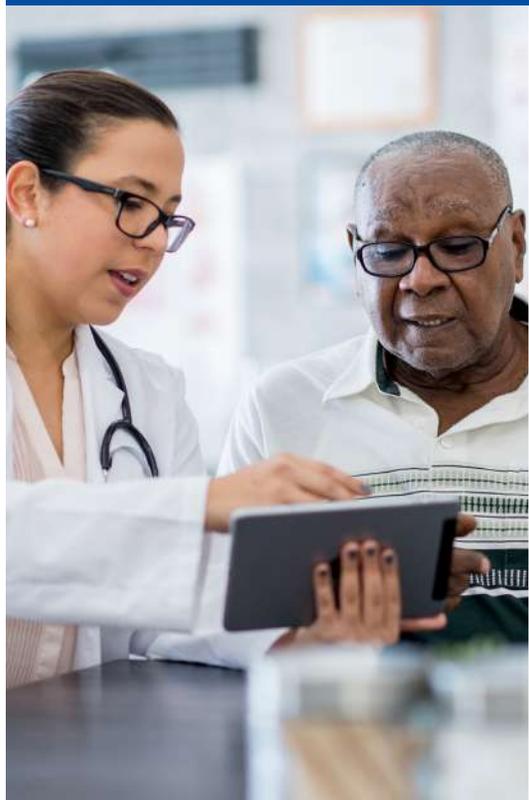


# 2020 Population Level Indicator Report



Community  
Safety &  
Well-Being  
in Halton



# Message from Halton Regional Chair

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Halton Region is committed to ensuring our communities remain safe, healthy and resilient. Our award-winning plan, *Community Safety and Well-Being in Halton: A Plan for Collaboration and Action*, has helped bring together organizations from across the region to identify and address priority issues that affect the safety, health and well-being of Halton residents.

Together, the Region, Halton Regional Police Service and our community partners have completed the 2020 Community Safety and Well-Being Population Level Indicator Report to help guide discussions on community safety and well-being issues and priorities. The report uses indicators in safety, health and well-being to provide a snapshot of our region. The local data and information presented in this report will inform our efforts as we continue to enhance community safety, health and well-being for our residents.

Halton continues to be one of Canada's safest communities and a place where residents can enjoy a high quality of life. I would like to thank everyone involved in the community safety and well-being initiative for their dedication to developing and implementing strategies that support our most vulnerable residents. Together we are ensuring Halton continues to be a great place to live, work, raise a family and retire.

Gary Carr,  
Halton Regional Chair

# Message from the Halton Regional Police Services Board

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Collaborative work between residents, our police and our Local and Regional Municipalities drives the success of Halton's unanimously adopted *Community Safety & Well-Being Plan: A Plan for Collaboration and Action*. This approach to addressing the key issues that impact our communities recognizes that complex risks to safety and well-being cannot be addressed in isolation. We have a shared responsibility to keep Halton safe and healthy.

The 2020 Community Safety and Well-Being Population Level Indicator Report is a reflection of the important work the Halton Regional Police Service, Halton Region and our community partners are doing together to ensure that our residents have access to the right services, at the right time. The information gathered in this report can provide our communities with direction on how we can continue to protect and strengthen the safety and well-being of our residents.

Halton Regional Police Service proudly embodies the principles of community-based policing established almost 200 years ago by British Prime Minister Sir Robert Peel. Responding to the needs of Halton residents remains at the forefront of our policing initiatives and we are committed to upholding Halton's longstanding distinction as Canada's safest regional municipality and one of the best places to live.

Oakville Mayor Rob Burton,  
Chairman, Halton Regional Police Services Board

# Acknowledgements

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Halton Region would like to thank the members of Halton's Community Safety and Well-Being Data and Decision Support Group (CSWB DDSG). The group has approximately 20 members from organizations across Halton who have been working on indicator selection and reporting. The Region would also like to extend our appreciation to the core CSWB Working Group as well as the CSWB System Leadership Group for its continued support and endorsement.

CSWB Data and Decision Support Group organizations:

City of Burlington

Community Development Halton

Conseil scolaire Viamonde

Halton Catholic District School Board

Halton District School Board

Halton Healthcare

Halton Information Providers

Halton Region

Halton Regional Police Service

Hamilton Niagara Haldimand Brantford Local Health Integration Network

Joseph Brant Hospital

Mississauga Halton Local Health Integration Network

Our Kids Network

Town of Halton Hills

Town of Oakville

## **How to cite:**

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# Introduction

Halton is a leader in community safety and well-being. Since the launch of Halton's award-winning plan, *Community Safety and Well-Being in Halton: A Plan for Collaboration and Action* in 2017, Halton Region, the Halton Regional Police Service and community partners have been working together to identify and address priority issues that impact the safety and well-being of our residents.

Halton's Community Safety and Well-Being (CSWB) Plan outlines a model for collaboration, planning and action to identify and address system-level issues that impact safety and well-being in Halton, particularly among priority populations that may be more vulnerable to negative health or social outcomes.

This report brings together a wide range of data into one Community Safety and Well-Being indicator framework to provide insight on how Halton is performing on a number of indicators of safety and well-being. The Region is working together with community partners to track 30 indicators across three domains using a wide variety of population-level, statistical data. These indicators highlight areas where Halton is doing well and areas where there is room for improvement. Where data on indicators are available, we have made comparisons to the province and shown historical trends over time.

The three domains: Health, Safety and Community Well-Being and accompanying indicators were selected by the CSWB Data and Decision Support Group based on a number of criteria. The criteria for selection prioritized indicators that were existing and well-established, regularly collected, available at the Halton geography, meaningful to CSWB and easy to communicate. For more information on indicator selection see Appendix 1. The domains and indicators were endorsed by the CSWB System Leadership Group.

This initial profile of community safety and well-being in Halton will serve as a baseline for continuing work. The report will be updated as more data become available. As new issues and knowledge emerge, this framework will remain adaptable. These population-level indicators cover a broad spectrum and are likely to fluctuate over time based on a number of influencing factors such as work being done through the CSWB Plan and the evolving

demographics of Halton residents. The indicators in this report can also be subdivided further to provide an in-depth look at some of Halton's risk and protective factors, as well as priority populations.

This report is organized into three main sections based on the indicator domains: Health, Safety and Community Well-Being. Each domain has an infographic style title-page that highlights the most recent Halton statistic for each indicator. There are ten indicators under each domain and one page for each indicator. The indicator pages have four main sections:

1. "What is it?" provides a definition of the indicator.
2. "Why is it important?" relates the indicator to the larger safety and well-being of the community.
3. "The numbers" provides statistics for Halton. Where available, the Ontario comparison and trends over time were included. Statistically significant differences are described where available and applicable (for data from the Canadian Community Health Survey, emergency department visits, Vital Statistics and the Kindergarten Parent Survey).
4. A shaded highlight box provides a special highlight related to each indicator. Highlights may be a specific CSWB initiative, a community initiative that helps address an issue related to the indicator, or a breakdown of the indicator by specific demographics such as age, sex, or income group.

**This report is intended to be a conversation starter about community safety and well-being in Halton.**

# Halton's CSWB Indicator Framework

The framework is organized into three domains: Health, Safety and Community Well-Being. These domains all interact with one another and all play a role in contributing to the overall safety and well-being of Halton residents.

**Health**



A community where everyone is supported to reach both physical and mental well-being.

**Safety**



A community where everyone can go about their daily activities without risk or fear of harm.

**Community Well-being**



A community where everyone is connected and engaged, with a vibrant, healthy environment and strong social supports.

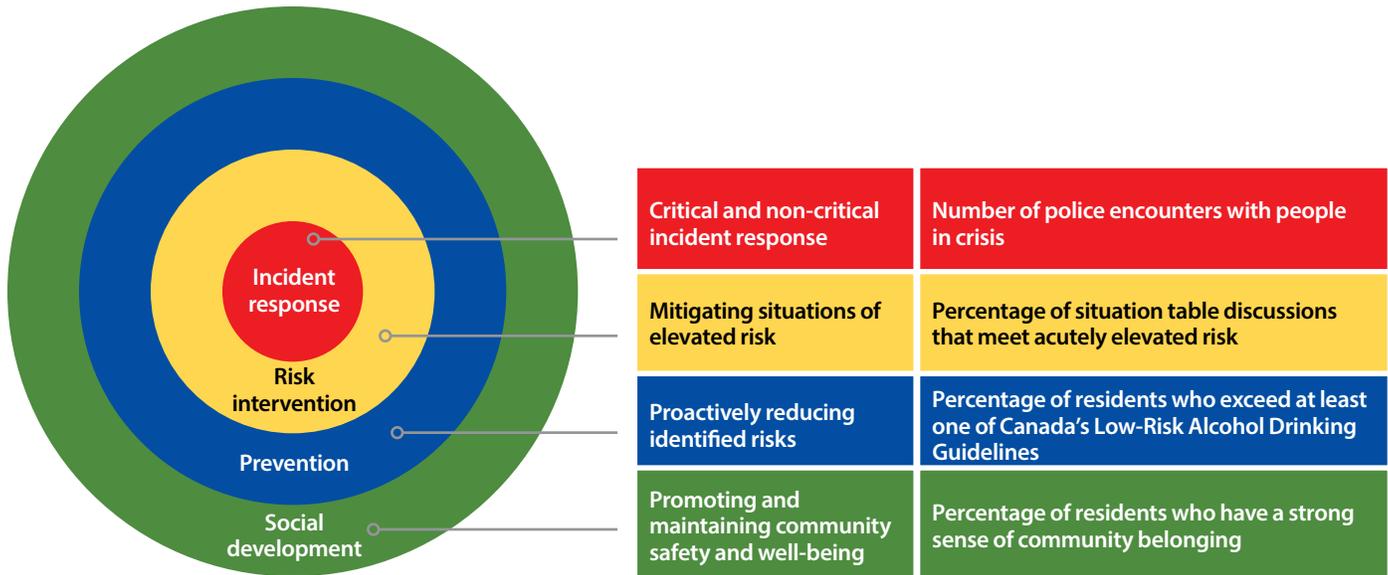
Self-rated health
Self-rated mental health
Emergency department visits for mental health conditions
Emergency department visits for substance misuse conditions
Police encounters with people in crisis
Alcohol consumption
Smoking status
Physical activity
Food insecurity
Premature mortality

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Housing affordability
Homelessness
Early Development Instrument
High school graduation
Post-secondary education
Employment status
Older adults living alone

# Provincial CSWB Planning Framework

## Provincial CSWB Planning Framework: Zones of Intervention with Indicator Examples



The Provincial CSWB Planning Framework was released by the Ministry of the Solicitor General and outlines the provincial approach to community safety and well-being. The framework is intended to guide municipalities, First Nations communities and their partners in developing local plans as understanding each of the four areas will help ensure local plans are as efficient and effective as possible in making communities safer and healthier. Halton's CSWB Plan follows the Provincial Framework and Halton's CSWB indicators span all four levels of intervention: social development, prevention, risk intervention and incident response.

