



Welcome!

How do you measure a community's wellbeing?

December 8, 2016
Council Chambers



#wellbeingWR

Agenda

- 1. Welcome and overview of the Community Wellness Initiative**
- 2. Canadian Index of Wellbeing**
- 3. Question and answer period**

Networking Break

- 4. Panel Discussion – communities that use the CIW**
- 5. Question and answer period**
- 6. Evaluation and Wrap-up**

Purpose of Today

- **Learn about the Canadian Index of Wellbeing (CIW) and how it tracks wellbeing.**
- **Hear some just released national results from the CIW.**
- **Hear from communities that use the CIW.**
- **Provide input on the CIW as the starting point for a conceptual measurement framework for Waterloo Region.**

Journey to date

- Over the past several years there have been meetings to discuss the potential to develop community wellness/wellbeing priorities.
- Initially the meetings grew out of a Community Safety and Wellbeing focus.
- There was interest to move forward but with broader lens of wellness/wellbeing.
- Chair Seiling volunteered to help bring together partners to discuss a path forward.
- Region was asked to provide backbone support to advance this work.

Why is there interest?

- Work together to impact wellbeing in a way we are unable to alone.
- Identifying priorities and actions that will positively impact wellbeing.
- Develop a common way to measure wellbeing and understand our collective impact.



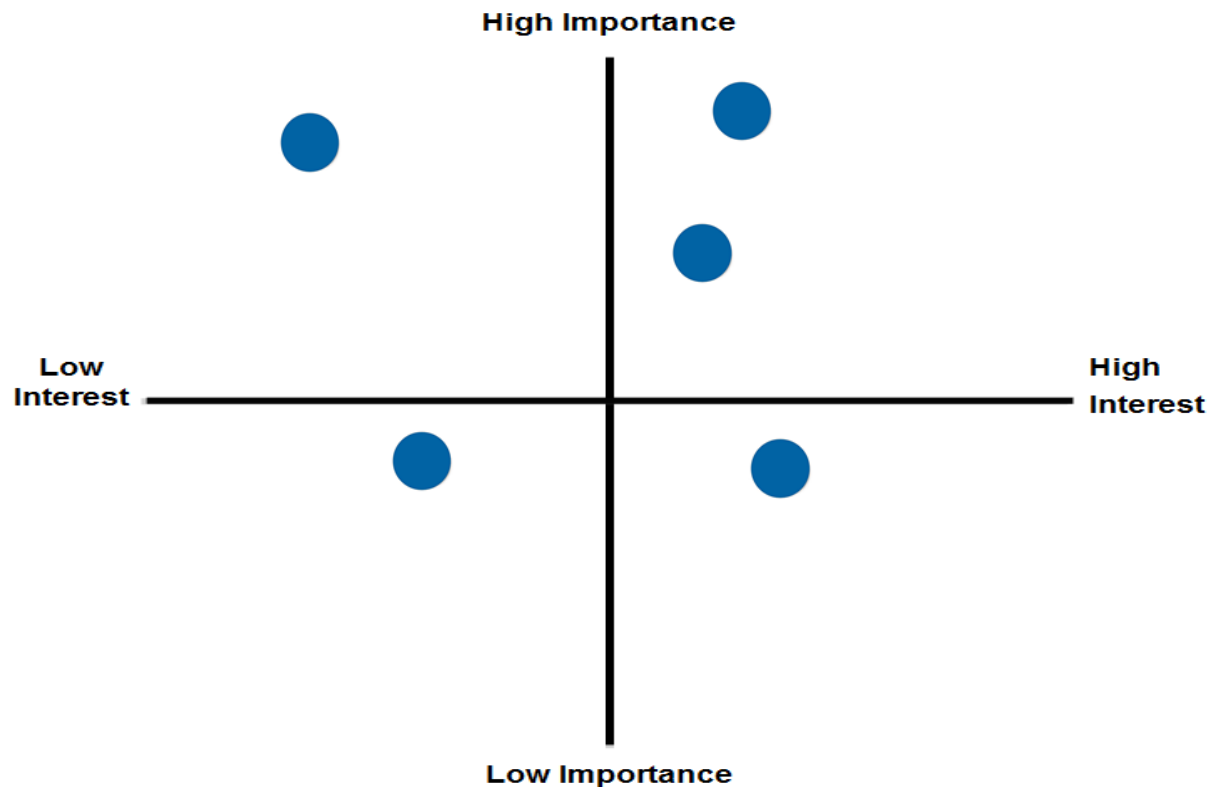
Process based on feedback

- Build on work of existing collaboratives / networks.
- **Strike a balance** between planning the journey and moving to action.
- Be **responsive and adaptive** in our planning.
- **Engage the community** to enhance capacity and shape our wellbeing journey.

We need your insights

- Continue to gather your input today
 - Blue work mat
 - Twitter - [#wellbeingWR](#)
 - Mural in lobby
 - Quadrant graph

Gauge your interest - on using the CIW as a starting point for our measurement approach



Our Journey

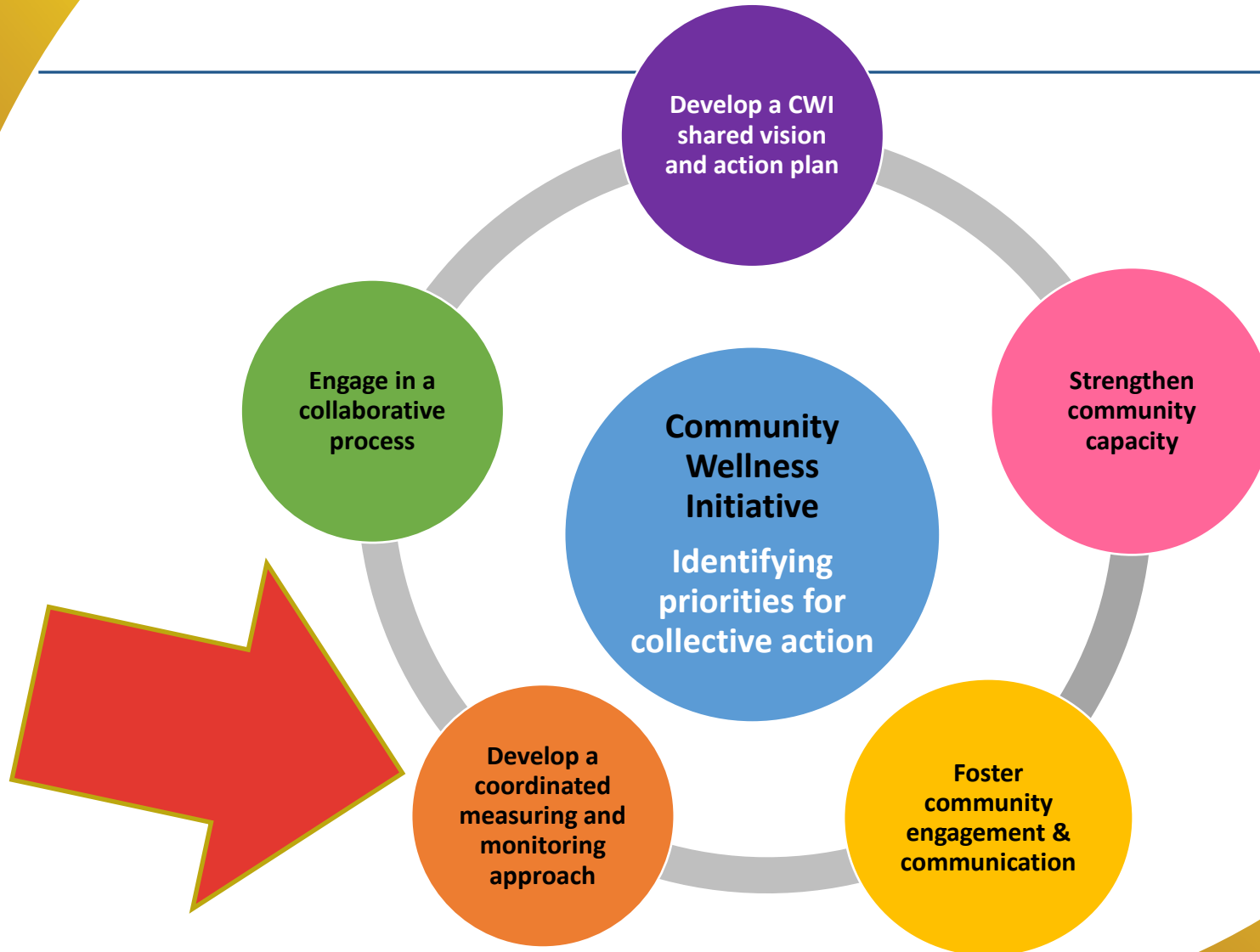
**Held discovery meetings –
Summer 2016**

**1st Community Forum –
Oct 13, 2016**

**Established a measurement
working group – Ongoing**

**Capacity building series –
Ongoing**

How are we going to do this?



Measurement Approach

- Identify a commonly agreed upon set of indicators of community wellness
 - Understand the status of wellbeing in Waterloo Region at the system level
 - Understand the impact of our efforts and actions identified in the wellbeing plan
 - Tell us over time whether community wellness is improving
 - Explore the possibility of a joint region wide citizen survey



In order to do this

- We need find a way to develop a comprehensive picture of community wellbeing.
- We need a starting place to have the conversation with common language.
- This starting place would be refined based on our community input.
- We reviewed wellbeing measurement systems.
- One that rises to the top is the Canadian Index of Wellbeing.

Considerations

- It is holistic and measures wellbeing across a wide spectrum of domains.
- Research teams from across the country were engaged to develop the indicators.
- A number of communities are already using the CIW.
- The CIW is already used and supported locally.
- The Association of Ontario Health Centres is advocating for more municipalities to use it.
- It is Canadian based and home grown – University of Waterloo.

Canadian Index of Wellbeing

Bryan Smale

- **Director of the Canadian Index of Wellbeing (CIW)**
- Housed at the University of Waterloo.



The Canadian Index of Wellbeing: Measuring Wellbeing from the National to the Local

Bryan Smale, Ph.D.

Director, *Canadian Index of Wellbeing*
University of Waterloo



Measuring our Community's Wellbeing
Waterloo Region Wellness Initiative
8 December 2016

CIW Mission

The CIW's mission is to:

- ✓ **Conduct rigorous research** related to, and regularly and publicly report on, the quality of life of Canadians;
- ✓ **Encourage** policy shapers and government leaders to make **decisions based on solid evidence**; and
- ✓ **Empower Canadians to advocate for change** that responds to their needs and values.

