



Highlights from the *CIW Community Wellbeing Survey* in Orillia and Area



Prepared for:
Information Orillia
30 April 2019

Wellbeing as a basic human right



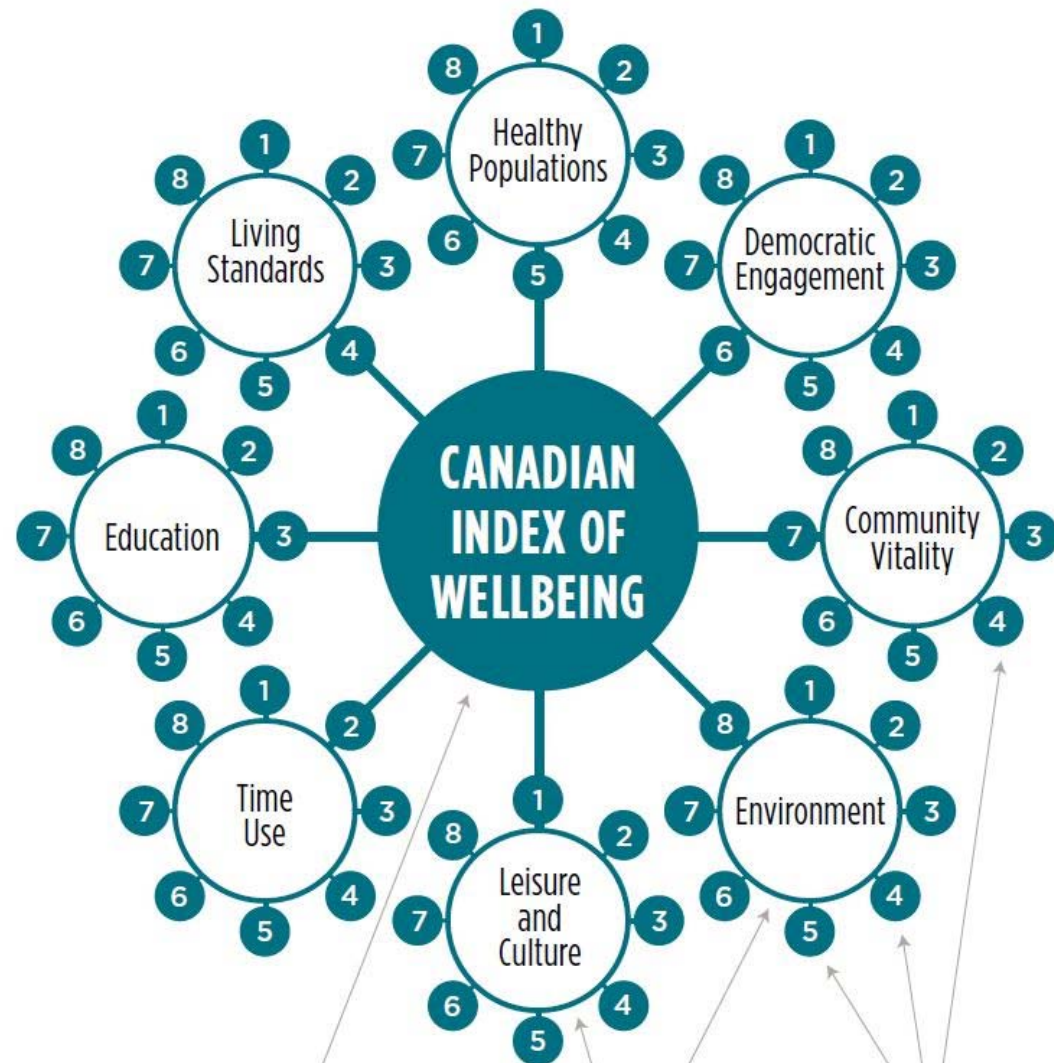
“People are much more than the goods and services they produce! Their health and quality of life come from the conditions of their daily living – the circumstances in which they are born, grow, live, work, and age.”

The Honourable Monique Bégin

Former CIW Advisory Board Co-Chair

Former Canadian Commissioner

WHO Commission on Social Determinants of Health



CIW Composite Index

64 Indicators consolidated into a single CIW average

8 Domains

8 Indicators in each domain



Community Wellbeing Survey																							
Section A: Community Vitality																							
In the past 12 months, did you do any unpaid volunteer work for any organization?	<table border="1"> <thead> <tr> <th>No</th> <th>Yes</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </tbody> </table>	No	Yes	<input type="radio"/>	<input type="radio"/>																		
No	Yes																						
<input type="radio"/>	<input type="radio"/>																						
In the past 12 months, were you a member of or a participant in...	<table border="1"> <thead> <tr> <th>No</th> <th>Yes</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </tbody> </table>	No	Yes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No	Yes																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
In the past 12 months, did you provide any unpaid help to anyone ...	<table border="1"> <thead> <tr> <th>No</th> <th>Yes</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </tbody> </table>	No	Yes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>								
No	Yes																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						
<input type="radio"/>	<input type="radio"/>																						

CIW Community Wellbeing Survey

CIW Community Wellbeing Survey

Sample

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

Questionnaire

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

Analysis

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

Community Wellbeing Survey		
Section A: Community Vitality		
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 organised group or activity not mentioned above?	<input type="radio"/>	<input type="radio"/>
In the past 12 months, did you provide any <i>unpaid</i> help to anyone ...	No	Yes
with work at their home such as cooking, cleaning, gardening, maintenance, painting, shovelling snow, or car repairs?	<input type="radio"/>	<input type="radio"/>
by doing any shopping, driving someone to the store, or to any other appointments?	<input type="radio"/>	<input type="radio"/>
with paperwork tasks such as writing letters, doing taxes, filling out forms, banking, paying bills, or finding information?	<input type="radio"/>	<input type="radio"/>
with health-related or personal care, such as emotional support, counselling, providing advice, visiting the elderly, unpaid babysitting?	<input type="radio"/>	<input type="radio"/>
with unpaid teaching, coaching, tutoring, or assisting with reading?	<input type="radio"/>	<input type="radio"/>

Reliability of Sample and Results

Sample

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

Results

- Careful assessment of all respondents to ensure *reliable* and *valid* responses to majority of questions on survey
- With over 856 viable respondents from entire area, the margin of error is $\pm 3.3\%$ (19 times out of 20) – similar to most national polls

