

Creston & District Happiness Report Card

Results from the Better Life Project Survey



**CRESTON & DISTRICT
COMMUNITY DIRECTED FUNDS**

Happy & Well From Yahk To Riondel

www.communityfund.ca



We've Taken Note

The Better Life Project is a Creston & District Community Directed Funds Committee initiative.



Last December we reached out in the community and asked people to help us join the global "happiness" movement. The goal was to become one of hundreds of communities around the world that are measuring people's well-being and using the results to enhance quality of life.

We were overwhelmed by the response! More than 5% of the community took part by answering questions about their own lives. More than 100 volunteers and nearly 30 community groups helped to make this happen. People shared what they love about our area – natural beauty and supportive relationships top the list. Results show a community that is thriving in many ways – we score well above global levels when it comes to social support, community, and the environment. Results also point towards local challenges and groups in need – lower income households, unemployed persons, local teens, and Lower Kootenay Band members are "unhappier" in all of the domains of well-being that we measured.

The C&DCDF Committee includes community representatives with a diverse set of skills and backgrounds. We will be using what we have learned to help create a plan for putting some Columbia Basin Trust funding to work in our community. As part of our planning process we are also carrying out other research and consulting with the community in different ways. If the plan we create is approved, the district will be allocated \$200,000 per year, for three years to make positive change.

We are sharing Better Life Project survey results with the hope that they will inspire individuals, families, organizations, governments, and our community as a whole to make Creston & District a genuinely happier place!

Here's to being happy and well from Yahk to Riondel!

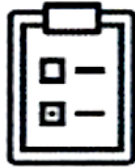
*The Creston & District Community Directed Funds Committee
March 9th, 2015*

Better Life Project



We joined the movement...

The happiness movement is helping communities focus on what really matters.



We took the survey...

The Gross National Happiness survey is being used around the world to measure well-being.



We gave ourselves a report card...

This report gives a snapshot of how Creston & District is doing.



We became a happier district...

It is up to our community to take what we've learned and make positive change.

Thanks to the partners and volunteers who made the survey a success!

A Break in Time Caffe; Boswell Post Office; Crawford Bay Hall; Crawford Bay School; Creston & District Community Complex; Creston Museum; Creston Valley Chamber of Commerce; Creston Valley Family Place; Creston Valley Farmers' Market; Creston Valley Health Unit; Creston Valley Hospital; Creston Valley Public Library; East Shore Community Library; Family Practice Associates; Footlighters' Theatre Society; Full Circle Health Centre; Kootenay Employment Services; Lower Kootenay Band – Band Office; Lower Kootenay Band - Yellow House; Prince Charles Secondary School; Riondel Reading Centre; South Kootenay Lake Community Services Society; Teen Action Committee; Town of Creston – Town Hall; Valley Community Services; Yahk Reading Centre; Yasodhara Ashram; and too many community volunteers to mention by name!

Who are we and who took the survey?

13,285

Live in the District

877

Survey respondents

669

Usable local responses

5%

Percent of the District

1 in 20

People took the survey

The Area Covered:

