

FEB 21, 2023



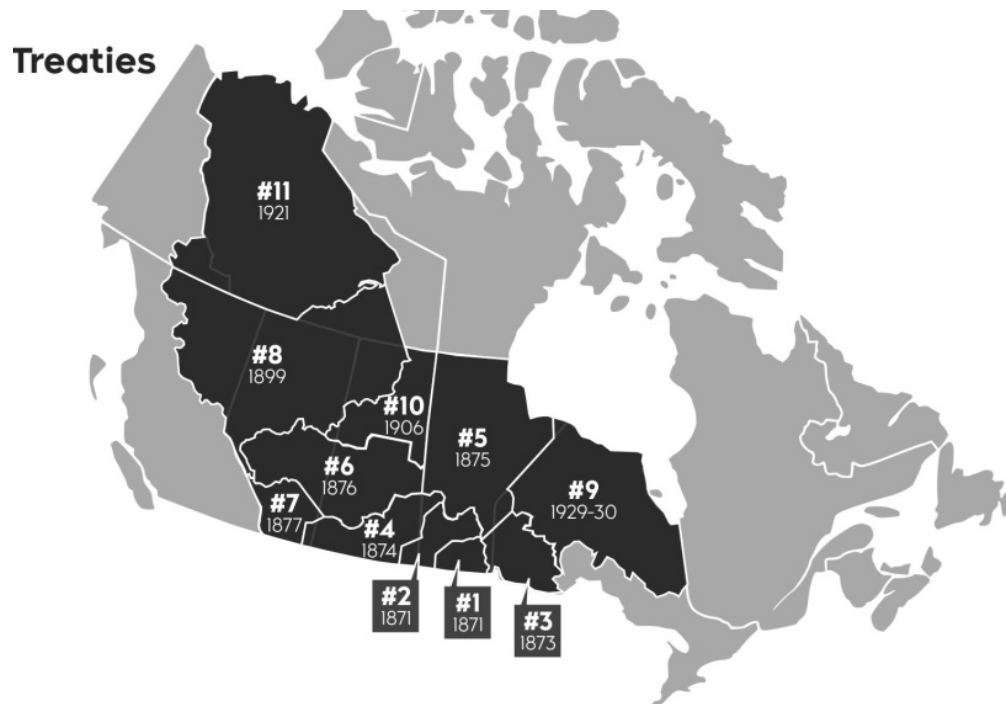
2023 Strathmore Social Needs Assessment

*Towards a community thriving
for everyone*

**Draft Prepared by Community &
Social Development for Review of
Executive Leadership in Preparation
for City Council Presentation
April 14, 2023**



Land Acknowledgement



As we live, work, and play on this land, we wish to pay our respects to the traditional lands of Treaty 7. We extend our gratitude to our neighbours and friends of the traditional Blackfoot Territory and the Blackfoot Confederacy, which includes Siksika Nation, North & South Piikani Nations, and the Kainai Nation. In addition, we acknowledge the other members of Treaty 7 First Nations, including the Tsuut'ina and Îyāhē Nakoda (Stoney Nakoda) which consist of Chiniki, Bearspaw and Wesley First Nations. Our acknowledgement also extends to the home of the Metis peoples of Region 3 of the Metis Nation of Alberta.

For generations, these lands have been cared for and inhabited by the many First Nations, Métis and Inuit communities. We are grateful for the traditional Knowledge Keepers and Elders who have guided us and those who have passed on. Our acknowledgement is an expression of reconciliation and appreciation to those who call this territory home, or to those who are visiting.

Table of Contents

Introduction	6
Community Context	6
Impetus for 2022 Social Needs Assessment	7
Social Impacts of COVID	7
Understanding Community Needs	7
Municipalities' Changing Role in Social Policy	8
Advancing Council Priorities	8
Future Considerations Leveraging FCSS	9
Methodology	9
Benefits of Social Needs Assessments	9
Data Collection & Analysis Scope	10
Social Data Trends	10
Design Labs	10
Youth Survey	11
Citizen Satisfaction Survey	11
Social Infrastructure Supply Mapping	11
Community Voice	11
Indigenous Design Lab Themes	11
Service Provider Design Labs Themes	14
Design Lab Solutions	19
Citizen Satisfaction Survey	24
Youth Survey	26
Social Infrastructure Supply Mapping	29
Systems Mapping	29
Base Supply Map	30
Moving towards enhanced service coordination	35

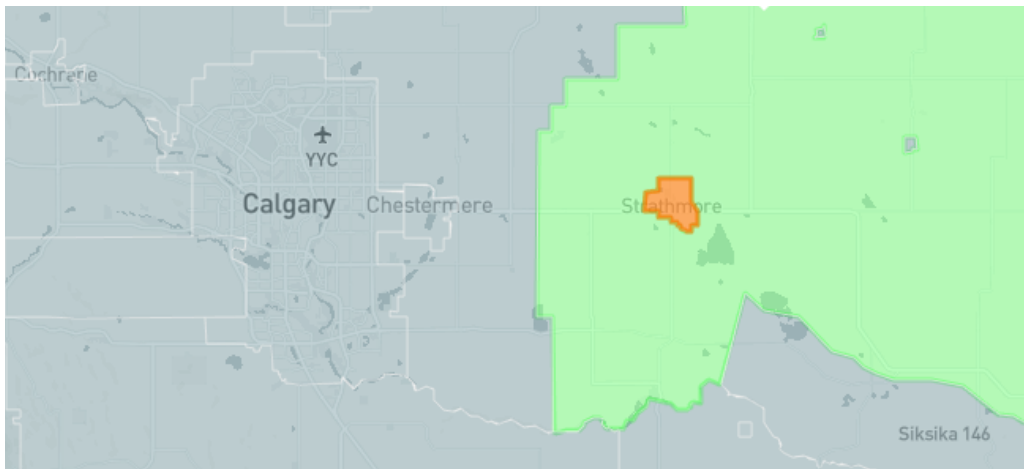
Compendium Data Report - Understanding Strathmore's Social Data Trends

Population Trends	35
Age Structure	44
Gender	47
Families	52
Diverse Populations	
Indigeneity	
Immigration	56
Ethnic & Cultural Origins	57
Racialized Populations	58
Language	59
Religion	60
Mobility	62
Migration	63
Economy	
Income	
Education	70
Poverty & Inequality	72
Housing	73
Core Housing Need	75
Affordability	75
Suitability & Overcrowding	77
Housing Form	79
Household Size	80
Homelessness	82
Health	85
COVID-19	85
Mental Health	87
Substance Use & Addictions	87
Chronic Disease	88
Health Access & Utilization	89
Community Safety	90
Domestic Violence	92
Sexual Violence	93
Racism & Discrimination	94
Youth Survey Full Data	95

Introduction

Community Context

The history of Strathmore dates back to the time when the Blackfoot and Cree Indigenous Peoples inhabited the region and followed the bison herds. However, the overhunting by settlers brought an end to the bison, causing significant changes in the Indigenous Peoples' lives. In 1877, Treaty 7 was signed at Blackfoot Crossing, located to the southwest of Calgary, with Chief



Crowfoot and Chief Old Sun present at the signing. Unfortunately, the number of Blackfoot clans had drastically decreased to only 19 by 1883. Today, the Siksika First Nation has a reserve located southeast of Strathmore, with a population of 6,869, of which half reside on the reserve.

Founded in 1883, Strathmore is a small town in Alberta that was established as an important access point for prairie settlers traveling along the Canadian Pacific Railway. Over time, it has evolved into a bustling community, attracting families seeking a high quality of life, affordable housing, and access to urban amenities. With a population of approximately 14,000, Strathmore's development has been integrally bound to the broader global economy Alberta is part of.

Originally an agricultural community, Strathmore was known for its rich soil, which made it a prime location for farming. As the town expanded, it became a hub for local farmers, offering a variety of services like grain storage, processing, and transportation. Additionally, small manufacturing businesses took root in Strathmore, producing products such as flour, feed, and machinery.

Strathmore's growth has been largely influenced by its close proximity to Calgary, located only 30 minutes away. This has led to a steady influx of people seeking a more affordable cost of living and a small-town lifestyle. As a result, Strathmore has experienced an increase in the number of businesses and services available, including restaurants, shops, and other amenities.

The town's population has been steadily growing at an average rate of 1.8% per year, resulting in a diverse mix of different ethnicities and cultures among its residents. With demographic changes, new social dynamics and needs have emerged.

Impetus for 2022 Social Needs Assessment

Social Impacts of COVID

The emergence of community challenges requires a deeper understanding of the macro context. The COVID-19 pandemic has significantly impacted society in terms of mental health, the economy, education, and social concerns such as poverty and housing insecurity. The pandemic has caused widespread job loss, financial insecurity, and an increase in poverty and housing insecurity for many people. As economies reopen and demand recovers, there are upward pressures on prices leading to inflation. Several factors, such as supply chain disruptions, increased demand for certain goods and services, and government stimulus measures, have contributed to this rise in inflation.

The COVID-19 pandemic has had a particularly pronounced impact on marginalized communities, including low-income families, Indigenous Peoples, and racialized groups. It has brought to the forefront pre-existing societal inequities and disparities, particularly in terms of healthcare, education, and economic opportunities. The effects of inflation can also exacerbate social issues, including income inequality, poverty, unemployment, access to credit, political stability, and health.

The COVID-19 pandemic has had far-reaching effects, with mental health being one of the most notable areas impacted. Anxiety, depression, and stress rates have increased due to the isolation and uncertainty brought on by lockdowns and social distancing measures. The pandemic has also caused widespread job loss and financial insecurity, despite temporary government support. This has resulted in an increase in poverty and housing insecurity, leaving many struggling to afford basic necessities like food and housing.

Understanding Community Needs

Preparing for these shifts will be essential for the Town's social infrastructure planning to stay ahead of the dynamic needs, especially post-pandemic. This is why the Town initiated a comprehensive, community and data-driven social needs assessment.

This 2022 Social Needs Assessment presents an important opportunity to gather community feedback on ongoing and emerging social issues following the pandemic. The community engagement process, which includes design labs, a youth survey, and a citizen satisfaction survey, underscores the need for collaboration among stakeholders in Strathmore to enhance the overall wellbeing of the community and address key issues. As Strathmore's population continues to grow, it is essential to understand the diverse backgrounds and needs of its citizens. Based on the assessment, emerging priority areas have been identified for Strathmore

to address in its efforts to improve community wellbeing, informed by publicly available data, community input, and changing community context.

Municipalities’ Changing Role in Social Policy

Municipalities play a critical role in the development and implementation of effective social support systems. As convenors, they bring together a variety of stakeholders, including community organizations, government agencies, and businesses, to collaborate and work towards a shared objective. Through this role, they are able to identify gaps in existing services and develop innovative solutions to meet the needs of their communities.

Moreover, as systems planning organizations, municipalities can take a holistic approach to planning and delivering social support services, considering the interconnections between different elements of the social support system and ensuring that services are integrated and complementary. This approach leads to more efficient and effective delivery of services, as well as better outcomes for community members.

Advancing Council Priorities

The Social Needs Assessment has identified priorities that support and reinforce the Town of Strathmore’s Strategic Priorities (2022-2025), taking into account over 1,000 voices of community input for consideration.

These emerging priorities highlight the need for the Town to consider strategic opportunities to work with provincial and federal partners to address community needs through a data-driven, holistic, and systems-based approach to wellbeing. While maintaining the status quo or allowing partnerships to develop organically may be viable approaches to building capacity in the existing social responses, intentional social infrastructure strategies can ensure that Strathmore can continue to prosper and grow.



☐

Affordable Housing



☐

Climate Resiliency



☐

Community Development



☐

Community Wellness



☐

Economic Development



☐

Financial Sustainability

Future Considerations Leveraging FCSS

The FCSS program in Alberta is a unique partnership between the Government of Alberta and participating municipalities or Metis Settlements, designed to provide communities with flexible funding and resources to tailor their programs and services to their specific needs and priorities. With 80% of the funding coming from the province and a minimum of 20% from the municipality or settlement, the model helps to leverage provincial resources and expertise.

FCSS regulation highlights the priority of the program as ***“the social wellbeing of individuals and families through promotion or intervention strategies provided at the earliest opportunity.”*** The Social Needs Assessment provides an evidence-based approach the Town can leverage in collaboration with community stakeholders to develop an integrated action plan to address emerging and existing social issues as a future step.

Methodology

Benefits of Social Needs Assessments

Taking a proactive approach to address changing social needs is critical for the wellbeing of growing communities like Strathmore. As the population evolves, so must the social infrastructure and support services.

By viewing social needs assessments as living documents that are updated regularly, the Town of Strathmore can stay ahead of emerging social needs and ensure that resources are being allocated efficiently and effectively. This approach allows for the gathering of timely and relevant data to inform decision-making and service delivery, which ultimately maximizes social impact. New businesses and industries may bring new social needs, and a growing population may lead to increased demand for affordable housing, transportation, and childcare services.

With this understanding of the need for agile data collection, processing, and analysis infrastructure in place to enable Strathmore to quickly identify and respond to emerging social needs, the Town engaged HelpSeeker Technologies to support the effort (HelpSeeker). HelpSeeker has a mandate to support municipal responses to social issues with innovative strategy, data, and software solutions.

Using such new technologies will ensure the Town is not stuck with old data and stale analysis in light of how quickly the environment has been and will continue to be transformed.

Key Benefits of Agile Social Needs Assessments

- **Communities are dynamic:** In addition to staying informed about changing social needs, ongoing assessments also allow towns to monitor progress in addressing social needs and adjust strategies as necessary. By staying up-to-date on the evolving needs of different groups in a community, assessments can help ensure that the needs of all groups are being taken into account. Conducting ongoing assessments allows communities to stay informed about changes and emerging issues, ensuring that resources are allocated effectively to address these needs.
- **Reflect the needs of different groups:** Ongoing assessments also allow towns to monitor progress in addressing social needs and adjust strategies as necessary. By staying up-to-date on the evolving needs of different groups in a community, assessments can help ensure that the needs of all groups are being taken into account. This allows communities to adapt to new challenges that may arise due to societal changes, such as demographic shifts, economic fluctuations, or natural disasters.
- **Improve accountability and coordination:** Finally, ongoing assessments help ensure accountability by holding diverse stakeholders involved in meeting community social needs accountable to residents for addressing social needs and showing progress made in addressing them. This creates a more transparent and responsive social infrastructure that aligns with the values of the community and helps towns and cities advance better alignment of provincial and federal actions to local community needs. Locally, the diverse organizations delivering support can benefit from enhanced transparency and coordination.

Data Collection & Analysis Scope

HelpSeeker provided data and analysis to support Strathmore in taking evidence-based, informed action on social issues through activities that generated data and insights.

Social Data Trends

Analyzing social data trends can reveal patterns and signals that indicate potential crises in a community. Such data can include factors like inflation, median income levels, and unemployment, which can contribute to issues like poverty and housing loss. Key data sources included a number of key publicly available sources, including the new 2021 Census released fully only in December 2022. The analysis is included in the Compendium Data Report.

Design Labs

Design labs are inclusive and supportive roundtable discussions that aim to identify potential solutions to community problems. These labs, along with other forms of community consultation such as the youth survey, are important in understanding not just what people need, but what types of services and supports they want in response to those needs.

In April and May 2022, the Town of Strathmore held several Service Design Labs, with a

total of 22 representatives participating. Additionally, a separate design lab was held on May 5 with a small group of four Indigenous community members. These consultations allowed for a diverse range of voices and perspectives to be heard, helping to ensure that the identified solutions are inclusive and meet the needs of the entire community.

Youth Survey

On May 5, 2022, the youth survey was conducted during the lunch break at Holy Cross Collegiate and Strathmore High School, with 122 responses received from students. The aim of the survey was to gather insights from the youth perspective on community priorities, service needs, and opportunities in Strathmore.

Citizen Satisfaction Survey

The citizen satisfaction survey was conducted by the Town of Strathmore in 2022, with a total of 781 responses analyzed. This report includes the key findings of the survey as they relate to social issues and needs.

Social Infrastructure Supply Mapping

Social infrastructure supply mapping is a process to collect and analyze data on social services in a community. HelpSeeker has the largest dataset on social infrastructure supply in Canada. In Strathmore, over 290 organizations, programs, and services were identified. Validating this base map will ensure it becomes a living systems map that supports coordinated access and streamlined referrals and pathways. Analysis of supply allows for an understanding of what resources exist and where potential gaps may lie relative to community demand for supports.

As a future step, using an agile supply-demand calibration approach would aim to balance resources and services with their demand locally, particularly in complex adaptive systems like social systems. As a data-led calibration method, this would help maximize benefit and prioritize the use of limited resources closer to realtime and, ideally, proactively.

Community Voice

Validation of diverse data sources in Strathmore is crucial, as it is important to contextualize the quantitative and qualitative lived experiences. Local stakeholders were consulted to elicit and contextualize their experiences of social challenges, providing insights into the current landscape of social needs and supports.

All design lab participants were asked to reflect on their experiences and perspectives to answer the Guiding Question *“If community wellbeing is the goal, how does Strathmore set the stage for a responsive ecosystem of supports and services to maximize impact for multiple populations?”*

Indigenous Design Lab Themes

RACISM & DISCRIMINATION

Palpable discrimination during the course of everyday life activities. During the design lab, participants also brought attention to the palpable and persistent discrimination and racism towards Indigenous people in the local community. They emphasized the urgent need for culturally responsive addiction services that are rooted in land-based healing and traditional practices, as recommended by the Truth and Reconciliation Commission report. Indigenous Peoples require access to such services that cater to their unique cultural needs and beliefs.

Racism occurs on appearance. Appearance-based racism is a significant problem in Strathmore. People may face discrimination based on how they look, rather than their character or abilities. Addressing anti-Indigenous racism is essential for creating a more equitable and inclusive community.

“While progress is being made, it's still not happening fast enough.”

SERVICE GAPS

Inequitable access to supports. At the Indigenous Engagement Design Lab, various challenges were raised, with a notable concern being the inequitable treatment of care. Specifically, participants highlighted the long wait times at the Emergency Department in Strathmore and the poor outcomes and treatment experienced by Indigenous people, prompting some to seek care at the Vulcan hospital instead of Strathmore.

Changes in on-reserve supports. The closure of the Siksika First Nations Youth Treatment Centre and Food Bank has resulted in a lack of access to crucial supportive programming for Indigenous youth and lower-income individuals. This has further compounded the existing challenges faced by the community, potentially putting additional pressure on Strathmore's supply of services. The closure has highlighted the need for sustained and comprehensive support for Indigenous communities, particularly in the provision of vital services such as healthcare and food security.

Lack of addictions supports. Strathmore is facing a challenge in the availability of addictions services in the community. The lack of these services can have a significant impact on the wellbeing of individuals and the broader community. Addressing this issue will require a collaborative effort from community stakeholders to identify and address the gaps in services and supports.

SOLUTIONS

“Direct communication and engagement with the Indigenous community could provide us with the strength needed to overcome these challenges.”

Valuing Indigenous perspectives and voices. Participants at the design lab further suggested that incorporating the voices and perspectives of Indigenous Peoples into the school board and community planning processes could improve the cultural responsiveness of infrastructure and

programming. They emphasized the importance of considering the unique cultural needs and practices of Indigenous communities in the design and delivery of services. Such an approach can promote greater equity and inclusivity in the community.

Safe spaces. Creating a safe and accessible space for Indigenous voices to be heard is crucial in breaking down barriers to community engagement. It's important to recognize that Indigenous people may feel uncomfortable sharing their experiences, or may face logistical obstacles to participation, even in events held on Siksika land. This approach ensures that all community members have a voice in shaping the future of Strathmore.

Address discrimination in local stores. It is unacceptable that discrimination against Indigenous people is still occurring at local stores in Strathmore. This behavior perpetuates harmful stereotypes and undermines efforts to create an inclusive and respectful community. It is important for all members of the community to speak out against discrimination and work to create a safe and welcoming environment for Indigenous Peoples and all racialized groups.

Bring people together. By bringing people together and promoting interaction, we can work towards accepting others for who they are, regardless of their appearance. Small acts of kindness, such as a smile or greeting, can go a long way in creating a welcoming environment. This approach can help to combat racism and promote a more inclusive community.

Expand Indigenous liaisons. It is encouraging to hear that there may be an Indigenous Liaison at the hospital now, but it still needs to be confirmed. It's suggested to explore the possibility of having an Indigenous Liaison for the RCMP and to also talk to the schools about having an Indigenous Liaison.

Enhanced communication between Strathmore Indigenous communities and Town Council & RCMP. Such an Indigenous-specific process would allow for open and honest communication on an ongoing basis and improve overall wellbeing.

Culturally-appropriate supports. The Town of Strathmore is in need of culturally-appropriate services, such as meet and greets, bannock and tea, and opportunities for community members to speak with Elders and ask questions to help foster relationships. These types of services can create a space for people to talk, share ideas, and learn from one another, filling a critical gap in cultural support services currently not available in the community.

Innovative Friendship Centre model. These proposed cultural activities and events, such as meet and greets, bannock and tea, and ribbon skirt making, could be held at an Indigenous Centre/Friendship Centre or a rotating space that invites all community members to participate. Potential funding opportunities may be available through TRC funding. Possible locations for these events include the Healing Garden and Klaiber Barn, with the goal of having these events and activities take place in Strathmore.

"We want things happening in Strathmore."

ACTIONABLE FIRST STEPS

Organize a circle. One way to encourage community participation and engagement in cultural events and activities is to organize a circle that is open to anyone who wishes to attend. This could take the form of a Friendship Circle, which could be accompanied by food and refreshments to encourage participation. The circle could include activities such as storytelling, sharing of traditions, and the learning of Indigenous ways, with the goal of fostering understanding, respect, and inclusivity among all community members. Hosting these events in accessible and welcoming spaces can help ensure that they are attended by a diverse range of people, and may also help to build stronger relationships between the Indigenous community and other members of the community.

LONGER TERM ACTIONS

Indigenous Healing Centre. It would be beneficial for Strathmore to establish a friendship centre and a treatment centre to provide support and resources for community members. In addition, a community wellness program could be developed to address social and health-related issues in a holistic and inclusive way. Such a program could offer a range of resources, including mental health support, addiction services, and nutrition and exercise programs. By providing these resources, the community can work towards improving overall wellbeing and promoting healthy lifestyles for Indigenous and non-Indigenous people.

Engage influential business and political leaders. A suggestion could be to involve local businesses in training and education programs that promote awareness and understanding of Indigenous issues. Elected officials could play a role in promoting this message and encouraging businesses to take part. Concerned individuals can also approach their local council with these concerns and request their support in addressing this issue.

Clarity on where to voice discrimination concerns. Design Lab members noted it would be helpful to provide a clear and accessible channel for community members to report any incidents or complaints of discrimination. This could be done through establishing a dedicated phone line, email address, or online reporting form that is prominently advertised and widely accessible. It is important to ensure that all complaints are taken seriously, investigated thoroughly, and addressed appropriately to create a safe and inclusive community for all.

Service Provider Design Labs Themes

From the 22 service providers engaged in two design labs in 2022, a number of key community social needs trends emerged.

COMPLEX NEEDS

Visible drug use. The issue of public drug use is increasingly visible and prominent in the community, raising serious concerns for the safety and wellbeing of individuals. This growing

concern highlights the need for comprehensive and compassionate approaches to address the underlying causes of substance use, including mental health, poverty, and trauma. Such approaches should prioritize harm reduction and provide access to evidence-based treatments and support services that address the root causes of addiction.

