

Kingston, Frontenac, and Lennox & Addington (KFL&A) Community Wellbeing Survey

Stage 1 Results: A Profile of the Wellbeing of KFL&A Residents

A preliminary report for
**The Community Foundation for Kingston and Area
and
KFL&A Public Health**

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Introduction

The Kingston, Frontenac, Lennox & Addington (KFL&A) Community Wellbeing Survey was launched on April 30, 2013 when invitations to participate were distributed to 11,000 randomly selected households. One person in each household, age 18 years or older, was invited to complete the survey. The survey closed on June 7, 2013. Among the 1,520 questionnaires completed and submitted by KFL&A residents, 1,515 were deemed usable (1,345 online and 170 paper). This represents a response rate of 13.8%.

The results presented in this report are preliminary descriptive statistics, reporting frequency distributions and measures of central tendency for all of the questions in each of the eight domains comprising the Canadian Index of Wellbeing: *Community Vitality, Democratic Engagement, Education, Environment, Healthy Populations, Leisure and Culture, Living Standards, and Time Use*. The data were weighted to ensure that results are representative geographically within the KFL&A and that the sex and age distribution matched the profile for KFL&A based on the 2011 Census.

The report is organised by domain and consists largely of tables. Some background information is provided, but text has been kept to a minimum. The descriptive results provide a general picture of wellbeing for the KFL&A, and assists in identifying areas for further consideration. Once priorities have been outlined, the CIW will proceed with more in-depth analyses.

Weighting of Data

A description of survey participants is outlined in the following tables. We begin with the results for age, sex, and geographic region to provide a better understanding of how the responses were distributed initially. Then we illustrate how respondents were distributed once the data were weighted based on these three characteristics.

A total of 1,515 usable responses to the survey were collected. Weighting of the data generates estimates on each characteristic based on the total number of residents in the KFL&A as reported in the 2011 Census of Canada.

To weight the data, we assigned participants to one of the following eight locations based on postal code information¹:

¹ No questionnaires were returned by any of the sampled households on Frontenac Islands.

- | | |
|---------------------|------------------------|
| 1. City of Kingston | 5. Addington Highlands |
| 2. Greater Napanee | 6. South Frontenac |
| 3. Loyalist | 7. Central Frontenac |
| 4. Stone Mills | 8. North Frontenac |

We subsequently grouped these areas into four larger districts for which sex and age information from the 2011 Census was available: City of Kingston, Greater Napanee, County of Frontenac, and County of Lennox and Addington. We weighted according to sex (see Table 1), age (see Table 2), and geographic area (see Table 3) to ensure that the results of the survey are representative of the residents of KFL&A. Hence, all other tables in this report use weighted data.

Table 1
Distribution of Respondents *by Sex*^a

Sex	Unweighted		Weighted Sample	
	n	Pct.	n	Pct.
Female	757	51.3	78,740	52.1
Male	719	48.7	72,430	47.9

^a Thirty-nine respondents did not provide information about their sex.

Table 2
Distribution of Respondents *by Age Group*^a

Age Group	Unweighted		Weighted Sample	
	n	Pct.	n	Pct.
18 to 25 years	6	0.4	15,589	10.3
25 to 34 years	75	5.1	22,625	15.0
35 to 44 years	119	8.1	23,380	15.5
45 to 54 years	269	18.3	30,223	20.0
55 to 64 years	385	26.2	26,823	17.7
65 to 79 years	520	35.4	23,770	15.7
80 years and older	97	6.6	8,760	5.8

^a Forty-four respondents did not provide information about their age.

Table 3
Distribution of Respondents *by Geographic Area*^a

Geographic Area	Unweighted		Weighted Sample	
	n	Pct.	n	Pct.
City of Kingston	731	48.4	100,864	66.7
Greater Napanee	225	14.9	10,755	7.1
County of Lennox and Addington	250	16.6	20,126	13.3
County of Frontenac	304	20.1	19,425	12.8

^a Five print surveys were missing their 5-digit identifier and we were unable to obtain postal code information for them.

Once the sample had been compared to the actual distribution of the total population separately for each of sex, age, and geographic location, the proportional weights for each of these characteristics were established. Subsequently, the final weighting was undertaken with all three characteristics included to ensure the sample reflected the overall population distributions. With the weighting applied, the final sample quite reasonably approximated the region's population profile (see Table 4).

Table 4
Kingston & Area Population 2011 – Aged 18 years and older^a

Geographic Area	Population		Weighted Sample	
	n	Pct.	n	Pct.
City of Kingston	100,864	64.7	100,864	66.7
Greater Napanee	12,610	8.1	10,755	7.1
County of Lennox and Addington	21,200	13.6	20,126	13.3
County of Frontenac	21,165	13.6	19,425	12.8
Total	155,839	100.0	151,170	100.0

^a In 54 cases, the weight variable was set to zero because information was missing for sex, geographic location, or age group.

With these weights assigned, the results reported in the tables comprising the rest of this report are weighted to reflect population estimates. In some instances, when sample responses are too low (e.g., country of birth if not Canada), population estimates are not reported.

Reading the report

As noted above, the results presented in the tables have been weighted to provide estimates of the population in the KFL&A region. In some instances, the total number of responses will not always equal the total population due to missing responses. Most often, non-response represents only a handful of individuals so the totals are not much below the population total for the region. In other cases, larger numbers of people might have chosen not to respond either because they judged the question not to be relevant to them or because they simply declined to respond to the question. For example, in the latter case, many people decline to report their income, so in Table J6, the results reflect the estimated 135,280 individuals in the population who did respond (approximately 87% of the total population).

Also, total percentages in the tables might not always total to 100% due to rounding. In a couple of instances, not all responses categories are reported in the table, but explanatory notes are included (e.g., Table J7b concerning country of birth if not Canada).

The CIW and Vital Signs Matrix

To facilitate the selection of results from the Community Wellbeing Survey that correspond to areas of interest identified by Vital Signs™, a matrix has been developed that matches question numbers from each of the eight CIW domains with the 11 areas of interest (see Table 5). Given the intersection of various indicators with more than one domain and/or area of interest, the matrix represents a starting point; in other words, some indicators could be used to inform our understanding of more than one area of interest in Vital Signs.

List of abbreviations and terms

n	Number of respondents
Pct.	Percentage of respondents
Mean	Arithmetic average
Std. Dev.	Standard deviation (average amount the scores deviate from the mean)
Min.	Minimum score reported
Max.	Maximum score reported

Table 5
Questions from the Community Wellbeing Survey Corresponding to Vital Signs' Areas of Interest

Areas of Vital Signs	Domains of the Canadian Index of Wellbeing								Overall well-being	Demographics
	Community Vitality	Democratic Engagement	Education	Environment	Healthy Populations	Leisure and Culture	Living Standards	Time Use		
Safety	A7, A8, A11, A12									
Belonging and Leadership	A1 to A6, A9, A10	C1 to C3	F3.7	D1.9				H1, H2	I2, I1.4, I1.13, I1.14	J13
Learning			F1, F2, F3			E9.2			I1.6	J4
Environment				D1, D2					I1.12	
Health and Wellness					B1 to B10	E1.3, E1.4, E10.4		H3, H4	I1.1, I1.2	
Arts and Culture	A2.3					E1 to E10			I1.3, I1.9, I1.10	
Gap between Rich and Poor							G8		I1.15	J6
Housing							G8.2			J15
Work							G1 to G4, G6, G7		I1.7, I1.16	J5
Getting Started										J5 X J9
Getting Around				D2.7			G5			
Economy									I1.15	
Demographics										J1 to J20

Notes: Specific questions within each section of the Community Wellbeing Survey are listed under their respective CIW domains in the row corresponding to the Vital Signs area with indicators equivalent or similar to the CIW's indicators.

In instances where a question that presents several items in a list, an individual item that is relevant to another Vital Signs area are indicated by specifying the question and the item number (e.g., question D2 in the Environment section of the survey links directly to the Vital Signs area "Environment", but the seventh item in the question could be used as an indicator for the area "Getting Around" so is shown in that row as D2.7).

References to specific items within scales (e.g., E1.3) refer to their order in the *questionnaire*. Their order in the *tables* within this report may change based on the respondents' rankings.

Demographic Profile

Table J1
Profile of Respondents to KFL&A Community Wellbeing Survey:
Sex

Sex	n	Pct.
Female	78,740	52.1
Male	72,430	47.9

Table J2
Profile of Respondents to KFL&A Community Wellbeing Survey:
Age^a

Age	n	Pct.
18 to 25 years	15,589	10.3
25 to 34 years	22,625	15.0
35 to 44 years	23,380	15.5
45 to 54 years	30,223	20.0
55 to 64 years	26,823	17.7
65 to 79 years	23,770	15.7
80 years and older	8,760	5.8

^a Participants had to be at least 18 years of age to participate in the survey.

Table J3
Profile of Respondents to KFL&A Community Wellbeing Survey:
Marital Status

Marital Status	n	Pct.
Married	86,922	57.5
Single, never married	20,421	13.5
Living common-law	14,948	9.9
Widowed	11,327	7.5
Divorced	9,391	6.2
Separated	7,662	5.1

Table J4
Profile of Respondents to KFL&A Community Wellbeing Survey:
Highest Level of Education Completed

Education	n	Pct.
Elementary school	3,561	2.4
High school	33,613	22.2
Post-secondary certificate	13,031	8.6
College diploma	44,935	29.7
University degree (e.g., B.A., B.Sc.)	32,353	21.4
Graduate degree (e.g., M.A., M.Sc., Ph.D.)	23,214	15.4

Table J5
Profile of Respondents to KFL&A Community Wellbeing Survey:
Main Activity

Main Activity	n	Pct.
Working full-time	62,020	41.0
Retired	40,903	27.1
Non-standard employment ^a	12,871	8.5
Going to school	11,932	7.9
Working part-time	9,686	6.4
Household work/caring for children	6,047	4.0
Unemployed/looking for work	3,362	2.2
On leave from work (e.g., illness, parental leave)	3,256	2.2

^a Includes self-employed, contract, seasonal, temporary, and multiple jobs.

Table J6
Profile of Respondents to KFL&A Community Wellbeing Survey:
Household Income From All Sources

Household Income	n	Pct.
Under \$10,000	1,777	1.2
\$10,000 to \$19,999	6,949	4.6
\$20,000 to \$29,999	14,513	9.6
\$30,000 to \$39,999	10,953	7.2
\$40,000 to \$59,999	19,725	13.0
\$60,000 to \$79,999	22,486	14.9
\$80,000 to \$99,999	20,608	13.6
\$100,000 to \$119,999	14,376	9.5
\$120,000 to \$149,999	11,121	7.4
\$150,000 and over	12,772	8.4

Table J7a
Profile of Respondents to KFL&A Community Wellbeing Survey:
Born in Canada

Born in Canada	n	Pct.
Yes	122,452	81.5
No	27,876	18.5

Table J7b
Country of Birth of Respondents *Other than Canada*^a

Country of Birth	n	Pct.
United Kingdom	5,983	22.5
United States	2,247	8.5
Germany	1,788	6.7
The Netherlands	1,307	4.9

^a Among those respondents who were born outside of Canada, 42.6% were born in one of the four countries listed in the table above. The countries in which the remaining 57.4% of respondents were born are not presented in the table due to low response rates. These countries include Australia, Austria, Belgium, Benin, China, Columbia, Croatia, Czech Republic, Denmark, Ecuador, Egypt, Finland, Greece, Guyana, Hungary, India, Iran, Iraq, Ireland, Italy, Jamaica, Korea, Latvia, Lebanon, Malta, New Zealand, Pakistan, Philippines, Poland, Portugal, Russia, Slovenia, South Africa, South America, Sri Lanka, and Sweden.

Table J8
Profile of Respondents to KFL&A Community Wellbeing Survey:
Years Lived in Canada (if not born in Canada)

Years lived in Canada	n	Pct.
5 years or fewer	1,456	5.2
6 to 10 years	8,078	28.9
11 to 15 years	1,307	4.7
16 to 20 years	869	3.1
21 to 30 years	1,500	5.4
31 to 50 years	8,820	31.6
51 years or more	5,908	21.1

Note: For those respondents who were *not* born in Canada ($n = 27,876$, 18.5%), the average length of time they have lived in Canada is just under 32 years ($M = 31.56$, $SD = 21.52$).

Table J9
Profile of Respondents to KFL&A Community Wellbeing Survey:
Cultural, Ethnic, or National Background

Note: 71.2% of the respondents identified themselves as “Canadian” and another 7.3% identified themselves as of “Canadian/UK” origins. Most other respondents reported western European backgrounds, with only about 8% of the total sample indicating origins from a wide variety of other parts of the world.

Table J10a
Profile of Respondents to KFL&A Community Wellbeing Survey:
First Language

First language	n	Pct.
English	130,688	86.9
French	4,020	2.7
Other	15,626	10.4

Table J10b
First Language of Respondents *Other than* English or French^a

First Language	n	Pct.
Spanish	1,023	16.7
German	906	14.7
Dutch	483	7.9

^a Among those respondents whose first language was *not* English or French, 39.3% of the respondents reported that their first language was one of the three listed in the table above. The other languages spoken by the remaining 60.7% of respondents are not presented in the table due to low response rates. These additional languages include Afrikaans, Arabic, Chinese, Czech, Danish, Farsi, Filipino, Finnish, Hungarian, Italian, Malayalam, Polish, Portuguese, Russian, Sindhi, Slovenian, Swedish, Tagalog, Tamil, Urdu, and Yiddish.

Table J11
Profile of Respondents to KFL&A Community Wellbeing Survey:
First Nations Status

First Nations status	n	Pct.
Yes	3,243	2.2
No	146,846	97.8

Table J12
Profile of Respondents to KFL&A Community Wellbeing Survey:
Disability Status

Living with disability	n	Pct.
Yes	3,243	2.1
No	146,846	97.1

Table J13
Profile of Respondents to KFL&A Community Wellbeing Survey:
Years Resident of KFL&A

	n	Mean	Std. Dev.
Years resident of KFL&A	60,421	15.1	15.40

Table J14
Profile of Respondents to KFL&A Community Wellbeing Survey:
Years Lived in Current Location

	n	Mean	Std. Dev.
Years living in current location	63,739	9.1	10.12

Table J15
Profile of Respondents to KFL&A Community Wellbeing Survey:
Own or Rent Place in Which Living

Own or rent	n	Pct.
Own	122,078	83.0
Rent	24,991	17.0

Table J16
Profile of Respondents to KFL&A Community Wellbeing Survey:
Sexual Orientation

Sexual orientation	n	Pct.
Heterosexual or straight	141,305	94.2
Gay or Lesbian	4,775	3.2
Bisexual	657	0.4
I would prefer not to say	2,415	1.6
Other	889	0.6

Table J17
Profile of Respondents to KFL&A Community Wellbeing Survey:
In a Relationship

In a relationship	n	Pct.
Yes	39,502	26.5
No	109,801	73.5

Table J18
Profile of Respondents to KFL&A Community Wellbeing Survey:
Living with Partner

Living with partner	n	Pct.
Yes	5,935	5.4
No	103,747	94.6

Table J19
Profile of Respondents to KFL&A Community Wellbeing Survey:
Sex of Partner

Sex of partner	n	Pct.
Female	48,734	44.4
Male	61,018	55.6
Transgender	87	0.1

Table J20a
Profile of Respondents to KFL&A Community Wellbeing Survey:
Household Type

Household type	n	Pct.
Couple living with children at home	50,323	33.7
Couple with children elsewhere (e.g., “empty nester”)	34,724	23.2
Couple with no children	22,417	15.0
Adult living alone	16,454	11.0
Adult living alone (with children living elsewhere)	11,303	7.6
Adult living with children	5,952	4.0
Adult sharing accommodation	3,629	2.4
Other	4,620	3.1

Table J20b
Profile of Respondents to KFL&A Community Wellbeing Survey:
Age of Youngest Child for Participants Living with Children

Age of youngest child	n	Pct.
Less than 6 years old	17,224	18.4
6 to 11 years old	11,532	12.3
12 to 19 years old	16,148	17.3
20 to 24 years old	8,491	9.1
25 to 29 years old	8,842	9.5
30 years or older	31,153	33.4

Community Vitality

Table A1
Respondents who Volunteered During the Past 12 Months

Volunteered	n	Pct.
Volunteered in past 12 months	80,707	53.4

Table A2
Respondents who were a Member of or Participant in
an Organization During the Past 12 Months

Organization type	n	Pct.
Union or professional association	85,408	41.7
Sports or recreational organization (e.g., hockey league, health club, golf club)	51,971	35.4
Cultural, educational or hobby organization (e.g., theatre group, book club, bridge club)	45,053	31.0
Religious affiliated group (e.g., church youth group, choir)	28,001	19.3
Public interest group (e.g., focused on the environment, animal welfare, food security, homelessness)	21,624	15.0
School group, neighbourhood, civic, or community association (e.g., PTA, alumni, block parents, neighbourhood watch)	29,449	20.3
Service club or fraternal organization (e.g., Kiwanis, Knights of Columbus, the Legion)	12,929	8.9
Political party or group	12,116	8.4
Other organized group or activity	27,742	19.5

Table A3
Respondents who Provided Unpaid Help to Others in the Past 12 Months

Type of Unpaid Help	n	Pct.
Health-related or personal care, such as emotional support, counselling, providing advice, visiting the elderly, unpaid babysitting	75,563	51.3
Work at their home such as cooking, cleaning, gardening, maintenance, painting, shovelling snow, or car repairs	81,605	55.4
Doing any shopping, driving someone to the store, or to any other appointments	57,808	39.7
Paperwork tasks such as writing letters, doing taxes, filling out forms, banking, paying bills, or finding information	51,887	35.7
Unpaid teaching, coaching, tutoring, or assisting with reading	32,774	22.6

Table A4
Numbers of Social Contacts Reported by Respondents: *Relatives*

Relatives	n	Min.	Max.	Mean	Std. Dev.
Number of relatives	150,654	0	76	5.81	6.70

Table A5
Numbers of Social Contacts Reported by Respondents: *Close friends*

Friends	n	Min.	Max.	Mean	Std. Dev.
Number of close friends	150,670	0	100	5.16	5.51

Table A6
Numbers of Social Contacts Reported by Respondents: *Neighbours*

Neighbours	n	Min.	Max.	Mean	Std. Dev.
Number of neighbours	150,426	0	200	3.97	6.92

Table A7
Perceptions of Safety and Belonging:
How Safe Walking in Neighbourhood at Night

Safety and Belonging	n	Percentage of Respondents (n)							Summary Statistics	
		Very unsafe	2	3	4	5	6	Very safe	Mean ^a	Std. Dev.
Feel safe walking alone in your neighbourhood after dark	150,290	3.1 (4,695)	3.2 (4,837)	4.4 (6,640)	9.3 (14,001)	11.0 (16,523)	24.7 (37,127)	44.2 (66,468)	5.73	1.60

^a Based on a 7-point scale where higher scores reflect higher feelings of safety.

