



The *Canadian Index of Wellbeing*

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University of Waterloo

UNIVERSITY OF WATERLOO APPLIED HEALTH SCIENCES

Wellbeing as a basic human right



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

The Honourable Monique Bégin
Former CIW Advisory Board Co-Chair
Former Canadian Commissioner
WHO Commission on Social Determinants of Health



Social determinants of health...

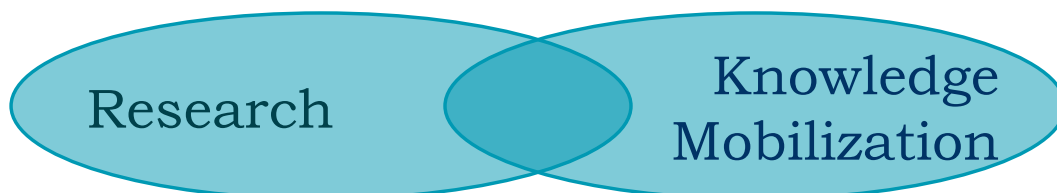
“What good does it do to treat people’s illnesses ... then send them back to the conditions that made them sick?” (Marmot, 2008)



CIW Mission

- to conduct **rigorous research** related to, and regularly and publicly report on, the wellbeing of Canadians
- to encourage policy makers and government leaders to make **decisions based on solid evidence**
- to empower citizens to **advocate for change** that reflects their needs and values

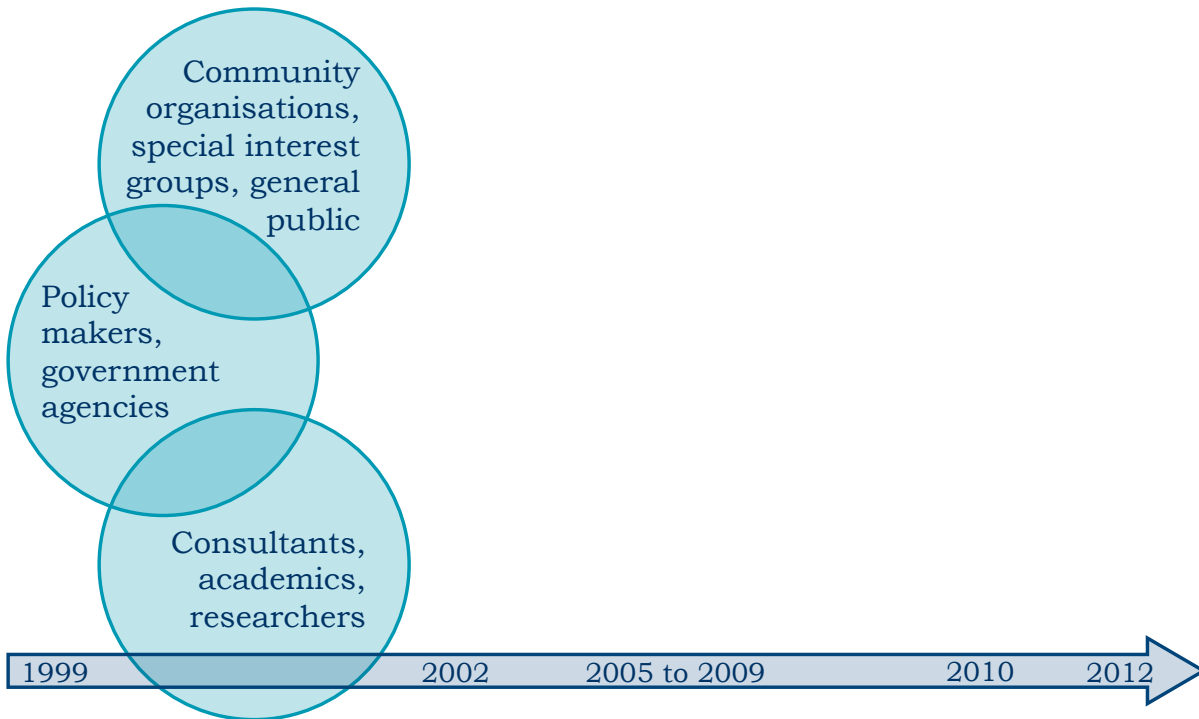
Measuring what matters





Collaborative development

Public Consultations

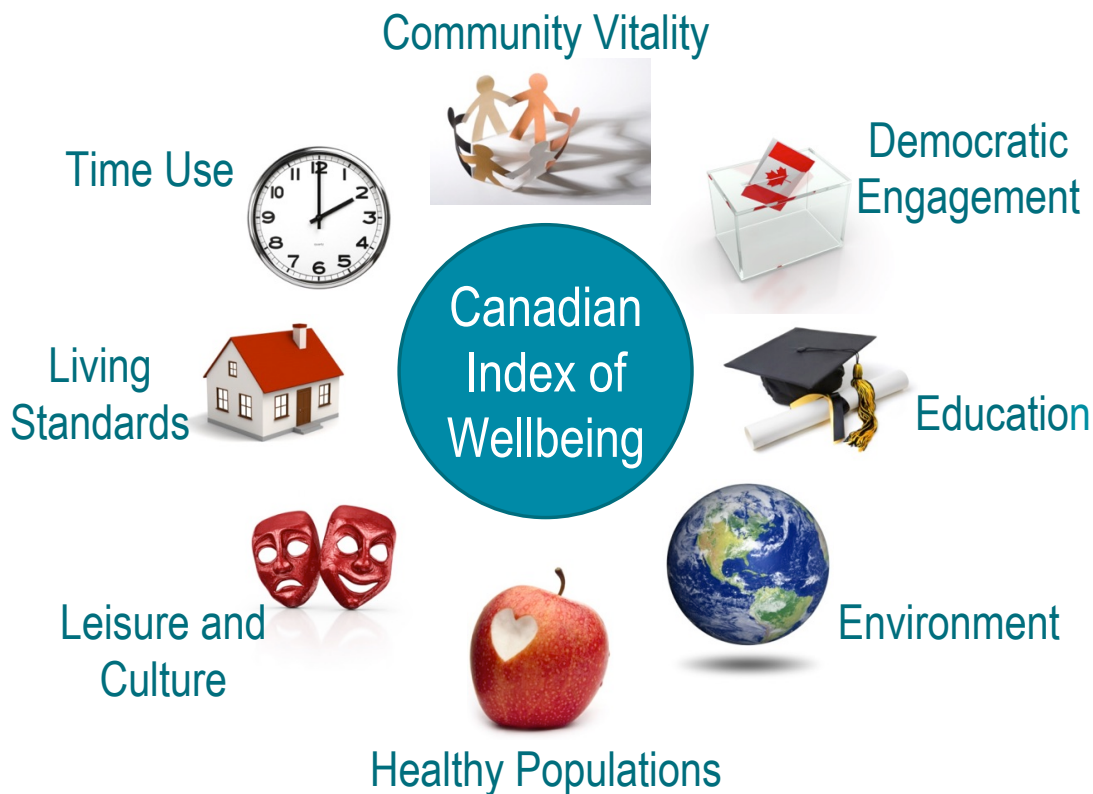


What is WELLBEING?

The presence of the **highest** possible **quality of life** in its full breadth of expression, focused on but not necessarily exclusive to:

