

# Regina Vital Signs

*Welcome to the First Edition of Regina Vital Signs*

## Message from the Board President and Executive Director

**T**he South Saskatchewan Community Foundation is pleased to present to the Regina community its first Vital Signs report. Regina Vital Signs is an annual community check-up report prepared by the South Saskatchewan Community Foundation that provides a snapshot of the quality of life in our city, through an in-depth look at statistics and facts gathered from national and local resources. Vital Signs is a national initiative organized each year by Community Foundations of Canada.

Regina Vital Signs identifies trends and reports statistical data of interest on twelve key issue areas critical to quality of life in our city including: Gap Between Rich and Poor, Safety and Security, Health, Learning, Housing, Getting Started, Arts and Culture, Environment, Work, Belonging and Leadership, Getting Around and the Economy.

Vital Signs gives us a snapshot of where we are today as a community, and can help identify where we want to go together. The Community Foundation believes through collaboration we enable a feeling of connectivity and idea sharing that can lead to new opportunities to ensure our community is a great one!



**Jim Tomkins, President,  
Board of Directors**



**Susanne Hamilton  
Executive Director**

## How can the report be used?

### ➔ Start Conversations

Use the data to generate discussion, inform policy change, focus community leadership activities and encourage philanthropy.

### ➔ Pass It On

Share the report with your friends, colleagues, employees, employers, students, neighbors, library or community centre, or an elected official at any level.

### ➔ Contact Us

We know the issues and the organizations in our community working to improve them. Contact the Foundation to see how you can get involved.

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**REGINA'S**  
**VitalSigns**®  
taking the pulse of our community...

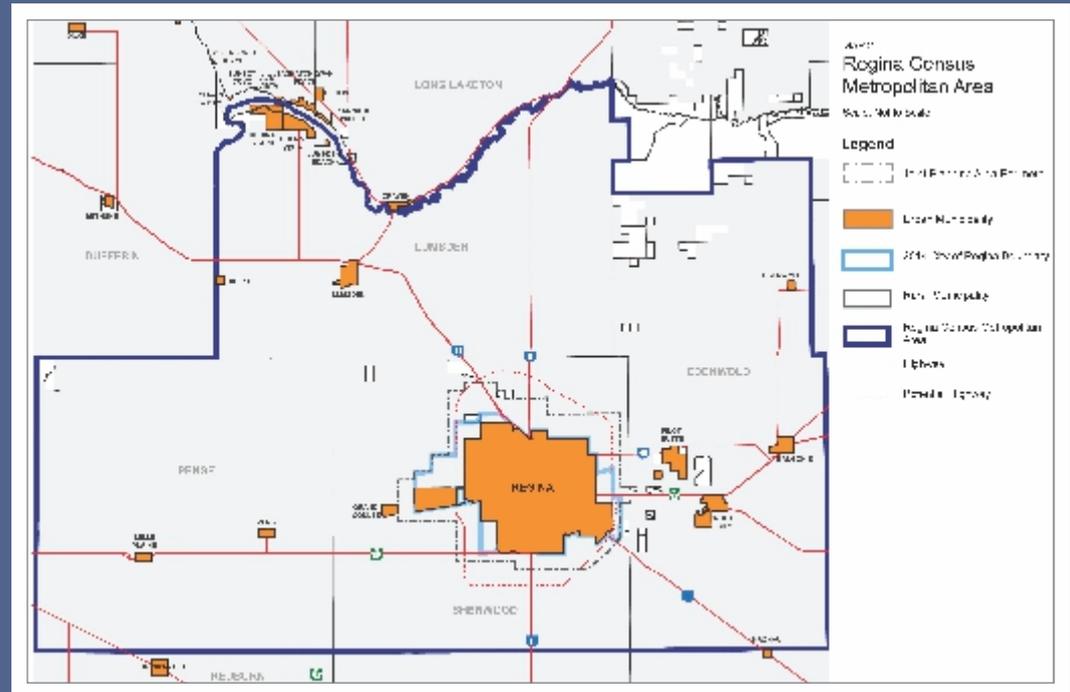


# Introduction

Vital Signs is a Canada-wide project which aims to raise public awareness, initiate community discussions, and support pre-existing developments in community life. Vital Signs achieves this by providing statistical assessments and presentations of key issue areas that affect quality of life for Canadians. In doing so, the project assists local organizations and community members in their search to understand what comes next for Canadian cities and regions.

This year, more than 30 community foundations are involved in the Vital Signs program – either producing a report or acting on the findings of previous reports. Community foundations are well-suited for this kind of work because of the broad role we play in our communities. We work with a wide range of community groups – not just one charity or sector. This gives us a comprehensive view of local issues and the ability to make connections between various needs and issues.

In addition to local reports, a national report is created each year by linking data, stories, and expert insight from communities across the country. These reports provide the opportunity to engage Canadians in a deeper discussion about national trends and to explore issues that are key to our shared success in the future.



## How to use this report

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Use that data to generate discussion, inform policy change, focus community leadership activities and encourage philanthropy.

### Pass It On

Share the report with your friends, colleagues, employees, employers, students, neighbours, library or community centre, or an elected official at any level.

### Contact Us

We know the issues and organizations in our community working to improve it. Contact the Foundation to see how you can get involved.

### Find Out More

Regina Vital Signs is an annual community check-up prepared by the South Saskatchewan Community Foundation that evaluates the quality of life in our community. The report provides information that measures the health of our city, identifies trends and brings forth interesting information in a number of key areas that are critical to Regina's vitality. The 2014 report consists of twelve issue areas including: Gap Between Rich and Poor, Safety and Security, Health, Learning, Housing, Getting Started, Arts and Culture, Environment, Work, Belonging and Leadership, Getting Around and the Economy.

## Methodology

### Vital Signs Community Advisory Committee

A volunteer panel of representatives from organizations in Regina provided advisory and guidance for the production of this report. The South Saskatchewan Community Foundation's Vital Signs Community Advisory Committee was formed in August of 2014, to help ensure Vital Signs represents the perspectives, trends, and priorities that are unique and relevant to the Regina community.

### Data

The data used for this edition of Vital Signs was collected from national, provincial, and local sources. The Centre for Management Development at the University of Regina worked with the South Saskatchewan Community Foundation to provide research assistance for the process of collecting and analyzing data. Community Foundations of Canada assisted in the production of this report by providing data from a variety of national sources. Where local data was unavailable, the most current national data was used. The primary source for national data was the Statistics Canada National Household Survey, last completed in 2011. Due to the voluntary nature of the Statistics Canada National Household Survey, a disclaimer warns of 'non-responsive error' – low response rates and resulting unreliable information in many areas means data was not reported for approximately 25 per cent of Statistics Canada's 4,567 census subdivisions, or municipalities.

### Geographical Area

The focus of this report is the City of Regina and neighbouring municipalities. The estimated population for the City of Regina is 212,000. In many cases, the indicators are based on data including the Census Metropolitan Areas of Regina which has an estimated population of 232,000. The Regina CMA is made up of 17 census subdivisions, including Regina Beach, Lumsden, Balgonie, Pilot Butte and White City (see map).