Orillia and Area Sample



Distribution of Residents *by Municipality*

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

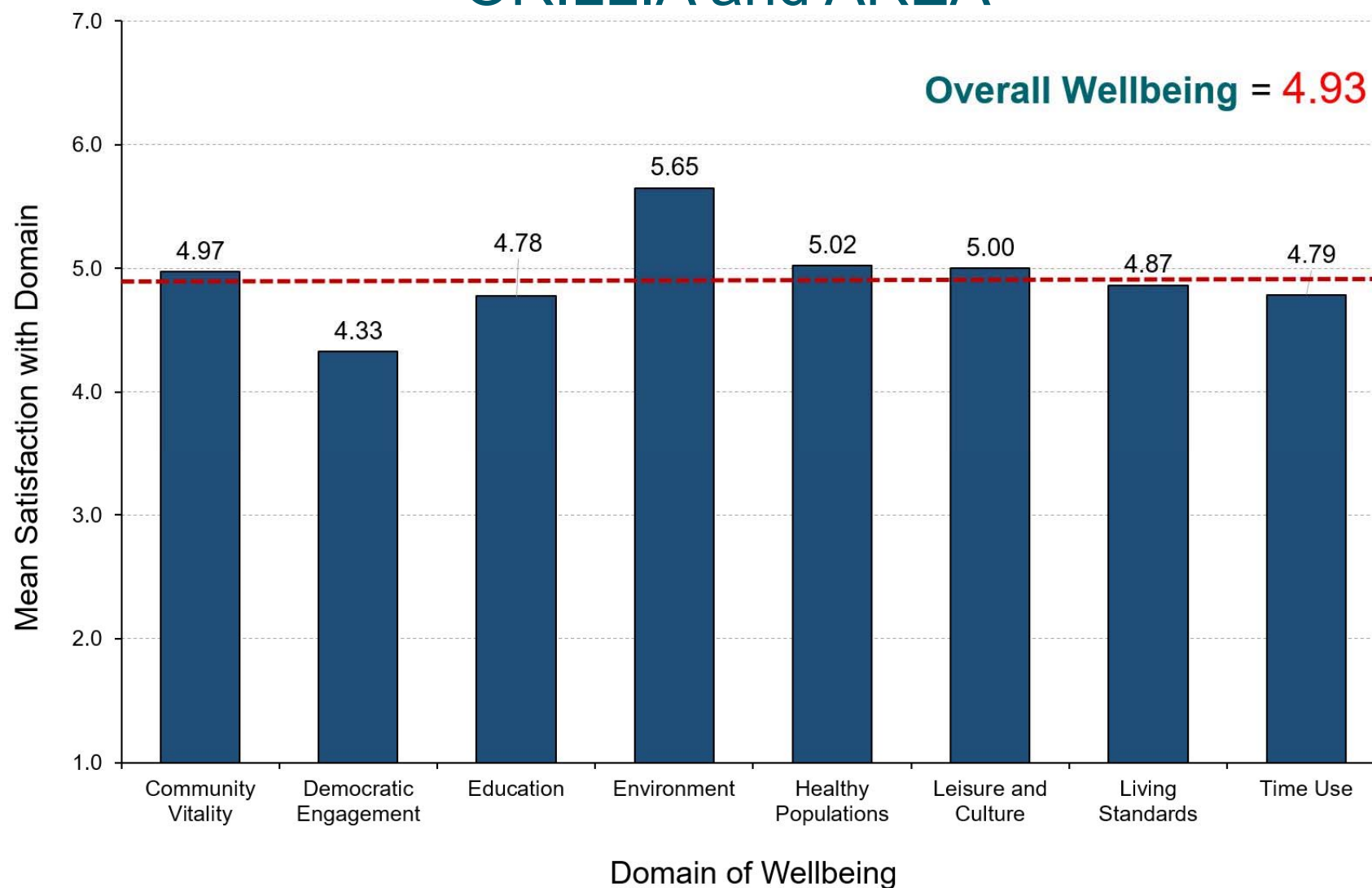
^a Municipality was unavailable for 12 residents.



Wellbeing in Orillia and Area

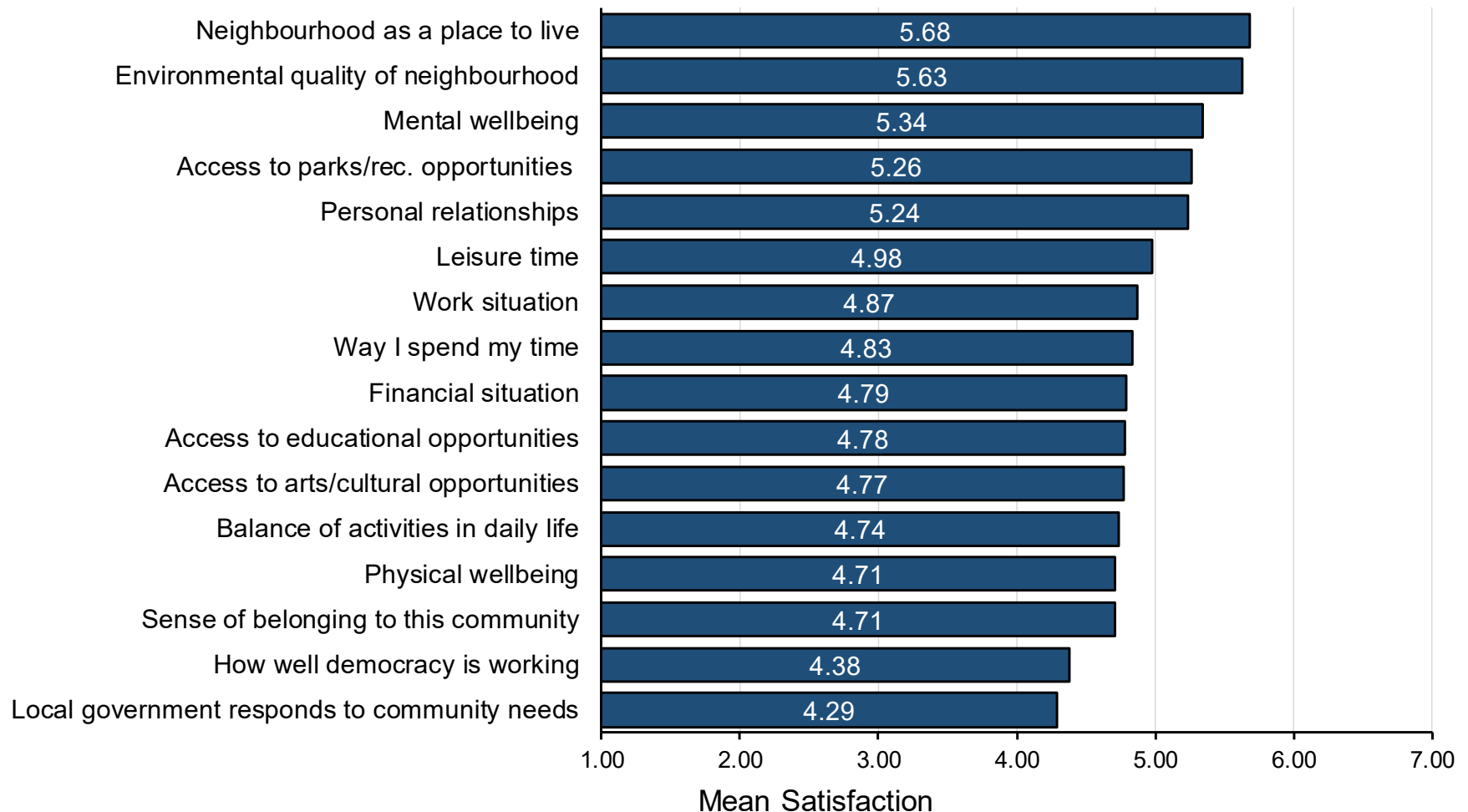
Wellbeing by Domain: *Orillia and Area*

ORILLIA and AREA



Satisfaction with Aspects of Wellbeing: *Orillia and Area*

ORILLIA and AREA



Characteristics of wellbeing in Orillia and Area

What characterises residents with *higher or lower wellbeing*?