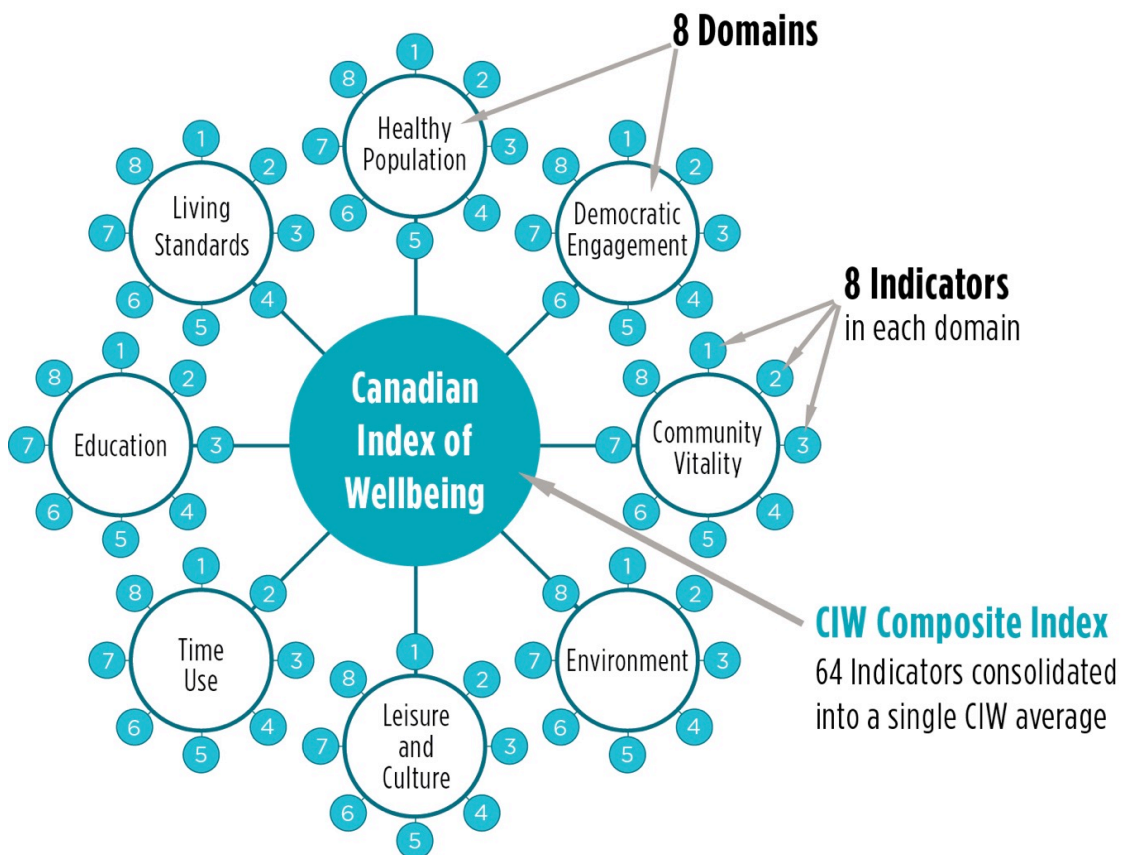
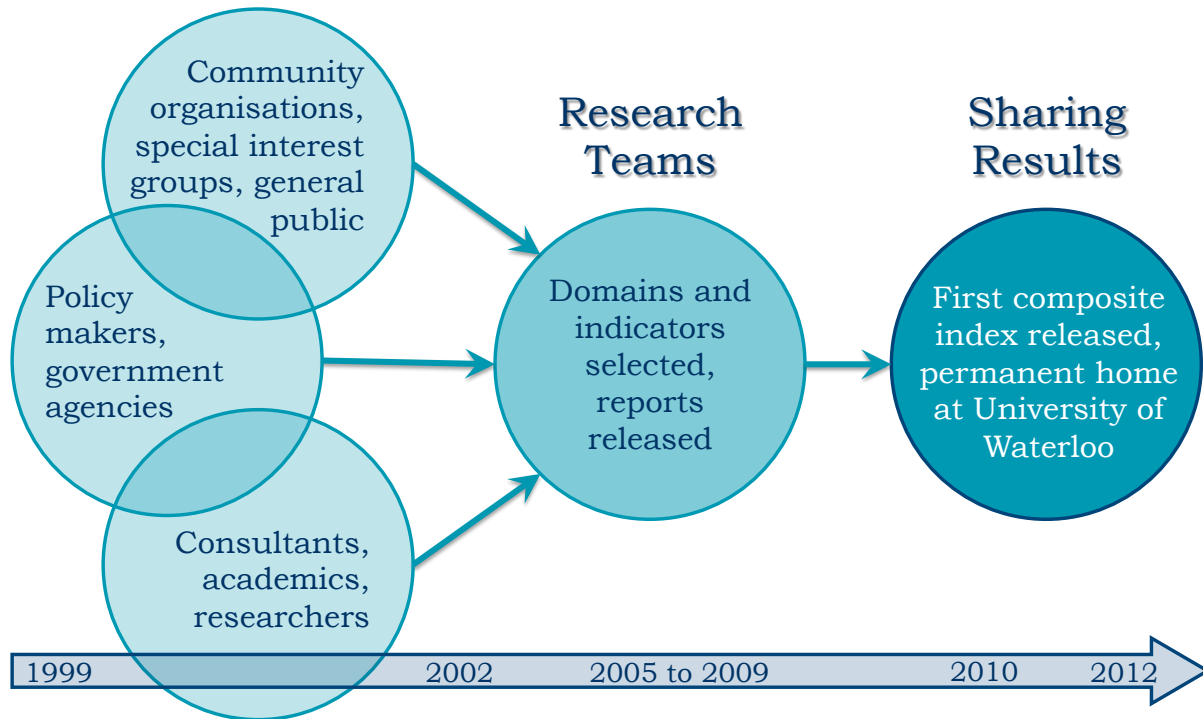
- ✓ good **living standards**
- ✓ robust **health**
- ✓ a sustainable **environment**
- ✓ high levels of **democratic participation**
- ✓ access to and participation in **leisure and culture**
- ✓ **vital communities**
- ✓ an **educated populace**
- ✓ balanced **time use**

