

# VITALSIGNS<sup>®</sup> EDMONTON YOUTH

## WHAT IS EDMONTON VITAL SIGNS<sup>®</sup> 2014?

Edmonton Vital Signs<sup>®</sup> is an annual check-up conducted by Edmonton Community Foundation, in partnership with the Edmonton Social Planning Council, to measure how our community is doing with a focus on a specific topic; this year we are looking at youth. Community foundations across Canada are reporting on how their communities are doing and how Canada is doing over all.

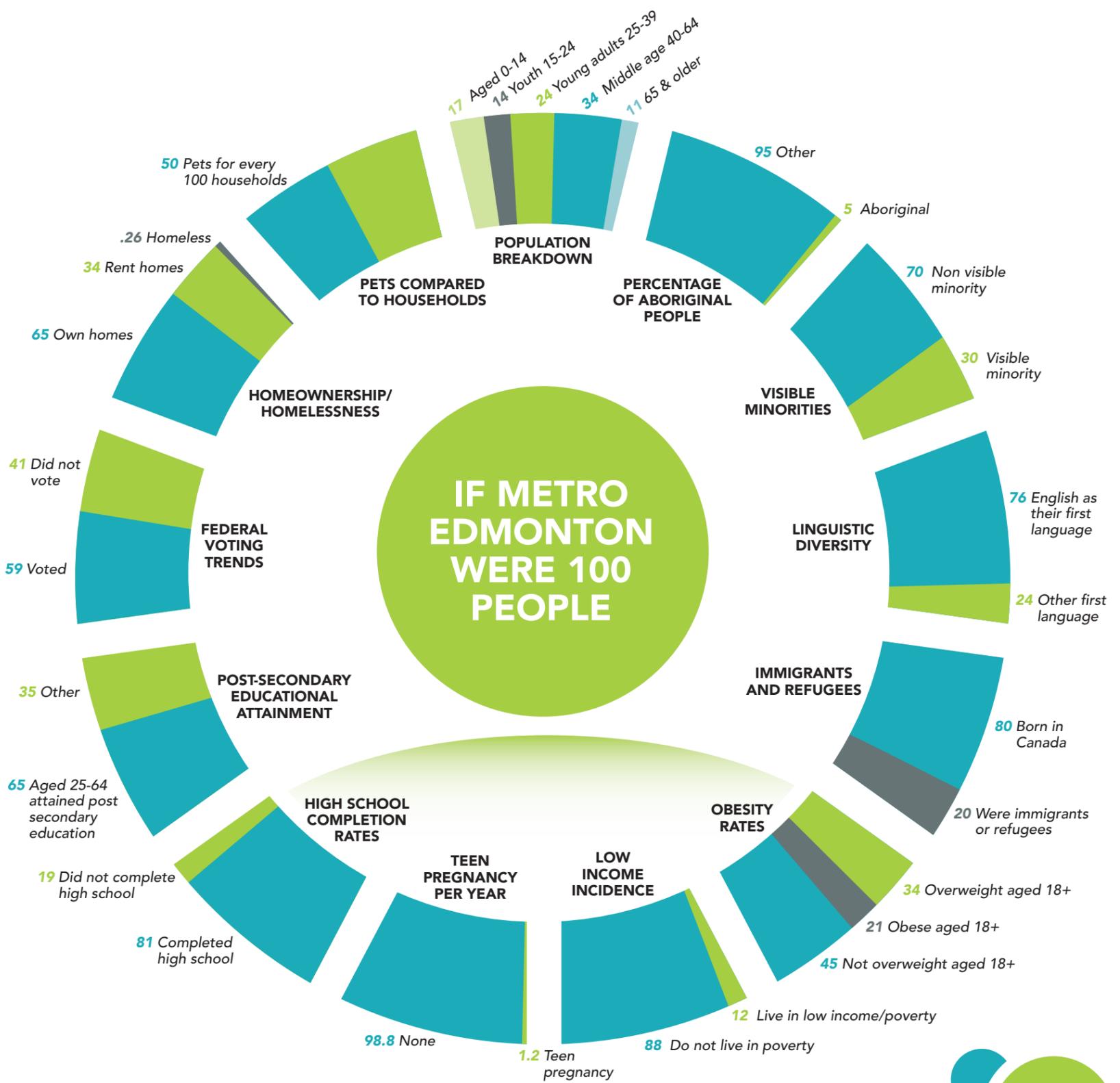
## DEFINITION OF YOUTH

"Youth" is best understood as the transition from childhood to adulthood. For our purposes, unless otherwise stated, youth refers to those between the ages of 15 and 24 years.

## WHO WE ARE?

**Edmonton Community Foundation (ECF)** is the fourth largest community foundation in Canada and the largest non-governmental funder in Edmonton. We help stimulate change and community growth by working with donors to grant in the following areas: community and social services; arts, culture and heritage; health and wellness; education and learning; environment; recreation and leisure; and social enterprise.

