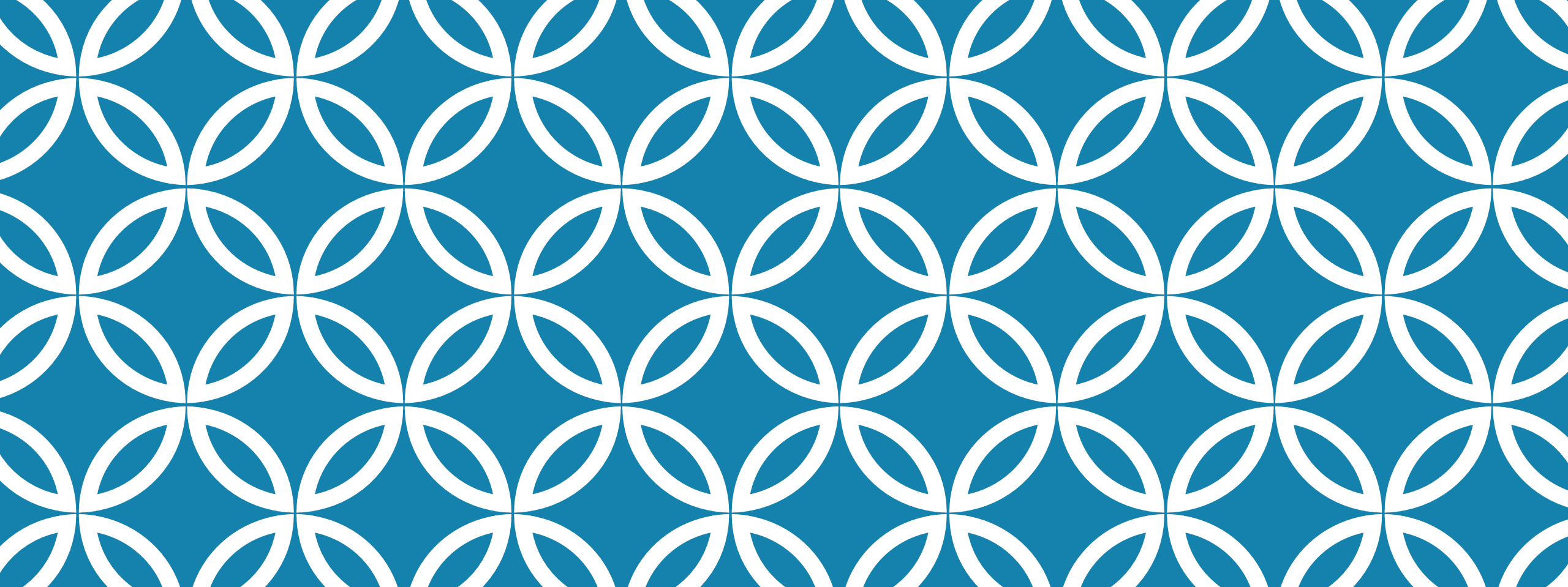


Reframing and inspiring success toward active, vibrant communities

March 8, 2022, 12:00 – 1:45 p.m. ET

CPRA and FPT-PARC



UNDERSTANDING SUBJECTIVE WELL- BEING FOR PUBLIC POLICY

PARC-CPRA SPEAKER SERIES — 8 MARCH 2022

Craig M. Joyce

Advisor

Department of Finance Canada

CONTENTS

1. The Global 'Beyond GDP' Movement

- The Easterlin Paradox; limitations of GDP; growing 'beyond GDP' momentum

2. The Federal Quality of Life Framework

3. Measuring Quality of Life

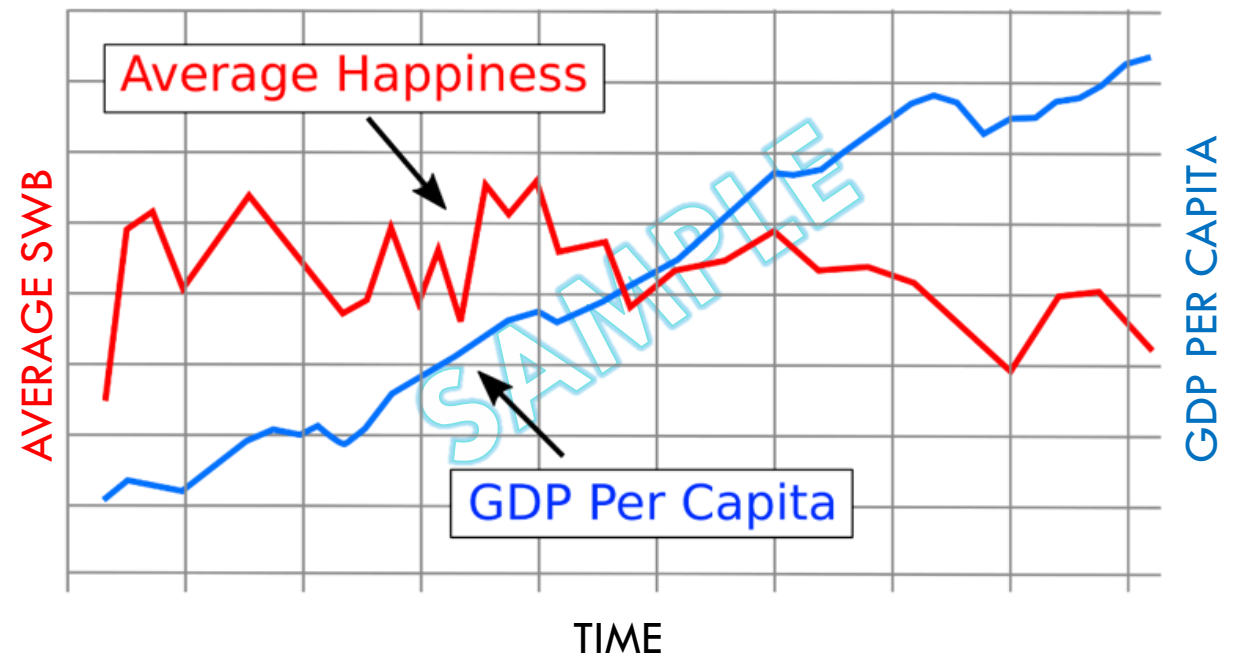
- Subjective well-being: evaluative, eudaimonic and affective traditions of measurement

4. Frontiers of Measurement

- Using subjective well-being to understand social returns on investment
- Experience sampling

THE EASTERLIN PARADOX

- One of the earliest and most famous findings in the Subjective well-being literature is the Easterlin Paradox (1974).
- At any point in time, average SWB increases with income, *but* over time, average SWB does not increase with increasing income.
- The paradox suggests that rising incomes are a necessary but not sufficient condition for improving lives as *evaluated* by people themselves.

