A group of four people, two men and two women, are holding a large white rectangular sign. The sign is held up by two men at the top corners and two women at the bottom corners. The woman on the bottom left is kneeling, while the others are standing. They are all smiling and looking towards the camera. The background is a plain, light-colored wall.

Calgarians make up .02% of the nearly 8 billion people on earth. We are outnumbered by identical twins, redheads, and people born on a leap day.

This seemingly vast city of ours is but a blip on the face of the earth. That's why our shared geography is such a wondrous thing.

All 1.28 million of us may not share views, but we share a home. We may not look, think or sound the same - but we are profoundly connected. Our work is to strengthen, support and foster those connections.

Last year, Calgary Foundation granted nearly 50 million dollars to charitable organizations serving every corner of our city.

As that funding spreads across the city, our hope is that it brings something else with it – an idea. The idea that we're more connected than we know.

So maybe the next time you pass someone on the street you won't see a stranger. You'll see someone who belongs to the same .02% as you.

Calgary's Vital Signs



Since 2007, Calgary Foundation has annually published Calgary's Vital Signs® report that features expert research combined with the results of a citizen survey, where Calgarians weigh in on areas critical to quality of life.

What makes our city better? What are we doing well? Where can we improve?

We hope that reading this report sparks a conversation amongst all Calgarians and a desire to work together to make our city a better place to live.

In addition to current research, this report presents the collective voices of **2,236 Calgarians** who took the Vital Signs survey.

Flip to the back spread to learn about our survey methodology.

Acknowledging the Land

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

Looking at the big picture, We're doing alright.

69%

of Calgarians feel our quality of life is good or excellent.

We're the 5th most liveable city in the world.



68%

of Calgarians think the city is a great place to raise children.

Newbie Calgarians are more optimistic.

50% of residents who've lived here less than five years are optimistic about our economy compared to almost 25% of residents who've lived here for over a decade.

Calgarians say we'd be better off if we had...

- 1 More reliable and affordable transit
- 2 Better planned neighbourhoods
- 3 More affordable housing

We're a young city.

Canada's median age is 40.8 years old. Calgary's median age is a **fresh-faced 36.9**.

What would make our city better?



Total headcount

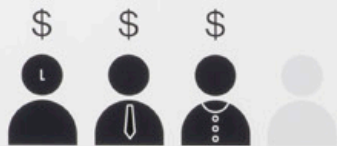
1.28 million

(AKA the .02%)

We're stressed about money.

A lot of us are struggling to find employment.

The effects of the economic downturn are being seen across the city and only half of us feel our ability to find suitable employment is good.



Almost 3/4 of us experience stress due to personal finances.

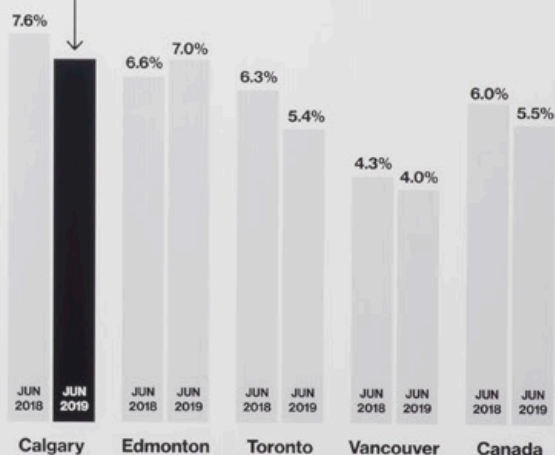
47%

of us rate our ability to afford the basic necessities as Poor, Below Average, or Average.

31%

of us feel we don't have opportunities for career development.

7% Our unemployment rate is amongst the highest in Canada.
unemployment rate



1 in 10
Calgarians are self-employed.

That's a lot of entrepreneurs.

Small business to the rescue.

We have the second-highest number of small businesses in the country. Vancouver is number one.



We believe poverty is a problem.

Calgary's rates of chronic homelessness are higher than the rest of Alberta.

68% of our homeless population experience chronic homelessness.

64% of Calgarians are concerned about the level of poverty here.

Concern increases for Calgarians who regularly volunteer and donate to charity.

“
There's opportunity for community to take more initiative towards poverty reduction and preventing homelessness from occurring in the first place.
”

We think a living wage is a good idea.

79%

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

\$16.45
per hour

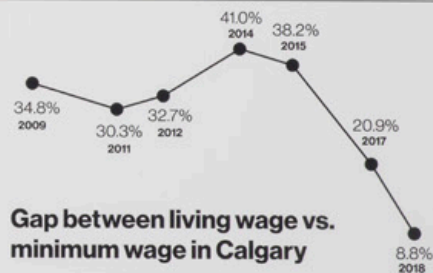
is considered a living wage.