Rising visible and chronic homelessness. Homelessness and housing insecurity are inextricably linked – thus noting this trend, providers note that more individuals and families are experiencing housing insecurity and inadequate living conditions. The lack of affordable housing options, combined with rising rental prices, has created significant socioeconomic barriers, particularly for low-income and marginalized populations. Homelessness and chronic housing insecurity can have severe impacts on an individual's physical and mental health, leading to poor health outcomes, increased hospitalizations, and a reduced quality of life. Addressing this challenge requires a comprehensive approach, including increased funding for affordable housing initiatives, policies and regulations that protect vulnerable populations, and programs that promote equitable and inclusive access to housing and services across a health and housing continuum. This is specifically acute for populations who are also in need of medical and social care alongside long term supportive housing.

Opioid overdoses are up. There has been an increase in calls for service to police regarding opioid overdoses in the community, highlighting the urgent need to address the opioid epidemic. Opioid overdoses are a significant public health issue that can have severe and potentially fatal consequences for individuals struggling with addiction. The increase in calls for service indicates a growing need for increased support and services for individuals struggling with opioid addiction, including harm reduction strategies, overdose prevention education, and improved access to addiction treatment and support services. Addressing this challenge requires a comprehensive approach, including increased investment in addiction treatment and support services, policies that promote harm reduction and overdose prevention, and programs that promote equitable and inclusive access to care.

Intimate partner violence is on the rise. There has been an increase in calls for service to police regarding intimate partner violence in the community, highlighting the urgent need to address this issue. Intimate partner violence is a serious problem that can have significant physical and emotional consequences for victims and their families. The increase in calls for service suggests that more individuals are experiencing intimate partner violence, which can be attributed to various factors, including increased stress, financial difficulties, and reduced access to support services during the pandemic. Addressing this challenge requires increased resources for support services, such as counseling, mental health services, and legal aid, as well as improved policies and programs that promote safety and support from a holistic, family centered, yet intersectional perspective.

MAJOR SERVICE GAPS

Absence of detox and treatment options. The absence of detox services in Strathmore is a significant barrier to individuals seeking to address substance use disorders. Detox services play a vital role in the treatment of addiction, and the absence of such services can lead to prolonged withdrawal symptoms and cravings, hindering individuals' ability to achieve lasting recovery. This

highlights the urgent need for increased investment in addiction treatment and support services in the community, including the provision of detox services to overcome addiction and achieve better health outcomes.

Off-reserve addictions and mental health supports. While the Siksika First Nation offers addiction services, only members of the band have access to them, creating a restriction that limits access to these resources for individuals who are struggling with addiction and need support in their recovery. This presents a significant challenge for those who live in Strathmore but are not members of the Siksika First Nation and require access to addiction services. Addressing this challenge requires collaboration and cooperation between various stakeholders to ensure that all individuals in the community have access to the care and support they need to achieve better health outcomes. Such an approach should prioritize equity and inclusivity in the provision of addiction services, irrespective of an individual's ethnicity, race, or background.

Lack of primary health care. Access to primary care is a critical concern for many individuals in the Strathmore community, as lengthy waitlists can significantly limit timely access to healthcare services. This delay can exacerbate existing health concerns and lead to the development of new ones. The long wait times are a concerning issue that impacts the community's overall health and wellbeing, highlighting the need for increased investment in primary care services. Improving access to primary care can facilitate early intervention, promote disease prevention, and help ensure that individuals receive the timely and appropriate care they need to achieve better health outcomes.

Unmet needs for older populations. There are few programs aimed at reducing senior isolation, and limited services available for those over 60 years of age in the community. Seniors may face a range of challenges, including limited access to affordable housing, social isolation, and limited access to essential services. Addressing this challenge requires increased investment in services and programs that prioritize the unique needs of seniors in the community, including policies and programs that promote social engagement, access to affordable housing, and comprehensive health care.

Lack of settlement support for newcomers. The community has few to no permanent services available for immigrants and newcomers, with limited support available for individuals and families who are transitioning to life in a new country. This lack of support can create significant challenges for immigrants and newcomers who may require access to essential services, including health care, housing, and language training. The community has a need for specific ESL programs that can support language learning and integration for newcomers, but limited resources are available to support these initiatives. Addressing this challenge requires increased investment in services and programs that prioritize the unique needs of immigrants and newcomers in the community, including policies and programs that promote equitable and culturally-appropriate access to services, and settlement support.

SYSTEMS UNDER STRAIN

Public health struggling to meet local needs. The remarks made by providers underscore the challenge of limited resources and competing demands on the Alberta Health Services (AHS)

system. AHS is struggling to balance the needs of court-mandated clients with those of individuals with lower acuity needs or more immediate needs, creating a strain on the system and making it difficult to provide timely and effective services to all individuals in need. This highlights the urgent need for increased funding and resources to address the emerging as well as the unmet complex mental health and addiction needs of the community.

COVID strain taking its toll. Services in the community are operating at or beyond capacity, resulting in significant challenges in delivering effective and efficient care to vulnerable populations. Service providers are often forced to triage and prioritize care, creating barriers to timely access and comprehensive treatment for individuals and families in need. The COVID-19 pandemic has exacerbated this challenge, leading to increased demand for services and burnout among service providers. This puts a strain on the system, making it difficult to provide timely and effective services to all individuals in need. Services in the community are operating at or beyond capacity, resulting in significant challenges in delivering effective and efficient care to vulnerable populations. Service providers are often forced to triage and prioritize care, creating barriers to timely access and comprehensive treatment for individuals and families in need. The COVID-19 pandemic has exacerbated this challenge, leading to increased demand for services and burnout among service providers.

Crisis service overreliance. The community has observed an increase in referrals to short-term supports, with crisis rather than prevention services (ie. the Distress Center) being the primary resource for individuals who require immediate support. Though these crisis services are playing a vital role in providing support, there has been a reported increase in the over-reliance on emergency services for repeat clients who require access to social and human services, indicating a significant challenge in delivering effective and comprehensive care to vulnerable populations in the community.

High acuity needs must be addressed by emergency response. Meeting the high acuity and immediate needs of vulnerable populations in the community is becoming increasingly challenging, with emergency services struggling to respond due to a population increase. The demand for services has exceeded capacity, leading to significant challenges in delivering timely and effective care to those in need. Individuals and families requiring immediate care may face long wait times and limited access to essential services, exacerbating their health outcomes and overall wellbeing.

OPTIMIZING LOCAL RESPONSES

Calls for service coordination. The suboptimal coordination and integration of services is a significant challenge in the delivery of effective and efficient care to individuals struggling with mental health and addiction issues. The lack of coordination and integration can result in duplication of efforts, inefficiencies, and confusion among patients and service providers, hindering the provision of comprehensive and timely care.

Understanding and navigating the system of support available. The limited reported understanding and awareness of the services available within the community among different support groups is creating a significant barrier to individuals accessing the help and support they need. This lack of

awareness and understanding can exacerbate the issues faced by vulnerable populations, making it more difficult for them to access the resources and care they require.

Addressing transportation access barriers. Most services in the community are located centrally, making it challenging for vulnerable and precariously housed populations located outside of the core to access essential services. Many individuals and families may lack access to reliable transportation, making it difficult to travel to central locations to access care. This creates a significant barrier for vulnerable populations who may require support and services to address a range of issues, including housing insecurity, mental health and addiction challenges, and poverty. Furthermore, services are not co-located, which can create additional challenges in delivering effective and efficient care.

Service access challenges & regionalization. The regionalization of services has limited awareness of, and referrals to, essential services for vulnerable populations in the community. Many individuals and families may not be aware of the range of services available to them, particularly those located outside of their immediate region. This creates significant barriers to timely access and comprehensive care, particularly for vulnerable populations who may require support and services to address a range of issues, including housing insecurity, mental health and addiction challenges, and poverty.

AFFORDABLE HOUSING SUPPLY CONCERNS

Long term supportive housing. The decreasing availability of affordable long-term housing options presents a significant challenge for individuals with significant physical and mental health or addiction issues. The limited availability of housing often results in vulnerable populations facing homelessness, inadequate living conditions, or the prospect of relocating far from family and other support networks. The lack of stable housing can exacerbate mental health and addiction challenges, creating barriers to recovery and access to essential support services.

Cost of living and affordable housing. The rising cost of utilities and rent is a growing concern in the community, as it has increased across the board and is putting a strain on the affordability and cost of living for many residents. This trend is creating challenges for individuals and families who are struggling to make ends meet and find affordable housing options that meet their needs. The impact is particularly severe for vulnerable populations and those on a fixed income, who may have limited resources to cover these increasing costs.

"Renovictions" on the rise. Despite a lack of rental housing, the community has seen an increase in "renovictions" and rent increases. "Renovictions" occur when landlords force tenants out of their rental units by renovating buildings and increasing rent significantly, which exacerbates the challenge of a lack of affordable rental housing. High demand and low supply can drive up rent prices, making it difficult for many individuals and families to find affordable housing. These issues create a significant burden for vulnerable populations who may be forced to relocate frequently, disrupting their lives and making it harder to establish roots in the community.

Lack of low income housing. The lack of low-income, subsidized, or rent-geared-to-income housing is a significant challenge for vulnerable populations in the community. Without access to affordable housing options, many individuals and families struggle to find safe and stable housing, leading to housing insecurity, homelessness, and inadequate living conditions. The absence of these housing options is particularly challenging for low-income and marginalized populations, exacerbating existing socioeconomic barriers and hindering the provision of comprehensive and timely care. Of note, there are few subsidized housing units in the community that could be classified as accessible, creating a significant barrier for individuals with disabilities or limited mobility who require accessible housing options.

Rent supports to address affordability of available stock. There are extensive waitlists for available housing in the community, despite the presence of rental accommodations. The rent assistance benefit is available, but the demand for housing outpaces the availability of accommodations, leaving vulnerable populations struggling to find affordable and stable housing. This creates significant challenges for low-income individuals and families who are often forced to wait for extended periods to access housing, exacerbating existing socioeconomic barriers and hindering the provision of comprehensive and timely care.

Seniors increasingly vulnerable to housing instability. Accessible and affordable housing is a significant issue for seniors in the community. Many older adults struggle to find suitable housing that meets their unique needs, particularly those with limited mobility or other health conditions. The high cost of housing and limited availability of affordable options can make it challenging for seniors to find safe and stable housing, leading to housing insecurity, inadequate living conditions, and potential homelessness. Addressing this challenge requires increased investment in affordable housing initiatives that prioritize the unique needs and circumstances of older adults, including policies and programs that promote equitable and inclusive access to housing and services.

Design Lab Solutions

Solutions to explore were provided by the design lab participants as short-, medium-, and long-term considerations.

Short-Term Solutions - Could be implemented in under 12 months.

- **Regular public meetings** designed for information sharing targeting the general public could be established to promote awareness and understanding of available resources and support for vulnerable populations in the community.
- Consideration should be given to **awareness building about available resources**, including programs and services that prioritize the unique needs of vulnerable populations in the community.

- A focus on **resilience and reconnection** could be prioritized in the development and delivery of programs and services for vulnerable populations, ensuring that they have the necessary support to overcome challenges and promote wellbeing.
- **Peer support programming** could be established to provide essential support and resources for vulnerable populations in the community, helping to promote community engagement and social connection.
- The better **integration of the RCMP** as interagency partners could be explored and supported, ensuring that vulnerable populations have access to the necessary care and support they need in the community.
- A hybrid **FCSS Liaison**, which combines person/tech/navigation, could be established to provide essential support and resources for vulnerable populations in the community, helping to ensure that they have access to the necessary care and support they need.
- A **situation table and wraparound of services** for diversion could be established to ensure that vulnerable populations have timely access to the necessary care and support they need, promoting better health outcomes and overall wellbeing in the community.
- Programs specifically targeting **high acuity** and "heavy users of the system" could be developed and implemented to ensure that vulnerable populations receive the necessary care and support they need to overcome challenges and promote wellbeing.
- A **printable resources guide** for emergency services can be developed to ensure that first responders have access to the necessary information and resources they need to support vulnerable populations in the community.
- Awareness of resources should be promoted through dedicated **staff training in the community**, ensuring that all service providers are equipped with the necessary knowledge and skills to support vulnerable populations effectively.
- Accessible, **neighbourhood-based programming** should be established in each area of the community, providing essential resources and support for vulnerable populations where they live and work.
- An **Info board** could be implemented to promote awareness of available resources and services for vulnerable populations in the community, ensuring that all individuals have access to the necessary care and support they need.
- Health Link and promotion of **service directories** like 811/211/HelpSeeker should be explored and supported to ensure that vulnerable populations have access to the necessary care and support they need in the community.

- **Triaging services and prioritizing** calls for service could be implemented to ensure that vulnerable populations receive the necessary care and support they need in a timely manner.
- Building opportunities for the development of **technological literacy** should be prioritized to promote the use of technology and digital resources to support vulnerable populations in the community.

Medium-Term Solutions - Could be implemented in 1-2 years.

- A **concrete social mandate** for the Town of Strathmore should be developed and established to ensure that the community is committed to supporting the health and wellbeing of vulnerable populations.
- Usage of a **dynamic, searchable mapping service platform** should be explored and implemented to connect people to services and resources they need to support their health and wellbeing.
- **Accessible transportation options** into Calgary could be established to ensure that vulnerable populations have access to necessary care and support outside of Strathmore.
- The **Chestermere-Calgary bus route** could be connected to Strathmore to provide an essential transportation option for vulnerable populations in the community.
- **Better collaboration across sectors and organizations** could be established to promote the effective and efficient delivery of essential services and support for vulnerable populations in the community.
- A **funding strategy that addresses priority issues**, such as transportation, could be developed and implemented to ensure that resources are available to support vulnerable populations in the community.
- **All levels of government could be lobbied** to advocate for a diversified funding portfolio to ensure that necessary resources are available to support the health and wellbeing of vulnerable populations in the community.
- **Incentives should be offered to primary care and mental healthcare workers** to work in Strathmore to ensure that essential services are available to support vulnerable populations in the community.
- **Regional collaboration with Siksika, Strathmore, and Wheatland County** could be established to integrate services and provide essential resources and support for vulnerable populations in the community.

- **Law enforcement could be better engaged** in strategic community health and wellbeing planning to ensure that vulnerable populations are supported and cared for in the community.
- **Diverse representation of lived experience**, such as a youth advisory group or Indigenous people could be enhanced in school boards, AHS, etc. to ensure that the perspectives and needs of vulnerable populations are represented and addressed in community planning and decision-making.
- **Hospital capacity** could be increased to support current demand and ensure that vulnerable populations have access to the necessary care and support they need to promote their health and wellbeing.

Long-Term Solutions - Could be implemented in 2-3 years.

- Submission of an application for a Safe Injection Site could be considered as a harm reduction strategy to address **opioid overdose incidents**, or mobile overdose prevention service could be pursued.
- **Community-wide training in harm reduction** could be facilitated to equip service providers with the necessary knowledge and skills to support individuals with substance use disorders.
- Consideration of the Norway model for **supportive, intergenerational housing** (tiny home communities) could be explored as an affordable housing option for vulnerable populations in the community.
- Address the needs of an aging population. Consider the development of **hospice services** in support of the aging population in Strathmore to provide end-of-life care and support for individuals and their families. **Aging in place for seniors** should be incorporated in future supports.
- Consider developing a Community Safety and Wellbeing planning table that integrates multiple sectors and promotes responsive programming to **expand the social mandate of the Town**. This could include a collaborative and collective impact approach to meet social service objectives and address community challenges in a more coordinated and integrated way.
- Ensure that **funding strategies and social mandates are responsive** to the dynamic needs of the community to effectively allocate resources and address current and emerging challenges.
- **Fund prevention and health promotion initiatives**, employing upstream and early intervention approaches, to reduce the need for acute care services and support long-term health and wellbeing.

Highest impact, lowest effort solutions

Likeliest for adoption solutions were also discussed, and participants identified opportunities to leverage existing resources and initiatives, right away, at no or limited extra cost, to address the identified gaps and emerging needs of the community.

Funding Opportunities

- The **Community Housing Transformation Centre** can be considered for increased funding to support affordable and accessible housing for vulnerable populations in the community.
- Multiple funding streams established to support **post-COVID innovation** could be pursued to support the community in delivering essential services to vulnerable populations in the community.

Service Coordination

- A **collaborative network of human service providers** committed to client-focused warm hand-offs could be established to ensure seamless access to services and supports for vulnerable populations in the community.
- Prioritizing and supporting positive, influential **relationships among community partners** could be promoted and nurtured through network development activities to ensure that vulnerable populations have access to essential services and supports.
- The FCSS could be supported to **promote service referrals** and ensure that vulnerable populations have access to the necessary care and support they need.
- **Clear intake processes** could be established, with a potential for integrated services to ensure that vulnerable populations have timely access to the necessary care and support they need.
- The **Food Bank's** role could be enhanced as an essential service provider, with referrals and facilitated access to services for clients who require additional care and support.
- A **community resource sheet** could be developed to ensure that vulnerable populations have access to essential information about available services and resources in the community.

Addressing Priority Gaps

- **Rapid Access Counselling** could be leveraged to ensure that vulnerable populations have timely access to essential mental health and addiction services.

- The **Virtual Opioid Dependency Program** could be promoted and supported to ensure that individuals and families struggling with opioid addiction have access to the necessary care and support they need.
- The SWAT Team (**Strathmore Wheatland County Addiction Team**) could be prioritized and enhanced as an essential service provider for vulnerable populations with mental health and addiction challenges.
- The **Employment Centre** could provide essential support and resources for individuals and families in the community who are facing barriers to employment and financial stability.
- The **Wheatland Youth Network** could be leveraged for their advisory capacity to promote positive, supportive environments for youth in the community.

Citizen Satisfaction Survey

In an effort to obtain a better understanding of the community and its needs, additional questions were added to the city's citizen survey. This provided an opportunity to get a pulse check on the community and gather valuable information on a range of issues, including wellbeing and social needs.

SOCIAL ISSUES

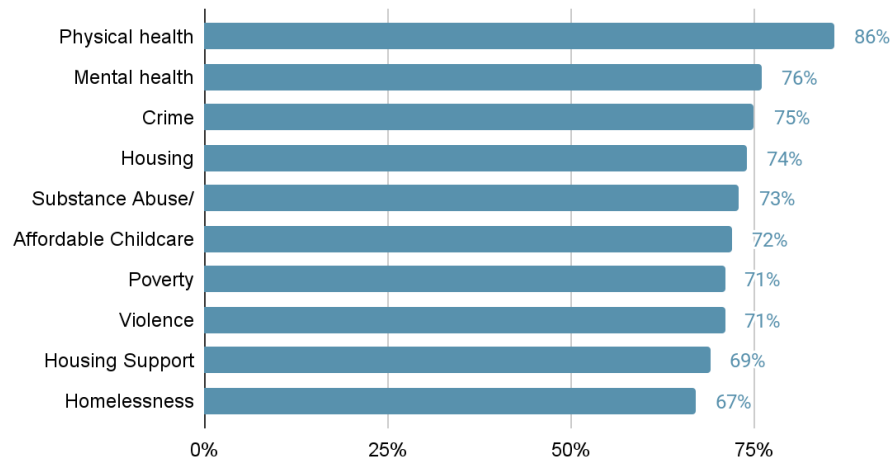
- According to the citizen **satisfaction** survey, 84% of respondents rated the overall quality of life in Strathmore as "good" or "very good" in 2022, up from 80% in 2021.

This increase in community satisfaction with Strathmore's overall quality of life is a positive trend that could reflect improvements in social infrastructure and support services. Despite the overall increase in satisfaction, there were considerable concerns when it comes to Strathmore's social needs.

As the graph below highlights, of the 781 responses in the survey, a considerable number of community issues were identified.

- **Health, safety, mental health, and addictions were top concern issues.** When asked about what issues have a significant impact on the quality of life for Strathmore residents, responses were fairly high across several categories: physical health support (86%), mental health support (76%), crime (75%), housing accessibility (74%), substance abuse and addictions services (73%).

These insights confirm the top concerns heard in the design labs surrounding mental health and addictions as key concerns for Strathmore citizens overall. The percentages of responses for each category are fairly high, indicating that these issues are significant concerns for Strathmore residents.



- **Childcare, poverty, violence, housing and homelessness concerns cited by over half.** Access to affordable childcare (72%), poverty (71%), violence (71%), lack of housing support services (69%), and homelessness (67%).
- **Additional top issues highlight access to education, basic needs, recreation, and technology.** Notable areas of concern were education (64%), food (56%), relationships to nature and the environment (56%), and information and technology (55%).

These are aligned with the issues noted in the design labs as well as the social data trends. Of note, these are high levels of concern as they indicate that a significant portion of the community is experiencing challenges and requires support and resources to address these issues. The survey overall demonstrates the breadth of social needs in the community and the importance of taking a comprehensive approach to addressing these challenges.

SOCIAL WELLBEING NEEDS

- On the topic of own wellbeing, a substantial portion of respondents indicated that it would be very difficult (13%), difficult (9%), or somewhat difficult (14%) to meet their current **financial** obligations if their pay cheque (ie. salary or wages) were delayed for a week.

- When it comes to the economy and personal finances, inflation and **cost of living** were ranked as the top concern by 88% of respondents, followed by recession (76%), higher interest and mortgage rates (75%), and higher costs of housing and rent (74%).

This provides insight into the economic concerns of the community and highlights the potential impact of economic factors on the wellbeing of residents. Knowing we are still in an affordability crisis suggests that this trend could have worsened since 2022.

This suggests that a significant portion of the community may be facing financial insecurity, and that even a short delay in pay can have a significant impact on their ability to meet their financial obligations.

- Further, if an **emergency** arose within the next month, many participants would be very unlikely (10%), unlikely (5%), or somewhat unlikely (5%) to come up with \$2,000. Most respondents were able to put some of their paycheck towards savings, however the amounts varied.
- Only 22% were unable to put any money towards **savings**, though 30% were only able to put 1-5% of their paycheck towards savings.

The data emphasize the difficulties in meeting financial obligations and having emergency funds faced by some community members. This highlights the need for additional support and resources to help achieve financial stability, which can have a significant impact on overall wellbeing.

SUPPORT NETWORKS

- **Most get help from friends and family first.** When Strathmore residents are struggling and need support, most of them go to friends and family first (80%), followed by family doctors (39%) and internet searches (26%). To find out about community initiatives, social media (55%), the Town of Strathmore website (46%), and friends and family (43%) were the most common sources of information.

This information is noteworthy because it provides insight into where individuals in Strathmore turn to for support during times of need, and how they access information about community initiatives. The fact that a large majority rely on friends and family as their first source of support highlights the importance of strong social connections and the need for community-based support systems. It also underscores the potential value of community outreach efforts and the use of social media and other accessible sources of information to connect individuals with the resources they need.

Youth Survey Highlights

In order to gather more comprehensive data on youth wellbeing and social needs, a youth survey was conducted generating 122 responses in 2022. This information can then be used to inform decisions and allocate resources in a manner that best meets the needs of the community. It is possible for percentages to not add up to 100% when data is rolled up or aggregated across different categories or questions.

Note that the full data analysis report is in the Appendix of the Compendium Report.

QUALITY OF LIFE

- Starting with **positive** findings, the majority of respondents (78%) reported being either very satisfied (41%) or satisfied (37%) with life.
- Over half of respondents (57%) reported often feeling **happy**, while 41% reported feeling sometimes happy.
- Interestingly, in contrast to the findings about overall happiness, regular & occasional feelings of **sadness** (86%), **depression** (77%), **anxiety** (86%), and **stress** (90%) were highly reported by respondents.

This finding is striking – and suggests that youth mental health is an emerging concern for Strathmore. Given the high prevalence and frequency of these negative emotions reported among youth, it is clear that more effective prevention and intervention efforts are needed.