Below average wellbeing

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

Above average wellbeing

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



Living Standards

LIVING STANDARDS and wellbeing

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

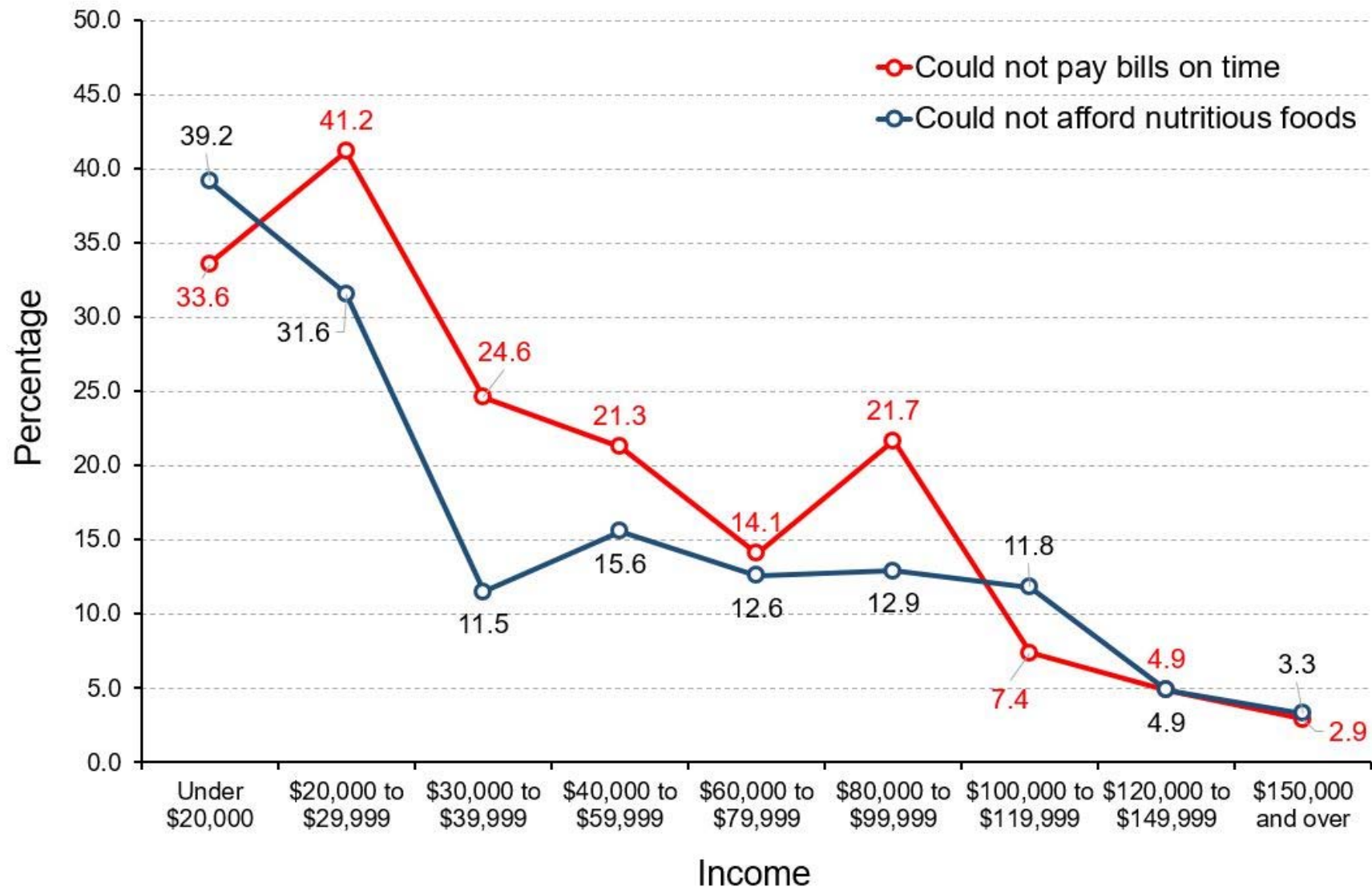
Below average wellbeing

- ✓ Lower job security
- ✓ Work interferes with personal life
- ✓ Less likely to be able to pay bills on time
- ✓ Less likely to be able to pay mortgage or rent on time
- ✓ Less work flexibility