Table A8
Perceptions of Safety and Belonging:
Uncomfortable/Out of Place Because of Ethnicity, Culture, Race, Skin Colour

Safety and Belonging	n	Percentage of Respondents (n)							Summary Statistics	
		Never	2	3	4	5	6	All of the time	Mean ^a	Std. Dev.
Feel uncomfortable or out of place in your neighbourhood because of your ethnicity, culture, race, or skin colour	150,111	82.6 (123,948)	12.9 (19,366)	0.7 (1,112)	1.5 (2,216)	0.9 (1,351)	0.8 (1,257)	0.6 (861)	1.30	0.87

^a Based on a 7-point scale where higher scores reflect higher frequency of feelings of discomfort.

Table A9
 Perceptions of Safety and Belonging:
Sense of Belonging in Local Community

Safety and Belonging	n	Percentage of Respondents (n)							Summary Statistics	
		Very weak	2	3	4	5	6	Very strong	Mean^a	Std. Dev.
Your sense of belonging to your local community	150,696	3.1 (4,654)	4.5 (6,781)	10.3 (15,532)	23.1 (34,784)	26.6 (40,082)	18.1 (27,207)	14.4 (21,657)	4.77	1.50

^a Based on a 7-point scale where higher scores reflect a stronger sense of belonging.

Table A10a. Respondents' Perceptions of Sense of Community as a Place to Live

Community as a place to live	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
I feel at ease with the people in this community	147,610	0.6 (895)	0.7 (1,062)	2.8 (4,185)	16.3 (24,102)	43.0 (63,544)	26.1 (38,476)	10.4 (15,346)	5.20	1.04
People are sociable here	149,159	0.4 (614)	1.4 (2,125)	5.3 (7,911)	14.3 (21,404)	45.0 (67,069)	25.5 (37,993)	8.1 (12,043)	5.11	1.06
I have good friends in this community	149,739	1.3 (2,017)	6.4 (9,526)	6.4 (9,585)	14.2 (21,285)	31.3 (46,903)	26.4 (39,561)	13.9 (20,862)	5.03	1.42
Many people in this community are available to give help if somebody needs it	149,330	0.5 (751)	1.2 (1,855)	3.9 (5,867)	22.9 (34,177)	42.1 (62,838)	21.4 (31,933)	8.0 (11,908)	5.01	1.05
If I had an emergency, even people I do not know would be willing to help me	149,647	0.9 (1,324)	1.9 (2,913)	6.0 (8,994)	19.0 (28,423)	44.8 (66,981)	20.0 (29,874)	7.4 (11,137)	4.94	1.11
If I need help, this community has many excellent services to meet my needs	149,965	1.0 (1,519)	2.8 (4,218)	7.1 (10,579)	27.4 (41,097)	34.9 (52,297)	21.2 (31,738)	5.7 (8,516)	4.79	1.17
This community provides opportunities for me to do a lot of different things	148,135	0.8 (1,158)	7.5 (11,057)	9.5 (14,053)	18.8 (27,891)	33.8 (50,131)	19.7 (29,203)	9.9 (14,643)	4.76	1.38
If I had problem, few people in this community would try to help me	149,121	6.8 (10,163)	15.5 (23,129)	27.9 (41,592)	18.2 (27,138)	25.3 (37,782)	4.1 (6,156)	2.1 (3,161)	3.61	1.40
In this community, there is never much to do	148,648	8.7 (12,875)	17.5 (26,053)	34.2 (50,773)	16.5 (24,588)	13.9 (20,627)	3.4 (5,128)	5.8 (8,604)	3.43	1.52
It is difficult for me to connect with the people in this community	150,025	7.8 (11,671)	15.8 (23,727)	36.3 (54,414)	25.6 (38,384)	9.0 (13,434)	4.5 (6,761)	1.1 (1,634)	3.30	1.25
In this community, I have few opportunities to satisfy my needs	150,080	9.7 (14,572)	17.6 (26,443)	38.1 (57,167)	19.6 (29,358)	9.7 (14,545)	4.0 (6,027)	1.3 (1,968)	3.19	1.30
In this community, people are not willing to help those in need	149,403	10.5 (15,834)	20.5 (30,926)	37.7 (56,950)	19.7 (29,796)	7.8 (11,783)	1.9 (2,807)	0.9 (1,307)	3.03	1.21

^a Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table A10b
Dimensions of Sense of Community

Sense of Community^a	n	Mean^b	Std. Dev.
Social climate and bonds	145,339	5.01	0.92
Help in case of need	146,162	4.84	0.88
Needs fulfilment	145,545	4.73	1.10

^a *Social climate and bonds* is an average of responses to statements assessing friendships, sociability, and ability to connect with people in the city.

Help in case of need includes responses to statements about the number and willingness of people to provide help in an emergency or situation of need.

Needs fulfillment refers to perceptions of the range and accessibility of opportunities to satisfy activity needs.

^b Based on a 7-point scale where higher scores reflect greater satisfaction with dimension of sense of community.

Table A11
Emergency Preparedness:
Information Sources in Case of an Emergency

Information sources	n	Pct.
Radio	126,441	83.6
Internet (e.g., website)	122,575	81.1
Television	112,094	74.2
A friend, family member, or colleague	108,460	71.7
Social media (e.g., Facebook, Twitter)	65,874	43.6
Print material (e.g., newspaper, sign, poster)	54,284	35.9
Workplace	43,723	28.9
By calling 911	40,714	26.9
City hall, municipal or government office	35,507	23.5
A professional (e.g., nurse, doctor, teacher)	29,062	19.2
An agency or public service	28,496	18.9
By calling 211	9,980	6.6
Other	310	0.3

Table A12
Emergency Preparedness:
Resources/ Actions Taken in Case of an Emergency

Resources/ Actions	n	Pct.
I would check up on my neighbours	132,767	88.3
I have set aside <i>non-perishable food</i> at home, enough to last at least three days	95,455	63.3
I have set aside a <i>supply of bottled water</i> at home, enough to last at least three days	69,292	46.0
I have set aside some money, in small bills, loonies, and toonies	65,222	43.3

Healthy Populations

Table B1
Respondents' Self-Assessed *Physical Health*

Self-Reported <i>Physical Health</i>	n	Percentage of Respondents (n)					Summary Statistics	
		Poor	Fair	Good	Very good	Excellent	Mean ^a	Std. Dev.
In general, would you say your <i>physical</i> health is...	150,613	2.9 (4,353)	14.2 (21,449)	38.1 (57,363)	31.9 (48,085)	12.9 (19,363)	3.38	0.98

^a Based on a 5-point scale where higher scores reflect higher perceived levels of physical health.

Table B2
Respondents' Self-Assessed *Mental Health*

Self-Reported <i>Mental Health</i>	n	Percentage of Respondents (n)					Summary Statistics	
		Poor	Fair	Good	Very good	Excellent	Mean ^a	Std. Dev.
In general, would you say your <i>mental</i> health is...	150,956	1.7 (2,601)	8.0 (12,079)	36.1 (54,557)	36.0 (54,315)	18.2 (27,404)	3.61	0.93

^a Based on a 5-point scale where higher scores reflect higher perceived levels of mental health.

Table B3
Assessment of Health Care Services in Community:
Overall Quality

Health Care Services	n	Percentage of Respondents (n)					Summary Statistics	
		Poor	Fair	Good	Very good	Excellent	Mean ^a	Std. Dev.
Ratings of the <i>overall quality</i> of health care services in your community	150,636	2.8 (4,155)	9.7 (14,660)	39.1 (58,874)	38.6 (58,197)	9.8 (14,750)	3.43	0.90

^a Based on a 5-point scale where higher scores reflect higher ratings of perceived quality.

Table B4
Assessment of Health Care Services in Community:
Overall Accessibility

Health Care Services	n	Percentage of Respondents (n)					Summary Statistics	
		Poor	Fair	Good	Very good	Excellent	Mean ^a	Std. Dev.
Ratings of the <i>overall accessibility</i> of the health care services in your community	150,308	4.5 (6,835)	22.8 (34,296)	32.1 (48,248)	32.6 (48,946)	8.0 (11,983)	3.17	1.01

^a Based on a 5-point scale where higher scores reflect higher ratings of perceived accessibility.

Table B5
Respondents' Perceptions of Health Behaviours During the Past Week

Health Behaviour	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
I was able to perform all my daily living activities (e.g., household chores)	149,444	1.0 (1,520)	1.5 (2,307)	9.2 (13,683)	5.5 (8,148)	43.7 (65,298)	21.4 (31,999)	17.7 (26,489)	5.24	1.26
I regularly ate healthy meals	150,772	0.6 (938)	3.6 (5,488)	7.7 (11,551)	7.3 (10,976)	41.6 (62,664)	22.8 (34,409)	16.4 (24,746)	5.20	1.29
I got good quality exercise	149,839	1.6 (2,450)	5.8 (8,664)	18.9 (28,361)	17.8 (26,680)	29.7 (44,519)	14.2 (21,328)	11.9 (17,838)	4.58	1.47
I had a lot of energy	150,135	1.9 (2,840)	3.2 (4,844)	21.8 (32,672)	18.3 (27,434)	32.9 (49,451)	15.2 (22,828)	6.7 (10,066)	4.50	1.35
I could not get going	149,239	16.3 (24,399)	26.3 (39,186)	31.8 (47,389)	11.7 (17,392)	11.5 (17,133)	1.6 (2,461)	0.9 (1,280)	2.84	1.32
Physical pain prevented me from doing what needed to	150,418	31.1 (46,759)	15.9 (23,898)	26.4 (39,779)	8.6 (12,899)	12.0 (18,067)	4.1 (6,233)	1.9 (2,785)	2.74	1.60

^a Based on a 7-point scale where higher scores reflect higher levels of agreement.

Table B6
Frequency of Dental Visits

Frequency of dental visits	n	Pct.
More than once a year for check-ups	76,124	50.6
About once a year for check-ups	40,958	27.2
Less than once a year for check-ups	12,594	8.4
Only for emergency care	20,844	13.8

Table B7
Last Dental Visit

Last dental visit	n	Pct.
Less than 1 year ago	115,841	76.8
1 year to less than 2 years ago	9,474	6.3
2 years to less than 3 years ago	6,113	4.0
3 years to less than 4 years ago	2,500	1.7
4 years to less than 5 years ago	3,877	2.6
5 or more years ago	11,825	7.8
I have never gone to the dentist	1,257	0.8

Table B8
Reason for no Dental Visit in Past Three years

Reasons	n	Pct.
It costs too much to go	11,153	7.4
Not gotten around to it	4,488	3.0
Wear dentures and do not need to see a dentist	4,300	2.8
Afraid to go to the dentist	3,450	2.3
Did not think it was necessary	2,761	1.8
Personal/family responsibilities prevented me from going	1,799	1.2
Did not know where to go, did not know where dentist is	670	0.4
A dentist was not available in the area where I live	582	0.4
Had transportation problems getting to the dentist	385	0.3
Waiting time was too long	470	0.3
My dentist did not think it was necessary	236	0.2
Cannot leave home because of a health problem	170	0.1
A dentist was not available at a time convenient to me	68	0.0
Language problems that make it hard to get dental care	0	0.0

Table B9
Dental Insurance Covers All or Part of Expenses

Dental insurance	n	Pct.
Have dental insurance that covers all or part of dental expenses	102,721	68.4

Table B10
Frequency of Brushing Teeth

Brush teeth	n	Pct.
More than twice a day	30,262	20.1
Twice a day	83,365	55.5
Once a day	33,604	22.4
Less than once a day, but more than once a week	2,039	1.4
Once a week	128	0.1
Less than once a week	929	0.6

Democratic Engagement

Table C1
Respondents Participating in Democratic Activity
During the Past 12 Months

Activity	n	Pct.
I participated in local event to support charitable organization (e.g., 5km run for breast cancer)	46,668	31.1
I participated in a local event in support of community (e.g., “pick up litter days,” earth day)	40,134	27.0
I wrote a letter or email to or spoke with a municipal official about a local issue	25,789	17.2
I joined a Facebook page on a local issue	22,300	15.0
I attended a local planning meeting or open house	14,751	9.9
I attended a municipal council meeting	10,563	7.0
I attended a Ward/neighbourhood meeting	9,101	6.1
I participated in a public demonstration or protest	8,248	5.5
I wrote a letter to the editor of the newspaper about a local issue	5,573	3.7

Table C2
Level of Interest in Politics at the Federal, Provincial, and Municipal Levels

Interest level in politics	n	Percentage of Respondents (n)										Summary statistics	
		None	2	3	4	5	6	7	8	9	Great deal	Mean ^a	Std. Dev.
Federal	150,913	10.3 (15,475)	3.6 (5,455)	11.9 (18,008)	5.1 (7,642)	14.2 (21,372)	8.4 (12,746)	13.8 (20,868)	12.7 (19,145)	8.1 (12,253)	11.9 (17,950)	5.85	2.80
Provincial	150,785	9.9 (14,946)	4.3 (6,474)	10.0 (15,043)	8.1 (12,146)	14.5 (21,875)	11.5 (17,407)	13.8 (20,827)	13.1 (19,726)	4.6 (6,979)	10.2 (15,363)	5.67	2.67
Municipal	150,148	14.7 (22,024)	4.9 (7,419)	10.5 (15,768)	7.0 (10,472)	16.4 (24,596)	10.4 (15,675)	14.1 (21,136)	9.9 (14,829)	4.5 (6,725)	7.7 (11,505)	5.23	2.72

^a Based on a 10-point scale where higher scores reflect higher levels of interest

Table C3
Respondents who Feel Programmes and Services of the Local Government Have Made Them Better Off^a

Perception of Local Policies	n	Percentage of Respondents (n)							Summary Statistics	
		Much worse off	2	3	Have not made any difference	5	6	Much better off	Mean ^a	Std. Dev.
Extent programmes and services of local government have made you better off	147,548	1.3 (1,900)	2.4 (3,579)	6.9 (10,217)	62.4 (92,108)	19.2 (28,376)	6.1 (9,030)	1.6 (2,337)	4.21	0.91

^a Based on a 7-point scale where higher scores reflect higher levels of agreement.

