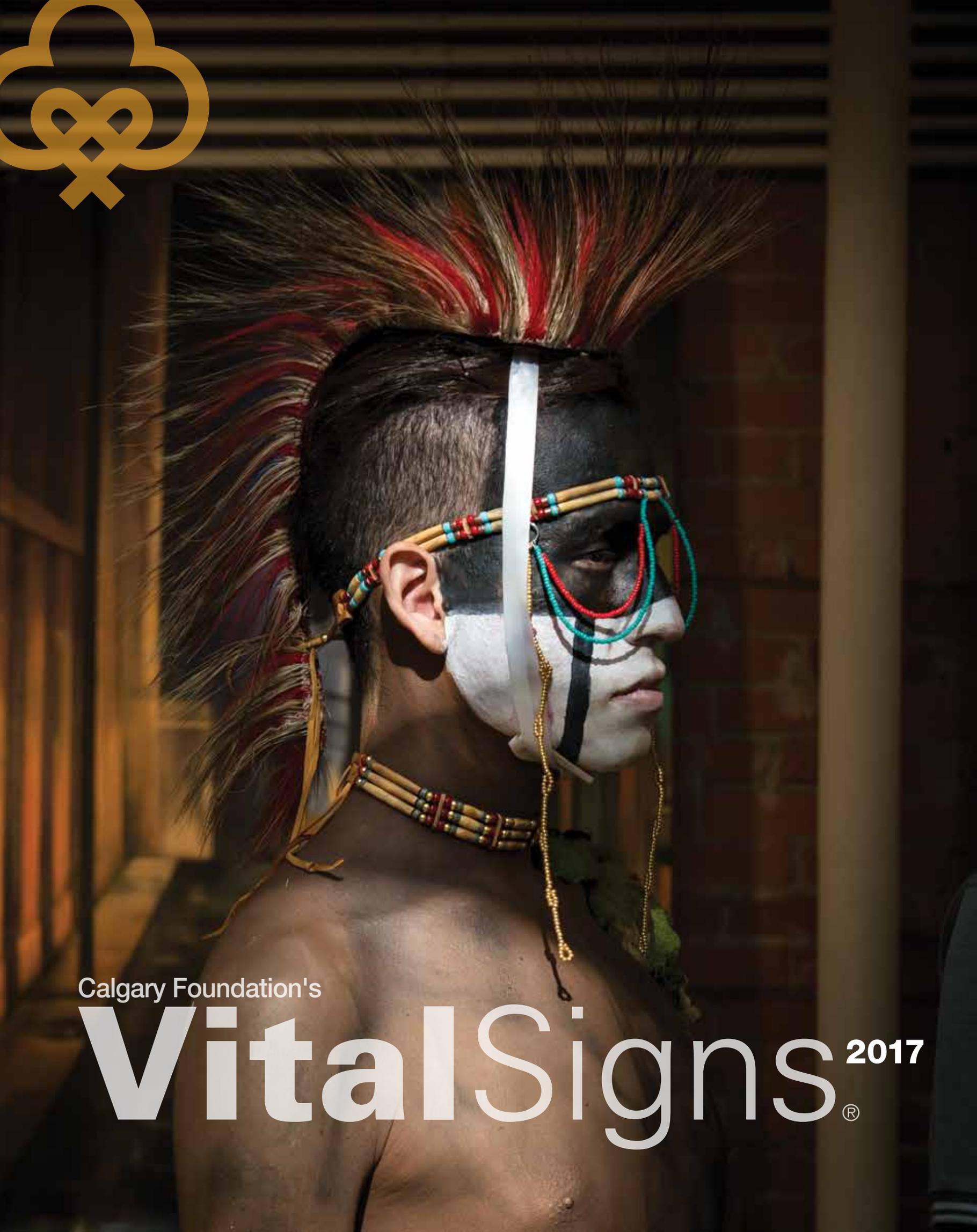




Calgary Foundation's

Vital Signs[®] 2017



For over 60 years, Calgary Foundation has served the charitable sector in Calgary and area. Recently, in order to grow our understanding of community needs, and strengthen the impact of our work, five Vital Priorities were identified. These issues don't exist in isolation—they overlap, which reinforces the interconnectedness of our work.

Living Standards
Poverty reduction

page
6



Community Connections
Strengthening relations with
the Indigenous community

page
8



Arts
Living a creative life

page
10



Environment
Pursuing a sustainable future

page
12



Wellness
Encouraging mental health

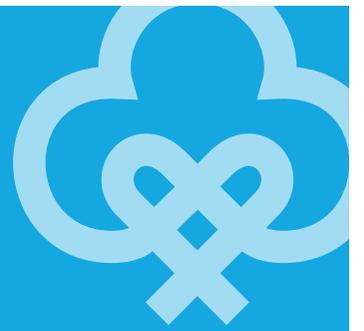
page
14



Survey Findings

page
16





Putting Knowledge To Purpose

Calgary Foundation envisions a healthy, vibrant, giving and caring community that works for everyone. Building that future demands that we evolve and learn from innovators, experts and our community.

This year, we have aligned the report with our five Vital Priorities in order to ensure an intentional focus and greater connection to the Foundation's overall strategy. We have also given more room to showcase the results of the Vital Signs survey – devoting a section in each priority area to citizen perceptions.

Vital Signs is a key resource we use at the Foundation to inform our Vital Priorities work. The combination of citizen perception and current research is the thrust behind this work. We value the contributions of so many Calgarians who took the time to add their voice to Vital Signs.

As a leader, the Foundation has been entrusted to listen to, and learn from, our community. Our role is to use the insights gained from the Vital Signs report to help inspire, and direct resources to, those who will build that vibrant and caring community. For everyone, forever.

