

# 2012 Kingston & Area's Vital Signs®



Community Foundation  
for Kingston & Area

## A Healthy Community is a Smart and Caring Community

## Welcome to Kingston & Area's Vital Signs® 2012

### Our fourth annual report card on how our community is doing.

In many cases we are faring quite well but in others, as you will see, we must strive for needed improvement if we are to be a truly smart and caring community. In fact, that is the theme of this year's report. Our Governor General, His Excellency, The Right Honourable David Johnston, an honorary patron of Community Foundations of Canada, has challenged all community foundations across the country to help communities be smart and caring by 2017, in time for Canada's 150<sup>th</sup> birthday celebrations. The definitions of "smart" and "caring" are left to each of us to figure out for our particular community. Following is a quote from the Governor General with his vision.

*... Join me in imagining our country as it could be ... a smart and caring nation, where all Canadians ... can succeed, contribute, and develop their talents to their fullest potential....*

Following this lead and in consultation with Dr. Kieran Moore, Associate Medical Officer of Health for the KFL&A Public Health Unit, we have chosen as our theme this year: **A HEALTHY COMMUNITY IS A SMART AND CARING COMMUNITY.** We have incorporated the traditional 10 Vital Signs subject areas into the following six key areas:

Health = **A rewarding job with a living wage (income)**

Health = **food on the table and a place to call home (housing, poverty)**

Health = **a good start in life (children and youth)**

Health = **safe, environmentally-friendly, walkable neighbourhoods (safety, environment)**

Health = **having options and opportunities (health; education/learning; arts and culture, access to physical activity, sports and recreation)**

Health = **community belonging**

We have endeavoured to set out the possibilities and opportunities to attain our goal of a healthy, smart and caring community. We have also highlighted just a few of the programs already underway in a variety of already smart and caring organizations to help us all realize the possibilities. And we have tried to give you examples of where your donations have been directed to address, at least in part, some of the pressing issues and needs. We invite you to share your own ideas so that collectively we can be a COMMUNITY FOCUSED ON POSSIBILITIES and achieve our goals.

## The Economy and Innovation

Kingston is a college and university town, a military town, a corrections hub, a health centre, an historic town, the Limestone City, the first capital of Canada, a town of music and art, of sailing and of retirement. We are praised for our beauty, our quaintness and for having an enviable quality of place and quality of pace.

From an economic perspective, we are primarily a service economy. Public institutions account for **47%** of our total economic activity (measured by employment). This heavy emphasis can be a double-edged sword. On the one hand, the city economy is relatively stable and somewhat protected from economic downturns. On the other hand, this service sector depends heavily on provincial and federal financing. And we know that current government budget deficits likely mean little, or no, growth in this sector for some time to come. So, we see a trade-off between economic stability and economic growth.

For economic growth, we need either an increasing population or increasing productivity.

The City of Kingston population (123,346: 2011 census) grew by one percent per year between 2006 and 2011. Without an influx of people, a non-growing labour force and no growth in public sector budgets, Kingston's only recourse

for continued growth is through increased productivity. Yet productivity gains in service sectors, such as ours, are notoriously hard to attain.

So, Kingston is focused on necessary change. Our educated workforce (over **50%** with post-secondary degrees or other qualifications) is an important ingredient. The City of Kingston already has a strategy to foster innovation and Kingston Economic Development Corporation's plan focuses on innovation. A new Sustainable Kingston Corporation will lead the initiative to make Kingston the most sustainable city in Canada. Institutional facilities, such as Innovation Park are in place. Clusters of companies in manufacturing, health, bio health, education, green chemistry, clean technology and military applications further facilitate innovation. Innovation, leading to increased goods and services that we can sell to the broader world, is the "driver" that is needed for our increased prosperity. Our success now will depend upon our collective ability to imbue our community with a spirit of entrepreneurship, continuously searching for new ideas, and new ways of doing things, resulting in those desired, increased sales to the broader world. If we can achieve this objective of "spirit of change" throughout our community, our economic future will be very promising.

*Vital Signs®* is an annual community checkup conducted by community foundations across Canada and is coordinated nationally by Community Foundations of Canada. The Vital Signs trademark is used with permission of Community Foundations of Canada.

This project follows guidelines set by Community Foundations of Canada which specify issue areas, and in some cases, "core" indicators that are to be used in all communities for national comparison purpose. Statistics Canada is a major data source for both the City and the Census Metropolitan Area (CMA), which includes the City, South Frontenac Township, Loyalist Township and Frontenac Islands Township. Several other sources include: Canada Mortgage and Housing, City of Kingston, Conference Board of Canada, Kingston Arts Council, Kingston Frontenac Lennox & Addington Public Health Unit, Sustainable Kingston Baseline Indicators

Report, United Way KFL&A, The Centre for the Study of Living Standards. For a complete list, please go to the following link [www.cfka.org/vital-signs-2012](http://www.cfka.org/vital-signs-2012).

The Community Foundation for Kingston & Area is one of 181 community foundations across Canada. Established in 1995, our mission is to strengthen our community, in partnership with our donors, by making strategic and effective grants, growing and managing a lasting endowment, and serving our community as a resource and partner. CFKA has awarded more than \$6 million in grants to almost 500 organizations. We currently manage almost \$13 million in funds entrusted to us by those who wish to give back to the community. A volunteer-driven organization, we bring together people who genuinely care about this community's future success and work together to serve all of our citizens.

