n = Percentage of PISA scores explained by socio-economic background
7p = Percentage of 20 to 24 year olds in population completing high school
8p = Percentage of 25 to 64 year olds in population with a university degree

* Data which are *not* in bold were obtained by imputation.

Table B3b
Index of *Education* Indicators for Ontario, 1994 to 2010

Year	Percentage Change in Indicators[a]								Avg.[b]
	1p	2p	3n	4p	5p	6p	7p	8p	
1994	100.0		100.0				100.0	100.0	100.0
1995	100.0		100.0				99.9	99.5	99.8
1996	100.0		100.0				101.5	101.0	100.6
1997	100.0		100.0				101.6	104.7	101.6
1998	100.0		100.0				100.9	105.2	101.5
1999	104.3		105.7				103.5	110.9	106.1
2000	108.6		105.7				104.4	118.8	109.4
2001	112.9		105.0				104.3	120.8	110.7
2002	115.3		104.3				104.3	125.5	112.4
2003	117.7		103.7				103.8	130.7	114.0
2004	120.2		105.0				104.7	131.8	115.4
2005	128.2		107.7				104.9	134.4	118.8
2006	136.3		110.5				104.2	140.6	122.9
2007	147.2		115.9				106.0	143.8	128.2
2008	158.1		120.0				105.3	149.0	133.1
2009	158.5		121.7				106.2	147.9	133.5
2010	158.9		123.5				107.8	154.7	136.0
Overall Percentage Change in Indicators Since 1994:									
	+58.9		+23.5				+7.8	+54.7	**+36.0**

[a] *Key:* 1p = Ratio of childcare spaces to children aged 0 to 5 years of age
2p = Percentage of children doing well on five developmental domains
3n = Ratio of students to educators in public schools
4p = Average of 5 social and emotional competence scores for 12 to 13 year olds
5p = Basic knowledge and skills index for 13 to 15 year olds
6n = Percentage of PISA scores explained by socio-economic background
7p = Percentage of 20 to 24 year olds in population completing high school
8p = Percentage of 25 to 64 year olds in population with a university degree

B4. ENVIRONMENT

Table B4a
Trends in *Environment* Indicators for Ontario, 1994 to 2010

Year	Indicators for Environment[a]							
	1n	2n	3p	4p	5n	6p	7p	8p
1994	40.22	176						
1995	40.71	181						
1996	39.72	186						
1997	40.96	191						
1998	45.21	196						
1999	45.68	201						
2000	40.12	206						
2001	46.24	206						
2002	47.76	206						
2003	44.69	206						
2004	40.38	206						
2005	46.55	206						
2006	42.92	196						
2007	45.02	200						
2008	42.72	191						
2009	40.61	166						
2010	43.12	171						

[a] *Key:* 1n = Ground level ozone (population weighted in parts per billion)
2n = Absolute greenhouse gas (GHG) emissions (megatons of CO^2 per year)
3p = Primary energy production (petajoules)
4p = Water yield in Southern Canada (km^3)
5n = Ecological Footprint
6p = Viable Metal Reserves Index
7p = Canadian Living Planet Index
8p = Marine Trophic Index

* Data which are *not* in bold were obtained by imputation.

Table B4b
Index of *Environment* Indicators for Ontario, 1994 to 2010

Year	Percentage Change in Indicators[a]								Avg.[b]
	1n	2n	3p	4p	5n	6p	7p	8p	
1994	100.0	100.0							100.0
1995	98.8	97.2							98.0
1996	101.3	94.6							97.9
1997	98.2	92.1							95.2
1998	89.0	89.8							89.4
1999	88.0	87.6							87.8
2000	100.2	85.4							92.8
2001	87.0	85.4							86.2
2002	84.2	85.4							84.8
2003	90.0	85.4							87.7
2004	99.6	85.4							92.5
2005	86.4	85.4							85.9
2006	93.7	89.8							91.8
2007	89.3	88.0							88.7
2008	94.1	92.1							93.1
2009	99.0	106.0							102.5
2010	93.3	102.9							98.1
Overall Percentage Change in Indicators Since 1994:									
	-6.7	+2.9							**-1.9**

[a] *Key:* 1n = Ground level ozone (population weighted in parts per billion)
2n = Absolute greenhouse gas (GHG) emissions (megatons of CO^2 per year)
3p = Primary energy production (petajoules)
4p = Water yield in Southern Canada (km^3)
5n = Ecological Footprint
6p = Viable Metal Reserves Index
7p = Canadian Living Planet Index
8p = Marine Trophic Index