Environment

Table D1. Respondents' Perceptions of the Environment in KFL&A

Environmental Concern	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
I feel I have a personal responsibility to help protect the natural environment	150,077	0.7 (1,017)	0.2 (298)	6.1 (9,221)	10.0 (15,042)	35.8 (53,786)	26.7 (40,040)	20.4 (30,674)	5.42	1.18
There are plenty of opp. to enjoy nature in my <i>town/city</i>	149,286	0.5 (695)	0.9 (1,284)	4.3 (6,489)	11.2 (16,656)	42.8 (63,891)	29.6 (44,115)	10.8 (16,158)	5.27	1.05
There are plenty of opp. to enjoy nature in my <i>neighbourhood</i>	150,202	0.7 (1,055)	1.4 (2,096)	9.5 (14,306)	7.7 (11,633)	37.3 (55,960)	28.2 (42,377)	15.2 (22,776)	5.25	1.23
The quality of the natural environment in my <i>town/city</i> is very high	149,984	0.6 (933)	0.4 (632)	5.7 (8,561)	17.2 (25,774)	46.6 (69,922)	23.6 (35,446)	5.8 (8,718)	5.03	1.00
The quality of the natural environment in my <i>neighbourhood</i> is very high	150,318	0.9 (1,405)	2.6 (3,914)	6.9 (10,390)	15.2 (22,896)	41.9 (62,921)	23.9 (35,918)	8.6 (12,873)	5.00	1.18
The <i>water quality</i> in my community is very good	150,010	1.7 (2,582)	1.3 (1,933)	6.2 (9,234)	21.8 (32,633)	39.8 (59,632)	21.1 (31,658)	8.2 (12,338)	4.93	1.18
The <i>air quality</i> in my community is very good	149,902	0.7 (1,038)	1.5 (2,277)	8.8 (13,228)	23.7 (35,478)	39.9 (59,845)	17.4 (26,139)	7.9 (11,897)	4.85	1.14
Traffic congestion in my community is a problem	149,592	9.1 (13,663)	9.0 (13,486)	26.2 (39,152)	24.3 (36,425)	20.0 (29,887)	7.1 (10,595)	4.3 (6,383)	3.75	1.50
I regularly participate in events organized by local groups to protect the natural environment (e.g., protests, fund raising)	148,960	16.9 (25,101)	12.8 (19,002)	30.5 (45,498)	27.0 (40,161)	9.0 (13,417)	2.6 (3,861)	1.3 (1,921)	3.11	1.36

^a Based on a 7-point scale where higher scores reflect greater agreement with aspect of environment in KFL&A.

Table D2
Respondents' Participation in Resource Conservation and Sustainable Activities During the Past 12 Months

Conservation/Sustainable Activities	n	Percentage of Respondents (n)					Summary Statistics	
		Never	Some-times	Regu-larly	Quite often	All of the time	Mean ^a	Std. Dev.
Recycle materials (e.g., plastics, tin cans, cardboard)	150,450	0.5 (683)	2.4 (3,667)	7.7 (11,644)	8.3 (12,438)	81.1 (121,983)	4.67	0.76
Tried to reduce household waste	149,150	0.8 (1,238)	5.2 (7,787)	17.5 (26,046)	23.9 (35,719)	52.5 (78,326)	4.22	0.97
Conserve energy (e.g., buy energy efficient bulbs and appliances, turn off lights)	150,538	0.3 (502)	11.1 (16,664)	12.1 (18,171)	25.8 (38,887)	50.7 (76,314)	4.15	1.04
Conserve water (e.g., not leaving the water tap running, taking shorter showers)	150,656	1.0 (1,541)	10.3 (15,568)	17.5 (26,329)	29.2 (43,932)	42.0 (63,287)	4.01	1.05
Reuse materials (e.g., plastic bottles, plastic bags, tin cans)	150,232	1.3 (1,985)	12.0 (18,014)	20.0 (30,041)	26.7 (40,177)	39.9 (59,980)	3.92	1.09
Separate waste	150,264	13.3 (19,946)	13.8 (20,785)	11.1 (16,719)	9.1 (13,683)	52.7 (79,132)	3.74	1.52
Purchase foods produced locally	150,345	6.3 (9,497)	42.0 (63,132)	20.2 (30,379)	21.6 (32,411)	9.9 (14,927)	2.87	1.13
Walk, bike, or take public transit more often (rather than drive your car)	150,221	32.8 (49,253)	31.8 (47,763)	7.4 (11,071)	12.6 (18,935)	15.4 (23,199)	2.46	1.44

^a Based on a 5-point scale where higher scores reflect higher frequency of engagement in activities.

Leisure and Culture

Table E1
Respondents Who Reported Participation in:
Physical Activity During a Typical Month

Physical Activity	Percentage that Participates		Participation Rate (Times per month)			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Light exercise (e.g., going for a walk, bicycling)	130,327	86.2	1	100	18.00	14.77
Vigorous exercise (e.g., aerobics, jogging, weight training)	62,092	41.1	1	52	12.18	8.40
Individual sports (e.g., tennis, badminton, skiing)	35,020	23.2	1	85	6.25	6.22
Team sports (e.g., baseball, hockey, volleyball, basketball)	24,240	16.0	1	30	5.75	3.78

Table E2
Respondents Who Reported Participation in:
“Getting Out” Activities During a Typical Month

“Getting Out” Activity	Percentage that Participates		Participation Rate (Times per month)			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Socializing with friends (e.g., getting together at someone’s home, dining out)	133,249	88.1	1	100	5.74	5.34
Going out to movies	66,948	44.3	1	10	1.75	1.50
Going to sports events as spectator	45,993	30.4	1	40	2.45	3.40
Going out to clubs, bars, taverns	44,762	29.6	1	72	4.11	8.53

Table E3
 Respondents Who Reported Participation in:
Home-Based Activities in a Typical Week

Home-Based Activity	Percentage that Participates		Participation Rate (Times per week)			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Reading books, newspapers, and/or magazines for pleasure	137,115	90.7	1	1,000	10.30	27.85
Doing puzzles such as cross-words, Sudoku, jigsaw	68,936	45.6	1	100	5.46	5.69
Hobbies such as knitting, crafts, woodworking	67,987	45.0	1	100	5.12	9.76
Playing board or card games	65,917	43.6	1	30	3.23	4.19

Table E4
 Respondents Who Reported Participation in:
Cultural Activities During the Past Year

Cultural Activity	Percentage that Participates		Participation Rate (Times in past year)			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Attending music concerts	93,000	61.5	1	100	3.84	5.45
Attending live theatre	71,826	47.5	1	75	2.79	3.81
Attending festivals	78,496	51.9	1	20	2.30	1.91
Visiting art galleries/museums	69,716	46.1	1	52	3.09	3.89
Attending ballet, dance performances	22,547	14.9	1	75	2.21	5.23

Table E5a
 Respondents Who Reported Participation in:
On-line Activities for Leisure on a Typical Day

On-line Activity	Percentage that Participates		Participation Rate (Times per day)			
	n	Pct.	Min.	Max.	Mean	Std. Dev.
Searching Internet for interest	128,283	84.9	1	100	5.07	7.87
Socializing with others online (e.g., Facebook, Skype, texting)	92,115	60.9	1	100	5.91	10.29
Playing computer games online	49,838	33.3	1	60	3.57	3.91

Table E5b
 Amount of Time Respondents Spend Engaged in Online Activities for Leisure
 (Minutes per day)^a

Engaged in online activities	n	Min.	Max.	Mean	Std. Dev.
Total time on a typical day spent engaged in online activities for leisure	127,427	1	1980	112.95	105.55

^a Includes those reporting at least one minute of participation (84.3% of all respondents).

Table E6
 Amount of Time Respondents Spend Watching Television/DVDs/Movies
 (Minutes per day)^a

Watching TV/DVDs/Movies	n	Min.	Max.	Mean	Std. Dev.
Total time on a typical day spent watching television, DVDs, or shows/movies online	127,741	2	780	164.89	102.66

^a Includes those reporting at least one minute of participation (84.5% of all respondents).

Table E7
 Number of Days Respondents Had on Holidays in Previous Year

Days on Holiday	n	Min.	Max.	Mean	Std. Dev.
Total days on holiday in past year	140,958	0	365	16.53	23.71

Table E8. Respondents' Use of Recreation and Cultural Facilities During the Past Year

Recreation and cultural facility	n	Percentage of Respondents (n)					Summary Statistics	
		Never	Some-times	Regu-larly	Quite often	All of the time	Mean ^a	Std. Dev.
Local park	148,515	24.3 (36,085)	38.2 (56,781)	18.0 (26,733)	12.7 (18,846)	6.8 (10,069)	2.39	1.18
Public library	149,823	36.5 (54,554)	39.5 (59,232)	10.1 (15,100)	7.4 (11,014)	6.6 (9,923)	2.08	1.16
Performing arts facility (e.g., KROC Centre, Grand Theatre)	149,030	36.8 (54,793)	49.4 (73,683)	9.0 (13,472)	4.3 (6,439)	0.4 (643)	1.82	0.80
Multi-purpose rec centre	147,695	62.9 (92,896)	22.4 (33,153)	5.4 (8,015)	6.0 (8,811)	3.3 (4,820)	1.64	1.04
Swimming pool	148,913	62.1 (92,449)	24.8 (36,971)	5.2 (7,711)	5.6 (8,390)	2.3 (3,392)	1.61	0.98
An historic site (e.g., Old Fort Henry, Bellevue House)	149,298	49.9 (74,559)	45.3 (67,576)	2.6 (3,933)	2.0 (2,933)	0.2 (296)	1.57	0.66
Arena	149,064	64.0 (95,404)	25.3 (37,707)	3.9 (5,776)	3.4 (5,075)	3.4 (5,102)	1.57	0.97
Other outdoors sports (e.g., golf, tennis)	148,423	67.7 (100,515)	18.4 (27,366)	6.7 (9,900)	5.4 (7,989)	1.8 (2,654)	1.55	0.96
Sports fields (e.g., soccer, baseball)	148,248	71.3 (105,724)	14.5 (21,440)	6.5 (9,692)	5.1 (7,633)	2.5 (3,759)	1.53	1.00
Outdoor skating rink	147,463	74.2 (109,427)	21.8 (32,202)	2.3 (3,340)	1.1 (1,597)	0.6 (897)	1.32	0.63
Splash pad or wading pool	148,974	80.4 (119,773)	13.4 (19,993)	2.3 (3,460)	2.7 (4,050)	1.1 (1,698)	1.31	0.75
Visual arts facility (e.g., Art in the Park, Agnes Etherington Art Centre)	148,668	74.2 (110,257)	23.1 (34,313)	1.7 (2,569)	0.9 (1,304)	0.2 (225)	1.30	0.56

^a Based on a 5-point scale where higher scores reflect higher frequency of facility use.

Table E9
Respondents' Perceived Accessibility of Recreation and Cultural Facilities

Perceived Access to Recreation/Cultural Facility	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
There is a local park nearby that is easy for me to get to from my home	144,230	6.6 (9,558)	1.0 (1,472)	8.8 (12,711)	8.0 (11,544)	29.8 (42,937)	19.2 (27,708)	26.6 (38,301)	5.17	1.68
The recreation and culture facilities are easy for me to get to from my home	144,893	7.2 (10,432)	3.9 (5,637)	9.2 (13,376)	13.9 (20,106)	39.5 (57,278)	15.8 (22,833)	10.5 (15,231)	4.64	1.57
The recreation and cultural facilities are very welcoming to me	137,271	1.2 (1,606)	1.0 (1,413)	3.9 (5,290)	49.1 (67,357)	31.4 (43,071)	6.8 (9,384)	6.7 (9,151)	4.56	1.03
There are places nearby where I can take classes for my own interest	142,403	8.2 (11,679)	4.6 (6,506)	13.6 (19,352)	16.7 (23,745)	35.6 (50,650)	14.9 (21,238)	6.5 (9,233)	4.38	1.57
Recreation and culture programs are offered at times that are convenient to me	139,658	7.9 (10,997)	4.4 (6,194)	13.9 (19,470)	29.0 (40,474)	31.1 (43,458)	9.4 (13,192)	4.2 (5,873)	4.16	1.44
Childcare is available at the recreation facilities if I need to use it	97,541	5.6 (5,426)	3.4 (3,363)	9.6 (9,388)	71.1 (69,324)	7.3 (7,104)	1.4 (1,400)	1.6 (1,536)	3.82	0.99
The cost of public recreation & culture programs prevents me from participating	137,995	10.5 (14,485)	14.3 (19,693)	27.7 (38,192)	29.5 (40,744)	10.6 (14,662)	3.5 (4,886)	3.9 (5,333)	3.42	1.43

^a Based on a 7-point scale where higher scores reflect higher perceived accessibility.

Table E10a. Respondents' Perceptions of Leisure Experience

Perceptions of Leisure Experience	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
My leisure helps me to relax	149,030	0.4 (557)	0.3 (518)	1.2 (1,780)	7.4 (11,051)	59.6 (88,821)	21.6 (32,229)	9.4 (14,074)	5.28	.853
My leisure helps relieve stress	145,853	0.5 (675)	0.5 (683)	1.9 (2,792)	14.9 (21,760)	47.9 (69,926)	23.3 (33,928)	11.0 (16,090)	5.23	0.98
My leisure contributes to my emotional wellbeing	146,340	0.6 (808)	5.2 (7,586)	1.6 (2,295)	9.2 (13,465)	48.2 (70,476)	22.4 (32,764)	12.9 (18,945)	5.18	1.191
My leisure helps me to stay healthy	145,705	0.7 (1,092)	5.2 (7,627)	4.1 (5,936)	10.6 (15,500)	42.8 (62,394)	23.4 (34,044)	13.1 (19,112)	5.12	1.267
My leisure provides me with opportunities for social interaction with others	149,126	0.6 (951)	1.0 (1,466)	5.1 (7,588)	20.9 (31,097)	51.8 (77,210)	15.7 (23,372)	5.0 (7,442)	4.89	0.97
I participate in leisure that restores me physically	145,184	1.2 (1,695)	5.9 (8,543)	9.5 (13,836)	17.4 (25,292)	42.1 (61,179)	17.1 (24,772)	6.8 (9,867)	4.72	1.28
My leisure provides opportunities to try new things	147,955	1.0 (1,410)	1.6 (2,407)	7.1 (10,555)	26.1 (38,647)	50.3 (74,363)	9.1 (13,460)	4.8 (7,112)	4.70	1.02
I participate in leisure that develops my physical fitness	147,763	1.3 (1,899)	7.6 (11,286)	9.9 (14,650)	17.3 (25,617)	38.8 (57,364)	17.5 (25,848)	7.5 (11,099)	4.67	1.35
My leisure helps me to learn about myself	147,795	0.8 (1,186)	5.9 (8,694)	7.2 (10,635)	32.4 (47,856)	38.1 (56,263)	10.9 (16,086)	4.8 (7,074)	4.53	1.16
My leisure has helped me to develop close relationships with others	145,925	1.3 (1,890)	7.3 (10,600)	9.4 (13,716)	26.3 (38,450)	37.7 (55,031)	13.1 (19,060)	4.9 (7,177)	4.51	1.26
My leisure is most enjoyable when I can connect with others	145,652	5.8 (8,508)	1.6 (2,272)	9.8 (14,223)	28.3 (41,233)	35.9 (52,234)	13.9 (20,218)	4.8 (6,965)	4.48	1.34
My leisure helps me to learn about other people	145,119	1.2 (1,797)	6.2 (9,020)	11.9 (17,240)	29.7 (43,056)	36.0 (52,290)	11.1 (16,141)	3.8 (5,575)	4.42	1.21

^a Based on a 7-point scale where higher scores reflect higher agreement.

Table E10b
Respondents' Perceptions of Dimensions of Leisure Experience

Dimension^a	n	Mean^b	Std. Dev.
Relaxation	144,744	5.24	0.90
Physiological	143,219	4.83	1.21
Social	144,632	4.62	1.04
Educational	143,379	4.54	0.95

^b Notes: *Relaxation* – leisure contributes to relaxation, stress relief and emotional wellbeing.
Physiological – leisure contributes to physical fitness and health.
Social – leisure facilitates social connections and the development and/or maintenance of social bonds.
Educational – leisure allows opportunities to learn new things, learn about different people, or try new things.

^a Based on a 7-point scale where higher scores reflect higher agreement that dimension is important part of leisure experience.

Education

Table F1
Respondents Who Took Formal Education Courses During the Past Year to Improve Skills or to Prepare for a Job

Type of Course	n	Pct.
To improve your skills in your current job	37,452	25.3
To prepare for a job you might do in the future	31,977	21.7
To lead directly to a qualification related to current job	31,000	21.0
To help you get started in a current or new job?	24,700	16.7

Table F2a
Respondents Who Took Courses *for Interest* in the Community During the Past Year

Course Taken for Interest	n	Pct.
Course for interest (e.g., computer skills, woodworking, sewing, creative writing)?	18,926	12.6

Table F2b
Number of Courses for Interest Taken by Respondents in the Past Year

Courses Taken for Interest	n	Number of courses			Std. Dev.
		Min.	Max.	Mean	
Participants	18,201	1	10	1.65	1.30

Table F3
Respondents' Perceptions of Opportunities for Formal Education and Courses of Interest

Opportunities to Take Courses	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
There are schools nearby where I can upgrade my educational qualifications	147,468	1.8 (2,610)	1.7 (2,533)	7.9 (11,578)	20.4 (30,100)	39.7 (58,616)	19.0 (27,983)	9.5 (14,049)	4.90	1.23
There are plenty of opportunities to take formal education courses	148,566	6.7 (9,973)	3.2 (4,750)	8.4 (12,505)	15.0 (22,303)	36.4 (29,564)	19.9 (15,457)	10.4 (15,457)	4.72	1.55
There are plenty of opportunities to take courses of interest	148,632	6.7 (9,895)	2.9 (4,310)	8.5 (12,560)	16.0 (23,845)	41.0 (60,966)	16.6 (24,684)	8.3 (12,373)	4.65	1.48
There are places nearby where I can take courses out of interest	147,403	1.8 (2,599)	7.1 (10,434)	10.6 (15,642)	19.6 (28,958)	42.4 (62,497)	12.8 (18,826)	5.7 (8,447)	4.55	1.30
There are many opportunities for me to get to know people from different cultures	146,375	1.7 (2,467)	3.3 (4,822)	14.6 (21,415)	41.6 (60,896)	26.1 (38,165)	9.4 (13,770)	3.3 (4,841)	4.29	1.13
I would take courses, but they are too expensive	146,968	4.4 (6,518)	4.7 (6,944)	22.8 (33,581)	27.2 (40,048)	25.0 (36,777)	9.2 (13,491)	6.5 (9,610)	4.17	1.41
I would take courses, but they are offered at inconvenient times	146,622	4.2 (6,221)	4.6 (6,815)	22.3 (32,767)	43.9 (64,359)	19.4 (28,454)	4.0 (5,890)	1.4 (2,116)	3.87	1.12

^a Based on a 7-point scale where higher scores reflect greater agreement.

