

# Civic Engagement and Community Wellbeing in Kingston, Frontenac, Lennox & Addington

A REPORT BASED ON RESULTS FROM THE KFL&A COMMUNITY WELLBEING SURVEY | JUNE 2014



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# What is Wellbeing?

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

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



# Introduction

In consideration of Ontario's municipal elections in the fall of 2014, the Community Foundation for Kingston and Area expressed an interest in acquiring a better understanding of how residents' level of civic engagement was linked to their wellbeing. In this report, the relationship between residents' civic engagement and selected indicators from domains based on the Canadian Index of Wellbeing (CIW) is linked to their wellbeing. Demographic factors are also considered in relation to civic engagement to determine whether certain individual qualities or characteristics might help to identify segments of the population that were either more or less likely to be civically engaged.

The CIW Community Wellbeing Survey took place in Kingston, Frontenac, Lennox & Addington (KFL&A) from April 30<sup>th</sup> to June 7<sup>th</sup> 2013. An initial sample of 11,000 households in KFL&A was randomly selected and one adult in each household was invited to complete the survey online, or on paper if preferred. Of the households invited to participate, 1,515 responses were completed and usable, representing a response rate of 13.8%. Because of the low response rate from younger residents, the results presented in this report are limited to people 25 years of age and older, for a total of 1,509 participants. The data used in this report have been weighted by gender, age, and geographic location to match the 2011 census profile of KFL&A. Weighting the data ensures results are representative of the entire KFL&A population 25 years of age and older.

This report is divided into sections representing each domain of wellbeing, and two other sections for demographic characteristics and overall wellbeing. It concludes with a summary and implications section. With the exception of the Healthy Populations domain, selected indicators within each domain are compared to residents' level of civic engagement as are some demographic characteristics. The report concludes with a summary of key findings and suggestions of how they can be used at the community level.

## Civic Engagement Index

An index was created in order to explore the relationship between KFL&A's residents' level of civic engagement and selected indicators associated with wellbeing. The index was calculated by summing the different types of civic activities in which each person reported participating during the past 12 months. The nine activities are:

- 1 Attending a council meeting
- 1 Attending a ward or neighbourhood meeting
- 1 Attending a planning meeting or open house
- 1 Writing a letter or email about a local issue
- 1 Writing a letter to the editor about local issue
- 1 Joining a Facebook page on a local issue
- 1 Participating in a demonstration or protest
- 1 Participating in a local charitable event
- 1 Participating in a local event in support of community

An individual's score on the civic engagement index could range from zero, which indicates no participation in any of these activities, to nine, which indicates participation in all of the activities at least once in the previous 12 months. No one participated in all nine of the activity types listed, most residents participated in just one or two activities, and fewer than 5% of the residents were engaged in five or more activities in the previous 12 months.

While these numbers might appear low, it is important to note that the index does *not* reflect *intensity* of involvement; in other words, the index reflects the number of activities in which the residents are engaged, but not how often they are involved. For example a resident might report being engaged in just one civic activity, but participate in that activity very often. Similarly, another resident might report have been engaged in four or five activities in the past year, but spent much less time participating in each one. Nevertheless, the index does distinguish between those residents who are more engaged in civic activities than others.

Based on the numbers of activities in which residents reported being involved, their levels of civic engagement were then grouped into three categories:

- ① **Not engaged:** People who did not participate in any of the activities in the past 12 months
- ① **Somewhat engaged:** People who participated in one or two activities in the past 12 months
- ① **Highly engaged:** People who participated in 3 or more activities in the past 12 months

Overall, many residents' aged 25 years and older in KFL&A are somewhat engaged in civic activities, although over one third of the residents are not engaged at all (see Table 1).

**Table 1: Level of Civic Engagement among KFL&A Residents by Geographic Location**

Geographic Location	n	Not engaged	Somewhat engaged	Highly engaged
City of Kingston	86,216	34.5 (29,783)	43.7 (37,713)	21.7 (18,720)
Greater Napanee	10,755	42.8 (4,604)	35.3 (3,801)	21.9 (2,350)
Lennox & Addington County <sup>a</sup>	19,186	51.9 (9,965)	39.6 (7,591)	8.5 (1,630)
Frontenac County <sup>b</sup>	19,426	41.4 (8,045)	42.2 (8,194)	16.4 (3,187)
<b>Total</b>	<b>135,583</b>	<b>38.6</b> <b>(52,397)</b>	<b>42.3</b> <b>(57,299)</b>	<b>19.1</b> <b>(25,887)</b>

<sup>a</sup> Lennox and Addington County excludes Greater Napanee.

<sup>b</sup> Frontenac County excludes the City of Kingston.

The remainder of this report compares selected wellbeing indicators to level of civic engagement. Statistical tests were used to determine if the differences observed between the three groups based on level of civic engagement were significant. In almost all cases, differences between the groups were statistically significant; when this was not the case, it is noted in the text.

## Reading the Report

Results are reported in percentages and using charts and text. Each chart illustrates residents' level of civic engagement compared to a selected indicator of wellbeing. When percentages within categories are less than 5.0%, they are not reported on the charts. The full results (i.e., frequencies and percentages in all categories) for each selected measure compared to level of civic engagement can be found in tables provided in the *Technical Supplement* this report.<sup>1</sup>

<sup>1</sup> Phillips, K., Hilbrecht, M., & Smale, B. (2014). *Civic engagement and community wellbeing in Kingston, Frontenac, Lennox & Addington: Technical Supplement*. Waterloo, ON: Canadian Index of Wellbeing and University of Waterloo.





# Community Vitality

*Vital communities are characterized by strong, active and inclusive relationships between residents, private sector, public sector and civil society organisations that work to foster individual and collective wellbeing. These relationships help communities to create, adapt and thrive in the changing world.*

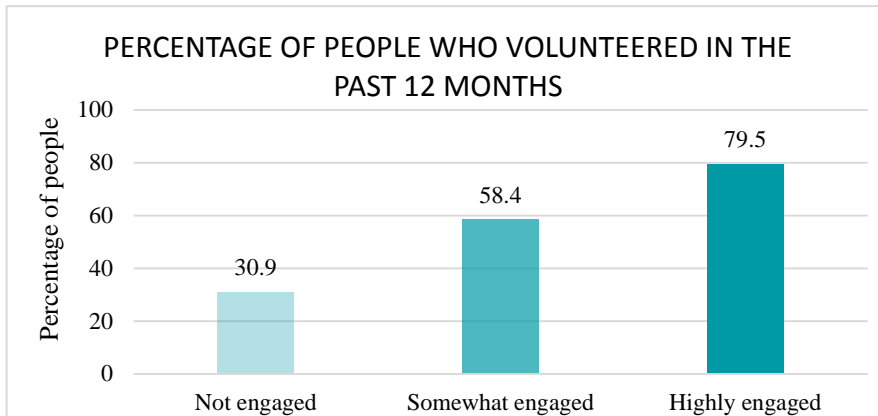
The community vitality domain measures the social relationships between people in the community, social supports people can draw on, and levels of community safety. In this section, residents' level of civic engagement is compared to two measures of community vitality:

- Percentage of people who volunteered in the past 12 months
- Sense of belonging to the local community

Sense of belonging is reported on a 7-point scale from “very weak” to “very strong”. Overall, results in this domain indicate that people with a high level of civic engagement volunteer more and report a stronger sense of the belonging to the community.

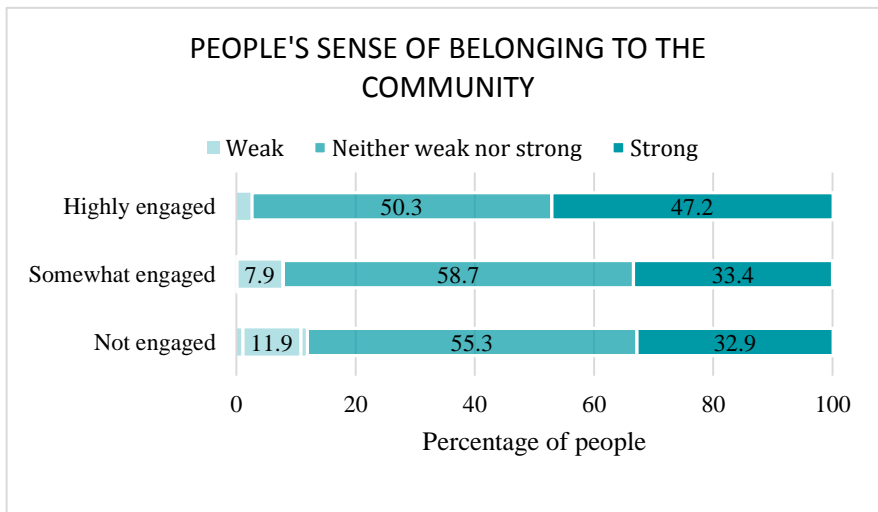
## Volunteering

The percentage of people volunteering tells us to what extent people give time and energy to help others, support local organisations, and work toward improving wellbeing in the community. Volunteering builds social relationships and shows a connection and commitment to the community. Doing volunteer work differs by level of civic engagement.<sup>2</sup> People with a high level of civic engagement volunteer significantly more than either of the other two groups. Even people who are somewhat engaged volunteer at a much higher rate than people who are not engaged.



*How is civic engagement related to volunteering?*

## Sense of Belonging



Sense of belonging to the local community tells us how much people feel they matter to others and to what extent a person feels they can depend on the community to meet their needs. Results show that people with a high level of civic engagement report feeling a stronger sense of belonging to the local community than the other two groups.<sup>3</sup> People who are not civically engaged have a weaker sense of belonging.

<sup>2</sup> Source: *Technical Supplement* – Table A1.

<sup>3</sup> Source: *Technical Supplement* – Table A2. Sense of belonging is reported on a 7-point scale from 1 = “very weak” to 7 = “very strong”. People are considered to have a weak sense of belonging if they reported 1 or 2 on the scale, neither weak nor strong if they reported 3, 4, or 5 on the scale, and strong sense of belonging if they reported 6 or 7.



# Democratic Engagement

*Healthy democracies require more than high voter turnout. Democratically engaged communities are those where citizens regularly interact with government, exchanging ideas, building trust, and ensuring accountability. At the community level, participation in local political activities and citizens showing interest in and expressing opinions on local issues helps foster democratic engagement.*

The democratic engagement domain measures how much people care about and are active in political and democratic activities in the community. In this domain, level of civic engagement is compared to two measures of democratic engagement:

- ① Level of interest in local politics
- ① The extent to which people feel the programmes and services of the local government have made them better off

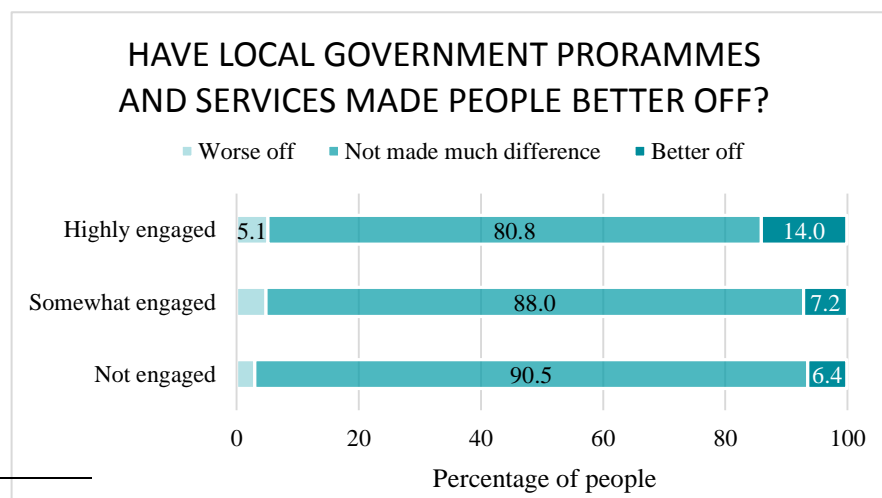
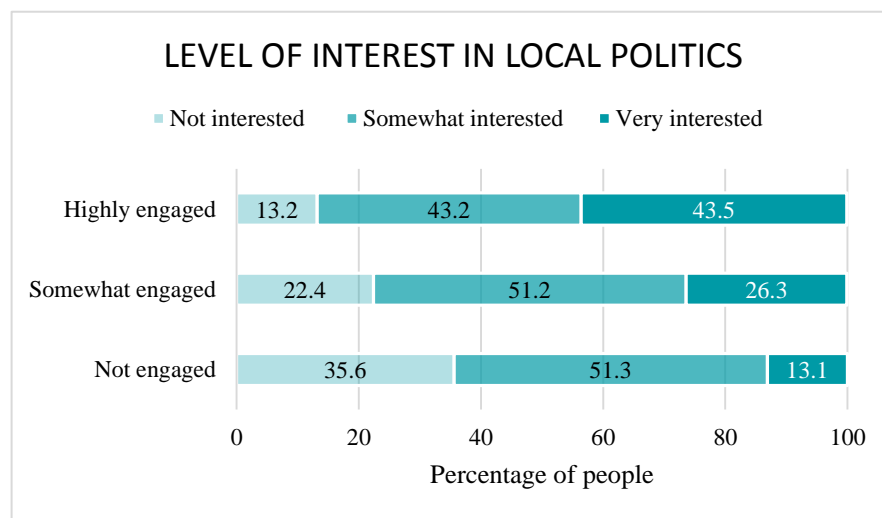
The results show that people with a high level of civic engagement are more interested in local politics than other groups and feel that the programmes and services of local government have made them slightly better off.

## Local Politics and Government Programmes

Level of interest in local politics can tell us something about the perceived importance of local government.<sup>4</sup> Local government can have a big impact on wellbeing because it creates policies which address services such as waste management, water quality, public transit, and recreation opportunities. People who are more civically engaged tend to be more interested in municipal politics.<sup>5</sup> People who are not engaged are less interested in local politics than people in the other two groups.

The extent to which people feel the programmes and services of the local government have made them better gives an indication of how knowledgeable people are of local programmes and services, as well as how people feel about changes in their community that are the result of local government.<sup>6</sup> People with a higher level of civic engagement feel more favourably towards local government programmes and services.<sup>7</sup> Regardless of level of civic engagement, it seems that most people feel indifferently towards the programmes and services of local government.

*How does level of interest in local politics vary by amount of civic engagement?*

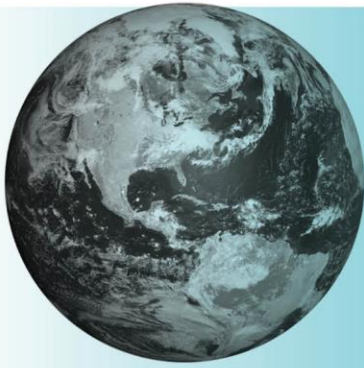


<sup>4</sup> Interest in local politics is reported on a 10-point scale. People are considered to be “not interested” if they selected 1 to 3 on the scale, “somewhat interested” if they selected 4 to 7 on the scale, and “very interested” if they selected 8 to 10 on the scale.

<sup>5</sup> Source: *Technical Supplement* – Table B1.