2,567

citizens took the
2017 Calgary's
Vital Signs survey

Online:

1,667

Phone:

500

Panel:

400

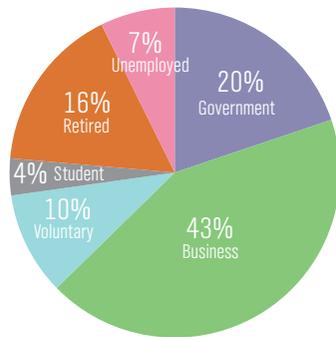
This year, 1,667 citizens accepted Calgary Foundation's invitation to take the Vital Signs online survey and grade their quality of life. When the results of this self-selected group were compared to the results of the randomly-selected phone and panel survey graders, there was no statistically significant difference between the three survey methodologies.

The online and panel survey results have been combined and form the basis of the 2017 Vital Signs report. For comparative purposes, a probability sample of 2,067 results in a margin of error of +/- 2.15%, 19 times out of 20. The margin of error associated with the telephone survey is +/- 4.8%, 19 times out of 20.

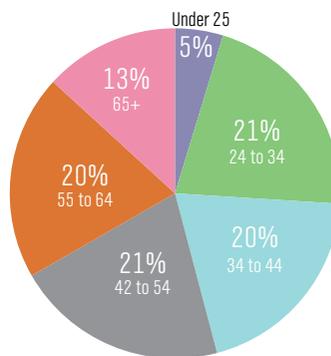
With support from a Soul of the City Neighbour Grant, grade six students paint the underpass beneath the 4th Avenue Flyover to transform the previously unused area into a vibrant community space.

Who took the Vital Signs survey

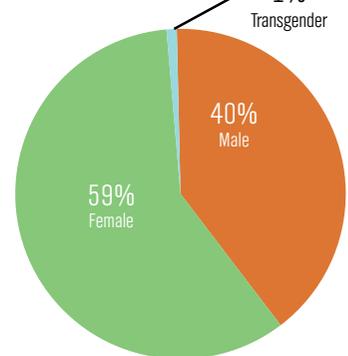
Employment



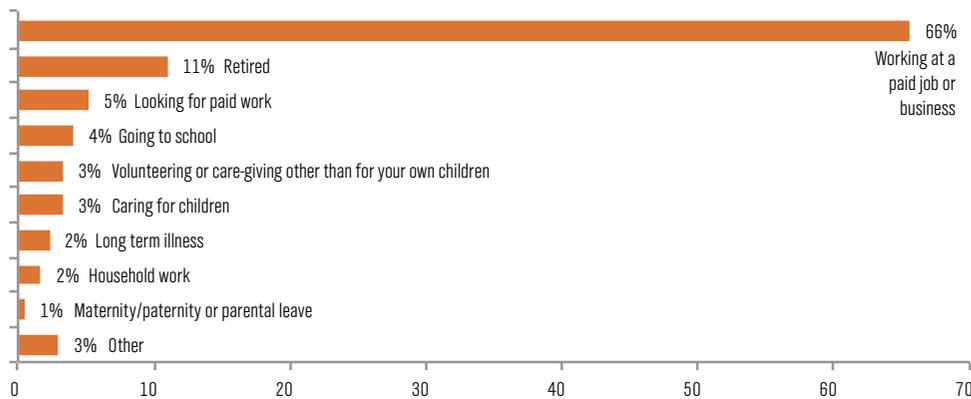
Age



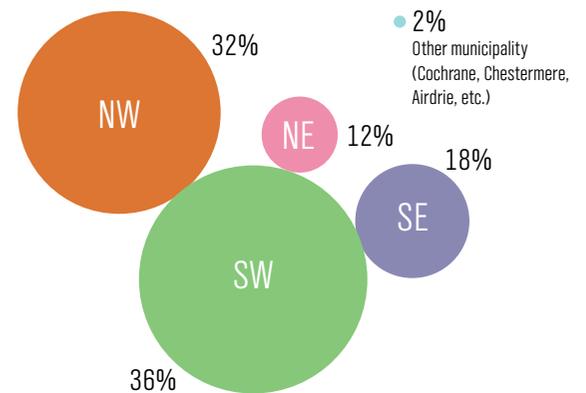
Gender



Primary Daily Activity



Where They Live



Snapshot of Calgary

(statistics as of Spring 2017)

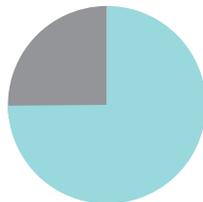
Homes Under Construction

6,537
9,508 in 2016

Vacancy Rate

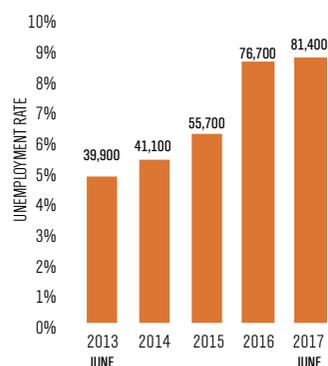
4.76%
HIGHEST IN
30 YEARS

3 out of 4
Calgarians are
aged 20 and up

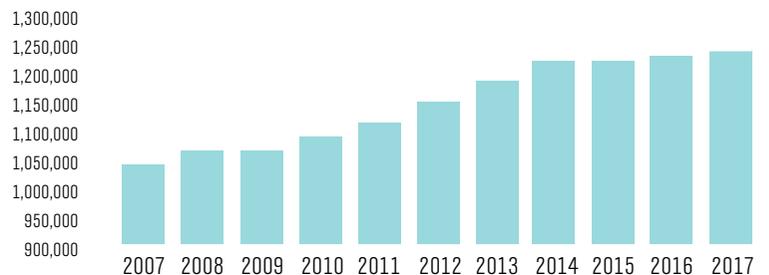


Unemployment Rate

8.9%



Population Growth



Median Age

36.4

Population

1,250,000
Up 0.9% over 2016

Single Family Home Average Price

\$501,210
Up 1% over 2016

Office Vacancy Rate

28%

Living Standards



Making Changes

Making Changes Association has been helping women enter Calgary's workforce for more than 30 years – offering resources, resume training, and a professional wardrobe. At the Walk-In Closet, women facing financial and other barriers are given a private consultation on business attire to help them break through those barriers, and pursue job opportunities with confidence.

