



Measuring what matters  
Making measures matter

# How are Residents of Saskatchewan Really Doing?

A Report by the Canadian Index of Wellbeing



October 2019



[www.saskwellbeing.ca](http://www.saskwellbeing.ca)

**When referring to this document, please use the following citation:**

Smale, B. (2019). *How are residents of Saskatchewan really doing?* A Report by the Canadian Index of Wellbeing prepared for Heritage Saskatchewan and the Community Initiatives Fund. Waterloo, ON: Canadian Index of Wellbeing and the University of Waterloo.

Prepared for:

Heritage Saskatchewan Alliance Inc.  
and Community Initiatives Fund



Community  
Initiatives Fund

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# FOREWORD

Governments at all levels, organizations and industry have a common desire to improve quality of life for its residents. In the past, quality of life has most often been measured solely through Gross Domestic Product (GDP) indicators. In recent years, there is growing recognition across the public, private and nonprofit sectors that we must look beyond purely economic indicators to measure what really matters, and Saskatchewan is no exception. While a focus upon economic growth is important and necessary, it must be considered within the context of our social, cultural and environmental values, in order to determine whether our quality of life is in fact, improving. We cannot begin to improve quality of life in one area without recognizing that issues are inter-related and have cross-sectoral implications.

As two organizations with mandates committed to improving wellbeing for Saskatchewan residents, the Community Initiatives Fund and Heritage Saskatchewan have partnered to release this Canadian Index of Wellbeing – Saskatchewan Report.

We encourage communities, organizations, businesses, governments and others to use this as a resource and a starting point for conversation, serving as a catalyst for further analysis and action. The information provided here tells us a story, one that is in progress. There is opportunity to build upon what is being presented and to think about how we collectively might positively influence the next chapter. The way forward, we believe, will require collective approaches and partnerships that are multi-sectoral, inclusive and holistic to address complex community issues right here in Saskatchewan.



## Saskatchewan's definition of wellbeing:

"Wellbeing is achieved when people are physically, emotionally and spiritually healthy; economically secure; have a strong sense of identity, belonging and place; and have the confidence and capacity to engage as citizens."

**Heritage Saskatchewan** and the **Community Initiatives Fund** have partnered to develop the SIW based on a shared vision that all Saskatchewan citizens enjoy a high quality of life and wellbeing.



The production of this first Saskatchewan Report, would not have been possible without the committed research team at the Canadian Index of Wellbeing, University of Waterloo. Their work has provided us with evidence-based information that complement economic indicators, in telling a more complete story of our province.

Our sincere thanks to a number of people who provided helpful advice relating to specific areas of the Report, and in particular our heartfelt gratitude to statistician Doug Elliott (1951 – 2018). Doug worked tirelessly with governments, organizations, businesses and individuals in providing relevant data and interpretation specific to Saskatchewan. His willingness to work with us demonstrated his passion, commitment and genuine support of others who took an interest in measuring what matters. His untimely death has left a gap in this province and we hope that others will continue to build upon the work he started.

This Saskatchewan Report is intended to be shared with others, including those involved in programming, policy and decision making at all levels. Our organizations remain committed to communicating the results of this Saskatchewan Index and provide relevant supplementary data in the future whenever possible. This is a starting point for conversations and action, as we collectively work towards improving the quality of life for all Saskatchewan residents.



## EXECUTIVE SUMMARY

Over the two decades from 1994 to 2014, Saskatchewan has seen tremendous growth and economic prosperity, a trend that has diminished very little despite more recent economic challenges. Indeed, Gross Domestic Product (GDP) per capita has steadily increased over the entire period. However, everyone has not necessarily shared in this prosperity, and increases in GDP, employment rates, and income do not tell the entire story. People's quality of life, their overall wellbeing, is based on much more than economic productivity. Wellbeing is also determined by the quality of our communities and the relationships we have there; by the opportunities for being with friends and families; by the availability of quality natural environments and opportunities for engaging in all types of leisure activities; by maintaining good physical and mental health; and by the degree to which we can balance our work, family, and community lives.

In addition, recent changes across Canada, and in Saskatchewan in particular, have introduced a number of new challenges. Some of the more prevalent challenges include increased incidence of drug use, especially opioids such as fentanyl; the still to be understood implications of the legalization of cannabis; more reports of suicide among young people; overt incidents of racism; and the rising impact of social media on populism and our democratic systems. These have all affected the way we see our lives and communities, and may have implications for our wellbeing.



Overall, wellbeing in Saskatchewan has risen by 13.2% since 1994, far exceeding the 9.5% progress experienced across Canada as a whole. However, progress in wellbeing in both the province and across the country fell well short of the growth in GDP per capita – in Saskatchewan, the economy grew by 44.1% and in Canada, by 38.0%. Within each of the domains, we have seen varying degrees of progress – with only Leisure and Culture failing to exceed 1994 levels. Briefly, here are the major trends:

### **Education (↑38.4%)**

More childcare spaces, but still inadequate; higher public school expenditures per student; higher graduation rates for high school and university, but tuition fees have increased significantly.

### **Living Standards (↑31.7%)**

Median family incomes are higher, fewer people are living in poverty, and food insecurity has decreased, but the income gap is increasing; higher employment and lower unemployment rates; housing affordability is becoming an issue.

### **Healthy Populations (↑14.8%)**

Declining percentages of people reporting better overall and mental health; more people with health or activity-based limitations and living with diabetes; but steep declines in teen smoking and higher rates of influenza immunization.

### **Democratic Engagement (↑14.3%)**

Higher voter turnout, especially among younger and Indigenous voters; more women elected to Parliament; but deteriorating confidence in the federal government and satisfaction with the way democracy is playing out.

### **Time Use (↑7.8%)**

Fewer people working long hours; more people with regular work hours and flexible schedules; longer commutes, less time with friends, and less sleep; but lower levels of time pressure.

### **Community Vitality (↑6.1%)**

Stronger feelings of belonging to the community, but fewer close friends; less volunteering, but more help being provided to those in need; crime severity has declined significantly – but has begun to creep back up in the most recent years – yet fewer people feel safe walking alone after dark.

### **Environment (↑3.1%)**

Soaring energy production and mineral extraction accompanied by higher greenhouse gas emissions and smog; more residents conserving at home, but still below national levels.

### **Leisure and Culture (↓10.7%)**

Less time socializing with others, but higher rates of physical activity; fewer hours committed to volunteering for culture and recreation organizations; shorter vacation trips and reduced spending of household income on culture and recreation opportunities.



Beyond these population-level trends, a consistent pattern emerged across all domains concerning inequity. The Indigenous populations in Saskatchewan are enjoying the benefits of progress in wellbeing to a much lesser degree than the non-Indigenous population, and the impact resulting from the work of the Truth and Reconciliation Commission is still to be assessed for bringing about positive change. People living in more rural and remote regions of the province also are not benefitting to the same degree. In both cases, the major barrier to thriving is the lack of access to the resources and opportunities enjoyed by the non-Indigenous population and those living in the urban centres.

However, there are paths forward as we strive to write a new chapter for the people of Saskatchewan.





## Writing a new chapter ... together

The story in Saskatchewan over the two decades from 1994 to 2014 has been one of growth and economic prosperity for a great many people. Even with the more recent economic challenges, if we relied only on GDP, employment rates, and income – the usual cast of characters – we might believe we had told the entire story. But below the surface, something is troubling people in Saskatchewan. Despite record high GDP, high employment, great employment quality, and lower poverty rates, the people do not necessarily feel better off. Increased wealth has not translated into higher overall wellbeing.

When people go to bed at night, many still worry about being able to afford the cost of food and shelter, or whether they can manage escalating tuition fees for their children. They worry about their health. They wish they were able to spend more time with their kids, to be with their friends, or to volunteer more in the community. They feel less safe even though crime rates have dropped in the province. And they wonder if government will act on their behalf.



To change this narrative and write a new chapter, Saskatchewan needs to put wellbeing – in all its dimensions – at the heart of decision-making and policy development. By adopting the framework and approach of the Canadian Index of Wellbeing (CIW) and creating the Saskatchewan Index of Wellbeing (SIW), the province can now measure what truly matters most to the people. It can consider wellbeing alongside economic growth and monitor if we are making progress towards higher quality of life. It can use a common language and framework to consider how many indicators of wellbeing intersect and influence one another and see how improvements in one area can generate improvements across many domains.

Not only does the Index offer a high-level view of how Saskatchewan is really doing, it explores strengths and challenges within each domain. It invites people to understand trends, to take stock of where they are now and to imagine where they want to be in the future. Perhaps even more importantly, it sparks new questions, fosters serious conversations, and prompts new collaborations. Evidence of this process was demonstrated when several individuals from across Saskatchewan with expertise in one or more of the eight domains were invited to a workshop in April 2018. They were asked to reflect on trends for all indicators comprising the domains of wellbeing – not only in their own area of expertise, but in all domains — to identify where gaps existed in the data that were relevant to the Saskatchewan experience and make connections among domains to better understand wellbeing within the province.

A central theme that emerged from the discussions was inequity, especially for specific groups within the province – for Indigenous peoples both on and off reserve, for people living in more rural areas of the province or simply outside the major urban centres, and for new Canadians. Inequity was considered not only as an issue concerning income, but also in terms of access to health services, access to community resources and opportunities for leisure and culture, and for education. Many of their reflections and suggestions have been woven into this next chapter.

# Building on strengths

As the results in this report show, Saskatchewan can point to strengths in each domain. Education and Living Standards are particularly strong and position the province well for the future. A resurgence in the Democratic Engagement, Healthy Populations, and Time Use domains is also encouraging and show that people in Saskatchewan are reclaiming the time, activities, and relationships that matter most to them. Further, the province has a long tradition of people helping one another and of tight knit communities, characteristics which are reflected in Community Vitality.

## Strength in Education positions Saskatchewan well for an uncertain future

Across Saskatchewan, lifelong educational opportunities are seen as vital not only for individual wellbeing, but as a driver for healthy living; engagement in democracy; participation in leisure, culture, and community; care for the environment; and ultimately, higher living standards. Educational achievement of parents often translates into higher educational attainment for their children and can boost wellbeing for generations. For a province with a higher proportion of young people, sustaining progress in education for the entire family will create greater access to opportunity in all aspects of community life.

Similarly, the foundation for educational attainment, better health, physical, social, and emotional competencies, and future participation in the labour force is laid at an early age. To that end, in 2014, the province boosted spending for early childhood education by \$44.6 million, and in 2016, released its *Early Years Plan 2016 to 2020*, which outlines goals to improve prenatal and early childhood support for mothers and children; to provide better access to high quality early learning and childcare options; to support families in their role as parents and caregivers; and to align programs and services at provincial and community levels.<sup>1</sup> Along with the tripling of the percentage of kids with access to registered centre-based childcare from 1994 to 2014, the province has made an excellent start. Despite the progress; however, only 1 child in 8 had access to regulated childcare in 2014, which is about half the national average.

Nevertheless, through strategic initiatives and increased spending, the province clearly is focused on improving access to regulated childcare spaces, and should maintain this focus. According to the World Health Organization:

Economists now argue on the basis of the available evidence that investment in early childhood is the most powerful investment a country can make, with returns over the life course many times the amount of the original investment. (p. 5)<sup>2</sup>

With 9 in 10 young adults completing high school (90.4%) and university graduation rates doubling over 20 years (up to 24.4% in 2014), there is cause for celebration. The next step is to close the gap between graduation rates of Indigenous and non-Indigenous students and to ensure these rates are achieved uniformly across the province. More Indigenous students than ever are completing high school and obtaining university degrees, but they still trail non-Indigenous students. In 2011, 13.0% of off-reserve First Nations people and 10.7% Métis people held a university certificate, diploma, or degree at a bachelor level or more – less than half the rate for the non-Indigenous population – and the number dropped to 4.5% for on-reserve First Nations people.<sup>a</sup> Overall, 9.5% of the Aboriginal identity population had a university degree, compared to 21.1% for non-Indigenous respondents that year.<sup>3</sup> Regionally, in half of the census subdivisions across Saskatchewan, the number of people 20 to 24 years of age that do not have high school or any other certification or diploma is over 20% – well above the provincial average. In Northern Saskatchewan, that rate is 57%.<sup>4</sup>

However, an important opportunity exists in Saskatchewan for apprenticeships and trade certificates where attainment is more equal between Indigenous and non-Indigenous youth. Resource-rich provinces like Alberta and Saskatchewan have the highest proportions of men aged 25 to 64 years with an apprenticeship certificate in the skilled trades, and because they are in demand, they often earn more than men with a bachelor's degree.<sup>5</sup>

## Leveraging remarkable growth in Living Standards

Undisputedly, the Living Standards domain soared in the province between 1994 and 2014. While the rest of Canada struggled to regain its footing after the 2008 recession, Saskatchewan seemed relatively unscathed. During this period, average after-tax median family incomes rose by \$28,000; the percentage of people living in poverty dropped by more than half; employment rates and employment quality rose well above the national average; and long-term unemployment rates fell by half. By 2014, progress in the Living Standards domain was three times the national level, despite increasing inequality and serious issues of food and shelter affordability.

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<sup>a</sup> Note: in every instance throughout the report where reference is made to “Aboriginal peoples”, “First Nations”, Métis”, and “Inuit”, we have used wording drawn directly from a national report, usually produced by Statistics Canada, which is cited in the Endnotes.



Progress can be, and has been, made in alleviating poverty in Saskatchewan. With the release of Saskatchewan's Poverty Reduction Strategy in 2016, which set a target of reducing the number of people in Saskatchewan experiencing poverty for two or more years by 50% by the end of 2025, efforts are in place to ensure the poverty rate continues to fall. Like the CIW, the Strategy recognizes how the domains of wellbeing are interconnected and that reducing poverty helps not only the Living Standards of people, but will improve aspects across several domains. For example, reducing poverty helps create better access to childcare and life-long education; to better employment; to health services and more nutritious foods; and to many different opportunities and people within their communities.<sup>6</sup> The Saskatchewan Strategy is now complemented by *Canada's First National Poverty Reduction Strategy*,<sup>7</sup> which shares a similar perspective that poverty is not simply a function of low income, but is the outcome of the contribution of many different aspects of life. The National Strategy has set targets to reduce poverty by 20% by 2020 and by 50% by 2030 using the Market Basket Measure (MBM) as its official benchmarking measure, and includes a broad array of indicators to monitor meaningful dimensions of life that are related to poverty and inclusion. Both the provincial and national Strategies emphasize the importance of addressing poverty for Indigenous peoples, who experience it at far greater rates than non-Indigenous people.

Finally, Living Standards indicators in Saskatchewan – and in any resource-based economy – are subject to fluctuation as the economy shifts in response to global pressures. In this report, trends are described for the period from 1994 to 2014, and therefore do not include the more recent resource price contraction and its impact. However, vulnerability to market shifts was present throughout the 21-year period under examination and the province consistently emerged from its down years. The final result was spectacular overall progress in Living Standards, especially since 2005, and there is no reason to believe the trend will reverse itself despite recent challenges.



## Re-engaging with democracy

Indications are that people in Saskatchewan – especially the young and Indigenous peoples – are re-engaging with democracy. Voter turnout for federal elections is up, the gap between the percentage of younger and older voters is down, and they have elected more women to Parliament. This re-engagement might have been in part stimulated by fewer people being satisfied with the way in which democracy was working and lower levels of confidence in the federal government – two downward trends that preceded people’s greater involvement. Hopefully, these trends will translate into more civic engagement as participation in political and advocacy groups remains very low with only about 2% of the population being involved. Should increased participation in democratic activities result, it would be not just at the federal level, but play out more locally as well.<sup>8</sup>

Sending more women to Parliament is one way in which people can see themselves better represented in government. Ensuring greater representation also means increasing the diversity of that representation. Along with monitoring the number of women serving in Parliament – as well as in the provincial legislature and local councils – people in Saskatchewan would benefit from seeing the number of elected individuals that are Indigenous peoples, ethnically diverse, and younger, increase. Seeing governments at all levels that better reflect the profile of the people can increase feelings of being effectively represented and raise levels of confidence in the democratic process.

# Tackling challenges

Along with some of the troubling trends described in this report, the provincial experts who participated in the workshop identified a number of other issues and challenges – as well as some possible paths forward – that Saskatchewan must confront. They recognized that positioning Saskatchewan for a future to which we can aspire requires a clear-eyed look at the challenges the province faces.

As noted earlier, the principal theme emerging from these discussions was **inequity** – inequities faced by Indigenous peoples in particular, by people living in more rural and remote regions of the province, and by new Canadians. And inequities are compounded when people share more than one of these characteristics. While many of the challenges identified *within* the domains are regional disparities and inequalities in access, they are also challenges that cut across all domains. Workshop participants recognized these challenges and provided insights into opportunities for improvement as well as current gaps in knowledge.

What follows is a brief summary of the main points raised by the workshop participants, along with some reflections on how the province might move forward. These suggestions include both strategic directions as well as thoughts on other measures that could serve to gain deeper insights into the challenges and inequities being faced. They also implicitly reveal the important interconnections among the domains of wellbeing.

## Ongoing challenge of accessible and affordable shelter

Food and shelter are our most basic needs. If they are not met, no one can expect to flourish at school, at work, or in the community. While progress has been made on food security in the province, meeting housing needs continues to be a challenge. Paradoxically, when interest rates are low and incomes are higher, access to housing is better, but ongoing fluctuations in the market brings uncertainty.

Even though the Government of Saskatchewan put forth its vision on housing in 2011, workshop participants felt there is still a need to move forward on the five strategic directions outlined in its Housing Strategy:<sup>9</sup>

- increase the housing supply;
- improve housing affordability;
- support individuals and families in greatest housing need;
- enhance strategic planning for housing; and
- collaborate, communicate, and educate.

By making progress on these directions, families in Saskatchewan needing housing would be less subject to the impact of rising interest rates, rising unemployment, and higher debt load.

## How might personal debt be impeding progress in wellbeing?

An area of concern for many of the workshop participants was the amount of debt being carried by people. Certainly, the amount of debt has increased for Canadian families over the years, and those who saw their debt increase the fastest were people between the ages of 35 and 44 years, couples with children under 18 years of age, and families carrying mortgages. By 2012 in fact, over a third of Canadian families (35%) had a debt-to-income ratio of 2.0, which means that their debt was at twice the amount of their after-tax incomes.<sup>10</sup> The percentage of families with this amount of debt increased from 23% in 1999, and recent evidence suggests that the percentage is closing in on 50% of families.

Personal debt is an indicator that could be added for regular monitoring within the Living Standards domain. Including it would shed light not only on how much debt families in Saskatchewan have, but how the debt is incurred (i.e., whether from assets or liabilities such as loans for education or credit card debt), which would assist in identifying solutions to help alleviate the stresses associated with carrying large debt. Alleviating that stress is seen as a key strategy that would also contribute to improved overall and mental health, reduced incidence of poverty, and a narrowed gap in social status, especially among Indigenous peoples.

## Troubling signs for physical and mental health

A higher percentage of people in Saskatchewan than in Canada overall have lower ratings of mental health and of overall health, although there has been an upswing in recent years. While life expectancy is increasing, it is doing so at a slower rate than the rest of the country. They are experiencing higher rates of the incidence of diabetes, more people are living with health or activity-based limitations, and fewer people have access to a regular family physician. In virtually every instance, these trends are much more severe for Indigenous peoples and for those living in more rural and remote areas of the province. Equity of access to adequate health care represents the greatest challenge.

The consensus held widely by the workshop participants was that reducing health inequities was the key to improving the overall health of Saskatchewan residents and to enhance their wellbeing. The means to do so was for the development of public policy and programs that are tailored to those groups most often excluded by virtue of limited access. The World Health Organization similarly concluded that the most effective actions are through social justice initiatives and equity-oriented measures, such as rectifying the social and situational circumstances in which people are living.<sup>11</sup>



The population-level data presented in this report provide a valid, high-level picture of health challenges and areas of progress in Saskatchewan, but we need to remember that First Nations, Métis, and Inuit people in the province are either absent or under-represented in most of the data sources. Indigenous peoples across Canada, and especially in Saskatchewan, have lower life-expectancies and often experience much worse health outcomes than the non-Indigenous population. Quite often, the situation is much worse on-reserve. According to the National Collaborating Centre on Aboriginal Health:

These health issues include high infant and young child mortality; high maternal morbidity and mortality; heavy infectious disease burdens; malnutrition and stunted growth; shortened life expectancy; diseases and death associated with cigarette smoking; social problems, illnesses and deaths linked to misuse of alcohol and other drugs; accidents, poisonings, interpersonal violence, homicide and suicide; obesity, diabetes, hypertension, cardiovascular, and chronic renal disease (lifestyle diseases); and diseases caused by environmental contamination ... (p. 4)<sup>12</sup>

### Shifting the gaze towards children and youth

Many of the trends across domains have implications for the wellbeing of the province's children and youth. The circumstances within which they live and the characteristic beliefs and behaviours of their parents are extremely influential on the wellbeing outcomes and experiences of the youngest people in Saskatchewan. Consequently, the workshop participants advocated for greater reflection and subsequent action that would raise the wellbeing of children and youth, both in terms of what families are facing, but importantly, what our youngest people are facing.

In responding to some of the trends in the province, creating greater access to affordable childcare has implications not only for children's early development and future opportunities, but it also enhances opportunities for parents, especially women. Relatedly, understanding the factors that are preventing parents from spending more quality time interacting with their children would help to identify what changes could be introduced so families have more opportunity to spend time together. Also, not only do people report spending less time socializing with friends, they also are spending less time with family.

Another area that the workshop participants felt could have greater attention was crime and safety among youth. The Crime Severity Index reports rates of serious crime among the adult population, but Statistics Canada also produces a youth-focused crime severity index, which allows for the monitoring of trends specific to Saskatchewan's youth. Other federal agencies report on these trends for Canada and its provinces and territories, and a stark characteristic of their findings is the higher rates of youth crime in Saskatchewan, especially among Indigenous youth.<sup>13</sup> An unanswered question concerns the degree to which these rates are related to emerging concerns about gang activity across the province. Meeting the challenges associated with youth crime head-on would enhance wellbeing for everyone and their communities because the issue is less about the crimes themselves and more about the typically marginalized youth who are implicated.

### Losing our leisure and the role of technology

Leisure and Culture was the only domain that failed to make progress over the 21-year period, yet it is the domain that arguably makes the most significant contribution to people's health and wellbeing. It enriches our lives and provides us with opportunities to flourish. People in Saskatchewan are spending less time socializing with friends, committing fewer hours to volunteering for recreation and culture organizations, spending fewer days away on vacation, and protecting less of their household income for culture and recreation opportunities. These losses masked the increases in physical activity and modest returns to the performing arts, and contributed to downturns in overall volunteering activity, participation in civic engagement, and the number of close friends on whom people could rely.

Several questions arose at the workshop concerning the role that technology might be playing during our leisure time. For example, to what extent does increased screen-time – on social media, streaming movies, and online gaming – interfere with our ability or even desire to connect directly with others? Has cultural and leisure-related consumption shifted to online experiences as opposed to “real-life” experiences, especially with others? More positively, how has or could technology create greater access to needed resources in support of mental health, participating in democratic practices, or broadening our communities of interest? Ultimately, the questions still remain unanswered, but represent an intriguing area of exploration for the ways in which technology affects our wellbeing.