B5. HEALTHY POPULATIONS

Table B5a
Trends in *Healthy Populations* Indicators for Ontario, 1994 to 2010

Year	Indicators for Healthy Populations[a]							
	1p	2n	3p	4n	5n	6p	7p	8p
1994	**63.5**	**3.0**	78.4	**19.2**	**5.7**	90.6	58.1	
1995	65.7	3.1	**78.4**	18.2	4.9	90.6	58.1	
1996	**67.8**	**3.2**	**78.6**	**17.1**	**4.0**	90.6	**58.1**	
1997	68.8	3.4	**78.9**	18.1	4.0	90.6	61.8	
1998	**69.7**	**3.6**	**79.2**	**19.0**	**4.0**	90.6	65.5	
1999	67.5	3.8	**79.4**	18.2	5.0	90.6	69.2	
2000	65.3	4.0	**79.5**	17.4	6.1	90.6	72.9	
2001	**63.1**	**4.2**	**79.9**	**16.6**	**7.1**	90.6	**76.6**	
2002	60.2	4.4	80.0	15.2	6.5	90.6	69.4	
2003	**57.3**	**4.6**	**80.0**	**13.7**	**5.8**	**90.6**	**62.1**	
2004	59.1	4.7	**80.3**	12.2	5.7	87.9	64.9	
2005	**60.8**	**4.8**	**80.5**	**10.7**	5.6	**85.2**	**67.6**	
2006	60.4	5.5	**80.4**	10.0	5.5	86.0	62.0	
2007	**60.0**	**6.1**	**81.0**	**9.3**	5.4	86.8	**56.4**	
2008	**59.3**	**6.2**	**81.3**	10.0	**5.3**	87.5	54.5	
2009	**61.2**	**6.4**	**81.5**	**8.8**	5.3	**88.3**	**52.6**	
2010	**60.9**	**7.2**	81.5	**9.3**	5.3	**88.1**	**50.1**	

[a] *Key:* 1p = Percentage of persons self-rating their health as excellent or very good
2n = Percentage of persons with self-reported diabetes
3p = Life expectancy at birth in years
4n = Percentage of daily or occasional smokers among teens 12 to 19 years of age
5n = Percentage of population with probable depression
6p = Percentage of persons rating patient health services as excellent or good
7p = Percentage of adults getting influenza immunization
8p = Average remaining years expected to be lived in good health (avg. HALE 15+)

* Data which are *not* in bold were obtained by imputation.

Table B5b
Index of *Healthy Populations* Indicators for Ontario, 1994 to 2010

Year	Percentage Change in Indicators[a]								Avg.[b]
	1p	2n	3p	4n	5n	6p	7p	8p	
1994	100.0	100.0	100.0	100.0	100.0	100.0	100.0		100.0
1995	103.4	97.0	100.3	105.8	117.5	100.0	100.0		103.4
1996	106.8	94.1	100.6	112.3	142.5	100.0	100.0		108.0
1997	108.3	88.3	101.0	106.4	142.5	100.0	106.4		107.5
1998	109.8	83.1	101.3	101.1	142.5	100.0	112.7		107.2
1999	106.3	79.1	101.4	105.5	113.2	100.0	119.1		103.5
2000	102.8	75.5	101.4	110.3	94.0	100.0	125.5		101.4
2001	99.4	72.2	101.9	115.7	80.3	100.0	131.8		100.2
2002	94.8	68.9	102.0	126.7	88.4	100.0	119.4		100.0
2003	90.2	65.9	102.0	140.1	98.3	100.0	106.9		100.5
2004	93.0	64.5	102.4	157.4	100.0	97.0	111.6		103.7
2005	95.7	63.2	102.7	179.4	101.8	94.0	116.4		107.6
2006	95.1	55.7	102.5	192.0	103.6	94.9	106.7		107.2
2007	94.5	49.7	103.3	206.5	105.6	95.8	97.1		107.5
2008	93.4	48.9	103.7	192.0	107.5	96.6	93.8		105.1
2009	96.3	47.4	104.0	218.2	107.5	97.5	90.5		108.8
2010	95.9	42.1	104.0	206.5	107.5	97.2	86.2		105.6
Overall Percentage Change in Indicators Since 1994:									
	-4.1	-57.9	+4.0	+106.5	+7.5	-2.8	-13.8		**+5.6**