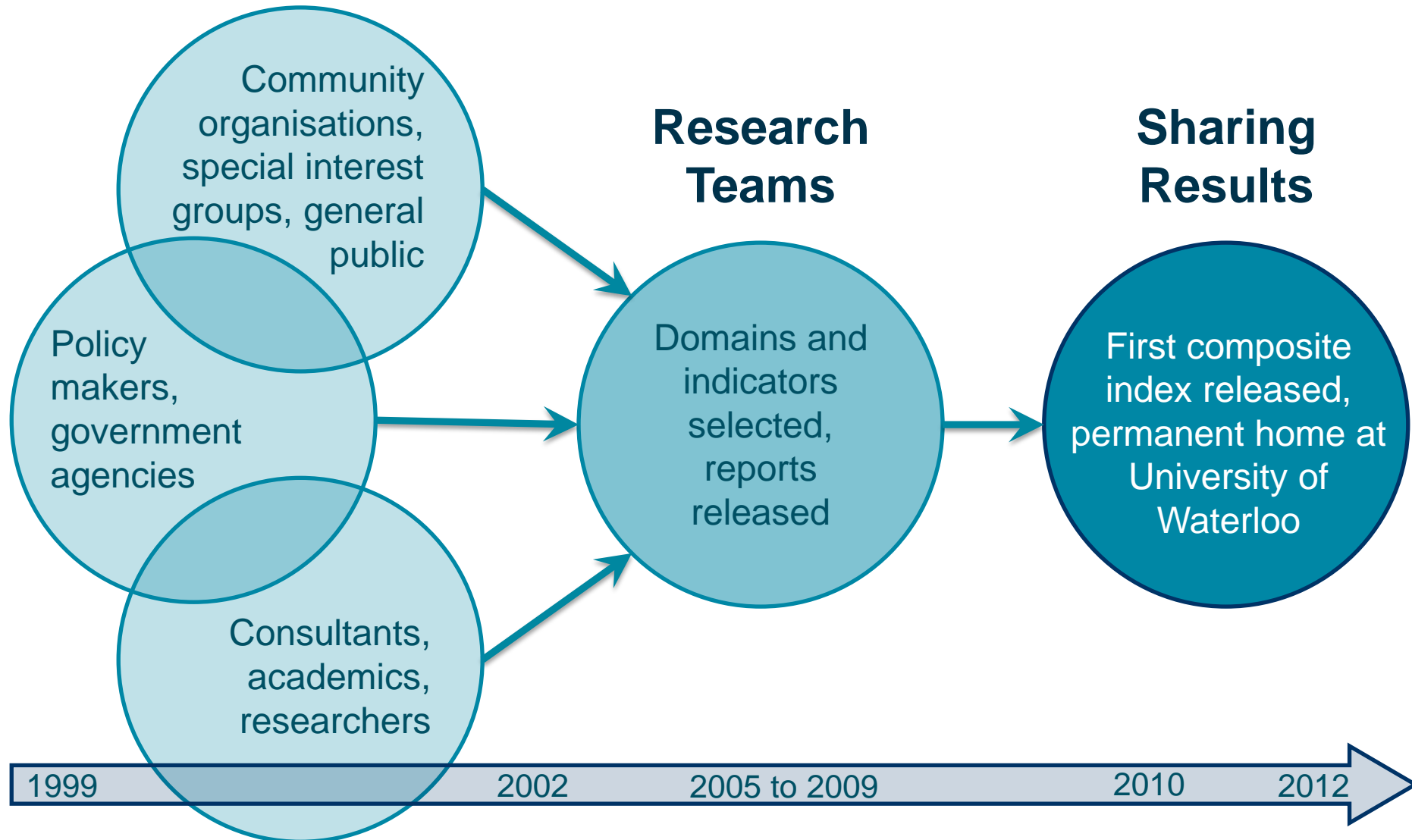
Rooted in
Canadian Values



Social justice

Collaborative development

Public Consultations

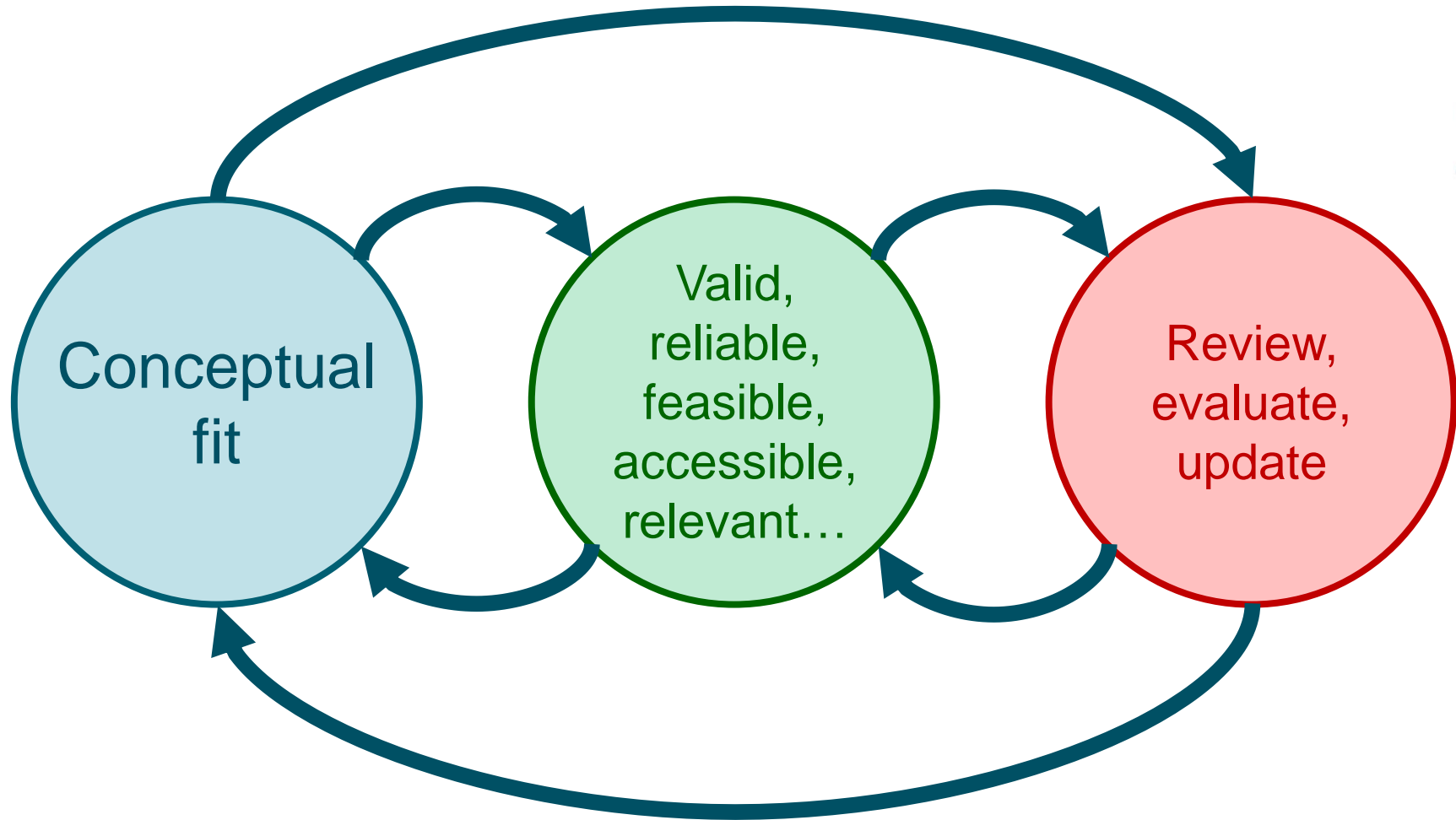


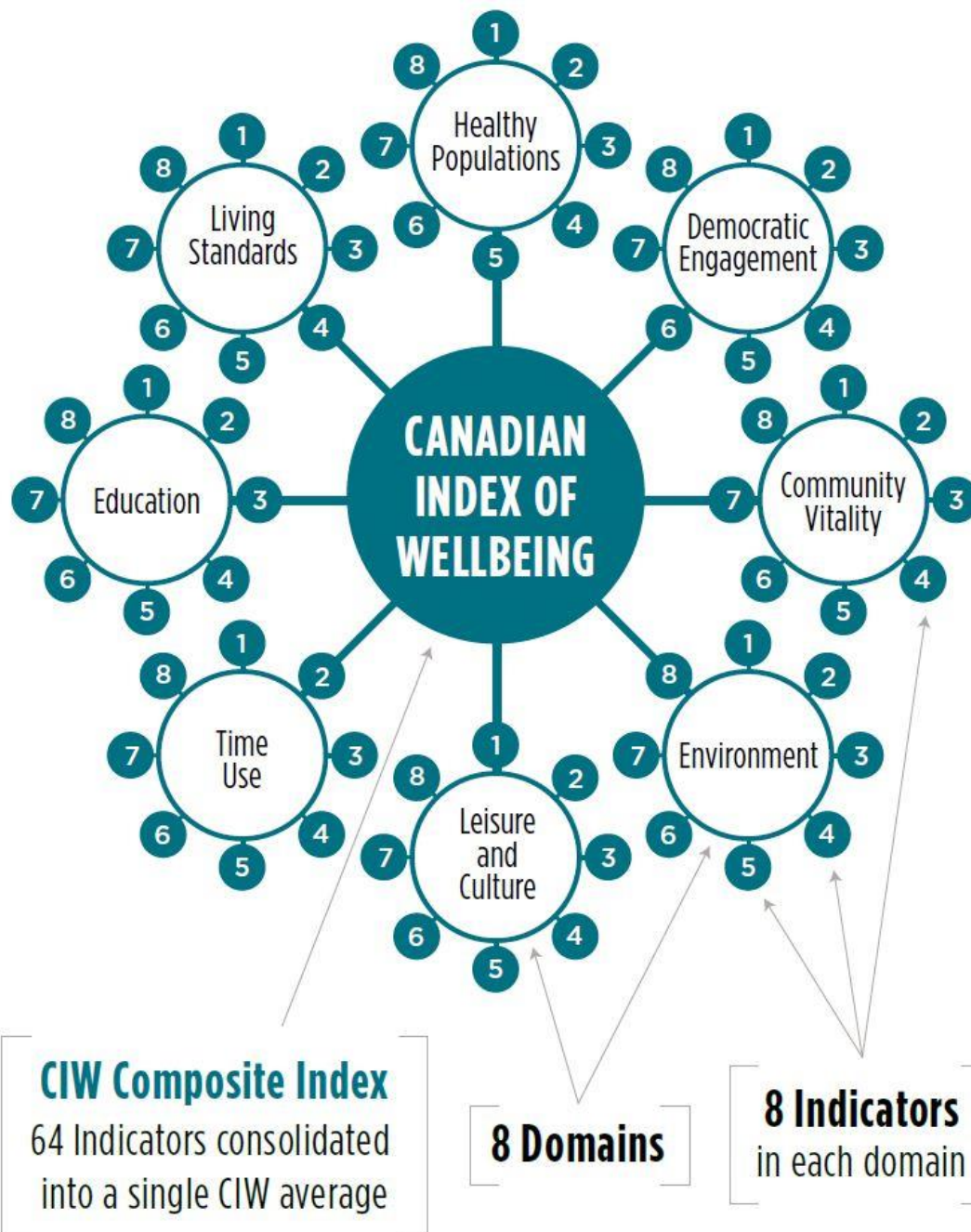
What is **WELLBEING**?

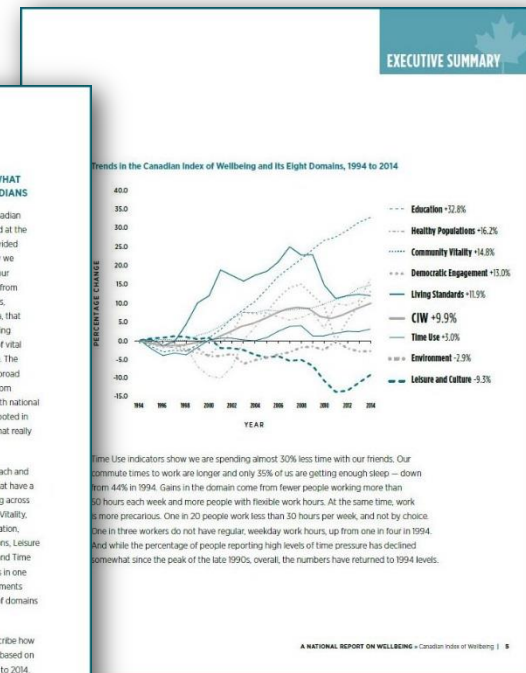
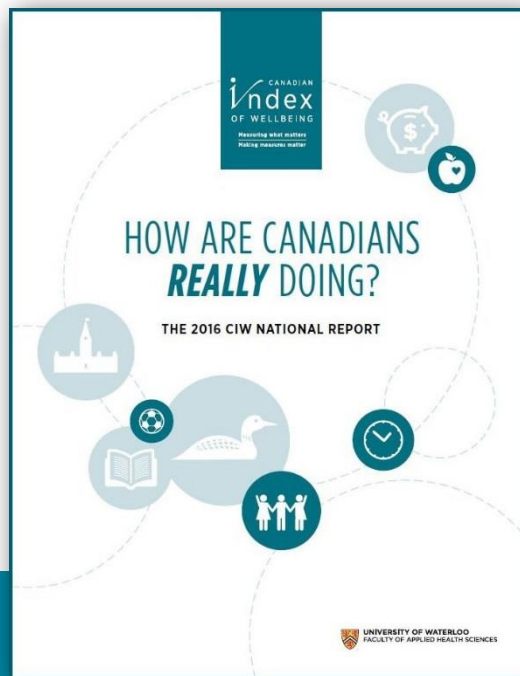
The presence of the **highest** possible **quality of life** in its full breadth of expression, focused on but not necessarily exclusive to:

- ✓ 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**

Indicator selection



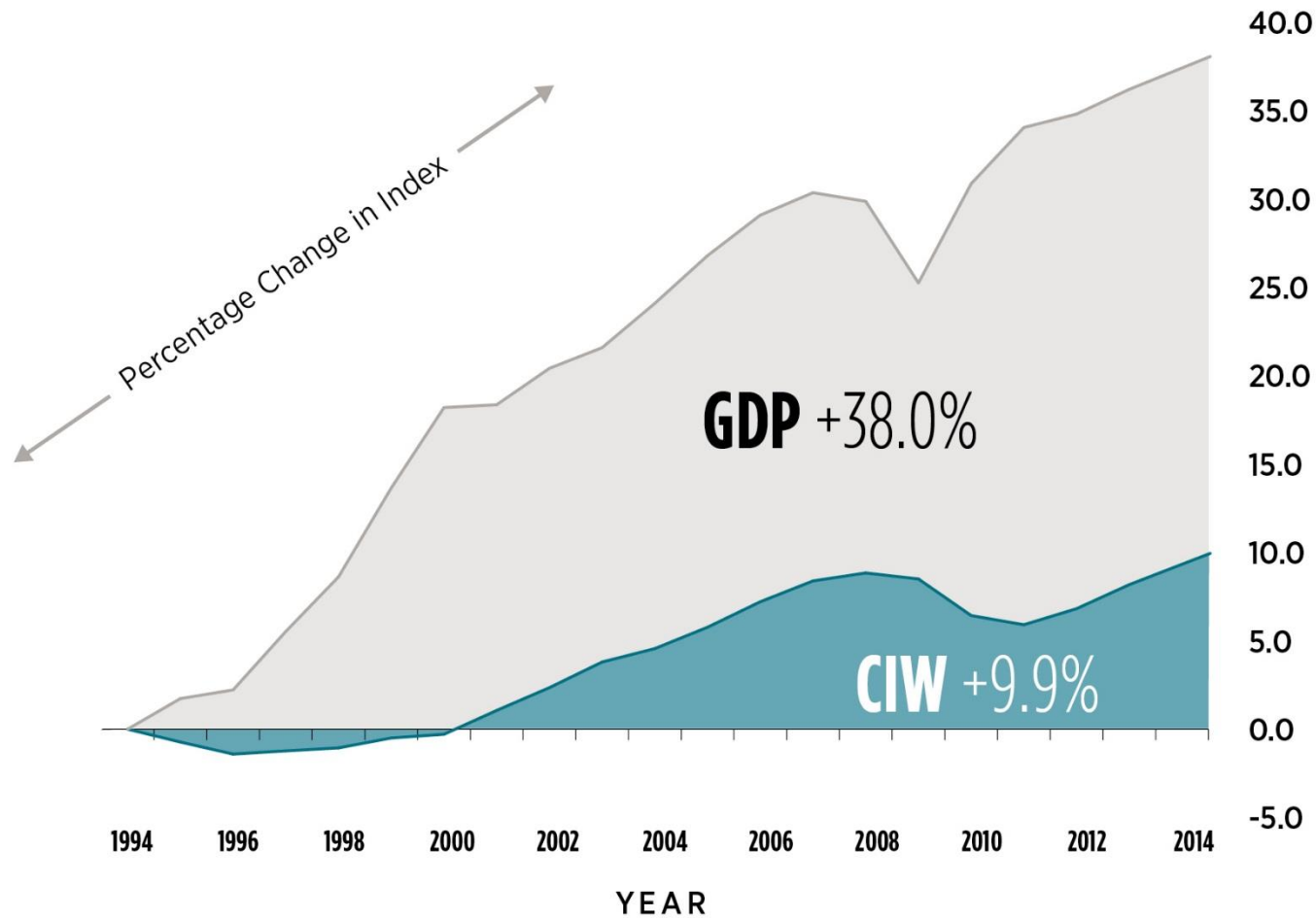




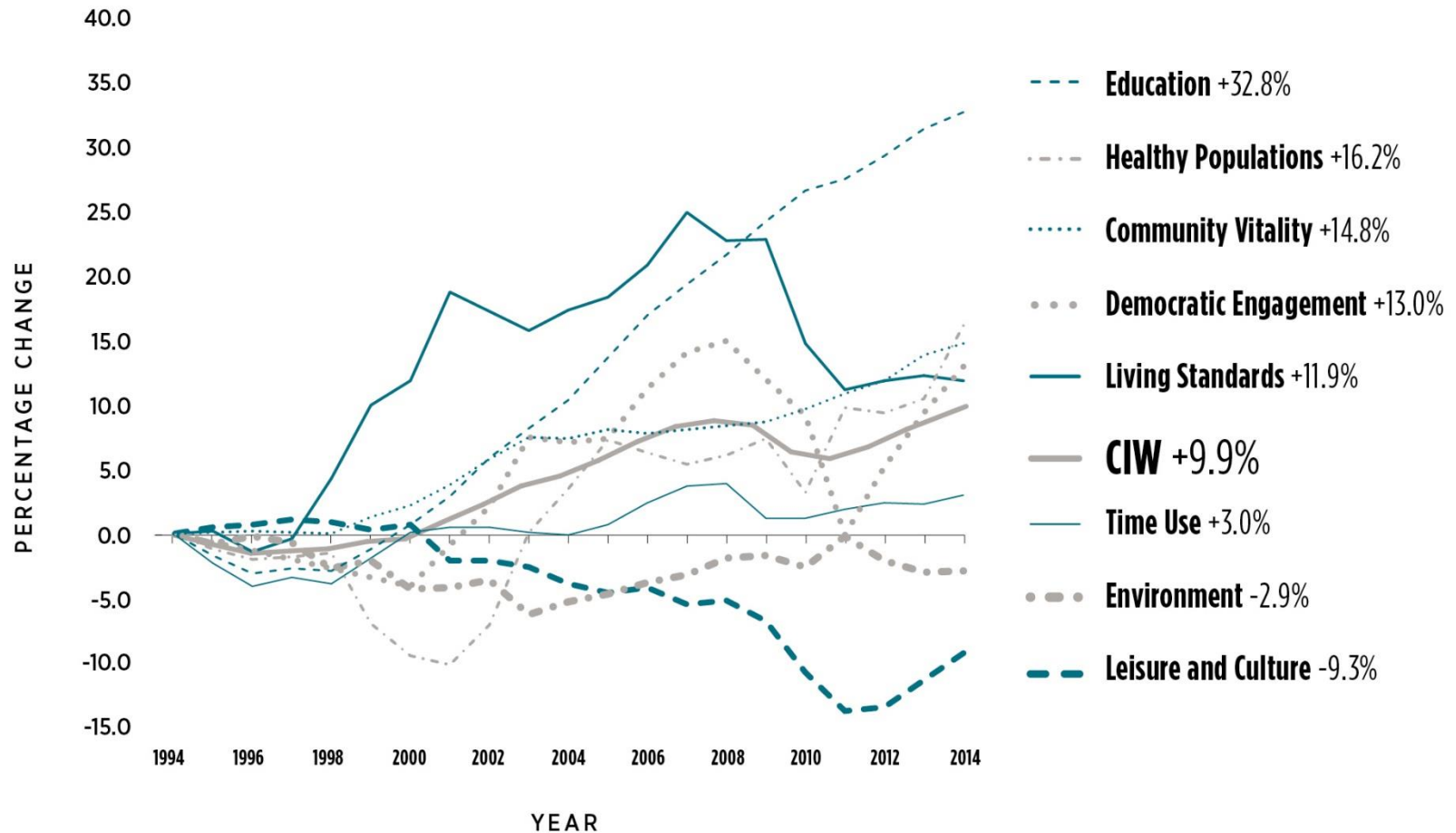
CIW Indicators Approach

Tracking Indicators of Wellbeing in all Domains

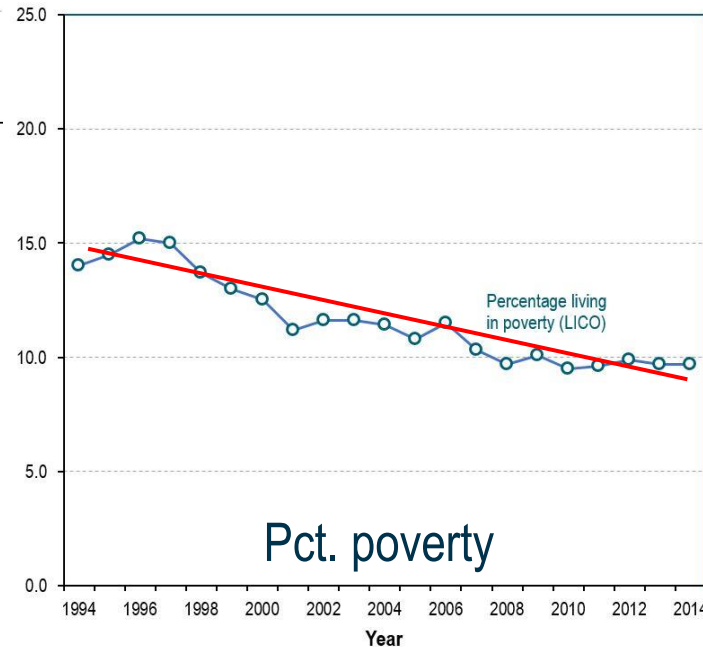
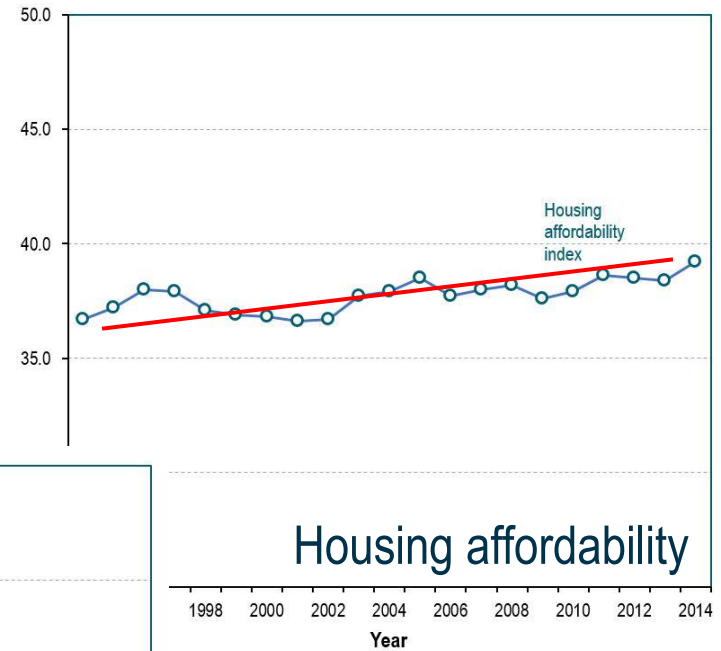
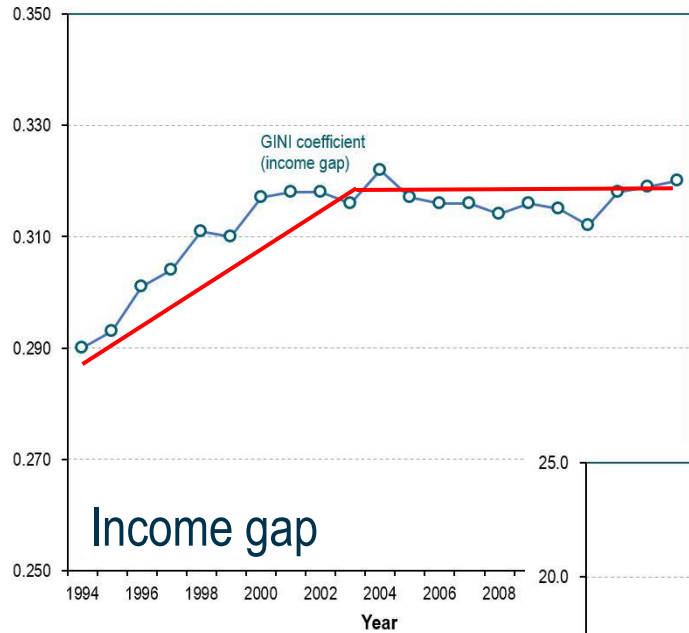
How are Canadians *really* doing?



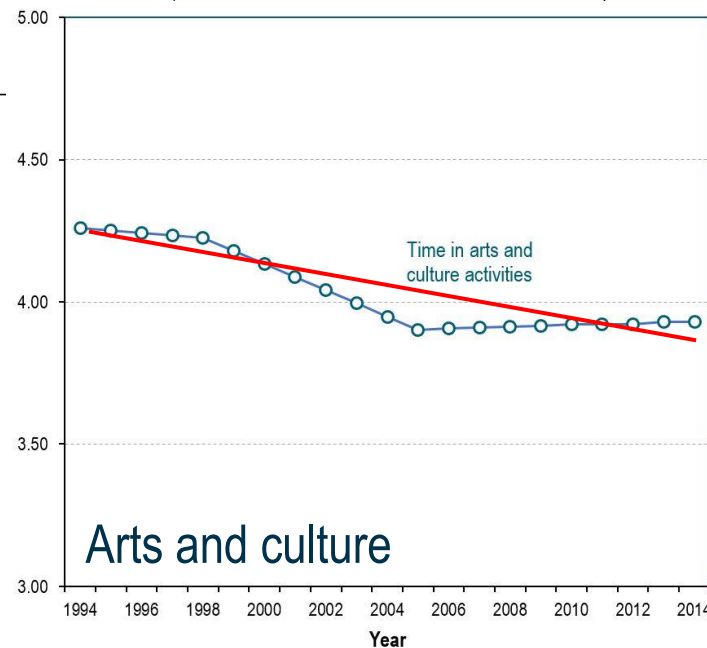
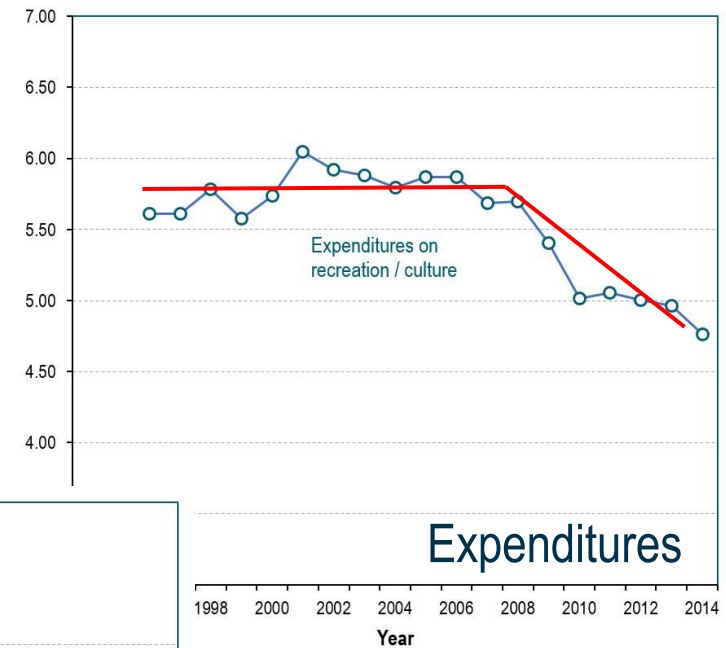
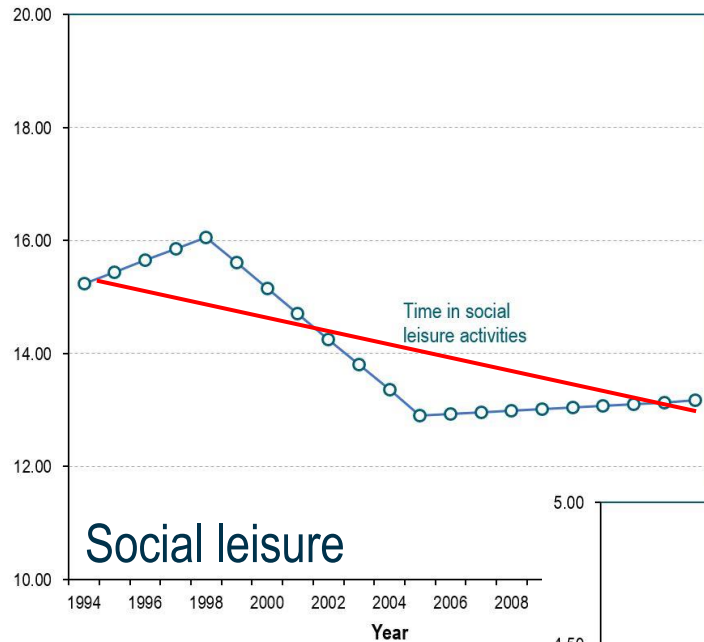
Trends in domains of wellbeing...



Selected indicators for *Living Standards*



Selected indicators for *Leisure and Culture*



CLOSING THE GAP: INNOVATIVE AND INTEGRATED POLICY DIRECTIONS

The myth that economic gains “trickle down” has been exposed.

Undeniably, there 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 post-recession, living standards plummeted and have failed to recover. No meaningful progress has been made on the environment. Fewer Canadians report having very good overall 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.

66 | CIW.CA

CLOSING THE GAP



WELLBEING AT THE HEART OF POLICY

To reverse worsening 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.

67



How are Ontarians **Really** Doing?

A PROVINCIAL REPORT ON ONTARIO WELLBEING | APRIL 2014



Ontario Trillium Foundation
Fondation Trillium de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



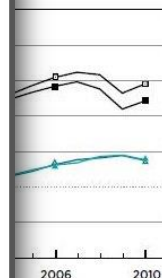
UNIVERSITY OF WATERLOO
FACULTY OF APPLIED HEALTH SCIENCES

Ontarians ng?

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

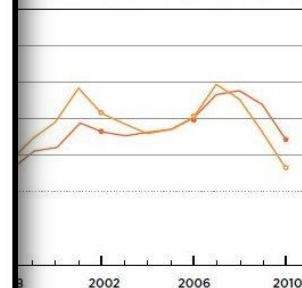
continues to grow, even recovering relatively
being in Ontario as measured by the CIW,
in more prosperous years. Perhaps more
of rebounding from the recession in the

compared 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

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

security in Ontario has been almost
Canada as a whole (down by 27.1% and

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

unemployment of 34.5% in Ontario have not
movement seen nationally.

percentage of people employed in Ontario is
75.5% in Canada as a whole.

d across the country, but the 3.6% decline in
than the 2.8% decline overall in Canada.

wn by 24.8% in Ontario, but it also trails the
a as a whole. Ontario lead Canada as a whole
0s and early 2000s, but its growth in median
d since 2005.

Ontario's income gap is slightly greater than
11.4%. Ontario's income gap surpassed the
03 and has not narrowed significantly since.

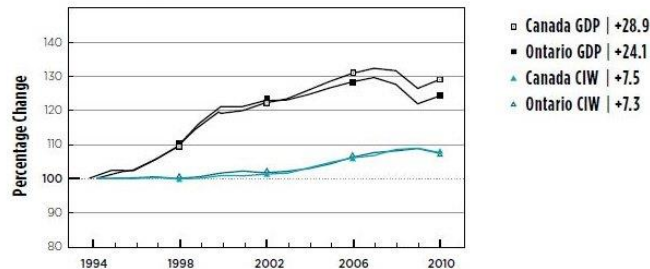
Adapting the CIW to Ontario...

How are Ontarians Really Doing?