**Edmonton Social Planning Council (ESPC)** is an independent, non-profit, non-partisan, social research organization. Established in 1940, ESPC conducts research and analysis into a wide range of topics, particularly in the areas of low income and poverty. The council's publications and reports provide the public and government with current and accurate information to support informed decision making.



## EDMONTON'S YOUTH VITAL SIGNS<sup>®</sup>

70% of youth agreed (49.3%) or strongly agreed (20.7%) with the statement "I feel in control of the decisions and circumstance that impact my life."

64% of youth agreed (45%) or strongly agreed (18.9%) with the statement "I feel a sense of belonging."

## YOUTH OUTLOOK ... OPTIMISTIC!

74.4% of youth agreed (52.2%) or strongly agreed (22.2%) with the statement "I am confident that I am on track to achieve my goals."



## YOUTH AND MONEY

Only 47.9% of youth agreed (32.5%) or strongly agreed (15.4%) with the statement "I feel financially secure at this stage in my life."

### YOUTH EMPLOYMENT

9.4% youth unemployment rate is double the overall employment rate of 4.8% for Edmonton. 14,000 fewer young people are employed in metro Edmonton than in 2008.

### ADULT YOUTH



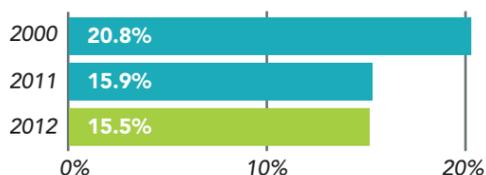
### CHILDREN DISPROPORTIONATELY POOR

Children under the age of 18 years are more likely to live in poverty than adults. 41,050 children and youth lived in poverty in metro Edmonton in 2012.

Newborns to age 5 (18.1%), 6 to 17 years (17.2%), 18 to 64 years (12.2%), and 65 years and older (7.3%)

**Overall poverty rate of 12.7%**  
But the trend is improving...

### CHILD POVERTY IN EDMONTON



### LOW WAGE WORK

Youth disproportionately earn low wages. 52.9% of metro Edmonton youth aged 15 to 24 in the work force (or 53,700 youth) earn \$15/hour and below.



## YOUTH AND EDUCATION

### TUITION TRENDS

The average full-time post-secondary undergraduate tuition in Alberta:

2006/2007 - \$4,589

2013/2014 - \$5,670

2014/2015 - \$5,730

Newfoundland and Labrador have the lowest at \$2,631, and Ontario has the highest at \$7,539.

### POST-SECONDARY DEBT

\$15.4 billion nationally. The average student graduates with \$28,000 in debt.

### POST-SECONDARY EDUCATIONAL ATTAINMENT

In 2011, 65.3% of people in metro Edmonton between the ages of 25 to 64 had a post-secondary certificate, diploma or degree. Of these, 26.5% had a bachelor's degree or above.

### HIGH SCHOOL COMPLETION RATE FOR THE EDMONTON PUBLIC SCHOOLS (EPS) AND EDMONTON CATHOLIC SCHOOL (ECS) DISTRICTS

76.5% EPS, or 85.4% ECS 81% combined) – Less than 20% do not complete high school.

For the 2012-13 school year, the 3-year high school completion rate for Aboriginal students (First Nations, Métis and Inuit) for Edmonton Public Schools was 30.3%, compared to 26.2% three years earlier. The 3-year high school completion rate for Edmonton Catholic Schools was 48.8% compared to 29.8% three years earlier.

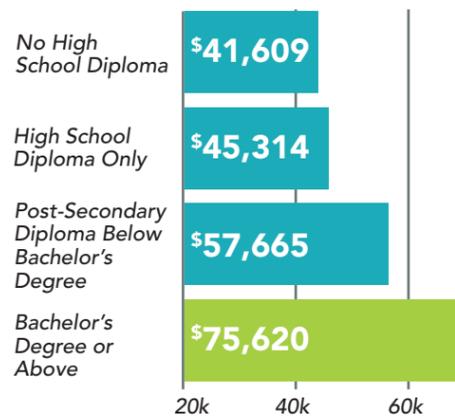
### ECF VITAL WORK

In 2014 the Belcourt Brosseau Métis Awards, a scholarship fund managed by ECF, committed or conditionally approved \$629,000 for 123 Métis students attending post-secondary.

Statements about attitudes and feelings in this report came from two sources. ECF commissioned two studies to understand how Youth and Edmontonians in general feel about their community. A general survey of Edmontonian attitudes was conducted by Leger Marketing and a survey of a large cross-section of Youth was conducted by volunteers. For more information on either of these surveys please go to [ecfoundation.org](http://ecfoundation.org).

