

Waterloo Region Community Wellbeing Survey

Stage 1 Results: A Profile of the Wellbeing of the Residents of Waterloo Region

A preliminary report for
The Kitchener and Waterloo Community Foundation

Bryan Smale
Margo Hilbrecht
Robbie Shifman
Lisa Wenger

Canadian Index of Wellbeing
University of Waterloo

July 2013

Contents

Introduction	1
<i>Weighting of Data</i>	1
<i>Reading the report</i>	4
<i>The CIW and Vital Signs Matrix</i>	4
<i>List of Abbreviations and Terms</i>	4
Demographic Profile	7
Community Vitality	15
Healthy Populations	21
Democratic Engagement	24
Environment	26
Leisure and Culture	28
Education	36
Living Standards	38
Time Use	44
Overall Health and Wellbeing	47
Comments	50
<i>Community Vitality</i>	50
<i>Healthy Populations</i>	58
<i>Democratic Engagement</i>	61
<i>Environment</i>	69
<i>Leisure and Culture</i>	73
<i>Education</i>	77
<i>Living Standards</i>	78
<i>Time use</i>	83
<i>Overall Health and Wellbeing</i>	84

Smale, B., Hilbrecht, M., Shifman, R., & Wenger, L.M. (2013). *Stage 1 Results: A Profile of the Wellbeing of the Residents of Waterloo Region*. A Preliminary Report for the Kitchener and Waterloo Community Foundation, Ontario. Waterloo, ON: Canadian Index of Wellbeing and the University of Waterloo.

© 2013 Canadian Index of Wellbeing

Introduction

The Waterloo Region Community Wellbeing Survey was launched on June 10, 2013 when invitations to participate were distributed to 20,000 randomly selected households in the Cities of Kitchener, Waterloo, and Cambridge, and the Townships of North Dumfries, Wellesley, Wilmot, and Woolwich. One person in each household, age 18 years or older, was invited to complete the survey. The survey closed on July 18, 2013. Among the 1,243 questionnaires completed and submitted by Waterloo Region residents, 1,238 were deemed usable (i.e., 1,151 electronic/online and 87 paper). This represents a response rate of 6.19%.

The results presented in this report are preliminary descriptive statistics, reporting frequency distributions and measures of central tendency for all of the questions in each of the eight domains comprising the Canadian Index of Wellbeing: *Community Vitality, Democratic Engagement, Education, Environment, Healthy Populations, Leisure and Culture, Living Standards, and Time Use*. The data were weighted to ensure that results are representative geographically within Waterloo Region and that the sex and age distribution matched the profile for Waterloo Region based on the 2011 Census.

The report is organised by domain and consists largely of tables. Some background information is provided, but text has been kept to a minimum. The descriptive results provide a general picture of wellbeing for the Waterloo Region and will assist in identifying areas for further consideration. Once priorities have been outlined, the CIW will proceed with more in-depth analyses.

Weighting of Data

A description of survey participants is outlined in the following tables. We begin with the results for age, sex, and geographic region to provide a better understanding of how the responses were distributed initially. Then we illustrate how respondents were distributed once the data were weighted based on these three characteristics.

A total of 1,238 usable responses to the survey were collected. Weighting of the data generates estimates on each characteristic based on the total number of residents in the Waterloo Region as reported in the 2011 Census of Canada.

To weight the data, we assigned participants to one of the following seven locations based on postal code information:

1. City of Kitchener
2. City of Cambridge
3. City of Waterloo
4. Township of North Dumfries
5. Township of Wellesley
6. Township of Wilmot
7. Township of Woolwich

We subsequently grouped the Townships together, resulting in four larger districts including the City of Kitchener, City of Waterloo, City of Cambridge, and the Townships. Drawing upon information from the 2011 Census, we weighted the data according to sex (see Table 1), age (see Table 2), and geographic area (see Table 3) to ensure that the results of the survey are representative of the residents of Waterloo Region. Hence, all other tables in this report use weighted data.

Table 1
Distribution of Respondents *by Sex*^a

Sex	Unweighted		Weighted Sample	
	n	Pct.	n	Pct.
Female	618	51.5	199,240	53.6
Male	580	48.3	172,305	46.4

^a 38 respondents did not provide information about their sex and two identified as transgender.

Table 2
Distribution of Respondents *by Age Group*^a

Age Group	Unweighted		Weighted Sample	
	n	Pct.	n	Pct.
18 to 25 years	8	0.7	29,190	7.9
26 to 34 years	91	7.6	70,060	18.9
35 to 44 years	178	14.9	72,300	19.5
45 to 54 years	266	22.3	77,995	21.0
55 to 64 years	301	25.2	58,400	15.7
65 to 79 years	299	25.0	45,950	12.4
80 years and older	52	4.4	17,650	4.8

^a 43 respondents did not provide information about their age.

Table 3
Distribution of Respondents *by Geographic Area*^a

Geographic Area	Unweighted		Weighted Sample	
	n	Pct.	n	Pct.
Kitchener	497	40.4	161,345	43.4
Waterloo	343	27.9	77,950	21.0
Cambridge	177	14.4	91,120	24.5
Townships	214	17.4	41,130	11.1

^a 7 print surveys were missing their 5-digit identifier and we were unable to obtain postal code information for them.

Once the sample had been compared to the actual distribution of the total population separately for each of sex, age, and geographic location, the proportional weights for each of these characteristics were established. Subsequently, the final weighting was undertaken with all three characteristics included to ensure the sample reflected the overall population distributions. With the weighting applied, the final sample quite reasonably approximated the region's population profile (see Table 4).

Table 4
Waterloo Region Population 2011 – Aged 18 years and older^a

Municipality/CSD	Population		Weighted Sample	
	n	Pct.	n	Pct.
Kitchener	172,265	43.8	161,345	43.4
Waterloo	77,950	19.8	77,950	21.0
Cambridge	96,980	24.6	91,120	24.5
Townships	46,495	11.8	41,130	11.1
Total	393,690	100.0	371,545	100.0

^a In 45 cases, the weight variable was set to zero because information was missing for sex, geographic location, or age group.

With these weights assigned, the results reported in the tables comprising the rest of this report are weighted to reflect population estimates. In some instances, when sample responses are too low (e.g., country of birth if not Canada), population estimates are not reported.

Reading the report

As noted above, the results presented in the tables have been weighted to provide estimates of the population in the Waterloo region. In some instances, the total number of responses will not always equal the total population due to missing responses. Most often, non-response represents only a handful of individuals so the totals are not much below the population total for the region. In other cases, larger numbers of people might have chosen not to respond either because they judged the question not to be relevant to them or because they simply declined to respond to the question. For example, in the latter case, many people decline to report their income, so in Table J6, the results reflect the estimated 350,753 individuals in the population who did respond (approximately 89% of the total population).

Also, total percentages in the tables might not always total to 100% due to rounding. In a couple of instances, not all responses categories are reported in the table, but explanatory notes are included (e.g., Table J7b concerning country of birth if not Canada).

The CIW and Vital Signs Matrix

To facilitate the selection of results from the Community Wellbeing Survey that correspond to areas of interest identified by Vital Signs™, a matrix has been developed that matches question numbers from each of the eight CIW domains with the 11 areas of interest (see Table 5). Given the intersection of various indicators with more than one domain and/or area of interest, the matrix represents a starting point; in other words, some indicators could be used to inform our understanding of more than one area of interest in Vital Signs.

List of Abbreviations and Terms

n	Number of respondents
Pct.	Percentage of respondents
Mean	Arithmetic average
Std. Dev.	Standard deviation (average amount the scores deviate from the mean)
Min.	Minimum score reported
Max.	Maximum score reported

Table 5
Questions from the Community Wellbeing Survey Corresponding to Vital Signs' Areas of Interest

Areas of Vital Signs	Domains of the Canadian Index of Wellbeing								Overall well-being	Demographics
	Community Vitality	Democratic Engagement	Education	Environment	Healthy Populations	Leisure and Culture	Living Standards	Time Use		
Safety	A7, A8, A9									
Belonging and Leadership	A1 to A6, A10, A11	C1 to C3	F3.7	D1.9				H1, H2	I2, I1.4, I1.13, I1.14	J13
Learning			F1, F2, F3			E9.2			I1.6	J4
Environment				D1, D2					I1.12	
Health and Wellness					B1 to B5	E1.3, E1.4, E11.4		H3, H4	I1.1, I1.2	
Arts and Culture	A2.3					E1 to E11			I1.3, I1.9, I1.10	
Gap between Rich and Poor							G8		I1.15	J6
Housing							G8.2			J15
Work							G1 to G4, G6, G7		I1.7, I1.16	J5
Getting Started										J5 X J9
Getting Around				D2.7			G5			
Economy									I1.15	
Demographics										J1 to J20

Notes: Specific questions within each section of the Community Wellbeing Survey are listed under their respective CIW domains in the row corresponding to the Vital Signs area with indicators equivalent or similar to the CIW's indicators.

In instances where a question that presents several items in a list, an individual item that is relevant to another Vital Signs area are indicated by specifying the question and the item number (e.g., question D2 in the Environment section of the survey links directly to the Vital Signs area "Environment", but the seventh item in the question could be used as an indicator for the area "Getting Around" so is shown in that row as D2.7).

References to specific items within scales (e.g., E1.3) refer to their order in the *questionnaire*. Their order in the *tables* within this report may change based on the respondents' rankings.

Demographic Profile

Table J1
Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Sex

Sex	n	Pct.
Female	199,240	53.6
Male	172,305	46.4

Table J2
Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Age^a

Age	n	Pct.
18 to 25 years	29,190	7.9
26 to 34 years	70,060	18.9
35 to 44 years	72,300	19.5
45 to 54 years	77,995	21.0
55 to 64 years	58,400	15.7
65 to 79 years	45,950	12.4
80 years and older	17,650	4.8

^a Participants had to be at least 18 years of age to participate in the survey.

Table J3
Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Marital Status

Marital Status	n	Pct.
Married	237,488	64.2
Single, never married	53,738	14.5
Divorced	26,790	7.2
Living common-law	24,274	6.6
Widowed	20,518	5.5
Separated	7,321	2.0

Table J4
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Highest Level of Education Completed

Education	n	Pct.
Elementary school	8,142	2.2
High school	73,540	19.8
Post-secondary certificate	34,737	9.4
College diploma	93,718	25.3
University degree (e.g., B.A., B.Sc.)	116,878	31.5
Graduate degree (e.g., M.A., M.Sc., Ph.D.)	43,662	11.8

Table J5
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Main Activity

Main Activity	n	Pct.
Working full-time	190,621	51.5
Retired	72,424	19.6
Non-standard employment ^a	25,056	6.8
Working part-time	24,860	6.8
Going to school	22,038	6.0
Household work/caring for children	13,967	3.8
On leave from work (e.g., illness, parental leave)	13,877	3.7
Unemployed/looking for work	7,331	2.0

^a Includes self-employed, contract, seasonal, temporary, and multiple jobs.

Table J6
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Household Income From All Sources

Household Income	n	Pct.
Under \$10,000	5,120	1.5
\$10,000 to \$19,999	12,198	3.5
\$20,000 to \$29,999	15,849	4.5
\$30,000 to \$39,999	29,025	8.3
\$40,000 to \$59,999	52,008	14.8
\$60,000 to \$79,999	60,224	17.2
\$80,000 to \$99,999	47,247	13.5
\$100,000 to \$119,999	40,266	11.5
\$120,000 to \$149,999	44,619	12.7
\$150,000 and over	44,197	12.6

Table J7a
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Born in Canada

Born in Canada	n	Pct.
Yes	305,372	83.0
No	62,477	17.0

Table J7b
Country of Birth of Respondents *Other than Canada*^a

Country of Birth	n	Pct.
United Kingdom	11,059	25.5
Poland	3,912	9.0
Germany	3,540	8.2

^a Among those respondents who were born outside of Canada, 42.7% were born in one of the three countries listed in the table above. The countries in which the remaining 57.3% of respondents were born are not presented in the table due to low response rates. These countries include Afghanistan, Argentina, Australia, Austria, Brazil, China, Colombia, Croatia, Cyprus, Czech Republic, Egypt, El Salvador, Finland, France, Greece, Guyana, Hungary, Indonesia, Iran, Ireland, Italy, Jamaica, Latvia, Lebanon, Malaysia, Mauritius, Mexico, New Zealand, Pakistan, Philippines, Qatar, Russia, Singapore, Slovakia, South Africa, Sudan, Sweden, Thailand, The Netherlands, Trinidad, Turkey, Ukraine, and Uruguay.

Table J8
Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Years Lived in Canada (if not born in Canada)

Years lived in Canada	n	Pct.
5 years or fewer	2,071	3.4
6 to 10 years	5,502	8.9
11 to 15 years	5,967	9.7
16 to 20 years	5,462	8.9
21 to 30 years	9,398	15.2
31 to 50 years	21,223	34.4
51 years or more	12,079	19.6

Note: For those respondents who were *not* born in Canada ($n = 62,477$, 17.0%), the average length of time they have lived in Canada is just over 34 years ($M = 34.26$, $SD = 20.60$).

Table J9
Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Cultural, Ethnic, or National Background

Note: 62.1% of the respondents identified themselves solely as “Canadian”, 4.3% identified themselves as of “United Kingdom/Anglo” origins, and another 3.7% identified themselves as of “Northern European/Scandinavian” origins. Most other respondents reported European backgrounds, with only about 11% of the total sample indicating origins from a wide variety of other parts of the world.

Table J10a
Profile of Respondents to Waterloo Region Community Wellbeing Survey:
First Language

First language	n	Pct.
English	327,311	88.7
French	2,926	0.8
Other	38,800	10.5

Table J10b
First Language of Respondents *Other than English or French*^a

First Language	n	Pct.
German	4,467	17.1
Polish	4,043	15.5

^a Among those respondents whose first language was *not* English or French, 32.6% of the respondents reported that their first language was either German or Polish. The other languages spoken by the remaining 67.4 % of respondents are not presented in the table due to low response rates. These additional languages include: Acholi, Afrikaans, Arabic, Assyrian, Cantonese, Chinese, Creole, Czech, Dutch, Farsi, Finnish, Greek, Gujarati, Hindi, Hungarian, Italian, Macedonian, Malayalam, Portuguese, Punjabi, Romanian, Russian, Serbian, Slovak, Spanish, Swedish, Thai, Ukrainian, Urdu, and Visaya.

Table J11
Profile of Respondents to Waterloo Region Community Wellbeing Survey:
First Nations Status

First Nations status	n	Pct.
Yes	7,451	2.0
No	359,587	98.0

Table J12
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Disability Status

Living with disability	n	Pct.
Yes	48,119	13.1
No	319,384	86.9

Table J13
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Years Resident of Waterloo Region

	n	Mean	Std. Dev.
Years resident of Waterloo Region	371,545	22.46	18.29

Table J14
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Years Lived in Current Location

	n	Mean	Std. Dev.
Years living in current location	371,545	10.80	10.73

Table J15
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Own or Rent Place in Which Living

Own or rent	n	Pct.
Own	312,415	85.2
Rent	54,308	14.8

Table J16
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Sexual Orientation

Sexual orientation	n	Pct.
Heterosexual or straight	351,297	95.1
Gay or Lesbian	5,211	1.4
Bisexual	2,417	0.7
I would prefer not to say	8,812	2.4
Other	1,638	0.4

Table J17
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
In a Relationship

In a relationship	n	Pct.
Yes	275,760	74.9
No	92,458	25.1

Table J18
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Living with Partner

Living with partner	n	Pct.
Yes	257,800	93.3
No	18,579	6.7

Table J19
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Sex of Partner

Sex of partner	n	Pct.
Female	145,507	53.0
Male	128,468	46.8
Transgender	364	0.1

Table J20a
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Household Type

Household type	n	Pct.
Couple living with children at home	155,412	42.2
Couple with children elsewhere (e.g., “empty nester”)	61,719	16.8
Couple with no children	39,722	10.8
Adult living alone	35,191	9.6
Adult living with children	28,727	7.8
Adult living alone (with children living elsewhere)	22,219	6.0
Adult sharing accommodation	13,806	3.7
Other	11,645	3.2

Table J20b
 Profile of Respondents to Waterloo Region Community Wellbeing Survey:
Age of Youngest Child for Participants Living with Children

Age of youngest child	n	Pct.
Less than 6 years old	68,041	27.5
6 to 11 years old	32,524	13.2
12 to 19 years old	43,911	17.8
20 to 24 years old	25,406	10.3
25 to 29 years old	21,632	8.8
30 years or older	55,626	22.5

Community Vitality

Table A1
Respondents who Volunteered During the Past 12 Months

Volunteered	n	Pct.
Volunteered in past 12 months	185,739	51.0

Table A2
Respondents who were a Member of or Participant in
an Organization During the Past 12 Months

Organization type	n	Pct.
Sports or recreational organization (e.g., hockey league, health club, golf club)	125,512	34.6
Union or professional association	124,970	34.4
Religious affiliated group (e.g., church youth group, choir)	100,547	27.8
Cultural, educational or hobby organization (e.g., theatre group, book club, bridge club)	93,306	26.0
Political party or group	75,881	21.1
School group, neighbourhood, civic, or community association (e.g., PTA, alumni, block parents, neighbourhood watch)	49,609	13.8
Public interest group (e.g., focused on the environment, animal welfare, food security, homelessness)	47,162	13.1
Service club or fraternal organization (e.g., Kiwanis, Knights of Columbus, the Legion)	31,690	8.9
Other organized group or activity	164,185	44.8

Table A3
 Respondents who Provided Unpaid Help to Others in the Past 12 Months

Type of Unpaid Help	n	Pct.
Work at their home such as cooking, cleaning, gardening, maintenance, painting, shovelling snow, or car repairs	188,600	51.3
Health-related or personal care, such as emotional support, counselling, providing advice, visiting the elderly, unpaid babysitting	164,185	44.8
Paperwork tasks such as writing letters, doing taxes, filling out forms, banking, paying bills, or finding information	132,916	36.5
Doing any shopping, driving someone to the store, or to any other appointments	133,250	36.4
Unpaid teaching, coaching, tutoring, or assisting with reading	86,671	24.1

Table A4
 Numbers of Social Contacts Reported by Respondents: *Relatives*

Relatives	n	Min.	Max.	Mean	Std. Dev.
Number of relatives	369,025	0	100	6.14	7.49

Table A5
 Numbers of Social Contacts Reported by Respondents: *Close friends*

Friends	n	Min.	Max.	Mean	Std. Dev.
Number of close friends	369,624	0	100	5.47	7.02

Table A6
 Numbers of Social Contacts Reported by Respondents: *Neighbours*

Neighbours	n	Min.	Max.	Mean	Std. Dev.
Number of neighbours	369,803	0	100	3.56	4.49

Table A7
 Perceptions of Safety and Belonging:
How Safe Walking in Neighbourhood at Night

Safety and Belonging	n	Percentage of Respondents (n)							Summary Statistics	
		Very unsafe	2	3	4	5	6	Very safe	Mean^a	Std. Dev.
Feel safe walking alone in your neighbourhood after dark	369,257	2.8 (10,478)	2.8 (10,312)	5.9 (21,602)	7.4 (27,307)	13.7 (50,493)	28.6 (105,526)	38.9 (143,538)	5.67	1.55

^a Based on a 7-point scale where higher scores reflect higher feelings of safety.

