

# A Closer Look at the *CIW Community Wellbeing Survey* Results for Orillia and Area



Prepared for:  
Information Orillia  
May 2019

# Wellbeing as a basic human right



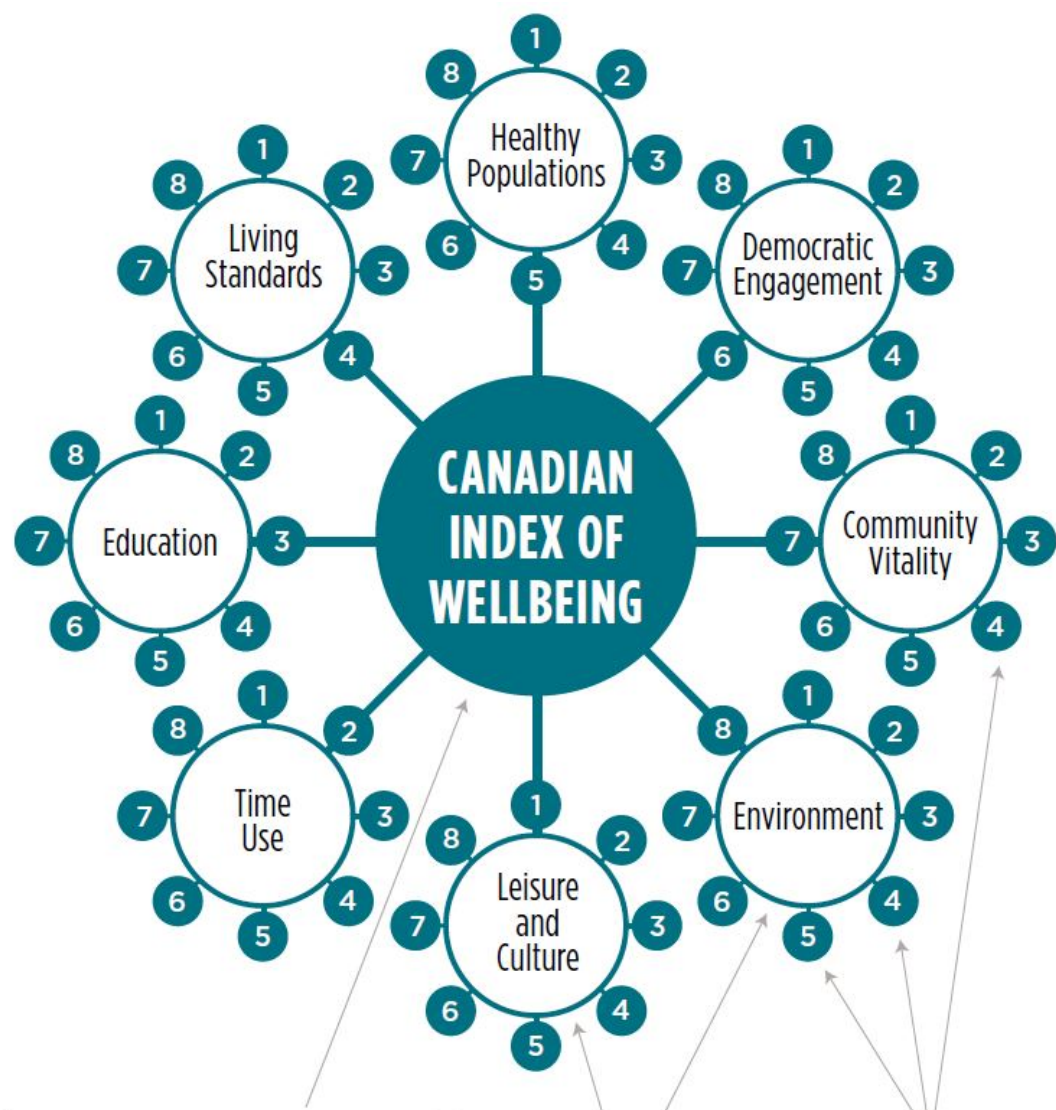
“People are much more than the goods and services they produce! Their health and quality of life come from the conditions of their daily living – the circumstances in which they are born, grow, live, work, and age.”

**The Honourable Monique Bégin**

Former CIW Advisory Board Co-Chair

Former Canadian Commissioner

WHO Commission on Social Determinants of Health



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

**8 Domains**

**8 Indicators**  
in each domain

# Orillia and Area CIW Project 2018

A Community Wellbeing Survey



# 2018 CIW Community Wellbeing Survey

*Your voice matters!*



# CIW Community Wellbeing Survey

## Sample

- Random sample of households, stratified by four municipalities in the Orillia and Area

## Questionnaire

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

## Analysis

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

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

# Reliability of Sample and Results

## *Sample*

- A representative sample of almost 9,500 households from Orillia, Oro-Medonte, Ramara, and Severn were invited to participate in the survey, with additional efforts to reach the three smaller municipalities
- Estimated response rate of 10.7% – above expectation for a general population survey
- Weighting of data by municipality, age, and sex ensures balanced representation of voices from across Orillia and Area

## *Results*

- Careful assessment of all respondents to ensure *reliable* and *valid* responses to majority of questions on survey.
- A total of 856 usable questionnaires comprised the final sample.
- The margin of error is  $\pm 3.3\%$  (19 times out of 20) – similar to most national polls

# Orillia and Area Final Sample

Distribution of Residents *by Municipality*

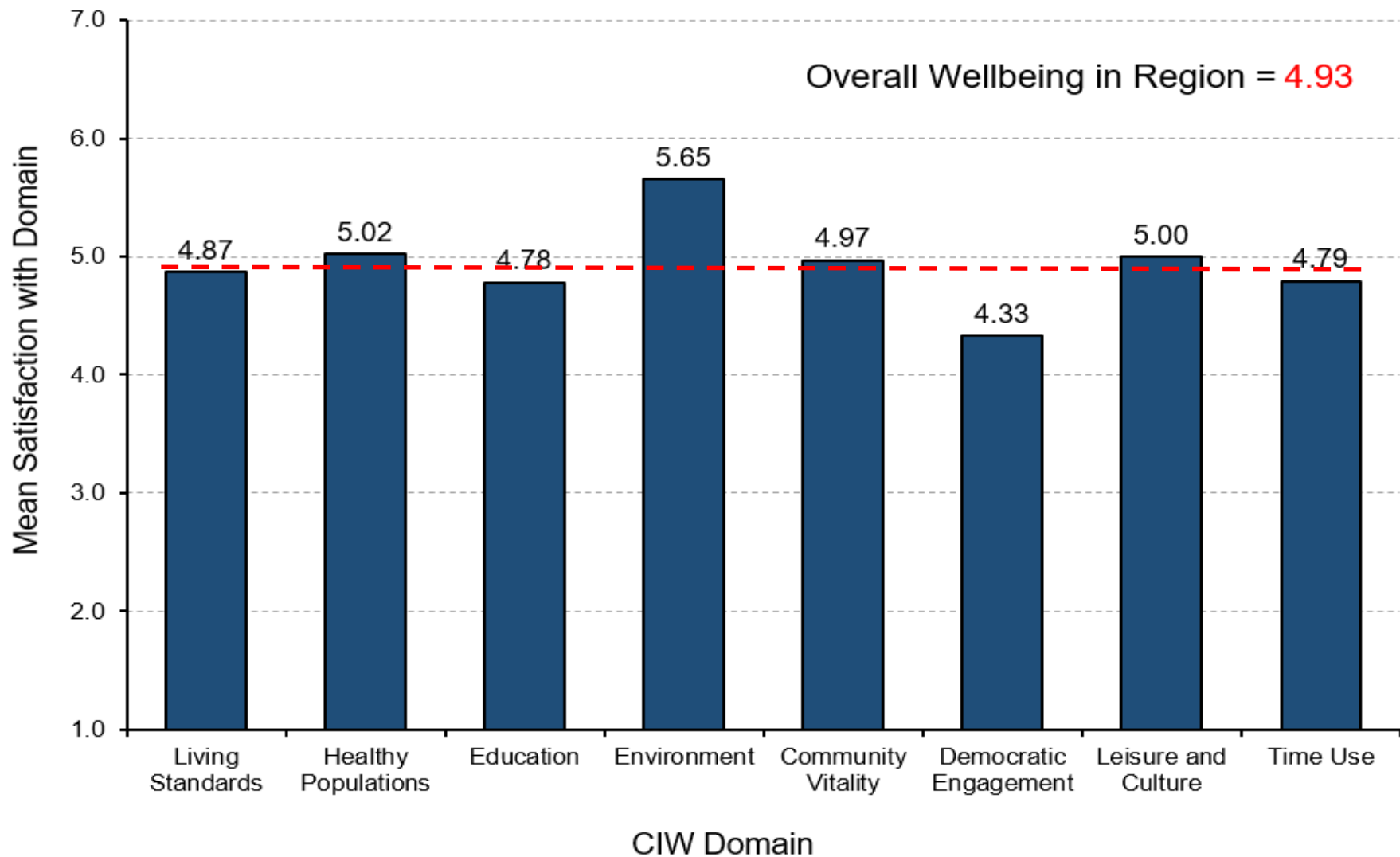
Municipality	Unweighted <sup>a</sup>		Weighted Sample	
	n	Pct.	n	Pct.
Orillia	382	45.3	26,775	41.5
Oro-Medonte	211	25.0	17,835	27.6
Ramara	110	13.0	8,340	12.9
Severn	141	16.7	11,585	18.0
<b>Total</b>	<b>844</b>	<b>100.0</b>	<b>64,535</b>	<b>100.0</b>

<sup>a</sup> Municipality was unavailable for 12 residents.

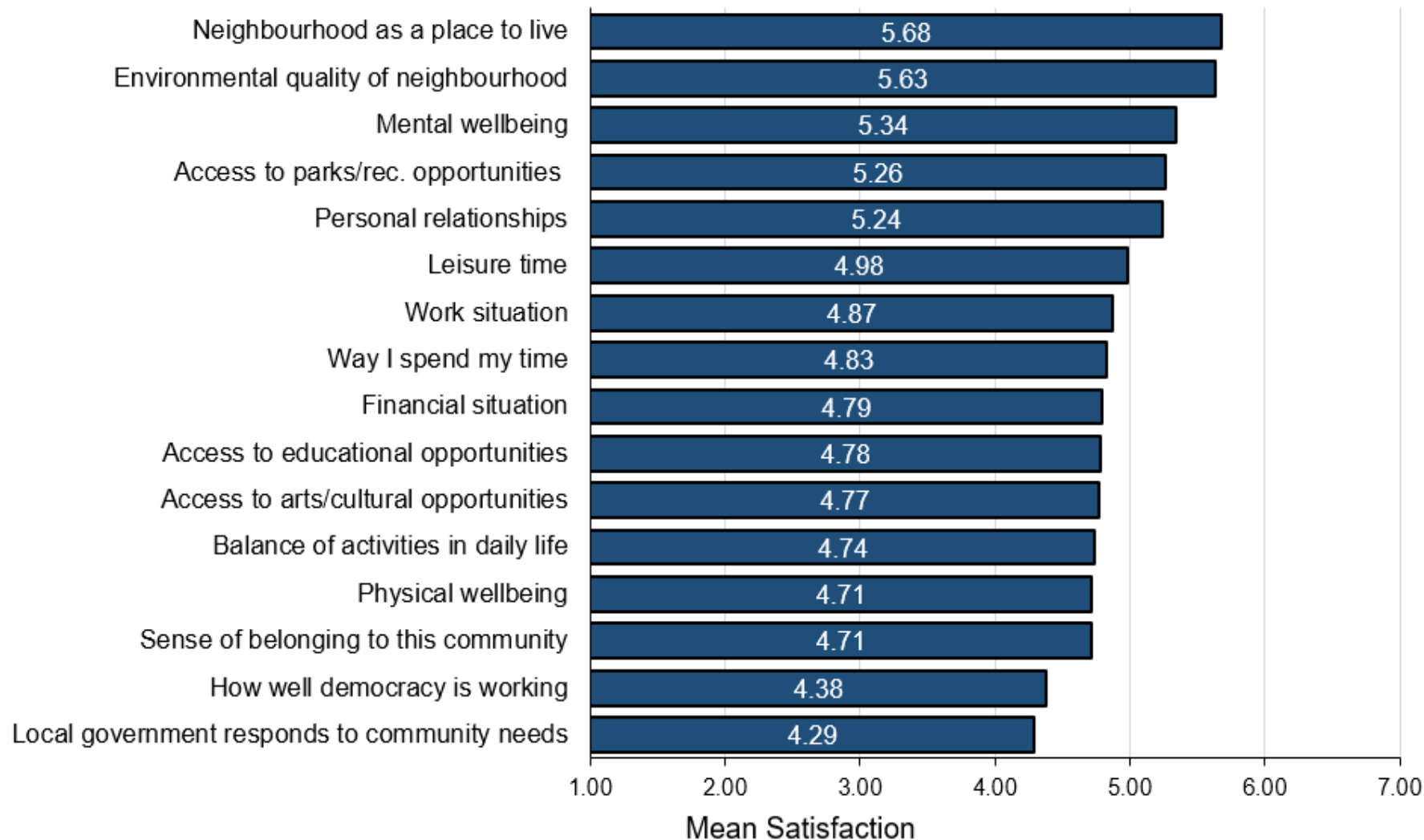
# Overall Wellbeing in Orillia and Area



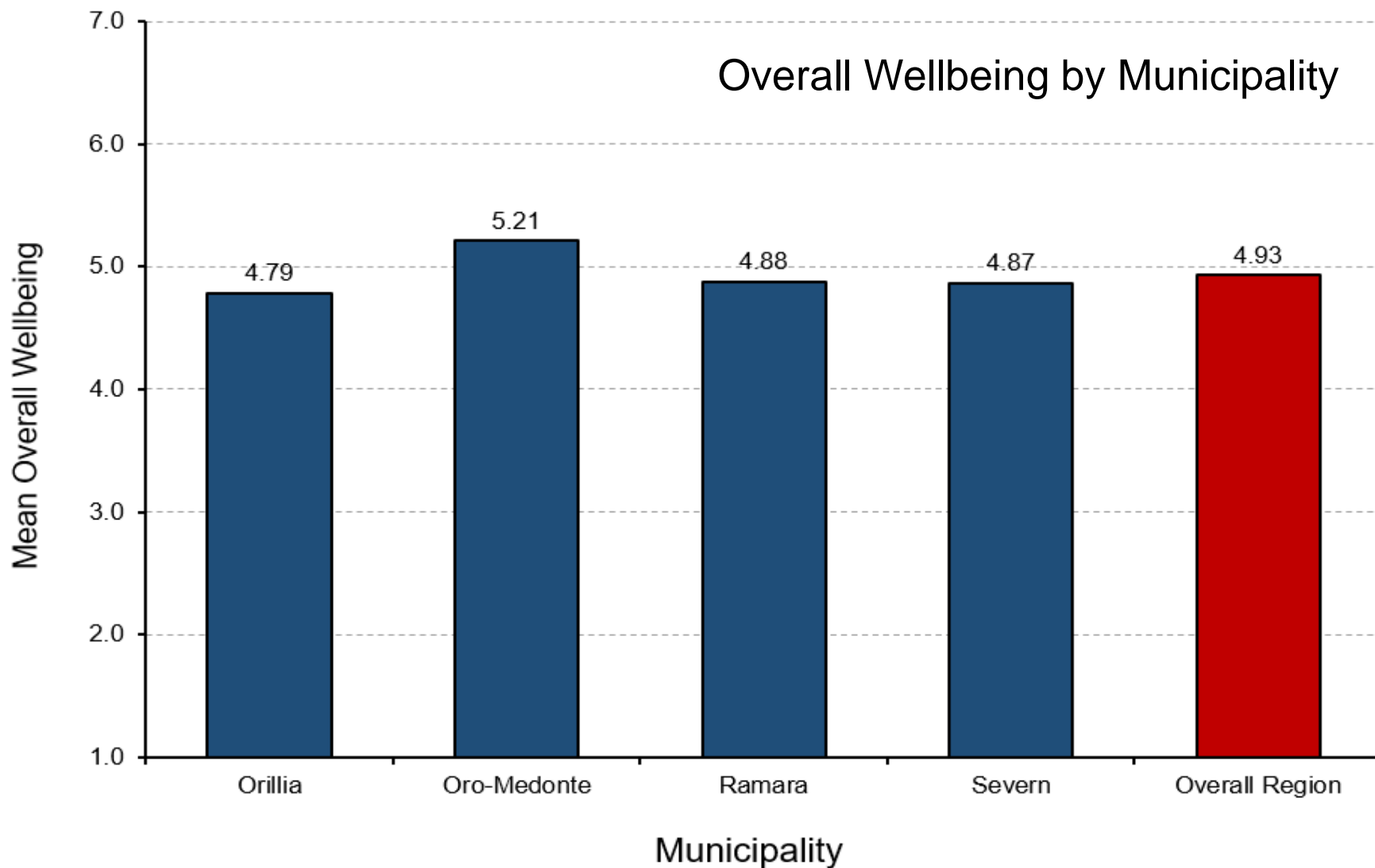
# Wellbeing by Domain: *Orillia and Area*



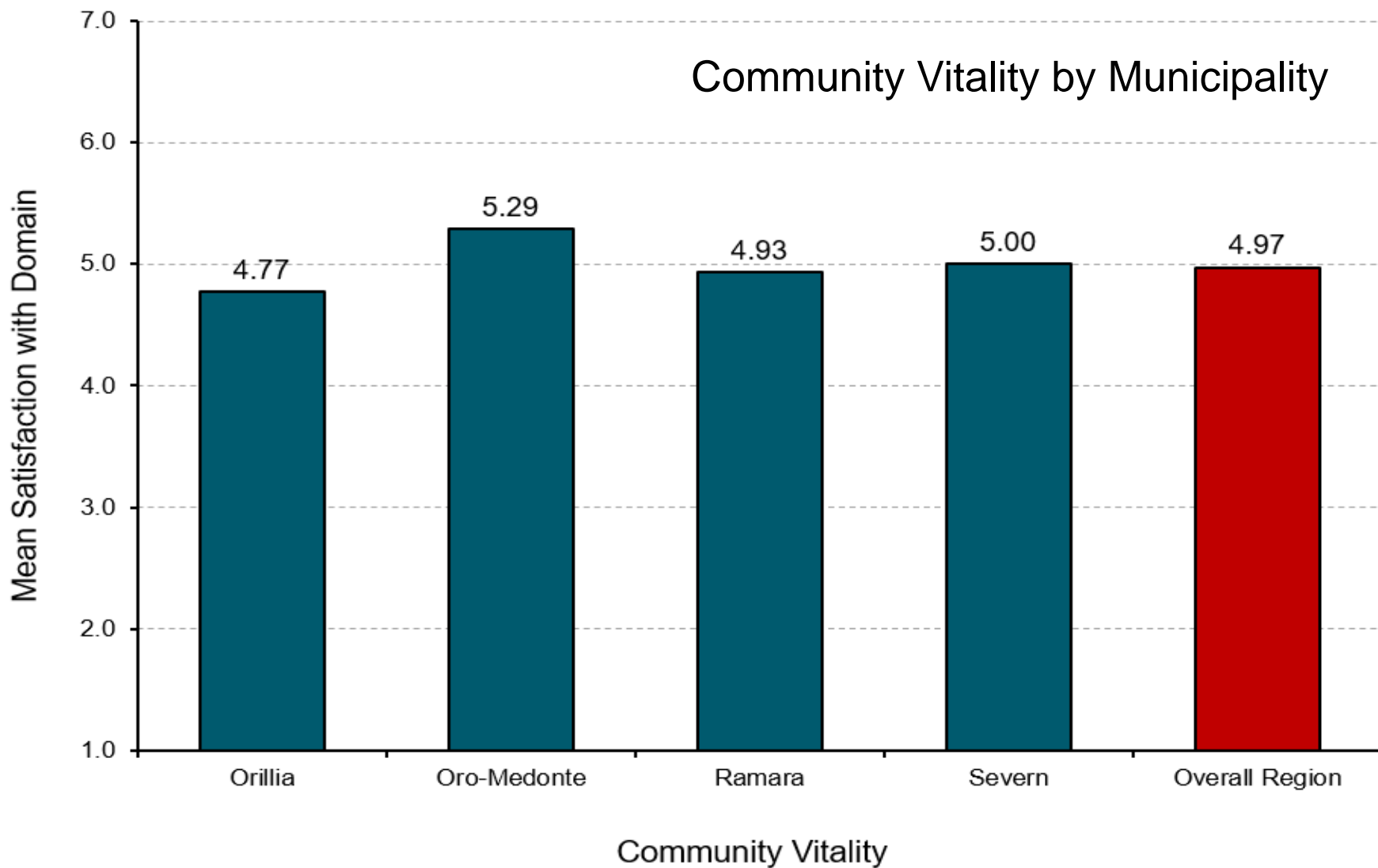
# Satisfaction with Aspects of Wellbeing: *Orillia and Area*



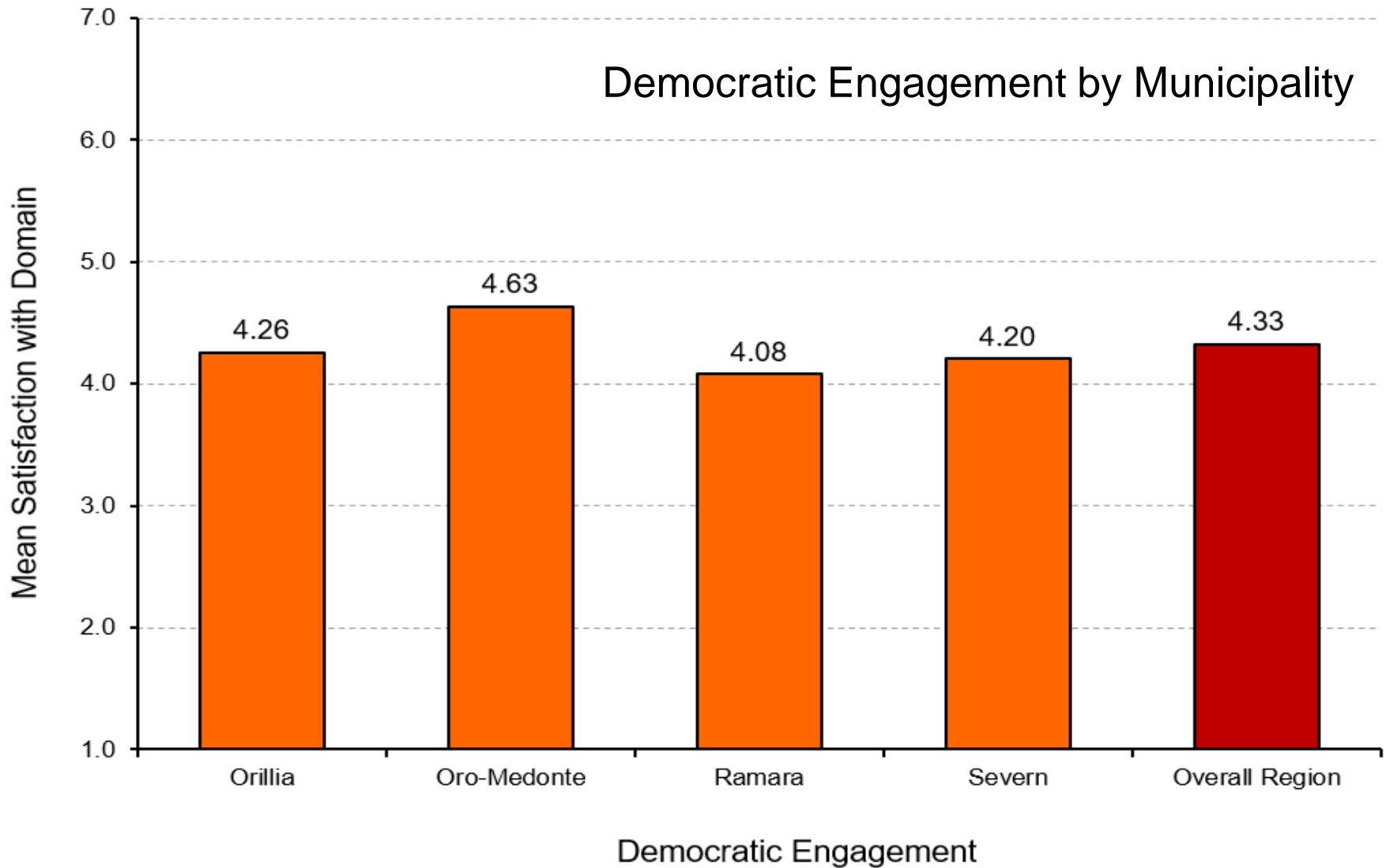
# Wellbeing by Municipality: *Orillia and Area*



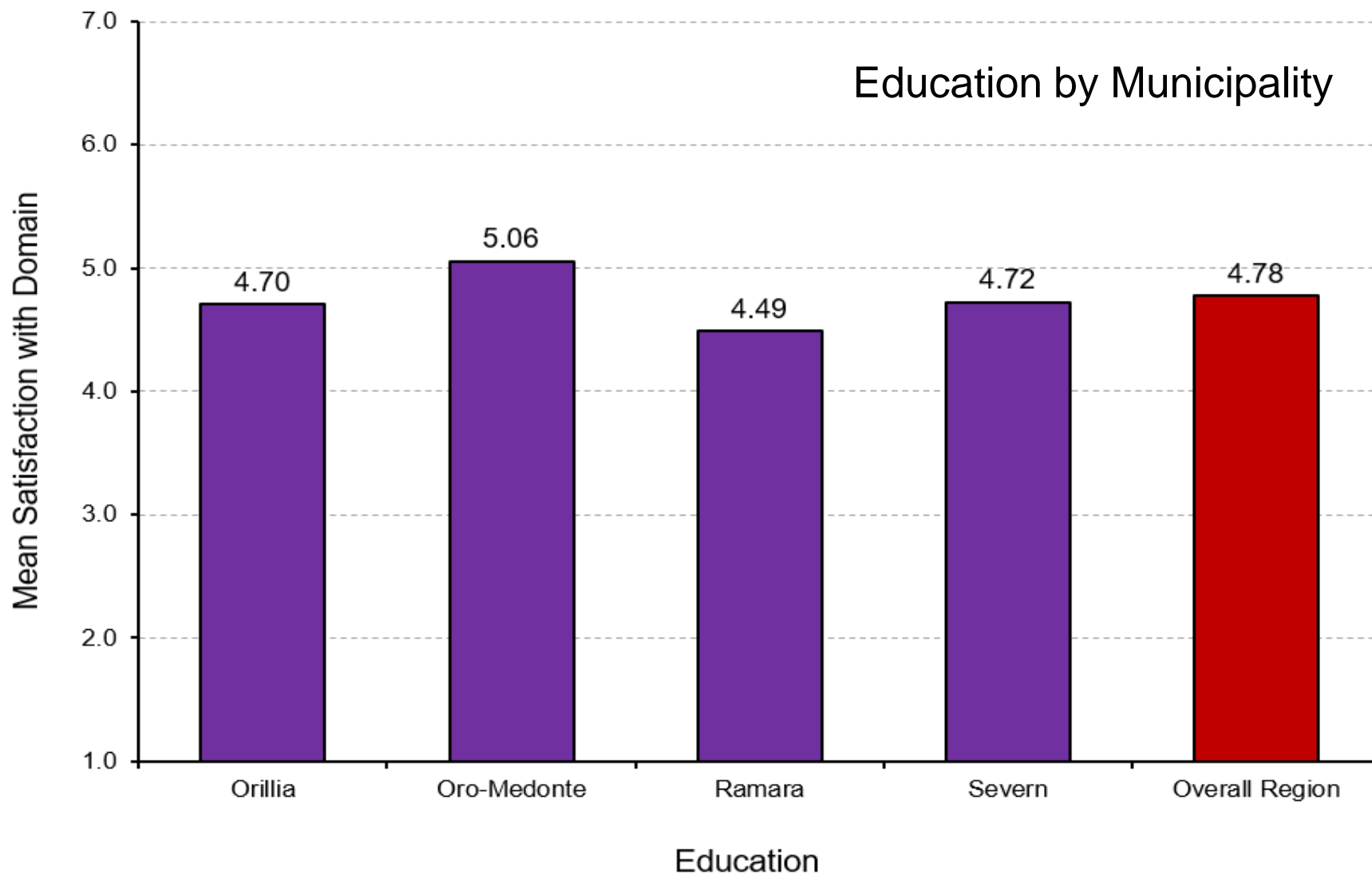
# Wellbeing by Municipality: *Community Vitality*



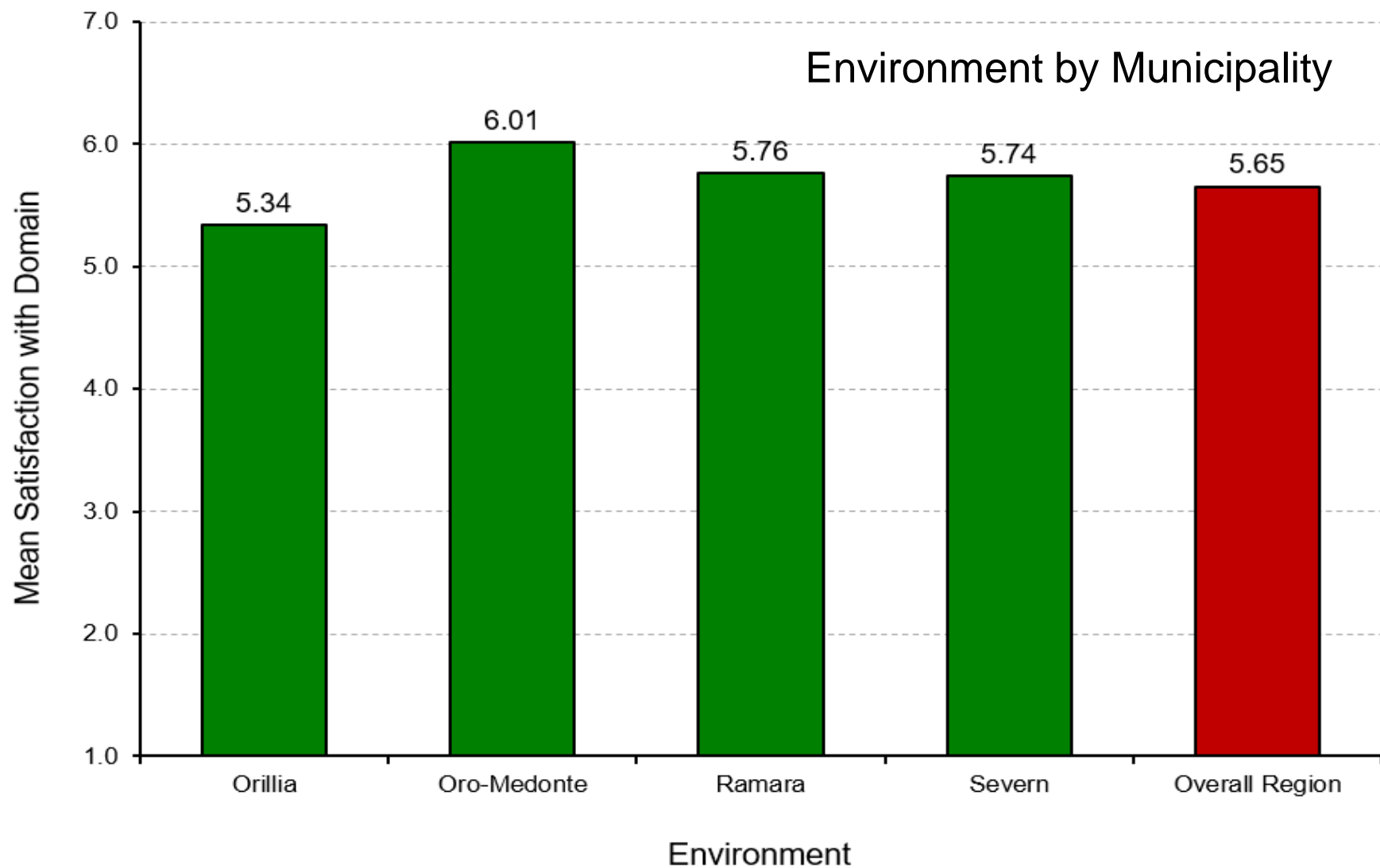
# Wellbeing by Municipality: *Democratic Engagement*



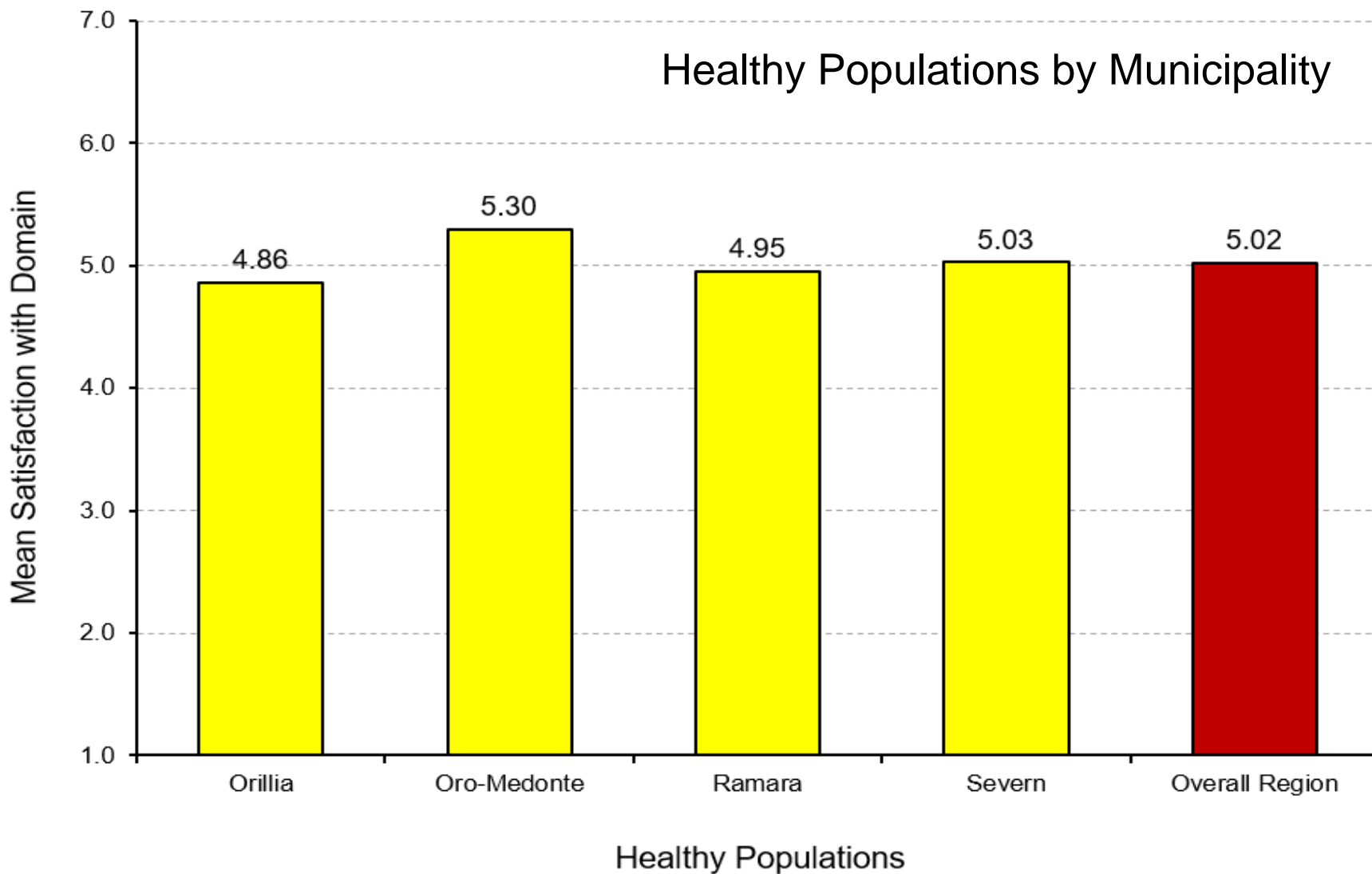
# Wellbeing by Municipality: *Education*



# Wellbeing by Municipality: *Environment*

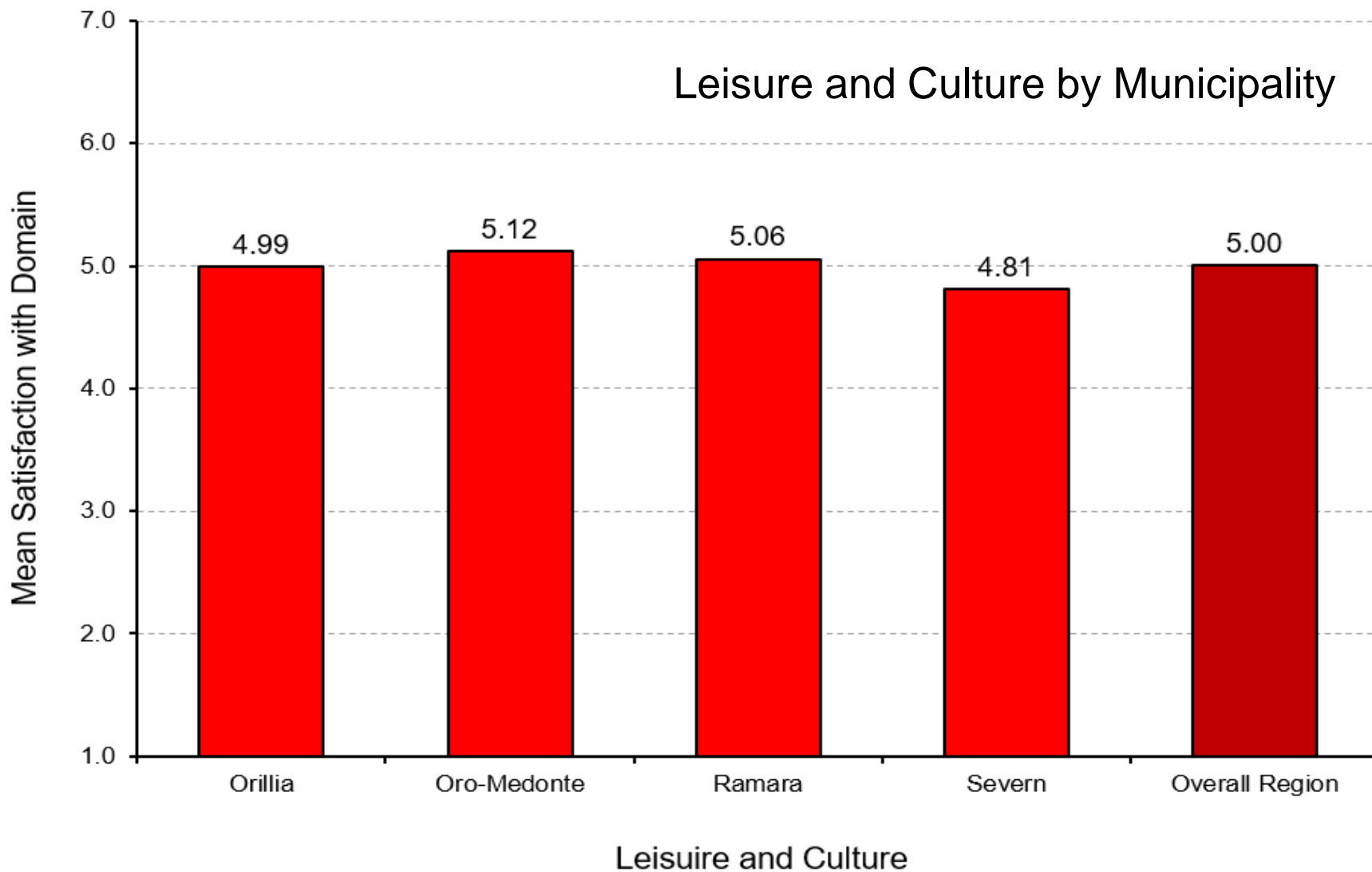


# Wellbeing by Municipality: *Healthy Populations*

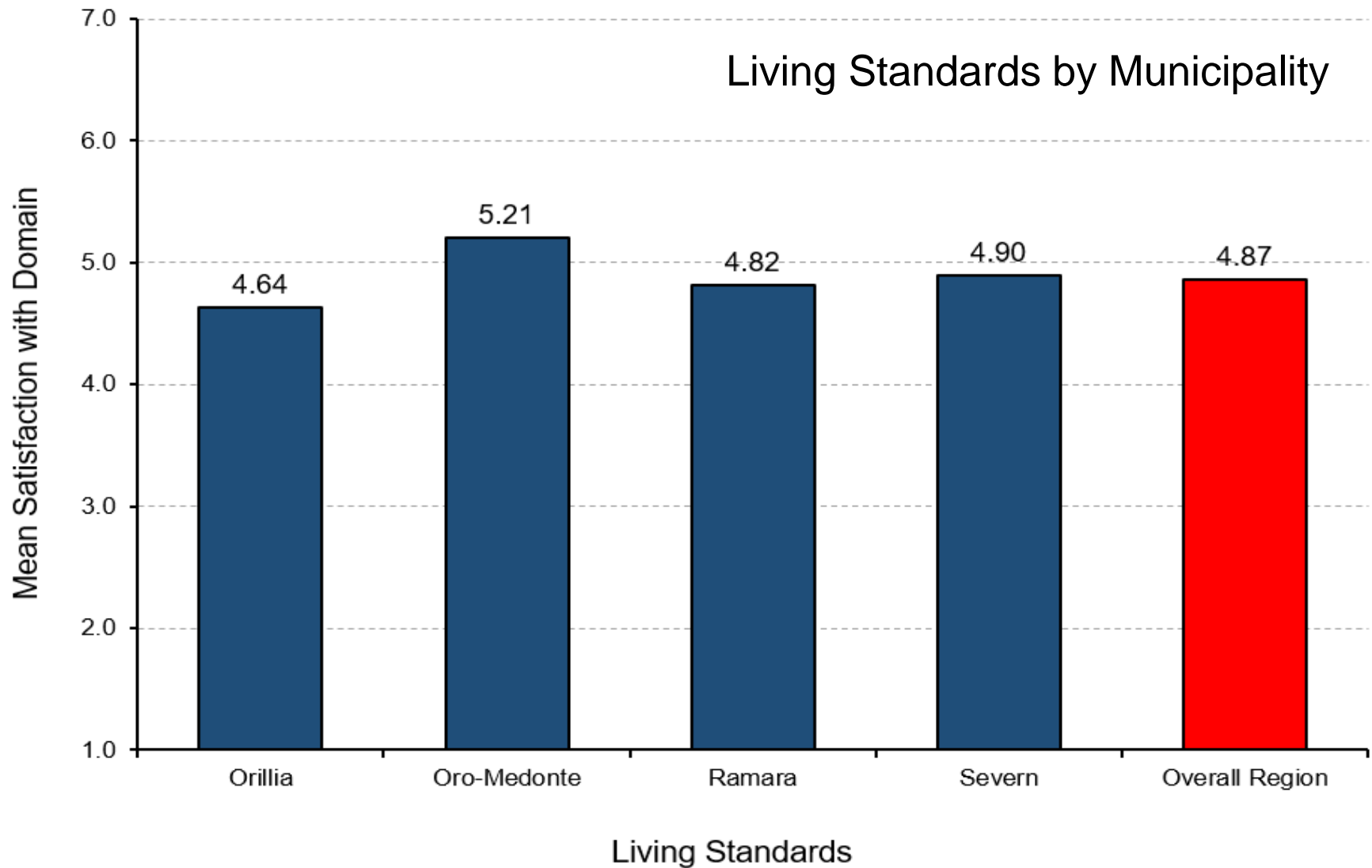




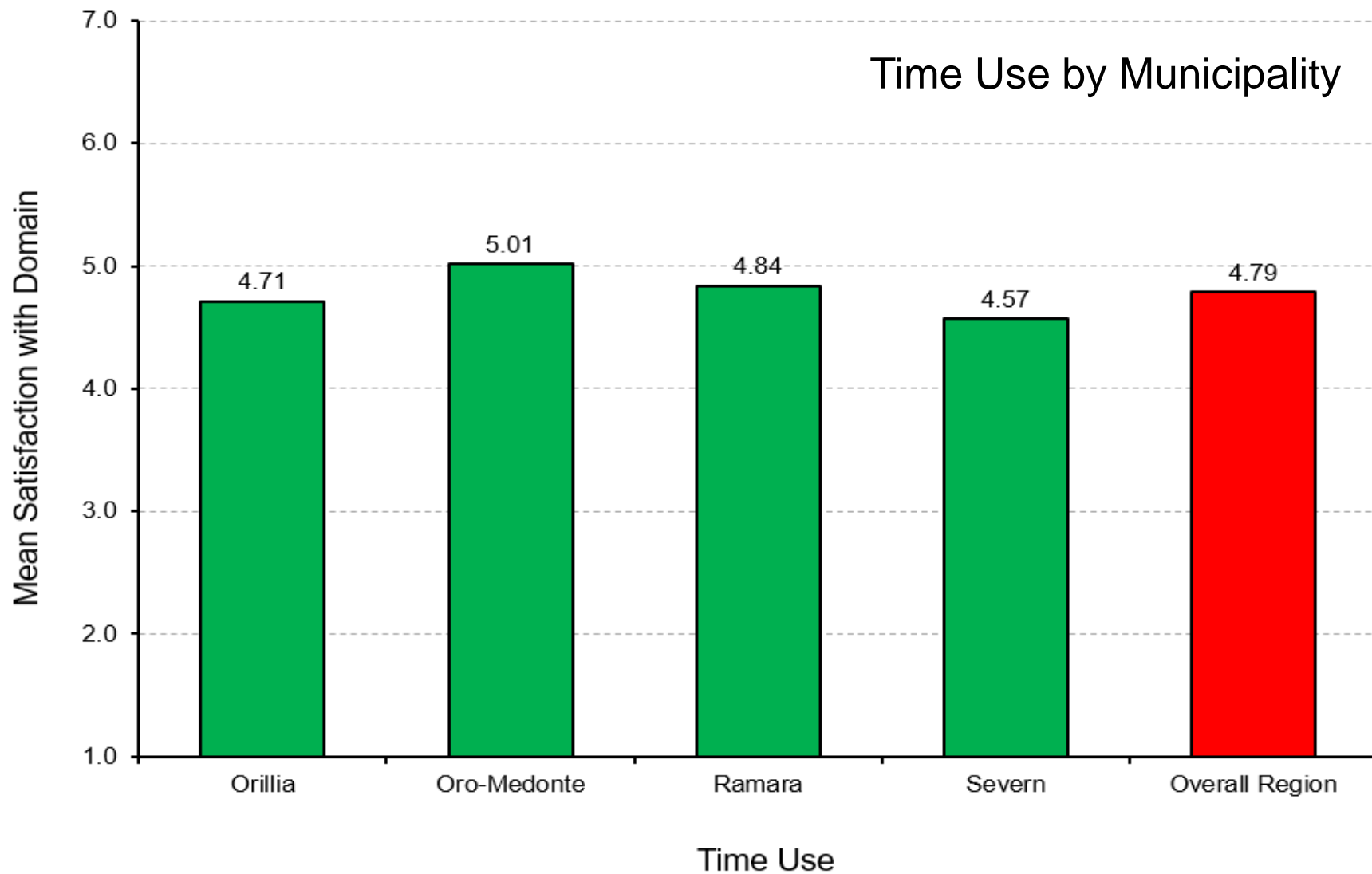
# Wellbeing by Municipality: *Leisure and Culture*



# Wellbeing by Municipality: *Living Standards*



# Wellbeing by Municipality: *Time Use*





# Demographics and Wellbeing

# Characteristics of wellbeing in Orillia and Area

What characterises residents with *higher or lower wellbeing*?

## *Below* average wellbeing

- ✓ Women
- ✓ Younger
- ✓ Single, never married
- ✓ More spend over 30% of income on housing
- ✓ Living with a disability or chronic illness
- ✓ Couple with children at home

## *Above* average wellbeing

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

# Low Income Residents and Wellbeing

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

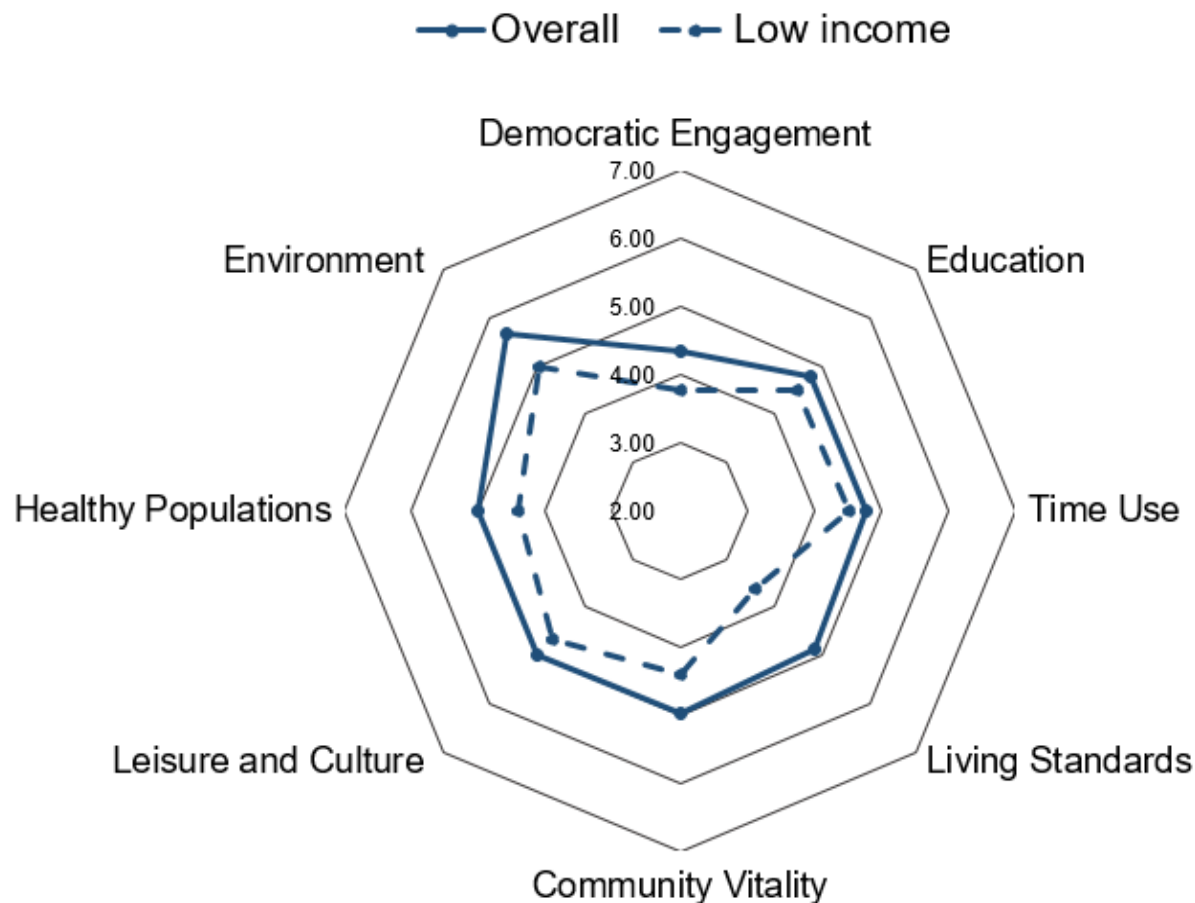
Table J7  
Profile of Respondents of Orillia and Area:  
*Annual Household Income from All Sources*

Household Income <sup>a</sup>	Pct. in Region	Percentage in Municipality			
		Orillia	Oro-Medonte	Ramara	Severn
Under \$10,000	2.6	3.5	2.7	1.2	2.6
\$10,000 to \$19,999	5.6	6.9	2.4	11.4	5.6
\$20,000 to \$29,999	7.3	12.7	3.5	3.9	7.3
\$30,000 to \$39,999	7.9	8.6	9.1	3.4	7.9
\$40,000 to \$59,999	15.8	19.0	9.2	27.3	15.8
\$60,000 to \$79,999	14.8	10.8	18.4	18.5	14.8
\$80,000 to \$99,999	14.1	12.3	13.0	17.2	14.1
\$100,000 to \$119,999	10.4	11.2	11.5	4.1	10.4
\$120,000 to \$149,999	9.1	6.2	9.1	10.3	9.1
\$150,000 and over	12.5	8.7	21.0	2.6	12.5
<b>Total</b>	<b>61,037</b>	<b>25,319</b>	<b>16,684</b>	<b>7,759</b>	<b>12,275</b>

Notes: <sup>a</sup> 12.1% of the respondents did not report their income.

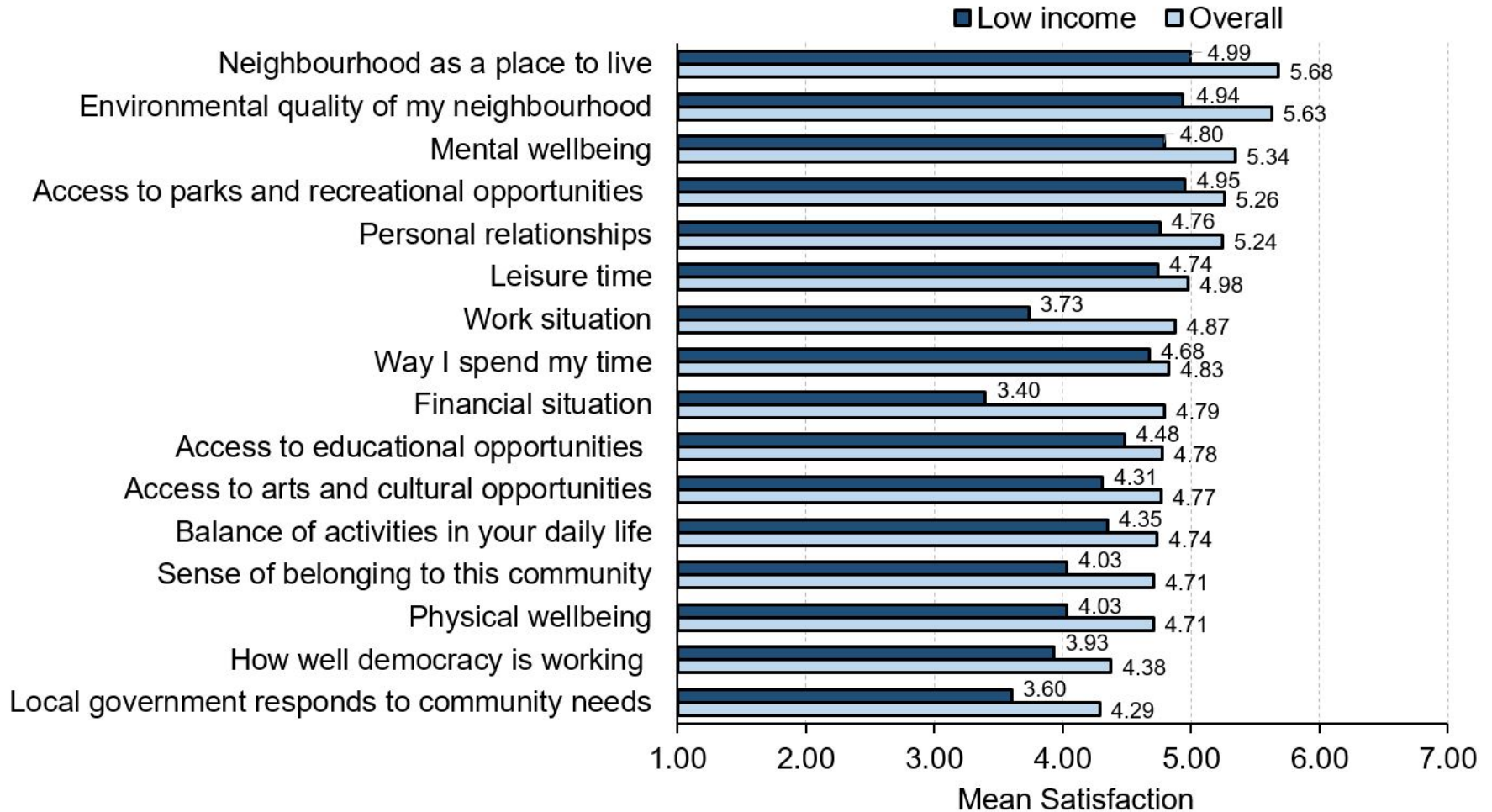
# Low Income Residents and Wellbeing

## Low income resident satisfaction with domains of wellbeing



# Low Income Residents and Wellbeing

Satisfaction with Aspects of Wellbeing





# Older Adults and Wellbeing

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

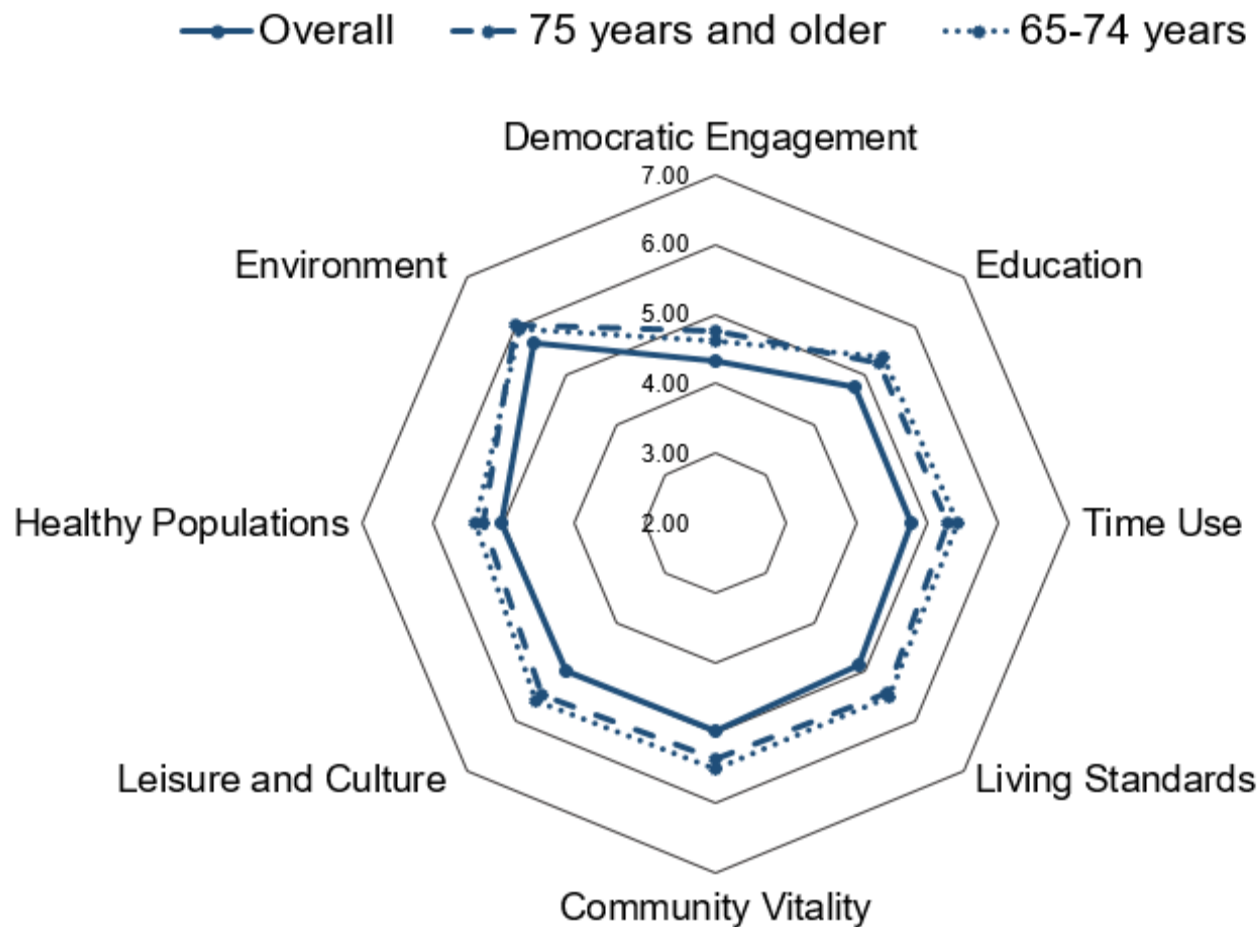
Table J3a  
Profile of Respondents of Orillia and Area:  
*Age Groupings<sup>a</sup>*

Age Group	Pct. in Region	Percentage in Municipality			
		Orillia	Oro-Medonte	Ramara	Severn
34 years and under	19.3	21.1	13.3	22.0	22.5
35 to 44 years	17.2	18.1	21.1	11.9	13.0
45 to 54 years	17.7	15.4	22.1	14.3	18.6
55 to 64 years	19.9	17.7	21.1	22.5	21.1
65 to 74 years	14.8	13.5	14.4	18.6	15.6
75 years and older	11.1	14.2	7.9	10.7	9.2
<b>Total</b>	<b>64,537</b>	<b>26,775</b>	<b>17,836</b>	<b>8,341</b>	<b>11,585</b>

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

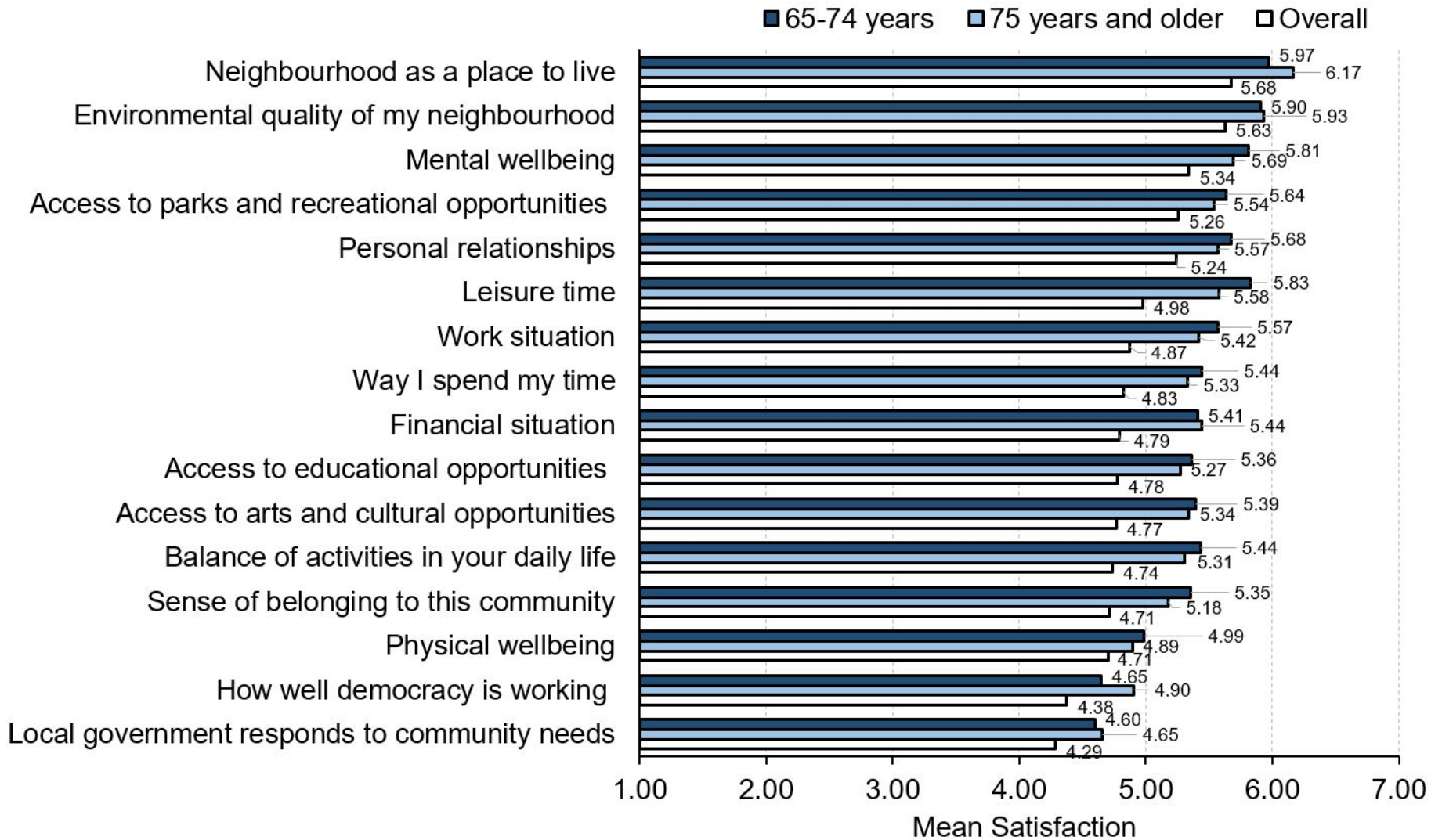
# Older Adults and Wellbeing

## Older adults satisfaction with domains of wellbeing



# Older Adults and Wellbeing

Satisfaction with Aspects of Wellbeing



# Disabilities and Wellbeing

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

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

Table J13

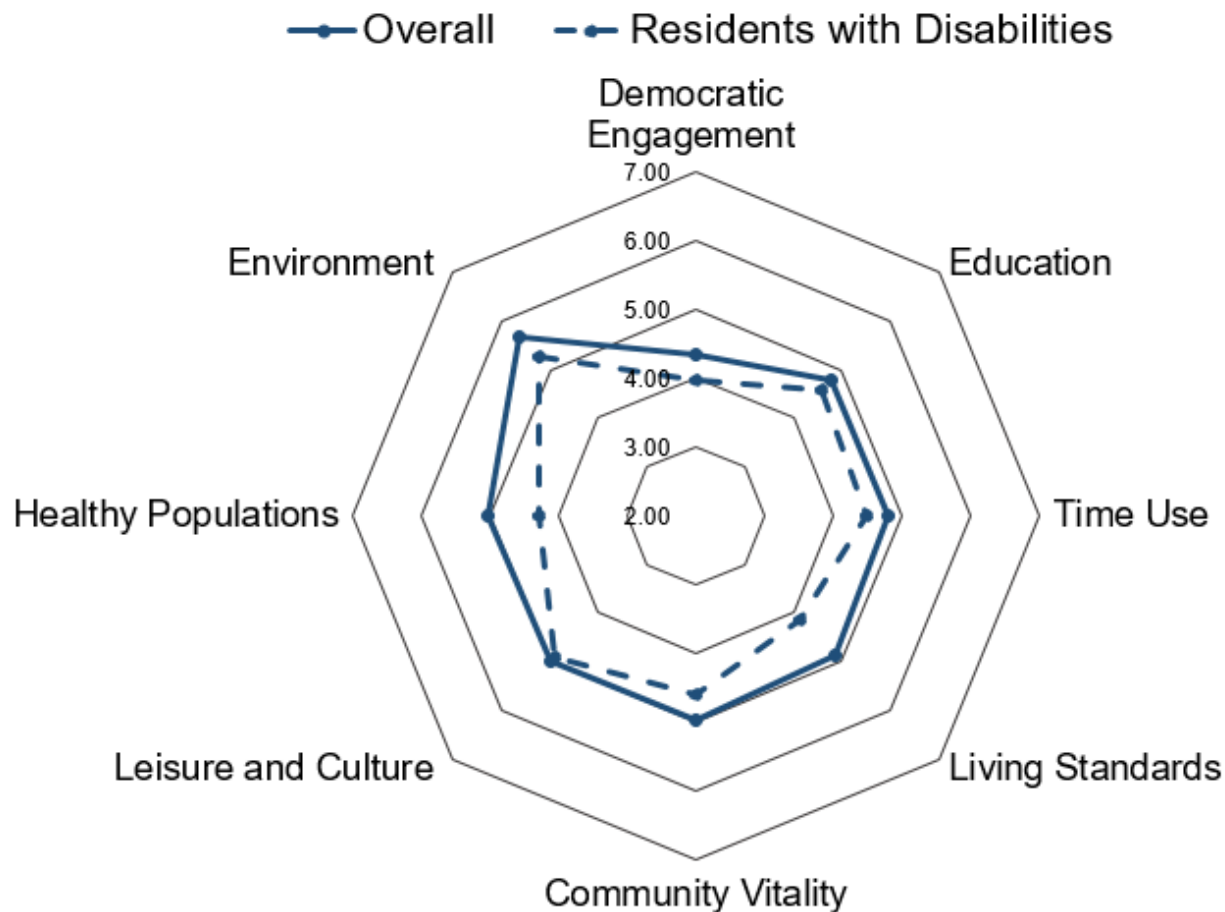
Profile of Respondents of Orillia and Area:

*Living with a Disability (physical or mental) or a Chronic Illness that Limits Activity*

Living with Disability	Pct. in Region	Percentage in Municipality			
		Orillia	Oro-Medonte	Ramara	Severn
Respondents with disability	22.9	27.5	18.5	26.7	16.5
<b>Total</b>	14,707	7,321	3,275	2,207	1,904

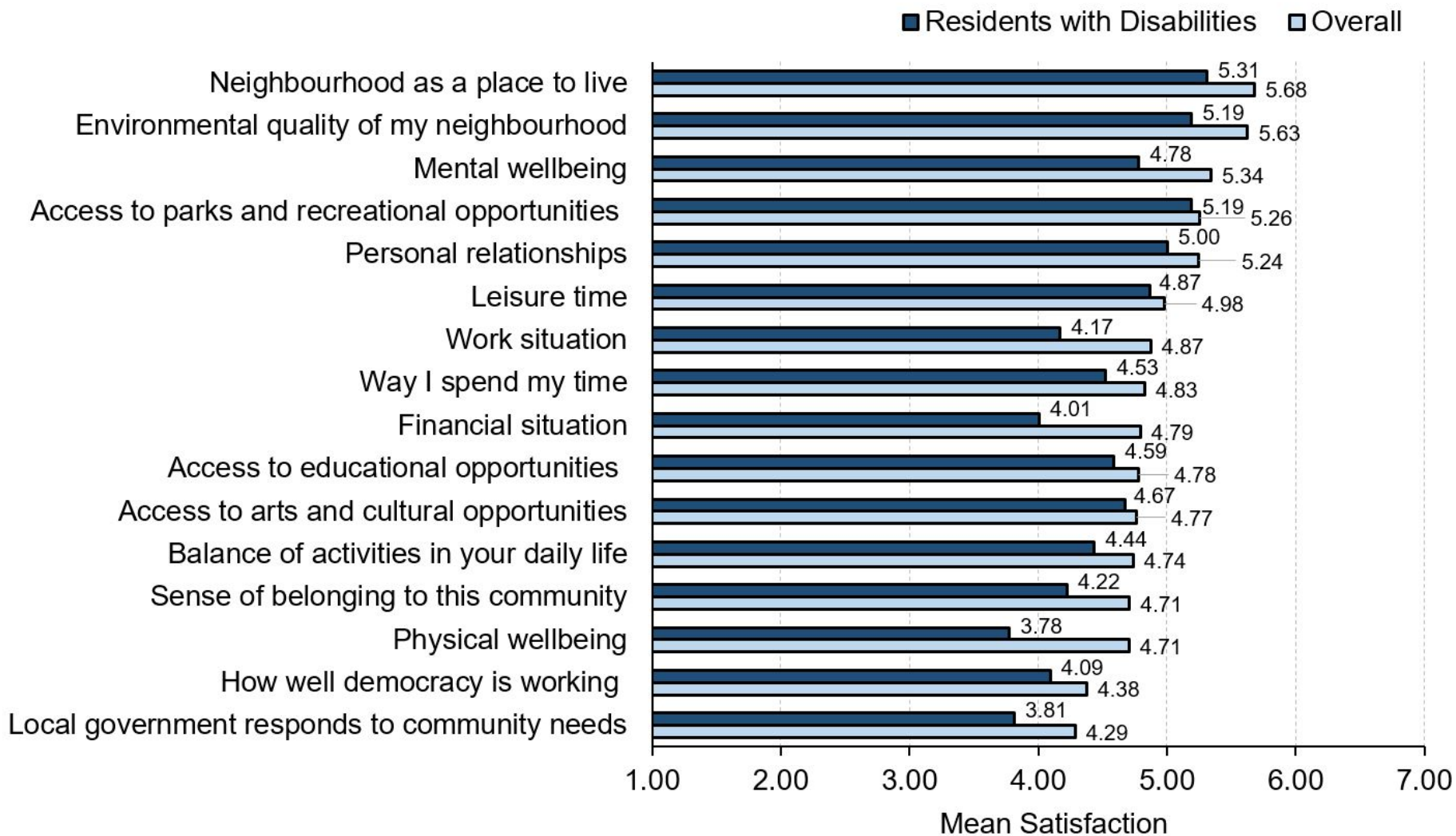
# Disabilities and Wellbeing

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



# Disabilities and Wellbeing

## Satisfaction with Aspects of Wellbeing



# Wellbeing by CIW Domains





# Living Standards



# LIVING STANDARDS and Wellbeing

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

## *Below* average wellbeing

- ✓ Lower job security
- ✓ Less work flexibility
- ✓ Greater work interference with personal life
- ✓ More people could not pay their *bills* and *mortgage or rent* on time
- ✓ More people ate less due to lack of money for food

