

CANADIAN INDEX OF WELLBEING: ONTARIO SNAPSHOTS

TORONTO

 CANADIAN
index
OF WELLBEING

Measuring what matters
Making measures matter

Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

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

A true measure of a country's progress must include the wellbeing of its citizens. What is the value of a high GDP if we are not healthy, cannot breathe the air, or spend time with family and friends? What important challenges does GDP mask? Who is getting left behind and what can we do about it?

The Canadian Index of Wellbeing (CIW) tracks indicators in eight domains that have an impact on our wellbeing. It gives us a comprehensive portrait of the quality of life in Canada and Ontario and its evolution over time.

- » Community Vitality
- » Democratic Engagement
- » Education
- » Environment
- » Healthy Populations
- » Leisure and Culture
- » Living Standards
- » Time Use



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IT'S EASY TO SEE, ONTARIO'S WELLBEING LAGS WELL BEHIND OUR ECONOMIC GROWTH.

- » Ontario is less economically secure than Canada overall with more people living in poverty. Many people struggle with housing costs and food insecurity is higher than the national average.
- » Compared to Canada, employed Ontarians spend more time working and commute an average of almost one hour per day.
- » 1 in 5 Ontarians feel high levels of time pressure.

Still ...

- » Ontarians feel a stronger sense of belonging to their communities than Canadians overall and have the lowest incidence of severe crime than any other Canadian province.

REGIONAL STRENGTHS AND CHALLENGES DIFFER GREATLY AND CALL FOR DIFFERENT APPROACHES.

To build on strengths and tackle challenges, the Ontario Trillium Foundation (OTF) — an agency of the Government of Ontario and one of Canada's largest granting foundations — commissioned the Canadian Index of Wellbeing (CIW) to produce detailed reports for Ontario's five regions: Central, East, North, Toronto and West.

Using the latest data from 2014 and 2015 to form a comprehensive picture of wellbeing, funders, agencies, policy-makers and all stakeholders can make informed, evidence-based decisions as we build healthy and vibrant Ontario communities. When we understand regional strengths and challenges and see the domains as parts of an interconnected system, we can invest resources wisely to tackle multiple challenges.

**NOW WE CAN ANSWER “HOW ARE WE REALLY DOING?”
AND “HOW DO WE MAKE IT BETTER?”**

TORONTO

With 20% of Ontario's population living on just 0.1% of the land, Toronto is densely populated. It is by far the most diverse region. Nearly 1 in 2 people are members of racialized populations and have a mother tongue that is not English or French. Single parents lead 1 in 5 families — 84% of those are led by women. Home ownership rates are the lowest in the province at 54%. And while employment rates are similar to Ontario's average, family incomes are the lowest.



COMMUNITY VITALITY

Do strong, active, and inclusive relationships exist among people and between all types of organisations?

Similarly to Ontario's average, 69% of people in Toronto have a strong sense of community belonging. The region also has, on average:

» Greatest number of people with 5+ close friends

Yet ...

- » Highest number of people living alone (13%)
- » Lowest participation in organised activities (52%)
- » Fewest people helping others
- » More than 1 in 10 experiencing discrimination — highest level in Ontario



PEOPLE WHO HAVE 5 OR MORE CLOSE FRIENDS

Toronto **57.1%**
Ontario **53.7%**

PEOPLE EXPERIENCING DISCRIMINATION

Toronto **10.6%** Ontario **9.6%**

More people in Toronto have several close friends than anywhere in Ontario, but do relationships extend into the community? What can boost trust, safety, connections and engagement, and fight discrimination?



DEMOCRATIC ENGAGEMENT

Are people advancing democracy through political institutions, organisations, and activities?

Despite only average voter turnout, Toronto has:

- » The highest volunteer rates for law/advocacy/political groups at 5%
- » Greatest confidence in federal Parliament
- » The most female MPs (yet still only 35%)

PEOPLE WITH A LOT OF CONFIDENCE IN FEDERAL PARLIAMENT

Toronto **44.7%**
Ontario **39.6%**

PEOPLE WHO VOLUNTEER FOR LAW, ADVOCACY OR POLITICAL GROUPS

Toronto **5.3%** Ontario **3.8%**

People in Toronto are more engaged in the political process, yet voter turnout and the number of women involved remains stubbornly low. How can more people become more involved?



EDUCATION

Are instruction, schooling, and training available from youth to adulthood? Accessible? Do they prepare people for work and life's changes?

Compared to Ontario, Toronto has on average:

- » Highest rate of people with a university degree (40%)
- » Highest participation in adult education
- » Highest access to regulated centre-based child care (26%)

PEOPLE WITH A UNIVERSITY DEGREE

Toronto **40.0%**
Ontario **28.5%**



Yet ...

- » Fewest library-based adult learning programs
- » Average library-based early literacy and learning programs, but the fewest number of other children programs

OTHER LIBRARY-BASED LEARNING PROGRAMS PER 1,000 CHILDREN

Toronto **4.7** Ontario **16.5**



Access to child care and quality programs for kids is critical in a city with the most single parents. What will boost access and availability? And because education is fundamental to so many wellbeing indicators, why are there so few learning programs at all stages of life?



ENVIRONMENT

Are we protecting our environment while revitalizing our ecosystems and working towards sustainability?