With a roster of 250 volunteers, and clothing donated by the community, each participant receives four complete outfits, a seasonal coat, shoes, a handbag, and accessories tailored to their needs, free of charge.

At the Walk-In Closet, a consultant assists a client in selecting a professional wardrobe.

Perceptions of Calgarians

Based on Vital Signs Survey

1 in 4 Calgarians rate their ability to find suitable employment as below average or poor.

This vital priority issue area includes housing, poverty, economy, recreation, education, transportation, and food.

78% are concerned about the level of poverty in our city.

76% agree that all Calgarians should be entitled to a living wage.

39% rate the availability of affordable rental housing as below average or poor.

61% rate housing affordability as below average/poor. Rating for housing is weakest among those who are going through a long-term illness or looking for work.

14% cannot afford food, shelter or clothing.

68% rate access to education for their families as excellent/good.

24% rate the affordability of post-secondary education as below average/poor.

26% rate the affordability of nutritious food as below average/poor—a rating that is more prevalent among younger age groups.

33% rate the availability of public transportation to meet their needs as below average/poor. Seniors (65+) are more likely to rate public transportation as excellent/good.

63% rate availability of bicycle pathways and bike lanes as excellent/good.

24% rate affordability of leisure and recreational activities as below average to poor.

Research Indicators

Based on current data

2016

Calgarians Bicycling to Work

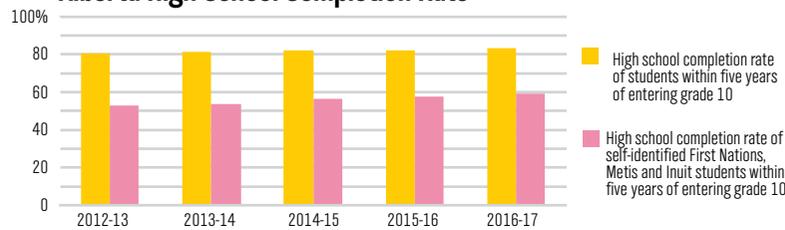
6,798

More than doubled in the last five years.

On-Street Bikeways in Calgary

290 km

Alberta High School Completion Rate



Self-identified Indigenous students made up 4% of all students enrolled in post-secondary education in 2016 (which includes apprentices enrolled in technical training*). NOTE: Since Indigenous students self-identify on application forms, data may underestimate overall enrolment.

*does not include Banff Centre

Average Two-bedroom Apartment Rent

VANCOUVER \$1,450

TORONTO \$1,327

CALGARY \$1,258

Vacancy Rate

.7%

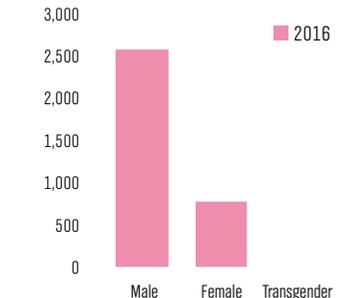
1.3%

7.0%

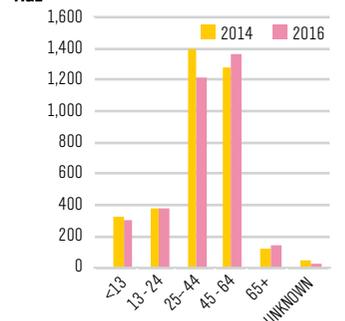
2016

Homeless Calgarians

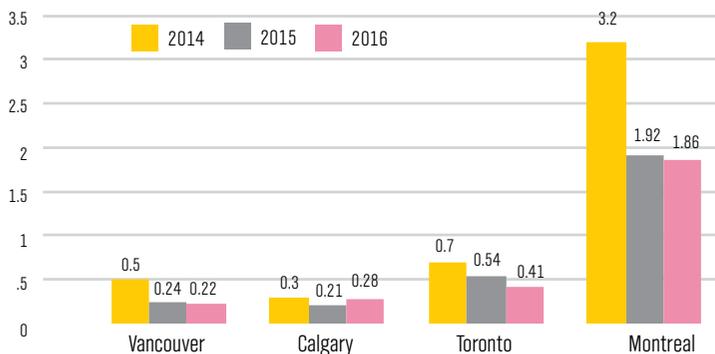
GENDER



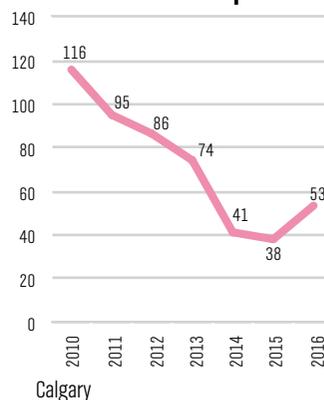
AGE



Business Bankruptcy Rates (per 1,000 businesses)



Business Bankruptcies



Community Connections



The People's Gathering

What started as a small celebration in the parking lot of The Alex, became a full-fledged event this year, in honour of Aboriginal Awareness Week. In June, the 6th Annual People's Gathering took over Olympic Plaza with traditional dances, drumming, and an arts market. In addition to celebrating Indigenous culture, Johanna Schwartz of The Alex said the organization hoped to raise awareness about how they help vulnerable Calgarians with health, wellness, and housing needs.

Approximately 700 people attended the event – a big step up from the first year's 100. Schwartz said the added visibility of hosting it at Olympic Plaza made the resulting conversations about culture and community much more meaningful. The location is already booked for next year's celebration.

A dancer from the Siksika Nation High School gets ready for her Grand Entry performance at Olympic Plaza.

Perceptions of Calgarians

Based on Vital Signs Survey

33% believe seniors have a high standard of living.

This vital priority issue area includes the Indigenous community, youth, seniors, and immigrant newcomers.