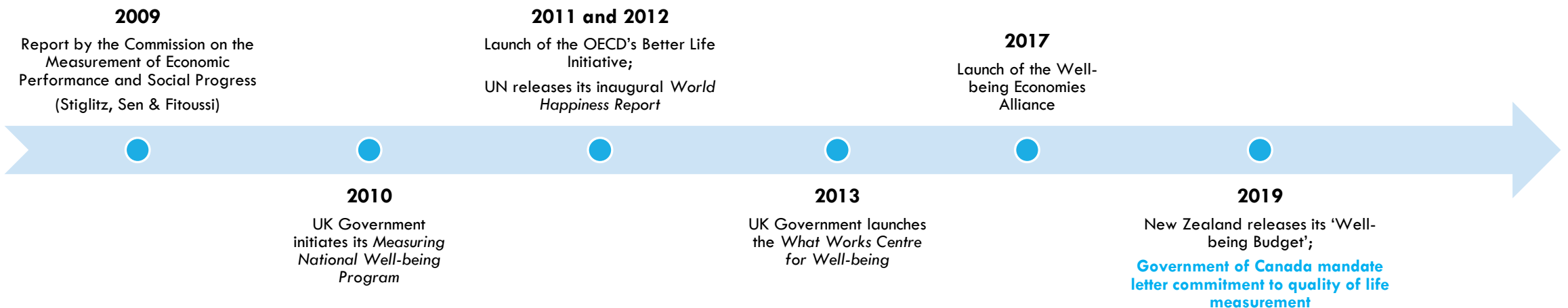


THE LIMITS OF GDP

- There is a global consensus that standard measures like GDP don't tell the whole story of societal progress; indeed, were never intended to.
- In the 1940s, Simon Kuznets, the creator of systems of national accounts warned that GDP should not be used as a measure of human well-being.
 - However, in reality its use has often been extended as a proxy for well-being/social progress.
- The 'beyond GDP' movement seeks to address three common criticisms of GDP:
 1. GDP is agnostic about the **quality or nature** of growth.
 - Some things are objectively *bad* for society (adverse weather events, oil spills) but *good* for GDP growth.
 - GDP overlooks a lot of important activity (like caregiving or home production).
 2. GDP can mask important **inequalities**, and it is important to consider distributions.
 - A few 'winners' can mask the collective losses of many.
 3. It has a short term bias, and doesn't sufficiently consider **sustainability**.
 - Resource extraction and over-consumption that is harmful to the planet can benefit near term GDP growth.

INTERNATIONAL ‘BEYOND GDP’ MOMENTUM

- An increasing number of governments (national and sub-national), academic institutions, NGOs and private sector institutions recognize the need for a broader set of measures that speak to economic, social and environmental progress.
- In this context, **beyond GDP** does not equate to **without GDP**.
 - Many have adopted explicit language of ‘inclusive growth’ or ‘sustainable growth’ to signal the continued importance of economic growth within a broader portfolio of measures that guide policy.



INTERNATIONAL 'BEYOND GDP' MOMENTUM

Proposed Well-being indicators for Iceland

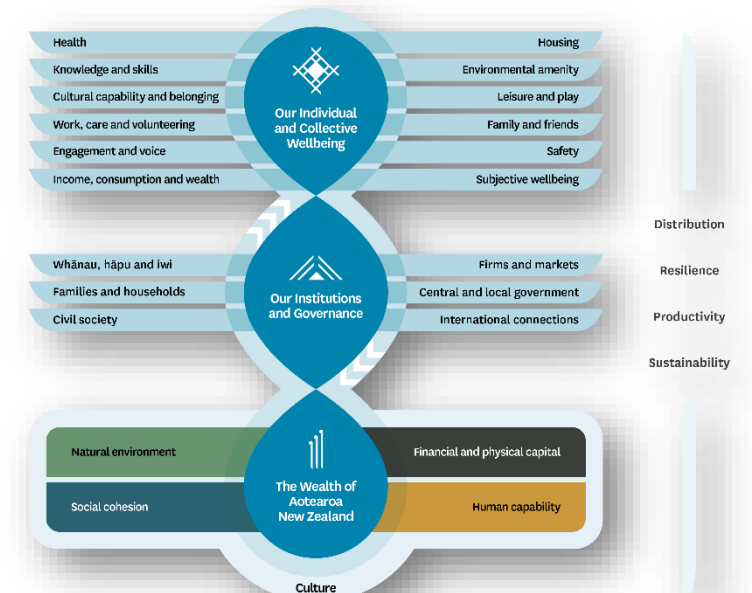
SOCIETY		ENVIRONMENT	
Health	<ul style="list-style-type: none"> Life expectancy Healthy life years Unmet need for healthcare Mental health 	Air Quality and Climate	<ul style="list-style-type: none"> Particulate matter Greenhouse gas emissions
Education	<ul style="list-style-type: none"> Level of education Dropout from secondary school Lifelong learning 	Land Use	<ul style="list-style-type: none"> Progress in land reclamation Protected areas
Social capital	<ul style="list-style-type: none"> Voter turnout Social support Formal volunteer activities Trust in others Trust in political system 	Energy	<ul style="list-style-type: none"> Ratio of renewable energy in total energy consumption
Security	<ul style="list-style-type: none"> Feeling safe after dark Crime victimization 	Waste and Recycling	<ul style="list-style-type: none"> Quantity of municipal solid waste Recycling rate of municipal solid waste
Work-life balance	<ul style="list-style-type: none"> Long working hours Working during unsocial hours Multiple jobs 	ECONOMY	
		Economic conditions	<ul style="list-style-type: none"> GDP and economic growth Inflation Purchasing power Household debt Public sector, private sector and household dept
		Employment	<ul style="list-style-type: none"> Employment rate Unemployment Not in education, employment or training (NEET) Job satisfaction
		Housing	<ul style="list-style-type: none"> Housing cost overburden Quality of housing
		Incomes	<ul style="list-style-type: none"> At risk of poverty Persistent poverty Material and social deprivation Equality (Gini-index)



National Performance Framework Our Purpose, Values and National Outcomes





New Zealand's Living Standards Framework



QUALITY OF LIFE FRAMEWORK



Headline Indicators	
	Household incomes
	Employment
	Youth not in education, employment or training (NEET)
	Acceptable Housing
	Poverty
	Health-adjusted life expectancy
	Self-rated mental health
	Sense of belonging to local community
	Someone to count on
	Time use
	Victimization rate
	Confidence in public institutions
	Discrimination and unfair treatment
	Air quality
	Clean drinking water
	Conservation areas
	Greenhouse gas emissions
	Climate change adaptation
	Life satisfaction
	Sense of meaning and purpose

MEASURING QUALITY OF LIFE

With an appreciation of the limits of GDP as a measure of overall quality of life, what other indicators are needed to complement it?

- The Stiglitz report (2009) recommends that *‘measures of both objective and subjective well-being provide key information about people’s quality of life’*.
- A growing body of research on the measurement of subjective well-being (SWB) and its determinants sheds light on what these indicators could be.
- This literature points to a variety of ‘domains’ that determine SWB, often including **economic determinants and living standards, health, personal activities, social relationships, environments and good governance**.
- SWB is used in the literature as a **summary measure of overall quality of life**, and understanding its various determinants is an active area of research.
- As a concept, SWB is about how people experience the quality of their own lives, *according to their own criteria*.
- It is understood as having three dimensions to it:
 - **Evaluative** (life satisfaction)
 - **Eudaimonic** (meaning and purpose)
 - **Affective** (emotional balance)
- Of these, the *evaluative* component is most closely related to living conditions, and therefore most relevant to policy.

WHAT IS SPECIAL ABOUT LIFE SATISFACTION?

'I see the appeal and usefulness of subjective well-being data, and especially life evaluations as being due to their primary nature – as unvarnished measures of what people actually think about the quality of their lives'.

Helliwell, J. F. (2018). What's Special About Happiness as a Social Indicator? *Social Indicators Research*(3), 965-968.

Life Satisfaction is understood as:

- A direct measure of **evaluative** quality of life;
- An overarching **summary measure** of quality of life;
- A useful way to organize and understand the **relative importance** of its various determinants.

EUDAIMONIA: MEANING AND PURPOSE

The measurement of the eudaimonic aspect of SWB is not as advanced as the others, particularly the evaluative component.

Our inclusion of this measure in the Quality of Life framework makes us (I think!) only the second nation to seriously measure this concept (after the UK).