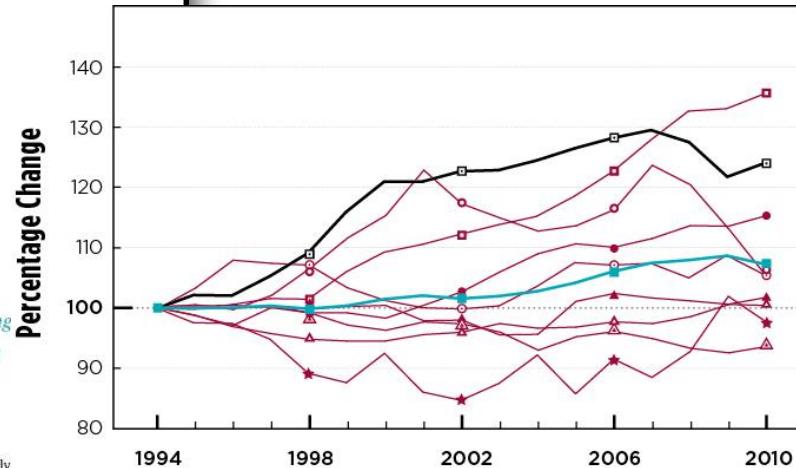
In keeping with the Canadian trend, Ontario's overall wellbeing has lagged far behind growth in its GDP. Since 1994, wellbeing in Ontario has increased by 7.3% compared to an increase in provincial GDP of 24.1%.

While economic productivity in Ontario continues to grow, even recovering relatively quickly following the 2008 recession, wellbeing in Ontario as measured by the CIW, has never thrived to the same extent, even in more prosperous years. Perhaps more troubling, wellbeing has not shown signs of rebounding from the recession in the same way that GDP has.

Trends in the Canadian Index of Wellbeing compared to GDP (per capita) for Canada and Ontario (1994 to 2010)



A PROVINCIAL REPORT ON ONTARIO WELLBEING Canadian Index of Wellbeing / 11



Adapting the CIW to the regional level...

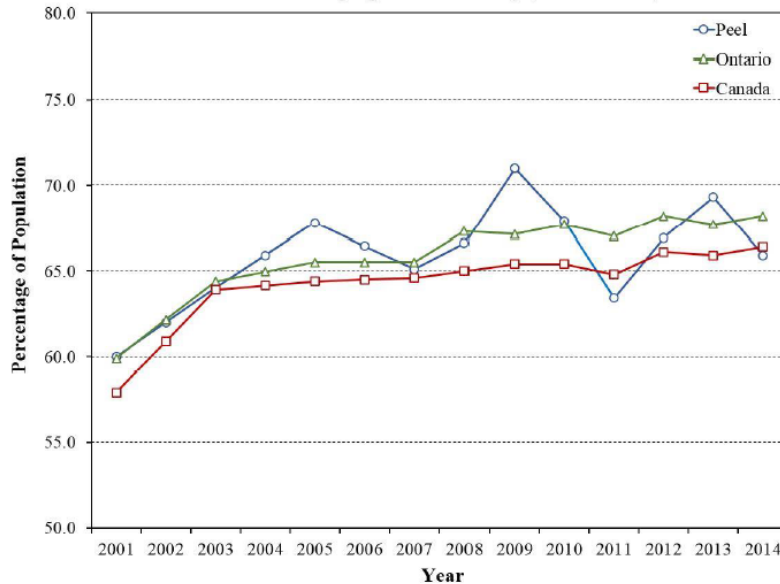
Regional Municipality of Peel



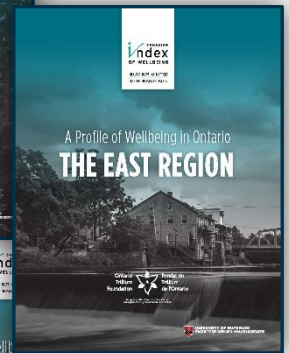
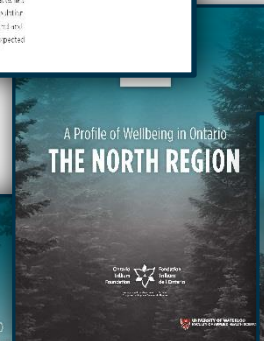
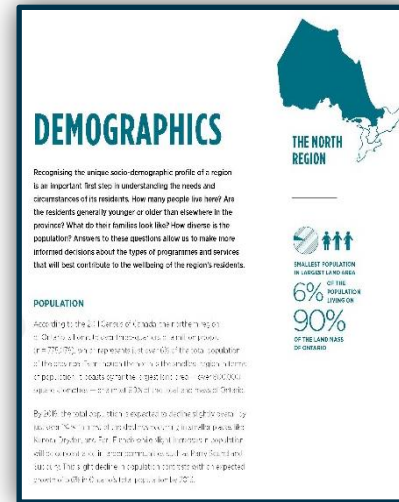
Trends in Indicators of Wellbeing in the Regional Municipality of Peel: Applying the Canadian Index of Wellbeing

Submitted to:
Regional Municipality of Peel
Business Intelligence Centre of Excellence (BICE)

Figure 3
Percentage Reporting Very or Somewhat Strong Sense of Belonging to Community (2001 to 2014)



Five Ontario regional reports





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"/>
In the past 12 months, were you a member of or a participant in...		
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 unpaid help to anyone ...		
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

CIW Community Wellbeing Survey

Sample

- Stratified (by neighbourhood) random sample of households in the community or region

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		
	No	Yes
In the past 12 months, did you do any unpaid volunteer work for any organization?	<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"/>

*Look into Wood Buffalo
Community Wellbeing Survey:*

**Sense of Belonging, Residency and
Household Type, and Wellbeing among
Wood Buffalo Region Residents**

A report for

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

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

A report for

The Victoria Foundation

MEASURING WHAT MATTERS | MAKING MEASURES MATTER

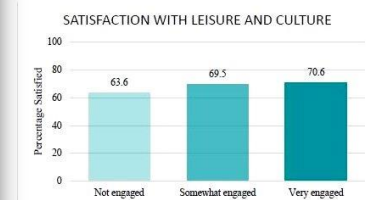
**Civic Engagement and Community Wellbeing in
Kingston, Frontenac, Lennox & Addington**

A REPORT BASED ON RESULTS FROM THE KFL&A COMMUNITY WELLBEING SURVEY | JUNE 2014

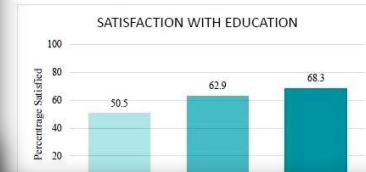


Overall Leisure and Culture and Education

The measure of overall leisure and culture reflects residents' level of satisfaction with leisure time, access to arts and cultural opportunities in the community, and access to recreational and parks opportunities in the community. People who are highly civically engaged are more often satisfied with their leisure and culture time and access to leisure opportunities than people who are somewhat or not engaged.¹⁹ People who are not engaged are less often satisfied with their leisure and culture time and access than other residents.

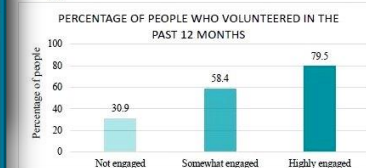


The measure of overall education indicator reflects residents' level of satisfaction with their access to educational opportunities in the community. More people who are highly civically engaged are satisfied with their access to education in the community than people who are somewhat or not engaged.²⁰

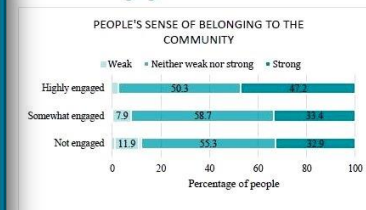


Volunteering

The percentage of people volunteering tells us to what extent people give time and energy to help others, support local organisations, and work toward improving wellbeing in the community. Volunteering builds social relationships and shows a connection and commitment to the community. Doing volunteer work differs by level of civic engagement.²¹ People with a high level of civic engagement volunteer significantly more than either of the other two groups. Even people who are somewhat engaged volunteer at a much higher rate than people who are not engaged.



Sense of Belonging



Sense of belonging to the local community tells us how much people feel they matter to others and to what extent a person feels they can depend on the community to meet their needs. Results show that people with a high level of civic engagement report feeling a stronger sense of belonging to the local community than the other two groups.²² People who are not civically engaged have a weaker sense of belonging.

¹⁹ Source: Technical Supplement – Table A1.

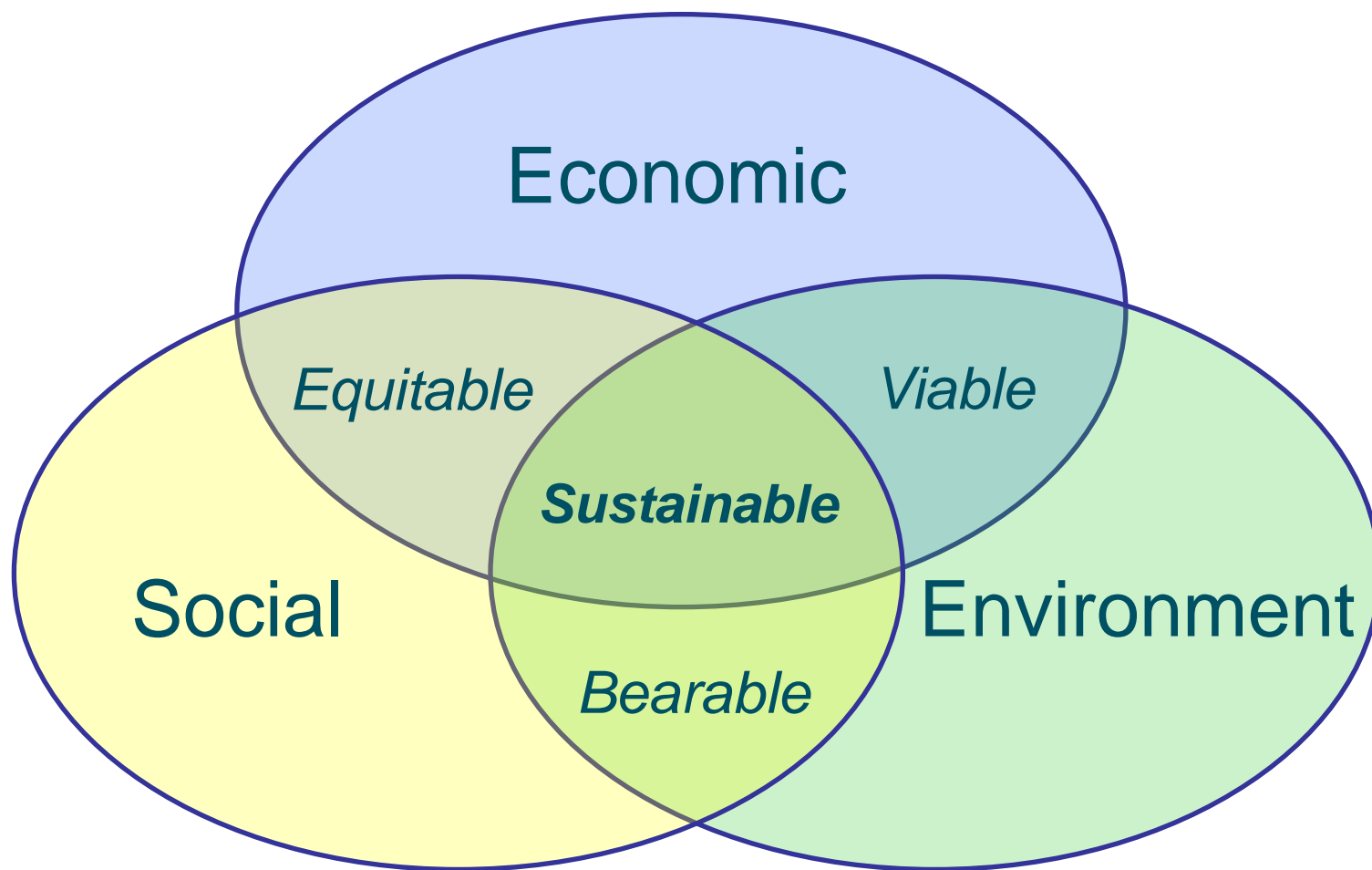
²⁰ Source: Technical Supplement – Table A2. Sense of belonging is reported on a 7-point scale from 1 = "very weak" to 7 = "very strong". People are considered to have a weak sense of belonging if they reported 1 or 2 on the scale, neither weak nor strong if they reported 3, 4, or 5 on the scale, and strong sense of belonging if they reported 6 or 7.

*How is civic
engagement
related to
volunteering?*

Interconnections among domains...



CIW connections to sustainability...



Oxford County Sustainable Development Plan

Vision: A vibrant, prosperous, and responsible Oxford for all.

Mission: To achieve community sustainability throughout Oxford.

Goals

1. COMMUNITY

GOAL 1i: An Oxford that is accessible for all citizens

OBJECTIVES

1iA Provide high-quality and accessible health care, social services, support programs, and housing that meet the needs of all citizens.

Targets:

Reduce core housing need in Oxford by X% by 2020 and Y% by 2030.ⁱ

Reduce % population living in poverty by X% in 2020 and by Y% in 2030

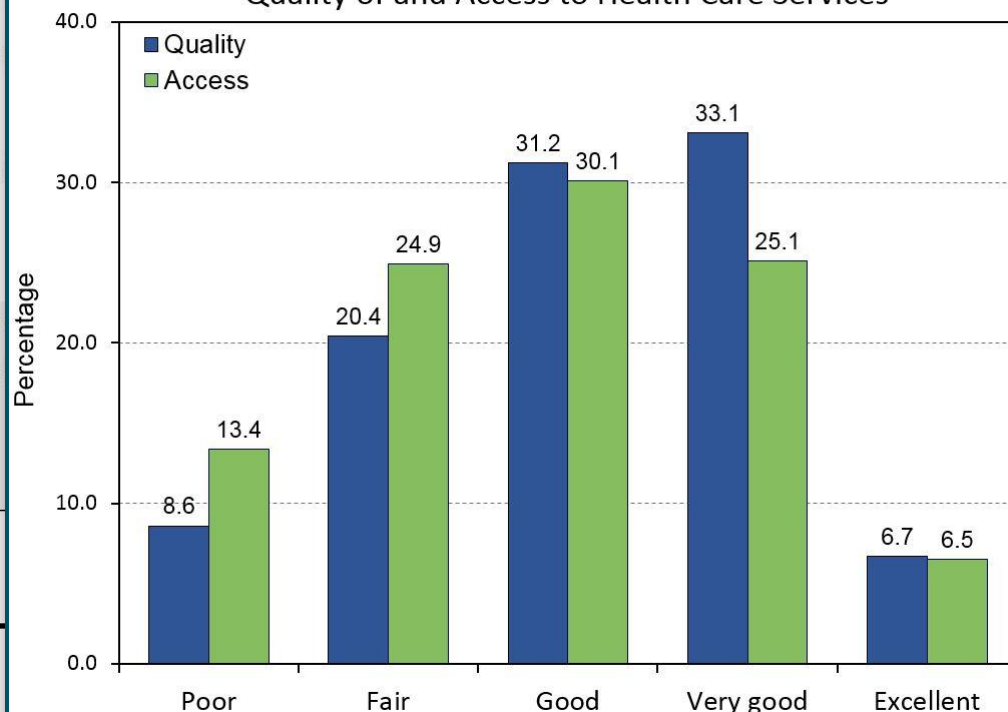
1iB Develop accessible intercommunity transportation options to reduce reliance on personal automobile ownership.