[a] *Key:* 1p = Percentage of persons self-rating their health as excellent or very good
2n = Percentage of persons with self-reported diabetes
3p = Life expectancy at birth in years
4n = Percentage of daily or occasional smokers among teens 12 to 19 years of age
5n = Percentage of population with probable depression
6p = Percentage of persons rating patient health services as excellent or good
7p = Percentage of adults getting influenza immunization
8p = Average remaining years expected to be lived in good health (avg. HALE 15+)

B6. LEISURE AND CULTURE

Table B6a
Trends in *Leisure and Culture* Indicators for Ontario, 1994 to 2010

Year	Indicators for Leisure and Culture[a]							
	1p	2p	3p	4p	5p	6p	7p	8p
1994	**14.24**	**4.19**	49.70	**21.29**	359.0	**241,914**	**2.49**	19.37
1995	14.37	4.12	49.70	21.89	359.0	**233,058**	2.57	19.37
1996	14.49	4.05	49.70	**22.49**	359.0	**216,838**	**2.65**	19.37
1997	14.62	3.98	**49.70**	23.00	359.0	**222,103**	**2.63**	**19.37**
1998	**14.74**	**3.91**	45.41	23.50	359.0	**223,544**	**2.52**	**19.79**
1999	14.41	3.88	41.13	**24.01**	359.0	**220,914**	**2.55**	**18.69**
2000	14.09	3.85	**36.84**	23.39	359.0	**212,048**	**2.65**	**20.09**
2001	13.76	3.82	35.31	**22.76**	359.0	**235,285**	**2.69**	**21.67**
2002	13.43	3.79	33.78	24.44	359.0	**253,013**	**2.49**	**21.03**
2003	13.10	3.76	32.25	**26.11**	359.0	**219,663**	**2.50**	**21.35**
2004	12.78	3.73	**30.72**	26.63	**359.0**	**183,674**	**2.61**	**19.71**
2005	**12.45**	**3.70**	31.22	**27.14**	377.5	**200,864**	2.65	**20.27**
2006	12.68	3.78	31.72	26.43	**396.0**	**190,645**	**2.68**	**20.86**
2007	12.91	3.85	**32.22**	**25.71**	356.0	**189,039**	**2.83**	**19.99**
2008	13.15	3.93	34.80	25.85	**316.0**	**171,567**	**2.76**	**19.90**
2009	13.38	4.00	37.38	**25.98**	323.0	**153,373**	**2.71**	**18.49**
2010	**13.61**	**4.08**	**39.96**	**25.86**	**330.0**	**149,547**	2.71	18.49

[a] *Key:* 1p = Average percentage of time spent on the previous day in *social* leisure activities
2p = Average percentage of time spent on the previous day in *arts and culture* activities
3p = Average number of hours in past year volunteering for culture and recreation organisations
4p = Average monthly frequency of participation in physical activity lasting over 15 minutes
5p = Average attendance per performance in past year at all performing arts performances
6p = Average visitation per site in past year to all National Parks and National Historic Sites
7p = Average nights away per trip in past year on vacations to destinations over 80 km from home
8p = Expenditures in past year on all culture and recreation as percentage of total household expenditures

* Data which are *not* in bold were obtained by imputation.

Table B6b
Index of *Leisure and Culture* Indicators for Ontario, 1994 to 2010

Year	Percentage Change in Indicators[a]								Avg.[b]
	1p	2p	3p	4p	5p	6p	7p	8p	
1994	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
1995	100.9	98.3	100.0	102.8	100.0	96.3	103.2	100.0	100.2
1996	101.8	96.7	100.0	105.6	100.0	89.6	106.4	100.0	100.0
1997	102.6	95.0	100.0	108.0	100.0	91.8	105.6	100.0	100.4
1998	103.5	93.3	91.4	110.4	100.0	92.4	101.2	102.2	99.3
1999	101.2	92.6	82.7	112.8	100.0	91.3	102.4	96.5	97.4
2000	98.9	91.9	74.1	109.8	100.0	87.7	106.4	103.7	96.6
2001	96.6	91.2	71.0	106.9	100.0	97.3	108.0	111.9	97.9
2002	94.3	90.5	68.0	114.8	100.0	104.6	100.0	108.6	97.6
2003	92.0	89.7	64.9	122.6	100.0	90.8	100.4	110.2	96.3
2004	89.7	89.0	61.8	125.1	100.0	75.9	104.8	101.8	93.5
2005	87.4	88.3	62.8	127.5	105.2	83.0	106.2	104.6	95.6
2006	89.1	90.1	63.8	124.1	110.3	78.8	107.6	107.7	96.4
2007	90.7	91.9	64.8	120.8	99.2	78.1	113.7	103.2	95.3
2008	92.3	93.7	70.0	121.4	88.0	70.9	110.8	102.7	93.8
2009	93.9	95.6	75.2	122.0	90.0	63.4	108.8	95.5	93.1
2010	95.6	97.4	80.4	121.5	91.9	61.8	108.8	95.5	94.1
Overall Percentage Change in Indicators Since 1994:									
	-4.4	-2.6	-19.6	+21.5	-8.1	-38.2	+8.8	-4.5	**-5.9**

