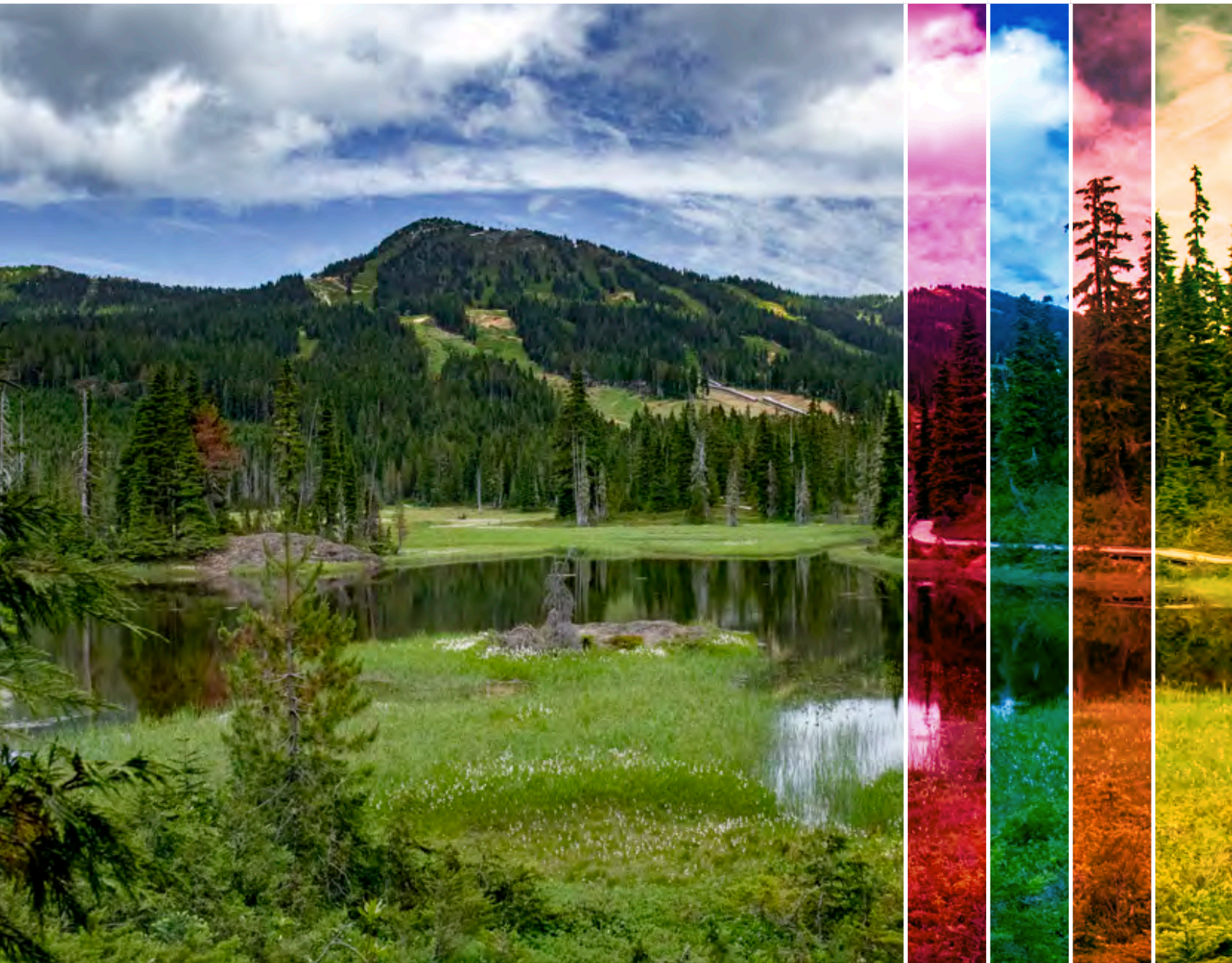


COMOX VALLEY'S

VitalSigns® 2018

A PROJECT OF THE COMOX VALLEY COMMUNITY FOUNDATION





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WELCOME

When the Comox Valley Community Foundation was born in 1996, so too was the vision for its enduring legacy. Growing endowed funds create an everlasting stream of income to support the community forever. Research helps guide our understanding of the needs and strengths in our community. Community leadership helps forge new partnerships and find opportunities to enrich life in the Comox Valley.

This Vital Signs® report was truly a collaborative effort. Thanks to our partners, United Way, Comox Valley Social Planning Society and North Island College and the input from many organizations and experts from across the Comox Valley, Vital Signs® provides a meaningful, high-level snapshot of strengths and challenges in the Comox Valley. We would also like to acknowledge the contributions from the Comox Valley Division of Family Practice and K'ómoks First Nation.

VITAL COMMUNITY

A vital community is one where everyone has opportunities to feel like they belong, can contribute and are valued. Shaping such a community starts with understanding where we live, who is here and our collective strengths and challenges. Comox Valley Vital Signs 2018 provides a snapshot of ten key dimensions of the community and some of the key linkages between them. The report is based on two sources of information. Current and reliable national, provincial and local data is of critical importance and the rapid publication of the 2016 National Census by Statistics Canada was a major factor in our decision to do this second report. Second, the perceptions and priorities of over 1,000 local residents who completed an on-line survey in May and June this year provide key context for this "hard" data to form a more balance picture of where we are now and where we could/should be going.

Vital Signs pushes our community to ask "what?", "so what?" and "now what?" How do we position ourselves for the future? How do we ensure everyone in our community has an equal opportunity to be happy, to be healthy, and to thrive? Where do we want the Comox Valley to be in five, ten and twenty years?

We hope Vital Signs gives you a new perspective. We hope it surprises you. We hope you'll talk to us, your friends and colleagues about how you can make a difference.



Norm Carruthers, Vital Signs Chair
Comox Valley Community Foundation



Jody Macdonald, Executive Director
Comox Valley Community Foundation

VitalSigns®
A COLLABORATIVE APPROACH

What is Vital Signs?

Vital Signs® is a community checkup conducted by community foundations across Canada that measures the vitality of our communities and identifies significant trends in a range of areas critical to quality of life. Vital Signs is coordinated nationally by Community Foundations of Canada. The Vital Signs trademark is used with permission from Community Foundations of Canada.



**COMMUNITY
FOUNDATIONS
OF CANADA**
all for community

LEARN MORE

Sources and detailed statistical and survey data reports can be found online at:
cvcfoundation.org/vital-signs



Facebook @cvcommunityfoundation
Instagram @cvcommunityfoundation
#cvcfvs2018

We would like to acknowledge that the geographic scope of this report is within the ancestral, traditional and unceded territory of the K'ómoks First Nation.



COMOX VALLEY'S
VitalSigns® 2018
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HOW TO USE THIS REPORT



LEARN

Take some time to carefully read this document, and reflect on what each section is saying about the quality of life in the Comox Valley. Consider your passions and values in the context of the data we are presenting.

Are you surprised by anything you see? What did you find most moving?



ENGAGE

Start a conversation in our community, talk about what's behind the data and what it means for your community. Be open to other perspectives and experiences.



GET INVOLVED

There are many ways to get involved and to help build a vital community. There are 191 registered charities in the Comox Valley. This report is a tool to help celebrate our community's assets and to develop innovative solutions to build an even stronger Comox Valley.

THE METHODOLOGY—HOW DID WE DEVELOP THE REPORT?

VITAL SIGNS STEERING COMMITTEE

A panel of representatives provided expertise and guidance throughout the selection of indicators and development of the report, ensuring Vital Signs accurately represents the trends and priorities unique to our communities and our region.

ONLINE CITIZEN OPINION SURVEY

The Vital Signs online survey was completed by over 1,000 people. The survey was open to all individuals living in the Comox Valley. Survey respondents volunteered to take part in the survey, therefore results should be considered representative of 'interested Comox Valley residents' and may not be representative of Comox Valley's population overall.

INDICATOR DATA SOURCES

Data used in Vital Signs was collected from national, provincial and local sources. SPARC BC provided research expertise. Local experts were engaged throughout the process to ensure the most recent and relevant data was used, and to collect context statements and stories to bring the indicators to life.

INDICATOR SELECTION

Factors that determine indicators are:

- Credibility of the source
- Availability of up-to date data
- Potential for future updates

HOW THIS REPORT IS ORGANIZED



COMMUNITY EXPERT

Direct quotes from leading community members and experts to help explain and give context to the data.



COMMUNITY LEADERSHIP

Innovative and/or collaborative initiatives and projects in our community that are improving the quality of life in the Comox Valley.



VITAL SIGNS IN ACTION

Highlights how Vital Signs has been used as a tool in our community.



CVCF GRANT/AWARD

Highlights projects which have received grants from the Comox Valley Community Foundation



VITAL SIGNS SURVEY

Information and quotations in this section comes from our Vital Signs Survey. The Comox Valley Vital Signs initiative invited Comox Valley residents to voice opinions, share comments and choose priorities about 10 key issues areas in our community. They were also asked about their quality of life and sense of belonging to the community.

The comprehensive report on all survey results can be found at cvcfoundation.org/vital-signs



Vital Signs Survey Scales – Through our community survey, we captured a wide variety of people's opinions, many of the questions in the survey were phrased as agree/disagree statements with respondents selecting from the following options: strongly disagree, disagree, neutral, agree and strongly agree. Each of these responses has been assigned a numeric value from -10 to 10 and neutral responses removed as it was assumed that these respondents had no opinion. The average numerical results have been displayed on a scale from -10 to 10, where a positive number would indicate that there was more positive agreement than negative.



TOP PRIORITIES

Identified by respondents of the Vital Signs Survey, this section identifies key community priorities for each theme area. Determined through the online survey completed, survey respondents were asked to select their top priority from a list of options, or to specify another option.



Photo provided by KFN

K'ÓMOKS FIRST NATION

Comox Valley Vital Signs is a fundamental community report that provides a bird's-eye view on the health and growth of our greater community, the K'ómoks First Nation (KFN) is pleased to participate. Thank you to the Comox Valley Community Foundation for making this important report possible.

Comox is an Anglicization of K'ómoks, which is derived from the Kwakw'ala term, kw'umalha, meaning "plentiful, rich, or wealthy". The K'ómoks First Nation have inhabited central Vancouver Island from the height of the mountains to the Eastern coastline and adjacent islands in the Salish Sea since time immemorial. K'ómoks First Nation members are Kwakwaka'wakw and Northern Coast Salish people and their language and spiritual practices are tied to the lands, waters, and resources that are found in the K'ómoks area.