<sup>6</sup> Extent to which the programmes and services have made people better off is reported on a 7-point scale. People are considered to feel that the programmes and services have made them “worse off” if they selected 1 or 2 on the scale, “not made much difference” if they selected 3 to 5, and “better off” if they selected 6 or 7.

<sup>7</sup> Source: *Technical Supplement* – Table B2.



# Environment

*The air we breathe, the energy we produce and consume, the water we drink, and the health of the other species we share the planet with all contribute to our wellbeing. Communities can improve citizen quality of life by protecting and improving their natural environments and providing residents with environmentally sustainable choices.*

The environment domain measures how residents feel about their local environment and the frequency with which residents participate in resource conservation and sustainable activities. For this section, residents' level of civic engagement is compared to how often they participated in the following activities during the past 12 months:

- ① Reusing materials
- ① Recycling materials
- ① Reducing household waste
- ① Separating waste
- ① Conserving energy
- ① Conserving water
- ① Walking, biking, or taking public transit more often
- ① Purchasing foods produced locally

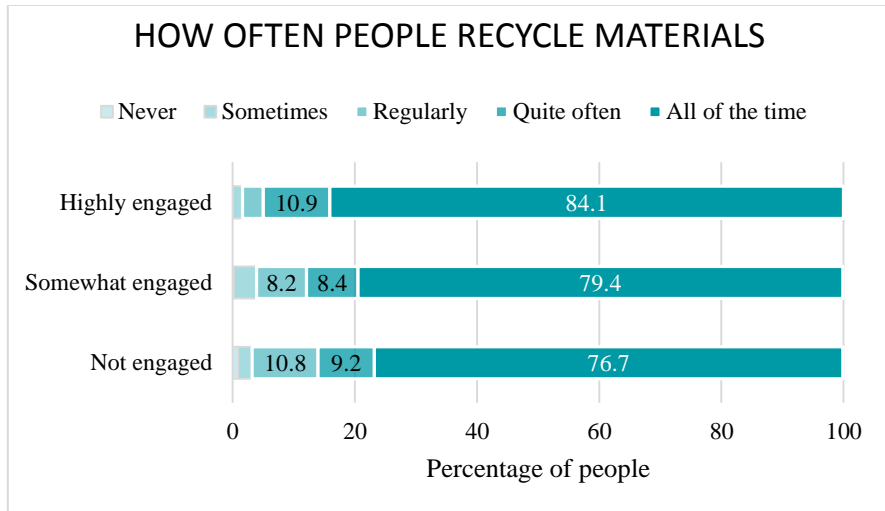
Responses ranged on a 5-point scale from “never” participate in the activity to “always” participate in the activity. Overall, people’s environmental practices align with their level of civic engagement. The more civically engaged a person is, the greater his or her participation in environmental efforts. Additionally, people recycle, reduce, and reuse materials more often than they focus on conserving water, purchasing local food, or using alternative forms of transportation.

# Environmental Practices

## Reduce, Reuse, Recycle, and Separate Waste

Reducing, reusing, recycling materials, and separating waste helps the environment by diverting waste from local landfills. Overall, people participated in recycling more than any other household-related environmental practice.

*Which group of people recycles most often?*



How often people recycle differs by their level of civic engagement.<sup>8</sup> People who are highly civically engaged recycle materials more often than people who are somewhat or not at all civically engaged; conversely, people who are not civically engaged recycle less often than either of the other groups. Regardless of their level of civic engagement, residents report recycling materials more often than reducing household waste or reusing items.

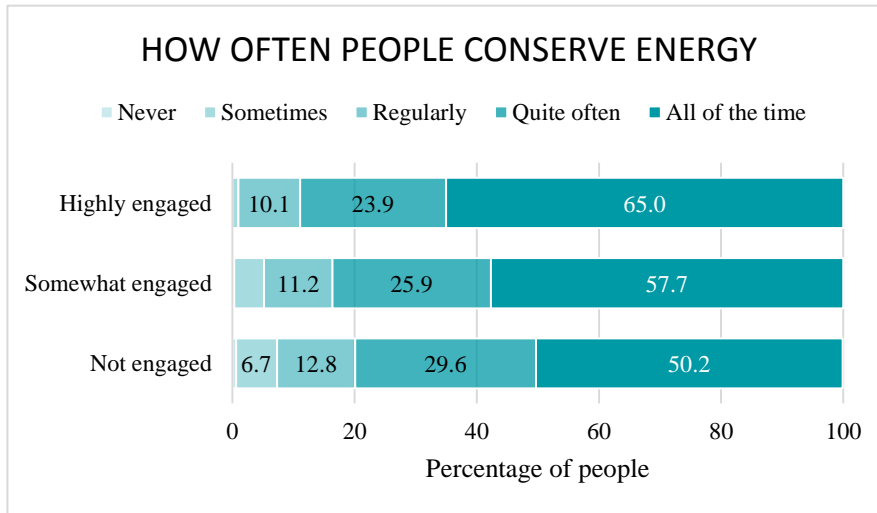
We see the same pattern in how often people reuse and reduce materials and separate waste.<sup>9</sup> People who are highly civically engaged perform all three environmental practices in their households more often than other groups of people. People who are not civically engaged perform these activities less often than people with higher levels of civic engagement.

<sup>8</sup> Source: *Technical Supplement* – Table C1.1

<sup>9</sup> Source: *Technical Supplement* – Tables C1.2, C1.3, C1.4

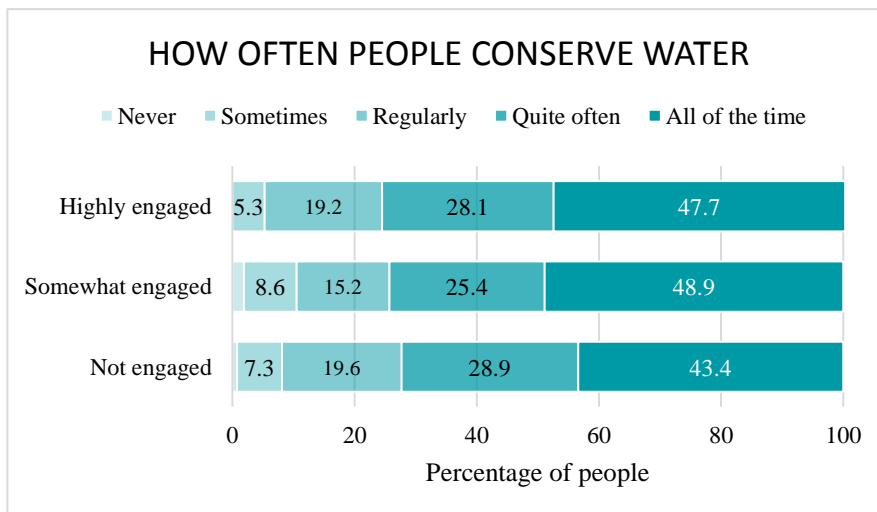
## Conserve energy and water

Conserving energy and water helps the environment by preserving fresh water resources and slowing the depletion of non-renewable energy resources. Common energy conservation activities include turning off electronics when not in use, running household appliances less often, and lowering the thermostat in the winter. Common water conservation activities include fixing dripping faucets, not watering lawns, and collecting rainwater.



Overall, people conserve energy more often than they conserve water. People with a high level of civic engagement conserve both energy and water more frequently than the other two groups of people.<sup>10</sup> People who are not civically engaged conserve energy and water less often.

*People who are highly civically engaged conserve resources more often than other groups of people*

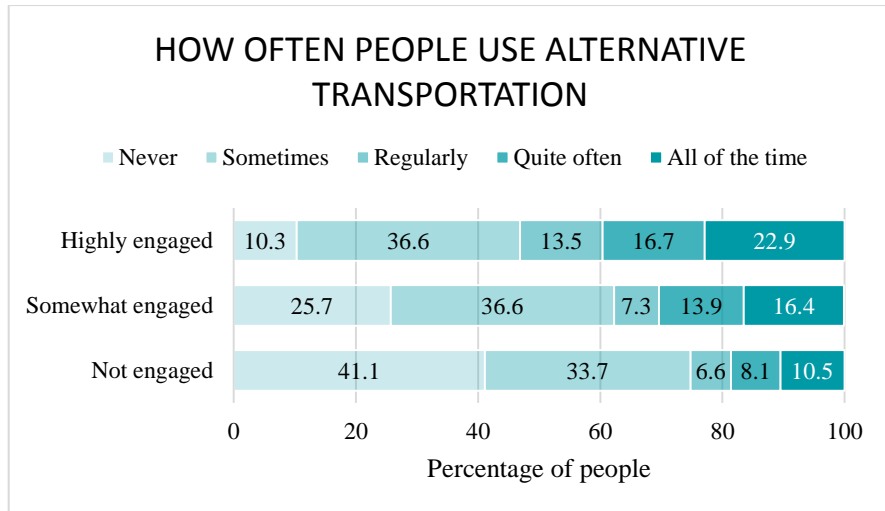


<sup>10</sup> Source: *Technical Supplement* – Tables C1.5, C1.6

## Use alternative transportation and purchase local food

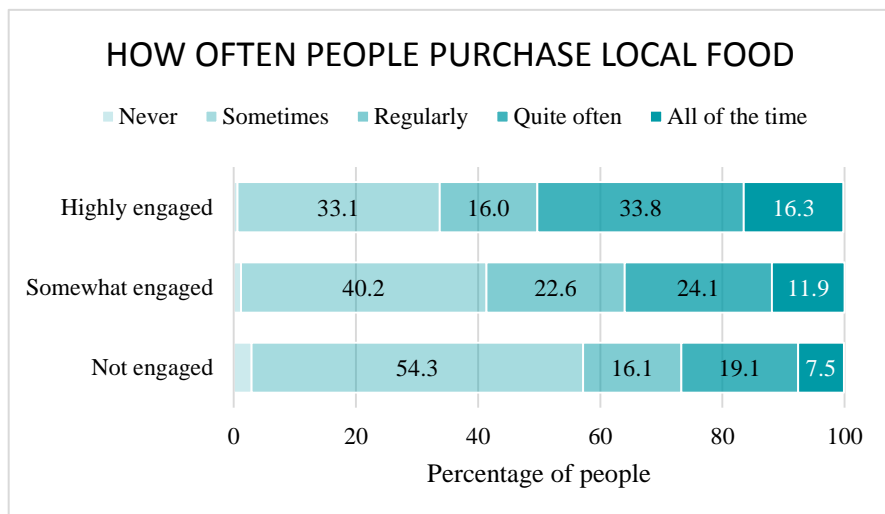
Purchasing locally produced food and using alternative forms of transportation such as walking, biking, or taking public transit helps the environment by decreasing greenhouse gas emissions.

*Is level of civic engagement related to using alternative transportation more often?*



Highly civically engaged people use alternative forms of transportation more often than the other two groups of people.<sup>11</sup> The majority of people not engaged in civic activities never or rarely use alternative forms of transportation. Transportation is a complex issue because the location, timing, and affordability of public transit can have an impact on transportation choices. In addition, safety concerns about bike lanes or personal health issues may affect the decision or ability to walk or bike.

Highly civically engaged people also purchase locally produced food more often than other groups of people.<sup>12</sup> Similarly, people who are somewhat engaged purchase locally produced food more than people who are not engaged. In some communities, purchasing local food can be challenging because the availability of local food depends on what food is produced locally and whether there are shops and markets – and are accessible – that sell locally produced food.



<sup>11</sup> Source: *Technical Supplement* – Table C1.7

<sup>12</sup> Source: *Technical Supplement* – Table C1.8





# Leisure and culture

*Participation in leisure and culture activities brings people together, fosters community and individual identity and helps people create and express meaning in their lives. Communities with a high quality of life value leisure and culture by offering residents a variety of recreation and culture opportunities.*

The leisure and culture domain measures people's participation in leisure and culture activities, the value and meaning people place on leisure and culture in their lives, and whether they feel that leisure and culture opportunities are accessible to them. In this report, residents' level of civic engagement is compared to two indicators of leisure and culture:

- ① How often residents use culture and recreation facilities in the community
- ① Perceptions of accessibility to culture and leisure opportunities in the community

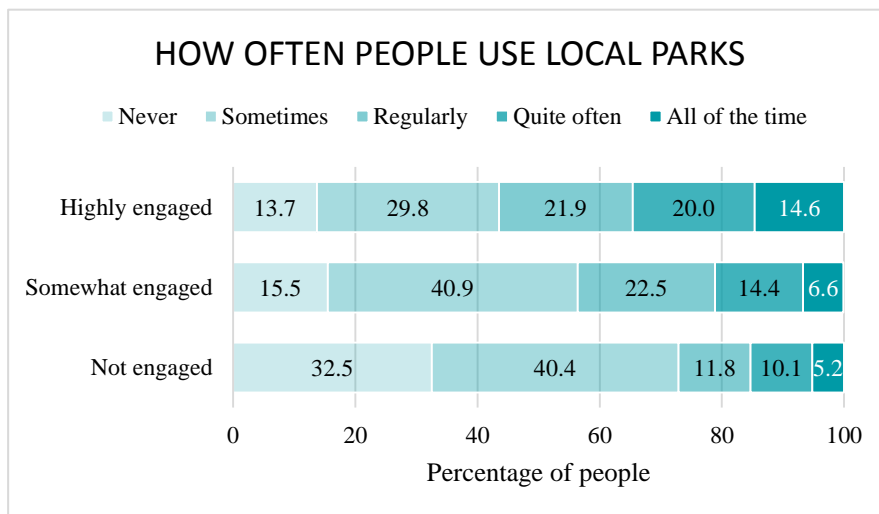
On a 5-point scale ranging from “never” to “always”, residents rated how often in the past year they used a variety of recreation and culture facilities. Overall, people with a high level of civic engagement use recreation and culture facilities more frequently than people who are less engaged.

Residents also indicated on a 7-point scale ranging from “very strongly disagree” to “very strongly agree” how accessible they perceived recreation and culture opportunities to be in the community. As the results that follow illustrate, level of civic engagement does not appear to be related to perceptions of accessibility of recreation and culture opportunities. These results suggest even though accessibility to various opportunities is perceived similarly by residents, those who are more civically engaged are more likely to use them.

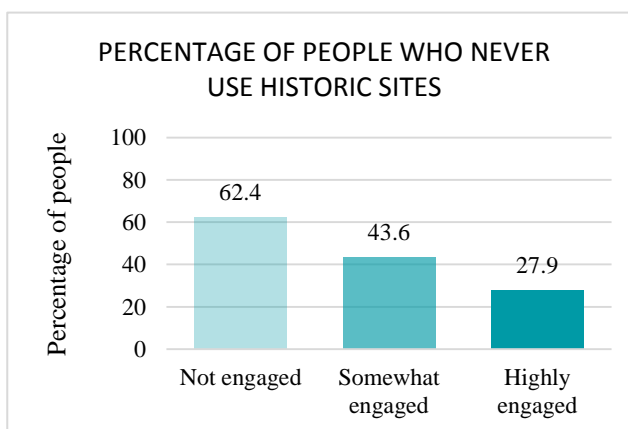
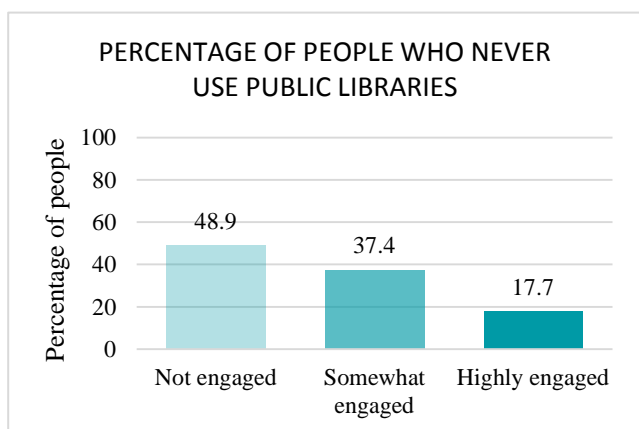
## Use of parks and libraries and historic sites

Local parks provide residents with spaces to play, to connect with others, and to spend time in nature. Public libraries are hubs of community learning, and historic sites connect residents with local history, both of which can help to strengthen community identity.