## *Above* average wellbeing

- ✓ More likely to have a regular weekday schedule
- ✓ Better job fit and more opportunities for job promotion
- ✓ Shorter commute times
- ✓ Have enough money to buy things they *needed and wanted*

# LIVING STANDARDS and Wellbeing by sex

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

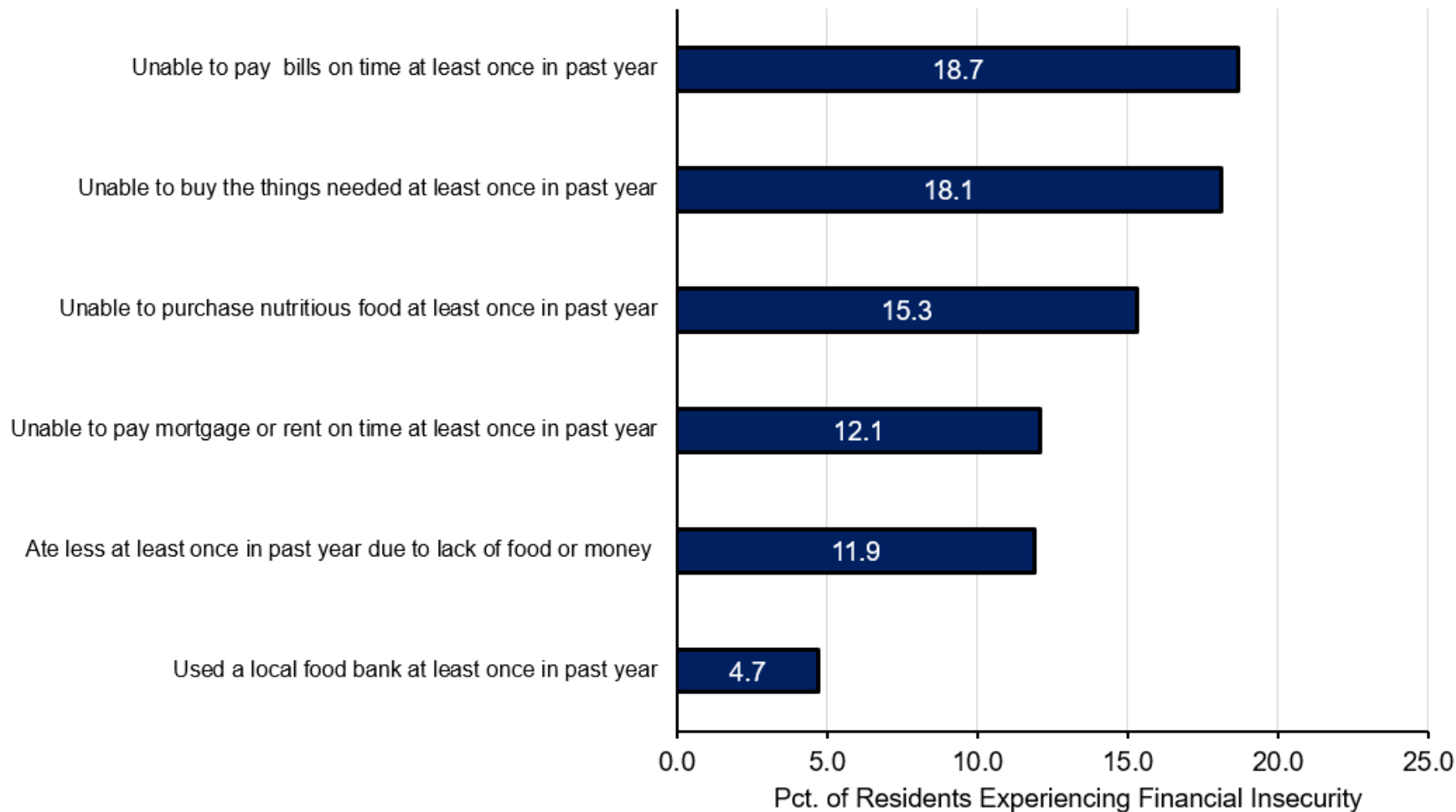
### Women

- ✓ Greater work interference with personal life
- ✓ More women could not pay their bills on time
- ✓ Have enough money to buy things they *needed* and *wanted*

### Men

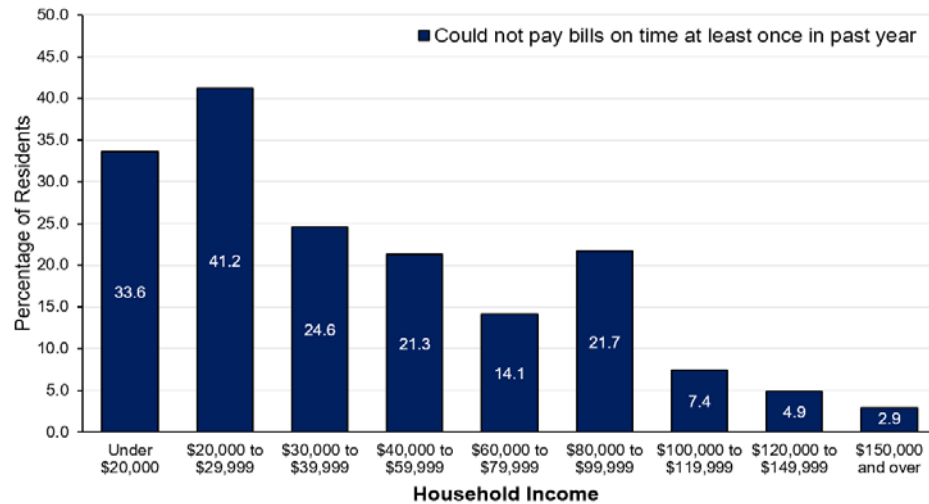
- ✓ Work at multiple jobs
- ✓ More likely to have a flexible work schedule
- ✓ More likely to have a regular weekday schedule
- ✓ More likely to work long hours

# Overall Financial Insecurity

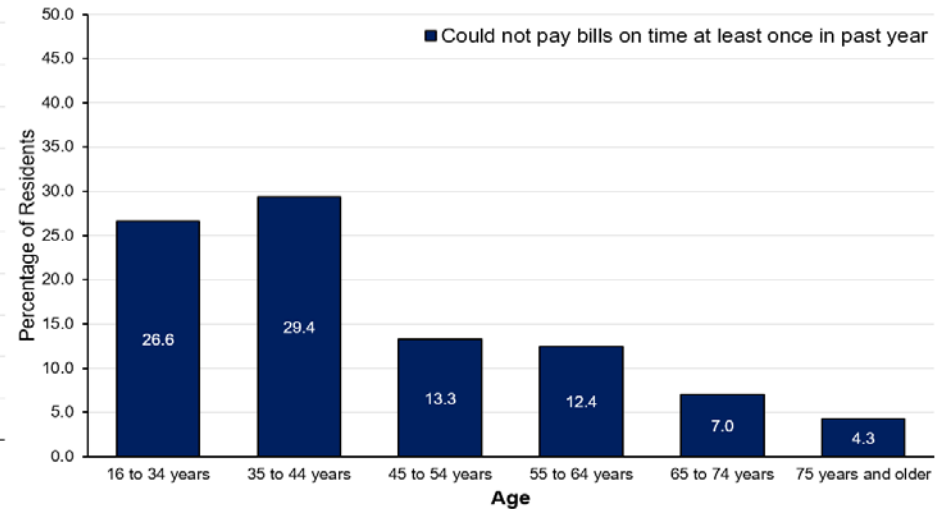


# Financial Insecurity: Inability to pay bills on time

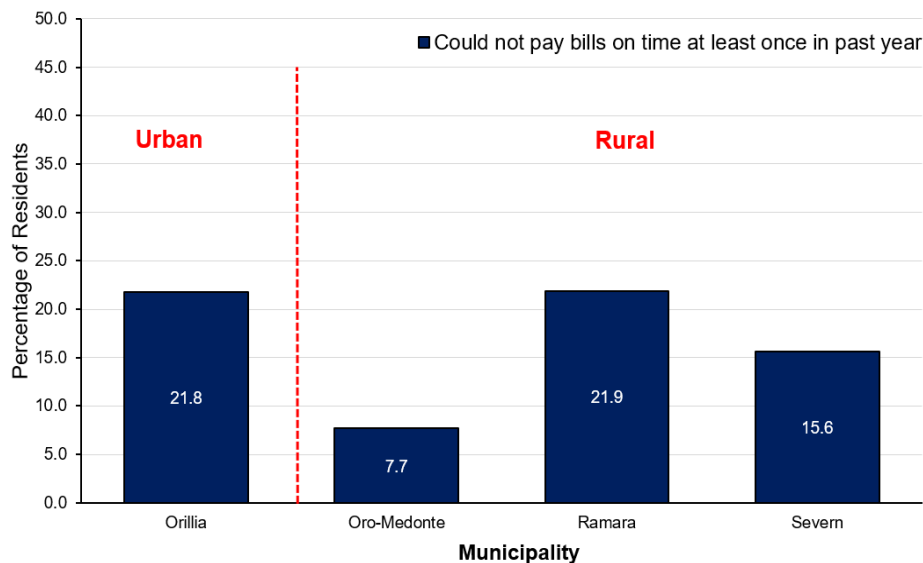
## INCOME



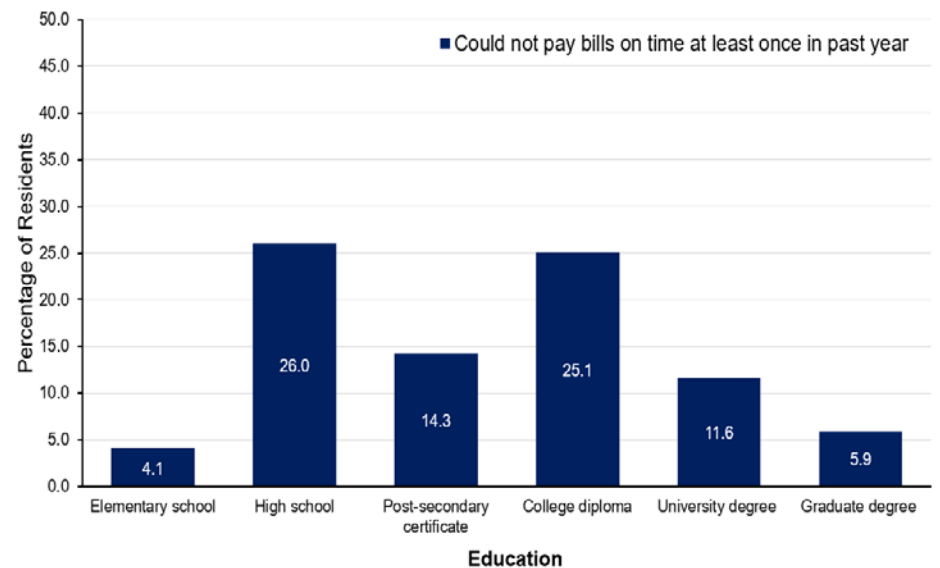
## AGE



## MUNICIPALITY

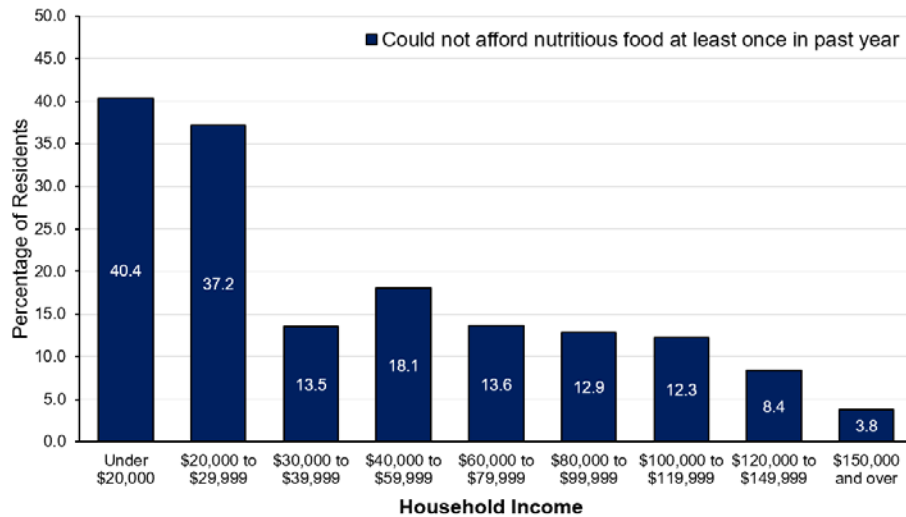


## EDUCATION

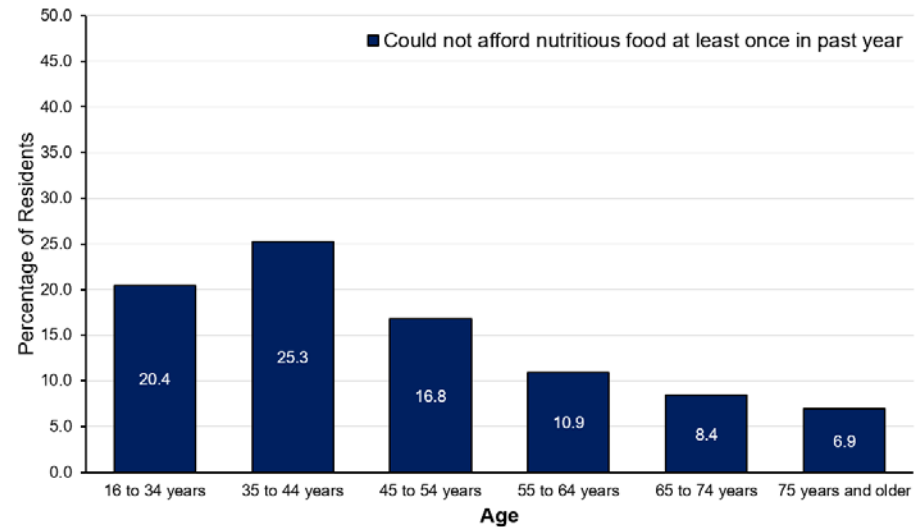


# Financial Insecurity: Inability to purchase food

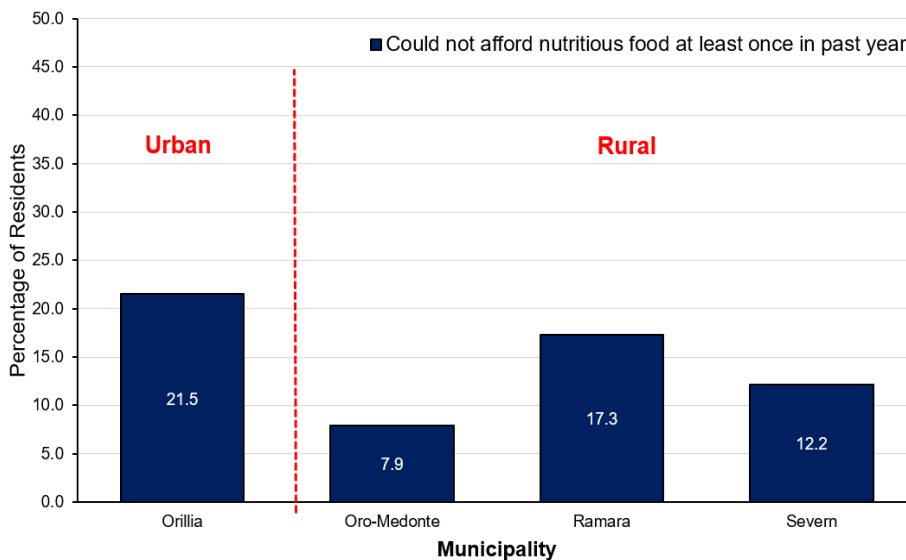
## INCOME



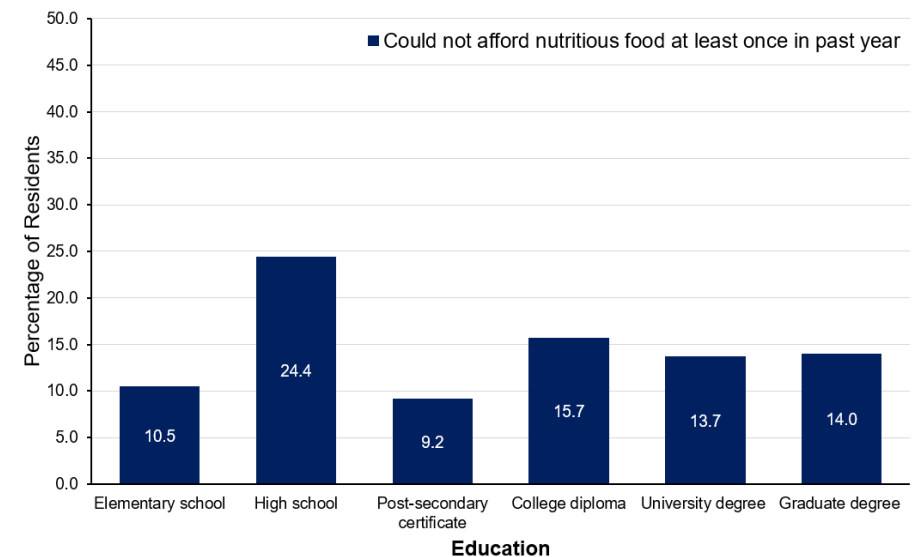
## AGE



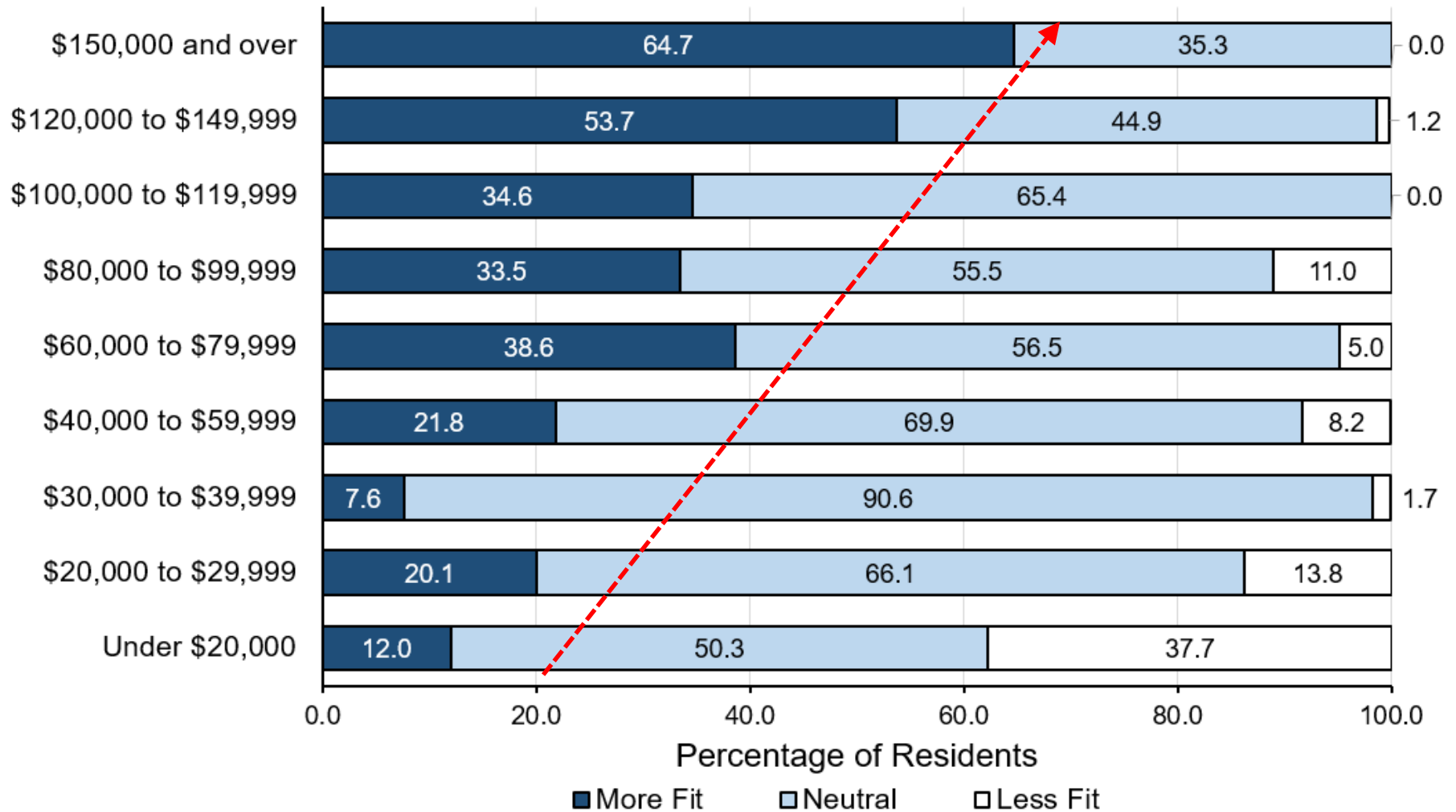
## MUNICIPALITY



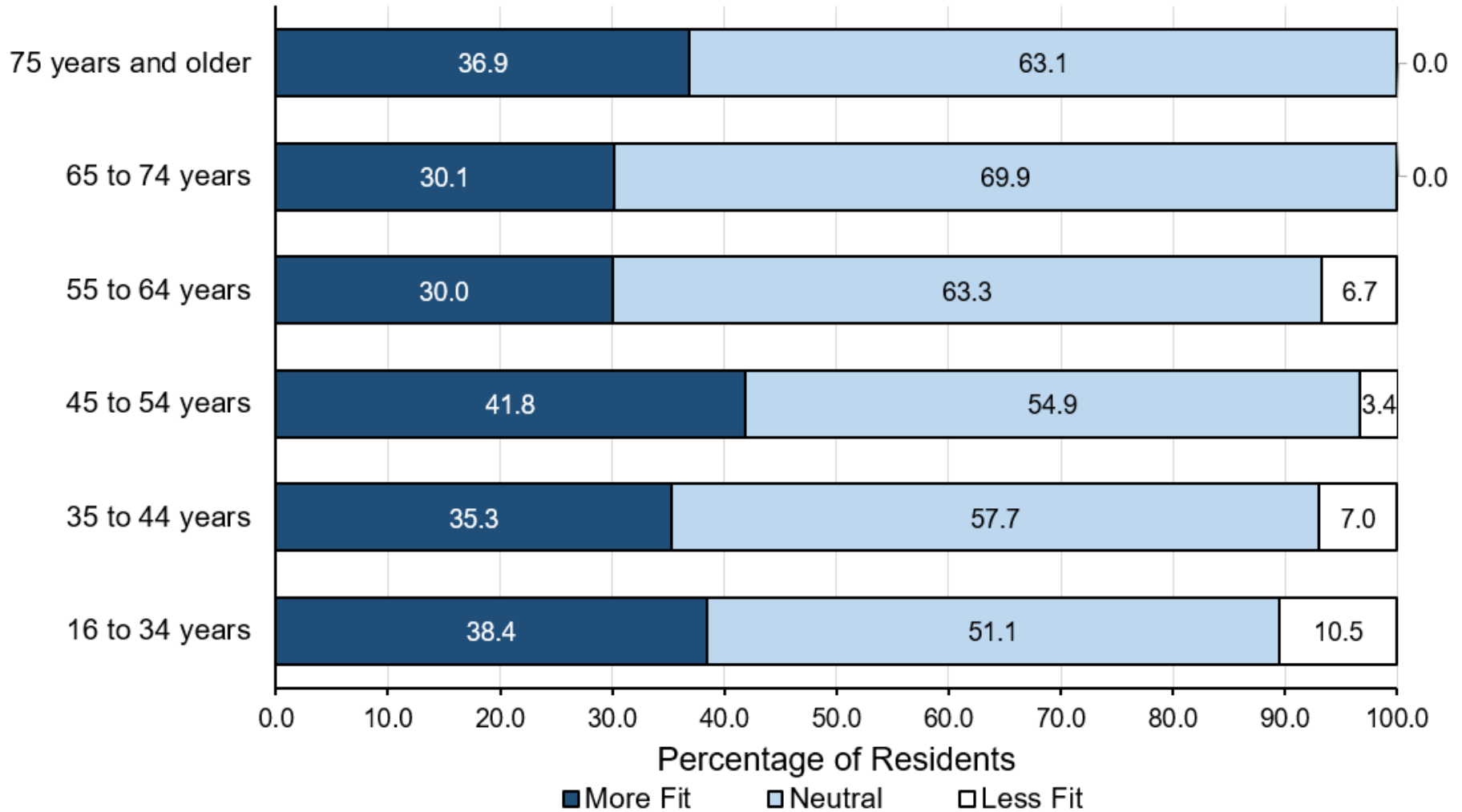
## EDUCATION



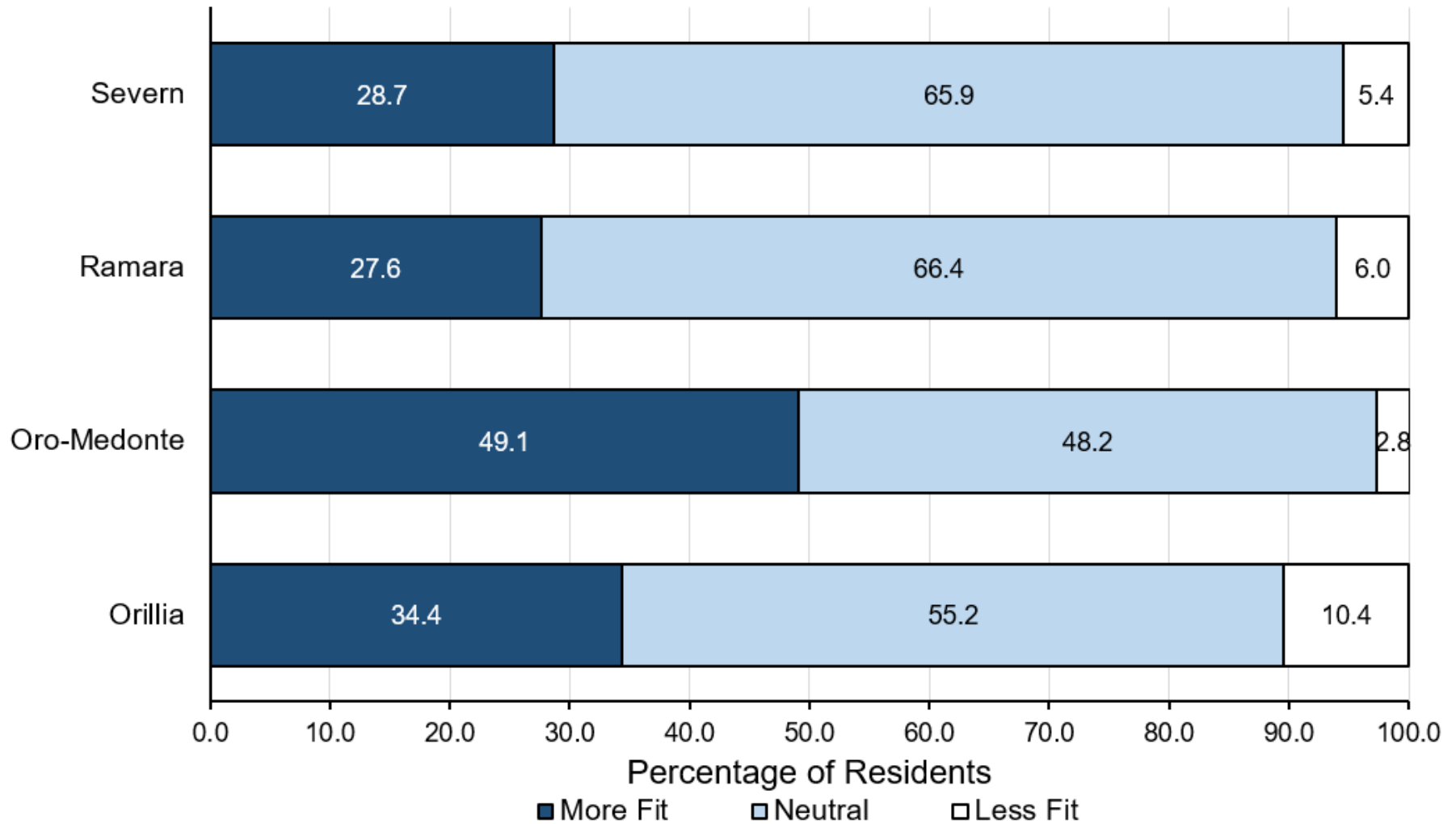
# Job Fit by *income*



# Job Fit by age

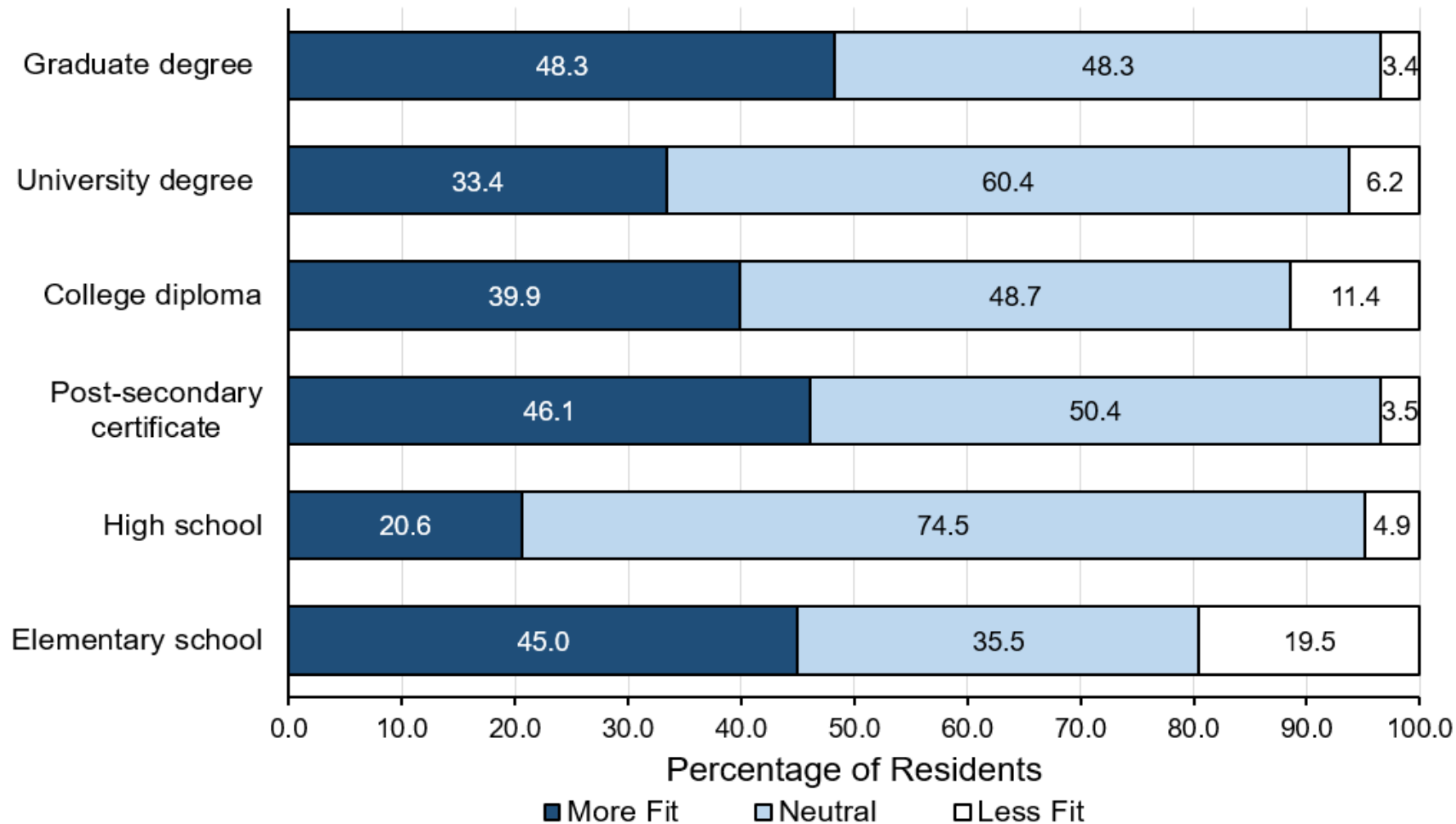


# Job Fit by *municipality*



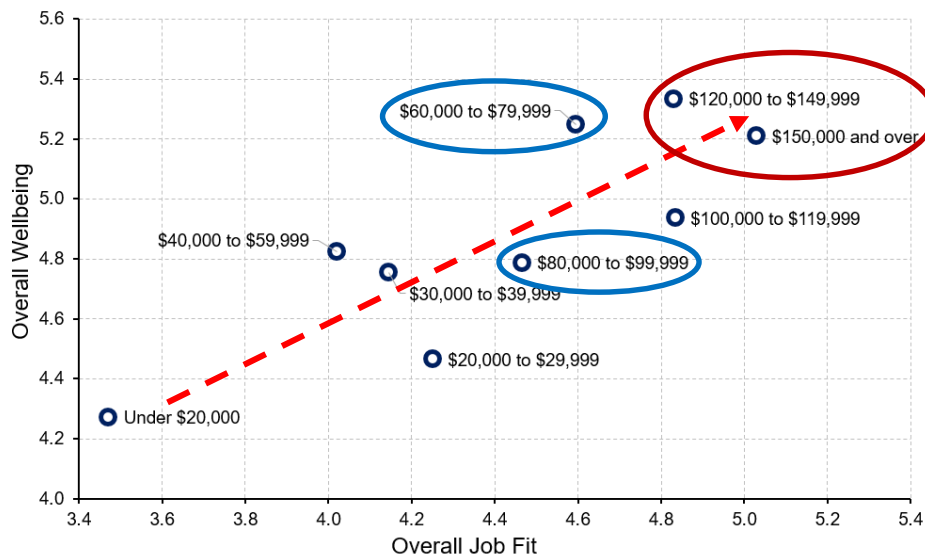


# Job Fit by education

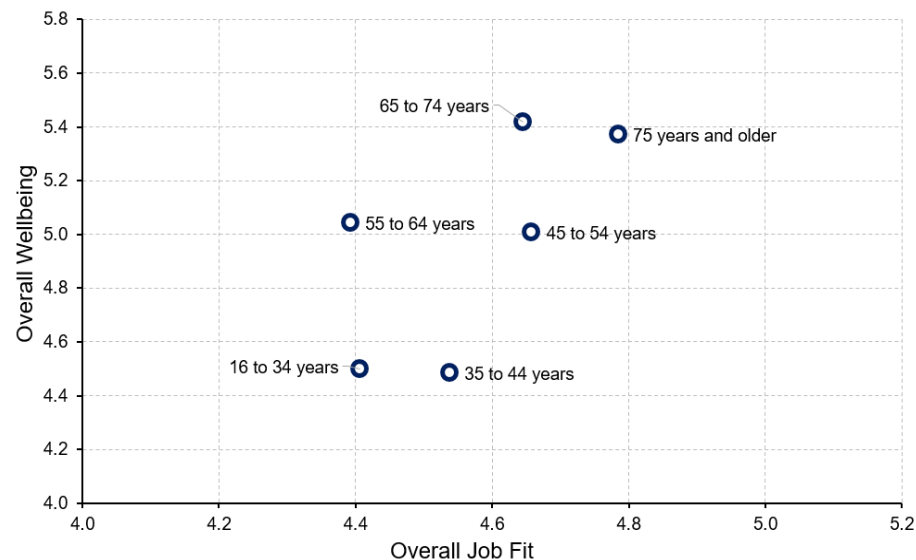


# Job Fit and Overall Wellbeing

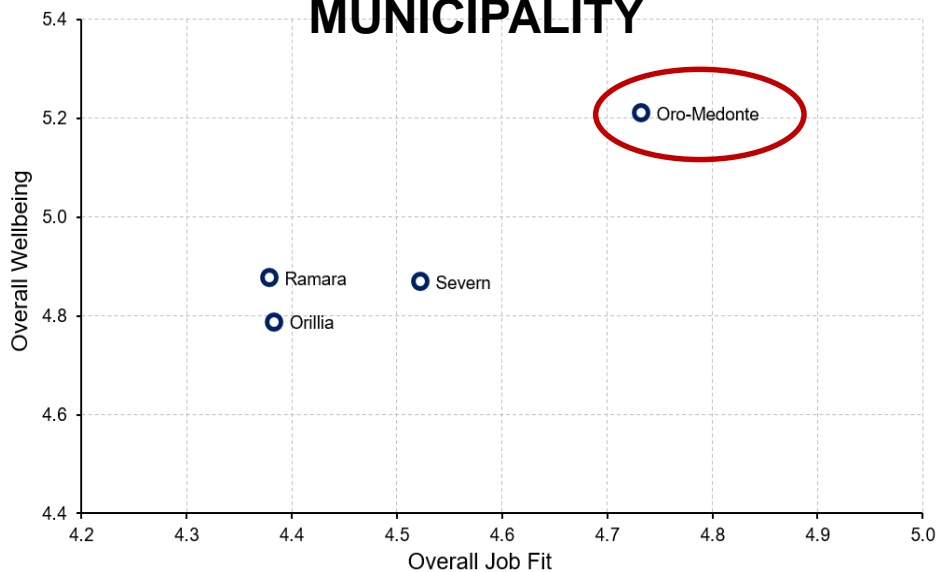
## INCOME



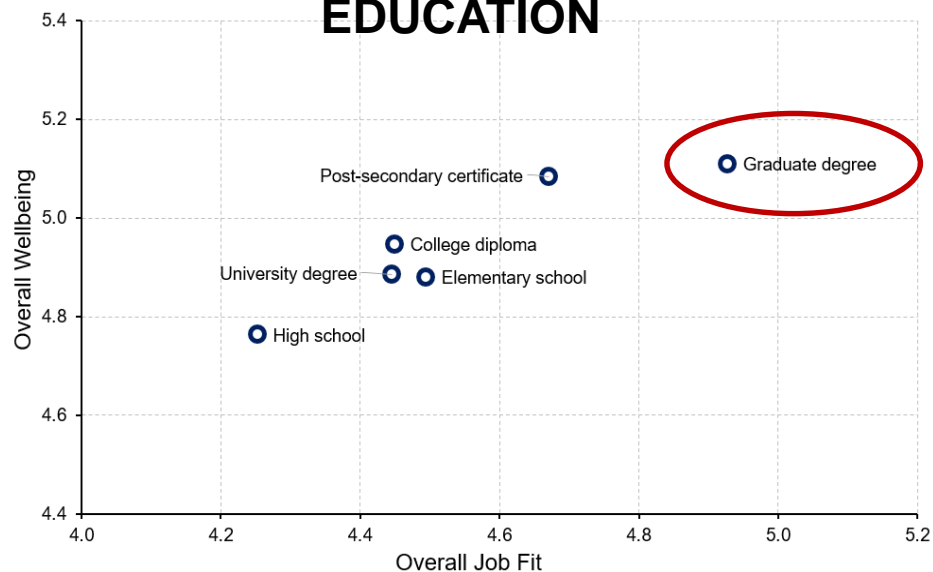
## AGE



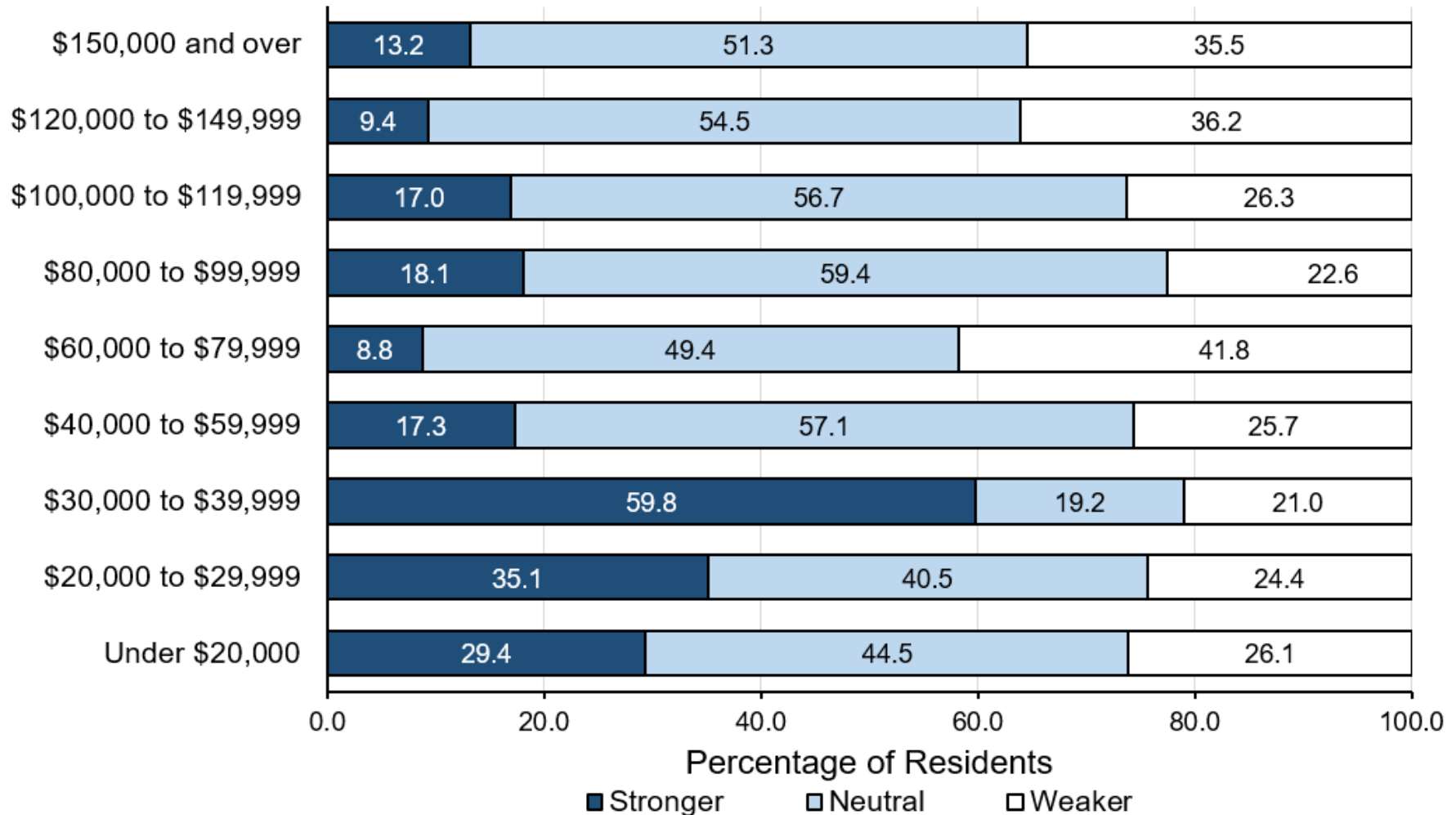
## MUNICIPALITY



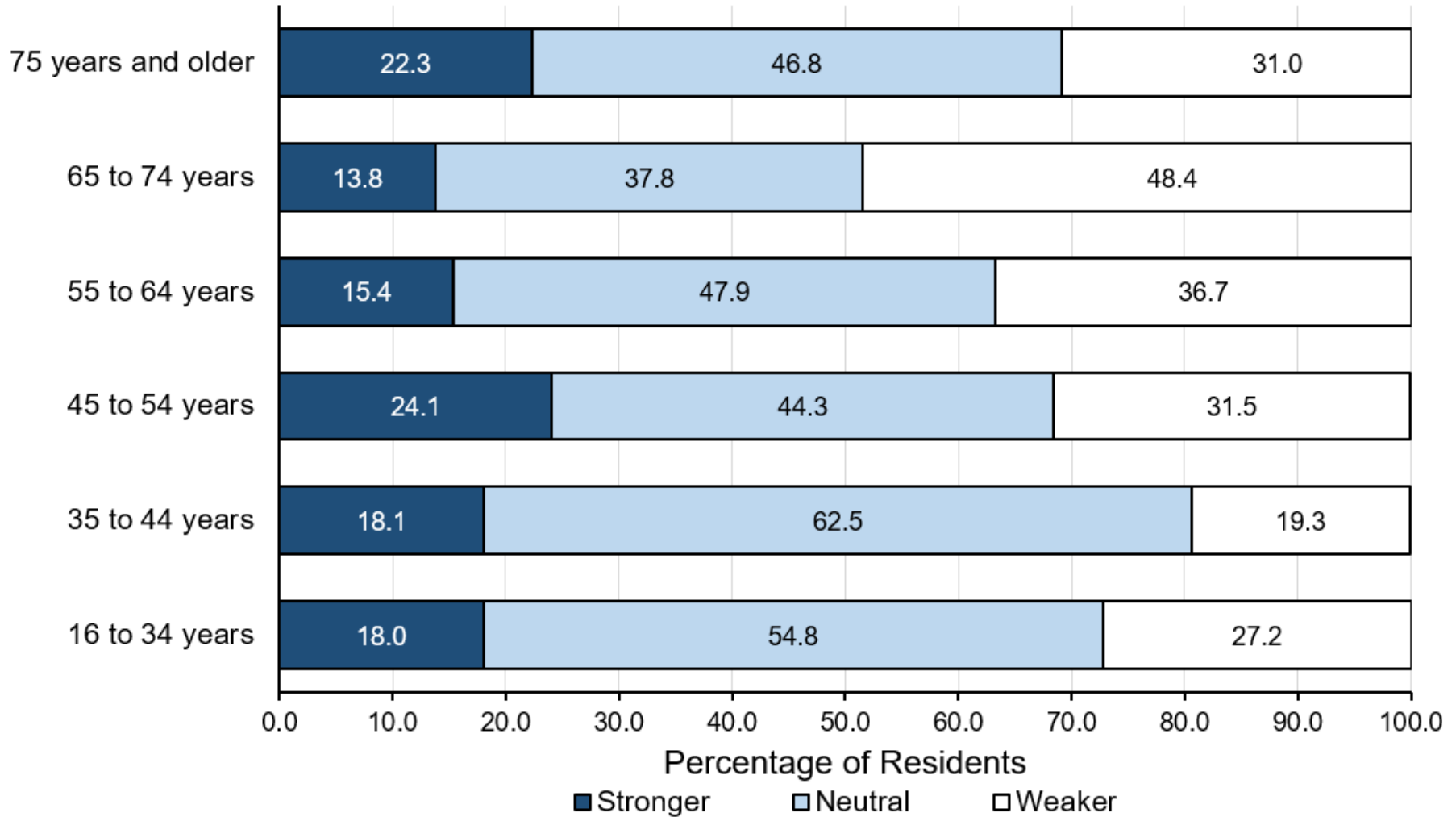
## EDUCATION



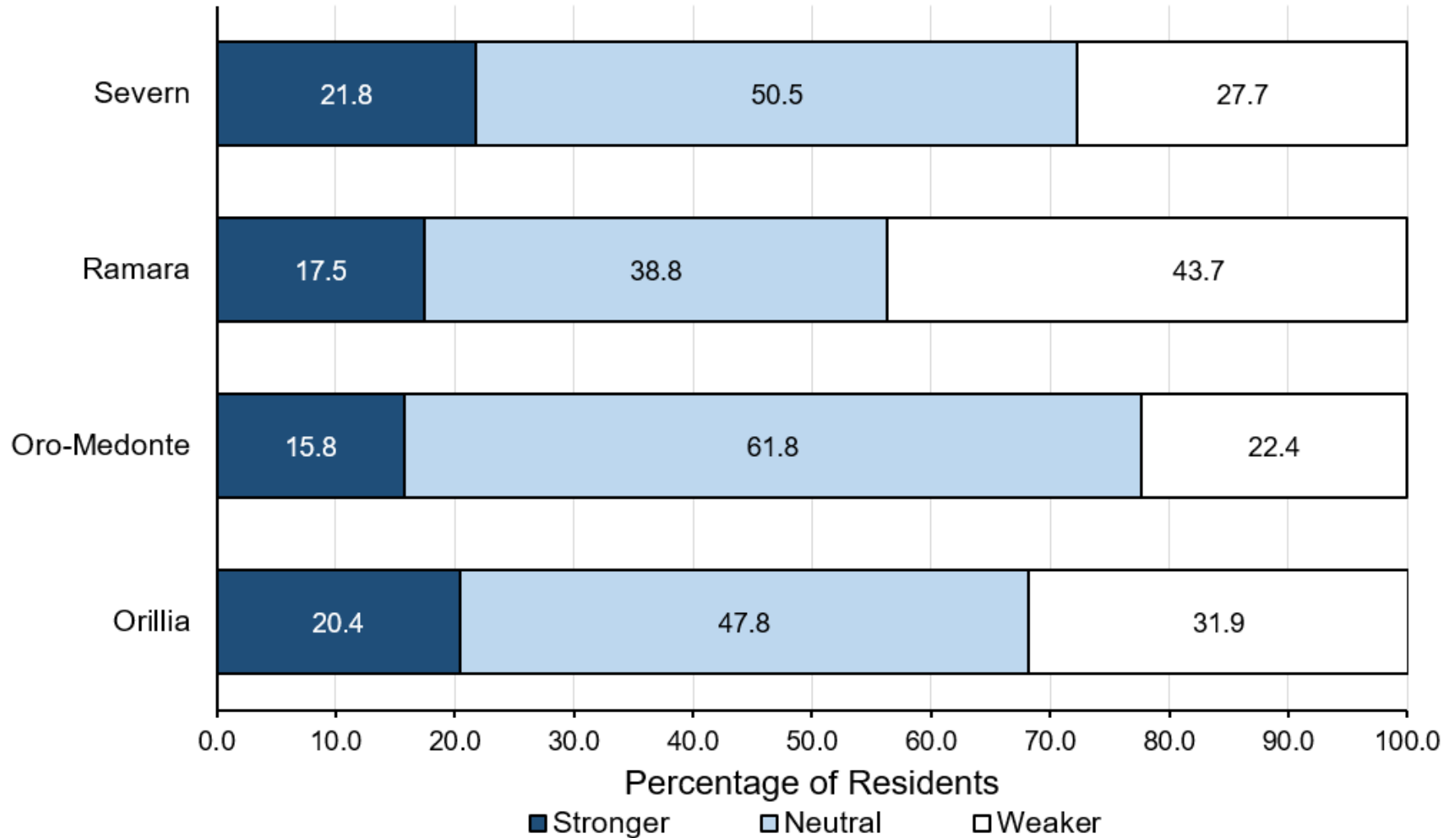
# Work-Life Imbalance by *income*



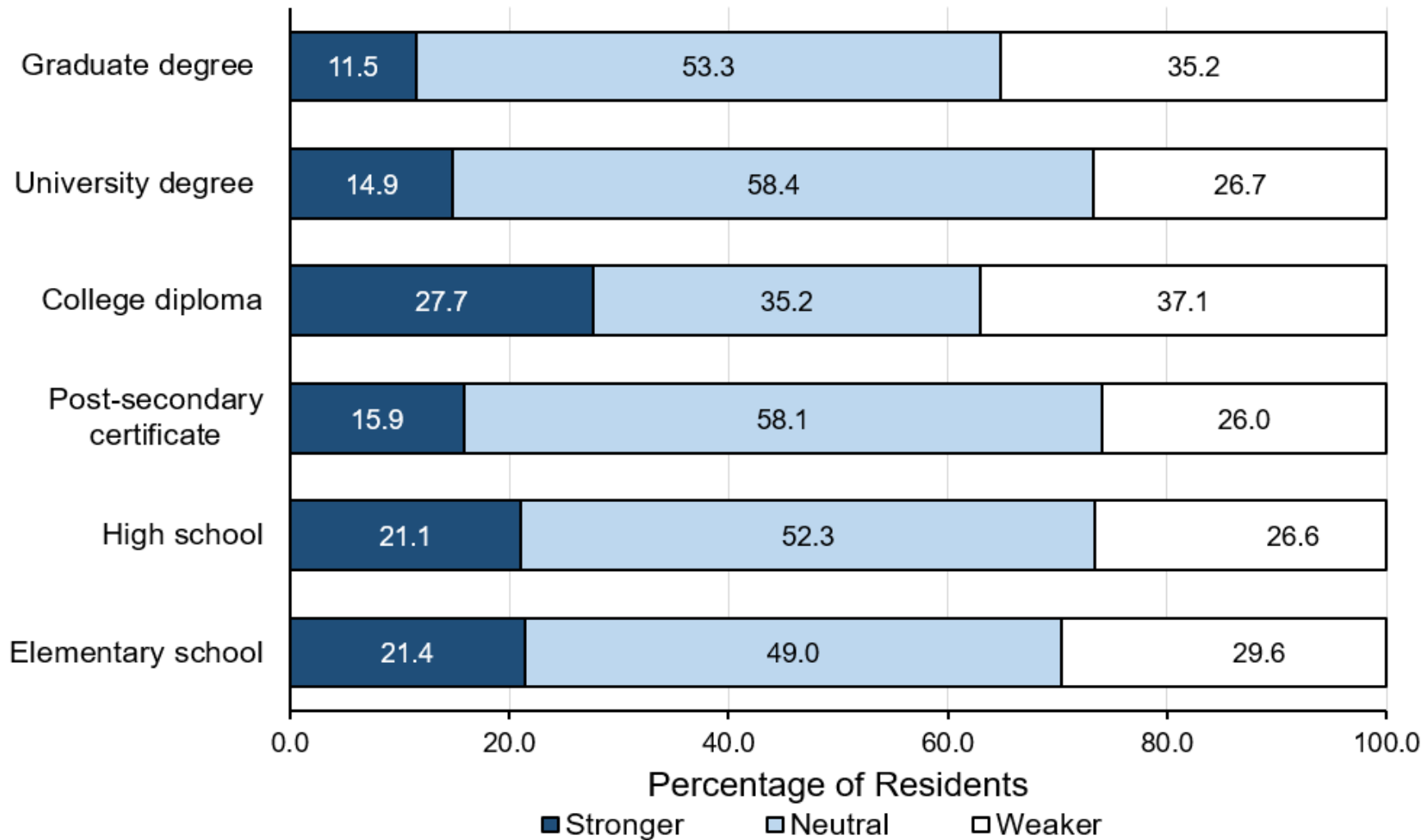
# Work-Life Imbalance by age



# Work-Life Imbalance by *municipality*

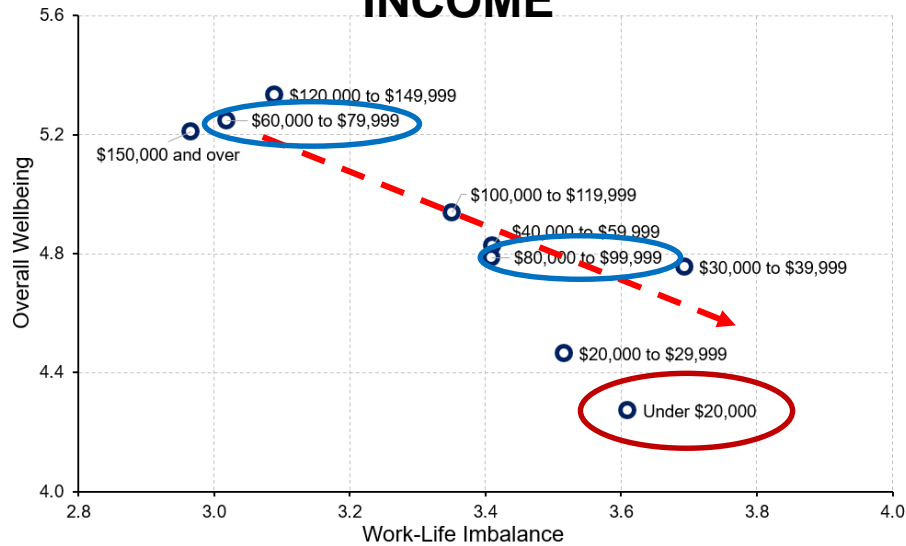


# Work-Life Imbalance by education

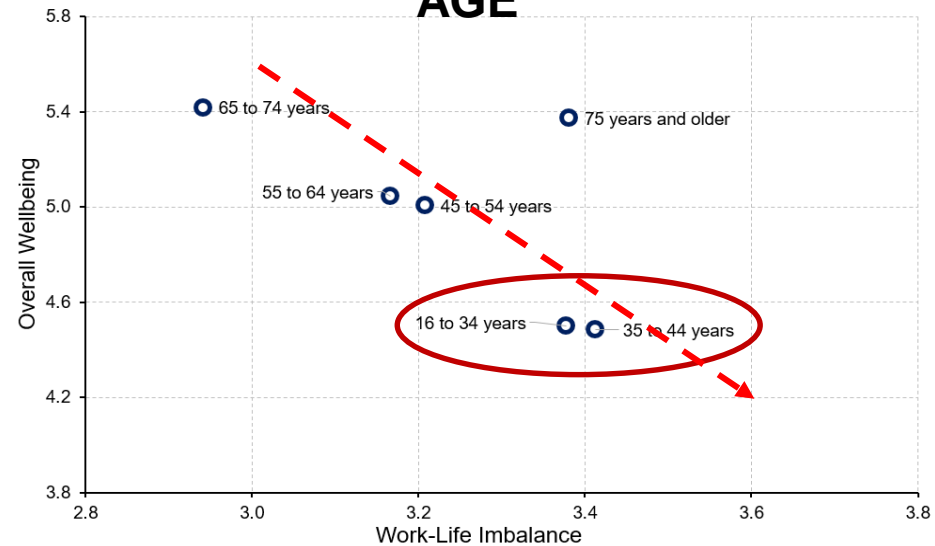


# Work-Life Imbalance and Overall Wellbeing

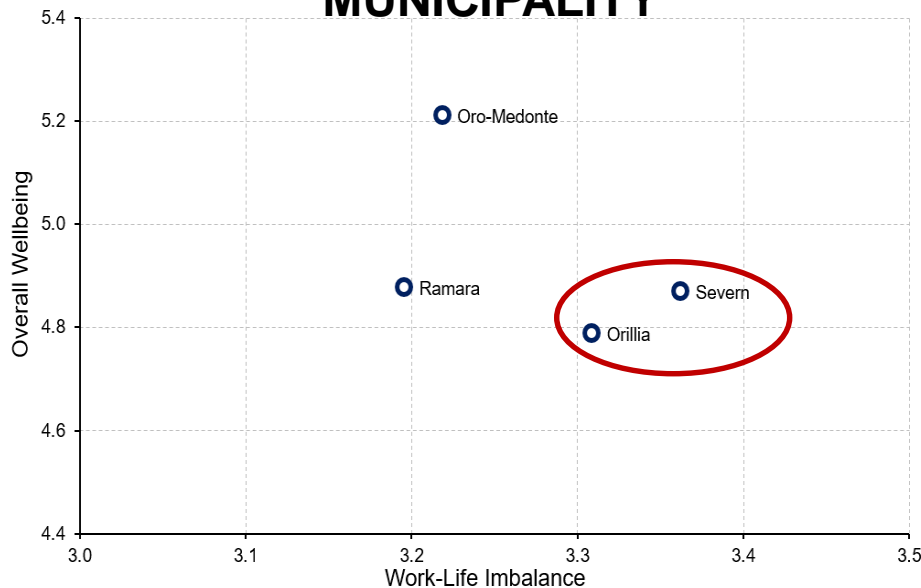
## INCOME



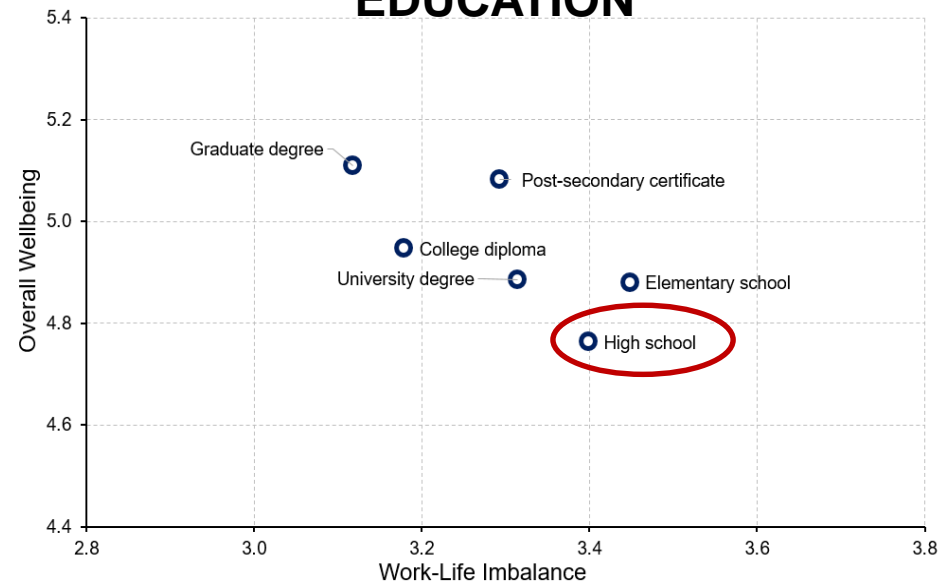
## AGE



## MUNICIPALITY



## EDUCATION





# Healthy Populations



# HEALTHY POPULATIONS and Wellbeing

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

## *Below* average wellbeing

- ✓ More likely to experience negative impacts due to *their own or a family member's* mental health issues
- ✓ Eat healthy meals less often
- ✓ Participate less in *vigorous and light exercise*

## *Above* average wellbeing

- ✓ Better self-rated *physical* health
- ✓ Better self-rated *mental* health
- ✓ Perceive both *quality* and *accessibility* of the health care services to be better
- ✓ Got more good quality exercise

# HEALTHY POPULATIONS and Wellbeing by sex

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

### Women

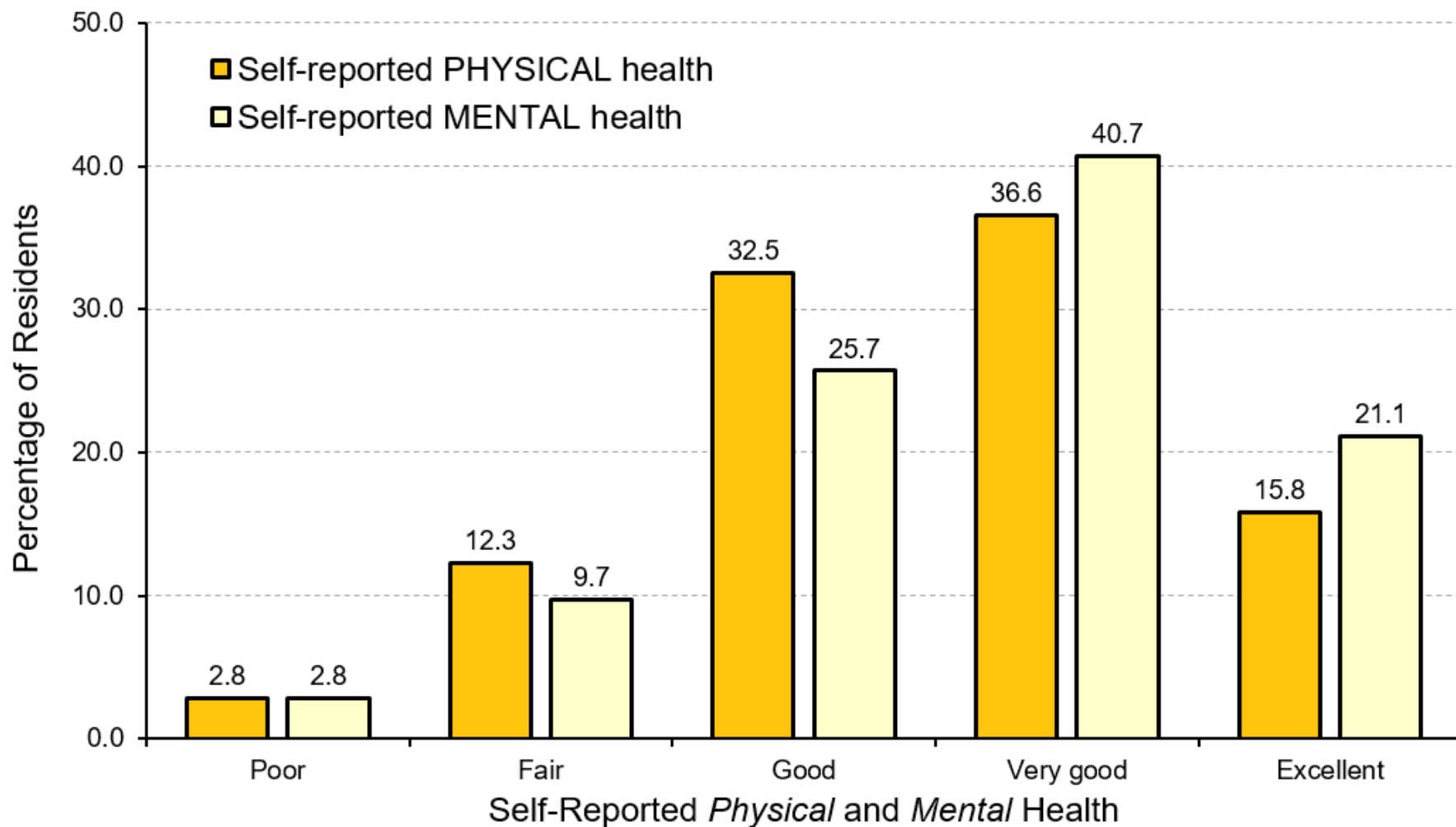
- ✓ More likely to experience negative impacts due to *mental health issues*
- ✓ More likely to experience negative impacts from a family member's *substance use*

### Men

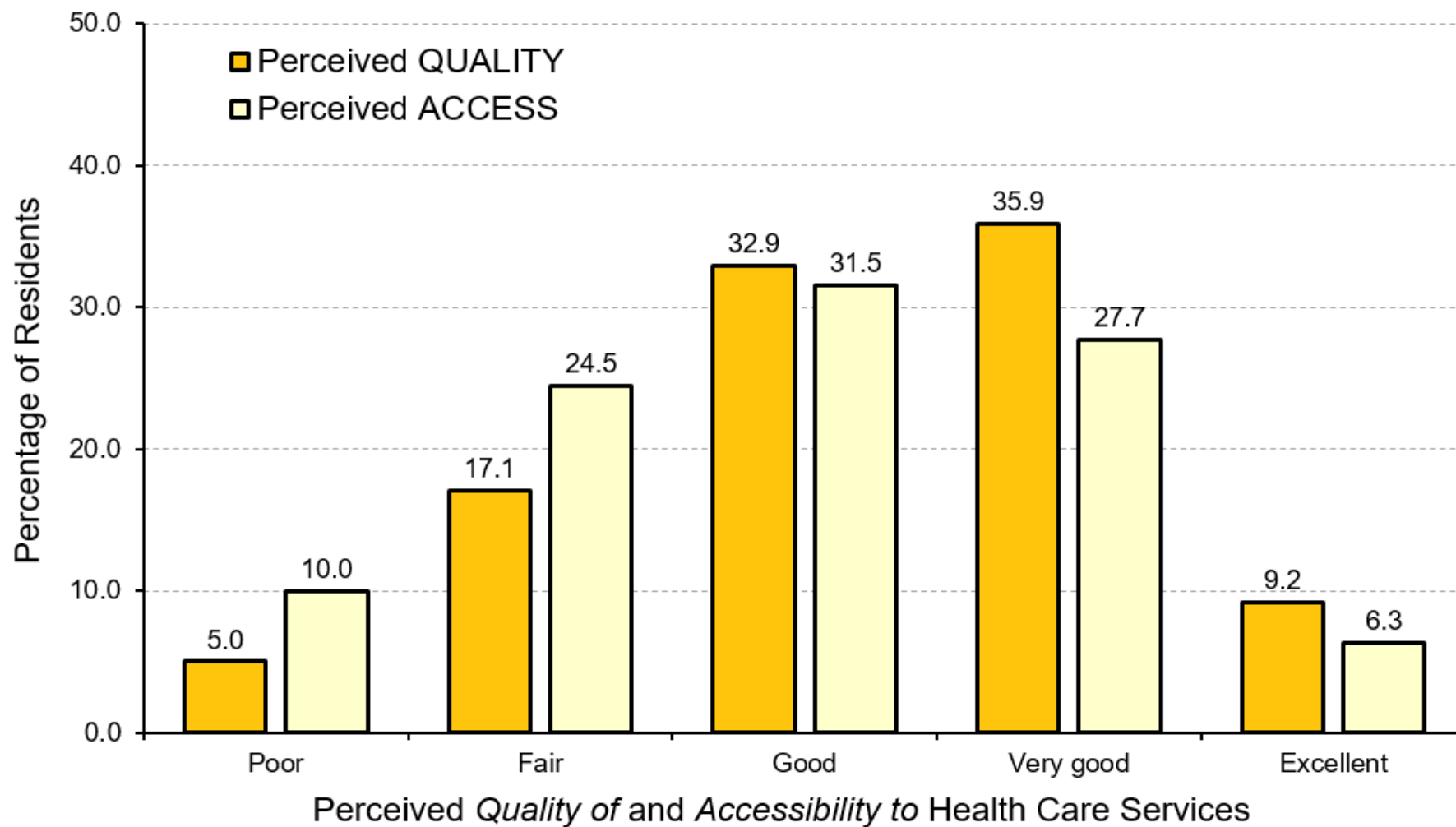
- ✓ Better self-rated *mental health*
- ✓ Higher perceived *quality* of health care services
- ✓ Higher perceived *access* to health care services
- ✓ Got more good quality exercise

