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Measuring what matters
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A PROFILE OF WELLBEING IN THE YUKON

during the COVID-19 Pandemic

NOVEMBER 2021




Yukon



UNIVERSITY OF
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FACULTY
OF HEALTH

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The logo for the Canadian Index of Wellbeing features a stylized blue 'i' with a dot, followed by the word 'index' in a large, black, sans-serif font. Above 'index' is the word 'CANADIAN' in a smaller, black, sans-serif font. Below 'index' is the phrase 'OF WELLBEING' in a smaller, black, sans-serif font.

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EXECUTIVE SUMMARY

What is the ultimate purpose of a community, a region, or a country? Does it exist only for the sake of commerce and economy? Or is it founded on a broader vision of a place where families and communities can prosper?

In preparing a profile of people's quality of life, the Canadian Index of Wellbeing (CIW) focuses on those things that Canadians have identified as being most important to them – thriving and vital communities; opportunities for lifelong learning and to engage in the democratic process; a sustainable environment; good health; economic security; leisure and cultural opportunities; and work-life balance. The interplay of these domains and the ways in which they interact and reinforce one another, define and influence our overall wellbeing as individuals and communities.


In this report, the results of the Yukon Community Wellbeing Survey are presented to provide a profile of the Yukon and its residents based on the eight domains of the CIW – community vitality, democratic engagement, education, the environment, healthy populations, leisure and culture, living standards, and time use. The Survey results are supplemented with selected indicators of wellbeing gathered from the most recently available national sources. Many of these indicators are also used in the Yukon's *Performance Plan*¹ and provide a more fulsome portrait of wellbeing for a population-level view of the Territory and allow for comparisons to the rest of Canada overall.


Conducting the Yukon Community Wellbeing Survey in the midst of the COVID-19 pandemic was especially important to check in with residents to see how they were doing during this challenging time. In particular, the wellbeing of groups that may be most vulnerable were considered. Overall, 4,991 residents 18 years of age or older responded to the Survey, which is estimated to be a response rate of just over 14%. Even though the final group of respondents was not based on a random sample of the population, it does capture a decent cross-section of the population. Consequently, the results can be considered to provide a reasonable description


¹Government of Yukon. (2020). *Performance Plan: Update on priorities and progress – 2019 year in review and 2020 look ahead*. Whitehorse, YK: Government of Yukon. Available at: <https://yukon.ca/en/performance-plan>


of the wellbeing of residents of the Yukon, especially after weighting the data by sex, age group, and region. Nevertheless, readers are asked to exercise some caution when interpreting the results and not assume they are entirely representative of all Yukoners.


So, how are Yukoners really doing? Overall, here are some of the main findings from this profile of wellbeing in the Yukon:


 **DEMOGRAPHICALLY** – the median age of Yukoners is 39.4 years, which is slightly younger than for Canada overall. Almost one-quarter of the population (23.3%) is comprised of Indigenous peoples and they are younger on average by approximately five years. Yukoners' median before-tax incomes are higher than elsewhere in Canada.


 **COMMUNITY VITALITY** – Yukoners feel fairly well supported by their communities and a plurality have a strong sense of belonging. Yukoners – especially younger residents, single parents, adults living alone, those living with a disability or chronic illness, and some but not all older adults – are feeling more socially isolated than during pre-pandemic years, and volunteering (28.5%) is below national, pre-pandemic levels (41.1%). Despite very high levels of experiences of discrimination and a higher rate of crime severity when compared to national indicators, people feel reasonably safe in their communities.


 **DEMOCRATIC ENGAGEMENT** – voter turnout in the Yukon was higher for the 2019 federal election (69.5%) and for the recent Territorial election (64.2%) than most other areas of the country, although the age gap indicates that older residents are more likely than adults under 25 years of age to go to the polls. While over two-thirds of Yukoners said they had a good understanding of the important issues in the Territory, a much smaller percentage felt public officials did not care what they thought (37.2%) or that they had any say over what governments did (33.1%). The Legislature Assembly almost has gender parity, and similar to other Canadians, most Yukoners are fairly or very satisfied with the way democracy is working in our country.


 **EDUCATION** – slightly more Yukoners have post-secondary educations than other Canadians, but also a lower high school graduation rate, although graduation rates from both high school and from University have continued to increase in recent years. The Yukon's expenditures per public school student are twice as high as elsewhere, thereby decreasing the ratio of students to educators. Provision of licensed, centre-based child care is much higher in the Yukon than elsewhere in Canada (other than Québec), although almost half of parents with children under 5 years of age feel it is not adequate (48.9%). With undergraduate tuition fees at about half the cost of the Canadian average, there are more opportunities for enhanced learning.


 **ENVIRONMENT** – Yukoners are doing their part in helping to reduce greenhouse gas emissions with lower proportional emissions than in Canada overall and lower residential energy use. The vast majority also feel they have a responsibility to protect the environment (93.7%), which plays out with a sizable percentage of people actively engaged in pro-environmental behaviours. Water quality is a concern principally for residents living outside Whitehorse, but overall, most Yukoners (87.5%) perceive the quality of the environment to be very high.

 **HEALTHY POPULATIONS** – Yukoners self-rated physical and especially their mental health have dropped dramatically during the pandemic, a pattern seen nationally. The mental health of younger residents and people living in low income households was particularly harder hit. At the same time, over half of Yukoners regarded the quality of (50.4%) and accessibility (56.4%) to mental health services as poor or fair. These patterns are especially important to consider when coupled with the lower percentage of Yukoners (78.8%) who report having access to a regular health physician, such as a family doctor.

 **LEISURE AND CULTURE** – Yukoners are more physically active than Canadians overall with almost three-quarters (72.3%) engaging in moderate or vigorous activity each week, which is 15% more of the population than across the rest of the country. Most Yukoners (95.2%) feel they have many high quality opportunities to enjoy nature and almost as many (81.2%) feel those opportunities are especially plentiful for fishing and hunting. Overall, Yukoners place particular importance on the psychological, emotional, and physiological benefits derived from regular participation in leisure time activities, all of which are major contributors to health and wellbeing.

 **LIVING STANDARDS** – even though employment has declined during the pandemic, the full-time employment rate is higher (66.9%) and the unemployment rate is lower (5.2%) than in Canada overall. In spite of an encouraging jobs outlook, a significant number of households have difficulty making ends meet. the Yukon has a somewhat higher incidence of food insecurity and double the rate of housing insecurity (based on the 43.8% of people spending more than 30% of their before-tax household income on housing) than across the rest of the country. While home internet is available to the vast majority of Yukoners, its quality is rated as very good or excellent by few Yukoners (16.0%).

 **TIME USE** – while over half of Yukoners agree that they have a good work-life balance (56.9%), the rest are either not sure or disagree. Consequently, a significant percentage of people are struggling to find the right balance between work and other aspects of their lives. A higher percentage of Yukoners (12.8%) than elsewhere in Canada are working longer hours each week, even though most Yukoners have regular daytime work schedules (74.3%) and almost half have flexible work hours (46.7%). Of some concern is the 15.5% of residents who indicated they cannot stay home when sick or when their children are sick because benefits are not provided or the work culture makes it untenable to do so. A good sign is that more than half of Yukoners are getting enough sleep each night, much higher than the national rate. While most people are frequently feeling rushed, both women and upper income people feel it more severely.

 **LIFE SATISFACTION** – 75.0% of Yukoners are satisfied or very satisfied with their lives overall and 68.9% mostly or completely feel that the things they are doing in life are worthwhile. They are most satisfied with aspects of the Environment and Community Vitality domains, and especially with the environmental quality of their neighbourhood as well as their neighbourhood as a place to live.

A SUMMARY OF CHARACTERISTICS LINKED TO WELLBEING

The characteristics of the domains do not operate independently in defining wellbeing. They represent a system of interconnected factors that collectively contribute to – or detract from – individual and community wellbeing. Understanding which factors are associated with those residents who are doing well and those who are falling behind in their wellbeing help in identifying where inequities are present and how we might address them.

By examining indicators of wellbeing within and across the eight domains of the CIW, this profile can help inform the planning, development, and implementation of programs and services that have greater potential to enhance the wellbeing of residents and of the Yukon as a whole. Indeed, creating a profile based on the CIW provides an opportunity to learn more about the complexity of wellbeing in people's lives.

The following table summarizes those characteristics most strongly linked to Yukoners who are well above or well below average in their overall wellbeing. Not all Yukoners with these characteristics are necessarily above or below average in their wellbeing – for example, not all women are below average in wellbeing, but as a group they are more likely to be below average than men. However, they do provide an indication of the people who are most at risk of lower levels of wellbeing because of these factors. As the findings of the report illustrate, some groups are especially at risk, particularly women, people living in low income households, and single parents. In many instances, these characterize the same people.

The CIW's call to action is to encourage all sectors to be guided by solid evidence, and to empower Canadians to advocate for change that reflects their needs and values. By putting wellbeing at the heart of policy development, funding decisions, program development, and service delivery, we respond to our desire to know, "How can we do better?"

CHARACTERISTICS OF YUKONERS WITH

DOMAIN	BELOW AVERAGE WELLBEING	ABOVE AVERAGE WELLBEING
DEMOGRAPHICS	Younger adults; women; single, never married residents; those living on their own (e.g., single person households or shared accommodation with others); living with a disability or chronic illness	Older adults; retired; married (but not common-law); higher household incomes; have post-secondary degrees; living with a partner; long time resident of their community
COMMUNITY VITALITY	More likely to provide unpaid help to others; more socially isolated; more likely to experience discrimination due to ethnicity, culture, race, or skin colour, sexual orientation, gender, age, and faith	Volunteer more; have stronger overall sense of belonging to community, including better needs fulfillment, stronger social bonds, and feel more strongly that help in case of need is available in their community
DEMOCRATIC ENGAGEMENT	Less confidence in the health care system, the justice system, and the school system; more likely to feel they do not have a say in what government does and feel public officials do not care what they think	More confidence in the police and faith-based organizations; more likely to agree that territorial government programs made them better off; feel they have a better understanding of important issues facing the Yukon
EDUCATION	More likely to take formal education courses to prepare for a job they might do in the future; more likely to see obstacles to taking courses such as cost or being offered at inconvenient times	More likely to take formal education courses to improve skills for current job; perceive more opportunities to take both formal education courses and courses for interest
ENVIRONMENT	Perceive air and water quality as lower; perceive traffic congestion as a problem; less actively engaged in sustainable activities such as: reusing, recycling, reducing waste, conserving energy and water, or purchasing food produced locally	Perceive quality of natural environment as higher; see more opportunities to enjoy nature in community; feel more of a responsibility to help protect the natural environment; see more opportunities nearby for hunting and fishing
HEALTHY POPULATIONS	Lower perceived <i>accessibility</i> to traditional health services, mental health services, and substance use services; lower perceived <i>quality</i> of health services	Better self-rated physical and mental health; higher perceived <i>quality</i> of traditional health services, mental health services, and substance use services
LEISURE AND CULTURE	Lower perceived educational benefits of leisure experience; lower perceived social benefits of leisure experience	Higher perceived <i>relaxation</i> benefits of leisure experience; higher perceived <i>physiological</i> benefits of leisure experience
LIVING STANDARDS	Less likely to have regular weekday working schedule; less likely: to pay bills on time, to pay mortgage or rent on time, to have enough food or money for food, to purchase nutritious food; to afford medical, dental, or counselling visits; or to afford transportation or child care; more likely to spend over 30% of income on housing	More flexibility in working hours; more likely to have a regular weekday working schedule; more likely to have access to the internet from home; more likely to have enough money to buy things they both <i>need</i> and <i>want</i>
TIME USE	Feel rushed more often; less likely to get enough sleep; less work-life balance	Less often feel rushed; greater work-life balance



WHAT IS WELLBEING?

There are many definitions of wellbeing. *The Canadian Index of Wellbeing (CIW)* has adopted the following as its working definition:

The presence of the highest possible quality of life in its full breadth of expression focused on but not necessarily exclusive to: good living standards, robust health, a sustainable environment, vital communities, an educated populace, balanced time use, high levels of democratic participation, and access to and participation in leisure and culture.

The Canadian Index of Wellbeing adopted this definition after extensive consultations with national leaders and organizations, community groups, research experts, and importantly, the Canadian public. In those discussions, they clearly expressed what really matters to their wellbeing.² They also re-affirmed the core values they believe are essential for a thriving and welcoming society – *fairness, diversity, equity, inclusion, health, safety, economic security, democracy, and sustainability*.

²A description of the eight domains comprising the framework of the Canadian Index of Wellbeing, as identified through consultations with Canadians, is provided in Appendix A.

WHY WE NEED TO MEASURE WHAT MATTERS

The United Nations and the Organization for Economic Co-operation and Development (OECD) agree – the true measure of a country’s progress must include the wellbeing of its citizens. The Canadian Index of Wellbeing (CIW) shifts the focus from solely on the economy to include other critical domains of people’s lives.

Increasingly, citizens and their governments are thinking “beyond GDP” as a measure of our progress and quality of life. Even though Gross Domestic Product (GDP) is an important measure of our economic performance, it does not capture those areas of our lives that we care about most like education, health, the environment, and the relationships we have with others. GDP also is not sensitive to the costs of economic growth such as environmental degradation, loss of farmland, or growing income inequality.

The CIW’s call to action is to encourage all sectors to be guided by solid evidence, and to empower Canadians to advocate for change that reflects their needs and values. By putting wellbeing at the heart of policy development, funding decisions, program development, and service delivery, we respond to our desire to know, “How can we do better?”

ADVANCING ACTION WITH LOCALIZED DATA

Consistent with the mission of the CIW, the Government of Yukon Performance Plan 2019-20 states:³

Well-being indicators are incredibly valuable tools, because they challenge us to go beyond simple economic indicators such as Gross Domestic Product in assessing the state of our communities. There is a growing movement across the world to utilize well-being as the lens for decision-making, and the Government of Yukon is a proud supporter of this approach. Well-being indicators can help us better understand and reduce disparities in society, and provide a means of knowing whether we are improving the quality of life of Yukoners in tangible terms. (p. 3)

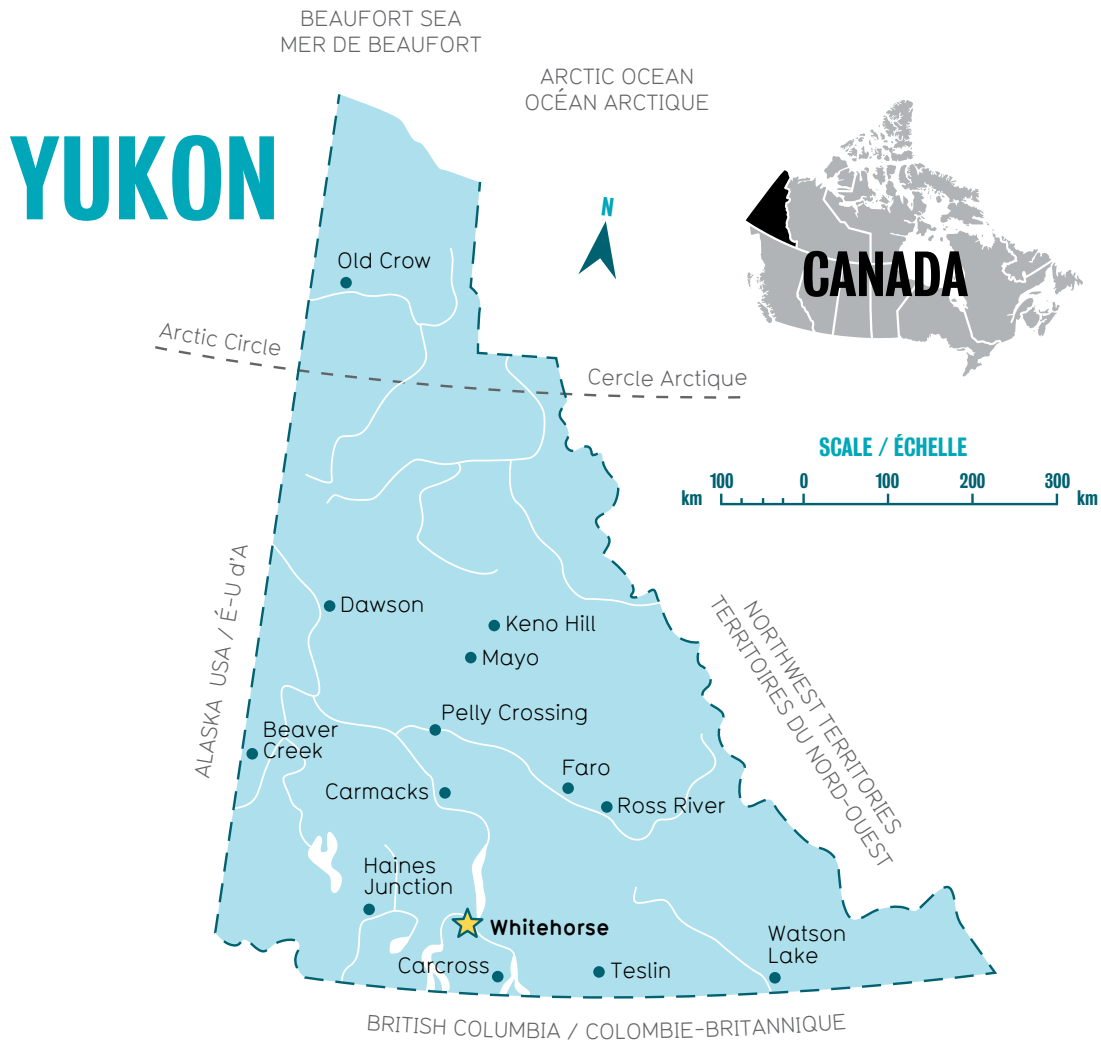
An ongoing challenge to realizing this vision is that the measurement of wellbeing at different levels of geography, such as the community level in the Yukon, is typically constrained by the lack of available data. Many of the national surveys and data sources used to create the CIW's national and provincial indices exclude the Yukon and its residents. For example, the General Social Survey, which is administered annually by Statistics Canada throughout Canada, but not in the Yukon, touches on several aspects identified by the CIW as critical to the wellbeing of Canadians – volunteering, social connections, participation in the arts, and how much time is spent in both valued and obligatory activities.