The K'ómoks First Nation has knowledgeable and traditional community members who practice their ancestral ways. Some of these practices include hunting,



fishing, gathering berries and traditional medicines, and cultural sharing for events such as National Indigenous Peoples Day. The quality of life is a journey that the K'ómoks community works toward. Strength and endurance has been brought forward on the path to fully regaining and maintaining a true quality of life [and self-sustenance].

KFN POPULATION

TOTAL POPULATION: 336

ON-RESERVE: 106

55 AND OVER ELDER: 45

30 AND UNDER YOUTH: 38

K'ómoks has and continues to succeed in initiatives and milestones on their journey of a cultural and modern self-governance, and community development. The quality of life for present and future generations is foundational for community health. Recent milestones include the K'ómoks Land Code that was ratified in 2016 at 92%, and the K'ómoks treaty agreement-in-principle that was approved and signed in 2012. Since then K'ómoks has reached stage 5 of 6 in their modern treaty process. A housing subdivision is nearly full since it was cleared in 2003, as housing lots encourage community members to

move home. In 2014 a traditional style administration (government) building was completed. Entrepreneurial successes include the opening of the I-HOS Gallery in 1995, Pentlatch Seafoods Ltd. in 2004, the Puntledge RV Campground/Nim Nim Interpretive Center in 2005 and Salish Sea Foods in 2013. A Guardian Watchmen department was established in 2015 to monitor and protect the environment throughout the K'ómoks Traditional Territory. These are just to name a few, as there are many more achieved accomplishments.

Elder and youth initiatives are an important focus for overall community health and development. K'ómoks Elder initiatives help to maximize access to services and encourage the use of them, especially to keep them living at home for as long as possible. Elders are encouraged to be involved in community events and initiatives with the goal of reviving of the culture of Elder-leaders in mind. K'ómoks youth are offered and encouraged to participate in cultural activities and practices to regain lost culture that ultimately reconnects them to the community. The administration office has a summer student program for K'ómoks youth to work within the K'ómoks government departments. Youth are encouraged to engage and participate to build leadership skills for future community roles.

TOP 5 LOCAL COMMUNITY HEALTH ISSUES

1. Affordable & Safe Housing
2. Senior Care
3. Mental Health & Wellness
4. Healthy Environment & Climate Change
5. Healthy Children, Youth & Families

Comox Marina, Photo by Mason Laver at Goose Spit, Comox Valley Photography Society

COMMUNITY PROFILE



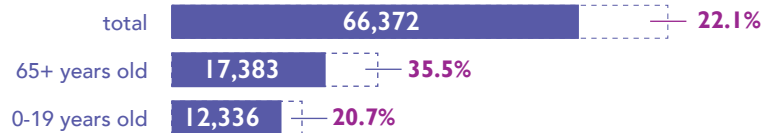
The 2018 Vital Signs online survey is an example of how collaboration can enhance and strengthen community decision-making. The health issue prioritization question was designed in collaboration with the Comox Valley Community Health Network (CVCHN) to ensure a consistent approach was used that would enable the results from the survey to augment the work done by 146 citizens at the March 2018 forum. This integrated approach to engage the community has enabled the CVCHN to validate and enhance the health issue priority results that will be considered as they move forward with action teams over the next few months.

—Jody Macdonald, Executive Director, Comox Valley Community Foundation

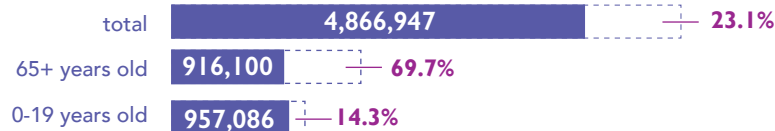
Population, 2018-2038

COMOX VALLEY

projected growth, 2018-2038



BRITISH COLUMBIA



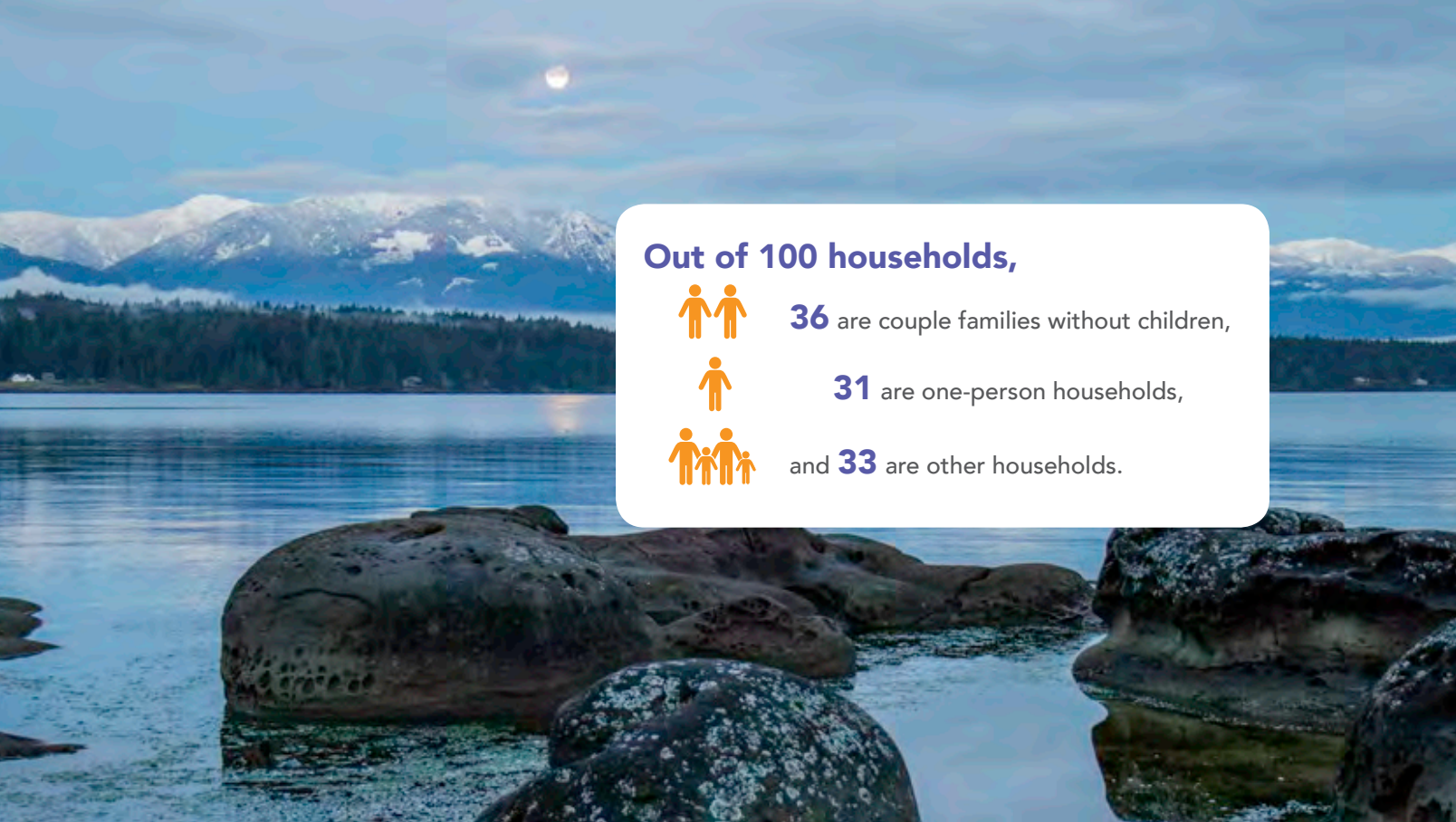
Population, 2006-2016

	pop. 2016	change 2006-16
British Columbia	4,648,055	13.0%
Vancouver Island	776,011	10.1%
Comox Valley	66,527	11.8%
City of Courtenay	25,599	16.2%
Town of Comox	14,028	13.3%
Area C	8,617	6.4%
Area A	7,213	3.4%
Area B	7,095	1.8%
Village of Cumberland	3,753	35.9%
Comox 1 First Nations Reserve	222	-18.4%



