

Item 7.3.2



Getting to Know the NS Quality of Life 2019 Survey Results through the Analysis of Women's Quality of Life in HRM

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About Engage Nova Scotia

- Engage Nova Scotia is an independent non-profit that started in June 2012
- Our vision is a more vibrant, inclusive, and resilient Nova Scotia
- Primary focus is the Nova Scotia Quality of Life Initiative



What is the NS Quality of Life Initiative?

The Initiative is:

- With research partner: Canadian Index of Wellbeing (CIW)
- More than a measurement exercise – it's a change exercise
- Improving the lives of Nova Scotians

- Between April and July 2019, **one in five** households received an invitation in their mailbox to participate in a voluntary **230-question survey**

A promotional poster for the Nova Scotia Quality of Life Survey. It features a yellow mailbox with a red flag, overflowing with white envelopes. Each envelope has the "engage" logo, "nsc" logo, and "QUALITY OF LIFE" logo. The background is blue and green. The text "NOVA SCOTIA, You have mail." is written in large white letters at the top. At the bottom, it says "CHECK YOUR MAILBOX during the last week of April 2019 for the Nova Scotia Quality of Life Survey. Have your say in measuring what matters. nsqualityoflife.ca/survey". The "NOVA SCOTIA QUALITY OF LIFE" logo is also present at the bottom right.

**NOVA SCOTIA,
You have mail.**

CHECK YOUR MAILBOX during the last week of April 2019 for the Nova Scotia Quality of Life Survey.

Have your say in measuring what matters.

nsqualityoflife.ca/survey

**NOVA SCOTIA
QUALITY OF LIFE**
Measuring What Matters

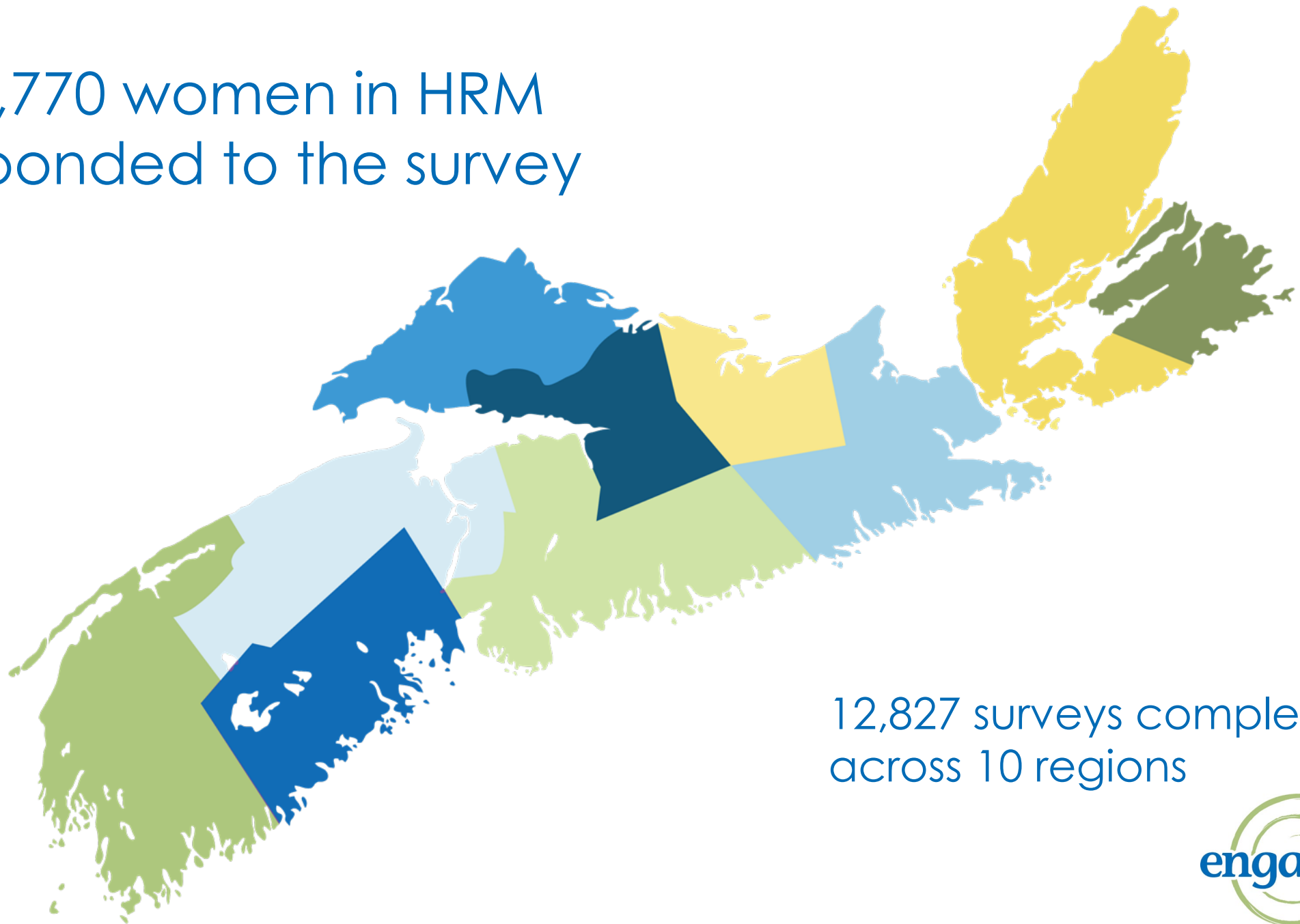
Presentation overview

- Purpose of analysis
- Characteristics of women in HRM who responded to the survey
- Summary of survey results by area of wellbeing
- Summary of survey results for 3 socio-demographic groups
- Strengths and limitations of survey