# Charting a course for a prosperous future

Regardless of what government plans and policies are developed, what community initiatives and strategies are implemented, or what people choose to do, the best decisions arise from the availability and accessibility of valid and reliable data. Having evidence that speaks directly to those things that most affect our wellbeing places us in a far better position to think and respond innovatively.

## Collecting more and better data

In order to identify trends over time and to compare results, indicators of wellbeing have to be available consistently, nationally, provincially, and ideally, at lower levels of geography to capture local contexts. Further, data sources such as Statistics Canada need to more fully include First Nations, Métis and Inuit people – on and off-reserve – to ensure the unique challenges faced by these groups are understood and integrated into innovative solutions.

There are, however, several challenges to collecting and accessing the needed data. Among the most critical challenges to acquiring high quality data are the following:

### Validity of the data

Does the indicator taken from the data source measure what we need to know? Many data sources are not sufficiently specific to the issue or challenge that we wish to address.

### Reliability of the data

Are the data gathered consistently over time? In order to monitor progress over time and make valid comparisons, the indicators we select must be measured in the same way at every time period. Understandably, as priorities change, so too do the data sources, but this compromises the ability to track progress.

### Scalability of the data

Do the data provide valid and reliable indicators at different levels of geography to allow comparison over time among different jurisdictions, from the national down to the local? While some data sources, such as economic and Census data, do meet this challenge, we are sorely lacking in social, health, and environmental data sources at different levels of geography.

### Specificity of the data

Do the data include information on different sub-populations of interest and provide the ability to describe these groups by key indicators of wellbeing? For example, does the data source include information on Indigenous peoples, rural versus urban residents, or new Canadians, and allow for distinguishing between them and other groups on selected indicators?



Specifically in the context of Saskatchewan, not only must these challenges be overcome, but as noted, the data need to reflect the realities of the people of the province, and in particular, Indigenous peoples, people living in rural and remote regions, and new Canadians. Further, some national-level data sources might not provide the best and most relevant indicators for the priorities of the Saskatchewan experience. For example, while some indicators might be available that suit other provinces – fish stocks in the Atlantic Provinces – they might not be the most revealing indicators for Saskatchewan. So, the closer we are to acquiring the necessary data, the closer we are to making significant changes to the wellbeing of the province’s residents.

### Aligning the wellbeing agenda with reconciliation

Given the many references to the importance of considering the circumstances and experiences of Indigenous peoples in Saskatchewan as we strive to enhance wellbeing for all, it is encouraging to see such great alignment between the conceptual framework of the CIW, its adoption in the SIW, and the calls to action made by the Truth and Reconciliation Commission of Canada.<sup>14</sup> Importantly, the intent is not to consider how Indigenous peoples fit into the CIW framework; rather, the intent is to consider how the framework adopted by the SIW can serve the Reconciliation process.

If we regard the wellbeing framework as a parallel process, we can consider it as complementary to Reconciliation and hopefully help serve its vision. In particular, there are shared concerns in similar domains of life, such as education, health, living standards, and leisure and culture. Indeed, the calls to action put forth by the Commission provide tremendous guidance to both the CIW and the SIW in understanding what and how wellbeing would look like for both the Indigenous and non-Indigenous people of Saskatchewan and Canada. To that end, workshop participants emphasized the need for a more collaborative and consultative process in meeting the challenges of achieving wellbeing for all.



## Some final reflections from the workshop of provincial experts

The expert participants in the workshop made a number of other observations concerning how the SIW can shift conversations and lead to better outcomes.

- There was broad consensus that both the wellbeing framework and the data are valuable for informing our understanding of wellbeing in the province. There was also an appetite for even more data in strategic areas, as noted above.
- The process has highlighted the interconnections among domains. Greater recognition emerged about how changes in people's circumstances do not occur in a vacuum; rather they play out in a myriad of ways across different domains of wellbeing.
- As noted earlier, there is a desire to dig deeper – to look at geographic differences within the province, to examine differences among groups of interest.
- The results reinforced the view that collaborative approaches to finding solutions, looking across domains and sectors, would be more successful. The process encourages many different stakeholders – academics, community leaders, businesses, and governments – to get on board and collectively work towards positive change.
- Need to emphasize that this is a starting point. The report organizes data in a model of wellbeing in such a way that has not been done before. It begins the shift from one's own frame of reference towards a more holistic frame, and explores the big stories behind the results.



# What is Wellbeing

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

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



# Why Canada Needs the Canadian Index of Wellbeing

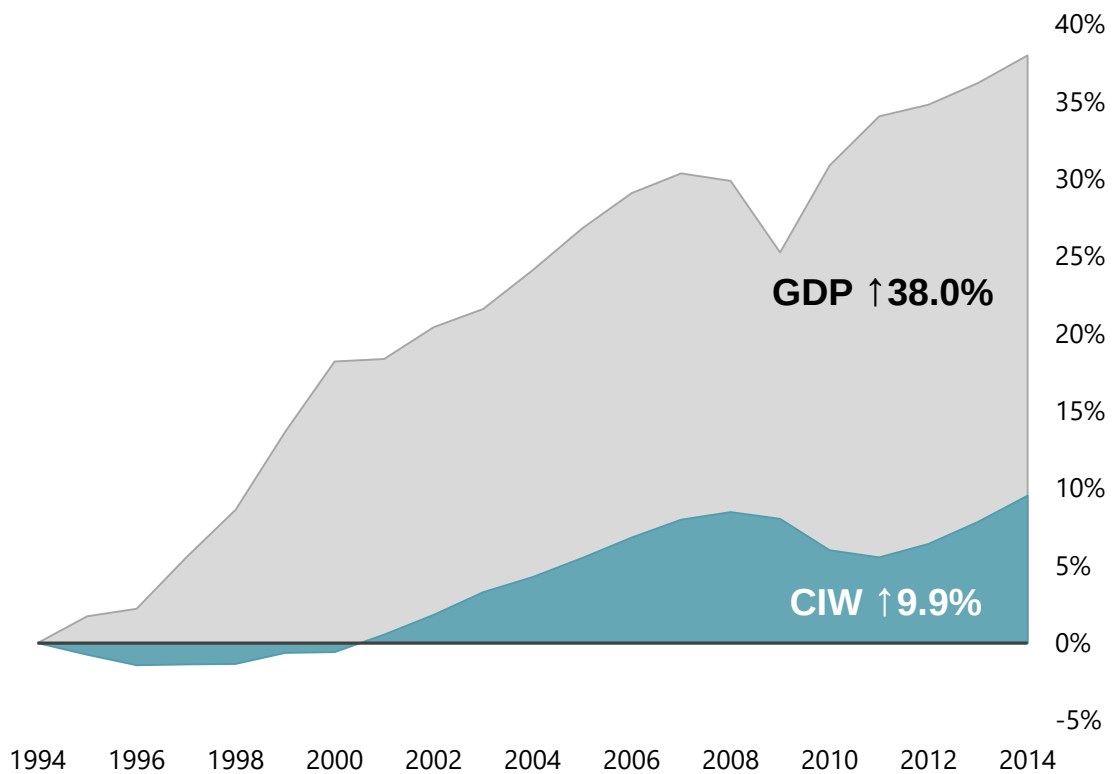
The United Nations and the OECD agree – the true measure of a country’s progress must include the wellbeing of its citizens. The Canadian Index of Wellbeing (CIW) shifts the focus from solely on the economy to include other critical domains of people’s lives.

Increasingly, citizens and their governments are thinking “beyond GDP” as a measure of our progress and quality of life. Even though Gross Domestic Product (GDP) is an important measure of our economic performance, it does not capture those areas of our lives that we care about most like education, health, the environment, and the relationships we have with others. GDP also is not sensitive to the costs of economic growth such as environmental degradation, loss of farmland, or growing income inequality.

In 1930, in an essay entitled “*Economic possibilities for our grandchildren*”, economist John Maynard Keynes predicted that in a century’s time, Gross Domestic Product (GDP) would be four to eight times greater and by 2010 the average workweek would be 15 hours.<sup>15</sup> The great challenge would be to fill up people’s leisure time with meaningful activities.

While the first half of Keynes's prediction has come true, the corresponding quality of life improvement has never come close. As Figure 1 clearly indicates, GDP per capita in Canada has been rising much faster than wellbeing as measured by the CIW. In the 21-year period from 1994 to 2014, GDP grew by 38.0% while the Canadian Index of Wellbeing (CIW) rose by only 9.9% (see Figure 1).<sup>16</sup> Up to the recession of 2008, GDP grew by 29.9% and the CIW by 8.8%. Since the recession, GDP, after faltering, has grown by another 8.1% whereas our wellbeing has grown by barely 1.1%. The gap between these measures reveals a deeper issue: GDP alone cannot measure how well our population is faring as a whole.

**Figure 1.** Trends in the Canadian Index of Wellbeing and GDP (per capita) from 1994 to 2014.





# Core Values and Domains Identified by Canadians

Since its inception and throughout the development of the CIW, the process has been designed to ensure everyday Canadians hear their own voices and see themselves reflected in the measure.

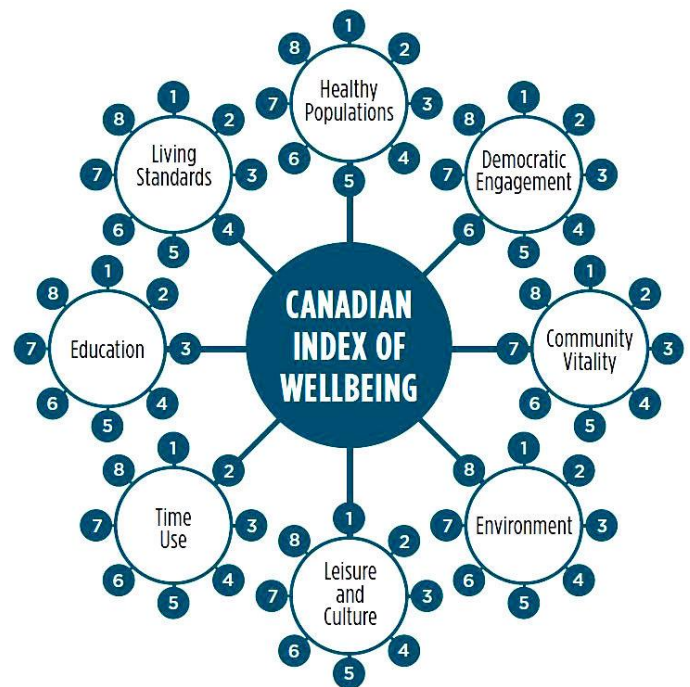
The CIW came about through the combined efforts of national leaders and organizations, community groups, research experts, indicator users, and importantly, the Canadian public. Through three rounds of public consultations, everyday Canadians across the country candidly expressed what really matters to their wellbeing. The process culminated in the identification of core Canadian values – including equity, diversity, sustainability, economic security – and eight domains of life that contribute to and affect the wellbeing of Canadians: *Community Vitality, Democratic Engagement, Education, Environment, Healthy Populations, Leisure and Culture, Living Standards, and Time Use* (see Figure 2). This framework shifts the focus solely from the economy to other factors that affect quality of life.

**Education** is the systematic instruction, schooling, or training given to the young in preparation for the work of life, and by extension, similar instruction or training obtained in adulthood.

**Living Standards** examines Canadians' average and median income and wealth; distribution of income and wealth including poverty rates, income fluctuations and volatility; and economic security, including the labour market, and housing and food security.

**Healthy Populations** considers the physical, mental, and social wellbeing of the population. It examines life expectancy, lifestyle and behaviours, and the circumstances that influence health such as access to health care.

**Figure 2.** The Canadian Index of Wellbeing Framework



**CIW Composite Index**

64 Indicators consolidated into a single CIW average

**8 Domains**

**8 Indicators**

in each domain

**Democratic Engagement** means being involved in advancing democracy through political institutions, organizations, and activities.

**Time Use** considers how people experience and spend their time. It examines how the use of our time affects physical and mental wellbeing, individual and family wellbeing, and present and future wellbeing.

**Community Vitality** means vital communities that have strong, active, and inclusive relationships among people, private, public, and non-governmental organizations that foster individual and collective wellbeing.

**Environment** is the foundation upon which human societies are built and the source of our sustained wellbeing. On a broader level, environmental protection involves the prevention of waste and damage while revitalizing our ecosystems and working towards the sustainability of all our resources.

**Leisure and Culture** considers how participating in leisure and cultural activities, whether arts, culture, or recreation, contributes to our wellbeing as individuals, to our communities, and to society as a whole. The myriad of activities and opportunities we pursue and enjoy benefit our overall life satisfaction and quality of life.

Together, these eight domains provide a more complete picture of wellbeing, incorporating a comprehensive set of the key social, health, economic, and environmental factors contributing to overall quality of life. Teams of nationally and internationally renowned experts then identified eight valid, reliable, and relevant indicators within each domain that are directly related to wellbeing. By integrating the 64 indicators and eight domains and revealing their complex interconnections, the CIW composite index provides a comprehensive portrait of quality of life in Canada.

The CIW composite index tracks all indicators and domains of wellbeing to measure our progress over time, highlighting how we are doing – where we are doing well and where we could be doing better.

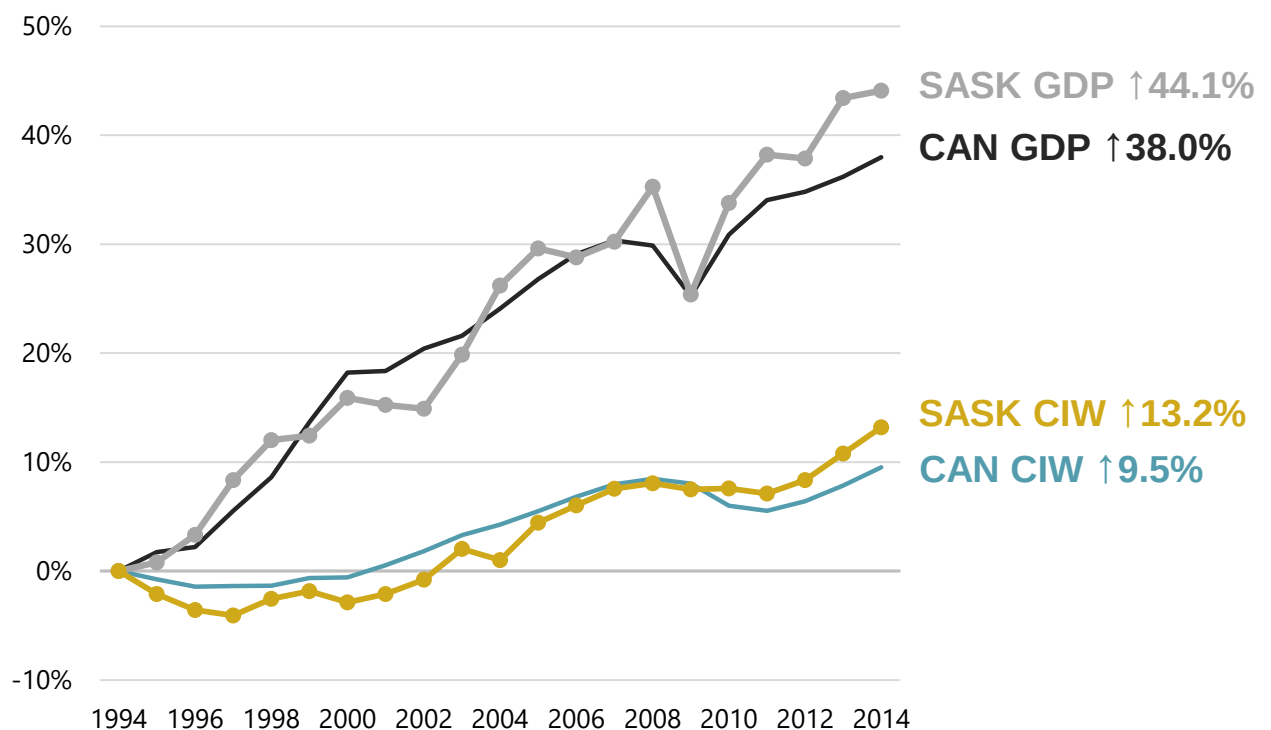
An ongoing cycle of public engagement, consultation, and refinement is one of the defining characteristics of the CIW. It ensures that the Index is rooted in Canadian values, grounded in community experience, shaped by technical expertise, and responsive to emerging knowledge. The CIW is not a static measure. As new issues emerge and new knowledge, understandings, and data become available, the CIW adapts to strengthen its measure of wellbeing without veering from the values on which it is grounded. Hence, validating and continually improving the CIW is an ongoing process.

# Wellbeing in Saskatchewan

Consistent with trends in Canada overall, wellbeing in Saskatchewan has lagged far behind growth in its GDP. Since 1994, wellbeing in Saskatchewan has increased by 13.2% – significantly better than the progress made for Canada overall (9.5%)<sup>b</sup> – but compared to 44.1% growth in provincial GDP (per capita), the increase in wellbeing pales by comparison. And the gap continues to grow.

Economic productivity in Saskatchewan continued to grow from 1994 to 2014 in spite of a temporary set-back due to the recession of 2008. In contrast, wellbeing in Saskatchewan, as measured by the CIW, has never progressed to the same extent. Even though wellbeing in the province has been recovering since the recession, the gap between it and GDP in 2014 is greater than at any other point in the 21-year period examined here. Indeed, the gap has risen to 30.9%, which is even greater than the gap in Canada overall that rose to 28.5% in the same period.

**Figure 3.** Trends in the Canadian Index of Wellbeing and GDP (per capita) from 1994 to 2014.



<sup>b</sup> The CIW for Canada overall has been adjusted by removing the indicator for Ecological Footprint in the Environment domain, which is not available for Saskatchewan. Doing so allows for direct comparison of the Saskatchewan Index of Wellbeing to the Canadian Index of Wellbeing.



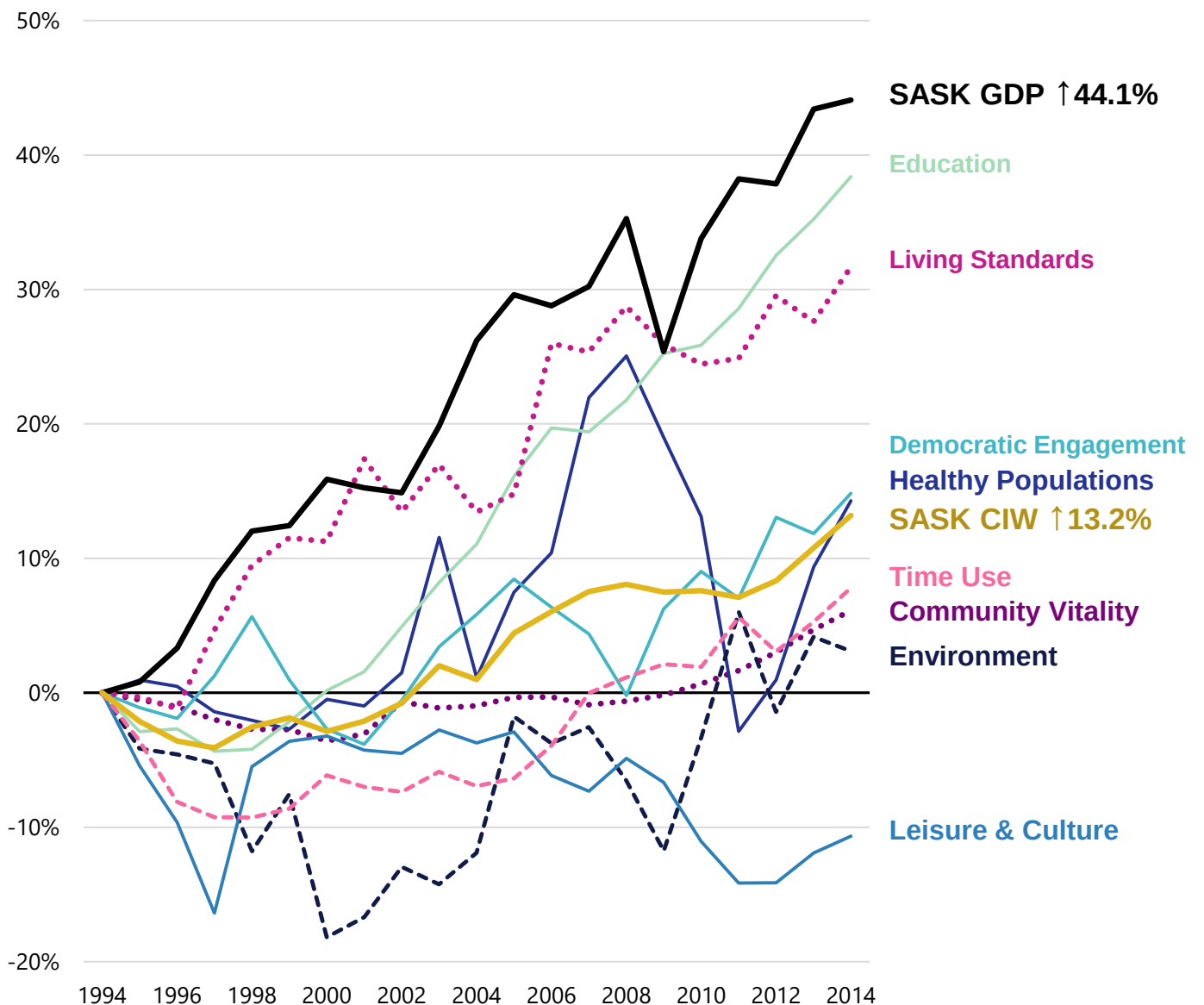
## The Saskatchewan Index of Wellbeing

In keeping with the CIW's mission, the Saskatchewan index report focuses on the question: "how is Saskatchewan doing and how has wellbeing changed over time?" both overall and within each domain of wellbeing. It further draws comparisons to trends in wellbeing for Canada overall. To answer this question, the report draws on data collected from 1994 to 2014 for the CIW's national report of 2016, and describes how the wellbeing for residents of Saskatchewan has shifted over that time.

Saskatchewan and Canada have shown very similar increases in overall wellbeing since 1994, with Saskatchewan making greater progress since 2011. The modest gains in wellbeing over 21 years came about due to changes in quite different domains. For example, Saskatchewan shows very similar trends and progress to Canada overall in Democratic Engagement, Education, and Healthy Populations. The trends are similar for Leisure and Culture, but rather than progress there has been a decline in this domain for both the province and the country. After lagging behind Canada up until 2008, Saskatchewan showed greater progress in Time Use. The only domain in which Saskatchewan lags significantly behind Canada is in Community Vitality.

The recession of 2008 appears to have had an effect on some domains and not others. We see dramatic declines in Democratic Engagement and Leisure and Culture immediately following the recession, with only Democratic Engagement showing signs of recovery to pre-recession levels. The recession appears to have had little effect in Saskatchewan on progress being made in Education, Healthy Populations, Time Use, and especially in Living Standards, which continues to make advances since the economic downturn. Elsewhere in Canada, Living Standards fell dramatically following the recession and had yet to recover by 2014.

