



Measuring what matters

Indicators of Wellbeing in Waterloo Region using the *Canadian Index of Wellbeing*: How do we Compare?

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University of Waterloo



A Forum to Further the Conversation on Wellbeing
Wellbeing Waterloo Region
16 February 2017

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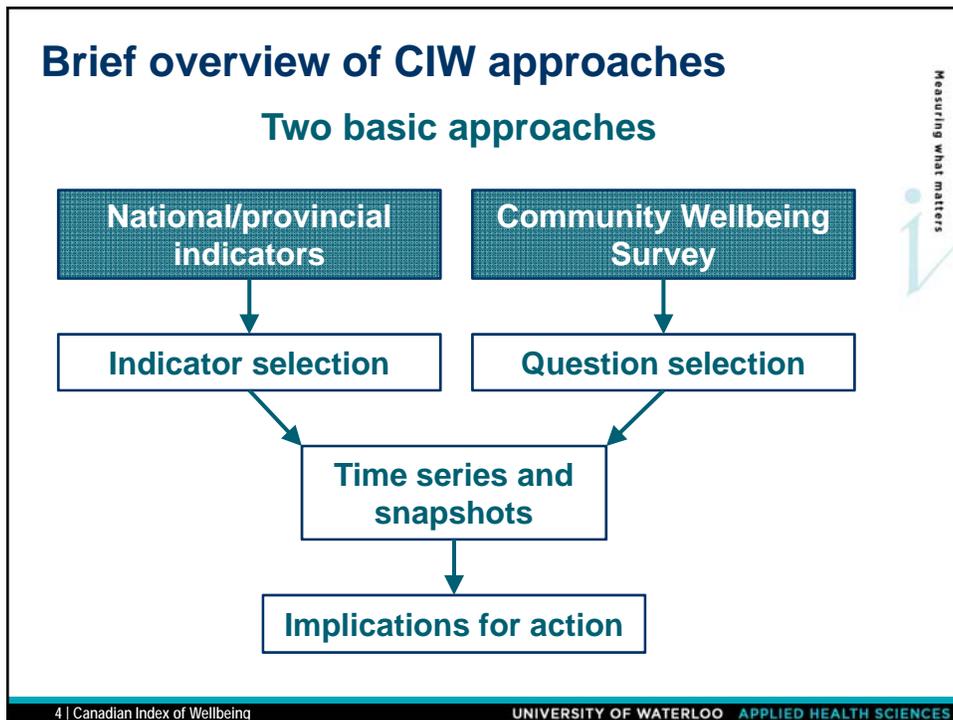
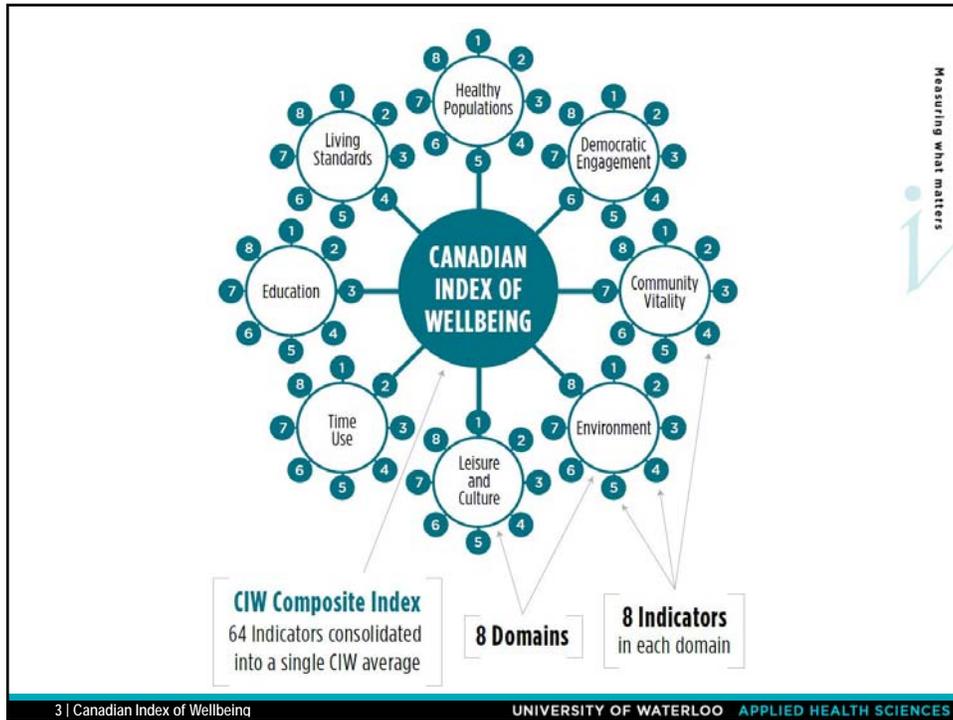


What is WELLBEING?

