

# Capital Region Housing Wellbeing Community Report

In 2017, Capital Region Housing developed a *Wellbeing Survey* which was sent to Community Housing and Near Market Rentals. Various aspects of wellbeing were explored such as belonging, access to health care and financial stress. Answers were confidential and anonymous. Approximately 5,100 households were surveyed and 465 responses were received.

What respondents liked about their community and neighbourhood:



Location

Schools

Convenient

Quiet

Safe

Parks

FRIENDLY

40%

of respondents had a strong sense of community and belonging.

Over 75%

of respondents born outside of Canada felt safe in their homes and communities.

68%

of respondents felt safe in their communities.

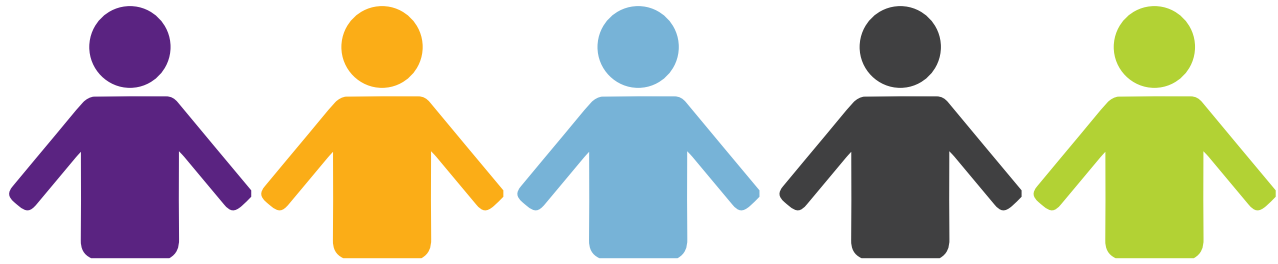
71%

of respondents felt safe in their homes.

Recommendations from respondents that would increase feelings of safety include: More video surveillance and exterior lighting on homes and more community connections.



# DEMOGRAPHICS



## Respondent Characteristics

- Average age is 46 years-old
- Average number of household members is 3
- **66%** identified as Female
- **33%** reported being employed

## Immigration Status

- The most common year of immigration among respondents was 2012
- Respondents immigrated to Canada from 1969 - 2016
- **55%** Were born outside of Canada
- **41%** speak a language other than English at home

## Most common languages identified other than English

**Somali**

**7.5%**

**Arabic**

**7.3%**

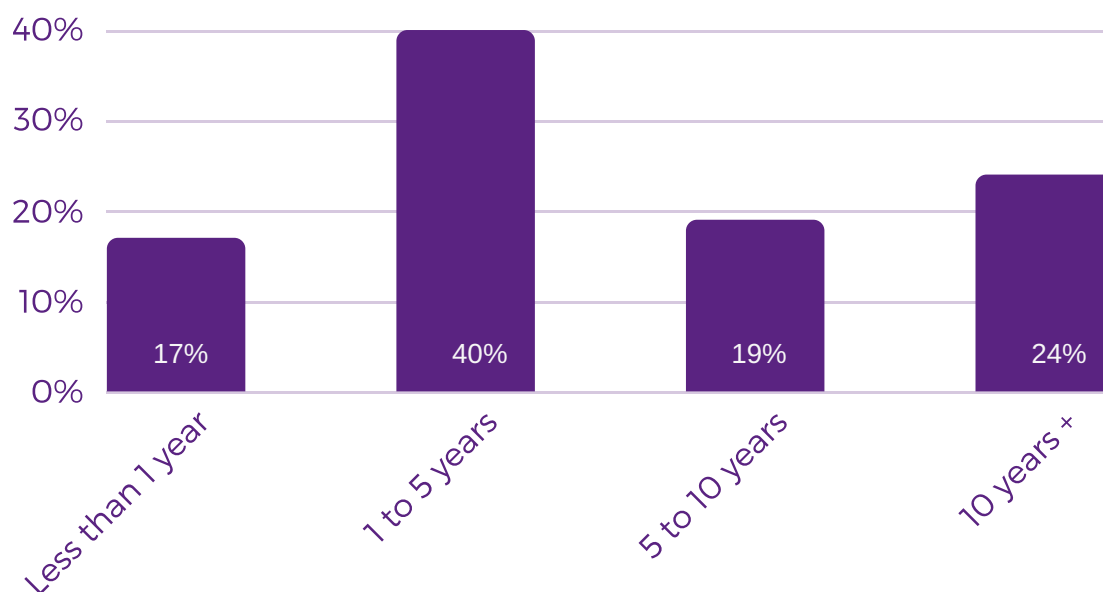
**Urdu**

**2.3%**

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## LENGTH OF TENANCY

at Capital Region Housing



# LIFE SATISFACTION



Life satisfaction is commonly used as a general measure of wellbeing.

57% stated that their current life satisfaction was a 7 out of 10

70% stated that their life satisfaction in five years would be a 7 or higher

## FACT

People born outside of Canada were more likely to report a higher life satisfaction

Main barriers that prevented respondents from rating their life satisfaction higher:



Finances



Health



Employment



Family Pressures

## EMOTIONAL WELLBEING

70%

Feel they are in good mental health and are happy.

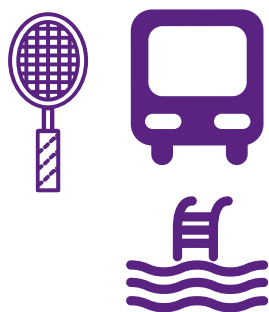
## FINANCIAL WELLBEING

Not having enough money in between paycheques to buy affordable and nutritious food continues to be a concern for families living in affordable housing.

## PHYSICAL WELLBEING

90%

Had a family doctor



Respondents wanted improved access to arts and cultural opportunities, transit services and recreational or organized sports; especially swimming. Although most respondents were satisfied with access to libraries, they also wanted more access to informal educational or personal development.

Opportunities for more community connection such as community leagues and gardens were expressed.

Some reasons seniors and individuals who identified as having a disability were more likely to report a decrease in life satisfaction in 5 years.

Mobility

Seniors and those who identified as having a disability

Income

VS.

Home Ownership

Younger Households

Income

Living Expenses

Quality of Life

Health

Completing post secondary

Learning English

Children starting school

## Questions or comments?

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