Compared to Ontario, Toronto has:

- » Lowest levels of smog
- » Highest waste diversion rate
- » Contributes only 2.6% of Ontario's total GHG emissions



RESIDENTIAL WASTE DIVERSION RATE

Toronto **52.6%**
Ontario **47.3%**

Toronto is the strongest region for key environmental indicators. What can be done to sustain and further enhance the environment?



HEALTHY POPULATIONS

Are people physically, mentally and socially healthy?

Compared to Ontario, Toronto has similar ratings for overall and mental health, and on average:

- » Second lowest percentage of people reporting health restrictions or activity limitations (30%)
- » Lowest rate of diabetes
- » Fewest teens smoking (3%)



- » Less access to a family doctor

PEOPLE WITH A FAMILY DOCTOR

Toronto **89.8%**
Ontario **92.5%**



PEOPLE WITH SELF-REPORTED DIABETES

Toronto **7.0%**
Ontario **7.4%**



While overall and mental health rates are similar to the rest of the province, many residents still struggle. Considering the lowest rates of physical activity, highest work stress and time pressure, and the least amount of quality sleep, how can Torontonians achieve better overall health?



LEISURE AND CULTURE

Are arts, culture, and recreation activities available and embraced?

Toronto has, on average:

- » Most time spent in arts and culture activities
- » Most Culture Days, poetry and story readings, and art shows at libraries
- » Highest number of weekly library visits



- » Lowest physical activity levels
- » Fewest hours volunteering for cultural and recreational organizations
- » Fewest days away on vacation
- » Lowest number of library programs

NUMBER OF CULTURE DAYS, POETRY, STORY READINGS AND ARTS SHOWS IN LIBRARIES PER 10,000 PEOPLE

Toronto **10.9**
Ontario **4.4**



AVERAGE NUMBER OF TIMES PER MONTH PARTICIPATING IN PHYSICAL ACTIVITY LASTING OVER 15 MINS.

Toronto **24.4** Ontario **28.2**

Clearly, arts and culture are important to Torontonians, but they are feeling the time crunch. What could boost participation in physical activities and time spent volunteering?

 **LIVING STANDARDS** Are we economically secure?

Compared to Ontario, Toronto has serious challenges:

- » Lowest after-tax median family incomes (\$65,335)
- » Almost 20% struggling in low income
- » 35% of households grappling with high housing costs and 12% with food costs
- » Highest work stress in the province

HOUSEHOLDS WITH HOUSING COSTS MORE THAN 30% OF BEFORE-TAX INCOME

Toronto **34.8%**
Ontario **27.0%**



PEOPLE IN LOW INCOME

Toronto **19.3%**
Ontario **13.9%**

About 500,000 people are struggling financially in Toronto. What will lift people out of low income, stress and daily insecurity?

 **TIME USE** Are we balancing our leisure, work, social, and rest time to improve wellbeing?

Compared to Ontario, Toronto has on average:

- » Almost 70% of people with regular, weekday work hours
- » 52% enjoying flexible work hours



- » Longest commute times (68 minutes)
- » Highest time pressure
- » Fewest people getting good quality sleep

WORKING PEOPLE WITH FLEXIBLE HOURS

Toronto **52.4%**
Ontario **46.1%**



PEOPLE GETTING 7 TO 9 HOURS OF QUALITY SLEEP

Toronto **27.0%**
Ontario **30.5%**



Although people have steady and often flexible work hours, commuting time, stress, and time pressure take their toll on health and all other domains. What could provide Torontonians with better balance in their lives?

USING THE WELLBEING SNAPSHOT

This snapshot summarizes some of the key findings found in the detailed Canadian Index of Wellbeing regional reports commissioned by the Ontario Trillium Foundation. The reports show that systems are complex and inter-related. These and other resources provide solid evidence to help policy makers, program developers and granting agencies consider community needs and to make focused, impactful, evidence-based decisions.

Visit the Ontario Trillium Foundation Knowledge Centre to access the full reports.

WHAT OTHER QUESTIONS SHOULD BE ON THIS LIST?
SHARE THEM WITH US ON
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AND **@ONTRILLIUM**.



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When developing policy or programs or making community investment decisions, ask yourself:

Which innovations will work best in your region?
Can you address multiple areas of need simultaneously?
Does your policy or program:

ENCOURAGE AND SUPPORT HEALTHY LIFESTYLES

- broaden access, choice and opportunity for a more active lifestyle?
- address work-related stress, time pressure or better sleep?
- reduce barriers for the 32% of Ontarians who have a health or activity limitation?
- help the 40% of Ontarians who rate their overall health and 30% who rate their mental health as below 'very good' or 'excellent'?

CONNECT PEOPLE

- boost participation in political/advocacy groups or organized activities?
- reduce isolation, fight discrimination and increase belonging?
- enhance voter turnout or support women who pursue elected office?

ENHANCE THE ENVIRONMENT

- address pressing environmental concerns?
- lead to responsible use and/or protection of the environment?

SPOTLIGHT ARTS AND LITERACY

- expand arts and culture opportunities?
- encourage volunteering in arts and culture?
- support library programs or Culture Days?
- boost early learning and literacy?
- increase the availability and affordability of quality children's programs?

LEVEL THE PLAYING FIELD

- create additional high quality child care options?
- make a difference to reduce economic hardship like food or housing insecurity, low incomes or job security?
- provide job help or skills programs?



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