82% of women rate their opportunities to participate in democratic processes as excellent/good.

79% of women rate their ability to exercise their right and freedoms as excellent/good (vs. 68% males).

25% say seniors have access to affordable housing.

57% say there should be more opportunities to support cross-cultural education and awareness based on recommendations from the Truth and Reconciliation Commission.

56% agree that more should be done to create opportunities for Indigenous peoples (employment, education and housing). Females, people under 45 and residents of Calgary for up to five years are more likely to agree.

66% agree that youth in Calgary have opportunities to be involved in their communities but only 38% agree there are opportunities available for youth employment.

Calgarians who rate safety in their neighbourhood as excellent:

NW: 36%
SW: 31%
SE: 21%
NE: 20%

Research Indicators

Based on current data

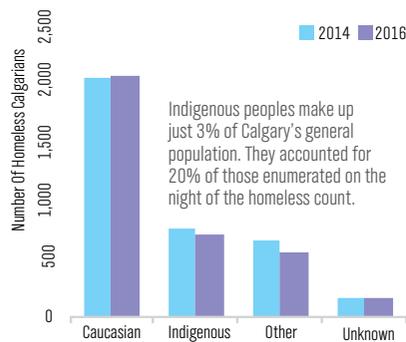
There is limited data on the health and well-being of the Indigenous community in Calgary. What we do know is this group is substantially over-represented in terms of poverty and serious health issues.

Youth Unemployment

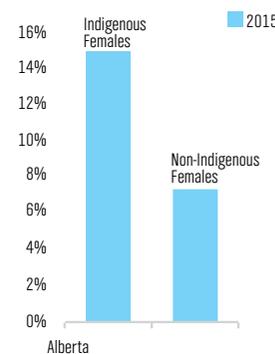
14% as of June 2017

Calgary youth unemployment has gone down 5.3 percentage points since October 2016, on par with Toronto and almost 6 percentage points higher than Vancouver.

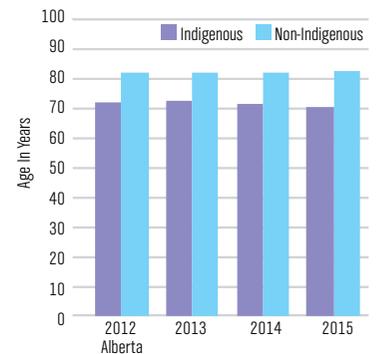
Ethnicity & Homelessness



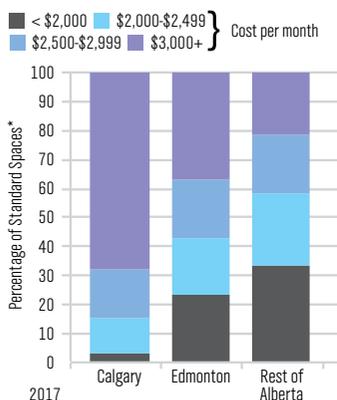
Prevalence of Diabetes



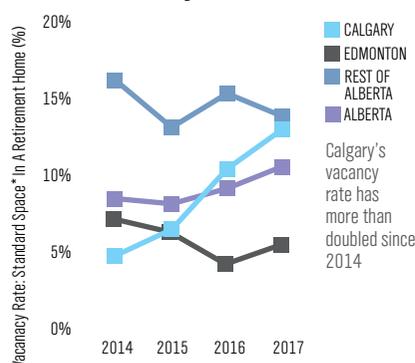
Life Expectancy at Birth



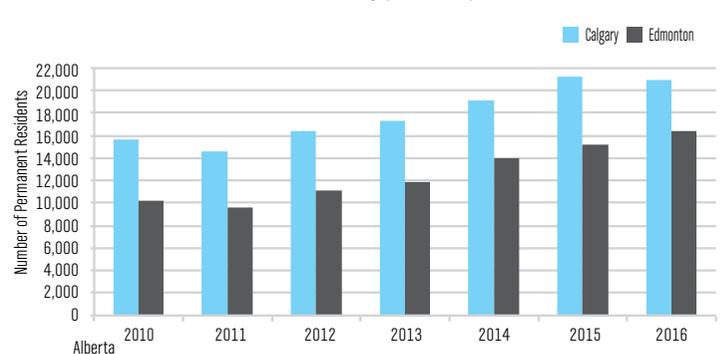
Seniors' Rent



Seniors' Vacancy Rate



Permanent Residents**



* A space where the resident does not receive high-level care (that is, the resident receives less than 1.5 hours of care per day) or is not required to pay an extra amount to receive high-level care. Regional terms for this type of space may vary across the country.

** Immigrants granted status to live and work in Canada but who are not Canadian citizens. (i.e. student, foreign worker, etc.)

Arts

Col Cseke, Artistic Director of Inside Out Theatre, took the actors and creators from the *Most Imaginary Worlds* project out to Mapworld in downtown Calgary in search of inspiration for their upcoming production.

Perceptions of Calgarians

Based on Vital Signs Survey

For Calgarians, the issue with arts is **affordability** rather than **availability**.

This vital priority issue area includes arts funding, attendance, availability and engagement.

85% agree that arts and culture enrich communities.

81% agree that a strong arts and culture scene is key to creating a vibrant city.

58% agree that investing in the arts should be a priority for the local government.

44% believe that too much is spent on the arts (up from 34% over past two years.)

11% say that the arts do not offer communities any benefits.

63% rate availability of arts programs and events as good/excellent.

39% rate affordability of arts programs and events as good/excellent.

64% of females say that the arts contribute to a sense of community (vs. 52% among males).

49% of students say that arts engage young people.

37% of students think arts support local businesses.

Calgarians with a strong sense of belonging and quality of life are more likely to see Arts as playing a role in community connectedness.

Most Imaginary Worlds

Artistic expression has been used to tell human stories for millennia, and the creators at Inside Out Theatre want to ensure everybody has access to performance art.