Lower Kootenay Band

RDCK A

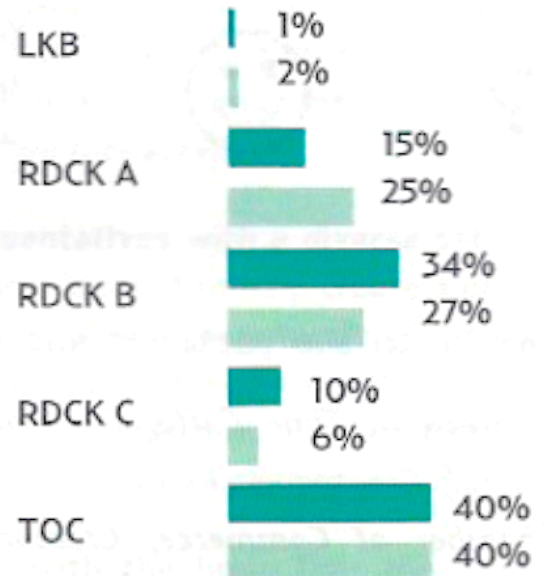
RDCK B

RDCK C

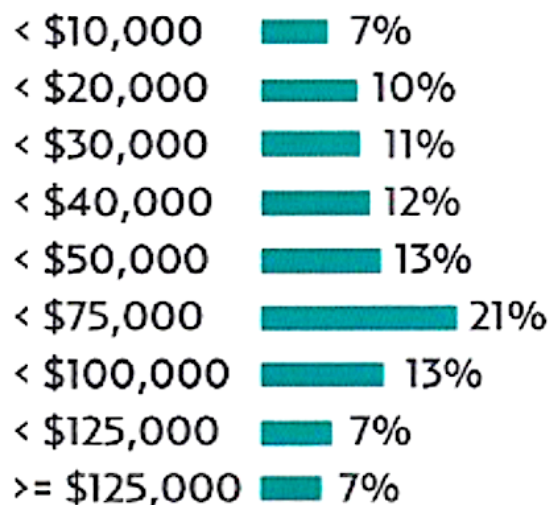
Town of Creston

Home community

Population Survey Takers

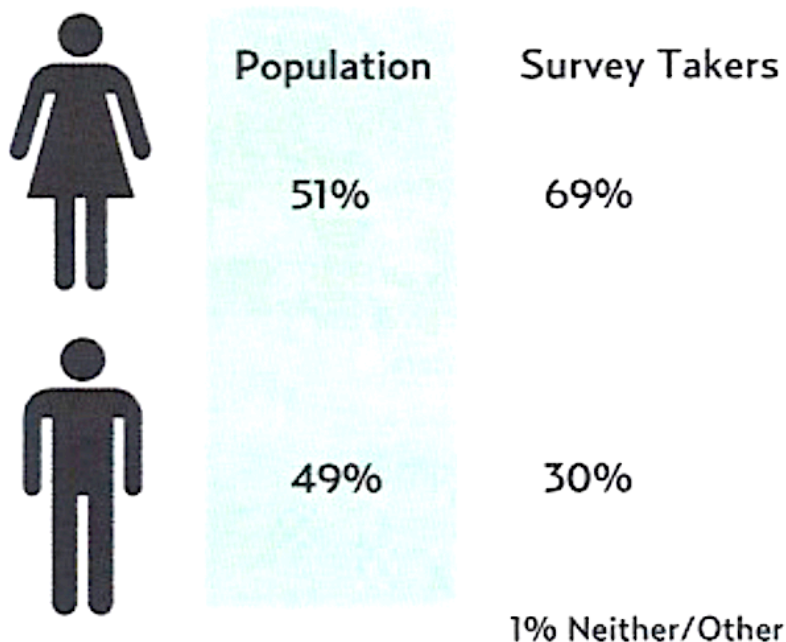


Survey takers by household income

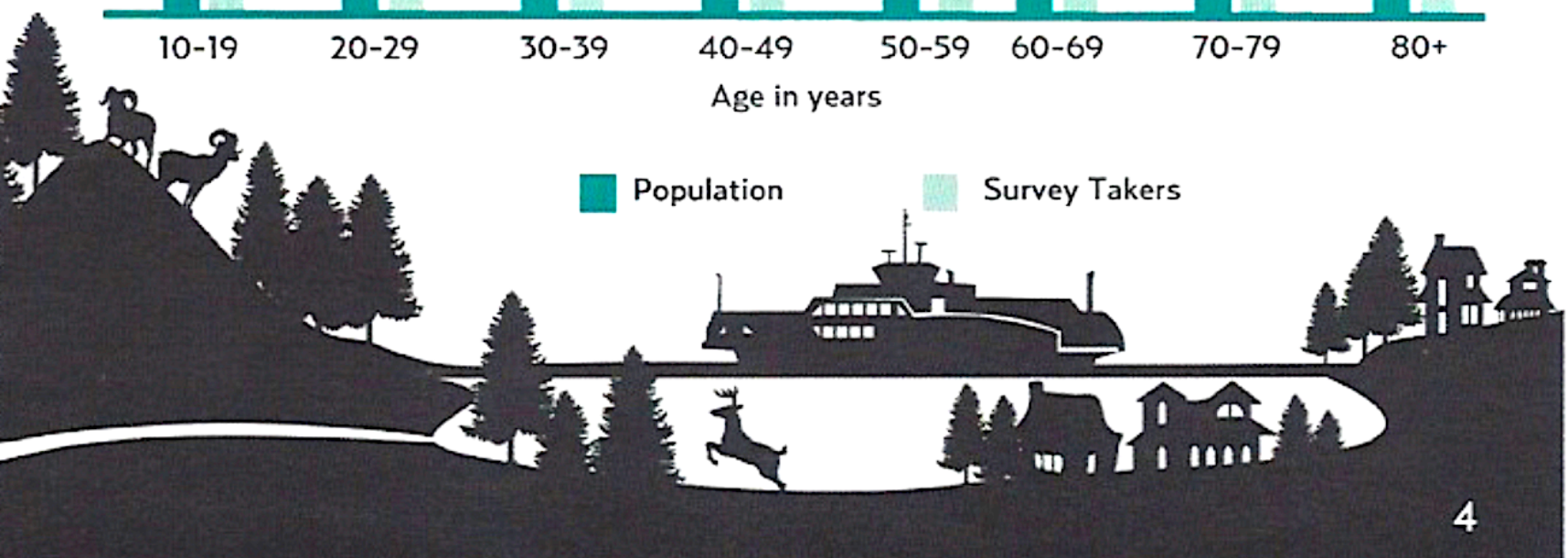
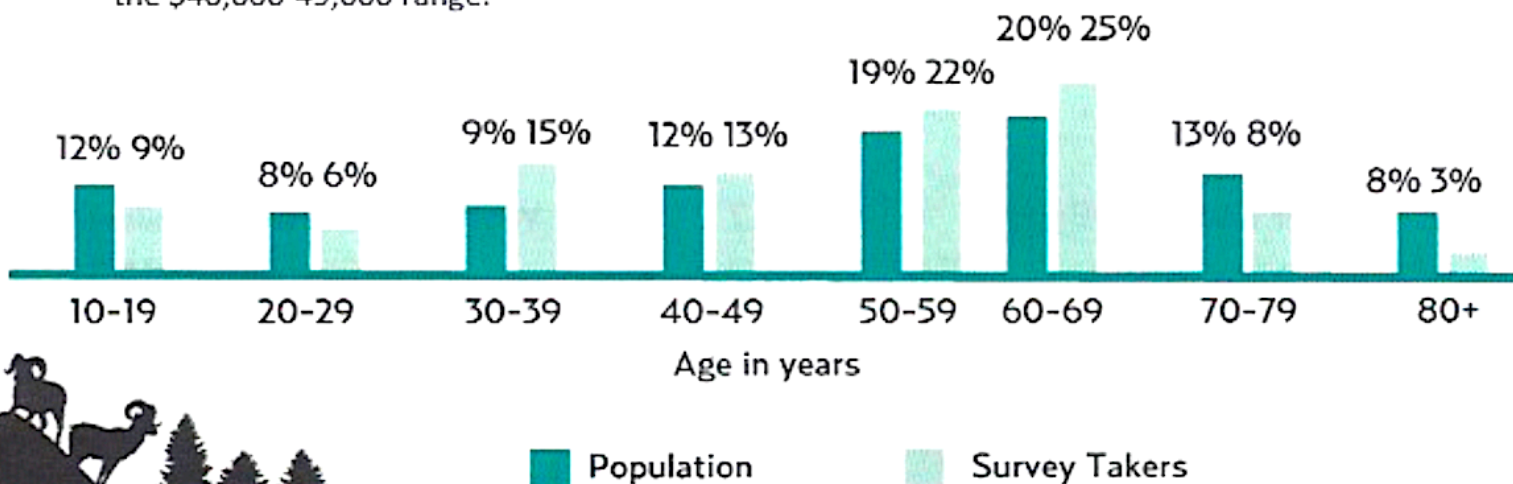


Median income for District communities ranges from \$39,417 -46,455. For survey takers it is in the \$40,000-49,000 range.

Our community by gender



Our community by age





How happy are we?