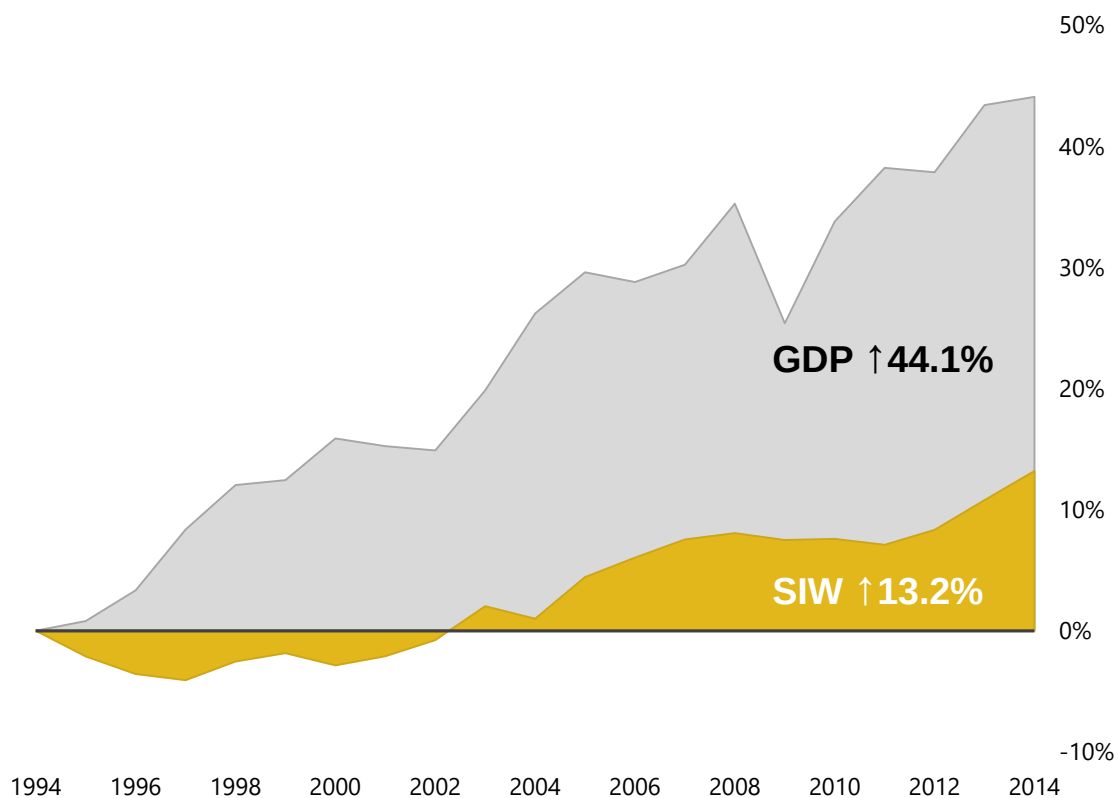
**Figure 4.** Trends in the Canadian Index of Wellbeing for Saskatchewan with eight domains and compared with GDP (per capita) from 1994 to 2014.



While positive changes in the economy, as reflected in GDP per capita, were much more consistent in both Canada and Saskatchewan, the more widely varying trends in the domains of the CIW indicate that wellbeing in Saskatchewan has been subject to other forces. Of course, each of these domains also tells its own complex story. Even modest improvements in overall wellbeing do not necessarily result in positive trends in all domains or their indicators. This is where the story throughout the rest of this report picks up.

On the following pages, we describe the improvements in wellbeing made and the challenges faced in Saskatchewan between 1994 and 2014. The domains are presented in the order reflecting how well we have progressed – from the greatest increase in Education to the steady decreases in Leisure and Culture. We examine how Saskatchewan compared to Canada as a whole and point to the underlying factors that contributed to the changes in wellbeing in the province.

**Figure 5.** Trends in the Saskatchewan Index of Wellbeing and GDP (per capita) from 1994 to 2014.



## A reflection on trends in Saskatchewan

This report looks at trends in wellbeing in Saskatchewan from a population-level perspective. As such, all of the indicators describe province-wide trends for the population as a whole. While this approach accurately reflects the wellbeing of residents of Saskatchewan in broad brushstrokes, it does not reveal whether certain subgroups within the population are doing better or doing worse – especially when specific groups are not well represented in the data sources.

Two areas of particular concern are the lack of data on the Indigenous peoples of Saskatchewan and on indicators specific to the Environment domain. In the first instance, most of the national surveys conducted by Statistics Canada do not include Indigenous communities within their samples unless they are living off-reserve. Consequently, with an Indigenous population representing a percentage of the total population (over 16%<sup>17</sup>) almost two times higher than every other province other than Manitoba, the lack of adequate representation of Indigenous peoples in the data is troubling. Even though the vast majority of Indigenous peoples would have to reflect quite dramatic differences to sway the population-level results, their absence is nevertheless a notable omission from the data.

Consequently, when data are available, Indigenous peoples and other specific groups of interest within the population are highlighted throughout the report to reveal how well they are doing with respect to certain indicators. Doing so draws attention to groups that might be facing particular challenges with respect to domains of life that are denying them the opportunity to thrive.

With respect to the Environment domain, the indicators reported here were selected with a national perspective in mind, thereby allowing for comparisons to the nation as a whole as well as among the provinces. Two challenges emerge when taking this approach. First, environmental indicators at the national level, especially those gathered over an extended period of time, are relatively rare. Second, the indicators selected, while national in scope and relevance, might not be as sensitive to provincial concerns and foci. Consequently, when provincial level reports are available, they are used to provide some context to the indicators for the environment.



# Trends & Statistical Highlights





## EDUCATION

### Indicators tracked 1994 to 2014

Percentage of children aged 0 to 5 years for whom there is a regulated centre-based childcare space

Amount of time spent in talk-based activities with children aged 0 to 14 years

Average expenditure per public school student (2013\$)

Ratio of students to educators in public schools

Average annual Canadian undergraduate tuition fees (2015\$)

Percentage of Canadians 20 to 24 years of age in labour force who have completed high school

Percentage of 25- to 64-year-olds in population with a university degree

Percentage of population aged 25 and older participating in education-related activities

# EDUCATION

Education is the systematic instruction, schooling, or training given to the young in preparation for the work of life, and by extension, similar instruction or training obtained in adulthood.

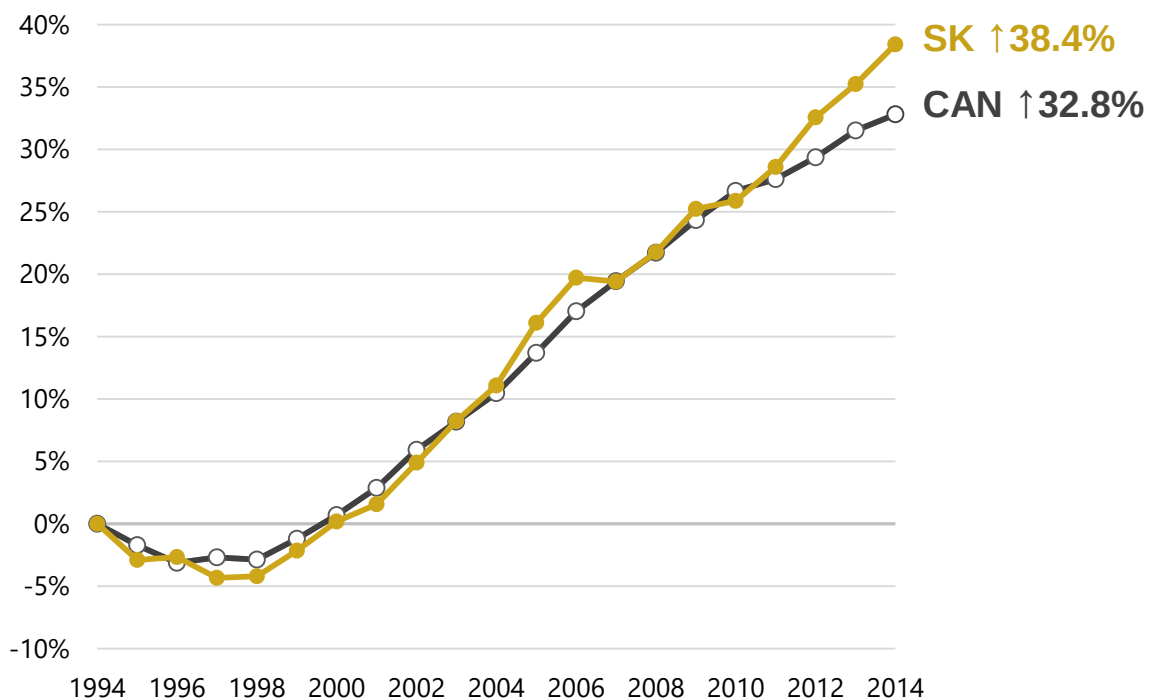
Societies that thrive encourage a thirst for knowledge at every age and stage of life. Education is a process that begins before school age and is reflected in pre-school arrangements such as childcare and early childhood education. It also continues beyond elementary and high school, to college, university, and professional training through apprenticeships. Education continues as lifelong learning. As the world changes, education helps Canadians adapt to new challenges.

# EDUCATION

## EDUCATION – A STRENGTH IN SASKATCHEWAN

The Education domain made the greatest progress overall in Saskatchewan since 1994 and exceeded Canada's overall growth rate for the domain. Until 2010, the province closely mirrored Canada in its progress in Education pulling ahead after 2010. Strengths among the indicators include greater investments in public school students, a consistent ratio of students to educators and a steady improvement in high school completion. Nonetheless, the province faces significant challenges with respect to early-years and post-secondary education.

### Trends in Education has made the greatest progress overall in Saskatchewan from 1994 to 2014



## RESOURCES FOR EDUCATION IMPROVED

**Saskatchewan significantly increased investments in its students.** Between 1997 and 2014, Saskatchewan steadily increased the average expenditure per public school student by 173.5% – from an average of \$9.49 per student in 1997 to \$16.47 per student in 2014. This trend was slightly above the Canadian average until 2010 when it jumped significantly higher while expenditures across Canada levelled off. The increases in expenditures correspond with notable increases in the province's GDP since 2010 and they would have been even higher had the percentage of GDP spent on education remained at previous levels.<sup>18</sup> By 2014, the Saskatchewan average expenditure per public school student was \$2.89 higher than Canada's average.

**Student-educator ratios improved.** The ratio of elementary school students to educators in Saskatchewan improved steadily from 17.0 students per educator in 1997 to 13.6 students per educator in 2014. Even though the ratio was better in 2009 at 12.9, the overall change represents an improvement of 25.2% since 1997. The trend in the number of educators to students compares favourably to Canada overall (11.8 in 2014), but remains slightly higher.

## HIGH SCHOOL AND UNIVERSITY GRADUATIONS ARE UP

**9 in 10 young adults are now completing high school.** Despite fluctuations in the mid-to-late 1990s, the percentage of 20 to 24 year-olds who have completed high school increased from 81.8% in 1994 to 90.4% in 2014. This overall increase of 8.6% is in line with the 8.2% increase seen overall in Canada, where the high school completion rate in this age range was 89.3% in 2014.

**High school graduation rates among Indigenous peoples are up, but still fall short.** According to the Ministry of Education in Saskatchewan, by 2016, approximately 54% to 56% of First Nations and Métis students had completed high school within five to eight years of starting grade 10.<sup>19</sup> Even though the overall trend is improving, this graduation rate continues to be over 30% lower than for non-Indigenous students.

**University graduation rates nearly doubled over 20 years – 1 in 4 adults now has a university degree.** In 1994, 12.4% of 25-to-64-year-olds in Saskatchewan – just over 1 in 10 – held a university degree. By 2014, the percentage had almost doubled to 24.4% – nearly 1 in 4 people. While university graduation rates in Saskatchewan trail the national average of 28.5%, the rate of improvement in the province over time was consistent with Canada overall. Notably, graduate rates among women have remained approximately 5% higher than for men over the past 10 years, a trend that is also quite similar to national rates.

**First Nations, Métis, and Inuit people are much less likely to have a university degree.** By 2016, 9.6% of First Nations people, 13.2% Métis people, and 5.3% of Inuit people held a bachelor's degree or higher. While these rates have steadily increased over the years – especially among Métis – they are considerably lower than the province-wide averages.<sup>20</sup>

## ...BUT UNDERGRADUATE TUITION FEES ARE RISING

**University tuition costs nearly tripled since 1994.** From an average of \$2,544 in 1994 to \$6,693 in 2014, tuition fees in Saskatchewan are 2.6 times higher than they were just a generation ago. They have been consistently second only to Ontario since 2011.<sup>21</sup> Further, and of concern, tuition fees within Saskatchewan not only exceed the national average, but the gap has been growing since 2010.

## ...ADULT EDUCATION HAS STALLED

**Only about 3% of adults are engaged in education-related activities.** Although the percentage of people over 25 who participate in education-related activities in Saskatchewan rose from a low of 1.3% in 1998 to 2.9% by 2005, the percentage stalled at this level for 10 years. The rate of engagement is barely half of the equally low national average of 5.7% in 2014. Learning does not end with the completion of formal education. Ongoing, lifelong participation in educational activities enriches our lives, enhances our understanding and appreciation of the world around us, and makes us more resilient in a rapidly changing world.

## ... AND KIDS NEED MORE CHILDCARE SPACES AND TALK-TIME

**Only 1 child in 8 has access to centre-based childcare.** Between 1994 and 2014, Saskatchewan successfully tripled the percentage of children aged 0 to 5 years who have access to regulated, centre-based childcare from 4.4% to 12.6%. This growth rate was much faster than the national average, which doubled over the same period. However, by 2014, only 1 child in 8 had access to centre-based childcare in Saskatchewan, which was roughly half the national average. Across Canada, access to childcare rose from 11.5% in 1994 to 24.1% in 2014. So while the rate of increase in Saskatchewan was much better, many more spaces need to be created to get closer to the national average.

**... and adults are only spending about 21 minutes a day talking with children under 14.** In 1998, adults in Saskatchewan spent, on average, 29 minutes each day with children under 14 years of age just talking, reading, playing, or helping with homework. Daily time in such activities peaked at 32 minutes in 2005, but has been dropping steadily since. By 2014, adults had lost nearly 10 minutes of daily talk time with their children and were spending only 20.7 minutes in interactive, talk-based activities.

**Decline in talk time with children is significant and a departure from the national trend.** While a few minutes per day may seem trivial, the difference represents over 60 fewer hours each year that Saskatchewan adults are engaging with children. This decline in talk-time stands in stark contrast with the Canadian average, which stayed at between 33 and 36 minutes from 1998 to 2014. Similar to the rest of Canada, women in Saskatchewan are committing more time talking to children than men.

## REFLECTIONS

From early years to adult education, access, affordability and equality of opportunity in education are foundational for healthy, prosperous, and fully participative lives. Saskatchewan has made significant progress in the Education domain and even though it has plans in place to improve access and affordability of childcare and post-secondary education, these remain significant challenges.

While Saskatchewan's progress in creating childcare spaces is commendable, the shortage of spaces remains critical both for children and their parents – especially mothers. For children, early childhood education contributes to later educational achievement, provides a foundation for lifelong learning, and improves overall health. The provision of more resources in support of early childhood development is especially important as parents are less able to find time for more interactions with their children. For women, reliable and affordable childcare is a significant factor in full participation in the workplace, the community, and in life long learning and formal education.

Access to higher education is inextricably linked to affordability, not just of tuition fees, but of the cost of transportation, housing, and meals for students who have to travel to attend school. Even if the initial costs in going to school can be overcome, the resulting debt-load can be a significant burden upon graduation. Students in Saskatchewan completing a Bachelor's degree were still facing an average debt of \$22,800 three years after graduation – \$3,000 higher than graduates elsewhere in Canada. In fact, fully half of graduates in Saskatchewan have debts in excess of \$25,000 compared to 41% nation-wide.<sup>22</sup> As tuition fees in the province continue to rise significantly, student debt will increasingly be a challenge, thereby reducing possibilities for future success.

## REFLECTIONS (CONTINUED)

A number of government and ministerial strategies have been initiated to tackle historic challenges in the province and to align efforts to improve results in a number of aspects of quality of life resulting from lifelong learning. These strategies include improving early childhood development; eliminating wait-lists for adult basic education programs; improving grade levels of reading, writing, and math; leading the country in Grade 12 graduation rates by 2020; and reducing the difference in graduation rates between Aboriginal and non-Aboriginal students by 50% by 2020.<sup>23</sup> According to the province's Auditor's report in 2017, however, Aboriginal students continue to lag behind in graduation rate.<sup>24</sup> In addition, Aboriginal students scored lower on literacy and numeracy than their non-Aboriginal counterparts<sup>25</sup> so the challenges in realizing the ambitions laid out in these strategies remain.

In addition to policy and funding challenges, having access to reliable data – in Saskatchewan and nationally – on education trends is needed to monitor progress and better understand how learning over the entire life course contributes to everyone's quality of life. Most critically, there is a significant gap in the availability of data for First Nations, Métis, and Inuit, especially for Indigenous schools and students. In addition, data on college completion and apprenticeships would point to similarly important post-secondary paths, especially in resource-based economies. Again, however, the measurement of these pathways is not uniform across provinces, thereby making reliable monitoring and comparisons impossible.



## LIVING STANDARDS

### Indicators tracked 1994 to 2014

After-tax median income of economic family (2013\$)

Percentage of persons living in poverty based on low income cut-off (LICO)

Gini coefficient (income gap)

Percentage of households that are moderately or severely food insecure

Housing affordability based on Shelter Consumption Affordability Ratio (SCAR)

Percentage of labour force employed

Percentage of labour force in long-term unemployment

CIBC index of employment quality (1994 QI=100)

# LIVING STANDARDS

Living Standards examines Canadians' average and median income and wealth, distribution of income and wealth including poverty rates, income fluctuations and volatility. It considers economic security, including labour market security, and housing and food security.

Our living standards should reflect our capacity to transform economic growth into stable current and future income streams for everyone. Economic growth does not automatically translate into better living standards. A higher average income, for example, may be achieved at the cost of increased social inequality or greater economic insecurity. In contrast, achieving greater job quality, reducing poverty, and providing basic affordable housing and food security to individuals and families will raise wellbeing for everyone.



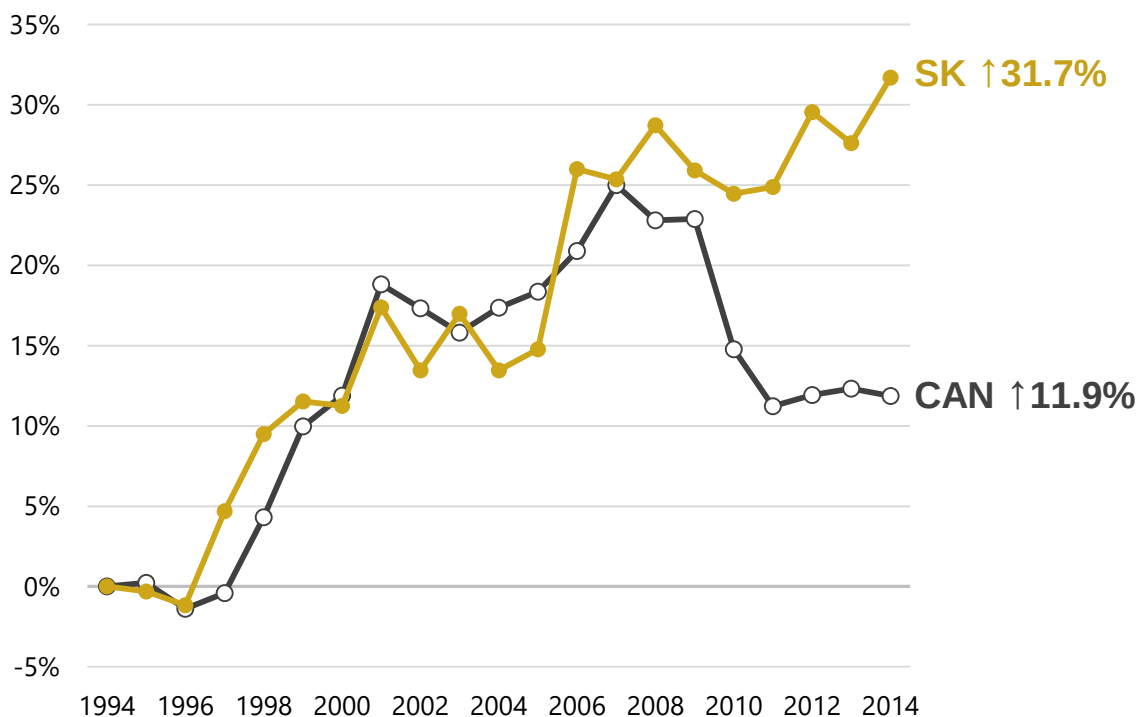
# LIVING STANDARDS

## NOTABLE GROWTH AND STABILITY IN LIVING STANDARDS

Living Standards were the second greatest area of growth in wellbeing in Saskatchewan between 1994 and 2014 with progress almost three times better than Canada overall. Despite fluctuations over the years, Living Standards in Saskatchewan grew by 31.7% overall, far outstripping Canada's growth of 11.9% in the domain. While Canada saw a sharp drop in Living Standards following the 2008 recession, Saskatchewan saw more modest decline. Further, while Living Standards across Canada stagnated after 2010, Saskatchewan rebounded in 2012 to record levels.

The Living Standards story is one of growing prosperity with Saskatchewan consistently amongst the leading provinces in higher median family incomes and employment rates, lower levels of long-term unemployment, and higher employment quality. Nevertheless, the trends also reveal areas of concern, including volatility in selected areas, greater inequality, and many groups of people in the province are still struggling with housing and food insecurity.

**Living Standards were the second greatest area of growth in wellbeing in Saskatchewan between 1994 and 2014 with progress almost three times better than Canada overall.**



## MEDIAN FAMILY INCOME IS \$28,000 HIGHER THAN IN 1994

**After-tax median family incomes grew rapidly...** In 1994, the average family in Saskatchewan had an after-tax median income of \$49,200, trailing the Canadian average by \$6,300. Median family income grew steadily until 2009 when it reached \$75,000, overtaking the Canadian average by \$3,100 annually. Apart from a dip in 2010, median family incomes continued to grow up to 2012 when they levelled off at just under \$78,000, which remained slightly higher than for Canada overall. Overall, median family income in Saskatchewan rose by 36.4% from 1994 to 2014 – compared to 25.2% nationally – and represented the largest increase of any province other than Prince Edward Island.

**... but so has the number of dual earner families with children.** While median family incomes have increased, so too have the number of dual earner families with at least one child under the age of 16 years. The proportion of families with dual-earner couples has increased across the country principally because of more women entering the labour force. In fact, Saskatchewan had the highest proportion of dual-earner couples in 2015 (74%), more than any other province in Canada.<sup>26</sup> This trend has undoubtedly contributed to higher median family incomes, but the implications for childcare needs, work-life balance, and social connections are less clear.

