

# **Community Snapshots**

Let's share our work

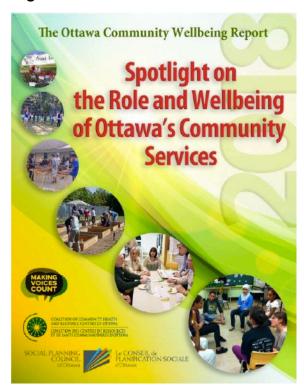
## **Social Planning Council of Ottawa**

The Ottawa Community Wellbeing Report: Spotlight on the Role and Wellbeing of Ottawa's Community Services (2018)



# Summary

The 2018 Ottawa Community Wellbeing Report was developed in partnership between the Coalition of Community Health and Resources and the Social Planning Council of Ottawa.



Based on the methodology of the Canadian Index of Wellbeing, the report has three sections: 1) Measuring What Matters- The Eight Domains of Wellbeing, Ottawa 2016; 2) Improving What Matters- Community Services Building Community Wellbeing; 3) Checkup on the Wellbeing of Ottawa's Community Service Sector.

### LIVING STANDARDS

#### Things to Celebrate

- Median total income of Ottawa households is one of the highest in Ontario.
- The gap between female and male income levels is getting smaller.
- · The unemployment rate is improving overall.

#### Things to Improve

- 12.6% of residents were low income in 2015.
- 42.3% of renter households in 2016 were living in unaffordable housing and there are 10,000+ families on the social housing waitlist.
- 1 in 15 households experienced moderate to severe food insecurity in 2017.
- The unemployment rate for immigrants is 8.1%, 15.1% for immigrants who arrived since 2011 and for racialized groups (visible minority) is 10.4% compared to 7.2% for all Ottawans.

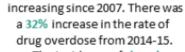
### HEALTHY POPULATIONS

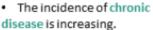
#### Things to Celebrate

- Two-thirds of people self-rate their health as excellent or very good and two-thirds stay physically active (150 min./week).
- 88.3% of residents have a regular family physician.

#### Things to Improve

- 60% of residents do not eat enough fruits and vegetables daily and a growing number of low income families cannot afford healthy food.
- The number of Emergency Department repeat visits related to unintentional drug overdose or mental health issues have been steadily







The report is both detailed and easy to read, with useful infographics, including charts of "Things to Celebrate" and "Things to Improve" for each of the eight domains, and lots of interesting facts about Ottawa. Did you know that 64% of Ottawa households grow fruit, vegetables or flowers?

## **Community Data Used**

The main source of data for the report is the 2016 census, accessed via the Community Data Program. Other sources include data from the City of Ottawa, Ottawa Public Health, Ottawa Police Services, and other community organizations.