Purpose of analysis

- ❑ HRM's Office of Equity, Diversity, and Inclusion - African Nova Scotian Affairs Integration Office requested analysis of women's quality of life in the region using the 2019 NS Quality of Life Survey
- ❑ Analysis was developed to provide a benchmark or snapshot to assist in measuring progress towards improving women's quality of life over time
- ❑ It involved a collaborative process of identifying priority topics from survey areas

182,770 women in HRM
responded to the survey

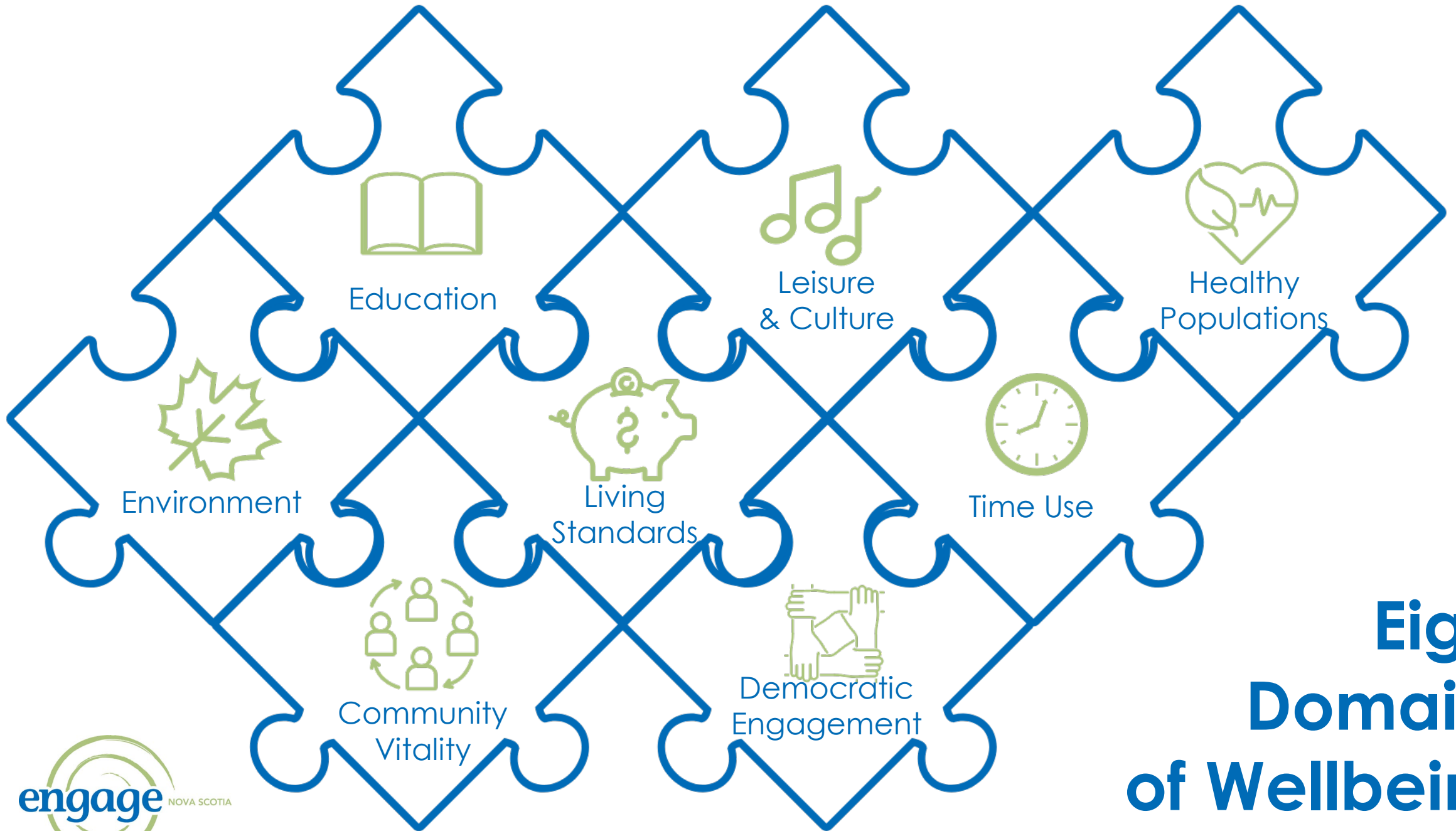


12,827 surveys completed
across 10 regions

182,770 women* in HRM answered

- 90% report being born in Canada
- 23% report living with a mental health challenge that limits their participation in the community
- 90% identify as heterosexual
- 72% currently have a partner
- 55% have children

* *Women: Any individual who, in response to a survey question on gender identification, reported identifying as female.*



