

WHAT  
WE'RE  
MISSING

# We're a city split by two truths.

On one side, Calgarians love living in Calgary. **81%** of us feel a healthy sense of belonging. But it's becoming harder and harder for us to afford the basics, **25%** of us can't.

## Overall, we're happier.

**69%** rate their happiness as good or excellent, up **5%** from 2022 and 2021.

## Top 5 values in 2023:

- Relationships
- Health
- Money
- Holidays & spare time
- Freedom

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In the spirit of reconciliation, we acknowledge that we live, work, and play on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Îyârhe Nakoda Nations, the Métis Nation of Region 3, and all people who make their homes in the Treaty 7 region of Southern Alberta.

## About the Quality of Life Report

Since 2007, Calgary Foundation has annually published a quality-of-life report. As a community leader and a funder that supports all Calgarians through the work of thousands of charities and nonprofits, Calgary Foundation recognizes the value of annually taking the pulse of our city and measuring the resiliency and community spirit of Calgary.



### A Message from our CEO

This year's data tells the story of a city trying to hold onto hope while trying to pay our bills.

In nearly every category, we're making do with less. We're not . We can't access . We can't afford healthy . We skip . Owning a is a dream that's getting further and further away, and even a suitable to rent is ambitious for many.

These are the basics. And as they disappear, something unlikely is happening. Our belief that tomorrow will be better is growing, along with the importance we place on the arts, the sense of belonging we feel from volunteering in our communities, and our confidence that Calgary is a good place to live.

Calgarians are glass-half-full folks, defined by grit, optimism and geography. Even when our and our are slipping away.

In the depths of a frigid winter, we've come to expect a Chinook.

Calgary Foundation produces this report each year to connect Calgarians through an understanding of the challenges we share. It holds the unique perspectives and lived experiences of one thousand people that call our city home. Some of us have been here a long time, but others are still trying to find their place. Most of us are realizing our strength through struggle.

The more we know, the more we know how to help.

Sincerely,

A handwritten signature in black ink, appearing to read 'Eva Friesen'. The signature is fluid and stylized, with a long horizontal stroke at the end.

Eva Friesen, President & CEO  
Calgary Foundation

# We worry about our health.

**21%** of Calgarians are concerned about their health.

**But higher food prices mean healthy isn't happening.**

**29%** can't afford healthy food, up from **21%** in 2022.

**27%** eat less food to cut costs.

**45%** buy less fresh vegetables and fruits.

**55%** buy less meats, fish and/or other proteins.

**57%** serve smaller portions.

**We're not eating out.**

**72%** eat at restaurants less frequently.

**We're relying on community food services.**

**16%** of Calgarians access community-based food programs (i.e. food hampers/gift cards, mobile grocery stores, food banks, neighbourhood free pantries or fridges).