CIW Framework

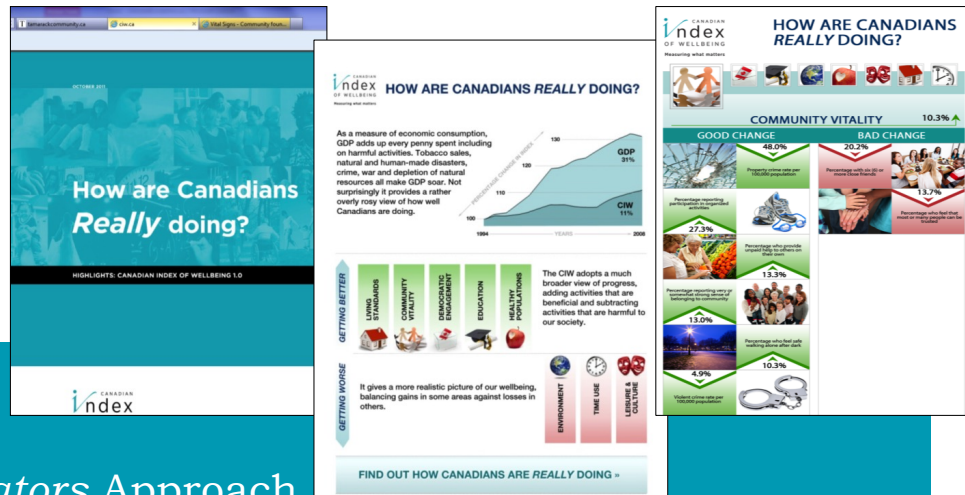


Collaborative development

Public Consultations



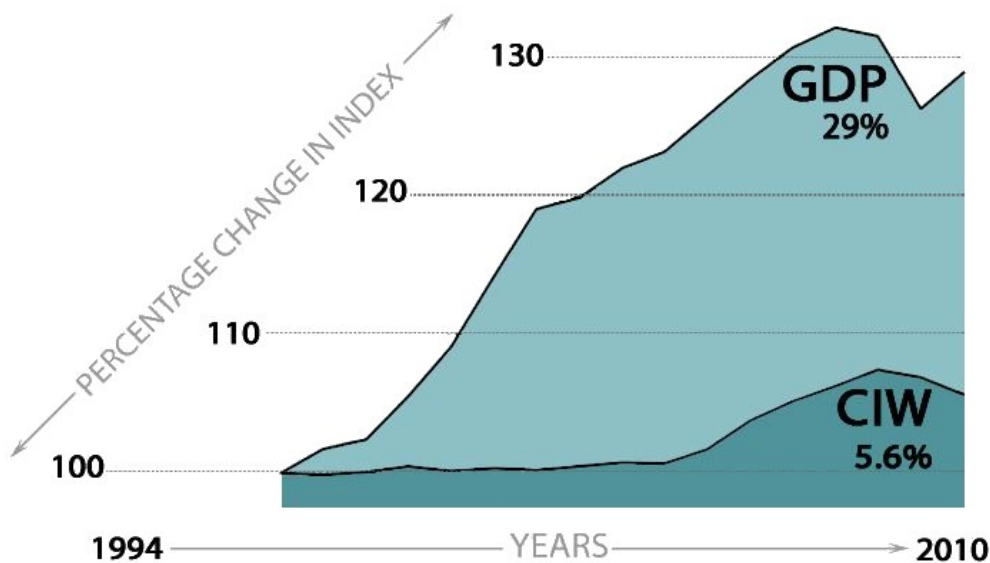




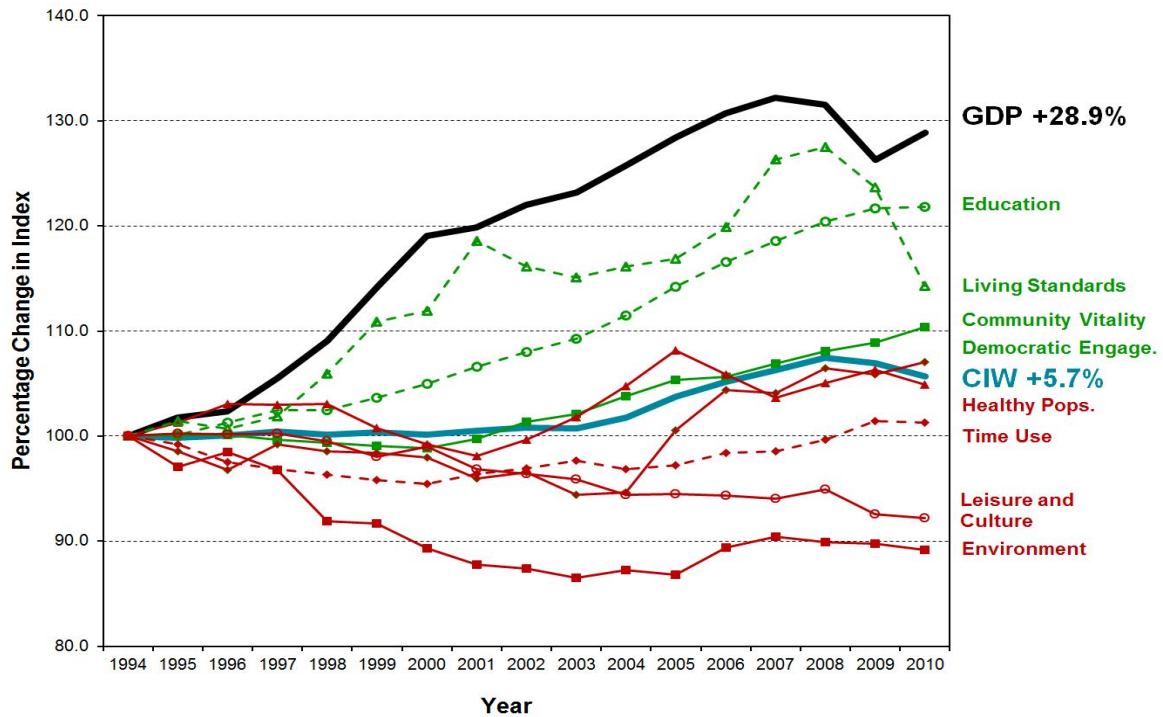
CIW Indicators Approach

Tracking Indicators of Wellbeing in all Domains

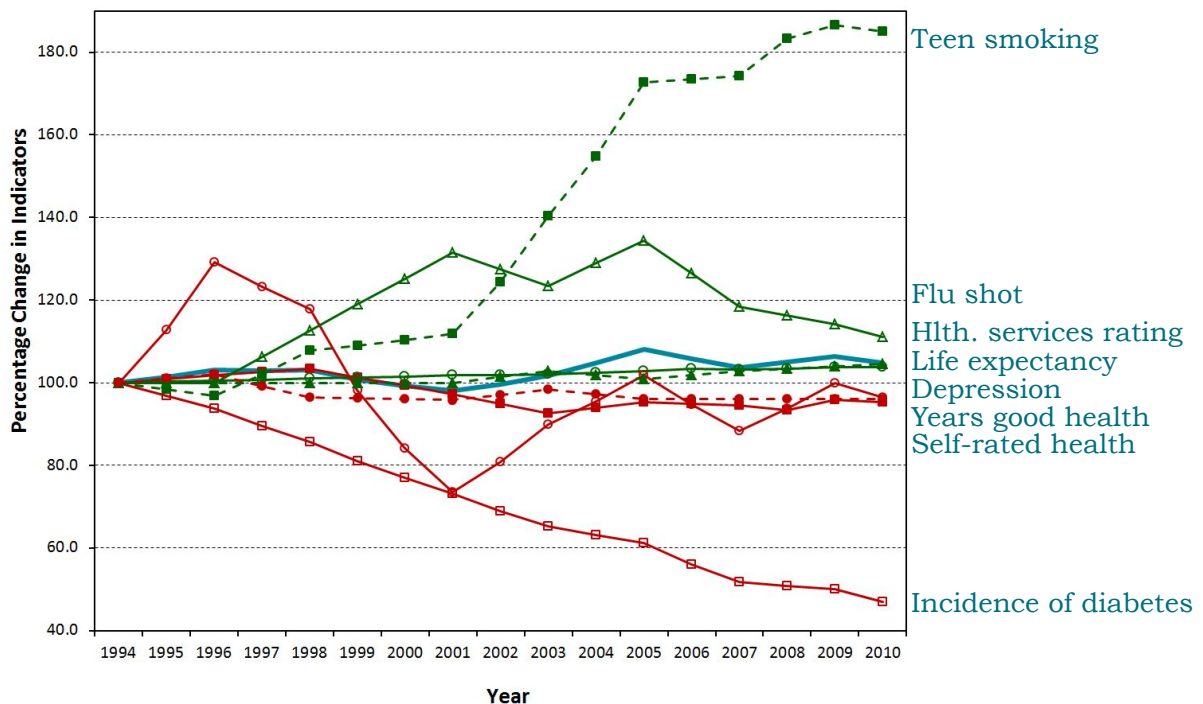
How well are Canadians *really* doing?



Trends in domains of wellbeing...



Trends in *Healthy Populations* domain...



Index
CANADIAN
OF WELLBEING
MEASURING WHAT MATTERS | MAKING MEASURES MATTER

How are Ontarians Really Doing?

A PROVINCIAL REPORT ON ONTARIO WELLBEING | APRIL 2014

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de l'Ontario

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Ontarians g?

Ontario's overall wellbeing GDP. Since 1994, wellbeing compared to an increase in

...es to grow, even recovering relatively in Ontario as measured by the CIW, are prosperous years. Perhaps moreounding from the recession in the

red to GDP (per capita) for Canada and

- ▣ Canada GDP | +28.9
- Ontario GDP | +24.1
- ▲ Canada CIW | +7.5
- ▲ Ontario CIW | +7.3

Standards for Ontario and Canada (1994 to 2010)

- Canada LS | +14.3
- Ontario LS | +6.4

...been similar, in every respect other indicators for living standards in Ontario the rest of the country, and in some cases,

...urity in Ontario has been almost as a whole (down by 27.1% and

...ge of people living in poverty in Ontario se in Canada as a whole (down by 33.0%

...ployment of 34.5% in Ontario have not ment seen nationally.

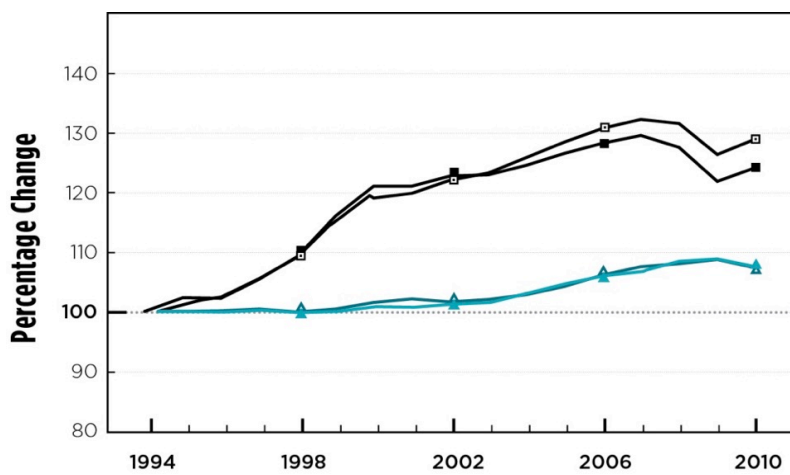
...centage of people employed in Ontario is % in Canada as a whole.

...oss the country, but the 3.6% decline in n the 2.8% decline overall in Canada.

...y 24.8% in Ontario, but it also trails the a whole. Ontario lead Canada as a whole d early 2000s, but its growth in median ee 2005.

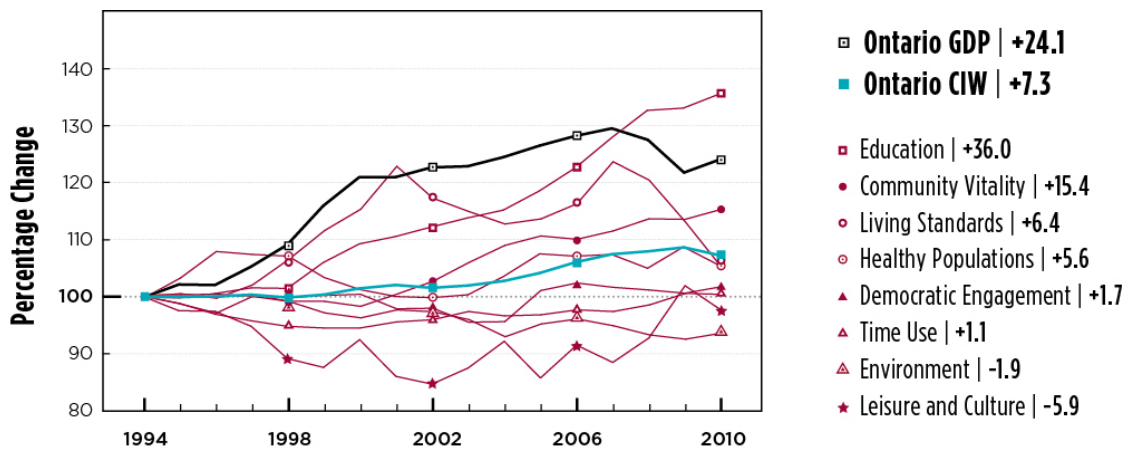
...ario's income gap is slightly greater than %. Ontario's income gap surpassed the d has not narrowed significantly since.

Adapting the CIW to Ontario...