The drama programs allow artists with developmental disabilities the opportunity to create an artistic collective and then produce and star in plays of their own. Artistic Director Col Cseke developed the company's latest project, *Most Imaginary Worlds*, with that view in mind. Over three years participants will be paid a professional wage to develop a production. Cseke said he hopes to inspire children with disabilities to explore their own stories by seeing actors who look like them on a professional stage.

Research Indicators

Based on current data

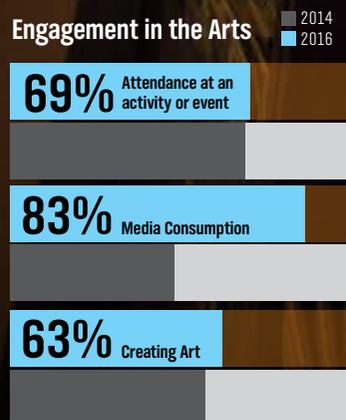
Percentage of Calgarians attending each type of arts event in the past year (2016):



Municipal Arts Grants per Capita



Engagement in the Arts



The supply of arts seating (venues) has not matched population growth

Since 2010, the number of arts seating has remained around **12,000**

Approximate population increase since 2010:

150,000

Environment



Sustainable Action Canmore

Being so close to one of the world's most revered mountain ranges, Albertans often flock westward on weekends. But, after the Bow Valley saw a rapid increase in human settlement in the 1980s and 90s, a group in Canmore saw a need to preserve the area's ecological integrity. The Biosphere Institute of the Bow Valley was formed 20 years ago in an effort to research the area, and educate visitors and residents on sustainability.

Executive director Melanie Watt helped launch Sustainable Action Canmore to encourage people to take one action at a time to make sustainability a regular part of everyday life: from composting, to solar panels, to awareness on how to co-exist with wildlife.

Children from Canmore's Big Fun summer day camp learn how to build indoor composts with "red wiggler" composting worms.

Perceptions of Calgarians

Based on Vital Signs Survey

This vital priority area includes environmental sustainability and conservation.

Calgary's environmental performance is among the best of all Canadian cities due to City programs that have significantly reduced our environmental footprint.

90% are committed to recycling as often as they can.

88% rate environmental sustainability as important to them.

79% rate water quality as excellent/good.

17% of residents in the NE rate green space and parks as below average or poor vs. 5% elsewhere in the city.

89% dispose of items with corrosive, toxic or flammable materials in an environmentally conscious manner.

77% rate recycling and waste reduction opportunities as excellent/good.

75% rate air quality as excellent/good.

74% rate green space and parks as excellent/good.

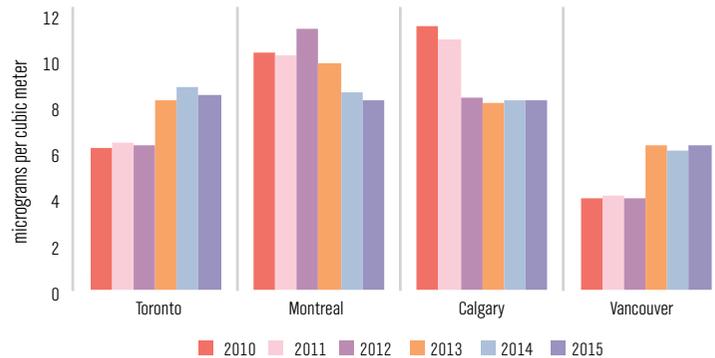
Research Indicators

Based on current data

Greenspace and Parks

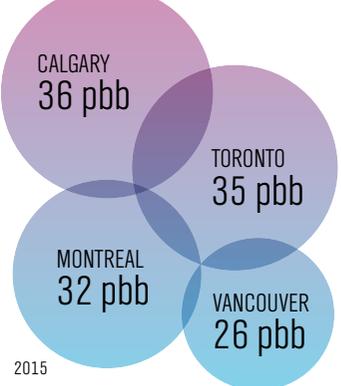
8,000+ hectares of parkland/natural areas
8,400+ park benches
1,100+ playgrounds
700+ sport fields
600+ baseball diamonds

Annual Average Concentrations of Fine Particulate Matter

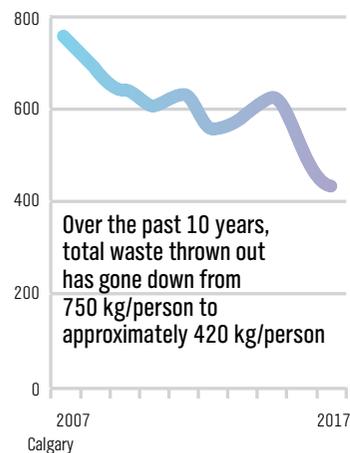


Annual Average Concentrations of Ozone

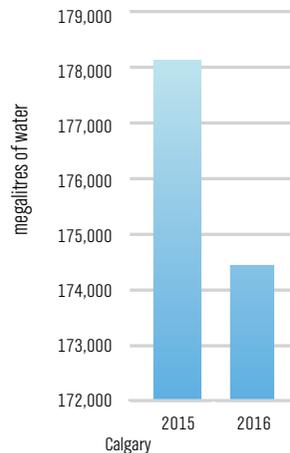
pbb = part per billion



Waste Per Capita

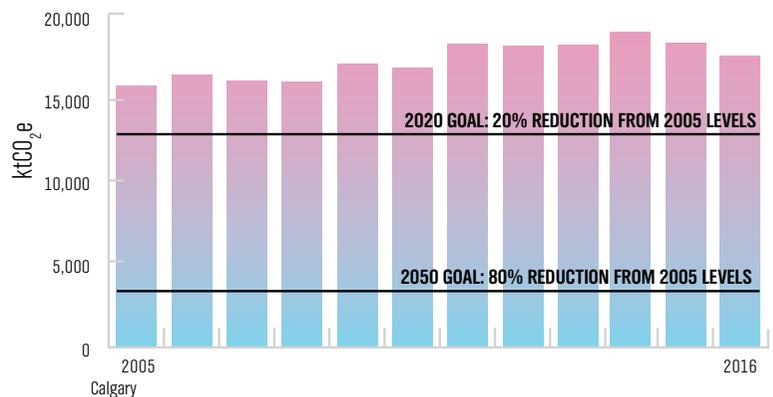


Water Withdrawals



Greenhouse Gas Emissions

(ktCO₂e = kilotonnes of carbon dioxide equivalent)



Wellness

Simon House Recovery Centre

Approximately six million Canadians have experienced a substance abuse problem in their lifetime, with men being two-and-a-half times more likely than women to face the struggle. Through their 12-step treatment program that offers shelter, comradery, and mental health services, Simon House Recovery Centre has helped more than 4,500 men over the last 35 years.