### Social Development

Addressing underlying causes of social issues through upstream approaches that promote and maintain individual and community wellness. Upstream approaches consider the origins of issues and structural determinants that influence opportunities and decision making such as income and exclusion, including supports that promote social and economic inclusion and equity.

### Prevention

Applying proactive strategies to identified risks that are likely to result in harm to individuals or communities if left unresolved.

### Risk Intervention

Identifying and responding to situations of acutely elevated risk (a situation negatively affecting the health and safety of an individual, family, group or place where there is a high probability of imminent and significant harm to self or others) and quickly mobilizing a response before an emergency or crisis-driven response is required.

### Incident Response

Circumstances that require intervention by first responders such as police, paramedics and other crisis-driven services in the human services system.

# Terms and Definitions

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## **Acutely elevated risk**

- A situation negatively affecting the health and safety of an individual, family, group or place where there is a high probability of imminent and significant harm to oneself or others.

## **Crime Severity Index/ Violent Crime Severity Index**

- The Crime Severity Index (CSI) is a measure of police-reported crime that reflects the volume and seriousness of offences. In the calculation of the Crime Severity Index, each offence is assigned a weight based on the average sentences handed down by criminal courts. The more serious the average sentence, the higher the weight for that offence. As a result, more serious offences have a greater impact on changes in the index. The number of police-reported incidents for each offence is multiplied by the weight for that offence. All weighted offences are then added together and divided by the corresponding population total. Finally, to make the index easier to interpret, the Index is standardized to “100” for Canada.
- The Violent CSI is calculated using the same methods as the overall CSI but only includes violent offences, such as homicide, attempted murder, sexual assault, assault and robbery.

## **Crude rate**

- The rate at which new cases, or new events occur in a defined time period in a defined population that is at risk of experiencing the condition or event. Crude rates do not take into account the age distribution of the population and in this report are per 100,000 population.

## **Emergency department visits**

- Includes individuals who present to the emergency department, or a hospital-based urgent care centre, either by their own means or by ambulance and without a prior scheduled appointment for a specific condition.

## **Food insecurity**

- Is classified as at least one affirmative response on Canadian Community Health Survey’s Household Food Security module, which consists of 18 questions about the presence of food insecure situations in the household over the past 12 months. These situations range from worrying about running out of food to going a whole day without eating because of the inability to afford food. The food insecurity definition includes households who are marginally, moderately and severely food insecure.

## **Homelessness**

- A count of individuals experiencing homelessness was completed in Halton on April 23, 2018. This count includes individuals staying in transitional housing, shelters and motels. It also includes “couch surfing”, people in hospital/corrections with no fixed address, public or undisclosed locations and those who did not disclose where they were staying.

## **ICD**

- The International Statistical Classification of Diseases and Related Health Problems (ICD) is a medical classification list by the World Health Organization (WHO) currently in its 10th revision (ICD-10).

# Terms and Definitions

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## **Low-income measure, after tax (LIM-AT)**

- Refers to a fixed percentage (50%) of median adjusted after-tax income of private households. The household after-tax income is adjusted by an equivalence scale to take economies of scale into account. This adjustment for different household sizes reflects the fact that a household's needs increase, but at a decreasing rate, as the number of members increases. Using data from the 2016 Census of Population, the threshold applicable to a household is defined as half the Canadian median of the adjusted household after-tax income, multiplied by the square root of household size. The median is determined based on all persons in private households where low-income concepts are applicable. Thresholds for specific household sizes are presented in Statistic Canada's 2016 Census of Population. When the unadjusted after-tax income of household pertaining to a person falls below the threshold applicable to the person based on household size, the person is considered to be in low income according to LIM-AT.
- Income data from the 2016 Census was collected solely from Canada Revenue Agency's (CRA) tax and benefits records. All income variables from the 2016 Census are based on the 2015 calendar year reference period, which may be different than the reference periods of other variables in the 2016 Census.

## **Mental health conditions**

- Includes unscheduled emergency department visits for mental health conditions where the main problem diagnosis code was an ICD-10-CA code of F00-F99 - mental and behavioural disorders, excluding F10-F19 (mental and behavioural disorders due to psychoactive substance use). For more information on ICD-10-CA codes, visit [icd.who.int/browse10](http://icd.who.int/browse10). The Halton measure includes Halton residents at any hospital in Ontario.

## **Percentage**

- The ratio of two numbers expressed as a fraction of 100, often denoted using the percent sign, "%".

## **Priority populations**

- Certain groups who are more likely to experience poor health or social outcomes. This can be due to factors such as the social determinants of health. It is important to consider the needs of priority populations to ensure planned interventions reduce inequities between groups and to mitigate barriers they may experience.

## **Protective factors**

- Are positive influences in the lives of individuals or community that can reduce risk factors such as parental involvement and after-school activities.

## **Risk factors**

- Can increase a person's chances for negative outcomes, such as parents who have a substance misuse condition.

## **Social determinants of health**

- The Ontario Public Health Standards acknowledge that health is influenced by a broad range of factors, including social determinants that affect the conditions in which individuals and communities live, learn, work and play. Individuals, communities and populations may experience these factors differently based on social or economic conditions, putting some at a disadvantage and greater susceptibility to poor health outcomes. Key social determinants of health include: access to health services; culture, race and ethnicity; disability; early childhood development; education, literacy and skills; employment, job security and working conditions; food insecurity; gender identity and expression; housing; income and income distribution; Indigenous status; personal health practices and resiliency; physical environments; sexual orientation and attraction; social inclusion/exclusion; and social support networks.

# Terms and Definitions

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## **Statistical significance**

- A statistically significant difference between two estimates is a difference that is likely not due to chance alone. Differences between groups (for example Halton and Ontario) were tested for statistical significance where applicable by calculating 95% confidence intervals. If the confidence intervals between groups did not overlap, differences were considered statistically significant.
- Statistical significance was described in the report for the following data sources: Canadian Community Health Survey, Emergency Department Visits (NACRS data), Vital Statistics and the Kindergarten Parent Survey.

## **Substance misuse conditions**

- Includes unscheduled emergency department visits for substance misuse conditions where the main problem diagnosis code was an ICD-10-CA code of F10-F19 - mental and behavioural disorders due to psychoactive substance use. This includes mental and behavioural disorders due to use of alcohol, opioids, cannabinoids, sedatives, hypnotics, cocaine, other stimulants, hallucinogens, tobacco, volatile solvents or a combination of multiple drugs. The Halton measure includes Halton residents at any hospital in Ontario.

## **Vulnerable - Early Development Instrument**

- Refers to children who score below the vulnerability cut-off points of the Early Development Instrument (EDI). The cut-off points are fixed values determined based on the lowest 10% of children in each domain in the first Ontario cycle of the EDI (established in 2004-2006).

## **Well-being**

- The Centers for Disease Control and Prevention states there is no consensus around a single definition of well-being, but there is general agreement that at minimum, well-being includes the presence of positive emotions and moods (such as contentment, happiness), the absence of negative emotions (such as depression, anxiety), satisfaction with life, fulfillment and positive functioning. In simple terms, well-being can be described as judging life positively and feeling good. For public health purposes, physical well-being (such as feeling very healthy and full of energy) is also viewed as critical to overall well-being.

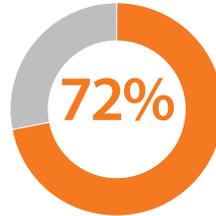


# An Overview of Health in Halton

rate their general health as "very good" or "excellent"



rate their mental health as "very good" or "excellent"



**917**

emergency department visits for mental health conditions per 100,000



**344**

emergency department visits for substance misuse conditions per 100,000

**3,433**

police encounters with people in crisis



**49%**

exceed at least one of Canada's Low-Risk Alcohol Drinking Guidelines



**54%**

meet the Canadian Physical Activity Guidelines



of households are food insecure

**16%**

report currently smoking



deaths are premature (before the age of 75) per 100,000



Self-rated health is largely influenced by the social determinants of health. For example, residents with a post-secondary education or a higher income are significantly more likely to rate their health as “very good” or “excellent” compared to residents who do not have a post-secondary education or residents who are in a lower income group. It also declines with age, with only 52% of Halton residents aged 65 and older rating their health as “very good” or “excellent”.



## Self-rated health

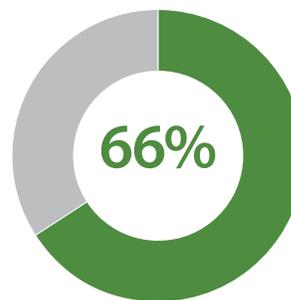
### What is it?

Also called self-perceived health, the self-rated health indicator shows the percentage of residents aged 12 and older who rate their own health status as “excellent” or “very good”. Higher levels of self-rated health are an indicator of a healthy population.<sup>2</sup>

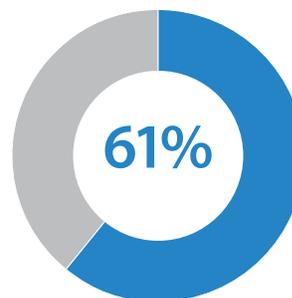
### Why is it important?