Table A8
 Perceptions of Safety and Belonging:
Uncomfortable/Out of Place Because of Ethnicity, Culture, Race, Skin Colour

Safety and Belonging	n	Percentage of Respondents (n)							Summary Statistics	
		Never	2	3	4	5	6	All of the time	Mean^a	Std. Dev.
Feel uncomfortable or out of place in your neighbourhood because of your ethnicity, culture, race, or skin colour	366,643	77.7 (284,796)	12.1 (44,518)	3.9 (14,254)	3.6 (13,311)	0.9 (3,204)	0.6 (2,073)	1.2 (4,486)	1.44	1.06

^a Based on a 7-point scale where higher scores reflect higher frequency of feelings of discomfort.

Table A9
Perceptions of Safety and Belonging:
Discriminated Against Because of Ethnicity, Culture, Race, Skin Colour

Safety and Belonging	n	Percentage of Respondents (n)							Summary Statistics	
		Never	2	3	4	5	6	All of the time	Mean^a	Std. Dev.
Feel discriminated against because of your ethnicity, culture, race, or skin colour	365,429	80.0 (292,325)	11.3 (41,380)	1.6 (5,892)	4.0 (14,776)	1.9 (6,926)	0.1 (433)	1.0 (3,697)	1.41	1.04

^a Based on a 7-point scale where higher scores reflect higher frequency of feelings of discomfort.

Table A10
Perceptions of Safety and Belonging:
Sense of Belonging in Local Community

Safety and Belonging	n	Percentage of Respondents (n)							Summary Statistics	
		Very weak	2	3	4	5	6	Very strong	Mean^a	Std. Dev.
Your sense of belonging to your local community	370,530	4.3 (15,918)	5.7 (21,037)	10.0 (36,926)	26.3 (97,534)	21.6 (79,949)	18.6 (69,005)	13.5 (50,161)	4.65	1.57

^a Based on a 7-point scale where higher scores reflect a stronger sense of belonging.

Table A11. Respondents' Perceptions of Sense of Community as a Place to Live

Community as a place to live	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
I would recommend my community to others as a great place to live	370,668	2.2 (8,103)	0.8 (2,906)	2.4 (9,078)	13.7 (50,718)	30.1 (111,700)	30.1 (111,461)	20.7 (76,702)	5.42	1.27
I am proud of this community	369,050	2.3 (8,440)	0.7 (2,649)	1.8 (6,822)	18.3 (67,591)	34.8 (128,493)	27.4 (101,157)	14.6 (53,898)	5.23	1.22
I feel at ease with the people in this community	366,637	1.8 (6,518)	0.8 (2,841)	4.5 (16,638)	13.7 (50,234)	44.0 (161,439)	25.5 (93,443)	9.7 (35,523)	5.13	1.14
This community provides opportunities for me to do a lot of different things	366,524	1.7 (6,398)	1.5 (5,479)	5.2 (19,126)	16.4 (59,973)	36.3 (133,149)	26.6 (97,576)	12.2 (44,823)	5.13	1.24
I have good friends in this community	370,275	1.9 (6,893)	3.6 (13,216)	5.3 (19,556)	15.0 (55,368)	34.0 (125,966)	24.4 (90,357)	15.9 (58,919)	5.13	1.36
If I need help, this community has many excellent services to meet my needs	368,357	2.5 (9,070)	1.5 (5,495)	5.2 (19,170)	21.0 (77,283)	38.8 (143,047)	22.5 (82,967)	8.5 (31,326)	4.94	1.23
Many people in this community are available to help if somebody needs it	368,426	2.6 (9,494)	1.3 (4,708)	6.4 (23,679)	21.8 (80,453)	37.5 (138,278)	22.2 (81,854)	8.1 (29,959)	4.90	1.24
If I had an emergency, even people I do not know would be willing to help me	370,662	2.0 (7,585)	1.7 (6,190)	5.1 (18,771)	20.0 (74,014)	46.8 (173,562)	18.2 (67,606)	6.2 (22,935)	4.87	1.14
People are sociable here	367,871	0.6 (2,334)	2.3 (8,529)	6.7 (24,496)	20.3 (74,852)	45.9 (168,866)	20.1 (74,043)	4.0 (14,750)	4.85	1.06
There are places in this community that inspire me	369,585	1.8 (6,760)	1.7 (6,101)	7.2 (26,599)	25.6 (94,787)	36.8 (136,089)	19.9 (73,473)	7.0 (25,775)	4.82	1.20
If I had problem, few people in this community would try to help me	366,835	7.7 (28,307)	14.4 (52,964)	32.8 (120,321)	19.7 (72,309)	16.8 (61,797)	5.9 (21,792)	2.5 (9,346)	3.52	1.41
It is difficult for me to connect with the people in this community	369,666	8.1 (29,816)	16.2 (59,707)	33.8 (124,849)	22.2 (82,030)	11.8 (43,682)	6.4 (23,763)	1.6 (5,820)	3.39	1.36
In this community, there is never much to do	367,681	11.0 (40,627)	21.3 (78,292)	35.0 (128,516)	15.3 (56,148)	10.7 (39,373)	5.5 (20,077)	1.3 (4,648)	3.15	1.38
In this community, I have few opportunities to satisfy my needs	368,767	10.3 (37,991)	18.7 (69,057)	38.3 (141,294)	19.7 (72,649)	8.0 (29,411)	2.7 (10,139)	2.2 (8,227)	3.13	1.30
In this community, people are not willing to help those in need	369,621	13.5 (49,730)	20.9 (77,070)	40.9 (151,016)	14.5 (53,477)	7.4 (27,371)	1.4 (5,009)	1.6 (5,948)	2.92	1.25

^a Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table A11b
Dimensions of Sense of Community

Sense of Community^a	n	Mean^b	Std. Dev.
Needs fulfilment	359,428	4.95	1.05
Social climate and bonds	361,861	4.92	1.01
Help in case of need	362,436	4.84	0.96

- ^a *Social climate and bonds* is an average of responses to statements assessing friendships, sociability, and ability to connect with people in the city.
Help in case of need includes responses to statements about the number and willingness of people to provide help in an emergency of situation of need.
Needs fulfilment refers to perceptions of the range and accessibility of opportunities to satisfy activity needs.
- ^b Based on a 7-point scale where higher scores reflect greater satisfaction with dimension of sense of community.

Healthy Populations

Table B1
Respondents' Self-Assessed *Physical Health*

Self-Reported <i>Physical Health</i>	n	Percentage of Respondents (n)					Summary Statistics	
		Poor	Fair	Good	Very good	Excellent	Mean ^a	Std. Dev.
In general, would you say your <i>physical</i> health is...	371,170	3.3 (12,242)	10.9 (40,274)	36.4 (135,108)	38.1 (141,339)	11.4 (42,207)	3.43	0.94

^a Based on a 5-point scale where higher scores reflect higher perceived levels of physical health.

Table B2
Respondents' Self-Assessed *Mental Health*

Self-Reported <i>Mental Health</i>	n	Percentage of Respondents (n)					Summary Statistics	
		Poor	Fair	Good	Very good	Excellent	Mean ^a	Std. Dev.
In general, would you say your <i>mental</i> health is...	370,123	2.1 (7,702)	8.0 (29,662)	31.0 (114,844)	39.5 (146,353)	19.3 (71,562)	3.66	0.95

^a Based on a 5-point scale where higher scores reflect higher perceived levels of mental health.

Table B3
Assessment of Health Care Services in Community:
Overall Quality

Health Care Services	n	Percentage of Respondents (n)					Summary Statistics	
		Poor	Fair	Good	Very good	Excellent	Mean ^a	Std. Dev.
Ratings of the <i>overall quality</i> of health care services in your community	369,886	6.5 (24,151)	21.3 (78,949)	33.9 (125,466)	32.3 (119,595)	5.9 (21,725)	3.10	1.01

^a Based on a 5-point scale where higher scores reflect higher ratings of perceived quality.

Table B4
Assessment of Health Care Services in Community:
Overall Accessibility

Health Care Services	n	Percentage of Respondents (n)					Summary Statistics	
		Poor	Fair	Good	Very good	Excellent	Mean ^a	Std. Dev.
Ratings of the <i>overall accessibility</i> of the health care services in your community	368,467	12.8 (47,168)	24.0 (88,403)	31.9 (117,407)	26.2 (96,703)	5.1 (18,786)	2.87	1.10

^a Based on a 5-point scale where higher scores reflect higher ratings of perceived accessibility.

Table B5
 Respondents' Perceptions of Health Behaviours During the Past Week

Health Behaviour	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
I was able to perform all my daily living activities (e.g., household chores)	369,221	2.2 (8,001)	0.9 (3,322)	7.0 (25,972)	6.5 (23,948)	39.1 (144,317)	26.6 (98,064)	17.8 (65,596)	5.30	1.27
I regularly ate healthy meals	370,378	1.2 (4,320)	1.6 (6,021)	8.6 (31,994)	11.6 (43,029)	36.3 (134,631)	26.3 (97,495)	14.3 (52,887)	5.16	1.29
I had a lot of energy	370,026	2.5 (9,071)	3.2 (11,932)	17.7 (65,432)	17.2 (63,808)	33.3 (123,175)	20.5 (76,035)	5.6 (20,572)	4.60	1.35
I got good quality exercise	369,359	2.8 (10,267)	4.3 (15,875)	16.0 (59,042)	18.2 (67,056)	33.0 (122,052)	17.0 (62,938)	8.7 (32,129)	4.60	1.42
I could not get going	370,757	17.9 (65,278)	19.9 (72,613)	35.8 (131,018)	13.6 (49,826)	9.7 (35,575)	2.0 (7,282)	1.1 (4,072)	2.88	1.34
Physical pain prevented me from doing what needed to	365,663	28.6 (105,948)	21.9 (81,098)	28.4 (105,458)	7.3 (27,014)	9.3 (34,600)	2.6 (9,776)	1.9 (6,864)	2.62	1.48

^a Based on a 7-point scale where higher scores reflect higher levels of agreement.

Democratic Engagement

Table C1
 Respondents Participating in Democratic Activity
 During the Past 12 Months

Activity	n	Pct.
I participated in local event to support charitable organization (e.g., 5km run for breast cancer)	113,545	30.8
I participated in a local event in support of community (e.g., “pick up litter days,” earth day)	98,473	26.9
I wrote a letter or email to or spoke with a municipal official about a local issue	61,901	16.8
I joined a Facebook page on a local issue	58,788	16.0
I attended a local planning meeting or open house	37,618	10.2
I wrote a letter to the editor of the newspaper about a local issue	25,097	6.8
I attended a municipal council meeting	24,129	6.5
I attended a Ward/neighbourhood meeting	22,199	6.0
I participated in a public demonstration or protest	20,081	5.5

Table C2
Level of Interest in Politics at the Federal, Provincial, and Municipal Levels

Interest level in politics	n	Percentage of Respondents (n)										Summary statistics	
		None	2	3	4	5	6	7	8	9	Great deal	Mean ^a	Std. Dev.
Federal	370,658	14.1 (52,301)	3.3 (12,098)	6.4 (23,805)	4.4 (16,401)	11.9 (44,140)	9.9 (36,819)	15.9 (58,798)	14.4 (53,258)	8.2 (30,418)	11.5 (30,418)	5.92	2.87
Provincial	370,344	13.4 (49,481)	3.7 (13,570)	5.8 (21,525)	5.6 (20,911)	15.5 (57,311)	8.8 (32,664)	17.2 (63,835)	11.6 (42,861)	7.2 (26,655)	11.2 (41,532)	5.81	2.81
Municipal	370,131	13.3 (49,306)	6.0 (22,059)	8.1 (30,040)	8.0 (29,615)	15.5 (57,483)	11.6 (42,914)	13.5 (49,930)	9.5 (35,130)	6.0 (22,154)	8.5 (31,500)	5.38	2.74

^a Based on a 10-point scale where higher scores reflect higher levels of interest

Table C3
Respondents who Feel Programmes and Services of the Local Government Have Made Them Better Off^a

Perception of Local Policies	n	Percentage of Respondents (n)							Summary Statistics	
		Much worse off	2	3	Have not made any difference	5	6	Much better off	Mean ^a	Std. Dev.
Extent programmes and services of local government have made you better off	292,693	3.8 (11,249)	3.5 (10,129)	7.8 (22,861)	40.6 (118,728)	26.1 (76,512)	14.4 (42,172)	3.8 (11,043)	4.40	1.26

^a Based on a 7-point scale where higher scores reflect higher levels of agreement.

Environment

Table D1. Respondents' Perceptions of the Environment in Waterloo Region

Environmental Concern	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
I feel I have a personal responsibility to help protect the natural environment	369,861	0.5 (1,906)	0.1 (276)	1.4 (5,261)	9.5 (35,143)	37.4 (138,455)	26.0 (96,240)	25.0 (92,580)	5.61	1.06
There are plenty of opp. to enjoy nature in my <i>town/city</i>	370,512	0.5 (1,815)	1.2 (4,521)	3.3 (12,376)	9.9 (36,633)	44.0 (162,977)	32.1 (118,853)	9.0 (33,336)	5.28	1.01
There are plenty of opp. to enjoy nature in my <i>neighbourhood</i>	366,457	0.8 (3,050)	1.9 (6,852)	7.3 (26,736)	12.8 (46,994)	38.4 (140,806)	28.8 (105,583)	9.9 (36,436)	5.12	1.18
The quality of the natural environment in my <i>town/city</i> is very high	370,236	0.4 (1,497)	2.4 (9,024)	9.7 (35,969)	17.4 (64,311)	49.2 (182,234)	17.2 (63,639)	3.7 (13,562)	4.79	1.06
The quality of the natural environment in my <i>neighbourhood</i> is very high	370,681	0.6 (2,246)	2.1 (7,860)	8.6 (32,015)	15.3 (56,697)	44.7 (165,553)	21.7 (80,356)	7.0 (25,955)	4.94	1.13
The <i>water quality</i> in my community is very good	369,158	3.4 (12,447)	3.4 (12,368)	10.5 (38,872)	18.1 (66,913)	38.8 (143,200)	20.2 (74,702)	5.6 (20,657)	4.69	1.33
The <i>air quality</i> in my community is very good	369,323	1.5 (5,471)	4.1 (15,067)	18.6 (68,559)	22.8 (84,037)	36.0 (132,976)	14.5 (53,410)	2.7 (9,802)	4.42	1.22
Traffic congestion in my community is a problem	369,732	2.8 (10,243)	4.4 (16,278)	15.2 (56,378)	18.5 (68,383)	29.5 (108,983)	14.6 (53,850)	15.0 (55,618)	4.71	1.52
I regularly participate in events organized by local groups to protect the natural environment (e.g., protests, fund raising)	369,962	11.5 (42,653)	12.9 (47,723)	36.3 (134,210)	28.9 (106,783)	6.8 (25,316)	1.8 (6,558)	1.8 (6,721)	3.19	1.25

^a Based on a 7-point scale where higher scores reflect greater agreement with aspect of environment in Waterloo Region.

Table D2
 Respondents' Participation in Resource Conservation and Sustainable Activities During the Past 12 Months

Conservation/Sustainable Activities	n	Percentage of Respondents (n)					Summary Statistics	
		Never	Some-times	Regu-larly	Quite often	All of the time	Mean ^a	Std. Dev.
Recycle materials (e.g., plastics, tin cans, cardboard)	367,943	0.3 (1,200)	4.0 (14,892)	7.3 (26,992)	11.3 (41,613)	77.0 (283,245)	4.61	0.82
Conserve energy (e.g., buy energy efficient bulbs and appliances, turn off lights)	370,398	0.5 (1,672)	5.0 (18,703)	17.7 (65,418)	26.7 (99,038)	50.1 (185,567)	4.21	0.94
Tried to reduce household waste	365,695	2.1 (7,665)	8.2 (29,913)	19.0 (69,554)	24.1 (88,116)	46.6 (170,447)	4.05	1.08
Conserve water (e.g., not leaving the water tap running, taking shorter showers)	368,928	1.1 (4,112)	11.1 (41,111)	15.9 (58,581)	28.2 (104,111)	43.6 (161,013)	4.02	1.07
Reuse materials (e.g., plastic bottles, plastic bags, tin cans)	364,173	1.4 (4,973)	13.8 (50,394)	17.2 (62,698)	26.8 (97,578)	40.8 (148,531)	3.92	1.12
Separate waste	369,817	16.2 (60,046)	13.4 (49,419)	11.0 (40,606)	12.5 (46,174)	46.9 (173,571)	3.61	1.56
Purchase foods produced locally	370,802	2.2 (8,301)	33.0 (122,296)	23.1 (85,680)	26.4 (97,946)	15.3 (56,579)	3.19	1.12
Walk, bike, or take public transit more often (rather than drive your car)	370,638	27.9 (103,537)	38.8 (143,819)	8.0 (29,530)	9.8 (36,209)	15.5 (57,542)	2.46	1.39

^a Based on a 5-point scale where higher scores reflect higher frequency of engagement in activities.

