NEWFOUNDLAND AND LABRADOR’S

Vital Signs®

REPORT 2017


A collaboration between the Community Foundation of Newfoundland & Labrador and Memorial University’s Harris Centre.
Welcome to the 2017 edition of Newfoundland and Labrador’s Vital Signs, an annual snapshot of quality of life in our province.

Newfoundland and Labrador continues to be a unique part of the country and our sense of belonging is a key strength of Canada have focused on our sense of belonging. In Newfoundland and Labrador, in the midst of financial challenges, declining population, and a shift away from a traditional rural lifestyle, it has also been a time of reflection and new directions, as well as coming together with our neighbours and building on our strengths.

Leading up to Canada’s 150th anniversary, the national Vital Signs reports produced by Community Foundations of Canada have focused on our sense of belonging. In light of this, and in recognition of such a landmark year, we decided to explore the idea of “belonging” by asking how we fit into a place, how that place welcomes and values us, and how we contribute to the unique sense of belonging in our province and across our province by enrolling points in a wide range of community organizations.

The Community Foundation of Newfoundland & Labrador (CFNL) is a broad, province-wide reach with a grassroots focus on small organizations that can have a major impact in their local communities. The foundation’s goal is to address community problems and to enrich the lives of community members.

Paul McDonald, Chair, Community Foundation of Newfoundland and Labrador
Dr. Rob Greenwood, Executive Director, Harris Centre
The Leslie Harris Centre of Regional Policy and Development

The Community Foundation of Newfoundland & Labrador

The Community Foundation of Newfoundland and Labrador promotes and sustains healthy communities across our province by enrolling points in a wide range of community organizations. CFNL combines a broad, province-wide reach with a grassroots focus on small organizations that can have a major impact in their local communities. The foundation’s goal is to address community problems and to enrich the lives of community members.

Twitter @ONLFoundation
Facebook @communityfoundationf nlh

The Leslie Harris Centre of Regional Policy and Development

The Leslie Harris Centre of Regional Policy and Development is Memorial University’s hub for public policy and regional development issues. The Centre links Memorial faculty, students, and staff with groups across Newfoundland and Labrador, supporting active community engagement. Working with all units at Memorial, the Harris Centre builds connections, encourages informed debate, and supports collaboration to enhance the province through mutually beneficial partnerships.

Twitter @HarrisCentre
Facebook @harriscentre

The Leslie Harris Centre reports on belonging, visit: www.communityfoundations.ca/vitalsigns/belonging

Get a research idea for your community? Want to find out what research projects are taking place around the province? Want to connect with others about a big idea to make your community a better place? Check out Yaffle, Memorial University’s online connecting tool. Create a profile and get connected!

www.mun.yaffle.ca

If Newfoundland and Labrador was made up of 100 people, there would be approximately...

<table>
<thead>
<tr>
<th>Category</th>
<th>Newfoundland and Labrador</th>
<th>Canada</th>
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</thead>
<tbody>
<tr>
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<td>14</td>
<td>6</td>
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<tr>
<td>15-64 yrs</td>
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<td>Females</td>
<td>46</td>
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<tr>
<td>Volunteer</td>
<td>5</td>
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</tr>
<tr>
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<td>65</td>
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<tr>
<td>Have a first language other than English or French</td>
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<tr>
<td>Bilingual in English and French</td>
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<td>Income</td>
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<td>15</td>
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<tr>
<td>Low income</td>
<td>6</td>
<td>4</td>
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If you would like more information about how to support NL’s Vital Signs please get in touch.

How to Use This Report

START CONVERSATIONS
Use the information in this report to talk about how our province is doing and where we should go from here.

PASS IT ON
Share this report and the information in it with friends, colleagues, family, or elected officials.

FIND OUT MORE
Learn about the organizations and individuals in our province working to improve things, and ask how you can help.

CONTACT US
If you are looking for ways to make a difference, we can help connect you.

TAKE ACTION
If you’re moved by what you read, use this report as a starting point for action.

SHARE YOUR THOUGHTS
What do you think of the statistics in this year’s report? Do you have a story to share about sense of belonging in Newfoundland and Labrador? Share your ideas with us online using the hashtag #VitalSignsNL.

LOOKING FOR MORE COPIES?
We produce Vital Signs each year in the hope that it will be a valuable resource for everyone in our province. If you would like more copies of the report for your organization, business, or classroom, please contact CFNL at (709) 753-8869 or the Harris Centre at (709) 864-3142.