### Our Community

Regina has been undergoing rapid growth and expansion in recent years. A stable and energized provincial and local economy has had many positive outcomes for those living in Regina. The city has seen a significant increase in people moving and immigrating to Regina as a result. Our city has also grown in geographical size due to a booming residential and non-residential construction industry. With both economic and population expansion, there also come new challenges for our community to address, and existing community issues and problems can also become more challenging, such as access to affordable housing, as an example. Vital Signs is a mechanism that helps local decision makers, and the general public prioritize and address issues of community life, while simultaneously identifying current areas of success within our region.

# Gap Between Rich and Poor

The availability of secure work, meaningful employment, and the ability to earn a living wage are important aspects of a successful community life. Some members of our community may find more opportunities in these areas than others, resulting in a feeling of separation between individuals who share a community. Due to the possibility of this trend, moving forward together is an essential process in achieving a sense of communal health and wellbeing.



## Overall Poverty Rate

In the year 2012, the overall poverty rate in Regina after tax was 13.5%. This statistic is based on Low Income Measure, which is an indicator of relative poverty. Provincially, this is a moderate success for Regina, as we were 25.2% below the provincial rate for 2012 in this area. Similarly, the overall poverty rate in Regina decreased by 0.5% from 2011 to 2012.

Source: Statistics Canada, 2012

## A Breakdown of Annual Poverty Rates in Regina

(based on LIM, after tax)

- The rate of child poverty shows a minor increase, as it grew by 0.4% over the years 2011 to 2012. For 2012, the rate was equal to the national average of 19.1%.
- The senior (65+) poverty rate for Regina in 2012 was substantially lower than the national and provincial rates for 2012. The average for 2012 (3.0%) rests 48.5% below the national average, and 22.5% below the provincial average.
- In 2012, the poverty rate of single-parent families was 31%.

Source: Statistics Canada, 2012

## The Income of Single-Parent Families

In both 2011 and 2012, single-parent families in Regina had a median gross income of \$43,620. This represents a 71.7% increase from Regina's median gross income in 2000 of \$25,400. Regina's median gross income in this category was 23.8% above the provincial average in 2012.

Source: Statistics Canada, 2012

## Economic Families in Income Brackets

4.4% of economic families in Regina had an annual income of less than \$20,000 in 2010. In comparison, 44.3% of families had annual incomes of over \$100,000 in 2010 in Regina.

Source: 2011 National Household Survey

## Use of Food Banks

In 2013, the Regina and District Food Bank distributed approximately 100 tons of food each month adding up to a total of 2,926,393 pounds that year. The Food Bank received 39,676 orders over the course of the year, serving 108,861 individuals within our community.

Source: Regina & District Food Bank

## Food Bank Requests 2013

### Number of Adults

Males	28,088
Females	33,089
Total Adults	61,177

### Number of Children

0-5 Yrs	18,501
6-12 Yrs	19,012
Teens	10,171
Total Children	47,684

Source: Regina & District Food Bank

## DID YOU KNOW?

Poverty is a multi-dimensional social problem that often includes issues concerning income, cost-of-living, health and social cohesion. Poverty affects a diverse group of persons in our communities and no one is immune to its consequences.

## DID YOU KNOW?

In 2013 The Regina and District Food Bank relied on over 3000 volunteers and 113,990 people were provided assistance.



# Safety and Security

Safety within one's community is a valuable feeling. Our sense of security can be influenced by a variety of factors, such as knowing and understanding different crime rates within one's neighbourhood, and feeling as though we can depend on others in our community to provide a helping hand in the event of an emergency. Building on these aspects of community life creates a strong sense of connectivity, safety, and security that is central to creating a supportive network of community members.



Photo credit: Troy Fleece / Leader-Post. Used with permission.

## Criminal Code Violations

- In Regina 1,188 per 100,000 individuals committed violent criminal code violations in 2013. This is a moderate success for Regina, as this number has decreased by 13.4% since 2012, and also 42% since 1998. Our city was 8.8% above the national average, but 39.7% below the provincial average in 2013 for this area.
- In 2013, the property crime rate in Regina was 4,715 per 100,000 persons. Regina is 49.9% above the national average of 3,146 per 100,000 persons for 2013.
- At 600 per 100,000 persons in 2013, the traffic violations crime rate in Regina was 54.6% above the national average, and 37% above the provincial average. Although this may look like an issue area for Regina, this rate has decreased by 14.8% since 2012.

Source: Statistics Canada, 2013

## Police Officers per 100,000

Regina had an average of 185 police officers per 100,000 persons in 2013. In comparison, the national average of police officers was 195 per 100,000 for Canada in 2013. This local average has gone down by 2.6% from 190 officers in 2012.

Source: Statistics Canada, 2013

## Vehicle Theft

Regina had an average of 378 thefts per 100,000 persons in 2013. The vehicle theft rate has reduced substantially since 1998, at which time the average theft rate was 1,615 per 100,000 persons. The number of vehicle thefts in Regina was, however, 82.3% above the provincial average in 2013.

Source: Statistics Canada, 2013

## Reported Hate Crimes

In Regina in 2012, there was an average of 2.2 police reported hate crimes per 100,000 persons. Nationally, in 2012, the

average was 4.1 per 100,000 persons, and provincially, the average was 1.8 per 100,000 persons.

Source: Statistics Canada, 2012

## Sexual Assault Rate

In 2013, there was an average of 61.9 sexual assaults per 100,000 persons in Regina. This is relatively equal to the average of the preceding year, at which time there was an average of 61.5 sexual assaults per every 100,000 persons.

Source: Statistics Canada, 2013. CANSIM (Canadian Socio-Economic Information Management System)

## Overall Crime Rate

At 9,279 per 100,000 persons in 2013, the overall crime rate in Regina was 55% above the national average. However, this rate decreased by 8.7% between 2012 and 2013. Provincially, Regina was 25.6% below the average for Saskatchewan.

Source: Statistics Canada, 2013. CANSIM (Canadian Socio-Economic Information Management System)

## Available Women and Youth Shelter Beds

In Regina in 2012, there were 3 shelters for women with 87 available beds. For Saskatchewan, there were a total of 9 women's shelters with 249 beds, and 4 youth shelters with 13 beds. The number of shelters with available beds has increased since 2010 when there were only 2 women's shelters with 74 available beds.