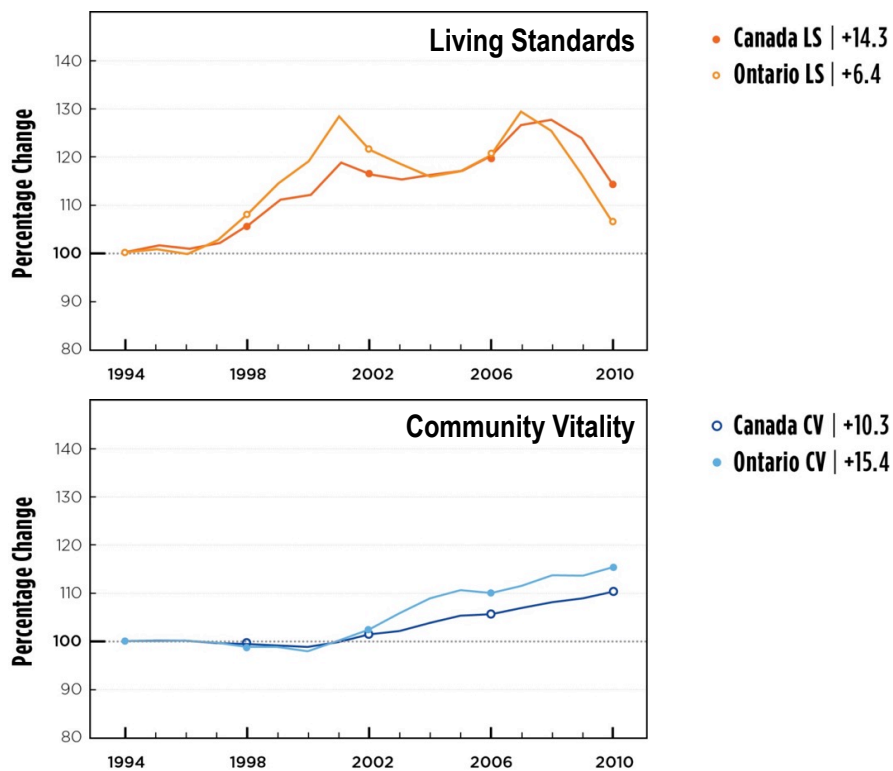


- ▣ **Canada GDP** | +28.9
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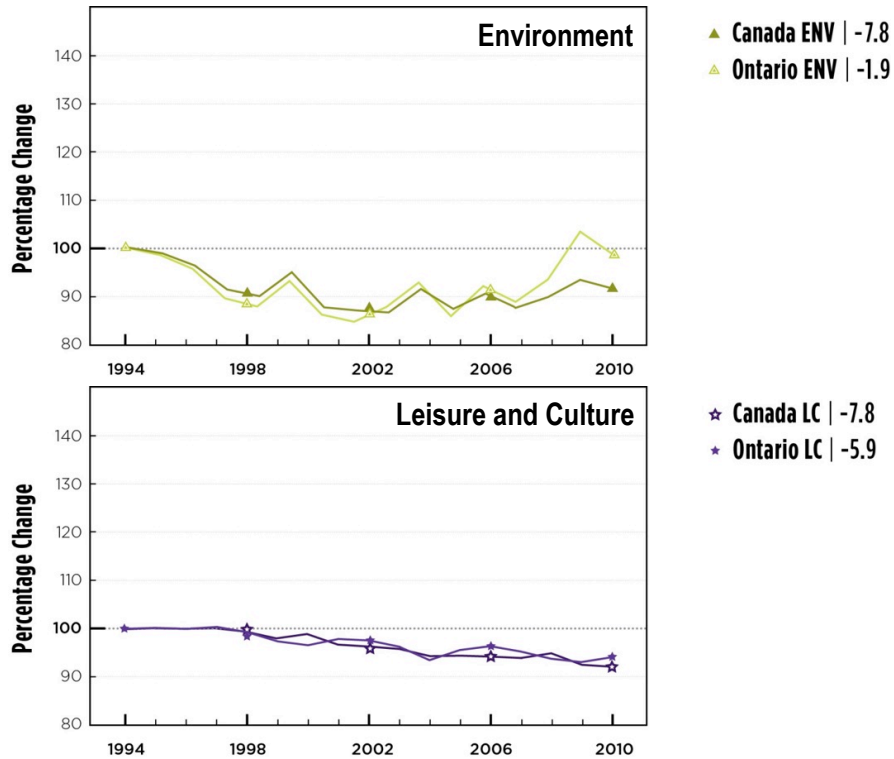
Trends in all domains for Ontario



The bad ... and the good...



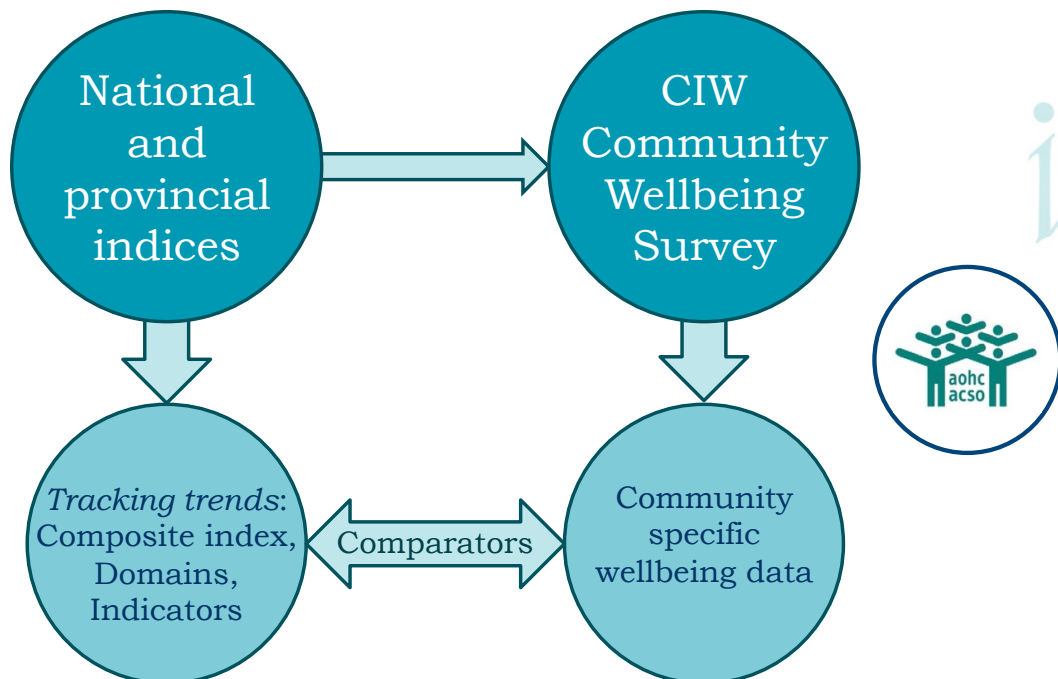
Areas of ongoing concern...



Measuring what matters



Two primary thrusts to the research...



Measuring what matters





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

CIW Community Wellbeing Survey

A Global Movement Realized Locally

CIW Community Wellbeing Survey

The survey asks residents of a community to indicate **how they are really doing** with respect to a variety of aspects linked directly to each of the domains of the CIW, as well as to indicate their wellbeing overall.

The data collected reflect the complex interplay among domains and provide the opportunity to **track trends** and to make **comparisons** among communities using a **common set of measures**.

Additional questions customised to address community-based issues provide the opportunity to understand local needs and create targeted, effective solutions.

Community Wellbeing Survey		
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A Profile of Residents in Wood Buffalo



Two-thirds of residents are *44 years of age or younger* (65.6%)



Two-thirds of residents are *married couples with children*, either still at home or living elsewhere (66.0%)



About 15% of residents were *born in a country other than Canada* and have lived here for about 19 years on average

Residents have *lived in Wood Buffalo region* for 14 years on average

Living Standards in Wood Buffalo



85% of residents *worked for pay*, and 20.1% worked for 60 or more hours per week



3 of 5 residents felt their personal lives *enhanced their mood at work* (61.2%), but over a third felt their jobs *interfered with their personal lives*



Over 10% of residents *could not pay their bills on time* at least once in the past year

Over 90% of residents *shopped online for household items* at least once in the past year

Community Vitality in Wood Buffalo



Over half of residents *volunteered* in the last 12 months (55.3%)



Over half of residents *provided some unpaid help to others* in the last 12 months



Three-quarters of residents are *proud of their community* (75.1%) and over two-thirds would recommend Wood Buffalo as *a great place to live* (68.1%)

But ... almost 1 in 5 have *trouble connecting with others* (18.0%)

Healthy Populations in Wood Buffalo



Only 2.6% report their mental health as *poor*, but that's 2.5 times higher than the national rate (1.0%)



Almost half of residents say their health is *very good or excellent* (47.4%)

Three-quarters of residents *regularly eat healthy meals* (76.2%) and over half get *good quality exercise* (54.1%)

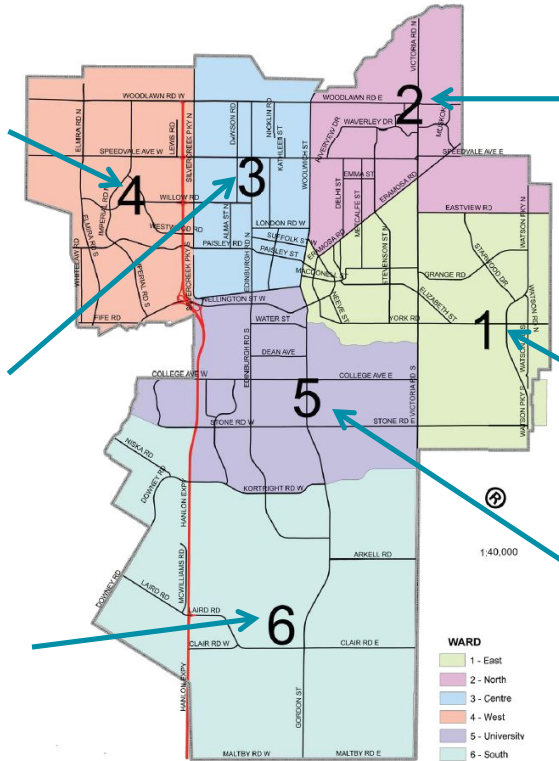


But ... over 15% of residents felt they “could not get going” during the past week

Physical activity participation in previous month *by Ward* in Guelph



Team sports: 18.3%
 Indiv. sports: **23.4%**
 Phys. exercise: **53.7%**
 Light exercise: 96.4%



Team sports: **16.5%**
 Indiv. sports: **33.3%**
 Phys. exercise: 58.5%
 Light exercise: 94.9%

Team sports: 21.6%
 Indiv. sports: 28.6%
 Phys. exercise: **62.4%**
 Light exercise: 92.8%

Team sports: 22.5%
 Indiv. sports: 27.8%
 Phys. exercise: 57.5%
 Light exercise: 95.6%

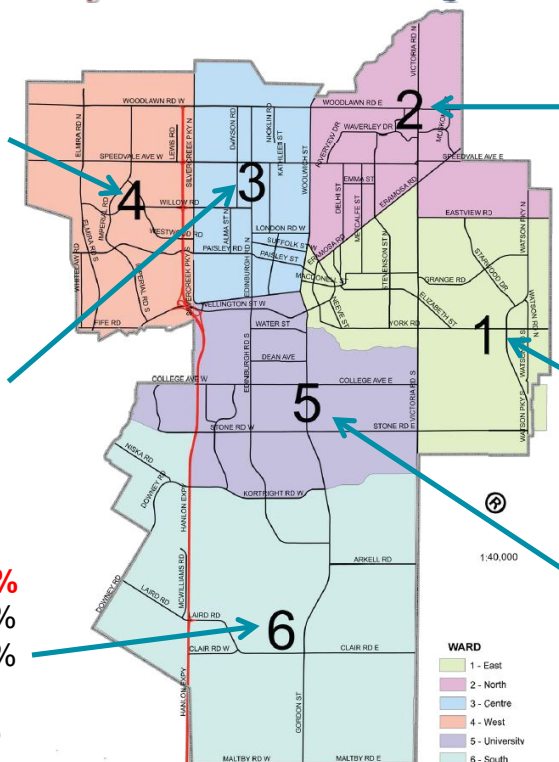
Team sports: **23.8%**
 Indiv. sports: **35.2%**
 Phys. exercise: **61.6%**
 Light exercise: 94.7%

Team sports: 19.6%
 Indiv. sports: 25.0%
 Phys. exercise: 59.1%
 Light exercise: 94.3%

