Vital Signs® 2015 takes the pulse of Calgary. Community Knowledge gives us the power to take action.
Established in 1955, the Calgary Foundation (CF) plays a community leadership role by applying resources, and convening and connecting groups to foster partnerships to build a strong charitable sector. The Foundation offers expertise and advice to donors to help establish charitable Funds, most endowed in perpetuity, and provides grants to nonprofit organizations working in all sectors of the community.

### Grading at a Glance

<table>
<thead>
<tr>
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<th>2014</th>
<th>2015</th>
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</thead>
<tbody>
<tr>
<td>ARTS</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td>COMMUNITY CONNECTIONS</td>
<td>B-</td>
<td>B-</td>
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<tr>
<td>LIFELONG LEARNING</td>
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<td>WELLNESS</td>
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<tr>
<td>ENVIRONMENT</td>
<td>B-</td>
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<tr>
<td>THRIVING POPULATIONS</td>
<td>B-</td>
<td>C+</td>
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<tr>
<td>LIVING STANDARDS</td>
<td>B-</td>
<td>C+</td>
</tr>
</tbody>
</table>

*Info on these key issue areas is available at calgaryfoundation.org

Calgary’s Vital Signs® is an annual check-up that measures the vitality of Calgary, identifies significant trends, and assigns grades in areas critical to the quality of life in Calgary. Published annually since 2007, in 2015 - over 1,800 citizens took the survey and contributed their opinions in 21 key issue areas.

**Vital Signs Project Team**

The Calgary Foundation  
Kerry Longpré, Project Leader, VP Communications  
Janice Francey, Communications Associate  
Deborah Bartlett, Research Consultant  
Creative Partner, juice  
Survey Partner, The Praxis Group and Avid Research

Respondents were asked to grade their quality of life, and this year the average grade was **B**, same as 2014. Six issues have the greatest impact on overall quality of life according to survey respondents. When these factors are positive (e.g. high grades), quality of life is positively affected.

1. **Safety**  
2. **Transportation**  
3. **Sports & Recreation**  
4. **Citizen Engagement**  
5. **Education & Learning**  
6. **Work & Economy**

This report only scratches the surface, there’s a lot more information! Additional info on indicators, sources and survey results available at [calgaryfoundation.org](http://calgaryfoundation.org)  
@calgfoundation  #vitalsignsyyc  
facebook.com/thecalgaryfoundation

**Given the daily fluctuations of Calgary's current economy, indicators relating to jobs, housing prices and others are not included.**
Our Vital Past, Present and Future

Calgary Now

POPULATION INCREASE (2015 CENSUS)

1.23 million

• 35,721 more than 2014
• 3% increase
• 68 people/day moved here

VACANCY RATE 2015 UP

2.64%

• 12,526 total vacancies

LARGEST COMMUNITIES BY POPULATION

Panorama Hills .... 25,993
Beltline .............. 21,939
Evergreen ............ 21,700
Tuscany ............. 19,737
Taradale ............ 19,223

AGE

Median: ............... 36
20+: .................. 74.3%
25-54: ............... 48.5%
(core working age group)

SENIORS 65+

120,000

• 10% of population
• up 16% from 2001

YOUTH (UNDER 15)

17.6% in 2014

IMMIGRANT POPULATION

26%

2% non-permanent residents

Calgary on the World Stage

“...The Story of Moh’kinsstis says that before there was the place we call Calgary, the First Peoples were stewards of this land. At the confluence of two rivers, the lifeblood of our city, our cultures converged and our story began. It is essential that Calgarians of every culture and tradition walk on a shared path paved with opportunity, recognizing that we are connected to each other and to this place, where our collective spirit generates enough for all.”

Mayor Nenshi

The 1877 signing of Treaty 7 is considered one of the founding events of modern Southern Alberta.

5th Most Livable City
In The World In 2014
Economist Intelligence Unit

Cleanest City
In The World
Mercer Global Financial

Ranked 33rd
In The World
For Quality Of Life
Ranked against 223 global cities
The Mercer Quality of Living Survey 2015

3rd Worst City
In Canada For Women
out of 20 large metropolitan areas
Canadian Centre for Policy Alternatives – The Best and Worst Place to be a Woman in Canada

2nd Out of 50 Cities
For Attractiveness To Migrants
Conference Board of Canada

3rd In Global Prosperity
behind only Paris and Stockholm
Toronto Region Board of Trade

#1 Best Sport City
Small Population
out of 30 global cities
Sport Business Int’l ranking