- On average, both women and men rate their physical health as good or better

# Physical and Mental Health in Orillia and Area

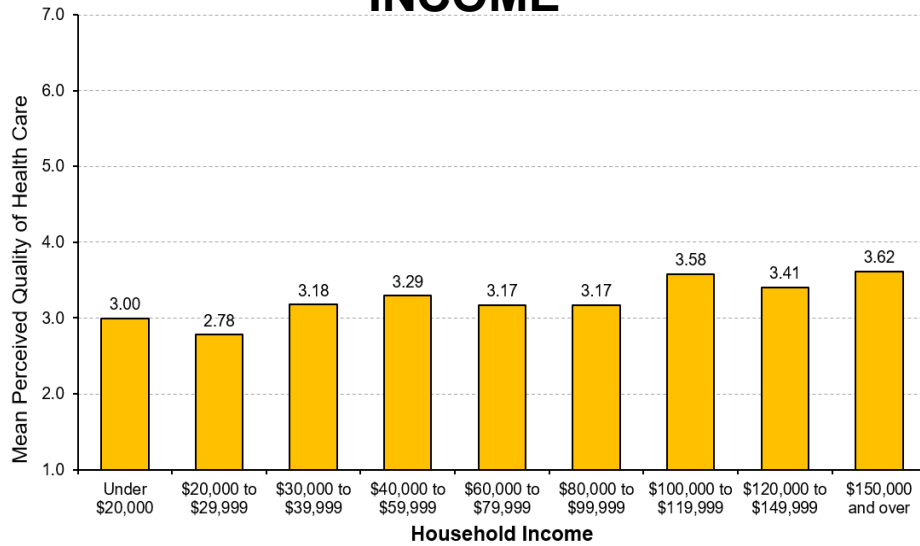


# Health Care Services in Orillia and Area

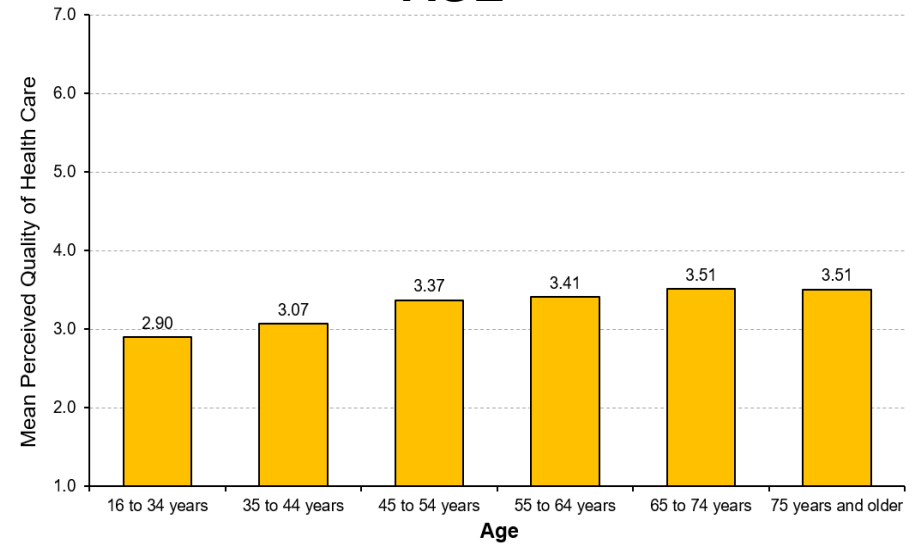


# Quality of Health Care Services

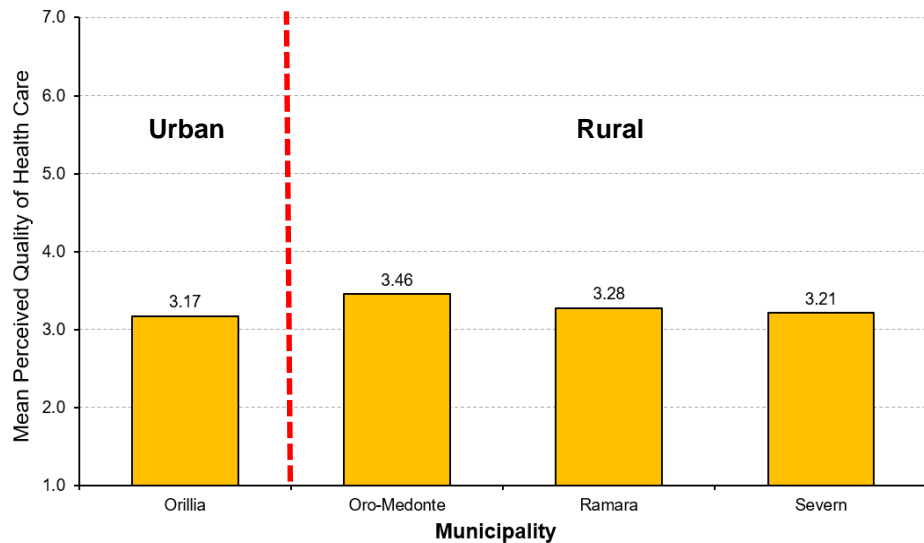
## INCOME



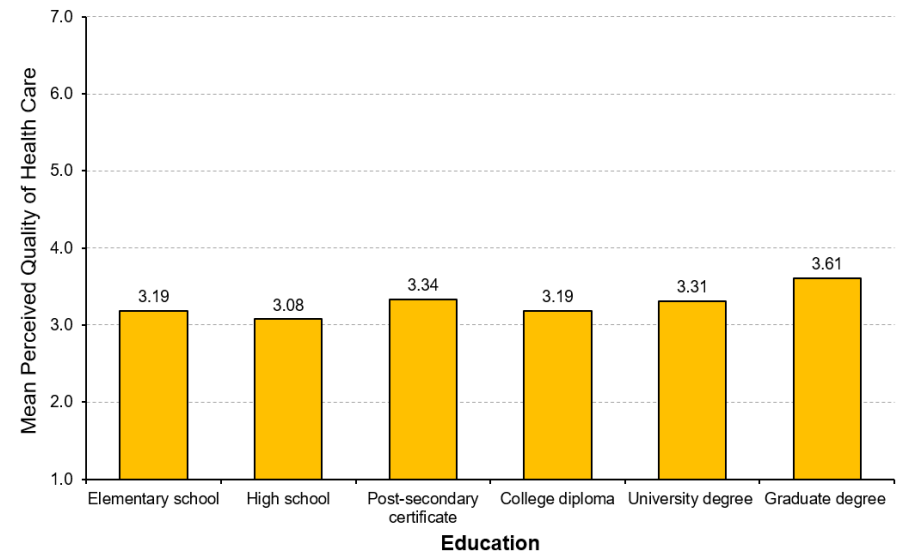
## AGE



## MUNICIPALITY

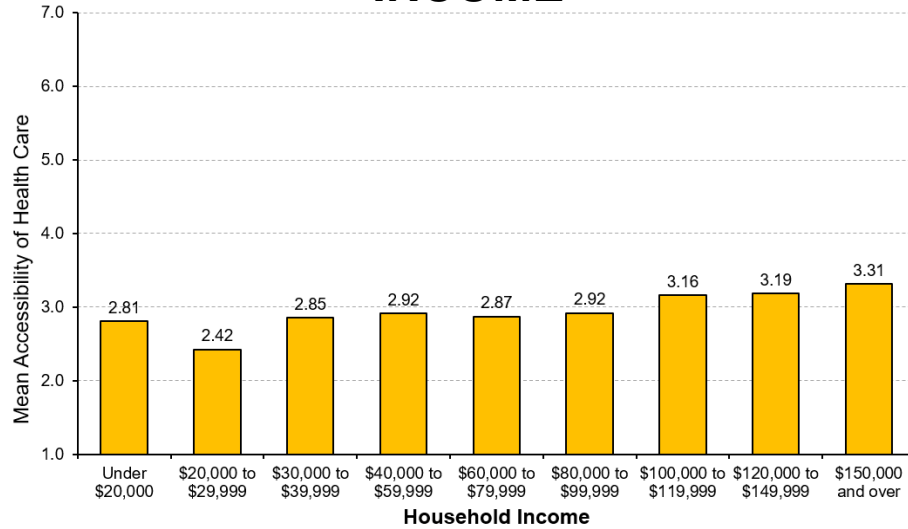


## EDUCATION

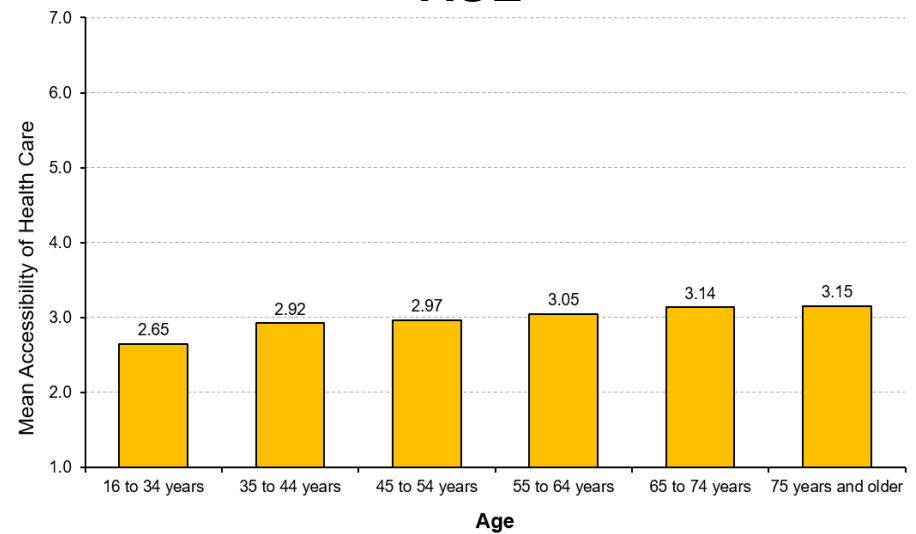


# Accessibility of Health Care Services

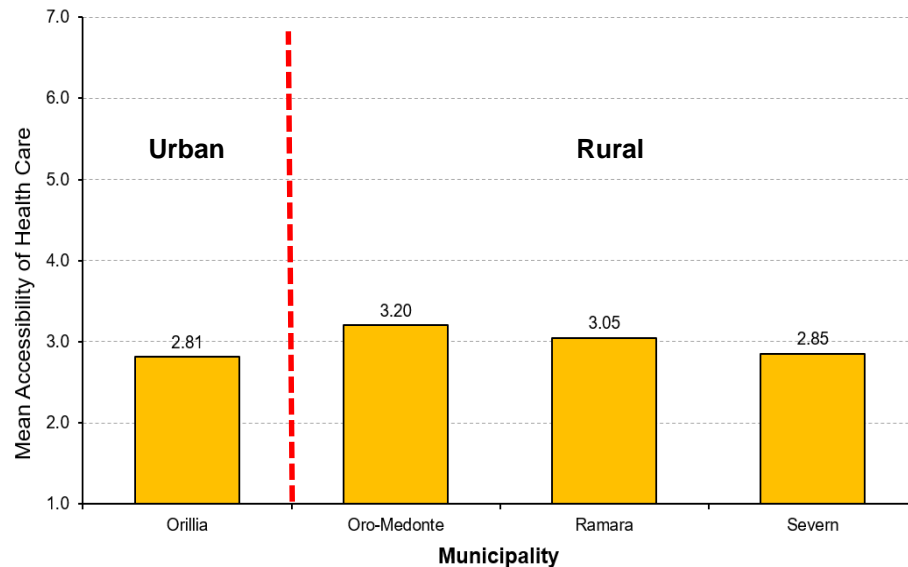
## INCOME



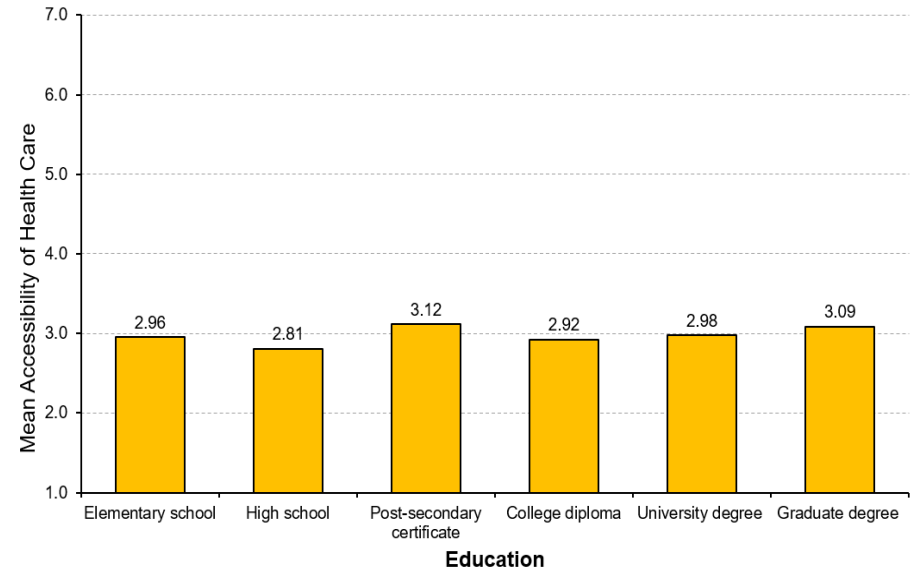
## AGE



## MUNICIPALITY

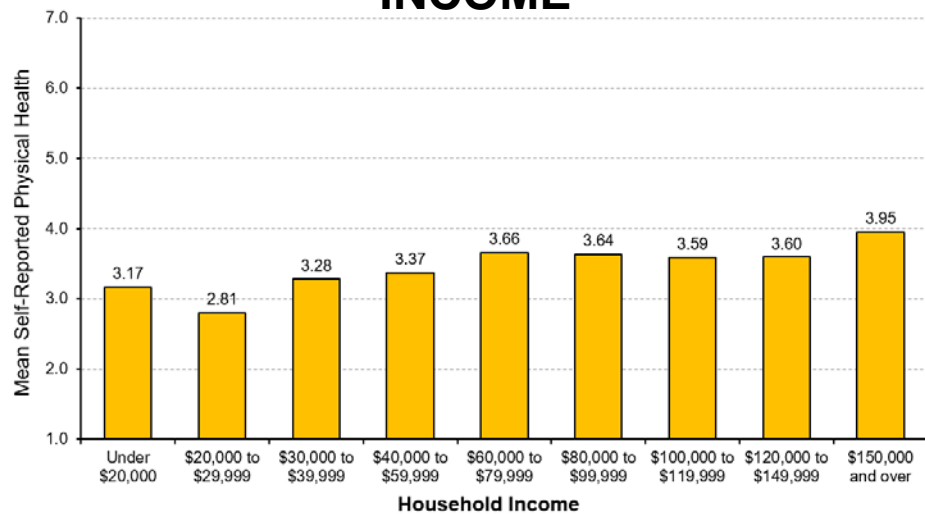


## EDUCATION

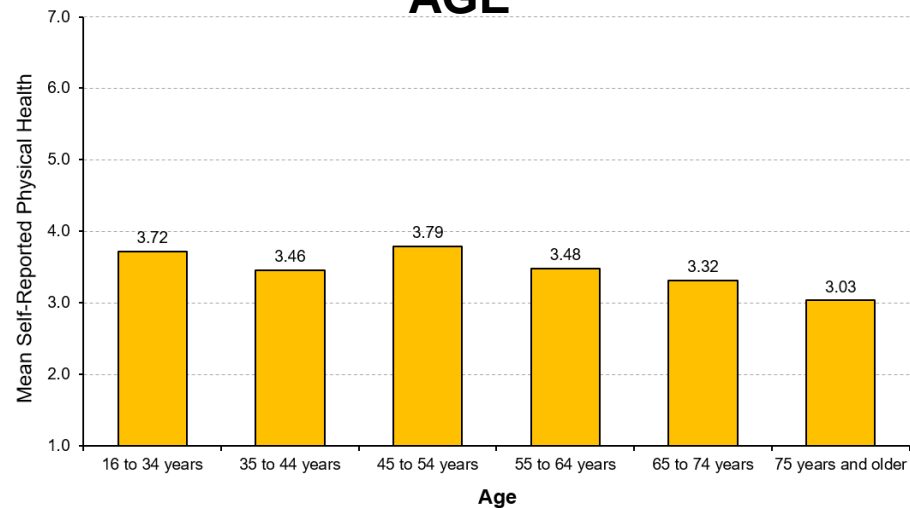


# Physical Health in Orillia and Area

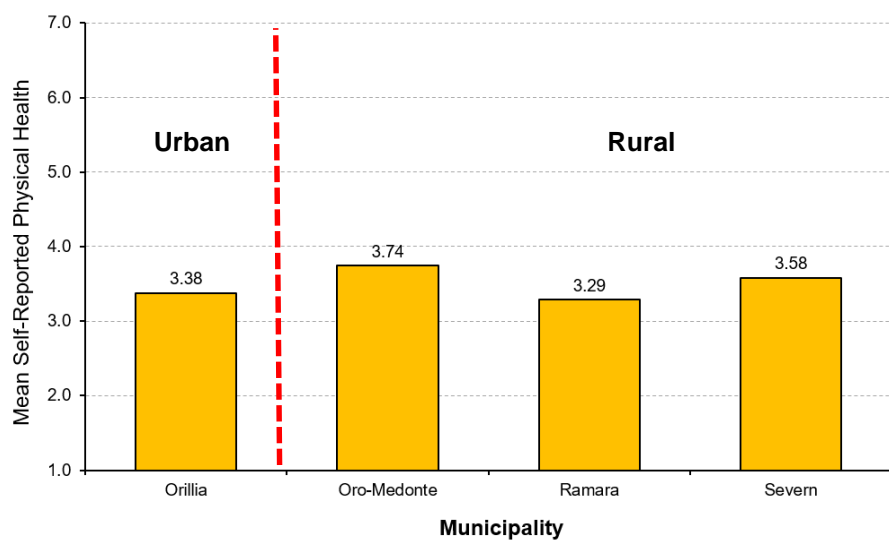
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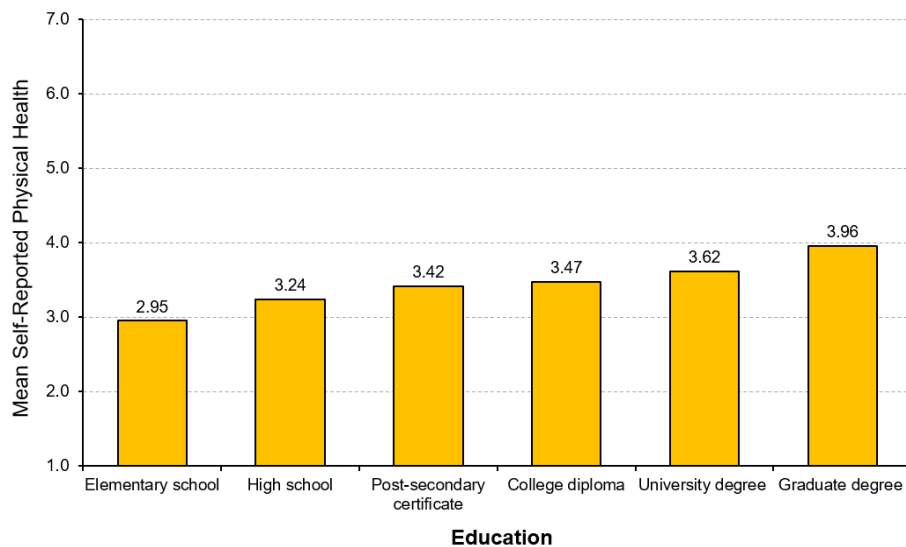
## AGE



## MUNICIPALITY



## EDUCATION

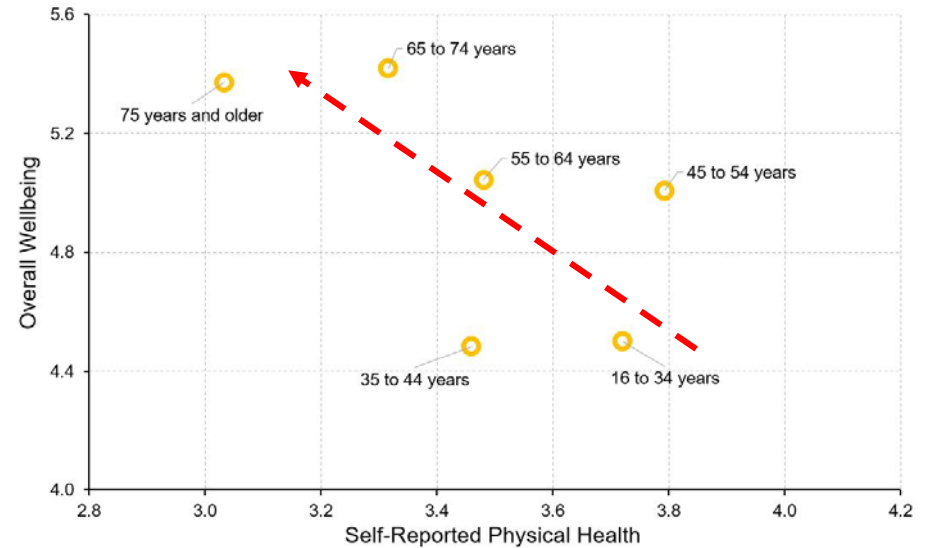


# Physical Health and Overall Wellbeing

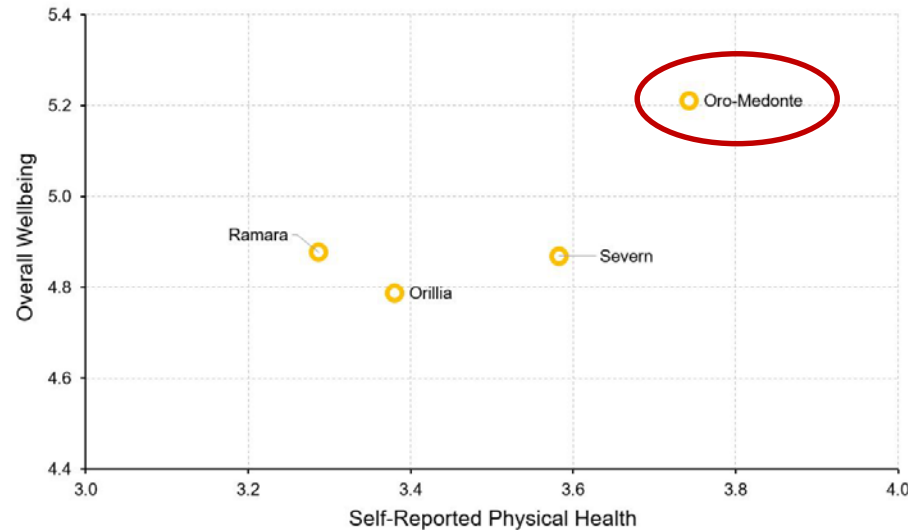
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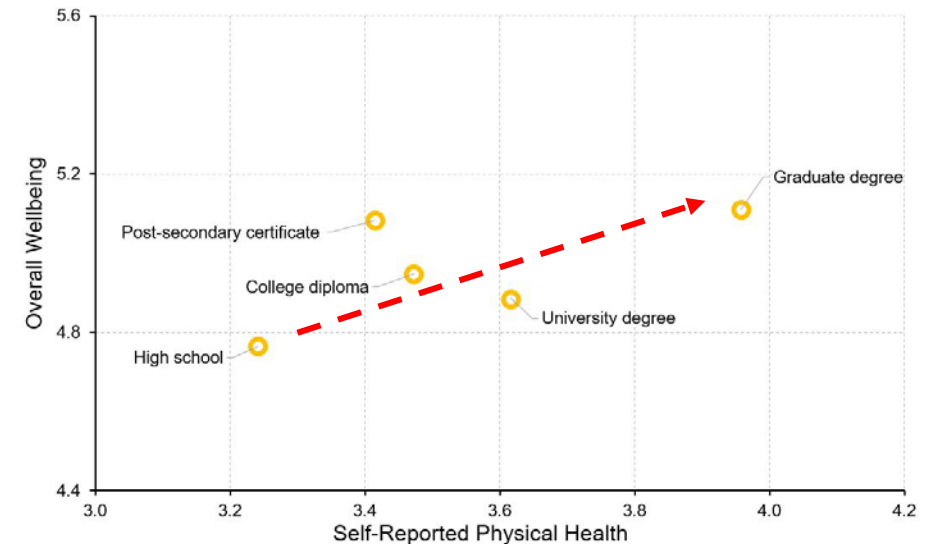
## AGE



## MUNICIPALITY



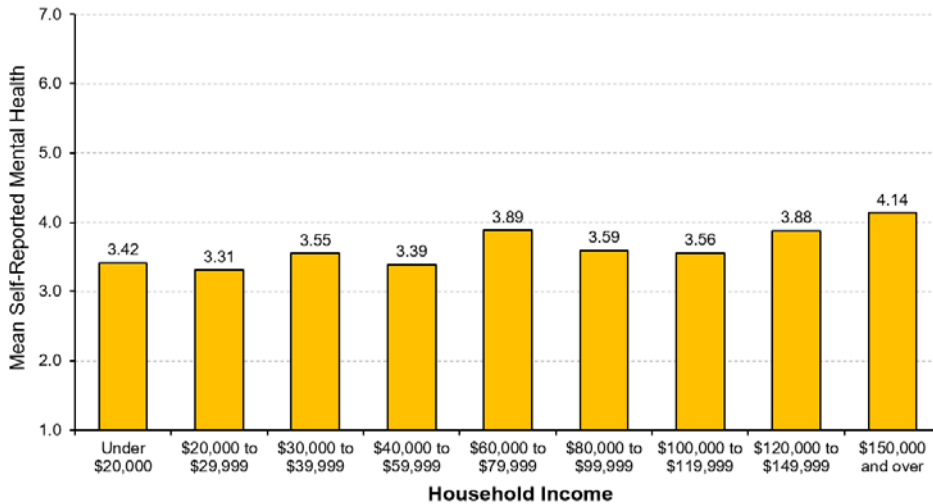
## EDUCATION



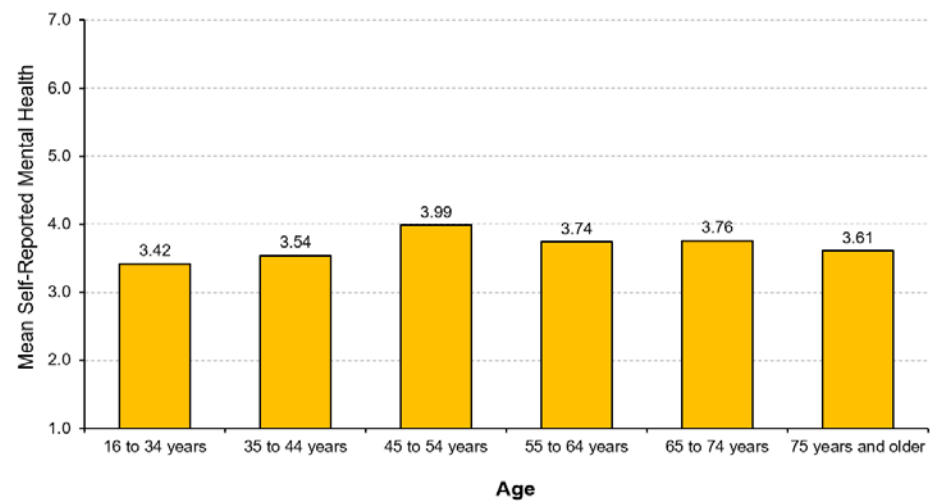


# Mental Health in Orillia and Area

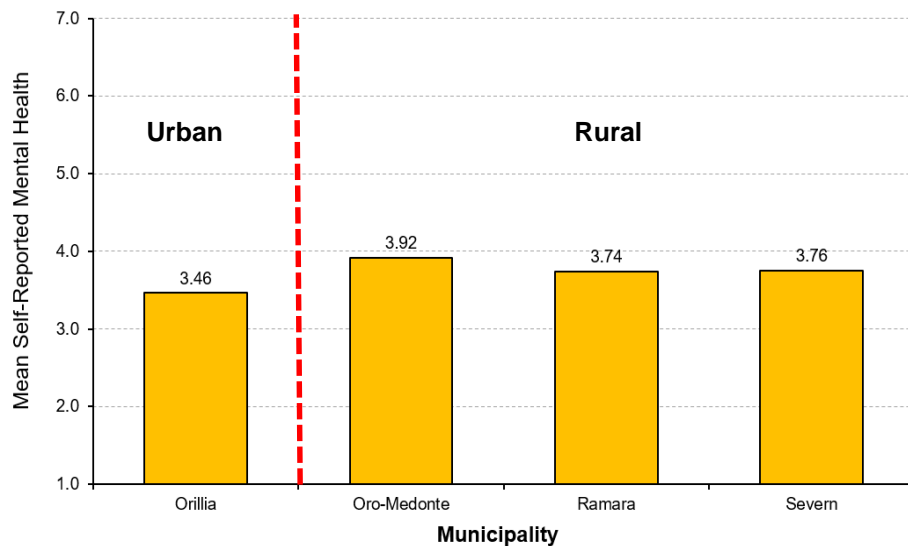
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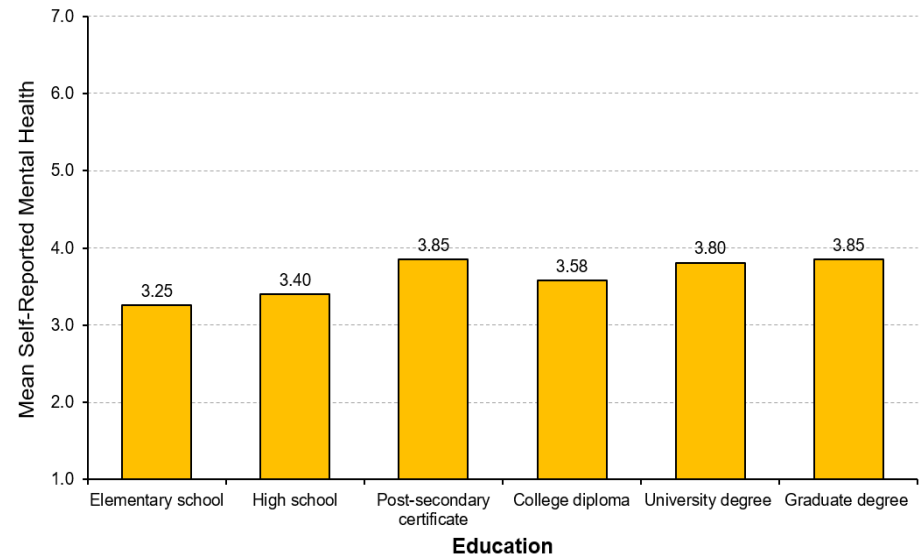
## AGE



## MUNICIPALITY

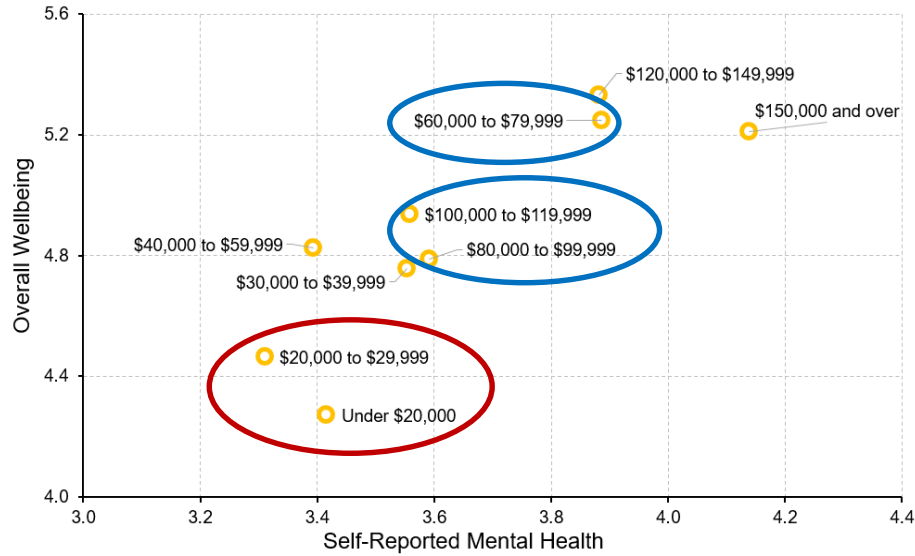


## EDUCATION

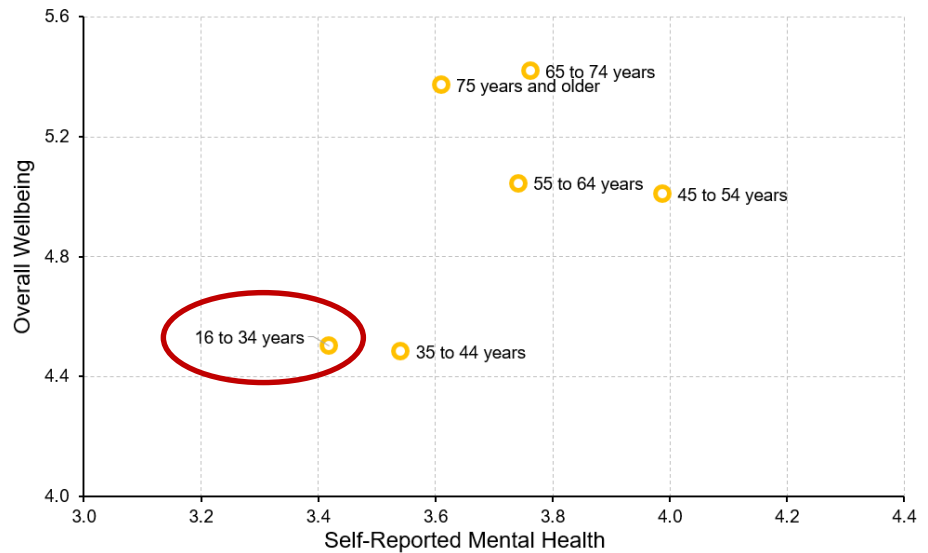


# Mental Health and Overall Wellbeing

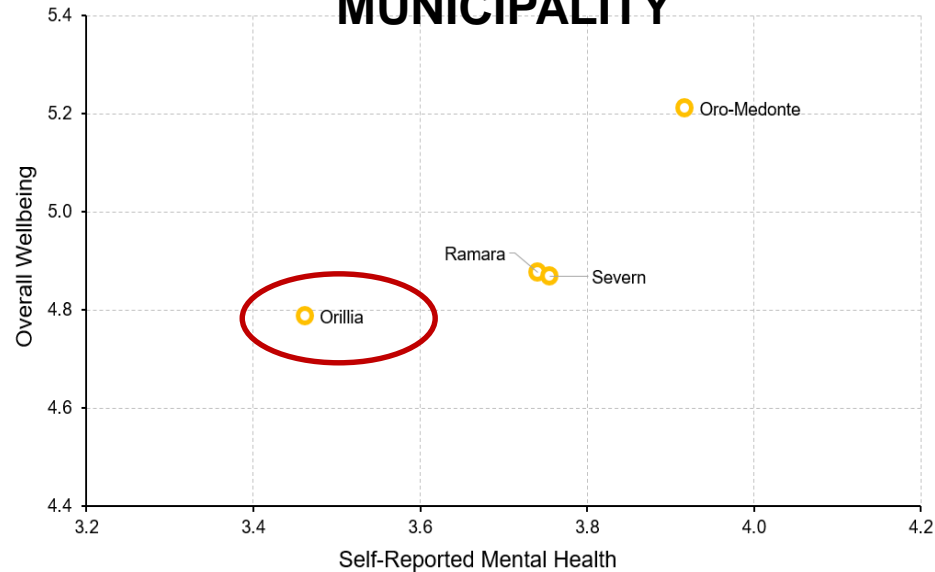
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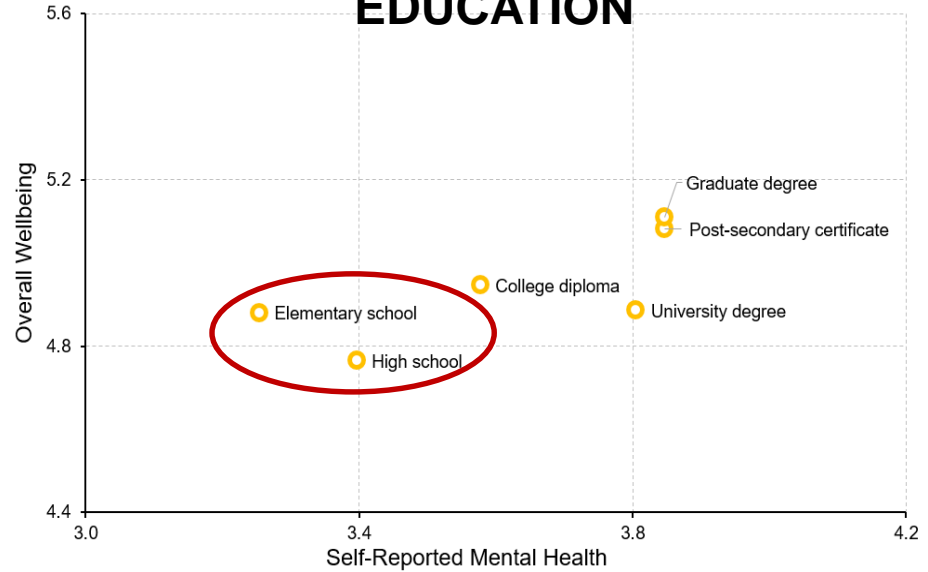
## AGE



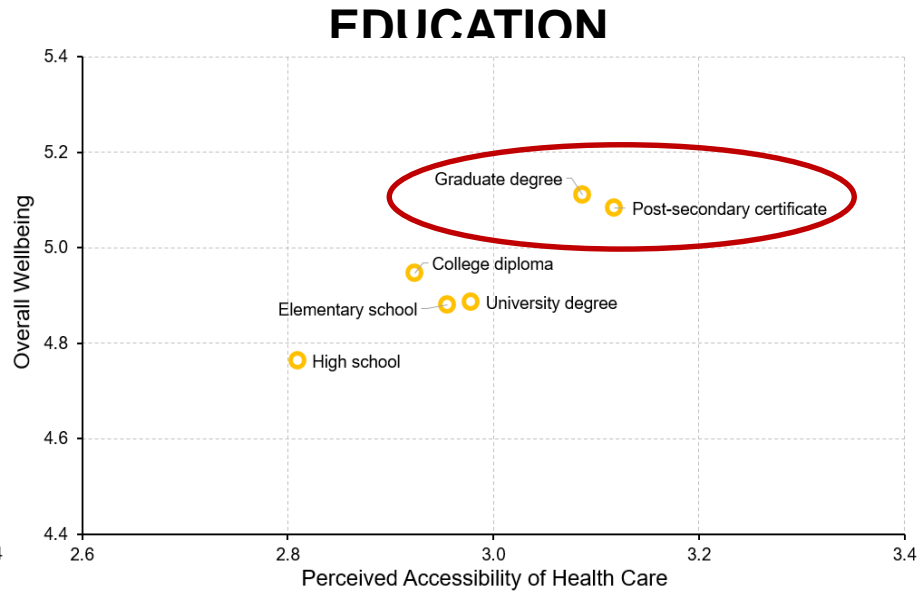
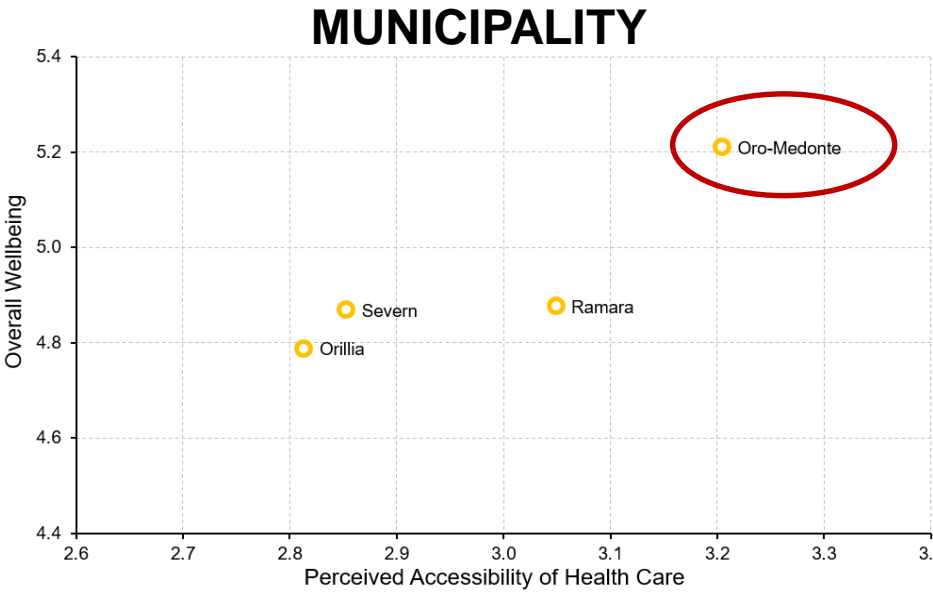
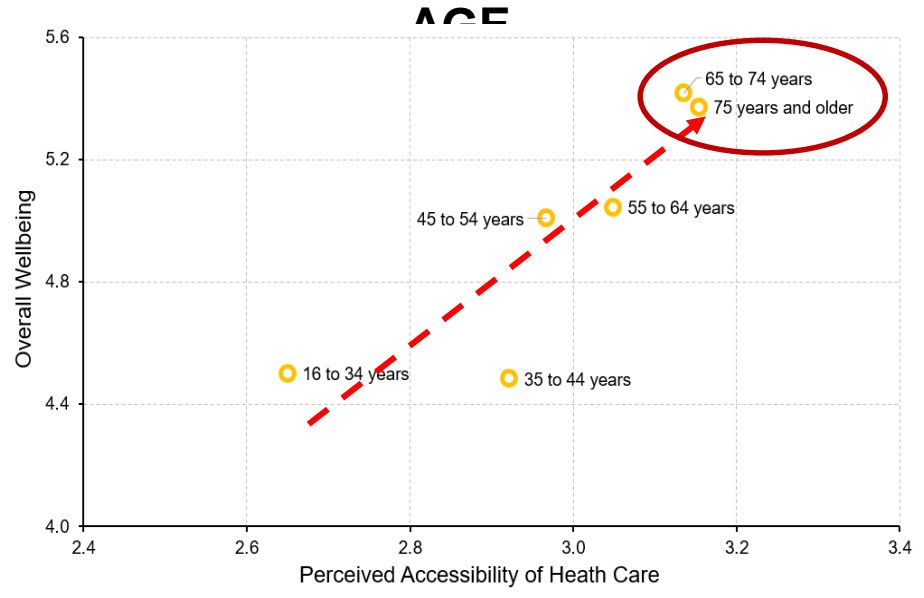
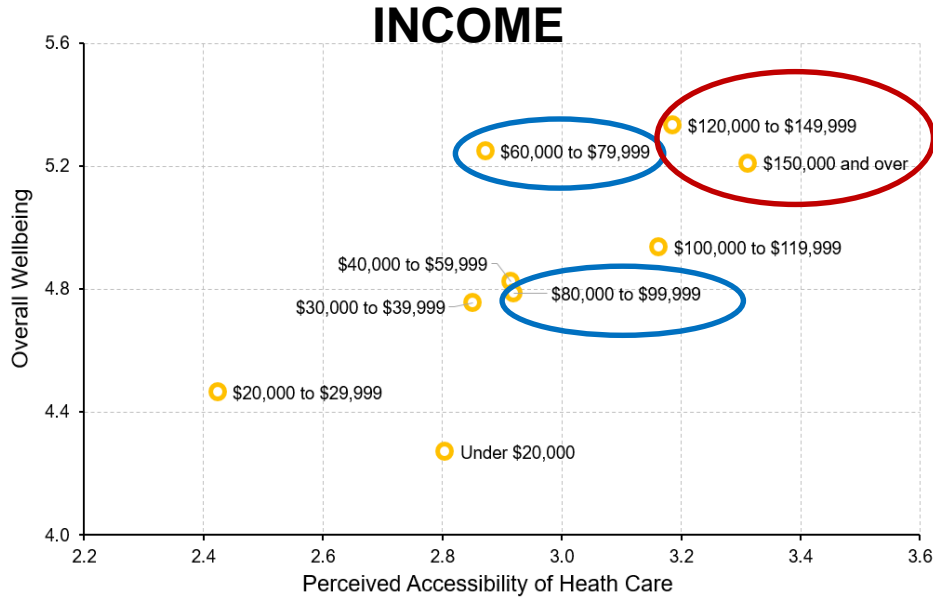
## MUNICIPALITY



## EDUCATION



# Accessibility of Health Care and Overall Wellbeing





# EDUCATION

# EDUCATION and Wellbeing

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

## *Below* average wellbeing

- ✓ Lower perceived availability of *formal education opportunities*
- ✓ Courses seen as too expensive
- ✓ Courses seen as offered at inconvenient times

## *Above* average wellbeing

- ✓ More likely to have taken courses to improve skills or qualifications for current job
- ✓ More likely to have taken *courses for interest* in community or online
- ✓ Higher perceived availability of *courses for interest*

# EDUCATION and Wellbeing by sex

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

### Women

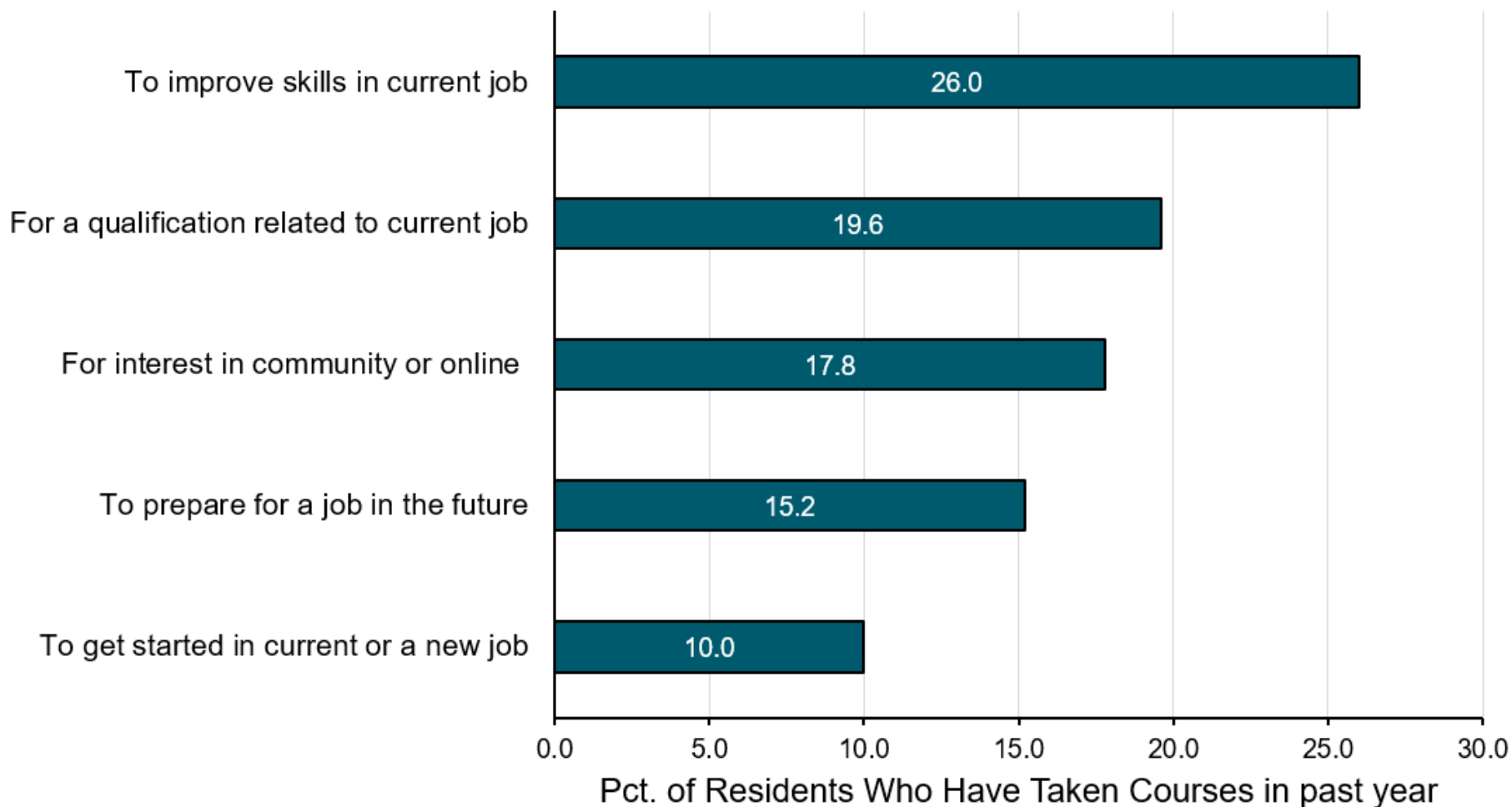
- ✓ More likely to have taken courses to prepare for job
- ✓ Higher perceived availability of *formal education opportunities*
- ✓ Courses seen as offered at inconvenient times
- ✓ Courses seen as too expensive

### Men

- ✓ Less likely to take courses for interest in community or online
- ✓ Less likely to have taken courses to get started in their new job
- ✓ Lower perceived availability of *courses for interest*

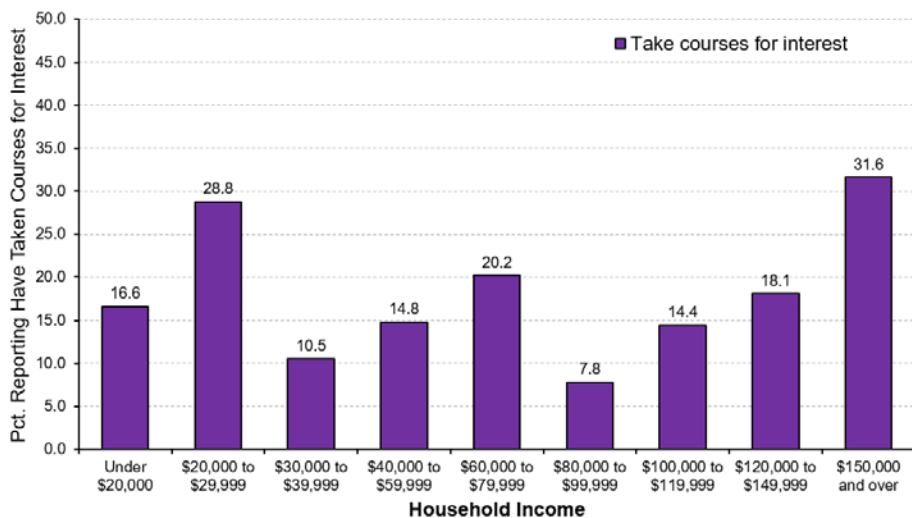
# Taking Courses in Orillia and Area

## Formal Education and Courses for Interest

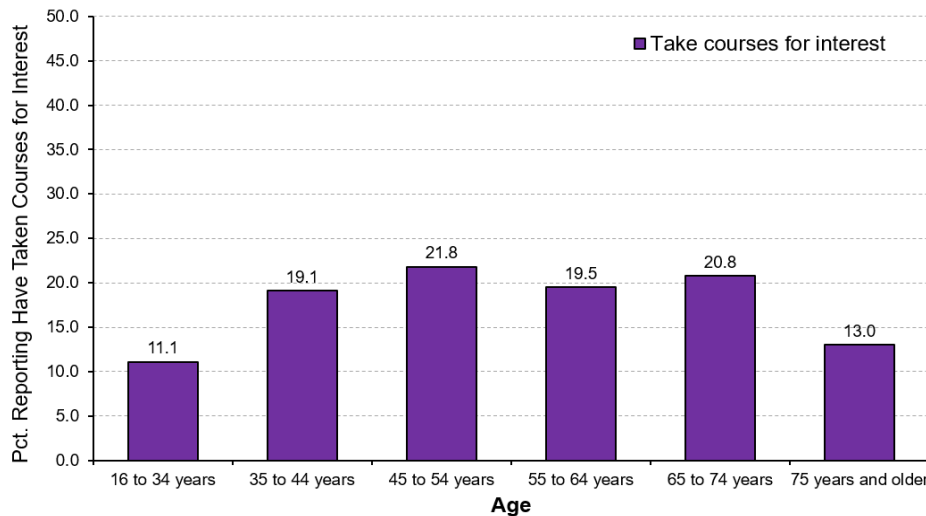


# Taking Courses for Interest

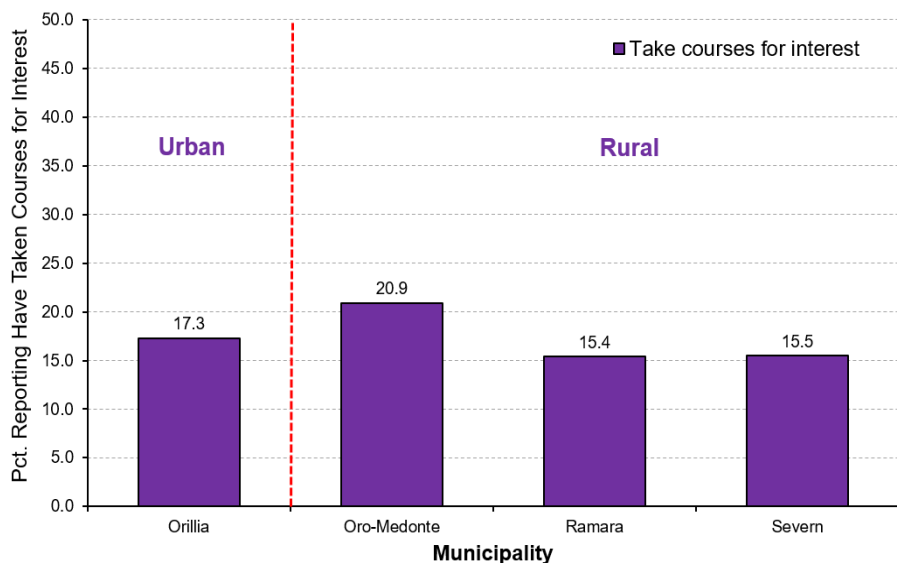
## INCOME



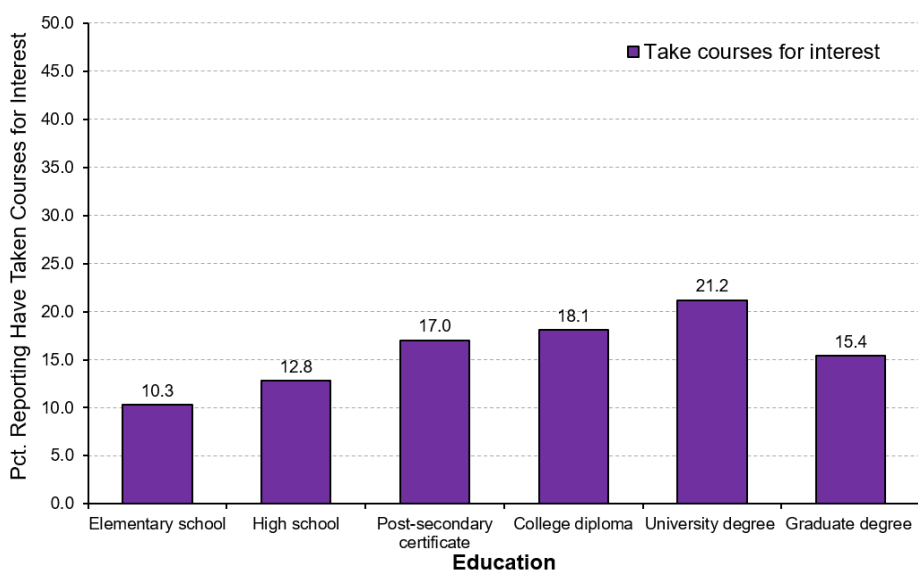
## AGE



## MUNICIPALITY

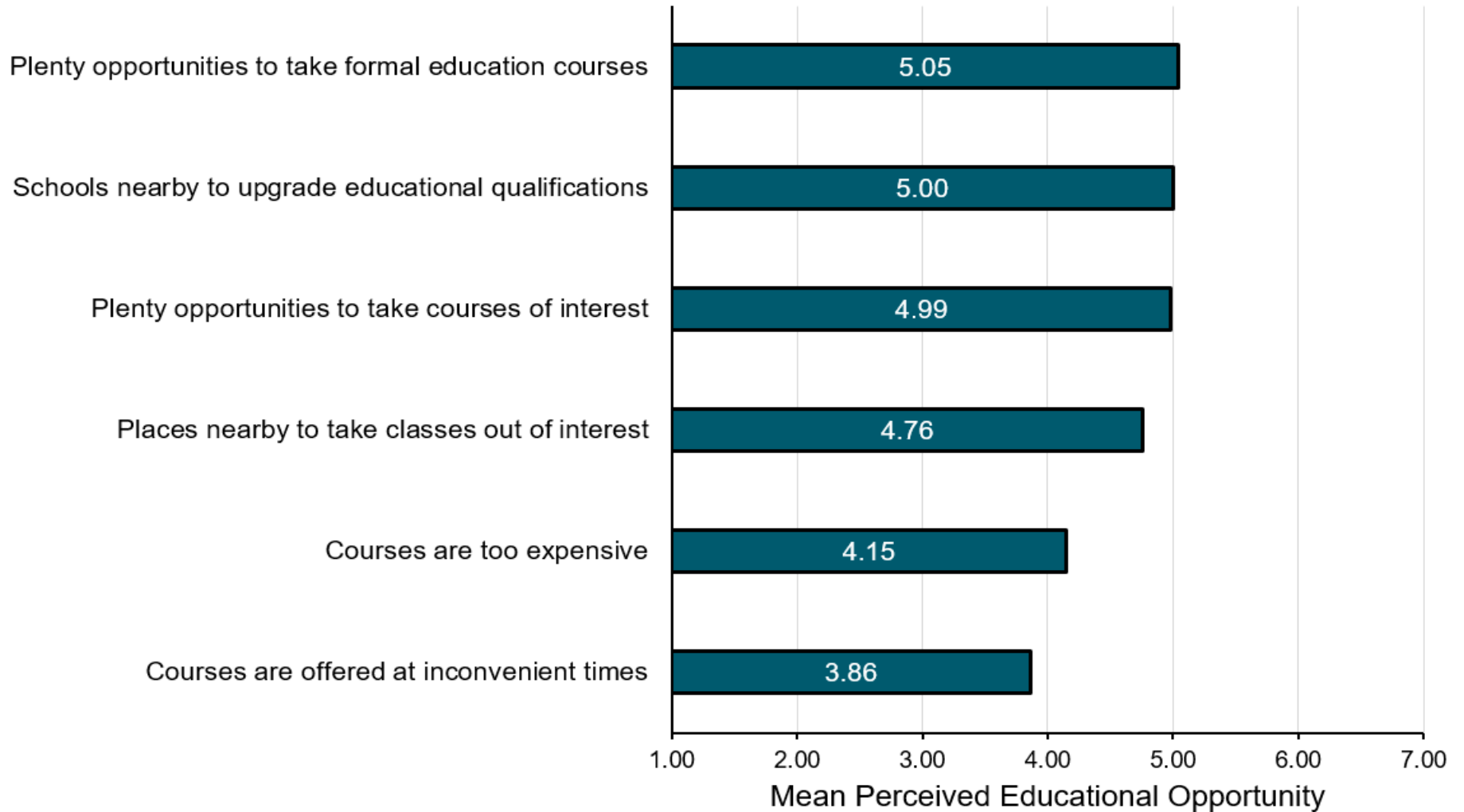


## EDUCATION

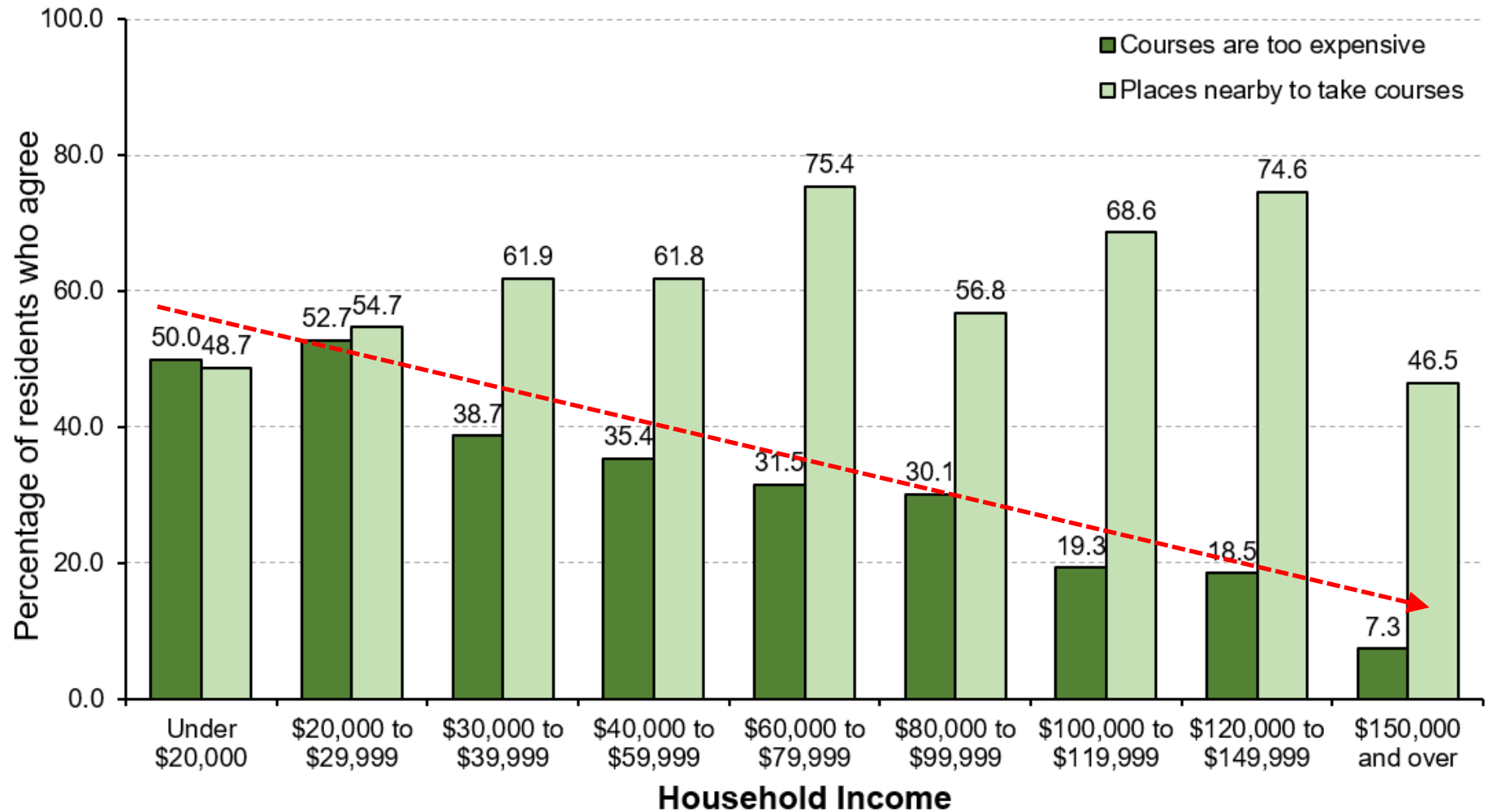




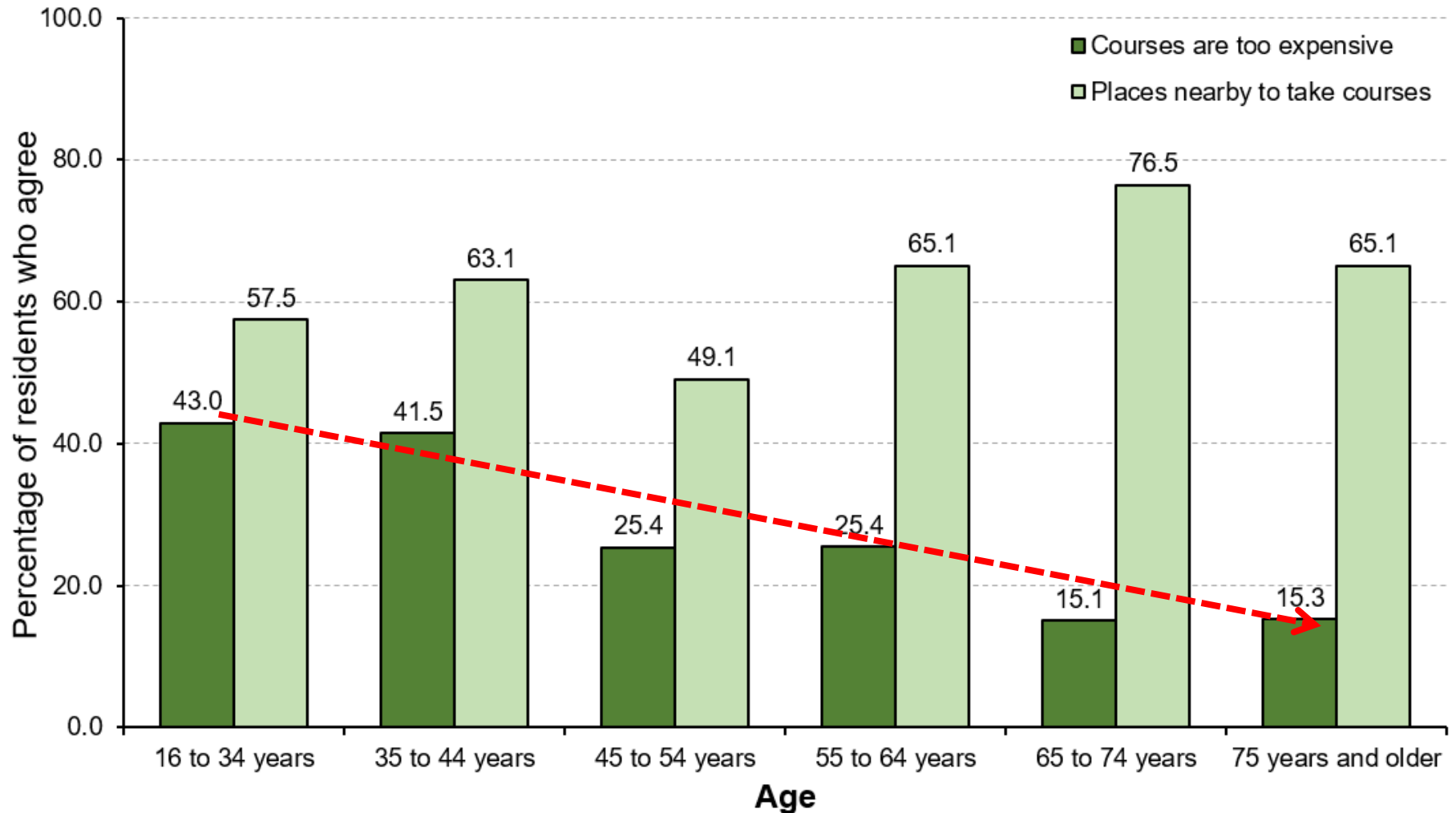
# Educational Opportunity in Orillia and Area



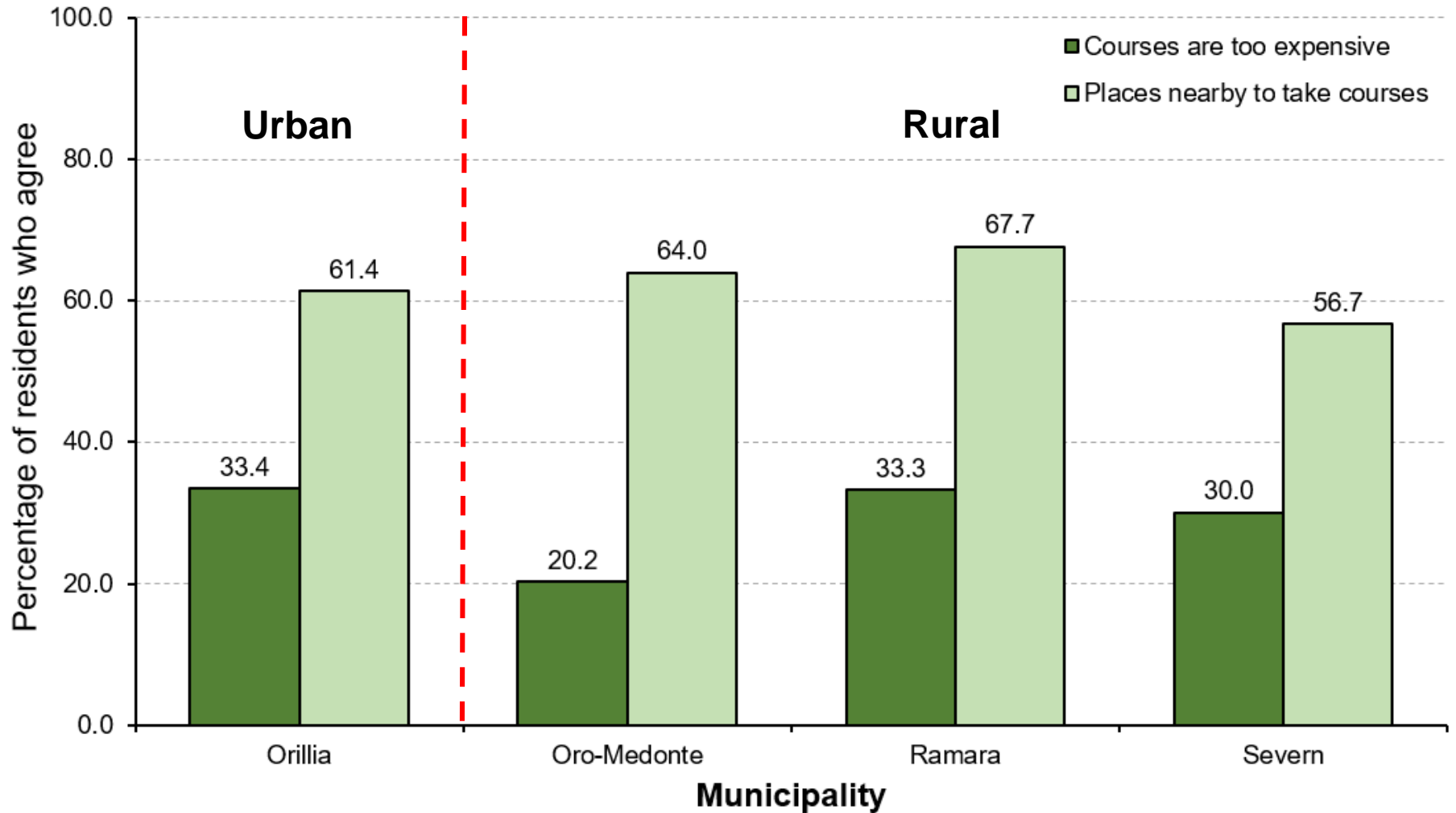
# Educational Opportunity by *income*



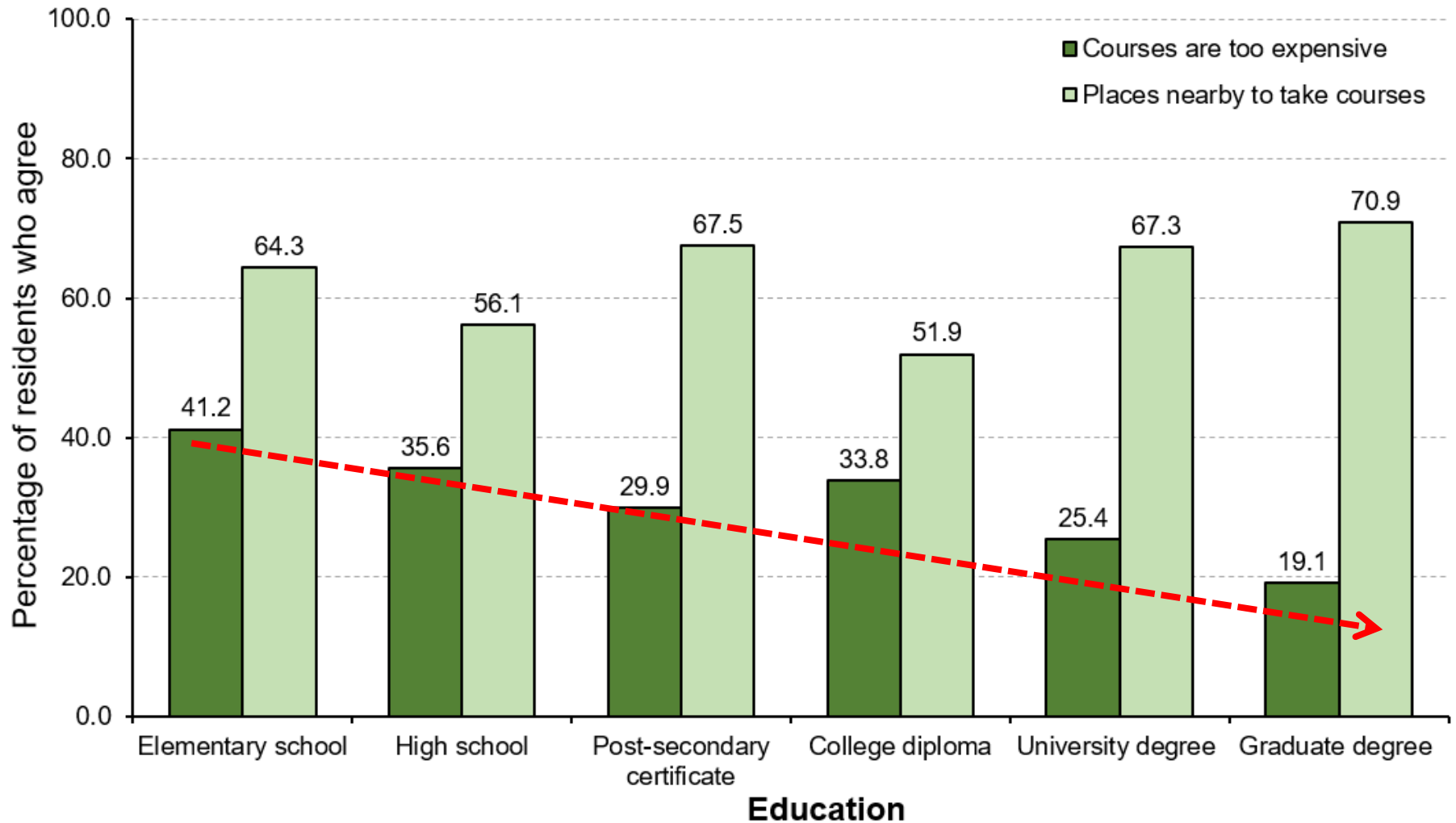
# Educational Opportunity by *age*



# Educational Opportunity by *municipality*

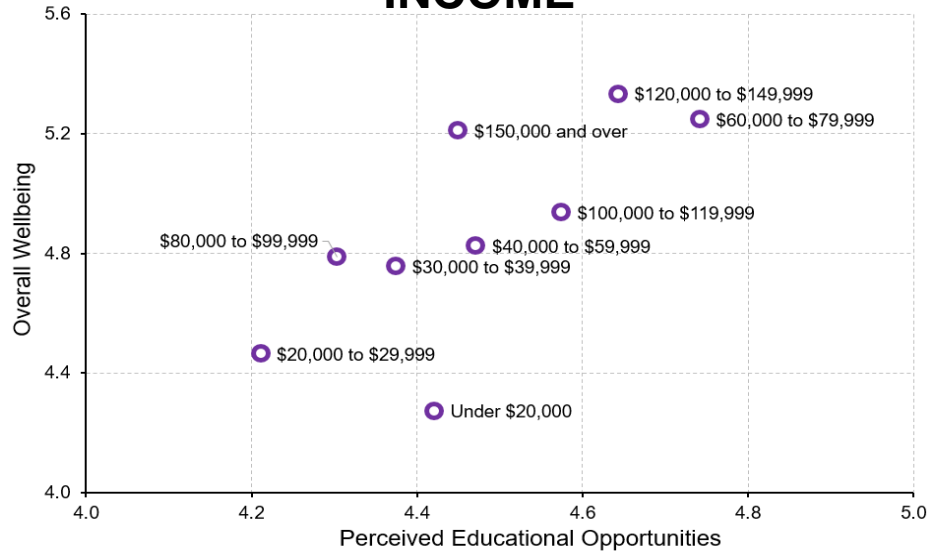


# Educational Opportunity by *education*

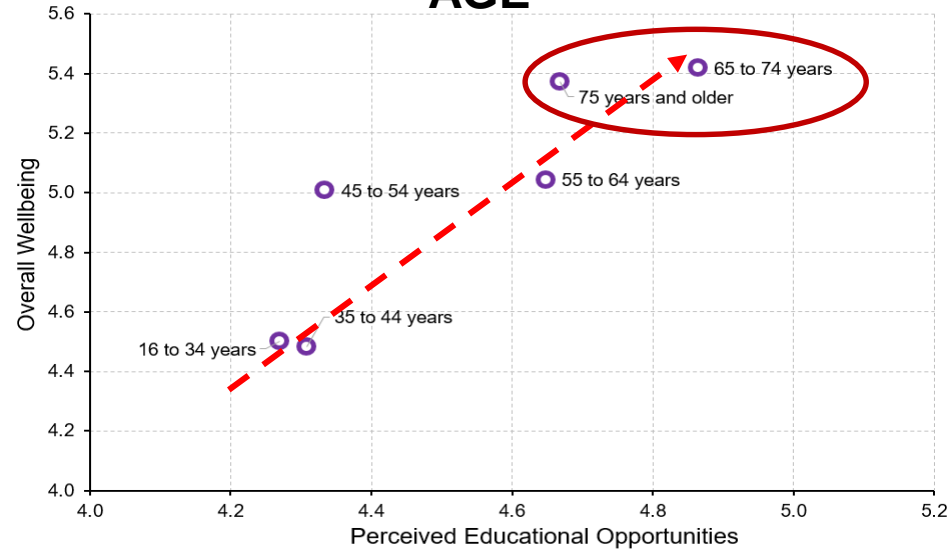


# Educational Opportunity and Overall Wellbeing

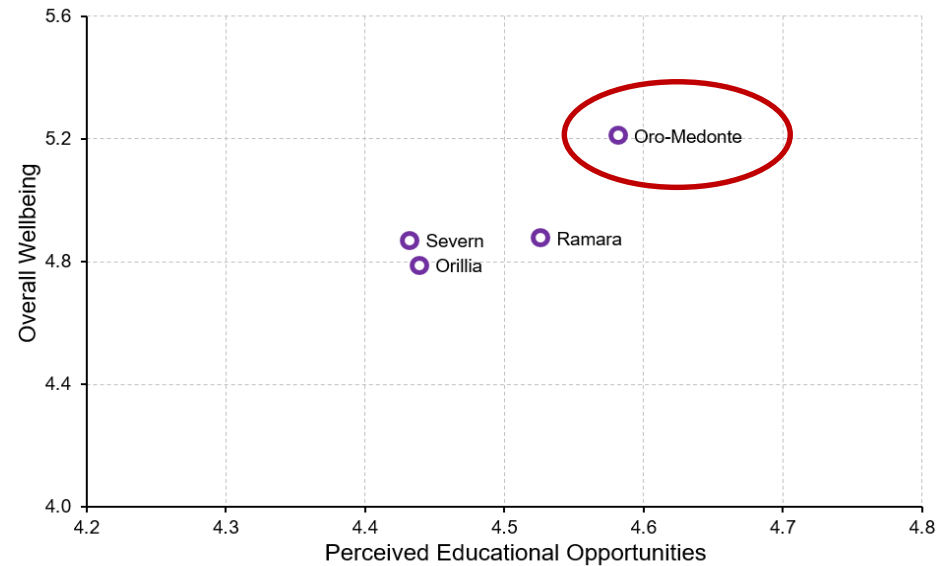
## INCOME



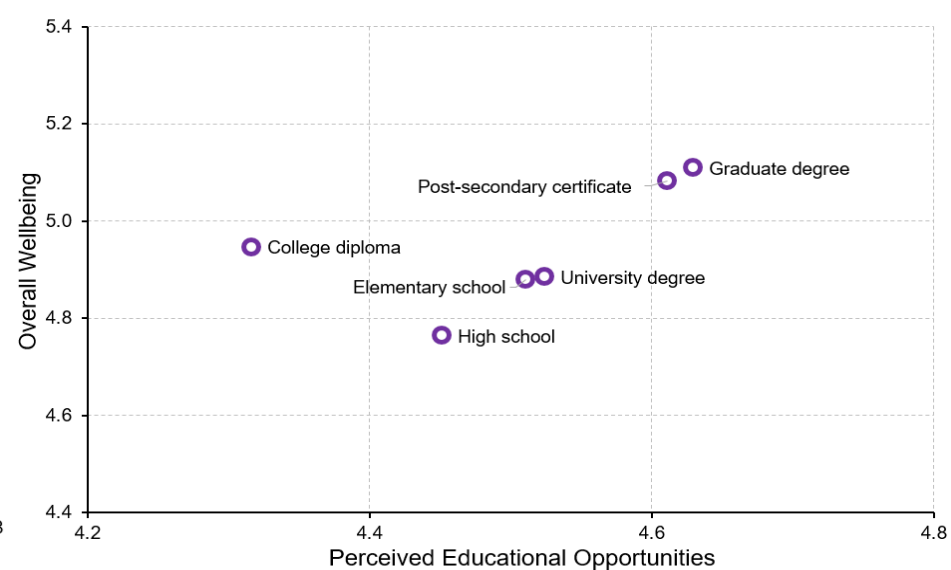
## AGE



## MUNICIPALITY



## EDUCATION





# ENVIRONMENT

# ENVIRONMENT and Wellbeing

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

## *Below* average wellbeing

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

## *Above* average wellbeing

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

- Both groups do not take public transit, or walk or bike very often.



