Creston & District Happiness Report Card
Results from the Better Life Project Survey

CRESTON & DISTRICT COMMUNITY DIRECTED FUNDS
Happy & Well From Yahk To Riondel
www.communityfund.ca
We've Taken Note

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

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

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

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

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

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

The Creston & District Community Directed Funds Committee
March 9th, 2015
We joined the movement...
The happiness movement is helping communities focus on what really matters.

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

We gave ourselves a report card...
This report gives a snapshot of how Creston & District is doing.

We became a happier district...
It is up to our community to take what we’ve learned and make positive change.

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

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

- 13,285: Live in the District
- 877: Survey respondents
- 669: Usable local responses
- 5%: Percent of the District
- 1 in 20: People took the survey

The Area Covered:
- Lower Kootenay Band
- RDCK A
- RDCK B
- RDCK C
- Town of Creston

Home community

<table>
<thead>
<tr>
<th>Community</th>
<th>Population</th>
<th>Survey Takers</th>
</tr>
</thead>
<tbody>
<tr>
<td>LKB</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>RDCK A</td>
<td>15%</td>
<td>25%</td>
</tr>
<tr>
<td>RDCK B</td>
<td>34%</td>
<td>27%</td>
</tr>
<tr>
<td>RDCK C</td>
<td>10%</td>
<td>6%</td>
</tr>
<tr>
<td>TOC</td>
<td>40%</td>
<td>40%</td>
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</tbody>
</table>
Survey takers by household income

- < $10,000: 7%
- < $20,000: 10%
- < $30,000: 11%
- < $40,000: 12%
- < $50,000: 13%
- < $75,000: 21%
- < $100,000: 13%
- < $125,000: 7%
- >= $125,000: 7%

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

Our community by gender

- Population: 51%
- Survey Takers: 69%
- 49%
- 30%
- 1% Neither/Other

Our community by age

- 10-19: 12% 9%
- 20-29: 8% 6%
- 30-39: 9% 15%
- 40-49: 12% 13%
- 50-59: 19% 22%
- 60-69: 20% 25%
- 70-79: 13% 8%
- 80+: 8% 3%

Age in years

- Population
- Survey Takers
How happy are we?

67.6 / 100 + 5.9 ABOVE GLOBAL AVERAGE

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

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

Happiness by Area

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

Creston & District Happiness by Domain

75.6 😊 Social Support
74.8 👀 Psychological Well-being
74.8 🌍 Environment
74.0 ⭐ Satisfaction with Life
70.2 📸 Education, Arts & Culture
67.8 🛒 Material Well-being
67.6 💪 Overall
66.7 💖 Physical Health
66.4 🏫 Community
65.7 🛠 Work Experience
57.1 🕒 Time Balance
55.0 🏛️ Government
Global Average

Age makes a difference

<table>
<thead>
<tr>
<th>74.8</th>
<th>57.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>65 &amp; Older</td>
<td>19 &amp; Under</td>
</tr>
</tbody>
</table>

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

Household income makes a difference

- Over 100,000: 72.0
- Under 20,000: 58.6

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

Employment makes a difference

- Employed: 68.4
- Unemployed, seeking work: 54.7

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

74.0 / 100 + 6.0
ABOVE GLOBAL AVERAGE

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

53% Very high happiness

47% Very high anxiety

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

77.6/100 Engaged and interested in daily activities

76.3/100 Leading a purposeful and meaningful life

75.5/100 Optimistic about the future

74.8/100 Above Global Average

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

👍 19% Strongly agree
👍 58% Agree
💬 16% Neither agree nor disagree
👎 6% Disagree
👎 1% Strongly disagree

I feel positive about myself.

확률성 20%
확률성 58%
확률성 14%
확률성 7%
확률성 1%
Physical health

66.7/100 + 1.7 ABOVE GLOBAL AVERAGE

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

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

We asked people about their last week...