Many of the most important drivers of M&P seem to be shifting:

- Changing demographics. There are more singles living alone, smaller family sizes, fewer intergenerational homes.
- Our society is more secular than it has been in the past.
- Climate change/shift to a green economy will disrupt entire industries and change employment patterns.

WELL-BEING VALUATION FOR COST-BENEFIT ANALYSIS

Well-being valuation works by **comparing the effects of a policy outcome** on a measure of quality of life (usually life satisfaction as measured on a 0-10 likert scale), **with the effects of rising household income** on that same measure of life satisfaction.

It calculates the amount of additional income that would be required to maintain a person at their current level of life satisfaction, in the absence of the outcome of interest.

This gives a sense of the **magnitude of the importance** (or lack thereof) of the outcome to quality of life, with the added advantage of **communicating it in a manner that is intuitively understood** to a broad audience (currency).



EXAMPLE: HEALTH BEHAVIOURS

- Used the combined Canadian Community Health Survey Annual Component Share File (2009-2010), consisting of a nationally representative sample of 117,602 respondents. After excluding respondents with missing values for key variables (either LS, household income, or any of the three health behaviours) the sample was reduced to 74,577.
 - Applied the LS valuation approach as described above.
 - LS was modeled as a function of income, healthy behaviours and socio-demographic factors using ordinary least squares regression.
1. Estimated the direct effect of income on LS (β coefficient of income variable).
 2. Calculated the coefficients of healthy behaviours (physical activity, fruit and vegetable consumption, smoke-free living) .
 3. Conducted mediation analyses to determine indirect effects of income through other co-variants (self-perceived health, self-perceived mental health, marital status, housing tenure) on LS.
 4. Aggregated direct and indirect effects of income on LS.
 5. Determined the compensating values for three health behaviours.

Physically Active	\$631/week
Physically Active (Moderate)	\$407/week
Fruit and vegetable consumption	\$115/week
Not smoking	\$563/week

Shi, Y., Joyce, C., Wall, R., Orpana, H., & Bancej, C. (2019). A life satisfaction approach to valuing the impact of health behaviours on subjective well-being. *BMC Public Health*, 19(1547). Retrieved February 2, 2020, from <https://bmcpublikealth.biomedcentral.com/articles/10.1186/s12889-019-7896-5>

EXAMPLE: CULTURE AND SPORTS PARTICIPATION

- Three-Stage Wellbeing Valuation Approach (3S-WV)
 - Used Statistics Canada's General Social Survey, Cycle 24 (GSS-24), Time-Stress and Well-Being (2010) with **15,390** observations and GSS Cycle 25, Family (2011) which included more details on occupation and characteristics of spouse and included **17,551** observations
1. Calculate the Wellbeing Impacts of Arts, Culture and Sports
 - wellbeing measure used is self-reported life satisfaction (0-10 point scale)
 - due to the split sample nature of the GSS-24, different models had to be developed for analyses including arts and culture variables, and those that included sports variables
 2. Determine Effects of Income on Subjective Wellbeing
 3. Calculate Compensating Values
 - An Instrumental Variable (*Partner Works*) was used to estimate Compensating Surplus but minimize endogeneity problems.

Participating in cultural activities	\$146 / week
--------------------------------------	--------------

Regular participation in sport (individual)	\$100 / week
---	--------------

Regular participation in sport (team)	\$85 / week
---------------------------------------	-------------

Lemyre, X., Mader, J., & Ambarde, M. (2018). *Quantifying and Valuing the Wellbeing Impacts of Arts, Culture and Sports in Canada*. Gatineau: Department of Canadian Heritage. Retrieved February 2, 2020, from https://cudo.carleton.ca/system/files/dli_training/4330/wellbeing-impacts-arts-culture-and-sports-canada-final.pdf

EXAMPLE: UPSKILL

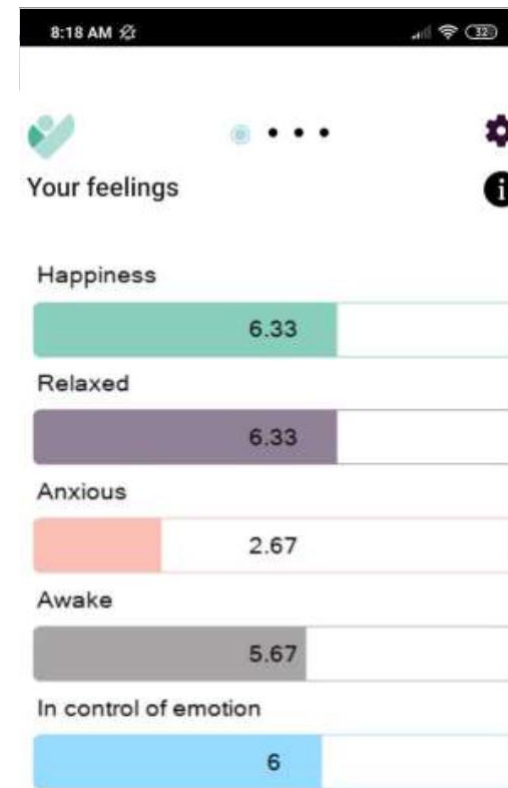
‘Participants achieved more than double the value from psychosocial gains (\$1,750) compared to their net financial benefits (\$828) alone. Furthermore, incorporating these gains into the combined net benefit that was estimated in the benchmark model for all stakeholders (\$2,084), results in about an 80 per cent increase, up to a total of \$3,834, and in a near doubling of the overall return on investment (132 per cent vs. 73 per cent).’

Gyarmati, D., Leckie, N., Dowie, M., Palameta, B., Shek-wai Hui, T., Dunn, E., & Hebert, S. (2014). *UPSKILL: A Credible Test of Workplace Literacy and Essential Skills Training*. Ottawa: Social Research and Demonstration Corporation.

AFFECTIVE WELL-BEING: EXPERIENCE SAMPLING VITALI-T-STAT (STATISTICS CANADA)

Statistics Canada has developed a mobile app that uses the experience sampling method to gather location-based data on the subjective experiences of Canadians.

It is modelled on [Mappiness](#), a British app which is run out of the London School of Economics

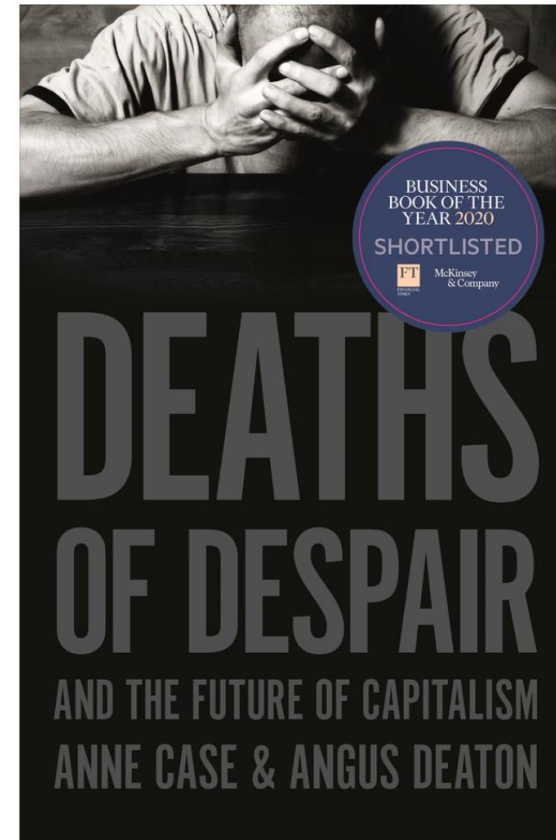


SUBJECTIVE WELL-BEING AS A 'LEADING' INDICATOR

In the US, 'deaths of despair' (due to suicide, opioids, or alcohol) are concentrated among white, blue collar men of working age.