Without evidence, we are less able and less effective in bringing about the change we desire to address inequities in wellbeing, both individually and at the community level. To fill this gap, the CIW Community Wellbeing Survey was developed to capture the behaviours, perceptions, and experiences of residents' wellbeing in “real time”. Hence, consistent with the Yukon Performance Plan, data gathered with the Yukon Community Wellbeing Survey provides us with the “means of knowing whether we are improving the quality of life of Yukoners in tangible terms.”

³ Government of Yukon. (2020). *Performance Plan: Update on priorities and progress – 2019 year in review and 2020 look ahead*. Whitehorse, YK: Government of Yukon. Available at: <https://yukon.ca/en/performance-plan>

WELLBEING IN THE YUKON

In this report, we provide a profile of wellbeing in the Yukon using the results of the CIW's Community Wellbeing Survey conducted in the summer of 2020 and selected indicators drawn from data sources provided by Statistics Canada for each of the domains of wellbeing. By examining indicators of wellbeing within and across the eight domains of the CIW, this profile can help inform the planning, development, and implementation of programs and services that have greater potential to enhance the wellbeing of residents and of the Yukon as a whole. Indeed, creating a profile based on the CIW provides an opportunity to learn more about the complexity of wellbeing in people's lives.



We begin with a brief demographic profile of the survey respondents. As a self-selected sample, the profile is compared to recent Census data on selected characteristics to determine how reflective the survey sample is of the population of the Yukon. In the sections that follow, we present the eight domains of the CIW with descriptions of measures of wellbeing gathered in the survey that reflect how well residents of the Yukon are doing. We also make selected comparisons among various sub-groups within the population to reveal where inequalities in residents' wellbeing exist and to identify factors that are contributing to the ability of some to continue to thrive, even during the pandemic. Finally, appendices are included that provide more information about the domains identified by Canadians that comprise the CIW (Appendix A), details on the survey methods (Appendix B), available indicators from national data sources that complement the survey results for each domain (Appendix C), and a glossary of selected terms (Appendix D).

The results presented in this report not only provide insights into the wellbeing of Yukoners, but also raise a number of new questions. Such questions reflect the new and deeper insights gained about wellbeing in the Yukon and are valuable conversation starters on how to respond to pressing issues of equity and thereby ensure all Yukoners thrive.

DEMOGRAPHICS

Recognizing the unique socio-demographic profile of a region is an important first step in understanding the needs and circumstances of its residents. How many people live here? Are the residents generally younger or older than elsewhere in the Yukon or in Canada overall? What do their families look like? How diverse is the population? Answers to these questions allow us to make more informed decisions about the types of programs and services that will best contribute to the wellbeing of residents in the Yukon.

POPULATION

According to the most recent population estimates provided by Statistics Canada⁴, the Yukon was home to 42,052 people in 2020. Over three-quarters of the population lives in the capital city of Whitehorse (79.6%), which 33,480 residents called home in 2020.⁵ This distribution of the population was similarly reflected in the Yukon Community Wellbeing Survey, to which over eight in ten respondents (82.1%) indicated that they lived in Whitehorse.

From 2011 to 2016, the total population grew by 8.9%, from 35,411 people to 38,547. The growth was even higher from 2016 to 2020 at 9.1%, which was almost double the rate for Canada overall (5.3%). In Whitehorse, the population grew even faster, rising from 27,230 people in 2011 to 30,322 in 2016 (up 11.4%) and then to 33,480 residents in 2020 (up 10.4%).

population growth
in **YUKON**

2011 to 2016	8.9%
2016 to 2020	9.1%

population growth
in **CANADA**

2011 to 2016	5.2%
2016 to 2020	5.3%

⁴ Statistics Canada. (2021). *Population estimates on July 1st, by age and sex*. Table 17-10-0005-01. Available at: <https://www150.statcan.gc.ca/t1/tb1/en/cv.action?pid=1710000501>

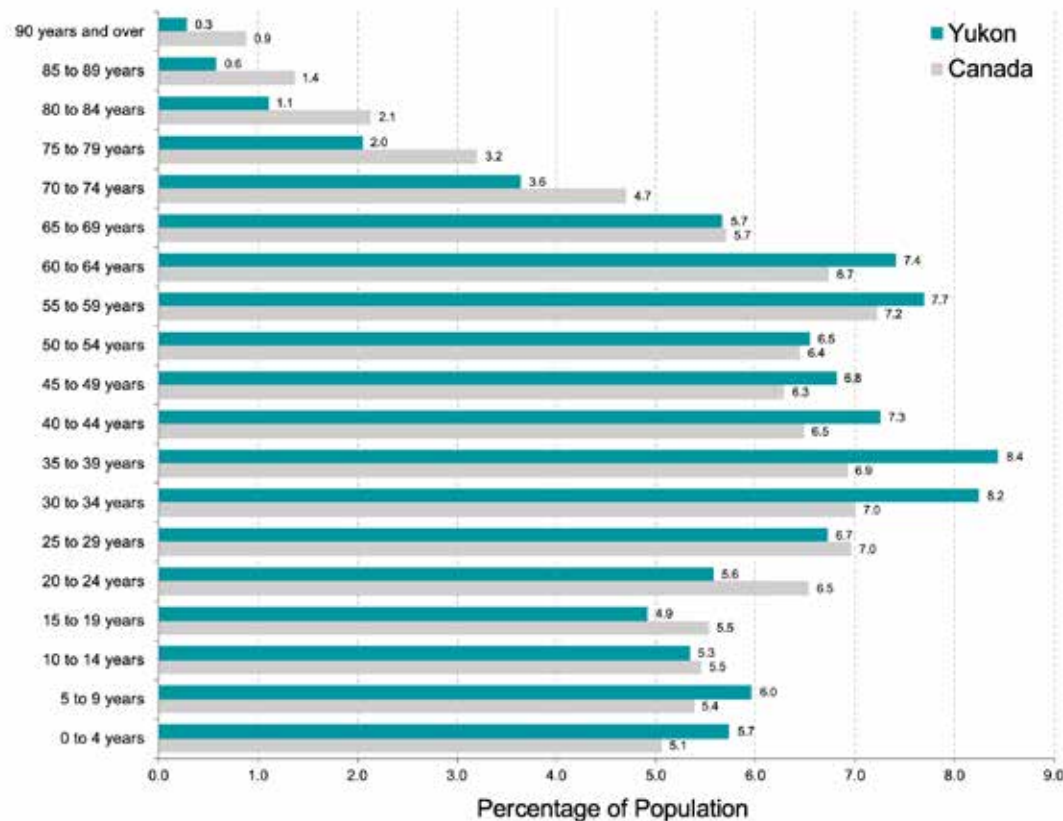
⁵ Statistics Canada. (2021). *Population estimates, July 1, by census metropolitan area and census agglomeration, 2016 boundaries*. Table 17-10-0135-01. Available at: <https://www150.statcan.gc.ca/t1/tb1/en/tv.action?pid=1710013501>

AGE

The Yukon has a slightly younger population (median age of 39.4 years) than Canada overall (median age of 40.9 years) despite having a similar percentage of residents under 30 years of age (34.3% compared to 34.9% respectively). Over 5% more residents from 30 to 64 years of age live in the Yukon (52.4% than in Canada overall (47.1%), and almost 5% fewer residents 65 years of age and older (13.3% compared to 18.0% for Canada) live in the Yukon.

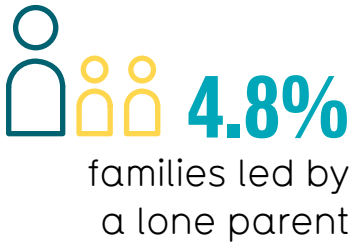
The respondents to the Yukon Community Wellbeing Survey were somewhat older than reported in Statistics Canada’s estimates with a median age of 44.1 years. Over one in five respondents were 65 years of age or older (21.5%) and another six in ten were from 30 to 64 years of age (63.6%). The remaining individuals who were under 30 years of age accounted for 14.9% of the respondents, which is less than half of the percentage of residents of the Yukon in that age category (34.3%) estimated by Statistics Canada.

THE YUKON HAS A HIGHER PERCENTAGE OF RESIDENTS BETWEEN 30 AND 64 YEARS OF AGE THAN IN CANADA OVERALL



Source: Statistics Canada (2021)

39.4
YEARS
median age



after-tax median income
for persons (2019)

YUKON	\$ 46,010
CANADA	\$ 34,240

before-tax median
income for households
(2020 Yukon Community Wellbeing Survey)

YUKON	\$ 86,946
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FAMILIES

According to the Yukon Community Wellbeing Survey, almost two-thirds of respondents to the survey are married or living in a common-law relationship (64.6%), which is markedly higher than the national rate (57.6%). The majority of households are occupied by couples; of those, over one-quarter had children living at home (27.5%) and over one-third either had no children or their children were no longer living at home (36.2%). About one in twenty families (4.8%) are led by a lone parent, which is about one-third of the percentage in Canada overall (14.6%). The majority of lone parent families in the Yukon are led by women (70.8%), which is slightly lower than for Canada overall (78.8%).

EMPLOYMENT, EDUCATION, AND INCOME

Seven in ten respondents to the Yukon Community Wellbeing Survey (70.4%) indicated that they were working for pay outside the home, either full-time or part-time, self-employed, or engaged in a form of non-standard employment (e.g., seasonal or temporary work). Despite the effect of the pandemic on the security of many workers, this rate of employment is slightly higher than that reported for the Yukon in the 2016 Census (68.5%).

Over half of the employed respondents to the Yukon Community Wellbeing Survey (54.9%) worked in one of four sectors: public administration or government (22.5%), health care (11.9%), education (10.4%), or a professional, scientific, or technical service (10.1%). With respect to educational attainment, the 2016 Census indicated that 30.0% of Yukoners aged 25 to 64 years had obtained a Bachelor's degree or higher and 24.0% had obtained a college diploma. These are slightly higher rates of educational attainment than reported for Canada overall (28.5% and 22.4% respectively). Respondents to the Yukon Community Wellbeing Survey were, by comparison, much more highly educated with over half of those in the 25 to 64-year age range indicating they held a Bachelor's degree or higher (51.6%). A smaller percentage of respondents (18.5%) reported that they held a college diploma.

According to Statistics Canada, the after-tax median income for persons in Canada was \$34,240 per year while in the Yukon, it was considerably higher at \$46,010 per year. The higher incomes are likely a reflection of the higher cost of living in the Yukon where housing, food, and child care are more expensive than most other regions of Canada. The estimated median before-tax income for households reported by respondents to the survey – and therefore more than one person could be included – is \$86,946 per year. Given the respondents to the survey are generally better educated and professionally employed, the higher median incomes are correspondingly higher.

RACIAL IDENTITY

About 8 in 10 respondents to the Yukon Community Wellbeing Survey self-identified their racial identity as white (79.3%). The percentage of respondents who self-identified as Indigenous was considerably lower at 10.6% than the 23.3% reported in the Aboriginal Peoples Census (APC) of 2016. Although the survey under-represented the overall proportion of residents who self-identify as Indigenous peoples, the people who did respond, when compared to the results from the APC (2016), did correspond reasonably well with the percentages of people who self-identified as First Nations, Métis, or Inuk/Inuit.

Indigenous peoples	Survey	APC
FIRST NATIONS	79.7%	81.6%
MÉTIS	15.6%	12.4%
INUK/INUIT	4.2%	2.4%



COMMUNITY VITALITY

Vital communities are those that have strong, active, and inclusive relationships among people, private, public, and non-governmental organizations that foster individual and collective wellbeing.

Vital communities are able to cultivate and marshal rich and diverse relationships in order to create, adapt, and thrive in the changing world. They do so by focusing on social relationships, including social support (i.e., close friends, providing unpaid help to others), social engagement (i.e., volunteering, sense of belonging to community), and community safety. Vital communities also focus on social norms and values, including attitudes towards others and personal experiences of discrimination.

SENSE OF BELONGING

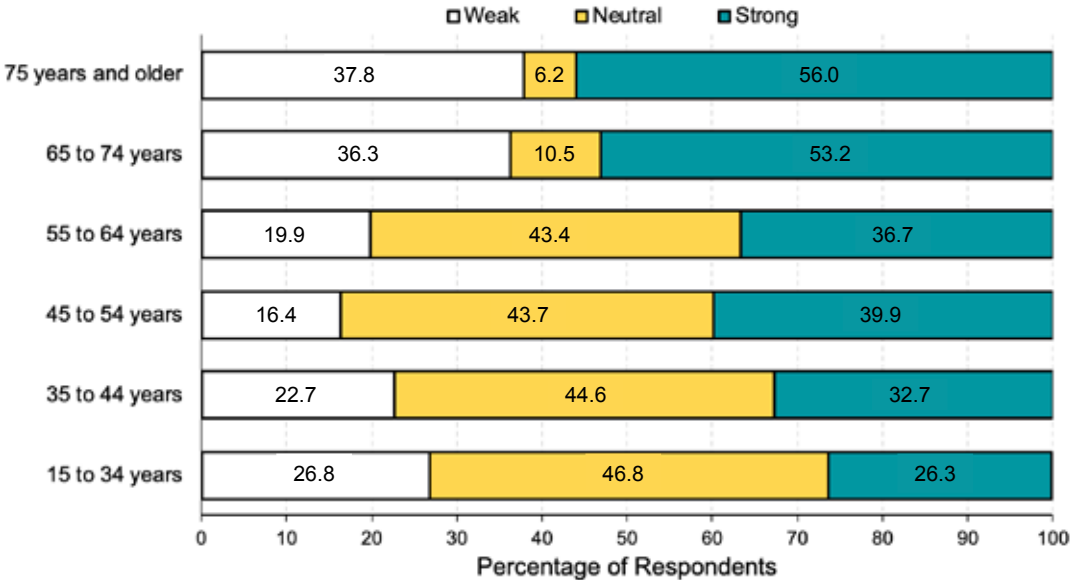
Yukoners generally feel a strong connection to their communities, with over a third of respondents (36.7%) reporting that their sense of belonging to their community was very or somewhat strong. By way of comparison, about one-quarter felt a very or somewhat weak sense of belonging to their communities (25.7%). In the face of the challenges of the pandemic, these results might still be regarded as positive, although almost four in ten Yukoners (37.6%) indicated that they were neutral or not sure about their sense of belonging. Arguably, the pandemic has diminished opportunities for making social connections, which are important building blocks for community.⁶

⁶In 2018, the *Canadian Community Health Survey* indicated that 80.6% of Yukoners reported a very or somewhat strong sense of belonging to the community, which was almost 12% higher than the percentage for Canada overall (68.9%). However, the national survey did not include a “neutral/not sure” response option so the results from the Yukon Community Wellbeing Survey are not directly comparable.

Sense of belonging is less strong for some groups in the Yukon than others. For example, less than half as many younger Yukoners (those under 35 years) have a stronger sense of belonging to the community (26.2%) than Yukoners who are 65 years and older (53.8%). However, a much higher percentage of older adults (36.6%) also feel a *weaker* sense of belonging than their younger counterparts.

This apparent contradiction in the results indicates that even though the majority of older adults do enjoy a stronger sense of belonging, which suggests that they might also be more socially engaged, this is not true for all Yukoners over 64 years of age. With over one-third of older Yukoners feeling a weak sense of belonging, other factors such as social isolation or perceptions of a lack of social support may be contributing to their disengagement from their communities.

