

A YEAR WITHOUT TOUCH



CALGARY FOUNDATION
2021 VITAL SIGNS

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 Îyâxe Nakoda Nations, the Métis Nation of Region 3, and all people who make their homes in the Treaty 7 region of Southern Alberta.

CEO'S MESSAGE	02
OVERVIEW	03
HOW HAVE WE COPED WITH THE PANDEMIC?	05
HOW DO WE FEEL ABOUT CALGARY?	09
HOW DO WE FEEL ABOUT OURSELVES?	11
WHAT DO WE THINK ABOUT RACISM?	15
WHAT DO WE THINK ABOUT THE ARTS?	17
HOW DO WE FEEL ABOUT THE ENVIRONMENT?	19
DEMOGRAPHICS AND METHODOLOGY	21



LASTING IMPRESSIONS

A MESSAGE FROM OUR CEO

It is too soon to understand the impact the pandemic will have on our city, but there can be little doubt it will be a lasting one. As we reflect back on the ways this year has challenged us, it's hard not to feel immense sadness for all that was lost, and for the hardships so many Calgarians have faced. But alongside that grief sits another feeling — **GRIT.**

Calgary is one of Canada's most diverse cities with a long history of bouncing back from challenging times. From innovative entrepreneurs to creative artists, it is the tenacity of our people that makes our city by the Bow so resilient. If this past year has taught us anything, it's how deeply it matters to connect over a common cause. The challenges can be divisive, but we are at our best when our choices are guided by compassion and consideration for others.

The 2021 Vital Signs report reflects the feelings of 1,000 Calgarians who shared their unique perspectives and impressions of life over the past year. Are they feeling stressed about their health? Are they worried about their finances? Is Calgary a good place to raise the next generation? Their responses provide a timely snapshot of life in Calgary and illuminate issues that need our collective support. Their feedback also reveals reasons to be optimistic about what our future holds.

Sincerely,

Eva Friesen
President & CEO
Calgary Foundation

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.

calgaryfoundation.org

ABOUT CALGARY’S
VITAL SIGNS

Published since 2007, **Calgary’s Vital Signs** annually measures our quality of life by presenting the results of the Vital Signs survey. Coordinated by Community Foundations of Canada, Vital Signs® is used to measure well-being and catalyze change across Canada and globally.

calgaryvitalsigns.ca

2021 CALGARY’S VITAL SIGNS REPORT

Project Management
Calgary Foundation
Communications Team

Survey
DDL Analytics, Inc.

Concept and Design
Daughter Creative

Website
Freshwater Creative

Printing
Style-Craft Printing

2021 – 2022 BOARD OF DIRECTORS

Murray Laverty, *Chair*
John Fischer, *Vice Chair*
Denise Bright
Jim Brownlee
Cathy Cochrane
Sherry Ferronato
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Chima Nkemdirim
Elizabeth Peters
Wes Peters
Phil Scherman
Hugh D. Williamson, Q.C.
Eva Friesen, *President & CEO*

WE GRANTED \$66.9M
TO 1,105 CHARITABLE
ORGANIZATIONS

ASSET BASE \$1.2 BILLION
NEW CONTRIBUTION \$88.7 MILLION
NEW FUNDS 64

HOW HAVE WE COPED WITH *THE PANDEMIC?*

IT'S BEEN HARD.

During the pandemic, our overall quality
of life decreased significantly.

2020 **75%**

2021 **64%**

% of Calgarians
who feel they have
a good quality of life.



33%
FEEL STRESS
DUE TO FINANCES.

MANY OF US WERE STRESSED,
ESPECIALLY YOUNGER GENERATIONS.