Health Forum, Photo: Betty Tate





Out of 100 households,



36 are couple families without children,



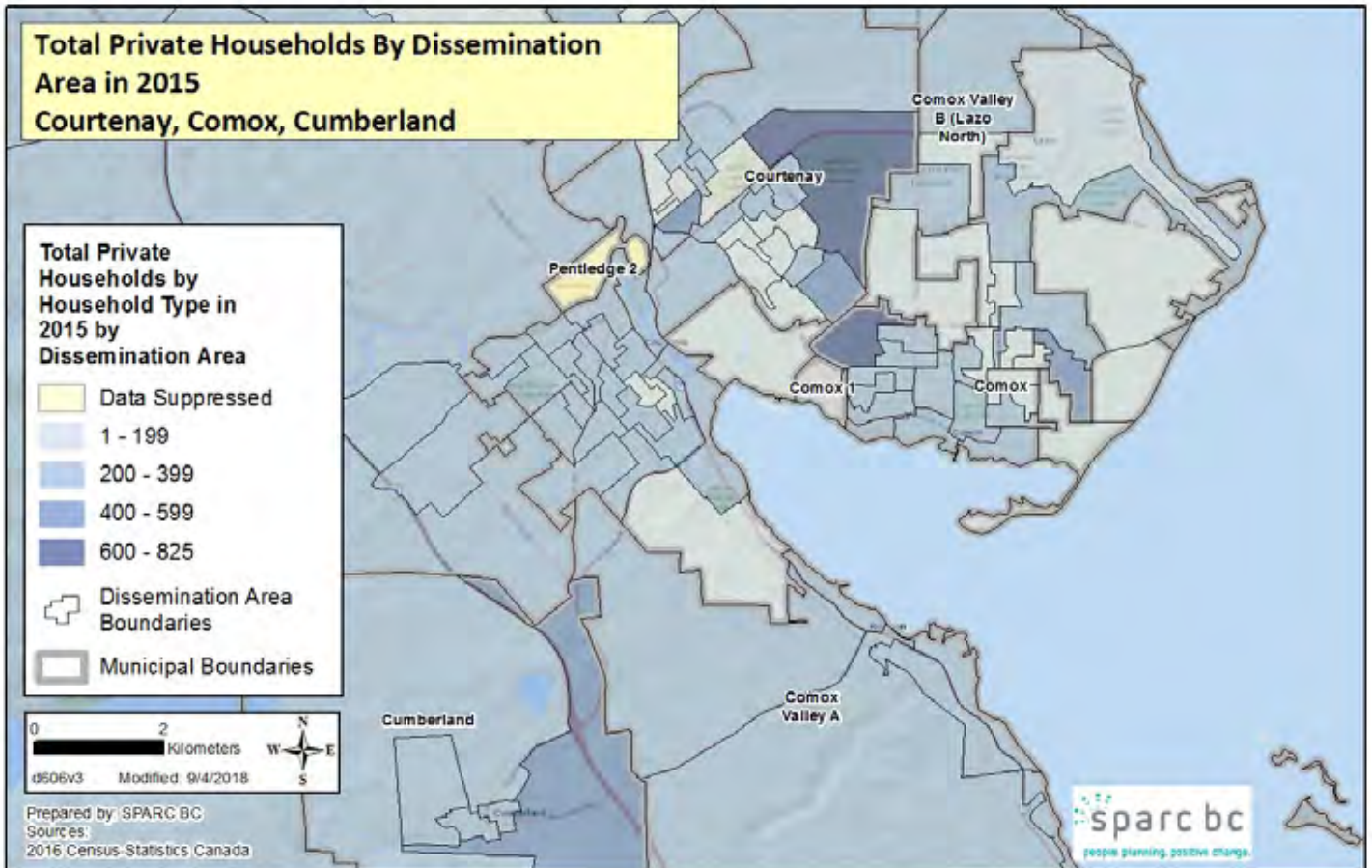
31 are one-person households,



and **33** are other households.

Photo by Rick Leche, Comox Valley Photography Society

PRIVATE HOUSEHOLD DENSITY



If Comox Valley were a village of 100 people



48
are male



52
are female



19
are aged
0-19



47
are aged
20-59



34
are aged
60+

median age: 50.8 years



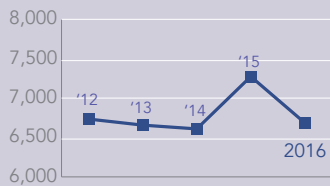
7
crimes
committed
in the
village



98
speak
English
at home

CRIME RATE PER 100,000 RESIDENTS

2012-2016



6
are
aboriginal
peoples



4
are
visible
minorities



13
are
immigrants



VITAL SIGNS SURVEY

Overall quality
of life rated

6.9



COMOX VALLEY'S

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159.3 km

of "open" status Hiking Trails in Comox Valley Regional District parks, 2018



Parkland Hectares per 1000 residents

9.1

Town of Comox

0.1
since 2016

7.0

City of Courtenay

0
change since 2016

72.5

Village of Cumberland

6.2
since 2016



TOP PRIORITIES

1. Expansion of parks & trails
2. More affordable cultural activities
3. More affordable sports programs

ARTS, CULTURE & RECREATION



United Riders of Cumberland's Trail Builders Academy Workshop,

provided 23 participants knowledge of trail sustainability and maintenance. Since the workshop's conclusion, I've come across these participants multiple times on the trails and at various organized trail maintenance days, putting hours in and sharing their new knowledge with other enthusiasts! It's especially encouraging to see the group of teenagers who attended the workshop buying into the concept of sustainability and responsible trail design - they represent the next generation of bikers, hikers and nature enthusiasts.



180 km

of bike trails in Cumberland Forest, 2018

-Nathan Kwan, Trail Manager,
United Riders of Cumberland

1,010

COMOX VALLEY RESIDENTS WORK IN THE ARTS, CULTURE AND FILM INDUSTRIES, 2016



90

in motion picture & video industries



185

independent artists, writers, & performers



480

other amusement & recreation industries



Comox Valley libraries are go-to hubs for high quality and diverse programming and events. Comox Valley libraries brought innovative programming to thousands more people than in the previous year. The way Comox Valley residents are accessing resources from their libraries is evolving. For example, between 2016 and 2017, VIRL's eLibrary (ebooks, audiobooks, and streaming content) saw a 48% increase system-wide.

—David Carson, Director,
Corporate Communications and Strategic Initiatives
VANCOUVER ISLAND REGIONAL LIBRARY



Photo provided by KFN



Gravehouse Cultural Project

As a community, K'ómoks First Nation seek to strengthen and sustain the cultural, spiritual, social, economic and environmental wellbeing of our people, our air, lands and water, all the while honouring our ancestors.

K'ómoks First Nation is currently building a Community Grave House and has received some funding from the Comox Valley Community Foundation to rectify a dire situation where K'ómoks ancestors are washing away from graves in the cemetery, that are being eroded by weather and flooding, and to have those human remains put to rest in a Community Grave House in a culturally sensitive way. Our Community Grave House will give us the opportunity to repatriate our ancestors. The repatriation process is a very healing experience where K'ómoks ancestors can finally be placed in a secure and culturally sensitive way, so families can honor them in their final resting place.

Comox Valley Library Branches



Photo provided by: VIRL

Library Membership

	2017	2016	
VIRL	164,835	159,277	↑3%
CV	26,265	25,478	↑3%*

*The Comox and Cumberland branches had very strong membership gains, each with 7% increases over the previous year.



In 2017, program attendance was 14,673, a **22.0% increase from 2016.**

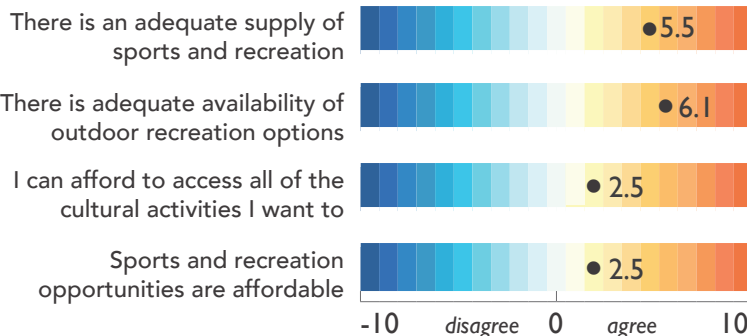


In 2017 777,303 items were circulated by the Comox Valley Library Branches, an overall **decrease of 2.7% from 2016.**

However Hornby Island (+20.3%) and Union Bay (+12.3%) both saw increases in items circulated in 2017.



VITAL SIGNS SURVEY



TOP 5 MOST COMMONLY ACCESSED ARTS, CULTURE & REC RESOURCES

1. Local beaches
2. CVRD Trails
3. Provincial Parks
4. Municipal Parks & Playgrounds
5. Sid Williams Theatre





Employers and their employees have been impacted by the lack of affordable housing and income inequity which exists in our area. The pay gap in the Comox Valley is 25% compared to 22% in BC. Equal pay for equal work needs to change from being a societal goal to a reality.

Awareness of wage disparity and the need for governments to have a comprehensive understanding of the tremendous economic benefits small business brings to their communities is paramount. Tax incentives which support business owners in being successful benefits both the employer and employees. Successful businesses can invest in their employees, community buildings and projects.

—Dianne Hawkins, CEO
Comox Valley Chamber of Commerce



TOP PRIORITIES

1. More jobs that pay a living wage
2. More full-time, year-round jobs
3. Green economy opportunities
4. More middle to high wage opportunities

ECONOMY & WORK

Quality of life and the health of a community are directly linked to the economy. What happens to a community when its residents can't find jobs? What does a steady increase in new businesses tell us? Consider how our economy is linked to other areas such as housing, or health & wellness

HOUSING UNITS STARTED

	2015	2016	2017	2016-17 change
Single	161	258	244	-5.4%
Semi-Detached	40	16	12	-25.0%
Row	40	8	4	-50.0%
Apartment	133	95	33	-65.3%
All	374	377	293	-22.3%

LIVING WAGE IN THE COMOX VALLEY IS **\$16.59** 2018

TOTAL BUILDING PERMIT VALUES

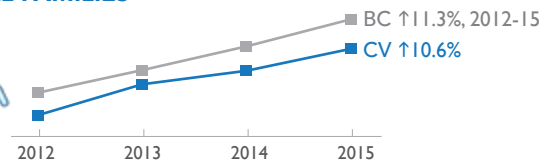
(in millions of dollars)



	Comox Valley	Vancouver Island
2013	\$71	\$1,110
2014	\$123	\$1,350
2015	\$147	\$1,443
2016	\$163	\$1,826
2017	\$141	\$2,239
2013-17 change	↑ 98.9%	↑ 101.8%

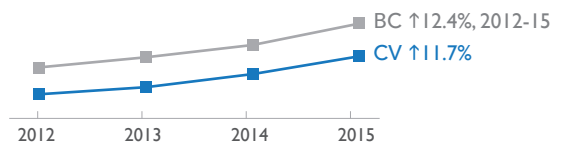
FAMILY INCOMES

TOTAL FAMILIES



	2012	2013	2014	2015
BC	\$71,660	\$74,150	\$76,770	\$79,750
CV	\$69,190	\$72,600	\$74,090	\$76,510

LONE PARENT FAMILIES



	2012	2013	2014	2015
BC	\$37,420	\$38,490	\$39,790	\$42,060
CV	\$34,590	\$35,340	\$36,730	\$38,620

TEN LARGEST EMPLOYERS 2016

19 Wing CFB Comox	1,600
School District 71	1,200
St. Joseph's Hospital	1,184
Mt. Washington Alpine Resort	850
City of Courtenay	340
North Island College	295
Costco	250
Real Canadian Superstore	227
Wal-Mart	221
Crown Isle	171

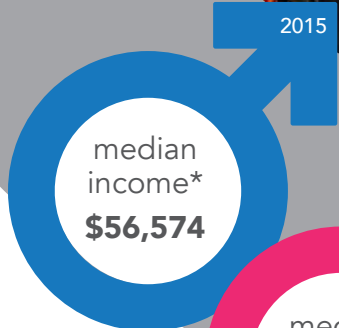
TOP FIVE INDUSTRIES 2016

Health care and social assistance	4,425
Retail trade	4,280
Construction	3,080
Public administration	2,570
Accommodation and food services	2,530

BUSINESSES WITH EMPLOYEES 2016



INCOME INEQUITY



On average, men make **\$14,357 more**

Over a 25 year time frame, women make \$358,925 less than men.