- 55% Have lots of energy often, very often, or always
- 9% Have lots of energy rarely, very rarely, or never
- 8% Can't get going often, very often, or always
- 65% Can't get going rarely, very rarely, or never

Quality of exercise

- 50%
- 26%
- 24%

Ability to perform daily tasks

- 80%
- 13%
- 7%

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

Engaged and interested in daily activities: 77.6/100
Leads a purposeful and meaningful life: 76.3/100
Optimistic about the future: 75.5/100

74.8/100 Above global average

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

- 😊😊😊😊😊 19% Strongly agree
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- 41% Very Good
- 36% Good
- 10% Fair
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Physical pain prevents 9% of respondents from doing what they need to do often, very, often or always.
### Time Balance

- **33%**
  - Feel their lives have been too rushed

- **23%**
  - Feel they don't have enough time to do what they need to do

- **19%**
  - Feel they seldom have time to do the things they really enjoy

- **37%**
  - Feel they have plenty of spare time

- **47%**
  - Feel they can take life at a leisurely pace

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**Below Global Average**

- **57.1/100**
- **-1.9**

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

<table>
<thead>
<tr>
<th>Rating</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>☾☽☽☽☽</td>
<td>4% All</td>
</tr>
<tr>
<td>☾☽☽☽</td>
<td>49% Most</td>
</tr>
<tr>
<td>☾☽☽</td>
<td>35% Some</td>
</tr>
<tr>
<td>☾☽</td>
<td>11% Not much</td>
</tr>
<tr>
<td>☾</td>
<td>1% None</td>
</tr>
</tbody>
</table>
Community

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

We asked people to tell us who they trust:

- **Neighbours**: 64.1/100
- **Strangers**: 53.1/100
- **Local Businesses**: 66.7/100

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Personal safety

- 🙅‍♀️: 84%
- 🙅: 12%
- 🙄: 4%
Social support

37% Feel loved very often or always
3% Feel lonely very often or always

75.6/100 +24.6 ABOVE GLOBAL AVERAGE

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

Support from friends
- 79%
- 15%
- 6%

Personal relationships
- 75%
- 17%
- 8%

People in my life care about me

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>50</td>
<td>7</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>
Education, arts and culture

70.2
100
+0.2
ABOVE GLOBAL AVERAGE

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

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

71.1
100
Access to sports and recreation

64.2
100
Access to artistic and cultural activities

60.3
100
Access informal education for skills development

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

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

Do we have a culture of tolerance?

Do we have a culture of belonging?
Environment

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

77.4 / 100

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

Opportunities to enjoy nature

- 86%
- 9%
- 4%

Efforts being made to preserve nature

- 58%
- 27%
- 15%

How healthy is your physical environment?

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

55.0 / 100
5.0
ARE ABOVE GLOBAL AVERAGE

51.9 / 100
Confidence in local government

30.3 / 100
Confidence in federal government

People can influence local public officials

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

Local government

- Positive: 47%
- Neutral: 35%
- Negative: 18%
In general, how much stress do you feel about your personal finances?

- 😞 6% Overwhelming stress
- 🚶 16% High stress
- 🍃 33% Moderate stress
- 🍃 32% Low stress
- 😊 11% No stress at all

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

55.0 / 100 - 0.3

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

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

70.9 / 100
Interesting work lives

63.2 / 100
Good conditions for productivity at work

62.6 / 100
Work life balance

54.4 / 100
Appropriate pay

1 in 5 survey takers chose more than one option

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

**Below Global Average**

\[
\begin{array}{c}
\frac{55.0}{100} - 0.3 \\
\end{array}
\]

**Interesting work lives**

\[
\frac{70.9}{100}
\]

**Good conditions for productivity at work**

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\frac{63.2}{100}
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**Work life balance**

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**Appropriate pay**

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\frac{54.4}{100}
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This is another domain with a wide "happiness gap" in our community. There is a 44.1 point difference between the scores for the "happiest" and "unhappiest" survey takers.
What makes us happy?

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

33%  Mentioned the natural setting

26%  Talked about family, friends, and community

21%  Said they are happy to live somewhere beautiful

"My beautiful view of the mountains."

"Smiling because you know most everyone!"

"The space between me and my neighbours"

"Just look around you!"

"Living by water"

"Small town atmosphere"

"We can grow and buy great healthy food"

"Earlier spring... later fall"

"Slower pace of life"

"Therapeutic activities for seniors"

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

"People pull together to care for one another."

"A sense of possibility and change in the community right now."
It takes many hands!

Creston & District Community Directed Funds www.communityfund.ca

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

Columbia Basin Trust www.cbt.org

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

Kootenay Employment Services www.kes.bc.ca

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

OneDay Community Partners www.onedaycommunitypartners.com

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

Happiness Alliance www.happycounts.org

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