Leisure and Culture

Table E1
 Respondents Who Reported Participation in:
Physical Activity During a Typical Month

Physical Activity	Percentage that Participates		Participation Rate (Times per month)			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Light exercise (e.g., going for a walk, bicycling)	333,224	89.7	1	100	16.13	13.65
Vigorous exercise (e.g., aerobics, jogging, weight training)	184,890	49.8	1	100	10.79	8.17
Individual sports (e.g., tennis, badminton, skiing)	85,550	23.0	1	30	5.49	5.04
Team sports (e.g., baseball, hockey, volleyball, basketball)	61,939	16.7	1	16	5.26	3.02

Table E2
 Respondents Who Reported Participation in:
“Getting Out” Activities During a Typical Month

“Getting Out” Activity	Percentage that Participates		Participation Rate (Times per month)			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Socializing with friends (e.g., getting together at someone’s home, dining out)	334,724	90.1	1	40	5.39	5.48
Going out to movies	179,089	48.2	1	16	1.45	1.13
Going out to clubs, bars, taverns	121,241	32.6	1	31	2.48	2.48
Going to sports events as spectator	104,668	28.2	1	30	2.46	2.90

Table E3
 Respondents Who Reported Participation in:
Home-Based Activities in a Typical Week

Home-Based Activity	Percentage that Participates		Participation Rate (Times per week)			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Reading books, newspapers, and/or magazines for pleasure	352,904	95.0	1	120	8.71	10.12
Doing puzzles such as cross-words, Sudoku, jigsaw	168,732	45.4	1	100	5.01	6.08
Playing board or card games	164,979	44.4	1	42	2.79	3.56
Hobbies such as knitting, crafts, woodworking	162,304	43.7	1	30	4.04	4.57

Table E4
 Respondents Who Reported Participation in:
Cultural Activities During the Past Year

Cultural Activity	Percentage that Participates		Participation Rate (Times in past year)			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Attending festivals	244,388	65.8	1	16	2.39	1.76
Attending music concerts	244,121	60.3	1	70	3.43	4.13
Attending live theatre	202,671	54.5	1	92	2.69	4.14
Visiting art galleries/museums	196,725	52.9	1	150	2.83	6.64
Attending ballet, dance performances	70,985	19.1	1	25	1.86	1.97

Table E5a
 Respondents Who Reported Participation in:
On-line Activities for Leisure on a Typical Day

On-line Activity	Percentage that Participates		Participation Rate (Times per day)			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Searching Internet for interest	339,866	91.5	1	100	4.51	6.73
Socializing with others online (e.g., Facebook, Skype, texting)	258,215	69.5	1	100	4.77	6.29
Playing computer games online	124,489	33.5	1	44	3.34	4.47

Table E5b
 Amount of Time Respondents Spend Engaged in Online Activities for Leisure
 (Minutes per day)^a

Engaged in online activities	n	Min.	Max.	Mean	Std. Dev.
Total time on a typical day spent engaged in online activities for leisure	341,569	4	600	110.82	77.00

^a Includes those reporting at least one minute of participation (91.9% of all respondents).

Table E6
 Amount of Time Respondents Spend Watching Television/DVDs/Movies
 (Minutes per day)^a

Watching TV/DVDs/Movies	n	Min.	Max.	Mean	Std. Dev.
Total time on a typical day spent watching television, DVDs, or shows/movies online	329,504	1	600	144.31	88.66

^a Includes those reporting at least one minute of participation (88.7% of all respondents).

Table E7
 Number of Days Respondents Had on Holidays in Previous Year

Days on Holiday	n	Min.	Max.	Mean	Std. Dev.
Total days on holiday in past year	364,918	0	365	15.98	22.06

Table E8
 Respondents' Use of Recreation and Cultural Facilities During the Past Year

Recreation and cultural facility	n	Percentage of Respondents (n)					Summary Statistics	
		Never	Some-times	Regu-larly	Quite often	All of the time	Mean ^a	Std. Dev.
Local park	366,487	13.4 (49,128)	41.4 (151,781)	21.1 (77,153)	12.0 (43,889)	12.2 (44,536)	2.68	1.21
Public library	365,397	32.4 (118,568)	30.3 (110,772)	14.7 (53,845)	12.3 (44,907)	10.2 (37,304)	2.37	1.32
Multi-purpose rec centre	367,668	49.8 (183,220)	30.7 (112,873)	9.6 (35,197)	6.7 (24,542)	3.2 (11,836)	1.83	1.06
Performing arts facility (e.g., Centre in the Square, Dunfield Theatre Cambridge)	369,643	45.0 (166,235)	44.9 (166,060)	5.8 (21,593)	3.6 (13,287)	0.7 (2,468)	1.70	0.79
Swimming pool	368,932	60.5 (223,024)	26.4 (97,559)	6.3 (23,274)	4.0 (14,620)	2.8 (10,456)	1.62	0.97
Sports fields (e.g., soccer, baseball)	363,984	66.1 (240,566)	18.8 (68,288)	6.3 (22,878)	7.4 (27,079)	1.4 (5,174)	1.59	0.99
Arena	365,582	65.4 (239,029)	23.8 (86,833)	4.3 (15,849)	4.8 (17,544)	1.7 (6,328)	1.54	0.91
Other outdoors sports (golf, tennis)	366,558	68.7 (251,800)	21.1 (77,164)	6.0 (22,107)	3.3 (11,945)	1.0 (3,541)	1.47	0.83
Splash pad or wading pool	366,174	73.3 (268,454)	16.8 (61,655)	4.2 (15,300)	4.0 (14,527)	1.7 (6,239)	1.44	0.88
An historic site (e.g., Doon Heritage Village, Woodside National Historic Site)	368,584	66.3 (244,187)	31.0 (114,143)	2.0 (7,227)	0.6 (2,113)	0.2 (912)	1.38	0.58
Outdoor skating rink	364,201	80.8 (294,142)	15.4 (55,950)	2.0 (7,218)	0.4 (1,494)	1.5 (5,397)	1.26	0.66
Visual arts facility (e.g., Canadian Clay and Glass Gallery, Homer Watson Gallery)	367,616	81.9 (301,081)	16.5 (60,812)	0.7 (2,640)	0.7 (2,432)	0.2 (650)	1.21	0.49

^a Based on a 5-point scale where higher scores reflect higher frequency of facility use.

Table E9
 Respondents' Perceived Accessibility of Recreation and Cultural Facilities

Perceived Access to Recreation/Cultural Facility	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
There is a local park nearby that is easy for me to get to from my home	355,639	1.7 (6,152)	0.6 (2,178)	6.0 (21,364)	4.7 (16,574)	34.9 (124,022)	23.4 (83,391)	28.7 (101,957)	5.55	1.30
The recreation and culture facilities are easy for me to get to from my home	357,478	0.9 (3,281)	2.8 (10,118)	5.7 (20,247)	17.6 (62,862)	42.5 (151,989)	19.1 (68,318)	11.4 (40,663)	5.01	1.20
There are places nearby where I can take classes for my own interest	359,613	0.7 (2,451)	2.4 (8,597)	9.4 (33,755)	20.8 (74,796)	42.5 (152,781)	16.0 (57,487)	8.3 (29,747)	4.83	1.17
The recreation and cultural facilities are very welcoming to me	339,774	0.8 (2,695)	1.6 (5,423)	4.7 (16,075)	36.8 (125,111)	36.6 (124,349)	12.6 (42,961)	6.8 (23,161)	4.72	1.07
Recreation and culture programs are offered at times that are convenient to me	347,339	1.7 (5,965)	4.7 (16,275)	13.4 (46,487)	26.7 (92,908)	36.8 (127,904)	11.7 (40,730)	4.9 (17,071)	4.47	1.24
Childcare is available at the recreation facilities if I need to use it	207,593	2.6 (5,338)	3.3 (6,857)	13.4 (27,903)	59.5 (123,507)	14.7 (30,620)	4.1 (8,579)	2.3 (4,789)	4.02	1.01
The cost of public recreation & culture programs prevents me from participating	331,648	9.6 (31,703)	11.5 (38,074)	31.6 (104,706)	22.5 (74,704)	16.0 (52,947)	4.7 (15,597)	4.2 (13,917)	3.55	1.47

^a Based on a 7-point scale where higher scores reflect higher perceived accessibility.

Table E10
Access to Information about Community Facilities or Events

I know where to find information on...	n	Percentage of Respondents (n)					Summary Statistics	
		Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Mean ^a	Std. Dev.
Community festivals and special events	369,159	1.6 (6,031)	8.4 (30,996)	11.5 (42,512)	63.7 (235,159)	14.8 (54,461)	3.82	0.84
Live music, theatre, dance, or other performances	368,238	1.4 (5,274)	9.7 (35,564)	13.2 (48,747)	59.1 (217,671)	16.6 (60,981)	3.80	0.88
Museums, galleries, or other visual arts facilities	369,290	1.8 (6,746)	9.6 (35,270)	15.5 (57,373)	57.9 (213,697)	15.2 (56,203)	3.75	0.89
Sports events	368,305	2.9 (10,712)	8.7 (32,088)	17.9 (66,101)	57.4 (211,412)	13.0 (47,992)	3.69	0.91
Community trails (e.g., hiking, walking, cycling)	369,805	1.8 (6,573)	15.1 (55,751)	14.5 (53,804)	55.7 (206,133)	12.9 (47,545)	3.63	0.95
Lectures and public talks	367,338	4.2 (15,343)	17.4 (63,860)	25.1 (92,177)	45.2 (165,947)	8.2 (30,010)	3.36	1.00

^a based on 5-point scale where higher scores reflect higher agreement

Table E11a. Respondents' Perceptions of Leisure Experience

Perceptions of Leisure Experience	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
My leisure contributes to my emotional wellbeing	369,560	0.2 (772)	0.1 (384)	1.4 (5,283)	14.3 (52,810)	44.4 (164,013)	27.7 (102,545)	11.8 (43,752)	5.33	0.94
My leisure helps me to stay healthy	369,290	0.6 (2,387)	0.3 (1,196)	2.3 (8,563)	13.3 (49,121)	42.6 (157,138)	27.2 (100,404)	13.7 (50,481)	5.33	1.03
My leisure helps relieve stress	369,199	0.2 (772)	0.6 (2,232)	2.3 (8,363)	10.9 (40,393)	51.7 (190,911)	25.8 (95,317)	8.5 (31,211)	5.25	0.91
My leisure helps me to relax	370,000	0.1 (340)	0.2 (780)	2.3 (8,563)	13.3 (49,121)	42.6 (157,138)	27.2 (100,404)	13.7 (50,481)	5.24	0.85
I participate in leisure that restores me physically	368,462	1.3 (4,785)	1.2 (4,405)	9.2 (33,855)	24.1 (88,743)	40.4 (148,875)	17.6 (64,695)	6.3 (23,102)	4.79	1.14
I participate in leisure that develops my physical fitness	369,185	1.6 (6,033)	1.9 (7,134)	10.8 (39,938)	21.1 (77,887)	37.2 (137,398)	20.2 (74,685)	7.1 (26,111)	4.79	1.23
My leisure provides me with opportunities for social interaction with others	369,948	0.7 (2,524)	2.4 (8,984)	8.5 (31,286)	18.0 (66,577)	51.7 (191,106)	14.3 (52,914)	4.5 (16,557)	4.78	1.06
My leisure provides opportunities to try new things	368,512	0.8 (2,791)	1.9 (6,878)	8.7 (32,014)	20.9 (77,060)	52.7 (194,354)	11.7 (43,210)	3.3 (12,204)	4.71	1.01
My leisure helps me to learn about myself	368,887	0.5 (1,747)	1.3 (4,741)	10.7 (39,479)	32.3 (119,221)	39.3 (145,021)	12.1 (44,689)	3.8 (13,989)	4.60	1.03
My leisure is most enjoyable when I can connect with others	370,143	1.7 (6,273)	2.2 (8,225)	9.4 (34,612)	31.9 (118,087)	36.0 (133,245)	14.6 (54,048)	4.2 (15,652)	4.59	1.15
My leisure has helped me to develop close relationships with others	369,498	1.1 (4,197)	3.1 (11,495)	13.1 (48,387)	30.2 (111,480)	36.9 (136,360)	11.7 (43,217)	3.9 (14,362)	4.49	1.14
My leisure helps me to learn about other people	366,636	1.4 (5,285)	2.3 (8,339)	13.3 (48,732)	34.2 (125,363)	37.4 (136,996)	8.6 (31,428)	2.9 (10,494)	4.41	1.08

^a Based on a 7-point scale where higher scores reflect higher agreement.

Table E11b
 Respondents' Perceptions of Dimensions of Leisure Experience

Dimension^a	n	Mean^b	Std. Dev.
Relaxation	368,285	5.27	0.77
Physiological	365,962	4.97	1.01
Social	368,615	4.62	0.95
Educational	363,403	4.57	0.85

- ^b *Notes:* *Relaxation* – leisure contributes to relaxation, stress relief and emotional wellbeing.
Physiological – leisure contributes to physical fitness and health.
Social – leisure facilitates social connections and the development and/or maintenance of social bonds.
Educational – leisure allows opportunities to learn new things, learn about different people, or try new things.

^a Based on a 7-point scale where higher scores reflect higher agreement that dimension is important part of leisure experience.

Education

Table F1
 Respondents Who Took Formal Education Courses During the Past Year to Improve Skills or to Prepare for a Job

Type of Course	n	Pct.
To improve your skills in your current job	103,204	28.2
To prepare for a job you might do in the future	79,916	21.8
To lead directly to a qualification related to current job	73,185	20.0
To help you get started in a current or new job?	53,481	14.6

Table F2a
 Respondents Who Took Courses *for Interest* in the Community During the Past Year

Course Taken for Interest	n	Pct.
Course for interest (e.g., computer skills, woodworking, sewing, creative writing)?	51,753	14.0

Table F2b
 Number of Courses for Interest Taken by Respondents in the Past Year

Courses Taken for Interest	n	Number of courses			Std. Dev.
		Min.	Max.	Mean	
Participants	51,244	0	10	1.81	1.30

Table F3
 Respondents' Perceptions of Opportunities for Formal Education and Courses of Interest

Opportunities to Take Courses	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
There are plenty of opportunities to take formal education courses	367,929	0.8 (3,103)	0.8 (3,027)	6.4 (23,497)	14.7 (54,259)	44.5 (163,879)	20.8 (79,488)	11.9 (43,676)	5.11	1.13
There are plenty of opportunities to take courses of interest	366,838	0.8 (2,887)	0.9 (3,216)	5.4 (19,725)	13.7 (50,337)	50.3 (184,514)	20.7 (75,976)	8.2 (30,184)	5.07	1.04
There are schools nearby where I can upgrade my educational qualifications	365,384	1.2 (4,210)	1.4 (5,230)	5.5 (20,239)	19.9 (72,772)	40.0 (146,283)	18.9 (68,996)	13.0 (47,654)	5.05	1.20
There are places nearby where I can take courses out of interest	362,414	0.6 (2,171)	1.5 (5,356)	9.1 (32,848)	21.5 (77,936)	47.7 (172,791)	15.0 (54,477)	4.6 (16,834)	4.78	1.05
There are many opportunities for me to get to know people from different cultures	361,075	1.5 (5,500)	1.6 (5,602)	13.6 (49,147)	37.8 (136,431)	32.8 (118,515)	9.4 (34,075)	3.3 (11,805)	4.40	1.08
I would take courses, but they are too expensive	362,694	4.5 (16,194)	3.9 (14,023)	23.5 (85,337)	30.0 (108,744)	22.1 (80,137)	9.5 (34,475)	6.6 (23,783)	4.16	1.40
I would take courses, but they are offered at inconvenient times	365,838	3.9 (14,154)	4.6 (16,775)	26.5 (96,999)	41.3 (151,162)	17.1 (62,397)	4.5 (16,324)	2.2 (8,028)	3.85	1.15

^a Based on a 7-point scale where higher scores reflect greater agreement.

Living Standards

Table G1
Respondents Who Work for Pay

Work for Pay?	n	Pct.
No	103,562	28.1
Yes	264,338	71.9

Table G2
Number of Paid Jobs (full or part-time) Held by Respondents^a

Number of <i>different</i> jobs held for pay	n	Pct.
1 job	229,700	86.9
2 jobs	23,246	8.8
3 jobs	8,547	3.2
4 or more jobs	2,799	1.1

^a Includes only those respondents who indicated that they worked for pay.

Table G3
Respondents' Weekly Hours Spent Working for Pay on *Main Job*

Hours per week spent working at <i>main job</i>	n	Pct.
Fewer than 25 hours	29,678	11.3
25 to 34 hours	15,702	6.0
35 to 49 hours	166,614	63.2
50 to 59 hours	38,090	14.5
60 or more hours	13,418	5.1

Table G4
 Respondents' Weekly Hours Spent Working for Pay on *Other Job(s)*^a

Hours per week spent working at other job(s)	n	Pct.
Fewer than 10 hours	21,458	60.9
10 to 20 hours	11,257	32.0
21 to 35 hours	1,203	3.4
More than 35 hours	1,302	3.7

^a Includes only those respondents who reported working at more than one job.

Table G5
 Respondents' Workday Commute from Home to Workplace for Main Job
 (minutes per day)

Commute time	n	Min.	Max.	Mean	Std. Dev.
Length of time to commute from residence to place of work for main job	242,991	1	120	23.08	17.15

Table G6a. Respondents' Perceptions of Job Fit

Feelings Concerning Main Job	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
My current occupational position adequately reflects my education and training	263,450	4.9 (12,909)	5.2 (13,795)	14.0 (36,846)	7.1 (18,734)	35.4 (93,218)	21.8 (57,365)	11.6 (30,584)	4.75	1.58
Considering all my efforts and achievements, my opportunities at work are adequate	264,488	3.3 (8,817)	6.8 (17,996)	14.8 (39,014)	18.3 (48,454)	32.3 (85,425)	17.8 (47,146)	6.7 (17,636)	4.50	1.45
Considering all my efforts and achievements, my salary/income is adequate	264,264	5.2 (13,840)	6.3 (16,695)	19.2 (50,763)	14.4 (37,998)	32.4 (85,583)	15.6 (41,149)	6.9 (18,237)	4.37	1.53
I have little hope for promotion at my job	264,488	4.0 (10,486)	12.6 (33,285)	20.7 (54,623)	21.4 (56,644)	22.7 (59,938)	10.2 (26,930)	8.5 (22,582)	4.11	1.57
I have experienced or I expect to experience an undesirable change in my work situation	264,488	6.9 (18,207)	12.8 (33,798)	31.2 (82,417)	22.5 (59,549)	15.0 (39,608)	4.8 (12,581)	6.9 (18,328)	3.68	1.52
My job security is poor	264,177	10.2 (26,873)	16.9 (44,546)	30.0 (79,251)	22.9 (60,597)	8.6 (22,822)	5.7 (15,026)	5.7 (15,061)	3.43	1.55

^a Based on a 7-point scale where higher scores reflect greater agreement.