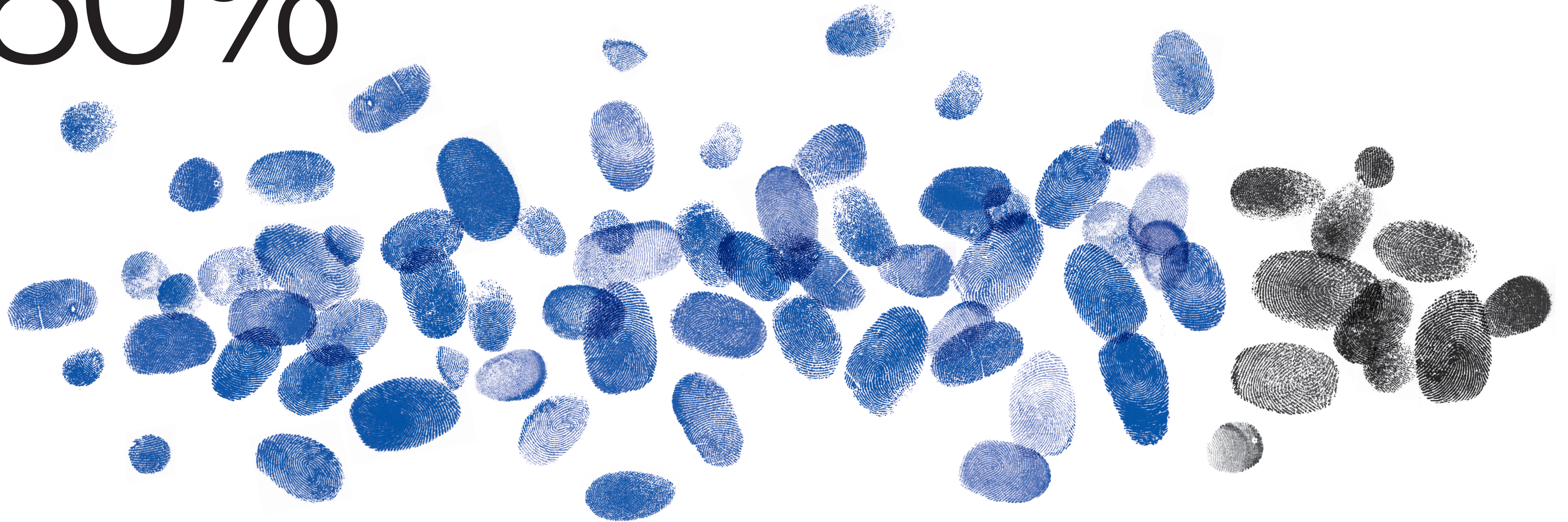
22%
FEEL STRESS DUE TO
HEALTH CONCERNS.
63% for people under 25

26%
FEEL STRESS DUE
TO ISOLATION.
34% of 18–24 year olds
and 14% of ages 65+

26%
FEEL STRESS DUE
TO FAMILY MATTERS.

80%

HAD SOCIALLY DISTANCED VISITS,
UP FROM 49% IN 2020.



THE WAY WE WORKED CHANGED.

50%

Worked remotely at home most of the time.

38%

Worked at their place of employment most of the time.

12%

Worked equally at home and at their place of employment.

37%

Experienced reduced hours, temporary, or permanent job loss.

30%

Of 35–64 year olds experienced reduced hours, temporary, or permanent job loss.

51%

Of 18–34 year olds experienced reduced hours, temporary, or permanent job loss.

AND WE FOUND NEW WAYS TO STAY IN TOUCH.

20%

Participated in human rights events, up from 4% in 2020.

75%

Connected virtually, up from 53% in 2020.

