

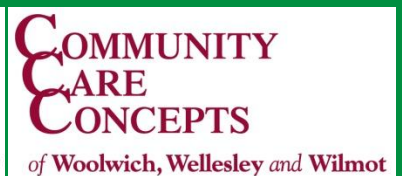
2014

Community Wellbeing Assessment

Wilmot, Wellesley and Woolwich Townships



This report was prepared in partnership with:



Community Wellbeing Assessment
Wellesley, Wilmot and Woolwich Townships
November 2014

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Community members: Jennifer Baird, Darcy Weber, George Martin

Community Agency Representatives: Cathy Harrington, Community Care Concepts; Trisha Robinson, Wilmot Family Resource Centre; and Kelly Christie, Woolwich Community Services

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WCHC staff: Denise Squire, Executive Director; Joy Finney, Health Promoter and Lynda Kohler, Program Coordinator

WCHC students: Gabriel Rodrigues and Sidney Bater

The Wellbeing Survey was distributed throughout Wilmot, Wellesley and Woolwich Townships. We want to thank all of our community members who participated. We also thank all of the focus group participants and key informants for sharing their perspectives on wellbeing with honesty and respect.

The data entry and analysis was supported by student volunteers: Jeremy Drung and Mariam Rajabali and community volunteers: Thelma Knoll and Lorna Weber.


Finally, we want to thank the Social Planning Council of Cambridge and North Dumfries (SPCCND) for their collaboration and for providing statistical graphs and charts throughout the report. The SPCCND and WCHC worked together to ensure that the WCHC Community Wellbeing Assessment and the SPCCND Community Trends Report together provide an accurate assessment of the rural townships.

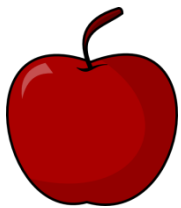

Summary of Community Wellbeing




The summary of Community Wellbeing research includes 2 surveys completed for Wilmot, Wellesley and Woolwich Townships. The summary is based on the Canadian Index of Wellbeing (CIW) survey data collected by the Canadian Index of Wellbeing, University of Waterloo (middle column) and makes a comparison between the data for the 3 townships compared to Waterloo Region (WR) as a whole. The Community Wellbeing research conducted by Woolwich Community Health Centre (right column) includes research highlights from the community survey, focus groups and key informant interviews.



Legend

Finding was an area of <u>strength</u>	Finding was an area of <u>concern</u>	Finding was an area of <u>unmet need</u>
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Canadian Index of Wellbeing Domain	Waterloo Region, CIW Survey including Wilmot, Wellesley and Woolwich Townships	Woolwich Community Health Centre, CIW Research Wilmot, Wellesley and Woolwich Townships
Community Vitality 	74% of respondents rate their sense of belonging to their local community as strong. (+19% higher than WR)	Survey respondents report an average of 33 years lived in the community.
		Focus group participants report strong feelings of connectedness.
	Respondents report an average of 19 neighbours they could ask for a favour. (15 more neighbours than WR)	Survey respondents rate the community as a good place to grow old. (average rating of 4 out of 5)
	64% of respondents report that they volunteer. (+ 18% more than WR)	High population growth rates 2006 to 2011. Rural villages are challenged with integrating newcomers into the community.
	87% of respondents report that they feel safe walking alone in their neighbourhood after dark. (+21% compared to WR)	High projected population growth rates and there is a need to maintain connectedness.

Healthy Populations 	58% of respondents self-report their physical health as very good or excellent. (+8% higher than WR)	Focus group participants identify many barriers to maintaining health including motivation, time and cost.
	14% of respondents self-report their physical health as fair or poor. (rate is equal to WR)	Focus group participants report that stress levels are moderate or high among young families and “sandwich” generation.
	71% of respondents self-report their mental health as very good or excellent. (+12% higher than WR)	11.5% of respondents report having a mental health problem which stopped them from doing their work or usual activities in the past month.
	5% of respondents self report their mental health as fair or poor. (-5% less than WR)	Survey respondents rated access to family doctor or nurse practitioner and access to dental services most accessible compared to other health care services.
	44% of respondents report their accessibility of health care services as very good or excellent. (+13% higher than WR)	Survey respondents rated access to addictions services least accessible followed by mental health services, compared to other health care services.
Civic Engagement 	Average rating of interest in politics (federal, provincial and municipal) among respondents. (equal rate as WR)	Focus group participants had a high interest in local issues.
	29% of respondents report participation in local event in support of my community. (+2% higher than WR)	Farmers reported that we need a stronger rural farming voice when making rural decisions.
	9% of respondents report joining a Facebook page on a local issue. (-7% less than WR)	Survey respondents report a high level of involvement in organizations with the most participation in church councils and committees.
	48% of respondents perceive that local policies have made them better off. (+4% higher than WR)	Among less educated survey respondents, there was a higher percentage who answered “don’t know” whether decision makers respect differing opinions.

Environment 	85% of respondents report that the quality of the natural environment in their town is very high. (+15% higher than WR)	Focus group participants report a high sense of environmental stewardship.
	Respondents report recycling all the time. (+5% higher than WR)	Survey respondents reported that the most concerning environmental issue was road safety.
	9% of respondents report participation in biking, walking or using public transit all the time. (-6% less than WR)	Survey respondents reported that biking felt most unsafe on roadways compared to other modes of transportation.
		69% of survey respondents support having a rural bus service in their township.
Leisure and Culture 	30% of respondents report using local parks, regularly, quite often or all of the time. (-15% less than WR)	Focus group participants report valuing local recreational facilities.
	68% of respondents report satisfaction with leisure time. (+11% higher than WR)	Conservative Mennonite focus group participants report spending leisure time with family with regular social time.
	90% of respondents report that leisure helps them stay healthy. (+6% higher than WR)	Focus group participants reported that structured recreational programs are not accessible to all populations.
Education 	18% of respondents report taking courses in past year leading directly to a qualification related to their current job. (-2% less than WR)	Lower rates of high school achievement within the 3 townships compared to Waterloo Region.
		Key informants indicated that literacy levels are low among the Low German Speaking Mennonites.

	71% of respondents report that there are plenty of opportunities to take formal education courses. (-6% less than WR)	Focus group participants reported concern for youth and young adults in achieving an education leading to a job.
Living Standards 	90% of respondents report their ability to afford the things they need. (+10% higher than WR)	Focus group participants report that most are able to afford a comfortable lifestyle.
		Almost all focus groups discussed some populations that struggle financially.
	86% of respondents report being able to pay bills on time in the past year (+4% more than WR).	61% of survey respondents indicated they don't have extended health benefits. The highest rate of no benefits was farm families with 89%.
	14% report being unable to pay at least once in past year. (-4% less than WR)	34% of respondents are unable to find safe and affordable childcare for their children 0-12 years.
	75% of respondents report satisfaction with their work experience. (+16% more than WR)	Senior housing was a significant concern now and in the future as the population ages.
		Low German Speaking Mennonites are often challenged to support large families on a low income.
Time use 	63% of respondents report a positive perception of the balance of activities in their lives. (+9% more than WR)	Focus group participants report that technology has extended work days, reducing personal time.
		Farmers reported working long days, 7 days per week, limiting personal time.
	79% of respondents report a positive perception of having adequate time to socialize. (+10% more than WR)	93% of caregivers of young children and seniors, report balancing unpaid care within the other demands in their lives.
	66% of respondents report satisfaction with the way they spend their time. (+14% more than WR)	80% of respondents report that most of the time they have adequate time to maintain their health.

1.0 Introduction

Background

Woolwich Community Health Centre (WCHC) conducts a community assessment every 4 to 5 years as part of its strategic planning cycle. This current assessment was conducted in partnership with Community Care Concepts (CCC), Woolwich Community Services (WCS) and Wilmot Family Resource Centre (WFRC). This partnership was established to provide a shared commitment to receive feedback from Wilmot, Wellesley and Woolwich Townships from a variety of perspectives as well as a shared commitment to using this assessment to guide our work.

A steering committee was established to guide the assessment process. The steering committee includes members from each of Woolwich, Wellesley and Wilmot Townships, community agency representatives, a WCHC board member and staff from WCHC. The steering committee met bi-monthly throughout the process.

This assessment is using the Canadian Index of Wellbeing (CIW) as a framework. The Canadian Index of Wellbeing is a framework that is being used provincially and nationally. Many communities, such as Guelph and Kingston, have completed wellbeing assessments and have learned more about the strengths and needs within their communities. This framework is broad to look at the many aspects of our communities that keep us well and support a healthy community.

To provide a broader and more complete perspective of the community we also partnered with the Social Planning Council of Cambridge and North Dumfries (SPCCND). The SPCCND simultaneously completed a community trends report for the 3 townships. The 2 reports compliment each other and plans are in place to present the information together.

Methodology

The steering committee has worked together to identify the information which is most significant to know about our community to assess our wellbeing within each of the 8 domains outlined in the Canadian Index of Wellbeing (CIW) framework. These 8 domains include: community vitality, democratic engagement, education, environment, healthy populations, leisure and culture, living standards and time use.

WCHC has been working closely with the Canadian Index of Wellbeing Centre which is located at the University of Waterloo. We were given access to regional CIW data collected in July 2013. This data provided the framework of our report. A supplementary WCHC community survey was developed to collect additional information about our community. This survey was

provided in hard copy and on-line through a Survey Monkey link. Specific groups such as seniors and populations with low levels of computer literacy were targeted to complete the hard copy survey. The general population was invited to complete the survey on-line. There was a link to the survey posted on agency and municipal websites.

There were 866 written or electronic WCHC Community Wellbeing Surveys collected. The survey data was analyzed using Survey Monkey. Narrative responses were summarized and grouped according to themes.

Overall 19 focus groups and 8 key informant interviews were conducted over a 3-month time frame (see Appendix 2). The focus groups and interviews were planned, with input from the steering committee, to attempt to hear from a wide range of age groups across the three townships. Specific cultural groups were also included.

Limitations

This report uses 3 main sources of data to provide an overview of wellbeing across Woolwich, Wellesley and Wilmot Townships. First, the Waterloo Region Canadian Index of Wellbeing (WR-CIW) profile data collected by the CIW at University of Waterloo was used to provide a broad overview across the 8 domains. This townships-specific data provides a comparison with Waterloo Region. This study collected surveys from a random sample of households within the Waterloo Region. The data was weighted by age, sex, and geography to provide results that reflect the population estimates within the Region. The sample collected for the 3 townships was provided to WCHC for use in this community assessment. The sample size for the 3 townships was 169 surveys. This is a small sample size and may not include some population groups who have low literacy skills.

The second source of data was the WCHC community survey (see Appendix 1). This survey was completed by 866 individuals across the townships. It was promoted as an on-line survey to the general population with advertisements in the local newspapers, links to the survey on agency and township websites, and posters promoting the survey posted throughout the community. Written surveys were distributed to population groups who would not have access to the on-line version or who would have difficulty completing the survey on-line. All community members were encouraged to complete the survey and to provide input into our assessment. While this data is not statistically representative (i.e., it did not use a random sample of the community) it does reflect the community's opinions and provides some additional detail to supplement the WR-CIW data. The survey responses represent a higher percentage of female respondents with 67% of survey respondents being female. Additionally survey respondents were under-represented in the younger age groups (16 years to 64 years) and over-represented in the older age groups (65 years and older). The survey was promoted

to all of the township residents; however, there was a proportionally higher response rate in Woolwich Township (67%) compared to Wellesley Township (17%) and Wilmot Township (16%).

Finally, 19 focus groups and 8 key informant interviews were completed, across the 3 townships, to provide qualitative data (see Appendix 2). This is subjective information and some issues may have been over-represented due to the timing of the discussions. Time restraints limited some discussions with groups, especially those requiring translation. Some populations were more difficult to access such as young families and young adults, therefore there were fewer in these age groups attending focus groups compared with other populations such as seniors.

Terminology

The following acronyms are used throughout the report.

CCC:	Community Care Concepts of Woolwich, Wellesley and Wilmot
CIW:	Canadian Index of Wellbeing
LGSM:	Low German Speaking Mennonites from Mexico
SPCCND:	Social Planning Council of Cambridge and North Dumfries
WCHC:	Woolwich Community Health Centre
WCS	Woolwich Community Services
WFRC:	Wilmot Family Resource Centre
WR-CIW Survey:	This refers to the Canadian Index of Wellbeing Survey conducted by the University of Waterloo in summer 2013.
WCHC-CIW Survey:	This refers to the Community Wellbeing Survey conducted by Woolwich Community Health Centre in spring 2014.
WR:	Waterloo Region

Report Format

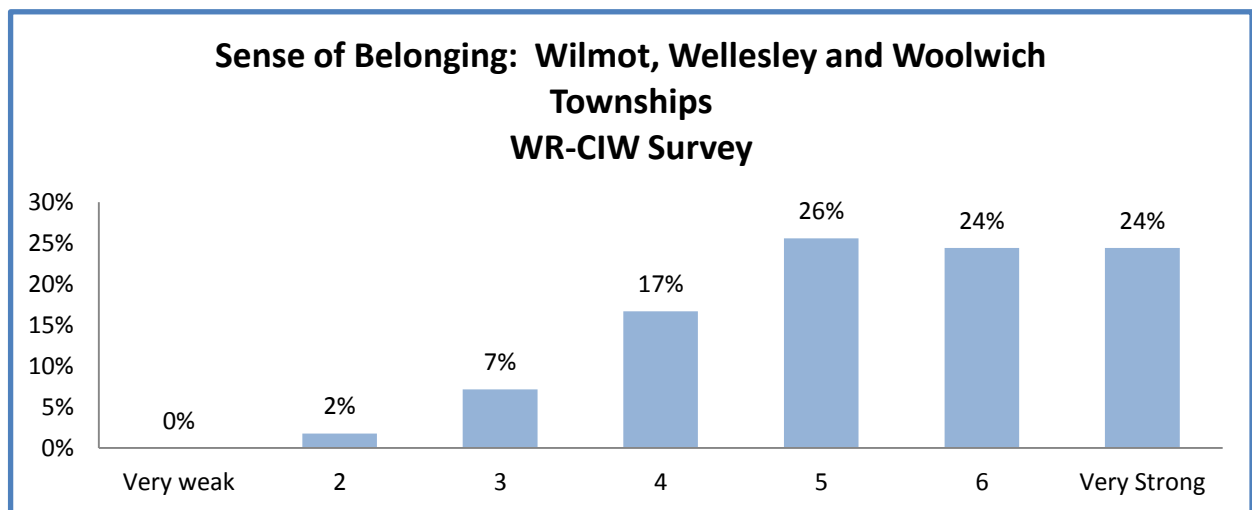
The full report highlights key indicators in a similar format as the summary of community wellbeing (pages 1-4) at the beginning of each report section. Additional key indicators are noted in bold throughout the document and these are also reflected in the summary section.

2.0 Community Vitality

2.a. Sense of belonging

Respondents rating their sense of belonging to their local community as strong. ¹	Woolwich, Wellesley and Wilmot Townships	74%
	Waterloo Region	55%

The Region of Waterloo Canadian Index of Wellbeing (WR-CIW) research identifies that there is a strong sense of belonging within the 3 rural townships with 74% rating their sense of belonging as satisfied or very satisfied. This compares with a rate of 55% within the Region of Waterloo.



The WCHC community survey indicated that respondents have lived in this community for an average of 33 years. Younger respondents, aged 20 -39 reported living in the community for an average of 18 years, those 40-59 report 32 years, while those 60-79 report 40 years.

Among the focus group participants there was a strong sense of connectedness.

Focus group participants and key informants had a variety of comments about their connections within the community as outlined in the chart below.

¹ This indicates a rating of 5, 6 or 7 on a scale of 1 (very weak) to 7 (very strong).

Focus Group and Key Informant Comments and Discussion Highlights
General Population
<ul style="list-style-type: none"> • Overall people felt that the community was very caring and well connected. • Active participation in the community. The community works well together. • This strong sense of belonging was attributed to a number of factors including living in a rural community with small villages, and the many community events that are offered which brings people together. • High level of involvement and connectedness through schools, churches and community organizations. Many report being involved in community projects or initiatives. • Strong connections to the community since many families have lived here for generations. <p><i>One participant commented “in our community people can ask neighbours for help”. Woolwich Lions.</i></p>
Young Families
<ul style="list-style-type: none"> • We have more connections compared to other cities or towns and feel more welcomed. • Community centres and local schools are good meeting places. • The new subdivisions also have developed connections but may not be as closely connected with formal programs and services (i.e. programs of Woolwich Community Health Centre or Woolwich Community Services). • If you belong to a church you have support, but schools are not always a source of support. • Need for services to continue to grow. • Expectation that the new Woolwich Community Services building will help to provide a hub for families to link into a broader range of services. • Valued feeling connected and knowing about programs and services, although they also recognize that the community is growing and changing so this can be a challenge especially in the new neighbourhoods.
Seniors
<ul style="list-style-type: none"> • Seniors who were independent in the community in the past and those who were lifelong residents stated that they are well connected and participate actively within their community. • Connectedness has declined in recent years due to the increasing number of people who commute to work and are often too busy to participate in the community. Some seniors have moved from the community into the city where there are more support services and recreation opportunities available. • Seniors who are physically frail or have dementia don’t get out as much and tend to be less connected leading to isolation and loneliness.

Youth
<ul style="list-style-type: none"> • Feeling of inclusion within their school and youth drop-in programs but less included generally in society due to a negative perception of youth. • Lack of programs and services (outside of organized sports) especially for older youth decreases connections.
Farmers
<ul style="list-style-type: none"> • Community members rely on each other for support with their farm work which builds connections between neighbours. • With large farm operations and being more mobile than in the past, these connections are not as strong as previous generations experienced. • There are close connections within villages and this is a very strong source of health and wellness. • Strong connections between farmers who help each other with farm work as well as providing support in times of crises. • There is mutual support between members of a community regardless of religious affiliation.
Low Income Families
<ul style="list-style-type: none"> • Drop-in programs and community support services are important in bringing people together and developing the sense of connectedness. • Wilmot Family Resource Centre was identified as a “hub” for families to access a range of services and to make connections. • Single moms feel included and cared for through their participation in a single moms group offered at WCS. The group helps them to connect with their school and community.
Low German Speaking Mennonites
<ul style="list-style-type: none"> • Support service agencies are very helpful in helping isolated populations make new connections, connect to services and to become more involved in their community.
Newcomers to the Community
<ul style="list-style-type: none"> • Friendliness of the community and welcoming atmosphere. • Newcomers often compared their experience with living in other communities and overall found the rural townships to be well connected.
Key Informants
<ul style="list-style-type: none"> • Very caring community with people who want to be actively involved. • The community works well together. • The Rural Family Outreach Workers identified that confidentiality is really difficult for some people living in a small community where people are so closely tied. • LGSMM do not feel connected to the broader community; however, it was also felt that they prefer to keep to themselves. • LGSMM connected within their own cultural group but they don’t always have someone to

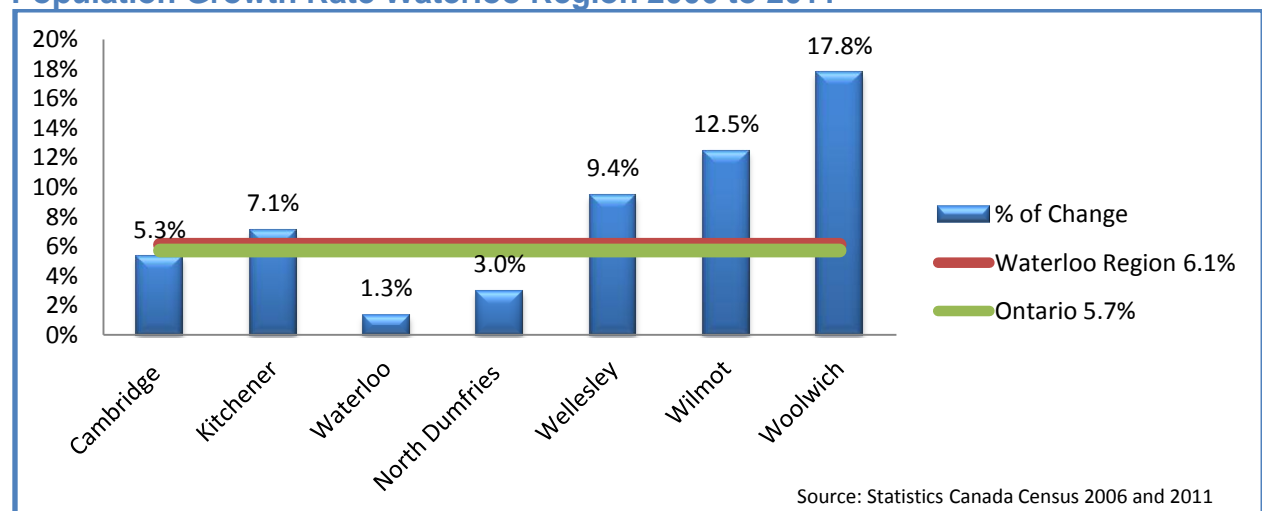
turn to for support.

- There is support within the LGSMM population to bring food when someone is ill or has a baby. There is not always a high level of trust to reach out to members of their own community with more sensitive matters but rather they would link into more formal supports such as the St. Jacobs Family Resource Centre.
- Seniors who are more frail and those who have moved to this community later in life (perhaps to be closer to their children) were thought to be more lonely and isolated identifying that it is difficult to make connection.
- Loneliness and isolation is an issue among older widowed women, older LGSMM women whose children have left home or are childless, and some newcomers to the community.
- There are activities which promote connectedness and these include: community gardens, community dinners, and programs for specific groups such as single moms, and LGSMM women.

Community connectedness and sense of belonging is quite high within the 3 townships. The growth within the townships is a factor that could influence the sense of belonging and community connections.

The townships have experienced significant growth from 2006 to 2011 (with a growth rate of 17.8% in Woolwich Township, 12.5% in Wilmot Township and 9.4% in Wellesley Township) as described in the chart below.

Population Growth Rate Waterloo Region 2006 to 2011



(Community Social Profile, 2013)

Breslau in particular has experienced significant growth. Such growth is new for this community which saw almost no growth for 30 years. The Breslau focus group identified that their community is becoming more multicultural and needs to foster more interaction with newcomers. Focus group participants commented that it takes time to integrate newcomers into the community. They recognized the value of community events such as the community breakfast to pull people together. They acknowledged that it will take time to build connections and commented that most communities experiencing this amount of growth would find it difficult to develop connections. Some smaller villages continue to struggle with the lack of a meeting place. Specifically, Winterbourne was identified as a community that has no meeting place and therefore they lack the opportunity to connect with people in their village.