* Median income is median employment income for full-year, full-time workers

EMPLOYED POPULATION (25-64 YEARS OLD) 2016

Comox Valley	71.2%
British Columbia	75.2%

Photo by Rick Leche, Comox Valley Photography Society



VITAL SIGNS SURVEY

There are adequate employment opportunities for me in the Comox Valley



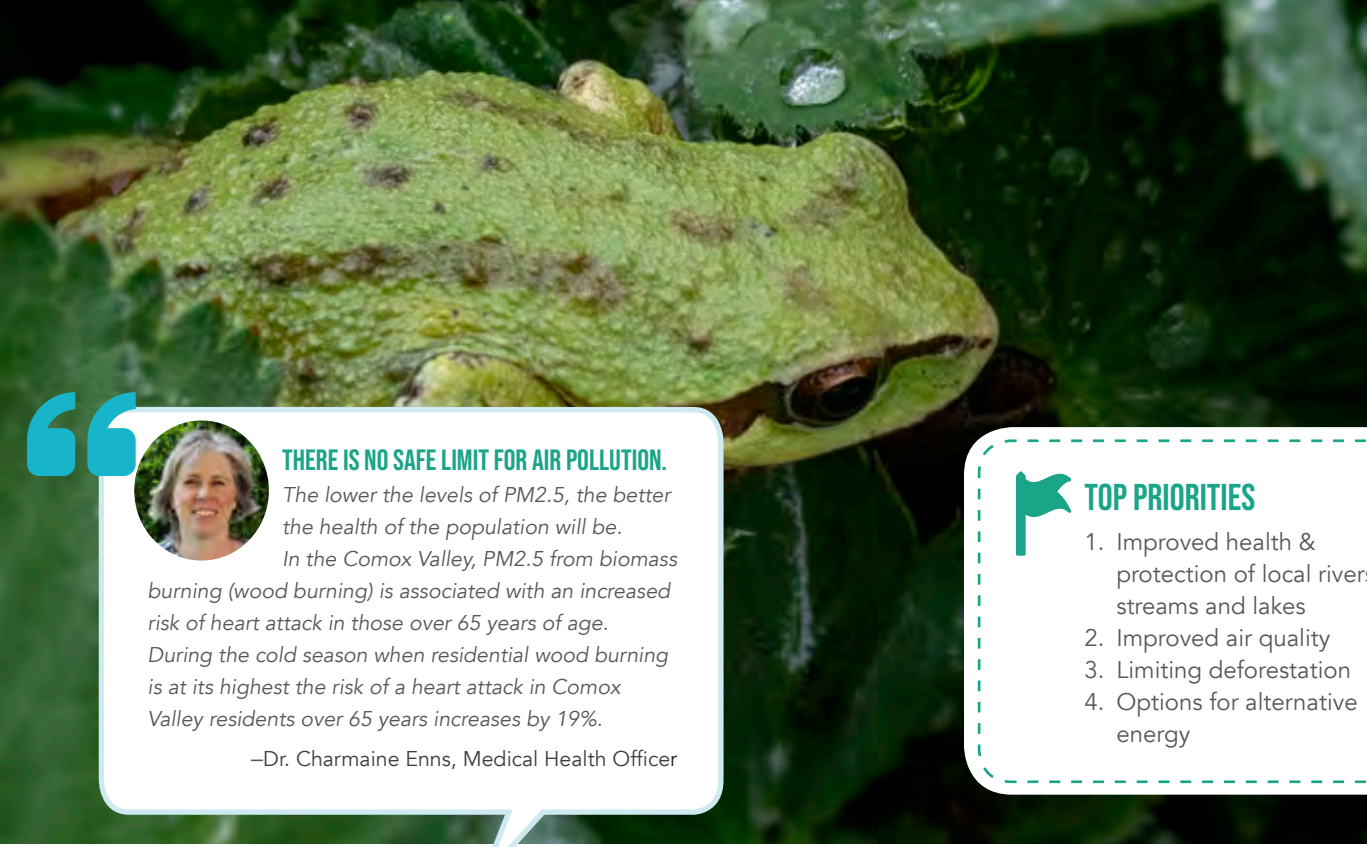
Quality job opportunities for graduates entering the workforce are created here



New businesses are encouraged & supported here



-10 disagree 0 agree 10



THERE IS NO SAFE LIMIT FOR AIR POLLUTION.

The lower the levels of PM2.5, the better the health of the population will be.

In the Comox Valley, PM2.5 from biomass burning (wood burning) is associated with an increased risk of heart attack in those over 65 years of age. During the cold season when residential wood burning is at its highest the risk of a heart attack in Comox Valley residents over 65 years increases by 19%.

—Dr. Charmaine Enns, Medical Health Officer

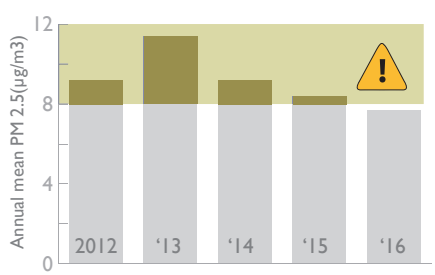


TOP PRIORITIES

1. Improved health & protection of local rivers, streams and lakes
2. Improved air quality
3. Limiting deforestation
4. Options for alternative energy

Photo by Rick Leche, Comox Valley Photography Society

PM2.5 (PARTICULATE MATTER) IN AIR POLLUTION



PM2.5 concentrations should not exceed 8 µg/m3 over a year.

The Province of BC has determined that PM2.5 concentrations should not equal or exceed 25 µg/m3 for more than 2% of all the days of a year or 7.3 days. In 2016 the Comox Valley had 17 days where PM2.5 concentrations where equal to or above 25 µg/m3.

PM2.5 SOURCES 2015

- 46.2% Road dust sources
- 24.4% Open burning sources
- 19.1% Space heating sources
- 6.6% Mobile sources
- 1.5% Miscellaneous area sources
- 1.2% Fugitive dust sources
- 1.1% Agricultural sources
- 0.0% Point (industrial) sources

ENVIRONMENT & SUSTAINABILITY

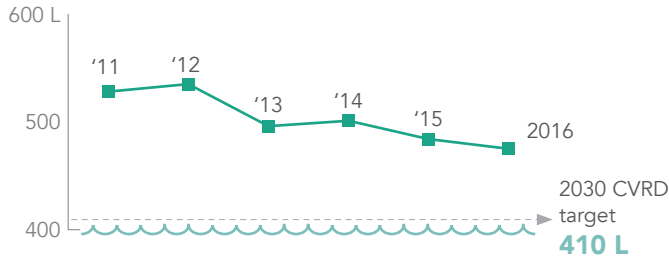


Since 2000, the **Cumberland Community Forest Society (CCFS)**

has been purchasing and protecting privately held forest lands scheduled for logging surrounding the Village of Cumberland for their ecological, historical, economic and recreational values. Guided by the shared belief that this forest is now worth more to our community standing than as timber, the society is supported by individuals, families and businesses from Cumberland, across the Comox Valley and beyond.

This area has been identified by the Comox Valley Land Trust as top priority for conservation in the Comox Valley.

DAILY WATER CONSUMPTION PER CAPITA



In 2016, daily water consumption was 475 litres per capita, meeting the 2020 target.

30%
since 2006



CVCF Grant for Project Watershed Education Program



Project Watershed

is a not-for-profit that focuses on stewardship of Comox Valley sensitive habitats. Recently Project Watershed completed the first year of a five-year coastal restoration project with a funding contribution received through the federal government's Oceans Protection Plan. This project will allow the society to map historical and current eelgrass, saltmarsh and kelp habitats, develop a coastal restoration plan, undertake priority restoration projects and monitor these projects over time. The aim of this work is to help repair the 'salmon highway' and increase habitat connectivity of the nearshore marine vegetation, which juvenile salmonids and associated feed organisms rely on for protection from predation and for a migratory corridor. Another major initiative this year is to raise the funds necessary to purchase and restore an old sawmill site (Kus-kus-sum) adjacent to the Courtenay River. This site is located in the heart of our community and along a vital salmon migration corridor.

BOIL WATER ADVISORY DAYS

2014	2015	2016	2017
31 days	35	51	21

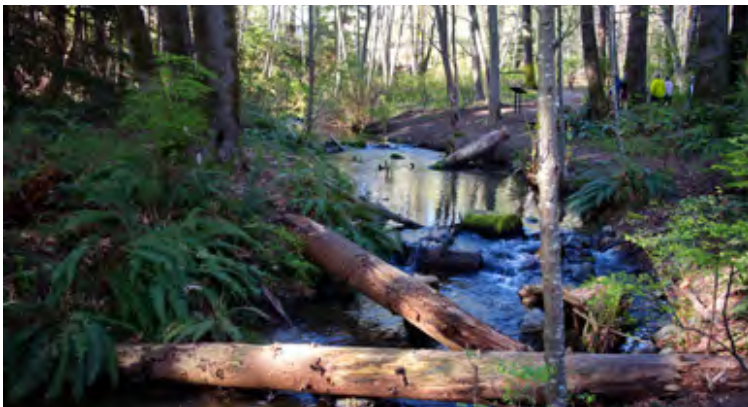


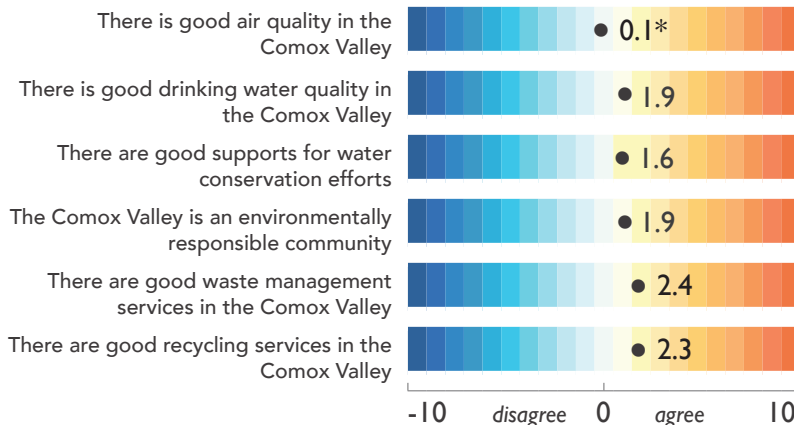
Photo by Rick Leche, Comox Valley Photography Society

ANNUAL MEAN TEMPERATURE

The average annual mean temperature (°C) was similar (+/- 0.5 °C) to the long-term average (1981-2010) in two out of the past five years and higher in three out of the past five years. The 2013-2017 average annual mean temperature was 10.7°C, which was +0.7°C higher than the long-term average (1981-2010) of 10.0°C.