With 66 beds available, the organization suggests that everyone stays with them for a full year on their road to recovery. Graduates will return to Simon House to run classes and share their own story as proof of what can be accomplished.

Men gather in a classroom at Simon House Recovery Centre to discuss their struggles with sobriety and talk about how they can all move forward.

Perceptions of Calgarians

Based on Vital Signs Survey

Stress about personal finance is affecting 2 out of 3 Calgarians.

This vital priority area includes mental and physical health, well-being and safety.

47% are affected by loneliness.

19% of those under 35 years of age report feeling lonely often or always.

62% are satisfied with work/home life balance.

20% are either dissatisfied or very dissatisfied with work/home life balance.

67% of government employees are satisfied with their work/home life balance, more so than those in the business sector (60%).

72% are happy with their social networks.

20% of relatively new Calgarians (less than five years living here) aren't happy with their social networks.

11% are unable to cope with daily stress.

90% of seniors are coping with daily stress vs. **69%** of millennials.

Research Indicators

Based on current data

Children's Physical Activity

Percentage of children in Alberta who participate in physical activities less than 7 hours per week.

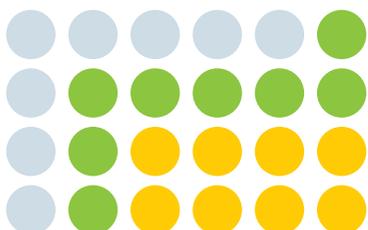
19%
Approx. 110,000 children

Adults' Physical Activity

Only 25% of adults in Calgary own and use an activity tracker.

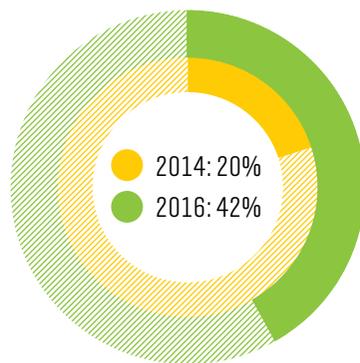
Daily Activities in Calgary

Other Sedentary Behaviour Sleep

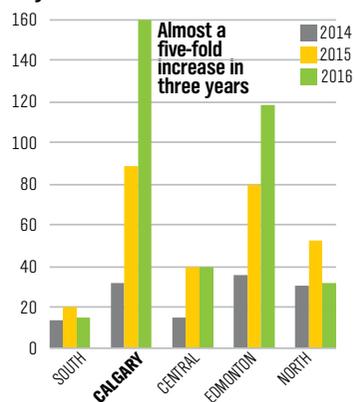


Fentanyl Deaths in Alberta

(As a percentage of overall drug overdose deaths)



(Per 100,000 population by health zone)



Medically Assisted Dying

50 Number of medically assisted deaths in Calgary - second behind Edmonton at 66

73 Average age of those receiving a medically assisted death in Calgary - highest is Central Alberta at 88

As of June 2017

Average patient wait times

to be seen by a physician in the ER at Calgary hospitals range from **66 minutes** at the Alberta Children's Hospital to **96 minutes** at the Peter Lougheed Centre.

Women's Shelters

Aggregated statistics from five Calgary shelters

497 women
673 children

admitted by two emergency and three second-stage women's shelters

5,408

women and children requesting shelter were turned away due to lack of shelter capacity