*Do more civically engaged residents use community facilities more often?*



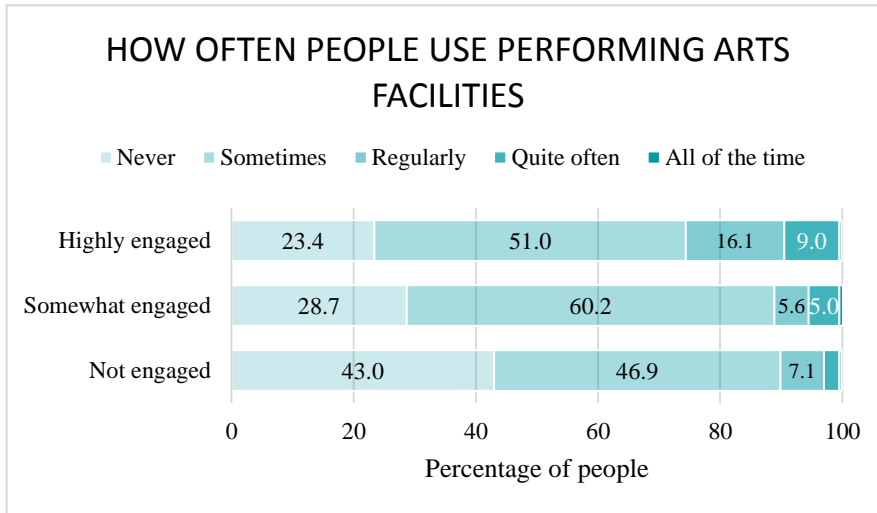
Overall, people use parks and libraries much more often than historic sites, which are rarely visited. Parks are the most frequently used recreation facility, which might be expected given that they are the most numerous and accessible of public opportunities in most communities. People who are highly civically engaged visit parks, libraries, and historic sites more often than people who are somewhat or not at all civically engaged.<sup>13</sup> Notably, nearly half of non-engaged people (48.9%) report not having used a public library in the past year, compared to 37.4% of people who are somewhat engaged, and 17.7% of highly engaged people.



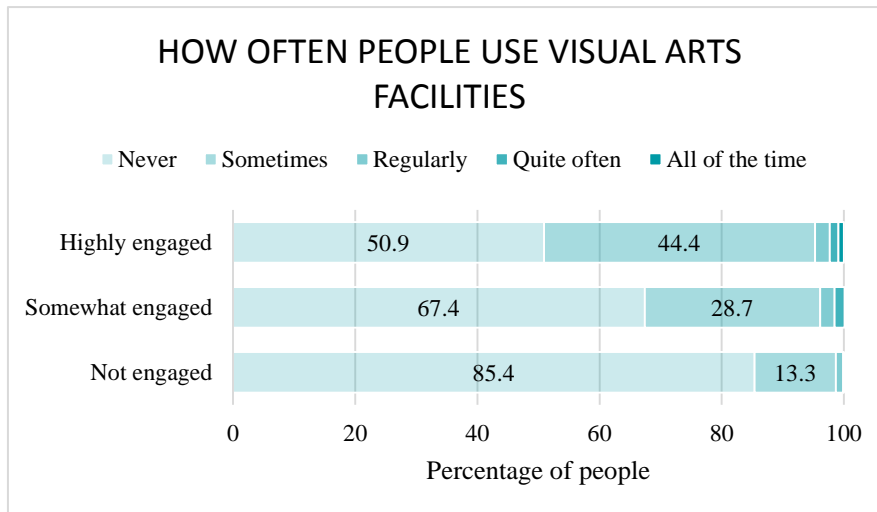
<sup>13</sup> Source: *Technical Supplement* – Tables D1.1, D1.2, D1.3

## Use of performing and visual arts facilities

Performing arts facilities offer music, dance, and theatre performances that strengthen community and cultural identities and expose people to new ideas. Visual arts facilities offer residents new perspectives, showcase local talent, provide space for community events, and offer arts-based interest courses.



*Which residents use arts facilities most often?*



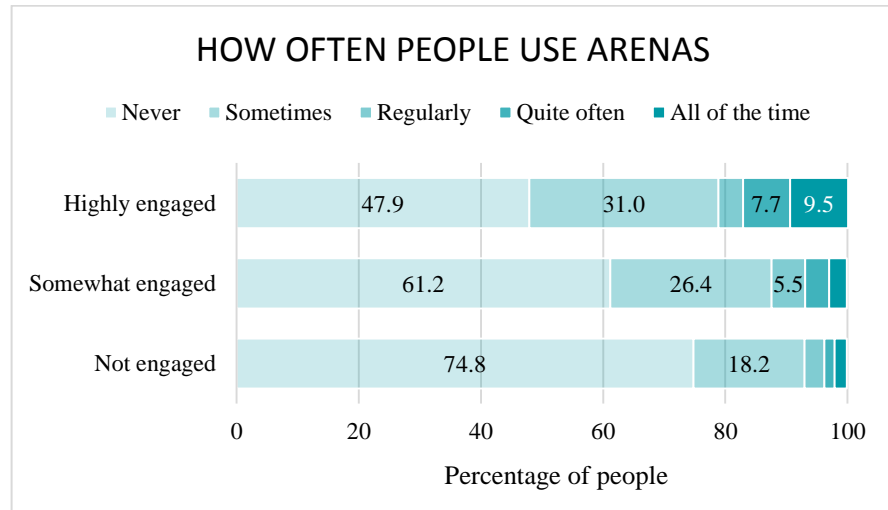
Not surprisingly given the typically periodic attendance at the performing arts or at visual arts events, KFL&A residents rarely use either performing arts or visual arts facilities. People who are highly engaged use these facilities more frequently than those who are somewhat or not engaged.<sup>14</sup> Likewise, people who are somewhat civically engaged use performing arts facilities more frequently than people with no civic engagement. Visual arts facilities have the lowest use of all recreation and culture facilities with 50.9% to 85.4% of residents not having visited an art gallery in the past year.

<sup>14</sup> Source: *Technical Supplement* – Tables D1.4, D1.5

## Indoor recreation facilities

Indoor recreation facilities include multi-purpose recreation centres, swimming pools, and arenas. Arenas can be considered multi-use facilities as well because they provide space for sports, concerts, and community events. People with a high level of civic engagement use arenas more often than people who are somewhat or not engaged.<sup>15</sup> People who are somewhat civically engaged use arenas more frequently than people with no civic engagement.

*Does indoor recreation facility use align with residents' level of civic engagement?*

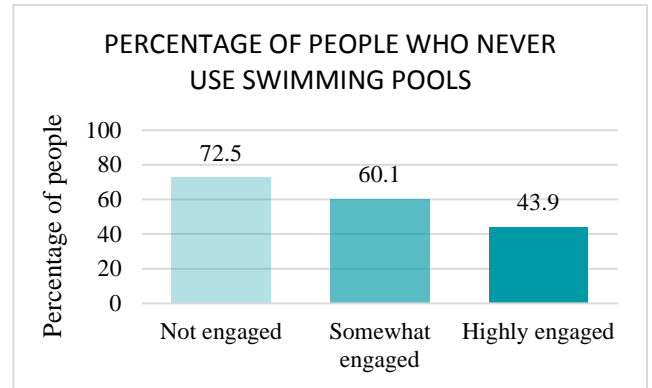
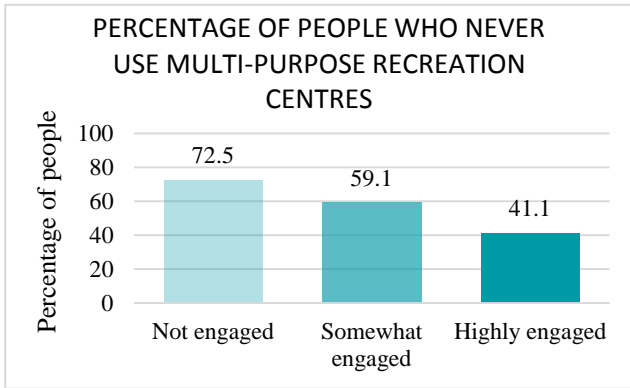


We see the same pattern for usage of swimming pools and multi-purpose recreation centres.<sup>16</sup> The more civically engaged residents are, the more they tend to use these facilities. Nevertheless, overall, the majority of residents report they never or only sometimes use these facilities. Certainly, the availability of recreation facilities in a community can play a part in how frequently people make use of such facilities, and in outlying areas, access is typically an issue. Also, even though smaller communities will often have arenas, they rarely have indoor swimming pools.

<sup>15</sup> Source: *Technical Supplement* – Table D1.6

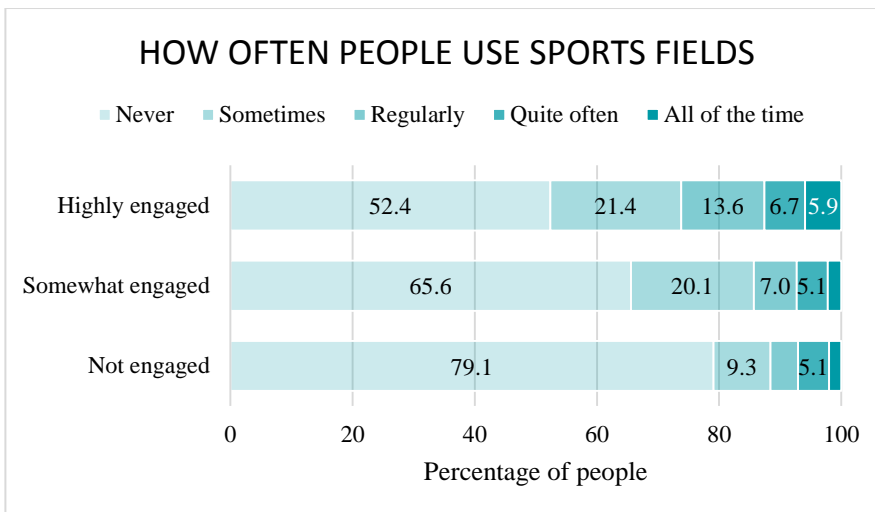
<sup>16</sup> Source: *Technical Supplement* – Tables D1.7, D1.8

## Use of outdoor recreation facilities



Outdoor recreation facilities include sports fields, outdoor skating rinks, splash pads or wading pools, and “other” outdoor facilities such as tennis courts, golf courses, and basketball courts.

Unlike some indoor recreation facilities, sports fields are more common in most communities. Highly civically engaged residents use sports fields more often than those who are somewhat or not engaged.<sup>17</sup> People who are somewhat civically engaged use sports fields more often than people who are not engaged.



When looking at other outdoor recreation facilities such as splash pads, wading pools, “other” outdoor sports facilities, and outdoor skating rinks, we see the same pattern.<sup>18</sup> Highly civically engaged residents use these other types of outdoor recreation facilities more often than those who are somewhat or not engaged.

*Do people who are less civically engaged use outdoor recreation facilities less often?*

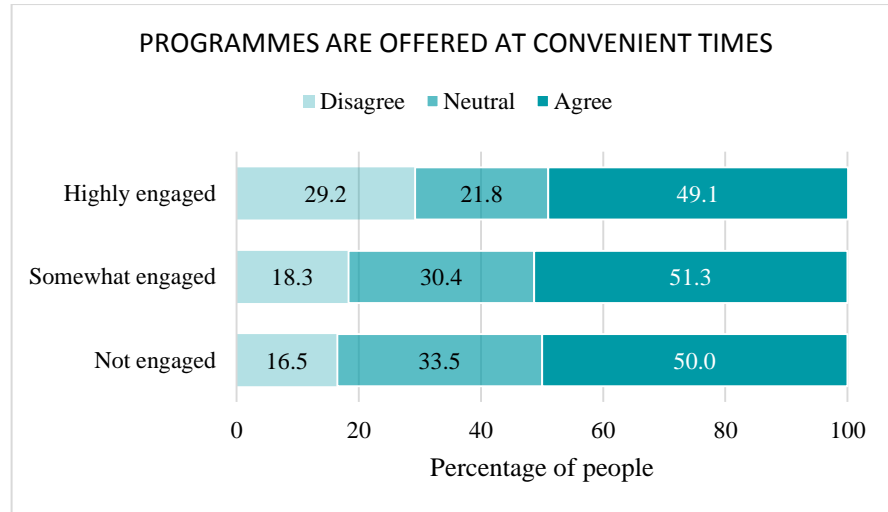
<sup>17</sup> Source: *Technical Supplement* – Table D1.9

<sup>18</sup> Source: *Technical Supplement* – Tables D1.10, D1.11, D1.12

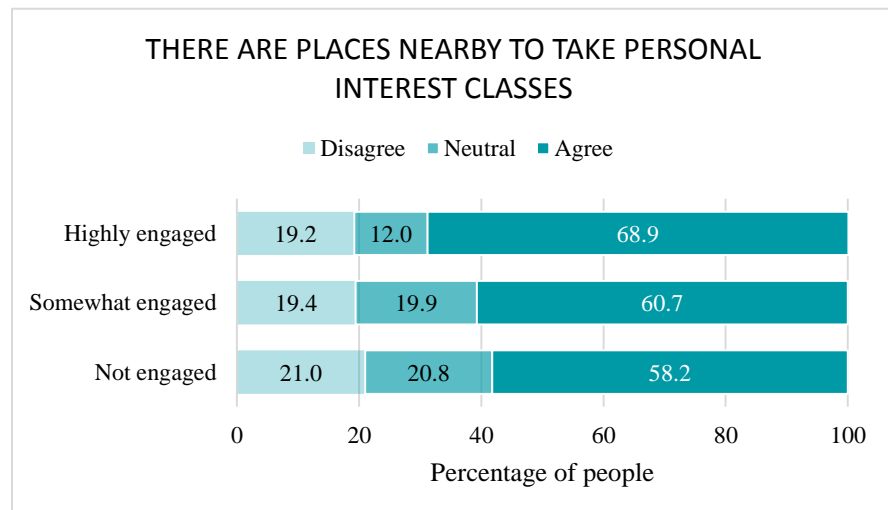
## Accessibility of recreation and culture opportunities

The accessibility of recreation and culture facilities and programmes is typically related to how likely residents are to engage in organised recreation and culture activities.<sup>19</sup> Accessibility may be associated with the physical proximity of recreation and culture opportunities as well as their availability at certain times and the types of supports they provide for different users (e.g., day care services).