VITAL SIGNS SURVEY

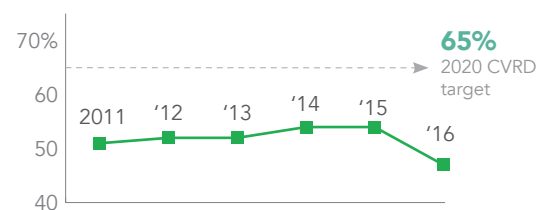


* Cumberland residents scored the lowest at -3.2 on perceptions of air quality

SOLID WASTE DIVERSION RATE



In 2016, 7% less waste was diverted from the landfill than in 2015.





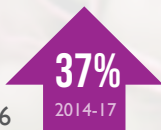
FARM TYPES 2016

- 49 Fruit and tree nut farming
- 47 Hay farming
- 43 Horse and other equine production
- 42 Beef cattle ranching and farming, including feedlots
- 35 Animal combination farming
- 33 Nursery and tree production
- 30 Other vegetable (except potato) and melon farming
- 20 Chicken and egg production
- 17 Fruit and vegetable combination farming
- 14 Apiculture



FARMERS MARKET SALES

2014	2017
\$1,049,812	\$1,433,396



TOP PRIORITIES



1. More support for production of local foods
2. Protection of agricultural lands
3. More affordable healthy food choices

FOOD

Food is about a lot more than what we buy or eat. Food sustains us, and our communities, in so many ways. The Comox Valley appears abundant with local goods: orchards, vineyards, and farms. However, the issue of food security suggests we look at the sustainability and accessibility of healthy foods.



LUSH Valley Food Action Society is piloting a new Farm

Gleaning project. By bringing together teams of volunteers, they are exchanging labour on farms for excess high quality produce. The fresh food is then distributed to one of over 15 community partners. The project is a perfect example of the community coming together to create a win-win solution that works across the value chain while decreasing food insecurity in our region.



Photo by Maurita Prato, LUSH Valley Food Action Society

NUMBER OF FARMS

	2011	2016
Comox Valley	432	416
British Columbia	19,759	17,528

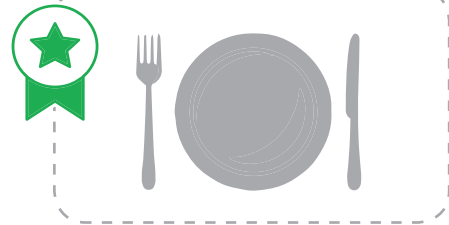




Photo provided by School District 71



In 2017/2018, Comox Valley Public Schools received \$602,106 in Community LINK (Learning Includes Nutrition and Knowledge) Funding to support the academic achievement & social functioning of vulnerable students.



The Sunshine Lunch Club

serves meals to some of the community's most vulnerable citizens. St. George's Hall, where the food is served, is nearly 70 years old. CVCF provided funding to upgrade the hall in both 2017 and 2018. Reverend Ryan Slifka described the following impact of the renovations: "We believe that each of the people we meet has an inherent dignity given to them. Which means not only helping people. It's in treating them with the dignity and love they deserve. That includes the condition and aesthetics of the space we host them in. They deserve to eat lunch in a space that makes them feel loved and valued. They deserve to feel at home."



VITAL SIGNS SURVEY



MONTHLY FOOD BASKET COST ²⁰¹⁵

North Island Health Service Delivery Area **\$985**
British Columbia \$974





TOP PRIORITIES

1. More affordable housing
2. Supports to transition from poverty to workforce
3. More job creation initiatives

GAP BETWEEN RICH & POOR

SUSTAINABLE DEVELOPMENT GOALS

Through Vital Signs and other philanthropic initiatives, we have an opportunity to connect what is happening in our communities to a global agenda for action. The grassroots approach of Vital Signs to collect data, spark conversations and inspire civic engagement offers an opportunity to understand well-being trends in our community in the context of global well being goals.

The United Nations Sustainable Development Goals (SDGs) were launched in 2015 after three years of negotiations amongst 193 countries. They represent the world's collective vision for a thriving and sustainable planet. The 15 year plan includes 17 goals and 169 accompanying targets, with a completion goal of 2030.

The SDGs are universal and connect cities, towns and villages all across the world. For the Comox Valley, they help us connect our efforts locally to create change as part of a big picture.

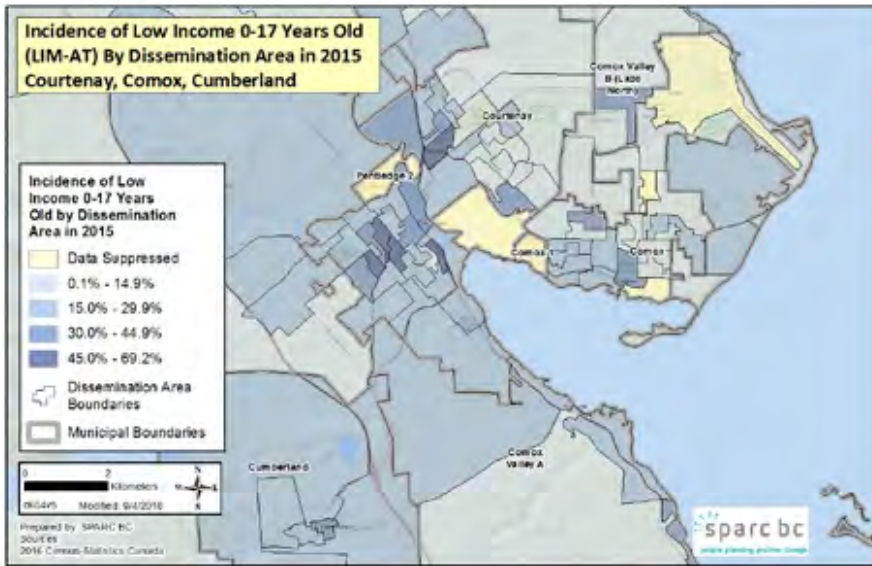
The Global Goals recognize that ending poverty and ensuring global prosperity must go hand in hand with strategies that build sustainable communities. To reach these goals, community foundations, and philanthropy more broadly, have an important role to play alongside government, civil society and the private sector.

Nationally, Statistics Canada will begin to track and align their data with SDGs in 2018.

For more information, visit sustainabledevelopment.un.org

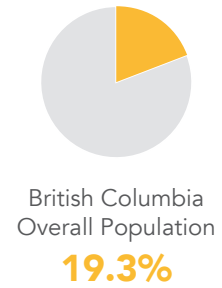
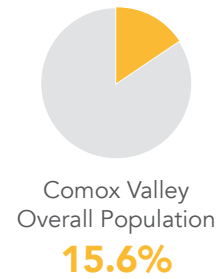


CHILD (0-17 YEAR OLD) POVERTY RATE 2015

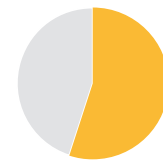
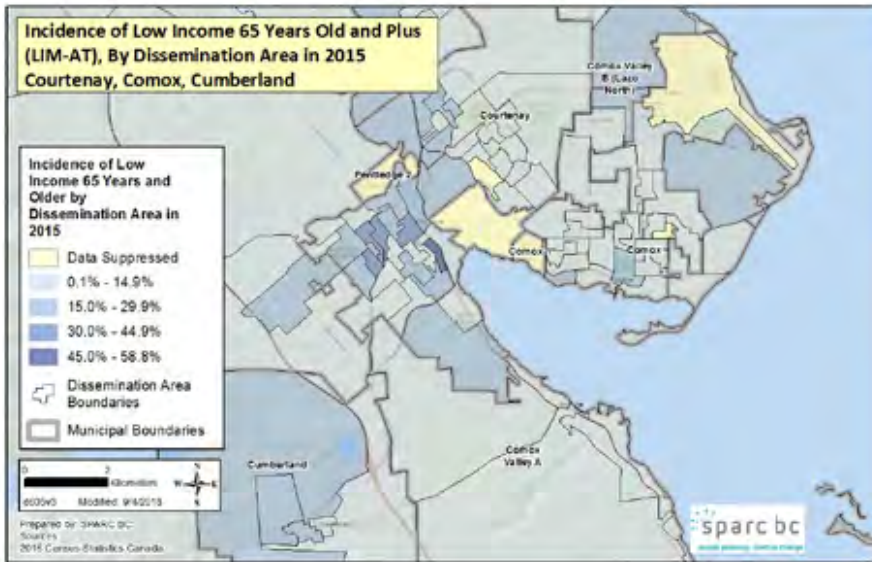


POVERTY RATE

2015



SENIOR (65+ YEAR OLD) POVERTY RATE 2015



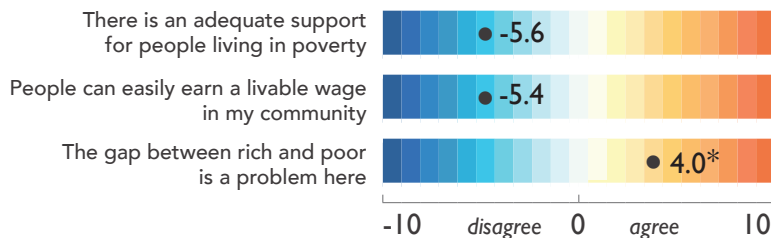
POVERTY RATE BY COMMUNITY

2015

Hornby Island	28.3%
Denman Island	24.2%
Union Bay	19.2%
Cumberland	17.8%
Courtenay	17.1%
Fanny Bay	16.6%
Black Creek	13.9%
Royston	12.4%
Comox	11.6%



VITAL SIGNS SURVEY



*Young adults (20-39) rated the gap most strongly at 5.3





TOP PRIORITIES

1. Reduced traffic congestion
2. Improved cycling networks & facilities
3. More frequent bus runs

GETTING AROUND & TRANSPORTATION

The ability to get where you need to go when you need to be there is critical to your quality of life. Stop and think about how accessibility and affordability impacts your daily activities and how transportation impacts other areas such as the environment and economy & work.