Table G6b. Dimensions of Job Fit

Dimensions of job fit ^a	n	Mean ^b	Std. Dev.
Job promotion	263,227	4.38	1.12
Job security	264,177	3.55	1.33

^a Notes: *Job promotion* is comprised of questions related to opportunities for promotion, to use one's training/education, recognition of effort, and appropriate remuneration.

Job security is comprised of perceptions of job security and experience of an undesirable change in work sit.

^b Based on a 7-point scale where higher scores reflect higher agreement that dimension is important part of job fit.

Table G7a
 Respondents' Reactions to Work

Reactions to Work	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
I am in a better mood at work because of personal life	264,121	2.7 (7,003)	4.8 (12,773)	8.7 (23,109)	27.5 (72,695)	39.8 (105,130)	12.2 (32,138)	4.3 (11,274)	4.51	1.24
My personal life gives me energy for work	263,153	3.6 (9,452)	2.7 (7,074)	15.7 (41,233)	28.7 (75,498)	37.0 (97,320)	9.1 (23,835)	3.3 (8,741)	4.33	1.23
I am in a better mood generally because of job	262,811	5.5 (14,324)	4.5 (11,880)	20.2 (53,167)	29.2 (76,851)	29.7 (77,976)	8.0 (21,046)	2.9 (7,565)	4.09	1.32
I am happy with the amount of time for non-work activities	263,559	4.5 (11,927)	5.8 (15,191)	33.0 (86,907)	17.3 (45,721)	27.6 (72,627)	8.2 (21,679)	3.6 (9,507)	3.97	1.38
I struggle to juggle work and non-work activities	262,023	8.8 (22,963)	8.7 (22,760)	26.6 (69,733)	16.6 (43,432)	25.6 (67,044)	8.2 (21,481)	5.6 (14,609)	3.88	1.57
My personal life suffers because of work	263,410	6.9 (18,169)	9.9 (25,947)	29.4 (77,558)	15.3 (40,174)	24.1 (63,433)	10.4 (27,384)	4.1 (10,744)	3.87	1.52
I neglect personal needs because of work	263,444	8.3 (21,848)	11.8 (30,995)	30.4 (80,010)	8.5 (22,381)	27.7 (72,930)	8.9 (23,426)	4.5 (11,854)	3.80	1.59
I put my personal life on hold for work	261,057	9.0 (23,517)	11.0 (28,601)	30.4 (79,385)	11.0 (28,676)	26.8 (69,905)	8.5 (22,189)	3.4 (8,784)	3.75	1.55
My job makes a personal life difficult	263,362	7.8 (20,668)	11.8 (31,042)	34.6 (91,164)	13.5 (35,679)	20.5 (53,943)	7.9 (20,847)	3.8 (10,019)	3.66	1.51
My personal life drains me for energy for work	263,460	13.8 (36,407)	16.4 (43,156)	47.1 (124,055)	13.7 (36,207)	5.4 (14,199)	1.7 (4,599)	1.8 (4,836)	2.93	1.23
I am too tired to be effective at work	263,190	12.2 (31,991)	19.5 (51,199)	47.6 (125,238)	13.0 (34,116)	6.5 (17,041)	0.8 (2,144)	0.6 (1,461)	2.87	1.10
It is hard to work because of personal matters	262,887	17.6 (46,191)	22.2 (58,333)	44.2 (116,085)	9.5 (25,063)	5.1 (13,484)	0.8 (2,057)	0.6 (1,674)	2.67	1.14
My work suffers because of my personal life	263,621	18.4 (48,396)	21.2 (55,914)	48.0 (126,542)	8.3 (21,845)	3.3 (8,599)	0.3 (865)	0.6 (1,461)	2.60	1.06

^a Based on a 7-point scale where higher scores reflect greater agreement.

Table G7b
Dimensions of Work-Life Balance

Dimension^a	n	Mean^b	Std. Dev.
Work/personal life enhancement	261,842	4.31	1.04
Work interference with personal life	256,247	3.84	1.32
Personal life interference with work	261,293	2.76	0.96

^a Notes: *Work/personal life enhancement* refers to the positive transfer of mood and energy between work and personal domains.
Work interference with personal life refers to difficulties re: detrimental influence of work on personal needs, time, energy, relationships.
Personal life interference with work refers to difficulties performing job requirements because of personal matters.

^b Based on a 7-point scale where higher scores reflect higher agreement with balance in work-life dimension.

Table G8
 Respondents' Perceptions of Financial Security During the Past Year

Financial Security Experience	n	Percentage of Respondents (n)					Summary Statistics	
		Never	Once in past year	At least once past 6 months	At least once past 3 months	At least once a month	Mean ^a	Std. Dev.
I did not have enough money to buy the things I <i>wanted</i>	353,661	51.5 (182,049)	6.4 (22,546)	13.7 (48,360)	6.8 (24,111)	21.7 (76,596)	2.41	1.65
I did not have enough money to buy the things I <i>needed</i>	356,016	80.0 (284,893)	6.5 (23,243)	5.0 (17,713)	3.4 (12,123)	5.1 (18,044)	1.47	1.08
I could not pay my bills on time (e.g., water, hydro, phone, credit card)	354,128	81.9 (289,861)	6.4 (22,515)	4.2 (14,876)	4.2 (14,968)	3.4 (11,908)	1.41	0.99
I ate less because there was not enough food or money for food	350,675	88.5 (310,389)	3.9 (13,736)	1.5 (5,091)	1.6 (5,735)	4.5 (15,724)	1.30	0.94
I could not pay my mortgage or rent on time	335,565	92.4 (310,039)	3.6 (11,934)	1.0 (3,471)	1.8 (6,190)	1.2 (3,931)	1.16	0.64

^a Based on a 5-point index where higher scores reflect higher incidence of these experiences.

Time Use

Table H1a
Respondents Providing Unpaid Care to Any Children

Unpaid Care to Children	n	Pct.
Number of respondents providing care	83,760	22.7

Table H1b
Weekly Hours Typically Spent by Respondents
Providing Unpaid Care to Children

Hours of Unpaid Care Provided to:	n	Min.	Max.	Mean	Std. Dev.
Children <i>in your family</i>	78,414	1	168	41.14	48.18
Children who are <i>not members of your family</i>	10,214	1	150	7.24	19.60

Table H2a
Respondents Providing Unpaid Care to Older or Dependent Adult(s)

Unpaid Care to Older/Dependent Adult	n	Pct.
Number providing of respondents care	40,845	11.1

Table H2b
Weekly Hours Typically Spent by Respondents
Providing Unpaid Care to Older or Dependent Adult(s)

Hours of Unpaid Care Provided to:	n	Min.	Max.	Mean	Std. Dev.
Older or dependent adult <i>in your family</i>	37,123	1	200	22.94	39.90
Older or dependent adult(s) who is a <i>neighbour or friend</i>	7,417	1	50	5.67	8.86

Table H3
 Respondents' Perceptions of Time Adequacy

Perceived Adequate Time...	n	Percentage of Respondents (n)										Summary Statistics	
		Not enough	2	3	4	5	6	7	8	9	Always enough	Mean ^a	Std. Dev.
To be yourself	363,518	3.0 (11,086)	3.0 (10,894)	3.6 (13,037)	6.2 (22,708)	6.0 (21,634)	8.8 (31,924)	11.7 (42,453)	16.7 (60,747)	11.1 (40,258)	29.9 (108,778)	7.42	2.54
To prepare or eat healthy meals	362,320	1.9 (6,836)	2.3 (8,408)	4.2 (15,395)	6.4 (23,011)	9.1 (33,032)	11.2 (40,685)	12.8 (46,315)	16.3 (58,917)	9.3 (33,589)	26.5 (96,132)	7.26	2.42
To get enough sleep/rest	364,526	8.0 (29,054)	2.1 (7,574)	5.2 (19,051)	6.3 (22,935)	5.0 (18,315)	9.0 (32,702)	8.8 (32,070)	15.4 (56,054)	9.9 (35,957)	30.4 (11,0814)	7.09	2.89
To be with children you live with	207,122	4.6 (9,561)	2.0 (4,118)	4.5 (9,366)	3.7 (7,735)	9.9 (20,515)	9.8 (20,210)	14.1 (29,274)	21.4 (44,243)	8.3 (17,182)	21.7 (44,920)	7.07	2.49
To be with your partner or spouse	285,425	5.1 (14,500)	3.4 (9,693)	6.1 (17,334)	6.2 (17,702)	7.0 (19,978)	9.1 (25,913)	13.7 (39,125)	14.1 (40,221)	11.3 (32,391)	24.0 (68,567)	6.95	2.71
To form and sustain serious relationships	321,220	4.6 (14,766)	5.2 (16,558)	5.5 (17,577)	6.3 (20,084)	8.3 (26,801)	11.5 (36,798)	11.6 (37,218)	14.8 (47,617)	10.9 (35,037)	21.4 (68,762)	6.79	2.70
To complete housework or chores	363,331	4.0 (14,567)	3.1 (11,137)	7.7 (27,841)	8.0 (29,210)	10.4 (37,662)	10.1 (36,539)	11.6 (42,210)	14.8 (53,696)	9.2 (33,477)	21.2 (76,991)	6.72	2.65
To socialize	361,369	4.0 (14,425)	6.1 (21,994)	6.6 (23,958)	6.3 (22,828)	7.9 (28,450)	13.3 (48,058)	11.2 (40,525)	12.8 (46,093)	8.1 (29,165)	23.8 (85,873)	6.71	2.75
To keep in shape	360,414	3.3 (11,909)	4.7 (16,854)	6.6 (23,954)	6.6 (23,961)	11.7 (42,031)	13.2 (47,501)	10.4 (37,633)	14.3 (51,519)	7.3 (26,240)	21.9 (78,813)	6.68	2.63
For your family to be together	339,676	4.3 (14,651)	5.8 (19,691)	7.2 (24,432)	6.3 (21,346)	9.1 (30,955)	11.5 (39,036)	10.5 (35,618)	14.6 (49,526)	10.1 (34,189)	20.7 (70,232)	6.65	2.74
To nurture your spiritual and/or creative side	342,803	7.2 (24,795)	8.0 (27,514)	7.0 (23,825)	6.3 (21,719)	13.3 (45,487)	10.3 (35,246)	9.2 (31,650)	10.0 (34,323)	7.0 (23,879)	21.7 (74,365)	6.22	2.94
To participate in or be active in the community	342,310	9.4 (32,118)	7.4 (25,263)	9.3 (31,945)	6.8 (23,437)	9.6 (32,813)	13.4 (45,885)	10.6 (36,307)	9.2 (31,536)	5.3 (18,250)	18.9 (64,755)	5.93	2.95

^a Based on a 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent. Based on responses to at least 10 of the 12 items, the respondents' ($n = 320,371$) overall sense of time adequacy averaged 6.68 ($SD = 2.22$).

Table H4
Usual Hours of Sleep per Day^a

Hours of Sleep per Day	n	Min.	Max.	Mean	Std. Dev.
Usual hours of sleep	369,335	1	12	7.67	1.34

^a Includes both night-time sleep and naps.

Table H5
Frequency of Family Meals in Past Week

Number of Family Meals in Past Week	n	Pct.
0 times	16,771	5.0
1 to 2 times	42,451	12.7
3 to 4 times	50,860	15.3
5 to 6 times	73,865	22.2
7 or more times	149,086	44.8

^a Family meals including respondents' children and/or partner. Excludes those who indicated that the question was not applicable ($n = 37,868$).

Overall Health and Wellbeing

Table 11a
Respondents' Level of Satisfaction with Aspects of Wellbeing
(continued next page)

Aspects of Wellbeing	n	Percentage of Respondents (n)							Summary Statistics	
		Extremely dis-satisfied	2	3	4	5	6	Extremely satisfied	Mean ^a	Std. Dev.
My neighbourhood as place to live	369,749	1.9 (7,190)	1.8 (6,588)	3.1 (11,538)	15.5 (57,133)	19.7 (72,754)	37.0 (136,881)	21.0 (77,666)	5.44	1.33
The environmental quality of my neighbourhood	369,390	1.4 (5,225)	2.4 (8,976)	4.5 (16,439)	19.8 (73,250)	21.1 (78,054)	35.7 (132,003)	15.0 (55,443)	5.24	1.31
My mental wellbeing	370,949	2.7 (9,961)	5.1 (18,900)	7.2 (26,720)	12.0 (44,697)	21.0 (78,058)	33.4 (123,913)	18.5 (68,700)	5.18	1.53
My access to parks and recreation opportunities in the community	367,540	1.5 (5,512)	3.7 (13,515)	5.5 (20,277)	17.9 (65,631)	26.9 (98,872)	29.9 (109,989)	14.6 (53,744)	5.13	1.36
My personal relationships	369,561	2.8 (10,215)	5.8 (21,571)	6.5 (23,869)	18.5 (68,373)	20.3 (74,904)	28.1 (104,007)	18.0 (66,622)	5.04	1.55
My access to educational opportunities in the community	366,890	1.6 (5,788)	4.4 (16,119)	5.7 (21,051)	26.0 (95,322)	23.3 (85,304)	28.6 (104,864)	10.5 (38,442)	4.93	1.36
My access to arts and culture opportunities in the community	363,803	2.2 (7,886)	6.6 (24,187)	7.5 (27,345)	28.4 (103,233)	24.2 (88,087)	22.4 (81,523)	8.7 (31,543)	4.68	1.41
My work situation	355,503	8.2 (29,131)	9.5 (33,755)	6.8 (24,094)	15.9 (56,644)	20.4 (72,475)	26.2 (93,048)	13.0 (46,356)	4.62	1.80
My leisure time	369,665	3.2 (11,909)	10.2 (37,553)	12.8 (47,501)	16.5 (61,089)	23.8 (87,914)	22.1 (81,607)	11.4 (42,093)	4.59	1.62
My physical wellbeing	370,172	5.7 (21,038)	6.2 (22,825)	12.5 (46,094)	17.6 (65,316)	26.3 (97,469)	23.0 (85,190)	8.7 (32,241)	4.57	1.59

Aspects of Wellbeing	n	Percentage of Respondents (n)							Summary Statistics	
		Extremely dis-satisfied	2	3	4	5	6	Extremely satisfied	Mean ^a	Std. Dev.
How I spend my time	369,889	3.4 (12,635)	5.8 (21,422)	13.0 (48,135)	26.0 (96,347)	23.9 (88,569)	19.1 (70,819)	8.6 (31,961)	4.53	1.47
The balance of activities in my daily life	369,943	3.3 (12,348)	8.4 (31,201)	11.0 (40,857)	23.9 (88,492)	23.5 (87,039)	22.1 (81,673)	7.7 (28,332)	4.53	1.51
My financial situation	367,526	8.5 (31,296)	9.3 (34,195)	9.8 (35,963)	14.0 (51,273)	21.6 (79,551)	26.1 (95,903)	10.7 (39,346)	4.52	1.79
My sense of belonging to this community	370,126	2.3 (8,657)	10.3 (38,001)	14.2 (52,563)	27.5 (101,798)	19.6 (72,391)	17.1 (63,222)	9.0 (33,494)	4.39	1.52
How well democracy is working in my community	365,679	9.2 (33,534)	7.6 (27,881)	11.6 (42,572)	31.1 (113,614)	22.7 (82,854)	13.7 (50,257)	4.1 (14,967)	4.08	1.54
The way my local government responds to community needs	366,064	8.3 (30,471)	9.4 (34,261)	14.4 (52,786)	31.4 (114,980)	20.7 (75,737)	12.7 (46,594)	3.1 (11,234)	3.97	1.50

^a Based on a 7-point scale where higher scores reflect higher levels of satisfaction with aspect of wellbeing.

Table I1b
 Respondents' Level of Satisfaction with Internal and External Aspects of Wellbeing

Aspects of Wellbeing^a	n	Satisfaction Level^b	
		Mean	Std. Dev.
Internal Factors	350,520	4.73	1.21
External Factors	353,773	4.83	1.06
Overall Wellbeing	337,070	4.78	1.03

^a Notes: *External factors* include satisfaction with the neighbourhood, community, access to recreation, parks, and cultural opportunities, environmental quality of the neighbourhood, and the local government.
Internal factors include mental and physical wellbeing, leisure time, personal relationships, financial and work situation.
Overall wellbeing is the average of all external and internal factors.

^b Based on a 7-point scale where higher scores reflect higher levels of satisfaction.

Table I2
 Respondents' Level of Satisfaction with Life in General

Life Satisfaction	n	Percentage of Respondents (n)					Summary Statistics	
		Very dissatisfied	Dissatisfied	Neither satisfied/dissatisfied	Satisfied	Very satisfied	Mean^a	Std. Dev.
Satisfaction with life in general	364,743	1.4 (5,174)	6.2 (22,770)	17.1 (62,440)	46.9 (171,241)	28.3 (103,118)	3.94	0.91

^a Based on a 5-point scale where higher scores reflect higher levels of satisfaction with life in general.

Comments

The following *unedited* comments were provided by the survey participants in final section of the questionnaire. Covering a wide range of topics, they have been organised into broad categories and placed within each of the eight CIW domains.