Eight Domains of Wellbeing

Community Vitality

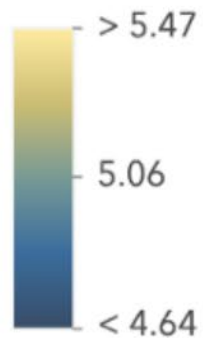
- ❑ Measures areas like strength of relationships, sense of belonging, and confidence in institutions
- ❑ Trust and close relationships with neighbours, family, and friends strengthens the social fabric of communities
- ❑ The way you feel about your community contributes to your quality of life



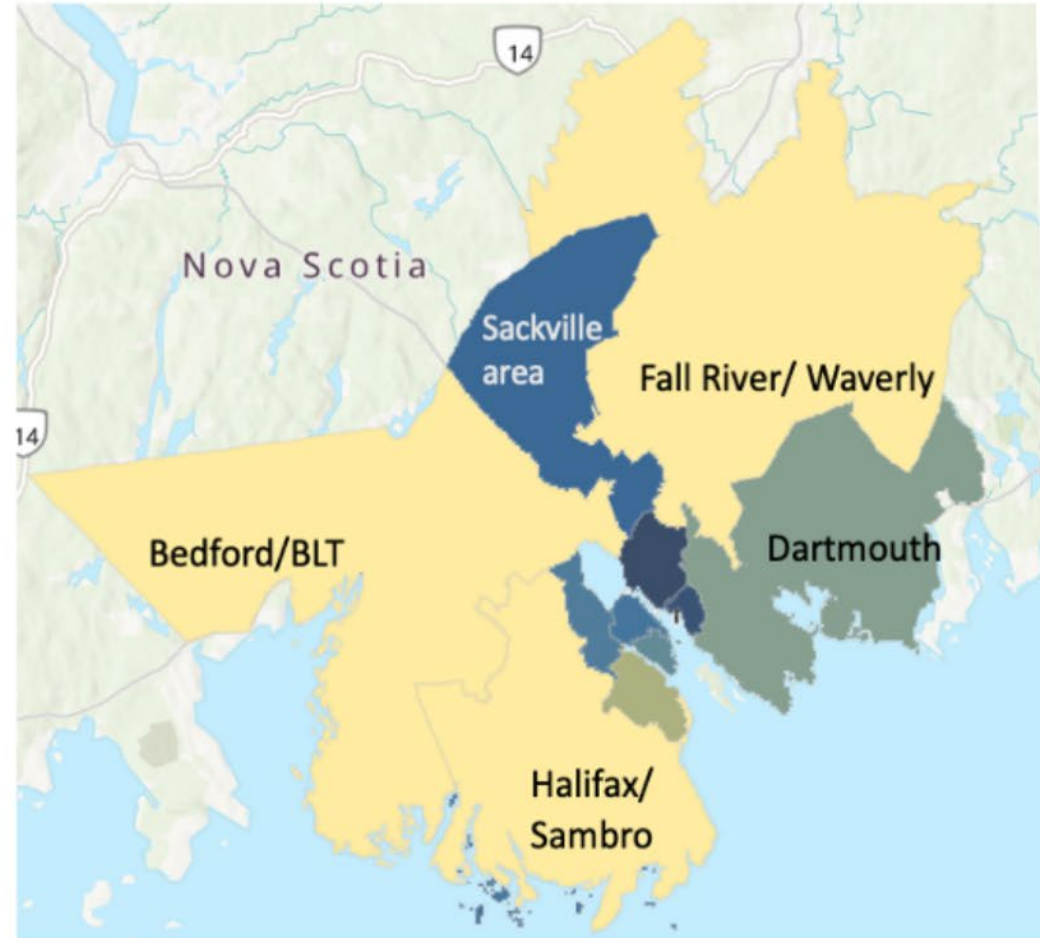
Perceived Safety Walking Alone After Dark