60%

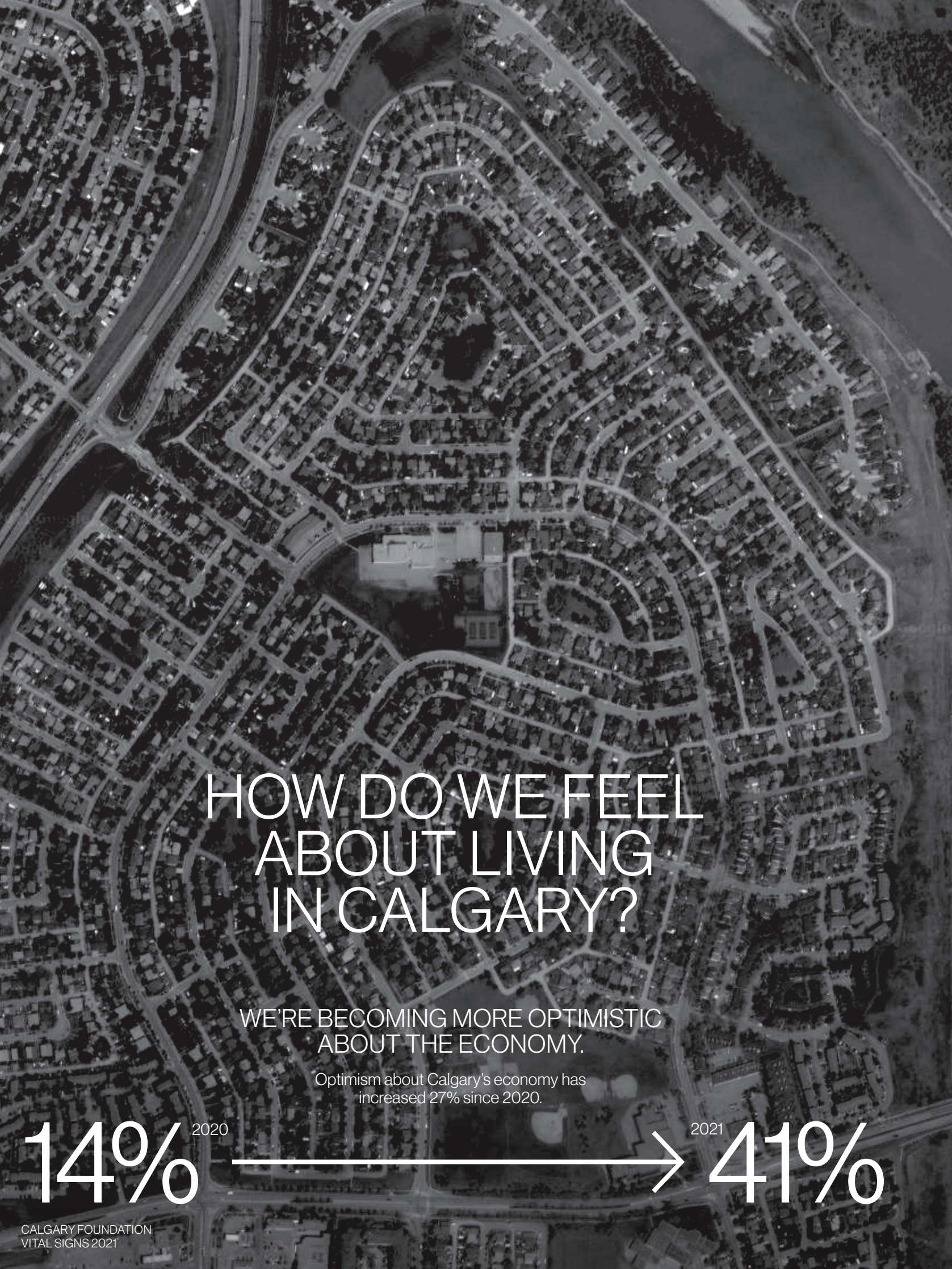
Dug into backyard gardening, up from 45% in 2020.

41%

Participated in online learning, up from 31% in 2020.

30%

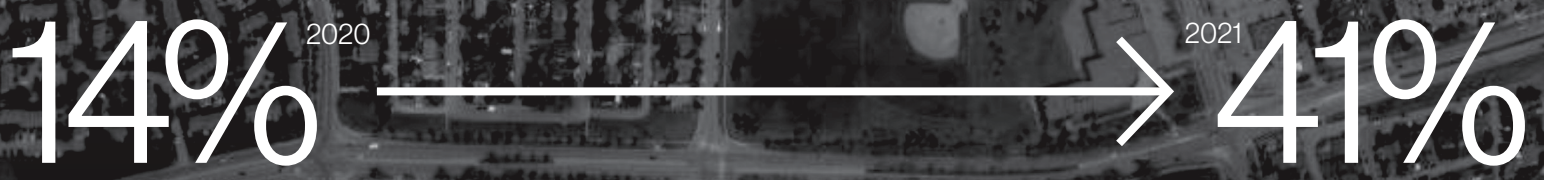
Did drive-by greetings, up from 12% in 2020.



HOW DO WE FEEL ABOUT LIVING IN CALGARY?

WE'RE BECOMING MORE OPTIMISTIC ABOUT THE ECONOMY.

Optimism about Calgary's economy has increased 27% since 2020.



GENERALLY, WE THINK IT'S A GOOD PLACE TO LIVE.

88%
Feel Calgary is a good place for families to live.

83%
Believe Calgary is a good place for young people to live.

70%
Of those aged 65+ feel Calgary is a good place for seniors to live.

50%
Of Calgarians are worried about the number of young people moving out of Calgary.

65%
Are concerned about safety in Calgary.

BUT IT'S NOT FOR EVERYONE — ALMOST ONE THIRD OF US WANT TO MOVE.

30%

Foresee moving out of Calgary in the near future.

OF THE 30% WHO PLAN TO LEAVE...

82%
Plan to move out of Alberta.

60%
Of those under 25 plan to leave in the next five years.

73%
Plan to leave within the next five years.

85%
Are able to meet our basic needs — housing, food, utilities, and healthcare.

80%
Believe Calgarians are entitled to a living wage, up from 75% in 2020.