Target:


Reduce the average distance driven per resident by X% from 2007 levels by 2020 and by Y% by 2030.

FUTUREOXFORD
Our path towards sustainability

Oxford County Residents' Perceptions of the Quality of and Access to Health Care Services



Oxford County Sustainable Development Plan





Oxford County Community Wellbeing Survey:
A Comparison of Oxford Residents on Selected Aspects of their Wellbeing




 A report for the
Community Oxford Committee



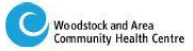
 Margo Hilbrecht and Bryan Smale
 Canadian Index of Wellbeing
 University of Waterloo

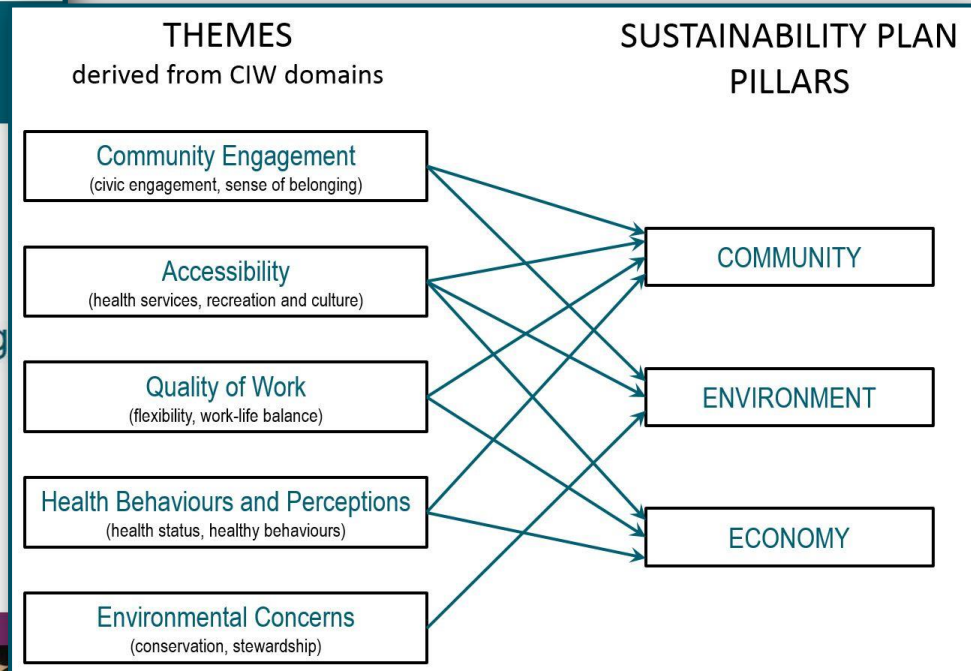
 September 2016

A partnership with **CommunityOxford**

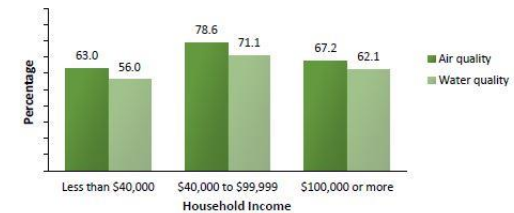






residents, and 7 in 10 people living in Woodstock. The same geographic pattern held true for water quality although in this case, only one-quarter of Ingersoll residents (25.4%) thought the water quality was very good (see Figure 25E).

Figure 25A. Percentage of residents who agree that air and water quality in the community are very good by income level



Mapping the CIW to UN SDGs...



Measuring what matters
Making measures matter

Mapping the Canadian Index of Wellbeing to the United Nations Sustainable Development Goals

A Working Paper

Bryan Smale and Margo Hilbrecht
Canadian Index of Wellbeing
University of Waterloo

November 2016



Mapping the CIW to the UN

SUSTAINABLE DEVELOPMENT GOALS



COMMUNITY VITALITY



EDUCATION



DEMOCRATIC ENGAGEMENT



ENVIRONMENT



End poverty in all its forms everywhere

CIW National Indicators

Community Vitality

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

Living Standards

- After tax median income of economic families (2013\$)
- Percentage of persons in low income
- Gini coefficient (a measure of the income gap)
- Percentage of population who experienced food insecurity
- Housing affordability based on Shelter Consumption Affordability Ratio (SCAR)

CIW Community Wellbeing Survey

Living Standards

"How often did you have the following experiences in the past year? Please indicate how often each experience occurred for you in the past year?"

- Item 1: "I could not pay my bills on time (e.g., water, hydro, phone, credit card)."
- Item 2: "I could not pay my mortgage or rent on time."
- Item 3: "I ate less because there was not enough food or money for food."
- Item 4: "I did not have enough money to buy the things I needed."

Overall Health and Wellbeing

"We would like you to indicate your overall level of satisfaction with a variety of areas that affect wellbeing. For each of the following statements, please indicate *how satisfied you are* by checking the circle that best describes how you feel."

- Item 15: "My financial situation."

Demographics

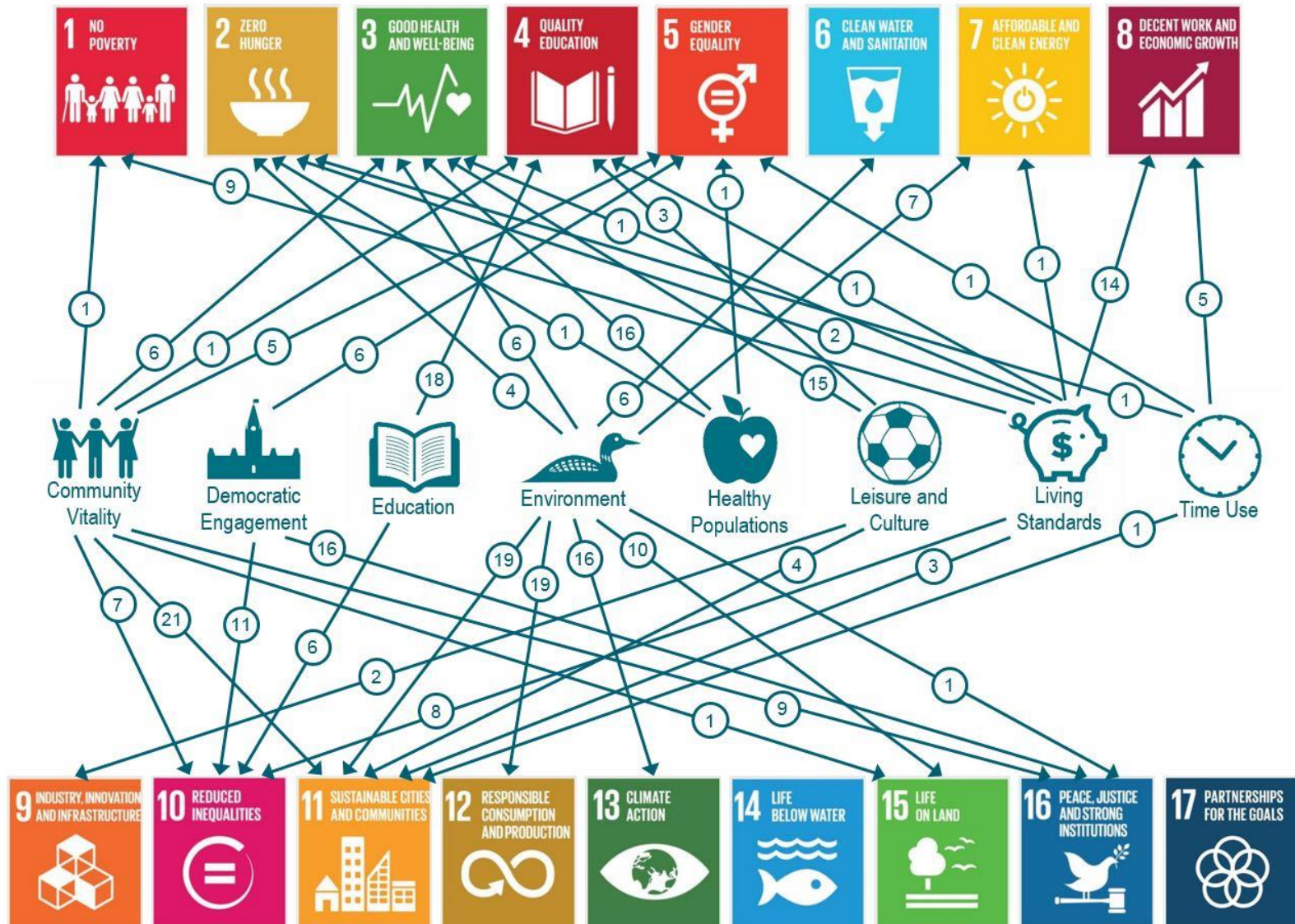
"What was your total household income from all sources last year?"

Notes

The selected indicators address most directly Target 1.2. Where possible depending on the data source, the national indicator can be disaggregated to examine conditions for selected subgroups within the population.

12

Mapping the CIW to the UN SDGs...



Questions



Networking break

- Contribute to our mural of the vision for wellbeing in Waterloo Region.
- Talk to others that you don't know.



Panel discussion

Hear how other communities use the CIW to engage the community, track and measure progress, set priorities and inspire actions.

Moderator – Christiane Sadeler

Executive Director

Waterloo Region Crime

Prevention Council



Panel Discussion

Gary Machan
CIW
Implementation
Specialist
AOHC



Denise Squire
Executive Director
Woolwich Community
Health Centre



Peter Crockett
Chief Administrative
Officer
County of Oxford



Nancy Mattes
Former Director
Social Prosperity
Wood Buffalo





Community
Health and
Wellbeing

Shift the
conversation

CREATING A CULTURE OF HEALTH AND WELLBEING: The CIW & Local Government

Gary Machan

Canadian Index of Wellbeing Implementation Specialist
Association of Ontario Health Centres



An agency of the Government of Ontario.
Relève du gouvernement de l'Ontario.

Thursday, December 8, 2016

OUR VISION

**The best possible health and wellbeing
for everyone living in Ontario**

ASSOCIATION OF ONTARIO HEALTH CENTRES
ASSOCIATION DES CENTRES DE SANTÉ DE L'ONTARIO

WHO WE ARE

The Association of Ontario Health Centres (AOHC) is an organization firmly committed to championing transformative change to improve the health and wellbeing of people and communities facing barriers to health. We are the voice of Ontario's community-governed primary health care organizations, a vibrant network of:

74 or 100% of Community Health Centres

10 or 100% of Aboriginal Health Access Centres

10 Community Family Health Teams

13 Nurse Practitioner-Led Clinics

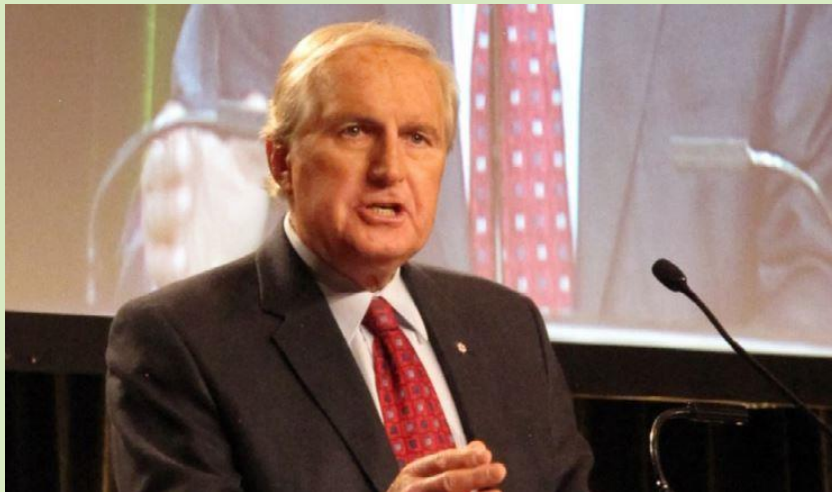
Our association is strong and united. Each member represents the local communities they serve, and each is committed to working together to achieve shared province-wide goals.



SETTING THE STAGE

- Inspired by a presentation by the Honorable Roy Romanow, Barrie Community Health Centre became the first entity to adopt the CIW at the local level in partnership with local government.
- Due to the strong sectoral interest in this initiative, a **major Ontario Trillium Foundation grant** was awarded to the Association of Ontario Health Centres to serve as a catalyst in communities across the province.
- Over 35 Community Health Centres are now **serving as early adopters of the CIW** in their communities, several of whom are working with municipal/regional government.
- Of real significance, both Community Health Centres and local government share the same vision to improve the health and wellbeing of the people they serve. And both serve similar challenged populations.

A TOOL TO SHIFT THE CONVERSATION

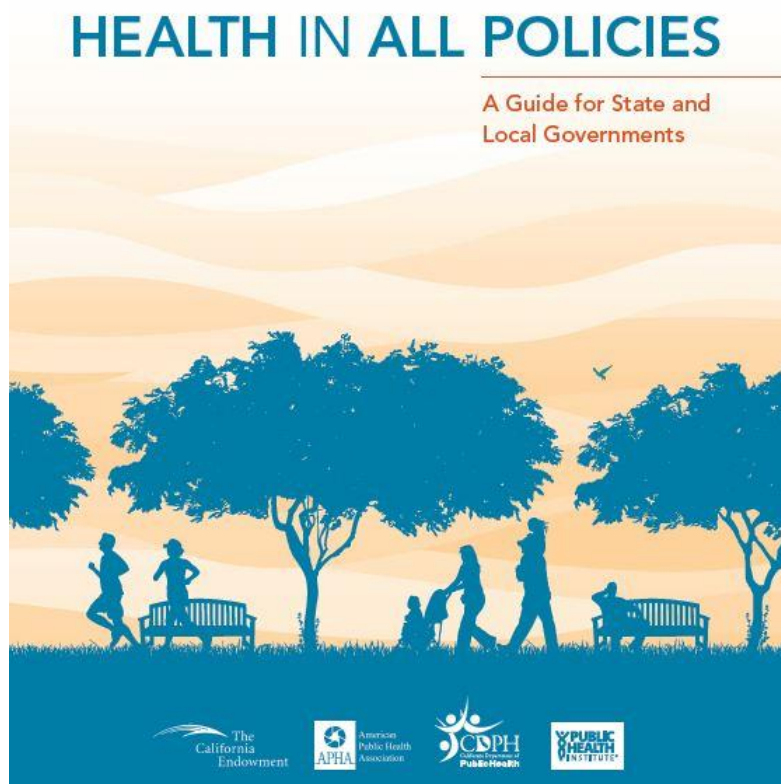


“If we want Canadians to be the healthiest people in the world, we have to connect all the dots that will take us there. To connect the dots, we have to know what they are.”