Considering that youth mental health is often interconnected with family and caregiver wellbeing, interventions across the prevention spectrum aimed at addressing mental health should prioritize a family-level approach to improve outcomes for both youth and their families.

DISCRIMINATION & SAFETY CHALLENGES

- **Discrimination** was reported by 64% of respondents as the most important issue they faced.
- Although not all bullying is necessarily related to discrimination, 48% of student respondents reported having been bullied in the past 12 months. Of them, 69% **did not** seek help or talk to someone about the bullying.
- Further, **food insecurity** is an issue for many, as 14% reported having not enough food to eat at home, and having a place to sleep (5%) as part of current concerns.

These findings are noteworthy as they highlight several significant challenges and concerns facing youth, including discrimination, bullying, and food insecurity.

The high prevalence of discrimination and bullying underscores the need for greater efforts to promote inclusivity and tolerance in the community, as well as for improved support and resources to help those who have experienced such issues.

The data on food insecurity and inadequate housing also suggest a need for further action and intervention to help community members meet basic needs and achieve greater financial stability.

SUPPORT NETWORKS

- When asked to select which sources they may go to for **support**, just under three-quarters (72%) of the respondents reported having someone in their life they can turn to, and parents (45%), friends (49%) and pets (47%) were considered the most important source of help when they feel they can't cope.
- Interestingly, crisis lines (41%), youth workers (42%), and school nurses (64%) are seen as not as important for a significant proportion of respondents when seeking help.

This information highlights the importance of personal relationships as a source of support for individuals in the community. It also suggests that traditional forms of professional support, such as crisis lines, youth workers, and school nurses, may not be as utilized or effective in addressing the needs of the community. These findings can inform the development of more effective and accessible support services, tailored to the specific needs and preferences of the community.

SOCIAL INCLUSION

- Finding **stuff to do** (60%) and **friends** (39%) were the most commonly reported obstacles for youth to participate in community.
- However, 70% of respondents consider the current access to activities and **recreational activities** for youth to be very good (35%) or good (35%).
- Three out of four students report feeling like they have enough opportunities to do and **learn new things** in Strathmore.
- In fact, over half of respondents always (25%) or very often (26%) participate in **clubs, groups or activities** outside of school hours, and most (86%) have a park or public green space close to home. A smaller proportion of respondents rarely (15%) or never (5%) participate in such activities.

The data suggest both the challenges and opportunities for youth participation in the community. While finding things to do and friends were reported as the most common obstacles, the majority of respondents rated the current access to activities and recreational opportunities for youth as good or very good.

This suggests that while there may be barriers to participation, there are also many opportunities for youth to get involved and engage with the community. Additionally, the high participation rates in clubs, groups, and activities outside of school hours suggest a strong interest and engagement in extracurricular activities.

COMMUNITY PARTICIPATION

- Most youth see it as very important or somewhat important to:
 - participate in local activities (83%),
 - understand what issues affect their community (93%),
 - feel connected to the community (93%),
 - feel they have their voice heard in decision making in the community (85%)
- When we consider that the main **barriers to accessing** sports, recreational facilities and youth spaces are affordability (25%) and difficulty to get to these facilities (22%), this is not surprising, given that many youth are **unable to drive**, and do not have access to public transportation.
- In fact, **additional options / increased recreational activities** within walking distance is a main consideration for youth surveyed as 27% reported transportation to be a concern.

There is clear importance of community engagement and participation for youth in Strathmore, and the barriers they face in accessing recreational activities and youth spaces.

The high percentage of youth who see it as important to participate in local activities, understand community issues, feel connected to the community, and have their voices heard in decision-making underscores the value of involving youth in the development and implementation of community initiatives.

The transportation barriers reported by a significant proportion of youth highlight the need for increased accessibility to recreational activities and youth spaces within walking distance.

In regard to what is missing in Strathmore, in their own words, youth encouraged decision makers to consider:

“Safe alternatives to drug use”

“Help with school anxiety”

“Help with focusing more on our mental health”

“Being able to speak and have [one]’s own opinion without being bullied.”

Social Infrastructure Supply Mapping

Systems Mapping

To understand Strathmore's current social infrastructure capacity to respond to social needs, systems mapping can be applied as a method used in systems planning to understand the relationships and interactions between components of a system. This involves creating visual representations, such as diagrams or graphs, of the system and its components, which can be used to identify areas for improvement, track changes, and plan for future developments. Systems mapping helps to ensure that all components of a system are aligned and working together toward a common goal, and it is a valuable tool for effective systems planning and management.

Steps in social infrastructure supply mapping include:

1. **Social Infrastructure Supply Base Mapping**, using public data to identify key entities involved in the local ecosystem, and the types of issues and populations they support.
2. **Referral Network Analysis** with service providers to understand how they connect to one another through client, resource, and information flows.
3. **Journey Mapping** with help seekers and service users to understand how those looking and receiving support are interacting with each other and the social infrastructure network.

The insights generated from mapping efforts support improving access to resources in a community by having accurate data on the availability of resources and improving coordination between organizations. This information can lead to new conversations, better referral pathways, and a more comprehensive understanding of the community's needs and gaps. The ultimate goal is to provide individuals with more effective and efficient access to the resources they need.

Base Supply Map

As noted above, systems mapping the social infrastructure supply is an ongoing process involving all segments involved in the social safety net, including help seekers, social value providers, or systems planners.

As a starting point to identify the local entities involved, HelpSeeker used public data sources and machine learning technologies, such as natural language processing, to find, index, and analyze key local service providers. Because public data is imperfect, as are algorithms, this

data should be considered a “living map” that should be refined on a regular basis through systems planning efforts.

However, there is enough richness to further the community engagement, and dialogue is necessary to validate and improve upon it. To fully understand the complexities of the system, the community can consider referral-network mapping through the engagement of the social provider sector, as well as journey mapping with help seekers themselves.

As shown below, there were 40 organizations and 79 programs identified to date as active in Strathmore’s social infrastructure supply, representing 270 organizations and 551 programs per 100k population, respectively. To put this in perspective, Barrie ON, with a population of 147,829 had 72 organizations and 271 programs per 100k population using the same methodology. Nanaimo, with a population of just under 100,000, sat at 121 organizations and 373 programs.

The significant number of organizations and programs identified in Strathmore’s social infrastructure supply can be seen as a strength for the community. It indicates that there is a robust network of resources and services available to help address social needs and support the wellbeing of residents. Having a large number of organizations and programs per capita can also suggest a strong sense of community and a willingness to work together to address social issues. This strength can be built upon through ongoing efforts to refine and improve the social infrastructure supply and to engage the community in this process.

While these communities are significantly different, they are the first in Canada to receive advanced mapping through HelpSeeker’s new process, and therefore become an initial input as we continue to advance these technologies. What we can see, though, is that Strathmore has a relative strength in its supply compared to these other communities on a per capita basis. While the smallest, it has the highest per capita proportion of programs and organizations. This does not, however, necessarily mean the right levels of the right types of supply are in place. In fact, no community is perfectly calibrated, though this type of supply/demand balancing is exactly why these analyses and plans are undertaken.

Community	Population	Organizations/100K	Programs/100k	Org+Program/100k
Strathmore, AB	14,339	279	551	830
Sudbury, ON	166,004	100	401	501
Barrie, ON	147,829	72	271	343
Nanaimo, BC	99,863	121	373	494

Source: HelpSeeker Base Social Infrastructure Service Supply Map using Advanced Systems Mapping methodology - public data sources only; community validation needed.

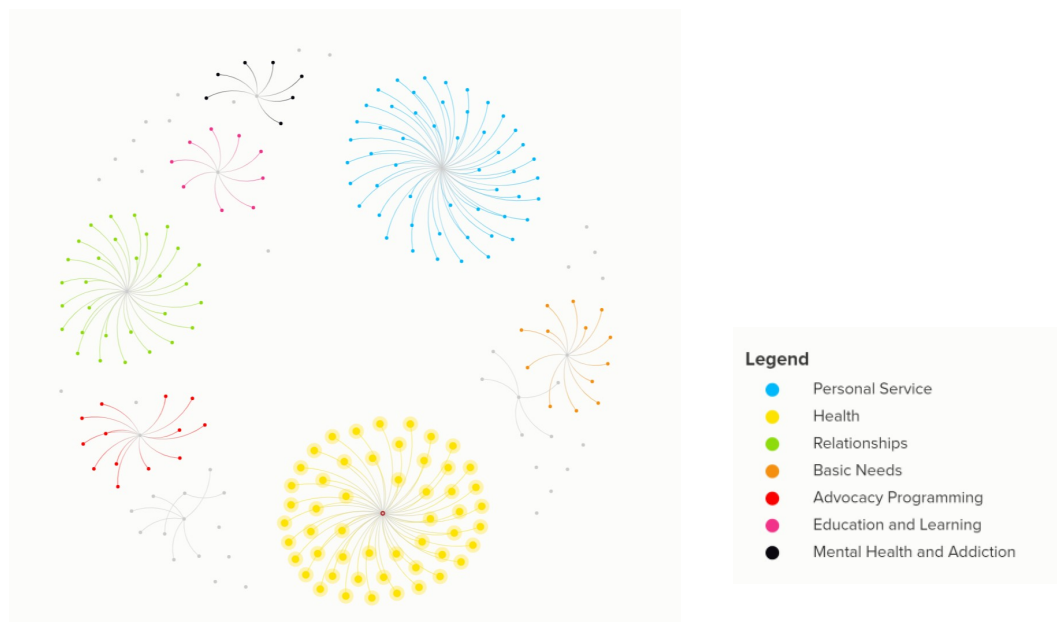
Supply Mix

The Wellbeing Spectrum provides a holistic framework through which to analyze the mix present in the local supply of social infrastructure. This aids understanding the types of services these

entities provide, using publicly available data, and serves as a starting point for deeper validation. By classifying the spectrum into Service and Client Taxonomies, we can begin to understand in a more granular manner what populations, needs, and interventions are available locally. Conversely, we can discern what may be missing or inadequate given current and future pressures.

The screenshots below show the variety of service categories signalled in the publicly available data. The natural clustering by service category gives richer “colour” and shape to the local network. We can see that Health is a common service across the network, creating denser nodes of commonality. We can also see that other types of services are less common, including mental health and addictions services and basic needs, which we know are areas of concern from the needs assessment.

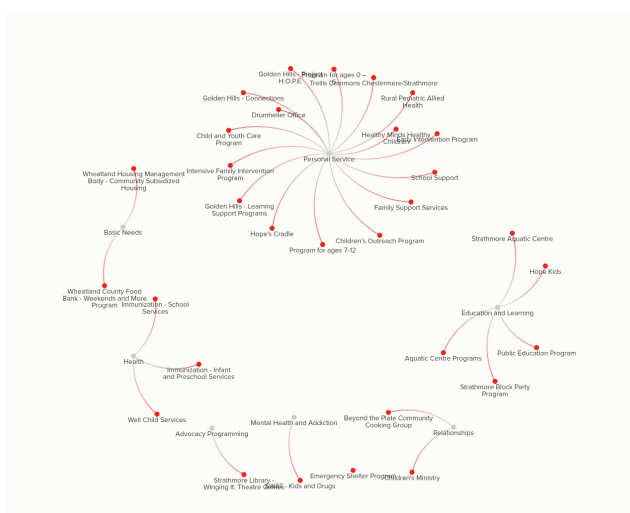
Strathmore's Base Social Infrastructure Service Map



As we dig deeper into each of these areas, richer detail emerges, and we can explore the types of organizations and programs that make up these nodes. This offers powerful insight into which entities can be leveraged in systems change efforts, and also how we might bridge various domains of service for a more comprehensive continuum.

We can also understand how we might “connect the dots” on what is missing in the community in light of emerging social data trends and community input. The relatively low occurrence of services for basic needs, in light of concerns around housing, are noteworthy, as are key demographic groups that may be underserved. Again, as this is just an emerging map—it is not ready to be used in Supply-Demand Calibration—a next step is its validation and readiness to go live as a real time systems planning tool for help seekers, help providers, and social safety net systems planners.

As an illustration of what is possible with this next phase, let’s assume the map is live: we know from the Social Needs Assessment that Strathmore is outperforming other Alberta census agglomerations, but there are still 6% of children under 5 experiencing poverty. This can have significant impacts on the wellbeing of families and the community. Let’s look at the supply map for services available for families with children. First, you can look at those programs tagged for children. These programs are across several “communities,” that is, groups of programs that share similar characteristics.



We might say this network is not well connected to the broader ecosystem, thus explaining the reported barriers to meeting wellbeing needs holistically. Then we might conclude we need to do a better job integrating with this community of providers as well.

If we know from the needs assessment that child poverty is also leading to mental health and addictions challenges, we can assess a specific subset of programs targeting children and addictions. And we see there are notably fewer instances. In fact, there is only one such program. We can go deeper into the map and explore its metrics - utilization, unique users,

The service provider design labs have highlighted a need for a model that coordinates access to services and resources for addressing complex social challenges. This model would create a

network of resources and services to ensure that individuals receive timely support and reduce barriers to accessing care.

The model would use technology, data, and case management to connect individuals with the necessary resources and track their progress over time. The ultimate goal is to match individuals with the resources they need in real-time, based on their unique needs and circumstances. This would require data sharing and individual-level service matching to optimize resource allocation and ensure timely support for those in need. Implementing such a model could lead to improved social infrastructure and systems change, with benefits such as improved data sharing, better resource allocation, improved outcomes, and increased collaboration among organizations.

Certainly, the proposed model for coordinating access to services and resources to address complex social challenges would require longer-term efforts to implement fully. This would involve bringing together multiple organizations and service providers in a coordinated and integrated network of resources and services, which would require significant planning and collaboration.

Additionally, the model would likely require a significant investment in technology, data systems, and case management to ensure that individuals receive the right support at the right time, and that progress is effectively tracked over time. This would require ongoing funding and support from government and other stakeholders.

In the longer term, efforts to improve social infrastructure in Strathmore could also involve policy changes that address systemic barriers and inequalities in areas such as housing, education, and employment. This would require a sustained and coordinated effort from multiple levels of government, community organizations, and other stakeholders.

The Social Needs Assessment report provides a comprehensive understanding of the social needs of Strathmore residents and the challenges faced in accessing the necessary resources and services. The report highlights several key areas of concern, including affordable housing, mental health, addiction, and social isolation, among others. By leveraging the strengths of the community and building on existing social infrastructure, Strathmore can move towards becoming a more inclusive, equitable, and supportive community for all its residents.

Appendix A

Compendium Data Report - Understanding Strathmore's Social Data Trends

Assessing a population's needs through a holistic wellbeing lens involves considering multiple dimensions, such as health, education, and social connections, to gain a comprehensive understanding of the population's demands. This approach recognizes that wellbeing is dynamic and evolving and that an individual's needs may change over time. By prioritizing resources and designing effective interventions, it is possible to improve the wellbeing of the population and respond to their evolving needs based on factors such as age, gender, and socioeconomic status.

Population Trends

The size of a population can affect the social issues and social infrastructure needs of a community. Larger cities typically have higher demand for social services and resources, such as housing, healthcare, and public transportation, while smaller towns may struggle to support certain types of social infrastructure, resulting in gaps in services and resources. Smaller towns may also have less population diversity, which could limit understanding and support for underrepresented groups. As population size increases, social issues and social infrastructure needs become more complex, requiring careful planning to meet the needs of the community and facilitate future growth. Therefore, it is crucial for social infrastructure planning to consider the population size and demographics of a community to effectively address the needs of its residents.

Population Measurement

There are several ways Strathmore's population is counted, depending on the government agency reporting. Despite the differences in category names, the resulting population figures reported for Strathmore are generally consistent around an average of 14,300.

Statistics Canada Census, Census Subdivision, 2021	Statistics Canada Census, Census Metropolitan Area, 2021	Statistics Canada Census Population Centre, 2021	Government of Alberta Estimate, 2021	Strathmore Municipal Census
14,339	14,339	13,851	14,810	Only 2018 available

Source: Statistics Canada. 2022. Census Profile. 2021 Census. Statistics Canada Catalogue no. 98-316-X2021001. Ottawa. Released December 15 2022.

Methodology Notes

- Census Subdivision refers to the geographic areas defined by Statistics Canada for the purpose of disseminating census data. These areas can include municipalities, Indian reserves, and unorganized territories.
- Census Metropolitan Area (CMA) refers to a geographic area that includes one or more neighbouring municipalities situated around a Population Centre (generally a city) with a population of at least 100,000 people.
- A Population Centre, as defined by Statistics Canada, refers to a densely populated area (with at least 1,000 people and a population density of at least 400 people per square kilometre) that is considered to be the core of a CMA or a Census Agglomeration (CA).

Depending on the analysis being done, the HelpSeeker report uses Population Centre specifically for cross-country comparisons and CSD for demographic analysis, as the latter is a smaller geographic unit better suited for this purpose, and most aligned to town boundaries.

Of note, the Government of Alberta's adaptation of data from Statistics Canada, Population Estimates and Alberta Municipal Affairs Population Lists rendered may have some inconsistencies with Census data as they are custom tables.

In using the CSD data for the town of Strathmore, we can see the population increased by 4.2% from 2016 to 2021, slightly below the Alberta average of 4.8%. Interestingly, the 2011-2016 census period saw a much faster growth for Strathmore of 11.8%. The slowdown was likely due to economic conditions. Despite these conditions, there was population growth.

Characteristic	Strathmore CSD 2016-2021	Strathmore CSD 2011-2016	Alberta 2016-2021	Canada 2016-2021
Population percentage change, 2011 to 2021	4.2%	11.8%	4.8%	5.2%

Source: Statistics Canada. 2022. Census Profile. 2021 Census. Statistics Canada Catalogue no. 98-316-X2021001. Ottawa. Released December 15 2022.

Population Density

Population density can be calculated by dividing the total population of an area by the total land area of that area. The result is usually measured per square kilometre or per square mile. For example, if the total population of a city is 14,000 and the total land area is 20 square kilometres, the population density would be 700 people per square kilometre (14,000/20).

As population increases, population density also increases, leading to greater demand for social services and resources in areas with high population densities. These areas may require more public transportation, housing, and community facilities to accommodate the greater number of

people living in the area. High-density areas may also experience more strain on existing resources and require more investment to ensure these resources can meet the needs of the community. Social infrastructure planning should take into account population density to effectively address the needs of the community.

Looking at Strathmore from this perspective, it is evident that population density increased considerably between 2016 and 2021, from 502 people per square kilometer to 531.5 (+5.9%), while the land area decreased slightly.

This increase in population density matters because it can have implications for the demands for social services and resources in the area. As mentioned earlier, areas with higher population densities may require more resources and services to meet the needs of residents. For Strathmore, the increase in population density between 2016 and 2021 may indicate a greater need for social infrastructure planning to ensure the community's needs are met. It may also suggest a need to invest in resources such as public transportation, housing, and community facilities to accommodate the larger number of people living in the area. By understanding this trend in population density, policymakers and community leaders can better plan for the needs of the community in the future.

Characteristic	Strathmore CSD 2021 Total	Strathmore CSD 2016 Total
Population density per square kilometer	531.5	502
Land area in square kilometers	26.98	27.4

Source: Statistics Canada. 2022. Census Profile. 2021 Census. Statistics Canada Catalogue no. 98-316-X2021001. Ottawa. Released December 15 2022.

Looking at Strathmore as a Population Centre over a larger area, we can confirm that, when compared to 39 communities across Canada of similar size, Strathmore has the highest density/km2 at 1,464. In fact, its population density is 18.3% higher than that of comparator communities in Alberta, and as much as 57% higher than that of comparators in British Columbia.

The variance between the 1.9% growth of the Population Centre versus the 4.2% growth for the town (described under Population Measurement) could be an indicator of the effects of urbanization. This discrepancy can be attributed to potentially faster increases of population in the town of Strathmore. This can be corroborated when population density is examined.

This information is important because it highlights the unique population density of Strathmore compared to similar communities in Canada, and suggests that the higher growth rate of the town compared to the Population Centre may be due to the effects of urbanization. This can inform decision-making around social infrastructure planning and resource allocation to meet the needs of a growing and evolving population.

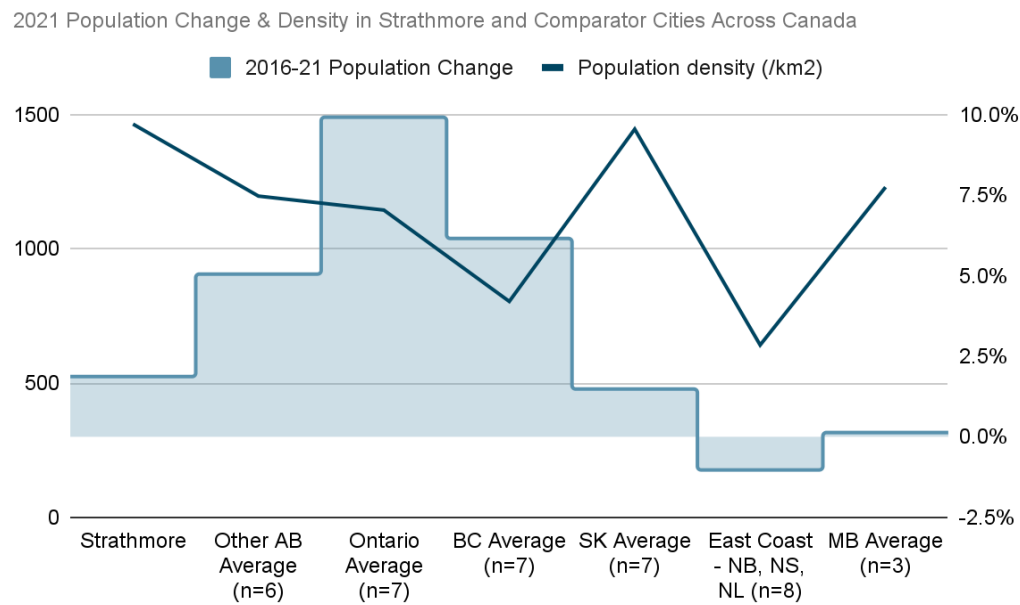
Population Centre	Population (2021) Population Centre	2016-21 Population Change	Population density (/km2)	Strathmore Density Compared
Strathmore	13,851	1.9%	1,464	
Other AB Average (n=6)	14,423	5.0%	1,196	18.3%
Ontario Average (n=7)	14,199	9.9%	1,144	26.8%
BC Average (n=7)	13,517	6.2%	804	57.7%
SK Average (n=7)	12,899	1.5%	1,445	2.3%
Atlantic Canada - NB, NS, NL (n=8)	13,348	-1.0%	642	56.9%
MB Average (n=3)	13,536	0.1%	1,229	36.6%

Source: Statistics Canada. 2022. Census Profile. 2021 Census. Statistics Canada Catalogue no. 98-316-X2021001. Ottawa. Released December 15 2022.

Select Comparator Population Centres to Strathmore, AB					
Alberta	Ontario	BC	Saskatchewan	Manitoba	Atlantic Canada
Stony Plain	Ingersoll	Salmon Arm	Swift Current	Winkler	Gloucester, NS
Sylvan Lake	Rockland	Terrace	Yorkton	Portage la Prairie	Kentville, NS
Brooks	Carleton Place	Powell River	North Battleford	Thompson	Sydney Mines, NS
High River	New Hamburg	Aldergrove	Warman		Grand Falls-Windsor, NL
Canmore	Petawawa	Trail - Fruitvale	Weyburn		Gander, NL
Lacombe	Angus - Borden	Duck Lake	Estevan		Bathurst, NB
Wetaskiwin	CFB-BFC	Quesnel	Martensville		Edmundston, NB
	Paris				Chatham - Douglastown, NB

The relationship between population density and social issues is not straightforward and depends on various factors, including income inequality, access to resources and services, and demographic characteristics of a population. Thus, it is crucial to avoid generalizations about the relationship

between population density and social issues and consider the specific needs of a community when planning and providing social infrastructure.