Over the next 25 years, as projected by the Ministry of Finance, the population of Central Ontario is to grow by 28.2 % (814,000 people), from 2.89 million in 2011 to 3.7 million in 2036. It is projected that Waterloo Region will continue to experience growth above the provincial average with a 41.8% growth rate (Community Social Profile, 2013).

The Regional Official Plan, 2009 (20 year projection) prepared by the Region of Waterloo, notes that the region's population will increase to 712,000 by 2029. This would be a 40.4% growth rate based on the population of 507,095 from the 2011 Census (Community Social Profile, 2013).

Using the Region's 2029 population projections and the 2011 Census population, Figure 3 shows the varying rates of growth (18 year time frame). The fastest growing municipality will be the Township of North Dumfries; its population is projected to grow by over 71% followed by Wilmot Township with a projected growth rate of over 48%. The slowest growth will occur in Wellesley Township, at a rate of 12% (Community Social Profile, 2013).

Growth Projection in Waterloo Region 2011 to 2029

Name	Population 2011	Population 2029	Growth Projection
Cambridge	126,750	173,000	36.5%
Kitchener	219,155	312,000	42.4%
Waterloo	98,780	138,000	39.7%
North Dumfries	9,334	16,000	71.4%
Wellesley	10,713	12,000	12.0%
Wilmot	19,225	28,500	48.2%
Woolwich	23,145	32,500	40.4%
Waterloo Region	507,095	712,000	40.4%

Source: Statistics Canada 2011 Census and Regional Official Plan, Region of Waterloo, Council-adopted, June 2009. (Community Social Profile, 2013)

In summary, the WR-CIW research identifies that residents in the 3 townships feel a strong sense of belonging to this community. 48% of township residents felt a strong sense of belonging (rating of 6 or 7) while 50% felt an intermediary sense of belonging (rating 3, 4 or 5). This research asks a variety of questions to identify how strong a sense of community people report. The research indicates that within the rural townships there is a strong sense of community in each of three broad areas including: the range of opportunities and accessibility of opportunities to participate; the perception of friendships, sociability and ability to connect with people in the community and; help in the case of a need indicating the number and willingness of people to help in an emergency. Maintaining this sense of belonging and connectedness will be challenged given the projected growth rates and changing demographics of the community.

2.b. Personal friends and supports

Average number of neighbours respondents could ask for a favour	Woolwich, Wellesley and Wilmot Townships	19
	Waterloo Region	4

The WR-CIW report identified that within Waterloo Region the average number of neighbours people could ask for a favour was slightly less than 4, while in the 3 townships it was 19. This indicates a strong connectedness within the 3 rural townships. There were differences within the age groups with both younger (those aged 20-39) and older (those aged 60-79) who reported fewer people they could count on for a favour, with an average of 12 neighbours. Among those aged 40-59 there was an average reported rate of 40 neighbours they could count on for a favour. This result may indicate a stronger connectedness among middle aged members of the community.

Participation in groups was also high with the highest participation in religious affiliated groups (38%) and a sports or recreational group (38%) followed by a union or professional group (35%). For residents who are either younger or older and do not have roots in this community, making friends and developing a support system may be more difficult. Focus group participants discussed the strong linkages formed through churches and recreational groups; if you were not a member it might be difficult to form friendships in this community. Additionally participants talked about the informal network in the community to learn about events and programs which may exclude those who are not connected to informal networks.

With an aging population it is important to consider how age-friendly our community is perceived to be. The Public Health Agency of Canada identifies an age-friendly community in the following way: "In an age-friendly community, the policies, services and structures related to the physical and social environment are designed to help seniors "age actively." In other words, the community is set up to help seniors live safely, enjoy good health and stay involved." (Public Health Agency of Canada).

The WCHC community survey respondents were asked if they feel their community is a good place to grow old. This question was asked as a proxy measure of perceptions about community support of older members of the community.

WCHC survey respondents reported that this community is a good place to grow old with an average rating of 4 or very good, on a scale of 1 to 5, with 1 being not good and 5 being excellent.

Older respondents (i.e., those 80 years and older) rated this slightly lower than younger age groups with an average rate of 3.75 out of 5. Seniors focus group participants reported that seniors who move to the community later in life may find it harder to fit in due to the shared history of many seniors within the community. Additionally with a strong church community, seniors discussed that if you are not connected to a church it would be more difficult to make connections within the community.

2. c. Volunteerism

Percentage of residents who volunteer	Woolwich, Wellesley and Wilmot Townships	64%
	Waterloo Region	56%

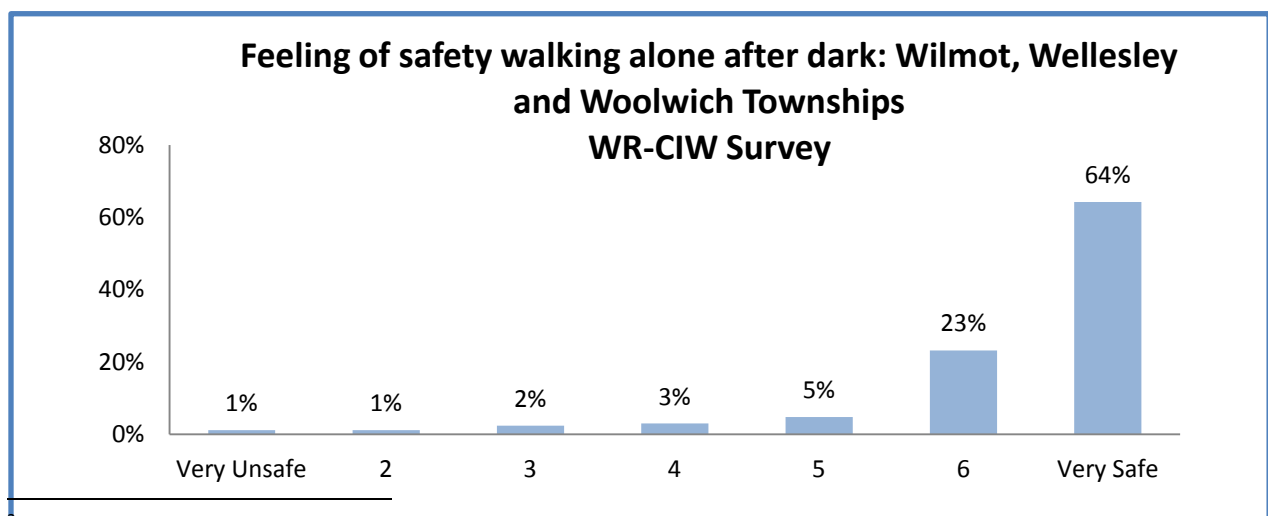
The volunteer rate was reported by the WR-CIW to be higher for the rural townships in comparison to the Region of Waterloo with 64% of respondents living in Woolwich, Wellesley or Wilmot Townships reporting that they volunteer, compared with 56% within the Region of Waterloo. Several focus groups discussed that newer people in the community don’t volunteer as much with community events (Baden and Breslau). Similarly the WR-CIW survey found that respondents within the 3 townships reported a high rate of unpaid service in the community with the highest rate of unpaid care reported to be providing health-related or personal care (58%) followed by providing work at their home such as cooking, cleaning and outdoor maintenance (52%). These rates of unpaid care suggest a strong connectedness. This rate of unpaid care also provides seniors in the community with supports to remain independent and

to remain in their home. The WCHC Community Assessment 2010 also reported high levels of volunteerism and participation within the community.

2.d. Feeling of security and trust

Percentage of respondents who feel safe walking alone in their neighbourhood after dark ²	Woolwich, Wellesley and Wilmot Townships	87%
	Waterloo Region	66%

Feeling safe in one's community is also an important indicator of community vitality. A community which is perceived as safe indicates a person's sense of security and comfort. The WR-CIW survey respondents reported a stronger feeling of safety walking alone after dark compared to the Region of Waterloo respondents. Within Woolwich, Wellesley and Wilmot Townships, there was a rate of 87% who reported feeling a high degree of safety (rating of 6 or 7) compared to 66% within Waterloo Region. Similarly, the WCHC focus group participants reported a sense of security living within their community. They reported that villages are closely connected and this was related to having a lot of family connections as well as a good number of events that bring people together. While there is a strong sense of security, they did note that increased traffic is a growing threat to personal safety. This will be discussed further in the environment domain of this report.



² This represents responses of 6 or 7 on a scale of 1 to 7 with 1 being very unsafe and 7 being very safe.

3.0 Healthy Populations

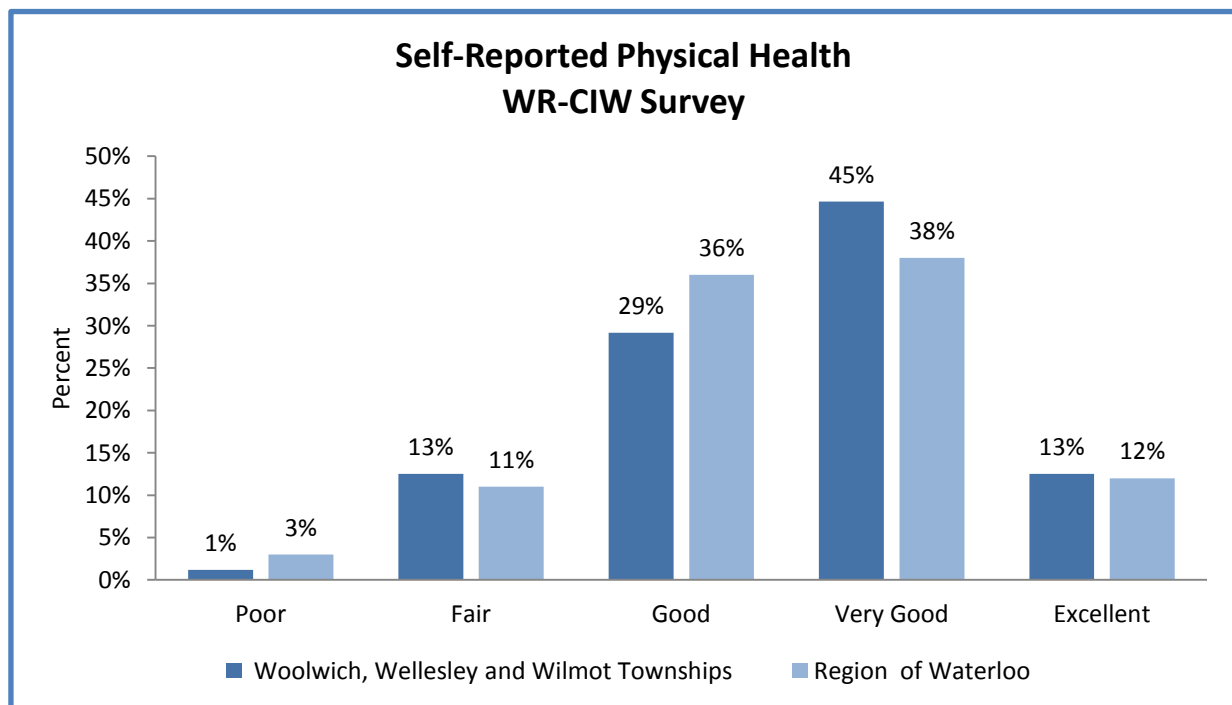
3.a. Physical Health

Physical Health, very good or excellent	Woolwich, Wellesley and Wilmot Townships	58%
	Waterloo Region	50%

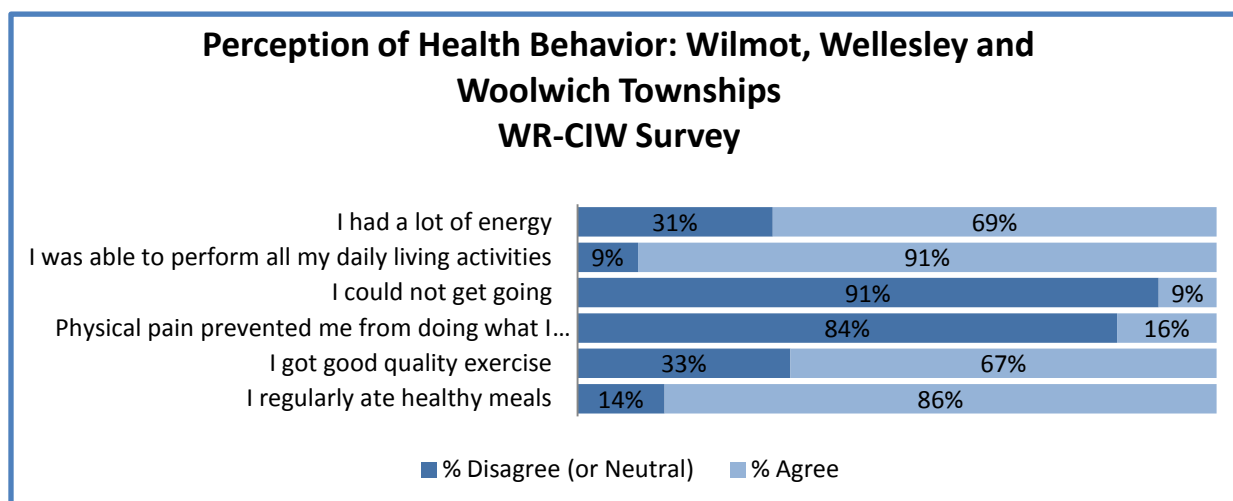
The WR-CIW survey-reported physical health as slightly higher in Woolwich, Wellesley and Wilmot Townships compared to the Region of Waterloo with rates of 58% within the 3 townships reporting very good health or excellent health compared to a rate of 50% within Waterloo Region.

14% of WR-CIW survey respondents self-rated their physical health as fair or poor.

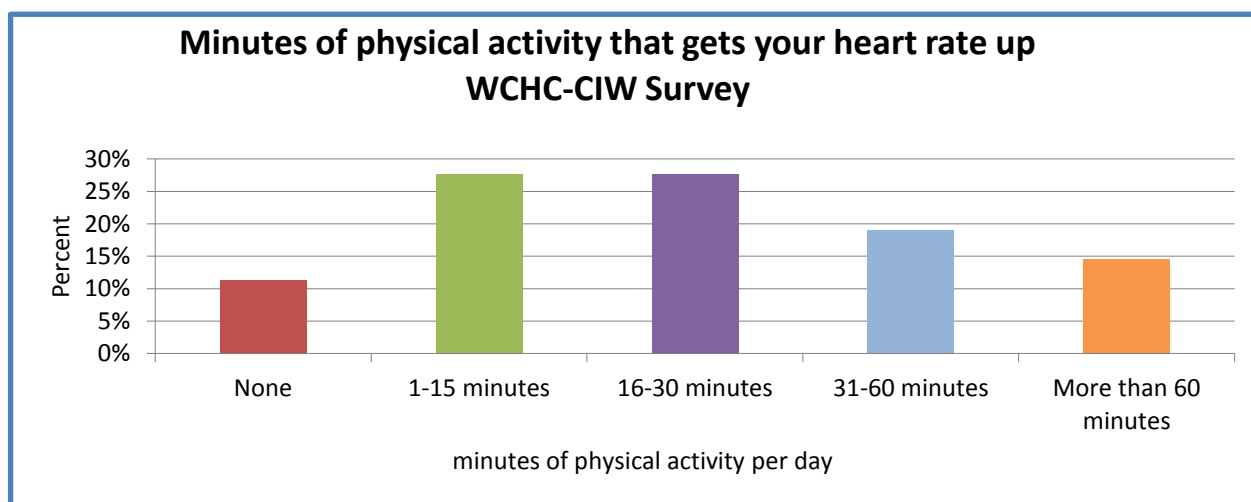
The WR-CIW and WCHC surveys asked about physical health using the same question and wording. The WCHC-CIW survey respondents reported slightly lower rates of physical health compared to the WR-CIW result. This rate may be due to the higher proportion of seniors completing the WCHC survey. The WCHC survey results are very consistent with rates reported in the WCHC Community Assessment 2010. Male and female respondents both reported their physical health similarly.



The WR-CIW survey identifies respondents' perceptions of health behaviours within the past week. Some questions are worded in a positive approach while some take a negative approach. Overall the highest rated health behaviours include: *able to get going* (91%) and *able to perform all of my daily living tasks* (91%), followed closely by *regularly eating healthy meals* (86%). The lowest rated health behaviours included *not able to get good quality exercise* (33%) followed by *not having enough energy* (31%). Physical pain was rated by 16% as a barrier *that prevented me from doing what I needed to do*.



The Canadian Physical Activity Guidelines state that to achieve health benefits, adults aged 18-65 years should accumulate 150 minutes of moderate to vigorous intensity physical activity per week. The WCHC-CIW survey found that 20% of respondents report not exercising on a regular basis. Among those who did report exercising, on average respondents were spending 16 to 30 minutes per day of physical activity that gets your heart rate up. From our results it is estimated that 50% of respondents are achieving 150 minutes per week of moderate to vigorous intensity physical activity.



Focus group participants had a variety of comments about physical health as outlined in the chart below.

Focus Group Comments and Discussion Highlights
General Population
<ul style="list-style-type: none"> • The general population pointed to barriers such as having more time to exercise, more self-discipline, and avoiding fast food as ways to improve physical health. • A majority of participants reported that their health was good, however many groups could identify challenges to maintaining their health. • Most could identify lifestyle changes that would improve their health. • The Breslau and New Hamburg communities identified that they are without public transit and have no link to city programs and facilities. Although the Wilmot Recreation Complex is close to New Hamburg, it is difficult to access without a vehicle. • The Maryhill Catholic women discussed the value of local exercise classes for physical as well as mental health benefits.
Young Families
<ul style="list-style-type: none"> • Some families have trouble getting a family doctor. • Lack of sleep is a factor affecting our health. • Cooking real food is a way to stay healthy. <p><i>"We have junk food accessible and easy-to-prepare meals...we think that a meal should be made in 10 minutes." Participant at the Kids and I Resource Centre</i></p>
Low Income Families
<ul style="list-style-type: none"> • Identified greater barriers to maintain health such as: the cost of memberships at gyms and recreational centres, and the cost of fresh food (not just the food costs but also travel to grocery stores).
Low German Speaking Mennonites
<ul style="list-style-type: none"> • The concept of health differs for some newcomers who focus much more on injury and illness as indications of health.
Old Order Mennonites
<ul style="list-style-type: none"> • The community may view their health better than the broader community but this may be a reflection of their acceptance of things as they are. They also note that they wait before seeing a doctor since they don't want to be a burden but recognize that this may compromise health in some cases.
Seniors
<ul style="list-style-type: none"> • Travelling to buy fresh food was a barrier for some. • The Breslau community centre does not have an elevator, making the basement inaccessible for some. There is strong support for a library which would improve well-being. • They were excited about the new congregate dining program coming to Breslau and suggested having it after the seniors exercise programs. • The seniors felt that there is a need for more programming in Breslau for younger children.

Farmers

- Having trails to walk on provides access to exercise.
- Farming occupations provide a reason to get up in the morning, and a strong sense of accomplishment keeps them active in working on the farm. This was reported to have both physical and mental health benefits.

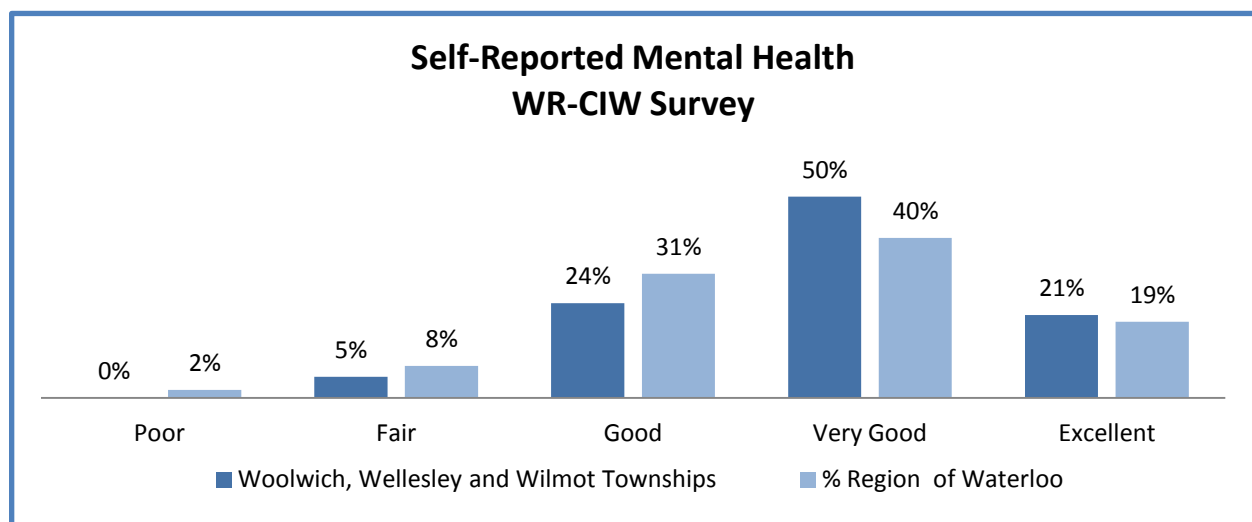
3.b. Mental Health

Mental health, very good or excellent	Woolwich, Wellesley and Wilmot Townships	71%
	Waterloo Region	59%

The WR-CIW survey respondents reported mental health as slightly higher in Woolwich, Wellesley and Wilmot Townships compared to the Region of Waterloo. The WR-CIW and WCHC survey asked about mental health using the same question and wording. The WCHC survey respondents reported slightly lower rates of mental health. The WCHC survey results are very consistent with rates reported in the WCHC Community Assessment 2010. Male and female respondents both reported their mental health similarly.

Respondents within the 3 rural townships on the WR-CIW survey rated their mental health higher than Waterloo Region, with a self-reported rate of very good or excellent mental health among 71% of respondents compared with 59% within Waterloo Region.