Above average wellbeing

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

Financial insecurity and income





Healthy Populations

HEALTHY POPULATIONS and wellbeing

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

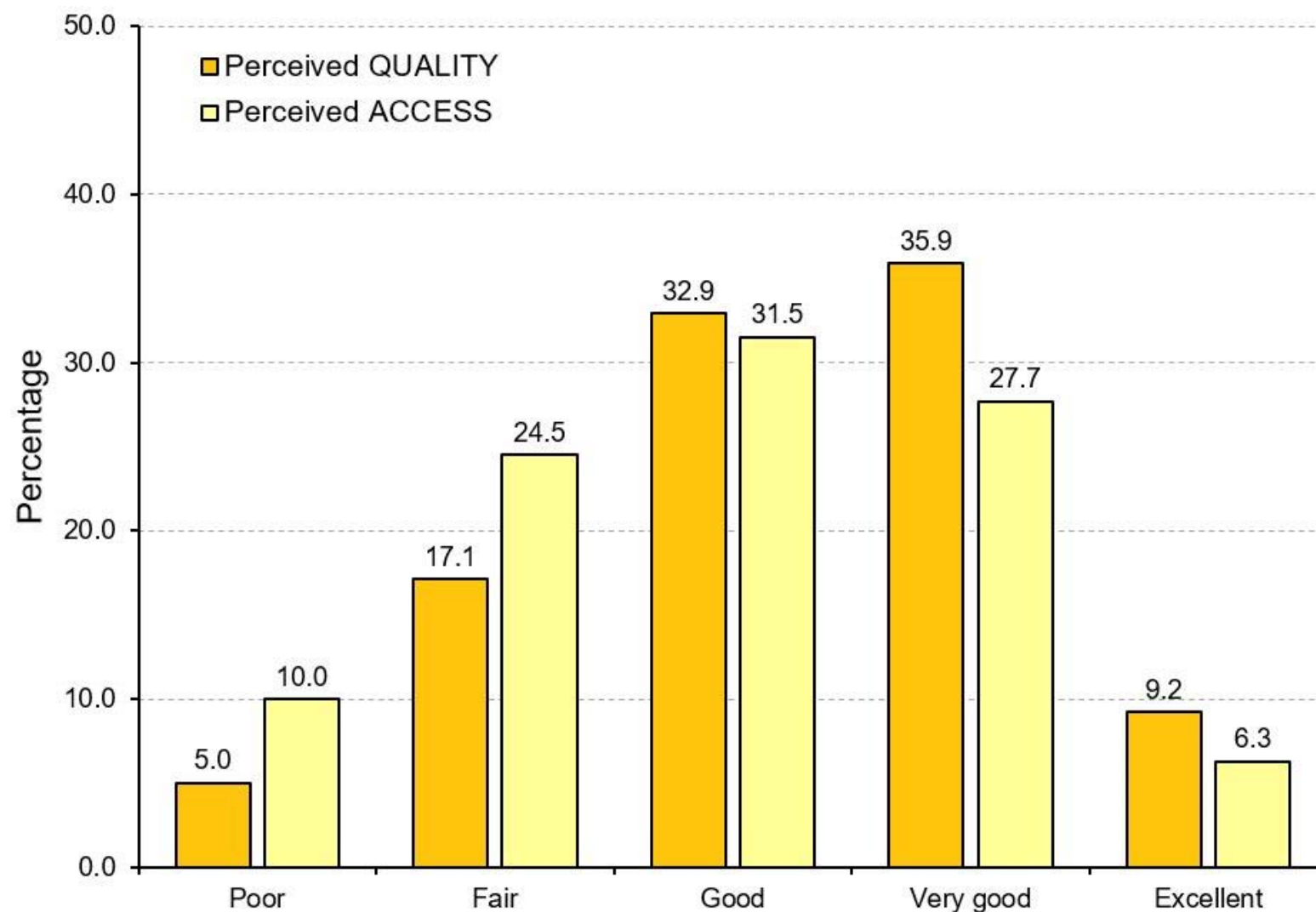
Below average wellbeing

- ✓ More likely to experience negative impacts due to *mental health issues*
- ✓ Eat healthy meals less often
- ✓ Participate less in *vigorous exercise*, ...
- ✓ and participate less in *light exercise*

Above average wellbeing

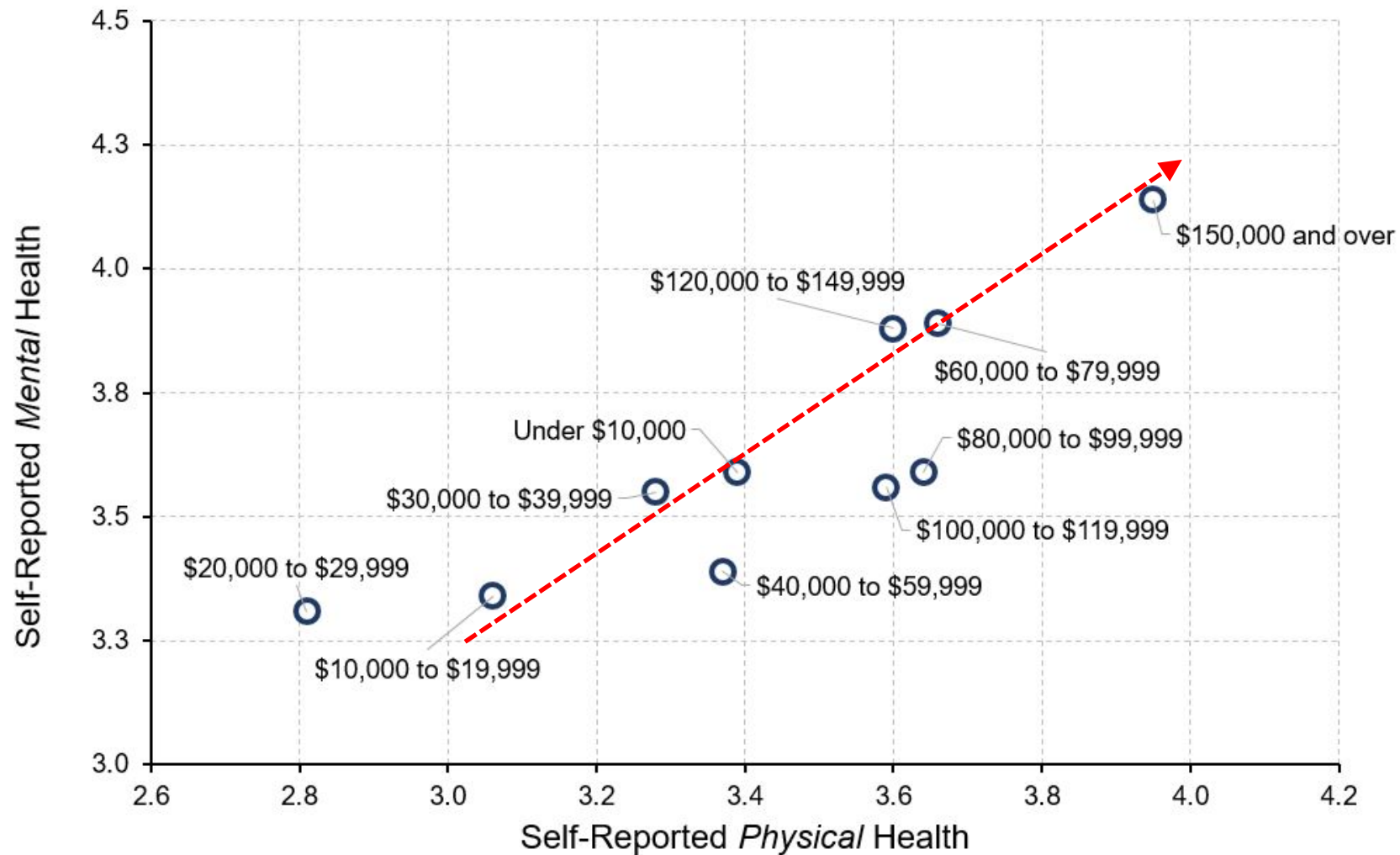
- ✓ Better self-rated *physical* health
- ✓ Better self-rated *mental* health
- ✓ Perceive both *quality* and *accessibility* of the health care services to be better
- ✓ More likely to get good quality exercise