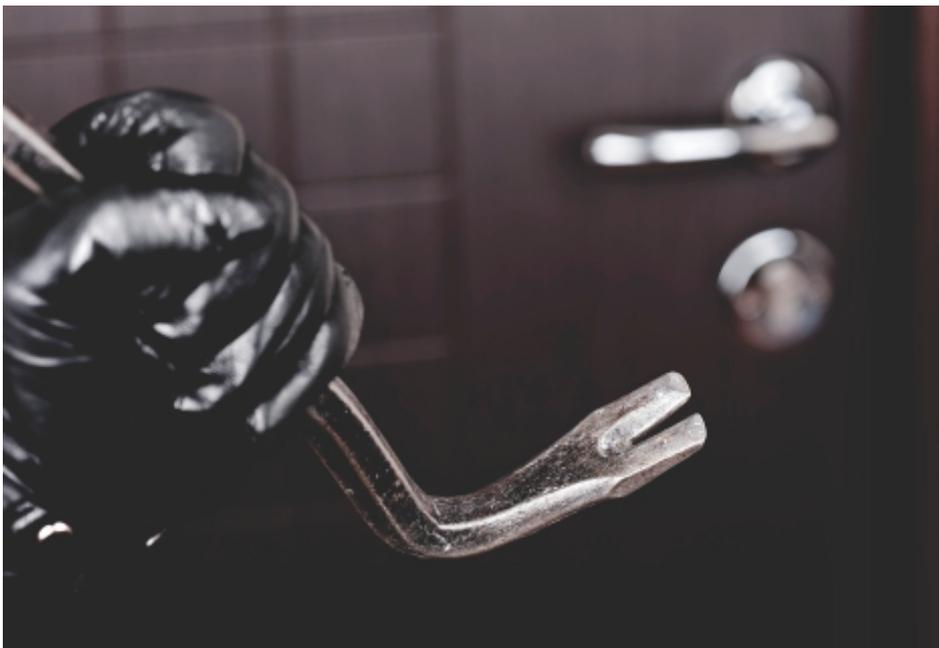
Source: Homeless Individuals and Families Information System. Shelter Capacity Report. 2009, 2010, 2011, 2012.

## DID YOU KNOW?

Regina Transition House is an emergency shelter for women and their dependent children operated by Regina Transition Women's Society

- Of those who use their service, 91% are victims of domestic violence
- 80% of the women who used their services in 2013 reported being of Aboriginal (First Nations, Metis or Inuit) ancestry
- 60% of all children entering the shelter had witnessed the abuse of their mother
- 82% of all children were under 10 years of age when they entered the shelter
- 34% were unsure about future plans for a relationship with their abuser

Source: Regina Transition House Annual Report 2014



# Health

A person's general health is often associated with physical symptoms and the way our bodies function. In reality, the focus of health and wellbeing is much broader than what this association allows for. Health can be something that is related to our physical bodies, but we also have a responsibility to look after our mental health as well. Physical and mental health are aspects of human life that play a critical role in our overall wellbeing. Health can affect individuals in different ways due to health differences related to gender, race, income, education and early childhood development. Because of the different ways that health can affect us, it is a large influence on our community that is important to track and understand.



## Low Birth Weight

The proportion of newborn babies who were of low birth weight in the Regina Qu'Appelle Health Region was 5.9 % in 2012-2013. This rate only went down by 0.1% since 2001-2002, so this has been a steady rate for Regina over the past several years.

*Source: Canadian Institute for Health Information, 2013*

## Physicians (Regina Qu'Appelle Health Region)

- In 2012, there were 197 physicians per 100,000 persons. This has increased by 4.8% since 2002, when there were 188 physicians per 100,000 persons.
- In 2011-2012, there were a total of 100 family physicians per 100,000 persons. This shows an increase of 5 family physicians per 100,000 persons since 2010.
- There were a total of 94 specialist physicians per 100,000 persons in 2012. In the preceding year, there were a total of 96 specialists per 100,000 persons. This number has increased slightly since 2010, at which time there were 86 specialists per 100,000 persons.
- 21.2% of the population over the age of 12 did not have a regular medical doctor in 2013.

*Source: Canadian Institute for Health Information, Health Indicator Reports, 2011*  
*Source: The Supply, Distribution, and Migration of Canadian Physicians, 2012*  
*Source: Statistics Canada. Canadian Community Health Survey, 2013*

## Obesity

The Regina Qu'Appelle Health Region was 42.6% above the national average for obesity rates for individuals over 18. The region rests at a 26.8% obesity rate for 2013, which has increased by 8.9% since 2012.

In Saskatchewan in 2012, 22% of individuals ages 12-17 reported that they considered themselves to be either overweight or obese.

*Source: Statistics Canada. Canadian Community Health Survey, 2013*

## Smoking

In 2013, 22% of individuals over the age of 12 within the Regina Qu'Appelle Health Region identified as current smokers. The region is only 2.2% below the provincial average for self-identified smokers.

*Source: Statistics Canada. Canadian Community Health Survey, 2013*

## How Do We Spend Our Leisure Time?

55.4% of the population reported being physically active or moderately active during their leisure time in 2013. This statistic, for the Regina Qu'Appelle Health Region, is 1.7% above the overall average for Saskatchewan in 2013.

*Source: Statistics Canada. Canadian Community Health Survey, 2013*

## Mental Health

In 2013, 73.2% of respondents above the age of 12 in the Regina Qu'Appelle Health Region rated their mental health status as "excellent" or "very good". Regina and its

surrounding region were above both the national average (by 3%), and the provincial average (by 3.8%) in 2013.

In the same year, 71.5% of respondents aged 12-19 rated their mental health status as "excellent" or "very good". This represented a 6.3% decrease from the average in 2003.

*Source: Statistics Canada. Canadian Community Health Survey, 2013*

## Work Absence

In Regina, full-time workers were absent from work an average of 10.1 days per year in 2013, excluding days that were spent on maternity leave. The average number of days absent in 2013, for comparison, was 10.3 days provincially and 9.1 days nationally.

*Source: Statistics Canada. Labour Force Survey, 2013*

## Stress

In 2013, 19% of the population aged 15 and above in the Regina Qu'Appelle Health Region reported experiencing a significant amount of stress on most days. A decrease of 5% in the area of self-reported stress levels has occurred since 2003.

*Source: Statistics Canada. Canadian Community Health Survey, 2013*

## Drinking

20.2% of the population (over the age of 12) in the Regina Qu'Appelle Health Region consumed 5 or more drinks on one occasion per month in 2013. This number reflects an increase of 2.4% from the 2012 report of 17.8%.

*Source: Statistics Canada. Canadian Community Health Survey, 2013*

## Diabetes

7.7% of the population in the Regina Qu'Appelle Health Region in 2013 had diabetes. This is a slight increase for the region from the previous year (2012), in which 6.4% of the population had diabetes. This number is 1.1% above the national average, and 1% above the provincial average.

\*Statistics Canada does not break this statistic on Diabetes down by age or type.

*Source: Statistics Canada. Canadian Community Health Survey, 2013*

## Healthy and Secure Food Sources

- 63% of seniors (65+) reported not eating fruits or vegetables at least 5 times per day throughout 2013.
- 65.7% of individuals above the age of 12 reported not eating fruits or vegetables at least 5 times per day throughout 2013.
- In 2011, 8.5% of households were considered to be either moderately or severely food insecure.

\*Households were considered to be food insecure if the person responding on behalf of the household acknowledged any of three circumstances stemming from a lack of money: someone had worried about not having enough to eat; someone had not eaten the quality or variety of food desired; or someone had not had enough to eat.