Participation in cultural activities in previous year *by Ward* in Guelph



Concerts: **63.7%**
 Galleries: **48.0%**
 Festivals: **62.5%**
 Dance: **21.5%**
 Theatre: 57.3%



Concerts: **71.9%**
 Galleries: 62.7%
 Festivals: **69.9%**
 Dance: **30.6%**
 Theatre: **64.3%**

Concerts: **75.2%**
 Galleries: **69.1%**
 Festivals: **69.6%**
 Dance: **31.7%**
 Theatre: 58.4%

Concerts: 69.7%
 Galleries: **56.1%**
 Festivals: **72.1%**
 Dance: 24.6%
 Theatre: **54.6%**

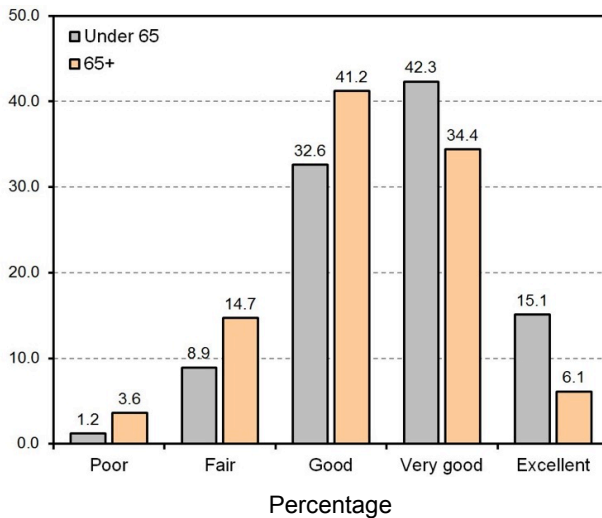
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 Theatre: **62.3%**

Concerts: **71.1%**
 Galleries: **68.0%**
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 Dance: **28.0%**
 Theatre: 58.4%

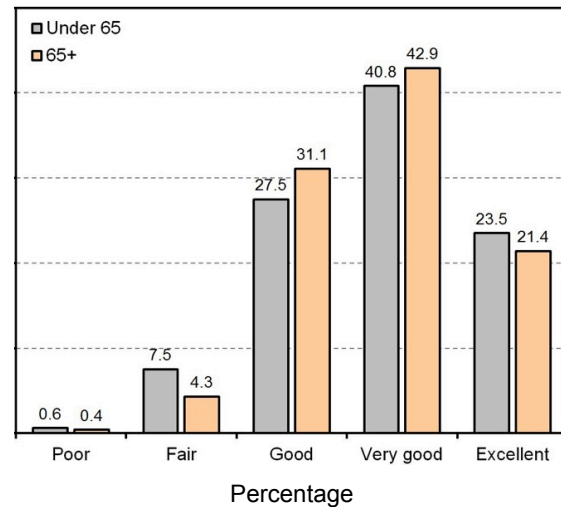
Self-reported physical and mental health by *age* in Guelph



Physical health



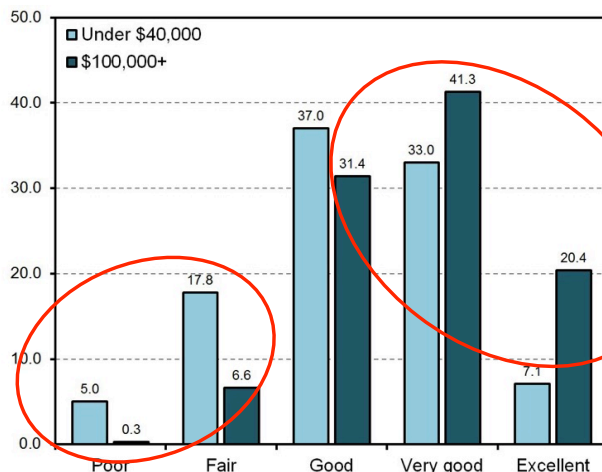
Mental health



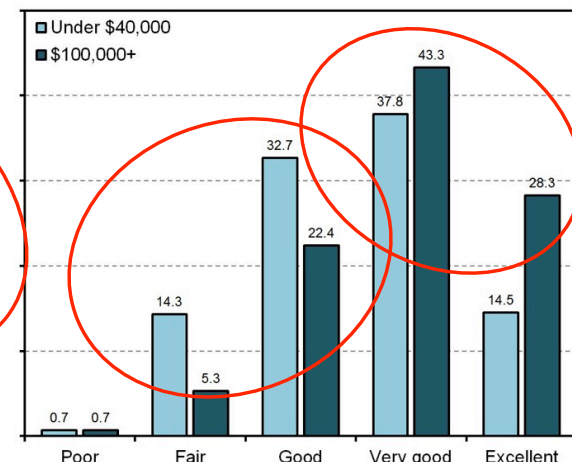
Self-reported physical and mental health by *income* in Guelph



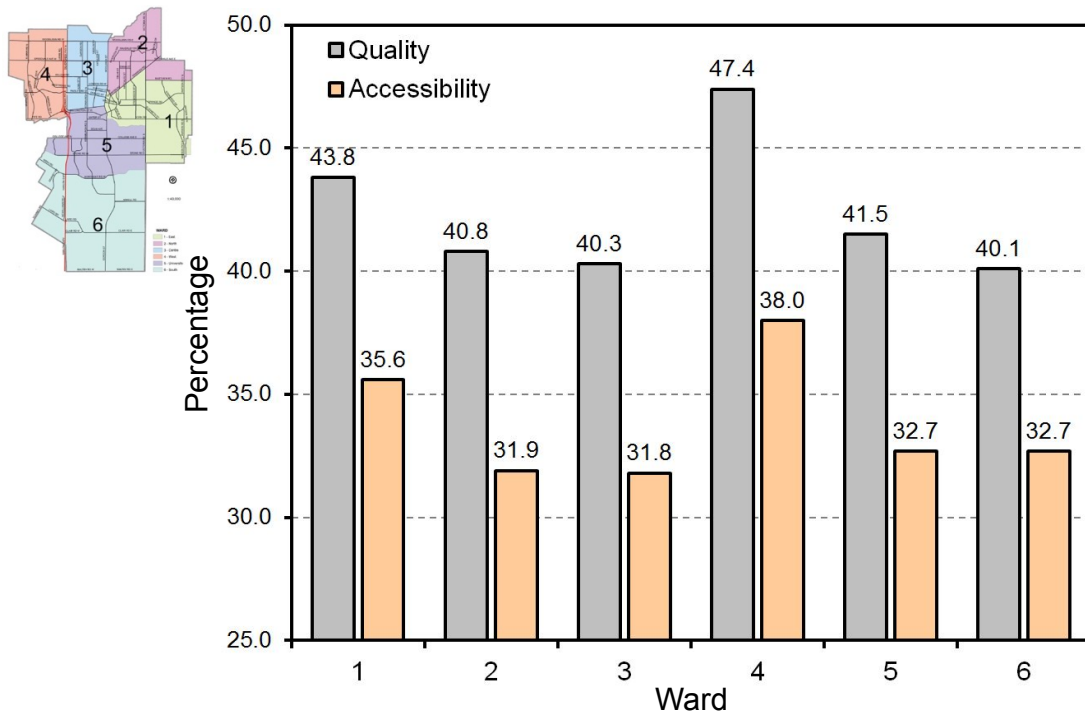
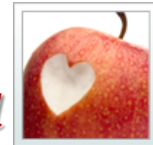
Physical health



