



COMMUNITY FOUNDATION
OF NOVA SCOTIA

NOVA SCOTIA'S CHILDREN & YOUTH

VitalSigns®



What the numbers say

2014



COMMUNITY FOUNDATION OF NOVA SCOTIA

Created by and for the people of Nova Scotia, the Community Foundation of Nova Scotia is a public charitable foundation which enables effective philanthropy. We work with private donors, businesses, communities and charitable organizations to build the financial and social capital that our communities need, both today and tomorrow. We do that by stimulating charitable giving, establishing permanent endowment funds and supporting initiatives that make an ongoing difference in communities throughout Nova Scotia.

Our Vision

Our Vision is to be a comprehensive centre for philanthropy that inspires all Nova Scotians to play a role in shaping the future of our communities and our province.

In our vision, Nova Scotians actively make a difference in our communities by working with the Foundation to:

- Build the financial assets which make things possible;
- Use effective tools like Vital Signs® to identify community needs;
- Employ practical and innovative methods to generate common solutions;
- Share knowledge that will benefit local communities and all of Nova Scotia.

This report and more is available at www.cfns.ca

INTRODUCTION

Welcome to Nova Scotia's Children & Youth Vital Signs®! This is the eighth publication in our Nova Scotia's Vital Signs® series and the first to focus exclusively on those under 35 years - our province's youngest - and perhaps most important - demographic. At nearly 40% of our province's total population (368,040), it is also a sizeable one.

As you read through this report, you will find information on ten different, yet interconnected issue areas that are considered critical to the well-being of our children and youth. This year, thanks to the generosity of Bell Aliant, we have also included a special section on Children & Youth Mental Health – another first for us, and perhaps Nova Scotia as well.

The message that comes through loud and clear from this report is that life is certainly not easy for our young people. Many are not meeting the Department of Education's expectations, especially with respect to math where only 54% of our province's Grade 8 students met expectations in 2013. Our older students face different challenges with education, particularly with respect to our university tuitions which are some of the highest in the country. Then there is the question of employability upon graduation. In 2013, Nova Scotia had the highest age 15 to 24 unemployment rate among Canadian provinces at 18.3%. Fortunately, these rates decrease with increased levels of education, but the burden of student loans and lower wages show up in other areas – particularly food security, general health and especially mental health.

It is time for all of us to stand up for and by our young people. We cannot wait for the promise of ship building contracts or some other economic miracle. We must focus our efforts on Nova Scotia's youth now. Our young people deserve better. Let's show them we can do better. They are Nova Scotia's future.

Allison Kouzovnikov, BA, MBA, LLB
Executive Director



Dennice Leahey, CM
Board Chair



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AT A GLANCE



POPULATION PROFILE OF NOVA SCOTIA

In 2013, Nova Scotia's population was 942,930 or 2.7% of the population of Canada. From 2004 to 2013, Nova Scotia's population remained relatively unchanged, while nationally it grew 10.1%.

In 2013, there were 368,040 Nova Scotians under the age of 35 (39.0% of the total population). From 2004 to 2013, this segment declined 8.1% (32,477) - the third largest decline among Canadian provinces - while nationally it grew 4.9%.

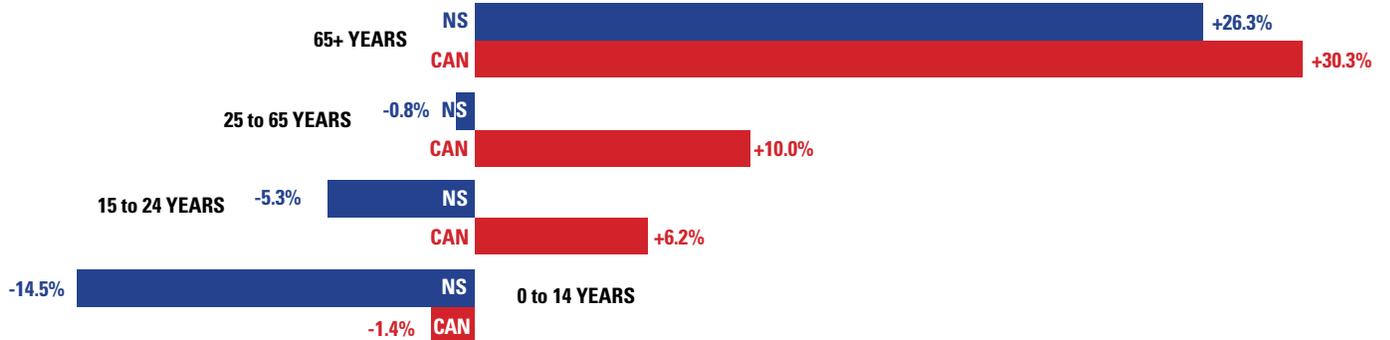
POPULATION CHANGE (2004-2013)



YOUTH POPULATION CHANGE (2004-2013)



POPULATION GROWTH/DECLINE BY AGE GROUP (2004-2013)



From 2004 to 2013, Nova Scotia's population between birth and 14 years dropped 14.5% - a decline that was ten times the national average (-1.4%), while its population between 15 and 24 years dropped 5.3%, compared to a 6.2% growth nationally. The only age group in Nova Scotia that grew during the last ten years was those 65 years and older (+26.3%).

COMPONENTS OF POPULATION CHANGE IN NOVA SCOTIA

4,272
FEWER
PEOPLE
LIVING IN NOVA SCOTIA
IN 2013 VS. 2012

↑	8,824 births
↓	8,841 deaths
↑	1,622 net movement internationally
↓	5,877 net movement nationally
↓	4,272 net population loss

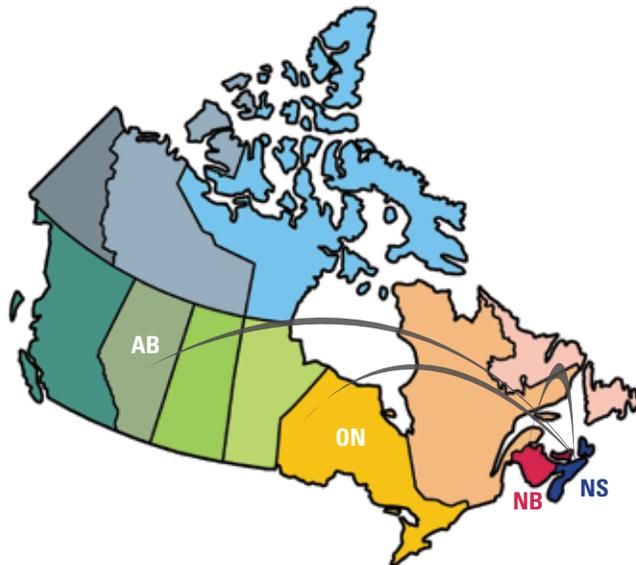
Between 2012 and 2013, the number of deaths in Nova Scotia (8,841) exceeded the number of births (8,824). In addition, while Nova Scotia gained 1,622 people from other countries, it lost 5,877 to other provinces; half of those leaving (49.7% or 2,921) were under the age of 25.

From 2009 to 2013, the number of people leaving Nova Scotia for other provinces in Canada annually increased by more than seven times from 751 to 5,877, while the number of those under 25 years leaving the province increased by more than four times from 681 to 2,921.

Where did our young people go in 2013?

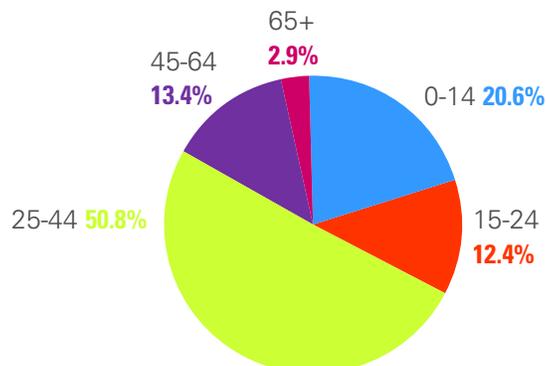
TOP 3 PROVINCES

33.8% went to **Alberta**
29.8% went to **Ontario**
12.4% went to **New Brunswick**



IMMIGRATION OF YOUNG PEOPLE TO NOVA SCOTIA

In 2012, Nova Scotia welcomed 2,370 new immigrants of which 20.6% (488) were children under 15 years and 12.4% (293) were youth between 15 and 24 years.



GETTING STARTED

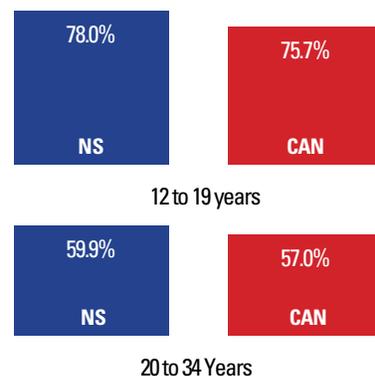
WHY IT MATTERS:

To encourage others to make Nova Scotia their home, we must offer good employment opportunities and strong social supports.

SENSE OF COMMUNITY BELONGING

In 2013, 78.0% of youth 12 to 19 years in Nova Scotia reported a strong or somewhat strong sense of community belonging compared to 75.7% nationally, while those 20 to 34 years in Nova Scotia reported a much lower rate (59.9%), compared to 57.0% nationally. In the same year, the general population in Nova Scotia reported a rate of 71.8%, compared to 65.9% nationally.

SENSE OF COMMUNITY BELONGING (2013)



CHARITABLE DONATION RATES AND AMOUNTS

In 2012, 22.0% of all tax filers in Nova Scotia declared a charitable donation. Among these donors, 2.0% were youth under 25 years. Nova Scotia's youth donation rate was 50% lower than the national rate (3.0%). In the same year, the average donation made by donors under 25 years was \$300 which was 28.6% lower than the national average (\$420) and the third lowest in the country. Among all age groups in Nova Scotia, donors under 25 years had the lowest average donations in dollars, while donors aged 65 and older had the highest (\$1,170).



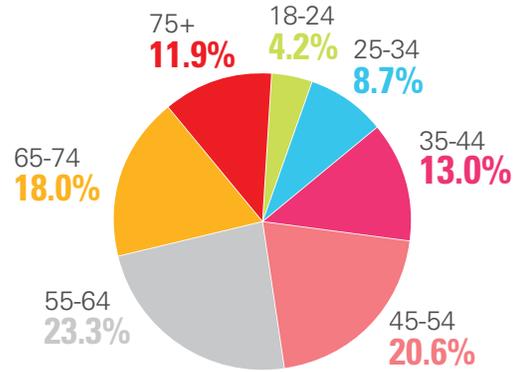
VOLUNTEERISM

In 2010, slightly less than two thirds (65.3%) of Nova Scotians 15 to 24 years engaged in unpaid volunteer activities as part of a group or organization. This rate was higher than that reported for the general population in Nova Scotia (53.8%) and Canada (58.0%). Nova Scotia's 2010 rate was second only to Newfoundland and Labrador (74.2%).

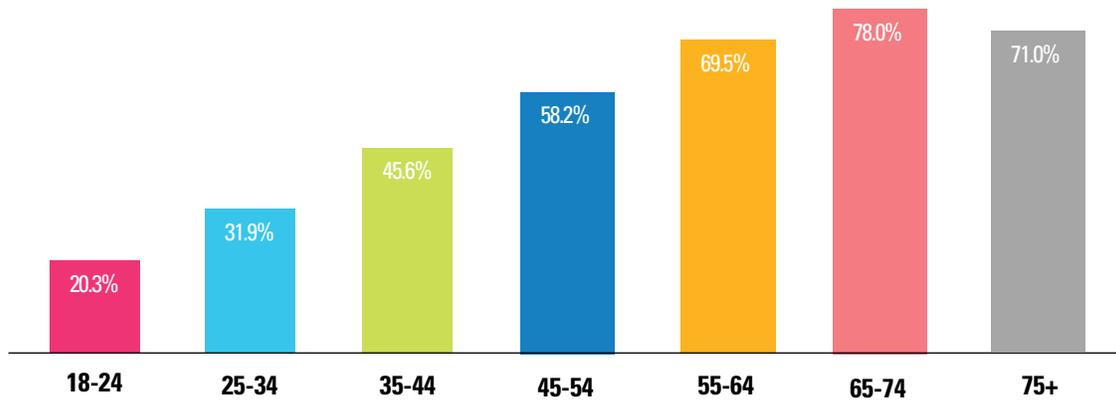
2013 NOVA SCOTIA PROVINCIAL ELECTION

In 2013, of the 419,091 voters in the provincial election, those 55 to 64 years made up the largest proportion (23.3% or 97,301), while youth 18 to 24 years made up the lowest (4.2% or 17,597). Voter turnout among the 18 to 24 years segment was the lowest (20.3%); while those 65 to 74 years had the highest turnout (78.0%).

DISTRIBUTION OF VOTES (2013)



VOTER TURNOUT FOR 2013 PROVINCIAL GENERAL ELECTION BY AGE GROUP



2011 FEDERAL ELECTION

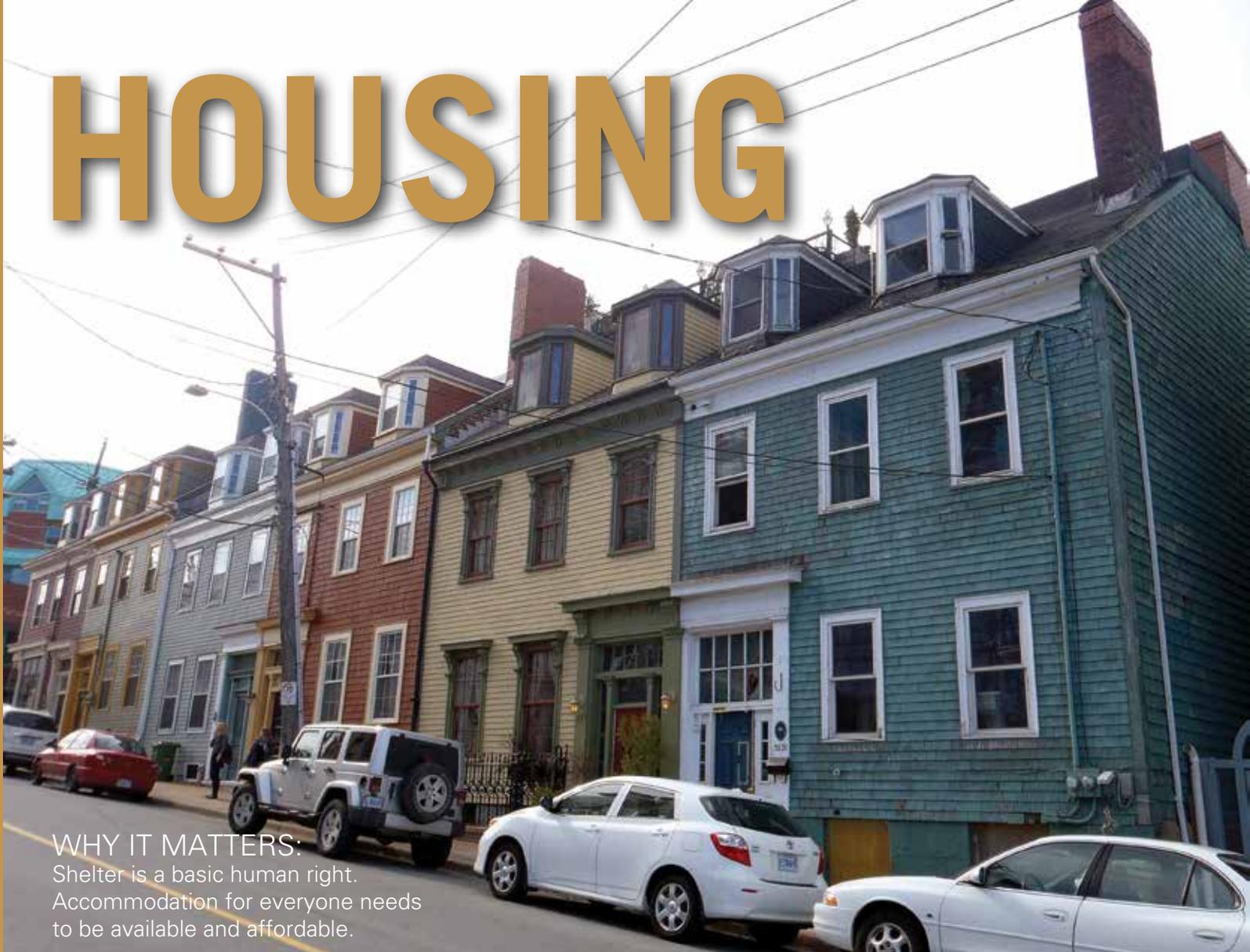
In the 2011 federal election, 37.6% of eligible youth voters exercised their right to vote in Nova Scotia. This rate was slightly lower than the national average (38.8%) and lower than the 2008 result (42.3%).

DID YOU KNOW...?

In 2011,

- **70%** of the world's young adults considered themselves social activists
- **80%** were more likely to buy from a company that supported what they care about
- **75%** thought more highly of a company that supported a social cause

HOUSING



WHY IT MATTERS:

Shelter is a basic human right. Accommodation for everyone needs to be available and affordable.

OWNING VS. RENTING IN NOVA SCOTIA

In 2011, 70.8% of the population of Nova Scotia owned their home, while 28.7% rented, compared to 69.0% and 30.6% respectively for Canada.

STUDENT HOUSING

In 2013, 77.5% of full-time students in Nova Scotia lived off-campus. Students attending universities outside of Halifax were more likely to live on campus.

MONTHLY RESIDENCE AND MEAL PLAN COSTS AT NOVA SCOTIA UNIVERSITIES

In 2013, the University of King's College and St. Francis Xavier University had the most expensive monthly meal and residence plans in Nova Scotia (\$1,129 and \$1,127 respectively), while Université Sainte-Anne was the least expensive (\$970).

AVERAGE RENT FOR 2 BEDROOM APARTMENT

In 2014, the average rent of a 2 bedroom apartment in Halifax was \$1,010 per month, 5.3% (\$51) higher than the provincial average (\$959) and 11.7% (\$106) higher than the national average (\$904). From 2008 to 2014, the average monthly rent for a 2 bedroom apartment rose 22.1% (\$183) in Halifax, 21.5% (\$170) in Nova Scotia and 15.6% (\$122) nationally.

AFFORDABLE HOUSING

Affordable housing is defined by the Canada Mortgage and Housing Corporation as adequate shelter that does not exceed 30% of gross household income.

In 2010, 42.9% of households in Nova Scotia were spending more than 30% of their income on rent, 7.0% higher than the national average of 40.1%. Nova Scotia's 2010 figure reflects an improvement on its 2000 and 2005 levels.

PUBLIC HOUSING IN HALIFAX

In 2012, Halifax had 4,184 public housing units and 1,268 people on the waiting list for public housing. From 2009 to 2011, 237 new public housing units were created in Halifax. None were added in 2012.

AVERAGE HOUSEHOLD SPENDING (INCLUDES APPLICABLE TAXES) 2012			
	Nova Scotia	Canada	% Difference (NS vs. Canada)
Principal Residence	\$12,321	\$14,373	-14.3%
Water, fuel & electricity for residence	\$2,912	\$2,301	+26.6%
Food			
Purchased from stores	\$5,256	\$5,572	-5.7%
Purchased from restaurants	\$1,979	\$2,167	-8.7%
Transportation			
Public transportation	\$811	\$1,128	-28.1%
Private transportation	\$10,035	\$10,087	-0.5%
Communications			
Landline telephone	\$561	\$446	+25.8%
Cell phone	\$812	\$832	-2.4%
Internet access services	\$458	\$438	+4.6%
Use of Recreation Facilities	\$293	\$355	-17.5%
Child care	\$302	\$488	-38.1%
Total	\$35,740	\$38,187	-6.4%

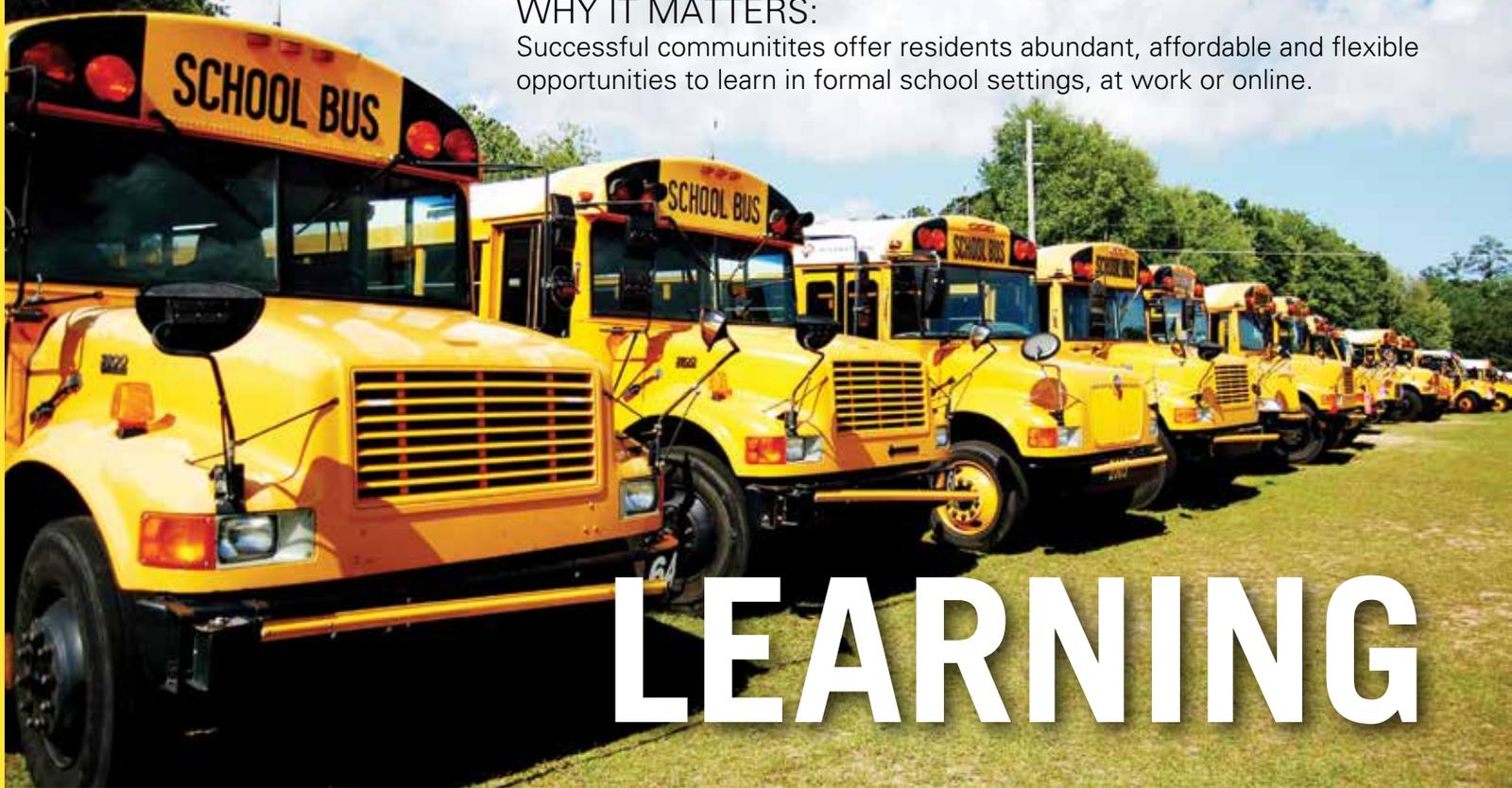
In 2012, the average Nova Scotian household spent \$35,740 annually on the basic living costs identified in the table above. Nova Scotian households spent \$2,447 (6.4%) less than the national average, but generally more for water, fuel and electricity, landline telephone and internet services.

DID YOU KNOW...?

- 42.9% of households in Nova Scotia exceed the affordable housing threshold

WHY IT MATTERS:

Successful communities offer residents abundant, affordable and flexible opportunities to learn in formal school settings, at work or online.