*Source: Statistics Canada. Canadian Community Health Survey, 2013*

# Learning

Learning is a feature of community life that represents important values from which to build on. The area itself includes access to opportunities like formal education and training, and presents life-long opportunities of personal growth. Knowledge, along with the many positive attributes embedded in individuals as a result of education, contributes to the overall creativity and success of expanding communities. As such, learning and education are crucial qualities of a healthy community.



## The Rate of Completed Post-Secondary Education

In 2013, 52.7% of the population over the age of 15 in Regina had received a post-secondary education. Nationally, the average for Canada was 54% in 2013. Overall, this number has increased by 1.4% from 2012.

Source: Statistics Canada.  
Labour Force Survey, 2013



## High School Completion

In Regina, 13.7% of the population in 2013 had not completed their high school education. In 2000, the number was 10.5% higher, sitting at a total of 24.2% of the population. The percentage of Regina residents who had not completed high school in 2013 is lower than the provincial average, which was 20.2%, as well as the national average which was 18.4%.

Source: Statistics Canada.  
Labour Force Survey, 2013

### DID YOU KNOW?

Many jobs in Saskatchewan require more than high school training. To get the job or career that is right for you, you need to know your educational options. Sask NetWork's *What to Study* is a good place to link your interests with study programs. Planning your Post-Secondary Education or Training shows you how to gather information and look at your options.

Source: Regina Food Bank

## Aboriginal High School Completion

77.6% of the Aboriginal population in Regina, aged 25 to 64, had received at least one certificate, diploma, or degree in 2011. This shows a 2.2% increase from the 2006 rate of 75.4%. This local rate in 2011 was 6.5% above the national rate, and 11.1% above the provincial rate for Saskatchewan. Overall, aboriginal high school completion rates appear to be increasing, and remained above the 2011 provincial and national averages.

Source: Statistics Canada, 2011

## Schools in Regina

Regina Public School Division:

- 41 Elementary Schools
- 9 High Schools

Catholic School Division:

- 20 English Elementary Schools
- 4 French Immersion Elementary Schools
- 4 High Schools
- 3 Alternative Schools

## Creating an Educated Work Force

In an attempt to keep young people in our province, the Government of Saskatchewan created the Graduate Retention Program which rewards post-secondary grads for building their future here. The program offers a refund for up to \$20,000 of tuition fees paid by eligible graduates who live in Saskatchewan and who file a Saskatchewan income tax return.

Source: Government of Saskatchewan

### DID YOU KNOW?

324 people participated in community-based adult education programs and training opportunities provided by ACERT (Adult Centre for Employment Readiness & Training) in 2013.

Source: Regina Food Bank

Photo credit: University of Regina Photography Department.

# Housing

Access to and the availability of stable and affordable housing helps build vibrant communities. It also helps to provide families with a sense of security and stability, while also aiding an overall sense of community and belonging in one's place of residence. Diverse housing types can contribute to social diversity, allowing everyone in the community to have a place to call home. Important housing related measures often involve affordability, equity, and diversity. Ensuring that these measures are met brings us closer to having a more complete and welcoming community.



## Household Income

In Regina, 44.4% of households spent 30% or more of their income on rent in 2010. This had increased by 3.8% since 2006. Nationally, 40.1% of households invested 30% or more on their income on rent for 2010 as well.

In comparison, 13% of households spent 30% or more of their income on owner's major payments in 2010 in Regina. The national average for this area is 5.5% higher.

\*Owner's major payments refer to the total average monthly payments made by owner households to secure shelter. These payments include, for example, the mortgage payment and the costs of electricity, heat and municipal services.

Source: Statistics Canada, NHS 2011

## Average Housing Prices

In 2012, the ratio of the average residential price to the median pre-tax income for a Census family was 3.30 for Regina, which is 5.6% higher than its 2011 level of 3.13.

Source: CMHC

## Rental Housing

- In Regina, the average annual rent for a two-bedroom apartment was 12.9% of the median pre-tax census family income in 2012. This figure is 8.5% lower than the national average and 10.4% lower than the provincial average. The 2012 average for Regina has increased 2.4% since 2011.

- In spring 2014, the two bedroom rental vacancy rate was 2.2 % for Regina. The overall vacancy rate for spring 2014 was reported as 2.5% for all units.

Source: CMHC

## Homeless Shelters

- In 2012, there were 130 beds available in emergency homeless shelters in Regina.

Source: Shelter Capacity Annual Report

- There are currently 5 emergency homeless shelters in the Regina community.

Source: City of Regina

## Housing Units Requiring Major Repair

In Regina in 2011, 9.1% of housing units were in need of major repair. Regina is 23% above the national level, and 15% below the level for Saskatchewan.

Source: Statistics Canada, NHS 2011

## Affordability for Youth

Fully employed youths aged 15-24 would spend an average of 27.6% of their wages on rent for a single bedroom apartment in Regina in 2013. In 2009, they would have spent an average of 25% of their wages on rent for the same apartment.

Source: CMHC & Statistics Canada



## CMHC Housing Market Outlook Spring 2014

Regina New Home Market	2011	2012	2013
Single Detached Starts	958	1,289	1,246
Multi-Family Starts	736	1,804	1,876
Total Starts	1,694	3,093	3,122
Regina Resale Market	2011	2012	2013
Total Sales	3,899	3,952	3,692
Total Average Price (\$)	277,473	301,145	312,355
Regina Rental Market	2011	2012	2013
Apartment Vacancy Rate (October)	0.6	1.0	1.8
Average 2 Bedroom Rent (October) (\$)	932	979	1,018

Source: CMHC

# Getting Started

Getting started defines a variety of different transitions we make in our lives. This applies to a diverse range of individuals looking to start their lives within our community, such as providing children with the best possible start in life, and welcoming newcomers into our city. Many aspects of this indicator are related to issues that reflect social, cultural, and ethnic diversities. Extending our knowledge in this area, and providing a helping hand to new members of our community, can help build a bright and successful future for Regina.



## Migration

In Regina, 5,570 persons in 2011 lived outside of the province in the previous year. On a net basis, from July 1, 2012 to June 30, 2013, Regina gained 1,296 persons due to natural increase. Regina gained 4,550 persons due to international migration, 398 persons due to interprovincial migration, and 808 persons due to provincial migration. This has resulted in a total of 7,052 newcomers over the span of 12 months.

Source: Statistics Canada, 2013

## Unemployment

In 2013, the unemployment rate in Regina for immigrants was 4.2%, and has decreased by 1.5% since 2012. Comparatively, the unemployment rate of non-

immigrants in 2013 for Regina was 3.5%. Regina had an overall unemployment rate of 3.7% in 2013. More recently, the unemployment rate from June 2013 to June 2014 was 3.6%.

Source: The Government of Saskatchewan, Ministry of Economy

## Youth Unemployment

In 2013, the youth (15-24) unemployment rate in Regina was 7.8%. This is equal to the provincial rate but is 5.9% below the national average of 13.7%.

Source: Statistics Canada, Labour Force Survey, 2013

## Provincial Immigrant Income

- The total average employment income of recent immigrants, who have entered the country within the past five years, was \$31,032 in Regina. This is 3% below the provincial average for Saskatchewan.