Dropped From
#2 to #19
Best Places To Live
MoneySense Magazine

Calgary on the World Stage

Our Vital Past, Present and Future
How Vital Signs adds up:

Citizen Grades + Citizen Priorities + Issue Research & Trends

**Arts**
- Affordable arts/culture activities (32%)
- Availability of creative space (17%)
- Festivals/community celebrations (15%)

**Community Connections**
- Opportunities to interact with neighbours (24%) and to take action community issues (24%)
- Participation and membership in political parties, voluntary associations (31%)
- Awareness of diversity and racism issues (53%)

**Lifelong Learning**
- High quality, affordable early learning services (43%)
- Resources for a high quality public school system (42%)

**Wellness**
- Access to supports for mental health (39%)
- Physical activity levels in schools (33%)
- Domestic violence and abuse (30%)
- Repurposing of outdoor spaces (32%)

**Environment**
- Preservation of urban parks and natural spaces (38%)
- Options for alternative energy (41%)

**Thriving Populations**
- Educational attainment levels for Aboriginal Peoples (34%)
- Options for assisted living for seniors (36%)
- Youth participation in community and civic life (34%)
- Accreditation of foreign professionals (39%)

**Living Standards**
- Affordability of rental housing (26%)
- Diversification of our economic base (57%)
- Expand the LRT / bus systems (43%)
- Opportunities to earn a living wage and build financial assets (27%)
- Access to affordable, nutritious food (30%)

**Issue Research & Trends**
- 87% of Calgarians believe that arts help bring people together
- 3.6 million attended arts events (2014)
- 10,000 arts events held annually
- 4 Calgary ridings lowest voter turnout in Alberta provincial election
- Race hate/bias crimes increased in 2014 by 68%
- By 2019, an estimated 200,000 Calgarians will live with a disability
- 27% of Calgary children experiencing difficulty in one or more areas of development by age five
- Calgary high school completion rate down
- Child and youth mental health consume only 10% of AHS services
- Work absences up in 2014 by 7%
- Youth obesity rates increase 28%
- Property crimes decrease 6%
- More families seeking financial assistance for organized sports
- GHG reductions needed
- City working towards landfill diversion by 2020
- Aboriginal children comprise 69% of children in care
- Over 9,000 seniors experience some kind of elder abuse
- Youth crime 40% lower than 2010
- Significant tax and societal returns as a result of Immigrant Access Fund
- Preservation of urban parks and natural spaces (38%)
- Options for alternative energy (41%)
- GHG reductions needed
- City working towards landfill diversion by 2020
- Aboriginal children comprise 69% of children in care
- Over 9,000 seniors experience some kind of elder abuse
- Youth crime 40% lower than 2010
- Significant tax and societal returns as a result of Immigrant Access Fund

What is it?
The Calgary Foundation’s community knowledge is collected from Vital Signs survey results, annual community issue research, Community Knowledge Centre charitable organization members, consultations with community members and 60 years working with and supporting the Calgary nonprofit sector.

How we use it:
The Calgary Foundation uses community knowledge to inform granting decisions. The Calgary Foundation’s granting programs support all areas of the charitable sector and identify and act on issues that require increased leadership, profile and innovative solutions.

The Numbers:
$47 million distributed
900 charitable organizations supported in 2014

Learn more at calgaryfoundation.org
Citizen priorities:

- **Arts**
  1. Offer affordable arts and culture activities (32%)
  2. Increase availability of creative space for the arts community
  3. Create festivals and community celebrations
  4. Increase promotion of arts and culture events

---

**Verb Theatre**

“As a playwright, I explore things that equally fascinate and frustrate me. I try to create theatre that opens up a public space to people whose lifestyles and experiences are often excluded from public conversation. The intense experience of joining an Alzheimer’s support group to research a previous play inspired VIA – Verb Improv for Alzheimer’s, a theatre program that offers a bit of escape to those coping with a truly traumatic situation. By working together to create a new reality, forgotten personality strengths can be revealed, family members can reconnect and voices that often go unheard can take centre stage.”

*Col Cseke, Co-Artistic Director*

Discover more: ckc.calgaryfoundation.org

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**Cultural Tourism and the Remarkable Experience Accelerator**

The Remarkable Experience Accelerator is a partnership between Calgary Arts Development and the Calgary Hotel Association that invests in medium to long-term arts experiences that gives people even more reasons to visit Calgary as leisure travelers.