The Honourable Roy Romanow

P.C., O.C., S.O.M., Q.C.; Former Premier of Saskatchewan; Former Commissioner on the Future of Health Care in Canada; Former Co-Chair, Canadian Index of Wellbeing Advisory Board; Senior Fellow, Political Studies, University of Saskatchewan

A FRAMEWORK FOR ACTION: HEALTH IN ALL POLICIES



- 1** To move towards a culture of health and wellbeing, we need **Health in all Policies legislation** to improve the health of all people by incorporating health considerations into decision-making across sectors
- 2** The CIW can be a powerful tool to help the public sector meet its aspirations to **build healthier communities**

THE CIW IN ACTION: SIMCOE COUNTY



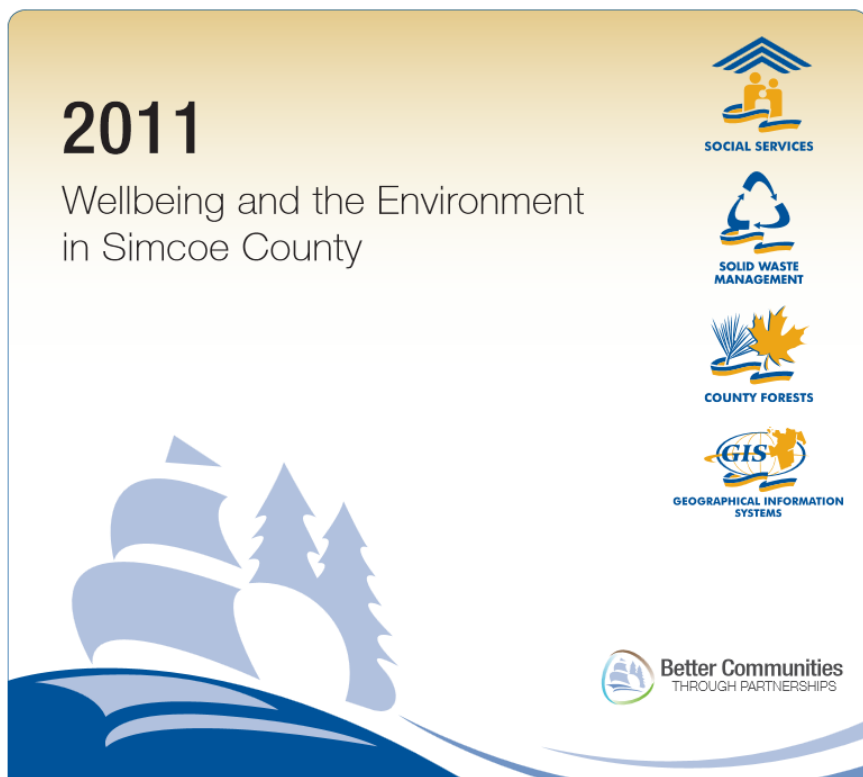
The Resilience Collaborative was the first CIW group in Canada.

Organizing Partners



The Collaborative included many partners from multiple sectors including: Lakehead University, the school board, the county government, the area's Public Health Unit, the United Way and a regional environment network.

THE COLLABORATIVE SPEARHEADED A NUMBER OF HEALTH AND WELLBEING INITIATIVES



One very effective strategy was the release of CIW regional reports shortly after the release of CIW national reports.

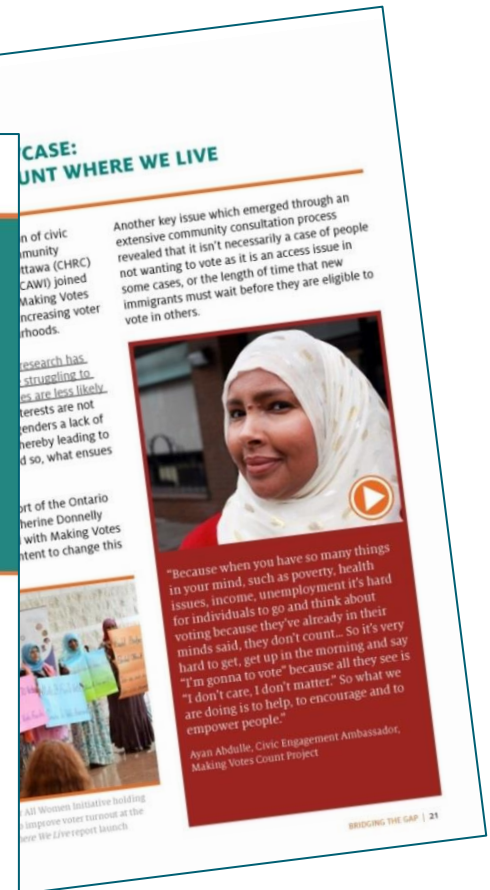
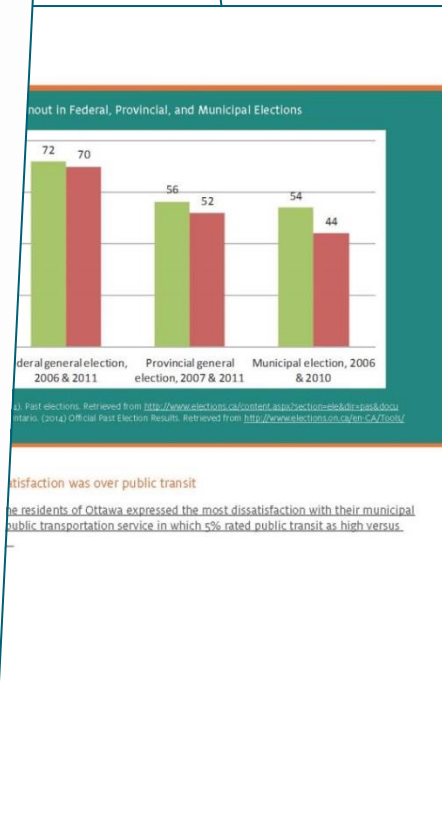
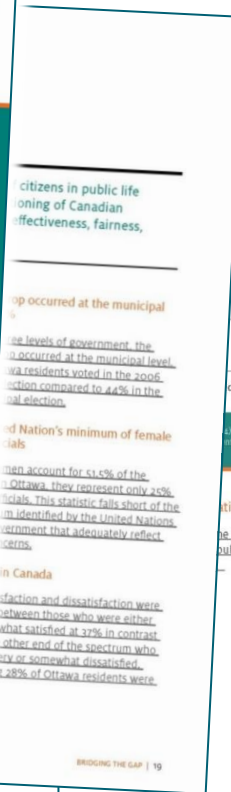
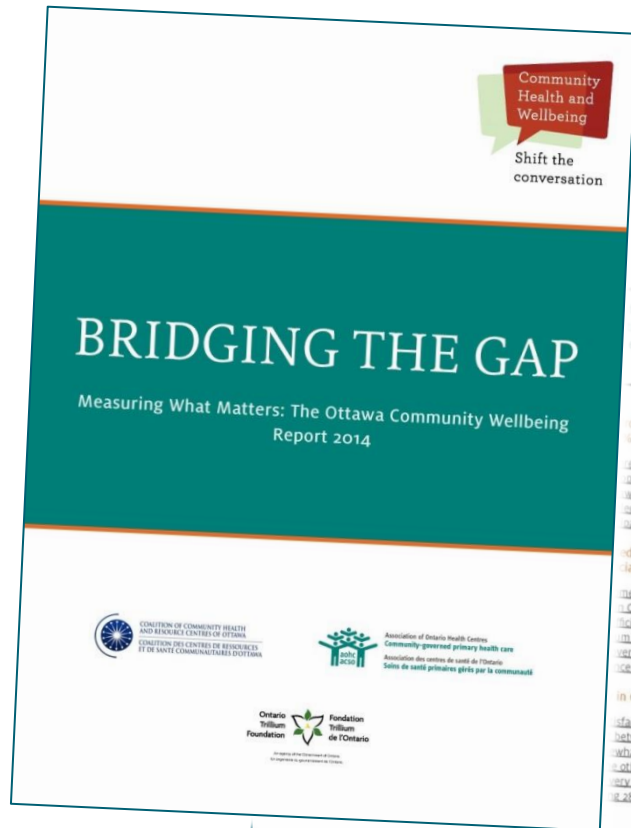
The Collaborative released a corresponding local environment “piggy back” report, in tandem with on the ground outreach activities including an eco-fair with the school board and a journalism contest for students.

THIS LED TO A HEALTHIER ENVIRONMENT IN THE REGION



These efforts led to improved environmental programs and policies related to local food procurement practices, the advancement of solar power, and extended recycling services.

THE CIW IN ACTION: OTTAWA



THE OTTAWA REPORT SHAPED ELECTION DEBATE & COVERAGE



HOME NEWS LOCAL NEWS POLITICS • PS • DEFENCE WATCH • NATIONAL • WORLD

Taking the measure of Fat City: Ottawa affluent and troubled, report finds

ELIZABETH PAYNE
More from Elizabeth Payne

Published on: October 7, 2014 | Last Updated: October 7, 2014 10:52 AM EST



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Oct 16, 2014 1 Vote 0 0

Quality of life gap widening in Ottawa, group says

Ontario News

By Laura Mueller

Ottawa offers a great quality of life for residents - those who are affluent. But according to a new report from the local health and resource centres, the city needs to do a better job investing in people and communities.

The report, called Bridging the Gap, used the Canadian Index of Wellbeing's 64 indicators to assess the divide in the quality of life for Ottawa citizens. The results are telling, according to the Coalition of Community Health and Resource Centres.

Although Ottawa has the highest median income in the country, the city's poverty rate sits at 11.7 per cent - only marginally lower than the number for Ontario - 13.9 per cent - and Canada as a whole, which has a 14.7 per cent poverty rate.

"When you look at the [Canadian Index of Wellbeing] indicators for Ottawa you find a disturbing divide," said Jack McCarthy, executive director of Somerset West Community Health Centre. "There (are) some indicators that show a city of great prosperity, but there are many others that reveal the city needs to do a better job improving health and wellbeing."

The report was released during a panel discussion at city hall on Oct. 7. One panelist, Mike Bulthuis, executive director of the Alliance to End Homelessness, said the city needs to draw on the potential and assets of that highly educated and high-earning population to find creative ways to help those in poverty.



Quality of life gap widening in Ottawa, group says- Image 1

Laura Mueller, Metroland
Kathie Doherty, right, an anti poverty and community engagement worker at the Coalition of Community Health and Resource Centres, and Linda Lakonde, left, co-chairwoman of the Ottawa Poverty Reduction Network, discuss how to close the gap between poverty and affluence in Ottawa during a panel discussion on Oct. 7.

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News > Bridging the Gap report studies Ottawa's wellbeing and suggests ways to improve

Bridging the Gap report studies Ottawa's wellbeing and suggests ways to improve

Posted on 10/7/2014 9:37:00 AM by Sarah Anderson

A new report out today from The Coalition of Community Health and Resource Centres of Ottawa finds a large gap between the affluent and everyone else as it looks at Ottawa's overall wellbeing. This is the first time the Canadian Index of Wellbeing has been used to analyse one city. Grassroots organizations came together to compile the report that looks at all areas of wellness including living standards, environment, democratic engagement, time use, leisure and culture, education, community vitality and more.

Human development professor Charles Pascal said on top of the research they have good evidence

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AND RAISED AWARENESS ABOUT KEY FACTORS DETERMINING HEALTH AND WELLBEING



1 Affordable Housing

2 Food Security

3 Public Transit

4 Equity and Employment



“The leadership that [the community health centres in Ottawa] have shown in terms of the CIW, the leadership that they have shown in terms of saying evidence-based policy is what determines good policy is really important, obviously, for Ottawa, but it’s really important for the rest of the country. My own belief is that government policy which is not based on evidence [...] fundamentally isn’t going to work.”

Thoughts from former Canadian Prime Minister Paul Martin on Bridging the Gap: The Ottawa Community Wellbeing Report

THE CIW IN ACTION: VAUGHAN

WELCOME

Since 2014, Vaughan Co-chaired the Vaughan Co-members of the coalition holistic approach to plan

The coalition convened d growth. Vaughan's popul since it was moved from 1 and is now home to 320,5 recognized that this expar economic progress, but de sustainable and equitable.

To help stakeholders better needs of the community wh considering social, health, e perspectives, the group asse report. It is a comprehensive and aims to create a baseline wellbeing of the city's reside

Called *Measuring What Matte* internationally recognized Car (CIW) to create a detailed, dat Vaughan's quality of life. Its in evidence of concern, then mov

We are proud to be among the CIW to gain a comprehens

Because the coalition recognizes inclusive and progressive commu sectoral partnerships and collab members to join the network and term sustainable growth of the ci

The Reality of the Rental and Own

The Reality of the Rental and Ownership Market in York Region

From 2011 to 2031, we estimate that an additional

13,700 seniors and youth

will be renters. If the private market maintains the same pace as in 2012, we'll have about

600 new units

NO VACANCY

York Region

York Region

York Region

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17,705

in 2011

York Region households

(5.5%) were home to multiple families, growing by 65% from 2001, outpacing the growth of all other household types

York Region

York Region

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HEALTHY POPULATIONS

The Healthy Populations domain measures the ph of the population by looking at different aspects o known to have an impact on it.

Note: Due to lack of available data for Vaughan, York Region health data has been used as a proxy for the Vaughan community. Trends in Vaughan may be different from those observed in York Region.

Our research finds positive trends in how York Region residents are rating their health and mental health — an overall increase of 'excellent' or 'very good'. It is also worth noting a significant reduction in teen smoking.

Diabetes prevalence is on the rise in Ontario and Canada. Although York Region's diabetes rates are below the provincial and national rates, many York Region residents are being diagnosed with diabetes, pointing to the need

Program Feature: Vaughan Community Health Education Program

What is chronic disease? In simple words, it is a long lasting medical condition that stays with you. It can be managed, but cannot be cured. However, it can be prevented if the right steps are taken at the right time. Some of the most common chronic diseases include diabetes, arthritis, asthma, chronic obstructive pulmonary disease (COPD), heart disease, stroke and so on.