\$15.00
per hour

Alberta's minimum wage, the highest in Canada.

\$13.00
per hour

The minimum wage for youth under 18 working part-time.



Childhood trauma and homelessness are deeply connected.

Calgarians experiencing chronic homelessness were five times more likely to have experienced childhood trauma.

Children who experience at least four types of childhood trauma are:

12x more likely to attempt suicide
7x more likely to be alcoholics
10x more likely to use street drugs



What is currently working to reduce poverty in our city?

- 1 Support from charities and other organizations
- 2 Minimum wage increase
- 3 Increased collaboration across sectors

Our seniors could use more support.

Only

26%

of us believe seniors have access to affordable housing.

34%

of us believe our aging population has a high standard of living.

38%

of us feel Calgary is a great place for seniors to live.



90% of our seniors have a strong sense of belonging

80% are very happy with their social connections, compared to **58% of younger Calgarians.**

69% participate in activities that strengthen democracy, compared to **54% of younger citizens.**

81% rate their mental health as excellent/good, compared to **49% of younger Calgarians.**

There is an estimated 20,000 seniors in Calgary who identify as LGBTQ2S+.

The top concerns from LGBTQ2S+ people about moving into a seniors' facility are:

- 1 Discrimination related to gender or sexuality
- 2 General comfort
- 3 Affordability



34% feel unsafe or insecure in their current home or neighbourhood.

20% feel isolated and would like to live around others.

12% have had a negative experience related to housing.

We need better access to mental health care.

1/2

of us feel that we're unable to access mental health care in a timely manner.



33% of those under 35 often/always feel lonely.

49% rate their mental health as excellent or good.

39% feel they have the opportunity to make a difference in their community.

The fentanyl problem is not under control.

10x

increase in fentanyl deaths since 2014 and numbers are still rising.

22%

of us are unable to afford the leisure and recreation activities we'd like to.



We believe in the arts, but not all of us can afford them.

2/3 of us attend
festivals
and concerts.

But only **two in five**
Calgarians can afford
the arts programs
and events we'd like to.

“
*Increased funding and
support of the arts over
the last few years
has been great.*
”

**Something
we'd love
to see?**



More emphasis on local artists
and art that honours Indigenous
history and culture.

Most of us think a strong arts and culture scene is key to creating a vibrant city.



**So artsy
right now.**

In Calgary
there were:

Almost **3 million**
attendees at
arts activities.

Almost **half a million**
volunteer hours for
arts organizations.

\$125,000,000

in economic output
from our arts sector.

8,524

artists hired by local
arts organizations.

“
*Calgary has grown to
have a cultural and
artistic scene
that is comparable to
the best in the world.*
”

11,865

Calgarians work
as artists.



We're a greener city than you might think.

94%

of us are committed to recycling as often as possible.

93%

of us value parks and natural spaces.

9/10

citizens that have a very strong sense of belonging say sustainability is important.



Almost **half of us** think we should or could be **doing more** when it comes to **the environment and sustainability**.

“
Urbanization and smartly planned communities reduce commute times, improve community participation, and social experiences.
”

What Calgarians say we should do to create a sustainable future:

- 1 Compost and recycle
- 2 Better community planning
- 3 More public transportation

Businesses are green too.



70% of our businesses have recycling programs.

75% have food waste programs.

We've got a pathway for that.



Our pathway system is the most extensive in North America with

905 km of paths.

Calgary is car-centric.



64% commute almost daily by car

17% commute almost daily by transit

3% commute almost daily by bike

High fives to all the recyclers out there.

By using the blue and green carts we've been able to **reduce the amount of landfill waste by 30%, that's 200,000 tonnes.**

Transit ridership is on the rise.



For the first time in four years, the number of transit riders has **increased, by 3.4%.**

753kg

Waste per capita in Calgary

2007

345kg

2017

We need to be a more equal city.



3/4

of us agree inclusion benefits everyone.

2/3

of us are accepting of people from different backgrounds.

We can feel threatened because of our differences.

28%

of us often or sometimes feel uncomfortable because of our religion, ethnicity, skin colour, culture, language, accent, gender or sexual orientation.

“
I'd like to see increased ally-ship and a greater emphasis on learning about our shared history.
”

We aren't doing the work.

58%

of Calgarians think it's important to learn and acknowledge Indigenous culture and history, but most don't act on that belief.

62%

of us have never attended an Indigenous cultural event, art exhibit, an event where territorial land was acknowledged or sought out information on Truth and Reconciliation.

Indigenous children continue to face unequal treatment.



10%

of Alberta's children are Indigenous but they account for



69%

of children in alternative care arrangements.