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**Arts Events by the Numbers**

- **3.6M** Attended arts events in 2014
- **10,000** Arts events held annually in Calgary.
- **3,405** Activities produced in Calgary last year for audiences from disability, LGBTQ, multicultural and aboriginal communities.

---

**Community Knowledge**

**The Greatest Show on Earth**

In terms of economic impact, the Calgary Stampede is the highest grossing festival in Canada - grossing more than the Canadian National Exhibition in Toronto, Winterlude in Ottawa and the Just For Laughs festival in Montreal. The Stampede generates over $350 million in economic benefit for Albertans.
Living Standards

The Women’s Centre
“Originally from Taiwan, it was -30° and a few days before Christmas when my family and I arrived in Calgary. The Women’s Centre helped us out right away with gifts and winter clothes for our children. Not knowing anyone and the difference in culture made me feel lonely but the Women’s Centre encouraged me to speak English which gave me confidence to make new friends. I have five children from 6 months to 8 years old, and the Women’s Centre still gives me things like baby clothes, food, and personal care supplies and helps me feel like I belong in Calgary.”

Abigail Chang, client

Citizen priorities:

- **Housing**
  1. Improve the affordability of rental housing (26%)
  2. Improve the affordability of home ownership
  3. Address density and land-use issues

- **Work**
  1. Continue to diversify our economic base (57%)
  2. Improve supports for entrepreneurs and small business
  3. Increase job opportunities for new graduates

- **Getting Around**
  1. Expand the LRT and bus systems (43%)
  2. Reduce reliance on cars
  3. Improve affordability of public transit

- **Poverty**
  1. Provide increased opportunities to earn a living wage and build financial assets (27%)
  2. Increase affordable housing options
  3. Increase services that encourage and support transition into the workforce

- **Food**
  1. Increase access to affordable and nutritious food (30%)
  2. Increase access to and production of locally grown food
  3. Develop a city-wide, environmentally-sustainable food system

VITAL SIGNS
CITIZEN SURVEY
GRADE:
2015 C+

The Women’s Centre

This organization is supported through Donor Advised Funds and the Community Grants Program at the Calgary Foundation.

Discover more: ckc.calgaryfoundation.org
LOW INCOME RATE 2013

CALGARY 7.5%
PROVINCIAL 7.6%
NATIONAL 13.5%

LOW INCOME RATE IMPLICATIONS FOR CHILDREN

43% is the low income rate for children in female lone-parent households. This has implications for educational and employment opportunities, breaking intergenerational poverty and fleeing domestic violence.

ENOUGH FOR ALL
Based on 15,000 hours of consultation with Calgarians, this community driven poverty reduction strategy is based on the principles of abundance, resilience and trust and will address the root causes of poverty.

RESOLVE CAMPAIGN
With a goal of raising $120 million, nine social agencies have partnered with government, business and community leaders, including the Calgary Foundation, to build affordable housing for 3000 people who are homeless.

SIMPLIFYING THE SYSTEM
Calgarians applying for City-subsidized programs only need to apply once to have their income qualified for five programs including: No Cost Spay/Neuter, Property Tax Assistance, Recreation, Transit Low Income Passes and Seniors Home Maintenance Services.
Citizen priorities:

- **Aboriginal Peoples**
  1. Improve educational attainment levels (43%) 
  2. Increase sense of cultural belonging and connection to Indigenous identity 
  3. Increase awareness of Aboriginal people as part of Calgary’s landscape 

- **Aging Population**
  1. Develop more options for assisted living (36%) 
  2. Develop more affordable housing options 
  3. Reduce isolation 

- **Youth**
  1. Increase youth participation in community and civic life (34%) 
  2. Increase access to mental health support 
  3. Increase number and quality of opportunities for youth employment 

- **Immigrant Newcomers**
  1. Increase support for accreditation of foreign professionals (39%) 
  2. Increase learning opportunities for English as a second language (ESL) education 
  3. Increase sense of identity and belonging amongst immigrant youth 

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Pathways Community Service Association

“Miskanawah means ‘pathways’ in Cree. Respect and recognition of culture is an important part of the healing process when I’m helping families that are struggling with issues such as unresolved childhood trauma stemming from abuse, neglect and poverty. Drawing on the strengths and guidance of Aboriginal traditions and teachings, I enjoy working with people who need an advocate, and supporting them as they develop healthy life choices that reconnect them to their community and their culture.”

*Tristan Monague, Home Visitor*

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This organization is supported through Donor Advised, Pro-Active Grants and the Community Grants Program at the Calgary Foundation.