SENSE OF BELONGING TO THE COMMUNITY IS BOTH STRONGER AND WEAKER AMONG OLDER YUKONERS



Source: Yukon Community Wellbeing Survey (2020)

overall
36.7%
of Yukoners
have a strong
sense of
belonging

Sense of belonging not only varies by age, but also by income. The lower the annual household income reported by respondents, the weaker their sense of belonging to their communities. For households living on incomes of under \$40,000 per year, one-third had a weak or very weak sense of belonging to their community (33.9%). In contrast, for those households with incomes of \$150,000 or more, 17.2% – or almost half as many as in low income households – had a weaker sense of belonging. If we think of income as being as much about *providing* access as it is about financial security, people living in low income households have less opportunity to engage with others and with community supports. Given that a greater percentage of younger adults and those over 65 years of age are living in low income households, their lack of access may explain their lower sense of belonging to the community.

SOCIAL SUPPORT

A key way in which residents' sense of belonging to their communities can be enhanced is by strengthening the degree to which they are connected to others and feel supported. Respondents to the Yukon Community Wellbeing Survey reported on three aspects related to the support they felt they received in their communities:

1. the social climate and the social bonds they had formed, which reflects the quality of the friendships they have, how sociable people are, and how easy it is to connect with others;
2. the availability and willingness of others to help out in case they were in need; and
3. the range and accessibility of community services and opportunities to satisfy their needs.

On all three aspects of community, respondents overall felt reasonably well supported. In particular, with respect to the social climate and bonds, respondents identified having good friends in the community and felt that people were quite sociable. These feelings of support also spilled over into feeling that help was available if needed and that most people would be available in case of an emergency. Like sense of belonging, however, these feelings differed among people based on age and income. The older people are and the higher their incomes, the more they felt supported on all three aspects of social support within the community.

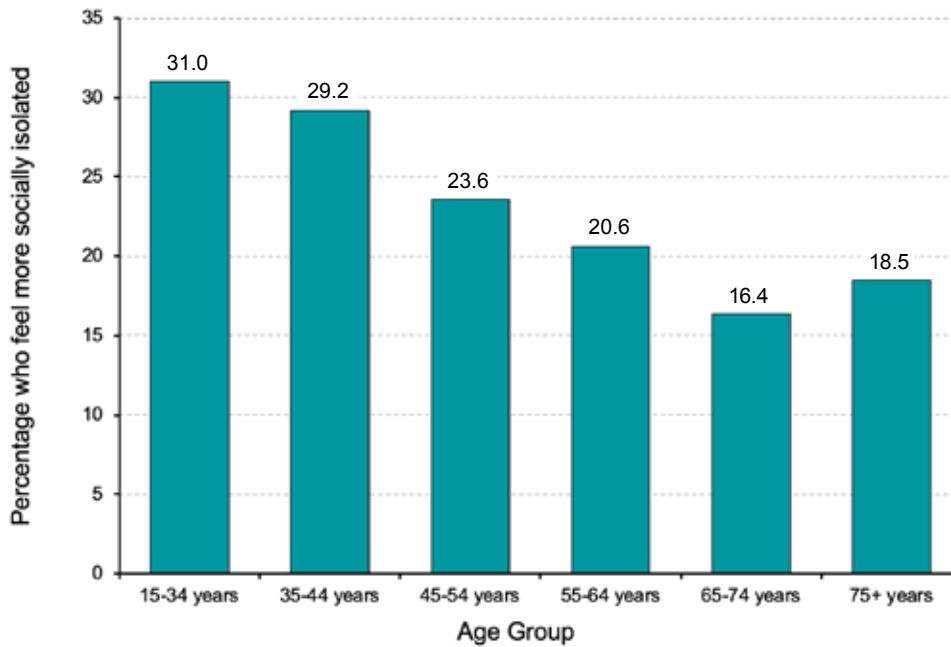
SOCIAL ISOLATION

When feelings of belonging and social support are absent, people are at greater risk of social isolation in their communities. Social isolation – and especially *loneliness* – has emerged in recent years as one of the more serious and detrimental factors affecting health and individual wellbeing. Importantly, feelings of social isolation are not simply a function of the number of social contacts, but rather the perceived *quality* of social connections.

The results of the Yukon Community Wellbeing Survey reveal that one-quarter of Yukoners are feeling socially isolated (25.2%), which is a concern for their overall wellbeing. The extent to which physical distancing directives during the pandemic have contributed to these feelings for so many people is unclear, but likely played a part. Further, those respondents who feel the most socially isolated also report a weaker sense of belonging to their communities and perceive less social support being available in the community.

However, this pattern varies by age. Close to one-third of respondents under the age of 35 (31.0%) reported feeling more socially isolated while fewer than one in five Yukoners over 65 years of age (16.8%) felt this way. Even though older adults *overall* do not feel socially isolated, much higher feelings of social isolation were expressed by older adults who had a weaker sense of belonging to their communities.

YOUNGER YUKONERS FEEL MORE SOCIALLY ISOLATED



Source: Yukon Community Wellbeing Survey (2020)



overall
25.2%
of Yukoners
feel more
socially
isolated

Particularly vulnerable to social isolation are people living with a disability or chronic illness. Almost 20% more people who are living with a disability (43.7%) and 10% more people living with a chronic illness (36.5%) feel more socially isolated. Living under these circumstances significantly limits people’s ability to fully participate in their communities thereby exacerbating their feelings of isolation.

Further, the type of living arrangement people have also is strongly associated with social isolation. Couples, whether or not they have children living at home (18.3%), felt much less socially isolated than single adults. More than twice the percentage of single parents (37.0%) and single adults (39.0%) reported greater feelings of social isolation.

people feeling greater social isolation by living arrangements:

COUPLES	18.3%
SINGLE PARENTS	37.0%
SINGLE ADULTS	39.0%

VOLUNTEERING AND UNPAID HELP TO OTHERS

Just over one-quarter of respondents reported that they volunteered for an organization in their community (28.5%), which is considerably below the four in ten Canadians (41.1%) who were volunteering pre-pandemic.⁷ Similar percentages of Yukoners reported providing unpaid help to others, such as health-related and personal care support (31.1%) and domestic care and home maintenance support (29.9%). Many fewer people were providing unpaid coaching, teaching, or tutoring assistance (13.8%) to others. The impact of the pandemic and the degree to which it resulted in the cancellation of many gatherings and events undoubtedly had an impact on volunteering rates, even if people were still willing to provide such support.⁸

On average, about 5% fewer respondents under 35 years of age provide unpaid help to others, whether through volunteering (23.4%), helping with home maintenance (31.6%), or providing personal care (28.1%), than Yukoners 35 years of age and older (31.0%, 29.1%, and 32.5% respectively). This might, in part, explain why younger Yukoners feel more socially isolated because providing unpaid help to others is an important way for connecting with others in the community in a meaningful and supportive way.

EXPERIENCES OF DISCRIMINATION

More than half of the respondents in the Yukon indicated that they had experienced at least some form of discrimination (55.8%) due to characteristics such as their ethnicity, race, gender, or sexual orientation. Discrimination due to one's ethnicity, culture, race, or skin colour was experienced most with over a third of respondents (37.7%) reporting such incidents occasionally, very often, or all of the time.

Experiences of discrimination were reported by 33.2% of Yukoners based on gender or on age, while fewer people experienced discrimination due to their faith or sexual orientation. These somewhat lower incidences may be attributable to these characteristics being less “visible” to others and hence less likely subject to overt discrimination. Nevertheless, any form of discrimination is troubling and these high rates are a factor affecting not only the sense of belonging people feel, but also their mental and emotional wellbeing.

people reporting
any experiences of
discrimination due to:

ETHNICITY/RACE	37.7%
GENDER	33.2%
AGE	33.2%
FAITH	25.8%
SEXUAL ORIENTATION	16.6%

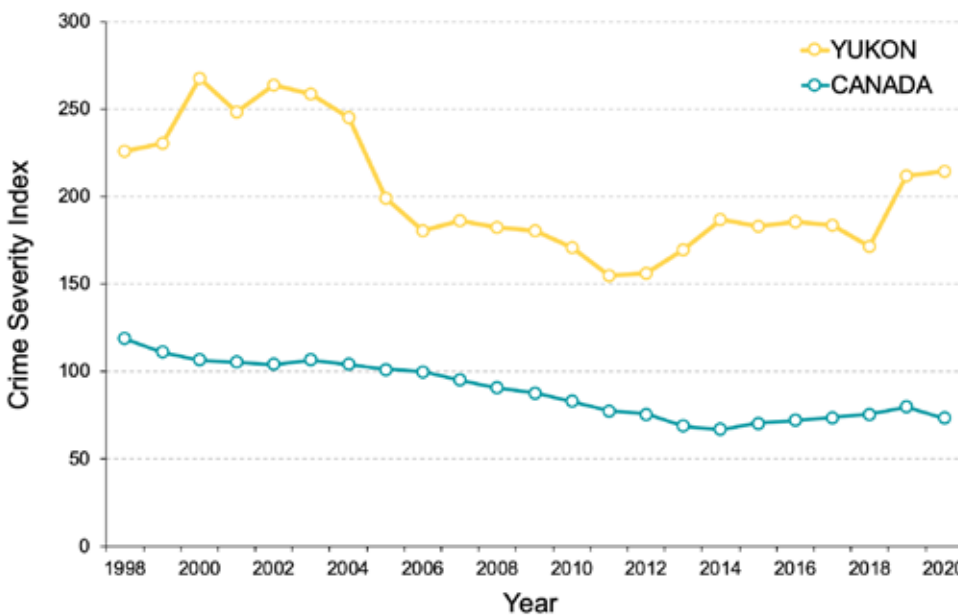
⁷ Statistics Canada. (2021). *Volunteer rate and average annual volunteer hours, by definition of volunteering and age group*. Table 45-10-0039-01. Available at: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=4510003901>

⁸ Hahmann, T., du Plessis, V., & Fournier-Savard, P. (2020). *Volunteering in Canada: Challenges and opportunities during the COVID-19 pandemic*. Catalogue no. 45280001, StatCan COVID-19: Data to insights for a better Canada. Ottawa, ON: Statistics Canada. Available at: <https://www150.statcan.gc.ca/n1/pub/45-28-0001/2020001/article/00037-eng.htm>

COMMUNITY SAFETY

According to the Crime Severity Index (CSI), the incidence of serious crime in the Yukon steadily declined from 2000 to 2013, then jumped upward in 2014. It was declining again up to 2018 when another increase occurred in 2019. Nevertheless, while the CSI is higher in the Yukon than elsewhere in Canada, the downward trend is a departure from changes occurring in all provinces across Canada (apart from Québec) where the incidence of severe crime has continued to track upwards since 2014.⁹

DESPITE RECENT INCREASES, CRIME SEVERITY IN THE YUKON HAS DECLINED SINCE THE EARLY 2000s



Source: Statistics Canada (2021)¹⁰



between 2000 and 2018, crime severity in the Yukon declined by **35.9%**

In spite of the higher CSI in the Yukon as well as the relatively high frequency of experiences of discrimination, respondents to the Yukon Community Wellbeing Survey report feeling relatively safe in their communities. Two-thirds of the people (67.2%) said that they were satisfied or very satisfied with their sense of safety in their communities. A somewhat higher percentage of men (69.5%) than women (65.0%) were satisfied with the sense of safety they felt in their communities, which is a pattern consistently reported elsewhere in Canada.¹¹ In addition, while a somewhat higher percentage of older and more affluent respondents were more satisfied with safety in their communities, generally speaking, most Yukoners do have a strong sense of safety.

⁹ Moreau, G. Jaffray, B. & Armstrong, A. (2020). *Police-reported crime statistics in Canada, 2019*. Catalogue no. 85-002-X, Juristat. Ottawa, ON; Statistics Canada. Available at: <https://www150.statcan.gc.ca/n1/pub/85-002-x/2020001/article/00010-eng.htm>

¹⁰ Statistics Canada. (2021). *Crime severity index and weighted clearance rates*. Table 35-10-0026-01. Available at: <https://www150.statcan.gc.ca/t1/tbl1/en/cv.action?pid=3510002601>

¹¹ Perreault, S. (2017). *Canadians' perceptions of personal safety and crime*. Catalogue no. 85-002-X, Juristat, Ottawa, ON: Statistics Canada. Available at: <https://www150.statcan.gc.ca/n1/pub/85-002-x/2017001/article/54889-eng.htm>

LINKS TO SUSTAINABLE DEVELOPMENT GOALS

Ensuring strong and supportive communities can boost sense of belonging and thereby reduce inequalities, contribute to community sustainability, and enhance quality of life for all. Reducing social isolation by building supportive and caring communities can reduce negative health outcomes and increase the sense of belonging. Creating safe, just, and more sustainable communities creates a greater sense of belonging and feelings of safety and security, especially for women.

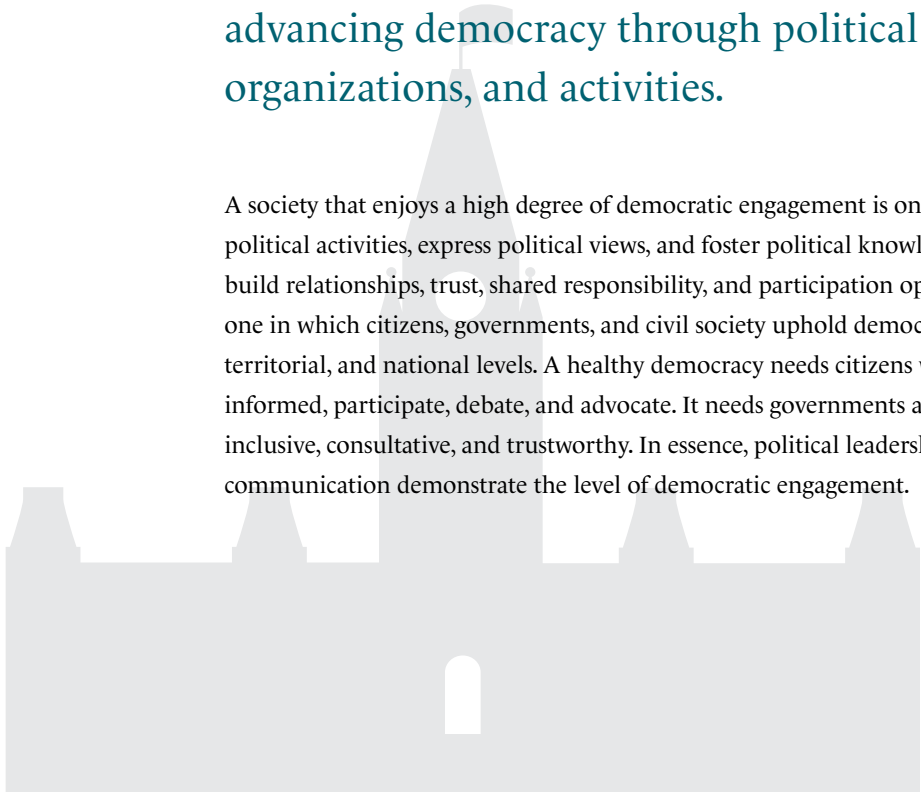




DEMOCRATIC ENGAGEMENT

Democratic Engagement means being involved in advancing democracy through political institutions, organizations, and activities.

A society that enjoys a high degree of democratic engagement is one where citizens participate in political activities, express political views, and foster political knowledge and where governments build relationships, trust, shared responsibility, and participation opportunities with citizens. It is one in which citizens, governments, and civil society uphold democratic values at local, provincial/territorial, and national levels. A healthy democracy needs citizens who feel their votes count, are informed, participate, debate, and advocate. It needs governments at all levels to be transparent, inclusive, consultative, and trustworthy. In essence, political leadership, citizen participation, and communication demonstrate the level of democratic engagement.



CITIZEN PARTICIPATION

According to Elections Canada¹², the most recent *federal* election in October 2019 saw seven in ten eligible voters in the Yukon (69.5%) come out to vote, which is down by almost 5% from turnout in 2015 (74.2%). However, turnout for federal elections in the Yukon remained higher than for much of the rest of Canada, which had an average turnout of two-thirds of eligible voters (67.0%) in 2019.

Consistent with other areas of the country, the gap in the percentage turnout based on age pointed to a much higher turnout of older Yukoners than younger. In fact, the age gap of 33.3% was 8% higher in the Yukon than in Canada overall (25.2%), which suggests that even though overall voter turnout was higher in the Yukon, turnout was considerably higher among older residents.

Almost two-thirds of eligible voters (64.2%) turned out for the recent *territorial* election,¹³ which is much higher than turnouts reported in the most recent provincial elections. Typically, only about 35% to 50% of eligible voters turned out for their most recent provincial elections, which suggests that Yukoners take a more active interest in their territorial governments than do residents in the provinces.

