Taking Calgary’s pulse

Calgary Foundation’s Vital Signs® 2007-2016
Calgary’s Vital Signs® marks a milestone

For 10 years, the Calgary Foundation has been measuring the vitality, resiliency and community spirit of our city. In those years, we’ve seen the economy rise and fall, and today our unemployment rate is above the national average for the first time since the 1980s. Our roads have changed to accommodate new bike lanes and pathways. Our year as Cultural Capital of Canada in 2012 shone a bright spotlight on our city as a vibrant centre of arts and culture. The mental health of our citizens has followed the curve of the economy, with domestic violence and suicide rates on the rise. And, in a decade, we’ve watched Calgarians open their hearts through challenging times and prosperous times, by building connections with their communities.

Calgary today, Calgary tomorrow

Today, Calgary is a city of more than 1.2 million with a median age of 36 years. Our citizens speak over 140 languages and belong to 240 ethnic origins. But, our landscape is shifting. It is anticipated that in 20 years, our seniors’ population will reach 225,000. As Calgary nears the end of the 10 Year Plan to End Homelessness in 2018, we hope to have housed over 7,000 Calgarians and continue to address the root cause of homelessness. Our city is looking ahead to a low-carbon future and the City of Calgary plans to achieve a 20% reduction in greenhouse gas emissions by 2030. And today, possibly more than ever, we know that the only way our city will navigate challenging times and continue to thrive, is if everyone feels they belong.

Building our belonging

The Calgary Foundation’s very existence is rooted in serving our community, and all who call it home. In this report, you will find a special section dedicated to belonging. Our sense of belonging survey revealed how much Calgarians care about contributing to their community: 51% regularly donate to charity, 72% regularly vote in municipal elections, 65% believe Calgary is the best place in the world to live. The Foundation understands how civic engagement fosters feelings of inclusion and belonging. Looking to the future, our role in building a strong sense of belonging becomes even more vital.
Artistic expression has the potential to enrich the human experience in profound ways. The following programs contribute to the growing body of knowledge about the effectiveness of arts therapy as a tool for creating individual and community well-being.

Decidedly Jazz Danceworks’ Dancing Parkinson’s YYC program offers dance classes to Parkinson’s patients to stimulate motor and cognitive areas of the brain. By focusing on rhythm, body awareness, muscle development, coordination and socialization, the program leads to improved motor skills, social communication and emotional expression.

In partnership with the Hotchkin’s Brain Institute, a research study will commence in the spring of 2017, highlighting how neuroscience and arts therapies can create leading edge research programs.

The numbers:

<table>
<thead>
<tr>
<th>ARTS</th>
<th>$45.9 million distributed</th>
</tr>
</thead>
<tbody>
<tr>
<td>883 charitable organizations supported last year</td>
<td></td>
</tr>
</tbody>
</table>

More info on these, and other many charitable organizations, at calgaryfoundation.org

The Mini Music and Movement program, offered to young persons with disabilities by the Cerebral Palsy Association in Alberta, showcases how music therapy plays an integral role in building communication, conceptual, social and motor skills, all of which promote learning, independence and self-esteem. The program provides the opportunity for parents and caregivers with shared experiences to exchange information and build support networks. By transcending their physical limits and supporting their abilities, the program encourages persons with disabilities to live a life without limits.
A community effort is needed to enhance the academic success rate of Indigenous learners. These innovative initiatives demonstrate the collective efforts to build a foundation of learning where students thrive.

The Calgary Board of Education’s Aboriginal Learning Centre takes a holistic approach to addressing low achievement and high school completion rates of Aboriginal learners by targeting early learning. Working collaboratively with community agencies and Elders who represent the diversity of the Aboriginal community, the Centre offers shared learning experiences, on-site supports and cultural celebrations for students, their families, teachers and community members to foster healing in our community.

Piiteayis Family School is a Kindergarten to Grade 6 alternative program that educates students through the lens of First Nations, Métis and Inuit perspectives and experiences. The school strives to honour the Seven Sacred Teachings of their Aboriginal ancestors: wisdom, love, respect, bravery, honesty, humility and truth. Aboriginal knowledge informs and guides the learning process to ensure a holistic understanding of cultural awareness, which builds students’ self-esteem, grades and confidence.