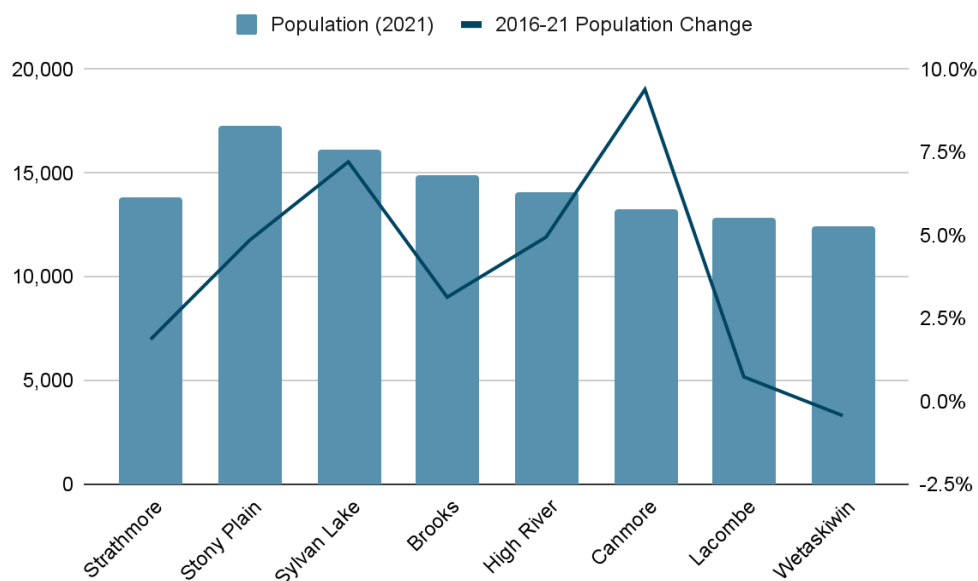


Source: Statistics Canada. 2022. Census Profile. 2021 Census. Statistics Canada Catalogue no. 98-316-X2021001. Ottawa. Released December 15 2022.

As Strathmore continues to urbanize at a slower rate compared to other communities, it is important to consider the social challenges associated with increasing population density, including strain on infrastructure, rising cost of living, income inequality, cultural displacement, loss of community cohesion, and overburdening of public services. It is crucial to plan for and address these issues to ensure the wellbeing of all residents, especially the most vulnerable populations.

Comparator Communities

Looking at Alberta Population Centres of comparable size to Strathmore, changes in population growth between Census 2016 and Census 2021 varied, from a low of -0.4% in Wetaskiwin to a high of 9.4% in Canmore, with Strathmore sitting on the lower end at 1.9%. A reminder that population areas tend to be larger than CSDs, confirming that the higher growth in the Town of Strathmore is outpacing growth in the immediate surrounding areas. For this analysis, Population Centres were used as they support comparability across regions with diverse political boundary contexts.



Source: Statistics Canada. 2022. Census Profile. 2021 Census. Statistics Canada Catalogue no. 98-316-X2021001. Ottawa. Released December 15 2022.

Population Centre	Population (2021)	Population (2016)	2016-21 Population Change
Strathmore	13,851	13,592	1.9%
Stony Plain	17,253	16,416	4.9%
Sylvan Lake	16,142	14,977	7.2%
Brooks	14,904	14,436	3.1%
High River	14,119	13,420	5.0%
Canmore	13,268	12,021	9.4%
Lacombe	12,835	12,740	0.7%
Wetaskiwin	12,438	12,491	-0.4%

Source: Statistics Canada. 2022. Census Profile. 2021 Census. Statistics Canada Catalogue no. 98-316-X2021001. Ottawa. Released December 15 2022.

Strathmore as a Population Centre had a marginal 1.9% growth over 5 years, which would suggest a negligible increase in demand for additional social infrastructure like housing, schools, transportation options, and community services. This does not take into consideration any “pent-up” demand.

However, it is important to note that population growth alone may not be the only factor influencing social infrastructure demand. Other factors, such as demographics, economic

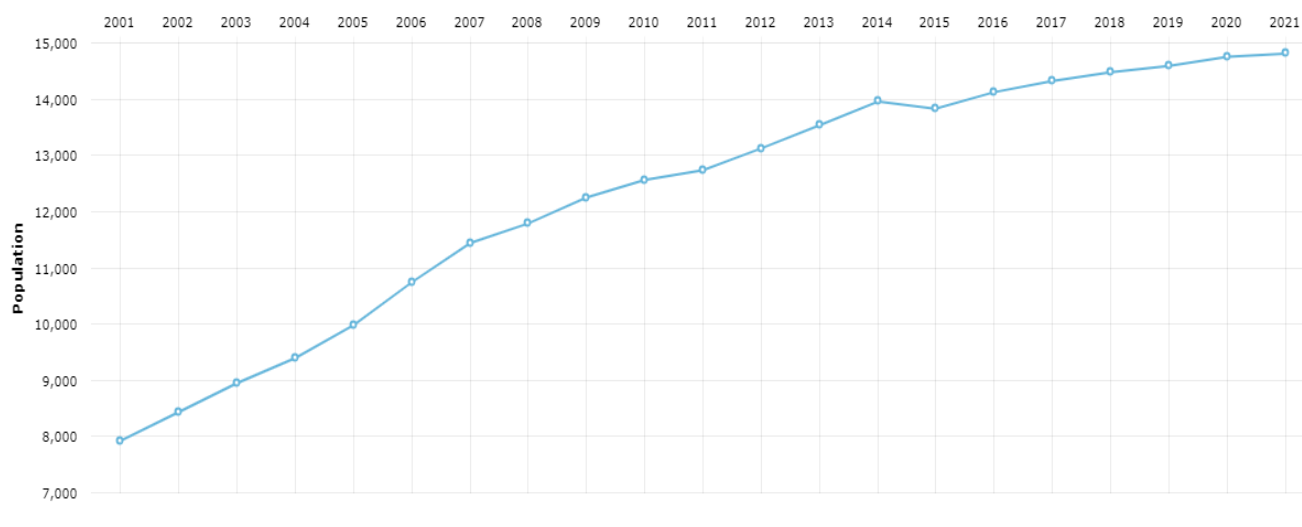
conditions, and community needs should also be considered in assessing demand for social infrastructure. Additionally, it is important to remember that social infrastructure investments can take years to plan and construct, so it is important to anticipate future demand to ensure adequate available social infrastructure for the growing population.

Population Growth

Taking a longer-term perspective on population change is crucial for gaining insights into how current policies and interventions may affect economic growth, resource availability, and overall societal health. Population dynamics play a significant role in these areas, and examining trends over time can offer valuable insights into how factors such as gender roles and migration patterns may be impacting populations in various ways.

While a 1.9% change may not seem significant, in taking a longer view for Strathmore, we can see there is a notable change between 2001 and 2021: from 7,922 to 14,810 (an 87% increase), according to the Municipal Census reported by the Government of Alberta. If this trend were to continue, Strathmore is likely to have a population close to 30,000 by 2040, and that is assuming any economic ramp-up remains relatively modest.

Population Growth in Strathmore



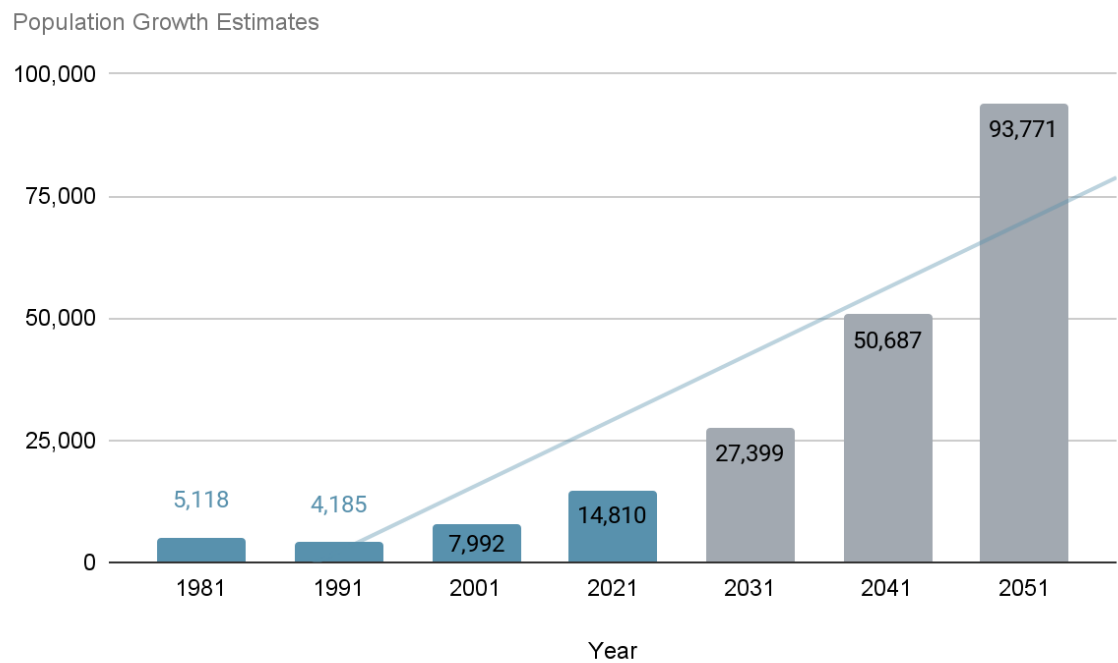
Source: Adapted from Statistics Canada, Population Estimates (custom data request) and Alberta Municipal Affairs Population Lists.

A simple population projection, which assumes the past 10 years of growth will continue, is depicted above. The trendline is a straight line that best fits the data points on a scatter plot, used to show a consistent increase or decrease in data over time. As the projection shows, by the year 2051, Strathmore could reach a population of 100,000. While 30 years may seem like a long time, social infrastructure planning and changes take a long time, because of social safety

net complexities, so planning for the needs of a growing population should begin well before that population and its associated needs grow.

When communities reach larger sizes, social dynamics and issues related to social dynamics change dramatically. This is confirmed by the anecdotal evidence of community members lamenting the loss of the small-town feel in the face of the emerging challenges of city life. Because the necessary building of social infrastructure is slow to be identified and developed, there is a need to begin articulating the future needs for Strathmore now, using foresight and data to start building the business case and driving the planning for the needs of the projected larger population.

As a small town grows into a small city, the demand for social infrastructure like housing, healthcare, education, and transportation may increase, as well as the need for amenities like parks, community centres, and cultural facilities, in order to serve a more diverse population. Additionally, social issues may become more complex, including areas of concentrated poverty and inequality where systemic discrimination intersects with race, gender, and other identities. Anticipating and planning for these changes is crucial for municipalities to ensure that social infrastructure can meet the needs of their residents.



[Source:](#) Government of Alberta. 2022. Adapted from Statistics Canada, Population Estimates (custom data request) and Alberta Municipal Affairs Population Lists. Assumes 2011-2021 growth is consistent.

Age Structure

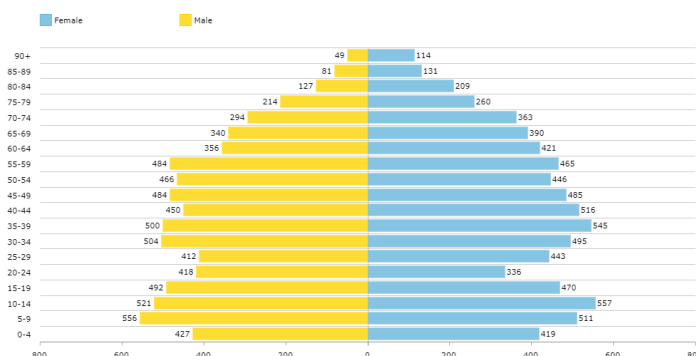
The age structure, or pyramid, of a community is very important for understanding the dynamics of the community. An age pyramid can provide valuable insights into a population's age structure, fertility rates, and potential need for social services. The shape of the pyramid can indicate how close a population is to achieving demographic transition, and whether the population is youthful or aging, which can impact the need for education and social services, as well as healthcare and long-term care services. A balanced age pyramid with an even distribution between age groups indicates a need for resource distribution to be more even, to ensure all age groups' needs are taken into account.

As can be seen from Strathmore's data, the population age pyramid is becoming less bottom-heavy, due to the macro-effects of aging evident across Canada. Strathmore is heading toward this demographic transition. This is less evident when comparing the 2021 pyramid to the 2020 pyramid, but very apparent when comparing both to 2001.

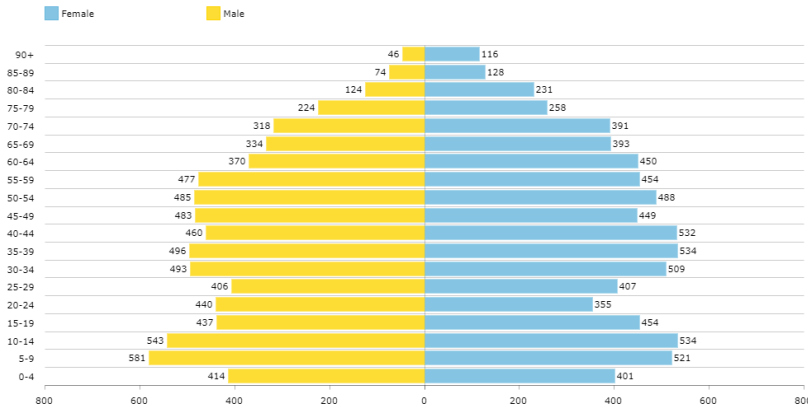
Source: Adapted from Statistics Canada, Population Estimates (custom data request) and Alberta Municipal Affairs Population Lists.

Population Pyramid

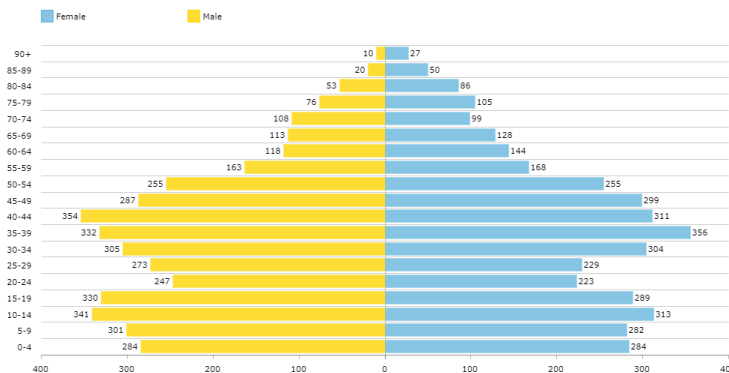
2020



2019



2001



Source: Adapted from Statistics Canada, Population Estimates (custom data request) and Alberta Municipal Affairs Population Lists.

Planning for an aging population pyramid requires addressing specific social infrastructure needs, such as healthcare, housing, and social connection, as well as considering the economic impacts on areas such as pension funding and workforce development. The shape of the age pyramid can affect intergenerational dynamics and societal attitudes towards aging.

The shape of the age structure and growing average age of the Strathmore population very clearly shows an aging trend, with the population of seniors growing and the younger age groups decreasing. This aligns very well with the community concerns regarding these trends and calls to address the specific needs of older adults, investing in technology and digital infrastructure, creating policies that support families and caregivers, and considering the potential economic impacts.

Characteristic	Strathmore CSD 2021	Strathmore CSD 2016	2021 Alberta	2021 Canada
0 to 14 years	19.7%	20.3%	19%	16.3%
	2,830	2,795	809,640	6,012,795
15 to 64 years	62.5%	64.1%	66.2%	64.8%
	8,965	8,815	2,823,770	23,957,760
65 years and over	17.7%	15.6%	14.8%	
	2,545	2,150	629,220	7,021,430
85 years and over	2%	2.3%	1.7%	1.4%
	280	310	72,375	525,445
Average age of the population	40.1	38.9	39	41.9
Median age of the population	40	38.4	38.4	41.6

[Source:](#) Adapted from Statistics Canada, Population Estimates (custom data request) and Alberta Municipal Affairs Population Lists.

Average Age

The average age of advanced economies, like Canada, is higher due to higher life expectancy and lower birth rates. The aging population will have important implications for healthcare, pension systems, and the economy as a whole, requiring adaptation to ensure sustainable economic growth and maintain the wellbeing of the population.

In Strathmore, the median age of women is slightly higher, at 41.2 years, compared to men at 39.2 years, though the change from 2016 to 2021 for both reflects the aging of the population. This finding remained consistent when averages were examined.

Note that average age is the sum of all ages in a population divided by the total number of individuals, while median age is considered a more representative measure of the "typical" age of a population and is less affected by outliers.

	Strathmore		Men		Women	
Characteristic	2021	2016	2021	2016	2021	2016

Average age of the population	40.1	38.9	39.2	37.9	41.1	39.9
Median age of the population	40	38.4	39.2	37.3	41.2	39.3

Population Dependency Ratio Changes

Population dependency is the ratio of the number of dependents, such as children and older adults, to the number of economically active individuals. A population with a high dependency ratio can place a strain on the community's social and economic resources. In contrast, a population with a low dependency ratio, with a larger proportion of economically active individuals, makes it easier for the community to support its social and economic needs.

As seen below, the dependency ratio for Strathmore shows a higher proportion of dependency than that for the Alberta and Canada averages. A high dependency ratio, caused by a larger proportion of non-working individuals, can strain the economy and social services, placing additional pressures on governments and families. This can lead to lower economic growth, increased pressure on caregivers, and decreased resources for youth and the elderly. It is important to address these issues through comprehensive and coordinated social infrastructure planning to support the needs of all members of the community.

Dependency Ratio			
Strathmore CSD 2021	Strathmore CSD 2016	2021 Alberta	2021 Canada
60.0%	56.1%	51.0%	54.4%

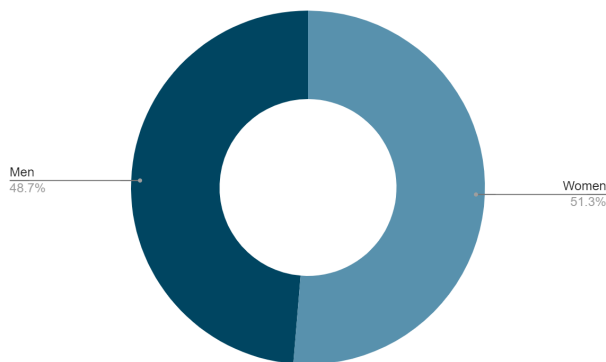
Gender

Understanding the gender distribution of a population is critical as it can impact people's experiences, opportunities, and challenges, and help guide policies and programs that aim to address issues such as inequality and discrimination. It can also provide valuable insights into key social and economic indicators, including labour force participation, health and wellbeing, and education, and aid in identifying areas where policy interventions may be needed to improve equality or stimulate economic growth. Analyzing gender differentials in fertility rates, mortality rates, and migration patterns can highlight disparities between men and women and reveal

disparities in access to education, healthcare, political representation, and employment opportunities.

Women's Issues	Men's Issues
The gender pay gap, workplace discrimination, work-life balance, underrepresentation in leadership positions, violence against women, and reproductive rights are all significant issues facing women in Canada. Despite progress in recent years, these issues continue to impact women's financial security, wellbeing, and opportunities for advancement.	Mental health remains a concern for men, with higher rates of suicide and substance abuse. There has been a shift in the traditional role of fathers, with calls for policies that support fathers. Men have lower life expectancies than women and are more likely to die from preventable diseases, highlighting the need for increased awareness of men's health issues.

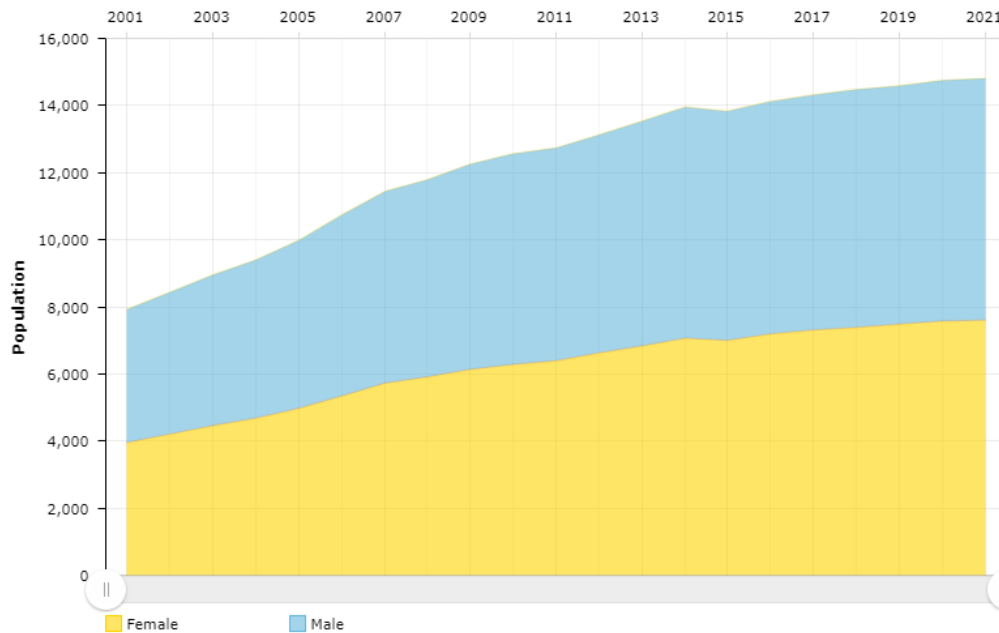
Gender Distribution Strathmore CSD



Source: Statistics Canada. 2022. Census Profile. 2021 Census. Statistics Canada Catalogue no. 98-316-X2021001. Ottawa. Released December 15 2022.

As a population ages, the gender difference in life expectancy means there will be a larger proportion of women than men, as shown below. While there is relative parity in the 0-64 age range, women make up 54.9% of those 65 and older, 57.1% of those 85 and older, and 100% of centenarians.

Historical Gender Distribution Strathmore



[Source:](#) Adapted from Statistics Canada, Population Estimates (custom data request) and Alberta Municipal Affairs Population Lists.

Age	Strathmore 2021 Total		Males		Females	
All	14,340	100.0%	6,980	48.7%	7,360	51.3%
0 to 14 years	2,830	19.7%	1,435	50.7%	1,395	49.3%
0 to 4 years	745	5.2%	365	5.2%	380	5.2%
5 to 9 years	1,010	7.0%	510	7.3%	495	6.7%
10 to 14 years	1,080	7.5%	555	8.0%	525	7.1%
15 to 64 years	8,965	62.5%	4,405	49.1%	4,565	50.9%
15 to 19 years	975	6.8%	500	7.2%	475	6.5%
20 to 24 years	670	4.7%	355	5.1%	320	4.3%
25 to 29 years	725	5.1%	370	5.3%	355	4.8%
30 to 34 years	920	6.4%	440	6.3%	480	6.5%
35 to 39 years	1,020	7.1%	495	7.1%	520	7.1%
40 to 44 years	1,000	7.0%	460	6.6%	540	7.3%
45 to 49 years	985	6.9%	500	7.2%	485	6.6%
50 to 54 years	940	6.6%	460	6.6%	485	6.6%
55 to 59 years	905	6.3%	460	6.6%	440	6.0%

60 to 64 years	815	5.7%	360	5.2%	455	6.2%
65 years and over	2,545	17.7%	1,145	45.0%	1,395	54.8%
65 to 69 years	785	5.5%	365	5.2%	420	5.7%
70 to 74 years	695	4.8%	310	4.4%	380	5.2%
75 to 79 years	460	3.2%	215	3.1%	245	3.3%
80 to 84 years	325	2.3%	130	1.9%	195	2.6%
85 years and over	280	2.0%	125	44.6%	160	57.1%
85 to 89 years	180	1.3%	85	1.2%	95	1.3%
90 to 94 years	85	0.6%	35	0.5%	50	0.7%
95 to 99 years	15	0.1%	0	0.0%	10	0.1%
100 years and over	5	0.0%	0	0.0%	5	100.0%

Source: Statistics Canada. 2022. Census Profile. 2021 Census. Statistics Canada Catalogue no. 98-316-X2021001. Ottawa. Released December 15 2022.