Community Vitality

Cohesive

- We live in a student area, it is depressing to raise our kids with the behaviour that sometimes goes with the university lifestyle. We also find it really hard to meet others in our age group, could be a reflection of the university community?
- Hope people would stop being so politically correct
- Yes, personally I find the people in my community have a very difficult time acknowledging a greeting, i.e. such as "hello" or "good morning." For some reason they look through you as if you intruded on their deepest thoughts. / I have discussed this phenomenon with others and they have the same problem. / People here have a hard time interacting with one and other. / I believe the local Kitchener CTV station once started a campaign to get people to simply say hello while out walking. / This community aside from the above mentioned problem is not a bad community to live in. / Sorry for the rant, but social intercourse is high in my opinion. To bad the simple act of responding to a greeting is difficult for some people.
- No, I think it's a great community to live in (which is why I've stayed living here rather than move to the town I lived in growing up).
- Too many of us don't know our neighbours at all. The city could promote welcoming new neighbours or celebrating summer.
- Worst 4 years of my life living in Waterloo Region. Absolutely, horrifically, devastatingly, worst 4 years of my life.
- I really think people need to be educated on mental health. The people in our community are extremely judgemental against race, sexual preference, disease, ect. / Our community is crumbling to the point I want to move, I want my children to grow up in a good community and you wouldn't believe the things I've seen/heard. I've been a citizen of poverty and was basically left for dead, things need to change here. I am more than willing to advocate.
- Continued efforts to decrease marginalization.
- Great place to live and raise a family
- Community comes together for supporting charity events such as Cancer Society Relay For Life. Nice to see everyone come together and work to a common goal.

- Accessibility for those with disabilities - both visible and invisible - is very poor. seldom do I see any accessible parking close to where it is needed. seldom do I meet people who understand that chronic pain, mental health issues, etc (invisible disabilities) are just as disabling as physical limitations such as the need for a wheelchair, etc. Numerous times I have seen insensitive people parking in an accessible parking spot - "oh they are just waiting for someone who is in the store". Lack of respect for alternative lifestyles including disability is quite apparent. Education - which includes actually spending time with people as PEOPLE - is direly needed.
- Also need more parental rights as far as teenagers are concerned. I am very afraid of the teenagers in my community. I am afraid to walk the dog in case i am attacked or assaulted by teenagers.
- I find this community extremely cliquey, with many community leaders unwilling to give those who have not lived here for a very long time chances. I guess I am saying that I would like to see merit as the prime factor considered for employment opportunities rather than social networks, religious affiliations, fraternity membership, etc. / This community wastes a lot of human capital by overt self-selection.
- I'm quite content living in Kitchener.
- I generally like the community I'm living in.
- I like my community very much!
- Very satisfied living in this community
- Any method of knowing more people in our neighborhood.
- I have many good friends here, but NONE of them was born here. We are all outsiders. We are all retirees and do not have the contact of workplace "friends." From all over the world, we moved here when we retired to be closer to children and grandchildren. This community is very insular/provincial. If one wasn't born here, with 3 generations of ancestors also born here, one will never be "a part" of the community. At senior centres etc, there are many local people who are, understandably, busily and happily enjoying the activities with friends and family they have known for years. Their lives really don't have a space for an "incomer."
- I moved here from Toronto in 2009 to be near my daughter son in-law and grandchildren. I like living in Waterloo very much.
- We live in a great community
- Need more commitments to keep the history of this community here, and not have it changed because of other cultures. Were losing our status as a Canadian. And our community is losing original status of that / Frustrating to see us original Canadians struggling to help our kids to succeed, when other cultures come in and get their education paid for their kids, and their living expenses. Not racist just frustrated when I see this happening.
- I believe the small town attitude is disappearing. People are no longer courteous and friendly. There are a lot of drugs in the community as well. I think that there are a lot of vulnerable women at risk for prostitution as well.

- Programs encourage and get people in this communities to get involved in volunteer-works and get know each others
- I am thankful to be living in my community. I have done a number of mission projects in other countries and always return home with a thankful heart to be living in a great country that has great provinces and great communities. Go Canada GO
- More balance of amenities and ethos between long term or permanent city residents and transient or newly arrived residents. The post-secondary institutions should be responsible for their students; the city and tax payers should not have that responsibility.
- Do something about the number of street panhandlers and "bums" in downtown Kitchener. As an example I don't like taking my grandchildren to the museum on King. Perhaps we need an officer out of his/her car walking around those streets.
- Heart and stroke foundation needs volunteers to help persons affected by heart attack or stroke, currently there are no volunteers.
- Less homosexual/transgender activities, less beer gardens/music--live concerts out of doors--concerned that the Muslim population will gain more popularity and we will lose our democratic way of life as we know it in Canada. Not against Muslims/other Religious Groups, but feel we are losing our Canadian/Christian Heritage.
- Yes. It is a surprisingly difficult transition to being a senior. There is so much preudice. I seem to have become invisible and not necessary. However that is mostly very common in the Western world and not specific to this great region. Just needed to vent

Engaging (e.g., walkable, local shops, beautiful)

- Desperately need a revival of downtown shopping, particularly for groceries; this has been a sore point among downtown residents, particularly seniors, for at least 20 years.
- Library book drop-off at Williamsburg Community Centre.
- Make neighbourhoods more like European communities: with shopping/cafes etc within walking distance
- Need more retail/commercial development in the Doon South area so young people/elderly without transportation could more easily get out to shop.
- More diverse land use in new subdivisions (shops and stores within walking distance)
- We enjoy outdoor patios at pubs and restaurants. We love the increase of "cool" coffee shops opening in town. / We are excited about the development in Tannery district and we are hoping that more restaurants and cafes will open in that area. /
- I believe folks in our area should be encouraged to take more pride in their properties, streets,public places such as parks etc. The students who come here to receive university education must be educated in civic pride in the community

where they live and should be encouraged to respect their environment however temporary it is. / Part of new student orientation must be civic pride and care for this area in which they are visiting or reside.

- Community is a dump. Looks horrible, the main street is filled with dilapidated buildings, overgrown foliage, and garbage. Not enough resources, feels like a dying community.
- Create more small open public spaces in the uptown, midtown and downtown and develop it to be more walkable - / The densification around the city core is a good thing..creates opportunities for small local businesses to develop
- To make communities more 'walkable', the zoning needs to be changed to allow small shops, restaurants, hairdresser etc to be within the community. The present set up of our neighbourhoods demands that we drive to everything that we do. The large cities that have interesting and liveable communities have a neighbourhood restaurant that is in the corner house. There is a small hardware store around the corner. There is a small fruit/vegetable shop that you can stop at on the way home. All these things mean people are out of their house and walking and adding interest to the neighbourhood. Presently we just have cars that zoom in and out of neighbourhoods to get to these places. Our "Boardwalk" area on Ira Needles is so awful and not what any definition of 'community' should be. It is a concrete jungle/marketing conglomeration. It is sterile and unattractive. A massive parking lot with big box store after big store. Our downtown Waterloo is looking and feeling great. There are interesting shops and spots to sit and enjoy the little spot in front of the town square. Less concrete would have been better, but it is still good. It is unfortunate the rent is so high that no smaller restaurants can afford to be in the core.
- My wife has 4 children. We are very active with them. This is my 3rd. marriage and her 2nd. So many of our local churches are failing because the children have stopped going to church. We must find ways to stop this trend. Our downtowns have large and beautiful churches that will disappear.
- I LOVE living in KW and chose to live here by looking at a map of Ontario to find a place that had access to higher education so I could take courses, to live in a city that was big enough to be interesting but not so big that it was overwhelming and to be close to a major airport so that I had access to world travel and cultural events that may not be as prolific as in a larger centre. I think I made a good choice when I was 26! I had never been to KW or did not really know anyone here at the time and had no job to come to. But , it has been good to me! I have much to be grateful for and reflect on that fact often.
- I would like to have the graffiti disappear in my community and perhaps one way to do this is to have more police "foot" patrols and to make the offenders remove the graffiti when caught. Punishment should fit the crime! I don't want to see neighbourhood gangs mark their territory on Private or public property!
- Neighbors in community need to pay more attention to others living around them re: dogs barking, noises
- Generally Cambridge is a very clean well organized city. with limited crime and an abundance of parks

- I don't know if anyone has noticed, but we have lost our corner stores; our easily accessed walk and shop for local goods is now a drive to a big cold store where you end up spending \$200 not the \$20 that you could have spent. / Our communities are stale. We lock ourselves inside and try to find ways to get rich or watch those that flaunt their riches. / We need to sit back and reassess the word community and the idea of wellbeing.
- Also, we live close to downtown so I don't always feel safe, especially after dark.
- More accessibility, less physical barriers, more acceptance of individuals with limitations
- The core density increase will cause problems that the community needs to be prepared for.
- Get people to maintain their outdoor space, cut grass, pick up garbage, get rid of excess weeds.(I thought this was law??)
- Would stay in this community if there were better grocery stores, drug stores, theatre etc. but the cost to commute after commuting all week is too tiring and too costly.
- There are no grocery stores, pharmacies, libraries or community centres near my residence.
- Power carts in the large stores for the "handicapped" to get around. Also, power doors would be a great help.

Accessible (Beyond cars – Public Transit/Bike/Walking Paths)

- A transport system which gives everyone the same degree of service, some routes have no service evenings and Sundays.
- Better transportation services for Cambridge
- Interconnecting community trails
- Better biking/walking trails. A continuous looped trail and not little segments that do not connect.
- Kitchener (in comparison to Waterloo) is poor in bicycle lanes; I am unhappy that I am unable to ride a bike to work (tried last year, had to ride mostly on sidewalks, fell).. I would feel better mentally and physically doing that.. it would give me more energy and a tool to deal better with stress
- Need more sidewalks and bicycle lanes, more police officers controlling 3 and 4 way stops to ensure cars are coming to a COMPLETE stop as it is extremely difficult for pedestrians to cross, since cars do not ever stop.
- More bicycle lanes, particularly around Conestoga College
- Better transportation infrastructure for cyclists
- I would be so happy if our neighbourhood had a paved walking trail. We have a trail but it is gravel and dirt and very underused due to the poor quality. It is nearly inaccessible during winter and early spring. It is part of the Kitchener trail system and I would really appreciate a nicer quality trail like new neighbourhoods are

getting. Just because our neighbourhood is old, and not wealthy, doesn't mean we don't like to walk, bike or rollerblade, too.

- Increase express buses.
- More efficient, regular and affordable transportation to get around this wonderful community and enjoy all it has to offer.
- Better public transportation would also help as it is hard to access community events throughout city unless own a car and are able to drive. The Doon South area feels physically isolated from the rest of the K/W community, shopping, downtown events, etc.
- Add more walking trails
- Always need more nature trails
- Continued improvement in mass transit and bicycling opportunities.
- Improve transportation.
- I am an active cyclist and would like to encourage more cycling paths, trails and would like to see that these trails are maintained in all seasons.
- I would like to see more walking trails to make it easier for day-to-day errands, walking in shopping areas such as the Sunrise Plaza are terrifying when you have small children. Would like to see more small parks/greenspaces./
- I also would like to see increased SAFE ways for people to bike and walk rather than drive.
- Bike lanes "separated from roadways" connecting Elmira to Waterloo / More bike lanes and wider paved shoulders / Safer places for cycling especially for children / Safe cycling route for kids to actively transport themselves to elementary school. / More diverse trail system or better network of maintained trails and roadways that are SAFER for active transportation with safe access to trail heads from residential neighbourhoods
- Public transit is an issue, but not too serious yet
- We don't understand how our community won awards for best hiking/biking trails when we don't think they are that great. They are disconnected and little continuity. / Please enforce people putting leashes on dogs on trails.
- Better access to natural areas, more development of the trail and biking networks.
- The transportation links to Kitchener, Waterloo, Cambridge is also a good thing for future growth... / My personal thanks goes out to Ken Sieling.
- Improve bicycle/walking trail connections. Extend trails along rivers.
- Ensure trails are continuous over hi-ways to get from one end of the city to the other safely.
- Public transportation could be better
- Also, bicycles using the same lanes as cars is a poor idea that will curtail public access to areas of the city. It seems that people who are not impacted financially or otherwise by these decisions have lots to say and shouldn't

- Having dedicated bike lanes are good, but motorists regularly use that space that I am not comfortable biking them. Having a bike only street down core arteries would make biking safer.
- More bike friendly - enforce safety laws and more bike trails. Better public transportation - late night bus route and more direct routes - at this time, the bus routes are too concentrated in neighbourhoods rather than travelling main roads. Not interested in LRT.
- Better promotion of cycling, cycling paths and use of bicycles for transportation vs recreation.
- Better transportation; actively working to create cohesive communities by area or ward; more safe bike trails
- Bike paths, subsidized public transit,
- There are trails in this community that are not well sign posted at all. Makes it very frustrating when cycling or walking on a trail that suddenly ends at a road or junction with no clear indication where it picks up again.
- Improved trail system throughout Kitchener/Waterloo
- Roundabouts, what a waste of money and not friendly to air.(All these cars in one spot) And not have things changed due to people thinking that making things more modern will help community. Dont need this new rail. We as a community as a whole were not asked. And a letter should have been given to each resident in the city, so that we could have voiced how we feel about it. Parking fees are way to high , and not enough parking, and buses are dirty inside. And not enough room to bike safely on roads. So many big companies have been closed down and moved to states due to free trade and we as a community are suffering for that and cut backs on wages. This community cannot handle this big bill for this new rail going in. The baby boomers will be stuck with the bill in there taxes, when there trying to help there kids to have an education, and try to keep there homes.
- More Cycling Trails
- We need more hiking and walking trails where people can get exercise
- The walking/hiking/cycling trails should interconnect. Currently they are sporadic throughout the community. This results on having to walk or cycle on the roadway which is not as safe. Also there are areas within the community were the city has not provided sidewalks for years even though it has been brought up to city council.
- Make the city a cycle, walk friendly city
- Bring public transit further into neighbourhoods to make it easier to use.
- Easier car rides - ie easier to get!
- Transportation (buses) from Ayr to Cambridge would be important.
- Better bike trails. Safer biking trails to get to work. I would ride my bike to work but I do not feel safe to do so. I witness dump trucks and drivers regularly running red lights or not looking for pedestrains before turning corners. It is truly frightening to see how many people are almost hit

- less wait times at bus stops, more buses / more unpaid parking

Marginalised populations (e.g., rural communities, older adults, people with disabilities)

- Free bus passes for seniors as we have in England.
- More safe bike paths in the country.
- The ability to get from Ayr to ANYWHERE involves an expensive cab, a car, or the need to get a ride. We're stranded, our children are isolated. And light rail isn't going to help us at all. The solution is not cramming businesses in residential areas - it's better more accessible transportation!
- All people resident over 65 get 33% off a transit pass, over 70 they get 66% off, over 80 they ride free.
- The only comment I would like to make is the Waterloo Region must improve the transportation system specially for the people with physical disabilities like myself. I tried the bus and the mobility plus and they weren't much convenient and healthy for me. Give my experiences, The only convenient way of transportation for me is taking a cab. I suggest increasing the number of books a person gets of taxi scripts every month to 6 (or more) instead of 3 and share the cost with the person requesting more books . The rule should be the more you purchase you more pay and the less the region can share the cost with you
- Better subsidies and transportation access for disabled individuals that are living at home so that they can access programs and services that are not already in their neighbourhood.
- More wheelchair accessibility, things have improved in the last 40 years but there is more to improve on, including some peoples bad attitudes
- I have applied for mobility plus transit but was given such a horrible run around. The woman who called me after I submitted my application out right lied to me about where I was to go for my assessment and then never sent me information regarding an appointment. Having access to assistive mobility would probably increase the number of community events I would attend (due to severe spinal arthritis I am unable to take a bus) and would also increase my enjoyment of my community.
- Not all communities within the region have public transit available (will have to live in KW in order to have lrt access) so access is only available through personal vehicles and, therefore, local programs need to be available. (I am a resident of a settlement area)
- Investing in a public transportation system that includes the small towns even if it is only twice a day. These buses could transport people to Kitchener, Cambridge or Waterloo. /
- As i age and contemplate a time when I am no longer able to drive, I am increasingly concerned about the lack of easily accessible public transportation. So I have to walk 5-10 minutes to an unfrequently available bus and wait in the

winter for a bus is of concern. For example, icy roads and sidewalks, carrying groceries, high cost of alternative transport (cabs).

- In addition, frequently people complain about poorly coordinated busing, often stating that they can not get to their jobs on time because 'linking' buses are not timed efficiently or the bus stops are long distances from their work place. For example, people busing to the Loblaw warehouse on Cherry Blossom Road in Cambridge. If they are transferring from Conestoga Mall to down town Kitchener and then to Cambridge, the time would equal a part-time, zero-paying job!

Healthy Populations

Health care services – presence/access

- People with mental issues have no where to turn
- Get more doctors
- Have MORE services for people on Disability.
- More family doctors
- The access to family medical professionals is poor. I had a family physician from birth. He retired and new doctor took over but he downsized his practice while leaving me with out professional medical care. I have been actively looking for the last year and a half with no success. I do realize that there are walk in clinics but they do not provide the same services as a family physician does.
- We can use more general practitioners.
- A walk in clinic that will allow you to use their services without having to be a patient at their facility. Something more local in the Wellesley area.
- Finding a good doctor, having referrals to medical practitioners that care. Not having Travel clinics in Dr offices that make us wait because they get paid cash for travel shots.
- A large challenge is the lack of accessibility to doctors in the community - my spouse and I have been actively seeking a family doctor for 4 years with no success.
- This area needs to attract doctors to it, I know of many people who are sticking it out with really bad doctors because they have no other options. / / Our hospital wait times are simply atrocious. / / Hospital Top Management/Administrators salaries and "perks" have become extremely inflated and out of line. / This money should be allocated in other areas to look after the needs of the patients. Two or three people could be hired at a "normal" rate of pay for what one of the top earners and get more done. / / Most people would prefer to see tax dollars go towards fixing the issues inside the health care system (ER and surgery wait times especially) than dishing out money towards saving the environment, arts & culture etc. (Although we want these other programs too, if we do not have a healthy community to enjoy them, what good are they) / / I moved to KW from Oshawa and I have never looked back. The only issue that stands out to me in this area is the doctor shortage issue

and the hospital wait time crisis. Other than that, I love KW and plan to stay here always.