- The average hourly wage rate for immigrants, who have entered the country in the past 5 years, and have received any level of education, was \$19.06 in 2013. In 2012, the average hourly rate was \$18.19.
- Saskatchewan immigrants with a university degree, who have entered the country in the past 5 years, earned an average hourly wage rate of \$20.82 in 2013. In 2012, the rate was \$20.03.

Source: Statistics Canada, Labour Force Survey, 2013

## Hourly Wage for Saskatchewan

- The median hourly wage in Saskatchewan for 2012 was \$21.00, which increased by \$0.63 in 2013, bringing it up to \$21.63.
- The average hourly wage of employees aged 15-24 in June 2014 was \$16.32.

Source: The Government of Saskatchewan, Ministry of Economy

## Languages Spoken at Home

In 2011, 91.1% of the population in Regina spoke English most often at home. 0.4% spoke French most often, and 2.2% spoke one of the following languages most often: Chinese languages, Punjabi, Spanish, Arabic, Tagalog, Italian, German, Farsi, or Aboriginal languages.

Source: Statistics Canada, NHS, 2011

## Local Tuition and Enrolment

- In the 2013-2014 academic year, the average cost of undergraduate tuition at the University of Regina was \$5,707 for Canadian students, and \$17,123 for international students.
- The average undergraduate enrollment for the 2013-2014 academic year at the University of Regina was 9,900 for full-time students, and 2,050 for part-time students.

Source: Association of Universities and Colleges

## DID YOU KNOW?

- Regina is home to the First Nations University of Canada (FNU) which was established in 1976 as the Saskatchewan Indian Federated College (SIFC) through a federated partnership with the University of Regina.
- FNU is a unique Canadian institution that specializes in Indigenous knowledge, providing post-secondary education for Aboriginal and non-Aboriginal students alike within a culturally supportive environment.
- FNU maintains an average annual enrolment over 800.

Source: FNU website



# Arts and Culture

Activities that involve artistic expression and social or cultural connectivity are central to the cultural involvement that enriches the diversity of community life. The arts can build a communal awareness of difference. They can also encourage unity by allowing us the opportunity to come together and share artistic spaces, embrace difference, and celebrate diverse cultural backgrounds. The arts are able to provide us with a local forum for conversation, knowledge, and cultural awareness. Thus, a thriving community relies upon the embrace of arts and culture to welcome diversity.



## Library Use

- In 2012, the number of items circulated per capita in the Regina Public Library was 11.43. This rate has increased by 14.44% since 2000.
- In 2013, the number of visits per capita to the Regina Public Library was 7.20. There's been an 11.8% increase since 2000.

Source: Canadian Library Statistics



## Employment in Arts and Culture

3,600 people in Regina were employed in occupations related to arts, culture, recreation, and sport in 2013. This rate has been maintained since 2000. Those employed in these areas represent a total of 2.7% of the labour force.

Source: Statistics Canada, 2013

### \*What is an Artist?

For any relevant data, an artist was roughly defined to consist of occupations such as: directors, producers, choreographers, musicians, composers, conductors, arrangers, singers, actors, comedians, and visual artists such as painters and sculptors.

Source: Statistics Canada, 2011

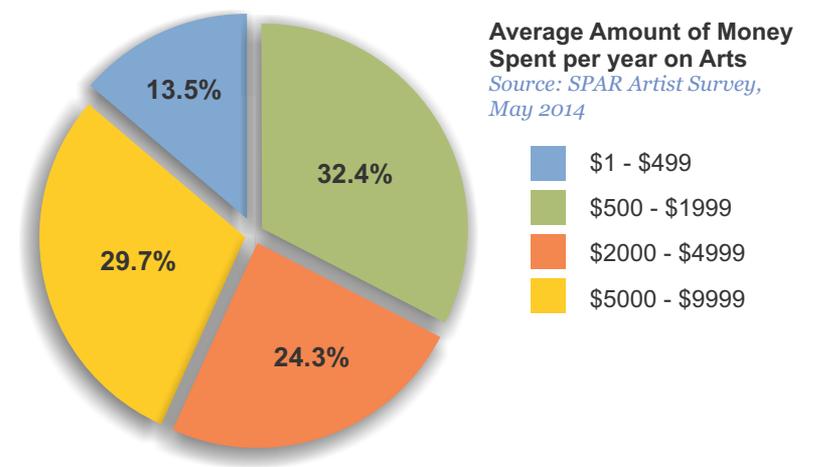
### Number of Artists

In Regina, there were a total of 655 people employed as artists in 2011. Artists accounted for 0.34% of total employment in Saskatchewan.

Source: Statistics Canada, 2011

On average, over the past 2 years, approximately what was your gross personal income from your art practice?

Under \$5000	39.39%
\$5000 to \$9,999	17.17%
\$10,000 to \$19,999	16.16%
\$20,000 to \$39,999	15.15%
\$40,000 to \$59,999	5.05%
\$60,000 to \$79,999	3.03%
\$80,000 to \$99,999	3.03%
\$100,000 or more	1.01%



# Environment

The environment within our community refers to both the physical setting of one's community or neighbourhood, and also qualities within this setting such as biodiversity, climate, and the amount of forestry or parks within one's region. In community settings, it is important to cultivate an environment that improves wellbeing, ensures safety, and helps build resilience. Addressing some of the key issue areas surrounding our environment can help us stay on track towards being a healthy and stable community.



## Water Consumption

Regina receives water from the Buffalo Pound Treatment Plant. In 2013, the amount of water supplied to Regina was 28,535,114m<sup>3</sup>. This is a 438,415m<sup>3</sup> decrease from 28,973,529m<sup>3</sup> in 2012. Overall, this is a 1.5% annual decrease for water consumption in Regina.

Source: Water Security Agency

## Green Buildings (BOMA BEST and LEED certified)

- In spring 2014, there were 6 green buildings certified BOMA BEST (Building Environmental Standards) at the 3rd or 4th level in Regina.
- Overall, there were 3.11 green buildings certified BOMA BEST for every 100,000 people. In this area, Regina is 98.1% above the national level, and 60.5% above the provincial level.

- 8 green buildings in Regina were certified LEED (Leadership in Energy and Environmental Design) in spring 2014 as well.
- There were 4.14 green buildings certified LEED for every 100,000 people. At an average of 1.74 for every 100,000 persons in Saskatchewan, Regina is 137% above the provincial level, and 10.7% below the national level. (VIII-2)

Source: BOMA BEST & LEED websites

## Air Quality

In Regina, there were 0 days in 2012 with a daily maximum 8 hour ozone greater than 65 ppb and 1 day with a PM<sub>2.5</sub> concentration greater than 30 ug/m<sup>3</sup>. Regina has a healthy air quality by this standard.

Source: Environment Canada Air Quality Research Division

## Household Recycling

In 2014, 100% of residents with City garbage collection have Blue Cart Recycling.