*Are perceptions of the accessibility to recreation facilities connected to people's level of civic engagement?*



Highly civically engaged people report greater perceived accessibility to personal interest classes than the other two groups.<sup>20</sup> People who are not civically engaged report the lowest perceptions of accessibility to personal interest classes. Although differences between groups appear small, they are statistically significant. Similarly, people who are highly civically engaged report greater access to local parks than people who are somewhat or not at all engaged.<sup>21</sup>



<sup>19</sup> Level of accessibility was originally reported on a 7-point scale ranging from “very strongly disagree” to “very strongly agree”. For this report, this scale was adapted to three categories: “disagree”, “neutral”, and “agree”.

<sup>20</sup> Source: *Technical Supplement* – Table D2.1

<sup>21</sup> Source: *Technical Supplement* – Table D2.2

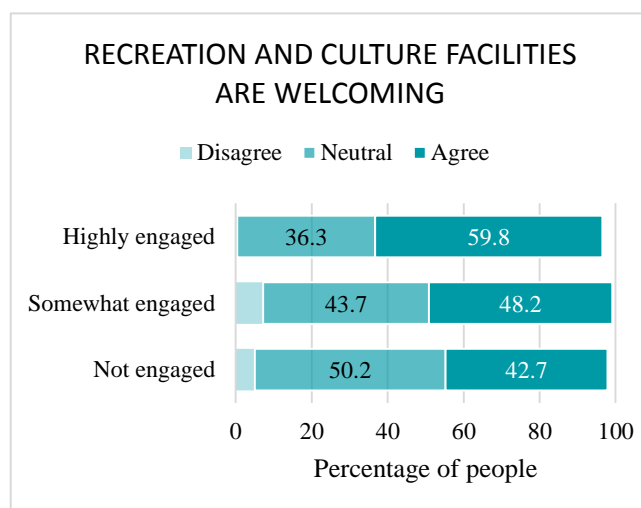
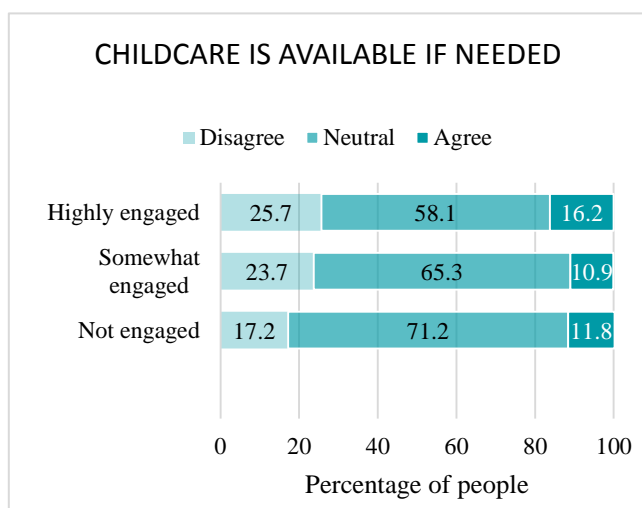
It is a slightly different story for access to recreation and culture facilities from one's home. People who are highly civically engaged access recreation and culture facilities with greater ease than people who are somewhat or not engaged; however, people who are somewhat civically engaged report the most difficulty in getting to recreation and culture facilities.<sup>22</sup> Another factor affecting accessibility is the time during which programmes are offered. People who are not civically engaged find recreation programme times more convenient than people who are somewhat or highly engaged.<sup>23</sup> People with a high level of civic engagement find the times of recreation programmes less convenient than other groups of residents. This paradoxical outcome is likely attributable to the likelihood that more civically engaged residents try to access these facilities more often and are therefore more likely to encounter barriers to access from time to time.

Along with access to facilities and programmes and the times during which programmes are offered, other factors affect the accessibility of recreation and culture opportunities. Some of these factors are the availability of childcare, the cost of participating in activities, and how welcome people feel at facilities.<sup>24</sup>

Parents may require childcare in order to participate in some leisure and culture opportunities. People who are not civically engaged perceive the highest level of agreement that childcare is available if needed, followed by people who are highly engaged.<sup>25</sup> Somewhat engaged people have the lowest level of agreement with the availability of childcare. This question was only answered by 60.4% of survey participants, as it did not apply to everyone.

The cost of recreation and culture activities can be barrier to participation for some people.<sup>26</sup> All groups of residents reported that cost prohibits participation somewhat. Specifically, 18.8% of people who are not engaged, 21.4% of people who are somewhat engaged, and 20.9% of people who are highly engaged agree to some extent that cost prohibits participation. People with a high level of civic engagement less often report that cost prohibits participation. People who are somewhat or not at all engaged similarly agree that cost prohibits participation.

Finally, how welcome a person feels at a recreation and cultural facility can have an impact on how likely he or she is to continue using the facility. People who are highly civically engaged report feeling the most welcome, followed by people who are somewhat engaged.<sup>27</sup> People who are not civically engaged report feeling less welcome than those who are somewhat engaged.



<sup>22</sup> Source: *Technical Supplement* – Table D2.3

<sup>23</sup> Source: *Technical Supplement* – Table D2.4

<sup>24</sup> Level of accessibility was originally reported on a 7-point scale ranging from “very strongly disagree” to “very strongly agree”. For this report, this scale was adapted to three categories: “disagree”, “neutral”, and “agree”.

<sup>25</sup> Source: *Technical Supplement* – Table D2.5

<sup>26</sup> Source: *Technical Supplement* – Table D2.6

<sup>27</sup> Source: *Technical Supplement* – Table D2.7



# Education

*Adult education can help people adapt to change and improve cognitive functioning, helping people live better as they live longer. As part of lifelong learning, informal interest courses provide people with personal enrichment, strengthen individual identity, and connect community members.*

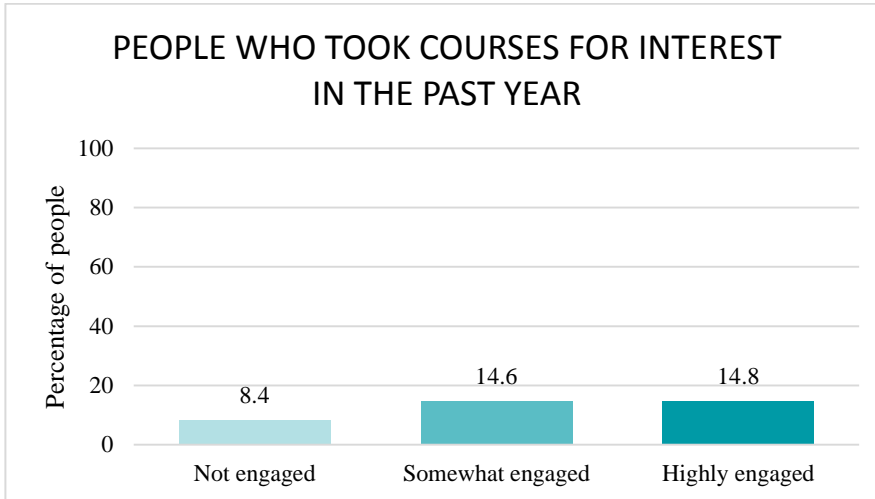
The reasons why people take interest courses tend to differ from why people take formal education courses. Formal education courses are usually taken for diploma or degree completion, or for paid work-related purposes, whereas interest courses are often pursued because of an enthusiasm to refine existing skills or learn a new hobby.

The education domain measures how engaged residents are in adult education and how they feel about adult learning opportunities available to them in the community. For this section, resident's level of civic engagement is compared to whether or not they took personal interest courses during the past 12 months.



## Interest courses

Interest courses are taken for personal enrichment or leisure instead of for job-related purposes. These courses, such as computer skills, woodworking, or foreign languages, are often offered by recreation and culture organisations rather than by schools.



*How is level of democratic engagement related to taking personal interest classes?*

People who are highly or somewhat civically engaged report taking interest courses more than people who are not civically engaged.<sup>28</sup> The small percentage difference between people who are highly engaged and somewhat engaged is not statistically significant. Overall, only 12% of KFL&A residents took interest courses in the past year.

<sup>28</sup> Source: *Technical Supplement* – Table E1



# Living standards

*Living standards are about more than household income – they also are related to job quality and financial security. A person’s ability to balance his or her job demands and personal life has an impact on job satisfaction, family functioning, and how much a person is able to be engaged in the community.*

The living standards domain measures a variety of factors related to employment and finances including how many jobs a person has, how people feel about their job(s), their ability to balance their work and personal life, and the perceived adequacy of their financial situation. For this report, residents’ levels of civic engagement are compared to their feelings about work. Specifically, residents indicated the extent to which they agreed with each of the following statements, which relate to three different perspectives on work:life balance: personal life interfering with work, work interfering with personal life, and work and personal life enhancing each other.<sup>29</sup>

- ❶ My personal life suffers because of my work
- ❶ My job makes a personal life difficult
- ❶ I neglect personal needs because of work
- ❶ I put my personal life on hold for work
- ❶ I struggle to juggle work and non-work activities
- ❶ I am happy with the amount of time for non-work activities
- ❶ My personal life drains me for energy for work
- ❶ I am too tired to be effective at work
- ❶ My work suffers because of my personal life
- ❶ It’s hard to work because of personal matters
- ❶ My personal life gives me energy for my job
- ❶ I am in a better mood at work because of my personal life
- ❶ I am in a better mood generally because of my job

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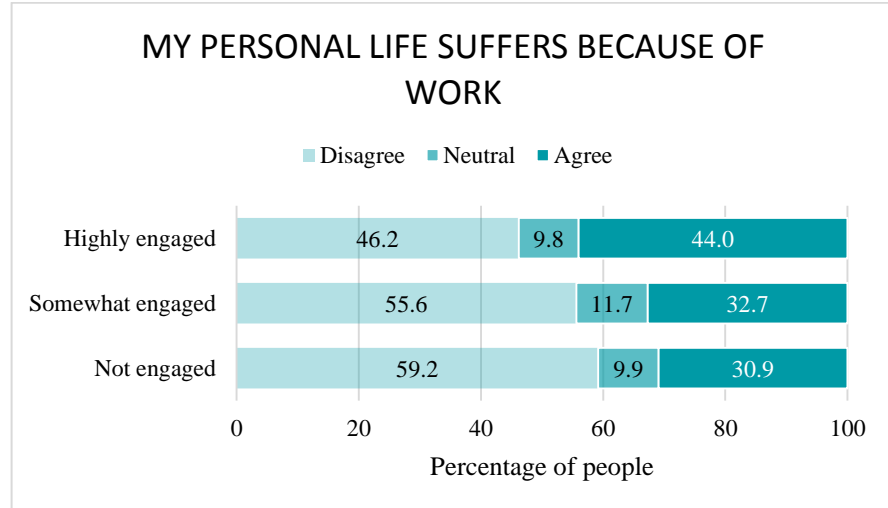
<sup>29</sup>Level of agreement was originally reported on a 7-point scale ranging from “very strongly disagree” to “very strongly agree”. For this report, the scale was adapted to three categories: “disagree”, “neutral”, and “agree”.

Overall, people who are highly civically engaged more often report that work interferes with their personal life, as well as report that their work and personal life enhance each other. There is no overall pattern in how people who are somewhat civically engaged report their feelings about work. Finally, people who are not engaged civically report least often that work interferes with their personal life, but also report less often that they experience work-personal life enhancement.

## How work influences personal life

A person's work life can affect their personal life in many different ways. Here, we look at how much work interferes with one's personal life. Overall, residents who are highly civically engaged report work negatively affecting their personal life more than people who are somewhat or not at all engaged.

*To what extent does work interfere with personal life among people who are highly civically engaged*



Highly civically engaged people feel their personal life suffers because of work more than people who are somewhat or not engaged.<sup>30</sup> People who are not engaged report less often that their personal life suffers because of their work compared to the other two groups.

We see a similar pattern in three other measures of how work affects one's personal life:

- ❶ the extent to which people agree that their job makes a personal life difficult,<sup>31</sup>
- ❷ the extent to which people agree that they neglect personal needs because of work, and<sup>32</sup>
- ❸ the extent to which people agree that they put their personal life on hold because of work.<sup>33</sup>

For all three measures, people who are highly civically engaged report work interfering with their personal life more than the other two groups. The differences between people who are somewhat civically engaged and those who are not engaged are smaller. In two of the measures (i.e., the extent to which people agree that their job makes a personal life difficult, and the extent to which people agree they put their personal life on hold because of work), there is no significant difference between residents who are not engaged and those who are somewhat engaged.

<sup>30</sup> Source: *Technical Supplement* – Table F1.1

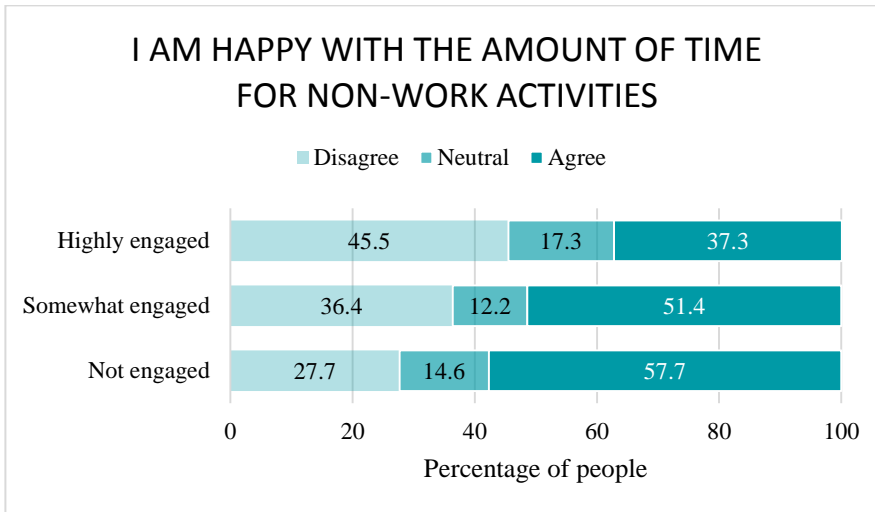
<sup>31</sup> Source: *Technical Supplement* – Table F1.2

<sup>32</sup> Source: *Technical Supplement* – Table F1.3

<sup>33</sup> Source: *Technical Supplement* – Table F1.4

## Work-life enrichment

Work-life enrichment is measured by how happy people are with the amount of time they have for work and non-work activities, the extent to which people have difficulty juggling work and non-work activities, and how their mood is affected by their work. Spending time at non-work activities such as outings with family, participation in recreation opportunities, or socialising with friends is part of work-life balance. How a person's work influences his or her mood carries over to his or her personal life and can affect family functioning and other aspects of wellbeing.