- My husband has advanced Alzheimer Disease and has qualified for long term care placement for 2.5 years. However, there are no openings for him in the facility of our choosing. We are managing with a Community Alzheimer Program and in home services. Since we are managing we miss out when beds, in our chosen facility, go to people in crises. This is disappointing because we've done all appropriate planning but we get bumped down the list to make room for people in crises who may not have started placement plans earlier to prevent crises .
- Reduce hospital and urgent care wait times
- Better access to doctors and specialists is very important.
- My husband is 82yrs old and suffered a head injury 2 years ago. He has problems with balance and cognitive issues ever since. he has a family doctor and we have been trying to establish is his physical problems are related to the injury or age related. We have been waiting over 7months for a consultation with a specialist. Once you reach a certain age, medical help is almost non existance or you are classified as non urgent. Prior to the injury my husband was very active, drove his car, kept an excellent garden, was able to mow grass, blow snow and do all sorts of household chores. Now he is totally incapable of doing much except dress and feed himself. The population is aging and the medical faturnity needs to wake up.
- Encourage doctors to live here and start up practice//open more clinics
- We need more family doctors available
- Lesson the wait time in the ER of our hospitals
- Eldest child with autism. Accessibility to care difficult - must go to Waterloo for therapy, 25 minute drive. Wait times long.
- Improved/easier access to FASD services that exist in Kitchener/Waterloo
- Do something about the shortage of physicians in this area so doctors are attracted here and want to stay.
- More doctors.
- More access thru OHIP to alternative treatments for cancer, heart disease, alzheimers, autism, diabetes and other major diseases using nutrition and well-being strategies, getting away from a dependence on pharmaceutical drug companies whose main focus is profit not health care.
- We need more family doctors in this Region,
- Provide more personal family physicians and specialists for those who are facing retiring and/or leaving physicians/specialists.
- There is a significant lack of physicians - both family doctors and specialists. Many people don't have a family doctor. We have waited to see a specialist for 9 months or more several times. The emergency room at Grand River is completely dysfunctional. We waited for over 8 hours three times when our son was small and never got seen by a doctor.

- There are many capable natural practitioners in this area that need to be given credit for keeping the community healthy. Due to the above average education and income , the population is able to access their services.
- more psychiatrists and more family doctors!
- need more doctors
- Perhaps the community's access to police, fire and hospital/clinic facilities, including a family doctor. Note: I have access to all of the above, but I know it's a problem for others.

Health care services – quality

- I think that our hospitals...medical health needs a lot of improvement... instead of building the new rail system that is costing sooooo much money.... that we doo not need.... that money could have been put into our hospitals to update and improve them along with the health needs of kitchener./waterloo.... p.s. I live outside the town of waterloo....wellesley and it is a great community... thanks.
- Better mental health services that are medium and long term instead of the short term 2-3 visit services offered.
- Better child and youth psychiatry (GRH) services and more long term programs for families (like the Front Door Partners Program).
- Shorter wait-times for surgery
- We need better access to mental health care, including programs and treatment. In my profession I deal with young people, and they will need it even more than what we need it when they get to our age.
- Need better mental health care for teenagers.
- We have a good community. The Alzheimer Society has greatly helped my husband(who has Alzheimers) and I. Please see that they get regular funding.
- Improved medical facilities (doctors, specialists, etc.)
- I spend 9-10 hours a week giving my Mom personal care. I spend another 7 hrs a week organizing her care so that she can stay in the facility "independent living" where she wants to be. She needs more care than CCAC can provide, and it is using up her life savings to do that. She is paying for 4 visits a day to assist her. As a family, we feel very strongly that more funds should be applied to keeping seniors in their homes, rather than paying for expensive hospital / nursing home care. It is a crime that this is happening in Canada, a country that should be providing more for the welfare of its seniors. My Mom is lucky that she has money (from the home she owns) to live in a nice facility, but what about those who can't afford it and don't have enough money for even the basics of day to day living? It has taken almost all of the revenue from the sale of her home to support her. These are the people who fought for our freedoms and paid taxes for 60 or more years in this country. I keep hearing of improvements to senior care, but have not seen any evidence of that in the past 10 years!! As the newspapers continue to remind this gov't, there are going to be many more seniors in the future & the system is not adequate to support them. CCAC has a continual turnover in staffing - new

supervisors, new case managers etc etc every 3 months. One supervisor came in to do a "review", which took over an hr, a 4 page survey including "how long have you been a widow" (20 yrs, this should be on record!!) only to announce at the end that she would not be the supervisor because my Mom needed more care than she provides so someone else would be taking the case!! Shouldn't CCAC know how much care she needed, as we had just finished a family meeting with them for 2 hrs before she left St Joseph's having survived a broken pelvis at age 93!!! / Please understand that we are very pleased with the PSW who help my Mom, they are all great. CCAC needs to pay them more by getting rid of the number of highly paid supervisors etc in the office, who NEVER answer the phone.

- Improve the care at Cambridge Memorial Hospital, Huge improvement needed in mental health care.
- Yes, hospitals, clinics, sufficient medical doctors, etc. are essential but there has to be a return to more NATURAL health care, including Naturopathic doctors, healthier foods, supplements, government control of "crap" added to foods sold by the big companies that are only interested in money not health. (Like way too much unhealthy sugar in everythig). I believe British Columbia controls some of this type of thing. In summary, I could go on, but you get the idea. Where does all of your findings go to have an effect? Questions? Contact me.

Democratic Engagement

Government leadership

- Transparency on how dollars are spent. Openness about allocation of resources.
- The politicians at all levels of government need to pay attention to the needs and concerns of the tax payers and not be swayed by "pie-in-the-sky" ideas or unproven rhetoric. They need to show more respect for the wide range of people in the community and the limitations of the community's tax dollars. Citizens work hard for their money. Government, on all levels, spend our tax dollars too freely. Far too often thousands of dollars are spent on surveys, consultants and professionals who are hired to improve the community. The results usually create new opportunities to spend even more. Focus should be placed on health care, infrastructure, employment and aid (children, elderly, poor, disabled, etc.). Everything else is gravy. Gravy makes things taste good, but it is not necessary.
- When there is a public input meeting (transportation, roads/roundabouts, health) the region should not tell us what will be done. Media should report accurately the consensus of opinion even if it differs from the elected will. Otherwise we waste our time attending. / It bothers me that 24% of healthcare dollars in K-W LIHN are spent on 1 % of people. When the squeaky wheels demand, the community should not bow down. Community services need to recognize that the majority of citizens are like so many of our Canadian politicians... only looking after themselves. Society needs to make people take more responsibility for themselves, individually. When people are going to work to provide for their future they don't have time to run to doctors, health services, parks, theatres, museums and whatever else the community will give them a handout for.

- Local governments should be more frugal and stop the tax-and-spend policies that raise taxes every year although I haven't had a pay raise in more than 5 years.
- Dissatisfied with all levels of government.
- Stop paying so much money\$ for crappy work and union wages. Like seriously :)...
- Make me Mayor... or get someone with a set of balls in power
- All levels above provincial of government are fine. Local is the pits!
- Don't ask to come out to meetings when decisions have already be made. Use tax money more effectivity, eg. hallaran in China??? Whaley on council???? stop ropundabouts Listen!
- Community is great, local government is not responding to local needs
- Responsible Government on all levels which includes accountability, public auditing of the record books. End of corruption in local Government. Abolishing unneeded and unwanted changes to Franklin Boulevard. Manditory and random Drug Testing for ALL Welfare reciptants with no exceptions, more investigations into Welfare Fraud, A Police Force that's is not corrupt, Affordable & Nutrious food for Diabetics, funding for Diabetics, more funding for Seniors, a new City Council and Mayor, manditory drug testing and random drug testing for the Mayor and council, lower taxes, lower gas prices, lower grocery prices, more local produce, a local Government that has to obey all the local traffic laws and by-laws that the general public has to follow. The end of salaries for Government that do the polar opposite of what is good for the community at large.
- I think that municipal government, especially in our township, presents the greatest roadblock to community wellbeing imaginable.
- I am disappointed with Waterloo Municipal politics. City Staff, and not the voted Councillors are running the City. Level of transparency is very low. Very disappointing.
- KW and cambridge power stuggles constant.
- I am not happy with the current Municipal set-up, Waterloo Region is completely ineffective to our city of Cambridge. The unilateral decisions being made that favour Waterloo Kitchener is intolerable. Be it LRT, Roundabouts, or the solid waste facility, we are the poor perocial cousins who have to shut-up and take it, and pay for their largesse. Enough. It is time to become our own Region, and let those K-W-ites pay for their own follies. Maybe we should join Quebec!
- Hold everyone accountable for wasted / missing money / - rethink city expansion and poorly designed road circles?
- Better information and communication to households from our local government. They need to be listening to their constituents. We don't receive enough information and opportunity to provide input before major decisions on the development of our community is made. Too often we hear things after the fact.
- Also, the municipal government of in waterloo has given our city to developers who are flooding our housing stock with student housing, we are now living in a student ghetto, not a city, it is very sad.

- Stop treating my city Cambridge as a pawn. Whether it come to roads, transit, policing, health care, taxes or provincial government facilities we always get the shaft from the provincial and municipal government who are bound and bent to make sure that Kitchener and Waterloo get the gravy while we get the leftovers. I am so disgusted with the Waterloo regional government and our provincial government that the first chance I will leave this city and province never to return
- I find local politics very disturbing, bordering on corrupt.
- We lived in the Hamilton area for the bulk of our youth and working years and knew more about our community than the Kitchener area. When we retired, we moved up to this area to be closer to our child and their family. We do feel strongly about Kitchener as in some ways its ahead of its time. However politically it shares the same problems as many others in that it has urban decay,homelessness and politicians that don't listen to the voters and are involved in scandals.
- Deal with regional government as a burden
- Cambridge continues to get shafted by regional government. I would opt out of regional government program if given the choice as I fail to see any tangible upside to this membership. ROI for Cambridge in regional affairs appears to be very poor.
- City or regional councils could make "wellbeing" more common discussion in community through council meetings, ads, newspapers, social media, etc so we tune in.
- Police Services needs to clean up the corrupt police that continue to earn pay while being investigated for their behaviour. / City of Kitchener workers need to be accountable for their actions within their own neighbourhoods outside of work....disgusting
- We need local politicians who care about the environment and its future to say :no more pesticides in our food, lawn, no GMO foods for our children or our animals
- STOP SPENDING MONEY THAT WE DO NOT HAVE. OUR GREAT GRANDCHILDREN WIL BE PAYING FOR OUR GOVERNMENTS OVER SPENDING
- Us Cambridge residents feel we always get the short end of the stick in Waterloo region.
- No Casinos / Better local (municipal) government accountability
- All levels of government should be made aware that they are competing for the same dollar in my pocket and soon I will have to leave because my tax burden is way to high. some time in the future they have to stop increasing taxes and stop funding unnecessary programs and expenditures. roundabouts are not a solution for all traffic problems, and near schools are a safety hazard. I think they are fine on the outskirts of town. I believe there should be an equal number of board members from each city on regional council.
- Municipal governments need to p[ay better attention to ratepayers
- Just keep up the good works and developments!

- Improve the functions between and of Municipal and Regional Governments so that decisions made by these Governments can be challenged properly by members of the community at any time.
- Government to work for community and not their own agenda. Learn to be fiscally responsible and spend tax payers money wisely.
- Do not allow a casino to be built.
- The local & regional government seems to spend our taxes without consulting with the people for whom they govern. Some of their decisions on large & costly projects do not seem fiscally prudent.
- I feel that the people who run for public office do not hold true to their electioneering promises. thus promised parks or programmes don't appear. Getting on touch by telephone to anyone is like crossing a river by stepping stones, but the bank keeps shifting about. Sorry, I seem to be losing the focus of "improve the wellbeing". Good luck with your project.
- Honest politicians, city planners that know what the heck they are doing (especially when it comes to roads)
- All levels of governments should listen to the people and vote on political issues according to the public's majority opinion. all issues to be fully transparent and to admit when wrong and learn from mistakes. accept responsibilities and stop blaming someone else.
- Transparency in government is also important.
- Environmental - was good until developers and government agencies became involved.
- Civic, regional, provincial and federal politicians who actually listen to their constituents. / Civic politicians who strive to uphold community standards (ie, restricting student housing in various neighbourhoods).
- Much More emphasis by all levels of Government on Environmental / Much more emphasis by all levels of Government on responsible spending...sb 0 % increase in taxes at all levels. Balance all budgets and then decrease taxes
- The City of Waterloo Council is very detrimental to the health of the City of Waterloo. They have made many poor decisions over the years that have led to businesses leaving our community and taxes going up. Communitech is a fantastic organization that has done a great job promoting our community, attracting talent and helping technology startups.
- There is an acute lack of representation of minority groups at all levels of decision making in the area.
- Get better leadership at CityHall
- Improve the openness and accessibility of public consultation by local and regional governments. Expecting people to take time out of their busy lives, away from family, etc. to travel to in-person public open houses or council meetings (or even to view public documents only available at city hall which is open during business hours only) severely limits the types of people who respond and the range of

interests that are represented. In this technological age and in this community with such wonderful technological resources, we can do better. Timely, online public consultation and solicitation of input on a broader range of issues should be the norm. More timely implementation of open government/information sharing initiatives and online posting of such information should be expected.

- Don't build a Casino in my community /
- Stop catering to the tech sector to the exclusion of other types of industry. / Improve landfill management. / Encourage small businesses
- From what I have read in the paper salaries and benefits(sick days, pension) are out of control in the Waterloo public sector including police, teachers and fire fighters. If you don't like the risks involved or the working conditions get another job.
- Respect the silent majority and stop foisting the impractical elitist hobby of cycling on the 98% of people who drive their cars to and from work. I'm tired of being told to get out of my car. Do community planners actually recommend that I pack my 10 month old baby and toddler into a flimsy buggy behind a bike and ride through rush hour traffic from south Kitchener to north Waterloo (where the only daycare they could get into is, since the waiting lists are so long if you don't qualify for a subsidy), balancing the weight of my work files off one shoulder, arriving at my conservative workplace with my suit drenched in sweat? And then get groceries on the way home, putting them where exactly? In a second buggy behind the kids? Roads are for cars. Sidewalks and trails are for bicycles. The majority of people in this community believe this and I don't understand why a very loud special interest group is being catered to by our politicians and planners to such a ridiculous degree.
- Greater input into major decisions (e.g., light rail)

Government services/policies

- Restrict alcohol and drugs
- Support for single fathers
- Work on parental structures that do not deal with problem children, or simply ignore them!
- Free snow clearing for seniors. Especially when plows seal in our driveways. A rigorous poop and scoop law. Fines for people whose dogs foul parks and trails and front lawns.
- I love many things about our community. I think even more support for arts and culture is important
- Too much money spent on new immigrants. They get free english free computer free job placement free housing placement.
- Provide free parking for attending events.
- Scrap RIDICULOUS street car idea - running down the busiest street in KW - what a money pit that will become! NO ONE WANTS 100 year old technology. I thought

we were the smartest community in the world. Can't we come up with something better than that?

- More peer support groups for adults and teenagers to support them with settlement issues, and groups where newcomers can learn their new culture, rights and obligations as a part of the community (how to recycling garbage for example).
- Assisting senior stay in their home by helping with shoveling snow and cutting grass, ect.
- Discourage door to door sales
- More education on the benefits of a healthy lifestyle.
- City should plow sidewalks in winter like in neighbouring towns.
- more supports to the arts,
- I would like to see more "daycare" supported within the home. Stay at home parents are the least valued and supported components in all of Canada. The growing years are the most important in a child's life. It is where we form our core beings. What does this say about our future as a community, city, country, ect?
- Better communication of sources of help and local information for newcomers and residents who are not immigrants. / / A better sense of what the political/governance side of the community is doing for residents. Might make us more interested in becoming involved in public meetings, etc.
- There are too many people struggling to survive in this economy. Help them with as many services as possible.
- Better options to assist seniors in transition from personal residences to retirement accommodation with assisted physical and mental programs monitored or preferably managed by professional health organizations or local universities.
- First I wish there was more support for families that choose to have one parent stay home to raise small children. The community does offer really great free programs however many fill up quickly.
- Many difficulties with the expectation of her age and inability to socialize makes family activities difficult. Not a lot of awareness in the community. We are hoping to start our own peer mentoring programs at the local public schools to assist with providing an extra safety net and educating youth better on living with disabilities since resources at schools are so limited. It is a fight every day at home and then we have to go out into the community and fight again...every day. Exhausting.
- Our youngest daughter is disabled and totally dependent on us. She is 17 turning 18 in September. We are very disheartened that the support for our daughter as she enters adulthood from what was available for her as a child status.
- As a caregiver for my elderly mother, I would welcome more help and support with her care - being "on duty" for round the clock care is extremely hard, especially when I have my own home to keep up as well.
- Stop wasting money on funding museums, we have too many in this community. / * Stop building roundabouts, very expensive waste of tax payer money / * Continue to expand and improve expressway / * Reduce buses in non-peak hours, they are

an environmental issue / * More support for Cdn children's charities required, specifically charities that help the children of our community.

- More personal wellness presentations to the public
- My personal well being is adequately cared for. The well being of less privileged in our community is not as well cared for. Children and teens with homes that are not nurturing and healthy have difficulty finding safe, educational and nurturing places to be with peers. / To have programs that are more accessible and free for this population can only improve our community.
- Improve snow removal to include sidewalk clearing.
- More support for families without local family help
- More focus on taking care of old elderly people.
- Keep the property tax down, at least below the rate of inflation. Spend more money (tax dollars on creating more good paying jobs).
- I am appalled at your fire pit by-law, the parking on our street during school hours is horrendous with no respect for private property.
- Improve the surfaces of our city streets. No Toronto trash. More referendums so that people have their say about local issues. More lock-ups for bicycles. Those information sessions are always in the afternoon. I'm home by then.

There ARE government programs to help those with very low income, our young students and those who are 65 and over, BUT there are NO government programs for those who are between 25 and 65 going through many changes in life do to career changes, job loss. The economee advances at a rate that people cannot keep up with. Poor get poorer, Rich get richer!!!!