### VALUE OF POST-SECONDARY EDUCATION

2010 median employment income of Albertans working full-time, full-year:



### ECF VITAL WORK

The University of Alberta has a program for teachers and students from grades 4 to 9 in schools designated as socially vulnerable by their districts to visit the U of A. The program, known as U School, provides an introduction to university life and encourages students who might not typically consider university as an option to explore academic possibilities and aspire to post-secondary studies.

## RAISING HIGH SCHOOL GRADUATION RATES Story and photo by Elizabeth Bonkink

Kyle Busch, 17, says that he would not have graduated without the assistance of the First Nation, Métis, Inuit (FNMI) Graduation Coach Program at Archbishop O'Leary High School that provided some extra tutoring and exam preparation courses. "I didn't think I needed it at first," said Busch. The tutoring in math allowed more time for other subjects. "Just because you are interested in the work doesn't make the work less hard."

Edmonton is home to the second largest Aboriginal population (5.4 per cent) in Canada after Winnipeg. Despite a combined graduation rate of over 80 per cent in both the Public and Catholic school systems - the FNMI graduation rate was a low 14.9 per cent in 2009.

Now, thanks to the new program established by Edmonton Catholic Schools, the graduation rate surpasses the provincial FNMI rate. "In one year it went to 42 per cent and now it is at 60 per cent," says Pamela Sparklingeyes, Program Manager, Aboriginal Learning Services-Edmonton Catholic Schools.

In addition to traditional academic assistance the program assists the students in any way it can. "We offer a lot of different things, (students) all have different needs. We have some that come to get fed every day and this is the first time we see regular attendance," says Donita Large, FNMI Grad Coach.

Today four high schools provide this support. In addition to St. Joseph High School that piloted the program in 2009, Archbishop Oscar Romero



Kyle Busch, Donita Large, Pam Sparklingeyes.

and St. Francis Xavier High Schools started programs in 2012-2013, and Archbishop O'Leary High School in 2013-2014.

All of the post-secondary institutions have similar programs. "It works for post-secondary students and (we) wanted to implement something similar," says Sparklingeyes. The model for the program was copied from one in the United States and because of its success, there is plenty of interest in the other areas in Canada. "I am still booking visitors who want to come and see what is happening," says Sparklingeyes.

For Busch the program came at the right time. Large noticed that Busch's grades were not improving and approached him about tutoring. Busch explains that he was reluctant at first. "I don't like to ask for help. I didn't want to take this away from someone else who may need it more."

But when his older brother graduated high school, the friendly sibling rivalry gave Busch the extra push he needed to enter the program. "There was no way I wouldn't get my diploma," Busch says.

The program provides both educational and social supports. "It is about relationship building. We start the semester with a meet and greet at lunch. This is their first opportunity to meet each other," says Large. Currently there are 73 Aboriginal students at Archbishop O'Leary that has a student body of 1600. "This cuts down on isolation. We catch those kids right away." Busch agrees, "It is nice to come here, like having a family here, the same nationality."

Large also explains that the program crosses over into regular school activities as well. "Elders and resource people will come in and provide cultural stuff like arts and crafts, and smudge ceremony once a month. We had an Elder join a religion class to do a session and another talk about Indigenous knowledge and how it applies to math and science. They have also taught social studies classes on residential schools. We have even had staff asking for more professional development."

Busch is grateful to the program for helping him finish his diploma on time. "I am the first one in my family to go to post-secondary. This program is what made it happen." He is currently in the process of applying to take business administration at NAIT. "Not sure what I want to do, but I would like to do something with computers."

Sparklingeyes says for her the program's success is its graduates; 88 in the district last year. "We watch them throughout the year and then we hold an honouring ceremony for the graduates. When I see them I think 'This is why we do this.' It feels great."

## EDMONTON'S YOUTH VITAL SIGNS® (CONT.)

### YOUTH AND ETHNICITY AND DIVERSITY

56.5% of youth agree with the statement "I feel I have a cultural identity." (36.8% agree and 19.8% strongly agree)

65% of youth agree with the statement "I think people in greater Edmonton area accept different cultures and beliefs." (45.6% agree and 19.4% strongly agree)

### NEWCOMERS

Record numbers of both permanent and temporary residents are settling in Edmonton.

Immigrants and refugees settled in Edmonton  
2003 - 4,810  
2013 - 12,717

### TEMPORARY FOREIGN WORKERS 2013

**8,481**



Temporary foreign workers  
2003 - 2,035  
2013 - 8,481

### TEMPORARY FOREIGN WORKERS 2003

**2,035**



Recent immigrants make Canada and Edmonton younger. In 2012, 83.1% of those immigrating to Canada were 44 years or younger.