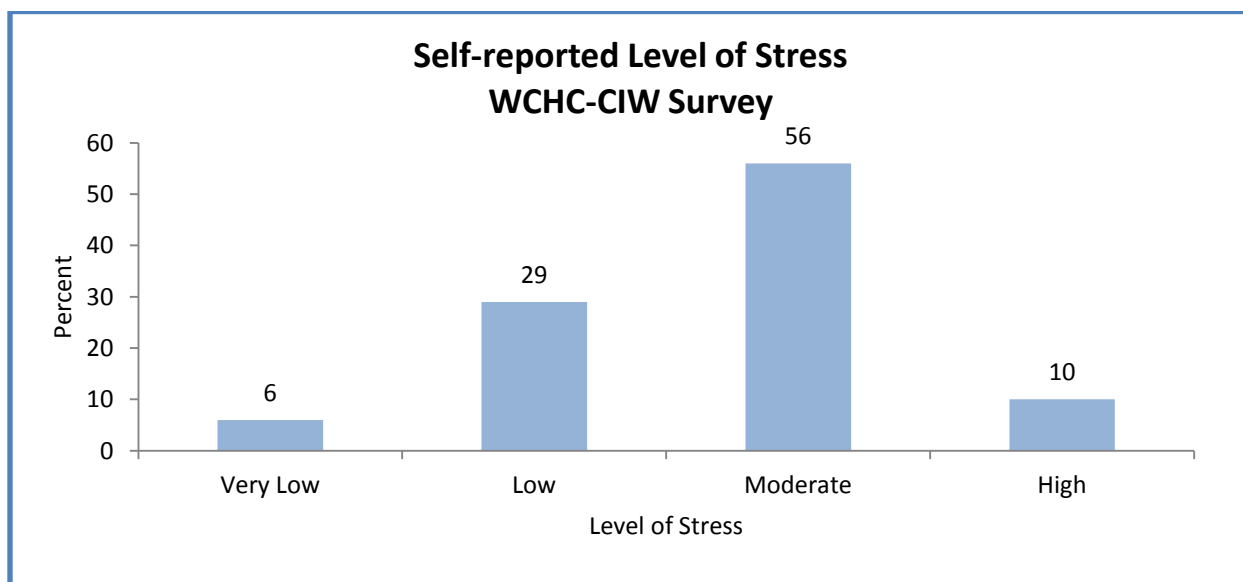
However, 5% of respondents on the WR-CIW survey rated their mental health as fair or poor.



Among the WCHC survey respondents, 11.5% of respondents report having a mental health or an emotional problem (i.e., mood, feelings) which stopped them from doing their work or usual activities in the past month. Among this group of 11.5% of respondents, the average number of days lost due to a mental health or emotional problem was 6 days.

This group was predominantly female (80%) with 60% married or living common-law, and 40% being single, separated, divorced or widowed. This group has less education compared with the general population, with 18% having less than grade 8 and another 25% having some high school but no diploma; 18% identify themselves as a farm family. Geographically more respondents lived in Woolwich and Wilmot Townships. Although the WCHC survey was not a random sample, these results may indicate that there are issues such as isolation and loneliness among some rural residents with poor mental health.

Mental health was discussed as a significant health concern at many focus groups and among key informants, including: families of all ages, low income families, seniors, farmers, people with disabilities, and youth (See focus group chart summary below.) Some focus group participants saw mental health needs as growing within the community and talked about the increasing number of suicides. Key informants also discussed that more people are willing to talk about their mental health concerns, which is increasing the awareness of the need for mental health supports. Conversely, key informants also noted that helping someone make the call to get more formal supports is still challenging.



Many groups discussed how stress affects their mental health. The WCHC-CIW survey indicates that 56% of respondents indicated they had moderate stress, while 10% rated their stress as high. Self-reported mental health was higher among those who reported a lower level of stress (See graph below).

Focus group participants and key informants had a variety of comments about mental health as outlined in the chart below.

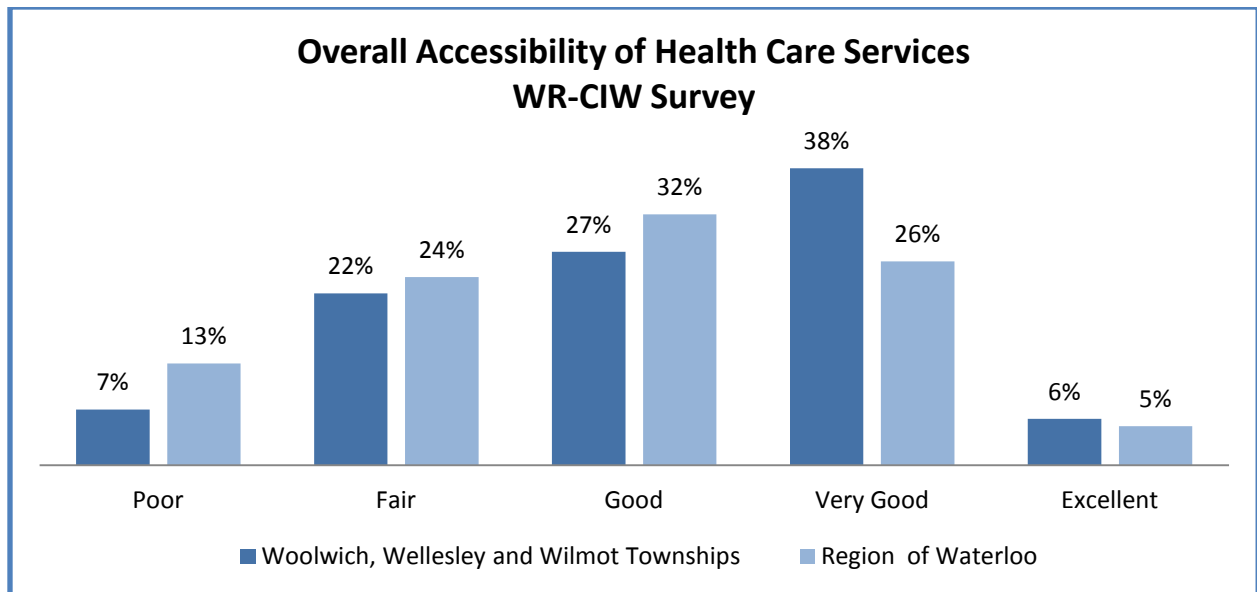
Focus Group and Key Informant Comments and Discussion Highlights	
General Population	
<ul style="list-style-type: none"> • The lack of having extended health benefits limits their ability to access mental health counseling. Psychological assessments for children are especially difficult to access since there are a very limited number of assessments done through the public school system and private assessments are very expensive. • People with mental illness are more difficult to employ and need supports. • Addiction services are located in the city and support groups like Alcoholics Anonymous (AA) are only in a couple of rural communities. • Most people tend to know about AA and St. Mary's Counselling. Other support groups such as Narcotics Anonymous and Al-Anon family support groups are not available in the townships. Formal addiction services are seen as inaccessible due to the long wait times. • There continues to be a stigma around mental health and this might prevent someone from reaching out for help. • The community has also become more understanding and compassionate about mental health and this shift in approach is supportive. 	
Young Families	
<ul style="list-style-type: none"> • Mental health support is difficult to access due to the location of services at a distance. • Even young children are experiencing stress. • The pace of life is too fast; we expect young children to accomplish so much and to grow up too fast. 	
Youth	
<ul style="list-style-type: none"> • Youth felt stress associated with school and expectations. • Lesbian, Bisexual, Gay, Transgendered, Questioning (LBGTQ) youth may be stressed if not accepted within their community. • Youth felt that having supportive and trusting friends was very important. 	
Farmers	
<ul style="list-style-type: none"> • Work pressures and working long days combined with financial pressures cause stress. 	
Low Income Families	
<ul style="list-style-type: none"> • Stress is a significant factor affecting mental health; and financial pressures were the most significant source of stress. • Accessing mental health support is challenging due to cost and the need to travel to appointments. 	

Low German Speaking Mennonites
<ul style="list-style-type: none"> Mental health support is difficult to access due to cost and language barriers.
Key Informants
<ul style="list-style-type: none"> Mental health has become less stigmatized over time and now people are more comfortable discussing their issues. Mental health is a growing issue across many population groups. More people are willing to talk about mental health issues. There are other issues associated with mental illness that we work to address such as poverty, lack of employment and subsequently a lack of purpose. The new 24/7 mental health line is great, however, they also acknowledged that mental health counseling takes time. There are long waiting lists and it is hard for people to have to wait for service. People tend to not know about mental health services until they need it. Woolwich Counselling Centre offers play therapy and counseling services with a payment scale based on income and this is a valued service to have in our community. Youth with addictions aged 18-25 years needing employment are challenging to serve. Parents of children with dual diagnosis (a developmental disability as well as mental health issue) need support to navigate the system and coordinate services. Local churches are providing mental health support and it is important that clergy are aware of resources. Not much has changed with family violence. It is hard for people to ask for help and within some populations and cultures women are either not taken seriously or told “if you just do what he wants everything will be OK”. Continuity of providing family violence prevention support is important to build relationships. It is important to respond quickly and offer a range of services. Rural agencies do this well.

3.c. Accessibility of Health Care Services

Overall accessibility of health care services rated as very good or excellent	Woolwich, Wellesley and Wilmot Townships	44%
	Waterloo Region	31%

Overall the WR-CIW survey found that respondents within Woolwich, Wellesley and Wilmot townships found services slightly more accessible than those in the Region of Waterloo. Among WCHC survey respondents, 44% reported overall accessibility of health care services as very good or excellent compared with a rate of 31% in Waterloo Region. Although accessibility was rated as higher than Waterloo Region, focus group participants identified that transportation and cost are the greatest barriers in accessing health care services.

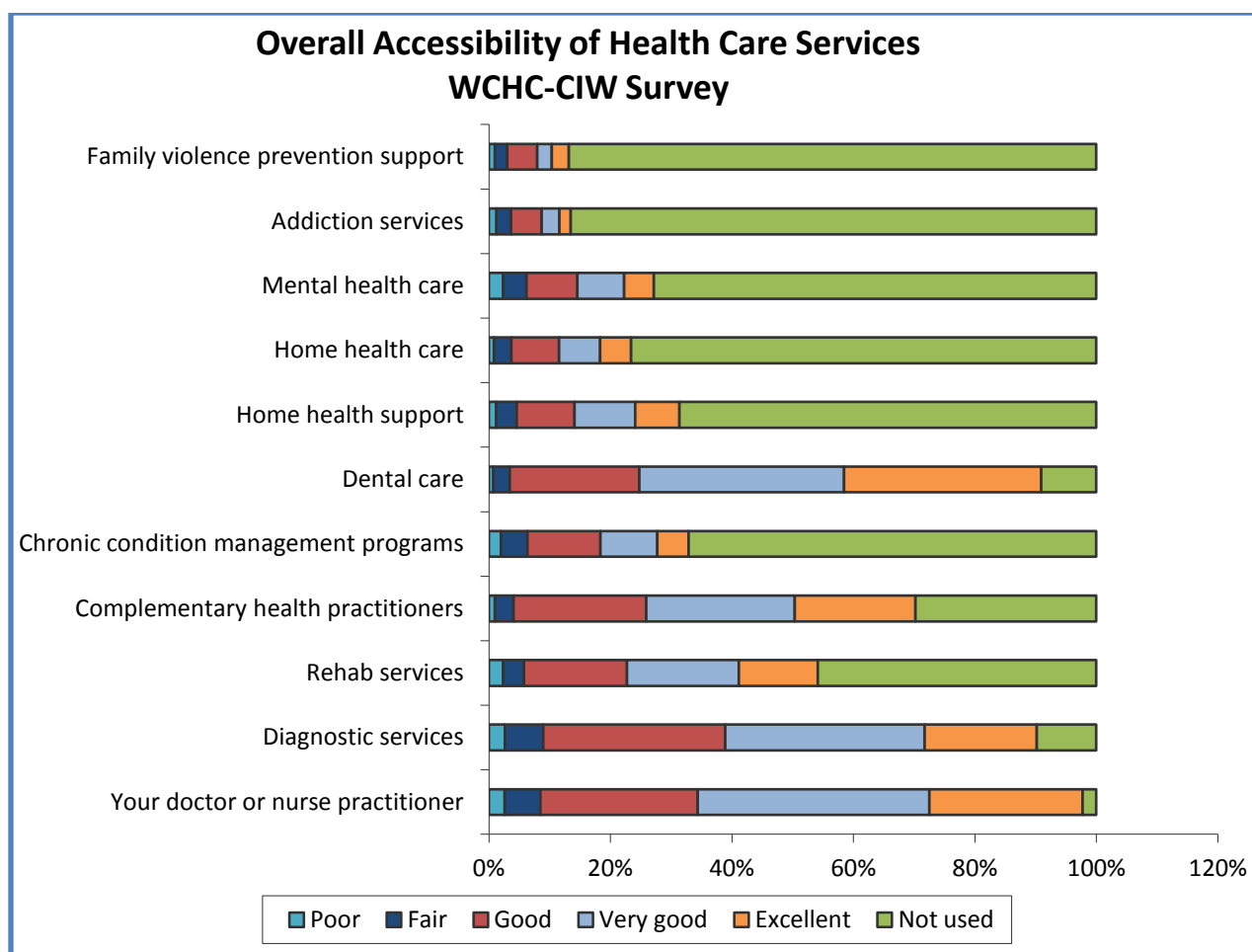


The WCHC survey identifies different perceptions of accessibility for a range of health services.

Among respondents who indicated that they use health services, 75% rated the accessibility of dental services as very good or excellent, followed by 65% who rated access to their family doctor or nurse practitioner as very good or excellent. Rehab services closely followed with 58% and diagnostic services with 57% as having ratings for accessibility of very good or excellent.

Among respondents who indicated that they use health services, 27% rated the accessibility of addiction services as poor or fair, and 23% rated mental health and family violence prevention support accessibility as poor or fair.

It is difficult to determine how respondents perceive accessibility and this may not be a reflection of the service but rather the associated barriers such as: cost, transportation and privacy.



Focus group participants and key informants had a variety of comments about accessing health care services as outlined in the chart below.

Focus Group and Key Informant	
Comments and Discussion Highlights	
General Population	
<ul style="list-style-type: none"> The general population had fewer needs to access many health care services and did not make many comments. Most groups could identify how they would find a service they needed. Most commented that they would access local agencies for information. 	
Low Income Families	
<ul style="list-style-type: none"> Low income families discussed the barriers they experience to access services. They stressed the need for a car if you are going to live in the rural townships. The New Hamburg group discussed the importance of a public transit connection similar to the Elmira line to link them with the city. They noted that within New Hamburg you need transportation to go to the Wilmot Recreation Complex and to the grocery store. 	

Conservative Mennonites
<ul style="list-style-type: none"> The Old Order community identified that knowing what services are available is important. It was felt that there is growing awareness of health supports and services that are available.
Seniors
<ul style="list-style-type: none"> Seniors report that lab services are difficult to access especially if a senior needs regular blood work. They suggested having a mobile lab clinic. Access to OHIP-funded physiotherapy can be difficult since the only clinic is in Kitchener. WCHC is viewed as very accessible due to their on-call system. It is less stressful for seniors to know that there's always someone that they can call when they have a medical issue. Dental care costs were also seen as a barrier for some. Accessing specialists can be challenging for seniors without transportation due to the multiple trips that need to be planned. There are sources of transportation but it takes some coordination to plan these trips. Problems do arise when a senior needs multiple trips per week to a regular appointment. The seniors groups valued the senior support services offered in the community such as Meals on Wheels and volunteer driving. Many commented on the value of the Seniors Support Workers which are a new role within the community. Many had either used the Senior Support Worker or knew someone who had used it and felt that this support was needed to help people through short-term times of need.
Key Informants
<ul style="list-style-type: none"> Accessing services can be challenging for some due to transportation or language and literacy barriers. Easy Coordinated Access and specialized geriatric services are working well. Sometimes people find the system difficult to navigate and have to tell their story many times.

The Region of Waterloo population projections predict that seniors are a growing segment of the population and by 2031, the 55+ population will represent 31.3% of the population in Waterloo Region. The Region of Waterloo projects that the three cities will each have about 31% of the population over age 55, while the townships will range from the highest in Wilmot at 35.3% and the lowest in Wellesley at 25.1% of the population. (Community Social Profile, 2013)

3.d. Healthy Lifestyles

Many focus groups discussed the value of leading a healthy lifestyle. Most participants were able to identify resources in their communities that supported a healthy lifestyle such as:

access to recreation facilities, walking tracks and trails, access to fresh fruits and vegetables, etc. Overall it was felt that this was a supportive community to live in. The challenges in leading a healthy lifestyle included some personal factors such as time and motivation. Many older focus group participants discussed having a chronic condition or wanting to prevent a chronic condition. However, groups could also identify other factors that prevent people from being healthy such as: lack of transportation, barriers for people with disabilities, and difficulty accessing some programs in the winter weather. There were also suggestions to support healthy lifestyles such as more activities for kids, more community gardens (or “communal” gardens”) and community kitchens. Farmers felt that living and working on the farm helped them to stay healthy, although the Old Order Mennonite group acknowledged that with more machinery there is less exercise. Youth discussed the pressure they feel to lead a healthy lifestyle but identified the lack of control they feel. They identified the conflict between a culture of sedentary lifestyles within this age group, which includes large amounts of time playing video games, combined with the pressure to work out and having few opportunities to do so. Finally, they spoke of the lack of control they have over eating healthy meals since they rely on their family to provide meals. Overall, leading a healthy lifestyle was a topic that all groups were concerned about.

4.0 Civic Engagement

4.a. Political Engagement

Average rating of interest in politics at the federal, provincial and municipal levels ³	Woolwich, Wellesley and Wilmot Townships	Avg. Rating 5.8
	Waterloo Region	Avg. Rating 5.7

Interest in municipal, provincial, and federal politics was similar between Woolwich, Wellesley and Wilmot Township compared to Waterloo Region, with a self-rated of interest of 5.7 out of 10 in Waterloo Region, and 5.8 out of 10 in the rural townships.

Conservative Mennonite groups do not participate in political elections because of their beliefs regarding the role of government, while most other focus group members had some knowledge of their political representatives and awareness of local issues.

Focus group participants had a variety of comments about political engagement as outlined in the chart below.

Focus Group	
Comments and Discussion Highlights	
General Population	
<ul style="list-style-type: none">• There are opportunities through formal processes to bring forward issues in the community, however many discussed having a mixed sense of their issues being heard.• Participants from Breslau discussed that although they were asked for their input into decisions in their community, they felt that their suggestions were not always implemented. They felt that due to the location of their community within the township perhaps they have less of a voice.• Some participants who were not politically engaged stated that they did not vote because they did not know the candidates.	
Farmers	
<ul style="list-style-type: none">• There are times when they felt heard and their input into decision making was valued, while in other instances they felt their input was not heard.• Over time family farms are increasing in size and the number of farm operations is decreasing. This means that there are fewer farmers to represent this voice at political tables and due to their long work hours, the farming voice is decreasing.	

³ Respondents were asked to rate their interest on a scale of 1 to 10 with 1 being no interest at all and 10 being a great deal of interest.

Low Income Families
<ul style="list-style-type: none"> Many low income participants reported having difficulty following current events to a certain degree. Overall there was a high degree of interest in politics although most said that the barrier to voting was that they don't know the candidates. Additional information on candidates and current issues was suggested to be helpful in bridging this barrier.
Youth
<ul style="list-style-type: none"> Youth in Wilmot and Wellesley were interested in local political issues and being broadly aware of Canadian politics. Youth report that exposure to social media and political discussion with their parents helps to increase their awareness. Youth feel that they need a stronger voice in local decision-making and there is work needed to develop a more positive attitude towards youth.

4.b. Civic Participation

Participation in a local event in support of my community	Woolwich, Wellesley and Wilmot Townships	29%
	Waterloo Region	27%

Civic participation among WR-CIW respondents was slightly higher in Woolwich, Wellesley and Wilmot Townships compared with Waterloo Region respondents. Participation in a local event in support of my community had a rate of 29% in the townships compared to 27% in Waterloo Region.

9% of respondents reported joining a Facebook page on a local issue compared with 16% within Waterloo Region.

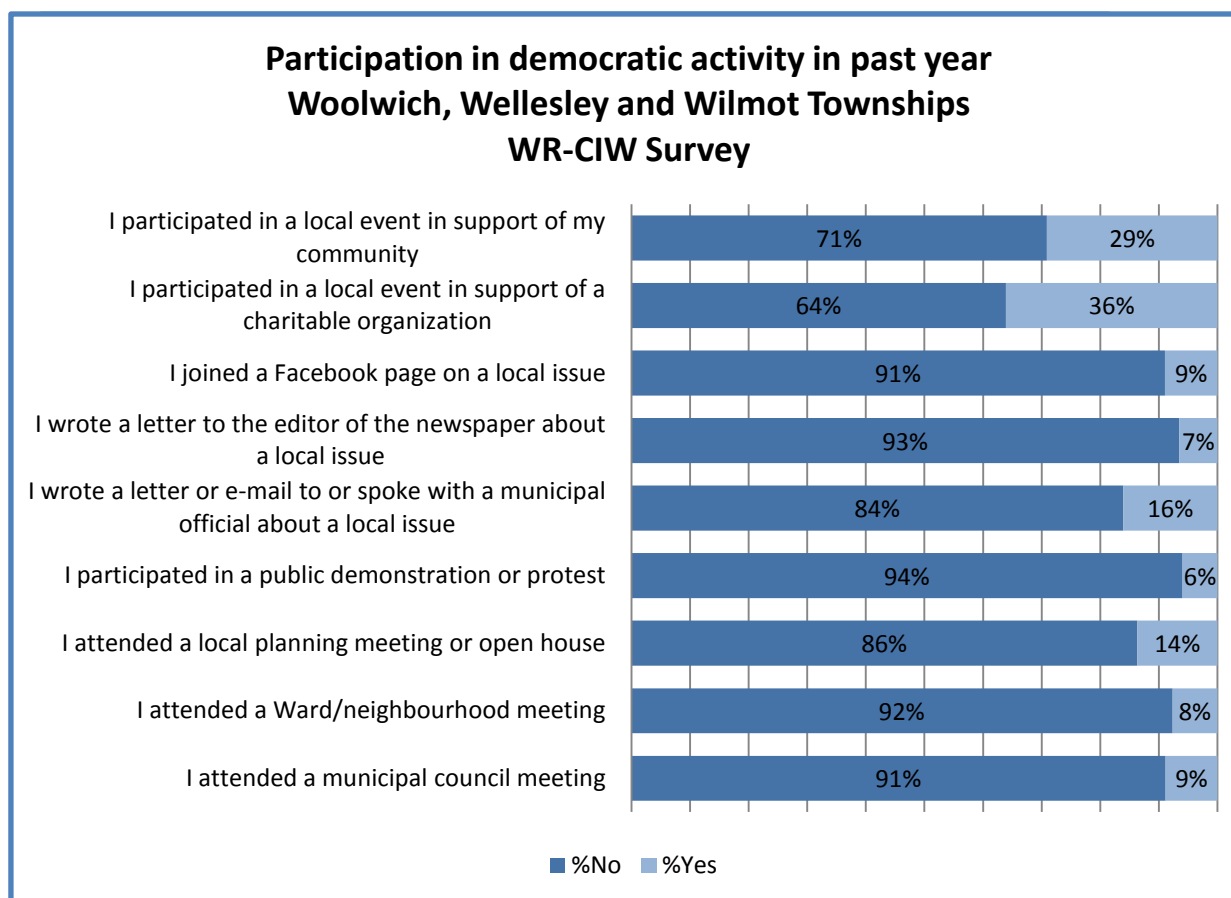
Overall, focus group participants reported being civically involved.

