

Wellbeing Waterloo Region

Profile of Wellbeing – Quantitative Data Indicator Tables Compiled by the Canadian Index of Wellbeing

- Red** Waterloo Region is doing worse than other Regions
- Green** Waterloo Region is doing better than other Regions
- Yellow** Waterloo Region is in the middle of other Regions
- White** There are no comparators for this indicator

To see the full report visit the [WWR website](#)



COMMUNITY VITALITY

Category	Indicator	REGIONS			
		Waterloo Region	Central	Ontario	Canada
Social engagement	Percentage of population reporting somewhat/strong sense of belonging to community	71.3	67.6	68.1	66.4
	Percentage of population reporting formal volunteering for organizations	59.1	52.7	55.2	49.1
Social support	Percentage of population with five or more close friends	50.5	52.6	53.7	51.8
	Percentage of population living alone	8.9	6.0	9.6	13.9
Community safety	Crime Severity Index	54.9	39.6	50.0	66.7
	Violent crime rate per 100,000 population	854.0	–	789.8	1,051.6
	Property crime rate per 100,000 population	2,988.9	–	2,286.9	3,206.4
	Percentage of population that feels safe walking alone after dark	80.9	81.0	79.2	79.5
Social norms and values	Percentage of population that provides unpaid help to others on their own	79.0	82.0	81.0	81.7
	Percentage of population that believes that many/most people can be trusted	55.5	57.2	57.3	53.5
	Percentage of population reporting experience of discrimination	9.4	10.2	9.6	9.3

DEMOCRATIC ENGAGEMENT



Category	Indicator	REGIONS			
		Waterloo Region	Central	Ontario	Canada
Citizen Participation	Percentage of eligible population that voted in last <i>federal</i> election	68.0	66.1	67.8	68.3
	Percentage of eligible population that voted in last <i>provincial</i> election	50.7	49.3	51.3	–
	Percentage of eligible population that voted in last <i>regional</i> election	32.4	–	–	–
Political leadership	Percentage of female councillors on Waterloo Region Council	37.5	–	–	–
	Percentage with a great deal or quite a lot of confidence in federal parliament	33.7	42.8	39.6	37.6
Communication	Percentage of total expenses used by Members of Parliament (MPs) to send communications to householders in their ridings	8.6	8.0	6.9	5.9

EDUCATION



Category	Indicator	REGIONS			
		Waterloo Region	Central	Ontario	Canada
Academic achievement	High school graduation rate (percentage) ^a	82.2	91.0	86.5	89.3
	Percentage of 25 to 64 year olds in population with a university degree	26.2	31.0	28.5	28.5
Measuring progress	Percentage of children who are vulnerable, scoring low on 2 or more domains of the Early Development Index (EDI)	18.5	–	14.4	–
	Ratio of students to educators	10.2	–	8.9	11.1
Libraries	Average number of early literacy and early learning programs per 1,000 children	27.0	28.2	25.8	–
	Average number of other children's programs per 1,000 children	21.8	15.2	16.5	–
	Average number of careers, job help, and skills programs per 1,000 adult population	0.1	0.2	0.2	–
	Average number of adult learning programs per 1,000 adult population	0.9	1.3	2.7	–
Child care	Percentage of children aged 0 to 4 years for whom there is a regulated / licensed centre-based child care space ^b	17.8	18.9	20.7	24.1
	Average minutes per day spent in interactive (talk-based) child care for children 0 to 14 years of age	38.6	44.7	39.6	35.4

^a High school five-year graduation rates Waterloo Region, Central region, and the province are estimates based on figures published by the Ontario Ministry of Education whereas the graduation rate for Canada is based on data provided by Statistics Canada; therefore, comparisons may not be valid because they use different definitions and reference groups.

^b Waterloo Region Community Services (Children's Services) reports licensed center-based spaces whereas data for Central Region, Ontario and Canada come from the Childcare Resource and Research Unit (CRRU) in Toronto, which reports regulated center-based child care spaces. The CRRU reports that the rate in Waterloo Region is 13.9%.

ENVIRONMENT



Category	Indicator	REGIONS			
		Waterloo Region	Central	Ontario	Canada
Air quality	Ground level ozone (population weighted in parts per billion)	28.0	27.4	27.4	32.8
	Overall total GHG emissions (megatonnes of CO ₂ per year)	0.1	4.4	45.6	-
	Percentage of provincial GHG emissions (megatonnes of CO ₂ per year) contributed by region	0.3	9.6	100.0	-
Water quality	pH levels (based on 1 to 14 scale where 7 is considered neutral) ^a	8.3	8.3	8.2	-
	Average water consumption per capita per day (cubic metres)	0.273	-	-	-
Waste reduction	Percentage of total residential waste diverted by municipalities (includes Blue Box and other materials)	59.3	52.1	47.3	-
Active transportation	Percentage of all-day weekday trips using active transportation (i.e., walking, cycling)	4.8	-	-	-
	Percentage of all-day weekday trips using public transportation rather than personal car (e.g., transit, GO train, school bus)	6.8	-	-	-
	Percentage of area within Tri-cities scoring high or very high on Walkability Index	18.3	-	-	-

^a Pure water is neutral and has a pH level of 7.0. As values fall below 7.0, water is increasingly acidic; as values rise above 7.0, water is increasingly alkaline.