# ENVIRONMENT and Wellbeing by sex

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

### Women

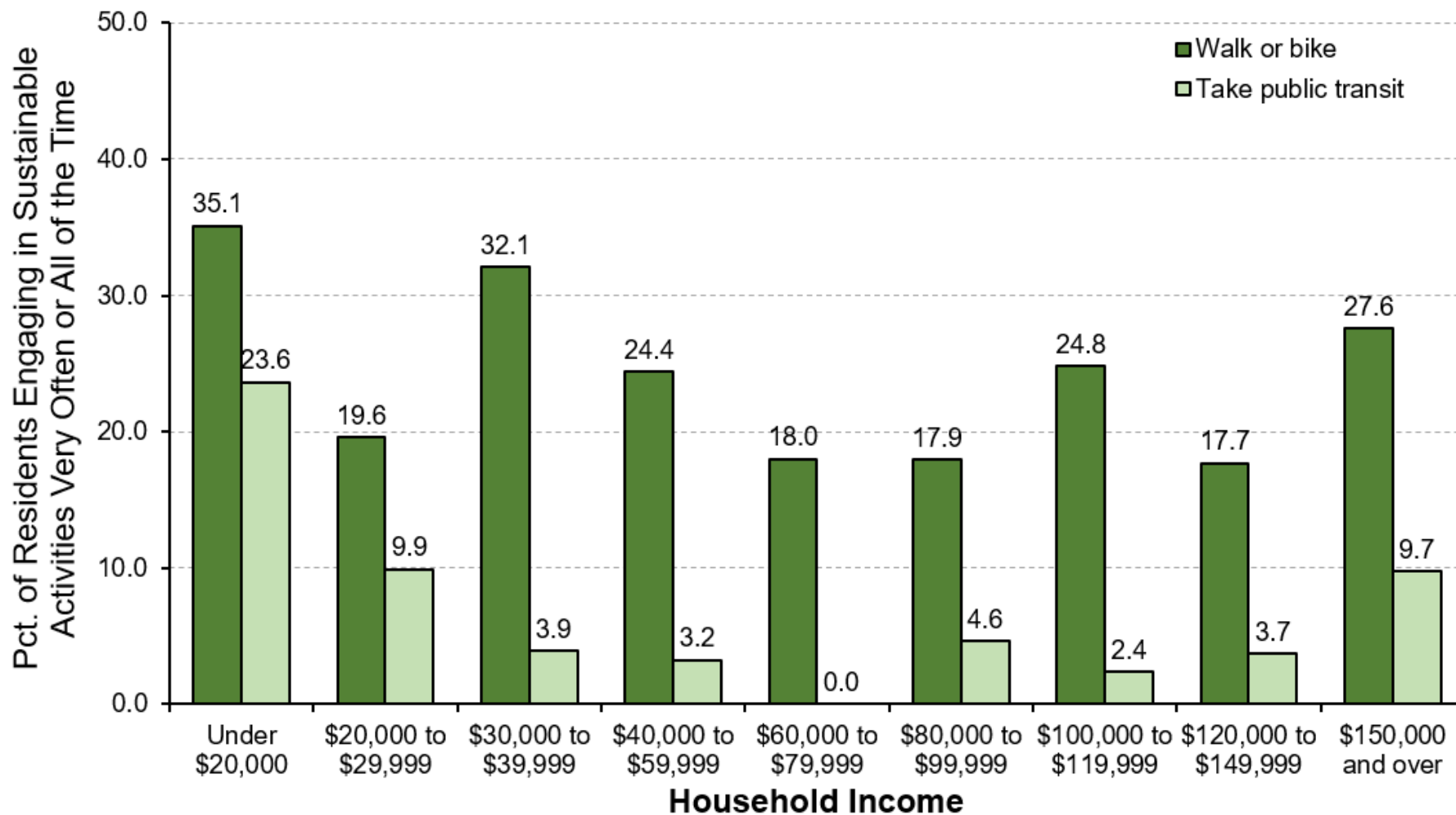
- ✓ Perceive *air quality* and *water quality* as lower
- ✓ More likely to *reuse* materials
- ✓ More likely to use carpool or car share
- ✓ More likely to purchase local food

### Men

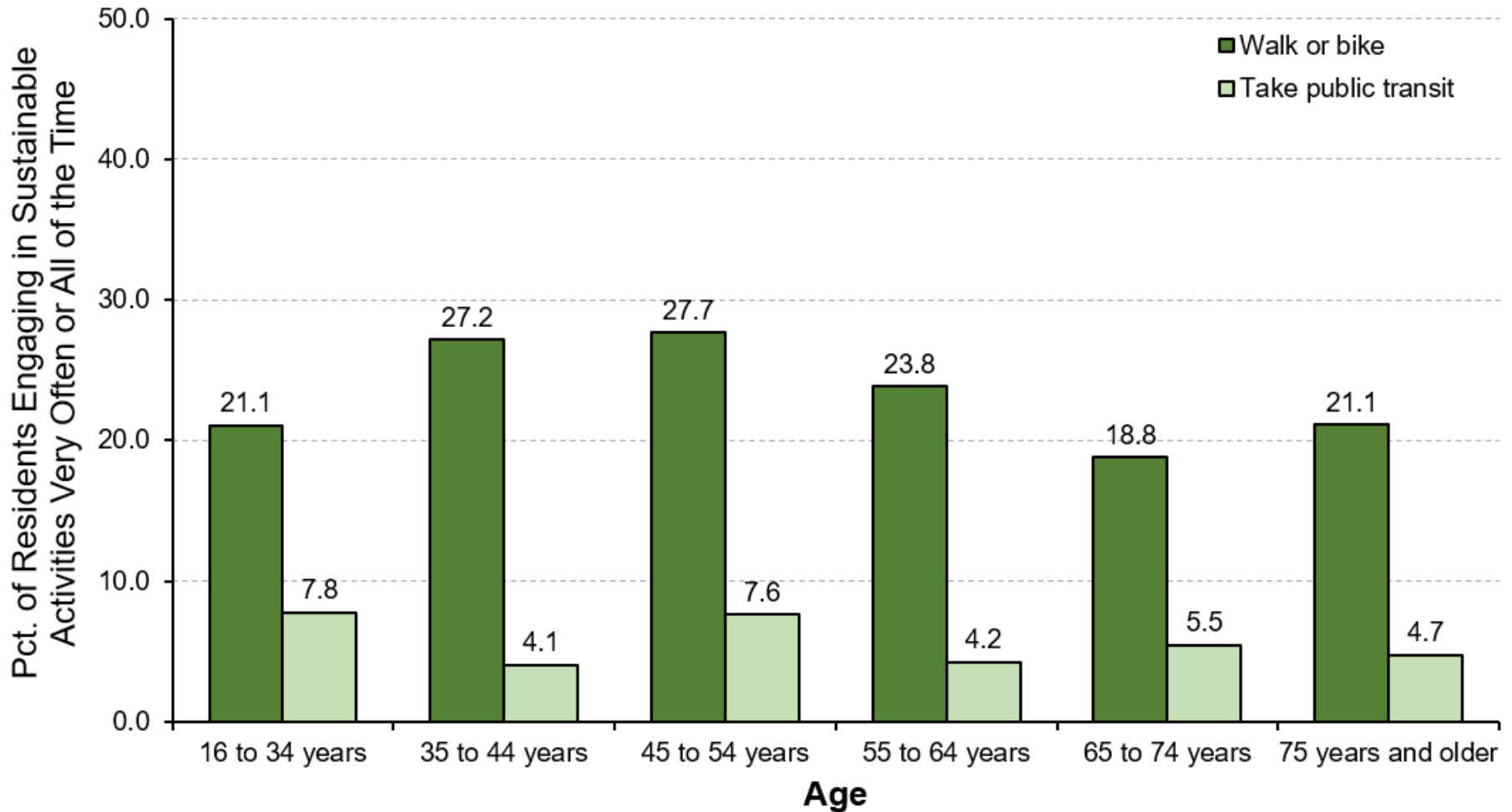
- ✓ Perceive *quality of nature environment* as higher
- ✓ More likely to conserve energy or water
- ✓ More likely to separate waste

- Both women and men report a similarly lower use of public transit.

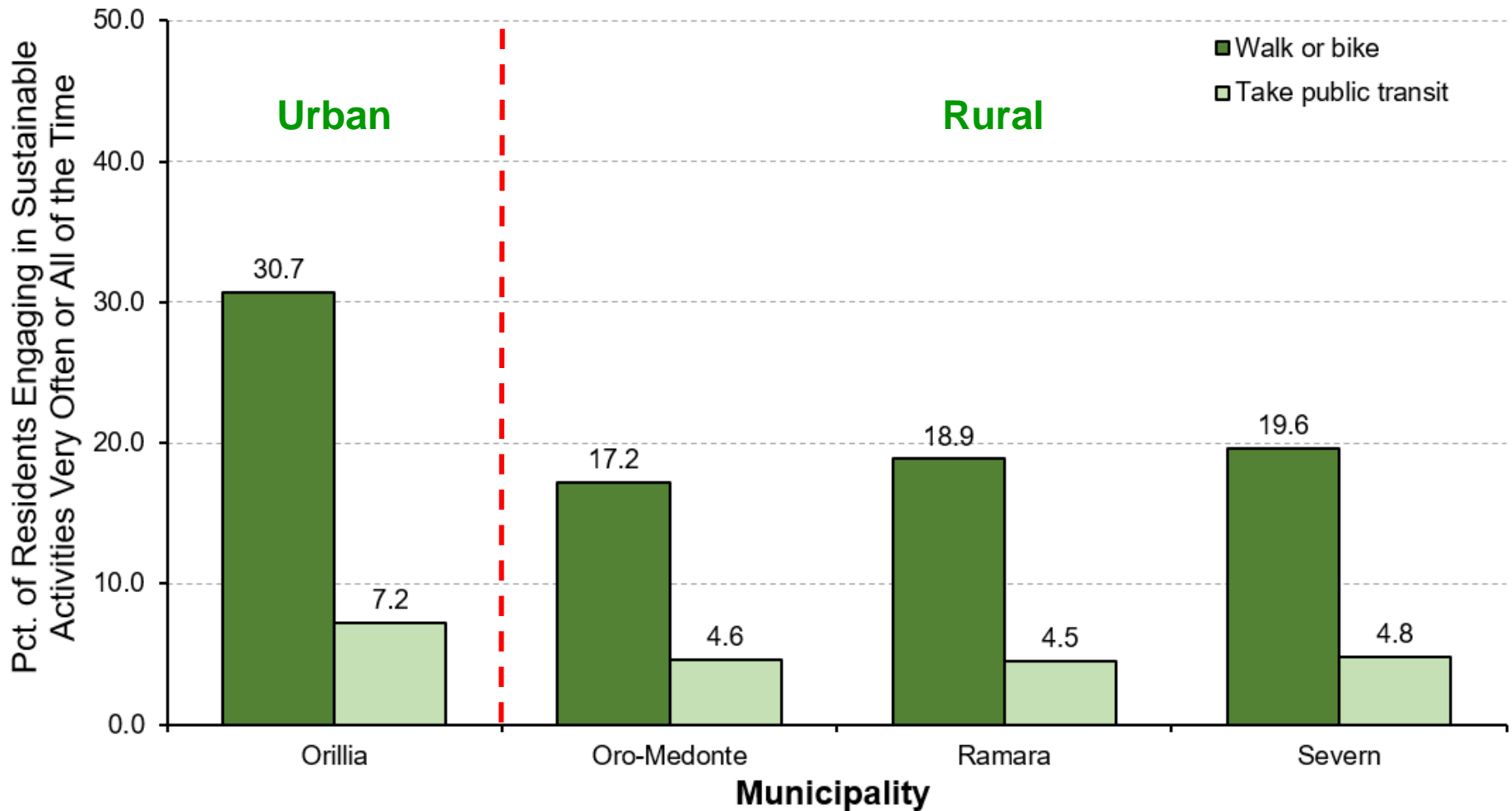
# Active Transportation by *income*



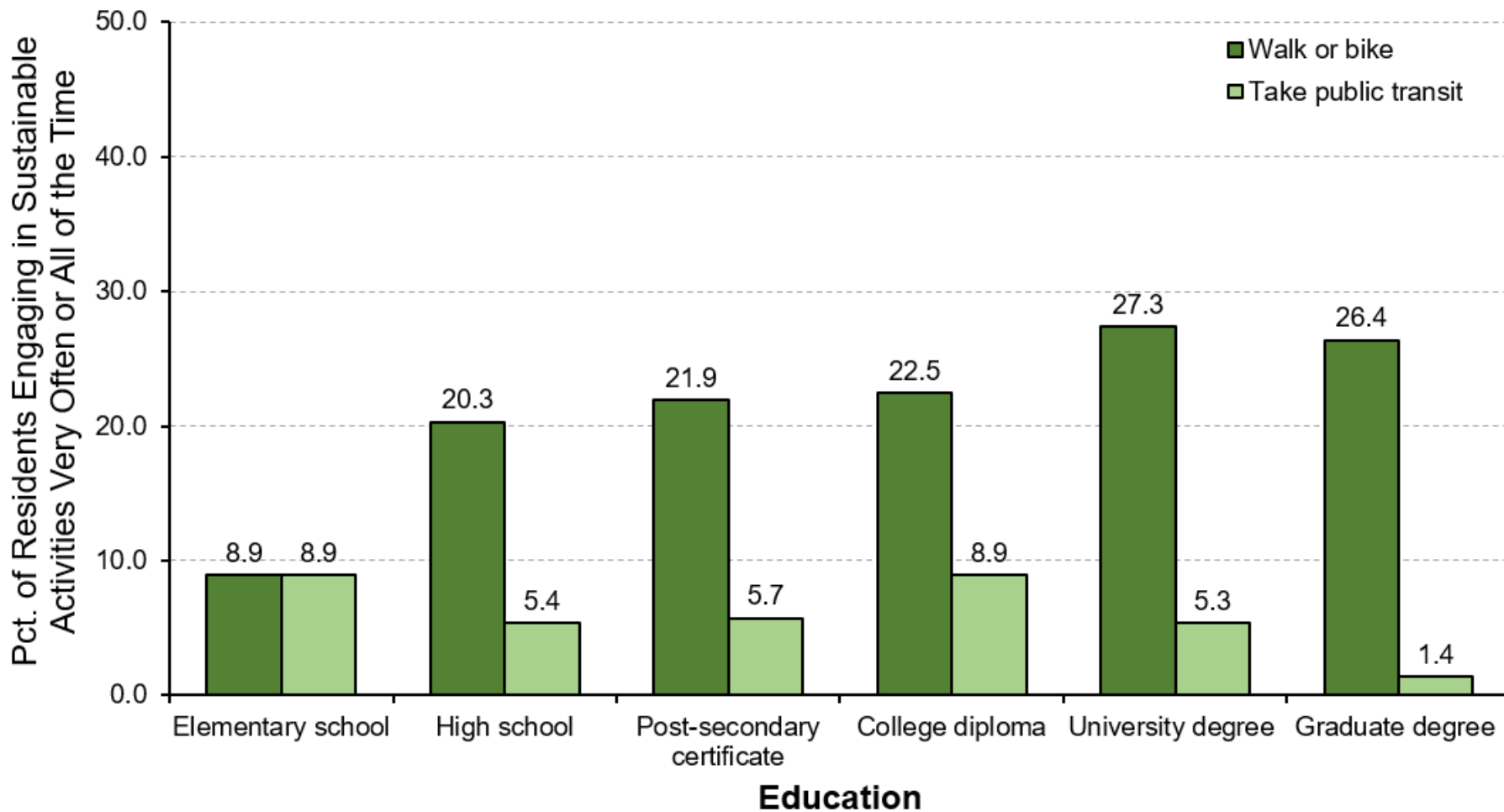
# Active Transportation by age



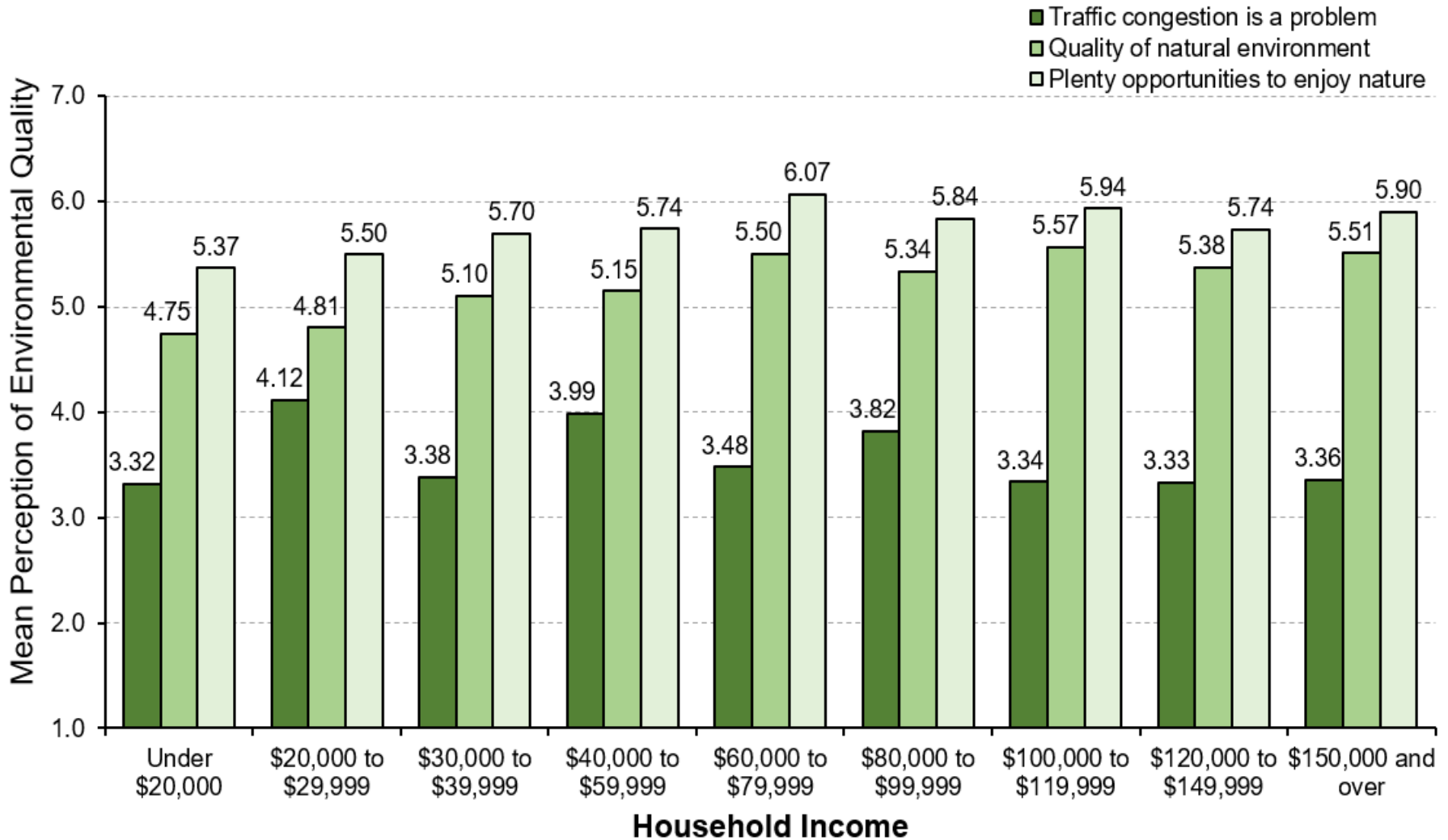
# Active Transportation by *municipality*



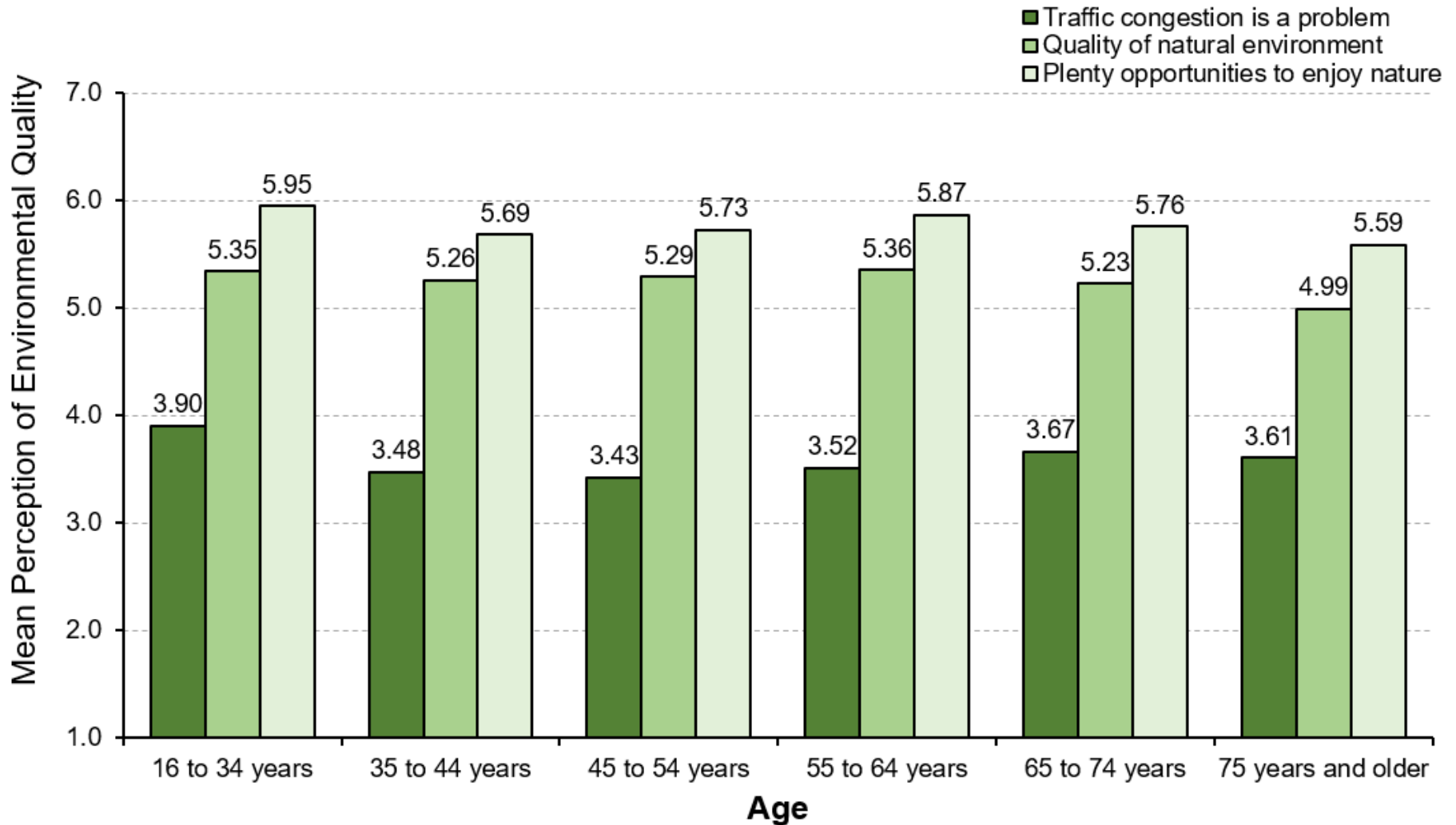
# Active Transportation by *education*



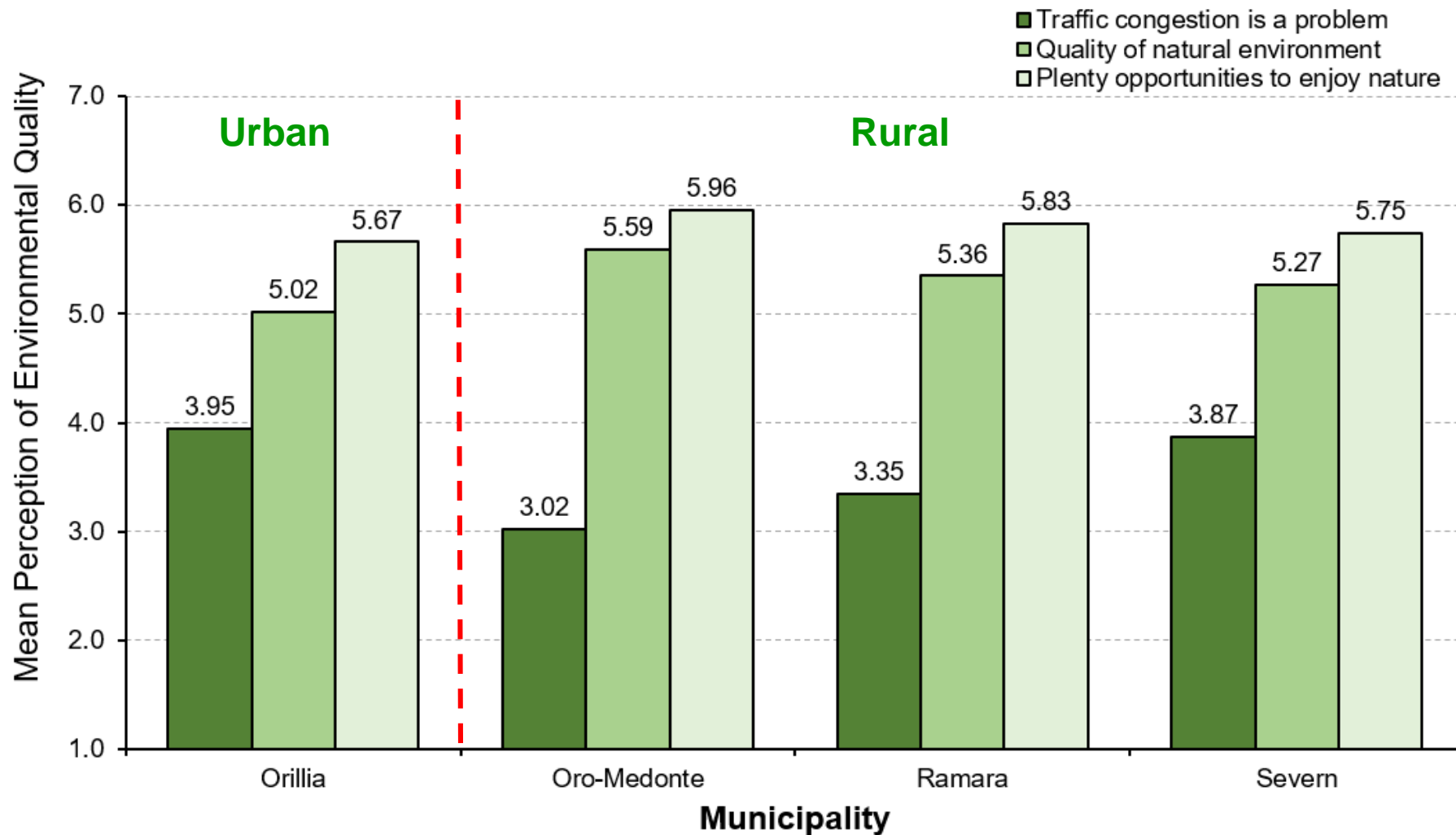
# Perceived Environmental Quality by *income*



# Perceived Environmental Quality by age

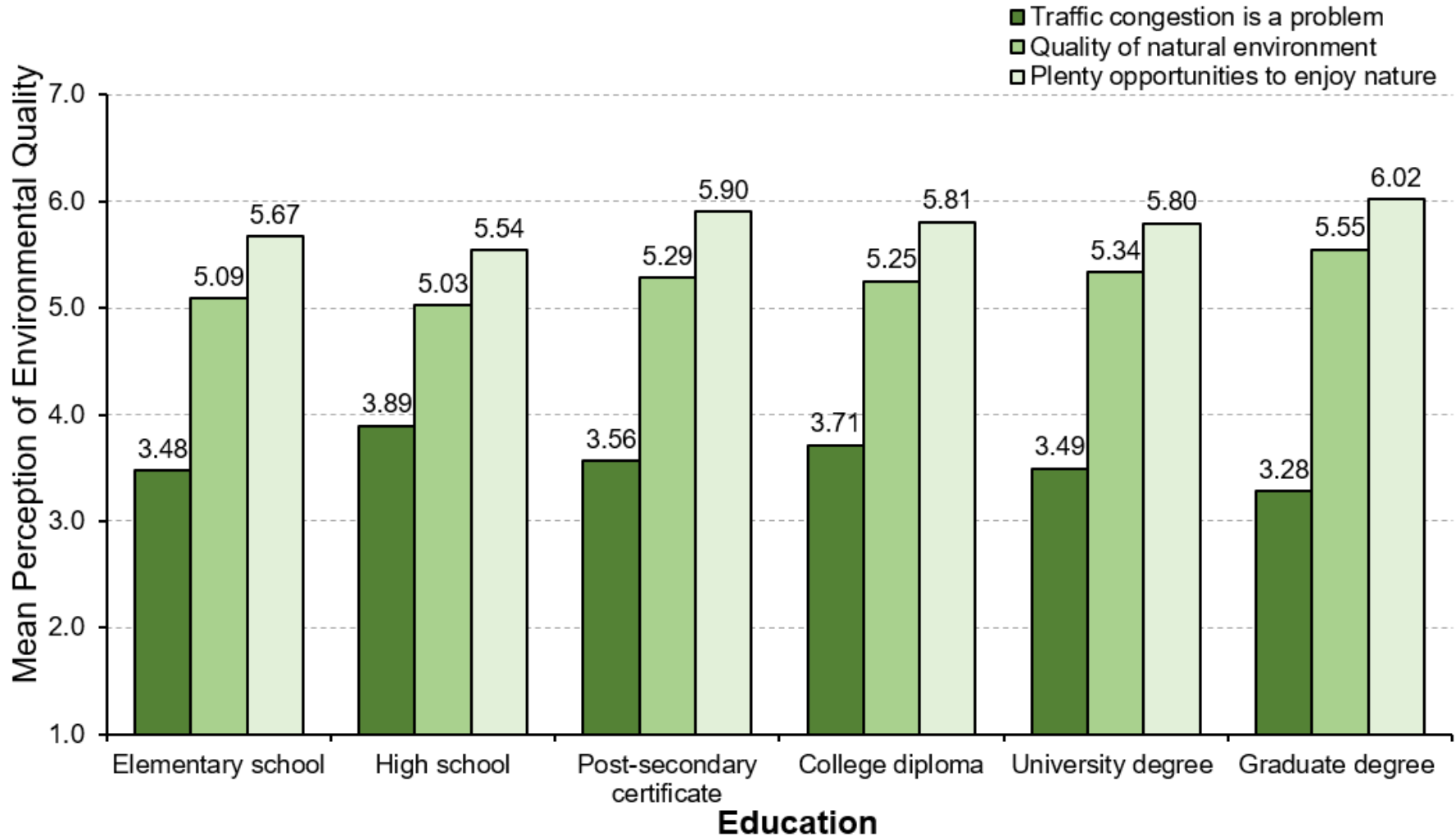


# Perceived Environmental Quality by *municipality*

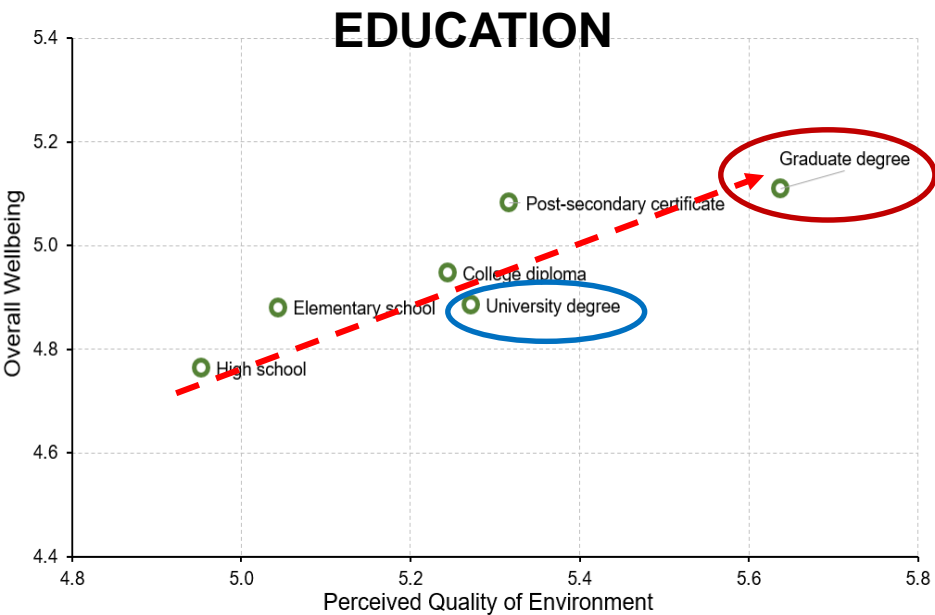
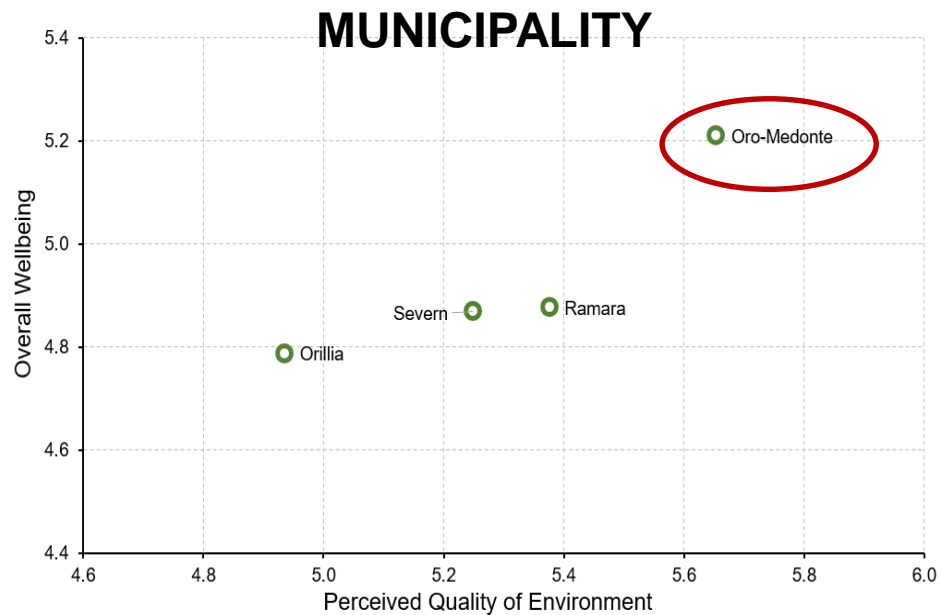
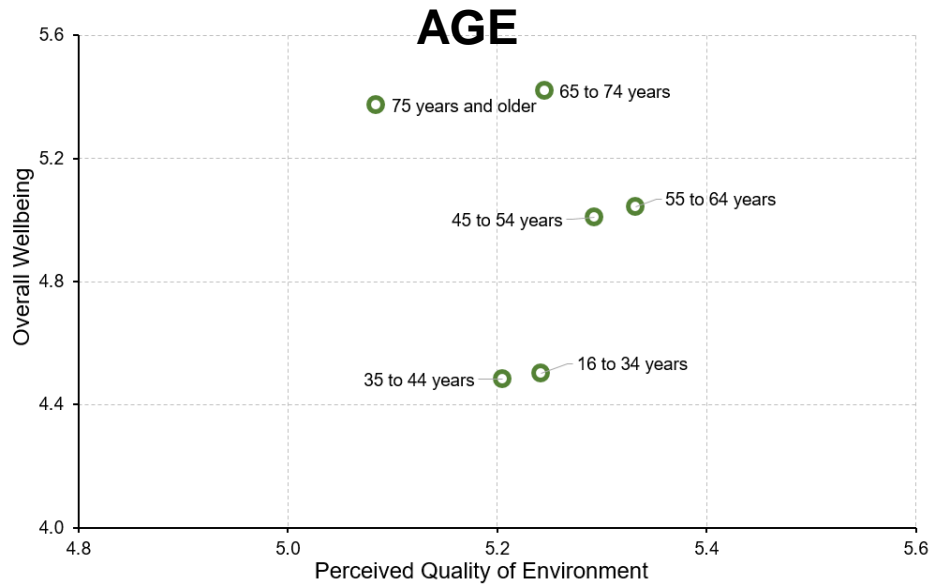




# Perceived Environmental Quality by education



# Environmental Quality and Overall Wellbeing





# DEMOCRATIC ENGAGEMENT

# DEMOCRATIC ENGAGEMENT and Wellbeing

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

## *Below* average wellbeing

- ✓ More likely to participate in public demonstration or protest
- ✓ More likely to join social media on local issues
- ✓ Feel they have less say in what government does
- ✓ Feel public officials do not care what they think

## *Above* average wellbeing

- ✓ More interest in federal, provincial, and local politics
- ✓ More likely to agree programs/services have made community better off
- ✓ More likely to attend local or regional council meetings
- ✓ Feel well informed and have better understanding of issues facing the region

# DEMOCRATIC ENGAGEMENT and Wellbeing by sex

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

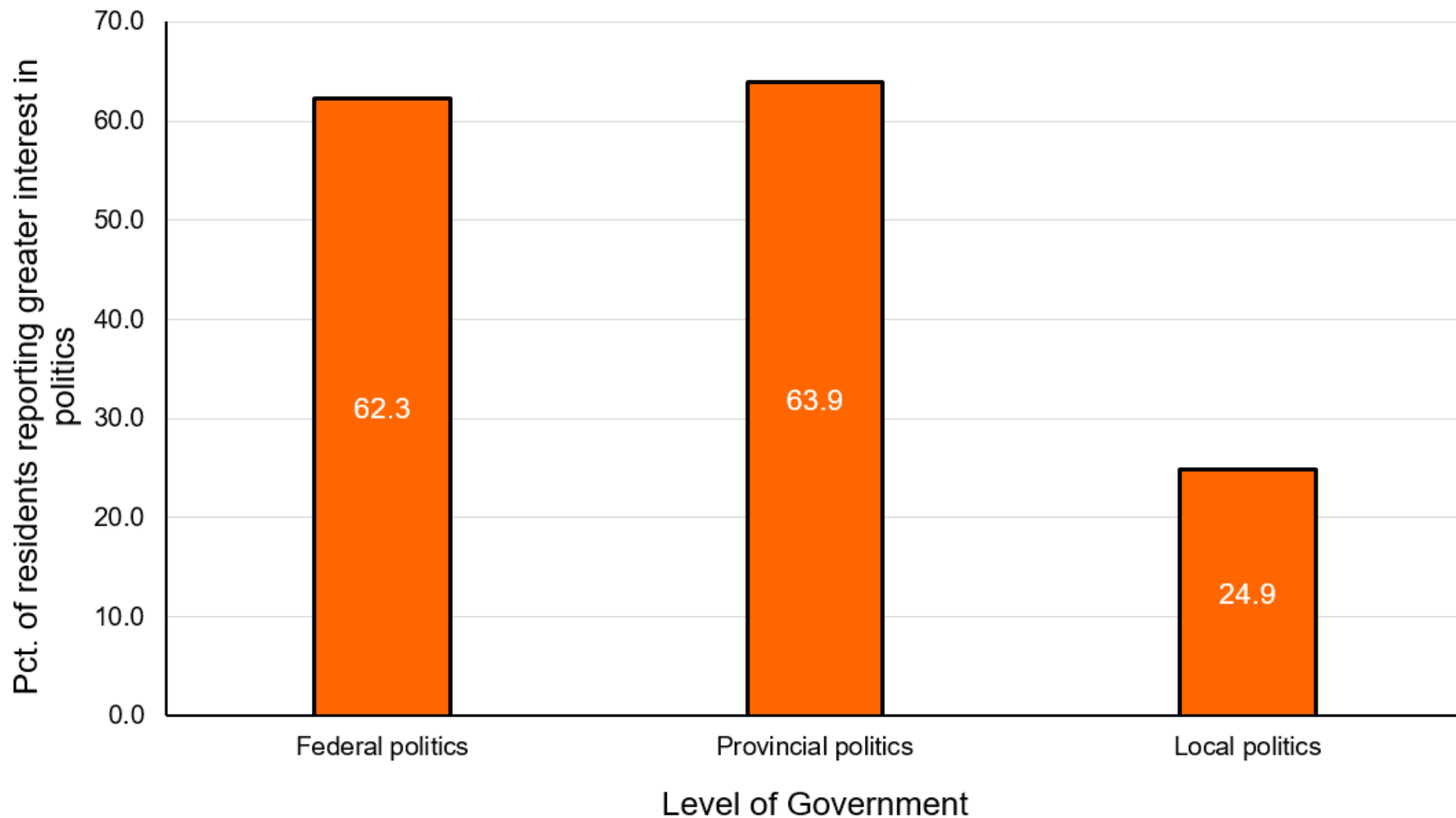
### *Women*

- ✓ More likely to participate in a public demonstration or protest
- ✓ More likely to join social media on local issues
- ✓ Feel they have a say in what government does
- ✓ Feel public officials care what they think
- ✓ Feel they are less informed about politics/government

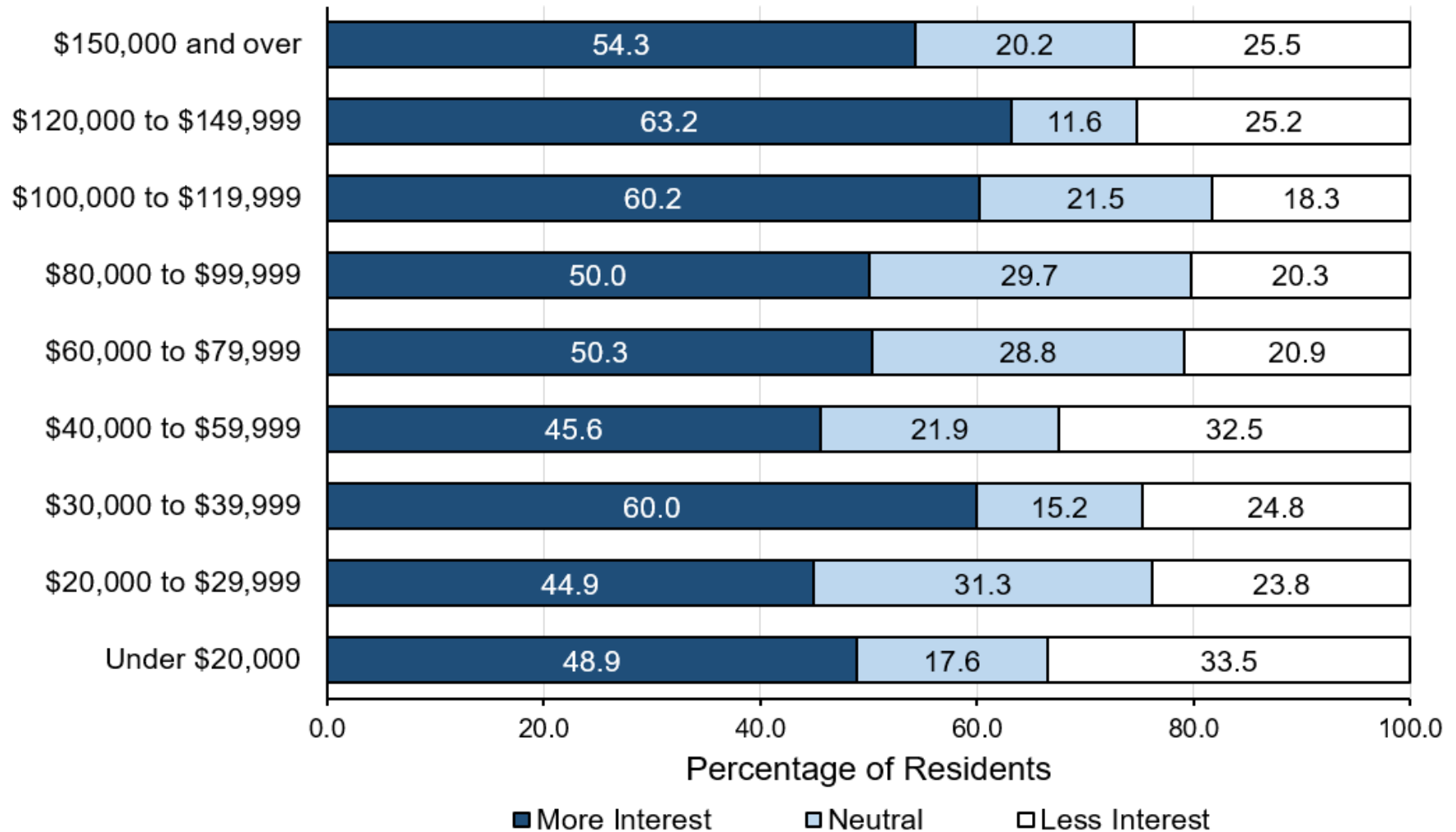
### *Men*

- ✓ More interest in federal, provincial, and local politics
- ✓ More likely to attend a neighbourhood meeting
- ✓ Feel they are well qualified to participate in politics and have better understanding of issues facing the region
- ✓ Feel they could do as good a job in public office as most people

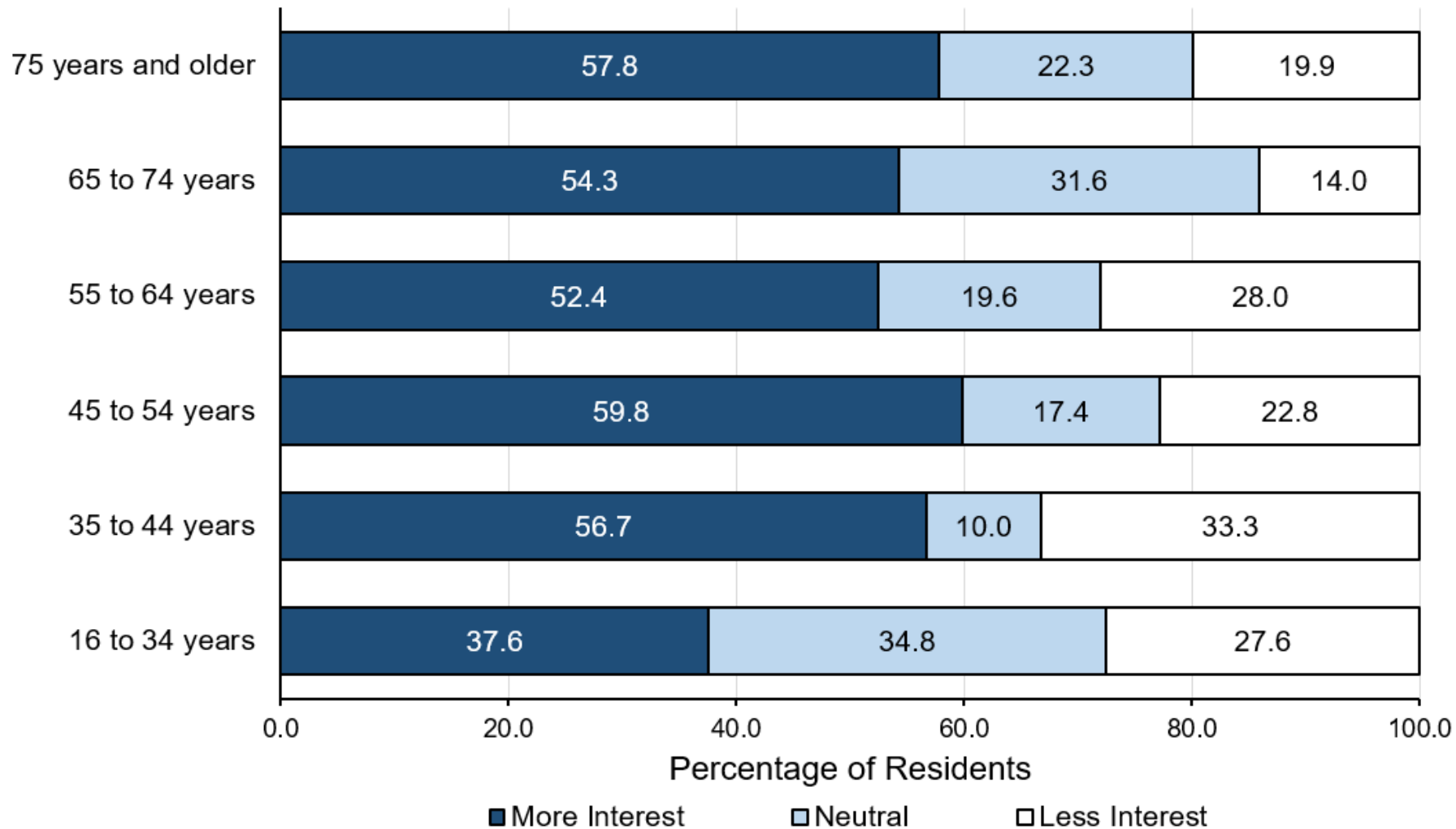
# Overall Interest in Politics



# Interest in Local Politics by *income*

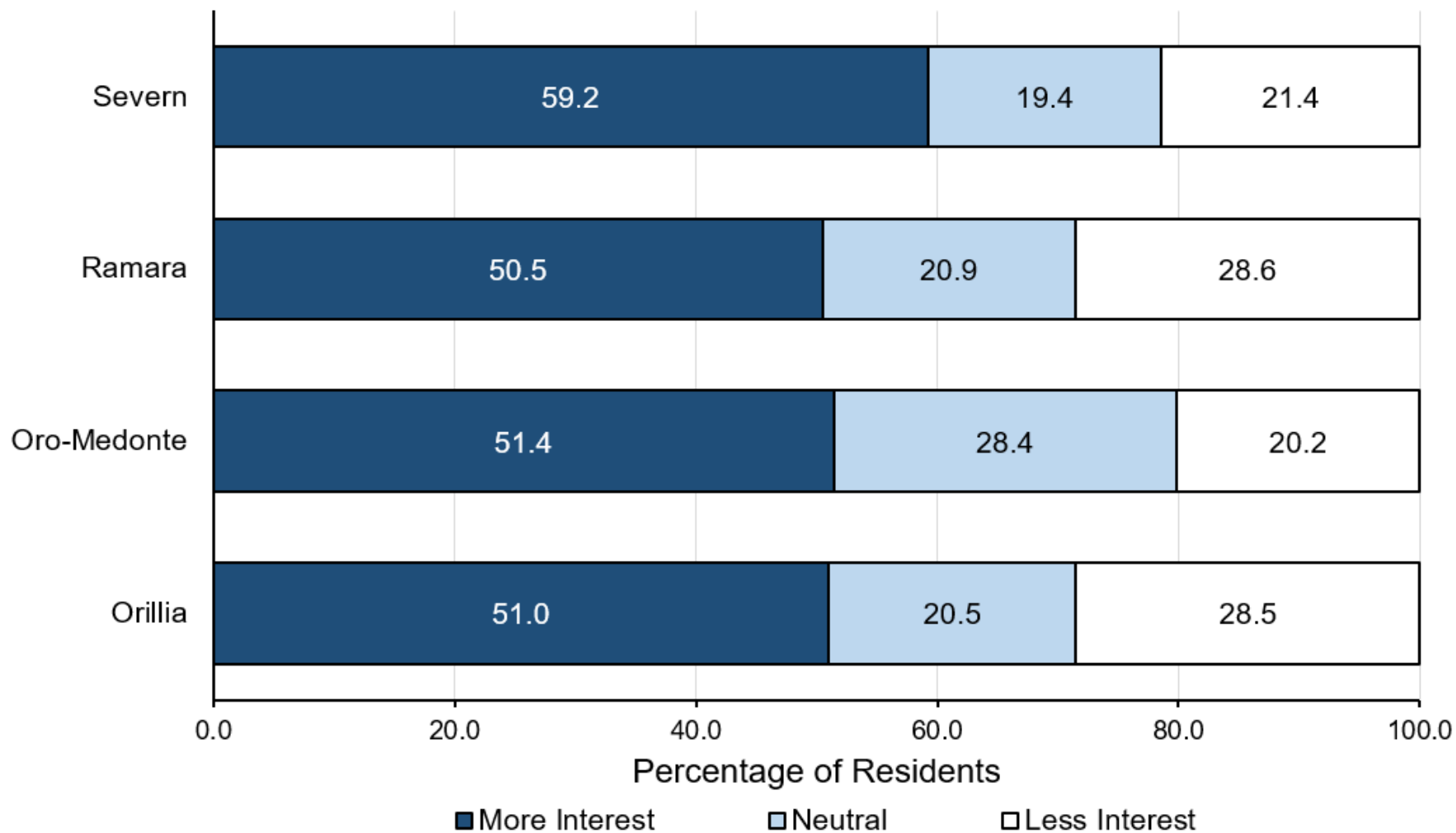


# Interest in Local Politics by age

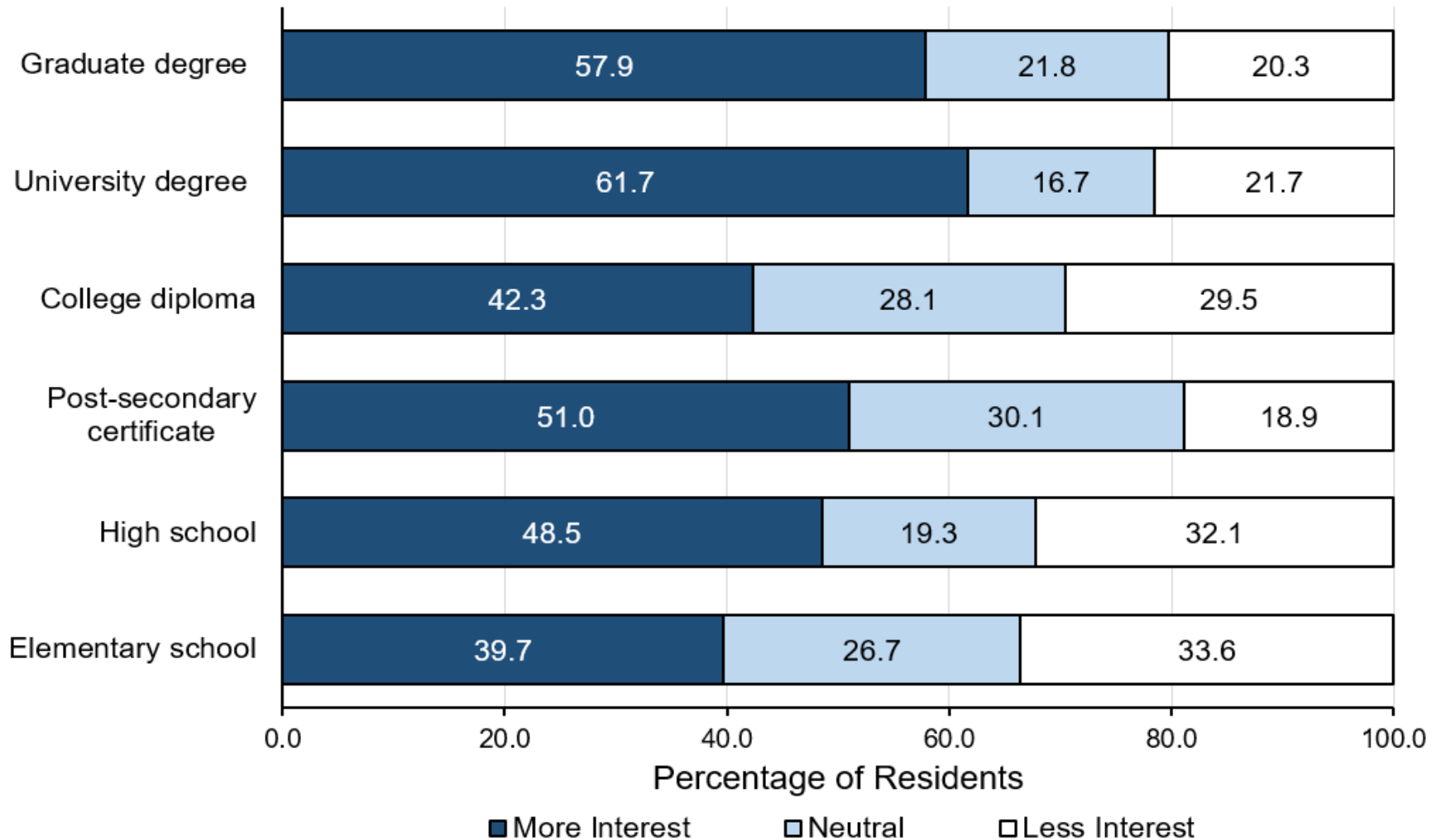




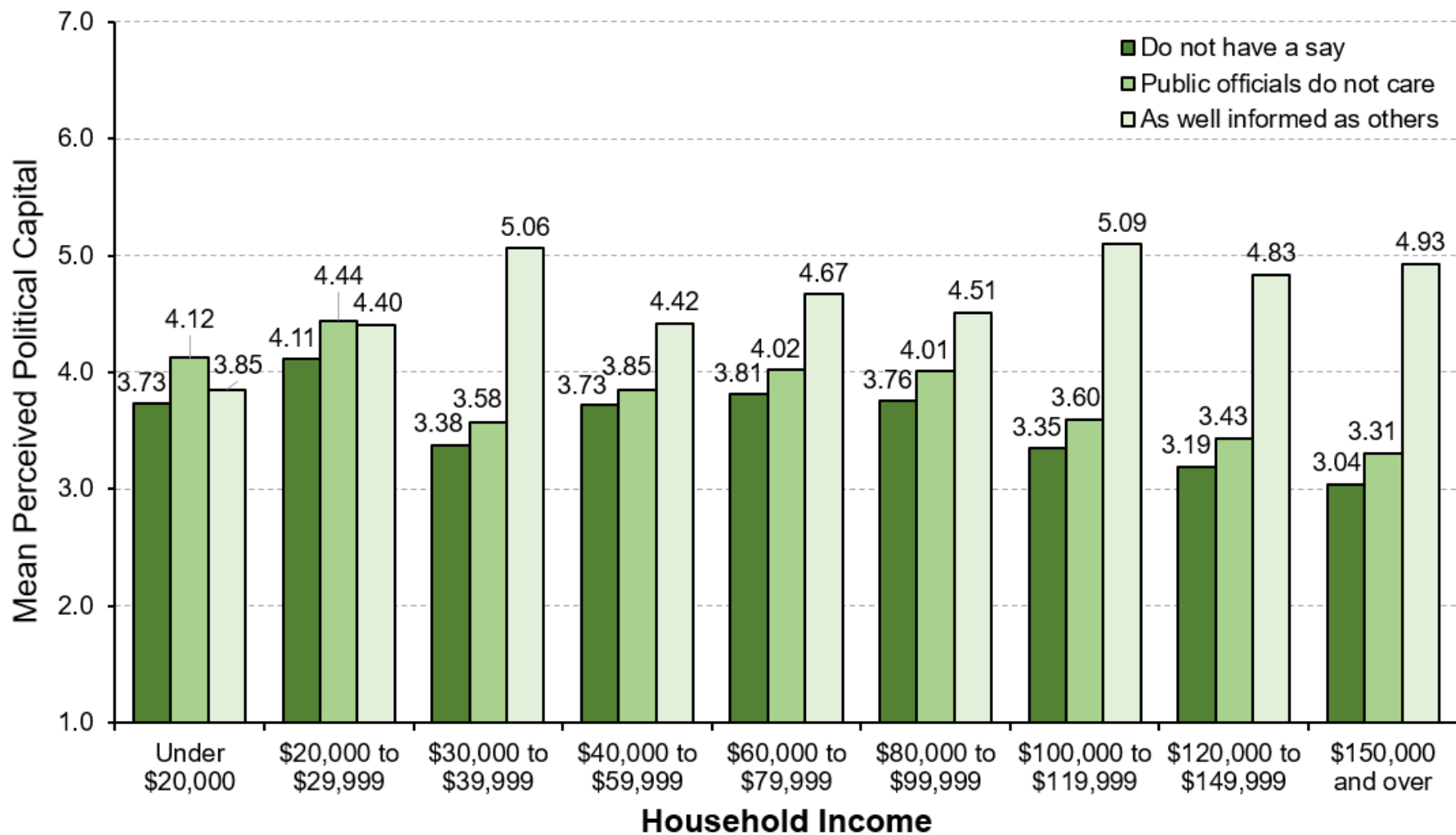
# Interest in Local Politics by *municipality*



