

VITAL SIGNS ISSUE AREA: LEADERSHIP AND BELONGING



LONDON'S
VitalSigns[®]

- “ Positive mental health is supported by strong ties to the community.” *(Public Health Association of Canada)*
- “ All Ontarians deserve access to basic elements of a safe and healthy life...opportunities to participate.” *(Open Minds, Healthy Minds)*
- “ Healthy communities help create a sense of belonging.” *(Open Minds, Healthy Minds)*

Sense of Belonging and Life Satisfaction

INDICATOR/SOURCE	DATA	NOTES
<p>Sense of belonging – general population</p> <p>Per cent of the population 12 and over reporting a strong or somewhat strong sense of community belonging</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>Middlesex London Health Unit (MLHU) Health Region</p> <p>2010: 68.1% 2011: 74.5% 2012: 66.7% 2013: 62.4% 2014: 62.4%</p> <p>Comparison: 2012 statistically lower than 2011; 2013 and 2014 below Ontario rates</p>	<p>Overall, fewer people age 12 and older in London & Middlesex report a strong sense of community belonging compared to Ontario, and sense of belonging may be declining over time. Adults age 20 to 64 are the least likely to report a strong sense of belonging.</p> <p>Per cent reporting strong sense of belonging by age (2014):</p> <p>12 to 19: 85.8% 20 to 34: 51% 35 to 44: 61.3% 45 to 64: 59% 65+: 70.6 %</p>
<p>Sense of belonging – age 12 to 19</p> <p>Per cent of the population age 12 to 19 reporting a strong or somewhat strong sense of community belonging</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>MLHU Health Region</p> <p>2010: 85.6% 2011: 83.5% 2012: 85.1% 2013: 73.3% 2014: 85.8%</p>	
<p>Sense of belonging – age 20 to 34</p> <p>Per cent of the population age 20 to 34 reporting a strong or somewhat strong sense of community belonging</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>MLHU Health Region</p> <p>2010: 62.7% 2011: 69% 2012: 59.1% 2013: 42.2% 2014: 51%</p> <p>Comparison: In 2013, MLHU Health Region rate was lower than Ontario and lower than previous year.</p>	
<p>Sense of belonging – age 35 to 44</p> <p>Per cent of the population age 35 to 44 reporting a strong or somewhat strong sense of community belonging</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>MLHU Health Region</p> <p>2010: 64.7% 2011: 73.8% 2012: 57.4% 2013: 69% 2014: 61.3%</p>	
<p>Sense of belonging – age 45 to 64</p> <p>Per cent of the population age 45 to 64 reporting a strong or somewhat strong sense of community belonging</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>MLHU Health Region</p> <p>2010: 65.1% 2011: 77.6% 2012: 70.1% 2013: 65.5% 2014: 59%</p>	

LEADERSHIP AND BELONGING

INDICATOR/SOURCE	DATA	NOTES
<p>Sense of belonging – age 65 and over</p> <p>Per cent of the population age 65 and over reporting a strong or somewhat strong sense of community belonging</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>MLHU Health Region</p> <p>2010 : 73.5% 2011: 72% 2012: 68.3% 2013: 75.9% 2014: 70.6%</p>	
<p>Life satisfaction – general population</p> <p>The per cent of the population age 12 and over who report being satisfied with life “every day” or “almost every day”</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>MLHU Health Region</p> <p>2010: 91.3% 2011: 93.2% 2012: 94.4% 2013: 92.9% 2014: 91.6%</p>	<p>Generally, London & Middlesex residents are satisfied with their lives.</p>
<p>Life satisfaction – age 12 to 19</p> <p>The per cent of the population age 12 to 19 who report being satisfied with life “every day” or “almost every day”</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>MLHU Health Region</p> <p>2010: 98.3% 2011: 98.4% 2012: 97% 2013: 93.3% 2014: 100%</p> <p>Comparison: 2014 statistically higher than Ontario rate</p>	<p>Per cent of individuals age 12 and over who are satisfied with their life “every day” or “almost every day” (2014):</p> <p>All: 91.6% 12 to 19: 100% 20 to 34: 95.5% 35 to 44: 87.4% 45 to 64: 86.8% 65+: 94.8%</p>
<p>Life satisfaction – age 20 to 34</p> <p>The per cent of the population age 20 to 34 who report being satisfied with life “every day” or “almost every day”</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>MLHU Health Region</p> <p>2010: 94% 2011: 96.4% 2012: 97% 2013: 97% 2014: 95.5%</p> <p>Comparison: 2013 statistically higher than Ontario rate</p>	
<p>Life satisfaction – age 35 to 44</p> <p>The per cent of the population age 35 to 44 who report being satisfied with life “every day” or “almost every day”</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>MLHU Health Region</p> <p>2010: 77.3% 2011: 92.3% 2012: 97.6% 2013: 88.7% 2014: 87.4%</p> <p>Comparison: 2013 statistically lower than 2012</p>	
<p>Life satisfaction – age 45 to 64</p> <p>The per cent of the population age 45 to 64 who report being satisfied with life “every day” or “almost every day”</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>MLHU Health Region</p> <p>2010: 94.2% 2011: 89.3% 2012: 92.1% 2013: 89.7% 2014: 86.8%</p>	
<p>Life satisfaction – age 65 and over</p> <p>The per cent of the population age 65 and over who report being satisfied with life “every day” or “almost every day”</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p>MLHU Health Region</p> <p>2010: 88.9% 2011: 92.3% 2012: 89.5% 2013: 96.3% 2014: 94.8%</p> <p>Comparison: 2013 statistically higher than 2012; 2013 and 2014 statistically higher than Ontario rate</p>	

