Spread the word about Vital Signs 2018



www.cfka.org





@cfkingstonarea

KINGSTON & AREA'S

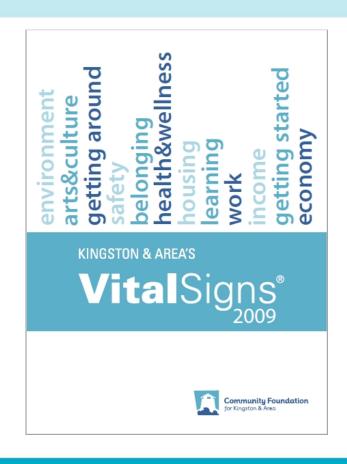
VitalSigns® 2018



Taking the Pulse of Our Community

Welcome to our 10th Vital Signs® community check-up.

A decade in review







Taking the Pulse of Our Community

Welcome to our 10th Vital Signs® community check-up.

Over the past decade the Community Foundation for Kingston & Area (CFKA) has published an annual Vital Signs report to help inform debate, public policy, and decision-making. In this anniversary release, we will reflect selectively on issues critical to wellbeing in our city and the region over the past ten years.

We will revisit some of the key areas of interest presented in Vital Signs 2009 and see how we have progressed, or not, since then. Many of the measures used in Vital Signs only show meaningful change after several years of action by public bodies and community groups. Change happens slowly.

Let's start by looking at the heartbeat of our community. One measure of overall community health is its residents' 'sense of community belonging.'

Sense of Community Belonging

In 2008:

In 2008, in the Kingeton Frontenec Lennox & Addington Health Region, 68.8% of the population ages 12 years and older reported a strong or somewhat strong sense of community belonging. This compares to 65% at the national level and 63.7% at the provincial level.

Everybody was in it from miles around...

Evidence of our 'sense of community belonging' was apparent on the evening of the last Tragically Alip concert in Kingston, 20 August 2016. The Rogers K-Rock Centre, Springer Mariet Square, and downtown Kingston were filled with some 25,000 films. Of course, this was a part of a national outpouring of support for Kingston's hometown band, but "The Hip" his always helped to bring Kingston together.

Twelve years earlier, 12 September 2004, the band headlined a concert "Acrose the Causeway" to benefit the CFKA. Proceeds established The Trapically Hip Community Fund which has been supporting community projects since 2006. Clearly, the band and all who have executed and participated in these community projects have contributed to our 'sense of community belonging.

- The Traglosity Hip Community Fund has Granted \$97,458;
- . Supported 38 unique area charities; and
- . Enabled 40 projects.

Since 2007-2008, the proportion of our community's population 12 years and over with a strong or somewhat strong sense of community belonging' has increased by almost 5%, rising to 73.5% in 2015-16. This rate is similar to both the provincial



Sense of Community Belonging

In 2008:

68.8 %

expressed a strong or somewhat strong sense of community belonging. In 2016:

73.5%

expressed strong or somewhat strong 'sense of community belonging in an *increase* by almost 5%.

Charitable Donations

In 2008:

The median charitable donation when adjusted for inflation would be the equivalent in 2016 of \$334.

In 2016:

The median charitable donation of \$350 in 2016 is less over a decade than a real increase of 4%.

Some important facts about the Indigenous population of Kingston and area in 2016

(Statistics Canada, 2018, Kingston CMA, Aboriginal Population Profile. 2016 Census. Catalogue no. 98-510-X201601.)	Indigenous Population	Non-Indigenous Population
Median age	31	42.6
Median total income in 2015 for persons aged 15 years and over in economic families	\$24,241	\$36,240
Median total income in 2015 for persons aged 15 years and over not in economic families	\$19,084	\$30,810
Unemployment rate	12%	7.3%
Prevalence of low income based on the Low-income measure, after tax (LIM-AT)	27.2%	13.3%

Youth Unemployment

In 2009:

In 2015:

1 in 6

youth (15-24 years) was unemployed.

1 in 7

youth (15-24 years) was unemployed,

a modest *improvement*.

Visible Minorities 2016

(Statistics Canada: Census 2006 and 2016)	In 2006: Visible Minorities % of Population	In 2016: Visible Minorities % of Population
Kingston CMA	6%	8%
Ontario	23%	29%
Canada	16%	22%

Getting Around

In 2008:

In 2017:

Kingston Transit provided

3,379,625

passenger trips.