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

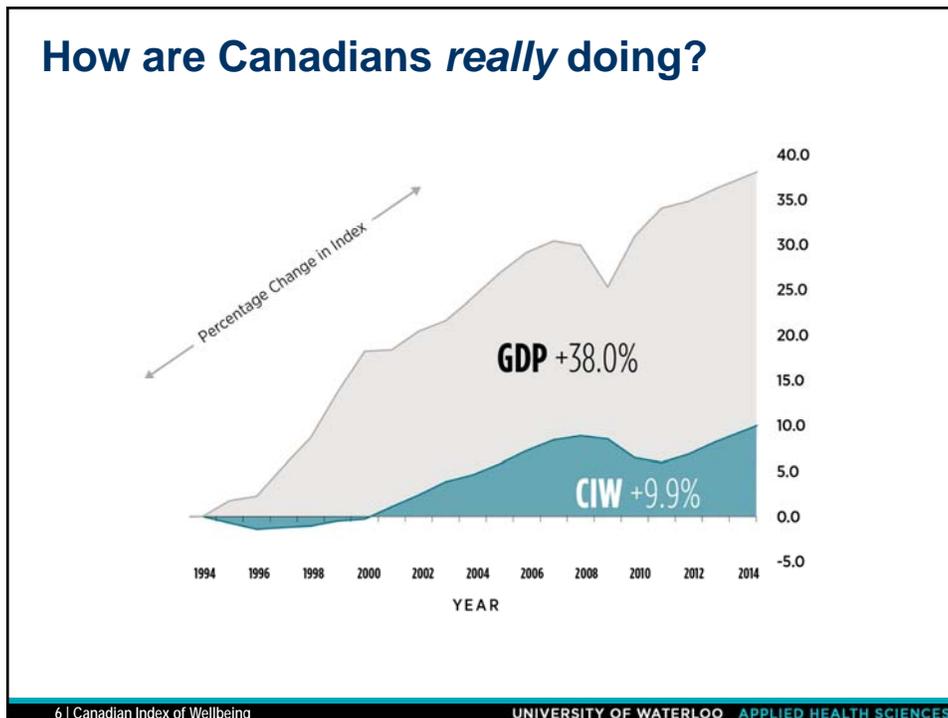
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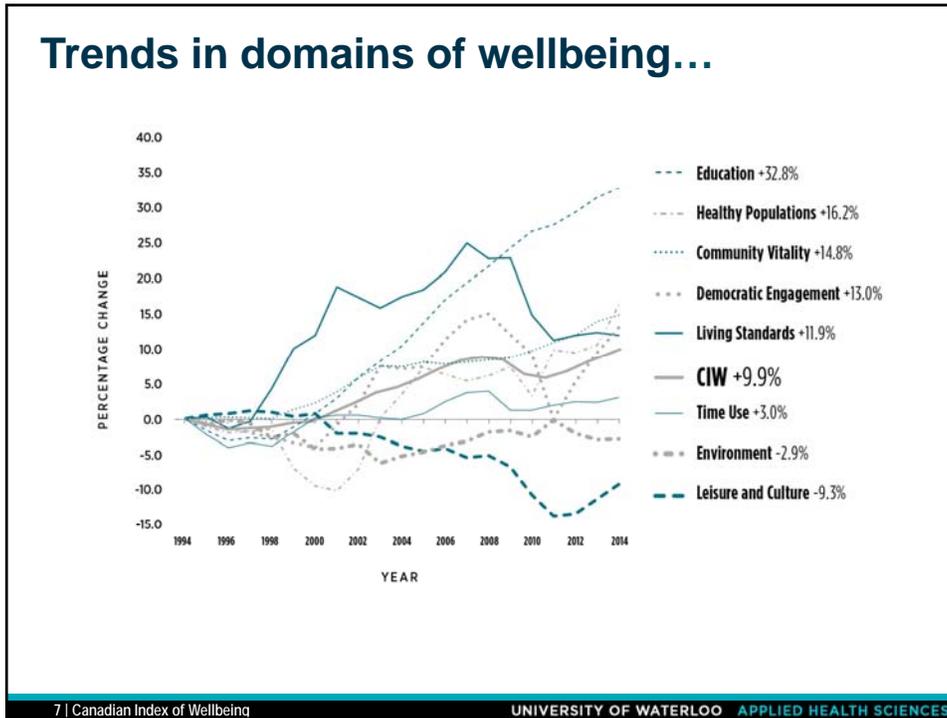