67.6 / 100


+ 5.9
ABOVE GLOBAL
AVERAGE









People from over the world have taken the survey. See how our local score compares to global average.

The average for all local survey takers gives the district score.

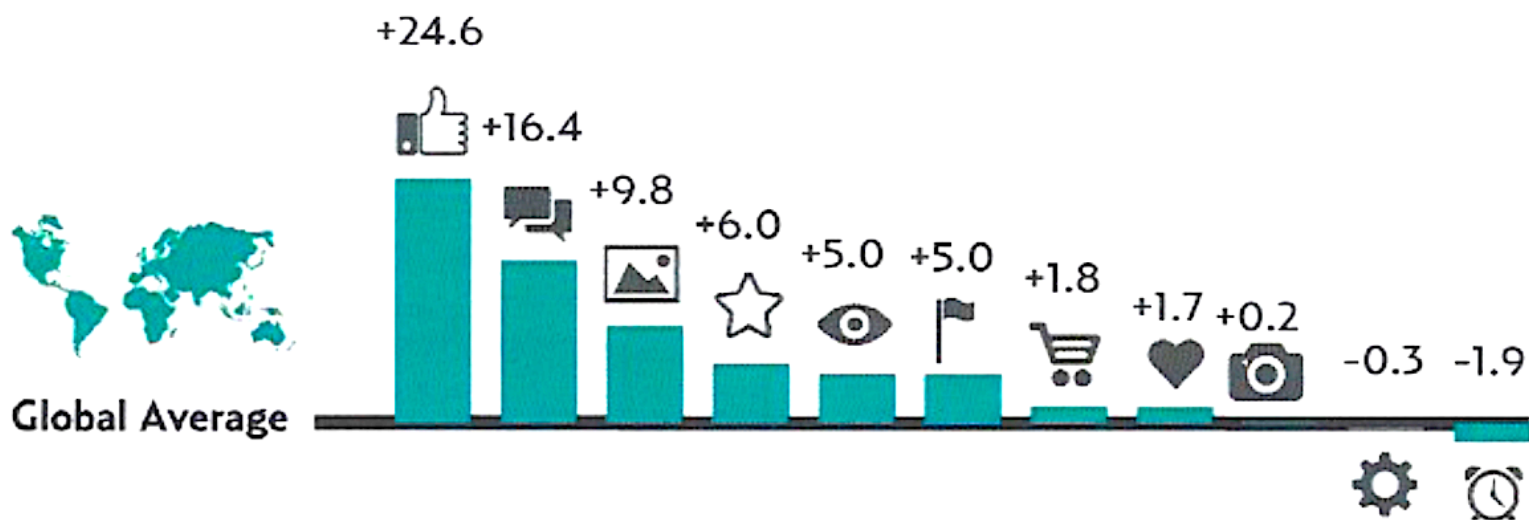
Happiness by Area

68.6	RDCK Area A
67.6	Town of Creston
67.6	Creston & District
67.5	RDCK Area B
66.9	RDCK Area C
61.7	Global
58.2	Lower Kootenay Band

Creston & District Happiness by Domain

75.6		Social Support
74.8		Psychological Well-being
74.8		Environment
74.0		Satisfaction with Life
70.2		Education, Arts & Culture
67.8		Material Well-being
67.6		Overall
66.7		Physical Health
66.4		Community
65.7		Work Experience
57.1		Time Balance
55.0		Government





Age makes a difference

74.8



65 &
Older

57.5



19 &
Under

Age makes the biggest difference when it comes to feelings about community, life satisfaction, and work experience.

Household income makes a difference

72.0



Over
100,000

58.6



Under
20,000

Household income makes the biggest difference when it comes to material well-being, life satisfaction, and work experience.

Employment makes a difference

68.4



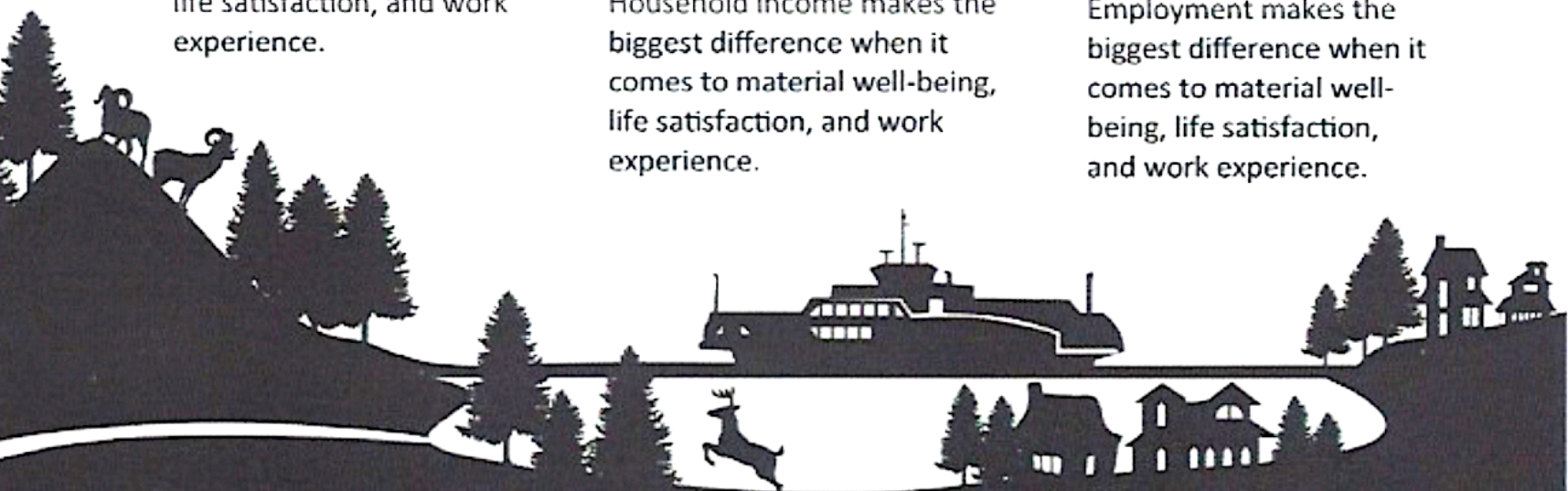
Employed

54.7



Unemployed,
seeking work

Employment makes the biggest difference when it comes to material well-being, life satisfaction, and work experience.