**26%** aged 18-24. **20%** aged 35-44.

**And it doesn't always feel great.**

**29%** can't access culturally appropriate food.

**31%** feel a loss of dignity accessing programs or services.





# We're struggling to feed our families.

**36%** of parents skip meals to ensure their kids can eat.

**28%** of households with children can't afford healthy food.

**70%** purchase fast food because it's affordable.

**60%** serve smaller portions.

**29%** of families sometimes skip meals.

# It's taking its toll on our kids.

**32%** of Calgarians can't afford childcare services.







**It's bad for those with lower paying jobs.**

**43%** of those earning \$30-60K can't afford childcare.

**Young people aged 18-24 have it worse.**

**59%** feel stressed, up from **38%** in 2022.

**42%** don't have access to mental health support.

**39%** rate their mental health as poor or below average.

**41%** rate their mental health as good or excellent.



# Many of us can't afford to own our homes.

**40%** of Calgarians can't afford to buy a home.

**33%** of homeowners make sacrifices in other spending to pay their mortgage.

**73%** of renters say income stability is a barrier to home ownership.

**55%** of renters feel pessimistic about home ownership.



**And renting is a difficult alternative.**

**36%** can't afford to rent, up from **27%** in 2021.

**41%** of renters can't find a suitable place to live.

**85%** of renters can't afford the down payment on a home purchase.


**28%** of renters missed a payment in the past year.

**65%** of those who live rent-free (i.e. with family/friends) can't find or afford rent.

**43%** of those earning \$30-60K can't afford rent.

**42%** of those aged 18-24 can't afford rent.

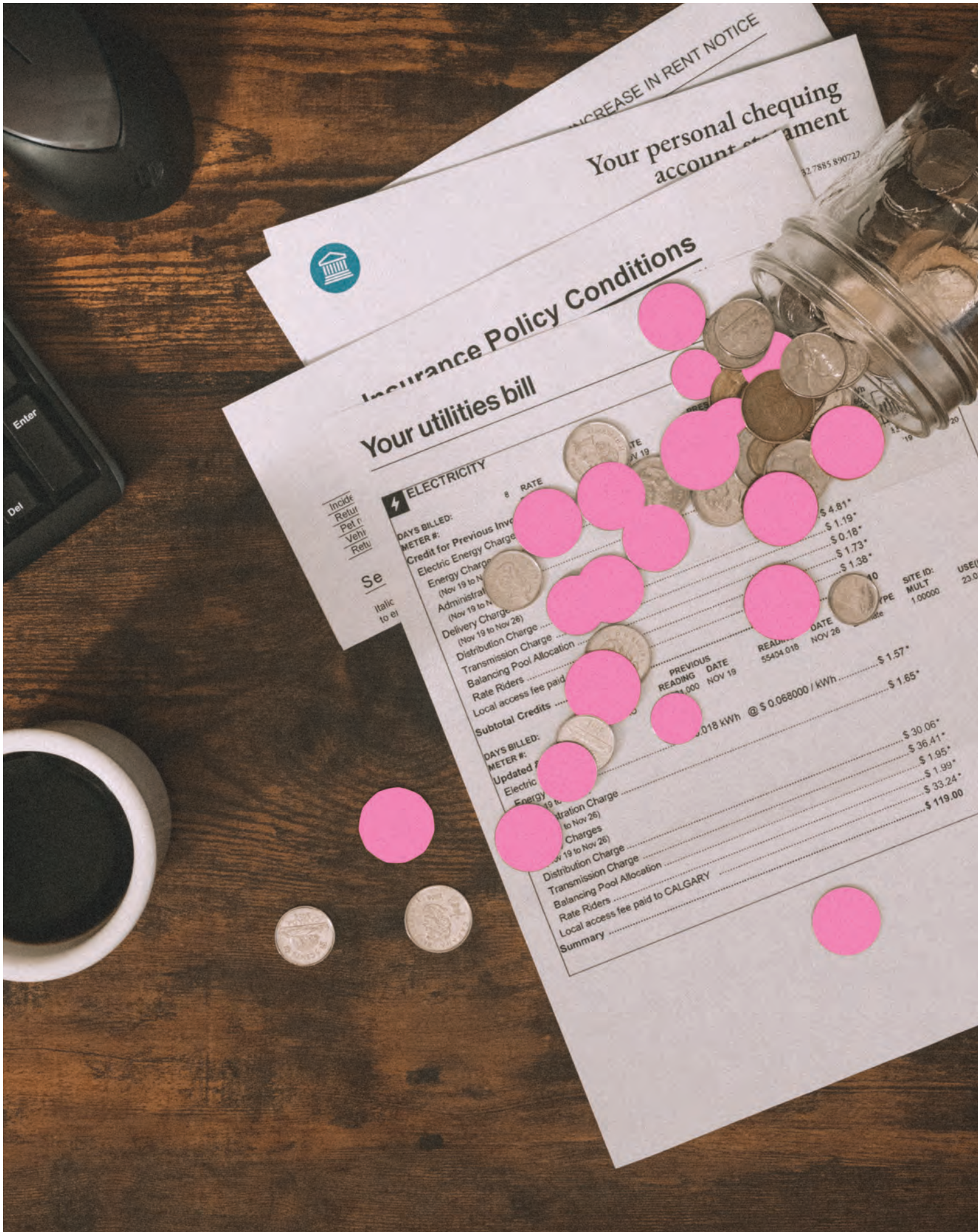
**49%** of those aged 45-54 can't afford rent.



**93%** of Calgarians like the neighbourhood they live in.  
**87%** think Calgary is a good place for young people to live.  
**89%** think Calgary is a good place for families to live.  
**78%** think Calgary is a good place for seniors to live.  
**79%** don't plan on moving from Calgary in the foreseeable future, compared to **74%** in 2022 and **70%** in 2021.  
Only **29%** of 18-24 year olds plan on moving from Calgary, compared to **40%** in 2022 and **60%** in 2021.



But we still think it's  
a great place to live.



# Insurance Policy Conditions

## Your utilities bill

Incidé  
Retur  
Pel r  
Vehi  
Retu

### ELECTRICITY

	RATE	
Credit for Previous Invoice		\$ 4.81*
Electric Charge (Nov 19 to Nov 26)		\$ 1.19*
Administrative Charge (Nov 19 to Nov 26)		\$ 0.18*
Delivery Charge (Nov 19 to Nov 26)		\$ 1.73*
Distribution Charge		\$ 1.38*
Transmission Charge		
Balancing Pool Allocation		
Rate Riders		
Local access fee paid		
Subtotal Credits		
PREVIOUS READING	DATE	
55404.018	NOV 19	
55404.018	NOV 26	
0.018 kWh @ \$ 0.068000 / kWh		\$ 1.57*
		\$ 1.65*
Summary		\$ 30.06*
		\$ 36.41*
		\$ 1.99*
		\$ 33.24*
		\$ 119.00