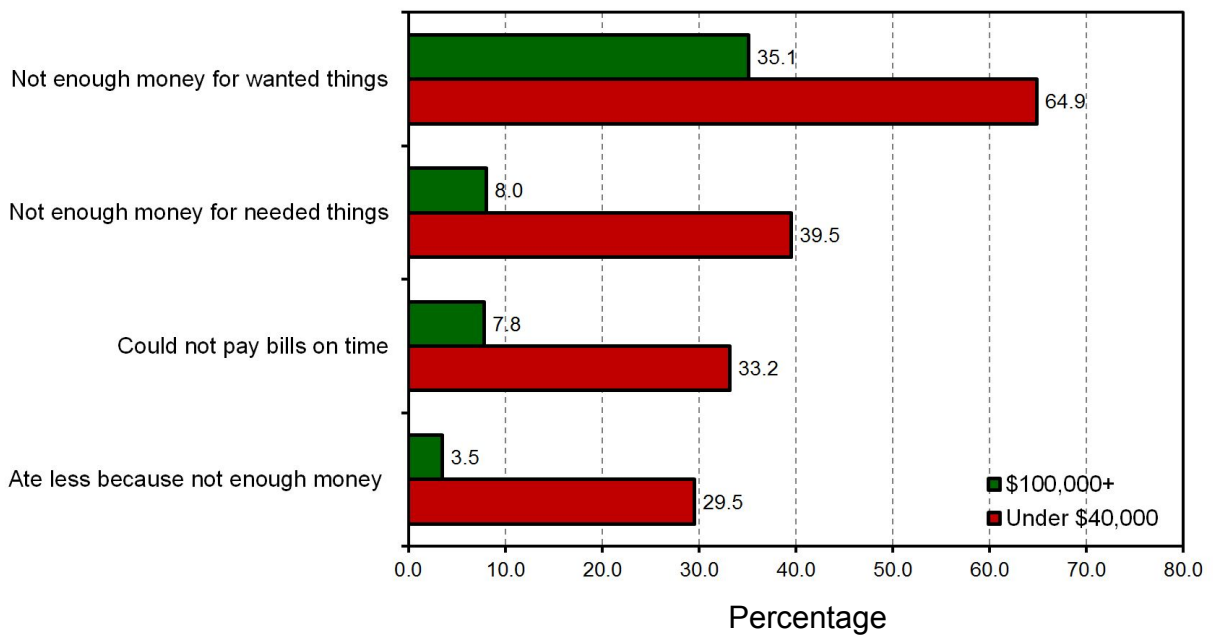
Mental health



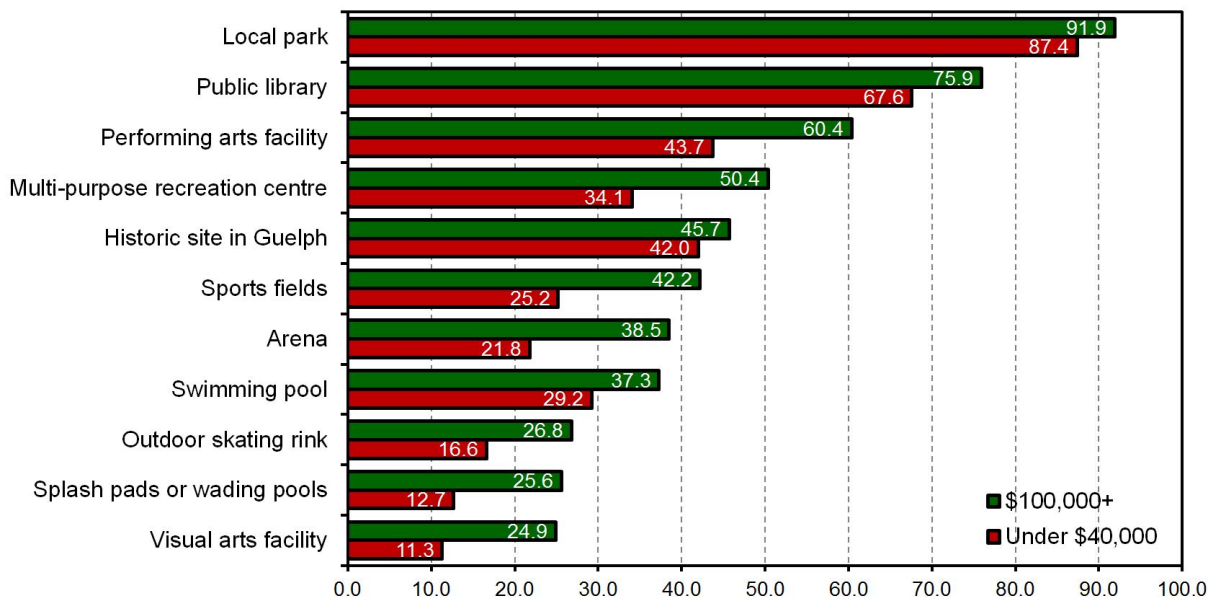
Health care services ratings on quality and accessibility as very good/excellent *by Ward*



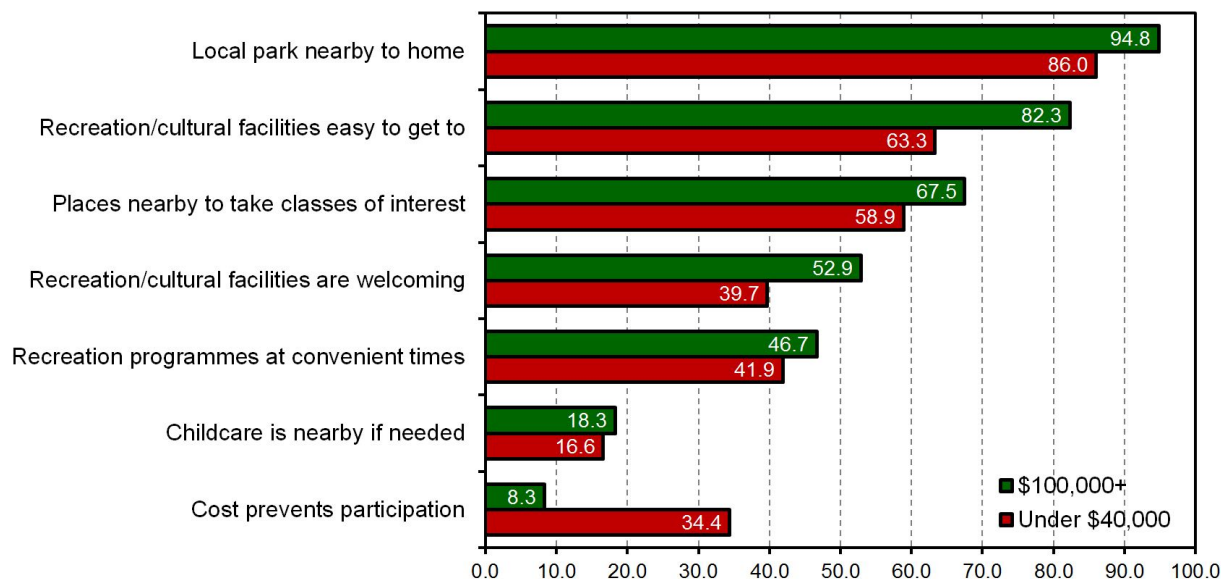
Inability to pay for things *at least once in past year by income in Guelph*



Percentage *using* recreation and cultural facilities at least sometimes in previous year *by income* in Guelph

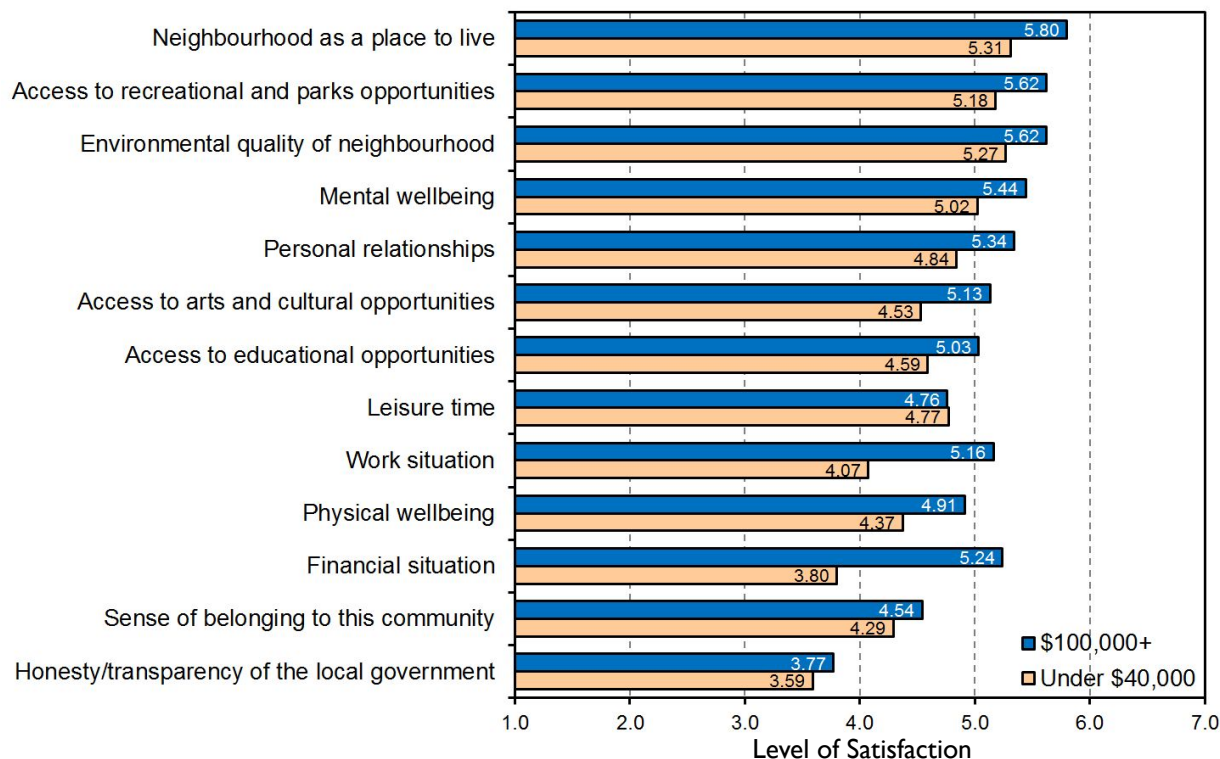


Percentage agreeing on aspects of *accessibility** of recreation and cultural facilities *by income* in Guelph



* Percentage of respondents who agreed, strongly agreed, or very strongly agreed

Overall wellbeing of Guelph residents by income



UNIVERSITY OF WATERLOO APPLIED HEALTH SCIENCES

Look into Wood Buffalo Community Wellbeing Survey:
Sense of Belonging, Residency and Household Type, and Wellbeing among Wood Buffalo Region Residents

Victoria Capital Region Community Wellbeing Survey:
A Comparison of Capital Region Residents on Selected Aspects of Their Wellbeing

Guelph Community Wellbeing Survey
A technical report for The City of Guelph
Relationship of CIW Domain Indicators to the Overall Wellbeing of Residents of Guelph
Bryan Smale
Canadian Index of Wellbeing
University of Waterloo
December 4, 2012

Civic Engagement and Community Wellbeing in Kingston, Frontenac, Lennox & Addington
A REPORT BASED ON RESULTS FROM THE KFL&A COMMUNITY WELLBEING SURVEY | JUNE 2014

Canadian Index of Wellbeing
MEASURING WHAT MATTERS | MAKING MEASURES MATTER

Overall Leisure and Culture and Education

The measure of overall leisure and culture reflects residents' level of satisfaction with leisure and cultural opportunities in the community, and access to recreational and parks spaces. People who are highly civically engaged are more often satisfied with their leisure and to leisure opportunities than people who are somewhat or not engaged.² People who are often satisfied with their leisure and culture time and access to other residents.

SATISFACTION WITH LEISURE AND CULTURE

Percentages of people

Not engaged: 63.6, Somewhat engaged: 69.5, Very engaged: 70.6

The measure of overall education indicator reflects residents' level of satisfaction with education opportunities in the community. More people who are highly civically engaged are satisfied with education in the community than people who are somewhat or not engaged.³

SATISFACTION WITH EDUCATION

Percentages of people

Not engaged: 63.6, Somewhat engaged: 69.5, Very engaged: 70.6

Volunteering

The percentage of people volunteering tells us to what extent people give time and local organizations, and work toward improving wellbeing in the community. Volunteering and shows a connection and commitment to the community. Being 1 of civic engagement? People with a high level of civic engagement volunteer sign other two groups. Even people who are somewhat engaged volunteer at a much higher rate.