CIW Indicators Approach

Tracking Indicators of Wellbeing in all Domains

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CLOSING THE GAP: INNOVATIVE AND INTEGRATED POLICY DIRECTIONS

The myth that economic gains "trickle down" has been exposed.

Underlying this is a massive gap between Canada's GDP and the wellbeing of Canadians and it has been exacerbated by the 2008 recession. While the economy recovered, good news, living standards plummeted and have failed to recover. No meaningful progress has been made on the environment. Fewer Canadians report having very good overall and mental health and people are sacrificing the things that often make life worthwhile: leisure, arts and culture, volunteering, and social connections.

We can do better. Reductions in the numbers of people living in poverty and our success in ensuring greater access to education demonstrate that sound public policy can enhance the wellbeing of Canadians. Recent commitments by the federal government to tackle climate change also promise to bring an array of positive benefits to current and future Canadians. So we do have the ability to raise Canadians' wellbeing in meaningful ways.

CLOSING THE GAP

WELLBEING AT THE HEART OF POLICY

To reverse concerning trends and to narrow the gap, we need to understand that wellbeing is a system of interconnected systems. If we place wellbeing rather than the problem at the centre of decision-making, we begin to see the possibilities for solutions that cut across those systems. Ultimately, if we place wellbeing at the heart of policy development, then comprehensive, innovative, evidence-based policy emerges that can benefit all Canadians in multiple ways.

This is an invitation to all levels of government and all stakeholders to engage in broader dialogue and collaboration across boundaries, across departments, and across sectors. Our country deserves no less.

CREATING A VISION FOR POSITIVE CHANGE

In the fall of 2016, the CIW invited 18 people with expertise in one or more of the eight domains to a workshop to reflect on potential policy directions that would enhance the wellbeing of all Canadians. They were asked to consider the findings in this report – not only in their own area of expertise, but in all domains – to identify connections among domains, and to propose strategies and policy directions that could address multiple challenges simultaneously.

A central theme that emerged from the discussions was inequality, not just in income, but in health, in access to community resources, and in opportunities for leisure and culture. In response, the group recommended policy directions that considered the impact on multiple domains of wellbeing – an innovative and integrated approach to policy that would create multiple benefits for Canadians and reaffirm their core values.

With respect to income inequality, the group identified two specific policy directions:

- A universal basic income and extension of benefits to low-income Canadians.

The group also put forth policy directions to tackle inequality in other, interconnected aspects of Canadians' lives:

- Build on the strength of the education domain and develop a Pan-Canadian education strategy.
- Focus on an "upstream" approach to health.
- Leverage the collaborative power of communities for social change.
- Provide universal access to leisure and culture, and
- Improve the collection of social and environmental data.

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Adapting the CIW to the regional level...

A Profile of Wellbeing in Ontario
THE CENTRAL REGION

Ontario Trillium Foundation
UNIVERSITY OF WATERLOO
FACULTY OF APPLIED HEALTH SCIENCES

Ontario regional reports

Ontario Trillium Foundation

Fondation Trillium de l'Ontario

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REGION	COUNTY/DISTRICT
CENTRAL	Dufferin
	Halton
	Peel
	Simcoe
	Waterloo
	Wellington
York	

Measuring what matters

Indicator selection: National to Local data

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Indicator selection – disaggregating data