American researchers have found that for this population, measures of subjective well-being like life satisfaction started to decline about a decade before the deaths began to occur.

Carol Graham of the Brookings Institute argues that these measures can serve as 'warning signals'.





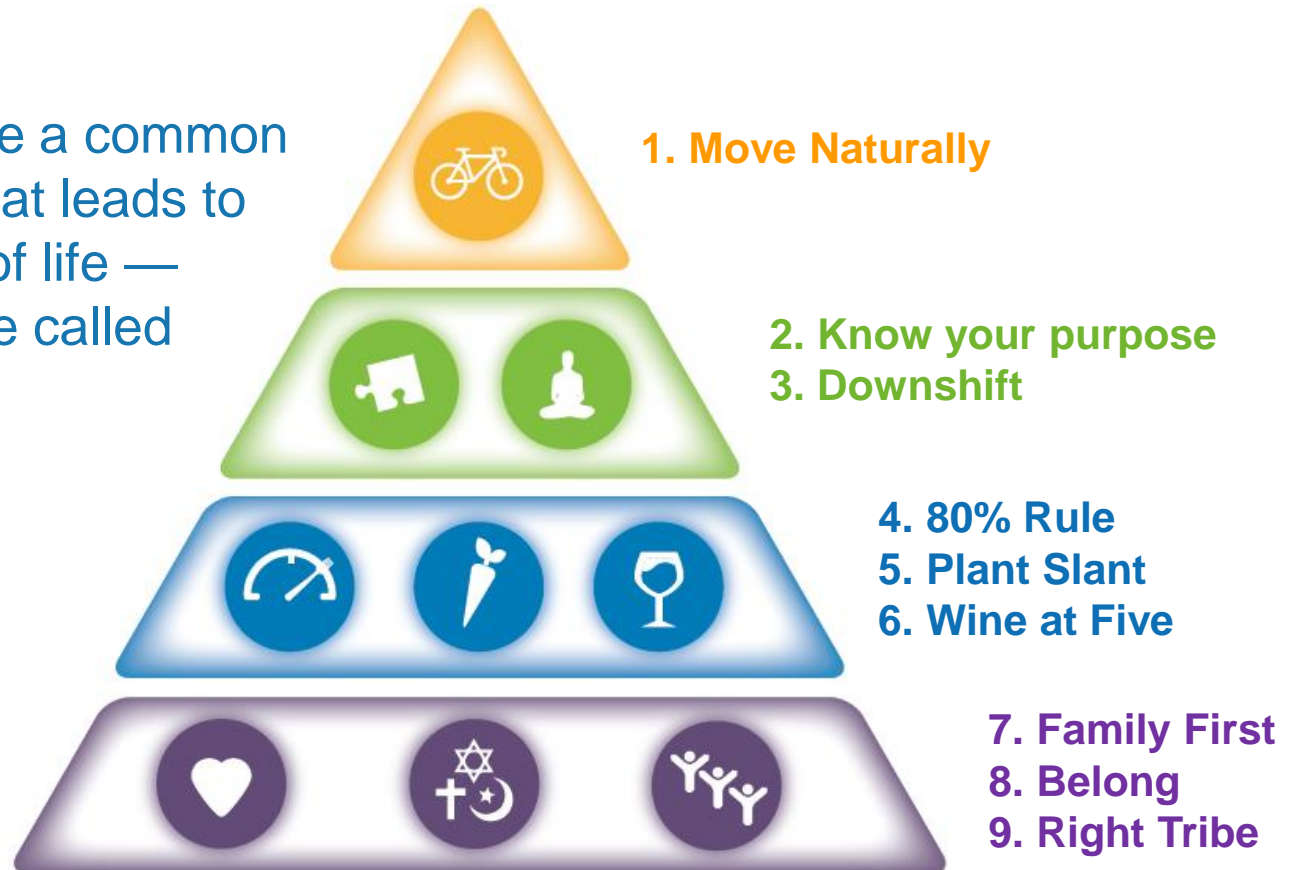
Albert Lea Minnesota

“The Land Between the Lakes”



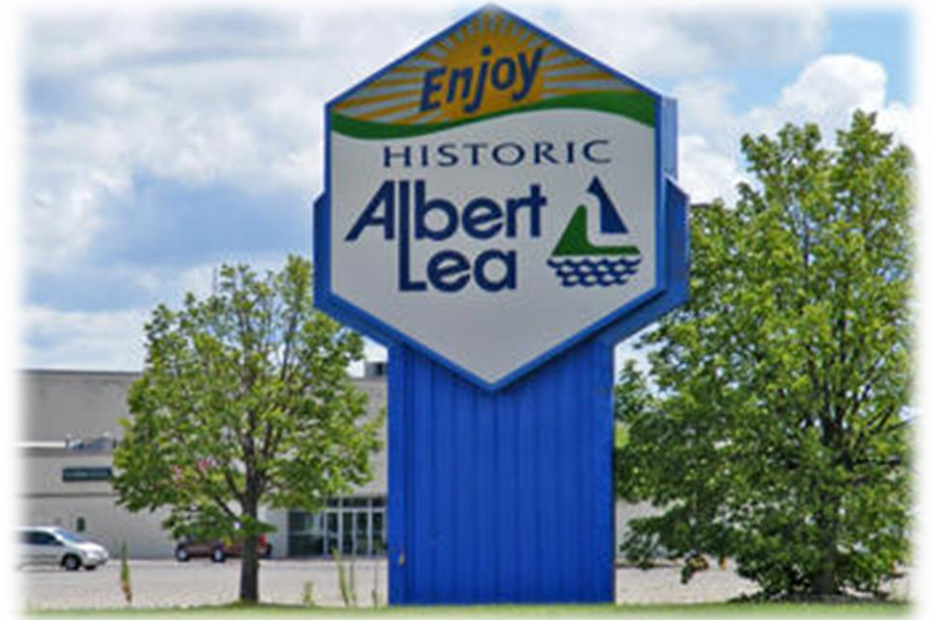
Shared Traits of the World's Longest Lived People

In Blue Zones, people share a common lifestyle, diet and outlook that leads to better quantity and quality of life — these lifestyle behaviors are called the “**Power 9**”



2009

“The AARP/Vitality Project”



Intended Outcomes

- Improved quality of life and wellbeing for our residents.
- Economic benefits for our city and our organizations.
- Enhanced regional and national marketing opportunities for the City of Albert Lea.

The Journey Begins!!

Blue Zones Project Albert Lea® Making the Healthy Choice Easy “Creating a Culture of Wellbeing”



Community Leadership Team

Leaders need to be optimistic . Their vision is beyond the present.



Creating Cultural Change

2009 – 1,200 residents attend the AARP/Vitality Project Kick-Off & 800 residents join Neighborhood Walking Moais!



**Walking Moais Encourage
Not Only Exercise but
“Connections”**





Community Policy & Built Environment

We set wellbeing up for failure if we don't work on improving environment and culture BEFORE we work on individual behaviors.