★ Life satisfaction

74.0
/ 100


+ 6.0
ABOVE GLOBAL
AVERAGE

We asked people how happy and how anxious they felt yesterday.

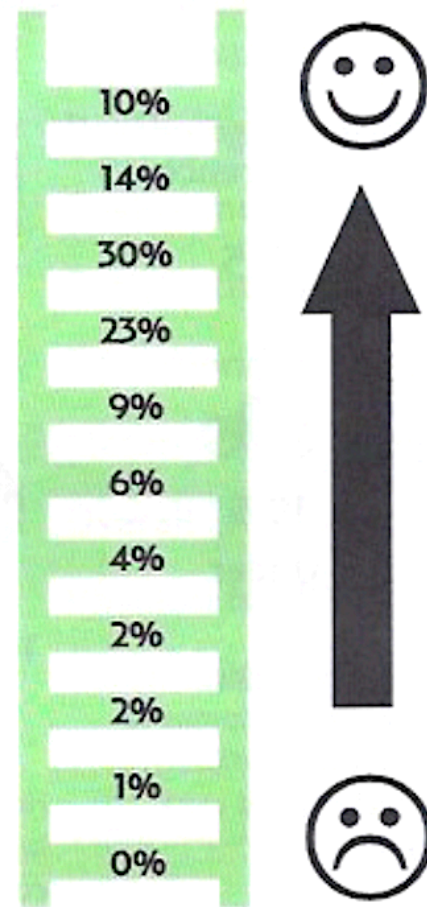
53% Very high happiness

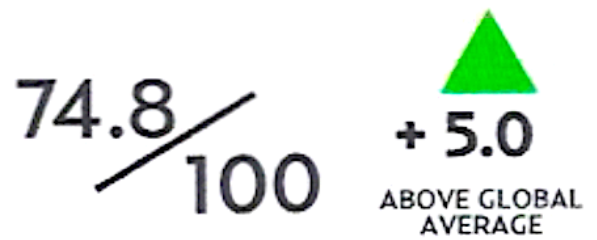
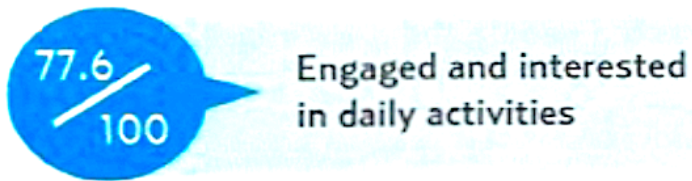
47% Very high anxiety

Life as a whole

 77%
 19%
 4%

We asked survey participants to imagine a ladder, where the top of the ladder represents peak happiness and the bottom of the ladder represents the worst possible life.





Most days, I feel a sense of accomplishment from what I do...

19 % Strongly agree

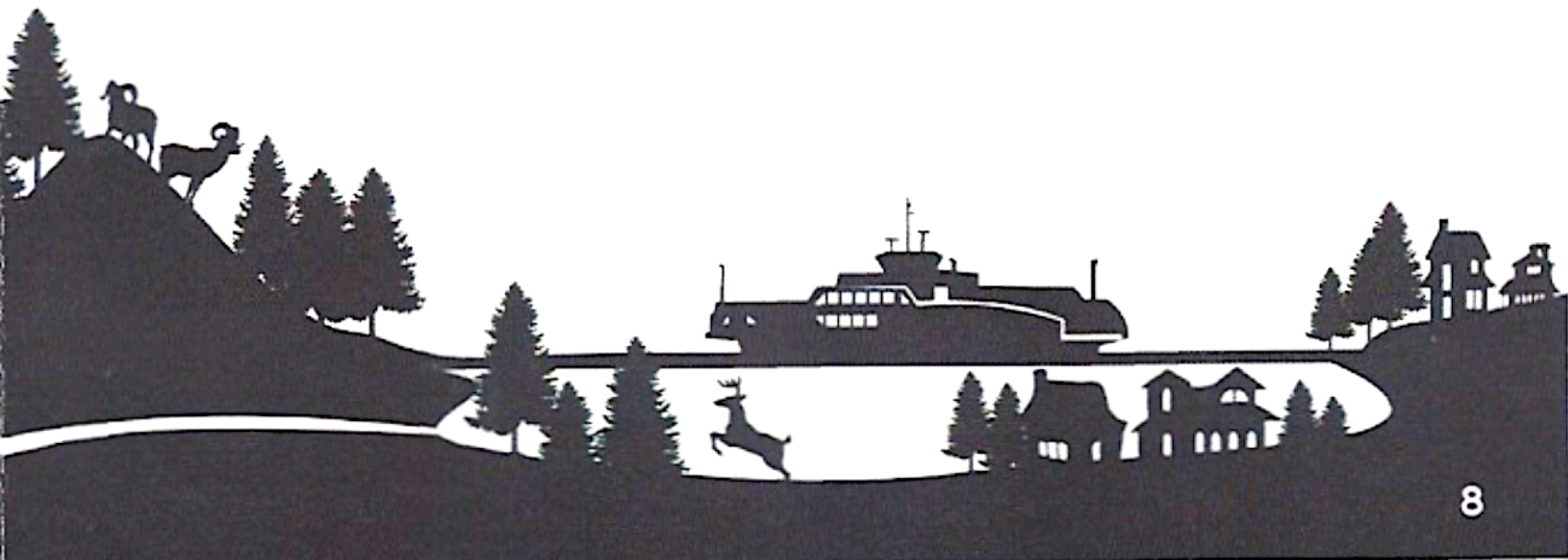
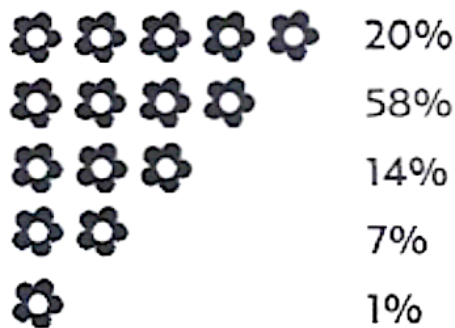
58% Agree

16 % Neither agree nor disagree

6% Disagree

1% Strongly disagree

I feel positive about myself.





