

Community Wellbeing Survey

Help shape happy
and healthy
communities in
Waterloo Region!





Why did we do a Wellbeing Survey?

- Detailed information on citizens perceptions of quality of life.
- Inform planning and priority setting for partner organizations strategic planning process.
- Provide "oil lights" on where we need to focus and/or do a deeper dive.
- Identify which subgroups are doing less well.
- Provide a baseline for measuring progress for Wellbeing Waterloo Region.

Collaboration

- Funded by 16 organizations including all the area municipalities.
- Will benefit many organizations.
- Will benefit the collaborative work of Wellbeing Waterloo Region.



Wellbeing Survey Logistics

- The survey was launched on April 16, 2018 and until August 18.
- It took about 30 minutes to complete.
- It was conducted online.
- Paper copies were also available upon request.
- The survey was voluntary and anonymous.

Promoted multiple ways

- Did a random sample mail out to households
- Promoted it online and through social media
- Attended events
- Went to community programs
- Etc.



REGION NEWS

Investment along the ION corridor

As new investment flows into the region, our community continues to grow. Here's a quick look at some development highlights:

WATERLOO	KITCHENER	CAMBRIDGE
evolvi The Cora Group's evolvi building will be Canada's first net-positive energy building, producing more energy than it consumes. Envisioned in partnership with Sustainable Waterloo Region, this 110,000 square foot office space was designed to show what is possible. The building will be home to the evolviGREEN clean economy cluster and offers tech and professional services companies a unique and innovative work environment. evolvi is located in Waterloo's Idea Quarter, right next to ION's Research and Technology station.	SIXO Midtown This proposed multi-use development combines three unique condo towers with more than 900 suites, 200,000 square feet of office space, 70,000 square feet of commercial space and a central event space. It's across the street from Google's office and steps away from the Region's future transit hub at King and Victoria streets.	Gaslight District This multi-use development will include two residential towers connected by a central promenade, 50,000 square feet of office and workspace and a central square surrounded by retail and dining. The Gaslight District is across the Grand River from the ION Ainslie station, next to the Dunfield Theatre and will incorporate historic architectural components found on the site.
One Willis Way This three-story 85,000 square foot building on Willis Way (across from Waterloo Town Square) will feature street level retail with office space above. The development will provide high quality office space in Uptown Waterloo just steps from the Willis Way ION station and local shops.	Charlie West This 28-storey, all-glass tower across the street from the Victoria Park ION station will be home to 245 condos and 6,000 square feet of retail space. It will be steps away from Victoria Park, local shops and restaurants, and Kitchener City Hall.	

Help shape happy and healthy communities in Waterloo Region!

Take the Wellbeing Waterloo Region Survey.

In only 30 minutes, you can help shape future priorities and direct resources where change is needed most in our community. Let's make Waterloo Region a better place to live, work, play and connect.

The wellbeing survey is voluntary and anonymous.

www.CIW.ca/WaterlooRegionSurvey

www.regionofwaterloo.ca @RegionWaterloo RegionWaterloo



Region of Waterloo

Spring 2018

SEE LAST PAGE ENVIRONMENT

Toronto Island in 20 minutes!

Big changes taking shape at GRT

Recognizing the signs of overdose

Fentanyl is getting into street drugs.

Innovative program will boost affordable housing

Diversity, equity and inclusion plan will help remove barriers

Region News questions at comment

Contact 519-575-4400. Alternate formats of this document are available upon request.

Next steps of survey

- This is just the start!
- Developed a prompt for discussion which is a summary of the highlights.
- Survey sense making sessions to discuss the "stories" behind the data.
- Disaggregating the data so specific information is not lost in the overall averages.

Think about...

- What was surprising?
- Where do we need to do a deeper dive on the data?
- How do you think you will use the survey results?
- Do you have any other questions or comments?



Bryan Smale

Director

Canadian Index of
Wellbeing

University of Waterloo



A Closer Look at CIW *Community Wellbeing Survey* Results for Waterloo Region



Prepared for:
Wellbeing Waterloo Region
10 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



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www.CIW.ca/WaterlooRegionSurvey

A colorful pinwheel with eight blades in shades of red, orange, yellow, green, blue, and purple, mounted on a red stick.

2018 CIW Community Wellbeing Survey

CIW Community Wellbeing Survey

Sample

- Stratified (by municipality) random sample of households in the Region

Questionnaire

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

Analysis

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

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

Reliability of Sample and Results

Sample

- Multipronged strategy to generate a representative sample, with targeted efforts to ensure lower income families, newcomers, and older adults were included
- Estimated response rate of between 10% and 12% – above expectation for general population survey
- Weighting of data by municipality, age, and sex ensures balanced representation of voices from across the Region

Results

- Careful assessment of all respondents to ensure *reliable* and *valid* responses to majority of questions on survey
- With over 5,000 viable respondents from across the region, the margin of error is $\pm 1.4\%$ (19 time out of 20) – better than most national polls

Waterloo Region Sample

Distribution of Residents *by Municipality*

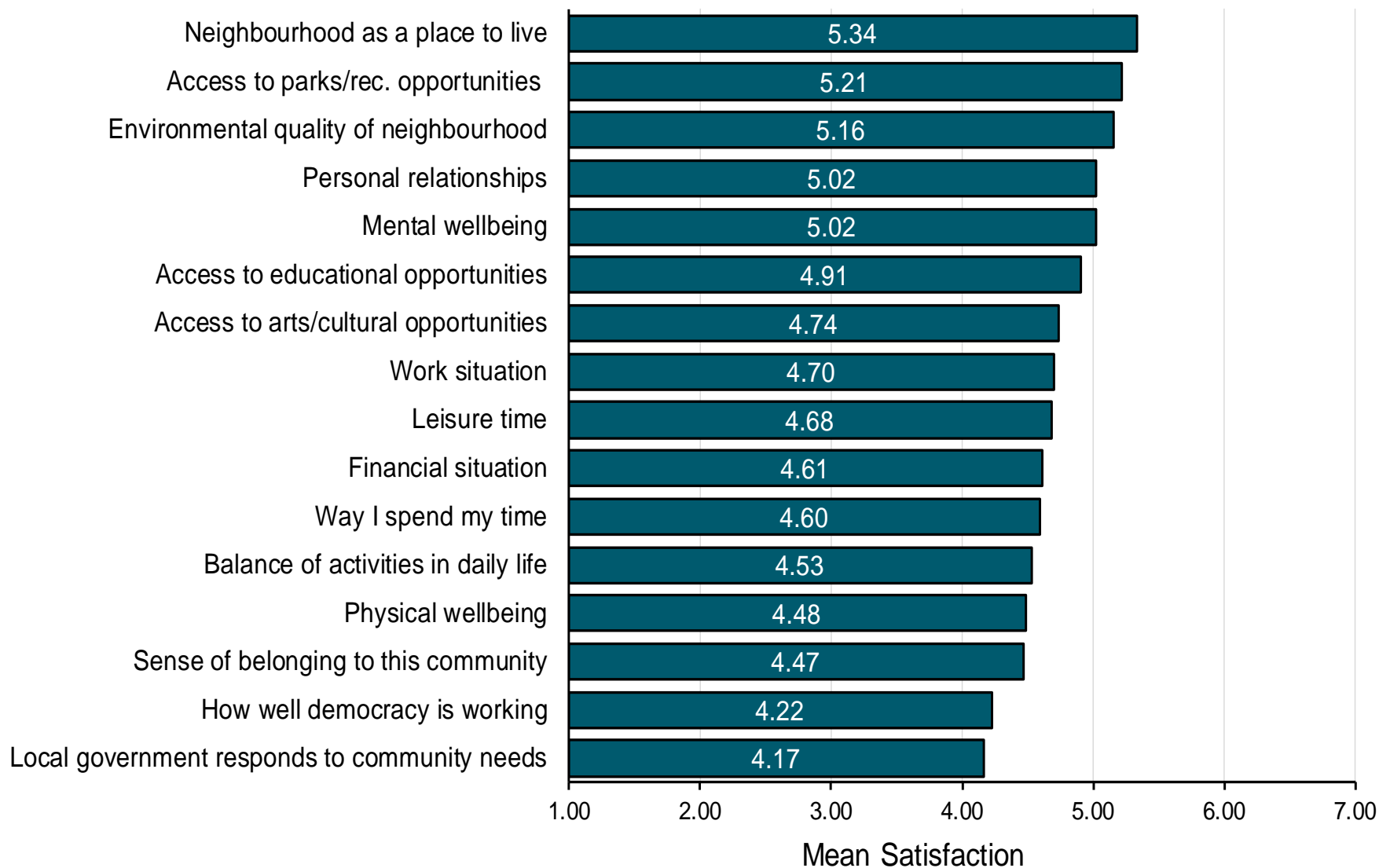
Municipality	Unweighted ^a		Weighted Sample	
	n	Pct.	n	Pct.
Cambridge	1,024	21.7	106,090	24.1
Kitchener	1,581	33.5	192,345	43.7
Waterloo	1,452	30.8	88,530	20.1
North Dumfries	96	2.0	8,315	1.9
Wellesley	82	1.7	8,265	1.9
Wilmot	189	4.0	16,470	3.7
Woolwich	294	6.2	19,735	4.5
Total	4,718	100.0	439,750	100.0

^a Municipality was unavailable for 311 residents.

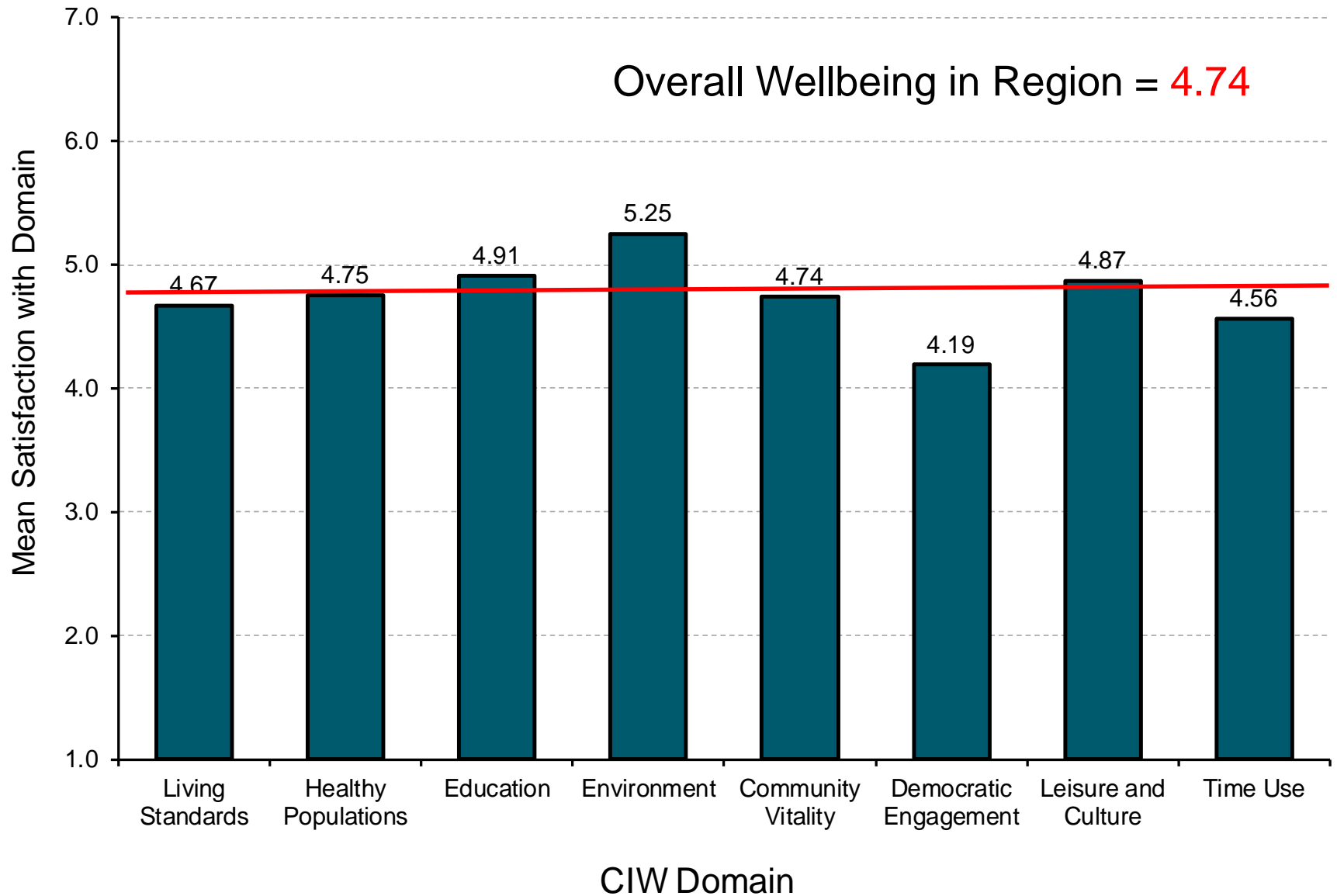
Overall Wellbeing in Waterloo Region



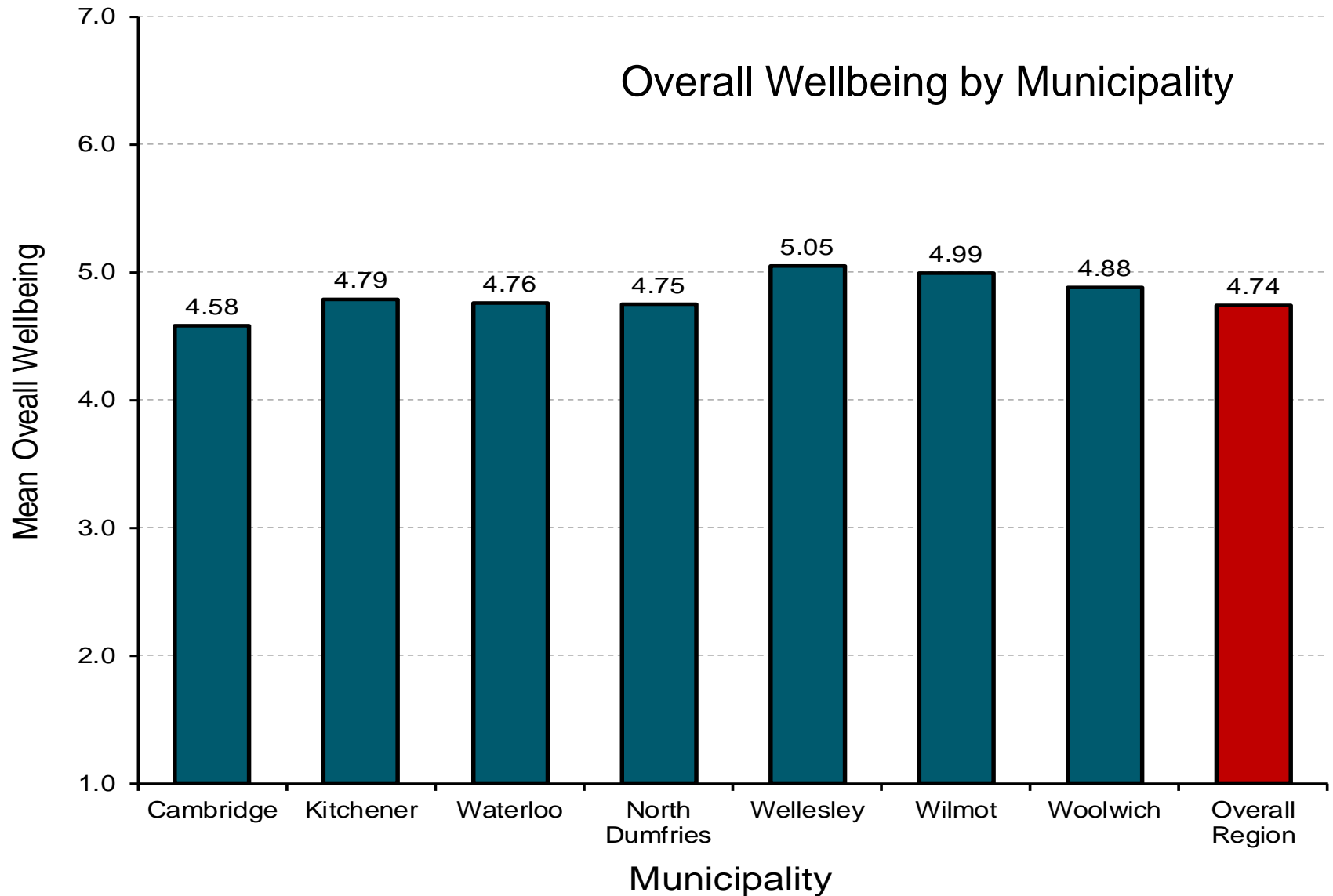
Satisfaction with Aspects of Wellbeing: Waterloo Region



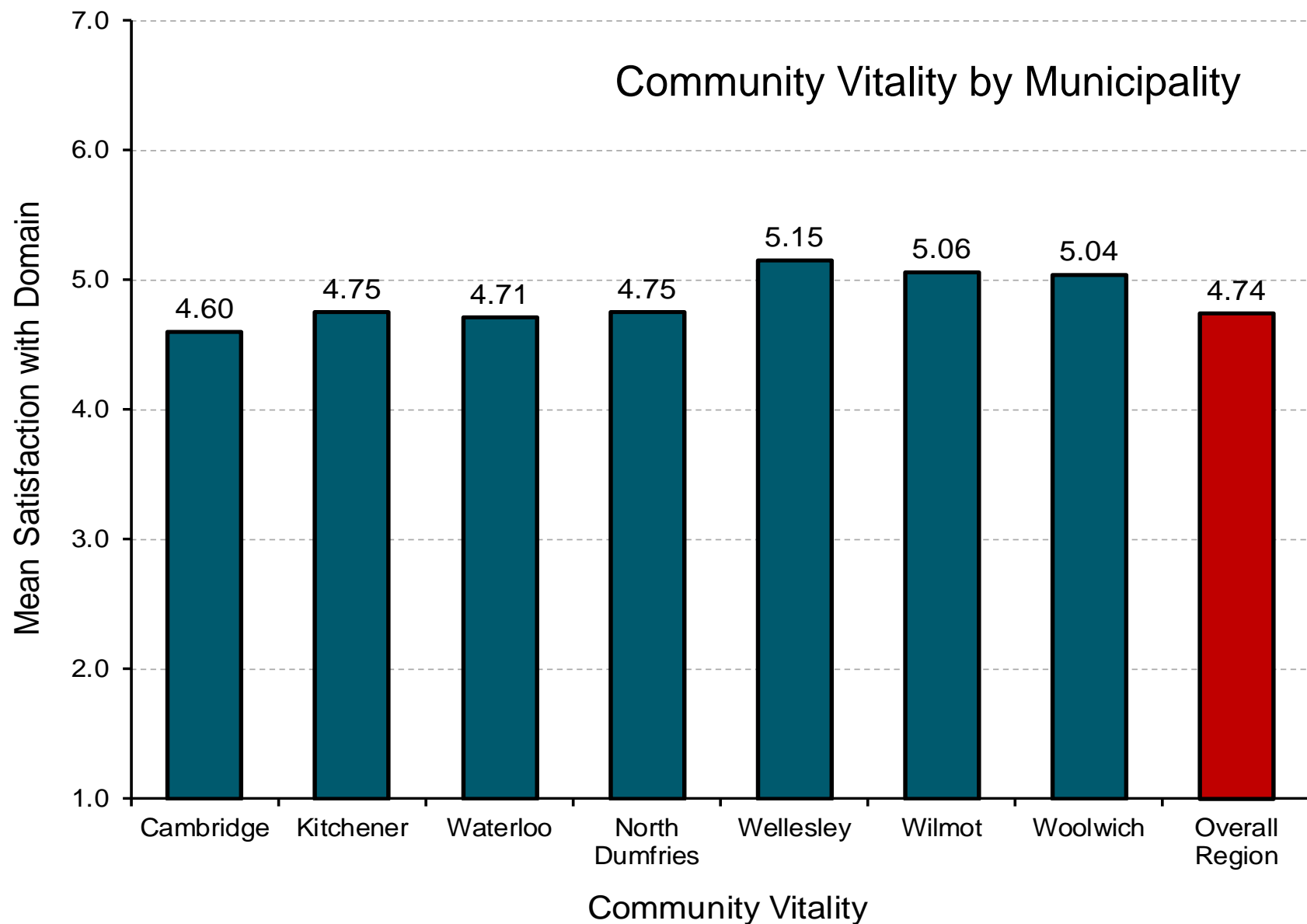
Wellbeing by Domain: *Waterloo Region*



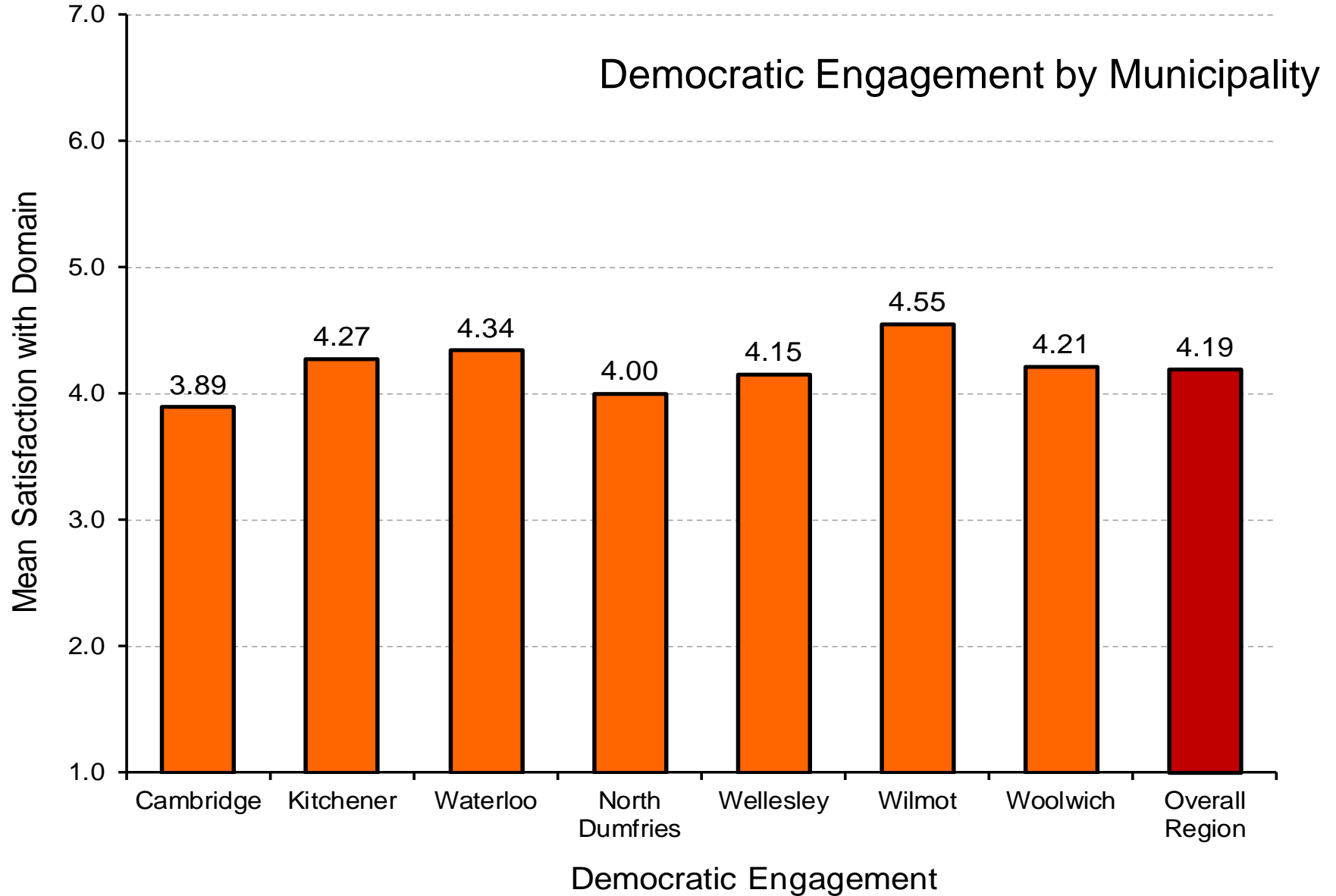
Wellbeing by Municipality: *Waterloo Region*



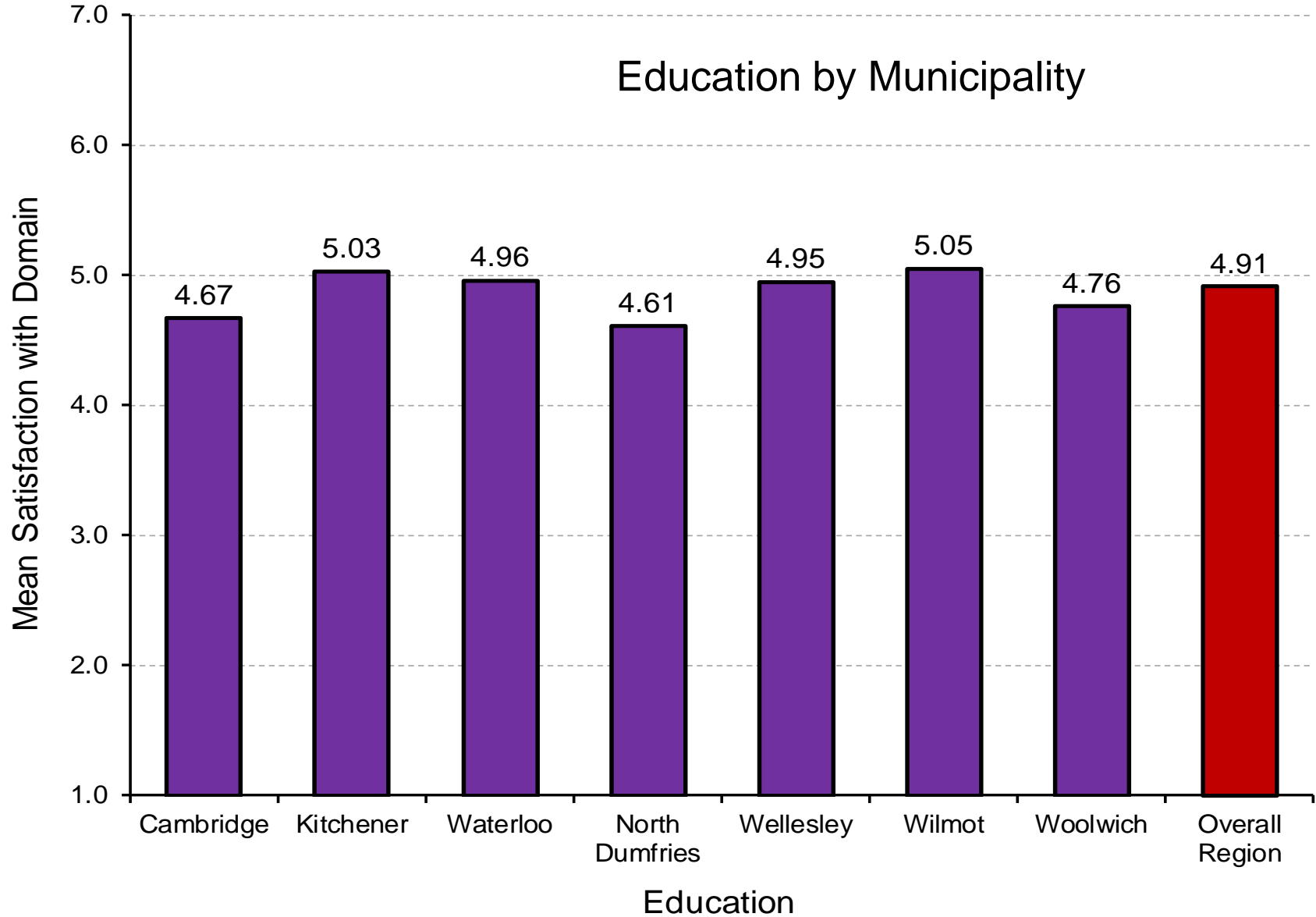
Wellbeing by Municipality: *Community Vitality*



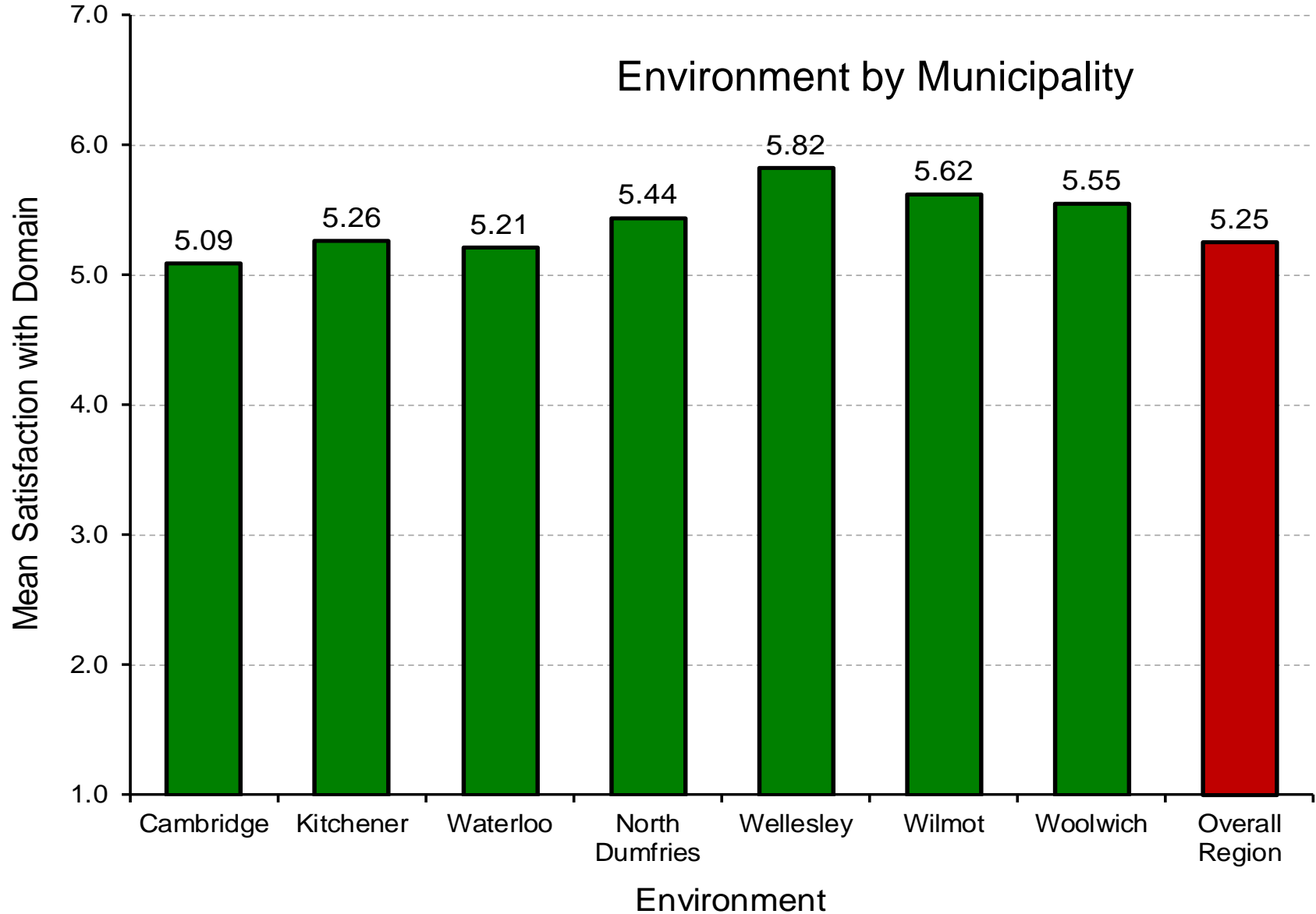
Wellbeing by Municipality: *Democratic Engagement*



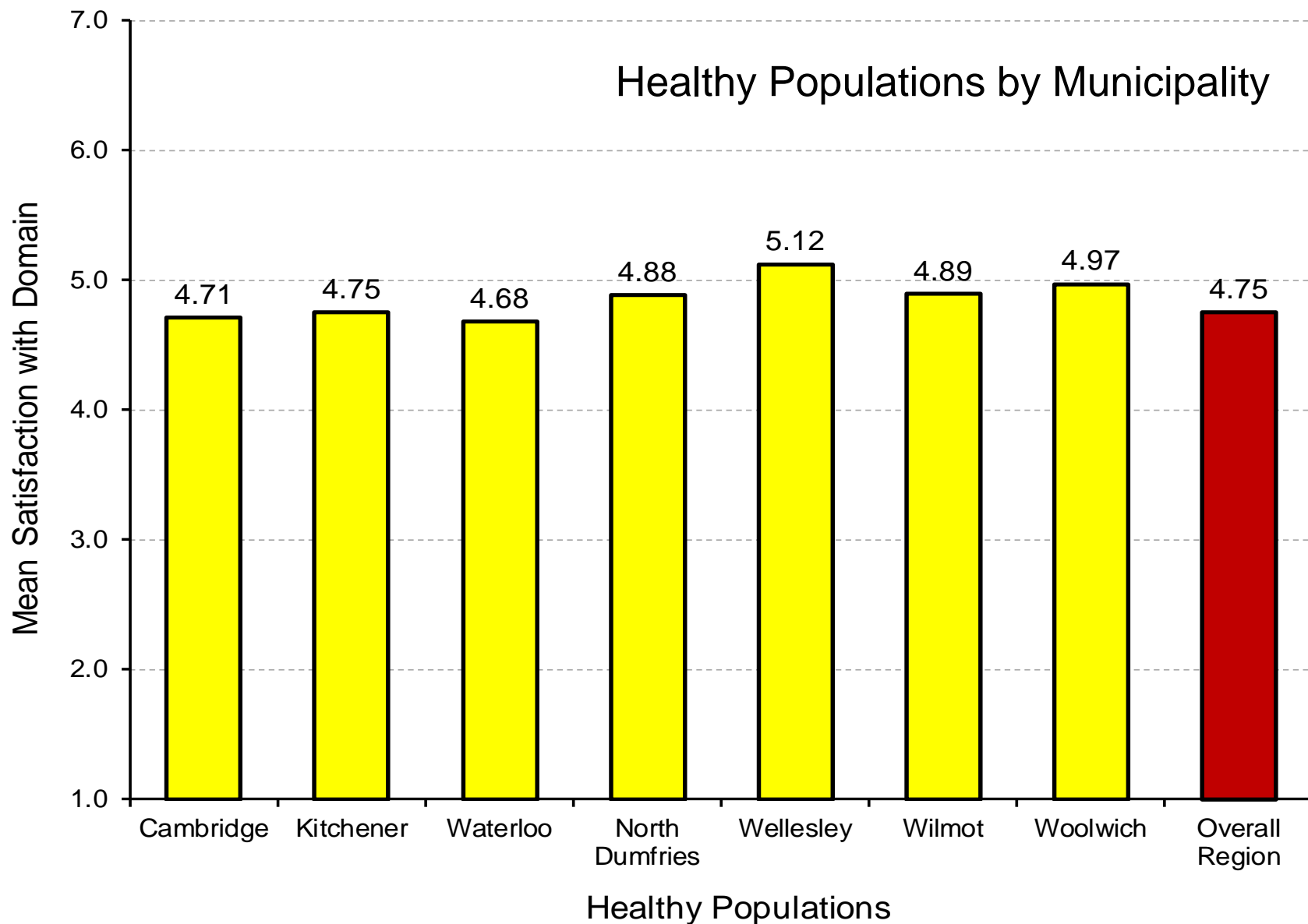
Wellbeing by Municipality: *Education*



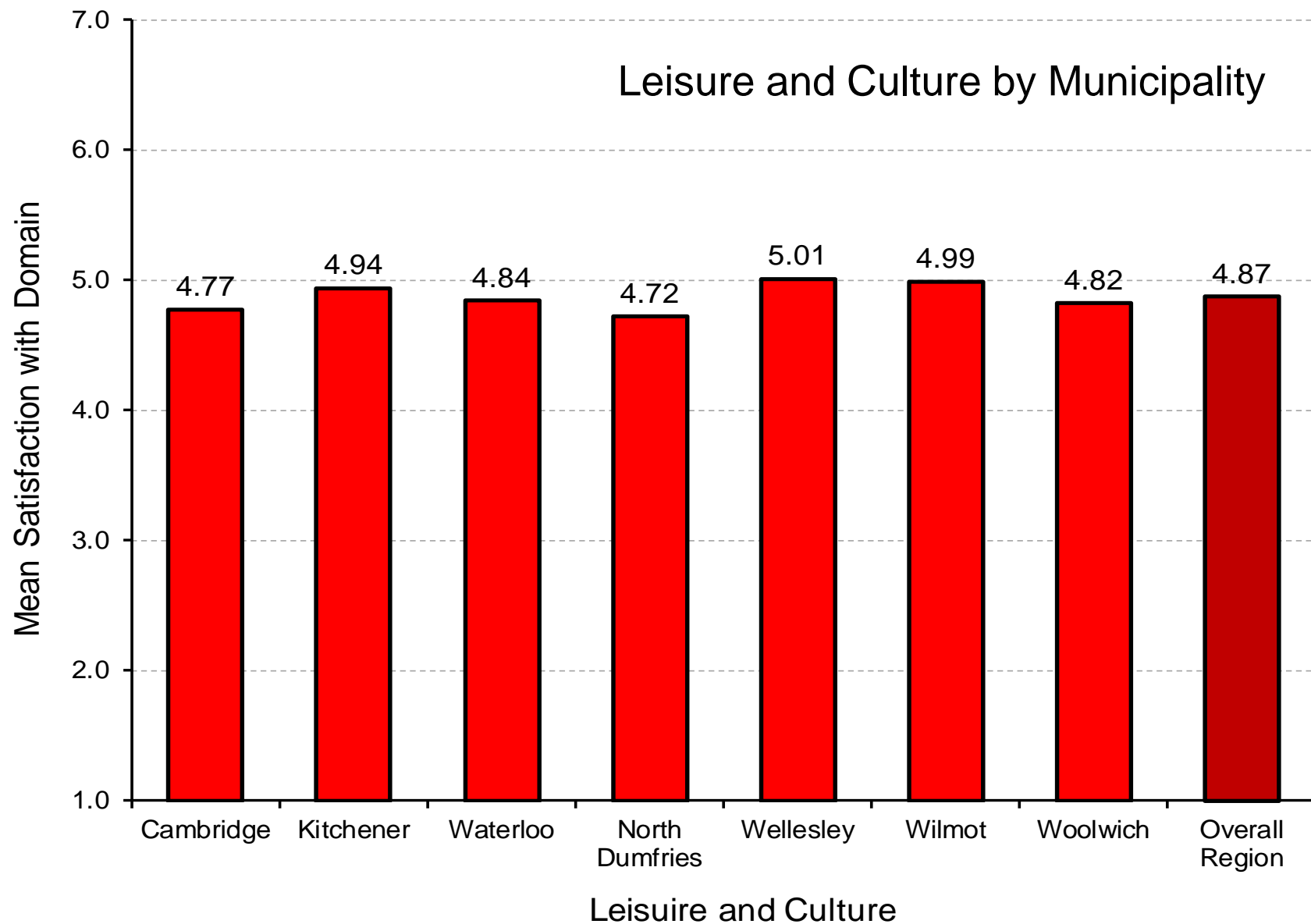
Wellbeing by Municipality: *Environment*



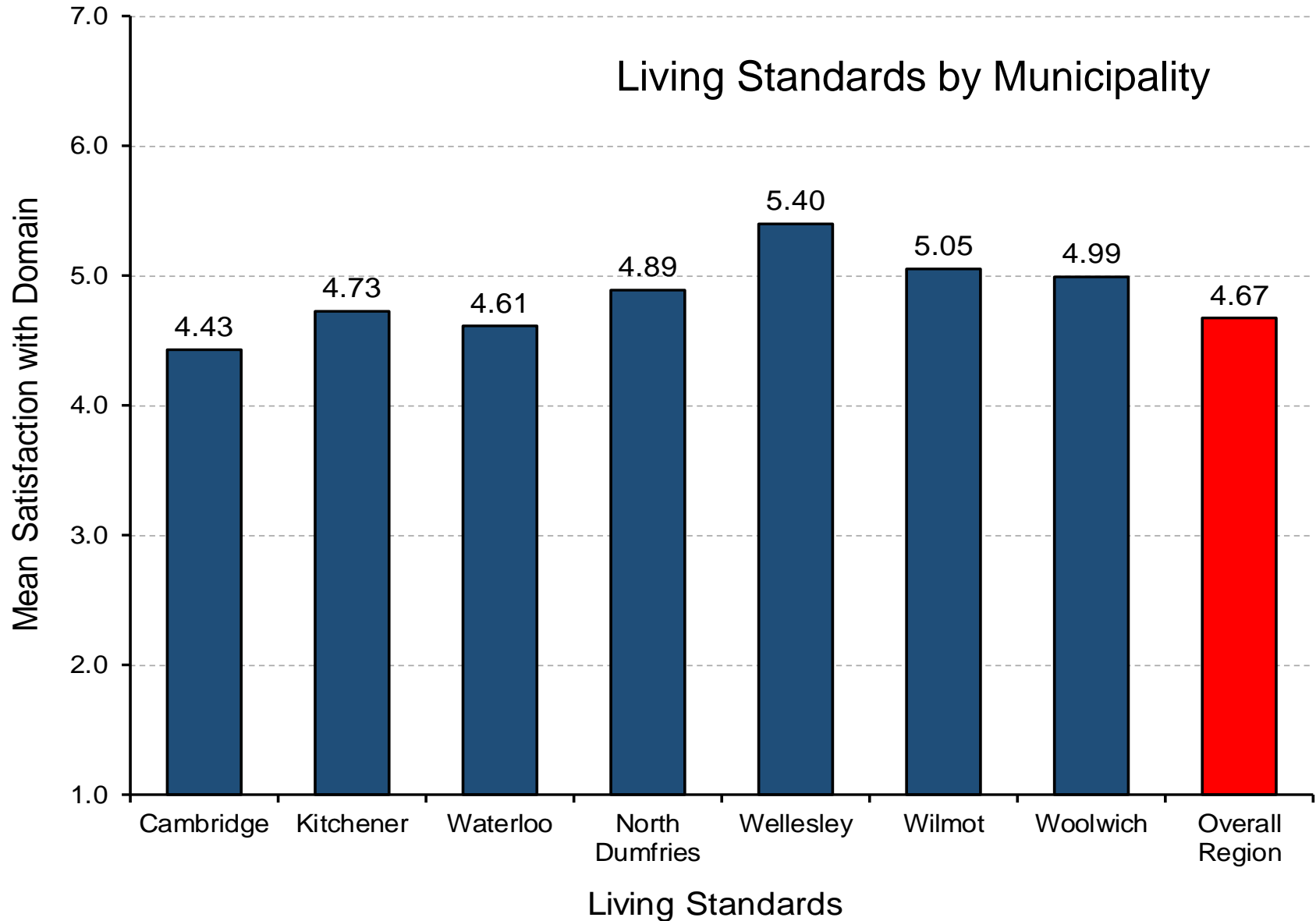
Wellbeing by Municipality: *Healthy Populations*



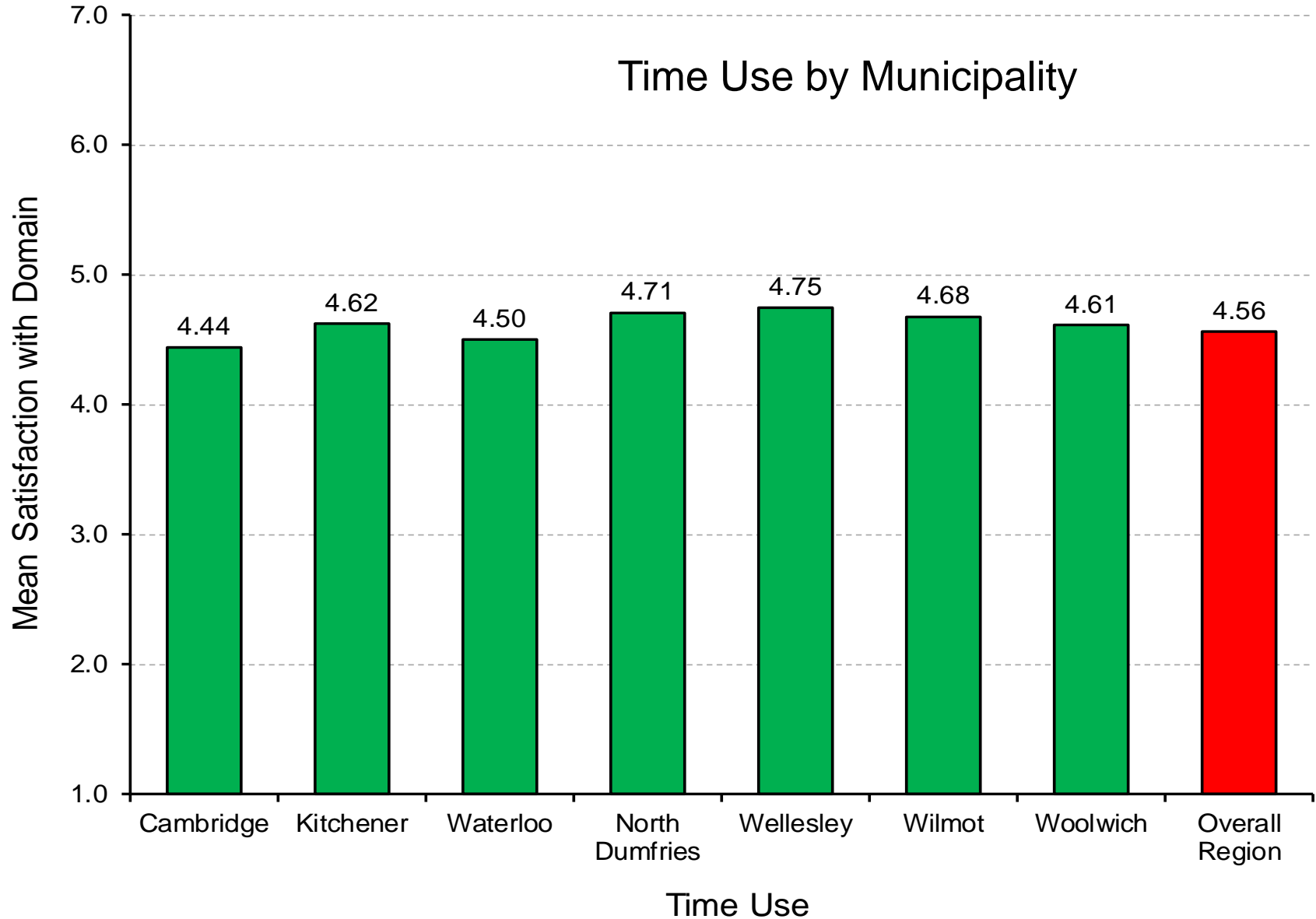
Wellbeing by Municipality: *Leisure and Culture*



Wellbeing by Municipality: *Living Standards*



Wellbeing by Municipality: *Time Use*





Demographics and Wellbeing

Characteristics of wellbeing in Waterloo Region

What characterises residents with *higher or lower wellbeing*?

Below average wellbeing

- ✓ Women
- ✓ Younger
- ✓ More often on their own
- ✓ More often unemployed
- ✓ Living with a disability
- ✓ More spend over 30% of income on housing

Above average wellbeing

- ✓ Men
- ✓ Older
- ✓ Married (*not* common-law)
- ✓ Higher incomes
- ✓ More highly educated
- ✓ Longer time residing in Waterloo Region

Low Income Residents and Wellbeing

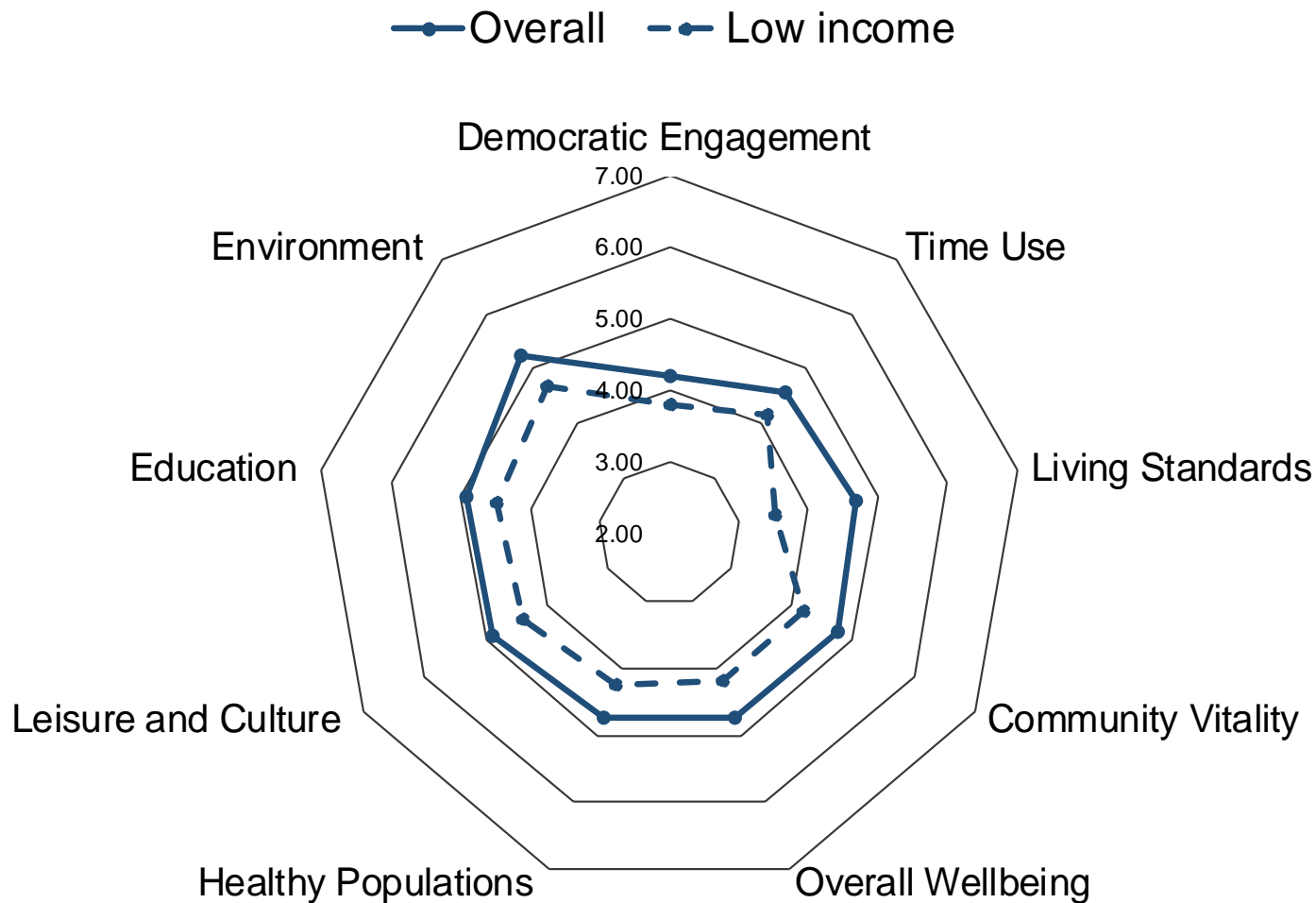
Low income: Total household income before taxes from all sources was under \$30,000 per year

Table J7
Profile of Respondents of Waterloo Region: *Annual Household Income from All Sources*

Household Income	Pct. in Region	Percentage in Municipality						
		Cambridge	Kitchener	Waterloo	North Dumfries	Wellesley	Wilmot	Woolwich
Under \$10,000	6.5	8.6	2.9	14.6	0.6	0.0	2.0	3.2
\$10,000 to \$19,999	6.3	7.3	5.1	10.7	0.0	0.5	2.5	2.0
\$20,000 to \$29,999	5.8	7.5	5.1	6.2	4.1	3.8	5.0	2.9
\$30,000 to \$39,999	7.1	7.8	7.9	6.0	2.0	4.4	3.5	6.8
\$40,000 to \$59,999	15.0	15.3	17.0	12.2	17.2	6.4	13.3	9.2
\$60,000 to \$79,999	13.5	14.9	14.7	8.7	16.7	15.6	7.3	18.4
\$80,000 to \$99,999	10.8	8.5	12.8	8.5	8.4	5.0	15.3	13.7
\$100,000 to \$119,999	10.1	9.8	10.3	7.4	17.0	12.6	15.9	13.2
\$120,000 to \$149,999	9.8	8.5	10.3	9.3	7.3	9.3	15.9	8.9
\$150,000 and over	15.2	11.8	13.8	16.4	26.7	42.4	19.3	21.7
Total	415,587	99,765	184,217	82,892	7,599	7,749	15,727	17,638

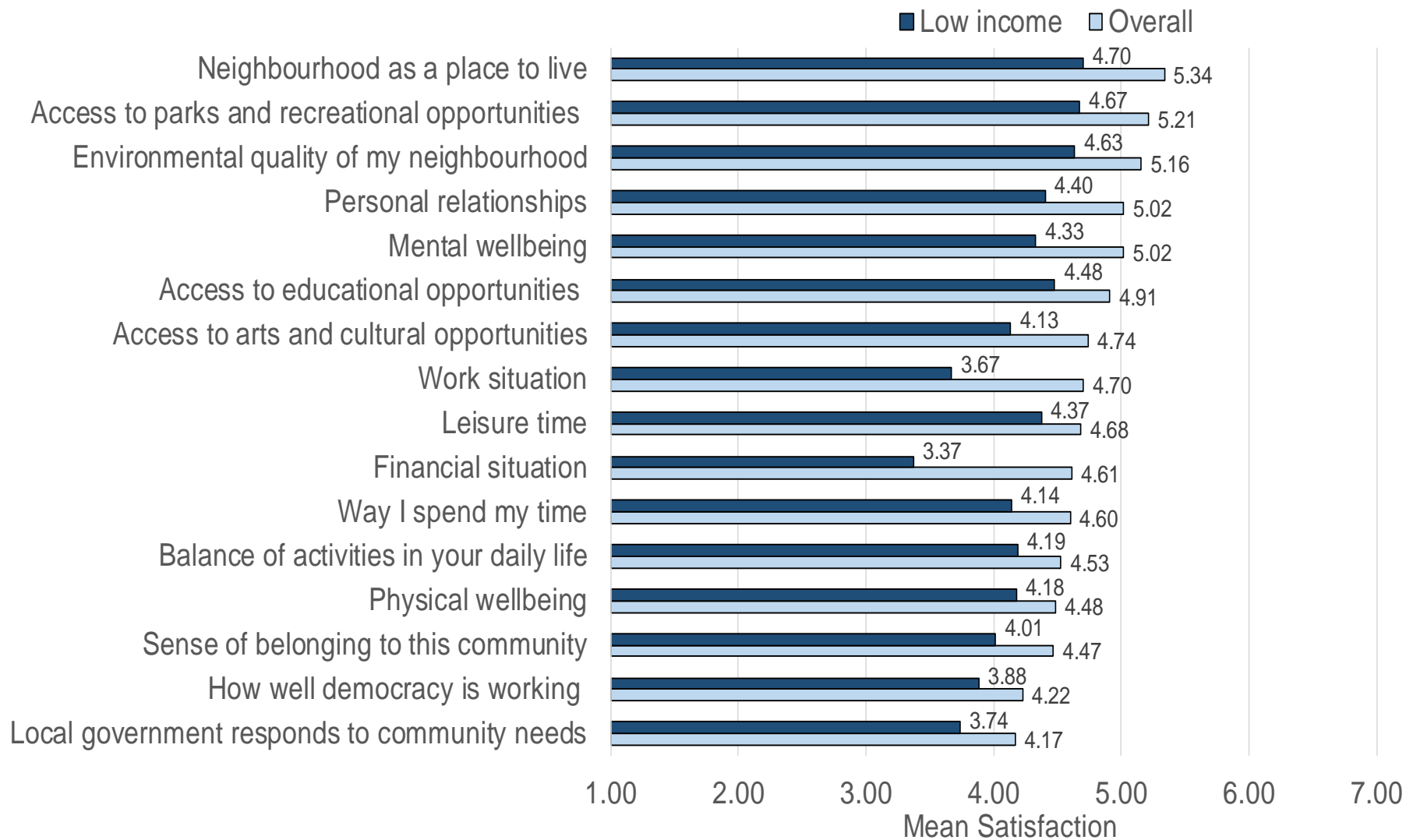
Low Income Residents and Wellbeing

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

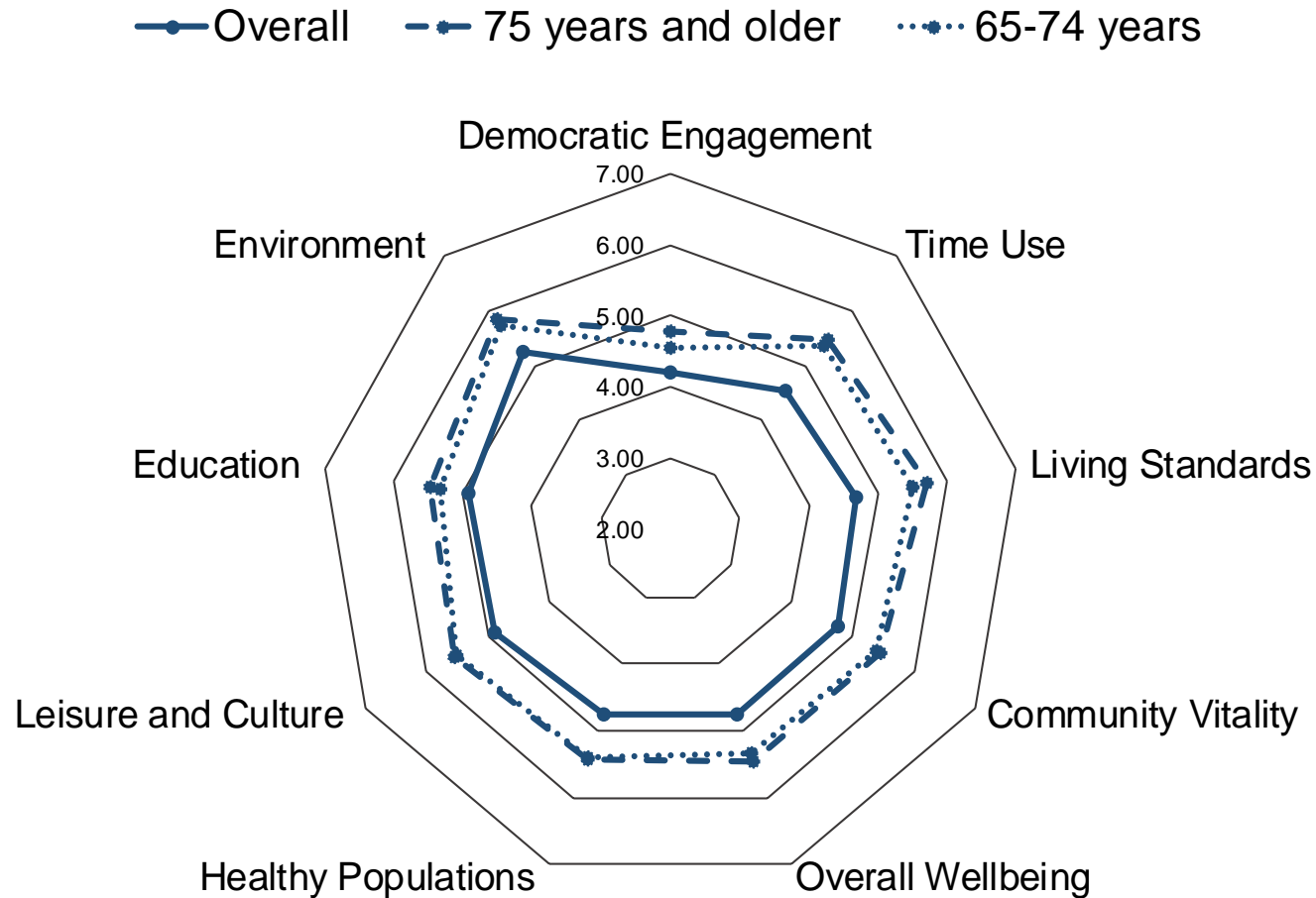
Table J3a
Profile of Respondents of Waterloo Region: *Age Groupings*

Age Group ^a	Pct. in Region	Percentage in Municipality						
		Cambridge	Kitchener	Waterloo	North Dumfries	Wellesley	Wilmot	Woolwich
16 to 24 years	7.5	7.0	5.4	14.1	1.4	4.2	8.7	5.2
25 to 29 years	11.2	11.7	12.7	11.1	9.9	2.1	5.1	5.0
30 to 34 years	14.1	12.6	16.2	12.0	7.0	14.8	8.7	19.1
35 to 44 years	16.7	16.7	16.6	14.2	25.7	29.1	21.2	16.7
45 to 54 years	17.6	18.7	17.3	17.2	20.1	17.4	17.1	17.1
55 to 64 years	15.2	15.6	15.0	14.4	18.2	16.3	16.1	16.0
65 to 74 years	9.9	10.1	9.5	9.5	11.3	10.2	13.5	11.6
75 years and older	7.6	7.7	7.4	7.7	6.4	5.9	9.7	9.3
Total	439,749	106,090	192,421	88,454	8,315	8,264	16,470	19,735

^a Residents had to be at least 16 years of age to participate in the survey.