Focus group participants had a variety of comments about civic participation as outlined in the chart below.

Focus Group Comments and Discussion Highlights
General Population
<ul style="list-style-type: none"> Focus group participants report that they are interested in participating in their community, with high levels of participation and support for local events and groups.

<ul style="list-style-type: none"> • Those in Maryhill were passionate about local issues and discussed the school closure. They feel that people will rally for an issue that is close to them. • Maryhill participants also feel that decision-making at the township level doesn't always represent them and that their perspective is not always heard. • Focus group participants identified many local events, especially those that support the community or are in support of a charitable organization. There are several large community events that were mentioned such as: the Maple Syrup Festival, the Apple Butter and Cheese (ABC) Festival, Wilmot Living Well Festival, among others.
Seniors
<ul style="list-style-type: none"> • Several seniors groups identified being active in local issues as they arise. • The Wellesley Seniors Networking Group report being involved in service clubs, ABC Festival, fair board and churches. There are a lot of members who have longstanding records of service, so recruiting new members' needs to be a focus.
Farmers
<ul style="list-style-type: none"> • Farmers report being involved in local decision-making. Waterloo Region has involved them by holding meetings to get their input, although they feel frustrated when their input isn't implemented and feel that sometimes the decisions are being made by people without an understanding of farming. • Farmers reported a high level of civic involvement by participating in organizations and following political issues. • The Wilmot farmers group reported supporting the LRT to keep people in the city and also support rural bus lines as a way to reduce rural road usage.
Youth
<ul style="list-style-type: none"> • Youth identified that social media increased their awareness of Canadian politics. • Youth appreciated the involvement they have experienced in Wellesley Township Council but want to continue increasing the voice of youth with decision makers locally and regionally. • Youth reported that they participate in local youth councils and planning events. They report that youth need to feel cared about and that their concerns matter so that more youth attend and get involved. • Youth want more representation within the townships to have a stronger voice.
Low Income Families
<ul style="list-style-type: none"> • Some groups reported being politically involved in advocating on local issues. • Single moms in Elmira had written letters when the before/after-school programs were being considered.
Low German Speaking Mennonites
<ul style="list-style-type: none"> • A greater number of LGSMM women are participating in their children's school which is a positive change. • For LGSMM men there are opportunities to participate in their church since the men vote and are elected to positions of responsibility. Their churches, for the most part, are not social and meetings include only those in leadership roles.

The WR-CIW survey identified that the highest levels of participation among respondents in the 3 townships included sports or recreational organizations or religious affiliated group (38%), followed by a union or professional organization (35%). The lowest participation rate was reported to be a political party or group (7%), followed by a public interest group or service club (13%).



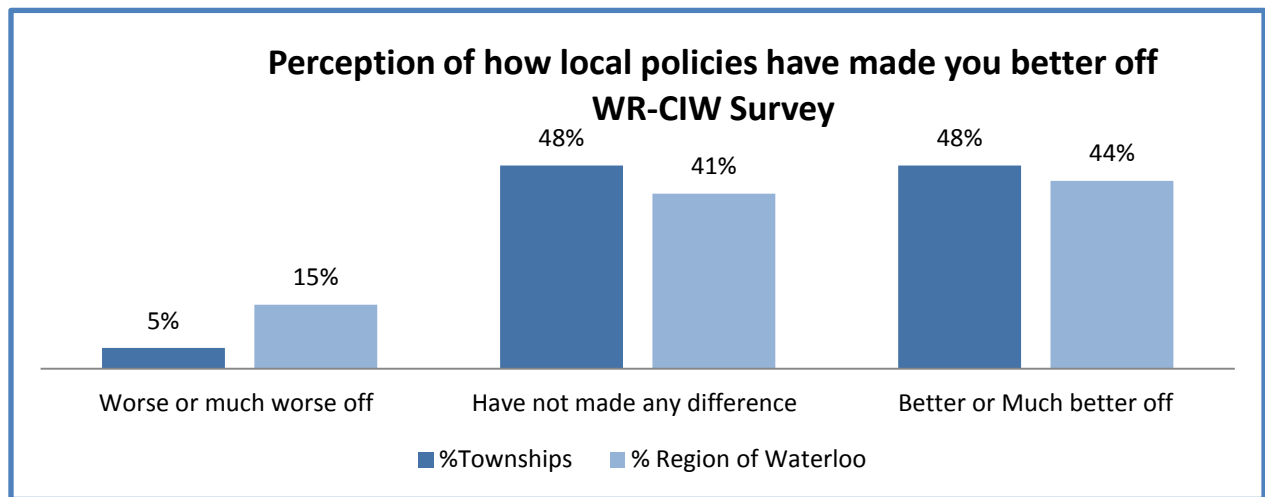
Similarly, the WCHC survey respondents reported high levels of involvement in church-related groups and other groups outside of the townships, such as Canadian Blood Services, Reapers of Hope, Mennonite Central Committee, etc. as well as involvement in local school councils, horticultural groups, barn fire committees, ethnic organizations, etc.

Finally, a number of respondents reported informal volunteering to support neighbours and family by providing care giving. The WCHC-CIW survey respondents' level of involvement did not vary significantly by age.

4.c. Satisfaction with the way democracy works in my community

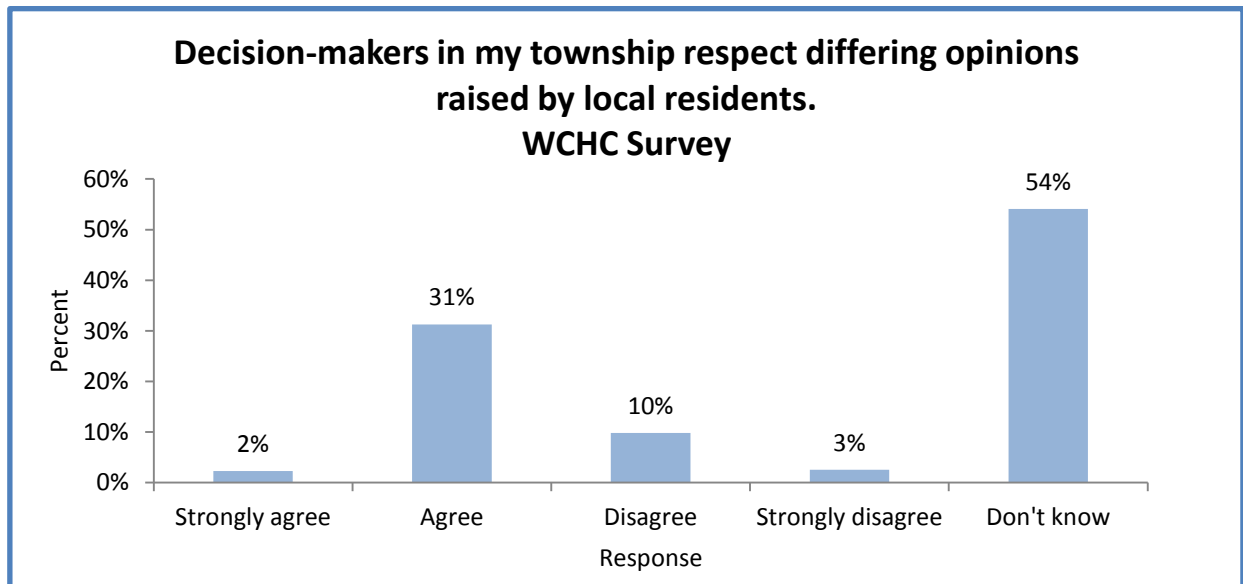
Extent that local policies made you better off ⁴	Woolwich, Wellesley and Wilmot Townships	48%
	Waterloo Region	44%

The WR-CIW found that the townships had a slightly higher rating of the extent to which local policies have made them better off, with 48% compared to 44% among Waterloo Region respondents.



The WCHC-CIW Survey found that overall respondents report that they agree or agree strongly that decision makers in their township respect differing opinions raised by local residents (33.6%). The WCHC-CIW survey also found that 64% of respondents with less education (high school certificate or less) reported “don’t know”, which is higher rate than respondents with higher levels of education. This finding is consistent with focus group comments that some would like more information and education on local issues in order to become more engaged.

⁴ Represents a rating of 5, 6 or 7 on a scale of 1 to 7 with 1 being-much worse off, 4 being-have not made any difference and 7 being-much better off.



Focus groups identified that, for the most part, they felt heard by decision makers. It was clear from our focus groups that some populations would like decision makers to seek more public input about local decisions.

Farmers want a stronger voice and representation on rural interests, and for decision makers to more thoroughly consider the rural implications of their decisions.

There were several examples of decisions in which rural residents would like to have a greater voice, such as the re-design of Snyders Road from Elmira, and the closing of the rural transfer station.

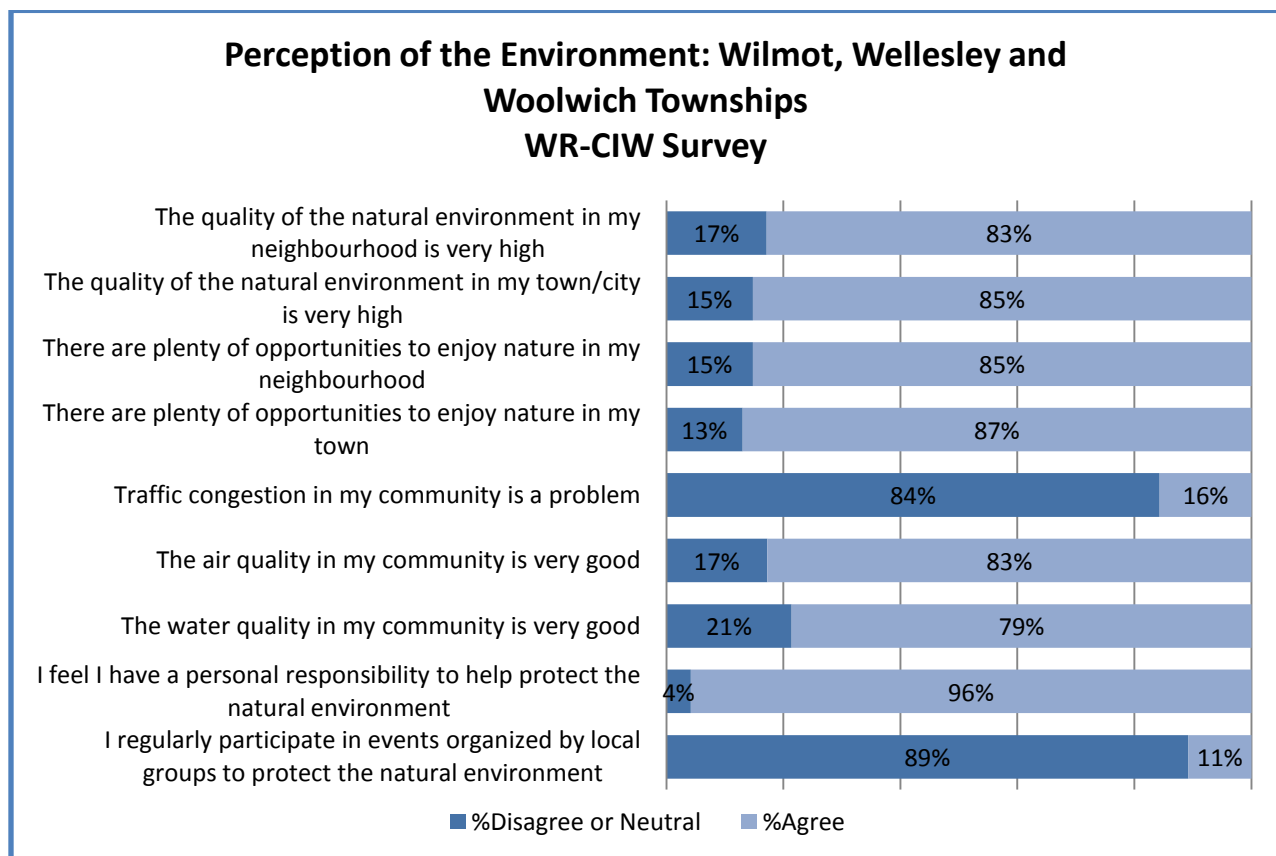
5.0 Environment

5.a. Perception of the quality of the environment

Positive perception of the quality of the natural environment in my town/city ⁵	Woolwich, Wellesley and Wilmot Townships	85%
	Waterloo Region	70%

The WR-CIW survey found that 85% of residents in the 3 rural townships rated the quality of the natural environment in their town/city as very high. The Region of Waterloo rate was 70%.

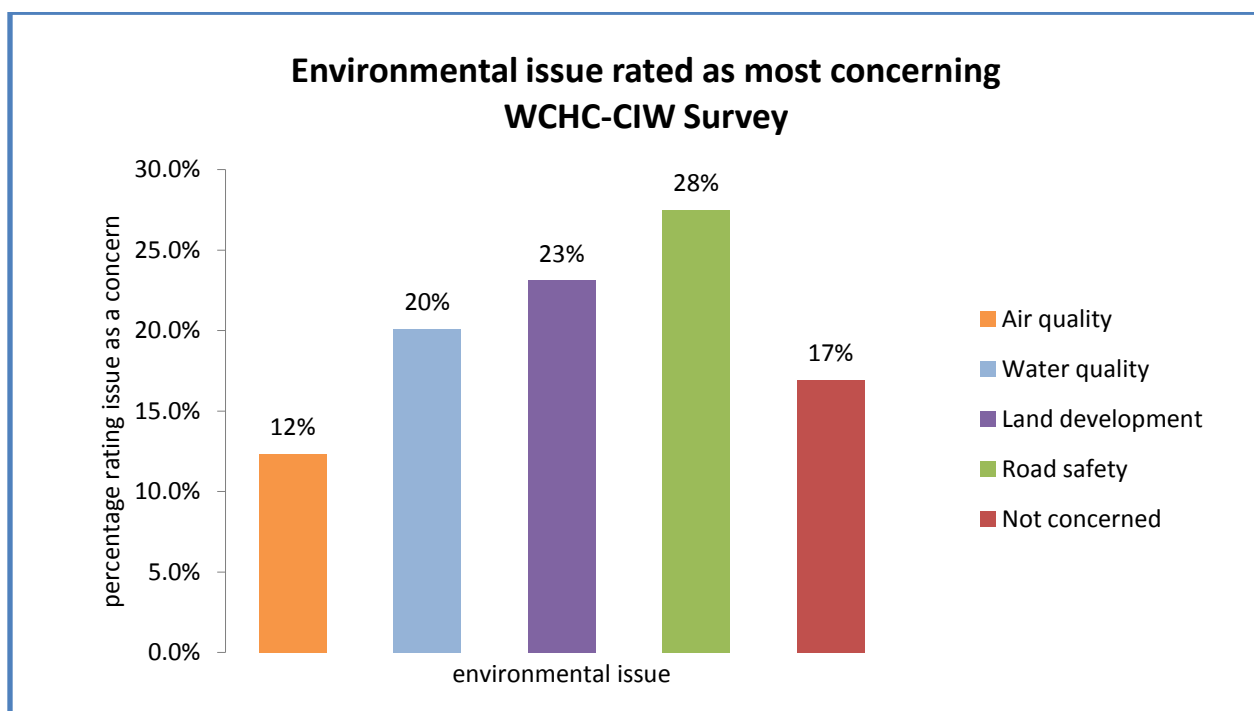
Township residents responded positively to all of the WR-CIW questions related to the quality of the environment, with the exception of traffic congestion. Eighty-four percent of township respondents reported that traffic congestion in their community is not a problem, compared to 59% of the respondents in the Region. Conversely, traffic congestion was a prevalent issue discussed at focus groups across the 3 townships.



⁵ This represents a rating of 5,6 or 7 on a scale of 1 to 7 with 1 being-very strongly disagree and 7 being very strongly agree.

The response to the 2014 WCHC survey reflects concerns about the environment. Respondents rated their environmental concerns in the following order, from greatest to least concern:

- Road safety
- Land development
- Water quality
- Air quality
- Not concerned



Focus group participants and key informants had a variety of comments about environmental concerns which are outlined in the chart below.

Focus Group and Key Informant	
Comments and Discussion Highlights	
General Population	<ul style="list-style-type: none"> • Overall, participants expressed a commitment to preserving and protecting the environment. • In several groups participants discussed protecting farm land from being developed. • Traffic congestion in Elmira has increased with expanded residential development. Truck traffic has also increased with the opening of the Biogas plant in Elmira, bringing with it concerns not just with volume and noise. There also were concerns about air quality.

"The community is growing, but the infrastructure isn't growing with it. As a bedroom community, rush hour in Elmira is backed up." Woolwich Lions

- Members of the Maryhill Catholic Women's focus group spoke of an increase in traffic around their community because of traffic bypassing Highway 7. "They speed and don't drive safely." They are looking forward to the expansion of Highway 7.
- For many low income families living in areas such as Birdland in Elmira, it is too far to walk to the bus, especially in the winter. The schedule makes public transit inaccessible for those working non-standard hours.
- Road safety is an issue in St. Jacobs, as the bus stops on a very busy road in front of the Woolwich Community Health Centre rather than on Parkside Drive near the arena. The dilemma for Grand River Transit is finding a balance between extending the service to reach more customers and ensuring that the ride isn't so long that people are discouraged from taking the bus.

"We would appreciate an express bus in the mornings and afternoons to downtown. It takes too long to get from Elmira to Conestoga Mall on the bus. It would reduce traffic and save time." Woolwich Lions

- The Breslau Walking Group expressed concern that their community is growing at a significant pace, with many young families moving into the community. They feel that a bus route would enhance the quality of life, especially for youth, in their community.
- Wilmot residents would welcome an opportunity to explore the feasibility of offering a transit service to New Hamburg, given the significant expansion in development.

Seniors

- Residents in both Woolwich and Wellesley expressed frustration with the anticipated closure of the waste transfer stations. Concern was expressed by members of the Wellesley Senior's Networking Group that the impact would be particularly felt by seniors. Concern was also expressed that farmers might be discouraged from recycling as a result of the closure given the distance to the Regional landfill sites.

"The dump is being closed. This will lead to more littering and people just dumping anywhere."
Wellesley Senior's Networking Group

Youth

- The Wellesley Youth Advisory Council and the Wellesley Seniors' Networking Group identified the junction of Nafziger Road and Queen's Bush in Wellesley as being particularly challenging. "Cars can't poke their noses out far enough because of the snow banks and parked cars, so there's really low visibility."
- The 4H Youth Group identified road safety around farm equipment as a "big safety concern," especially when people pass inappropriately when in a hurry. A compounding factor is that there are often so many lights on farm equipment that people don't see the turning lights.

"They don't stress safety around farm equipment enough in driver's training. " 4 H Focus Group.

- Wellesley youth expressed concern that there are so many new homes in their community, but no land for parks, skate parks and recreation.
- The public transit route to Elmira stops too early in the evening.

Farmers

- The Wilmot farmers discussed the issue of bike safety, noting that the number of recreational cyclists has increased alongside growing vehicle traffic. They advocated for greater respect for the mixed use of rural roadways with greater awareness and compliance with traffic rules (i.e. cycling in single file and patience when approaching a slow moving vehicle.)

Conservative Mennonites

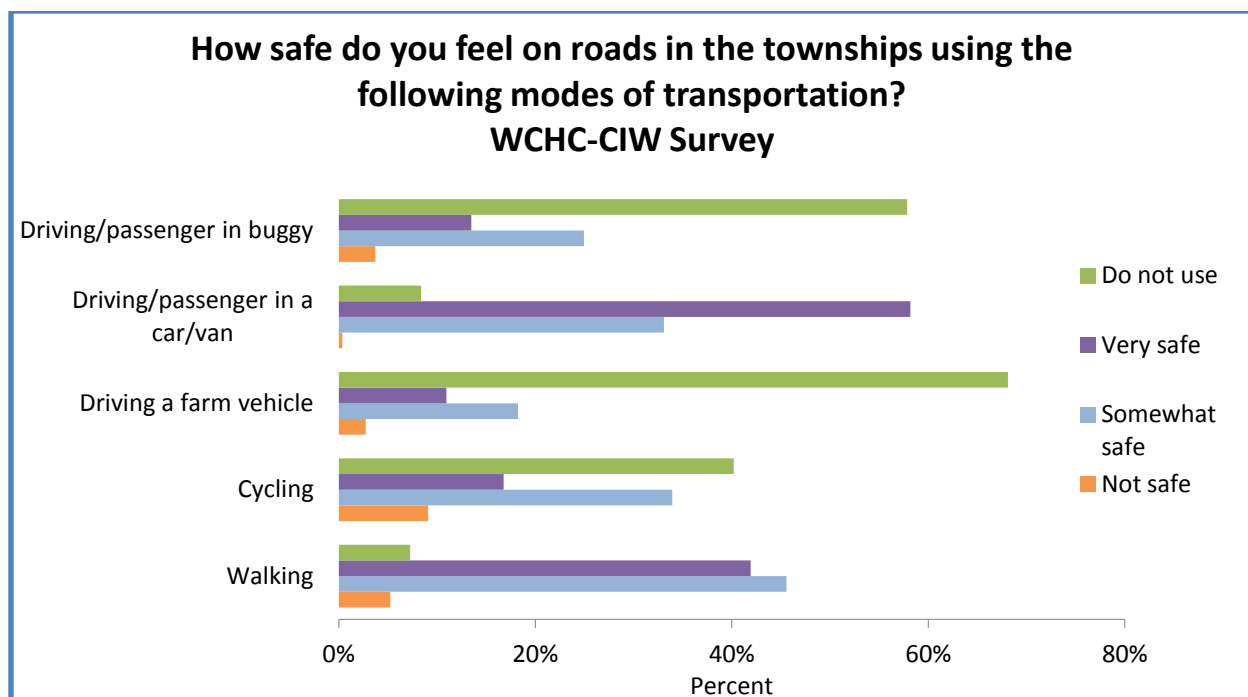
- For those who use horse and buggy, roundabouts can be a blessing when traffic is light but it can be a challenge when traffic is heavy. Consequently those who use horse and buggy are starting to use other routes, because they are finding that there is more traffic now. However, they then face challenges when alternative routes have no shoulder, such as New Jerusalem Road and Three Bridges Road near St. Jacobs.