HEALTHY POPULATIONS



Category	Indicator	REGIONS			
		Waterloo Region	Central	Ontario	Canada
Self-reported health	Percentage of population that rates their <i>overall health</i> as very good or excellent	60.2	61.7	59.2	59.0
	Percentage of population that rates their <i>mental health</i> as very good or excellent	69.4	72.8	70.4	71.1
	Percentage of population with no health or activity limitations	67.8	73.9	67.9	78.5
	Percentage of population with self-reported diabetes	7.8	7.2	7.4	6.7
Health-related behaviour	Percentage of daily or occasional smokers among teens aged 12 to 19 years	0.5	5.9	5.8	7.7
	Percentage of population getting influenza immunization	33.4	30.4	35.4	32.5
Health care access	Percentage of population with a regular health physician	94.5	94.0	92.5	85.1
	Life expectancy in years from birth	82.6	–	81.5	81.7



LEISURE and CULTURE

Category	Indicator	REGIONS			
		Waterloo Region	Central	Ontario	Canada
Leisure participation	Average percentage of time spent on the previous day in social leisure activities	13.2	13.7	13.0	13.0
	Average percentage of time spent on the previous day in arts and culture activities	3.8	3.9	4.1	3.9
	Average monthly frequency of participation in physical activity lasting over 15 minutes	30.2	27.9	28.2	27.6
	Average number of nights away per vacation trip in past year to destinations at least 80 km from home	2.4	2.8	2.8	3.0
Opportunities	Hectares of public greenspace per 10,000 population ^a	88.5	–	–	–
	Kilometres of walking/cycling trails and pathways per 10,000 population ^a	10.2	–	–	–
	Number of annual library programs in past year per 1,000 population	13.5	15.1	16.6	–
	Number of Culture Days, poetry and story readings, and arts shows in past year per 10,000 population	1.0	1.5	4.4	–
	Number of in-person visits made to the library in past year per 1,000 population	112.6	97.2	103.2	–
	Number of library internet connections per 10,000 population	5.4	5.4	7.2	–

^a Figures based on Tri-cities (i.e., Cambridge, Kitchener, and Waterloo) and excludes four Townships.

LIVING STANDARDS



Category	Indicator	REGIONS			
		Waterloo Region	Central	Ontario	Canada
Economic security	After tax median income of economic families	\$ 81,798	\$86,878	\$ 79,531	\$ 76,372
	Percentage of persons in low income (LIM-AT)	12.1	11.5	14.4	14.2
	Percentage of persons who are classified as “working poor”	3.2	–	–	–
	Percentage of labour force employed**	64.9	63.6	60.1	60.4
	Percentage of labour force unemployed**	7.0	7.7	6.4	7.0
Food insecurity	Percentage of households that are moderately or severely food insecure	6.7	5.1	8.3	7.7
Housing security	Percentage of households with shelter costs exceeding 30% of before-tax household income	23.4	28.1	27.7	24.1
Work-related stress	Percentage of population reporting quite a bit or extreme self-perceived work stress	30.1	29.1	28.2	28.9

**Data is from the 2016 Labour Force Survey. Data is released at the Kitchener-Cambridge-Waterloo Census Metropolitan Area (CMA) level. This CMA includes the Townships of Wilmot, Woolwich, and North Dumfries. The CMA does not include the Township of Wellesley.

TIME USE



Category	Indicator	REGIONS			
		Waterloo Region	Central	Ontario	Canada
Time	Percentage of population reporting working 50 hours or more per week	15.7	15.2	14.3	8.7
	Average workday commute time (both ways) for individuals working for pay (minutes per day)	37.6	55.0	53.7	52.0
	Average amount of time spent with friends (minutes per day)	84.9	93.9	90.1	84.3
Timing	Percentage of labour force with regular, weekday workhours	67.4	67.0	65.9	67.3
	Percentage of individuals working for pay with flexible workhours	51.5	45.6	46.1	43.2
Temporality	Percentage of population that reports 7 to 9 hours of good quality essential sleep	21.1	29.5	30.5	35.9
	Percentage of 15 to 64 year olds reporting high levels of time pressure	19.3	20.1	19.8	17.4

OVERALL LIFE SATISFACTION



Category	Indicator	REGIONS			
		Waterloo Region	Central	Ontario	Canada
Wellbeing	Percentage of population reporting being somewhat to very satisfied with life	87.3	86.9	85.6	87.1