In 2010 The Conference Board of Canada produced a study, **City Magnets II**, ranking 50 Canadian cities on their attractiveness to skilled workers and mobile populations.

#### HOW KINGSTON RANKS:

KINGSTON	B
Economy	C
GDP per capita	C
GDP growth	D
Proportion of workforce travelling outside the city for work	A
Employment growth	D
Unemployment rate	B
Disposable income per capita	C
Knowledge employment	B
Education	A
Proportion of population with a bachelor's degree	B
Proportion of population with an advanced degree	B
Number of elementary and secondary school teachers for school-age population	B
University professors and college instructors per 1,000 adult population	A
Environment	B
Average maximum temperature	B
Days under Air Quality Advisory	C
Domestic water usage	B
Median driving distance to work for solo commuters	B
Health	A
Number of hospital beds per 100,000 population	B
Number of general practitioners per 100,000 population	A
Number of specialist physicians per 100,000 population	A
Proportion of population employed in health-care services occupations	A
Housing	C
Proportion of income spent on mortgage	B
Proportion of income spent on rent	D
Proportion of homes in need of major repair	C
Innovation	C
Proportion of population employed in natural and applied science occupations	C
Graduates in engineering, math, and science per 1,000 population	C
Productivity	C
Productivity growth	D
Proportion of population employed in computer and information systems occupations	D
Society	B
Proportion of population aged 25–34	C
Proportion of population foreign-born	D
Success of foreign-born population	B
Diversity of population	C
Evidence of multilingualism	D
Proportion of population below low income cut-off (LICO)	A
Gender equality	B
Population density	D
Travelled to work by public transit, biking, walking	C
Average travel time to libraries	A
Average travel time to museums	A
Proportion of population employed in cultural occupations	C
Violent crimes per 100,000 population	A
Drug crimes per 100,000 population	A



# Health = a rewarding job with a living wage.

Little control at work, high stress, low pay, or unemployment all contribute to poor health. Having a job with a living wage of course means having the money to look after yourself and your family; but on a deeper level it means self-esteem. And self-esteem leads to all of us being able to contribute to our community.

Statistics Canada reports that in 2010 average family income in Kingston was **\$92,482**, above the national average of **\$89,390** and about the same as the provincial average of **\$92,981**. The 2010 median family income in Canada was **\$69,860** and in Kingston was **\$77,140**, above the national average and the provincial average of **\$71,540**.

The average seasonally adjusted unemployment rate for the first half of 2012 was **6.7** per cent in Kingston (CMA). This rate is **8.8** per cent below the national average (**7.4** per cent) and **13.3** per cent below the provincial average (**7.8** per cent). The average for the first half of 2012 increased **6.3** per cent from **6.3** per cent in the second half of 2011.

The workforce is highly educated, with **48%** possessing college or university education; or more advanced degrees. **7.5%** have trade qualifications. But **45%** have a high school diploma or less.

The numbers above don't tell the whole story. Many of our neighbours and friends do not have a good job with adequate wages. The following table tells this side of the story.



	2001	2010	national	provincial
Overall poverty rate (low income measure after tax)	16.4%	15.6%	17.8%	18.5%
Child poverty rate (low income measure after tax)	19.4%	15.2%	18.9%	18.3%
Elderly (+65) poverty rate (low income measure after tax)	2.1%	3.1%	7.7%	8.1%

### Some Changes Underway

The **Kingston Economic Development Corporation** is focused on attracting new employers and jobs, retaining existing jobs, and marketing our tourism industry.

**Kingston Employment and Youth Services** provide a wide range of employment services to a diverse population, including: adults, persons with disabilities, youths, students and newcomers to Canada.

**Immigrant Services Kingston and Area** (ISKA) is dedicated to helping and supporting immigrants, refugees, and other newcomers in adjusting to their new community. The Kingston Immigration Partnership annually awards a Kingston area employer for efforts to make new Canadians a part of our local workforce.

# Health = Food on the table and a place to call home.

Having access to healthy, safe, and affordable food and housing is essential to being healthy. It seems like such a logical statement, but even in an affluent town like ours there are far too many people, including far too many children, who wake up and go to bed hungry. Too many kids show up at school without having had breakfast and that has a profound effect on future lives and learning.

In 2010 a KFL&A Public Health survey reported that approximately **11.4%** of our population worried about food insecurity; **73%** believed they had a place to go for a bit of help.

Their Nutritious Food Basket survey showed that individuals and families on fixed or low incomes are often forced to compromise healthy eating to afford to pay rent, hydro, heat and transportation. Compared to other Ontario regions, Kingston has the worst Nutritious Food Basket shortfall for a family of four and the second worst for a single adult.

Like other Ontario residents, about **56%** of KFL&A area population 14 years and older does not meet the vegetable and fruit requirements of the Canada Food Guide.

The housing situation can also be difficult for those on fixed or low incomes. In the spring of 2012, CMHC reported Kingston's overall rental vacancy rate at **1.6%**, down from **1.7%** in spring 2011. This is the third lowest vacancy rate in major centres in Ontario and one of the lowest in Canada. A balanced vacancy rate is considered **3%** and anything below that puts upward pressure on rents.

One in five households cannot afford to rent a two-bedroom apartment (using the recommended maximum of **30%** of income on shelter costs). Using that same guideline, home ownership is unaffordable without financial support for about **50%** of local households.