POLITICAL LEADERSHIP

Our political leaders must be seen by citizens to be consultative and trustworthy, and to champion ideas and initiatives that lead to greater wellbeing for all. Indeed, in a functional and effective democracy, citizens must feel that they have *political efficacy* – that their elected representatives and governments on the whole are listening to their concerns and serving their needs and the needs of their communities. Based on the 2016 Canada Election Survey, two-thirds of Yukoners are fairly or very satisfied with the way democracy is working in Canada (66.7%), which is consistent with the feelings of Canadians overall (66.3%).

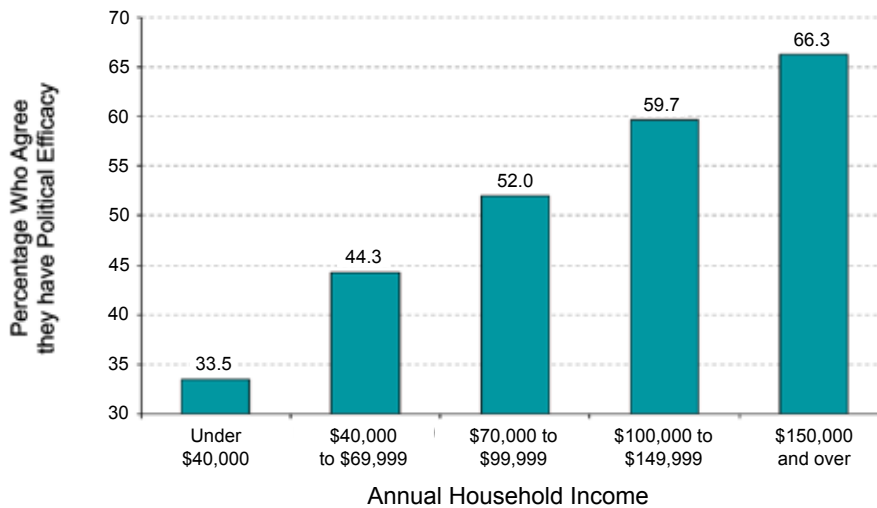
Similarly, according to the Yukon Community Wellbeing Survey, half of the respondents generally agree that they do possess some political efficacy overall (49.8%) and just over one in ten (10.9%) disagree. In particular, respondents agreed most that they have a pretty good understanding of the important issues facing the Territory (68.8%), they are as well informed about government as most people (66.9%), and they consider themselves well qualified to participate in politics (52.4%). At the same time, however, a significant percentage of respondents felt that public officials do not care much what they think (37.2%) and that they did not have any say about what government does (33.1%).

These apparently contradictory views can be explained by a number of other characteristics, especially income. As Yukoners' incomes increase, much greater percentages of them feel they have some influence on government (i.e., political efficacy); in other words, respondents with higher incomes feel that they have a say in what government does, that public officials care what they think, and that they are well-informed about politics and government. Higher income Yukoners with more political efficacy also report greater feelings of wellbeing. Governments and public officials can make greater efforts to ensure the voices of less advantaged groups are heard and that the actions they take demonstrate they have listened.

¹² Elections Canada. (2020). *Voter turnout by sex and age. 43rd General Election, Government of Canada*. Available at: <https://www.elections.ca/content.aspx?section=res&dir=rec/eval/pes2019/vtsa&document=index&lang=e>

¹³ Elections Yukon. (2021). *2021 Territorial general election return of the writ*. Government of Yukon. Available at: <https://electionsyukon.ca/en/2021-territorial-general-election-return-of-the-writ>

HIGHER INCOME YUKONERS FEEL THEY HAVE INFLUENCE ON GOVERNMENT



Source: Yukon Community Wellbeing Survey (2020)

Beyond their feelings concerning their political efficacy, one-third of Yukoners responding to the Yukon Community Wellbeing Survey feel the programs and services offered by the Territorial government have made them better off (32.3%). A majority of respondents (62.1%) felt that government services such as incentive programs and mental health supports did not make much of a difference in their lives. As a group, however, this segment of the population largely does not use or need those services. What is clear, however, is those respondents who do in fact rely on such supports feel their wellbeing has been enhanced as a result.

Part of providing political leadership is adequately representing the diversity of the public. Women have historically been under-represented in the democratic process, which means their voices are not heard to the same extent when decisions are being made. Following the 2019 federal election, the percentage of women MPs in the House of Commons is at an all-time high (29.0%), yet still falls well short of equality. By way of comparison, eight of the 19 members of the Yukon Legislative Assembly are women (42.1%), which is among the highest percentage of all provincial and territorial legislatures. Nevertheless, more work is needed to encourage women to become involved in our governments and to remove barriers to their involvement.

CONFIDENCE IN INSTITUTIONS

Beyond government, public and private institutions in our communities, such as schools, health-care services, police services, and local merchants and businesses, can all play a role in contributing to people’s wellbeing when confidence in them is high. The more confident people feel in their institutions, the greater their sense of community and the more support and safety they feel.

Overall, more than half of respondents indicated that they had some or a great deal of confidence in their institutions. The one exception was confidence in faith-based organizations, in which only about one-quarter of respondents (23.8%) expressed some confidence. More than three-quarters of respondents reported having more confidence in their local merchants and businesses (77.8%) and in the health care system (77.6%), and two-thirds expressed confidence in the police (67.3%). Approximately half of the people reported feeling some or a great deal of confidence in the courts and justice system (48.2%) and in the school system (51.4%).

The sense of safety that Yukoners feel may in part be attributable to the confidence they have in the police and courts and justice system. While Yukoners’ confidence in the police is greater than in the justice system and courts, their confidence in both institutions increases with age.

A similar pattern was found for annual household income, with more affluent respondents generally reporting somewhat more confidence in their community institutions. The one exception was for confidence in faith-based institutions – 30.1% of respondents living on annual household incomes of under \$40,000 expressed some or a great deal of confidence whereas only 17.2% of respondents with annual incomes over \$150,000 shared a similar level of confidence in faith-based institutions.

percentage of people of different ages with greater confidence in police and in courts and justice system:



	POLICE	COURTS
UNDER 35 YEARS	57.4%	39.4%
35 TO 64 YEARS	68.8%	49.1%
65 YEARS AND OLDER	79.0%	60.0%

LINKS TO SUSTAINABLE DEVELOPMENT GOALS

To enhance community wellbeing, citizens must feel that their governments fairly represent their interests and are represented by people who share their concerns. Strong institutions and greater confidence in them lead to more just and safe communities, greater equality and sense of belonging for all.

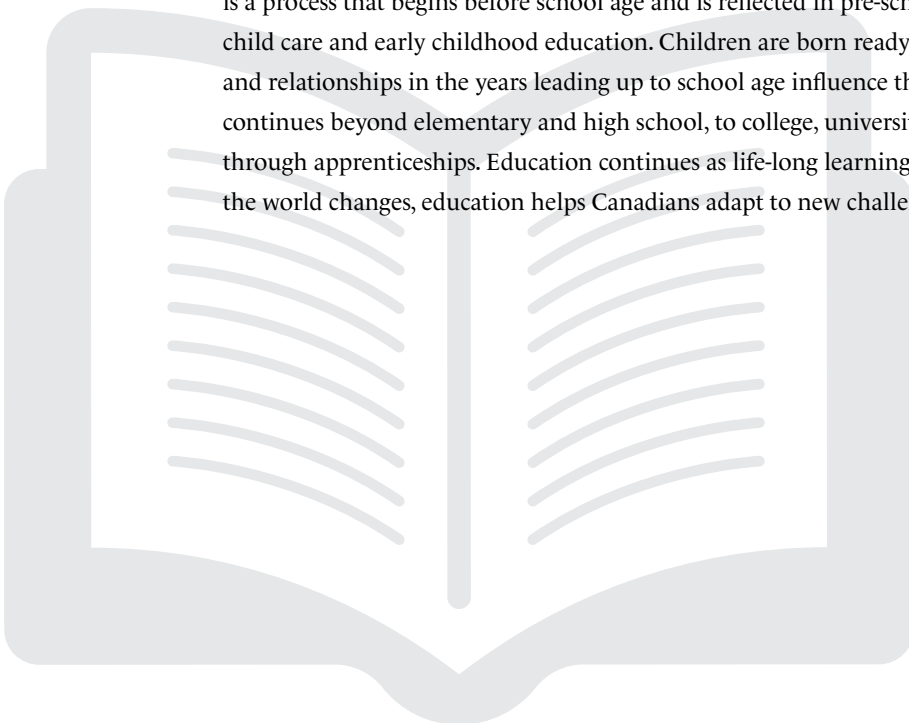




EDUCATION

Education is the systematic instruction, schooling, or training given to the young in preparation for the work of life, and by extension, similar instruction or training obtained in adulthood.

Societies that thrive encourage a thirst for knowledge – at every age and stage of life. Education is a process that begins before school age and is reflected in pre-school arrangements such as child care and early childhood education. Children are born ready to learn – the experiences and relationships in the years leading up to school age influence the capacity for learning. It also continues beyond elementary and high school, to college, university, and professional training through apprenticeships. Education continues as life-long learning whether formal; or informal. As the world changes, education helps Canadians adapt to new challenges.



ACADEMIC ACHIEVEMENT

According to the 2016 Census, the percentage of Yukoners aged 20 to 24 years that have completed a high school diploma is slightly lower than the percentage for Canada overall. Nationally, the high school completion rate among 20 to 24-year olds is 89.7%, and in the Yukon it is 5% lower at 84.4%.¹⁴ Just under one-third of both Yukoners and Canadians overall aged 25 to 54 years have completed a university degree.¹⁵ This rate has been slowly climbing over the years and with the establishment of Yukon University in 2019, better access to post-secondary education for Yukoners might contribute to even greater completion rates in the coming years.

percentage of people in 2016
completing education with:



	YUKON	CANADA
HIGH SCHOOL DIPLOMA	84.4%	89.7%
UNIVERSITY DEGREE	31.1%	30.6%

ONGOING FORMAL AND INFORMAL LEARNING

Participation in both formal education and ongoing informal learning is critical for preparation for work and skills development, and for ongoing personal development. This in turn can have positive impacts on our living standards and social networks. Creating more opportunities and encouraging greater participation in education-related activities would serve to enhance wellbeing because of the influence of these activities across many domains.

According to the Yukon Community Wellbeing Survey, almost one in five respondents (17.2%) reported that they had taken formal education in the past year. Of those who did, three-quarters said that the reason for additional education was to help them prepare for a job they might do in the future (74.6%) and almost as many said they wanted to improve their skills or meet the qualifications needed in their current job (69.9%). Fewer respondents said that the additional formal education was to help them get started in a current or a new job (39.4%).

The reasons for taking formal education was linked to the stage of one's career. Younger respondents (under 35 years of age) were less likely to pursue formal education in order to improve their skills (65.3%) than workers 35 and older (average 75%), suggesting the need or desire for older workers to adapt to a changing workplace. In contrast, as workers get older, a smaller percentage sought more education to prepare for a potential job in the future – only half of workers between 55 and 64 years of age said this was a reason (50.2%) compared to 84.3% of workers under 35 years of age. Similar percentages of both men and women gave these reasons for taking more formal education, which suggests that the opportunities for advancement that such courses provide were regarded as equally accessible, necessary, and important. These results might imply a greater degree of perceived workplace equality.

¹⁴ Statistics Canada. (2020). *High school completion rate by sex, age group and selected demographic characteristics*. Table 37-10-0170-01. Available at: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=3710017001>

¹⁵ Statistics Canada. (2021). *Census indicator profile, based on the 2016 Census long-form questionnaire, Canada, provinces and territories, and health regions*. Table 17-10-0123-01. Available at: <https://www150.statcan.gc.ca/t1/tbl1/en/cv.action?pid=1710012301>

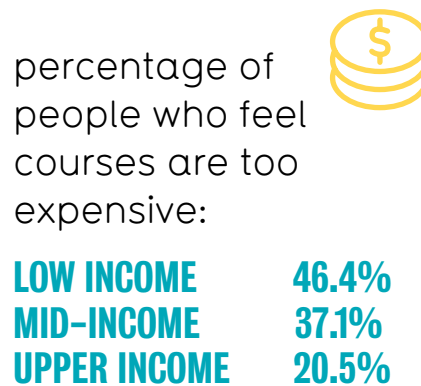
As part of life-long learning, many people choose to take informal courses focused on personal interests. In the Yukon, one-quarter of the respondents said they had taken at least one course for interest in the past year (24.1%). This percentage remained fairly similar across all ages, illustrating the commitment to life-long learning. Indeed, among those people who did take informal courses, two-thirds took two or more courses (65.0%), reflecting the broader interests held by these life-long learners. Of concern, however, is that a much smaller percentage of respondents living in low income households – under \$40,000 per year – reported taking such courses (16.3%), which suggests they might not be as accessible to all.

PERCEIVED ACCESS TO LEARNING

Like elsewhere in Canada, undergraduate tuition fees have crept upwards over the past few years, but in the Yukon, fees remain the lowest in the country (apart from Québec). For 2021, undergraduate tuition fees are estimated to be \$3,930, which is just over half the annual fees paid on average across Canada overall (\$6,580). Lower fees mean greater access to post-secondary education within the Yukon thereby reducing inequality and enhancing wellbeing.

About half of the respondents to the survey agreed that there are plenty of opportunities to take both formal education courses (48.8%) and informal course for interest (54.1%). As noted above, however, respondents' annual household incomes played a key role in how accessible courses were perceived to be. On average, 10% fewer respondents with annual incomes under \$40,000 agreed that there are plenty of opportunities to take formal education courses and almost 15% agreed informal courses of interest are plentiful. More specifically, low income respondents were more likely

to agree that both formal and informal courses were too expensive (46.4%) than respondents with annual incomes of \$40,000 up to \$150,000 (37.1%) and much more than those with incomes above \$150,000 (20.5%). Also, respondents under 35 years of age were much more likely to agree that courses are offered at inconvenient times (43.3%) than respondents 35 years and older (28.7%).



STUDENT SUPPORT AND CHILD CARE

In the Yukon, the average expenditure in public elementary and secondary schools was \$28.66 per student in 2019, which was slightly less than the average in recent preceding years. Nevertheless, expenditures on students in the Yukon is almost twice as high as the average for Canada overall, which was just over \$15 in 2019.¹⁶ These higher expenditures in the Yukon are undoubtedly reflected in the ratio of students to educators in the public school system. In 2019, there was an educator for every 6.2 public school students in the Yukon compared to 12.3 students in the rest of Canada.¹⁷ With annual average expenditures on

¹⁶ Statistics Canada. (2021). *Public and private elementary and secondary education expenditures*. Table 37-10-0066-01. Available at: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=3710006601>

¹⁷ Statistics Canada. (2021). *Educators in public elementary and secondary schools, by work status, age group and sex*. Table 37-10-0153-01. Available at: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=3710015301>

Yukon students being higher, they are more likely receiving far greater individual attention which enhances their capacity for learning and leads to more positive outcomes in later life.

The availability of quality child care, which has slowly expanded across Canada in recent years, contributes to our pre-school children’s social, emotional, developmental, and educational outcomes, especially for children living in lower income families. In the Yukon in 2019, there was a higher proportion of children from 0 to 5 years of age for whom licensed, centre-based child care was available (41.0%). This rate was much higher than for Canada overall (26.9%). Provision of child care in the Yukon is in fact higher than anywhere else in Canada other than Québec (42.0%), where significant subsidies are available to families, and Prince Edward Island (41.0%).¹⁸

Currently, Yukoners appear to recognize that child care services are still not fully available. According to the survey, about one-quarter of all respondents felt that child care services prior to the pandemic were not adequate in the Yukon (26.1%), but among those who have at least one child under 5 years of age at home, not surprisingly almost half feel they are not adequate (48.9%).

With only four in ten children having access to regulated child care and almost half of parents with young children feeling the existing services are not adequate, more can be done to ensure that a greater number of spaces are available to pre-school children. The recent agreement between the federal and the Yukon governments to work in partnership towards expanding the quality, affordability, and inclusiveness of early learning and child care programs and services should go some way to creating new spaces and providing greater accessibility. Doing so would extend the positive benefits derived from quality child care to more children, especially those most marginalized by income or access, and also provide families with more opportunity to allocate their time differently and reach work-life balance.

percentage of people who feel child care services are not adequate:



OVERALL 26.1%

PEOPLE WITH CHILDREN UNDER 5 AT HOME 48.9%

LINKS TO SUSTAINABLE DEVELOPMENT GOALS

Providing equitable access to all forms of education throughout the life course ensures everyone has opportunities to succeed and thrive. Access to regulated child care for all, regardless of circumstances, sets the stage for future success not only in school, but in society.