Evidence has shown that self-rated health is a reliable indicator of overall health status and that a person’s risk of illness or mortality is closely linked to their sense of well-being.<sup>2,3</sup> There is a close relationship between how people rate their own health—a subjective measure—and objective outcomes such as morbidity (frequency of illness or injury), mortality and the use of health services.<sup>2</sup>

### The numbers:



of Halton residents aged 12+ rate their health as “very good” or “excellent” (2015/16).



of Ontario residents aged 12+ rate their health as “very good” or “excellent” (2015/16).

Data source: Canadian Community Health Survey

- There are no significant differences between Halton and Ontario.

## Self-rated mental health

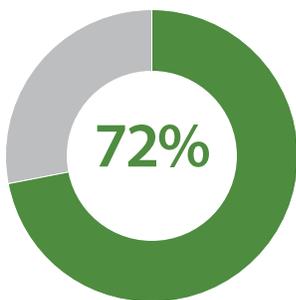
### What is it?

The self-rated mental health indicator shows the percentage of residents aged 12 and older who rate their own mental health status as being “excellent” or “very good”.

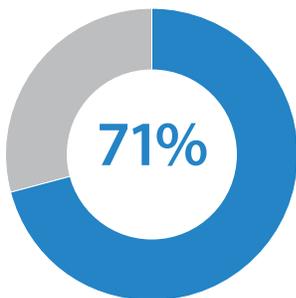
### Why is it important?

The World Health Organization defines mental health as “a state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to their community.”<sup>4</sup> Mental health is not merely the absence of mental illness. Mental health incorporates a person’s ability to cope with and adapt to stress in their lives while also being productive and establishing meaningful relationships. Positive mental health is essential for the well-being of individuals and communities. Poor mental health, including conditions such as anxiety and depression, can lead to negative outcomes such as substance abuse and decreased work productivity. It can also impact physical health.<sup>5</sup>

### The numbers:



of Halton residents aged 12+ rate their mental health as “very good” or “excellent” (2015/16).



of Ontario residents aged 12+ rate their mental health as “very good” or “excellent” (2015/16).

Data source: Canadian Community Health Survey

While 72% of all residents in Halton rated their mental health as “very good” or “excellent”, only about half of residents aged 18- 24 rated their mental health this way. Residents with lower income were also less likely to positively rate their mental health, with 62% of residents in the lowest income group compared to 81% in the highest income group providing a “very good” or “excellent” rating.



- There are no significant differences between Halton and Ontario.

As part of the CSWB Plan, community partners have been working on enhancing access to mental health supports for children and youth. Reach Out Centre for Kids (ROCK) and local providers of child and youth mental health services have established a centralized intake process to the child and youth mental health system to make it easier for children, youth and their families to connect to the right services at the right time. The designated point of access model launched in fall 2019.



emergency department visits for mental health conditions in Halton per 100,000 population (2018).



emergency department visits for mental health conditions in Ontario per 100,000 population (2018).

Data source: National Ambulatory Care Reporting System (NACRS), Canadian Institute for Health Information (CIHI). IntelliHealth Population estimates and projections.

## Emergency department visits for mental health conditions

### What is it?

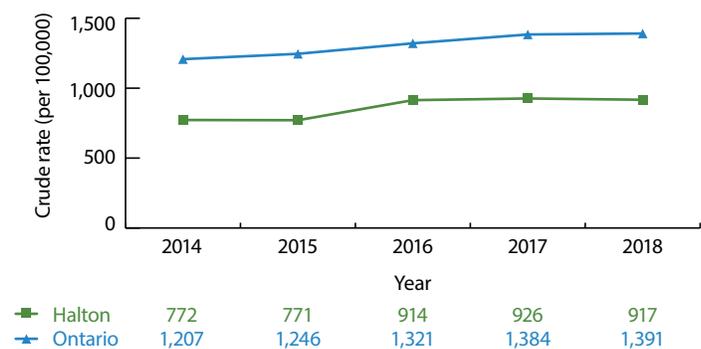
This indicator shows the rate per 100,000 population (crude rate) of emergency department visits for mental health conditions. For example, this would include emergency department visits for schizophrenia, delusional disorders, neurotic and stress-related disorders, personality and behavioural disorders and more. For more information on what is included in this calculation, please see the terms and definitions.

### Why is it important?

Mental health is a large aspect of overall health. A serious mental health condition can decrease a person's life expectancy by many years and mental health conditions are among the top causes of disability in Canada.<sup>6,7</sup> Emergency department visits for mental health conditions could also be an indication that individuals did not receive timely or appropriate care for their mental health condition in the community.<sup>8</sup>

### The numbers:

**Emergency department visits for mental health conditions per 100,000, Halton Region and Ontario, 2014-2018.**



- There has been a significant increase over time in the rate of emergency department visits for mental health conditions in both Halton and Ontario. However, the overall rate in Halton remains significantly lower than Ontario.

## Emergency department visits for substance misuse conditions

### What is it?

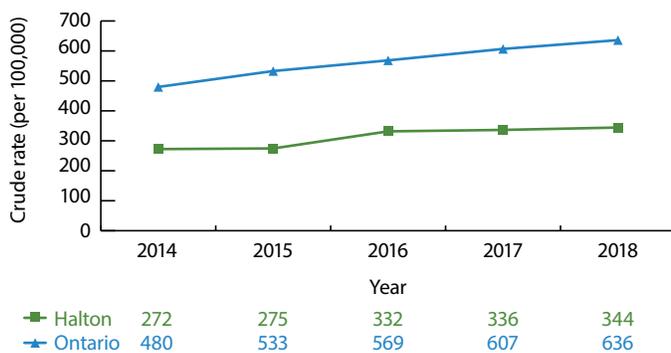
This indicator shows the rate per 100,000 population (crude rate) of emergency department visits for substance misuse conditions. This includes mental and behavioural disorders due to use of alcohol, opioids, cannabinoids, sedatives, hypnotics, cocaine, other stimulants, hallucinogens, tobacco, volatile solvents or a combination of multiple drugs. For more information on what is included in this calculation, please see the terms and definitions.

### Why is it important?

Substance misuse conditions have a major impact on individuals, families and communities. The effects of substance misuse are linked to negative physical, mental and social health. Emergency department visits for substance misuse conditions could also be an indication that individuals did not receive timely or appropriate care for their substance misuse condition in the community.<sup>8</sup>

### The numbers:

#### Emergency department visits for substance abuse conditions per 100,000, Halton Region and Ontario, 2014-2018.



- There has been a significant increase over time in the rate of emergency department visits for substance misuse conditions in both Halton and Ontario. However, the overall rate in Halton remains significantly lower than Ontario.

As part of the CSWB Plan, community partners have been working on addressing opioid use and related harms. A working group is coming together to develop a coordinated, community-based, evidence-informed approach to addressing opioid use and opioid related harms in Halton.



emergency department visits for substance misuse conditions in Halton per 100,000 population (2018).



emergency department visits for substance misuse conditions in Ontario per 100,000 population (2018).

Data source: National Ambulatory Care Reporting System (NACRS), Canadian Institute for Health Information (CIHI). IntelliHealth Population estimates and projections.

The number of times the Halton Regional Police Service encountered people in crisis increased from 2,254 in 2014 to 3,433 in 2018. The Service, in collaboration with community partners, has dedicated teams to respond to persons experiencing a mental health crisis. They are the Mobile Crisis Rapid Response Team (MCRRT) and the Crisis Outreach and Support Team (COAST). Each team consists of a crisis intervention-trained police officer and a mental health worker. They are trained to defuse or de-escalate crisis situations, to advocate for those in crisis and to ensure that mental health assessments and referrals are facilitated when and where they are needed the most.<sup>9</sup>



In addition to the increasing volume, information from the Halton Regional Police Service and Halton’s Situation Table suggest that the clients and situations are becoming increasingly more complex. Many clients have a dual diagnosis (both a developmental disability and a mental health condition). As part of the CSWB Plan, community partners are exploring a Halton framework to more effectively serve youth who have a developmental disability and are in need of mental health services.

## Police encounters with people in crisis

### What is it?

This indicator shows the number of times the Halton Regional Police Service had an encounter with a person in crisis. This includes all calls for service, consisting of emergency and non-emergency responses, relating to mental health and addictions.

### Why is it important?

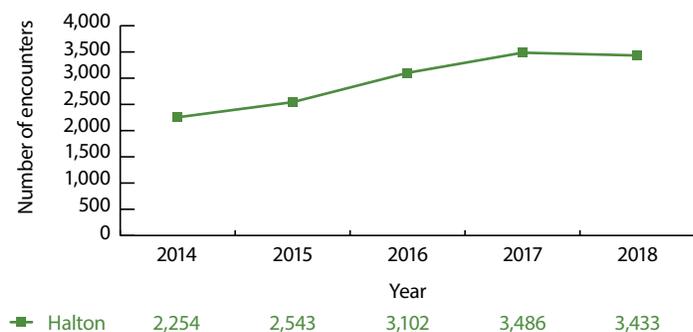
The Service recognizes that not all mental health crises can be averted. Sometimes, a person experiencing a mental health crisis comes into contact with police because of an apparent need for urgent care, assessment and/or intervention or referral. The number of times the police respond to a person in crisis could also be an indication that some individuals did not receive timely or appropriate care for their mental health condition in the community.

### The numbers:



Halton Regional Police Service encounters with people in crisis (2018).

Number of Halton Regional Police Service encounters with people in crisis, Halton Region, 2014-2018.



Data source: Halton Regional Police Service

## Alcohol consumption

### What is it?

This indicator shows the percentage of residents aged 19 and older who exceed at least one of Canada's Low-Risk Alcohol Drinking Guidelines. The Low-Risk Alcohol Drinking Guidelines that are relevant to this report are summarized in the chart.

### Why is it important?

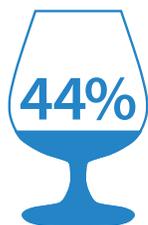
Canada's Low-Risk Alcohol Drinking Guidelines are recommendations intended to reduce the risks associated with drinking alcohol. The Guidelines enable professionals to provide consistent advice in relation to drinking alcohol and encourage individuals to monitor and moderate their drinking.<sup>10</sup>

Alcohol is also associated with a wide range of harms such as injuries and violence and the development of many chronic diseases and cancers. Evidence shows there are daily and weekly levels of drinking that will help prevent some of the harms of alcohol consumption and reduce the health costs, justice involvement and missed work time associated with it.<sup>11</sup>

### The numbers:



49% of Halton residents aged 19+ exceed at least one of Canada's Low-Risk Alcohol Drinking Guidelines (2015/16).