Peninsula



Higher score (yellow) reflects higher perceived safety walking alone after dark



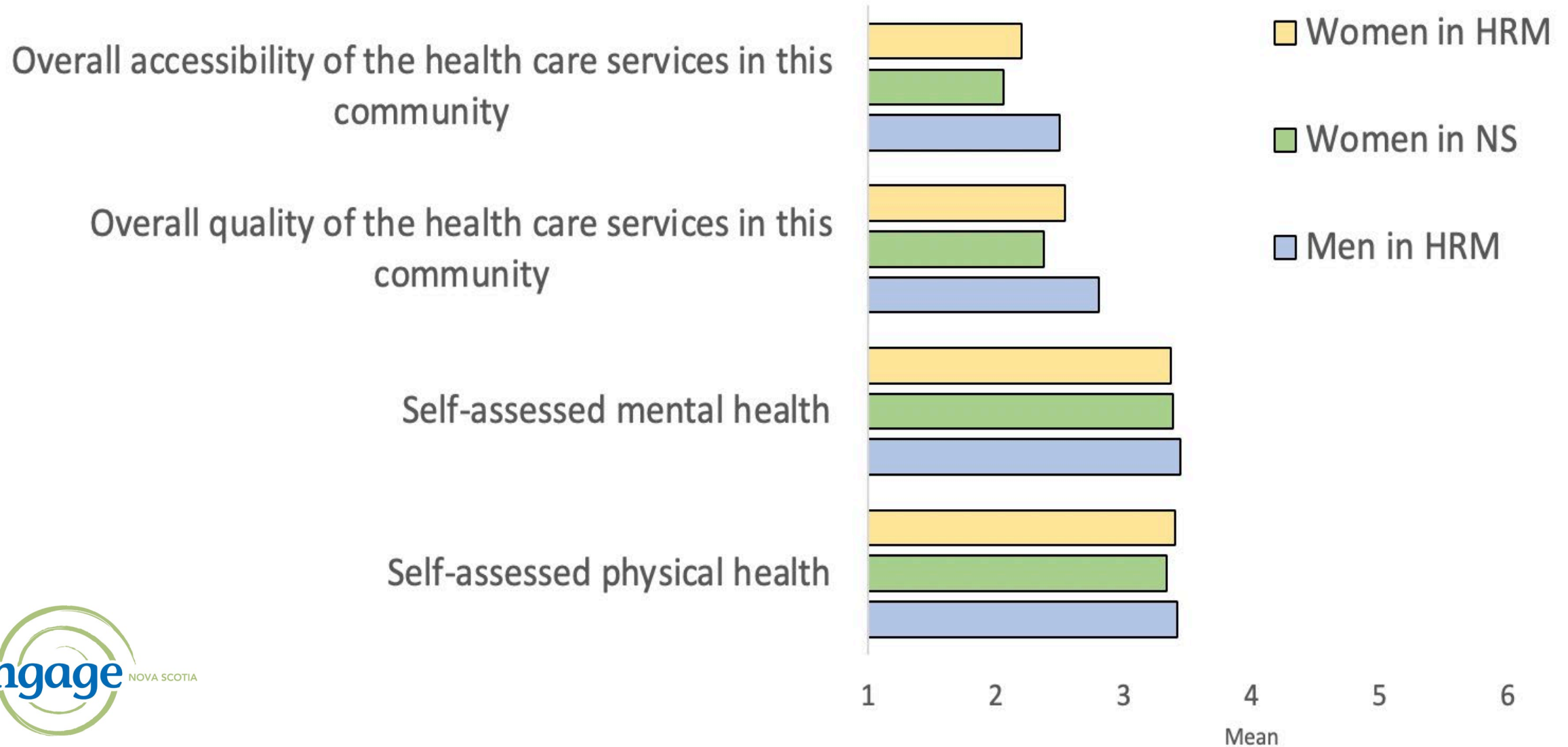
How safe do you feel when you are out alone in your neighbourhood after dark?

Healthy Populations

- ❑ Considers self-reported mental and physical health, quality of and access to healthcare services, and lifestyle behaviours
- ❑ Amount of exercise you get, the food you eat, or challenges with substance use – all influence health and wellbeing



Health and health care



Education

- ❑ Measures opportunities for formal learning, as well as courses of interest, and traditional and cultural learning
- ❑ Storytelling, hands on learning, and classroom learning all ignite curiosity and activate personal potential



Wellbeing indicators for women of varying education levels

Satisfaction with...