Some of the things that are working to strengthen relationships with the Indigenous community include:

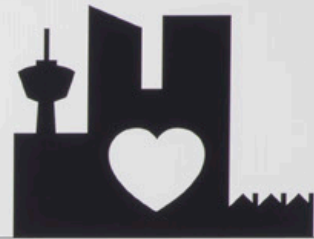


- 1 Attending workshops and events that increase understanding of culture and history
- 2 Land & Treaty acknowledgments
- 3 Indigenous presence in school curriculum



The thing we value most is each other.

When it comes to values, Calgarians are aligned: our relationships are what matter most to us.



We're happier when we give back.

Regular volunteers and donors tend to have a higher quality of life, have a stronger sense of belonging, and a better work/home life balance.

86%

of Calgarians report they donate to charity.

69%

of Calgarians volunteer their time.



We can feel the love.

58%

of us feel we have a strong sense of purpose in our life.

69%

of us feel able to cope with our daily stress.

77%

feel surrounded by people who love us.

We're a generous city.

A **larger percentage** of Calgarians make charitable donations than other major cities in Canada.

When we give, our amounts are right up there with the median charitable donation at

\$470 per year.



What Next?

We are all responsible for helping create a vibrant, thriving city. How you help is up to you, but a great place to start is the Community Knowledge Centre where you can explore hundreds of charitable organizations building our community and changing lives.

- Be inspired by compelling stories.
- Be informed of innovative work.
- Be connected to the issues.
- Be responsive to the needs.

Find out more at ckc.calgaryfoundation.org

Survey Methodology

Two online surveys were conducted to validate the accuracy of the results. 2,236 citizens took the survey:

Panel Survey (General Population)

A sample of 1,007 Calgarians were randomly selected with demographic quotas for age, gender, and quadrant of the city of Calgary to ensure an accurate representation of the population in proportion to city census data. The sample was drawn from a panel of more than 20,000 citizens. This survey reflects the views of the general Calgary population in relation to the five Calgary Foundation priority areas. The questions are largely quantitative.

Online Survey (Advocates)

Survey participants (1,229) were engaged through Calgary Foundation's website, social/traditional media, and extensive outreach via our community partners. In addition to the questions asked in the General Population survey, this survey gathered qualitative feedback on the issues, challenges, and potential solutions. This survey was not intended to be the voice of all Calgarians, but a voice of Calgarians who are actively involved and interested in one or more of the issue areas: Living Standards, Wellness, Environment, Community Connections and the Arts.

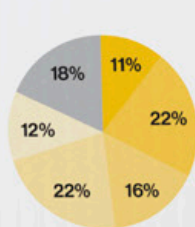
Margin of Error:

+/- 3%, 19 times out of 20. Based on a probability sample of 2,236

Research:

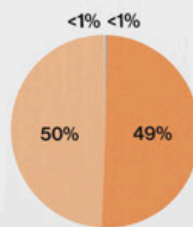
Local experts representing a range of organizations provided research to ensure that the indicators featured in Calgary's Vital Signs report are timely, relevant and accurate.

All sources are available online at calgaryvitalsigns.ca



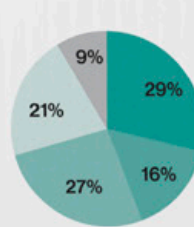
Age

Under 25 25 to 34 35 to 44 45 to 54 55 to 64 65+



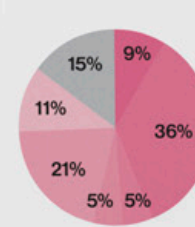
Gender

Male Female Transgender Other



Where they live

NW NE SW SE Other Municipality



Employment

Government Business Non-Profit Student Retired Unemployed Other

About This Report



Calgary Foundation inspires philanthropy, supports the charitable sector, and builds a permanent endowment to address the current and future needs of people in our community.

calgaryfoundation.org

2018–2019

Calgary Foundation granted **\$48.9 million** to **981 charitable organizations**.

TOTAL ASSETS:
\$1.1 billion

NEW FUNDS:
61

NEW GIFTS:
\$65.2 million

VitalSigns®
Community foundations taking the pulse of Canadian communities.



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

CALGARY'S
VitalSigns®

Calgary's Vital Signs is an annual check-up that measures the vitality of our community and identifies significant trends. Published since 2007, the Vital Signs report presents research as well as the results of a survey, where Calgarians share their opinions on issue areas that are critical to quality of life in Calgary.

calgaryvitalsigns.ca

Vital Signs report

Project management:
Calgary Foundation
communications team

Creative:
Daughter Creative

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NRG Research Group

Photography:
Roth & Ramberg

2019–2020

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FOR COMMUNITY, FOREVER

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We're a
than yo

94%

We need
to men

1/2

3% of the
under 35
often/alw
feel lonely

49%

29% are less likely to feel
have the opportunity to m
difference in their commu