Vaughan Community Health Centre has recently established a Chronic Disease Prevention and Management Program. Among the services currently offered is the Diabetes Education Program. It provides individual and group counseling to clients at risk of developing Type 2 diabetes or living with Type 2 diabetes. Individual sessions are

for a fo Health s identifie York Reg and eme not impr

Given the residents a the Region provincial a to build the In addition, primary hea (i.e., a Famil Health Cen

tailored to mee at any stage of supportive envi to make positiv are supported in training on how pressure monitor eating, individual labels, stress man and more.

The Diabetes Educ registered dietitian a chiropract. The c also certified diabet counseling and grou also offered by regis exercise instructors.

POLICY RECOMMENDATIONS

The Canadian Index of Wellbeing was created to serve as a tool to help citizens and their elected representatives make informed decisions that result in healthier and more vibrant communities.

Based on this report's key findings, our coalition convened consultations with numerous stakeholders including representatives from the City of Vaughan, York Region District School Board, United Way Toronto and York Region, Social Planning Council of York Region, regional non-profit social service agencies such as Catholic Community Services of York Region and Human Endeavour, York University, and the Vaughan Community Health Centre.

These discussions resulted in four key policy recommendation areas:

1. Increase affordable housing
2. Increase access to affordable transportation
3. Improve air quality
4. Promote local economic development

It should be noted that one of the key criteria in selecting the policy recommendations is that they fall under local municipal and regional jurisdictions. This is not to suggest that the provincial and federal governments do not also have a very important role to play. Rather, these are areas over which municipalities have some leverage to effect change.

A special effort was also made to build on the foundation of existing policy work, to avoid duplication of some of the excellent work already underway or in place. This has the added benefit of ensuring that the policy recommendations are grounded and have a greater likelihood of being implemented.

Source: Infographic used with the permission of York Region Community



“It’s very encouraging to see the CIW take root across the province. The City of Vaughan is demonstrating the value of this powerful instrument for planning and policymaking that delivers positive change.”

—Charles Pascal
Former Executive Director of the Atkinson
Charitable Foundation and former Ontario
Deputy Minister



Isabel Araya, chair of the Vaughan Community Wellbeing Coalition, presenting the Vaughan Community Wellbeing Report to Vaughan City Council, November 2015

USING THE CIW TO TEST A NEW RECREATION INITIATIVE

BUILDING HEALTHY COMMUNITIES: ONE PARK AT A TIME

Explore the Riverwalk trail through the eight domains of the Canadian Index of Wellbeing and find out how it helps improve quality of life in the City of Vaughan.

BUILDING HEALTHY COMMUNITIES: ONE PARK AT A TIME

Explore the Riverwalk trail through the eight domains of the Canadian Index of Wellbeing and find out how it helps improve quality of life in the City of Vaughan.



Community Vitality

One of the major factors impacting health, especially among seniors, is social isolation. Riverwalk's proximity to senior residences will encourage people to connect on a regular basis and help increase social integration and sense of belonging. The trail is paved, lit and free of obstacles offering people of all ages a safe and accessible environment.

Environment

Greenhouse gas emissions are on the rise in this rapidly growing commuter city! The trail within walking distance will provide active transportation options and help reduce the number of cars on the road. This, in turn, will help prevent notable impacts on the environment and human health.

Healthy Populations

Regular exercise is the key to good health. Research shows that a 30-minute daily walk significantly lowers a wide range of health risks, including anxiety, depression, heart disease, diabetes, high blood pressure, and progression to dementia and Alzheimer's*. Riverwalk will provide a convenient way to exercise for York Region residents, who are, on average, less active than the rest of the province and country.

Living Standards

Walking comes free of charge. There are no entrance fees or membership dues, and no expensive equipment is required. This is an important consideration for many people, especially seniors on stagnant or fixed incomes. Riverwalk represents planning and design for all segments of the population, especially those who face barriers to health and wellbeing.

Education

Public forums will be held in partnership with Vaughan Public Libraries to promote the use of the trail and educate on the benefits of walking. In addition, York University will take on the research and evaluation of the Riverwalk initiative as part of their strong interest in the health benefits of the built environment.

Leisure and Culture

The type of leisure activities offered should reflect Vaughan's ageing population. Walking is by far the most popular activity reported by Vaughan households*. Riverwalk will also provide opportunities for gardening and volunteering. Discussions are underway to explore ways to grow indigenous species, possibly as part of an arboretum.

Democratic Engagement

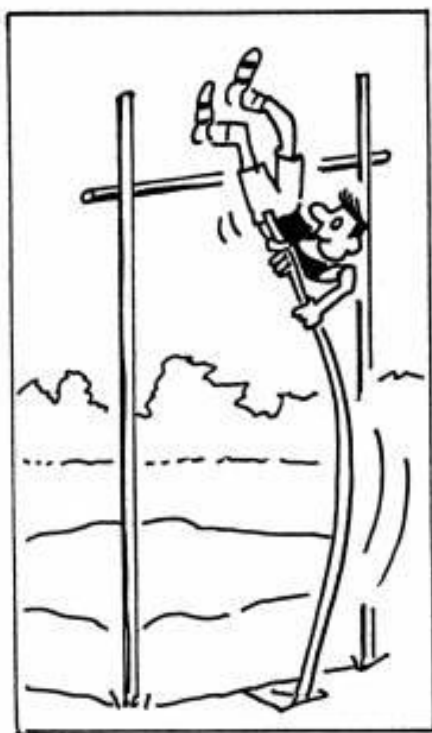
The idea for this community initiative came out of a deputation delivered to Vaughan Council by Isabel Araya, chair of the Vaughan Community Wellbeing Coalition. In response to the City's Older Adult Recreation Strategy, Araya advocated for more active living opportunities for seniors. She requested that the council and the coalition work together to encourage walking in the outdoors.

Time Use

Riverwalk provides easily accessible green space and recreational opportunities. Not having to spend time commuting back and forth or finding parking, especially in a city like Vaughan where more residents use their cars compared to provincial and national averages*, will help increase the number of people participating in recreational activities.

* U.S. & Canadian Community Wellbeing Coalition (2015). Measuring Third Wellbeing: The Canadian Community Wellbeing Report. Retrieved from

CREATING A CULTURE OF HEALTH AND WELLBEING: NEXT STEPS



The CIW & Local Government

- 1** Create a health and wellbeing proclamation
- 2** Develop a health and wellbeing report in collaboration with multiple partners
- 3** Implement policy recommendations based on report findings
- 4** Imbed CIW indicators into reporting mechanisms

2014

Community Wellbeing Assessment

Wilmot, Wellesley and Woolwich Townships



This report was prepared in partnership with:



Wilmot Family
Resource Centre Inc.

**COMMUNITY
CARE
CONCEPTS**

of Woolwich, Wellesley and Wilmot



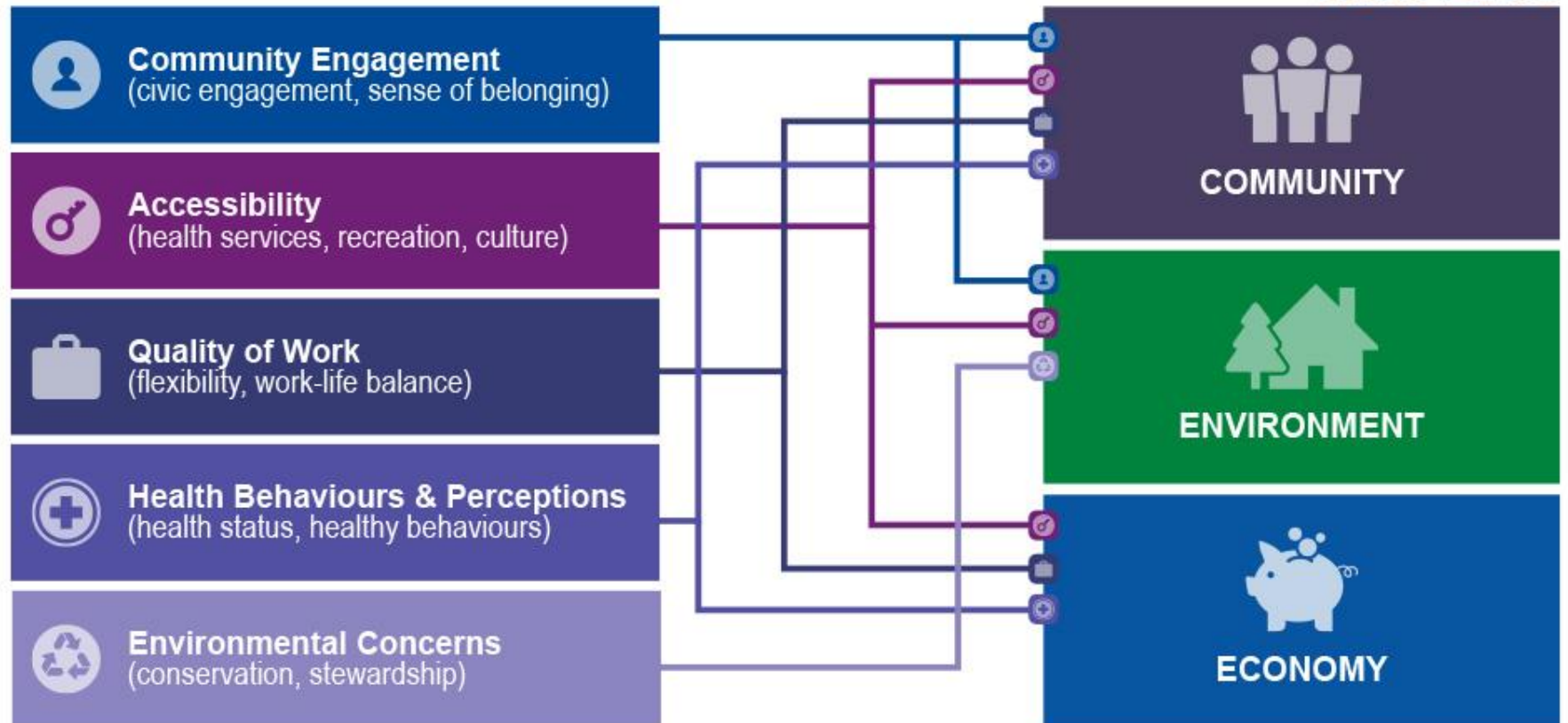
WOOLWICH
COMMUNITY SERVICES

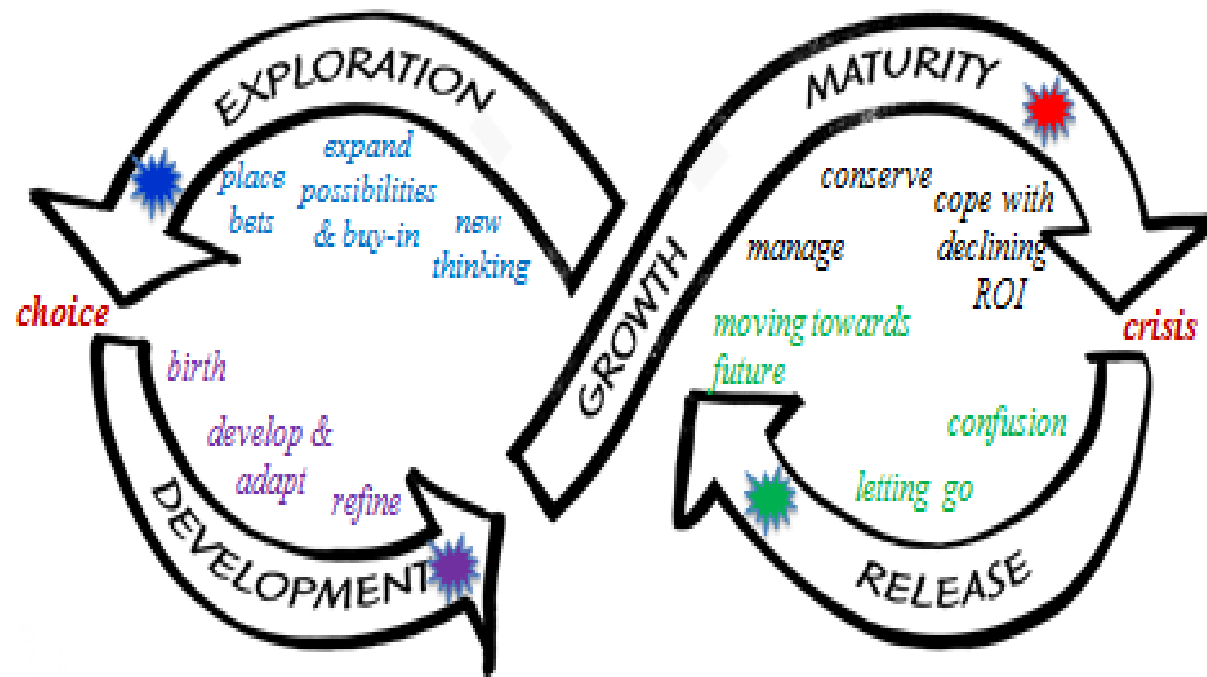
FutureOxford

OUR PATH TOWARDS SUSTAINABILITY

THEMES

derived from CIW domains

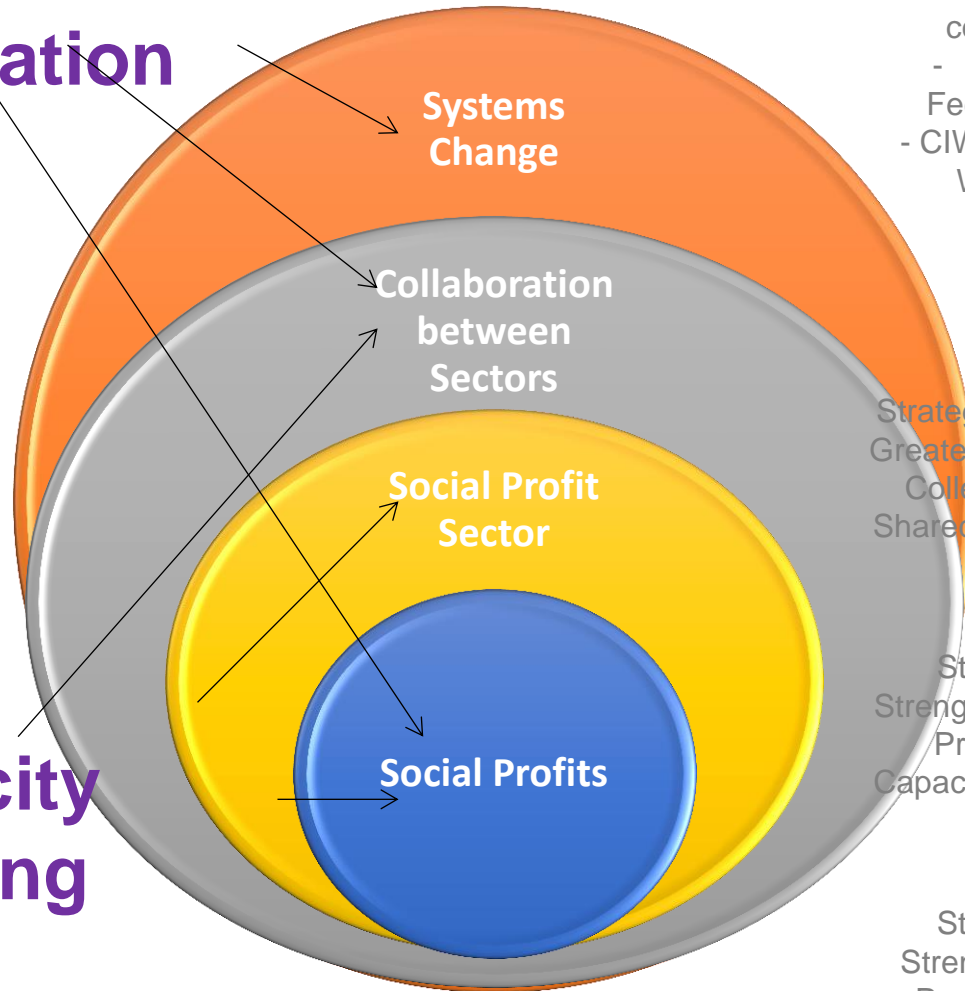




Source: Adapted from Holling, 1986, The Adaptive Cycle.
Putting Collective Impact into Practice in Maine
Communities, October 26, 2012