Living Standards

Table G1
Respondents Who Work for Pay

Work for Pay?	n	Pct.
No	61,954	41.3
Yes	88,054	58.7

Table G2
Number of Paid Jobs (full or part-time) Held by Respondents^a

Number of <i>different</i> jobs held for pay	n	Pct.
1 job	72,094	82.5
2 jobs	11,586	13.3
3 jobs	2,929	3.4
4 or more jobs	727	0.9

^a Includes only those respondents who indicated that they worked for pay.

Table G3
Respondents' Weekly Hours Spent Working for Pay on *Main Job*

Hours per week spent working at <i>main job</i>	n	Pct.
Fewer than 25 hours	13,811	15.9
25 to 34 hours	5,948	6.8
35 to 49 hours	53,045	60.9
50 to 59 hours	11,212	12.9
60 or more hours	3,089	3.5

Table G4
 Respondents' Weekly Hours Spent Working for Pay on *Other Job(s)*^a

Hours per week spent working at <i>other job(s)</i>	n	Pct.
Fewer than 10 hours	7,889	50.1
10 to 20 hours	7,504	47.7
21 to 35 hours	349	2.2

^a Includes only those respondents who reported working at more than one job.

Table G5
 Respondents' Workday Commute from Home to Workplace for Main Job
 (minutes per day)

Commute time	n	Min.	Max.	Mean	Std. Dev.
Length of time to commute from residence to place of work for main job	81,179	1	360	21.57	20.07

Table G6a. Respondents' Perceptions of Job Fit

Feelings Concerning Main Job	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
My current occupational position adequately reflects my education and training	87,015	5.2 (4,542)	5.4 (4,724)	10.9 (9,456)	9.2 (8,021)	34.5 (30,000)	22.8 (19,850)	12.0 (10,422)	4.79	1.59
Considering all my efforts and achievements, my opportunities at work are adequate	87,334	4.0 (3,480)	4.7 (4,086)	10.0 (8,755)	19.2 (16,762)	36.7 (32,093)	15.1 (13,207)	10.2 (8,951)	4.66	1.45
Considering all my efforts and achievements, my salary/income is adequate	87,477	5.5 (4,775)	3.7 (3,243)	19.1 (16,721)	12.0 (10,537)	39.4 (34,445)	14.1 (12,350)	6.2 (5,405)	4.43	1.47
I have little hope for promotion at my job	87,072	5.7 (4,967)	8.5 (7,408)	19.9 (17,293)	21.6 (18,841)	23.2 (20,234)	8.2 (7,131)	12.9 (11,198)	4.24	1.65
I have experienced or I expect to experience an undesirable change in my work situation	87,425	8.9 (7,751)	8.4 (7,301)	27.3 (23,862)	21.3 (18,634)	20.6 (17,980)	6.9 (6,045)	6.7 (5,853)	3.84	1.57
My job security is poor	87,063	14.1 (12,306)	16.8 (14,659)	27.9 (24,306)	18.0 (15,696)	15.4 (13,378)	2.6 (2,238)	5.1 (4,481)	3.32	1.58

^a Based on a 7-point scale where higher scores reflect greater agreement.

Table G6b. Dimensions of Job Fit

Dimensions of job fit ^a	n	Mean ^b	Std. Dev.
Job promotion	86,613	4.41	1.11
Job security	87,012	3.58	1.31

^a Notes: *Job promotion* is comprised of questions related to opportunities for promotion, to use one's training/education, recognition of effort, and appropriate remuneration.

Job security is comprised of perceptions of job security and experience of an undesirable change in work sit.

^b Based on a 7-point scale where higher scores reflect higher agreement that dimension is important part of job fit.

Table G7a
Respondents' Reactions to Work

Reactions to Work	n	Percentage of Respondents (n)							Summary Statistics	
		Very strongly disagree	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Very strongly agree	Mean ^a	Std. Dev.
I am in a better mood at work because of my personal life	86,886	2.0 (1,777)	5.4 (4,708)	11.4 (9,918)	21.3 (18,466)	39. (34,612)	11.9 (10,351)	8.1 (7,054)	4.60	1.33
My personal life gives me energy for work	87,784	3.7 (3,207)	5.2 (4,539)	13.9 (12,194)	25.9 (22,477)	33.9 (29,774)	11.9 (10,483)	5.8 (5,109)	4.40	1.36
I am in a better mood generally because of my job	87,617	4.3 (3,751)	3.9 (3,420)	18.7 (16,371)	28.9 (25,319)	33.1 (28,993)	7.8 (6,831)	3.3 (2,932)	4.19	1.28
I am happy with the amount of time for non-work activities	87,504	4.3 (3,767)	5.0 (4,387)	30.4 (26,602)	13.1 (11,506)	33.8 (29,578)	7.8 (6,810)	5.5 (4,853)	4.13	1.42
I struggle to juggle work and non-work activities	87,447	11.9 (10,411)	7.3 (6,386)	28.9 (25,279)	10.0 (8,739)	29.7 (25,956)	7.4 (6,433)	4.9 (4,241)	3.80	1.63
My personal life suffers because of work	87,504	10.5 (9,197)	10.8 (9,422)	29.9 (26,144)	10.0 (8,710)	26.2 (22,889)	9.5 (8,343)	3.2 (2,798)	3.72	1.59
I neglect personal needs because of work	87,251	12.1 (10,531)	10.4 (9,093)	32.1 (28,022)	8.5 (7,401)	27.4 (23,900)	5.3 (4,593)	4.3 (3,712)	3.62	1.60
I put my personal life on hold for work	87,188	13.3 (11,575)	8.7 (7,597)	30.4 (26,521)	12.6 (10,942)	25.1 (21,856)	5.1 (4,477)	4.8 (4,220)	3.62	1.61
My job makes a personal life difficult	87,412	11.0 (9,637)	11.2 (9,791)	33.9 (29,635)	13.8 (12,094)	20.1 (17,583)	7.0 (6,161)	2.9 (2,512)	3.53	1.52
My personal life drains me for energy for work	87,504	17.3 (15,154)	16.3 (14,281)	48.2 (42,204)	10.9 (9,565)	6.5 (5,689)	0.4 (321)	0.3 (289)	2.75	1.12
I am too tired to be effective at work	87,365	16.9 (14,808)	15.7 (13,737)	53.5 (46,719)	8.9 (7,745)	4.4 (3,846)	0.4 (329)	0.2 (180)	2.70	1.04
It is hard to work because of personal matters	87,504	22.7 (19,889)	19.0 (16,605)	42.3 (37,003)	8.7 (7,611)	5.7 (4,994)	0.6 (488)	1.0 (915)	2.62	1.22
My work suffers because of my personal life	87,504	23.3 (20,347)	20.3 (17,736)	45.2 (39,541)	7.9 (6,902)	2.6 (2,258)	0.2 (207)	0.6 (513)	2.49	1.08

^a Based on a 7-point scale where higher scores reflect greater agreement.

Table G7b
Dimensions of Work-Life Balance

Dimension^a	n	Mean^b	Std. Dev.
Work/personal life enhancement	86,602	4.40	1.08
Work interference with personal life	86,788	3.69	1.37
Personal life interference with work	87,365	2.64	0.95

^a Notes: *Work/personal life enhancement* refers to the positive transfer of mood and energy between work and personal domains.
Work interference with personal life refers to difficulties re: detrimental influence of work on personal needs, time, energy, relationships.
Personal life interference with work refers to difficulties performing job requirements because of personal matters.

^b Based on a 7-point scale where higher scores reflect higher agreement with balance in work-life dimension.

Table G8
Respondents' Perceptions of Financial Security During the Past Year

Financial Security Experience	n	Percentage of Respondents (n)					Summary Statistics	
		Never	Once in past year	At least once past 6 months	At least once past 3 months	At least once a month	Mean ^a	Std. Dev.
I did not have enough money to buy the things I <i>wanted</i>	135,660	48.3 (65,493)	10.8 (14,690)	12.3 (16,688)	8.4 (11,442)	20.2 (27,348)	2.41	1.61
I did not have enough money to buy the things I <i>needed</i>	138,522	79.5 (110,120)	6.6 (9,107)	3.3 (4,527)	3.3 (4,575)	7.4 (10,193)	1.52	1.18
I could not pay my bills on time (e.g., water, hydro, phone, credit card)	139,125	77.7 (108,051)	9.1 (12,654)	5.5 (7,618)	5.1 (7,118)	2.6 (3,683)	1.46	0.99
I ate less because there was not enough food or money for food	137,382	87.6 (120,297)	2.8 (3,914)	2.3 (3,150)	4.2 (5,711)	3.1 (4,311)	1.32	0.94
I could not pay my mortgage or rent on time	130,139	79.0 (119,469)	4.5 (6,741)	1.0 (1,557)	0.9 (1,387)	0.7 (985)	1.14	0.55

^a Based on a 5-point index where higher scores reflect higher incidence of these experiences.

Time Use

Table H1a
Respondents Providing Unpaid Care to Any Children

Unpaid Care to Children	n	Pct.
Number of respondents providing care	25,901	17.3

Table H1b
Weekly Hours Typically Spent by Respondents
Providing Unpaid Care to Children

Hours of Unpaid Care Provided to:	n	Min.	Max.	Mean	Std. Dev.
Children <i>in your family</i>	24,047	1	168	43.57	49.16
Children who are <i>not members of your family</i>	3,482	1	25	4.96	5.28

Table H2a
Respondents Providing Unpaid Care to Older or Dependent Adult(s)

Unpaid Care to Older/Dependent Adult	n	Pct.
Number providing of respondents care	15,338	10.1

Table H2b
Weekly Hours Typically Spent by Respondents
Providing Unpaid Care to Older or Dependent Adult(s)

Hours of Unpaid Care Provided to:	n	Min.	Max.	Mean	Std. Dev.
Older or dependent adult <i>in your family</i>	13,462	1	168	24.77	43.08
Older or dependent adult(s) who is a <i>neighbour or friend</i>	3,229	1	50	4.42	7.36

Table H3
Respondents' Perceptions of Time Adequacy

Perceived Adequate Time...	n	Percentage of Respondents (n)										Summary Statistics	
		Not enough	2	3	4	5	6	7	8	9	Always enough	Mean ^a	Std. Dev.
To be yourself	145,918	1.8 (2,676)	1.0 (1,406)	3.1 (4,464)	10.2 (14,922)	5.6 (8,140)	7.6 (11,054)	10.1 (14,719)	12.6 (18,354)	10.5 (15,291)	37.6 (54,894)	7.69	2.46
To prepare or eat healthy meals	146,636	1.4 (1,996)	1.3 (1,917)	5.7 (8,418)	3.7 (5,383)	11.8 (17,373)	5.9 (8,673)	10.0 (14,612)	15.7 (22,980)	10.9 (15,936)	33.7 (49,348)	7.60	2.42
To be with your partner or spouse	120,575	3.5 (4,198)	1.4 (1,682)	4.3 (5,132)	6.7 (8,074)	5.7 (6,878)	13.5 (16,285)	9.2 (11,101)	11.6 (13,943)	12.7 (15,319)	31.5 (37,963)	7.42	2.56
To get enough sleep/rest	148,576	4.4 (6,492)	6.6 (9,756)	4.3 (6,422)	4.5 (6,705)	9.7 (14,370)	4.0 (5,980)	7.3 (10,918)	10.8 (16,043)	9.0 (13,392)	39.4 (58,496)	7.34	2.94
To socialize	145,357	2.1 (3,113)	2.3 (3,356)	4.7 (6,760)	4.8 (7,020)	10.1 (14,714)	10.2 (14,781)	14.6 (21,190)	10.7 (15,598)	12.1 (17,582)	28.4 (41,243)	7.32	2.47
To form and sustain serious relationships	125,658	3.1 (3,869)	1.6 (2,039)	4.3 (5,383)	7.0 (8,767)	7.8 (9,804)	13.2 (16,588)	8.5 (10,650)	13.3 (16,737)	12.8 (16,127)	28.4 (35,694)	7.31	2.53
To be with children you live with	67,949	4.6 (3,154)	0.8 (533)	5.2 (3,549)	5.6 (3,824)	6.2 (4,193)	15.4 (10,447)	9.2 (6,229)	13.2 (8,970)	13.2 (8,976)	26.6 (18,075)	7.22	2.57
For your family to be together	130,978	3.5 (4,613)	3.0 (3,885)	7.3 (9,548)	4.8 (6,304)	7.1 (9,266)	13.9 (18,262)	9.4 (12,343)	10.8 (14,139)	13.2 (17,290)	27.0 (35,328)	7.10	2.66
To complete housework or chores	145,399	2.2 (3,237)	2.0 (2,916)	4.0 (5,843)	14.6 (21,267)	8.4 (12,216)	9.3 (13,548)	9.7 (14,129)	12.5 (18,120)	11.0 (16,055)	26.2 (38,068)	7.04	2.57
To keep in shape	144,822	3.0 (4,404)	2.0 (2,891)	8.1 (11,706)	9.8 (14,208)	9.5 (13,754)	6.7 (9,684)	9.0 (13,009)	13.8 (20,016)	9.7 (14,054)	28.4 (41,096)	7.03	2.70
To nurture your spiritual and/or creative side	136,245	4.2 (5,717)	3.4 (4,662)	8.0 (10,859)	5.4 (7,373)	10.9 (14,859)	14.6 (19,937)	8.4 (11,437)	10.1 (13,726)	8.8 (12,054)	26.1 (35,621)	6.79	2.73
To participate in or be active in the community	137,986	6.5 (8,955)	4.3 (5,908)	8.4 (11,609)	5.1 (7,004)	14.4 (19,889)	9.6 (13,243)	9.6 (13,207)	12.3 (16,946)	8.6 (11,830)	21.3 (29,394)	6.46	2.82

^a Based on a 10-point scale where higher scores reflect more adequate amounts of time perceived by respondent. Based on responses to at least 10 of the 12 items, the respondents' ($n = 123,008$) overall sense of time adequacy averaged 7.09 ($SD = 2.21$).

Table H4
Usual Hours of Sleep per Day^a

Hours of Sleep per Day	n	Min.	Max.	Mean	Std. Dev.
Usual hours of sleep	189,237	0	16	7.14	1.29

^a Includes both night-time sleep and naps.

Table H5
Frequency of Family Meals in Past Week

Number of Family Meals in Past Week	n	Pct.
0 times	18,284	12.4
1 to 2 times	15,288	10.4
3 to 4 times	19,918	13.5
5 to 6 times	23,004	15.6
7 or more times	71,032	48.1

^a Family meals including respondents' children and/or partner.