**Increases in median income have not been shared equally.** Absolute increases in median income were enjoyed more so by men in Saskatchewan than by women. Even though women's median income grew by almost 37% from 1994 to 2014 compared to 31% for men, women were still taking home over \$16,000 less per year in 2014.<sup>27</sup>

**Indigenous peoples in Saskatchewan fall further behind.** Even though median family incomes in Saskatchewan rose faster than elsewhere in Canada, the same was not true for individuals who identify as Indigenous. According to the 2016 Census, First Nations peoples reported median incomes (\$18,840) that were less than one-third of those reported by residents of Saskatchewan overall (\$59,700). Inuit peoples reported median incomes approximately 40% as much (\$23,613) and Métis peoples fared marginally better with incomes approximately 52% of what other residents reported. Not only is the income gap alarming, it has been growing wider over the past several years.<sup>28</sup>

## MAKING PROGRESS ON POVERTY – BUT NOT FOR EVERYONE

**The percentage of people living in poverty dropped by more than half.** In 1994, 13.7% of people living in Saskatchewan were living in poverty, based on the low-income cut-off measure (LICO).<sup>c</sup> This was just slightly lower than the Canadian average (14.0%). Saskatchewan's poverty rate declined steadily to 9.8% by 2003, then increased slightly for three years. By 2007, poverty rates were again declining to a low of 5.8% in 2011. Despite an increase of 6.5% by 2014, the percentage of people living in poverty dropped by 7.2% overall during these two decades, much better than a 4.3% overall reduction in Canada. Using the after-tax low income measure (LIM-AT) as the indicator of people living in poverty, the percentages in Saskatchewan – as well as the rest of Canada – are somewhat higher, but the trends are quite similar.

**Increases in income not distributed equally.** While the poorest people in Saskatchewan benefited from the real increases in income during that period, the increases were not equally felt by all or across all regions. As is the case in the rest of Canada, even though poverty rates have been falling, those who are still most at risk from poverty are children (over 6% higher than the national rate), lone-parent families (especially those led by women), older adults, Indigenous peoples (especially children), and people with disabilities.<sup>29</sup> By 2015, Prince Albert and North Battleford had the highest percentage of people living in low income at over 17% (based on LIM-AT). Estevan, by far, had the lowest poverty rate in the province (6.5%).<sup>30</sup>

**Some promise from the First National Poverty Reduction Strategy for Indigenous peoples.** Given the significantly lower median incomes among Indigenous peoples in Saskatchewan, some of the provisions in the First National Poverty Reduction Strategy released by the Government of Canada provide considerable promise that the number of Indigenous peoples living in poverty can be reduced.<sup>31</sup> For example, in the 2018 federal budget, over \$1.5 billion is to be invested in Indigenous housing and over \$1.4 billion to support initiatives addressing various health-related issues linked closely to poverty. Further, the government has committed to work closely with Indigenous leaders to identify and develop together indicators that better align with their concepts of poverty and the challenges it presents.

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<sup>c</sup> Two measures of low income provided by Statistics Canada are reported in this section. The low-income cut-off (LICO) has been used by the CIW in its national and provincial reporting because of its conceptual fit to the Living Standards domain. Increasingly, the after-tax low income measure (LIM-AT) has been used by other agencies, both nationally and internationally, for its comparability across jurisdictions. Consequently, reporting both measures here provides readers with greater context. Looking forward, with the release of *Canada's First National Poverty Reduction Strategy*, which has identified the market basket approach for measuring low income, it will become the federal government's indicator of choice for persons living in poverty and for making comparisons within Canada. The CIW also will adopt it in its future reporting.

## IS EMPLOYMENT IN SASKATCHEWAN “RECESSION-PROOF”?

**For over two decades, employment in Saskatchewan has consistently risen.** The overall percentage of Saskatchewan’s employed labour force increased from 61.5% in 1994 to 67.0% by 2014, marking an overall increase of 5.5% in the province. This increase was almost twice as high as that for the country overall (3.0%). Of particular note, the employment rate in the province fell by barely half a percentage point following the recession compared to an almost 2% decrease nationally. While some other provinces, especially in the Maritimes, could boast slightly higher employment rates over the 21-year period, every other province’s labour force felt the impact of the 2008 recession more so than Saskatchewan.

**In 2014, Saskatchewan’s long-term unemployment rate was half the national average.** From 1994 to 2014, Saskatchewan saw an overall drop of 4.9% in its long-term unemployment rate. However, this decrease masks an even more dramatic decline in unemployment in the decade between 1997, when one in ten people were in long-term unemployment (10.3%), and 2006, when just one in 20 people were (5.0%). Similar to the employment rate’s resistance to the 2008 recession, long-term unemployment saw a much smaller increase by 2010 – from 5.5% to 7.1% – compared to that experienced nationally – 7.1% to 11.6%. By 2014, the unemployment rate in Saskatchewan was declining and heading towards pre-recession levels (below 6%) whereas across Canada, it had remained steady at over 12% since 2011.

**Employment quality in Saskatchewan rose by 8.7% overall, eclipsing the national trend since 2005.** Despite fluctuations from 1994 and 2004, overall employment quality in Saskatchewan was quite similar to the rest of Canada overall during that decade. However, in the four years that followed, employment quality had risen significantly in Saskatchewan, jumping by 16.5% by 2008, while elsewhere in Canada, it had fallen in every province except Alberta. The decline in the rest of Canada has been attributed in large part to the rise in part-time rather than full-time jobs,<sup>32</sup> whereas in Saskatchewan, the increase was fuelled by strong job gains in agriculture, energy extraction, and mining exploration and developments. Although it declined from its 2008 peak over the next three years, job quality in the province remained well above the Canadian average and resumed its positive trend after 2011.

# LIVING STANDARDS

## BUT INEQUALITY INCREASED

**The gap between rich and poor grew by 7.2%.** Despite one of the largest overall increases in median family income in the country, prosperity in Saskatchewan has not benefitted everyone. Income inequality in the province grew by over 7%, primarily from 1997 to 2009. In 2007, income inequality in Saskatchewan had grown by almost 14% when it was greater than any other province. Since 2010, the gap has narrowed, and is now just slightly below the Canadian average.

**Even as incomes rise, the richest Canadians still get the lion's share of the benefits.** According to the Conference Board of Canada, by 2010, the richest 20% of Canadians hold an almost 40% share of the national income – and that share continues to rise.<sup>33</sup> In the same year, almost one-third (32.0%) of the growth in incomes was acquired by the richest 1% in the country.<sup>34</sup> These are troubling trends for all Canadians because as income inequality increases, everyone's wellbeing suffers, not just the poorest.<sup>35</sup>

## FEWER PEOPLE ARE STRUGGLING WITH FOOD INSECURITY...

**Saskatchewan has one of the lowest rates of food insecurity in Canada.** Despite a spike from 2010 to 2013, the rate of food insecurity for residents of Saskatchewan was lower in 2014 (5.9%) than any other province in Canada. While this lower rate is something to celebrate, it masks the higher levels of food insecurity among certain groups within the province. For example, Indigenous peoples – who are under-represented in the national survey from which these figures are taken – have much higher rates of food insecurity.<sup>36</sup>

**Food insecurity is higher for lone-parent households and households relying on government benefits.** By 2014, 5.9% of households in the province reported being moderately or severely food insecure. Households that are most at risk to food insecurity are those led by a lone parent with children under 18 years of age, placing the healthy growth and development of children at even greater risk. Also, food insecurity is over three times higher in households that rely on government benefits as their main source of income than those that rely on other sources such as wages from employment.<sup>37</sup> Even though the rate of food insecurity is comparatively lower, the actual number of people who are food insecure will continue to grow as the population of Saskatchewan increases. Much more should therefore be done to support under-served families in the province to ensure they have access to – and can afford – a sufficient variety and quantity of nutritious foods.

## ... BUT HOUSING AFFORDABILITY CONTINUES TO BE A CHALLENGE

**Continued variability in housing affordability leaves families no better off after 20 years.** For more than a decade – from 1994 to 2002 – households in Saskatchewan devoted between 38.6% and 41.3% of their net income to costs associated with their shelter needs (after covering other necessities such as food, clothing and childcare). This was consistently 3% to 4% higher than the Canadian average during that period. In Saskatchewan, then as now, higher transportation costs are a factor in leaving less net income to devote to housing.<sup>38</sup> Housing affordability improved between 2006 and 2008 when households devoted about 5% less of their net incomes to shelter. Even though affordability continued to worsen up to 2014, returning to 1994 levels, the provincial trends are now more in line with the situation elsewhere in Canada, at 39 to 40%. However, being similar to the rest of Canada still means that housing affordability is a challenging and stressful situation for thousands of families in the province.

## REFLECTIONS

Clearly, Saskatchewan enjoyed a boom in economic prosperity between 1994 and 2014. The booming resource sector drew investment and people to the province, boosted the construction sector, and more generally filtered through the economy. For many people, this boom raised family median incomes,<sup>39</sup> but also increased the demand for (and the cost of) housing.<sup>40</sup> Despite this prosperity, thousands of families continued to struggle with the most basic needs such as food and shelter, and by 2018, the employment rate had dropped to 64.5% – from 67.0% in 2014 – as commodities such as oil, potash and uranium lost value.<sup>41</sup> Even though the employment rate and the quality of jobs remain among the highest in the country, nowhere else had employment declined by this much other than in Alberta. And the effect was felt mostly by men.<sup>42</sup>

The Living Standards domain starkly illustrates that economic prosperity alone cannot create wellbeing, especially in the face of inequality of opportunity and economic status, as well as structural issues like generational poverty and an aging and reduced housing stock in urban centres. Saskatchewan's vulnerability to changing commodity prices, especially in oil and gas, translate into fluctuations in economic and social wellbeing for thousands of people, many of whom may be living paycheque to paycheque or carrying heavy debt loads.

Failing to reduce income inequality means we cannot use the skills and capabilities of citizens to their fullest potential, especially among Saskatchewan's rapidly growing First Nations and Métis populations. Income inequality weakens social cohesion, leading to greater social tensions, especially in times of economic uncertainty<sup>43</sup> which the province has increasingly experienced with the contraction of the energy sector in more recent years.

Food and housing insecurity are closely related to all domains of wellbeing, especially Healthy Populations, Education, and Living Standards. If you are not well-fed, can you really be your best at work, school, or in the community? If your income goes primarily to food and housing, can you participate in a vibrant community or in leisure and culture? The inequality that exists goes beyond growing income inequality – it touches equality of opportunity and access in all aspects of our lives.



## HEALTHY POPULATIONS

### Indicators tracked 1994 to 2014

Life expectancy at birth in years

Percentage of population that rates their overall health as very good or excellent

Percentage of population that rates their mental health as very good or excellent

Percentage of population with an absence of health or activity-based limitations

Percentage of daily or occasional smokers among teens aged 12 to 19 years

Percentage of population with self-reported diabetes

Percentage of population getting influenza immunization in past year

Percentage of Canadians with a regular medical doctor

# HEALTHY POPULATIONS

The Healthy Populations domain considers the physical, mental, and social wellbeing of the population. It examines life expectancy, lifestyle and behaviours, and the circumstances that influence health such as access to health care.

Healthy Populations captures both the overall health of the population (“health status”) as well as factors that influence health (“health determinants”). This broad perspective is used because individuals’ lifestyles and behaviours are constrained and shaped by broader social factors such as how food is distributed and priced, how houses are constructed and located, how urban transportation is designed, how accessible health care and recreational services are, and how we interact with the natural environment.

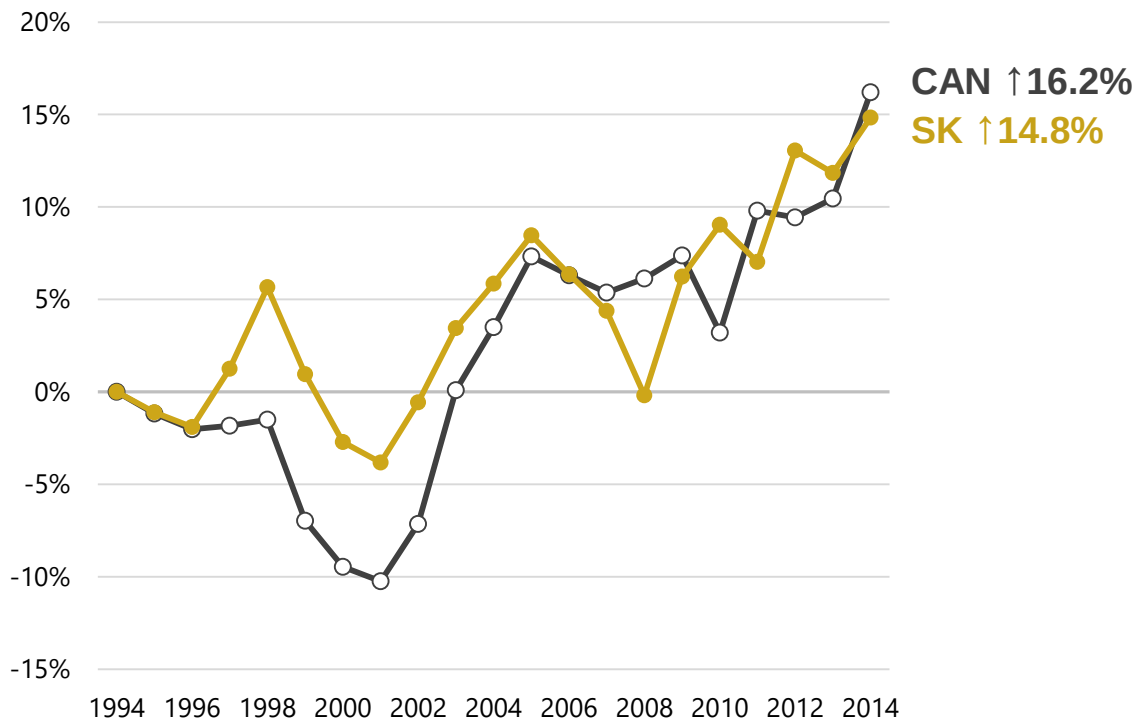


# HEALTHY POPULATIONS

## SERIOUS HEALTH CHALLENGES LIMIT PROGRESS

Despite significant improvement in the Healthy Populations domain since 2001 and a 14.8% overall progress since 1994, serious individual and public health issues threaten the wellbeing of Saskatchewan residents. Specifically, increasing mental health issues, teen smoking, and diabetes place future health at serious risk. At the same time, the province has been proactive in recruiting family doctors and other health specialists, and residents are being more proactive in getting their flu shots.

**Saskatchewan's Healthy Populations domain has seen significant improvement since 2001.**



# HEALTHY POPULATIONS

## LIFE EXPECTANCY LAGS BEHIND THE CANADIAN AVERAGE

**People in Saskatchewan can expect to live two years less on average than other Canadians.** In 1994, life expectancy in Saskatchewan was 78.3 years, almost identical to the Canadian average of 77.9. While national life expectancy grew consistently until 2014, it stalled in Saskatchewan from 2006 to 2009. By 2014, life expectancy in the province was 80.2 years, compared to the national average of 81.8, and was the lowest for any of the provinces other than Newfoundland and Labrador.

**Men are closing the gap on women in life expectancy.** For men, life expectancy rose 2.6 years since 1994 to 77.8 years in 2014 – about the same increase as in the rest of Canada – but for women, the rise in life expectancy was just under one year between 1994 and 2014. So while women in Saskatchewan can expect to live about 4 to 5 years longer than men, the gap between them is narrowing. For both men and women, life expectancy decreases for those living with lower incomes.<sup>44</sup>

**Life expectancy among Indigenous peoples is much lower.** Across Canada, life expectancy for Indigenous peoples is about 5 to 6 years lower than for Canadians overall.<sup>45</sup> In Saskatchewan, life expectancy for Indigenous peoples also has been rising, but overall, remains lower than for non-Indigenous residents of Saskatchewan, although the gap is narrowing. Coupled with the higher percentage of younger people and one of the highest birthrates in Canada, the shorter life expectancies of both Indigenous men and women mean they might be dying younger.

## RECENT SIGNS OF IMPROVEMENT IN RATINGS OF OVERALL HEALTH...

**Overall, 3 in 5 people rate their overall health as very good or excellent.** In 1994, 56.6% of Saskatchewan's residents rated their overall health as very good or excellent. Following a peak of 66.0% of the population in 1998, the percentage remained between 55 and 60% until 2014 when it again surpassed 3 in 5 residents (60.9%). The proportion of the population in Saskatchewan that rates its overall health as very good or excellent has trailed the national average by between 2 and 7% almost every year since 1994. While the percentage of Canadians rating their health as very good or excellent has generally stalled at around 60% since 2004, the percentage in Saskatchewan has risen from its lowest point in 2008 (54.1%) to exceed the Canada average (59.0%) by 2014.

# HEALTHY POPULATIONS

## **Women, older adults, and people with lower incomes rate their overall health**

**lower.** Almost 5% fewer women in Saskatchewan (58.8%) rate their overall health as very good or excellent compared to men (63.1%). About two-thirds of residents under 40 years of age (67.4%) and from 40 to 64 years of age (61.1%) rate their overall health as very good or excellent, but the percentage is over 20% lower among the population 65 years of age and older (43.0%). In Saskatchewan, about 4 in 10 people (42.8%) with household incomes under \$40,000 per year report very good or excellent health compared to almost 7 in 10 people (69.1%) with incomes over \$80,000 per year. So despite improvements in ratings of overall health, women, older adults, and especially people in lower income families still fall well behind others in the province.<sup>46</sup>

## **... BUT OVER 45,000 PEOPLE MIGHT BE STRUGGLING WITH MENTAL HEALTH**

**Just two-thirds of the population rate their mental health highly.** In 2014, 68.8% of people in Saskatchewan rated their mental health as very good or excellent. The over two-thirds of Saskatchewan residents rating their mental health as very good or excellent in 2014 is 4.5% higher than in 2001, but is down over 4% from its highest level of 73% in 2003. Canada experienced a similar trend, peaking at 74.8% in 2007 to land at 71.1% in 2014. While the majority of people experience very good or excellent mental health, 5.1% rate their mental health as poor or fair and this represented over 45,000 people in 2014.

**Living with low incomes is especially hard on mental health.** Similar to ratings of overall health, lower percentages of both women (67.0%) and older adults (63.5%) report very good or excellent mental health than their male (70.7%) and younger (66.1% of those under 65 years of age) counterparts. However, only about half of residents living in low income families in Saskatchewan – 54.0% of those in households with annual incomes of less than \$40,000 – feel their mental health is very good or excellent compared to three-quarters of those with household incomes over \$80,000 per year (75.5%).<sup>47</sup>

# HEALTHY POPULATIONS

## MORE PEOPLE ARE LIVING WITH A HEALTH OR ACTIVITY LIMITATION

**People are increasingly living with conditions that limit their activities.** In 1996, 85.7% of Saskatchewan residents said their physical or mental health did not limit their participation in any activities. That number dropped by almost 8% to 77.8% in 2000 where it has essentially stayed until 2014. The trend in Saskatchewan is very similar to Canada overall, although the decline nationally in the percentage reporting living without limitations has been greater, falling from 84.9% in 1994 to 78.5% in 2014, a 6.4% drop compared to 4.5% in Saskatchewan. Nevertheless, as the population ages, more people are living with some health or activity limitation. The trend is slower in the province where there is a higher percentage of younger people in the population.

**Older adults and people living in low income households are more likely to have health or activity limitations.** Similar to self-reported health, this indicator is important because activity limitation is not only linked to physical fitness and mental health, it can also lead to isolation. And by extension, if a limitation leads to an inability to fully participate in education, work, home, leisure and community life, people have a weaker sense of belonging to their communities.

## DIABETES RATES MORE THAN DOUBLED SINCE 1994

**The incidence of diabetes in Saskatchewan has more than doubled since 1994.** In 1994, 2.7% of people in Saskatchewan reported having diabetes. By 2014, that number had more than doubled to 6.5%, and more recent reports indicate the trend is not slowing with the rate closing in on 8% of the population by 2017. This trend and the annual percentages from 1994 to 2014 mirror that for Canada overall, but the incidence of diabetes appears to be increasing more rapidly in recent years. The recent rise in diabetes is almost entirely being experienced by men in Saskatchewan. Incidence rates among women have remained largely the same since 2007 – around 5.6% to 5.9% -- whereas among men, the rate has steadily risen over the years to reach 7.2% in 2014.<sup>48</sup>

**Diabetes is far more prevalent within Indigenous populations.** While reliable, representative surveillance data on the incidence of diabetes among Indigenous people across Canada is very limited, almost without exception, available studies and databases (e.g., the Aboriginal Peoples Survey, Canadian Community Health Survey) all point to a much higher incidence among all groups of Indigenous peoples. Depending on the region of the country, incidence reports typically range from two to five times higher than national rates.<sup>49</sup>

# HEALTHY POPULATIONS

**Rising rates of diabetes have a serious impact on wellbeing.** Diabetes is a core indicator because of its links to other serious health conditions, including obesity, high blood pressure, kidney and cardiovascular disease. Living with diabetes and its related conditions can severely limit a person's ability to participate fully at school, work, in leisure and culture, and in the community. It can put financial pressure on a home, especially if travel for treatment or additional support or equipment is needed.

## YOUTH SMOKING RATES DROPPED, BUT ARE STILL THE HIGHEST IN THE COUNTRY

**Teen smoking has dropped by 50% since 1994.** In 1994, 1 in 5 teens in Saskatchewan were smoking (20.4%), a rate almost identical to the national average (20.9%). Apart from some occasional fluctuations from year to year, regular or occasional smoking among teens in Saskatchewan has declined since 1994, falling to 1 in 10 teens (10.8%) by 2014. The smoking rate among teens across Canada fell even more with only 7.7% smoking by 2014. Since 2003, a slightly higher percentage of teens in Saskatchewan were smoking compared to their peers across the country, and remains as one of the highest rates among all the provinces. How these trends continue into the future may be influenced by the growing popularity of vaping, which still presents health risks, especially among younger people.<sup>50</sup>

**Since 2010, more teen girls than boys are smoking.** Even though the downward trend in smoking is similar for all teens in Saskatchewan, the percentage of girls that were smoking overtook the percentage of boys in 2010. Since then, about 2% to 3% more girls than boys continue to smoke daily or occasionally.<sup>51</sup>

**Smoking is dramatically higher among First Nations and Métis youth.** Rates of daily or occasional smoking among First Nations and Métis youth (age 12 to 24 years) are three to four times higher than non-Indigenous youth in Saskatchewan. By 2014, almost half of First Nations female youth (46.8%) and one-third of Métis female youth (33.0%) are smoking. A similar percentage of Métis male youth (34.3%) are smoking, but the percentage of First Nations male youth (24.9%) was almost half that of their female peers.<sup>52</sup> These high rates of smoking mean future health risks being faced by Aboriginal identity youth are a serious cause for concern.

# HEALTHY POPULATIONS

## FEWER PEOPLE HAVE ACCESS TO A REGULAR FAMILY DOCTOR

**1 in 5 people didn't have a regular family doctor in 2014.** The percentage of people with access to a regular family doctor dropped by 8% between 1994 and 2014 with most of the decline occurring after 2010. In 1994, 87.9% of people in Saskatchewan had a regular family physician, but by 2014, the percentage had dropped to 79.9%, leaving 1 in 5 people without a regular doctor. In 2010, the percentage of people in Saskatchewan and across Canada with a regular doctor was almost identical (just under 85%), but while the national percentage remained unchanged through to 2014, it fell by 4.6% in Saskatchewan to 79.9%.

