

BURLINGTON

# VitalSigns<sup>®</sup> 2017

WORKING TOGETHER  
TO MAKE CHANGE HAPPEN



# THINKING BEYOND...

2017 is a year in which Canadians are making history. From coast-to-coast-to-coast, we're looking to our past, taking stock of our present and preparing for an even more brilliant future.

Burlington is a community that fosters a sense of belonging. Residents are celebrating our neighbourhoods with big and small events thanks to the City of Burlington's new Love My Hood program. State-of-the-art technology and a calming environment are welcoming people to the new Patient Tower at Joseph Brant Hospital. World-class expansion of Joseph Brant Museum will allow for the addition of blockbuster exhibits. Joining a 2015 international initiative, we recognize all natural cycles of sickness and health, as a Compassionate City, led by Carpenter Hospice.

Well-situated close to major transportation and urban centres, our strong economy, our natural areas, as well as a vibrant arts and cultural scene, are a few of the reasons why Burlington was named the best mid-sized city in Canada.  
(*MoneySense, 2017*)

Building upon qualitative and quantitative research, Burlington Foundation's Vital Signs® 2017 report provides insights into our community's strengths and most critical needs, while also identifying opportunities. For the first time ever, due to the release schedule of the 2016 Census results, we are publishing Burlington Vital Signs® in two parts, starting with this initial exploration of five key areas of community life: Youth & Young Adults, Environment, Mental Health & Wellness, Housing and Seniors. Look for the release of Burlington Vital Signs® part two, in early 2018.

Knitting together independent insights, Burlington Vital Signs® helps to connect the dots between people, numbers and opportunity. It positions our community to continue to have important conversations and to make change happen.

## CONNECTING THE DOTS TO MAKE CHANGE HAPPEN



# YOUTH & YOUNG ADULTS

Opportunities for young people are the foundation for a vibrant future. In Burlington, youth and young adults aged 15-29 years represent 16.5% of the population. According to a 2016 Halton Region survey, Burlington has growing employment, and that means that young adults and families can find opportunities to put down roots.

With 72% of 25-44 year-olds in Burlington attaining post-secondary education, our workforce is more highly educated than the Ontario average. Local graduates can anticipate that two-thirds of Canadian job openings in the next decade will require post-secondary education.

However, more time in school comes hand-in-hand with student debt – it is estimated that about 50% of students have debts when they graduate. Shouldering \$15,700-\$34,800 of debt on average, more young adults continue to live at home during their 20's.

Across Canada, the transition to independent living takes longer as 41.3% of 25-29 year-olds now live with parents/grandparents. And with 40% of graduates securing their first job after more than three months of searching, young adult employment is critical to supporting a robust local economy.



## POST-SECONDARY

Over the next decade **2/3**

of job openings in Canada are expected to be in occupations that typically require post-secondary education, or in management occupations.

*Brookfield Institute, Future-Proof: Preparing young Canadians for the future of work, 2017*

Younger adults in Burlington tend to have more education compared to Ontario as a whole.

% of 25-44 year-olds who have a college or university degree:

**72% BURLINGTON**

**64% ONTARIO**

*Statistics Canada, 2011 National Household Survey*



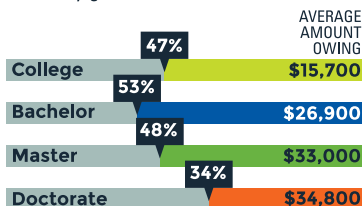
## STUDENT DEBT

2016-17 THE AVERAGE COST OF TUITION

**\$7,199**

For Canadian students in Ontario

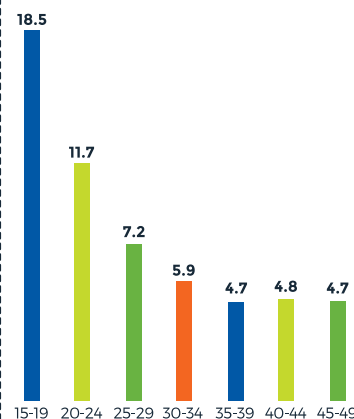
About half of post-secondary students in Ontario have student debt owing at the time they graduate.