University

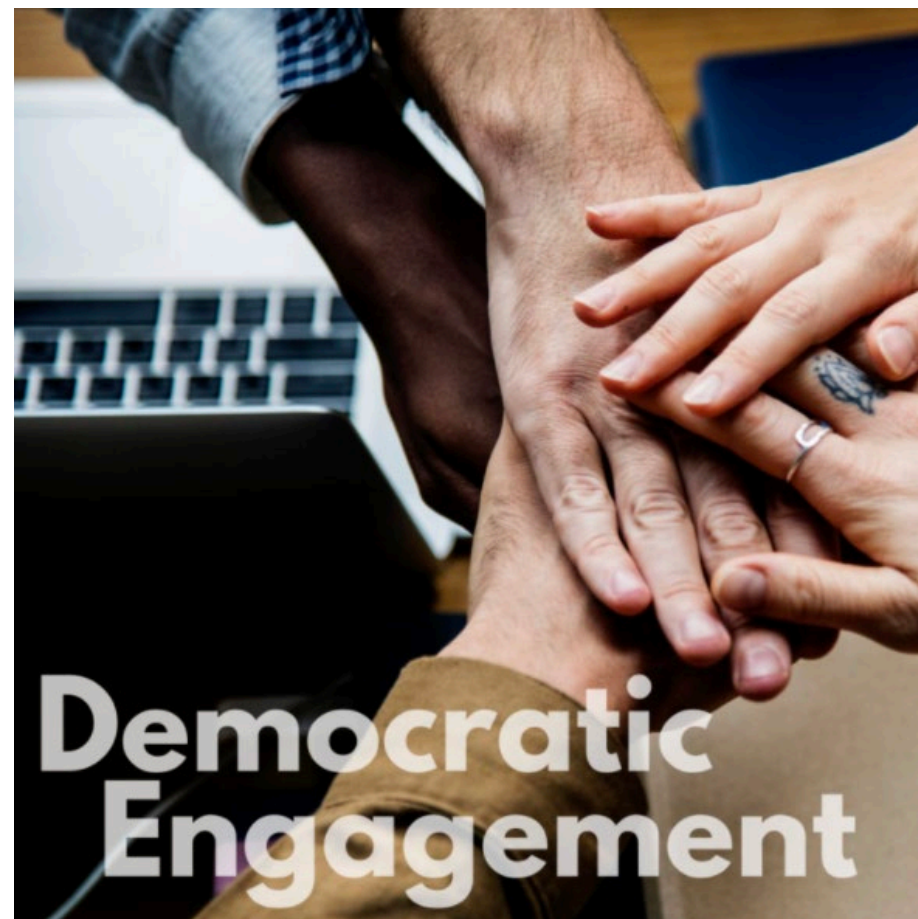
Trade/apprenticeship

High school/GED



Democratic Engagement

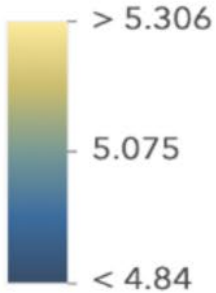
- ❑ Looks at interest in politics, participation in democratic activities, and experience of government programs
- ❑ Important that people can participate, debate, and advocate in the ways they want, and that governments actively build trust



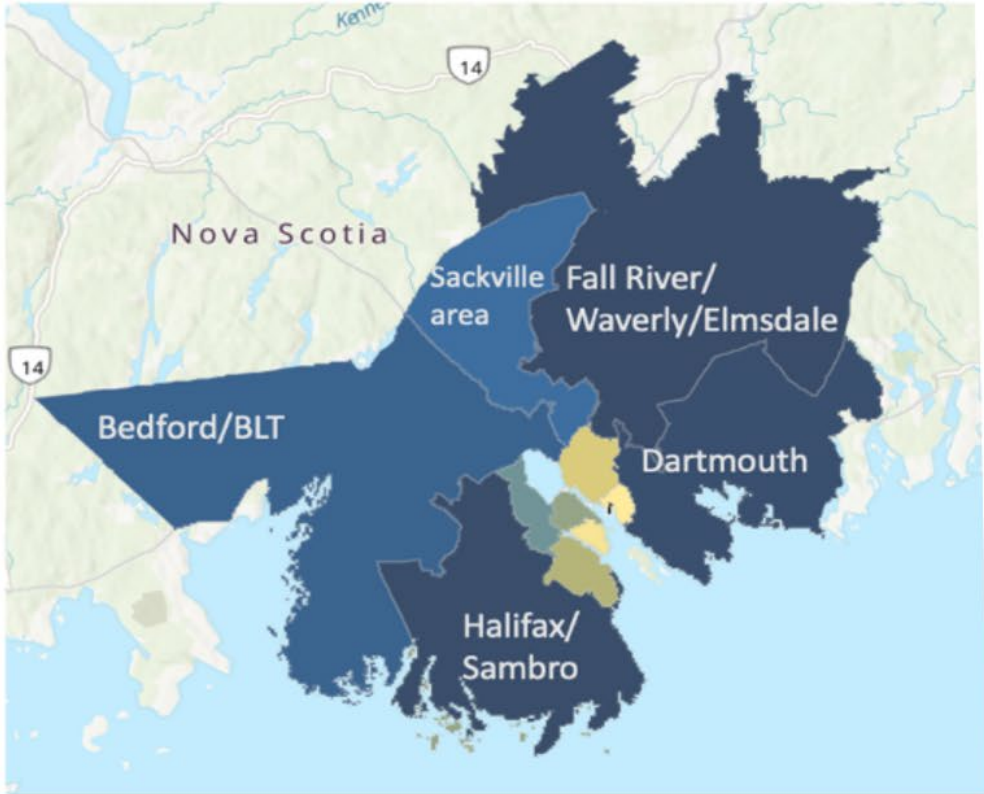
Perceived Benefit of Government Services and Programs