"When traffic is heavy it is difficult to cut into a roundabout. It's difficult to get the horse going when you can see a break in the traffic." Old Order Focus Group

Key Informants

- Traffic has increased, especially the number of trucks.
- Concern about closing the waste transfer station in Elmira.
- Concerns about Chemtura have diminished somewhat. Chemtura is required to do a review of progress every 5 years. This is felt to be a positive step to monitor the progress of ground water clean up. Concerns about dioxins and other persistent chemicals in the Canagagigue Creek remain.
- Concern about aging septic systems in Breslau and their proximity to private wells.
- Great to have Car Share now in Elmira.

Respondents to the 2014 WCHC survey identified walking and cycling as being the least safe modes of transportation in the Townships.

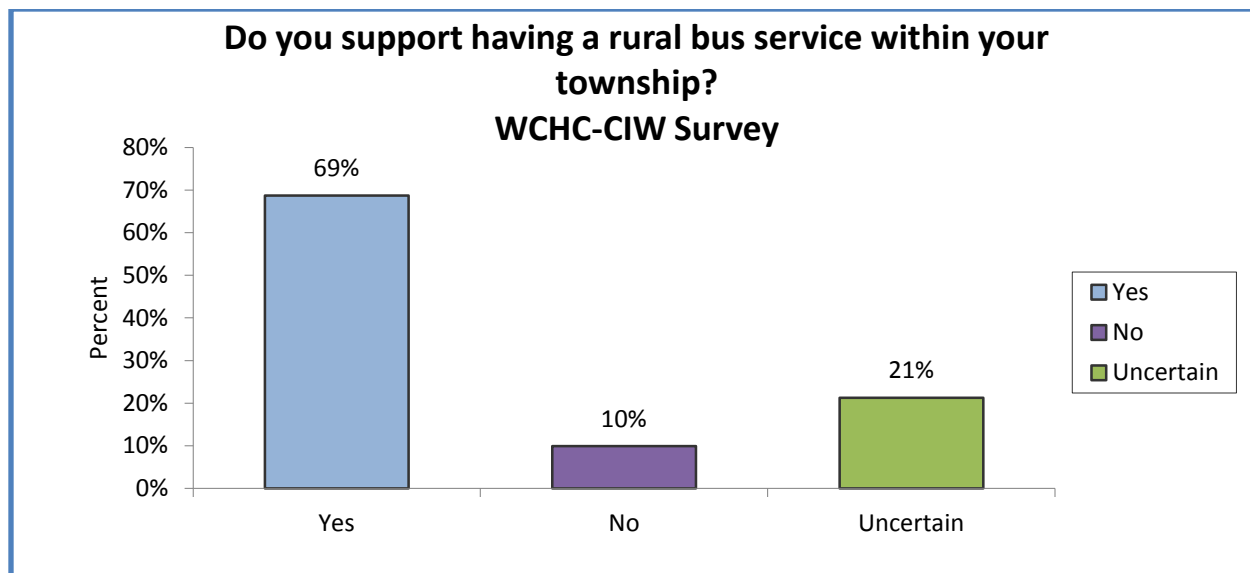


Woolwich residents who participated in the 2013 Waterloo Region Healthy Communities Partnership local food and active transportation focus groups felt that more residents would cycle if they felt safer on the roads. One of the recommendations for community action that emerged from the Partnership initiative was “to advocate for policy that ensures the regular addition of segregated cycle/walking paths that link residents to food retail, schools and workplaces in Woolwich” (Local Food Access and Active Transportation: Policy Opportunities for the Woolwich Community, 2014, p. 26). According to the National Household Survey (2011), Woolwich has the highest number (2.6%) of residents using bicycles as a mode of transportation, more than double the rate of the Region of Waterloo (1.1%). Wellesley has the highest percent of residents who walk, at 6.8% compared to the Regional average of 4.4%.

5.b. Access to Public Transportation

The majority of respondents to the 2014 WCHC survey supported having a rural bus service within their township.

69% of WCHC- CIW respondents support rural bus service.



Access to affordable transportation was identified as a key issue by both focus groups and key informants. While there was strong appreciation for the new GRT bus route to St. Jacobs and Elmira, there were concerns expressed about the route the bus takes.

Among focus group participants and key informants, there was strong endorsement and appreciation for the accessibility and quality of transportation services offered by Kiwanis Transit, Community Care Concepts and Care Ring. Several key informants commented about the extent to which staff in these organizations go out of their way to be flexible in order to meet the needs of clients.

5.c. Conservation/Sustainable Activities

WR-CIW respondents from the 3 townships report higher levels of conservation compared with those from Waterloo Region.

The highest rated activity was recycling, with 82% of township respondents reporting that they always recycle compared with 77% in Waterloo Region.

The only area where conservation was rated lower within the townships, compared with Waterloo Region was walking, biking or taking public transit.

Only 9% of WR-CIW respondents from the 3 townships report participating in biking, walking, or using public transit all of the time. This is 5% less than Waterloo Region.

Both Woolwich and Wilmot Townships have active Healthy Communities initiatives. Woolwich Healthy Communities is one of the longest standing Healthy Communities initiatives in the

country, with a history of 24 years of environmental activism. Wilmot Healthy Communities hosts a Healthy Living Fair and focuses on intergenerational and intersectoral cooperation.

Assured Protection for Tomorrow (APT) has played and continues to play a key advocacy role in protecting the water and air quality in Elmira. The Township of Woolwich has an active Environmental Enhancement Committee. Service clubs and schools in the Townships also make significant contributions to enhancing the environment in our townships.

Additional community-specific areas of environmental concern are summarized in Appendix 4.

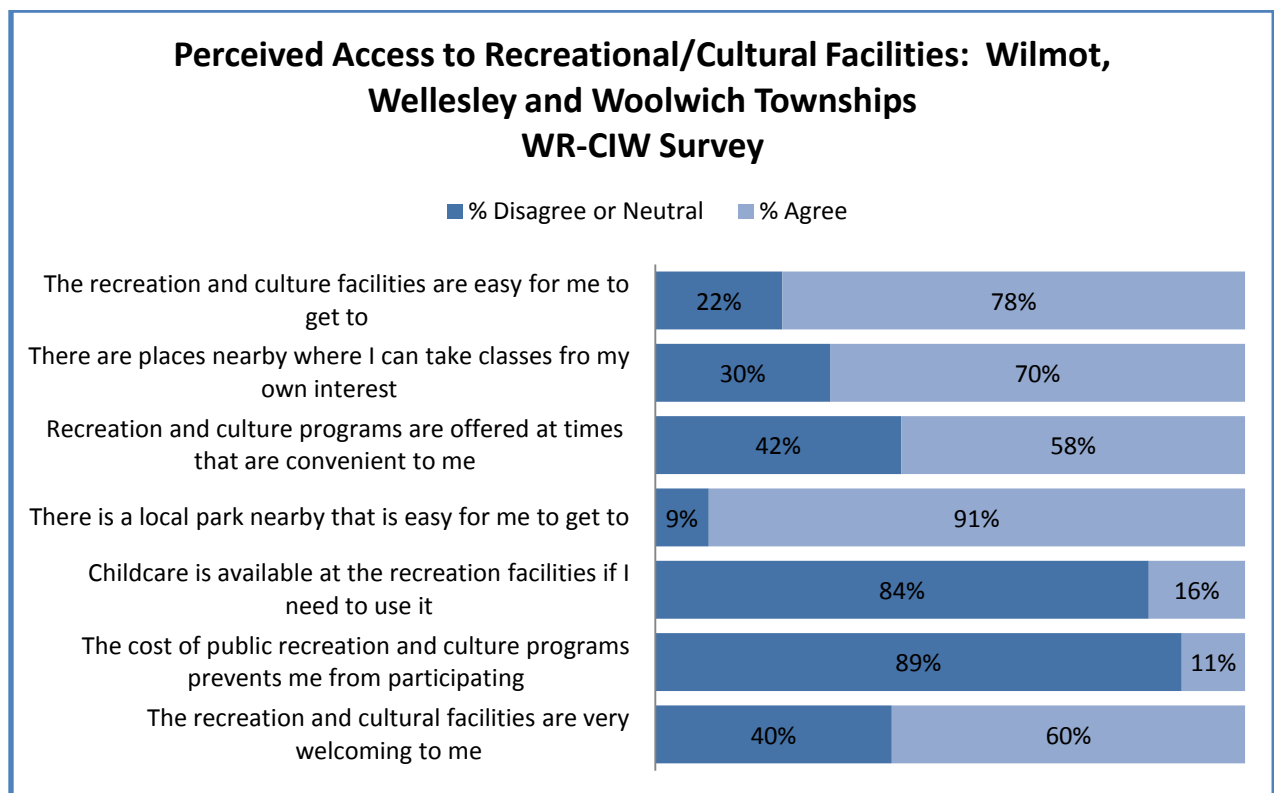
6.0 Leisure and Culture

6.a. Participation in Leisure and Recreation

Use of local park; regularly, quite often or all of the time	Woolwich, Wellesley and Wilmot Townships	30%
	Waterloo Region	45%

Those living in the 3 townships reported using local parks less often than those in Waterloo Region. Conversely, the reported use of multi-purpose recreational centres among WR-CIW respondents was higher among those living in the 3 townships, compared to those living in Waterloo Region. There are 2 large recreation centres, the Woolwich Memorial Centre and the Wilmot Recreation Complex, as well as several smaller facilities in Wellesley Township. The use of public libraries was slightly lower than Waterloo Region. Most other facilities were similar such as: sports fields, other outdoor sports and swimming pools.

The perceived access to recreational and cultural facilities was rated higher in all categories by respondents living in the 3 townships compared to Waterloo Region. The two lowest rated aspects of access were cost and childcare.



Focus group participants and key informants had a variety of comments about leisure and recreational opportunities as outlined in the chart below.

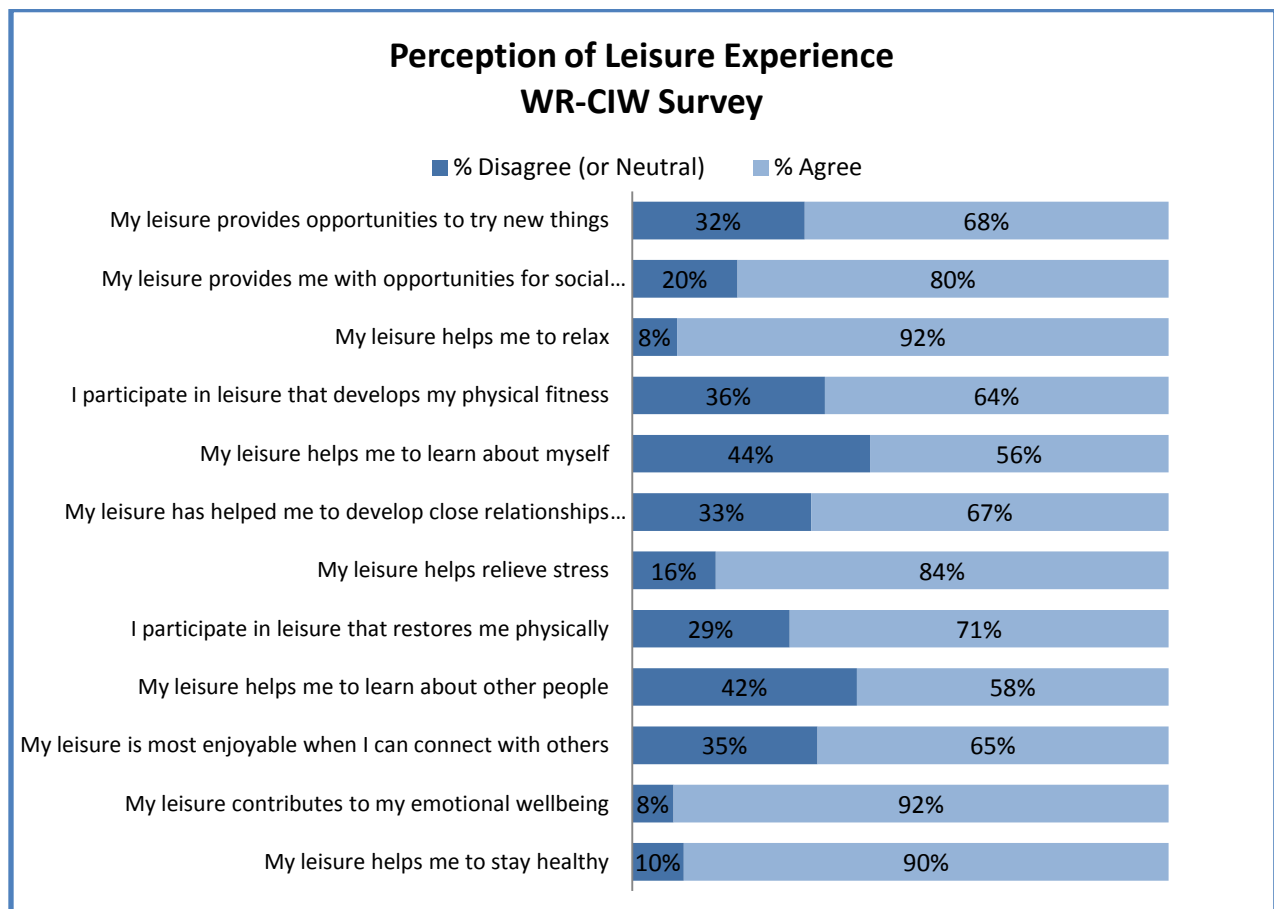
Focus Group and Key Informant Comments and Discussion Highlights	
General Population	
<ul style="list-style-type: none"> • Participants value local recreational centres as a place to meet, use recreational facilities and participate in the programs offered. • Structured recreational programs are not accessible to all populations due to time, transportation and associated costs. • Many valued the quality of less structured activities and family time together. • Cost is not as much of a barrier since there are subsidies available for registration fees. • Many reported using recreational facilities and commented on the high quality of programming available. • Perception that there aren't as many recreational opportunities available in small towns, but there is plenty in the smaller communities such as New Hamburg and Baden. • One barrier in attending adult programs was affordable childcare for young parents. Some mothers would participate more if childcare was available. 	
Youth	
<ul style="list-style-type: none"> • Youth discussed the lack of youth-focused activities within the townships and the challenges with transportation to participate in structured programs outside of their villages. • The Wellesley Youth Advisory Council did note that they are planning recreational programs for youth and working with the township on building a new skate park. 	
Farmers	
<ul style="list-style-type: none"> • Farmers noted that due to their work schedules, recreation is not always a structured activity. However, they also noted that this is part of their lifestyle and many of them have grown up this way, so they don't expect to be as involved with organized activities. 	
Young Families	
<ul style="list-style-type: none"> • Low income families identified many low cost options for families to participate in leisure activities such as attending local sports events. • Young families felt that electronics and television are used too often to occupy children. 	
Conservative Mennonites	
<ul style="list-style-type: none"> • Value spending time with family and have regular social time. 	
Low German Speaking Mennonites	
<ul style="list-style-type: none"> • The LGSMM men identified that in Canada they enjoy more leisure time compared with their lives in Mexico since they don't work on Saturdays and have more time for family outings. 	
Key Informants	
<ul style="list-style-type: none"> • Community residents enjoy many community programs such as drop-in programs, exercise classes, senior congregate dining, etc. 	

6.b. Satisfaction with Leisure Experience

Overall satisfaction with leisure time ⁶	Woolwich, Wellesley and Wilmot Townships	68%
	Waterloo Region	57%

The WR-CIW respondents in the 3 townships had a more positive perception of their leisure experiences compared to respondents from Waterloo Region with the exception of one area: 84% of respondents from the 3 townships agreed that *“my leisure helps to relieve stress”*, compared with 87% of respondents from Waterloo Region.

Among WR-CIW respondents, 90% of respondents from the 3 townships reported that leisure helps them stay healthy. This is 6% higher than Waterloo Region respondents.



⁶ This represents a rating of 5, 6 or 7 on a scale of 1 to 7 with 1 being-very strongly disagree and 7 being-very strongly agree.

7.0 Education

7.a. Education to improve skills or to get a job

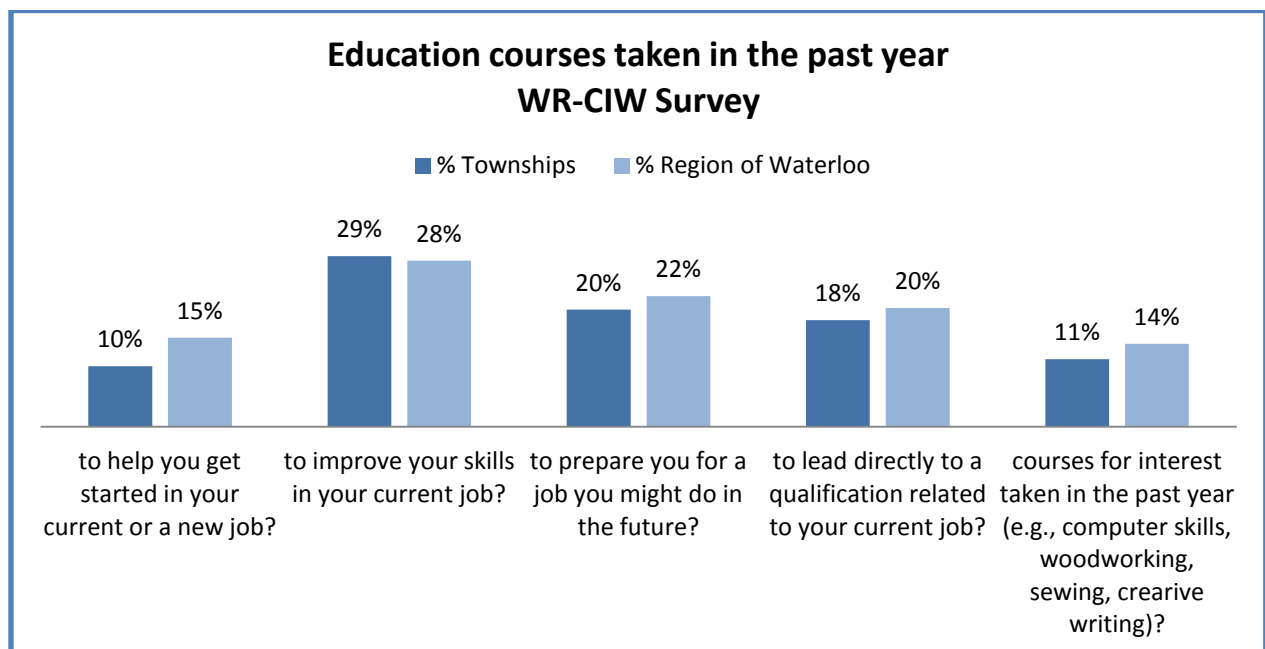
Courses taken in past year to lead directly to a qualification related to your current job	Woolwich, Wellesley and Wilmot Townships	18%
	Waterloo Region	20%

Woolwich and Wellesley Townships have lower rates of high school attainment compared with Waterloo Region. The National Household Survey 2011 reports the rate of having a high school diploma as 26% within Waterloo Region, compared with 21% in Wellesley Township, and 22% in Woolwich Township.

The rate of having no certificate, diploma or degree was 12% within Waterloo Region, compared with a rate of 9% in Wilmot, 35% in Wellesley and 18% in Woolwich Townships.

These rates suggest that in Woolwich and Wellesley Township, there are much lower rates of education, which may primarily be due to the Conservative Mennonite populations who generally finish school after grade 8.

Overall, fewer respondents in the townships reported taking an educational course in the past year. The highest area of interest among survey respondents in the townships was to take a course to improve skills in a current job. While education levels are lower than Waterloo Region, employment rates do not seem to be directly affected.



Focus group participants and key informants had a variety of comments about education to get a job or skill, as outlined in the chart below.

Focus Group and Key Informant Comments and Discussion Highlights
General Population
<ul style="list-style-type: none"> • Older focus group participants were concerned for young people with the high cost of education and the competition for jobs. • Perception that education standards for jobs have increased in many fields. • Perhaps young people have high expectations for their education and future career, and overlook skilled trades or other opportunities that require less education. The skilled trades were identified as a potential area of opportunity in this area.
<i>"A university degree is worth what a high school diploma used to be." Woolwich Lions</i>
Youth
<ul style="list-style-type: none"> • There were mixed responses about their concern for the future; the male respondents were generally less worried than the female respondents. • Most youth could identify a future career goal or area of study. However, some youth commented that you need to plan your high school courses well in advance to be sure that you meet the requirements for post-secondary programs. • Youth valued co-op opportunities in high school. • The majority of rural youth in the 4H group identified career paths related to agriculture. • Youth who wanted to farm reported that you can only farm if you are born into it, due to the high cost of land. • Those who wanted to pursue a university education reported that farm youth have more difficulty accessing the Ontario Student Assistance Program (OSAP), which is a barrier for them.
Low Income Families
<p><i>"Transportation is a barrier because public transportation is not available in the rural communities and when education is available in the larger cities only, one cannot access the education." Wilmot Low Income Focus Group.</i></p> <ul style="list-style-type: none"> • Childcare was discussed by some focus group participants who had children in that age range. Among low income families, not having childcare was a barrier to finding employment and maintaining employment. • There is a lack of licensed and subsidized childcare available in the townships. In Elmira, respondents reported that there are very few in-home licensed providers who they could use for childcare and receive a childcare subsidy.
Low German Speaking Mennonites
<ul style="list-style-type: none"> • It is challenging to function in society with low literacy and limited English skills. They expressed frustration in doing simple activities such as buying groceries, accessing health

care and negotiating housing. Employment did not seem to be a concern among this group and they attribute this to their informal network and technical skills.

"If you are not well, it is difficult to get a job since many jobs require physical work. If you can't do the heavy work there are few jobs."

- Among the LGSMM, they identified the value of early learning opportunities at community programs. The childcare not only provides a program for children, they also noted that it gives them a break from childcare responsibilities.

Key Informants

- **There are low levels of literacy within the LGSMM population.**
- Elmira District Secondary School has done a wonderful job of keeping kids in school. They have also been adaptable reaching out to the Old Order Mennonites and Low German Speaking Mennonites. The Elmira Life and Work (ELAW) program was mentioned as an example.
- Mennonite youth often do not remain in school beyond grade 8 since higher education is not encouraged and the choice is often left up to the youth. Although most Mennonite youth are content to work rather than continue in school, we are beginning to see more students go on to Co-op programs and apprenticeship programs.