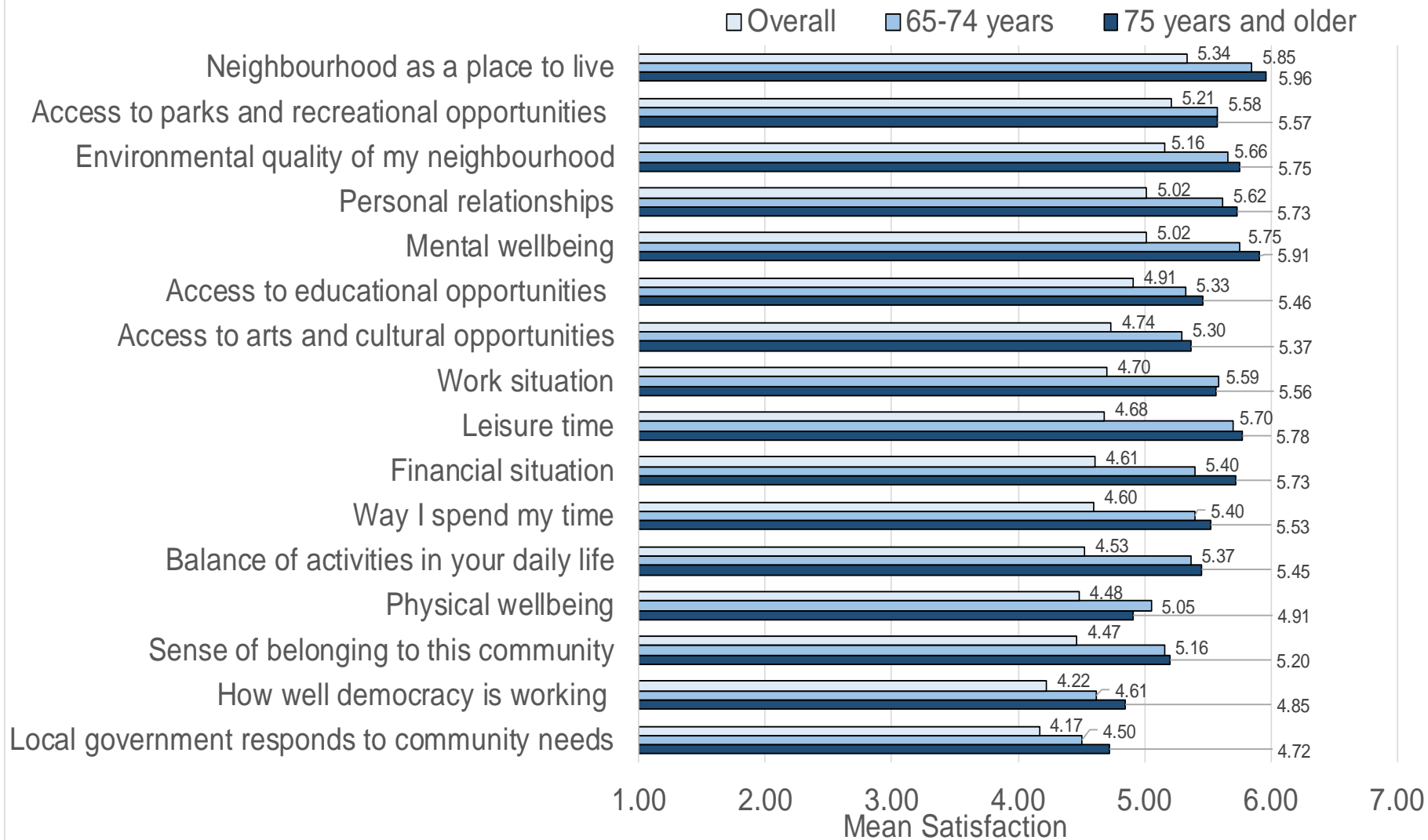
Older Adults and Wellbeing

Older adults satisfaction with domains of wellbeing



Older Adults and Wellbeing

Satisfaction with Aspects of Wellbeing



Disabilities and Wellbeing

Living with a disability or chronic illness:

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

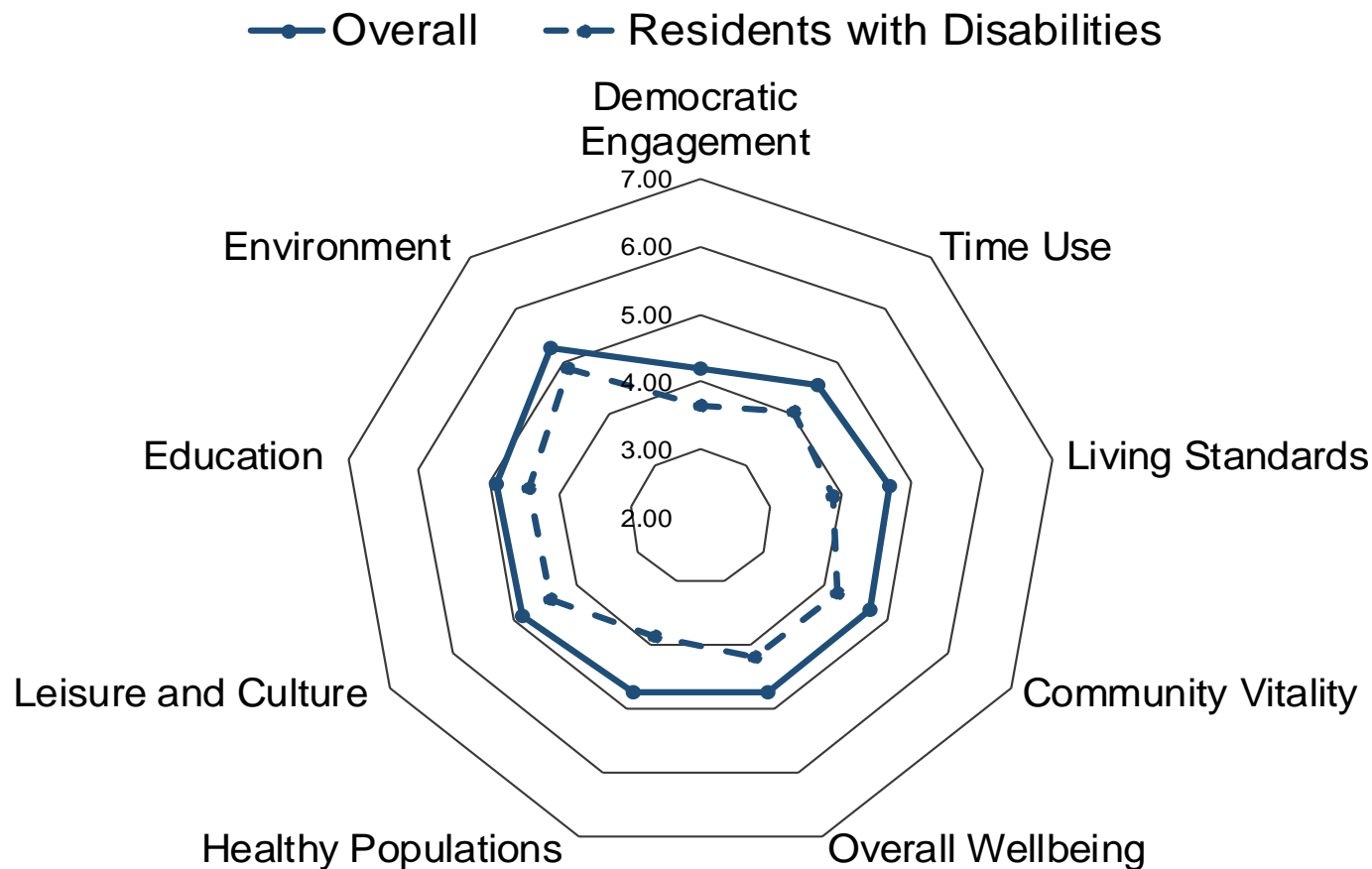
Table J13
Profile of Respondents of Waterloo Region:
Living with a Disability (physical or mental) or a Chronic Illness that Limits Activity

Living with Disability	Pct. in Region	Percentage in Municipality						
		Cambridge	Kitchener	Waterloo	North Dumfries	Wellesley	Wilmot	Woolwich
Yes	22.4	26.5	21.2	24.3	14.5	6.5	18.7	17.2
No	77.6	73.5	78.8	75.7	85.5	93.5	81.3	82.8
Total	437,377	105,800	191,033	87,899	8,315	8,230	16,470	19,630

- 72.1% of residents living with a disability also said their physical or mental health limits their ability to fully participate in their community.

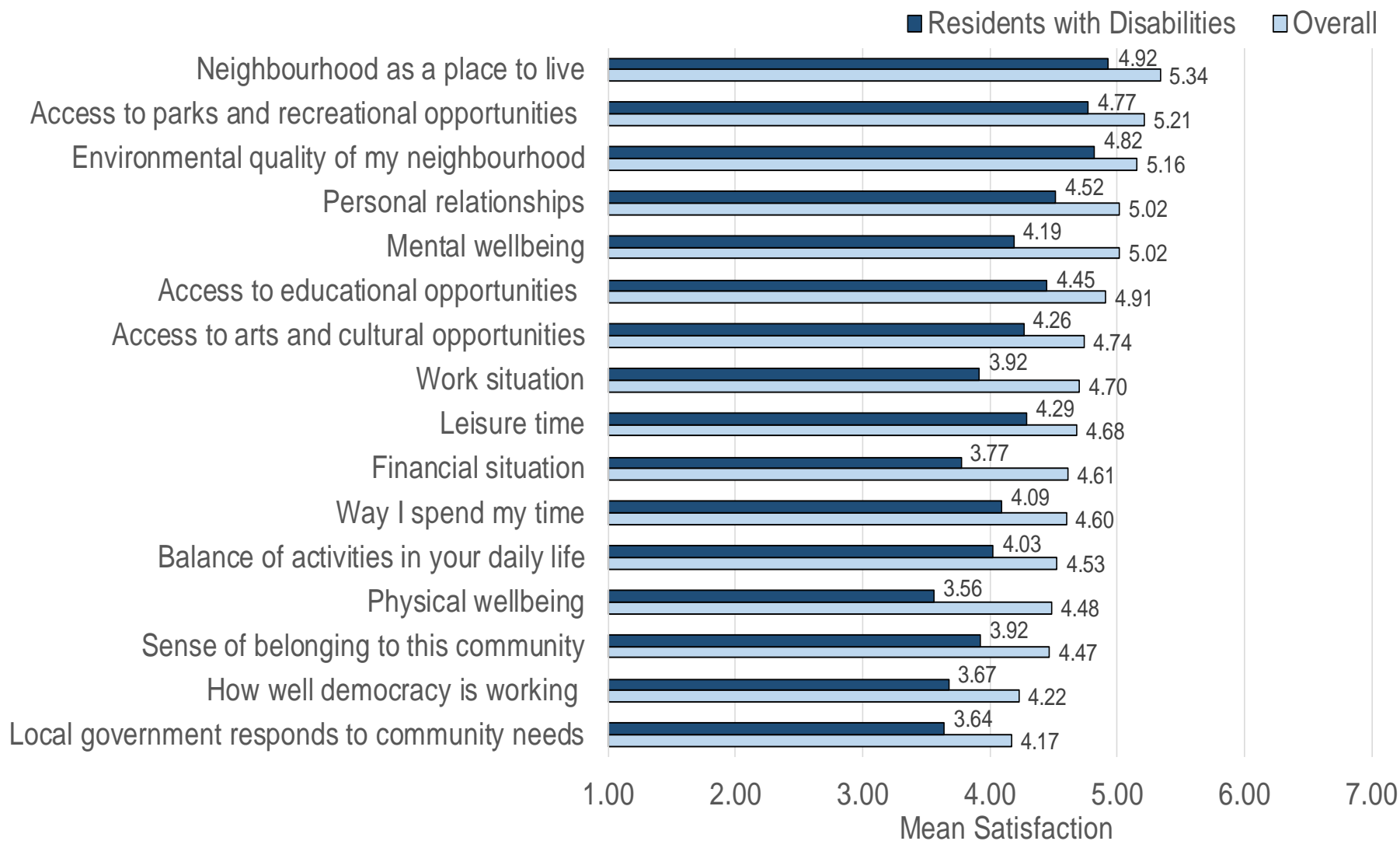
Disabilities and Wellbeing

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



Disabilities and Wellbeing

Satisfaction with Aspects of Wellbeing



Newcomers and Wellbeing

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

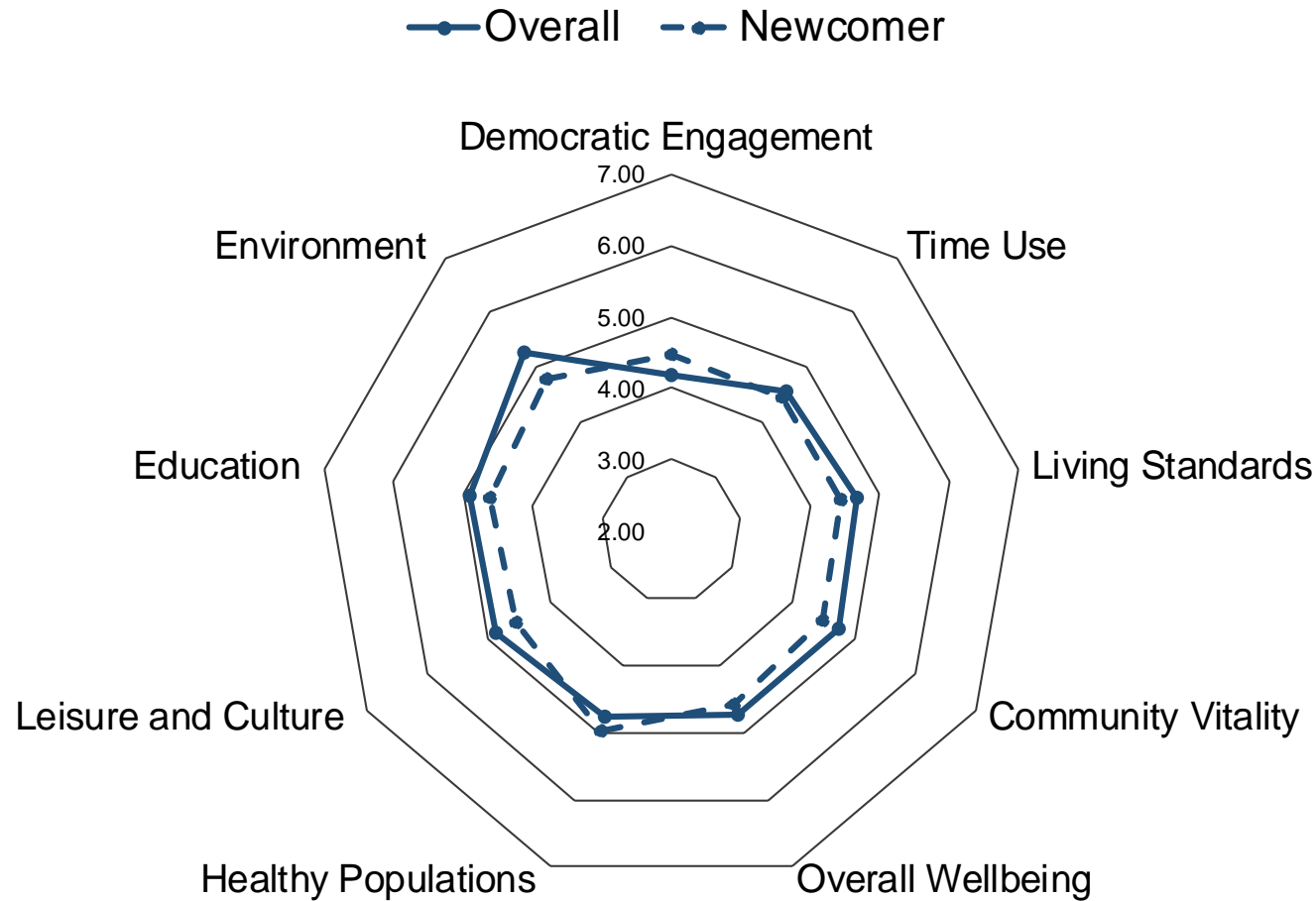
Table J9
Profile of Respondents of Waterloo Region:
Years Lived in Canada (if not born in Canada)

Years Lived in Canada	Pct. in Region	Percentage in Municipality						
		Cambridge	Kitchener	Waterloo	North Dumfries	Wellesley	Wilmot	Woolwich
10 years or less	24.2	18.3	16.9	42.2	12.8	0.0	19.9	5.1
11 to 20 years	18.7	20.9	22.3	15.1	0.0	18.8	4.3	5.6
21 to 30 years	14.8	15.0	16.7	12.5	0.0	0.0	28.5	13.3
31 to 50 years	24.2	26.1	27.3	15.9	55.1	25.7	16.6	48.6
51 years or more	18.1	19.8	16.8	14.4	32.1	55.4	30.6	27.4
Total	74,136	19,625	27,639	21,607	907	936	1,792	1,630

Note: Not all respondents born outside of Canada reported years lived in Canada. For those respondents who were born outside of Canada and who reported years lived in Canada ($n = 837$), the average length of time they had lived in Canada was just over 30 years ($M = 28.88$, $SD = 20.23$).

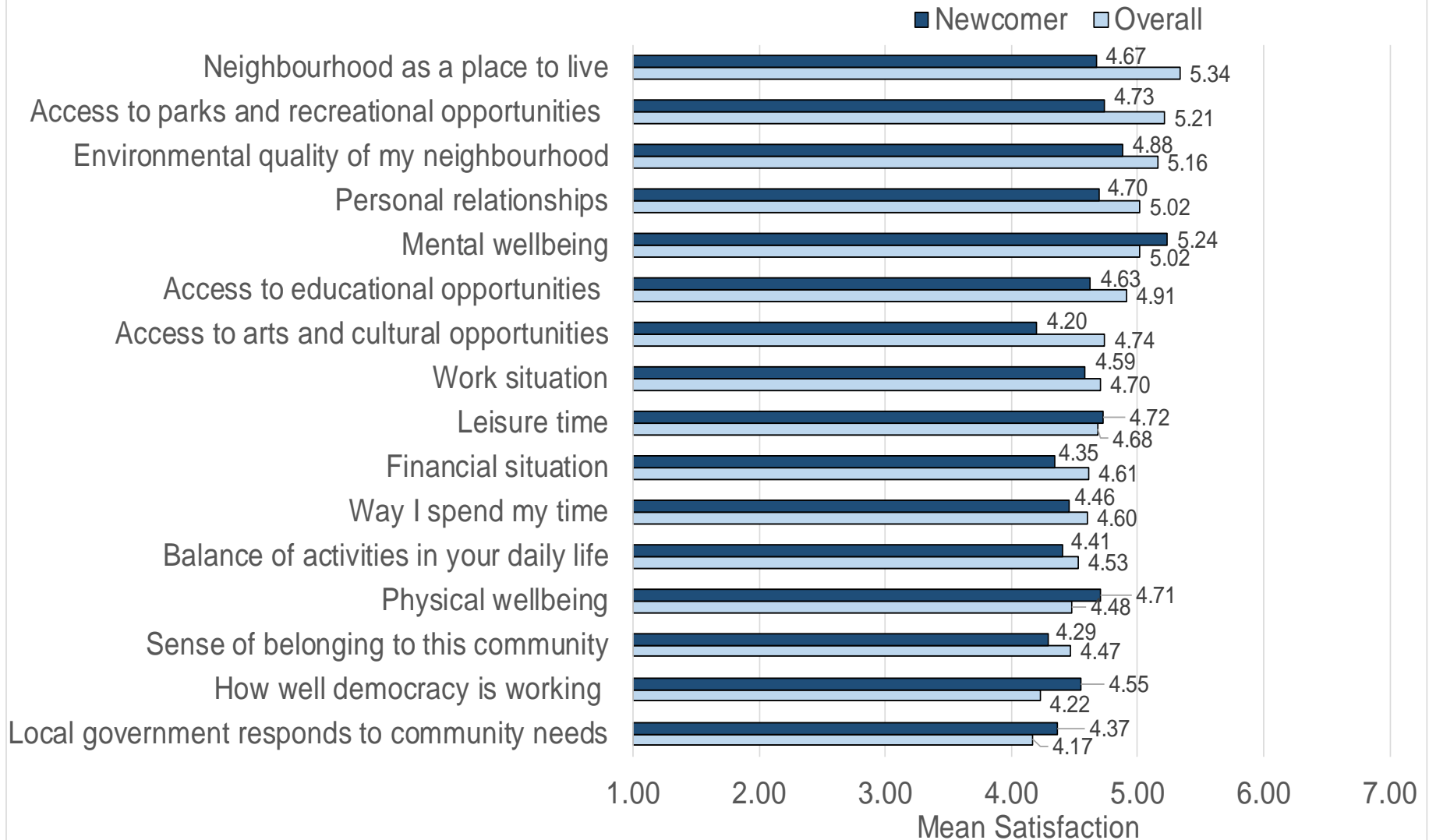
Newcomers and Wellbeing

Newcomer satisfaction with domains of wellbeing



Newcomers and Wellbeing

Satisfaction with Aspects of Wellbeing



Wellbeing by CIW Domains



Living Standards

LIVING STANDARDS and Wellbeing

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

Below average wellbeing

- ✓ Work at multiple jobs
- ✓ Lower job security
- ✓ More people could not pay their bills on time
- ✓ More people could not pay their mortgage or rent on time
- ✓ Work interferes with personal life

Above average wellbeing

- ✓ More likely to have a regular weekday schedule
- ✓ Have better job fit
- ✓ Less likely to work long hours
- ✓ Have enough money to buy things they *needed* and *wanted*

LIVING STANDARDS and Wellbeing by sex

How do women and men compare on living standards?

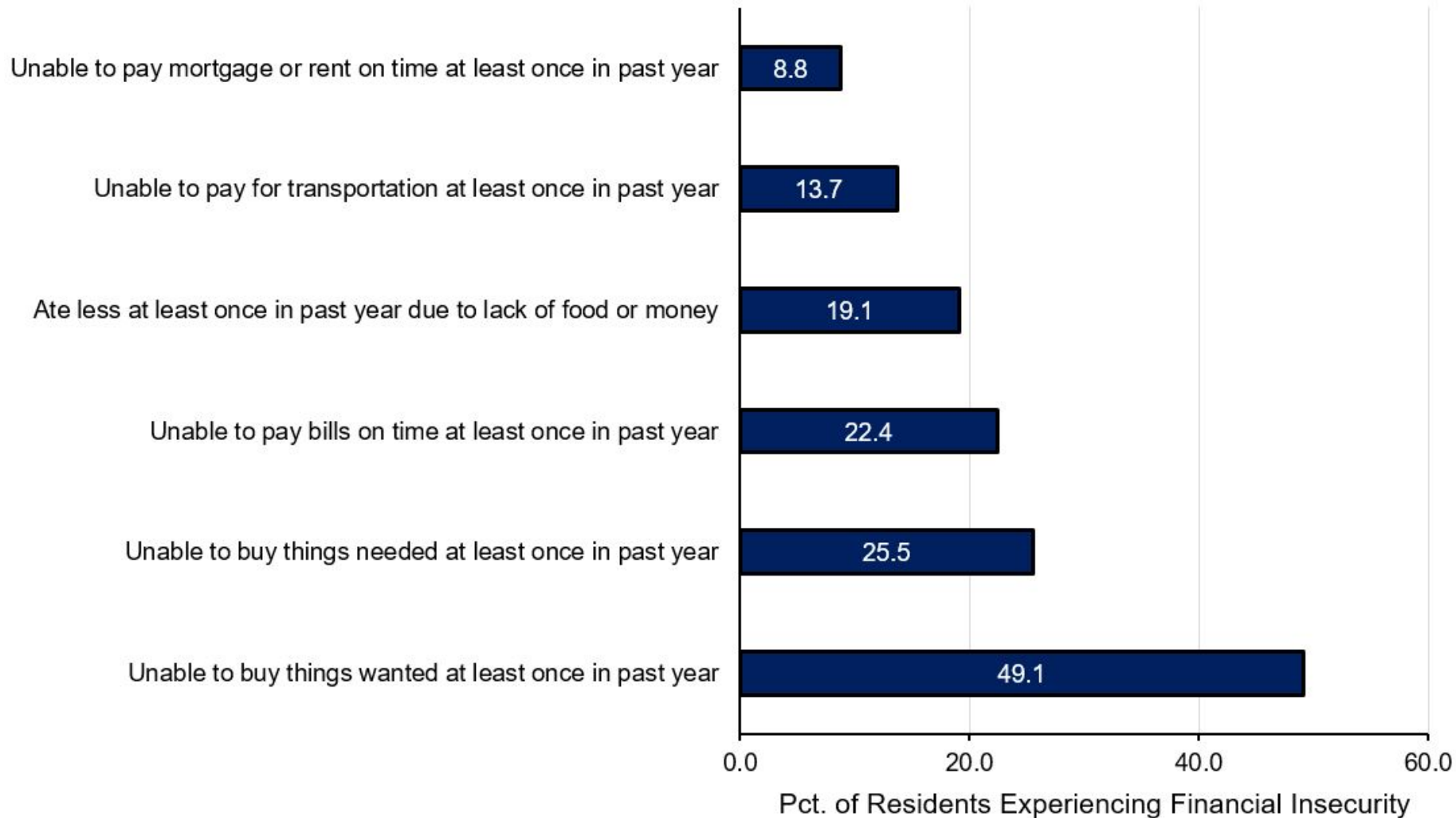
Women

- ✓ Work at multiple jobs
- ✓ More likely to have a regular weekday schedule
- ✓ Work interferes with personal life

Men

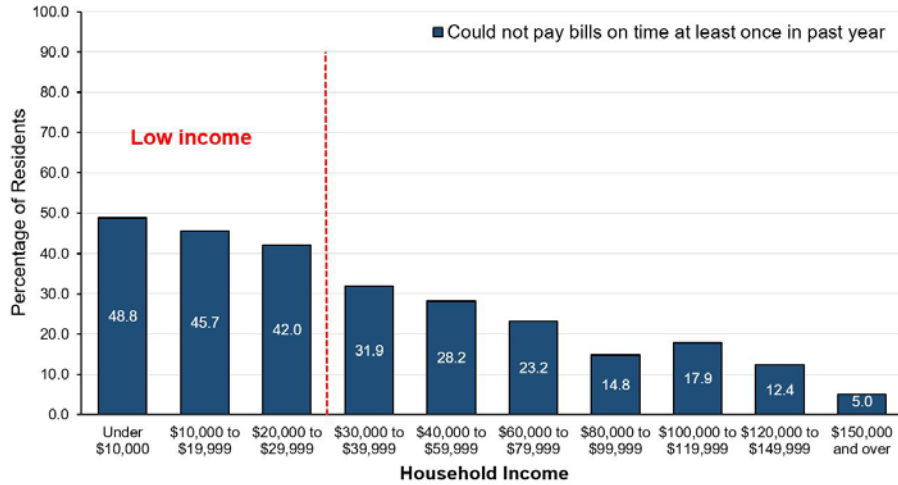
- ✓ More likely to have a flexible work schedule
- ✓ More likely to work long hours
- ✓ Have enough money to buy things they *needed* and *wanted*
- ✓ Perceive more promotion potential with their job

Overall Financial Insecurity

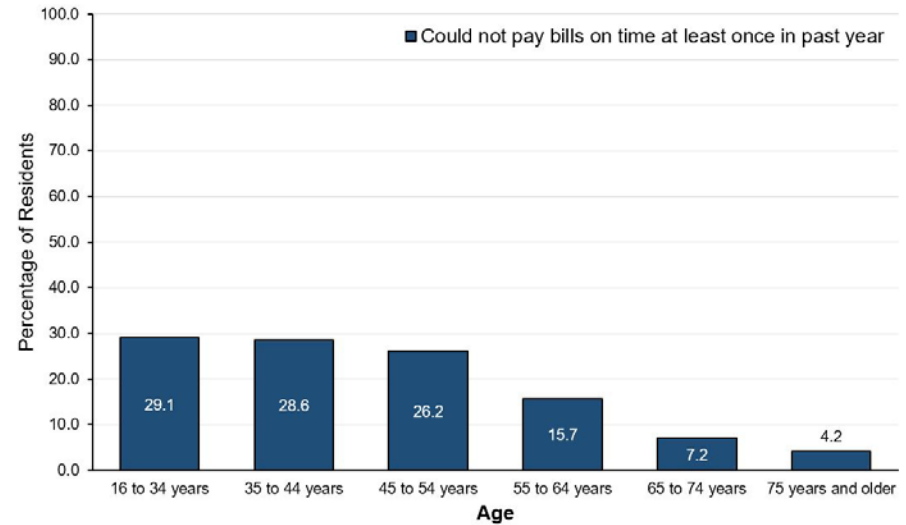


Financial Insecurity: Inability to pay bills on time

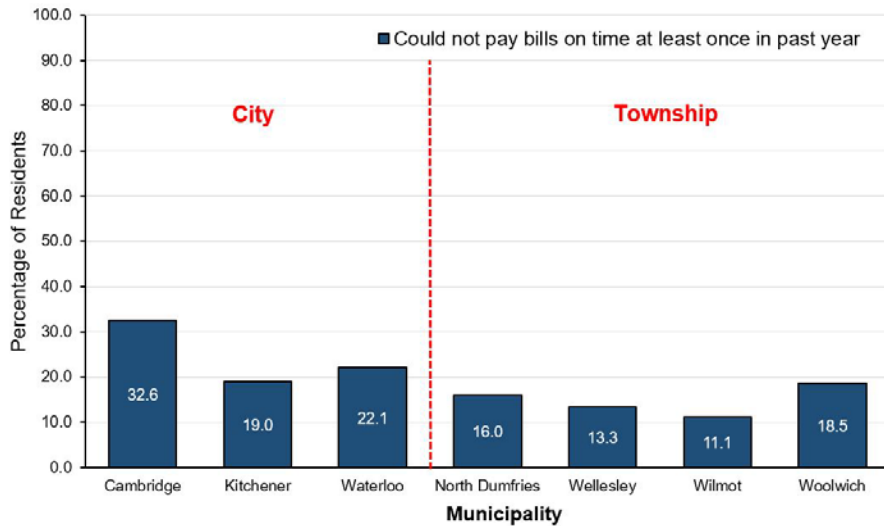
INCOME



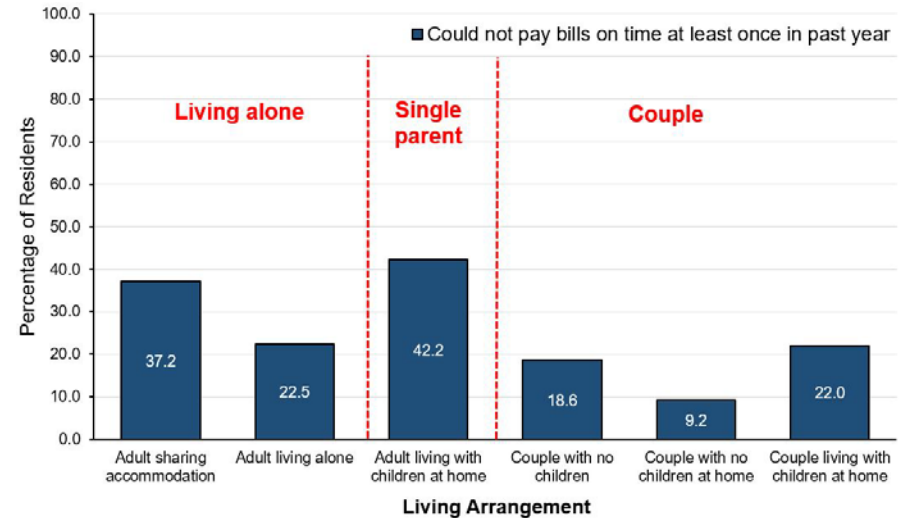
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MUNICIPALITY

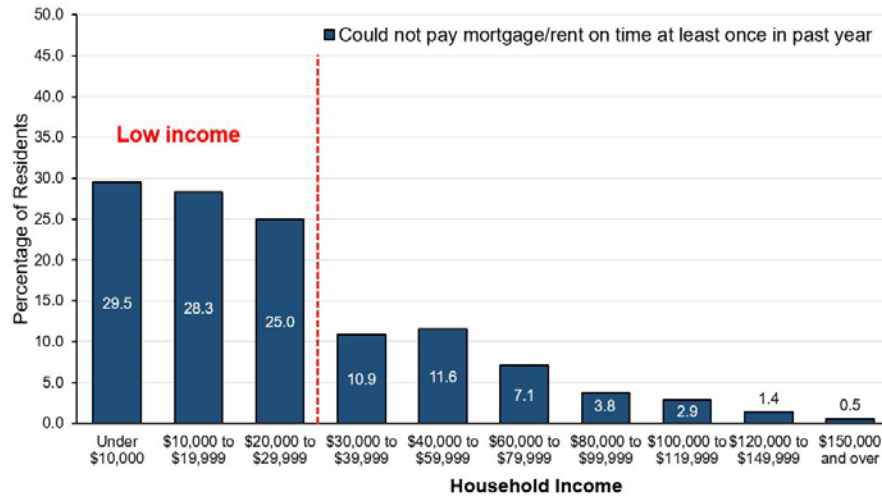


LIVING ARRANGEMENT

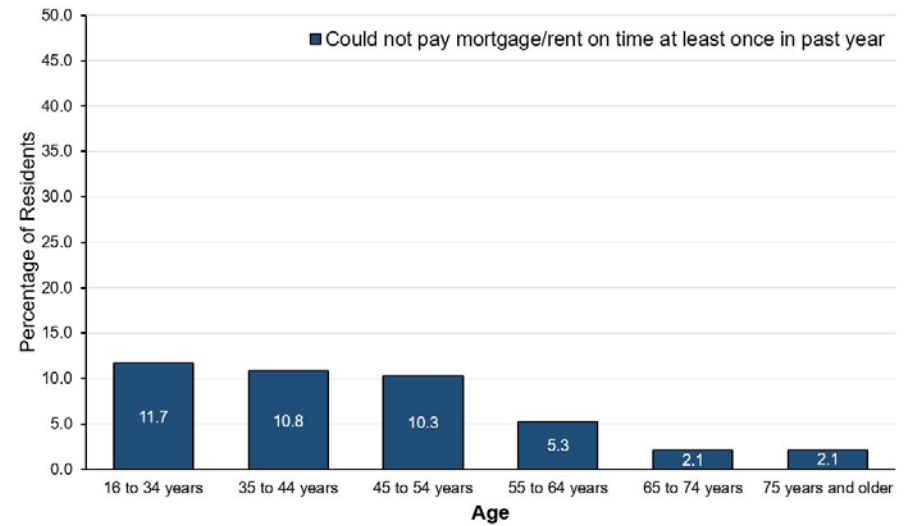


Financial Insecurity: Inability to pay mortgage/rent

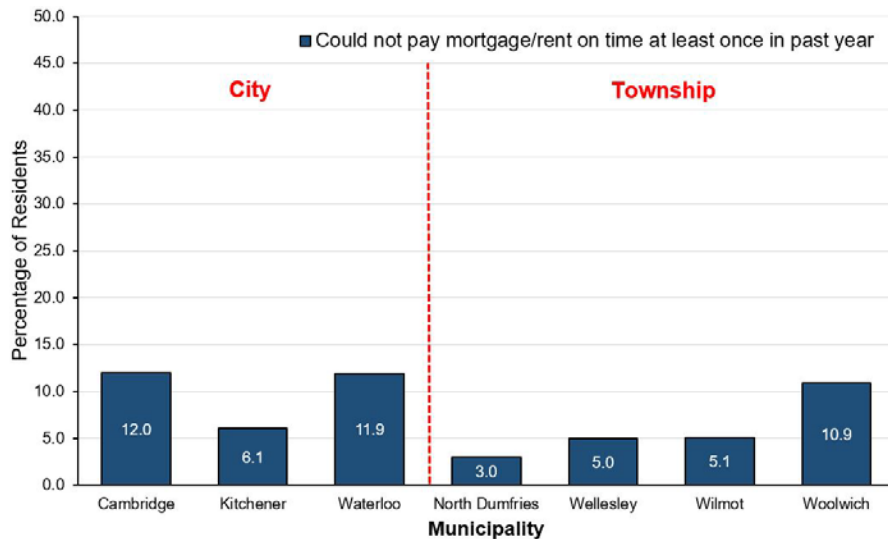
INCOME



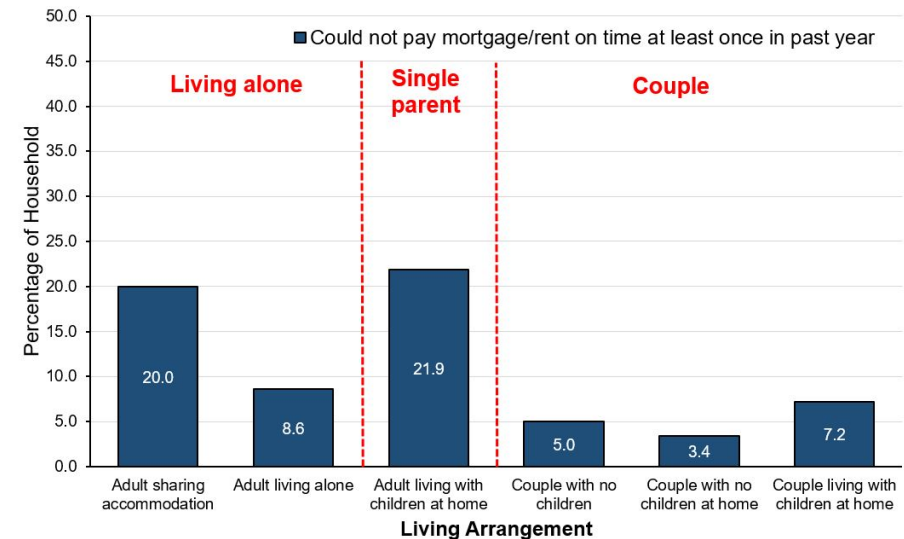
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MUNICIPALITY

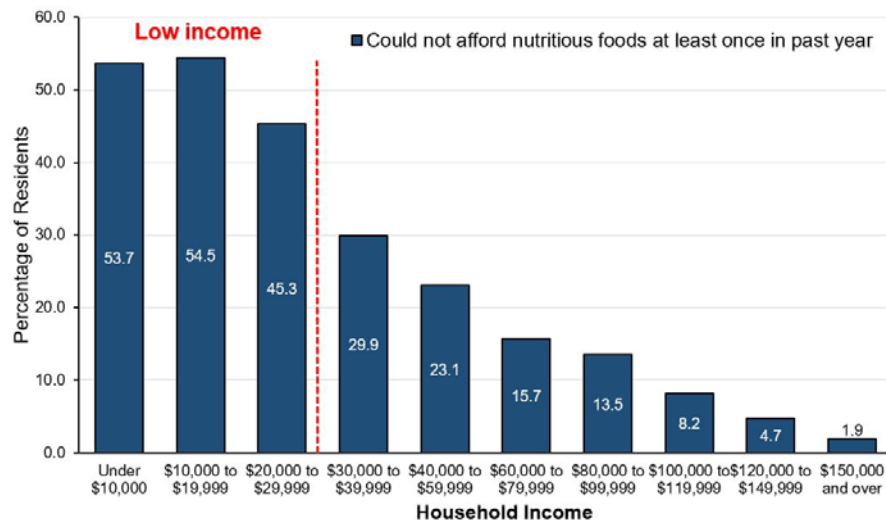


LIVING ARRANGEMENT

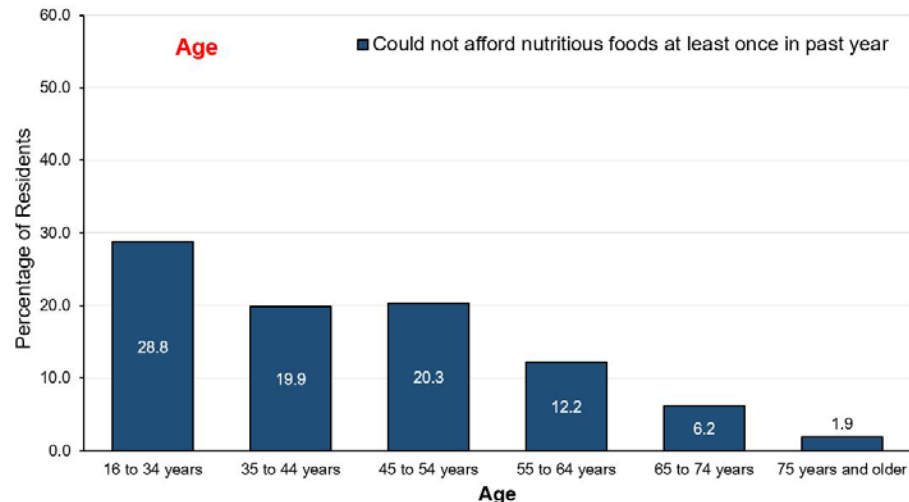


Financial Insecurity: Inability to purchase food

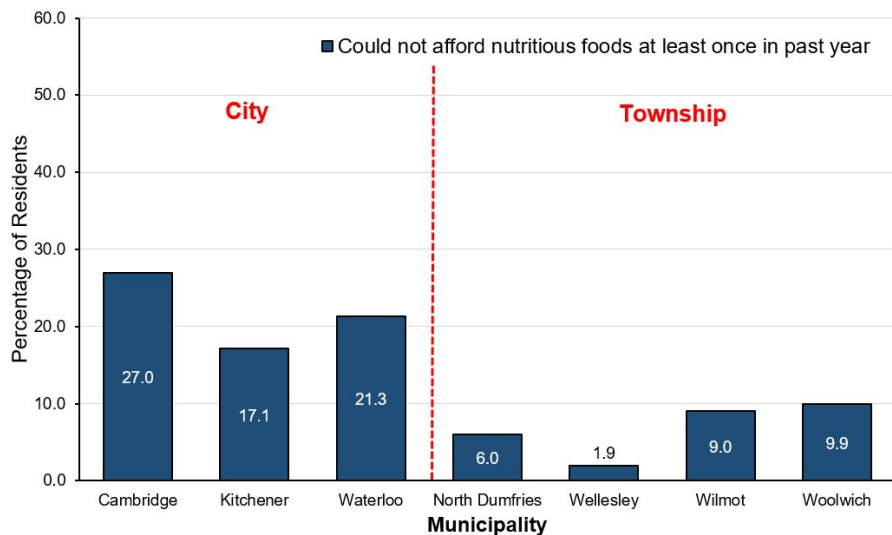
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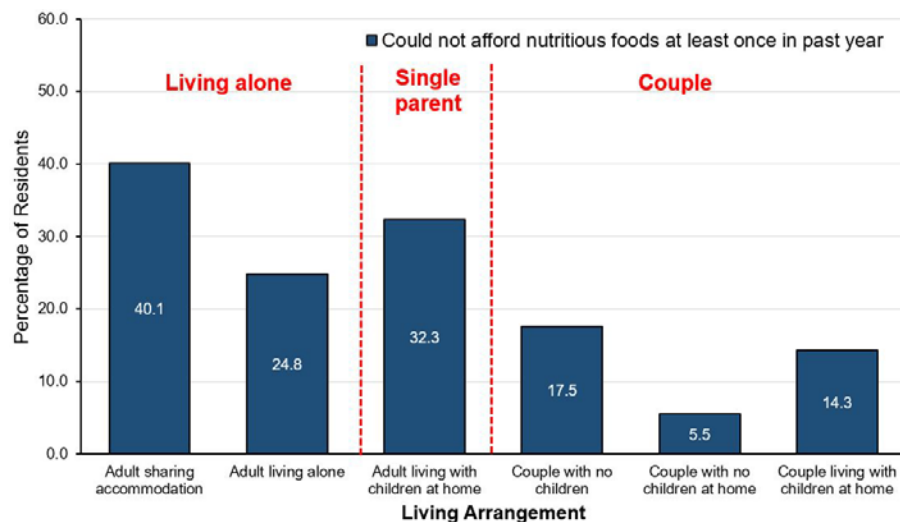
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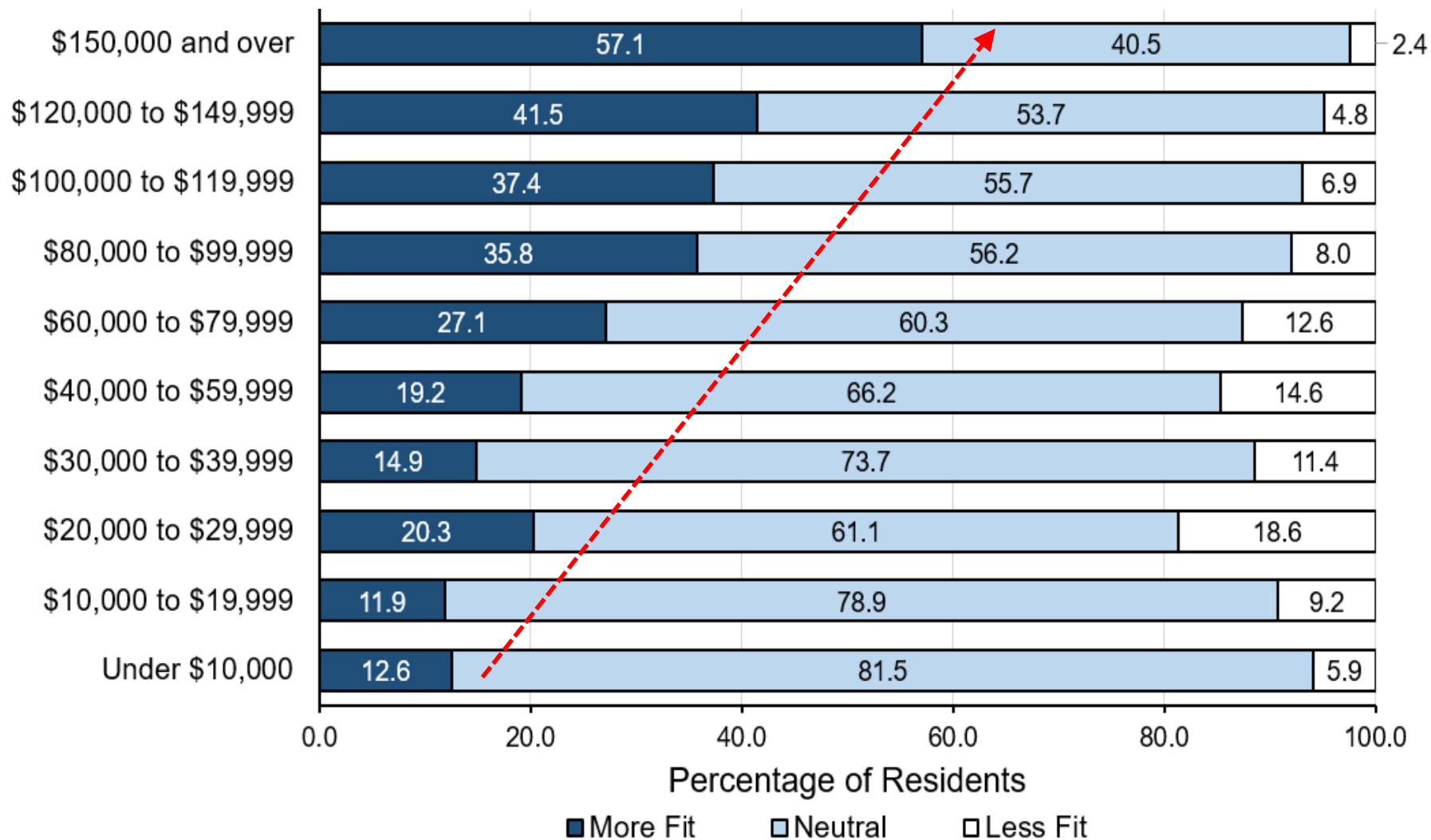
MUNICIPALITY



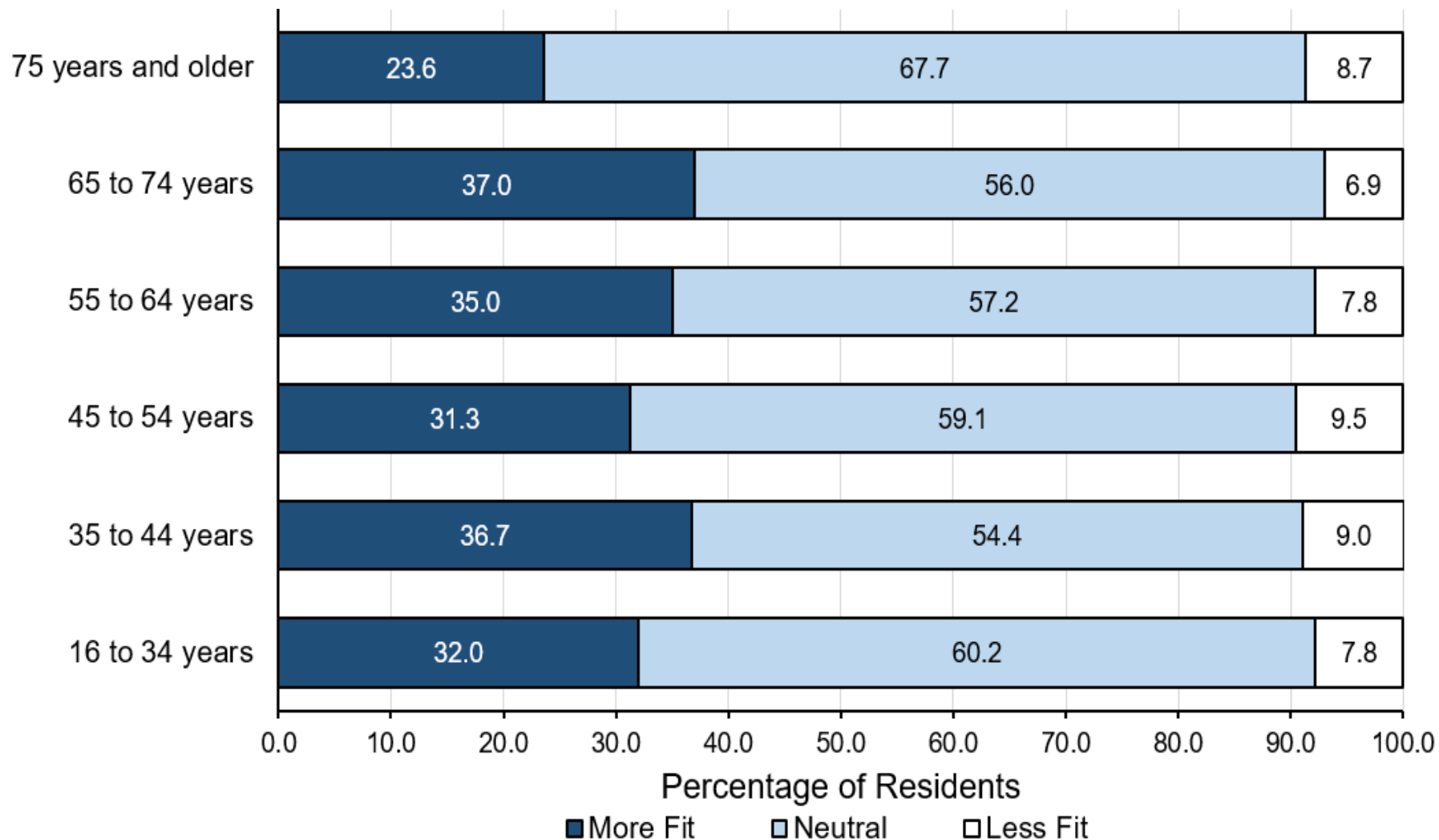
LIVING ARRANGEMENT



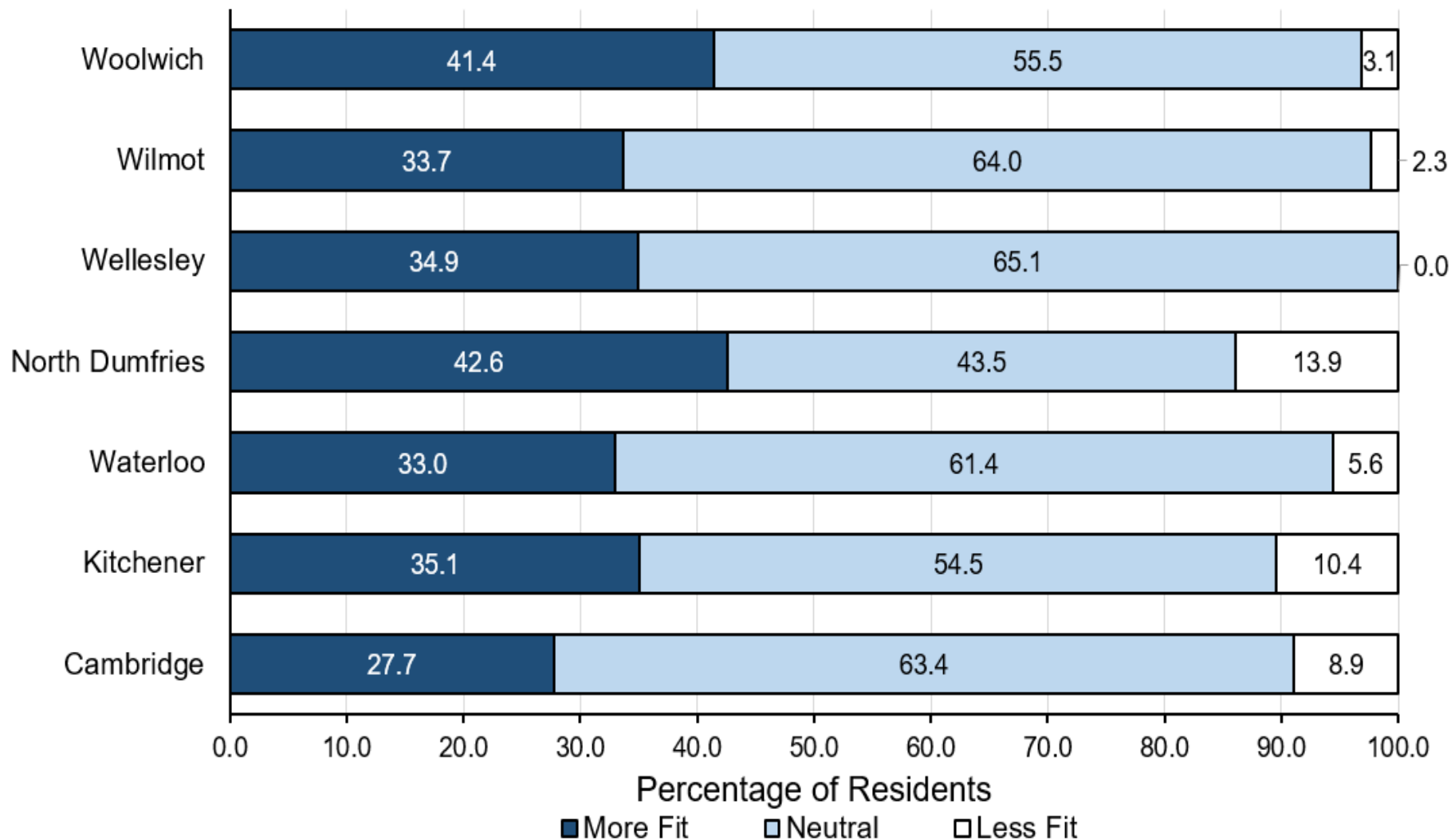
Job fit by *income*



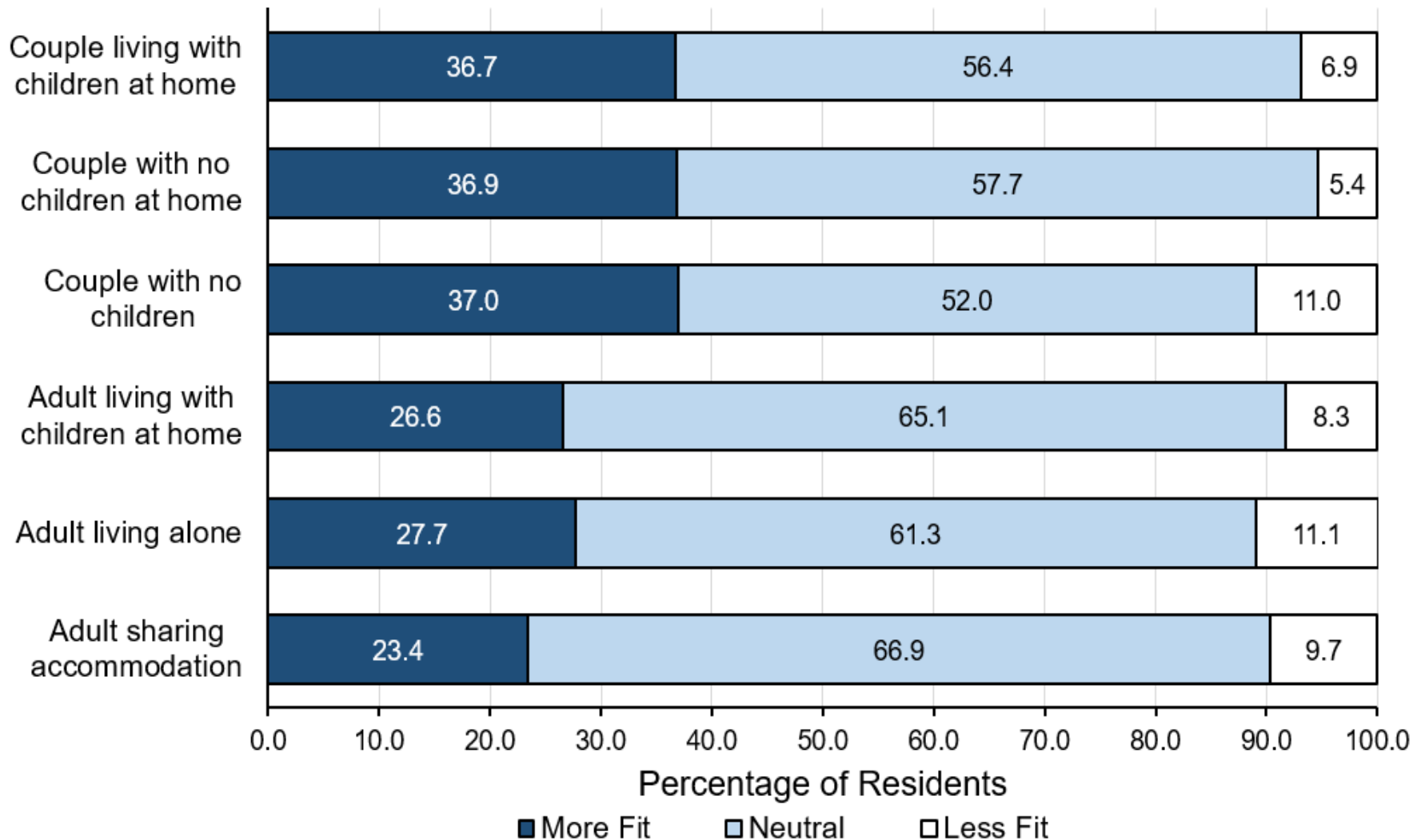
Job fit by age



Job fit by *municipality*

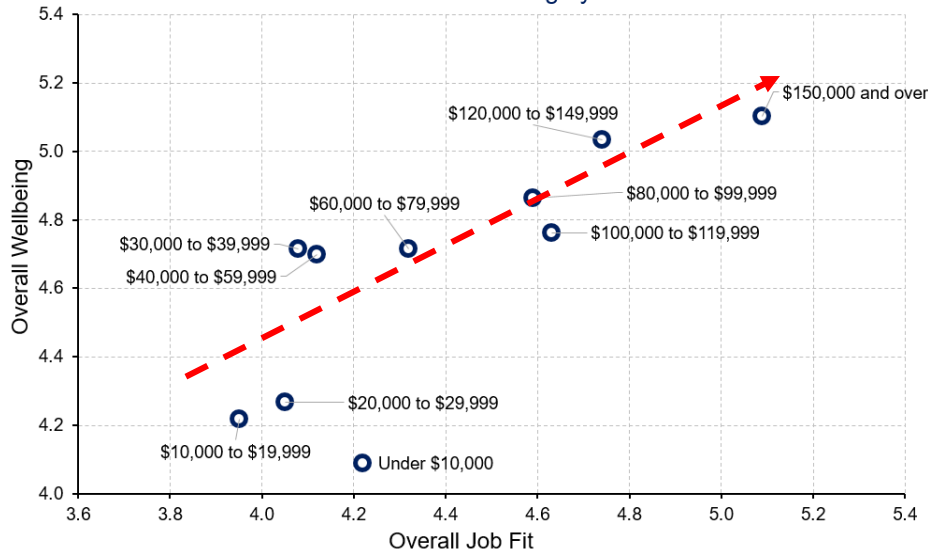


Job fit by *living arrangement*

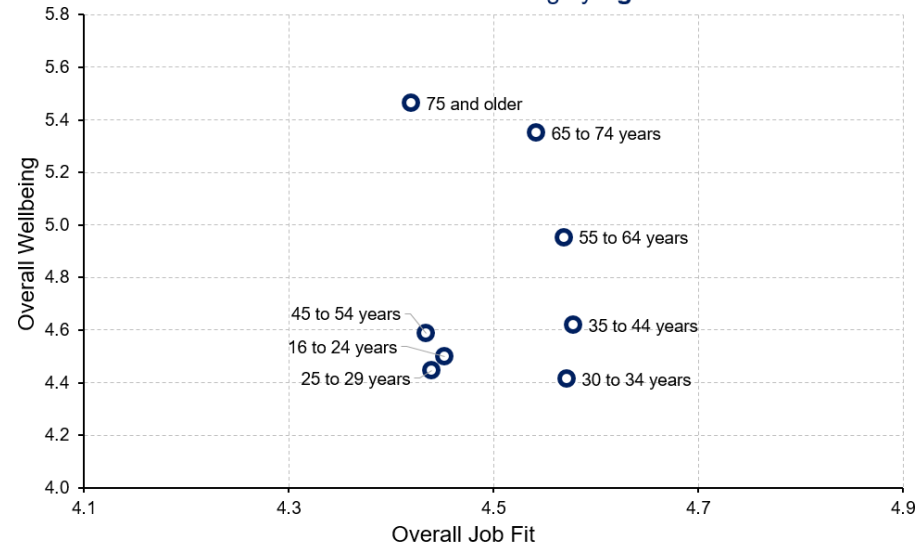


Job fit and overall wellbeing

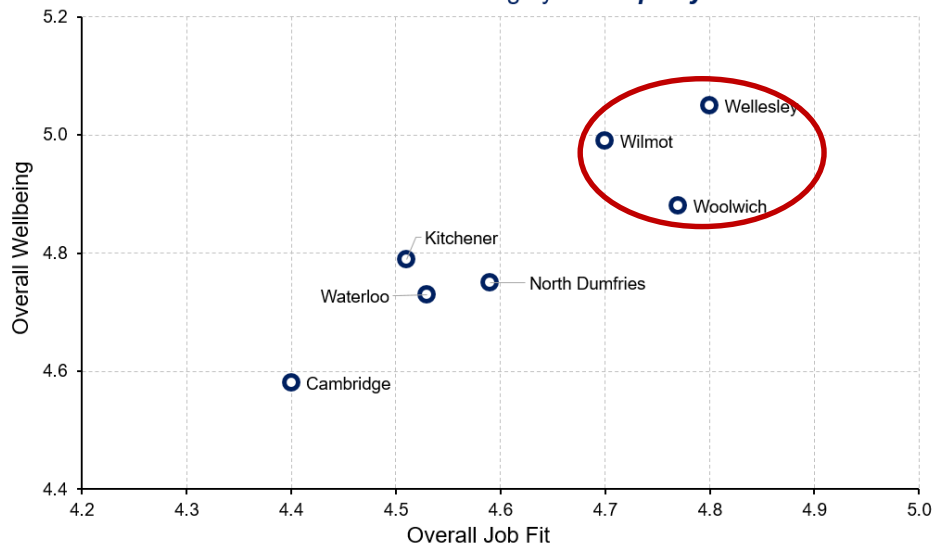
Job Fit and Wellbeing by **Income**



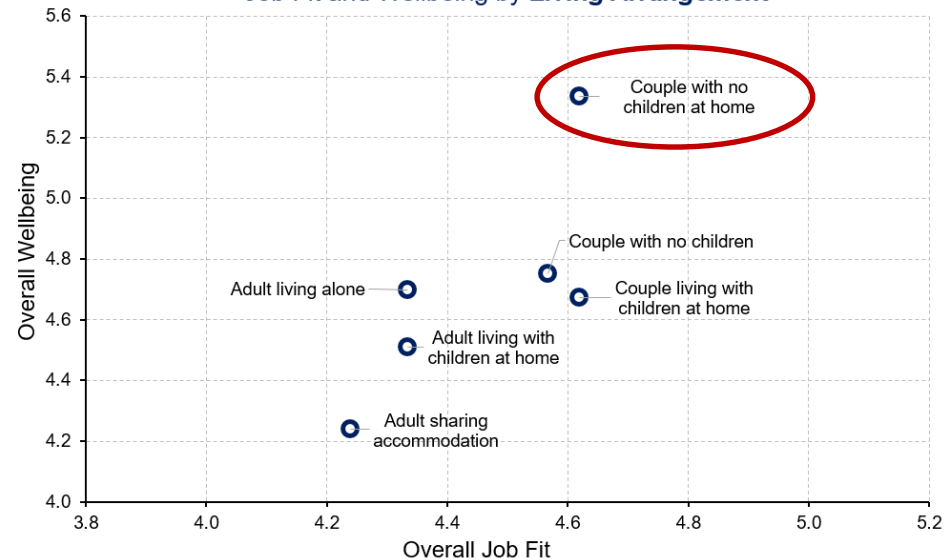
Job Fit and Wellbeing by **Age**



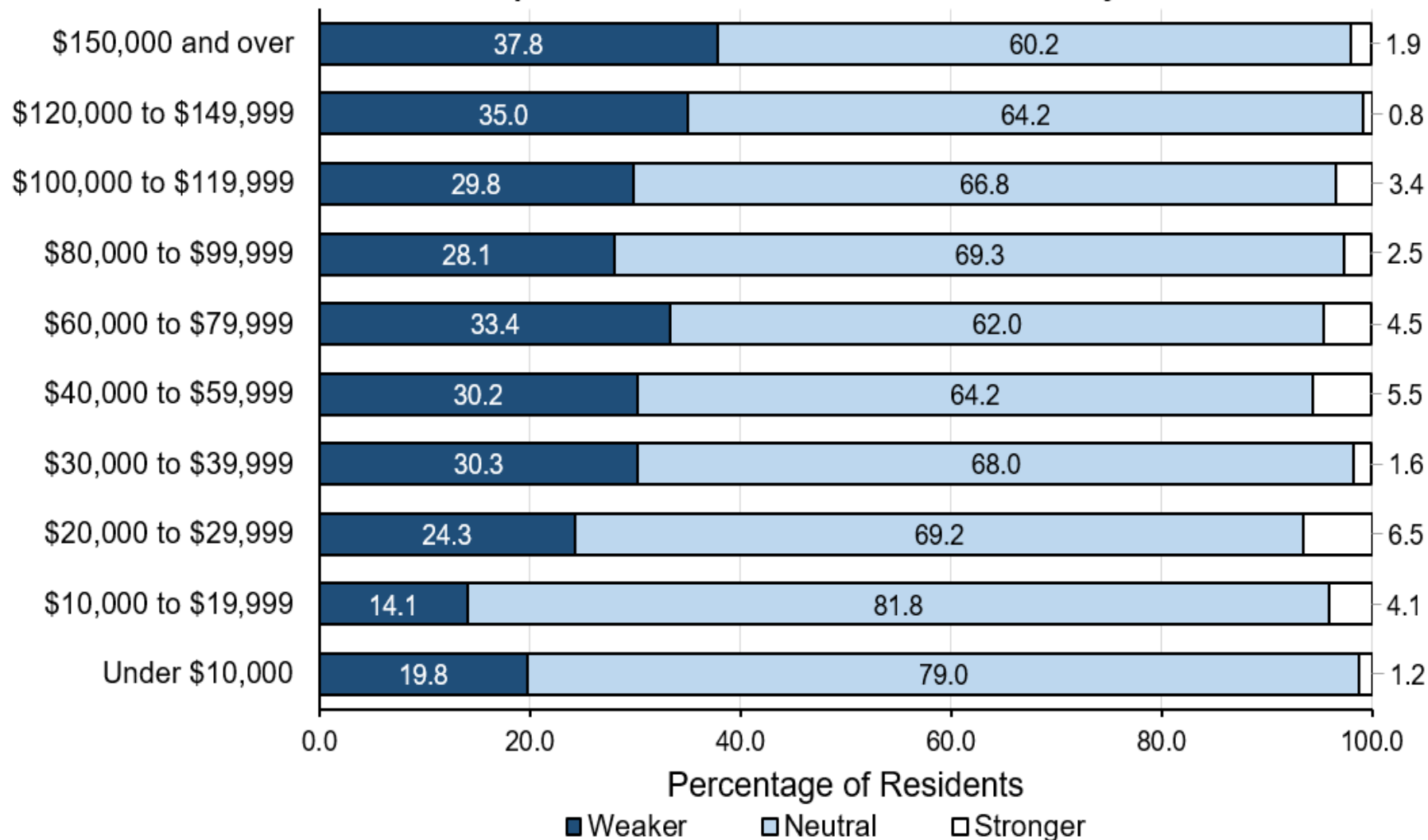
Job Fit and Wellbeing by **Municipality**