### ABORIGINAL POPULATION

Metro Edmonton has the second largest Aboriginal population in Canada after Winnipeg at 5.4%. This population is also 10 years younger than the city median age:

EDMONTON OVERALL MEDIAN AGE **36.0**

ABORIGINAL MEDIAN AGE **26.3**

0 years 15 years 25 years 35 years

### ECF VITAL WORK - MULTICULTURAL FAMILY RESOURCES SOCIETY (MFRS)

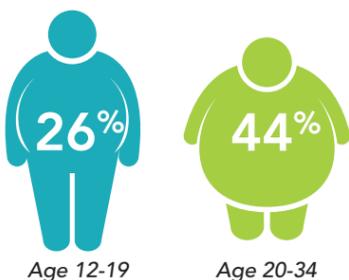
Since 2009, ECF has provided, through the Teri Taylor-Tunski (T3) Fund, grants in support of MFRS work with Cambodian youth.

A homework club, sports, music instruction, collective kitchen and more have resulted in improved school attendance, increased parental involvement, and increased feelings of well-being.

## YOUTH AND HEALTH

### YOUTH OBESITY

In 2013, 26.3% of 19-year-olds self-reported as overweight or obese. This increased to 44.3% for 20 to 34-year-olds.



### CHILDREN AND YOUTH

46% of kids aged 6 to 11 get 3 hours or less of active play (unstructured physical activity) per week, including weekends.

Based on parent-reported data, 5 to 17-year-olds in Canada get 7 hours and 23 minutes of physical activity per week while at home. This is down from 8 hours and 37 minutes per week in 2005, and 8 hours and 35 minutes per week in 2000.

Based on the best evidence available, there was a 25% decline in active play in 6 to 8-year-old children between 1981 and 1997.

In an international study including Canadian respondents, 1 in 2 adults cite fear of exposure to child predators as the reason they restrict their children's outdoor play.

**"THERE IS A GROWING BODY OF EVIDENCE ON THE DEVELOPMENTAL SIGNIFICANCE OF CHILDREN'S CONTACT WITH NATURE AND IT'S POSITIVE IMPACT ON THEIR PHYSICAL AND MENTAL WELL-BEING".**

~ Kim Sanderson, international expert on play and play design.

### TEEN PREGNANCY

Teen pregnancy rates show a significant long-term decline from 29.2 per 1000 in 1994 to 12.3 per 1000 in 2013.



### ECF VITAL WORK

ECF holds several designated funds which support student awards for Terra Centre clients, to encourage them to continue to pursue education to create a better life for themselves and their children. Terra Center assists pregnant and parenting teens.

### BULLYING

Youth cite bullying (16.3%) and drugs (8.4%) as the two biggest concerns facing them today. Adults don't think bullying is an issue. Only 4% of Edmontonians 18+ felt this was an issue for youth.



### ECF VITAL WORK

In 2013 ECF provided \$40,000 to the Concrete Theatre Society to produce *The Bully Project* — a project that delivers anti-bullying information to youth through participatory theatre. This approach allows students to engage in identifying and analyzing the behaviour of bullies while providing them new skills through the proxy of a 'character' in a dramatic situation. Concrete Theatre is one of the many youth-focused organizations that ECF works with.

**78.1% OF YOUTH AGREED WITH THE STATEMENT "I ENGAGE IN ACTIVITIES THAT CONTRIBUTE TO MY HEALTH AND WELL-BEING." (49.5% AGREE AND 28.6% STRONGLY AGREE)**

## RE-THINKING THE CANADIAN IDENTITY: WHERE DO I FIT IN?

### AN AFTERNOON DISCUSSION WITH JIAN GHOMESHI



**Myer Horowitz Theatre**  
8900 114 St. NW  
(U of A Students' Union Building)

**Nov 8, 2014, 2 pm**  
(doors open at 1 PM)  
Tickets \$10 + service charge

To purchase tickets go to:  
**ECFOUNDATION.ORG**



## LOCKED IN THE LIBRARY - YEG AT WORK Story and photo by Elizabeth Bonkink



Emilia Housch

Emilia Housch, a 16-year-old Strathcona County youth, loves books and volunteers with her local library's Teen Advisory Club (TAC). Last year she pitched an idea to change the "boring and quiet" library stereotype among her peers. "I originally wanted to do a sleep over," Housch says. After brainstorming with the TAC group 'Locked in the Library' became a night of "junk food sculptures, special effects make-up, and playing hide and seek — nothing like what you'd expect to do in a library," says Housch.

As part of National Youth Week, Strathcona County Library hosted Locked in the Library on May 10, 2014 from 8 p.m. to midnight for youth in Grades 7 to 12. The event which was billed as "a fantastical night of fun as you attempt unique

activities that can only be done when there's no one around" was funded by the Edmonton Community Foundation's Young Edmonton Grant (YEG) program.