To see the national Vital Signs reports on belonging, visit: www.communityfoundations.ca/vitalsigns/belonging

Support Vital Signs

Vital Signs is produced with financial support from organizations and individuals, in addition to substantial in-kind support from CFNL, the Harris Centre and Saltwire Network. The funds raised cover the basic costs of researchers, writers, graphic design, and data access.

Additional support would allow for more community engagement in creating the report, more in-depth research into specific issues, and the development of more robust online tools to enhance the powerful information in the report. If you would like more information about how to support NL’s Vital Signs please get in touch. Email info@cfl.ca

Find out more about sense of belonging in Newfoundland and Labrador

How many people...

- speak one of two languages at home
- speak French as a first language
- have access to high-speed internet
- volunteer
- live in low income
- feel a strong sense of belonging to their local community
- feel a strong sense of belonging to their province
- feel a strong sense of belonging to Canada
- feel a strong sense of belonging to their local community
- feel a strong sense of belonging to their province
- feel a strong sense of belonging to Canada

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**NEWFOUNDLAND AND LABRADOR’S VITAL SIGNS REPORT 2017**

**PERSONAL ECONOMY**

**Highly Likely to Make a Major Purchase**

A solid majority of NLers are very concerned about cost of living. (Atlantis Atlantes, MQI Research, July 2017)

- NL: 15%
- NS: 18%
- NB: 18%
- PEI: 15%

**Very Concerned about Cost of Living**

- NL: 89%
- NS: 44%
- NB: 41%
- PEI: 51%

**Feeling Very Secure in Employment**

- NL: 62%
- NS: 68%
- NB: 62%
- PEI: 59%

**How long have NLRs lived in their community?**

<table>
<thead>
<tr>
<th>Years</th>
<th>NL</th>
<th>Nova Scotia</th>
<th>New Brunswick</th>
<th>Prince Edward Island</th>
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<td>15%</td>
<td>18%</td>
<td>18%</td>
<td>15%</td>
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<td>1-3 years</td>
<td>100%</td>
<td>89%</td>
<td>91%</td>
<td>94%</td>
</tr>
<tr>
<td>3-5 years</td>
<td>15%</td>
<td>5%</td>
<td>9%</td>
<td>3%</td>
</tr>
<tr>
<td>5-10 years</td>
<td>80%</td>
<td>85%</td>
<td>90%</td>
<td>87%</td>
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<td>85%</td>
<td>90%</td>
<td>87%</td>
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**IN HIGH DEMAND**

Labrador is one region that’s poised to benefit from immigration to the province. Labrador residents have experience labour shortages despite high unemployment. Demographic changes, lack of workers with specific skills in demand, the seasonality of work, and vast distances that limit interregional mobility are important factors. Our research on temporary foreign workers in Labrador shows that one of the challenges facing workers is accommodation shortages. Investing in affordable housing in these Labrador communities that struggle to attract workers from other parts of Labrador or elsewhere in the province and Canada and the world could contribute to solving the problem of labour shortages and increase the probability of attracting and retaining newcomers in the region.

** Residents who say they live in a welcoming community**

- Bay Roberts area: 100%
- Grand Falls-WindSOR area: 100%
- Corner Brook area: 91%
- St. John’s area: 94%

**NLRs who were born in NL 89%**

Data on NLRs’ perceptions of their neighbourhoods are only available for NL’s census metropolitan area (St. John’s and surrounding areas) and its three census agglomerations: Corner Brook, Grand Falls-WindSOR, and Bay Roberts. (Statistics Canada 2016)

**How do NLRs live in their community?**

- 89% of NLRs have lived in their current community for more than 10 years, while 24% moved to their community less than a year ago. (Statistics Canada 2014)

**Keys to The Castle**

Young people struggle to get ahead facing high costs and low unemployment.

- Graduating from university with nearly five years of work experience, and despite my bachelor’s, Sarah Cook didn’t anticipate how difficult it would be to find a permanent, full-time job.
- “I’ve been out of school for four months now and have applied to countless jobs,” explained Cook. “The market is highly competitive and most positions require even more education and experience than I have – usually a Master’s and five to seven years of relevant experience. I’m left wondering if I should put my life on hold and go back to school, and, at 30, I’m looking forward to building a life with my fiancé and buying a house – going back to school isn’t high on the wish list.”

- Cook is not alone in her struggle to find work in her field. With thousands of dollars to pay back, it’s a frustrating reality after working so hard. “I want to stay in my home province. My family is here, my partner’s job is here. No one should have to make a choice between those things and having a job, but that’s the reality new graduates are facing.”

- According to Eric Swanson, Executive Director of Generation Squares, a shift in policy is needed to prioritize the needs of younger Canadians.