"The degree to which they[Elmira District Secondary School] have been adaptable, reaching out to the Old Order and Low German Speaking Mennonites, has been profound." Don Harloff, WCS

For LGSMM, there is a low rate of high school attainment and generally low levels of literacy among adults. However, for this population group, employment is not as much of an issue. The LGSMM usually work in skilled labour jobs and have an informal network that links them to jobs. Since they have low levels of education and literacy, they often work for lower rates of pay and will work long hours. Many within this population do struggle to function in society and commented that simple tasks like banking, grocery shopping and going to the doctor are difficult for them. Some LGSMM do attend literacy classes and there is a community collaborative of agencies that work together to improve literacy.

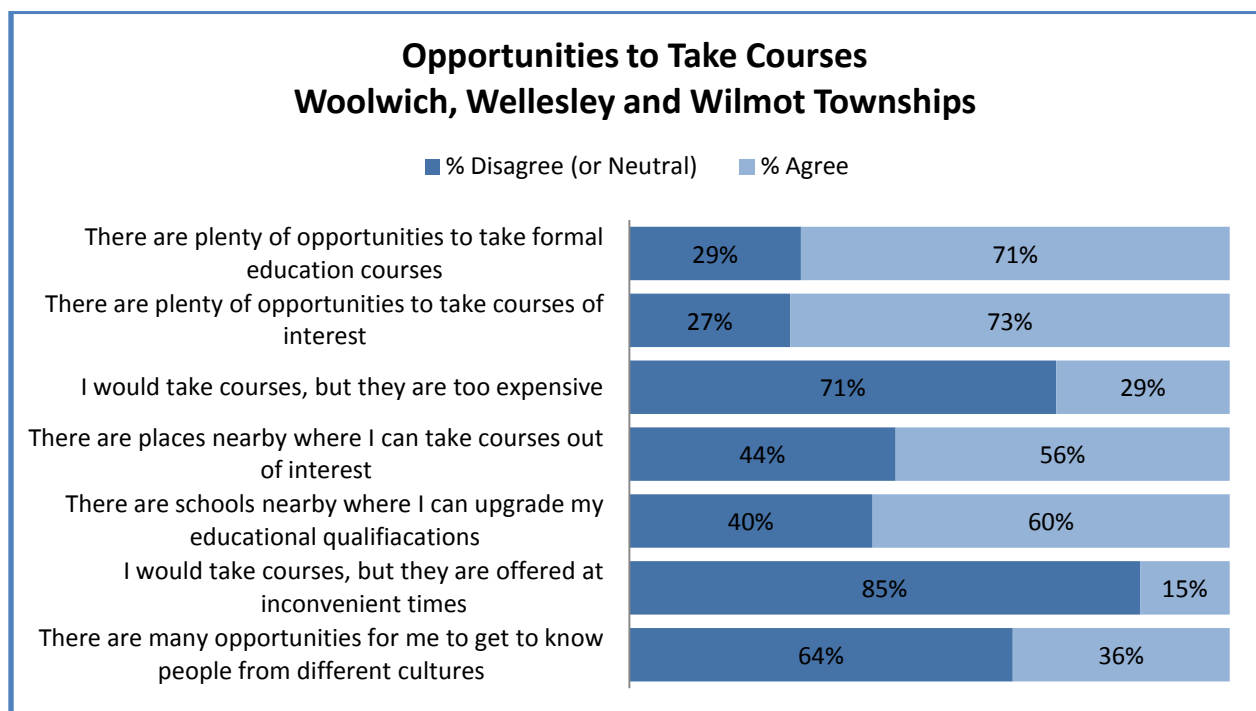
Overall, among WR-CIW respondents, 75% of those living in Woolwich, Wellesley and Wilmot Townships were satisfied with their work situation compared with 59% in Waterloo Region. There is a lower rate of unemployment with rates of 3.1% in Woolwich, 2.3% in Wellesley and 4.1% in Wilmot Township, compared with 7.0% in Waterloo Region. In addition, a higher percentage of workers are self-employed compared to Waterloo Region. The highest rate of self-employment was in Wellesley Township, with 24% of the workforce being self-employed. With the low rate of unemployment in the 3 townships and higher rate of self-employment there may be less of a demand for courses for retraining and increasing formal qualifications.

7.b. Opportunities to take courses

There are plenty of opportunities to take formal education courses	Woolwich, Wellesley and Wilmot Townships	71%
	Waterloo Region	77%

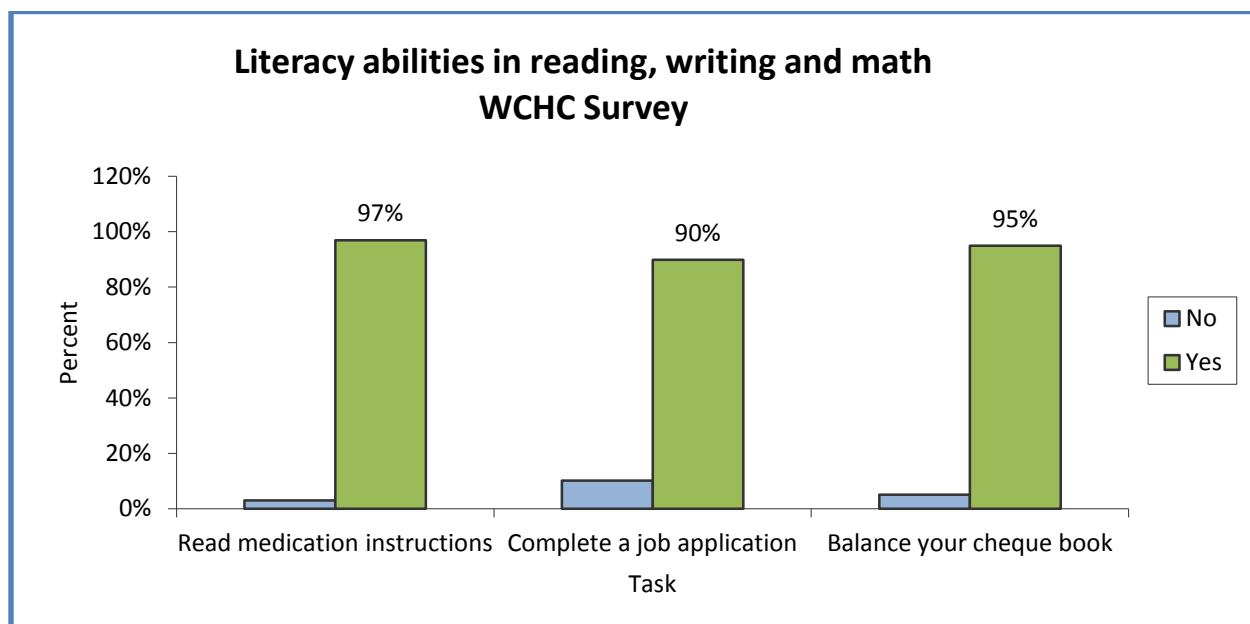
WR-CIW respondents in Woolwich, Wellesley and Wilmot Townships report fewer opportunities to take courses compared to respondents in Waterloo Region: 71% of respondents within the 3 townships report having plenty of opportunities to take formal education courses, compared with 77% of respondents in Waterloo Region. Many formal courses are offered in the cities of Waterloo Region which may present as a barrier for rural residents.

The LGSMM have opportunities to learn English at several programs in the townships. The key informants commented that we are fortunate to have so many good educational opportunities in our area.



Respondents to the WCHC survey reported high levels of literacy for everyday life. The lowest rating was in completing a job application, with 90% of respondents reporting that they could do this task. Respondents may have perceived their literacy abilities to be better than they are, and those who have lower levels of literacy may have not completed the survey. Focus group

participants for most groups reported having sufficient literacy skills to function in society, except for some LGSMM participants.



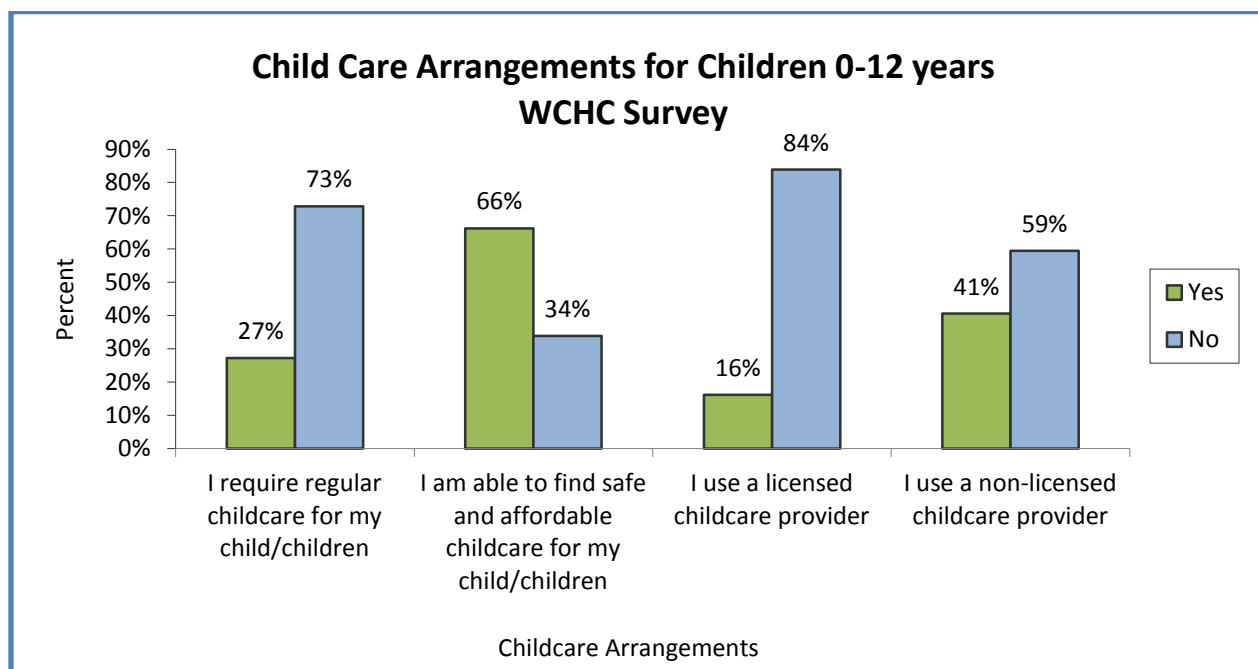
7.c. Child Care and Early Learning Opportunities

The rural townships have a higher proportion of young children compared to the region and province. The populations of young children vary by township. The most populous children's age group in Wellesley Township is the 5-9 year-old group, followed by the birth to 4 year-olds, and then the 10-14 year-olds. These three children's age groups each account for almost 9% of the population and are almost 10% higher than the national and provincial average. Within Wilmot Township there was significant growth in the 0-14 year old age group, at almost 3% greater than the national and provincial averages. Lastly, the most populous children's age group in Woolwich Township was the 0-4 year old age group. The 0-4 age group accounts for 7.4% of the population, while the 0-14 year old age group is approximately 4% greater than the national and provincial average.

Early learning opportunities are important for healthy growth and development of children. There are a range of child care and early learning opportunities within the townships.

Approximately 27% of WCHC survey respondents who had children ages 0-12 years reported

needing regular childcare. Among those requiring regular childcare, 66% reported being able to find safe and affordable child care. A small percentage of those requiring regular childcare reported using a licensed child care provider (16%), while 41% use a non-licensed provider. A licensed provider would include a child care centre or day care, a before/after-school program or a registered home-based child care provider with a licensed agency such as the Region of Waterloo. Unlicensed providers are caregivers who look after five or fewer unrelated children under the age of 10 and this is a private arrangement between the family and the caregiver. Only 57% of respondents report using a licensed or unlicensed provider, which may indicate that respondents may not have understood what type of provider they use; it may also mean that some respondents do not have a regular child care provider.



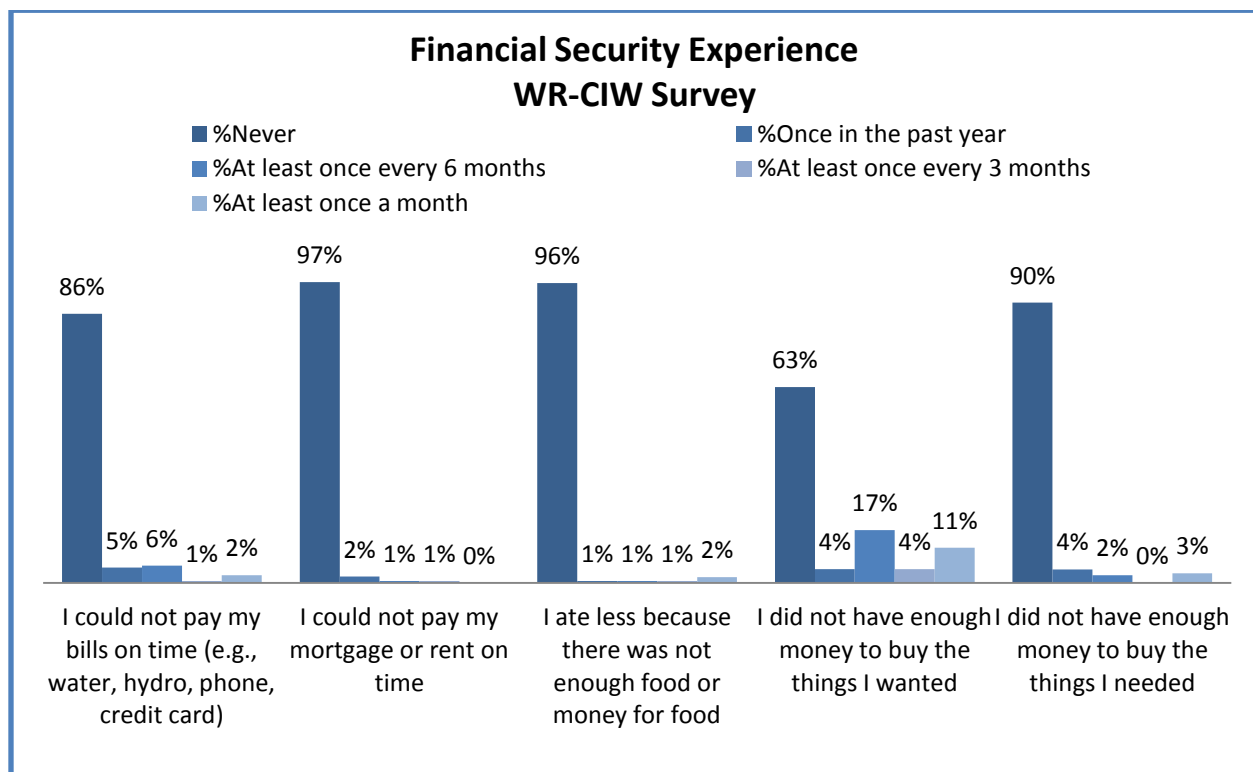
8.0 Living Standards

8.a. Financial Security

Ability to afford the things I need ⁷	Woolwich, Wellesley and Wilmot Townships	90%
	Waterloo Region	80%

Overall, a high percentage of WR-CIW respondents in Woolwich, Wellesley and Wilmot Township report having enough money to afford the things they need (90%). The WR-CIW survey found that there is a small percentage who struggle to afford the things they need (3%).

86% of respondents report being able to pay bills on time in the past year, while 14% report being unable to pay on time at least once in the past year; this latter rate is 4% higher than Waterloo Region.



⁷ This represents the percentage of those who report having enough money to afford the things they need.

The WR-CIW survey identified that 75% of township respondents report satisfaction with their work experience, compared to a rate of 59% within Waterloo Region.

Focus group participants and key informants had a variety of comments about living standards as outlined in the chart below.

Focus Group and Key Informant Comments and Discussion Highlights
General Population
<ul style="list-style-type: none"> • Generally rural residents live quite well. • While the majority of rural residents have high levels of financial security, almost all focus groups discussed some populations that struggle financially. These population groups include young families, single parent families, some seniors and many within the LGSM population. • Some groups identified that there are many here who live well and have a high quality of life. They also identify that the middle class is disappearing and lower income people are unlikely to ask for financial help. They also commented that they believe that many young people are in debt. <p><i>“To live in Maryhill you would need a high level of income to live in the village since you would have to own your home and have a car...in addition, if you are building a new house you would have to dig a well and septic system due to lack of services.” Maryhill Catholic Women</i></p>
Youth
<ul style="list-style-type: none"> • High level of satisfaction with their living standards. • Many want to work part time jobs when they are 16. They report that there are jobs in the larger towns of New Hamburg and Elmira but that it is more challenging in the smaller villages. • They have enough to enjoy life but find that their main financial pressure is transportation. • Some identified being worried about their future.
Young Families
<ul style="list-style-type: none"> • We are better off than some. • It is challenging to afford activities and the extras. • Housing is expensive and apartments are limited and expensive. <p><i>“It is a trade off for some mothers who stay home. You cannot afford the extras but you have more family time and more balance.” Kids and I Resource Centre</i></p>

Low Income Families
<ul style="list-style-type: none"> • It is a struggle to make ends meet. Living costs are high and there is little left over at the end of the month. • Unexpected expenses are hard to absorb. Most are not able to afford any extras and any medical or dental needs that are not covered often get left. • The Healthy Smiles Ontario program provides necessary dental care for children although adults cannot get the same services. • Recreational programs can be expensive and you need to be creative to find inexpensive options. Subsidies for organized sports and sometimes for school programs are necessary. • Overall they commented on their need to be resourceful and to learn from each other.
Farmers
<ul style="list-style-type: none"> • They have enough to be comfortable but also mentioned that their lifestyle is different from non-farmers and that perhaps they expect less. • Mennonite farmers do have a process to provide support from within their own community if someone is struggling. They also commented that they are surprised that they don't hear about more families struggling and perhaps the availability of credit helps some get through a difficult time. • Financial pressures cause stress within the family and this is concerning.
Low German Speaking Mennonites
<ul style="list-style-type: none"> • They don't have any complaints related to living here but they agreed that it is hard here because everything is more expensive. • There are many shops that employ LGSMM workers and these workers help to make connections for newcomers. • They discussed the challenges with routine tasks such as doing their banking and buying groceries due to their lack of literacy and English skills. • Some noted that with limited English and literacy skills, it is difficult for many to do financial planning so that they can easily find themselves in debt. Here credit is much easier to get. Overall education on financial management is helpful. • Those who are new to Canada and do not yet have permanent residency or Canadian citizenship cannot access the Child Tax Benefit and these families struggle to make ends meet. • Although most can find work as welders or woodworkers, they earn low wages and support large families. Some women find work in the summer picking vegetables, sewing or babysitting to augment the family income. • This population is good at making a home out of very little. They are resourceful and look for free old items or buy items cheaply at yard sales and second hand shops.

Key Informants

- **The Low German Speaking Mennonites often have low incomes and support large families.**
- Woolwich Community Services commented that the group they see struggling the most is young adults (15-30 years) who are difficult to employ and/or who are sole parent households. They commented that it often takes 2 incomes to run a household and if you only have one income, you are not making it. Support service agencies can help somewhat but are not able to address the core issue.
- The Rural Family Outreach Workers discussed the challenges faced by some who are unemployed. They noted that those over 40 years of age have a struggle if they are unemployed and are trying to find a job, sometimes it takes up to a year to find a job. There are some re-training programs that the outreach workers have recommended to help people get more skills to get a job.
- The Rural Family Outreach Workers also commented that there are growing debt levels with people struggling to pay rent, and bills. They were also concerned with rising utility costs. They also identified that housing is expensive and those who cannot afford rent in the rural areas have to move into the city to access subsidized housing.
- Maintaining health is also a struggle since many part-time jobs do not provide benefits.

Among the WCHC survey respondents, 61% indicated that they didn't have extended health benefits. The population that reported the highest rate of having no extended health benefits was farm families, 89% of whom do not have benefits. The next largest population group that reported having no extended health benefits was those 65 years and older (72%), while 55% of those younger than 65 years did not have benefits.

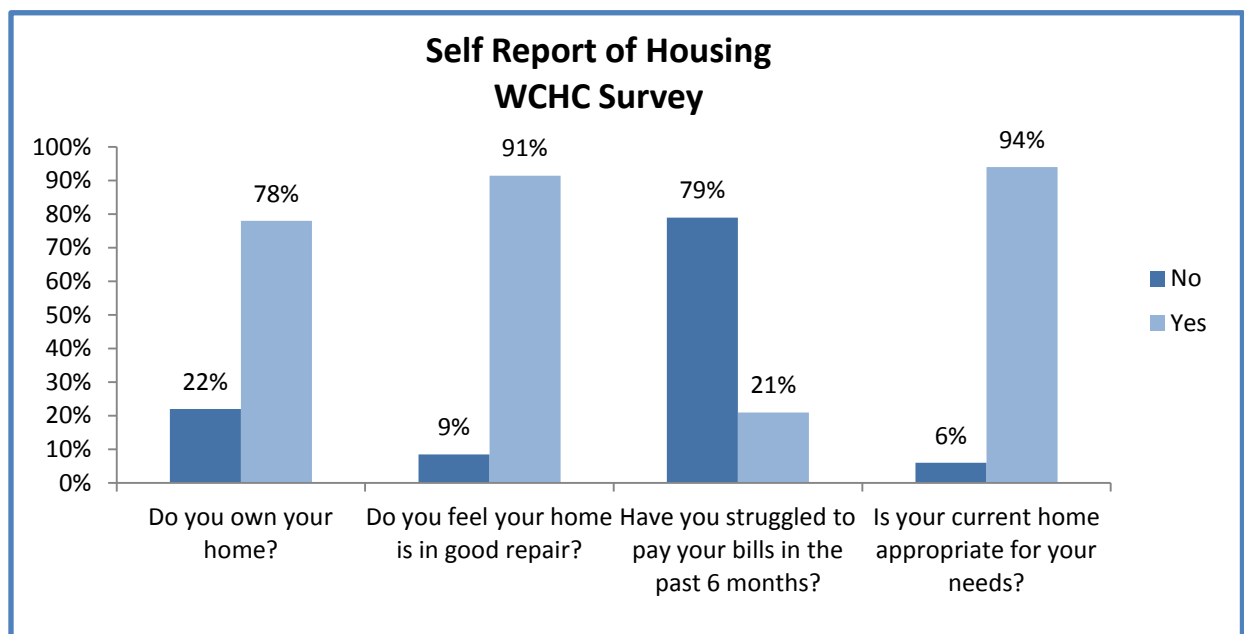
While there are dental programs such as Healthy Smiles Ontario, the income cut-off is very low and many don't qualify. There are emergency dental services with Public Health but there is no publicly funded ongoing dental care for adults.

The WR-CIW survey identifies that within the 3 townships there are approximately 7% of the population who seldom or never have enough family income to allow them adequate opportunities to engage in activities as a family due to cost.