Taryn Lough, Youth Librarian, and Rachelle Poirier, Information Specialist, worked closely with the TAC to plan this event. "The TAC is a group of very enthusiastic and awesome teens who help inform the type of programming and services we offer to teens in the library. These sort of after hour events for teens have been popular in other libraries as well," says Lough.

Housch heard about the YEG program that is available to youth who are working with charitable organizations from Cassandra Flett, Community Grants Associate at Edmonton Community Foundation (ECF) who facilitates the YEG program. She applied for the grant in the spring and was awarded \$1,463.

Lough says it is important that events like these are youth initiated and youth led. "We assist the youth in having their 'dreams' happen while helping them learn about cost, planning, etc.," says Lough. This is the first time Housch had applied for anything like this, but appreciated the experience as she plans to apply for scholarships in a few years.

The funds were used to purchase make up, food supplies, goodie bag supplies, as well as a pizza dinner for the teens. The eight-person planning committee was aiming for 50 participants and was more than pleased when the event registered 72 youth.

Housch feels that the success of the event was best measured while watching the participants discover the library. "There is a program called Mango for language translation and it has a pirate setting," says Housch laughing. Other things discovered in the Scavenger Hunt included the assistive learning programs and the fact that they have a Wii available to learn interactive dance.

In Lough's opinion this event did help introduce the library to teens. "Rachelle and I were able to socialize and interact with so many teens that evening, and I think this type of relationship building is vital to future success." Prior to this, having around 15 teens show up was a good turnout. "We had many teens attend Locked in the Library who we had never even seen in the library before. This is promising," says Lough. There are plans to make this an annual event.

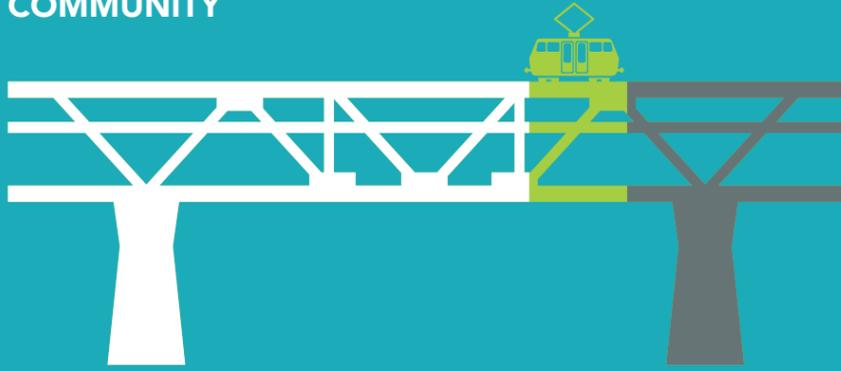
## EDMONTON'S YOUTH VITAL SIGNS® (CONT.)

Edmontonians agree that community involvement is important. Both youth and adults feel it is important for them to be involved in their communities:

But only 7% of Edmontonians 18 and older feel that youth are actually involved.

**68%**  
OF YOUTH FEEL IT IS IMPORTANT TO BE INVOLVED IN THEIR COMMUNITY

**7%**  
FEEL YOUTH ARE ACTUALLY INVOLVED IN THEIR COMMUNITY



## YOUTH AND LIFESTYLE

### PROPORTION OF YOUNG ADULTS LIVING AT HOME WITH PARENTS

There is a trend towards a higher proportion of young adults living at home. Nationally, young adults aged 20 to 24 living in the parental home increased from 41.5% in 1981 to 59.3% in 2011.

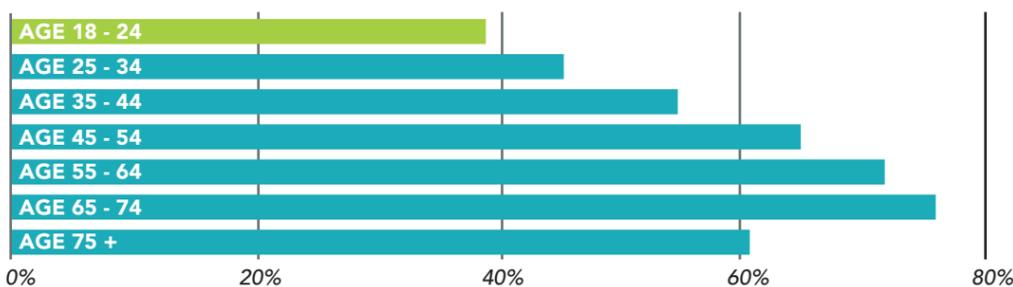
Percentages are highest in areas with higher housing costs or higher youth unemployment (BC Lower Mainland, Southern Ontario, Atlantic provinces). In metro Edmonton, the proportion of young adults aged 20 to 24 living in the parental home was 49.4% in 2011.