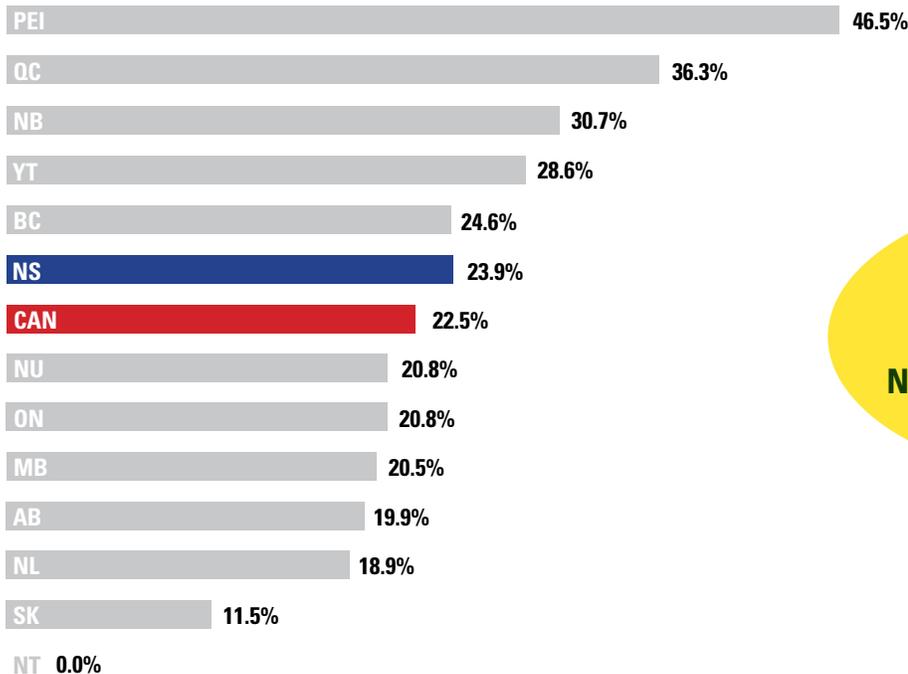
LEARNING

CHILD CARE SPACES

ASSESS TO LICENSED CHILD CARE SPACES FOR CHILDREN UNDER 6 YEARS OF AGE

In 2012, about one in four (23.9%) children under 6 years of age had access to a licensed child care space in Nova Scotia compared to 22.5% nationally.

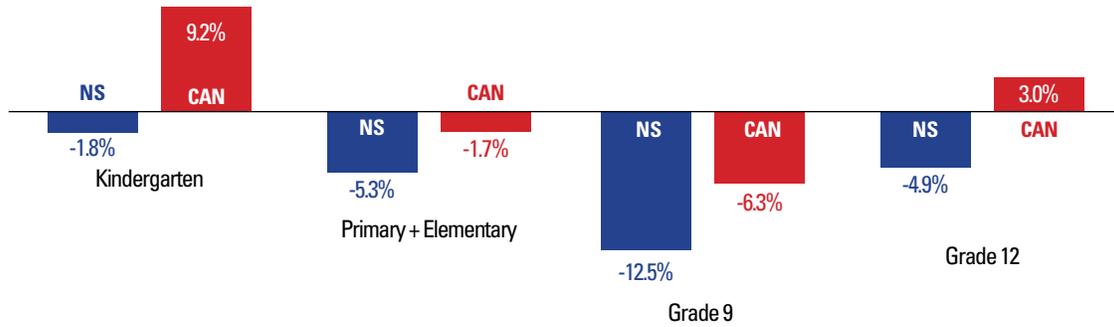
PERCENTAGE OF CHILDREN UNDER 6 YEARS FOR WHOM THERE IS A REGULATED CHILD CARE SPACE (2012)



1 in 4
children under the age of 6 in
Nova Scotia has access to a licensed
child care space

ENROLMENTS

CHANGE IN ENROLMENTS (2008 VS. 2012)



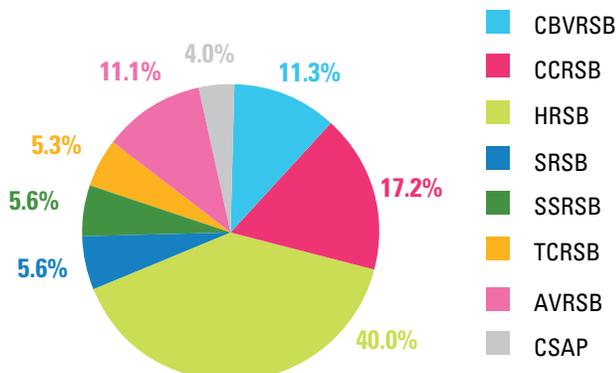
From 2008 to 2012, Nova Scotia experienced a decline in school enrolments across all grade levels. The trend in Nova Scotia was far worse than that seen nationally during the same time period.

ENROLMENTS BY SCHOOL BOARDS

In 2013, there were 122,643 public school students in Nova Scotia, down 13.8% (19,661) from 2006. The Halifax Regional School Board serves the largest proportion (40.0%) of students in the province, while Conseil scolaire acadien provincial serves the smallest (4.0%). Since 2006, the Cape Breton-Victoria Regional School Board has had the greatest enrolment decline (down 22.6%), while Conseil scolaire acadien provincial has had the greatest (and only) increase (up 18.8%).

Regional School Board (RSB)	Enrolment (2013)	Change since 2006
Halifax (HRSB)	49,079	-9.8%
Chignecto-Central (CCRSB)	21,050	-13.8%
Cape Breton-Victoria (CBVRSB)	13,839	-22.6%
Annapolis Valley (AVRSB)	13,579	-16.5%
South Shore (SSRSB)	6,852	-18.1%
Strait (SRSB)	6,816	-20.6%
Tri-County (TCRSB)	6,494	-21.3%
Conseil scolaire acadien provincial (CSAP)	4,934	+18.8%

ENROLMENTS BY SCHOOL BOARD IN NOVA SCOTIA (2012-13)



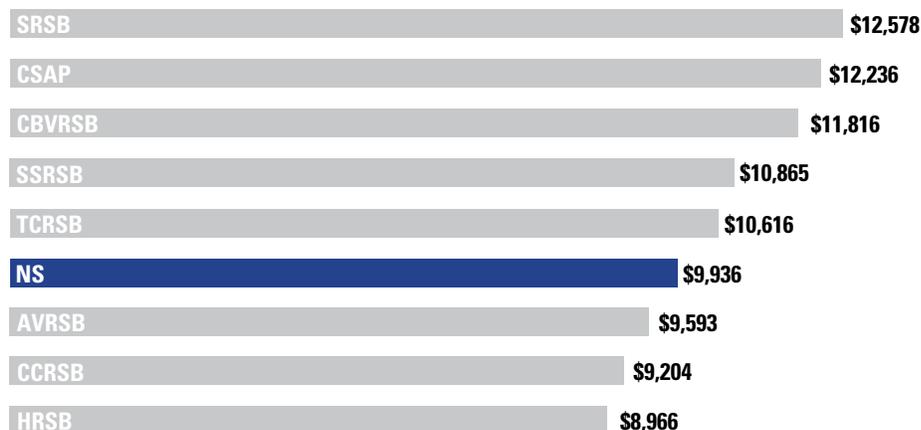
DID YOU KNOW...?

The Conference Board of Canada recently gave Nova Scotia's education system a grade of C, ranking 12th out of 26 educational systems with comparable socio-economic conditions.

SCHOOL BOARD SPENDING PER STUDENT

In 2013, the province spent an average of \$9,936 per student to deliver public education. The Strait Regional School Board had the highest spending per student (\$12,578), while the Halifax Regional School Board had the lowest (\$8,966).

Funding per Student by School Board (2012-2013)

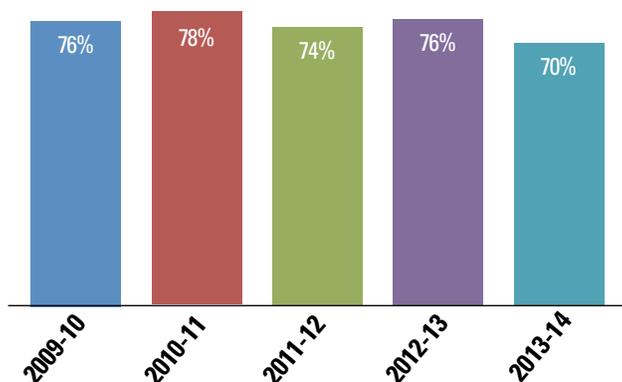


DEPARTMENT OF EDUCATION ASSESSMENT RESULTS

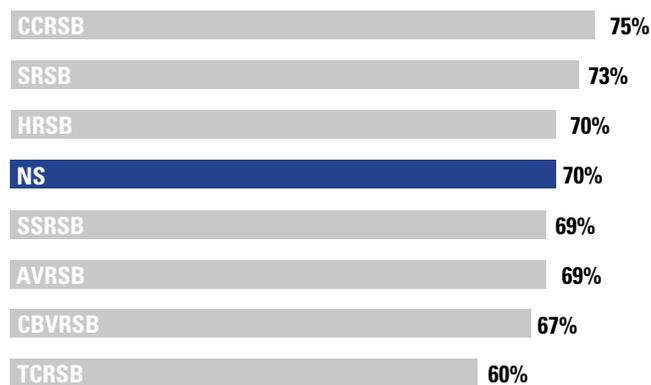
READING

Grade 3 Reading

PERCENTAGE OF NS STUDENTS WHO MET EXPECTATIONS IN GRADE 3 READING (2009-10 to 2013-14)



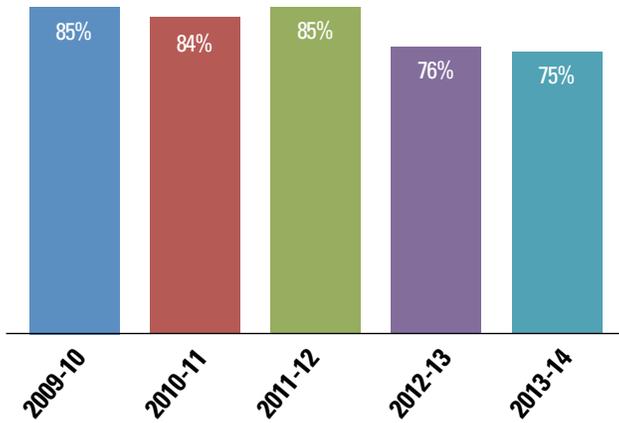
PERCENTAGE OF STUDENTS WHO MET EXPECTATIONS IN GRADE 3 READING (2013-14)



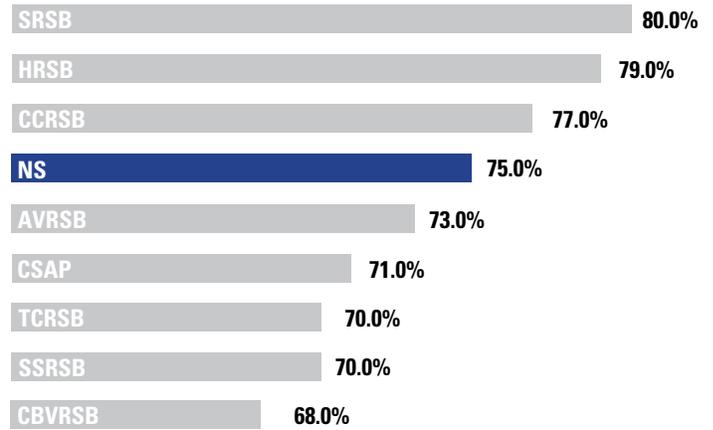
In 2014, 70% of Grade 3 students in the province met the expectations for reading. This is the lowest recorded score in the past five years. The Chignecto Central School Board had the highest proportion of students who met expectations (75%), while the Tri-County Regional School Board had the lowest (60%).

Grade 6 Reading

PERCENTAGE OF NS STUDENTS WHO MET EXPECTATIONS IN GRADE 6 READING (2009-10 TO 2013-14)



PERCENTAGE OF STUDENTS WHO MET EXPECTATIONS IN GRADE 6 READING (2013-14)

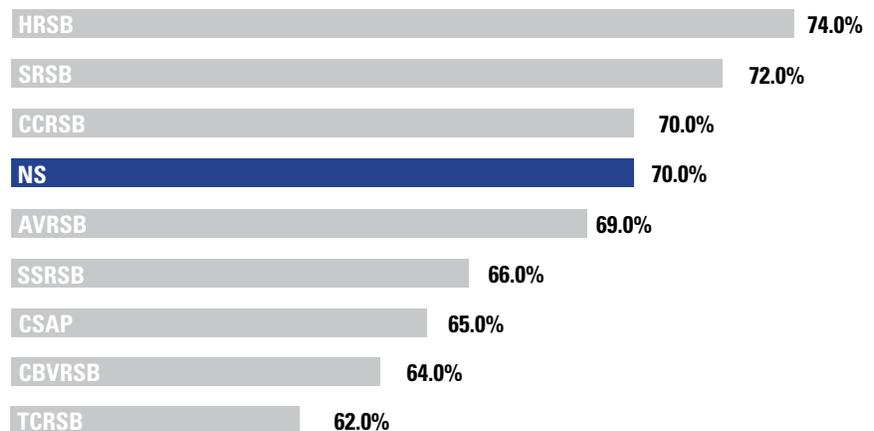


In 2014, 75% of Grade 6 students in the province met the expectations for reading. This is the lowest recorded score in the past five years. The Strait Regional School Board had the highest proportion of students who met expectations (80%), while the Cape Breton Victoria Regional School Board had the lowest (68%).

Grade 8 Reading

In 2013, a new reading assessment for Grade 8 students was administered and 70% of students in the province met the expectations for reading. The Halifax Regional School Board had the highest proportion of students who met these expectations (74%), while the Tri-County School Board had the lowest (62%).

PERCENTAGE OF STUDENTS WHO MET EXPECTATIONS IN GRADE 8 READING (2012-13)



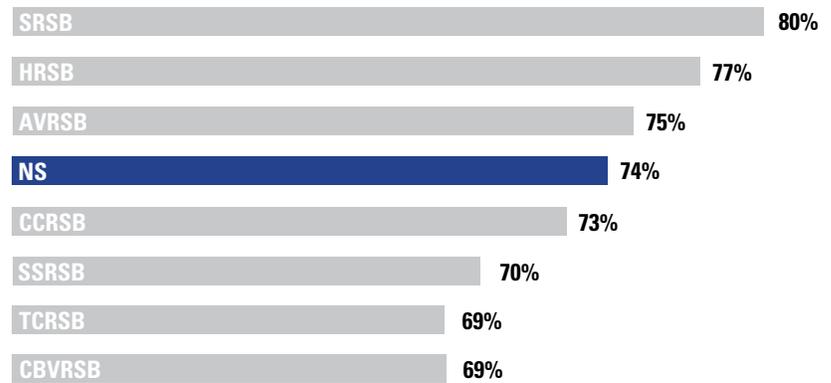
Note: All provincial assessments at the Grade 12 level were discontinued as of the 2012-13 academic year.

MATH

Grade 4 Math

In 2014, a new math assessment for Grade 4 students was administered and 74% of these students met the expectations for this assessment. The Strait Regional School Board had the highest proportion of students who met expectations (80%), while Tri-County and Cape Breton-Victoria Regional School Boards had the lowest (69%).

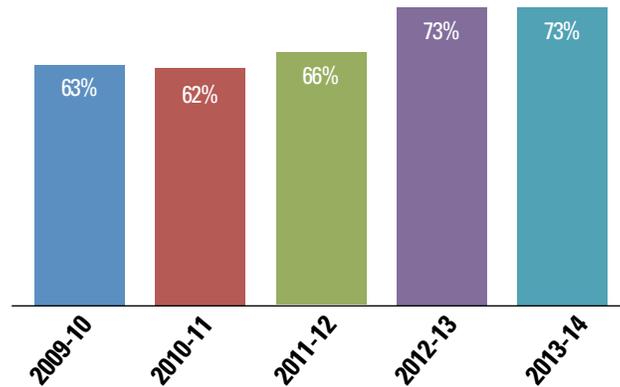
PERCENTAGE OF STUDENTS WHO MET EXPECTATIONS IN GRADE 4 MATH (2013-14)



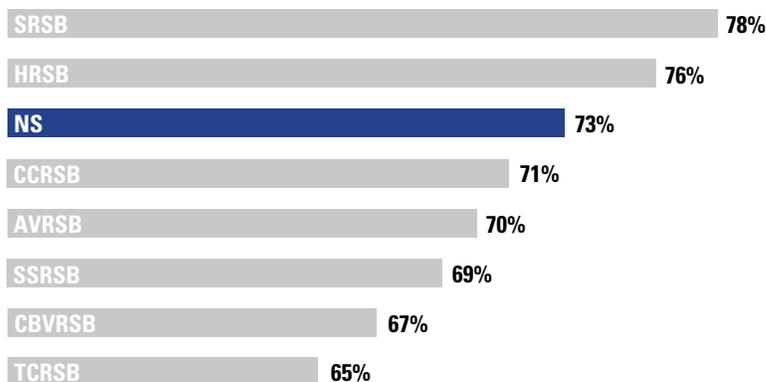
Grade 6 Math

In 2014, 73% of Grade 6 students in the province met the expectations for math. This matched the highest recorded score in the past five years. The Strait Regional School Board had the highest proportion of students in the province who met expectations (78%), while the Tri-County Regional School Board had the lowest (65%).

PERCENTAGE OF STUDENTS WHO MET EXPECTATIONS IN GRADE 6 MATH (2009-10 TO 2013-14)

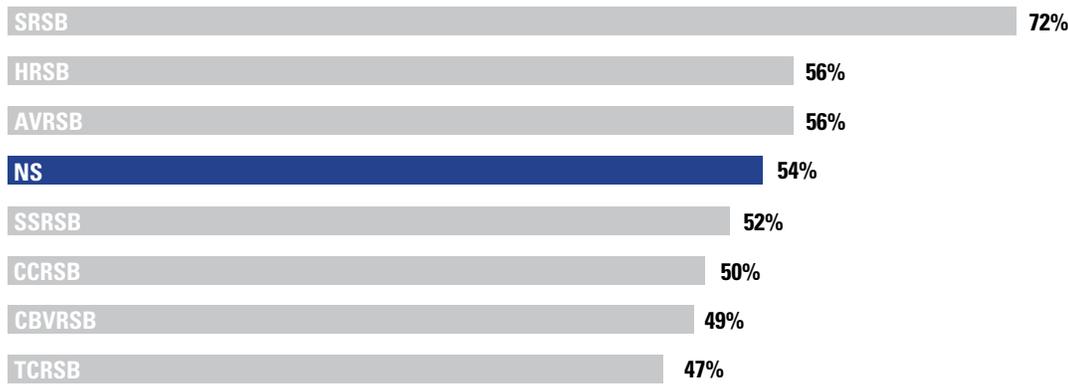


PERCENTAGE OF STUDENTS WHO MET EXPECTATIONS IN GRADE 6 MATH (2013-14)



Grade 8 Math

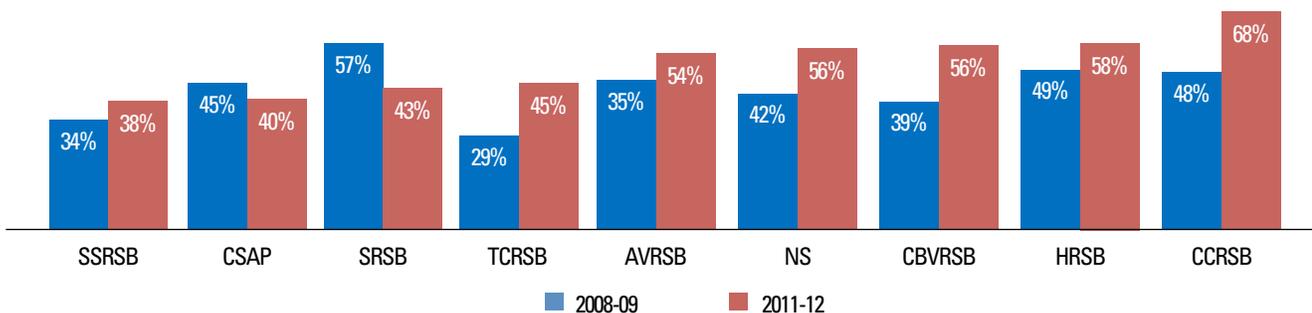
PERCENTAGE OF STUDENTS WHO MET EXPECTATIONS IN GRADE 8 MATH (2012-13)



In 2013, a new math assessment for Grade 8 students was administered and slightly more than half (54%) of these students met the expectations for this assessment. The Strait Regional School Board had the highest proportion of students who met these expectations (72%), while the Tri-County Regional School Board had the lowest (47%).

Math 12

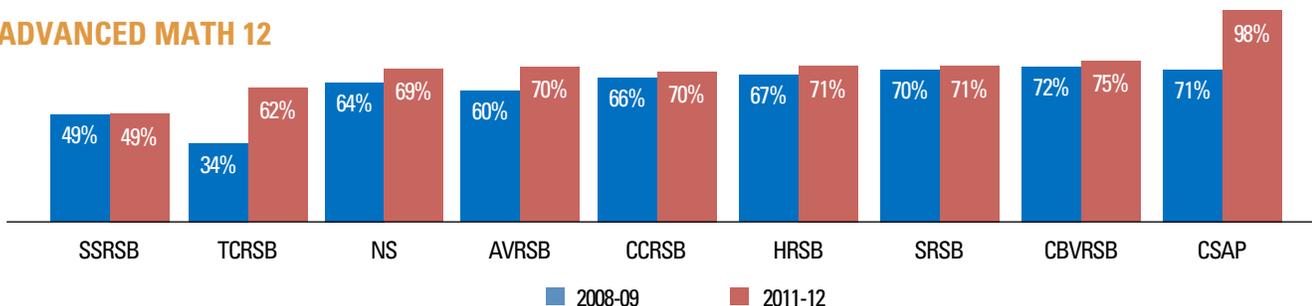
All provincial assessments at the Grade 12 level were discontinued as of the 2012-13 academic year. Therefore, the 2011-2012 results are the most recent results available.



In 2012, there were 3,672 students enrolled in Math 12 and slightly more than half (56%) of these students passed the Math 12 final exam (where 50% was a passing score), up from 42% in 2009.