Source: City of Regina

## Household Compost

31% of households in Regina reported composting kitchen or yard waste in 2011. 43% of households that did not live in apartment buildings, and had a lawn or garden, reported composting their yard waste. Provincially, 28% of households reported composting waste in 2011, leaving Regina 3% above the provincial average.

Source: Statistics Canada. Households and the Environment Survey, 2011

## Housing Temperature

61% of households had non-programmed or non-programmable thermostats in Regina in 2011. 54% of these households lowered the temperature when the household was asleep. In comparison, 90% of households with a programmable thermostat lowered the temperature at night. Across Saskatchewan, 53% of households with non-programmable thermostats, and 85% of households with programmable thermostats, lowered the temperature at night.

Source: Statistics Canada. Households and the Environment Survey, 2011

## Use of Energy-saving Light Bulbs

In 2011, 87% of households in Regina used energy saving light bulbs. This number is 2% lower than the rest of Saskatchewan, which rests at an average of 89%.

Source: Statistics Canada. Households and the Environment Survey, 2011

## Annual Precipitation

The average precipitation for available years from 2001 through 2013 was 358.1 mm of precipitation per annum in Regina.

Source: Environment Canada

## Temperatures

In 2012 in Regina, the hottest month had a mean maximum temperature of 26.9 degrees Celsius. Regina also had a mean minimum temperature of -15.4 degrees Celsius in the coldest month. Throughout 1971-2000, Regina had a mean maximum temperature of 25.7 degrees Celsius in the hottest month, and a mean minimum temperature of -21.6 degrees Celsius in the coldest month.

Source: Environment Canada



## DID YOU KNOW?

Regina City Council set a goal to divert 40 per cent of waste from the landfill by 2015. Meeting this target requires everyone's participation. The City consulted residents to make sure the recycling service reflects what they want. Through that process, residents chose the Waste Plan Regina enhanced services option. The recycling fee associated with this is \$91.25 per year and is billed at a rate of 25 cents a day.

Source: City of Regina

# Work

Quality of work can deeply impact one's sense of prosperity and peace of mind. Having meaningful employment and having access to employment opportunities are some of the features this indicator outlines. Other factors that could impact a community's work opportunities can be things such as the economic base of where we live, and the volunteer or unpaid work rates within our region. All of these measures reflect the success and vitality of individuals currently employed, or seeking employment, within our community.



## Employment

At 72.1% in 2013, Regina had an employment rate 16.7% higher than the national average.

Regina was also 7.3% higher than the provincial average. This average has been gradually increasing since 2000, when the employment rate was 66.5%. From June 2013 to June 2014, the employment level in Regina has decreased by a total of 0.4%.

Source: Statistics Canada, Labour Force Survey

## Unemployment

In 2013, Regina had an unemployment rate of 3.7%. Since 2006, the unemployment rate in Regina has remained unchanged. The rate for 2013 was below both the national and provincial level.

Source: Statistics Canada, Labour Force Survey

## Employment Growth

In 2013, 133,600 people in Regina were employed. From 2000 to 2013, Regina saw a growth rate of 2.0%, standing 0.6% below the national average, and 0.8% below the provincial average. Between 2012 and 2013, Regina saw an overall growth of 5.9% in the employment level – 4.6% above the national employment level of 1.3%.

Source: Statistics Canada, Labour Force Survey

## Hourly Earnings

- In 2013, Regina's median hourly nominal earnings were \$22.50. For the same year, Regina's median hourly real earnings were \$17.76. Both rates are higher than their respective national and provincial averages.

- In Saskatchewan, the average hourly wage of employees aged 15-24 for the year 2013 was \$15.87.

Source: Government of Saskatchewan, Ministry of Economy

## Average of Hours Worked

On average, Regina workers completed 37.5 hours per week in 2013, down 0.5% from 2000 when the average hours worked per week was 37.7. The national average for hours worked per week in 2013 was 36.4, and the average for Saskatchewan in 2013 was 38.7 hours per week.

Source: Statistics Canada, Labour Force Survey

## Percent of Those Not Earning a Living Wage

The Living Wage for a Regina family with two working parents and two children, ages four and seven, is \$16.46 per hour. This wage amounts to a family income of \$58,245 annually.

27% of workers in Regina earned less than the Living Wage in 2012. That number accounts for at least 30,000 employees.

Source: Gingrich, Enoch and Banks. A Living Wage for Regina, 2014

## DID YOU KNOW?

Awareness of the strong job market attracted an estimated 4,750 newcomers to Regina in 2012.

This number is well above the 25 year average of 750. The positive net interprovincial migration will bolster the skilled labour supply as our total population rises with people looking to take advantage of the opportunities in Regina.

Source: Conference Board of Canada Spring 2013

## DID YOU KNOW?

The Living Wage differs from both the minimum wage and the average wage. At minimum wage, both parents working full-time would have an income just a few dollars above the poverty line. Social Assistance benefits for a similar family would be much less. The annual income for a family with each parent earning the Living Wage is midway between the average family income and poverty level. A Living Wage permits families to have decent housing, transportation and nutrition while also allowing them to actively participate in community life and plan for the future.

Source: Gingrich, Enoch and Banks. A Living Wage for Regina, 2014



# Belonging and Leadership

Belonging and leadership can be representative of the kind of relationships that exist or are developed between individuals within a community in which a sense of trust, inclusion, and guidance is established. These relationships include those that involve formal or informal networks that seek to advance and embed community values that build upon social capital.



## Charitable Donations

- The percent of tax filers in Regina who made charitable donations made a slight increase from 2011 to 2012. In 2011, there was an average of 26%, and, in 2012, the average was 26.4%. Overall, this figure is 4% higher than the national average, and 2.1% higher than the provincial average.
- There was a median amount of \$300 worth of charitable donations made in 2012. The national amount for 2012 was \$270, which makes Regina 11.1% higher, but Regina was also 14.3% lower than the average of \$350 for Saskatchewan. Regina's median amount of donations has decreased by 3.2% since 2011.

Source: Statistics Canada

## Volunteer Rate

Regina's rate for volunteer work in 2010 was 51.2%. This is 7% below the average for Saskatchewan, and 4.2% above the Canada-wide average of 47%.

Source: Statistics Canada

## Voter Turnout

In 2011, Regina had a voter turnout of 60.2% for the federal election. At the national level, voter turnout was 61.1% for 2011, and at the provincial level, it was 63.1%. Compared to the national and provincial levels, Regina's voter turnout remained nearly equal to both.

Source: Elections Canada

## Spending on Recreation

The average household in Regina reported spending \$3,470 on recreation in 2012. This is 5.86% of the total current con-

sumption. The average of spending in Regina was 9.8% lower than the provincial average, and 8% lower than the national average, which were \$3,847 and \$3,773 respectively.

Source: Statistics Canada, Survey of Household Spending

## Sense of Community Belonging

In Regina, 70% of people over the age of 12 reported having a strong or somewhat strong sense of community belonging in 2013, which is 1.2% higher than the reported number in 2012.

The 2013 average was 6.7% higher than the national average of 65.9%, but was still under the provincial average by 1.7%.