### DRIVING

In 1991, roughly 9 out of 10 Albertans aged 15 to 24 had a motor vehicle license. In 2012, the percentage dropped to three-quarters. In the younger 14 to 20 age group, the percentage dropped from almost three-quarters in 1991 to less than two-thirds in 2011.

### NATIONAL VOTING TRENDS

Percentage of youth voting has dropped by more than half from over 80% in the 1970s and early 1980s to less than 40% in the 2000s (38.8% in 2011 federal election). In the 2011 federal election, voter turnout nationally was as follows:



### YOUTH INVOLVEMENT WITH THE CRIMINAL JUSTICE SYSTEM

There was a decrease in violent crime rates for youth aged 12 to 17 years from 1,101 per 100,000 in 2004 to 926 per 100,000 in 2013. Youth property crime decreased from 2,384 in 2004 to 1,703 per 100,000 in 2013.



69% of youth cited "immediate family as the greatest influence in life."

69.2% of youth agreed with the statement "I believe technology and social media contributes to improved social connections." (39.5% strongly agreed and 29.7% agreed)

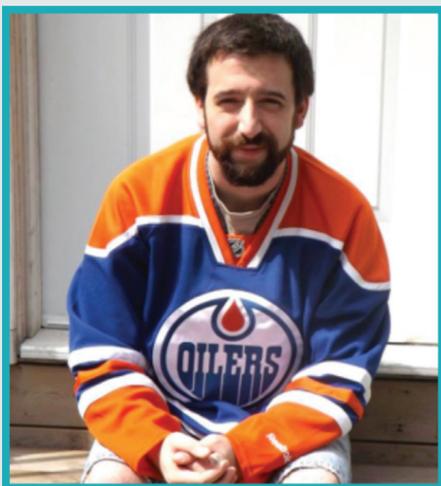
## DID YOU KNOW?

### NUMBER OF HOUSEHOLDS WITH PETS

There are more **cats and dogs (190,170)** in Edmonton (both licensed and unlicensed) than **Edmontonians 19 years and younger (184,385)**.

## WHAT SUCCESS LOOKS LIKE

Story and photo by Elizabeth Bonkink



Donavin Weatherall

Donavin Weatherall, 26, dreams of studying veterinary science but never before thought it would be a reality. Since age 15 he has been living on the streets, in and out of prison, a habitual drug user, and claims to have "been on the run from the law for two-and-a-half years." Weatherall views success differently than most his age because for the past three years he has been on the road to normalcy.

Alanna Manchak, Assistant Director Youth Residential Services Edmonton John Howard Society says that success looks differently when you are facing down a significant change. For Weatherall, his success is just catching up to others in his age group in terms of living off the street, having a high school diploma and healthy, supportive relationships.

In January of this year Weatherall graduated out of John Howard Society's The Loft (Life Opportunities For Transition) program. He is drug-free, living on his own, and a high school

graduate. "Without the long-term supports, I wouldn't have made it," Weatherall explains.

He joined The Loft in 2012 after completing a significant rehab program for his drug use. He had applied in 2008 but wasn't ready at that time and dropped out. After finishing the 20 month rehab program he re-applied to The Loft. "I needed to find supports after the program. I knew I needed to continue developing," he says.

Time is what is needed to change behaviours, says Manchak. "It doesn't happen overnight and at his age, people seem to be less forgiving." The supports he received from The Loft has helped him move to a point where he has social skills, healthy recreations, sobriety, and now living independently. "He is basically on par with others his age now," said Manchak

"I needed three years of stable support to build a whole new structure. Six months to a year would have only planted the seeds for change," Weatherall said. "Now, I am a more productive member of Society. I wish I could have made this decision to change earlier."

The Loft program helped him see that his choices had consequences whether that was deciding a short-term need over his long-term goals or if it was how he used his money. Weatherall felt that the most beneficial part of the program was learning to budget. "I received funding while I was going to school. I had to learn how to use it. I had the opportunity to blow it, but then I learned from my mistakes."

"We want them to learn what it is like to make mistakes. There is no use pretending this won't happen so we give them room to fail," says Stefan Maslyk, Transition Support Worker for Weatherall.

Maslyk tells us that Weatherall still drops in for dinner on occasion. "I like the unity, some of the staff. There are others here just like me." Weatherall had to replace his friend structure in order to make it. He explains that he has had 'friends' from his past who have shown up on his doorstep. He quickly told them not to return. Manchak explained that the homeless community is a tight, connected family. It will be difficult to turn away someone who may have helped him at one time. "You can't have a foot in both worlds," Weatherall explains. "I moved away from my family when I was using, now that I am on the other side I am closer to them again. I am an uncle now, and that is pretty cool."

"I have met some short term goals. There are so many things I want to accomplish. I know I still have a long way to go. I have been able to complete a lot but I expect more from me."

Weatherall is currently seeking employment while he upgrades his chemistry and math. He would like to work with pets.