44% of Ontario residents aged 19+ exceed at least one of the Low-Risk Alcohol Drinking Guidelines (2015/16).

- Halton adults are significantly more likely than Ontario adults to have exceeded Guideline 2.

As part of the CSWB Plan, community partners are working on a community alcohol report that will provide a broad range of perspectives on alcohol consumption in Halton and contribute insights to a strategy to reduce harmful alcohol consumption and related health and social impacts.

Guideline 1	Men	Women
On any single day	No more than 3  drinks per day	No more than 2  drinks per day
	and	and
Per week	No more than 15  drinks per week	No more than 10  drinks per week
	and	and
	Only consume alcohol 5 days per week or less	
Guideline 2	No more than 5 drinks on any occasion in the past 12 months	No more than 4 drinks on any occasion in the past 12 months

Data source: Canadian Community Health Survey

There has been an increase in vaping among youth. Canadian data indicates that the percentage of Canadian youth aged 16-19 having ever used a vaping product increased from 29% in 2017 to 37% in 2018. This is an emerging issue and Halton Region staff will continue to educate Halton residents about the harms associated with vaping.



## Smoking status

### What is it?

The smoking indicator shows the percentage of residents aged 20 and older who report currently smoking (daily and occasional smokers).

### Why is it important?

Smoking rates are important indicators of a healthy population because tobacco use is recognized as a leading cause of preventable illness and death in Canada.<sup>12</sup>

### The numbers:



of Halton residents aged 20+ report currently smoking (2015/16).



of Ontario residents aged 20+ report currently smoking (2015/16).

Data source: Canadian Community Health Survey

- There are no significant differences between Halton and Ontario.

## Physical activity

### What is it?

The physical activity indicator shows the percentage of residents aged 18 and older who are physically active according to the Canadian Physical Activity Guidelines. The guidelines recommend that adults should get at least 150 minutes of moderate- to vigorous-intensity physical activity per week, in increments of 10 minutes or more.<sup>13</sup>

### Why is it important?

Being physically active and following the guidelines is an important part of healthy living and can reduce the risk of chronic disease, disability and premature death. Regularly participating in physical activity can have benefits over a person's lifetime, especially for physical and mental health.<sup>14</sup> Physical activity not only helps to maintain a healthy body weight but also reduces stress, strengthens the heart and lungs and increases energy levels.<sup>15</sup>

### The numbers:



**54%**

of Halton residents aged 18+ meet the Canadian Physical Activity Guidelines (2015/16).



**58%**

of Ontario residents aged 18+ meet the Canadian Physical Activity Guidelines (2015/16).

Data source: Canadian Community Health Survey

- There are no significant differences between Halton and Ontario.

While the focus of this indicator is on the physical activity of adults, child physical activity is equally important. Children have different physical activity guidelines and sources of data which may be explored by the CSWB Data and Decision Support Group in the future to provide a better understanding of this issue across all age groups.



A healthy, sustainable and fair food system is a priority for Halton Region. A key objective of Halton Region's Strategic Business Plan is to collaborate on initiatives that support the health, safety and well-being of the community, including a specific action to work with community partners to develop a food strategy for Halton. The food strategy seeks to enhance sustainability and accessibility through a more coordinated, collaborative and integrated approach.<sup>18</sup>

## Food insecurity

### What is it?

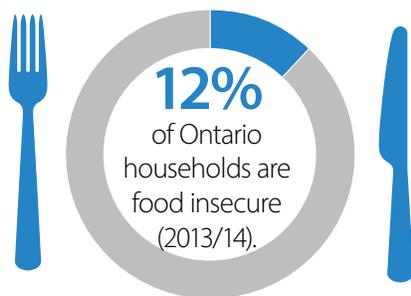
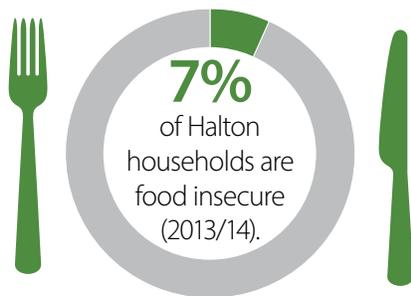
The food insecurity indicator shows the percentage of households living in a state of food insecurity. Household food insecurity refers to the inability of a household to access adequate and nutritious food because of a lack of money. The definition of food insecure includes marginal, moderate and severe food insecurity.<sup>16</sup>

- **Marginal food insecurity:** Some indication of worry or barriers to adequate, secure food access
- **Moderate food insecurity:** Compromise on quality and/or quantity of food consumed
- **Severe food insecurity:** Reduced food intake and disrupted eating patterns

### Why is it important?

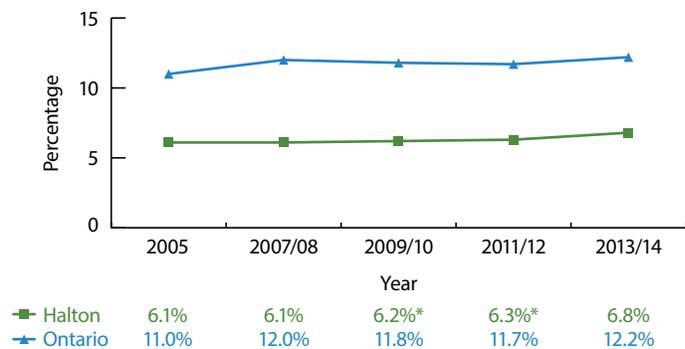
Food insecurity is an issue that negatively impacts physical, mental and social health. A nutritious diet is essential to achieve and maintain good health. Food insecurity is associated with well-being challenges, including a lack of emotional and social support. The health consequences of food insecurity can have a large burden on the healthcare system.<sup>17</sup>

### The numbers:



- The percentage of households that are food insecure is significantly lower in Halton compared to Ontario.

Percentage of food insecure households, Halton Region and Ontario, 2005-2013/14.



\* Interpret with caution due to high variability

Data source: Canadian Community Health Survey

## Premature mortality

### What is it?

The premature mortality indicator shows the rate per 100,000 population (crude rate) of all deaths that occur before the age of 75.

### Why is it important?

Measuring premature mortality is important as it reflects the CSWB Plan's focus on prevention and social development, with attention to deaths that could have been prevented.

### The numbers:



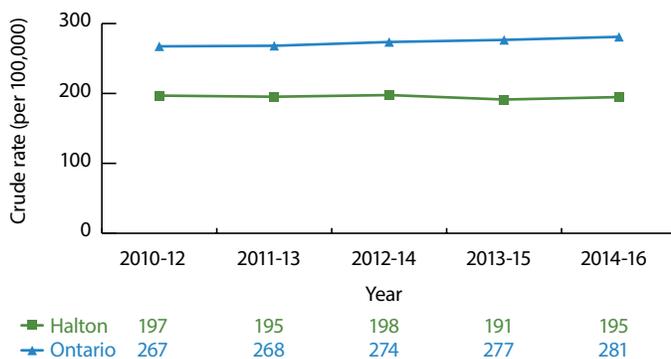
The premature mortality (0-75 years) rate in Halton is 195 per 100,000 (2014 - 2016).



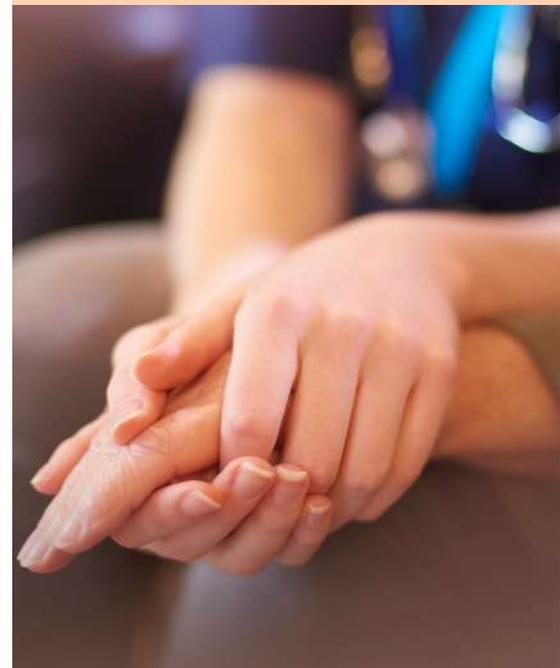
The premature (0-75 years) rate in Ontario is 281 per 100,000 (2014 - 2016).

Data source: Statistics Canada, Vital Statistics

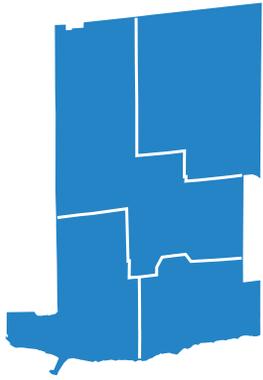
### Rate of premature mortality, Halton Region and Ontario, 2010/12 – 2014/16.



Halton Region Public Health works to reduce preventable disease, injury and death and improve the health of residents through carrying out the Ontario Public Health Standards (OPHS). The ultimate goal of the OPHS is: "To improve and protect the health and well-being of the population of Ontario and reduce health inequities" and one of the key OPHS population health outcomes is reduced morbidity and premature mortality.<sup>19</sup>



- The rate of premature mortality in Halton is significantly lower than Ontario.