- “Rather than striving towards inclusion and tolerance of refugees, we aim for participation and ease of navigation within this province and Canada as a whole,” said José River, Executive Director of RIAC. “This encourages a sense of belonging in that, rather than creating a new space for these individuals, we welcome them into the existing space and help with any obstacles that may arise along the way.”

- One of the participants, Tassa Mahmood, is like many locals, working in the downtown core of St. John’s, overseeing a small gallery space. Unlike many of her peers, however, at age 20 Mahmood has spent much of her life as a refugee. Originally from Palestine, Mahmood was born in Iraq, and her family travelled to Sweden and then Malaysia before applying for immigration to Canada. “I came to Canada four years ago, and I’m about to apply for citizenship,” said Mahmood. “I’m hoping to be a Canadian citizen in a few months.”

- Using the gallery space, the St. John’s Youth Social Justice Society held a fundraiser for RIAC, titled “Here From Away.” “The show had paintings and various things that comes from [outside],” said Mahmood. “It brings to Generation Squares, a national research and advocacy organization that raises awareness about generational inequality, young adults in Canada are working and studying more to have less. Canadians are more educated than ever: 67% are post-secondary graduates compared to 35% 40 years ago. But, since 1970, student debt has risen by more than 40% and housing prices have nearly doubled, while the average income of adults aged 25 to 34 has fallen from $46,480 to $42,480. Today it takes an average of 12 years to save for a 20% down-payment on a home, compared to only 5 years in the 1970s.

- “Getting an education is not the key to the castle it was for our parents,” said Cook. “There’s no way you’ll have for a down-payment on a home, or pay a mortgage, when you have tens of thousands of dollars to pay back. It’s a frustrating reality after working so hard. I want to stay in my home province. My family is here, my partner’s job is here. No one should have to make a choice between those things and having a job, but that’s the reality new graduates are facing.”

**Art show latest in integration efforts of Refugee and Immigrant Advisory Council**

A recent gallery initiative led by the Refugee and Immigrant Advisory Council (RIAC), served as a showcase for artists who are newcomers to the province, helping them build a portfolio and promoting diversity and a sense of belonging in the province’s already vibrant arts community.

- RIAC has been helping refugees and immigrants in the province since 1983. Along with the gallery, RIAC has a variety of programs and services that are offered to refugees and immigrants. RIAC is highly regarded as a service provider of choice for immigration topics such as health, immigration, employment, and education. Since July 1984, RIAC has become involved in helping new Canadians, refugees, and immigrants with employment issues such as bringing their spouse to Canada.

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- Photo by Charlotte Gardiner

- Photo by Zenes Healy White

- Newfoundland and Labrador Vital Signs Report 2017

- To read the full report visit www.mun.ca/harriscentre/populationproject

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- Dr. Halina Sapeha, Postdoctoral Fellow with the Poverty Chair in Cultural and Economic Development at Memorial University

- To read the full report visit www.mun.ca/harriscentre/populationproject
There was a need in the community because we found to give Indigenous children an opportunity to interact at their hips. And, more often than not, someone’s in law enforcement, the need to rebuild trust is paramount. When police arrive on a scene, it’s usually nighttime. They learn either to trust or mistrust police officers. For many children, the relationship to be very problematic,” said Cst. Shawna Park, currently in her 12 year with the Royal Newfound Constabulary. “Children were fearful. We wanted to help organize the summer event. Alongside activities like hiking, canoeing, and swimming, campers learn about decision-making and lifestyle choices, bicycle safety, police investigative techniques, and Mi’kmaq culture. “The bigger and stronger your sense of pride in the community, the more responsibility you’ll take on when it is a place where people help each other

Crime & Safety

### Crime Rates in NL

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<tr>
<th>Year</th>
<th>Total Crime Rate per 100,000 Population</th>
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<tbody>
<tr>
<td>2016</td>
<td>2,270</td>
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<tr>
<td>2015</td>
<td>2,307</td>
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<tr>
<td>2014</td>
<td>2,324</td>
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Drug Crime Rate

<table>
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<th>Year</th>
<th>Rate per 100,000 Population</th>
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</thead>
<tbody>
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</tr>
<tr>
<td>2015</td>
<td>144</td>
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</tbody>
</table>

Property Crime

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<thead>
<tr>
<th>Year</th>
<th>Rate per 100,000 Population</th>
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</thead>
<tbody>
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<td>2016</td>
<td>1,552</td>
</tr>
<tr>
<td>2015</td>
<td>1,327</td>
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</table>