VITAL PEOPLE



## TYPICAL EDMONTONIAN

Median family income of \$58,750

Median age of 36 – National median was 40.6, youngest of all the major cities

Has a high school diploma – approximately 80% of the population has a high school diploma

Owens their own home – 65% of Edmontonians owned their homes in 2011

Feels their quality of life is good or excellent – 67%

Uses car as their main mode of transportation – 73%

Feels Edmonton is culturally diverse city – 90%

Believes it is important to be involved in the community – 68%

Feels safe in their home – 90% and community – 81%

Would describe themselves as overweight or obese – 62% of 35 to 44 year olds

Has a 50% chance of living in a household with a pet

Hi! I am Ed Montonian.\*



**EDMONTON  
MEDIAN  
AGE**

**36.0**



**CANADA  
MEDIAN  
AGE**

**40.6**

\* Ed Montonian is neither male nor female as the population is equally distributed.

## THUMBS UP FOR EDMONTON

### JOBS

Metro Edmonton added 172,000 new jobs in the 10 years from 2003 to 2013. Our 2013 unemployment rate is the lowest of major Canadian urban centres.



**NEW JOBS  
2003 - 2013**  
**172,000**

### INCOMES

At \$58,790, metro Edmonton has the third highest after-tax median income for all family types of all Canadian metro areas, trailing only Calgary and Ottawa.

### RELATIVELY YOUTHFUL

With a median age of 36, Edmonton is one of the youngest cities in Canada, and the only one that actually got younger between 2006 and 2011.

### IMMIGRANTS AND REFUGEES

In 2013, 12,717 immigrants and refugees settled here, compared to 4,810 in 2003.

### EDUCATIONAL ATTAINMENT

High school completion in Edmonton is steadily improving, with an 81% completion rate within five years of entering.

### HOUSING AFFORDABILITY

When measured against income levels, Edmonton home prices are considerably more affordable than those in Vancouver, Toronto, and Calgary. At 9.8%, the percentage of households in core housing need (housing that is not affordable, safe, or overcrowded) was the second lowest among Canada's six largest urban centres. Only Calgary is lower.

### EDMONTON AS THE FASTEST GROWING CITY IN THE NATION

In two years the population grew the equivalency of St. Albert. Between 2012 and 2014, the City of Edmonton's population increased from 617,498 to 677,942, or by 60,428. This is an increase of 7.4% over two years. The City of St. Albert's population was 63,255.

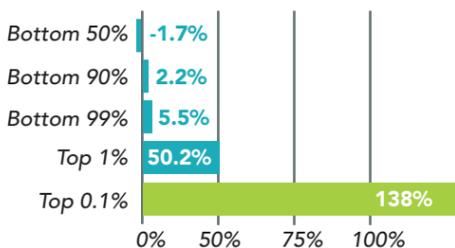


**7.4%**  
**INCREASE IN  
POPULATION**

## THUMBS DOWN FOR EDMONTON

### INCOME INEQUALITY

The rich are getting richer and the poor are getting poorer. From 1982 to 2011 the top 0.1% of metro Edmonton tax filers saw an increase of 138% in their real median incomes, whereas the bottom 50% experienced a 1.7% loss.



### GENDER INEQUALITY

75% of men and 65% of women are employed, but only 48% of women hold full-time jobs compared to 68% of men. This is the largest gap among the top 20 cities.

Edmonton also has the largest gap in employment incomes, with women earning nearly \$21,000 less per year than their male peers (or 60% of male wages).

Poverty rates are higher for women than men.

Women are more likely than men in Edmonton to hold high school, college or university degrees. However, men outnumber women amongst trades and apprenticeships at a rate of three to one — the biggest gap among the top twenty cities.

### SEXUAL ASSAULT

Of the 6 largest urban centres in Canada, Edmonton has the highest rate of sexual assault. In 2013, Edmonton's sexual assault rate was 74.2 per 100,000 compared to Calgary at 49.5, Vancouver at 44.9, Toronto at 44, Ottawa at 45.8, and Montreal at 41.8.

### RENTAL MARKET

1.4% vacancy rate which is very low. Average market rent is \$1,180 per month for a two-bedroom apartment, a 9.6% increase from a year earlier. Edmonton is tied with Calgary as having the lowest vacancy rate of any major Canadian city (average of 2.7% for Canada's 35 largest urban centres).



### INVOLVEMENT WITH CHILD WELFARE

A growing proportion of Alberta children in care are Aboriginal. In 2012-13, 68% of children in government care were Aboriginal, despite being only 7% of all Alberta children. (The good news is that the number of non-Aboriginal children in government care is going down).

### TEMPORARY FOREIGN WORKERS

The number of temporary foreign workers 8,481 in 2013 - quadrupled from 2,035 in 2003.