**Promising signs especially for rural and remote communities.** In response to the shortage of family doctors and other specialists, the government of Saskatchewan announced in May 2018 that almost 900 more physicians than in 2007 were providing services in the province.<sup>53</sup> Much of the recruitment and retention effort has been driven by a concern for rural residents and their accessibility to doctors. According to the 2016 Census of Canada, Saskatchewan has the highest population growth of any province in Canada (6.3%) other than Alberta, so recruitment and retention of physicians is especially critical to ensure the percentage of residents with a regular family doctor increases in the coming years.

## ... BUT MORE PEOPLE ARE GETTING THE FLU SHOT

**More than 1 in 3 people get the flu shot.** From a low of 18.8% in 2000 to 34.8% in 2014, Saskatchewan's flu shot rates literally shot up by 16% over 14 years, helping to protect some of the most vulnerable people in the province. Until 2009, flu shot rates in Saskatchewan trailed the national average – by as much as 7% in 2000 – but after 2010, immunization rates in the province exceeded the national average in 4 of the 5 years by almost 2% on average.

**Women and older adults are much more likely to get their flu shots.** Approximately 10% more women in Saskatchewan regularly get immunized against influenza than men. Slightly higher percentages of men get their flu shots as they age, with rates for those aged 12 to 19 years rising from 19.1% to 24.4% when they reach 45 to 64 years. For women, rates rise more rapidly with 25.1% of women 12 to 19 years old getting their flu shots and 36.4% of those 45 to 64 years doing so. Once people reach 65 years of age, over 50% get their flu shots, and the percentages of both men (52.5%) and women (54.5%) become more equal.<sup>54</sup>

**Other groups would benefit from getting their flu shot.** Boosting flu shot rates is particularly important to protect people who are more likely to get flu-related complications like pneumonia, or to be hospitalized because of complications. People at high-risk of flu complications include people with cancer, diabetes, heart disease, lung disease or obesity; children under 5 years of age and seniors; people who live in nursing homes or other long-term care facilities; pregnant women and Indigenous peoples.<sup>55</sup>

## REFLECTIONS

While an overall increase in the Healthy Populations domain is positive for Saskatchewan, it also hides some troubling symptoms that cannot be ignored, especially for residents living outside the urban centres and for Indigenous peoples. Without good health, people are less able to be fully engaged with their families and friends or to be active participants in their communities. They engage less in democratic activities, in leisure and cultural pursuits, in work, and in lifelong learning.

Certainly, individuals have a role in ensuring they are proactive in positive health behaviours, such as getting their annual shots against the flu, being more physically active, eating well, and not smoking. However, our communities and society as a whole also have a responsibility to ensure adequate access to health care, to nutritious foods, and by creating conditions that support and promote population health. Some of the challenges to making these things happen in the province include an aging population, a large Indigenous population that is at greater risk of ill health (due in large part to social marginalization and poverty), and many residents living in areas with less access to health care.

These challenges frequently lead to greater disparities in health status for many of the people in our communities. By working to ensure all residents of Saskatchewan have similar access to and positive outcomes from our health care system, we can close gaps in health status. We must also understand, however, that an optimal solution lies in recognizing that health extends beyond primary care. While individual lifestyles and behaviours play an important part, our social and physical environment is arguably even more influential on health outcomes. As the World Health Organization's Commission concluded in its report, *Social Determinants of Health*, action is needed on social justice and equity-oriented measures, such as poverty alleviation, better access to health care and medications, and affordable housing.<sup>56</sup>



## REFLECTIONS (CONTINUED)

Perhaps the most pressing need is in providing greater access and support to Indigenous peoples. Overall, compared to the non-Indigenous population in Saskatchewan, about 20% fewer Indigenous peoples of all ages, both on- and off-reserve, report very good or excellent overall health and mental health; and rates of daily smoking are four to five times higher.<sup>57</sup> These and several other issues have been highlighted in the report of the *Truth and Reconciliation Commission of Canada, Calls to Action*, which pointed to the need for a range of specialized and alternate health care services that were culturally sensitive and appropriate. Among the Commission's recommendations were to increase the number of Aboriginal professionals working in the health care field, ensure the retention of Aboriginal health-care providers in Aboriginal communities and provide cultural competency training for all health-care professionals; and calls on medical and nursing schools in Canada to require courses dealing with Aboriginal health issues.<sup>58</sup>

One of the most profound limitations to making – and seeing – progress in improved health status for all residents of Saskatchewan is the serious lack of reliable data. The health behaviours, experiences, and perspectives of First Nations, Métis, and Inuit people in the province are either absent or under-represented in the data, and as a result, they are left out of discussions about solutions. Given that Indigenous peoples account for 16.4% of the population of Saskatchewan and are the fastest growing demographic in the country, addressing gaps in physical and mental health and the related social, housing, food security, education, income and equality issues that are at the root of them is critical for the entire province's future wellbeing.



## DEMOCRATIC ENGAGEMENT

### Indicators tracked 1994 to 2014

Percentage of voter turnout at federal elections

Ratio of registered to eligible voters

Gap in percentage turnout between older and younger voters

Percentage of women in federal Parliament

Percentage of Members of Parliament's office budget devoted to sending communications to constituents

Percentage of population that volunteers for a law, advocacy, or political group

Percentage of population that is very or fairly satisfied with way democracy works in Canada

Percentage of population with a great deal or quite a lot of confidence in federal Parliament

# DEMOCRATIC ENGAGEMENT

Democratic Engagement means being involved in advancing democracy through political institutions, organizations, and activities. means being involved in advancing democracy through political institutions, organizations, and activities.

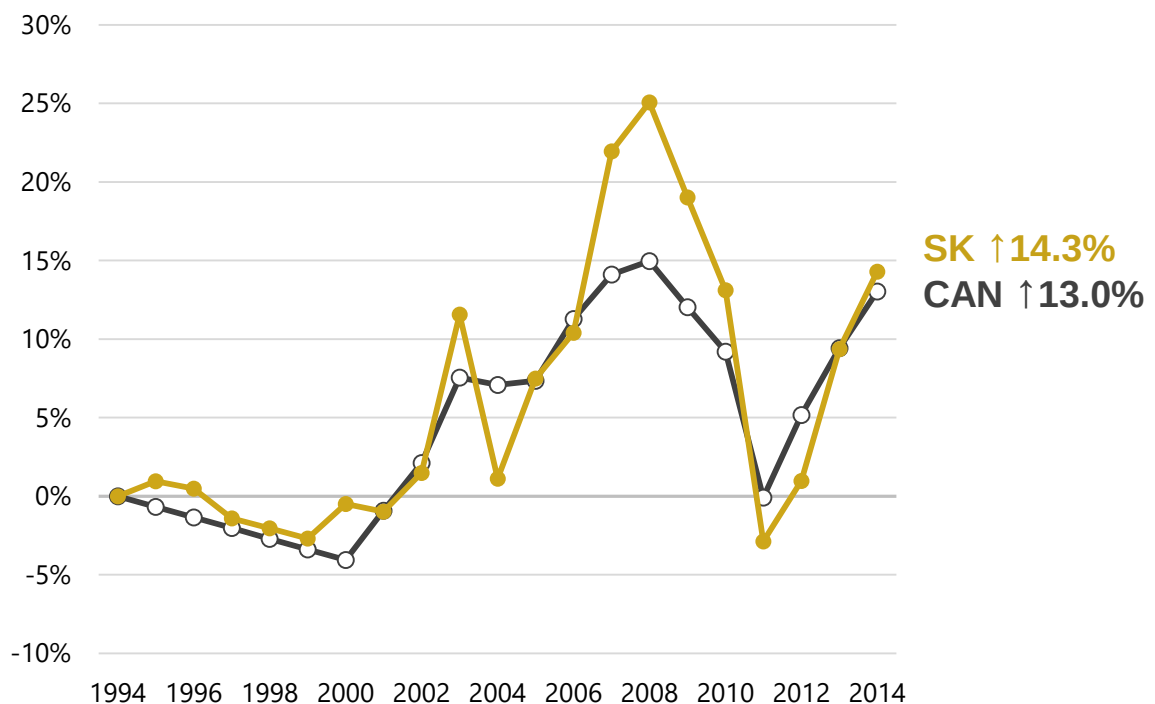
A society that enjoys a high degree of democratic engagement is one where citizens participate in political activities, express political views, and foster political knowledge; where governments build relationships, trust, shared responsibility, and participation opportunities with citizens; and where citizens, governments, and civil society uphold democratic values at local, provincial, and national levels. A healthy democracy needs citizens who feel their votes count, are informed, participate, debate, and advocate. It needs governments at all levels to be transparent, inclusive, consultative, and trustworthy. In essence, political leadership, citizen participation, and communication demonstrate the level of democratic engagement.

# DEMOCRATIC ENGAGEMENT

## DEMOCRATIC ENGAGEMENT IS UP OVERALL, BUT FAITH IN DEMOCRATIC PROCESSES AND CONFIDENCE IN PARLIAMENT ARE DOWN

Over the 21 year period, Saskatchewan's Democratic Engagement grew by 14.3%, 1.3% above the national average, but the domain saw wild fluctuations, hitting a high of 25.1% in 2008 then diving to a low of -2.9% in 2011. While people re-engaged in federal politics in 2011 and 2015 and the province is electing more women to Parliament and youth voter turnout has emerged, very few people are volunteering with political or advocacy groups, and people are increasingly dissatisfied with how democracy is working and less confident in Parliament.

**Saskatchewan's Democratic Engagement domain has seen significant fluctuations similar to Canada between 1994 and 2014.**



## SASKATCHEWAN VOTERS RE-ENGAGED WITH FEDERAL POLITICS

**Voter turnout for federal elections dropped steadily up to 2004, but have risen steadily in recent years.** Voter turnout in Saskatchewan was 65.3% in 1997, just below the two-thirds (67.0%) national average. In 2008, voter turnout plunged to 58.7% in the province and to 58.8% nationally. Then in the 2011 election, rebounded to 63.1% and 61.1%, respectively. This upward trend continued into the 2015 election with voter turnout climbing to a record 72.1% provincially and 68.3% nationally, in what Statistics Canada called the “largest changes over two consecutive elections since Confederation”.<sup>59</sup>

**... but fewer residents who are eligible to vote are registering to do so.** From 1994 to 2004, over 95% of Saskatchewan’s eligible voters registered to vote in federal elections. This was much higher than the national average in this period (89.75%). After 2004, the numbers steadily declined and in 2008, Saskatchewan’s ratio of registered to eligible voters had dipped to 92%, then to 88% in 2011. While this ratio is in line with the 89% Canadian average in 2011, the steady decline among residents of Saskatchewan suggests higher levels of apathy or disenchantment with the federal democratic process.

**Young voters opted out in 2006 and 2008.** The percentage gap between younger and older voters has traditionally been fairly wide as older Canadians tend to go to the polls more so than younger eligible voters. The gap was 59.9% in the 2004 federal election among Saskatchewan voters, but had climbed to a record 67.4% in 2006 – nearly twice the Canadian average. This was followed by gaps of 51.3% in 2008 and 63.8% in 2011, which again were gaps significantly higher than for the country as a whole as younger voters in Saskatchewan opted out to a much greater extent than their national peers. Across Canada, the gap in percentage turnout between older and younger voters was a high of 38.7% in 2004 and a low of 31% in 2008.

**... but youth and Indigenous voters on-reserve began returning to the polls in 2011 and especially in 2015.** Saskatchewan’s voter turnout among youth (age 18 to 24 years) climbed to 30.1% for the 2011 federal election then almost doubled to 56.9% for the 2015 federal election.<sup>60</sup> Among residents living on reserve, voter turnout was 17% higher in 2015 than in 2011 (50.2% and 67.1%, respectively).<sup>61</sup> These are positive trends because higher turnout among young and Indigenous voters moves us closer to better representing all Canadians in our federal Parliament.

# DEMOCRATIC ENGAGEMENT

## MORE WOMEN REPRESENT SASKATCHEWAN IN FEDERAL PARLIAMENT

**More women have a seat in the House.** In 1997, not a single woman was elected to represent Saskatchewan in the House of Commons. Then, for the decade between 2000 and 2014, two of the 14 seats were held by women (14.3%). In the 2015 federal election, Saskatchewan elected a record five women, or over one-third (35.7%) of the 14 ridings, which exceeds the Canadian average of 26.2%. This represents a positive trend in Saskatchewan for a more representative Parliament, and one that has carried over to provincial elections. Provincially, women currently hold 16 of Saskatchewan's 61 electoral districts in the provincial legislature – a record 26.2%. This level of representation is up from 17.2% in 2011, when women held 10 of 58 seats, and up from 22% in 2007.

## ... BUT VERY FEW PEOPLE VOLUNTEER FOR POLITICAL PARTIES OR ADVOCACY GROUPS

**Less than 2% of Saskatchewan citizens volunteer for a political party or advocacy group.** Like the rest of Canada, the number of people volunteering for a political party or advocacy group is distinctly low. From 1994 to 2014, the percentage ranged from a low of only 1.5% in 2000 to a high of 2.7% in 2007, which quickly eroded to previous levels in subsequent years. During that time, the rate across Canada has only ever exceeded 3% once – in British Columbia in 2004.

**Increased voter turnout and interest in politics have not translated into greater engagement.** Despite significant increases in voter turnout in recent years as well as increased interest in politics by residents of Saskatchewan and the rest of Canada, those increases have not converted to greater engagement in democratic activities like volunteering for organized political or advocacy groups. Even though increased interest in politics is directly related to higher voter turnout, it does not appear to shift patterns of democratic engagement.<sup>62</sup>

# DEMOCRATIC ENGAGEMENT

## AND ALTHOUGH MPS' COMMUNICATIONS INCREASED, ESPECIALLY IN PRE-ELECTION YEARS...

**Saskatchewan MPs increased their communication budgets before elections and during the recession.** As our elected representatives, Members of Parliament (MPs) are expected to reach out to their constituents to invite their participation, report on their activities as representatives, and work to understand their concerns and ideas.<sup>63</sup> MPs from Saskatchewan ridings generally have spent a slightly smaller percentage of their office budgets on communications than the national average, typically about 3% to 5% annually. In pre-election years, that percentage jumped to 6.72% in 2003, 6.55% in 2007, and 7.26% in 2008. As more and more MPs use social media to communicate with their constituents, it is unclear how expenditures on traditional “householders” will be affected.

## ... PEOPLE HAVE REAL CONCERNS ABOUT CANADIAN DEMOCRACY

**Major fluctuations in satisfaction with how democracy works in Canada linked to the election cycle.** Although the percentage of the population that is satisfied with the way democracy works in Canada increased by 4.4% overall between 1994 and 2014, there were wild fluctuations both in Saskatchewan and nationally over those two decades. In 1994, just under 2 in 3 people in Saskatchewan (64.3%) were satisfied with our democratic system. That percentage dropped to 56.4% by 1997, rebounded to 68.2% in 2000 – an election year – and then dropped again to 52.9% in 2004, the next election year. Just four years later by the 2008 election, the percentage of Saskatchewan residents who were satisfied with Canadian democracy shot up by 25.5% to hit a high of 78.4%. The percentage dropped by nearly 10% in the years that followed to 68.7% in 2014 – about two-thirds of the people. These trends are quite similar to those seen nationally, but the changes are even more dramatic in Saskatchewan.

**... only 1 in 3 people in Saskatchewan have confidence in Parliament.** While the percentage of Saskatchewan residents who have a great deal or quite a lot of confidence in federal Parliament grew by 8.0% between 2003 and 2008 – from 37.7% to 45.7% -- the percentage tumbled to 31.2% by 2014, below the national average of 35.5%. While the declining trend between 2008 and 2014 is quite similar for both Saskatchewan and Canada, the province was quite different from the rest of the country in 2003. Just over a third of Saskatchewan residents (37.7%) had confidence in Parliament in 2003 whereas almost half of Canadians overall (49.2%) did in the same year. By 2014, the percentage of people in Saskatchewan with confidence in Parliament had declined by 6.5% to 31.2% whereas across the country, confidence dropped by more than twice as much (13.7%) to its lowest recorded level (35.5%). Nevertheless, people both within Saskatchewan and across Canada as a whole became increasingly disenchanted with the sitting federal government.

# DEMOCRATIC ENGAGEMENT

## REFLECTIONS

The trend towards increased voter turnout, especially among youth and Indigenous peoples, and the growing number of women elected to legislatures is not only encouraging, it is essential. In fact, greater diversity in those voting and in representation is needed for people to see themselves reflected in our political systems and to feel heard. Being seen and heard within government is particularly important for Indigenous peoples in Saskatchewan who represent a significant part of the population, as well as for growing numbers of racialized groups and youth. Without feeling adequately represented by government, Saskatchewan voters will not believe that democracy works for them and they are less likely to be engaged in the democratic process.

We must focus on increasing the pace of better representation, on keeping young people engaged, and on reaching out to others who feel disenfranchised. While volunteering for political and advocacy groups has stalled below 2% in Saskatchewan, getting involved in addressing important issues in another domain, such as the environment, health care, or Reconciliation, can boost understanding of the democratic system and increase participation between and during elections. Younger people in particular are more likely to engage in democracy in different ways and these are pathways to greater engagement.<sup>64</sup>

We also must vigilantly safeguard democracy and encourage democratic participation, especially among Indigenous peoples. An environmental scan on human rights prepared in 2015 on behalf of a Saskatchewan MLA indicated that Aboriginal Canadians experienced more difficulty meeting voter identification requirements than the general population. The final report stated that:

*Voter suppression disproportionately affects Aboriginal communities. In Saskatchewan in 2010, a number of changes were made to the identification requirements for voting eligibility requiring all Saskatchewan voters to have photo identification. This is particularly difficult for First Nations people who are less likely to have photo identification. (p. 4)<sup>65</sup>*

# DEMOCRATIC ENGAGEMENT

## REFLECTIONS (CONTINUED)

In 2015, however, Elections Saskatchewan announced that a Chief or a Chief's designate could still use a letter of authorization to verify that a person was ordinarily resident on the reserve and therefore was eligible to vote.

Given declining confidence in the federal government and fluctuating satisfaction with the way democracy is working, more effort must be made to engage citizens. Increased use of social media by MPs provides inexpensive and direct two-way communication with constituents. Social media has also helped in part to increase voter turnout among youth. In addition, many governments at all levels are adopting open data policies and practices to empower citizens and increase transparency. People expect governments to be open, transparent, fair, equitable, and accessible.





## TIME USE

### Indicators tracked 1994 to 2014

Percentage of Canadians 25 to 64 years of age working over 50 hours per week at main job

Percentage of labour force working under 30 hours per week, not by choice

Percentage of labour force with regular, weekday work hours

Percentage of individuals working for pay with flexible work hours

Mean workday commute time for individuals working for pay (minutes)

Percentage of Canadians who report 7 to 9 hours of good quality essential sleep

Average daily amount of time with friends (minutes per day)

Percentage of 15 to 64 year olds reporting high levels of time pressure

# Time Use

Time Use considers how people experience and spend their time. It means how the use of our time affects physical and mental wellbeing, individual and family wellbeing, and present and future wellbeing. It examines the length of our work week, our work arrangements, our levels of time pressure, and the time we spend with friends and in other free-time activities.

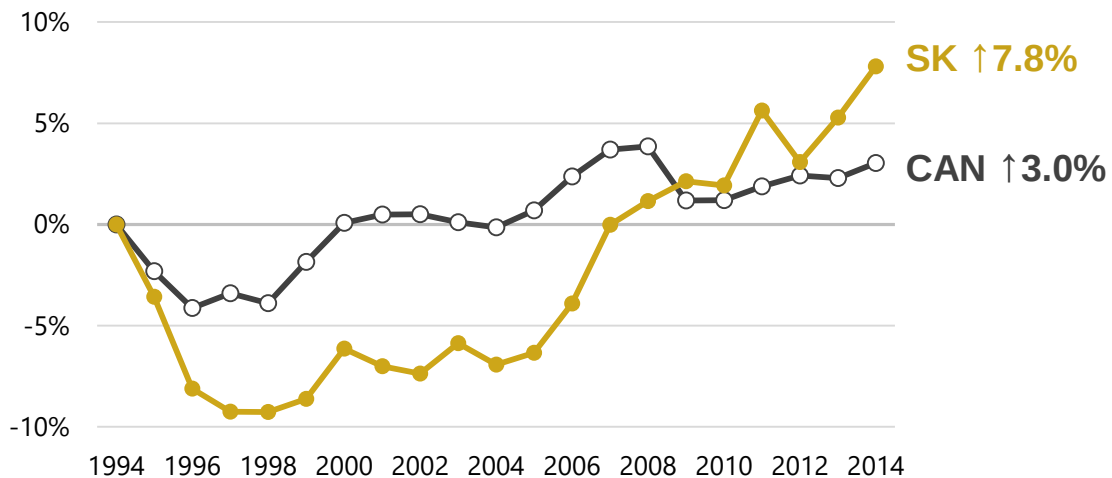
The implicit assumption with Time Use is the notion of balance. Most activities are beneficial to wellbeing when done in moderation, but are detrimental when done excessively or not at all. There are only 24 hours in a day, so too much time directed towards one activity can mean not enough or no time at all allocated for other activities that are also critical for our wellbeing. Not only does the amount of time matter, but the pace of and relative control over timing of activities throughout the day can affect overall quality of life.

# TIME USE

## EMERGING FROM A DECADE OF TIME CRUNCH

During the decade from 1994 to 2004, people in Saskatchewan were feeling the time crunch to a greater extent than others across Canada. During that decade, up to 20% of the labour force was working more than 50 hours each week, time spent with friends started to drop, and 1 in 5 people were reporting high levels of time pressure. While there were still challenges after 2004, especially in terms of getting enough quality sleep and spending time with friends, fewer people were working long hours, more people had regular, weekday work hours, and access to flexible work arrangements. While Saskatchewan's Time Use domain plunged by as much as 10% by 1997-98, it improved 15% between 2004 and 2014 for overall growth of 7.8%, compared to 3.0% for Canada overall.

**From 1994 to 2004 Saskatchewanians were feeling the time crunch to a greater extent than others across Canada but are now seeing a slight improvement overall.**



## FEWER PEOPLE WORK LONG HOURS

**Fewer people are working more than 50 hours each week.** In 1994, 1 in 5 people in Saskatchewan (20.5%) was working more than 50 hours per week at their main job. By 2014, the percentage had dropped to just over 1 in 8 people (13.0%). However, despite this significant decline, throughout the 21-year period, the percentage of people working these long hours was substantially higher in Saskatchewan than across Canada. In 1994, only 14.6% of Canadians in the labour force worked more than 50 hours per week, and by 2014, the percentage had dropped to 8.7%. Fewer people working long hours is positive because it reduces the risk of work-related injuries and poor health associated with long hours.

**More men than women are working long hours in paid employment.** Although the percentages have been declining since 1994, by 2014 almost 1 in 5 men in Saskatchewan (19.1%) were still working more than 50 hours per week compared to just 1 in 20 women (4.7%).<sup>66</sup> However, women spend slightly more total time per week in paid and unpaid work than men because they spend considerably less time in paid work and much more in unpaid work, such as housework and caregiving. So even though the percentage of men and women spending long hours in work is similar, the type of work is distributed quite differently with women engaged in much more unpaid work, which contributes to their higher perceived levels of time burden.<sup>67</sup>

## ...AND MANY HAVE MORE FLEXIBILITY

**Almost half of workers in Saskatchewan benefit from flexible hours.** From a low of 37.4% in 1998, the percentage of people with flexible hours in Saskatchewan increased steadily each year and reached 45.2% in 2014. After 1998, provincial rates are almost identical to the national average. While such flexibility does not reduce the number of hours typically required for most work, it does provide employees with a greater sense of control over how they use their time by allowing them to choose when they start and end their work day.