HOME OWNERSHIP IS A STRUGGLE FOR YOUNGER GENERATIONS.

68%
Of Calgarians think home ownership is affordable.

39%
Of 18–24 year olds think home ownership is affordable.

AT LEAST THE INTERNET ISN'T SO BAD.

87%
Have adequate internet/computer technology to support their work, education, and social needs.

WE PARTICIPATE IN OUR DEMOCRACY.

77%
Understand and feel comfortable exercising their rights and freedoms, up from 74% in 2020.

67%
Participate in activities that strengthen democracy, up from 64% in 2020.



HOW DO WE FEEL ABOUT OURSELVES?

58%

35% of 18–24 year olds
rated their mental health
as poor or below average.

20% of ages 25+ rated
their mental health as
poor or below average.

8% of 65+ rated their
mental health as poor
or below average.

THIS YEAR TOOK A TOLL
ON OUR MENTAL HEALTH.
51% RATE THEIR MENTAL HEALTH
AS GOOD/EXCELLENT,
DOWN FROM 58% IN 2020.

51%



SAW OUR PHYSICAL
HEALTH TAKE A DIVE.

ARE STRUGGLING
TO FIND BALANCE.

55%

Rate their physical health as
excellent or good, down from
61% in 2020.

45%

Rate their school and/or work-
life balance as good/excellent.

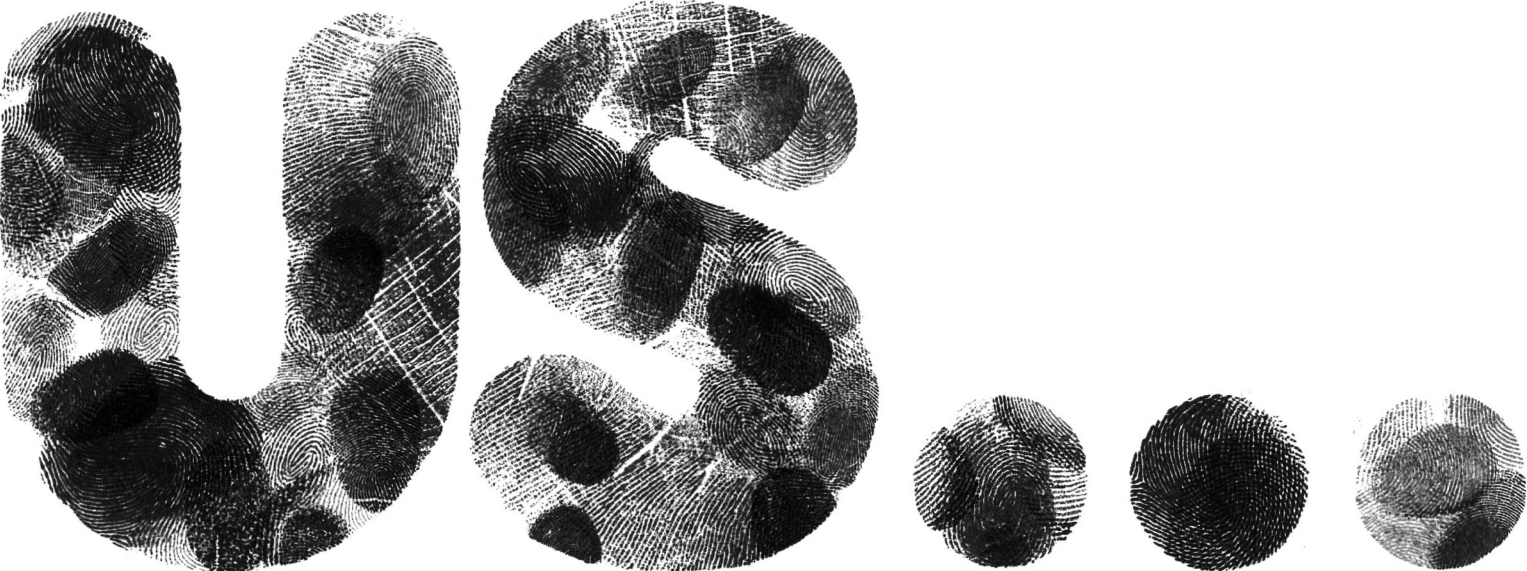
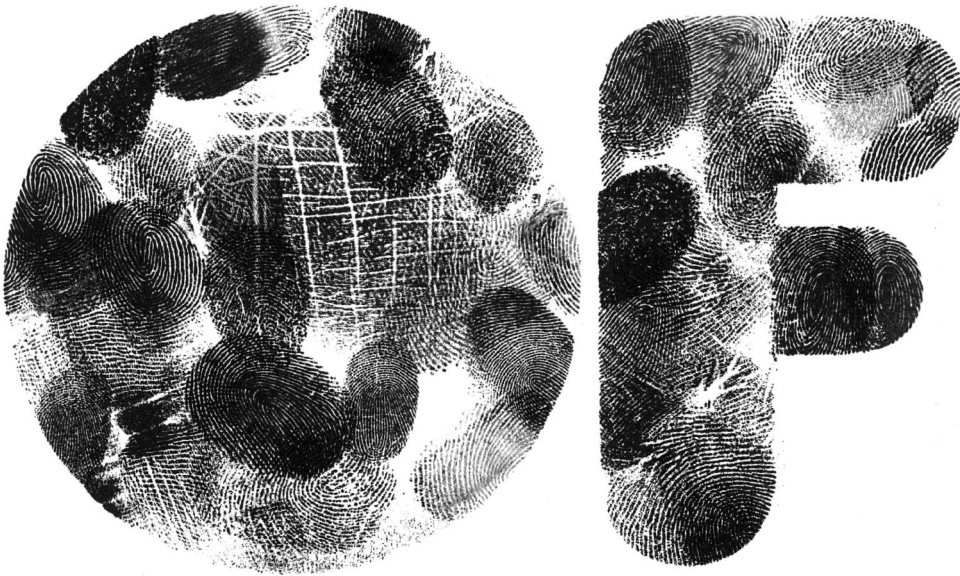
ARE FEELING STRESSED
AND EXHAUSTED.