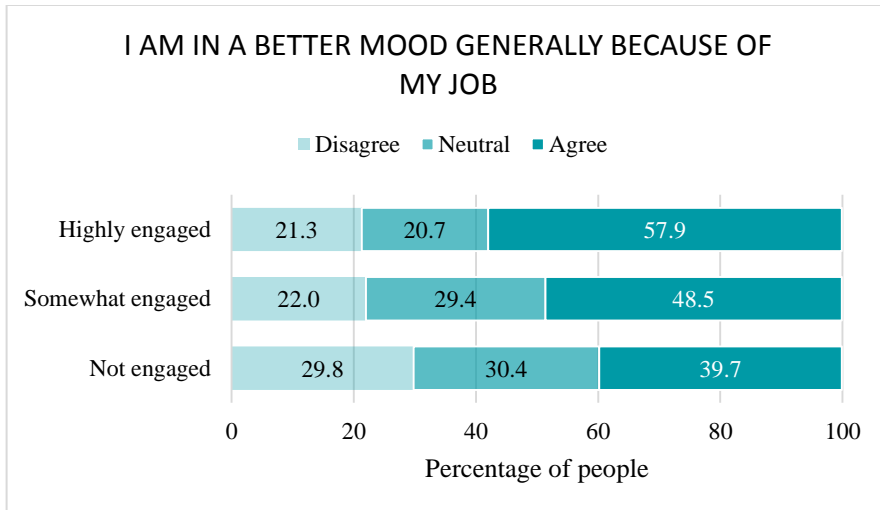
*Which group of engaged residents is happiest with their work-life balance?*

People with a high level of civic engagement are less satisfied with the amount of time for non-work activities than people who are somewhat or not at all civically engaged.<sup>34</sup> People with no civic engagement are the most satisfied with the amount of time they have for recreation opportunities.

The same is true for juggling work and non-work activities.<sup>35</sup> People with a high level of civic engagement report more difficulty in juggling activities than people who are somewhat or not at all civically engaged. People who are not civically engaged report the least difficulty in juggling work and non-work activities.

<sup>34</sup> Source: *Technical Supplement* – Table F1.5

<sup>35</sup> Source: *Technical Supplement* – Table F1.6



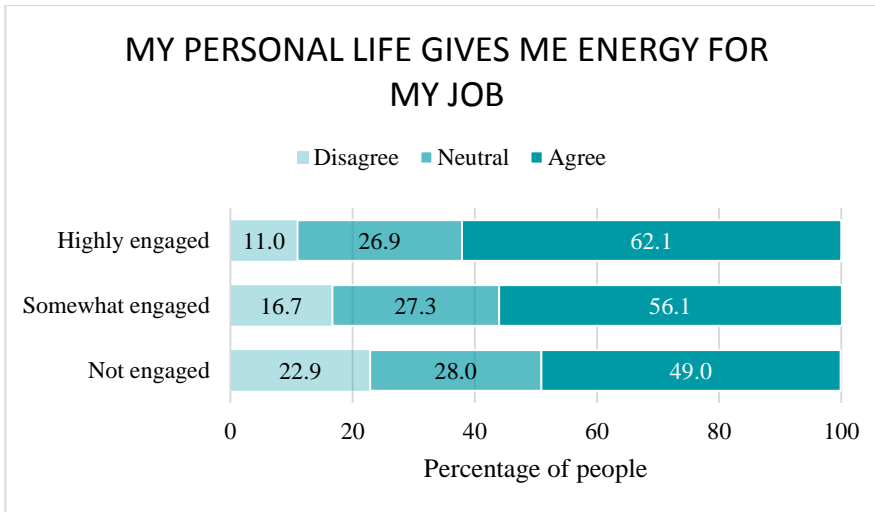
People with a high level of civic engagement report feeling in a better mood because of their job to a greater extent than people with other levels of civic engagement<sup>36</sup>. Residents who are not engaged disagree more than other groups that work puts them in a good mood.

The same is true for feeling in a better mood at work because of one’s personal life<sup>37</sup>. People who are highly civically engaged feel in better mood at work because of their personal life than the other two groups. For this measure, there is no statistically significant difference between people who are somewhat engaged and people who are not engaged.

<sup>36</sup> Source: *Technical Supplement* – Table F1.7

<sup>37</sup> Source: *Technical Supplement* – Table F1.8

## The influence of personal life on work



Having a satisfying personal life can give someone energy for his or her job, and having enough energy for work can enhance job performance and job satisfaction. People who are highly civically engaged report having more energy from their personal life for their job than people who are somewhat or not civically engaged.<sup>38</sup> Similarly, people who are somewhat engaged report having more energy from their personal life for their job than people who are not at all engaged

Other measures of how a person’s work affects his or her personal life do not show any distinct pattern relative to level of civic engagement:

- 1 People who are somewhat civically engaged report feeling more “drained of energy because of my personal life” than the other two groups.<sup>39</sup> The difference between people who are highly engaged and people who are not engaged is not statistically significant.
- 1 People with a high level of civic engagement report feeling “too tired to be effective at work”<sup>40</sup> less than the other two groups. The difference between people who are somewhat engaged and people not engaged is not statistically significant.
- 1 People who are not civically engaged report “my work suffers because of personal matters”<sup>41</sup> less than people who are highly engaged or somewhat engaged. There is no statistically significant difference between people who are highly engaged and people who are somewhat engaged.
- 1 People who are somewhat civically engaged report finding it hard to work because of personal matters<sup>42</sup> more often than people who are highly or not at all engaged. People with no civic engagement report finding it hard to work because of personal matters less often than the other two groups.

*How does level of civic engagement relate to how one’s personal life influences work?*

<sup>38</sup> Source: *Technical Supplement* – Table F1.9

<sup>39</sup> Source: *Technical Supplement* – Table F1.10

<sup>40</sup> Source: *Technical Supplement* – Table F1.11

<sup>41</sup> Source: *Technical Supplement* – Table F1.12

<sup>42</sup> Source: *Technical Supplement* – Table F1.13



# Time use

*Feeling there is enough time to meet personal needs and do the things that matter in life contributes to wellbeing. Feeling rushed or stressed for time can negatively affect physical and mental health, family wellbeing, how active people are in the community, and their level of democratic engagement.*

The time use domain measures how many hours of sleep people get, how much time they spend commuting, how often families eat a meal together, and people's perceptions of having adequate time for important relationships and activities in their lives. In this section, residents' level of civic engagement is compared to their perceptions of time adequacy for these types of activities. Specifically, people indicated the extent to which they have enough time for each of the following activities using a 10-point scale ranging from "not enough" to "always enough":

- 1 To get enough sleep/rest
- 1 To be oneself
- 1 To socialise
- 1 To keep in shape
- 1 To prepare or eat healthy meals
- 1 To participate in or be active in the community
- 1 To nurture their spiritual and/or creative side
- 1 To complete housework and chores
- 1 To be with the children they live with
- 1 To be with their partner or spouse
- 1 To be together with their family
- 1 To form and sustain serious relationships

Overall, people who are somewhat civically engaged report the lowest levels of time adequacy, and appear more time stressed than people who are highly engaged or not engaged. People with a high level of civic engagement appear to place a greater priority on social time as they report more often having enough time to socialise, be active in the community, spend time with children and sustain relationships, but not enough time to sleep, exercise, do chores, or nurture their spiritual or creative side. Finally, residents who are not civically engaged report the greatest overall time adequacy, except for having enough time to spend with children.



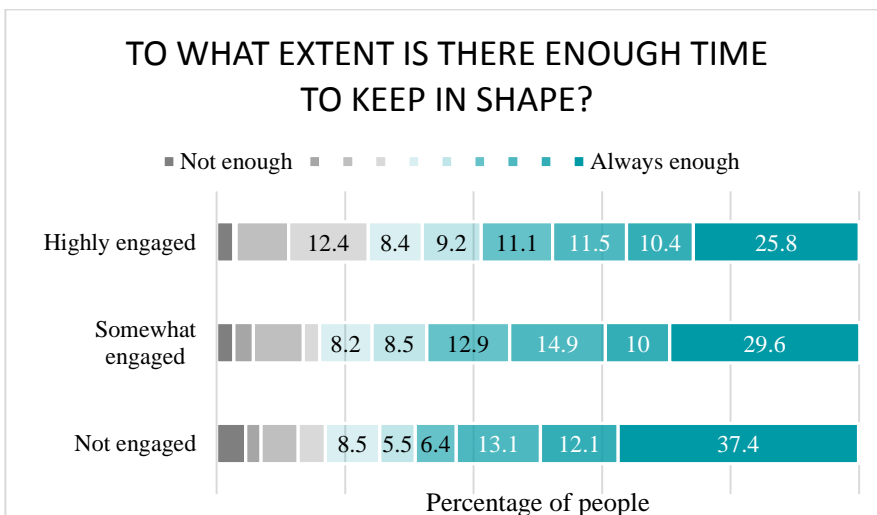
## Adequate time to meet personal needs

Having enough time to meet basic personal needs, such as sleeping, eating healthy meals, and exercising are essential to maintain good mental and physical health.



People who are not civically engaged report having more time to sleep (49.2% report “always” having enough time) than people who are somewhat or highly engaged.<sup>43</sup> People who are highly engaged report having less time to sleep or rest than other groups of people (just 37.2% report always having enough time).

Finding time to exercise and participate in physical activities is an important part of maintaining a healthy lifestyle. People who are not civically engaged report having more time to stay in shape than people who are highly or somewhat engaged.<sup>44</sup> People who are highly engaged report having less time to stay in shape than other groups of people.

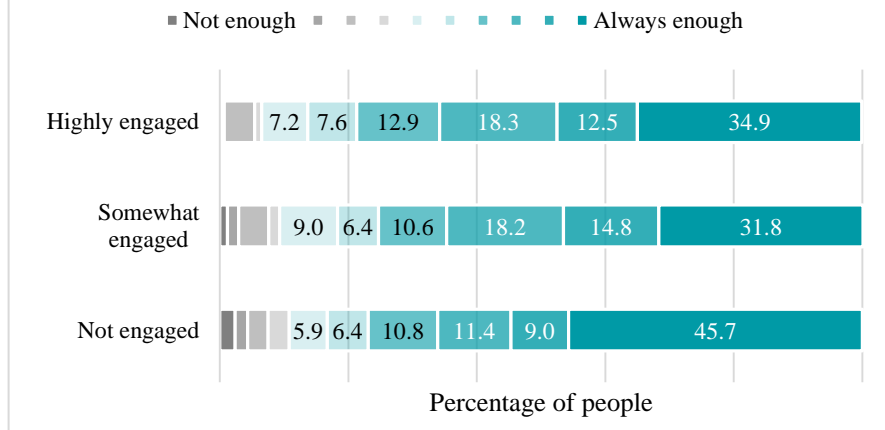


*Do more democratically engaged residents feel they have enough time for their personal needs?*

<sup>43</sup> Source: *Technical Supplement* – Table G1.1

<sup>44</sup> Source: *Technical Supplement* – Table G1.2

## TO WHAT EXTENT IS THERE ENOUGH TIME TO PREPARE OR EAT HEALTHY MEALS?

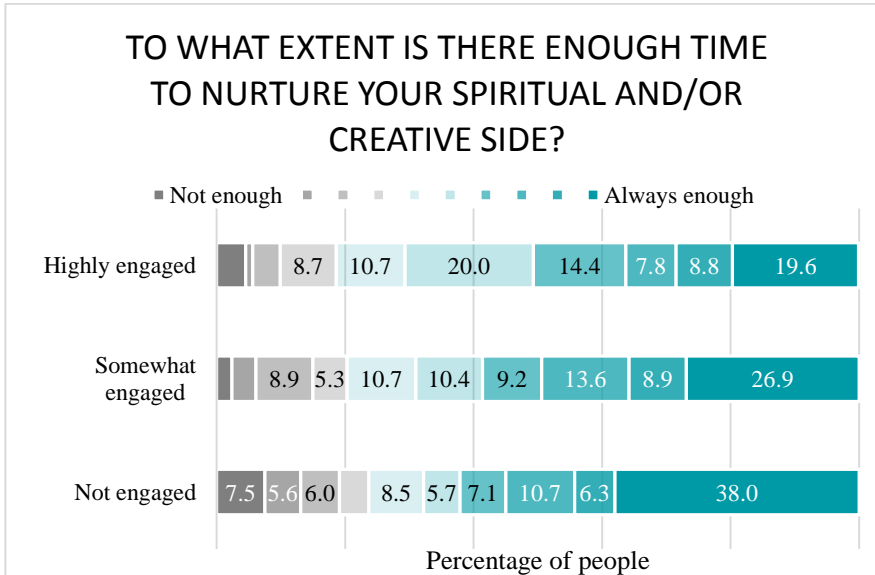


Healthy eating can boost energy and improve overall health. People who are somewhat civically engaged report having less time to prepare or eat healthy meals than people who are highly engaged or not engaged at all.<sup>45</sup> The difference between people who are highly engaged and people who are not engaged is not statistically significant. Overall, people who are highly civically engaged have less time to meet basic personal needs than the other two groups. People who are not civically engaged report having the most time to meet these three personal needs.

<sup>45</sup> Source: *Technical Supplement* – Table G1.3

## Adequate time to meet spiritual needs and be oneself

Nurturing one’s spiritual or creative side may include activities that allow greater self-expression such as music and art, or spiritual activities such as prayer and meditation.



*Do highly civically engaged people have enough time to nurture their spiritual or creative side?*

People who are not civically engaged report having more time to nurture their spiritual or creative side than people who are somewhat or highly engaged.<sup>46</sup> Specifically, 38.0% of people who are not civically engaged report having enough time to nurture their spiritual or creative side, compared to 26.9% of people who are somewhat engaged, and 19.6% of people who are highly engaged.

Time to be oneself can include time spent engaging in self-expression through leisure or social activities, or time spent away from the demands of work and family roles. People who are not civically engaged report having more time to be themselves than people who are somewhat or highly engaged.<sup>47</sup> The difference between people who are highly engaged and people who are somewhat engaged is not significant.

Overall, people who are highly civically engaged report the lowest feelings of having enough time and people who are not civically engaged reported the strongest feelings of adequate time for these two measures of time adequacy.

<sup>46</sup> Source: *Technical Supplement* – Table G1.4

<sup>47</sup> Source: *Technical Supplement* – Table G1.5

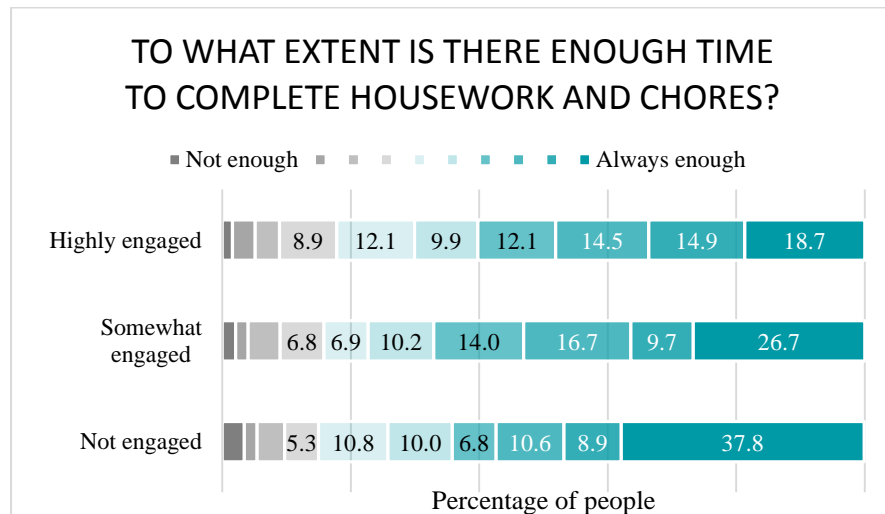
## Adequate time to meet social needs and maintain the home

Having enough time to socialise and be active in the community enhances wellbeing by meeting new people, strengthening social ties, and increasing one’s sense of belonging.