¹⁸ Friendly, M., Feltham, L., Mohamed, S.S., Nguyen, N.T., Vickerson, R., & Forer, B. (2021). *Early childhood education and care Canada 2019*. (12th ed., Rev.). Toronto, ON: Childcare Resource and Research Unit. Available at: <https://childcarecanada.org/>



ENVIRONMENT

The environment is the foundation upon which human societies are built and the source of our sustained wellbeing. On a broader level, environmental protection involves the prevention of waste and damage while revitalizing our ecosystems and working towards the sustainability of all of our natural resources.

The environment is the basis for our health, our communities, and our economy. Despite its fundamental importance to human existence and the natural resource wealth it provides to Canada, we often fail to appreciate the various ecosystem services provided by nature that sustain human wellbeing. Indeed, our wellbeing is influenced directly by the quality of our air, soil, and water.

AIR QUALITY

Overall greenhouse gas emissions (GHGs) – a major contributor to climate change – have been creeping upwards in Canada in recent years. In the Yukon, total emissions have also been increasing since 2014 although overall, emissions have decreased by 1.3% since 2005.¹⁹ The more recent increases to total GHGs can be attributed in part to the growing population, so more importantly, emissions per capita, although rising recently as well, are well below those for Canada overall. As of 2018, GHGs per capita in the Yukon stood at 15.24 tonnes of CO₂ compared to 19.68 nationally. Lower emissions through conservation efforts such as conserving energy, retrofitting homes, and adopting green technologies have been, on a proportional basis, a significant factor in helping to reduce overall emissions. It appears Yukoners are doing their part.

Respondents to the Yukon Community Wellbeing Survey overwhelmingly agree that the air quality in their communities is very good (89.1%). Perhaps not surprisingly, air quality is not perceived to be quite as good in regions of the Territory where respondents live closer to major industrial operations. Even in these regions, 83% to 85% of respondents still agree the air quality is very good.

WATER QUALITY

Similar to their perceptions of the air quality in their community, respondents to the Survey agree that the water quality is very good (85.0%). However, this high opinion is held principally by respondents living in Whitehorse. Outside of the city, the percentage of people who perceive the water quality as very good drops considerably with some regions having as few as 55.5% of its respondents rating the water quality highly.

Further, between 5% and 8% fewer respondents with annual household incomes under \$40,000 agreed that the water quality in their community was very good (80.6%) compared to those with higher incomes (85.8% to 88.7% in mid and high-income categories respectively). Lower income households are often in parts of their communities that might not have the same level of services or infrastructure to ensure their access to good quality water resources.

PERCEPTIONS OF THE ENVIRONMENT

Overall, Yukoners have a very positive view of the natural environment in which they live. According to the survey, the vast majority of respondents agreed that they have plenty of opportunities to enjoy nature near where they live (95.3%) and that the quality of that natural environment is very high (87.5%). It is clear from their responses, too, that almost all Yukoners feel a personal responsibility to help protect the natural environment (93.7%).

¹⁹ Environment and Climate Change Canada. (2019). *National Inventory Report 1990–2017: Greenhouse Gas Sources and Sinks in Canada: Executive Summary*. Canada's Submission to the United Nations Framework Convention on Climate Change. Available at: <https://www.canada.ca/en/environment-climate-change/services/climate-change/greenhouse-gas-emissions.html>

While perceptions of the environment remain high for all Yukoners, some notable differences are revealed when they are compared based on income. For example, over 10% fewer respondents with annual household incomes under \$40,000 agreed that the quality of the natural environment in their community was very high compared to those with incomes of \$150,000 per year or higher. Incomes are strongly associated with housing and location so these results – like those associated with perceived water quality – suggest that lower income Yukoners do not have the same degree of access to quality natural environments enjoyed by more affluent residents







percentage of people who agree quality of natural environment is very high:

LOW INCOME	80.1%
MID-INCOME	89.7%
UPPER INCOME	91.7%

PRO-ENVIRONMENTAL BEHAVIOURS

Contributing to the protection of the environment – something most Yukoners are committed to doing – helps in our collective efforts towards sustainability. Indeed, being active stewards of the environment not only helps to protect it from further degradation from human activity, but ultimately improves the ways that the environment contributes to our wellbeing and that of future generations.

Between half and two-thirds of respondents to the Survey reported that their participation in conservation and sustainable activities had remained much the same over the past year; in other words, for most people, the pandemic did not interfere with their pro-environmental behaviours. Some notable positive changes in people's reported activities include:

-  44.4% reported they are purchasing foods produced locally more often
-  28.8% reported they are conserving energy or water more often
-  27.1% reported they are making a greater effort to reduce their household waste
-  25.4% reported they are walking or biking more often

Not surprisingly given the pandemic, one-quarter of respondents (24.4%) said they were taking public transit (where it was available) less often.

On a broader level, a national indicator that reflects a commitment to conservation is residential energy use (i.e., oil, natural gas, electricity). Over the years, residential energy use per 1,000 population in the Yukon has steadily declined by almost half (45.5%) from 1999 to 2019.²⁰ This is a trend seen nationally as well although at a much slower rate of reduction of 6.4% over the same time period. Further, residential energy use among Yukoners is half that of Canadians overall. Yukoners' residential energy use was 42.48 terajoules per 1,000 households in 2019 compared to 90.79 for all Canadian households. For Yukoners relying on primary energy sources, however, the much lower residential energy use – and greater reductions in recent years – is particularly notable because of the greater need for heat and electricity during the winter season.

Another indication of the commitment to help maintain and even restore the integrity of the environment is through tree planting, especially in areas where mining industry is active, lands are being deforested for development, or have been devastated by forest fires. Across Canada, annual tree planting has declined by 27.7% from its peak in 2007 when trees were planted on almost 500,000 hectares to just over 350,000 hectares planted in 2018. In the Yukon, an even more dramatic decline in tree planting has occurred, falling from over 1,000 hectares in 1999 to under 10 hectares by 2017.²¹ These declines in tree planting across Canada may have contributed to the federal government's commitment to plant 2 billion trees over the next 10 years in order to help restore biodiversity, fight climate change, and importantly, contribute to human wellbeing.²² While not included among the planned locations for tree planting in 2021, hopefully, the commitment will extend to the Yukon in the coming years.

LINKS TO SUSTAINABLE DEVELOPMENT GOALS

Reducing our greenhouse gas emissions helps in the fight against climate change. Doing so also helps to make our communities more sustainable and livable now and into the future. We can all take steps to reduce our impact on the environment through conservation, and thereby contribute to more sustainable communities, a thriving natural environment, and a better quality of life for all.



²⁰ Statistics Canada. (2021). *Supply and demand of primary and secondary energy in terajoules, annual*. Table 25-10-0029-01. Available at: <https://www150.statcan.gc.ca/t1/tb11/en/tv.action?pid=2510002901>

²¹ National Forestry Database. (2020). *Regeneration. Statistical data*. Canadian Forestry Service, Natural Resources Canada. Available at: <https://cfs.nrcan.gc.ca/statsprofile/forest/ca>

²² Government of Canada. (2021). *2 billion trees commitment*. Natural Resources Canada. Available at: <https://www.canada.ca/en/campaign/2-billion-trees.html>



HEALTHY POPULATIONS

The Healthy Populations domain considers the physical, mental, and social wellbeing of the population. It examines life expectancy, lifestyle and behaviours, and the circumstances that influence health such as access to health care.

Healthy Populations captures both the overall health of the population (“health status”) as well as factors that influence health (“health determinants”). This broad perspective is used because peoples’ lifestyles and behaviours are constrained and shaped by broader social factors such as how food is distributed and priced, how houses are constructed and located, how urban transportation is designed, how easily people can access health care and recreational services, and how we interact with the natural environment.

SELF-REPORTED HEALTH

In terms of overall physical health, less than one-third of respondents to the Yukon Community Wellbeing Survey say their health is very good or excellent (31.3%), and only slightly more respondents report that their mental health is very good or excellent (32.9%). These results are undoubtedly a reflection of the impact of the pandemic on all aspects of Yukoners' lives.

Based on national survey results from the Canadian Community Health Survey in 2018, over half of Yukoners said then that their health was very good or excellent (54.3%), and over 6 in 10 indicated that their mental health was very good or excellent (62.9%). These percentages were approximately 6% lower than those reported by Canadians overall in 2018

(60.8% and 69.4% respectively). During the pandemic, just over half of Canadians reported very good or excellent mental health (54.0%), which is a 9% decline from 2018 levels, but is still a much higher percentage than the one-third of Yukoners reporting very good or excellent mental health during the pandemic.

The impact of the pandemic on Yukoners' physical and mental health has not been experienced in the same ways for all groups in the population. Smaller percentages of people in lower incomes groups reported their physical and mental health as very good or excellent than those in higher income groups. For example, less than one-quarter (22.8%) of those with annual household incomes of under \$40,000 reported very good or excellent physical health compared to the over one-third (37.7%) of those with incomes over \$150,000 per year. Differences in mental health were not quite as great, but still, under one-third of lower income respondents (30.9%) reported very good or excellent mental health compared to over one-third of higher income respondents (35.2%).

With respect to age, as Yukoners got older, the percentage reporting very good or excellent mental health was greater than those respondents in younger age groups. In fact, 20% more Yukoners aged 65 to 74 years (45.8%) said they had very good or excellent mental health compared to those under 35 years of age (25.0%). In terms of physical health, the percentage of people in all age groups under 75 years was quite similar with between 30% and 34% reporting very good or excellent health. The percentage figure dropped by about 10% for respondents 75 and older (21.7%).

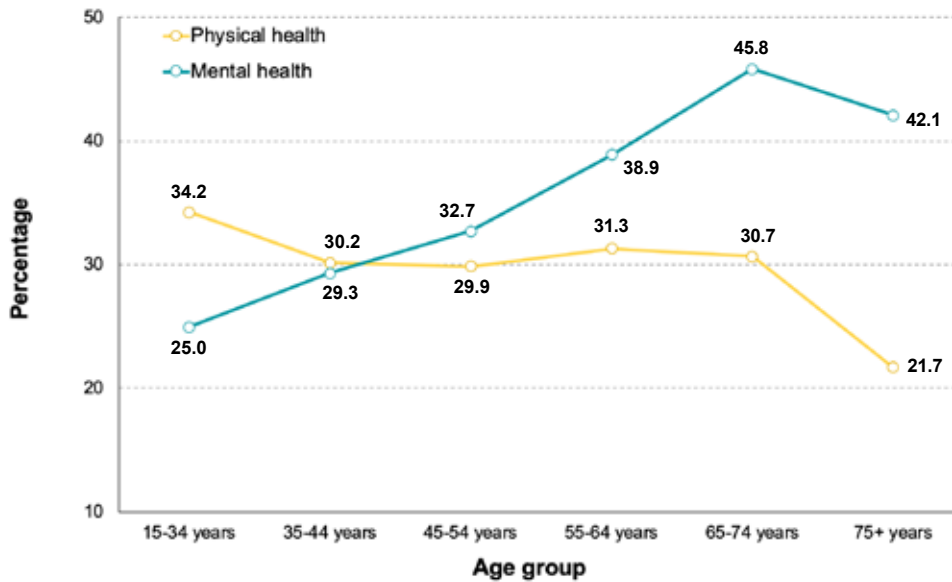


percentage of people reporting very good or excellent health:

physical health:
PRE-COVID 54.3%
DURING COVID 31.3%

mental health:
PRE-COVID 62.9%
DURING COVID 32.9%

AS YUKONERS AGE, SELF-RATED MENTAL HEALTH GETS BETTER



Source: Yukon Community Wellbeing Survey (2020)

As yukoners age, the percentage rating their mental health as very good or excellent increases by **20%**

The same percentage of men and women (31.3%) reported very good or excellent physical health, but over 5% more men (35.6%) compared to women (30.2%) said their mental health was very good or excellent. The gap between men and women is most pronounced among younger Yukoners. Fewer than 20% of women under 35 years of age reported having better mental health whereas over 30% of men did so. These results concerning mental health are consistent with those reported by Statistics Canada for Canadians overall as part of its Canadian Perspectives Survey Series conducted regularly throughout the pandemic.²³

INCIDENCE OF DIABETES

The percentage of Canadians reporting a diagnosis of type 1 or type 2 diabetes has been steadily increasing over the past several years and now sits at 7.2% of the population, according to the 2018 Canadian Community Health Survey. The rate is quite similar in the Yukon with 7.3% of residents reporting having diabetes. The growing incidence of diabetes is noteworthy because it is a critical marker of other health-related issues such as cardiovascular disease, and kidney and vision problems. Increasing rates are of particular concern for men in the Yukon – almost one in ten men in the Yukon report having diabetes (8.9%) compared to 5.7% of women.

²³ Findlay, L.C., Arim, R., & Kohen, D. (2020). *Understanding the perceived mental health of Canadians during the COVID-19 pandemic*. Health Reports, 31, 4, 22-27. Statistics Canada, Catalogue 82-003-x. Ottawa, ON: Statistics Canada. Available at: <https://www150.statcan.gc.ca/n1/pub/82-003-x/2020004/article/00003-eng.htm>

HEALTH-RELATED BEHAVIOURS

Over the past decade, the percentage of individuals across the country immunized against influenza each year has remained relatively unchanged at approximately one-third of the population. After several years where the immunization rate in the Yukon was roughly equivalent to that for Canada overall, it was somewhat higher in 2018 (35.1%) than in the rest of the country (32.0%), which has remained largely unchanged. With the onset of the pandemic, it is unclear how the push for vaccinations against COVID-19 may affect people's willingness to get their annual flu shot. Will the pandemic encourage more people to seek regular immunization against the flu or will it create an expectation that immunization is unnecessary?

Smoking is widely recognized as an unhealthy behaviour associated with a variety of illnesses that could otherwise be prevented. Preventing and reducing smoking at an early age, when such behaviour typically is adopted, is a strategy that ensures better health in later life. Smoking rates among teens (aged 12 to 17 years) have been steadily decreasing across the country for several years. In the Yukon, the smoking rate among teens has declined even more rapidly even though it remains twice as high (7.5%) as for Canada overall (3.3%). Should the smoking rate among teens in the Yukon continue to fall at its current trajectory, this would be good news and points to better overall health for young people as they enter adulthood.

HEALTH CARE QUALITY AND ACCESS

Having access to a regular health physician, such as a family doctor, is a useful indicator of the capacity and appropriateness of the primary health care system. Access to a family doctor is a more effective means of sustaining good health than is the episodic use of emergency care.

Across Canada overall, the percentage of the population with access to a regular family doctor has remained largely the same since 2003. In 2018, over three-quarters of Yukoners reported having access to a regular health physician (78.8%), which is 6% lower than the national average (84.9%). While this percentage had been slowly increasing in the years just prior to 2015, by 2018, it was still 3% short of the percentage of Yukoners who had a regular family doctor in 2003 (81.7%). In fact, the rate in the Yukon is lower than anywhere else in the country other than Québec (72.2%).



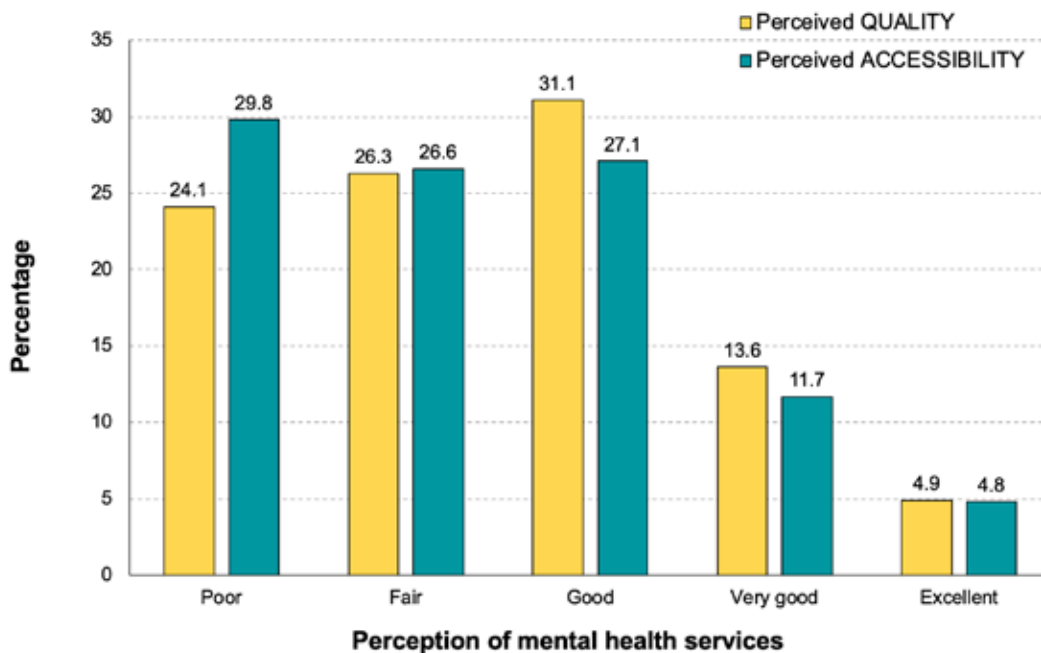
percentage of
people with access to
a regular family doctor:

	2003	2018
YUKON	81.7%	78.8%
CANADA	85.9%	84.9%

Considering all of the various health behaviours and resources available to people, life expectancy provides a sense of overall population health based on quantity of life rather than quality of life. It helps to inform how the health of Canadians is shifting as improvements to systems and services are made. In 2016, life expectancy (in years from birth) in the Yukon was 79.0 years, which is almost three years shorter than the national average (81.9 years). However, life expectancy has been increasing in the Yukon at a very slightly more rapid pace than in Canada overall. As a broad marker of population health, more favourable conditions and health care access could further contribute to longer life expectancy in the Yukon.