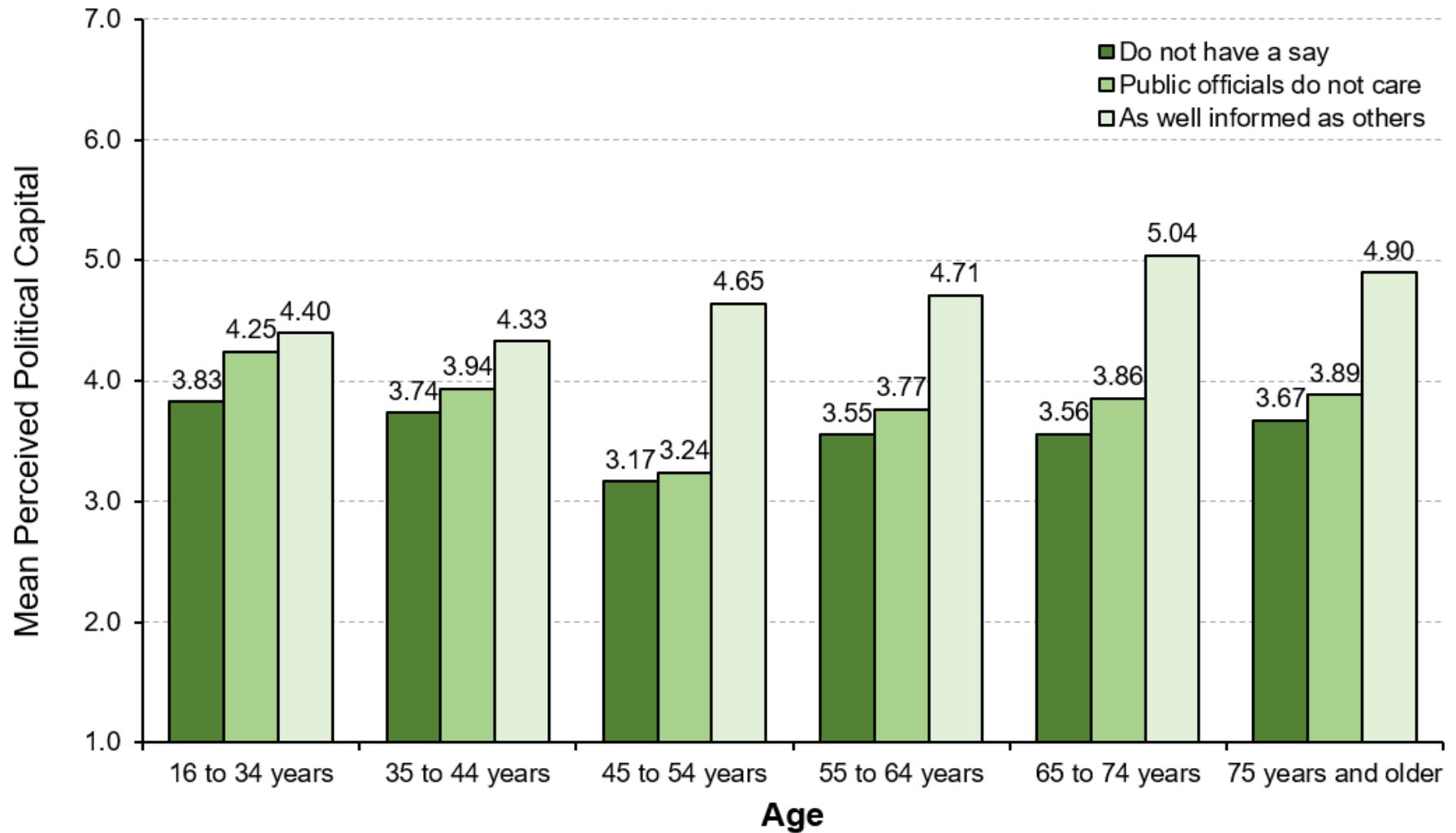
# Interest in Local Politics by *education*



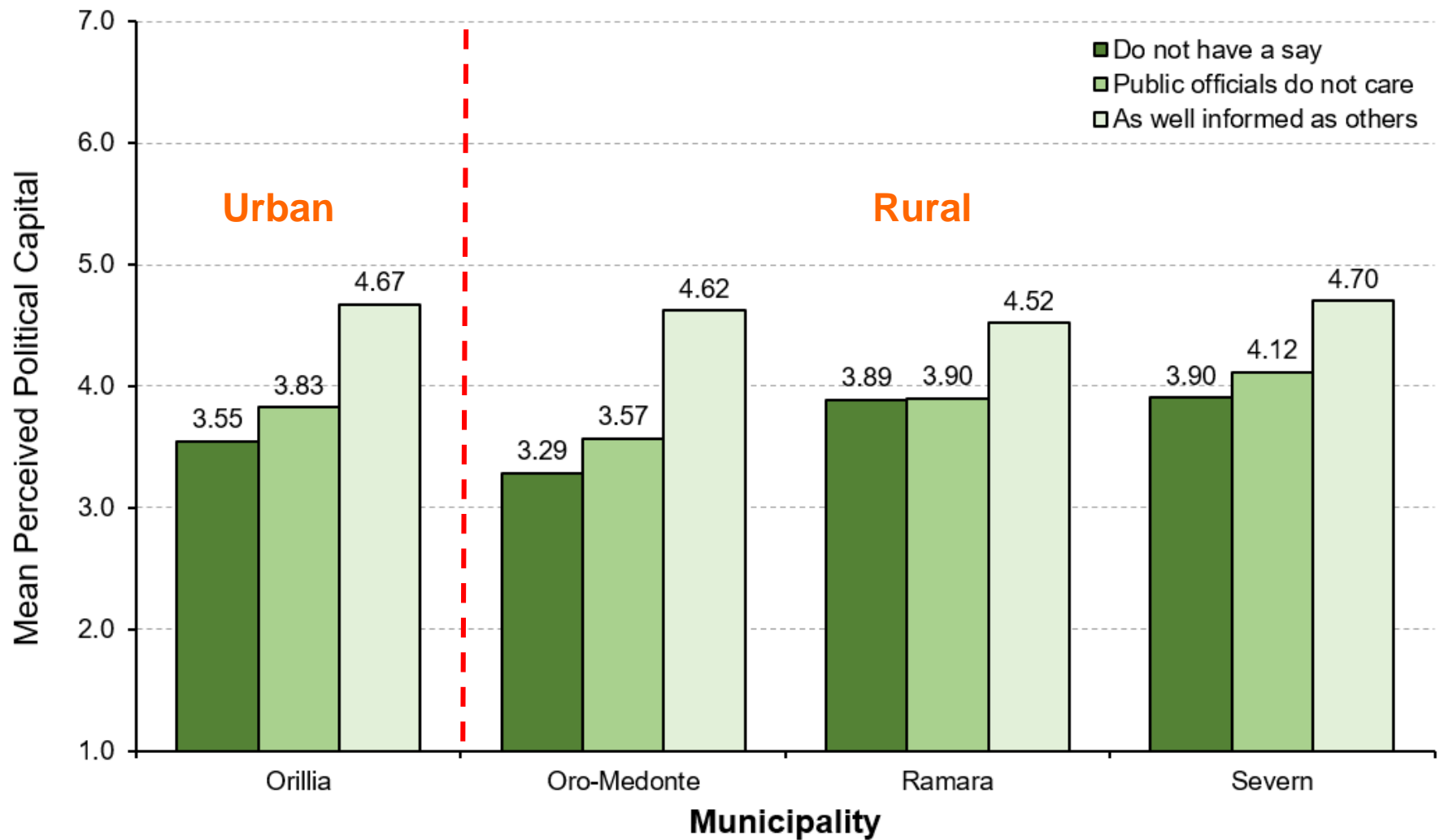
# Political Capital by *income*



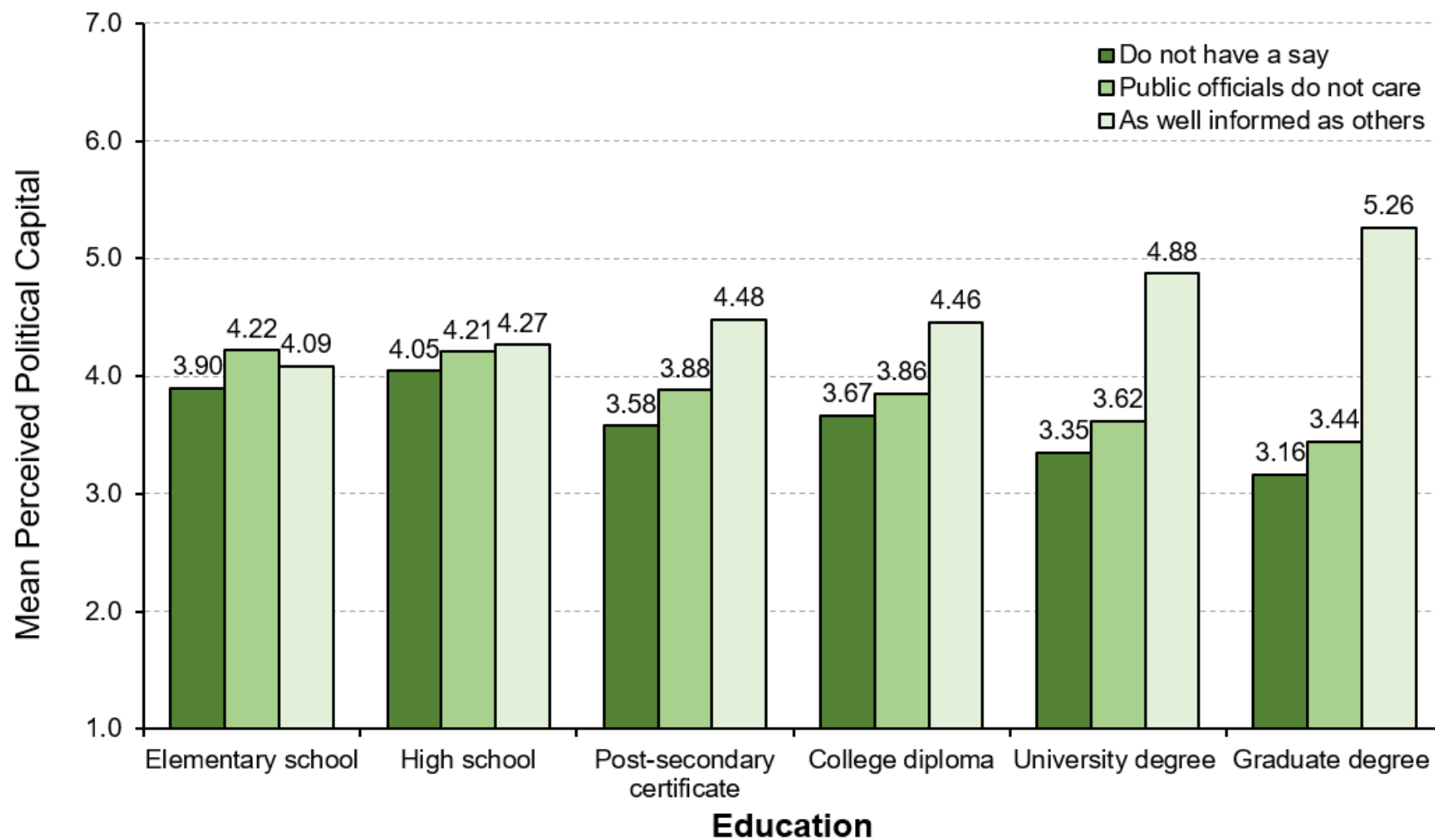
# Political Capital by age



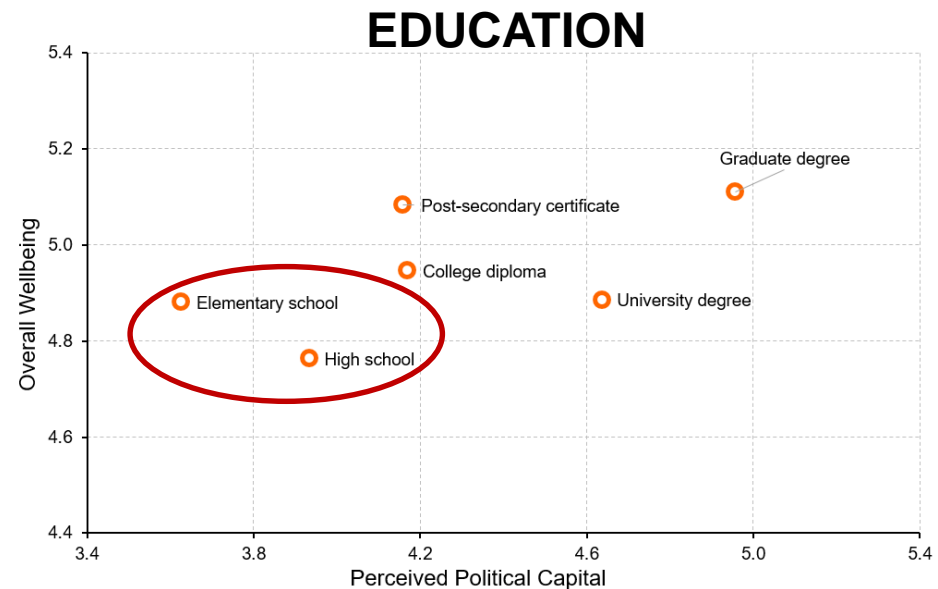
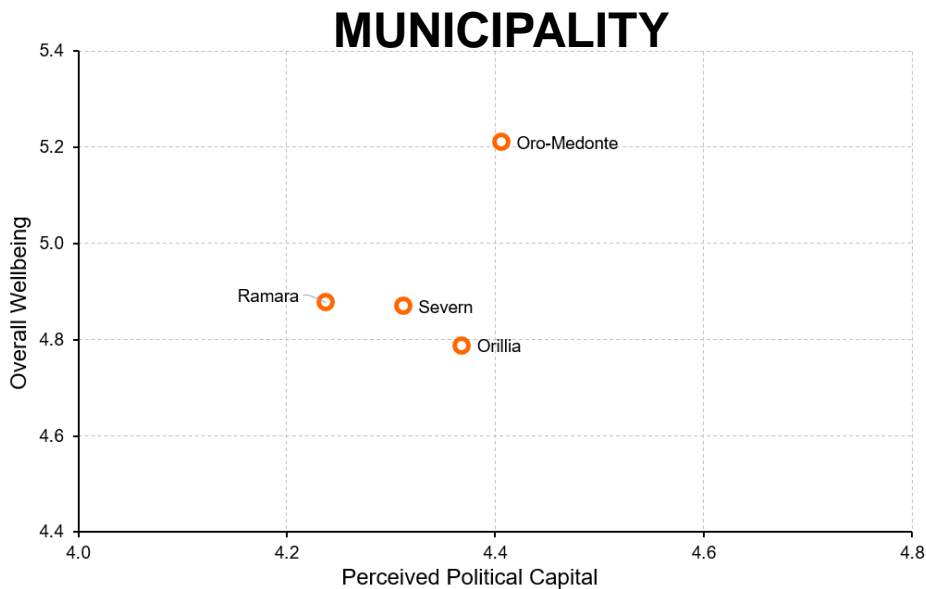
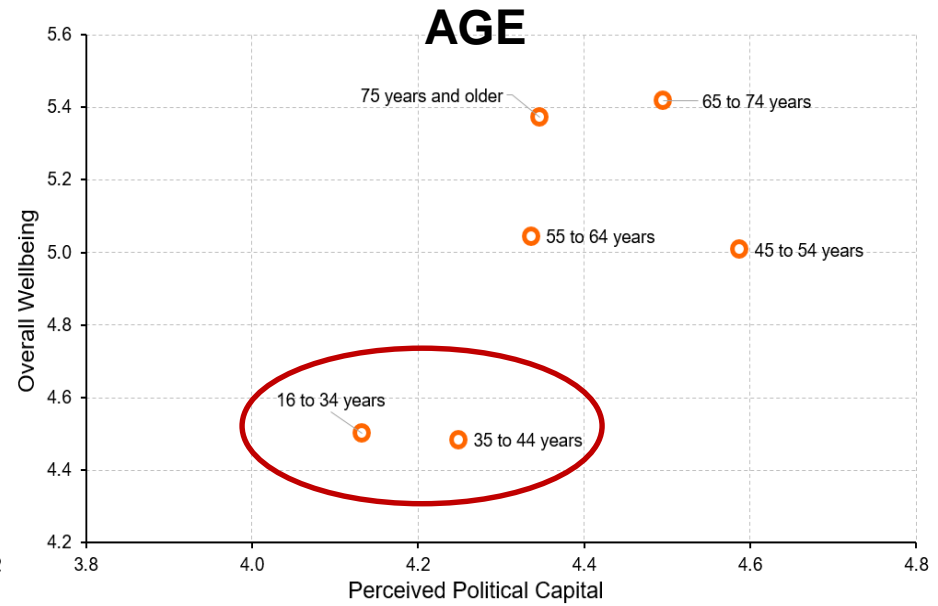
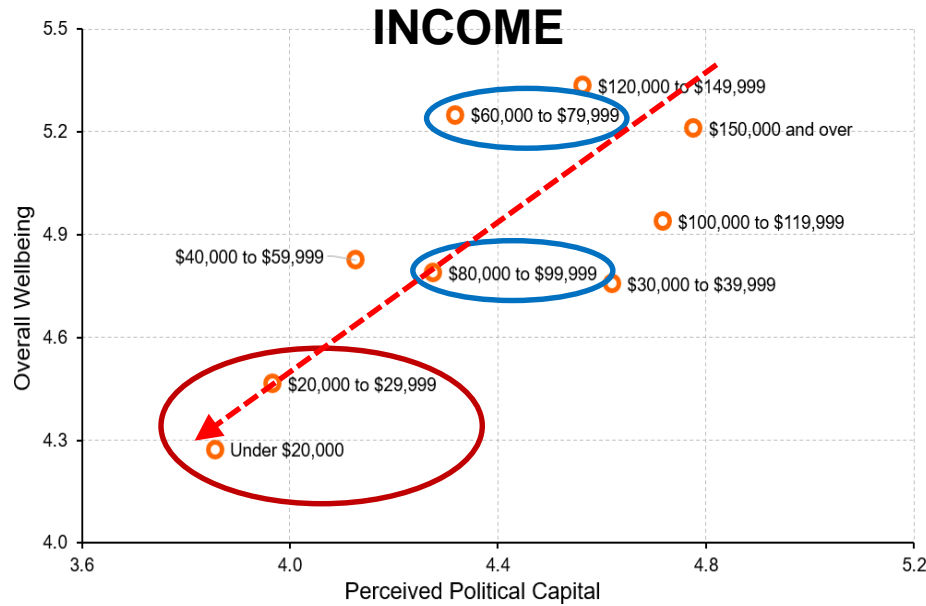
# Political Capital by municipality



# Political Capital by education



# Political Capital and Overall Wellbeing





# COMMUNITY VITALITY



# COMMUNITY VITALITY and Wellbeing

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

## *Below* average wellbeing

- ✓ More socially isolated
- ✓ Lower needs fulfillment
- ✓ Experience discrimination more often (i.e., ethnicity, age)
- ✓ Feel less safe walking alone after dark

## *Above* average wellbeing

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

# COMMUNITY VITALITY and Wellbeing by sex

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

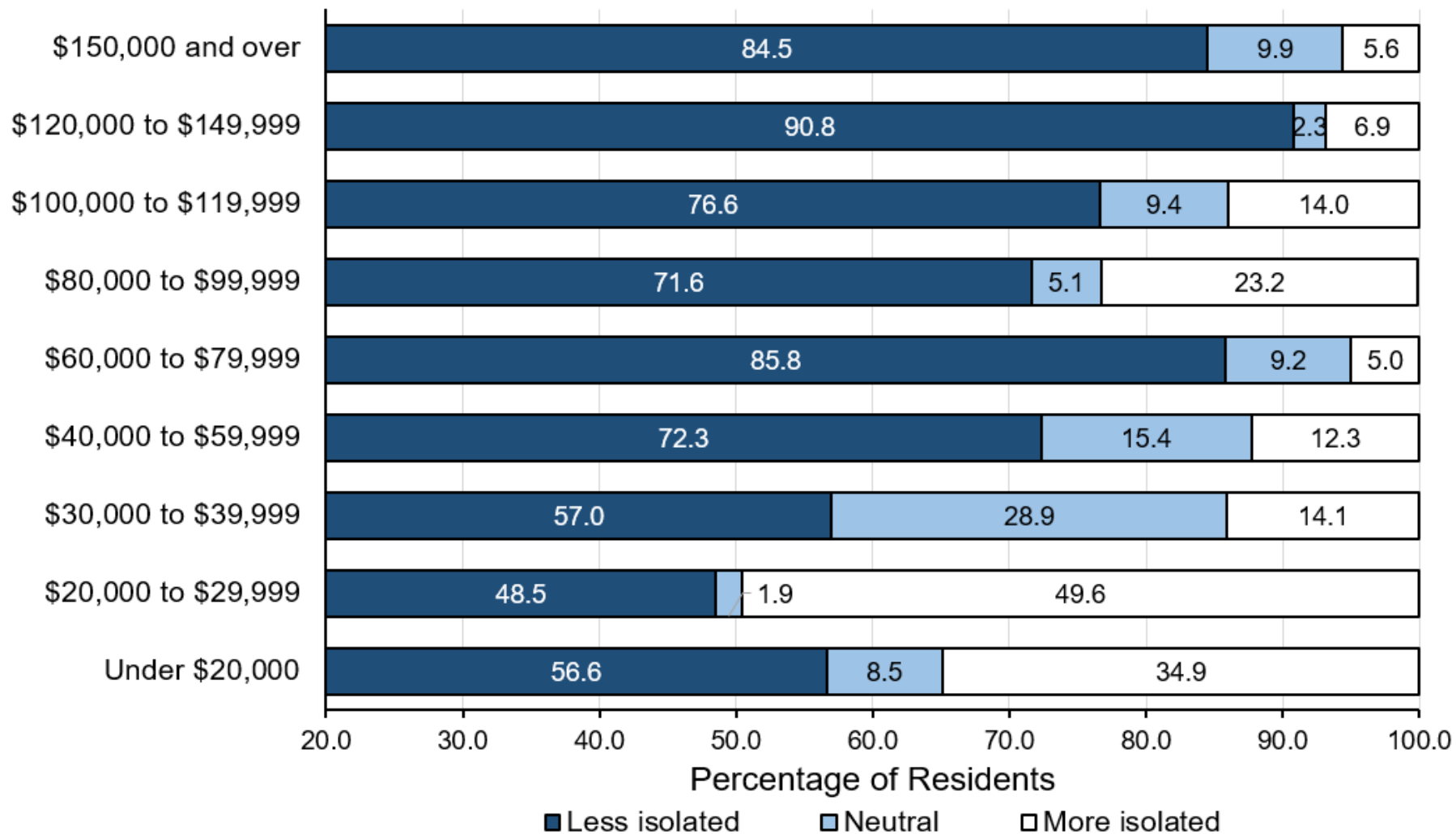
### Women

- ✓ Provide more unpaid help for *personal support*
- ✓ Volunteer more
- ✓ Experience *age* and *gender* discrimination more often
- ✓ More confidence in the police

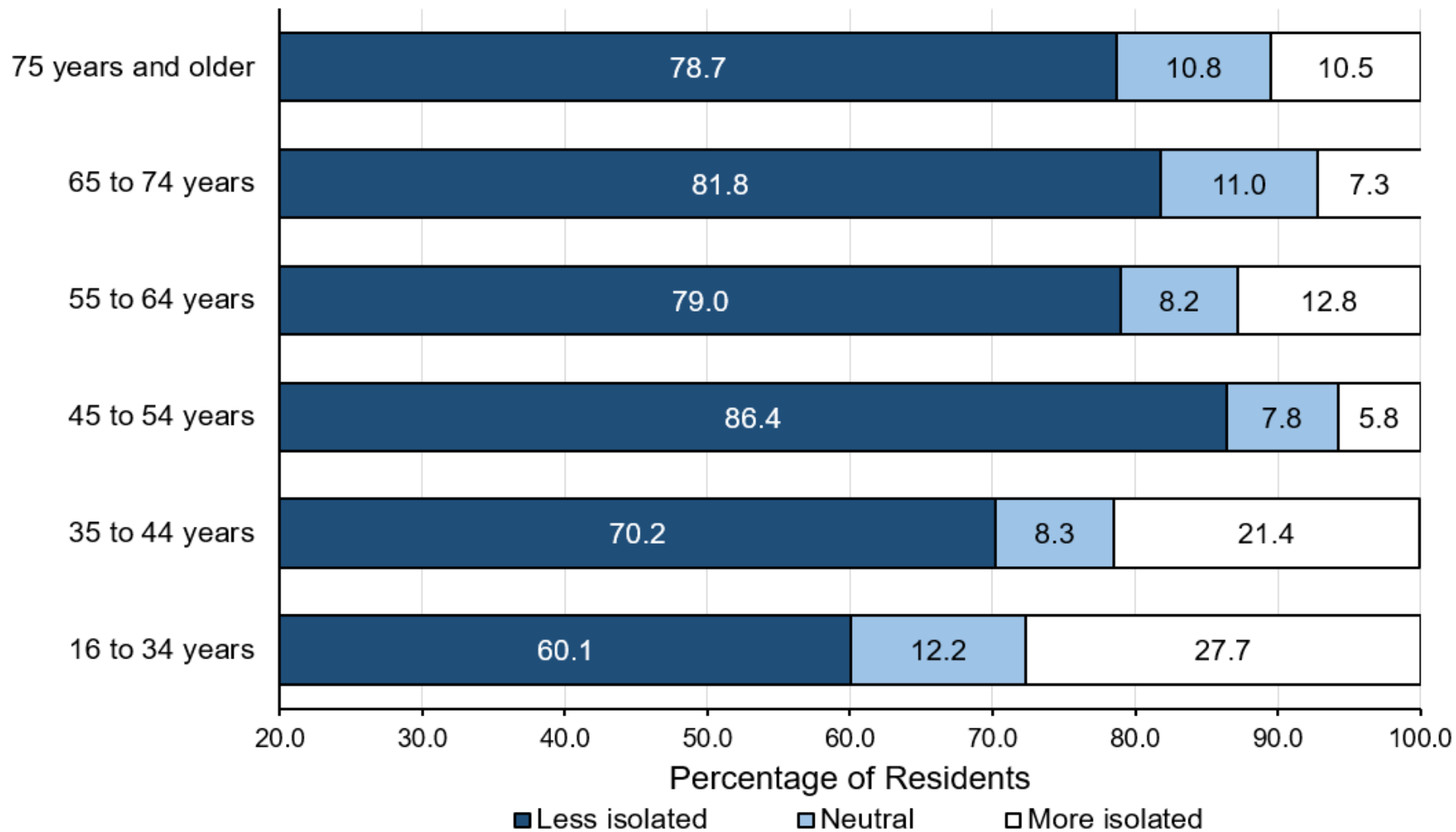
### Men

- ✓ Provide more unpaid help for *home maintenance*
- ✓ Stronger sense of belonging
- ✓ Greater trust in others
- ✓ Feel safer walking alone after dark

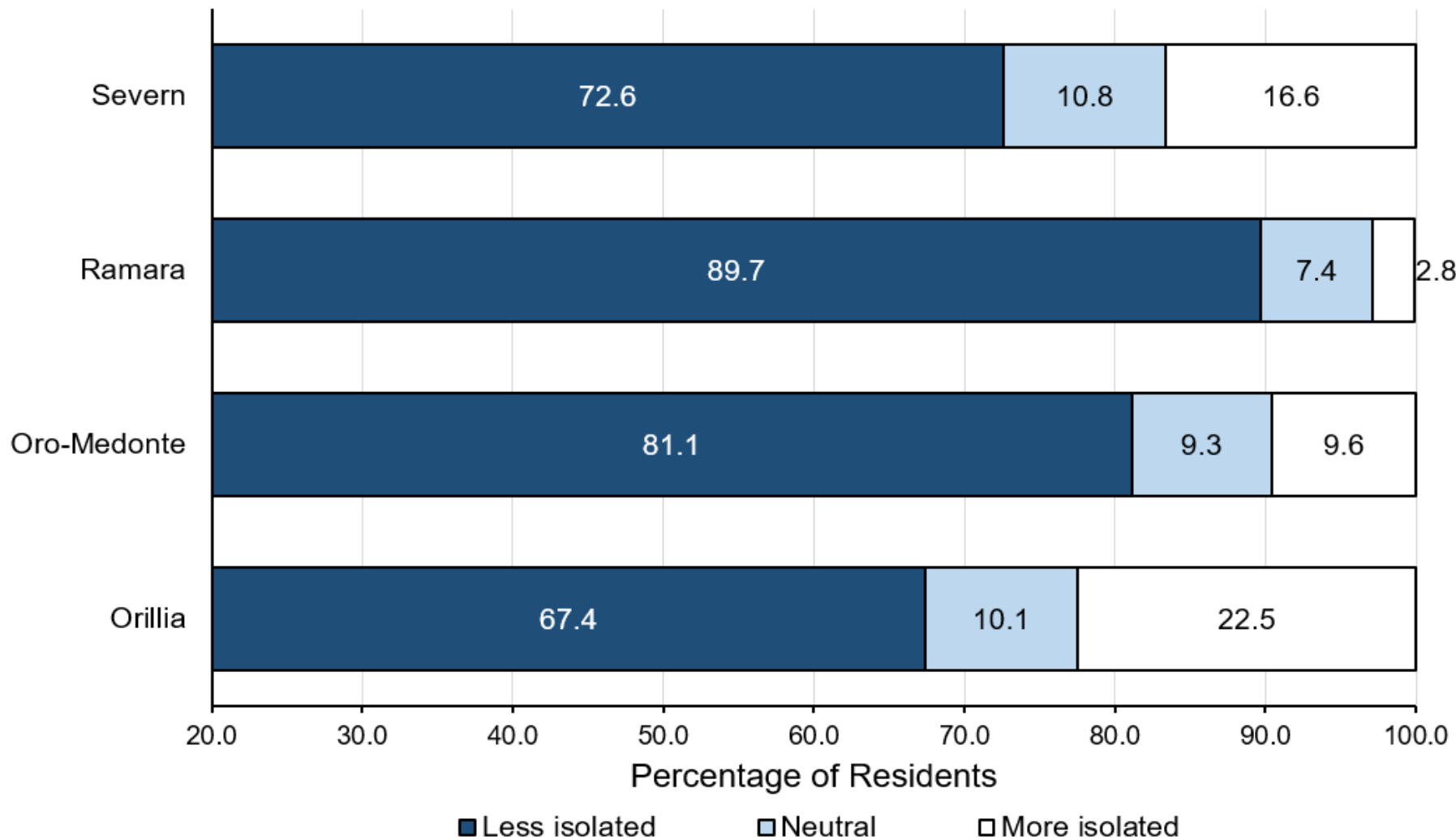
# Social Isolation by *income*



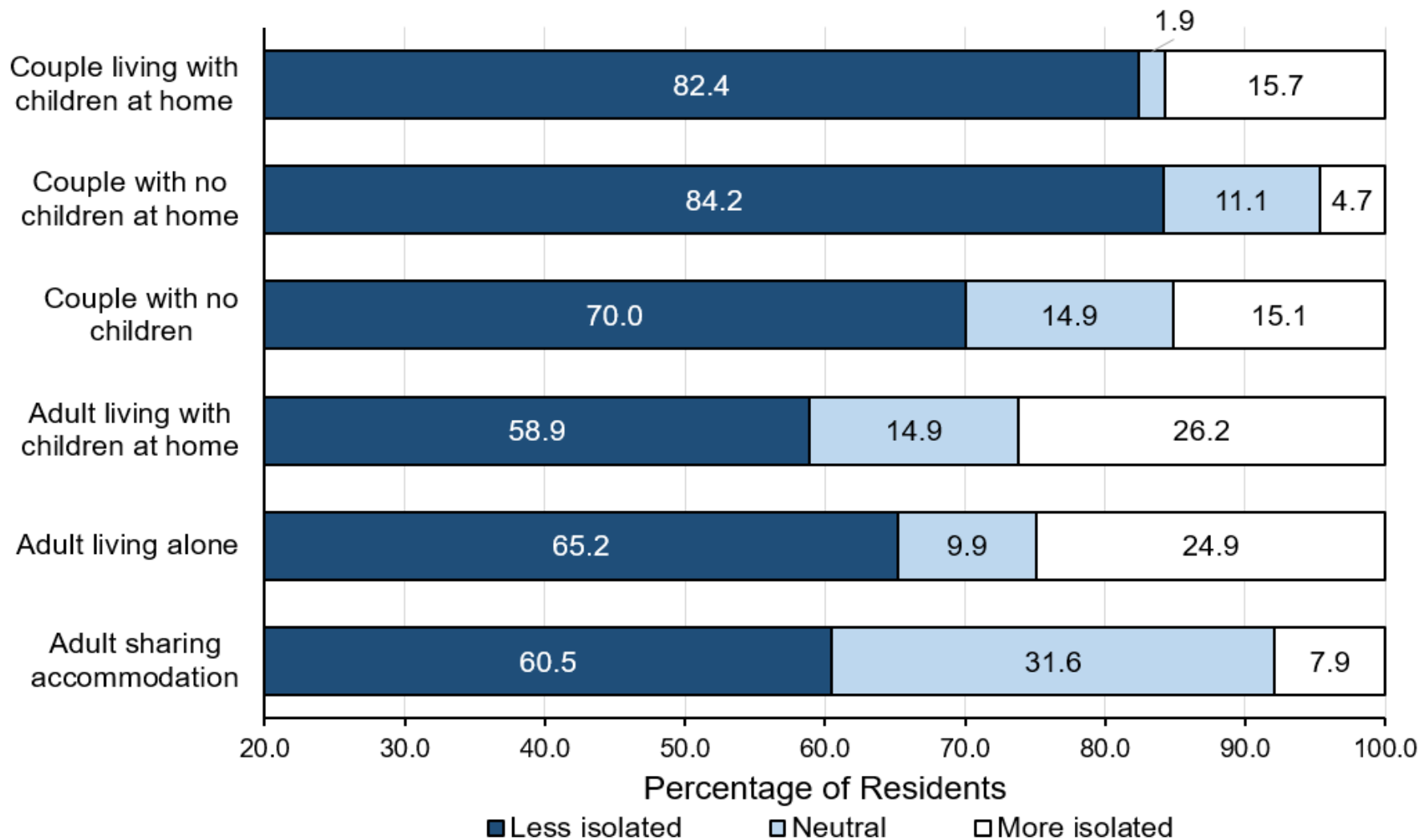
# Social Isolation by age



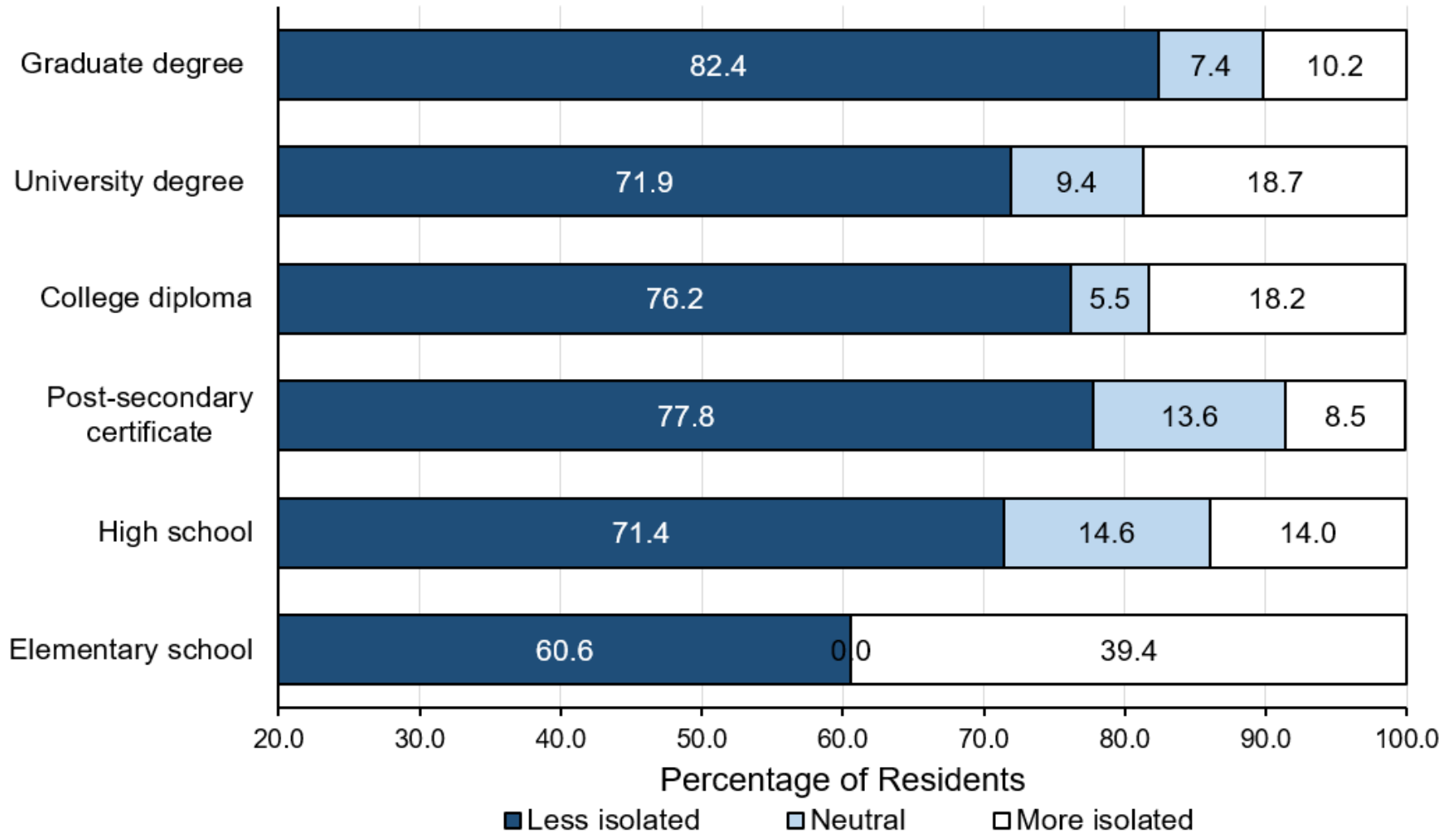
# Social Isolation by *municipality*



# Social Isolation by *living arrangement*

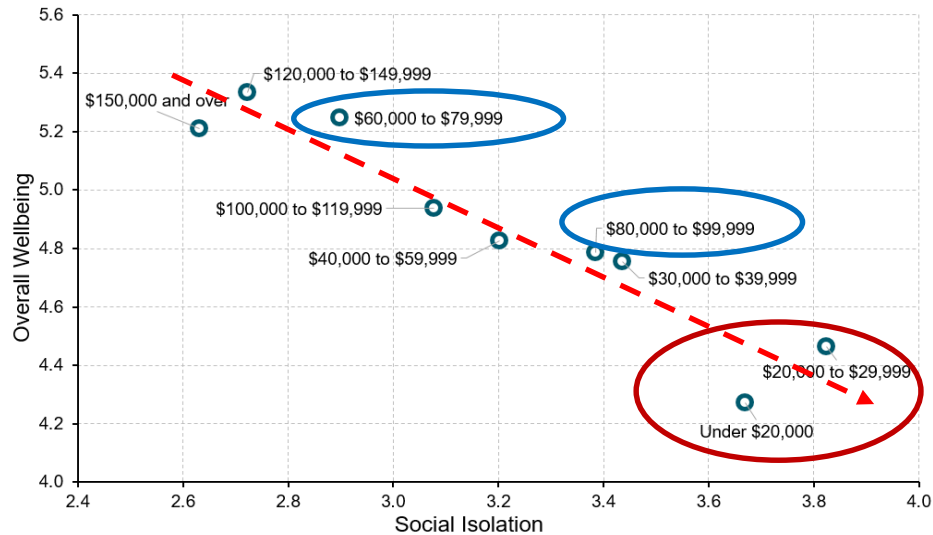


# Social Isolation by *education*

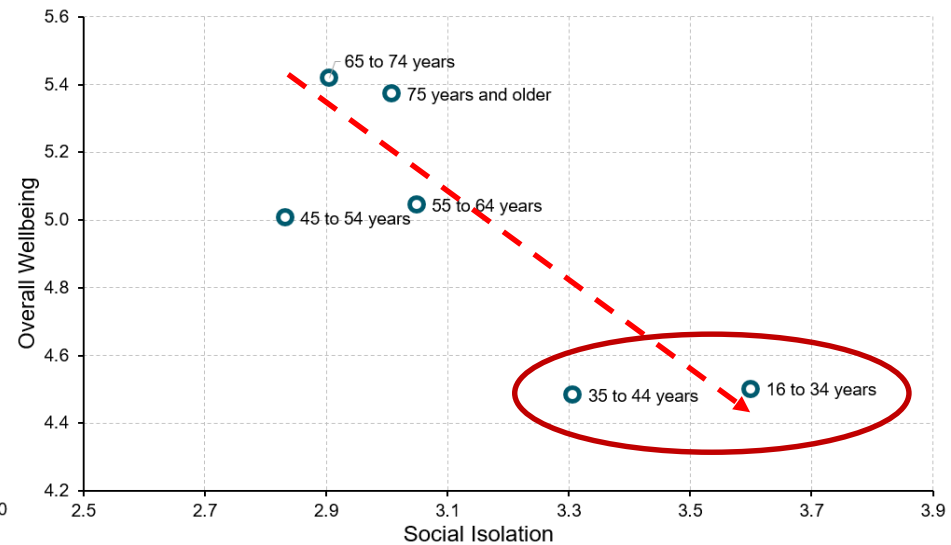


# Social Isolation and Overall Wellbeing

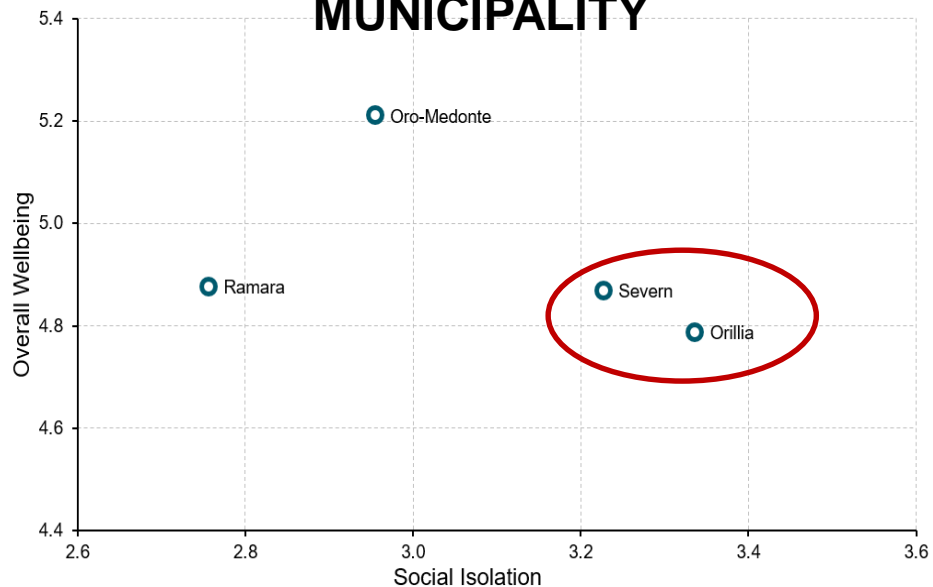
## INCOME



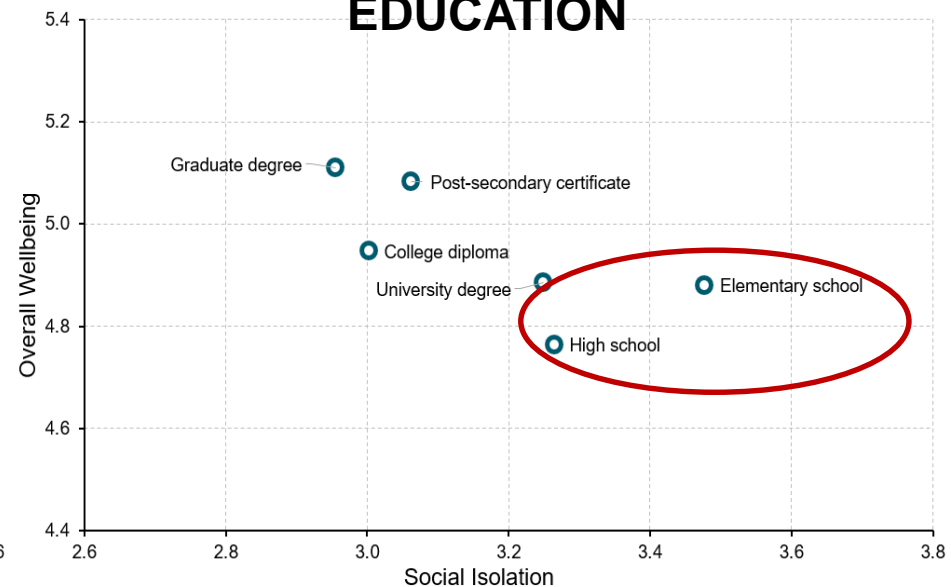
## AGE



## MUNICIPALITY

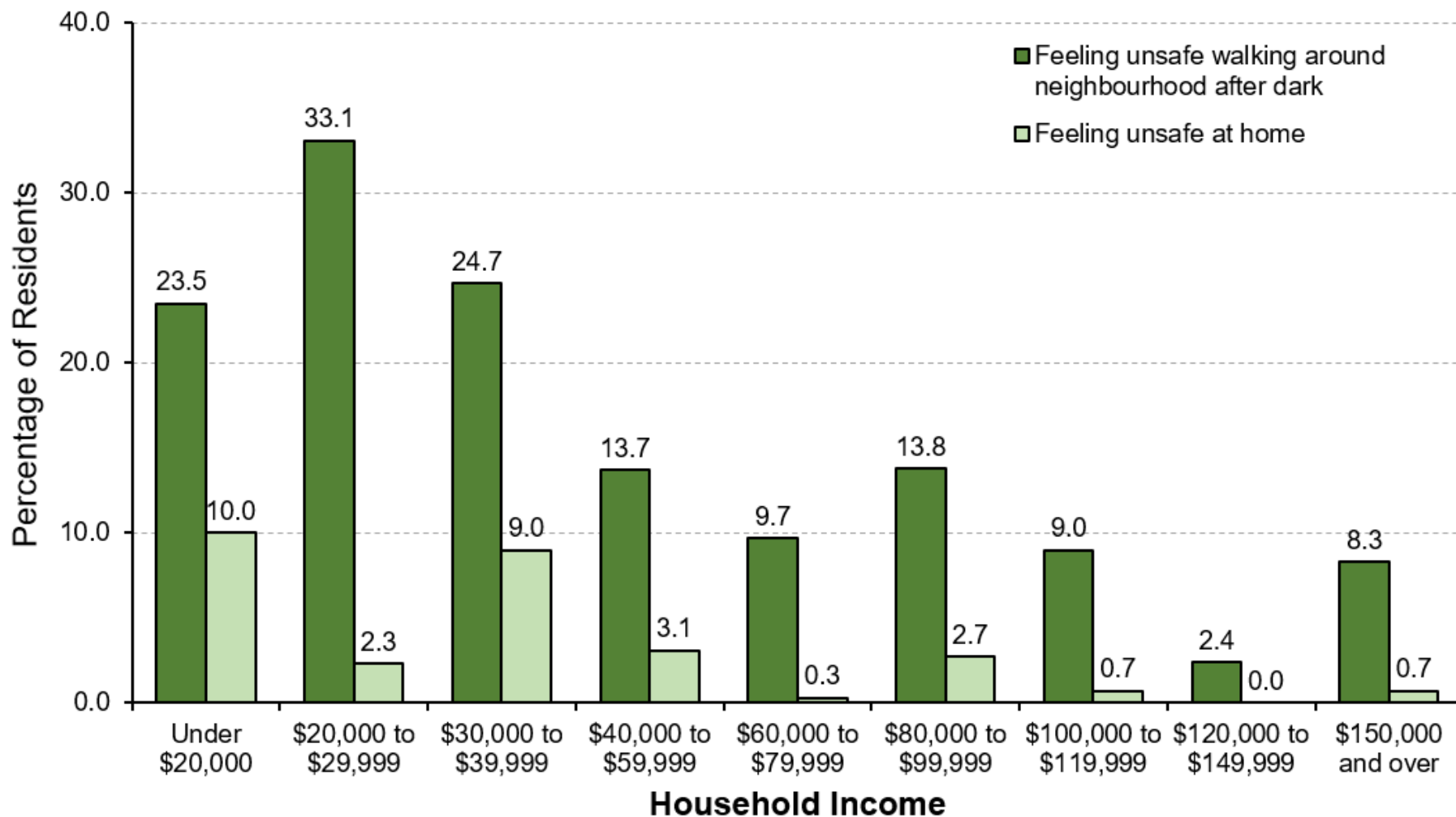


## EDUCATION

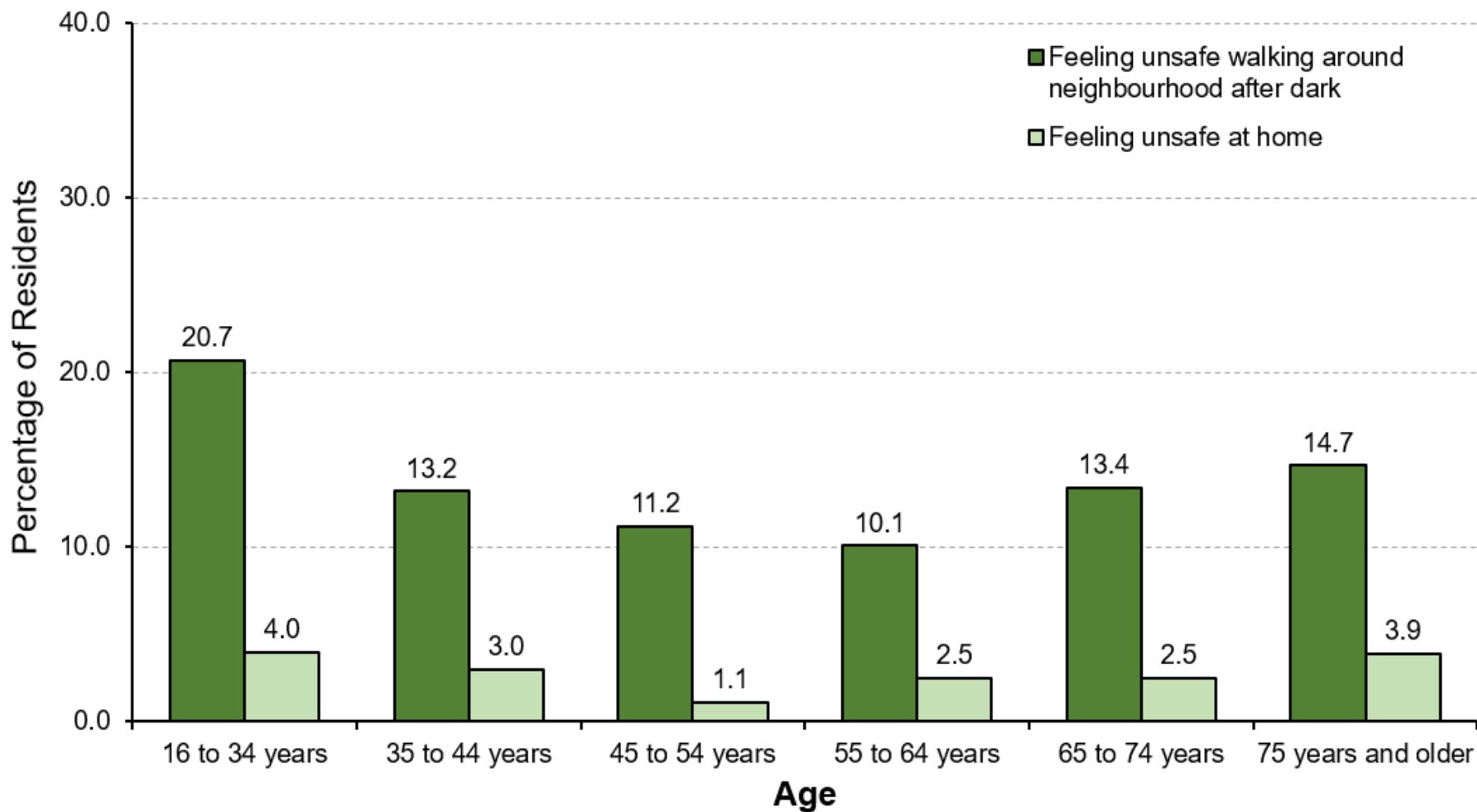




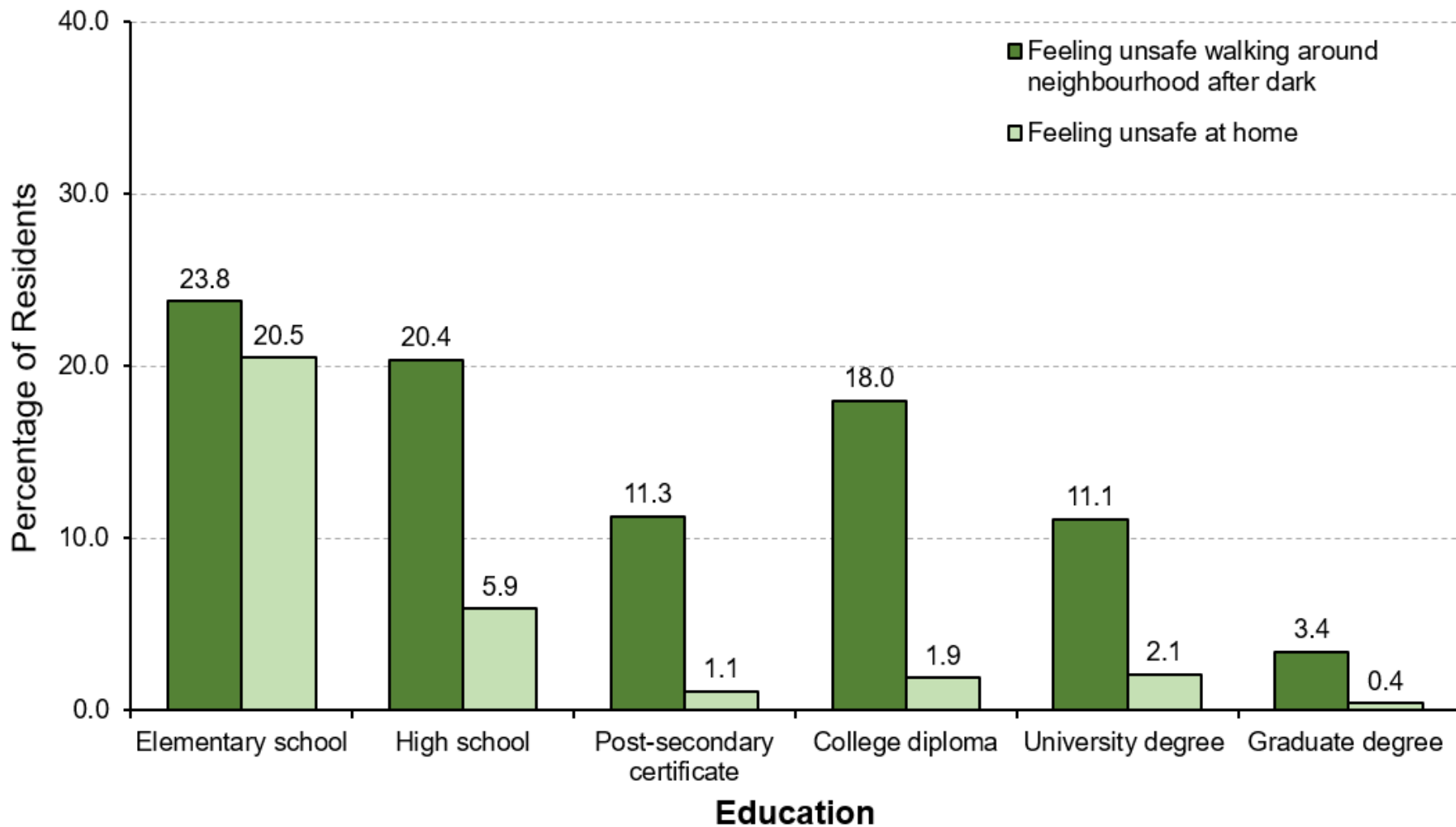
# Safety in Community by *income*



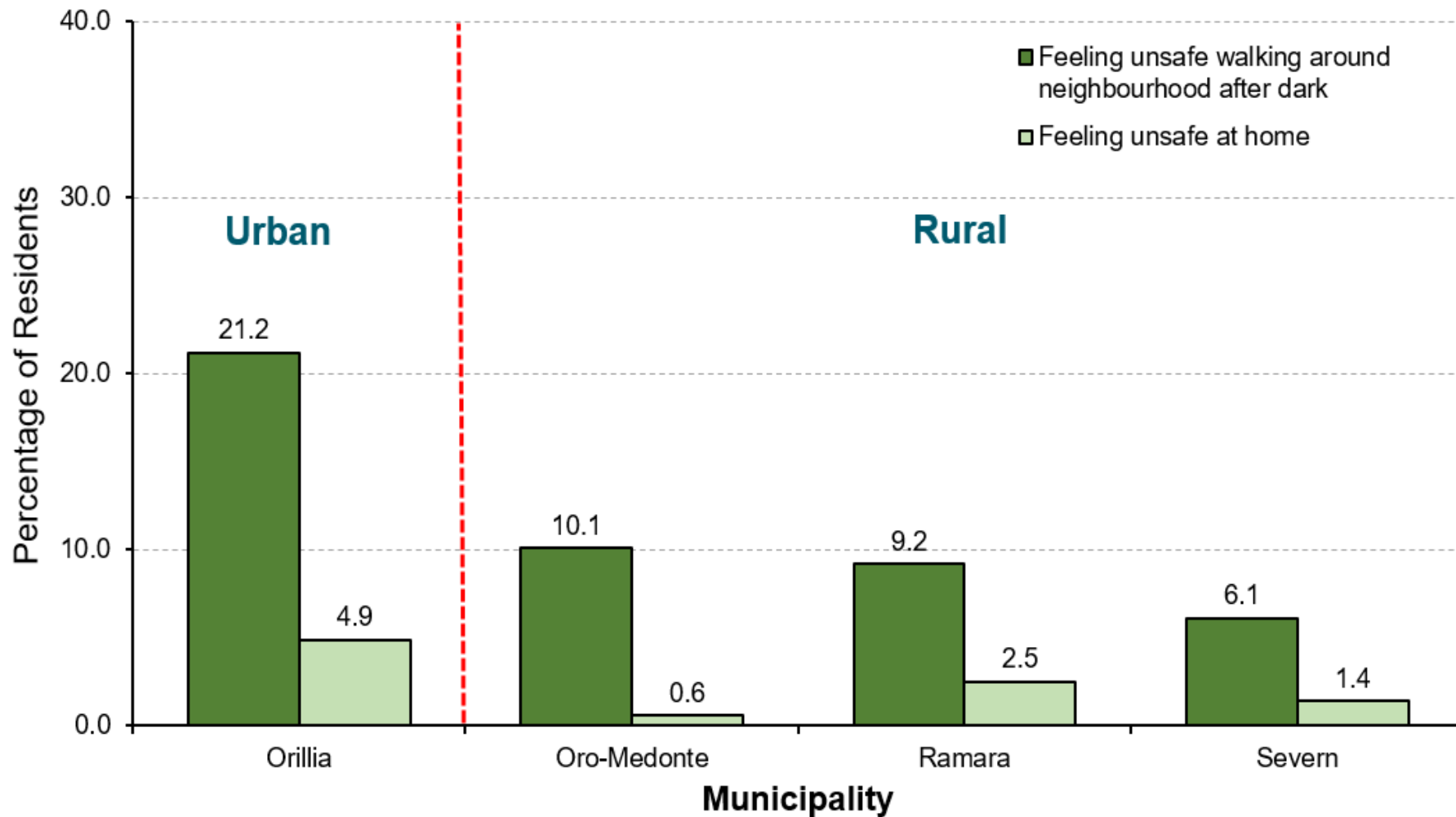
# Safety in Community by age



# Safety in Community by *education*



# Safety in Community by *municipality*





# LEISURE and CULTURE

# LEISURE and CULTURE and Wellbeing

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

## *Below* average wellbeing

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

## *Above* average wellbeing

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

# LEISURE and CULTURE and Wellbeing by sex

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

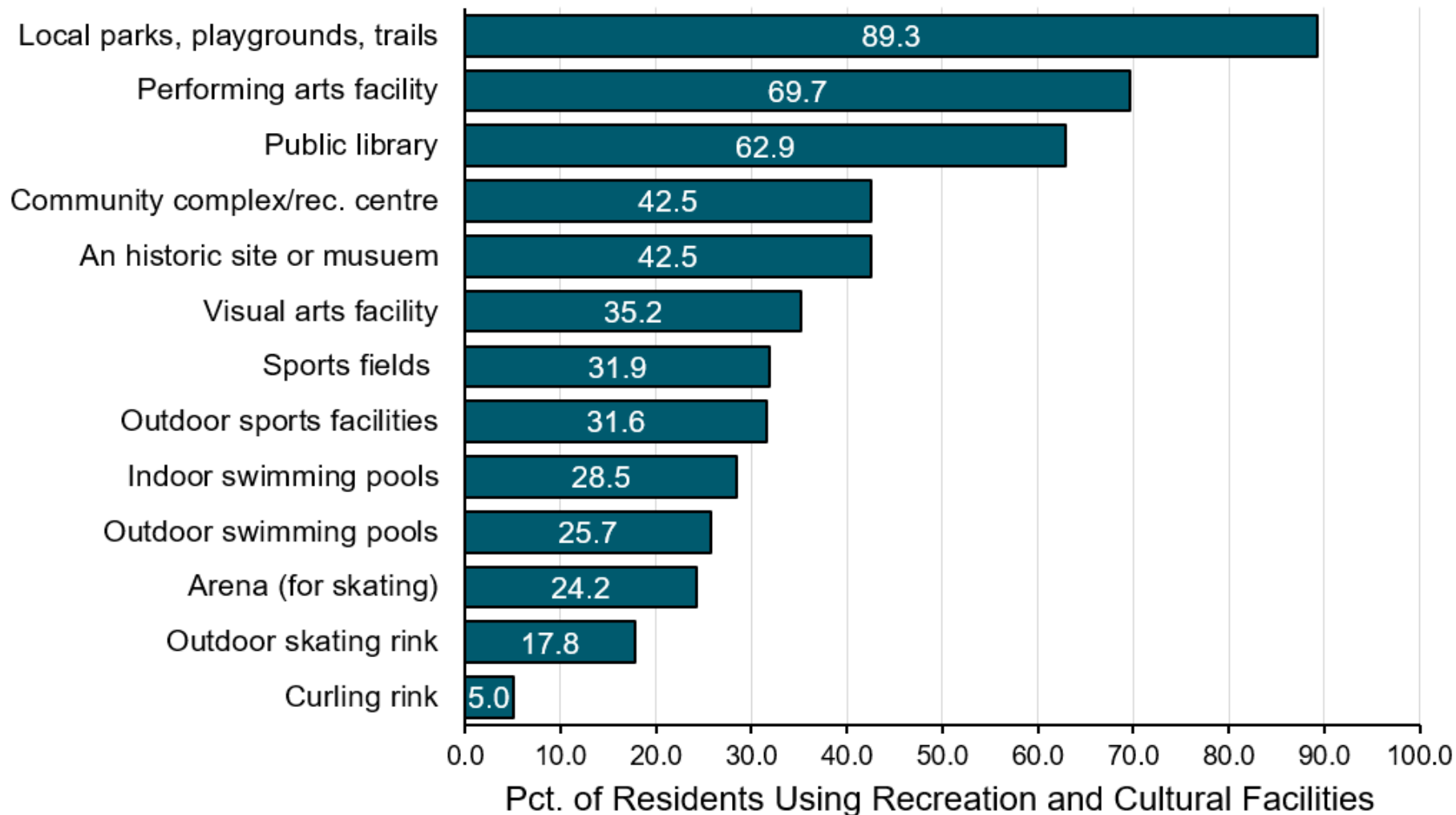
### *Women*

- ✓ Participate more in home-based leisure activities, and in arts and cultural activities
- ✓ Use community recreation centres and public libraries more often
- ✓ Perceive recreation facilities more expensive

### *Men*

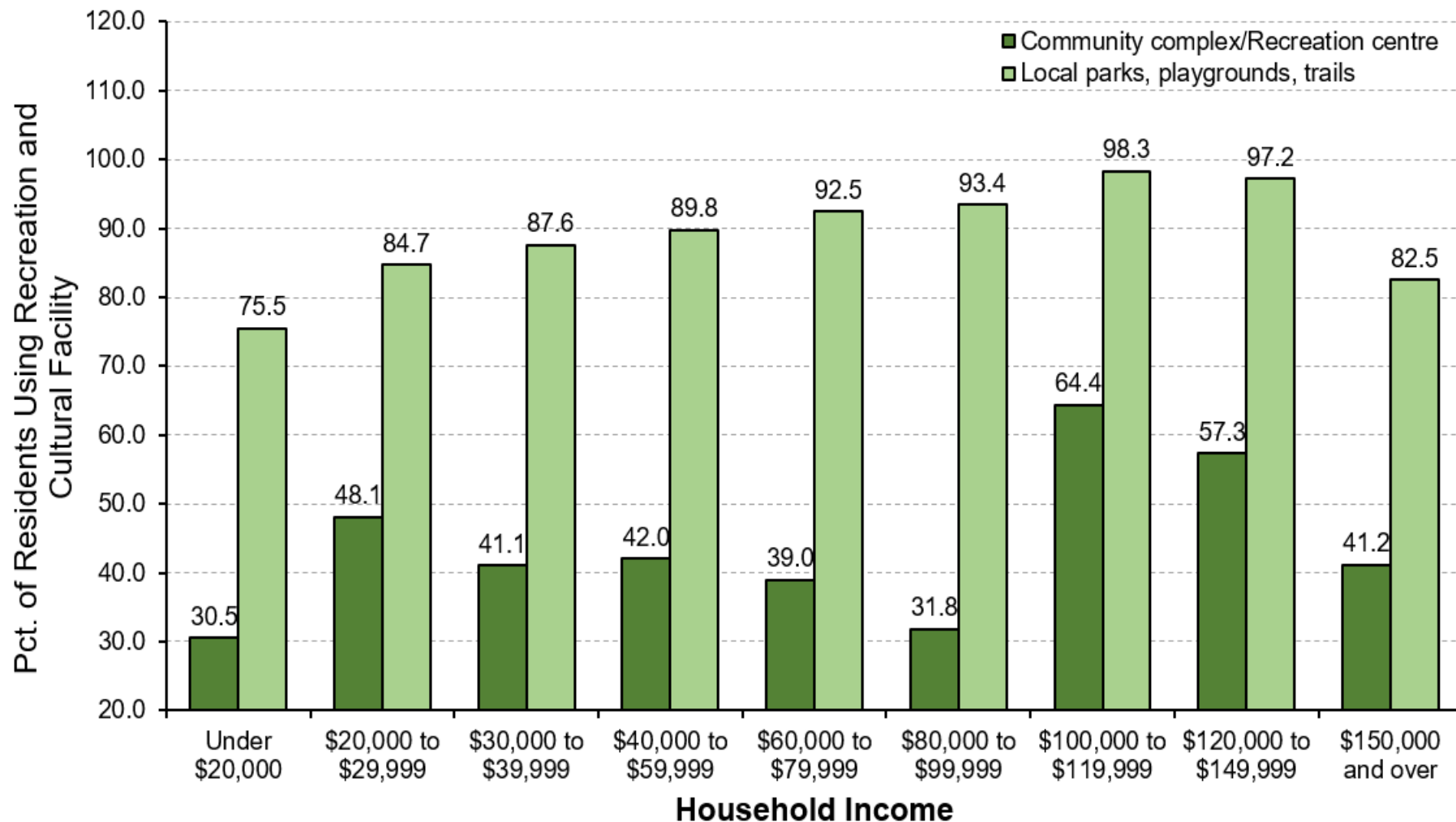
- ✓ Participate more in sports-related social leisure activities
- ✓ Use sports and outdoor facilities more often
- ✓ Perceive recreation and culture facilities less welcoming, and programs offered at inconvenient times