Physical health

66.7 / 100

+ 1.7
ABOVE GLOBAL
AVERAGE

In general, I would say my health is...

★★★★★	12%	Excellent
★★★★	41%	Very Good
★★★	36%	Good
★★	10%	Fair
★	12%	Poor

Quality of exercise

👍	50%
👎	26%
👎	24%

Ability to perform daily tasks

👍	80%
👎	13%
👎	7%

We asked people about their last week...

55%

Have lots of energy often, very often, or always

9%

Have lots of energy rarely, very rarely, or never

8%

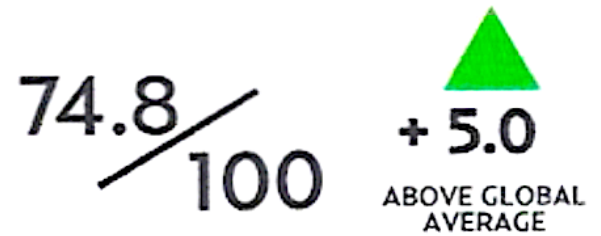
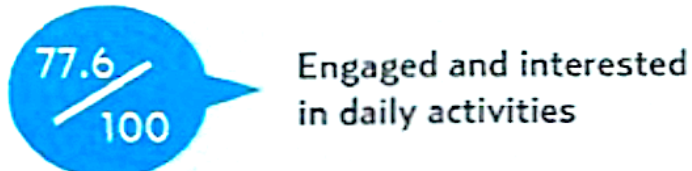
Can't get going often, very often, or always

65%

Can't get going rarely, very rarely, or never

Physical pain prevents 9% of respondents from doing what they need to do often, very, often or always.





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👍👍 19 % Strongly agree

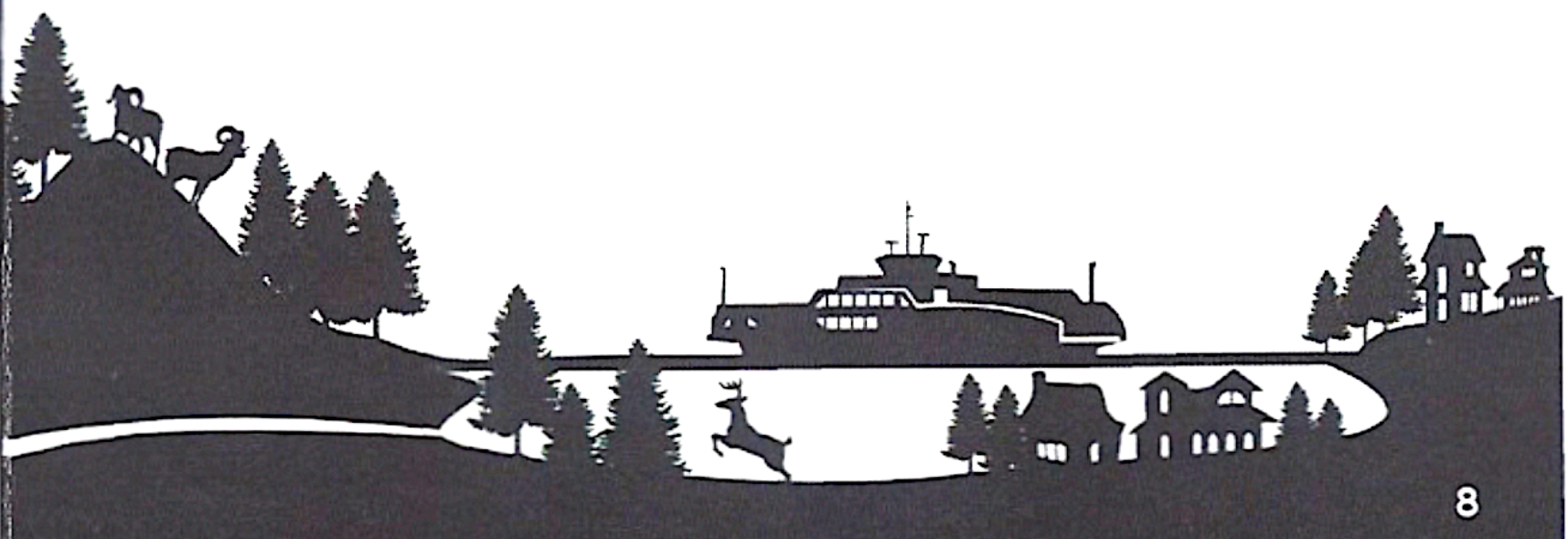
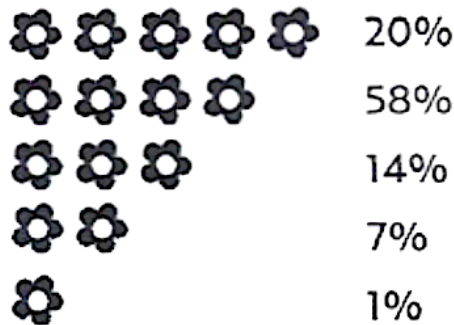
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33%

Feel their lives have been too rushed

23%

Feel they don't have enough time to do what they need to do

19%

Feel they seldom have time to do the things they really enjoy

37%

Feel they have plenty of spare time

47%

Feel they can take life at a leisurely pace

57.1 / 100

BELOW GLOBAL AVERAGE

-1.9

In a typical week, how much of your time are you able to spend doing the kinds of things you enjoy?

⌚⌚⌚⌚⌚ 4% All

⌚⌚⌚⌚ 49% Most

⌚⌚⌚ 35% Some

⌚⌚ 11% Not much

⌚ 1% None








Community

66.4 / 100


+16.
ABOVE GLOBAL
AVERAGE

We asked people to imagine that they lost a wallet or purse containing \$200. 52% thought it would be very or extremely likely that all the money returned if it were found by someone who lives close by.