Perceived *quality* of and *access to* health care services



Perceived *Quality of* and *Access to* Health Care Services

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





EDUCATION

EDUCATION and wellbeing

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

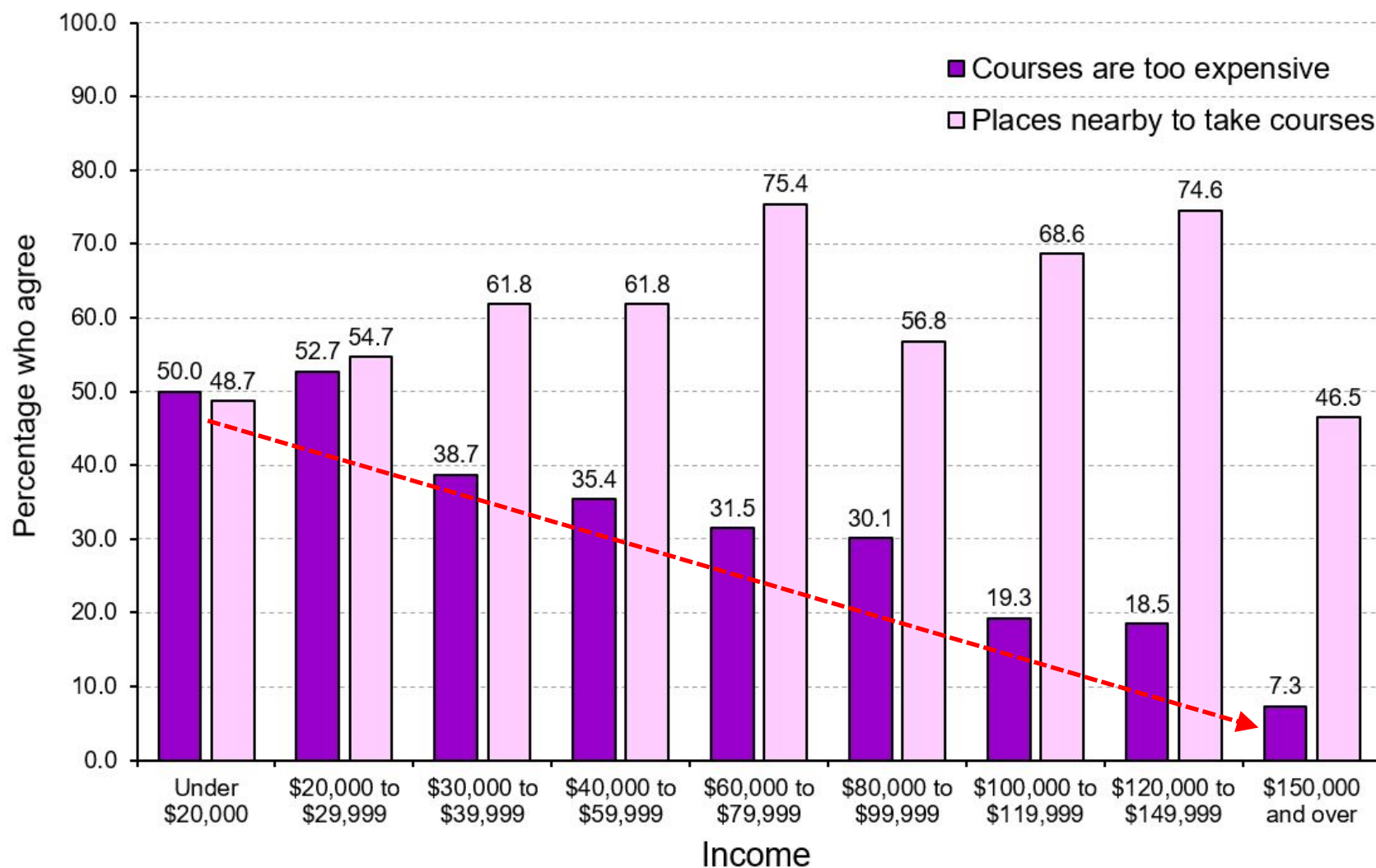
Below average wellbeing

- ✓ More likely to have taken courses to get started
- ✓ Lower perceived availability of formal education opportunities
- ✓ Courses seen as too expensive
- ✓ Courses seen as offered at inconvenient times

Above average wellbeing

- ✓ More likely to have taken courses to improve skills or qualifications in current job
- ✓ More likely to have taken *courses for interest* and to see them as more available
- ✓ More schools nearby where they can upgrade their educational qualifications

Perceptions of educational opportunities





ENVIRONMENT

ENVIRONMENT and wellbeing

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

Below average wellbeing

- ✓ Perceive traffic congestion as worse
- ✓ Feel *air* and *water* quality are not as good
- ✓ Less likely to participate in events to protect the natural environment
- ✓ Less likely to conserve energy
- ✓ Less likely to buy local foods

Above average wellbeing

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



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





COMMUNITY VITALITY

COMMUNITY VITALITY and wellbeing

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

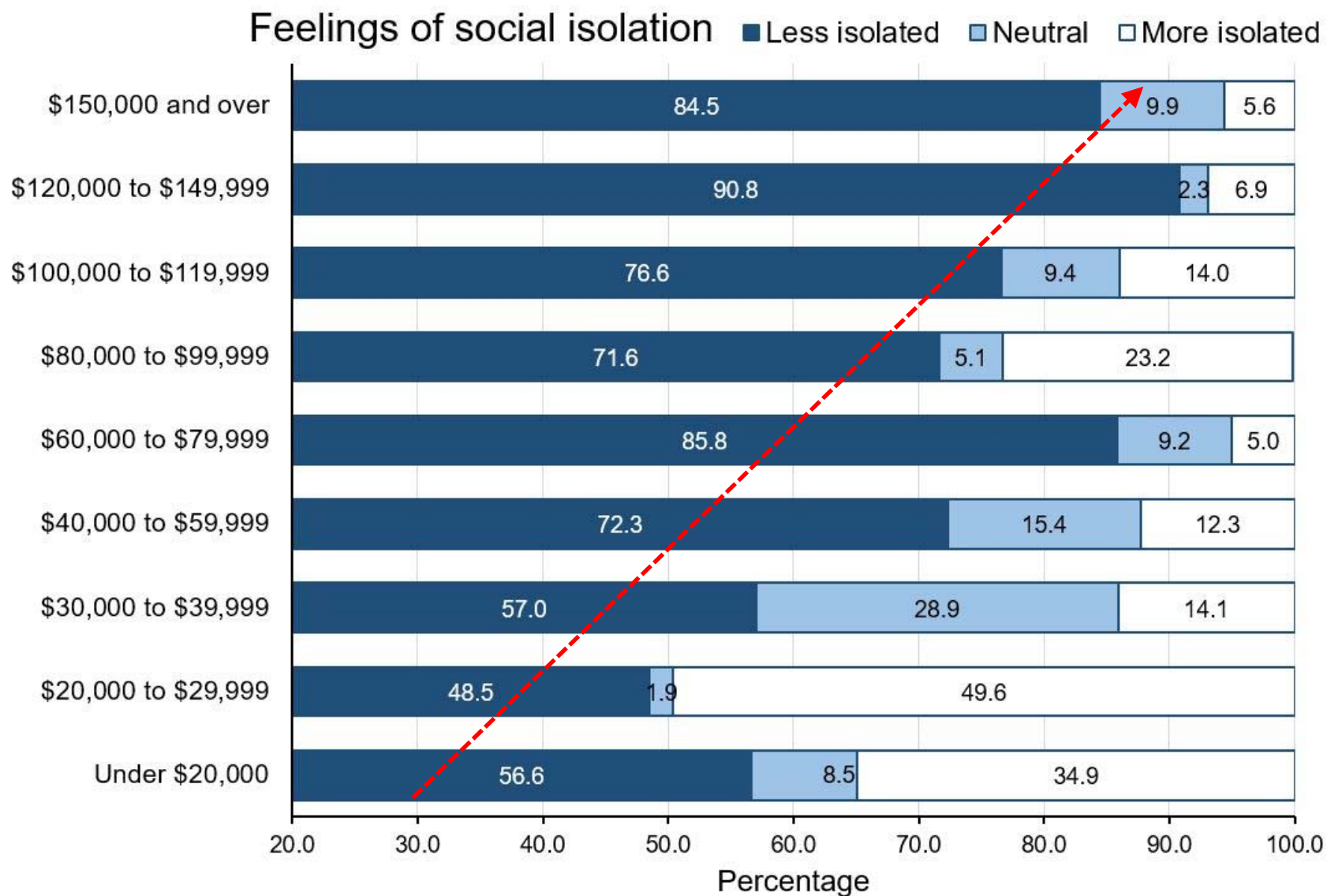
Below average wellbeing

- ✓ More socially isolated
- ✓ Less likely to feel their needs are fulfilled by the community
- ✓ More likely to be a member of a faith-based group
- ✓ Experience discrimination more often
- ✓ Feel less safe walking alone after dark

Above average wellbeing

- ✓ More likely to volunteer
- ✓ Have more close friends and relatives
- ✓ Strong sense of belonging to community
- ✓ Stronger social bonds
- ✓ Feel help is available if needed
- ✓ Greater trust in others
- ✓ More confidence in institutions