**The Calgary Board of Education’s Aboriginal Learning Centre**

**Piiteayis Family School**

**Vital Signs**

**Citizen Survey Grade:**

2016 **B-**

**Citizen Priorities**

These are the issues you told us are most important:

- Early Childhood Development: Increase number of high quality, affordable early learning services
- Education and Learning: Improve the affordability of post-secondary education
- Economic and Social Development: are most important:
  - Improve the affordability of housing
  - Increase number of high quality, affordable early learning services
- Environment: Reduce waste and increase recycling
- Health: Improve health outcomes
- Transportation and Infrastructure: Reduce traffic congestion
- Public Safety: Increase safety and security in our community.

**Lifelong Learningang**

**post-secondary education**

**affordable early learning services**

**Development:**

- These are the issues you told us are most important:
  - Improve the affordability of housing
  - Increase number of high quality, affordable early learning services
- Economic and Social Development: are most important:
  - Improve the affordability of housing
  - Increase number of high quality, affordable early learning services
- Environment: Reduce waste and increase recycling
- Health: Improve health outcomes
- Transportation and Infrastructure: Reduce traffic congestion
- Public Safety: Increase safety and security in our community.

**Community Knowledge**

**Investing in a Book Bank**

Calgary Reads and Calgary Food Bank founded the Calgary Reads Book Bank to ensure children of Food Bank clients can access free, age-appropriate books. By the end of its first year, the program had distributed almost 7,000 free books to more than 1,000 families.

**NEET, Not So Neat**

8% of Canadians aged 15-19 and 15% aged 20-24 are considered NEET (Not in Education, Employment, or Training). These youth are at high risk of experiencing negative outcomes as they transition to adulthood, and may have difficulty gaining the skills and knowledge needed to become self-sufficient.

**Community Library Visits**

**Summer Slide**

- “About two-thirds of the 9th grade academic achievement gap between disadvantaged youngsters and their more advantaged peers can be explained by what happens over the summer. Research shows that low-income youth suffer significantly from a loss of academic skills over the summertime, contributing to an achievement gap that can make the difference between whether students set out on a post-secondary path.”

- “High school completion rates...”

**Summer Learning Loss**

**Early Learning**

- “Children who reach fourth grade without being able to read proficiently are more likely to disengage and drop out of school.”

**High School Completion Rates**

- “Children who reach fourth grade without being able to read proficiently are more likely to disengage and drop out of school.”

**Reading Proficiency at Grade 4**

- “Reading proficiency at Grade 4...”

**Low Literacy Levels**

- “One in every six Canadians have literacy levels so low that they cannot participate fully in life. Examples include reading notes from teachers, medicine bottle labels, etc.”

Sources and additional research can be found at calgaryfoundation.org
There is a growing number of aging Calgarians who want to remain in their homes and communities, to stay active and engaged. These collaborative programs are providing supports and services that allow seniors to live safely and independently.

The 403-SENIORS telephone line provides access to The Way In Network, which connects older adults, caregivers and their families to programs and services for seniors. This collaborative initiative between Carya, Calgary Seniors Resource Society, Jewish Family Service Calgary and Calgary Chinese Elderly Citizens Association is supported by Family Community Support Services. The program ensures older adults at risk of, or experiencing social isolation, can stay as independent as possible. To meet the needs of our growing immigrant population, the service is offered in 11 additional languages.

Through a unique partnership between the Alberta Network of Immigrant Women and the Kerby Centre, a Financial Literacy program gives immigrant seniors the confidence to make informed, personal financial decisions. Additionally, the program provides seniors with opportunities to make connections with their peers, share experiences and alleviate isolation, which is often identified as one of the challenges facing seniors as they age in place.

71% of non-Aboriginal Canadians "have heard or read about Indian residential schools," and 73% believe the current education program "is not enough". This collaborative work reflects the role all people play in ending homelessness.
The risks of climate change are ever-present. Two programs that are tackling the complex challenges, are helping communities respond and adapt to climate change through education, research and community-led projects.

As people whose traditions and livelihoods are intrinsically linked to the land, climate change can have extraordinary impacts on Indigenous communities. In partnership with The Rockies Institute, All One Sky Foundation initiated the Climate Resilience Knowledge Sharing in Treaty 7 to promote knowledge sharing amongst First Nations about climate change and how to build climate resilient communities for the future. The first stage of this project is currently underway on the Kainai First Nation in southern Alberta.