LEADERSHIP AND BELONGING

Safe and Supportive Schools

Positive school environment and higher levels of teacher support are associated with more positive mental health (The Health Behaviour in School Age Children Fact Sheet: The Health of Canada's Young People: A Mental Health Focus. Understanding Mental Health through Understanding the Contexts of Young People's Lives, 2015).

Source: Pan Canadian Joint Consortium for School Health

INDICATOR/SOURCE	DATA	NOTES
<p>Thames Valley District School Board</p> <p>Safe Schools and Student Well-being Survey 2014</p> <p>Elementary System</p> <p>http://www.tvdsb.ca/files/123073/ssweb9may2014elementarysystem.pdf</p> <p>Secondary System</p> <p>http://www.tvdsb.ca/files/123073/ssweb9may2014secondarysystem.pdf</p>	<p>Feel they belong to their school:</p> <p>Junior elementary: 75.7% Intermediate elementary: 66.4% Intermediate secondary: 69.9% Senior secondary: 68.5%</p> <p>Feel safe at school:</p> <p>Junior elementary: 82.6% Intermediate elementary: 76.5% Intermediate secondary: 78.4% Senior secondary: 80.1%</p> <p>Adults in this school care about students:</p> <p>Junior elementary: 86.0% Intermediate elementary: 76.5% Intermediate secondary: 75.9% Senior secondary: 73.8%</p> <p>Participate in extracurricular activities at school:</p> <p>Junior elementary: 70.5% Intermediate elementary: 67.2% Intermediate secondary: 54.4% Senior secondary: 51.9%</p>	<p>Students in London & Middlesex generally feel like they belong to their school, feel safe at school and feel supported or cared about by teachers. These feelings are stronger in elementary students than secondary. (TVDSB and LDCSB Safe Schools and School Climate surveys)</p>
<p>London District Catholic School Board.</p> <p>Elementary System-level Belonging School Climate Survey Highlights (Fall 2015)</p>	<p>Feel they belong to their school:</p> <p>Elementary students: 72% Secondary students: 56%</p> <p>Feel safe:</p> <p>Elementary: 89% Secondary: 88%</p> <p>Teachers help them feel good about themselves:</p> <p>Elementary: 80% Secondary: 47%</p> <p>Teachers help them to be strong when faced with troubling situations:</p> <p>Elementary: 76% Secondary: 45%</p>	

BELONGING AND LEADERSHIP

Stigma

INDICATOR/SOURCE	DATA	NOTES
<p>Centre for Addiction and Mental Health (CAMH):</p> <p>http://www.camh.ca/en/hospital/about_camh/newsroom/for_reporters/Pages/addictionmentalhealthstatistics.aspx</p>	<p>Across Canada in 2015, compared to 2010:</p> <ul style="list-style-type: none"> • 57% believe stigma has been reduced • 81% are more aware of mental health issues • 70% believe attitudes have changed for the better 	<p>Although it appears that stigma is reduced and awareness is increasing, stigma is still the number one reason why 2/3 of those living with mental illness do not seek help (Bell Let's Talk, accessed 2016).</p>
<p>My Sisters' Place</p> <p>Susan Macphail</p>	<p>Seeing more women accessing supports for mental health and addiction treatment</p>	<p>"Reduced stigma" and the increased use of harm reduction and trauma informed approach has helped more women access mental health and addiction treatment support.</p>

Civic Engagement

INDICATOR/SOURCE	DATA
<p>Civic engagement</p> <p>Percentage Voter Turnout, Municipal Election (London): turnout of all registered voters (%)</p> <p>http://www.london.ca/city-hall/elections/Pages/default.aspx</p> <p>County:</p> <p>Thames Centre Office of the Clerk</p> <p>North Middlesex Office of the Clerk</p>	<p>London:</p> <p>2006: 42.9% 2010: 39.9% 2014: 43.2%</p> <p>Middlesex County: Thames Centre:</p> <p>2006: 52% 2010: 46.9% 2014: 50.9%</p> <p>North Middlesex:</p> <p>2014: 49.3%</p>