Personal safety

-  84%
-  12%
-  4%

93%

Donated money to charity at least once during the last year

52%

Volunteer at least once per month

We asked people to tell us who they trust:

64.1 / 100



Neighbours

53.1 / 100



Strangers

66.7 / 100



Local
Businesses



37%

Feel loved very often or always

3%




Feel lonely very often or always

75.6 / 100


+24.6
ABOVE GLOBAL AVERAGE

This is the domain where Creston & District scores furthest ahead of the global average. Many survey takers highlighted social support as what they value most about their community.

Support from friends

-  79%
-  15%
-  6%

Personal relationships

-  75%
-  17%
-  8%

People in my life care about me

Strongly agree	40
Agree	50
Neither agree nor disagree	7
Disagree	2
Strongly disagree	1





Education, arts and culture

70.2 / 100



+0.2

ABOVE GLOBAL AVERAGE

How often do you feel uncomfortable or out of place because of your ethnicity, culture, race, skin colour, language, accent, gender, sexual orientation, or religion?

- 1% All of the time
- 2% Most of the time
- 10% Some of the time
- 21% Rarely
- 66% Never

Do we have a culture of tolerance?



Access to sports and recreation



Access to artistic and cultural activities



Access informal education for skills development

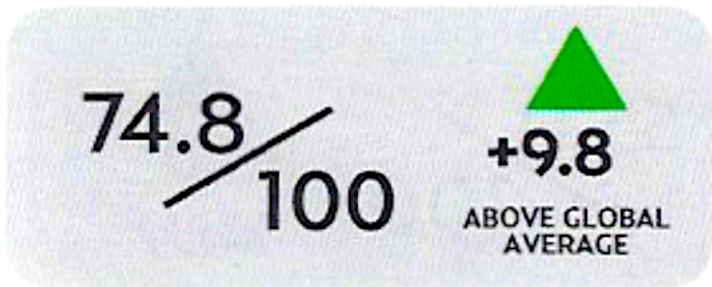
How would you describe your feeling of belonging to your local community?

- 26% Very strong
- 38% Somewhat Strong
- 22% Neither
- 9% Somewhat weak
- 4% Very weak

Do we have a culture of belonging?



Our best score in this domain is for satisfaction with the natural quality of the environment



Opportunities to enjoy nature

- 👍 86%
- 👎 9%
- 👉 4%

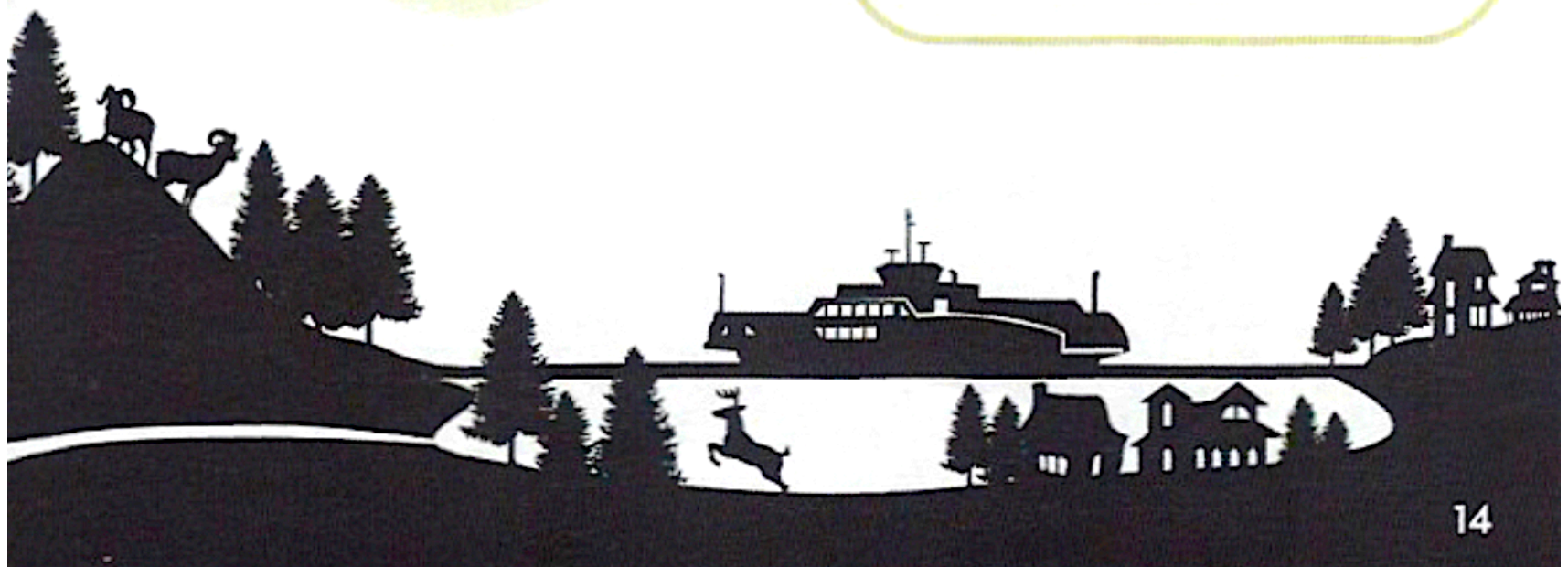
Creston & District scored well above global average in this domain. Natural setting was most commonly mentioned as something that makes survey takers happy.

Efforts being made to preserve nature

- 👍 58%
- 👎 27%
- 👉 15%

How healthy is your physical environment?