TRIPS TAKEN BY TRANSIT AND HANDY DART RIDERS 2017



Transit
604,752



Handy Dart
37,693



3,070

SUSTAINABLE MODE
COMMUTERS, 2016



610
public transit
users



1,525
walkers



935
bicyclists



Photo courtesy of Comox Valley Regional District



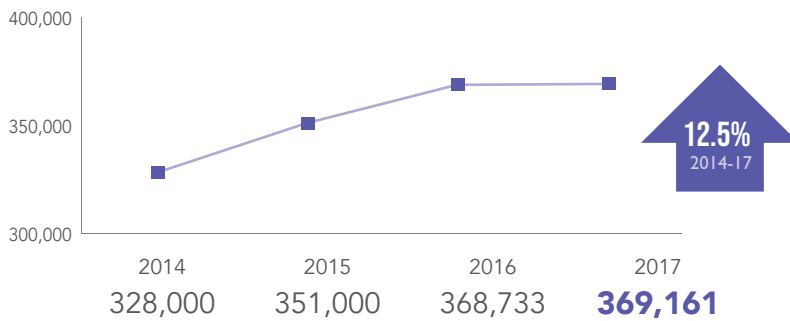
The City of Courtenay has **3.4kms** of bike lanes and is adding 1.3 km by end of 2018

The Town of Comox has **7.3 km of** bike lanes 2018

As of June 2018, the Village of Cumberland has **3.3 km** of bike lanes. This is an increase of 3.3 km from 2016, when there were no bike lanes.

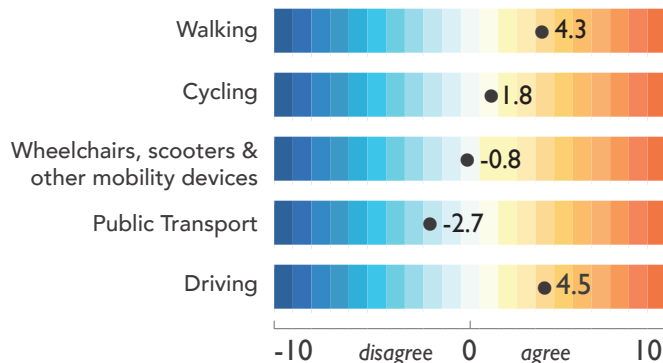


NUMBER OF COMOX VALLEY AIRPORT PASSENGERS



VITAL SIGNS SURVEY

OUR COMMUNITY HAS ADEQUATE INFRASTRUCTURE FOR ACCESSING MY DAILY NEEDS BY:



"Routing access [is needed] to social services, food bank, soup kitchen"
(Comox resident)

"FREQUENT, FLEXIBLE, ACCESSIBLE MINI-BUS runs please! Also, offering common transportation FROM events locations as needed, please."
(Courtenay resident)





146

FAMILY PHYSICIANS

including locums, walk-in physicians, hospital-based physicians, and those with areas of special interest – e.g. chronic pain, substance use, palliative care, seniors care, etc.

72 of whom have hospital privileges

82

FAMILY PHYSICIANS WITH PRACTICES

44 of whom have hospital privileges

19

FAMILY PRACTICE CLINICS

including 3 clinics that offer walk-in services to the general public.



The Health Connections Clinic (HCC)

operates out of the Comox Valley Nursing Centre and started as a partnership between the Division of Family Practice and Island Health in 2015. The HCC provides integrated, team-based care for community members with complex medical and/or socio-economic needs. These could include mental illness, substance use, homelessness, poverty, chronic disease.



TOP PRIORITIES

1. Increased access to local specialist care
2. Increased access to mental health care services
3. Increased access to extended health care benefits (dental, physio, massage therapy, etc.)

HEALTH & WELLNESS



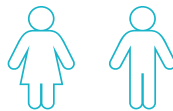
The Comox Valley is one of the first five communities to participate in a planning process for a **Primary Care Network** as

part of the B.C. government's new primary health-care strategy. These networks will be the backbone to team-based care, allowing patients access to a full range of health-care options, streamlining referrals and providing better support to family physicians, nurse practitioners, and other primary health-care providers.

Island Health, the Comox Valley Division of Family Practice, and the First Nations Health Authority, along with several other partners are excited to be collaborating on this initiative.

LIFE EXPECTANCY AT BIRTH

2011-15



CV	84.4	80.1 years
BC	84.6	80.6

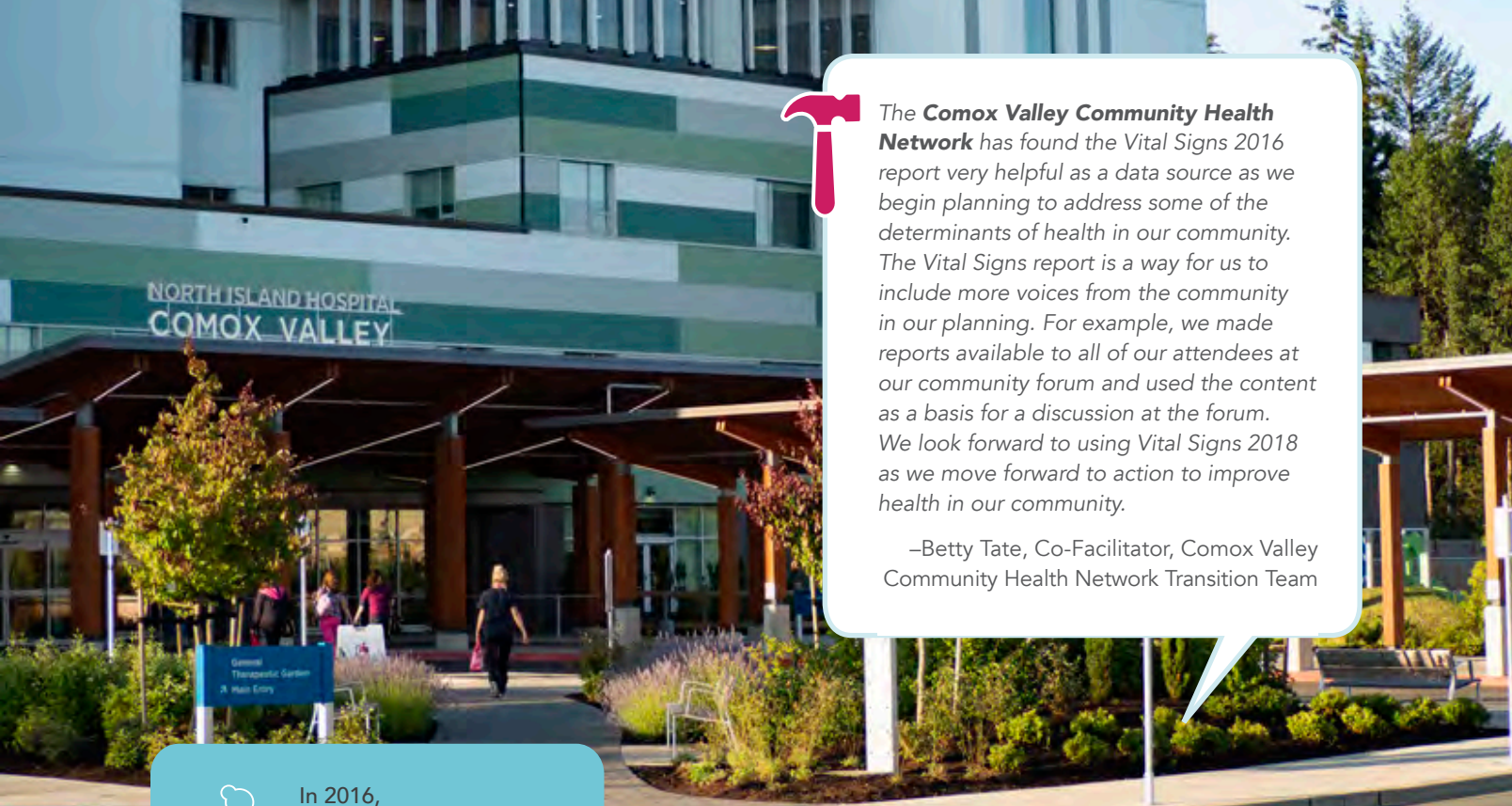
OVERWEIGHT OR OBESE 2014



45.5%	48.0%
CV	BC

5 MOST COMMON CHRONIC DISEASES

	CV	BC
Mood and Anxiety Disorders	29.9%	26.7%
Depression	25.5%	21.9%
Hypertension	17.4%	18.3%
Asthma	12.6%	12.1%
Osteoarthritis	6.2%	6.4%



The **Comox Valley Community Health Network** has found the **Vital Signs 2016** report very helpful as a data source as we begin planning to address some of the determinants of health in our community. The **Vital Signs** report is a way for us to include more voices from the community in our planning. For example, we made reports available to all of our attendees at our community forum and used the content as a basis for a discussion at the forum. We look forward to using **Vital Signs 2018** as we move forward to action to improve health in our community.

–Betty Tate, Co-Facilitator, Comox Valley Community Health Network Transition Team



In 2016, MORE THAN **2 in 5** (or 42.4%) Comox Valley residents had an activity limitation, which was much higher than in BC.

Photo by Rick Leche, Comox Valley Photography Society



STUDENTS WHO DIDN'T SMOKE CIGARETTES 2015/16

	Grade 7	Grade 10	Grade 12
Comox Valley SD71	97%	88%	83%
BC public schools	97%	90%	85%



ILLICIT DRUG OVERDOSE DEATH RATE per 100,000

	2015	2016	2017
CV	7.5	16.5	24.2
BC	11.1	20.9	30.1

YOUTH (GRADES 7-12) WHO HAD TRIED ALCOHOL OR MARIJUANA 2013

	tried alcohol	tried marijuana
North Vancouver Island	52%	37%
British Columbia	45%	26%



SUBSTANCE-ABUSE RELATED DEATHS per 100,000, 2014

	tobacco	alcohol
CV	102	30
BC	85	26



VITAL SIGNS SURVEY

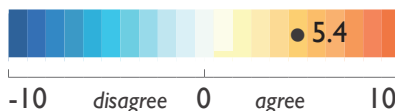
There is good access to health care here



There is good access to mental health services here



A healthy lifestyle is encouraged in this community



COMOX VALLEY'S **VitalSigns® 2018**
A PROJECT OF THE COMOX VALLEY COMMUNITY FOUNDATION



The **Coalition to End Homelessness** believes that everyone has a right to safe, secure, affordable

housing. The Braidwood project provides 34 of our community members with just that, and it is our hope that this project will encourage more affordable housing units to be built in the Comox Valley. Braidwood is an example of how collaboration and community partnership can make a positive impact in our community, and we give thanks to Wachiay Friendship Centre, M'akola Housing, the City of Courtenay, CVRD, and BC Housing for working together.