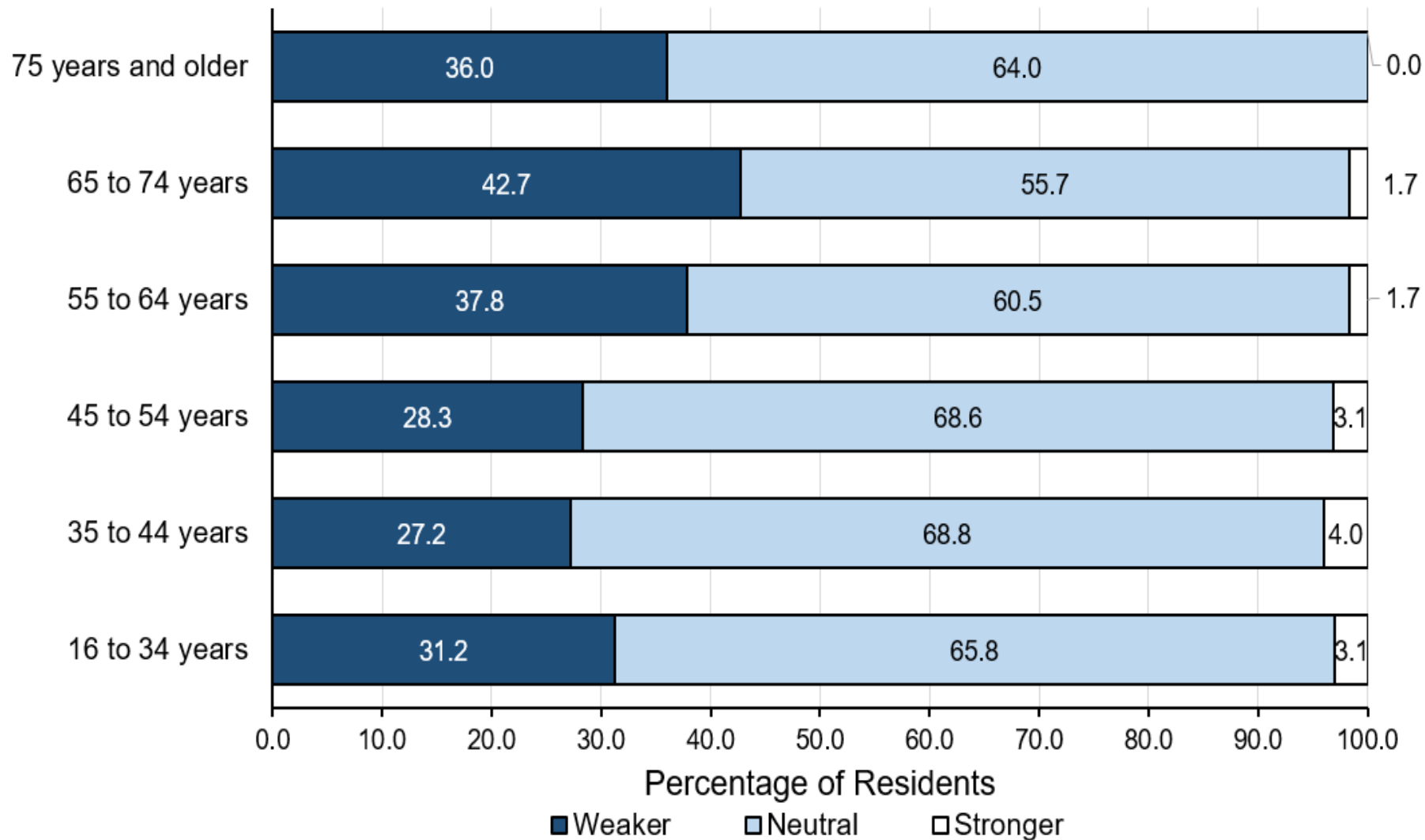
Job Fit and Wellbeing by **Living Arrangement**



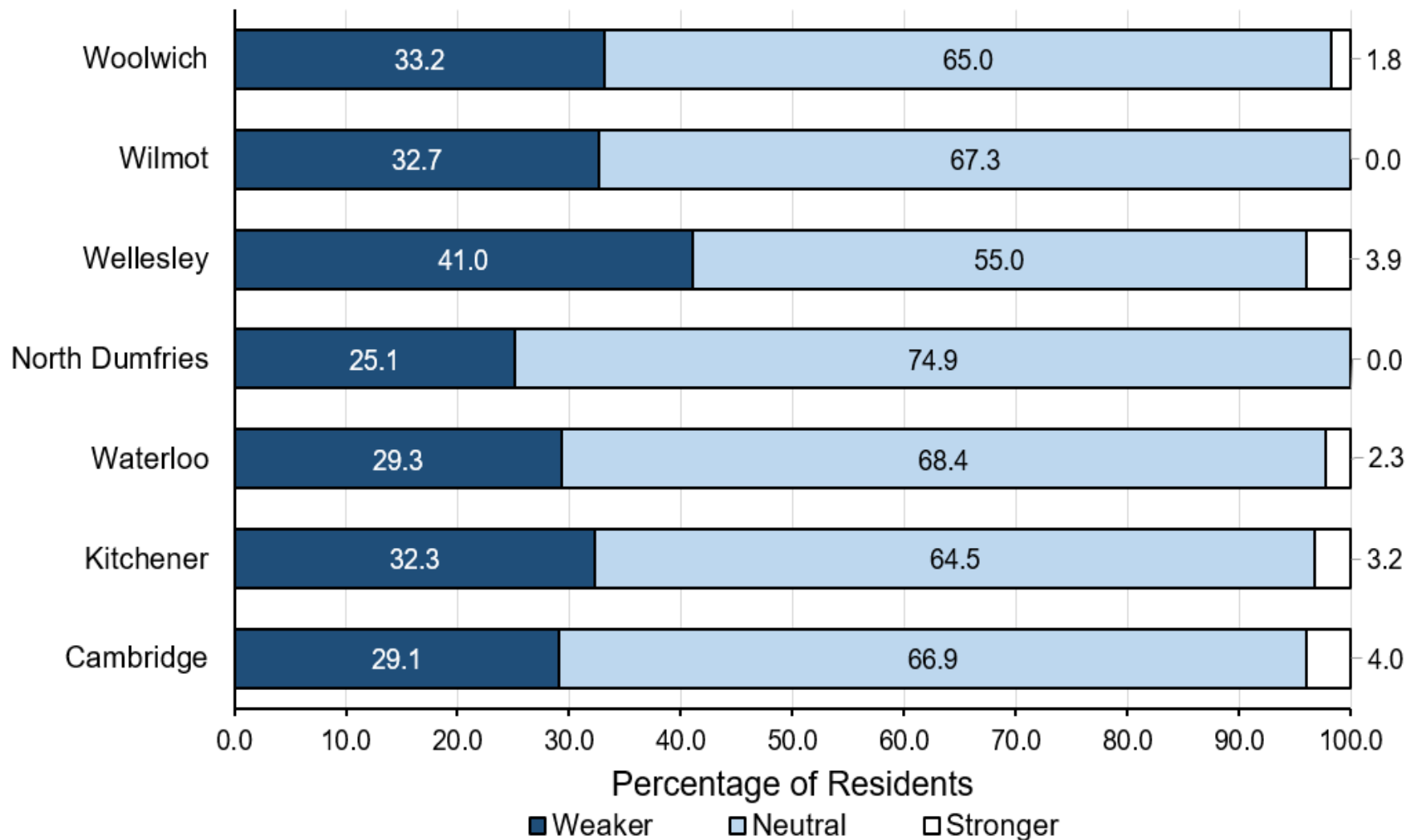
Work-Life imbalance by *income*



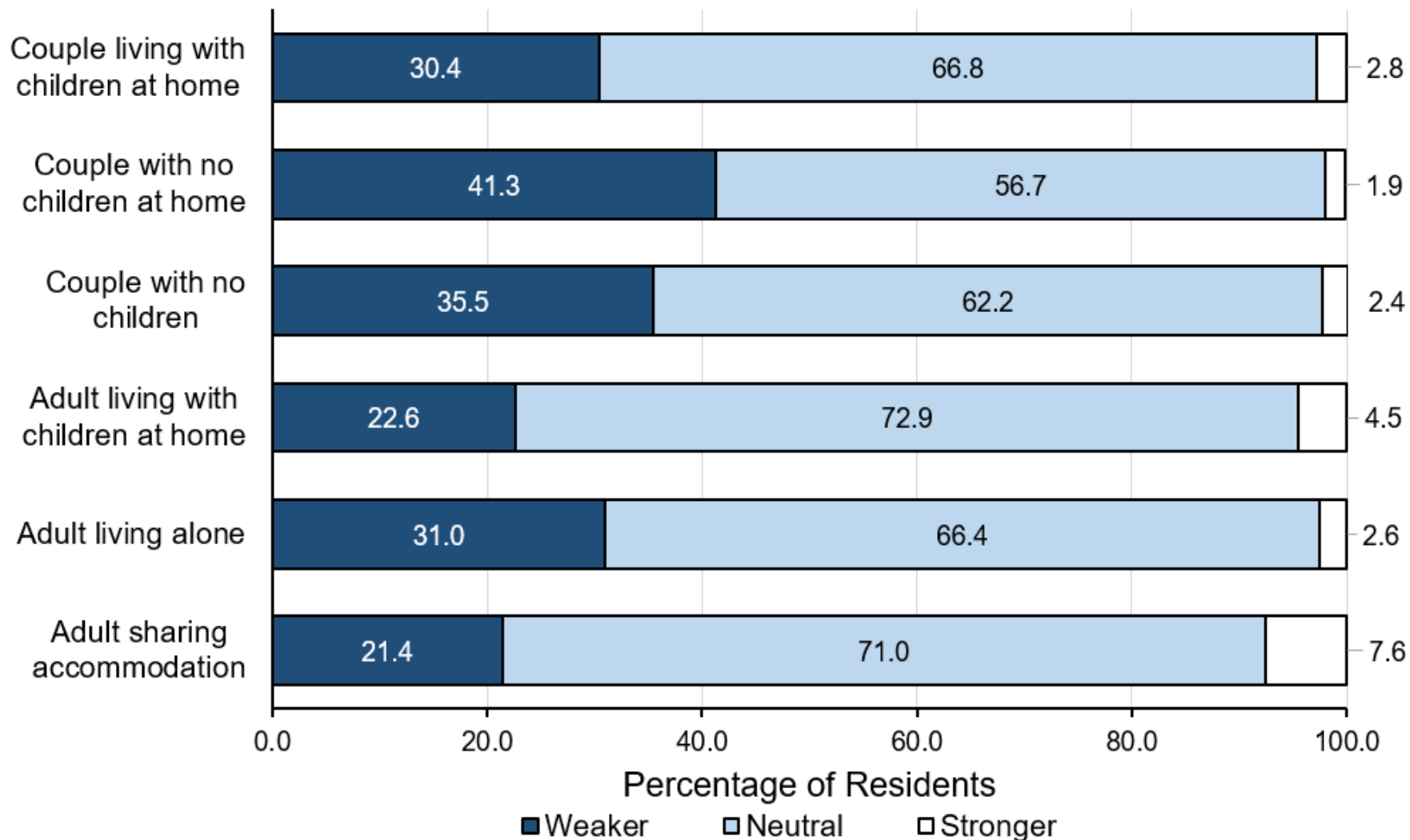
Work-Life imbalance by age



Work-Life imbalance by *municipality*

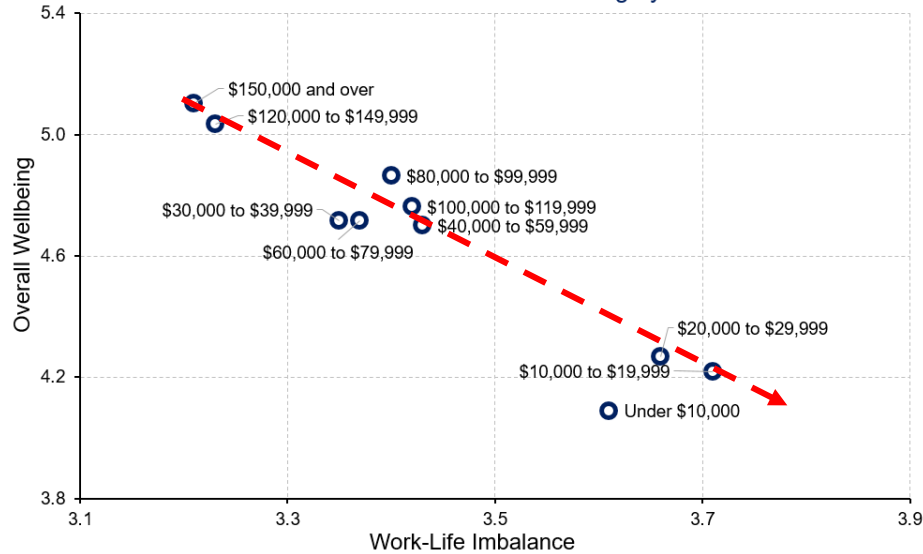


Work-Life imbalance by *living arrangement*

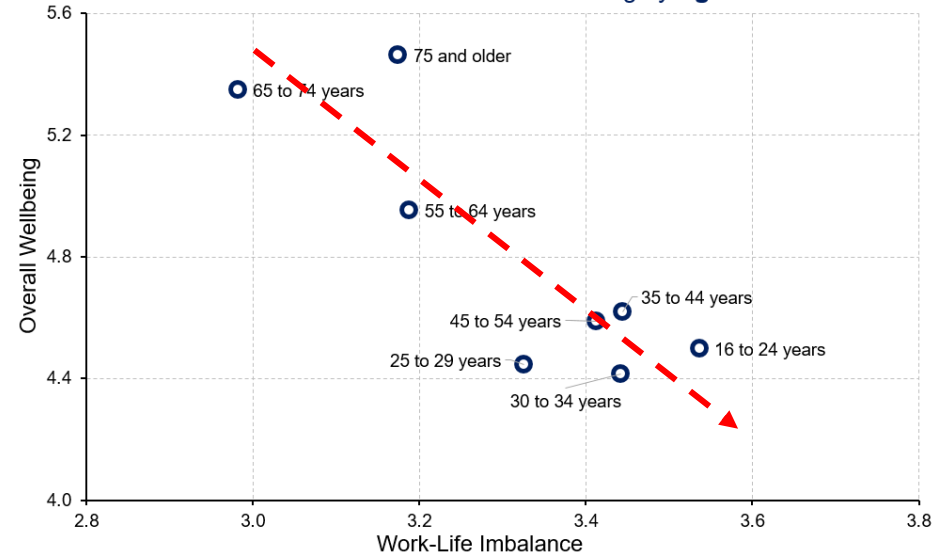


Work-Life imbalance and Overall Wellbeing

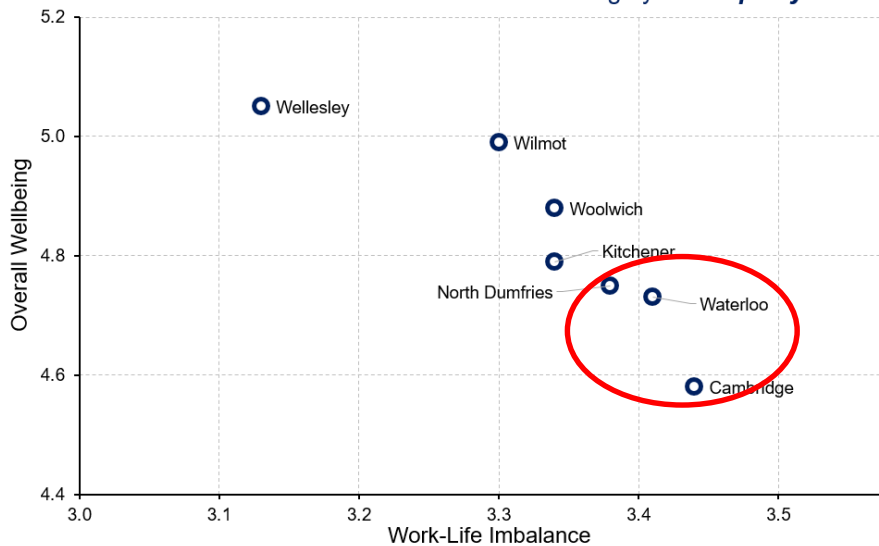
Work-Life Imbalance and Wellbeing by *Income*



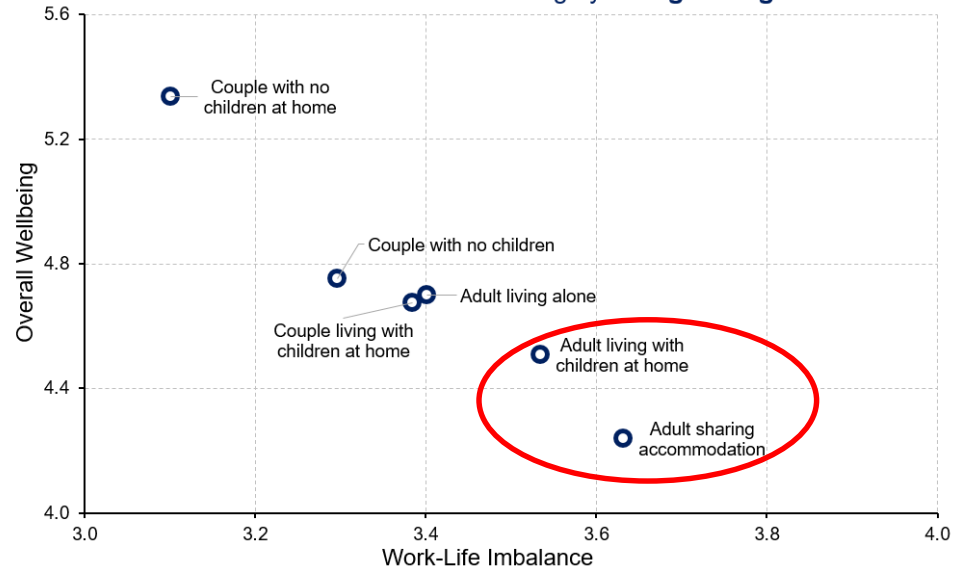
Work-Life Imbalance and Wellbeing by *Age*



Work-Life Imbalance and Wellbeing by *Municipality*



Work-Life Imbalance and Wellbeing by *Living Arrangement*





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 *mental health issues*
- ✓ More likely to experience negative impacts from *substance use*
- ✓ Participate less in vigorous or light exercise

Above average wellbeing

- ✓ Better self-rated *physical* and *mental* health
- ✓ Higher perceived *quality* of health care services
- ✓ Higher perceived *access* to health care services
- ✓ Eat healthy meals more often

HEALTHY POPULATIONS and Wellbeing by sex

How do women and men compare on healthy populations?

Women

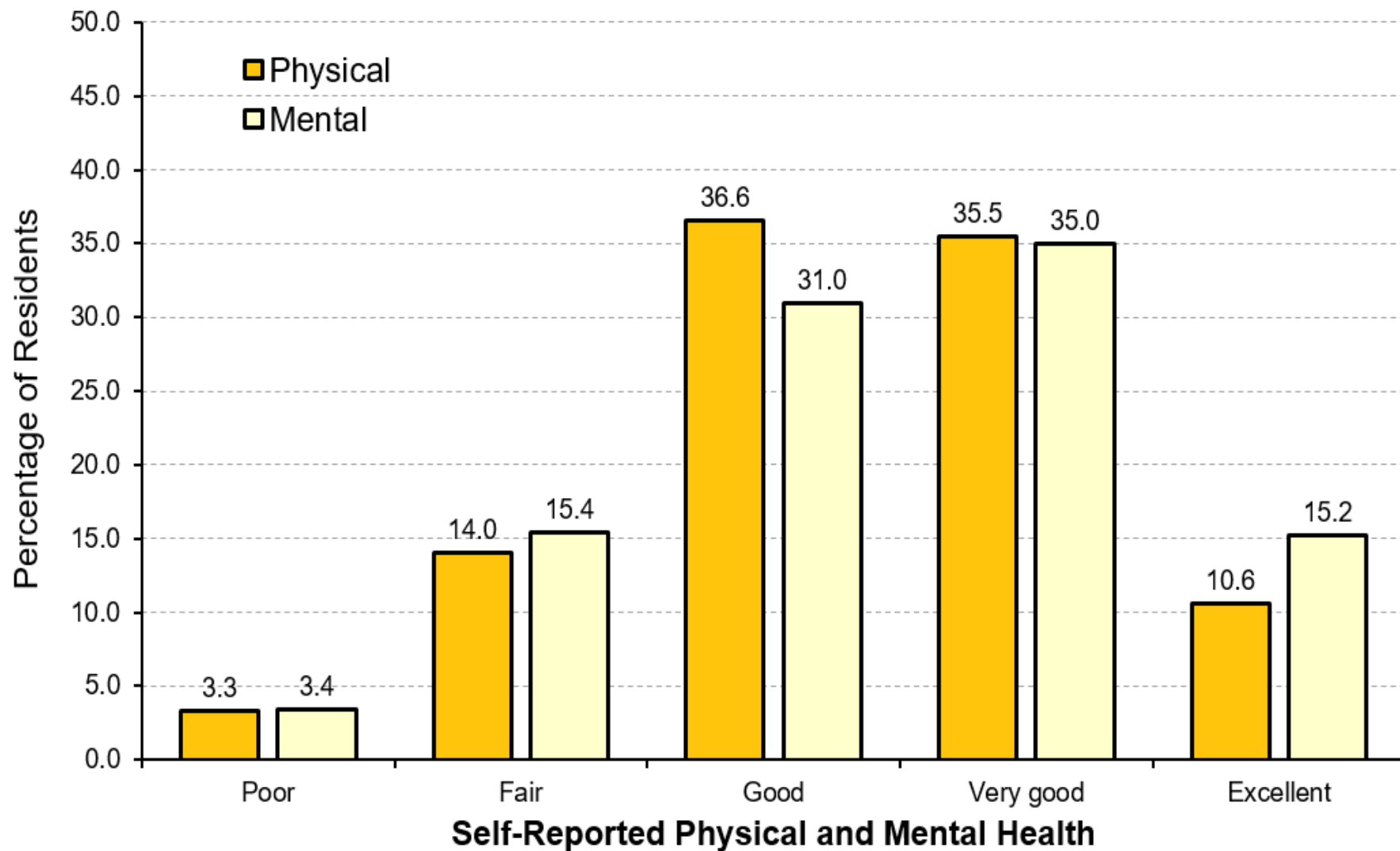
- ✓ More likely to experience negative impacts due to *mental health issues*
- ✓ More likely to experience negative impacts from a family member's *substance use*

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

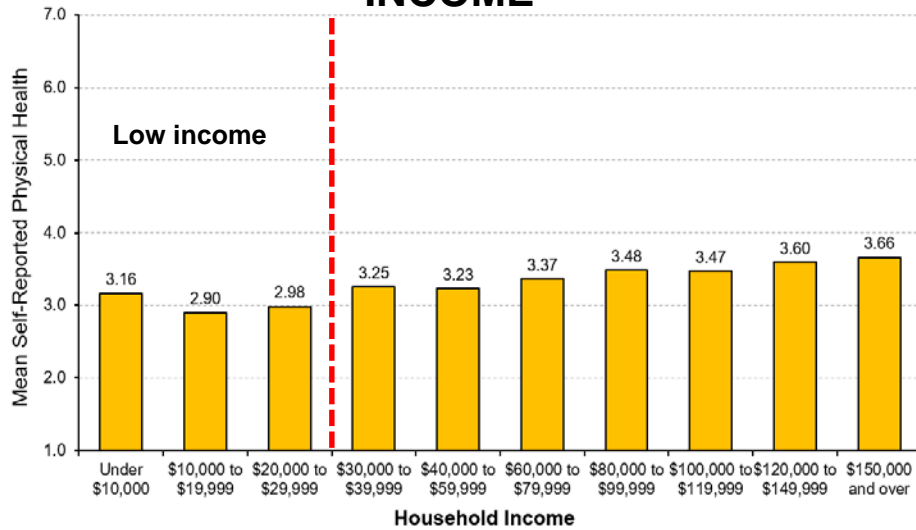
- On average, both women and men rate their physical health as good or better

Physical and mental health in Waterloo Region

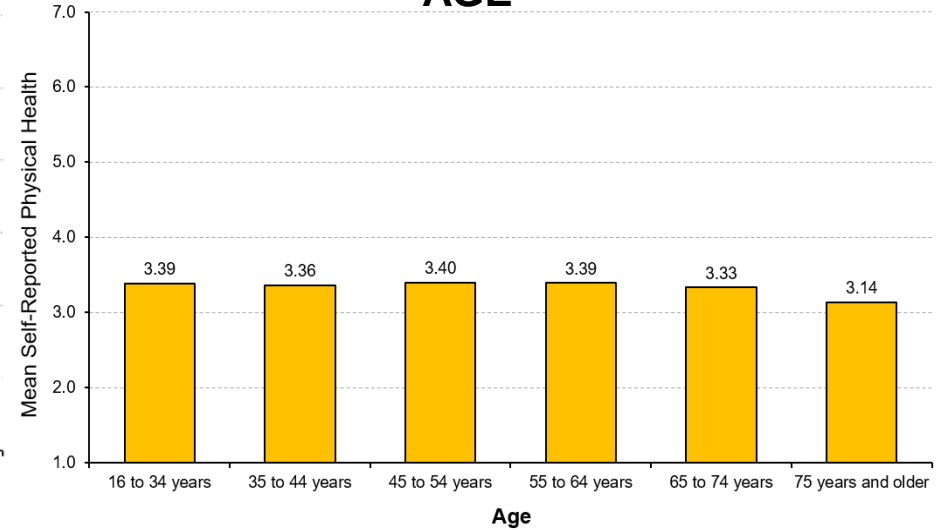


Physical health in Waterloo Region

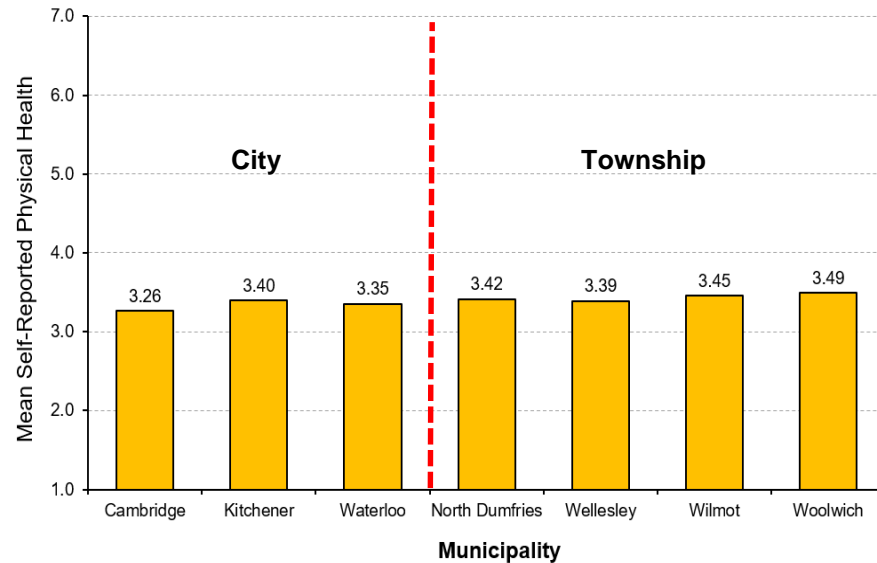
INCOME



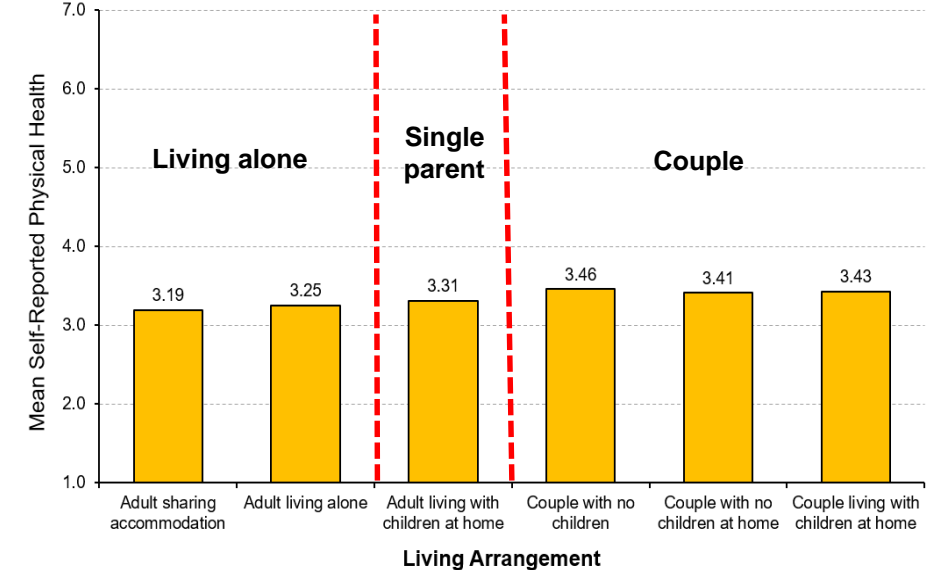
AGE



MUNICIPALITY

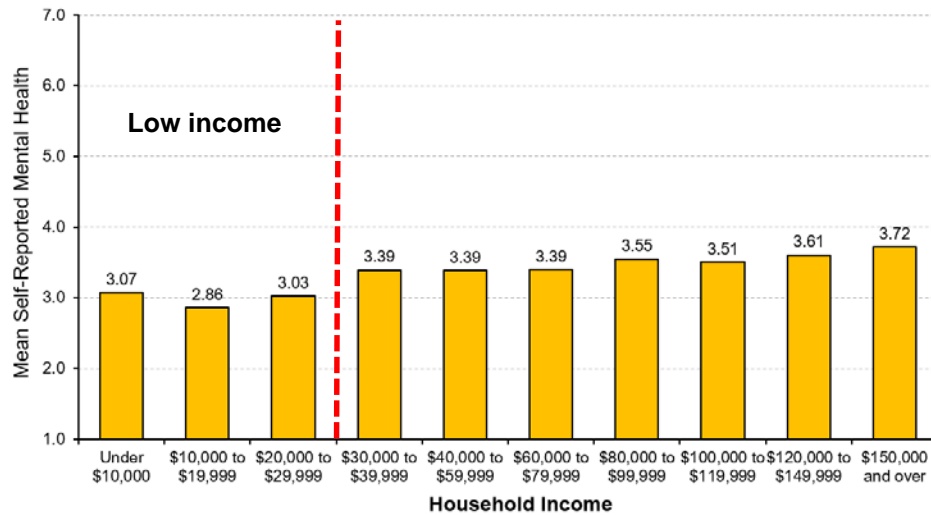


LIVING ARRANGEMENT

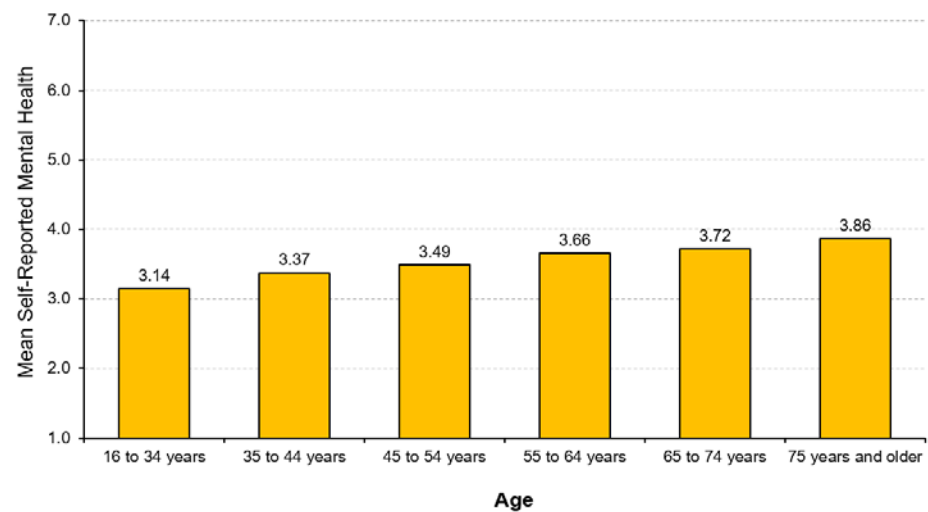


Mental health in Waterloo Region

INCOME



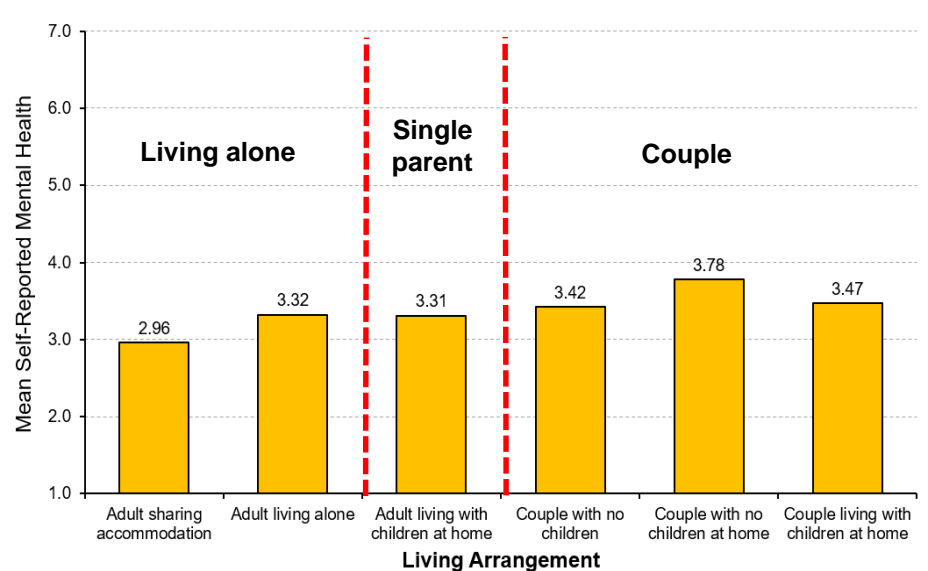
AGE



MUNICIPALITY

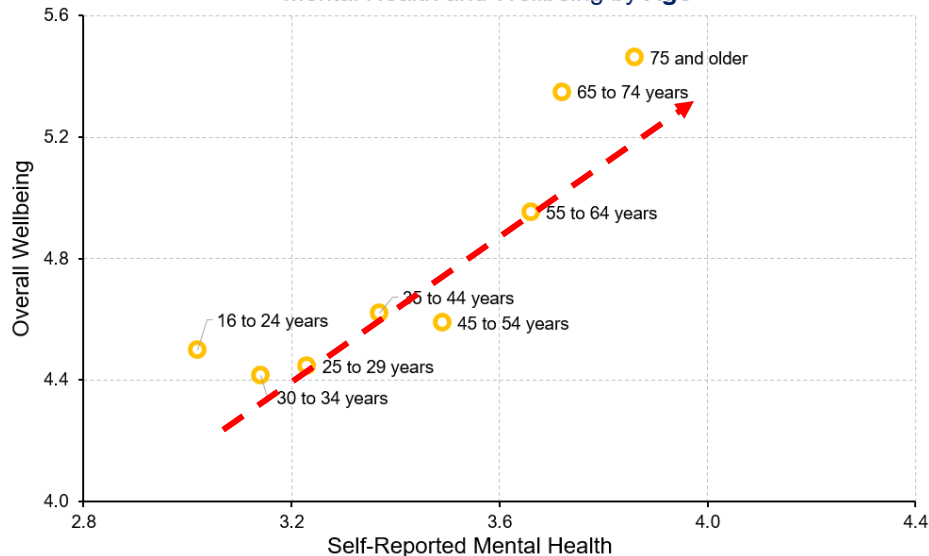


LIVING ARRANGEMENT

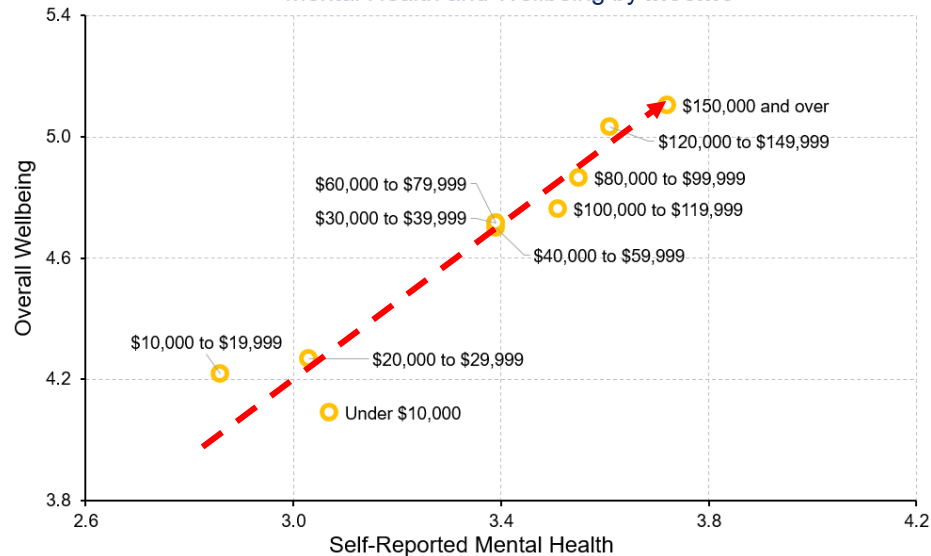


Mental health and Overall Wellbeing

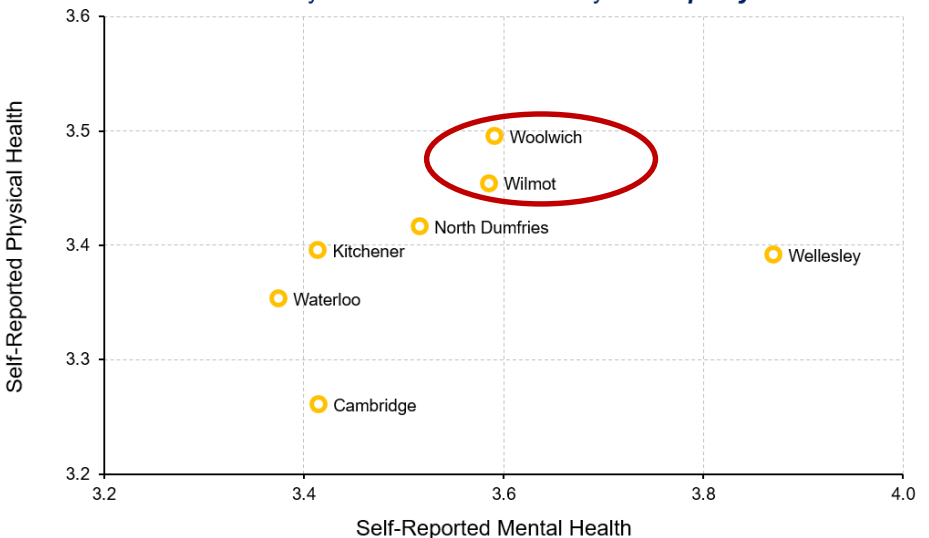
Mental Health and Wellbeing by **Age**



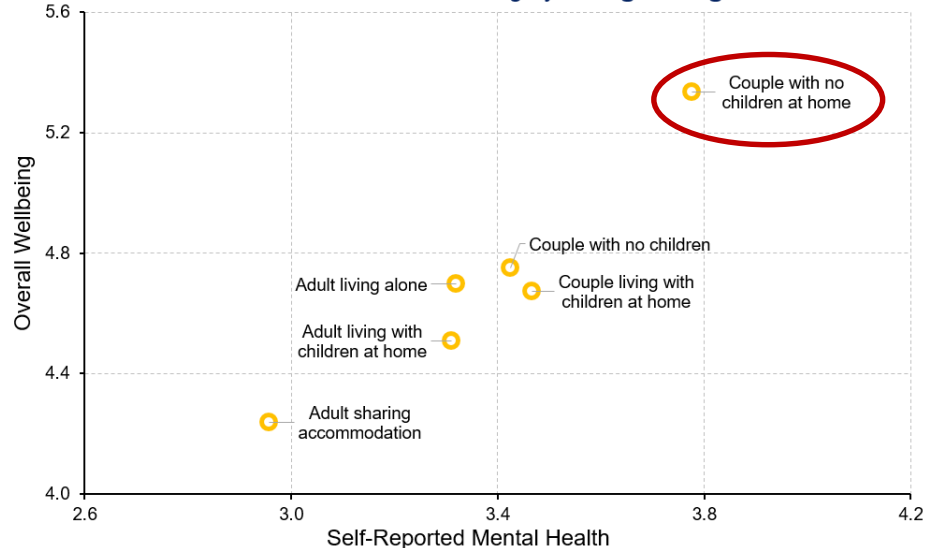
Mental Health and Wellbeing by **Income**



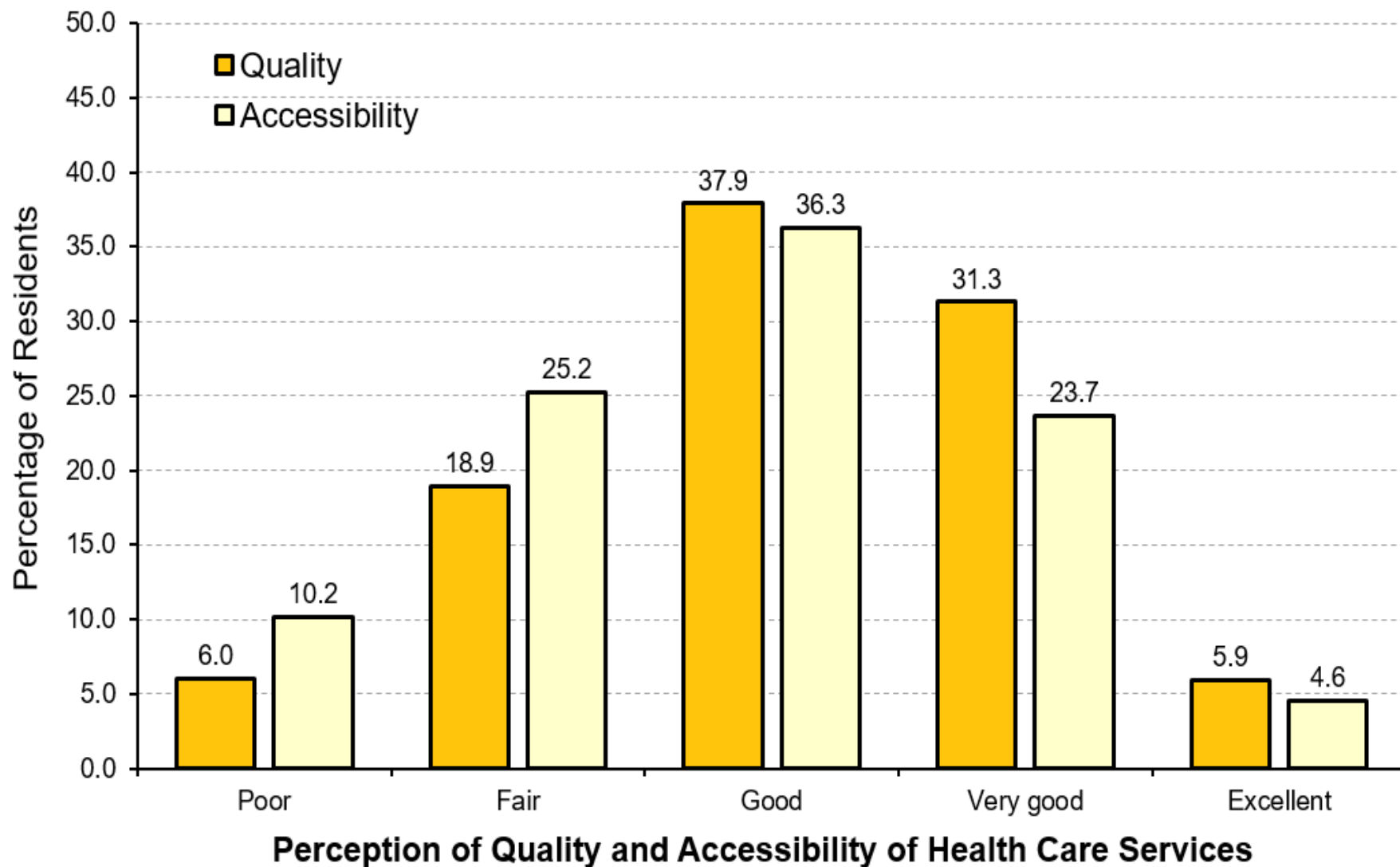
Physical and Mental Health by **Municipality**



Mental Health and Wellbeing by **Living Arrangement**

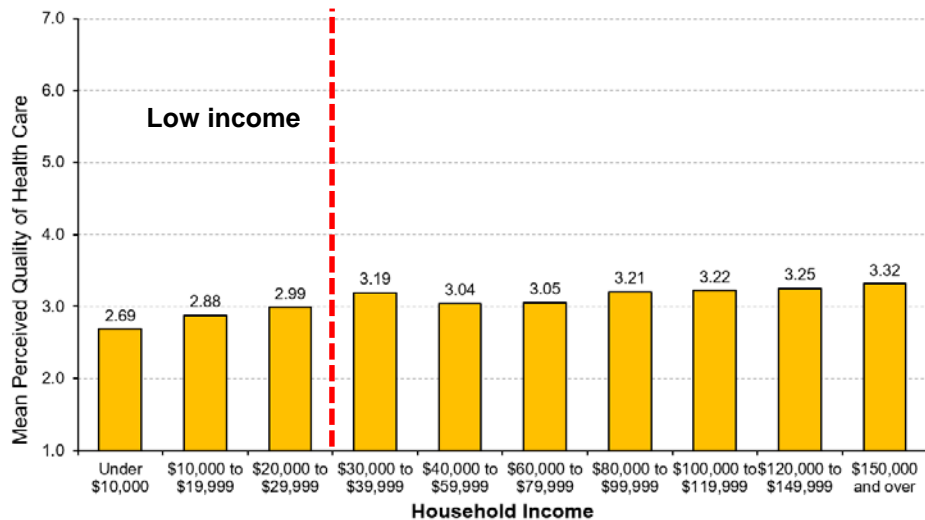


Health care services in Waterloo Region

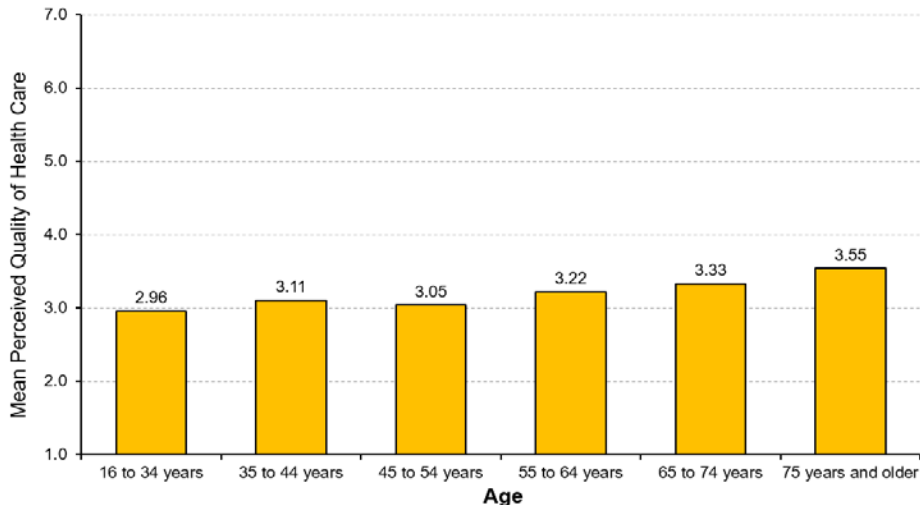


Health care services: Perceived Quality

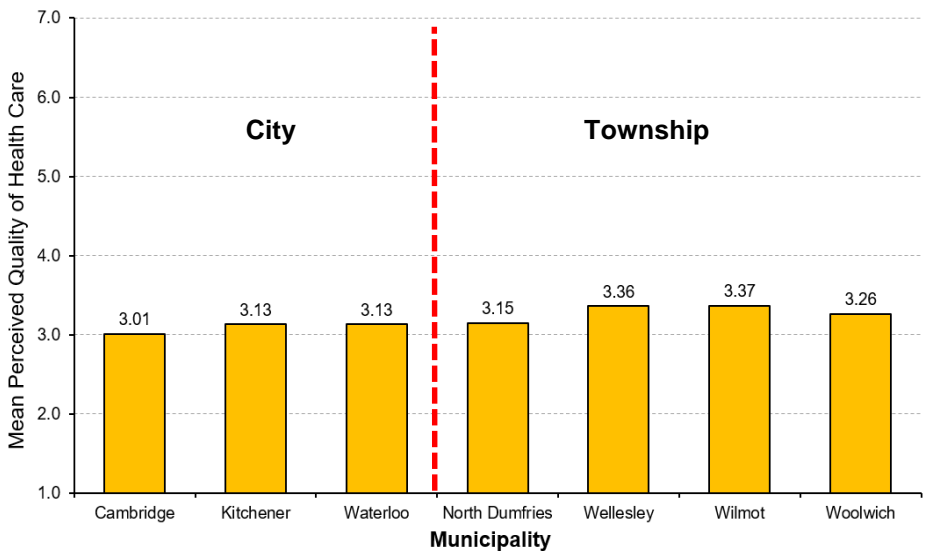
INCOME



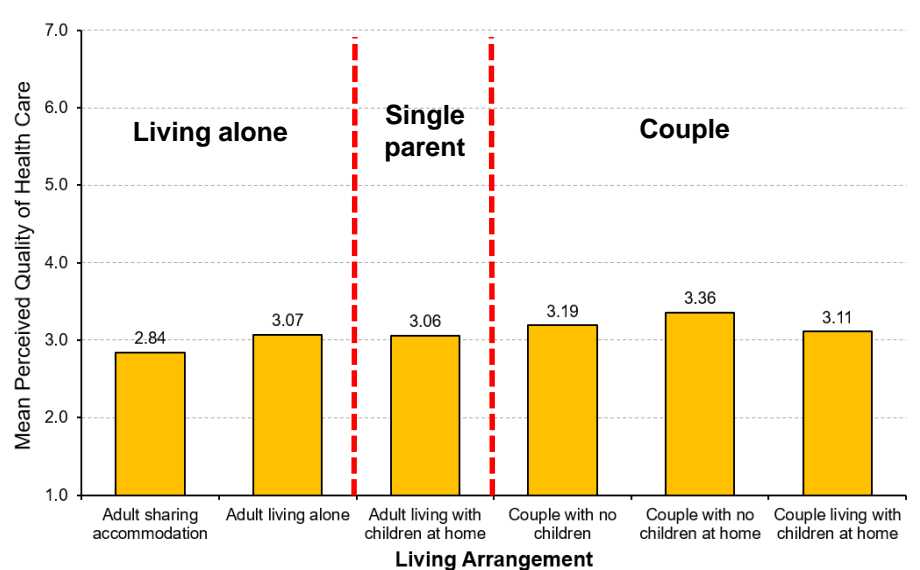
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MUNICIPALITY

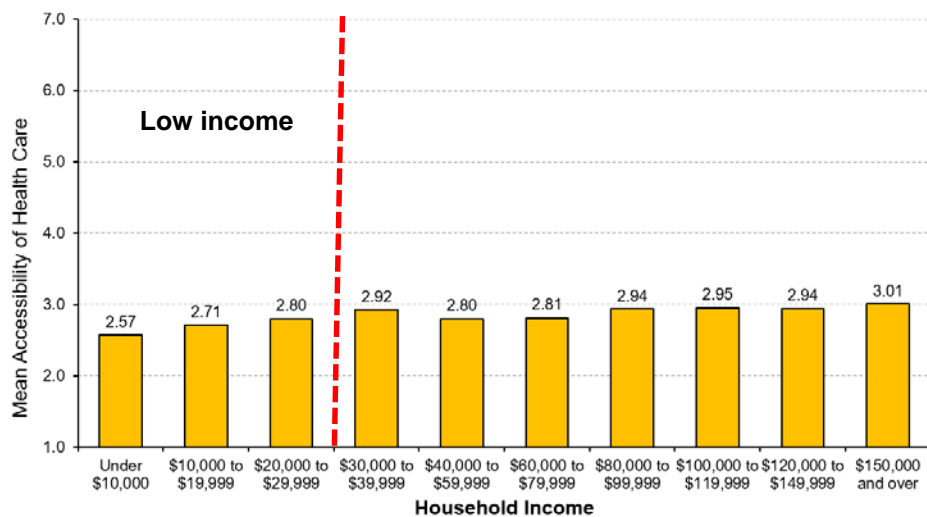


LIVING ARRANGEMENT

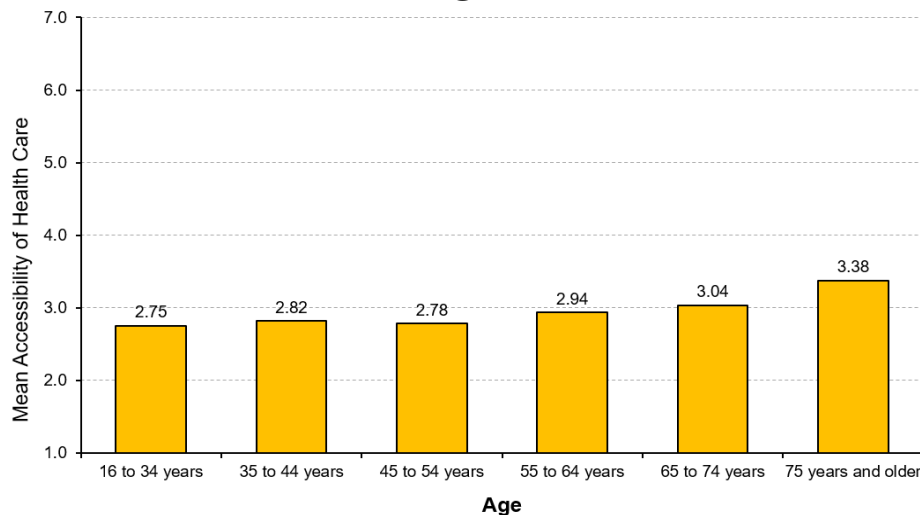


Health care services: Perceived Accessibility

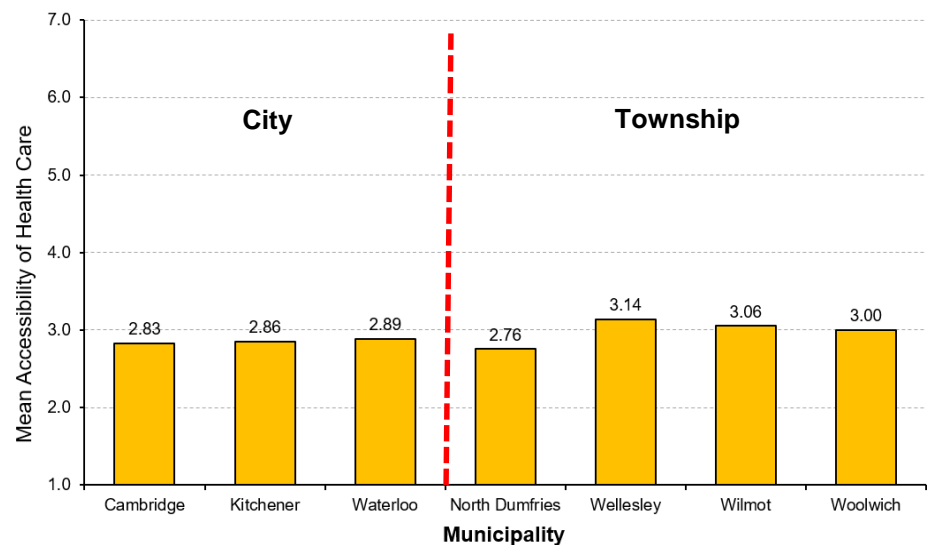
INCOME



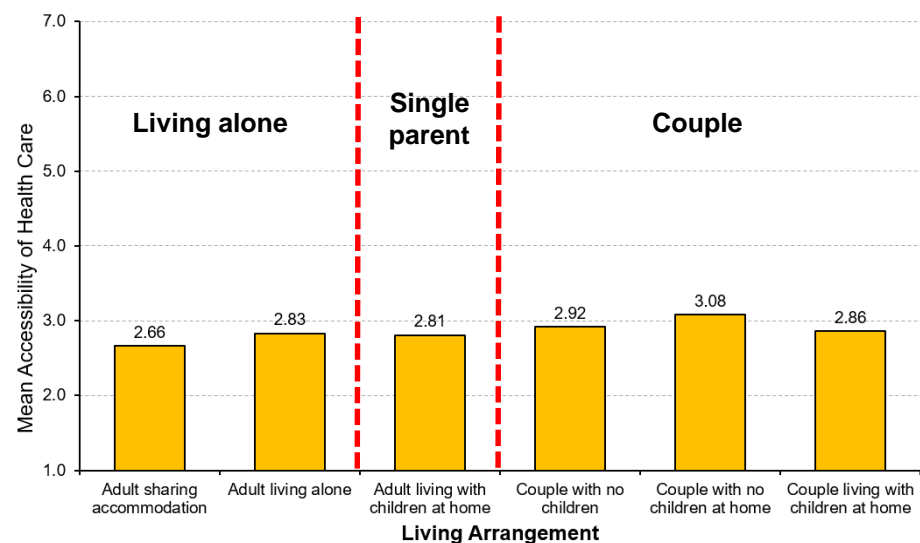
AGE



MUNICIPALITY

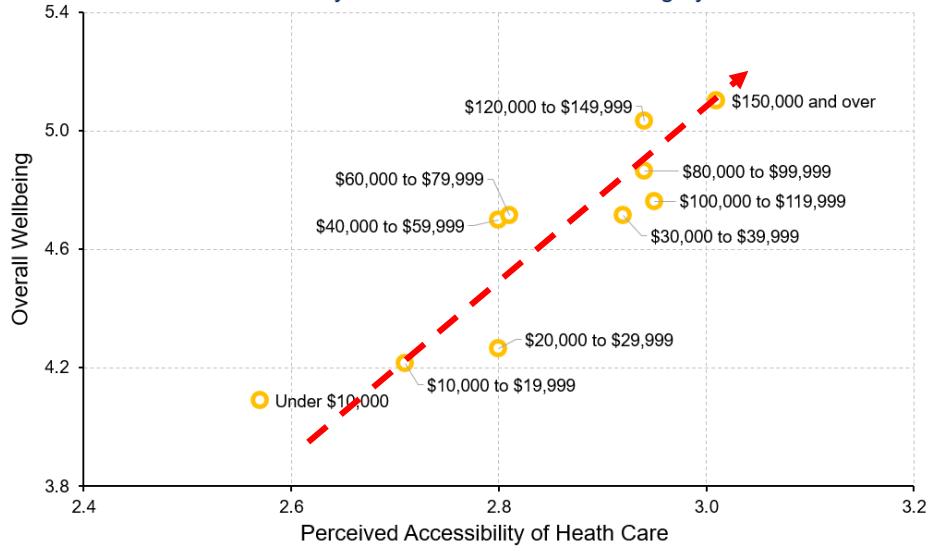


LIVING ARRANGEMENT

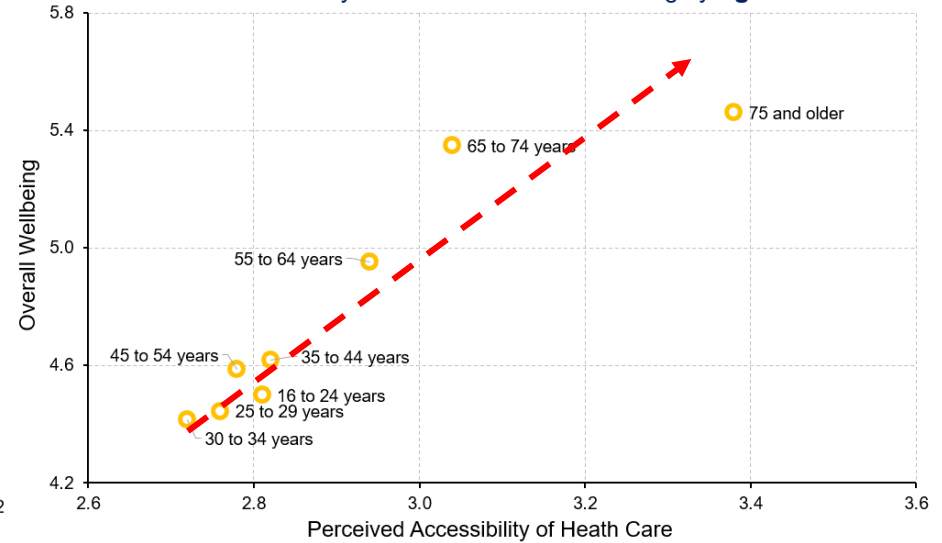


Accessibility of health care and Overall Wellbeing

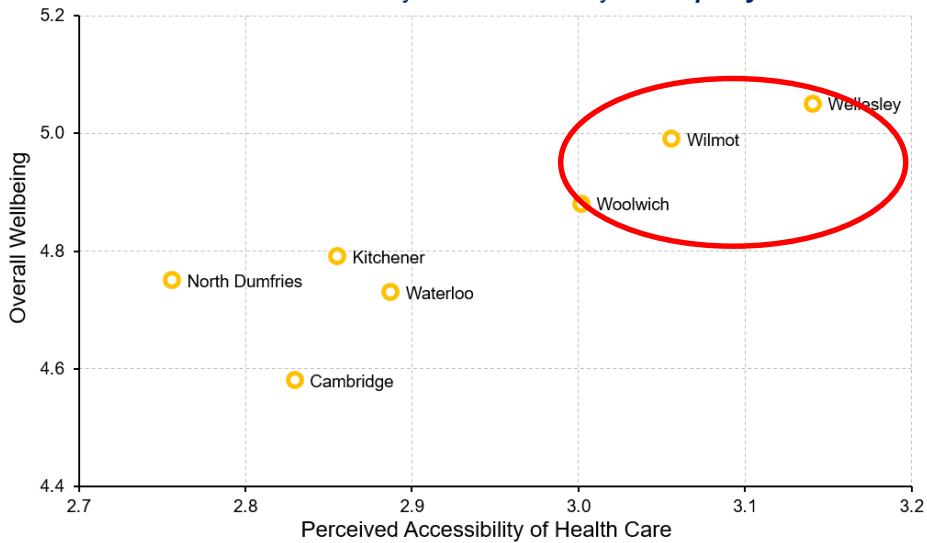
Accessibility of Health Care and Wellbeing by **Income**



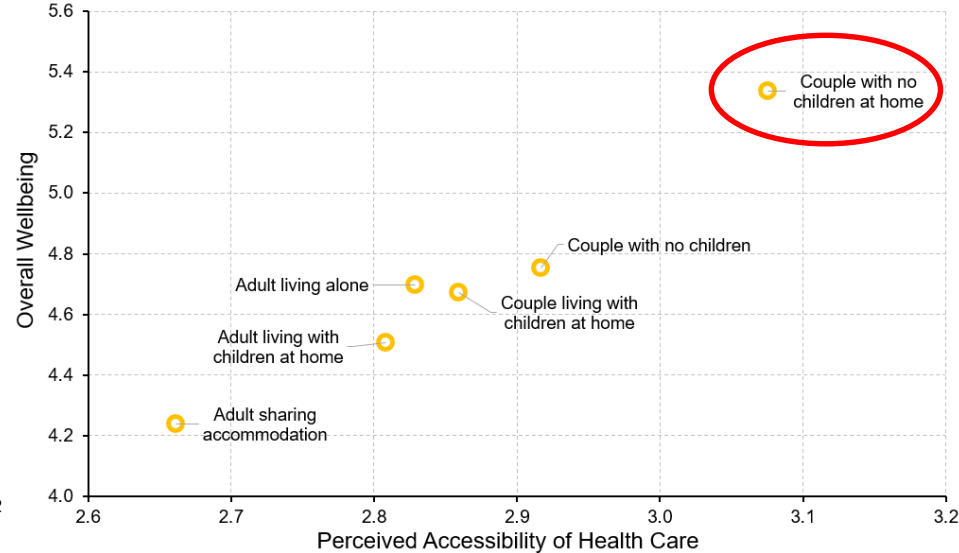
Accessibility of Health Care and Wellbeing by **Age**



Accessibility of Health Care by **Municipality**



Accessibility of Health Care by **Living Arrangement**





Measuring what matters

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 offered at inconvenient times
- ✓ Courses seen as too expensive

Above average wellbeing

- ✓ Higher perceived availability of *courses of interest*
- ✓ More likely to have taken courses to improve skills or prepare for job

- Both groups report taking a similar number of courses for interest

EDUCATION and Wellbeing by sex

How do women and men compare on education domain?