### Some Changes Underway

Through 2011, a coordinated community approach was initiated to reduce poverty. Funded and supported by the **City and United Way**, and with participation of a broad cross section of agencies and community representation, work has begun on five strategic focus areas: housing, skills development & employment, community supports for education, health and social services & community supports.

**Partners in Mission Food Bank** uses donations to nourish families and to assist through their hamper program. Surplus food is also donated to over 20 local hot meal and shelter programs.

Led by the Public Health Unit's "**A Healthy Eating Working Group** for KFL&A" a "food charter" has been drafted. The document represents the communities' voice, values and priorities for a healthy and self-reliant food system. It promotes the development of food initiatives and policy within the communities, organizations and at the local government level. It will go to municipal councils in the fall of 2012.

**Home Base Housing** is one of several local agencies that develop and manage a range of safe, affordable housing, and emergency shelter and support services to try to meet the growing and changing needs of youth, adults, and families at risk of homelessness in the Kingston area.

The **City of Kingston** has made the availability of affordable and appropriate housing one of its key priorities. It has committed municipal and provincial funding for the creation of new rental housing units, additional rent supplements, down-payment assistance for home purchases, grants and loans for home accessibility repairs and home upgrades. Capital investments have been made toward land acquisition for affordable housing and updated zoning policies allow for more flexible affordable housing options in Kingston neighbourhoods.

### Your Community Foundation Donations At Work

**The Food Sharing Project.** From the Zal and Rose Yanovsky School Breakfast Fund, to provide breakfast, lunch and/or hearty snacks for children in school. Approximately 4,200 students are fed daily in about 80 sites in both local school boards.

**YMCA.** For the "Now You're Cooking" program that teaches children aged 6 – 12 how to cook for their families: from planning and budgeting to understanding food labels and cooking techniques. It has proven particularly helpful to low income families who often do not have the resources to eat and live healthy lives. Statistics show that children derive 22% of food intake from high sugar and high fat foods and snacks. "Now You're Cooking" teaches kids to love real food and prepare meals from scratch.

# Health = A good start in life. The early years.

We all know that proper nutrition and environment are essential elements of early life and, as such, are vitally important to the long-term success of the youngest members of our society. Prenatal and childhood experiences set the stage for lifelong health and well-being.

But, did you know that in Canada although fewer than **5%** of children at every socio-economic level are born with clinically-detectable limitations to their development, by school age vulnerabilities and inequalities in development have grown to over **26%**. There is a direct correlation to socio-economic factors in society. In the Kingston area **26.6%** of our children are **not** developmentally ready for school by age 6.



### Some Changes Underway

In 2012, community health partners and primary care providers began a partnership to evaluate the implementation of the 18-month-old **Well Baby Assessment Program**, reaching approximately 1,800 infants a year. And parents are provided with referrals to appropriate services. No child will be left behind.

Approximately 50% of eligible-age children in the two school boards will be enrolled in full-time kindergarten as of September 2012, with the remaining 50% enrolled by 2015.

The **United Way's** "Success By 6" initiative raises awareness of the importance of early childhood development and provides grants for preventive programs for parents, caregivers and children. **Better Beginnings for Kingston Children and Ontario Early Years Centres** deliver early childhood programs.

### Your Community Foundation Donations At Work

**Better Beginnings for Kingston Children.** For their Bounce Back and Thrive program, a resiliency training program for parents of young children. Over 160 parents have participated to date.

**Kingston Interval House.** From the Sunnyside Fund for the "Me I Am" Project. Through one-on-one support and in a group environment, children who have experienced violence share their stories. They benefit from deeper healing and understanding of the multi-faceted impacts of violence in their lives.



# Health = Getting a good start in life. Youth.

The average unemployment rate for youth for the first half of 2012 in Kingston was **20.3%**, much higher than the national average **14.8%**. Since 2000, **70%** of jobs have required post-secondary education. As a result, in the first half of 2012 one in four dropouts, ages 20 to 24, was unable to find work, only increasing the gap between the well-educated and the poorly-educated.

Furthermore, in 2006, **25.8%** of our population aged 18 – 24 lived in households with income below Statistics Canada “Low Income Cut Off” (LICO). For those under 18 years, **10.7%** lived under the LICO.

*...The repercussions of not focusing on preparing children in their early years on a sound life trajectory are profound. Our society’s ability to remediate countless missed opportunities is questionable. It is much more difficult and costly to remediate than to invest in the early years.*  
— Dr. Kieran Moore, Associate Medical Officer of Health, KFL&A Public Health Unit.

# Health = Safe, walkable and environmentally-friendly neighbourhoods.

**Safety.** Let’s start with some good news. According to Statistics Canada, the national crime rate is the lowest it has been in 40 years. And the violent crime rate in Kingston in 2011 was **14.8%** below the national average. The property crime rate has decreased **25.2%** since 2001. As a result, the Overall Crime Severity Index in Kingston (CMA) in 2011 was **23.3%** below the national figure and **2.6 %** below the Ontario number.

**Walkability.** A 2006 Statistics Canada report, “Commuting Patterns and Places to Work”, states that Kingston is the most walkable/cyclable city in Ontario for commuters. Neighbourhoods with good street lighting, continuous sidewalks, a variety of shops; services, parks, schools and workplaces within walking distances of home are termed walkable. A mid-sized city with big city amenities, Kingston prides itself on ease of getting around.

**Environment/Sustainability.** Kingston has a goal to be the most sustainable city in Canada. To guide future strategies, a new corporation has been formed. Sustainable Kingston is now at arms-length from municipal government, with an emphasis on community ownership and participation.