Peninsula



Higher scores (yellow)
reflect higher
perceived benefit



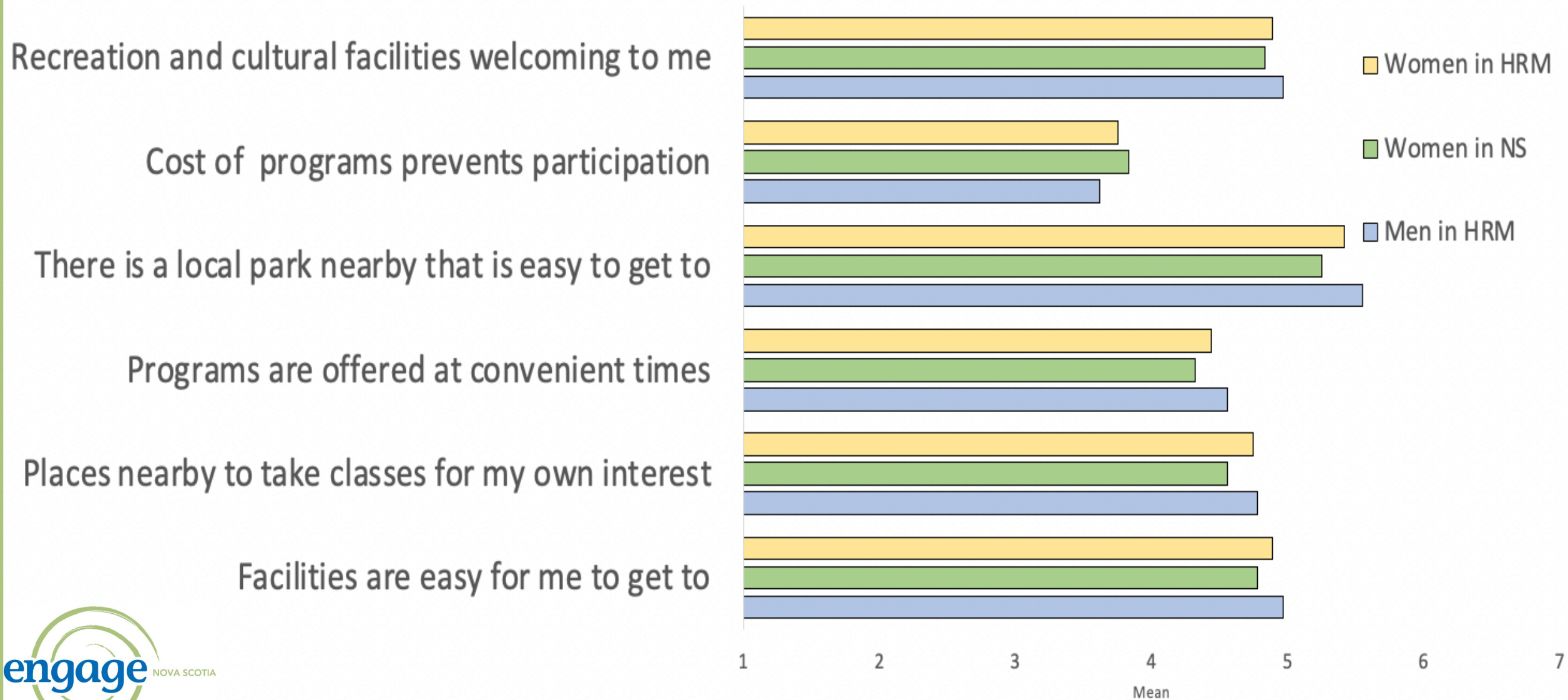
Have the programs and services of
the local government made you
better off?

Leisure & Culture

- ❑ Measures participation in and access to social, arts, culture, and recreation activities
- ❑ Participating in these activities plays a role in our wellbeing throughout our lives. It fosters relationships and a sense of belonging