# Many of us are broke.

**25%** of Calgarians can't meet basic financial needs. Up from **19%** in 2022, and **15%** in 2021.

## **Money makes a difference.**

**74%** of households earning more than \$200K are always or often happy.

**54%** of those earning below \$200K are always or often happy.

## **We're not saving for the future.**

**37%** can't afford to save for the future.

**46%** of those aged 55 to 64 can't afford to save for the future.

# We're having a hard time finding work.

**26%** of Calgarians can't find suitable employment.

**It's especially hard for those with a long-term disability.**

**50%** can't save for the future. **39%** can't find suitable employment.

**Or from a racialized community.**

**31%** of racialized Calgarians can't find suitable employment.

**We have growing concerns about poverty.**

**82%** of us are concerned, up from **66%** in 2021.

**And a growing desire to do something about it.**

**88%** of us believe minimum wage should be increased to \$18.60/hour, compared to **85%** in 2022 and **80%** in 2021.

**And also have a growing belief that tomorrow will be better.**

**50%** of Calgarians have an optimistic view of the economy, compared to **48%** in 2022 and **41%** in 2021.





# We feel less safe in our city.

**80%** of Calgarians are concerned about safety in our city. Compared to **73%** in 2022 and **65%** in 2021.



### Comfort levels are experienced differently.

**88%** of racialized Calgarians feel uncomfortable or out of place because of their religion, ethnicity, skin colour, culture, language, accent, gender, or sexual orientation, up from **75%** in 2022.

**84%** of racialized Calgarians believe racism exists vs. **66%** of non-racialized Calgarians.



# The importance of the arts is increasing.

**62%** of Calgarians believe public art creates a sense of belonging.  
**+4%** increase from 2022.

**70%** believe a strong arts/culture scene creates a vibrant city.  
**+8%** increase from 2022.

**70%** believe the arts helps them appreciate other cultures and perspectives.  
**+6%** increase from 2022.

# And despite our financial stress, many of us still find ways to give.

**38%** of Calgarians are stressed about their finances.

**75%** donated at least once in the past year.

**58%** volunteer at least once a year.

**16%** volunteer at least once a month.

**We give money when we're older, time when we're younger.**

**71%** of Calgarians aged 18-34 volunteer at least once a year.

**84%** of those over age 65 make charitable donations.

**We feel good when we do.**

**91%** of people who donate have a strong sense of belonging.

**84%** of people who volunteer have a strong sense of belonging.

**89%** of people who donate rate their quality of life as excellent.

# About this report

The 2023 report is based on the survey responses of 1,000 Calgarians. To ensure an accurate representation of the population, survey respondents were randomly selected based on demographic quotas. For comparative purposes, a probability sample of 1,000 results in a margin of error of +/- 3.10%, 19 times out of 20.

## Age

18-24	10%
25-34	23%
35-44	20%
45-54	18%
55-64	16%
65+	13%

## Gender

Female	50%
Male	49%
Non-binary, Transgender, Intersex, Two-spirit	1%

## Quadrant

North West	28%
North East	20%
South West	22%
South East	19%
Other Municipality	10%
On Reserve	1%

## Employment

Employed full-time	53%
Employed part-time	13%
Unemployed	8%
Retired	20%
Student	3%
Homemaker	4%

## Racial Identity

Consider themselves part of a racialized community

Yes	27%
No	73%

# About Calgary Foundation

Each year, Calgary Foundation flows millions of dollars to every corner of our city, supporting causes as myriad as our population.

As those funds spread, our hope is that they bring something else with them—the knowledge that a city is a profound thing to share.

## 2022-2023 Calgary Foundation Stats

Asset Base	\$1.3 billion
New Gifts	\$112.5 million
New Funds	55
Grants	\$61.4 million
Charities supported	1,192

## 2023-2024 Board of Directors

Blaine Lennox, Chair  
 Narmin Ismail-Teja, Vice-chair  
 Denise Bright  
 Sherry Ferronato  
 Alice Lam  
 Jamie Leong-Huxley  
 Ken Lima-Coelho  
 Melanie McDonald  
 Michael Mezei  
 Chima Nkemdirim  
 Susan O'Brien  
 David Phillips  
 Kirby Redwood  
 Ivor Ruste  
 Julianna Spiropoulos  
 Hugh D. Williamson Q.C.

Eva Friesen, President & CEO

## 2023 Calgary's Quality of Life Report

Project Management: Calgary Foundation

Survey: DDL Analytics, Inc.

Concept and Design: Daughter Creative

Printing: Kallen Printing