Community Policy & Built Environment

"A Goal Without A Plan Is Just A Wish"

- Complete Streets Policy-2009
- Community Walking Audit-2009
- Bike & Pedestrian Plan-2009
- Sidewalk Assessment Policy-2009 & 2015
- Blue Zones Walkway-2010
- Front Street Bike Lanes-2012
- Downtown Streetscape-2013
- Expanded Community Gardens to three 2010–2014
- South Broadway Redesign-2015
- Safe Routes to School-2017
- Bridge Avenue Corridor- 2020-21
- Built 15 miles of new sidewalk 2010-2021
- Tobacco Free Parks Ordinance-2015
- Tobacco 21 Ordinance-2019
- East Main Corridor- Planned for Spring 2022



The Blue Zones Walkway 2010

5 miles of OPPORTUNITY!

To date we have created more than 15 miles of new sidewalk.



The Downtown Streetscape 2012-2014



Downtown Streetscape Today

Pedestrian Friendly, Business Friendly & Family Friendly



The South Broadway Road Diet

A partnership with MNDOT – Annual Crash rates were reduced from 14 to 3.





Economic Indicators



- The Downtown Streetscape has had a dramatic economic impact on our downtown. Dozen's of new businesses have either opened or relocated to downtown contributing over 3 million dollars in private investment.
- Property values have increased in the Historic District by 25% adding over 2 million dollars to our tax base.
- Pedestrian traffic on the Downtown Streetscape has increased 180% from 2014 the first year of completion adding additional revenues to area businesses and spurring further downtown growth.
- Based on Lodging taxes: Albert Lea's tourism has increased by 68% since 2012.
- Population: In 2010 Albert Lea's estimated 2020 population was 17,750. The population for the 2020 census was in fact 18,492. **The 2020 census shows that Albert Lea is at it's highest level since 1980.**



Community Events “Nurturing Social Networks”

Free Community Events 2009-2019

Community Picnics, Just Play, Wind Down Wednesdays, The Big Freeze, The Family Bike Rodeo, Thursdays on Fountain!

Active Gathering Supports Social Networks and Creates Advocacy



2011- 2017 Community Funded Projects

Boat House... Dog Park...Disc Golf... Pickle Ball...Splash Pad



Paddle
YOUR WAY
to Well-Being

Move Naturally and make
regular physical activity a fun
part of your daily routine!



 **BLUE ZONES PROJECT**
by HEALTHWAY





Our Schools Rock!



Healthy Schools



- Grab and Go Breakfast-Walk the Block
- Indoor Recess Kits- All
- School Gardens - Three
- Required recess of 20 minutes - Policy
- Recess before Lunch - Policy
- Standing Desks – All
- Walk-a-thons - Non Food Fundraisers
- Walk and Roll & Walking School Bus
- Vending Machine Changes- Policy
- Concession Stands – Booster Clubs
- Smarter Lunchrooms – Policy
- Water Bottle Filling Stations -All
- All Kids Bike Program – All
- All Albert Lea Schools are Designated Blue Zones Schools

School Walk-a-thons & The Tiger Trot

Non Food Fundraisers Support both Healthy Foods and Active Living



Walk and Roll Maps & The Walking School Bus

Supporting Safe Routes to School Initiatives





Worksite Wellness!

“Taming The Dragon”



- Pool Tables – Standing Desks
- Basketball Hoops – Pickle Ball Courts
- Walking Tracks – Walking Moais
- Yoga/Zumba – Meditation Rooms
- Stretching Exercises – Potluck Moais
- Breast Feeding Rooms – Art Contests
- Worksite Challenges – Volunteer Policies
- Worksite Gardens – Healthy Snack Stations
- Worksite Clinics – Healthy Vending Machines
- Water Bottle Filling Stations
- Tobacco Free Campuses – 14 of our top twenty
- Worksite Summit – Best Practices –Annual
- 15 Top Twenty Worksites are Blue Zones Worksites





Wheel of Well-being

Wellbeing – Metrics Matter

- We have improved both our poor mental health and physical health days.
- Adult Smoking rates have declined from 23% to 16%
- The **Robert Woods Johnson County Health rankings** show that Albert Lea has moved in overall health indicators from 68th out of 87 Minnesota counties, to 34th. This is not a regional trend. We have improved by 100%
- We have increased our activity level by 40% placing us above both the State and National Average. **DNR Trail Counts.**
- In 2017, for the first time in decades, we reduced our obesity rate. The Nation and the State of Minnesota both increased.
- The 2016 **Gallup Poll** results for Albert Lea indicate that from 2014-16 while the State of Minnesota increased its wellbeing and quality of life by .05%. Albert Lea's wellbeing increased by 2.8%.
- According to Gallup: **“Albert Lea’s improvement easily outpaces improvement measured across Minnesota during the same time”.**

Albert Lea Has 11% Fewer Risks than Expected Based on State of Minnesota Trends

<u>Risks</u>	Risks Expected in 2019 Based on MN trends	Actual Risks in Albert Lea 2019	Difference in Risks	% Change
Stress	5,465	5,465	-	0.0%
Tobacco	3,003	3,003	-	0.0%
Exercise	6,738	4,900	(1,838)	-27.3%
Nutrition	7,541	5,930	(1,611)	-21.4%
BMI	4,618	4,618	-	0.0%
BP	4,103	4,103	-	0.0%
Standard of Living	4,169	4,169	-	0.0%
Life Evaluation	9,202	7,441	(1,761)	-19.1%
Perception of Health	8,601	6,993	(1,608)	-18.7%
Worry	4,325	4,325	-	0.0%
Purpose	4,162	4,162	-	0.0%
Total Risks	61,927	55,109	(6,818)	-11.0%

Medical & Productivity Value Accrued in 5 Years (2014 – 2019) \$1,542,600

11.0%
DECREASE IN
RISK

\$18.57
AVG. SAVINGS
PMPY

\$11.76M
PROJECTED SAVINGS
10-YRS

Albert Lea Engaged Population Has 27.2% Fewer Risks than Aware but Not Engaged Population*

Risks	Risks Expected in 2019	Actual Risks in 2019	Change in Risks	% Change
Stress	2,815	2,228	(587)	-20.9%
Tobacco	1,742	436	(1,306)	-75.0%
Exercise	2,329	1,376	(953)	-40.9%
Nutri	2,758	1,281	(1,477)	-53.6%
BMI	1,931	1,931	-	0.0%
BP	2,354	1,603	(751)	-31.9%
Standard of Living	2,594	2,594	-	0.0%
Life Evaluation	2,948	2,026	(922)	-31.3%
Perception of Health	4,664	3,882	(782)	-16.8%
Worry	2,531	1,344	(1,187)	-46.9%
Purpose	2,638	2,638	-	0.0%
Total Risks	29,304	21,339	(7,965)	-27.2%

*Based on engaged adult population of 5,814



Engaged Residents Are Healthier Across 8 Health Risks

- ↓ 75% Smoking
- ↓ 54% Poor Nutrition
- ↓ 41% Lack of Exercise
- ↓ 31% Life Evaluation
- ↓ 21% Stress
- ↓ 32% High Blood Pressure
- ↓ 17% Perception of Health
- ↓ 47% Worry

Lessons Learned: Sustainability comes first not last!

Sustainability means long-term thinking about how we build our communities, manage our businesses, invest in social spending, and plan for the future. This requires vision and leadership, and it requires citizen engagement.

- City Leaders discovered that a community that is built for people attracts people!
- Business and Industry found that attention to Worksite Wellness is reducing their health care costs and providing them with a great recruitment and retention tool! Employees in today's job market are looking for Work/Life Balance.
- Our Community discovered that supporting active living, health eating and our social networks can help all of us live longer, better, happier lives!





The Journey Continues!!