# An Overview of Safety in Halton

**27.45**

Crime Severity Index



26.15

Violent Crime Severity Index

the crime rate is

**2,085**

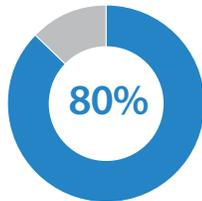
per 100,000



**89%**

of Halton Situation Table discussions meet acutely elevated risk

feel safe walking alone in their neighbourhood after dark



80%

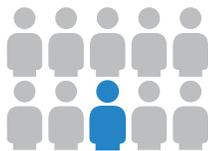


**71%**

of students feel safe at school

**1 in 10**

children seriously injured in the past year



**98%**

of parents/guardians feel their neighbourhood is a safe place to bring up children

**834**

emergency department visits for falls in older adults per 100,000



**1,662**

reportable motor vehicle collisions per 100,000



## Crime Severity Index

### What is it?

The Crime Severity Index (CSI) is a measure of police-reported crime that reflects the volume and seriousness of offences. In the calculation of the CSI, each offence is assigned a weight based on the average sentences handed down by criminal courts. Higher numbers on the CSI reflect either a large volume of crime or a high severity of the crimes occurring. The index is calculated out of 100 for simplicity and standardized across Canada. For further information on the CSI calculation, please see the terms and definitions section.

### Why is it important?

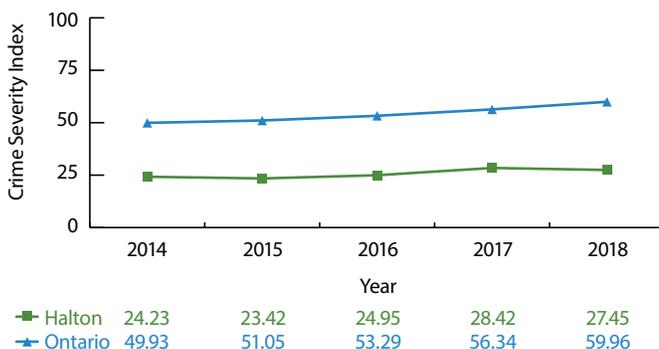
It is a measure used across Canada to track changes in the severity of police-reported crime from year to year. CSI helps answer the following questions:

- Are the types of crime reported to police more or less serious than before?
- Is police-reported crime in Halton more or less serious than in Canada overall?

The CSI provides a better understanding of the impact that crime has on individual community members, their families and the community as a whole.<sup>20</sup>

### The numbers:

#### Crime Severity Index, Halton Region and Ontario, 2014-2018.



For the 14th year in a row, Halton Region has maintained its position of having the lowest CSI of all Canadian municipalities with a population of 100,000 or more.



## 27.45

the CSI for Halton in (2018).



## 59.96

the CSI for Ontario in (2018).

Data source: Statistics Canada

- The CSI in Halton is significantly lower than Ontario.

As part of the CSWB Plan, work has been completed to improve the response to sexual assault cases in Halton. A Sexual Assault Advisory Committee has completed an initial review of sexual assault investigations by the Halton Regional Police Service and made recommendations to the Halton Regional Police Services Board to enhance investigative practices and make it easier for survivors to come forward. In addition, more than 500 Halton officers have been trained on how to support sexual assault survivors.



- The Violent CSI in Halton is significantly lower than Ontario.

Data source: Statistics Canada

## Violent Crime Severity Index

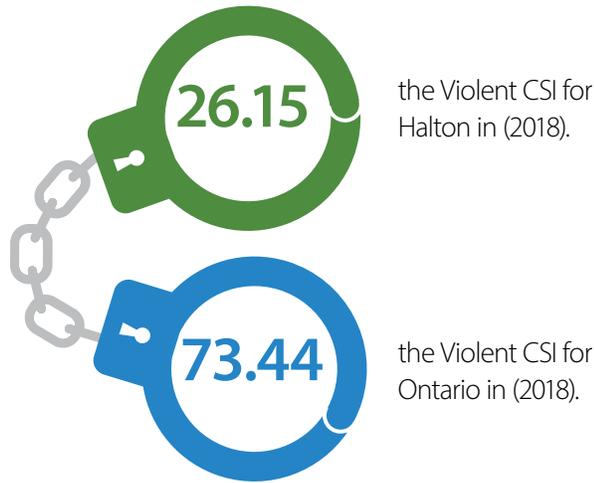
### What is it?

The Violent Crime Severity Index (CSI) is a measure of police-reported crime that takes into account both the volume and the seriousness of violent crime. All police-reported violent Criminal Code offences are included in the Violent CSI. Violent crime includes crimes such as homicide, attempted murder, sexual assault, assault and robbery. The Violent CSI is calculated using the same methods as the overall CSI, but only includes violent offences.

### Why is it important?

It is a measure used across Canada to track changes in the severity of police-reported violent crime from year to year. The amount and seriousness of violent crime plays a large role in feelings of overall safety of residents.

### The numbers:



Violent Crime Severity Index, Halton Region and Ontario, 2014-2018.



## Crime rate

### What is it?

The Crime rate indicator shows the number of police-reported incidents that have occurred per 100,000 population.

### Why is it important?

The Crime rate shows the volume of crime coming to the attention of police. Research shows that higher rates of crime can greatly impact a person's quality of life and feelings of safety.

### The numbers:



# 2,085

the Crime rate in Halton per 100,000 (2018).



# 4,113

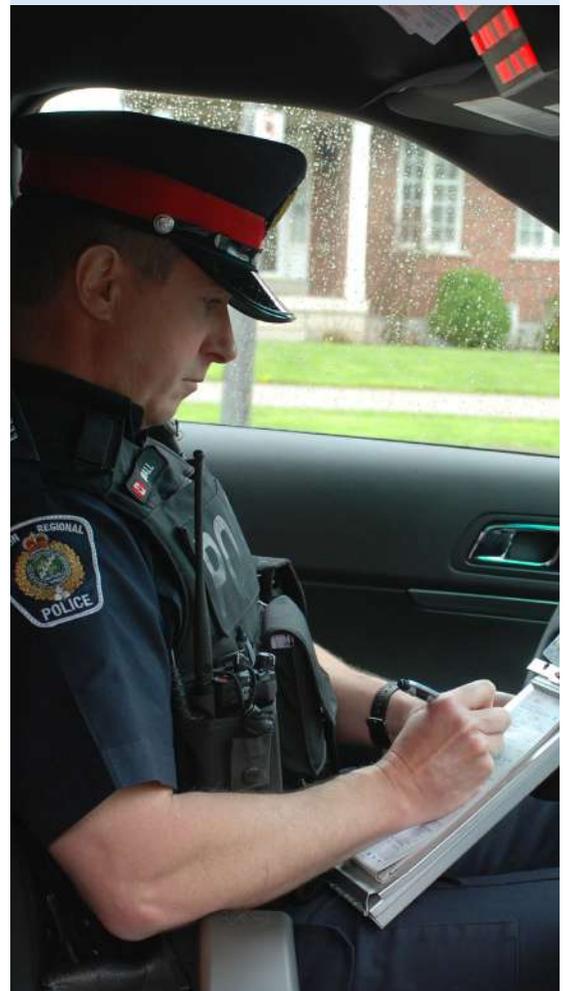
the Crime rate in Ontario per 100,000 in (2018).

**Crime rate, Halton Region and Ontario, 2014-2018.**



Data source: Statistics Canada

Crime Stoppers of Halton is an independent, non-profit registered charity that has been helping solve crimes for 30 years by taking tips from anonymous sources. A tip is any information that might help law enforcement to either prevent or solve a crime. Many criminals are brought to justice every year as a direct result of an anonymous tip. Calls are anonymous and the appropriate officials will investigate all tips. The information provided may help save lives.



- The Crime rate in Halton is significantly lower than Ontario.

In 2019, the Halton Situation Table transitioned their local data into the Provincial Risk-Driven Tracking Database (RTD). Shifting to this database enhances Halton Situation Table’s ability to monitor risk and leverage data-driven insights. It is anticipated that issues identified at the Halton Situation Table will inform system-level priorities within Halton’s CSWB Plan over the coming years.



## Halton Situation Table discussions

### What is it?

This indicator shows the percentage of discussions that are presented to the Halton Situation Table that are determined to meet the threshold of acutely elevated risk. When discussions meet acutely elevated risk this means they are appropriate to be dealt with by the table and the members can move forward in developing a coordinated and timely response.

### Why is it important?

The Halton Situation Table plays a key role in supporting the safety and well-being of the community. The Halton Situation Table consists of approximately 30 community partners that meet on a weekly basis to support individuals and families at an acutely elevated risk for harm or victimization. Acutely elevated risk is defined as a situation negatively affecting the health and safety of an individual, family, group or place where there is a high probability of imminent and significant harm to self or others.<sup>21</sup>

### The numbers:



**89%**

of discussions brought to the Halton Situation Table meet the threshold of acutely elevated risk and result in a collaborative, multi-sector response (2019).

Data source: Risk-driven Tracking Database –  
Ministry of the Solicitor General

## Walking after dark

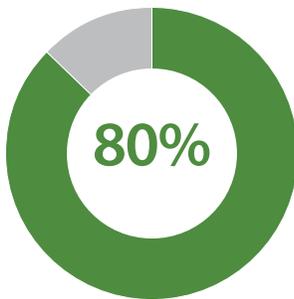
### What is it?

This indicator shows the percentage of Halton residents aged 18 and older who feel “very” or “somewhat” safe walking in their neighbourhood after dark.

### Why is it important?

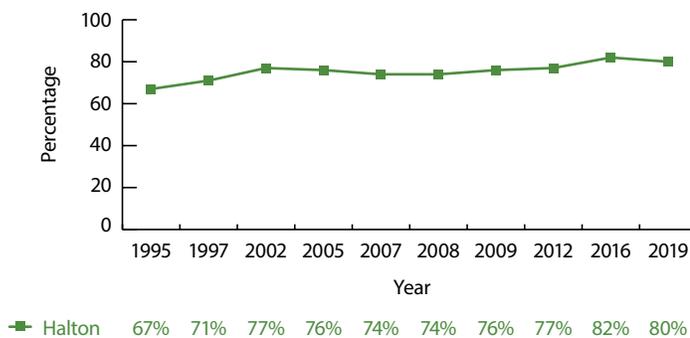
Feelings of personal safety are linked to overall feelings of well-being.<sup>22</sup> How safe a person feels can have many impacts on physical and mental health. A perceived lack of safety can have negative outcomes such as reduced social connectedness and increased spending on crime protection.<sup>22</sup>

### The numbers:



of Halton residents aged 18+ feel safe walking in their neighbourhood after dark (2019).