Community Vitality: Social Isolation by Income





LEISURE and CULTURE

LEISURE and CULTURE and wellbeing

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

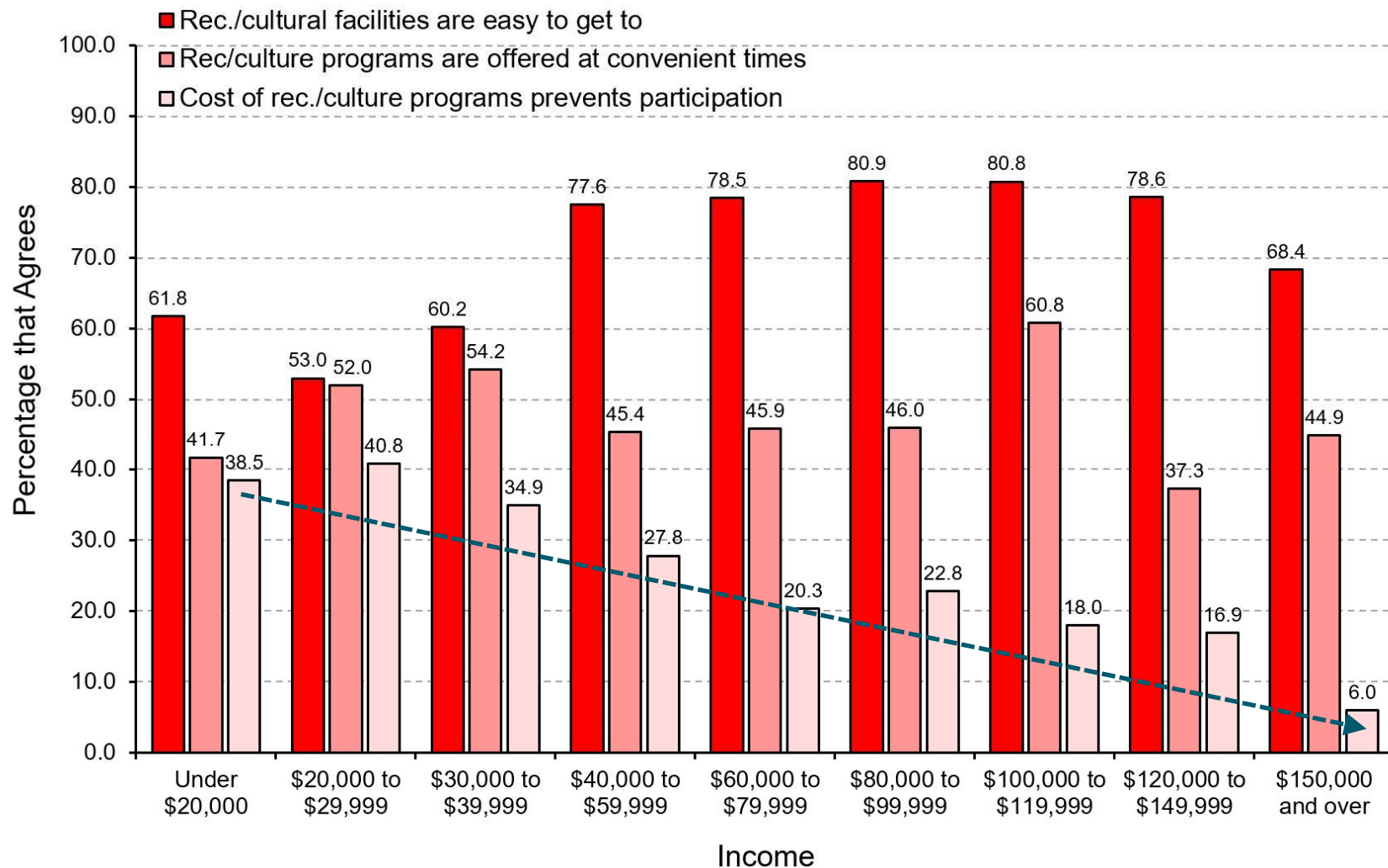
Below average wellbeing

- ✓ Use parks, playgrounds, and trails less often
- ✓ Watch television more regularly
- ✓ Perceive recreation and culture facilities as less accessible:
 - too costly
 - not convenient
 - no child care available

Above average wellbeing

- ✓ Use community recreation centres, libraries, and arts facilities more often
- ✓ Socialize with friends more
- ✓ Perceive better access to recreation and culture facilities:
 - easy to get to
 - facilities are welcoming

Perceived *accessibility* of recreation/cultural facilities





TIME USE

TIME USE and wellbeing

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

Below average wellbeing

- ✓ More often feel rushed
- ✓ Have longer commutes
- ✓ Less time to:
 - get enough sleep
 - prepare healthy meals
 - be with partner
 - be together with family
 - socialize
- ✓ Work interferes more with personal life

Above average wellbeing

- ✓ More likely to have flexible work schedules
- ✓ *More time to:*
 - keep in shape
 - nurture spiritual side
 - be with children
 - form/sustain relationships
 - participate in community
- ✓ Higher work-life balance
- ✓ More vacation days