*Community Foundations of Canada, Burlington Context Statement – May 2017  
McMaster University, Money Matters – Cost Estimator; Statistics Canada, National Graduates Survey, Table 477-068*

## UNEMPLOYMENT

Unemployment rates historically have been higher for youth. The unemployment rate doesn't stabilize until around age 35.



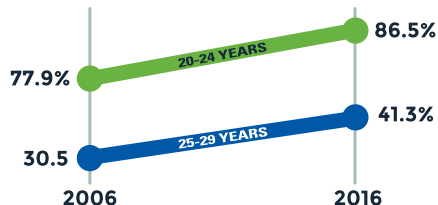
**Unemployment rates - Ontario 2016 (%)**

*Statistics Canada, Labour Force Survey, CANSIM Table 282-002*



## LIVING AT HOME

Young adults ages 20-29 are more likely to be living with their parents or grandparents than they were 10 years ago.



**Burlington young adults living at home**

*Statistics Canada, 2016 Census*

## LABOUR MARKET

**ENTRY LEVEL JOBS** are at high risk of being impacted by automation, and yet

**WORK EXPERIENCE** is more important than ever, while

**UNDEREMPLOYMENT**, part-time and precarious work are becoming more prevalent

**RESULT**  
It is becoming more challenging for young adults to seamlessly enter the labour force.

*Brookfield Institute, Future-Proof: Preparing young Canadians for the future of work, 2017*



## FIRST JOBS

**40%** of post-secondary graduates

in Canada take more than three months to land their first job.

**1 in 10** take longer than a year

*Brookfield Institute, Future-Proof: Preparing young Canadians for the future of work, 2017*

# IN FOCUS HOUSING

Like many urban centres, land has become increasingly scarce in the greater Burlington area. To support sustainable, long-term growth, the City of Burlington is encouraging the construction of higher density residential units – just in 2016 alone, a total of 1,037 new units were built.

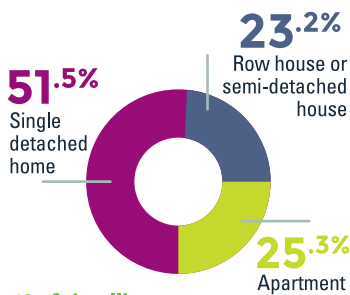
Looking ahead, new community-oriented 'Mobility Hub' neighbourhoods will feature several transportation options as well as a mix of employment, housing, recreation and shopping. Mobility Hubs will be designed from the ground up to be infrastructure-efficient, transit oriented and environmentally friendly.

Sharing similar momentum as other municipalities in and around the Greater Toronto Area, the average price of a home rose 73% in the past five years.

Unfortunately, affordability is a distinct challenge for people with modest incomes in our community. Rental vacancy rates in Burlington and Halton are well below the 3% healthy benchmark rate. It costs an average of \$1,264 a month to rent in Burlington, a rate that is almost 41% higher than in Hamilton.

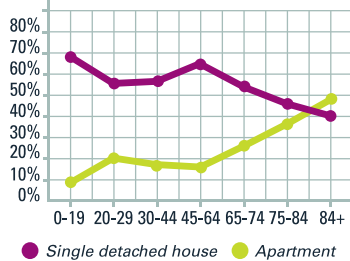


## TYPE OF HOUSING



% of dwellings by type in Burlington

Apartment living is higher among older residents aged 65 and over.



Statistics Canada, 2016 Census; Community Development Halton, Community Lens Bulletin #123, Young and Old Seniors in Halton



## APARTMENT VACANCY RATE & RENT

The apartment rental vacancy rate is low in Burlington, as it is in Halton generally. A vacancy rate of 3% is a benchmark for a healthy rental market.