**More men than women enjoy access to more flexible working arrangements.** Almost half of the men in the labour force (48.2%) have access to flexible work hours whereas just slightly over one third of women did (37.1%).<sup>68</sup> With less flexibility in choosing their work hours, women also have less choice when they engage in unpaid work (e.g., domestic activity, childcare) – work for which they have greater responsibility than their male counterparts. As a result, women have less control over the timing of their activities around their work and are less able to synchronize their personal, family, and community routines.

## REGULAR WEEKDAY HOURS ARE RETURNING

**7 in 10 workers have regular weekday hours.** The percentage of people in Saskatchewan with regular weekday work hours steadily increased from 61.4% in 1998 to 70.3% in 2014.<sup>69</sup> This trend contrasts sharply with what occurred in Canada overall. Nationally, the percentage of workers with regular weekday hours remained virtually unchanged from 1998 (67.1%) to 2014 (66.5%). Saskatchewan workers lagged behind other Canadians in having regular weekday hours until 2010 when they began to overtake them. By 2014, almost 4% more workers in Saskatchewan than in Canada overall had regular weekday hours.

**Women have been less likely to see these changes.** Over the years since 1998, the percentage of men in Saskatchewan with regular weekday work hours increased, but the percentage of women decreased. By 2014, just under three-quarters of men (73.3%) compared to about two-thirds of women (67.6%) had regular weekday hours at work.<sup>70</sup> Similar to the trends in having access to flexible work hours, women are further constrained in their ability to allocate their time because fewer can rely on prescribed times for work.

## ...AND FEWER PEOPLE ARE FORCED TO WORK SHORTER HOURS

**Fewer people in Saskatchewan are working under 30 hours per week.** In 1998, about 1 in 20 people (4.9%) in Saskatchewan were working fewer than 30 hours each week, but not by choice. In other words, the nature of their employment – being under-employed or having to work part-time rather than full-time – did not permit them to work more than 30 hours rather than making a personal choice to reduce their hours. This percentage of workers dropped to 3.1% by 2014 with most of this decline occurring from 2004 (5.4%) to 2007 (3.5%), suggesting that not only had the employment rate increased, but the nature of the work opportunities had improved as well. Nationally, the trend was quite similar until 2008 when the percentage of Canadians working fewer than 30 hours per week not by choice began increasing. In 2008, the percentage of Canadians sat at 4.2% and by 2014, it had increased to 5.3%.

**More women are working fewer hours not by choice.** About twice the percentage of women (4.3%) than men (2.1%) are working fewer than 30 hours per week not by choice. The percentage for women nationally is also double that of men, but is even higher (7.1%).<sup>71</sup> More women than men are likely to choose voluntarily to work part-time, often as a means of having greater choice in balancing the additional responsibilities they have for unpaid work. However, if they wish to work more hours per week, there are typically fewer opportunities for them to do so.<sup>72</sup> However, fewer working women in Saskatchewan are faced with that barrier than are women nationally.

## FEWER PEOPLE REPORT FEELING THE “TIME CRUNCH”

**Fewer people are feeling high levels of time pressure.** In the province and across Canada, the period from 1994 to 1998 was one of increasing time stress. By 1998, more than 1 in 5 people in Saskatchewan and in Canada (21.1%) reported feeling high levels of time pressure – up from 16.7% and 16.0% in 1994 respectively. While feelings of time pressure declined steadily in the years that followed, the downward trend in Saskatchewan was more rapid. By 2014, 6.4% fewer people in Saskatchewan (14.7%) than in 1998 (21.1%) reported feeling high levels of stress, compared to 16.4% nationally.

**Women and single parents in Saskatchewan feel the “time crunch” more severely.** A higher percentage of women (17.1%) than men (12.5%) in Saskatchewan report feeling higher levels of time pressure,<sup>73</sup> undoubtedly due to the added responsibilities they have for household chores and childcare.<sup>74</sup> Single parents – especially women – feel even greater time pressure and they have not seen the same decline as others whether in Saskatchewan or across Canada.

## ... BUT THEY ARE SPENDING A LOT LESS TIME WITH FRIENDS

**Residents of Saskatchewan have lost precious time with friends since 1994.** The late 1990s and early 2000s were a tough time for friends in Saskatchewan. Between 1998 and 2005, the average amount of time people spent with their friends every day dropped by 20.2 minutes, from 107.3 minutes daily to 86.1 minutes over just eight years. That represents almost 20% less time with friends, which was even greater than the approximately 15% loss of time experienced nationally – from 104.1 minutes per day in 1998 to 88.3 minutes in 2005. By 2010, the amount of time spent with friends had edged upward to 90.1 minutes, but then the decline continued up to 2014. This decline represents over 4 hours per week less time with friends in 2014 than was being enjoyed in 1998. Not only were people spending less time with friends, they were seeing them less often.<sup>75</sup>

**The loss of time with friends was felt more so by women and mid-career adults.**

Women in Saskatchewan saw their time spent with friends steadily decline over the years from 105.7 minutes in 1998 to 73.5 minutes in 2014 – a drop of about 30%. For men, they too saw a large decline in their time with friends – over 35% -- from 112.4 minutes per day in 1998 to 72.1 minutes in 2014; however, almost all of that decline occurred after 2010. Men had been able to protect their time with friends until 2010 before they too saw a steep decline. People between the ages of 35 and 64 years had lower amounts of time with friends than other age groups and also experienced similar losses over the years.<sup>76</sup> For this age group, the loss of time with friends is troubling because these mid-career years are when pressures at work are higher and the support of friends is most important. Maintaining strong social connections with friends is an important way to manage stress, support mental health, and boost community belonging and resilience.

## TIMES SPENT COMMUTING TO WORK IS CREEPING UPWARD...

**Average commute times are 7 minutes longer.** Commute times for workers in Saskatchewan have been increasing slowly over the years from an average of 28.0 minutes in 1994 to 34.7 minutes in 2014 – an increase of 24%. Even though the time spent commuting actually was at its highest level in 2005 when it was 38.2 minutes, the drop of 3.5 minutes to 2014 appears short-lived as more recent evidence suggests a steep increase. Nevertheless, the average commute time for Saskatchewan residents has remained substantially shorter than the national average, which by 2014, was approaching an hour in duration. By 2014, however, commuters in Saskatchewan were spending in total almost an additional 30 hours a year on the road getting to work – time that could have been devoted to other activities.

## ...AND NOT NEARLY ENOUGH TIME GETTING DECENT SLEEP

**Nearly 2 in 3 people are not getting enough good quality sleep.** In 2014, only 30.4% of people in Saskatchewan were getting 7 to 9 hours of quality sleep each day – a dramatic drop from 46.4% in 1994. During the late 1990s when time pressure was at its peak, the percentage of people getting enough sleep dropped by over 10%. The percentage stayed between 36% and 37% until 2005 before declining steadily over the next decade to its lowest level in 2014. Nationally, getting sufficient sleep also trended downward, but not to the same extent as in Saskatchewan. In 1994, 44.2% of Canadians were getting at least 7 to 9 hours of quality sleep and by 2014, the percentage had fallen to 34.7% -- still more than 4% higher than in Saskatchewan. Not getting at least enough quality sleep per day places people at greater risk of poorer physical and mental health, and of work-related injuries.

**The young are getting the least sleep, especially males.** The percentage of younger people aged 15 to 24 years across Canada and especially in Saskatchewan that are getting good quality sleep has fallen dramatically since 1994 and is much lower than all other age groups. In Saskatchewan, only 18.9% of younger people were getting sufficient sleep in 2014 compared to 27.9% of younger Canadians. The situation among younger men in Saskatchewan is even more worrisome with only 13.6% getting enough quality sleep compared to 24.4% of younger women.<sup>77</sup>



## REFLECTIONS

Time use is one of the least discussed domains, but is among those that have the greatest impact on our everyday wellbeing as we strive to find balance in the many demands on our lives. And finding that balance is not just about our work. It concerns how much sleep we get, the time we spend commuting, our precious connections with friends and, as we see in other domains, the time we have for other fulfilling activities like being with our children, volunteering, and participating in leisure and culture activities. While individuals make choices, these choices are shaped or constrained by our economic, health, social, cultural, and family circumstances – the social environment in which we live, our workplace, our neighbourhood, and broader society.

Set against the backdrop of Saskatchewan's sustained employment rate and its traditionally higher rates of holding multiple jobs,<sup>78</sup> residents in the province actually reversed powerful trends to reclaim some of their time, and decisively so. Saskatchewan's improvement of almost 15% in the domain over the decade from 2004 to 2014 was almost five times higher than Canada's growth of 3.1% over the same period.

Other important changes in time use trends have been evolving in Saskatchewan for much longer than that. Over the past 40 years, the percentage of dual-income Canadian families with children has nearly doubled from 36% in 1976 to 69% in 2015 as more women join the workforce and increasingly shift from part-time to full-time hours. By 2015 in Saskatchewan, 3 in 4 families with at least one child under 16 years of age (74.1%) have both parents working, which is the highest percentage in Canada.<sup>79</sup>





## REFLECTIONS (CONTINUED)

While dual-earner families boost incomes, it also places more time pressure on families – especially women – to manage the household and to provide childcare or eldercare, or both. With women over-represented in occupations in the education, health-care, sales and service sectors, and under-represented in management, they also have fewer options for regular workday hours or flexible arrangements – work options from which men have benefitted the most over the years. Consequently, women are more likely to sacrifice personal time with their friends and reduce time spent in physical activity and volunteering. This gender gap merits attention since it affects the wellbeing of over half the population.

Nevertheless, despite the positive overall trend in time use, by 2014, one in seven people in Saskatchewan (14.7%) are still feeling high levels of time pressure and less than a third (30.4%) are getting enough sleep. These patterns can negatively affect physical and mental health, relationships with others, and hinder full participation in all aspects of people's lives. Finding ways to reduce stress at work and at home – and to rebalance time use in a more positive way – is beneficial to the individual and to society collectively. The effects of changing time use patterns – coupled with the continued declines in time spent with friends for social support, in formal volunteering, in providing support to others in need, and in interactions with our children – point to troubling outcomes for the wellbeing of all people, both within Saskatchewan and across Canada.



## COMMUNITY VITALITY

### Indicators tracked 1994 to 2014

Percentage of population that reports very or somewhat strong sense of belonging to community

Percentage of population with 5 or more close friends

Percentage of population that feels safe walking alone after dark

Crime Severity Index

Percentage experiencing discrimination in past 5 years based on ethno-cultural characteristics

Percentage of population that believes that most or many people can be trusted

Percentage of population reporting unpaid, formal volunteering for groups or organizations

Percentage of population that provides unpaid help to others on their own

# COMMUNITY VITALITY

Vital communities are those that have strong, active, and inclusive relationships among people, private, public, and non-governmental organizations that foster individual and collective wellbeing.

Vital communities are able to cultivate and marshal these relationships in order to create, adapt, and thrive in the changing world. They do so by focusing on social relationships and support, including community safety and social engagement, and on social norms and values, including feelings towards others and residents' sense of belonging to their communities.

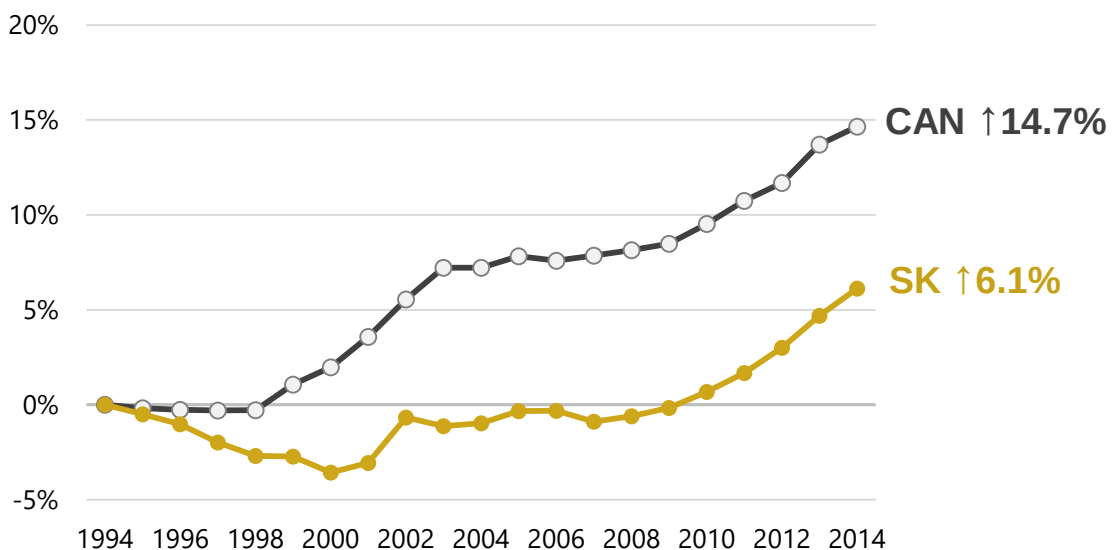
# COMMUNITY VITALITY

## CONTINUED PROGRESS OVERALL IN COMMUNITY VITALITY

The Community Vitality story for Saskatchewan is fraught with fluctuations and contradictions. On the one hand, feelings of belonging are high, nearly 90% of people provide unpaid help to others, and discrimination is down. At the same time, people have fewer friends for support and they are not volunteering as much, groups feel marginalized by ethnicity or race, serious crime has fallen, but remains very high, and people do not feel as safe as they used to.

Still, the Community Vitality domain increased by 6.1% between 1994 and 2014. While this progress may appear modest compared to the 14.7% increase nationally, growth in the domain may have been hampered in part by the established strengths of community in the province – a stronger sense of belonging, the prevalence of providing unpaid help to others, and higher rates of volunteering than seen nationally. Because progress in the domain is based on percentage change over the years, an already high community vitality appears to show less improvement. Therefore, harnessing and building on already existing strengths and addressing gaps is the key to ensure continued progress.

### Saskatchewan lags behind Canada in the Community Vitality domain from 1994 to 2014.



## SENSE OF COMMUNITY BELONGING IS A STRENGTH IN SASKATCHEWAN

**Nearly 3 in 4 people have a strong sense of community belonging.** A strong sense of belonging to community is a hallmark in Saskatchewan. From 2001 to 2014, the percentage of people in Saskatchewan with a strong sense of community belonging has consistently been 6% to 8% higher than in Canada overall. Notably, the percentage of people in the province who felt a strong sense of community belonging jumped 9.5% between 2001 and 2003, moving from 63.1% of the population to 72.6%. The percentage remained above 70% throughout the 2000s reaching its peak in 2014 with almost 3 in 4 people in Saskatchewan (74.7%) having a strong sense of belonging – an overall increase of 11.6% over the 15-year time period – and much higher than the 8.6% overall increase nationally.

**Sense of belonging is especially strong among youngest and oldest residents.** Strong feelings of community belonging in Saskatchewan are even higher among teens under 18 years of age (88.3%) and older adults over 74 years (87.7%).<sup>80</sup> Having a strong sense of belonging to one's community is not only an important contributor to better overall health and greater participation in all aspects of their community, it bodes well for the future of Saskatchewan with so many young people expressing such deep connections.

## ...AND SO IS THE TRADITION OF HELPING OTHERS

**Nearly 9 in 10 people provide unpaid help to others.** A higher percentage of residents in Saskatchewan provide unpaid help to others than anywhere else in the country. In 1994, more than 8 in 10 people (84.5%) provided unpaid help to others, compared to 7 in 10 nationally (69.9%). While this percentage dipped slightly to 81.0% in 2004, it bounced back to a high of 86.9% in 2010 where it stayed for the next four years. While the percentage of people providing help to others has been declining across the country, the percentage in Saskatchewan has remained high. By 2014, 86.6% – nearly 9 in 10 people – were providing unpaid help to others, 5.2% more than the national average of 81.4%.

## ... BUT VOLUNTEER RATES DROPPED 9% SINCE 2003

**Volunteer rates are lower than in 1994.** Although Saskatchewan is one of the provinces with the highest rate of volunteerism<sup>81</sup> and remains consistently higher than the national average, significant fluctuations in volunteer rates are a real concern. From 1994 to 2000, approximately 6 in 10 people in Saskatchewan volunteered for a group or organization. The percentage climbed to nearly 7 in 10 in 2003 (69.4%), where it hovered until 2008 (69.0%) before dropping each year and reaching 60.2% in 2014 – almost 2% below 1994 levels, but about 9% below levels from the early 2000s. Even though the volunteering rate in Saskatchewan remains 10% higher than across Canada overall, the recent decline is troubling, because formal volunteering – at all ages – is critically important to bolstering community belonging, to encouraging democratic participation, to combating social isolation, and to maintaining physical and mental health.<sup>82</sup>

**Rates of volunteering are similar for both men and women of all ages.** Across the country, women and older Canadians have typically been more active as volunteers. In Saskatchewan, however, equal percentages of both men (69.6%) and women (70.2%) volunteered in 2014, and among those people 25 years of age and older, volunteering rates sat consistently between 70% and 74% for all age groups. The lone exception is residents under age 25 years of which 6 in 10 volunteered (59.4%).<sup>83</sup>

## ... AND CLOSE FRIENDSHIPS AND TRUST IN OTHERS HAVE FALLEN

**Fewer people have five or more close friends.** Relationships with close friends are important to our sense of belonging, our mental health, and our personal and community resilience, yet the percentage of the population in Saskatchewan with five or more close friends dropped 13.6% from 1994 to 2014. In 1994, nearly 7 in 10 people (69.2%) said they had five or more close friends, but this number tumbled to just over 5 in 10 in 2008 (53.8%) before rebounding slightly to 55.6% in 2014. Over the entire time period, the declining trend in Saskatchewan followed that of Canada overall, but the percentages in the province were consistently, and significantly, higher. However, the gap between Canada and Saskatchewan has narrowed. In 1994, 12.6% more people in Saskatchewan than in Canada reported having five or more close friends, but by 2014, that gap was only 3.1%.

# COMMUNITY VITALITY

**Trust in others has dropped 7% since 1994.** In 2014, 60.3% of people in Saskatchewan believed most people could be trusted. This is 5.6% higher than among Canadians overall (54.7%), but still 7% lower than how people in the province felt in 1994 (67.3%). Still, feelings of trust in the province appear to be recovering since 2008 when the percentage had dropped to just over half of the population (55.0%). While the more recent rebound in trust is encouraging, there is still considerable room for improvement especially when sense of community belonging has shown such marked progress. This is especially true among members of racialized groups whose level of trust in 2014 fell below half of their population (48.4%).<sup>84</sup>

**Declines in friendships and trust in others affects community wellbeing.** Having someone to count on in times of need is essential to an individual's and a community's wellbeing.<sup>85</sup> People with strong social networks of family and friends report higher levels of physical and mental health, as well as higher overall life satisfaction.<sup>86</sup> Of course, strong relationships cannot flourish without trust and such relationships are especially important to build among diverse groups within the population.

## EXPERIENCES OF DISCRIMINATION ARE DROPPING, BUT REMAIN TOO HIGH

**1 in 10 people are still experiencing discrimination.** Although experiences of discrimination remain more frequent in Saskatchewan than across the country, the situation is improving. In 2004, over 1 in 10 people (12.1%) reported an experience of discrimination based on their ethnicity, race, language, and/or religion, and by 2014 that figure had dropped to fewer than 1 in 10 (9.4%). Across Canada, discrimination was reported in 2014 by 8.0% of the population, falling from 9.1% in 2004. Discrimination in Saskatchewan is experienced more often by men (11.9%) than by women (7.8%), and by those under 55 years of age (11.7%).

**Discrimination is felt more often by Indigenous peoples and members of racialized groups.** The overall downward trend in discrimination in Saskatchewan is encouraging, but for some groups, discrimination remains high. The percentage of Indigenous peoples experiencing discrimination was 20.3% in 2014, and even higher among Indigenous men of whom more than 1 in 4 reported an experience of discrimination (27.0%). For members of racialized groups, the percentage reporting discrimination due to their ethnicity, race, language, and/or religion was 13.9% in 2014, but again much higher among men (21.8%).<sup>87</sup> Clearly, much work is still needed to ensure a welcoming and inclusive society.

## SLIGHTLY FEWER PEOPLE FEEL SAFE IN THEIR COMMUNITIES

**Fewer people feel safe walking alone after dark.** In contrast to the national trend, the percentage of people who feel very or somewhat safe walking alone after dark in Saskatchewan was lower in 2014 than it was in 1994. In 1994, nearly 9 in 10 people felt safe walking alone after dark (88.3%), which was 16.1% higher than across Canada (72.2%). By 1999, feelings of safety in the province dropped by 9% to 79.3%, while across the country it had risen by almost 2% (from 72.2% to 74.0%). Feelings of safety across Canada continued to improve until 2009 when they reached 79.5% of the population, where they have largely remained. In Saskatchewan, after rising to 82.3%, the percentage of people feeling safe slowly declined to 80.2% by 2014. Even though the percentage of people in Saskatchewan that feel safe walking alone after dark has remained consistently higher than in Canada overall, the percentage of people in the province who feel safe dropped 8.1%, but rose by 6.5% across Canada.

**Feelings of safety vary significantly by sex, age, and community.** In Saskatchewan in 2014, a far lower percentage of women (69.3%) than men (91.1%) reported feeling safe walking alone after dark. For people under the age of 55 years, the percentage who feel safe remains at around 85%, but drops steadily for older age groups. Approximately 3 in 4 people aged 55 to 74 years (74.1%) expressed feelings of safety walking alone after dark, but the percentage dropped to just under half of the population aged 75 years and older (48.7%).<sup>88</sup> In communities across Saskatchewan when considering just the percentage of the residents who felt very safe, the majority of people in Swift Current (63%), in Estevan (56%), and in Saskatoon (51%) felt safe walking alone at night. The percentages fell below 50% among people in Regina (47%), Moose Jaw (48%), and Prince Albert (40%). Further, according to Statistics Canada, residents of Moose Jaw (22%) and Prince Albert (18%) also had the lowest percentages of people who reported being very satisfied with their personal safety, all of which are much lower than the national average (38%).<sup>89</sup> To some degree, these varying levels of satisfaction with personal safety are linked to the incidence of crime in each community.

## CRIME SEVERITY IS DECLINING SIGNIFICANTLY, BUT IS STILL THE HIGHEST OF ANY PROVINCE

### **Incidents of serious crime are dropping substantially, but are still double the**

**national rate.** Similar to the decline occurring in the rest of the country, police-reported crime in Saskatchewan, as summarized in the Crime Severity Index, dropped by almost a third (29.6%) from 176.2 to 124.0 between 1998 and 2014. Nevertheless, the incidence of serious crime in the province remains significantly higher than in Canada overall (118.8 in 1998 and 66.7 in 2014 – a 43.9% decline) and is higher than any other province. The incidence of serious crime in Saskatchewan remained relatively stable from 1998 to 2002, then peaked at 199.5 in 2003. From 2003 to 2014, the index dropped by 37.7%, but nevertheless remains almost two times higher than for Canada overall. Unfortunately, Saskatchewan's crime rate began to worsen again after 2014, largely due to increases in reports of sexual assault, and by 2016, sat at 148.84, or 20.0% higher than two years previously. Nationally, the crime rate in those years also increased from 66.7 in 2014 to 71.7 in 2016, which was just a 7.5% increase.<sup>90</sup> Resisting national trends in 2017, the crime rate in Saskatchewan actually decreased slightly, except for a much higher incidence of crime in its rural areas.