—Andrea Cupelli, Coordinator for the Comox Valley Coalition to End Homelessness



TOP PRIORITIES

1. Increased efforts to reduce homelessness in the Comox Valley
2. More subsidized housing units
3. Increased number of secondary suites

Makola Housing Ground Breaking, Photo with permission from BC Government

HOUSING

45.4%

of renter households spend **30% or more** of their income on housing

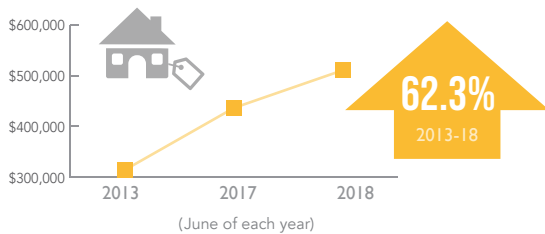


20.0%

of renter households spend **50% or more** of their income on housing



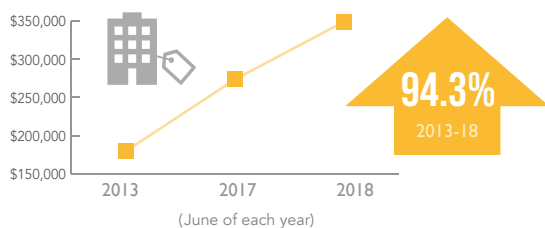
BENCHMARK SINGLE FAMILY HOME SALE PRICES



VACANCY RATES FOR PURPOSE-BUILT MARKET RENTAL UNITS 2017

	Studio	1 bedroom	2 bedroom	3+ bedroom	Total
Courtenay	3.3%	5.0%	1.9%	0.0%	2.4%
BC	1.1%	1.1%	1.7%	2.0%	1.3%

BENCHMARK APARTMENT SALE PRICES



TOTAL HOUSEHOLDS ON BC HOUSING WAIT LIST

	2013	2018	change
Comox Valley	42	147	250.0%
Vancouver Island	1,823	2,831	55.3%
BC	12,543	17,423	38.9%



HOMELESS COUNT 2018



117
INDIVIDUALS
EXPERIENCED
HOMELESSNESS

68 OF WHOM EXPERIENCED ABSOLUTE HOMELESSNESS

49 OF WHOM EXPERIENCED HIDDEN HOMELESSNESS



29% WERE SENIORS (55+ YEARS OLD)

Absolute Homelessness is defined as individuals who are living in public spaces, emergency shelters or public facilities who do not have stable residence to return to.

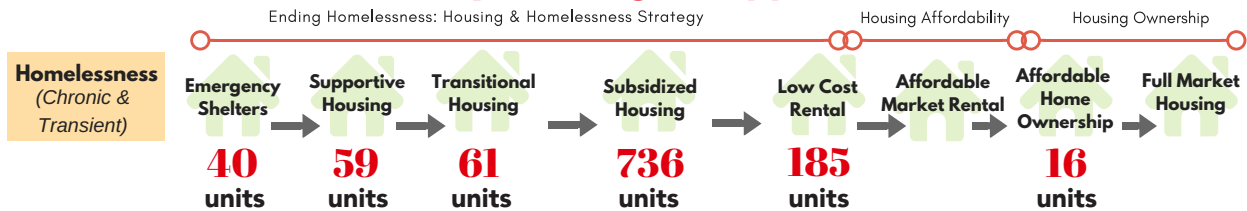
Hidden Homelessness includes those who are living in temporary accommodations.



As the person in our organization who writes funding proposals, I use the Vital Signs Report in almost every application. Without the information in the Vital Signs Report, it would be much more difficult to make the case for programs and services that enhance the wellbeing of all members of our community.

—Anne Davis,
Program Coordinator
Comox Valley Transition Society

2018 Comox Valley Housing & Supports Continuum



Help is just a call or click away with **BC 2-1-1**. This United Way-funded resource is a free 24/7 referral service providing information

on community, social, and government services. People in central and northern Vancouver Island can access the service by phone/text at 2-1-1 or online at bc211.ca.

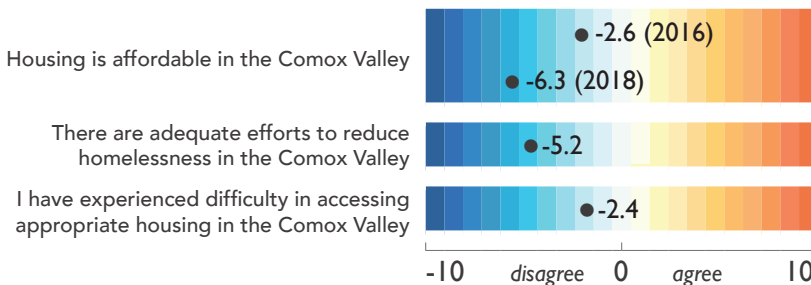
In 2017, housing/homelessness was the most frequently sought info.

EXTREME WEATHER RESPONSE SHELTER DATA

	2016-17	2017-18	change
Female mat nights	90	64	-28.9%
Male mat nights	475	1,117	135.2%
Days in effect	142	135	-4.9%



VITAL SIGNS SURVEY



COMOX VALLEY'S
VitalSigns® 2018
A PROJECT OF THE COMOX VALLEY COMMUNITY FOUNDATION



TOP PRIORITIES

1. More opportunities for public engagement in local government planning
2. Increased awareness of opportunities to volunteer
3. More initiatives to increase voter turnout

CVCF Files, Professional Development Grant



69% of survey respondents volunteer weekly

Vital Signs survey respondents volunteer the following number of hours per week:

- 0 – 31%
- 1-2 hours – 27%
- 3-5 hours – 23%
- 6-9 hours – 9%
- 10 + hours–10%

LEADERSHIP, CIVIC ENGAGEMENT & BELONGING



A healthy, vibrant community is built on a foundation of engaged and involved residents. What happens when members of a community feel like they don't belong? What does community engagement mean to you?

FEMALE ELECTED OFFICIALS 2018

Town of Comox	3 of 7 elected officials	42.9%
City of Courtenay	1 of 7	14.3%
Village of Cumberland	3 of 5	60.0%
K'ómoks First Nations	2 of 3	66.7%
Comox Valley electoral areas	0 of 3	0.0%
Comox Valley School District	3 of 7	42.9%
Total Comox Valley	12 of 32	37.5%

VOTER TURNOUT



2015 FEDERAL ELECTION

Comox Valley 75.9%

British Columbia 70.0%

2017 PROVINCIAL ELECTION

Comox Valley 66.9%

British Columbia 61.2%

85% of Canadians agree that participation in sport builds stronger communities.

More than half of Canadians are involved in community-level sport as participants, spectators, volunteers, coaches or officials. And while we experience the benefits of sport most immediately as individuals, it can also play a major role in strengthening communities by bringing people together, building social capital and fostering greater inclusion of excluded groups.
 —Community Foundations of Canada



Photo from CVCF Files

REGISTERED CHARITIES, 2018



In 2017, **Dawn to Dawn Action on Homelessness Society** held the Cascadia Cup Street Soccer Tournament.

One of their players had been playing with Maple Pool United for about three years. "I love being the goalie out here. I get out there and run a bit, score some goals myself sometimes even. That's something to be proud about." Growing up in the valley, this player recalls playing soccer, hockey, volleyball and basketball. She was homeless for a time and became a participant in the soccer program. Ultimately this player became self-sufficient and is no longer homeless.

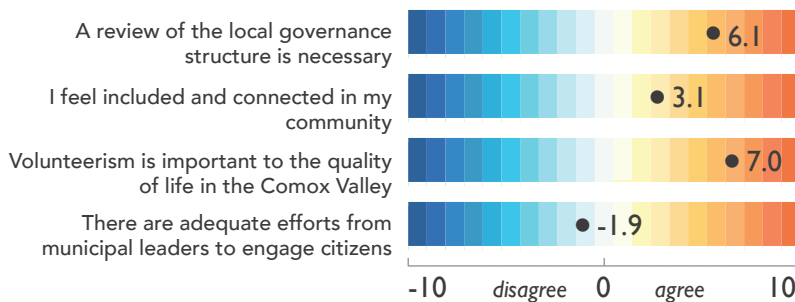


COMOX VALLEY TAXFILERS DONATIONS TO CHARITY

	2012	2013	2014	2015	change 2012-15
% of taxfilers who made donations	21.5%	21.6%	21.2%	20.7%	↓ 0.8 %
median annual charitable donation	\$300	\$320	\$350	\$340	↑ 13.3 %



VITAL SIGNS SURVEY





The Early Development Instrument (EDI) is a population-level

research tool. EDI results allow us to see patterns in children's development over time. Our results have been trending in the wrong direction, particularly in respect to children's social and emotional development. Healthy social and emotional development provides the foundation for later success, not only for mental health, but also for academic success and longer term career and life achievements. Luckily, just like math skills, we can teach children social and emotional skills. The Comox Valley Early Years Collaborative has set a goal to reduce childhood vulnerability, as measured by the EDI, to 25% by the year 2025.