PERCENTAGE OF PEOPLE WHO VOLUNTEERED IN THE PAST 12 MONTHS

Percentages of people

Not engaged: 30.9, Somewhat engaged: 38.4, Highly engaged: 79.5

Sense of Belonging

PEOPLE'S SENSE OF BELONGING TO THE COMMUNITY

Weak = Neither weak nor strong = Strong

PEOPLE'S SENSE OF BELONGING TO THE COMMUNITY

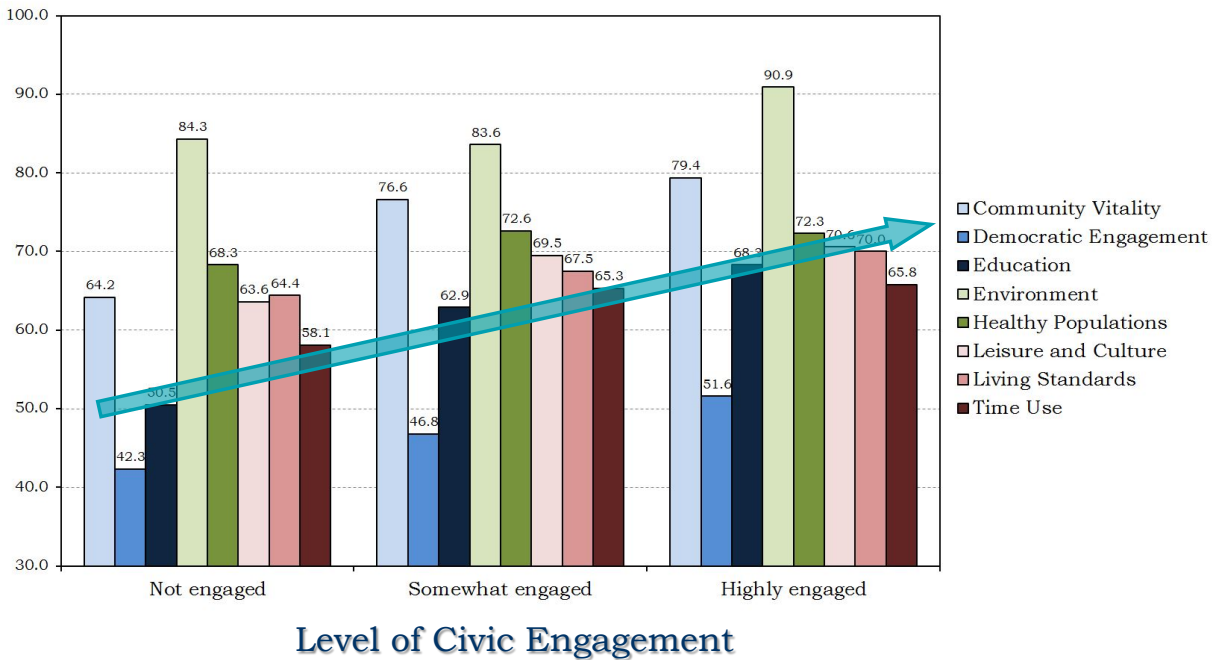
Percentages of people

Highly engaged: 79.9, Somewhat engaged: 77.9, Not engaged: 55.3

Sense of belonging to the local community tells us how much people feel they can depend on the community to meet their needs. Results show of civic engagement report feeling a stronger sense of belonging to the local community. People who are not civically engaged have a weaker sense of belonging.

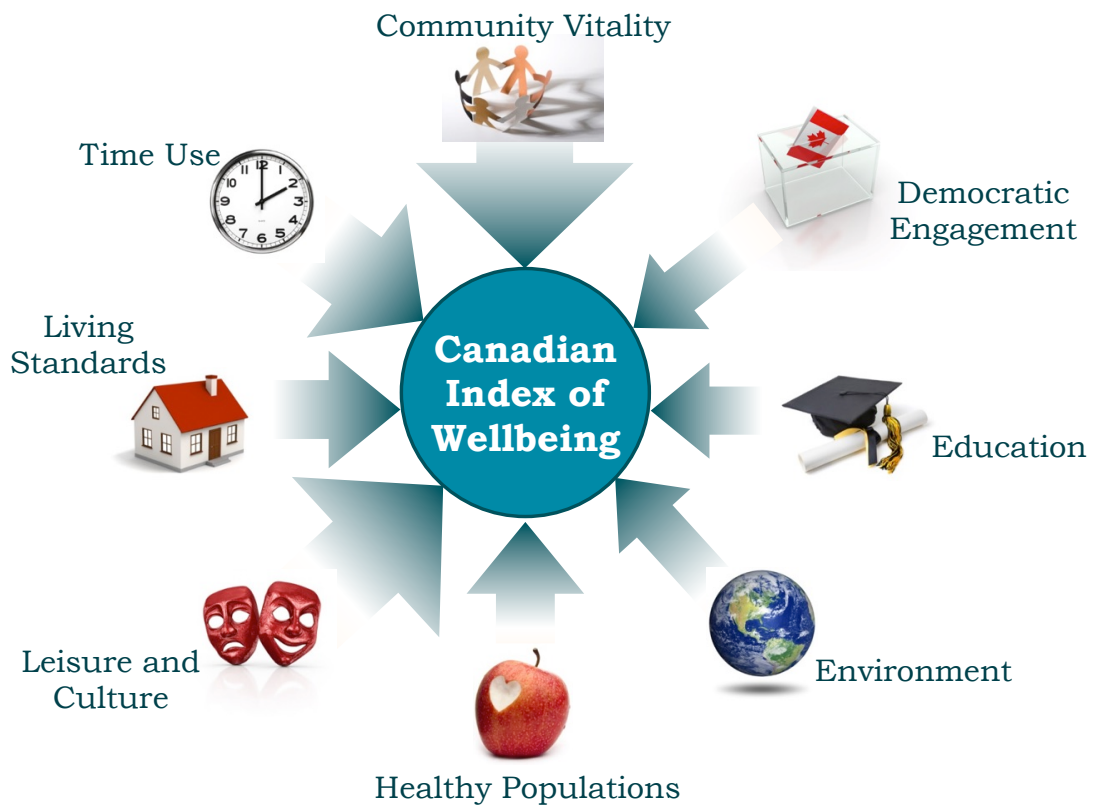
² Source: Technical Supplement - Table A1.
³ Source: Technical Supplement - Table A1. Sense of belonging is reported on a 7-point scale from 1 (strong) to 7 (weak). People are considered to have a weak sense of belonging if they reported 1 or 2 on their response, 3, 4, or 5 on the scale, and strong sense of belonging if they reported 6 or 7.

Satisfaction with the eight domains of wellbeing in *by civic engagement* in Kingston



Which domains make the most important contributions to overall wellbeing?



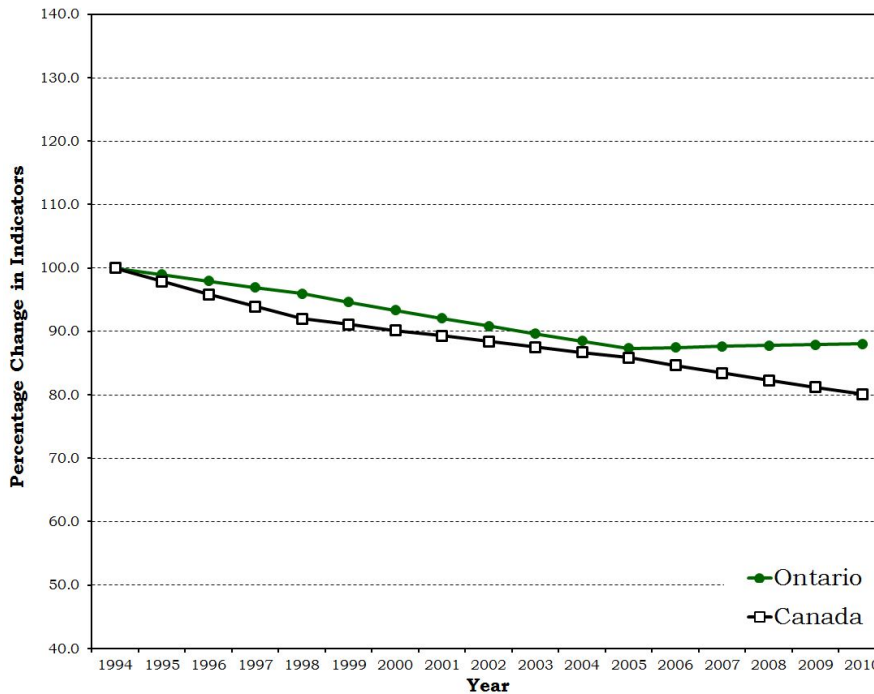



We have tried to
measure what matters...

Now we must
make the measures matter

Innovative policy/programme responses...


Avg. workday commute time for persons working for pay





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How are Ontarians Really Doing?

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While CHCs have been very successful in meeting the health needs of vulnerable populations and in managing complex chronic disease, many parts of the province do not have access to them. Currently, Ontario's CHCs only serve about 4% of the population. To benefit the long-term health of Ontarians, we must:

- 1. Adopt a proactive and preventative approach to health care that addresses social and economic factors
- 2. Expand access to Ontario's Community Health Centres by creating a comprehensive network that enables people in all parts of the province — especially those facing barriers to better health — to access its benefits
- 3. Provide direct and targeted funding from federal and provincial governments to support a network model of community health centres throughout the province

Develop a public transit strategy for Ontario

Increasingly, Ontarians have to commute longer distances to work. Individually, this has a negative effect on health, is expensive, and intensifies the feeling of "time crunch." Longer daily commutes are impeding economic productivity, putting more vehicles on the roads for longer periods of time, and ultimately, hurting the environment, and by extension, contributing to poorer health and wellbeing.