Its plan to realize the goal organizes sustainability in four pillars: cultural vitality, economic health, environmental responsibility and social equity. However, it is their integration that will drive sustainability, highlight opportunities for innovation, reduce duplication of effort and create a healthy community.

The City has made excellent progress in Energy, Air Quality and Climate Change. In 2011, the City measured zero days where the Air Quality Index was greater than 50. The 2007 baseline used for this comparison was 14 days. Air quality is improving, thereby reducing or eliminating adverse effects of poor air quality, improving our communities’ standard of health and well-being.

In 2011 Kingston’s residential water consumption decreased by 7.2 litres to 218.8 liters per capita per day from the benchmark year of 2007 (220.5 liters per day), a **4%** decrease. With less water being consumed for what can be believed as non-essential uses it leaves this precious natural resource for more sustainable needs that no doubt lead to a “Smart, Caring and Healthy Community.”

Kingston’s current recycling performance rates number six among Ontario communities. In 2011, Kingstonians recycled **55%** of their waste. The City’s waste diversion goal is **65%** (includes household waste, compost, yard waste etc.). Only **8%** of our waste is processed here; the remaining **92%** is shipped to landfills in other communities.

## Some Changes Underway

The Kingston Community Health Centre’s **Pathways to Education Program** supports high school students at Rideau Heights and Inner Harbour neighbourhoods in four ways - tutoring, mentoring, coaching, and financial assistance through lunch vouchers or bus tickets, plus a \$1,000 scholarship to students for each year in the program. In the 2012 – 13 school year, 200 students will participate. Many students are receiving “A” grades for the first time. The overall average last semester was 74%. School attendance has increased by 30%. Founded in Toronto in 2001 the program, now in 11 communities, has reduced participants’ high school drop-out rates by over 70 per cent and increased the rate at which youth go on to college or university by as much as 300 percent. Grants from the Community Foundation are given from the John and Patricia MacKay Fund.

The **Youth Diversion Program** believes that members of our community have the responsibility to provide all youth with the opportunity to develop and grow to their fullest potential. It works in partnership with the community to deliver quality programs to assist youth to make positive changes in their lives and at the same time to take responsibility for their actions.

**Kingston Youth Shelter** “Winter Warm Up” Program recognized the need to stay open three day-time hours in addition to regular hours, allowing youth to enjoy a nutritious lunch, get a break from the cold and access a counsellor for housing, employment, education and health issues. The goal is to get the youth out of shelters and back into society quickly. As a result of the pilot project they were able to secure an anonymous donor to keep the shelter open 24 hours a day.

**Your Community Foundation Donations at Work**

CFKA’s **Youth Advisory Committee** connects youth to philanthropy and their communities through volunteerism and grant making. The group is made up of a diverse group of young people from ages 13 – 25.

**Queen’s Project on International Development.** For their Youth Forum on Global and Community Development. This non-profit student-run group held their fourth annual forum for over 150 local high-school students to address current issues in global development.



## Some Changes Underway

**Kingston Area Recycling Centre (KARC)** currently has a comprehensive educational campaign underway to encourage all residents to help meet the 65% waste diversion goal.

**The KFL&A Public Health Unit** is currently leading a collaborative research project; an environmental scan of built environment data related to walkability and environmental exposure in urban Ontario. The built environment encompasses places and spaces created or modified by people including buildings, parks, and transportation systems. In recent years, public health research has expanded the definition of “built environment” to include healthy food access, community gardens, “walkability”, and “bikability”. (Wikipedia)

June 4-8 marked Kingston’s first **Active Commute to Work Week**: 29 organizations and 33 registered companies helped Kingston place first in Canada. The program saved 4,430 kg. of greenhouse gas emissions and 1,740 litres of fuel in one week.

Kingston recently received a bronze medal as a bicycle-friendly city by the **Share the Road Cycling Coalition**, an Ontario-based non-profit organization that promotes bicycling as a mode of transportation, recreation and fitness.

An excellent example of social and cultural interaction together with a strong environmental structure is The Wally Elmer hockey arena, scheduled to be demolished. With input from the community and local services agencies, The City of Kingston has transformed it into “**The Wally Elmer Neighbourhood Centre – Bringing Neighbours Together**”. It is a gathering place for people of all ages, designed to meet community needs.

**Your Community Foundation Donations At Work**

**Wally Elmer Skate Park.** A grant to develop the facility as part of the Community Centre.

**Rideau Valley Conservation Foundation.** From the Ruth and Stu Barton Fund and the Douglas Branton Fell Memorial Fund. To support the Crow Lake community’s project to showcase the unique and rare elements of this natural oasis by providing a visitor education platform and access to the Northern Marsh, overlooking Bass Lake. A second phase will include a floating boardwalk to completely traverse Northern Marsh and complete the ‘Sandi Slater Memorial Trail’.

*...This is something everyone knows: A well-used city street is apt to be a safe street. A deserted city street is apt to be unsafe... — Jane Jacobs*

# This is NOT garbage.

These items are recyclable. Put them in your **Blue Box**.



**Waste Less.**  
**Recycle more.**

[www.CityofKingston.ca/wasteless](http://www.CityofKingston.ca/wasteless)





# Health = Having Options and Opportunities: Personal Health.

Smoking, obesity, diabetes and mental health problems are more common in some neighbourhoods than others. Inequities in power, money and resources result in inequities in the conditions of daily life.