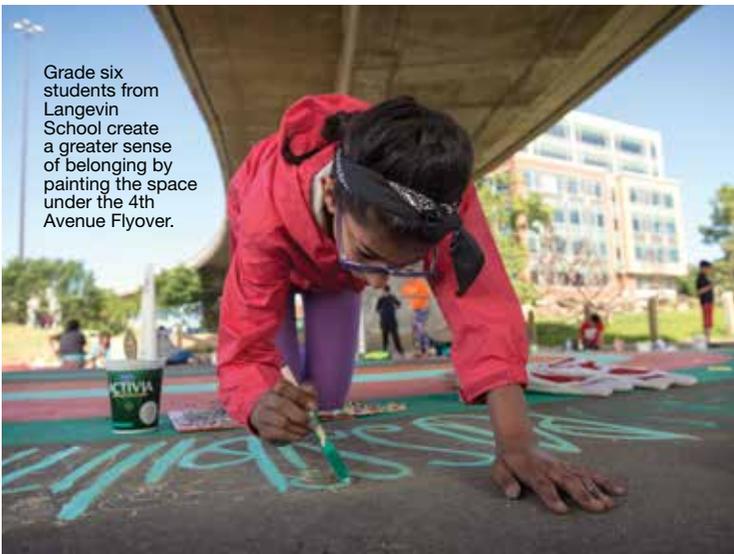
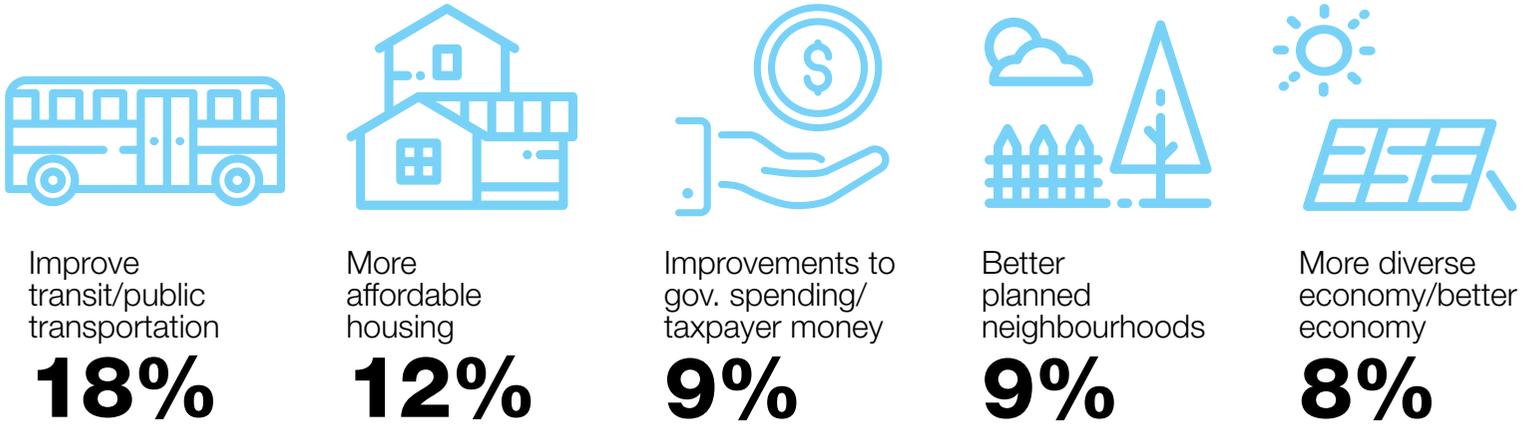
2016 - 2017

Domestic Crimes



Quality of Life

Top five things that would improve overall quality of life in Calgary:



Giving Back

Those with a strong sense of purpose in life are also more likely to be active volunteers, regular donors to charity, and have a strong quality of life and strong sense of belonging to their community.

Volunteering increases with age

<35 **30%** volunteer regularly
 65+ **52%** volunteer regularly

86% of those who are regular charitable donors also volunteer on a regular or semi-regular basis.



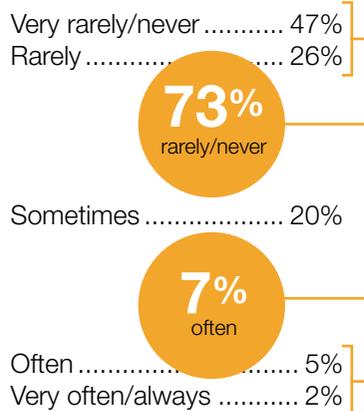
Belonging



Sense of Belonging

Very Strong.....16%
 Somewhat Strong.....49%
 Somewhat Weak29%
 Very Weak5%

Frequency of Feeling Uncomfortable/Out of Place



Donations

Never 7%
 Once a year 23%
 Once every 6 months 17%
 Once every 3 months 19%
 Once a month 34%

Volunteering

Never 18%
 Once a year 17%
 Once every 6 months 12%
 Once every 3 months 13%
 Once a month 40%

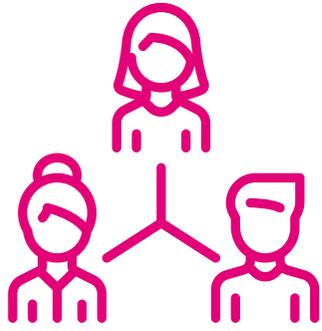
Volunteering activities

Local/Community 36%	Event/Fundraising 31%
Education 27%	Sports/Recreation 23%
Arts/Heritage 23%	Children/Youth 22%
Social Justice 19%	Religion 17%
Seniors 13%	Environment 13%
Hospitals/Health 12%	Animal Welfare 9%

What do Calgarians value?

Respondents were asked to pick their top three values.

Most Important Value:



79%

Relationships

Other Main Values:



48%

Health



30%

Spare-time/Holidays



29%

Work

Less Common Values:



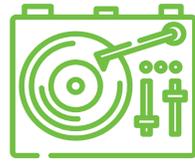
18%

Sports/Fitness



17%

Education



17%

Arts/Culture



15%

Philanthropy



13%

Money



12%

Religion/Spirituality

Discover More

The incredible response from community to this year's Vital Signs survey has given us much more information than we could fit in this report.

To learn more about the survey findings and links to our research sources, visit our new website: calgaryvitalsigns.ca

@calgfoundation
#vitalsignsyc
facebook.com/calgaryfoundation



While visiting a local wetland with the Miiistakis Institute, four-year-old Taylor watches the ducks with her mom.

Research

Local experts 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. This year's survey also included questions gathered at a national level by Statistics Canada's Community Health Survey which allowed Calgary Foundation to validate and compare responses to this large national survey.

2017 Community Research Partners & Sources

Alberta Centre for Active Living
 Alberta Council of Women's Shelters
 Alberta Education
 Alberta Health Services
 Alberta Human Services
 Alberta Indigenous Relations
 Alberta Office of Statistics and Information
 Arts Commons
 Bankruptcy Canada
 Calgary Arts Development
 Calgary EATS
 Calgary Economic Development
 Calgary Herald
 Calgary Homeless Foundation
 Calgary Police Service
 Calgary Real Estate Board
 Calgary Seniors Resource Society

Calgary Sun
 Canada Mortgage and Housing Corporation
 Canada Without Poverty
 Canadian Broadcasting Corporation
 Canadian Centre for Policy Alternatives
 Canadian Institute for Health Information
 Centre for Suicide Prevention
 City of Calgary
 Community Foundations of Canada
 Conference Board of Canada
 Employment and Social Development Canada
 Environment Canada
 Food Banks Canada
 Public Health Agency of Canada
 RBC Economics
 Statistics Canada
 Vibrant Communities Calgary