# Facility Use in Orillia and Area

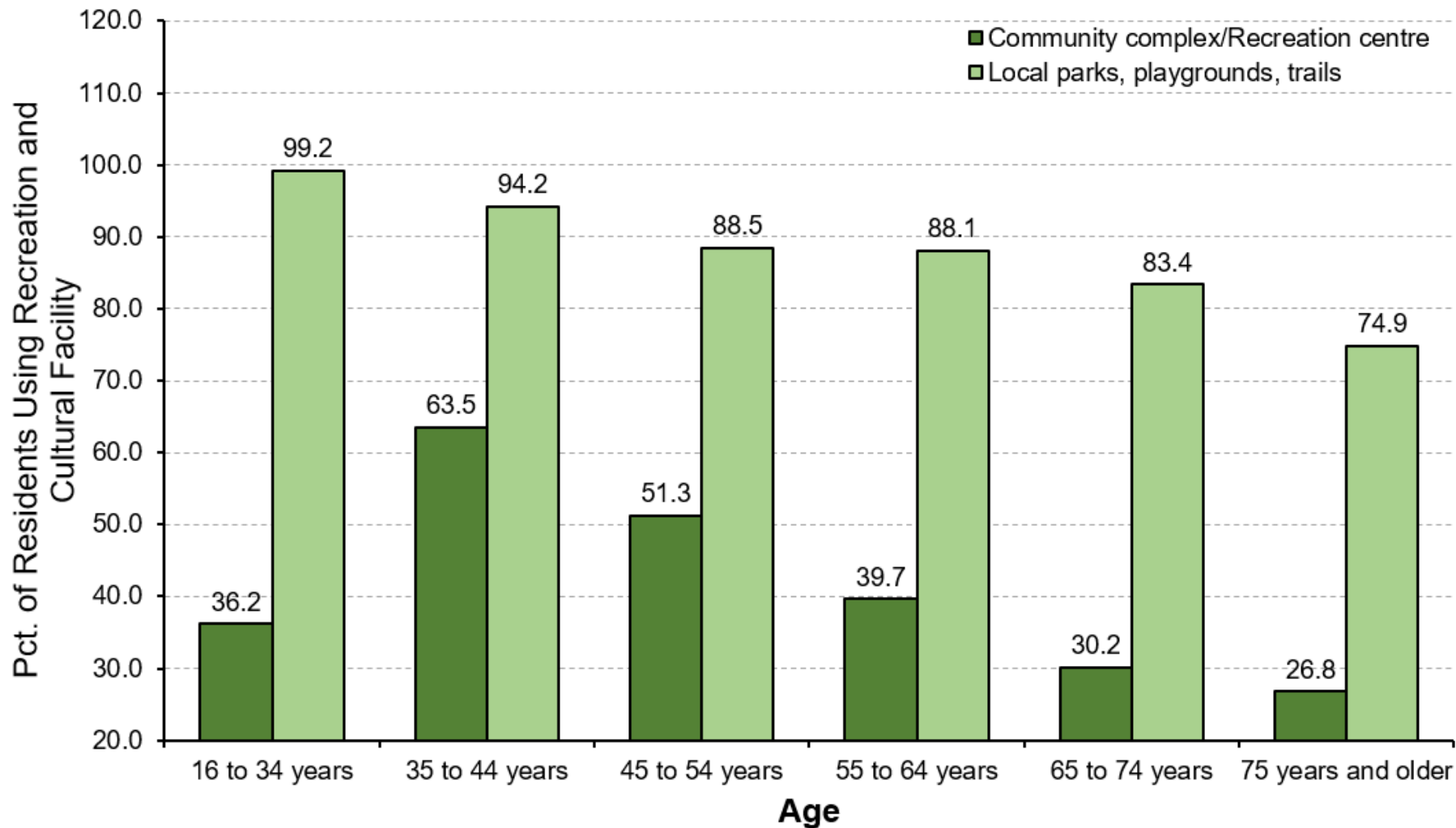




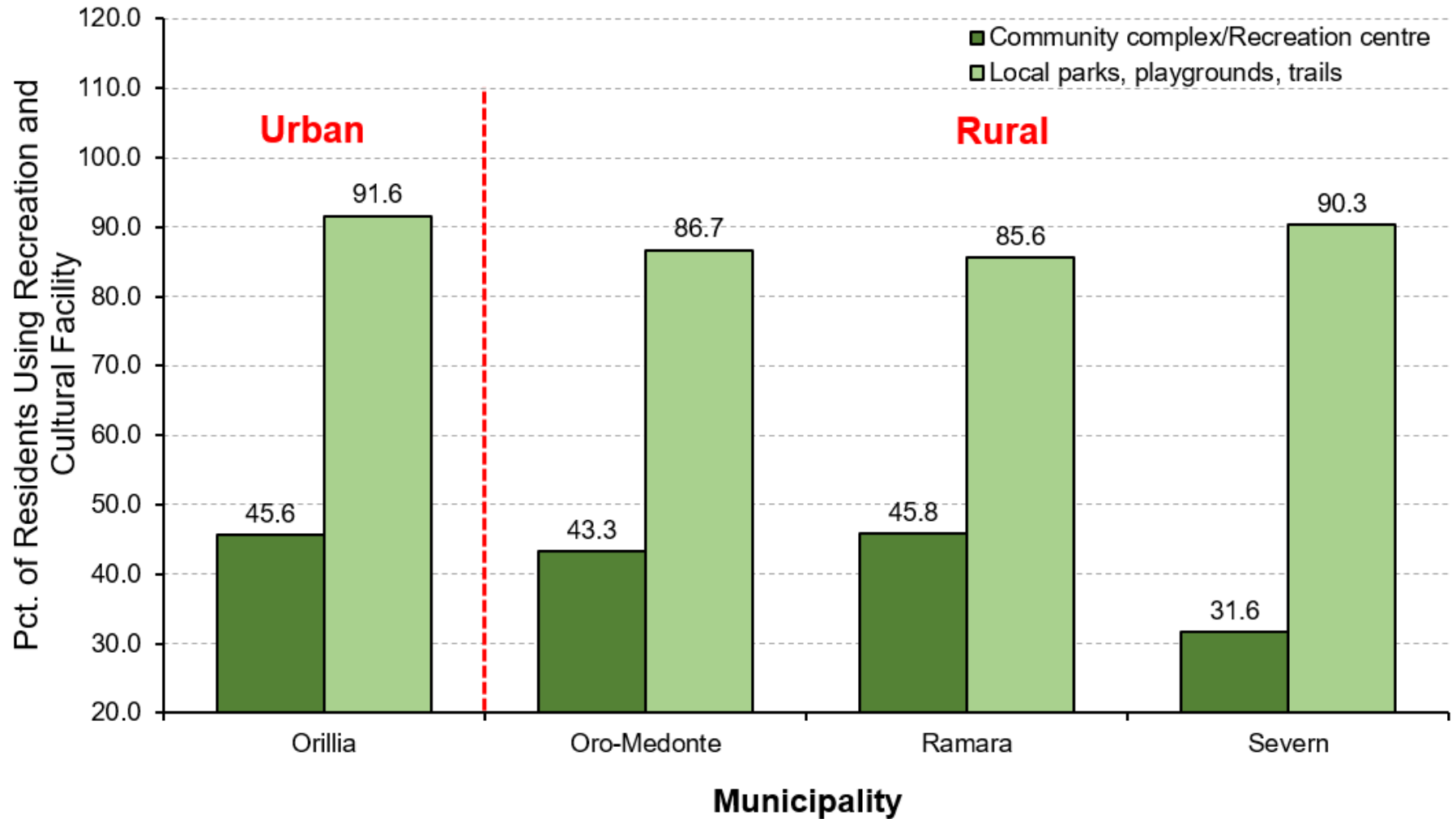
# Facility Use by *income*



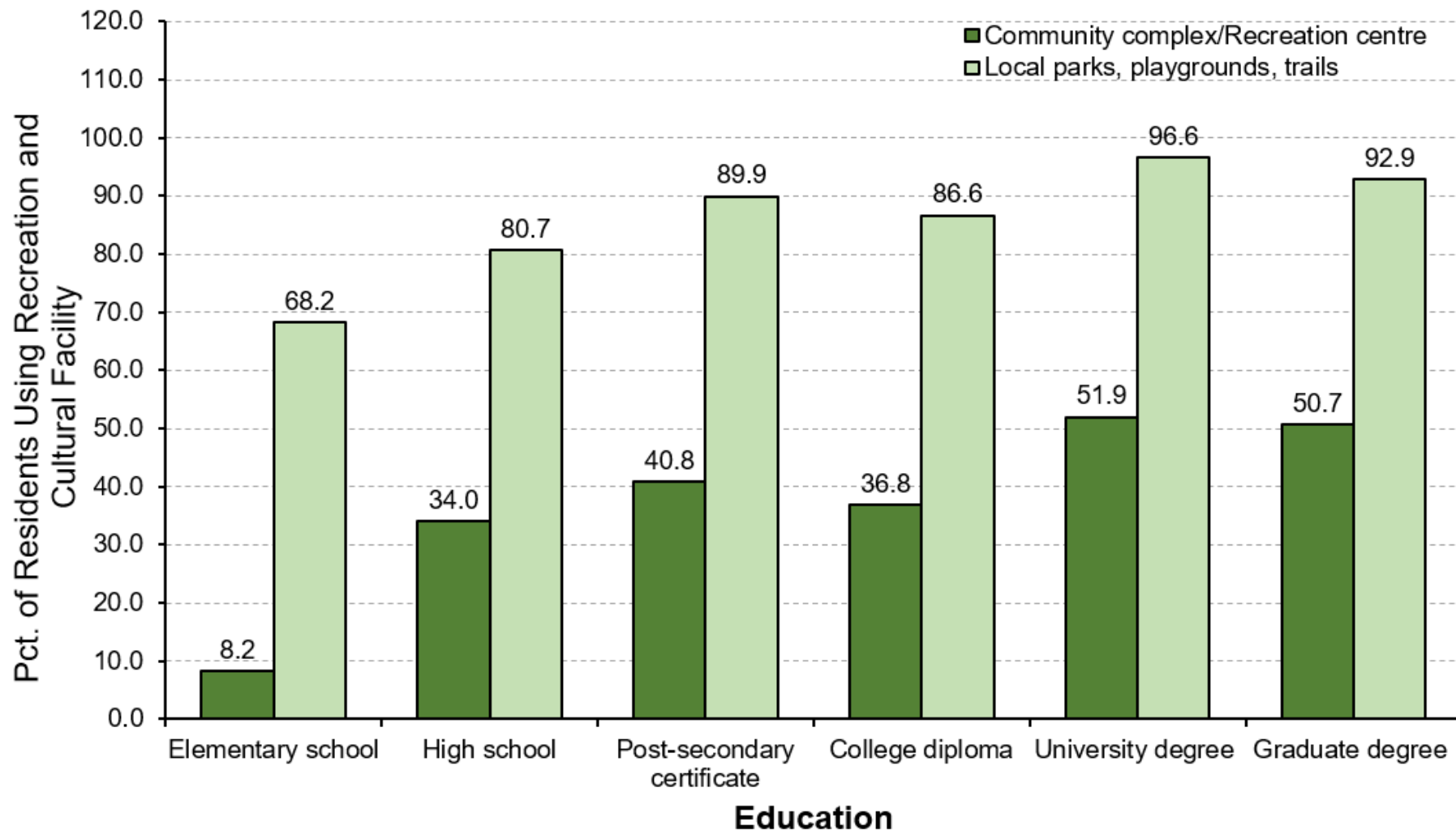
# Facility Use by age



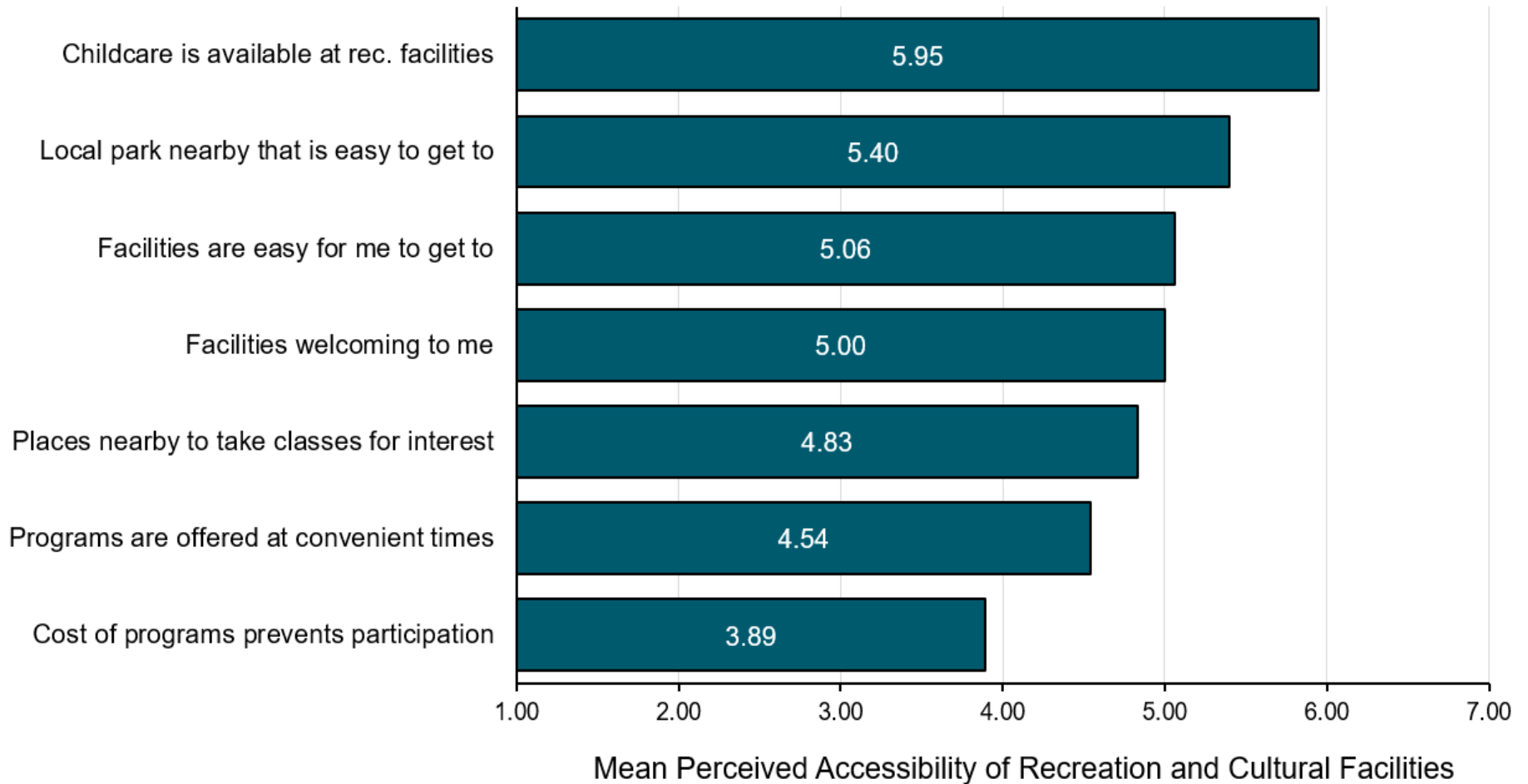
# Facility Use by *municipality*



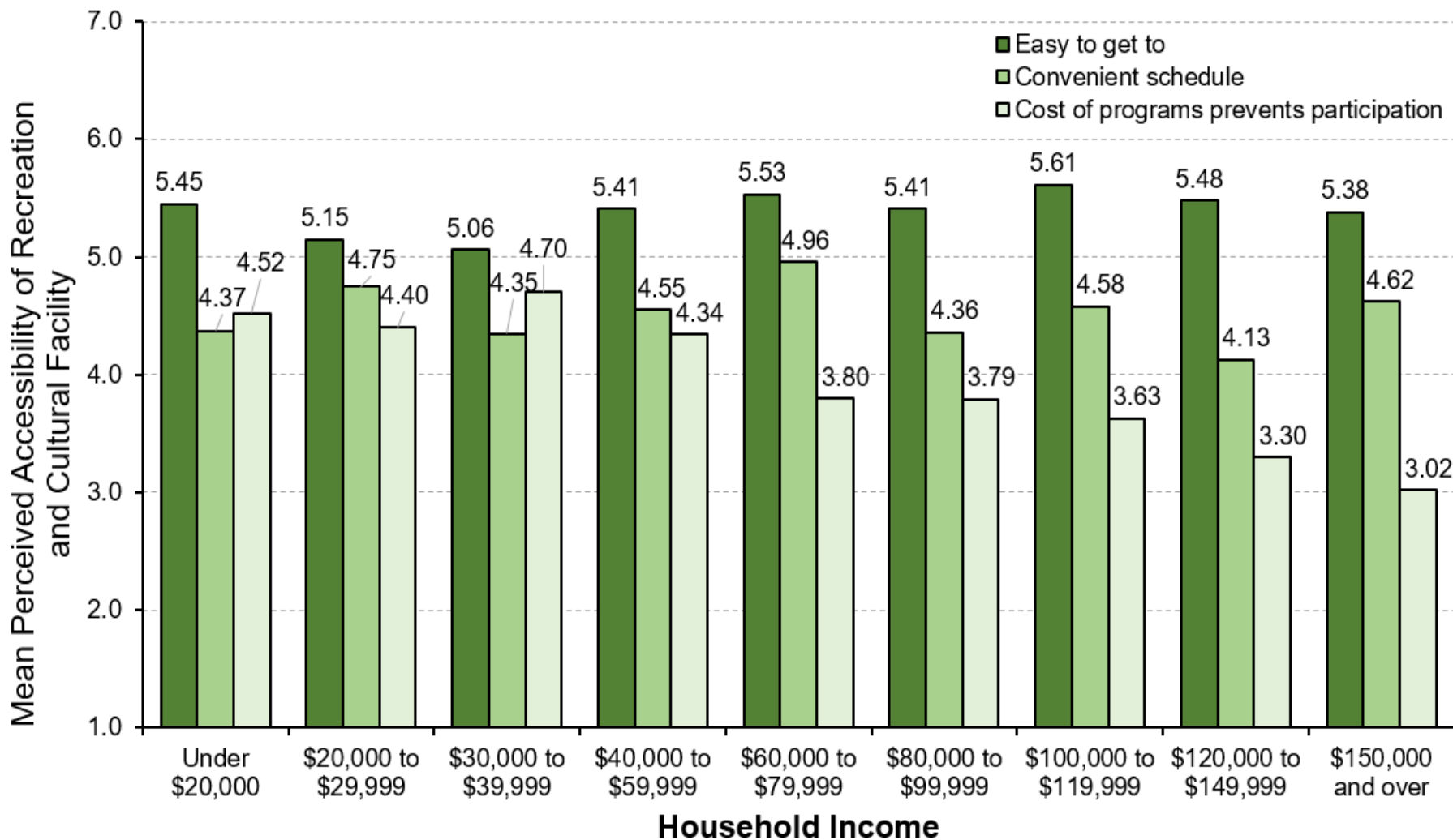
# Facility Use by education



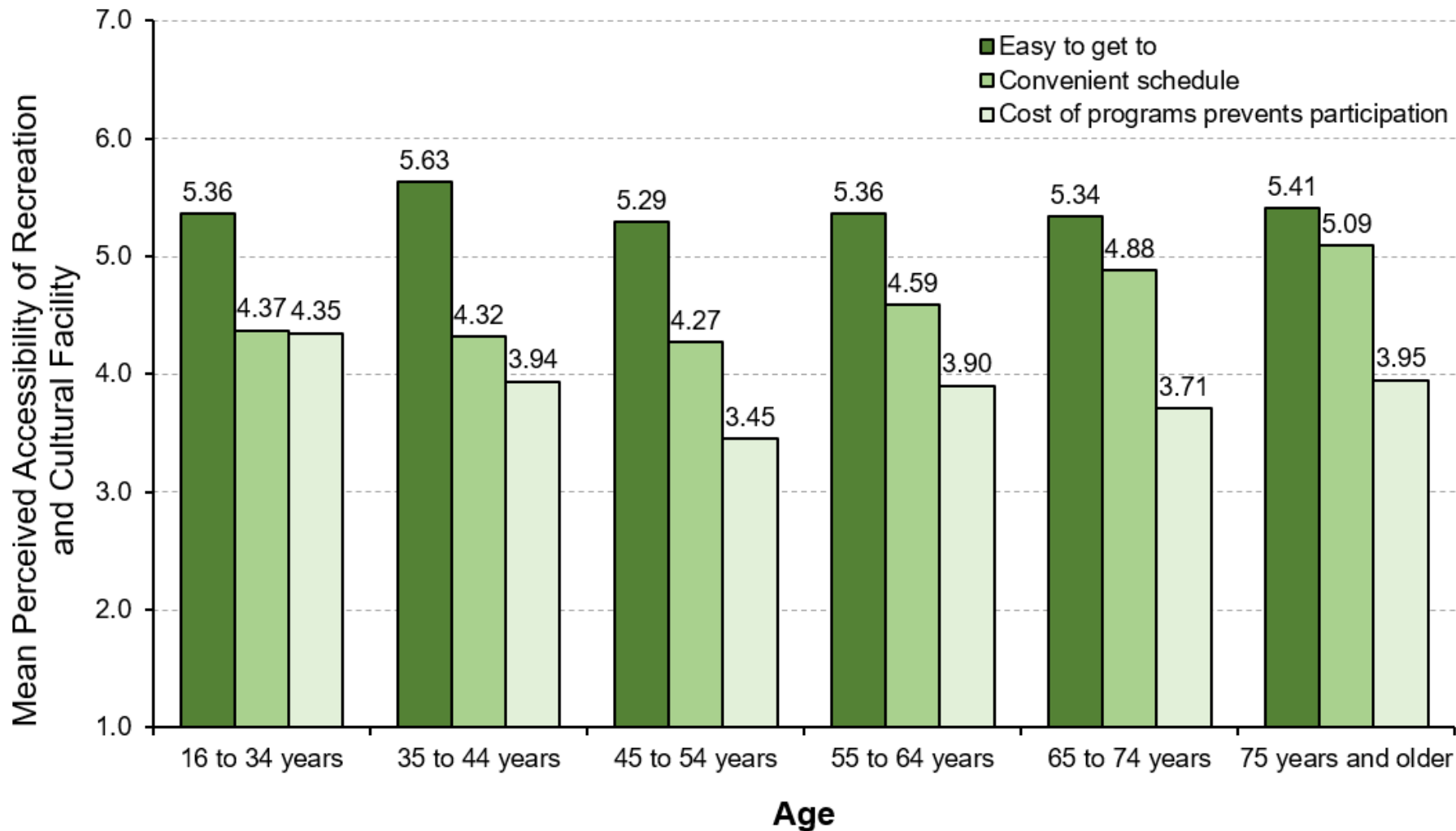
# Accessibility of Facilities in Orillia and Area



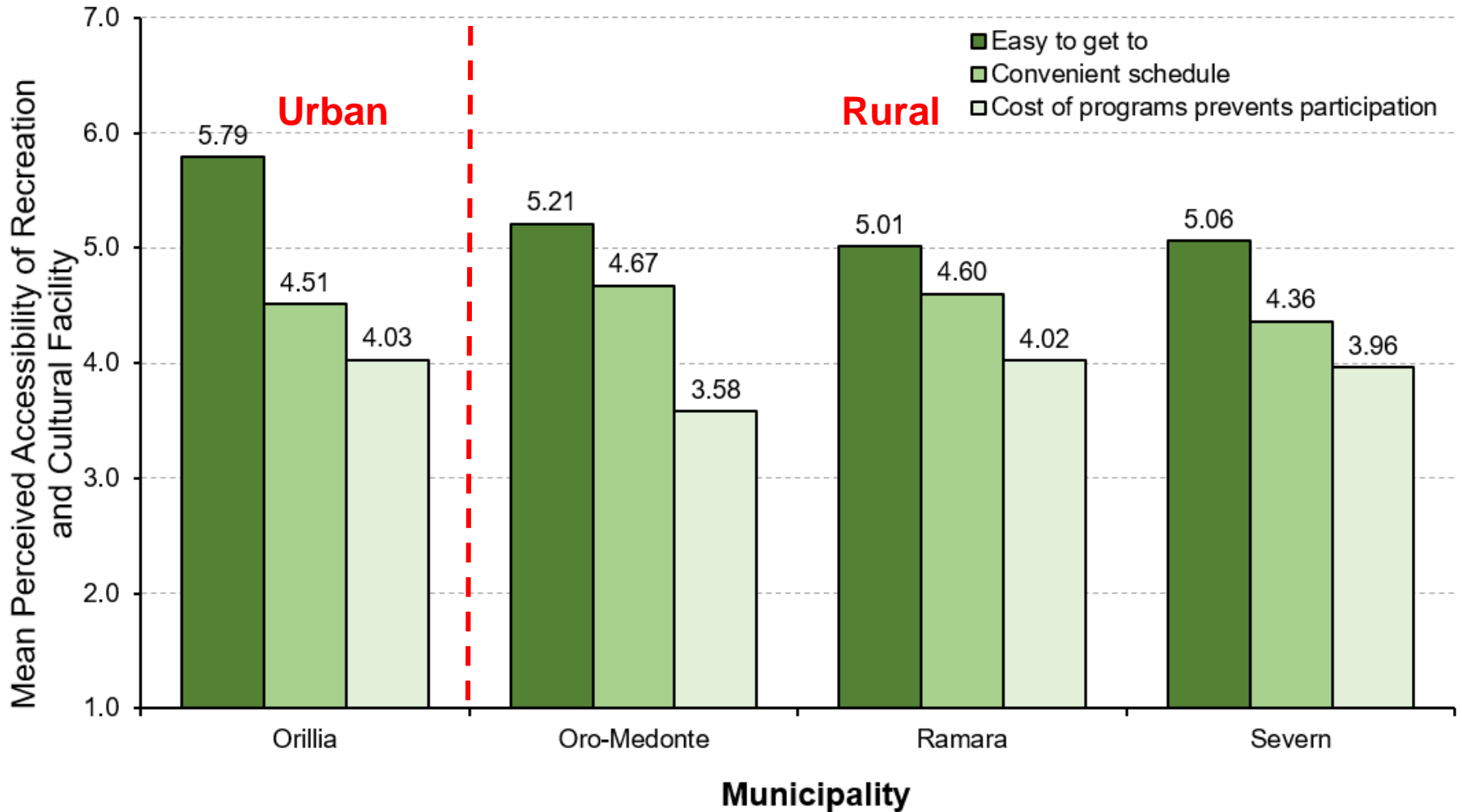
# Accessibility of Facilities by *income*



# Accessibility of Facilities by age

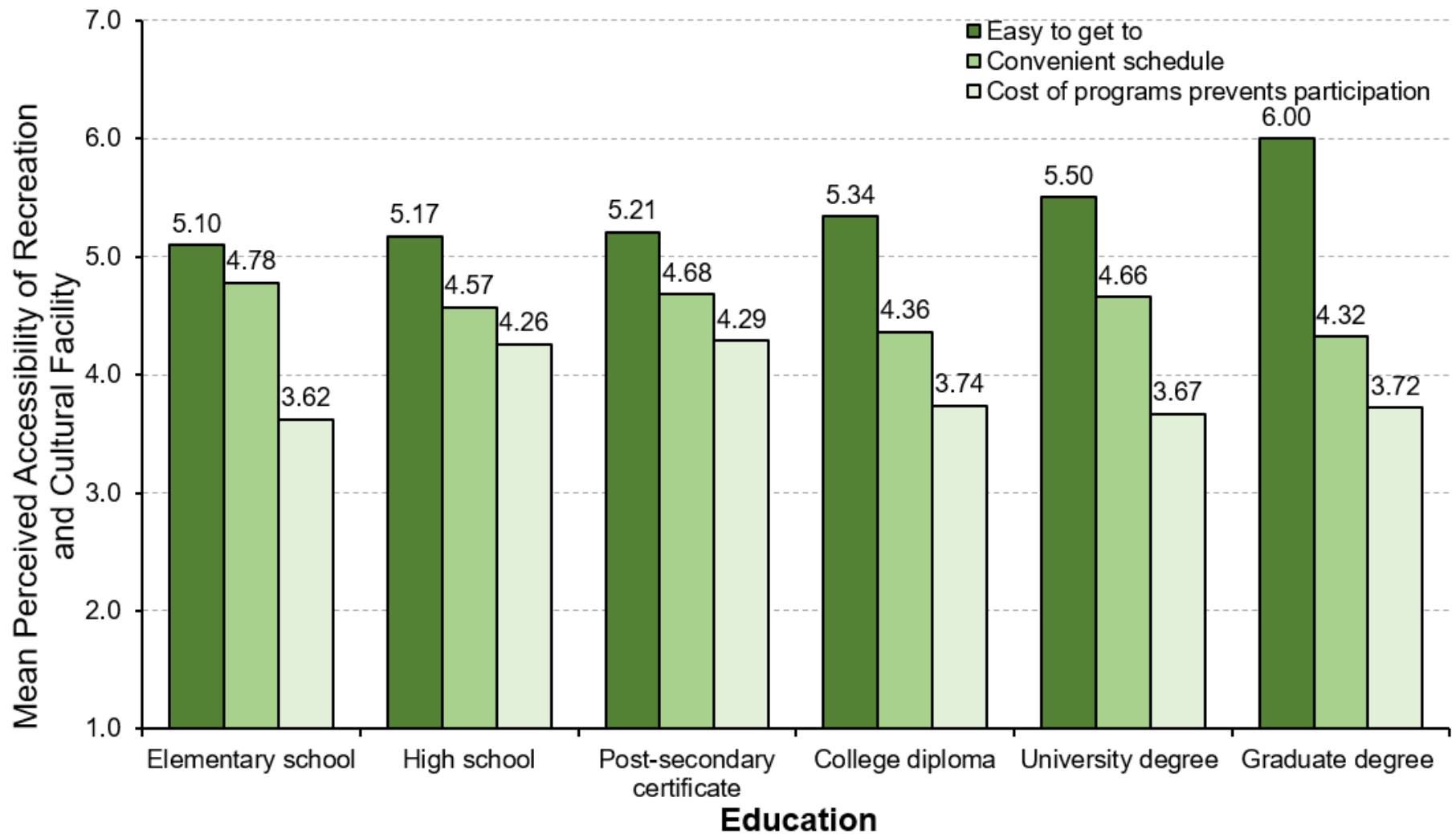


# Accessibility of Facilities by *municipality*

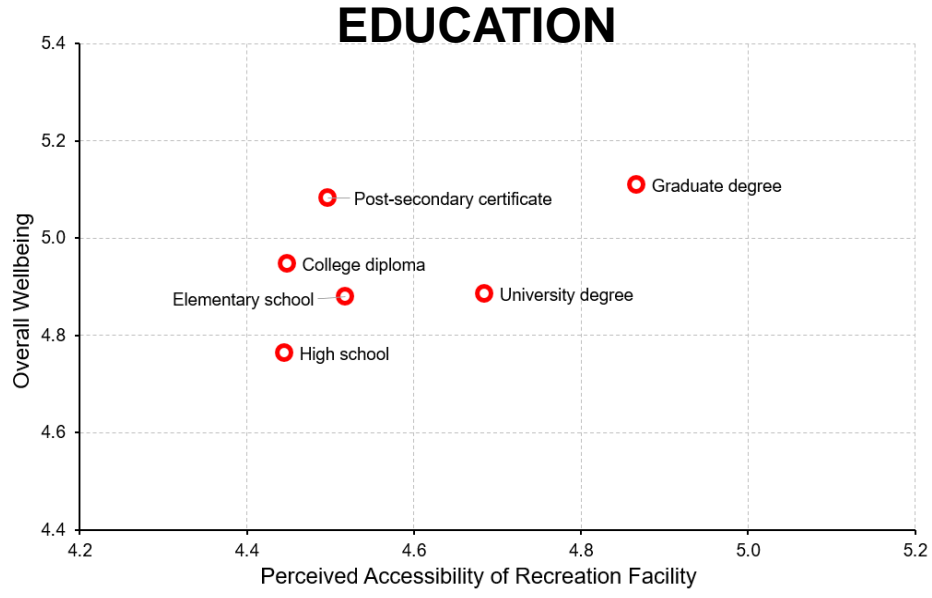
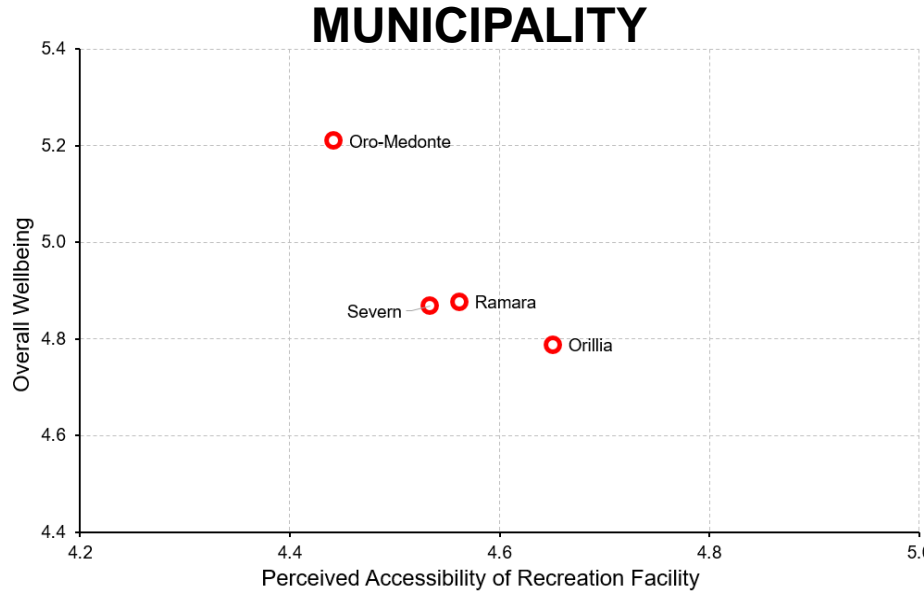
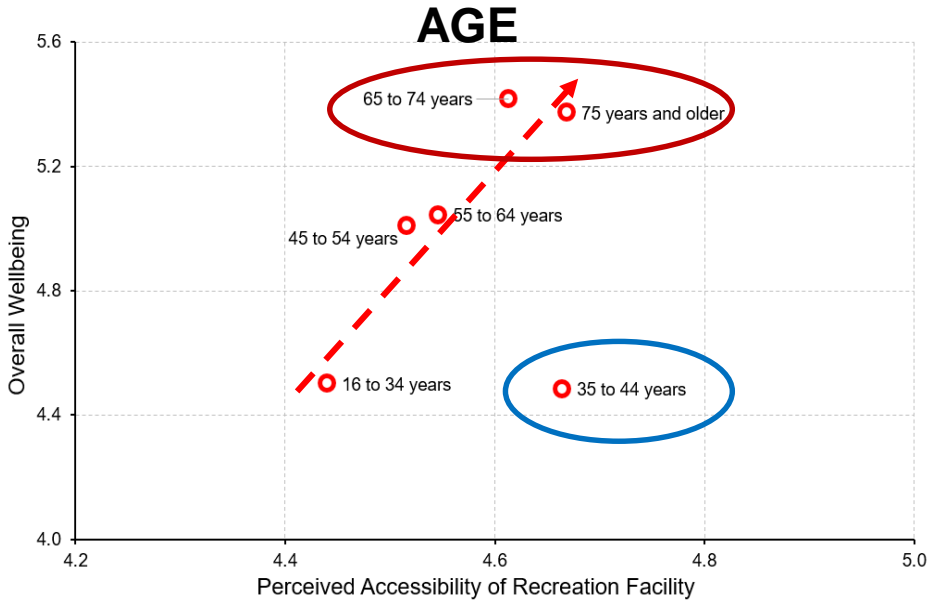
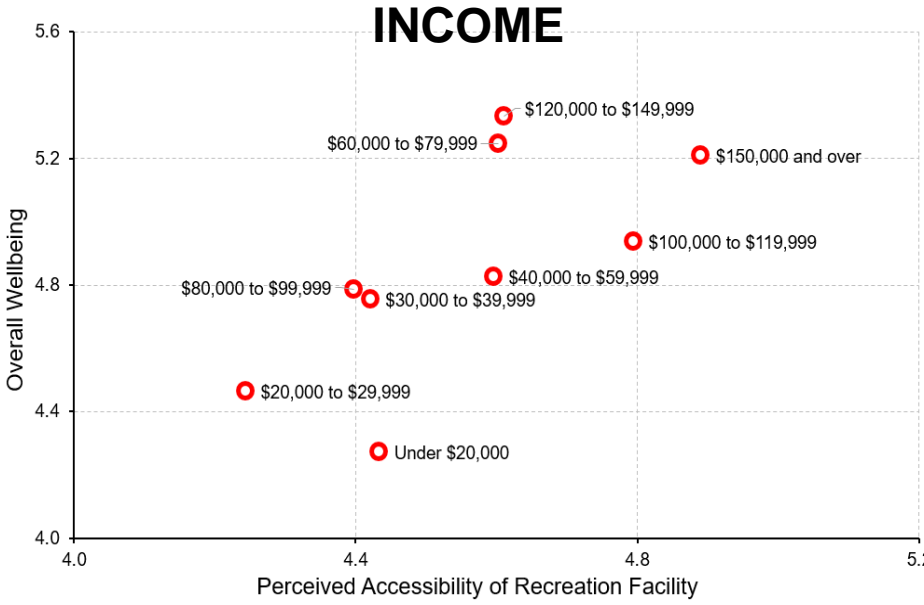




# Accessibility of Facilities by education



# Accessibility of Facilities and Overall Wellbeing





# TIME USE

# TIME USE and Wellbeing

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

## *Below* average wellbeing

- ✓ More often feel rushed
- ✓ Less time to:
  - Get enough sleep
  - Prepare healthy meals
  - Be with partner
  - Be together with family
  - Socialize
- ✓ More like to provide unpaid care to children and older adults

## *Above* average wellbeing

- ✓ More vacation days
- ✓ More time to:
  - Keep in shape
  - Nurture spiritual side
  - Be with children
  - Form/sustain relationships
  - Participate in community
- ✓ Lower work-life imbalance

# TIME USE and Wellbeing by sex

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

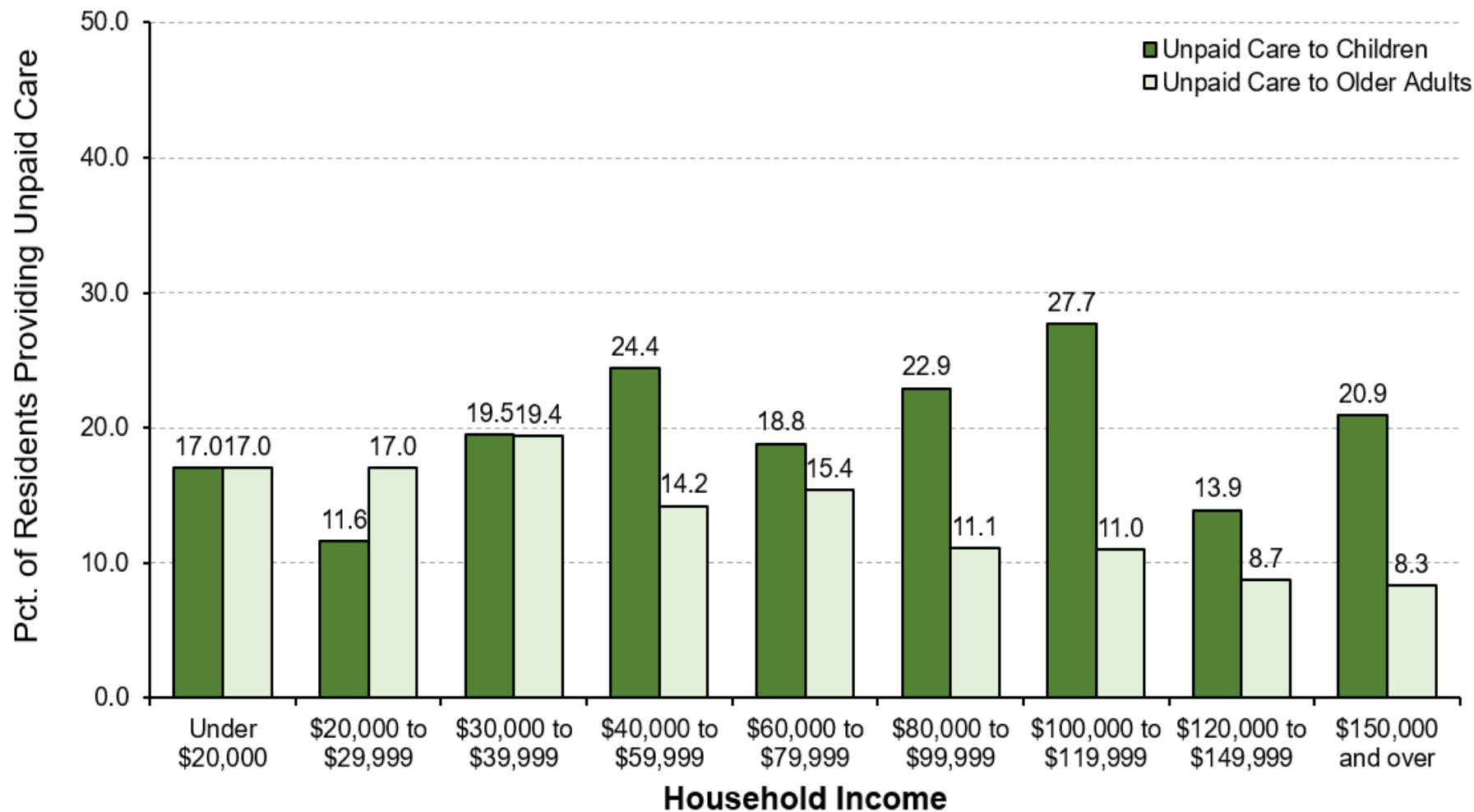
### Women

- ✓ Devote more time taking care of children
- ✓ More often feel rushed
- ✓ Less time to:
  - Get enough sleep
  - Be with partner
  - Be with children
  - To socialize
- ✓ Work interferes more with personal life

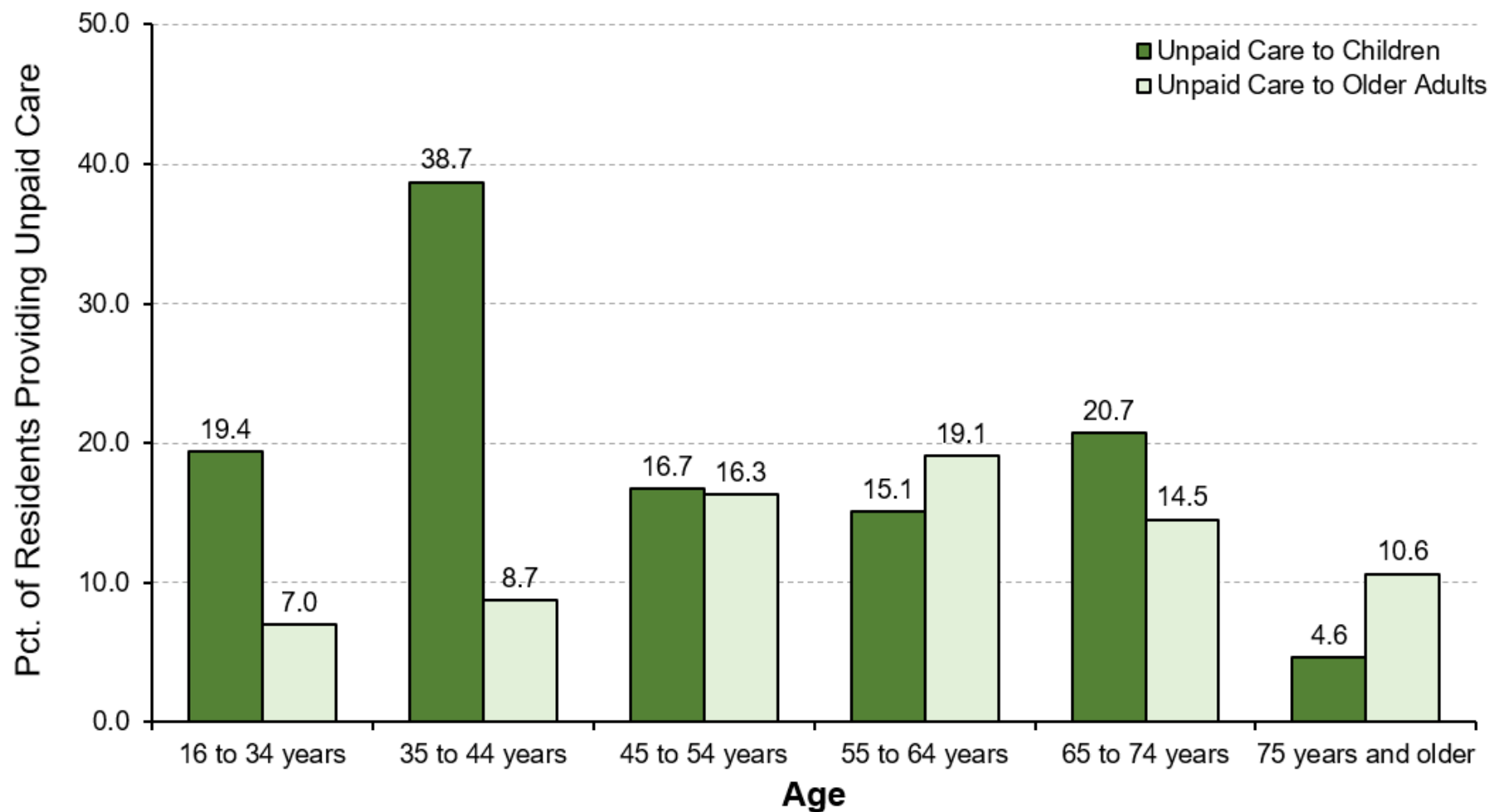
### Men

- ✓ More often feel that they have free time on their hands
- ✓ More time to:
  - Keep in shape
  - Nurture spiritual side
  - Form/sustain relationships
  - Be active in community
- ✓ Higher perceived work-life balance

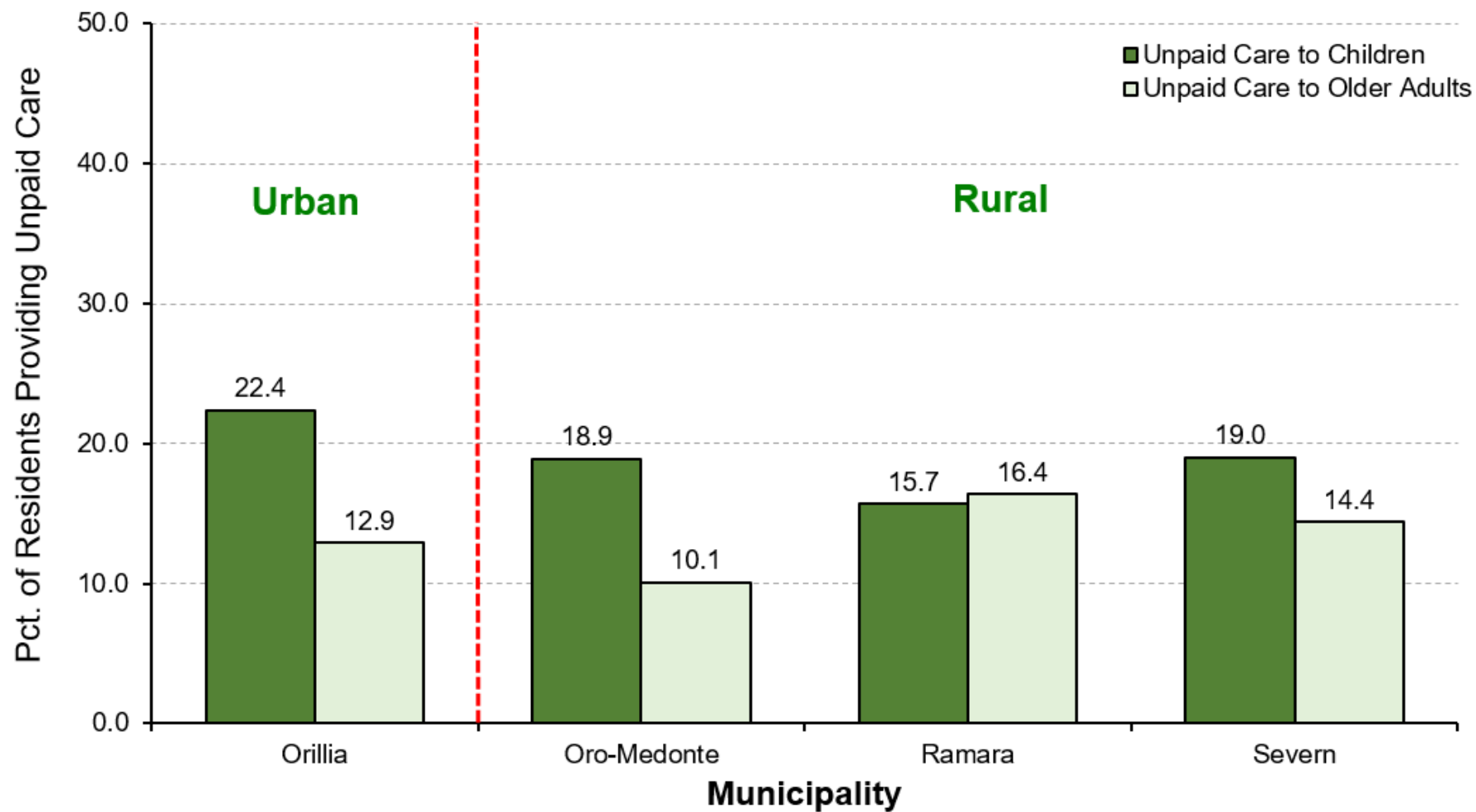
# Providing Unpaid Care by *income*



# Providing Unpaid Care by age

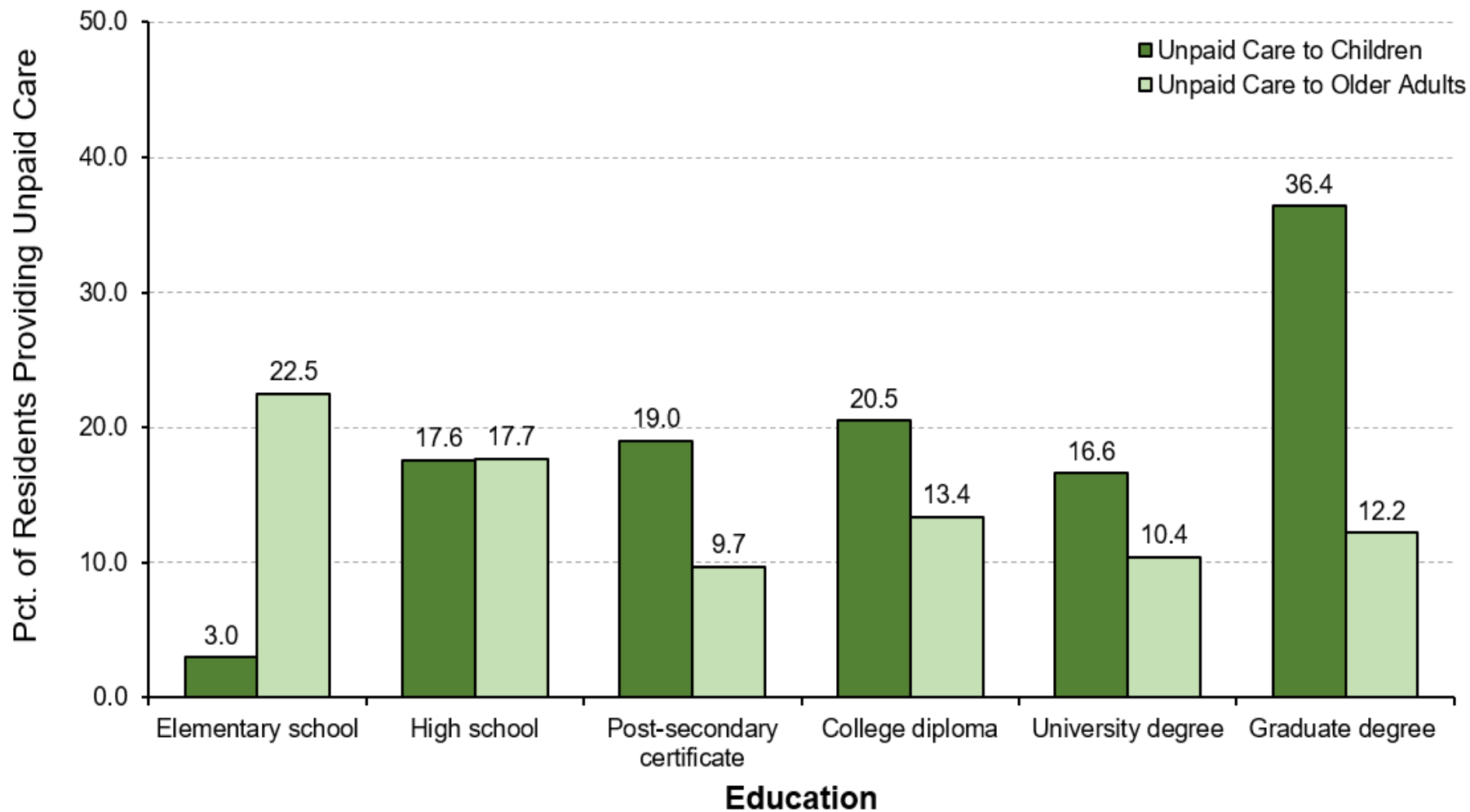


# Providing Unpaid Care by *municipality*

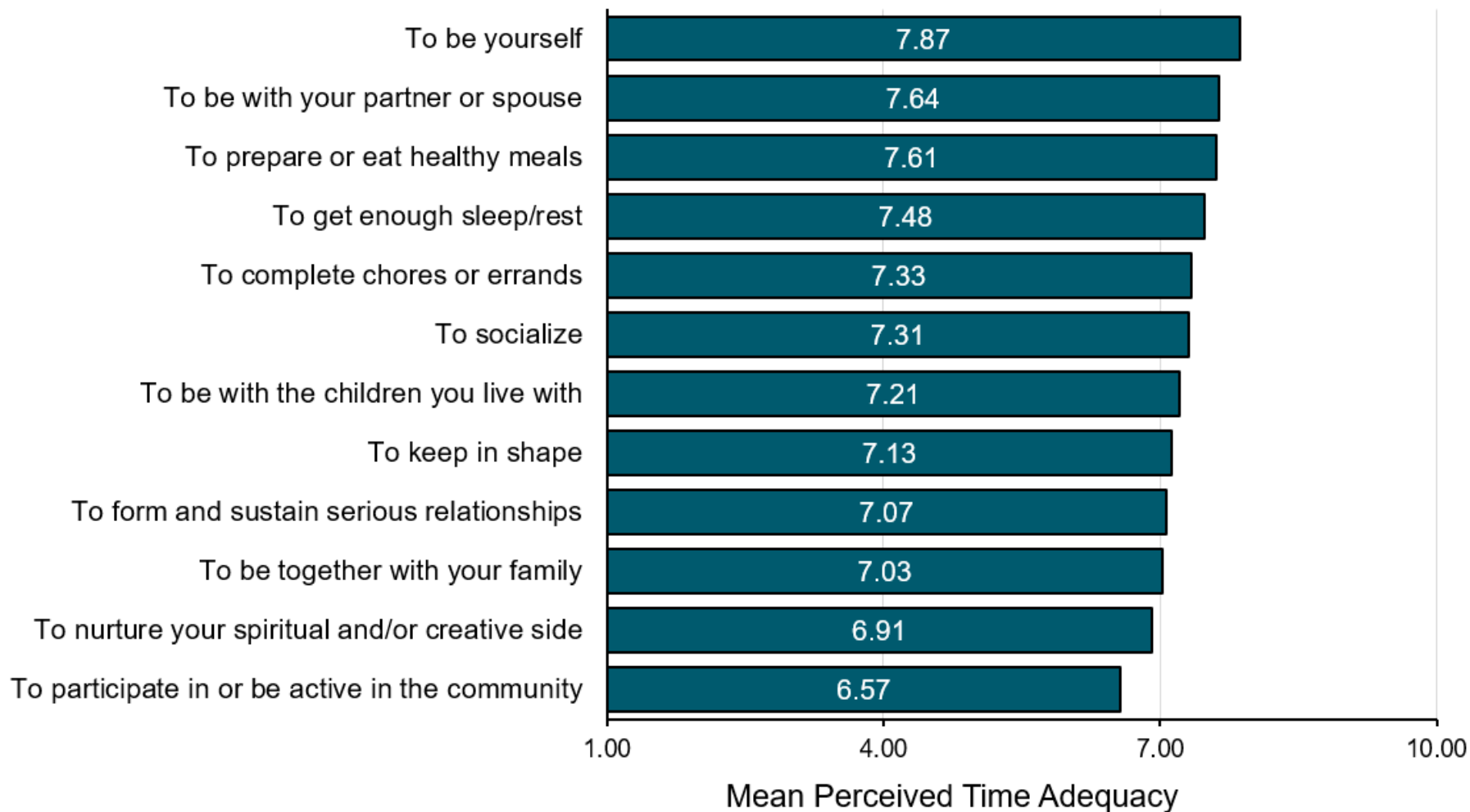




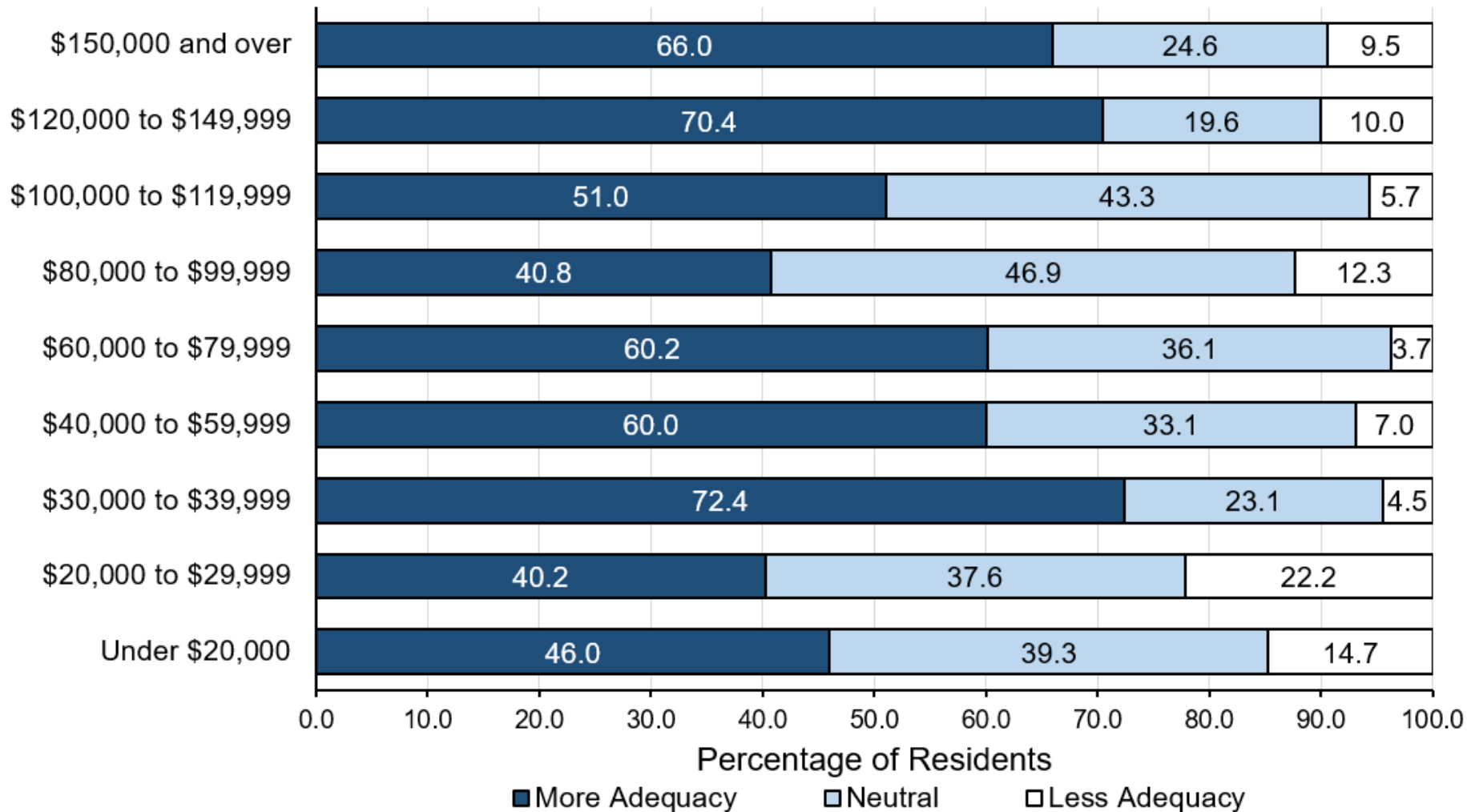
# Providing Unpaid Care by *education*



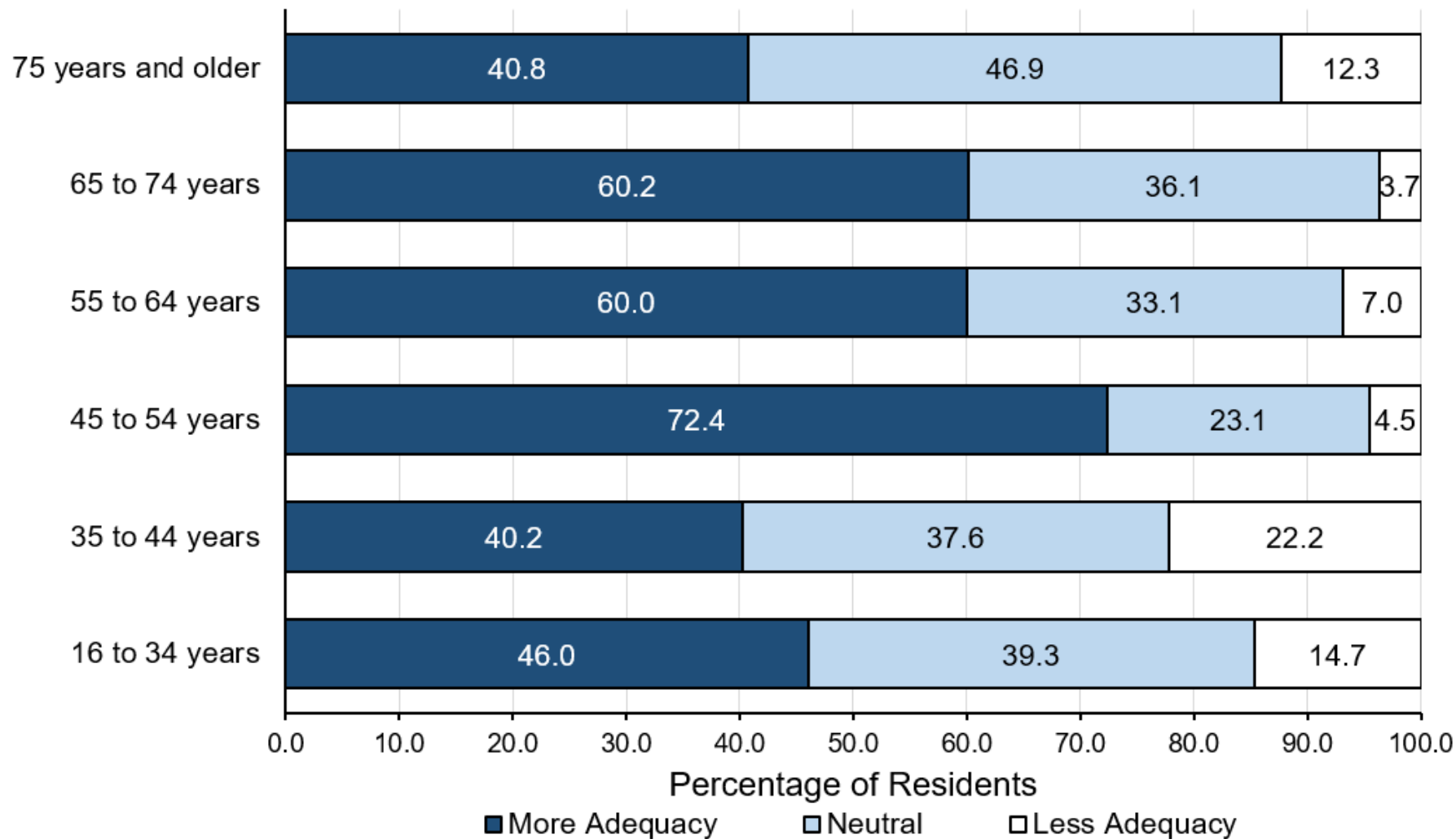
# Time Adequacy in Orillia and Area



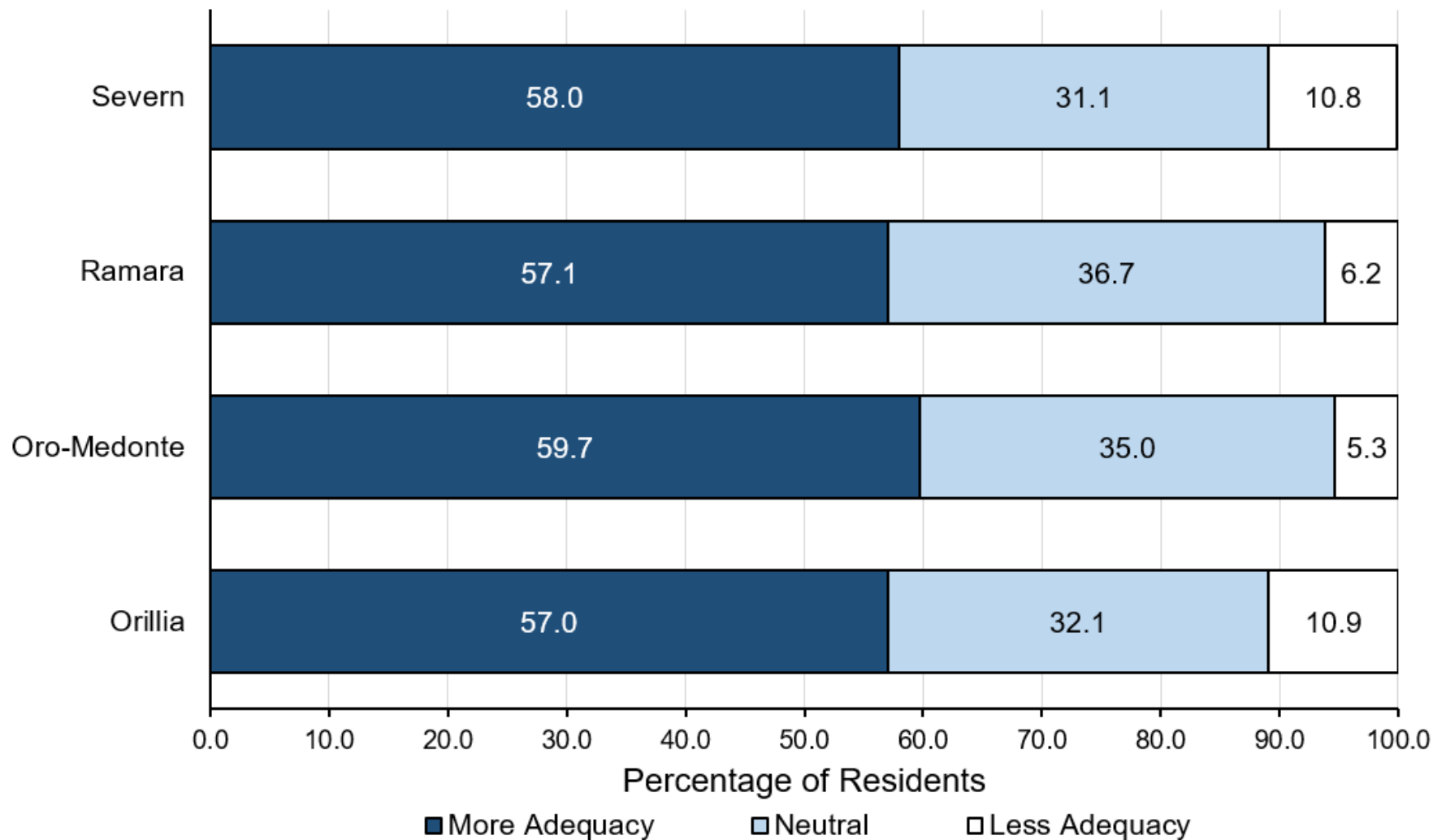
# Time Adequacy by *income*



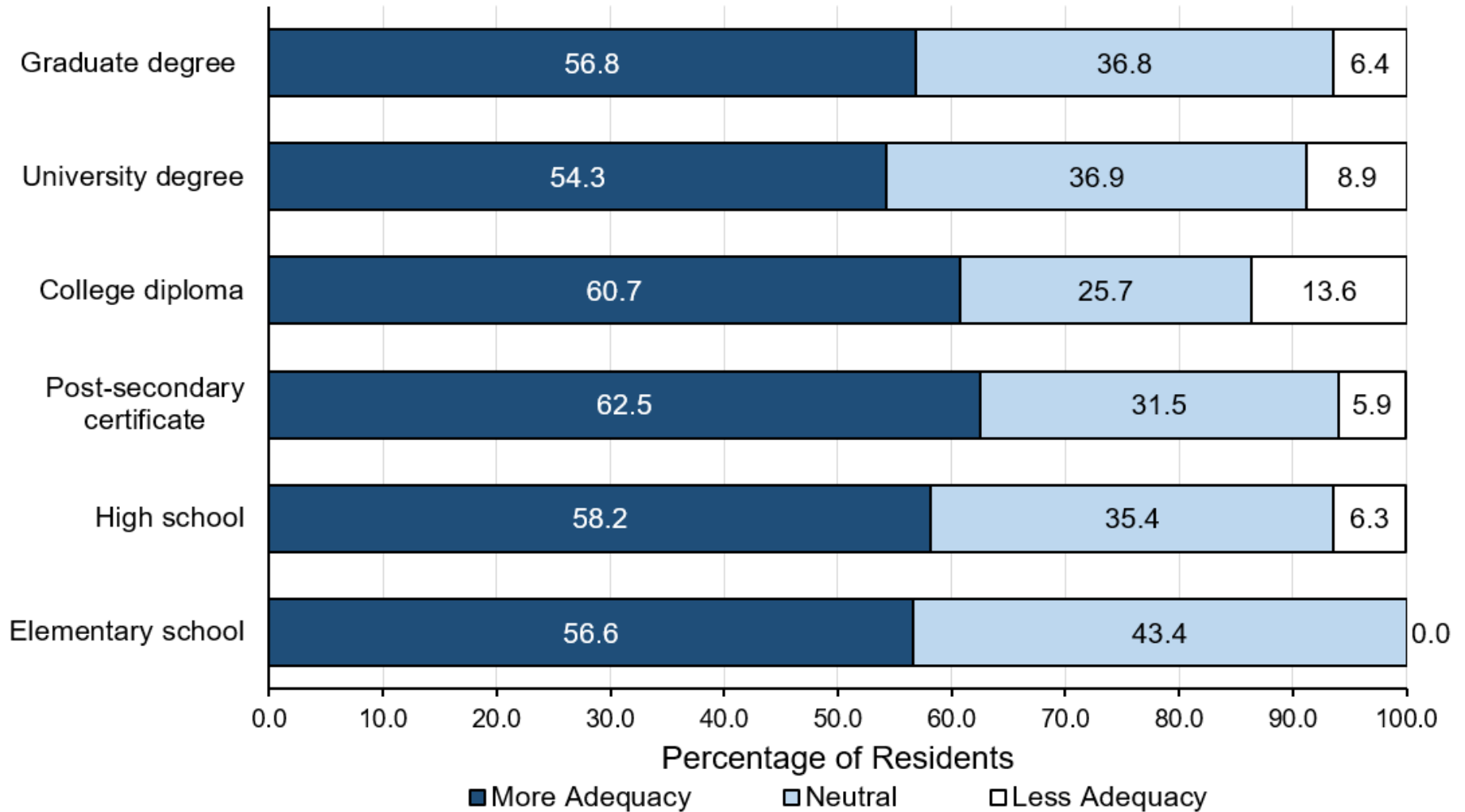
# Time Adequacy by age



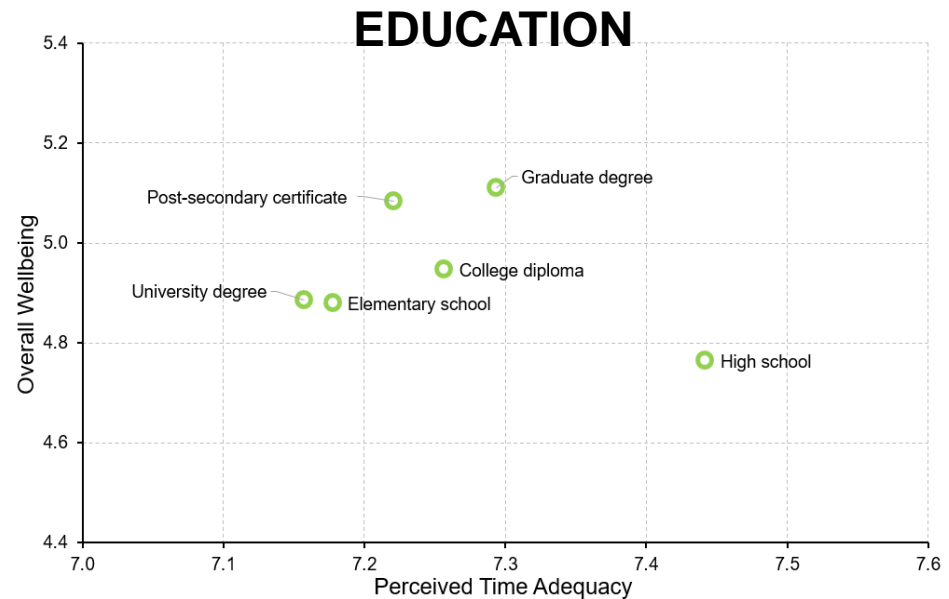
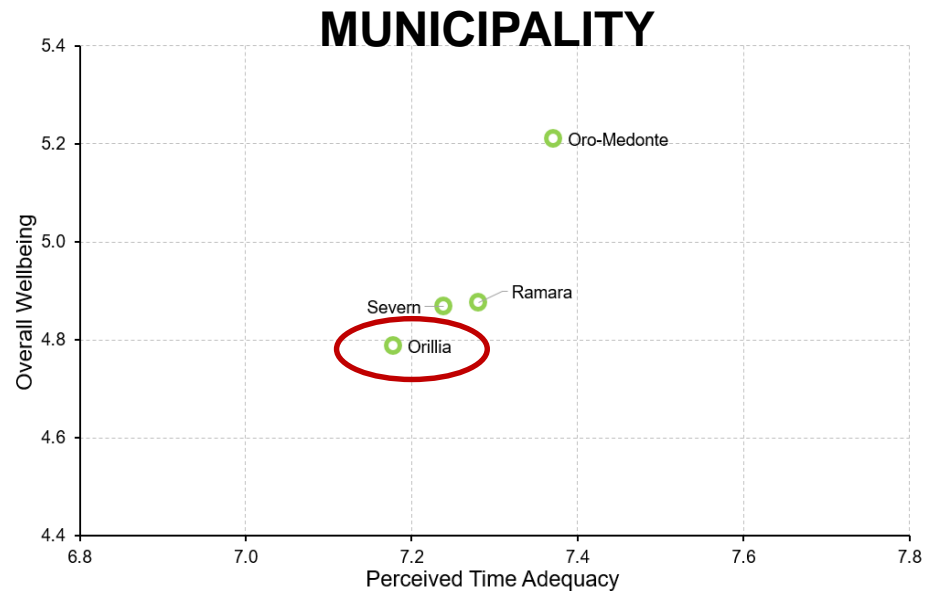
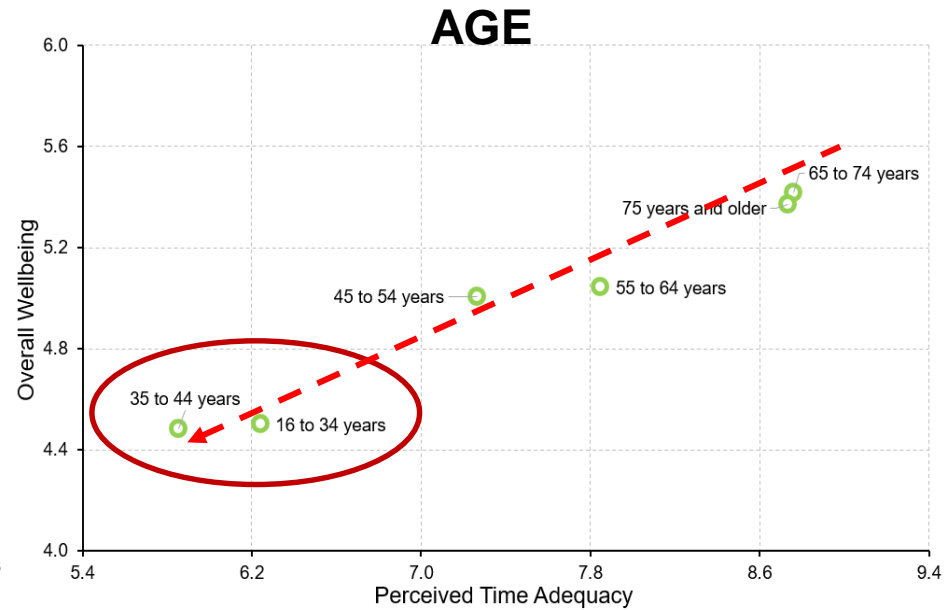
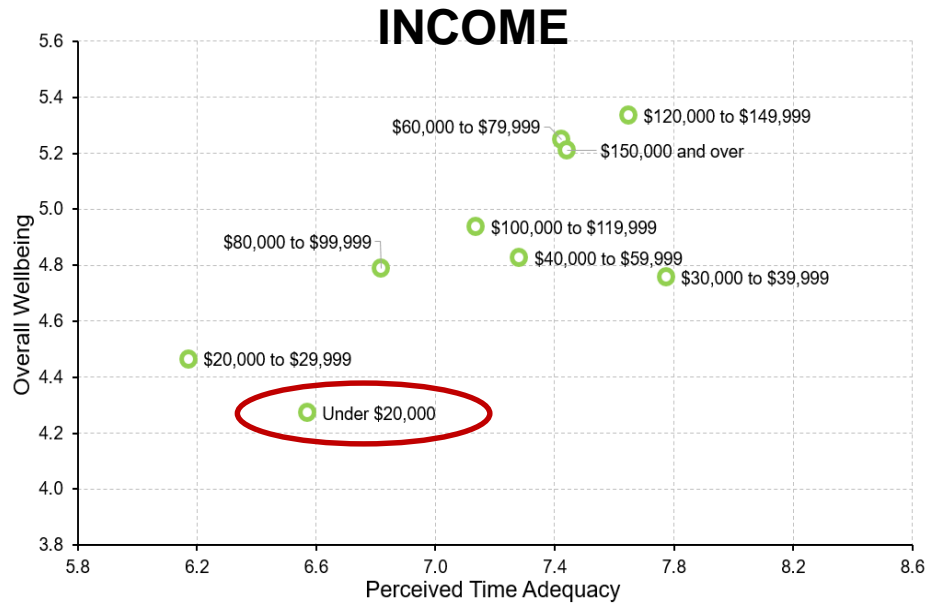
# Time Adequacy by *municipality*