The devastating flood in 2013 exposed a vulnerability to natural ecosystems and the communities that depend on them. In response to this disaster, All One Sky Foundation is now working with four of Alberta’s leading environmental organizations to support climate change management strategies for two Alberta communities. The project will build awareness of how actions and behaviors linked to the natural environment can help communities cost effectively adapt to climate change.

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**Community Knowledge**

**A Resilient City**

The City of Calgary has been awarded membership to a group of global cities by 100 Resilient Cities, pioneered by The Rockefeller Foundation. Members receive funding and resources to prepare for and recover from future environmental, social and economic disruptions.

**Fort McMurray Wildfires**

In partnership with community foundations across the country, the Calgary Foundation contributed $1.1 million to the Rebuilding Fort McMurray Fund at the Edmonton Community Foundation. The Fund will support charitable organizations working to rebuild the Fort McMurray region following the 2016 wildfires.

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**Vital Signs**

**Citizen Survey Grade:**

2016

**C+**

**Citizen Priorities**

These are the issues you told us are most important:

- Conservation: Increase preservation of urban parks and natural spaces
- Sustainability: Improve options for alternative energy

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**Environment**

Greenhouse Gas Emissions in Calgary

**MEASURED IN tCO2e (kilotonnes carbon dioxide equivalent)**

**Higher in Alberta than Montreal**

Parity due to the use of coal-fired electricity, less dense populations and colder weather in Alberta:

Calgary: 8.2 tonnes/yr

Edmonton: 20.7 tonnes/yr

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**Top 5 Things to Worry About in Calgary**

1. Flood
2. Hazard/earthstorm
3. Hail
4. Waterstorm (Calgary has an average of 13 days/year with wind speeds over 63 km/h)
5. Infrastructure failure

**ONLY THREE IN 10**

Calgarians have a 72-hour emergency kit. (A 9% increase over 2014) 86% of Calgarians say they have home or travel insurance to protect personal property from loss in the event of an emergency.

**WATER USE DOWN**

Water withdrawn in 2015 from Bow and Elbow at 176,114 megalitres—continues trend of staying well below 2003 benchmark of 215,000 megalitres.

**Amount Of Waste Created In Calgary**

Waste to landfill per capita in kilograms

**94% of total annual hours were GOOD (Previous four years were between 85-90%)**

**49 HOURS of total annual hours were POOR**

Amount due to forest fires. (Previous four years were between 80-90%)

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**For the Birds**

200

(Previously, 2000) distinct bird species can be found throughout the Bow River Basin, indicating we have a healthy watershed, which is critical to the health of our local ecosystem.

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More info on these, and many other charitable organizations, at cfc.calgaryfoundation.org

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Vital Signs
Citizen Survey Grade:

10
2015

Wellness
Citizen Priorities
These are the issues you told us are most important:
Mental Health:
Increase access to supports for those with persistent mental health problems
Physical Health:
Increase physical activity levels in schools and communities
Safety:
Decrease rates of family violence/domestic conflict
Sports & Recreation:
Improve affordability of sports and recreation programs for citizens

Last year, over 10,000 people were accommodated in emergency shelters, yet over 16,000 women and children were turned away. To address the significant issue of violence against women, these organizations offer shelter and outreach programs to thousands of women and children fleeing abuse.

To address an often underserved population, Sagesse (formerly Peer Support Services for Abused Women) is completing the No One Deserves to be Abused research project that focuses on “upscale domestic violence” experienced by upper-middle to upper class women. To address the stigma attached to accessing support, and the misinformation that wealthy women don’t require as much support as lower-income women, the project will adapt existing programs to ensure supports are accessible to all women in our community.

Calgary’s three second-stage shelters piloted a shared intake program that provides women transitioning to a second-stage shelter access to three housing options through a single point of entry. With all thirteen Alberta second-stage Shelters, the Alberta Council of Women’s Shelters developed a project which gathers and analyzes data to inform practice, enhance service delivery and position housing and support needs of abused women and children to the forefront of Alberta’s housing strategy.

These programs were supported by Calgary Foundation grants.