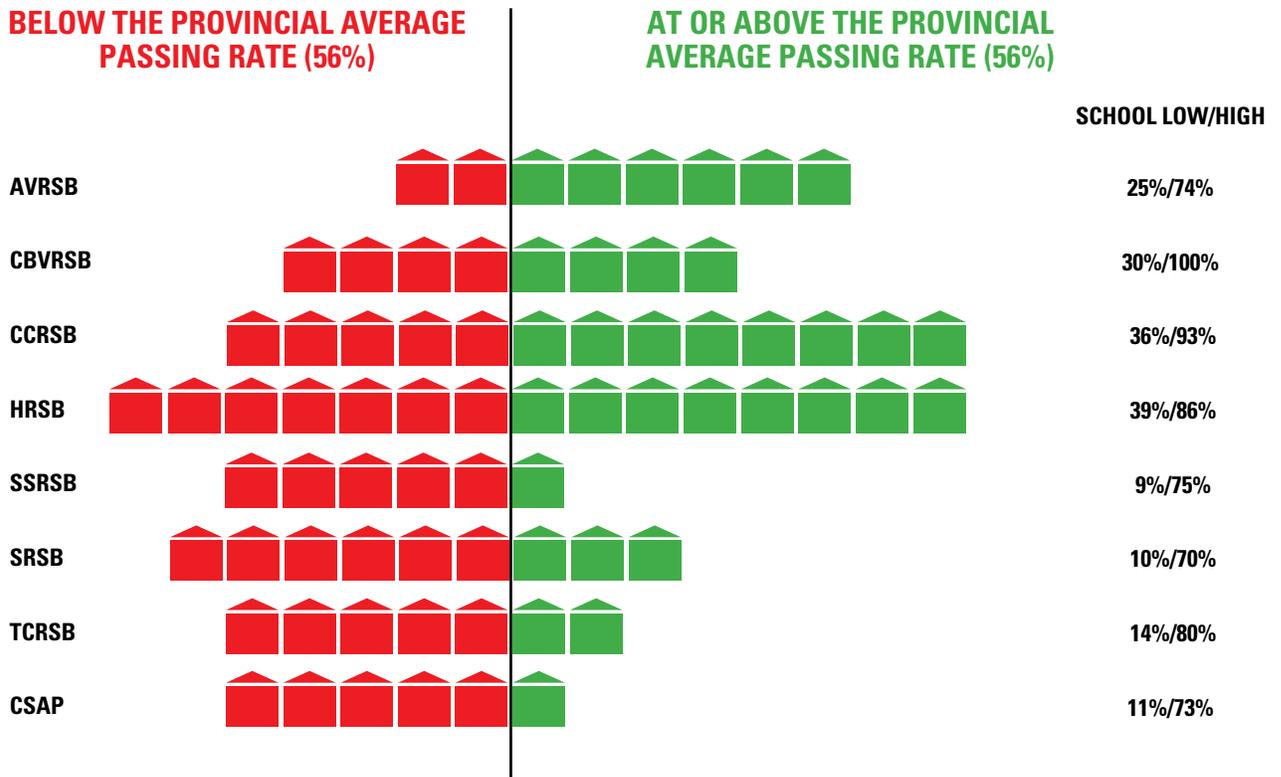
Advanced Math 12

ADVANCED MATH 12



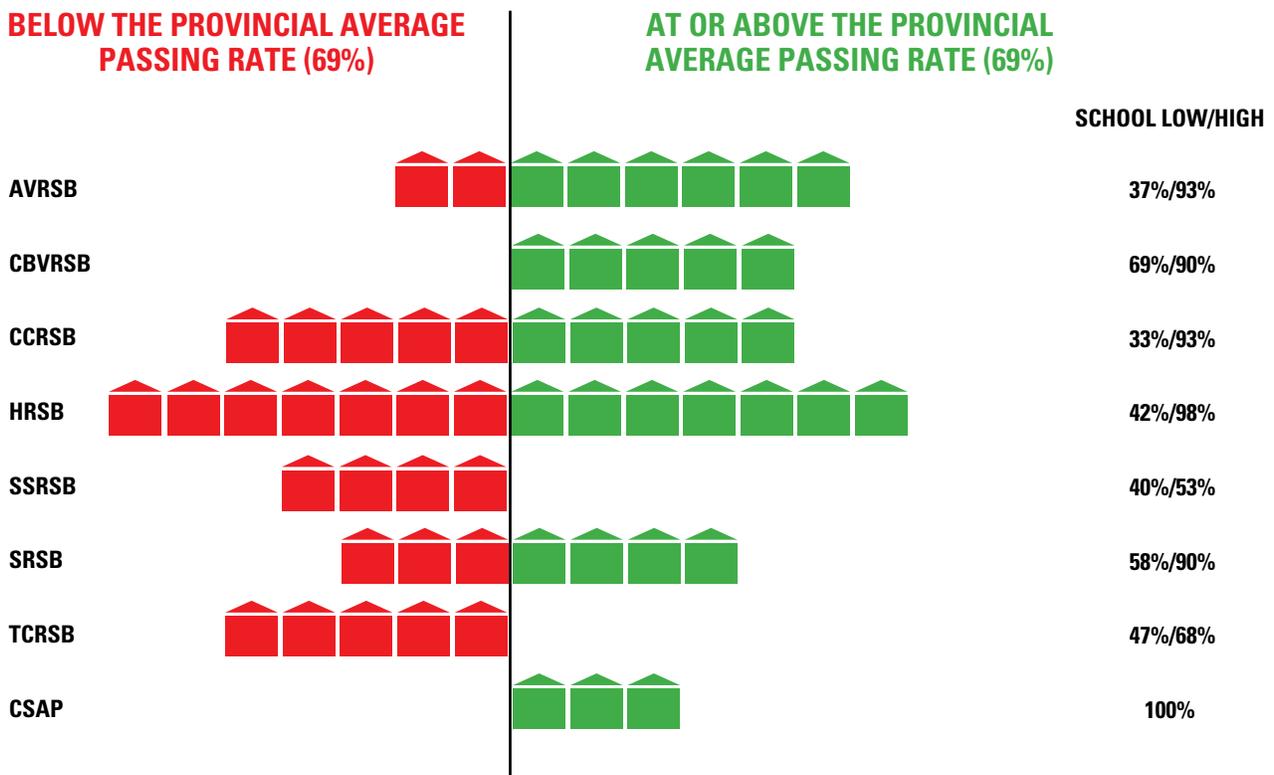
In 2012, there were 2,363 students enrolled in Advanced Math 12 in Nova Scotia and 69% of these students passed the final exam (where 50% was a passing score), up from 64% in 2009.

MATH 12 BY NUMBER OF SCHOOLS IN EACH SCHOOL BOARD (2012)



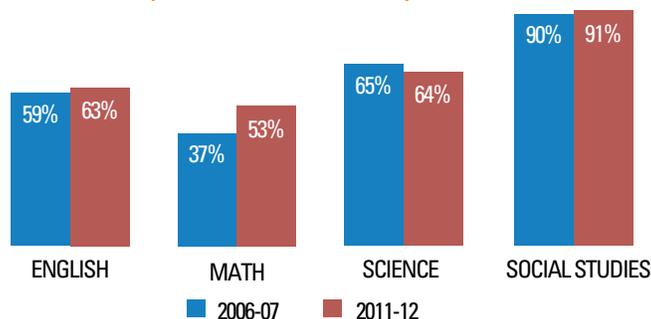
(excludes adult high schools)

ADVANCED MATH 12 BY NUMBER OF SCHOOLS IN EACH SCHOOL BOARD (2012)



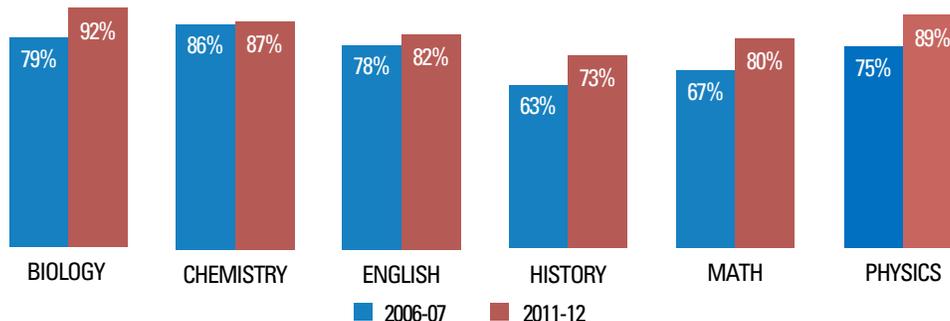
(excludes adult high schools)

PROPORTION OF COURSES TAUGHT BY TEACHERS WITH A RELATED BACKGROUND IN JUNIOR HIGH SCHOOL (2006-07 VS. 2011-12)



In 2012, only 53% of Math courses, 63% of English courses and 64% of Science courses at the junior high level were taught by teachers with a related background. These figures generally reflect an improvement on 2006-07 levels.

PROPORTION OF COURSES TAUGHT BY TEACHERS WITH A RELATED BACKGROUND IN SENIOR HIGH SCHOOL (2006-07 VS. 2011-12)



In 2012, 80% of Math courses, 82% of English courses and about 89% of Science courses at the senior high level were taught by teachers with a related background. These figures reflect an improvement on 2006-07 levels.

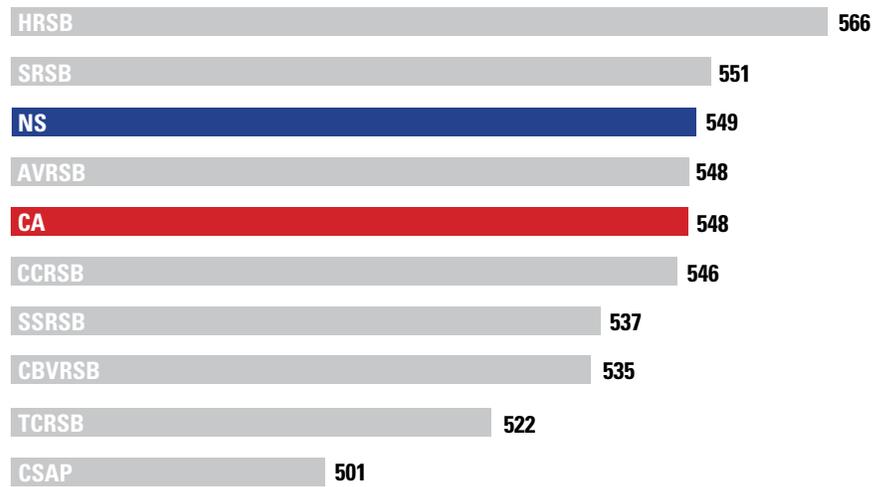


INTERNATIONAL ASSESSMENTS

PROGRESS IN INTERNATIONAL READING LITERACY STUDY (PIRLS)

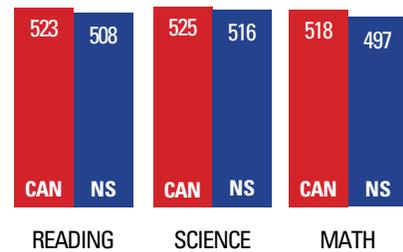
In 2011, Grade 4 students in Nova Scotia had a PIRLS score of 549 which was at par with the national average (548). Fewer than half (3/8) of Nova Scotia's School Boards (HRSB, SRSB, AVRSB) met or exceeded the national average (548). The Halifax Regional School Board had the highest score (566), while Conseil scolaire acadien provincial had the lowest (501).

PIRLS SCORES OF GRADE 4 STUDENTS (2011)



PROGRAM FOR INTERNATIONAL STUDENT ASSESSMENT (PISA)

In 2012, 15 year old students in Nova Scotia had an average Overall Reading PISA score of 508, average Overall Science PISA score of 516 and an average Overall Math PISA score of 497. All of these scores were lower than the Canadian average and the math score reflects a significant drop from 512 in 2009.



GRADUATION & DROPOUT RATES

GRADE 12 GRADUATION RATES

In 2012, the Grade 12 graduation rate in Nova Scotia was 88.6%, an increase of 9.5% from the 1999-00 level (79.1%).

DROPOUT RATES

From 2009-12, Nova Scotia's average dropout rate was 7.6% - the fourth lowest in the country (only New Brunswick (7.4%), Ontario (6.6%) and British Columbia (5.9%) were lower). From 1990-93 to 2009-12, Nova Scotia's dropout rate fell from 17.6% to 7.6%. This was the third largest decline in a dropout rate in Canada for this time period.

POST SECONDARY ENROLMENTS

COMMUNITY COLLEGE ENROLMENTS

In 2013, there were 10,866 students enrolled in certificate, diploma and advanced diploma programs at the Nova Scotia Community College, up 1.8% from 2012 (10,676).

UNIVERSITY ENROLMENTS

In 2013, there were 38,369 students enrolled full-time at universities throughout Nova Scotia, up 6.2% from 36,128 in 2003. Within this total, 88.7% (34,022) were undergraduate students, up 3.9% from 2003 (32,741) and 11.3% (4,347) were graduate students, up 28.3% from 2003 (3,387). In the same year, 17.6% (6,753) of all students enrolled full-time were international students, more than twice the number in 2003 (3,077).

Also in 2013, there were 7,247 students enrolled part-time at universities throughout Nova Scotia, down 12.7% from 2003 (8,300). Of the 2013 enrolments, 62.9% (4,561) were undergraduate students, down 23.5% from 2003 (5,964) and 37.1% (2,688) were graduate students, up 15.1% from 2003 (2,336).

UNIVERSITY TUITION FEES

AVERAGE UNDERGRADUATE TUITION FEES FOR CANADIAN FULL-TIME STUDENTS, BY PROVINCE (2013-14)



In 2014, Nova Scotia had the third highest average undergraduate tuition fees in Canada (\$6,185), while Ontario had the highest (\$7,259) and Newfoundland and Labrador had the lowest (\$2,644). Nova Scotia's 2014 level was up 3.5% from the previous year (\$5,977) and was 7.2% higher than the national average (\$5,772).

STUDENT LOANS

AVERAGE CANADA STUDENT LOAN AMOUNT FOR FULL-TIME UNIVERSITY STUDENTS

In 2012, full-time university students in Nova Scotia had the highest average annual Canada Student Loan amount of \$6,909, while those from Newfoundland and Labrador had the lowest (\$4,508). Nova Scotia's 2012 amount was nearly a third (28.5%) higher than the national average (\$5,376).

AVERAGE CANADA STUDENT LOAN BALANCE AT COMPLETION OF STUDIES

In 2012, the average Canada Student Loan balance at completion of studies in Nova Scotia was \$16,472, up 11.8% from 2007 and the second highest in the country. Prince Edward Island had the highest balance (\$17,115), while Manitoba had the lowest (\$9,865). Nova Scotia's 2012 average Canada Student Loan balance was 27.0% higher than the national average (\$12,972).

ECONOMY

WHY IT MATTERS:

A healthy economy is the engine of prosperity. Quality of life, in all its aspects, is greater for all residents when the economy is strong. Businesses and residents have greater resiliency when the economy is robust and vibrant.

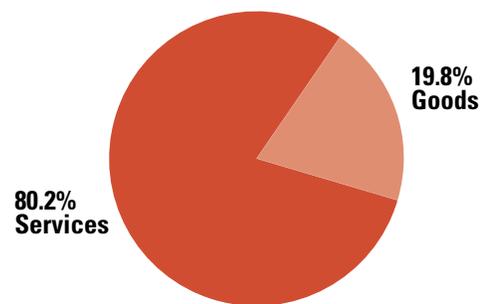


GROSS DOMESTIC PRODUCT (GDP)

In 2013, Nova Scotia's GDP was \$33.1 billion or 2.1% of the national GDP. Nova Scotia's GDP was the third lowest among Canadian provinces. The highest GDP was in Ontario (\$584.2 billion) followed by Quebec (\$306.8 billion) and Alberta (\$289.8 billion).

GDP BY INDUSTRY SECTOR

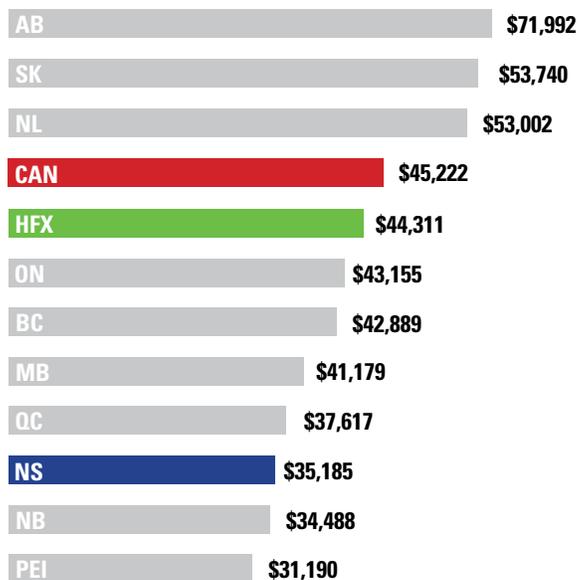
In 2013, service industries accounted for 80.2% of Nova Scotia's GDP, compared to 69.9% nationally, while goods-producing industries accounted for 19.8%, compared to 30.1% nationally.



TOP 5 INDUSTRIES IN NS BY SHARE OF GDP (NORTH AMERICAN INDUSTRY CLASSIFICATION, 2013)

Real estate, rental and leasing	15.6%
Public administration	13.5%
Health care and social assistance	9.9%
Manufacturing	8.2%
Educational Services	6.7%

GDP PER CAPITA BY PROVINCE + HALIFAX (2013)

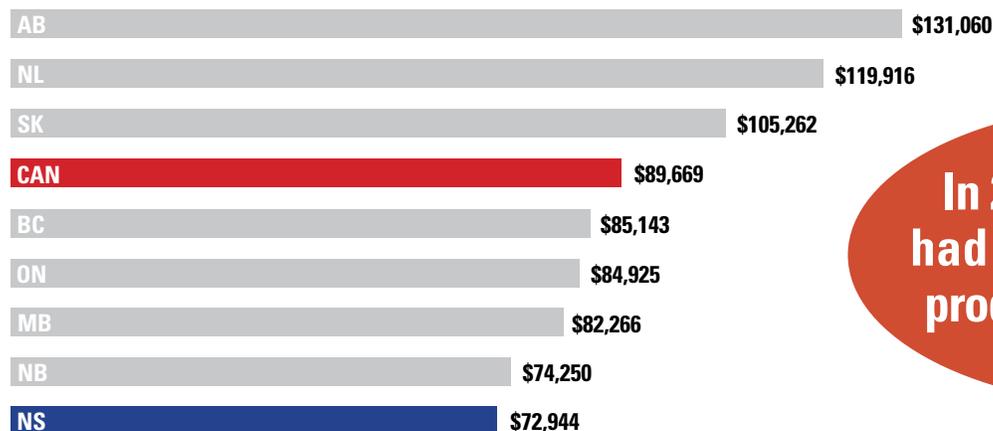


In 2013, Nova Scotia's GDP per capita was the 3rd lowest in Canada

In 2013, Nova Scotia's GDP per capita was \$35,185, the third lowest among Canadian provinces. The highest GDP per capita was in Alberta (\$71,992) followed by Saskatchewan (\$53,740) and Newfoundland and Labrador (\$53,002). In the same year, Halifax's GDP per capita (\$44,311) was 25.9% higher than the provincial average and only 2.0% lower than the national average (\$45,222). Since 2011, both Nova Scotia's and Halifax's GDP per capita has consistently lagged behind the national average.

LABOUR PRODUCTIVITY

GDP PER EMPLOYED WORKER AMONG SELECTED PROVINCES (2013)

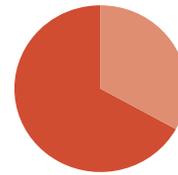


In 2013, Nova Scotia had the lowest labour productivity in Canada

In 2013, Nova Scotia's GDP per employed worker was \$72,944, the lowest in the country and nearly half of Alberta's average of \$131,060. Since 2011, Nova Scotia's GDP per employed worker has remained relatively constant at about 22.7% below the national average.

PROVINCIAL GOVERNMENT REVENUES

In 2013, the provincial government received approximately \$10.3 billion in revenues, half of which (\$5.1 billion or 49.7%) was collected through taxes, while one-third (\$3.3 billion or 32.6%) was collected from the federal government. On a per capita basis, Nova Scotia received the third highest level of federal government support in the country (\$3,150).



1/3 of NS's revenues come from Ottawa

PROVINCIAL GOVERNMENT EXPENSES

In 2013, the provincial government spent \$4.1 billion or 39.0% of its total budget on health and wellness, followed by 13.0% on Education and 10.0% on Community Services.

\$4.1 billion

Cost of healthcare in Nova Scotia in 2013

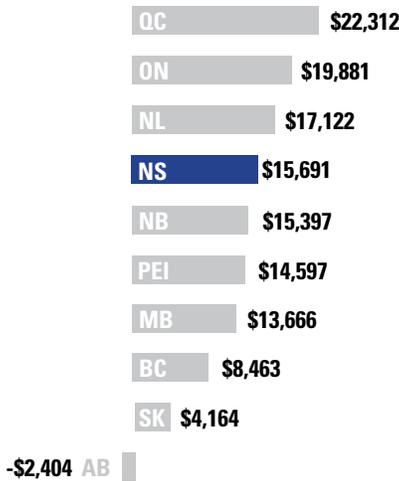
PROVINCIAL GOVERNMENT DEFICITS

In 2014, the provincial government recorded a deficit of \$678 million. Nova Scotia has had a deficit in 4 of the past 5 years.

\$678 million

Nova Scotia's deficit in 2014

PROVINCIAL DEBT PER CAPITA (2014)



\$14.7 billion

Nova Scotia's debt in 2014

In 2014, Nova Scotia was \$14.7 billion dollars in debt which was equivalent to \$15,691 for every person in the province - the fourth highest in the country. Since 2002, the provincial debt has increased 20.7% (\$2.5 billion).

DID YOU KNOW...?

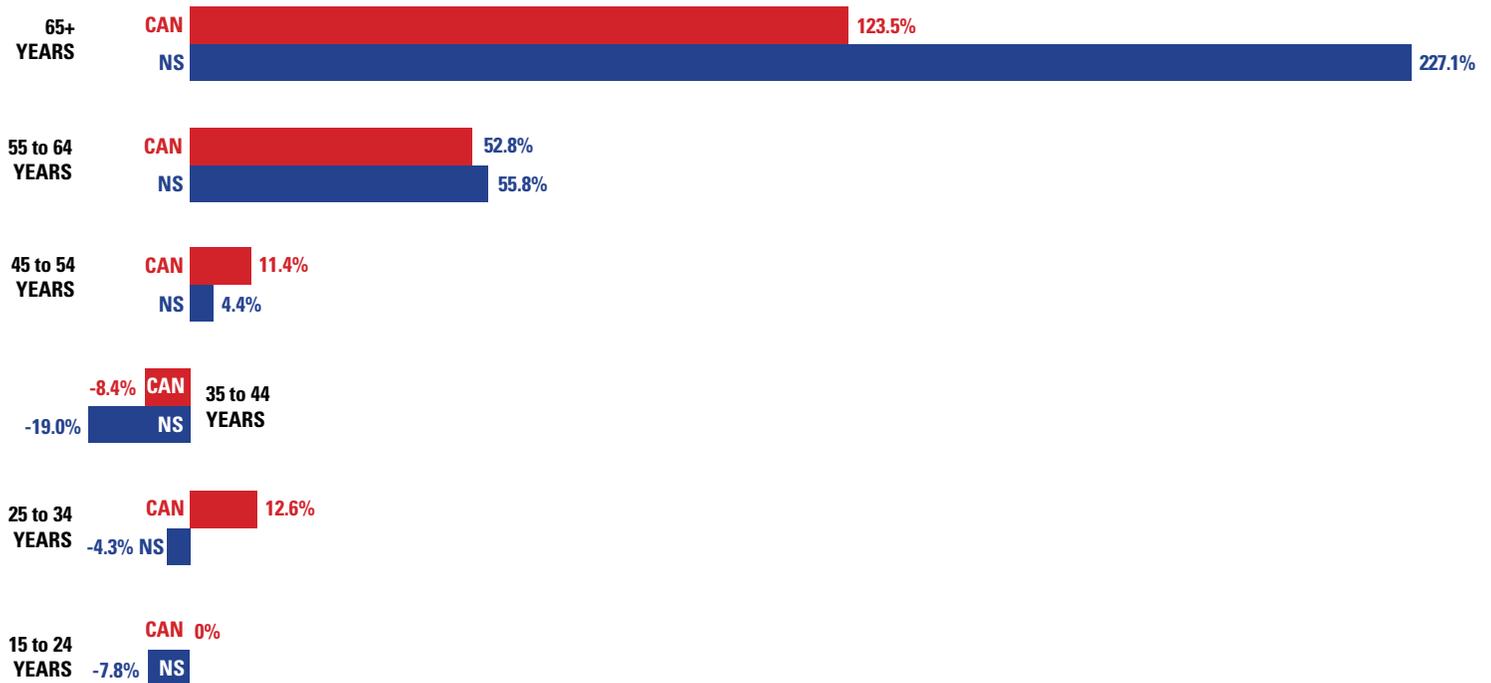
In 2014, only four provinces did not receive equalization payments from the federal government: Alberta, British Columbia, Newfoundland and Labrador and Saskatchewan.

EMPLOYMENT

LABOUR FORCE IN NOVA SCOTIA

According to the Government of Canada, the Labour Force refers to the number of people 15 years and older who are either employed or unemployed.

In 2013, there were 498,900 Nova Scotians in the labour force, down 1,500 from 500,400 in 2012.



