

Publication Overview

The Social Planning Council of Cambridge and North Dumfries (SPCCND) is pleased to present this series of factsheets, *Community Trends for 2013 in Cambridge, North Dumfries, Wellesley, Wilmot and Woolwich*.

This year we are excited to include the townships of Wellesley, Wilmot and Woolwich in our publication and in 2016 will be producing a region-wide Community Trends Report. This expansion has been made possible through support and additional funding from the Region of Waterloo, The United Way Kitchener Waterloo & Area, Kitchener Waterloo Community Foundation and the Ontario Trillium Foundation.

The purpose of the Community Trends series of factsheets is to provide information on local social trends and issues for a variety of audiences including social service organizations, the business community, policy makers and funders. By expanding the Community Trends Report, common goals can be established and a region-wide systematic collection of service delivery data can be developed, enabling agencies and decision makers to pursue prioritized areas for action in a coordinated way. It is hoped that this process of data collection and analysis will help identify key priorities and improve the community's ability to respond to gaps in services and build upon community strengths.

Each factsheet contains information submitted, reviewed and approved from local community agencies and organizations. These agencies and organizations are asked to highlight service delivery trends and pertinent information that describes the landscape of the services they provide. The SPCCND would like to thank all of the agencies and organizations that contributed their data, time and insight. These publications could not exist without their participation.

Complete List of Community Trends

Documents from SPCCND

Community Social Profile for Cambridge and North Dumfries
Community Social Profile for Wellesley, Wilmot and Woolwich
Arts, Culture and Recreation
Community Assets and Participation
Community Safety
Community Supports
Employment and Income
Food Security
Housing Stability
Transportation

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Community Trends Current Framework

At the Social Planning Council of Cambridge and North Dumfries the focus of our work is to improve the lives of those who are disadvantaged. We believe this work helps to advance the quality of life for all in Cambridge and North Dumfries and Waterloo Region as a whole. Our work is grounded in the Healthy Communities Model which describes the interconnectedness and complexity of social, health, community, environmental and economic issues for a community.

Our work is also framed in the Social Determinants of Health, in that we examine how social and economic conditions influence the health of individuals and communities. Increasingly, it is recognized that “primary factors that shape the health of people are not medical treatments or lifestyle choices but rather the living conditions they experience. These conditions have come to be known as the Social Determinates of Health”.^[1]

A recent publication from the Health Council of Canada, *Stepping it Up: Moving the Focus from Health Care in Canada to a Healthier Canada*, confirms that Canadians with the lowest incomes are more likely to suffer from chronic conditions such as heart disease, arthritis or diabetes, to live with a disability and to be hospitalized for a variety of health problems. They are twice as likely to use health care services as those with the highest incomes.^[2] Evidence shows that poverty is a major health condition and a determinant of health, especially for those who live on low incomes.

The Community Trends Report is organized around 8 key community indicators which are grounded by the Social Determinants of Health framework as it shows the interconnectedness between the conditions that influence the health of citizens.

The 8 key indicators used in the Community Trends Report include:

Arts, Culture and Recreation	Employment and Income
Community Assets and Participation	Food Security
Community Safety	Housing Stability
Community Supports	Transportation

We understand the impact of the social determinants of health on people’s quality of life and the *Community Trends for 2013 – a focus on Cambridge, North Dumfries, Wellesley, Wilmot and Woolwich* has been documenting local data to support the existence of these determinants. The goal of this report is to involve all sectors of the community to empower positive social change, and shine light on aspects related to health inequity and poverty, vulnerable populations and the social and economic factors that contribute to these inequalities. Through a collective voice we can develop policies and practices that will have a real impact on the health of our community.

At the Social Planning Council of Cambridge and North Dumfries, we believe that we can all work towards building a healthy community. Our organizations’ mission is to actively participate in building and strengthening our community through research, analysis, facilitation and education, fostering innovation, and positive social change. By doing this we hope to fulfill our vision of a strong, healthy and inclusive community.

References

[1] Mikkonen, J. & Raphael D. (2010). Social Determinants of Health: The Canadian Facts.

[2] Stepping It Up: Moving the Focus from Health Care in Canada to a Healthier Canada. Health Council of Canada. (2010). Toronto: Health Council of Canada.