8.d. Housing

Overall, the WCHC survey respondents report having appropriate housing (94%) that is in good repair (91%). A majority do not report struggling to pay their bills; however, 21% report that they have struggled in the past 6 months. The 3 townships have a greater proportion of their housing as single detached homes compared with Waterloo Region. Approximately 57% of houses in Waterloo Region are single detached homes compared to rates in Wilmot Township of 79%, Wellesley at 85%, and Woolwich at 76%. The next most common housing category in the townships is semi-detached homes. There are very few apartments or row housing.

(Community Social Profile, 2013)



In May 2011, the total number of private dwellings in Waterloo Region was 202,121, which is an 8% increase over the 2006 census. Almost 90% of the total private dwellings are located in the three cities, with over 44% located in the city of Kitchener. Proportionally, the greatest rate of housing development has taken place in the Townships of Wellesley, Wilmot and Woolwich.

Figure 1: Total Private Dwellings and Distribution

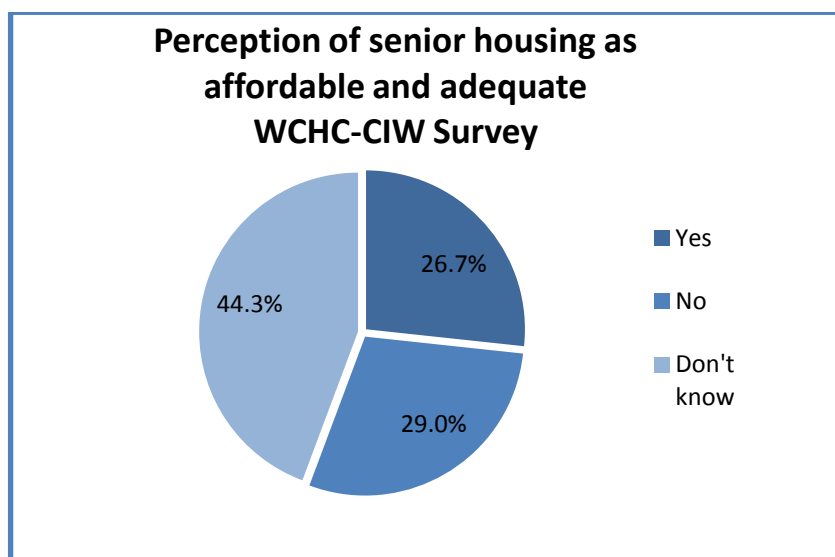
Geography	Total Private Dwellings		Absolute Growth	% of Growth	Distribution of dwellings
	2006	2011			
Waterloo Region	187,088	202,121	15,033	8.0%	
Cambridge	44,589	47,818	3,229	7.2%	23.7%
Kitchener	82,723	89,603	6,880	8.3%	44.3%
Waterloo	40,659	42,984	2,325	5.7%	21.3%
North Dumfries	3,103	3,288	185	6.0%	1.6%
Wellesley	2,913	3,224	311	10.7%	1.6%
Wilmot	6,296	7,158	862	13.7%	3.5%
Woolwich	6,805	8,046	1,241	18.2%	4.0%

Sources: Statistics Canada, 2006 and 2011 Census

(Community Social Profile, 2013)

The WCHC-CIW survey reported that 22% of respondents do not own their own home. Among those who do not own their own home, 57% are those who are single, separated, divorced or widowed. They are predominantly low income, with 80% of those earning less than \$29,999 per year. Among this group, 87% report that their housing is appropriate to their needs and 79% report that their home is in good repair.

Among WCHC survey respondents it seems that rental housing is appropriate housing for the majority who rent. This group is most often low income and within this group 41% report being retired. It is difficult to estimate how many low income families have moved out of the community due to the lack of affordable rental housing.



Senior housing was a predominant theme throughout many focus groups and key informant interviews. With the projected future growth of the townships and proportional increase in the number of seniors living within the townships, there was concern that the community does not have adequate and affordable senior housing; 29% of WCHC-CIW survey respondents believe that the rural townships do not have adequate and affordable housing for seniors.

Focus group participants and key informants had a variety of comments about housing as outlined in the chart below.

Focus Group and Key Informant Comments and Discussion Highlights	
General Population	
<ul style="list-style-type: none"> The price of housing has gotten out of hand and we are worried that some seniors won't have enough in their pensions to carry them through their senior years. One participant commented "a paid for house doesn't always buy a condo or bungalow." <p><i>"How do people save enough for a down payment even on just a townhouse? I imagine a lot of households are spending up to 50% on housing costs." Woolwich Lions</i></p>	
Seniors	
<ul style="list-style-type: none"> Senior housing was a significant concern, considering the concerns expressed by focus groups participants and key informants about the rate of growth of the population of seniors within the 3 townships. Lack of affordable and appropriate senior housing within the rural townships. The consequence of limited senior housing is that people will continue to live where they are or move into housing that is not desirable. Concern about the future as they age. Many want to stay in the community where they have long-standing connections with family, friends and church communities. A few did comment that there are not adequate recreational opportunities in Elmira and they plan to move into the city where there is greater accessibility. It was noted that development of new senior housing is very expensive and it is difficult to build new construction which is both appropriate and affordable. 	
Low Income	
<ul style="list-style-type: none"> Few apartments in Elmira and the rent is high. However, this group is reluctant to move into the city to find subsidized housing. 	

Low German Speaking Mennonites

- Report that they are satisfied with their housing and have good landlords.
- Among LGSMM focus group participants, approximately one third reported that they owned their own homes.

Key Informants

- Key informants stated that seniors are under a lot of stress in planning their future.

“We made our announcement that there were subsidized housing units and had a flood of seniors wanting to get into an apartment”. Don Harloff, WCS

- Some LGSMM families live in housing that is not safe but prefer to live in the rural areas where there are few housing options.
- Many LGSMM are desperate to get housing and won’t complain.
- MennoHomes have made a positive change for some with new homes built in the rural areas.

“MennoHomes is building 24 rental units in Elmira and we could fill that tomorrow.” Don Harloff, WCS

- People have to leave the community because of a lack of subsidized housing, especially for larger families.

9.0 Time Use

9.a. Perception of Time Adequacy

Satisfaction with the balance of activities in my life ⁸	Woolwich, Wellesley and Wilmot Townships	63%
	Waterloo Region	54%

Across the 3 townships we heard about the lack of time adequacy within a few population groups, the most significant being the farming community, families with children and adult caregivers. Focus group participants and key informants had a variety of comments about time use that are summarized in the table below.

Focus Group and Key Informant Comments and Discussion Highlights	
Farmers	
<ul style="list-style-type: none"> Acknowledgement of how valuable time is within their lives especially in the growing season when the days are long and there is little time for leisure or recreation. Working long days is a part of their lifestyle and they are used to the lifestyle. At certain times of the year they do have more time. Farming requires variable seasonal workloads which directly affects the availability of personal time throughout the year. Farmers commented on the responsibility they assume when they become farmers. They cannot always control the amount of personal and family time. 	
<i>"We work 7 days a week and the days are long...someone once told me that sleeping in is over-rated." Wilmot farmer</i>	
Families with Children	
<ul style="list-style-type: none"> The work day is extended through the use of technology which does not provide enough time for other activities and personal time. It was clear that some families also struggle with a lack of time. Some adults work long hours in stressful positions. Some participants commented that they don't know how some families cope with children's activities, stressful jobs and other commitments. 	
<i>"There is so much pressure on young mothers to be a wife, mother, Pinterest-perfect, looking good physically, having a career and lots of friends. It is hard to keep all the plates spinning."</i>	

⁸ This represents a rating of 5, 6 or 7 on a scale of 1 to 7 with 1 being extremely dissatisfied and 7 being extremely satisfied.

Adult Caregivers

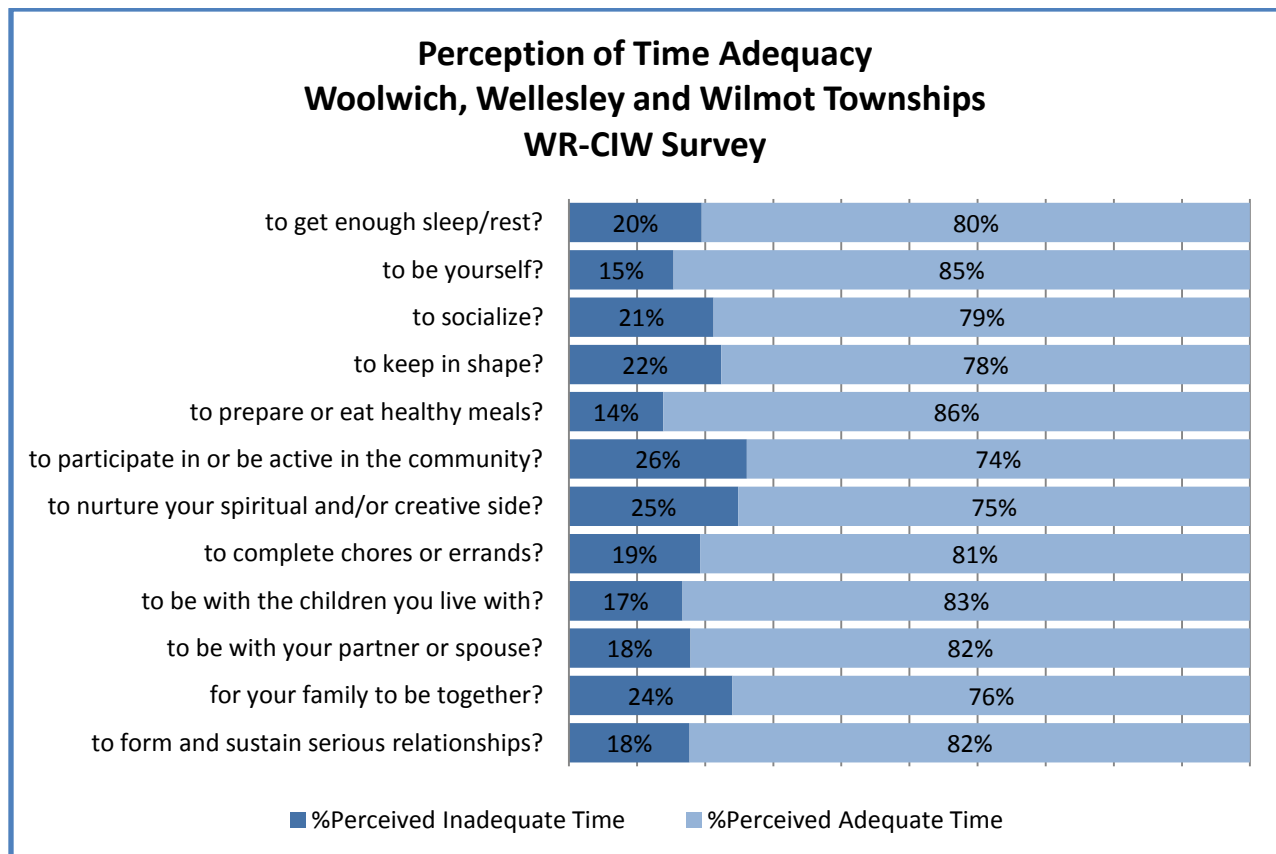
- Adults who are in the “sandwich” generation have time pressures in caring for both aging parents and children. This was discussed as an issue within some families since many have to juggle a full-time job, busy family life and provide care and support to parents.
- It was also noted that it is advantageous for more frail seniors to have a child who works only part-time, so that they have more time for caregiving.

Key Informants

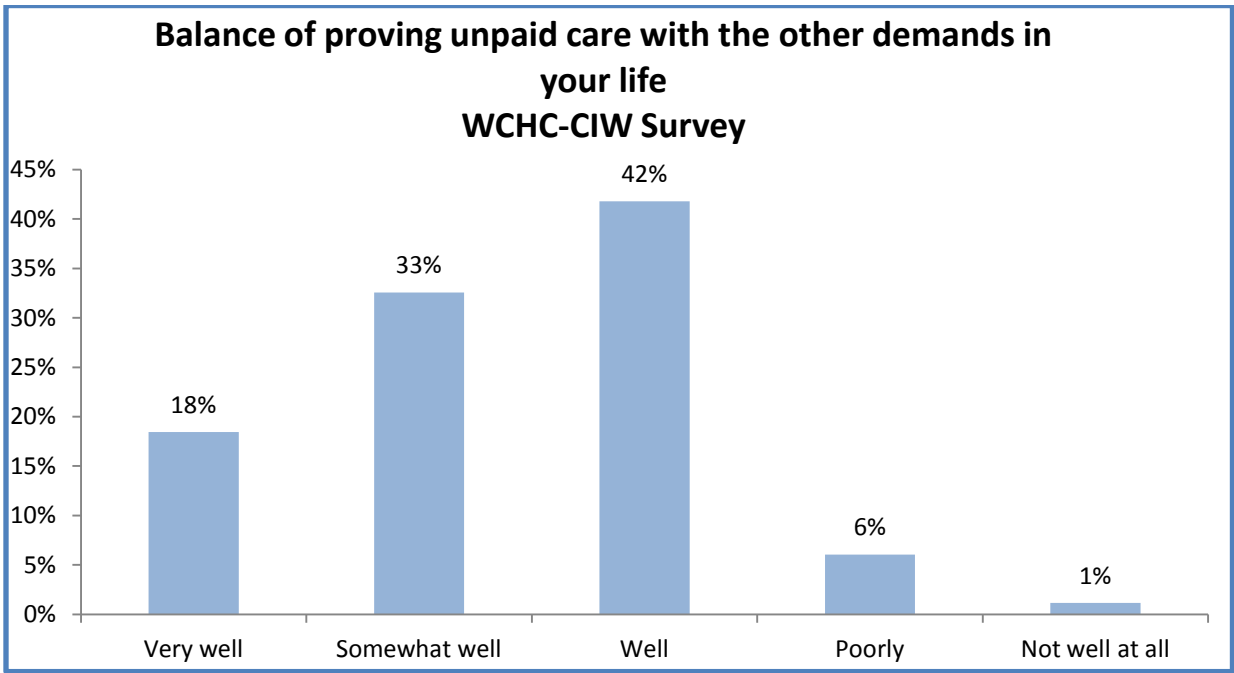
- People are trying to juggle different aspects of their lives such as jobs, family, kids, etc. People of all income levels are affected. Some work long hours and have additional stress with having to respond to work issues after-hours via email or cell phone.
- People seem to be trying hard to practice self-care. You see more people walking, etc.

Time adequacy ranged from 74% to 86% for the townships, compared to a range of 57% to 79% for Waterloo Region. Perceptions of having enough time were rated across a range of activities. Respondents in the 3 townships overall reported having more time. The highest rated activities of perceived adequate time were: *to prepare or eat healthy meals* (86%), *to be yourself* (85%) and *to be with children you live with* (83%).

79% of WR-CIW respondents report a positive perception of having adequate time to socialize. This rate is 10% higher than Waterloo Region.



Overall respondents who provided unpaid time caring for children or seniors report balancing their lives well, somewhat well or very well (93%) and poor or not well (7%).



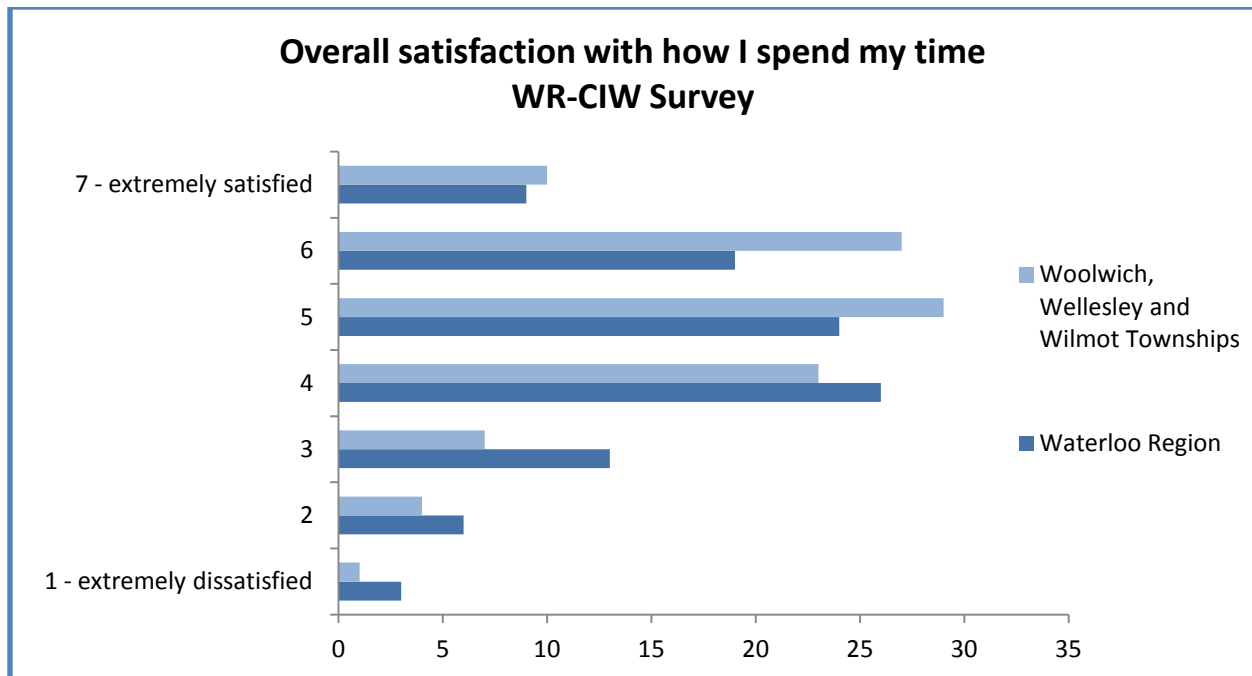
Among those who provide care for children or seniors or both, the most frequent type of unpaid care provided was health related or personal care (58%) and the least frequent type of unpaid care was teaching, coaching, tutoring or assisting with reading (22%).

9.b. Adequate Time for Quality of Life

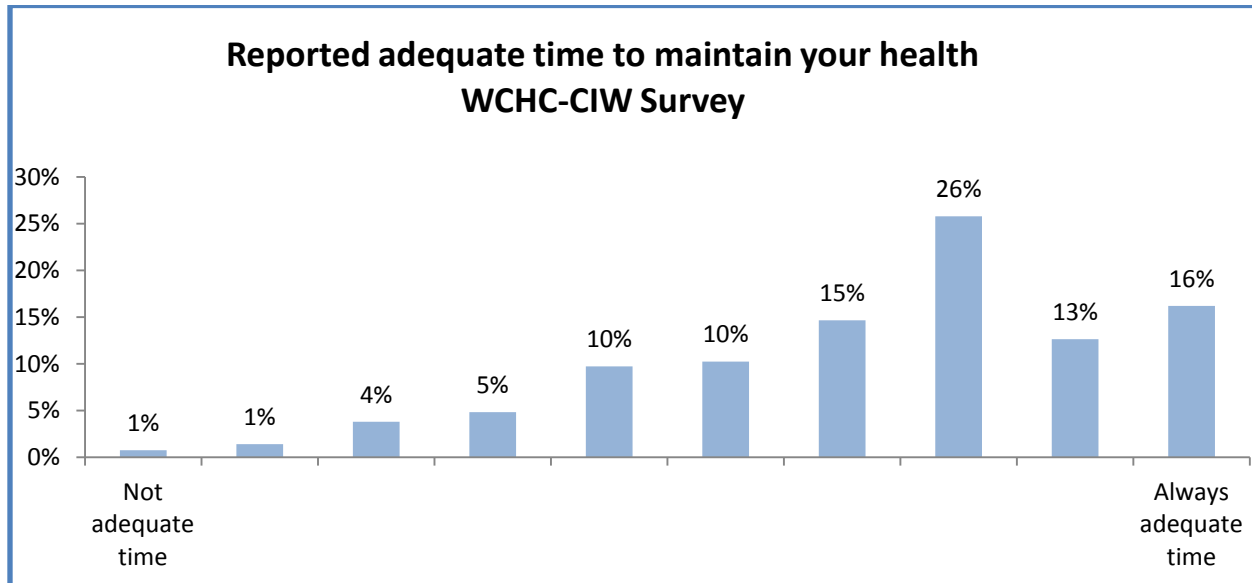
Satisfaction with the way I spend my time ⁹	Woolwich, Wellesley and Wilmot Townships	66%
	Waterloo Region	52%

Overall, respondents in Wilmot, Wellesley and Wilmot Townships report higher levels of satisfaction with how they spend their time, with 66% being satisfied, compared with 52% among respondents in Waterloo Region.

⁹ This represents a rating of 5, 6 or 7 on a scale of 1 to 7 with 1 being-extremely dissatisfied and 7 being extremely satisfied.

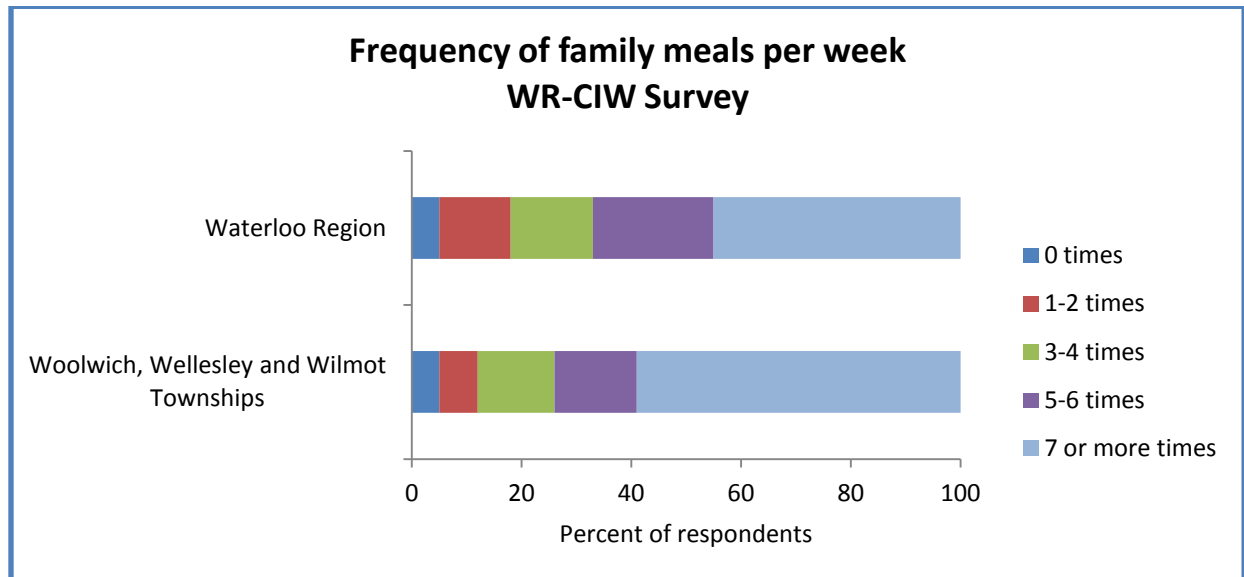


WCHC-CIW Survey respondents report a high rate of having adequate time to maintain health, with 79% of respondents rating this as positive. A small percentage of respondents (21%) rated adequate time as 5 or less.