From 2004 to 2013, Nova Scotia's labour force between 15 and 24 years declined 7.8%, while nationally it remained unchanged. The next youngest age segment, those 25 to 34 years in Nova Scotia, declined 4.3%, compared to a 12.6% growth nationally. The proportion of workers over 65 years in Nova Scotia more than doubled, while nationally it grew 123.5%.

YOUTH LABOUR FORCE BY AGE AND GENDER IN NOVA SCOTIA

Age	Gender	No. of workers (2013)	Trend (2004-2013)		
			% Change	# of Workers Change	Impact on Segment
15-19 years	M	12,600	-27.2%	-4,700	-7,200
	F	14,000	-15.2%	-2,500	
20-24 years	M	25,300	+3.7%	+900	-700
	F	23,800	-0.8%	-200	
25-29 years	M	22,700	-2.2%	-500	+800
	F	24,100	+5.7%	+1,300	
30-34 years	M	21,800	-16.8%	-4,400	-5,100
	F	24,200	-2.8%	-700	

YOUTH UNEMPLOYMENT RATES

The unemployment rate is the number unemployed as a percentage of the labour force.

YOUTH 15 TO 24 YEARS

In 2013, the unemployment rate for Nova Scotia's youth 15 to 24 years was 18.3% - the highest among Canadian provinces. Young males in this segment were particularly hard hit: their unemployment rate was 39.9% higher than their female counterparts (21.4% vs. 15.3%).

Within Nova Scotia, youth 15 to 24 years residing within the Capital District Health Authority (Halifax Regional Municipality and parts of Hants County) had the lowest unemployment rate of all District Health Authorities (DHAs) in 2013 at 15.6%, while the South Shore and South West Nova District Health Authorities had the highest rate at nearly one in four (24.4%).

Youth Unemployment Rate (15-24 years, 2013)



Youth Unemployment Rate (15-24 years, 2013) by Gender



YOUTH 25 TO 34 YEARS

In 2013, the unemployment rate for Nova Scotia's youth 25 to 34 years was 8.7% - the 4th highest among Canadian provinces. Similar to the trend at the 15 to 24 years level, males in this category had an unemployment rate that was again much higher (63.5%) than their female counterparts (10.3% vs. 6.3%).

Youth Unemployment Rate (25-34 years, 2013)

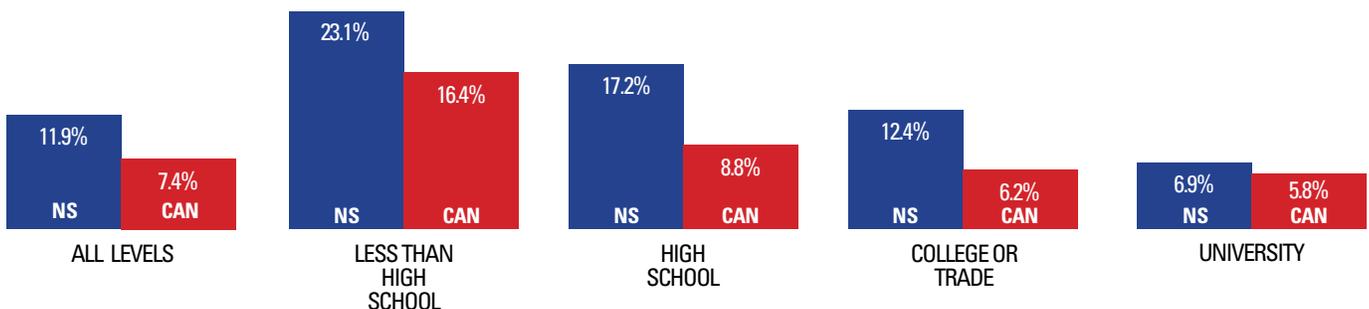


Youth Unemployment Rate (25-34 years, 2013) by Gender



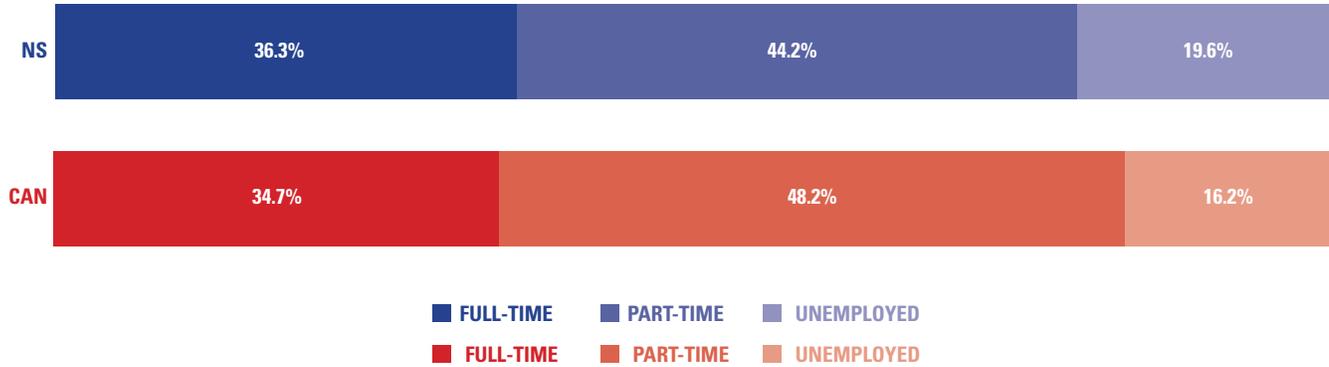
YOUTH 25 TO 29 YEARS BY EDUCATION LEVEL

Nova Scotia vs. Canada Youth 25 to 29 years Unemployment Rate by Education Level (2012)



In 2012, among Nova Scotians 25 to 29 years of age, those with a high school or college or trade education were about twice as likely to be unemployed compared to those with a university degree. Nova Scotia's 2012 unemployment rates for all education attainment levels were consistently higher than the national average.

EMPLOYMENT OF FULL-TIME STUDENTS DURING SUMMER MONTHS (2013)



In 2013, about 1 in 3 (36.3%) full-time students in Nova Scotia found full-time employment during the summer, while 44.2% found part-time employment. About 1 in 5 (19.6%) full-time students in Nova Scotia were unemployed during the summer months. Compared nationally, Nova Scotia’s full-time students have a higher rate of unemployment in the summer months, but also a higher rate of full-time employment.

PROPORTION OF YOUTH EMPLOYED BY SECTOR

In 2013, the goods-producing sector in Nova Scotia employed 13.1% (8,100) of youth workers between the ages of 15 and 24, while the service sector employed 86.9% (53,800). Compared to the national average (84.1%), Nova Scotia employs a larger proportion of youth in the service sector. From 2004 to 2013, the number of youth employed in the goods-producing sector in Nova Scotia declined 19.8% (2,000 workers), while the number working in the service sector declined 9.7% (5,800 workers).

LARGEST SOURCE OF YOUTH EMPLOYMENT (15-24 YEARS) BY INDUSTRY (2013)

Goods-Producing Sector	Services-Producing Sector
1. Construction (4,100 employed)	1. Retail trade (17,500 employed)
2. Manufacturing (2,100 employed)	2. Accommodation and food service (11,600 employed)
3. Forestry, fishing, quarrying, oil & gas, and agriculture (800 employed by each)	3. Health care and social assistance (5,200 employed)



INDUSTRIES WHERE MOST JOBS CREATED FOR YOUTH 15 TO 24 YEARS (2004-2013)

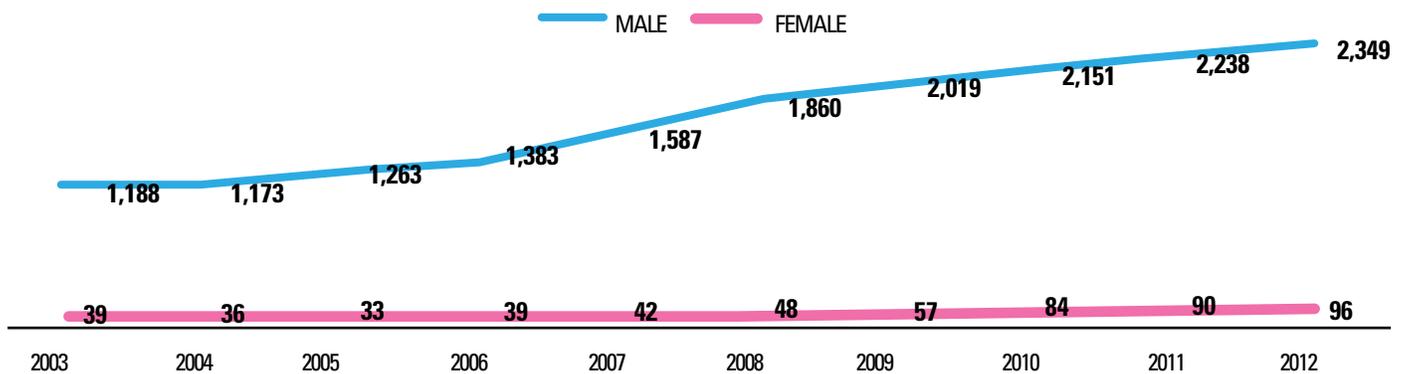
Males		Females	
Construction	+600	Health Care and Social Assistance	+1,700
Health Care and Social Assistance	+300	Information, Culture and Rec.	+400
Prof. Scientific & Tech. Services	+100	Prof. Scientific & Tech. Services	+200

INDUSTRIES WHERE MOST JOBS LOST FOR YOUTH 15 TO 24 YEARS (2004-2013)

Males		Females	
Manufacturing	-1,600	Business, Building & Related Services	-1,600
Accommodation & Food Services	-900	Finance, Insurance, Real Estate & Leasing	-600
Retail Trade	-700	Accommodation & Food Services	-400

REGISTERED APPRENTICES

NUMBER OF REGISTERED APPRENTICES UNDER 25 YEARS IN NOVA SCOTIA BY GENDER (2012)



In 2012, there were 7,323 registered apprentices in Nova Scotia, of whom 2,445 (33.4%) were under 25 years. Within this group, 2,349 were males and only 96 females. From 2003 to 2012, the number of young male registered apprentices grew an average of 128 per year, while the number of young female registered apprentices grew by an average of 6 per year.

MOST COMMON YOUTH (UNDER 25 YEARS) REGISTERED APPRENTICES (2012)

Males	Number of Registered Apprentices	Females	Number of Registered Apprentices
Electricians	601	Food Service	36
Automotive Service	480	Electricians	18
Plumbers, Pipefitters & Steamfitters	423	Automotive Service	12
Carpenters	264	Welders	6
Metal Workers (other)	75	Carpenters	3

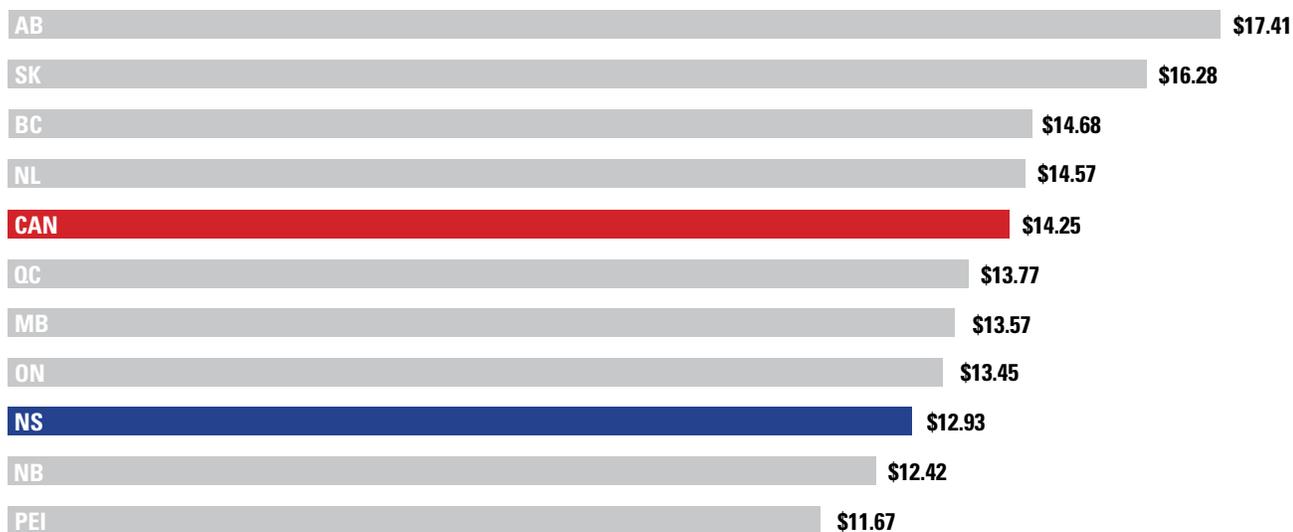
NOVA SCOTIA YOUTH INCOME AND EARNINGS

UNPAID INTERNSHIP AND TRAINING

There is no conclusive information on the number of unpaid internships or training positions in Nova Scotia or Canada as Statistics Canada does not collect this information.

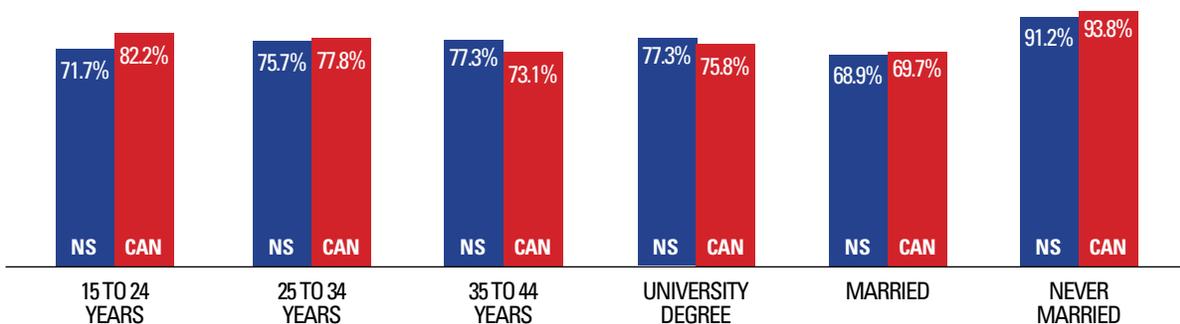
Unpaid youth interns who are a part of a school program are not covered by the Labour Standards Code, Workers' Compensation or the Occupational Health and Safety Act.

AVERAGE YOUTH HOURLY WAGE (15 TO 24 YEARS) BY PROVINCE 2014

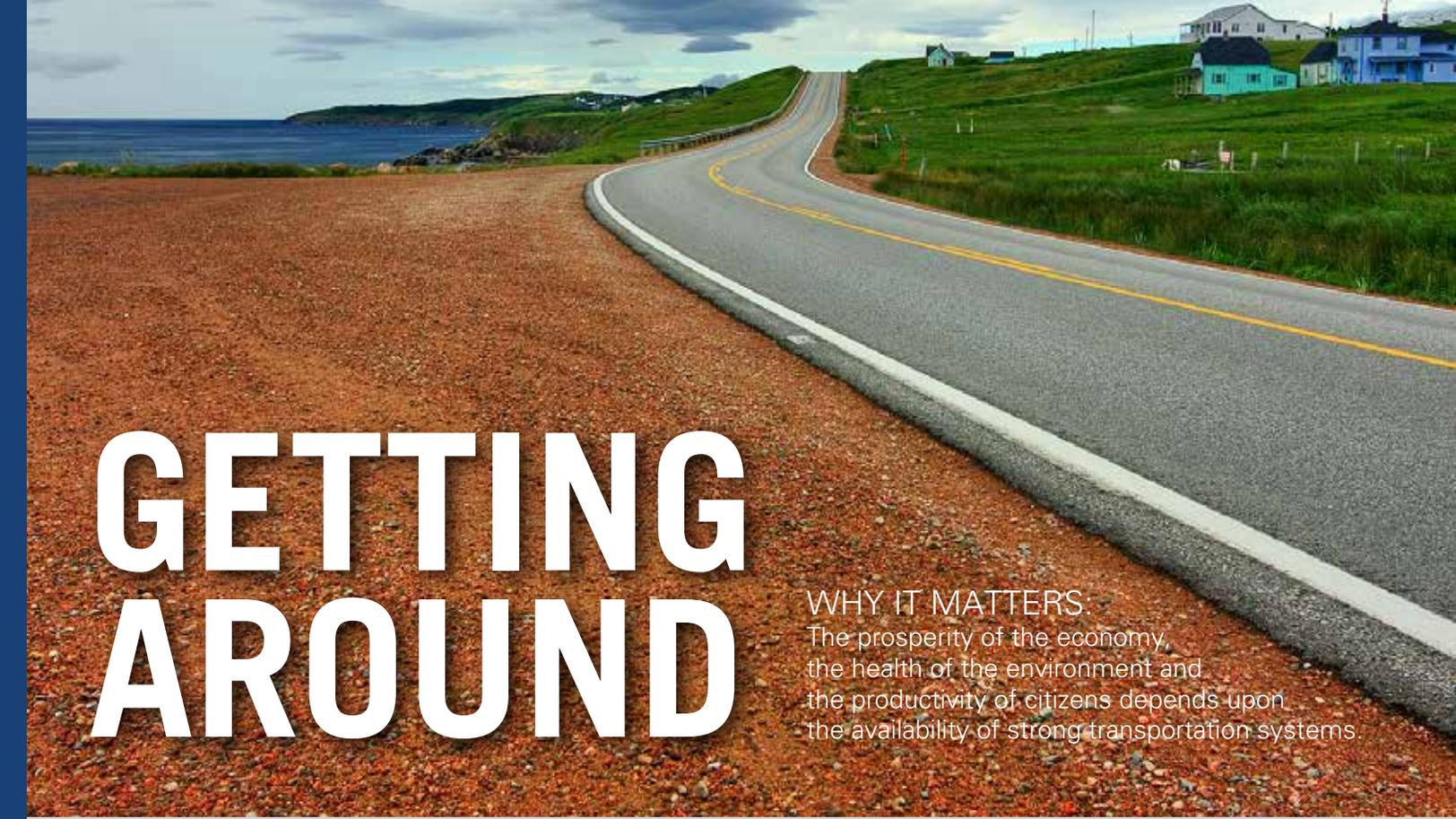


In 2014, those 15 to 24 years in Nova Scotia had the third lowest average hourly wage in the Country at \$12.93/hour. Nova Scotia's average youth hourly wage was 9.3% (\$1.32/hour) lower than the national average (\$14.25) and 25.7% (\$4.48) lower than Alberta's which was the highest in the country at \$17.41/hour.

FEMALE TO MALE MEDIAN EARNINGS RATIO (AVERAGE 2001-2011)



In Nova Scotia, females between 15 and 44 years earn about 73.6% of what their male counterparts earn based on the median earnings reported by both genders from 2001 to 2011. This trend is similar to national patterns, although females 15 to 24 in Nova Scotia earn on average 12.7% less than their female counterparts nationally who are already about 18% below parity with their male counterparts. Having a university degree appears to help the situation marginally for Nova Scotia females (77.3%), while never marrying produces the best chance at pay equity (91.2%).



GETTING AROUND

WHY IT MATTERS:

The prosperity of the economy, the health of the environment and the productivity of citizens depends upon the availability of strong transportation systems.

YOUTH MODE OF TRANSPORTATION TO WORK

In 2011, nearly three-quarters (73.0%) of Nova Scotia youth 15 to 24 years travelled to work by car, while 13.8% walked, 11.2% took public transit and less than 1.0% biked.

73%
of youth travel
to work by car

YOUTH AVERAGE COMMUTING TIME TO WORK

In 2011, the average commuting time from home to work for youth 15 to 24 years in Nova Scotia was 18.8 minutes. This was comparable to most provinces and 14.5% lower than the national average (22.0 minutes). Ontario had the longest commuting time at 23.4 minutes.

18.8
minutes average
commuter time

CHILD/YOUTH PUBLIC TRANSIT FARES

In 2014, the public transit fare for a child or youth in Halifax was \$1.75 – the third lowest among 13 major Canadian cities (only Ottawa at \$1.50 and Toronto at \$0.75 were lower). In the same year, a child or youth monthly pass in Halifax cost \$58, while in the Annapolis Valley it cost \$65.

\$1.75
cost of transit fare

TOP 3 RISKY DRIVING BEHAVIOURS IN RELATION TO PEDESTRIAN SAFETY

1. Failing to check not blocking sidewalk/crosswalk when parking.
2. Pulling into a crosswalk when waiting to make a right turn.
3. Failing to check left/right for pedestrians before proceeding on a green light.

TOP 3 RISKY STREET CROSSING BEHAVIOURS BY PEDESTRIANS

1. Crossing the road where no crosswalk is marked.
2. Failing to make eye contact with drivers.
3. Listening to music or using a cell phone while crossing.

PEDESTRIAN AND CYCLIST SAFETY

In 2013, 80% of Nova Scotians reported that pedestrian safety is a problem on Nova Scotia's roads, while 57% indicated that cyclist safety was a problem. In the same year, almost three in ten (29%) young adults 16 to 34 years in the province had been hit or had a close call with a vehicle compared to 16% of those 35 years and older.

BICYCLE LEGISLATION

In 2012, nearly two-thirds (62%) of Nova Scotia drivers were not aware of changes to the bicycle legislation effected on June 1, 2011. The rule that cyclists have to use bike lanes if present and safe to do so had the highest recognition (94%), while the rule that cyclists can ride between two lanes of traffic moving in the same direction had the lowest recognition (16%).

BICYCLE LEGISLATION	
	Awareness level (2011 legislation)
Cyclists have to use bike lanes if present and safe to do so	94%
Motorists are required to leave a minimum of 1 metre between vehicle & cyclist while passing	92%
Cyclists have to ride in single file	92%
Motor vehicles are forbidden to be parked in a bike lane	88%
Motor vehicles can cross the centre line in order to pass a cyclist, when safe to do so	78%
Cyclists are required to leave a minimum of 1 metre between bike and a vehicle while passing	72%
Cyclists can pass on the right of stopped motor vehicles if safe to do so	58%
Cyclists can ride between two lanes of traffic moving in the same direction	16%

WEARING A HELMET WHEN RIDING A BICYCLE

In 2013, about four in ten (44.9%) children and youth 12 to 19 years in Nova Scotia wore a helmet when riding a bicycle, compared to 59.8% of young adults 20 to 34 years. Among both the 12 to 19 and 20 to 34 years age groups, females were more likely to use a helmet than males (59.2% vs. 37.4% and 69.1% vs. 52.7%, respectively).



A photograph of a woman with dark hair, wearing a plaid jacket and a white scarf, sitting on a concrete sidewalk. She is holding a small piece of food. Next to her is a dog wrapped in a patterned blanket. The dog is lying down, and a sign with the word 'WELCOME' is partially visible on the ground. The background shows a building with a window.

WHY IT MATTERS:

When there is a large gap between the rich and poor in our community, we are all affected. A large gap can lead to social problems, like health disparities and crime. It can also diminish economic growth if it means that we are not fully using the skills and capabilities of all of our citizens.

SHARED PROSPERITY

There is no official measure of poverty in Canada. Rates quoted below are based on the Low-Income Measure (LIM) after tax. It explicitly defines low income as being much worse off than average and it is calculated at one-half the median income of an equivalent household.

CHILD POVERTY

In 2012, Nova Scotia's child poverty rate was 22.2%, 16.2% higher than the national average (19.1%). From 2000 to 2012, Nova Scotia's child poverty rate declined 13.9%, compared to a decline of 14.6% nationally.

FAMILY POVERTY

In 2012, 17.7% of families in Nova Scotia (76,130 families) fell within the after-tax low-income measure, down 1.1% (920) from 2011. From 2003 to 2012, the proportion of low-income families in Nova Scotia remained virtually unchanged.

WELFARE IN NOVA SCOTIA

In 2012, Nova Scotia had a caseload of 28,803 on welfare benefits. From 2009 to 2012, the number of welfare cases in Nova Scotia increased 5.6% (1,604) while the general population grew 0.7% during the same time period.