Women

- ✓ Higher perceived availability to *upgrade educational qualifications*
- ✓ Courses seen as offered at inconvenient times
- ✓ Courses seen as too expensive

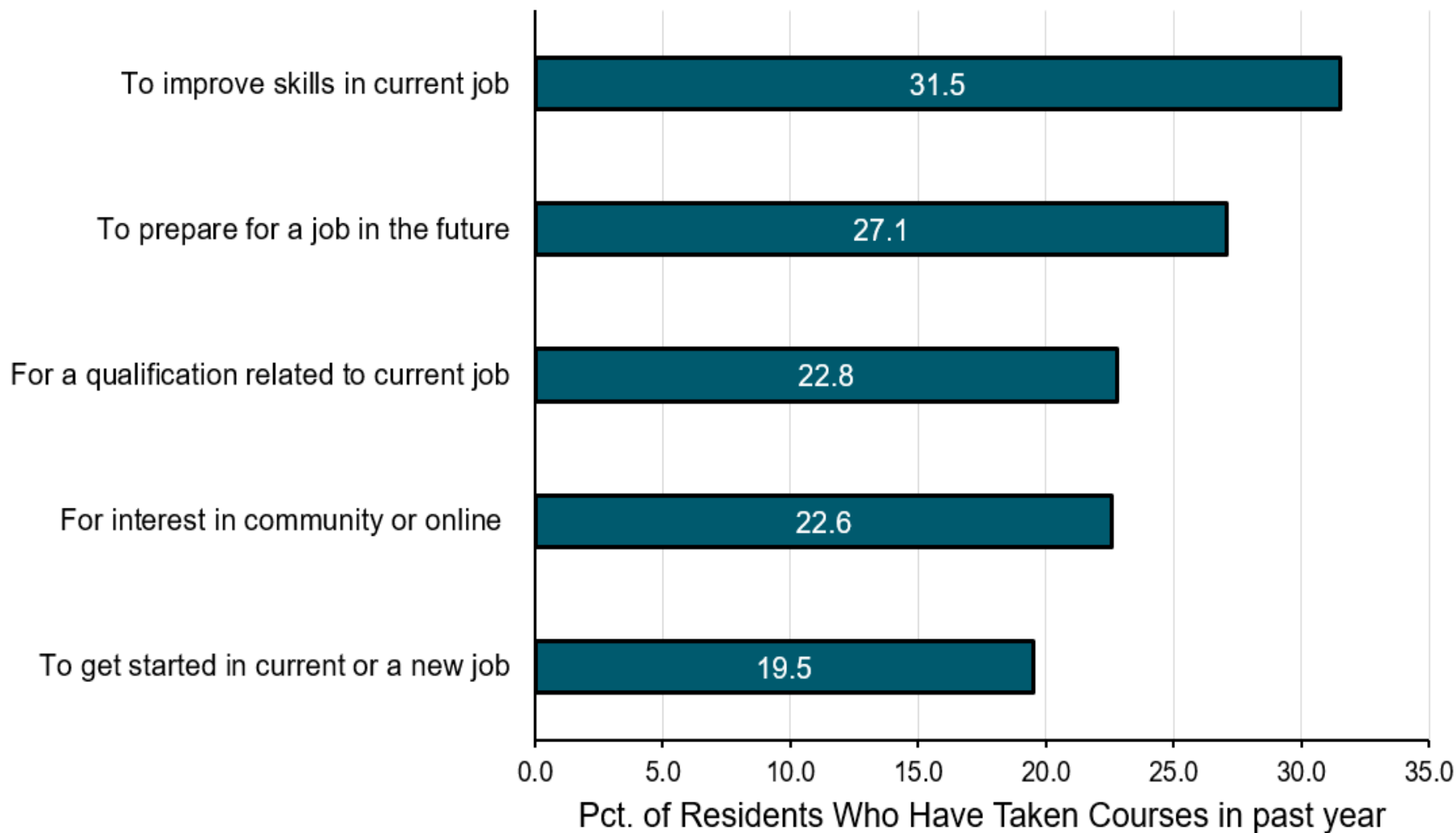
Men

- ✓ Less likely to take courses for interest in community or online
- ✓ Less likely to have taken courses to improve skills or prepare for job

- Both groups report a similar availability of educational opportunities

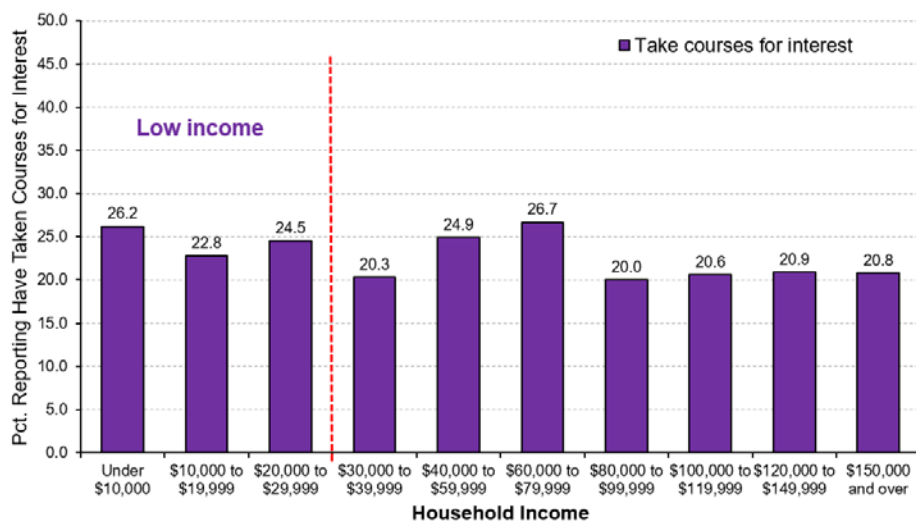
Taking Courses in Waterloo Region

Formal Education and Courses for Interest

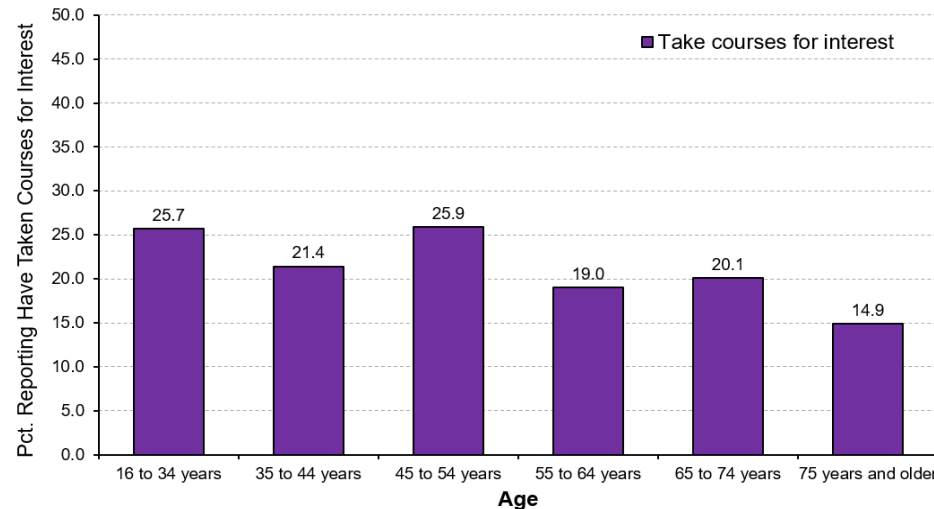


Taking courses for interest

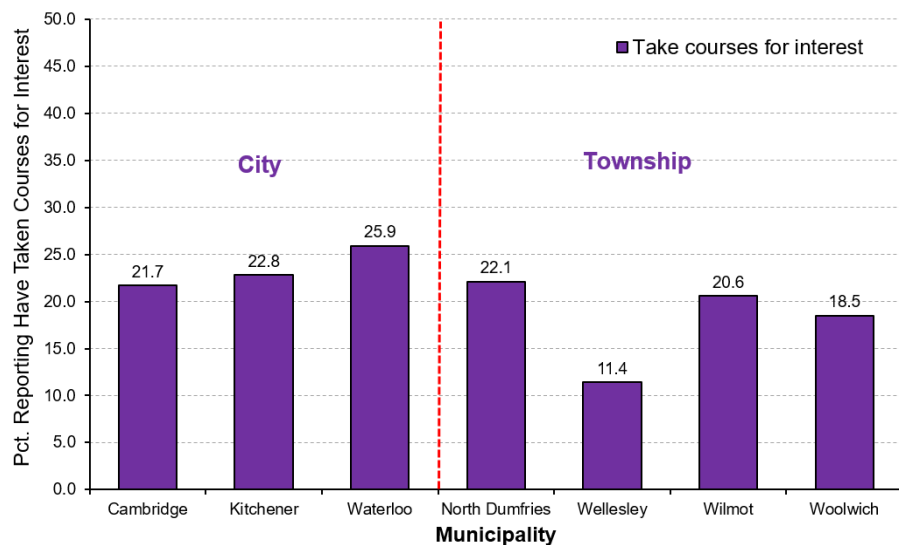
INCOME



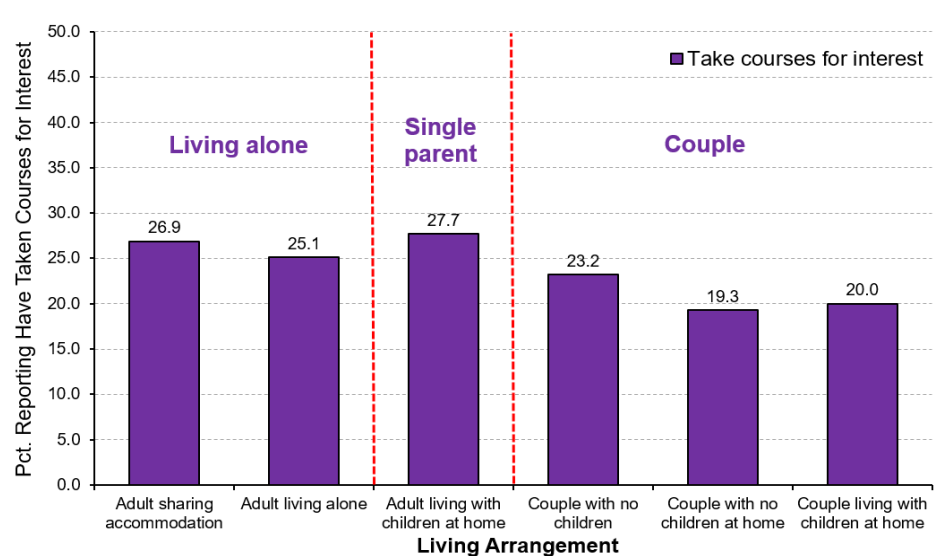
AGE



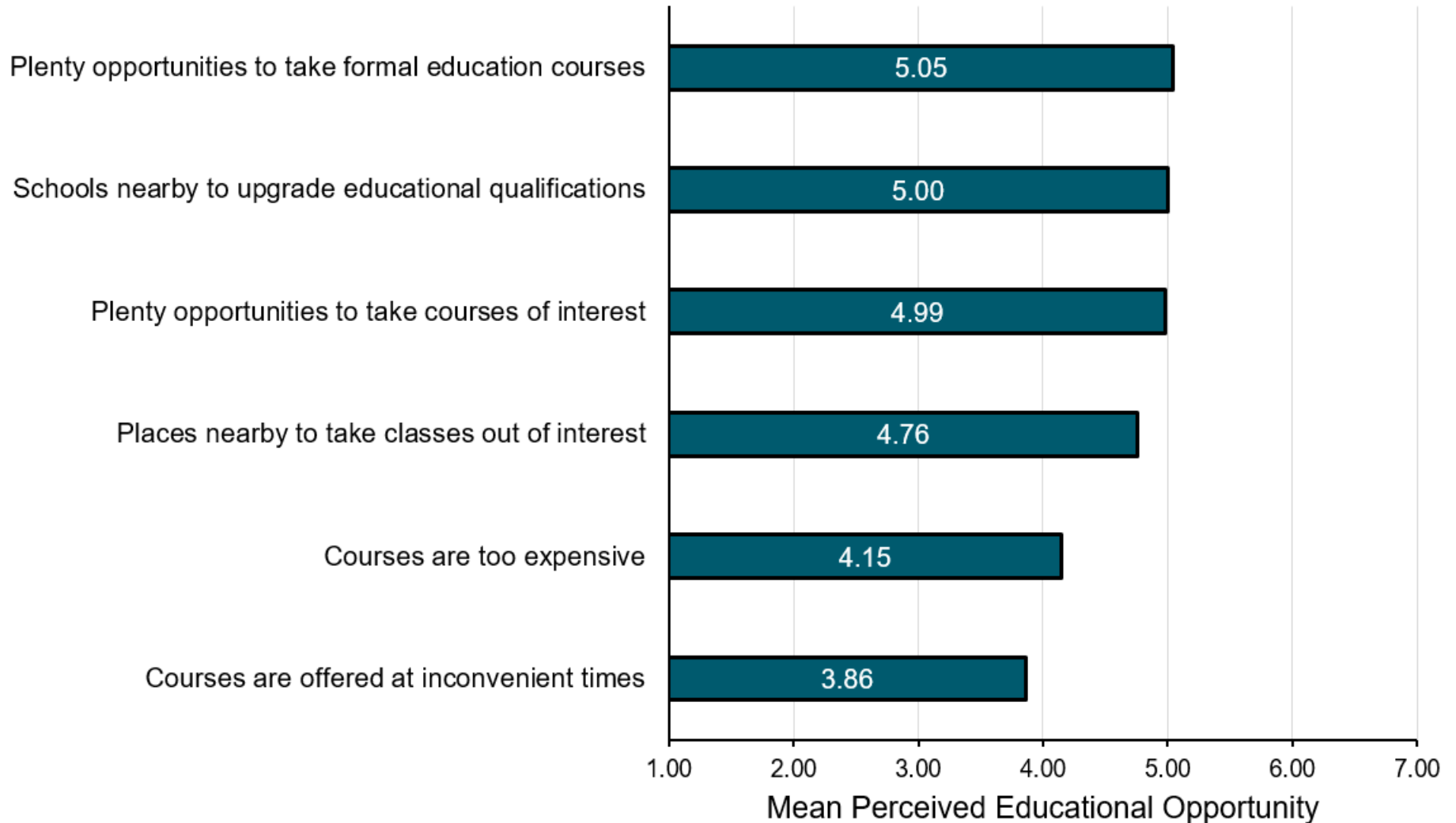
MUNICIPALITY



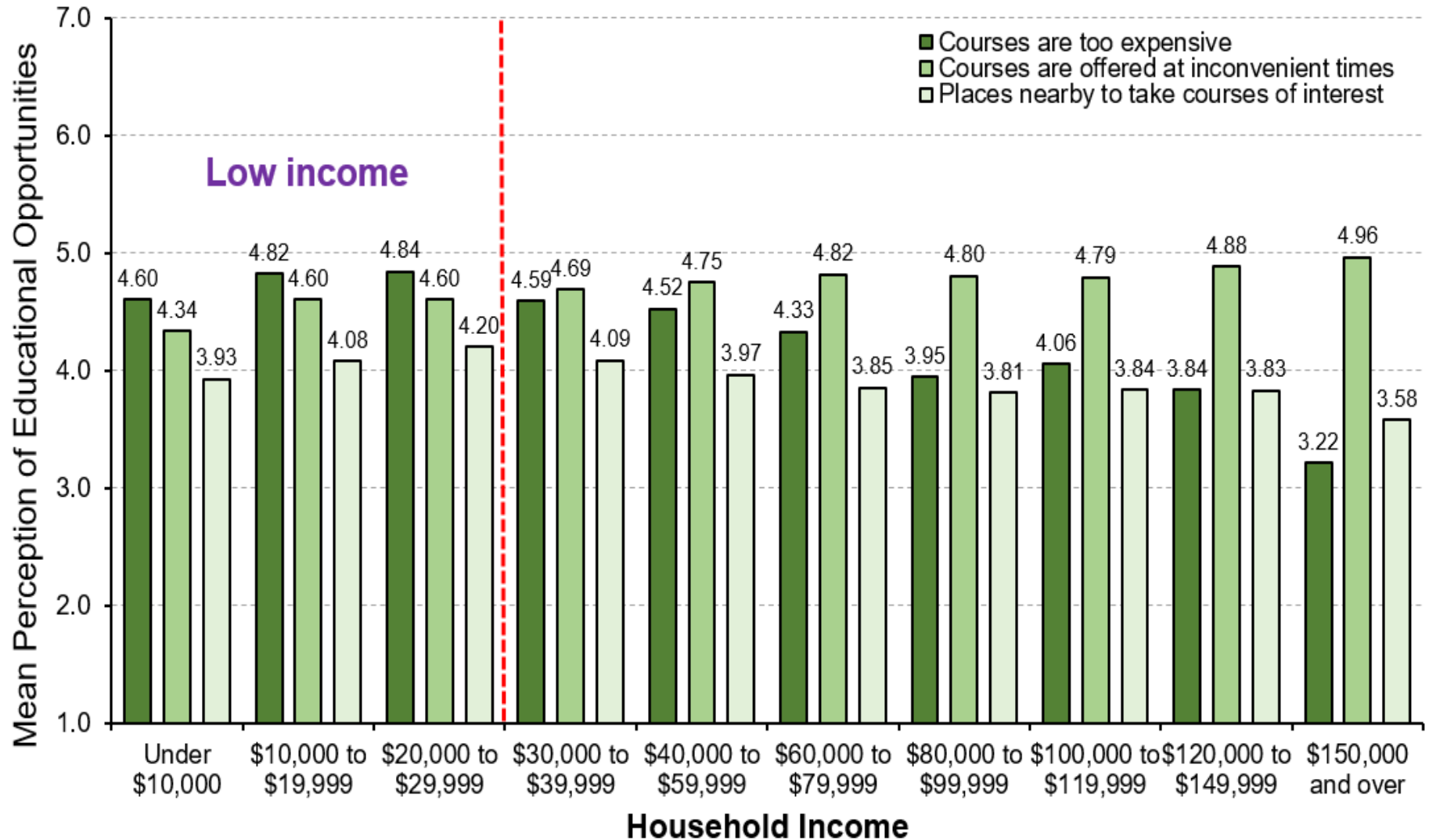
LIVING ARRANGEMENT



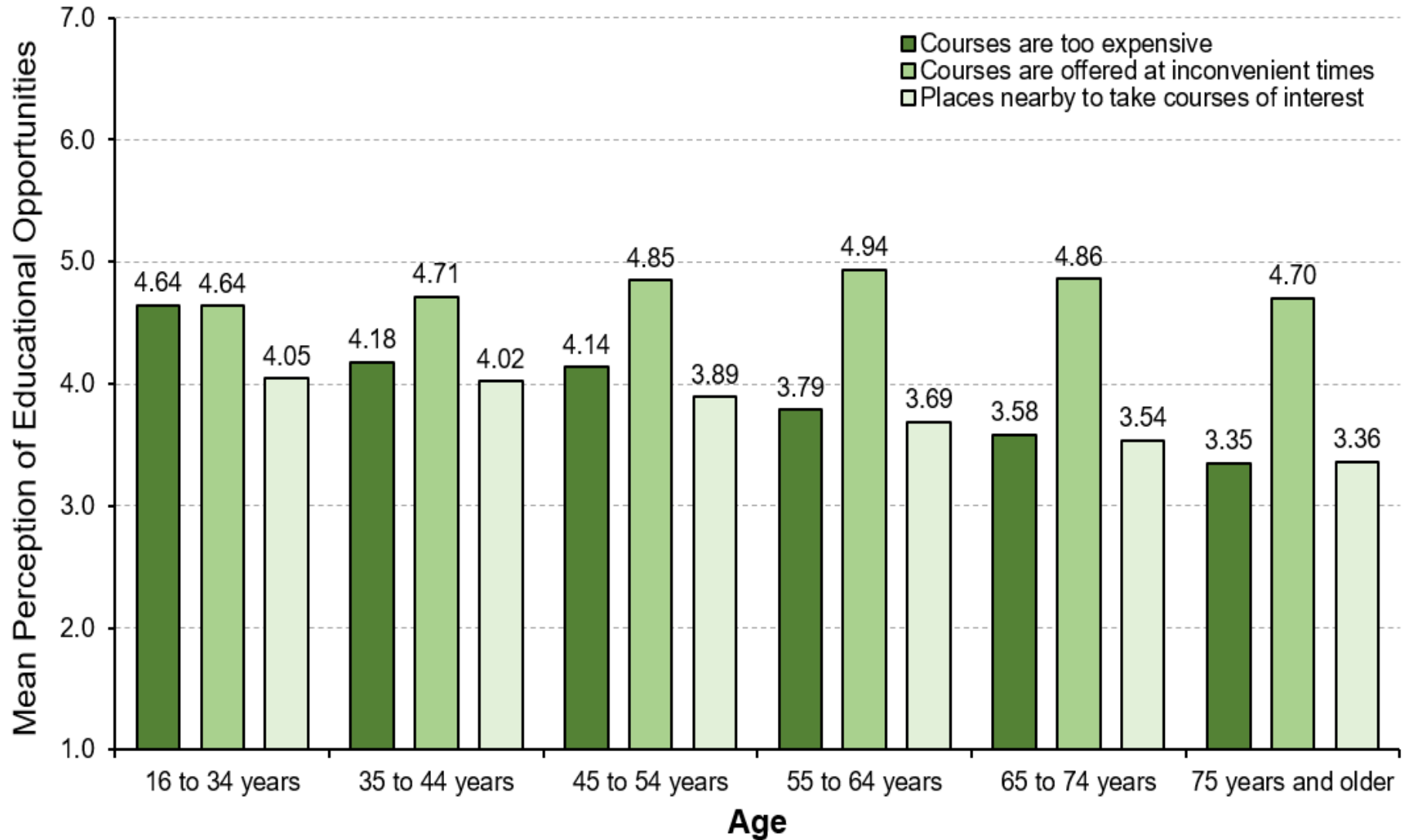
Educational opportunity in Waterloo Region



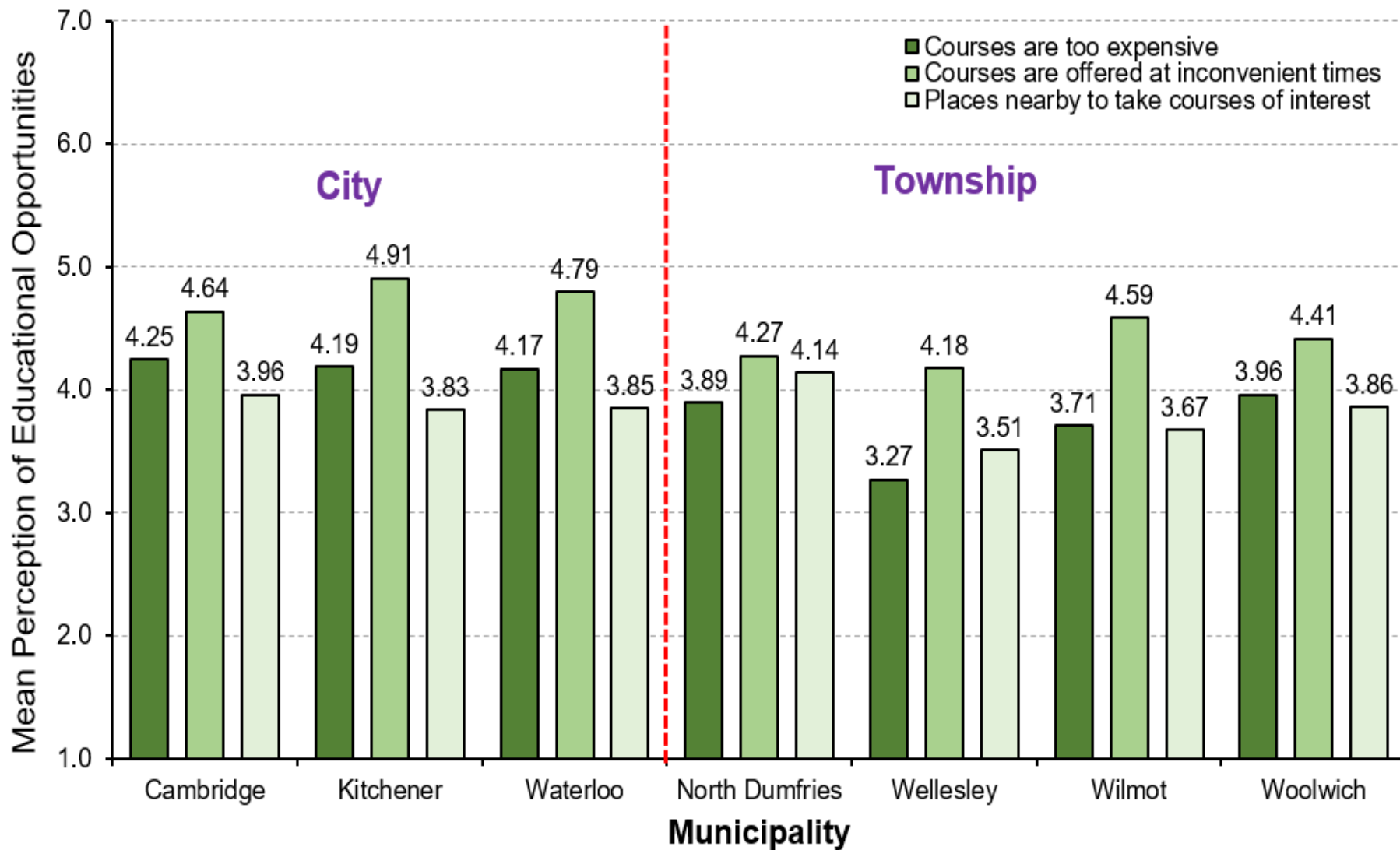
Educational opportunity by *income*



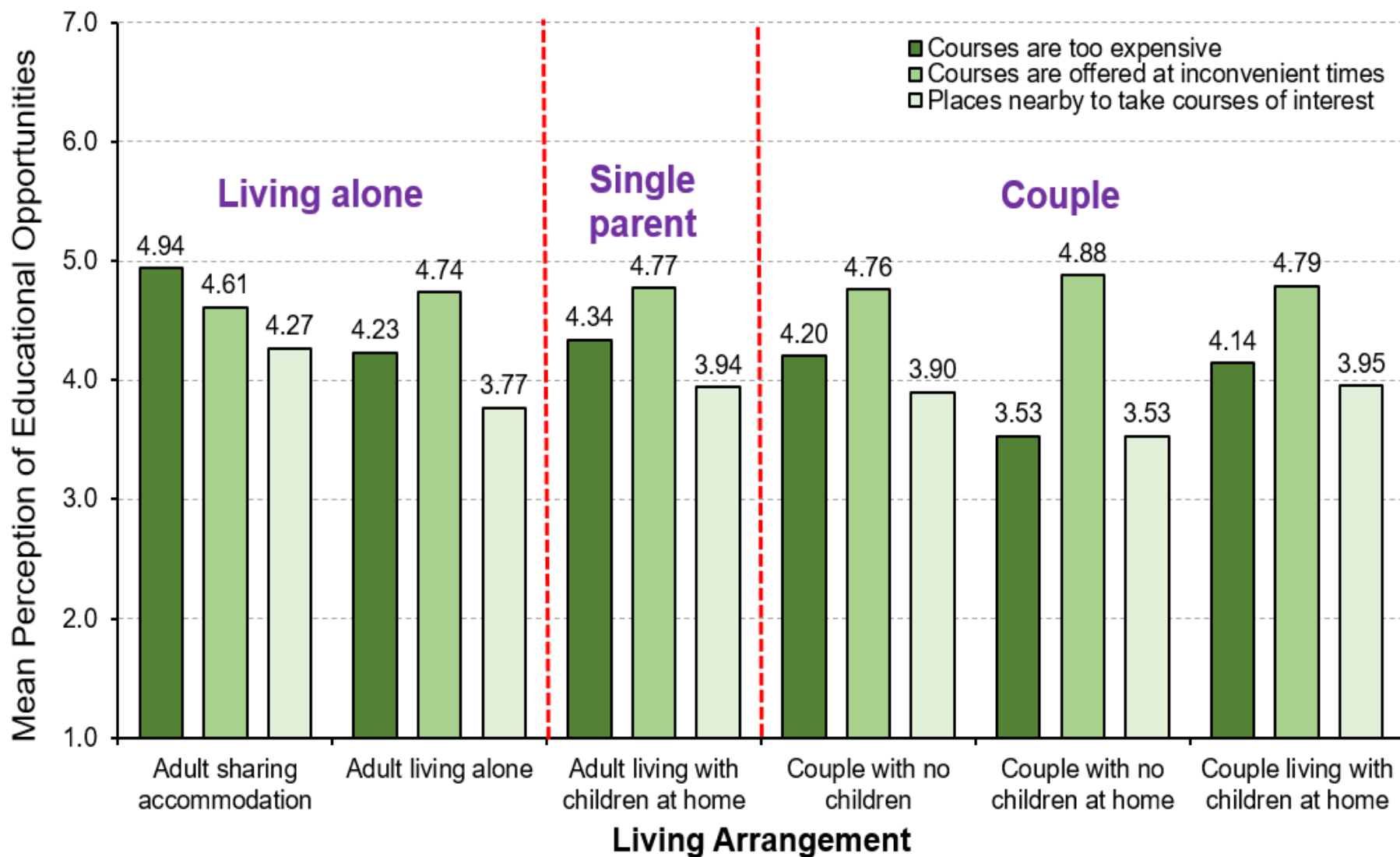
Educational opportunity by age



Educational opportunity by *municipality*

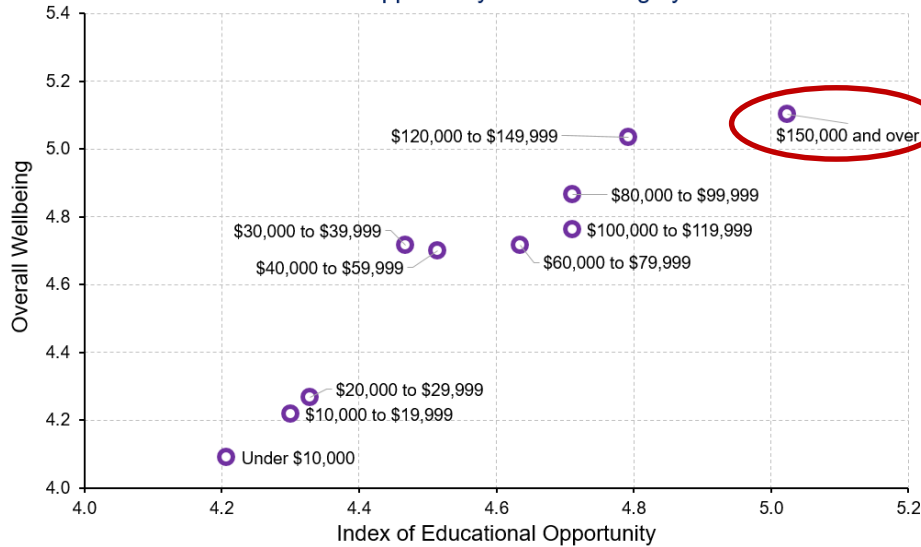


Educational opportunity by *living arrangement*

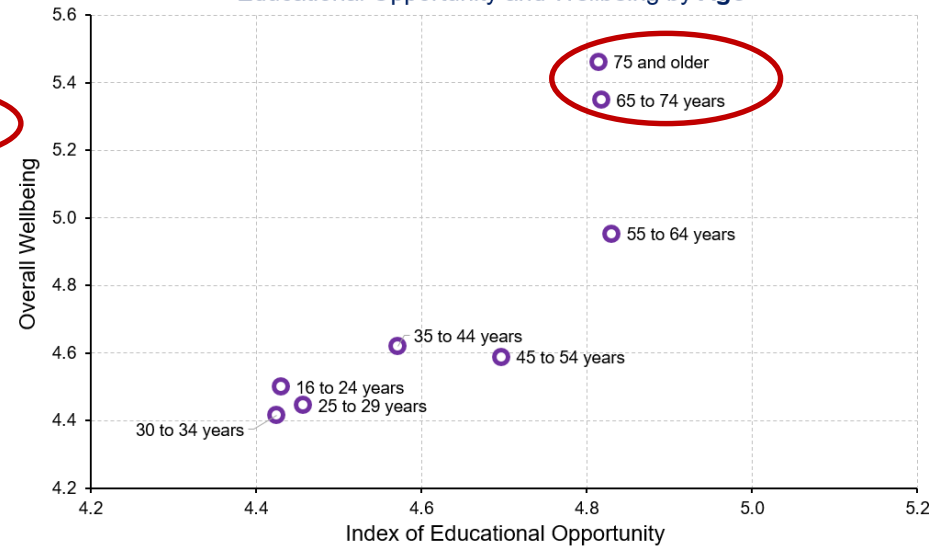


Educational opportunity and overall wellbeing

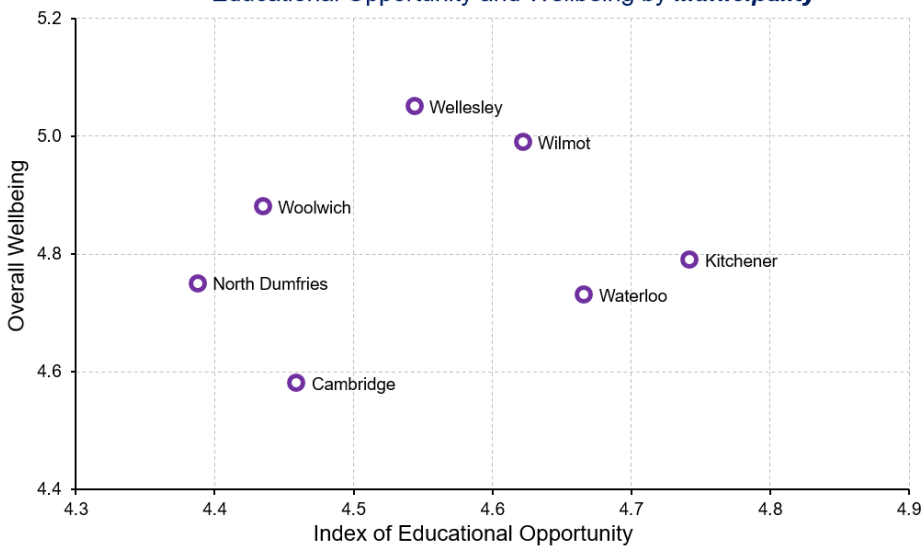
Educational Opportunity and Wellbeing by **Income**



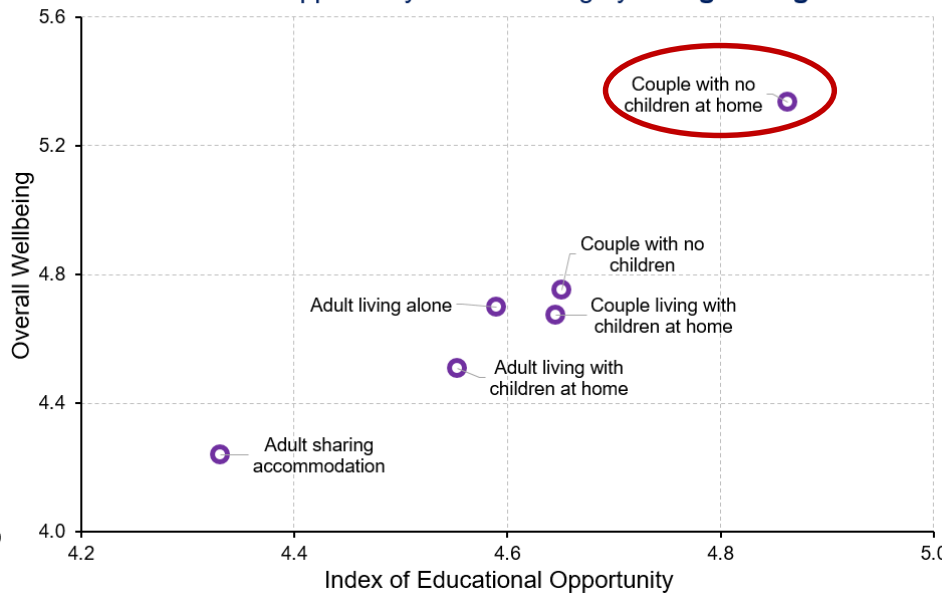
Educational Opportunity and Wellbeing by **Age**

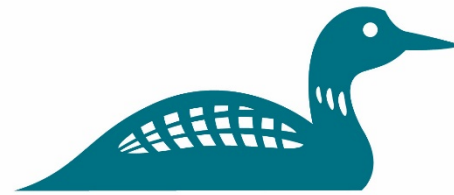


Educational Opportunity and Wellbeing by **Municipality**



Educational Opportunity and Wellbeing by **Living Arrangement**





ENVIRONMENT

ENVIRONMENT and Wellbeing

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

Below average wellbeing

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

Above average wellbeing

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

ENVIRONMENT and Wellbeing by sex

How do women and men compare on environment domain?

Women

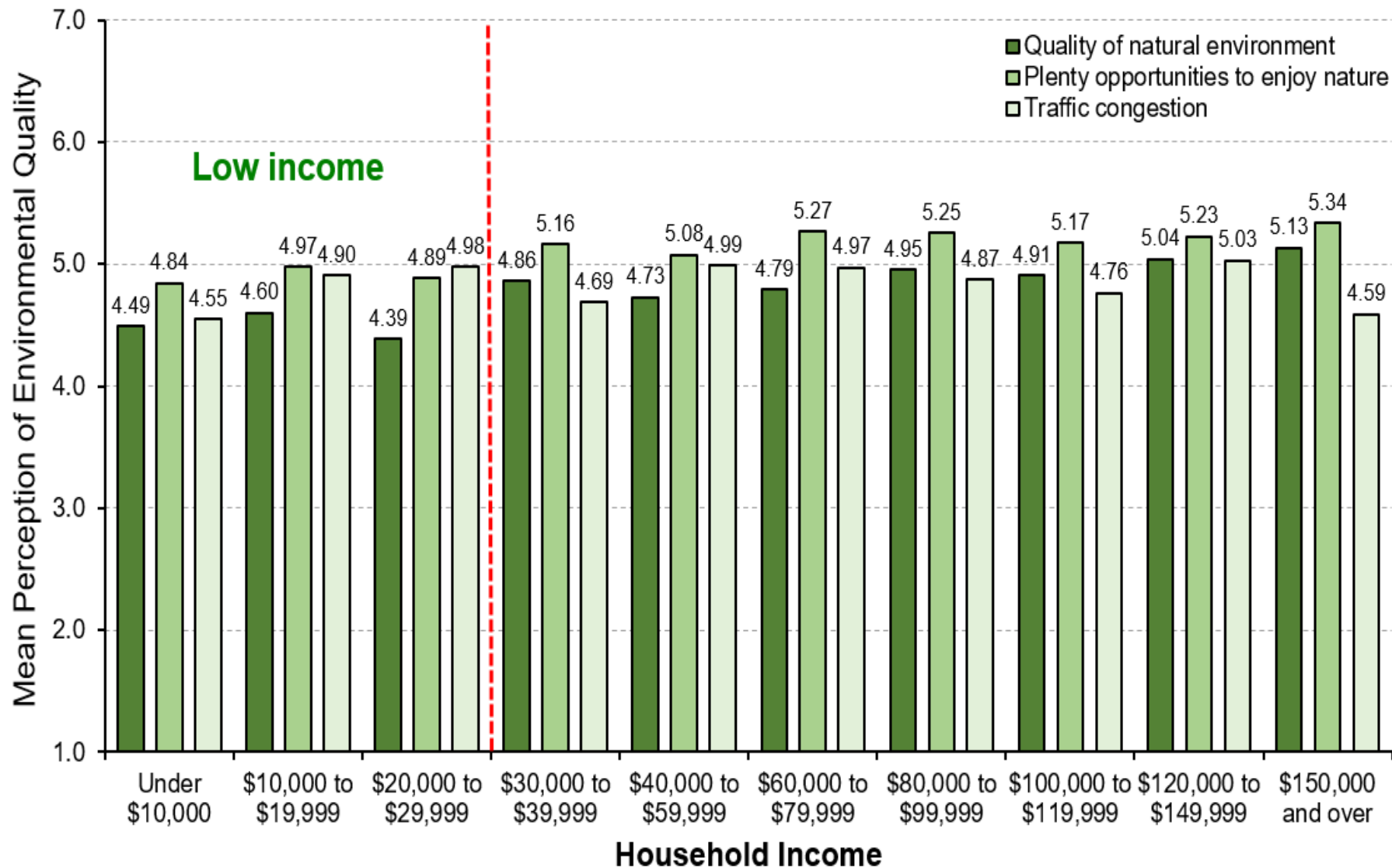
- ✓ Perceive traffic congestion as worse
- ✓ Feel they have responsibilities to protect the nature environment
- ✓ More likely to conserve energy or water, and to reduce waste

Men

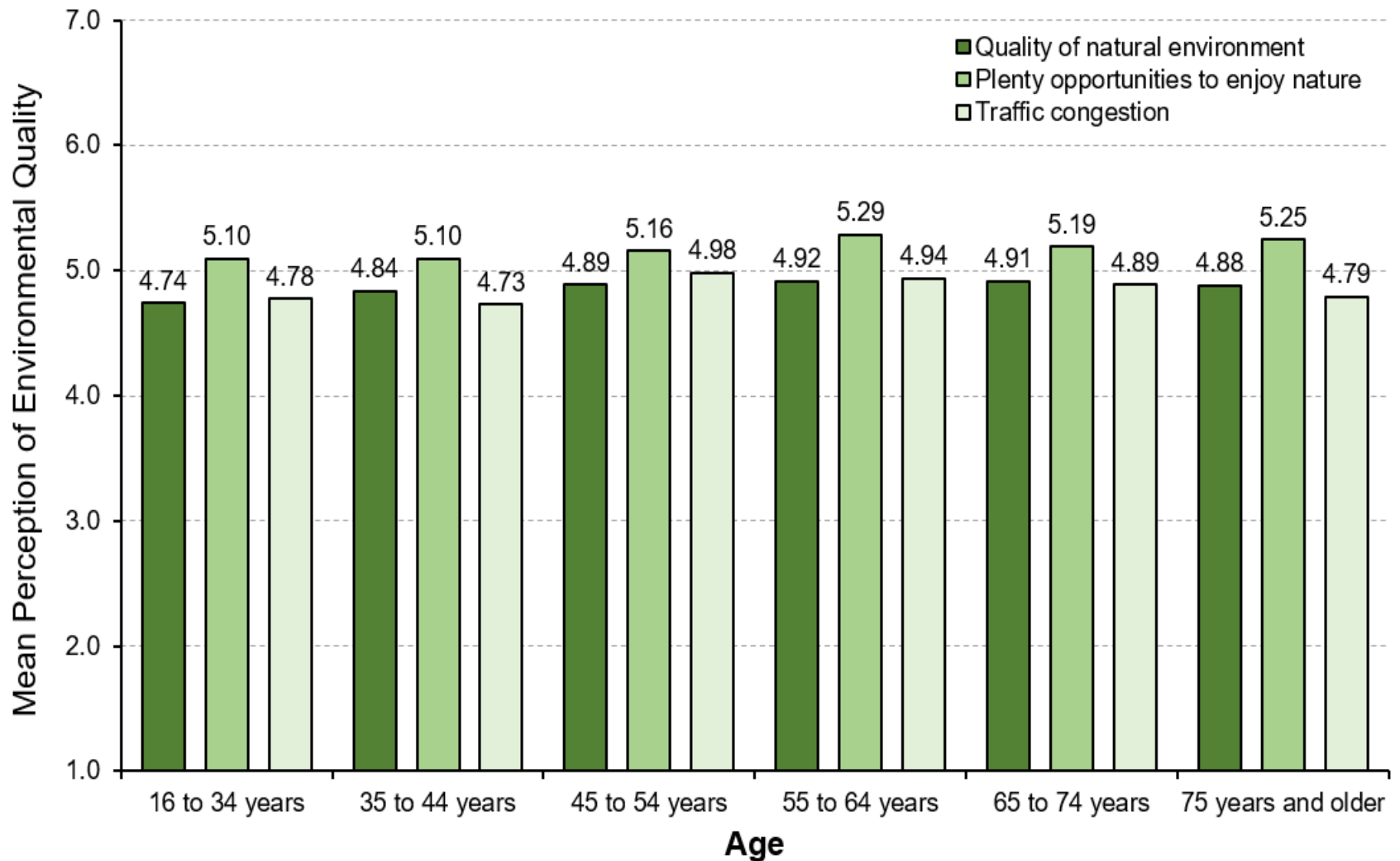
- ✓ Perceive *quality of nature environment* as higher
- ✓ Less likely to *reuse* and *recycle* materials
- ✓ More likely to walk or bike

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

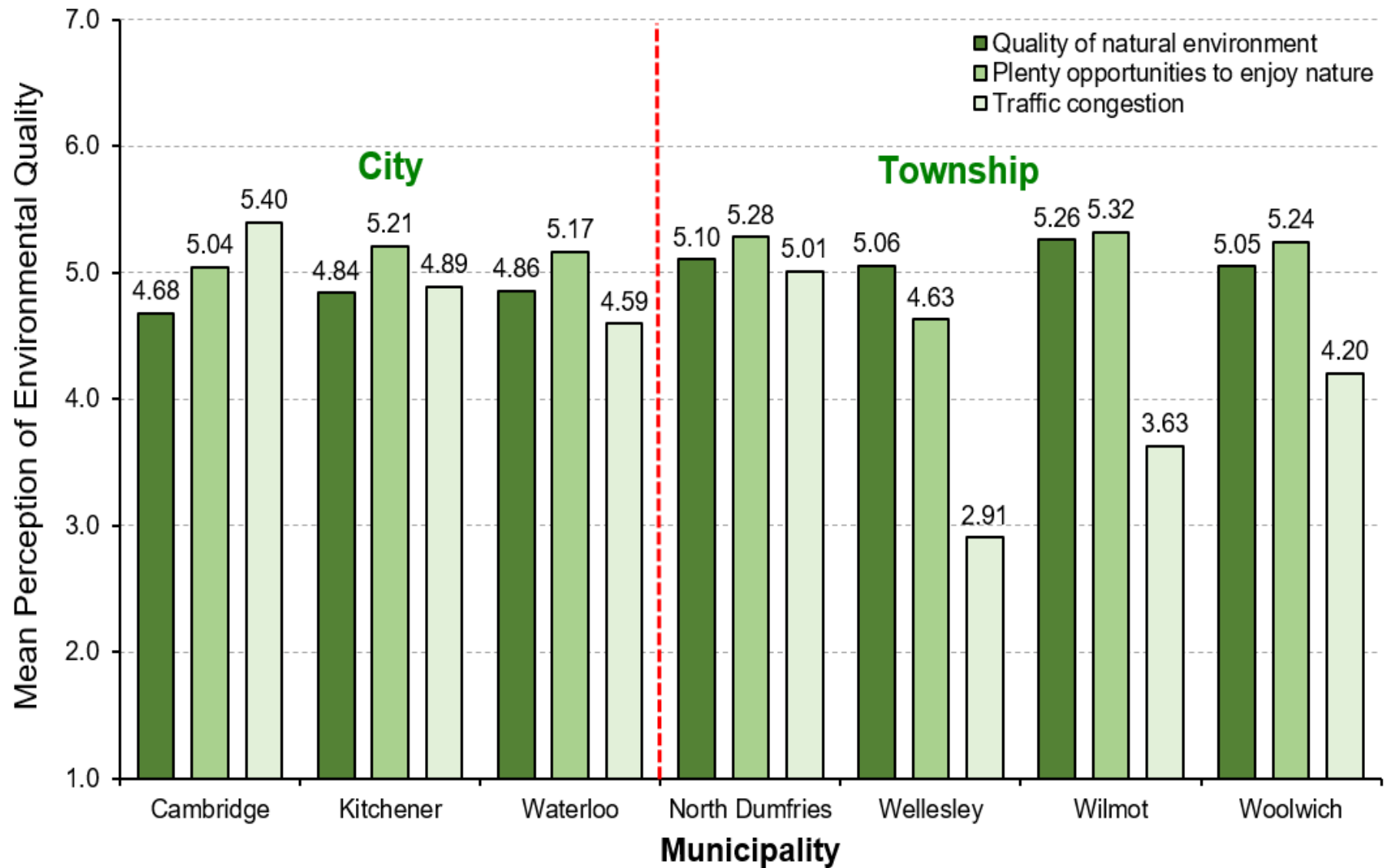
ENVIRONMENT: Quality by *income*



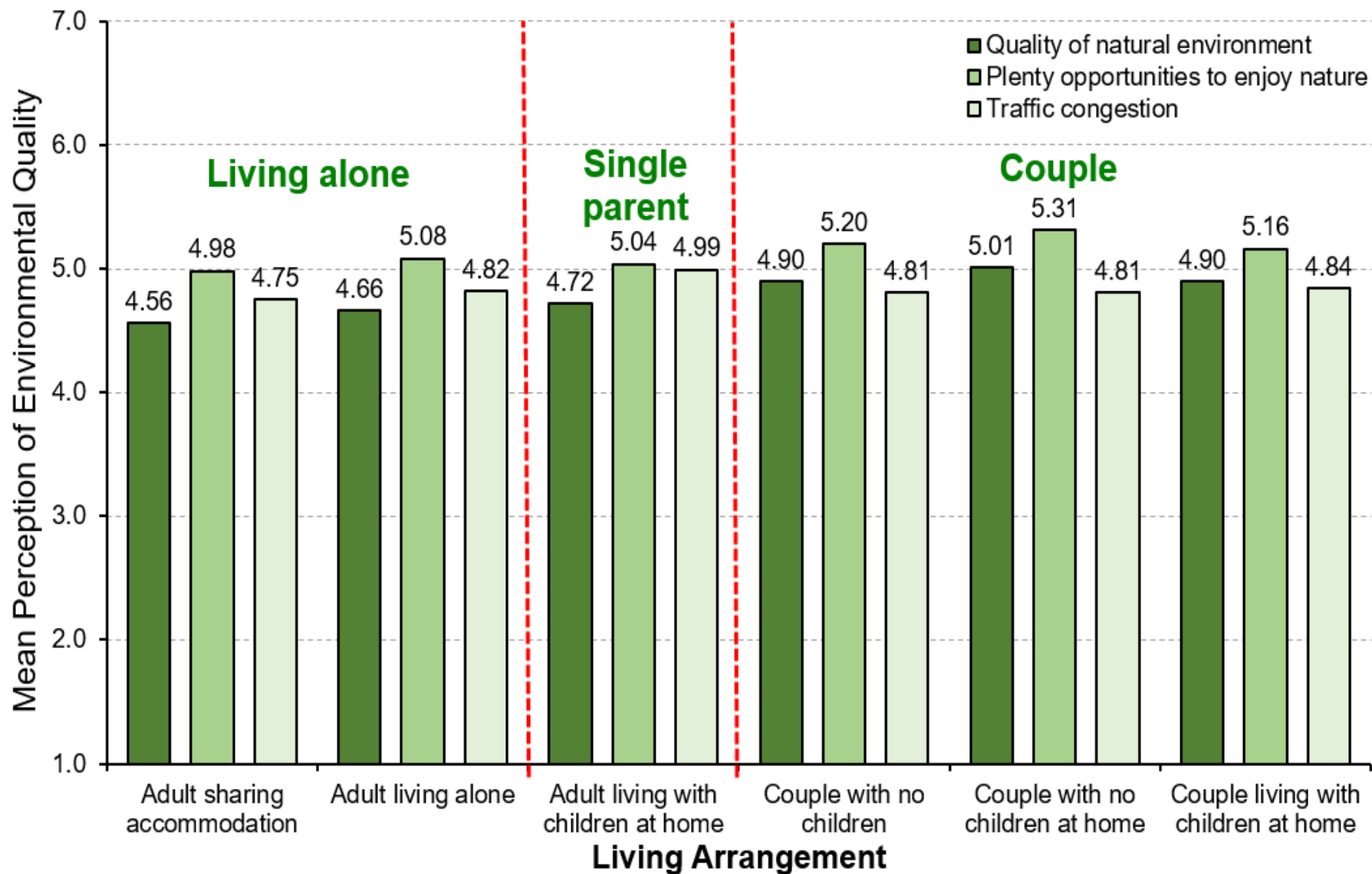
ENVIRONMENT: Quality by age



ENVIRONMENT: Quality by *municipality*

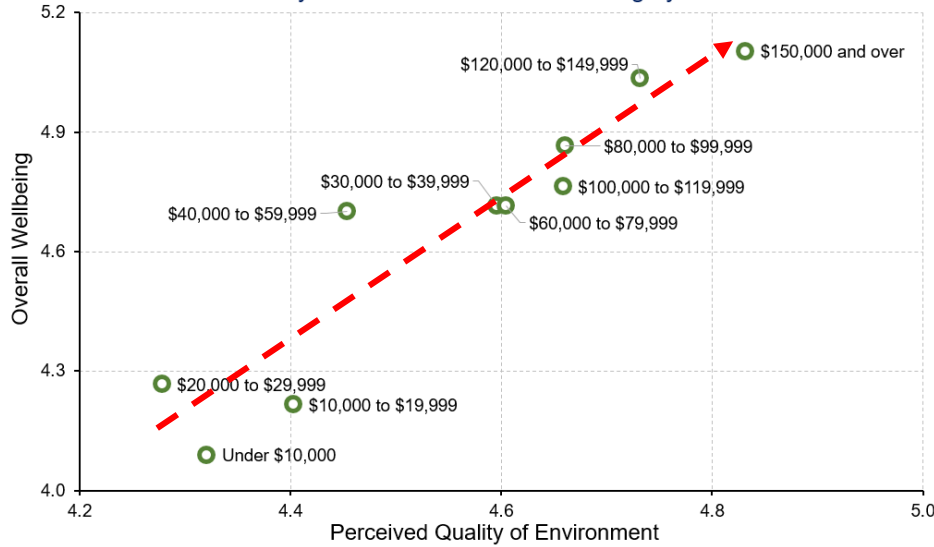


ENVIRONMENT: Quality by *living arrangement*

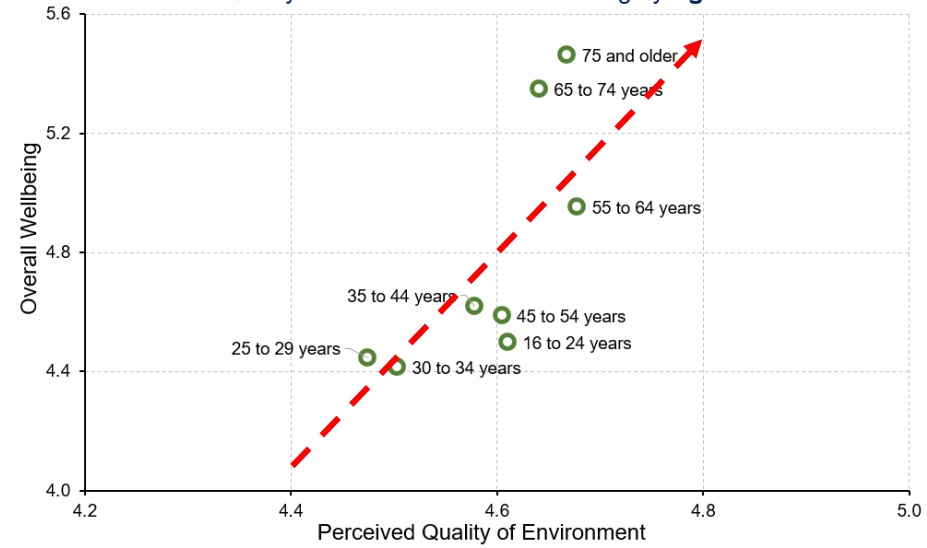


ENVIRONMENT: Quality and overall wellbeing

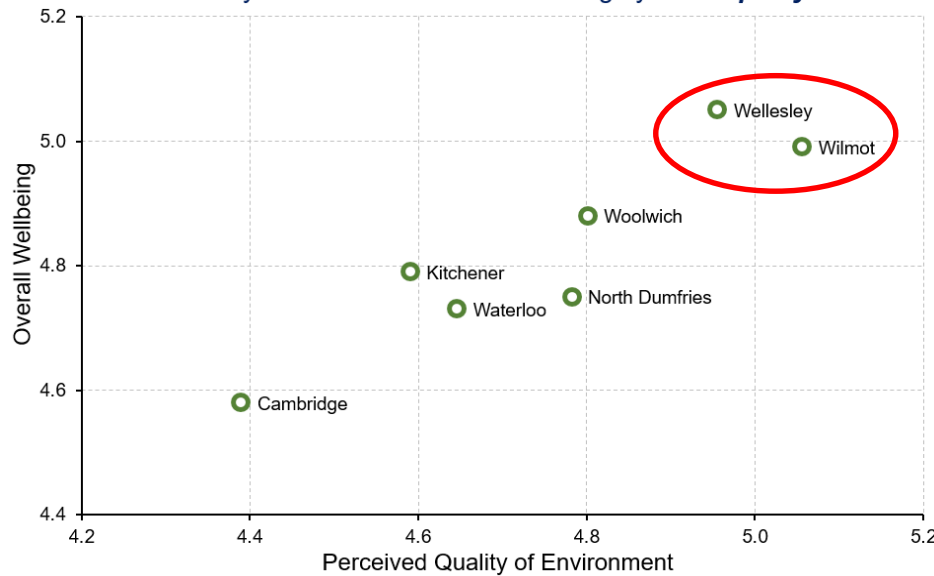
Quality of Environment and Wellbeing by **Income**



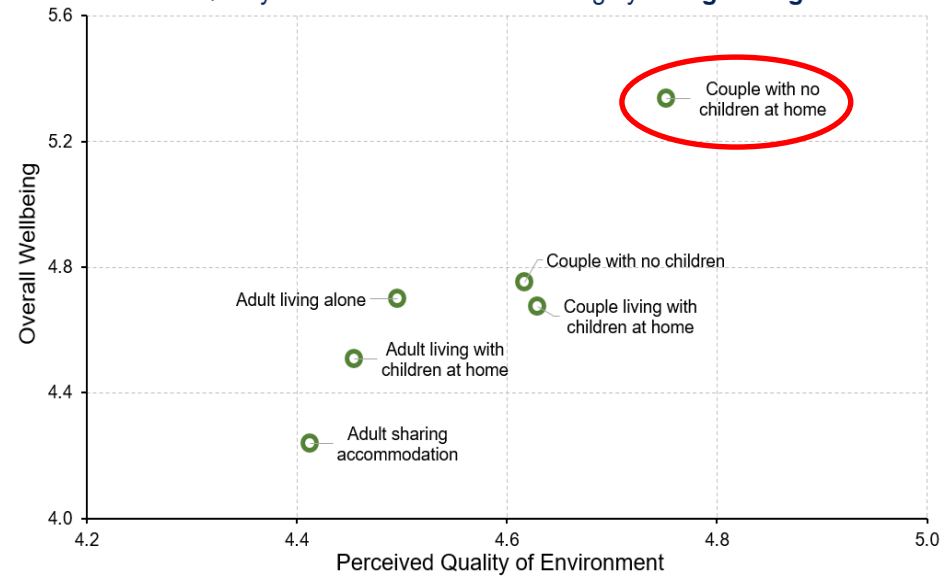
Quality of Environment and Wellbeing by **Age**



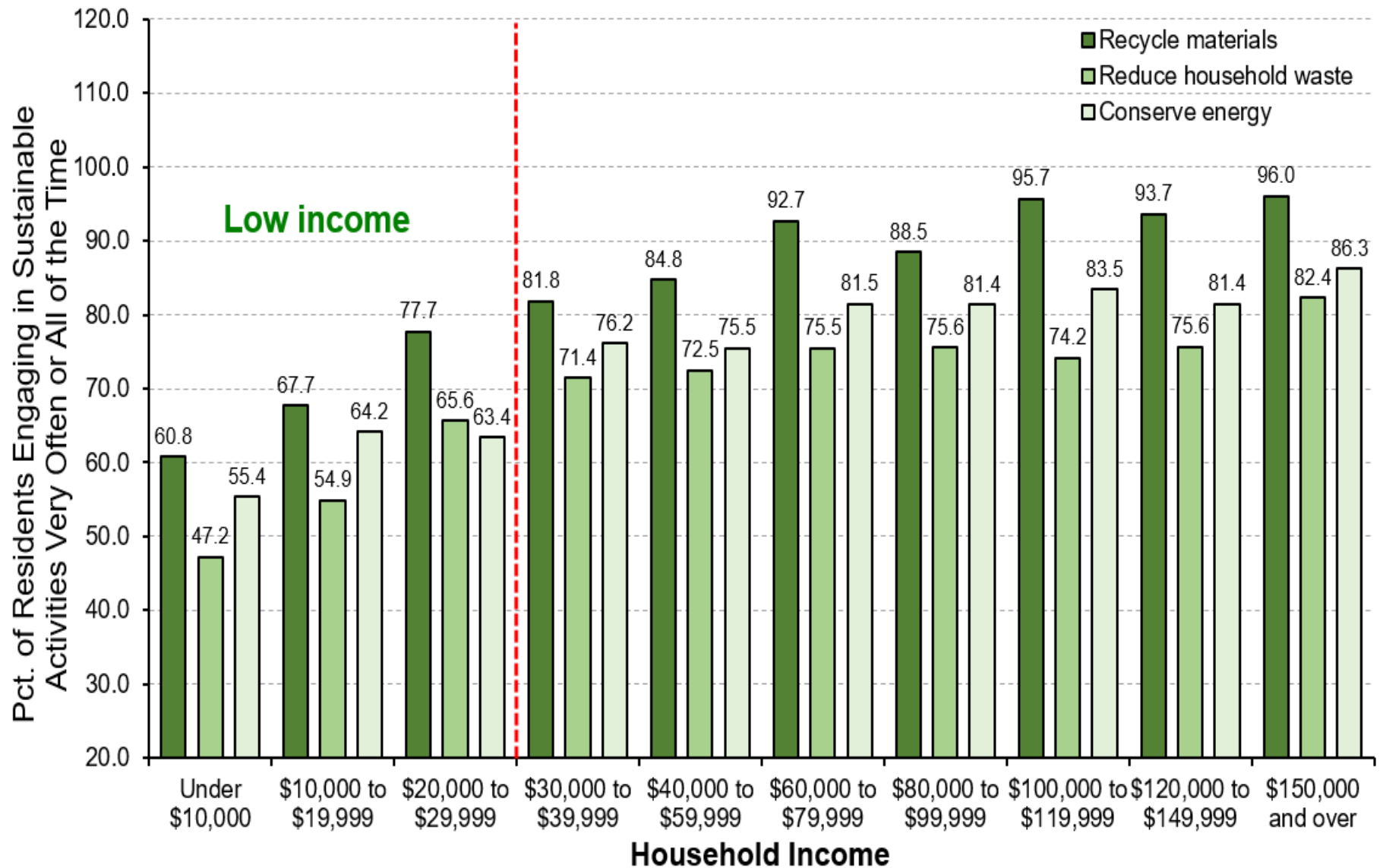
Quality of Environment and Wellbeing by **Municipality**



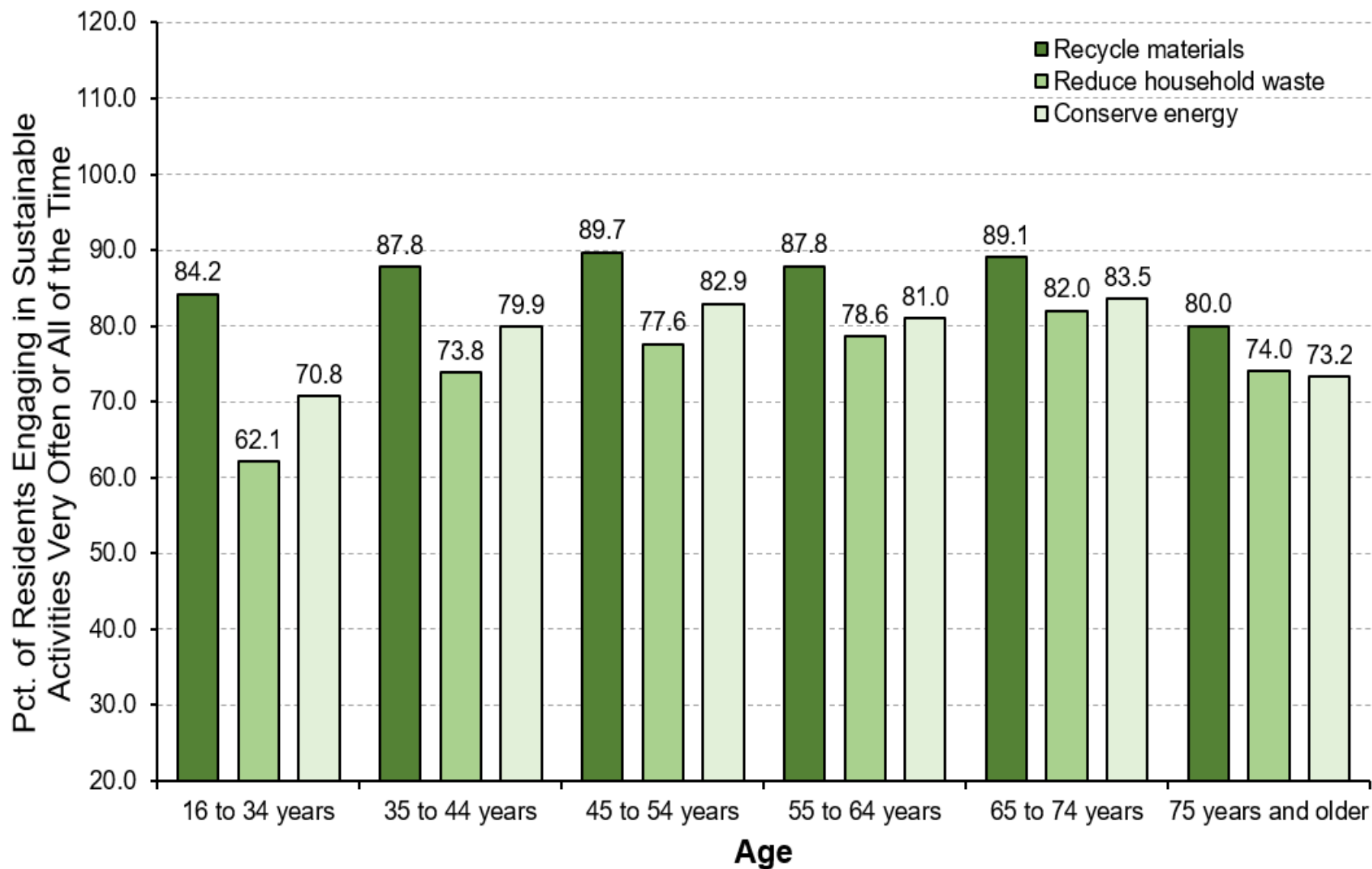
Quality of Environment and Wellbeing by **Living Arrangement**



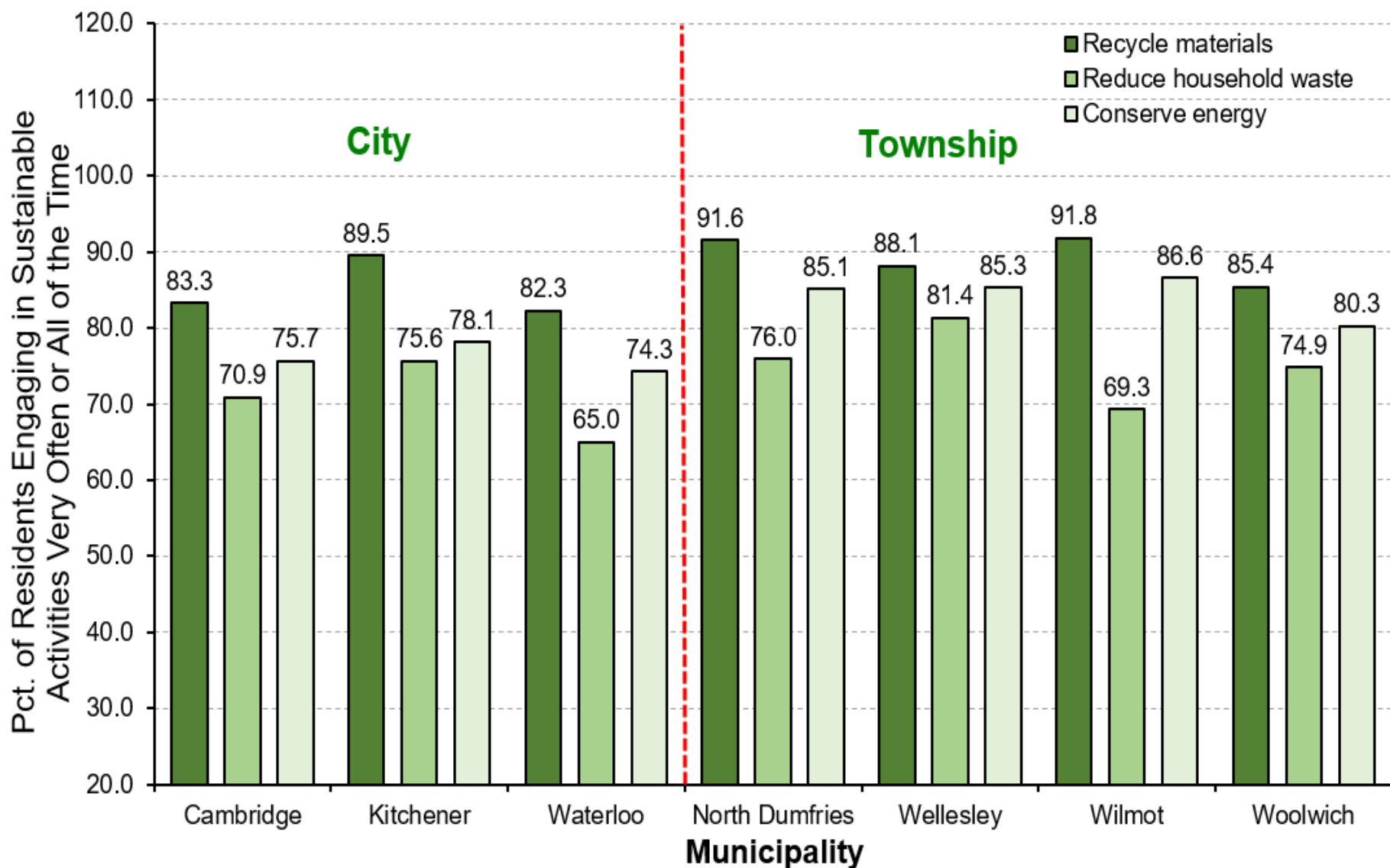
ENVIRONMENT: Behaviour by *income*



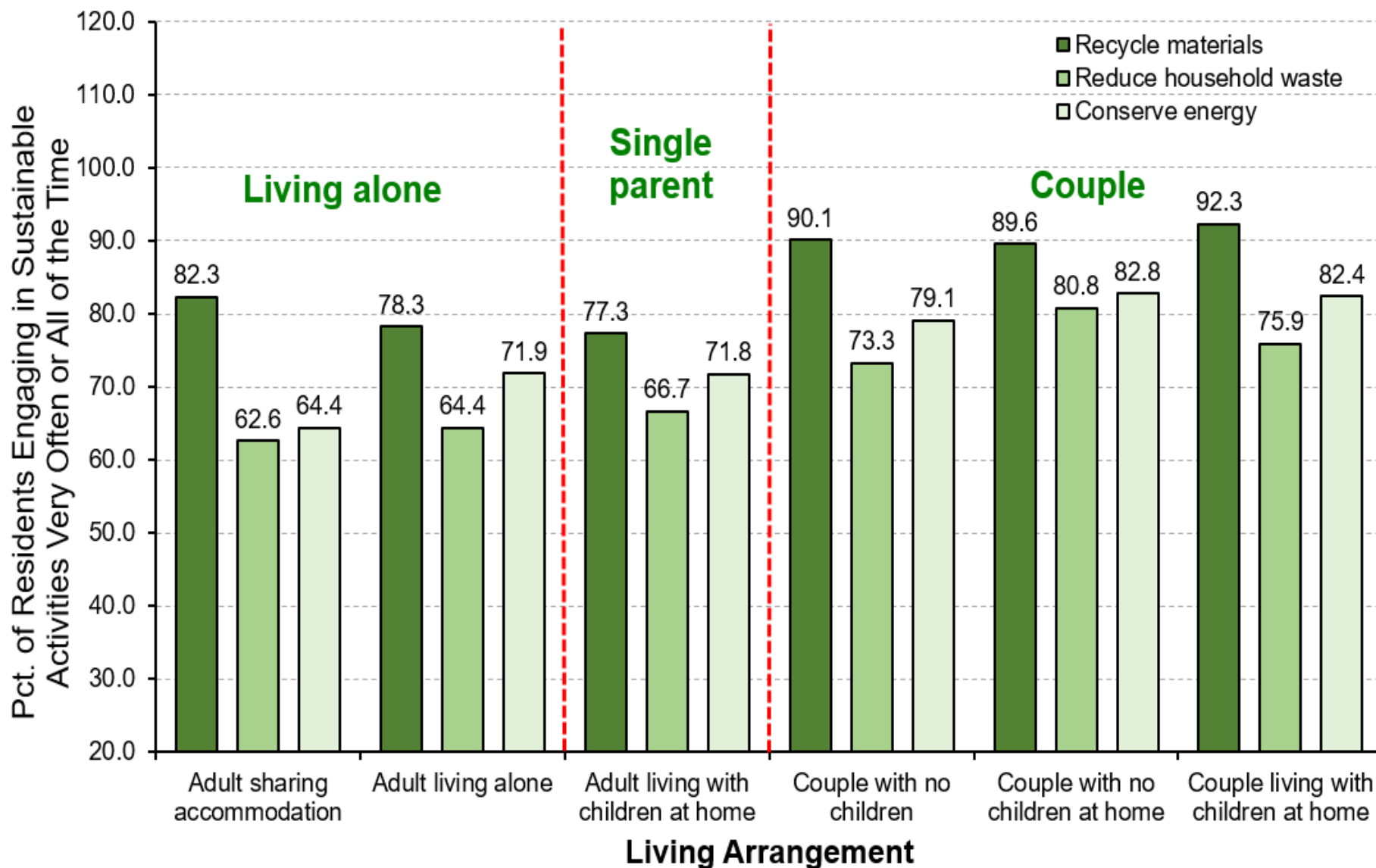
ENVIRONMENT: Behaviour by age



ENVIRONMENT: Behaviour by *municipality*



ENVIRONMENT: Behaviour by *living arrangement*





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 issue
- ✓ Feel they have less say in what government does
- ✓ Feel they are ignored by public officials

Above average wellbeing

- ✓ More likely to attend local or regional council meeting
- ✓ More likely to participate in local event supporting community
- ✓ Feel they have good understanding of important issues in Waterloo Region
- ✓ Feel they are well informed about politics/government

DEMOCRATIC ENGAGEMENT and Wellbeing by sex

How do women and men compare on democratic engagement?