Violent Crime

<table>
<thead>
<tr>
<th>Year</th>
<th>Rate per 100,000 Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>1.64</td>
</tr>
<tr>
<td>2015</td>
<td>1.52</td>
</tr>
</tbody>
</table>

### Safety in Our Neighbourhoods

- 79% of NLers do not think vandalism, graffiti and other deliberate damage to property or vehicles is a problem in their neighbourhood
- 14% of NLers think that people using and dealing drugs is a big or moderate problem in their neighbourhood
- 77% of NLers feel very safe or reasonably safe

### A Hidden Crime

Sexual violence continues to be prevalent in Newfoundland and Labrador. Our centre has experienced a 300% increase in individuals utilizing our crisis line over the past three years. We know that the increase can be linked to our efforts to give voice to survivors and to provide outreach in all areas of our province. It’s not just simply that more harm is happening, but rather we are getting a better understanding of just how many individuals are impacted by sexual violence. When asked to explain the increase, we compare it to pulling open a social curtain; a curtain that reveals hidden and stigmatized experiences of sexual violence.

- Nicole Kiley, Executive Director, NL Sexual Assault Crisis and Prevention Centre

### Rural Renaissance

Standing on Church Street in Bonavista, it’s easy to see the appeal: colourful clapboard houses, white picket fences, and a variety of attractive shops and stores, criss-crossed with laneways and fishermen’s footpaths. These pieces of rural NL not only draw thousands of tourists to Bonavista each year but are part of a wider strategy to attract permanent residents, as well as visitors.

Standing by the resurgence of Bonavista in recent years, the story is compelling. “The greatest number of people moving to Bonavista are 20- to 30-year-olds from St. John’s,” said John Norman of Bonavista Living and Cultural Foundation. “That’s a part of safety.”

### Data on NLers perceptions of their neighbourhoods are only available for NL’s census metropolitan area (St. John’s and surrounding area) and in three census agglomerations (Corner Brook, Grand Falls-Windsor, and Bay Roberts). (Statistics Canada 2014)
**Personal Incomes**

Adjusted after-tax median personal incomes based on families

- $25,000
- $40,000
- $20,000
- $25,000
- $10,000

Canada NL


During the period of 2005-2015 median personal after-tax incomes (adjusted for family size and inflation) rose in NL near to the Canadian level. (Statistics Canada)

**Low Income**

Percentage of people living in low income

- Between 2005 and 2011 the percentage of Nl’s living in low income declined to near the Canadian level but then rose slightly above the national level. (Statistics Canada)

**Economic Mobility**

**Have Not No More**

“Ten Glorious Years” is the way that economic historians will describe income growth and the decline in the incidence of low incomes between 2005 and 2015 in Newfoundland and Labrador. During this time, median personal after-tax incomes adjusted for family size and inflation rose to meet the Canadian level. The current situation is “have not no more,” especially when one considers that the cost of goods and services in our shopping basket is cheaper for the most part than in the rest of Canada. Residents of Toronto, Edmonton, and Vancouver please take note. As for the “falling out of our middle class” during this period it is “fake news.” But while we may proclaim our progress, the next ten years will probably not be so kind, especially to those at the top and the bottom of the income distribution.

—Dr. Doug Mc. Professor of Economics, Faculty of Humanities and Social Sciences, Memorial University

**Food Bank Usage**

Percentage of population assisted

- 37% are children
- 56% are adults under the age of 65
- 7% are seniors

Of every 100 people using food banks in NL

- 70% rely on social assistance
- 13% rely on employment insurance
- 9% rely on employment income
- 7% rely on pension income

Of every 100 households using food banks in NL

- 35.9% are single-parent families
- 27.7% are single people
- 25.6% are two-parent families
- 10.8% are couples with no children

**GAP BETWEEN RICH AND POOR**

15%
20%
25%

Newfoundland and Labrador’s Vital Signs Report 2017

The income of the parents was measured over a five-year period when the children were 15-19 years old, and the children’s income was measured over a five-year period when they were approximately in their late 30s-early 40s. (Miles Corak. 2017. “Divided Landscapes of Economic Mobility: The Canadian Geography of Intergenerational Income Mobility.” University of Chicago, Income Capital and Economic Opportunity Working Paper Number 2017-043)

**Low Income Has Many Faces**

These profiles reflect some of the different experiences of real people living in poverty in NL.

Marlene

Marlene worked all her life, but, now that she’s in her early 70s, she has had to retire due to severe arthritis. Her adult son, who has an Autism Spectrum Disorder, lives in her basement, and she has been caring for him alone since her husband died. Marlene and her husband never made very much money; she doesn’t have retirement savings, and her pension isn’t enough to support both herself and her son. While she used to help her son bathe and dress, her arthritis has made it almost impossible for her to care for his physical needs. She’s not sure where her son can go or how she’ll be able to afford help.