30%

Frequently feel stressed.
Comparatively, 47% of 18–24
year olds frequently feel stressed,
but only 8% of those aged 65+.

30%

Frequently feel exhausted.
Comparatively, 35% of 35–44 year
olds frequently feel exhausted,
but only 14% of those aged 65+.



CAN'T ACCESS SUPPORT,
EVEN IF WE NEED IT.

30%

Don't have access to mental health
services/supports.

40%

Of 18–24 year olds don't
have access to mental health
services/supports.

57%

Have access to mental health
services/supports through
their employer.

60%

Have access to culturally appropriate
health and well-being services.

44%

Don't have access to addiction
services/supports.

60%

Of 18–24 year olds don't have access
to addiction services/supports.



WHAT DO WE THINK ABOUT RACISM?

77% think racism exists towards Black, Indigenous, and People of Colour, down from 82% in 2020.

But only some of us believe it exists on an institutional level.

50% believe Black and Indigenous people experience disproportionate levels of violence by police/RCMP/peace officers, down from 61% in 2020.

53% believe Black, Indigenous, and racialized people have opportunities to be equal participants in community, down from 58% in 2020.

The importance of understanding Truth and Reconciliation is growing.

78% believe it's important to learn about shared history from an Indigenous perspective, including the impacts of residential schools and intergenerational trauma, up from 73% in 2020.

61% believe Calgarians are accepting of people with diverse backgrounds, down from 65% in 2020.



WHAT DO WE THINK ABOUT THE ARTS?

MOST OF US FEEL STRONGLY THAT THE ARTS ARE IMPORTANT.

78%

Believe public art should be easily accessible to everyone.

63%

Think the arts helps them appreciate other cultures and perspectives.

63%

Think a strong arts and culture scene is key to creating a vibrant city.

THE ARTS ARE BECOMING MORE ACCESSIBLE, BUT THERE'S ROOM FOR IMPROVEMENT.

44%

Rate affordability of arts programs/events as good/excellent, up from 38% in 2020.

56%

Rate the availability of arts programs/events as good/excellent, up from 50% in 2020.

WE'D LIKE MORE PUBLIC ART BY LOCAL ARTISTS.

61%

Want more public art created by local artists.

MANY OF US FEEL THEY HELP US CREATE A SENSE OF BELONGING.

58%

Believe public art helps create a sense of belonging.

AND OUR SENSE OF BELONGING COULD USE A LIFT. ONLY...

28%

Of us have a strong sense of belonging and 19% of 18–24 year olds have a weak sense of belonging.

SOME OF US WOULD LIKE MORE EMPHASIS ON ART FROM DIVERSE PERSPECTIVES.

48%

Think there should be a greater emphasis on public art honouring Black, Indigenous, and racialized peoples' histories and culture.

EVEN DURING THE PANDEMIC, WE FOUND WAYS TO CONNECT WITH THE ARTS.