### ECF'S VITAL WORK - EDMONTON INNER CITY HOUSING

Edmonton Inner City Housing Society (EICH) received \$40,000 in funding to support a part-time, one year mentorship contract, to work with the current EICH manager in the areas of fund development and stakeholder relations. The mentorship will increase the organization's internal capacity to build and provide affordable housing in Edmonton with a new focus on forming and developing new alliances within communities outside of the inner city.



# ANOTHER LOOK AT FOOD SECURITY

Last year Vital Signs® took a look at Food Security in Edmonton. This section is an opportunity to see what, if anything, has changed. For a copy of the 2013 Vital Signs please go to [ecfoundation.org](http://ecfoundation.org).

## DEFINITION OF FOOD SECURITY

Food security in this report means all people at all times have physical and economic access to adequate amounts of nutritious, safe, and culturally appropriate foods. - World Health Organization

### 2 IN 5 EDMONTONIANS BELIEVE FOOD SECURITY IS A PROBLEM IN EDMONTON

Two-in-five (43%) Edmontonians agree food security is a significant problem in Edmonton.

They suggest government policies and programs that reduce poverty/address barriers to healthy eating (32%) as the main priority to improve food security.

Nearly three-in-five (57%) Edmontonians agree poverty is a significant problem in Edmonton.

Opinions are divided on whether there are adequate initiatives in place to reduce poverty (30% disagree, 35% agree).

#### ECF VITAL WORK

*Wecan Food Basket receives \$40,000/year for 3 years for a West End Food Hub Alliance Community Food Animator.*

### EDMONTON'S FOOD BANK

Edmonton's Food Bank served 40,647 different people from April 1, 2013 to March 31, 2014 in the form of food hampers. (This does not include meals, snacks and other food programs). Of this number, 6,296 individuals were 15 to 24 years of age.

### WHEN ASKED WHAT ACTIONS SHOULD BE TAKEN TO IMPROVE FOOD SECURITY EDMONTONIANS SUGGEST:

**56%** Government policies and programs that reduce poverty and address other barriers to healthy eating.

**56%** Increasing support for community gardens and kitchens.

**55%** Education for people to reduce food wastage at home.

**50%** Increasing access to locally grown food.

**48%** Increasing opportunities for Edmontonians to grow their own food.

**43%** A breakfast program where children have access to meals in all schools of the City.

**43%** Promotion of and better funding to the food bank program.

**1%** Make healthy foods more affordable.

**1%** Educate people to make healthier choices.

**4%** Other

**6%** Nothing

### WHEN ASKED WHAT SHOULD BE TOP PRIORITY FOR IMPROVING FOOD SECURITY EDMONTONIANS SUGGEST:

**32%** Government policies and programs that reduce poverty and address other barriers to healthy eating.

**13%** Education for people to reduce food wastage at home.

**11%** A breakfast program where children have access to meals in all schools of the City.

**9%** Increasing opportunities for Edmontonians to grow their own food.

**9%** Promotion of and better funding to the food bank program.

**8%** Increasing support for community gardens and kitchens.

**7%** Increasing access to locally grown food.

**1%** Make healthy foods more affordable.

**1%** Educate people to make healthier choices.

**3%** Other

**6%** Nothing

### COST OF NUTRITIOUS FOOD BASKET

Not surprisingly, young males 14 to 30 could be described as the prime eating years as measured by caloric intake and metabolism rates. In December 2013, males aged 14 to 18 set the family food budget back by an average of \$75.26 per week, with males 19 to 30 only slightly behind at \$72.94.



**MALES  
AGE 19-30  
PER WEEK  
\$72.94**

**MALES  
AGE 14-18  
PER WEEK  
\$75.25**

## VITAL SIGNS COMMITTEE 2014

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Edmonton Social Planning Council

**Carol Watson** Co-Chair,  
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**Elizabeth Bonkink**  
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**Mack D. Male** MasterMaq, Edmonton Blogger

**Bob Marvin** College Instructor, NorQuest

**Kristin Salacki** Family Specialist, Bosco Homes

## CFC ACKNOWLEDGMENT

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

## EDMONTON COMMUNITY FOUNDATION

Edmonton Community Foundation (ECF) works with donors to support the causes important to them through gifts now and/or in their wills. Endowment funds are permanently invested for long-term growth. Over the past 25 years ECF's assets have grown to almost \$440 million and we have granted more than \$132 million to charities and in scholarships.

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## EDMONTON SOCIAL PLANNING COUNCIL

Edmonton Social Planning Council (ESPC) is an independent social research and analysis organization operating in Edmonton for more than 74 years. ESPC focuses on analyzing and responding to policy decisions that impact people living in low-income situations, including issues of homelessness, wage equity and social supports and benefits. ESPC produces Tracking the Trends, a biennial report that analyzes current social and economic trends over a 25-30 year time frame.

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