Overall Health and Wellbeing

Table I1a
Respondents' Level of Satisfaction with Aspects of Wellbeing
(continued next page)

Aspects of Wellbeing	n	Percentage of Respondents (n)							Summary Statistics	
		Extremely dis-satisfied	2	3	4	5	6	Extremely satisfied	Mean ^a	Std. Dev.
The environmental quality of my neighbourhood	148,199	1.3 (1,899)	3.4 (5,068)	2.6 (3,819)	12.2 (18,153)	24.9 (36,931)	38.0 (56,245)	17.6 (26,085)	5.40	1.29
My neighbourhood as place to live	149,432	2.9 (4,406)	2.0 (3,009)	7.6 (11,303)	10.6 (15,806)	17.6 (26,266)	37.3 (55,763)	22.0 (32,879)	5.38	1.47
My personal relationships	149,232	2.5 (3,769)	3.8 (5,599)	4.8 (7,203)	14.0 (20,962)	19.3 (28,844)	37.8 (56,413)	17.7 (26,442)	5.28	1.44
My mental wellbeing	150,566	2.5 (3,805)	3.2 (4,881)	8.9 (13,475)	17.4 (26,179)	18.3 (27,571)	30.5 (45,949)	19.1 (28,705)	5.14	1.51
My access to parks and recreation opportunities in the community	147,677	1.3 (1,982)	4.0 (5,933)	3.7 (5,435)	25.3 (37,427)	23.3 (34,434)	30.1 (44,404)	12.2 (18,061)	5.04	1.33
My leisure time	149,314	1.7 (2,506)	4.8 (7,180)	12.6 (18,826)	22.1 (33,014)	22.2 (33,138)	24.3 (36,313)	12.3 (18,337)	4.80	1.46
My access to educational opportunities in the community	146,352	2.3 (3,306)	6.4 (9,364)	11.0 (16,057)	25.7 (37,648)	22.7 (33,233)	21.3 (31,156)	10.7 (15,587)	4.67	1.47
My work situation	138,799	8.6 (11,958)	6.2 (8,554)	9.4 (13,111)	21.7 (30,178)	16.1 (22,362)	25.2 (35,001)	12.7 (17,634)	4.57	1.76
My physical wellbeing	150,344	4.5 (6,709)	7.3 (10,987)	12.8 (19,312)	20.5 (30,832)	24.5 (36,800)	20.9 (31,369)	9.5 (14,335)	4.54	1.57
The balance of activities in my daily life	148,734	2.3 (3,418)	5.9 (8,756)	18.3 (27,226)	21.3 (31,676)	23.5 (34,930)	20.5 (30,428)	8.3 (12,301)	4.52	1.47

Aspects of Wellbeing	n	Percentage of Respondents (n)							Summary Statistics	
		Extremely dis-satisfied	2	3	4	5	6	Extremely satisfied	Mean ^a	Std. Dev.
How I spend my time	148,835	7.3 (10,934)	5.7 (8,501)	12.0 (17,816)	18.5 (27,605)	25.5 (37,946)	22.6 (33,690)	8.3 (12,344)	4.50	1.63
My financial situation	148,537	8.7 (12,981)	9.9 (14,661)	5.7 (8,430)	20.0 (29,744)	21.5 (31,925)	24.4 (36,285)	9.8 (14,511)	4.48	1.76
My sense of belonging to this community	149,920	2.7 (4,002)	7.1 (10,606)	14.5 (21,749)	25.8 (38,703)	24.3 (36,492)	19.4 (29,051)	6.2 (9,317)	4.45	1.43
My access to arts and culture opportunities in the community	146,209	6.9 (10,147)	5.7 (8,289)	7.8 (11,350)	28.3 (41,421)	26.0 (37,992)	18.2 (26,606)	7.1 (10,404)	4.44	1.54
How well democracy is working in my community	147,537	4.1 (5,977)	8.2 (12,089)	9.3 (13,738)	37.6 (55,529)	25.7 (37,936)	11.9 (17,493)	3.2 (4,774)	4.21	1.33
The way my local government responds to community needs	148,546	5.0 (7,355)	8.1 (12,092)	10.8 (16,114)	37.9 (56,305)	25.2 (37,393)	10.6 (15,815)	2.3 (3,471)	4.11	1.33

^a Based on a 7-point scale where higher scores reflect higher levels of satisfaction with aspect of wellbeing.

Table 11b
Respondents' Level of Satisfaction with Internal and External Aspects of Wellbeing

Aspects of Wellbeing ^a	n	Satisfaction Level ^b	
		Mean	Std. Dev.
Internal Factors	135,767	4.76	1.18
External Factors	141,362	4.77	1.07
Overall Wellbeing	130,731	4.75	1.03

^a Notes: *External factors* include satisfaction with the neighbourhood, community, access to recreation, parks, and cultural opportunities, environmental quality of the neighbourhood, and the local government.
Internal factors include mental and physical wellbeing, leisure time, personal relationships, financial and work situation.
Overall wellbeing is the average of all external and internal factors.

^b Based on a 7-point scale where higher scores reflect higher levels of satisfaction.

Table I2
Respondents' Level of Satisfaction with Life in General

Life Satisfaction	n	Percentage of Respondents (n)					Summary Statistics	
		Very dissatisfied	Dissatisfied	Neither satisfied/dissatisfied	Satisfied	Very satisfied	Mean ^a	Std. Dev.
Satisfaction with life in general	149,181	1.9 (2,900)	8.7 (13,046)	14.3 (21,382)	48.3 (72,055)	26.7 (39,799)	3.89	0.96

^a Based on a 5-point scale where higher scores reflect higher levels of satisfaction with life in general.

Comments

The following *unedited* comments were provided by the survey participants in final section of the questionnaire. Covering a wide range of topics, they have been organised into broad categories and placed within each of the eight CIW domains.

Community Vitality

Community Belonging/Cohesion

- Community Co Overall, Kingston is a really lovely place to live. Having lived and visited other places, it certainly is not the most friendly place to live but it is perhaps difficult to change longstanding cultural norms.
- I am astounded by the closed nature of our community -- I came from a neighbourhood where neighbours connected and were engaged and friendly. In this new subdivision in Kingston, people walk or drive by without even eye contact, never a wave, and certainly never a reaching out to help others... the people are very disconnected
- Eastern Ontario is very different than central or southwestern Ontario. Everyone is polite but not always open to acceptance...if your father was poor in math ...then you will be poor in math....is understood and anticipated... There would be better achievement if an effort was made to introduce teachers from other areas . Our children did not go to school in eastern Ontario but I was in a high school for adult woodworking when we moved to eastern Ontario and saw children being treated in this manner and felt very sorry and upset as I saw the child resign to the treatment...it occurred more than once and to different children... Sometimes in this area there is an attitude that accepts the current reality and thinks change is either not deserved or not possible.....so the cycle continues...
- More liberal leaning political views (too many conservative right wing intolerant people live in rural areas like ours). More concern with environmental issues and less inclination to ruin hiking trails with ATV's in the summer and snowmobiles in the winter.
- This area would be better if the whole entire area was NOT low income, If there was a mixture of People with different income levels i believe there would not be as many problems in the neighborhood. I'm highly embarrassed to tell people where I live, General people or people in community positions who work at banks. Living in this area makes me ashamed and embarrassed. I would do anything to live in a different community in this city. I don't know whose idea it was to put nothing but low income people in this community but it makes the rest of the city look at this area like were nothing but good for nothing low lives. Since living in this area/ community for more then 5 years, My self worth and self esteem have taken a drastic hit.
- Yes, this community has little focus beyond Queens. There is a lot more to Kingston including several educational facilities. I came from a community of the

same size. The previous community is where I was born and raised. Thus I recognize my bias. There was true green spaces and focus on the environment. That does not exist here. In 18 months the downtown has lost too many business. There is a need for examination as to why this is happening and prevention of the downtown core becoming a place where families will no longer safe. Private sector makes the economy. There is a need to look at what makes the community.

- I live in an area in transition in 'inner-city'. There is a plethora of inappropriate behaviour of community members in this area that I am increasingly finding tiresome and at times frightening. I would like an increased police presence or the institution of neighbourhood watch or community engagement to set ground rules for how individuals in this area conduct themselves. This is a very convenient and cost effective place to live where my family can walk or cycle to work/school but increasingly I find that the impact bad manners and the nighttime activities of neighbours down the street is having on my sleep and feeling of overall security is influencing my desire to move house.
- Focus on the masses - not special interest groups. When focusing on the 'masses' consider how special interest groups (whatever they are) can fit in with programs being considered. I find the 'general' population is often overlooked at the expenses of special interest groups and I strongly believe integrating groups of different individuals brings a community together and encourages diversity. / Example: Yoga - offer yoga to everyone with modified movements for someone who can't do the full exercise rather than offering yoga strictly for people in wheelchairs for example. It will broaden the minds! An example of possible outcomes - help create an awareness of how difficult it is for a person in a wheelchair to get around and the need to create accessibility for all.
- This community suffers from an old friend/ nepotism mentality, where business is given to long time locals. / The governing council is poor. / The local outlook on this community is very low where locals apologise for being local. / The drug problems are far too common. Leagalising cannabis and cracking down on harder drugs is important. / Local interest in important local matters is apathetic. / There is no local public pool in this town. / There is nothing for kids to do in this town. /
- More cultural diversity
- Very Urban Centric - Ignores Rural Aspect
- Downtown had become a ghost town and locale for suburb restaurant franchises. The ability to live and work downtown is diminishing, especially in terms of being able to buy your basic needs. I hate having to drive to the west end for almost everything now - there has been a massive change in this direction in the past few years, with stores like Zeller's and S & R closing, and now even Indigo.
- No casino! Pressure on landlords to lower storefront rents downtown so we can have a vibrant downtown core.
- IT'S A BIT DIFFICULT IN MY COMMUNITY SINCE WE'RE VERY MUCH IN THE "BOONIES" AND LIVE A FAIR DISTANCE FROM THE NEAREST CITY (62 KMS.) AND 13 kms. FROM THE NEAREST TOWN. WELLBEING HERE MEANS WATCHFUL NEIGHBOURS AND VOLUNTEER DRIVERS - WHICH WE HAVE.
- Nepotism and negligent hiring in the workplace is appalling in Kingston. The school system is good but the favouritism and the reluctance to recognize other students

who are not born in this area is disgusting. Sick and tired of seeing the only graduating students getting any type of award, monetary or other, are always related to a teacher by birth or close family relation. This city is quite incestuous. /

- Would not recommend this city to any company or professional looking to set up a business or home here.
- There is a serious need to treat people **EQUITABLY**, as opposed to **EQUALLY** in this community, particularly within the post-secondary education system for which this city is known.
- Having been a member of this community through the years, we've noticed a surge of different economic differences. My parents lost their business and went bankrupt in the early 80's, forcing us to move to the Kingscourt area. I learned to love my community, and all the diverse individuals within it. However, having to adjust to a house which needed far more repairs and updating ie. wartime, was very difficult as a child and for my parents. Now, as the older folks have moved into seniors homes or have simply passed away, rentals have become the new norm in our neighbors. Many of them trash the homes, or are simply scum....frustrating those of us whom want to provide a safe and clean area for everyone. In addition closing two of the schools in the Kingscourt area will only draw opportunity and promise away from the community. Low income housing will continue to rise, and in addition so will the crime. Hoping things change for the better soon.
- Housing is not favoured in this community. Most people living in geared to income housing are fine citizens, just like those living in any community. Many groups of people living in small communities and towns in Ontario are still being stereotyped. It is still a big problem, in our so-called political correct society. The marginalized are still being treated as though they are all criminals! I am not sure how to change this divide. Increasing the self worth, of those in our communities is a win-win situation. Feeling like you belong with the rest of society increases the physical and mental wellbeing for ALL!
- Needs more activities that will help community togetherness/ adhesion. People live together but do not share anything in common. They barely know who their neighbors are and barely say "hi" to each other. It is very sad.
- Stop the isolation between the generation of the young and old. Inform this generation to recognize age and mentality, talk to us as humans, not fools.
- It is very difficult for people like my wife and myself to make friends in Kingston....unless you are born and bred here you are an outsider.
- People are so stressed and busy that people aren't friendly anymore. When we moved here 25 years ago we were amazed how friendly everyone was but that has changed. I don't know how to change that back.
- Keep our city casino-less.
- Do not allow a casino in Kingston
- In my opinion, I think we have a reasonably a good community, having been across Canada. We cannot expect a perfect community in any part of the world.
- Basically Kingston is a great place to live!
- The community is what the community is and municipal services can't be all things to all people unless one is part of a vocally organized visible minority.

- I live in an encroaching student ghetto neighborhood, but I love having young people around. I don't expect to make friends with them or that they would be interested in making friends with me, but that is totally fine with me...I don't expect anything from the people in my neighborhood...they are there and so am I and that is great. / Thank you for asking for input, I hope my responses will be helpful.
- I feel that our small community is great and I wouldn't change it for any other place.
- The community I live in has everything for a retired couple
- Everything is fine here !
- I can't think of any better place to raise kids in a city or town. My husband and I LOVE the country (where you cant see your neighbors) but we have lived in Amherstview for 5 year and have two children. We are ALWAYS doing something. There is so many things to do in Amherstview that are geared to families. :)
- I love where I live. I hope to be here until I die.
- We love our community!
- I think that overall it is an excellent community in which to live
- I am satisfied with the wellbeing in my community.

Connected (Public Transit/Bike/Walking Paths)

- What would be a great improvement is transportation to other cities without using the car. I love our community of Bath, however, I wish there was a bus service to Kingston. We have a car but bus service would be good for the future.
- Our community must not be automobile centered. We must have more bike and public transportation facilities.
- Establish some sort of public transit options so that rural residents can travel to Kingston regularly without having to use their own vehicles.
- Improve public transport and bicycle/walking ways
- Provide more bicycle paths or pedestrian paths so that rural residents can bike/walk to the village without having to worry about speeding vehicles.
- I love my community. I would support increased bike lanes and walking paths. Good work on working towards that and also trying to expand sidewalks and keep them pillowed.
- Public transit system could also be improved (at least provide service beyond 11pm) so it is possible for those without a vehicle to attend events (ie. see a late movie).
- Smoother roads for cycling with better cycling lanes.
- Better transit system, including expanding night and Sunday service.
- Life for the pedestrians in this city is much poorer than other cities I've lived in. Drivers are very discourteous, sidewalks are very inadequate - i.e., often end in the middle of nowhere, are often just asphalt-over-grass, are parked on by drivers thus obstructing the pedestrian, are very very poorly maintained in winter (often 2-3 days before plowing of the sidewalks occurs vs immediate service for the driving

public). This is probably the only complaint I have about this city, but I must re-emphasize it.

- Public transit is always an issue as it takes so long to get from A to B, especially in the suburbs. I realize efforts are being made to improve, but still not practical for many
- Better access to biking trails
- Make the community more bike friendly.
- Create more pedestrian zones in the downtown area.
- Continued development of trails (walking, biking).
- More green space along water areas, less development / Improve biking lanes on roadways (make more of them) /
- Safe access - trails for biking and walking -- trails do not connect for safe biking
- More walking trails.
- Increase public transit frequency and rejig the routes to accurately reflect current population habitation trends. More bike paths on major routes (dedicated bike lanes).
- Access to Public transportation.
- How does one recommend change in the community (i.e. Traffic, Biking and Noise)? I have lots of ideas but don't have a clue who to even contact. / The Green space in my area (over the last 20 years) has disappeared and the traffic grown, but the roads are having difficulty keeping up.
- All road renovations should include a bicycle plan, this community is not very bike friendly.
- Continue adding bike lanes
- Bicycling trails to attract locals and tourists
- Public transportation that spans the city making transit across town a reasonable
- Adequate maintenance and improvement of waterfront pathway and extension into/improvement and resurfacing of the north end trail
- Fair access to public transit. Amherstview stops running at 1800. / Equal taxes.
- This community suffers from extremely poor public transit and negligible promotion of non-vehicular transit (i.e. cycling).
- The municipality should invest in a much better system of active transportation infrastructure, ie bike paths and pedestrian paths.
- I walk because I have an arthritic hip (use it or lose it). I find that walking and biking facilities (e.g. lanes, sidewalks on one side of the street) to be in the dark ages in Kingston. Furthermore, the number of times that I have just about been run over by drivers making right turns against a red light while I, as a pedestrian, have a clear walk sign are approaching a couple of dozen. I find it safer to jay walk in the middle of the street than to cross at an intersection.
- Extension of K&P trail from Dalton to Montreal/Village Drive (i.e. to beginning of north end trail to downtown)

- 2. Bicycling is not adequately supported; paved curbs wide enough for a bicycle to safely travel and bicycle lanes are few and far between. /
- More safe bicycle paths and paved shoulders.
- I believe Kingston could make much better use of the beautiful waterfront. A walking/biking path that goes from near the LaSalle Causeway to Lake Ontario Park could be made. Other cities have made far better use of their waterfront than we have in Kingston. Also, better bike paths could be made in Kingston. On many roads, it is quite unsafe or dangerous to bike.
- Better roads
- Increase transportation options
- Better roads and more bike lines
- More frequent bus service
- More bike lanes and cycling paths
- Build sidewalks on both sides of new roads being built
- A better, more connected, and more beautiful waterfront through the city, including cycling, running and walking pathways, patios for eating and socializing, public sculpture and art, and busking.
- Make some decent bike paths through the community so folk can easily and leisurely ride to work. Improve the downtown waterfront so that it is more accessible as a place to walk and visit.
- More bike lanes, more trees
- The grading of turf on some sidewalks is very poor and causes ice dams in the spring and makes sidewalks impassible. / / There is a lot of encroachment of plants and hedges on sidewalks where the property owner needs to be told to cut it back to let people have full use of the sidewalks. They should not have been allowed to plant as close as they did. / / A lot of people park cars all over their front lawns and on the city property in front of houses and should be made to stop.
- Sidewalks on all streets, no parking of cars on streets, brighter street lights, more police presence.

Special populations (rural communities, older adults, people with disabilities)

- For those of us in the rural areas around Kingston, access to transportation is always an issue. If there were easily accessible regional public transportation options, it would make it easier for some of us to make it in to the opportunities that exist in the Kingston area.
- Funding for transportation alternatives for those who don't have public transportation available
- I live in the country and more transportation to facilities such as clinics etc would be great.
- As I am away for 4+ months of the year my needs do not represent the needs of the community. But from my observations I would like to see transportation available from Odessa to enable people to access services in the city of Kingston.