Community Knowledge Centre | inspire inform invest

Community Knowledge Centre (CKC) is a website that brings to life the work of registered charities in Calgary and area. Through individual profiles, organizations showcase their innovative and impactful solutions to community issues. CKC is a powerful resource to share the Foundation's knowledge of community, with community.

ckc.calgaryfoundation.org

2017-2018

Calgary Foundation Board of Directors

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 Elizabeth Peters, *Vice Chair*
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 Catherine (Kay) Best
 Ali Bhojani
 Jim Brownlee
 Sunny Delaney-Clark
 John Fischer
 Murray Laverty
 Gregory Lohnes
 Siân Matthews
 Melanie McDonald
 Wes Peters
 Patti Pon
 Philip Scherman



2016 – 2017 Calgary Foundation Fast Facts

Assets

\$925.6
million

New gifts

\$26
million

New funds

64
\$40.2
million granted to
896
organizations



VitalSigns®

Vital Signs® is a national program led by community foundations and coordinated by Community Foundations of Canada that leverages local knowledge to measure the vitality of our communities and supports action towards improving our quality of life.

communityfoundations.ca/vitalsigns

2017 Calgary's Vital Signs

Project management: Calgary Foundation Communications Team
 Research and survey: NRG Research Group
 Design: juice
 Photography: Jennifer Friesen

CALGARY'S

VitalSigns®

Calgary's Vital Signs is an annual check-up that measures the vitality of our community and identifies significant trends. The Vital Signs report combines expert research with the results of a survey, where citizens assign grades and provide comments in issue areas that are critical to quality of life in Calgary.

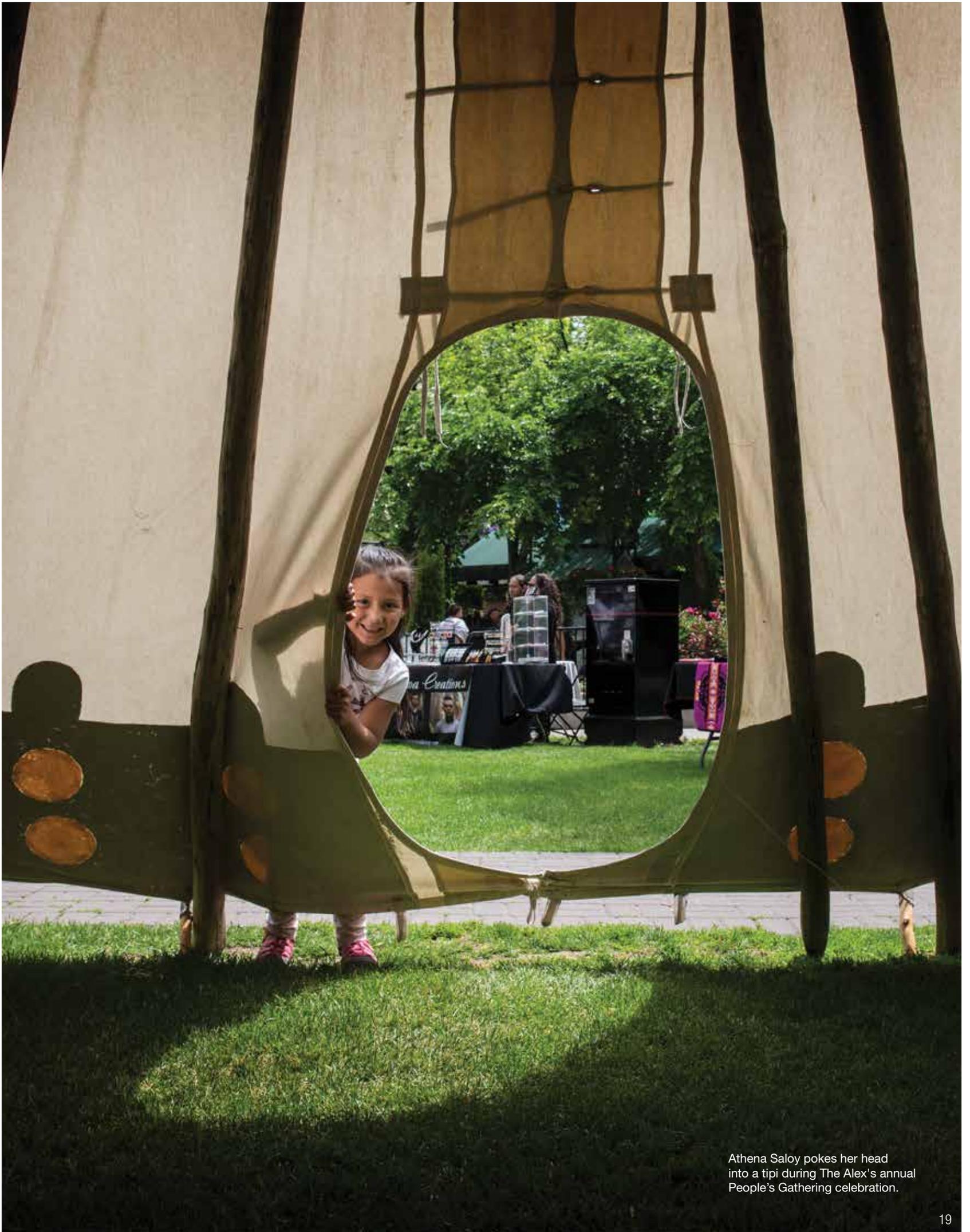
calgaryvitalsigns.ca



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Athena Saloy pokes her head into a tipi during The Alex's annual People's Gathering celebration.



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Further details on indicators and sources
can be found at calgaryvitalsigns.ca

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Cover photo:
One of the artists from *A Warrior's Journey*, presented
by the Urban Society for Aboriginal Youth, performs
in a series of vignettes on the healing journey of
Indian residential school survivors.