**Obesity.** In June 2012, Statistics Canada's Health Profile reported that **57.7%** of KFL&A citizens are overweight or obese (males: **65.8%**; females **50.1%**). This is above the provincial overall rate of **52.0%**.

Canada ranks fifth in industrial world obesity rates. "We have taken physical education out of the schools, and we have the availability of poor diets. And I often wonder ... where is the outrage?" Dr Robert Ross, Professor, Queen's University.

**Smoking.** Smoking negatively affects nearly every organ in the body and reduces overall health and life expectancy. It is related to more than two dozen diseases and conditions, particularly lung and other cancers, respiratory diseases and cardiovascular diseases. It is the leading cause of preventable death in Canada. Estimates suggest that roughly **22%** of all deaths in Canada are linked to smoking.

In 2011, the proportion of the population aged 12 and over identifying as current smokers in the KFL&A Health Unit was **18.9** per cent, 5.0 per cent below the national average of **19.9** per cent and 2.6 per cent below the provincial average of **19.4** per cent. The rate was down 7.1 percentage points from **26.0** per cent in 2003 and down 0.1 percentage points from **19.0** per cent in 2010.

**Diabetes.** The Canadian Diabetes Association states that Canada is at the "tipping point" in our response to diabetes. The total population with diabetes is estimated to be 2.7 million people (**7.6%**) in 2010, and is projected to rise to 4.2 million people (**10.8%**) by 2020. While the number of Canadians diagnosed with diabetes is already high, an additional almost one million are estimated to have the disease but do not know it. Currently, one in four Canadians lives with diabetes, undiagnosed diabetes, or prediabetes; this will rise to one in three by 2020 if current trends continue.

In Ontario, the cost of diabetes to the health care system in 2010 was \$4.9 billion, expected to rise to \$7 billion by 2020. In the South East Local Health Integration Network, nearly one in 10 persons has been diagnosed with the disease.

There is a direct correlation between obesity and diabetes. Those on the lowest social rank in our community have the highest smoking rates, least activity and highest diabetes rates ... a triple effect that leads to this population dying much younger than those higher up the social order.



**Mental Health.** The Canadian Mental Health Association reports that **20%** of Canadians will suffer from a mental illness in their lifetime. In 2011, **63.8%** of respondents in the KFL&A Health Unit rated their mental health status as "excellent" or "very good". This was a decrease of **9.3%** from **73.1%** in 2010 and a decrease of **8.9%** from **72.7%** in 2003.

It appears that more and more Canadians are suffering from depression each year. For example, in the past decade, the proportion of Ontario adults that reported using prescribed depression medication had almost doubled from **3.6%** to **6.6%**.

## Some Changes Underway

Most **Family Health Teams and Community Health Centres** in our area have adopted an evidence-based systematic means of applying smoking cessation. They can provide appropriate counseling, nicotine replacement therapies and other medication when needed.

In late January 2010, **Kingston Community Health Centres (KCHC)** began a community needs assessment process in north Kingston to identify current community health needs and strengths. Its purpose was to give deeper insight into community challenges and strengths so that effective planning and delivery could take place.

## Your Community Foundation Donations At Work

**Canadian Mental Health Association.** From the Ruth and Stu Barton Community Fund and the Marion and John Dunn Fund. Support for "The Please Listen Program", a series of group discussions and activities for children to learn about their parents' mental health issues.

**Music in the Street.** To support a music group made up of recovering addicts to use lyrics and music to explore some of the social issues surrounding addictions, and to demonstrate how the powerful tools of music and writing can be used in the rehabilitative process of recovering addicts.

# Health = Having Options and Opportunities: Physical activity, sports and recreation.

We know that physical activity combined with healthy eating is an important factor in the prevention of chronic diseases and the promotion of health and well-being. It lowers the risk of premature death, stroke, heart disease high blood pressure, obesity, adult-onset diabetes, osteoporosis, falls and injuries, depression and certain types of cancer. As such it is the nearest thing to a magic longevity pill.



Physical Inactivity is a recognized health issue in Canada and globally, having surpassed epidemic proportions. **85%** of Canadian adults do not meet Canada's physical activity guidelines of 150 minutes of moderate-to-vigorous activity per week. In 2011, **59.6%** of Kingston's population (aged 12 and over) reported being physically active or moderately active; a decrease from the **62.9 %** reported in 2010. This figure is **10.8%** above the national average.

According to the World Health Organization, children in Canada spend **59%** of their time between 3 p.m. and 6 p.m. sitting idle, playing video games. They get only 14 minutes of moderate exercise. The benefits of active play are physical development and fitness, healthy weight management, skill development and social support, mental well-being, stress relief, problem solving, creativity, confidence and self-esteem.

According to a spring 2012 study by Ian Janssen, CRC Chair in Physical Activity and Obesity, Queen's University, the estimated cost of this inactivity to total national health care costs is \$6.8 billion annually; or **3.7%** of total health care costs.

## Some Changes Underway

The **Province of Ontario** is helping promote physical activity and healthy living in Kingston and the Islands through the Healthy Community Fund. Almost \$140,000 will be granted in 2012 to six local organizations who will deliver innovative programs to promote healthier and more active living.

**Kingston Gets Active** is a community-wide initiative that raises awareness of the benefits of physical activity. Its purpose is to increase the number of physically active citizens. KGA works actively to build community capacity; link resources, events and opportunities; reduce barriers to individual behavioural change; and to create supportive environments in which citizens can learn, commute, work and play.