- 🌳🌳🌳🌳🌳 23% Extremely
- 🌳🌳🌳🌳 58% Very
- 🌳🌳🌳 17% Somewhat
- 🌳🌳 2% A little
- 🌳 0% Not at all





Government

55.0 / 100


+5.0
ABOVE GLOBAL AVERAGE






51.9 / 100

Confidence in local government




30.3 / 100

Confidence in federal government

People can influence local public officials

Strongly agree	6%	
Agree	46%	
Neither agree nor disagree	37%	
Disagree	10%	
Strongly disagree	2%	

Local government

-  47%
-  35%
-  18%



Material well-being



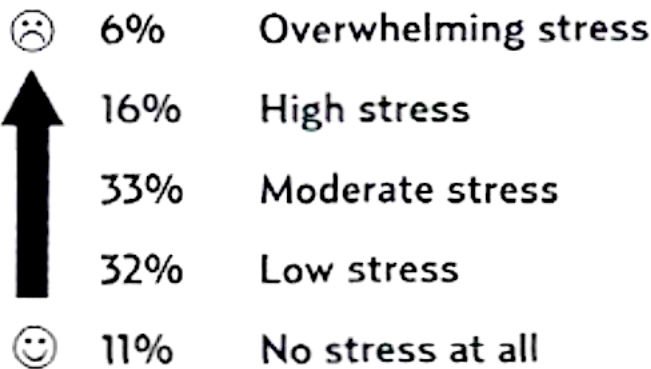
8%

Ate less because they lacked money for food at least once a month during the last year

80%

Said this never happened to them

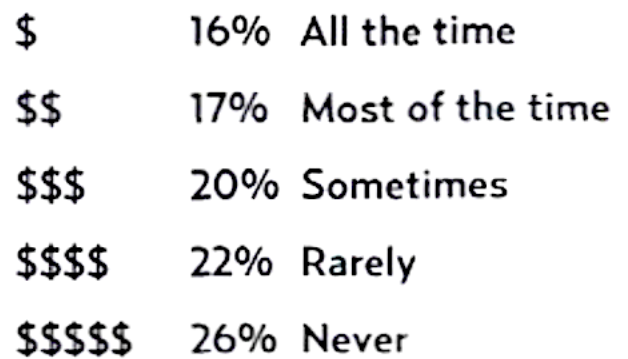
In general, how much stress do you feel about your personal finances?



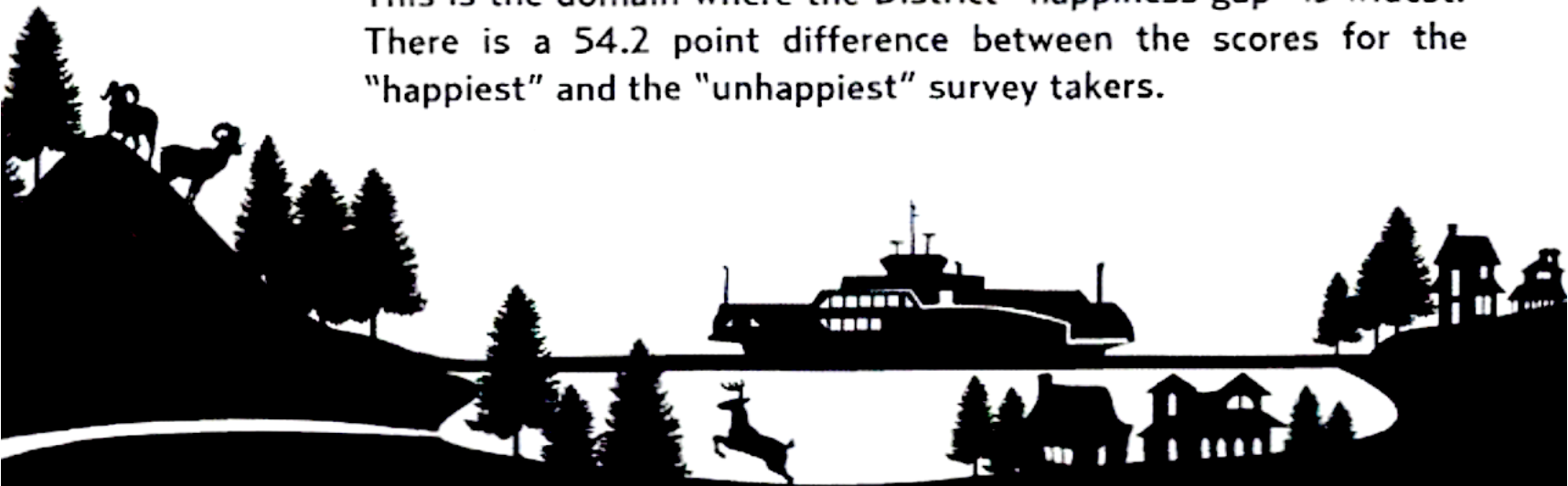
67.8 / 100

+1.8
ABOVE GLOBAL AVERAGE

How frequently do you find yourself just getting by financially or living paycheck to paycheck?



This is the domain where the District "happiness gap" is widest. There is a 54.2 point difference between the scores for the "happiest" and the "unhappiest" survey takers.





Work experience

55.0 / 100

BELOW GLOBAL AVERAGE



- 0.3

Which of the current options best describe your current work life?

- 27% Retired
- 22% Working independently or self-employed
- 21% Full-time employee
- 19% Part-time employee
- 15% Volunteer
- 9% Homemaker
- 6% Student or in training
- 5% Unemployed or looking for work