# Time Adequacy by *education*



# Time Adequacy and Overall Wellbeing





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

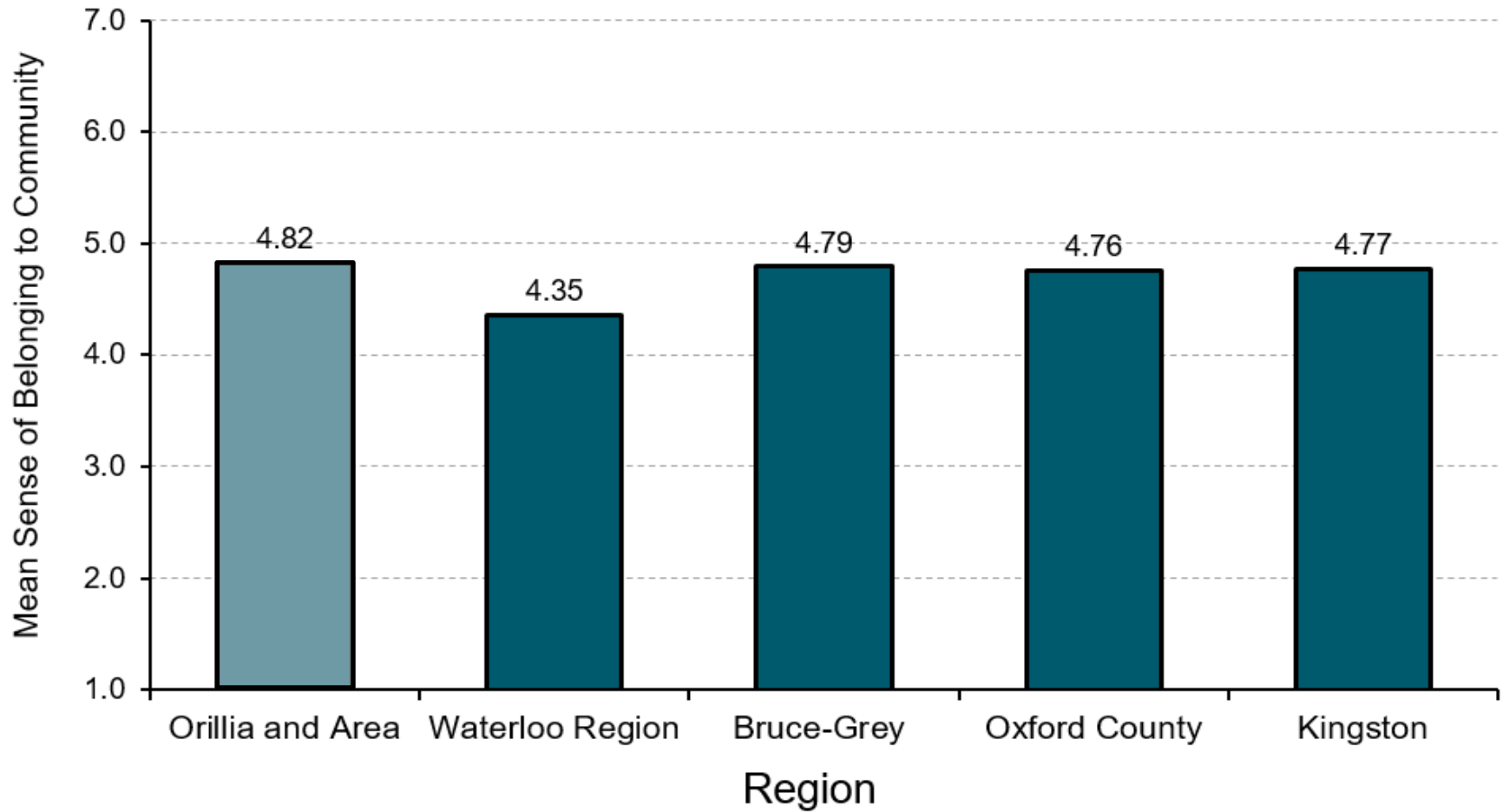




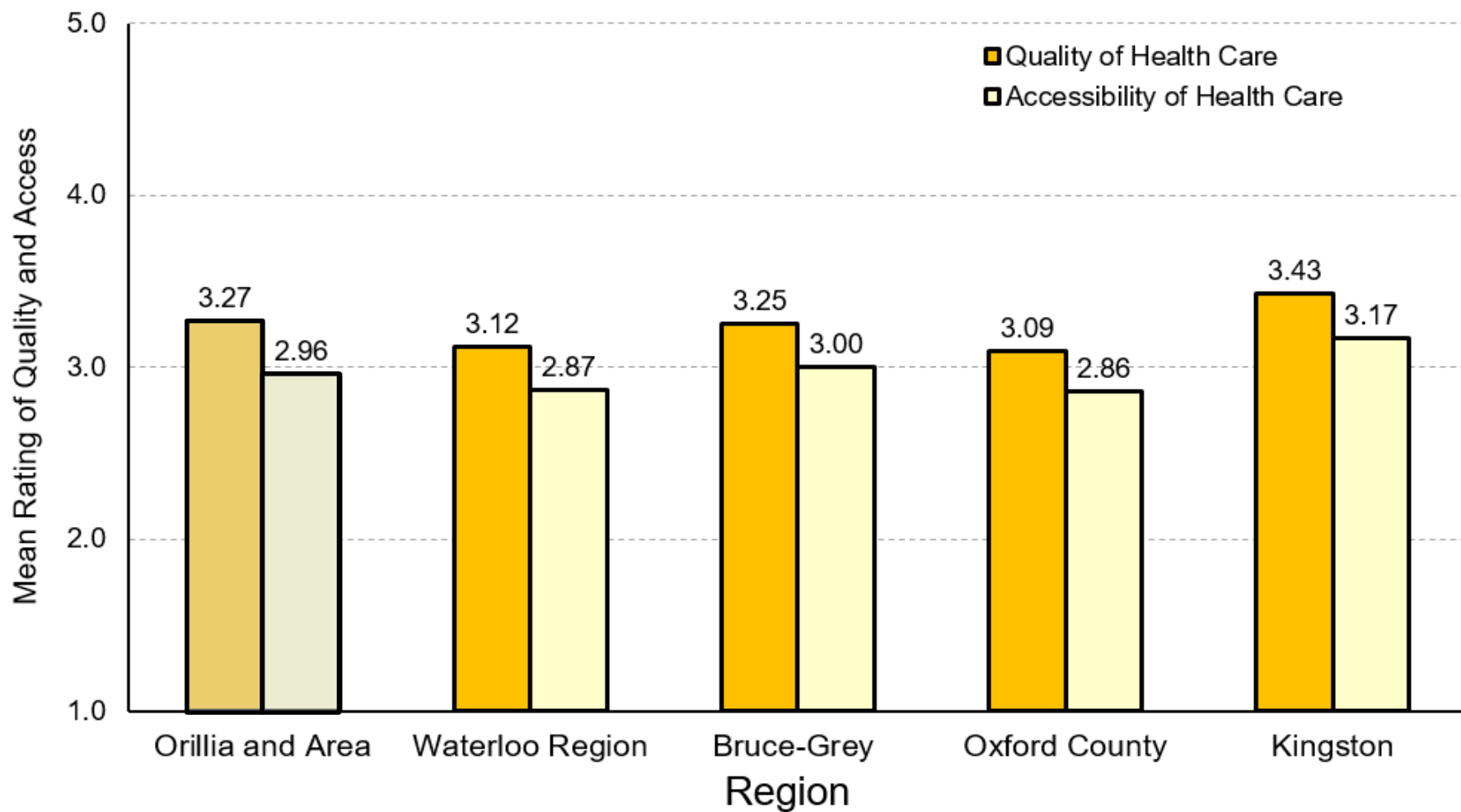
# Comparisons to Other Communities



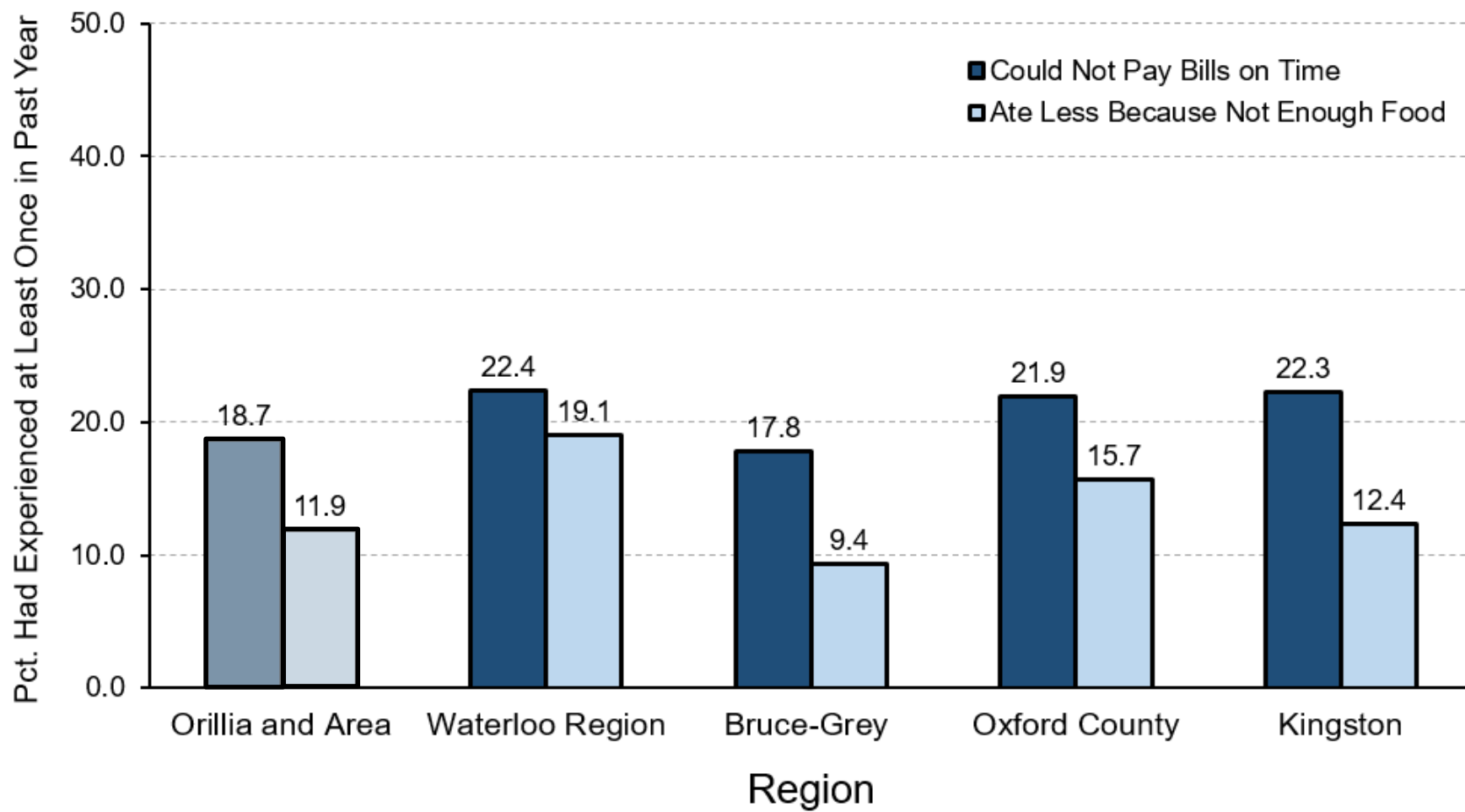
# Community Vitality: *Sense of belonging to community*



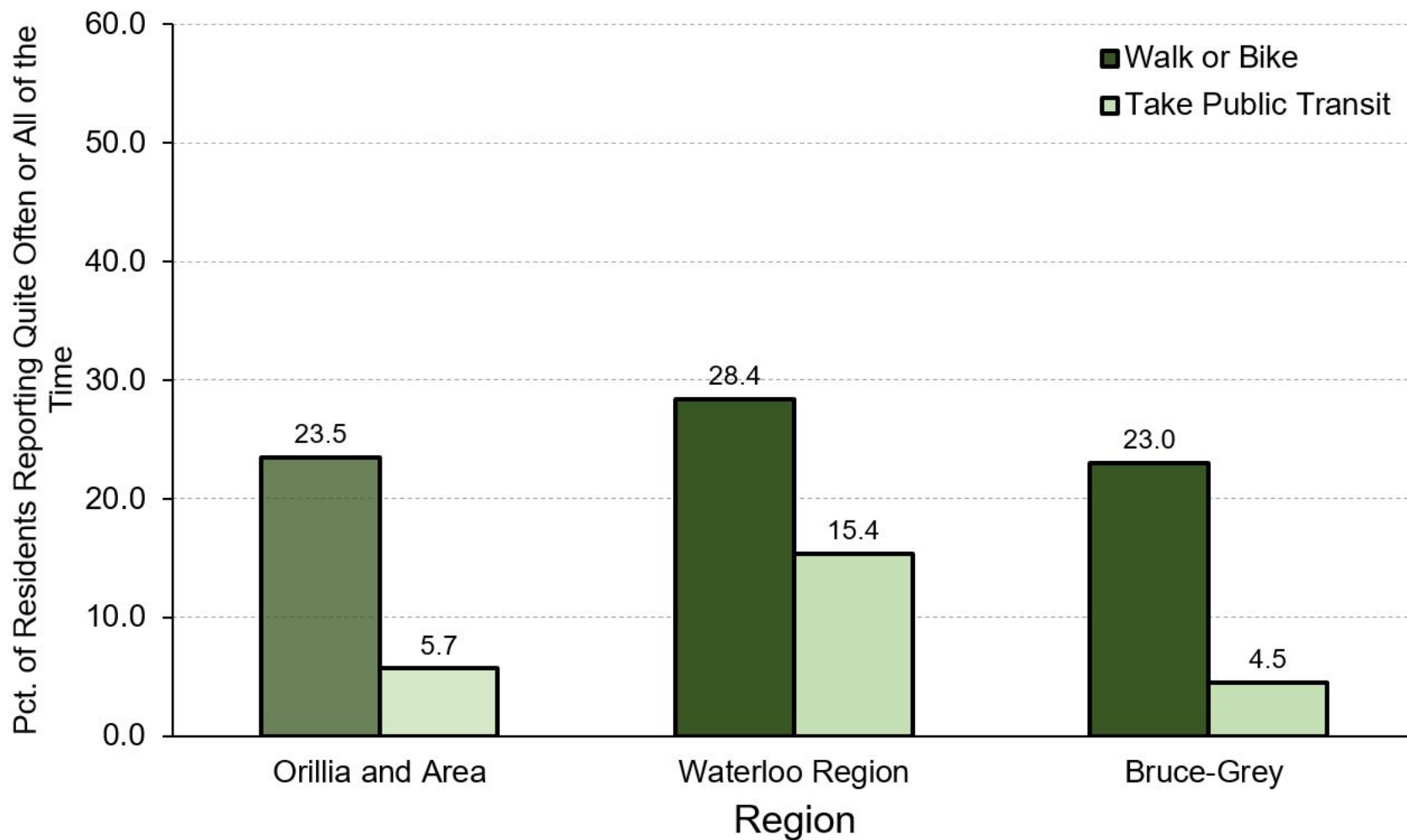
# Healthy Populations: *Ratings of health care services*



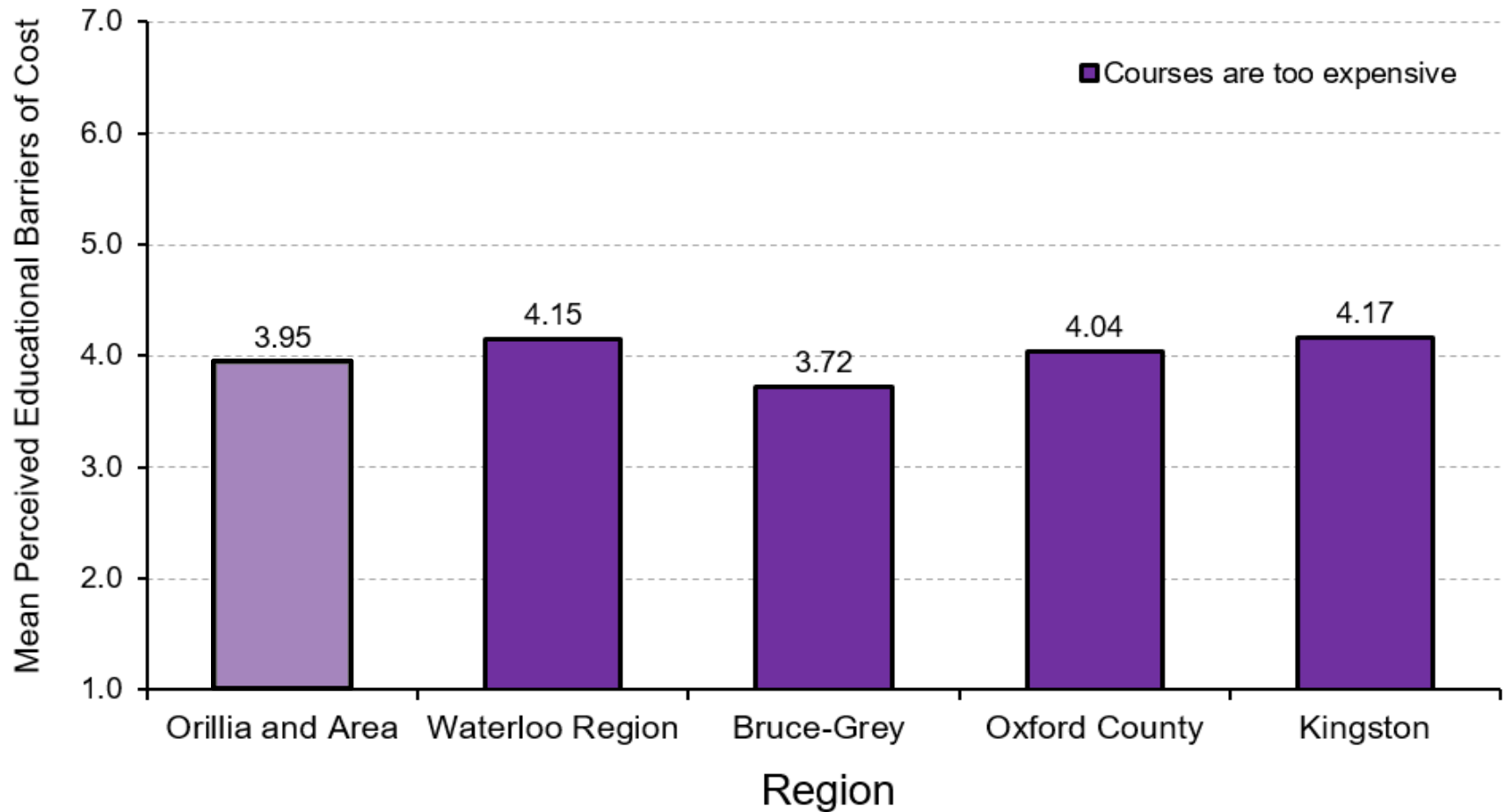
# Living Standards: *Experiences of financial insecurity*



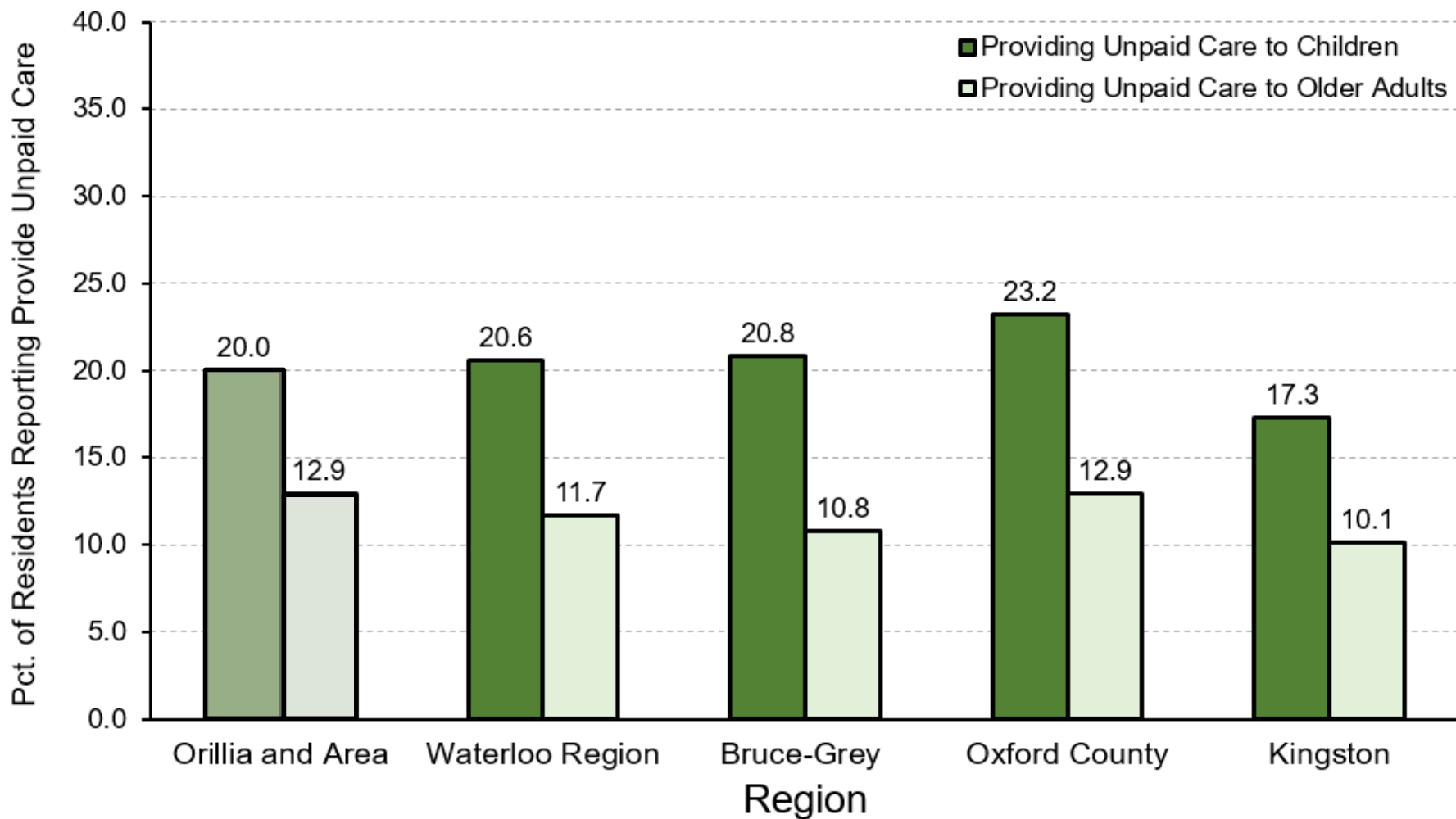
# Environment: Active transportation



# Education: *Educational opportunities*

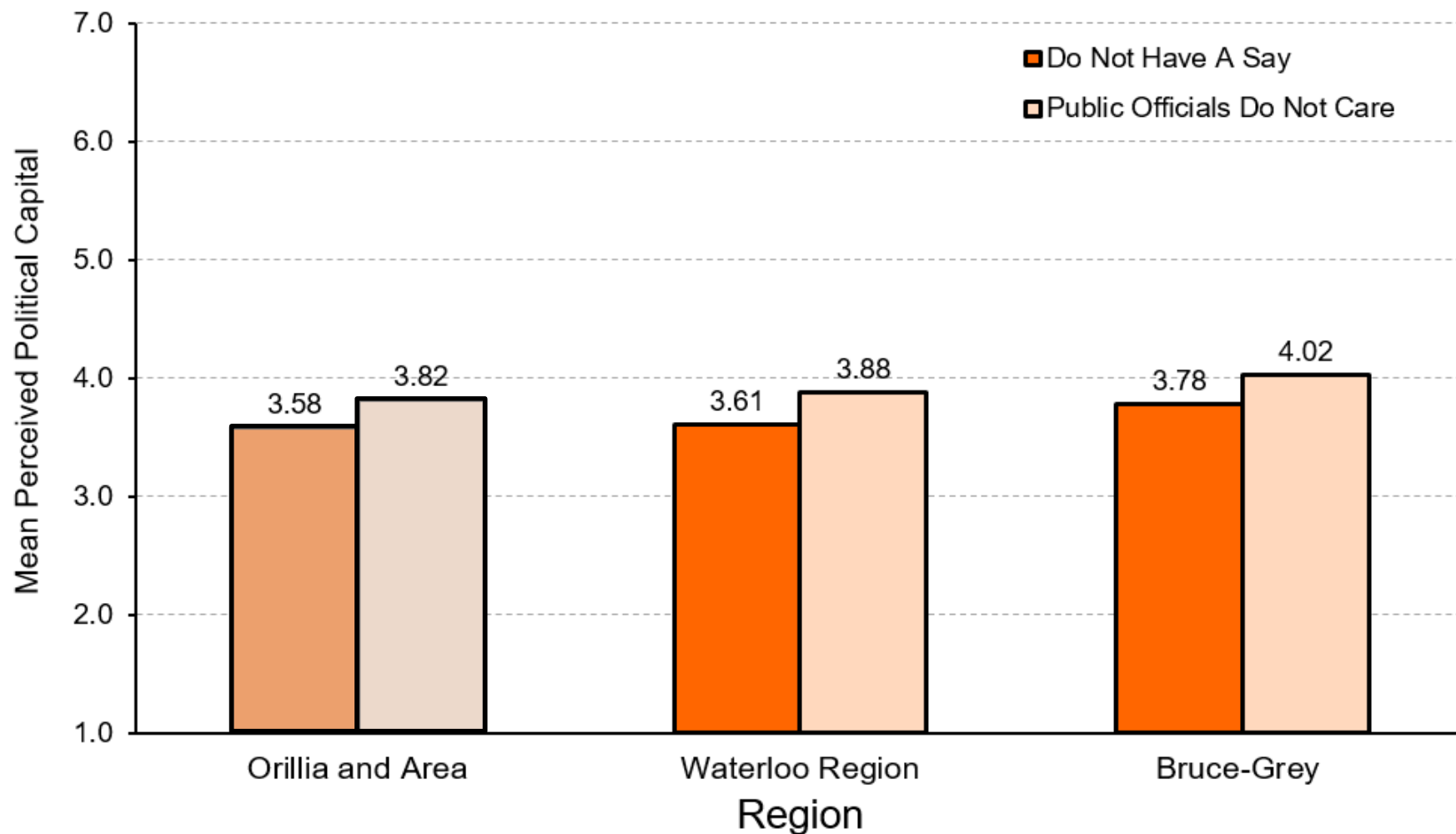


# Time Use: *Perceived time adequacy*

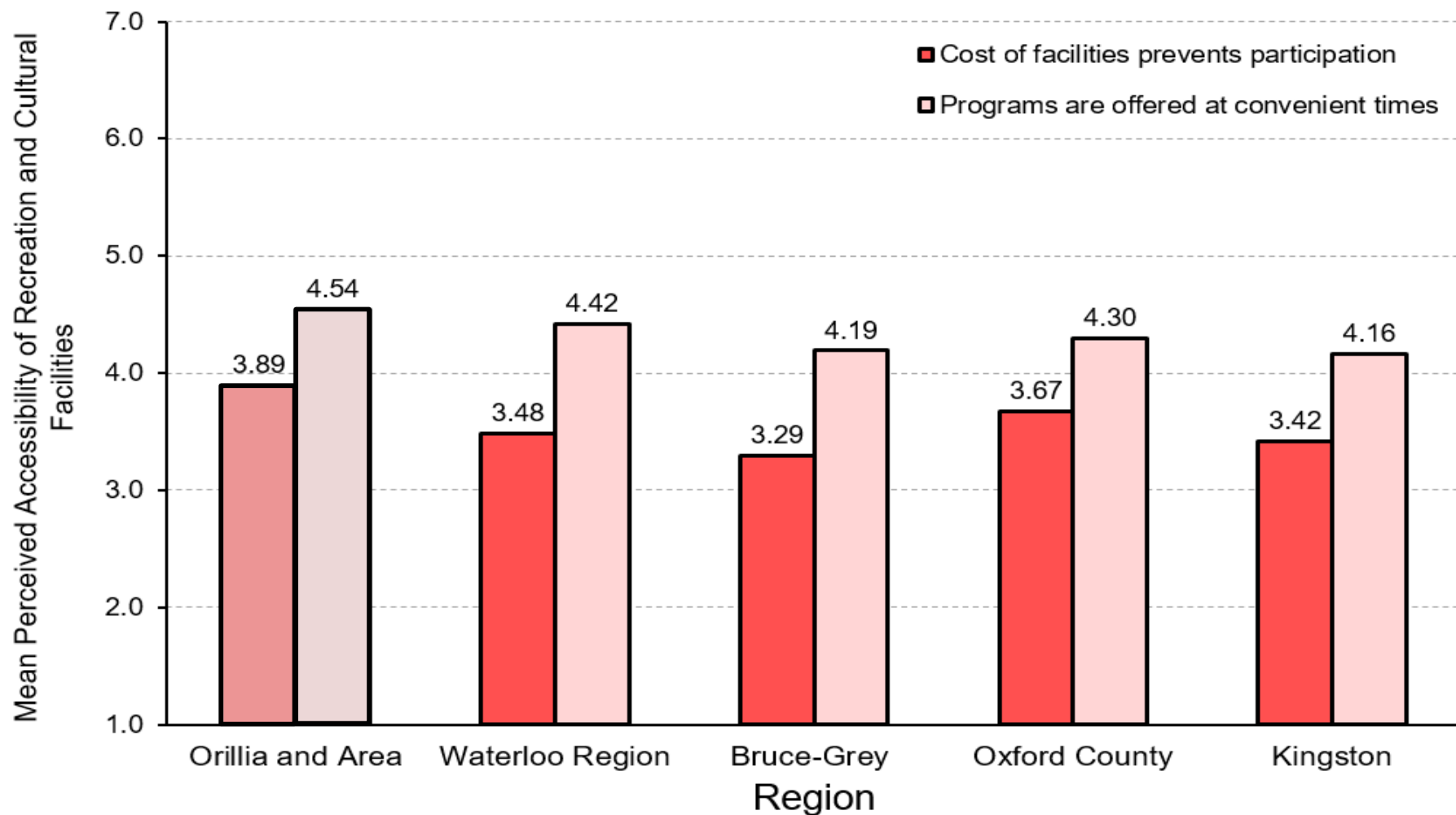




# Democratic Engagement: *Political capital*



# Leisure and Culture: *Accessibility to facilities*



# Social Issues Concerning Residents



# Top Five Social Issues Perceived to Affect Wellbeing

## Summary by Municipality

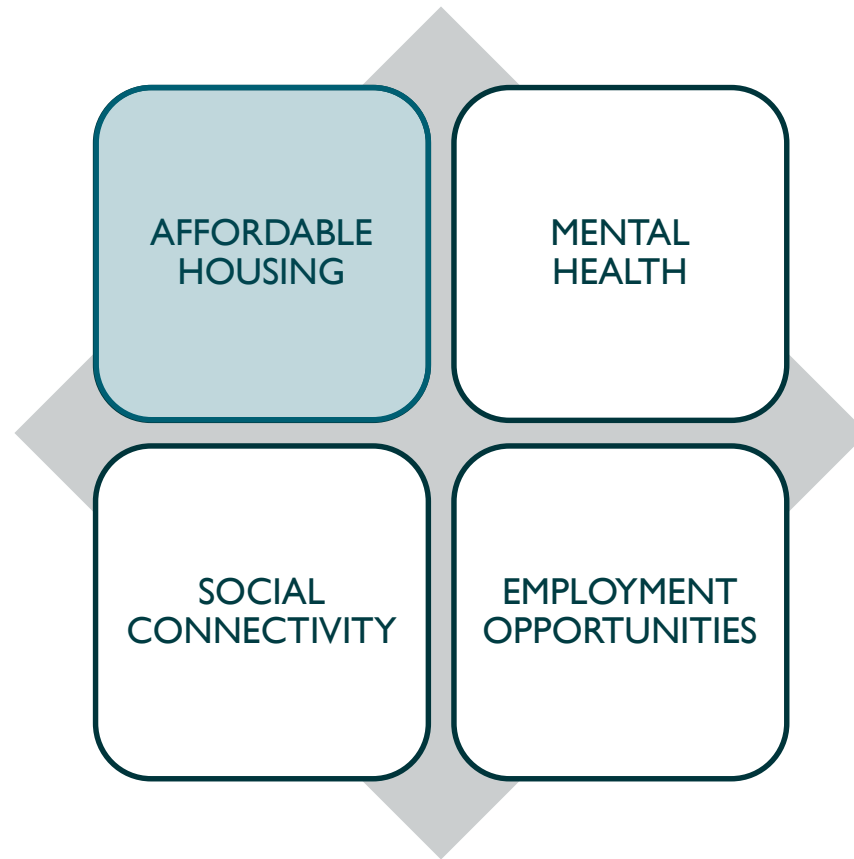
ORILLIA	ORO-MEDONTE	RAMARA	SEVERN
Access to affordable housing	Access to affordable housing	Access to affordable housing	Access to affordable housing
Mental health	Employment opportunities	Mental health	Employment opportunities
Poverty	Mental health	Employment opportunities	Mental health
Addictions	Poverty	Addictions	Addictions
Food insecurity	Social connectivity	Poverty	Poverty

Social connectivity replaced addictions as a top-5 issue in Oro-Medonte

Food insecurity replaced employment opportunities as a top-5 issue in Orillia

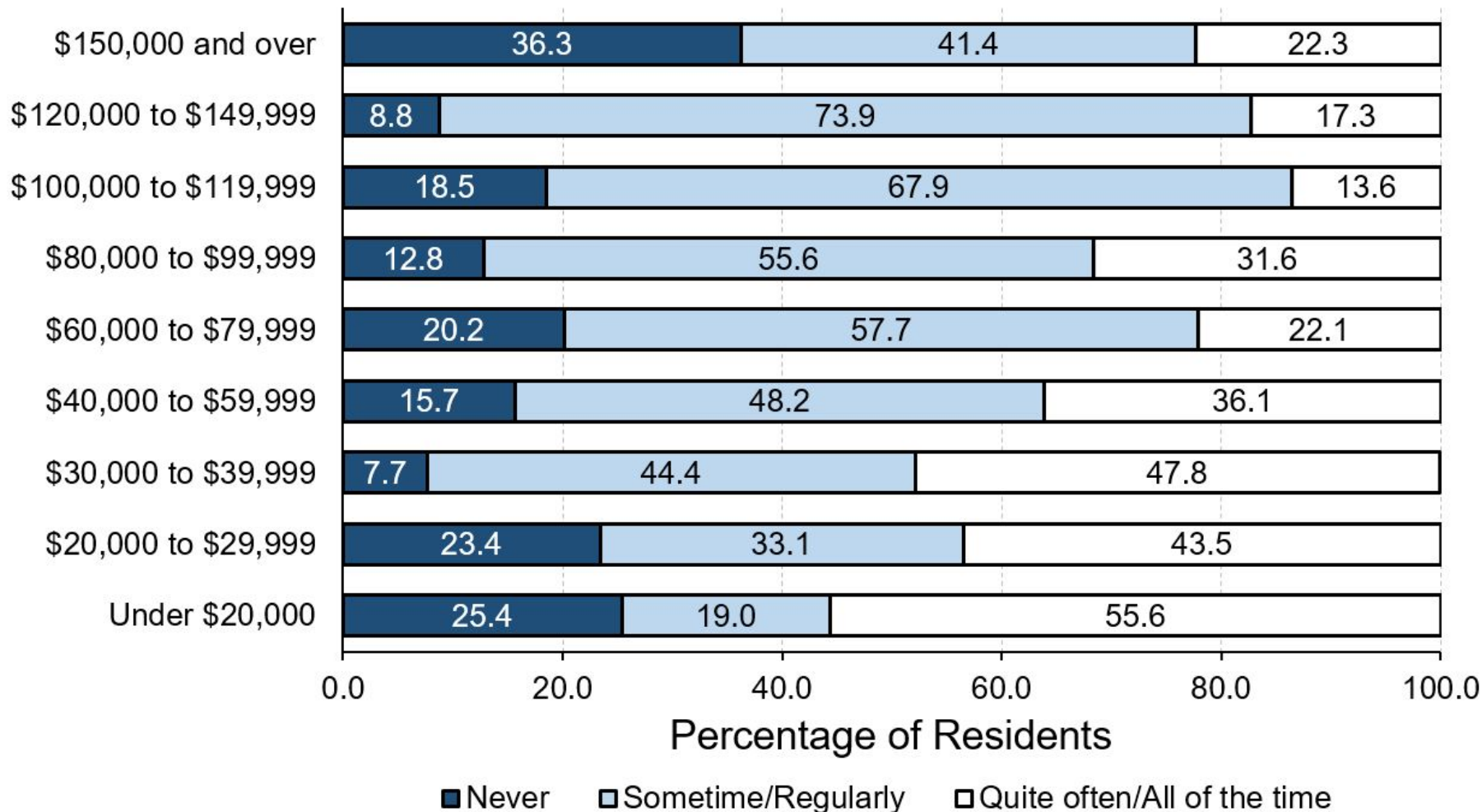
# Connectivity between Domains





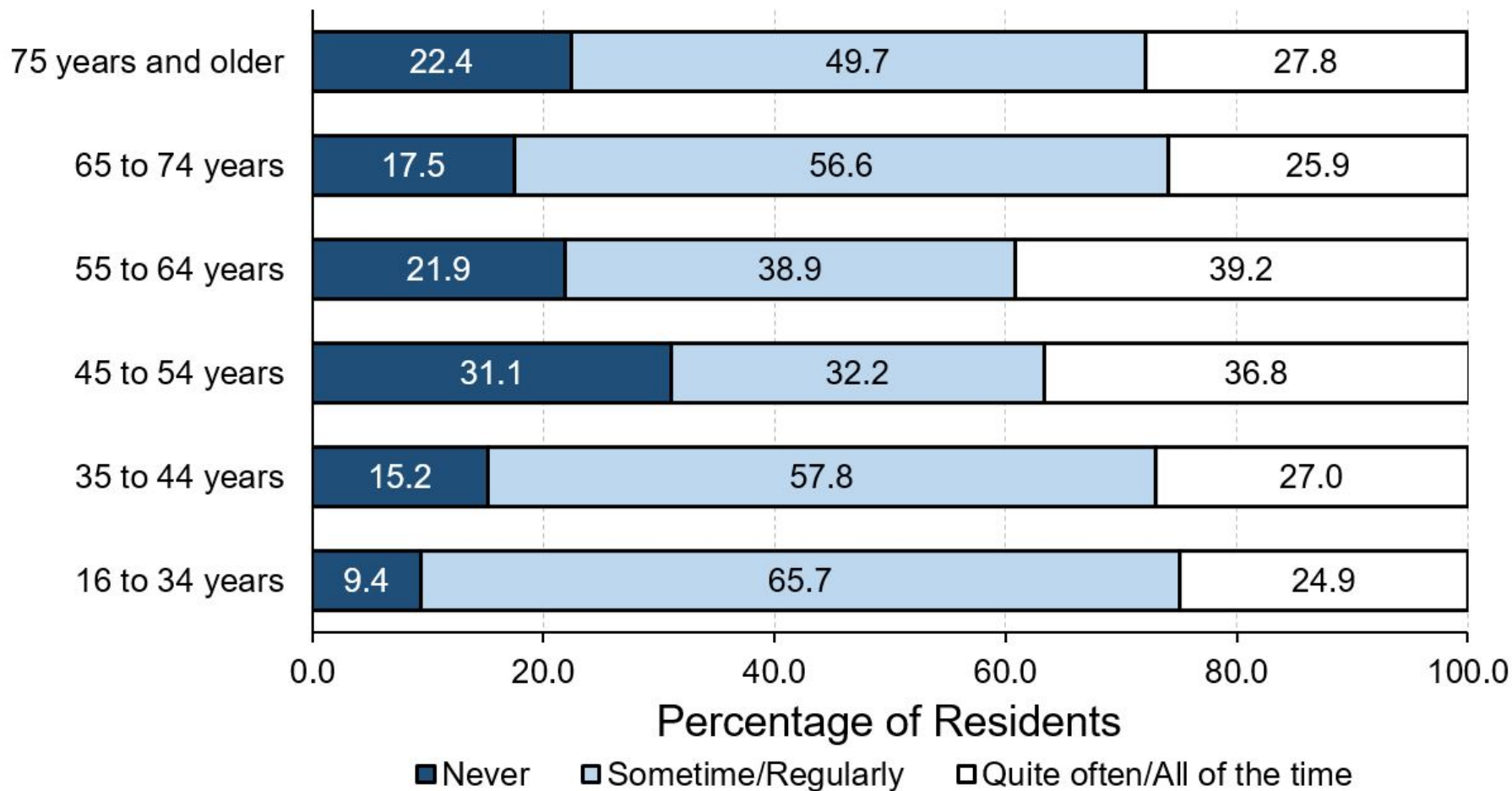
# Affordable Housing as a problem in community

## Income



# Affordable Housing as a problem in community

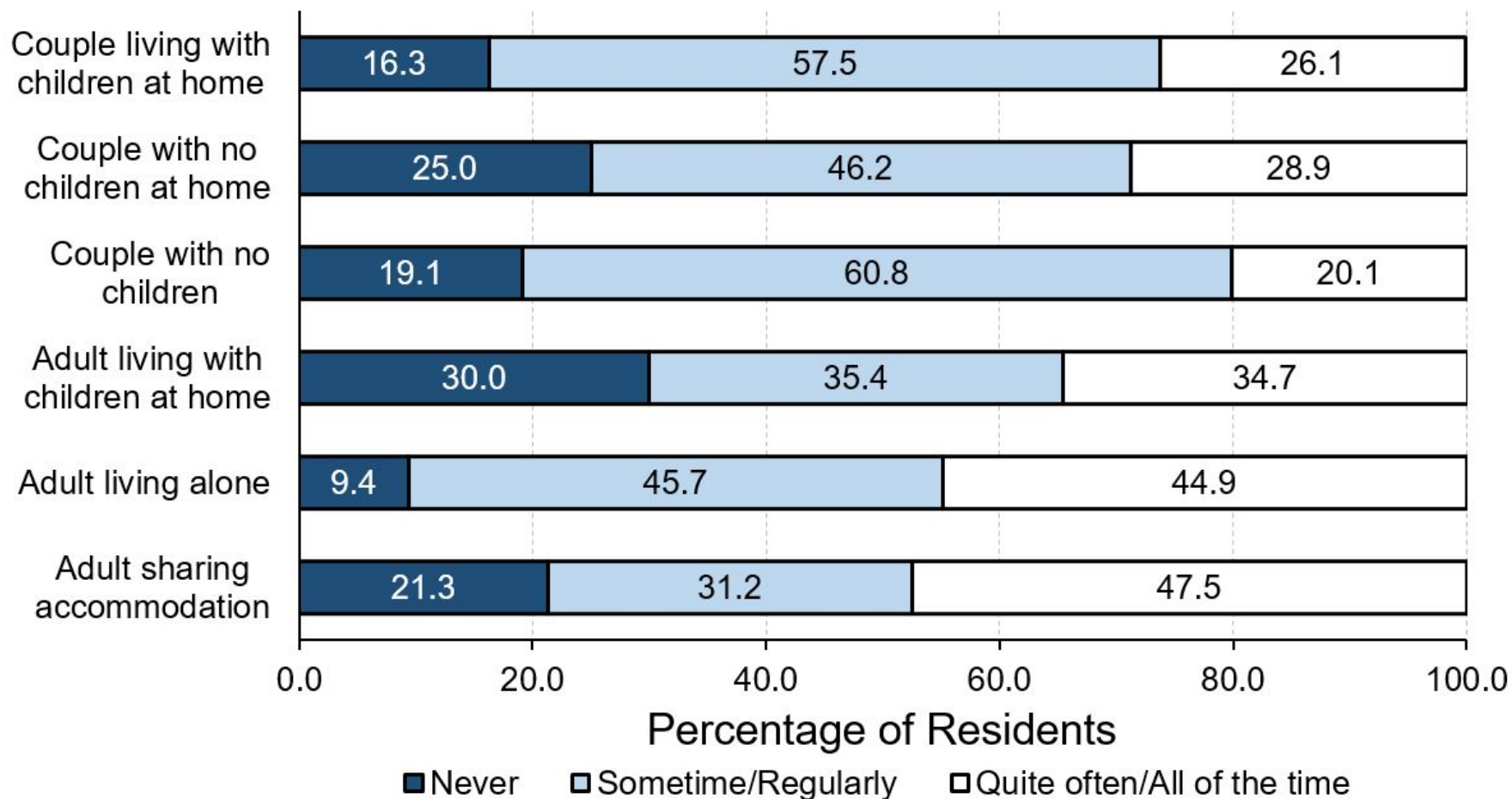
## Age



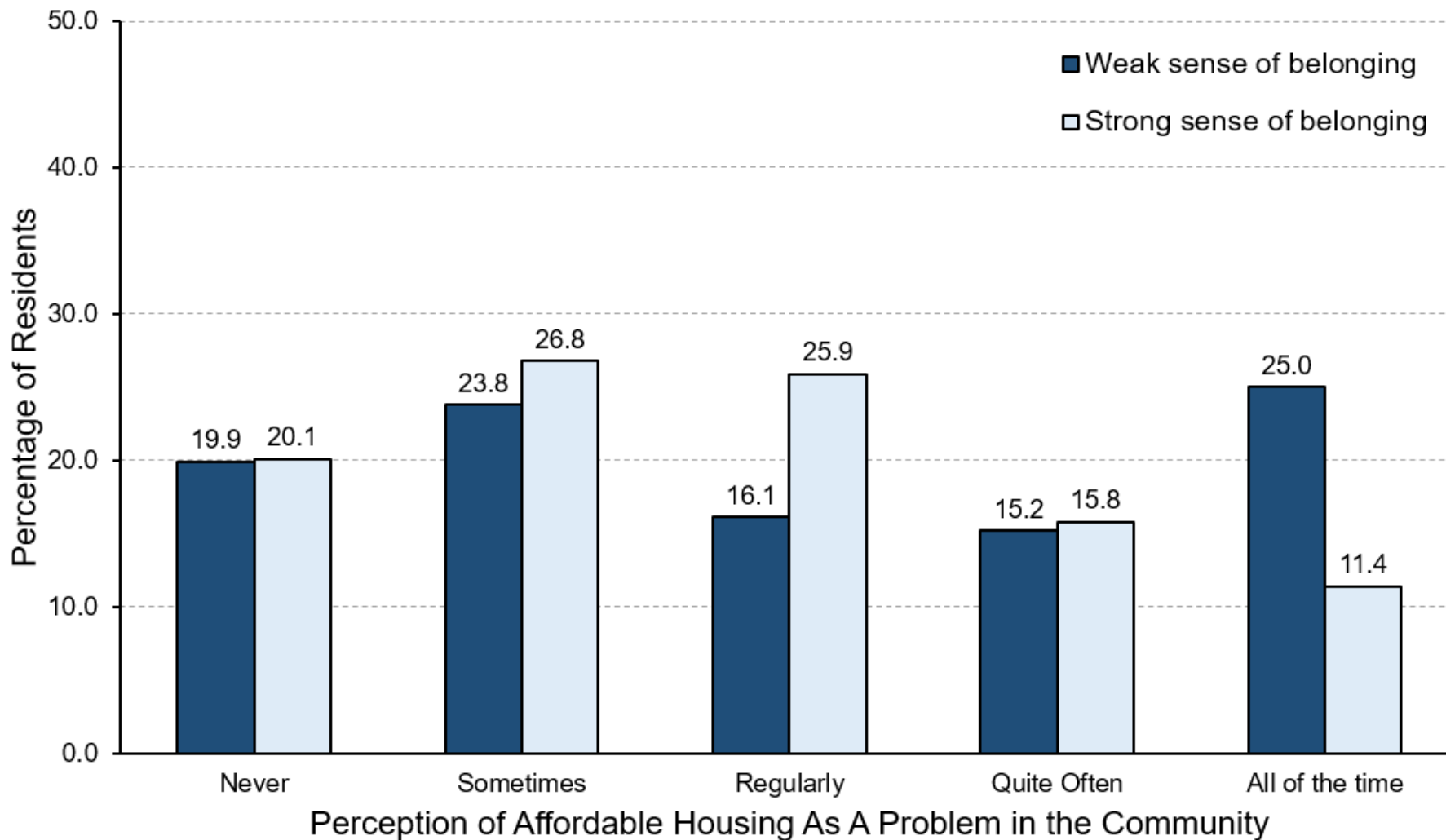


# Affordable Housing as a problem in community

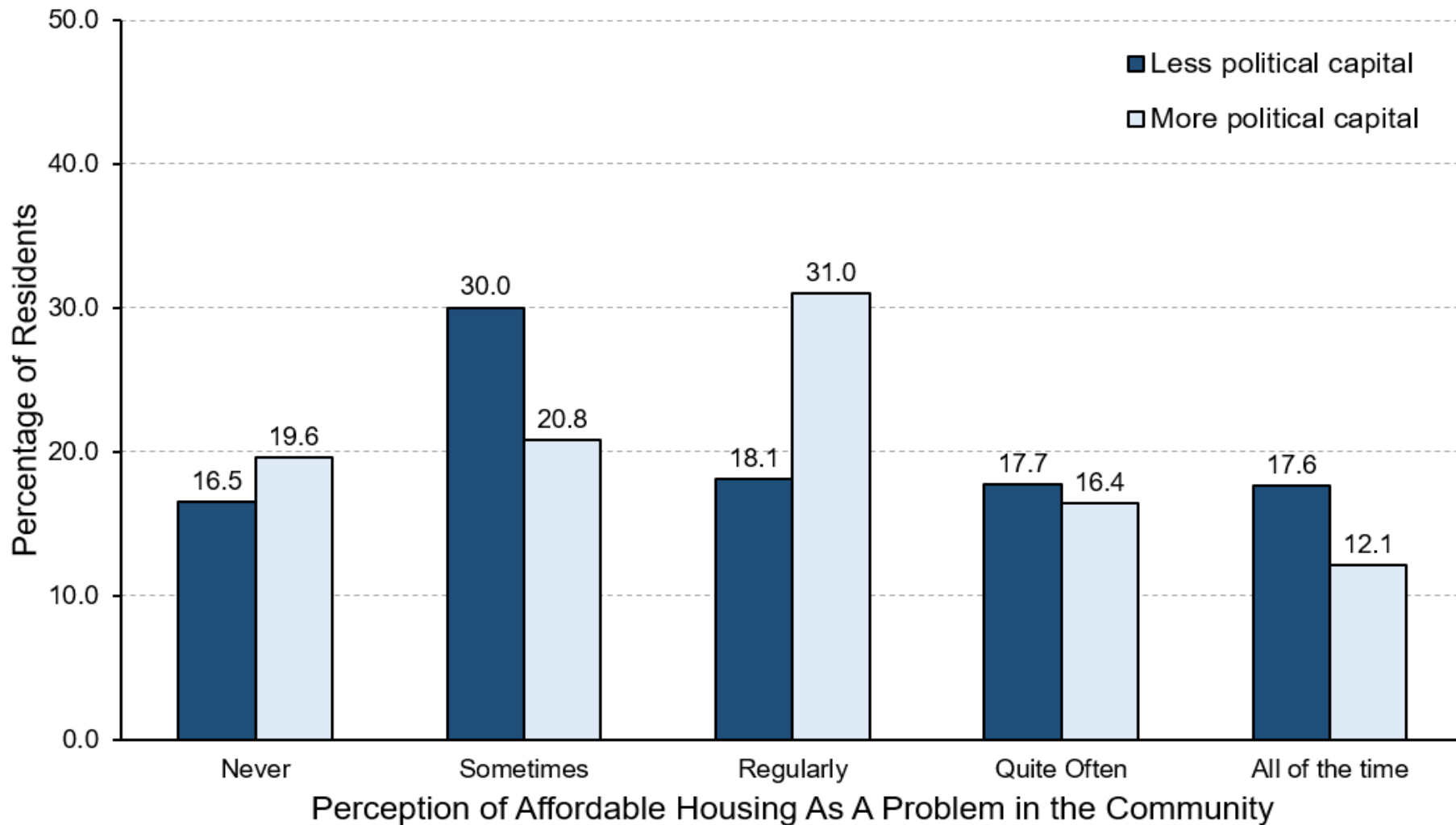
## Living Arrangement



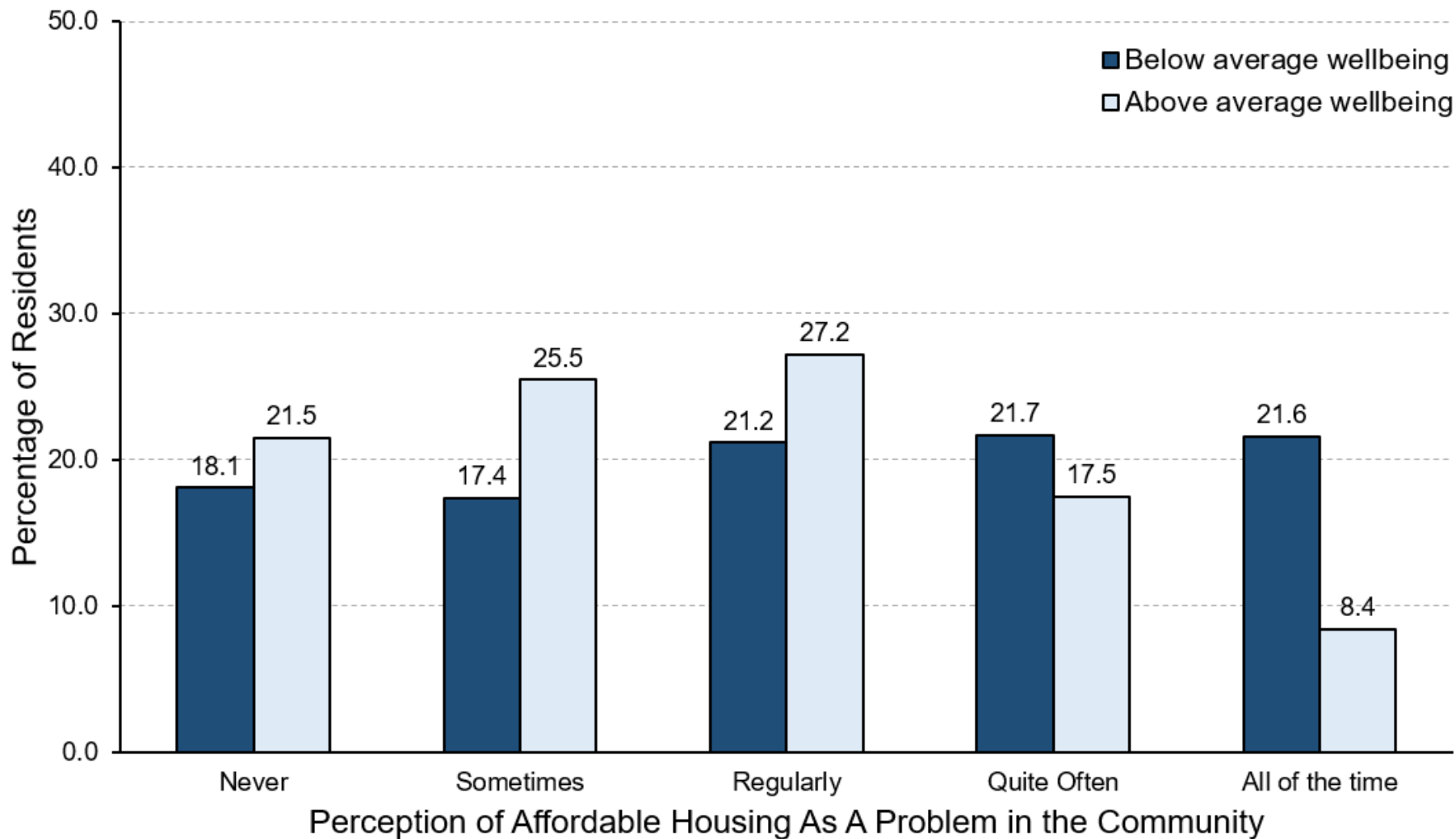
# Affordable Housing and Sense of Belonging



# Affordable Housing and Political Capital



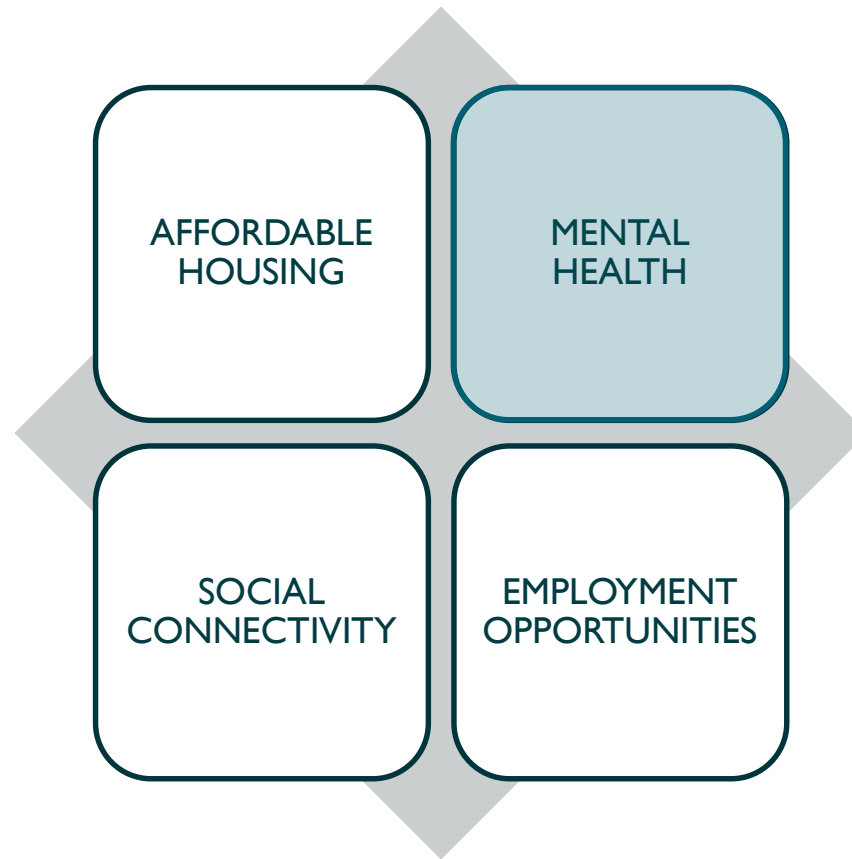
# Affordable Housing and Overall Wellbeing



# Affordable Housing and Overall Wellbeing

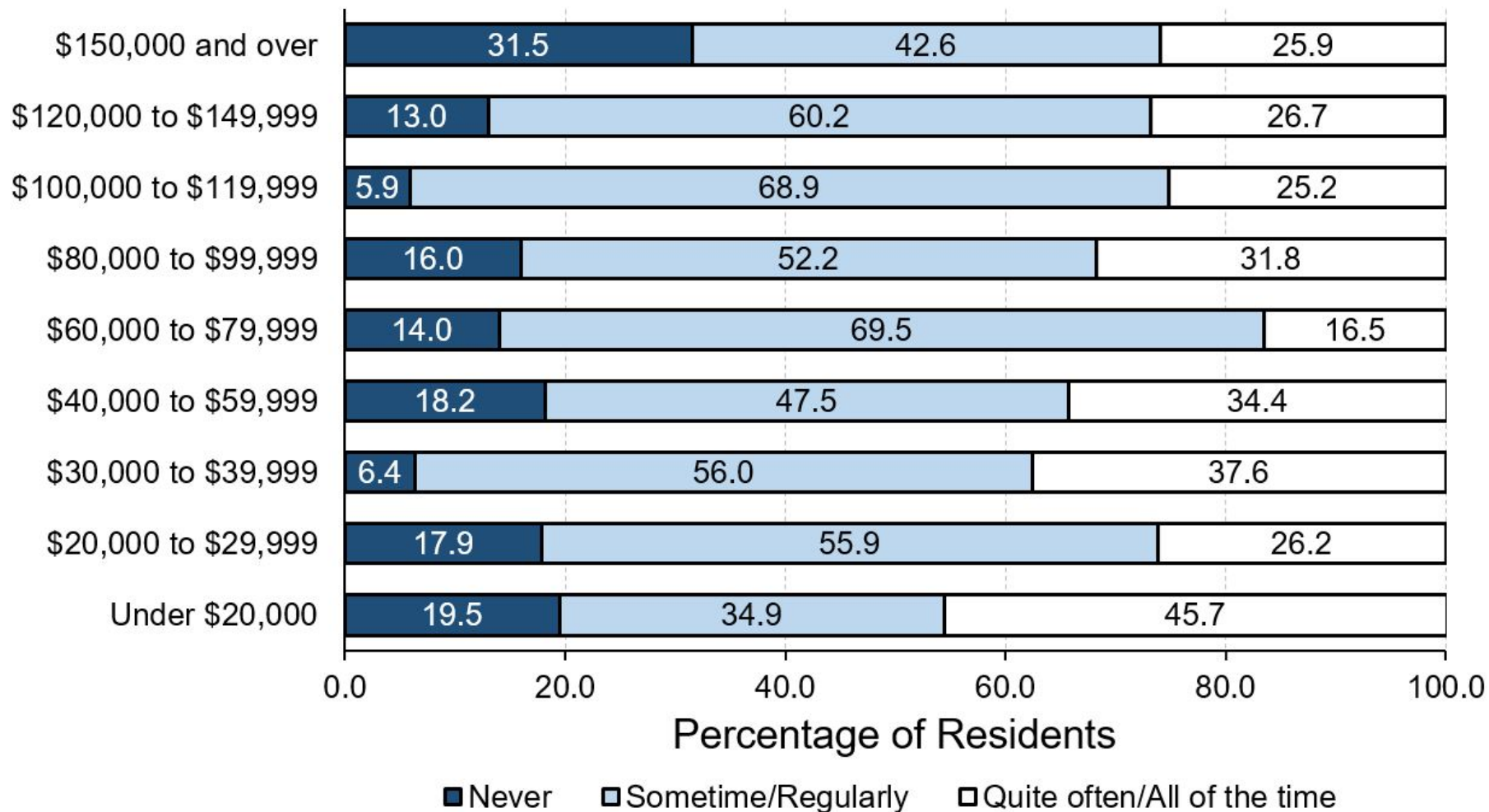
People who agree affordable housing is a social issue that affects wellbeing in Orillia and Area:

- ✓ younger people
- ✓ live alone or share accommodation with others
- ✓ live on lower annual household incomes
- ✓ have a weak sense of belonging to community
- ✓ have less political capital
- ✓ have lower wellbeing



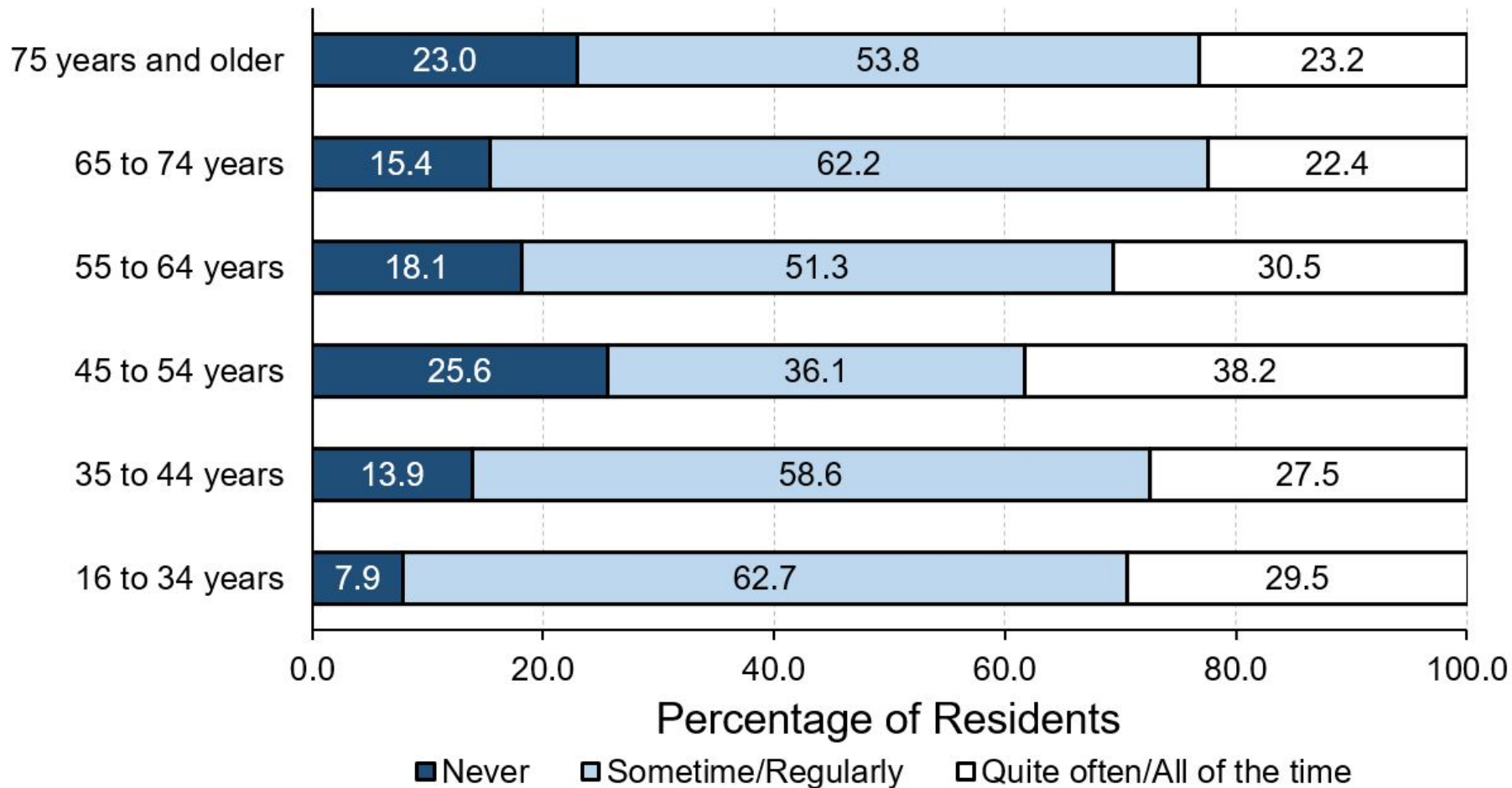
# Mental Health as a problem in community