Families

Family Size Changes

Family size is typically smaller in advanced economies compared to developing countries, influenced by factors such as access to birth control, education, and career opportunities for women, and cultural attitudes towards having children. Understanding family size is important for assessing social needs and understanding the living arrangements of a population, which can inform the level of support and resources available to families, as well as the need for housing, public services, and potential for economic growth.

In the case of Strathmore, there was a 4.2% increase in families reported in the census between 2016 and 2021, bringing the total to 4,085 in 2021. This is consistent with the overall population growth for the Community Subdivision (CSD). In 2021, two-person families made up half these families, at 50.6%. From 2016 to 2021, there was a slight increase in 5+ person families and a reduction in 4+ person families.

The increase in two-person families may suggest a need for smaller housing units, while the slight increase in 5+ person families may suggest a need for some larger housing units or more support for families with several children. The reduction in 4+ person families may suggest a shift in family size preferences or changes in economic circumstances.

Characteristic	Strathmore CSD 2021 Total		Strathmore CSD 2016 Total		2021 Alberta Total		2021 Canada Total	
Census families in private households by family size	4,085		3,920		1,164,655		10,262,925	

2 persons	2,065	50.6%	1,955	49.9%	565,900	48.6%	5,306,105	51.7%
3 persons	835	20.4%	805	20.5%	240,980	20.7%	2,147,825	20.9%
4 persons	765	18.7%	795	20.3%	238,600	20.5%	1,953,035	19.0%
5 or more persons	420	10.3%	365	9.3%	119,170	10.2%	855,960	8.3%

The average number of people in a family, at 2.9, was consistent from 2016 to 2021, and this was in line with averages for Alberta and Canada. The average number of children in families with children was 1.9, consistent with the provincial average and 0.1 higher than the Canadian average. The consistency in these averages over time can indicate a level of stability in family size, while changes may suggest shifts in family formation and household composition.

Characteristic	Strathmore CSD 2021 Total	Strathmore CSD 2016 Total	2021 Alberta Total	2021 Canada Total
Average size of families	2.9	2.9	3	2.9
Average number of children in families with children	1.9	n/a	1.9	1.8

Marital Status

Marital status can impact access to resources and support systems, which can affect overall wellbeing and social needs in a community. Married individuals may have greater financial stability, shared resources, and built-in support, while those who are single, divorced or widowed may face additional barriers to accessing resources and support. In Strathmore, married couples made up the majority of couple families, with a higher percentage having children compared to common-law couples.

In Strathmore in 2021, married couples made up the majority of couple families (82.2%), with the rest (17.8%) being common-law. A significantly higher percentage of married couples compared to common-law couples had children (51.8% vs 43.0%). There was a 1.9% increase in the number of couples from 2016 to 2021, consistent with the overall population growth of Strathmore during that period.

A slower formation of families can be influenced by a variety of factors, including an aging population, changing societal attitudes toward career and financial stability, and economic factors like high housing costs and the uncertainty caused by the COVID pandemic. Additionally, societal changes such as increased acceptance of cohabitation and single parenthood can also impact family formation.

Types of couple families	Total in 2021: 3,395
---------------------------------	-----------------------------

<i>Married couples</i>	2,790	82.2%
- With children	1,445	51.8%
- Without children	1,345	48.2%
<i>Common-law couples</i>	605	17.8%
- With children	260	43.0%
- Without children	345	57.0%

Lone-Parent Families

The proportion of lone-parent families in Strathmore has remained stable with a slight decrease from 2016 to 2021. However, lone-parent families may face challenges such as financial difficulties and lack of support, which may impact the family's wellbeing. Women are more likely to be lone parents due to social, economic, and cultural factors, including gender-based discrimination and an unequal distribution of caregiving responsibilities. Poverty and lack of access to childcare and support systems can also contribute to women becoming lone parents, leading to financial hardship and increased stress.

Characteristic	Number in 2021 Census	Number in 2016 Census	Change in Total Number	Change in Proportion
Lone-parent families	695	595	+16.8%	-0.6%

Women head the majority of lone-parent families in Strathmore (74.8%), which is consistent with the national trend. However, Strathmore has a higher percentage of lone-parent families headed by fathers (24.5%) compared to Alberta and Canada.

Total lone-parent families 2021	Strathmore		Alberta		Canada	
Lone parent a woman+	520	74.8%	135,065	76.2%	1,302,670	77.2%
Lone parent a man+	170	24.5%	42,125	23.8%	383,670	22.8%

Children in Lone-Parent Families

Children in lone-parent families are more likely to experience socioeconomic disadvantage, lower educational attainment, and emotional and behavioural difficulties. This can have long-term impacts on their future prospects. Additionally, lone-parent families often struggle

with financial insecurity, leading to increased stress and limited resources for the parent and children.

In Strathmore, 1,120 children live in lone-parent families, making up about one quarter of all children. This is consistent with the national average, but 3.2% higher than the provincial average.

Characteristic	Strathmore CSD 2021 Total		2021 Alberta Total		2021 Canada Total	
Children	4,470		1,304,525		10,638,965	
In a two-parent family	3,360	75.2%	1,022,235	78.4%	8,024,590	75.4%
In a lone-parent family	1,110	24.8%	282,290	21.6%	2,614,375	24.6%

Living Alone

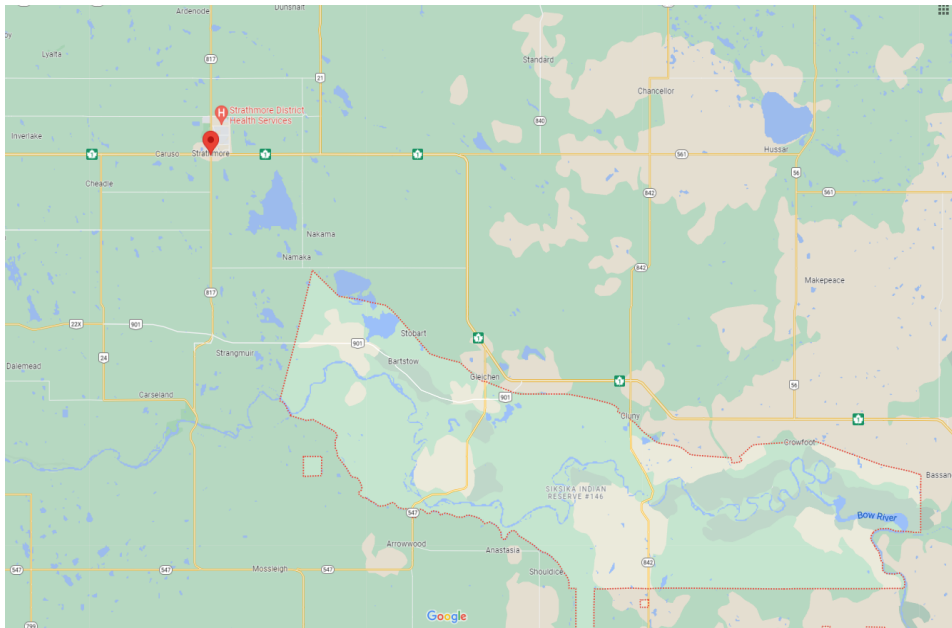
In Strathmore in 2021, 1,300 people were living alone, representing a 15.4% increase from 2016. Strathmore has a slightly lower percentage of people living alone, at 2.8% less than the national figure, as well as lower proportions of people living with relatives and non-relatives.

Living alone can lead to feelings of isolation and loneliness, as well as an increased burden of household responsibilities and potential financial insecurity. Elderly people living alone may require assistance with daily activities, such as housekeeping and healthcare.

	Strathmore		Alberta		Canada	
Living alone	1,300	9.1%	424,055	9.9%	4,396,015	11.9%
Living with other relatives	290	2.0%	108,100	2.5%	927,345	2.5%
Living with non-relatives only	565	3.9%	188,915	4.4%	1,526,645	4.1%

Indigeneity

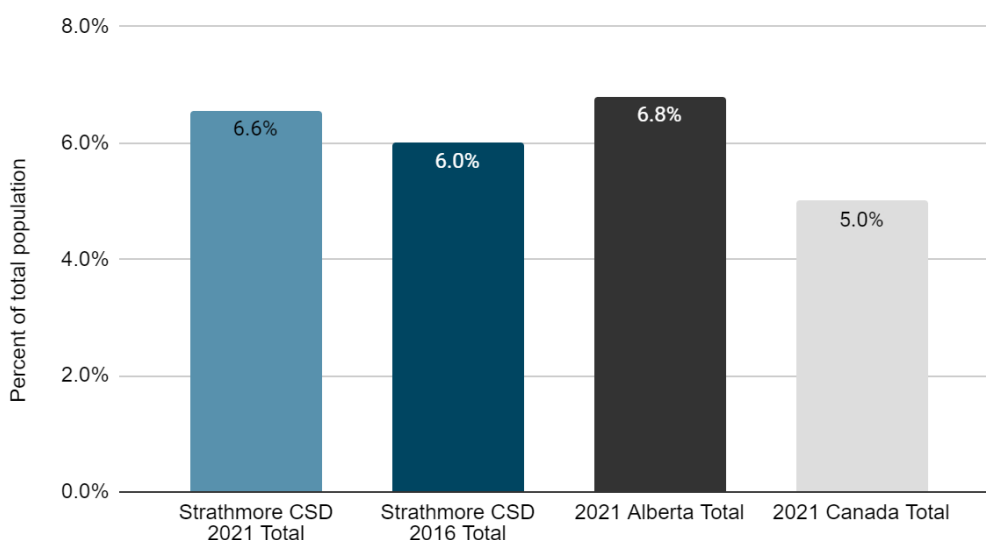
Indigenous Peoples in Canada face significant challenges and disparities in areas such as health, education, and socioeconomic status due to a history of colonization, residential schools, and loss of land and culture. Across Canada, the Indigenous population grew by 9.4% from 2016 to 2021, slightly less than in previous years. Strathmore is situated near the Siksika Nation reserve, and relationships between these communities are important. Efforts are needed to address the ongoing issues faced by Indigenous communities and support them in achieving equitable outcomes and self-determination.



In 2021, Strathmore saw a 14.9% increase in the number of people identifying as Indigenous compared to 2016, with 925 individuals reporting an Indigenous identity compared to 805 in 2016. This increase is about three and a half times the overall population growth for Strathmore and is comparable to the increase seen in Alberta, but slightly higher than the increase seen in Canada.

The increase in the Indigenous population in Strathmore may be attributed to the broader trends in population changes for Indigenous people, such as higher birth rates and increased migration to urban areas. There may also be efforts to recognize and acknowledge Indigenous identities, which could contribute to a higher self-identification rate among Indigenous people.

Indigenous identity as percent of total population



Characteristic	Strathmore CSD 2021 Total		Strathmore CSD 2016 Total		2021 Alberta Total		2021 Canada Total	
Indigenous identity	925	6.56%	805	6.0%	284,470	6.8%	1,807,250	5.0%

First Nations, Métis, Inuit

Understanding the identification of Indigenous Peoples is important for addressing specific challenges and developing culturally sensitive policies, programs, and services. In Strathmore, of the 925 people who reported Indigenous identities, equal proportions identified as First Nations and Métis, with a small percentage identifying as Inuit.

Characteristic	Strathmore CSD 2021 Total		Strathmore CSD 2016 Total		2021 Alberta Total		2021 Canada Total	
Indigenous identity	925		805		284,470		1,807,250	
First Nations (North American Indian)	445	48.1%	330	41.0%	145,640	51.2%	1,048,405	58.0%
Métis	445	48.1%	440	54.7%	127,470	44.8%	624,220	34.5%
Inuk (Inuit)	10	1.1%	10	1.2%	2945	1.0%	70,540	3.9%

Registered Treaty Status

Of the 925, about 40% had Registered or Treaty Indian status, about 8% higher than the previous Census period, but lower than the Alberta (44.5%) and Canadian (46.0%) averages.

Characteristic	Strathmore CSD 2021 Total		Strathmore CSD 2016 Total		2021 Alberta Total		2021 Canada Total	
Registered or Treaty Indian	370	40.0%	255	31.7%	126,530	44.5%	831,720	46.0%

Indigenous Ethnocultural Identities

The Census also provides information about the self-identified cultural and ethnic identity of those surveyed. The most commonly reported Indigenous ethnocultural identity in Strathmore was Métis (455 people), followed by Cree (230), and Blackfoot (105).

As previously noted, understanding specific Indigenous ethnocultural identities matters because each group has a unique cultural heritage, history, language, and traditions. These identities are critical to the survival of Indigenous cultures, and provide a sense of belonging, pride, and connection to community and land. This is also important for fostering cross-cultural understanding and promoting reconciliation between Indigenous and non-Indigenous people in Canada. For instance, providing culturally sensitive mental health services that incorporate traditional healing practices could help bridge the gap in access to care for Indigenous Peoples. Developing programs and services that address the ongoing effects of intergenerational trauma and the loss of land and culture could also play a crucial role in supporting Indigenous communities in the area.

Ethnic or cultural origin	Total	Percent of Total Population
Métis	455	3.2%
First Nations (North American Indian)	230	1.6%
Cree	160	1.1%
Blackfoot	105	0.7%
North American Indigenous	60	0.4%
Ojibway	20	0.1%
Inuit	15	0.1%
Mohawk	10	0.1%

Immigration

Canada has a history of immigration, with an increasing number of people coming from Asia in recent years. Immigration is a crucial aspect of Canada's social, economic, and cultural makeup. Alberta is among the fastest-growing provinces in Canada, attracting both Canadian and international immigrants, with the majority coming from the Philippines, India, and China. Smaller Alberta towns, such as Strathmore, have different immigration trends compared to larger cities, influenced by factors such as economic opportunities, available services, and community support.

In 2021, there were 1,250 people in Strathmore who reported being immigrants. This represents a 12.4% increase from 1,095 in 2016, which is over three times the average population growth for Strathmore overall. This brings the total percentage of immigrants in Strathmore to 8.9% in 2021, up from 8.2% in 2016, well below averages in Alberta (23.2%) and Canada (23.0%). Understanding the patterns and trends of immigration in a community can help identify the needs of the immigrant population, and inform the development of culturally appropriate services and programs to support their integration and wellbeing.

Total number of immigrants, and as percent of total population							
Strathmore CSD 2021 Total		Strathmore CSD 2016 Total		2021 Alberta Total		2021 Canada Total	
1,250	8.9%	1,095	8.2%	970,970	23.2%	8,361,505	23.0%

Period of Immigration

Knowing the period of immigration provides context for understanding migration patterns and can impact the social and economic outcomes of immigrant populations. In Strathmore, about 20% of immigrants arrived in Canada between 2016 and 2021, which is similar to rates in Alberta and higher than rates in Canada.

Recent immigrants may face language barriers, social isolation, and different work experiences that can affect their ability to integrate into the community and find employment. Mental health concerns may also be a factor, particularly for recent immigrants. Younger immigrants may have different technology needs, and settlement workers may be needed to provide language and cultural support. Strathmore faces unique challenges in integrating recent immigrants due to limited settlement resources and a lack of social integration and welcoming initiatives - as a result, it is more likely that newcomers will leave for larger urban centres, where more ethnocultural diversity and supports are offered.

When arrived in Canada	Strathmore CSD 2021 Total		2021 Alberta Total		2021 Canada Total	
Before 1980	345	27.6%	127,275	13.1%	1,540,610	18.4%
1980 to 1990	105	8.4%	91,320	9.4%	924,320	11.1%
1991 to 2000	125	10.0%	126,605	13.0%	1,511,475	18.1%
2001 to 2010	260	20.8%	239,260	24.6%	1,930,525	23.1%
2011 to 2021	420	33.6%	386,510	39.8%	2,454,570	29.4%
2011 to 2015	180	14.4%	193,335	19.9%	1,126,330	13.5%
2016 to 2021	240	19.2%	193,175	19.9%	1,328,240	15.9%

Ethnic & Cultural Origins

Understanding the community's historical settlement patterns and cultural makeup can inform the development of culturally sensitive policies and programs to address the community's needs. Monitoring changes in the ethnocultural makeup over time can also provide insights into the community's cultural integration.

The self-reported ethnocultural identities in Strathmore in 2021 show a dominance of European ethnicities, with Métis and Filipino being the exceptions in the most prevalent 15 identities. This data may indicate a continuation of historical patterns of primarily European settlement in the area. The evolution of the ethnic and cultural make-up of Strathmore over time may reflect changing migration patterns, demographic shifts, and cultural integration.

Ethnic or cultural origin in Strathmore, 2021		Total	Percent of Total Population
1	English	3,435	24.4%
2	German	3,025	21.4%
3	Scottish	2,935	20.8%
4	Canadian	2,510	17.8%
5	Irish	2,510	17.8%
6	French	1,305	9.3%
7	Ukrainian	1,205	8.5%
8	Dutch	750	5.3%

9	British Isles	595	4.2%
10	Norwegian	585	4.1%
11	Polish	545	3.9%
12	Métis	455	3.2%
13	Swedish	405	2.9%
14	Russian	400	2.8%
15	Filipino	390	2.8%

Racialized Populations

Despite initiatives to address systemic discrimination, Canada still faces challenges in race relations. Visible minority populations in Canada have been steadily increasing, with the largest groups being South Asian, Chinese, and Black. However, smaller Alberta towns, such as Strathmore, may have lower visible minority trends due to factors such as rural location and limited job opportunities.

Strathmore is becoming more diverse, with the percentage of those belonging to a visible minority increasing from 6.7% to 8.0% between 2016 and 2021. This is still lower than the provincial and national rates.

Characteristic	Strathmore CSD 2021 Total		Strathmore CSD 2016 Total		2021 Alberta Total		2021 Canada Total	
Total visible minority population	1,130	8.0%	895	6.7%	1,161,420	27.8%	9,639,205	26.5%

Beyond visible minority status, when we examine ethnocultural identities more broadly, the data reveal that 8% of Strathmore's population, or 1,110 people, identify with ethnocultural identities that are more likely to experience racialization, such as Filipino, Indian, and Chinese. When added to the 945 people who reported Indigenous ethnocultural identities, including Métis (43%), First Nations (22%), Cree (15%), and Blackfoot (6%), this represents almost 2,000 people; thus, a relatively high proportion of people with possible racialized identities. This highlights the importance of considering diversity and cultural sensitivity in the development of local policies and services.

Language

The majority of Strathmore's population (92%) speaks English at home, which is higher than both the provincial and national rates. French-only speakers were not reported in Strathmore.

Understanding the language spoken at home by the population in a community can provide insights into the diversity and cultural makeup of that community. It can also be useful in developing policies and programs that are culturally appropriate and responsive to the community's needs. Additionally, tracking changes in language usage over time can provide insights into the evolution of the community and its cultural integration.

Language spoken at home	Strathmore CSD 2021 Total		2021 Alberta Total		2021 Canada Total	
English	13,100	92.0%	3,183,975	75.4%	2,0920,835	57.1%
English and French	90	0.6%	41100	1.0%	953760	2.6%
English and non-official language(s)	785	5.5%	664,935	15.7%	4,835,815	13.2%
English, French and non-official language(s)	15	0.1%	17,280	0.4%	455,760	1.2%
Multiple non-official languages	10	0.1%	24,475	0.6%	200,320	0.5%

Religion

The most commonly reported religious belief system was secular, at 49.9% of the population, making Strathmore's population more secular when compared to Alberta's (40.1%) and Canada's (34.6%).

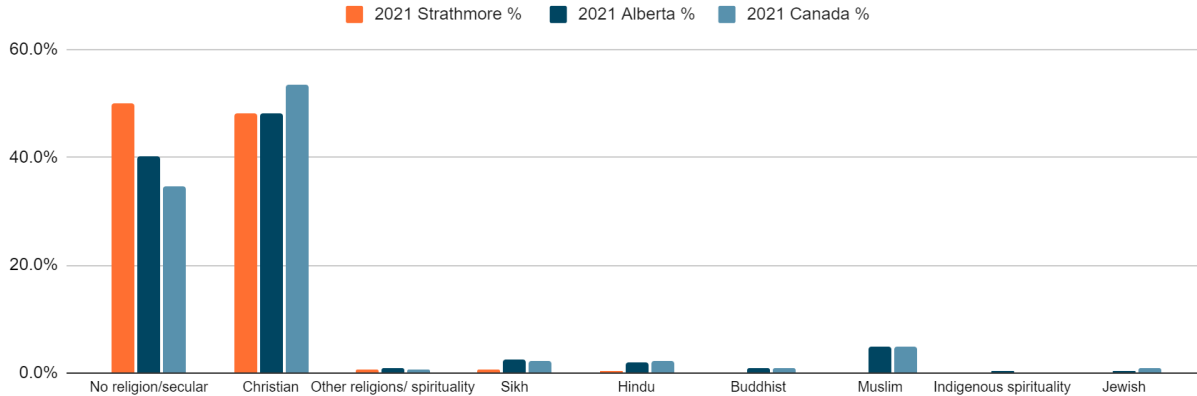
The next largest belief system was Christianity at 48.2%, on par with Alberta (48.1%), but notably lower than for Canada (53.3%). Strathmore was also consistently lower in reported other religions compared to Alberta and Canada.

Understanding the religious beliefs of Strathmore's population is important for developing policies and services that are sensitive to the community's values and needs. Additionally, these statistics provide insights into the cultural makeup of the community and may inform future trends in religious diversity.

It is important to note an increase in people identifying as secular or non-religious because it may reflect a broader shift away from traditional religious institutions and beliefs. This shift can have implications for social and political issues that have historically been influenced by religious beliefs and practices. It may also affect the way communities approach issues related to diversity, inclusion, and human rights. Additionally, an increase in secularism may lead to changes in the types of services and programs provided by faith-based organizations and institutions.

Self-Reported Religion as Percent of Total Population						
	Strathmore CSD 2021 Total		2021 Alberta Total		2021 Canada Total	
No religion/ secular	7,040	49.9%	1,676,045	40.1%	12,577,475	34.6%
Christian	6,800	48.2%	2,009,820	48.1%	19,373,325	53.3%
Other religions/ spirituality	90	0.6%	33,220	0.8%	229,015	0.6%
Sikh	80	0.6%	103,600	2.5%	771,790	2.1%
Hindu	40	0.3%	78,520	1.9%	828,195	2.3%
Buddhist	20	0.1%	42,830	1.0%	356,975	1.0%
Muslim	20	0.1%	202,535	4.8%	1,775,715	4.9%
Indigenous spirituality	15	0.1%	19,755	0.5%	80,685	0.2%
Jewish	10	0.1%	11,390	0.3%	335,295	0.9%

Self-Reported Religion



Breaking down the self-reported Christian population, most self-identified as Catholic (31.5%), followed by the United Church (11.8%), and other Christian (7.8%). Compared to Alberta and Canada, the proportion of Catholics for the total Christian population in Strathmore was notably lower (31.5% vs 41.4% and 56.2%).