In the same year, a single parent with one child and a couple with two children in Nova Scotia received \$15,916 and \$22,554 in welfare benefits respectively. From 2003 to 2012, welfare benefits for a single parent-one child family increased 7.4%, while those for a couple with two children increased 4.2%. During this time, food and shelter costs grew by 34.8% and 29.6% respectively.

COST OF A HEALTHY FOOD BASKET

In 2012, the area served by the Cape Breton District Health Authority had the highest cost of a healthy diet for a family of four based on the national food basket (\$917.53), while the area covered by the Capital District Health Authority had the lowest (\$823.35).

PROPORTION OF CHILDREN IN FOOD-INSECURE HOUSEHOLDS

According to Statistics Canada, food insecurity relates to a household's financial ability to access adequate food. "Moderate" food insecurity means that the quality and/or quantity of food consumed is compromised, while "severe" food insecurity means that the amount of food intake is reduced or eating patterns are disrupted due to financial circumstances.

In 2012, more than one in five children under 18 years in Nova Scotia (21.2%) lived in food insecure households – the second highest rate in the country (excluding PEI). Saskatchewan had the highest rate (21.6%), while Newfoundland and Labrador had the lowest (15.1%).

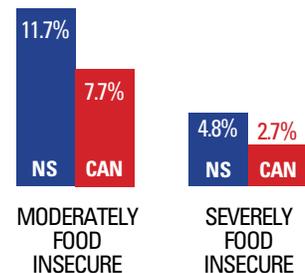


More than 1 in 5 children are food insecure in NS

PROPORTION OF YOUNG ADULTS IN FOOD-INSECURE HOUSEHOLDS

In 2012, 20,033 (11.7%) young adults 20 to 34 years in Nova Scotia were considered moderately food insecure, while 8,209 (4.8%) were considered severely food insecure. These rates are significantly higher than the national rates and some of the highest among all Canadian provinces. From 2008 to 2012, Nova Scotia's combined rate of those who are moderately or severely food insecure increased 32.0%.

Food Insecurity (20 to 34 years, 2012)



NUMBER OF INDIVIDUALS ASSISTED BY FOOD BANKS IN NOVA SCOTIA

In 2013, 21,760 Nova Scotians (2.3% of the total population) used food assistance services. This rate is on par with the national average (2.4%). From 2008 to 2013, the number of individuals assisted by Food Banks in Nova Scotia increased by 28.6% - the third highest increase in Canada.

CHILDREN ASSISTED BY FOOD BANKS

In 2013, 6,963 children under the age of 18 years were assisted by Food Banks in Nova Scotia (32.0% of the total assisted by Food Banks in Nova Scotia). This proportion is the second lowest in Canada. Manitoba had the highest rate at 44.7%.



NUMBER OF HOMELESS SHELTERS

In 2012, there were 7 emergency shelters in the province of Nova Scotia, of which one was dedicated to youth.

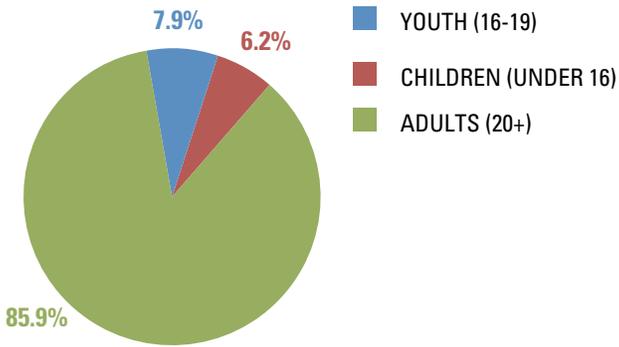
NUMBER OF BEDS IN HOMELESS SHELTERS

In 2012, there were 188 beds in emergency shelters in Nova Scotia, of which 20 were dedicated to youth.



NUMBER OF INDIVIDUALS WHO STAYED IN A SHELTER IN HALIFAX

Proportion of Individuals who Stayed in a Shelter in Halifax (2012)

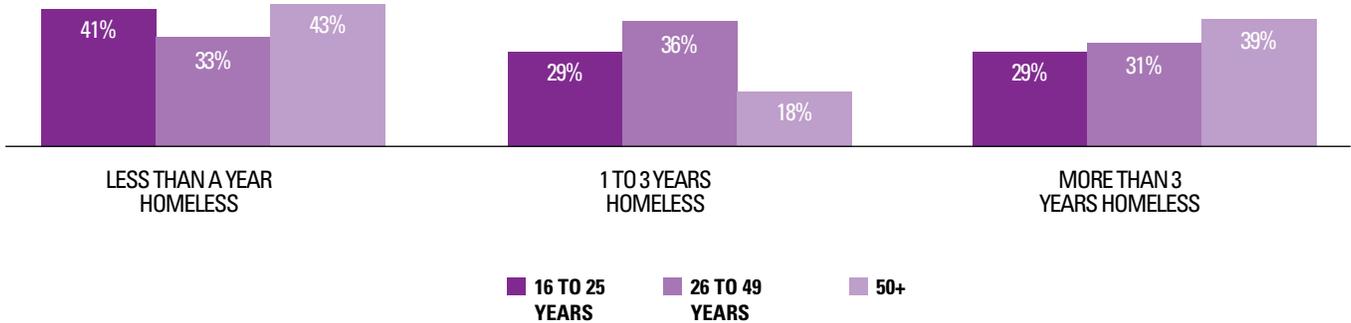


Number of Children Under 19 at Homeless Shelters in Halifax



In 2012, 1,860 people used a shelter in Halifax, of which 263 (14.1%) were under 19 years. Slightly more than half of these (54.7%) were female. From 2009 to 2012, the number of children staying at homeless shelters in Halifax has remained relatively constant.

LENGTH OF TIME BEING HOMELESS BY AGE (2011)



In 2011, 41% of homeless youth 16 to 25 years in Halifax had been homeless for less than a year, while 29% had been homeless for 1 to 3 years or more than 3 years.

HALIFAX HOMELESS INTERVIEW FINDINGS

In 2011, interviews with 127 individuals who were using Halifax homeless shelters found:

- Half (50%) were living on less than \$200 a month.
- Two in three (69%) cited a lack of affordable housing as the reason for using a shelter.
- 48% had a mental illness diagnosis by a health professional.

HEALTH

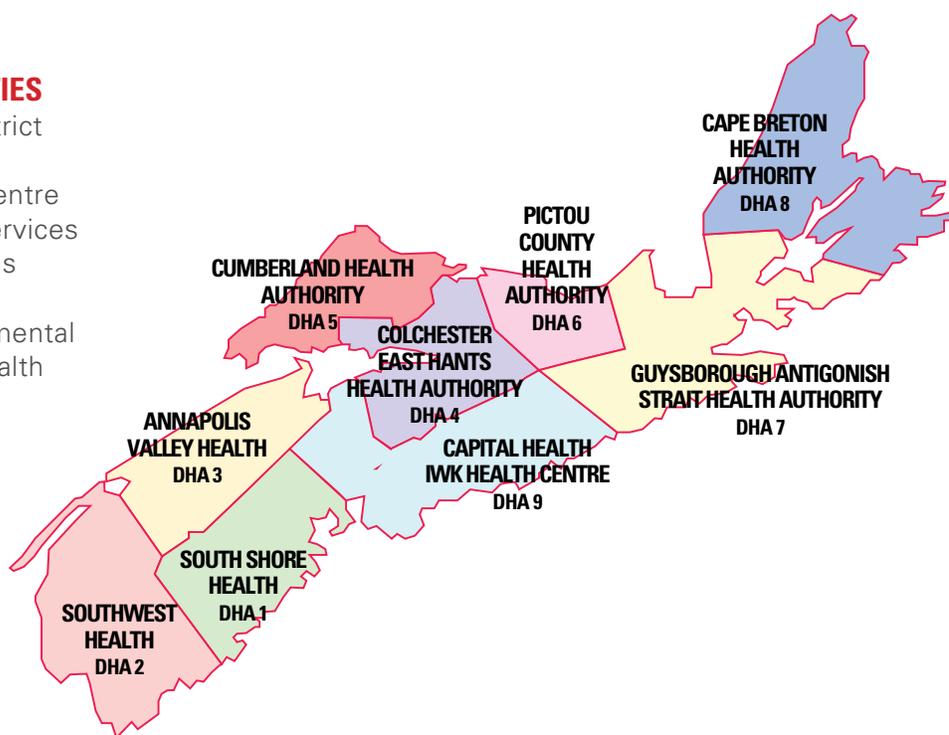
WHY IT MATTERS:

Lifestyle choices, such as what we eat and how much we exercise, can have a greater effect on our mental and physical health than the ability of doctors.



DISTRICT HEALTH AUTHORITIES

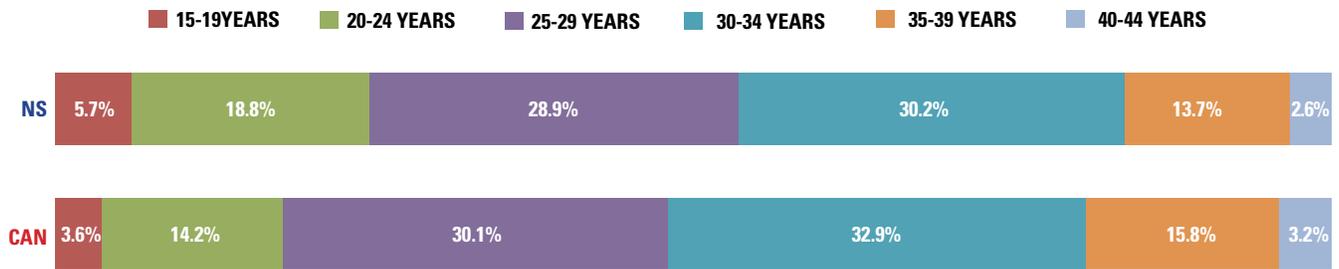
In 2014, there were nine District Health Authorities (DHAs) in addition to the IWK Health Centre which administered health services in Nova Scotia. Each DHA was responsible for all hospitals, community health services, mental health services and public health programs in their district.



POPULATION BY HEALTH REGION

In 2013, Capital Health was the largest DHA in the province, serving 45.9% (431,496) of the provincial population and 48.0% of its youth population (121,406). On a proportionate basis, the Colchester East Hants DHA had the highest proportion of youth under 25 years (28.4%), while South Shore Health had the lowest (22.2%).

LIVE BIRTHS BY AGE OF MOTHER



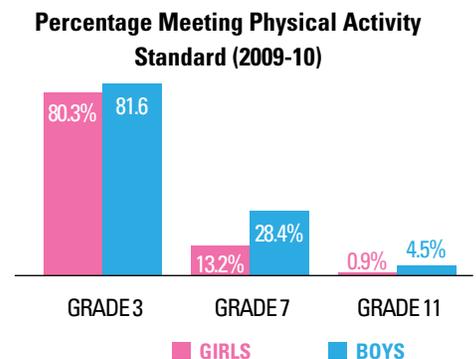
In 2011, more women gave birth at a younger age in Nova Scotia than elsewhere in Canada and most (59.1%) were between 25 and 34 years. In the same year, the proportion of “teen moms” - women 15 to 19 years giving birth in Nova Scotia was 58.3% higher than the national average (5.7% vs. 3.6%), while the proportion of those giving birth in the 20 to 24 year range was 32.4% higher (18.8% vs. 14.2%).

PHYSICAL ACTIVITY

The Nova Scotia Department of Health and Wellness recommends that children get at least 60 minutes of moderate activity per day and adults get at least 150 minutes of moderate to vigorous activity per week.

CHILDREN AND YOUTH: GRADES 3, 7 AND 11

In 2009-2010, 80.3% of Grade 3 girls and 81.6% of Grade 3 boys in Nova Scotia met the province’s daily physical activity standard, while only 13.2% of Grade 7 girls and 28.4% of Grade 7 boys met the standard. At the Grade 11 level, less than 1% of girls and only 4.5% of boys met the standard.



YOUTH 20 TO 34 YEARS

In 2013, 60.8% of youth 20 to 34 years in Nova Scotia reported being moderately active during their leisure time, similar to the national average of 60.1%. Since 2007, Nova Scotia’s rate has increased 20.4% from 50.5%.

60.8%
of youth 20-34 years
are active

OBESITY

In 2012, nearly one in three youth (32.0%) between 12 and 17 years in Nova Scotia reported being overweight or obese, compared to about one in five nationally (21.8%). Nova Scotia’s rate for those 12 to 17 years has nearly doubled since 2007 when it was 17.6% and slightly below the national average (18.7%). In the same year, more than half of all youth (51.9%) between 20 and 34 years in Nova Scotia reported being overweight or obese, compared to 41.1% nationally. Nova Scotia’s rate for those 20 to 34 years has increased 8.1% since 2007 when it was 48.0%.



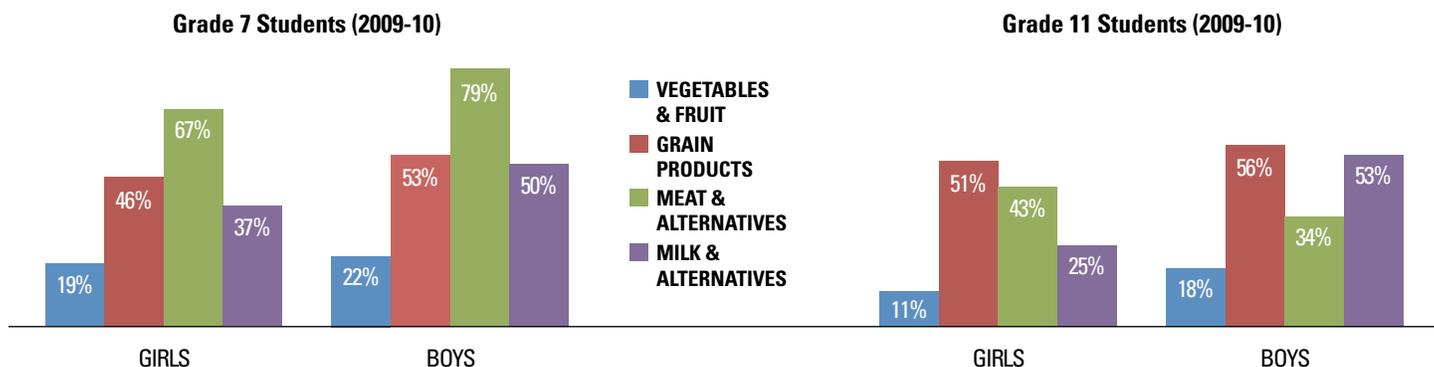
Nearly 1 in 3 youth 12-17 years are overweight or obese



More than half of all youth 20-34 years are overweight or obese

RECOMMENDED NUTRITION

The Nova Scotia Department of Health and Wellness recommends that all Nova Scotians follow Canada's Food Guide to Healthy Eating



In 2009-2010, about one in five Grade 7 students and Grade 11 boys ate the recommended daily servings of fruits and vegetables in Nova Scotia, while only one in ten Grade 11 girls met this standard. In the same year, about half of all boys in Grades 7 and 11 met the recommended daily servings of milk and alternatives compared to just 37% of Grade 7 girls and 25% of Grade 11 girls. About half of all students met the recommended daily servings of grain products. Among Grade 7 students, most girls (67%) and boys (79%) met the recommended daily servings of meat and alternatives, but these levels dropped at the Grade 11 level to 43% of girls and only 34% of boys.

YOUTH 20 TO 34 YEARS

In 2013, one in three (33.5%) youth 20 to 34 years in Nova Scotia ate the recommended number of fruits and vegetables daily (5 servings or more), 20.8% below the national average of 42.3%.

INFLUENZA IMMUNIZATION

In 2013, only 29.0% of youth 12 to 19 years in Nova Scotia (21,873) got a flu shot, down 31.5% from 31,931 in 2011. In the same year, 28.1% of those 25 to 34 years in Nova Scotia (46,323) got a flu shot, down 27.0% from 58,845 in 2011.

CANCER

TOP 5 MOST COMMON CANCERS AMONG YOUTH UNDER 30 YEARS (2006 TO 2010)					
Males	# of new cases	% of all new cases	Females	# of new cases	% of all new cases
1. Testis	49	25.3%	1. Hodgkin's Lymphoma	29	13.9%
2. Leukemia	28	14.4%	2. Thyroid	27	12.9%
3. Hodgkin's Lymphoma	25	12.9%	3. Skin	24	11.5%
4. Brain	17	8.8%	4. Leukemia	21	10.0%
5. Skin	12	6.2%	5. Brain	18	8.6%

From 2006 to 2010, Hodgkin's lymphoma was the most common invasive cancer among females under 30 years in Nova Scotia, while testicular cancer was the most common invasive cancer among males. Skin cancer was twice as common among female youth as it was with male youth during this time period.

CHILD & YOUTH MENTAL HEALTH



BROUGHT TO YOU BY

BellAliant



Let's Talk

MENTAL HEALTH AND EARLY CHILDHOOD

Early life experiences affect mental health over the course of a person's life.

EXPERIENCE OF GRADE PRIMARY CHILDREN IN PICTOU, ANTIGONISH AND GUYSBOROUGH

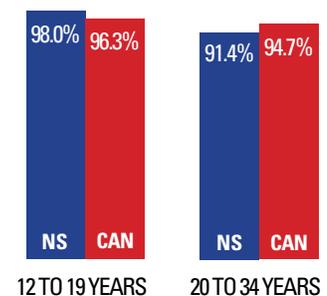
From 2008 to 2009 in Pictou, Antigonish and Guysborough, about 10% of the children who participated in a study called Understanding the Early Years displayed low positive social behaviour, compared to 13% nationally. In addition, about 15% of the children had problems with inattention, 7% displayed high levels of anxiety, 3% displayed depressive symptoms and 4% were physically aggressive. These rates were all consistent with the national averages, with the exception of the rate of depression which was relatively low.

LIFE SATISFACTION NATIONALLY AND PROVINCIALLY

In 2013, 98.0% of Nova Scotia's youth 12 to 19 years reported being satisfied or very satisfied with their lives compared to 96.3% nationally. Nova Scotia's rate was the highest among all provinces. At a District Health Authority (DHA) level, satisfaction rates ranged from 96.3% in the Capital Health District to 100.0% in almost every other area.

In the same year, 91.4% of Nova Scotia's youth 20 to 34 years reported being satisfied or very satisfied with their lives compared to 94.7% nationally. Nova Scotia's rate was the lowest among all provinces. At a DHA level, satisfaction rates ranged from 85.1% in the Annapolis Valley to 92.5% in the Capital Health District.

Life Satisfaction, Satisfied or Very Satisfied (2013)



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PERCEIVED MENTAL HEALTH NATIONALLY AND PROVINCIALLY

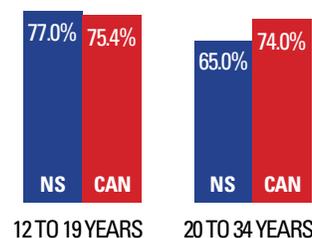
Adolescence and youth is an important time for emotional, social, intellectual and physical development. It is also a time when mental health problems and mental illness often become evident.

In 2013, 77.0% of Nova Scotia’s youth 12 to 19 years reported their mental health as either “very good” or “excellent” compared to 75.4% nationally. Nova Scotia’s rate was the third highest among all provinces. At the DHA level, this rate ranged from 71.4% in the Capital Health District to 88.4% in the Annapolis Valley. Since 2007, Nova Scotia’s rate has fluctuated from a high of 77.5% in 2010 to a low of 67.0% in 2012.

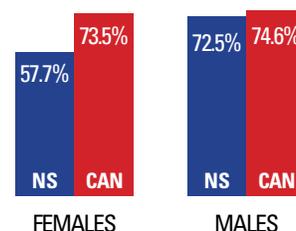
The perceived mental health of those 20 to 34 years in Nova Scotia is not as positive: in 2013, 65.0% of this group reported their mental health as either “very good” or “excellent” compared to 74.0% nationally. Nova Scotia’s rate was the lowest among all provinces. At the DHA level, this rate ranged from 47.5% in the South Shore/South West Nova District to 70.0% in both the Capital and Colchester East Hants Districts. Since 2007, Nova Scotia’s rate has fluctuated from a high of 80.9% in 2009 to a low of 65.0% in 2013 – the lowest recorded level in seven years and one which reflects a general decline since 2009.

In 2013, within the 20 to 34 years demographic, only 57.7% of females reported their mental health as either “very good” or “excellent” compared to 73.5% of their male counterparts nationally, and 72.5% of their male peers provincially. Since 2007, the rate of very good or excellent mental health reported by Nova Scotia’s females 20 to 34 years peaked at 80.5% in 2010 and has been on a downward trend thereafter.

Perceived Mental Health - Very Good or Excellent (2013)



Perceived Mental Health, Very Good or Excellent (20-34 year olds, 2013)



PERCEIVED MENTAL HEALTH “EXCELLENT” BY EDUCATION LEVEL



In 2009, self-reported ratings of “excellent” mental health were lowest among those who had not completed at least some post-secondary education.

DID YOU KNOW...?

In 2012, training for the “Go-To” teachers’ program began in Nova Scotia to better prepare educators to address the mental health issues that their students may experience.

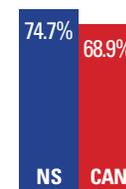
PERCEIVED OVERALL HEALTH NATIONALLY AND PROVINCIALLY

Perceived health refers to the perception of a person's health in general. Health means not only the absence of disease or injury but also physical, mental and social well being.

PERCEIVED HEALTH, VERY GOOD OR EXCELLENT (12 - 19 YEAR OLDS, 2013)



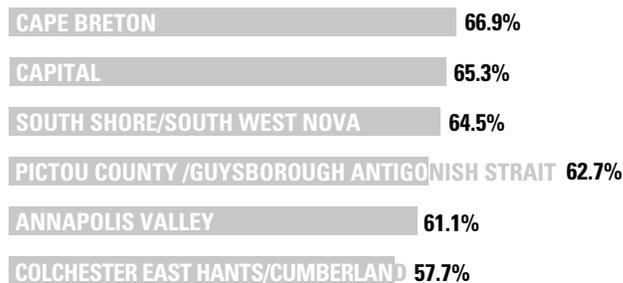
Perceived Overall Health - Very Good or Excellent (2013)



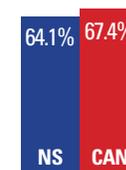
12 TO 19 YEARS

In 2013, 74.7% of Nova Scotia's youth 12 to 19 years reported "very good" or "excellent" overall health compared to 68.9% nationally. Nova Scotia's rate was the highest among all provinces. At the DHA level, this rate ranged from 61.0% in Colchester East Hants/Cumberland to 84.2% in South Shore/ South West Nova. From 2007 to 2013, Nova Scotia's rate fluctuated from a high of 74.7% in 2013 to a low of 66.1% in 2007.

PERCEIVED HEALTH, VERY GOOD OR EXCELLENT (20 - 34 YEAR OLDS, 2013)



Perceived Overall Health - Very Good or Excellent (2013)



20 TO 34 YEARS

In 2013, 64.1% of Nova Scotia's youth 20 to 34 years reported "very good" or "excellent" overall health compared to 67.4% nationally. Nova Scotia's rate was the third lowest among all provinces. At the DHA level, this rate ranged from 57.7% in Colchester East Hants/Cumberland to 66.9% in Cape Breton. From 2007 to 2013, Nova Scotia's rate fluctuated from a high of 72.5% in 2010 to a low of 62.0% in 2008.

ANXIETY DISORDERS NATIONALLY AND PROVINCIALLY

A generalized anxiety disorder is characterised by a pattern of frequent, persistent worry and excessive anxiety about several events or activities during a period of at least 6 months.

In 2012, 10.2% of youth 15 to 24 years in Nova Scotia suffered from a generalized anxiety disorder, compared to 6.3% nationally. Nova Scotia's rates of anxiety disorders are higher than the national rates across all age groups.