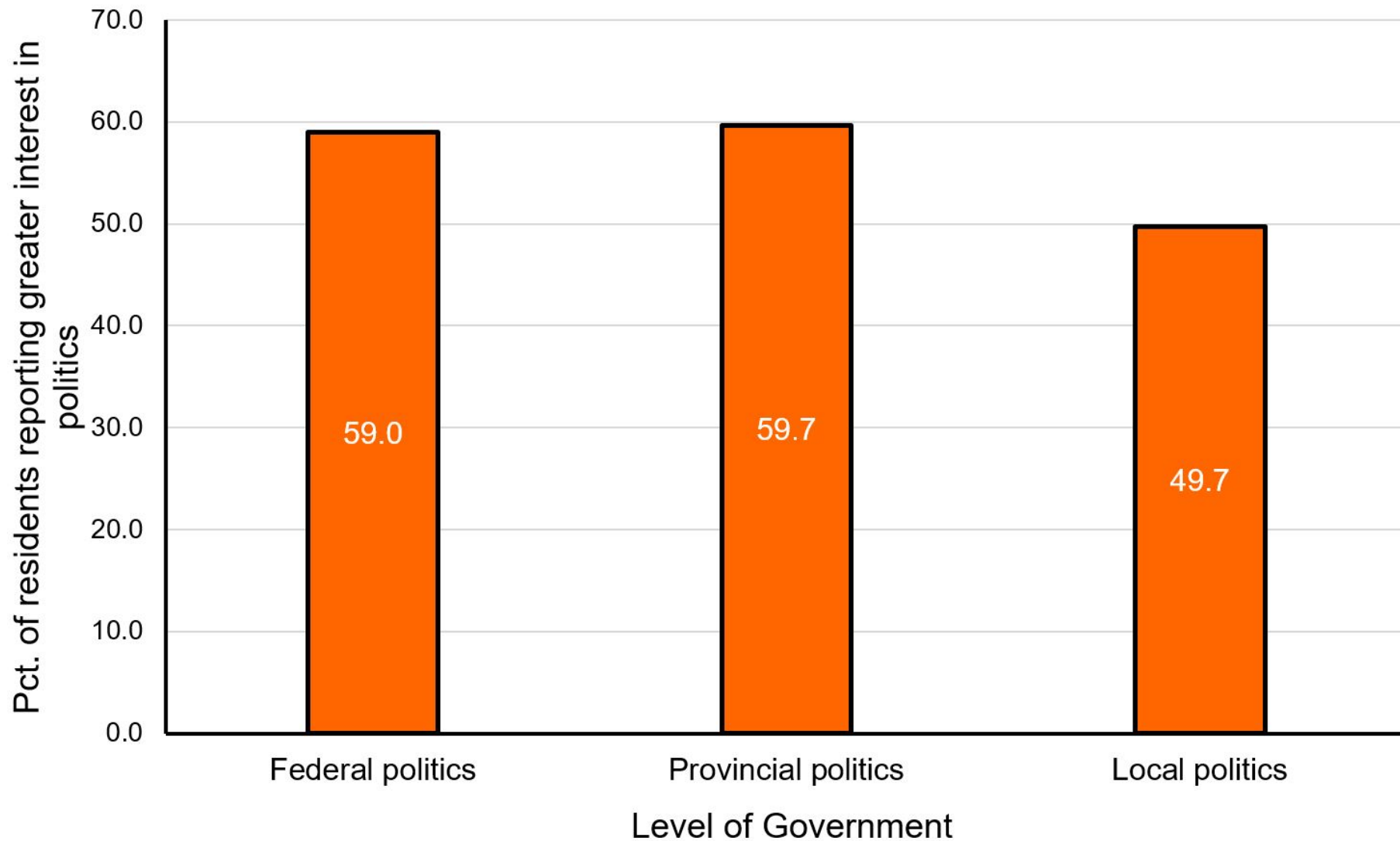
Women

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

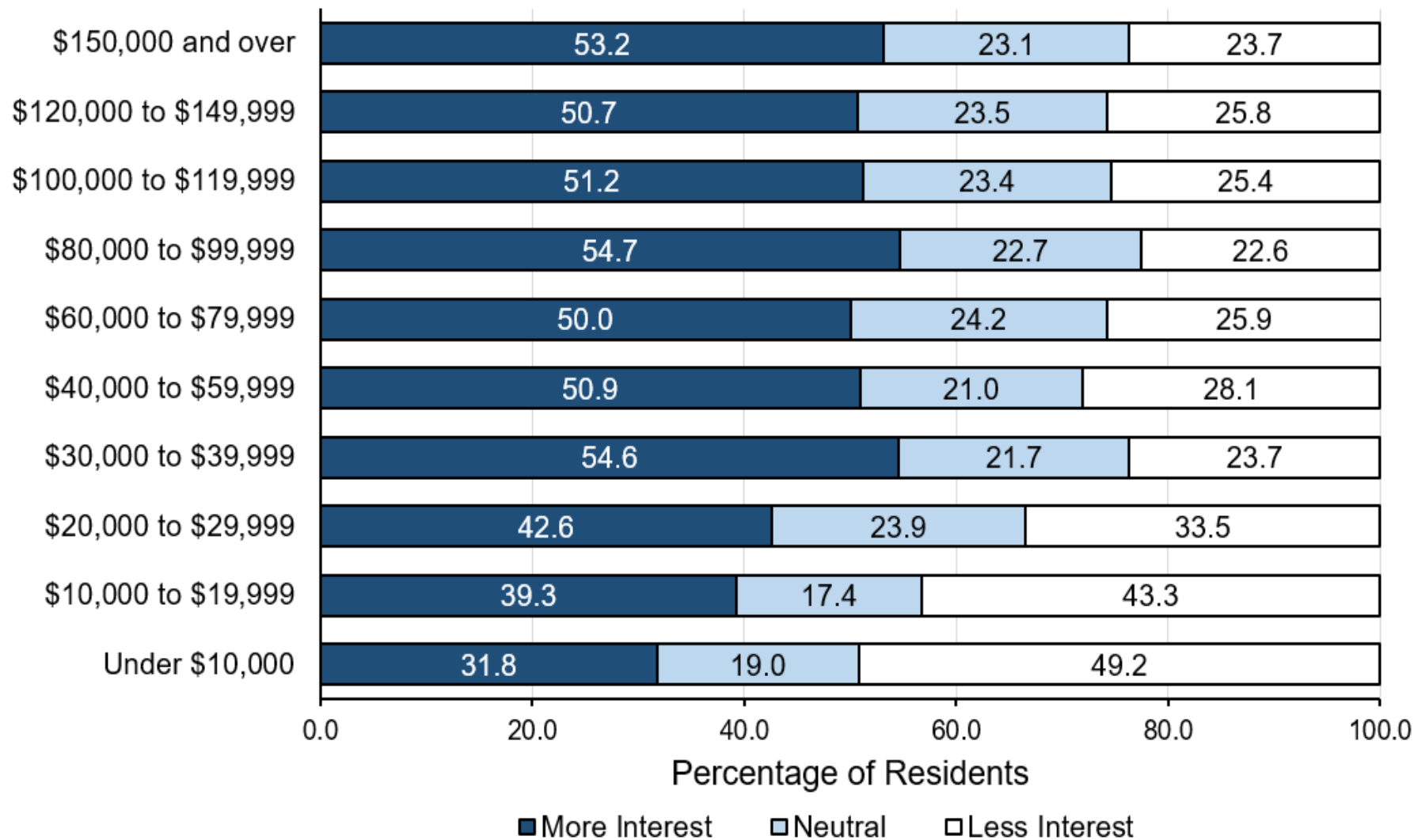
Men

- ✓ More likely to attend local or regional council meeting
- ✓ More likely to attend a local planning meeting
- ✓ Feel they have good understanding of important issues in Waterloo Region
- ✓ Feel they are well qualified to participate in politics
- ✓ Feel they could do as good a job in public office as most people

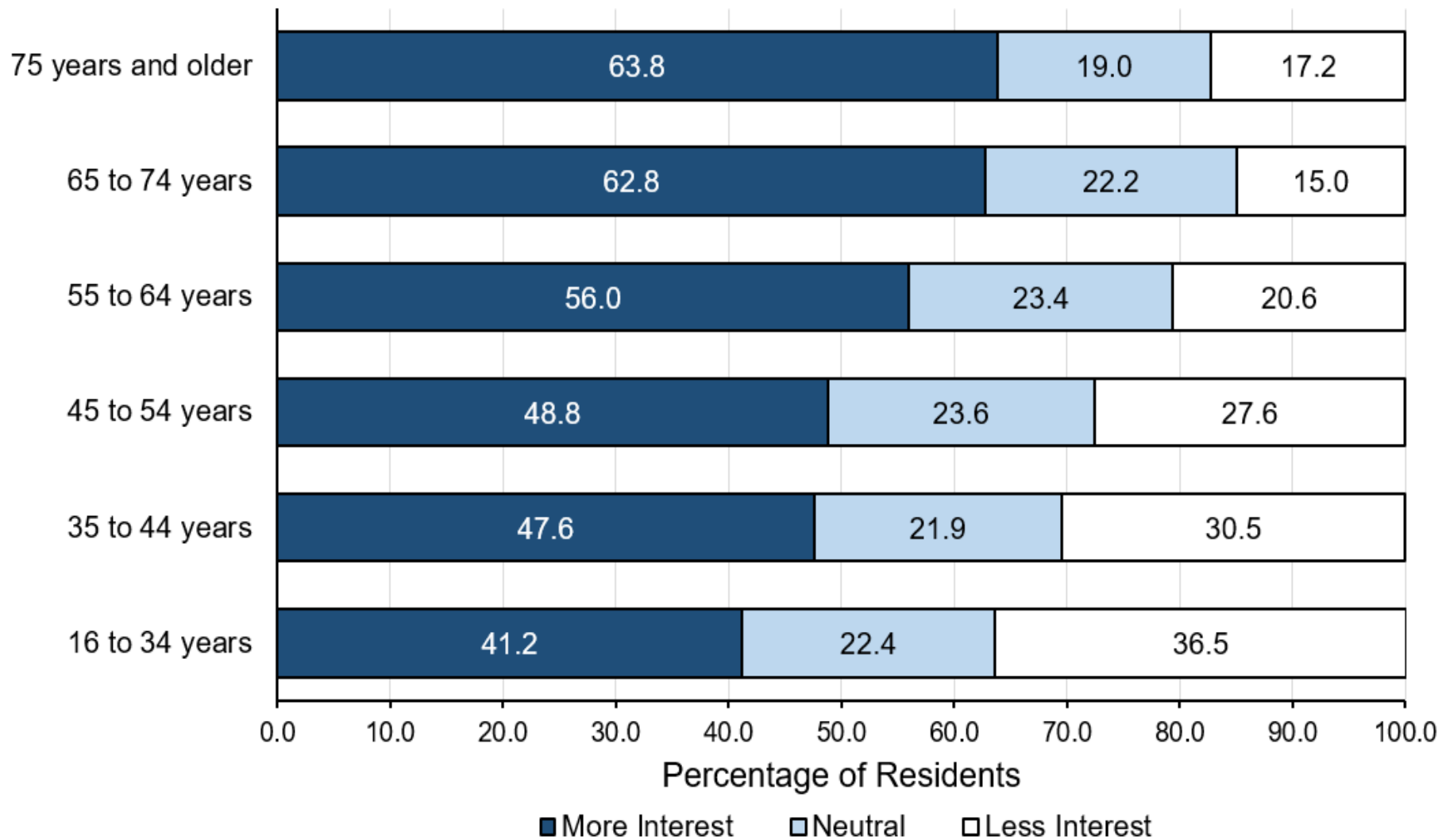
Overall Interest in Politics



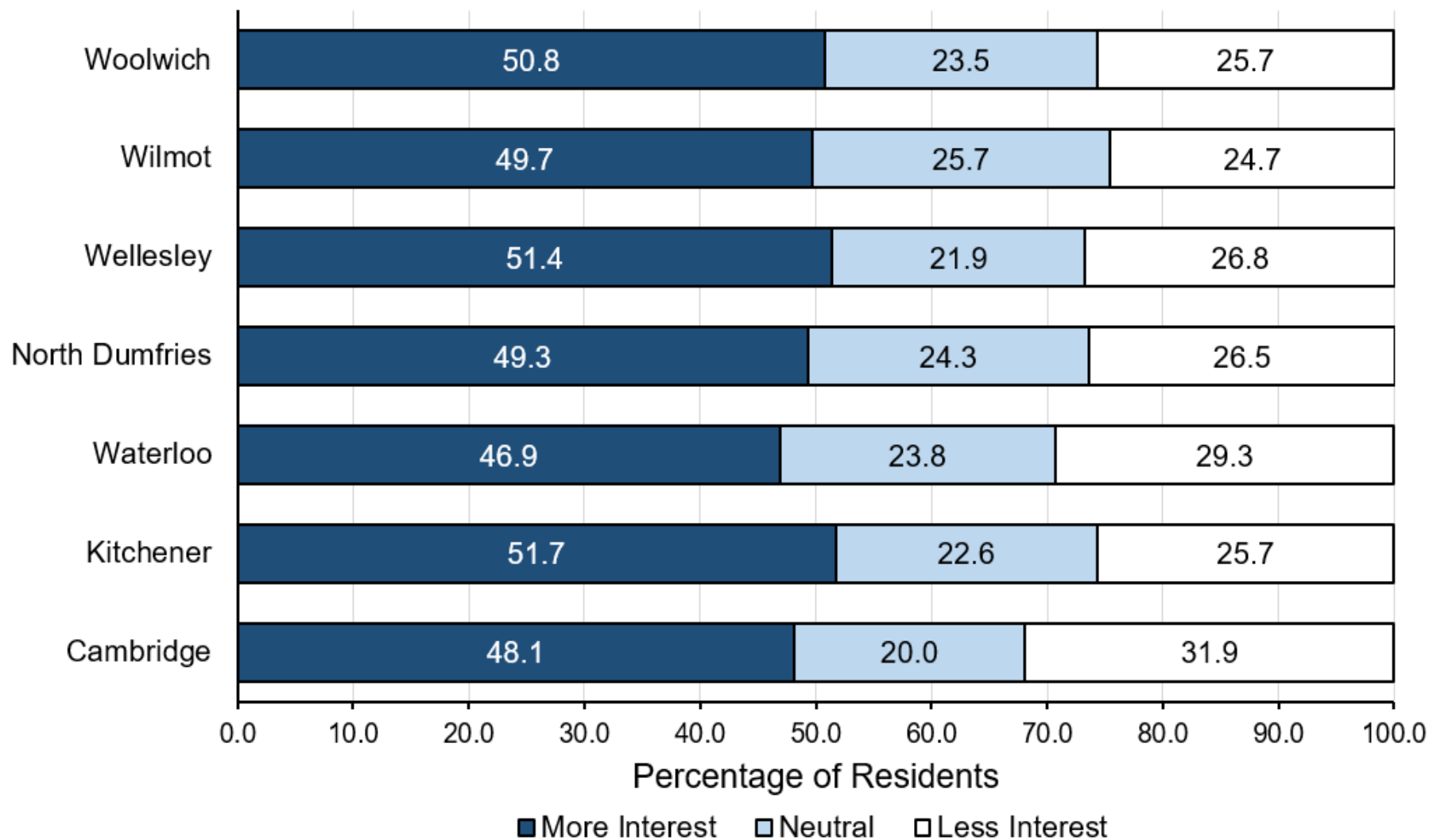
Interest in Local Politics by *income*



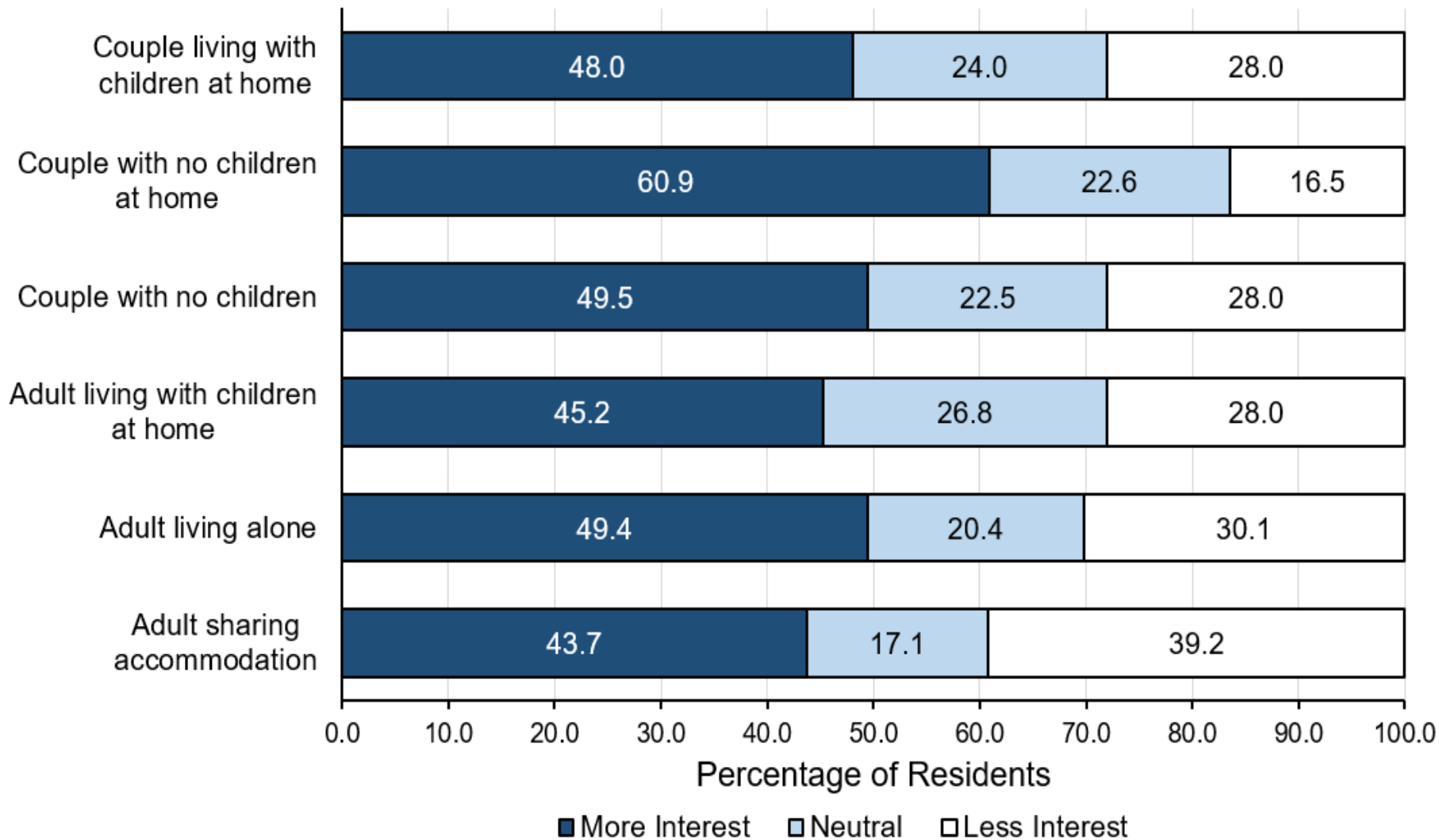
Interest in Local Politics by age



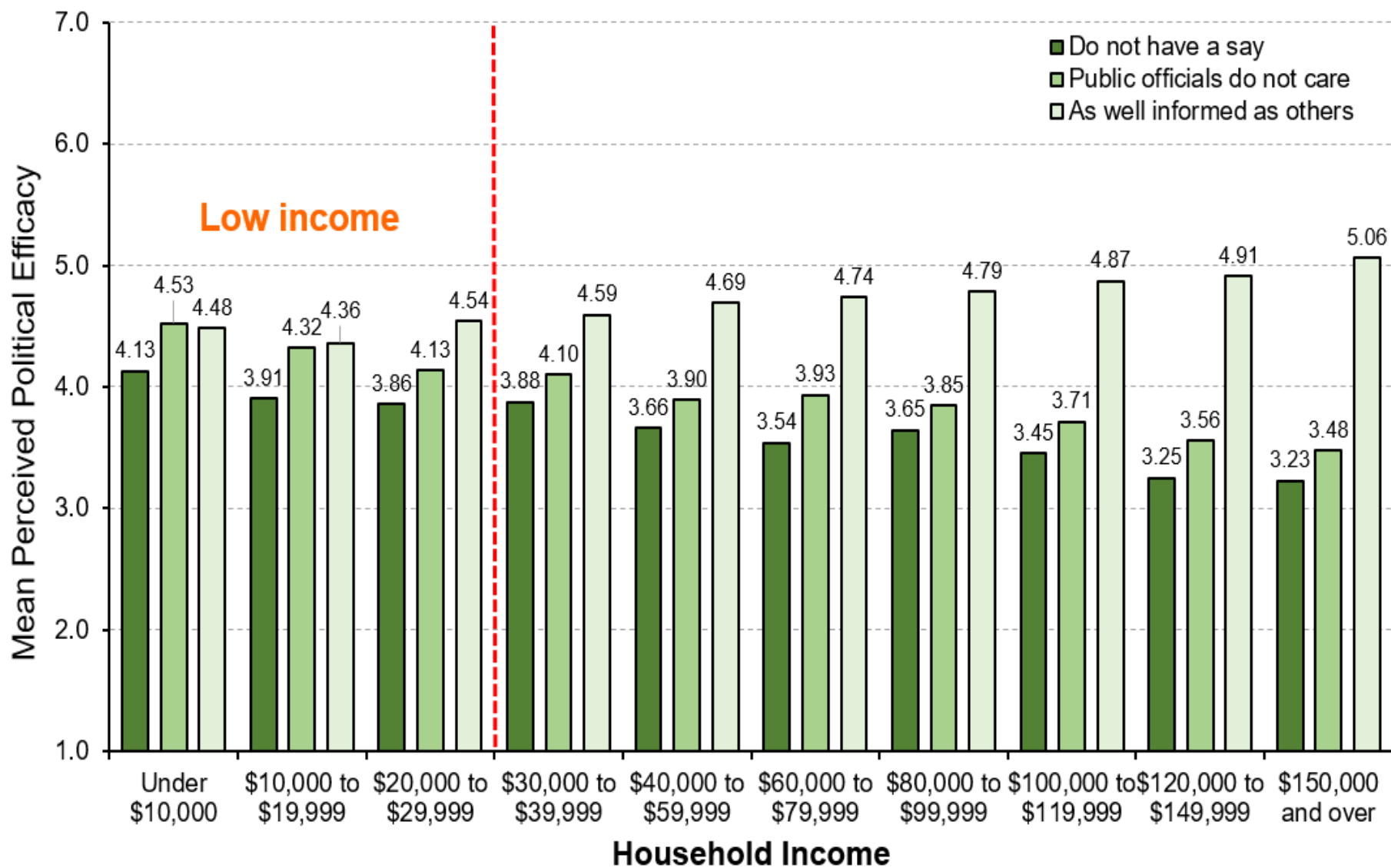
Interest in Local Politics by municipality



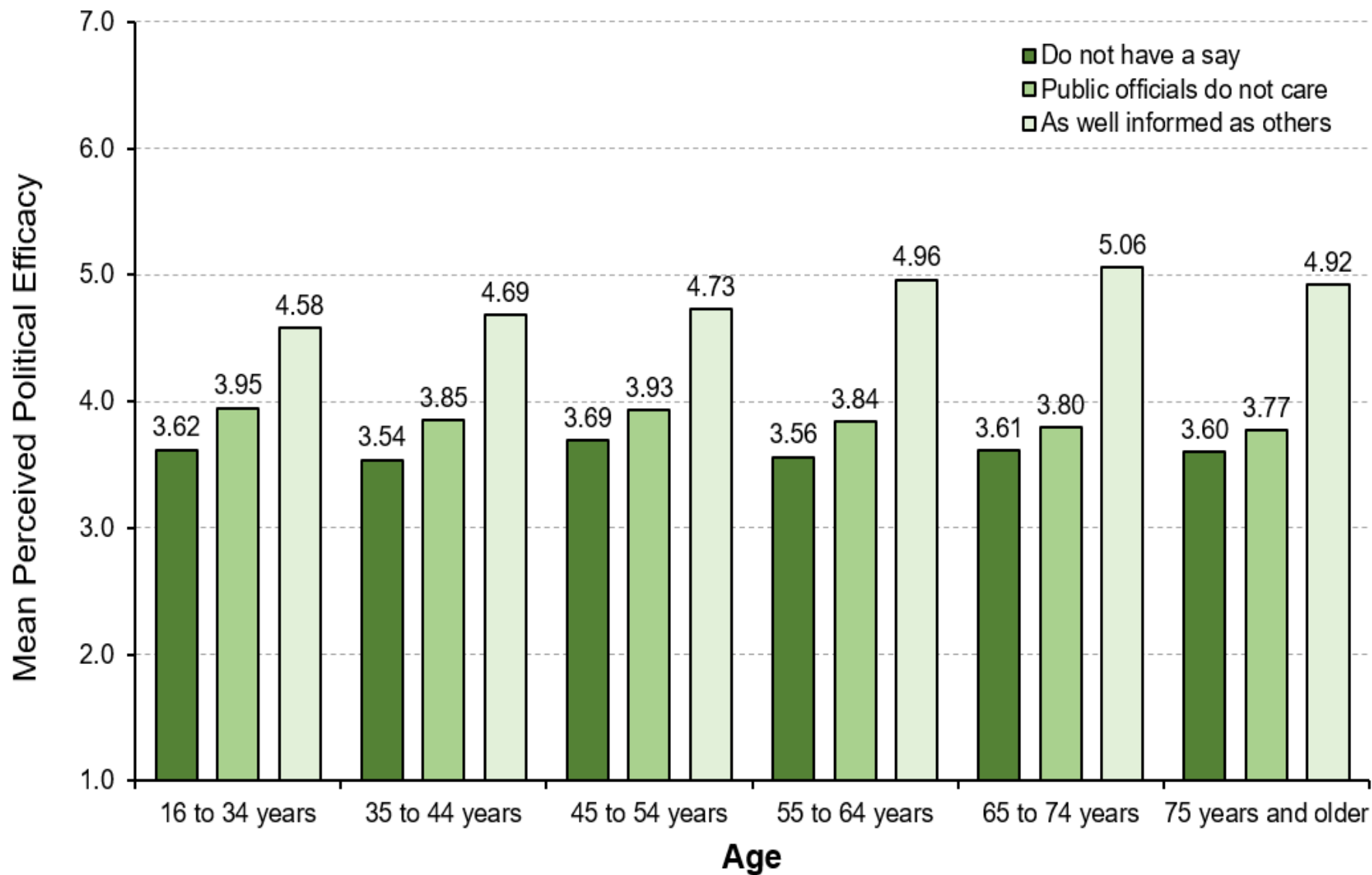
Interest in Local Politics by *living arrangement*



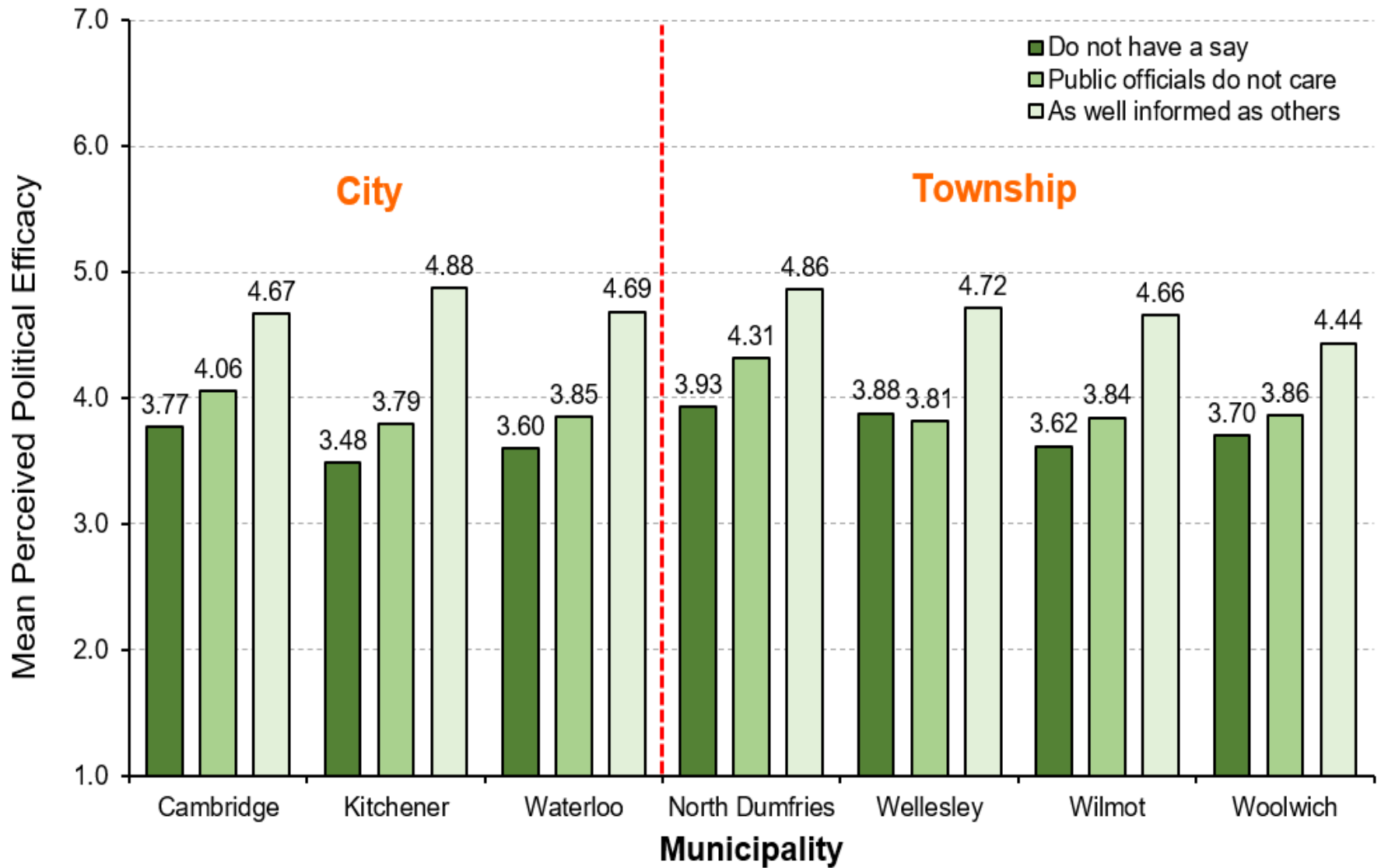
Political capital by *income*



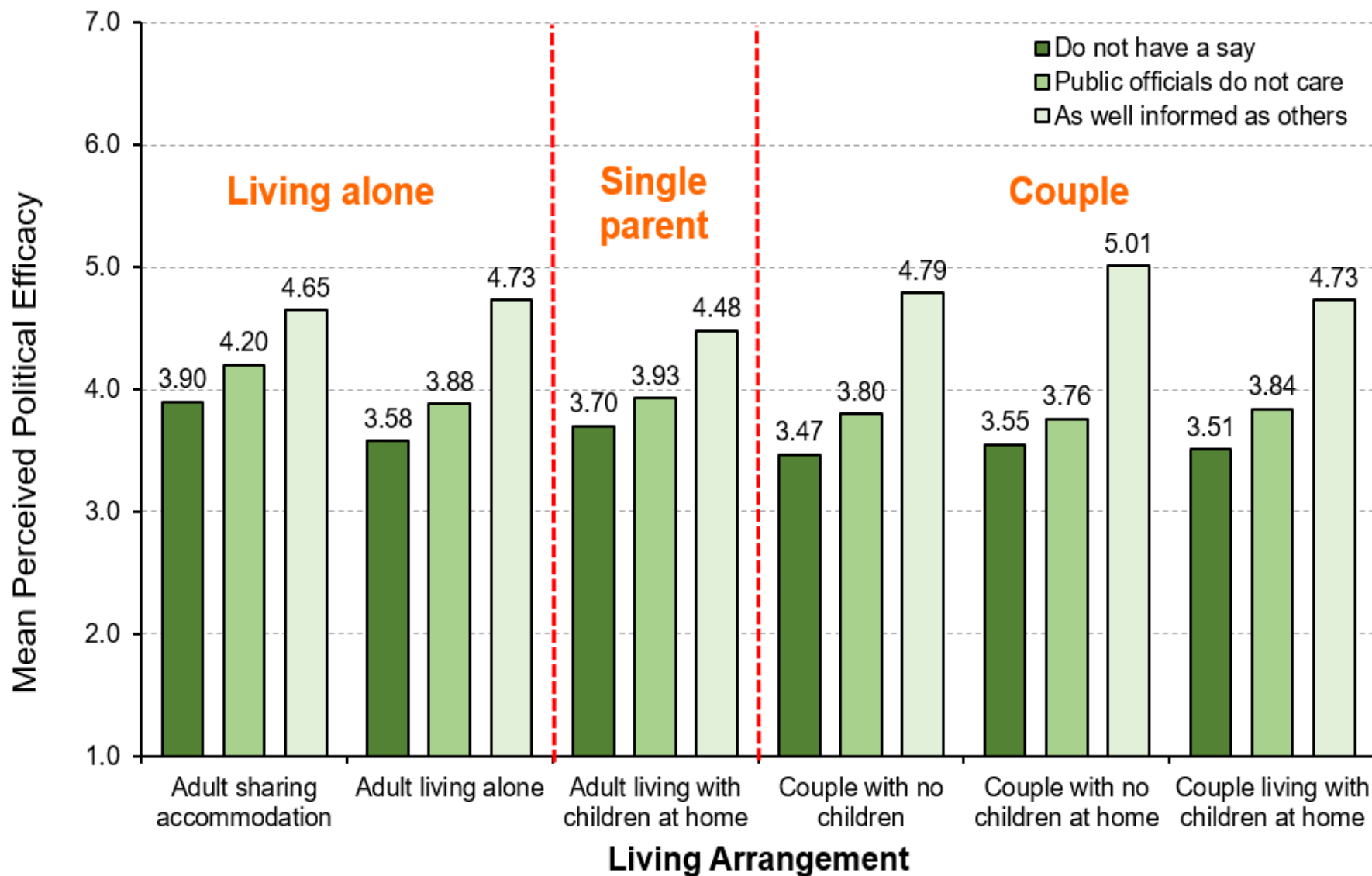
Political capital by age



Political capital by *municipality*

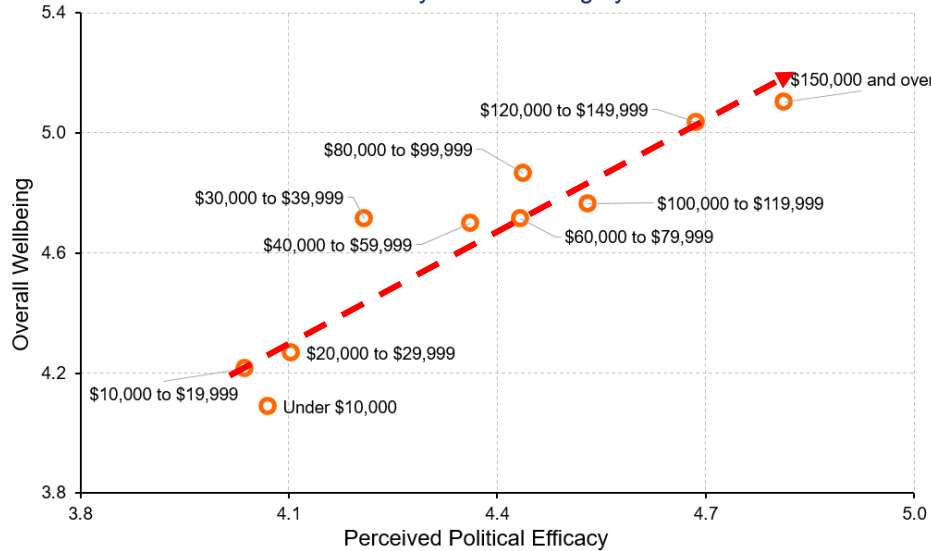


Political capital by *living arrangement*

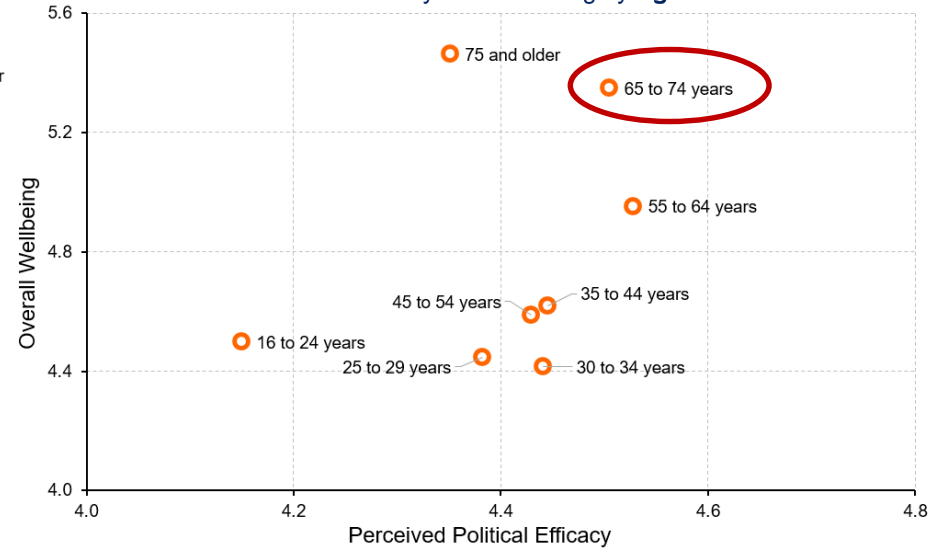


Political capital and Overall Wellbeing

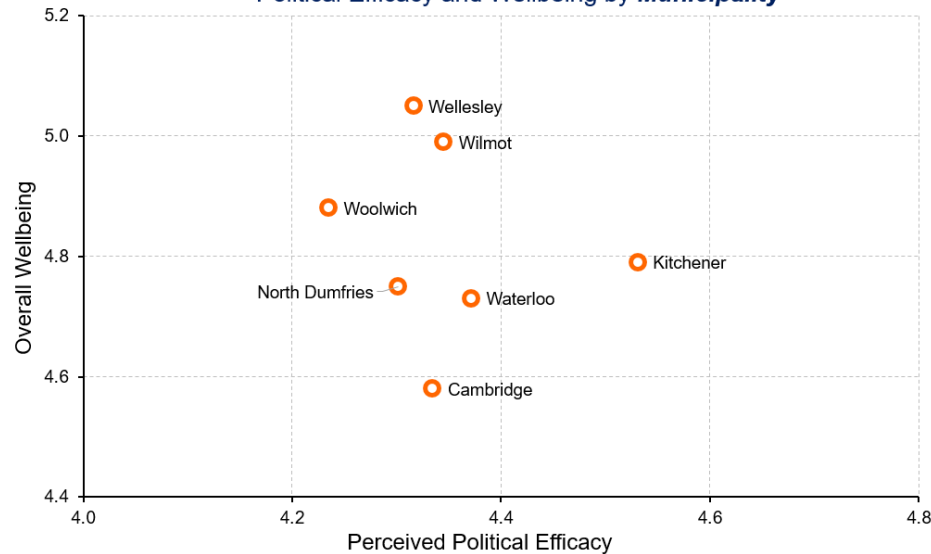
Political Efficacy and Wellbeing by *Income*



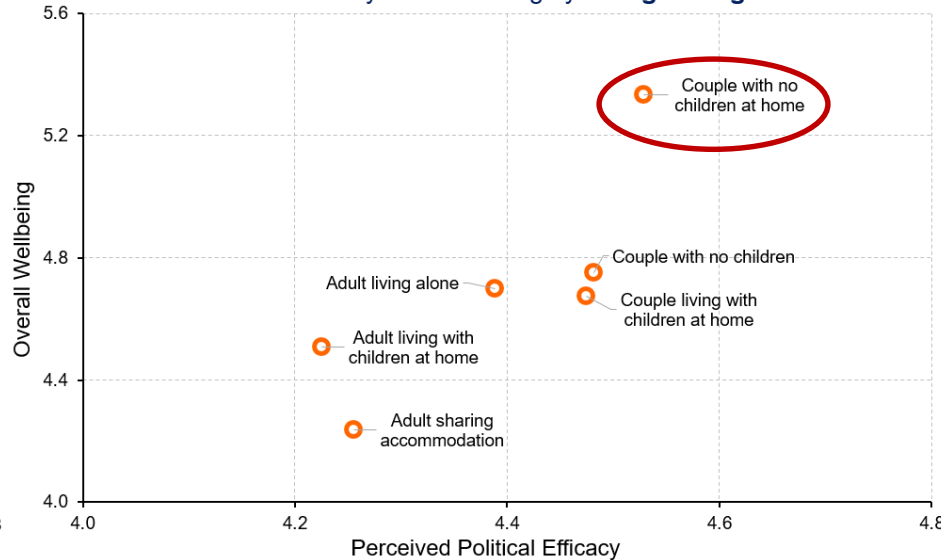
Political Efficacy and Wellbeing by *Age*



Political Efficacy and Wellbeing by *Municipality*



Political Efficacy and Wellbeing by *Living Arrangement*





COMMUNITY VITALITY

COMMUNITY VITALITY and Wellbeing

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

Below average wellbeing

- ✓ Less civic engagement
- ✓ More socially isolated
- ✓ Lower needs fulfillment
- ✓ Experience discrimination more often
- ✓ Feel less safe walking alone after dark

Above average wellbeing

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

COMMUNITY VITALITY and Wellbeing by sex

How do women and men compare on community vitality?

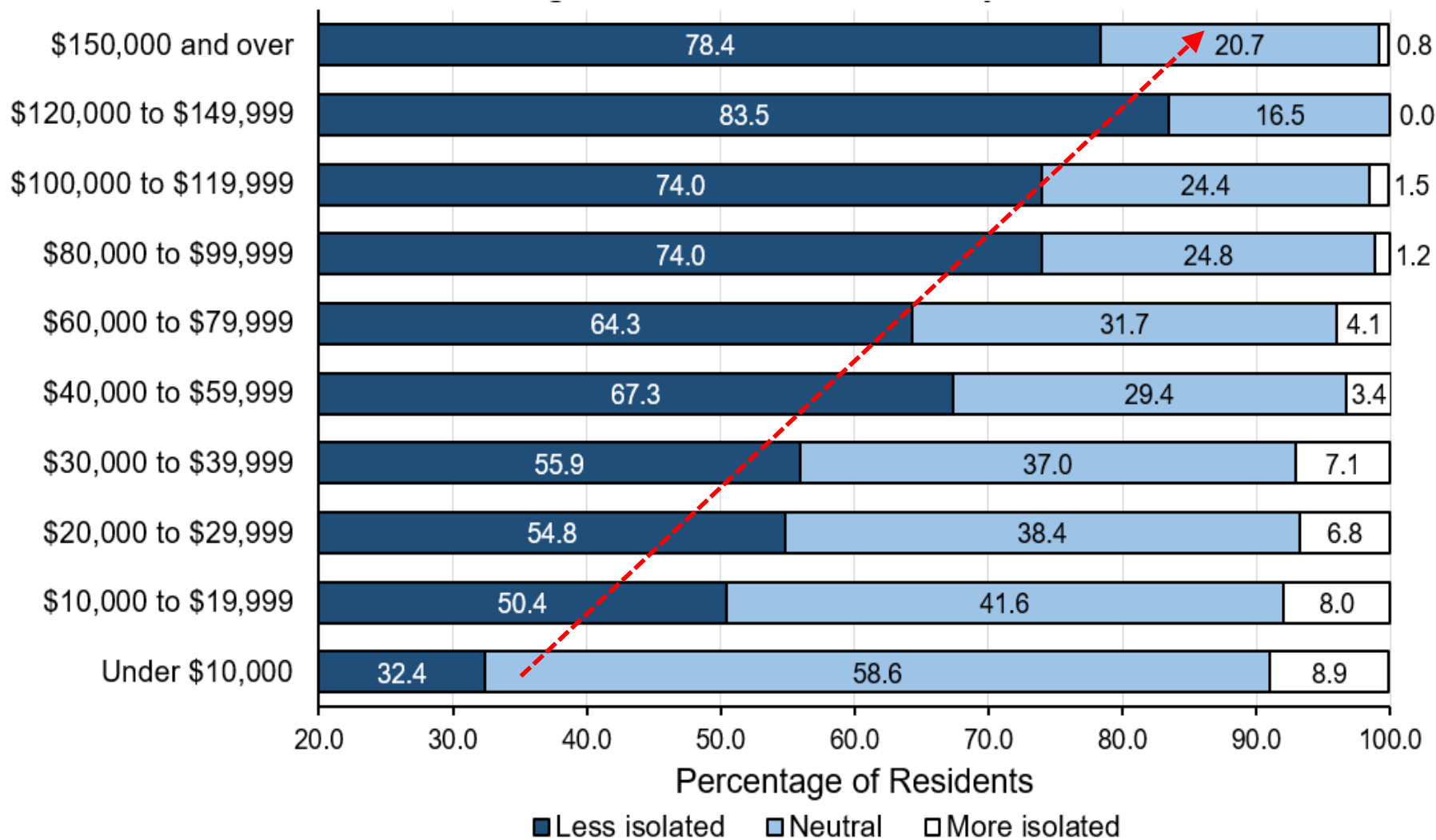
Women

- ✓ Provide more unpaid help for *personal support*
- ✓ Volunteer more
- ✓ More close relatives
- ✓ Experience age and gender discrimination more often
- ✓ Feel less safe walking alone after dark

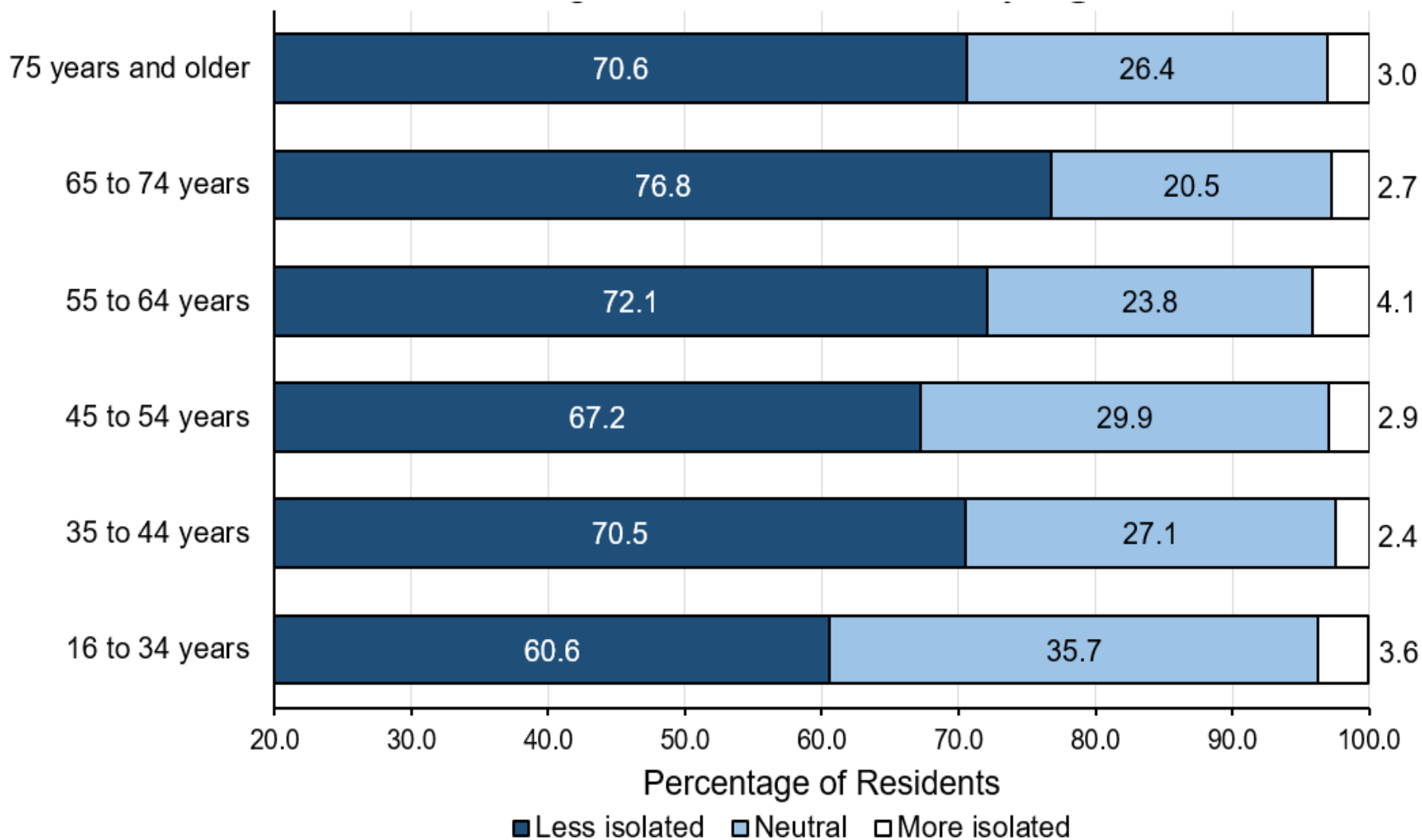
Men

- ✓ Provide more unpaid help for *home maintenance*
- ✓ Stronger sense of belonging
- ✓ Greater trust in others
- ✓ More confidence in institutions

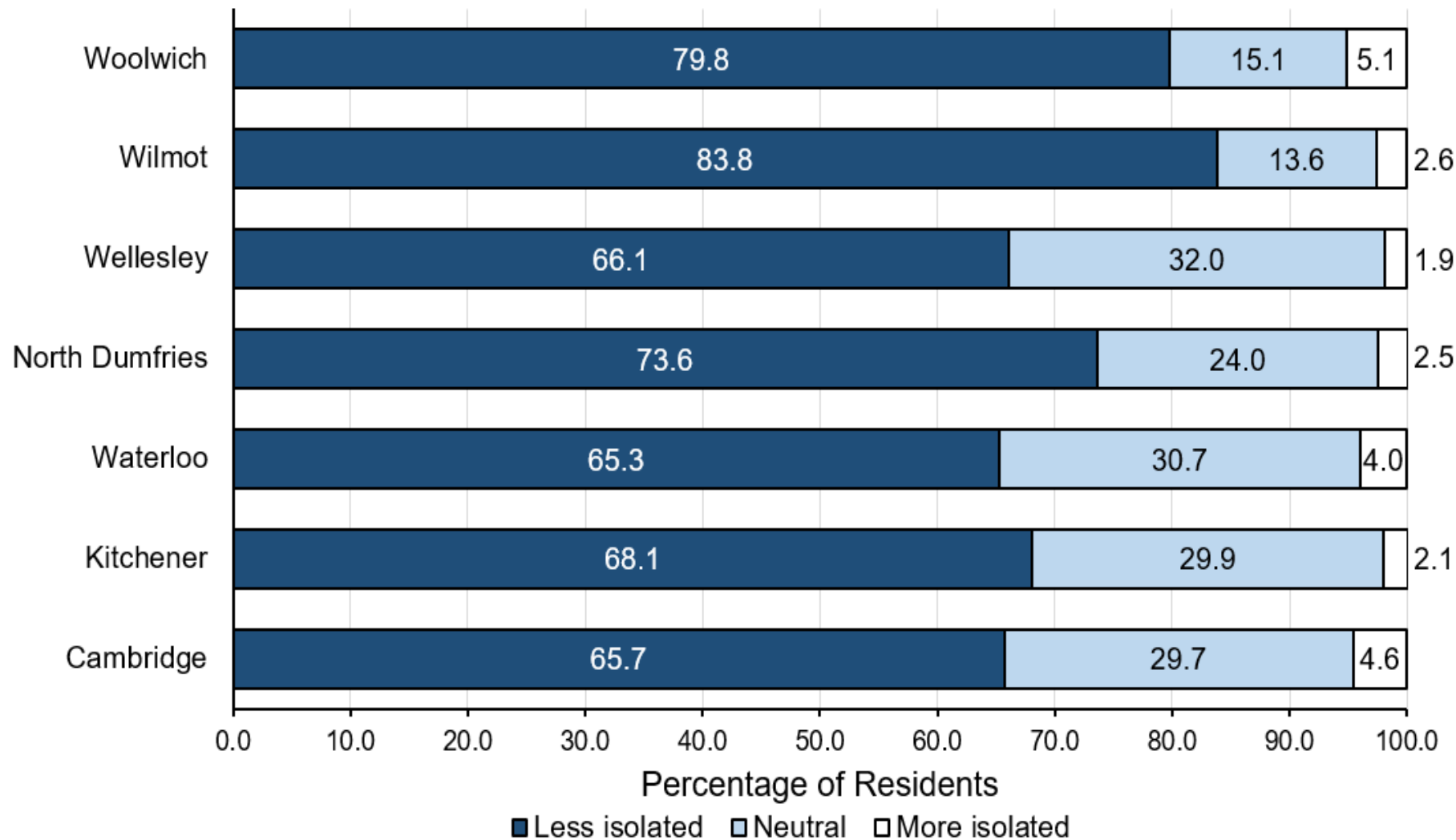
Social Isolation by *income*



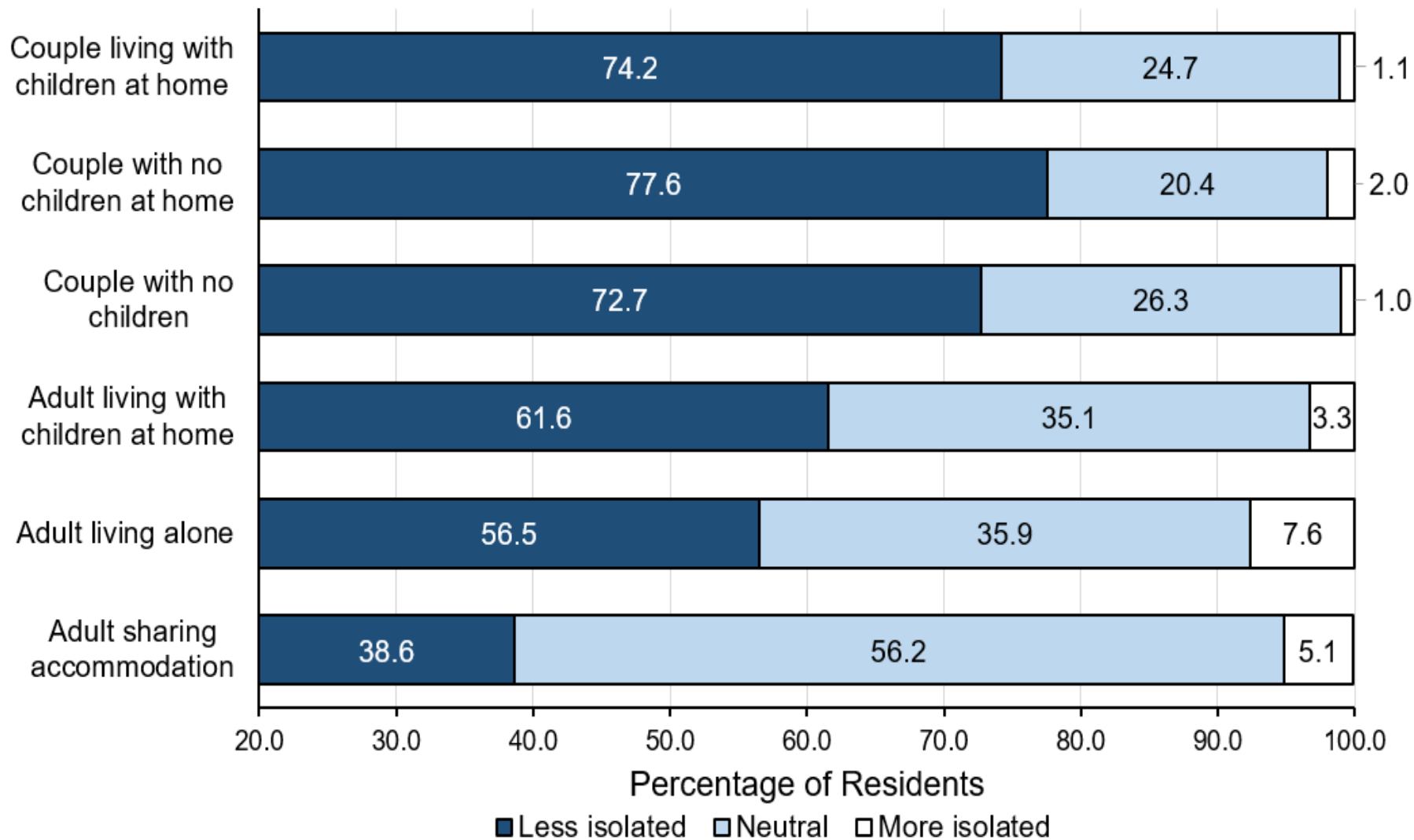
Social Isolation by age



Social Isolation by *municipality*

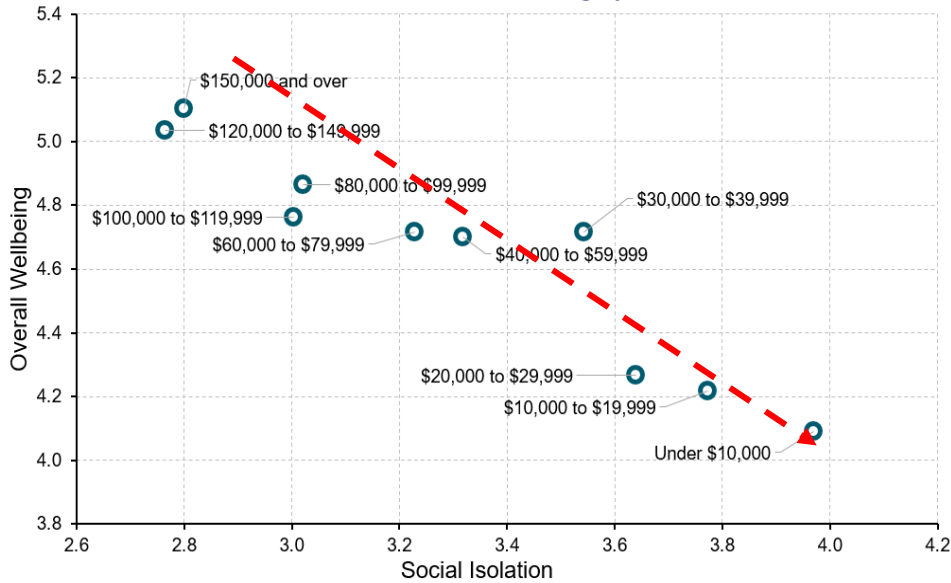


Social Isolation by *living arrangement*

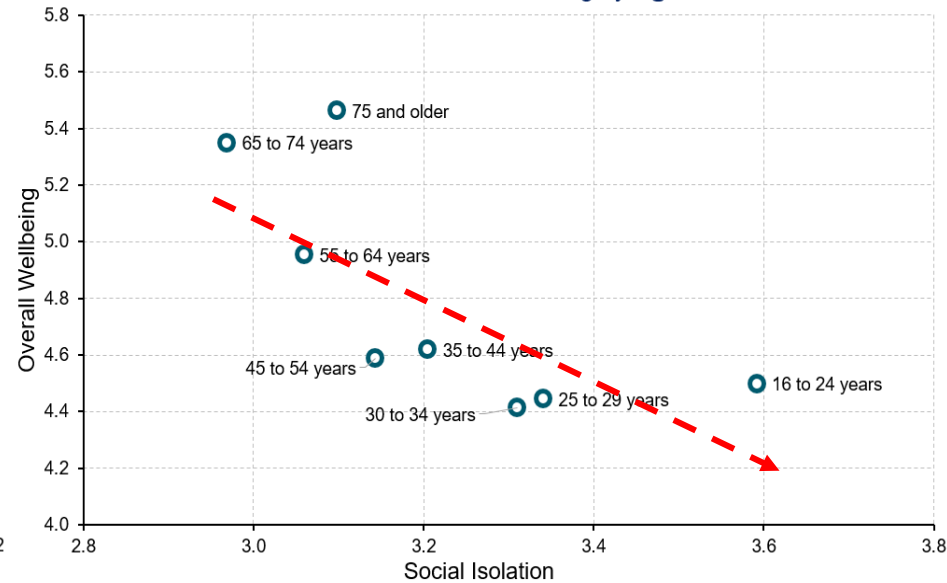


Who feels most socially isolated?