- I think KW needs to offer more support to the elderly who do not have specific medical needs (because those people often DO QUALIFY for programs). Seniors who simply have difficulty walking, shopping, keeping up homes etc. are falling through the cracks.

LRT specific

- No to L.R.T.
- Have more referendums on important issues at the polls. You had one for water fluoridation (my side won!! YA!!) why not one for light transit? Something I will personally not use, more for people in the downtown. You can't go grocery shopping or to Costco with LRT.
- And, as an aside since I'm already ranting, LRT is not a viable option for this community.
- Regional council needs to listen to the residents of Cambridge and stop treating them as second class citizens. Stop the roundabouts on Franklin, stop the LRT and improve buses and get spending under control before they bankrupt the community.
- Get rid of Ken Seiling, Jim Wideman, and the LRT.

- Stop the LRT, which will benefit a few at a cost to the majority. /
- stop wasting money on the LRT and other non essential projects until we service our existing debts, this will control the amount of taxes that will be needed and maybe we can see some tax relief
- [better bus service] would be possible if the funds allotted to the proposed LRT were used instead to purchase more busses and pay for more routes. Listen to the older people in this community, many remember the trolleys on rails long King Street and that they were terminated for a reason.
- The "share the road" initiatives and the LRT attempts to make us stop driving are misguided, not supported by the majority and only serve to increase traffic congestion by making roads more inefficient.
- Often lose sleep over future cost of LRT as it is too great an expense for this community.
- It's a done deal, but the LRTS that does what buses currently do (move people from one mall to another is a waste).
- Light Rail Transit is a crock and I know of no one in my circles of acquaintances and friends that agree with it.
- I am very very dissatisfied the way LRT has been pushed on us. No referendum! Our cost of living will skyrocket.
- No light rail.

Taxes

- Lower my taxes
- Lower taxes.
- Reduce regional and municipal taxes.
- All taxes are to high; and more to come real bad for our seniors.
- Get control of our continuing tax hikes, through better management of our city resources.
- Find ways to reduce taxes. They are too high and our local politicians are not capable of preventing them from rising every year. / Eliminate red light cameras. They seem to me to be a cash grab and do not reduce accidents. / more events to bring the city together? Not sure?
- Higher taxes on wealthy households
- Get better value for taxes; reduce income disparity between (higher) public service and (lower) private industry
- The Regional government should make better efforts to control spending and taxes. The messages we get indicate that Regional officials always have an excuse for why the Regional government cannot do a better job at controlling their costs.
- Taxes and government bureaucracy/rules are out of control...too may gold plated projects/initiatives. We cannot be all things to all people.

- Better wages and less taxes.
- Lower property taxes.
- Taxes (Re.: Seniors in particular) Long term residents (Eg. Self @ 83 yrs.) have paid all local (development, transit, facilities, etc.) taxes for many, many years, therefore have paid for most of all the items seniors use or require. Now, due to some "aggressive youngsters" in politics and elsewhere, undesirable expansion and changes costing millions. Seniors should be exempt from this nonsense and / only pay relevant local and income taxes. Seniors are taxed AGAIN & AGAIN for others benefits (not theirs) and their income is from savings and pensions (little gov. help).

Environment

Air/Water quality

- Get drinkable water - Cambridge water is disgusting!
- I have a strong concern for the environment: the quality of air, water, soil, plant & animal life.
- Find and get rid of the source of DEET in the municipal water supply.
- Fix the groundwater and air quality
- Also ban the sale/use of lead fishing and hunting gear. Ban wood fireplaces of any sort! Thanks!
- My municipality should have challenged the Provincial ban on herbicides for lawns; it is not a Federal ban. / Consequently in the Spring we have lawns of yellow/white dandelawns with dandelawn white seed puffs floating in the air infecting lawns, whereas we once had beautiful manicured green lawns. Such results in lower assessment by out of province visitors. / / Golf greens and farmers are exempted from such ban; making me a second class citizen.
- Regarding air quality, my personal bête noire is the fact that open wood fires are allowed in backyards. All summer long, the smoke blows in my windows from people sitting out there till 1:00 or 2:00 in the morning. It has forced me to live with second-hand smoke since I moved here. In all my life I have never lived anywhere that allowed open fires within city limits. If I had known this, I would never have moved here! It is something out of the dark ages! This is especially annoying later in the summer when it is really hot. Along about 10:00 pm just as the air is cooling off, I would like to have my windows open for a cool breeze, but it is disgusting smoke. I know as soon as it starts. The first molecules hit my eyes and my eyeballs sting, then it irritates the lining of my nose and I can taste it in my mouth. I can't even use the airconditioner because some of the smoke comes in. Some of us in this apartment building have reported some firepit violations such as the distance from fences or buildings. We are always asked if we would appear in court etc etc. I think that is the job of the by-law enforcement people. They have eyes and ears. They can see that the fire is in violation of the distance laws. / Also the noise after 11:00 bylaws. / / And people who smoke on their apartment balcony to keep the smoke out of their apartment while it then blows DIRECTLY into someone else's home!!!

McGuinty, in one of his thoughtless offhand remarks said that he didn't think they could regulate people smoking in their homes. No one seems to have noticed the worn IN, and now feel totally authorized to smoke on their balconies although their windows are all within 10 feet of my window.

- Kitchener is allowing backyard fire pits which are polluting the air, also polluting other neighbours outdoor and enjoyment also where as we have close our windows when we should be able to breathe fresh air. Toronto doesn't allow this so why do we. I am on a hill where the smoke rises from my neighbour at the back who has been burning pressure treated wood.

Noise pollution

- Have large trucks use alternate routes to bypass the town in order to lower traffic noise levels along the main street.

Energy

- Improve the building code types of roofing, Insulation/ water reuse/ run off control low flow taps, HE toilets etc.

Waste management

- Figure out a way to have green bins in apartment buildings!
- We live in a rural community where there are industries on our neighbours' farms-- we have concerns about how well environmental protections are being upheld--e.g. disposing of hazardous wastes like oil in a safe manner that will not contaminate ground water.
- How much more paper is now waste now to recycle food?? gain + loss? / - stop garbage pickers of metal and return bottles / adds to YOUR bottom line / - make all homes double up when possible for 1 garbage stop for 2 homes / - promote a RE_USE DAY - anything curbside is FREE to pickup / reuse - avoid waste / - have a few city workers doing nothing - stop at lights in the winter and scrape up the wasted salt that is in lumps at the intersections> I scrape up enough to use all year on my sidewalks and driveway - thanks to WASTE. I don't buy salt as it's everywhere in wasted abundance

Local food/Food quality

- We can start by eliminating all Genetically Modified Food and Stop all aerial spraying/ geo engineering programs.
- We do not need GMO seeds such as corn, soy, alfafa. That is not good for us or the environment.
- More access to organic, non-gmo foods.

Parks/Natural spaces

- We also need to preserve the open spaces and parklands that we currently have
- More green spaces, Slow down with the student/ condo/ big apartments on Columbia st, King st Spruce Hickory st building.
- Continued efforts to curb urban sprawl.
- More larger parks and green space in new subdivisions
- There needs to be more attention paid to reducing continuous encroachment of nature by land developers. How many more houses, stores do we need for the capitalist machine to function?
- I value greenspace and the arts.
- Regulate the removal of topsoil from a new subdivision so that it is returned to that development, not sold off for the developers profit at the expense of the local environment. Increase green space requirements.
- We have a wonderful trail through the bush near our home. There is also another trail within walking distance. We are also near a park where they camp, ski, boat, swim and more trails.
- More green space, a trail system that connects the whole city for walkers and riders, better use of the river banks such as an expanded trail system, promenade that covers the length of the downtown and both sides of the river using the banks and boardwalks to connect it all that can be utilized for festivals and events as well as businesses (kiosk's) to make the downtown a place to go.
- I think it is really important to preserve parks/trails, sports fields/arenas, and dog parks as it keeps citizens active.
- Please stop demolishing our green space. We need places to enjoy nature that are within the community.
- The region needs some regulation regarding trees in new developments. People don't realize how much more pleasant and enjoyable an area is with big healthy trees. All new developments are barren and depressing because of a complete lack of mature trees. It's depressing to think that new developments need to wait 10 years or more before the sticks the regions plants in a neighbourhood develops into something that's able to be enjoyed. There's a reason why developers' brochures have pictures of houses surrounded by trees instead of dust and dead grass that no one is allowed to water. Even the new splash pads in the region have no trees. People have to go out in the summer and bake in the sun because there's no trees to shade them. Have a look at Owen Sound to see what a beautiful city looks like. Big Trees people. Big trees. Makes people happy and they don't even realize it. Visit and older neighbourhood and then a new development and think about what makes the old one such a nicer place to be.
- It is important to preserve the trails and parks we have in this Region, as new housing is really starting to take over that land.
- Laws to stop the indiscriminate cutting down trees

- Stop mowing down farms and open spaces for subdivisions.
- I love the number of trails in the region is awesome. I love the Huron Natural Area on Bleams Rd. I grew up in Toronto near High Park and the Sunnyside pool area. This park is almost as good.
- My husband and I enjoy the Iron Horse Trail, we live right beside it. We try to walk it at least once a week. Not being able to walk long distances we like the walk from Glasgow to Caroline. Shady, peaceful, lots of birds, some ducks. Disgusted that part of the trail, as it exists now, will become more or less an alleyway. If doing this for a builder, how many more will they accommodate, and soon the trail will be nothing like one longer lit alleyway.

Traffic congestion/ safety

- Get an engineer who knows something about traffic control
- Traffic is too congested August to April on Albert/Columbia/King. Do not change the Ironhorse trail for the sake of another downtown condo. Too much congestion/busy. Not enough parking. Keep green spaces !
- I am concerned about city council's forcing speed bumps on our streets, without weighing the effects on emergency response times.
- Reduce the traffic problems in my community and no roundabouts on Franklin Blvd. in Cambridge. Also my neighbors "refuse" to go out of our cul-de-sac the correct way, which is one way only. The City refuses to put up a one way sign in Hartley crt. so I can't get the Police involved. It is very dangerous here driving into Hartley crt. especially in the winter time & all the counselors for Cambridge are aware of this ongoing problem for 18 years and have done nothing about it. Nick Ermeta our counselor has tried to rectify the situation but to no avail.
- Transportation! The traffic jams between Cambridge and Kitchener kill time and rob lives.
- Get rid of poorly constructed roundabouts in high pedestrian traffic areas. /
- Transportation/ very difficult to get around as few north south /east west roads. few bi passes for thru traffic. all these round about are ridiculous.
- More intelligent scheduling of and quicker resolution of road/street repair (e.g. Fischer-Hallman, Highway 7/8, Columbia, Phillip St.) - four roads _currently_ undergoing construction that I pass on the way to work. Can you make it more difficult for me?
- When planning future expansion of the city, construct roadways to accommodate future traffic. I am disappointed that the city failed to do this with Ira Needles Blvd. This will create disruption for homeowners and businesses and cost a ridiculous amount of money which could have been avoided if Ira Needles was constructed to accommodate 4 lanes of traffic initially.
- Ease traffic congestion
- Get rid of the round-abouts!
- The traffic flow is horrible and poorly planned.

- Don't turn the roads in our neighbourhood into major highways.
- Attention to the environment, traffic, urban sprawl, education
- The city of Cambridge has some of the worst traffic I have seen.
- Improve traffic flow in the community. / Reduce the amount of traffic on University Avenue so I can enjoy my backyard!
- We live on a busy street so I would like to see traffic limited and lower the speed limit, and also limit the number of construction vehicles that use our street.
- I don't agree with the municipality/region's decision to cut grass in public areas once a month. In some places, due to the height of the weeds/grass, visibility is impacted and it makes turning onto main roads difficult..ie. turning right OFF Hayward onto Courtland.
- Ensure that motorists obey the rules around pedestrian crosswalks.
- Better roads around St J Farmers Market
- Get rid of all the boulevards by paving them or knocking them down. They are full of weeds most of the time and hazardous when driving especially if you have a small car.
- 401 access off Northumberland would be good as you have to drive over the 401 twice before actually getting on the 401.

Leisure and Culture

Facilities

- As swimming is an excellent way to stay in shape (low impact, high output), it would be quite beneficial to have an indoor pool facility that can be used.
- Indoor swimplex at Activa or in the Southwest quadrant. / Not just more soccer fields but better quality and durable playing surfaces. / It would be nice to have Lions, McLaren, Grand River arenas potentially renovated to be a bit more modern. I know it is expensive, but they do not all need to be done at the same time. Don't let them get rundown to the point major, major \$\$ is required. / A one stop multi-use facility (like a RIM or the Alder Centre in Orangeville) in the Southwest would be ideal - central to Homer Watson/Expressway/401.
- I suggest questions that gauge satisfaction with the provision of public recreation facilities rather than or in addition to, access. I am from BC and I find the provision of public recreation facilities in the Region very very poor in comparison to BC where public rec centres have weight rooms, cardio machines, 50 meter pools, saunas, steam rooms, hot tubs, and a variety of keep fit, craft and education classes.
- Yes, the community I live in needed a twin pad arena but only has a single pad which restricts available ice times, also when the community centre was built they did not include a pool. It is extremely difficult to get to a pool to participate in swim lessons etc. Most swim lessons classes are an hour long or less, people in this

community would end up spending at least that amount of time or more driving to and from lessons. /

- Skateboard park for children
- Skating rink that was supposed to have been provided in the community but did not materialize.
- A park in our neighbourhood, we currently have to drive to a park.
- Another dog park in Waterloo or improve current one by adding shade trees and more mulch to decrease mud.
- For the South end of Kitchener, we require more recreational facilities - a rec complex would be great and improved grocery facilities. We have nothing at this end of town for the population size.
- Maintain recreational facilities - public tennis courts require maintenance
- Invest in pools for small towns
- Build a recreation complex near Huron Woods/Huron Village, or something within walking distance, other than a playground, for us to take our kids to for activities. / There is nothing within walking distance other than playgrounds and friend's houses.
- Mid-size live theatre performance space

Programs/Classes/Events

- Stop all multicultural activities.
- Quit wasting money at all government levels on useless cultural events
- There should be more ethnic cultural events.
- neighborhood street celebrations (barbeques, potlucks, block parties, etc.) to encourage neighbours to meet one another and share information about the street they share. . . some already do this, but it would be great to see more of this.
- I would much rather see more 'free concerts' or 'free community events' for all to come to and mingle together than to see individuals separated by government funding such as program funding for those who cannot afford etc. Provide programs through schools, community groups etc for all to participate and not single out households and families that can or cannot afford. Bridge the gap and treat all equally, even those who make a decent income sometimes cannot spare the extra finances.
- Need more event s for young people to give them something positive to do. while did a lot of museums ..things now kids grown not so much.
- Street dances? Street movies?
- The opportunities are there, it is up to me to take advantage of them.
- I like to see more cheap leisure art and music programs and events for adults and children

- Our community needs more services for seniors. We have multiple ice rinks, but no indoor swimming pool. No classes offered in our area such as yoga, tai chi, etc. Everything seems to be geared to children and young families. Recreational facilities are very poor - no hiking, biking trails near by, no public transit.
- We are impressed with the quality of music festivals in the city and growth of festivals in general.
- I would like to see more beginner leisure sport or fitness activities- more yoga, mindfulness training, etc and more opportunities to volunteer in my own community
- We need to work harder on issues of sports and recreation opportunities for all children.
- I would like to see more money going into community events in KW - I love that there are so many events in New Hamburg as we have recently moved here and there seems to be always something to do!
- More opportunity to meet single female adults my age for socializing and possible future relationship. /
- We need access to things that will bring us out of our homes and away from the tv or computer (the universal brain drain). Wards should develop socials - like dances or games that are culturally diverse. Have the big box stores re-invest in their communities - more. They should create ward sports; people within the ward that would like to join a club and participate against other wards in friendly events that would finish with healthy food choices. People could start talking again and stop texting so much as a form of socializing. The possibilities are endless.
- Seniors Activities
- More activities to engage youth as community builders
- More access to open, inclusive spiritual communities that are not affiliated with religious organizations.
- More opportunity for meeting people of different cultures
- Provide more affordable, general interest programs for seniors region-wide.
- More activities for the rural communities
- Would love to see more intergenerational activities.
- Lower weekly costs for renting the Conrad Centre, more financial support for performers living in our community, more local film companies and activity.
- I wish there were more opportunities for people in my age group to meet and connect with members of the opposite sex.
- I would like more free festivals

Access to programs/services

- There needs to be a central location, preferably online, where someone looking for something from education to entertainment can get the information.

- Less expensive access to museums cultural events, more local community centers with good programmes for seniors. Not line dancing or bridge, or bingo.
- Stop making it so EXPENSIVE for people on Disability and families in lower income brackets to go to Rec Centers.
- Cheaper fitness facilities for seniors
- Allow events to be held in barns that are equipped with safety features.
- Poor media most events are publicised after the fact.
- My husband and I would love to use the Y facilities ,if they had a monthly payment plan for seniors who go south for a few months in the winter.
- Need more access and leisure activities and parking for people with limited mobility/ pain/ endurance issues.
- Communicate activities that are offered as much as possible and in different ways. / / Let people know how they can become involved and the difference that it makes. This will build a stronger community.
- I would like to see a voluntary listing of specific interests that people in the community have so it would be easier for people, especially seniors to find people of like interests to connect with so that they could get together and persue these interests together . Example : R/C model airplanes , Model trains , woodworking , gardening , antique cars , cards , etc.
- Senior programs need to be offered in the evenings more. They are listed for 55 plus, but most are still working at 55, and most programs are offered during the daytime hours when people are working.
- Free access for all to tennis courts / LICENCED daycare options / Lower cost for swimming at rec centre / / More local sports leagues for children that do NOT require driving more than 30 minutes to compete with other teams. Should be more policies on this. No time to drive to Ottawa etc and overnights for sports events are too expensive plus destroys family time and routines. /
- Getting news of community events, such as what is playing at the theatres would be nice. I live blocks away from the new theatre in Galt and received no information about it opening!
- The senior centers, such as Rockway are not the most welcoming of places. No greeters, especially for new members / Very cliquish, I went twice felt out of place.
- Events and activities are not well announced before they happen... Much too often i hear from them in the newspaper AFTER they ocured... not good.
- It would be nice to see More affordable programs for middle income family's that have a struggle to afford programs/educational upgrading or arts/crafting classes(eg:stain glass courses, other crafting courses)
- Organized sports for children is very expensive ie hockey, football Very restrictive to low income families
- For us, one of the biggest problems is simply knowing what is available, and where it is, and how to get there. Many interesting activities are scheduled for 7:00 pm. I

and most of my friends have chosen not to drive after dark - for very good reasons. Most seniors adjust their driving habits as they age. Many aquafitness activities that seniors would use such as the Gentle Joints program at the Swimplex are scheduled in the middle of the afternoon. That is when we go out and socialize. We would much prefer Aquafit at 9:30am, at the beginning of our day, so that one exercised and then got dressed and ready for the day. Once dressed, with hair and make-up done, we hate getting all undressed to swim, and then have to get dried and get all dressed again, especially in winter. I know they schedule classes for tots at that time. But reality says that if you make it easier for seniors to exercise, they will, and that keeps the Health Care costs down!