**Crime severity was lower in Saskatoon and Regina.** While higher crime severity is typically associated with urban areas, by 2017, crime severity in both Saskatoon (115.0) and Regina (111.9), were both below the provincial rate of 140.5 and had seen decreases in the most recent year. Unfortunately, these rates of crime for the two cities are higher than any other metropolitan area in Canada other than Edmonton (112.3).

### **Incidence of crime committed by youth is also declining, but still remains high.**

After reaching a high of 299.9 in 2007, the youth crime severity index in Saskatchewan fell to 167.5 by 2014 – a 44.1% decline – but is still almost three times higher than the index for youth crime for Canada as a whole (61.0), which fell by 39.8% over the same time period. Individuals under the age of 25 years are almost two times more likely to be accused of a crime than those aged 25 years or older. With younger people representing a much higher proportion of the population in Saskatchewan, one might expect the youth crime rate to be correspondingly higher. However, the youth crime rate in Saskatchewan is almost three times higher than any other province in Canada other than Manitoba. Only the three Territories have higher rates.<sup>91</sup>



## REFLECTIONS

The way we associate with each other in our communities, and on what terms, has enormous implications for our wellbeing. A strong group of friends and social connections through volunteering and helping one another are not only important in building community capacity and resiliency, but they contribute to our physical and mental health, and encourage us to participate fully in the social and cultural opportunities that surround us. Conversely, fear of discrimination or feeling unsafe can constrain our ability to participate fully in our communities. Further, we must recognize that even though the growing trend in providing unpaid care and assistance to others can strengthen community vitality, it also has the potential to increase feelings of time crunch. By ensuring greater accessibility to community supports such as daily respite, elder care, and more flexible childcare and workplace arrangements, those residents who are providing support to others could better enjoy these caring relationships.

Across a number of indicators, residents of Saskatchewan appear to be reclaiming what matters most to them. After dipping in 2008, people's sense of belonging to their communities, having five or more close friends, and trust in others have all increased. While the strength of long-term relationships in small towns and the long-time residency of many people across the province are frequently cited as factors contributing to these strengths in community vitality, the trends are positive despite significant population growth and shifting patterns in the province's social fabric, such as the disappearance of the characteristic family farm.<sup>92</sup>

For many people in Saskatchewan, volunteering is seen as the very fabric of life and community. Indeed, volunteering is an important way for people to build relationships and participate in groups dedicated to leisure, the arts, the environment, education, democracy, or in any number of other spheres of the civic arena. For all ages, volunteering provides people with opportunities to develop new skills, meet new people, express themselves, and grow. Therefore, the recent decline in volunteerism across the province worries many people, especially those involved with local sports and recreational groups, which rely heavily on volunteers to ensure all residents have access to a thriving and active community.

## REFLECTIONS (CONTINUED)

The overall decline in experiences of discrimination, while encouraging, masks some complexity. Even though a recent environmental scan reported that there have been relatively few complaints registered with the Saskatchewan Human Rights Commission on Aboriginal Ancestry grounds over the previous eight years, negative attitudes towards Indigenous peoples persist in the Prairies despite higher levels of awareness of issues like residential schools and reconciliation. However, younger people and new Canadians had more positive perspectives.<sup>93</sup> Many believe treaty education in the schools has and will contribute to a decrease in discrimination. With 2019 being the first year that a graduating class has received 12 years of treaty education, the decreases are expected to continue and provide an illustration of the important relationship between Education and Community Vitality. However, despite progress, too many people are still experiencing discrimination.

We must not forget that even though the progress in Community Vitality from 1994 to 2014 in Saskatchewan was not as great as Canada overall, the province has routinely out-performed the country on almost every indicator in the domain. Community Vitality is a strength of the province and one on which Saskatchewan can continue to build.



## ENVIRONMENT

### Indicators tracked 1994 to 2014

Absolute greenhouse gas emissions (megatonnes of CO<sub>2</sub> per year)

Ground level ozone (population weighted in parts per billion)

Primary energy production (terajoules)

Viable Metal Reserves Index

Residential energy use (petajoules per 1,000 dwellings)

Total farm land (000's of hectares)

Annual water yield in Southern Canada (km<sup>3</sup>)

[Ecological Footprint not available for Saskatchewan]

# ENVIRONMENT

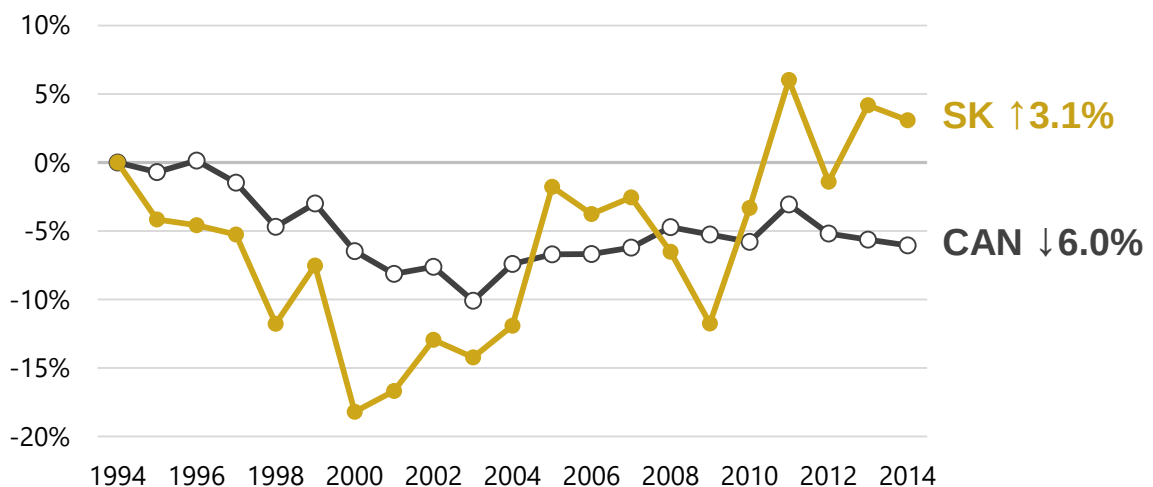
The Environment is the foundation upon which human societies are built and the source of our sustained wellbeing. On a broader level, environmental protection involves the prevention of waste and damage while revitalizing our ecosystems and working towards the sustainability of all of our resources.

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

## ENVIRONMENT IS REBOUNDED

Unlike Canada overall, which saw a steady decline of 6.0% from 1994 to 2014 in the Environment domain, Saskatchewan has seen a 3.1% increase over the same time period. What makes this progress even more remarkable is that the province was lagging well behind the country until 2005. In fact, since 2000, progress on the Environment has exceeded 20% in Saskatchewan despite some annual fluctuations. Much of the progress is attributable to significant growth in energy production, reductions in residential energy use, and the availability of freshwater. However, these positive trends mask some areas of concern. Greenhouse gas emissions are on the rise, ozone levels are creeping upwards, and total land area devoted to farming is slowly eroding away. Given the impact of climate change on many of the key indicators of environmental wellbeing, Saskatchewan must keep focused on ensuring its natural resources are not only developed, but protected.

**Canada saw a steady decline from 1994 to 2014 in the Environment domain, Saskatchewan has seen a slight increase over the same time period.**



## GREENHOUSE GAS EMISSIONS HAVE BEEN ON THE RISE

**Greenhouse gas emissions rose in Saskatchewan.** Since 1994, greenhouse gas (GHG) emissions in Saskatchewan have continued to increase, rising 22.8% by 2014. In fact, Saskatchewan is one of only two provinces, along with Alberta, that has seen its GHG emissions rise above 1990 levels. Much of the increase in Saskatchewan, especially between 2005 and 2015, is a result of heightened activity in the oil and gas industry, potash and uranium mining, and transportation. However, more recent data for 2016 indicates that this upward trend is slowing and may even be reversing, but whether it continues remains unclear.<sup>94</sup> Across Canada, GHG emissions rose by 11.7% from 1994 to 2014, but emissions have begun to fall since 2014. Per capita GHG emissions across Canada fell significantly after 2008, and have been declining even more since 2013.

**In an era of profound climate change, higher GHG emissions are a concern.** Despite the prospect of future reductions, GHG emissions in Saskatchewan – and nationally – are well above levels needed to avoid dangerous impacts on climate. With the adoption in 2016 of a Pan-Canadian framework for reducing greenhouse gas emissions through the pricing of carbon,<sup>95</sup> Canada has taken steps to meet its commitment to the Copenhagen Accord of 17% below 2005 levels by 2020. Regardless of how Saskatchewan chooses to respond to the challenge, there is little question that more must be done.

## ...AND AIR QUALITY IS DECLINING

**Smog levels continue to change, but are up overall.** Air quality as reflected in ground-level ozone – or smog – has fluctuated over the years. Since 1999, smog levels have fallen by as much as 12.2% in 2002 and risen by as much as 16.2% in 2000. Over the entire period from 1999 to 2014, however, smog levels increased by 5.0% in Saskatchewan. Across Canada, ground-level ozone has shown similar, but less dramatic, fluctuations over the years, but remains at 1994 levels. Smog represents a potentially serious problem for respiratory health and for its contribution to crop damage, so the increase in its levels – especially if they continue in the future – represents a concern for people in Saskatchewan.

## SASKATCHEWAN IS FLEXING ITS ENERGY MUSCLE

**Energy production is taking off.** Primary energy production in Saskatchewan was steadily increasing since 2004, but has been really taking off since 2013. From 2004 to 2014, energy production increased by 41.1%, and since then, has continued its rapid climb. By 2016, primary energy production in Saskatchewan had increased by almost 50%, compared to an overall increase of 18.3% across Canada over the same time period. Indeed, the natural resources sector, of which energy production is a major part, represented 23.3% of Saskatchewan's economy in 2016, and despite decreases in the price of crude oil, it and potash remain the most significant natural resources in the province.<sup>96</sup>

**Energy based on renewable resources is a growing sector.** With respect to energy generation based on renewable resources – specifically wind turbines and solar panels – the number of farms in Saskatchewan in 2016 using these renewable resources (10.7%) was third highest in Canada, trailing only Alberta and Ontario.<sup>97</sup>

**Stocks of viable metal reserves fell dramatically until 2005 and have since been recovering.** Metals provide the foundation for technology, and the decline in reserves signals not just a threat to our economy, but to many aspects of our lives. Nationally, the over 40% decline in reserves of specific metals (such as copper, nickel, lead, zinc, and gold) after 1994 indicates that our ability to reuse or recycle rather than dispose of the products in which metals are found has not kept pace with their extraction. In Saskatchewan, data are available only for gold reserves (from mines), but the trend is similar to Canada's overall for all metals. Gold reserves in Saskatchewan dropped by 73.3% from 1994 to 2005, but recovered much of that loss by 2011. Since then, gold reserves have fluctuated annually, leaving an overall decline of one third since 1994 (33.3%).

**Potash reserves are the strength in Saskatchewan.** Given that Saskatchewan holds about 1% of the nation's gold reserves, a more useful indicator of the natural resource potential of the province is in its potash reserves. Saskatchewan is virtually the sole producer of potash in Canada, which contributed over \$3.7 billion to the economy in 2016. Despite a downturn in the late 2000s, potash production in Canada – and hence, Saskatchewan – rose by 18.1% from 2006 to 2018.

## ... AND RESIDENTS ARE HELPING TO CONSERVE ENERGY

**Residential use of energy declined by over 13%.** Households in Saskatchewan are doing their part by helping to reduce the impact of their energy use on the environment. However, the overall decline has not been smooth. In the decade from 1996 to 2005, residential energy use dropped by 20.5% in Saskatchewan, but in the five years that followed, over half of that reduction was lost as energy usage increased by 13.7%. After 2014, indications are that residents are again conserving more energy and returning to levels seen in 2005.

**Fewer residents are being proactive in reducing energy use.** Much of the fluctuation in residential energy use is not just due to personal choice – more so than many other provinces, energy use in Saskatchewan is subject to extreme weather conditions. However, during the years from 2008 to 2010 when energy use increased, people in Saskatchewan have been less likely than residents of other provinces to improve their energy efficiency. For example, they were less likely to wash their clothes in cold rather than hot water, somewhat less likely to adopt at least one energy saving practice, and less likely to have made a retrofit to their homes such as adding insulation, switching to more efficient heating or cooling equipment, or made modifications to the roof of their homes. One third or less of Saskatchewan residents had taken measures to reduce their energy consumption compared to between 40% and 45% of residents in most other provinces.<sup>98</sup>

## SMALL ENCROACHMENTS ON FARMLAND IS A CONCERN FOR EVERYONE

**Total land area devoted to farming.** Saskatchewan has the largest amount of land area devoted to farming than any province in Canada – almost 25 million hectares, which represents 38.8% of total farmland in the country. Saskatchewan also has the largest farms with operations larger on average than anywhere else in the country. Despite increasing urbanization and other forms of development putting strains on land that is available for agriculture, farming remains a critical aspect of life in Saskatchewan.<sup>99</sup> Since 1994, total land area in Saskatchewan devoted to farming has fallen by 6.6%, which is almost double the average rate of decline seen in most provinces across the country. Given the importance of food production – and hence food security – that Saskatchewan contributes, even small losses of farmland are a concern for the residents of both the province and the country.

## AVAILABILITY OF FRESHWATER INCREASED IN RECENT YEARS

**Freshwater availability is increasing ...** Over the entire period from 1994 to 2014, the availability of freshwater in Saskatchewan – and southern Canada overall – fluctuated a great deal from year to year, sometimes as much as 30% to 40%. However, unlike in Canada overall where freshwater yield remained relatively unchanged in 2014 compared to 1994, in Saskatchewan, recent years have shown consistently greater availability of freshwater with a 33% higher average yield in the five years up to 2014.

**... but is vulnerable to climate change.** Despite the greater availability of freshwater in Saskatchewan in recent years, the Prairie provinces have the lowest overall yields of freshwater compared to watersheds elsewhere in the country. As a result, there is comparatively less freshwater per capita in Saskatchewan than anywhere else in Canada. During times when freshwater is less available – especially summer months – competing demands by residents for drinking water, by agriculture and industry become even more intense. With fluctuations linked increasingly to climate change and its effect on the water cycle, which in turn has an impact on freshwater supply, Saskatchewan must remain vigilant in protecting this precious resource.<sup>100</sup>



## REFLECTIONS

Despite overall progress, much of which has occurred since 2009, all is not well with the Environment in Saskatchewan. Up to 2014, rising greenhouse gas emissions and increasing levels of ozone due in large part to a booming energy sector are not being offset by more efficient industrial processes, a growing service-based economy, and increased emphasis on cleaner energy sources.<sup>101</sup> Residential energy use is down, but below rates seen in other parts of the country. In Saskatoon between 2010 and 2014, the average ecological footprint rose by 1.4% and was over 5% higher than Canada overall in the same time period.<sup>102</sup> Ultimately, the choices we make to protect, manage, and try to restore the environment will dictate not only the state of our lands and waters, but our present and future wellbeing as Canadians.

Like other countries around the world, growing populations make increasingly greater demands for our natural capital, such as the diverse energy resources in Saskatchewan, so it is critical that individuals, industry, and government leaders assess not only the benefits, but the consequences of the pressures being placed on the environment. We must continue to explore ways to ensure that gains in the economy do not come at the expense of the environment. Our wellbeing depends on bold individual and collective action to reverse the negative trends.

An important pathway to better decisions with respect to the environment is access to valid and reliable data. Having more accessible and relevant data on many indicators comprising the Environment domain – at both the national and provincial levels – would allow us to make observations about overall trends in Saskatchewan with more confidence. The indicators used by the CIW speak to larger issues concerning the environment that are nevertheless relevant to the provinces and allow for pan-Canadian comparisons, but they may be less sensitive to issues and challenges felt at more regional levels. In Saskatchewan, suggestions have been made to include locally relevant indicators such as: implications of climate change; levels of acid rain; distribution and accessibility of intra-provincial transportation; disaster assistance; number and breadth of boil water advisories; levels of toxic contamination; and biodiversity.



# ENVIRONMENT

## REFLECTIONS (CONTINUED)

With better and more relevant data sources, our understanding of how changes in the environment affects our wellbeing becomes clearer. As our understanding deepens, we are in a better position to make better decisions on policy and strategic directions. Most critically, the challenges associated with climate change demand quality data to ensure informed leadership by government, industry, and individuals on the environment.



## LEISURE AND CULTURE

### Indicators tracked 1994 to 2014

Average percentage of time spent on the previous day in social leisure activities

Average percentage of time spent on the previous day in arts and culture activities

Average monthly frequency of participation in physical activity lasting over 15 minutes

Average attendance per performance at all performing arts performances

Average number of hours volunteering for culture and/or recreation organizations

Average visitation per site in past year to all National Parks and National Historic Sites

Average number of nights away on vacation trips to destinations at least 80km from home

Expenditures on all culture and recreation as a percentage of total household expenditures

# LEISURE AND CULTURE

By participating in Leisure and Culture activities, whether arts, culture, or recreation, we contribute to our wellbeing as individuals, to our communities, and to society as a whole. The myriad of activities and opportunities we pursue and enjoy benefit our overall life satisfaction and quality of life.

As forms of human expression, leisure and cultural activities help to more fully define our lives, the meaning we derive from them, and ultimately, our wellbeing. This remains true throughout our lives regardless of age, gender, or social group. The impact of participation in leisure and cultural activities is even greater for people in marginalized groups, such as those living with disabilities, living in poverty, or as members of a minority population.

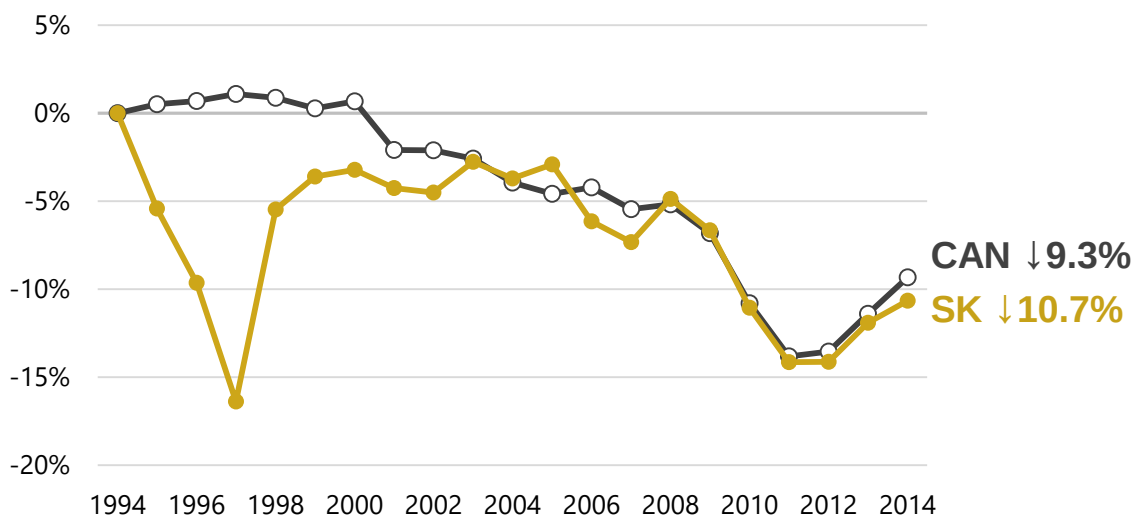
# LEISURE AND CULTURE

## TWO DECADES OF DECLINE IN LEISURE AND CULTURE

Of all the domains, Leisure and Culture has seen the most dramatic decline since 1994. Five of the eight indicators of leisure and cultural engagement were worse in 2014 than they were two decades before. During that time, the domain never fully recovered from a 16.4% freefall in the mid-1990s. While progress was made in the early 2000s and maintained until 2008, the domain plunged again between 2008 and 2012 to end up 10.7% lower in 2014 than it was in 1994 – a steeper drop than the 9.3% decline for Canada overall.

Strengths in this domain include an increase in the number of times people are physically active each month, the average attendance to the performing arts, and an overall increase in average visitation to national parks and historic sites. In contrast, people in Saskatchewan are spending less time in social leisure, less time in arts and culture activities, and much less time volunteering for culture and recreation organizations. They are spending fewer nights away on vacation and have trimmed their household budget for culture and recreation. The result is an erosion of individual and collective wellbeing usually found in this domain.

**Of all the domains, Leisure and Culture has seen the most dramatic decline since 1994 for both Canada and Saskatchewan.**



## PHYSICAL ACTIVITY IS ON THE RISE

**People are physically active almost every day.** In 1994, people in Saskatchewan were engaged in physical activity lasting at least 15 minutes on average nearly 21 times each month (20.8) or about 5 times each week. That frequency of participation steadily increased over the next 20 years reaching 27.3 times each month by 2014, which is almost daily physical activity. This steady increase is almost identical to the trend from 1994 to 2014 for Canada overall. This upward trend is important because the physical and mental health benefits of frequent physical activity cannot be overstated and its positive relationship to wellbeing is well established.

**Younger people are the most active, but older people are maintaining active lifestyles.** Physical activity rates are highest among teens in Saskatchewan with males participating slightly more times each month than females. However, almost daily participation in physical activity is sustained by people until the age of 44 years before declining to about 4 or 5 times per week. This level of weekly physical activity is sustained well into people's 70s before declining in later life.<sup>103</sup> Nevertheless, much older residents of Saskatchewan are still maintaining a relatively active lifestyle if not as frequently as their younger counterparts. These continued levels of activity bode well for the health and involvement in community of residents as they approach later life.

**The physical activity gender gap is greater in Saskatchewan.** The differences in monthly physical activity between men and women are smaller for Canadians overall than for residents of Saskatchewan. The gender gap in Saskatchewan is even greater among people under age 30 years where men participate in physical activity much more than women. The gap narrows after age 30, but men still participate somewhat more than women on average each month.<sup>104</sup>

**Racialized women participate less often in physical activity.** Members of racialized groups both in Saskatchewan and across Canada participate slightly less often each month in physical activity. However, women in racialized groups in Saskatchewan participate much less often than men. This difference is not as great in the rest of Canada.<sup>105</sup>

# LEISURE AND CULTURE

## PEOPLE ARE RETURNING TO THE PERFORMING ARTS

**Attendance at the performing arts is up.** Despite fluctuations in attendance at arts performances such as dance, live theatre, and musical concerts between 1998 and 2014, average attendance grew overall by just over 10%. After a dip in average attendance in 2002, people started returning to performances during the next four years. By 2006, average attendance had climbed to its highest level during this entire time period. Suddenly, attendance dropped again to a recorded low in 2010 – probably in response to cuts following the 2008 recession – before once again bouncing back. By 2014, the trend in attendance in Saskatchewan appears to be moving upwards and is very much in keeping with national results which suggest that Canadians are again embracing arts performances.