Quality of health care services are rated as very good or excellent by a much higher percentage of Yukoners (42.8%) than mental health services (18.5%). Similarly, access to health care services are rated as very good or excellent (36.8%) by a much higher percentage of people than the percentage rating mental health services as very good or excellent (16.5%).

FEWER THAN 1 IN 5 YUKONERS RATE *QUALITY* AND *ACCESSIBILITY* OF MENTAL HEALTH SERVICES AS VERY GOOD OR EXCELLENT



Source: Yukon Community Wellbeing Survey (2020)

Perceptions of the quality of and accessibility to health care services vary considerably among different demographic groups in the Yukon. For example:

BY SEX

A greater percentage of men regard the quality of health care services as very good or excellent (45.0%) than do women (40.6%). Similarly, more men (40.4%) than women (33.3%) feel the accessibility to health care services is very good or excellent.

As indicated above, very few Yukoners feel the quality of and the accessibility to mental health services was very good or excellent, but more men rated their quality as very good or excellent (20.1%) than do women (17.2%). Similarly, more men (18.8%) than women (14.6%) feel the accessibility to health care services is very good or excellent.

BY AGE

The perceived quality of and accessibility to health care services generally increases with age. Over half of Yukoners 65 years of age and older (56.9%) felt the quality of health care services are very good or excellent compared to just one-third of those under 35 years of age (33.6%). Perceived accessibility of health care services showed a similar pattern with one-half of older Yukoners (49.5%) feeling that access to health care services was very good or excellent compared to less than one-third of younger respondents (29.8%).

With respect to perceptions of mental health services, the pattern was the same based on age although the percentages of people in all age groups was less than half as high in their ratings of mental health services as they were for other health care services.

BY INCOME

Approximately four in ten Yukoners in low and mid-income groups rated the quality of health care services as very good or excellent. The percentage jumped to almost half of the people (49.1%) who reported incomes of over \$150,000. However, regardless of income, roughly the same percentage of Yukoners – between 36% and 40% – rated their accessibility to health care services as very good or excellent. So, while health equity appears to be present with respect to access of health care service, disparities may persist in terms of the perceived *quality* of those services received by lower income Yukoners.

Percentage of people rating health care services as very good or excellent based on income:



	QUALITY	ACCESS
LOW INCOME	40.0%	37.5%
MID-INCOME	42.8%	36.0%
UPPER INCOME	49.1%	39.7%

With respect to mental health services, the percentages of Yukoners rating both their quality and accessibility as very good or excellent were quite similar across all income groups.

BY LOCALE

Almost 10% fewer Yukoners living outside Whitehorse (35.5%) perceived the quality of health care services to be very good or excellent compared to those living in the city (44.3%). However, those people living outside Whitehorse felt very similarly to Whitehorse residents in terms of perceived accessibility of those services.

Almost four in ten (38.3%) felt access was very good or excellent while almost as many residents of Whitehorse (36.5%) felt the same way. Like with income, health

equity appears to be present with respect to access of health care service by residents both living in and outside Whitehorse, but disparities may persist in terms of the perceived *quality* of those services received by Yukoners living outside the city.

Percentage of people rating mental health services as very good or excellent based on locale:



	QUALITY	ACCESS
WHITEHORSE	20.2%	17.4%
REST OF TERRITORY	11.3%	12.4%

A different story is revealed concerning mental health services. Just over one in ten people living elsewhere in the Territory (11.3%) rated the quality of mental health services as very good or excellent compared to almost twice as many residents of Whitehorse (20.2%). Perceived access to mental health services was rated as very good or excellent by 5% more residents of Whitehorse (17.4%) than people living outside the city (12.4%).

LINKS TO SUSTAINABLE DEVELOPMENT GOALS

Promoting positive population health practices and providing accessible and effective health care and an essential infrastructure reduces health inequities, enhances community wellbeing for all, and leads to more vibrant and sustainable communities. Doing so reduces the pressure on the health care system ensuring its sustainability and ability to provide needed medical services and support to those most in need. By reducing inequalities in health, the entire community benefits.





LEISURE AND CULTURE

By participating in leisure and cultural activities, whether arts, culture, or recreation, we contribute to our wellbeing as individuals, to our communities, and to society as a whole. The myriad of activities and opportunities we pursue and enjoy benefit our overall life satisfaction and quality of life.

As forms of human expression, leisure and cultural activities help to more fully define our lives, the meaning we derive from them, and ultimately, our wellbeing. This remains true throughout our lives regardless of age, gender, or social group. The impact of participation in leisure and cultural activities is even greater for people in marginalized groups, such as those living with disabilities, living in poverty, and as members of a minority population.

LEISURE PARTICIPATION

An active lifestyle has numerous physical, social, and psychological benefits. According to the 2018 Canadian Community Health Survey, almost 90% of the population in the Yukon 18 years of age and older (87.5%) reports participating in some form of moderate or vigorous physical activity during their leisure time. This proportion of the population is 8% higher than for Canada overall (79.4%). Further, almost three-quarters of adults in the Yukon are participating in 150 minutes or more of moderate or vigorous physical activity each week (72.3%), which meets guidelines suggested by Canadian Society for Exercise Physiology²⁴ and endorsed by the Public Health Agency of Canada. This participation rate is more than 15% higher than for Canadians overall (56.8%).

Weekly participation
in over 150 minutes
of physical activity
by population
12 years and older:



YUKON	72.3%
CANADA	56.8%

Seven in ten Yukoners (69.6%) are satisfied or very satisfied with their level of access to parks and recreational opportunities within their communities, which provides them with the venues to participate in recreation activities and to engage with others. Many fewer people (41.1%) felt as satisfied with their access to arts and cultural opportunities in their communities, which reflects, in part, the smaller size of the infrastructure typically dedicated to the arts.

Generally, a greater percentage of Yukoners with higher incomes were satisfied with their access to parks and recreation opportunities in the community. Over three-quarters of those with annual household incomes over \$150,000 (77.2%) were satisfied with their access compared to six in ten (59.9%) with incomes under \$40,000. Income was similarly related to satisfaction with access to arts and cultural opportunities – 45.1% of people with incomes over \$100,000 per year were satisfied with their access compared to 36.3% of people with incomes below \$40,000 per year.

CONNECTING WITH NATURE

Yukon residents have high quality opportunities to connect with nature on a daily basis. Indeed, according to the Yukon Community Wellbeing Survey, the majority of Yukoners (87.5%) agree or strongly agree that the quality of their natural environment is very high, and even more (95.2%) feel there are plenty of opportunities to enjoy nature right in their communities. Eight in ten respondents (81.2%) agreed that those opportunities were particularly plentiful for hunting and fishing.

Enjoying natural spaces such as Canada's National Parks and National Historic Sites is thought to strengthen connections between Canadians and encourage a common sense of pride, connectedness, and wellbeing. As well, accessing parks allows people to connect with nature which has direct links to mental and physical health and wellbeing.

For every 1,000 people in the Yukon, an average of 28.6 visits per site were made in 2018 to its National Parks and Historic Sites. By way of comparison, 232.4 visits per 1,000 people are made to all Parks and Sites in Canada. With an abundance of high quality natural spaces and places in the Yukon, the Parks are not the only opportunities available to enjoy nature. Consequently, the comparatively lower rate of visitation is not surprising, especially given the additional challenge for most visitors from outside the Yukon in reaching parks like Kluane and Ivvavik. Nevertheless, the idea of Canada's wilderness as represented by these Parks is a particular point of national pride and contributes to all Canadians' sense of connectedness to nature.

²⁴ Canadian Society for Exercise Physiology. (2021). *Canadian 24-hour movement guidelines: An integration of physical activity, sedentary behaviour, and sleep*. Ottawa, ON: CSEP/SCPE. Available at: <https://csepguidelines.ca/>

BENEFITS OF TIME SPENT IN LEISURE

Considerable research has demonstrated the benefits of leisure time pursuits in contributing to our physical, social, psychological, and spiritual wellbeing. Unfortunately, the pandemic has led to enforced social isolation for many people, which has resulted in lower levels of mental health, reduced social connections, and fewer opportunities to access venues for recreational activity. As a consequence, the value of time spent in most forms of leisure – especially with others – has been lost for most people. Ironically, this loss has prompted people to increasingly recognize leisure as a critical part of maintaining and enhancing a greater quality of life.

In response to the Yukon Community Wellbeing Survey, people ranked highest those benefits of leisure time activity that contributed to their overall psychological and emotional wellbeing. They strongly agreed that their leisure time contributed to their emotional wellbeing, helped to relieve stress, and helped them to relax. Being on the land and in nature during their leisure time was also especially important, suggesting that the outdoors provided an ideal environment to achieve those critical benefits.

Almost as important to Yukoners was how leisure helped to maintain physical wellbeing. People highly ranked leisure-time benefits such as restoring themselves physically, developing their overall fitness, and generally, the opportunity to stay healthy.

Overall, women rate all of the benefits of leisure time activity as more important than men with the exception of the physical health benefits, which they rate equally important. In particular, women rate the social benefits of leisure much more importantly than men as well as the opportunity leisure provides for relaxation. Women typically take on greater responsibility for domestic activities in the home, such as meal preparation and cleaning, as well as greater responsibility for child care and elder care, regardless of whether they are also participating in the labour force. Further, because of these additional responsibilities, women have less time available for leisure and when they do participate, it is often while they are also engaged with their children or other unpaid household responsibilities.²⁵ Consequently, having time to relax is especially important to them as a means of maintaining – or even restoring – their wellbeing.

LINKS TO SUSTAINABLE DEVELOPMENT GOALS

A robust and accessible array of leisure opportunities and venues promotes individual and population health and wellbeing through physical activity, enhanced social connections, and greater community engagement, all of which contribute to a stronger sense of belonging for an increasingly diverse community. Universal access to leisure time and opportunities brings communities together, promotes social capital, and reduces inequalities through shared interactions and values.



²⁵ Moyser, M., & Burlock, A. (2018). *Time use: Total work burden, unpaid work, and leisure*. In *Women in Canada: A gender-based statistical report*. Statistics Canada, Catalogue no. 89-503-X. Ottawa, ON: Statistics Canada. Available at: <https://www150.statcan.gc.ca/n1/pub/89-503-x/2015001/article/54931-eng.htm>



LIVING STANDARDS

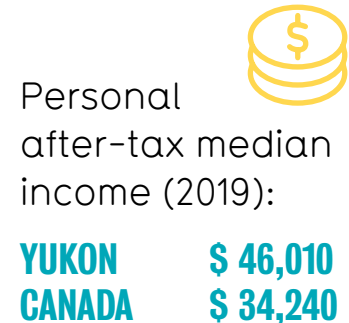
Living Standards examines Canadians' average and median income and wealth, distribution of income and wealth including poverty rates, income fluctuations and volatility. It considers economic security, including labour market security, and housing and food security.

Our living standards should reflect our capacity to transform economic growth into stable current and future income streams for everyone. Economic growth does not automatically translate into better living standards. A higher average income, for example, may be achieved at the cost of increased social inequality or greater economic insecurity. In contrast, achieving greater job quality, reducing poverty, and providing affordable housing and food security to individuals and families will raise wellbeing for everyone.

ECONOMIC SECURITY

The Yukon had a higher full-time employment rate in 2020 (66.9%) than in Canada overall (58.0%), although it was down from the pre-pandemic rate (72.1%) in 2019.²⁶ Further, even though the rate of unemployment in the Yukon was higher in 2020 (5.2%) than in 2019 before the pandemic (3.6%), it is still considerably lower than across the country overall (9.5%).²⁷ Taking both of these employment measures into account suggests that the job market in the Yukon is reasonably robust, even in the face of challenges like the pandemic.

According to Statistics Canada, the after-tax median income for persons in Canada in 2019 was \$34,240 per year while in the Yukon, it was considerably higher at \$46,010 per year. The higher personal incomes are likely a reflection of the higher cost of living in the Yukon where housing, food, and child care are more expensive than most other regions of Canada. Consequently, the percentage of families living in low income households in the Yukon (7.9%) was much lower than the national average (12.2%) in 2019. However, this is not true for all families – much higher percentages of families led by a single parent are living in low income in the Yukon (25.9%) and to an even greater extent in Canada (34.7%).



The estimated median *before-tax* income for households reported by respondents to the survey – and therefore more than one person could be included – is between \$80,000 and \$90,000 per year. Given the respondents to the survey are generally better educated and professionally employed, higher median incomes are correspondingly higher. Applying Statistics Canada's definition of low income to the results from the Yukon Community Wellbeing Survey (i.e., households with incomes under 50% of median adjusted after tax household income), the percentage of households living in low income is much higher with almost one in five households (18.4%) reporting annual incomes of under \$40,000. This percentage is more than twice as high as that reported by Statistics Canada (7.9%) and suggests that financial insecurity might be a greater issue for more Yukoners than the official pre-pandemic percentages indicate.

Financial insecurity in the Yukon is closely tied to household income as additional monies can help to cover unexpected expenses. According to the Survey, a significant number of households living in low income have difficulty making ends meet. At least once in the previous year, over one-third of people living in low income households in the Yukon could not afford to pay for needed medical, dental, or counselling services (37.2%) and could not pay their bills for

Percentage of people reporting financial challenges at least once in past year:

	LOW INCOME	UPPER INCOME
COULD NOT AFFORD SERVICES*	37.2%	4.1%
COULD NOT PAY BILLS	34.5%	5.8%
COULD NOT PAY MORTGAGE/RENT	20.0%	2.1%

* Visits for needed medical, dental, or counselling services.

²⁶ Statistics Canada. (2021). *Unemployment rate, participation rate and employment rate by educational attainment, annual*. Table 14-10-0020-01. Available at: <https://www150.statcan.gc.ca/t1/tbl1/en/cv.action?pid=1410002001>

²⁷ Statistics Canada. (2021). *Labour force characteristics by province, territory and economic region, annual, inactive*. Table 14-10-0090-01. Available at: <https://www150.statcan.gc.ca/t1/tbl1/en/cv.action?pid=1410009001>

such things as water, power, or telephone (34.5%). These percentages of people are significantly higher than those for Yukoners living in upper income households where the inability to pay these expenses was experienced by only 4% to 6%. Similarly, one in five households in low income could not pay their rent or mortgage on time (20.0%) at least once in the previous year. This was experienced by many fewer upper income households (2.1%).

Monitoring these characteristics is helpful in understanding the conditions affecting residents' feelings of economic security. Even though the percentage of households that are living in low income has been steadily declining across Canada, including in the Yukon, large numbers of individuals and families are still routinely facing financial insecurity. These challenges could be somewhat alleviated with more opportunities for secure and stable jobs, and greater access to the basic necessities of life such as adequate shelter and nutritious food.

In addition to income, age is also linked to financial insecurity although differences between younger and older Yukoners are not quite as great. Overall, fewer respondents 55 years of age and older experienced financial insecurity than those under age 55 years. Roughly 23% of respondents under 55 years could not pay their bills at least once in the past year compared to just over 10% of those 55 years and older. While the percentages are not as high, the same pattern based on age was evident for paying rent or a mortgage, for paying for needed services, and for eating less due to a lack of food or money.

These factors contributing to financial insecurity are even more pronounced for women in the Yukon. Women make up a slightly smaller percentage of the labour force (1.4% fewer), are more likely to be in precarious employment (2% more), earn less (3% fewer women in upper income category) and are much more likely to be leading a single parent household (5% more). Taken together, women face financial insecurity to a greater degree than men.



FOOD SECURITY

Food insecurity occurs when nutritious food is not available to people, the amount of food is insufficient, and/or there are barriers to safe and effective food preparation, such as poor drinking water quality or sanitation issues. According to the 2018 Canadian Community Health Survey, over one in ten people in the Yukon (11.6%) were moderately or severely food insecure, while across Canada, there were 3.4% fewer people who were food insecure (8.2%). This difference is likely the result of the higher cost of food in the Yukon.