Discover more: ckc.calgaryfoundation.org
Most Attractive Cities for Newcomers to Live

1. Waterloo
2. Calgary
3. Ottawa
4. Richmond Hill
5. Vancouver
6. St. John’s
Citizen priorities:

- **Conservation**
  1. Increase preservation of urban parks and natural spaces (38%)
  2. Decrease ecological footprint
  3. Decrease greenhouse gas emissions

- **Sustainability**
  1. Improve options for alternative energy (41%)
  2. Reduce amount of waste generated
  3. Increase number of farmer’s markets

**Environment**

**Alberta Riparian Habitat Management Society (Cows & Fish)**

“Our organization is affectionately known as ‘Cows and Fish’ in part because we were founded by the Alberta Beef Producers and Trout Unlimited Canada, to improve riparian land management – those lands next to water, like floodplains and shores. As someone who grew up on a farm, I really value the important role of ranchers, farmers and communities in maintaining riparian areas. By working with many partners, we can educate those who work, own or play on the land, to help them understand their amazingly powerful role in sustaining a healthy ecosystem that benefits us all.”

Norine Ambrose, Executive Director
Conservation

CALGARY FOUNDATION FLOOD REBUILDING FUND

Calgary Foundation Flood Rebuilding Fund granted over $9 million through 130 grants to registered charitable organizations across Southern Alberta, including those hardest hit by the flooding in Calgary, Canmore, Exshaw, High River and the surrounding First Nation reserves.

Sustainability

CITY WORKING TOWARDS 80% LANDFILL DIVERSION

In 2014 Calgarians sent an average 627 kg/capita to landfills — a drop of approximately 125 kg/capita over the last five years. This is an overall waste diversion rate of 30% in 2014.

80% WASTE TO LANDFILL 70% WASTE TO LANDFILL

2007 2014

20% DIVERTED/REDUCED 30% DIVERTED/REDUCED

The progress is largely due to the introduction of diversion programs in the single family sector including blue cart recycling and the organics pilot program. Calgarians still send over 749,000 tonnes of waste to landfill annually that has environmental, social and financial implications.

GREEN HOUSE GAS REDUCTION NEEDED TO AVOID MOST DANGEROUS IMPACTS OF CLIMATE CHANGE

GREENHOUSE GAS EMISSIONS

city-wide primarily due to population increase and no significant change in emissions and consumption.

CALGARY’S LRT LEADING CANADA IN RENEWABLES

100% WINDPOWER SINCE 2012

144 Mw INVESTMENT ENABLED OF NEW WIND CAPACITY

< 65,000 HOMES

Saves 56,000 tonnes of CO2 emissions/year

MYTH BUSTING THE IDLING ARGUMENT

10 SECONDS OF IDLING USES MORE FUEL THAN TURNING YOUR ENGINE OFF AND RESTARTING IT

RIPARIAN AREAS IN CALGARY

The areas surrounding rivers, creeks and streams are known as riparian areas.

2 RIVERS

Bow River
Elbow River

8 CREEKS

Nose Creek
West Nose Creek
Twelve Mile Coulee
Coach Creek
Confederation Creek
Forest Lawn Creek
Radio Tower Creek
Pine Creek

Calgary’s rooftop gardens are abuzz with urban beehives. Since 2010, 236 Calgarians have been trained in hobby beekeeping, and have brought over 400 hives into the city. The City of Calgary has kept up with the trend, hosting two bee hives in rooftop gardens of its Municipal Building.

Further details on these indicators and sources can be found at calgaryfoundation.org

Energy Futures Lab

Led by the Natural Step and convened by the Pembina Institute, the Banff Centre and the Suncor Energy Foundation, the Energy Futures Lab brings leaders together to address current and emerging energy challenges and identify, test and scale new initiatives and collaborations.

Gardens in the Sky

The Mustard Seed, the City of Calgary Municipal Building, the Hyatt Regency Hotel and Catch restaurant have joined the urban agricultural trend of building rooftop gardens that are both beautiful and functional.