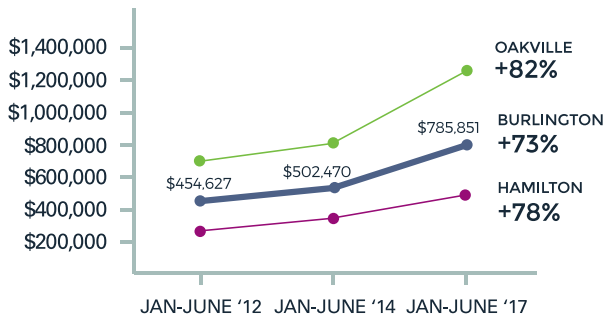
The average apartment in Burlington isn't affordable for renters with a before-tax income under \$50,560.

APARTMENT VACANCY RATE 2016	BENCHMARK FOR HEALTHY RENTAL MARKET/AFFORDABLE	AVERAGE APARTMENT RENT 2016
3.0%		<30% OF BEFORE-TAX HOUSEHOLD INCOME
1.1%	OAKVILLE	\$1,378
1.1%	BURLINGTON	\$1,264
1.8%	MILTON	\$1,179
0.6%	HALTON HILLS	\$1,079
4.5%	HAMILTON	\$894
2.1%	ONTARIO	\$1,089
3.7%	CANADA	\$916

Canada Mortgage and Housing Corporation (CMHC), Comprehensive Rental Market Survey Tables  
Community Development Halton, Community Lens Bulletin #115, High Rent and Low Vacancy

## AVERAGE HOUSING PRICES

The average housing price in Burlington over the January-June 2017 period was \$785,851, a 73% increase from 2012.

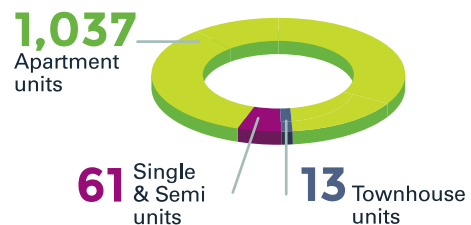


The Oakville, Milton & District Real Estate Board  
The Realtors Association of Hamilton-Burlington



## HOUSING CONSTRUCTION

Most new housing units under construction in Burlington are higher density units.



Housing units under construction in Burlington 2016

Halton Region, 2016 State of Housing

# MENTAL HEALTH & WELLNESS

Mental health-related issues continue to be a growing challenge. In fact, from 2011-16, Halton Regional Police reported an 87% increase in mental health-related occurrences involving police, a statistic that significantly outpaced the 9% overall population growth over the same period.

Although referrals to Joseph Brant Hospital's Child and Adolescent Clinic have increased by 50% since 2013-14, wait times have declined considerably, from an average of 52 days to 20 days in 2016-17.

The Foundation's leadership efforts convening mental health experts, agencies, and people affected by mental health issues has focused on wellness education and the establishment of an endowment fund that will forever support mental wellness initiatives. Burlington Foundation, along with partner Joseph Brant Hospital and others including the Province of Ontario, City of Burlington, Reach Out Centre for Kids, Hamilton Health Sciences and St. Joseph's Healthcare, are also leading the development of a new one-window accessibility of available mental health programs and services initiative.

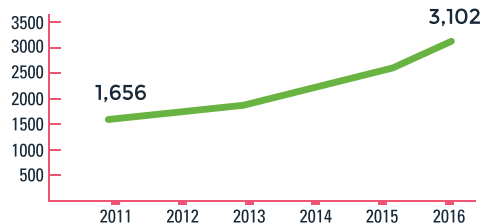
## OCURRENCES INVOLVING POLICE



From 2011-16, the number of reportable mental health-related occurrences recorded by Halton Regional Police increased by

**87%** from 1,656 to 3,102

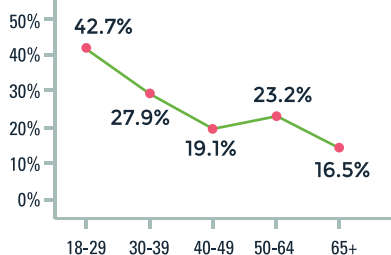
This outpaced the 9% overall population growth in Halton over that time.