[a] *Key:* 1p = Average percentage of time spent on the previous day in *social* leisure activities
2p = Average percentage of time spent on the previous day in *arts and culture* activities
3p = Average number of hours in past year volunteering for culture and recreation organisations
4p = Average monthly frequency of participation in physical activity lasting over 15 minutes
5p = Average attendance per performance in past year at all performing arts performances
6p = Average visitation per site in past year to all National Parks and National Historic Sites
7p = Average nights away per trip in past year on vacations to destinations over 80 km from home
8p = Expenditures in past year on all culture and recreation as percentage of total household expenditures

B7. LIVING STANDARDS

Table B7a
Trends in *Living Standards* Indicators for Ontario, 1994 to 2010

Year	Indicators for Living Standards[a]							
	1n	2p[b]	3n[c]	4p	5n	6p	7p	8n
1994	5.0	52,900	11.7	0.585	19.7	59.6	101.90	41.50
1995	5.0	53,200	12.4	0.572	18.5	59.7	103.30	39.70
1996	5.4	53,100	14.0	0.548	17.3	59.6	101.70	36.80
1997	5.4	53,700	13.5	0.553	15.5	60.2	101.50	35.40
1998	5.8	56,600	11.7	0.554	12.6	61.2	101.30	35.30
1999	5.7	59,500	11.3	0.563	10.4	62.3	107.40	35.90
2000	5.8	61,200	10.8	0.571	9.0	63.2	109.40	37.30
2001	5.7	62,700	9.3	0.540	7.3	63.0	110.80	35.90
2002	5.7	62,600	10.7	0.487	7.9	62.9	107.60	37.10
2003	5.7	62,300	10.4	0.489	8.8	63.7	104.50	36.80
2004	6.0	62,700	11.0	0.482	9.0	63.7	101.50	37.90
2005	6.0	63,000	10.3	0.478	8.9	63.3	101.30	37.90
2006	5.6	63,300	10.3	0.479	7.9	63.2	100.00	40.60
2007	5.6	65,400	8.8	0.484	6.4	63.4	97.50	42.60
2008	5.9	65,500	9.3	0.464	6.8	63.5	99.10	43.30
2009	6.0	65,300	10.1	0.433	8.6	61.1	97.70	39.50
2010	5.8	66,000	8.8	0.426	14.6	61.3	98.20	41.00

[a] *Key:* 1n = Ratio of top to bottom quintile of economic families (after tax)
2p = After tax median income of economic families (2010$)
3n = Percentage of persons in low income
4p = Scaled value of CSLS economic security
5n = Percentage of labour force with long-term unemployment
6p = Percentage of labour force that is employed
7p = CIBC index of employment quality (1994 Q1=100)
8n = RBC housing affordability index

[b] Data for after tax median income of economic family is in constant dollars for 2009.

[c] Data for incidence of poverty based on the percentage of persons below the low after-tax income cut-off.