Mapping What Matters

Guided by a vision of healthy ecosystems for all Albertans, a project to improve the effectiveness, resiliency and connectedness of environmental nonprofits in Calgary was undertaken by Alberta Ecotrust Foundation.
Citizen priorities:

- **Neighbourhoods**
  1. Increase opportunities to interact with neighbours (24%)
  2. Increase ability to act on community issues
  3. Improve well-being of neighbourhoods through economic development

- **Citizen Engagement**
  1. Increase participation and memberships in political parties, voluntary associations, boards, etc. (31%)
  2. Improve voter turnout
  3. Encourage individual and corporate philanthropy

- **Inclusion**
  1. Increase awareness of diversity and racism issues (53%)
  2. Increase social ties for people with disabilities
  3. Increase acceptance of the LGBTQ2S+ communities

**CIVIX**

“I work with teachers across Canada to build the skills and habits of citizenship within young Canadians. I know that engaged teachers engage their students. We see it first-hand every single day. This election we’re trying something different: training teachers to improve their own democratic engagement and to improve their ability to deliver our Student Vote program in schools. Three hundred teachers will join us at the first ever Democracy Bootcamp: Calgary this fall – quite possibly creating the first city in Canada to ensure that every school is putting democracy on the curriculum during an election campaign. For our democracy, it doesn’t get more exciting than this.”

*Taylor Gunn, President & CEO*
Neighbourhoods

Calgary Foundation supports citizen-led initiatives

11,700 and counting

Number of citizens touched by Neighbour & Stepping Stones grants.

Neighbour grants (Grants up to $5,000)

$140,403/30 projects
8,000 attendees
121 volunteers

Stepping Stones grants (Grants up to $500)

$12,596/22 projects
3,700 attendees
90 volunteers

Note: Final attendance numbers will grow as projects unfold & final reports continue to come in. But they represent snapshots of how hard people work, right in their ordinary active citizenship lives, to strengthen and celebrate neighbourhood and community life in Calgary.

Inclusion

Race hate/bias crimes increased

68%

of all hate bias incidents* reported are race/ethnicity-motivated incidents (increase of 59.4% from 2013)

*Note – These types of offences are particularly susceptible to under-reporting given the sensitive nature and motivations of some of the crimes.

Disability forecast

by 2019 an estimated 200,000 Calgaryans will be living with a disability

This exponentially increasing number of persons with disabilities is directly linked to Calgary’s aging population. Just one to three per cent of affordable housing is accessible.

Citizen engagement

We gave more in 2013

$420 Median charitable donation by Calgary donors (up 5% from 2012).

Fewer Calgarians donate in 2015

24.5% Number of Calgarians gave a charitable donation (down 2.5% from 2012).

Transit 100% accessible

Calgary Transit’s fleet of 1,100 buses has been transitioned to low-floor buses that allow a ramp to be lowered to make it easier for customers with mobility issues to board the bus.

Most walkable neighbourhoods

According to a 2015 survey published in Avenue Magazine, walkability is the most important characteristic in making a great neighbourhood. The top 10 were:

1. Chinatown
2. Downtown Commercial Core
3. Cliff Bungalow
4. Eau Claire
5. Beltline
6. Downtown West End
7. Downtown East Village
8. Lower Mount Royal
9. Sunnyside
10. Hillhurst

Bridge over the Bow

There were 1.4 million crossings annually on Calgary’s Peace Bridge. Designed by Santiago Calatrava and opened for pedestrians and cyclists in 2012, the bridge has an average of 3,800 crossings per day.

Further details on these indicators and sources can be found at calgaryfoundation.org
Citizen priorities:

- **Early Childhood Development**
  1. Increase number of high quality, affordable early learning services (43%)
  2. Increase supports for children experiencing developmental difficulties
  3. Improve support systems and programs offering parenting advice/information

- **Education and Learning**
  1. Ensure resources for a high quality public school system (42%)
  2. Improve the affordability of post-secondary education
  3. Decrease classroom size

VITAL SIGNS
CITIZEN SURVEY
GRADE: B-
2015

Calgary Public Library Foundation

“In a career where you often deal with horrible situations, having the chance to unwind by reading to kids in their classroom is really refreshing and rewarding. While motivating kids to enjoy books, I get to crack a few jokes and be silly which breaks down barriers on how police officers are viewed. I build relationships of trust, not just with the kids, but with their families who may have had a negative view of police. Now kids happily approach me when I’m out in the community because they know that there’s more to me than just my uniform.”

Constable Eugene La Grange, Community Resource Officer, Calgary Police Service with Helena Hinks, young reader

This organization is supported through Donor Advised Funds at the Calgary Foundation.