—Joanne Schroder, Comox Valley Children Development Association



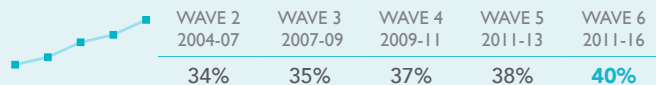
Photo by Charlene Gray, Comox Valley Children's Day Care Society

LEARNING

40% VULNERABLE ON ONE OR MORE SCALES

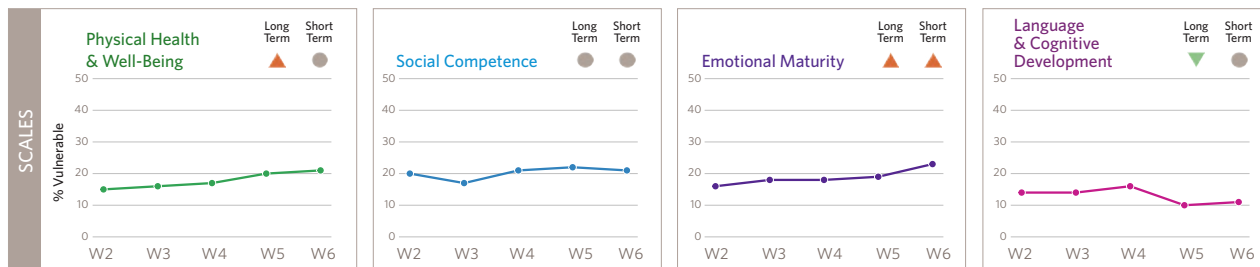
Collecting data over multiple years allows for an improved understanding of children's development. The latest data shows that 40% of Comox Valley children are vulnerable on one or more of the 5 Early Development Instrument (EDI) scales. This represents a meaningful increase in childhood vulnerability.

CHILDREN VULNERABLE ON ONE OR MORE SCALES

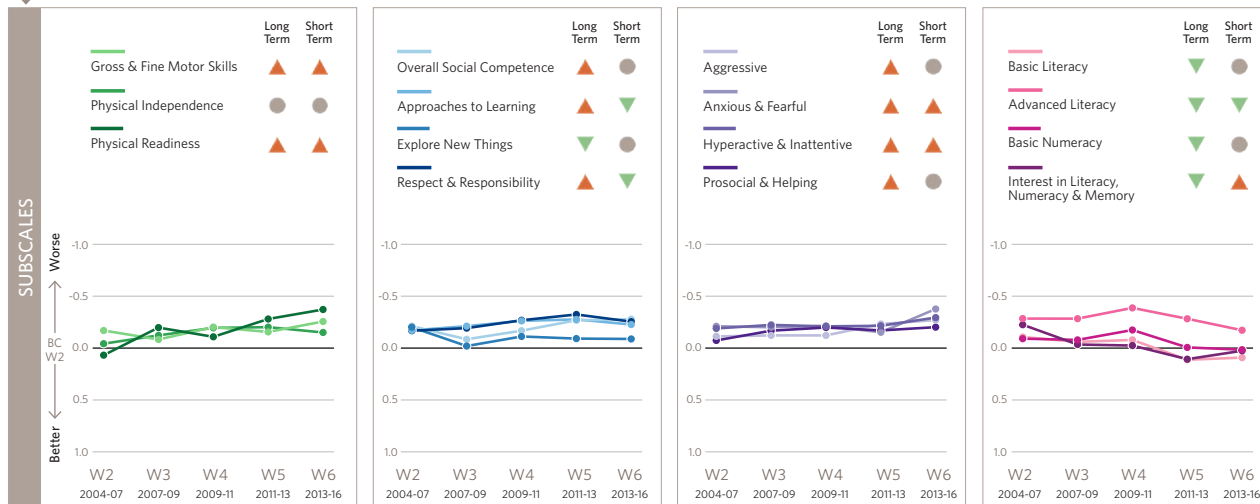


SCHOOL DISTRICT DATA ■ SD71 COMOX VALLEY

NUMBER OF CHILDREN W2: 481 W3: 486 W4: 513 W5: 1,005 W6: 475



As components of the EDI Scales, EDI subscales provide more detailed information and can reveal which developmental areas are contributing to increases or decreases in scale-level vulnerability rates.



TYPE OF TREND Long Term (W2 - W6) Short Term (W5 - W6) DIRECTION OF TREND ▲ Getting Worse ● No Change ▼ Getting Better

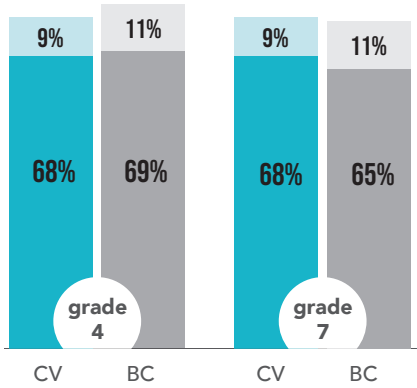
Trend note: The precise amount of change that is required to meet the threshold for being a meaningful trend ("getting better" or "getting worse") is unique for each EDI scale and subscale.

Note: Data are suppressed where there are fewer than 35 children.

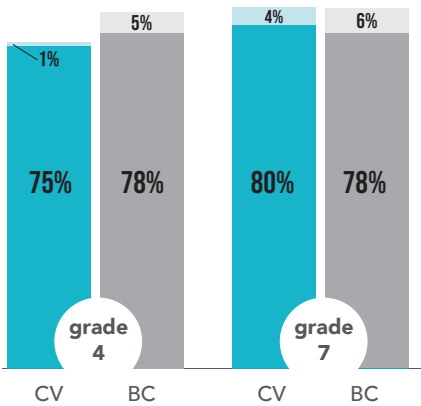
PUBLIC SCHOOLS – FSA TEST RESULTS 2016

MEET EXPECTATIONS  EXCEED EXPECTATIONS 

READING



WRITING



MATH

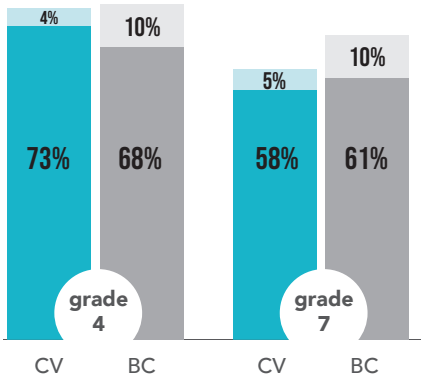


Photo provided by School District 71

PRIVATE AND PUBLIC SCHOOL ENROLLMENT

	Comox Valley SD71	Comox Valley independent schools
2013/14	8,667	219
2014/15	8,596	272
2015/16	8,118	304
2016/17	8,301	293
2017/18	8,853	306



GRADUATION RATE FOR ABORIGINAL STUDENTS

	2012/13	2013/14	2014/15	2015/16	2016/17
Comox Valley SD71	66.6%	57.9%	68.2%	75.7%	71.8%
BC public schools	59.6%	61.8%	63.4%	64.4%	66.2%





Photo provided by School District 71



TOP PRIORITIES

1. Increased funding to public education system
2. Increased on-the-job training opportunities
3. Additional credential options in post-secondary study locally

NORTH ISLAND COLLEGE – COMOX VALLEY CAMPUS

STUDENT SATISFACTION WITH QUALITY OF EDUCATION 2016/2017

- 93% Former diploma, associate degree and certificate students
- 93% Former apprenticeship students
- 100% Bachelor degree graduates

ENROLLMENT 2017

4,104 Domestic Students

496 International Students

ELDER COLLEGE PARTICIPATION

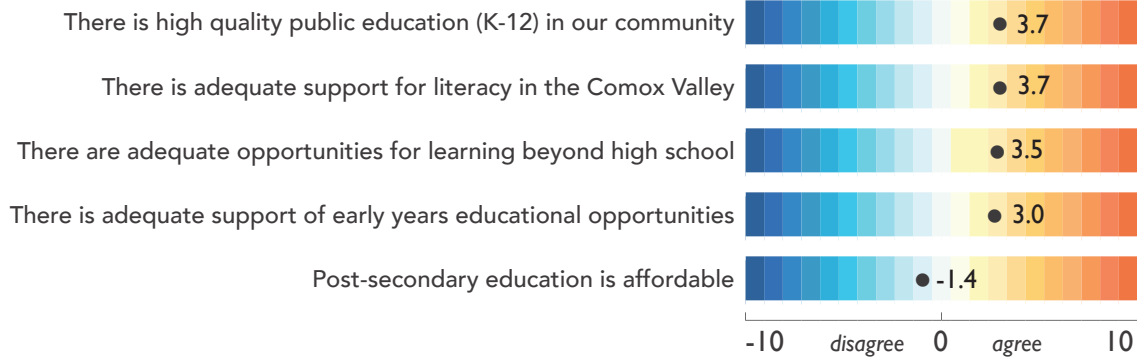
2017/2018

1,128

College members



VITAL SIGNS SURVEY



Our deepest thanks to everyone who helped make this report possible

VITAL SIGNS CHAIR

Norm Carruthers, Comox Valley Community Foundation

PROJECT COORDINATOR

Sigourney Brown, Comox Valley Community Foundation

RESEARCH LEAD & DESIGN

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VITAL SIGNS SURVEY RESEARCH LEAD

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Lindsay McGinn, United Way Central and Northern Vancouver Island

Bunny Shannon & Pam Munroe, Comox Valley Social Planning Society



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This report has been made possible by the in-kind expertise donations and/or the financial contributions from



Vancouver Island Real Estate Board

THANK YOU TO OUR IN KIND SPONSORS





Rick Leche, Comox Valley Photography Society



FAST FACTS 2017-18

\$12.8 MILLION in assets

87 FUNDS

\$1 MILLION endowed scholarships / bursaries

\$2.4 MILLION granted to local organizations

\$425 THOUSAND supporting charitable organizations and students in 2017

REACH US

#102-1797 Comox Ave

Comox BC, V9M 3L9

Phone: 250-338-8444

E-mail: office@cvcfoundation.org

cvcfoundation.org

MAKING CHARITABLE GIFTS LAST FOREVER

The Comox Valley Community Foundation provides a means for individuals and organizations to contribute to a permanent endowment fund which will be used to enrich the quality of life of the Comox Valley forever. Through responsible stewardship, the Foundation distributes earnings from permanent growing endowment funds. The Foundation brings donors to the table as community builders, and helps them formulate and realize their philanthropic goals both during and after their lifetime.



Janine Martin & her grandchildren.
Photo by Karen McKinnon.

The Janine Martin Family Environmental Fund, established in 2017, is a CVCF field of interest fund. Each year, profits earned from this endowed fund will support environmental initiatives for generations to come.