Mati

Mati was raised by unemployed parents who lived on a combination of social assistance and disability insurance. Most people in his neighbourhood are in the same position. Mati graduated from high school but doesn’t know how to get a job. His parents can’t help him write a resume or get him job advice, and he’s never watched someone get up every morning, pack a lunch, dress for work, and leave early enough to get to there on time. He is applying for social assistance because it’s something he and his parents understand.

Colin

Colin was removed from his Indigenous parents in Labrador when he was 8 years old and placed with a foster family in central Newfoundland. He was moved between several foster and group homes over the years, not developing a permanent relationship with any of his caregivers, and, because of the distance, he lost touch with his extended family and cultural community. He didn’t focus on saving while he was working and was often overwhelmed by his living expenses, so he had to take almost whatever work was available. Colin was using drugs, and he became addicted to heroin. His parents cut off contact with him to protect their younger siblings, and he began stealing to support his habit. After a stint in the Correctional Facility for Women in Clarenville for theft, Kayleigh’s criminal record made it impossible for him to find a job. She suffered a relapse in her addiction. She recently gave birth to a baby girl. She recently gave birth to a baby girl.

Kayleigh

Kayleigh is a young woman from a middle-class family. Her high school boyfriend, who was a few years older than her, encouraged her to try hard drugs, and she became addicted to heroin. Her parents cut off contact with her to protect her younger siblings, and she began stealing to support her habit. After a stint in the Correctional Facility for Women in Clarenville for theft, Kayleigh’s criminal record made it impossible for her to find a job. She suffered a relapse in her addiction. She recently gave birth to a baby girl.

Rick and Donna

Rick and Donna are parents with two young children. Rick worked for many years in a high-paying job in construction, but, when the project he was working on ended, he couldn’t find a local job. When he and Donna tried to sell their house, they weren’t able to find a buyer, since the market was flooded with homes that had been vacated by other workers. They hadn’t focused on saving while Rick was working and had overextended themselves on credit cards and expensive purchases, like a new car. Now that they can’t pay their mortgage, the bank is repossessiong their house.

Each of these profiles is a composite based on the stories of real people in the lowest income bracket. Profiles were written with the guidance of Lisa Browne, GOSS Deloitte Civics. Civils Civics is a community-based non-profit that provides services to individuals who have money barriers to fully participate in their communities. Their barriers include mental health challenges, addiction, injuries, poverty, homelessness, criminal justice involvement, low literacy, and periods of unemployment.
In 2017, voter turnout in NL for the federal election was substantially higher than in 2015, but voter turnout fell for the provincial election (the lowest in the last five provincial elections). NL turnout for the federal election was the lowest in Canada, with the average cultural vote participation of 46%. Elections Canada and Elections Newfoundland & Labrador.

40% of voters reported volunteering, which was similar to the Canadian volunteer rate of 44%. Salisbury had the highest volunteer rate in Canada (61% above average). Not the lowest (25%) (Canadas 2013). The median annual volunteer hours in NL (2015) was 51 (2011) 49 (2009) (Statistics Canada 2013). NH.

CHANNAL is a grassroots non-profit, and their pre-crisis Warm Line enables callers to speak with trained staff who have lived experience with mental health supports, particularly youth in Newfoundland and Labrador. CHANNAL: “If we are feeling well mentally, we have more positive emotions which can make us feel more comfortable in our environment. It gives us a boost of confidence and we are more inclined to participate in the given environment.”

Authentic Engagement

I always think voter turnout is a sign of a lagging indicator when it comes to the real issue: civic engagement. Some people vote out of habit, but are mostly checked out when it comes to politics. If you could pick up some of those people, you could raise awareness about a sense of obligation even if they think politics is not the best for you. But if you foster authentic civic engagement, you won’t need to tell people to vote, they’ll figure it out on their own, because they realize real political involvement doesn’t happen even every four years. – Janis Mainland, reporter, The Telegram

Male Health and Seniors

1 in 4 seniors lives with a mental health problem or mental illness. Common mental health and addictions issues experienced by seniors: depression, dementia, anxiety, prescription drug abuse, gambling (Towards Recovery 2017)

Mental Health and Sense of Belonging

Percentage of people who self-reported “Very Good/Excellent” mental health as reported by respondents who perceive their sense of community belonging to be “Somewhat strong/very strong” (NL) 2015

Use of Mental Health Services

On average, every year in NL there are:

20,000 referrals

12,000 calls placed to the 24/7 provincial Mental Health Crisis Line

3,000 admissions to in-patient mental health and addictions services (Towards Recovery, report by the All-Party Committee on Mental Health and Addictions, 2017)

Gender Diversity

Trans, two-spirit, and gender diverse children thoughts in Newfoundland and Labrador are more prone to positive feelings which can make us feel more comfortable in our environment and give us a good sense of belonging… it gives us a boost of confidence and we are more inclined to participate in the given environment. CHANNAL: “If we are feeling well mentally, we have more positive emotions which can make us feel more comfortable in our environment. It gives us a boost of confidence and we are more inclined to participate in the given environment.”