Discover more: ckc.calgaryfoundation.org
Early Childhood Development

Not all Calgary children thriving by age 5

| 27% of Calgary’s children experiencing difficulty in one or more areas of development |

5 Developmental Areas:
- Physical health and well-being
- Social competence
- Emotional maturity
- Language and thinking skills
- Communication skills and general knowledge

Attention to supporting optimal development during this time in a child’s life has been shown to result in children experiencing better outcomes later in life (school, health, relationships, society, communication). The First 2000 Days Network is a collective response of community members, organizations, professionals with a passion for improving outcomes for our children.

School Age Learning

Shifting statistics through primary prevention

17,000
The number of grade 7, 8 and 9 Alberta students learn about peer and dating violence with the Shift project that focuses on the “fourth R: Relationships.”

High school completion improving since 2008

In 2014, the proportion of the population in Calgary aged 15 years and over that have not completed high school.

Calgary 12.89%
Provincial 16.6%
National 17.9%
Calgary 2000 19.2%

Post Secondary Learning

Creative Industry Graduates

7,000
Students graduate each year from a Creative Industry program at Calgary’s Post-Secondary Schools

Creative Industry in Calgary

19,000
The number of Creative Establishments in Calgary

Including:
- Artist’s Studios
- Recording Studios
- Architectural Firms
- Art Galleries and more

Adult Learning

Calgary’s Post-Secondary Educational Landscape is alive with variety and possibilities.

Its institutions offer diverse experiences such as distance learning, travel study, practicum, internships and apprenticeships in addition to learning in an academic setting. Programs cater to international students and those interested in lifelong learning, as well as students fresh from secondary school. Calgary has seven major universities and colleges, offering a variety of world-class programs:

- Mount Royal University
- Bow Valley College
- St. Mary’s University
- Concordia University
- Acadia University
- Athabasca University
- Ambrose University

Further details on these indicators and sources can be found at calgaryfoundation.org

Calgary Police Services and partners offer programs to keep kids on the right path.

MASST
Multi-Agency School Support Team works with children aged 5-12 years who are criminally involved or at risk of criminal involvement or victimization through early intervention.

YARD
Youth At Risk Development program is an evidence-based initiative that seeks to prevent or stop gang involvement and criminal behaviours among youth aged 10-17 years.

SHOP
Serious Habitual Offender program identifies and monitors persons aged 12-24 years in Calgary who have a history of involvement in frequent criminal acts and are regarded as very likely to reoffend.

REDIRECT
A First for Canada, a terrorism intervention program aimed at pulling youth away from radicalization.

Bow Valley College unveiled the 1,000 Women Rising campaign to raise $1,000,000 to help women overcome key barriers to success.
Citizen priorities:

- **Mental Health**
  1. Increase access to supports for those with persistent mental health problems (39%)
  2. Decrease stigma of mental health problems
  3. Decrease stress and depression levels in the workplace

- **Physical Health**
  1. Increase physical activity levels in schools (33%)
  2. Increase proportion of population with a regular doctor
  3. Decrease obesity rate

- **Safety**
  1. Decrease rates of domestic violence and abuse (33%)
  2. Improve neighbourhood safety
  3. Increase the visible presence of police

- **Sports & Recreation**
  1. Support the repurposing of existing outdoor spaces to be multi-purpose and multi-season (32%)
  2. Increase access to local sport and recreation opportunities and facilities
  3. Increase investment in sport and recreation facilities and infrastructure

---

**Canadian Centre for Male Survivors of Child Sexual Abuse (cc4ms)**

“Secrets keep us sick. Being sexually abused as a child means nobody ever wants to come forward to tell their story because there’s so much betrayal, shame and guilt associated with sexual abuse that it’s hard to trust and take the risk of talking about it. I was given a second chance in life and now work at Simon House as a counsellor to help others overcome their addictions. With cc4ms’ help, I have grown stronger and help survivors crash the silence and crush the stigma of child sexual abuse. I truly believe - healing is possible!”

*Kerry Gladue, Addictions Counsellor, Simon House Recovery Centre*
**Mental health**

**ARE WE MEETING THE NEED?**

10% of AHS services are used by children and youth with mental health problems.

**Physical health**

**FAMILY PHYSICIANS UP - ABOVE NATIONAL AVERAGE**

<table>
<thead>
<tr>
<th>Area</th>
<th>Calgary Health Region</th>
<th>Provincially</th>
<th>Nationally</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician per 100,000 citizens:</td>
<td>122</td>
<td>111</td>
<td>113</td>
</tr>
</tbody>
</table>

**OBESITY RATES - SELF REPORTED BODY MASS INDEX OF 30+**

- 2003: 15% (12-17 yrs.), 14% (18+ yrs.)
- 2014: 28% (12-17 yrs.), 19% (18+ yrs.)