**The City of Kingston** is now part of the World Health Organization's Age-friendly Cities Network. This designation requires the City to assess, plan and implement strategies to make the municipality more age-friendly to our ageing population in eight key areas: housing; outdoor spaces & buildings; health & community supports; civic participation and employment; transportation; social participation; respect & social inclusion; and communication & information. The Phase 1 report will be going to City Council late this fall.

## Your Community Foundation Donations At Work

**Kingston Road Runners' Association.** A grant to their Running and Reading Club for a 32-week program to promote physical activity and literacy skills for economically-challenged children. The program takes children on an adventure that improves physical, mental, emotional and social health, and fosters discipline and goal setting. They build strength and endurance through running and fitness activities, receive help with both reading and writing and are given a balanced energy-filled snack.

**Limestone Learning Foundation.** For their "TrainYour Body" Program. Using personal heart monitors, Grade 6 & 7 students at J. R. Henderson Public School will track their individual fitness performance and daily improvement. The exercise will take place prior to math class to observe improved attention and focus.

## WE ARE GRATEFUL TO OUR ANNUAL SPONSORS FOR THEIR ON-GOING SUPPORT



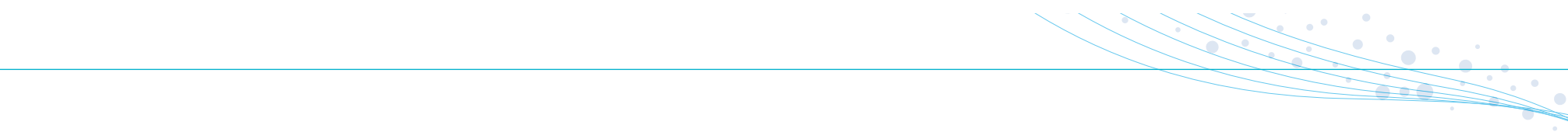
The Davies Foundation



Irving & Gini and Gregg & Marla Rosen







# Health = Having Options and Opportunities: Arts and Culture.

According to the Conference Board of Canada, cities rich in cultural resources are “hotbeds of creativity”, economic wealth generators, and magnets for talent across all sectors of the economy.

The Canadian Urban Institute acknowledges that there appears to be a growing acceptance throughout Ontario of culture’s role in renewing local economies. The City of Kingston is one of **25%** of mid-sized Ontario cities that has developed a robust cultural plan.

This community has myriad arts organizations of which we can be proud. And, the Kingston Arts Council, the oldest such council in Ontario, is celebrating its 50<sup>th</sup> Anniversary this year.

Kingston also has the unique fortune to have a rich historic past. At the top of the pyramid is the UNESCO World Heritage designation which applies to the entire Rideau Canal and the associated fortifications - Fort Henry and the Martello Towers. We also have 28 National Historic Sites, two Heritage Conservation Districts, nearly 700 Designated Properties, 500 listed properties under consideration and 275 completed archaeological assessments.

*... More than ever before, economic development is about talent attraction and retention. In the global economy, regions must create a community that is attractive for creative workers. The Creative Class seeks communities which are open, diverse, and thick with amenities (a vibrant arts scene, good restaurants, a safe community, etc.). Arts organizations should be interacting with the local economic development organization and public leaders to evaluate investments and the “return” on them (i.e. increased community involvement, more arts awareness, and fostering a niche talent).*  
— Richard Florida, professor and head of the Martin Prosperity Institute, Rotman School of Management, University of Toronto.

# Health = Having options and opportunities: Learning.

Opportunities to be well educated are vitally important to all of us if we are to reach our full potential and be able to participate successfully in our communities.

Literary scores in Ontario dipped in March 2012 to **82%** from a high of **85%** in 2009 of participating grade 10 students passing the mandatory test (OSSLT). The story for students enrolled in programs other than academic courses is troubling. Although **22%** of all Grade 10 students were enrolled in the applied English course, they represent more than half (**58%**) of all students who were unsuccessful on the literacy test this year.

In the Algonquin and Lakeshore District School Board, **86%** of first-time eligible participating students were successful (down from **89%** in 2008). In the Limestone School Board, **79%** passed (down from **81%** in 2008).

In Kingston (CMA) **14.7%** of our population (age 15+) in 2011 had not completed high school, down **9.5%** from **24.2 %** in 2000. That is lower than the national rate (**19.5%**) and the provincial rate (**18.0**).

### Some Changes Underway

**Local school boards** are focused on ensuring successful high-school completion for all students. A growing range of non-traditional education programs include: focus programs, alternative programs; cooperative education and work experience; certification training; dual credits and specialist high-skills majors. They also help families plan a pathway to success for students.

The **St. Lawrence College Students in Free Enterprise** team won the 2011 National Championship at the Advancing Canadian Entrepreneurship National Exposition. And in 2012 has been chosen as one of two regional champions. SIFE is a team-based program that encourages post-secondary students to address relevant economic, social and environmental issues by developing projects that empower others to improve their quality of life and standard of living. Their successful project was to make the Partners in Mission Food more sustainable. Solar panel and commercial walk-in freezer installations have resulted in \$38,000 in annual operating savings and have diverted 8,894 kg of carbon emissions. CFKA assisted with a grant.

### Your Community Foundation Grants at Work

**Limestone Learning Foundation.** Support for The “Harvesting House”, Canada’s first student-built energy net zero home, which will serve as the base for an interactive education centre for elementary and secondary students of both local school boards, post-secondary students, and the community as a whole. The “Sustainable Living Project” will utilize the Harvesting House facility as well as an interactive, traveling workshop setting to engage students and the public through presentations, hands-on workshops, experiments, displays, and games on sustainable living through “green innovations”.