Knowing the breakdown of the self-reported religious denominations in the population in Strathmore can provide insights into the community's religious diversity and practices. This information can be useful for religious organizations, community leaders, and policy-makers in understanding the religious needs and values of the community and in developing culturally appropriate services and initiatives.

Religious institutions often play a significant role in providing social services, such as food banks, shelters, and support for vulnerable populations. Understanding the religious makeup of a community can provide insights into the potential providers and recipients of these services. Additionally, religious institutions can have an impact on the social and cultural fabric of a community, and understanding the religious beliefs and practices of the population can help inform policies and initiatives that are culturally sensitive and responsive to the needs of the community.

Self Reported Christian Denomination as Percent of Total Christian						
	Strathmore CSD 2021 Total		2021 Alberta Total		2021 Canada Total	
Catholic	2,140	31.5%	833,025	41.4%	10,880,360	56.2%
Christian	1,745	25.7%	429,375	21.4%	2,760,760	14.3%
United Church	805	11.8%	153,820	7.7%	1,214,185	6.3%
Other Christian	530	7.8%	124,265	6.2%	745,650	3.8%
Lutheran	345	5.1%	78,925	3.9%	328,045	1.7%

Anglican	330	4.9%	95,560	4.8%	1,134,315	5.9%
Latter Day Saints	315	4.6%	47,125	2.3%	87,725	0.5%
Pentecostal/ Charismatic	120	1.8%	53,900	2.7%	399,025	2.1%
Christian Orthodox	115	1.7%	63,775	3.2%	623,010	3.2%
Baptist	105	1.5%	44,605	2.2%	436,940	2.3%
Jehovah's Witness	100	1.5%	18,185	0.9%	137,255	0.7%
Presbyterian	55	0.8%	22,850	1.1%	301,400	1.6%
Anabaptist	35	0.5%	20,035	1.0%	144,145	0.7%
Methodist/ Wesleyan	35	0.5%	9,640	0.5%	100,655	0.5%
Reformed	15	0.2%	14,735	0.7%	79,870	0.4%

Mobility

Understanding population mobility is important for decision-making related to infrastructure, services, and resources in different regions. It also provides insights into patterns in the labour market and social integration of different groups.

In Strathmore, the percentage of people who reported moving within one year and within the previous five years decreased between 2016 and 2021, which may affect the local economy and property values. This trend is comparable to the decreases in Alberta's and Canada's moving rates - likely impacted by COVID in the immediate lockdowns.

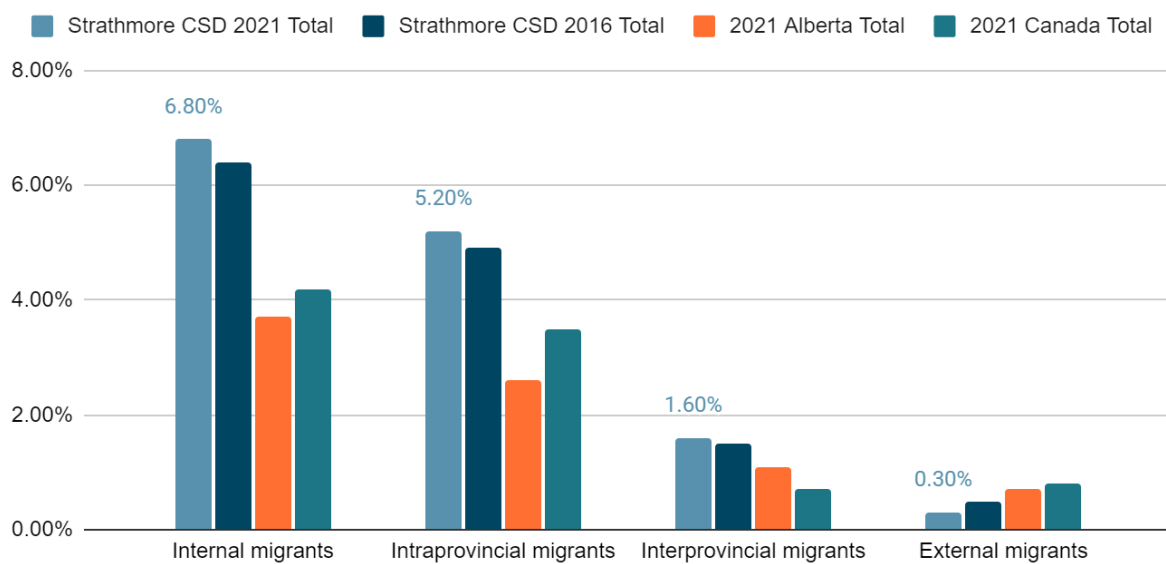
	Population by mobility status							
	Strathmore CSD 2021 Total		Strathmore CSD 2016 Total		2021 Alberta Total		2021 Canada Total	
Movers - 1 year ago	1,915	13.7%	2,010	15.2%	548,535	13.3%	4,385,555	12.2%
Movers - 5 years ago	5,540	41.5%	5,600	44.8%	1,615,755	41.1%	1,3443,240	39.0%

Migration

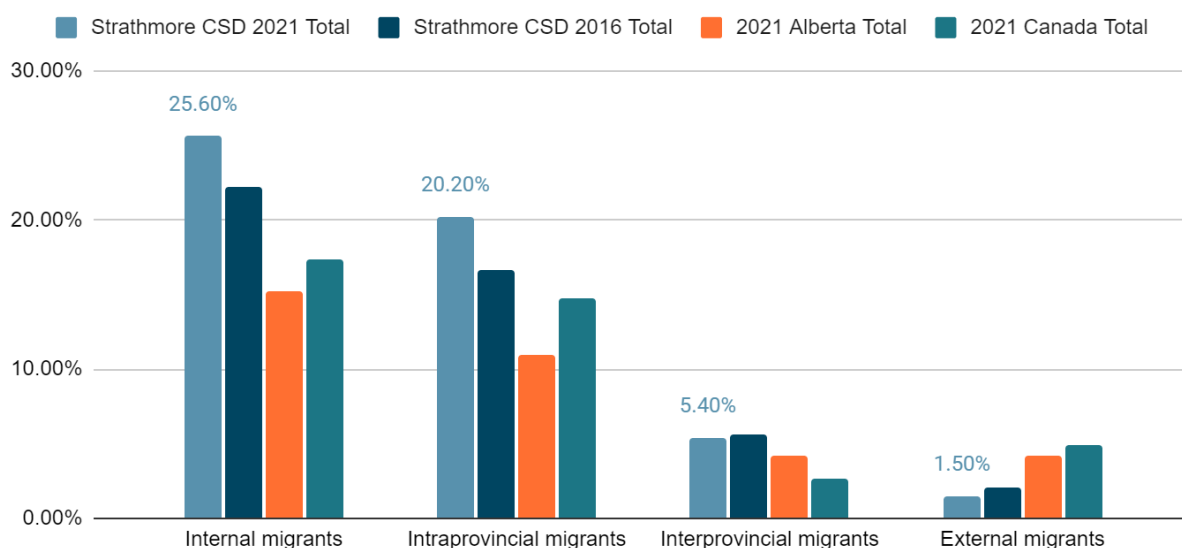
The percentage of internal migrants who had moved within the previous year remained stable at 7%, higher than the provincial and national averages. Over five years, the rate increased to 27.1% in 2021, significantly higher than the Alberta average and somewhat higher than the national average.

A high migration rate in Strathmore can impact the local economy, labour market, and demand for services and resources, and understanding the drivers of migration can inform decision-making related to infrastructure and planning.

1-Year Migration by Source



5-Year Migration by Source



Economy

Workforce

In the 2021 national census, labour force status refers to whether a person aged 15 years and over was employed, unemployed, or not in the labour force during the week of Sunday, May 2 to Saturday, May 8, 2021. Strathmore had a 65% labour force participation rate in 2021 (down from 71% in 2016).

Fifty-nine percent of Strathmore's labour force was employed. Just under one-tenth (9.8%) of the labour force was unemployed in 2021, up slightly from 2016. This may be due to the economic hardships associated with the COVID-19 pandemic, changes in economic or workforce conditions, or an aging population with fewer people participating in the workforce.

	Strathmore	Canmore	Lacombe	Wetaskiwin	Brooks	Stony Plain	Sylvan Lake
Labour Force 2021	-2.1%	11.7%	-0.3%	-9.2%	-3.4%	-2.8%	3.7%
Participation Rate 2021	-7.8%	-4.5%	-4.7%	-8.5%	-7.5%	-6.2%	-5.8%
Unemployment Rate 2021	14.9%	81.8%	26.3%	27.7%	-2.2%	19.6%	10.3%
Employment Rate	-8.4%	-8.7%	-7.6%	-12.6%	-6.9%	-8.1%	-7.7%

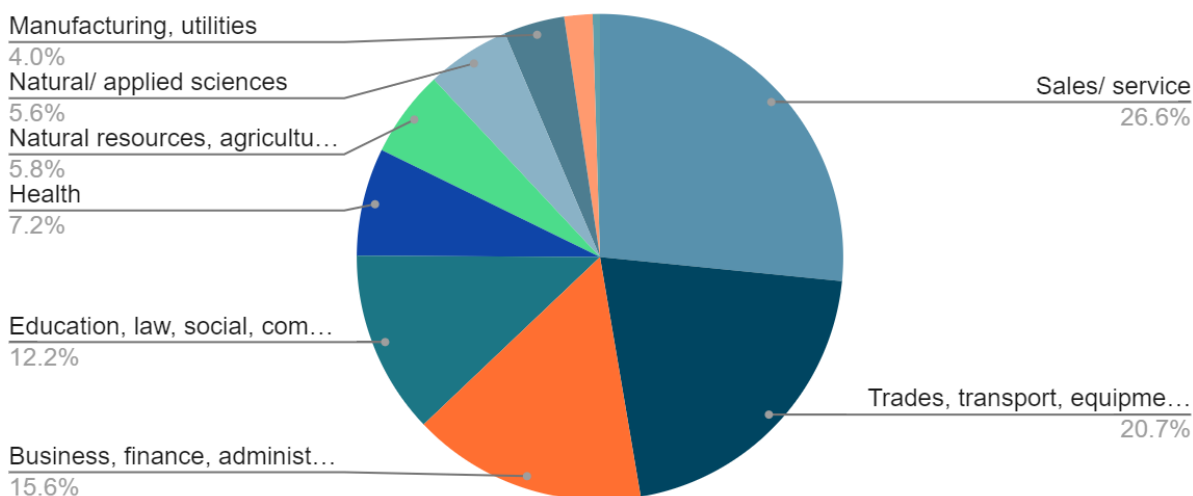
	Strathmore	Canmore	Lacombe	Wetaskiwin	Brooks	Stony Plain	Sylvan Lake
Labour Force 2021	-2.1%	11.7%	-0.3%	-9.2%	-3.4%	-2.8%	3.7%
2021							
Employment Insurance Recipients 2021	95.2%	300.6%	93.0%	66.6%	84.8%	88.3%	80.3%

Occupation

Knowing the labour force participation rate and the most commonly reported occupations in Strathmore provides insights into the local economy and employment opportunities. The data on changes in specific occupations can inform decision-making related to workforce development and training programs.

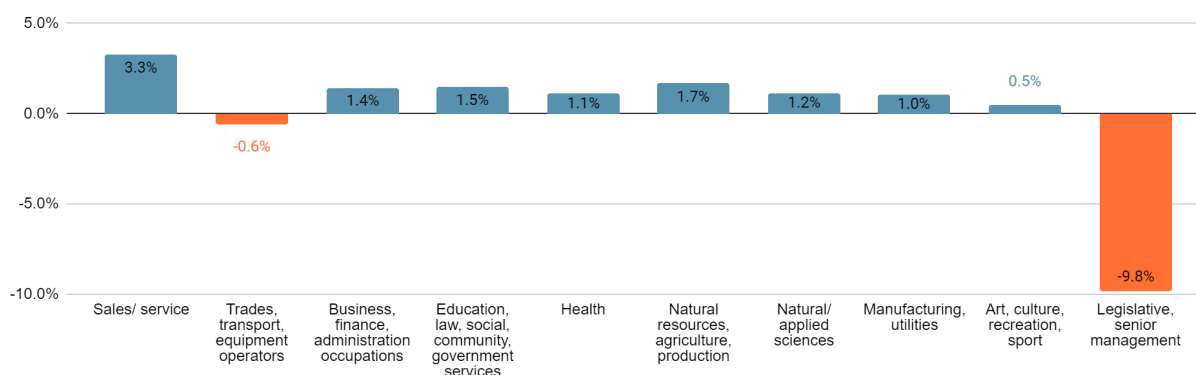
The most commonly reported occupations were sales and services for 26.5% of all reported occupations in Strathmore in 2021, up from 23.3% in 2016, and slightly higher than the proportion of such occupations for Alberta (24.2%) and Canada (24.5%).

Strathmore Occupations as Percent of Total Reported in 2021 (n=1,910)

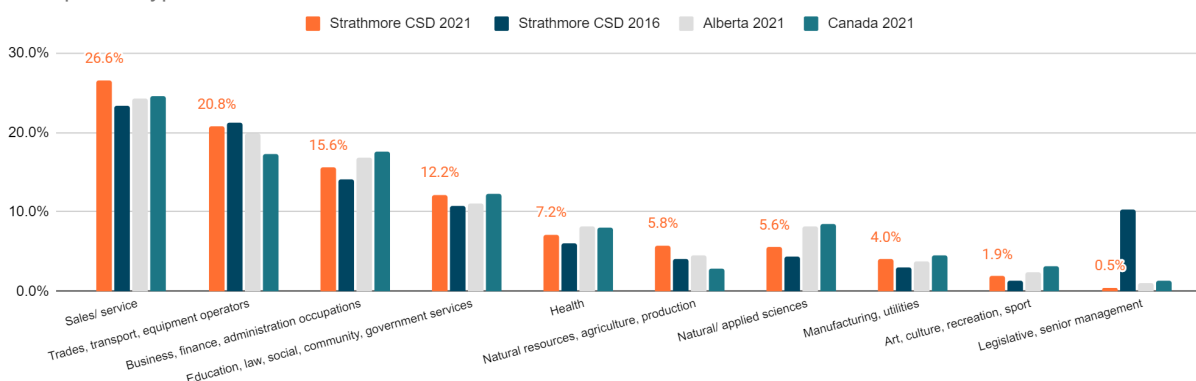


Interestingly, while most occupations as a percentage of the total reported increased, there were marked losses in trades, transport, equipment operation, legislative, and senior management categories. As shown below, a major loss of 735 of legislative and management jobs occurred, as well as a decrease of 105 jobs for trades/ transport and equipment. These losses may be linked to the slowdown in oil and gas and layoffs for management and trades in this area.

Changes in Strathmore Occupation Proportions from total Occupations Reported from 2016 to 2021
(2021, n=7,180; 2016, n=7,390)



Occupation Types



Canada wide, almost half of all occupations (49.2%) were in Sales, Trades, Resources, and Manufacturing, with the other two roughly splitting the rest (Management, Business, Science at 27.3% and Health, Education, Culture at 23.5%).

Income

Government Transfers

As noted, government transfers are a core element of the Canadian social safety net. Not surprisingly during times of crisis, we should see an increase in the proportion of income coming from such sources.

The typical types of government transfers include:

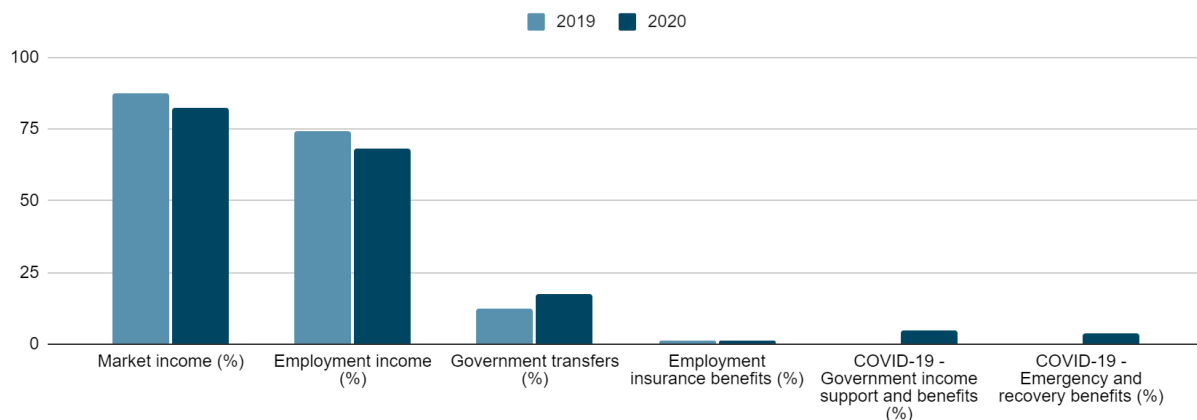
- Old Age Security pension, Guaranteed Income Supplement, Allowance or Allowance for the Survivor;

- Retirement, disability and survivor benefits from the Canada Pension Plan and Québec Pension Plan;
- Benefits from Employment Insurance and Québec parental insurance plans;
- Child benefits from federal and provincial programs;
- Social assistance benefits;
- Workers' compensation benefits;
- Working income tax benefit;
- Goods and services tax credit and harmonized sales tax credit;

The 2020 and 2021 periods marked significant changes for Canadians as the pandemic created a wide range of income benefits. This is the case for Strathmore as well, with a marked drop in the proportion of total income coming from the market / employment compared to government.

In 2020, the proportion of Strathmore income that included government transfers increased to 17.3% from 12.6%, on par with national increases, but 2.3% higher than the Alberta average. The proportion of income coming from COVID benefits was seen for about 5% of incomes, comparable to the national and provincial averages.

Composition of total income in 2020 of the population aged 15 years and over in private households in Strathmore



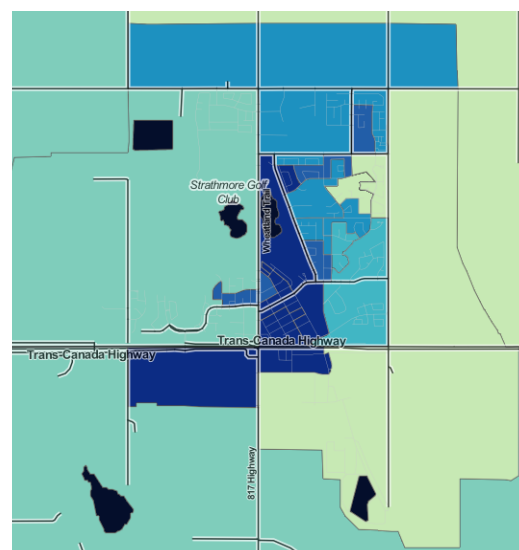
This demonstrates that more residents are now relying on transfers to meet their needs, and finding ways for community and economic participation to be accessible will be a key challenge for the community.

	Strathmore CSD	Alberta	Canada
--	----------------	---------	--------

	2019	2020	Change	2019	2020	Change	2019	2020	Change
Market income (%)	87.4%	82.6%	-4.8%	90.6%	85%	-5.6%	87.6%	82.2%	-5.4%
Employment income (%)	74.4%	68.2%	-6.2%	75.8%	70%	-5.8%	71.8%	66.8%	-5%
Government transfers (%)	12.6%	17.3%	4.7%	9.4%	15%	5.6%	12.3%	17.8%	5.5%
Employment insurance benefits (%)	1.3%	1.3%	0%	1%	1.4%	0.4%	1.2%	1.4%	0.2%
COVID-19 - Government income support and benefits (%)	0%	4.7%	4.7%	0%	5.1%	5.1%	0%	5.4%	5.45
COVID-19 - Emergency and recovery benefits (%)	0%	4%	45	0%	4.6%	4.65	0%	4.7%	4.7%

The percentage of households receiving government transfers in 2021 is shown here spatially, highlighting the geographic distribution of households in this situation.

A lower percentage receiving transfers is indicated by the lighter shades, while deeper blue indicates higher distribution areas.



Median & Average Income

The median income of recipients aged 15 years and over was unchanged between 2019 and 2020 at \$42,800, or \$38,000 after tax. The government transfer incomes, however, increased by 144.5% to \$9,300 in 2020 compared to 2019. Employment income decreased by 4.6% to \$41,600, all highly entwined with COVID's effects on the economy.

Strathmore CSD Median Incomes for Recipients aged 15 years and over			
	2019	2020	Change
Median total income	\$42,800	\$42,800	0.0%
Median after-tax income	\$38,800	\$38,800	0.0%
Median market income	\$40,000	\$36,800	-8.0%
Median employment income	\$43,600	\$41,600	-4.6%
Median government transfers	\$3,800	\$9,300	144.7%
Median employment insurance benefits	\$5,400	\$5,800	7.4%
Median COVID-19 emergency and recovery benefits	\$0	\$8,000	100.0%

This aligns when the average income, which was \$54,950 (+1.9%) in 2020, is examined. Drops in employment (-4.8%) and market income (-3%) are notable, with corresponding increases in government transfers (+36.4%); Employment Insurance benefits dropped by 14.7%, likely due to transfer to COVID benefits as the pandemic shutdowns continued.

Strathmore CSD Average Incomes for Recipients aged 15 years and over			
	2019	2020	Change
Average total income	\$53,900	\$54,950	1.9%
Average after-tax income	\$45,440	\$46,560	2.5%
Average market income	\$51,300	\$49,760	-3.0%
Average employment income	\$53,150	\$50,600	-4.8%
Average government transfers	\$7,960	\$10,860	36.4%
Average employment insurance benefits	\$7,500	\$6,400	-14.7%
Average COVID-19 emergency and recovery benefits	\$0	\$8,950	100.0%

The average income in Strathmore was 12.7% lower than the Alberta average, but 2.9% higher than the Canadian average. Of note, the Strathmore change of +1.9% was higher than the provincial average from 2019 to 2020, but less than half that of the Canadian average of 4%.

Average Total Income for Recipients aged 15 years and over			
	Strathmore CSD	Alberta	Canada
2019	\$53,900	\$60,750	\$52,350
2020	\$54,950	\$60,850	\$54,450
Change	1.9%	0.2%	4.0%

Looking deeper at the Strathmore employment income landscape in 2020, we can see that there were 3,950 full-time workers and 2,880 part-time workers. Those working full-time had an average employment income of \$74,300, compared to \$29,160 for those working part-time.

Employment income statistics in 2020 for the population aged 15 years and over in private households (n=11,280)		Median employment income	Average employment income
Full-year or full-time	3,950	\$67,500	\$74,300
Part-year or part-time	2,880	\$18,600	\$29,160

Education

Higher levels of education are often associated with higher incomes, as education provides individuals with the skills and credentials necessary for high-paying jobs, job stability, and advancement. There is a growing demand for skilled workers in areas such as construction, manufacturing, and technology, leading to a trend towards valuing vocational and trade programs, as well as pursuing higher levels of education, particularly in fields such as healthcare, technology, and finance, consistent with Canada's and Alberta's higher education levels.

Overall, the trend toward valuing both vocational and university education is reflected in the composition of Strathmore's population, as seen when it is segmented by highest level of education. This confirms a growing recognition of the importance of a diverse range of educational paths and the value of both theoretical and practical skills. Although the percentage of Strathmore's working-age population with no post-secondary education is slightly higher at 10.3% than the Alberta and Canadian averages (both 9.9%), that percentage is decreasing over time in Strathmore, down 2.5% in the past five years.