**Work absences up in 2014**

<table>
<thead>
<tr>
<th>Area</th>
<th>Days Absent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calgary 2014</td>
<td>6.7</td>
</tr>
<tr>
<td>Calgary 1997</td>
<td>6.2</td>
</tr>
<tr>
<td>Provincial 2014</td>
<td>7.6</td>
</tr>
<tr>
<td>National 2014</td>
<td>6.2</td>
</tr>
</tbody>
</table>

**Mental health problems and illnesses affect:**

- 21% of the working population
- 30% of short and long-term disability claims in the workplace

**Safety**

**Child abuse unit**

- Number of investigations initiated: 476
- Number of cases: 142
- Number of interviews conducted: 1,000

**Property crimes**

- Decrease in property crimes since 2010: 6%
- Number of vehicles stolen between January and August 2015: 3,000

**Sports and recreation**

**Sport in Calgary by the numbers**

- Approximate number of sports organizations: 400
- Different sports offered: 85+
- Approximate number of registrants in programs in Calgary: 360,000

**More families seek financial help**

- Kidsport Calgary has already seen a 35% increase in applications for financial help by end of July, 2015

**Fighting cybercrime**

Calgary Police Service has a cybercrime team to support investigations that involve the internet such as criminal harassment, homicide, non-consensual distribution of images and missing persons and cyber-financial crimes. In 2014, the team assisted in 416 criminal investigations.

**Building a legacy of play for children**

In 2017, the City of Calgary will host the Triennial International Play Association World Conference that will bring together members from nearly 50 countries to exchange ideas and inspire action about play.

**9-1-1 Text Award**

The City of Calgary won the Municipal Excellence Award for being the first in Alberta to launch text with 9-1-1 that allows the deaf, hard of hearing and speech impaired community to get the emergency help they need.

Further details on these indicators and sources can be found at calgaryfoundation.org
Our Vital Quality of Life

Survey Grader Responses

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>68%</td>
<td>Satisfied with work and home life balance</td>
</tr>
<tr>
<td>74%</td>
<td>Happy in their job and satisfied with their work</td>
</tr>
<tr>
<td>68%</td>
<td>Rate sense of physical well-being as high</td>
</tr>
<tr>
<td>61%</td>
<td>Feel they have an opportunity to make a difference in their community or city</td>
</tr>
<tr>
<td>69%</td>
<td>Feel at least moderately stressed about personal finances</td>
</tr>
<tr>
<td>69%</td>
<td>Of Calgarians describe themselves as happy*</td>
</tr>
<tr>
<td>75%</td>
<td>Rate mental well-being as high</td>
</tr>
<tr>
<td>24%</td>
<td>Uncomfortable at least sometimes as a result of discrimination</td>
</tr>
<tr>
<td>90%</td>
<td>Agree it’s every citizen’s duty to vote</td>
</tr>
<tr>
<td>69%</td>
<td>Feel Calgarians do enough to welcome new Canadians while 43% feel Calgarians don’t do enough</td>
</tr>
<tr>
<td>55%</td>
<td>Feel they know their neighbours well enough to seek help</td>
</tr>
<tr>
<td>28%</td>
<td>Were sometimes, often or very often lonely in the past week</td>
</tr>
</tbody>
</table>

Improvements to Quality of Life

390 respondents provided comments to the question “In what ways, if any, has the quality of life in Calgary improved noticeably over the past two years?” The main themes included:

- Access to bike/cycle tracks
- Sense of community following 2013 Flood
- City Transit improvements and expansion
- Improved urban planning - inner city revitalization and development, housing diversity
- Positive influence of Major Nenshi, greater inclusion and diversity
- Access to arts and culture initiatives

Declines in Quality of Life

464 respondents provided comments to the question “In what ways, if any, has the quality of life in Calgary declined noticeably over the past two years?” The main themes included:

- High cost of living - lack of affordable housing and rental accommodation, rising taxes
- Urban sprawl and reliance on cars
- Traffic congestion and long commute times
- City growth concerns - services and infrastructure not keeping up, increased crime, income disparity
- Economic instability - price of oil, layoffs and economic uncertainty

Citizen Comments

“The situation isn’t perfect--affordable housing is a problem, and enhancing the livability of both suburban and highly urban neighbourhoods is challenging, but good housing in livable communities is something that many Calgarians enjoy.”

“Calgary has done really well at bringing art to the street level.”

“Happy that Calgary’s recycling system is educating people about conservation.”