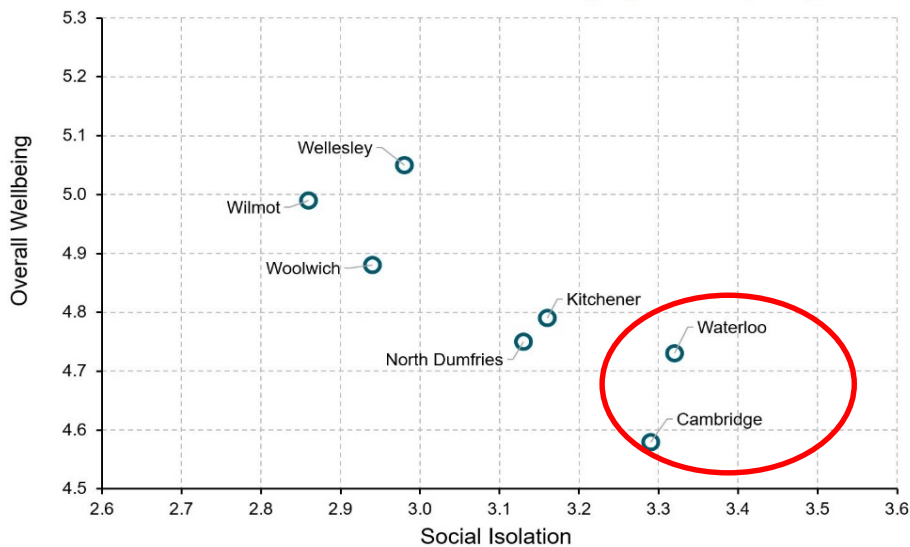
Social Isolation and Wellbeing by *Income*



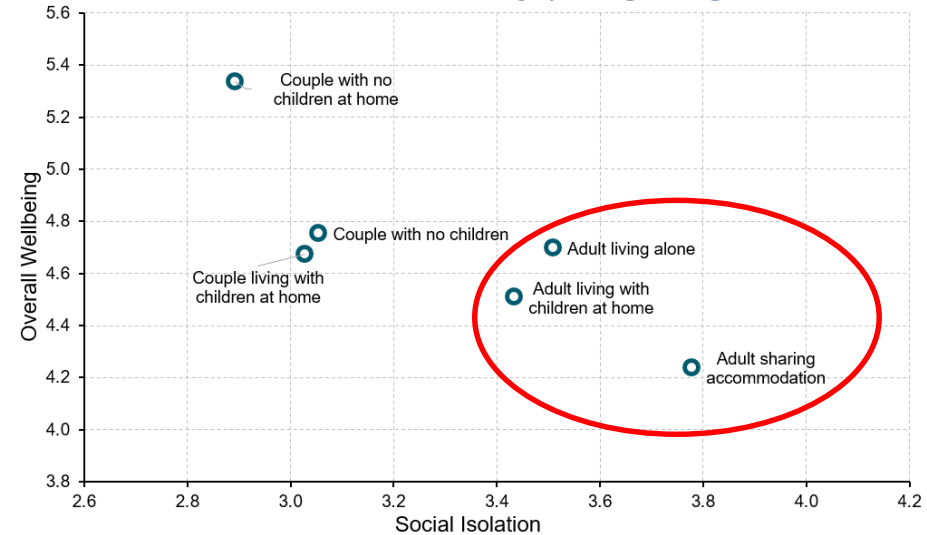
Social Isolation and Wellbeing by *Age*



Social Isolation and Wellbeing by *Municipality*

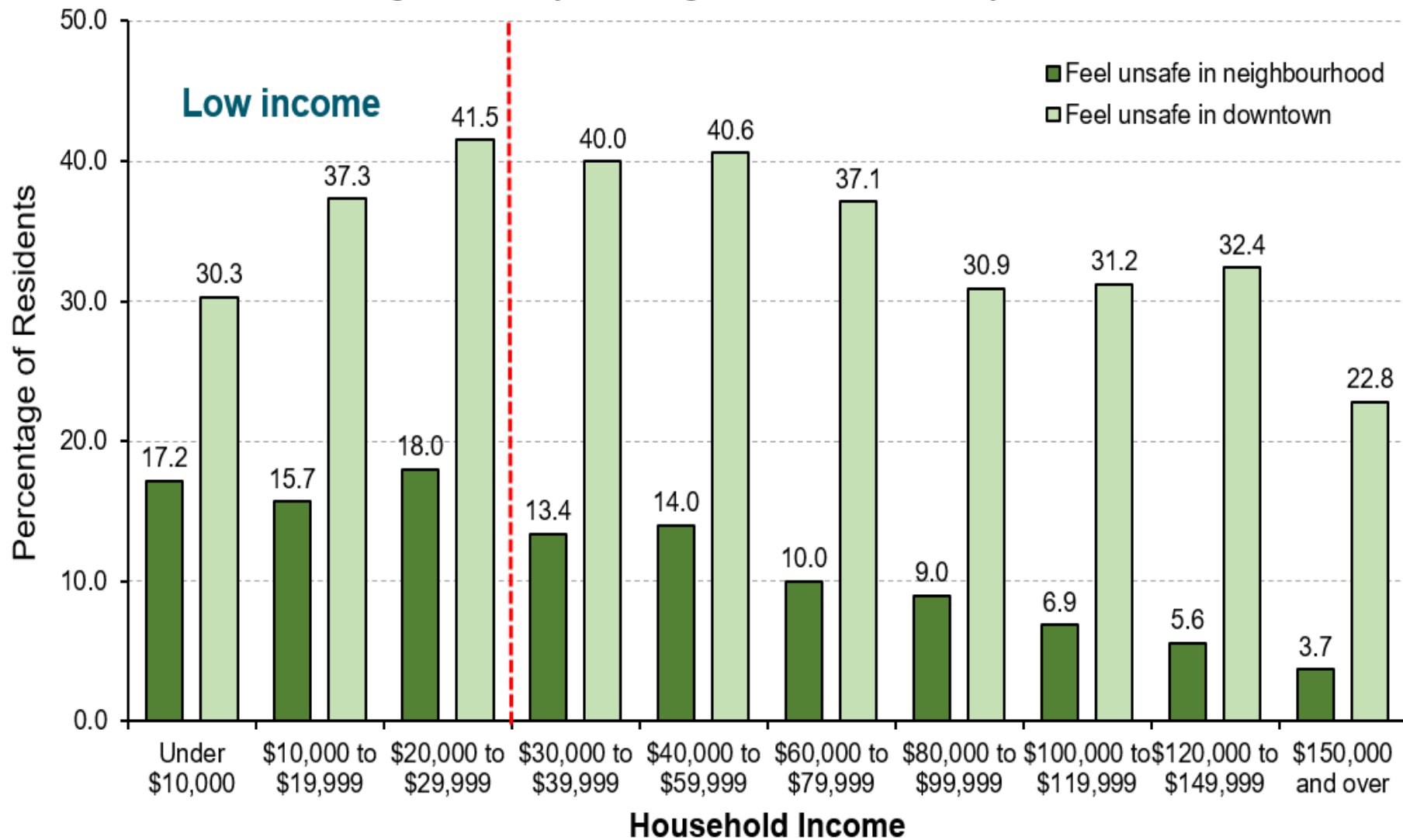


Social Isolation and Wellbeing by *Living Arrangement*



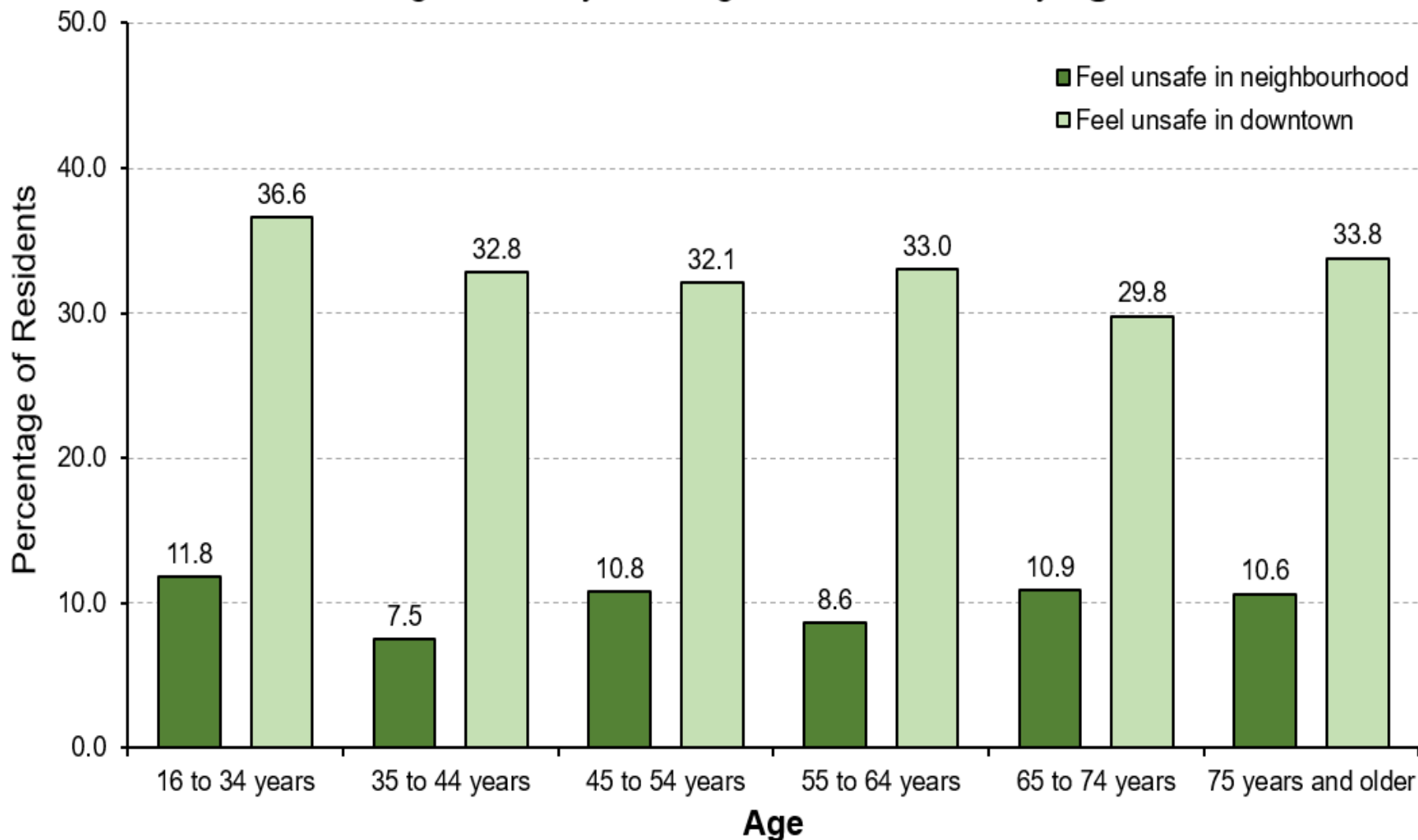
Safety in Community by *income*

Feelings of Safety Walking Alone After Dark by *Income*



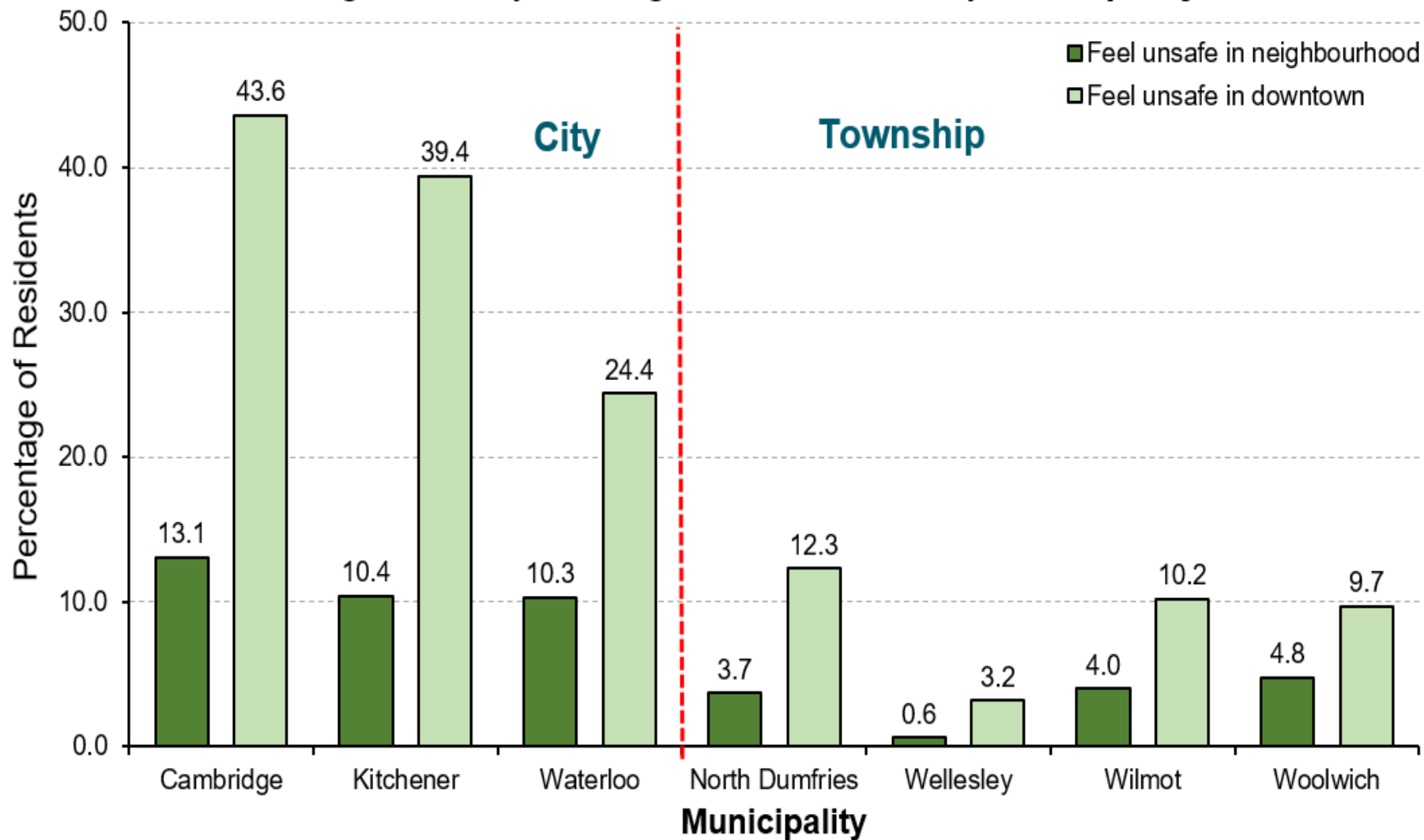
Safety in Community by age

Feelings of Safety Walking Alone After Dark by **Age**



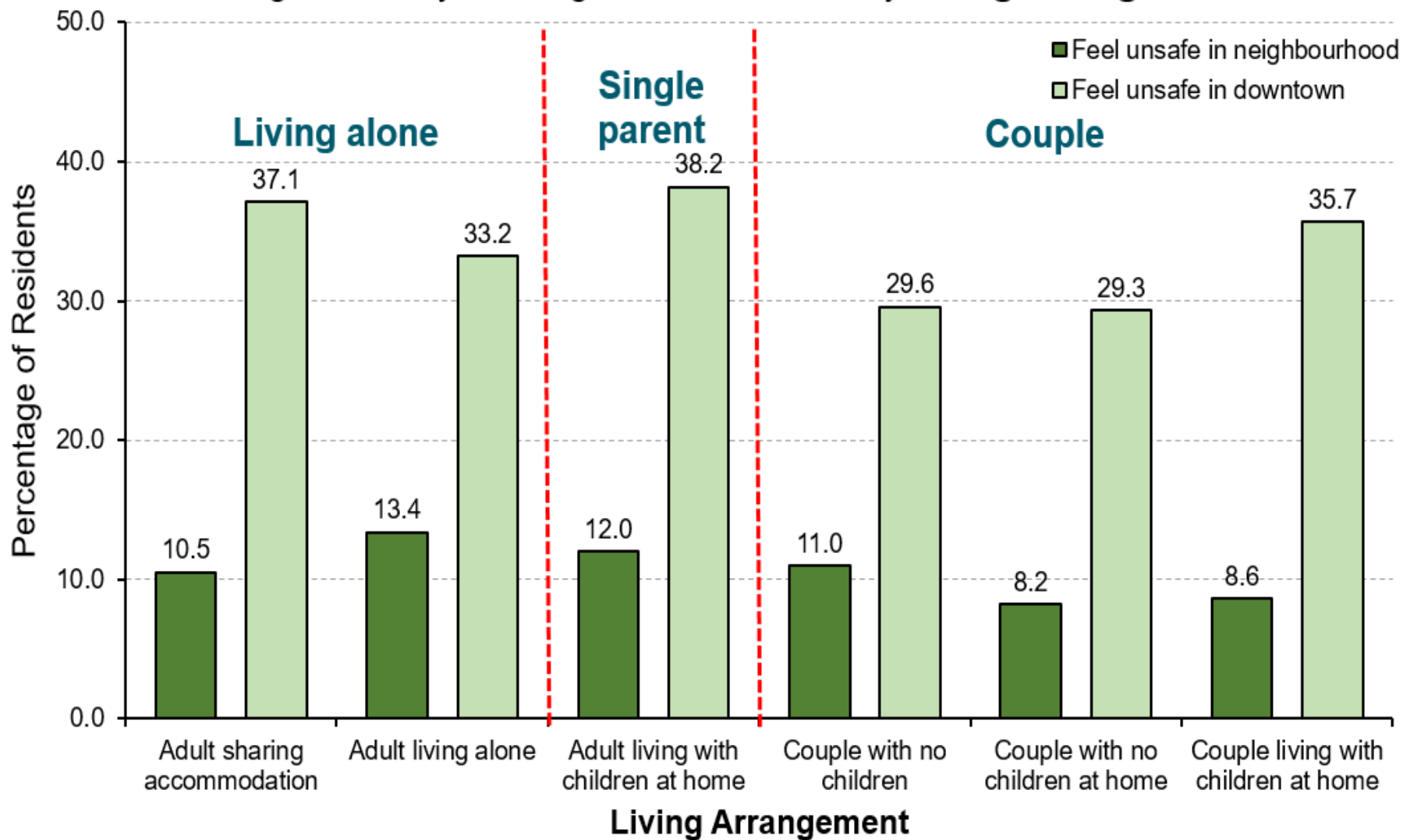
Safety in Community by *municipality*

Feelings of Safety Walking Alone After Dark by *Municipality*



Safety in Community by *living arrangement*

Feelings of Safety Walking Alone After Dark by *Living Arrangement*





LEISURE and CULTURE

LEISURE and CULTURE and Wellbeing

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

Below average wellbeing

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

Above average wellbeing

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

LEISURE and CULTURE and Wellbeing by sex

How do women and men compare on leisure and culture?

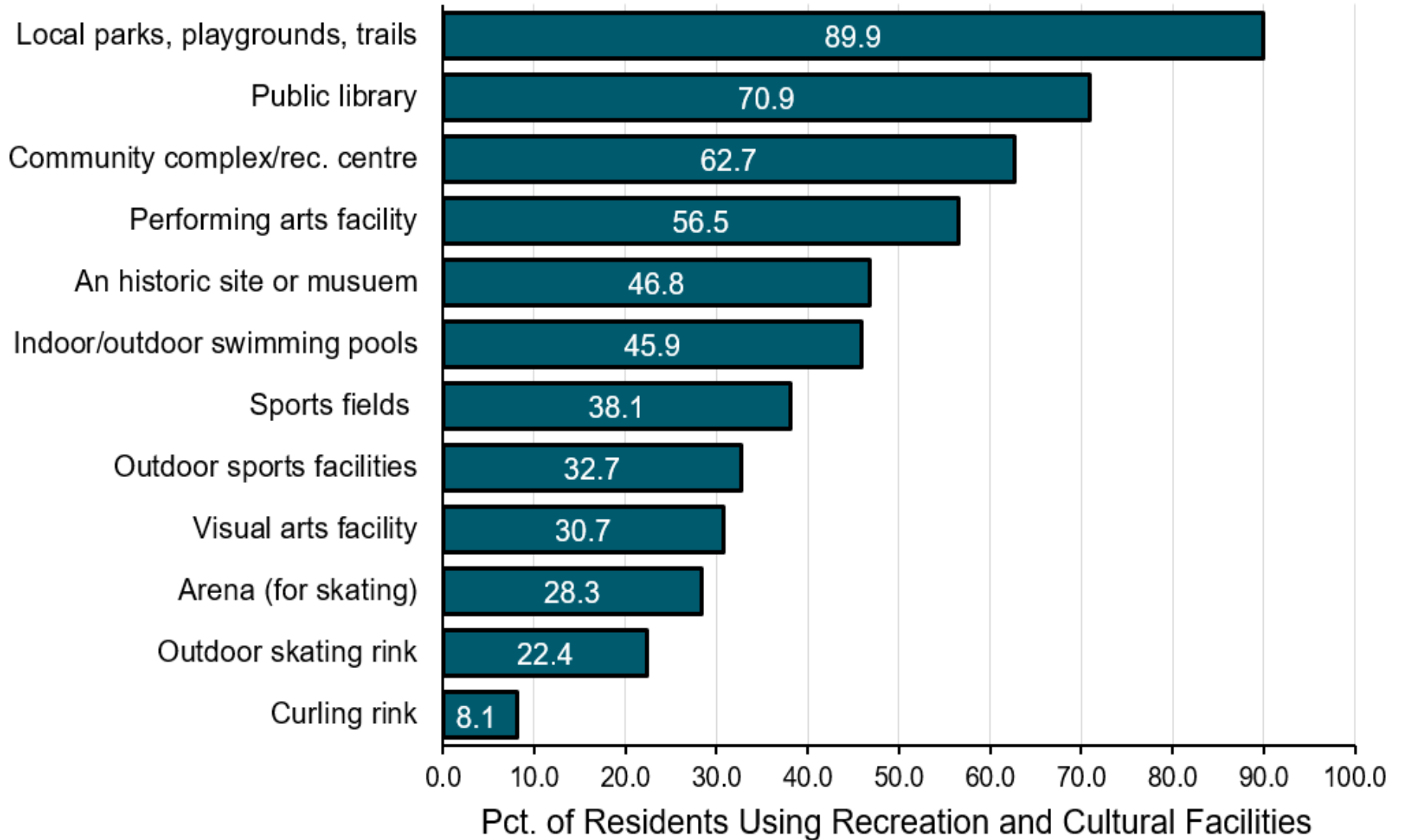
Women

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

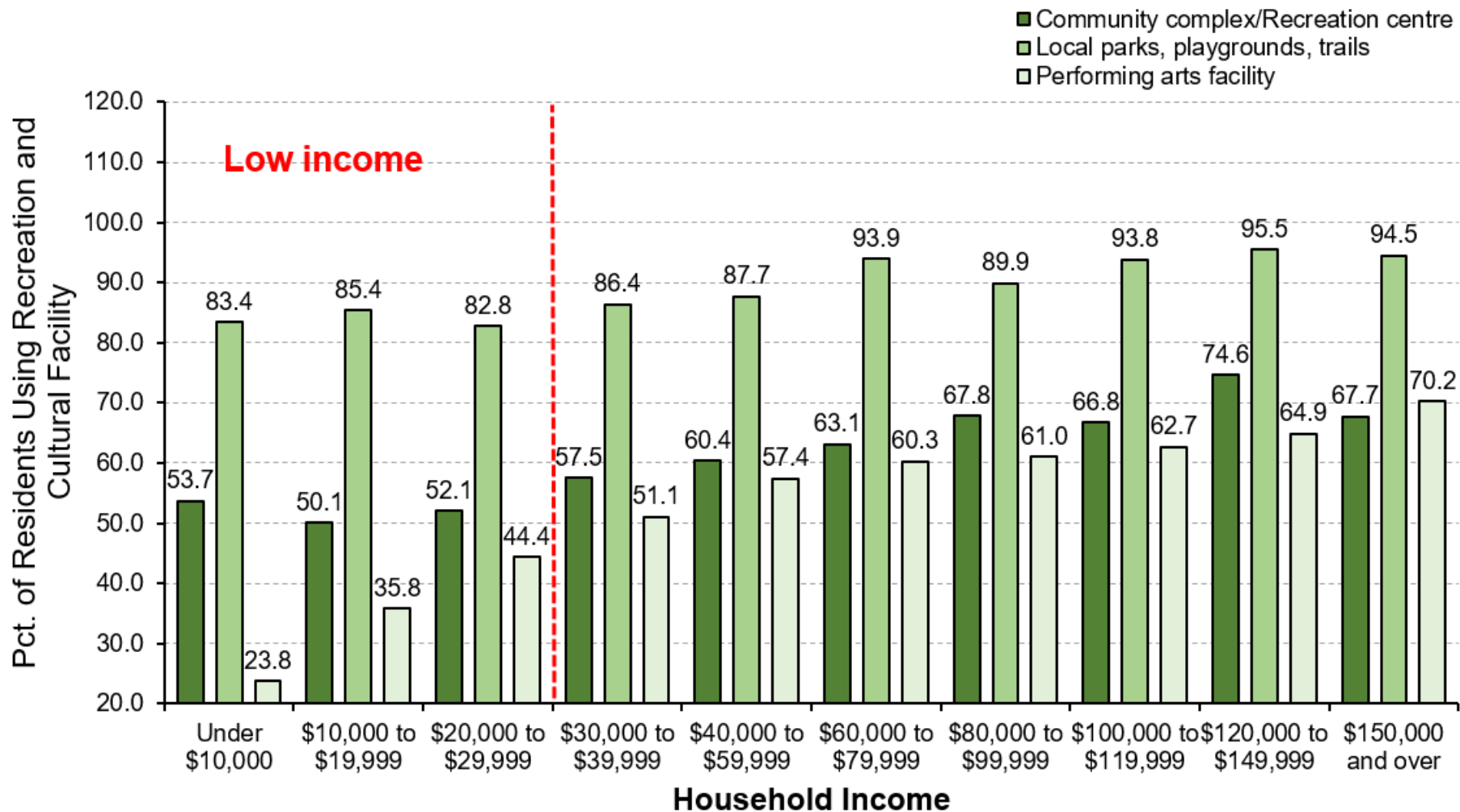
Men

- ✓ 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

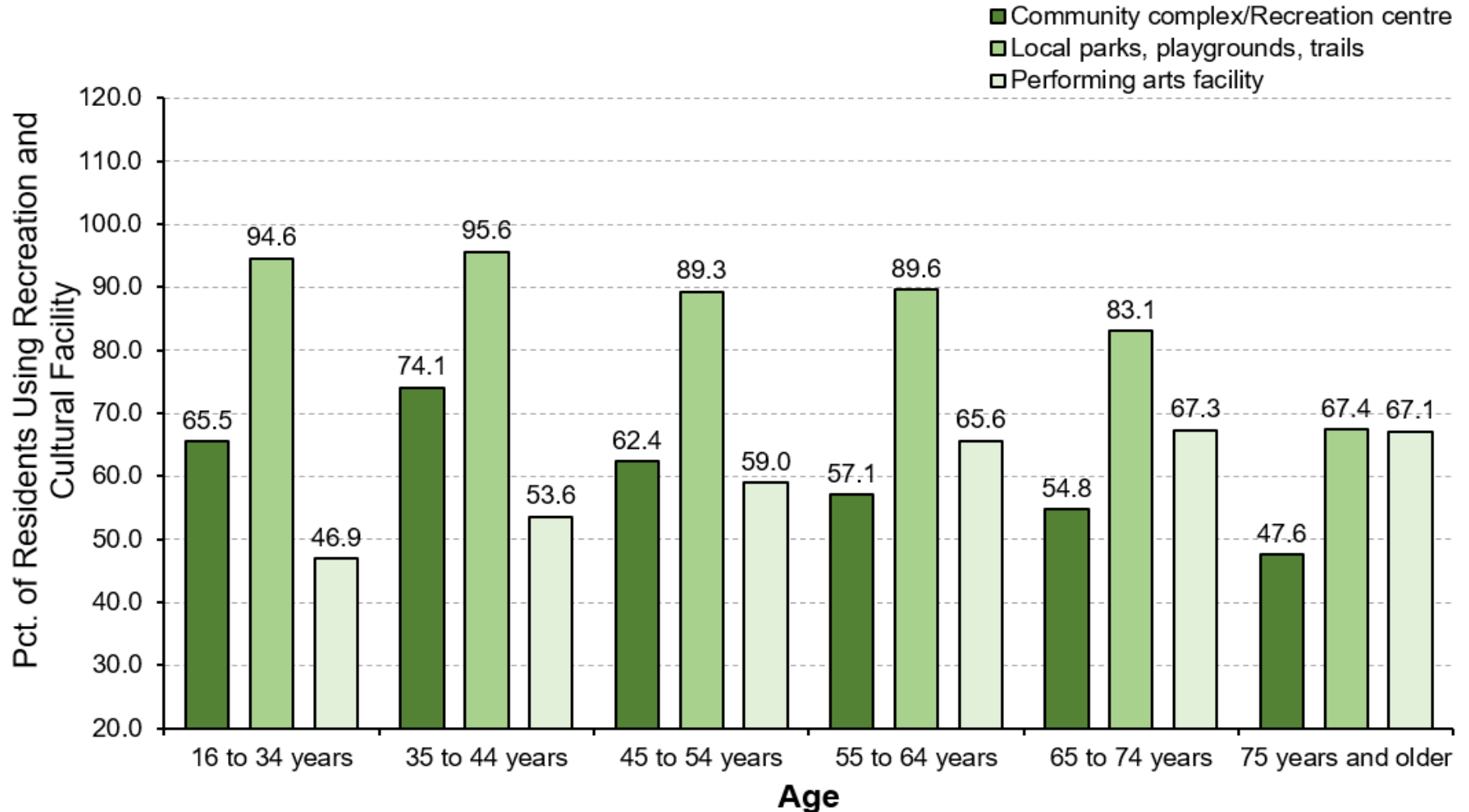
Facility use in Waterloo Region



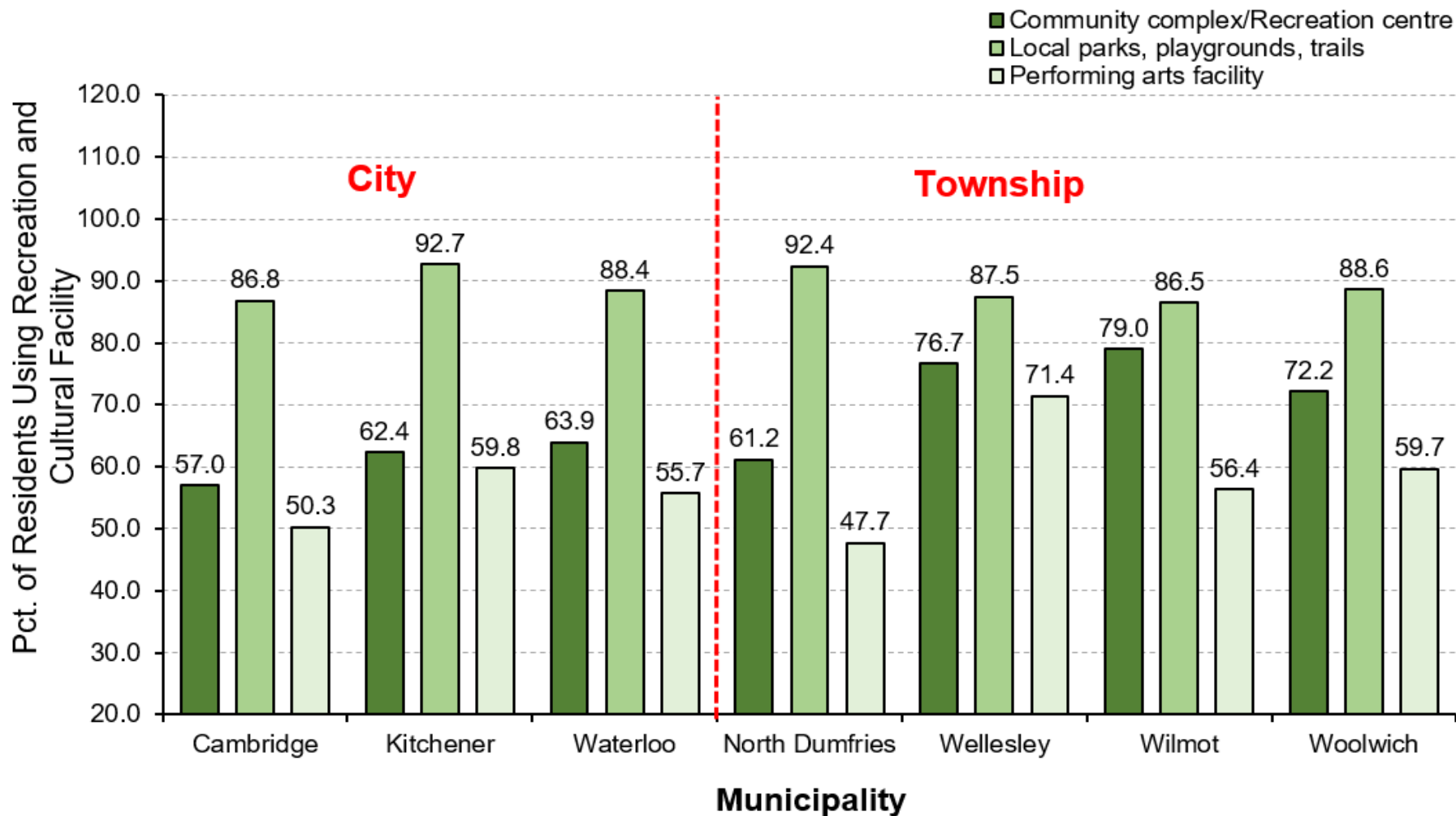
Facility Use *by income*



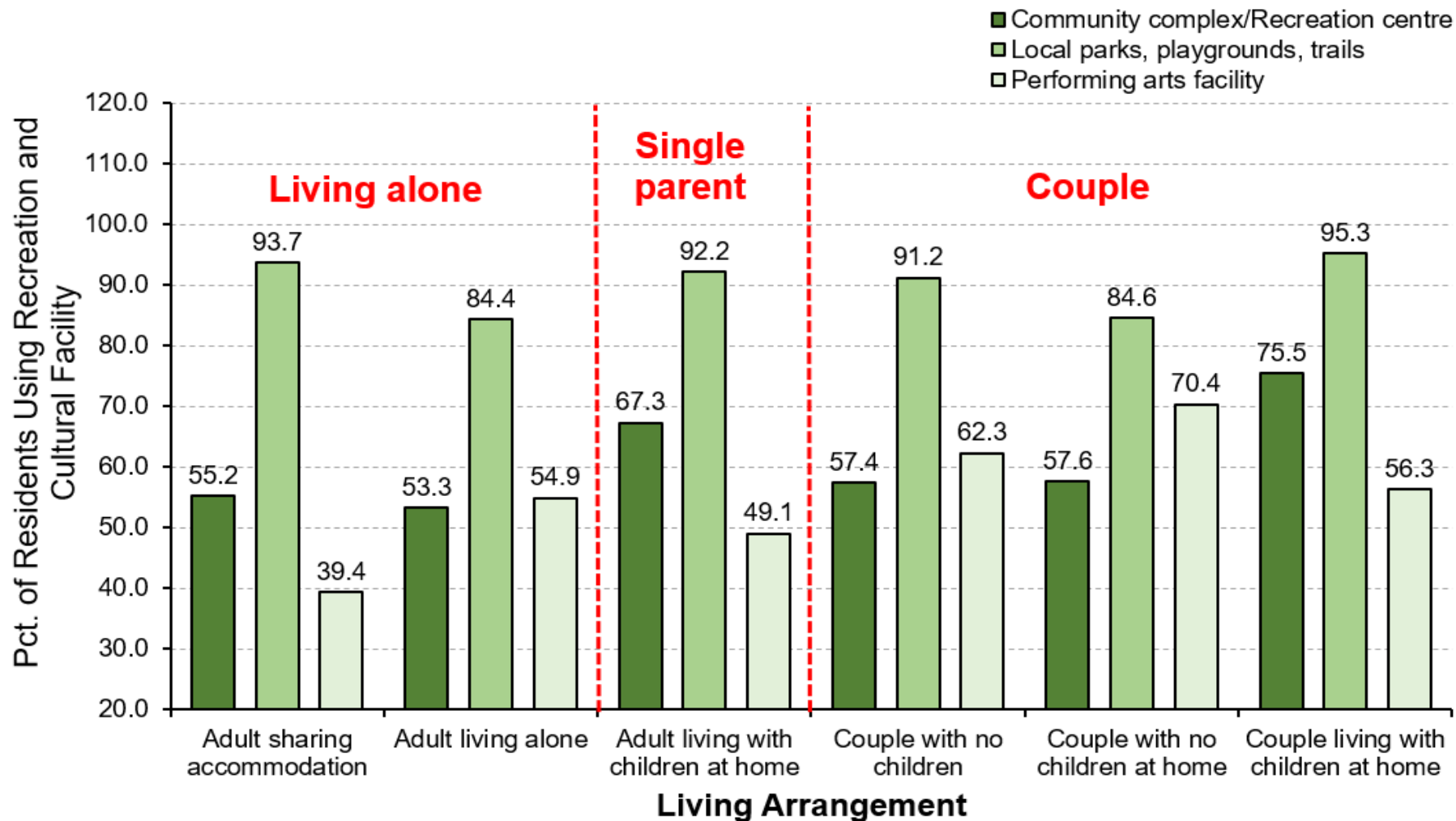
Facility Use by age



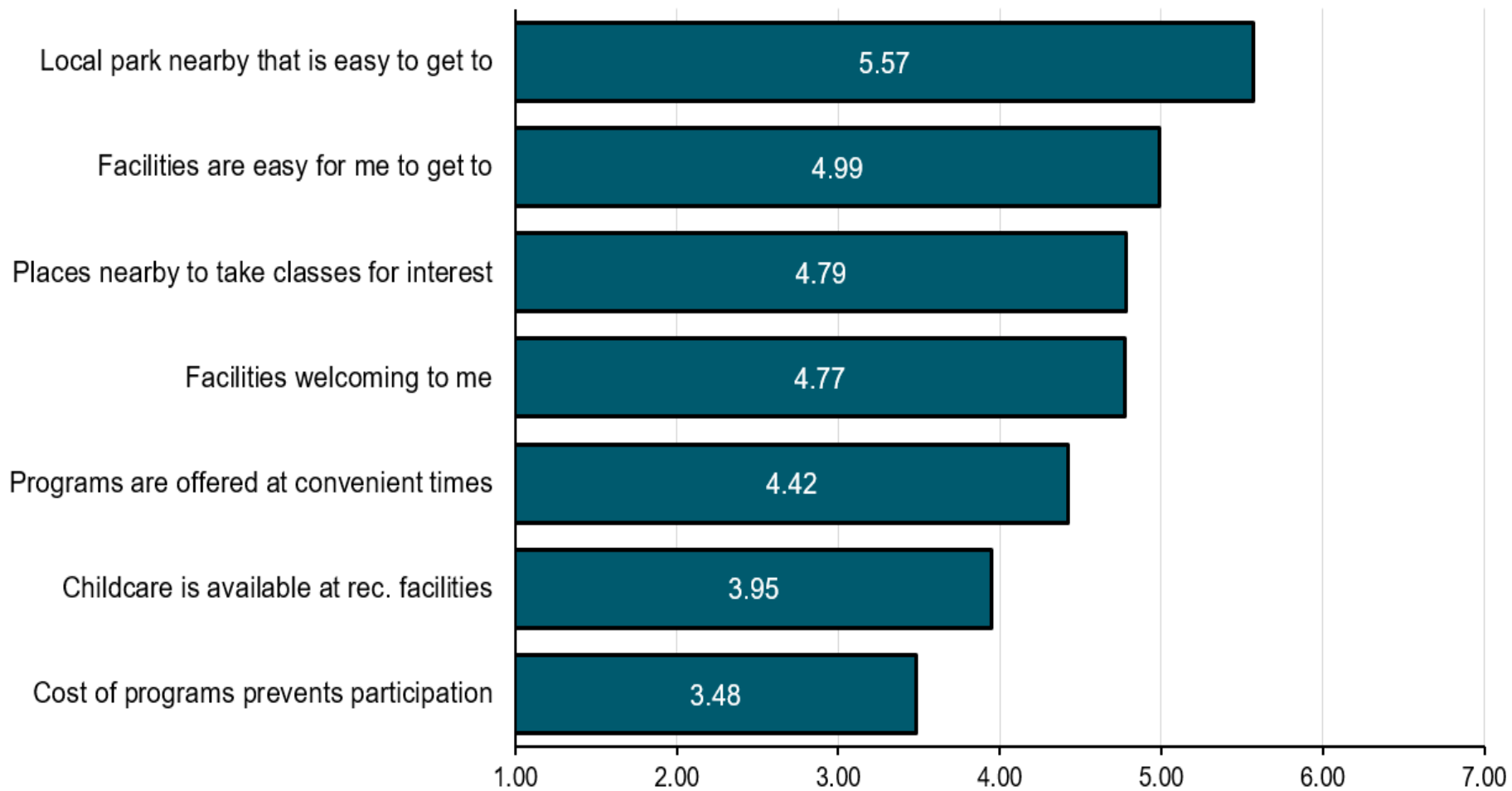
Facility Use by *municipality*



Facility Use by *living arrangement*

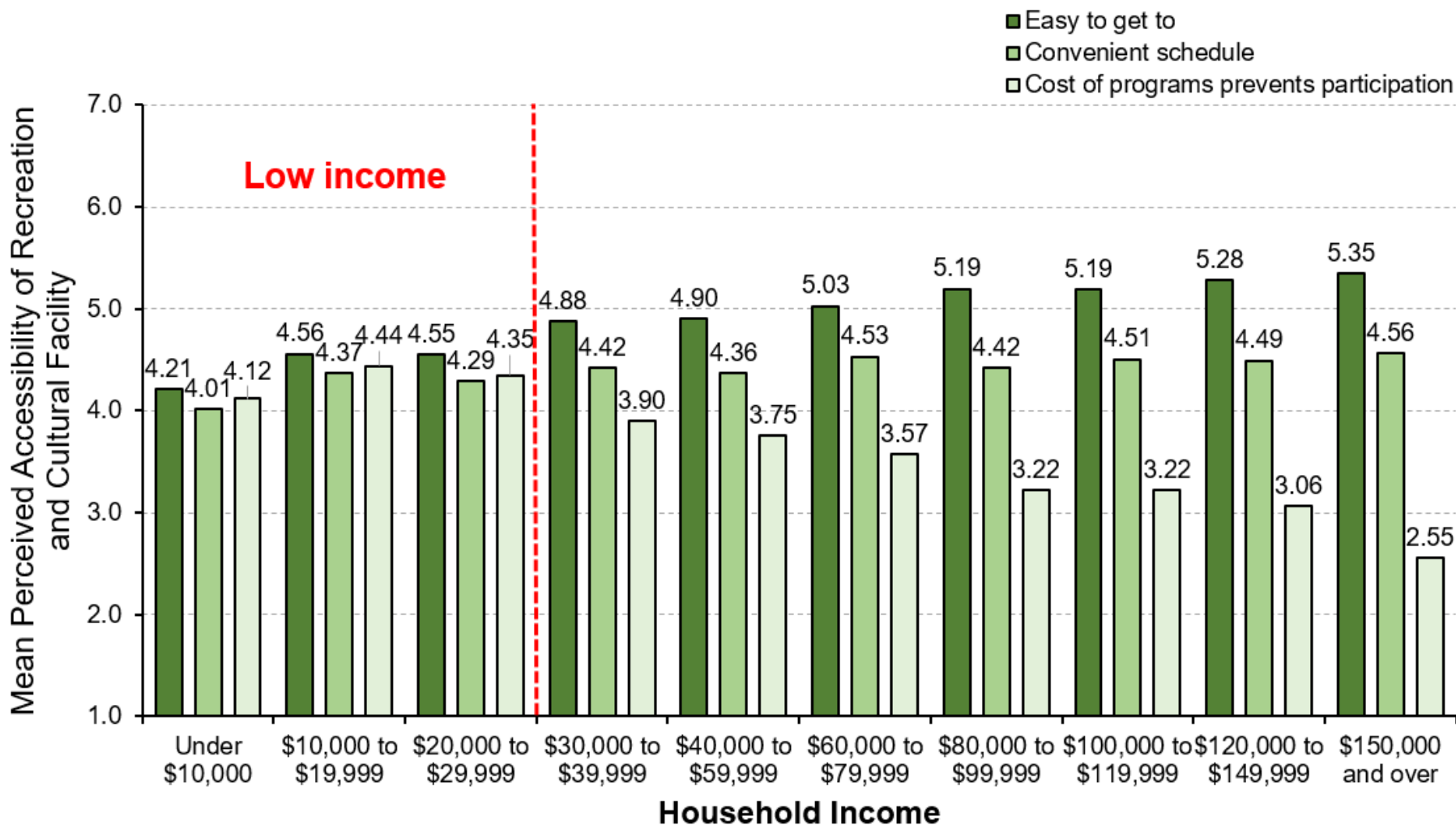


Accessibility of facilities in Waterloo Region

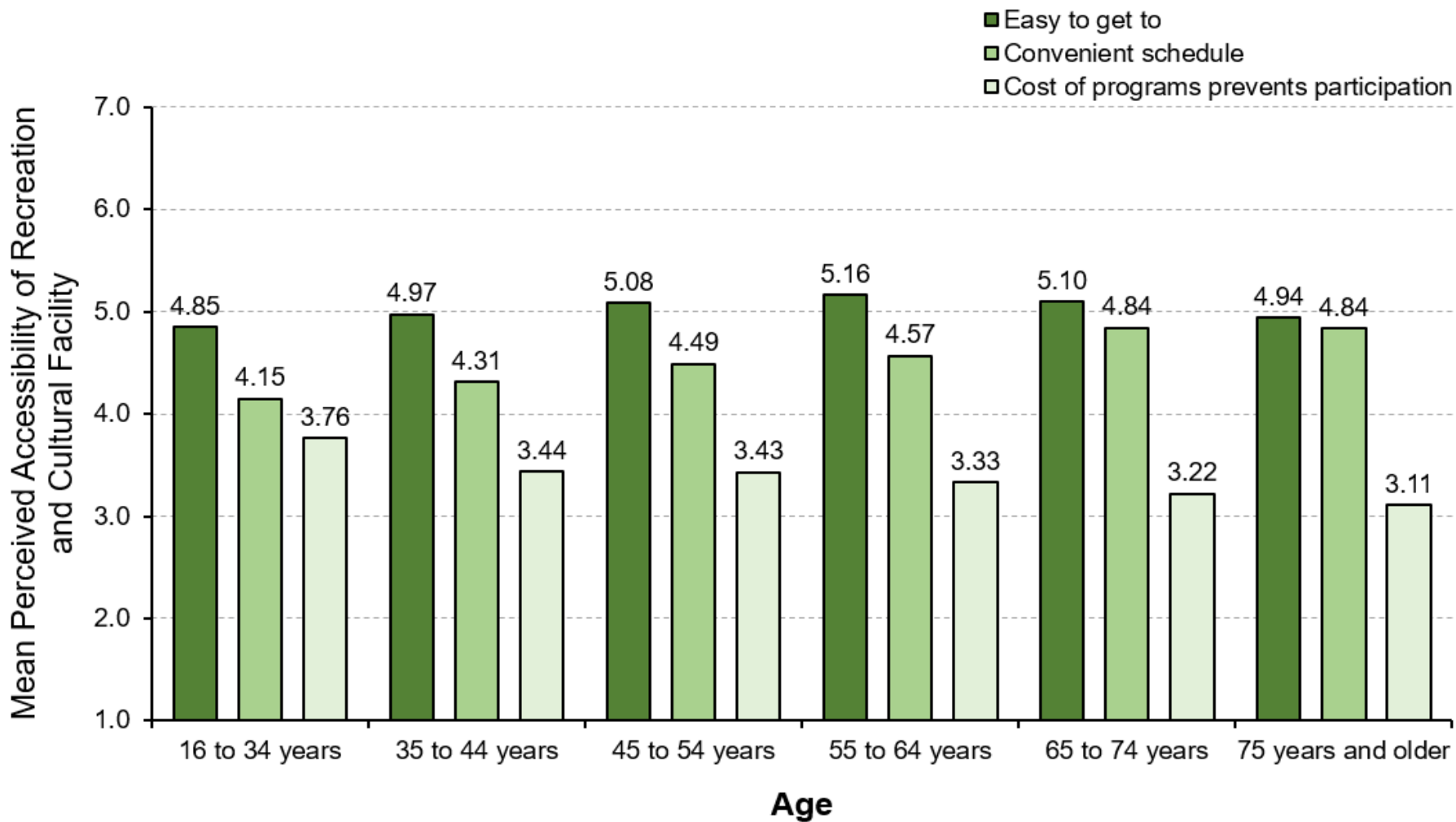


Mean Perceived Accessibility of Recreation and Cultural Facilities

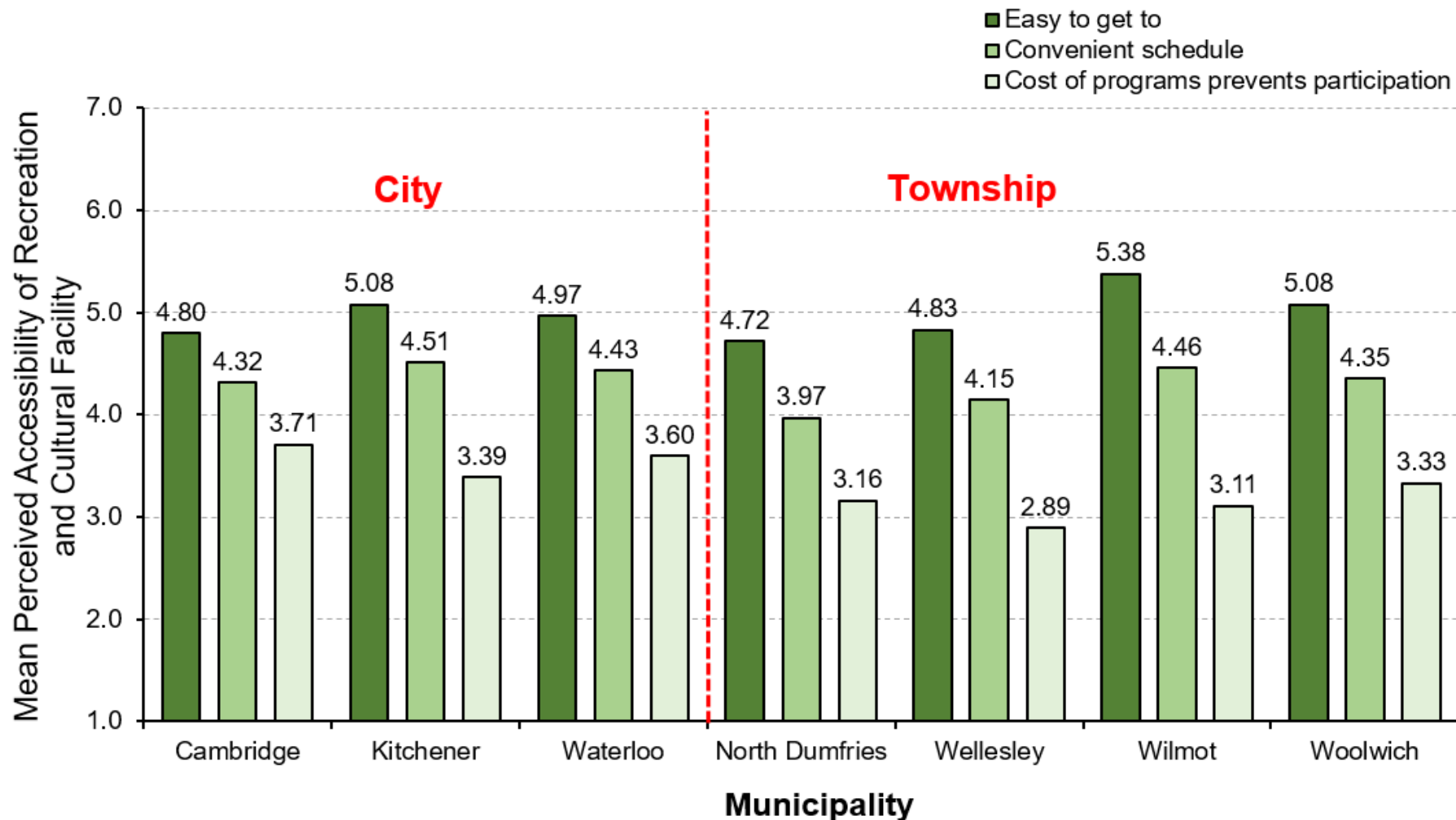
Accessibility of facilities by *income*



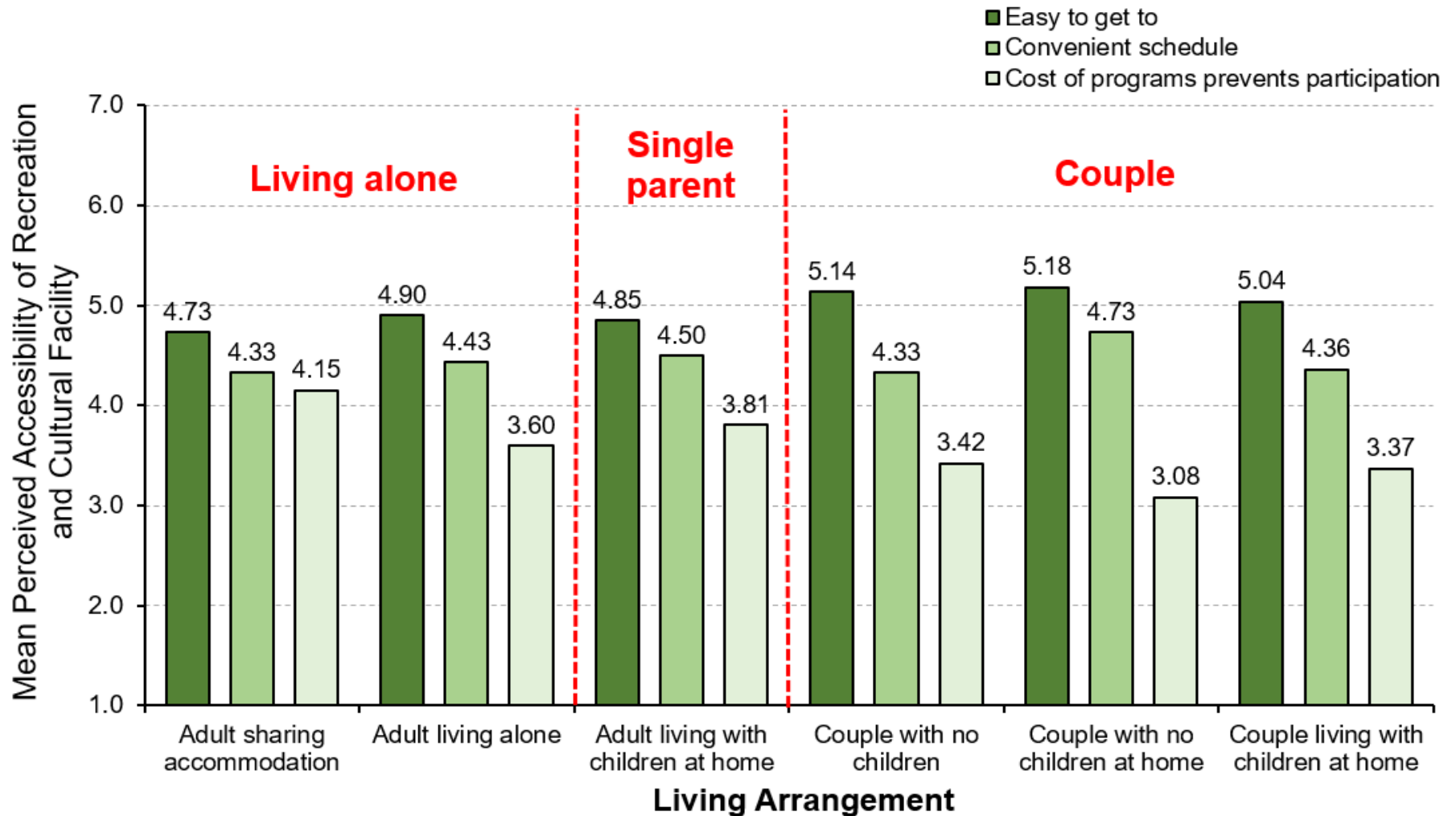
Accessibility of facilities by age



Accessibility of facilities by *municipality*

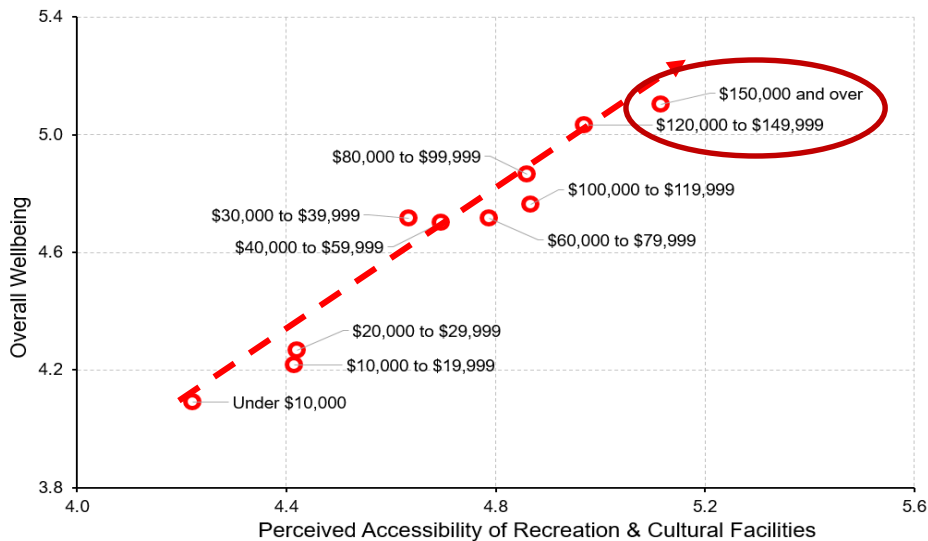


Accessibility of facilities by *living arrangement*

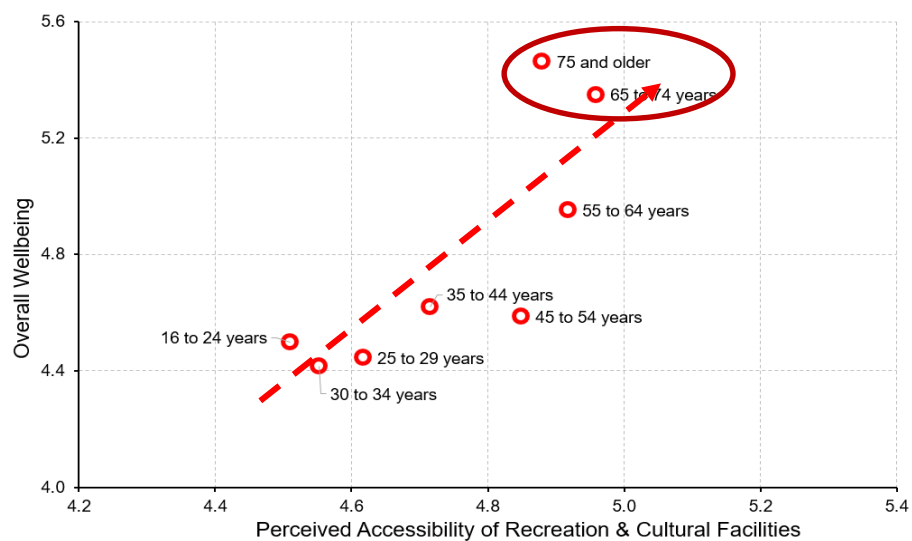


Accessibility of facilities and Overall Wellbeing

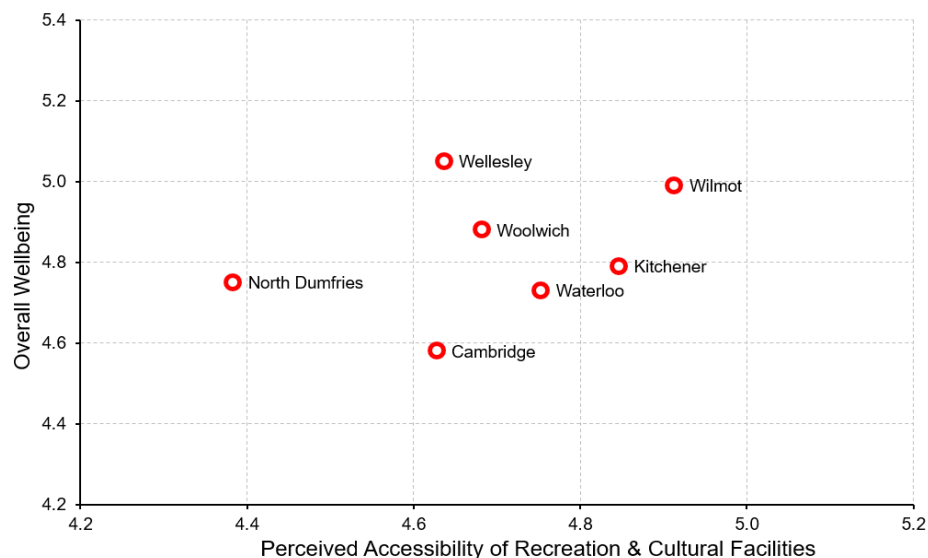
INCOME



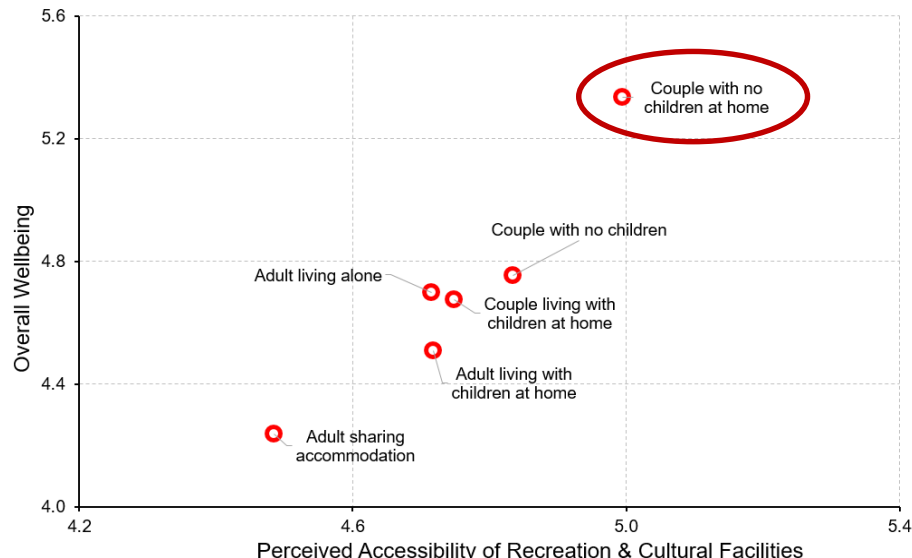
AGE



MUNICIPALITY



LIVING ARRANGEMENT





TIME USE

TIME USE and Wellbeing

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

Below average wellbeing

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

Above average wellbeing

- ✓ More likely to have flexible work schedules
- ✓ *More time to:*
 - Keep in shape
 - Nurture spiritual side
 - Be with children
 - Form/sustain relationships
 - Participate in community
- ✓ Higher perceived work-life balance

TIME USE and Wellbeing by sex

How do women and men compare on time use?