Source: Statistics Canada

## How Satisfied With Life Have We Been?

93% of people living in Regina over the age of 12 reported that they were satisfied or very satisfied with their overall life in 2013. In 2012, 91.2% of individuals reported this as well. In 2013, overall life satisfaction for Canada was 91.7%, and for Saskatchewan it was 93.4%.

Source: Statistics Canada

## The Importance of Community

The idea of community may simply come down to supporting and interacting positively with other individuals who share a vested interest. Whether your vested interest is in the well-being of your neighborhood or extends to the well-being of your global community, you may consider:

- Participating in random acts of kindness
- Acknowledging a passerby in your neighborhood or at work
- Attending community events
- Volunteering
- Meeting your neighbors
- Buying from local merchants
- Making an extra effort to talk with someone who may have a different background or perspective than your own
- Supporting schools, which tend to be cornerstones in a thriving community
- Organizing or attending a neighborhood or community party
- Spending less time on the internet or watching television and more time outside
- Joining a club or other social organization
- Personally greeting newcomers to your community

A strong community benefits the individual, the community as well as the greater society. People of all ages who feel a sense of belonging tend to lead happier and healthier lives, and strong communities create a more stable and supportive society.

Source: APS Healthcare



# Getting Around

The ways in which we travel across our community becomes increasingly important as we begin to look at some of the larger issues related to transportation. Improving the ability to get around in our community means that we are improving the efficiency of public transportation, ensuring the connectivity of bike paths, and providing secure and reliable transportation for people with disabilities. Ensuring that these areas are well supported creates an atmosphere of care and inclusivity in our community.



## Average Commuting Time

In 2009, the median commuting distance for all trips in the morning peak period in Regina was 4.64 km. The average commuting time for all trips in 2009 was 14.52 minutes.

Source: City of Regina, Household Travel Survey

In 2011, the median commuting time to work was 15.4 minutes in Regina, which is 24.9% below the national median of 20.5 minutes, and 0.2% above the provincial median of 15.2 minutes.

Source: Statistics Canada, National Household Survey, 2011

## Modes of Transportation

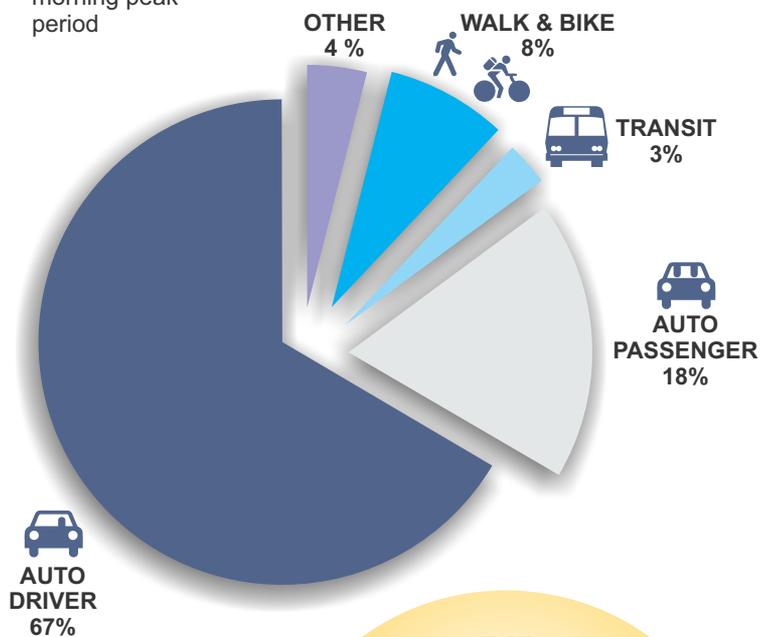
In 2011 in Regina, 88.6% of the population who are employed and over the age of 15 chose to drive a car, truck or van between home and work. 4.8% used public transit, 4.7% walked, and 1.2% rode their bike. Additionally, 0.8% of the population

reported that they use another method of transportation. Nationally, 79.7% of individuals drove in a vehicle, 12% used public transit, 5.7% walked, and 1.3% used a bicycle, while 1.2% chose another method.

Source: Statistics Canada, National Household Survey, 2011

## How we travel

Trips by mode, morning peak period



### DID YOU KNOW?

The City of Regina Transit Service is Saskatchewan's oldest public transit system, with a fleet of 98 diesel buses that carry almost 7.3 million passengers on 17 integrated routes annually within the city. For passengers who are unable to use regular transit, Regina Paratransit has a fleet of 23 lift-equipped buses and nine minivans providing door-to-door transportation for registered clients.

Source: City of Regina

## Transportation Capital Expenditures (2009–2014)

(\$000's)	2009	2010	2011	2012	2013	2014	Average
Roadways <sup>1</sup>	\$33,627	\$27,453	\$46,894	\$33,369	\$44,277	\$34,818	\$36,739
Transit <sup>2,3</sup>	\$6,490	\$2,910	\$4,680	\$4,406	\$4,440	\$8,130	\$5,176
Active Transportation <sup>4</sup>	\$0	\$0	\$195	\$3,095	\$0	\$200	\$582
Multi-modal <sup>5</sup>	\$0	\$500	\$1,975	\$1,679	\$595	\$0	\$792

1. Fluctuations in 2011 and 2013 were due to major roadway improvement projects. Includes capital programs (street and bridge renewal). Does not include facilities and roadway/traffic fleet costs
2. The higher capital budget in 2014 is for advanced replacement of 15 buses to address fleet reliability and maintenance cost issues.
3. Prior to 2011, transit fleet purchases and replacements were budgeted under the Community & Protective Services; transit and paratransit fleet expenditures are now budgeted as part of Fleet Services under the Corporate Services Division. Values in Exhibit include both budget amounts for 2011-2014.
4. Reflects asphalt recapping (capital program); 2012 includes \$2.9 million to build the North West Link Multi-Use Pathway.
5. Expenditures noted as multimodal include the development of the OCP, the TMP, the Downtown Transportation and Transit Study, and a small amount allocated in 2013 for parking enforcement (\$95,000)

## Transportation Operating Expenditures (2009-2014)

(\$000's)	2009	2010	2011	2012	2013	2014	Average
Roadways <sup>1</sup>	\$24,002	\$33,715	\$27,624	\$29,766	\$31,848	\$34,658	\$30,269
Transit <sup>2</sup>	\$23,815	\$24,280	\$24,730	\$26,384	\$27,614	\$30,520	\$26,224
Planning <sup>3</sup>	\$310	\$150	\$148	\$642	\$769	\$0	\$336

1. Roadways expenditures include Roadway Operations (administration, operations, street sweeping, winter maintenance, alley maintenance and sweeping, and concrete and asphalt services), and Transportation and Material Services (roadway preservation, asphalt production and field services, traffic engineering, signals and lighting, traffic control and parking, and street lighting).
2. Transit expenditures include conventional transit and paratransit services.
3. Planning operating costs include multi-modal expenditures such as a taxi study, OCP, support services (e.g., modelling) and parking, under the Community Planning and Development Division.