### Percentage of residents aged 18+ who feel safe walking in their neighbourhood after dark, Halton Region, 1995-2019.



Data source: Halton Regional Police Service Community Survey

According to the 2014 General Social Survey on Canadians’ Safety, women (38%) were much less likely than men (64%) to report feeling very safe when walking alone in their neighbourhood after dark. Young women aged 15-24 were even less likely (28%) to report feeling very safe in the same situation. However, women did feel safer in 2014 than they did in 1999. The proportion of Canadian women reporting feeling very safe increased from 24% to 38% over this period.





## Safe neighbourhoods to raise children

### What is it?

This indicator shows the percentage of parents/guardians of senior kindergarten children in Halton who “agree” or “strongly agree” that their neighbourhood is a safe place to bring up children.

### Why is it important?

Children thrive in neighbourhoods that are safe and connected. Safe neighbourhoods benefit our children and youth by allowing them to take full advantage of opportunities to learn, play and make positive connections and new friendships in their community.<sup>23</sup>

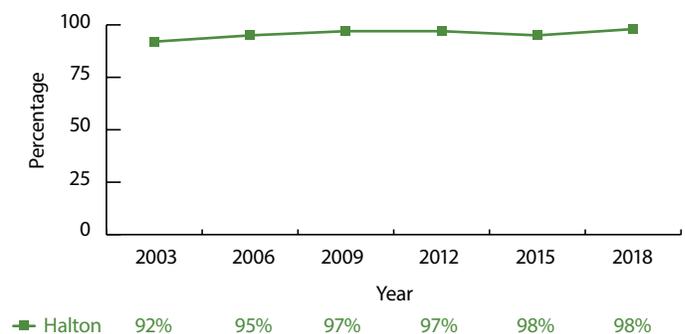
### The numbers:



**98%**

of parents/guardians of senior kindergarten children in Halton feel that their neighbourhood is safe place to bring up children (2018).

**Percentage of parents/guardians of senior kindergarten children who feel that their neighbourhood is a safe place to bring up children, Halton Region, 2003-2018.**



Our Kids Network Halton Kindergarten Parent Survey

- There were no significant changes over time in the percentage of parents/guardians of senior kindergarten children who feel that their neighbourhood is a safe place to bring up children.

## Safety at school

### What is it?

This indicator shows the percentage of students in Grades 4-12 who “agree” or “strongly agree” that they feel safe at school.

### Why is it important?

Feelings of safety at school can be influenced by a variety of factors such as social exclusion, school violence and bullying. Safe school environments are important for supporting positive learning outcomes and ensuring that children remain engaged in school life. Research shows that when students feel unsafe at school, there is a negative effect on their learning and tests scores and they are more likely to engage in risky behaviours.<sup>24</sup>

### The numbers:



**71%**

of students in Grades 4-12 feel safe at school (2017/18-2018/19).

Data source: The Learning Bar OurSCHOOL (formerly Tell Them From Me) Survey via the Halton Catholic District School Board and Halton District School Board

The Halton District School Board and the Halton Catholic District School Board have participated in the development of a region-wide Violence Threat Risk Assessment (VTRA) Protocol along with our community partners such as the Halton Regional Police Service and community youth agencies. The VTRA is a protocol to more effectively respond to situations where students may pose a threat to themselves or others.



Injury prevention activities can be effective in reducing falls. Some falls prevention initiatives for older adults include:<sup>25</sup>

- education and resources regarding falls prevention for all ages
- advocacy for changes in building codes (such as improved stair design)
- addressing the social determinants of health in falls prevention program planning
- community action to implement safer communities (such as age-friendly environments, barrier-free buildings and streets, secure neighbourhoods)
- promoting health and well-being through the life course, including physical activity and safe use of alcohol and medications.



**834**

emergency department visits for falls in residents aged 65 and older in Halton per 100,000 population (2018).



**1,030**

emergency department visits for falls in residents aged 65 and older in Ontario per 100,000 population (2018).

## Falls in older adults

### What is it?

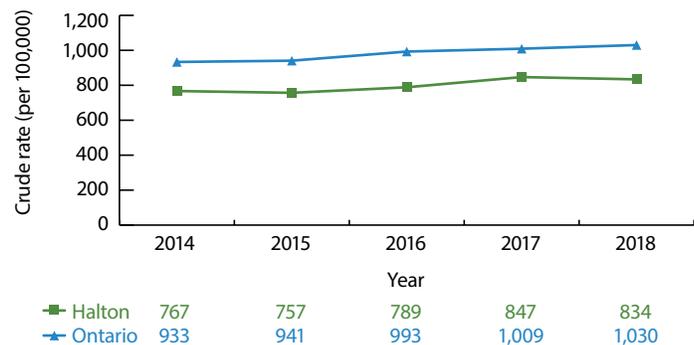
This indicator shows the rate per 100,000 population (crude rate) of emergency department visits for falls in residents aged 65 and older.

### Why is it important?

Falls are the leading cause of injury-related emergency department visits, hospitalizations and deaths in Halton. This is especially true for older adults aged 65 and older, as injuries attributed to falls increase with age.<sup>25</sup> Falls and associated outcomes can have negative impacts that extend beyond personal injury and can affect mental health such as greater isolation, fear of falling and loss of autonomy. There are also high financial costs associated with falls and impacts on family, friends, care providers and the health system overall.<sup>26</sup>

### The numbers:

**Emergency department visits for falls in older adults aged 65 and older per 100,000, Halton Region and Ontario, 2014-2018.**



Data source: National Ambulatory Care Reporting System (NACRS), Canadian Institute for Health Information (CIHI). IntelliHealth Population estimates and projections.

- There has been a significant increase over time in the rate of emergency department visits for falls in older adults in both Halton and Ontario. However, the rate in Halton is significantly lower than Ontario.

## Child injury

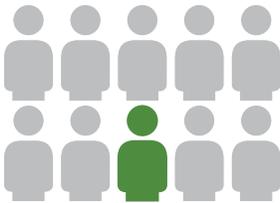
### What is it?

This injury indicator shows the percentage of senior kindergarten children who have been seriously injured in the past year, as reported by their parent/guardian. Seriously injured means injuries that required medical attention by a doctor, nurse, or dentist (such as a broken bone, a bad cut or burn or head injury).

### Why is it important?

It is important that children have safe and supportive environments. Many childhood injuries can be prevented and addressing this issue is central to improving child mortality, morbidity and the general well-being of children.<sup>27</sup>

### The numbers:



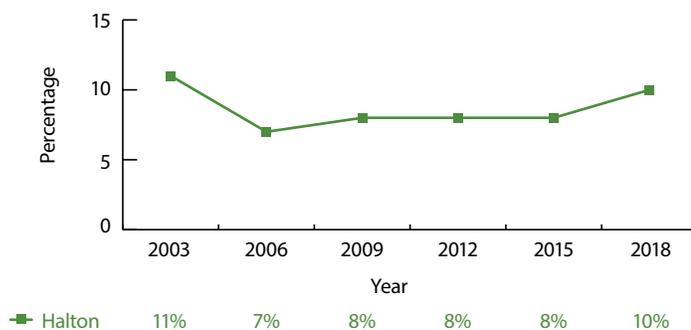
**1 in 10**

kindergarten children were seriously injured in the past year (2018).

- Injury is one of the leading causes of visits to the emergency department and is the leading cause of death for children and youth in Canada.
- The rate of serious injury for kindergarten children in Halton is relatively low, but there was a significant increase between 2006 and 2018 from 7% to 10%.

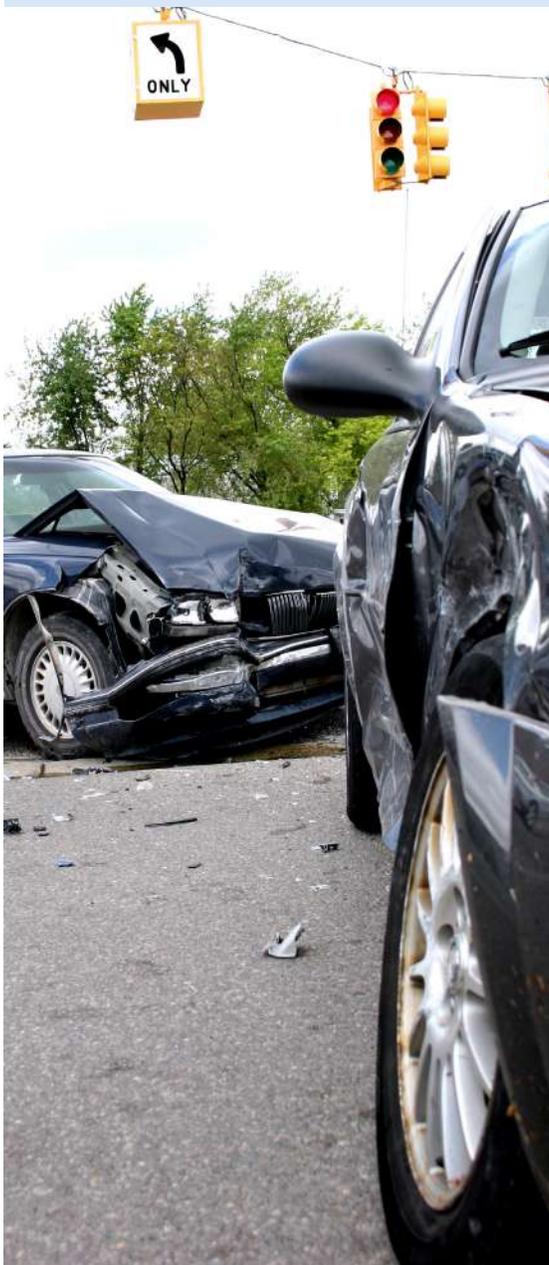


**Percentage of kindergarten children who were seriously injured in the past year, Halton Region and Ontario, 2003-2018.**



Data source: Our Kids Network Halton Kindergarten Parent Survey

In fall 2019, the Halton Regional Police Service (HRPS) and Halton Region collaborated to launch the #ItCanWaitHalton distracted driving initiative. The #ItCanWaitHalton initiative aims to positively influence driver behaviour and reduce the use of handheld devices while driving to increase road safety.