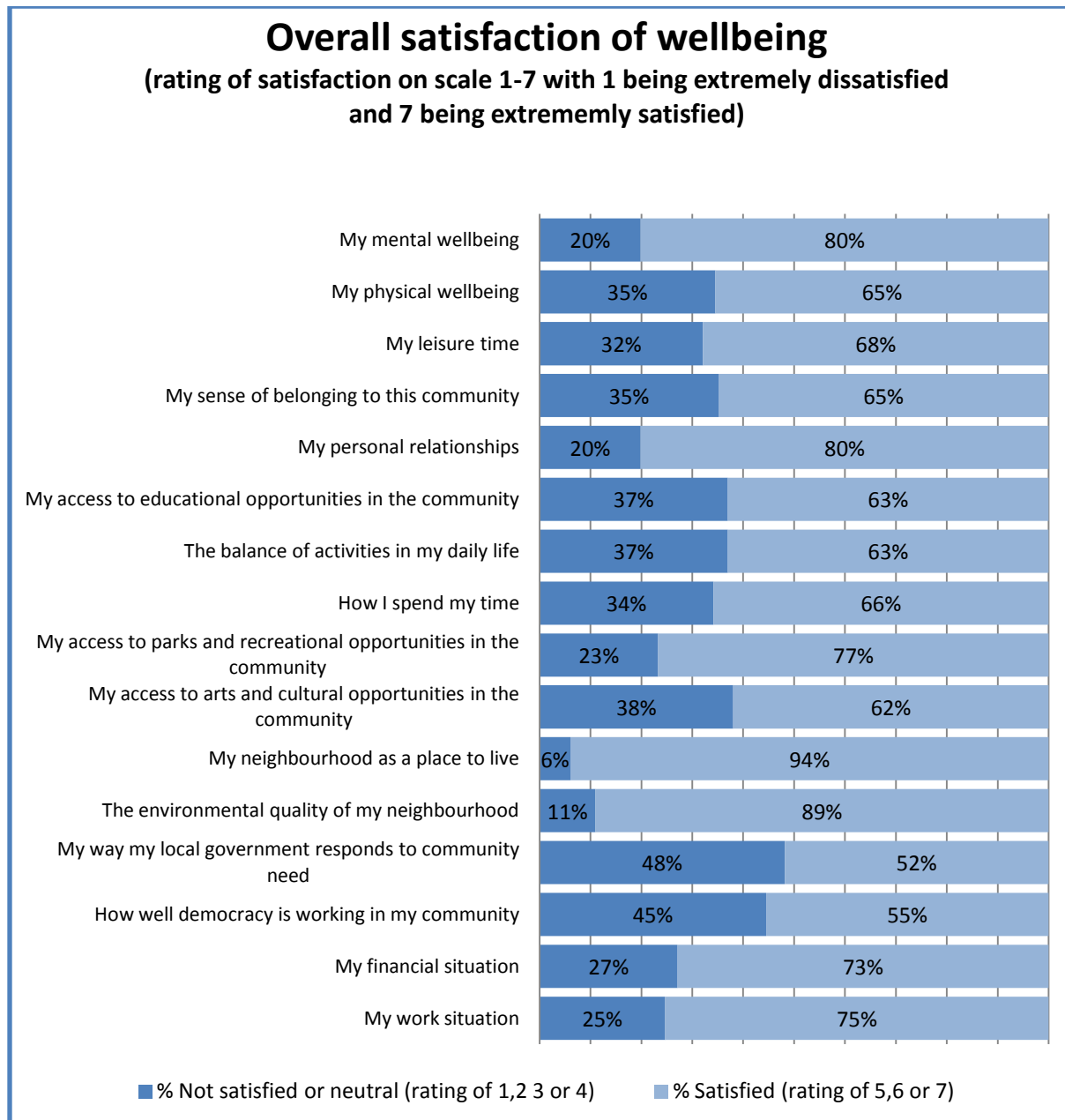
Across the 3 townships we heard about the lack of time adequacy within a few population groups. The most significant were in the farming populations and within middle-aged families who are caring for children, aging parents or both.

An indicator of having adequate time is the frequency of family meals that include respondents, their children and/or partner. On average, 59% of respondents in Wilmot, Wellesley and Woolwich Townships reported having 7 or more meals together each week, compared with 45% of respondents from Waterloo Region.



10.0 Overall Satisfaction of Wellbeing

The overall satisfaction of wellbeing among residents of Wilmot, Wellesley and Woolwich Townships appears to be high in comparison to Waterloo Region. Residents in the rural townships report higher rates of satisfaction in all areas of wellbeing as outlined below.



11.0 Wellbeing Priorities

The following priorities represent findings from our assessment that the Community Wellbeing Assessment Steering Committee found most noteworthy. Action on these priorities, by Woolwich Community Health Centre, Community Care Concepts, Woolwich Community Services, Wilmot Family Resource Centre, and other agencies and groups that serve the rural townships, would contribute significantly to improved wellbeing in our rural community.

Community Vitality

- Focus on maintaining community connectedness especially in areas of the townships that have experienced or will experience significant growth. Promote health centre programs and/or provide outreach programs in new neighbourhoods to increase opportunities for people to come together and build relationships.
- Promote and support informal caregiving and support to enable seniors to remain in the community as they age. Continue to provide supports for caregivers and training for pastoral visitors as well as promote/continue the culture of caring.

Healthy Populations

- Advocate for greater access to mental health and addiction services for individual support as well as support groups.
- Promote healthy lifestyles through promoting “buy local” initiatives which increase access to healthy local food and promote/provide opportunities for physical activity and stress reduction.

Civic Engagement

- Inform politicians of the need for additional education and information on local candidates and on political issues for members of the community with lower levels of education.
- Recognize local organizations including churches, in their strong connections and opportunities for participation and leadership within the community.
- Organize programs and services to enable farmers to participate given their work schedule. Promote having a farming perspective in local decision-making to ensure their voice is heard.

Environment

- Promote safe road usage. Work with Waterloo Region Police Services to share the Community Wellbeing Assessment and to engage rural residents.

- Promote rural public transit to increase accessibility to urban-based services and to reduce traffic volumes on rural roads.
- Promote “buy local” initiatives and conservation of local farm land.

Leisure and Culture

- Promote recreation to maintain health for all population groups. Educate low income families of subsidies available.

Education

- Promote literacy and positive attitudes towards high school attainment among the LGSMM population through the Low German Mennonite Literacy Collaborative.
- Promote increased access to affordable and appropriate childcare for children 0-12.
- Increase access to educational courses to support qualifications towards employment in the community and surrounding area.

Living Standards

- Increase awareness of hidden poverty and link low income families with agencies and programs to provide support and connections for these families such as Woolwich Community Services, Wilmot Family Resource Centre and the Rural Family Outreach Workers.
- Recognize that many low income residents do not have extended health benefits, which limits access to services such as rehabilitation, dental care, etc.

Time Use

- Recognize our changing society with increased use of technology. There are implications for our community, such as extending the work day through responding to work-related email and additional time spent to keep up with expectations. However, technology can also provide opportunities for increased access to health and wellness services.

References

Bryan Smale; Margo Hilbrecht, (2013-12), "CIW - Community Wellbeing Survey - Woolwich, Wellesley, and Wilmot Townships", <http://hdl.handle.net/10864/10533>
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Community Social Profile of Waterloo Region (2013). Social Planning Council of Cambridge and North Dumfries.

Local Food Access and Active Transportation: Policy Opportunities for the Woolwich Community (2014). Region of Waterloo Public Health.

National Household Survey Profile (2011). Statistics Canada. Retrieved from:
<http://www12.statcan.gc.ca/nhs-enm/2011/dp-pd/prof/index.cfm?Lang=E>

Woolwich Community Health Centre, Community Needs and Capacity Assessment 2010.

Appendix 1: Community Wellbeing Survey



Community Wellbeing Survey 2014 Wellesley, Wilmot and Woolwich Townships

Please mark your answer with an X. Example: *Completing this survey will help my community?* ☒ Yes

- How long have you been a resident of this community? Number of years _____
- About how many people in your neighbourhood do you know well enough to ask for a favour?
Number of neighbours _____
- Do you feel your community is a good place to grow old?
☐ Not good ☐ Somewhat good ☐ Good ☐ Very good ☐ Excellent
- In general, would you say your physical health is:
☐ Poor ☐ Fair ☐ Good ☐ Very Good ☐ Excellent
- In general, would you say your mental health is:
☐ Poor ☐ Fair ☐ Good ☐ Very Good ☐ Excellent
- How many servings of fruits and vegetables do you eat most days? Number of servings _____
1 serving = 1/2 cup of fruit or vegetables as well as juices
- How often do you exercise per week? For example, biking, walking, swimming, etc?
☐ Once per week ☐ 2 times per week ☐ 3 or more times per week ☐ I don't exercise
- On average how many minutes a day do you spend on physical activity that gets your heart rate up?
☐ None ☐ 1-15 mins ☐ 16-30 mins ☐ 31-60 mins ☐ More than 60 mins
- How would you describe your level of stress?
☐ Very low ☐ Low ☐ Moderate ☐ High
- How many close friends or relatives do you feel at ease with, can talk to about what is on your mind, or can call on for support? Number of friends or relatives _____
- Did a mental health problem or an emotional problem (your mood, your feelings) stop you from doing your work or other usual activities in the past month?
☐ No ☐ Yes Number of days _____

25. Do you think that seniors in your township have adequate and affordable housing options as they age? ☐ Yes ☐ No ☐ Don't know

26. Which one of the following categories would you say best describes your main activity?

<input type="checkbox"/> Employed full-time	<input type="checkbox"/> Retired
<input type="checkbox"/> Employed part-time	<input type="checkbox"/> Household work/caring for children
<input type="checkbox"/> Non-standard employment (e.g., self-employed, contract, seasonal, temporary, multiple jobs)	<input type="checkbox"/> On leave from work (e.g. illness, parental leave)
<input type="checkbox"/> Unemployed, looking for work	<input type="checkbox"/> Going to school

27. Do you have extended health benefits such as: dental, physiotherapy, etc.? ☐ Yes ☐ No

28. This survey is about the factors that affect the wellbeing of people in our community. Are there other factors you would like to mention? _____

General information

29. What is your age? _____ years 30. Are you? ☐ Male ☐ Female

31. Are you? ☐ Single (never married) ☐ Married ☐ Living common-law
☐ Separated ☐ Divorced ☐ Widowed

32. What is the highest level of education you have completed?

<input type="checkbox"/> Elementary school (up to grade 8)	<input type="checkbox"/> College diploma
<input type="checkbox"/> High school (up to grade 12)	<input type="checkbox"/> University degree (e.g. B.A, B.Sc)
<input type="checkbox"/> Post secondary certificate	<input type="checkbox"/> Graduate degree (e.g. M.A, M.Sc, PhD)

33. What is your postal code? _____

34. What is your total household income from all sources last year?

<input type="checkbox"/> Under \$10,000	<input type="checkbox"/> \$30,000 - \$39,999	<input type="checkbox"/> \$80,000 - \$99,999	<input type="checkbox"/> \$150,000 and over
<input type="checkbox"/> \$10,000 - \$19,999	<input type="checkbox"/> \$40,000 - \$59,999	<input type="checkbox"/> \$100,000 - \$119,999	
<input type="checkbox"/> \$20,000 - \$29,999	<input type="checkbox"/> \$60,000 - \$79,999	<input type="checkbox"/> \$120,000 - \$149,999	

35. How many people are supported by this income? _____

36. Do you consider yourself to be a farmer and/or part of a farm household? ☐ Yes ☐ No

Thank you for completing this survey!

Please return in the postage paid envelope no later than May 31st, 2014.

12. How easy is it for you to get the services you need? Rate the overall accessibility of health care services.

	Poor	Fair	Good	Very Good	Excellent	Not used
Your doctor or nurse practitioner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diagnostic services such as x-ray, ultrasound or lab	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rehab services such as physiotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Complementary health practitioners such as: naturopaths, chiropractors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Programs to help manage a chronic condition such as diabetes or arthritis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dental care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home health support such as assistance with household tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home health care such as nursing or physiotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental health services such as counselling, mental health support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Addictions services such as counselling, Alcoholics Anonymous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family violence prevention support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13. In the past 12 months did you contribute any unpaid time to a community organization or group, either within the townships or outside your township?

Service club such as: Lions, Optimists	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Community agency	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Church council or church committee	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Interest group such as: Woolwich or Wilmet Healthy Communities	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Other, please list:	<input type="checkbox"/> Yes	<input type="checkbox"/> No

14. Decision-makers in my township respect differing opinions raised by local residents.

<input type="checkbox"/> Strongly agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Don't know
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15. I am satisfied with the health of the environment in my township.

<input type="checkbox"/> Strongly agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Don't know
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16. What is the environmental issue you are most concerned about? (please check one)

<input type="checkbox"/> Air quality	<input type="checkbox"/> Water quality	<input type="checkbox"/> Land development
<input type="checkbox"/> Road Safety	<input type="checkbox"/> Not Concerned	<input type="checkbox"/> Other

17. How safe do you feel on roads in the townships using the following modes of transportation?

Mode of transportation	Not safe	Somewhat safe	Very safe	Do not use
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Driving a farm vehicle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Driving/passenger in a car/van	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Driving/passenger in a buggy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

18. Do you support having a rural bus service within your township?

☐Yes ☐No ☐Uncertain

19. Are your reading, writing and math skills good enough for you to do the following:

Read medication instructions	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Complete a job application	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Balance your cheque book	<input type="checkbox"/> Yes	<input type="checkbox"/> No

20. Do you have a child or children between the ages of 0-12 years? If yes, please answer the following questions. If no, please go to question 21.

I require regular childcare for my child/children	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I am able to find safe and affordable childcare for my child/children	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I use a licensed childcare provider	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I use a non-licensed childcare provider	<input type="checkbox"/> Yes	<input type="checkbox"/> No

21. Does your family income allow you enough opportunity to engage in the activities that you wish to do together as a family?

<input type="checkbox"/> All of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Seldom	<input type="checkbox"/> Never
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22. This question is for unpaid caregivers of young children or seniors or both. How well do you balance this role with the other demands in your life?

<input type="checkbox"/> Very well	<input type="checkbox"/> Somewhat well	<input type="checkbox"/> Well	<input type="checkbox"/> Poorly	<input type="checkbox"/> Not well at all	<input type="checkbox"/> Does not apply
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23. Do you have adequate time for yourself to maintain your health most of the time?

Not adequate time										Always adequate time									
<input type="checkbox"/> 10	<input type="checkbox"/> 20	<input type="checkbox"/> 30	<input type="checkbox"/> 40	<input type="checkbox"/> 50	<input type="checkbox"/> 60	<input type="checkbox"/> 70	<input type="checkbox"/> 80	<input type="checkbox"/> 90	<input type="checkbox"/> 100										

24. Please respond to these questions about your home.

Do you own your home?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you feel your home is in good repair?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you struggled to pay your bills in the past 6 months?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is your current home appropriate for your needs?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Appendix 2: Focus Group and Key Informant Consultation List

Focus Groups Conducted between March and September 2014.

Group Consulted	Attendance
Old Order Advisory Committee	5
Farmers from North Woolwich Township (Floradale area)	11
Fundamental Fitness Class, St. Jacobs	7
Breslau Seniors Walking Group	16
St. Jacobs Caregivers Support Group	1
Floradale mom's drop in group	7
Gesundheit Fur Kinder Program Planning Group	5
Single Moms Group in Elmira and volunteers	10
Woolwich Lions	34
Catholic Women's Group Maryhill	11
Wellesley Youth Advisory Council	7
Wellesley Seniors Networking Group	5
Linwood English School, men's class	7
Wilmot Youth Drop In Program	5
Wilmot Congregate Dining Program	22
Wilmot Low Income Families group	6
Wilmot farmers	12
4-H Waterloo Region group	11
Rural Family Outreach Workers, Woolwich, Wellesley and Wilmot	3
Total number of focus group participants	185

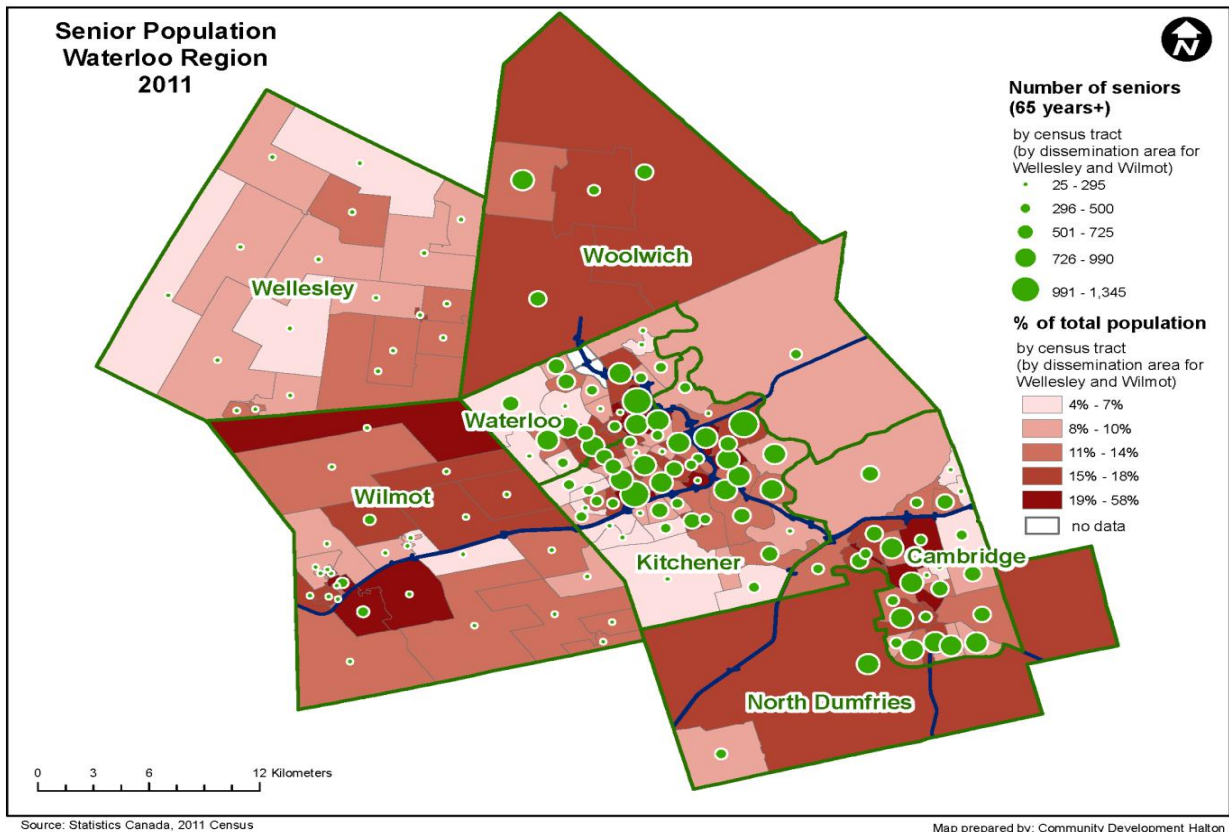
Key Informant Interviews were conducted with the following individuals.

Don Harloff
Susan Bryant
Virginia Logan
Monika Weisner
Heather Higgs
Ester Janzen
Lori Hoelscher

Appendix 3: Distribution of Seniors Population in Waterloo Region

Map A shows the distribution of seniors throughout the region. Seniors also represent a larger proportion of the population in the townships. Woolwich (15.1%) and Wilmot (15.8%) Townships have a higher proportion of the population over age 65 than Ontario and Canada (approximately 14%). (Community Social Profile of Waterloo Region, 2013)

Map A: Senior Population Waterloo Region 2011



Appendix 4: Additional Areas of Environmental Concern

Land Development

There has been strong public opposition to the creation of several gravel pits in the Township of Woolwich and appreciation for the decision made by the Township to turn down the applications. Likewise, there was appreciation expressed for the province's support for the Region in its appeal against the Ontario Municipal Board's decision regarding the Regional of Waterloo Official Plan. The OMB challenged the Region in its efforts to protect farmland and water sources in the Region's Official Plan. "There is a need to reform the OMB so that it supports the Provincial Policy direction of the Smart Growth initiatives in the Province" (Susan Bryant, key informant).

Water Quality

Water quality has historically been of significant concern in Woolwich, due to the contamination of the groundwater and surface water in Elmira. Ministry toxicologist Brendan Birmingham reported that concentrations of dioxins on the Chemtura site are higher than ever measured at Ministry labs. Dioxins are only one of the 200+ chemicals in the soil and water on and around the Chemtura site. Every 5 years, the company and everyone interested are to look at the progress in meeting the requirement that the off-site aquifer be cleaned to drinking water levels by 2028. This past year was the first 5 year review. The company's proposals for changes to enhance the cleanup of the contamination are currently in the process of being assessed. Plans are moving forward to reduce the risk of dioxins entering the Canagagigue due to excavation of dioxin contaminated soil on the Chemtura site. One key informant noted that because of the history with groundwater contamination in Elmira, there is a heightened sensitivity/awareness in the community about the need to be vigilant.

Breslau also faces well water issues as many of the private wells in Breslau on the older properties have very old septic systems and shallow wells. In addition to the potential risk of contamination, concern was expressed that Breslau and other small villages could lose their heritage downtown buildings if municipal water and sewer is not extended to these areas.

Concerns about storm water runoff were also raised. For example in the old part of Elmira and the downtown, storm water goes straight into the Canagagigue Creek which means that there are potentially high levels of sodium, for example, entering the creek. It was suggested by a key informant, that the storm water needs to be treated or a system created which allows for settling and draining off the contaminants.

Air Quality

When asked about areas of improvement in the environment in the past 5 years, several key informants reported that they felt that there has been considerable improvement in air quality in Elmira related to Chemtura. Also noted were the expansion of Car Share into Elmira and the increased availability of outlets for electric cars in the Region.