## Income



# Mental Health as a problem in community

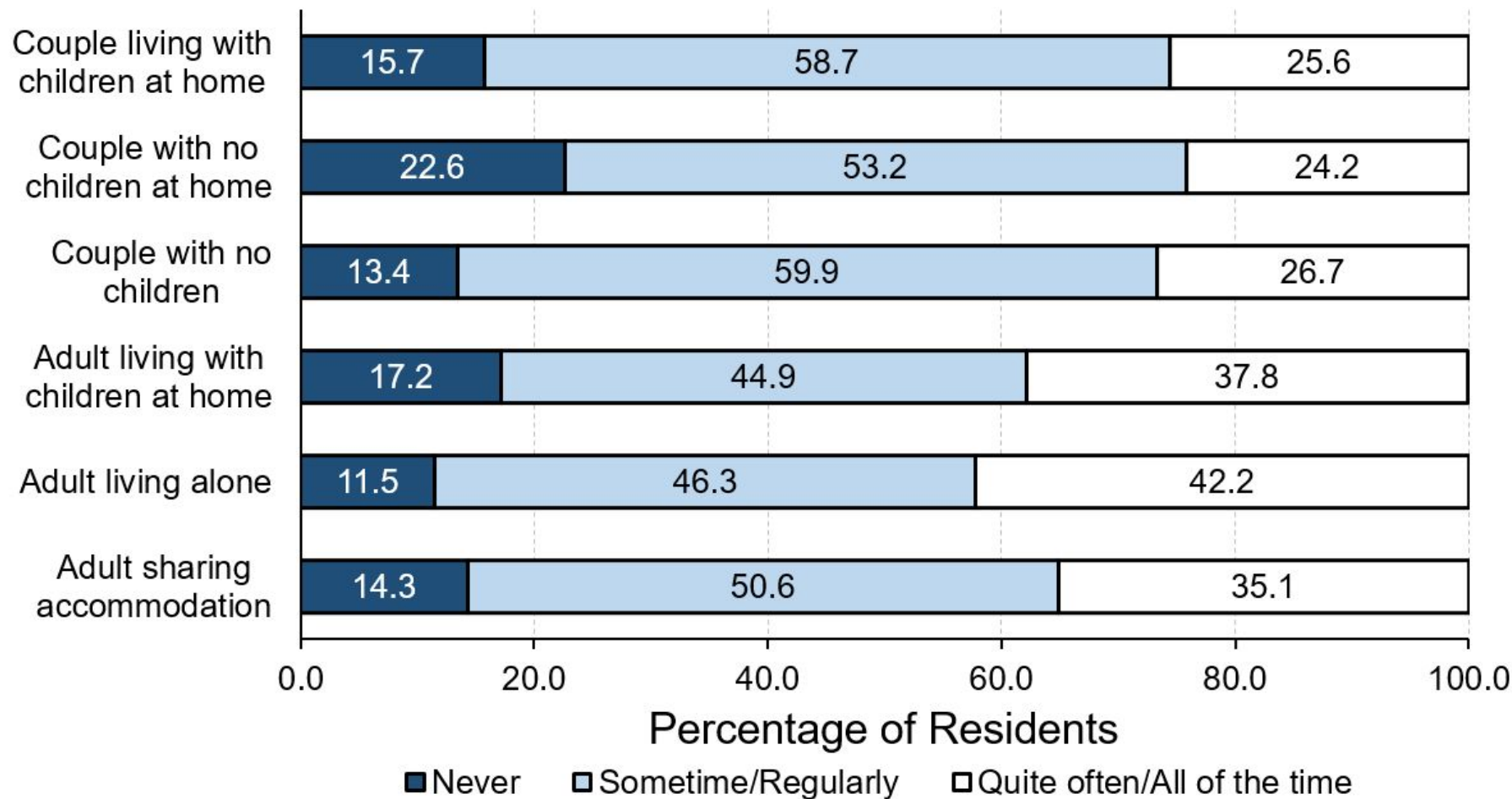
## Age





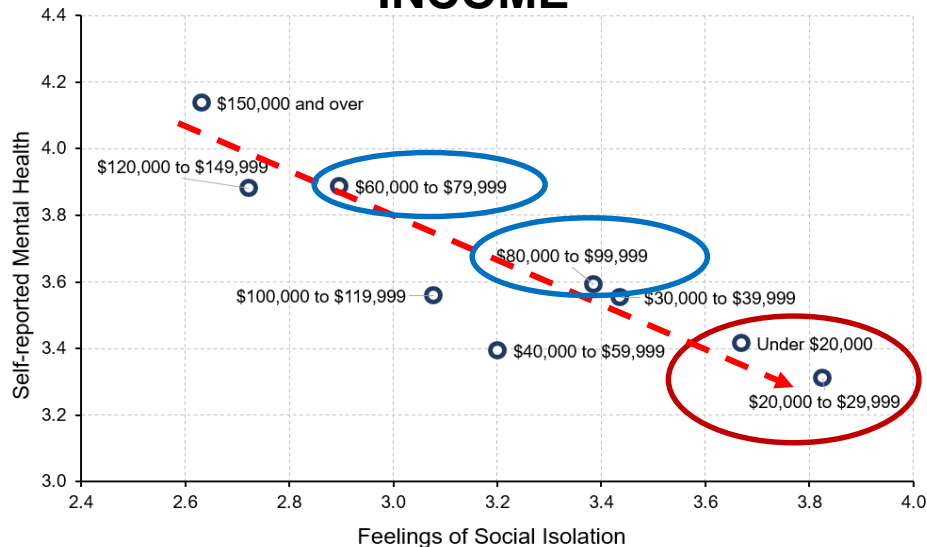
# Mental Health as a problem in community

## Living Arrangement

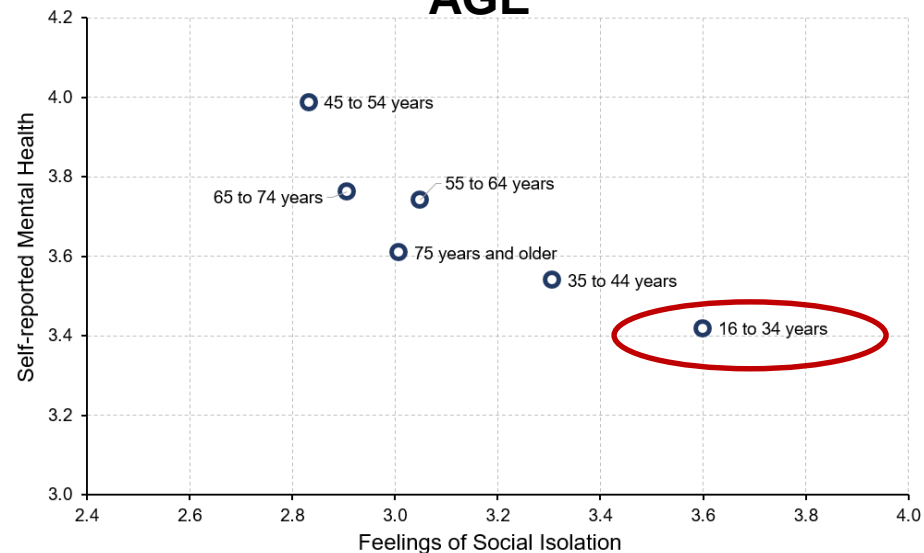


# Mental Health and Social Isolation

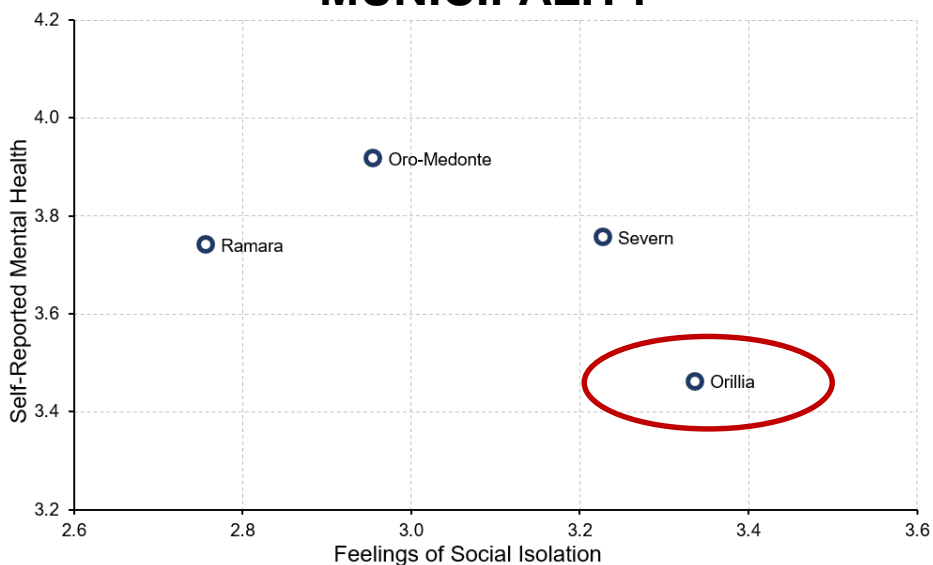
## INCOME



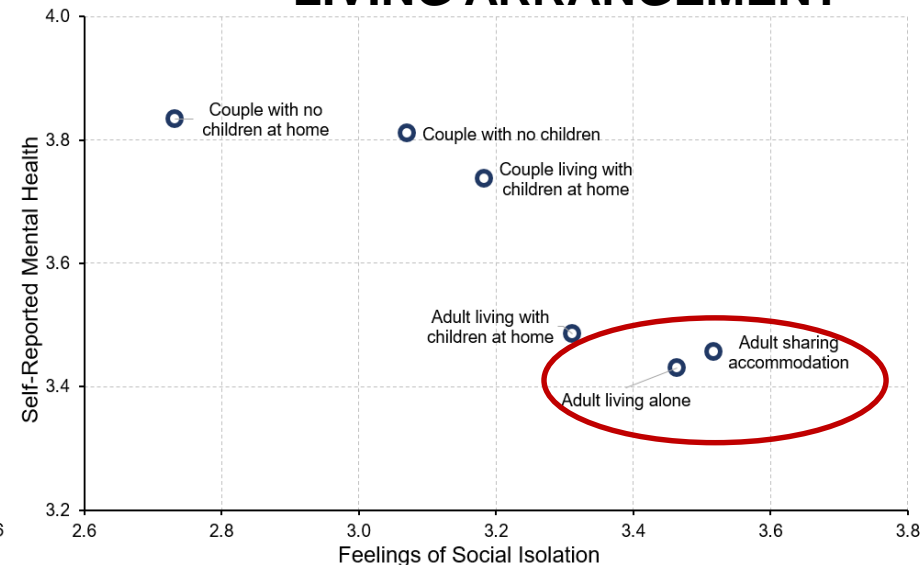
## AGE



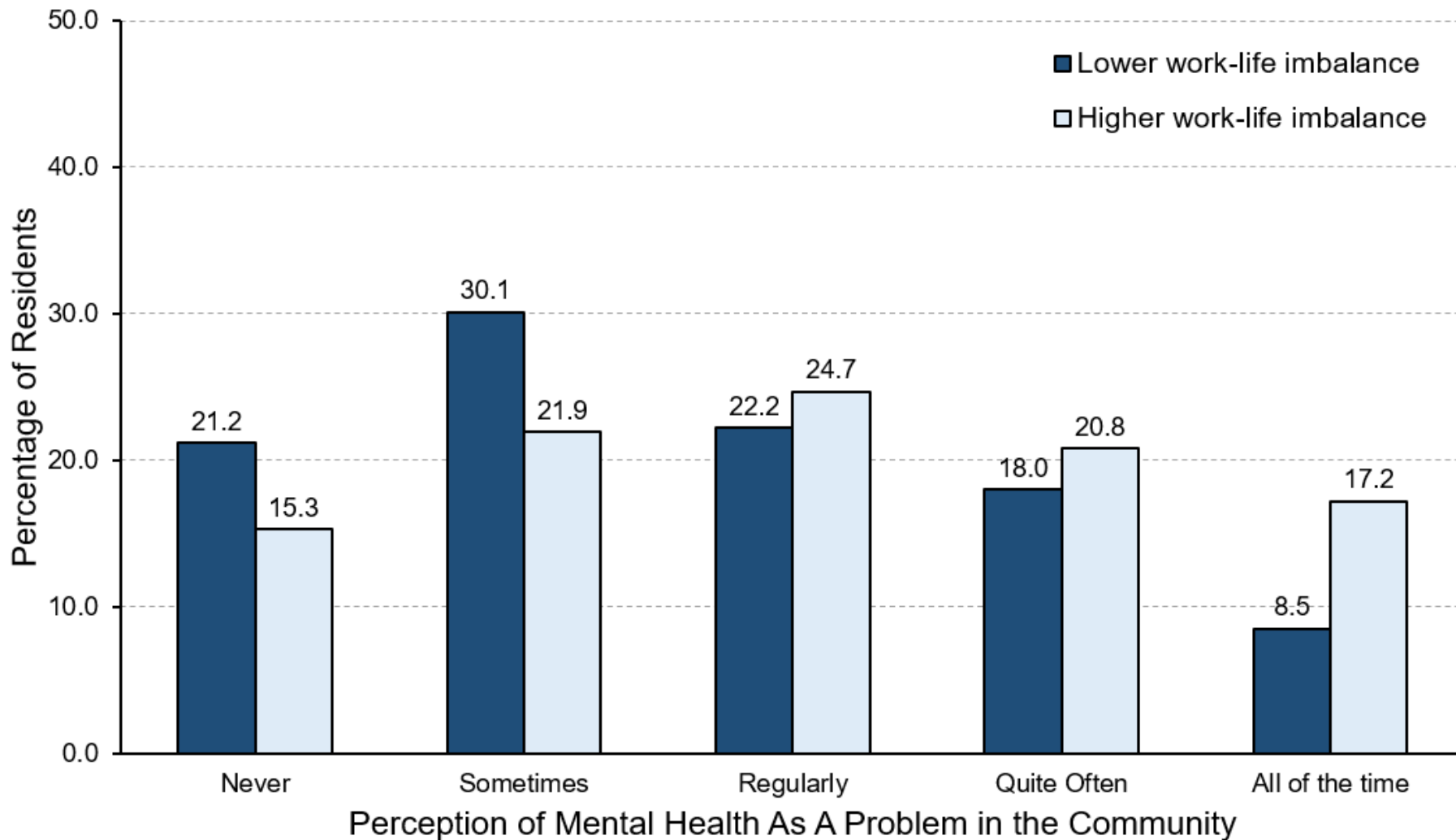
## MUNICIPALITY



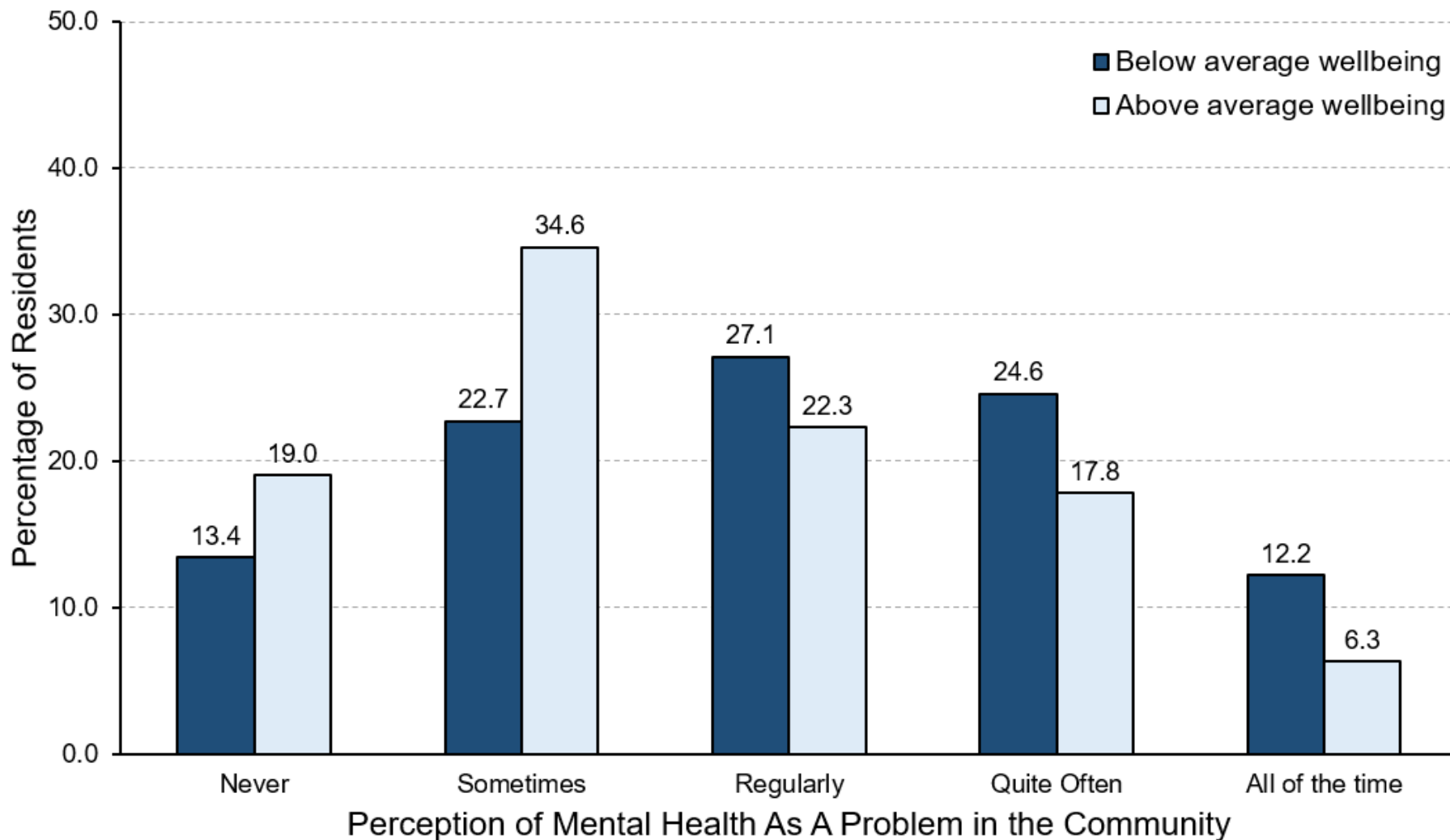
## LIVING ARRANGEMENT



# Mental Health and Work-Life Imbalance



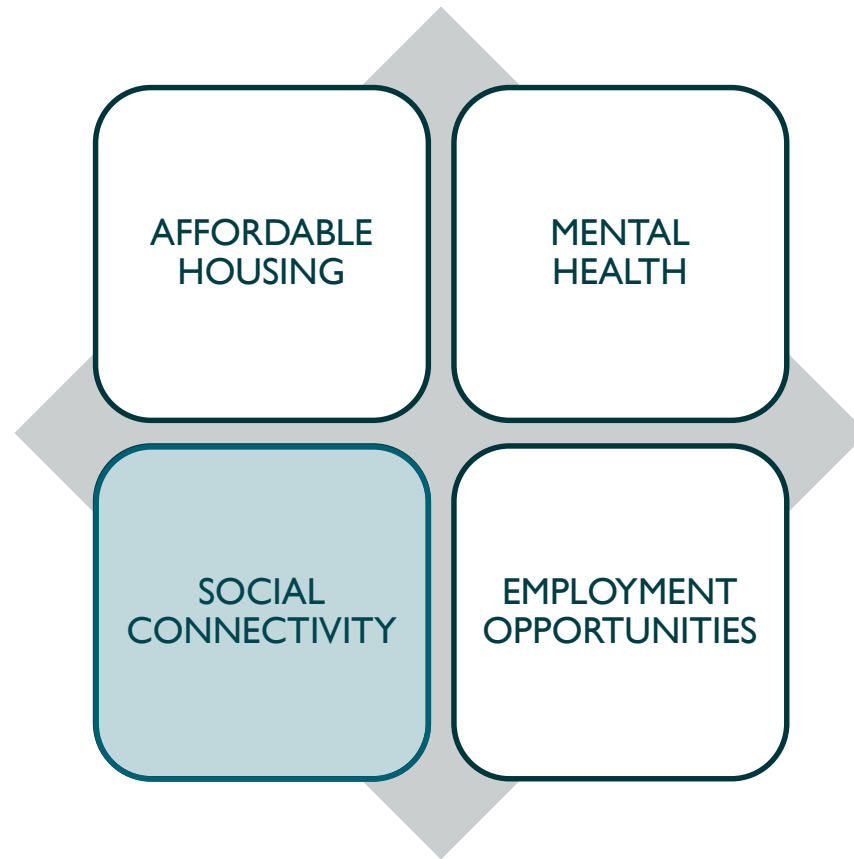
# Mental Health and Overall Wellbeing



# Mental Health and Overall Wellbeing

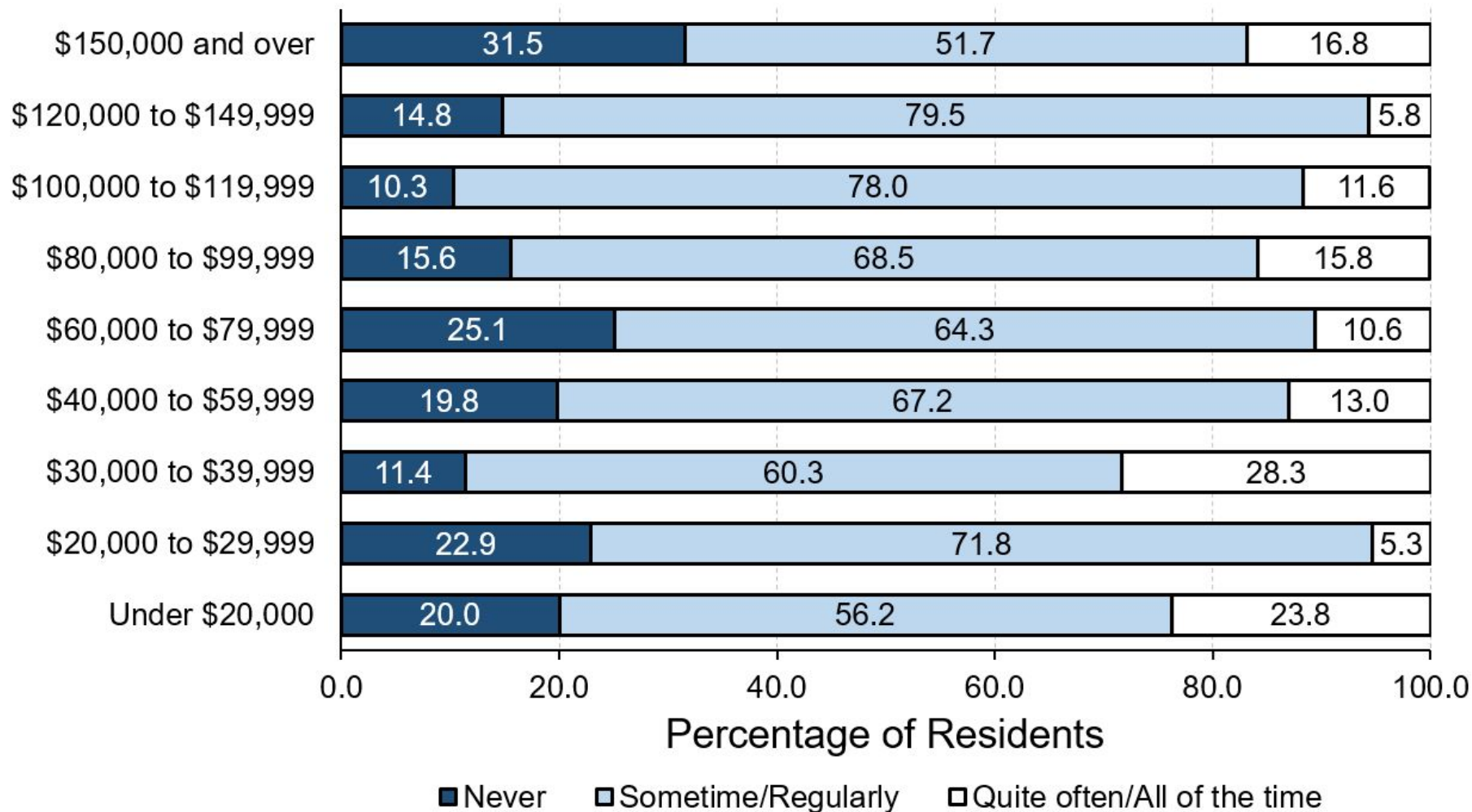
People who agree mental health is a social issue that affects wellbeing in Orillia and Area:

- ✓ younger people
- ✓ live alone, share accommodation with others, or are single parents
- ✓ live on lower annual household incomes (under \$20,000)
- ✓ have higher work-life imbalance
- ✓ have lower wellbeing



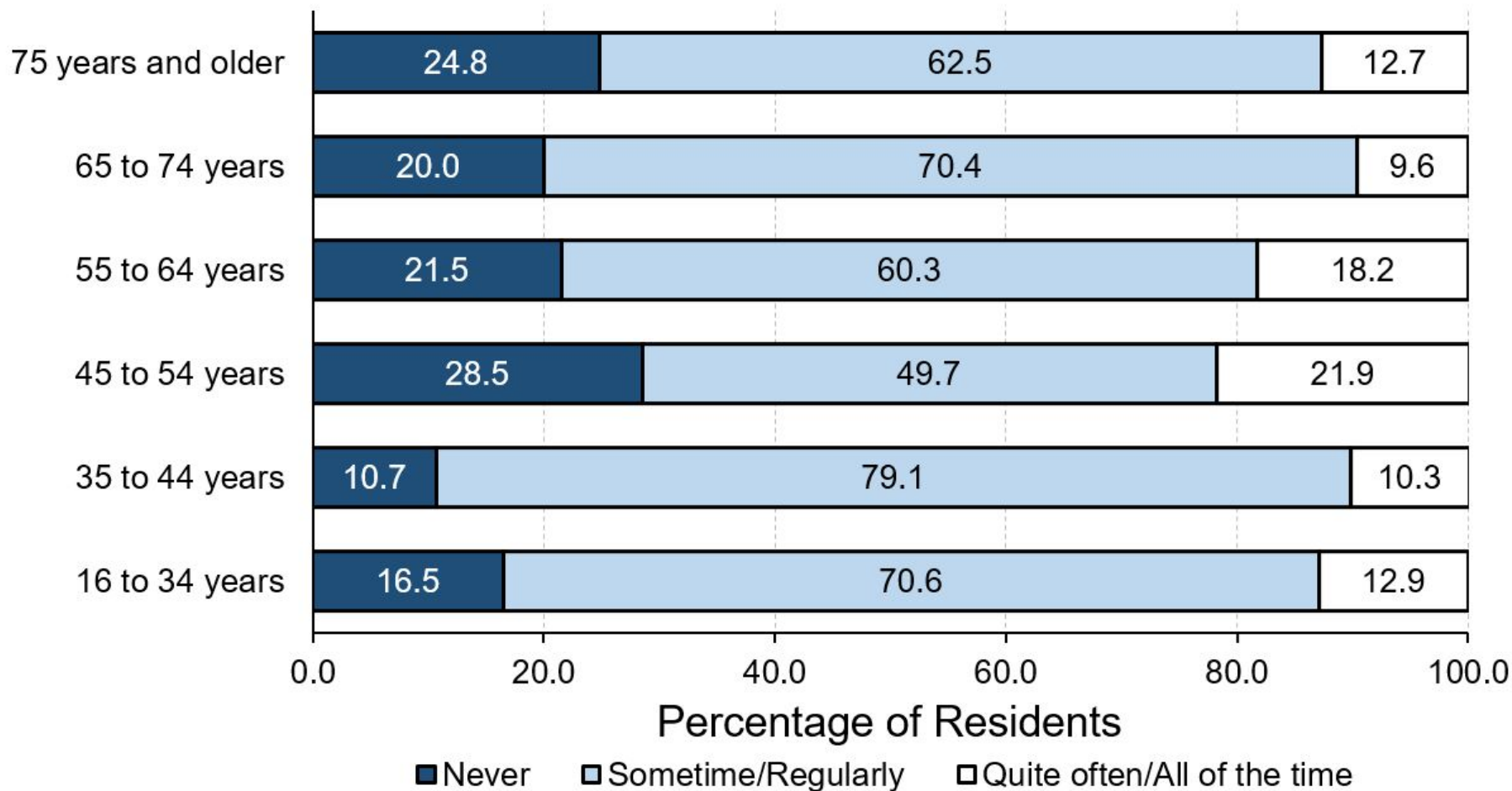
# Social Connectivity as a problem in community

## Income



# Social Connectivity as a problem in community

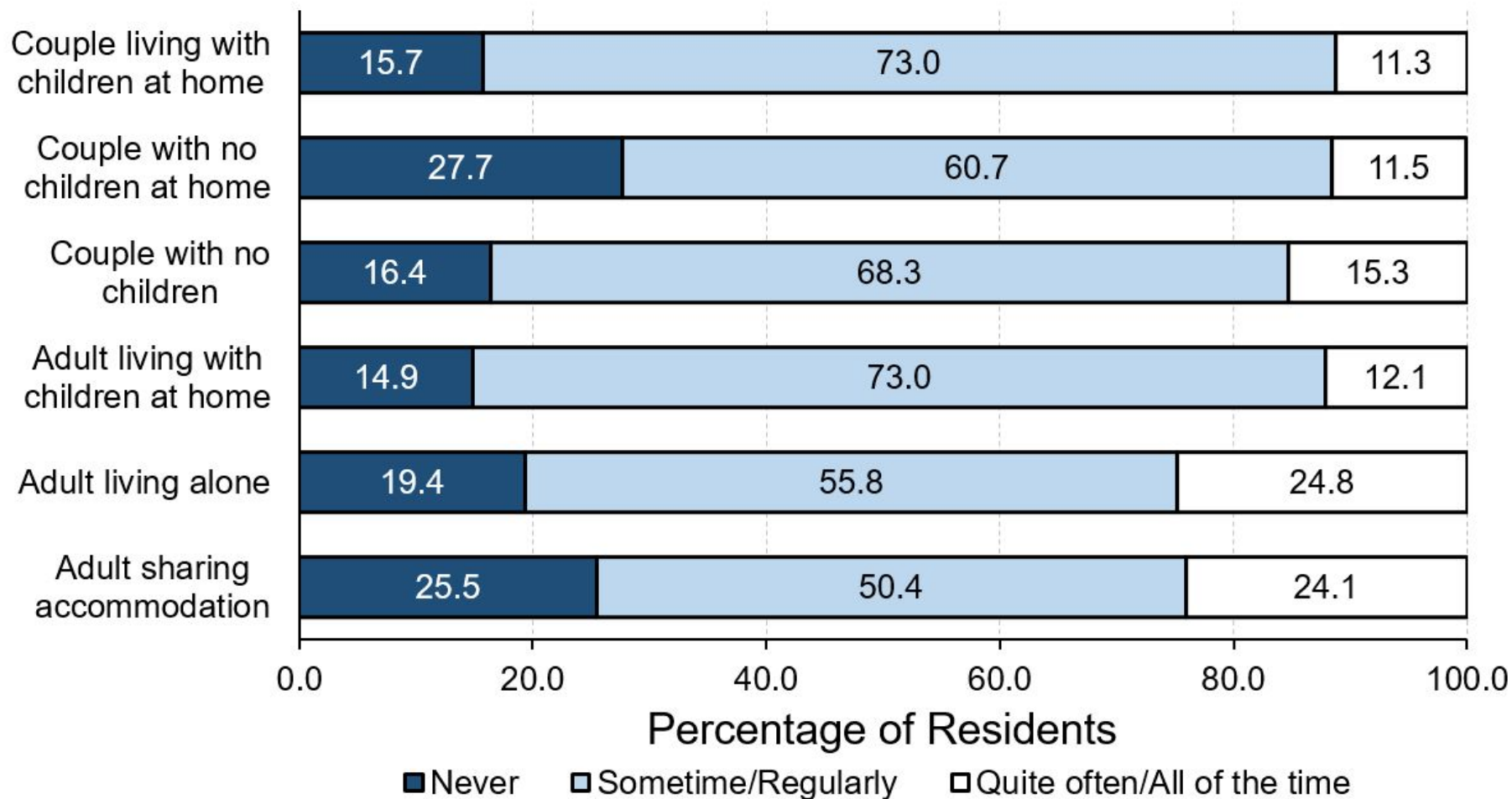
## Age



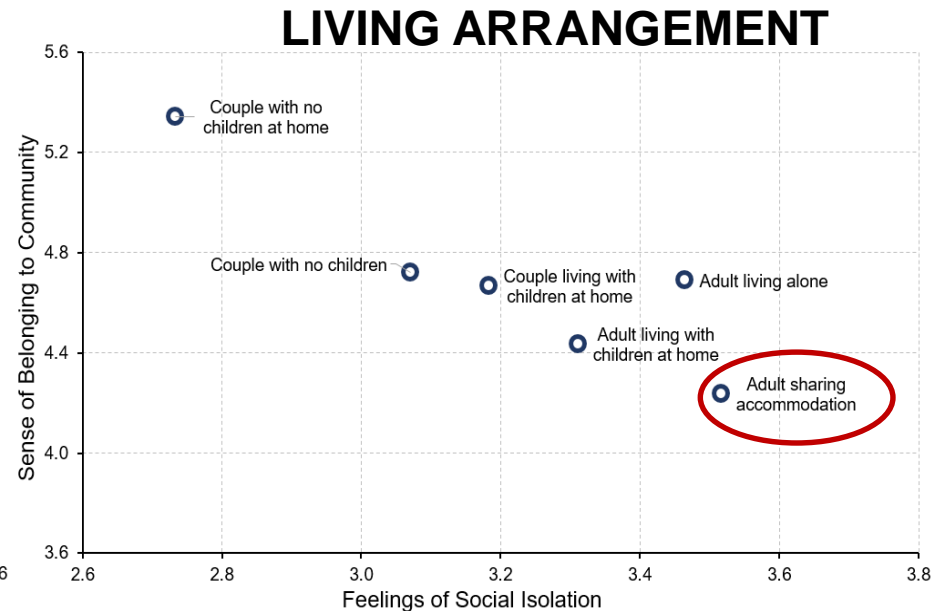
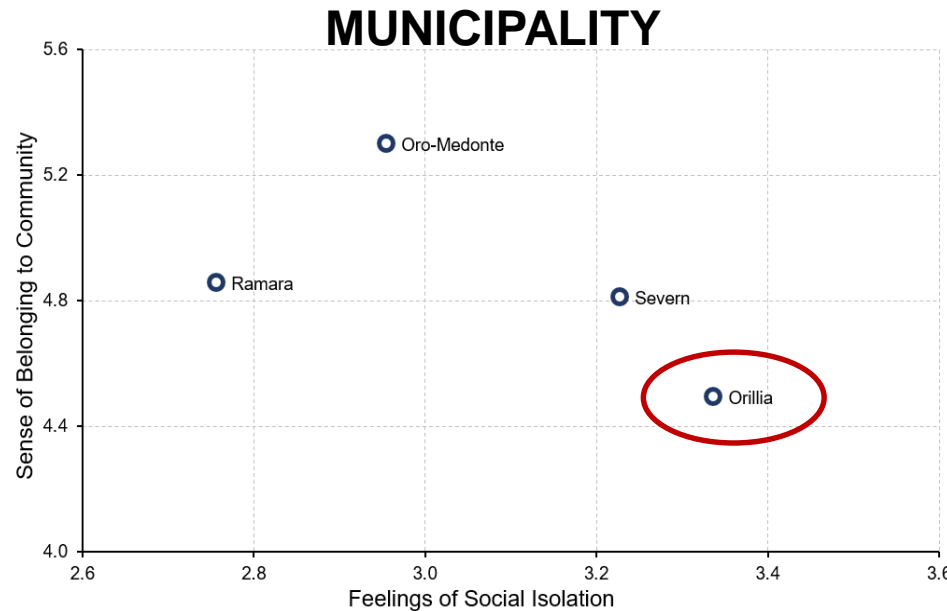
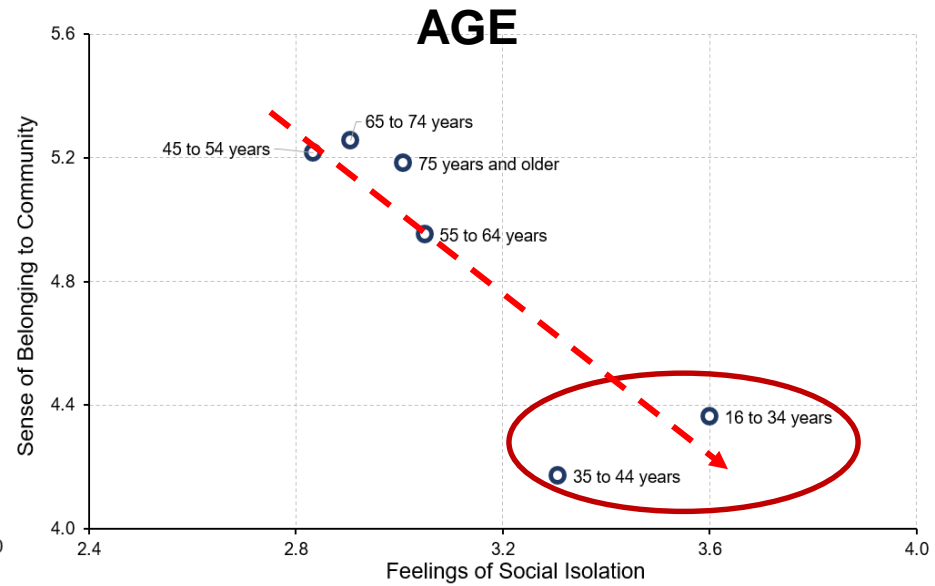
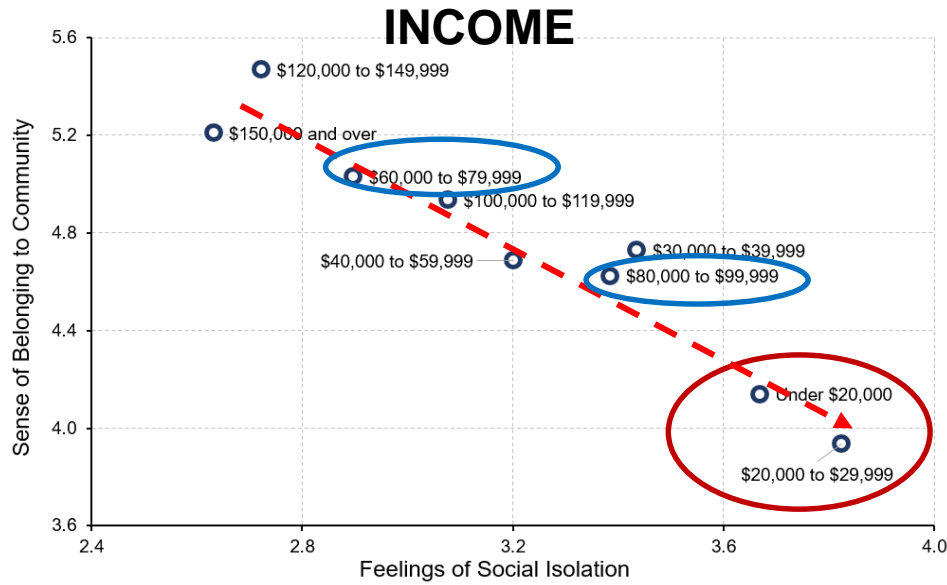


# Social Connectivity as a problem in community

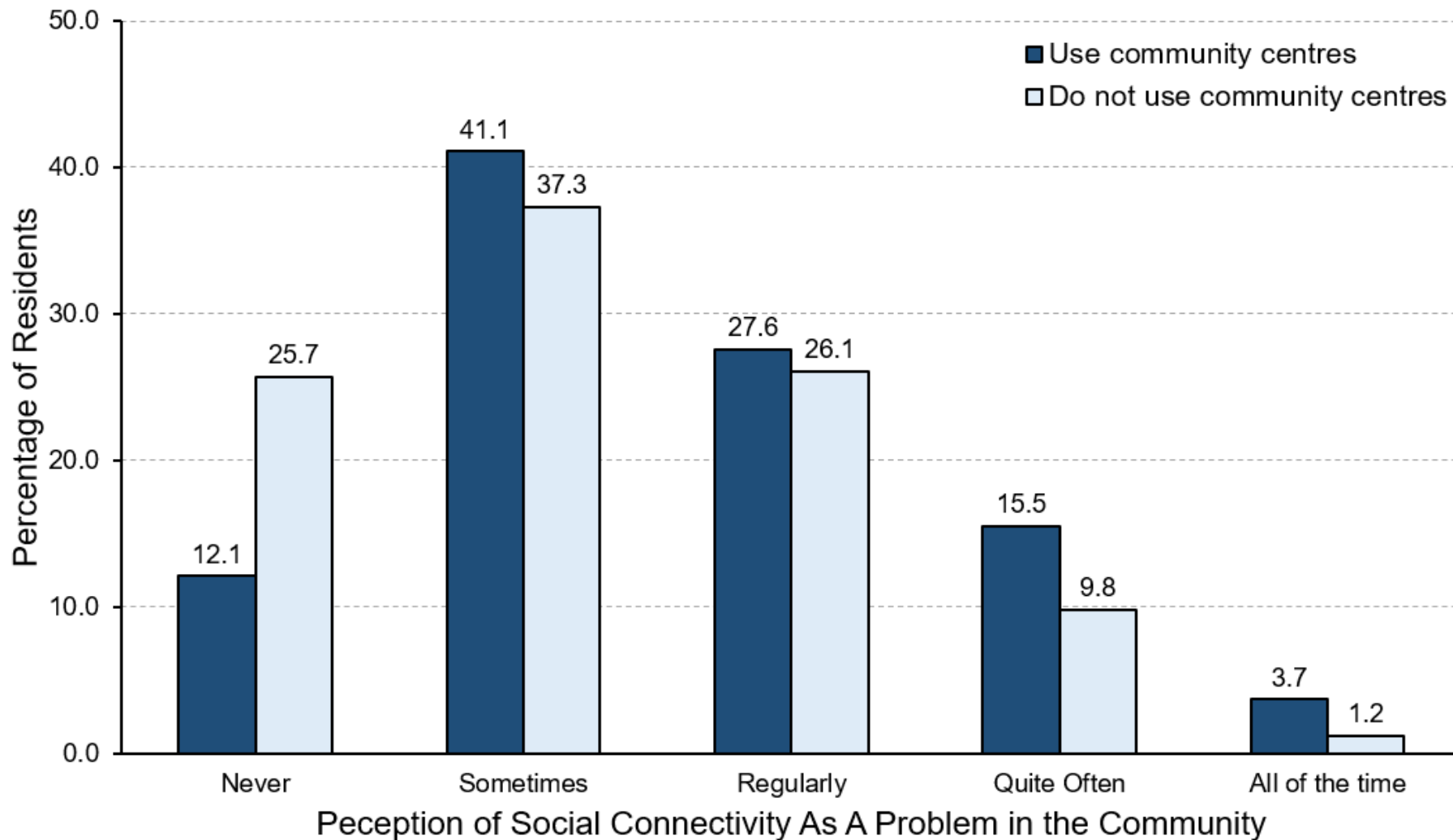
## Living Arrangement



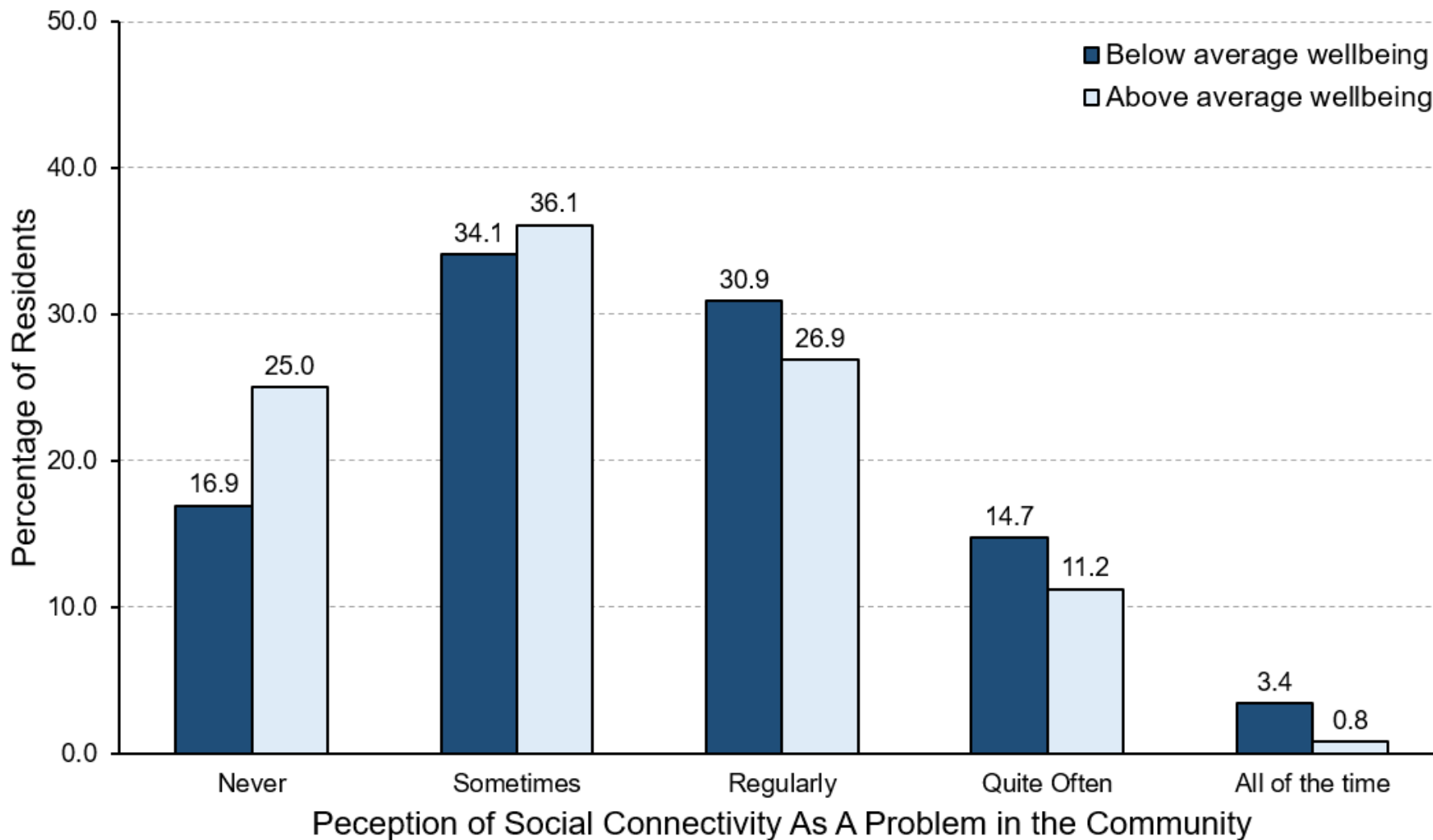
# Social Isolation and Sense of Belonging to Community



# Social Connectivity and Community Centres Use



# Social Connectivity and Overall Wellbeing



# Social Connectivity and Overall Wellbeing

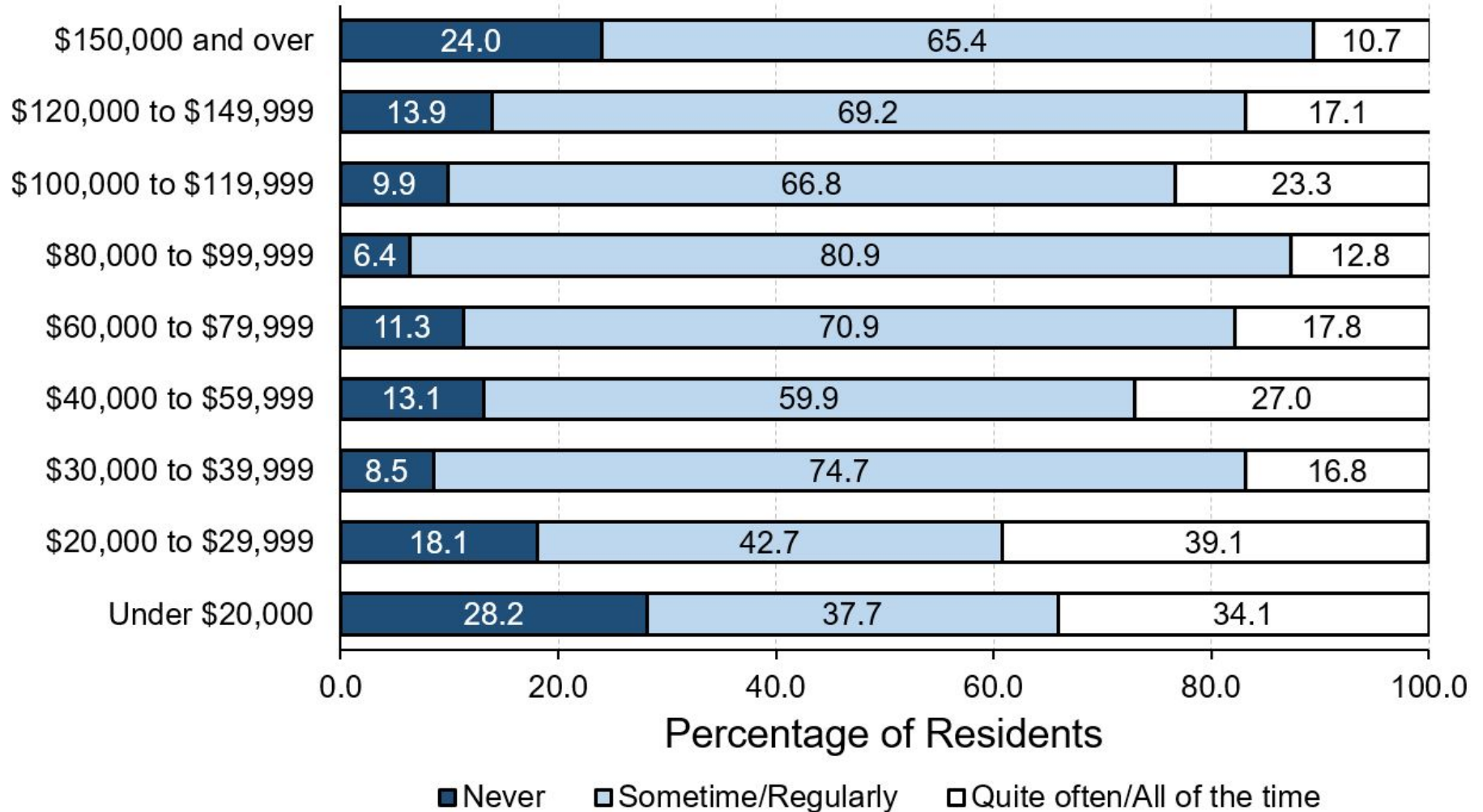
People who agree social connectivity is a social issue that affects wellbeing in Orillia and Area:

- ✓ younger people
- ✓ live alone or share accommodation with others
- ✓ more likely live on lower annual household incomes
- ✓ more likely to use community centres
- ✓ have lower wellbeing



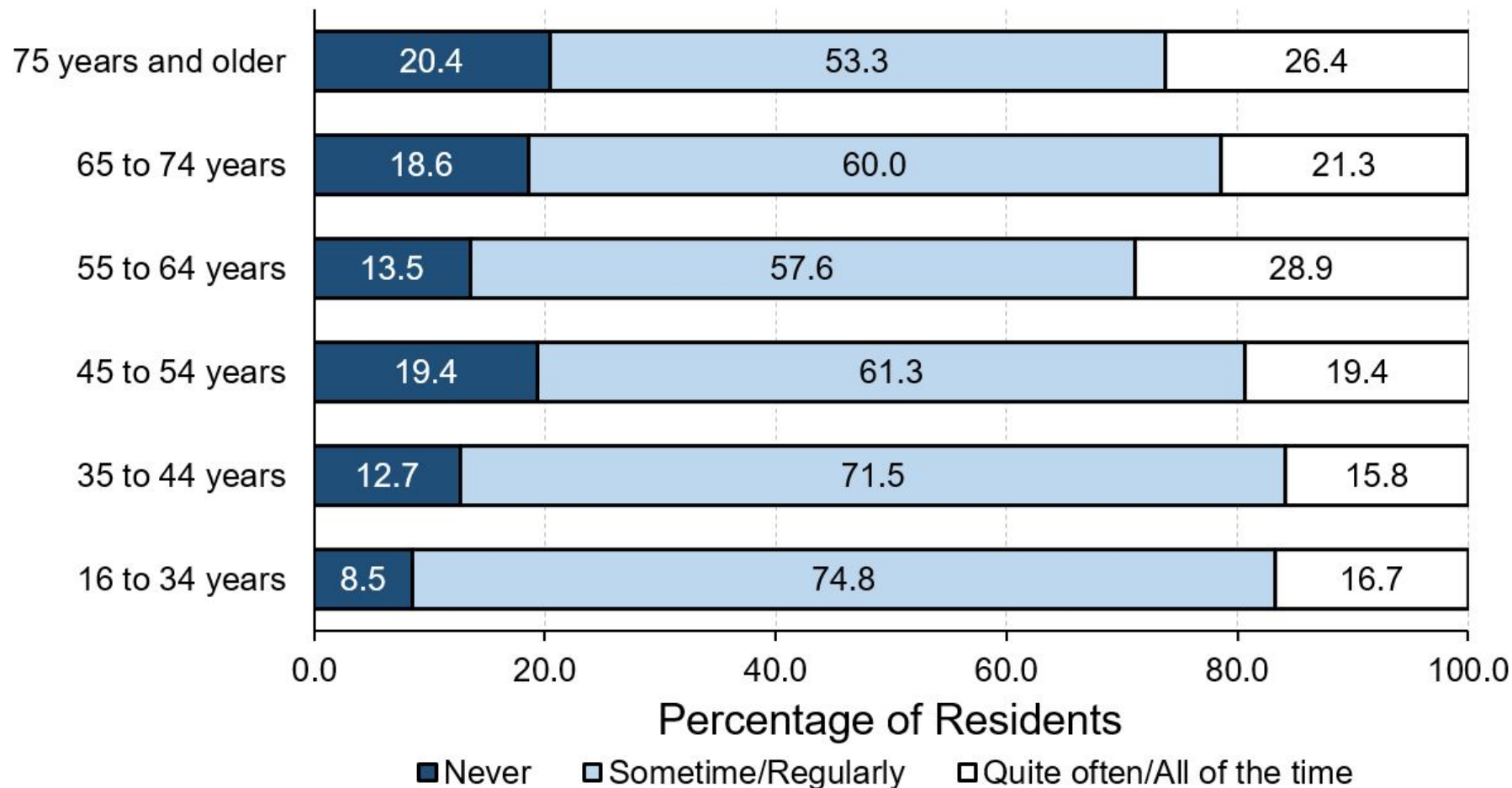
# Employment Opportunity as a problem in community

## Income



# Employment Opportunity as a problem in community

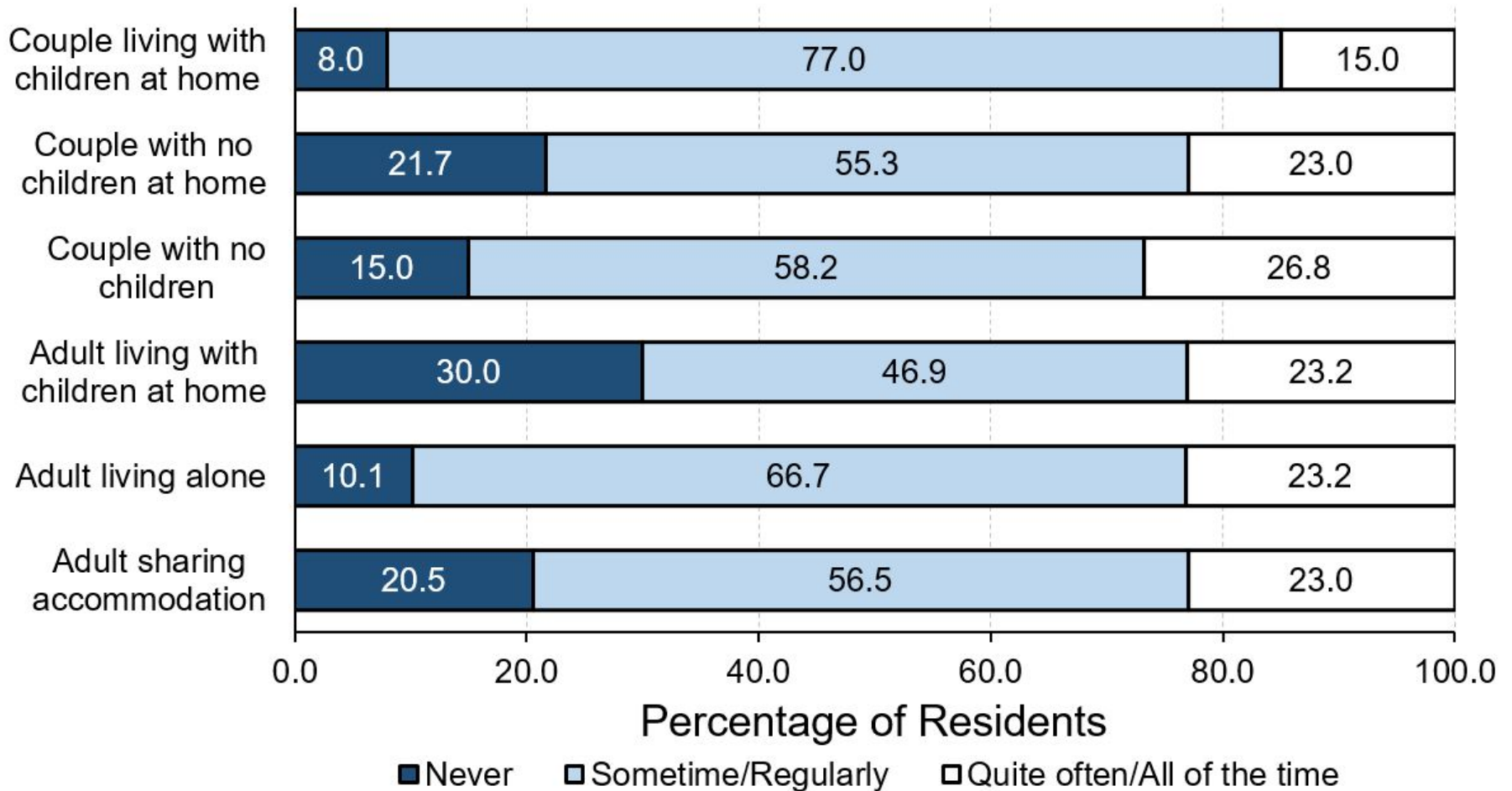
## Age



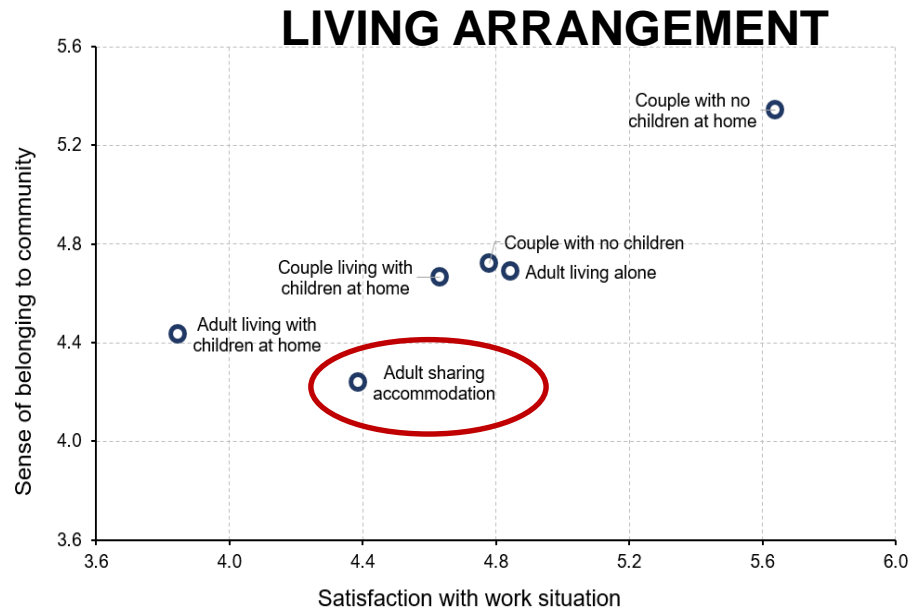
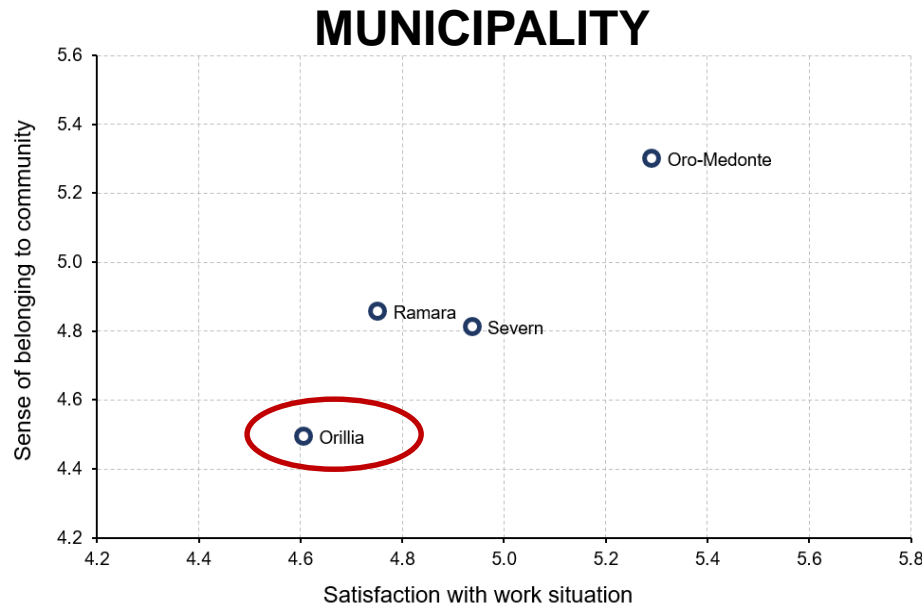
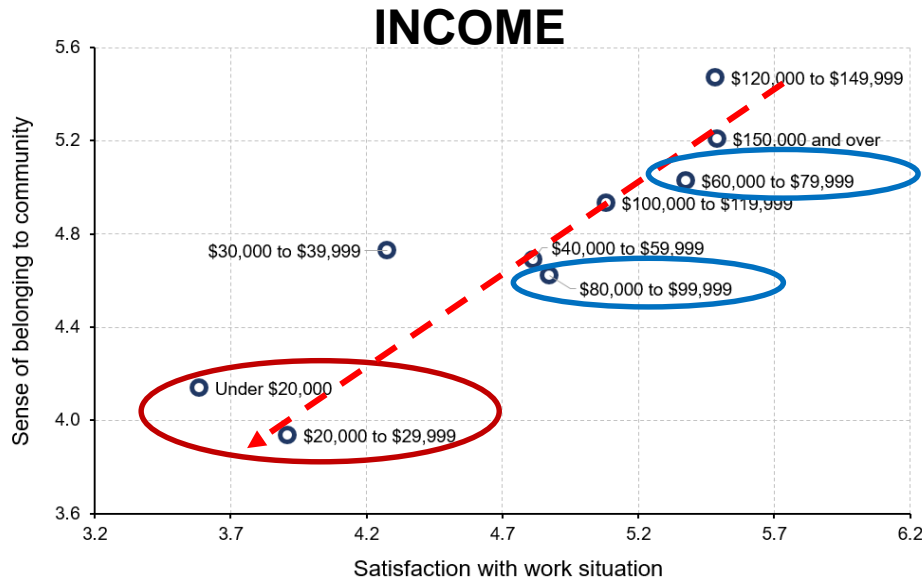


# Employment Opportunity as a problem in community

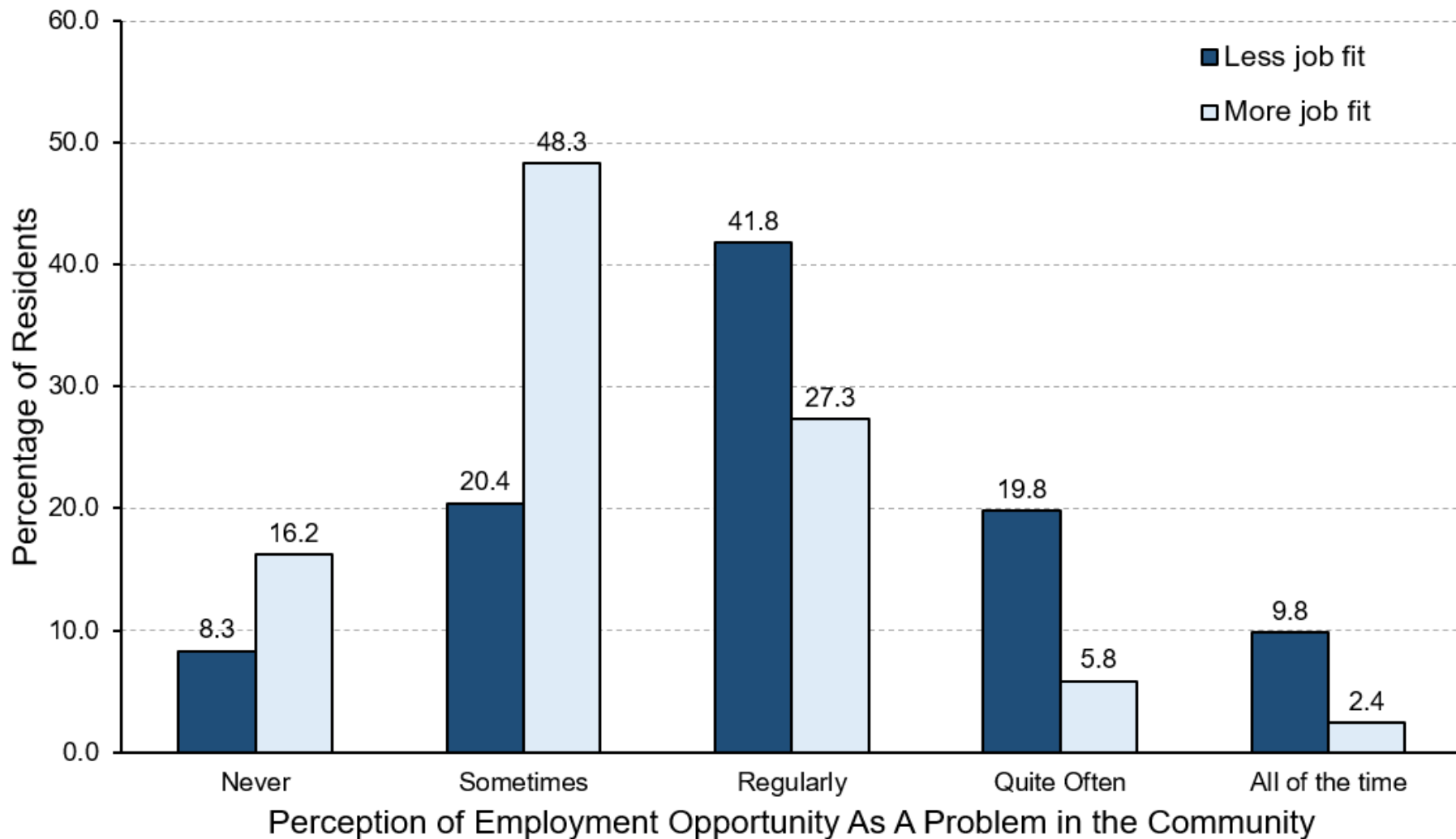
## Living Arrangement



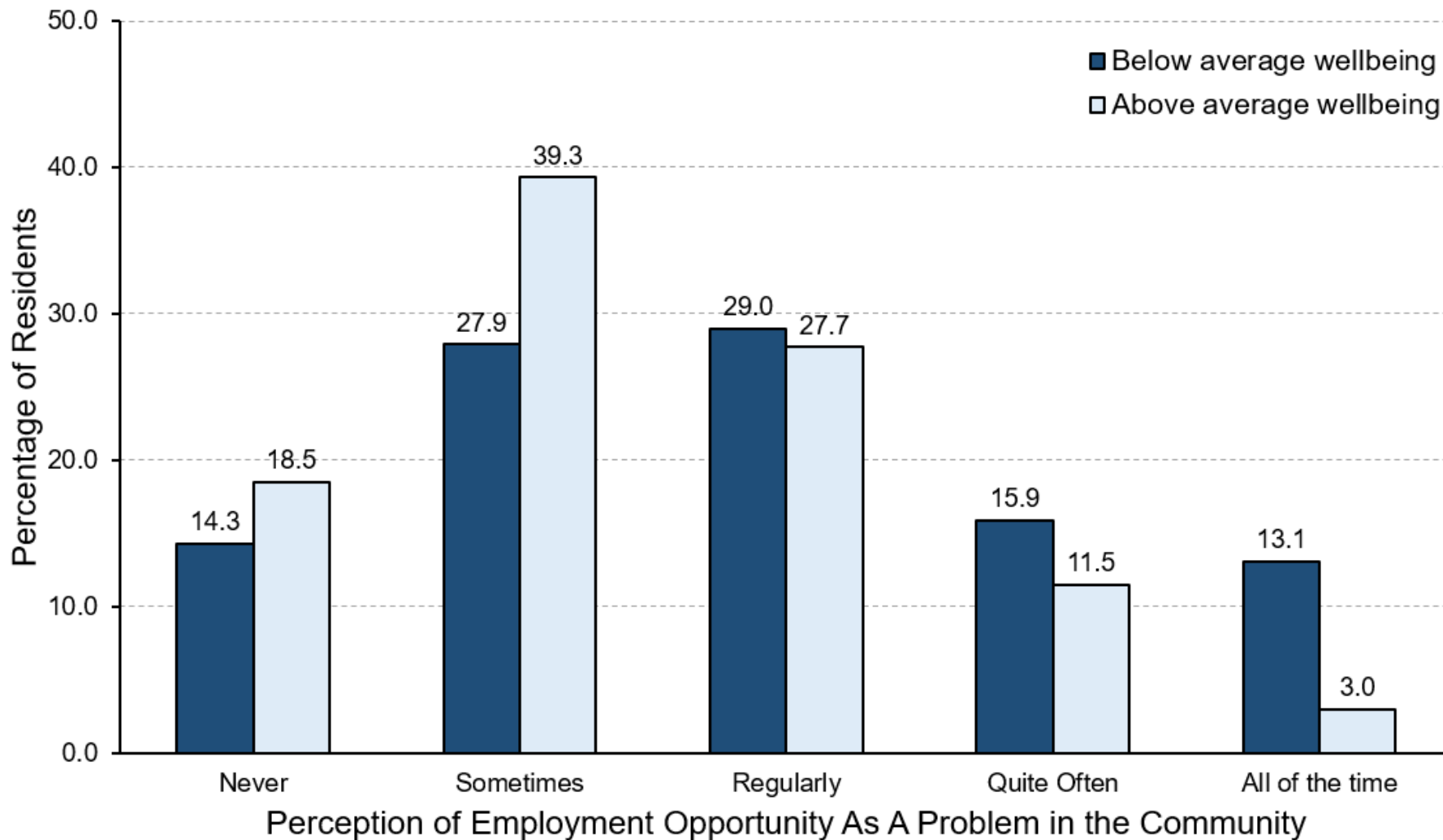
# Work Situation and Sense of Belonging to Community



# Employment Opportunity and Job Fit



# Employment Opportunity and Overall Wellbeing



# Employment Opportunity and Overall Wellbeing

People who agree employment opportunity is a social issue that affects wellbeing in Orillia and Area:

- ✓ younger people
- ✓ live alone
- ✓ live on lower annual household incomes (under \$30,000)
- ✓ have a weak sense of belonging to community
- ✓ have less job fit
- ✓ have lower wellbeing



COMMUNITY  
VITALITY



EDUCATION



HEALTHY  
POPULATIONS



LIVING  
STANDARDS



DEMOCRATIC  
ENGAGEMENT



ENVIRONMENT



LEISURE AND  
CULTURE



TIME USE

# SUMMARY

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

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

# A pathway forward to wellbeing...

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

- ✓ Women
- ✓ Lower income
- ✓ Younger adults

*What might be done to raise wellbeing?*

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



For positive social change...

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

*Canadian Index of Wellbeing*  
University of Waterloo



@ciwnetwork #wellbeing  
[www.ciw.ca](http://www.ciw.ca)