## Motor vehicle collisions

### What is it?

This indicator shows the rate per 100,000 population (crude rate) of motor vehicle collisions reported to the HRPS.

### Why is it important?

Monitoring motor vehicle collisions and road safety in general, is important to community safety and well-being. Motor vehicle collisions are one of the largest contributors to injury in Halton and are the third leading cause of injury-related deaths in Halton and Ontario.<sup>25</sup>

Motor vehicle collisions cost society more, devastate more members of our community and inflict more physical injury than all other criminal offences combined.<sup>28</sup>

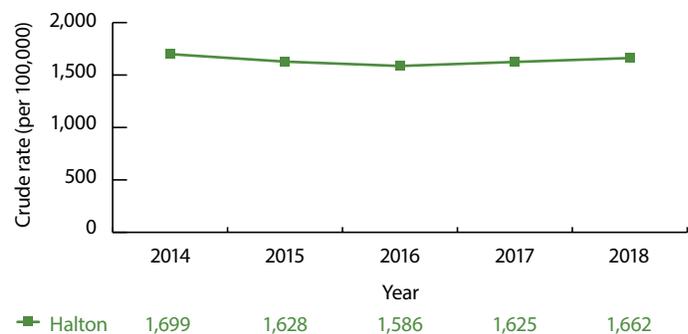
### The numbers:



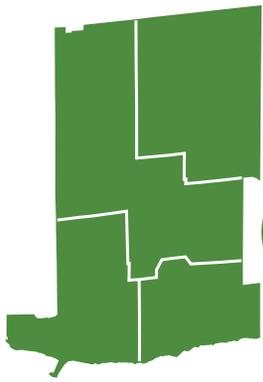
**1,662**

reportable motor vehicle collisions per 100,000 population (2018).

Rate of reportable motor vehicle collisions, Halton Region, 2014-2018.

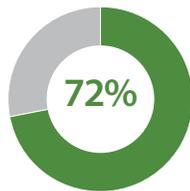


Data source: Halton Regional Police Service



# An Overview of Community Well-Being in Halton

have a strong sense  
of community  
belonging



**23%**  
report high levels  
of neighbourhood  
cohesion

**8%**  
live in low income



**24%**  
spend 30% or more of  
household income on  
shelter costs

individuals  
experiencing  
homelessness



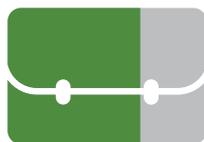
**28%**  
of children are vulnerable  
on one or more of the  
EDI domains

**86%**  
graduate high school  
within four years of  
starting Grade 9



**75%**  
complete  
post-secondary  
education

**66%**  
are employed



**21%**  
of older adults live  
alone





Halton youth aged 12-17 have the highest percentage of community belonging, whereas Halton adults aged 18-24 are significantly less likely to report a strong sense of community belonging. Among Halton adults aged 18 and older, the percentage of residents who have a strong sense community belonging increases with age.



## Community belonging

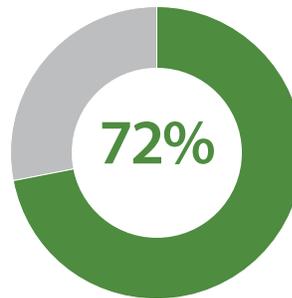
### What is it?

The community belonging indicator shows the percentage of residents aged 12 and older who have a “somewhat strong” or “very strong” sense of community belonging to their local community.

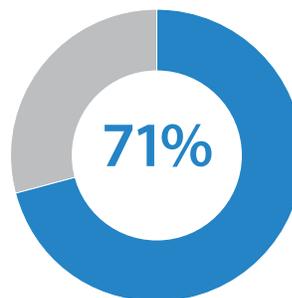
### Why is it important?

Community belonging is an indicator of both social support and positive mental health. An individual who has a higher sense of community belonging is more likely to have better self-rated mental and general health.<sup>29</sup> Having a strong sense of belonging to local community is related to higher levels of participation, engagement and increased feelings of safety and security.<sup>30</sup>

### The numbers:



of Halton residents aged 12+ have a “very” or “somewhat” strong sense of community belonging (2015/16).



Ontario residents aged 12+ have a “very” or “somewhat” strong sense of community belonging (2015/16).

Data source: Canadian Community Health Survey

- There are no significant differences between Halton and Ontario.

## Neighbourhood cohesion

### What is it?

This indicator shows the percentage of parents/guardians of senior kindergarten children who report high levels of neighbourhood cohesion. Neighbourhood cohesion is based on factors such as:

- getting together to discuss community problems;
- having positive role models in the neighbourhood;
- helping each other in the neighbourhood;
- counting on neighbours to watch that children are safe;
- feelings of safety raising a family in the neighbourhood; and
- looking out for possible neighbourhood trouble.

### Why is it important?

Neighbourhood cohesion is a significant driver in positive outcomes for children and families. Children thrive in neighbourhoods that are connected and the positive interactions with parents/guardians/caregivers, peers, school and community.<sup>23</sup> Neighbourhood social cohesion has been associated with better subjective well-being among residents.

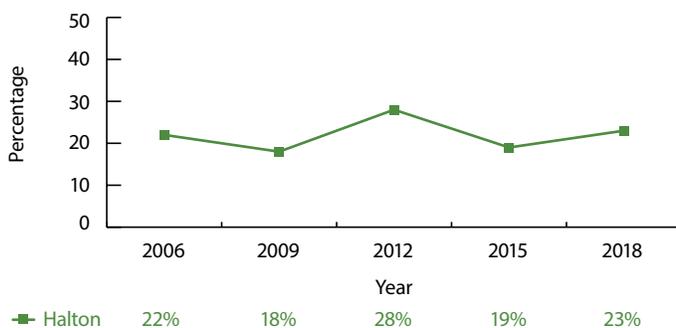
### The numbers:



# 23%

of parents/guardians of kindergarten children in Halton report high levels of neighbourhood cohesion (2018).

**Percentage of parents/guardians of kindergarten children who report high levels of neighbourhood cohesion, Halton Region, 2006-2018.**



Our Kids Network (OKN) is a Halton-wide partnership of individuals, organizations and agencies serving children and youth. Through research, OKN has identified seven conditions of well-being needed for children, families and the community as a whole to thrive. These conditions are referred to as the “Halton 7”. One of the “Halton 7” statements is “Neighbourhoods are where we live, work and play” and therefore neighbourhood cohesion plays a large role in improving this aspect of healthy development, security and safety of all children, youth and families in Halton.<sup>23</sup>



- Parent/guardian ratings of cohesion have decreased since 2012. In 2018, only 23% of parents and guardians of kindergarten children in Halton reported high levels of neighbourhood cohesion, compared to 28% in 2012.

Data source: Our Kids Network Halton Kindergarten Parent Survey



Income is one of the most important social determinants of health and plays a large role in well-being. Many of the health inequities observed in Halton are a result of income disparity. The amount of income someone has can greatly impact their access to food, shelter, education and leisure activities. Higher median incomes can indicate higher levels of well-being in a population.<sup>33</sup>



There are three national measures of low income that are generally used in Canada: the low-income measure, before or after-tax (LIM-BT/AT), the market basket measure (MBM) and the low income cut-off, before or after-tax (LICO-BT/AT). They all set different thresholds for classifying an individual as having a low income and they each have unique strengths and limitations.<sup>34</sup> The LIM-AT was selected for this report as it is the measure used on Ontario's Poverty Reduction Strategy.

## Living with low income

### What is it?

This indicator shows the percentage of residents living with low income, based on the low-income measure, after-tax (LIM-AT).

The LIM-AT sets a threshold that is adjusted for factors such as the number of persons living in the household. Residents below the threshold are considered to be living with low-income. For more information on the LIM-AT calculation please see the terms and definitions section.<sup>31</sup>

### Why is it important?

Income determines the quality of other social determinants such as food security, housing and other basic factors related to overall health and well-being. The amount of income a person has greatly influences their behaviours and plays a role in areas such as healthy living, substance use, stress, social relationships, injury and mortality.<sup>32</sup>

### The numbers:



**8%**

of residents in Halton are living with low income based on the LIM-AT measure (2016).



**14%**

of residents in Ontario are living with low income based on the LIM-AT measure (2016).

Data source: Statistics Canada – Census of Population

## Housing affordability

### What is it?

The housing affordability indicator shows the percentage of households that spend more than 30% of their household income on shelter costs. Shelter costs may include mortgage payments, property taxes, condominium fees, along with other costs such as electricity, heat and water.

### Why is it important?

Similar to income, housing affordability greatly impacts access to shelter. Having access to affordable and adequate housing leads to better physical, mental and social outcomes by eliminating stress, reducing hazards in the home and freeing up resources for other basic needs such as food and clothing.<sup>35</sup>

### The numbers:



**24%**

of Halton households spend 30% or more of their income on shelter costs (2016).

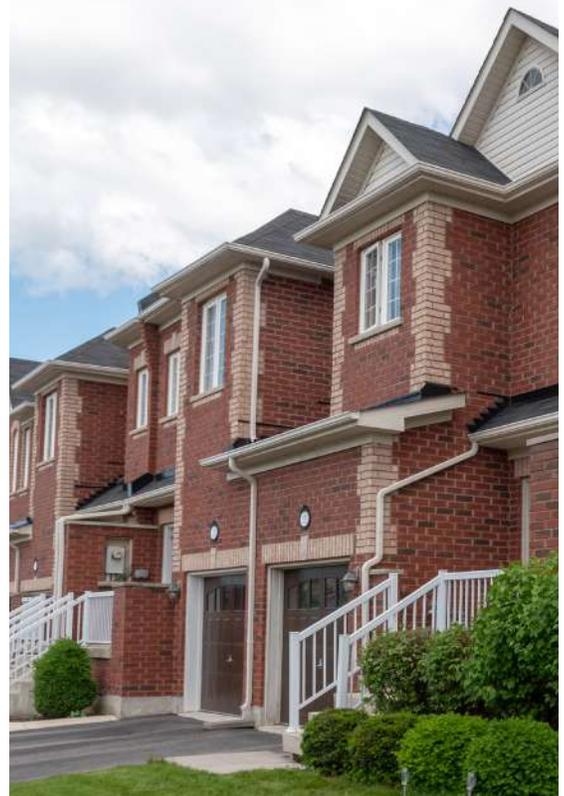


**28%**

of Ontario households spend 30% or more of their income on shelter costs (2016).