- Public transportation from Bath to Kingston!!
- Cooperation between city and county to improve rural transportation. A bus travelling in Road #38, Sydenham Rd, Perth Road, and Battersea Road each day to arrive in Kingston at 8 am and coming back out for 6 pm would certainly benefit a lot of us.
- 1) We need improved public transit for the able elderly who are past wanting to resort to bicycles and afraid of falling inside jerky, fast-moving city buses but not yet ready for the mobility bus that has to be booked a day ahead. 2) I pass up a lot of theatre and other opportunities because I prefer not to drive after dark (my vision is good but not what it used to be) and there are few matinees on offer.
- Transportation for the disabled would be a benefit so that my son could take part in the community without my assistance...currently have to provide transportation for him to all appointments and community activities. Gas is not cheap and car care costs have all gone up.
- Parking remains a real problem for those trying to better use the downtown areas - especially difficult for those with mobility problems, and especially in winter. Many of us just give up and just don't go there.
- I am legally blind and cannot drive so a public transportation system of some type would be a tremendous help to me personally.
- More Accessible for people in wheelchairs. Get accessible taxis. .
- Bath is supposed to be a retirement community, yet there are NO MUNICIPAL SERVICES such as transportation available.. Our taxes pay for it, why don't we have it?
- Better public transportation including rural communities. Coordinated integrated public transportation across Canada multi modal. Natural Gas available to rural areas. Opportunity for neighbors to connect with opportunities for older people to mentor and support young families, singles etc
- For leisure, I have taken up Watercolor + mixed medium painting. I have bought a lot of art books to read - which to me is better than art ensembles, as I always have the books to refer to. I also play ukelele 5-7 times a week and I can still drive. When I can't drive anymore, it will be very bad for me. There are a lot of activities in the area to be involved in to keep busy, but there is very little transportation for the elderly that cannot drive.
- I would like to see some form of public transport for seniors at least or those of us who live on the outskirts and have no transport occasionally. Taxis are the only public transit here.
- We need an access bus...
- Free public transit for seniors over 65 like they do in the United Kingdom. Less number of seniors on the road.
- Build more retirement residences in the downtown core in Kingston, Ontario. Less cars and more bike lanes and more public transportation.
- Expand and further subsidize transportation (as in the "Rural Routes" program in rural areas. Also promote bicycling, with group events and repair/exchange facilities for cyclists of all ages.

- Public transport for seniors and grocery store in the downtown area.
- Better transportation for rural areas.
- My child has a physical disability and this community does not offer enough opportunities and accommodations for someone with a disability. The sidewalks are horrible and not cleared in the winter. How are people supposed to get around safely - especially those with disabilities or the elderly.
- We are seniors living in a rural area, while we can drive we are not concerned about our wellbeing the problem will come when we are unable to drive.
- My community is dominated by people over 60 years old. They are in transition from being self-reliant to being dependent on others for critical trustworthy assistance with many aspects of normal life (travel, shopping, socializing, medical attention, laundry, financial affairs, health care appointments, meals, etc.). They need to have short notice access 24/7 to a sort of dispatcher who can be relied upon to send an appropriate helper.
- Easier access to community services as I age. Closest facilities are 25 km and as I age transportation will be an issue as it is for my parents now who are in their 80s and require me to provide transportation for appointments etc

Healthy Populations

Health care services – presence/access

- Another area requiring improvement is the wait time to see medical specialists. Some wait times are incredibly long.
- Improve medical and psychological services for people with low income
- Get more dermatologists for Kingston
- I'm not sure how to improve wellbeing in my community, but I can say that for anyone needing mental health supports, they are seriously lacking. I myself am not in need of them at present, but I see the struggle through my work for people trying to access services. I also think there is a challenge accessing services - I have a child with Aspergers Syndrome, and while he is a lovely 15 year old right now, the years that he was younger were extremely challenging, and again, the services to provide support were lacking. These all affect overall wellbeing.
- More physicians so that a person can find a medical doctor you like, especially doctors for the elderly. An affordable naturopath and osteopath. My osteopath is invaluable to my general well-being but expensive.
- I have an adult son with mental health issues. I wish there was more available to help in treatment for adults with mental health challenges when they, themselves, don't recognize that they need treatment. It seems to be impossible to do anything for adults who suffer mental health difficulties. Of course, this is not just a problem in Kingston but across Canada.
- We need another reproductive endocrinologist so that we have some options.
- Improve health care in our community for all age groups. We have a lot of retirees and seniors living in our community, and in order for these folks to remain here we need to have "assisted living" housing available.

- A medical centre in the Battersea/Inverary area would, of course, be wonderful but probably not practical. My doctor in Kingston is great; I am very happy with her.
- More need for Quality Mental Health Services. There is a huge us them mentality with mental health workers. Poor vocational support. Lack of real hope - warehouse mentality by service providers. Innovative services needed. I get mental health support else where. Mental Health workers play favorites. Family doctor good.
- More family physicians.
- There SHOULD Be birthing pools in the hospital. / They need to lift the cap on the midwives births at hospital and get us a proper birthing centre
- I wish there was more services/activities for those with similar mental illnesses to mine.
- We need more doctors in our community.
- Alzheimers is our fastest growing problem. We have to do some serious fundraising to provide basic, minimal service. there needs to be more public attention and funding.
- A new hospital that is accessible without having to go through the entire city.
- Improve access to adequate home care and long term care - likely impossible to afford what is needed but essential to individual and family well-being.
- Make doctors more accessible - great shortage in Kingston I still retain my doctor in Ottawa and would use a clinic if I had to
- More timely access to doctors.
- Please get me a hip + 2 knee operations very soon. I'am in a lot of pain and already waiting 24 months for my hip operation, its now May 2013. The comment from a "doctor from Bellville ON (he had a reputation to protect) did not help my time line.
- More anaesthetic doctors availability would be welcome.
- Access to doctors and specialist is impossible here. For 9 years I've travelled 2 to 4 hours to see my family doctor and dermatologist. /
- I live in a very rural area, so there is not much without driving a fair distance to get to do something. / With health issues, it is generally not feasible to drive to go do something, and then be to tired when you get there to participate.
- Wait times to see specialists is particularly unacceptable. I have been on a waiting list for an Orthopedic Surgeon at KGH for over 3 years and have not heard a word from his office even after I took the time to have a pre-assessment done by a specialist of their choice. My follow-up with this surgeon at KGH has not resulted in even one word from his office as to an appointment with him. As a result, I recently went to Perth Hospital and am being treated there. With the exception of a life or death emergency, neither my husband nor I (nor a number of our friends) will choose to be treated at KGH, choosing instead to go to Perth or Ottawa if at all possible. As we age, decent medical care is essential and having to travel 1-2 hours to get it is becoming more difficult every year. This has become a real cause of stress for us, as well as a number of others. To not have confidence in the medical system in Kingston is a sad situation. Perhaps the CEO from KGH should take the

time to study the Perth/Smiths Falls Hospital and find out what they're doing right.

- Remote and rural areas need to have more available access to health and wellness support
- Access to specialist medical services is very slow. To get a referral for anything takes months.
- Better access to mental health professionals
- Easier access to child psychologists /
- Access to adequate mental and social support for youth drastically needs to be improved. The wait times and resources available and major contributors to small but immediate problems often becoming major problems. We had a child who was battling depression and suicide and had a 3 month wait for counselling. We had to go private care and support ourselves through a major family crisis due to grossly inadequate social support systems in this city.
- 1) Less wait time for elective surgeries eg joint replacement. / 2) Help with dental care costs. Dentists charge high rates with no discount for seniors. Meanwhile, the slugs (those whom our society has been supporting) of our society get FREE dental care, ie prisoners and others. Since I reached age 65 years, I have no dental care coverage. This seems UNFAIR to me since I worked for 40 + years contributing to society. Meanwhile, we have some who contribute little to nothing for their entire life, and in some cases actually steal from others, and our society rewards them with free dental care!!!!!!! Something wrong with this picture.
- Affordable basic dental for low-income (ie seniors) as rotten teeth damage heart, kidneys & cost OHIP!
- Improve access to hospital care when needed...
- Reduce wait times at the local hospitals.
- The wait times at our local hospital (KGH) needs to be improved, especially for serious ailments (i.e. Kidney Stone pain etc.). Far too long.
- Supply connection to psychiatrist. If you say your on Veterans Disability they say no. I have been without a doctor for over 8 yrs. Make PTSD an issue in the community
- Appointments to special doctors should not take too much time to get them.
- I have stage 4 Breast Cancer and visit Kingston General Hospital often. Parking is a serious problem there - don't know if there is an answer to that.
- Something needs to be done about the weight times at the hospital.
- I would like to suggest that the city provide incentives for Doctors to stay in Kingston. I had to wait for 6 months to see a dermatologist because there is only one in Kingston.
- The wait times to go from your family doctor to specialists are too long.
- I have friends who had breast cancer. They did not seem to get a lot of help after they had surgery.

- More decentralized health services. All medical services we utilize (hospitals, clinics, family Doctor, Dentist) are all within Kingston. We live north of the city and it would be good if more health services were available closer to where we live.
- Have a son who needs mental health support. Need more available appointments with mental health doctors....waiting over a month between appointments is not good.
- As a retiree, recently moved to Kingston from outside Ontario, I find the length of time to see medical specialists exceptionally long. Emergency care and access to my own doctor are fine.
- Request that the Drs. do a survey asking how they can improve their services. My Dr. can only be reached by email and phone calls are not welcomed. I find some offices lack customer service. It needs to be improved - especially for the aging population.
- Dental services for adults not covered
- It is important to keep medical facilities such as hospitals in the local communities.

Health care services – quality

- Like most communities these days, we probably need better mental health facilities and youth programs.
- I believe our Health Care system must move from a disease model to a prevention model (ie. promoting well-being) in order to become sustainable. This program enables seniors to improve their fitness and balance, thereby remaining mobile and independent. In addition, there is social interaction with immediate neighbours and a high level of attendance, as the program is held on site.
- Generally, it is a good place to live. The delivery of health care could be better. In particular, there seems to be enormous difficulty to get hospitals and physicians to communicate electronically. I have personally experienced a lot of unnecessary duplication of expensive tests, and delays due to miscommunication. All of these would have been avoided if there had been strong laws to force modernization of electronic communication in the health care system. As it is, you do not feel that you have the necessary feedback on your health, and you do not have assurance that someone else is out there who does and keeps tabs on it for you.
- A comment must be made concerning the overall health services issue. I have no concerns regarding the excellent care that I have received from individual health centres (i.e., Canadian Blood Services, Breast Screening Centres, Kingston laboratories and x-ray labs, etc.) However, I must in all fairness, make a comment about the situation at the Kingston General Hospital and was sorry to have to take it into consideration when rating the overall health services in Kingston. We have had numerous occasions to visit this hospital for treatment for ourselves, family and friends. We find it to be poorly cared for, dirty, and generally inefficient. Signing within the hospital is poor. Parking is difficult at the best of times, especially for anyone with mobility issues.
- Better teaching for medical doctors in how they should deal with Lyme disease, so I don't have to feel like I know more about it, than almost all the doctors with very few

exceptions with which whom I've met yet any-way. the status quo doesn't work. some body needs to up-date the system!

- Kingston General Hospital deserves a failing grade. Sanitation is atrocious. Outsourcing of meals leaves much to be desired. Dental health is disregarded. Information is withheld. OHIP tax dollars are wasted by drugs & doctors. It is a most unsafe place for our community. / It maintains a month's limit in some wards in order to establish negative habits that might destroy lives. Yet KGH's CEO is listed as highest paid 6 figure salaried Sunshine leader in our community. Global, CBC, & TVO should be commended for their news about hospitals & lobbyists & health care.
- Better mental health services need to be provided in this community!
- Something needs to change with the maternity ward, it's dirty and disgusting! Not to mention small. / The non smoking laws need to be enforced better in parks. /
- Medical care for the elderly is not consistent. It has deteriorated considerably since the '90s, in some areas of the city where we live, compared with other areas of Ontario. After 75 years of age, it seems that annual exams are deemed unnecessary especially gender related tests (eg. mammograms, pap smears, PSA test). CCAC follow ups not carried out. "The tide is coming in, so why both" so to speak. Wonderful senior centers and programmes which we are very thankful for.
- There is a lot of things to do here. The seniors have different things to do and also the legion has cards, darts and things to do too. My only complaint is that if you come home from the hospital from an operation you don't really have help you have to ask your friends.
- Better social services so OTHER citizens have better quality of life, etc. / More comprehensive approach to health care (out of this survey's scope?) - one of us uses 'pay as you go' mental and physio health services. / /
- I think the provincial gov't should fund more nursing staff in hospitals so that they can provide better care! Wait time is unacceptable. Our once great health care is NOT SO GREAT any more, it is adequate!
- And clean up KGH... it is dirty. My friends and family members wouldn't go to the hospital emergency room unless critical...we are afraid to go because of the waiting and the filth.
- This community will definitely become a less desirable place to live over the upcoming years if the funding to our main hospital is not increased.
- More funding needed to support our local tertiary hospital (kgh). Kingston is known as a booming retirement community and with the number of baby boomers living and moving to this area their is an overload to the main tertiary hospital with government decreased funding levels this hospital is starting to literally fall apart.
- Structural over-hall of both hospitals and university in order to create agentially positive, conscientious living/working/learning environment for those with mental illness. Long-term process in which re-structurance of core institutions would have a 'trickle-down effect' and become internalized by citizens in order to severely lessen stigmas and inequalities of opportunities for those who live with mental illnesses.

- We belong to the Land O Lakes health team network and really in our eyes the only thing missing at this site is x ray capabilities. I know very expensive, however we are very impressed that this facility has it all except x raying. We came from Cambridge, Ont to Arden and could not believe how easy it is and was to get great healthcare all under one roof. / Welldone!!!!
- I live in Amherstview in Loyalist Township- just fyi - not in Kingston, but we use hospitals in Kingston, and our doctors are in Kingston...we are very fortunate to have such wonderful medical facilities to look after us as we age (gracefully).
- Kingston is the greatest city in Canada in which to retire. Medical facilities and hospitals being the big draw.
- Last year I broke my hip so 1) activities not usually representative of my usual activities and 2) I learned a lot about facilities available in our community eg St. Mary's warm pool, etc. I found Kingston had good resources for helping with recovery ...
- Completely satisfied with the help from Stroke Doctors and nurses. Kaymar excellent care, VON special abilities and friends constant abilities.

Democratic Engagement

Government leadership

- Less infrastructure improvements in the city at once. There is a colossal amount of road construction that hardly seems necessary. How many times are we going to pay for resurfacing roads that are perfectly fine? (Bath Road for example.) Why are we spending (and at what cost) so much money on very fancy and elaborate bus shelters in subdivisions that hardly have anyone ever standing at them? (Henderson Place for example.) There is no possibility that the residency occupancy rate is going to dramatically increase in these areas and there is almost no one ever waiting for the bus. I don't understand why there is so much money being spent by this municipal government... one thinks Montreal and baksheesh.
- Napanee needs its municipal elected representatives to champion an increase in affordable housing for seniors.
- Municipal government that is more open, participatory, democratic.
- Stop closing down the few local social services we have and moving them all to Sharbot Lake.... ie) Hinchinbrooke School and the Parham Library. Slowly our communities are being reduced to wastelands as all community services are being withdrawn to Sharbot Lake, which lies on the extreme eastern limit of our region.
- Proportional Representation in all forms of governance. The "all or nothing" approach leaves a large number of community members disenfranchised with municipal, provincial and federal representatives not representing the wishes or needs of that "community within a community". / My community is rural and separate from the city of Kingston and my answers reflect that fact.
- I would like Loyalist Township to look after its northern rural residents in a better manner. We pay high taxes (\$3600/yr) to the township and receive very little compared to the southern urban section of the township. The only service we receive is snowplowing. The road is very poorly maintained .. in fact, it is a

disgrace. Otherwise, our community is beautiful. Even though we have to travel to take part in programs, we choose this location because of its natural beauty.

- Do away with the senate and give our member of parliament freedom to vote for the interest of their people they represent and not as the party demands - maybe we could have more honest governments.
- Get the left wing bias out of media, defeat the socialists in the local councils and elect some business and working people. We need to stop depending on big government and become self-reliant again.
- Have some rules to control balance between homeowners and renters, especially student renters.
- Less tax more money to survive and a Gov. that is held responsible for its actions and not allowed to just say i am sorry for giving 257 million of our hard work dollars away on a mistake. / We have a place for this type of fraud it's called PRISON. People go to jail for a lot less...
- I would love to see us spend less money helping 3rd world countries, and spend more money making our quality of life better. After all it is our money the gov't it pissing away..it burns my butt!
- All government officials should be held more responsible for their own actions!
- Smaller governments at all levels . costs are out of control
- A different federal government, one that respected democracy and cared about the environment, would greatly improve my sense of wellbeing.
- I would like the local government to work together in a more convivial manner and to do what is best for the community as a whole.
- Have the gov't agencies spend their money "wisely & frugally" as WE have for 48 years!!! / NO MORE DUFFY'S , WALLIN'S ETC ---- TURF the bad ones out asap no questions!!!! / Ensure that we have good leadership as we have in Gord Schermerhorn, Mike Schenk and Marg Isbester into the future by publicizing their achievements!!!! / It is sad that politics is so harsh that the great leaders do not compete, as they do not want the bullshit that ensues! / I am really proud of our Napanee hospital, administration and staff for the work they do & have accomplished in our great facility! / I am not proud of our recreation department when you look at the number of employee's and what they do!! It is time to privatize some of this to cut out the fat or get an administration that isn't trying to build an empire!!!!!!
- A city council that is democratic (better) than beholdng to corporate interests or one that listens to majority. A senior centre that is accessible to persons who have lower income. It seems to be a money 'grubbing' closed organization. Decent mow plowing - not leaving dangerous piles of snow at corner of intersections, or not plowing up and destroying grass, etc. Government agencies, libraries etcand more programs of information should be available to all those residents who do not have internet courses.
- All levels of governments have more interest, relationships with rural areas, not take away necessary local services, such as libraries, post offices, recreational buildings and services, etc. Encourage and finance local small businesses.