National/ Provincial

Domain	Indicators							
	1	2	3	4	5	6	7	8
CV	✓	✓	✓	✓	✓	✓	✓	✓
DE	✓	✓	✓	✓	✓	✓	✓	✓
ED	✓	✓	✓	✓	✓	✓	✓	✓
ENV	✓	✓	✓	✓	✓	✓	✓	✓
HP	✓	✓	✓	✓	✓	✓	✓	✓
LC	✓	✓	✓	✓	✓	✓	✓	✓
LS	✓	✓	✓	✓	✓	✓	✓	✓
TU	✓	✓	✓	✓	✓	✓	✓	✓

Complete coverage
Full time series

Regional/ Sub-regional

Domain	Indicators							
	1	2	3	4	5	6	7	8
CV		✓		P	P	✓		✓
DE	✓	P	✓	✓		✓		
ED	P	P			✓		✓	
ENV		P	P	✓				✓
HP	✓		P	✓		✓		✓
LC	P		✓	P	P		✓	✓
LS	✓	✓			✓	✓	✓	P
TU		P		✓		✓		✓

Partial coverage
“Snapshot” of wellbeing

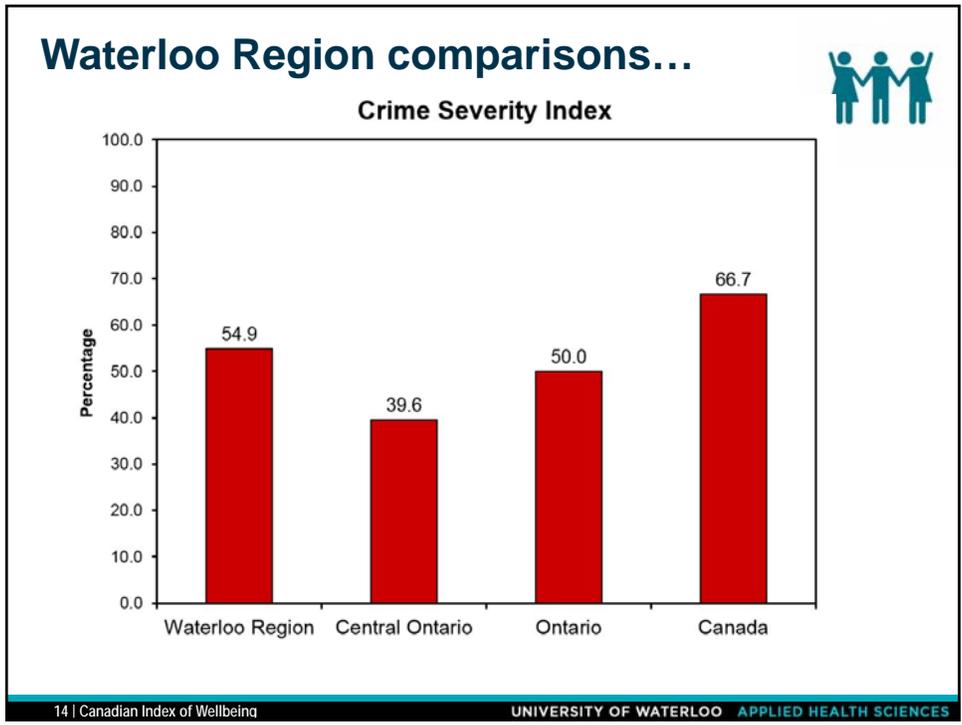
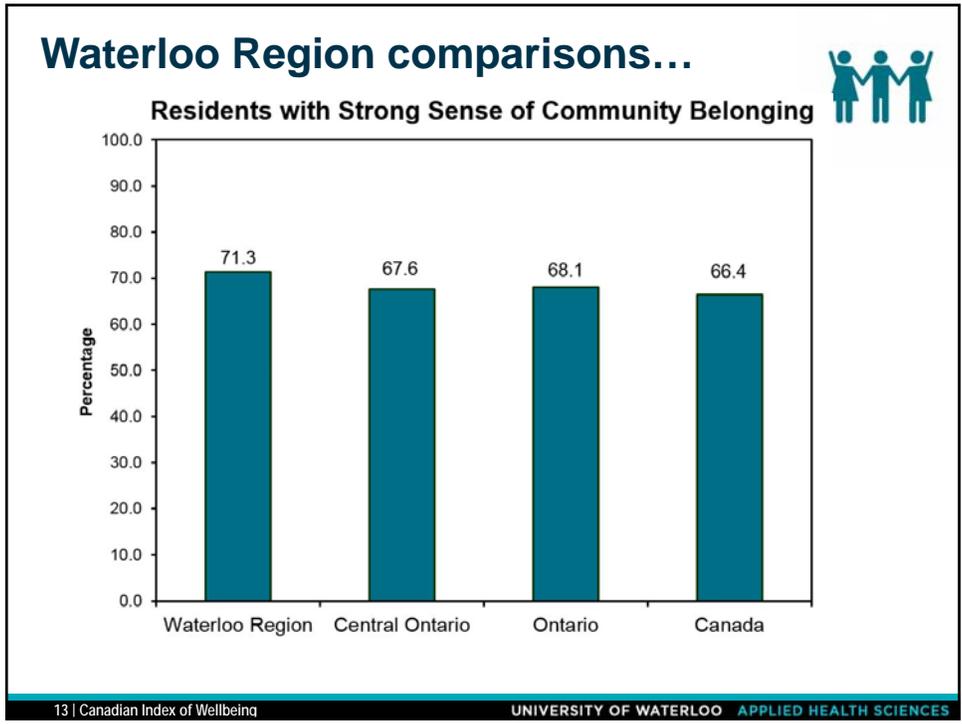
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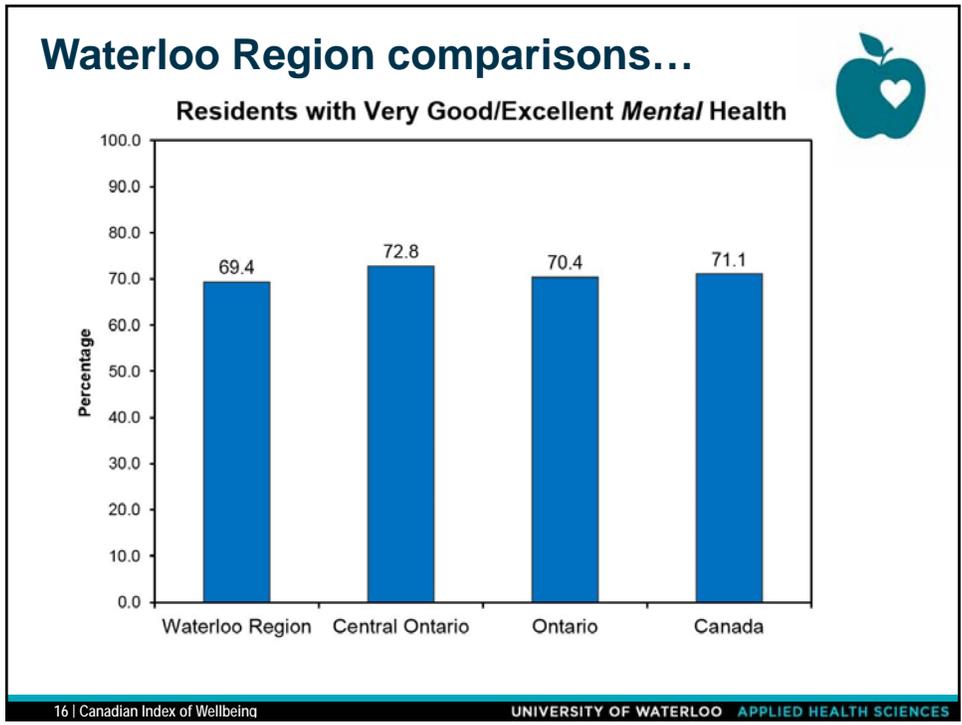
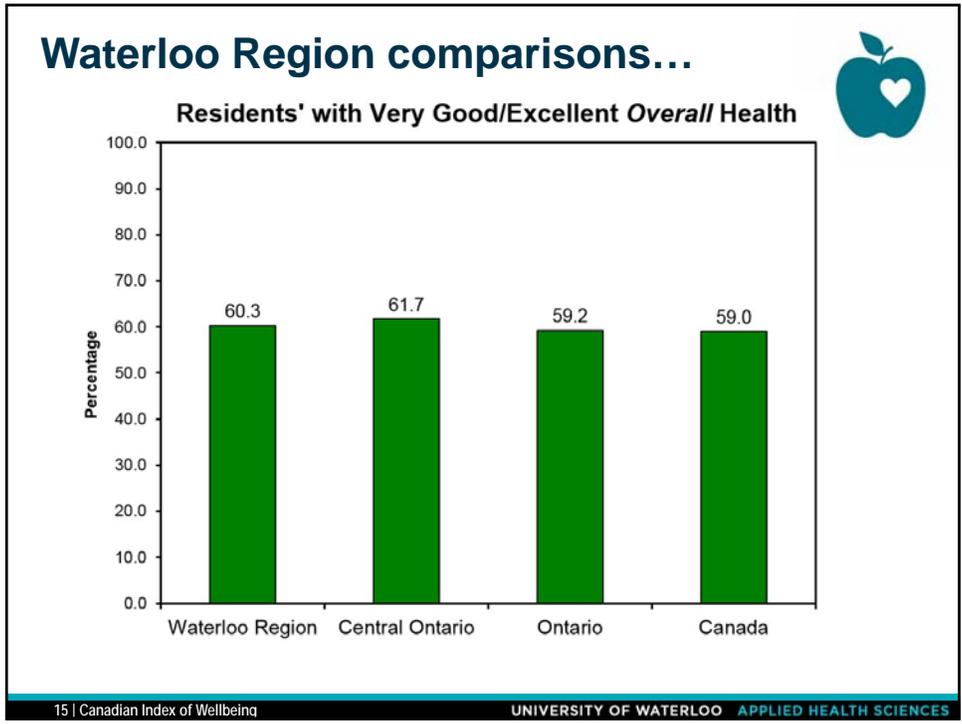
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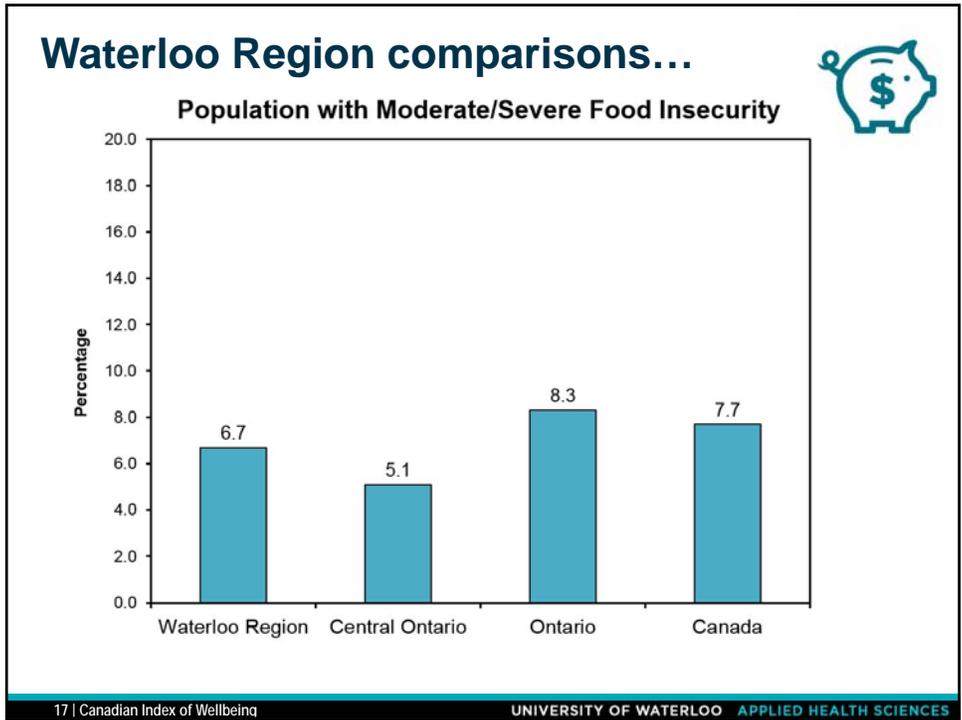
Waterloo Region comparisons...