Halton Regional Police Services, personal communication to Burlington Foundation

## YOUTH MENTAL HEALTH

Ontario youth 18-29 are more likely than older age groups to experience moderate to serious psychological distress.



% experienced moderate to severe psychological distress in the past 30 days

CAMH (Canadian Centre for Addiction and Mental Health), CAMH Monitor 2015

## MENTAL HEALTH CONSULTATIONS

**14%** of Burlington residents 12 & over

have reported consulting with a mental health professional in the past year.

Halton Region, Health Indicator Report: Consultation with a Mental Health Professional; based on Canadian Community Health Survey data collected between 2011 and 2014.

## STATS FROM JOSEPH BRANT HOSPITAL

Visits to Joseph Brant Hospital's Emergency Department for mental health/substance abuse conditions have increased. From 2011-12 to 2016-17, the number of visits increased substantially, and particularly for youth.

There was a total **2,156** visits in 2016-17

An increase of **15%** over 2011-12

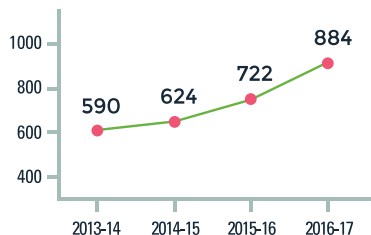
By comparison, Burlington's population increased by approximately 4% over that time.

Among those less than 18 years of age **302** visits in 2016-17

An increase of **63%** over 2011-12

Referrals of youth less than 18 years of age to Joseph Brant Hospital's Child and Adolescent Clinic have increased.

In 2016-17, there were 884 referrals, up 50% from 590 referrals in 2013-14.



Despite this increase in referrals, wait times declined considerably from **52** days on average in 2013-14 to **20** in 2016-17

Joseph Brant Hospital, personal communication to Burlington Foundation



IN FOCUS

# ENVIRONMENT

Burlingtonians are living greener lives. Halton's waste diversion programs rank the region in the top 10 out of 243 Ontario locations. In 2016 alone, 86% of days were ranked low risk according to the Air Quality Health Index.

Burlington has seen many aquatic health improvements in recent years. Hamilton Harbour is cleaner, vegetation has returned to Cootes Paradise Marsh and BurlingtonGreen is undertaking a multi-year habitat restoration project in Beachway Park.

However, Lake Ontario continues to face significant environmental stress. Warmer water and, in April 2017, the

highest lake levels recorded in 99 years damaged beaches, properties and parks.

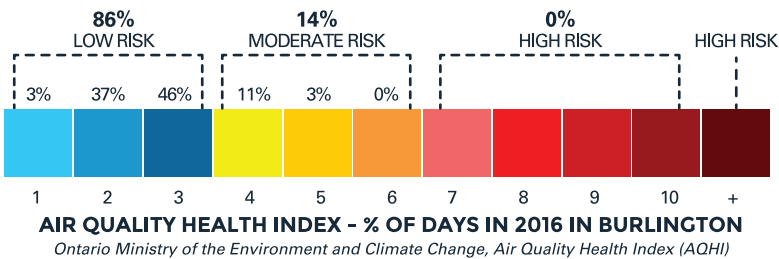
Leading the way as a result of Burlington's devastating flood in August 2014, The University of Waterloo, Province of Ontario and City of Burlington announced a Home Flood Protection Program for homeowners in August 2017 that will help people identify, manage and reduce long-term flood risks. The program is focused on practical and cost-effective solutions to address climate change as well as extreme weather events.