37%

Of Calgarians aged 18–44 participated in online/socially distanced art programs/events, compared to only 22% of Calgarians aged 45–65+.

HOW ARE WE FEELING ABOUT THE ENVIRONMENT?



WE'RE COMMITTED TO
TAKING CARE OF IT.

92%

Are committed to recycling.

76%

Are committed to composting.

WE LIKE SPENDING
TIME IN IT.

90%

Value access to local, provincial, and national parks.

28%

Enjoyed cycling, up from 18% in 2020.

BUT WE'RE CONCERNED
ABOUT THE FUTURE OF IT.

80%

Of 18–24 year olds are concerned about climate change

VS.

58%

Of those aged 55+.

65%

Of Calgarians are concerned about climate change, down from 67% in 2020.

69%

Rate conservation of sensitive natural areas in Calgary and area as excellent/good.



74%

Of Calgarians enjoyed getting around by walking this year, up from 66% in 2020.

DEMOGRAPHICS OF SURVEY PARTICIPANTS

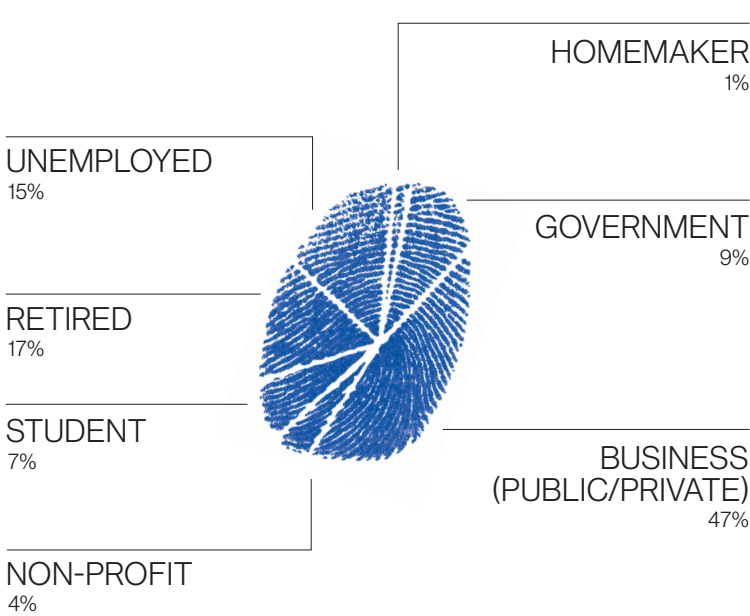
AGE



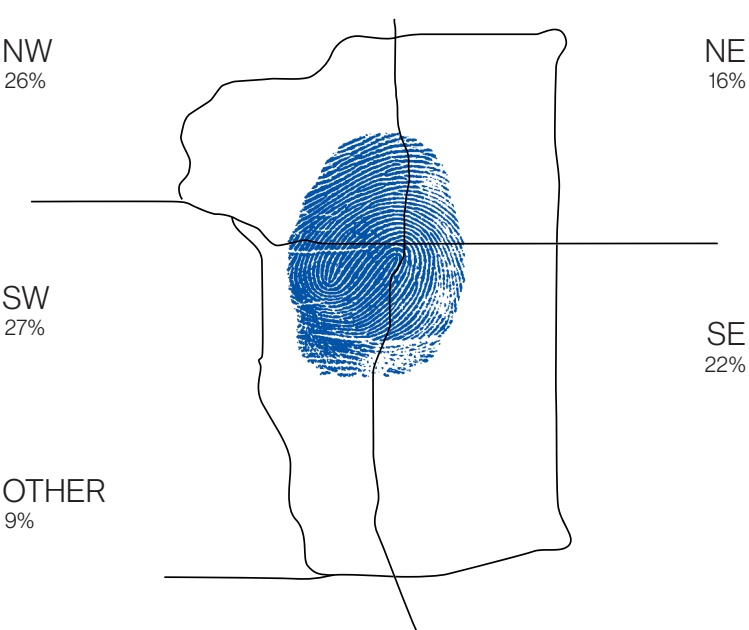
GENDER



EMPLOYMENT



QUADRANT



RACIAL IDENTITY



SURVEY METHODOLOGY

The 2021 Vital Signs 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 from a pool of over 20,000.

For comparative purposes, a probability sample of 1,000 results in a margin of error of +/- 3.10%, 19 times out of 20.

CALGARYFOUNDATION.ORG
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CALGARY
FOUNDATION