More info on these, and many other charitable organizations, at cfc.calgaryfoundation.org

Sources and additional research can be found at calgaryfoundation.org

KIDSPORT FEE ASSISTANCE UP
In 2015, KidSport assisted 4,221 Calgary and area kids with sport registration fee assistance, an increase of over 23% from 2014. Over $1.25 million was distributed to deserving kids. The trend continues in 2016, with the number of kids assisted up by over 56% compared to the same period in 2015.

HEALTHY MIND, BODY AND SPIRIT
In partnership with The City of Calgary, in the next three years, YMCA Calgary will open and operate two new recreation facilities. Located in Rocky Ridge and Seton, they will include wellness, arts and community programming and will be the largest YMCA facilities in North America.

These programs were supported by Calgary Foundation grants.

More info on these, and many other charitable organizations, at cfc.calgaryfoundation.org

Sources and additional research can be found at calgaryfoundation.org
Recognizing the value of creating an accessible and sustainable food system, these committed organizations are working to ensure healthy and nutritious food is available to everyone.

The Alex has partnered with Community Food Centres Canada to launch The Alex Community Food Centre, offering food access, food skills, and education and engagement programs to low-income community members. Through healthy meals, community kitchens and gardens, education programs for kids, peer support, civic engagement activities, and public education, The Alex Community Food Centre aims to increase physical and mental health and community connections, and engage people in meaningful social change.

With 20% of the population low-income and 40% single parent homes, the Hillhurst-Sunnyside Community Association (HSCA) developed a Community Food Program to support the needs of residents. Partnerships with local agencies enabled HSCA to offer a Food Skills Cooking Group that increased knowledge, skills and confidence in the kitchen. HSCA also hosted Urban Agriculture Workshops and a Kids Food and Garden program that introduced the benefits of growing food in the local community garden, while increasing civic engagement and local leadership amongst residents.

These programs were supported by Calgary Foundation grants.

More info on these, and many other charitable organizations, at cfc.calgaryfoundation.org

Sources and additional research can be found at calgaryfoundation.org
Community Connections

Citizen engagement is critical to creating a thriving community. By developing a strong sense of belonging, these programs illustrate how inclusiveness is built when citizens are actively involved in their neighbourhoods.

Jean-Claude Munyezamu, a refugee from Rwanda, created the volunteer-led Soccer without Boundaries to encourage youth, in the predominantly immigrant neighbourhood of Glenbrook, to play soccer. Regardless of income, religion, gender, age, skill or culture, the program helps youth build self-esteem, develop leadership skills and strengthen social relationships. By providing a way for parents and families to connect and get involved, new Canadians feel supported and welcomed into the larger community.

East Village is comprised of 1200 seniors with the lowest income per capita in Calgary, 1500 homeless residents, 900 existing condo dwellers and 600+ new condo dwellers. To bring together this diverse group of residents, the East Village Neighbourhood Association hosted Welcome Home to our East Village Community. Over the next decade, East Village is anticipated to grow to over 11,000 Calgarians making the building of relationships and awareness about future revitalization projects vitally important.

Community Priorities
These are the issues you told us are most important:
- Neighbourhoods: Increase opportunities to interact with neighbours
- Citizen Engagement: Increase awareness of volunteer opportunities
- Inclusion: Address issues of racism and prejudice

Vital Signs
Citizen Survey Grade:
2016

Calgarians tied for top median donations of all metropolitan areas in Canada.
Alberta donations increased from $1.2 billion to $2.4 billion.

**Tipping Point** Neighbourhoods:

<table>
<thead>
<tr>
<th>Neighbourhood</th>
<th>Grade</th>
<th>Difference within a 5-year period</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowness</td>
<td>B-</td>
<td>+10% (city-wide average = +11%)</td>
<td></td>
</tr>
<tr>
<td>North of McKnight</td>
<td>B-</td>
<td>+10% (city-wide average = +11%)</td>
<td></td>
</tr>
<tr>
<td>Vista Heights</td>
<td>B-</td>
<td>+10% (city-wide average = +11%)</td>
<td></td>
</tr>
<tr>
<td>Greater Forest Lawn</td>
<td>B-</td>
<td>+10% (city-wide average = +11%)</td>
<td></td>
</tr>
<tr>
<td>Village Square</td>
<td>B-</td>
<td>+10% (city-wide average = +11%)</td>
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<td>B-</td>
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**VALUE OF NEIGHBOURHOOD WALKABILITY DROPS**

Walkability dropped from 1st place in 2015 to 8th place in 2016.