Anxiety Disorders (2012)



15 TO 24 YEARS

25 TO 44 YEARS

45 TO 64 YEARS

DEPRESSION

DEPRESSIVE SYMPTOMS AMONG STUDENTS IN GRADES 7, 9, 10 AND 12

In 2012, about 1 in 4 (24.4%) Grade 7, 9, 10 and 12 students surveyed in Nova Scotia met the criteria for somewhat elevated depressive symptoms using a widely-accepted screening tool, up from 20.5% in 2007, while 8.7% reported very elevated depressive symptoms, up from 5.8% in 2007. At the DHA level, students in Halifax reported the highest rate of somewhat elevated depressive symptoms at 25.9%, while those in Colchester East Hants, Cumberland and Pictou County reported the highest rate of very elevated depressive symptoms at 11.4%.

DEPRESSIVE SYMPTOMS AND GENDER

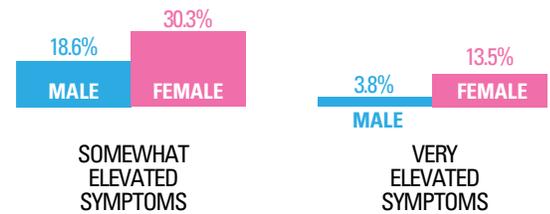
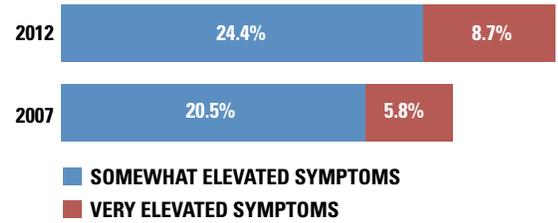
Females were more likely to exhibit depressive symptoms than males and were more than three times as likely to exhibit very elevated depressive symptoms.

DEPRESSION HELP-SEEKING BEHAVIOUR AMONG HIGH SCHOOL STUDENTS

In 2012, more than 1 in 5 (21.2%) Grade 7, 9, 10 and 12 students surveyed in Nova Scotia indicated they were in need of help for their symptoms of depression, up from 17.0% in 2007, while only 7.7% actually received help, up from 5.2% in 2007. Among students who reported somewhat or elevated symptoms of depression, nearly half (45%) reported needing help, while far fewer (16.4%) actually received help.

MAJOR DEPRESSIVE EPISODES AMONG YOUTH 15 TO 24 YEARS

In 2012, 8.3% of youth 15 to 24 years in Nova Scotia suffered from a major depressive episode, compared to 10.7% nationally. From 2002 to 2012, both provincial and national rates increased from 6.8% and 10.2% respectively.



45%
proportion of students who needed help for elevated symptoms of depression in 2012

16.4%
proportion of students who actually received help

DID YOU KNOW...?



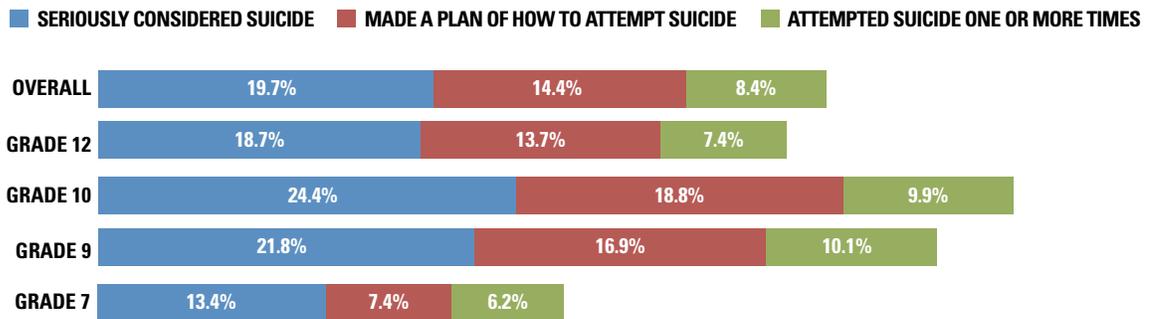
In 2007, about 1 in 5 students in NS had elevated depressive symptoms.



In 2012, that number was 1 in 4.

SUICIDE

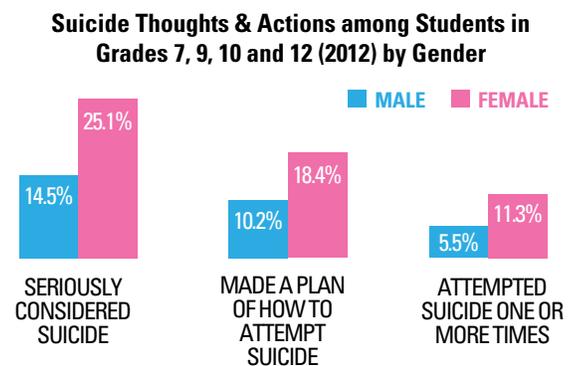
SUICIDE AMONG HIGH SCHOOL STUDENTS (2012)



In 2012, about 1 in 5 (19.7%) students surveyed in Nova Scotia seriously considered attempting suicide in the year prior to the survey, while 14.4% made a plan of how to attempt suicide and 8.4% attempted suicide one or more times. Students in Grades 9 and 10 reported the highest rates of suicidal thoughts and actions among all grades surveyed. At the DHA level, students in Colchester East Hants, Cumberland and Pictou County reported the highest rates of suicidal thoughts and actions at 22.6%, 17.1% and 9.8% respectively.

GENDER DIFFERENCES

In 2013, female students in Nova Scotia were more than twice as likely to attempt suicide than males.



SUICIDE ATTEMPTS AMONG YOUTH 15 TO 19 YEARS

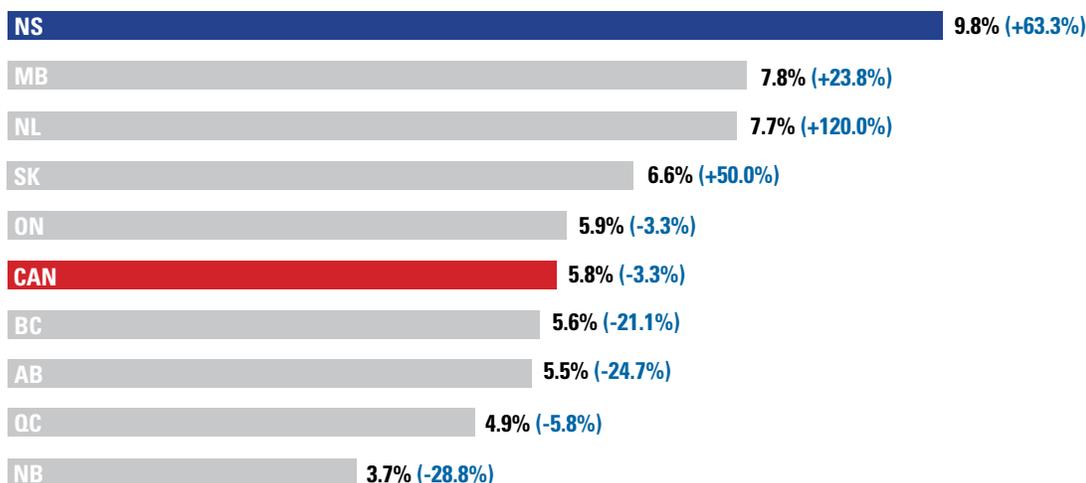
From 1995 to 2004, Nova Scotia's youth 15 to 19 years had the highest annual hospitalization rate for attempted suicide among all age groups at 13.4 per 10,000 persons. The hospitalization rate for females within this group was nearly twice the male rate.

HELP IS JUST A CALL OR CLICK AWAY...

Kids Help Phone 24 hours - 1-800-668-6868
 Mental Health Crisis Line - 1-888-429-8167
 911 – when someone's health, safety or property is threatened and you need help right away
 211 – to help you find the right community and social services

811 – to access non-emergency health information and services
www.teenmentalhealth.org
 Canadian Mental Health Association
www.cmha.ca
 Canadian Association for Suicide Prevention
www.suicideprevention.ca

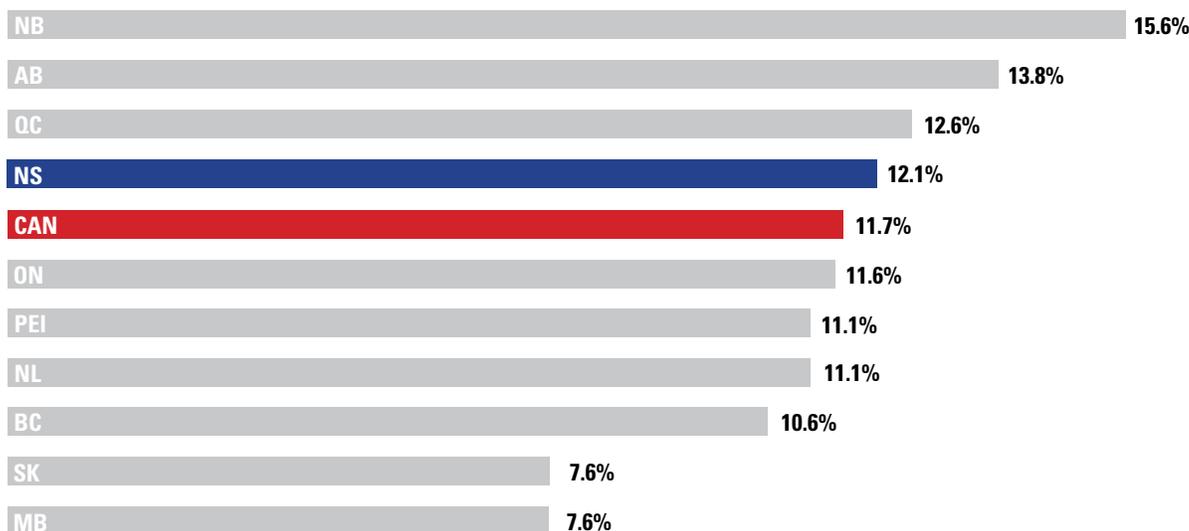
SUICIDAL THOUGHTS AMONG YOUTH 15 TO 24 YEARS (2012) AND PERCENTAGE OF CHANGE (2002-2012)



In 2012, nearly 1 in 10 (9.8%) youth 15 to 24 years in Nova Scotia thought about taking their own life in the 12 months prior to the survey, up from 6.0% in 2000. This rate is 69.0% higher than the national average and the highest in the country. Data for PEI was not available.

MENTAL HEALTH CARE

PROPORTION OF POPULATION 15 TO 24 YEARS WHOSE MENTAL HEALTH CARE NEEDS WERE MET (2012)



In 2012, only 12.1% of youth 15 to 24 years in Nova Scotia who had a need for mental health care (information, medication, counselling, etc.) in the 12 months prior to the survey reported that their needs had been met compared to 11.7% nationally.

DID YOU KNOW...?

Suicide is the second leading cause of death among teenagers and young adults in Canada. Substance use disorders are a significant risk factor for suicide.

STUDENT SUBSTANCE USE

STUDENT SUBSTANCE USE

ANY SUBSTANCE USE AMONG STUDENTS IN GRADES 7, 9, 10 & 12 AS PERCENTAGES			
	2002	2012	% Change (2002-2012)
Alcohol	53.0%	49.0%	-7.5%
Cannabis	37.5%	34.7%	-7.5%
Cigarettes	23.6%	13.2%	-44.1%
Stimulants*	12.8%	7.0%	-45.3%
Psilocybin or Mescaline	12.7%	5.7%	-55.1%
Tranquilizers*	4.8%	5.0%	4.2%
MDMA (ecstasy)	4.4%	4.7%	6.8%
Cocaine or crack	3.9%	4.1%	5.1%
Inhalants	4.8%	3.3%	-31.3%
LSD	5.2%	2.3%	-55.8%

*non-medicinal use

In 2012, about half (49.0%) of Grade 7, 9, 10 and 12 students surveyed in Nova Scotia reported some alcohol use in the past year, followed by cannabis at 34.7% and cigarettes (13.2%). From 2002 to 2012, drug use among Nova Scotia's students has generally declined, with the exception of tranquilizers,* ecstasy and crack or cocaine which have each increased by about 5% during this time period.

HIGH SCHOOL STUDENT SMOKING

In 2012, 13.2% of Grade 7, 9, 10 and 12 students surveyed in Nova Scotia reported having one or more cigarettes in the past 12 months. From 2002 to 2012, the proportion of students who smoke more than 10 cigarettes a day dropped by nearly half from 4.3% to 2.5%. Students with a grade point average below 60% were nearly four times as likely to smoke than their peers with a grade point average above 60% (43.5% vs.12.1%).

SMOKING AMONG YOUTH 20 TO 34 YEARS

In 2013, 19.5% of Nova Scotia's youth 20 to 34 years reported smoking daily, compared to 16.6% nationally. Nova Scotia's 2013 rate is down from 23.3% in 2003.

EXPOSURE TO SECOND HAND SMOKE

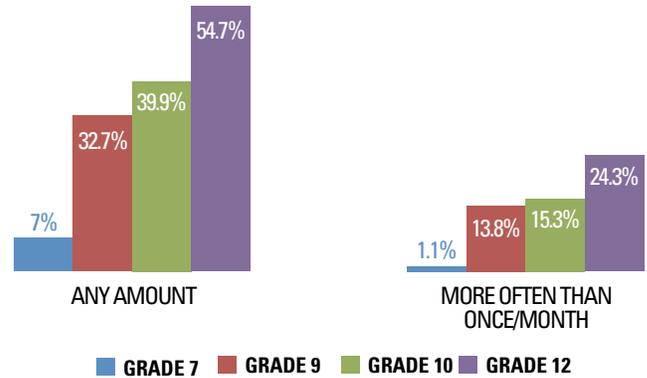
In 2013, 34.0% of Nova Scotia's youth 12 to 19 years was exposed to second hand smoke in the past month in vehicles or public places. This rate was 14.5% higher than the national average (29.7%). Since 2007, Nova Scotia's rate has generally exceeded the national rate.

CANNABIS USE AND ABUSE

HIGH SCHOOL STUDENT USE OF CANNABIS

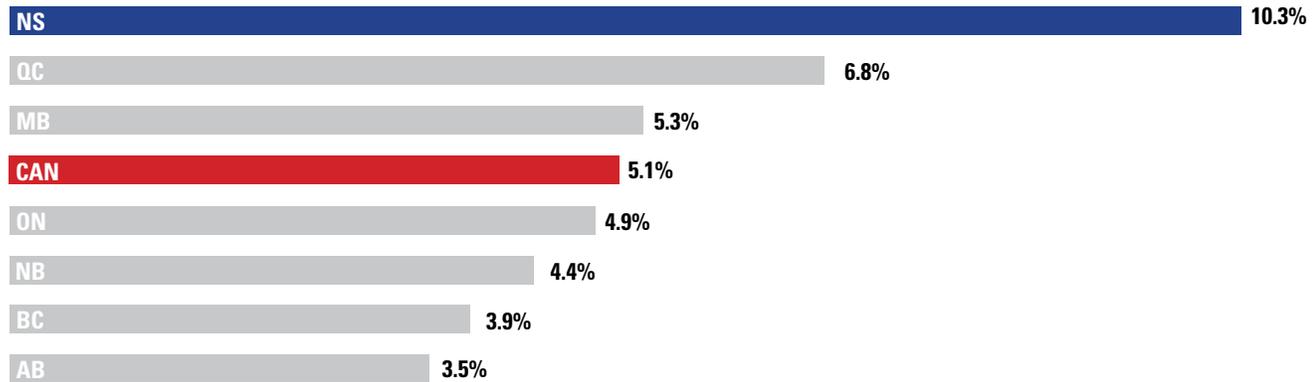
In 2012, more than half (54.7%) of Grade 12 students in Nova Scotia reported using cannabis in the year prior and nearly 1 in 4 (24.3%) of these students reported using cannabis more than once a month. These were the highest levels among all grades surveyed. No gender or location differences were found.

In the same year, 14.2% of students surveyed in Grades 7, 9, 10 and 12 reported using cannabis more often than once a month. Again, no gender or location differences were found.



CANNABIS ABUSE OR DEPENDENCE AMONG YOUTH 15 TO 24 YEARS (2012)

For definitions of dependence and abuse, please see Statistics Canada's Canadian Community Health Survey.



In 2012, at 10.3%, Nova Scotia had the highest proportion of youth 15 to 24 years who reported cannabis abuse or dependence in the past 12 months among all provinces for which data is available. Nova Scotia's rate was more than twice the national rate (5.1%).

Depression and substance use frequently occur at the same time. Poor mental health may also interact with substance use and lead to risky behaviours.



DID YOU KNOW...?

In 2012, the average age of first use of cannabis in Nova Scotia was 14.3 years, up from 13.5 years in 2007. Friends' use of cannabis was strongly associated with one's own cannabis use as was a lower grade point average.

14.3 years
average age of first
cannabis use

HEAVY DRINKING

In 2012, *Statistic Canada* defined heavy drinkers as those who drink more than 5 alcoholic beverages at a time.

FREQUENT AND HEAVY DRINKING AMONG HIGH SCHOOL STUDENTS

In 2012, nearly half (47.9%) of Grade 12 students and nearly one third (30.4%) of Grade 10 students surveyed in Nova Scotia reported using alcohol more than once a month. These rates were relatively the same throughout the province. In the same year, nearly half (46.3%) of Grade 12 students and nearly a third (32.5%) of Grade 10 students reported heavy drinking 30 days prior to taking the survey.

46.3%
of Grade 12 students
reported heavy
drinking

HEAVY DRINKING AMONG YOUTH 20 TO 34 YEARS

In 2012, 39.9% of youth 20 to 34 years in Nova Scotia were considered heavy drinkers, compared to 31.7% nationally. At a DHA level, youth in Colchester East Hants/Cumberland had the highest rate at 51.6%, while those in Cape Breton had the lowest at 28.0%.

39.9%
of youth 20-24
years reported
heavy drinking

SEXUAL BEHAVIOUR

In 2012, 40.7% of Grade 7, 9, 10 and 12 students surveyed in Nova Scotia reported having either vaginal, anal or oral sex in the previous year. The proportion of students having sex increased with grade level, from 6.1% of students in Grade 7, to 68.6% of students in Grade 12. No gender or location differences were found.

68.6%
of Grade 12 students
reported having sex in
the previous year

In the same year, among students who reported having sex in the previous year, more than half (56.8%) reported having sex with one partner, 23.9% with two partners and 19.3% with 3 or more partners. Slightly more than half (53.6%) used a condom the last time they had sex. No gender or location differences were found.



Nearly 1 in 5 High School students had 3 or more sexual partners in the previous year

ALCOHOL, DRUGS & SEXUAL BEHAVIOUR

In 2012, 32.1% of Grade 7, 9, 10 and 12 students surveyed in Nova Scotia who reported having sex in the previous year had unplanned sex while under the influence of a substance. Females were more likely than males to report this risky sexual behaviour (36.4% vs. 26.8%). Students living in the South Shore, South West or Annapolis Valley DHA regions were less likely to report this risky behaviour than students living elsewhere in the province.

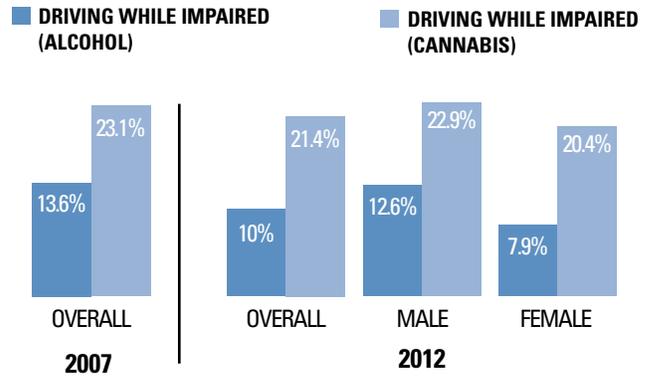


About 1 in 3 High School students had sex under the influence of a substance in the previous year

STUDENT DRIVING UNDER THE INFLUENCE

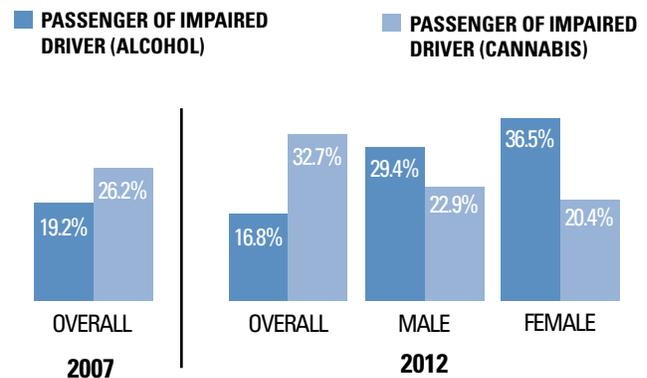
In 2012, among students surveyed in Grades 10 and 12 with a driver's license, 10.0% reported driving within an hour of consuming two or more alcoholic drinks, down from 13.6% in 2007, while 21.4% reported driving within an hour after using cannabis, down from 23.1% in 2007. In both cases, no gender or location differences were observed.

SENIOR HIGH SCHOOL STUDENT DRIVING UNDER THE INFLUENCE (2012)



In 2012, 16.8% of Grade 7, 9, 10 and 12 students surveyed reported being a passenger in a motor vehicle driven by someone who was impaired with alcohol, down from 19.2% in 2007, while 32.7% reported being a passenger in a motor vehicle driven by someone who had been using cannabis, up from 26.2% in 2007. In both cases, no gender or location differences were observed.

SENIOR HIGH SCHOOL STUDENT PASSENGERS OF IMPAIRED DRIVERS (2012)



HIGH SCHOOL STUDENT USE OF CAFFEINATED ENERGY DRINKS

In 2012, 71.4% of Grade 12 students and 69.5% of Grade 10 students reported using caffeinated energy drinks. No gender or location differences were observed.

HIGH SCHOOL STUDENT NON-MEDICINAL USE OF PAIN RELIEF PILLS

In 2012, 16.4% of Grade 12 students and 13.9% of Grade 10 students reported using a pain medication like Percocet, Percodan, Tylenol #3, Demerol, Oxycontin or codeine for a non-medical use in the year prior to the survey. No gender or location differences were observed.

HIGH SCHOOL STUDENT USE OF NON-MEDICINAL STIMULANTS

Non medicinal stimulants refer to drugs such as diet pills and pills used to stay awake that are available without a prescription.

In 2012, 11.1% of Grade 12 students and 8.1% of Grade 10 students reported using a non-medical stimulant in the year prior to the survey. Among all grades (7, 9, 10 and 12), females were more than twice as likely to use these drugs as males (9.5% vs. 4.6%). No location differences were observed.

PRESCRIPTION DRUG USE IN NOVA SCOTIA

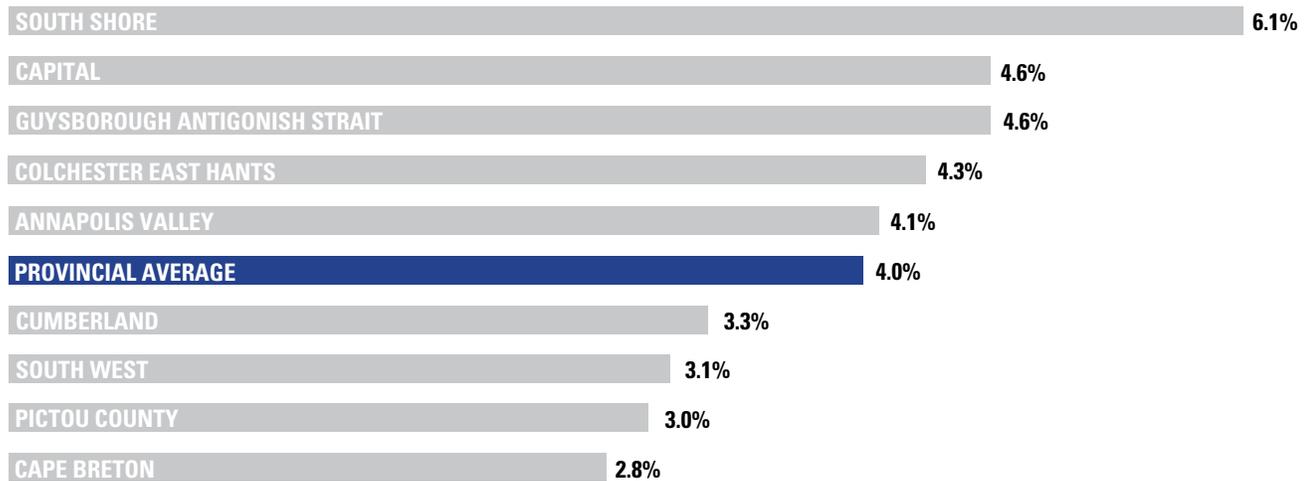
Stimulants/Amphetamines

Stimulants are a class of drugs that make you feel more alert. Amphetamines are a type of drug within this class. These drugs are commonly used to treat ADD/ADHD or major depression.