People who are somewhat civically engaged report having less time to socialise with others than people who are highly engaged or not engaged at all.<sup>48</sup> The difference between people who are highly engaged and people who are not engaged is not statistically significant.

Across all groups, finding time to be active in the community was the most difficult. People who are highly civically engaged report having more time to be active in the community than people who are somewhat engaged or not engaged.<sup>49</sup> The difference between people who are somewhat engaged and people who are not engaged is not statistically significant.

*What group of people has the most time to complete household chores?*



People who are not civically engaged report having more time to complete housework and chores than people who are somewhat or highly engaged.<sup>50</sup> Specifically, 37.8% of people who are not civically engaged reported that they always have enough time for housework and chores, compared to 26.7% of people who are somewhat engaged, and 18.7% of people who are highly engaged.

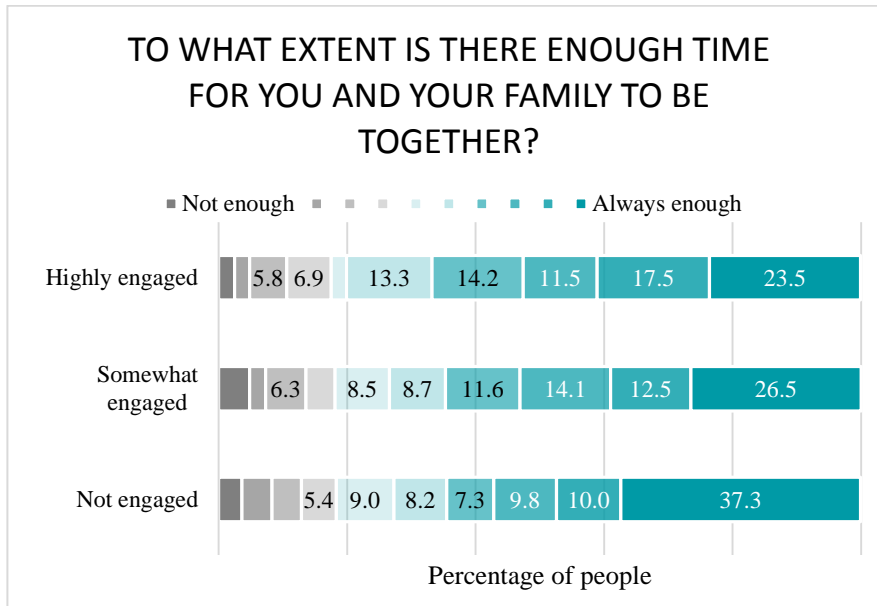
<sup>48</sup> Source: *Technical Supplement* – Table G1.6

<sup>49</sup> Source: *Technical Supplement* – Table G1.7

<sup>50</sup> Source: *Technical Supplement* – Table G1.8

## Adequate time to meet relationship needs

Having enough time to spend with family and friends makes life enjoyable and enhances one's self-identity and sense of belonging. Concomitantly, not having enough time with the important people in one's life can decrease overall wellbeing



*Do people who are not civically engaged have more time to spend with family and friends?*

Spending time with family can improve family cohesion and functioning. Family time may include family members living outside of the home as well as those who live together. People who are not civically engaged report having more time to spend with family than people who are somewhat or highly engaged.<sup>51</sup> We see a similar pattern in with feelings of having enough time to spend with one's partner or spouse. People who are not civically engaged report having more time to spend with their partner or spouse than people who are somewhat or highly engaged.<sup>52</sup> People who are somewhat civically engaged report having less time to spend with their partner or spouse than the other two groups.

However, this pattern does not hold for other types of relationships. Specifically:

- 1 People who are highly civically engaged report having more time to spend with children than people who are somewhat or not engaged.<sup>53</sup> People who are not at all civically engaged report having less time to spend with their children than other groups of people. This question was only answered by 45% of survey participants.
- 1 People who are highly civically engaged report having more time to form and sustain serious relationships than people who are somewhat or not engaged.<sup>54</sup> People who are somewhat civically engaged report having less time to form and sustain serious relationships than other groups of people.

<sup>51</sup> Source: *Technical Supplement* – Table G1.9

<sup>52</sup> Source: *Technical Supplement* – Table G1.10

<sup>53</sup> Source: *Technical Supplement* – Table G1.11

<sup>54</sup> Source: *Technical Supplement* – Table G1.12

# Overall wellbeing



*Measures of overall wellbeing take into account that domains of wellbeing are inter-related. Performance in one domain of wellbeing can often be felt across all domains.*

In community wellbeing surveys, overall wellbeing is measured by overall life satisfaction and level of satisfaction with factors representing the eight domains of wellbeing. In this section, residents’ level of civic engagement is compared to feelings of satisfaction in each domain using seven summary wellbeing indicators and a single indicator from the education domain. The summary wellbeing indicators were calculated as follows:

- 1 *Community vitality domain* – the average scores of satisfaction with sense of belonging to the community and with personal relationships
- 1 *Healthy populations domain* – the average scores of satisfaction with physical and mental wellbeing
- 1 *Democratic engagement domain* – the average scores of satisfaction with the way local government responds to community needs and with how well democracy is working in the community
- 1 *Leisure and culture domain* – the average scores of satisfaction with leisure time, access to arts and cultural opportunities in the community, and with access to recreational and parks opportunities in the community
- 1 *Environment domain* -- the average scores of satisfaction with one’s neighbourhood as a place to live and with environmental quality of the neighbourhood
- 1 *Living standards domain* – the average scores of satisfaction with one’s financial situation and with one’s work situation
- 1 *Time use domain* – the average scores of satisfaction with the balance of activities in one’s daily life and how one’s time is spent

For the education domain, level of satisfaction with access to educational opportunities in the community was the selected indicator. Level of satisfaction in each domain was measured on a 7-point scale from “extremely dissatisfied” to “extremely satisfied”. An overall wellbeing measure was also created by taking the average of all indicators listed above.

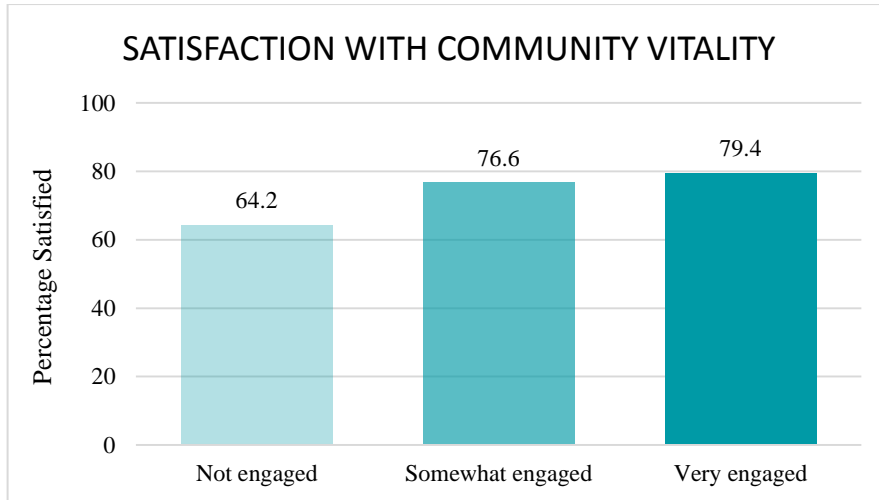
The charts in this section depict the percentage of residents who are satisfied with wellbeing in each of the domains, and with their overall wellbeing. This includes only those residents who selected scores of 5 to 7 on the 7-point scale, representing “satisfied”, “very satisfied”, or “extremely satisfied” respectively.. Overall, people with a high level of civic engagement and those who were at least somewhat engaged reported being satisfied more often in overall wellbeing than people who were not at all civically engaged. This suggests that participation in even a limited range of civic activities may be related to higher levels of satisfaction with wellbeing.

Satisfaction with life in general was measured by asking residents to rate on a 5-point scale the question, “*How satisfied are you with your life in general?*”, ranging from “very dissatisfied” to “very satisfied”. The percentage of people who reported either “satisfied” or “very satisfied” are represented in the charts. More people who are very engaged report being satisfied with life in general than people who are not engaged or somewhat engaged.

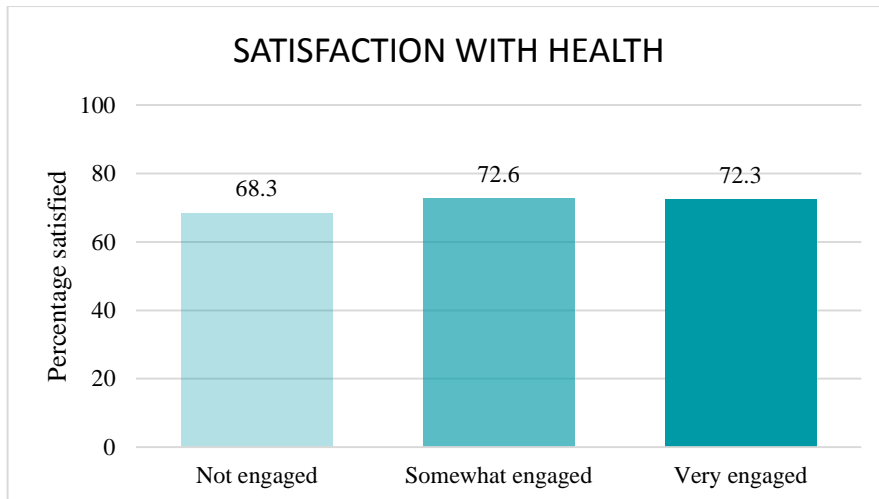
## Overall Community Vitality and Health

The measure of overall community vitality reflects residents' level of satisfaction with their sense of belonging to the community and with their personal relationships.

More people who are highly civically engaged report being satisfied in their overall feelings of community vitality than people who are somewhat or not engaged.<sup>55</sup> People who are not engaged report lower levels of satisfaction in overall community vitality than people who are somewhat or highly engaged.



The measure of overall health reflects the residents' level of satisfaction with their physical and mental health. People who are highly or somewhat civically engaged are more often satisfied with their overall health than people who not engaged.<sup>56</sup>



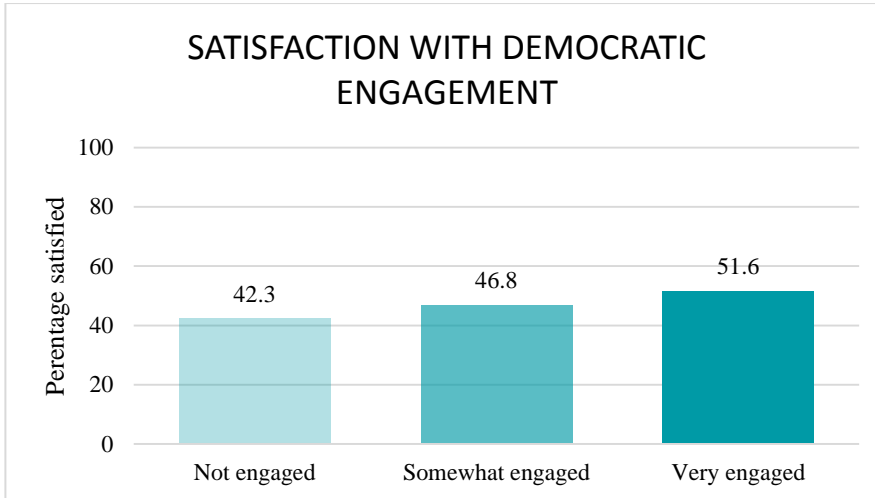
<sup>55</sup> Source: *Technical Supplement* – Table H1.1

<sup>56</sup> Source: *Technical Supplement* – Table H1.2



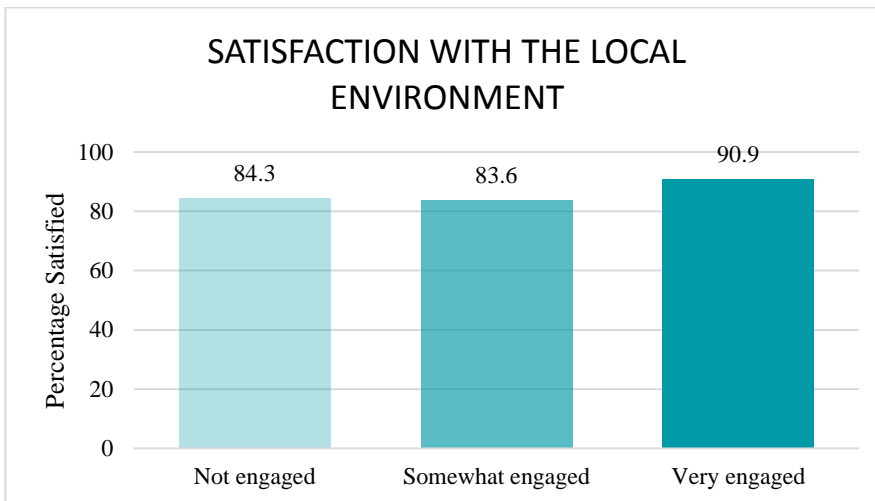
## Overall Democratic Engagement and Environment

The measure of overall democratic engagement reflects residents' level of satisfaction with the way local government responds to community needs and how well democracy is working in the community. Overall, satisfaction with the democratic engagement domain is lower than any other domain of wellbeing.



The percentage of people who report being satisfied with democratic engagement is highest among those who are very civically engaged.<sup>57</sup> Conversely, fewer people in the not engaged category are satisfied with aspects of democratic engagement when compared to other groups.

The measure of overall environment reflects residents' level of satisfaction with the environmental quality of their neighbourhood and with their neighbourhood as a place to live. Environment has the highest overall scores of any wellbeing domain.



