

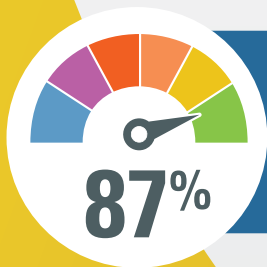
# A profile of wellbeing in Waterloo Region

## Summary Report 2018

### Our wellbeing and quality of life is about:

- Being safe, health and feeling connected to the people and places around us.
- The quality of our neighbourhoods, parks and the natural environment.
- Being able to express ourselves fully and participate in the activities that we love.
- Access to food and shelter and having the necessities for daily life.
- The health of our community and our relationships.

This summary is based on the larger Profile of Wellbeing Report (January 2018) which was completed by the Canadian Index of Wellbeing. The data from the Profile was identified by the Measurement and Monitoring (M&M) Working Group of Wellbeing Waterloo Region. This work is a starting point as there are many more indicators of wellbeing to be reported upon. This is the future work of the M&M working group.



### Overall life satisfaction

Residents in Waterloo Region report a **similar level of life satisfaction (87%)** to Ontario (86%) and Canada (87%). Self-reported life satisfaction is strongly related to other measures of wellbeing reported.

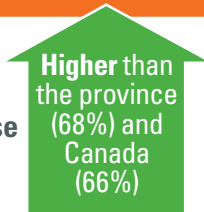
Wellbeing  
Waterloo Region

CANADIAN  
index  
OF WELLBEING  
Measuring what matters  
Making measures matter

## Community vitality

**7 in 10**

residents feel a sense of belonging in their communities (71%)



**51%** of residents have five or more close friends they can depend on.



**1 in 10** residents experience

discrimination due to characteristics such as one's ethnicity, race, or sexual orientation (9%)



**4 of 5** people feel safe walking alone after dark in their neighbourhood (81%)



## Democratic engagement

**One-third** of residents have a great deal or quite a lot of confidence in our federal Parliament (34%)



Lower than Ontario (40%) and Canada (38%)

**68%** of residents voted in the last federal election

**51%** of residents voted in the last provincial election

**32%** of residents voted in the last regional election



## Education



**82%** of high school students in Waterloo Region graduated in 2016

Lower than Ontario (87%) and Canada (89%)

**1 in 5** kindergarten students (19%) are considered vulnerable to having difficulties later in school.



**One-quarter** of residents 25 to 64 years of age, have a university degree (26%)

Slightly lower than the provincial rate (29%)



Higher than the provincial average (14%)

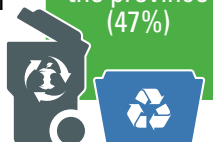
## Environment



**Daily water use** has been declining over the past several years, in Waterloo Region

**59%** of residents divert waste from the landfills through programs such as Green Bin and Blue Box

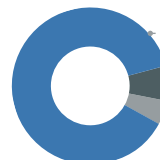
Higher than the province (47%)



**57%** of the population along the ION corridor lives in walkable areas



On weekday trips residents travelled using:



**88%** personal automobile



**7%** public transit



**5%** active transportation

## Healthy populations

**60%** of residents say their **overall health** is very good or excellent.

Similar to Ontario and Canada (59%)



**69%** of residents report that their **mental health** is very good or excellent

Similar to Ontario (70%) and Canada (71%)

**32%** of residents have some **health-related and activity limitations** that might inhibit their quality of life.



**8%** of residents self-report **diabetes**; this number is rapidly increasing across the province.



## Leisure and culture

**13%** of residents' time is spent engaged in **social leisure activities**



Residents have **high rates of public library usage**

For every 1,000 people in Waterloo Region, **113 in-person visits** are made each year



Residents participated in **physical activity** for at least **15 minutes a day** (30 times per month)

Slightly **higher** than Ontario or Canada (28 times per month)

## Living standards

The Kitchener-Cambridge-Waterloo census metropolitan area (CMA) has one of the **highest full-time employment rates** in the province (66%)

Exceeds the rate across Ontario (61%)

**1 in 8** households are living with **low incomes** (almost 65,000 residents)



**36,000** people may not be able to access **adequate food** (7%)



**One-quarter** of households are spending **30% or more** of their income on **housing** (23%)

Lower than in Ontario overall (28%) but similar to the Canadian percentage (24%)

## Time use

**16%** of residents are **working 50 hours** or more each week



Slightly **higher** than Ontario (14%) and well above Canada (9%)

Residents are spending **less time with friends** each day (85 minutes per day) than in other regions of the province (90 minutes per day).



Workers spend **38 minutes** commuting to work each day, almost **20 minutes less** than workers living in Ontario.



**1 in 5** residents get between **7 and 9 hours** of **quality sleep** (21%)



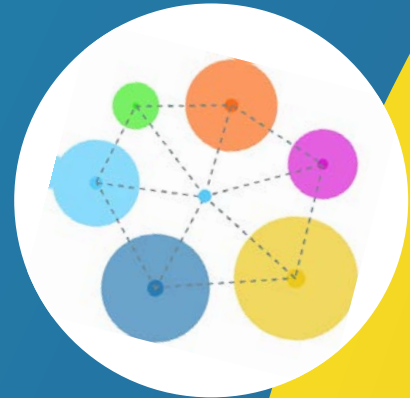
Significantly **lower** than Ontario (31%) and Canada (36%)

# Job security Education- Food security INCOME CULTURE Diversity Civic engagement **Belonging** Healthy people LEISURE THRIVING Recreation Inclusion COMMUNITY VITALITY Balance

## What next?

Wellbeing Waterloo Region is a community collaboration that was formed to address issues of wellbeing in Waterloo Region. This initiative is working across sectors to improve the wellbeing of residents by identifying and addressing collective priorities, and monitoring, tracking and responding to collective issues of wellbeing in the community.

While this population-level view of Waterloo Region helps to identify areas to celebrate and areas where more work needs to be done, the next step is to dive more deeply into the data to explore whether some groups and communities within the Region are at greater risk than others and why some residents have higher levels of wellbeing than others. With that knowledge in hand, we can respond more effectively with programs, services, and policies that can improve the wellbeing of everyone in Waterloo Region.



## For more information visit:

[www.wellbeingwr.ca](http://www.wellbeingwr.ca)

To request an alternate format of this document, call 519-575-4400 OR TTY: 519-575-4608.

## About the indicators

The data and statistics in this summary version of the Profile are taken directly from the full profile: A Profile of Wellbeing in Waterloo Region, January 2018 (<http://www.wellbeingwaterloo.ca/blog/contact/profile-of-wellbeing-for-waterloo-region>)

The indicators included in the report came out of an extensive selection process by the Measurement and Monitoring working group, Wellbeing Waterloo Region, and the Canadian Index of Wellbeing initiative. The data for these selected indicators came from a variety of secondary data sources including national statistically-representative surveys. Future work will involve exploration of additional indicators as well as to collect primary data in a wellbeing survey being conducted in the summer of 2018. This survey will provide a deeper and wider understanding of residents' perceptions of wellbeing, belonging and inclusion in Waterloo Region.