## ...AND ARE SPENDING MORE TIME ENGAGING IN ARTS AND CULTURE ACTIVITIES

**Substantial drop in arts and culture participation, but still higher than across Canada.** In the late 1990s, the percentage of time spent in arts and culture activities like singing, playing, or listening to music, performing in drama or dance, and visiting museums or galleries, dropped from 7.4% each day – well above the average across Canada of 4.3% – to 3.0% in 1998. That drop in participation represents a loss of over half the time usually spent engaged in the arts each day. Daily time spent in arts and culture activities in Saskatchewan stayed here until 2006, when it began to edge upwards again as people tried to recapture some of the lost time, but it has yet to recover to 1994 levels. Unlike the rest of Canada where the percentage of time devoted to arts and culture activities each day has stagnated at just below 4% since 2005, participation in Saskatchewan has continued to rise, albeit slowly, since 2005 and has surpassed the rest of Canada, averaging slightly over 4%, since 2012. By 2017, residents of Saskatchewan were attending live performances and arts events – especially arts and cultural festivals in their local communities (67%) – much more often than residents of any other province.<sup>106</sup> Given the value of engagement in the arts to individual and community wellbeing,<sup>107</sup> this upward trend in Saskatchewan is a positive sign.

# LEISURE AND CULTURE

## TIME VOLUNTEERING FOR CULTURE AND RECREATION GROUPS HOURS IS TUMBLING

**Time spent volunteering for culture and recreation groups dropped dramatically after 2005.** Volunteers are the lifeblood of local cultural groups and community sports organizations. That's why the 34.3% overall drop in the average number of hours per year volunteering for culture and recreation organizations in Saskatchewan is such a concern. In 1997, the average number of hours per year that people were volunteering was 49.8, just above the national average of 48.0. While the average number of hours nationally steadily dropped to just over 34 hours by 2007, volunteers for culture and recreation groups in Saskatchewan increased their commitment to an average of over 50 hours by 2004. Over the next three years, however, volunteer time plummeted to 33.4 hours per year. From 2007 to 2014 – despite a small recovery in 2010 to 37.3 hours per year – the hours dropped again to 32.7 hours – below the national average and a total average drop of 17 hours per year.

**Time spent volunteering is linked to sex, age, and family.** Although the amount of time spent volunteering by both men and women has dropped since 1997, in 2014, men in Saskatchewan reported considerably more hours volunteering for culture and recreation groups (47.1 hours per year on average) than women (28.1 hours per year on average). People aged 15 to 24 years in Saskatchewan give much less time to volunteering than any other age group, averaging just over 5 hours per year compared to between 30 and 75 hours by those 25 years of age or older. Younger people in Saskatchewan are also volunteering much less than their peers across Canada who average almost 30 hours per year (28.3 hours). The highest number of hours volunteering for culture and recreation groups is given by people from 35 to 44 years of age (50.7 hours per year on average) and especially by those 45 to 54 years of age (76.8 hours). Volunteer time falls off after age 54 to just under 30 hours per year. This is in contrast to averages across Canada where people 45 years of age and older give more hours per year than younger age groups (between 43 and 50 hours per year). Individuals in families with children from 6 to 17 years of age also devote many more volunteer hours per year (49.5 hours) than those people with children under 6 years (29.8 hours).<sup>108</sup> This increased volunteer time by parents in Saskatchewan is tied to their children's engagement in community groups, especially sports, and coincides with the higher times reported by mid-aged individuals.

# LEISURE AND CULTURE

## SOCIAL LEISURE ACTIVITY AND CONTACTS ARE DISAPPEARING

**Time spent socializing with friends slipped by 40%.** Between 1994 and 2014, people in Saskatchewan steadily spent less and less of their leisure time socializing – going out for coffee or dinner with a friend or visiting others at their home – and this downward trend shows no sign of reversing. In 1994, people spent 18.6% of their time each day engaged in these important social activities – well above the Canadian average of 15.2%. But by 2014, they were spending only 11.6% of their time each day engaged in social leisure, now below the Canadian average of 13.2%. While the decline across Canada in time spent in social leisure activities levelled-off in 2005, people in Saskatchewan saw their daily time engaged in social leisure continue to slide.

**Both men and women saw significant declines in social leisure.** On average, women spend a much greater percentage of their time than men do engaging in social leisure as well as arts and culture activities. From 1994 to 2014 across Canada, much of the loss of social leisure time was felt by women as men appeared better able to protect that time. In Saskatchewan, however, both men and women equally saw losses to the amount of time they devoted to social leisure activities.<sup>109</sup>

## ...AND SPENDING ON CULTURE AND RECREATION HAS DECLINED

**Household spending for culture and recreation down thousands of dollars.** From 1997 to 2005, spending on culture and recreation was increasing in Saskatchewan from nearly 6% of total household expenditures in 1997 to a high of nearly 7% in 2005. Following the recession in 2008, spending fell over the next four years to its lowest recorded level of 5.2% in 2012. Despite a small recovery by 2014, the decline of household spending on arts materials, memberships, sports equipment, and other aspects of culture and recreation marks a post-recession drop in spending of 1.3% – a deeper dip than the 0.9% overall decline across Canada. Despite this overall reduction in spending, people in Saskatchewan are still managing to commit a slightly higher percentage of their household expenditures in 2014 (5.6%) to this important part of their lives than Canadians overall (4.76%).

**Cutting back on what allows us to flourish.** While a drop of just over 1% in expenditures for culture and recreation appears small, it represents an average decline of almost \$6,000 of total household expenditures since 2008. As a result, people in Saskatchewan have considerably less access to those activities and opportunities they desire most in their leisure time to really thrive and flourish. Indeed, there is considerable evidence that participation in the arts contributes to greater happiness and improved individual and community wellbeing,<sup>110</sup> so decreases in the proportion of household income usually devoted to culture and recreation participation represents a significant concern.



# LEISURE AND CULTURE

## VISITATION TO NATIONAL PARKS AND HISTORIC SITES REMAINED STABLE

**Sustained support for national parks.** Attendance at Saskatchewan's National Parks and National Historic Sites remained very stable from 1998 to 2014 and ended the period with a slight increase of more than 5,500 visits on average to each park. In contrast, average visitation to all parks and historic sites across Canada dropped significantly – by almost 30% – from 1994 to 2010 before recovering each year thereafter. Despite the more recent increase, by the end of 2014, visitation had still not reached the levels reported in 1994, although more recent figures suggest visitation continues to climb. Increased visitation is important because enjoying places such as National Parks and National Historic Sites with others strengthens connections between Canadians and encourages a common sense of pride, belonging, and wellbeing. Accessing parks also allows people to connect with nature, which has direct links to mental and physical health and overall wellbeing.

**Visitation to provincial and regional parks continues to rise.** Saskatchewan operates 39 provincial parks and provincial historic parks, as well as over 70 regional parks providing additional outdoor recreational opportunities. From 2008 to 2017, visitation grew from just under 3.5 million visitor days to over 3.9 million visitor days, which is a 17.0% increase over those 10 years.<sup>111</sup>

## ... BUT DAYS AWAY ON VACATION ARE SHRINKING

**People are spending fewer days away on vacation.** For most of the early years, people in Saskatchewan were able to hang on to their vacation time. This changed in 2009 when the average number of nights away on vacation for trips farther than 80kms from home began to slide. For the 16 years from 1994 to 2009, the number of nights away averaged 3.85 in the province, then dipped to a low of 2.44 in 2011 – a drop of over one-third – before recovering slightly to 3.02 days away in 2013 and 2014. The same trend was reflected in the vacations of all Canadians although overall, they were traditionally spending more days away. Canadians averaged 4.43 days away per vacation trip until 2009, when they saw an even more dramatic decline in vacation days, falling to 2.47 days away per trip, almost cutting their trips in half. Since 2011, both the people in Saskatchewan and across Canada are starting to recapture those lost days, but vacations remain well below pre-2011 levels. Across the country, people have usually protected their vacations against fluctuations in the economy, but the 2008 recession appears to have seriously affected their ability to do so. Spending time away on vacation is critically important so hopefully the recent recovery in the average number of days on vacation trips will continue.



# LEISURE AND CULTURE

## REFLECTIONS

A shrinking Leisure and Culture domain wears down the very fabric of daily life in Saskatchewan. From a position of leading the country in volunteerism to fewer hours spent supporting culture and recreation organizations, less time socializing with friends, and fewer nights away on vacation, people in Saskatchewan have been struggling to retain the valued free time that enriches their lives. This deterioration is a concern because engagement in Leisure and Culture makes a significant contribution to both individual and community wellbeing.

Participation in leisure and culture helps shape our personal, provincial, and national identity. The experiences we have during these times provide a sense of who we are as a people and reinforces our sense of belonging to our community. Time spent with friends enhances our personal networks, our community resiliency, and our overall health. There is some comfort in knowing that participation in physical activity has increased for all age groups over recent years, especially given the challenge of an aging population and increases in chronic diseases such as diabetes and other obesity-related health challenges. Still, more can always be done to ensure greater access to leisure and culture resources for groups that are often marginalized in our communities: women and girls, people living with a disability, people living in low-income, at-risk youth, and LGBTQ2+ people.

An increasing number of dual-income families in the province over the past 40 years has increased median incomes, but is more often a choice of necessity than freeing resources for time in leisure and cultural pursuits. With greater income inequality and additional financial challenges for many people, dual-income families face limited resources, and they have been less able to allocate the time and money needed to take adequate vacations or to spend on culture and recreation. In addition to the challenges faced by individuals and families – and equally worrying – is the decline in volunteers and the hours they commit to public agencies and non-profit organizations responsible for providing leisure and culture programs, services, and facilities. Without these volunteer resources on which they heavily rely, organizations are struggling more to provide the kinds of opportunities when they are most needed.



# LEISURE AND CULTURE

## REFLECTIONS (CONTINUED)

Despite these challenges, people in Saskatchewan clearly value their leisure time and cultural heritage. In response to a survey on recreation and quality of life conducted by the Saskatchewan Parks and Recreation Association (SPRA), a majority of people (52.2%) said leisure is becoming more important to their quality of life and that they saw their participation and use of both natural resources and built facilities was likely to increase.<sup>112</sup>

Far from being a “frill” that can be trimmed when time or budgets are tight, participation in a community’s cultural life, especially the arts, are enshrined in the United Nations’ Universal Declaration of Human Rights<sup>113</sup> as well as its Declaration of the Rights of the Child.<sup>114</sup> The importance of leisure and culture to wellbeing is reflected in the Canadian Parks and Recreation Association’s Framework for Recreation in Canada 2015: Pathways to Wellbeing,<sup>115</sup> which has been endorsed by the SPRA as well as provincial ministers of sport, physical activity and recreation, and is being implemented at a national, regional, and community level. Globally and nationally, we recognize the importance of leisure and culture, but the action must take place locally.

To ensure that Leisure and Culture is a key component in the lifestyles of the people in Saskatchewan, governments, organizations, and communities must strengthen their capacity to provide meaningful, diverse, accessible and affordable opportunities so that everyone benefits. Communities must celebrate and protect access to Leisure and Culture, especially because the people themselves have identified it as a critical component of their quality of life.

# Appendix A.

## The CIW: Methods

The base year selected for monitoring trends in wellbeing is 1994, the year the National Population Health Survey began. In this report, we update trends until 2014, which is the most recent year for which the latest full set of data across all eight domains are available.

The indicators used in the Index are drawn principally from data sources provided by Statistics Canada. National surveys conducted over time from which data are drawn include *the Canadian Community Health Survey*, the *Labour Force Survey*, various cycles of the *General Social Survey* (e.g., Time Use, Social Networks and Identity, Victimization), *Travel Survey of Residents of Canada*, and the *Survey of Labour and Income Dynamics*. Indicators also are drawn from data sources provided by Environment Canada, the Board of Internal Economy, Elections Canada, and Parks Canada. Finally, selected indicators have been provided by independent groups and organizations such as the OECD, the Global Footprint Network, CIBC, Canadian Centre for Economic Analysis, and the Childcare Resource and Research Unit.

Within the sections describing trends in the indicators for each domain, the data are reported in the original units of measure (e.g., percentage of the population, expenditures in constant dollars from a base year, average time in minutes, and so on). Some indicators are positive in nature, so if the trend is upwards, the indicator is contributing to quality of life. For example, life expectancy in Healthy Populations, average monthly participation in physical activity in Leisure and Culture, and average tax median income in Living Standards are all positive indicators showing upward trends so have all been contributing to our wellbeing since 1994. Similarly, if a positive indicator – such as the percentage of population with five or more close friends in Community Vitality – is showing a downward trend, then it is having a diminishing affect on our wellbeing.

Other indicators are negative in nature, so if the trend is upwards, the indicator is lessening quality of life. For example, increases in the incidence of diabetes in Healthy Populations, housing affordability in Living Standards, and annual average undergraduate tuition fees in Education have all been detracting from our wellbeing. Conversely, declines in the Crime Severity Index in Community Vitality, the gap in percentage turnout between older and younger voters in Democratic Engagement, and residential energy use in Environment reflect contributions to our wellbeing within those domains.

# Appendix A.

## The CIW: Methods (CONTINUED)

With many of the indicators measured in very different ways, a first step is to set each indicator to a value of 100 at the base year. Percentage changes are then calculated for each subsequent year thereby allowing for direct comparisons between indicators and domains. All indicators are weighted equally. Some have argued that one or another indicator is more important, but what is missing is a universally agreed upon reason for assigning any particular indicator a weighting greater or less than that of some or all other indicators. The absence of such a reason justifies the equal treatment of all indicators at this time.

Throughout the report, trends for the eight domains are presented and specific indicators highlighted to reflect how wellbeing has changed for residents of Saskatchewan – for better and for worse – over the 21-year period from 1994 to 2014. In addition, comparisons are made to the rest of Canada. The domains are presented in the order reflecting how well we have progressed since 1994 – from the greatest increase in Education to the continuing deterioration of Leisure and Culture. Along with tracking changes in wellbeing, we are able to see where the impact of the 2008 recession was felt most.

### MISSING INDICATORS

Of the 64 indicators reported in the CIW national report, “How are Canadians *Really* Doing?”, all but one are available and used in this report. The only indicator not reported here is Ecological Footprint in the Environment domain. Consequently, the composite indices for the Environment domain and for the overall CIW index were recalculated for the national data excluding this one indicator to allow direct comparison of trends between Saskatchewan and Canada overall. With these refinements to the national data, trends in the Environment domain as well as in overall wellbeing for Canada differ very slightly from the trends in the 2016 national report.

# Appendix B.

## Data Sources

For each domain, the principal agency that provides the data is identified along with the specific source. In cases where the indicator specifies “percentage of population”, it refers to the adult population – individuals 16 or 18 years of age or older – who participated in the national survey referenced under “Data Source”.

Many of the data sources are provided by Statistics Canada and specific indicators are available online, but some of the indicators require custom calculation. Occasionally, custom tabulations are requested from Statistics Canada when the data are not available online, while in other cases, specialized calculations are undertaken by the CIW. For example, residential energy use per household in the Environment domain draws from two sources – the supply and demand of primary and secondary energy and the census of Canada – to derive a measure of residential household energy use each year. Similarly, the calculation of the average number of nights away on vacation trips in the past year to destinations 80km from home in the Leisure and Culture domain requires conducting original analyses of the Travel Survey of Residents of Canada. Data sources provided by other agencies external to the Government of Canada are provided free of charge under a partnership agreement between the CIW and the agency (e.g., Canadian Centre for Economic Analysis; Child Care Canada).

# Appendix B.

## Data Sources (CONTINUED)

### EDUCATION

Indicator	Agency	Data Source
Percentage of children aged 0 to 5 years for whom there is a regulated centre-based child care space	Child Care Canada	Early Childhood Education and Care in Canada Report
Average amount of time spent in interactive (talk-based) childcare for children aged 0 to 14 years	Statistics Canada	General Social Survey:
Ratio of students to educators in public schools	Statistics Canada	Time Use
Average expenditure per public school student	Statistics Canada	Elementary-Secondary Education Survey for Canada
Percentage of adults aged 25 or older who participate in education-related activities	Statistics Canada	Public and Private Elementary and Secondary Education Expenditures
Average annual Canadian undergraduate tuition fees	Statistics Canada	General Social Survey:
Percentage of 20 to 24 year olds in population completing high school	Statistics Canada	Time Use
Percentage of 25 to 64 year olds in population with a university degree	Statistics Canada	Canadian and International Tuition Fees

### LIVING STANDARDS

Indicator	Agency	Data Source
Gini coefficient (a measure of the income gap)	Statistics Canada	Canadian Income Survey
After tax median income of economic families	Statistics Canada	Census of Canada
Percentage of persons in low income	Statistics Canada	Survey of Labour and Income Dynamics (SLID) and Canadian Income Survey
Percentage of population that is moderately or severely food insecure	Statistics Canada	Canadian Community Health Survey
Percentage of labour force with long-term unemployment	Statistics Canada	Labour Force Survey
Percentage of labour force employed	Statistics Canada	Labour Force Survey
CIBC index of employment quality (1994 QI=100)	CIBC	Canadian Employment Quality Index
Shelter Consumption Affordability Ratio (SCAR)	Canadian Centre for Economic Analysis	Shelter Consumption Affordability Ratio (SCAR index)

# Appendix B.

## Data Sources (CONTINUED)

### HEALTHY POPULATIONS

Indicator	Agency	Data Source
Percentage of population that rates overall health as very good or excellent	Statistics Canada	Canadian Community Health Survey
Percentage of population with self-reported diabetes	Statistics Canada	Canadian Community Health Survey
Life expectancy at birth in years	Statistics Canada	Vital Statistics
Percentage of daily or occasional smokers among teens aged 12 to 19 years	Statistics Canada	Canadian Community Health Survey
Percentage of population that perceived mental health as very good or excellent	Statistics Canada	Canadian Community Health Survey
Percentage of population with a regular medical doctor	Statistics Canada	Canadian Community Health Survey
Percentage of population that received influenza immunization in past year	Statistics Canada	Canadian Community Health Survey
Percentage of population with an absence of health or activity limitations	Statistics Canada	Canadian Community Health Survey

### DEMOCRATIC ENGAGEMENT

Indicator	Agency	Data Source
Percentage of voter turnout at federal elections	Elections Canada	Voter Turnout at Federal Elections and Referendums
Percentage of population that volunteers for a law, advocacy or political group	Statistics Canada	General Social Survey: Canadian Survey on Giving, Volunteering, and Participating
Old and young voters' age gap	Elections Canada	Estimation of Voter Turnout by Age Group
Percentage of population reporting they are very or fairly satisfied with the way democracy works in Canada	Elections Canada and Institute of Social Research	Canadian Election Survey
Percentage of population with a great deal or quite a lot of confidence in federal parliament	Statistics Canada	General Social Survey:
Ratio of registered to eligible voters	Elections Canada	Social Identity
Percentage of women in Parliament	Parliament of Canada	Electors on the Lists
Percentage of MPs' budgets spent on print materials communications	Parliament of Canada	Women Candidates in General Elections



# Appendix B.

## Data Sources (CONTINUED)

### TIME USE

Indicator	Agency	Data Source
Percentage of labour force participants working more than 50 hours per week	Statistics Canada	Labour Force Survey
Percentage of 15 to 64 year olds reporting high levels of time pressure	Statistics Canada	General Social Survey: Time Use
Average daily amount of time spent with friends (minutes per day).	Statistics Canada	General Social Survey: Time Use
Percentage of labour force working less than 30 hours per week, not by choice	Statistics Canada	Labour Force Survey
Percentage of Canadians who report 7 to 9 hours of good quality essential sleep	Statistics Canada	General Social Survey: Time Use
Mean workday commute time for individuals working for pay	Statistics Canada	General Social Survey: Time Use
Percentage of labour force working for pay with flexible work hours	Statistics Canada	General Social Survey: Time Use
Percentage of labour force with regular, weekday work hours	Statistics Canada	General Social Survey: Time Use

### COMMUNITY VITALITY

Indicator	Agency	Data Source
Percentage of population reporting participation in organized activities (i.e., volunteering)	Statistics Canada	General Social Survey: Social Identity
Percentage of population with 5 or more close friends	Statistics Canada	General Social Survey: Social Identity
Crime Severity Index	Statistics Canada	Uniform Crime Reporting Survey
Percentage of population that experienced discrimination in the past 5 years based on ethno-cultural characteristics	Statistics Canada	General Social Survey: Victimization
Percentage of population that feels safe walking alone after dark	Statistics Canada	General Social Survey: Victimization
Percentage of population that believes most or many people can be trusted	Statistics Canada	General Social Survey: Social Identity
Percentage of population that provides unpaid help to others who are living on their own	Statistics Canada	General Social Survey: Canadian Survey on Giving, Volunteering, and Participating
Percentage of population reporting very or somewhat strong sense of belonging to community	Statistics Canada	Canadian Community Health Survey

# Appendix B.

## Data Sources (CONTINUED)

### ENVIRONMENT

Indicator	Agency	Data Source
Ground level ozone (population weighted in parts per billion)	Environment Canada and Climate Change Canada	National Air Pollution Surveillance Program
Absolute greenhouse gas emissions (GHGs) (megatonnes of CO <sub>2</sub> per year)	Environment Canada and Climate Change Canada	Greenhouse Gas Sources and Sinks
Primary energy supply (petajoules)	Statistics Canada	Supply and Demand of Primary and Secondary Energy
Residential energy use per household (terajoules per 1,000 private dwelling)	Statistics Canada	Supply and Demand of Primary and Secondary Energy and Census of Canada
Total farm land (hectares)	Statistics Canada	Census of Agriculture
Viable Metal Reserves Index	Statistics Canada	Selected Natural Resource Reserves
Ecological Footprint	Global Footprint Network	Ecological Footprint of Consumption per Capita
Annual water yield for Southern Canada (km <sup>3</sup> )	Statistics Canada	Annual Water Yield for Selected Drainage Regions and Southern Canada

### LEISURE AND CULTURE

Indicator	Agency	Data Source
Percentage of time spent on the previous day in social leisure activities	Statistics Canada	General Social Survey: Time Use
Percentage of time spent on the previous day in arts and culture activities	Statistics Canada	General Social Survey: Time Use
Average number of hours in the past year volunteering for culture or recreation organizations	Statistics Canada	General Social Survey: Canadian Survey on Giving, Volunteering and Participating
Average monthly frequency of participation in physical activity lasting over 15 minutes	Statistics Canada	Canadian Community Health Survey
Average attendance per performance in past year at all performing arts performances	Statistics Canada	Survey of Service Industries: Performing Arts
Average visitation per site in past year to all National Parks and National Historic sites	Parks Canada	Parks Canada Annual Attendance
Average number of nights away on vacation trips in the past year to destinations 80 km from home	Statistics Canada	Travel Survey of Residents of Canada
Expenditures in past year on all culture and recreation as percentage of total household expenditures	Statistics Canada	Survey of Household Spending

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**Community Initiatives Fund Photo Library:** 4 | 33 (38, 39) | 40 (47) | 48 (56, 57)

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**Tourism Saskatchewan Eric Lindberg:** 7

**Tourism Saskatchewan Greg Huszar Photography:** 8 | 10 | 20 | 23 | 74 (81, 82) | 83 (89, 90)

**Tourism Saskatchewan Kevin Hogarth Photography:** 13

**Tourism Saskatchewan Paul Austring:** 14 | 21 | 22 | 65 (72, 73)



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