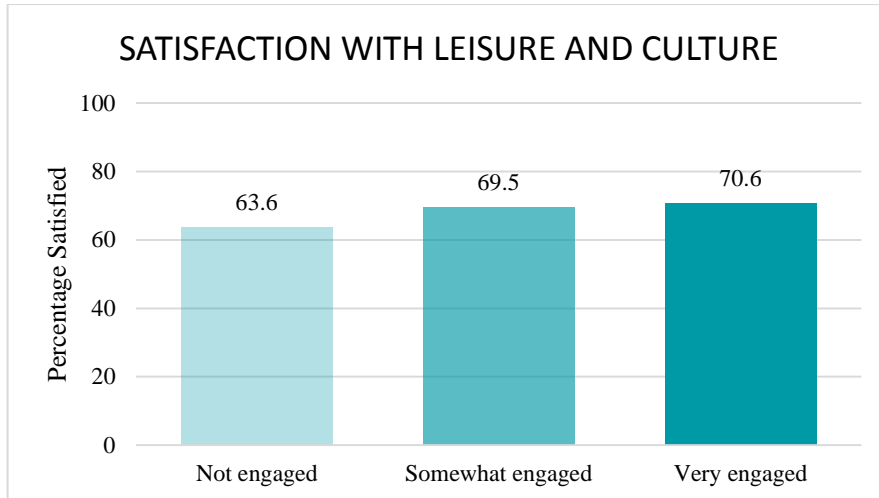
More people who are highly civically engaged report satisfaction with the environment than people who are somewhat or not civically engaged. A similar percentage of people who are not engaged or who are somewhat engaged report less satisfaction with the environment.<sup>58</sup>

<sup>57</sup> Source: *Technical Supplement* – Table H1.3

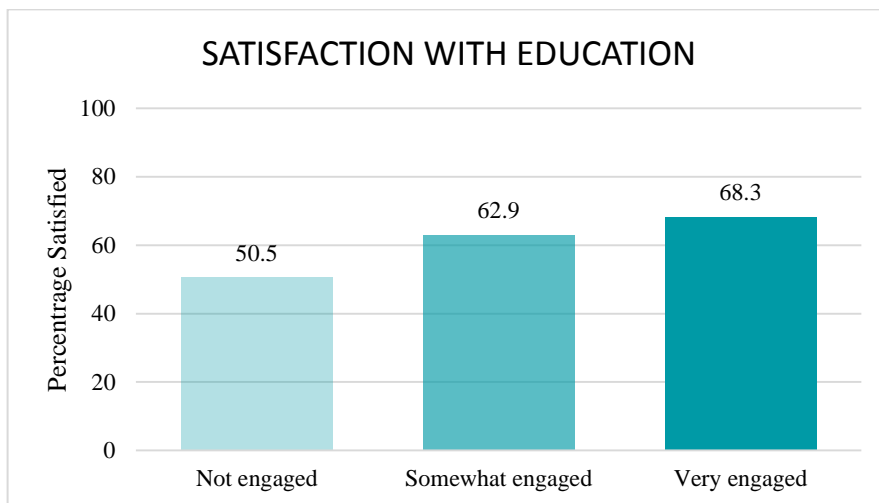
<sup>58</sup> Source: *Technical Supplement* – Table H1.4

## Overall Leisure and Culture and Education

The measure of overall leisure and culture reflects residents' level of satisfaction with leisure time, access to arts and cultural opportunities in the community, and access to recreational and parks opportunities in the community. People who are highly civically engaged are more often satisfaction with their leisure and culture time and access to leisure opportunities than people who are somewhat or not engaged.<sup>59</sup> People who are not engaged are less often satisfied with their leisure and culture time and access than other residents.



The measure of overall education indicator reflects residents' level of satisfaction with their access to educational opportunities in the community. More people who are highly civically engaged are satisfied with their access to education in the community than people who are somewhat or not engaged.<sup>60</sup>

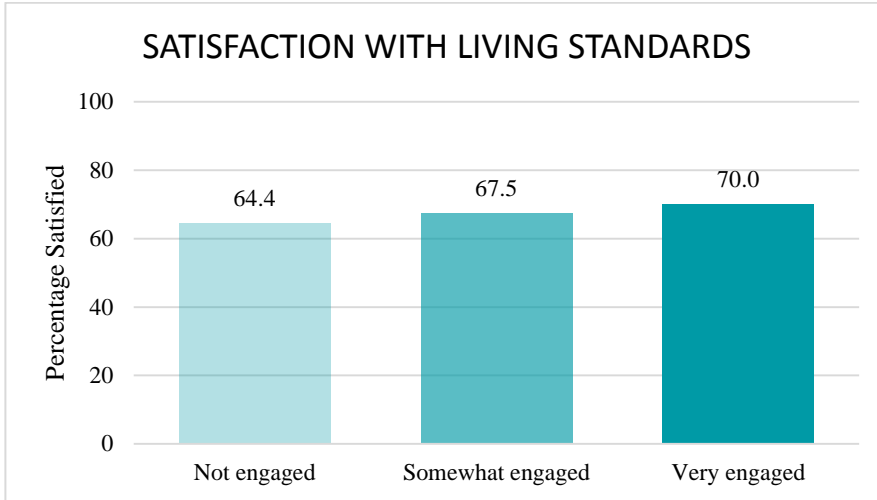


<sup>59</sup> Source: *Technical Supplement* – Table H1.5

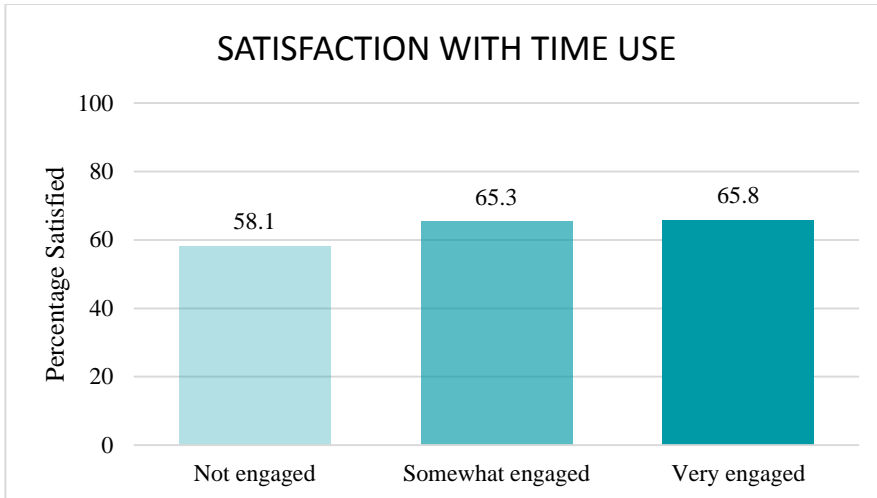
<sup>60</sup> Source: *Technical Supplement* – Table H1.6

## Overall Living Standards and Time Use

The measure of overall living standards reflects residents' level of satisfaction with their work and financial situations. People who are highly civically engaged report are more often satisfied with their living standards than people who are somewhat or not engaged.<sup>61</sup>



The measure of overall time use reflects residents' level of satisfaction with the way they spend their time and with their balance of activities in daily life. People who are highly civically engaged and people who are somewhat civically engaged are more satisfied with their time use than people who not engaged.<sup>62</sup>

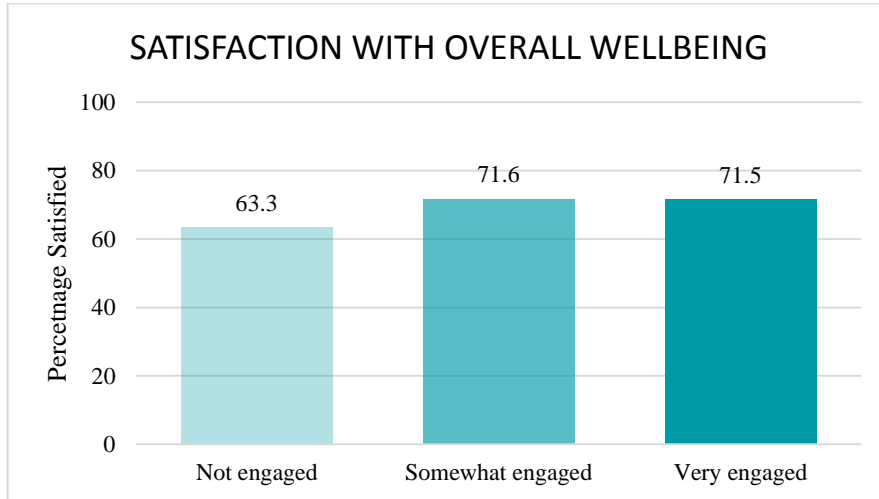


<sup>61</sup> Source: *Technical Supplement* – Table H1.7

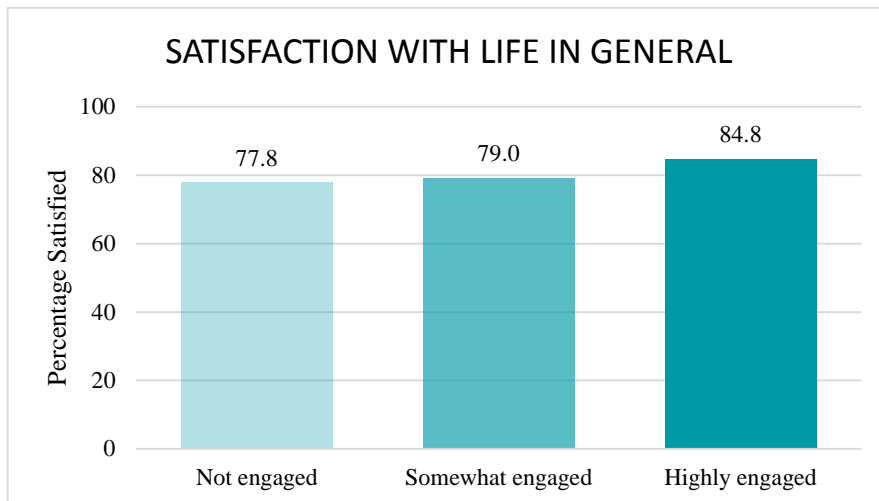
<sup>62</sup> Source: *Technical Supplement* – Table H1.8

## Overall Wellbeing and Satisfaction with Life in General

The measure of overall wellbeing is based on the average level of satisfaction that residents reported on each of the domains reported above. People who are highly civically engaged are more satisfied with overall wellbeing than people who are somewhat or not engaged. People who are not engaged report less satisfaction with overall wellbeing than other groups of people.<sup>63</sup>



Satisfaction with life in general completes the picture of wellbeing. People who are highly civically engaged report higher levels of satisfaction with life in general than people who are somewhat or not engaged.<sup>64</sup> People who are not engaged less often report that they are satisfied with life in general when compared to other groups.



<sup>63</sup> Source: *Technical Supplement* – Table H1.9

<sup>64</sup> Source: *Technical Supplement* – Table H2

# Demographics

Demographic information provides us with a profile of the residents of KFL&A who participated in the survey. In this section, selected demographic characteristics are considered in light of residents' level of civic engagement.

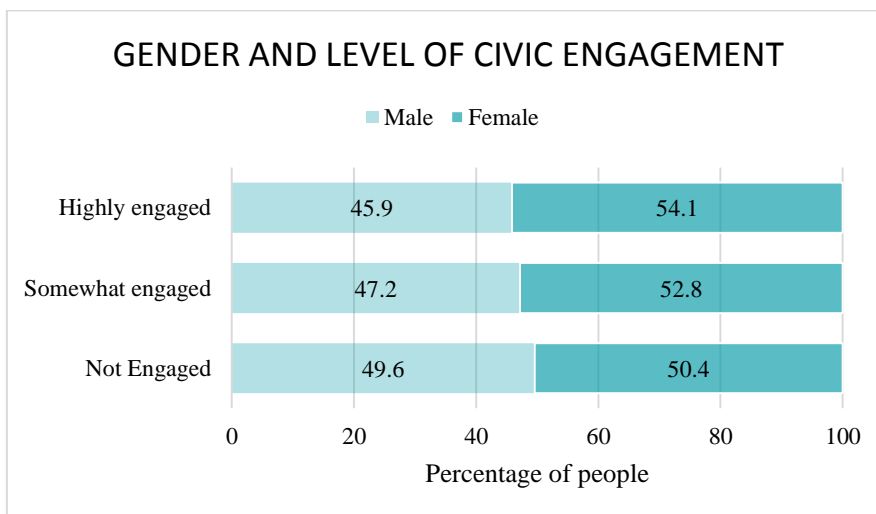
Based on the results of these comparisons, we can make the following observations:

- 1 Women are more civically engaged than men
- 1 People 65 years of age or older are the least civically engaged age group, and people 25 to 44 years old are most engaged
- 1 Widowed and single people are less civically engaged than other groups, and married and separated people are the most civically engaged
- 1 Level of civic engagement tends to increase with education level, but only up to the undergraduate degree level
- 1 People who do not work outside the home or are caring for children are more civically engaged, followed by people with non-standard employment such as temporary, seasonal, contract work, or self-employment
- 1 People on leave from work, unemployed, and working part-time have the lowest levels of civic engagement
- 1 Level of civic engagement increases with household income

*Knowing more  
about KFL&A  
residents helps us  
to make sense of  
the survey results*

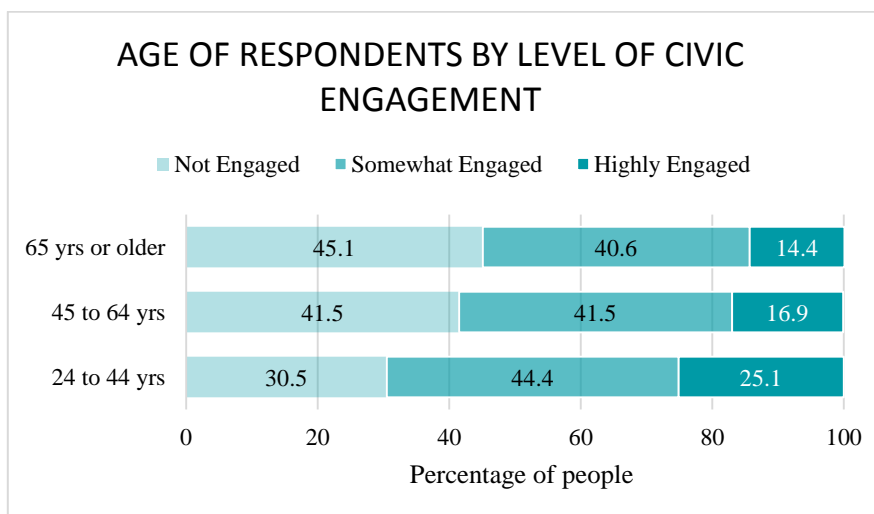
## Gender and Age

Overall, women are more civically engaged than men with 54.1% of highly engaged and 52.8% of somewhat engaged residents being women. The gender difference among people with no engagement is almost negligible with 50.4% being women and 49.6% being men.<sup>65</sup>



Residents 25 to 44 years of age are more civically engaged than both age groups of 45 to 65 year olds and 65 years or older. Residents who are 65 years of age or older are the least civically engaged age group.<sup>66</sup>