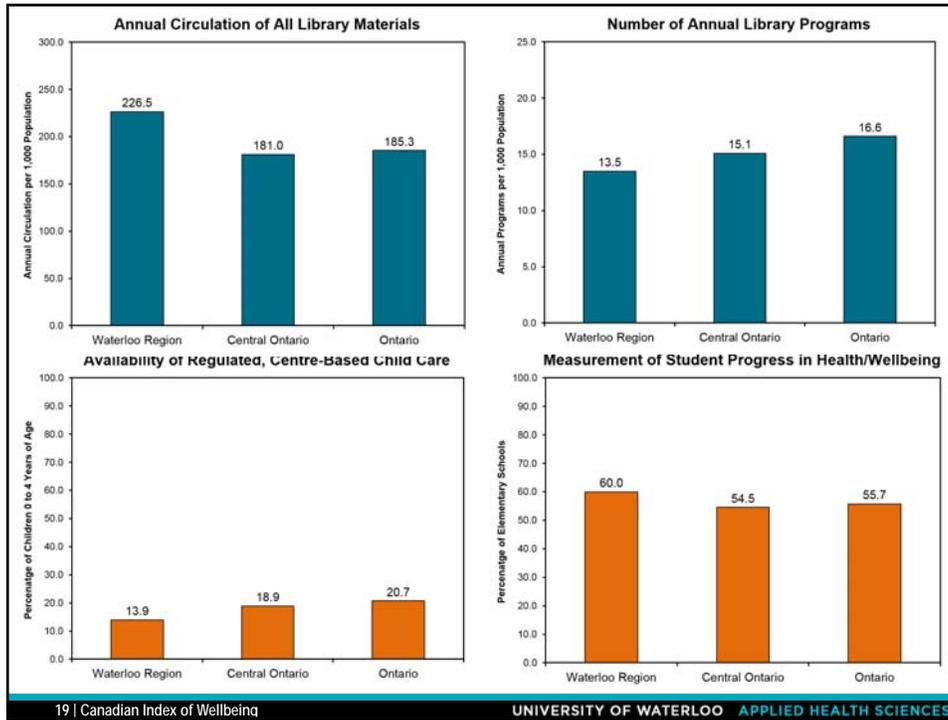
What do *you* expect?