Data source: Statistics Canada – Census of Population

Halton Region works to create new assisted housing opportunities to enhance affordability for lower-income households. This means that part of the housing cost is subsidized through a government program. The Region continues to grow the number of assisted housing opportunities across Halton.





As part of the CSWB Plan, a framework has been established to strengthen how Halton Region and service providers identify and support individuals who are homeless or at risk of homelessness. This includes a centralized model of intake and referral, a common assessment tool and greater connectivity to mental health services.



## Homelessness

### What is it?

The homelessness indicator shows the Point-in-Time count of individuals experiencing homelessness in Halton. The parameters of homelessness include people in transitional housing, shelter, “couch surfing”, motel, persons in hospital/corrections with no fixed address and public or undisclosed locations. Halton’s last Point-in-Time count was completed on April 23, 2018.

### Why is it important?

Research demonstrates that homelessness causes severe trauma to those who experience it. It puts health and safety at risk and causes emotional distress. Homelessness is linked to many negative outcomes such as low levels of social support, social isolation, substance use, poverty, unsafe sexual practices and a higher incidence of chronic and acute health problems.<sup>36</sup>

### The numbers:



people experiencing homelessness in Halton (2018).

- In 2018, the Point-in-Time Count estimated 271 people experienced homeless in Halton, representing a 2.6% increase from the 2016 Point-in-Time count of 264.

Data source: Halton Region Point-in-Time Count

## Early Development Instrument

### What is it?

This indicator shows the percentage of senior kindergarten children who are vulnerable on one or more of the Early Development Instrument (EDI) domains. The EDI is a population-based tool used to assess children's development in five key domains:

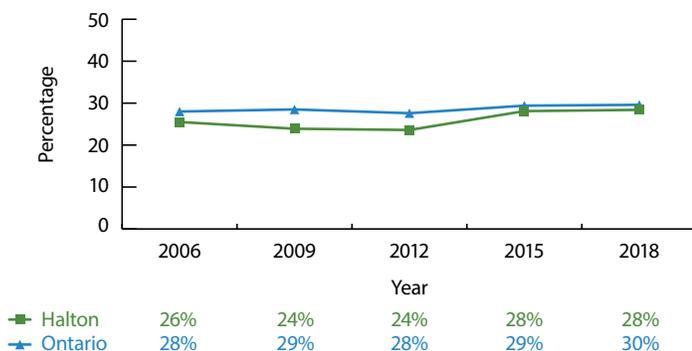
- physical health and well-being
- social competence
- emotional maturity
- language and cognitive development
- communication skills and general knowledge

### Why is it important?

The EDI measures a child's ability to meet age appropriate developmental expectations.<sup>37</sup> Research shows that what happens in early childhood plays a monumental role in lifelong health and well-being. Using the EDI to understand children's strengths and weaknesses can provide insight and potentially predict future outcomes. The data can also be used in an attempt to prevent or mitigate negative outcomes and promote healthy development.

### The numbers:

**Percentage of kindergarten children who are vulnerable on one or more EDI domains, Halton Region and Ontario, 2006-2018.**



- The vulnerability rate in Halton has increased from 24% in 2012 to 28% in 2018. The 2018 vulnerability rate is at an historical high, since data collection began in 2006, with a similar trend being seen across Ontario.

Data source: Ontario Ministry of Education

Halton Our Kids Network Early Years Initiative work is based on Early Development Instrument data and other neighbourhood characteristics. Six community tables throughout Halton have mobilized to plan and develop resources to support early childhood development and transition to school.



**28%**

of Halton kindergarten children are vulnerable on one or more EDI domains (2018).



**30%**

of Ontario kindergarten children are vulnerable on one or more EDI domains (2018).



Both the Halton Catholic District School Board and the Halton District School Board offer a wide range of adult, alternative and continuing education programs to assist students in attaining an Ontario Secondary School Diploma. Examples of these programs include summer school, night school, adult language for newcomers, secondary credits, literacy, numeracy and Indigenous programs.



## High school graduation

### What is it?

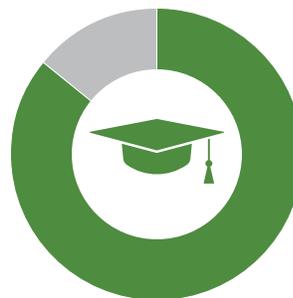
The graduation indicator shows the percentage of high school students who receive an Ontario Secondary School Diploma within four years of starting Grade 9.

### Why is it important?

Education has been shown to increase healthy behaviours, increase opportunities for higher income and employment and increase life expectancy. Compared to individuals who complete high school, those who drop out are less likely to participate in community activities, less likely to use preventative health services, more likely to face jail time and are prone to illness and injuries.<sup>38 39</sup>

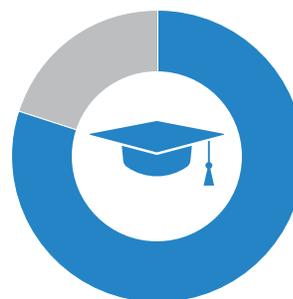
Completing high school provides young adults with the tools they need to live productive and healthier lives, which benefits their overall quality of life and allows them to make positive contributions to their communities.

### The numbers:



**86%**

of students graduate high school within 4 years of starting Grade 9 in Halton (2017).



**80%**

of students graduate high school within 4 years of starting Grade 9 in Ontario (2017).

Data source: Ontario Ministry of Education

## Post-secondary education

### What is it?

This indicator shows the percentage of residents aged 25-64 who have a post-secondary education. Post-secondary education includes:

- apprenticeship or trades certificate or diploma;
- college, CEGEP or other non-university certificate or diploma;
- university certificate or diploma below bachelor level; or
- a university certificate, diploma or degree at bachelor level or above.

### Why is it important?

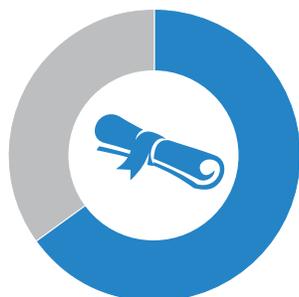
Education helps prepare individuals for entering the workforce and promotes on-going personal development. It is a well-documented social determinant of health as higher education can increase literacy and sense of control, allowing people to make informed decisions about their health and well-being. Education is also a protective factor as it can lead to better employment and higher income, which can also improve the ability and quality of shelter and food.<sup>40</sup> Research has shown that the more education a person gets the longer they'll live.<sup>41</sup>

### The numbers:



**75%**

of Halton residents aged 25-64 have completed post-secondary education (2016).



**65%**

of Ontario residents aged 25-64 have completed post-secondary education (2016).

As part of the CSWB Plan, community partners have developed a model to support youth exiting the care of child and welfare services. In 2019, Halton Children's Aid Society received \$100,669 from the Halton Region Community Investment Fund to support the implementation of a pilot program for youth aged 18-24 leaving the child welfare system to improve their access to education, employment and training.



Data source: Statistics Canada – Census of Population



Halton Region delivers the Ministry of Colleges and Universities' Youth Job Connection program that serves youth aged 15-29 who experience multiple and/or complex barriers to employment by providing more intensive supports beyond traditional job search and placement opportunities. Youth Job Connection participants receive intensive, pre-employment training that will provide the foundation for long-term employability.



## Employment status

### What is it?

This indicator shows the percentage of residents aged 15 and older who are employed.

### Why is it important?

Being employed is important for an individual's health, safety and well-being as it contributes to feelings of pride, confidence and structure and also plays a large role in financial stability and employment benefits. Being unemployed is associated with negative outcomes such as poor mental and physical health and can lead to unhealthy behaviours such as binge drinking.<sup>42</sup>

### The numbers:



**66%**

of residents aged 15 and older are employed in Halton (2016).



**60%**

of residents aged 15 and older are employed in Ontario (2016).

Data source: Statistics Canada – Census of Population

## Older adults living alone

### What is it?

This indicator shows the percentage of residents aged 65 and older who live alone.

### Why is it important?

As the number of older adults continues to grow with increasing life expectancy and the aging of baby boomers, it is important to pay attention to the key issues they will face. Many older adults who live alone are at a higher risk of becoming lonely and socially isolated. Social isolation can impact physical and mental health with increased risk of dementia and depression.<sup>43</sup> Social isolation can also lead to higher rates of social and health service use – for example, individuals who are socially isolated are more likely to be frequent callers of 911.<sup>44</sup>

### The numbers:



**21%**

of residents aged 65 and older live alone in Halton (2016).



**24%**

of residents aged 65 and older live alone in Ontario (2016).

Data source: Statistics Canada – Census of Population

As part of the CSWB Plan, community partners are working to strengthen how to identify and support older adults who are isolated or at risk of isolation. This action table has received funding from the Halton Region Community Investment Fund to assist their work in the areas of community awareness and proactive system navigation to reduce isolation.



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# Appendix 1: Indicator Selection Criteria

The following criteria were used when prioritizing indicators:



**Existing and well-established** – Existing measures that are already regularly reported by organizations across Halton. They are well-known and validated measures.



**Regular collection** – Measures that are produced on an on-going basis and not a one-time collection of data. This will assist in comparing changes in the indicators over time.



**Geography** – Measures that are available as one value for Halton Region. Indicators that had a provincial comparator and that could be broken down into smaller geographies (such as municipalities and neighbourhoods) were prioritized.



**Valuable** – Measures that are determined to be meaningful and relevant to community safety and wellbeing and appropriate for Halton's local situation.



**Easy to communicate** – Measures that are easily calculated and can be disseminated with ease to a variety of different stakeholders without needing additional context.

It is important to note that not every indicator satisfies all criteria, but where possible, indicators that met most of the above criteria were prioritized. Indicators were selected to be representative of a wide variety of data sets and partner organizations. The indicator set was endorsed by Halton's Community Safety and Well-Being System Leadership Group.







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