Table B7b
Index of *Living Standards* Indicators for Ontario, 1994 to 2010

Year	Percentage Change in Indicators[a]								Avg.[b]
	1n	2p	3n	4p	5n	6p	7p	8n	
1994	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
1995	100.0	100.6	94.4	97.9	106.1	100.3	101.4	104.5	100.6
1996	92.6	100.4	83.6	93.7	114.0	100.1	99.8	112.8	99.6
1997	92.6	101.5	86.7	94.6	127.0	101.1	99.6	117.2	102.5
1998	86.2	107.0	100.0	94.8	156.3	102.7	99.4	117.6	108.0
1999	87.7	112.5	103.5	96.2	188.4	104.7	105.4	115.6	114.3
2000	86.2	115.7	108.3	97.7	218.6	106.0	107.4	111.3	118.9
2001	87.7	118.5	125.8	92.3	271.3	105.7	108.7	115.6	128.2
2002	87.7	118.3	109.3	83.3	248.3	105.6	105.6	111.9	121.3
2003	87.7	117.8	112.5	83.6	223.6	107.0	102.6	112.8	118.4
2004	83.3	118.5	106.4	82.5	218.5	106.9	99.6	109.5	115.7
2005	83.3	119.1	113.6	81.7	221.1	106.4	99.4	109.5	116.8
2006	89.3	119.7	113.6	82.0	249.7	106.1	98.1	102.2	120.1
2007	89.3	123.6	133.0	82.7	305.5	106.4	95.7	97.4	129.2
2008	84.7	123.8	125.8	79.4	288.6	106.5	97.3	95.8	125.2
2009	83.3	123.4	115.8	74.1	229.2	102.6	95.9	105.1	116.2
2010	86.1	124.8	133.0	72.9	134.5	102.8	96.4	101.2	106.5
Overall Percentage Change in Indicators Since 1994:									
	-13.9	+24.8	+33.0	-27.1	+34.5	+2.8	-3.6	+1.2	**+6.5**

[a] *Key:* 1n = Ratio of top to bottom quintile of economic families (after tax)
2p = After tax median income of economic families (2010$)
3n = Percentage of persons in low income
4p = Scaled value of CSLS economic security
5n = Percentage of labour force with long-term unemployment
6p = Percentage of labour force that is employed
7p = CIBC index of employment quality (1994 Q1=100)
8n = RBC housing affordability index

[b] Data for after tax median income of economic family is in constant dollars for 2009.

[c] Data for incidence of poverty based on the percentage of persons below the low after-tax income cut-off.

B8. TIME USE

Table B8a
Trends in *Time Use* Indicators for Ontario, 1994 to 2010

Year	Indicators for Time Use[a]							
	1n	2n	3n	4p	5p	6n	7p	8p
1994	**13.9**	**16.4**	16.9	**87.1**	38.5	**47.1**	**36.9**	
1995	**13.5**	17.6	16.9	87.8	38.5	47.6	36.8	
1996	**14.4**	18.8	**16.9**	88.5	38.5	48.1	36.7	
1997	**14.4**	20.0	17.4	89.2	38.5	48.6	36.5	
1998	**14.3**	**21.2**	17.9	**89.9**	38.5	**49.1**	**36.4**	
1999	**14.4**	21.2	18.4	89.3	38.5	49.8	37.5	
2000	**14.2**	21.1	18.9	88.7	38.5	50.5	38.6	
2001	**13.0**	21.1	**19.4**	88.1	38.5	51.2	39.7	
2002	**12.8**	21.0	19.5	87.4	38.5	51.9	40.7	
2003	**11.7**	21.0	19.6	86.8	38.5	52.5	41.8	
2004	**12.4**	20.9	19.7	86.2	**38.5**	53.2	42.9	
2005	**12.2**	**20.9**	19.8	**85.6**	38.2	**53.9**	**44.0**	
2006	**11.7**	20.8	**20.0**	85.9	38.0	53.8	44.4	
2007	**12.0**	20.7	20.0	86.2	**37.7**	53.8	44.9	
2008	**11.4**	20.7	20.0	86.5	38.0	53.7	45.3	
2009	**10.4**	20.6	20.0	86.8	38.2	53.6	45.8	
2010	**10.7**	**20.5**	20.0	**87.1**	**38.5**	**53.5**	**46.2**	

[a] *Key:* 1n = Percentage of labour force participants working more than 50 hours per week
2n = Percentage of 20 to 64 year olds reporting high levels of time pressure
3n = Percentage of 20 to 64 year olds giving unpaid care to seniors
4p = Percentage of persons 65 years and older reporting daily active leisure activities
5p = Percentage of persons 65 years and older reporting annual formal volunteering activities
6n = Mean workday commute time in minutes for individuals working for pay
7p = Percentage of individuals working for pay with flexible work hours
8p = Percentage of 3 to 5 year olds reading or read to daily by parents

* Data which are *not* in bold were obtained by imputation.