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index
CANADIAN
OF WELLBEING
Measuring what matters
Making measured matter

Community Wellbeing Survey

Section A: Community Vitality

		No	Yes
In the past 12 months, did you do any unpaid volunteer work for any organization?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the past 12 months, were you a member of or a participant in...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
a union or professional association?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
a political party or group?	<input type="radio"/>	<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"/>	<input type="radio"/>
a cultural, educational or hobby organization (e.g., theater group, book club, bridge club)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
a religious-affiliated group (e.g., church youth group, choir)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
a school group, neighborhood, civic or community association (e.g., PTA, chess, book group, neighborhood watch)?	<input type="radio"/>	<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"/>	<input type="radio"/>
a public interest group (e.g., focused on the environment, animal welfare, food security, homelessness)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
some other organized group or activity not mentioned above?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the past 12 months, did you provide any unpaid help to someone...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
with work of their house such as cooking, cleaning, gardening, maintenance, painting, shovelling snow, or car repair?	<input type="radio"/>	<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"/>	<input type="radio"/>
with paperwork tasks such as writing letters, doing taxes, filling out forms, looking, getting bills, or finding information?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
with health-related or personal care, such as emotional support, accompanying, providing advice, looking for advice, unpaid babysitting?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
with unpaid teaching, coaching, tutoring, or assisting with reading?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CIW Community Wellbeing Survey

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CIW Community Wellbeing Survey

Sample

- Stratified (by neighbourhood) random sample of households in the community or region
- *Sampling challenge* – youth, young adults, marginalised groups

Questionnaire

- Behaviours and perceptions directly related to each of the domains of the CIW
- 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 ...	
a union or professional association?	No Yes <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, neighborhood, civic or community association (e.g., PTA, alumni, block parents, neighborhood 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 ...	
with work at home such as cooking, cleaning, gardening, maintenance, painting, shovelling snow, or car repairs?	No Yes <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 scoring with reading?	<input type="radio"/> <input type="radio"/>

Survey Design – question selection...