Kingston Transit provided

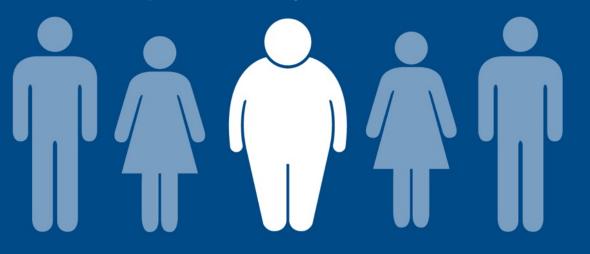
6,145,809

passenger trips.

Physical Health: Obesity

KFL&A obesity 2008

In 2008, the obesity rate for the population aged 18 and over in KFL&A was 1 in 5. Obesity rates are based on self-reported body mass index.



KFL&A obesity 2015-2016

The obesity rate for the population aged 18 and over in KFL&A using Body Mass Index was 1 in 3. This rate is higher than Ontario (1 in 4).



Mental Health

In 2008:

In 2016:

6%

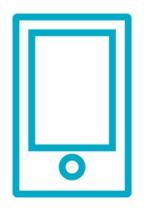
of the population over age 12 in KFL&A reported their mental health as *fair* or *poor*.

8%

of the population over age 12 in KFL&A reported their mental health as fair or poor.

Mental Health

Addiction & Mental Health Services – KFLA: 2017 Service Statistics



16,068

Calls to the crisis line



7,690

Individuals who access services



322

People provided with housing supports

KFL&A Opioid-related Death Rate Exceeds the Ontario Rate

Deaths (2017) in KFL&A from opioid-related use:

24

A sharp increase since 2015.

Poverty Rate: Low Income Measure- After Taxes

In 2005:

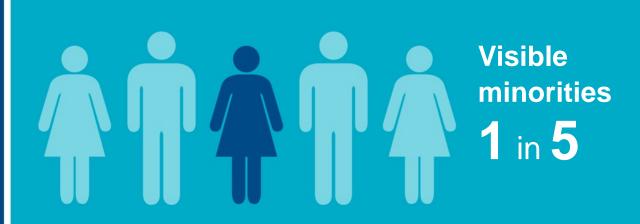
In 2015:

13%

13.3%

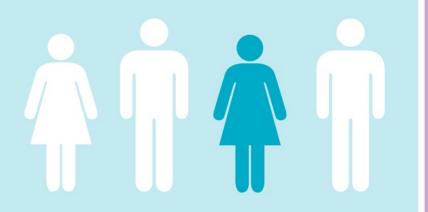
Vulnerable groups in Kingston CMA experience poverty rates of over **20%**, much higher than the overall rate of **13%**.

Lone Parents
1 in 4



Indigenous population

1 in 4





Recent immigrants

1 in 4

And now to the lived experience in poverty

Spread the word about Vital Signs 2018



www.cfka.org



www.facebook.com/CFKingstonArea



@CFKingstonArea



@cfkingstonarea

We wish to extend our thanks to those who assisted with the preparation of *Vital Signs®* 2018, including the following:

Advisory Committee:

- Gayle Barr, CFKA Board
- Terri-Lynn Brennan, Inclusive Voices Inc.
- Laurie Dixon, City of Kingston
- Suzanne Fegan, KFL&A Public Health
- Peter Kirkham, Statistician / Economist
- George Thomson, CFKA Board

Design by:

BmDodo Strategic Design www.bmdodo.com

Photography:

Yara Chard, BOHO & HOBO Eco-Boutique

CFKA Working Group:

- Michael Bell, Project Leader
- George Wright, Project Manager
- Tina Bailey, Executive Director, CFKA
- Yara Chard
- Elspeth Christie
- Paul Elsley
- Andrew Silver
- Bill Walsh

We thank the following sponsors who have generously supported this *Vital Signs®* 2018 report









Get Involved

- Poverty Challenge
 - Volunteer
 - Participate (sign up today!)
- Dec 12: Grants Celebration (free, 4-6 pm)
- Jan 23: Speaker Series (RSVP lunch event)
 Featuring Dr. Jeff Turnbull on health equity
 - * Sign up to our e-mail list to get invitations

Spread the word about Vital Signs 2018



www.cfka.org



www.facebook.com/CFKingstonArea



@CFKingstonArea



@cfkingstonarea