Social Innovation

Capacity Building



Strategies to Facilitate Systems Change:

- Convening conversations
- Reflection, Feedback Loops
- CIW Community

Wellbeing Index
Survey
OF WELLBEING

Strategies to Support Greater Collaboration:
Collective Impact
Shared Measurement

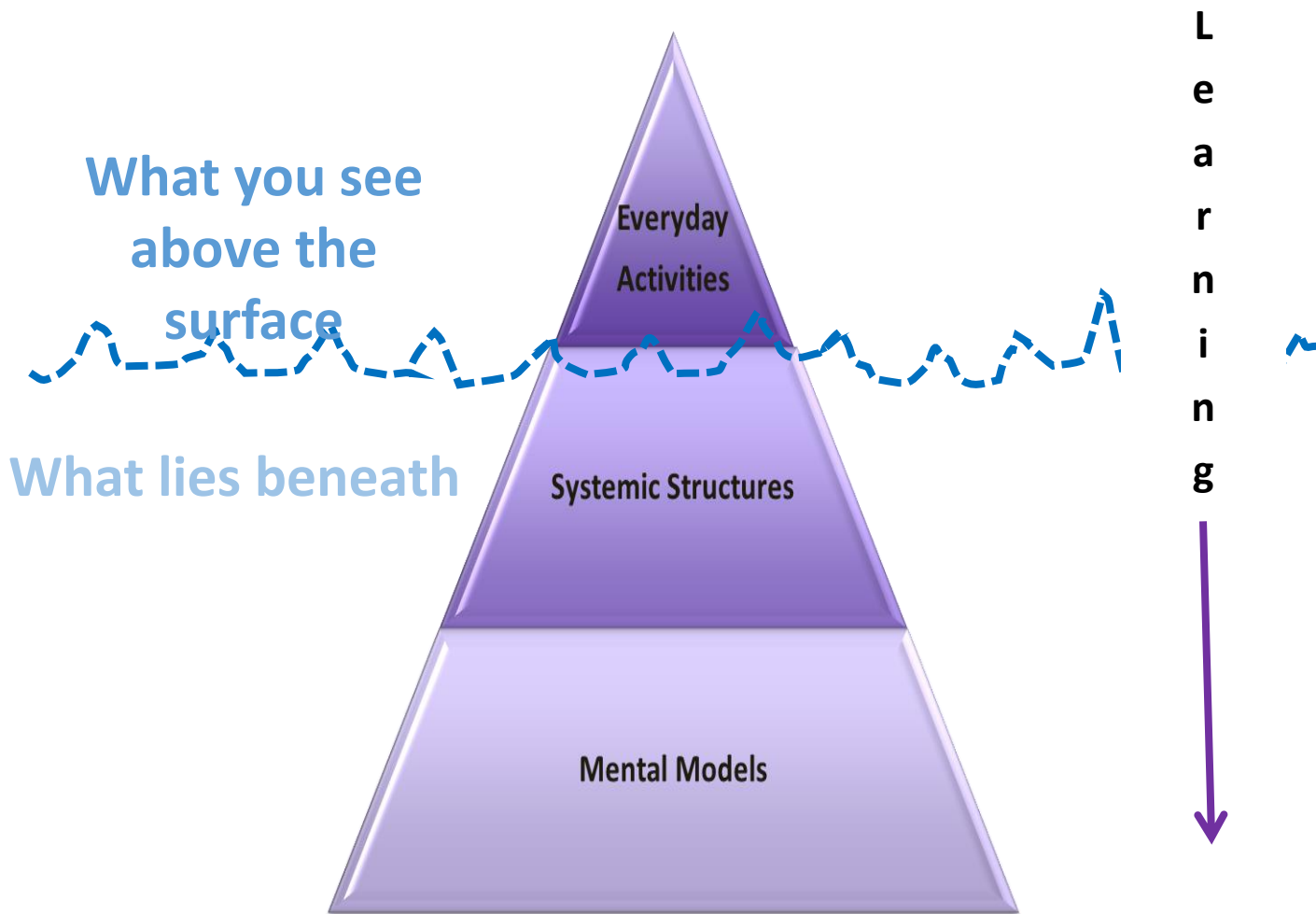
Strategies to Strengthen the Social Profit Sector:
Capacity Assessment Survey

Strategies to Strengthen Social Profit Agencies:
Accreditation

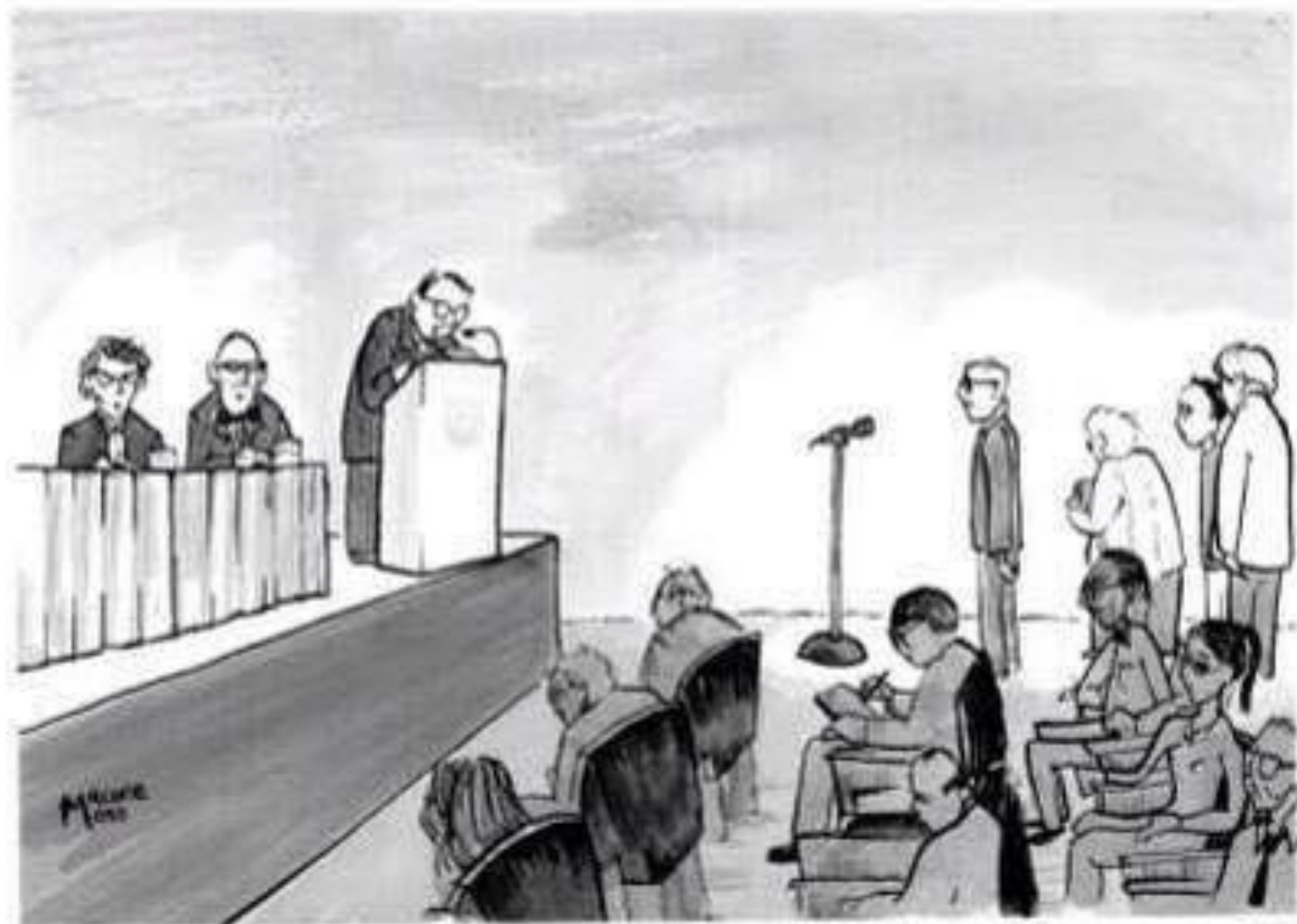




Source: Adapted from the Canadian Index of Wellbeing framework



Source: Adapted from The Iceberg Model by M. Goodman, 2002. Hopkinton, MA: Innovation Associates. Organizational Learning.

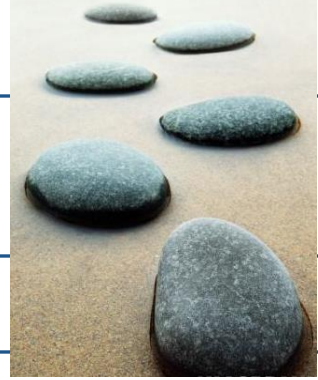


"We'd now like to open the floor to shorter speeches disguised as questions."

Questions for the panel



Next steps



- Measurement group will be reviewing the CIW in more detail on January 13. All are welcome to attend.
- By end of January hope to have a decision on the measurement framework to use as our starting point.
- Identify indicators to use for report on Wellbeing in Waterloo Region (from CIW and from additional sources).
- Develop status report on wellbeing for Waterloo Region.
- Conduct community engagement process.
- Consider a coordinated citizen survey - Date to be determined.

Continue to be involved!

- Capacity Building Series
- Receive ongoing updates
- Go to our website for details

Bit.ly/wrwellness-wellbeing



Follow us on twitter @wellbeingWR

Upcoming Events



*Mark your
calendar!*

Date & Time	Topic	Location
January 13, 2017	Expanded measurement and monitoring work group meeting	See Lorie or Eve to register
January 20, 2017	Capacity Building – Community wellbeing through a health equity lens	99 Regina, Room 508
TBD	Capacity Building – Developmental Evaluation	TBD
Feb 16, 2017	Forum 2	Hespeler Memorial Arena, 640 Ellis Road Cambridge

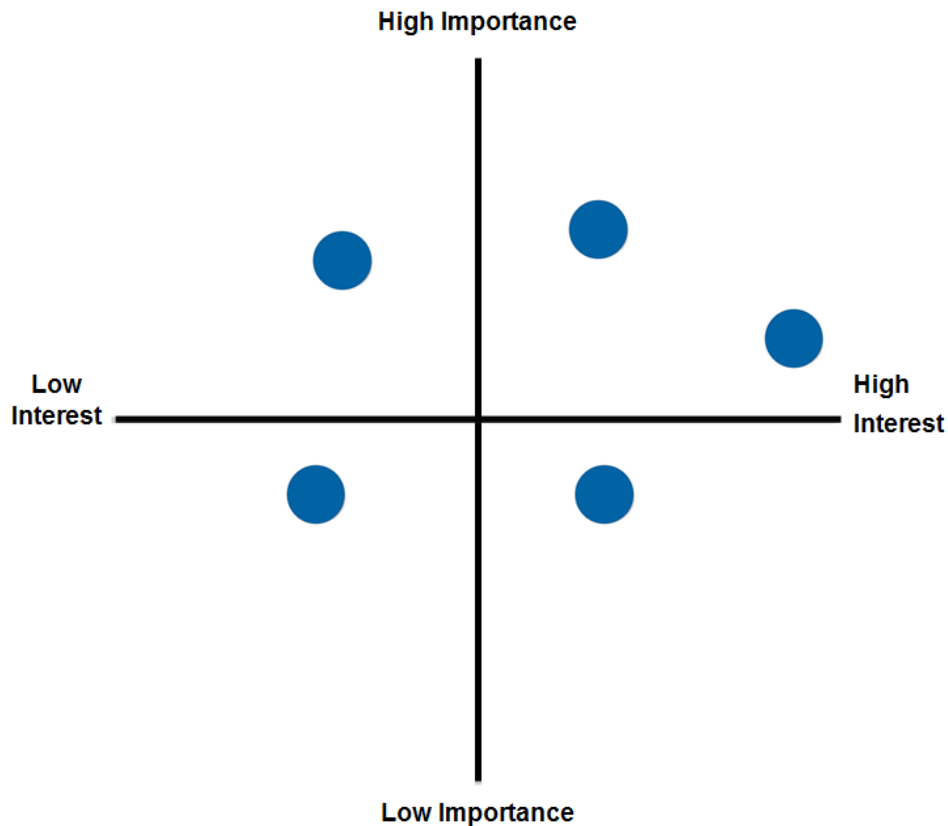
- Details on our website at:
Bit.ly/wrwellness-wellbeing

In closing

- Presentations from today will be available on our website
- Leave your feedback forms at the registration table
- Feedback gathered will help inform our measurement approach

On your way out

GAUGE YOUR INTEREST - ON USING THE CIW AS A STARTING POINT FOR OUR MEASUREMENT APPROACH



Thanks

Registration - Julie Hill and Karen Wood

Speakers – Bryan Smale, Gary Machan, Denise Squire, Peter Crocket, Nancy Mattes

Panel Moderator – Chris Sadeler

Control deck – Terri Plummer, Ian Duggan & Carl Nattrass

Backbone support – Eve Nadler & Lorie Fioze

Thank you for your participation