- There is a lot of new housing etc taking place in the westbrook area. To my knowledge there was never a meeting called to advise us or ask for input.
- The students are the future and we can't expect their respect if we as the adults can't give them our respect and knowlege that they are valued. Any 5th grader will tell you that exclusion is a form of bullying.
- More responsible local government that is not run foer the insterests of developers. Clean streets!
- As a community, we "piddle away" opportunities...the City renovates a City property with no/limited attempt to make unwanted materials available for reuse by other City depts (even w/in the same bldg!) or community non-profits. Outdoor events in, e.g., Confederation Park...and facilities for separating/collecting food waste vs recyclables vs trash are too few/non-existent. (I could go on....) Petty things? But they speak to larger issues and belie "our" assertion of an interest in sustainability. "We" should set the tone consistently to model behaviour for adoption by every household...reducing landfill (and costs), helping non-profits that help our citizens, etc. Overwhelmingly, the City is allowing the downtown to die and is enabling the ruination of the area north of Queen's (the "ghetto") such that it will never again include single-family dwellings to any extent. Face it: tourists don't come here to see bungalows in the west end (or abused 100 y/o houses on University Ave.); they come for welcoming, historic character and an accessible lakefront...we have lost sight of that, literally! A few folks have a chokehold on downtown properties and monopolize rents or, too often, keep their bldgs empty rather than encourage independent business that could inject much-needed vitality into the downtown. Our city councillors tend to be short-sighted (not "what do you want Kgtn to look like in 5 years? 10? 30?) and focussed on their wards rather than seeing their ward as an integral part of the whole. I am not by nature a cynic...and yet the more I see of the mismanagement and waste, the greater I lean toward cynicism...and the more I recognize a "why bother?" attitude amongst neighbours and others wrt improving our community.
- The current city council majority is in the process of ruining the Kingston that I like - the old part. If you live in a suburb of Kingston you might as well be in a suburb of Ottawa, there is no difference. It is the old part that makes Kingston distinctive and worth living in. If they keep up the way they are then I will move somewhere else.
- Include students in determining municipal boundaries for elections.
- Our polititians must take more rtesponsibility for the handling of our tax dollars. Too much waste and mis-management of tax dollars.
- The city government is poorly operated. The number of conflicts among councillors reported in the media is discouraging to residents, leaving a feeling on occasion of exclusion. / Additionally our local councillor often fails to respond to emails asking for assistance with road safety conditions, exacerbating matters.
- Develop and implement long-term plans (10, 20, 50 yrs) for city growth, industry and services that are not district driven and that are not based on short-term expediency.
- Find a way to stop political "Old Boy's Club" favoritism.

- More proactive township office, with concern for environment, and development of local businesses.
- Maybe this year we can vote a city council with some intelligence
- Have all city councillors tested to see if they are rational.
- Have a better local government that listens to the community.
- 1.A more functional municipal govt
- Have our local politicians grow up and play nice with each other, be fiscally responsible and stop looking for ways to spend money that is not theirs.
- Different things frustrate different people. There is the general sense that the only element of "control" we have in our community life is every four years when we hold our local politicians and their policies accountable. It is not enough simply to have access to our Councillor's. Some issues - like the Casino for Kingston - are overwhelmingly "against" the public interest according to most Kingstonians yet no one in charge of the process seems to be listening. I simply use this as an example. The sense of "wellbeing" in this community is directly affected in no small way by the manner in which such issues are handled and not lowering the level of frustration - significant frustration - for many in such matters contributes to feelings of isolation. I realize your Survey is not a political forum but do not underestimate the affect the actions of local politicians have on the wellbeing of the community.

Government services/ policies

- Township garbage pick up implemented to avoid personal gas, money and time wastage
- More help for senior that are older or seniors on there own help with winter shoveling and grass cutting.
- There should be more health and welfare communication between public health and the schools, so that young children can be exposed to messages about healthy living from the expert resources available through public health. Schools do not spend sufficient time informing children about health matters (sun protection, head injury prevention, lyme disease, sexual maturity and healthy body choices, body image, good food choices, etc.) Children entering their teens tend to tune out their parents when given these messages, and often tune out teachers as well. Experts from public health would provide a reliable, and authoritative voice to communicate to youth on these issues and the captive environment at a school is better than using billboards, flyers, internet, etc.
- Support for single parents.
- Seniors need more help in the country if they are to stay in their homes longer.
- Services such as free baby sitting to allow married couples with children to go on a date would be a great service to enhance quality of life for couples
- Need more home care for disabled and elderly
- Need more retirement and nursing homes
- Help with via and bus travel costs for seniors
- Enforced bicycle helmets for all ages

- Am disappointed in the city counsel and mayor with the recent decision to not take into account the student population with the new election boundaries. It also affects other people who have chosen to rent an apt. in the said area. Why this exclusion?
- More attention should be put on enforcing bylaws ex. noise, loose cats and parking.
- With all the terrorist type activities that have taken place, I would like to see some kind of emergency plan that would include the participation of groups of normal residents. Don't know how that could be incorporated, but as I think about it all I know is 911, but don't really know of safe shelters or how to get a good communication of current situation.
- Less focus on historical buildings and more on the people living in the community.
- City increase grants to Kingston Symphony
- Give people some breathing room and don't allow houses to be built on such small lots. Also, stagger the houses to offer a small modicum of privacy. There are many places in the world that we can learn about better use of housing from but we seem to need to re-invent the wheel and don't do a good job of it. In a country that has one of the highest ratios of land to people, why do we have to allow 35 foot lots and allow huge subdivisions with no green space or parks? If any urban planners work for the city, they should be fired.
- I would like to see feral cats protected under the law...and funding for groups that TNR or TNVR and foster them.
- Prevent cats from wandering around neighbourhoods. / Prevent cats from entering and residing at long-term care facilities.
- Re-instate transfers from senior levels to municipalities. (Cities must be relieved of the compelling temptation to build casinos as the route to prosperity). Reverse all regressive trends in basic health care eg. The free semiannual eye exam...just for starters. Municipalities (and senior levels) need to stop now infrastructure spending on projects requiring abundant and very low cost energy (multilane highways, bridges, all low density urban model priorities). Energy will never again be as cheap as latter 1/2 20th century. All low density will be a punishing albatross. For future generations especially, the cities of greatest vitality will be these not burdened by low density, how hieretical this seems to some.
- Retain downtown stores by making rent and other expenses for shop owners affordable

Taxes

- Reduce Kingston municipal taxes or, at least, stop the incessant, exorbitant increases. This City is out of line with most Ontario communities in this regard
- Reduce the property taxes
- Lower property taxes, by drastically reducing expenditures.
- Get rid of local government and taxes on properties
- Keep realty taxes under control. Get rid of the mindset that they have to increase every year, when incomes are being reduced as they are now then so should services and their costs.

- Have the municipal government not tax residents unless they provide proven immediate benefits to them that are consistent with other municipal taxpayers..... ie) Plow the roads to their places instead of listing their roads as lanes (even though as many people live on most of these 'lanes' as live in Sharbot Lake) in order to avoid plowing their roads. They view us as the cash cows that provide the taxes for the other residents, but they provide us with nothing in turn. They also charge us at much higher rates of tax than the other residents. /
- Lower taxes. Especially for seniors.
- Stop increasing taxes at a rate higher than Cost of living index / Freeze property tax (NO increases) for senior over 65 or 70 living in their-same- home for more than 25 years
- There should be tax breaks to help adults who make provision for elderly family members e.g. installation of walk in bathtubs, installation of granny suite.
- It would help retired people like myself who only have old age pension/ CP to depend on if Kingston would stop putting property taxes up every time we turned around. Making old people pay for think like recreational facilities, gambling joints, restoring places that don't require replacing for so called hislove reasons. Prices in food, clothing, utilities and everything else are always going up, but our income stays the same. They try to nullify us with a few extra dollars here and there, that doesn't do anything because they'll just raise the price of something else, and it's frustrating. I'm always looking for ways to cut back just to make ends meet. I live very frugally careful with money. Nonsmoker and drinker. "Thanks for letting me vent"
- Much less emphasis and tax money's expended on. Bicylce lanes, etc. to compensate +/- 0.01% of the opulation who regularly ride bikes vs +99% who use our roadways dirving on using transit! - Totally undemocratic that the very few demand and receive = what the illegiatemately demand.
- Quit trying to tax property and rules pertaining to repair off property by municipal rules and department of heath rules - Tile Bed's for Septic Tank (terrible).
- Lowering property taxes (which are killing us).
- I would also question whether we want to pay the additional taxes required for improvements
- Governments reduce wasteful spending [cut taxes]
- Increase taxes on the rich [we must avoid two classes rich and poor] too many rich now

Environment

Air quality

- Make the plants surrounding my community stop poluting the air, especially at night, as it is MOST obvious, I guess they do a "dump" or "burn off" when the government officials can not be reached.
- I wish people would stop wearing perfume and Axe should be banned from all public places.

Water quality

- Lessen the amount of chlorine in our water!
- Stop quarry from expanding and threatening ground water.
- Cleaner water / Shut down the Napanee landfill for ever as it is a threat to our drinking water and mental well being
- Yes - the water quality is terrible since the Walkerton incident - there is noticeably too much chlorine and i filter all my drinking and cooking water.
- Develop a water preservation that uses less chlorine

Noise pollution

- What is being done about the unreasonable noise caused by motorcycles that seem to be getting louder every year? Who does one talk to? / Why are speed limits on 4 lane roads set at 50? All residential speeds limits should be set to 40. /
- Enforce noise laws with respect to motorcycles.
- Vehicle noise and speed reduction.
- Eliminate training flights that start in early morning and do their "up & down eninge revs over a built up "bedtime type community".

Energy

- Change building code to encourage retro-fit of existing homes, or require new homes, to become more energy efficient.
- Clotheslines should be encouraged in new neighbourhoods.
- Stop building wind turbines in this area.

Waste management

- Do something about ~put your plastic items in a box on the street and let them blow around day~ / / Town should put magnetic strip on vehicles and pick up metal objects whilst they travel on local roads. Cost nothing and would save a lot of tires.
- Amherstview does not have composting ... that is disappointing.
- Cancel Recycling pick up, to much ends up in ditches.
- Environmental concerns in my Napanee community include a serious concern around the Richmond Landfill site and ongoing attempts to keep it active.... a travesty and a serious danger to the health of residents living in this area !
- Better animal care education and a green recycle program instituted here. I would also like to see an incinerator built so we do not have to truck garbage away
- Stop the pollution from the dump
- Enforce or improve the regulations regarding abandoned or derelict vehicles that are sitting on private property. /
- There is too much green bin composting by the city at an intial great expense. Residents (especially with larger lots - acreage) should be encouraged to home compost. The city should not fund this.

- Yes about the dump- / Repeated attempts by the garbage conglomerate Waste Management to expand a local land fill site have had decidedly negative impact on the sense of community well being for many residents of Greater Napanee area. For more than a decade, local citizens have battled this American behemoth in a David and Goliath struggle which has sadly ,polarized a tight-knit community and more importantly, made residents fearful of the health impacts of living with a mega-dump that is situated in their midst at an environmentally-sensitive location. / In 2006 the Ministry of the Environment declined the first expansion proposal citing concerns of groundwater contamination owing to the underlying complex fractured-rock geology. With no regard for community anxieties on the issue, the garbage giant is back at it again, with a new landfill proposal expected to cover an area of 55 hectares that will accept 400,000 tonnes of trash annually, of which is less than 1% will be generated by Greater Napanee residence/region / In 2012, Waste Management was ordered to undergo an Environmental Tribunal Hearing to address negligence in monitoring environmental impacts of the existing landfill. Local residents wonder how they will properly manage a proposed dump that is four times larger! The financial burden of fighting this unwelcome undertaking, which is currently undergoing an Environmental Assessment process, is unbearable for local concerned citizens...
- Improve garbage collection and cleaning downtown

Local food

- Promote and support production of locally grown food and goods. /

Parks/ Natural spaces

- The municipality needs much more public access to the lake.
- More trees.
- Plant more trees in areas where there is space. /
- Improve appearance of parks and downtown areas with more regular grounds maintenance, cleaning and repairs.
- Just spent 2 weekends in Toronto - keep the rural areas rural ie. recognize what makes rural areas cleaner, safer, lots of open public land and keep it that way.
- More parkland and no windmills.
- Have the city require builders to plant trees at all new buildings. /
- Better outdoor parks.
- More park land where new houses are built.
- The cleanliness and usage of our public waterways--lakes and rivers and creeks--has degraded seriously since my childhood here. High-speed watercraft creating wakes disturbing waterbirds' nesting areas are a problem which no one seems able to control or resolve. Many area cottages/homes are not inspected for proper waste/water disposal, contaminating the local swimming and fishing sites. Living in a rural area, I am aware of issues which larger communities do not have to contend with; therefore, they don't get the attention they would in a more urban setting.
- Preserve natural spaces

Traffic congestion/ Parking

- Improve traffic through the downtown and across the bridge to the east end of town.
- Commuting is stressful for many people.
- Poor roads and transportation planning across city.
- Get a Third Crossing!!!!
- Better and more affordable parking in the downtown Kingston area to be able to enjoy the leisure facilities, shops and festivals etc. Parking is a headache I never go downtown.
- Improve transportation infrastructure e.g. another crossing for the Cataraqui, better north-south arteries
- For the city: - clearance of the bike lanes during the winter and removal of snow banks, timely sidewalk snow removal and regular sanding of same (currently abysmal)
- Yes, improve city parking issues
- I really hope that the City is charging Costco for the extra traffic control it causes! I have no idea how this could be done but, man!, It's time that all road shoulders be paved for people walking and bike riding. Are you sorry you asked?
- Kingston needs to synchronize traffic lights and not allow construction to affect all major streets simultaneously. Stress because of traffic is getting worse. Infrastructure doesn't appear to be meeting the needs of increasing population.
- Not really except spending a bit more on roads and traffic control.
- Road repairs and more focus on other infrastructure upgrades.

Leisure and Culture

Facilities

- A year-round swimming pool at the InVista Centre is greatly needed.
- More outdoor skating rinks in the winter especially the west end
- Stop the proposed multi-storey building that would eliminate the Nickle soccer fields.
- A competition size pool, suitable for swimming lengths.
- West end of the city needs a public indoor swimming pool and splash pad / spend more resources on front line opportunities for the disadvantaged etc. /
- Continue to offer great activities and programs for children: Success by Six, festivals,
- There also needs a indoor swimming pool/ exercise centre in Napanee for adults so
- My community (downtown) is very much in the senior category. I am quite satisfied with my life, but a Senior meeting place would be very nice - in the downtown, and on a bus line.

- More dog parks where Kingstonians can enjoy their pets and interact with other dog lovers. More outdoor parks with walking trails and off leash dog areas that aren't fenced. Places where dogs can swim freely away from others.
- A Recreation center with a pool in Kingston East would be a positive.
- The young people need a place to go for hanging out.
- There are no cultural, sports, entertainment areas near our home.
- I would like to see our municipal government spend some focus and money on programs for seniors such as an indoor pool.
- Napanee needs an indoor swimming pool. I have to go half an hour away to Amherstview to do Aqua fit.
- We need a recreational swimming pool and more opportunities for young people to all become involved in / recreational sports or clubs and some place to connect with each other in a healthy environment.
- Construct a public aquatic center in the west end of Kingston near the Invista Centre
- Facility for physical activity in rural communities (pool, rink, playground, exercise facilities)
- Improve the smaller neighbourhood parks with benches. Develop more recreational facilities beyond hockey like a swimming pool.
- Swimming lessons, access to a pool, decent parks for kids to play in. Napanee is severely lacking in this department.
- Would like an indoor swimming pool
- Our community really needs a community pool -indoor. Sydenham
- More outdoor sports equipment would be nice - i.e. tennis courts, basketball court, etc. - there is nothing in my neighborhood
- We need a public indoor swimming pool. We also need a public place to play billiards, pool, snooker, etc. Kingston has a good one in Raxx on Gardiners' Road - Splash pad etc.
- More services- public swimming, more playground equipment, outdoor skating,
- Napanee needs a proper public swimming pool
- Would like to have a gym out here in the country
- An indoor pool
- We need an indoor pool where children and elderly have a place to learn to swim, use for exercise and socialize.
- I would love to have indoor activities, especially INDOOR TENNIS and GOLF
- More community gardens
- We need in door swimming pool in Napanee very important we get one espically for seniors and children
- A park to attract all ages. Walking; playing.
- More parks that are easier to walk to.