A broader and more coordinated public transit system would lighten congestion on the roads, improve air quality, and increase people's access to work, to needed goods and services, to nutritious foods, and to leisure and culture opportunities. A viable public transit system can be especially

Increasingly, Ontarians have to commute longer distances to work. Individually, this has a negative effect on health, is expensive, and intensifies the feeling of "time crunch."

important for disadvantaged and marginalised people. Such a system can be one of the key means of reducing environmental impacts, enhancing employment opportunities, and reducing health inequities." The major challenge, however, is that Ontario municipalities have limited revenue to design and build adequate modern transit systems within and between regions. To move towards a public transit strategy for Ontario, the federal and provincial governments need to:

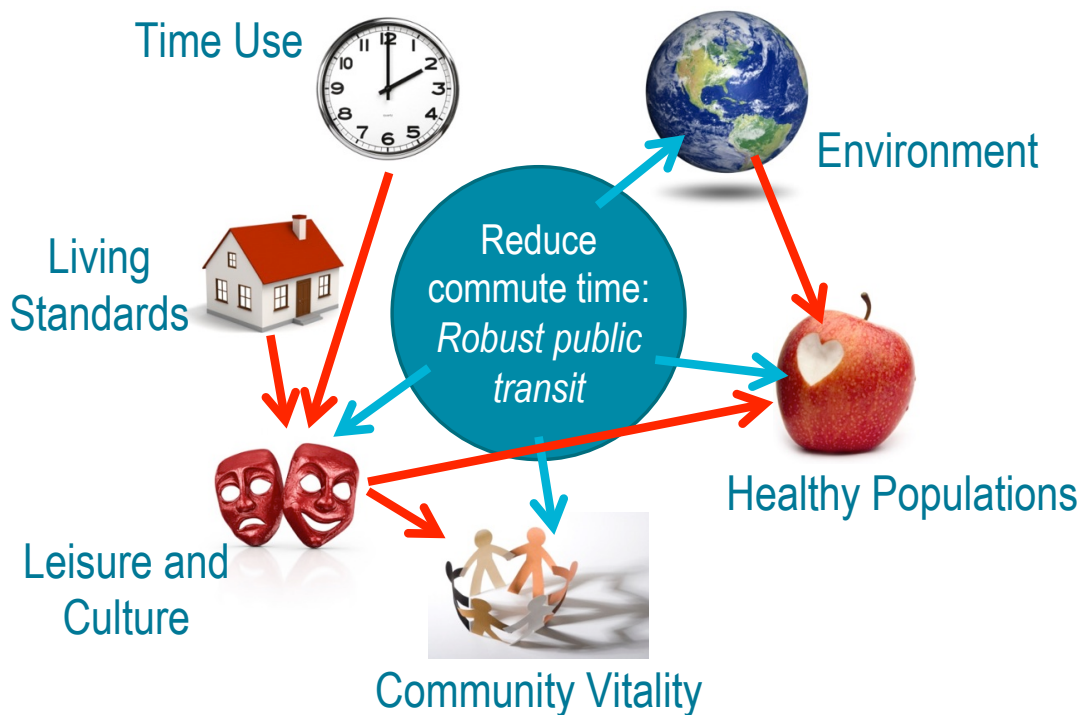
- 1. Develop strategies for accessible, efficient, and affordable public transit systems as a path towards improved health, more opportunities, and reduced greenhouse gas emissions
- 2. Emphasise accessibility in transit policy rather than simply mobility so wellbeing is the focus, not just moving people farther and faster
- 3. Reinvest more of the federal tax dollars that communities send to Ottawa into new buses, subways, and commuter rail systems
- 4. Work with municipalities, provinces, and territories to fill critical gaps in transportation networks

Address "time crunch" through changes in infrastructure, social, and environmental policy

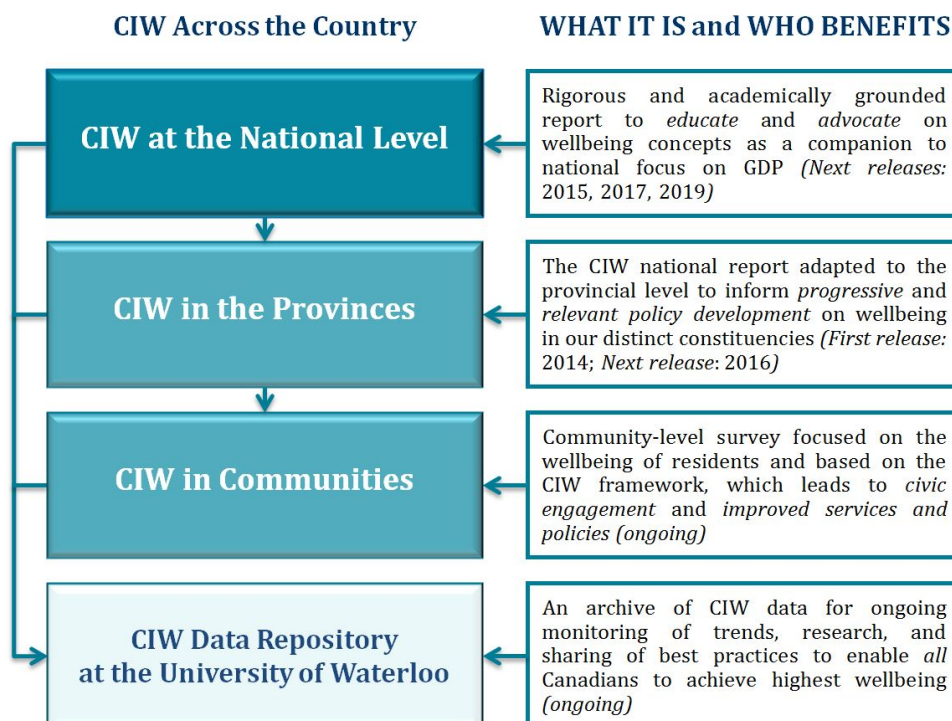
As noted above, feelings of "time crunch" are intensified by longer commutes and more difficult access to needed goods and services, and other opportunities. By looking at commuting — and general access — as a systems problem, we recognise that it extends beyond the individuals and groups directly involved and see broader patterns and solutions. For instance, as masses of people leave home for work, and work for home at approximately the same times each day, they overload the province's roads, causing gridlock, spikes in carbon emissions, and generally lengthening commute times. These patterns reduce the time people have for family, for leisure, and for their communities, increase stress and anxiety, and contribute to worsening air quality.

A viable public transit system can be especially important for disadvantaged and marginalised people.

An *integrated* policy response...



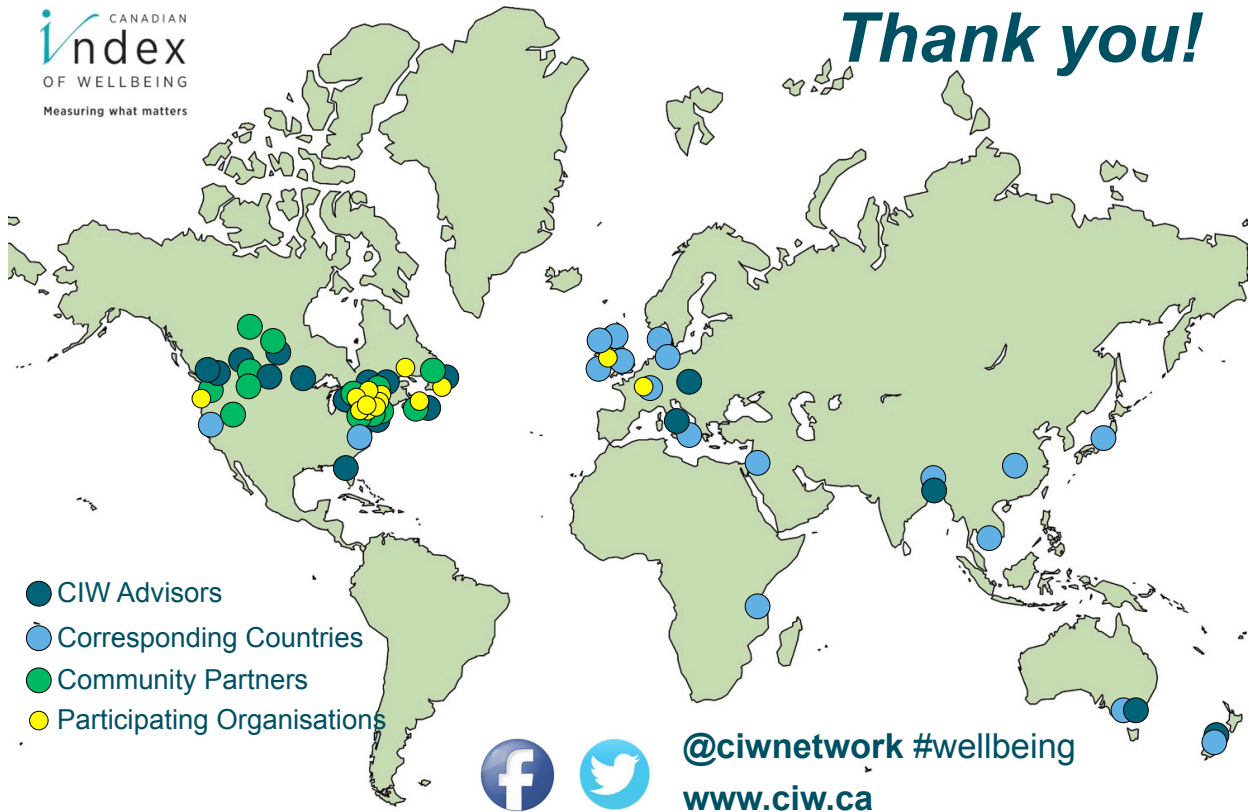
From the national to the local



CIW influence on wellbeing measurement and index creation around the world



Thank you!



Measuring what matters
Making measures matter

For more information: www.ciw.ca