Percentage of people who are moderately or severely food insecure (2018):

	LOW INCOME	UPPER INCOME
YUKON	31.2%	4.9%
CANADA	20.3%	3.3%

The percentage of men and women experiencing food insecurity in the Yukon was approximately the same (11.4% and 11.9% respectively), whereas across Canada, 2% more women (9.2%) were food insecure than men (7.2%) in 2018. Food insecurity declines as people get older. It was highest among Yukoners under 25 years of age (15.4%) and lowest among those 65 years of age and older (4.4%). The same pattern was evident across Canada, although the percentage of food insecure people in the youngest age range (10.9%) was 4.5% lower than in the Yukon.

Not surprisingly, food insecurity was highest among people living in low income households. In the Yukon, almost one-third of low income people are food insecure (31.2%), which is significantly higher – by 11% – than for Canada overall (20.3%). The higher number of people living in low income households in the Yukon along with the higher cost of living place more people at risk of food insecurity.

These findings are further supported by the results of the Yukon Community Wellbeing Survey. Yukoners reported that in last year, one in ten ate less because there was not enough food or enough money to purchase food (10.9%). For those people living in low income households, the number that ate less rose to over one-quarter (26.5%), with only a fraction of those in upper income categories (1.3%) facing such food insecurity. Further, food banks were visited at least once in the past year almost exclusively by people in low income households (12.0%).

HOUSING SECURITY

The Canada Mortgage and Housing Corporation indicates that for adequate housing to be considered affordable, housing costs should be less than 30% of a family's before-tax household income.²⁸ According to the Yukon Community Wellbeing Survey, 43.8% of the respondents indicated that they are spending 30% or more of their income on housing, which is twice the percentage of people in Canada overall spending more than 30% (22.0%).²⁹ When separated by type of housing, the percentage is even higher among Yukoners who rent with 58.2% saying they spend more than 30% of their income on rental housing, which is still almost twice the percentage of renters across Canada overall (33.0%).

As Yukoners get older, fewer pay more than 30% of their incomes on housing. Over half of people under 45 years of age in the Yukon pay more than 30% of their incomes on housing (55.1%), which is more than 10% higher than people who are 45 to 54 years of age (43.2%), almost twice as many more residents 55 to 64 years (28.4%), and almost three times more than resident 65 years of age and older (22.9%). Even as housing is more affordable for older Yukoners, there is a higher percentage of people in every age category paying more than 30% of their incomes on housing than in Canada overall.

As seen earlier for both economic and food security, low income Yukoners are more likely to be paying more than 30% of their income on housing. Over half of people in low income households pay more than 30% of their income on housing (52.4%) compare to under one-third of people in upper income households (30.5%). While felt more severely by low income residents, high housing costs are experienced by all Yukoners to a greater extent than other Canadians. Further, more than four times as many people in low income households are renters (32.8%) compared to those in upper income households (7.5%) suggesting that affordable home ownership housing is likely out of reach for most of these families.



Percentage
of people spending
more than 30%
of their income
on housing:

LOW INCOME	52.4%
MID-INCOME	45.8%
UPPER INCOME	30.5%

²⁸ Canada Mortgage and Housing Corporation. (2018). About affordable housing in Canada. Ottawa, ON: Government of Canada. Available at: <https://www.cmhc-schl.gc.ca/en/professionals/industry-innovation-and-leadership/industry-expertise/affordable-housing/about-affordable-housing/affordable-housing-in-canada>

²⁹ Claveau, J. (2020). The Canadian Housing Survey, 2018: Core housing need of renter households living in social and affordable housing. Income Research Paper Series, Statistics Canada, Catalogue no. 75F0002M. Ottawa, ON: Ministry of Industry. Available at: <https://www150.statcan.gc.ca/n1/pub/75f0002m/75f0002m2020003-eng.htm>

ACCESS TO THE INTERNET

The internet has become the preferred – and largely expected – means of communication, source of information, place of commerce, and platform for social interactions. Consequently, having reliable access to fast and good quality internet has become increasingly essential, especially as workplaces and schools evolve and working or learning from home become viable and even expected options.

Internet access from home is available to a vast majority of Yukoners (93.3%), but very few respondents to the Yukon Community Wellbeing Survey rated the quality of their access as very good or excellent (16.0%) and even more rated it as poor (21.4%). While the quality of access is tied to the available infrastructure, nevertheless, a higher percentage of Yukoners in upper income households rated the quality of their internet as good or excellent (21.9%) compared to those people living in low income households (13.0%).

LINKS TO SUSTAINABLE DEVELOPMENT GOALS

The core dimensions of living standards – economic, food, and housing security – have direct consequences for many of the sustainable development goals, and are largely the outgrowth of a robust public and private infrastructure. Health, labour, education, industry, and technology systems play a major role in reducing inequalities leading to wellbeing for all.





TIME USE

Time Use measures how people experience and spend their time. It means how the use of our time affects physical and mental wellbeing, individual and family wellbeing, and present and future wellbeing. It examines the length of our workweek, our work arrangements, our levels of time pressure, and the time we spend with friends and in other free-time activities.

The implicit assumption with Time Use is the notion of *balance*. Most activities are beneficial to wellbeing when done in moderation, but are detrimental when done excessively or not at all. There are only 24 hours in a day, so too much time directed towards one activity can mean not enough or no time at all allocated for other activities that are also critical for our wellbeing. Not only does the amount of time matter, but the pace of and relative control over timing of activities throughout the day can affect overall quality of life.

WORK-LIFE BALANCE

While elusive, finding a balance between work and other daily activities is a key factor not only in one’s personal wellbeing, but also in the wellbeing of one’s friends, family, and community. Employers can play an important role in helping workers find greater balance by providing a supportive workplace with clear expectations for the time and timing of tasks. Too often, employees are constrained from freely allocating their time to meet non-work responsibilities. For example, providing greater flexibility in workplace hours so employees can more easily allocate time needed for other demands such as child care and for quality leisure time that contributes broader health and wellbeing benefits.

According to the Yukon Community Wellbeing Survey, over half of Yukoners (56.9%) agreed that they had good work-life balance. Just under one in five people were not sure (18.9%) and almost one-quarter disagreed (24.3%), which suggests a significant proportion of people are struggling to find the right balance between work and other aspects of their lives. Difficulties finding good work-life balance is not confined to any particular group. For example, regardless of sex or age, about 43% of Yukoners do not feel they have good work-life balance. However, differences in household income do play somewhat of a role. Fewer people in low income report having good work-life balance (50.5%) compared to Yukoners in middle and upper income (59.5%), who typically have better workplace conditions and more resources to access supports such as child care.

TIME

How much time Yukoners devote each day to certain kinds of activities may be beneficial – or detrimental – to their wellbeing. While some people might have the ability to allocate their time to achieve greater work-life balance, too often, factors beyond their control dictate how that time is allocated.



The percentage of people responding to the Yukon Community Wellbeing Survey who are working over 50 hours per week at their main job is considerably higher (12.8%) than in Canada overall in 2020 (8.6%). This percentage of people in the Yukon working long hours is higher than anywhere else in Canada, with only Saskatchewan coming close (12.1%)³⁰ and is a clear departure from recent national trends that show fewer people working long hours.

People working
50+ hours per week:

YUKON	12.8%
CANADA	8.6%

Almost twice the percentage of men (16.9%) than women (8.7%) are working over 50 hours per week on average. Such a difference is typically attributable to the nature of employment and other responsibilities – men are more likely to be working in full-time employment and women generally take on greater responsibility for domestic tasks, child care, and elder care. Taking these factors into consideration and including both women’s paid and unpaid work, they very often work longer hours than men and have less time for other valued activities.³¹

Whether by choice or circumstances, a much smaller percentage of people living in low income households are working long hours (8.0%) compared to those in upper income households (20.2%).

³⁰ Percentages for Canada based on: Statistics Canada. (2021). *Actual hours worked by job type (main or all jobs), annual*. Table 14-10-0033-01. Available at: <https://www150.statcan.gc.ca/t1/tbl1/en/cv.action?pid=1410003301>

³¹ Moyser, M., & Burlock, A. (2018). Time use: Total work burden, unpaid work, and leisure. In *Women in Canada: A gender-based statistical report*. Statistics Canada, Catalogue no. 89-503-X. Ottawa, ON: Statistics Canada. Available at: <https://www150.statcan.gc.ca/n1/pub/89-503-x/2015001/article/54931-eng.htm>

TIMING

Timing considers when activities occur during the day, and how easy or difficult it might be for people to schedule activities like work, leisure, meals, or volunteer commitments. The more easily people can control their time, the greater their wellbeing. Having regular, weekday work hours increases the sense of stability and security people feel about their jobs. In addition, having jobs with greater flexibility in work hours allows people to more optimally schedule work activities along with other responsibilities and activities that are important to their lives.

Almost three-quarters of Yukoners (74.3%) have regular daytime, Monday to Friday, work schedules and almost half (46.7%) reported that they have flexible work hours (i.e., when they choose to begin and end their workday). A much higher percentage of people living in upper income households have regular daytime work schedules (81.1%) as well as greater flexibility in their working hours (57.6%) than those living in low income households (51.4% and 34.8% respectively). Upper income individuals are more likely to be in the types of employment and job sectors typically associated with these timing benefits and thereby feel they have more job security and greater stability in their work schedules.

Percentage of people with regular work schedules and flexibility in work hours:



	REGULAR SCHEDULE	FLEXIBLE HOURS
LOW INCOME	51.4%	34.8%
UPPER INCOME	81.1%	57.6%

Another aspect of employment that can provide greater flexibility in the timing of daily activities is the ability to stay home when sick or when children are sick. Having this ability also contributes to greater work-life balance by reducing stress associated with workplace demands.

The majority of working Yukoners indicated that they can stay home if they or their children are sick (85.5%). For those workers who cannot stay home (15.5%), the main reasons they gave were related to the workplace policies and culture. Over half (54.2%) indicated that their jobs did not have sick leave benefits and one-quarter (25.5%) reported that the culture at their place of work made them feel they could not stay home. Relatedly, the work culture prompted feelings of guilt if they were to stay home when sick (17.3%) or feelings of job insecurity (15.2%). These reasons for not staying home when sick are even more pronounced among workers who live in low income households – they are much less likely to have the ability to stay home (30.7%) than workers living in upper income households (13.5%).

Reasons why people cannot stay home from work if they or their children are sick:

SICK BENEFITS NOT PROVIDED	54.2%
WORK CULTURE	25.5%
FEEL GUILTY STAYING HOME	17.3%
FEEL JOB IS NOT SECURE	15.2%

TEMPORALITY

Temporality focuses on the natural rhythms associated with time such as our sleep and waking time rhythms, transitions from day to night, and activities associated with the changing of the seasons. Sleep is a biological necessity – we need good quality sleep in order to function. Adults require between seven to nine hours of sleep per day, and too much, too little, or poor quality sleep is detrimental to our wellbeing.

Just under six in ten residents in the Yukon (57.4%) report getting between seven and nine hours of sleep each night on average, which is higher than the national rate (43.2%) reported in the 2015 General Social Survey on time use. However, one-third of Yukoners (33.9%) is averaging less than seven hours of sleep each night, which is inadequate and a concern for the overall health and wellbeing.

TIME PRESSURE

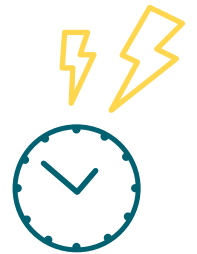
A high level of perceived time pressure can interfere with people’s work-life balance and even further affect individual life quality. Regardless of their ability to choose the timing of their day-to-day lives, feelings of time pressure can lead to greater levels of stress, reduce quality sleep, and lower emotional wellbeing.

Seven in ten Yukoners (69.9%) report feeling rushed once a week or more. Notably, half (50.7%) feel rushed several times a week or even daily. Based on several cycles of the General Social Survey on time use, even though reported levels of time pressure have been decreasing nationally in recent years, with so many people still feeling rushed and time stressed, the ongoing challenge of achieving work-life balance for people in the Yukon remains.

The challenge of time pressure is even greater for women. Three-quarters of women in the Yukon (74.8%) are feeling rushed, which is 10% higher than the percentage of men (64.9%). The additional responsibilities that women typically carry for unpaid work, domestic activity, and child care contribute to their feelings of being rushed and time pressured, and raise questions about gender inequality.

The frequency of feelings of being rushed climb significantly for those people living in higher income households. In the Yukon, almost 30% more people in upper income households (85.4%) report feeling rushed compared to those living in low income households (56.3%). Contrary to expectations that these feelings would be associated with lower work-life balance, as noted earlier, a greater percentage of higher income workers in the Yukon actually report higher work-life balance than low income workers. The greater benefits and additional flexibility of the workplace for higher income workers might be serving to offset the negative consequences of their higher feelings of being rushed.

Percentage of people feeling rushed weekly or daily:



MEN	64.9%
WOMEN	74.8%
LOW INCOME	56.3%
MID-INCOME	70.6%
UPPER INCOME	85.4%

LINKS TO SUSTAINABLE DEVELOPMENT GOALS

Promoting work-life balance by providing decent work and flexible working environments and conditions provides people with the ability to allocate their time and organize their lives to reduce time pressure and stress, thereby leading to enhanced health and wellbeing. Flexible work schedules, better working conditions, and more time for leisure, family, and community promotes not just individual wellbeing, but reduces inequalities of access for all.



BUILDING ON STRENGTHS

A movement is underway not only in Canada, but internationally, that recognizes the value of having accurate, relevant data to assist in decision-making and in the development of policy. “Evidence-based decision-making” is not just a catchphrase. It is a meaningful strategy leading to better processes and outcomes that enhance quality of life for all. It helps identify inequities and aids in the creation of innovative solutions to challenges and issues, rather than relying on conventional practices that might not have produced the results we hoped for.

The Canadian Index of Wellbeing (CIW) recognizes how important data are in helping us understand a complex society – a society that is made up of a number of interconnected systems, which are captured by the domains of the CIW framework – where different sectors, our communities, and our governments interact, influence, and have impacts on the wellbeing of citizens. Efforts to improve wellbeing in one system, such as community vitality, will inevitably have positive impacts on others such as healthy populations, the environment, leisure and culture, and ultimately, on the entire community or society. This is a “systems thinking” approach, and a key goal of the CIW is to identify and understand the interconnections among the eight domains and the many factors that comprise them to influence overall wellbeing. This approach leads to greater collaborations and to new and innovative solutions that have a collective impact. At the core of the approach is the evidence.

A theme that emerged from this profile of wellbeing in the Yukon was inequity, especially for specific groups within the Territory. Inequity is not only an issue concerning income, but also an issue driven by access to health care services, access to opportunities and resources, experiences of discrimination, and education.

If we think of income as being as much about providing access as it is about financial security, Yukoners living in low income households have less opportunity to engage with others and with community supports.

We must be cautious in assuming that living in low income households is the only factor that matters to the wellbeing of Yukoners. Even though low income is negatively associated with many aspects that can contribute to individual and community wellbeing, it is also representative of much more than simply disposable income in people's lives. Income is just as much about providing access and creating opportunities that lead to better health and wellbeing.

Wellbeing offers a fresh lens to help Yukon residents and decision makers understand current circumstances. It can be used to help imagine and plan for a future where all residents have the opportunity to access the programs and services they need to thrive. The CIW framework shows how indicators influence one another, so that improvements in one area generate improvements across other domains. It offers individuals, organizations, and governments points of entry to improve upon what is already going well. It also inspires interdisciplinary and cross-sectoral teams to work collectively to address common challenges. The CIW has worked hard to measure what matters to quality of life in the Yukon. Now it is up to Yukoners to make these measures matter, by implementing and building upon the ideas and data presented in this report.

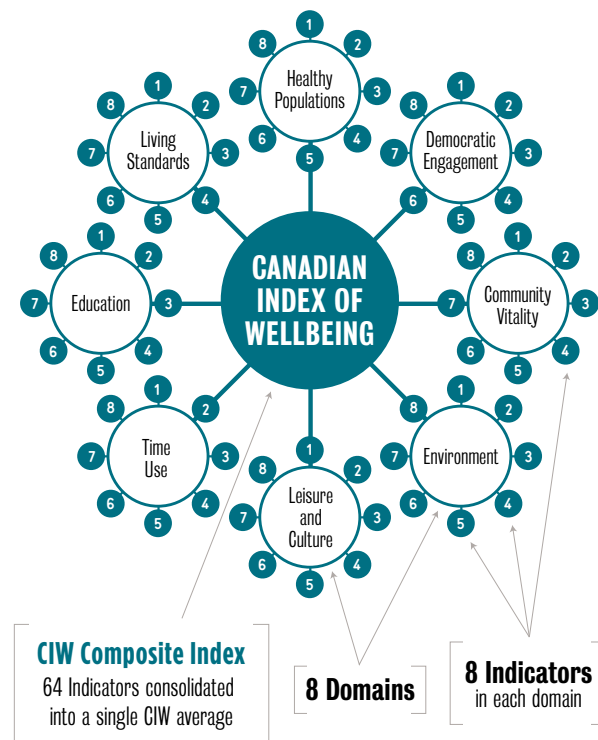


Appendix A.