70.9 / 100

Interesting work lives

63.2 / 100

Good conditions for productivity at work

62.6 / 100

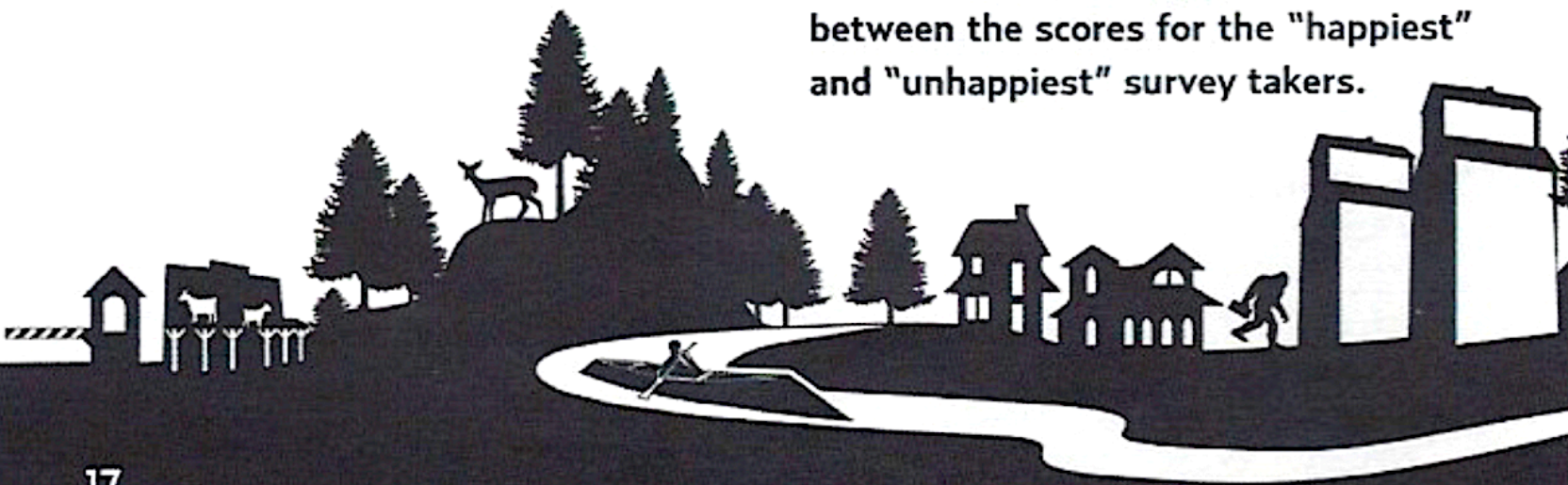
Work life balance

54.4 / 100

Appropriate pay

1 in 5 survey takers chose more than one option

This is another domain with a wide "happiness gap" in our community. There is a 44.1 point difference between the scores for the "happiest" and "unhappiest" survey takers.





Work experience

55.0 / 100

BELOW GLOBAL AVERAGE



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70.9 / 100

Interesting work lives

63.2 / 100

Good conditions for productivity at work

62.6 / 100

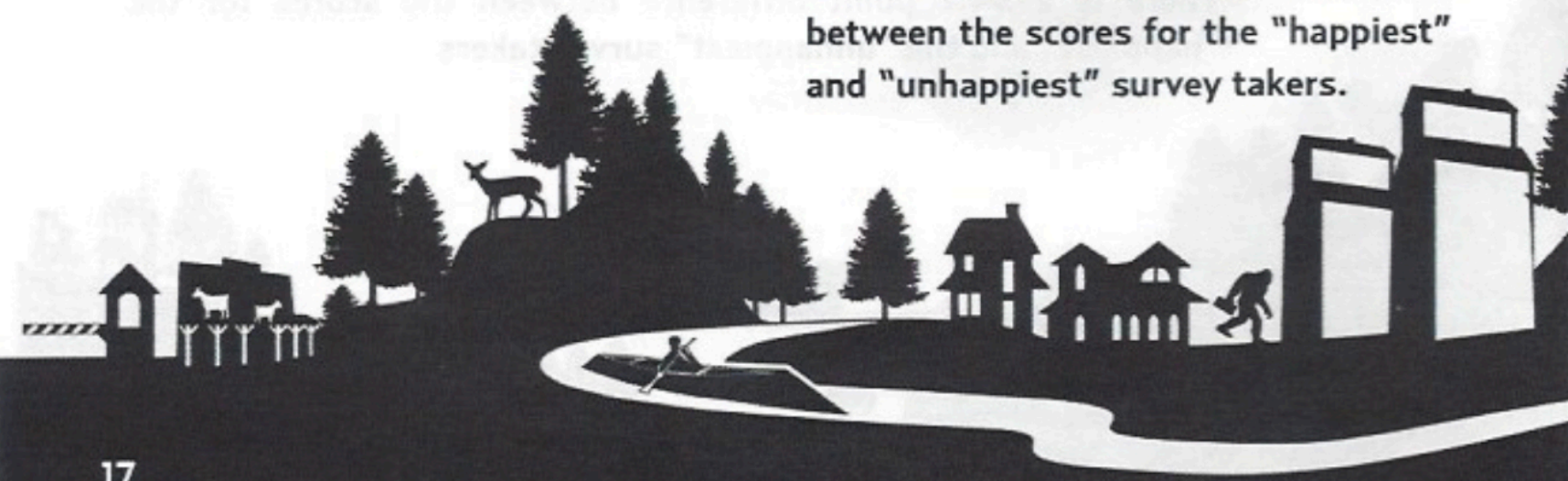
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What makes us happy?

Survey takers were asked to fill-in the blank, "One thing that makes me happy about where I live is..." People had lots to say!

33%

Mentioned the natural setting

26%

Talked about family, friends, and community

21%

Said they are happy to live somewhere beautiful

"A sense of possibility and change in the community right now."

"My beautiful view of the mountains."

"Smiling because you know most everyone!"

"The space between me and my neighbours"

"Just look around you!"

"Living by water"

"Small town atmosphere"

"We can grow and buy great healthy food"

"Earlier spring... later fall"

"Slower pace of life"

"Therapeutic activities for seniors"

"Close to fun (lakes, camping, quading, tobogganing)"

"People pull together to care for one another."



It takes many hands!

Creston & District Community Directed Funds www.communityfund.ca

The Better Life Project is a C&DCDF Committee project. The Committee is a group of community members working together to establish a locally-directed community development fund. The goal is to enhance quality of life from Yahk to Riondel.

Columbia Basin Trust www.cbt.org

The C&DCDF initiative is made possible with funding from Columbia Basin Trust. CBT exists and acts for the social, economic and environmental well-being of the Columbia Basin.



Kootenay Employment Services www.kes.bc.ca



The C&DCDF initiative is led and administered by KES. KES' mission is to contribute to the ongoing growth and integrity of community by providing dynamic employment and community development services.

OneDay Community Partners www.onedaycommunitypartners.com

The C&DCDF initiative is being carried out with support from Creston-based OneDay Community Partners. OneDay helps communities and organizations harness collective wisdom, vision, and values to power community development.



Happiness Alliance www.happycounts.org

The Better Life Project survey was conducted in partnership with the Happiness Alliance. The Alliance works to improve well-being by helping communities around the world to understand and appreciate the factors that lead to life satisfaction, resilience, and sustainability.