- Provide better access to Lake Ontario. It is a shame that we have no easily accessible attractive swimming/beach-type areas for families given all the waterfront we have
- The Seniors need a pool for therapy and enjoyment.

Programs/ Classes/ Events

- Gentle exercise classes that take place after working hours for people who work during the day would be great.
- Courses being offered in community halls or churches.
- We can do aqua fitness and to get fitter and where "new comers" to feel good living
- More activities for retired women or courses of interest
- I would like to see even more community activities specifically for adults in the 40 or 50 plus age group.
- There need to be more local groups for things like sewing, movie clubs, gay events etc.
- Kingston has very little for the LGTB community for younger individuals. Kingston is an area that struggles with support and opportunities to network
- I wish Kingston had more opportunities geared to single adults in general also more classes for interest at the public high school would be great as well...
- There are no advanced woodworking classes available in this community.
- We really want there will be free opportunity for English for the parters of new comers at the local community.
- More local programs for the elderly ie: exercise, social etc. to help keep us young at heart and healthy.
- More events geared to children of all ages.
- More recreational/educational activities for seniors.
- Kingston has limited cultural events or activities - very little selection to occupy leisure time
- Have different classes, ie-sewing, cooking
- I would like to see gym classes with all students participating, health permitting because I think that healthy minds and bodies develop well rounded people that will help shape this nations future.
- I currently participate in a twice-weekly physio-fit program in my condo building, funded by OHIP for those over 65 years, but have recently been told that the funding will end in August. I am upset with this decision by the provincial Health Minister
- More daytime activities for seniors that are not structured and are out of doors.
- Initiatives to promote ANY arts/tourist based activities/facilities; initiatives (financial) to establish annual events that would engage community, especially youth, draw visitors and grow the community. Too many fat, aimless kids with nothing meaningful to do.
- Provide for more organized winter activities

- Increased focus on local arts, food and opportunity for non-religious community engagement.
- Better movies at our local cinema.....
- I would like to see more art groups and classes.
- We enjoyed the pitch-in Kingston day (picking up trash in the community), so more than once a year would be wonderful - for us, as well as the city.
- Summer outdoor entertainment suitable for seniors ~ not loud rock groups.
- Generally I believe my community has a lot to offer if you want things/activities outside home life. Just need to persue. There are alot of activities for individuals with special needs. Special Olympics is available and has a wonderful volunteer base. Facilities for their activities could be better suited. It would seem that the Special Olympics is given lower priority to sites available and the cost of sites. Would like to see improvement in what is made available for these activities. (eg. basketball held in tiny grade school, poor hoop quality)

Access to programs/ services

- Need help to cover cost for ymca; exercise clubs etc.
- Reduction in gas prices for rural residents who live more than 40 Ks from public transportation
- Parks and conservation areas should be free.
- Subsidies for recreational facilities that don't come from local government /
- There needs to be more free activities for children, teenagers in Napanee 12 months of a year for these kids to feel safe, learn and need a place where they can call it theres! If there were more place like this it would help the community out a lot in this town.
- Keep the cost to access recreation as low as possible.
- I would like to see more free activities like canoeing, kayaking, hiking, biking with groups so as to meet people in an active setting.
- Recreation activities should be offered at different times of the day and in different parts of the city. / Seniors' activities should be offered in different areas of the city and County. / Some activities are too expensive for those on fixed incomes
- I would like to meet with artists to work on projects and to visit art galleries in group settings but it needs to be affordable. I work full-time evenings (3-11pm) so my free time is in the mornings and early afternoons only.
- Maintain the local library, increase services to young children, maintain the local elementary schools
- More information regarding volunteer activities available with flexible schedules.
- Better communications from the municipality, particularly regarding social groups, sports groups, special interest groups (e.g. seniors exercise, fishing), child care, etc.
- Gas costs curtail some travel within the community. I am approx 30 km to most facilities for recreation, shopping, entertainment. Having a good facility such as a gym closer would be great.

- Get into every home a list of activities that "outsiders" can join and feel comfortable. (not a teachers group, fire group, church group, etc.) for cards, table tennis, and some of the less demanding recreation for older people, as opposed to hockey, baseball etc.
- There should be more free things for people who can not afford to pay. More offered for people on fixed or low income. I work at a shelter and would love to be able to offer my women more opportunities.
- Have more access to facilities that offer recreation to families at a reasonable cost.
- All Programs Should be VISIBLY Advertised in the Community.
- I think all seniors should have accessibility to physical activities to which they are able to do some kind of learning just to keep ones' mind engaged in new things. Something that is closest to my community and is easily accessible.
- We try our best to keep everyone in the household active ,We have our own pool therefore gets lots of exercise there. Three boys play soccer ,baseball and hockey. Myself I still play soccer and go to the gym at least twice a week as time allows. Husband goes to gym 3-4 times per week and plays baseball. Diet certainly could be better and yes I would like to do more with my children outside of sports but everything is so costly
- Neighbourhood websites, or online municipal surveys
- I would like to see more classes available locally... Kingston and Belleville are too far.
- Generally we have to rely on notices in newspapers, on local bulletin boards, etc.
- We live in the country and access to leisure facilities and services is difficult.
- Keep libraries open longer hours.
- We don't have TV, so something in the mail to tell us of upcoming events would be great.
- Children's sports program costs linked with income to make them more accessible for lower income families.
- Based on the number of "senior" or retired people living in Kingston I find the Senior's Centre too expensive for what they offer. Our condominium offers a physio programme twice per week which is wonderful. Currently, the government is trying to cut or change that programme.
- When building new facilities such as recreation centres, pools or arenas, make decisions concerning location (accessibility) and cost to benefit ALL residents, especially those with limited financial resources. Community facilities do not need all the bells and whistles.
- Continue to provide free events that people can go to downtown, like Music in the Park and Movies in the Square.

Education

- Keep downtown schools
- Keep all local high schools open.

- More choices at community colleges open 12 month all year
- Easier entrance to community colleges [age 19 too high]
- More free adult education
- More access to educational and interest courses locally

Living Standards

Jobs

- Job training for the unemployed—skills
- More medium-income jobs. In the 10 years I have lived here, I have had to commute OUTSIDE of Kingston to find medium-income work (\$30,000-\$50,000). I am unemployed again and have not been able to secure work in 4 months of looking. I love everything about Kingston except the lack of jobs that match my education, skill and experience level.
- Immigrant Canadians continue to be under/unemployed because of flawed barriers to entry. If community wellbeing is to thrive then the community must make every effort to hire skilled persons as seamlessly as possible. Community wellbeing means 'happy' working people who will attract more capital by telling their friends about their successes in the community; otherwise there will be no immigrants to replace the rapidly aging population along with the rapidly migrating population. Immigrants bring prosperity, diversity, and tolerance.
- No Not sure how to fix a system so fragmented ! Maybe to keep families together / stop giving our jobs away.
- Suggestion: there is a lack of white collar jobs here which means that there is an interesting segment of the population that are either absent or limited in their capacity because of unemployment and resulting financial means (or lack there of). / There are also two different populations - year round & seasonal residents and I'm not sure how much the two groups interact (possibly in part because of perceived demographic differences).
- Improved assistance for educated people to find full time employment. I currently have an employment counsellor who mainly works with people who have a high school diploma and so I am low on the list of priorities. I am in a large amount of debt due to schooling (Bachelor of Education) but cannot get a job in my field.
- Local jobs (small light industry or commercial) and lower property taxes.
- Employ young people (at least two together) to be leaders in parks in the summer to teach youth children (and supervise) crafts, games, safety, co-operation which will encourage physical activity and fun.

Cost of living

- Higher income for disabled ; pensioners and welfare people
- It would be nice if seniors in Napanee on low incomes could shop for groceries in the downtown as it was a generation ago. My heart aches for the low income seniors having to walk to NoFrills or Metro carrying groceries that distance. Everybody requires a car to go to groceries or local arena or local ball diamond. We

used to have night school courses at the high school such as woodworking, small engine repair. I live about 5 to 6 kms from the main events in town so we have to drive any time we go. For seniors to have the use of the internet at home we require a computer with monthly fee and maintenance for virus and setup its just too expensive, its more economical to use a postage stamp. Plus i feel like i could be ripped off by con artists.

- We live on the East side of Kingston. We don't have no services on this side of the city. There is one grocery store, Value Mart on Gore Road, and it is very expensive to shop there. You have to drive to Division Street to shop at the No Frills to get better price on food! It seems that you always need to drive to the West end of the city. This is not good for the environment.
- Don't have a lot of time on my hands to give it much thought. Just trying to pay the bills and enjoy time with my family and the few friends that I have. My work gives me great satisfaction as does my homelife, but there is never enough money.
- Increase the subsidy program for geared to income housing. The cost of living in Kingston is absurd and makes life as a single parent very difficult. It is a juggle every month to make ends met due to the cost of living. It would even be nice if Kingston offered a program for discounts on groceries.
- More access to shops to provide competitive prices on the east side
- My husband returned to the local college after hurting his back and not being able to work at his current career and required to be re-education. We did not get any help from government/college for loans/funding and are finding it very very hard to make it on my salary while he is trying to better himself and the community once he graduates. We are 30, married, have a mortgage, and have a child. If he was on his own with our Child he would be getting help/funding. Its sad and I just don't understand it....we are sinking... and will have to sell our house by the time he graduates to paid for the college.
- I AM RECEIVING PERMANENT DISABILITY AND FIND IT VERY DIFFICULT TO MAKE IT THROUGH A MONTH ON THE PITTANCE THAT I RECEIVE. MY CLOTHES ARE ALL SECOND HAND AND IT IS EVEN DIFFICULT TO ADD TO THE COLLECTION EVERY SUNDAY.
- Lower the price of heating and hydro.
- Access to more affordable groceries
- Firstly provided people who are working part time with NO BENEFITS some coverage....as the government has failed miserably with this. Secondly, how can you have a life if you are holding down 2 -3 part time jobs with NO BENEFITS, not to mention there is absolutely NO AFFORDABLE housing in this area. This has affected my health, I share my food with one friend when he will eat, because he does not like to sponge off me otherwise he would starve to death, he did have a good job but like everything else, this government cares for only themselves and their pensions.
- I had surgery in DEC. of 2012 (Urostomy with ileal conduit). I require Urostomy supplies at least 1 every month. I applied for a grant from ADP (Assistive Devices Plan) 2nd. week Jan.of2013; they lost my application. Funding from Ministry of Health has not been established and all money for supplies is coming out of my own pocket. I have had to get a new application;fill out my personal info.;have my

family doctor do the same. A person should not have this problem to deal with, post-operation. This does not improve one's wellbeing.

- Look after senior citizens. Cost of facilities for seniors is waaaaaaay too expensive.
- I am a bit reclusive, nothing to do with the community. Lots to do, I just don't want to do anything. I like being alone so I don't really socialize except with my family and that makes me at ease. We have too little money and owe credit cards used to survive, that is a big worry. Other than that we are happy.
- Yes, have the government give my son back his disability benefits so as I do not have to support him. He was hurt on the job, got benefits then cancer. Government takes away his benefits because of this. No money coming in at all. He has lost his family and home, still taking chemo treatments for cancer.
- Many people are getting more and more pinched financially, even those of us with jobs, e.g. salaries frozen in the public sector while costs are escalating everywhere else (e.g. transportation, food (especially if you want to buy local!)).
- The cost of eg. Single person - single people pay the same as a family eg: heating - if and when the government decides to give rebates - you get more if you are married - we all have expenses and I feel this is unfair- single or married we still have to heat our home.
- Stop the privatization of health services. Bring back the one tier health medicare system we originally had. Ensure that every retired person has enough Canada Pension to be able to live with dignity. They should never continue to work in a paid environment. This will open the doors for our youth to have jobs. Ensure that every student doesn't start out with a debt due to having an education.
- While my well being is very good... I am aware that there are many others who have not come from privilege (white, middle-class, working parents, healthy, etc) as I have. The gaps between the "haves" and the "have nots" in KFLA are growing and the stigma of being "poor" or on assistance is huge. I think of Kingston as a city that has long been "run" by the wealthy white men who want to do something to stop these poor people from costing them too much of their money...
overgeneralization yes but it's the tone of how things are done. More people came to council to discuss backyard chickens than to discuss children's services changes.

Affordable housing

- Better housing for seniors with limited incomes and/or abilities to care for themselves.
- Would like affordable senior housing; a place where you would be treated with respect and dignity. Housing is a human right especially for senior women who are all alone and not by choice. Left with old age pension.
- Napanee needs its municipal elected representatives to champion the acquisition of transitional housing for young men between the ages of 16 and 24 years of age including one emergency shelter bed.
- Address housing for seniors and specific seniors activities and medical services.
- More affordable housing for seniors.
- A strong need for housing for still independent seniors

- Homes for homeless-- rent they can afford
- Affordable senior accommodations for rent (not buy) in my present community.
- Improved access to affordable housing, in home support services and adequate income.
- I am currently with ODSP. My apartment has never been painted since I moved in 20 years ago. No one will provide people to paint it. The people I rent from provide paint but no physical people to paint. I am facing kidney surgery on may 30. My mother is 83 and not well. So I live in unpainted dwelling, I could feel better if it was painted.
- Regulate the price of rent in Kingston. Blanket policies across Canada / Ontario do not work on a city level in my opinion. I could afford more of the things I need AND want if I wasn't spending 1 out of 2 paycheques a month on rent. There was a 5 year wait for rent geared income when we applied.
- There is inadequate housing for the disadvantaged, which must be addressed as a priority. The city of Kingston does not provide building lots for Habitat for Humanity, for instance, even though it certainly has the resources. /

Time use

- Working full time leaves very little time to interact with and to get to know the people in my community, so my impression re how helpful and friendly the community is, may not be accurate.
- WOULD LIKE TO VOLUNTEER. BECAUSE OF WORK HOURS-CAN NOT FIND ANYTHING. WILL HAVE TIME WHEN I RETIRE.
- Work-personal life balance is out of whack for me, as it is for most people in today's western world - not sure how this can be improved upon without a major shift in society's attitudes about materialism and what makes for a "healthy" and "successful" life.
- I would like to hear more about opportunities to be self employed in order to have enough time with my family and friends.

Overall Health and Wellbeing

General

- Decrease poverty levels, create work opportunities, treat everyone with dignity and respect, find ways to decrease screen time and increase physical activity
- People should buy from their local businesses. support local produce growers, join groups to improve the community and keep as active as they can. We have enjoyed living in the community for 37 + years and have been involved in the local volunteer fire department, brownies and Girl Guides, the Lions club and have taken part on the planning of the local Canada Day committees. We have worked on raising money for the local public School organizing shopping trips to Toronto to buy Gym equipment or other needs that the local public school needed. As health

issues grew we had to slow down and now are only involved in the local Lions club but also help the

- Verona Lions Club and Storrington to do vision screening in the schools, to provide each public school child with medic alert bracelets and to help older people and children in the community with some special needs projects. we help organize a raffle each year with the Sydenham Lions club to help raise money to be used in the community. We also go to the Camden/Newburg Lions club and help them with their music jamboree each year. we like to be active in our community but sometimes health issues interfere. we try to not let it bother us but sometimes you have to know when to take it a little easy. but above all do no harm to your neighbours and friends and the people in your area. Kindness and caring are far more important than any material possessions and Family and Friends are the best thing we can have
- My two chief worries are the threat of nuclear war and global warming, two issues that unavoidably affect all communities in the world. We in Kingston can work to lessen these dangers by providing the means for our citizens to enjoy satisfying lives without destroying the planet. / The Occupy movement's emphasis on member deliberation to define and achieve goals might provide a model of how communities like Kingston could promote citizen participation in meeting communal needs. / Kingston could make it one of its goals to improve the quality of work, including lessening hours worked, to facilitate citizen involvement in their community. In support of this idea, I think of what Maureen Shaw of the Mental Health Commission of Canada was quoted as saying at a recent conference: "It is not possible to have a great life without having a meaningful life and it is difficult to have a meaningful life without meaningful work." / She identified three components of a healthy, engaged workplace: organizational culture, physical work environment and personal health resources. She is also quoted as saying: "When we don't have the support that is needed and when we don't control how we do our work, that creates high strain in the workplace." / I believe the above three components of a healthy workplace are also important elements of a healthy community. Poor working conditions, for example, not only undermine productivity but also demoralize workers, so we have less energy and inclination to participate in community life. On the other hand, the skills workers develop in helping run their workplaces can also be used to help run our communities. / As more people participate in meeting the challenges of creating an appealing city to live in I'm sure there will be a growing awareness that, just as a healthy person can't have a satisfying life in a sick city, so a healthy community hasn't much of a future in a war-torn, depleted planet. / /



Measuring what matters

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