Respondents in Avenue Calgary’s 2016 “Best Neighbourhoods” survey revealed that access to parks and pathways was a more important neighbourhood amenity than walkability.

**Low growth or population decline in light areas, darker areas show population growth.**

“Mobile subculture above allow population growth since 2000, and many of these areas show seven population declines. Outnumber of decline generally occurs in a ring around the centre of the city in suburban areas roughly 50 to 70 years old and in which the population had declined over the last 15 years.”

**SPORT IS NOT ACCESSIBLE TO EVERYONE**

<table>
<thead>
<tr>
<th>LGBTQQ communities</th>
<th>Percentage of people accessing or wanting to participate in sport</th>
</tr>
</thead>
<tbody>
<tr>
<td>89%</td>
<td>70% believe youth from sports are not welcoming or safe for LGBTQQ people</td>
</tr>
<tr>
<td>70%</td>
<td>21% of gay men did not play youth team sports, 49% of them state negative experiences, in school turned off team sport, 34% say they fear rejection because of their sexuality</td>
</tr>
</tbody>
</table>

**First Nations, Inuit and Métis People participation**

<table>
<thead>
<tr>
<th>Percentage of people with participation</th>
<th>Boys</th>
<th>Girls</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>62%</td>
<td>60%</td>
<td>65%</td>
<td>55%</td>
<td>45%</td>
</tr>
<tr>
<td>40%</td>
<td>45%</td>
<td>35%</td>
<td>30%</td>
<td>40%</td>
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<tr>
<td>12%</td>
<td>11%</td>
<td>11%</td>
<td>10%</td>
<td>10%</td>
</tr>
</tbody>
</table>

**ISLAMOPHOBIA HOTLINE**

78 complaints
80% workplace related
Those who experience discrimination, harassment or a hate crime due to Islamophobia in Alberta are asked to call 1-800-607-3312

**TOTAL MUSLIM POPULATION IN CALGARY:**

Sources and additional research can be found at calgaryfoundation.org
Top 5 Citizen-Voted Priorities
(issues that have the greatest impact on overall quality of life)

1. Work
2. Safety
3. Neighbourhoods
4. Sports and Recreation
5. Physical Health

Deeper still:
Visit calgaryfoundation.org to explore the results.

13,000 comments
Find out what Calgarians are saying about quality of life in areas like the Arts, Work, Housing, Environment, Sustainability, neighbourhoods, Poverty, Mental Health and much more.

Demographics
What age group is most likely to prioritize improving options for alternative energy?

Statistics
Are females more likely than males to prioritize improving options for alternative energy?

Quality of Life
Are Calgarians satisfied with their work and home life balance?

Research
Local lens: representing a range of Calgary organizations provided research support to ensure that the indicators used for Calgary’s Vital Signs® are relevant, accurate and comprehensive.

Methodology
Calgary’s Vital Signs survey 1,707 citizens completed the survey between May 25 – July 14, 2016 by assigning grades, choosing priorities and voting their opinions in each of the 21 key issue areas featured in the report. The online survey is based on a self-selected respondent population. For comparison purposes, a random sample of this size would yield a margin of error of +/- 2.4%, 19 times out of 20.

Calgary’s Vital Signs survey
1,707 citizens completed the survey between May 25 – July 14, 2016 by assigning grades, choosing priorities and voting their opinions in each of the 21 key issue areas featured in the report.

Source:
Vital Signs 2016 Survey Report
THE FOUNDATION
of my community

starts with you and me — more than charity
it’s the empathy I feel for the
people where I live.

Close to home is where the heart is,
where help goes farthest
my foundation helps me start this

people standing still
in towns big and small,
urban, rural, one and all

My care comes through
helping those that can’t make do,
or get by, or maybe
just need to fly

My foundation has roots across the land,
inter-turning, hand to hand,
shaping what we thousands banded
together can do, including you, making true
the endeavour
to make things better

for generations still,
their dreams fulfilled,
it all gets built

on THE FOUNDATION.

Canada’s community foundations help communities
where they need it the most, connecting people, families
and companies with the causes that inspire them.
Community makes you. You make your community.

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OF CANADA

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