Accessibility of community cultural and recreational facilities



Satisfaction with Access to Parks

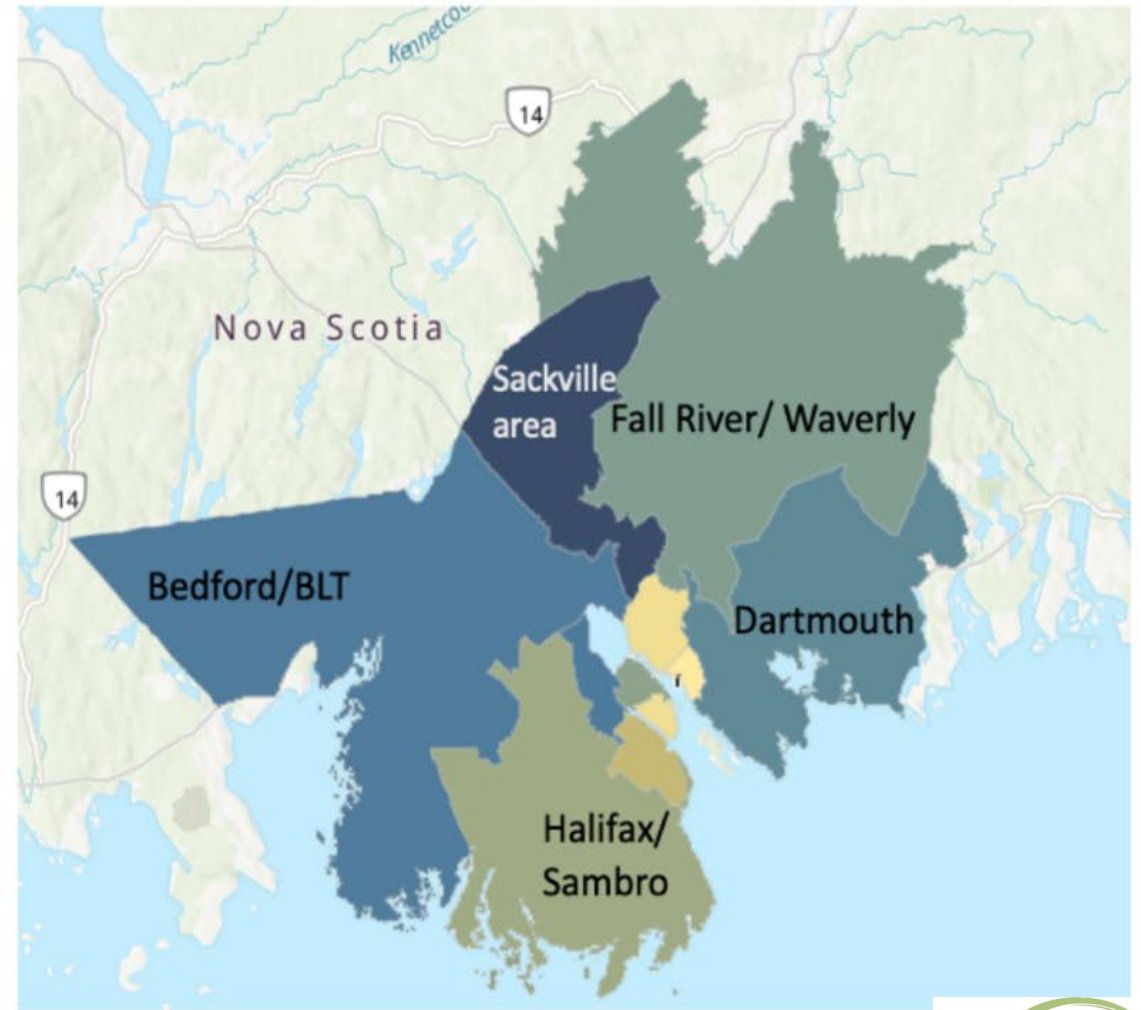


Peninsula



Higher scores (yellow)
reflect higher
satisfaction

Thinking about your *access* to recreation and cultural facilities in your community, is there a local park nearby that is easy to get to?



Environment

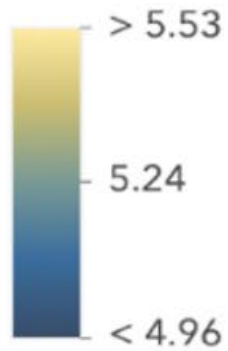
- ❑ Focuses on perceptions and practices related to enjoying and protecting the natural environment
- ❑ Nature supports local livelihoods and enriches our physical and spiritual wellbeing



Satisfaction with Quality of Environment



Peninsula



Higher scores (yellow)
reflect higher
satisfaction

How satisfied are you with the
quality of the environment in
your community?

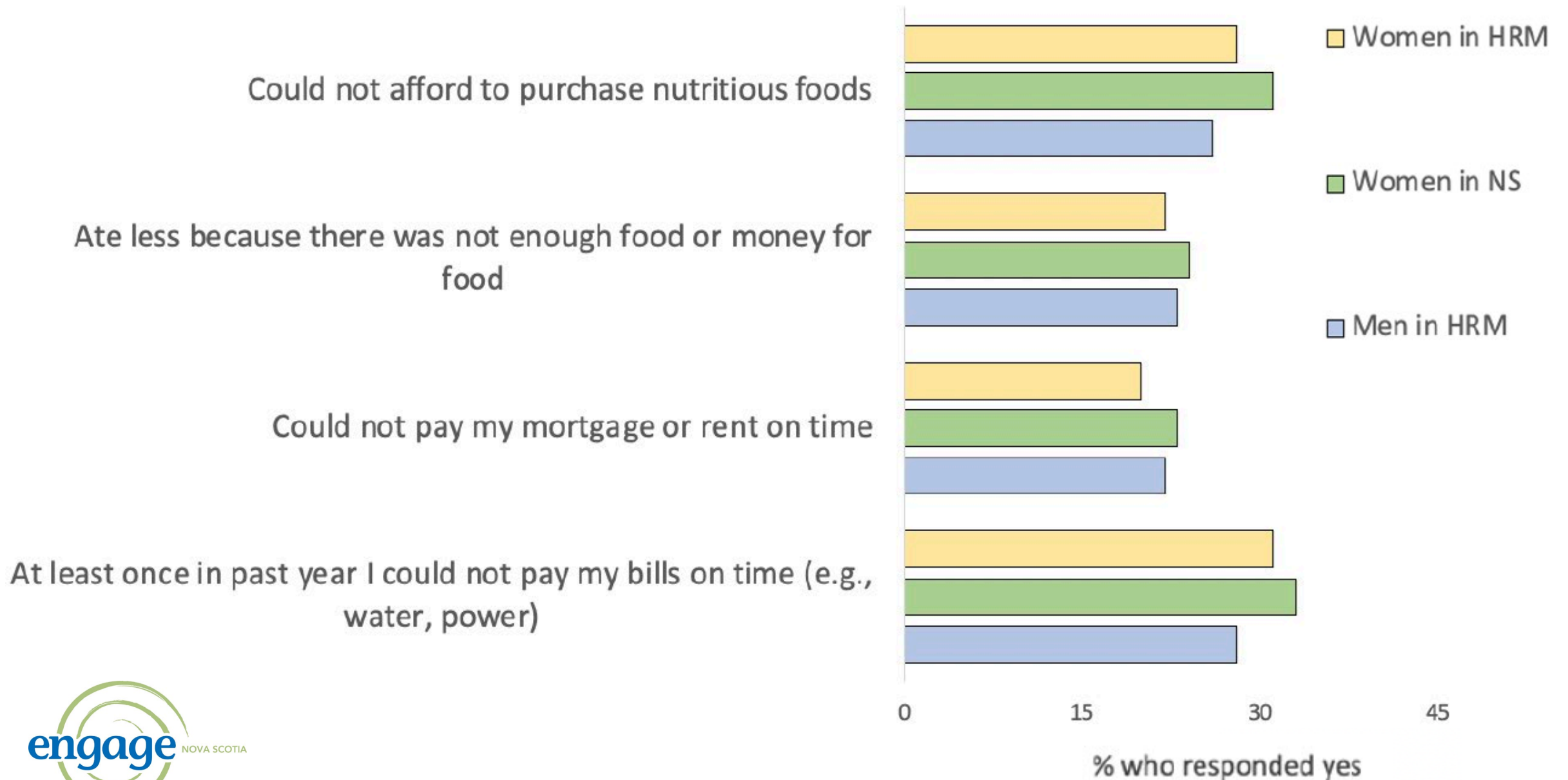


Living Standards

- ❑ Asks about work experiences, work-life balance, and experiences of financial insecurity
- ❑ Adequate living standards are important to our overall wellbeing