- Free or cheaper cost for public swimming.
- Improve access/quality to sports fields for the public to use
- A web site that lists all the free and inexpensive things going on in the community. The paper doesn't seem to catch it all and we hear about things after the fact.
- The creation of a one stop shopping web site listing all local community supports and activities with links to provincial and federal agencies or supports.
- Also seniors programs are only available during the daytime, some senior activities during the evening hours would be more beneficial as myself and I would assume other seniors in the community work during the daytime hours.
- Small community groups or special interest groups do not have good support from the City of Waterloo re: room rentals. Our small group will struggle in the coming years to pay for room rentals - unless we move venue to a Church basement. The rent was increased 5x or so. Don't know how CofK is doing.
- TV Station that informs people of what is going on in the community on a weekly basis and the cost involved. / The Library and Centre in the Square and Symphony programmes and costs. / Senior happenings listed weekly. / Perhaps this is listed somewhere that I personally am not aware of.
- Swimming pools in the summer should be open all day and possibly free for kids.
- Creat more awareness. Get me 'in the loop'.
- Find creative ways to reach community members without access/skills to computers/internet. Many would like to gain a better education, liesure/community activities, lifestyle improvemnts, etc, but don't know how to access these services/opportunities. Perhaps targeting neighbourhoods and putting information pamplets in each door would help.

Education

- A public school closer to us as we have to drive or take a bus.
- Community gardens/co-op's through local schools - teach our children trades. Get them away from the computers and get their hands dirty. Our schools do what they can, but the people need to take action. / Talks about sustainable community growth. Our population by 2050 is expected to triple, what does that mean for our

children? Self sufficiency is freedom and right now we are raising dependent youth that won't know what to do if the electricity goes out. /

- Schools need to do a better job of communicating to students about postsecondary opportunities and how to plan for financing higher education.
- My biggest concern with our community is discrimination toward Christians in the public school board. Our children have been treated unjustly because of their faith. They do not preach or condemn others but are open about the fact that they are Christians. They have been accused of being exclusive and ostracising others falsely. They have been brought into the principals office (this is elementary school) and told to stop talking about Jesus at recess. They have been dispersed on the playground when it was found out they were telling bible stories to their friends. I have begun to realize that teachers in our community may not be representative of our predominantly Christian community and often come from a very liberal and secular world view but it is my understanding that we are an inclusive and accepting community and I would be much happier if I felt this was extended to my children as consistently and equally as I see it extended to other cultures. It seems that equity and inclusion does not apply to my family within the public school board and we are not permitted to access the catholic school board as we are protestant. It is no wonder that faith based schools are everywhere in waterloo region as the reputation of unwelcome to Christians in the public board seems to be accurate.
- University Tuition is too high.

Living Standards

Jobs

- There are not enough jobs in Kitchener for the population. / / I am struggling balancing personal and work life. My health is not good, I have an auto-immune disease which I was diagnosed with last year. My job is creating a lot of stress in my life and I have been trying for months to get another job but I have not been able to get anything else. I am worried about my health and not sure what to do about it. I have 2 teenagers, one is in College and the other in High School. My daughter who is in High School is also looking for employment but can not find a job. My husband and I are considering moving to another city in hopes that I can get a new job and take care of my health. I have lived in Kitchener all my life and don't want to move but I don't know what else to do at this point.
- JOBS! underemployment (working two part time jobs) with overtaxation (so we can afford full day kindergarten, monster arenas and in our small town of North Dumfries THREE community centres!) rather than retraining opportunities and high level, high paying jobs is the state of my community.
- Young people need to work at living wage rates.
- I have physical limitations and therefore have only been able to get occasional part time employment which means we do not have funds to do fun events. Help to get extra parttime employment would be great.

- At this time I'm doing pretty good, because I am doing a job I like. But over the past few years I have found terrible jobs in Cambridge which I did not feel good at all. I find employers here are worse than ones in the Greater Toronto area, I would not suggest Cambridge a place to seek employment.
- Economy is poor too many out of work most jobs part time
- I consider myself to be a visible minority in Waterloo I have completed both my undergrad and post graduate degrees (BBA & MBA) at Canadian universities, yet I am having lots of difficulty getting work. I am on contract at one of the universities and although I have lots of work experience, I am never selected for any permanent jobs. It would be great if the companies in the region including the universities, develop an 'Employment Equity' plan so people like me can be included and selected for jobs. We do have lots to offer and we come to Canada bringing all our financial resources, thus contributing to economy. We would be more involved if we had job security and stability, however, from my experience since I have been here, I cannot find a permanent job so I am seriously thinking of relocating.
- Create workplaces especially for 65+ residents. Example: small assembly units, craft type production of local souvenirs, memory units to save and preserve oral history. There are lots more. Keep purpose in people's lives.
- Find work for mid-lifers who lost manufacturing jobs
- I wish there were jobs for our young people. Or more assistance with their student loans. Our daughter has 3 college diplomas and 2 years at Western, owes \$45,000. And couldn't get full-time work in her field (journalism, broadcasting, event planning). She moved to Edmonton in January for a job that didn't work out. Not what she thought she was being hired to do. Currently she is working part time in Edmonton but we think she might be home again this year to stay - if she can't afford to live there. Hopefully she'll find full-time work in Edmonton. When children are living at home, I believe we should get a tax break while parents are helping them stay on their feet and supporting them.
- I am an artist, among other things. There are lots of organizations that are happy to display my work for free, even at the highest level (Perimeter; government offices and community buildings, all of which my work has been exhibited in) Lots of people enjoy seeing my work. However, my experience is few pieces sell in these venues and that has been discouraging enough to make me re-think doing it at all. There are also lots of people and organizations that would like me to donate my work so they can auction it off and make money from it (from my time and effort). In fact there seems to be an expectation that artists will "contribute to the cause" at their own expense; that "exposure" is enough of a reward. I'm here to say it isn't. / / I think there is also a mindset that art is a luxury, too expensive to actually purchase when there is food to buy and rent to pay. I list many of my canvases and framed pieces at \$225.00-\$250. That is half what they are valued at. And for some people in this community, it's less than they would spend on a week's groceries: my work will last longer than the groceries. People seem to forget that artists have costs and bills to pay and can't simply afford to display and donate their work for no recompense. Yet a community without that creative base and experience, one without that visual display is an impoverished community / / My work gets accepted into juried shows in this community and beyond on a regular basis, so I know the quality of my work is good. However, I have not been able to make a living

or even pay for my costs in this community and that is very discouraging. Thanks for the chance to say so.

- Secondly, I would like to see more support for Stay home parents who wish to return to the work force once they are ready to go back after raising small children. I am very dis heartned by how difficult it is to find work for which I am qualified and the lack of support to aid in upgrading skills which are too costly to re-enter the work world.
- High school students need better access to after-school employment.
- I have been actively looking for a job which suits my administration skills, but having no luck. It is very frustrating.
- I would like to see more job opportunities for my children and their generation. Particularly in teaching and fire fighting. I feel that we are devouring our children's opportunities to establish themselves in a profession, despite being well qualified to do so. They will either leave their skills for other employment opportunities or travel away from the community to find work. They are already operating in a kind of pessimistic limbo and have little enthusiasm for the chances of change.
- My volunteer involvement with new Canadians has provided me with many personal rewards, however I am becoming increasingly frustrated working with highly skilled and intelligent individuals that are not getting the proper guidance and support. The services are in place for these people to acquire 'classroom' vocabulary and language skills, however career guidance and support is greatly lacking. I fear, that if it were not for the services available at the 'Working Centre' of Kitchener, most of these people would be falling away behind our community. WISH – if the long-term intent is to create healthy communities and support each of our residents, then we need to enhance programs for skilled and professional new Canadians. The ideal would be to have a professional mentor-style program established for any new Canadian with professional career skills. Why could these people not be paired with current or retired professionals who guide them through documentation and legislation until they are back into their career of choice. For example, some of the people I have been in contact with have PhDs in Psychology, Doctorates of Dentistry and Masters in Pharmacy – why do they need to start all over again? Unfortunately, what I see happening often is that these 'highly educated' people become under stimulated, unemployed, and living in sub standard housing, eventually depressed. Several make frequent trips to walk-in clinics with various low-grade health concerns that probably equate to depression. With our current aging population absorbing a large portion of health care dollars, we do not need to add to this load.

Cost of living

- These surveys are skewed so that no real opinion or acknowledgement of the individual is taken into consideration. My situation, like many, is an overabundance of education and experience but having to work oneself into the grave because the earnings are minimum wage, or just above. Income is woeful, for most people, int eh K-W area. Rents are too high for the average person and often is forcing the sharing of an apartment that is even too small for one person. The only thing of growth to acknowledge for K-W is the growth of unhappiness and depression and I have seen this growth happening, consistently, since moving here

in 1970. K-W has been nothing but annoyance since I have moved here as a kid, and yet, I have never had a good enough paying job which would afford me the opportunity for transfer to a different city or just to move. / I hope this candor helps with the survey because your survey does not ask for an honest evaluation.

- Regulate and put caps on utilities costs, as they are too high!
- I have a big concern as a retired person on pension over rising costs of all utilities and taxes.
- Yes i do. I have wrist and sholder problems. and i can not work. i have applid for disabily and keep getting turnd down. People can not live like this it is not fair. I have worked all my life. And im treated like a nobody.
- It would be so nice to be thought of by my government (all levels) - why can't they do something for those of us in the middle bracket? I mean the single middle income people - we don't get any tax breaks or any consideration for anything! I had to sell my home and move to something cheaper because of taxes - government should be ashamed how we are treated. We are the ones who have to pay for everyone else, either the elderly or the families.
- There is an issue with homeless in my community. They sleep in the park. They are at every intersection in the summer holding signs. I don't know if the sign ones are really in need or not. But I know that they must have help in the community, but they want my help anyway.
- Affordable high-speed internet throughout K/W region
- Better support for senior :Lower property taxes for seniors so they dont lose their home /
- This community is becoming divided by rich and poor, there are many people living in poverty who have no voice.
- Stay a small community,you save money.
- Look to reduce the costs of living here. Taxes have gone up immensely with services going down. The public sector needs to realize that the private isn't increasing pay either. City unions need to get more from their people just like other businesses in this economy. Essential Services have increase across the last 4 years 5-10% including taxes so in general the cost of living has gone up while salaries and family incomes have not kept pace and yet we spend millions on light rail systems which as a community that we simply cannot afford. The money wasted on mis management is disgusting and in the private sector those people would have been fired.
- Everyone can live on less consumption and spend more quality time with their loved ones instead of focussing on buying and paying bills.
- We need to work harder on issues of homelessness, child poverty
- Childcare for small children is extremely expensive. We were paying \$1,300 for daycare for our son when he started at 9 months. This went down slowly over the years. Before he started JK we were paying over \$800 per month. These costs are a significant burden for most families. The Region should work on affordable childcare.

- How about bringing in a living wage for the region. The minimum wage is a joke when you look at public sector wages and benefits. It takes all kinds of people to run a community not just the elite at city hall. Everyone has bills to pay.
- Gas prices are absolutely ridiculous.
- Increase my pension amount for each month with at least \$100.00.
- This community itself is moving from manufacturing as a primary economic driving force to information technology and social innovation with a booming academic sector. What does this mean to community well being if some of the more standard means of sustaining ones self are reduced? Do we run the risk of becoming a mono-economy locally and what does that mean? I am praying that my investments have paid off. Being a single woman with no close family in this area I am hoping the money I have spent on education does not further marginalize me as I will be entering my mid age with a mid twenties debt load.

Affordable housing

- Housing situation not enough affordable
- Get after the Federal Government to improve the OAS and CPP for seniors living alone so they can sustain a suitable and safe place to live. Without my grandson living with me and helping with the expenses, I would not have a place to live. More affordable housing for seniors is needed without a two or three year waiting list.
- I am a real estate agent with over 80% of my clients being seniors. I am extremely concerned with the lack of affordable housing for seniors and the long waiting lists to get help. i.e. Pater (rides to appointments), very long waiting lists to get into retirement homes. I feel there needs to be more financial help for families struggling to support their parents in difficult situations and more help for the seniors that are waiting for placements etc. This problem is only going to get worse and conditions more difficult if action is not taken immediately.
- Continued efforts to provide affordable housing.
- I think two areas not covered well in the community are mental health and affordable housing. My son has emotional issues and wants to live in his own space but apartments are too expensive for him to be on his own. When I leave work, I will need affordable housing too, and it's not available at this time.
- Supportive Housing options for frail elderly will be increasingly important as (1) our population ages, (2) increasing numbers of elderly will be widowed and/or have no adult children to help support them and most importantly, (3) the number of Long Term Care Centre beds will NOT be able to catch up to the number of eligible seniors requiring this level of care for at least the next 30 years. This has been confirmed by demographic and gerontological studies over the past 20 years that have until recently been considered "academic".
- Need more reasonably priced condos or rental apartments
- No need for all the condos going up, especially in our area, who can afford to live in one, priced at least 400s and up. When we sold our house, good condition, storey and a half anyway we felt we could afford, were tiny little rooms or very little floor

space. Couldn't afford the larger ones. After 2 years of looking at condos, bungalows, or apts we opted to rent. We are in a reasonable income bracket (for our age) but felt we could not afford what was offered (to purchase) and still have money left over to enjoy life. Roomy apt., miss my garden, but like the area.

- I have to deal with Waterloo Housing on a regular basis, they seem to think I have no brains anymore and assume that I continually try to scam the government. Poor people are not necessarily criminals!!!!!!!!!!!!!! I greatly resent how I am treated there. So many government forms are very difficult to understand and so few places to get real help with them. / I also find it very difficult to get help from an actual PERSON to sort out tax or pension problems or questions. / think, in general our region does very well overall. | have very complex health issues (can ya tell :-) / Thanks for listening.

Time use

- I feel everyone in this part of the country spends too much time at work and not enough time relaxing and enjoying life. We live to work instead of work to live.
- Employers need to be more flexible with employees especially if it limits employees who volunteer. I would volunteer more if my employer would be more flexible with hours (work the same hours but just at different times). Volunteering brings the community together. Federal government needs to "reward" individuals who volunteer in the community with tax breaks (especially lower income individuals/families). A number of benefits come from volunteering (new skills, networking, supportive communities, decrease crime, etc). Government is missing the boat on this activity that could strengthen our society (economical, culturally, etc).
- No longer have enough time to spend out side my home.. my husband now suffers from progressing Alzheimer's and doesn't like me to be more than a room away from him at any time. Sorry my answers would not be much help to you as I haven't participated in anything outside the home in years
- I think most of my issues are more self related. The primary issue is the stress of working in a market where skills are easily transferable. The other issue, working at a small start up adds more pressure then a much larger company. As such, need to do more with less time - while trying to balance home life which is a further challenge. I am lucky, my wife has pretty consistent hours which allows her to handle the kids before / after school and we can afford a babysitter over the summer.
- Better work/life balance.
- Make Sunday a mandatory holiday so that extended family can spend time together.

Overall Health and Wellbeing

- People need to take a certain amount of responsibility for their own well being .. if the community gives too much, then costs get higher and community residents expect more.
- Always Look On The Bright Side Of Life...
- It's really up to me to take more initiative in community. I am recently retired and plan to get involved and volunteer more, but I travel a lot at this point.
- Since I seem to be a hermit in training, the community seems to be doing very well.
- Stay active and engaged
- To the best of our knowledge & experiences so far - of our living, lifestyle, wellbeing & safe survival within this law abiding, freedom loving, & prosperous community - every thing seems to have gone normal or positive from all human or humanitarian conventions or standpoints - in our family's living & wellbeing within this longstanding environmentally friendly, reliable & dependable community-'second to none'-by the Grace of Almighty God- enabled gratefully through the expert auspices & care of: Cambridge Housing's C.N.P.H.C .Thanks a lot for making me a small part of this survey & oblige
- True wellbeing comes from trusting in what Jesus did on the cross as full payment for everybody's sin and in repentance of our individual sins crying out to Him to deliver us from the wrath of God against all that is in rebellion toward Him and that includes worshipping other gods and changing His good laws that He knows are the best for society and especially for future generations. When we turn away from God's protective laws we invite His judgment on our culture and lawlessness and wickedness take over society in leaps and bounds and good is called evil and evil is called good. Wellbeing comes from praying for our neighbors and helping them in their need. When we pick up the neighbourhood's garbage we demonstrate our love for our neighbor.
- Community involvement enhances wellbeing but for the most part, it comes with a satisfaction and love of self
- VERY SATISFIED
- Yes, a verse from the Bible: / / "When the foundations are being destroyed, what can the righteous do?" Psalm 11: 3 / / Also: / / "But seek first his kingdom and his righteousness, and all these things will be given to you as well." Matthew 6: 33
- Can't think of anything. I'm pretty well satisfied, when you think of how a lot of people in third world countries live in such poverty, how can we complain.
- My note is to encourage people to get more involved spiritually and physically, especially gardening as a hobby – grow as much of your own food as you can.



Measuring what matters

For more information about the Canadian Index of Wellbeing, visit ciw.ca
© 2013 Canadian Index of Wellbeing