Blue Zones Project Albert Lea®

Making the Healthy Choice Easy

“Creating a Culture of Wellbeing”





Active and Vibrant Communities: A Story from the City of Mississauga

Presented by Jennifer Cowie Bonne
Manager of Community & Neighbourhood Development

CPRA-FPT PARC SPEAKER SERIES
March 8, 2022



About Mississauga

- 6th largest city in Canada
- Population = 750,000 (approx.)
- 52% of population born outside of Canada



Strategic Plan



Recreation
Master Plan

Cultural
Districts Plan

Youth Plan

Older Adult
Plan

Waterfront
Parks Strategy

Cycling
Master Plan

Accessibility
Plan

Healthy by
Design Pilot
Project

Our Vision for the Future

Mississauga will inspire the world as a dynamic and beautiful global city for creativity and innovation, with vibrant, safe and connected communities; where we celebrate the rich diversity of our cultures, our historic villages, Lake Ontario and the Credit River valley.
A place where people choose to be.



Economic
Development
Plan

Transportation
Master Plan

Urban
Agriculture
Plan

Places

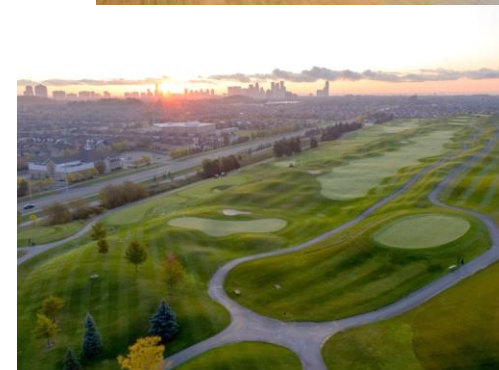
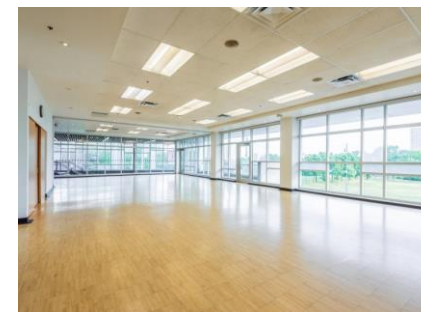


Blissful Release (2021), Vivian Rosas
City of Mississauga Public Art Program



Facilities

- Over 500 parks and connecting trail networks
- Community Centres
- Arenas & Sports Fields
- Golf Courses
- Indoor & Outdoor Pools including therapy pools
- Cultural Facilities
- Healthy Food and Beverage Policy



Healthy By Design Questionnaire

- 2-year pilot project in progress in partnership with Peel Public Health
- Designed to evaluate development applications from a health perspective based on the Region of Peel's six core elements of the built environment that impact health: density; service proximity; land use mix; street connectivity; streetscape characteristics; and efficient parking.
- The project will create metrics and a performance measurement process to enable staff to be more effective in integrating health as a key component of development applications, and to evaluate trends on an area and city wide basis.

City Programs

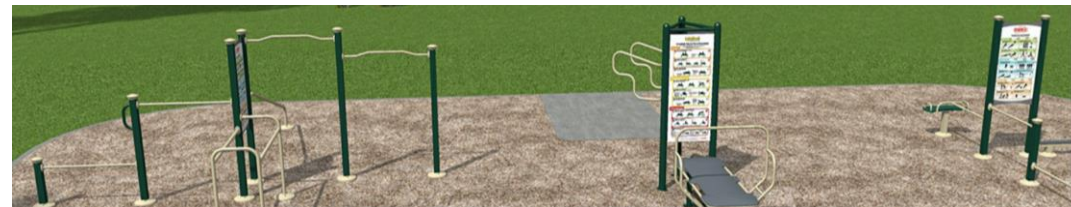


Program Highlights

- Active Assist Fee Assistance Program
- Child Care Subsidy
- Pricing Strategy
- Free Weekday Rental Space for Older Adult Clubs
- \$1 cash transit fare for Older Adults During off-peak times
- Free After School Drop In Programs for Youth at all Community Centres
- Play in the Park
- Sauga Summer Pass
- Virtual Fitness and Older Adult Programs

Self-Directed Activity

- Tennis, Pickleball and Multi-Use Courts
- Pop Up Soccer Boxes
- Slow Streets
- Outdoor Fitness Areas
- Accessible Playgrounds
- Spray Pads



Community Groups

- Support is available to local non-profit community groups through the Community Group Registry Program
- Benefits include:
 - Priority booking timelines
 - No cost meeting space
 - Discounted facility rental fees
 - General Liability Insurance
 - Access to promotional opportunities
 - Eligibility for City grants
 - Training and Resources

Thanks to local community groups...

- Variety and Choice of programs and services
- 47 Natural Ice Rinks
- 8 leash free zones
- 200+ Community Events
- Community Gardens
- Beautification & Improvement Projects
- **MORE**