Education, aged 25 to 64 years	Strathmore CSD 2021 Total		Strathmore CSD 2016 Total		2021 Alberta Total		2021 Canada Total	
No certificate, diploma or degree	750	10.3%	920	12.9%	227,880	9.9%	1,931,855	9.9%
High (secondary)	2,335	32.1%	2,170	30.4%	581,820	25.3%	4,501,365	23.0%

school diploma or equivalency certificate								
Postsecondary certificate, diploma or degree	4,190	57.6%	4,040	56.7%	1,488,465	64.8%	13,135,045	67.1%
Postsecondary certificate or diploma below bachelor level	2,840	39.0%	-	-	774,420	33.7%	6,703,100	34.3%
Apprenticeship or trades certificate or diploma	715	9.8%	875	12.3%	220,930	9.6%	1,886,510	9.6%
Non-apprenticeship trades certificate or diploma	195	2.7%	260	3.6%	61,815	2.7%	1,050,285	5.4%
Apprenticeship certificate	520	7.1%	610	8.6%	159,110	6.9%	836,220	4.3%
College, CEGEP or other non-university certificate or diploma	1,900	26.1%	1,820	25.5%	472,155	20.5%	4,193,505	21.4%
University certificate or diploma below bachelor level	225	3.1%	185	2.6%	81,335	3.5%	623,090	3.2%
Bachelor's degree or higher	1,355	18.6%	1,165	16.3%	714,040	31.1%	6,431,940	32.9%
Bachelor's degree	1,025	14.1%	960	13.5%	497,885	21.7%	4,177,455	21.3%
University certificate or diploma above bachelor level	85	1.2%	40	0.6%	35,125	1.5%	430,875	2.2%
Degree in medicine, dentistry,	35	0.5%	25	0.4%	20,045	0.9%	167,730	0.9%

veterinary medicine or optometry								
Master's degree	200	2.7%	145	2.0%	139,935	6.1%	1,446,435	7.4%
Earned doctorate	10	0.1%	0	0.0%	21,050	0.9%	209,445	1.1%

Poverty & Inequality

Poverty and income are closely connected concepts, as lower income often leads to a lack of access to basic necessities and resources. Economic conditions also play a crucial role in income and poverty, as changes in the economy can impact job availability and income. While poverty rates in Canada have remained stable, there are significant disparities among different groups, with Indigenous peoples, single-parent families, and individuals with disabilities facing the highest poverty rates. The Government of Canada has implemented initiatives to address poverty, including the Canada Child Benefit and the Guaranteed Income Supplement for seniors.

The prevalence of low income as calculated using the LIM-AT (Low Income Measure After Tax) was 8.9% in 2021, lower than the rates for both Alberta (9.2%) and Canada (11.1%), but up 0.5% from 2016. The highest rate of poverty was seen in children (10.9%) and seniors (10.8%); concerningly, children 5 and under had the highest rate of poverty at 11.6%. These trends are consistent with the provincial and national averages.

Strathmore's 8.9% poverty rate in 2021, calculated by LIM-AT, was lower than the Canadian average but slightly higher than Strathmore's for 2016. Children and seniors had the highest poverty rates, consistent with the national trend. This aligns with the input on seniors' and youths' needs in the community data.

	Strathmore CSD 2021	Strathmore CSD 2016	Alberta 2021	Canada 2021
Prevalence of low income based on the Low-income measure, after tax (LIM-AT) (%)	8.9%	8.4%	9.2%	11.1%
0 to 17 years (%)	10.9%	11.1%	11.2%	11.9%
0 to 5 years (%)	11.6%	11.2%	12.0%	12.7%
18 to 64 years (%)	7.5%	7.5%	8.1%	9.7%
65 years and over (%)	10.8%	7.3%	10.6%	15.0%

From a gender perspective, low income is higher among women (9.8%) compared to men (8.1%).

Prevalence of low income based on the Low Income Measure, After Tax (LIM-AT) (%)		
Men	Women	Average
8.1%	9.8%	8.9%

Inequality Trends

To summarize, the Gini coefficient is a measure of income inequality, with 0 indicating perfect equality and 1 indicating perfect inequality. Strathmore's Gini coefficient for after-tax income was 0.265, indicating a relatively equal distribution of income, although this may not account for certain segments of the population that may be affected differently by income disparities for racialized and gendered populations.

To cite the Homeless Hub,¹ one in five racialized families in Canada will live in poverty compared to only one in 20 non-racialized families. Further, racialized women earn an average of 32% less in the workplace, and youth who end up experiencing homelessness are more likely to belong to a marginalized and discriminated-against group in terms of race, ethnicity, gender and/or sexuality. Of those experiencing homelessness, 28.2% are members of racialized groups, compared to the Canadian average of 19.1%.

	Strathmore CSD 2021	Alberta 2021	Canada 2021
Gini index on adjusted household total income	0.298	0.35	0.347
Gini index on adjusted household market income	0.404	0.45	0.462
Gini index on adjusted household after-tax income	0.265	0.307	0.302
P90/P10 ratio on adjusted household after-tax income	3.4	3.9	3.8

Housing

The type of dwelling where people live can provide important information for social needs assessment and housing policy direction. For example, if a large proportion of a community lives in overcrowded or substandard housing, it may indicate a need for affordable housing and housing assistance programs. Similarly, if a large proportion of a community lives in

¹ Canadian Observatory on Homelessness. . (n.d.). Racialized communities. Racialized Communities | The Homeless Hub. Retrieved January 19, 2023, from <https://www.homelesshub.ca/about-homelessness/population-specific/racialized-communities>

multi-generational households, it may indicate a need for policy and programs that support intergenerational living and multi-generational families.

The types of dwelling where people live can also provide information on demographics, such as household size, age, and income. Understanding this can help policymakers and service providers make informed decisions on the types of housing and support services that will best meet the needs of the community.

Understanding the types of dwellings where people live is crucial for social needs assessment and housing policy direction. It can indicate a need for affordable housing and policies to support intergenerational living and multi-generational families.

According to Statistics Canada's 2021 Canadian Housing Survey, there is a trend towards increasing condominium construction, with the majority located in large cities. Home values in Ontario and British Columbia have continued to rise, and the rate of unaffordable housing fell from 2016 to 2021. The decline in home ownership and growth in renter households is a trend, especially among young adults. In Alberta, the housing market has seen a steady increase in demand, with a growing trend towards multi-family and sustainable homes.

HOMEOWNERSHIP VS. RENTAL

Housing tenure patterns can provide insights into a community's economic, demographic, and social characteristics, which can inform housing policy and identify social needs. Home ownership is more common than renting due to financial stability, equity-building opportunities, tax benefits, and a lack of rental properties in certain areas.

Strathmore has a higher home ownership rate (77.2%) compared to the provincial and national averages, despite a small decrease from 2016. There is a minor increase in renter households to 22.8% in 2021, which reflects the trend of higher rates of renters in Alberta and Canada.

	Strathmore CSD 2021 Total		Strathmore CSD 2016 Total		2021 Alberta Total		2021 Canada Total	
Owner Households	4,260	77.2%	4,045	78.5%	1,157,495	70.9%	9,955,975	66.5%
Renter Households	1,255	22.8%	1,100	21.4%	465,220	28.5%	4,953,840	33.1%

	Strathmore CSD 2021 Total	Strathmore CSD 2016 Total	2021 Alberta Total	2021 Canada Total
% of owner	66.7%	71.1%	64.2%	60.0%

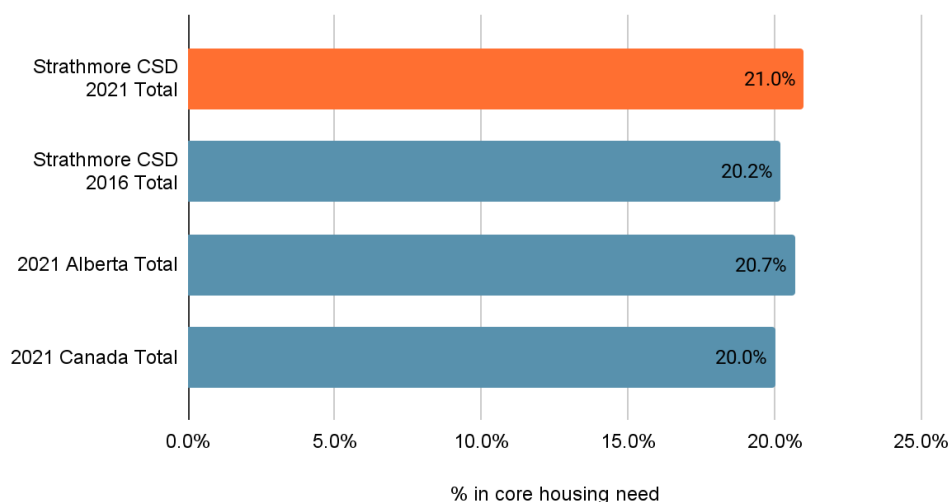
households with a mortgage				
----------------------------	--	--	--	--

Core Housing Need

The Canadian government uses the term "core housing need" to describe households that spend more than 30% of their income on housing, live in crowded or inadequate housing, or lack suitable housing for their household size. This measure helps policymakers understand the level of housing affordability and adequacy in a community and can inform resource allocation and policy decisions. In 2021, nearly 1.5 million Canadian households were living in core housing need, indicating a significant need for affordable and adequate housing.

In Strathmore, the core housing need rate slightly increased from 20.2% in 2016 to 21.0% in 2021. This rate was comparable to the core housing need rates in Alberta (20.7%) and Canada (20.0%).

Core Housing Need



Affordability

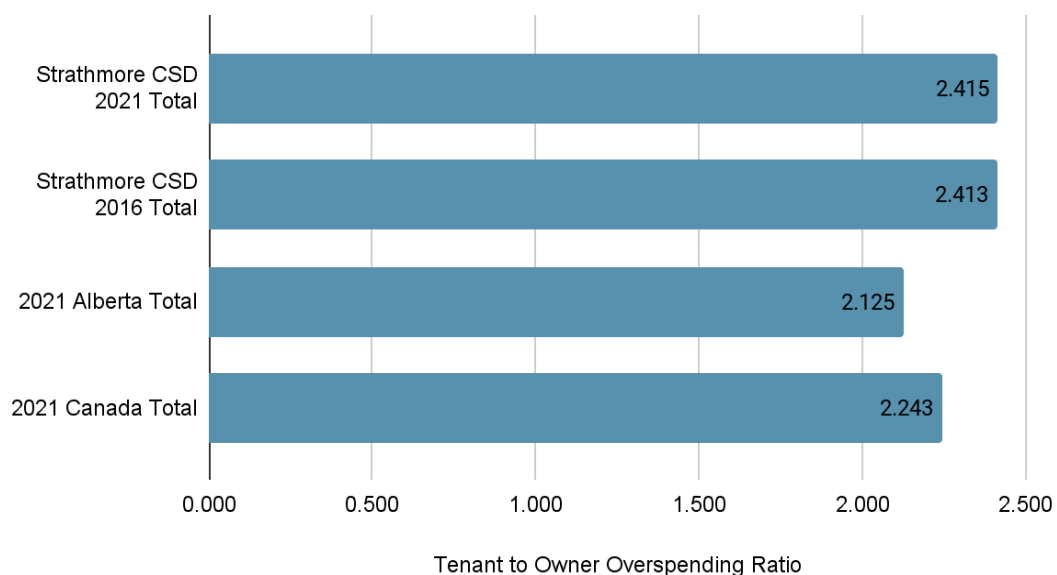
An improvement in the percentage of households spending 30% or more of income on shelter costs was seen between 2016 and 2021, bringing the spending almost 4% lower than in Strathmore in 2016 or in Alberta and Canada in 2021. There was also a lower percentage of people living in subsidized housing: 9.2% compared to 13.2% in 2016. This was on par with Alberta (9.1%) and about 2% lower than the Canadian average (11.7%).

	Strathmore CSD	Strathmore	2021 Alberta	2021 Canada
--	----------------	------------	--------------	-------------

	2021 Total	CSD 2016 Total	Total	Total
% of tenant households spending 30% or more of their income on shelter costs	38.4%	37.4%	34.0%	33.2%
% of owner households spending 30% or more of their income on shelter costs	15.9%	15.5%	16.0%	14.8%
% of tenant households in subsidized housing	9.2%	13.2%	9.1%	11.7%

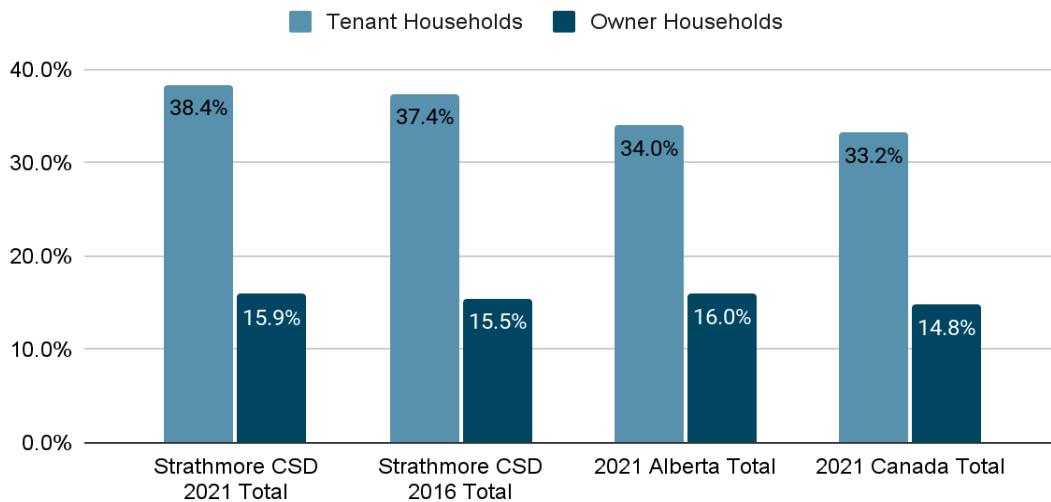
As expected, renter households had a higher rate of spending on shelter costs. Strathmore's ratio in 2021 remained stable compared to 2016, but it was 12% higher than the Alberta average and 7.1% higher than the Canadian average.

Tenant to Owner Overspending Ratio



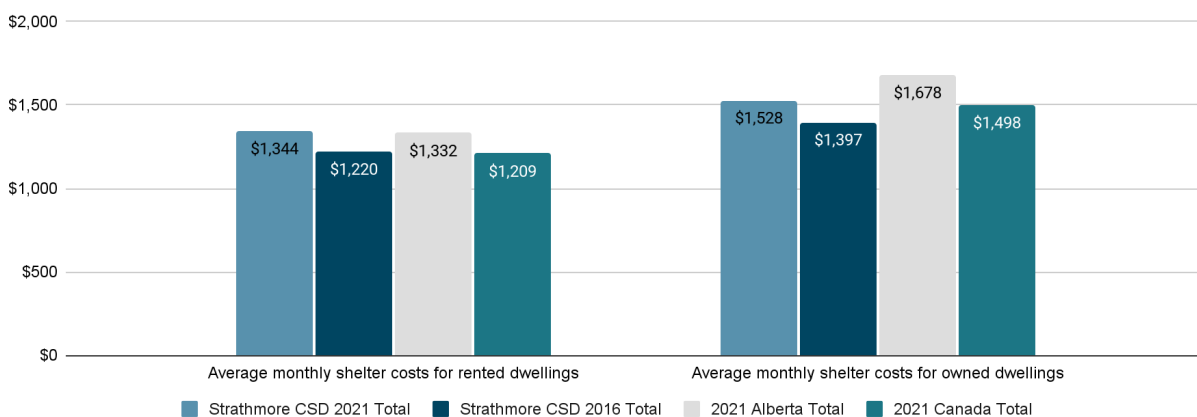
The percentage of renters spending more than 30% of income on shelter in Strathmore was 38.4% in 2021, compared to 37.4% in 2016. Owner households in Strathmore were on par with the Alberta average, which was significantly lower than tenants at 15.9% in 2021. This was 1.1% higher than the Canadian average for owners, however.

Tenant & Owners Spending more than 30% of income on shelter costs



The number of households spending 30% or more of income on shelter costs is directly related to the costs of housing and, as can be seen in the figure below, there was an increase in costs for both renting (+10.2%) and owning (+9.4%) from 2016 to 2021. Though comparable to the average in Alberta, the average rental cost in Strathmore was 10% higher than the average in Canada.

Monthly Costs of Rented and Owned Dwellings



Suitability & Overcrowding

Digging deeper into the core housing need findings, it is important to highlight the census methods that changed how data is presented on the suitability and repairs elements of core housing need. We don't have a perfect comparator between the 2016 and 2021 datasets, but

there is an indication that there were 110 households living in unsuitable housing in 2016 and 220 households in housing that needed major repairs. With 2021 data, the core housing need elements are presented as multi-layered, showing how they interact to provide a more nuanced understanding of need.

When the suitability, adequacy and affordability of housing are considered, 25.7% of households in Strathmore can be considered to have core housing need, which is lower than the averages for Alberta (28.4%) and Canada (29.2%). As the affordability dimension is relatively consistent across all three, the lower core housing need rate of Strathmore is explained by its comparatively lower suitability and adequacy needs. Only 2.4% of households in Strathmore were classified as experiencing core housing need resulting from a requirement for major repairs or inadequacy of bedrooms. This was almost half the national average of 4.3%.

	Strathmore CSD 2021 Total		2021 Alberta Total		2021 Canada Total	
Spending 30% or more of income on shelter costs' or 'not suitable' or 'major repairs needed'	1,420	25.7%	463,775	28.4%	4,379,420	29.2%
Spending 30% or more of income on shelter costs only	1,045	18.9%	304,300	18.6%	2,728,995	18.2%
Not suitable only	135	2.4%	58,970	3.6%	595,110	4.0%
Major repairs needed only	135	2.4%	61,750	3.8%	645,465	4.3%
Spending 30% or more of income on shelter costs' and 'not suitable'	30	0.5%	11,080	0.7%	135,770	0.9%
Spending 30% or more of income on shelter costs' and 'major repairs needed'	75	1.4%	21,460	1.3%	199,355	1.3%
Not suitable' and 'major repairs needed'	0	0.0%	5,470	0.3%	64,095	0.4%

Overall, Strathmore households had a higher rate of reporting living in acceptable housing at 74.2%, compared to 71.6% for Alberta and 70.8% for Canada.

	Strathmore CSD 2021 Total		2021 Alberta Total		2021 Canada Total	
Households in acceptable housing	4,095	74.2%	1,169,450	71.6%	10,599,520	70.8%

While this is comparatively good news, the overall upward trend in housing affordability challenges for renters remains a concern, especially as the community continues to grow and rental housing deficits accumulate.

Housing Form

Single detached housing is a popular choice in Canada due to its perceived benefits of privacy and autonomy, as well as its association with home ownership and financial stability. This type of housing is often favoured in smaller communities, where residents value yard space, and building codes and zoning regulations may be more conducive to that type of housing construction. However, as cities and towns grow and become more diverse, there is increasing pressure to provide more varied housing options to meet the needs of different household types and income levels. This trend challenges the traditional preference for single detached homes, and requires policymakers and developers to consider a wider range of housing types and designs.

As might be expected, single detached housing remained the most common form of housing in Strathmore, with 58.6% of the population living in such housing. This is slightly lower than in 2016 (59.9%). The next most common housing was in apartments in buildings of less than five storeys (13.4%), in semi-detached housing (12.7%), and in row housing (10.2%). There were 225 moveable dwellings (4.1%) and a small number (60 or 1.1%) of dwellings classified as apartments in a flat or duplex, both relatively stable findings compared to 2016. The proportion of dwelling units more commonly found in larger population centres were not in Strathmore, as would be expected for a less densely populated community.

Characteristic	Strathmore CSD 2021 Total		Strathmore CSD 2016 Total		2021 Alberta Total		2021 Canada Total	
Occupied private dwellings	5,515		5,145		1,633,220		14,978,940	
Single detached house	3,235	58.7%	3,080	59.9%	994,565	60.9%	7,872,310	52.6%
Semi-detached house	700	12.7%	605	11.8%	98,740	6.0%	746,560	5.0%
Row house	560	10.2%	540	10.5%	127,735	7.8%	980,110	6.5%
Apartment or flat in a duplex	60	1.1%	50	1.0%	43,730	2.7%	821,490	5.5%

Apartment in a building that has fewer than five storeys	740	13.4%	650	12.6%	247,030	15.1%	273,8020	18.3%
Apartment in a building that has five or more storeys	0	0.0%	0	0.0%	74,880	4.6%	1,596,155	10.7%
Other single-attached house	0	0.0%	5	0.1%	1,215	0.1%	34,880	0.2%
Movable dwelling	225	4.1%	220	4.3%	45,325	2.8%	189,420	1.3%

Household Size

There was a 6.7% increase in private households in 2021 compared to 2016. The majority of these households were one- or two-person households, at 23.6% and 36.2%, respectively, followed by three-person households (15.3%), four-person households (14.9%), and households of five or more (10.0%).

In 2021, Strathmore had a slightly lower percentage of one-person households compared to Alberta (26.0%), and a significantly lower percentage than Canada's (29.3%). This percent had increased by 2.2% from 2016.

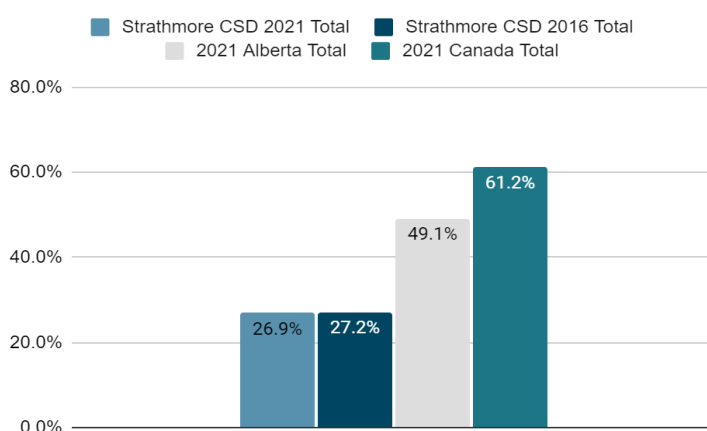
Strathmore had a slightly higher percentage of two-person households at 36.2%, compared to the Alberta and Canadian percentages of 33.8% and 34.2%, respectively. Larger households of three, four, and five people were relatively equal between Strathmore and Alberta, but lower than for Canada. Compared to 2016, there was an overall slight decrease of three- and four-person households, but a slight increase for those with five or more people.