## AIR QUALITY



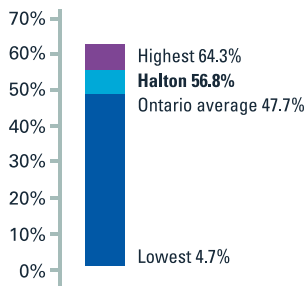
Burlington has good air quality although there is room for improvement. Of 361 days in 2016, 310 had a low risk Air Quality Health Index (AQHI), but there were 51 days where the AQHI was at the moderate risk level.

By comparison, Kingston had 26 days where the AQHI was at moderate risk level and Barrie had 31 days.



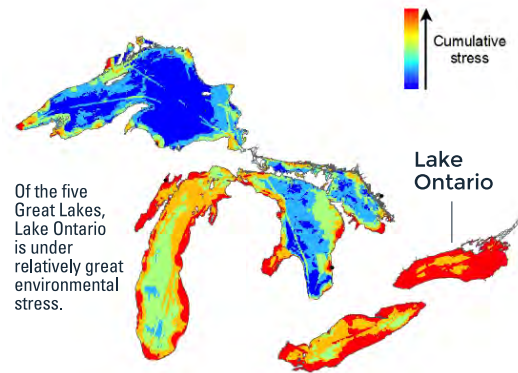
## WASTE DIVERSION

Halton does a very good job in waste diversion, with a 56.8% diversion rate in 2015. It ranks 10th among 243 Ontario locations.



Resource Productivity & Recovery Authority, 2015  
 Ontario Residential Waste Diversion Rates

## LAKE ONTARIO



In a survey of experts on the Great Lakes, the top 5 environmental issues for Lake Ontario were:

- #1 Invasive mussels such as zebra & quagga mussels
- #2 Introduction of invasive species via ballast water from ships
- #3 Impacts of a warming climate on lake temperatures, which can affect fish populations & wetlands
- #4 Invasive fish such as Asian carps
- #5 Impact of a warming climate on lake levels

GLEAM – Great Lakes Environmental Assessment and Mapping Project, Environmental Stress Map for Great Lakes

Smith, S. et al (2015), Rating impacts in a multi-stressor world: a quantitative assessment of 50 stressors affecting the Great Lakes, Ecological Applications, 25(3), pp. 717-728

GLISA, Climate Change in the Great Lakes Region, 2014

# IN FOCUS SENIORS

Seniors are the fastest growing age group in our city. The 18.9% growth of our senior population in the past five years is dramatic when compared to the 1.3% growth among those younger.

With 1 in 5 of Burlington's 35,000 seniors requiring assistance with basic household activities, the cost of independent living can add up. Timely access to local long-term care in Burlington continues to be an issue. While vacancy rates are consistent with provincial averages, the cost of heavy care spaces for people living with dementia and reduced mobility is higher in Halton.

Since 2013, long-term care home wait lists have increased by 20.7%. With the number of people on wait lists more than double the number of available spaces, long-term care continues to be a significant challenge for residents.

The Province of Ontario's Enhanced Long-Term Care Strategy will boost redevelopment to more than 30,000 long-term care beds in 300+ locations by 2025, and continues to work with operators who will be redeveloping homes in Burlington and the surrounding area.

## LONG-TERM CARE



Provides accommodation for people who require assistance with activities of daily living.

In Burlington there are:

**10** Long-term care homes

**1,279** Spaces

**2,616** People on waiting lists

**32** Average # spaces available each month

Since 2013 no new long-term care homes have opened in Burlington & only 64 new long-term care beds have been added through expansion (+5%).