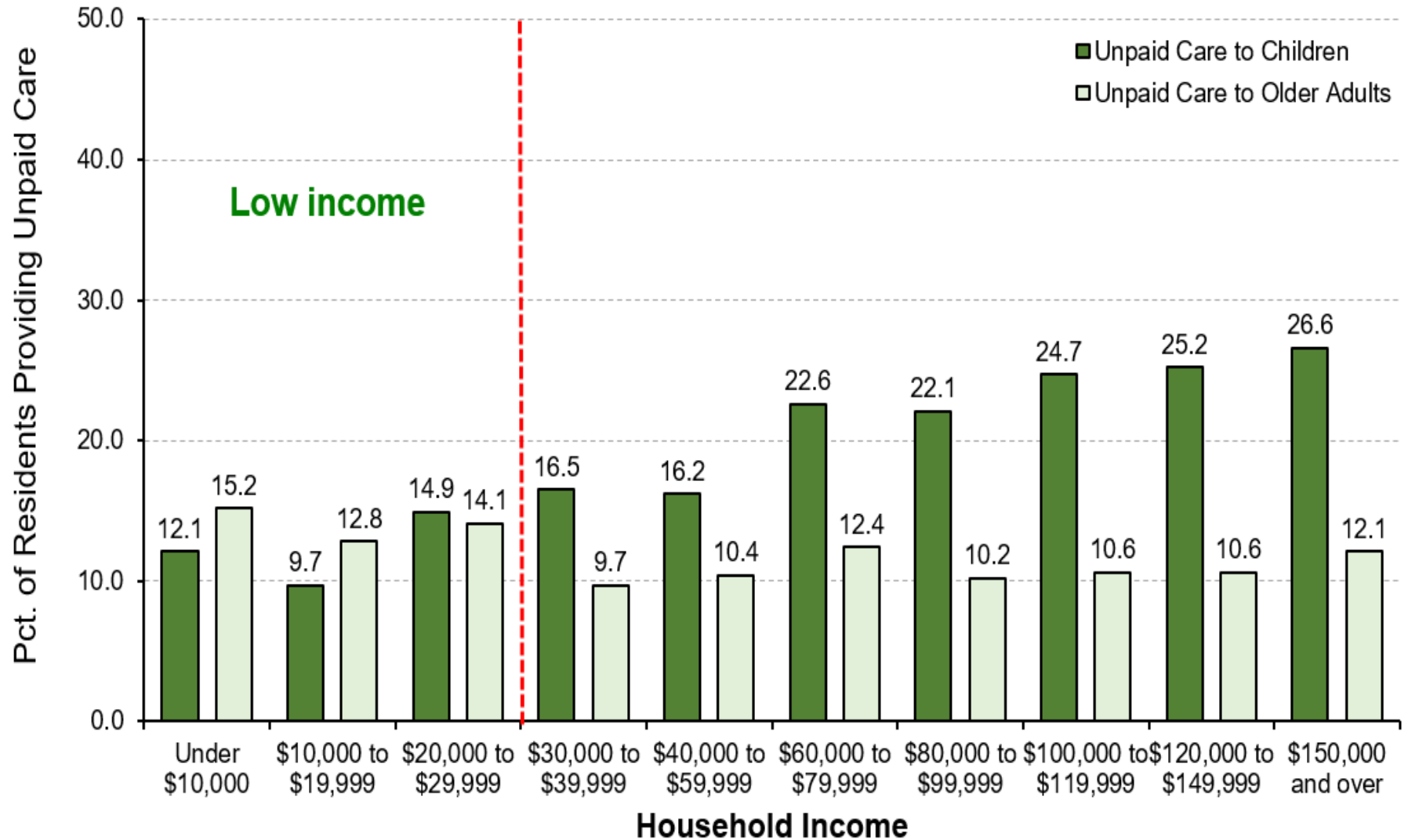
Women

- ✓ Women devote more time taking care of children
- ✓ Women are more often feel rushed.
- ✓ Less time to:
 - Get enough sleep
 - Be together with family
 - Be with children
- ✓ Work interferes more with personal life

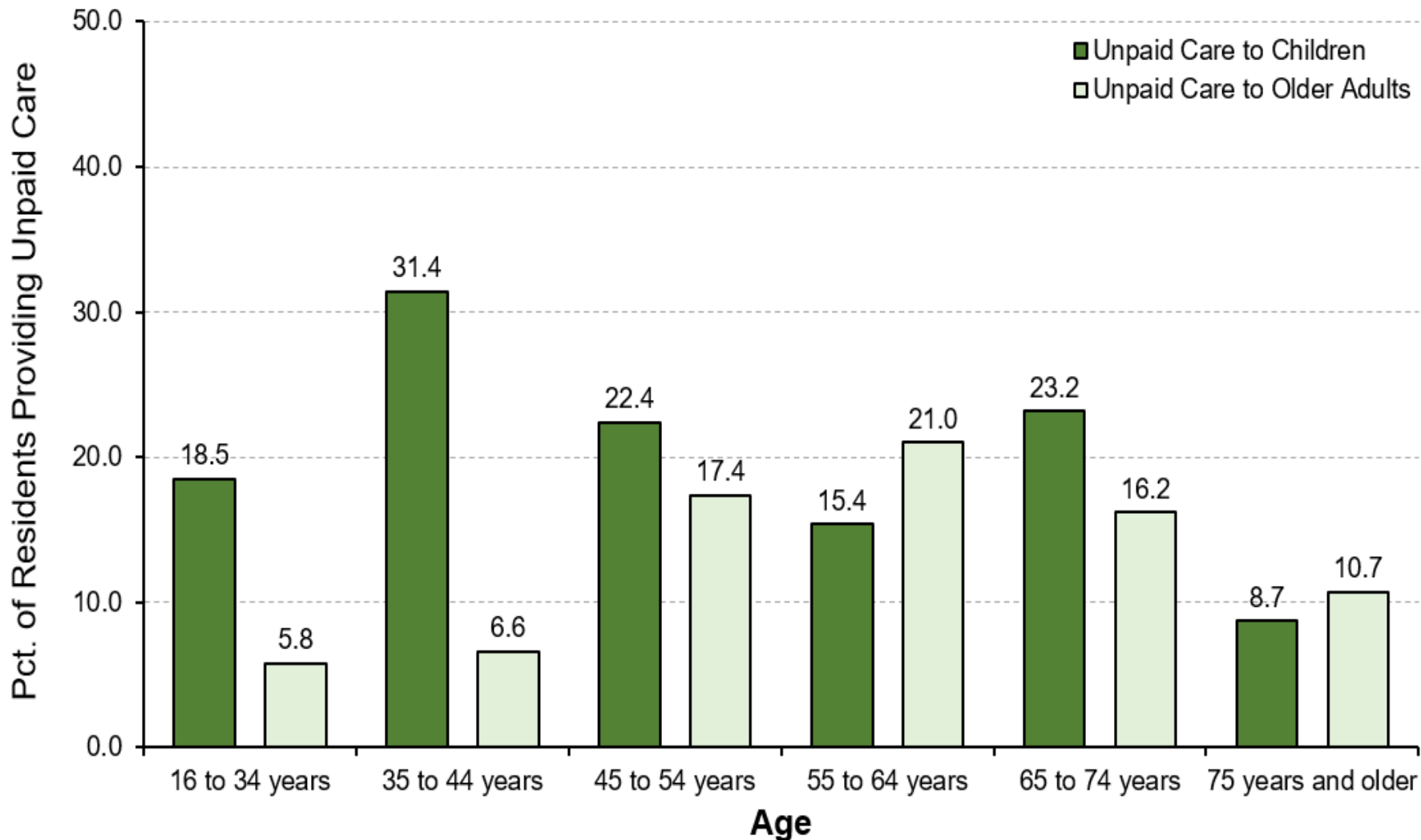
Men

- ✓ Men are more often feel that they have free time on their hands.
- ✓ *More time to:*
 - Keep in shape
 - Nurture spiritual side
 - Form/sustain relationships
- ✓ Higher perceived work-life balance

Providing unpaid care by *income*



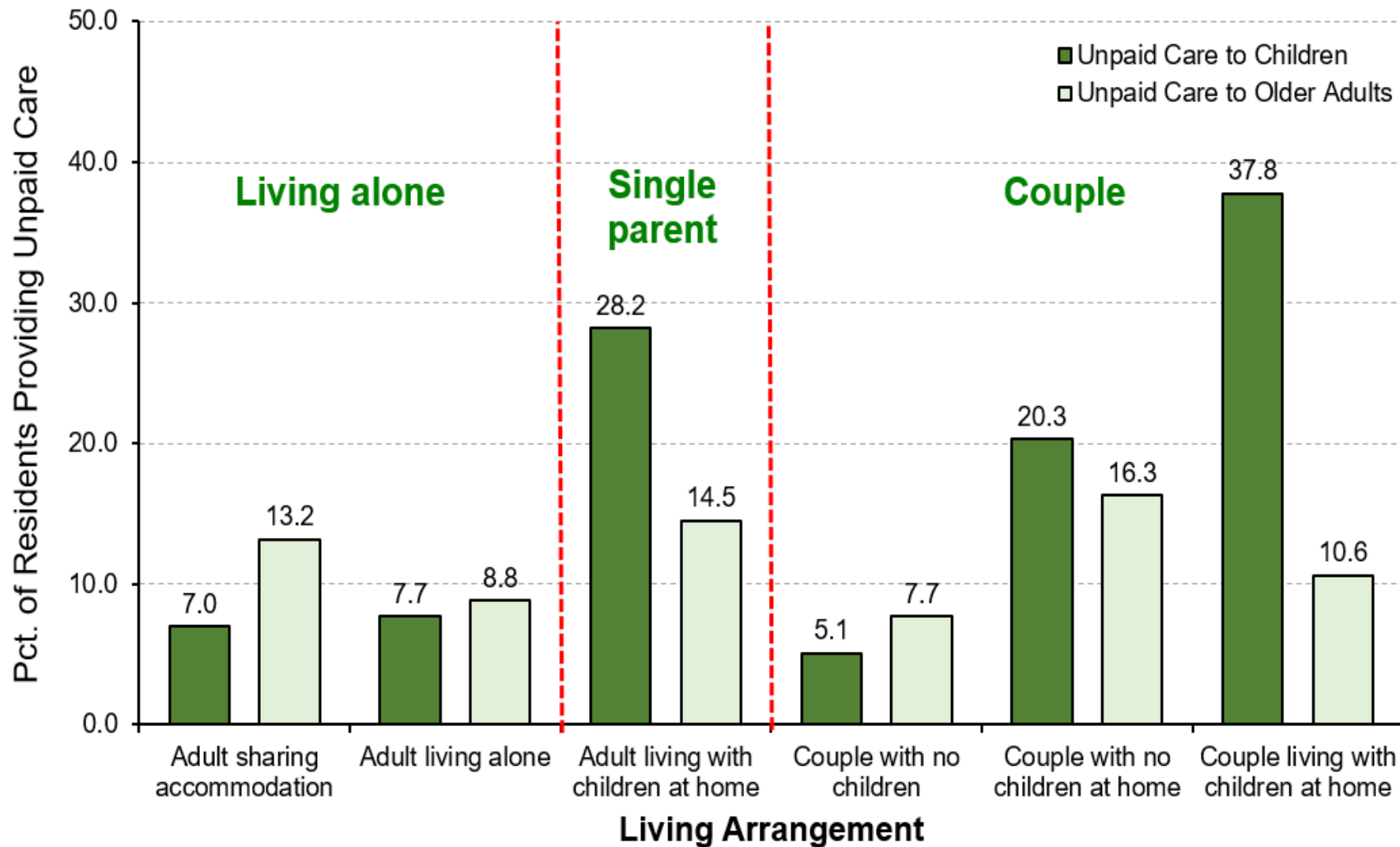
Providing unpaid care by age



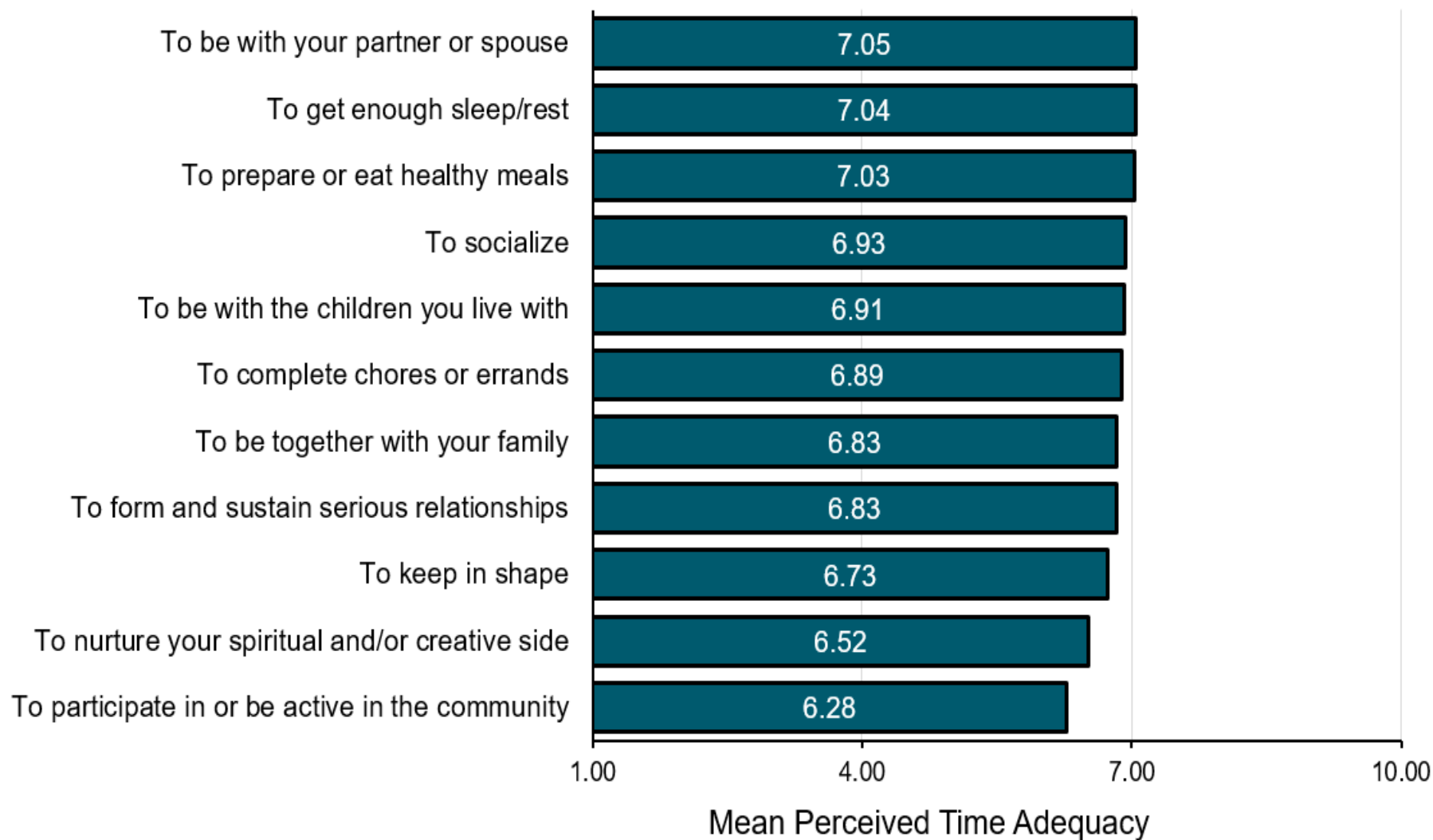
Providing unpaid care by *municipality*



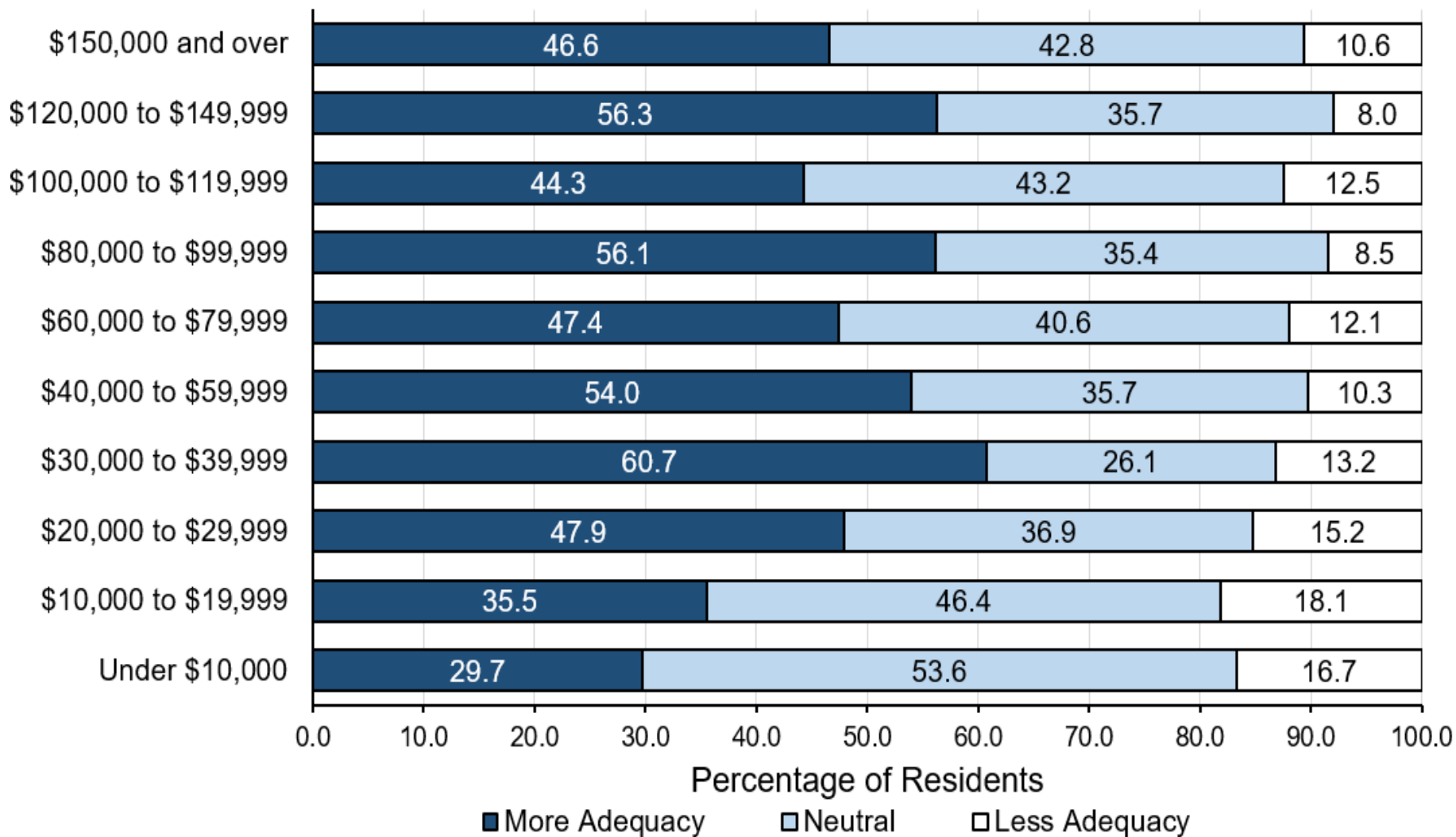
Providing unpaid care by *living arrangement*



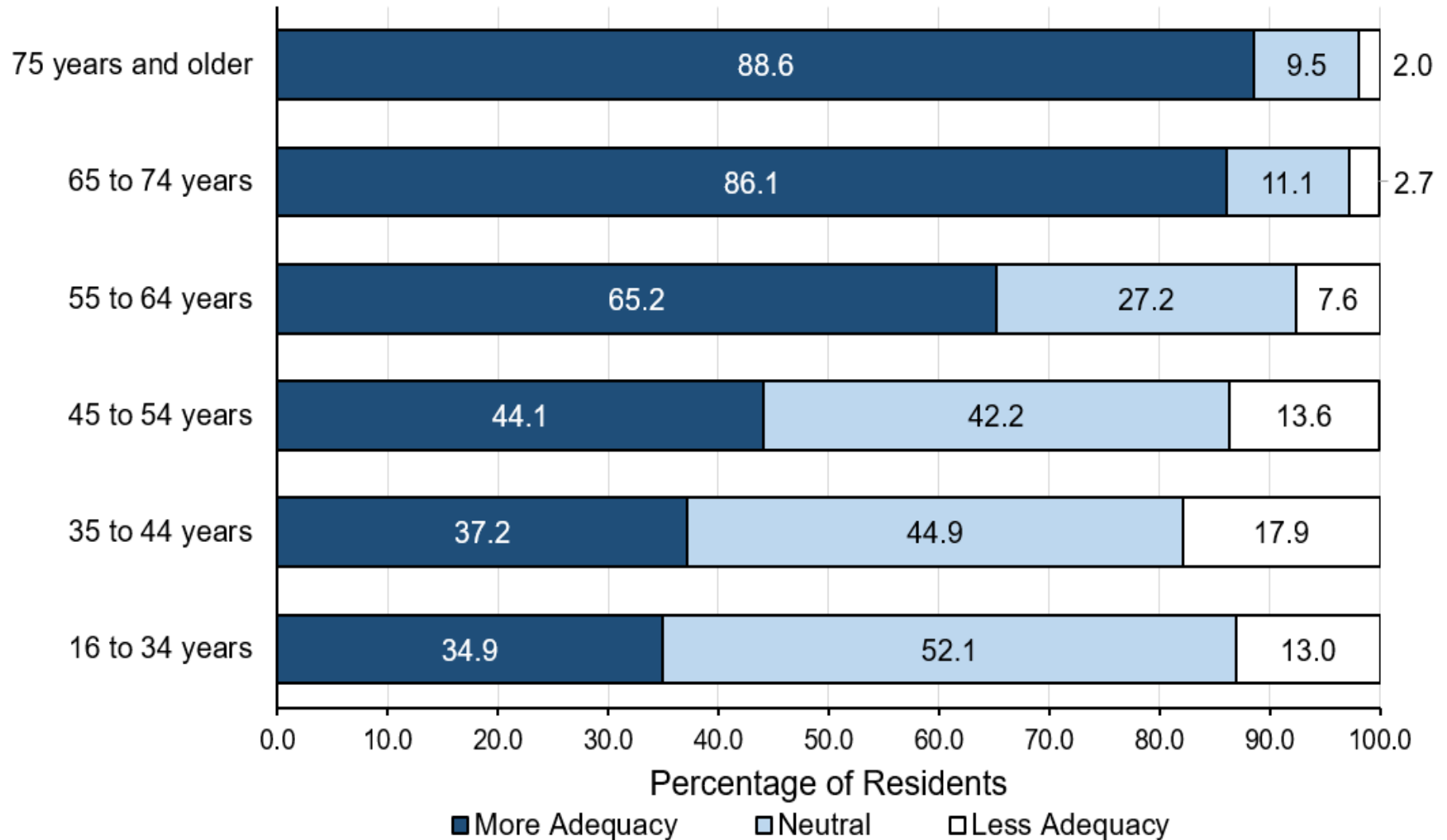
Time adequacy in Waterloo Region



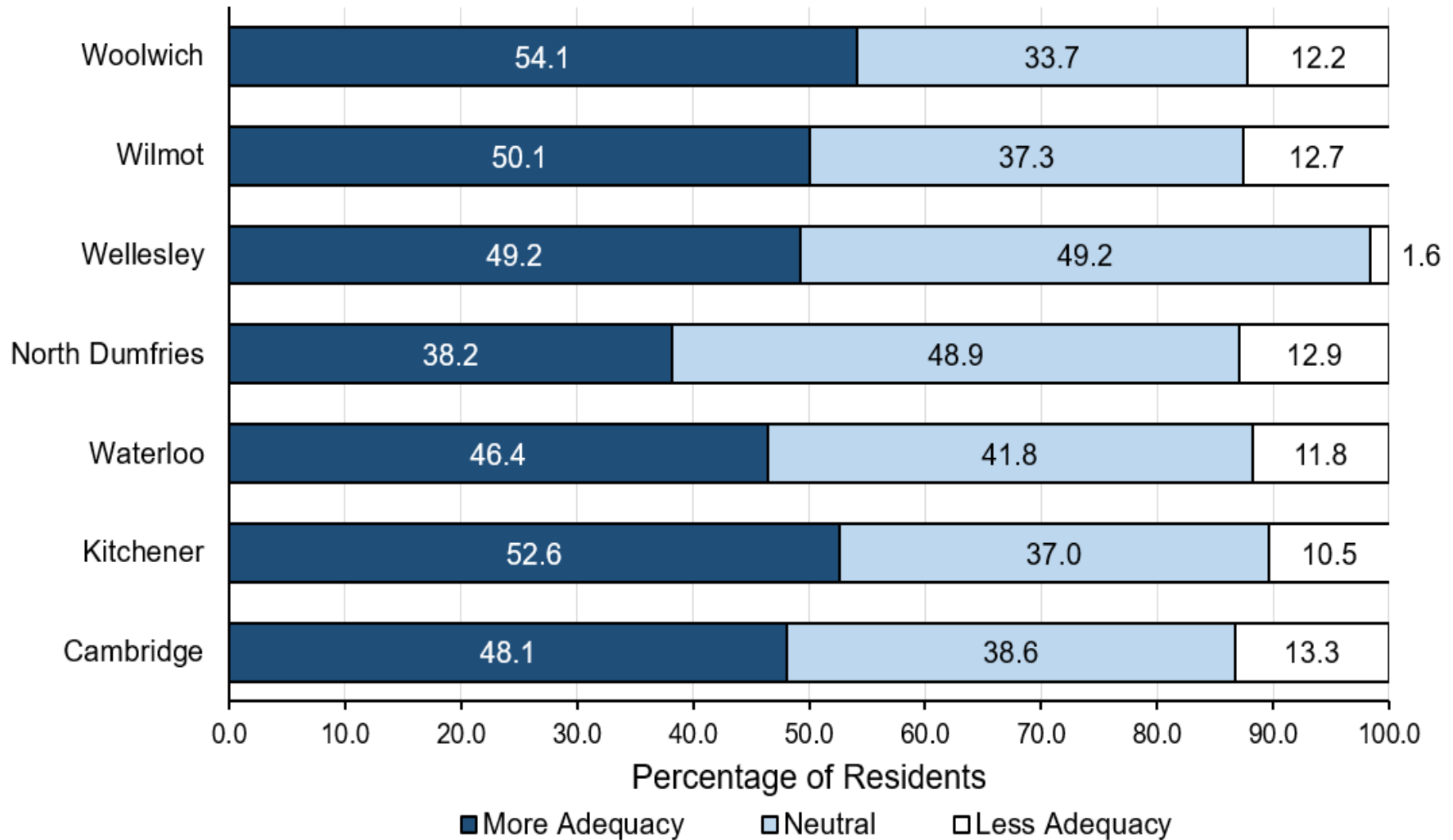
Time adequacy by *income*



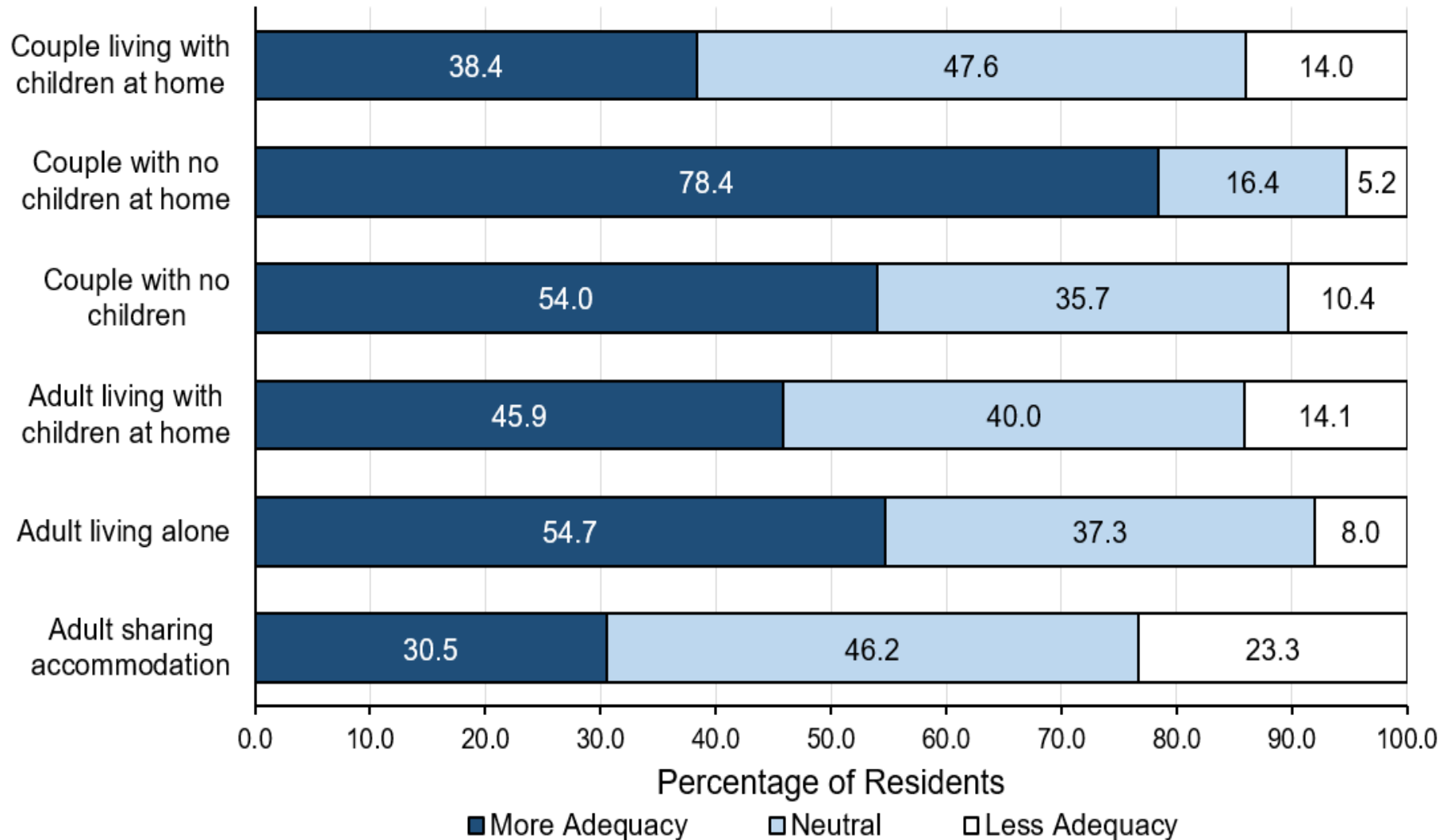
Time adequacy by age



Time adequacy by *municipality*

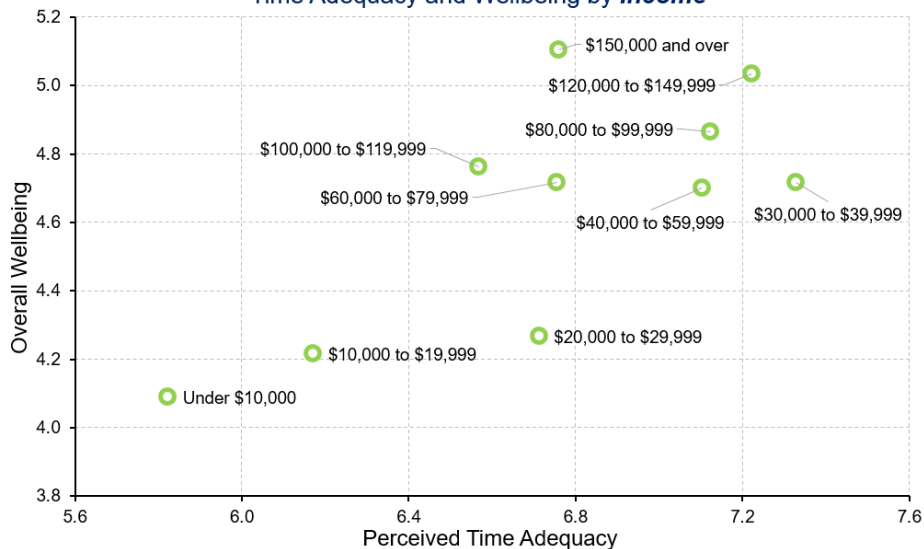


Time adequacy by *living arrangement*

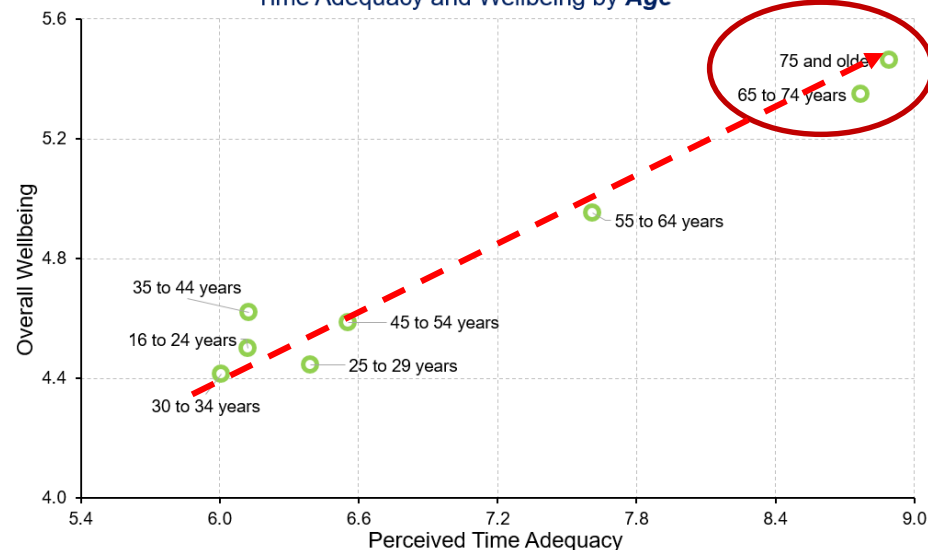


Who has adequate time for other activities and people?

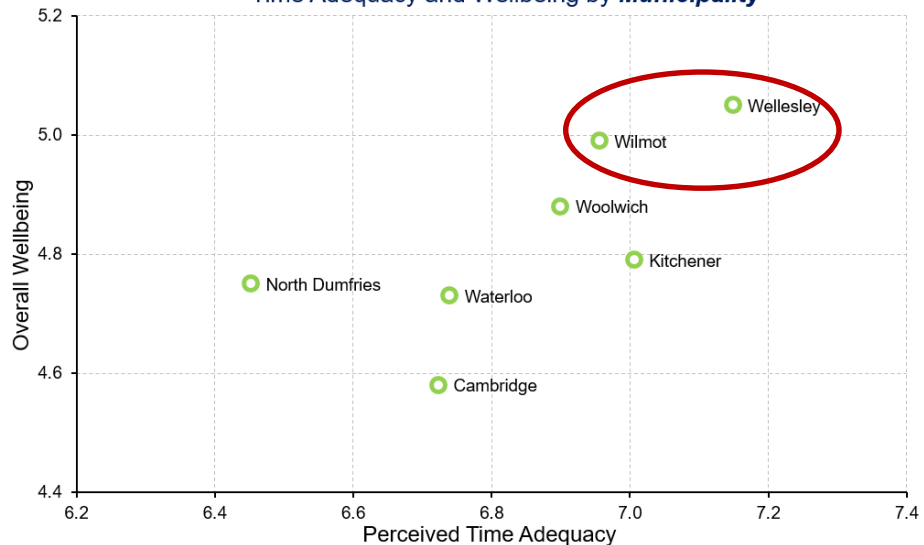
Time Adequacy and Wellbeing by **Income**



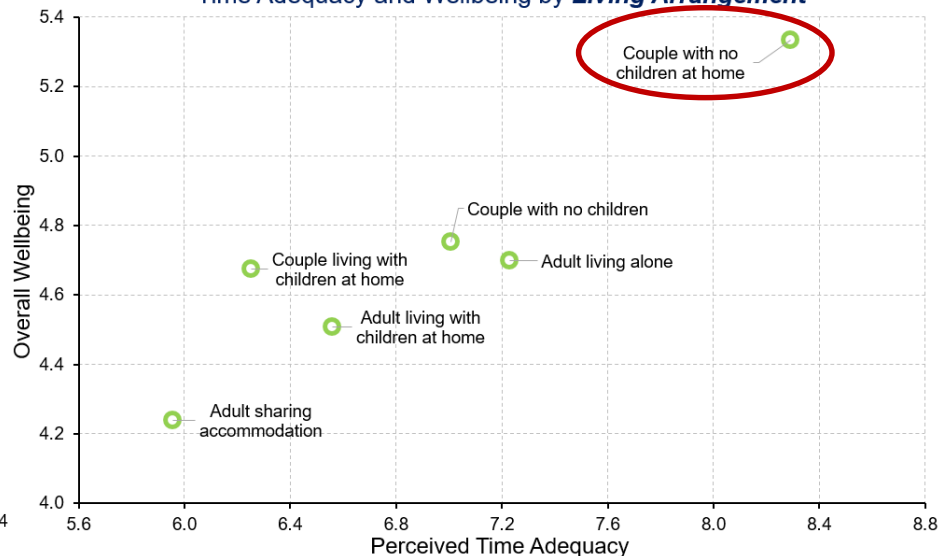
Time Adequacy and Wellbeing by **Age**



Time Adequacy and Wellbeing by **Municipality**



Time Adequacy and Wellbeing by **Living Arrangement**





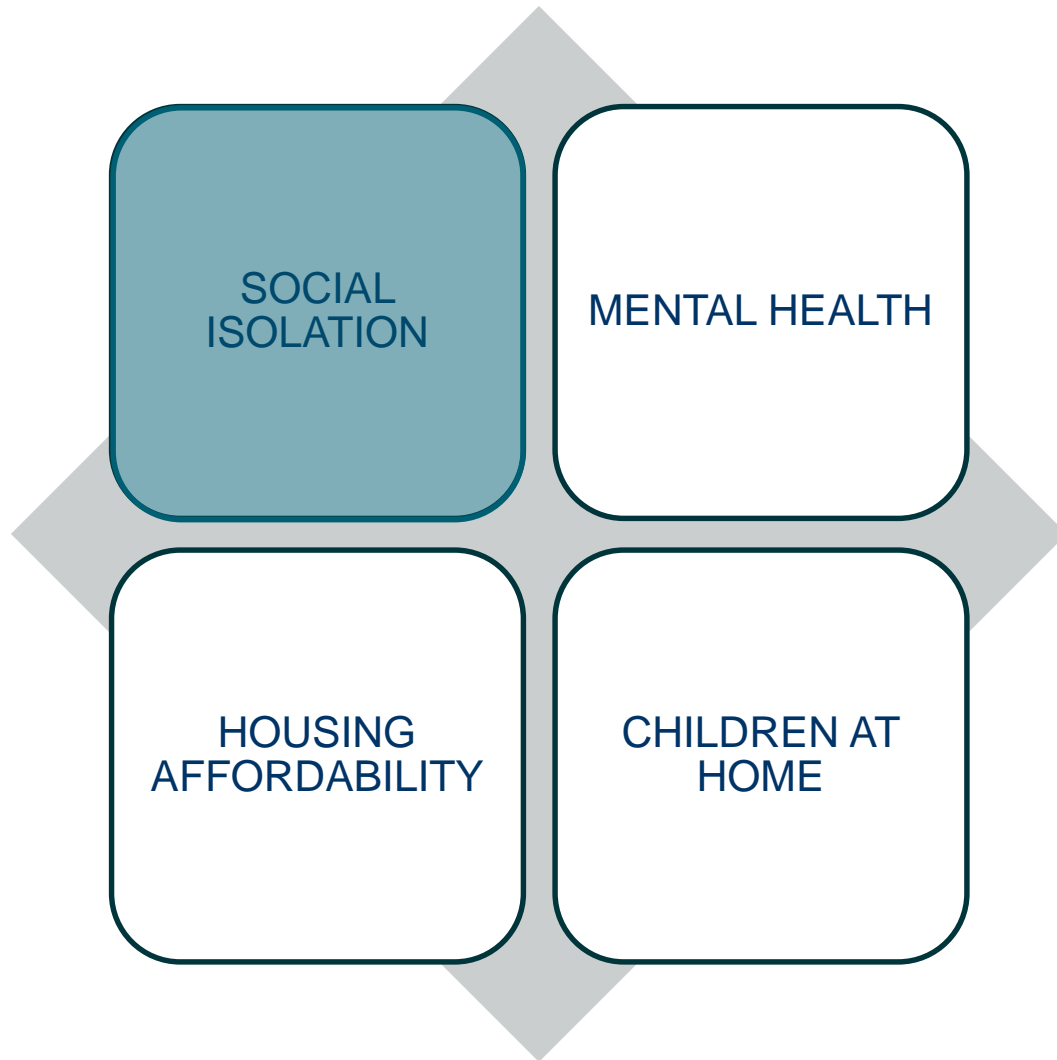
Which domains are most critical to the quality of community life?

Which domains are most critical to wellbeing?



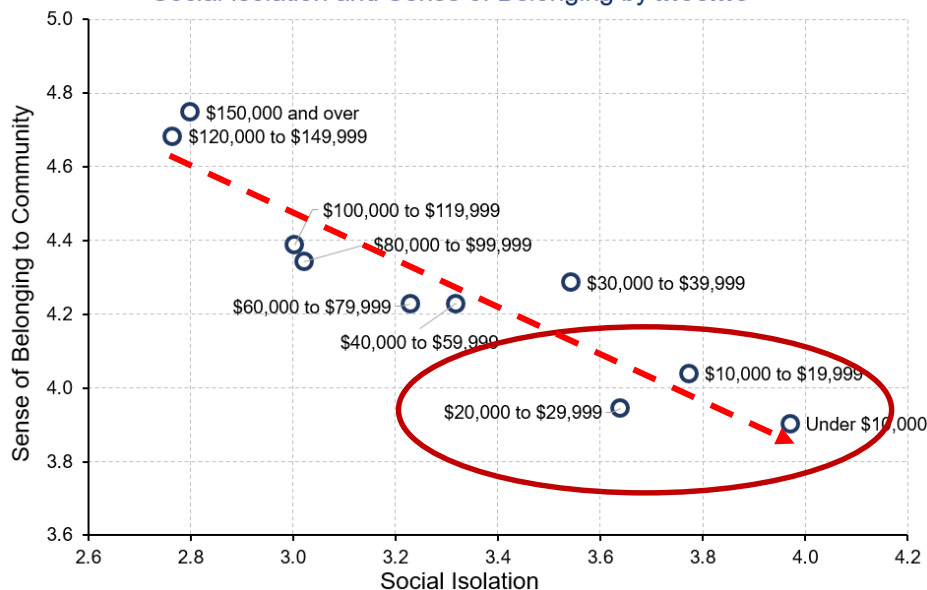
A Closer Look: Connectivity between Domains



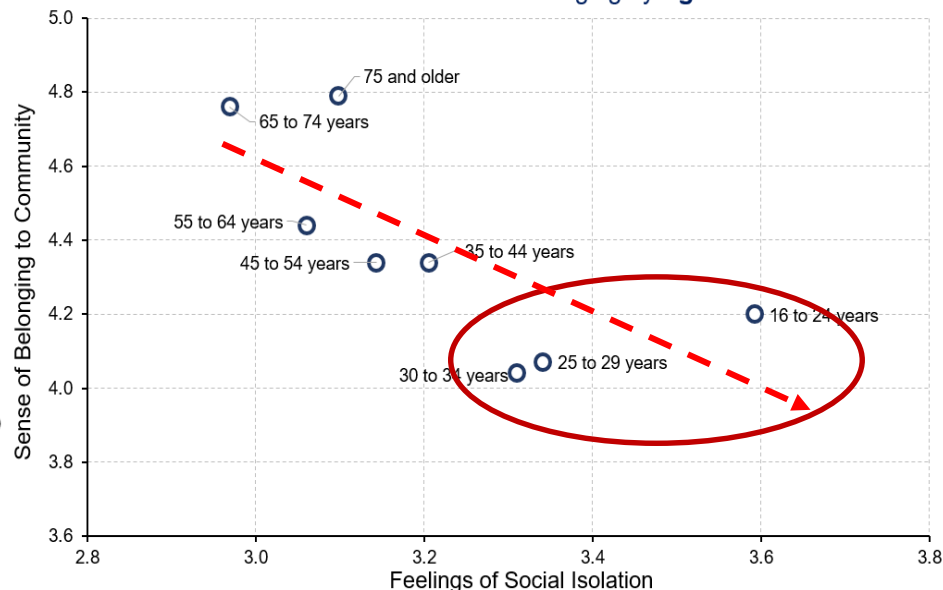


Social isolation and sense of belonging to community

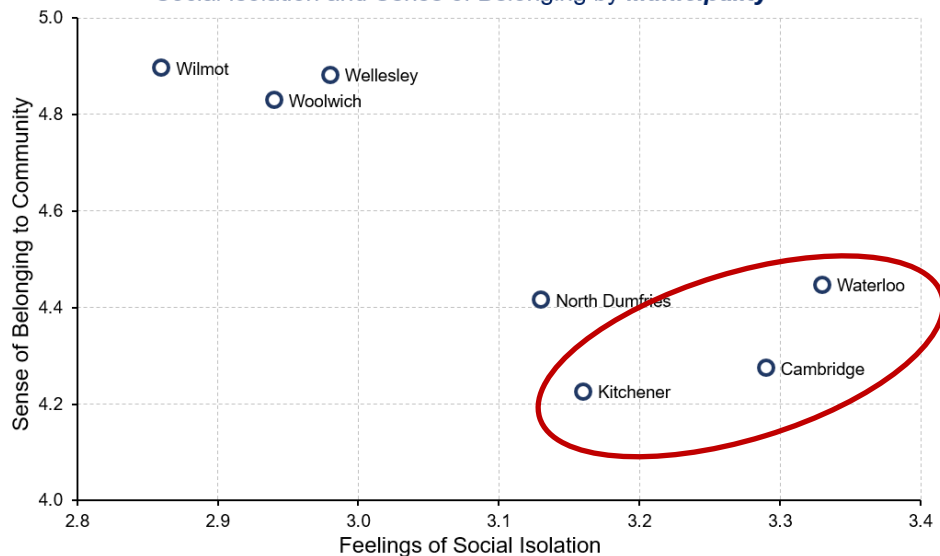
Social Isolation and Sense of Belonging by **Income**



Social Isolation and Sense of Belonging by **Age**



Social Isolation and Sense of Belonging by **Municipality**



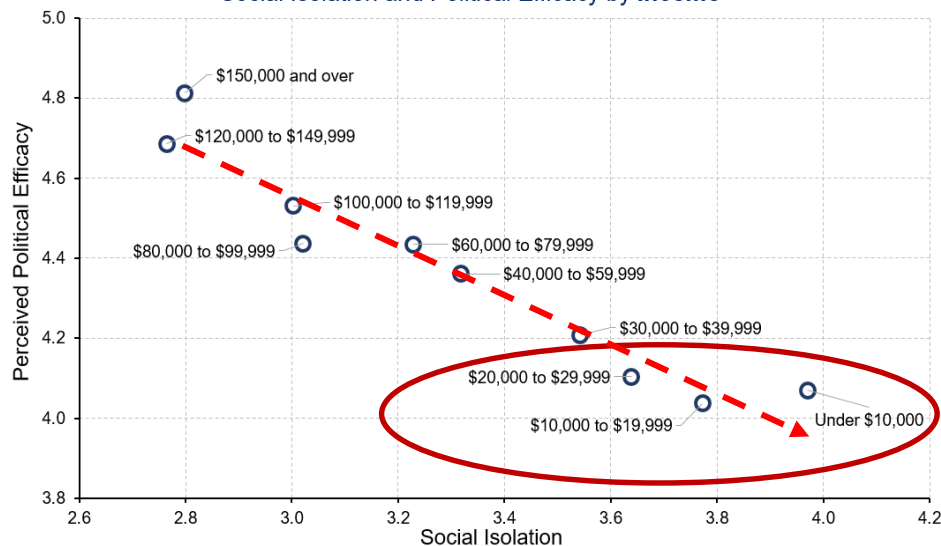
Higher levels of social isolation are related to lower sense of belonging to the community.

And is linked to:

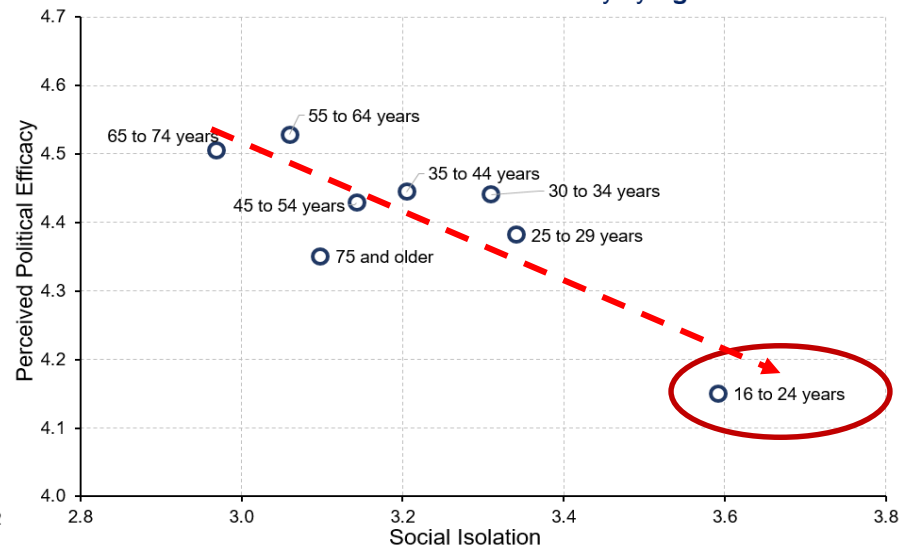
- Lower incomes
- Younger residents
- Living in cities

Social isolation and political capital

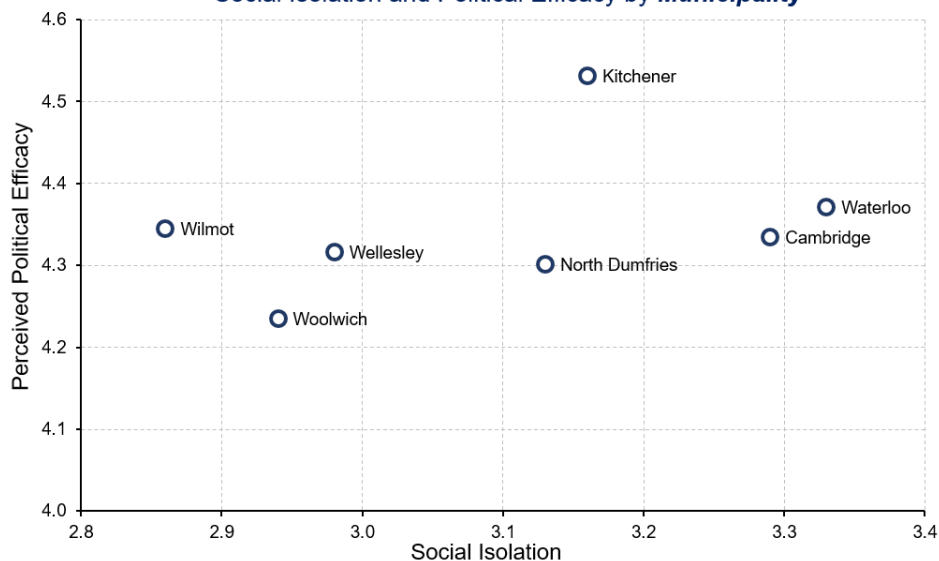
Social Isolation and Political Efficacy by **Income**



Social Isolation and Political Efficacy by **Age**



Social Isolation and Political Efficacy by **Municipality**



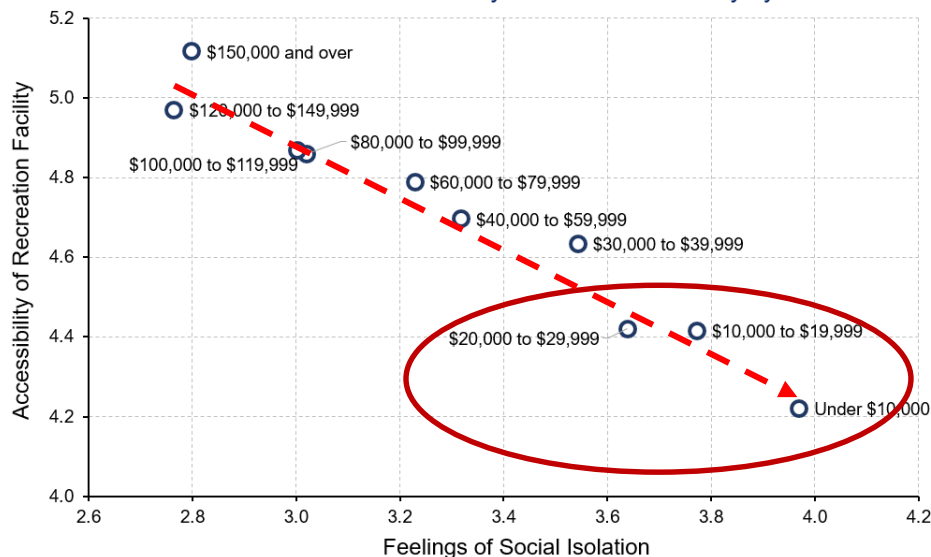
- Higher levels of social isolation are linked to lower perceived political capital (e.g., feeling that your voice is heard by government)

And is linked to:

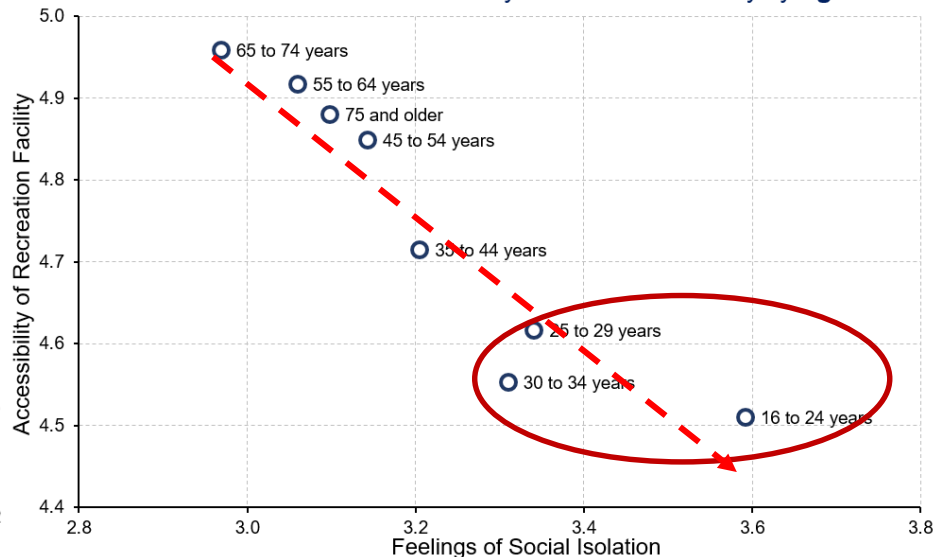
- Lower incomes
- Younger residents

Social isolation and accessibility of recreation facilities

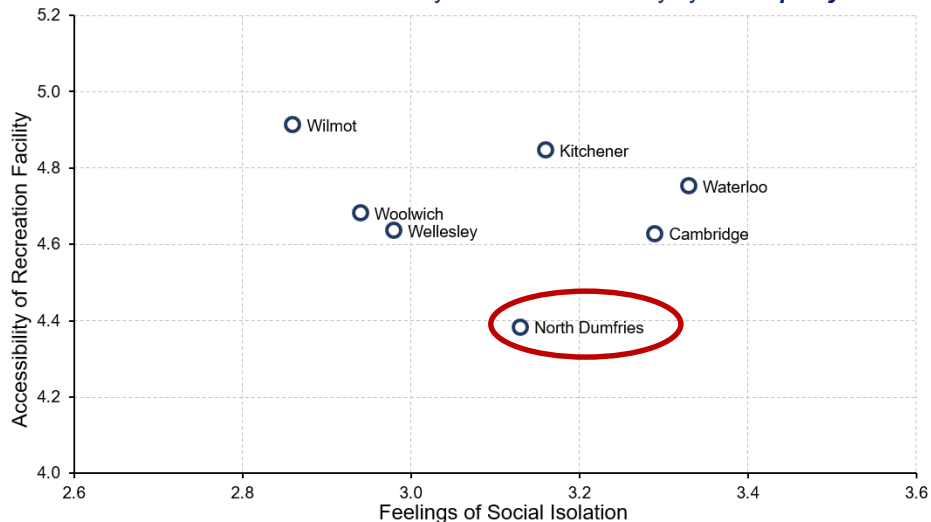
Social Isolation and Accessibility of Recreation Facility by **Income**



Social Isolation and Accessibility of Recreation Facility by **Age**



Social Isolation and Accessibility of Recreation Facility by **Municipality**



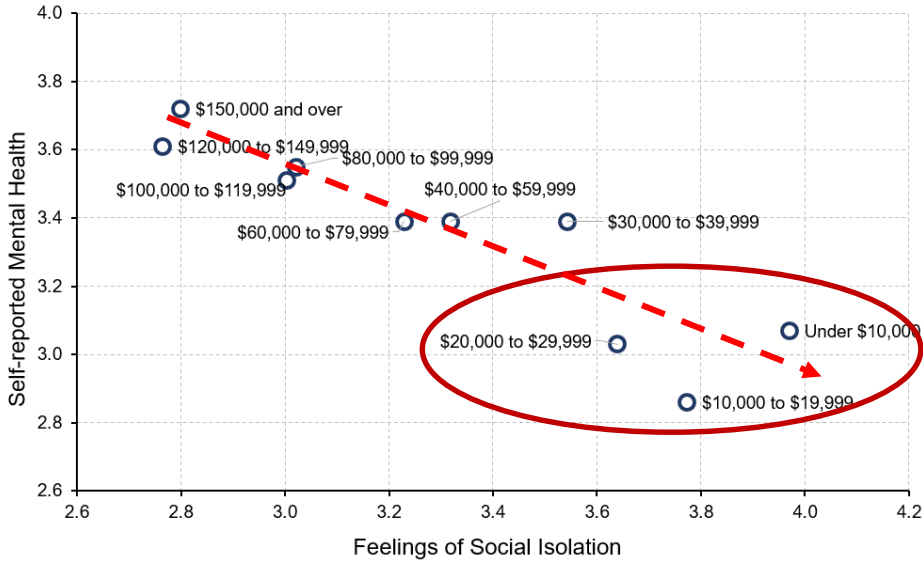
A higher level of social isolation is related to lower perceived access to recreation and culture facilities

And is linked to:

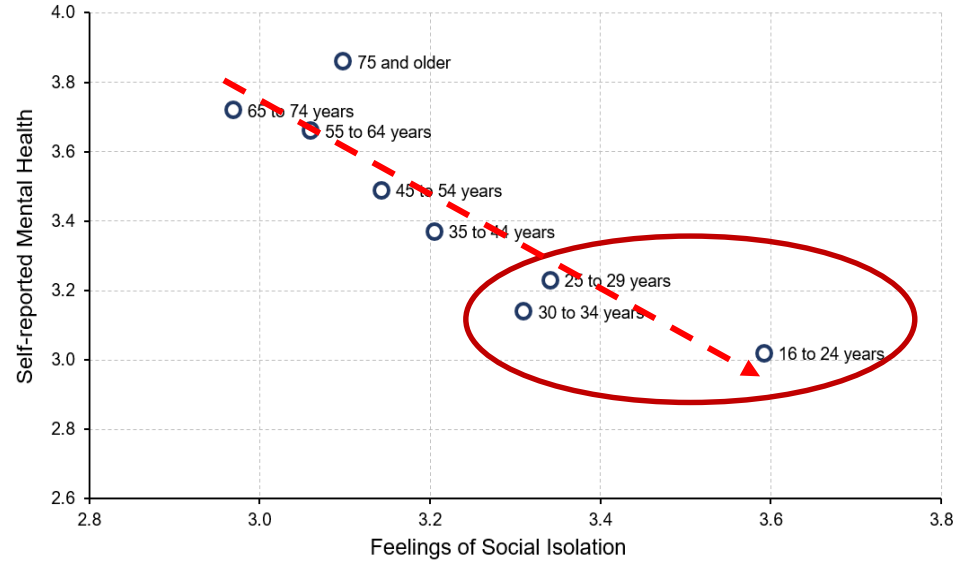
- Lower incomes
- Younger residents
- Living in North Dumfries

Social isolation and mental health

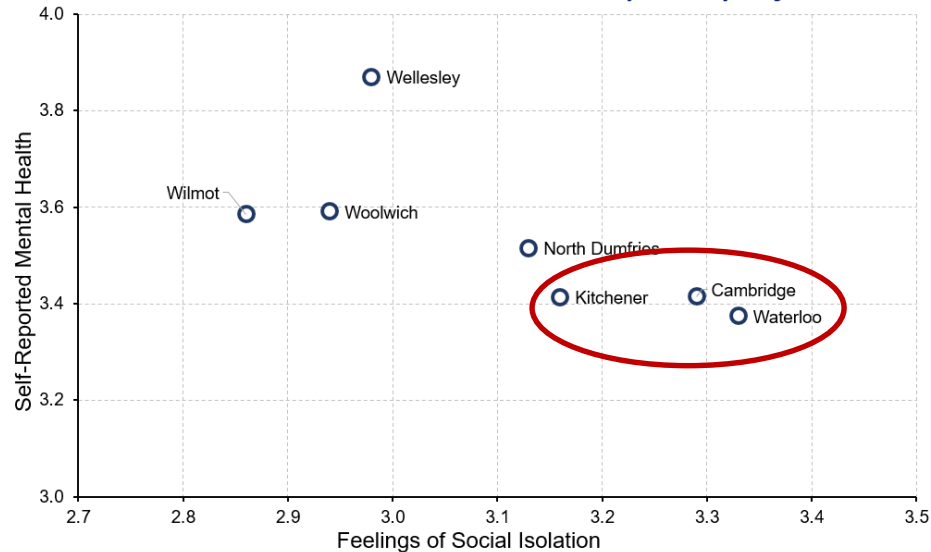
Social Isolation and Mental Health by *Income*