Source: City of Regina

# Economy

The success of community is often related to issues of economic growth, and the overall structure of a community's economic base. When we experience a growth in our local economy, other aspects of community life, such as employment opportunities, are affected as a result of these changes. Important measures involved in economic growth are inherently tied to the viability and sustainability of a community. Thus, the economic status of our community is a valuable feature of our overall local prosperity.



## Gross Domestic Product

In 2013, the real GDP (gross domestic product) in Regina increased by 3.5% from the 2012 level. Overall, GDP grew 2% in Canada, and 4.8% in Saskatchewan in 2013. Regina's 2013 GDP accounted for 25.1% of the real GDP of Saskatchewan.

Source: Statistics Canada

## Productivity

In 2007 dollars, the real GDP per employed workers in Regina reached \$125,260, showing a 0.1% increase from the 2012 level. Regina's GDP per worker represented 139.7% of the national level of \$89,669.

Source: Statistics Canada

## Business and Consumer Bankruptcy

- There were a total of 173 consumer bankruptcies in 2013 for Regina. This increased by 15.3% from its 2012 level of 150 consumer bankruptcies.
- In 2013, there were 14 business bankruptcies. This has decreased by 6.7% in 2012, where there were a total of 15 business bankruptcies.

Source: Industry Canada

## Non-Residential Construction

Non-residential building permits were valued at \$320.2 million in Regina for the year 2013. This accounted for a total of 23.3% of provincial permit values. The rate, overall, has increased by 312.4% from \$77.7 million in 2000. This growth rate was 227.9% higher than the national rate, and 9.7% higher than the provincial rate.

Source: Statistics Canada Building Permits

## Housing Starts

Regina had 3,122 housing starts in 2013, which represented 57.3% of housing starts in Saskatchewan. This has increased by 407.6% from 615 housing starts in 2000. The growth rate for Regina was also 1267.1% higher than the national growth rate.

Source: CMHC

## Retail Sales

Retail sales for Regina have increased by 4.5% from the rate of \$3,191 million in 2011. The rate in 2012 sits at an estimate of \$3,333 million, in current dollars. This compares to a national increase in retail sales of 7.2%, and a provincial increase of 5.7% in 2012.

Source: Financial Post

## Consumer Price Index Inflation

The Consumer Price Index (CPI) in Regina was 126.7 in 2013. In 2012, the CPI was 124.6 for Regina. The inflation rate of 2011 was therefore 1.7%, which is higher than both the national and provincial rates of inflation. In 2011, the inflation rate for Canada was 0.9%, while the rate for Saskatchewan was 1.5%.

Source: Statistics Canada

## Insurance Beneficiaries

The number of employment insurance benefits beneficiaries in Regina came to a total of 3,399 beneficiaries per month. In 2012, there were a total of 3,340 beneficiaries per month, showing an increase of 1.8% from 2012, and an increase of 28.6% since 1997.

Source: Statistics Canada

## Residential Housing Sales

There were 3,952 residential housing sales in 2012 for Regina, which has gone up by 1.4% from 2011. Canada showed a decrease of 0.6% in residential housing sales in 2012, and Saskatchewan showed an increase of 5.7% for the same year.

Source: CMHC

## Revenue for Municipalities

The total per household revenue for the municipal government of Regina was \$6,356 in 2012. 33% of this total revenue came from net taxes, 14% came from other government grants, 28% came from user charges, 2% came from investment income and 23% came from other sources.

Source: Frontier Centre for Public Policy

### Municipal Revenue for the City of Regina

	2012 (\$K)	Percent
Taxation	\$174,8433	3.1%
Fees and charges	\$148,0922	8.0%
Government transfers	\$72,4521	3.7%
Electrical distribution	\$30,075	5.7%
Licenses, fines, and levies	\$11,421	2.2%
Gas distribution	\$5,620	1.1%
Interest and penalties	\$1,379	0.3%
Interest on investments	\$8,580	1.6%
Gains on portfolio investments	\$3,006	0.6%
Servicing agreement fees	\$14,696	2.8%
Land sales	\$2,667	0.5%
Contribution from capital assets	\$51,753	9.8%
Other	\$4,061	0.8%
<b>Total</b>	<b>\$528,645</b>	<b>100.0%</b>

Source: Sask Trends Monitor

### DID YOU KNOW?

In 2013, Regina's GDP was double the Canadian average. Regina's resource based economy is fuelled by agriculture, oil and gas production and development, as well as telecommunications.

Source: Conference Board of Canada

# Acknowledgements

## CONTRIBUTORS

- Association of Universities and Colleges
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- Elections Canada
- Elections Saskatchewan
- Environment Canada
- Financial Post
- First Nations University of Canada
- Frontier Centre for Public Policy
- Government of Saskatchewan
- Homeless Individuals and Families Information System
- Industry Canada
- LEED
- Regina and District Food Bank
- Regina Qu'Appelle Heath Region
- Regina Regional Opportunities Commission
- Regina Transition House
- Saskatchewan Partnership for Arts Research
- Sask Trends Monitor
- Statistics Canada
- Water Security Agency

## COMMUNITY FOUNDATIONS OF CANADA

**Vital Signs** is a community check-up conducted by community foundations across Canada that measures the vitality of our communities, identifies significant trends and support actions on issues that are critical to our quality of life. Special thanks to the Toronto Community Foundation for developing and sharing

the **Vital Signs** concept and to Community Foundations of Canada for supporting a coordinated national **Vital Signs** initiative. For more information visit: [www.vitalsignscanada.ca](http://www.vitalsignscanada.ca). To view all data sources please visit our website: [www.sscf.ca/about-the-foundation/vital-signs](http://www.sscf.ca/about-the-foundation/vital-signs).



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# The South Saskatchewan Community Foundation

Community vitality has been the South Saskatchewan Community Foundation's purpose, promise and passion since 1969 when we started connecting donors to community needs and opportunities. We act as a bridge between donors and

charities in southern Saskatchewan to help create and maintain a strong community for generations to come. We are a catalyst and resource for philanthropy and a vehicle for generous individuals, families and businesses who

want to give something back to their community both during and after their lifetime. With the support of our generous donors, we have disbursed over \$1.4 million in annual grants and donations to community charities consecutively

for the past three years. Together, we help build strong and resilient places to live, work and play.

*Inclusive. Innovative.*

*Forward-looking. Vital.*

This is our vision for our community.



South  
Saskatchewan  
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SMART & CARING  
COMMUNITIES



COMMUNITY  
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*The Foundation of my  
community starts with  
you and me—  
close to home is where the heart is,  
where the help goes the farthest,  
my foundation helps me start this*

Cindy Chamberlin  
Manager Donor Services  
& Administration



*Community makes you.  
You make your community.*

*The Foundation of my  
community starts with  
you and me—  
more than charity,  
it's the empathy I feel  
for the people where I live*

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*Community makes you.  
You make your community.*

*The Foundation of my  
community starts with  
you and me—  
people standing tall  
in towns big and small,  
urban, rural, one and all*

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*Community makes you.  
You make your community.*

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