*People over the age of 65 years are less civically engaged*

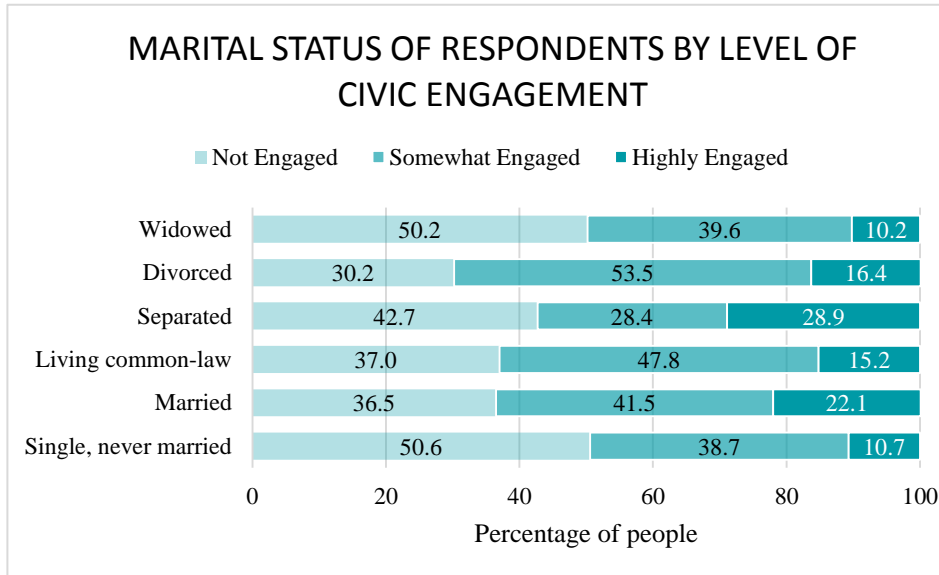


<sup>65</sup> Source: *Technical Supplement* – Table I1

<sup>66</sup> Source: *Technical Supplement* – Table I2

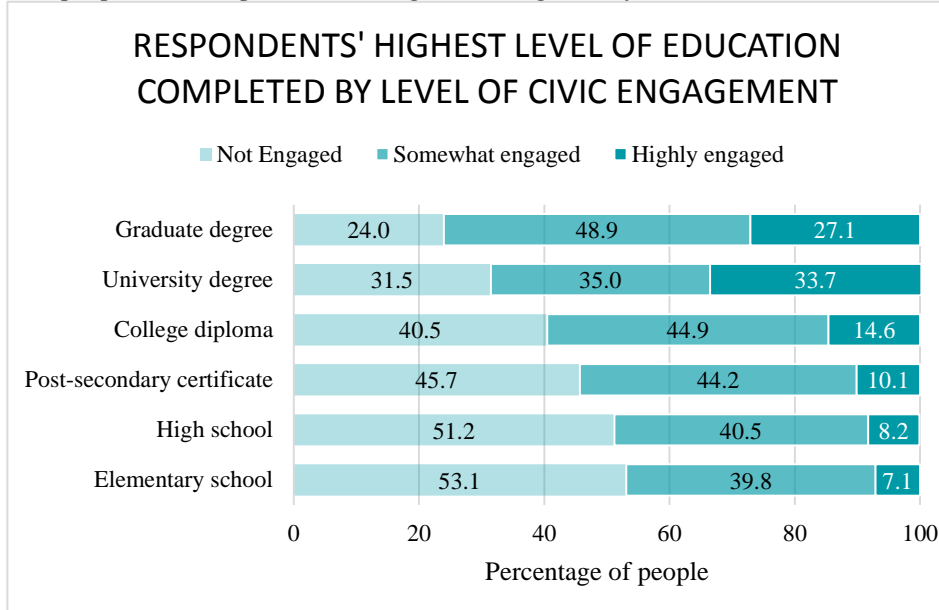
## Marital Status and Education

Residents who are separated or who are married are the most civically engaged. People who are divorced and people who are living common-law tend to be somewhat civically engaged.<sup>67</sup> Finally, people who are widowed and people who are single are the least civically engaged groups and share remarkably similar engagement rates.



*People who are separated are the most civically engaged group*

Residents who have completed university are the most civically engaged group of people.<sup>68</sup> People with no post-secondary education (those that only completed elementary school or high school) are the least civically engaged groups of people. Overall, level of civic engagement tends to increase with level of education. The one exception is that people who completed a graduate degree are less engaged than people who completed an undergraduate degree only.



<sup>67</sup> Source: *Technical Supplement* – Table I3

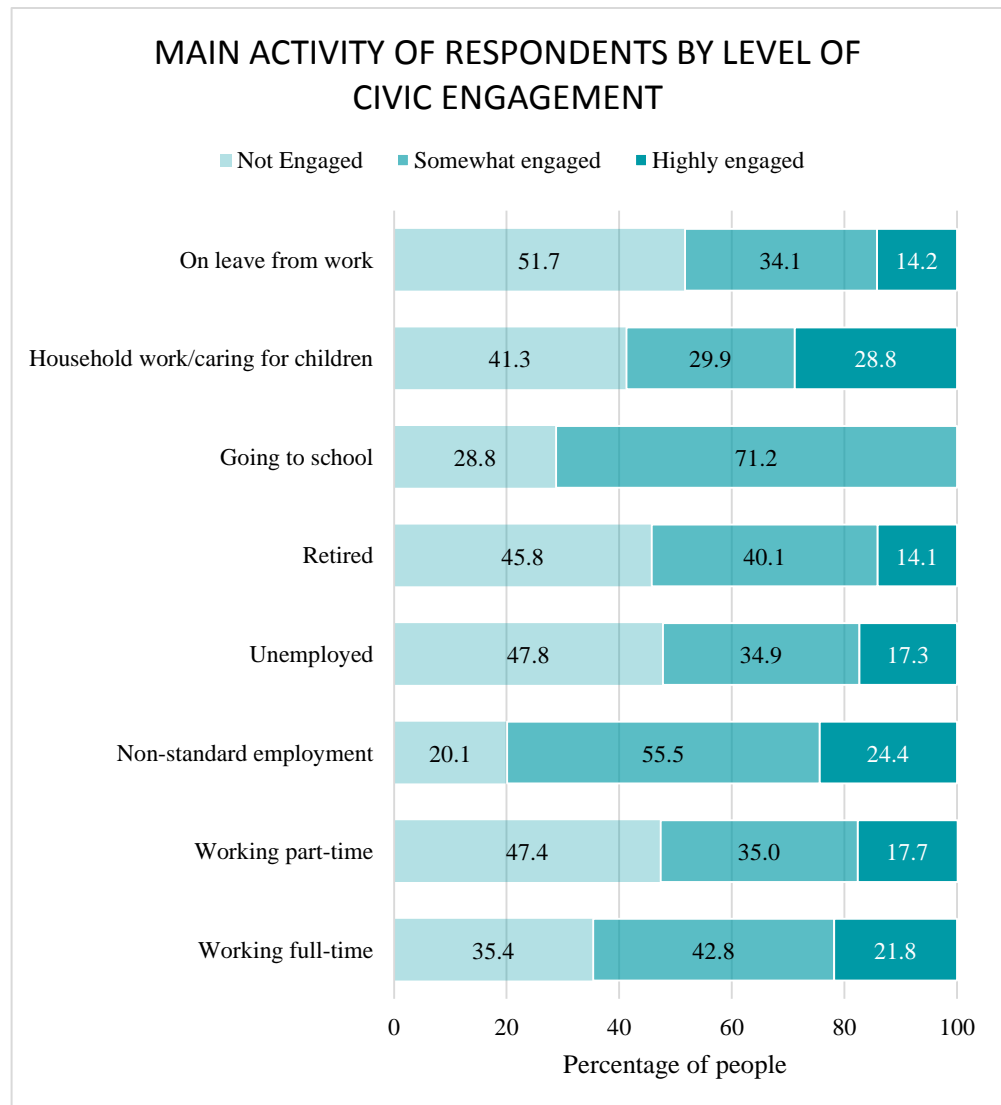
<sup>68</sup> Source: *Technical Supplement* – Table I4

## Main activity of residents

Across all main activities, most people are either somewhat civically engaged or not at all engaged, with a minority of residents being highly engaged.<sup>69</sup>

- i People whose main activity is household work or caring for children are the most civically engaged group of people (28.8% are highly engaged), followed by people who have non-standard employment (24.4% are highly engaged).
- i People who are going to school tend to be somewhat engaged (71.2%) as do people who work full-time (42.8%).
- i The least civically engaged groups of people are those who work part-time (47.4% are not engaged), people who are unemployed (47.8% are not engaged), people who are retired (45.8% are not engaged), and people who are on leave from work (51.7% are not engaged).

*People whose main activity is household work or caring for children are the most civically engaged*

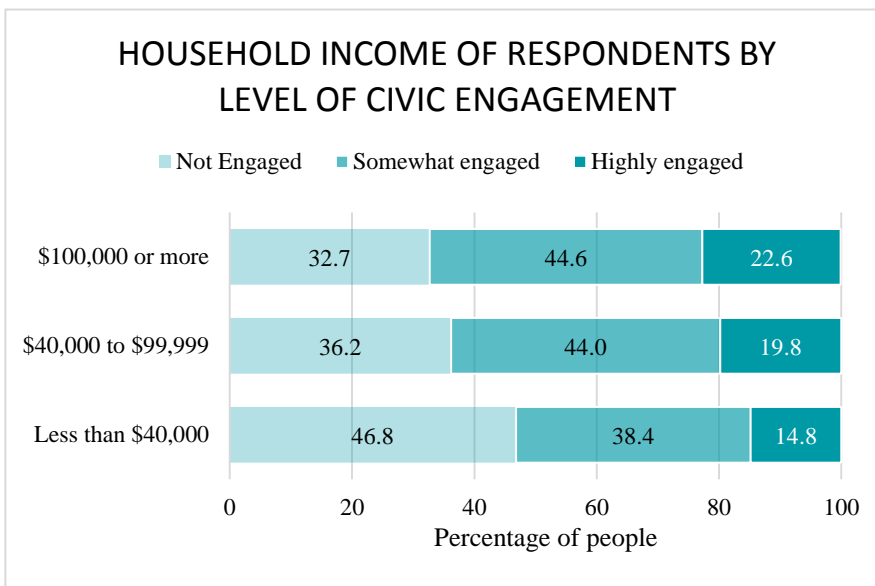


<sup>69</sup> Source: *Technical Supplement* – Table I5



## Household income

- 1 Overall, the higher a person's annual household income, the higher his or her level of civic engagement tends to be.<sup>70</sup>
- 1 People with an annual household income of less than \$40,000 per year are the least engaged group of people with 46.8% being not civically engaged at all and only 14.8% being highly engaged.
- 1 People with an annual household income of \$40,000 to \$99,999 tend to be somewhat engaged (44.0%).
- 1 People with an annual household income of more than \$100,000 are the most civically engaged group of people with 22.6% being highly engaged.



*The higher a person's annual household income, the higher his or her level of civic engagement*

<sup>70</sup> Source: *Technical Supplement* – Table I6

# Summary and Implications

In summary, the findings of this report point to three distinct KFL&A resident profiles.

## Residents with a high level of civic engagement

Highly civically engaged residents are also more engaged in other areas of life: they volunteer more, do more to help the environment, and use community facilities more often than less engaged residents. They are also more interested in local politics, feel a stronger sense of belonging to the community, and report higher satisfaction across all domains of wellbeing. In short, they seem to have a higher quality of life than people who are less civically engaged.

Demographically, residents with higher household incomes and undergraduate degrees tend to be highly civically engaged. Women are more engaged than men, as are people under 65 years of age. Additionally, people who do not work for pay or who have non-standard employment (i.e., temporary, seasonal, contract, or self-employed) are more inclined to be highly civically engaged, as are those who are either married or separated.

Highly civically engaged residents do struggle in a few areas of wellbeing. They find childcare to be a barrier to accessing recreation facilities and they do not feel that personal interest classes are offered at convenient times. They have some distinct challenges in finding work-life balance – they believe that their work has a negative impact on their personal life to a greater extent than less engaged residents. They also feel tired at work more often than others. Finally, highly civically engaged residents report having less time to meet personal needs such as sleep, exercise, or nurturing their spiritual or creative side. Perhaps they sacrifice time for personal needs in order to meet the demands of their busy, highly engaged lives.

## Residents who are somewhat civically engaged

In most domains, residents who are somewhat civically engaged report higher levels of wellbeing than people who are not civically engaged at all, but they have lower levels of wellbeing than their highly engaged counterparts. They volunteer at almost twice the rate of people who are not engaged. They also help the environment and use facilities more often than people who are not engaged, but less often than residents who are highly engaged. People who are somewhat civically engaged take courses for interest as often as people who are highly engaged. They also report the same level of satisfaction with their health as highly engaged people.

Similar to people with a high level of civic engagement, residents who are under 65 years of age and who are women are more likely to be somewhat engaged than they are to be not civically engaged at all. Residents who are divorced or living common-law tend to be somewhat engaged as do people who hold graduate degrees. People who are somewhat civically engaged have higher household incomes than residents who are not engaged, but lower income levels than people who are highly engaged.

Somewhat engaged residents face some unique challenges to their wellbeing. They have a harder time accessing recreation and cultural facilities from their homes and feel more drained of energy because of their personal lives. Somewhat civically engaged residents also report having less time than other residents to eat healthy meals and to form and sustain serious relationships.

Perhaps the most surprising finding is that people who are somewhat civically engaged report the lowest level of satisfaction with how democracy works in the community, and with how responsive the local government is to community needs. This could be a determining factor in a person's level of civic engagement. Communities that

wish to change residents' level of civic engagement from somewhat engaged to highly engaged may want to explore initiatives aimed at increasing citizen participation and the responsiveness of local government.

## Residents who are not civically engaged

Across almost all domains, residents who are not civically engaged report lower levels of wellbeing. People who are not civically engaged are less engaged in other areas of life including volunteer work, environmental efforts, education, and recreation and culture facility use. They are the least interested group in local politics, feel indifferent towards local government programmes, and have a lower sense of belonging to the local community. On measures of overall wellbeing, they report lower levels of satisfaction in all areas except for civic engagement, where, paradoxically, they are more satisfied than people who are somewhat engaged.

Demographically, residents aged 65 years and older, those with lower household incomes, and lower levels of education tend not to be civically engaged at all. Similar percentages of men and women are not civically engaged. People who work part-time, are on leave from work, are unemployed, and who are widowed or never married tend to be not at all civically engaged.

There are a few measures where people who are not civically engaged report higher levels of wellbeing. They find the times that recreation and culture classes are offered more convenient than other groups of people, and they report having more time adequacy in all measures except for spending time with their children. Even though they have plenty of time, however, they are less satisfied than more civically engaged people with how they spend their time and with the balance of activities in their daily lives. Finally, people who are not engaged report having better work-life balance as measured in the living standards domain, but also the lowest level of satisfaction with their work and financial situations as measured in the overall wellbeing domain.

## Implications

The results of this report raise some intriguing questions that could be considered by KFL&A community leaders when working toward increasing citizen civic engagement. Specifically:

- ❶ Should initiatives be aimed directly at increasing civic engagement or, presuming that improvement in one area of wellbeing can spill over to other areas, could targeting areas such as increased participation in recreation or volunteer opportunities lead to increased civic engagement?
- ❶ Should initiatives target people who are somewhat engaged or people who are not at all engaged? People who not at all engaged report greater time adequacy, but they may take more initial effort to engage.
- ❶ Are different initiatives needed for different demographic groups or geographic locations? Are there specific demographic groups of residents that may have a greater potential to become engaged?
- ❶ Given many residents' indifference towards local government programmes and services, and their disinterest in local politics, would increasing the visibility of local government help to improve civic engagement?
- ❶ Could the activities on the civic engagement index become community engagement initiatives (e.g., a campaign encouraging residents to participate local charitable events)?

These questions are meant to stimulate further conversations among those who now have an increased understanding of the influence of civic engagement on residents' lives. It is our hope that discussions emerging from this report will help community leaders to advance policies, services, and programmes for residents' in the KFL&A region in order to create more interest, awareness, and participation in activities that will enhance their wellbeing.

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