Social Isolation and Mental Health by *Age*



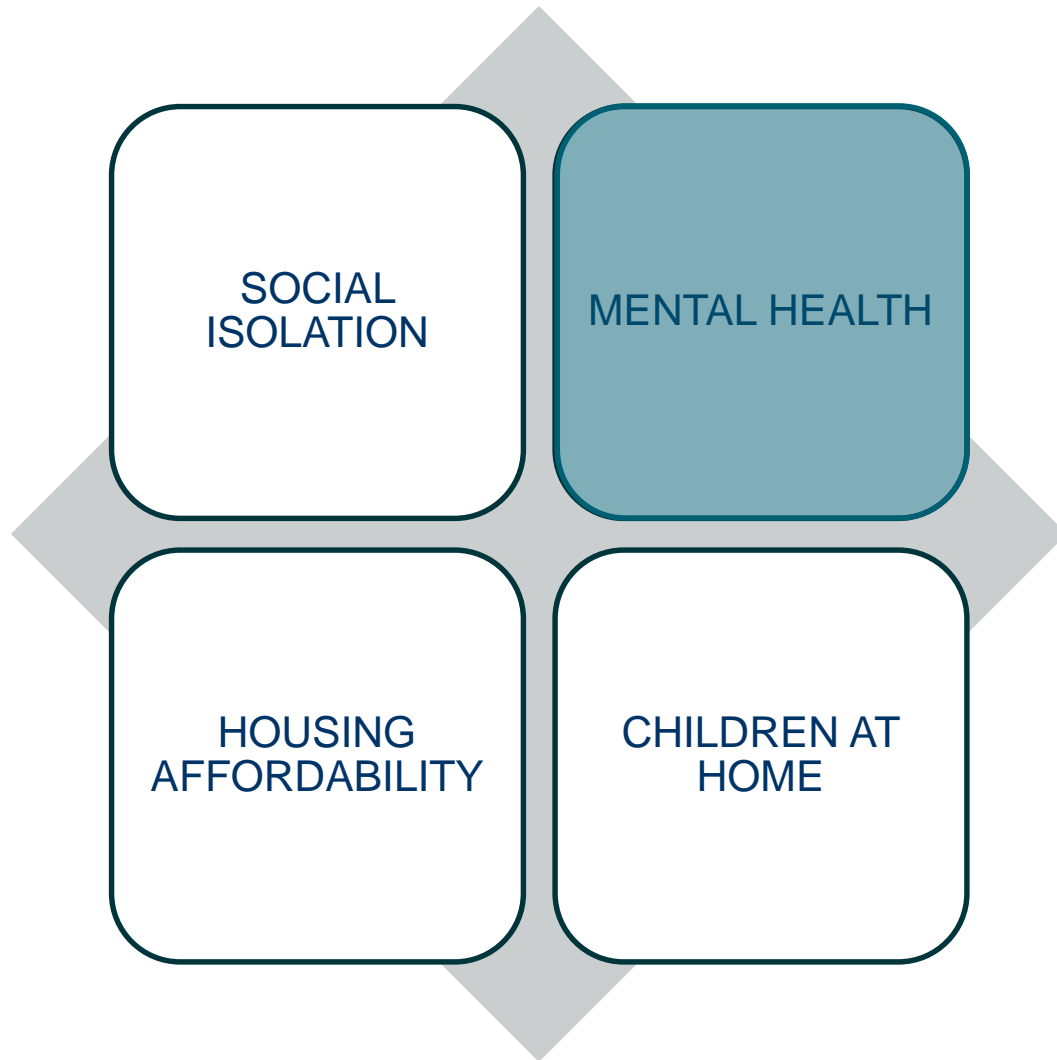
Social Isolation and Mental Health by *Municipality*



A higher level of social isolation is related to lower self-reported mental health

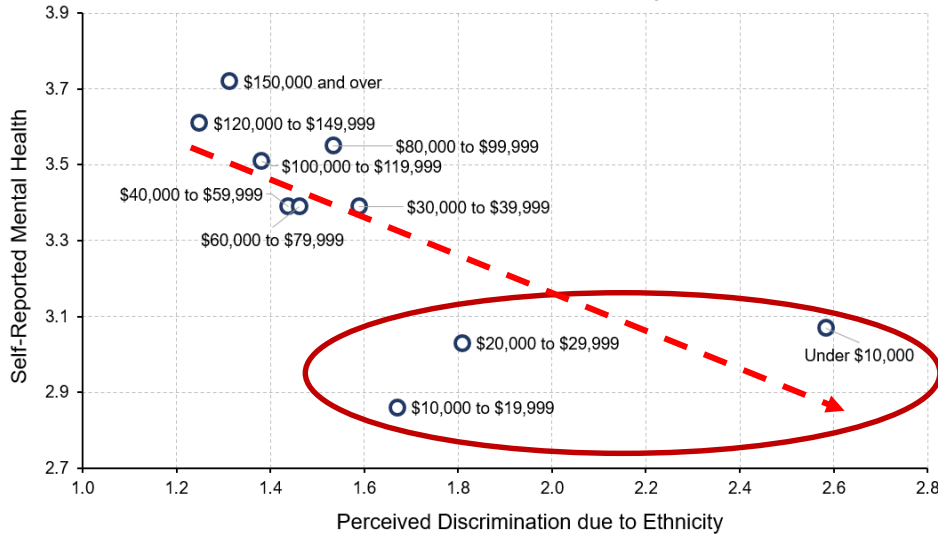
And is linked to:

- Lower incomes
- Younger residents
- Living in cities

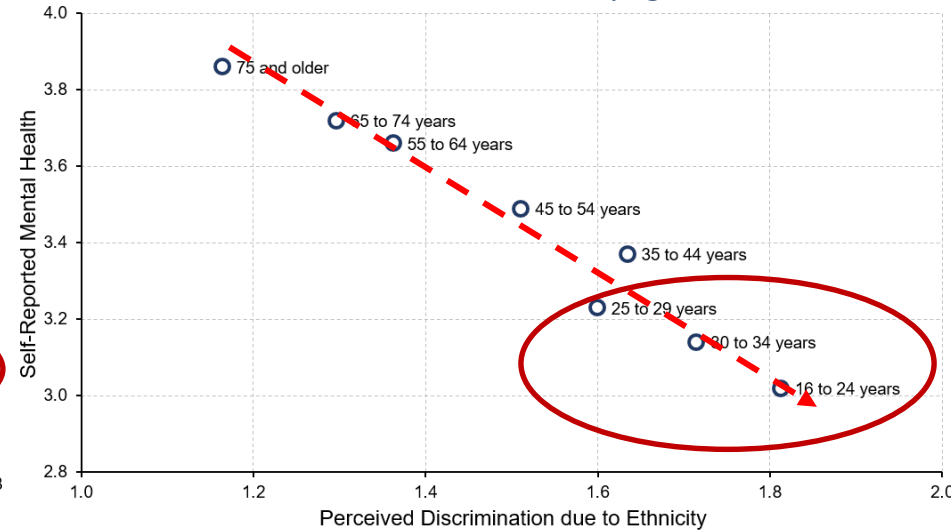


Mental health and experience of discrimination

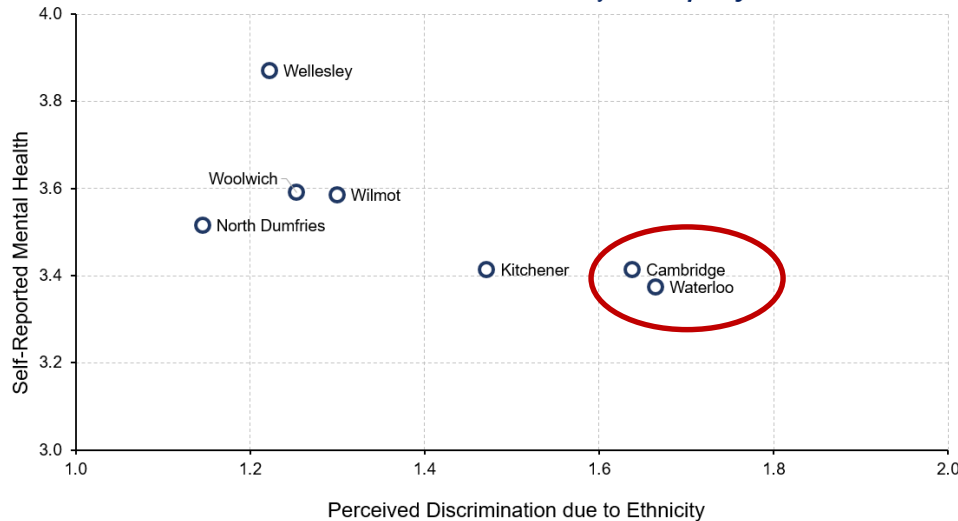
Mental Health and Discrimination by **Income**



Mental Health and Discrimination by **Age**



Mental Health and Discrimination by **Municipality**



Higher levels of experiencing discrimination is related to lower self-reported mental health

And is linked to:

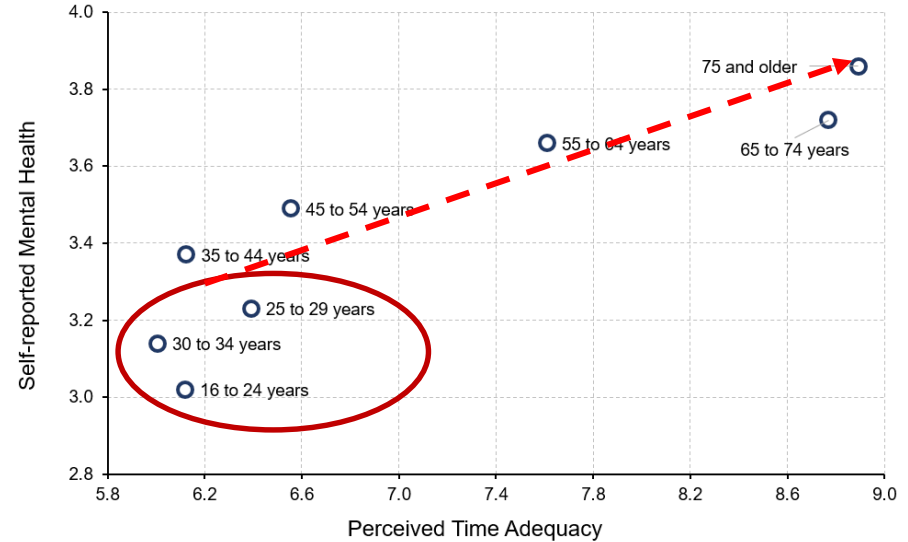
- Lower incomes
- Younger residents
- Living in Waterloo, Cambridge

Mental health and time adequacy

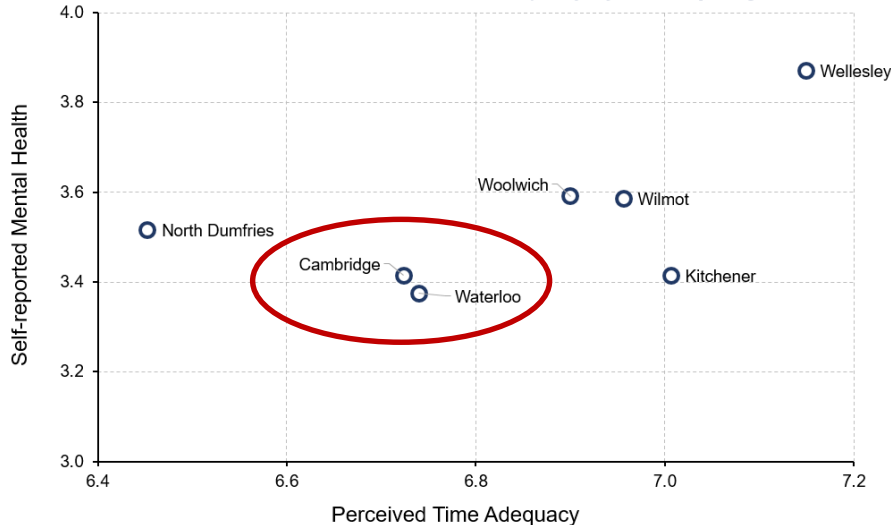
Mental Health and Time Adequacy by **Income**



Mental Health and Time Adequacy by **Age**



Mental Health and Time Adequacy by **Municipality**



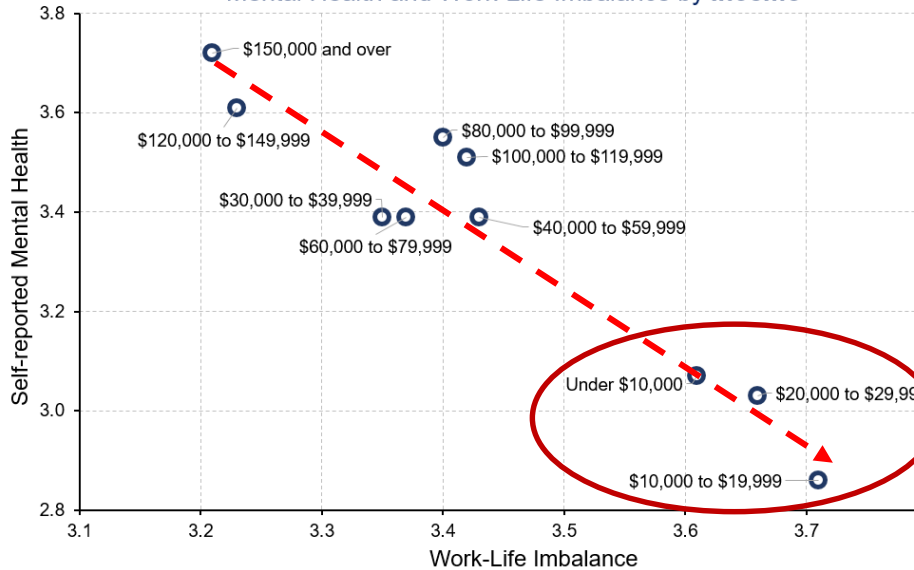
Having less time for various activities is related to lower self-reported mental health

And is linked to:

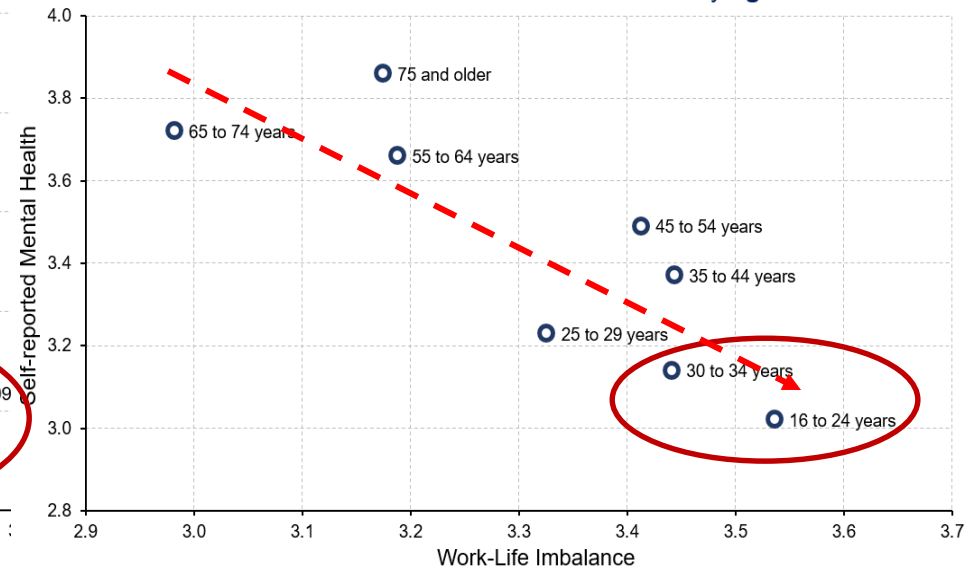
- Lower incomes
- Younger residents
- Living in Waterloo, Cambridge

Mental health and work-life imbalance

Mental Health and Work-Life Imbalance by **Income**



Mental Health and Work-Life Imbalance by **Age**



Mental Health and Work-Life Imbalance by **Municipality**



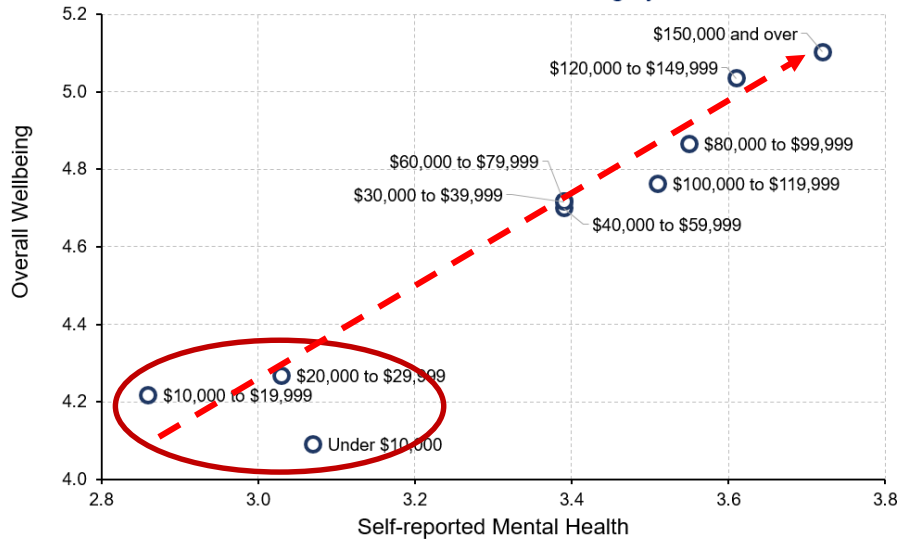
Having greater work-life imbalance is related to lower self-reported mental health

And is linked to:

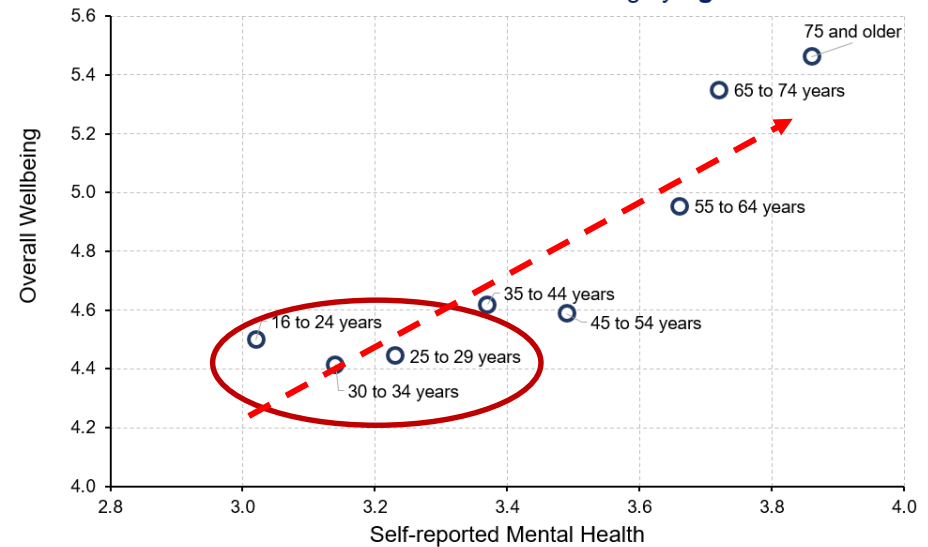
- Lower incomes
- Younger residents
- Living in cities

Mental health and overall wellbeing

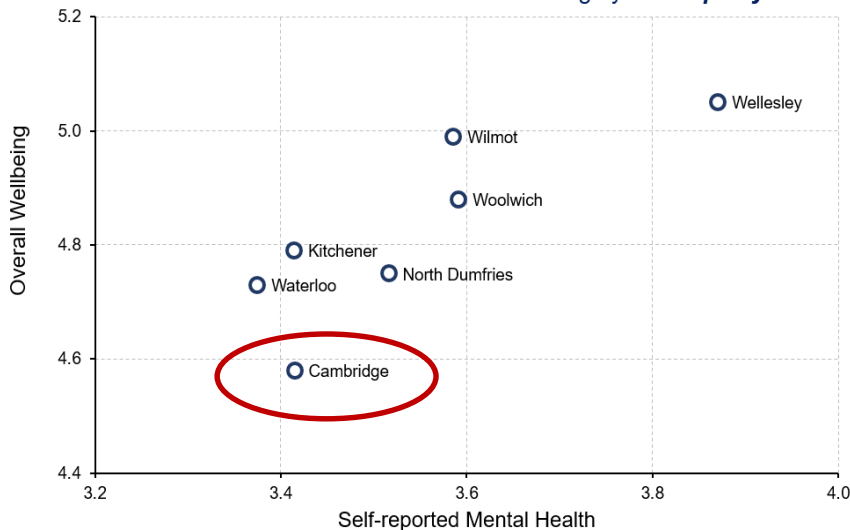
Mental Health and Overall Wellbeing by *Income*



Mental Health and Overall Wellbeing by *Age*



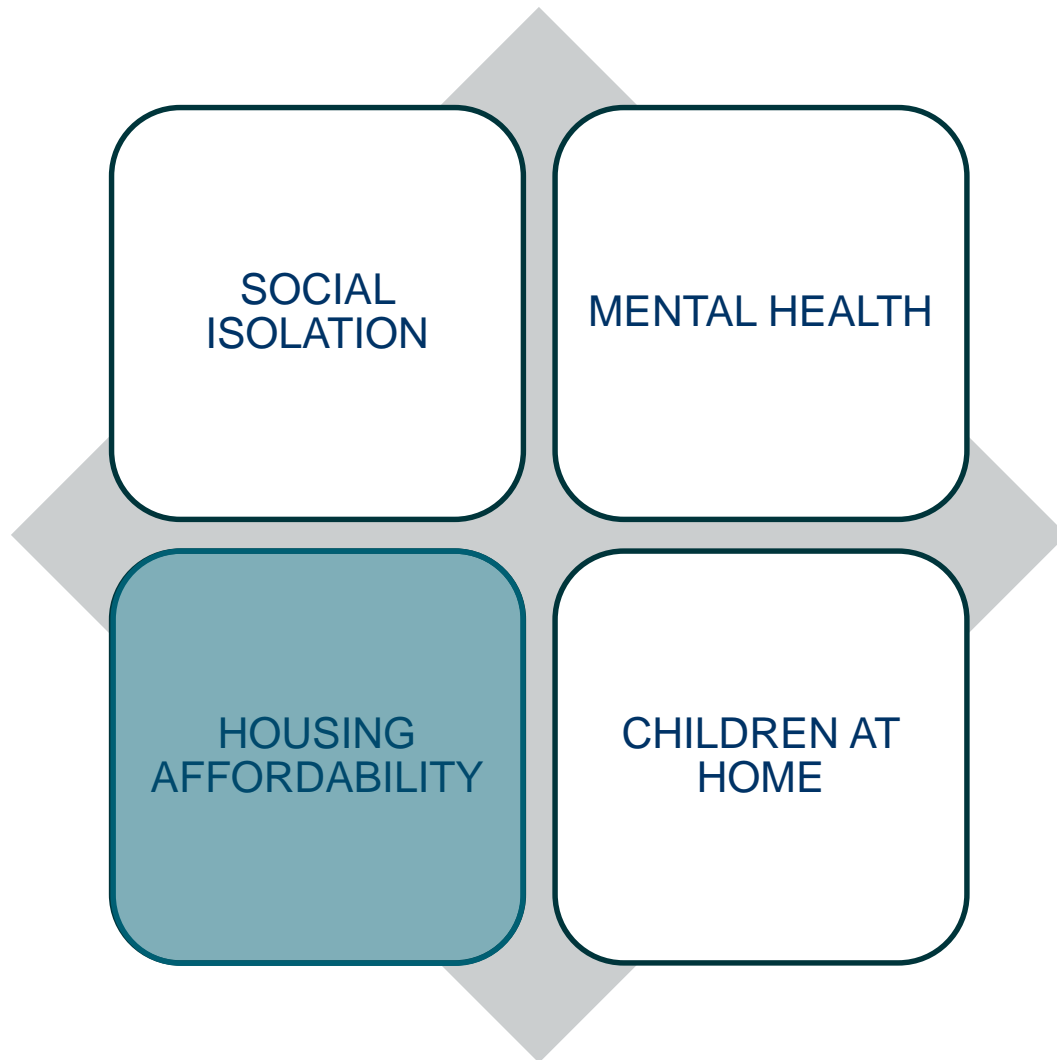
Mental Health and Overall Wellbeing by *Municipality*



Lower levels of self-reported mental health are related to lower levels of overall wellbeing

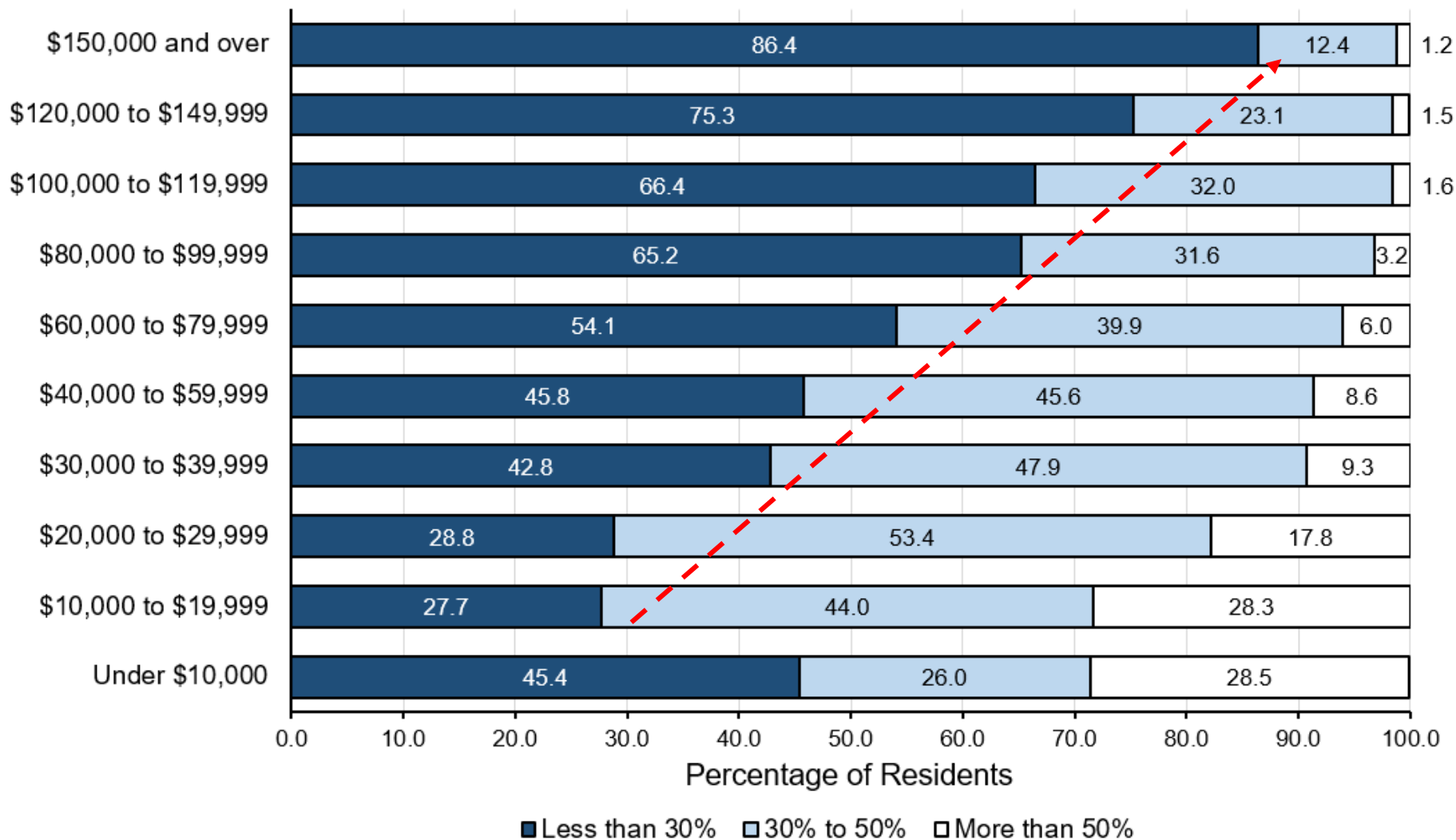
And is linked to:

- Lower incomes
- Younger residents
- Living in cities (Cambridge)



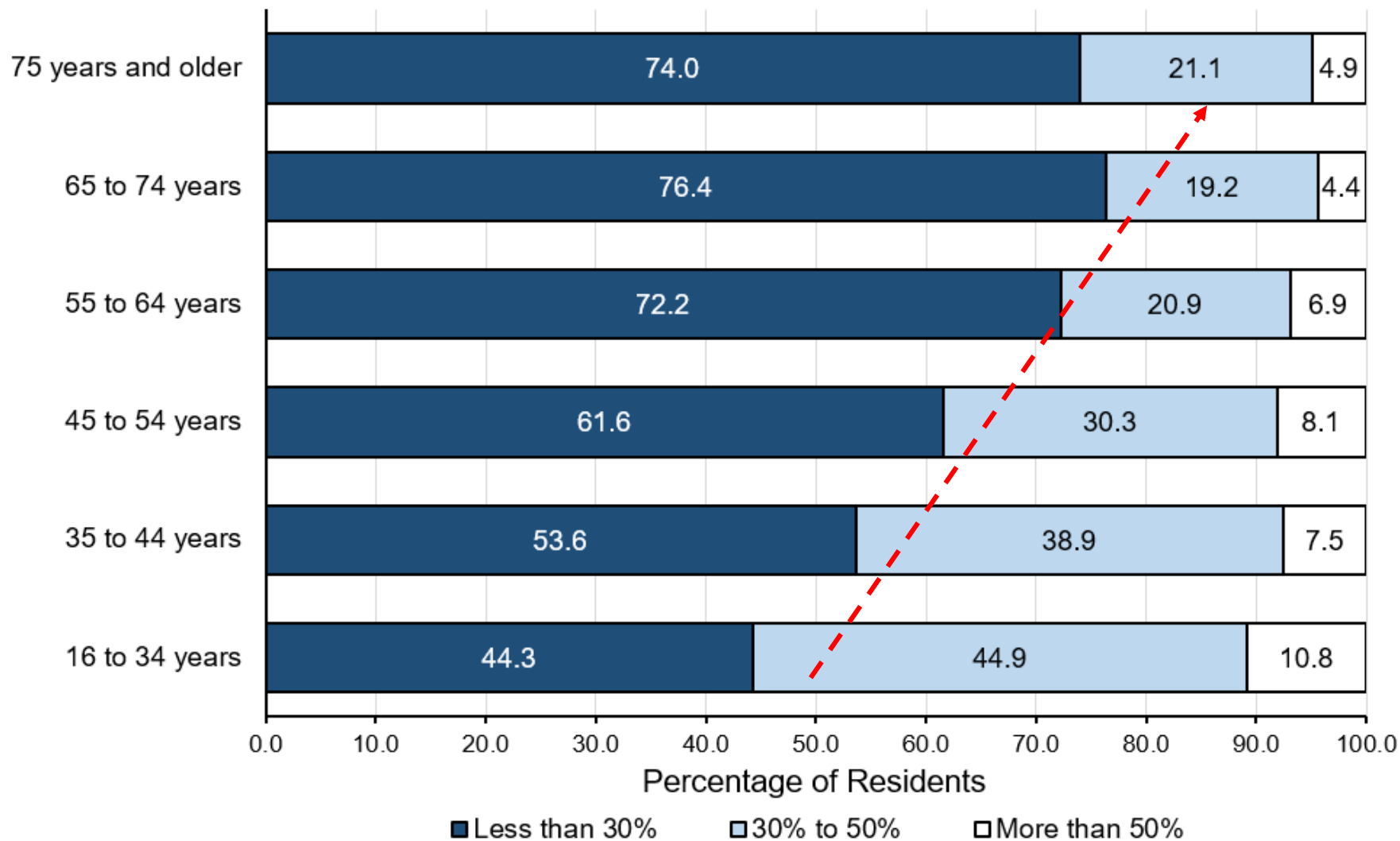
Housing affordability by *income*

Percentage of Income Spent on Housing by **After-Tax Income**



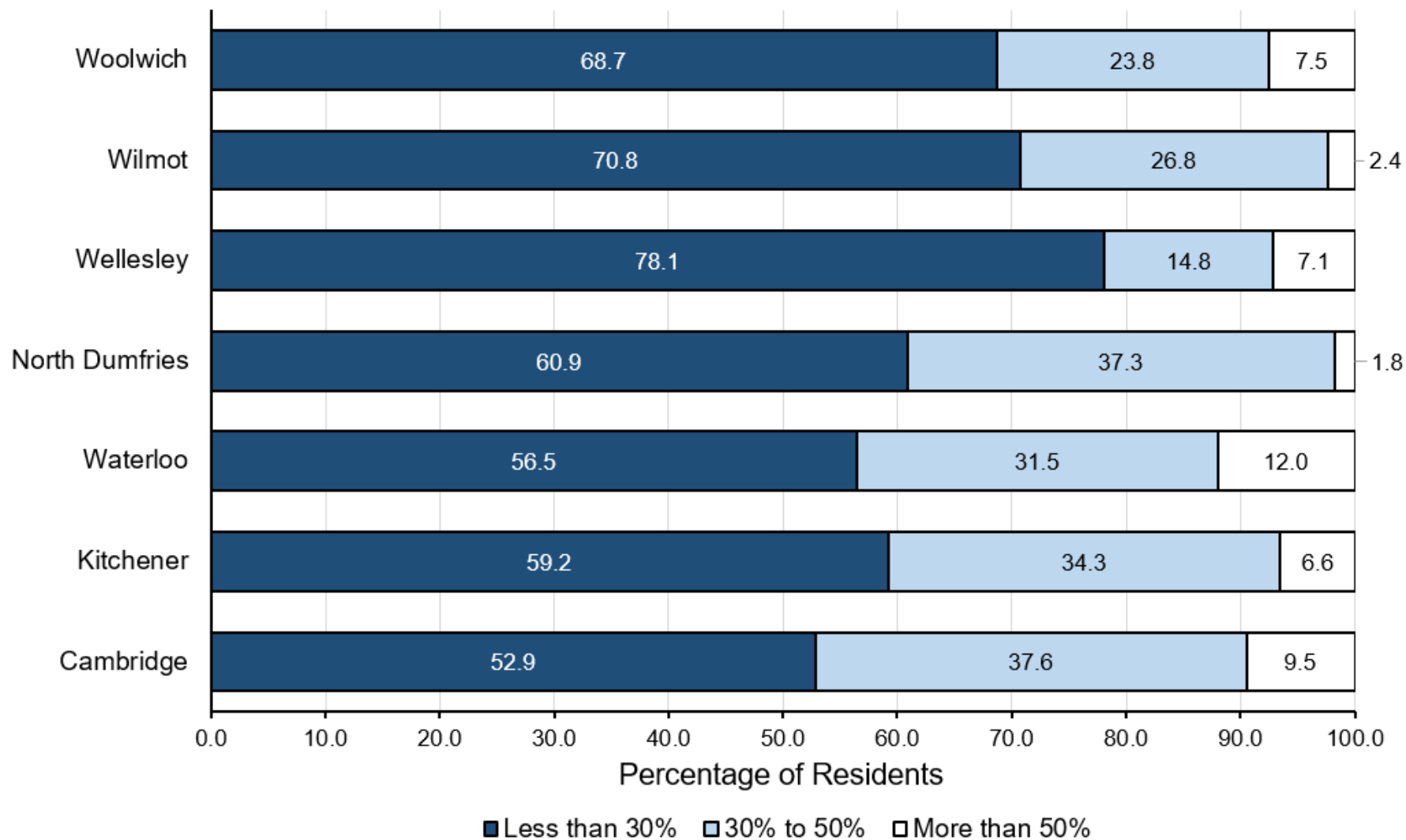
Housing affordability by age

Percentage of Income Spent on Housing by *Age*



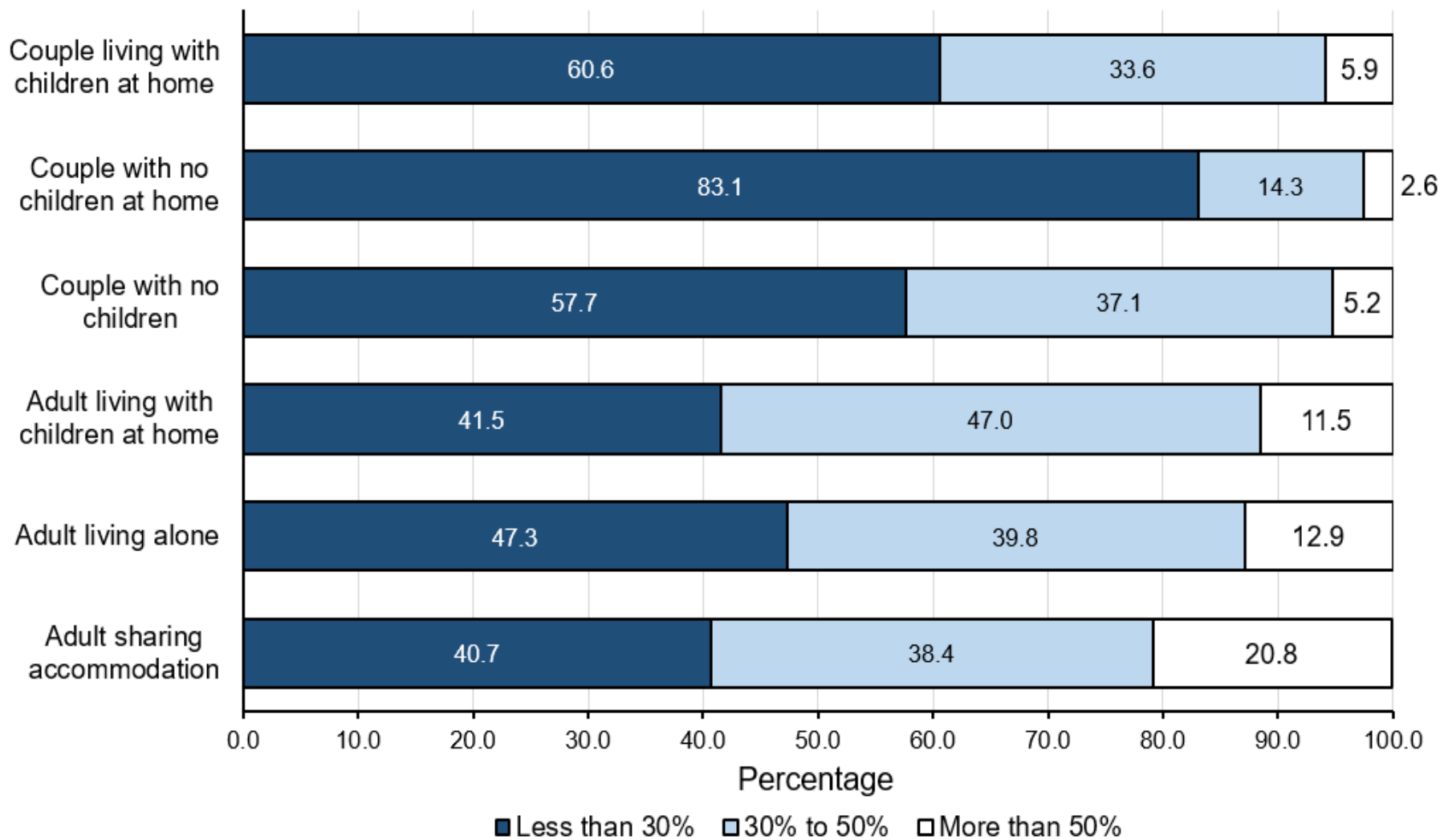
Housing affordability by *municipality*

Percentage of Income Spent on Housing by *Municipality*



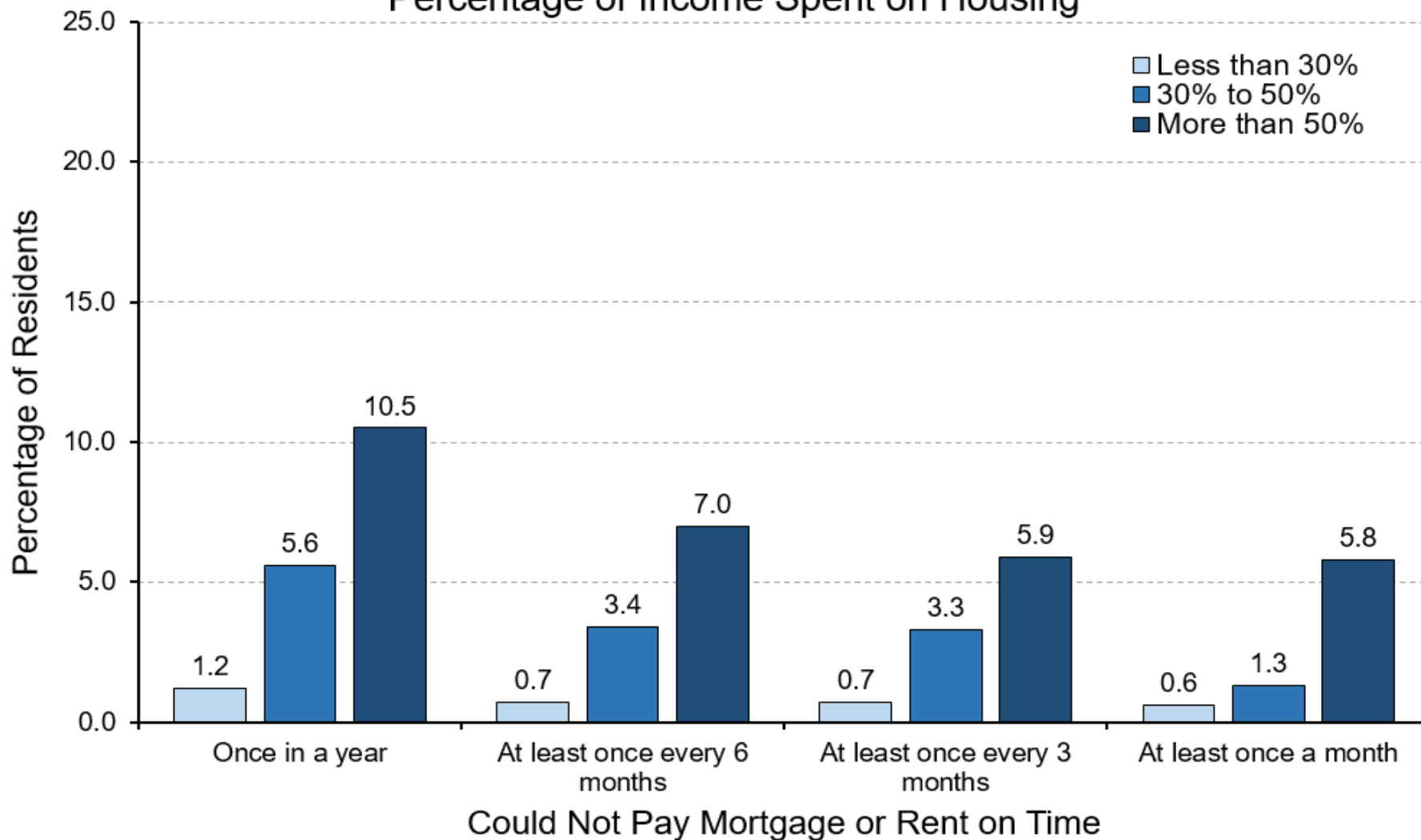
Housing affordability by *living arrangements*

Percentage of Income Spent on Housing by *Living Arrangement*



Housing affordability and financial insecurity

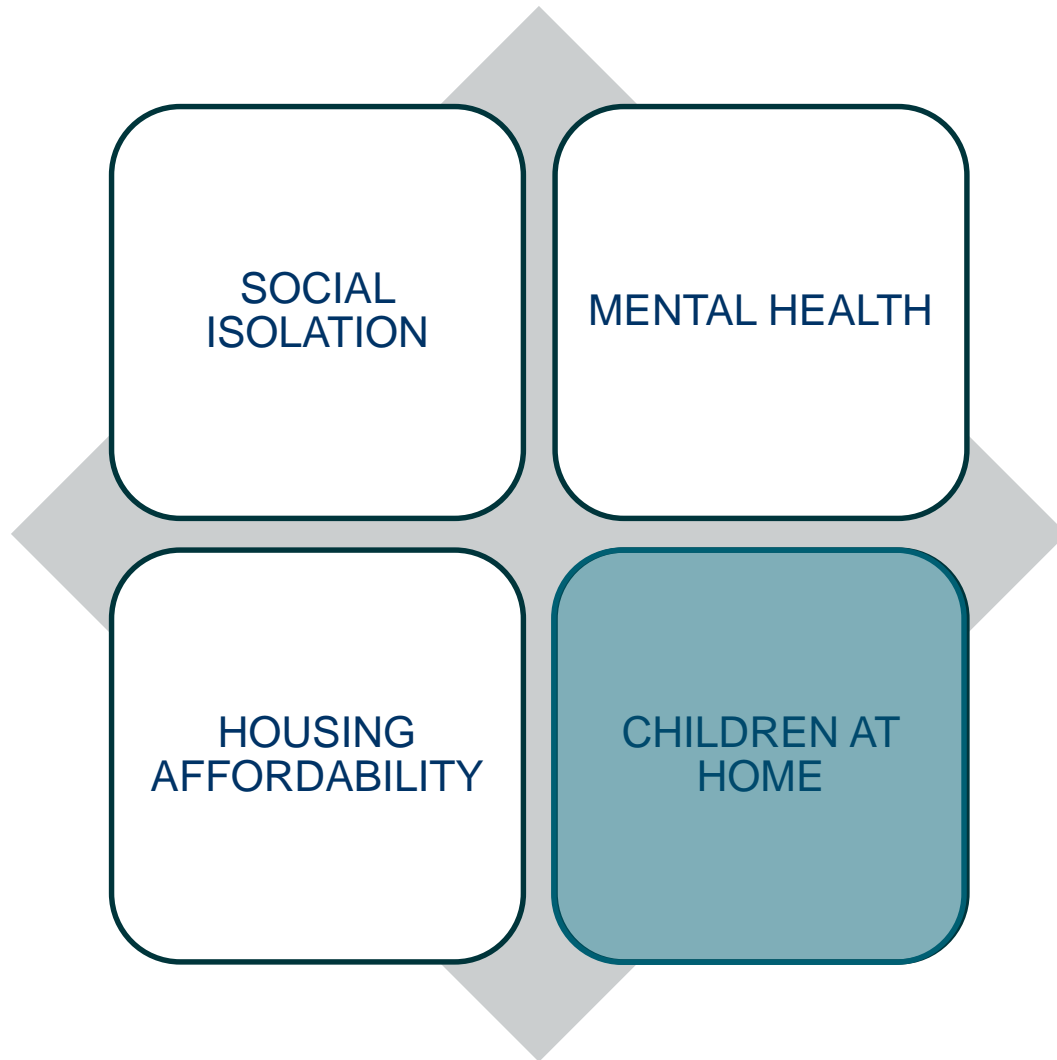
Could Not Pay Mortgage or Rent on Time by Percentage of Income Spent on Housing



Housing affordability and Overall Wellbeing

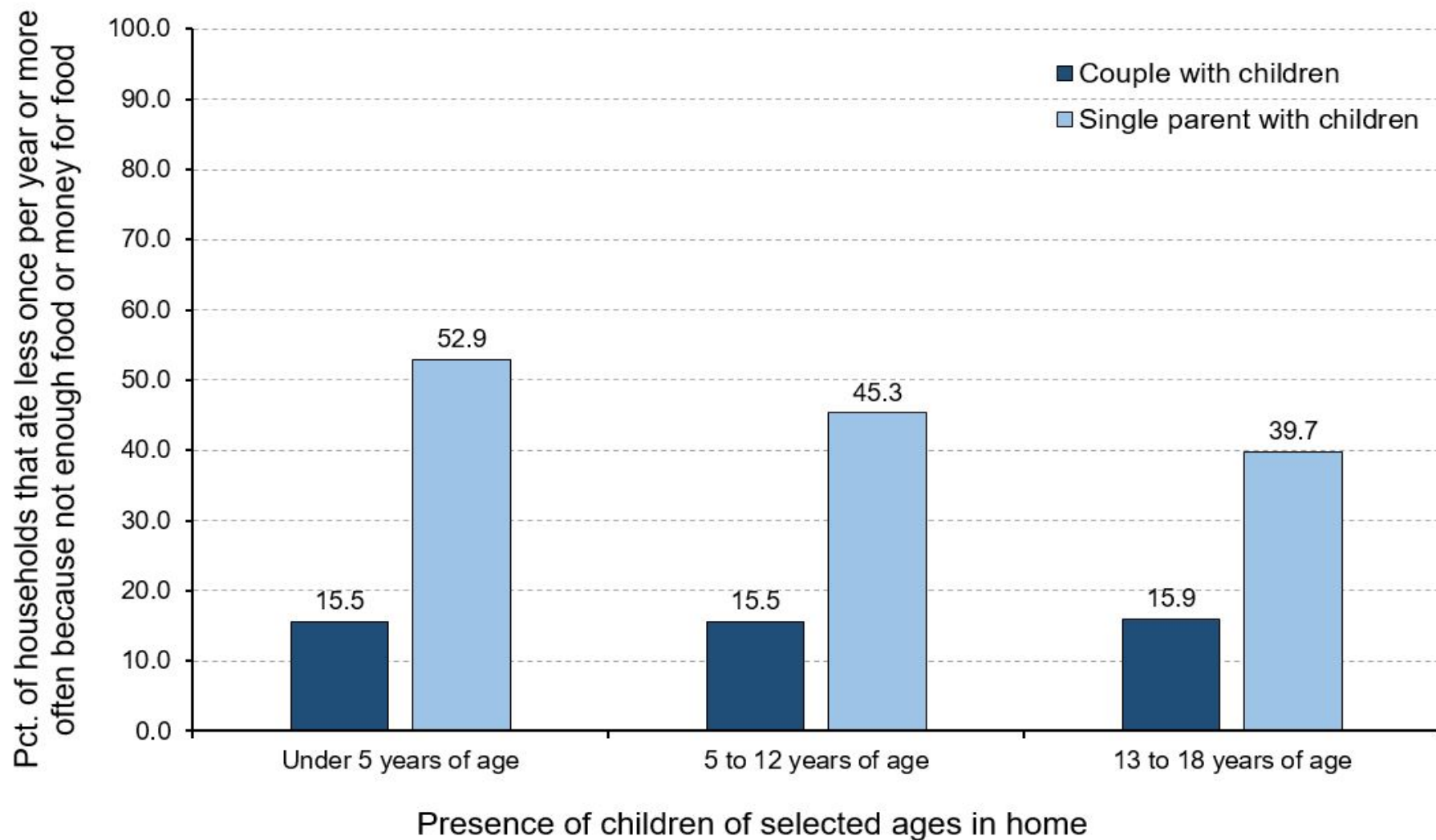
People who spend a *lower* proportion of their income on housing:

- ✓ are more satisfied with their financial situation
- ✓ have a stronger sense to the community
- ✓ have more time adequacy
- ✓ have higher life satisfaction
- ✓ have higher overall wellbeing



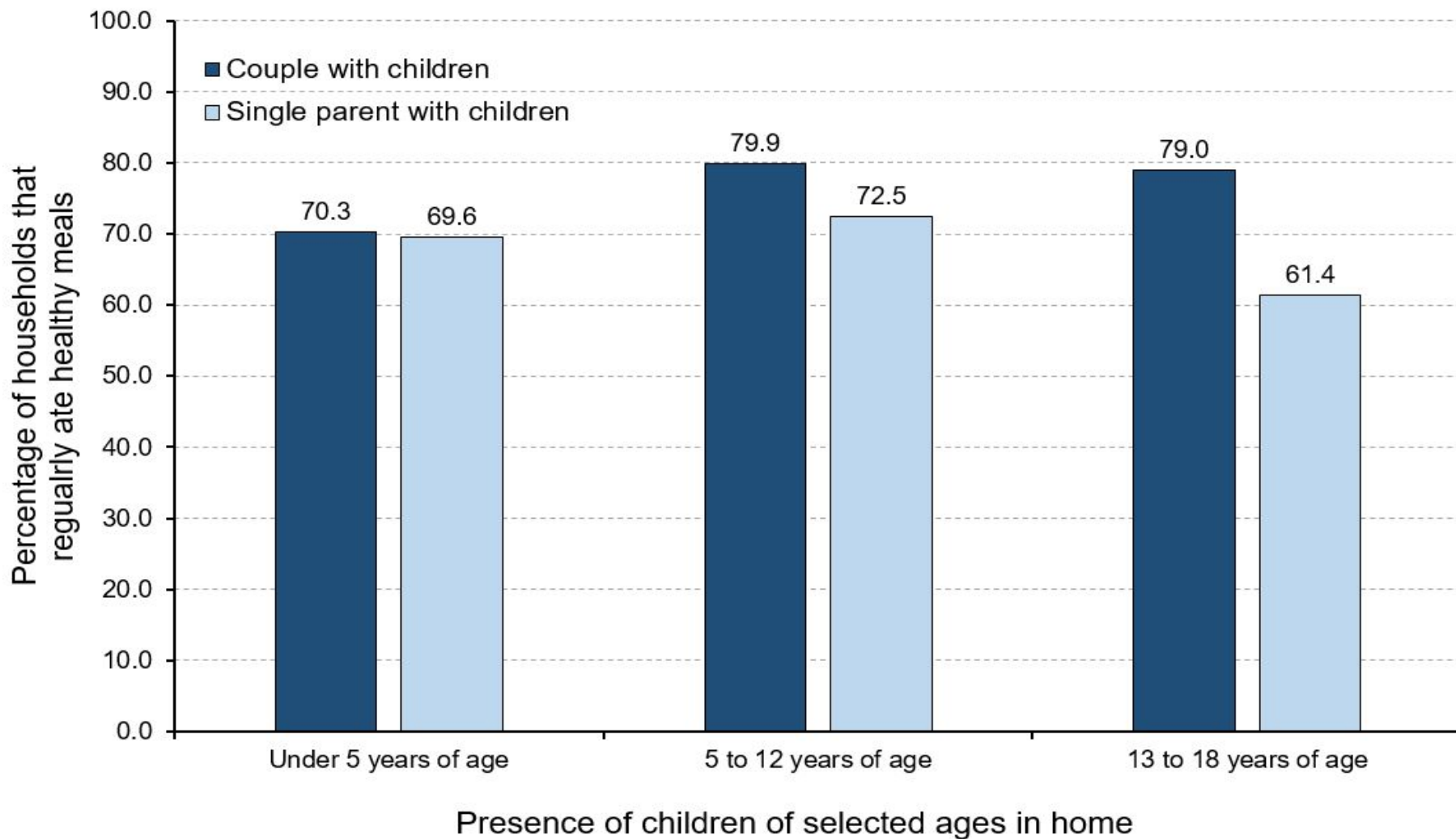
Children at home and food security

Food Security by Presence of Children at Home



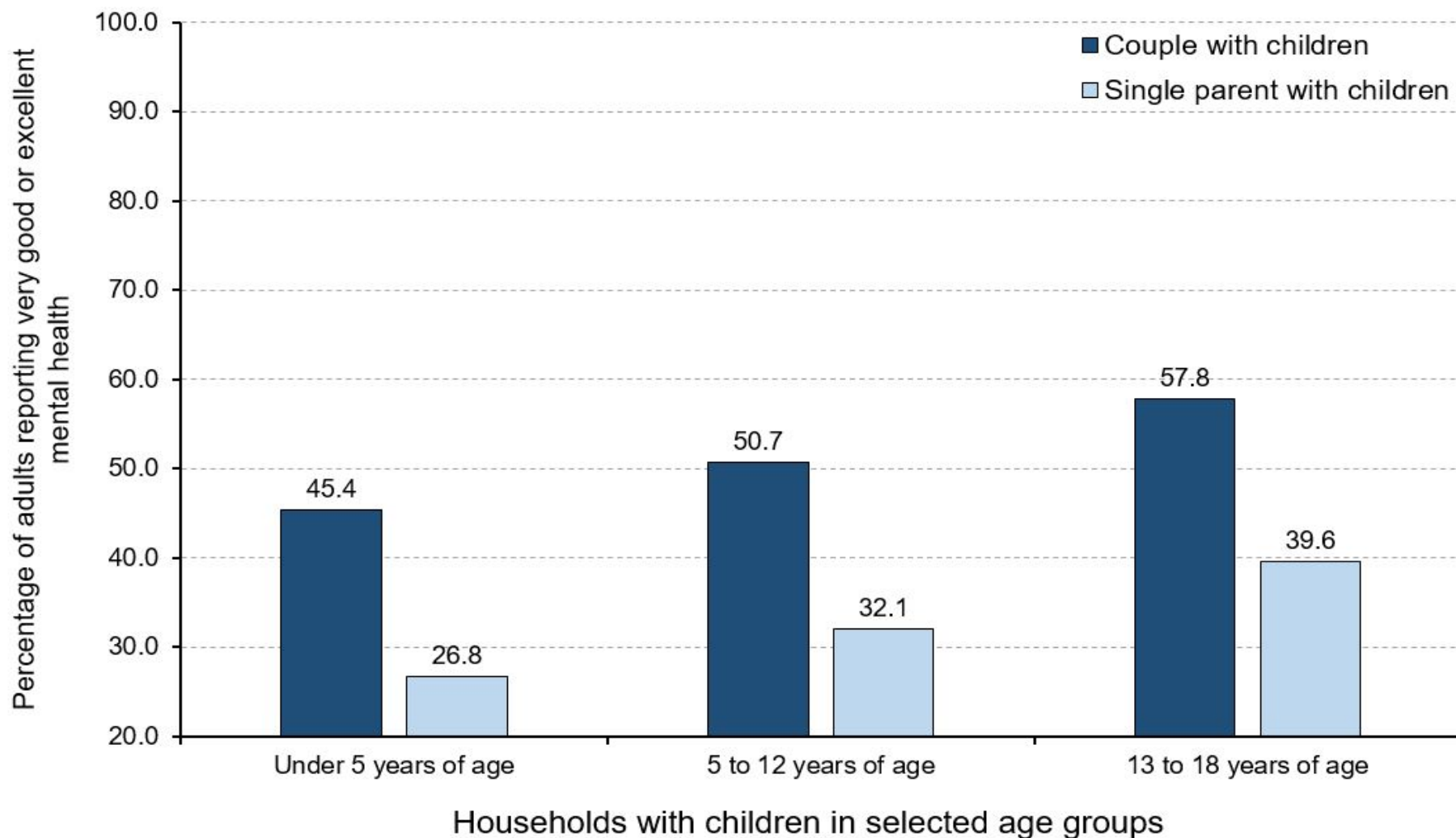
Children at home and regular nutritious meals

Regularly Ate Healthy Meals by Presence of Children at Home



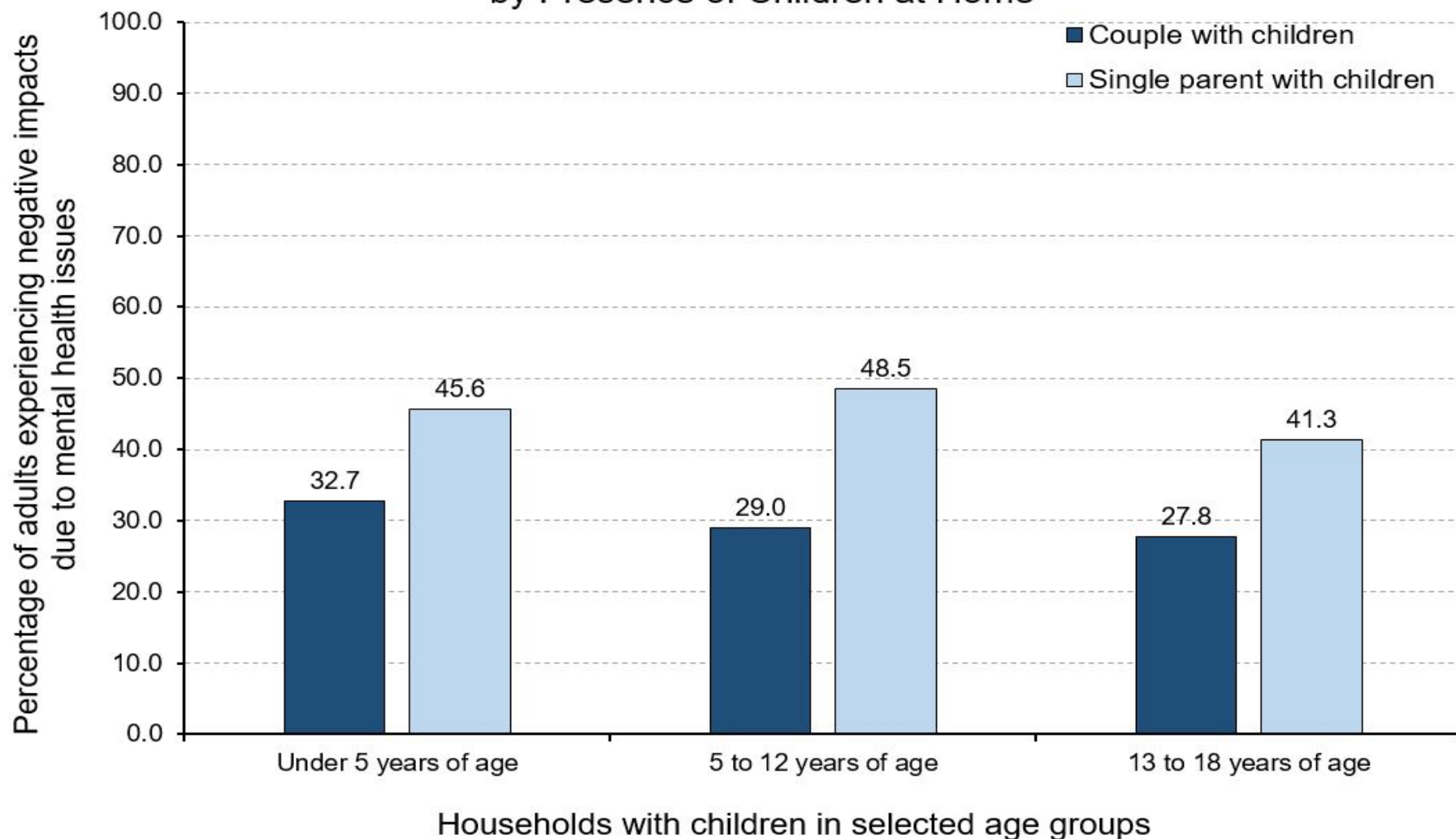
Children at home and mental health

Very Good/Excellent Mental Health by Presence of Children at Home



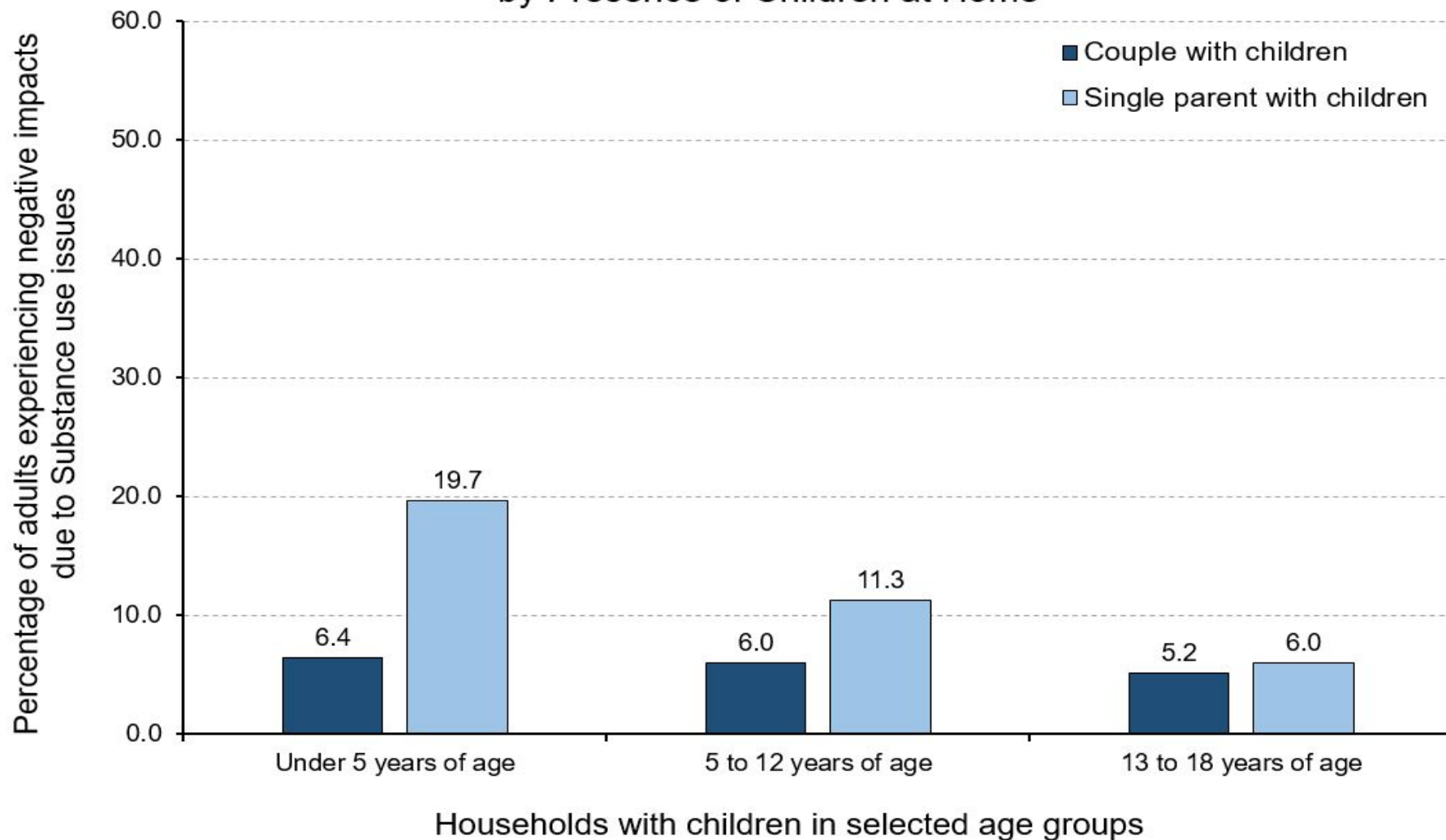
Children at home and mental health issues

Experience of Negative Impacts Due to *Mental Health Issues* by Presence of Children at Home



Children at home and substance use

Experience of Negative Impacts Due to *Substance Use Issues* by Presence of Children at Home





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



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Thank you!

For info on the survey visit:

<http://www.wellbeingwaterloo.ca/blog/wellbeing-survey/>

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