### Some Changes Underway

In 2007 City Council created the **City of Kingston Arts Fund**, to be managed by the **Kingston Arts Council**. By 2011, it had awarded \$1.7 million to over 100 operating and project grants.

In 2011, The Community Foundation distributed 17% of total grants to arts and culture.

Until recently, it has been virtually impossible to measure the impact of the cultural industries. The Canadian Urban Institute has now developed a **Municipal Cultural Planning Indicators and Performance Measures Guidebook**. The City of Kingston is a partner in this development. In the next few years, these new tools will help measure the true value and impact of cultural industries in contributing to our community’s quality of life. Indicators will monitor the impact on the gross domestic product; municipal expenditures on arts and culture; arts education in schools; implementation of the cultural plan; the extent of collaboration among arts organizations; and the number of heritage designated properties.

### Your Community Foundation Grants at Work

**Kingston Writersfest.** Support for The Writer’s Studio, a unique feature of Kingston’s Writersfest. It is an innovative program of 11 master classes led by national and international authors for about 250 emerging and/or established writers.

**Katarokwi Native Friendship Centre.** The Katarokwi Culture Project enhances the culture and traditional knowledge of participants of the Anishnabe community in the greater Kingston area. The project involves youth and their families in cultural activities such as drum making, regalia making, native dancing and drumming and social events as well as teachings and traditions of full moon, pipe and change of season ceremonies, traditional feasts and sweat lodges.



## IMAGINE THE POSSIBILITIES

Every dream starts with imagination. You never know what is possible if you don’t dare to dream. So let us dream for a few minutes of the community we aspire to be. Imagine the possibilities of a community in which:

- Every child gets a decent and healthy start in life
- Where we can significantly reduce the 26% of young children with developmental issues
- Where every child starts every day with a nutritious breakfast
- Where young parents get the help they need to raise a healthy child
- Where every child gets a good education
- Where we increase the high-school graduation rate to over 90%
- Where every child having trouble at school is mentored by Queen’s, RMC or St. Lawrence students
- Where we cut the smoking rate from 19% to 10%
- Where 90% of our citizens participate regularly in exercise activities
- Where our senior and young citizens are equally valued and connect on a regular basis
- Where every citizen has a decent and affordable place to live
- Where new immigrants find a welcoming home in our community
- Where every neighbourhood is a safe place to walk and play
- Where our first response to a person in need is always “how can I help?”
- Where we have more and more citizens engaged in volunteer activities
- Where we tap into the enormous brain power of our citizens and use that power to bring about innovation

Everyone can add to the list of possibilities. All it takes is imagination. The imagination part is the “smart” part of our goal; bringing those ideas to life is the “caring” part. All great ideas start with a dream, with someone saying “just imagine . . . if we could do that”. They die with someone saying “we could never do that”.

Every great idea needs a champion to take flight. We salute all donor and volunteer champions in our communities who have said “I can make a difference” and then did so.

### WE THANK THE FOLLOWING SPONSORS WHO HAVE GENEROUSLY SUPPORTED THIS VITAL SIGNS 2012® REPORT





# Health = community belonging.

A community that offers support, respect and opportunities to participate helps us all be healthy.

...Most of our communities are fragmented and at odds within themselves. Businesses, social services, education, and health care each live within their own worlds. The same is true of individual citizens, who long for connection but end up marginalized, their gifts overlooked, their potential contributions lost.... — Peter Block, author of *Community: The Structure of Belonging*

The Vancouver Foundation recently produced a report “Connections and Engagement”, outlining the results of a broad survey of citizens. They stated:

... When we use the word “connections” we mean our relationships with others and the strength of those relationships. “Engagement” means our commitment to community and the willingness to take actions to solve problems or participate in activities that make our community better.

Connections and engagement are two sides of the same coin. It is only through strong relationships that we can care enough to work together to make our community a better place for everyone....

Kingston is blessed with myriad groups, clubs, artists, historians, crafts, sports. Finding something to belong to is readily available. But ... belonging is a state of mind. In 2011, **70.7 %** of residents of KFL&A 12 years and older stated they have a strong or somewhat strong sense of belonging to their communities. That's higher than the Canadian (**65.4%**) and Ontario (**67.7%**) averages. The rate increased 1.8% from 2003-2011. However, this does also mean that almost 30% of our citizens do not feel adequately included or connected.

Immigrants/migrants. In 2010 Kingston Immigration Partnership conducted a study of immigrants’ perception of Kingston. The city is viewed as “white” and “monocultural”. Also, in their qualitative survey, **40%** of immigrants surveyed said they do not plan on being in Kingston in 5 years.

Volunteers. In 2010, **37.9%** of citizens in the Kingston-Pembroke economic region engaged in volunteer activities as part of a group, compared to **47%** of Canadians and **47.7%** of Ontarians.



Voter turnout. Only **36%** of eligible voters cast votes in the 2010 Municipal election. In the 2011 federal election, **63.9%** voted. (**2.8%** higher than the national turnout).

Charitable donations. In 2010 **26.5%** of tax filers in Kingston (CMA) declared a charitable donation. (province **24.6%** and national **23.4%**.) There has been a steady erosion of charitable donations over the last decade; claims of charitable donations on tax returns for Kingstonians have dropped **14.26%** since 1997.