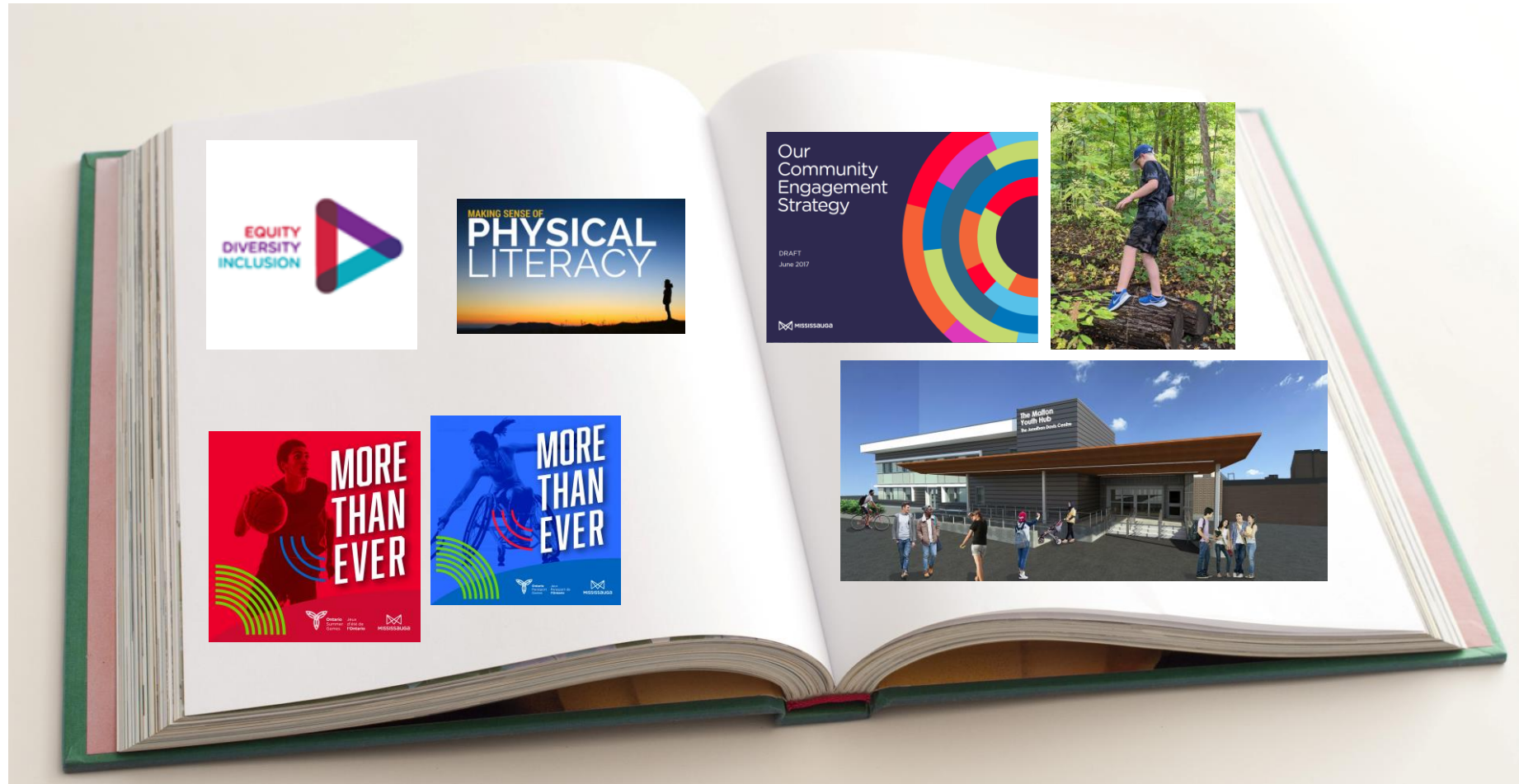
Future Challenges

- Physical activity levels
- Prevention of Diabetes and other chronic diseases
- Increased demand for year round outdoor spaces
- Infrastructure Development & Maintenance
- Rebuilding capacity for program and service delivery
- Supporting a Successful Return to Activities
- Who's not here?
- Build Back Better

Cities Changing Diabetes

- Launched in 2014 by the Steno Diabetes Center Copenhagen, University College London and Novo Nordisk to address the growth of Type 2 diabetes and obesity.
- 37 cities around the world.
- The City of Mississauga is the only active Canadian municipality to become a member of CCD.
 - Understand our own urban diabetes challenge
 - Set our own unique goals to lower Type 2 diabetes in Mississauga
 - Work to unite stakeholders behind a common cause
 - Develop a Mississauga Type 2 Diabetes Prevention Strategy
- Novo Nordisk and the University of Toronto (Mississauga) have invested \$40 million to establish the Novo Nordisk Network for Healthy Populations Research Hub.

Our Story Continues



Stay Connected



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youtube.com/cityofmississauga



instagram.com/citymississauga



mississauga.ca





Questions?

COMMUNITY WELLBEING

AN EMERGING FRAMEWORK
FOR ARCHITECTURE +
PLANNING + DESIGN +
ENGINEERING

in the wake of
a pandemic

Antonio Gómez-Palacio

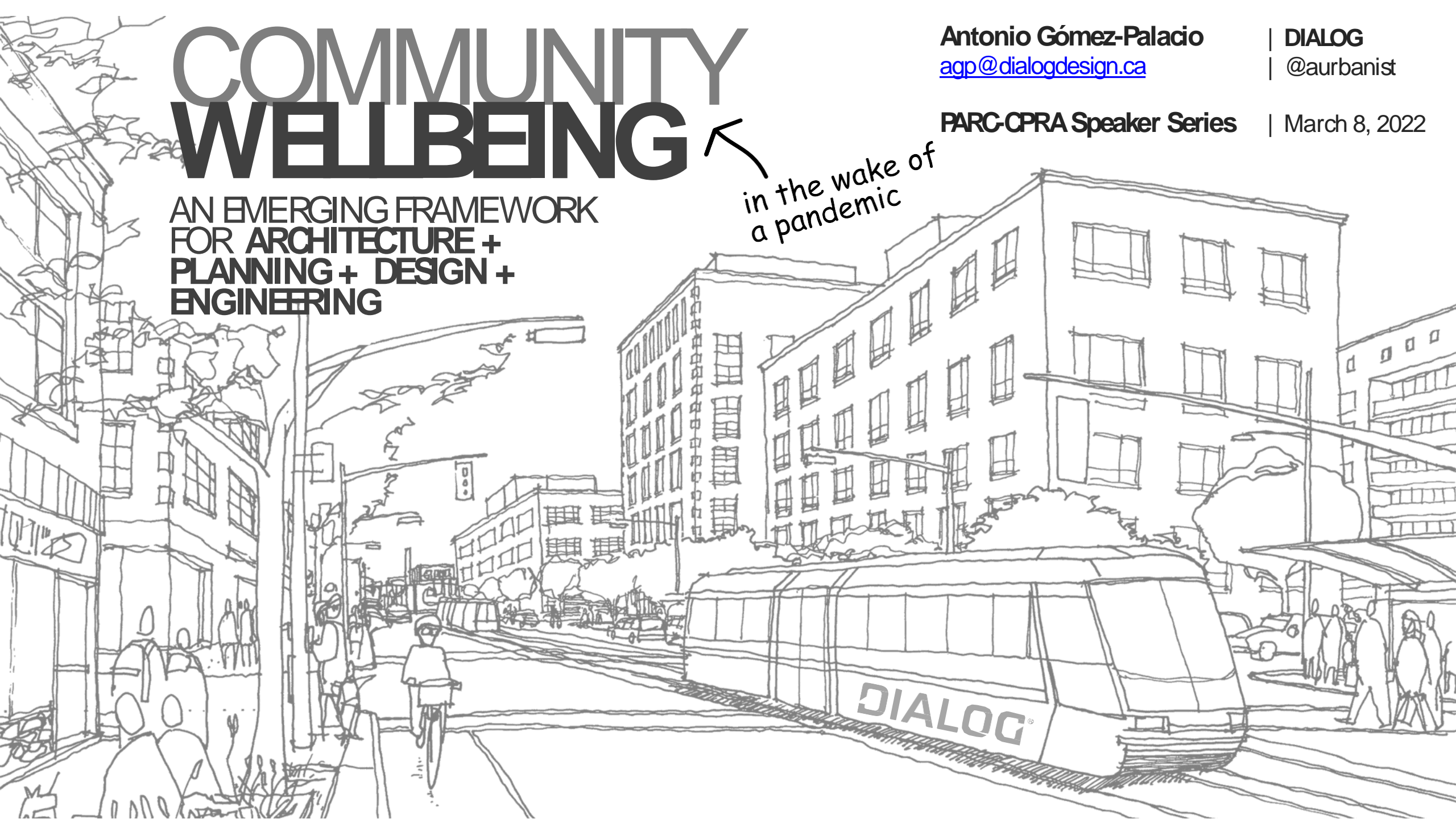
agp@dialogdesign.ca

| DIALOG

| @aurbanist

PARC-CPRA Speaker Series

| March 8, 2022





The Conference Board
of Canada

Le Conference Board
du Canada

Canadian Alliance for
Sustainable Health Care

Community Wellbeing.

A Framework for the Design Professions



REPORT JULY 2018

2018



Wellbeing by Design

Lessons From the Pandemic on Canadian Communities and
the Built Environment

DIALOG

Impact Paper | February 8, 2022

2022



COMMUNITY WELLBEING...

COMMUNITY WELLBEING

*the combination of social, economic, environmental, cultural, and political conditions identified by individuals and their communities as essential for them to flourish and fulfill their potential **

*Adapted from Wiseman and Basher's definition (2008:358)

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Community
Wellbeing
Framework





metrics

Community
Wellbeing
Framework

POLITICAL

sense of
ownership

collaboration

integration

SOCIAL

welcoming

support
systems

socialization

ENVIRONMENT

delight &
enjoyment

natural
systems

mobility

resilience

ECONOMIC

affordability

complete
community

life-cycle
value

local
economy

CULTURAL

cultural
vitality

sense of
belonging

play

learning





Community gardening describes the inter-related factors—social, environmental, and economic—that, in turn, influence broader qualities of life and events. Sense of community is a natural, political, that influences broader qualities of life and events. Sense of community is a natural, political, that influences broader qualities of life and events. Sense of community is a natural, political, that influences broader qualities of life and events.