Questions derived from national surveys

Questions/scales derived from research literature

Original questions guided by domain principles

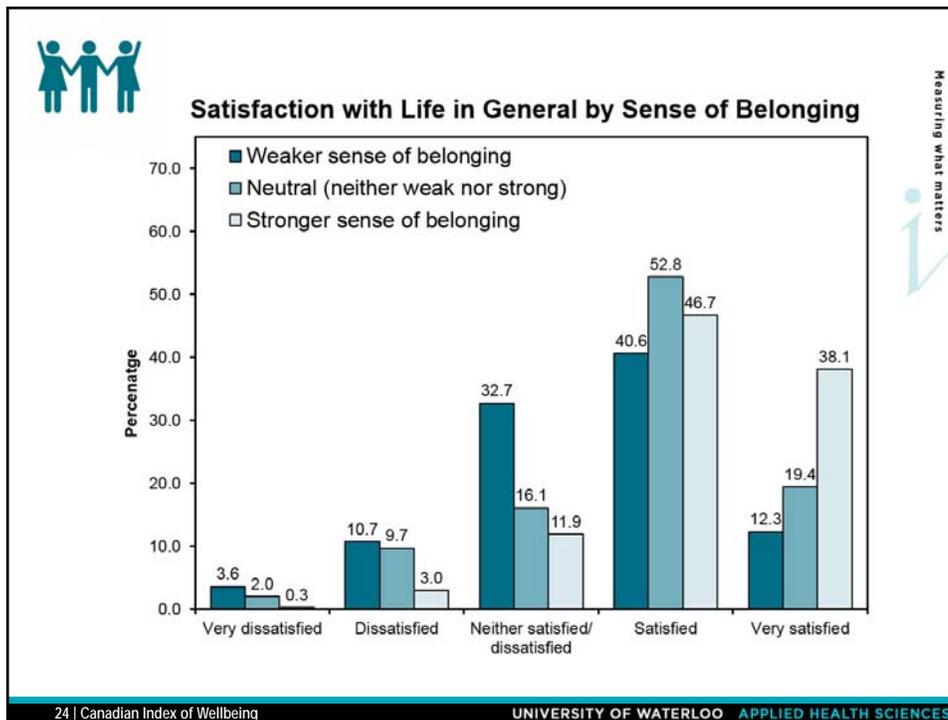
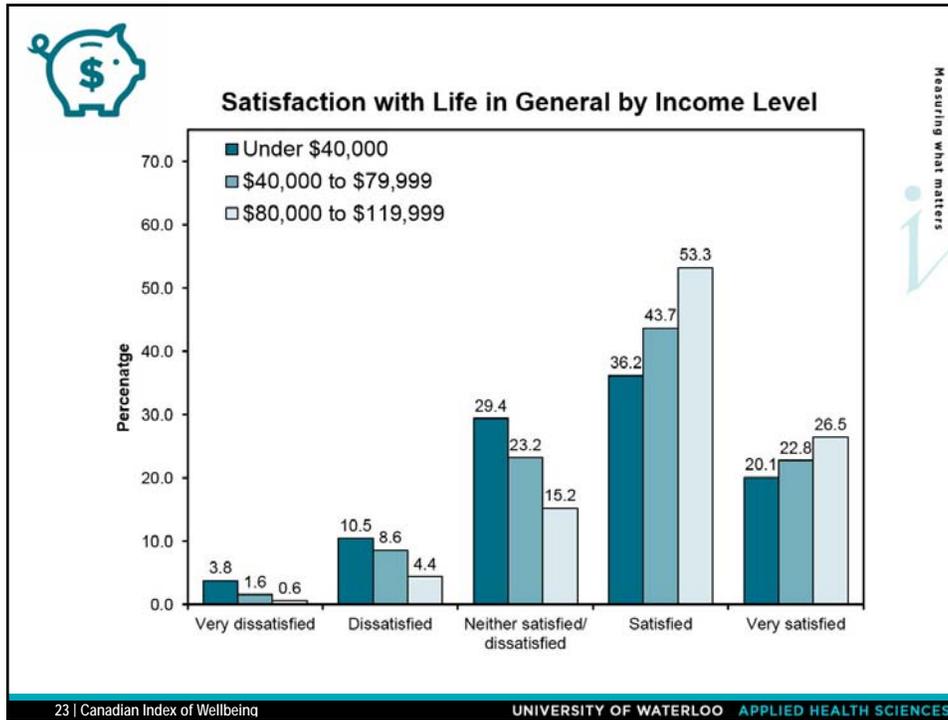
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Selected questions of importance in local context

Measures for each domain

Measures of wellbeing

Comprehensive demographics



Which domain is most critical to the quality of community life?



*i*ndex OF WELLBEING

Measuring what matters
Making measures matter

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