DOMAINS OF WELLBEING IDENTIFIED BY CANADIANS

Since its inception and throughout its development, the CIW has been designed to ensure everyday Canadians hear their own voices and see themselves reflected in it. The CIW came about through the combined efforts of national leaders and organizations, community groups, research experts, indicator users, and importantly, the Canadian public. Through three rounds of public consultations, everyday Canadians across the country candidly expressed what really matters to their wellbeing. The consultation process culminated in the eight domains of life that contribute to and affect the wellbeing of Canadians: *Community Vitality*, *Democratic Engagement*, *Education*, *Environment*, *Healthy Populations*, *Leisure and Culture*, *Living Standards*, and *Time Use* (see Figure 1). The framework shifts the focus solely from the economy to other factors that affect the quality of life of Canadians.

FIGURE 1. THE CANADIAN INDEX OF WELLBEING FRAMEWORK





COMMUNITY VITALITY means communities that have strong, active, and inclusive relationships among people, private, public, and non-governmental organizations that foster individual and collective wellbeing.


DEMOCRATIC ENGAGEMENT means being involved in advancing democracy through political institutions, organizations, and activities.


EDUCATION is the systematic instruction, schooling, or training given to the young in preparation for the work of life, and by extension, similar instruction or training obtained in adulthood.

ENVIRONMENT is the foundation upon which human societies are built and the source of our sustained wellbeing. On a broader level, environmental protection involves the prevention of waste and damage while revitalizing our ecosystems and working towards the sustainability of all our resources.

-  **HEALTHY POPULATIONS** considers the physical, mental, and social wellbeing of the population. It examines life expectancy, lifestyle and behaviours, and the circumstances that influence health such as access to health care.

-  **LEISURE AND CULTURE** considers how participating in leisure and cultural activities, whether arts, culture, or recreation, contributes to our wellbeing as individuals, to our communities, and to society as a whole. The myriad of activities and opportunities we pursue and enjoy benefit our overall life satisfaction and quality of life.

-  **LIVING STANDARDS** examines Canadians' average and median income and wealth; distribution of income and wealth including poverty rates, income fluctuations and volatility; and economic security, including the labour market, and housing and food security.

-  **TIME USE** considers how people experience and spend their time. It examines how the use of our time affects physical and mental wellbeing, individual and family wellbeing, and present and future wellbeing.

Together, these eight domains provide a complete picture of wellbeing, incorporating a comprehensive set of the key social, health, economic, and environmental factors contributing to overall quality of life. Teams of nationally and internationally renowned experts then identified eight valid, reliable, and relevant indicators within each domain that are directly related to wellbeing. By integrating the 64 indicators and eight domains and revealing their complex interconnections, the CIW composite index provides a comprehensive portrait of quality of life in Canada.

The CIW composite index tracks all indicators and domains of wellbeing to measure our progress over time, highlighting how we are doing – where we are doing well and where we could be doing better.

The CIW is not a static measure. As new issues emerge and new knowledge, understandings, and data become available, the CIW adapts to strengthen its measure of wellbeing without veering from the values on which it is grounded. Validating and continually improving the CIW is an ongoing process. It ensures that the Index is rooted in Canadian values, grounded in community experience, shaped by technical expertise, and responsive to emerging knowledge. It is a conversation starter about the things that really matter to individuals and communities as we strive to improve our collective quality of life.

Appendix B.

YUKON COMMUNITY WELLBEING SURVEY: METHODS

The Yukon Community Wellbeing Survey was launched in the summer of 2020 during the COVID-19 pandemic with three approaches to encourage residents 18 years of age or older to participate in the survey. The approaches used were: (1) a personalized letter of invitation to selected households from across the territory ($n = 24,486$) directing potential participants to the online survey hosted by the Yukon Bureau of Statistics; (2) direct delivery of the survey link to residents through email ($n = 6,300$); and (3) direct delivery of a paper survey to residents 65 years of age and older through traditional postal mailing ($n = 5,045$). Consequently, the total population of 35,831 individuals contacted using these three approaches represented essentially a census of the general population of Yukon residents, 18 years of age and older.

In addition to these direct delivery approaches, the survey was also promoted by the Government of Yukon through existing public communications channels, COVID-19 community working groups, branches within the Government of Yukon, and to non-governmental organizations (NGOs). Paper copies and the online survey link both were shared with any individuals who requested them in an effort to collect responses from individuals that are often under-represented in general population surveys (e.g., low income groups, people in precarious housing, younger adults). The survey opened in early August and was closed in mid-September.

Of the combined 35,831 contacts initiated, 461 invitations were sent to invalid addresses or were returned as undeliverable, thereby resulting in an effective survey population of 35,370. A total of 5,017 completed surveys were initially received, of which 26 were deemed to be duplicates so were removed, resulting in a total of 4,991 completed and usable surveys in the final sample. With over two-thirds of the potential participants contacted via a letter of invitation, the number of respondents was highest for this approach, but the response rate was highest among potential participants who received paper copies of the survey through direct mailing (30.7% response rate). Overall, the final response rate is estimated to be 14.1%, which is considerably higher than expected given anticipated rates of between 5% and 10% typically reported by polling firms using general population samples.³² Notably, this higher response rate was achieved without any formal non-response follow-up.

Recognising that the final group of respondents was not based on a random probability sample of the population, the margin of error when reporting the overall results for the Yukon is estimated to be approximately $\pm 1.3\%$, 19 times out of 20. This margin of error is somewhat higher for each of the regions across the territory, especially those areas outside of Whitehorse where the population is much smaller. Nevertheless, assuming the final sample is a decent cross-section of the population, we can be fairly confident that estimates reflected in the survey results have captured a reasonable description of the wellbeing of Yukon residents 18 years of age and older, even though the results cannot be considered truly statistically representative of the entire population.

³² Pew Research Center. (2016). *Evaluating online nonprobability surveys*. Available at: www.pewresearch.org

WEIGHTING OF DATA

In order to better represent the profile of the survey population, the data provided by the 4,991 respondents were weighted by sex, age grouping, and region to approximate the population distribution in 2020 for those residents 18 years of age and older. Education and income were also considered for weighting, but sex, age, and region provided the best overall estimates.

As with most surveys of a general population, proportionately more older adults and women in the Yukon tended to respond so weighting of the data restores some balance to the estimates. Weighting means the overall results presented in this report more accurately reflect the responses of residents without under- or over-representing any groups based on age, sex, or where they live in the Yukon. While doing so should improve the estimates of the descriptive statistics for the population, readers should be cautious about assuming that this exercise has generated representative estimates, which as mentioned would have required a rigorously generated random probability sample. Further, weighting by sex, age, and region will not correct for any over- or under representation of other groups; for example, the proportion of people identifying as Indigenous is well below expected based on the 2016 Census for Yukon.

A CAUTIONARY NOTE

Beginning in 2019, public engagement in support of the launch of the Yukon Community Wellbeing Survey identified a common theme and desire to develop community-specific profiles of wellbeing throughout the Yukon. Historically, data for the Yukon has been divided geographically between Whitehorse (or “urban”) and all other communities, which are combined into “Rural Yukon”. While doing so has been done in part out of necessity due to the smaller size of communities outside of Whitehorse, resultant comparisons did not accurately reflect the diversity and complexity of the Yukon’s communities. Although the Yukon Community Wellbeing Survey received a high number of total responses overall, the small sample sizes from individual rural communities precludes reporting results at the local level.

LINKS TO THE UN’S SUSTAINABLE DEVELOPMENT GOALS

At the end of each section in the report, links to the UN’s Sustainable Development Goals (SDGs)³³ are briefly summarized. These links are based on the CIW’s mapping exercise³⁴ that illustrated how each of the national indicators and questions used in the Yukon Community Wellbeing Survey serve as measures for tracking progress towards achieving the goals and their associated targets. In many instances, the measures need to be contextualized so that relevant demographic and geographic groups within the population are considered. For example, comparisons based on sex at birth point to progress towards Goal 5, Gender equality.

³³ United Nations. (2015). *Transforming Our World: The 2030 Agenda for Sustainable Development*. Division for Sustainable Development, Department of Economic and Social Affairs, United Nations Secretariat Building, New York, NY. Available at: <https://sustainabledevelopment.un.org/>

³⁴ Smale, B., & Hilbrecht, M. (2016). *Mapping the Canadian Index of Wellbeing to the United Nations Sustainable Development Goals*. Waterloo, ON: Canadian Index of Wellbeing and University of Waterloo. Available at: https://uwaterloo.ca/canadian-index-wellbeing/sites/ca.canadian-index-wellbeing/files/uploads/files/ciw-mapping_the_ciw_to_un_sdgs-oct2016-final.pdf

NATIONAL INDICATORS AVAILABLE FOR THE YUKON

COMMUNITY VITALITY

INDICATOR	Year	Yukon	Canada
Crime Severity Index	2018	170.34	75.01
Percentage of population reporting very or somewhat strong sense of belonging to community	2018	80.6	68.9

DEMOCRATIC ENGAGEMENT

INDICATOR	Year	Yukon	Canada
Percentage of voter turnout at federal elections	2019	69.5	67.0
Gap in percentage turnout between older and younger voters	2019	33.3	25.2
Percentage of population reporting they are very/fairly satisfied with way democracy works in Canada	2015	66.7	64.2
Percentage of women in federal Parliament ³⁵	2019	0.0	29.0
Percentage of MPs' budgets spent on print materials for householders	2018	0.40	3.18

EDUCATION

INDICATOR	Year	Yukon	Canada
Percentage of 20 to 24 year olds in population completing high school ³⁶	2016	84.4	89.7
Percentage of 25 to 54 year olds in population with a university degree ³⁷	2016	31.1	30.6
Percentage of children aged 0 to 5 years for whom there is a regulated centre-based child care space	2019	41.0	26.9
Ratio of students to educators in public schools ³⁸	2019	6.2	12.3
Average expenditure per public school student (2019\$)	2019	\$28.66	\$15.29
Average annual Canadian undergraduate tuition fees (2019\$)	2020	\$3,930	\$6,580

³⁵ With only one MP representing Yukon, the percentage would be either 0 or 100%. In contrast, women make up 40.2% of the members of the Yukon Legislative Assembly, which is one of the highest rates in the country.

³⁶ For high school graduates, the original national indicator was for the age range 20 to 24 years.

³⁷ Nationally, the percentage of university degree holders had risen to 31.8% by 2020.

³⁸ Direct comparisons should be made with caution due to differences across jurisdictions in who is included in counts of educators. For example, educational assistants are included in some provinces, but not in others; also, supply and substitute teachers are excluded from totals after 2013/2014.

ENVIRONMENT

INDICATOR	Year	Yukon	Canada
Absolute GHG emissions (megatonnes of CO ₂ per year)	2018	0.619	729.348
GHG emissions per capita (kilotonnes of CO ₂ per year)	2018	15.2	19.7
Residential energy use per 1,000 households (terajoules per 1,000 households per year)	2019	42.48	90.79
Annual forest regeneration (hectares planted) ³⁹	2017/8	6	356,317

HEALTHY POPULATIONS⁴⁰

INDICATOR	Year	Yukon	Canada
Percentage of population that rates their overall health as very good or excellent	2018	54.3	60.8
Percentage of population that rates their mental health as very good or excellent	2018	62.9	69.4
Percentage of population with self-reported diabetes	2018	7.3	7.2
Life expectancy at birth, in years	2016	79.0	81.9
Percentage of population getting influenza immunization in past year	2018	35.1	32.0
Percentage of daily or occasional smokers among teens aged 12 to 17 years	2018	7.5	3.3
Percentage of Canadians with a regular medical doctor	2018	78.8	84.9

LEISURE and CULTURE

INDICATOR	Year	Yukon	Canada
Percentage of population 18 years and older reporting any moderate or vigorous physical activity in the previous week	2018	87.5	79.4
Percentage of population 18 years and older reporting moderate or vigorous physical activity of at least 150 minutes per week	2018	72.3	56.8
Average visitation per site in past year to all National Parks and National Historic sites (000's)	2018	28.6	232.4

³⁹ Figures for Yukon are from 2017 and for Canada are from 2018.

⁴⁰ New data based on the Canadian Community Health Survey are available for Canada and the provinces up to 2019, but the last year for which data are available for Yukon is 2018 and only through use of the Public Use Microdata File (PUMF).

LIVING STANDARDS

INDICATOR	Year	Yukon	Canada
Percentage of labour force unemployed	2019	3.6	5.7
	2020	5.2	9.5
Percentage of labour force employed	2019	72.1	61.9
	2020	66.9	58.0
Median after-tax income for persons	2019	\$46,010	\$34,240
Percentage of census families living in low income (after tax)	2019	7.9	12.2
Percentage of lone-parent census families living in low income	2019	25.9	34.7

TIME USE⁴¹

INDICATOR	Year	Yukon	Canada

OVERALL LIFE SATISFACTION

INDICATOR	Year	Yukon	Canada
Percentage of population that is satisfied or very satisfied with life overall	2018	91.4	93.1

⁴¹ All of the national indicators in the Time Use domain are drawn from cycles of Statistics Canada's General Social Survey, which do not include the Territories in its sampling.

Appendix D.

GLOSSARY

CRIME SEVERITY INDEX (CSI)

The Crime Severity Index tracks changes in the severity of police-reported crime. The CSI considers both the amount of crime reported by police within any given jurisdiction and the relative seriousness of these crimes. In other words, the CSI not only indicates how much crime is reported by police, but also the seriousness of the crime. Weights are assigned to each type of crime depending on its incarceration rate and average length of prison sentence – serious crimes with greater incarceration rates and longer prison sentences receive greater weight in the calculation of the CSI. Finally, total incidence of serious crime in a given year are divided by the population in the jurisdiction to standardise the Index.⁴²

GREENHOUSE GAS EMISSIONS (GHGs)

Greenhouse Gases are any gaseous compounds in the atmosphere that absorb infrared radiation, which results in heat being trapped and held within the atmosphere. As trapped heat increases in the atmosphere, the greenhouse effect results, which leads to global warming. Some forms of human activity (e.g., burning fossil fuels, deforestation) lead to certain types of gas released into the atmosphere, which leads to more warming. Carbon dioxide is the primary gas responsible for the greenhouse effect, but methane, nitrous oxide, and water vapour also contribute to the effect.

HOUSING AFFORDABILITY

Affordable housing should cost less than 30% of a family's after-tax household income. Shelter costs include, as applicable, mortgage payments (both principal and interest), property taxes, condominium fees, and payments for electricity, fuel, water, and other municipal services (CMHC, 2015).

LOW INCOME MEASURE

The low-income measure (LIM) is a fixed percentage, typically 50%, of a household's median adjusted income. By "adjusted", LIM takes into account household needs such as, for example, household size because a household's needs increase as the number of members increases. A household of six persons likely has greater needs than a household of two persons, although their specific needs would not necessarily be three times as costly. LIM is most often reported based on after-tax household income, hence the acronym LIM-AT (Statistics Canada, 2015. For more information about the low-income measure, see: <http://www.statcan.gc.ca/pub/75f0002m/2015001/lim-mfr-eng.htm>).

⁴² Wallace, M., Turner, J., Matarazzo, A., & Babyak, C. (2009). *Measuring crime in Canada: Introducing the Crime Severity Index and improvements to the Uniform Crime Reporting Survey*. Catalogue no. 85-004-X, Canadian Centre for Justice Statistics, Statistics Canada. Ottawa, ON: Ministry of Industry. Available at: <https://www150.statcan.gc.ca/n1/en/pub/85-004-x/85-004-x2009001-eng.pdf?st=1v94CVnc>



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Finally, we would like to extend our appreciation to the Government of Yukon for its leadership in recognizing the importance of focusing on the multi-faceted wellbeing of the residents of the Yukon.

Bryan Smale, Director, and Mingjie Gao, Research Scientist
Canadian Index of Wellbeing
University of Waterloo

i CANADIAN
Index
OF WELLBEING

Measuring what matters
Making measures matter

THE *CANADIAN INDEX OF WELLBEING* CONDUCTS RIGOROUS RESEARCH RELATED TO, AND REGULARLY AND PUBLICLY REPORTS ON, THE QUALITY OF LIFE OF CANADIANS; ENCOURAGES POLICY SHAPERS AND GOVERNMENT LEADERS TO MAKE DECISIONS BASED ON SOLID EVIDENCE; AND EMPOWERS CANADIANS TO ADVOCATE FOR CHANGE THAT RESPONDS TO THEIR NEEDS AND VALUES.

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