DEMOCRATIC ENGAGEMENT

DEMOCRATIC ENGAGEMENT and wellbeing

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

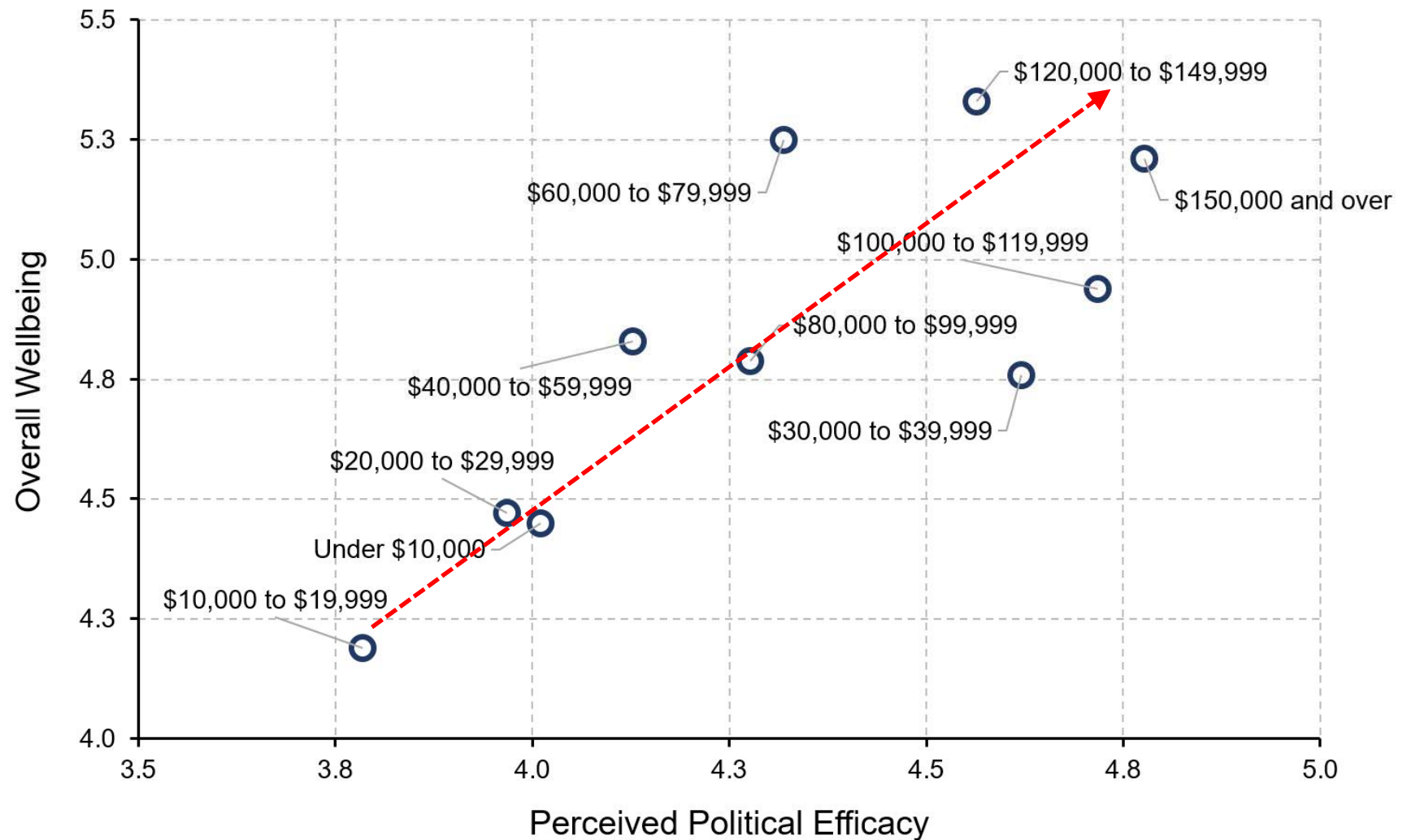
Below average wellbeing

- ✓ More likely to attend local, municipal, neighborhood, or meeting
- ✓ More likely to participate in a local event in support of a charitable organization
- ✓ More likely to write a letter/e-mail/spoke to a municipal official about a local issue

Above average wellbeing

- ✓ More interest in federal, provincial, and local politics
- ✓ More likely to agree programs/services of the local government have made community better off
- ✓ Consider themselves better qualified to participate in politics
- ✓ Feel well informed and have better understanding of issues facing the region

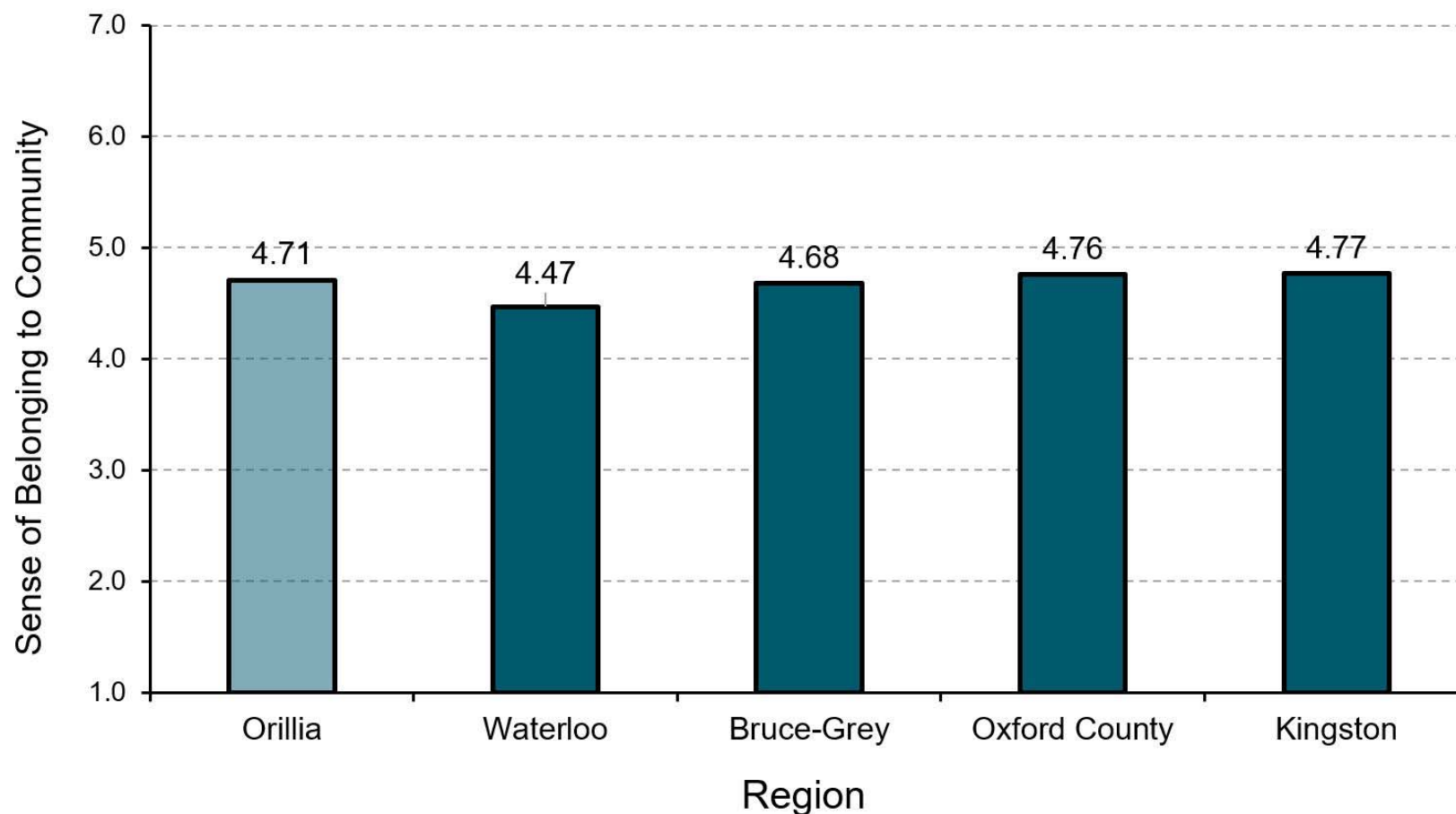
Political efficacy and wellbeing by *income*



