

***Vital Signs*® 2018**

References and Further Reading

The internet has a wealth of information and opinions on issues related to the content of *Vital Signs* 2018 that is readily obtained by searching with a few key words using a browser.

Caution must be taken to ensure that the source is credible (such as government, national health associations and recognized health care providers) and that the source is not in a conflict of interest with providing information.

Web site references are provided within the *Vital Signs* report – these are repeated within this document so as to provide the URLs for retrieving the information.

Vital Signs normally reports data for the Kingston Census Metropolitan Area (CMA). The Kingston CMA is composed of:

- City of Kingston;
- South Frontenac Township;
- Loyalist Township; and
- Frontenac Islands Township.

Health related data is reported for the geographic area served by the Kingston, Frontenac and Lennox & Addington Health Unit. This area is composed of:

- Frontenac County:
 - City of Kingston;
 - County of Frontenac:
 - South Frontenac Township;
 - Central Frontenac Township;
 - North Frontenac Township; and
 - Frontenac Islands Township;
- Lennox and Addington County including:
 - Township of Addington Highlands;
 - Town of Greater Napanee;
 - Loyalist Township; and
 - Township of Stone Mill.

Page 1: Taking the Pulse of our Community

Vital Signs 2009

<https://www.cfka.org/vitalsigns/vital-signs-report-2009/>

Community Belonging

Data provided by Community Foundations of Canada as derived from Statistics Canada. Canadian Community Health Survey, Health Indicator Profile, annual estimates, by age group and sex, Canada, Provinces, territories, Health Regions.

Charitable Donations

Median charitable donations: Data provided by Community Foundations of Canada as derived from Statistics Canada, Financial Data and Charitable Donations data collected by CRA, Table 111-0001.

- 2008 “current dollar” data were adjusted for inflation to 2016 “current dollars” using the “inflation calculator” provided by the Bank of Canada at:

<https://www.bankofcanada.ca/rates/related/inflation-calculator/>

30 Years of Giving in Canada – The Giving Behaviour of Canadians: Who gives, how, and why?

<http://www.imaginecanada.ca/30years>

Page 2: Walking Side-by-Side 2018

Truth and Reconciliation Commission (TRC) of Canada: Calls to Action

http://www.trc.ca/websites/trcinstitution/File/2015/Findings/Calls_to_Action_English2.pdf

City of Kingston: Engage for Change: #YGK Reconciliation Journey

https://www.cityofkingston.ca/documents/10180/25139218/City-Council_Meeting-11-2018_Report-18-091_Cultural-Services-Engage-for-Change.pdf/02bf92ed-88f3-4aa5-8172-4b477383e27f

Pages 3 and 4: Poverty

“Poverty is” definition is from:

Opportunity for All – Canada's First Poverty Reduction Strategy

<https://www.canada.ca/en/employment-social-development/programs/poverty-reduction/reports/strategy.html>

<https://www.cityofkingston.ca/-/2014-poverty-reduction-initiative-report-released>

<https://www.unitedwaykfla.ca/programs/>

https://www.unitedwaykfla.ca/wp-content/uploads/2016/08/Youth_Employment_strategy_2016_WEB.final_.pdf

Vulnerable groups

- Total Individual Population by age and sex - Source: Statistics Canada, 2016 Census of Population, Statistics Canada Catalogue no. 98-400-X2016126.

- Lone Parent/Census Family and Household type - Source: Statistics Canada, 2016 Census of Population, Statistics Canada Catalogue no. 98-400-X2016124.
- Indigenous - Source: Statistics Canada, 2016 Census of Population, Statistics Canada Catalogue no. 98-400-X2016173.
- Visible Minority - Source: Statistics Canada, 2016 Census of Population, Statistics Canada Catalogue no. 98-400-X2016211.
- Immigration - Source: Statistics Canada, 2016 Census of Population, Statistics Canada Catalogue no. 98-400-X2016206.

The Poverty Challenge

<http://www.thepovertychallenge.org/>

Circles®

<https://www.loving Spoonful.org/circles>

Partnerships key to poverty reduction in Canada

Loving Spoonful

<https://www.loving Spoonful.org/>

YMCA of Kingston

<https://www.kingston.ymca.ca/>

Pathways to Education

<http://www.kchc.ca/pathways-to-education/>

The Ontario Poverty Reduction strategy

<https://www.ontario.ca/page/poverty-reduction-strategy-annual-report-2017>

Youth Unemployment

Youth Employment Strategy, 2016

https://www.cityofkingston.ca/documents/10180/15193545/COU_A2116-16266.pdf/b44b654e-d191-4d96-a79a-444515fcd488

Page 5: Mental and Physical Health Challenges

Addiction & Mental Health Services – KFLA

<https://www.amhs-kfla.ca/>

Vital Signs 2016 discussed children and youth mental health concerns with information provided from a number of sources including Pathways for Children and Youth. As an update, Pathways for Children and Youth was re-named to the Maltby Centre in 2017:

<https://maltbycentre.ca/>

Obesity / Overweight

Kingston, Frontenac and Lennox & Addington Public Health has a number of sub-sites discussing topics such as healthy eating, obesity and Body Mass Index (BMI). The following site provides a wealth of statistical data:

<https://www.kflaph.ca/en/research-and-reports/body-mass-index.aspx>

Action Plan on Opioids: Reducing the community opioid load

<https://www.kflaph.ca/en/partners-and-professionals/action-plan-on-opioids--reducing-the-community-opioid-load.aspx>

Page 6: Immigration and Visible Minorities

Visible Minorities

Data provided by Community Foundations of Canada as derived from Statistics Canada Census 2006 and 2016 Community Profiles.

City of Kingston report, April 25, 2017: *City of Kingston Workforce and In-Migration Strategy*

https://www.cityofkingston.ca/documents/10180/18664490/COU_A1217-17116.pdf/c592fcdd-a1a2-4724-b94c-447c17f91477

Kingston Immigration Partnership

<https://kipcouncil.ca/>

Sources

Vital Signs 2018 includes the following note on sources of data:

Current data is derived largely, but not exclusively, from fresh 2016 Census of Population results for Kingston Census Metropolitan Area (CMA): the City of Kingston, South Frontenac Township, Loyalist Township, and Frontenac Islands Township. Some data derived from the 2016 Mandatory Long Form Census (25% sample) is calculated; e.g., Indigenous population. Income data reported in the 2016 Census is for the 2015 calendar year.

Health data for the KFL&A Public Health region is obtained from the Canadian Community Health Survey (CCHS), conducted annually by Statistics Canada. Other local sources have supplied data and are noted in the report when used.

Statistics Canada provides a number of sites for reporting on 2016 Census data. Of specific interest, the following site provides detailed data from the Long Form Census that can be selectively filtered to obtain specific information.

<https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/prof/index.cfm?Lang=E>

United Nations Strategic Development Goals

Community Foundations of Canada

<http://communityfoundations.ca/vitalsigns/sustainable-development-goals/>

Statistics Canada: Government of Canada Sustainable Development Goals Data Hub

<https://www144.statcan.gc.ca/sdg-odd/index-eng.htm>

United Nations

<https://www.un.org/sustainabledevelopment/>