The number of people on waiting lists has increased by

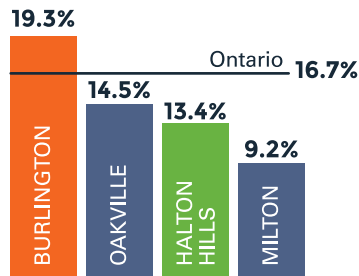
**20.7%**  
since 2013

*Hamilton Niagara Haldimand Brant LHIN, Choosing a Long-Term Care Home: Long-term care wait time reporting November 2013 & June 2017 - Burlington*



## NUMBER OF SENIORS

Almost **1 in 5** Burlington residents are seniors - the highest proportion in Halton Region.



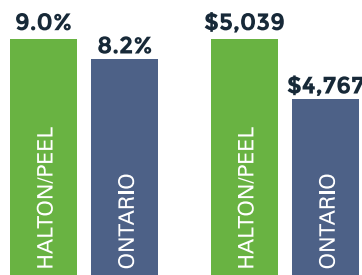
Percentage of residents 65 or over

*Statistics Canada, 2016 Census & 2011 Census Community Development Halton, Community Lens Bulletin #122, How Old Are We in Halton?*

## HEAVY CARE SPACES

Resident pays extra to receive high-level care\*. Examples of conditions that could require high-level care include dementia and reduced mobility.

Halton has a similar vacancy rate to Ontario, but the cost of these spaces is higher in Halton.



*Canada Mortgage and Housing Corporation (CMHC), Seniors' Housing Report - Ontario, 2017*

## DAILY HELP

**20%** of Halton adults aged 65+

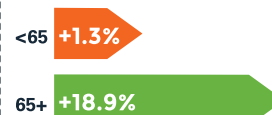
reported that they need help with at least one instrumental activity of daily living.

*Halton Region, 2015 Healthy Aging in Halton Report*



## POPULATION TREND

Growth in Burlington population by age 2011-16



*Statistics Canada, 2016 Census & 2011 Census*



## STANDARD CARE SPACES

Resident does not receive high-level care\* or is not required to pay extra to receive that care.

Vacancy rate for seniors in Halton is

**10.5%**

similar to that in Ontario at 10.4%, but average rent in Halton is much higher.

62.7% of standard care spaces in Halton cost \$4,000 or more to rent vs 31.1% for Ontario.

*Canada Mortgage and Housing Corporation (CMHC), Seniors' Housing Report - Ontario, 2017*

\* High-level care is defined as 1.5 hours or more of care per day

## COMMUNITY ROOTED IN BELONGING

Belonging is at the heart of a strong, inclusive community. Whether it is helping seniors live more independently, championing access to mental wellness programs or helping young people develop future skills, we connect opportunity to action.

Vital Signs® reports enable our Foundation to focus our leadership efforts and granting program on areas of need, as well as acting as a valued reference tool for the community.

Let's keep the conversations going, and continue partnering together to cultivate a shared sense of belonging to the community of Burlington.

Trust us to make change happen. Give brilliantly.™

[burlingtonfoundation.org](http://burlingtonfoundation.org)

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BRUCE ETHERINGTON & ASSOCIATES



VitalSigns®



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# PARTNERING TO DRIVE POSITIVE CHANGE FOR YOUTH IN OUR COMMUNITIES



As Canada navigates this unprecedented time of opportunity, innovation, and challenge, RBC is focused on generating awareness of the issues facing Canadian youth.

Young Canadians are facing challenges as they transition between education and work, due to a lack of preparedness and a lack of access to support and resources. Canada's future prosperity depends on our ability to harness the energy, skills, innovation and optimism of young people to make their contribution to the future success of our country. They have the ambition and the potential, and if provided with the right opportunity, they can innovate and transform our social and economic systems to shape a better future.

Together with Burlington Foundation, through our Diamond Sponsorship of its 2017 Vital Signs® report and joint initiatives through-out the year, we're working to shine a spotlight on the ways we can create positive change in our communities for current and future generations to come.



*Francine*

Francine Dyksterhuis,  
Regional President,  
Southwestern Ontario, RBC