The social domain now prizes the social constraints that are essential to community as flourishing and fulfils their potential. It speaks to the extent communities create opportunities for people to participate in community life and self-realization.

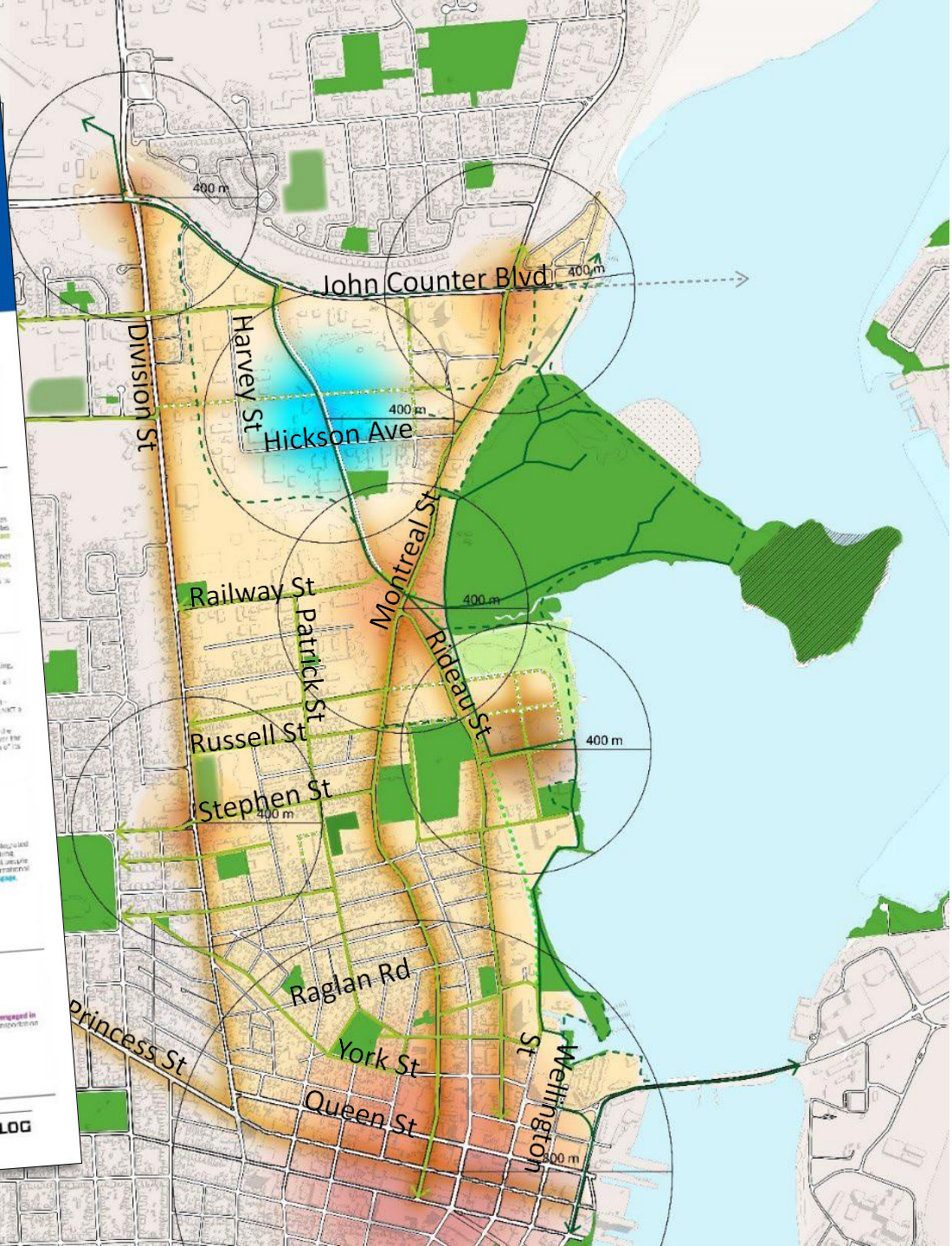
Supplemental Domain

Environmental Domain
The well-being of the environment and of nature: systems are intrinsically valued for the well-being of people—the is axiomatic value without the other. Yes, we play a critical role in preserving the core—or of the ecosystem services and environments that sustain life on earth: the social and physical world. As we design, we create new systems and enhance existing systems, we are also designing the future of the planet. We are also designing the future of the planet. We are also designing the future of the planet. We are also designing the future of the planet.

Economic Domain

Economic Domain
The key economic factors that influence population health and community social economic wellbeing and sustainability include: income, housing, labour force activity, and education. When favourable, these factors help people live better, healthier, and more productive lives.

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Toronto





#CommunityWellbeing

www.dialogdesign.ca/community-wellbeing



**Opportunities for
enhanced physical
activity and recreation in
communities**

Opportunities for enhanced physical activity and recreation in communities

1. Neighbourhoods and communities: where rubber hits the road
2. Age-friendly communities and environments
3. Leave no-one behind
4. Well-being of people and the planet
5. Resiliency



Healthy and Vibrant Communities: Indigenous Resurgence Perspectives

Dr. Tricia McGuire-Adams

CRC in Indigenous Ganandawisiwin Sovereignties

Faculty of Education

University of Ottawa

Overview of presentation

Situate: the complexities of health deficit narratives

Share: bring awareness of Indigenous perspectives for health, wellbeing, and physical activity

Evidence-based: Provide recommendations from Dr. McGuire-Adams' program of research

Health Deficit Narratives

Deficit narratives about Indigenous peoples in health, wellbeing, and physical activity research is predominant

What do these deficit narratives say about Indigenous peoples? And why?
Deficit narratives maintain racism/exclusion: structural violence and in daily occurrences

Health deficits are often decontextualized from settler colonialism and do not amplify Indigenous resurgence practices

Settler colonialism in research maintains the interlocking institutions of heteropatriarchy, white supremacy, and colonialism.

Anishinaabeg Resurgence Stories

Decolonial perspectives on physical activity, health, and wellbeing

- 1) Relational Accountability to Our Ancestors: Elders from Naicatchewenin First Nation
- 2) A) Women's Decolonized Physical Activity & B) Oshki-Michitweg
- 3) Implemented Wiisokotaatiwin in partnership with the Odawa Native Friendship Centre
- 4) Disciplined Physical Activity as an Ethic of Anishinaabeg Self-Discipline

New Femininities in Digital, Physical and Sporting Cultures



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**Indigenous Feminist
Gikendaasowin (Knowledge)**
Decolonization through Physical
Activity

Authors: **McGuire-Adams**, Tricia

Active and Vibrant Indigenous Communities: Recommendations

Indigenous women led physical activity, health & wellbeing programs

- Long-term funding investments in Friendship Centres Healthy Living Programs and other community-driven programs and services

Indigenous led research processes/theories/methodologies to address ongoing disparities

- Long-term funding investments in Indigenous led and community-driven research

Accessible land-based activities programming and research

- Long-term funding investments in Indigenous land-based physical activities, that are accessible to Elders and knowledge holders

Whose voices were missing? Indigenous disability perspectives

New research project led by Maskwacis health leaders in collaboration with academic researchers

- 23 participants (mix of in-person, online sharing circles and interviews)

“It should be an intentional consideration not merely assumed or tacked on as an afterthought” (Marlene).

Enact our responsibilities as leaders to make changes that are desperately needed to support First Nations people with disabilities: Making dreams the reality

Miigwetch

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Gil Penalosa

THANK YOU

www.cpra.ca