Daily Practice

“Talking about mental health like a normal day-to-day thing”

“Ofentimes, when we are feeling mentally unwell, our thoughts can be distorted and negative leading us to believe false truths such as not belonging in a given environment.” said Hend Akinturk of the Canadian Mental Health Awareness Network Newfoundland and Labrador (CHANNAL). “If we are feeling well mentally, we are more prone to positive feelings which can make us feel more comfortable in our environment and give us a good sense of belonging… it gives us a boost of confidence and we are more inclined to participate in the given environment.”

CHANNAL: “Talking about mental health like a normal day-to-day thing.”

Communal Health Services

46% of NLers reported volunteering, which was similar to the Canadian volunteer rate of 44%. Salisbury had the highest volunteer rate in Canada (61% above average). Not the lowest (25%) (Canadas 2013). The median annual volunteer hours in NL (2015) was 51 (2011) 49 (2009) (Statistics Canada 2013). NH.

CHANNAL is a grassroots non-profit, and their pre-crisis mental health Warm Line enables callers to speak with trained staff who have lived experience with mental health issues. “It is the only peer-led organization like it in the province and we strive to provide a safe and sober environment for peers during their recovery journeys.” said Anderson, who is the Regional Peer Support for the Grand Falls-Windsor region.

When it comes to fighting back against disaffiliation, mental health educator Sue Rodgers says conversation is key. “Talking about mental health like a normal day-to-day thing,” she said. “Allowing all to feel and share emotion… making it a part of daily chats. Learning not to feel fear emotion. Teaching youth that emotions are part of strength.”

The 24-hour province-wide mental health crisis phone line: 1-888-737-6668 (CHANNAL’s pre-crisis Warm Line: 1-855-753-2560)

Although the number of NL residents reporting high stress decreased from 35% in July 2016 to 26% in July 2017, a gender gap persists with 32% of females in the province who feel a strong sense of community also reporting a high level of general mental health. This number is higher for people in the Labrador-Grenfell region (52%) and lower for people in the Eastern Health region (79%). (Centre for Health Information, using data from the Canadian Community Health Survey, 2015)

Mental Health and Sense of Belonging

Percentage of people who self-reported “Very Good/ Excellent” mental health as reported by respondents who perceive their sense of community belonging to be “Somewhat strong/very strong”.

52% in the city, 46% in NL, 45% in 2009 (Department of Municipal Affairs and Communities). 19% of NL lack confidence in a healthy community which cares for them (NL, 2011). NA.

High Level of Stress

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Food

Farmers’ and Community Markets

- Community Outdoor Market (Happy Valley-Goose Bay)
- Farm and Market Clareville
- Fogo Island Partnership Harvest Festival
- Grand Falls-Windsor Farmers’ Market

This list is updated and promoted monthly during the growing season in Food First NL Monthly E-News. Visit www.foodfirstnl.com to subscribe. (Food First NL)

Community Gardens

Numbers of Gardens per Region

<table>
<thead>
<tr>
<th>Region</th>
<th>Number of Gardens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labrador</td>
<td>11</td>
</tr>
<tr>
<td>Eastern</td>
<td>10</td>
</tr>
<tr>
<td>Western</td>
<td>7</td>
</tr>
<tr>
<td>Northeast Avalon</td>
<td>5</td>
</tr>
<tr>
<td>Central</td>
<td>3</td>
</tr>
</tbody>
</table>

(Dairy Garden Alliance, Community Foundation of Newfoundland and Labrador; Statistics Canada, 2014 Census of Agriculture)

Farm Operators

Average Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>NL Farm Operators by Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 35</td>
<td>58%</td>
</tr>
<tr>
<td>35-54 yrs</td>
<td>37%</td>
</tr>
<tr>
<td>55+ yrs</td>
<td>5%</td>
</tr>
</tbody>
</table>

(Farm Operators NL 56 yrs CAN 55 yrs)

Fresh Supply

Social enterprise partnership tackling Northern food security

It’s tough getting a garden salad on the tundra, but things are improving.

