

# Spread the word about *Vital Signs* 2018



**Community Foundation**  
for Kingston & Area

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KINGSTON & AREA'S

**VitalSigns**<sup>®</sup>  
2018



**Community Foundation**  
for Kingston & Area

# Taking the Pulse of Our Community

Welcome to our 10<sup>th</sup> *Vital Signs*<sup>®</sup> community check-up.

# A decade in review



# 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

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

# Youth Unemployment

**In 2009:**

**1 in 6**

youth (15-24 years) was  
unemployed.

**In 2015:**

**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:**

Kingston Transit  
provided  
**3,379,625**  
passenger trips.

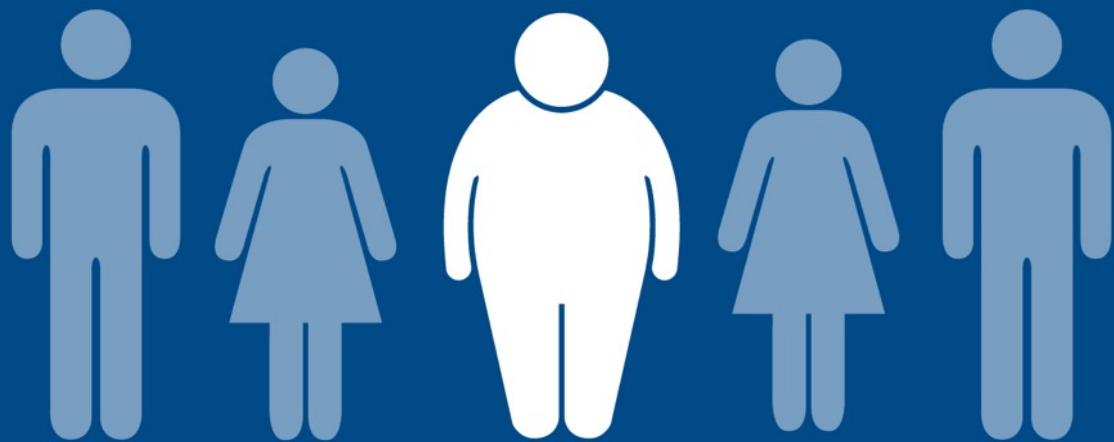
**In 2017:**

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:

**6%**

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

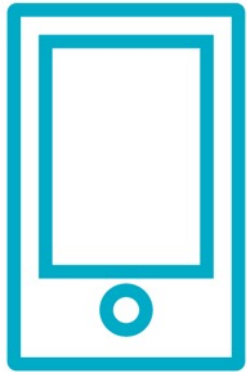
In 2016:

**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:**

**13%**

**In 2015:**

**13.3%**

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

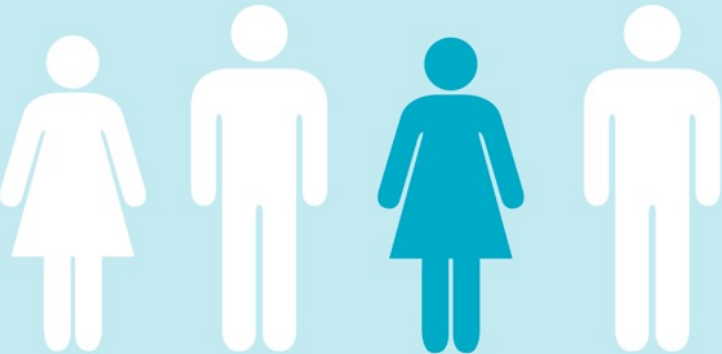
Lone  
Parents  
**1 in 4**



Visible  
minorities  
**1 in 5**



Indigenous  
population  
**1 in 4**



Recent  
immigrants  
**1 in 4**



And now to the lived  
experience in poverty

...



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# 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](http://www.bmdodo.com)

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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



KINGSTON ECONOMIC  
Development Corporation

# 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***

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