“Extensive mental health network which may well be overworked. Numerous, excellent counselling options and programs available, but likely need more as access can take time.”

“The extensions of the LRT line is incredible. The huge number of patrons using it from the far out suburbs is great! The new bike lanes in the city... I love the diversification and the boldness to change when we’re such a car culture.”

“This City has always had a youth and child focus. We are young and can see the potential in our next generation.”

“Calgary has a culture of welcoming immigrant newcomers and provides various services to assist their integration.”

“We have many strong and engaged neighbourhoods which makes me believe that with a bit more support, every community could be vibrant and engaged!”

“We’re finally becoming aware and beginning to respect the legacy, history, and contribution of Aboriginal peoples to our national landscape and cultural fabric...”

“The situation isn’t perfect--affordable housing is a problem, and enhancing the livability of both suburban and highly urban neighbourhoods is challenging, but good housing in livable communities is something that many Calgarians enjoy.”

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Research
Local experts representing a range of Calgary organizations provided research support to ensure that the indicators used for Calgary’s Vital Signs are relevant, accurate and comprehensive. Community Foundations of Canada, who retain The Centre for the Study of Living Standards to undertake national research, provided additional indicator data.

Methodology
1819 citizens added their voice to Calgary’s Vital Signs by assigning grades, choosing priorities and voicing their opinions in each of the 21 key issue areas featured in the report. The online survey, conducted by The Praxis Group, is based on a ‘self-selected’ respondent population. Results are reliable within +/- 4%, 19 times out of 20. In 2013, a random sample telephone survey was conducted in the same survey period asking the same grading questions. There was no statistically significant difference in the grades provided in the random method compared with the self-selected method.

Demographics of Survey Respondents

### What is your Age?

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Vital Signs Respondents</th>
<th>Canadian Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 19</td>
<td>1.1%</td>
<td>8%</td>
</tr>
<tr>
<td>20–24</td>
<td>8%</td>
<td>9%</td>
</tr>
<tr>
<td>25–34</td>
<td>9%</td>
<td>4%</td>
</tr>
<tr>
<td>35–44</td>
<td>19%</td>
<td>20.4%</td>
</tr>
<tr>
<td>45–54</td>
<td>19%</td>
<td>21.2%</td>
</tr>
<tr>
<td>55–64</td>
<td>13%</td>
<td>22.3%</td>
</tr>
<tr>
<td>65–74</td>
<td>6%</td>
<td>8.9%</td>
</tr>
<tr>
<td>75+</td>
<td>5%</td>
<td>2.2%</td>
</tr>
</tbody>
</table>

### Gender makeup

- **Male**: 36%
- **Female**: 62%

### Which sector do you work in?

- **Government**: 20.9%
- **Business**: 45.1%
- **Voluntary**: 13.4%
- **Retired**: 12.4%
- **Student**: 8.6%
- **Unemployed**: 3.3%

### Where do you live?

- **SW**: 39%
- **NW**: 11%
- **SE**: 17%
- **NE**: 11%
- **Other Municipality**: 3%

### How long have you lived in Calgary?

- **Less than one year**: 1%
- **One to five years**: 8%
- **Six to ten years**: 9%
- **More than ten years**: 82%

Vital Signs is a community check-up conducted by community foundations across Canada that measures the vitality of our communities, identifies significant trends, and supports action on issues that are critical to our quality of life. Special thanks to the Toronto Foundation for developing and sharing the Vital Signs concept and Community Foundations of Canada for supporting a coordinated national Vital Signs initiative.

Further details on these indicators and sources can be found at calgaryfoundation.org

vitalsignscanada.ca
THE FOUNDATION of my community

starts with you and me — more than charity
it’s the empathy i feel for the people where i live.

Close to home is where the heart is,
where help goes farthest
my foundation helps me start this:

people standing tall in towns big and small, urban, rural, one and all.

My care comes through helping those that can’t make do, or get by, or maybe just need to fly.

My foundation has roots across the land, intertwining, hand-to-hand,
showing what we thousands banded together can do, including you, making true the endeavour to make things better

for generations still, their dreams fulfilled, it all gets built …

on THE FOUNDATION.

Canada’s community foundations help communities where they need it the most, connecting people, families and companies with the causes that inspire them.
Community makes you. You make your community.

Brought to you by the 191 community foundations of canada
communityfoundations.ca
calgaryfoundation.org

Kirby Redwood
Health & Wellness Committee Volunteer
Calgary Foundation