“Having lived in Postville for nearly 35 years, we have come along way in terms of fresh foods and vegetables!” said resident Ruth Jacque. “Though we complain about the high price of produce, our local variety store owner has it flown in weekly, weather permitting…. You can’t enjoy a salad whenever you like, but you can when it is available, if your income is such that you can afford extras above the basic staples.”

In an effort to shore up Postville’s supply of all things green-and-leafy, the town partnered with Project Secure, an initiative of Enactus Memorial, a student-led social enterprise that focuses on food security in Northern Canada with small-scale hydroponics.

Project supported by CNIC’s Smart & Caring Community Fund

Eating Together

Food is at the heart of much of Newfoundland and Labrador culture. From the berries we pick, to Sunday dinner, to the rich heritage surrounding our fishery, food and food production is a deep part of our history and sense of place. When people visit, we are always waiting with a cup of tea and something to eat. Our traditional diet is a vital part of community identity and an assurance of continuity, linking the past with the present and the future. What folklife calls “foodways” is as much about family and community as it is about food.

—Joan Jarvis, Innu Cultural Heritage Development Officer, Heritage Foundation of NL

Heritage

Cultural Exchange

Placentia and Saint Pierre and Miquelon celebrate Basque heritage

It’s believed that Placentia owes its name to a town in Basque Country, Spain, that was home to many of the earliest dated 1676, give evidence of Basque settlement in Placentia to officially recognize the region’s ties to Basque whaling traditions.

Ternua 2017 is a shared celebration of Placentia and the French Islands of Saint Pierre and Miquelon, honouring the region’s ties to Basque whaling traditions.

Along with being a test of physical endurance and nautical mastery, there is a significant heritage aspect to the expedition. “Placentia has been home to so many different cultures,” said Placentia Mayor Wayne Power. “This is our opportunity, here in the present day, to experience some of it, through food and music and dance.”

As part of that cultural exchange, Placentia Area Theatre Centre (PATH) will be bringing moments of the Basque heritage to Placentia to life through a series called “The Basque Vignettes.”

The provision of broadband services is anticipated to reach 99% of the population of Newfoundland and Labrador in 2021. This is good news for residents in rural communities, including distance learners. Access to education is important for rural areas. It contributes toward self-sustaining communities, and increases the quality of life of residents, allowing them to stay at home and contribute toward their community’s viability. However, broadband services as defined in this case, represents modest network speeds by today’s standards. Increased bandwidth-enabled learning offers enhanced distance learners to fully engage with online learning. We cannot be complacent.

—Bob Wells, Executive Director, Centre for Innovation in Teaching and Learning, Memorial University

Online

Access to High-Speed Internet

<table>
<thead>
<tr>
<th>Province</th>
<th>Four networks</th>
<th>Three networks</th>
<th>Two networks</th>
<th>One network</th>
</tr>
</thead>
<tbody>
<tr>
<td>NL</td>
<td>94%</td>
<td>55%</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td>NS</td>
<td>81%</td>
<td>0%</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td>PEI</td>
<td>60%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>CAN</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

While almost half of Canadians have a choice four or more wireless networks, few are covered by at least one network, in terms of radio access facilities. (Communications Monitoring Report 2014, Canadian Radio-television and Telecommunications Commission)

Wireless Network Coverage, 2015

Provincial sites: 94,445 visits

- Most visited: Cape Bonavista Lighthouse (National sites: 94,368 visits)
- Most visited: Cape Spear Lighthouse (National sites: 94,368 visits)

Visits are up since 2011 to both provincial (NL-2.6%) and national (1.4%) historic sites in the province. ( Parks Canada, Parks Canada Performance Review 2014, Department of Tourism, Culture, Industry and Innovation)

Visits to Historic Sites

Education & Access

Newfoundland and Spanish culture are shown to be linked throughout the six vignettes,” said Maggie Follett of PATH. “The show demonstrates how one culture found in a completely different part of the world.”

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Teaching and Learning, Memorial University

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## Sports & Recreation

### Recreational Facilities

<table>
<thead>
<tr>
<th>Recreation Centre</th>
<th>Arenas</th>
<th>Swimming Pools</th>
<th>Sky Clubs</th>
<th>Curling Clubs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labrador</td>
<td>16</td>
<td>8</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>Western</td>
<td>11</td>
<td>14</td>
<td>8</td>
<td>7</td>
</tr>
<tr>
<td>Central</td>
<td>8</td>
<td>16</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Eastern</td>
<td>21</td>
<td>10</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Northeast Avalon</td>
<td>13</td>
<td>11</td>
<td>6</td>
<td>1</td>
</tr>
</tbody>
</table>

These figures represent community recreation centres, arenas, and swimming pools and do not include facilities managed by non-governmental organizations like the YMCA (Avalon), Research Assistant, Department of Economics, Memorial University.