In 2013, 13,099 people over 5 years of age were prescribed a stimulant or amphetamine in Nova Scotia. This number is 33.9% higher than the average number prescribed annually between 2004 and 2013 (9,782), or on a rate basis, the 2013 rate (1.5%) is 36.4% higher than the average annual rate between 2004 and 2013 (1.1%). In 2013, 8,361 (63.8%) of those given a stimulant or amphetamine prescription were males and 4,738 (36.2%) were females.

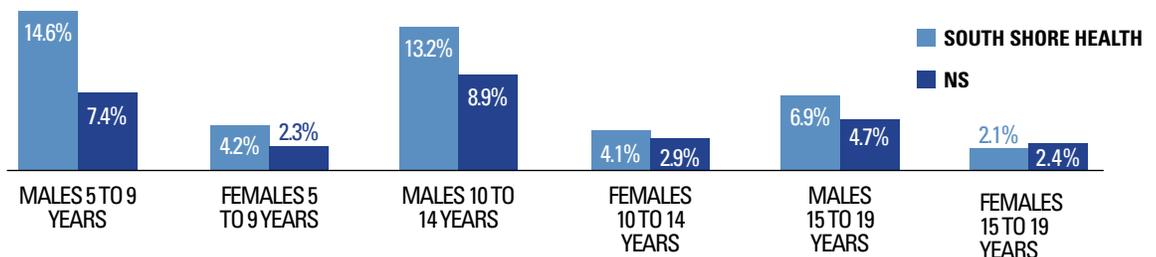
In 2013, more than half (8,292 or 63.3%) of all stimulant or amphetamine prescriptions filled in Nova Scotia were given to children and youth between 5 and 24 years. This number is 19.4% higher than the average number prescribed annually between 2004 and 2013 (6,943) for this age group, or on a rate basis, the 2013 rate (4.0%) is 29.0% higher than the average annual rate between 2004 and 2013 (3.1%). Within this category, 5,942 (71.7%) were males and 2,350 (28.3%) were females.

Stimulant/Amphetamine Prescription Rates by DHA (Youth 5 to 24 years, 2013)



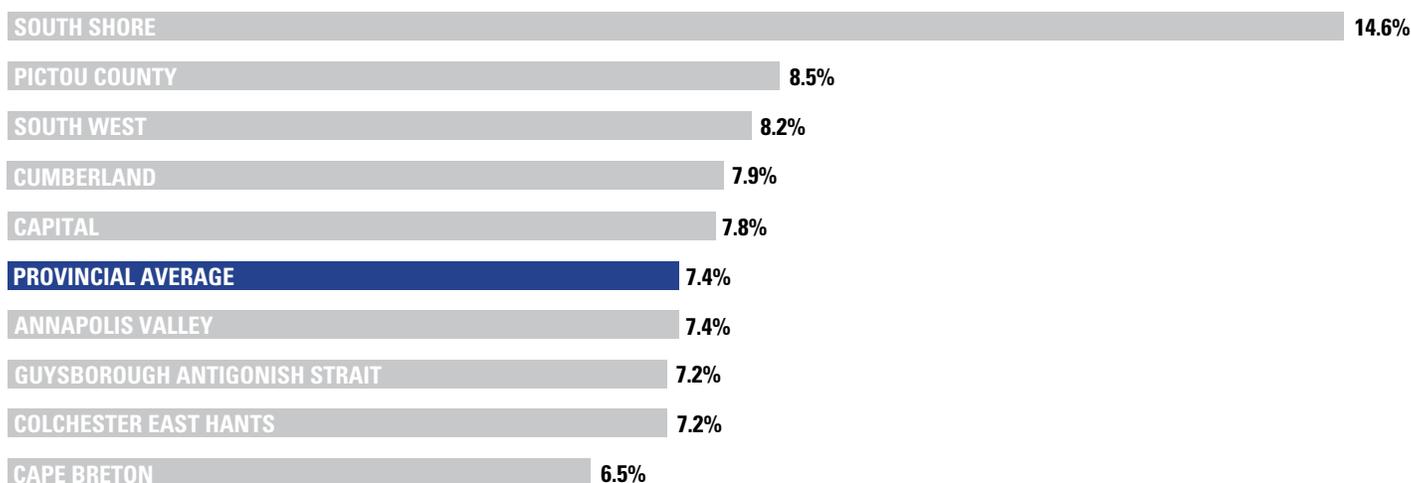
At the DHA level, in 2013, 6.1% of all children and youth 5 to 24 years in the South Shore DHA were prescribed a stimulant or amphetamine. This rate was 52.5% higher than the provincial average (4.0%) and more than twice the rate found in Cape Breton and Pictou County.

Stimulant/Amphetamine Prescription Rates South Shore Health vs. Provincial Average (Youth 5 to 19 years, 2013)



In 2013, the South Shore Health’s prescribing rates were consistently higher than the provincial averages across all age groups and genders (with one exception), and were most pronounced with respect to young boys 5 to 9 years. The South Shore’s higher than average prescription rates are not limited to 2013: its average annual rate for youth 5 to 24 years from 2004 to 2013 (4.6%) is 48.4% higher than the provincial average over the same time period (3.1%) and nearly twice the rates in South West, Cumberland, Cape Breton and Pictou County.

Stimulant/Amphetamine Prescription Rates by DHA (Boys 5 to 9 years, 2013)

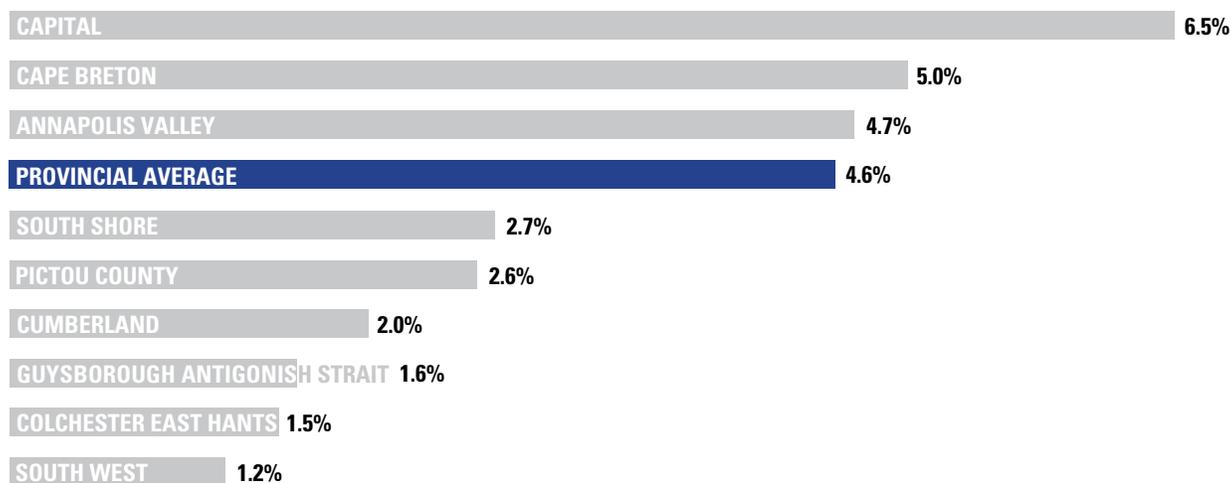


In 2013, 14.6% of all boys 5 to 9 years in the South Shore DHA were prescribed a stimulant or amphetamine. This rate was nearly twice the provincial average and quite inconsistent with rates seen elsewhere.

Opioids

Opioids are a family of drugs that have morphine-like effects. They are most often used to relieve pain or in the treatment of addiction to other opioids. Opioids can also produce euphoria, making them prone to abuse.

Opioid Prescription Rates by DHA (Youth 5 to 24 years, 2013)



In 2013, 10.6% (9,614) of all opioid prescriptions filled in Nova Scotia were given to children and youth between 5 and 24 years. This number is 6.6% lower than the average number prescribed annually between 2004 and 2013 (10,298) for this age group. At the DHA level, children and youth 5 to 24 years in the Capital Health District were the most likely to receive an opioid prescription (6.5%), followed by those in the Cape Breton District Health Authority (5.0%). These rates were 41.3% and 8.7% higher than the provincial average respectively.

SAFETY

WHY IT MATTERS:

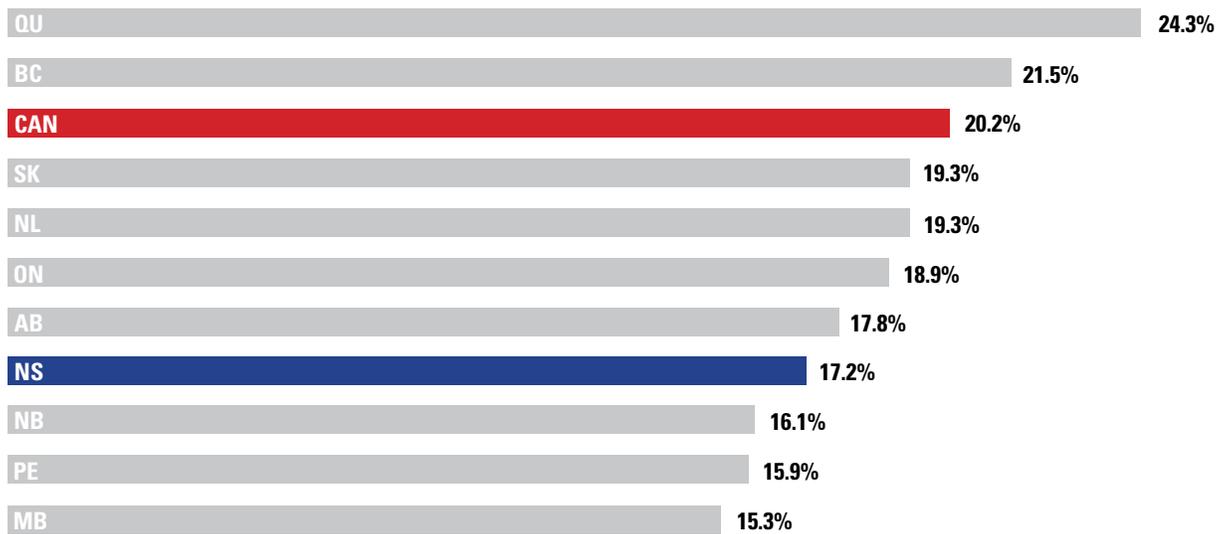
A sense of security contributes to our quality of life in Nova Scotia and our ability to enjoy life to its fullest. Personal safety affects how we socialize and participate in our communities.



NUMBER OF POLICE OFFICERS

In 2013, there were 1,895 police officers in Nova Scotia, up 17.8% from 2003 (1,608).

PROPORTION OF FEMALE POLICE OFFICERS BY PROVINCE (2013)

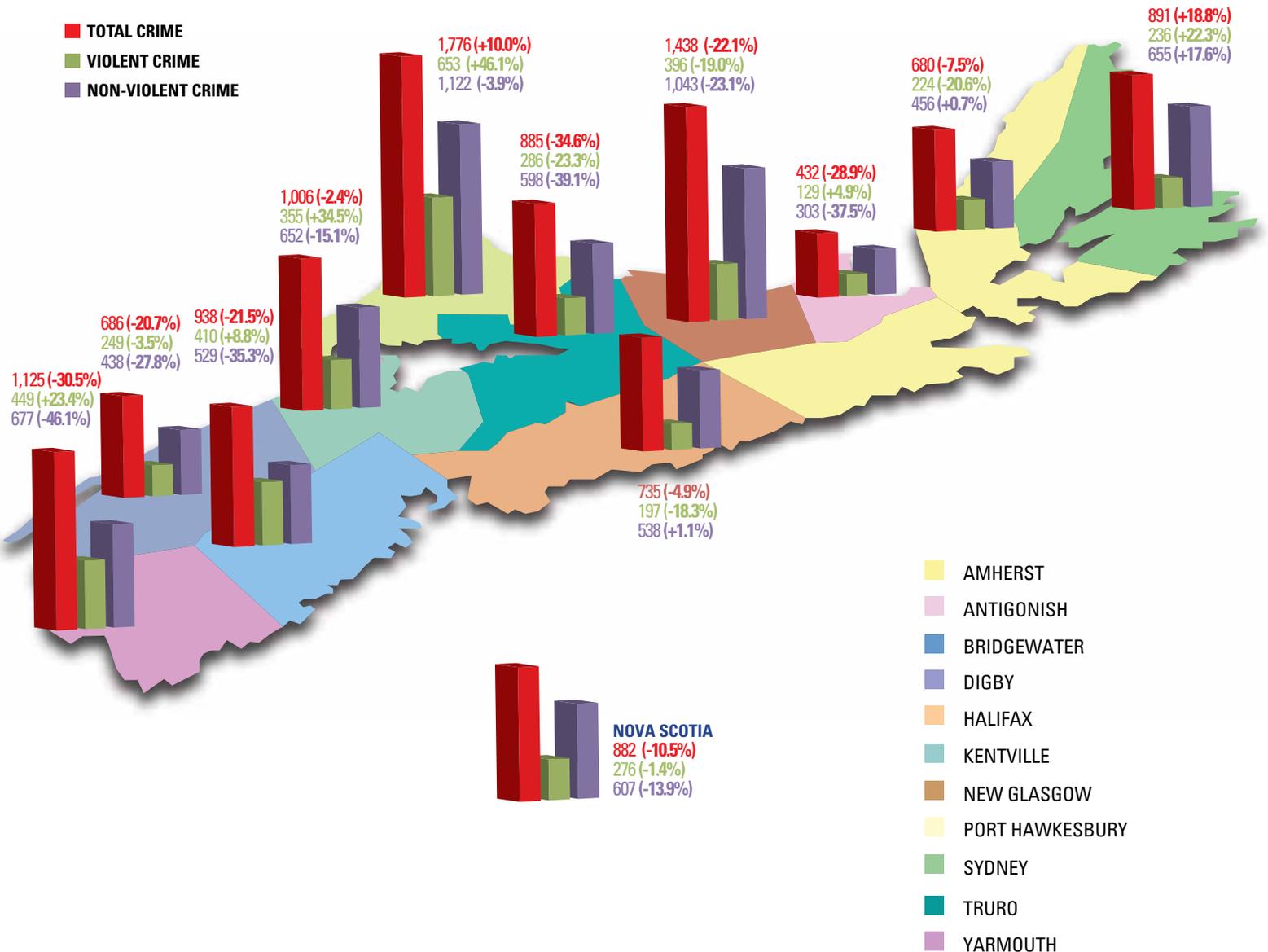


In 2013, 17.2% (325) of Nova Scotia's police officers were female, compared to 20.2% nationally.

YOUTH CRIME

All youth crime rates referenced in this section are reported on the basis of the number of youth accused which includes the number of youth charged with a Criminal Code offence and those diverted through extrajudicial measures. This reporting is consistent with the approach taken by Statistics Canada and Nova Scotia Community Counts.

YOUTH (12 TO 17 YEARS) CRIME RATE PER 10,000 YOUTH WITHIN NOVA SCOTIA (2012) AND CRIME TRENDS (2008 VS. 2012)



YOUTH (12 TO 17 YEARS) CRIME TRENDS IN NOVA SCOTIA

From 2008 to 2012, Truro had the greatest decline in total youth crime of all justice centres in the province (-34.6%), while Sydney had the greatest increase (+18.8%). Truro also had the greatest decline in youth violent crime (-23.3%), while Amherst had the greatest increase (+46.1%) and Yarmouth had the greatest decline in youth non-violent crime (-46.1%), while Sydney had the greatest increase (+7.6%).

HOW NOVA SCOTIA COMPARES NATIONALLY

YOUTH CRIME (12 TO 17 YEARS, 2013), RATES ARE PER 10,000 YOUTH			
	Nova Scotia	Canada	Nova Scotia's Rank*
Total Youth Crime Rate	648 (down 40.8% from a peak of 1,094 in 2006)	435	3 rd highest
Total Youth Crime Severity Index**	85.8 (down 38.7% from a peak of 140.0 in 2007)	65.0	3 rd highest
Youth Violent Crime Rate	201 (down 36.0% from a peak of 314 in 2006)	141	3 rd highest
Youth Violent Crime Severity Index**	81.1 (down 35.0% from a peak of 124.8 in 2008)	70.0	3 rd highest
Youth Sexual Assault Rate	117 (down 39.1% from a peak of 192 in 2006)	78	4 th highest
Youth Drug Violation Rate	80 (down 14.1% from a peak of 93 in 2011)	74	4 th highest
Youth Incarceration Rate	7.9 (down 53.5% from 17.0 in 2003)	7.3	4 th highest

* among Canadian provinces

** the Crime Severity Index reflects the relative seriousness of the offenses committed. The index was set at 100 for Canada in 2006.

YOUTH COURT "GUILTY" BY GENDER (2011-12)



In 2011-12, female youth 12 to 15 years made up a larger proportion of guilty cases in youth court (23.5%) than those involving female youth 16 to 17 years (16.8%).

CHILD AND YOUTH VICTIMS OF POLICE-REPORTED SEXUAL OFFENSES

In 2012, the rate of police-reported sexual offenses against children and youth 0-17 years in Nova Scotia was 24.1 offenses per 10,000 children and youth which was 17.6% higher than the national rate (20.5). Among all victims under 17 years in Nova Scotia, those 12 to 15 years were the most common (52.8 per 10,000 children and youth in Nova Scotia).

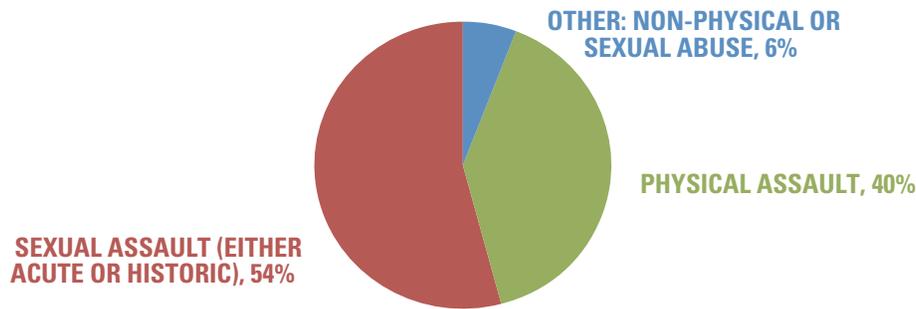
ANNUAL ADMISSIONS OF WOMEN AND CHILDREN TO TRANSITION HOMES AND OTHER SHELTERS

In 2012, 430 children resided in transition homes in Nova Scotia, down 57.2% from 1,004 in 1998. In the same year, 671 women resided in transition homes, down 74.6% from 1,102 in 1998.

CHILD AND YOUTH ABUSE

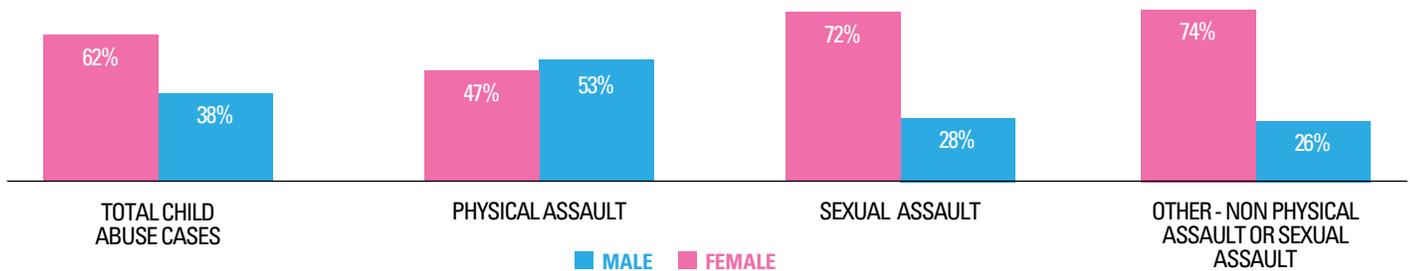
The Child and Youth Advocacy Centre (CYAC) Demonstration Program provides coordinated services for children and youth under 19 years who have experienced physical or sexual abuse that is under investigation by the Department of Community Services and/or law enforcement. The Program, launched in December 2012, is a small-scale first step toward the creation of the SeaStar CYAC. Not every case is referred to the CYAC Program, which means this data represents only a partial sample of certain types of abuse within Halifax and is not representative of all abuse investigations in Nova Scotia.

ABUSE CASES REFERRED TO THE CYAC PROGRAM BY TYPE (DECEMBER 2012 - AUGUST 2014)



From December 2012 to August 2014, 326 child and youth abuse cases in Halifax were referred to the CYAC Program. More than half (54%) of these cases involved sexual assault and 40% involved physical assault. The majority (92%) of cases referred for sexual assault were historical, while 8% of referrals involved acute sexual assaults which had taken place within the previous 72 hours.

DISTRIBUTION OF ABUSE VICTIMS REFERRED TO THE CYAC PROGRAM BY GENDER (DECEMBER 2012 - AUGUST 2014)

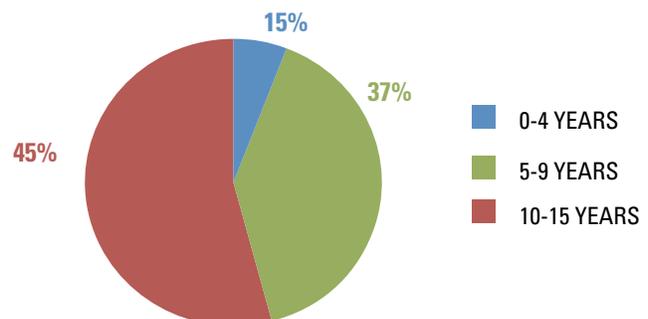


During the same time period, females represented about twice as many abuse case victims referred to the Program as males, with nearly three times as many referrals for sexual assault or other non physical or sexual assault involving female victims, while males and females were seen for physical assault on a nearly equal basis.

ABUSE VICTIMS BY AGE

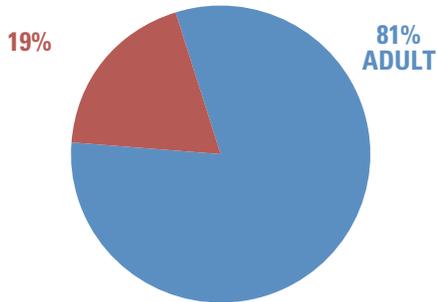
During the same time period, children and youth 10 to 15 years accounted for nearly half of all cases (45% or 147 cases) referred to the CYAC Program, while children 5 to 9 years were the second most commonly referred victims (37% or 119 cases).