Experience of financial insecurity in past year



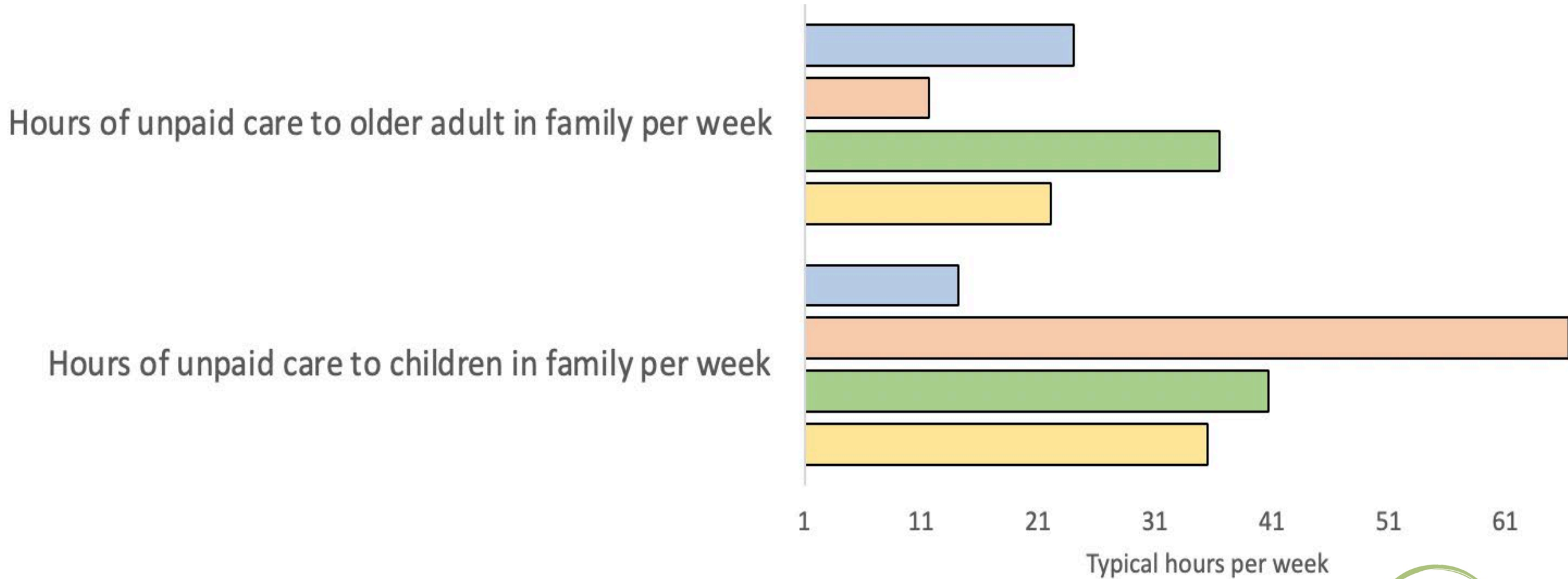
Time Use

- ❑ Measures how people spend and experience their time
- ❑ Feeling like there is enough time (and having control over it) can increase overall wellbeing



Unpaid care to children and older adults in family

Older women Middle-aged women Younger women HRM women



Survey results organized by select socio-demographic groups

Women who report a mental health challenge

- ❑ Lower levels of well-being on all of our main indicators
 - E.g., lower satisfaction with community/neighbourhood, work, finances, time use, democratic processes, leisure time, access to recreational opportunities
- ❑ Lower trust and confidence in institutions
 - E.g., health care system, police, government
- ❑ Lower sense of community
 - E.g., needs fulfillment, help in case of need, social climate c bonds

Women who are new to their community

- ❑ Lower sense of belonging to community
- ❑ Lower satisfaction with personal relationships
- ❑ Lower trust in media
- ❑ Lower overall sense of community

Women without Canadian citizenship

- ❑ Lower trust in SOME institutions
 - (e.g., business community, NGOs, media, strangers in community, people at work/school, people in neighbourhood)
- ❑ Lower confidence in health care, school system, justice system, police
- ❑ Higher trust in all levels of government
 - (e.g., trust in federal government, trust in provincial government, trust in municipal government)

Concluding Thoughts

- Limitation

- Self-reported data, limited options on survey for self-identifying in particular communities/groups

- Strength

- Contextualizes quality of life for a sample of women using a dataset that is unique in scope and size

Thank you!

Now you can:

- ❑ Talk more with us about the results and what they mean to you: research@engagenovascotia.ca
- ❑ Read the complete summary results and supplementary analysis (if you haven't already)
- ❑ Stay in the loop by joining Engage's newsletter and following us on social media