### Nights Spent Camping

<table>
<thead>
<tr>
<th>Province</th>
<th>Nights Spent Camping</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labrador</td>
<td>62,865 nights</td>
</tr>
<tr>
<td>Western</td>
<td>23,357 nights</td>
</tr>
<tr>
<td>Central</td>
<td>3,533 nights</td>
</tr>
<tr>
<td>Eastern</td>
<td>20,068 nights</td>
</tr>
<tr>
<td>Avalon</td>
<td>11,508 nights</td>
</tr>
</tbody>
</table>

### Commercial Fishing Licence Holders

<table>
<thead>
<tr>
<th>Year</th>
<th>Newfoundland</th>
<th>Labrador</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>31,880</td>
<td>359</td>
<td>32,239</td>
</tr>
<tr>
<td>2010</td>
<td>31,880</td>
<td>359</td>
<td>32,239</td>
</tr>
</tbody>
</table>

### Hunting Licences Available

- Moose: Newfoundland: 31,880, Labrador: 359, Canada: 715
- Caribou: Newfoundland: 5,132, Labrador: 2,068, Canada: 7,190

### Average Residential Spending on Recreation and Culture per Household

<table>
<thead>
<tr>
<th>Province</th>
<th>NL</th>
<th>NS</th>
<th>NB</th>
<th>PEI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spending</td>
<td>$580</td>
<td>$429</td>
<td>$407</td>
<td>$292</td>
</tr>
</tbody>
</table>

### Population Served by Groundwater Systems (Wells)

- Newfoundland: 21%, Labrador: 75%, Canada: 56.9%

### Private Wells

- Total: 40,000
- NL: 7.5% of the population
- NS: 0.7% of the population
- NB: 21% of the population
- PEI: 7.5% of the population

### Percentage of Population Served by Groundwater Systems (Wells)

- 21% of the population

### Environment

#### Meeting Demand

Marystown YMCA draws membership from all over region.

When your province contains some of the foggiest, snowiest, windiest, and wettest locations in the country, sometimes you’re just not going to put out outdoor spaces.

In Newfoundland and Labrador, particularly with the weather, outdoor spaces where this can happen year-round are essential,” said Jason Brown, CEO of the YMCA of Newfoundland and Labrador. In 2015, to meet the needs of the community both serve, the Town of Marystown signed a long-term partnership agreement with the YMCA of Newfoundland and Labrador to make the Marystown Recreation Complex a reality.

With the YMCAs as the operator and the Town of Marystown as owner of the building, the partnership is helping the population of Marystown and the communities on the Burin Peninsula become healthier and more active. Also, the endeavour has employed more than 30 people from all over the region.

The community immediately embraced the facility, in higher-than-expected numbers. “Membership was more than double what we anticipated in the first months of operations; we very quickly grew to 1,500 or more at peak,” said Brown. Families were reportedly driving an hour or more to come to the centre. “Members and day pass users come from all over the Burin Peninsula and even St. Pierre,” he said.

“No one is turned away for inability to pay membership fees,” said Brown. “The YMCA is a place where people of all ages gather to be active, to be social, to donate, and to volunteer, and we believe this is essential to creating a sense of belonging and reducing social isolation.”

### Self-Reported Physical Activity

#### Adults who exercise at least 150 minutes/week

- NL: 49%
- CAN: 56.9%

#### Seniors who exercise at least 150 minutes/week

- NL: 26.7%
- CAN: 40.2%

#### Youth 12-17 who exercise an average of 60 minutes/day

- NL: 57.1%
- CAN: 55.4%

### Average Municipal Spending on Recreation and Culture per Household

<table>
<thead>
<tr>
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### Finance, Taxation and Intergovernmental Affairs

- Newfoundland and Labrador’s Vital Signs 2017

### The Testing the Water

The lack of testing of private wells in Newfoundland and Labrador poses a great risk to thousands of residents. These numbers tell us that the majority of residents that rely on private wells have no idea if the water they are drinking is safe or not. There is the common misconception that ground-water cannot be contaminated. Yet, the Walkerton, Ontario, tragedy in 2000 was due to contaminated groundwater supply. Groundwater supplies can become contaminated and should be tested frequently.

— Sarah Blinco, PhD Candidate, Environmental Policy Institute, Memorial University (Grenfell Campus)
THANK YOU

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Cover photo by Ritche Perez