DISTRIBUTION OF ABUSE VICTIMS REFERRED TO THE CYAC PROGRAM BY AGE (DECEMBER 2012 - AUGUST 2014)

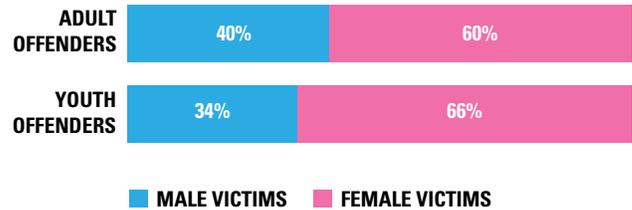


ACCUSED OFFENDERS BY AGE & GENDER OF VICTIM

DISTRIBUTION OF CASES REFERRED TO THE CYAC PROGRAM BY AGE OF ACCUSED OFFENDER (DECEMBER 2012 - AUGUST 2014)



DISTRIBUTION OF CASES REFERRED TO THE CYAC PROGRAM BY AGE OF ACCUSED OFFENDER AND GENDER OF VICTIM (DECEMBER 2012 - AUGUST 2014)

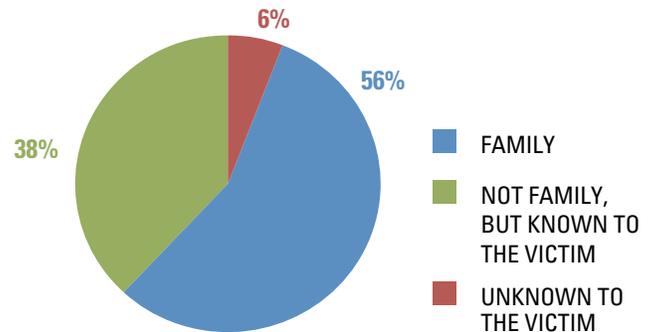


During the same time period, adults committed 81% of the abuse against children and youth, while youth under 19 years of age committed the remaining 19%. Female children and youth were more likely than male children and youth to be the victims of abuse regardless of the age of the alleged offender.

ACCUSED OFFENDERS BY RELATIONSHIP TO THE VICTIM

During the same time period, the vast majority of abuse cases referred to the CYAC Program were committed by someone that the child or youth knew. Only 6% of cases referred to the Program involved an accused offender that was not known to the child or youth.

DISTRIBUTION OF CASES REFERRED TO THE CYAC PROGRAM BY RELATIONSHIP OF ACCUSED OFFENDER TO VICTIM (DECEMBER 2012 - AUGUST 2014)



DID YOU KNOW...?

With respect to child welfare in Nova Scotia, in 2012-13 there were:

- 534 children taken into care
- 1,315 children in care
- 170 new children brought into permanent care
- 876 children in permanent care
- 122 adoptions
- 700 foster families
- 22 residential facilities
- 9,935 child protection referrals made to Community Services of Nova Scotia
- 6,601 child protection investigations
- 1,249 child protection cases opened

SAFETY ON THE ROADS

MAJOR TRAUMA

Excludes discharges from the Emergency Department, or admissions to hospital with injuries which do not meet the “major” trauma thresholds.

AGE AND GENDER DISTRIBUTION

In 2012-13, there were 229 Major Trauma cases involving those under 24 years in Nova Scotia, up 32.4% from 173 cases in 2008-09 and the highest level recorded in the past five years. Over three-quarters of these patients were 15 to 24 years old and male.

TOP 3 CAUSES OF INJURY (2012-2013)

1. Motor Vehicle Accidents (54.7%)
2. Falls (17.9%)
3. Assault & Maltreatment (14.2%)

MOTOR VEHICLE INCIDENTS ON STREETS/HIGHWAYS (EXCLUDING PEDESTRIANS AND PEDAL CYCLISTS)

In 2012-13, 89 children and youth under 24 years had traumas caused by motor vehicles on streets or highways in Nova Scotia, down 4.3% from 93 incidents in 2008-09. Within this group, more than half (52.8%) were youth 20 to 24 years, while 39.3% were youth 15 to 19 years. About three quarters (73.0%) were males.



BULLYING IN NOVA SCOTIA (2011)

In 2011, 58% of students in Nova Scotia had experienced bullying, while 28% admitted that they had bullied other students.

Of the students who were bullied, 83% experienced verbal bullying, 71% social bullying, 51% physical bullying and 39% cyber bullying.

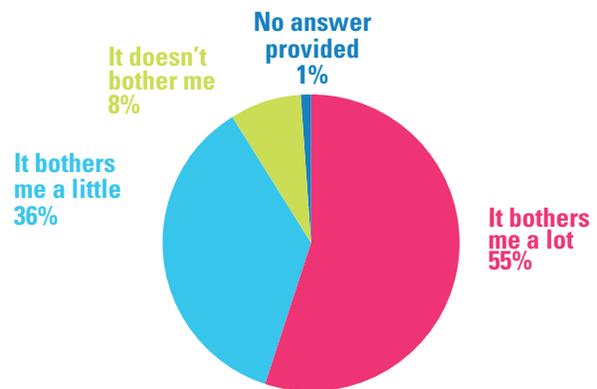
In the same year, more than half (52%) of all students in Nova Scotia were verbally bullied at least monthly, while slightly less than half (43%) were bullied socially at least monthly. Perhaps surprisingly, more students reported being bullied physically (51%) than being cyber bullied (39%).



Student Level of Concern when Witnessing Bullying (2011)

WITNESS TO OTHERS BEING BULLIED

In 2011, more than three-quarters (78%) of students had witnessed other children being bullied and more than half (55%) of these witnesses were bothered a lot by these experiences.



TOP 5 REASONS FOR STUDENTS NOT RESPONDING TO BULLYING

1. I didn't want to get involved.
2. I didn't know what to do.
3. I was scared.
4. I didn't want to be seen as a "tattletale" or a "rat."
5. I didn't think that anybody would do anything about it.

TOP 5 REASONS FOR BEING BULLIED

1. The way you look.
2. Who you hang out with.
3. Others think you are weird or different.
4. Make good grades or poor grades.
5. People think you have lots of boyfriends/girlfriends.

MOST COMMON STUDENT REACTIONS TO BEING BULLIED

1. Felt depressed or sad.
2. Felt nervous or anxious all the time.
3. Found it hard to pay attention to things.
4. Felt scared or not safe.
5. Fought or argued more with family.

MOST COMMON RESPONSE BY PARENTS TO BULLYING

- 1.** Discussed the incident with their child.
- 2.** Reported the incident.
- 3.** Talked to the parents of the child who did the bullying.
- 4.** Did not do anything.

ABOUT PARENTS AND GUARDIANS:

- 66% indicated that their child had been bullied
- 63% reported bullying incidents
- 22% were aware their child had bullied another person

MOST COMMON RESPONSE BY SCHOOL STAFF TO ROLE OF SCHOOL IN REDUCING BULLYING

- 1.** Education for students on respect and kindness for others.
- 2.** Enforce punishments/zero tolerance policies.
- 3.** Do not ignore incidents of bullying/take complaints seriously.

ABOUT SCHOOL STAFF:

- 82% had dealt with bullying incidents in their school
- 54% had professional training with respect to bullying
- 48% had dealt with cyber bullying
- 45% felt they have insufficient tools and resources to deal with bullying
- 12% felt they had access to tools and resources to deal with cyber bullying

In 2011 70.9% of stakeholders surveyed felt that bullying was a bigger problem in other parts of Nova Scotia than in their own communities and that more needed to be done to address bullying.

DID YOU KNOW...?

Rumours, gossip, threats, insults, cruelty, violence...things that you shouldn't have to deal with. It can be difficult, but remember you're not alone. There are places to turn to get the help you need. Reach out to people you can trust. A family member, relative, friend or teacher.

Kids Help Phone 1 800 668 6868

antibullying.novascotia.ca

The Jack Project www.thejackproject.org/resources Tip sheets on suicide preventions, bullying, and mental health for teens and families.

ENVIRONMENT

WHY IT MATTERS:

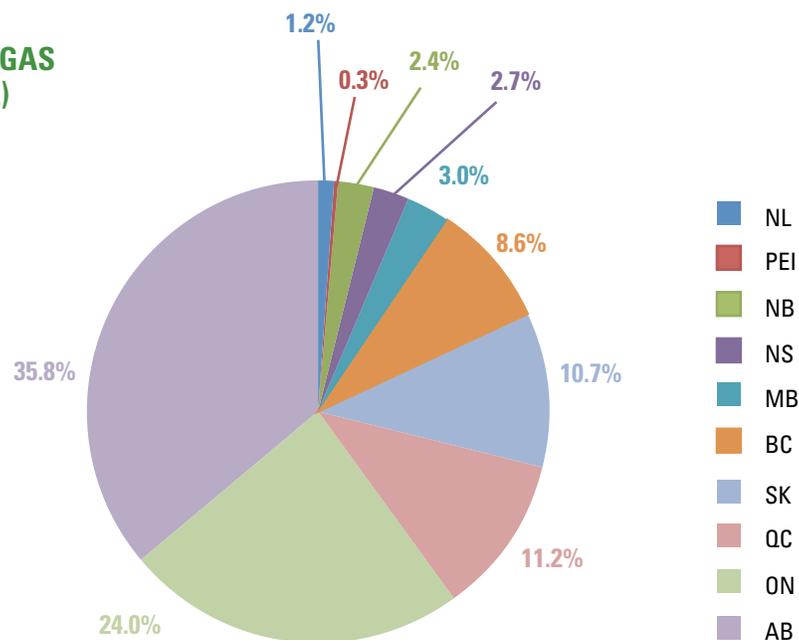
Clean air and water, uncontaminated soil, and green spaces are essential to healthy living. Preserving and protecting our local environment creates a strong foundation for our children's future.

AIR QUALITY

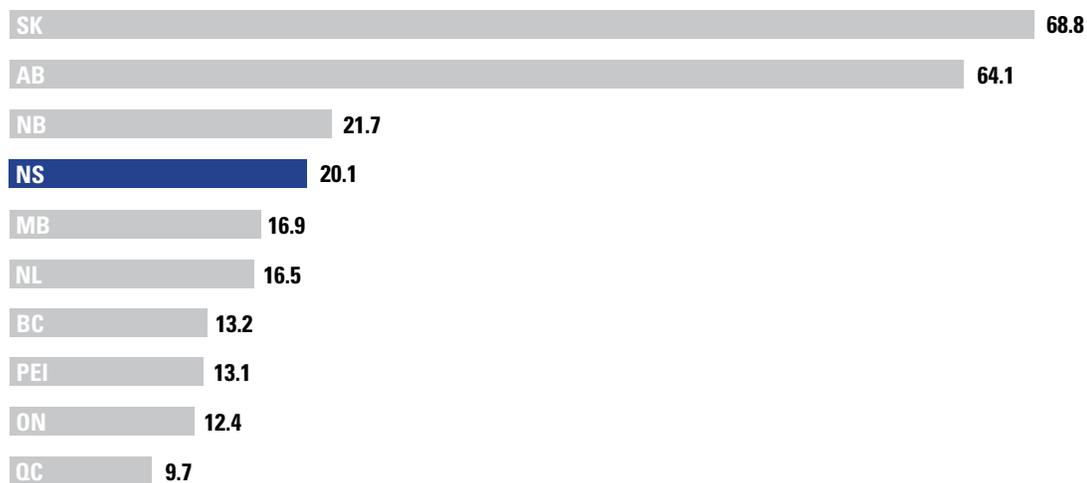
GREENHOUSE GAS EMISSIONS

In 2012, Nova Scotia emitted 19.0 megatons of greenhouse gases which accounted for 2.7% of all greenhouse gases emitted in Canada. From 2005 to 2012, Nova Scotia decreased its greenhouse gas emissions 17.7% (4.1 megatons) - the third highest decline in Canada.

PROPORTION OF GREENHOUSE GAS EMISSIONS BY PROVINCE (2012)



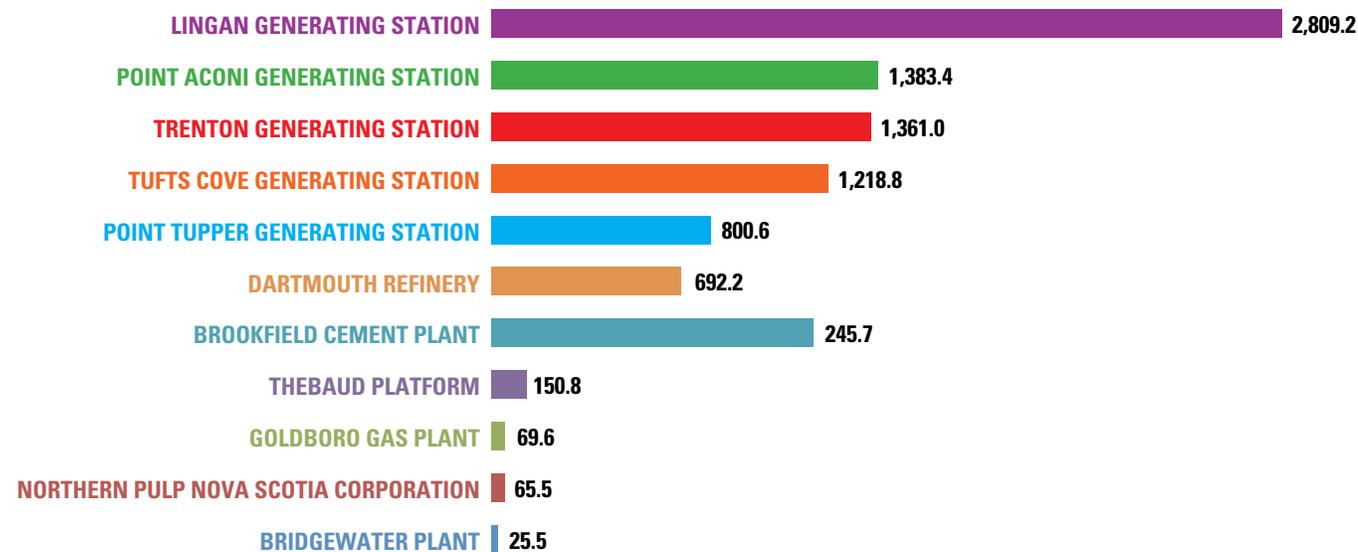
TONS OF GREENHOUSE GAS EMISSIONS PER CAPITA (2012)



In 2012, Nova Scotia emitted 20.1 tons of greenhouse gas emissions per capita, the fourth highest among Canadian provinces.

GREENHOUSE GAS EMISSIONS BY FACILITY

GHG EMISSION BY FACILITY (KILOTON CO₂ EQUIVALENT)



In 2012, the Lingan Generating Station in Cape Breton emitted the most greenhouse gases in Nova Scotia, producing 2,809.2 kilotons of CO₂ equivalents. The amount of greenhouse gases emitted by the Lingan plant was more than the emissions of the second (Point Aconi Generating Station) and third (Trenton Generating Station) facilities combined.

WATER USE AND QUALITY

RESIDENTIAL WATER USE PER CAPITA

In 2009, Nova Scotia had a daily residential water use per capita of 292 litres, 18 litres higher than the national average (274). From 2001 to 2009, Nova Scotia's rate dropped by more than half (56.2%).

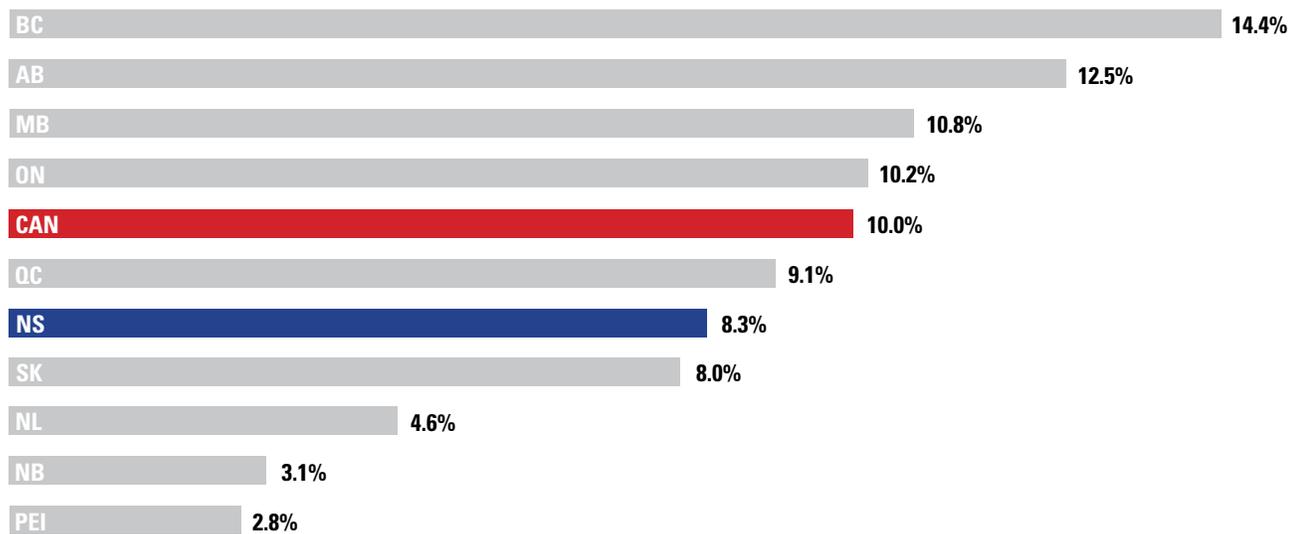
LEAD RELEASE INTO WATER BY PROVINCE

In 2012, Nova Scotia released 0.04 tons of lead into its water, accounting for 0.3% of the total release in Canada. Quebec was the highest at 4.9 tons of lead release (35.0% of national total).

FRESH WATER QUALITY

In Nova Scotia, there are 25 fresh water quality monitoring sites. From 2009 to 2011, there were only three sites that had a fresh water rating of marginal, while the rest received a rating of fair or above.

PROPORTION OF PROTECTED LAND BY PROVINCE (2012)



In 2012, 8.3% of Nova Scotia's land mass and waters were protected by the province which placed it in the middle among Canadian provinces and below the national average (10.0%).



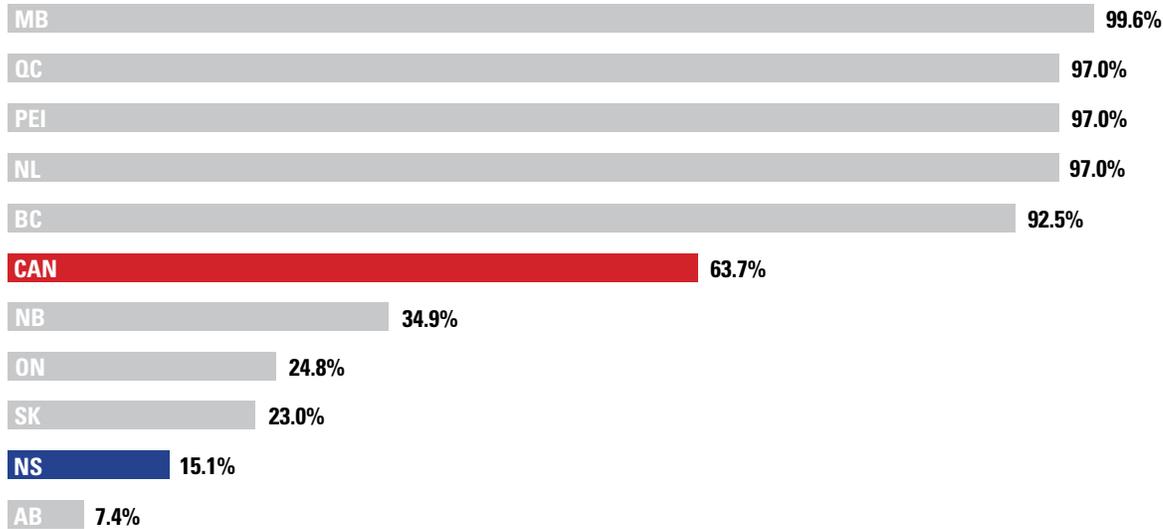
WASTE DISPOSAL

In 2010, Nova Scotia produced 389 kilograms of waste per capita – the lowest in the country. Most (60.3%) of this waste came from non-residential sources. From 2008 to 2010, residential waste in Nova Scotia declined 1.7%.

RENEWABLE ENERGY

In 2009, the provincial government passed a law requiring 25% of Nova Scotia's energy to come from renewable sources by 2015 and 40% by 2020.

PROPORTION OF ELECTRICITY GENERATED BY RENEWABLE SOURCES (2012)



In 2012, 15.1% of Nova Scotia's electrical generation came from a renewable source (wind, solar, tide and hydro), the second lowest among Canadian provinces (only Alberta was lower at 7.4%). From 2005 to 2012, the amount of electricity generated by renewable sources in Nova Scotia increased 41.1%.



DID YOU KNOW...?

In 2010, Nova Scotia had the lowest waste per capita in the country.



ENABLING EFFECTIVE PHILANTHROPY

The Community Foundation of Nova Scotia is proud to have published eight reports in its Nova Scotia's Vital Signs® series: Wolfville '09, Lunenburg County '10, Nova Scotia '11, Halifax '12, Wolfville, Lunenburg County and Cape Breton Regional Municipality '13 and now Nova Scotia's Children & Youth in 2014. While the Community Foundation of Nova Scotia itself is still a young initiative, the community foundation movement across Canada has been strengthening communities for more than 90 years. In less than seven years, the Community Foundation of Nova Scotia has helped to create over 50 endowment funds, distributed nearly \$600,000 as grants and impacted over 175 charities throughout Nova Scotia.

The Community Foundation of Nova Scotia is a public charitable foundation established by Nova Scotians for Nova Scotians. We connect donors with the community issues they care about most and create lasting impacts.

Our three core activities are...

1. Growing Philanthropy - We help others to establish and grow endowments that will make a long-term difference in Nova Scotia;
2. Building Knowledge – We provide the public with objective information about community strengths and opportunities through our Vital Signs® reports;
3. Strengthening Community – We support charities and community organizations throughout Nova Scotia and Canada.

So what's so special about a Community Foundation? At the Community Foundation of Nova Scotia we do philanthropy differently. We've tossed out the old idea of "who" creates a Foundation and created a space where people of all financial means can build their own Fund and begin to make their own impact in their own way.

We've also created a space where donors, charities and other community stakeholders can learn more about what's happening in their own backyard through the publication of Vital Signs® reports. All of these efforts are aimed at inspiring civic engagement – or in other words – encouraging you, your co-workers, family, friends and neighbours to get together to try to figure out how we can pool our resources to bring a new perspective to some age-old issues and ultimately build more resilient communities throughout Nova Scotia.

How will you make a positive impact in your community?

Take a look at some of our endowments...

2012



Aerobics First Vital People Fund

Created to recognize and celebrate outstanding individuals in Nova Scotia who have committed themselves to enhancing the vitality and health of others through sport, fitness, physical activity and lifestyle change.

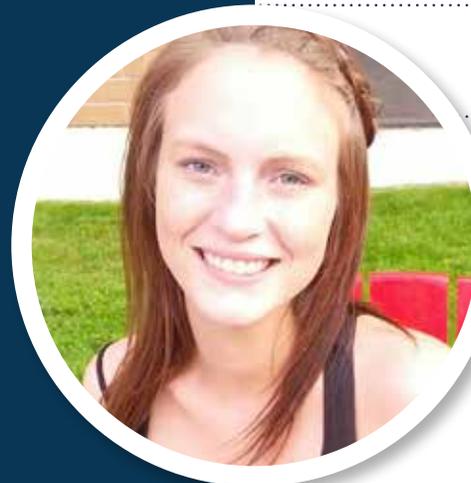
2013



The Helen Creighton Folklore Society Fund

Established to honour the work of local folklorist Helen Creighton (1899-1989) who collected and published traditional music, stories and lore of Maritime Canada and to encourage and promote work that reflects the diverse folk culture of the Maritimes.

2014



The Loretta Saunders Community Scholarship Fund

Established to support indigenous women in their chosen field of study and created in memory of Loretta Saunders, an Inuk woman who was brutally murdered just months away from completing an honours degree in Criminology.

For more visit www.cfns.ca

CONTRIBUTORS

The Community Foundation of Nova Scotia is grateful to all of those who helped to make this report possible.

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Bell Aliant



Let's Talk

Vital Signs® is a community check-up conducted by community foundations across Canada that measures the vitality of our communities, identifies significant trends, and supports action on issues that are critical to our quality of life. Special thanks to the Toronto Foundation for developing and sharing the Vital Signs® concept and Community Foundations of Canada for supporting a coordinated national Vital Signs® initiative. For more information visit: www.vitalsignscanada.ca.



COMMUNITY FOUNDATION
OF NOVA SCOTIA



COMMUNITY
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all for community.