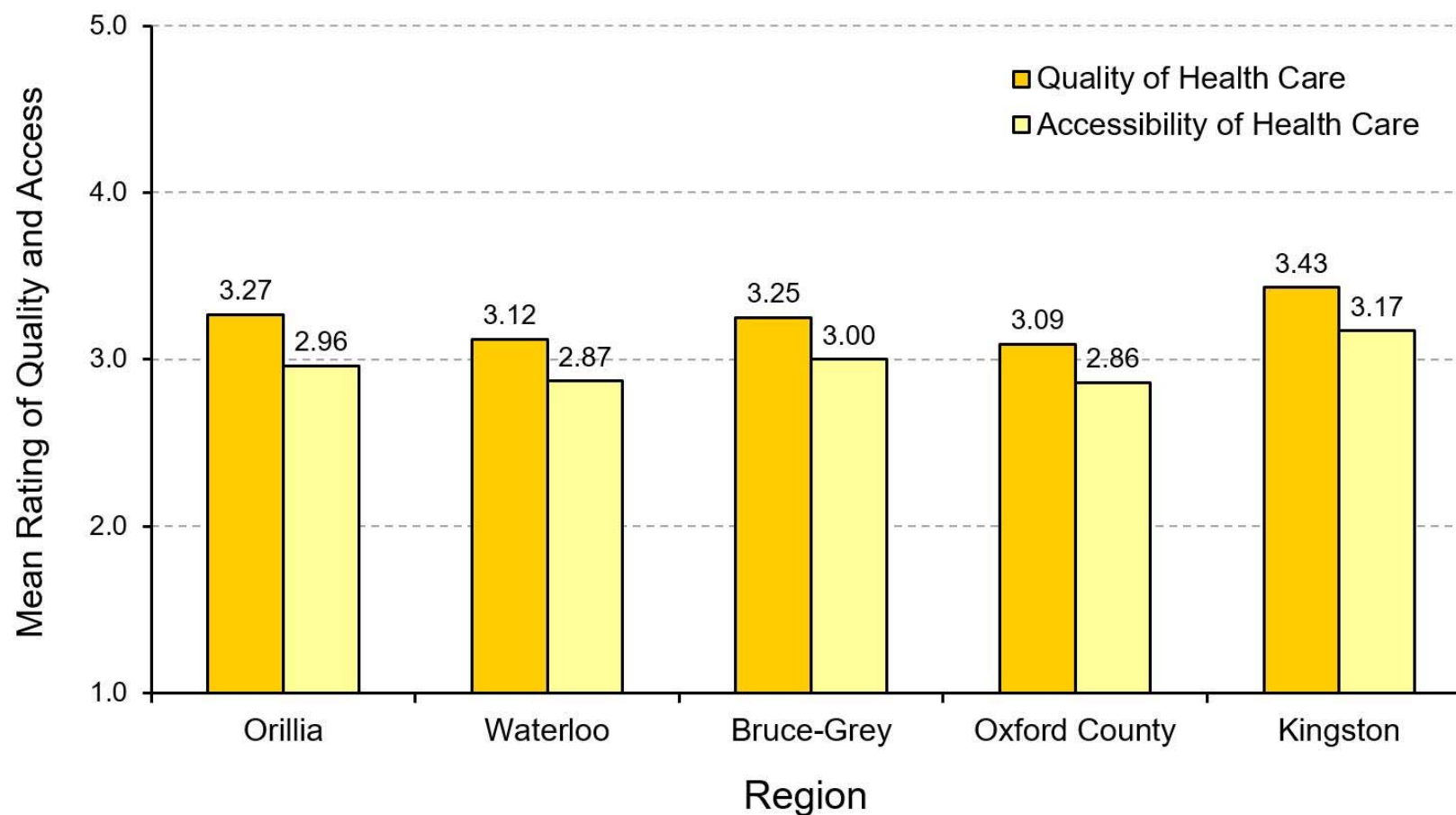


Comparisons to Other Communities

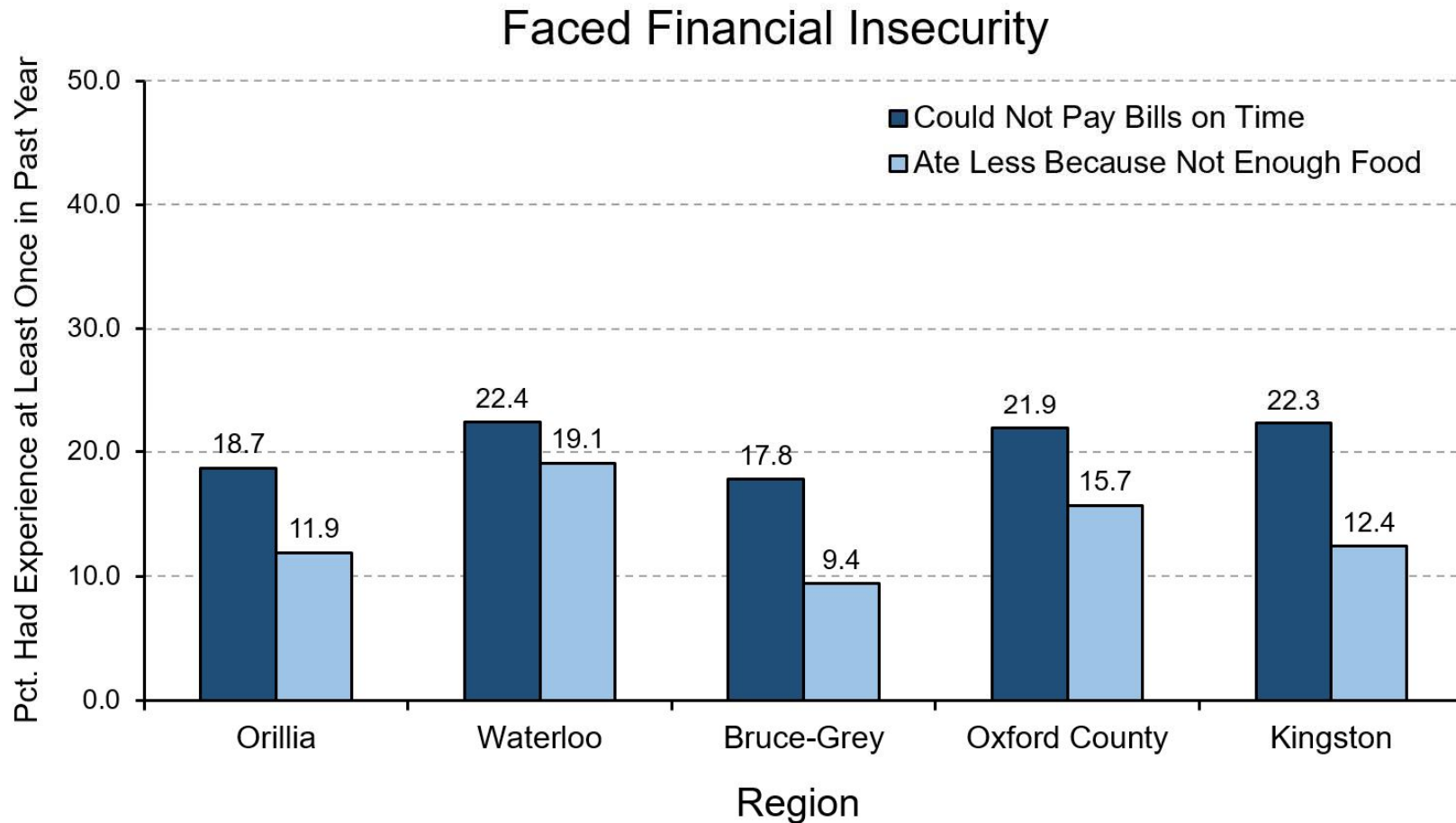
Community Vitality: *Sense of belonging to community*



Healthy Populations: *Ratings of health care services*



Living Standards: *Experiences of financial insecurity*





Social Issues Concerning Residents

Top Five Social Issues Perceived to Affect Wellbeing

Summary by Municipality

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

↑ [Employment opportunities]

↑ [Addictions]



SUMMARY

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

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

A pathway forward to wellbeing...



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

- ✓ Women
- ✓ Lower income
- ✓ Younger adults

What might be done to raise wellbeing?

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

For positive social change...

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

Bryan Smale, Ph.D.

Director, *Canadian Index of Wellbeing*

University of Waterloo

smale@uwaterloo.ca



@ciwnetwork #wellbeing
www.ciw.ca