### Some Changes Underway

In 2011, KFL&A citizens donated a record-breaking \$3.3 million to the **United Way's** annual campaign. And, donors to the **Community Foundation** added over \$1 million to our permanent, endowment funds.

The **Kingston Immigration Partnership** has developed a series of videos as part of their “Call Kingston Home” campaign in which immigrants provided snapshots into their daily life. Tatiana Alvarado, originally from Honduras, said “Kingston is a great city to raise a family. There are now more organizations that help you. People are more informed about different cultures and you can see more immigrants in town”.

### Your Community Foundation Donations at Work

**Diversity Works.** To help the group bring together new immigrants, local business owners and community organizations to share knowledge, build contacts and promote the importance of internationally-educated professionals in the local economy. Over 100 people participated in a program of workshops, a marketplace of ideas, and the presentation of the Kingston Immigration Partnership's Employer Award.

**The Kingston Film Co-operative.** To support their film, “The Forgotten Capital”. Using a “Then and Now” technique, this feature film to be shown in Market Square, will take residents and visitors on an emotionally-engaging and entertaining voyage through Kingston's fascinating history.

## A legacy is forever and a day

### 10 REASONS WHY many people choose the Community Foundation for Kingston & Area.

1. We are a local organization with deep roots in the community; part of a nationwide movement whose support we build and share.
2. We bring donors to the table as community builders and work closely with them to align their philanthropic vision with community needs.
3. We identify long-term needs and opportunities and invest in solutions.
4. We take a broad and inclusive view of what the community is, and provide grants to the widest possible range of organizations.
5. We provide highly personal and flexible service, offering donors maximum tax advantage.
6. We build permanent funds and those that can respond to immediate needs, helping our communities ensure vital futures.
7. We multiply the impact of gift dollars by pooling them with other gifts.
8. We believe that diversity is strength; we bring the entire community together to stimulate new ideas, build participation and strengthen community philanthropy.
9. We are transparent and reputable stewards of community resources, committed to being accountable, accessible and responsive.
10. We build community vitality – the unique and essential spirit that flourishes when people believe their community holds possibilities for everyone.

### WHY GIVE?

“To know that even one life has been made easier because you lived, this is to have succeeded.” — Ralph Waldo Emerson

- Invest in the future of your community by giving back
- Repay an organization with important meaning for you
- Continue your family's tradition of giving in the community
- Support organizations that share your values
- Maximize your tax savings by giving appreciated securities
- Set up a legacy bequest so your money keeps on giving

### HOW TO GIVE

- Establish a fund in an area of special interest to you
- Name a fund in honour of a family member or special friend
- Set up a fund in celebration of a special anniversary or birthday
- Make an outright gift of cash, stocks, bonds or real estate
- Designate your life insurance and reduce your estate tax
- Include a charitable bequest in your will
- Be part of our Smart and Caring Community Fund

There are myriad charitable organizations in our communities that can help you meet your philanthropic wishes, large or small. LEAVE A LEGACY™ is a national public awareness program (with a South-Eastern Ontario chapter) designed to encourage people to leave a gift through their will or any other gift planning instrument to a charity or non-profit organization. A legacy gift can benefit all not-for-profit groups.

#### We wish to extend our thanks and gratitude to the many people who contributed to this year’s report.

Vital Signs Steering Committee members: Florence Campbell, Project Co-ordinator and Past President, CFKA; Dan Corbett, Chair, Sustainable Kingston; Don Curtis, Catalyst Communications; Cheryl Hitchen, Manager, Community Programs Administration Housing Programs, City of Kingston; Kim Hockey, Director, Community Investment, United Way KFL&A; Dr. Peter Kirkham, Professional Economist/Investor (former Chief Statistician of Canada), Tony McBride, Investor Consultant, Weigh House Investor Services; Dr. Kieran Moore, Associate Medical Officer of Health, KFL&A Public Health Unit; Dan Norman, a Past President, CFKA; Erna Redekopp, CFKA Board Member.

Many others volunteered their expertise and time. City of Kingston: Cynthia Beach, Commissioner, Sustainability and Growth; John Giles, Manager, Solid Waste Division; Colin Wiginton, Manager of Cultural Services. KFL&A Health Unit: Dr. Paul Belanger. Limestone School Board: Dr. Brenda Hunter, Director of Education. St. Lawrence College: Lorraine Carter, Senior Vice President, Academic. Sustainable Kingston: Joe Davis, Project Manager. United Way KFL&A: Bhavana Varma, President & CEO. CFKA: Anne Butler and Geoff Sandiford, Board members, Vikram Varma, Executive Director, Jessica Corbeil, Manager.

We are also indebted to the Sudbury and District Health Unit for permission to use their model describing the six social determinants of health.

This report can also be found at: [www.cfka.org/vital-signs-2012](http://www.cfka.org/vital-signs-2012)



Community Foundation for Kingston & Area, 165 Ontario Street, Kingston, Ontario. K7L 2Y6.  
Telephone: 613-546-9696. Email: [info@cfka.org](mailto:info@cfka.org).  
[www.cfka.org](http://www.cfka.org)

Community Foundations across Canada that participate in the Vital Signs program are celebrating. Vital Signs has been chosen by the U.S.-based Community Indicators Consortium (CIC) as a recipient of a CIC Impact Award. The CIC is a recognized global leader in indicator work. They have built a world-wide community of practice for those who are interested, or engaged in, the field of community indicators development and application.