Table B8b
Index of *Time Use* Indicators for Ontario, 1994 to 2010

Year	Percentage Change in Indicators[a]								Avg.[b]
	1n	2n	3n	4p	5p	6n	7p	8p	
1994	100.0	100.0	100.0	100.0	100.0	100.0	100.0		100.0
1995	103.6	93.2	100.0	100.8	100.0	99.0	99.7		99.5
1996	96.7	87.2	100.0	101.6	100.0	97.9	99.3		97.5
1997	96.6	82.0	97.2	102.4	100.0	96.9	99.0		96.3
1998	97.4	77.4	94.5	103.2	100.0	95.9	98.6		95.3
1999	96.8	77.5	91.9	102.5	100.0	94.6	101.6		95.0
2000	98.0	77.7	89.5	101.8	100.0	93.3	104.5		95.0
2001	107.3	77.8	87.2	101.1	100.0	92.1	107.5		96.1
2002	108.9	78.0	86.7	100.4	100.0	90.8	110.4		96.5
2003	119.3	78.1	86.2	99.7	100.0	89.6	113.3		98.0
2004	112.9	78.3	85.7	99.0	100.0	88.5	116.3		97.2
2005	113.9	78.5	85.2	98.3	99.3	87.3	119.2		97.4
2006	119.4	78.8	84.7	98.6	98.6	87.5	120.4		98.3
2007	116.2	79.1	84.7	99.0	97.9	87.6	121.6		98.0
2008	121.9	79.4	84.7	99.3	98.6	87.8	122.8		99.2
2009	133.6	79.7	84.7	99.7	99.3	87.9	124.0		101.3
2010	129.7	80.0	84.7	100.0	100.0	88.1	125.2		101.1
Overall Percentage Change in Indicators Since 1994:									
	+29.7	-20.0	-15.3	0.0	0.0	-11.9	+25.2		**+1.1**

[a] *Key:* 1n = Percentage of labour force participants working more than 50 hours per week
2n = Percentage of 20 to 64 year olds reporting high levels of time pressure
3n = Percentage of 20 to 64 year olds giving unpaid care to seniors
4p = Percentage of persons 65 years and older reporting daily active leisure activities
5p = Percentage of persons 65 years and older reporting annual formal volunteering activities
6n = Mean workday commute time in minutes for individuals working for pay
7p = Percentage of individuals working for pay with flexible work hours
8p = Percentage of 3 to 5 year olds reading or read to daily by parents

Appendix C
Percentage change in eight domains in Ontario (1994 to 2010)

Table C
Trends in *Domains of the Canadian Index of Wellbeing* for Ontario
(1994 to 2010)

Year	Domains[a]							
	CV	**DE**	**ED**	**ENV**	**HP**	**LC**	**LS**	**TU**
1994	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
1995	100.0	98.5	99.8	98.0	103.4	99.8	100.6	99.5
1996	100.1	96.8	100.6	97.9	108.0	99.2	99.6	97.5
1997	99.7	99.9	101.6	95.2	107.5	99.2	102.5	96.3
1998	98.8	99.7	101.5	89.4	107.2	97.7	108.0	95.3
1999	98.8	100.1	106.1	87.8	103.5	96.4	114.3	95.0
2000	97.9	100.3	109.4	92.8	101.4	96.1	118.9	95.0
2001	100.1	97.6	110.7	86.2	100.2	97.9	128.2	96.1
2002	102.4	97.7	112.4	84.8	100.0	98.1	121.3	96.5
2003	105.8	95.1	114.0	87.7	100.5	97.4	118.4	98.0
2004	108.9	95.2	115.4	92.5	103.7	95.1	115.7	97.2
2005	110.6	101.0	118.8	85.9	107.6	97.8	116.8	97.4
2006	110.0	102.4	122.9	91.8	107.2	98.3	120.1	98.3
2007	111.5	101.6	128.2	88.7	107.5	96.9	129.2	98.0
2008	113.7	101.1	133.1	93.1	105.1	95.1	125.2	99.2
2009	113.6	100.5	133.5	102.5	108.8	94.1	116.2	101.3
2010	115.4	101.7	136.0	98.1	105.6	94.9	106.4	101.1
Overall Percentage Change in Domains Since 1994								
	+15.4	+1.7	+36.0	-1.9	+5.6	-5.1	+6.4	+1.1

[a] Key: CV = Community Vitality
DE = Democratic Engagement
ED = Education
ENV = Environment
HP = Healthy Populations
LC = Leisure and Culture
LS = Living Standards
TU = Time Use

CANADIAN Index OF WELLBEING

Measuring what matters

UNIVERSITY OF WATERLOO
FACULTY OF APPLIED HEALTH SCIENCES