

Capital Region Housing 2019 Well-being Community Report

In 2017, Capital Region Housing developed a well-being survey which was sent to Community Housing and Near Market Rentals. Various aspects of well-being were explored such as belonging, access to health care and financial stress. Answers were confidential and anonymous. Approximately 4,800 households were surveyed and 154 responses were received.

What respondents *liked about their* community and neighbourhood:



Recommendations from respondents that would help increase their feelings of safety in their communities include: increased security presence at night, increased exterior lighting on homes and more community connections.



DEMOGRAPHICS



Respondent Characteristics

- Average age is 49 years old
- Average number of household members is 3
- 64% identified as female
- 33% reported being employed

Immigration Status

- The most common year of immigration among respondents was 2014
- Respondents immigrated to Canada from 1961–2018
- 48% were born outside of Canada
- 41% speak a language other than English at home

Top three common languages identified with, other than English:

Arabic, Somali & Urdu

Overall, 29 different languages were identified by respondents.

76%

Of respondents were living in Community Housing.

21%

Of respondents were living in southeast Edmonton

LIFE SATISFACTION



60% Stated that their current life satisfaction was 7 out of 10.

74% Stated that their life satisfaction in five years would be 7.7 or higher.

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

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



Finances



Health



Employment



Family Pressures

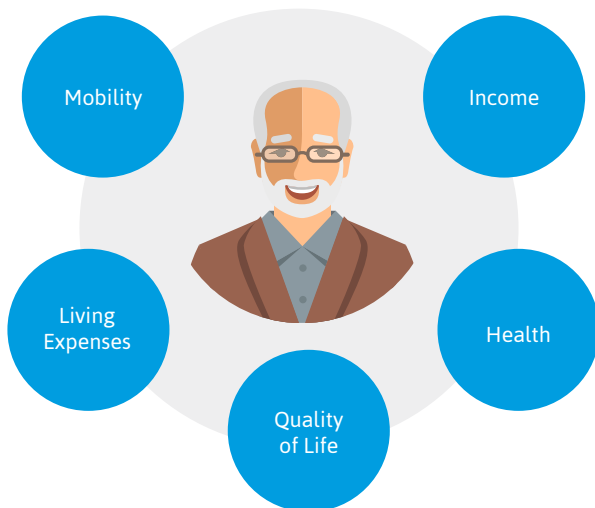
Emotional Well-being	Financial Well-being	Physical Well-being
<p>63% Feel they are in good mental health and are happy.</p>	<p>Not having enough money in between paycheques to buy affordable and nutritious food continues to be a concern for families living in affordable housing.</p>	<p>43% Rated their physical health as good or excellent.</p>



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.



Some reasons **younger households** were more likely to report an **increase** in life satisfaction in 5 years.



Questions or Comments?

Capital Region Housing Policy & Research Team
10232 112 Street NW Edmonton AB T5K 1M4

To view the detailed report, visit www.crhc.ca