Characteristic	Strathmore CSD 2021 Total		Strathmore CSD 2016 Total		2021 Alberta Total		2021 Canada Total	
Private households by household size	5,520		5,150		1,633,220		14,978,940	
1 person	1,305	23.6%	1,100	21.4%	424,055	26.0%	439,6015	29.3%
2 people	2,000	36.2%	1,885	36.6%	551,420	33.8%	5,124,800	34.2%
3 people	845	15.3%	830	16.1%	249,135	15.3%	2,194,825	14.7%
4 people	820	14.9%	845	16.4%	243,400	14.9%	2,002,455	13.4%
5 or more people	550	10.0%	495	9.6%	165,215	10.1%	1,260,850	8.4%

When the age of the housing stock is considered, we can see that Strathmore is doing relatively well compared to Alberta and Canada, with a significantly lower percentage of dwellings

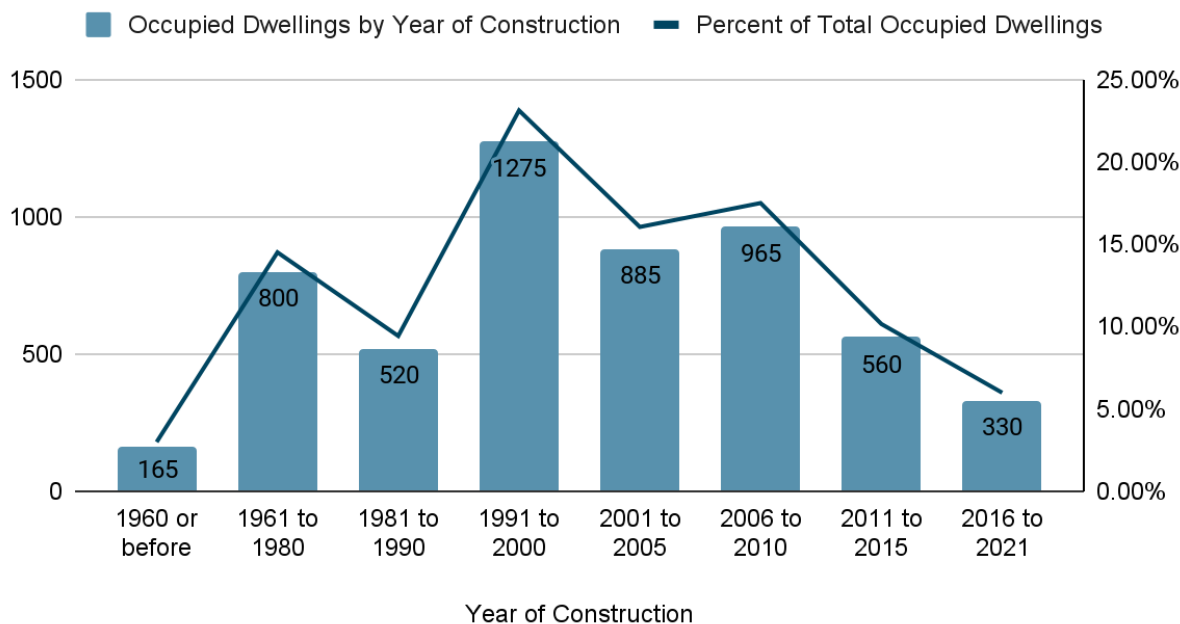
constructed over 30 years ago. In fact, 365 dwellings were added between 2016 and 2021, suggesting that housing is being added to manage population growth. With total housing increasing by 6.5%, and the population of Strathmore growing by 4.2% (about 600 people), it may seem that housing needs for population growth are being met. However, the core housing need measures suggest a possible gap for lower-income renter households, which is also common nationally, due to aging housing stocks, an inadequate supply of new rental housing, and changing preferences, with millennials more often favouring renting.

Percent of occupied private dwellings built prior to 1990



As the older Strathmore housing stock continues to age, the replacement of units in need of major repairs must be managed closely. While there is likely to be overlap between these structures, we know there were 165 dwellings built before 1960, and 215 units that needed major repairs, which should be analyzed further. Specifically, this vulnerable stock should be examined to determine whether its loss will affect the limited rental stock, specifically subsidized rentals, where 9.2% of low-income households reside.

Strathmore Housing Stock in 2021



Homelessness

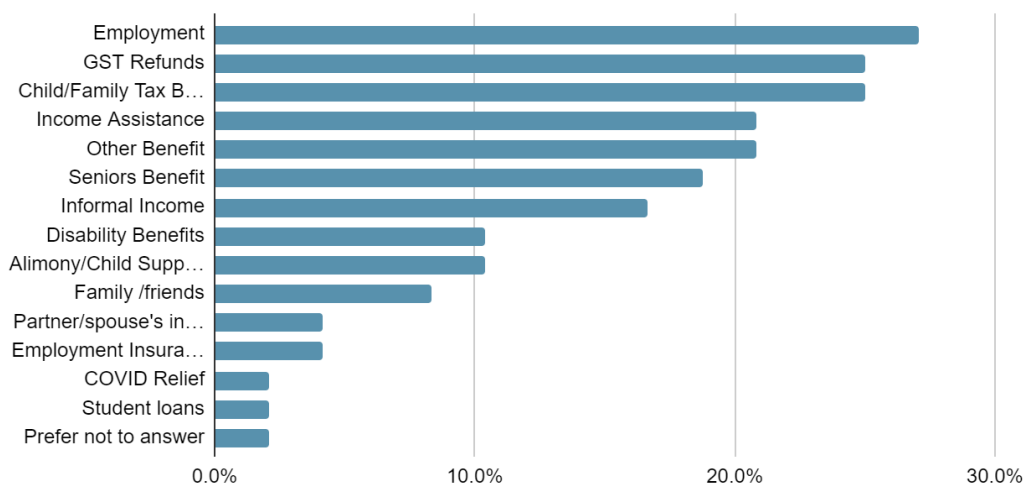
Homelessness is a complex issue that has persisted throughout history, and has become an increasingly prevalent problem in urban areas in recent decades. It is caused by a combination of economic, social, and systemic factors, such as poverty, lack of affordable housing, limited access to healthcare and support services, and exposure to violence. Homelessness is not just an individual problem, but a manifestation of broader social and economic inequalities that requires a comprehensive and holistic approach.

In 2020, the Town of Strathmore partnered with the Rural Development Network in the Rural Homelessness Estimation Project, which was initiated by the Alberta Rural Development Network through funding from the federal government's Homelessness Partnering Strategy.

According to the survey results gathered from clients who accessed supports during the survey periods, of 98 people surveyed, 49 (50%) were found to be living in situations defined as homeless or housing-insecure. The survey identified an additional 31 dependents who shared these living conditions, along with 29 adults. In total, the survey identified 109 individuals in Strathmore and surrounding areas who are living in insecure housing conditions or who are sharing such conditions with survey respondents. Note that this sampling results in under-counting, but nonetheless suggests that homelessness is indeed a local issue.

Looking at the income sources that are entwined with housing insecurity, it is evident that though all survey respondents had some source of income, it was inadequate to meet basic needs.

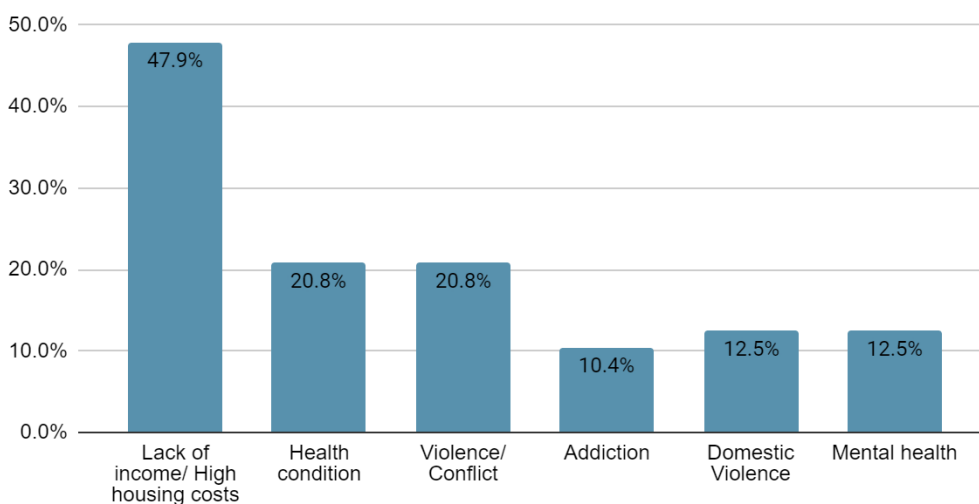
2020 Homelessness Estimation by Reported Income Source (n=48)



[Source:](#) Rural Development Network, Strathmore 2020 Homelessness Estimation

The most commonly reported reasons for housing insecurity included the imbalance of income to housing costs, coupled with health and systemic factors.

2020 Homelessness Estimation by Select Self-Reported Reasons for Housing Insecurity (n=48)

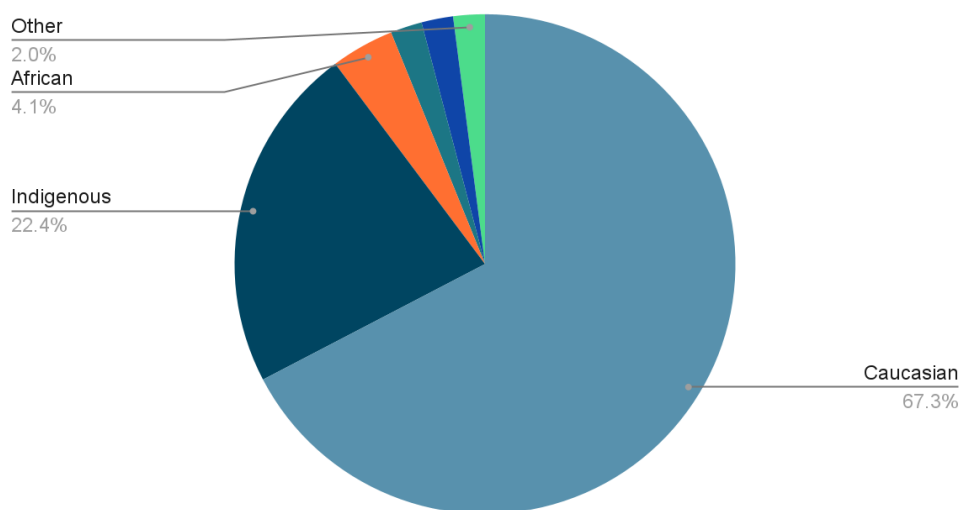


[Source:](#) Rural Development Network, Strathmore 2020 Homelessness Estimation

The majority of respondents (87.8%) experiencing housing insecurity were born in Canada. Only six respondents indicated they had migrated to Canada, including two who came as landed immigrants, one as a refugee claimant, one as a temporary foreign worker, and one preferred not to answer. This information provides insight into the demographics of those experiencing housing insecurity in the area.

The data suggest a significant over-representation of Indigenous people; together with the racialized newcomer groups, this adds up to a troubling 45% of the total respondents. This aligns with the migration patterns whereby 47% reported moving from another Alberta community, First Nations community (14%) , another province (2%) or country (2%).

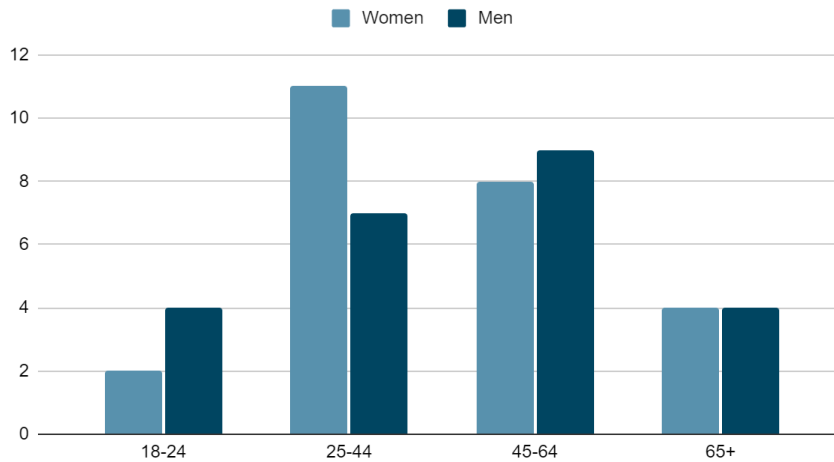
2020 Homelessness Estimation (n=39)



[Source:](#) Rural Development Network, Strathmore 2020 Homelessness Estimation

The median age of individuals experiencing housing insecurity, according to the survey results, was 45, notably older than the Strathmore average age of 40. However, there was a considerable number of younger people, with young women representing 52% of female respondents and young men making up 45% of the male respondents.

2020 Homelessness Estimation by Gender & Age (n=39)



[Source:](#) Rural Development Network, Strathmore 2020 Homelessness Estimation

The main reasons reported for housing instability were low income, followed by addiction and then abuse. The survey asked about the type of services people required, and the responses were basic needs, such as food, shelter, and clothing, followed by financial and general support services, and then family and parenting supports.

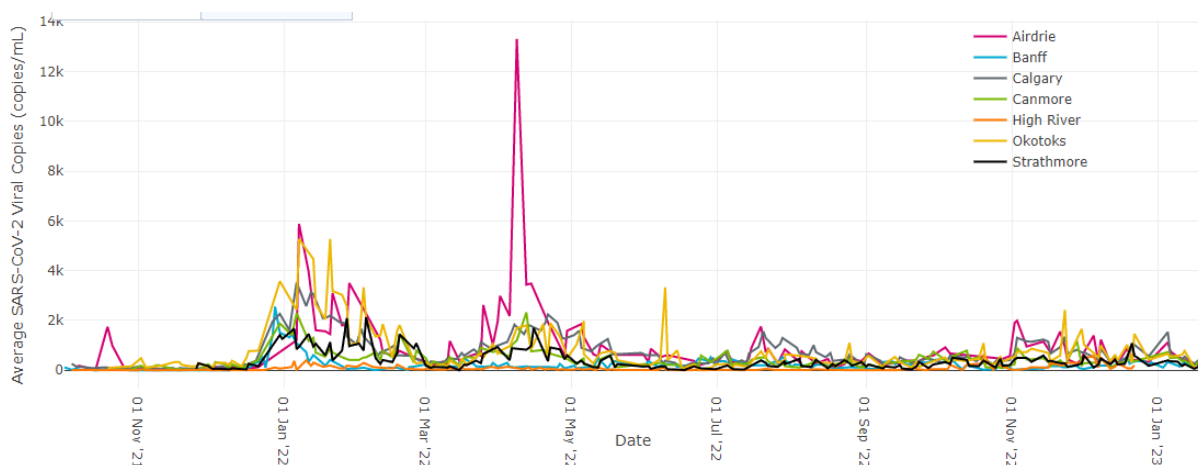
These findings align with the design lab sessions and surveys in their highlighting of increasing local concerns about homelessness.

Health

Physical and mental health are crucial for social wellbeing. Access to appropriate health resources can improve health outcomes, enabling residents to live fulfilling lives. People facing physical or mental health challenges often experience barriers to social participation, self-care, and overall wellbeing. Thus, it is important to have a comprehensive and accessible infrastructure for supporting physical and mental health. The COVID-19 pandemic has likely had significant effects on health, particularly mental health, which will need to be addressed in the long-term.

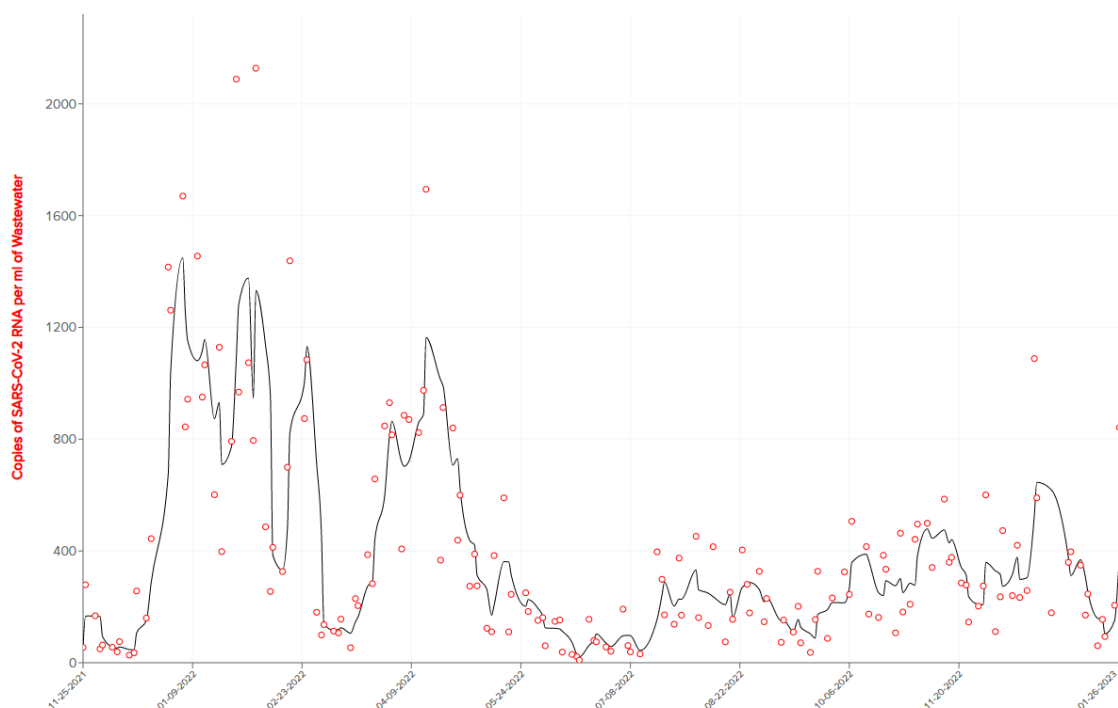
COVID-19

Of course, the most important health trend impacting humanity in the past two years remains the COVID-19 pandemic. While Strathmore's case numbers showed similar peaks to the rest of Alberta, we see relatively smaller numbers simply as result of a smaller population.



Source: [Government of Alberta](#)

Looking at Strathmore's data in further detail, we can see that the pandemic is still active in the community with cases.



Source: [Centre for Health Informatics](#)

The COVID-19 pandemic has had a significant impact on various aspects of health, including mental health, substance use, physical health, and chronic disease. The impacts of the pandemic on health are complex and far-reaching, and the long-term consequences will continue to be studied and understood in the years to come. Some of the notable trends include:

Mental Health: The pandemic has led to increased rates of anxiety, depression, and stress, as well as worsening symptoms in those with existing mental health conditions. The loss of loved ones, social isolation, and financial stress are among the factors contributing to this increase.

Substance Use: The pandemic has led to changes in substance use patterns, with some people increasing their use of alcohol, tobacco, and other drugs as a coping mechanism. On the other hand, lockdowns and reduced access to substances have led to a decline in drug use for some individuals.

Physical Health: The pandemic has led to a decline in physical activity and exercise, as well as an increase in sedentary behaviours due to lockdowns, remote work, and reduced opportunities for social interaction. This, in turn, has contributed to a decline in overall physical health.

Chronic Disease: The pandemic has had a significant impact on people with chronic conditions, leading to disrupted access to healthcare and management services, as well as increased stress, anxiety, and depression. Some people with chronic conditions may also have experienced a decline in physical health due to reduced opportunities for exercise and increased sedentary behaviour.

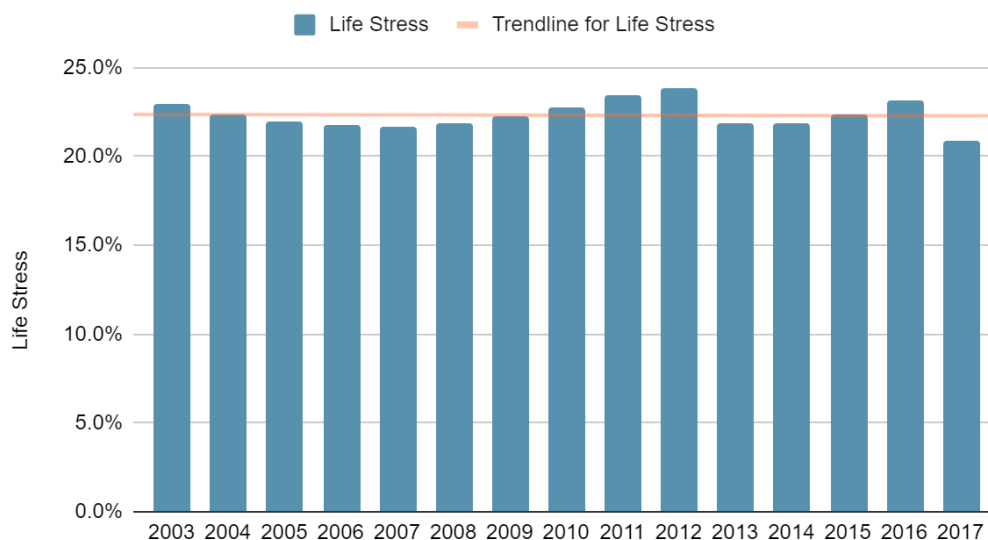
Mental Health

The COVID-19 pandemic has had complex and far-reaching impacts on health, including mental health, substance use, physical health, and chronic disease. Notable trends include increased rates of anxiety, depression, and stress, as well as worsening symptoms in those with existing mental health conditions, changes in substance use patterns, a decline in physical activity and exercise, and disrupted access to healthcare and management services for those with chronic conditions. These impacts will continue to be studied in the years to come.

While mental health data for Strathmore was not available for our analysis, we can infer these challenges are present. In fact, mental health was the second-most cited concern in the citizen survey, at 76% of respondents.

We can also look at the broader trend that suggests stress was affecting about 22% of the population well before oil and gas, pandemic, and inflation pressures. All these factors compound to impact mental health.

Life Stress in Strathmore, 2003-2017



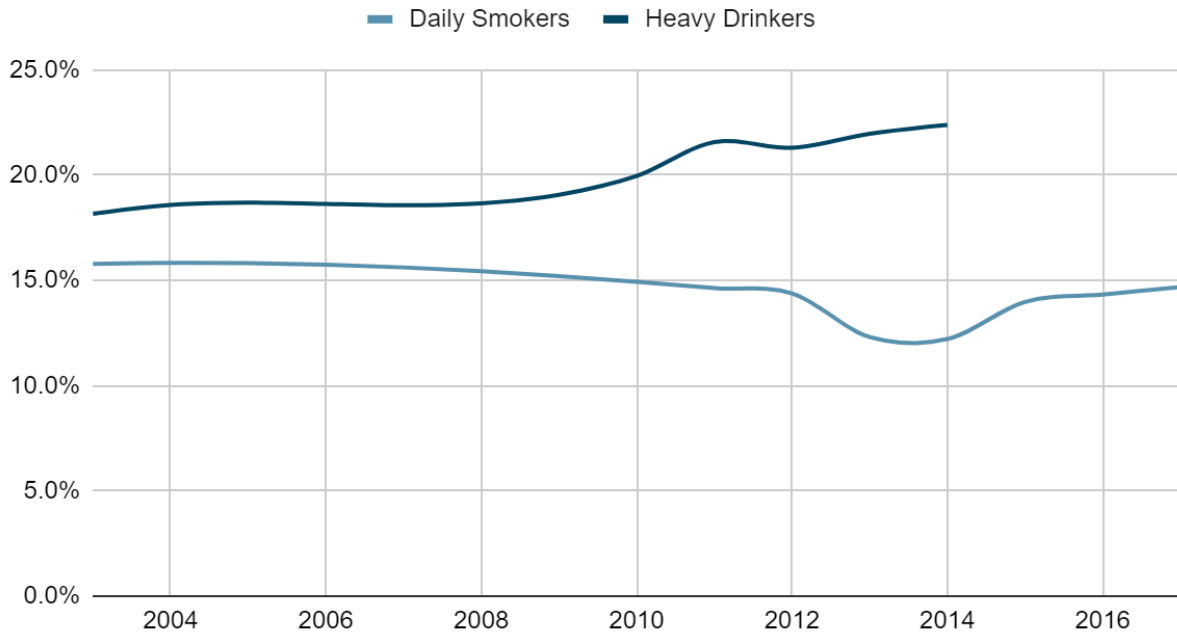
Adapted from Alberta Health, Interactive Health Data Application, Canadian Community Health Survey, Small Area Prevalence Estimates for Selected Indicators-Age Standardized.

Substance Use & Addictions

Recent trends in substance use and addiction in Alberta include an increase in opioid use, both prescription and illicit, as well as a rise in marijuana use following its legalization. E-cigarettes and vaping are becoming more popular, particularly among young people. Alcohol use remains high, with related harm such as liver disease and drunk driving. There are also new synthetic drugs emerging, such as synthetic cannabinoids and novel psychoactive substances.

Data pre-pandemic suggests daily smoking and heavy drinking were on the increase, which may have increased further during COVID and the subsequent inflationary period.

Daily Smokers and Heavy Drinkers in Strathmore (2004-2017)



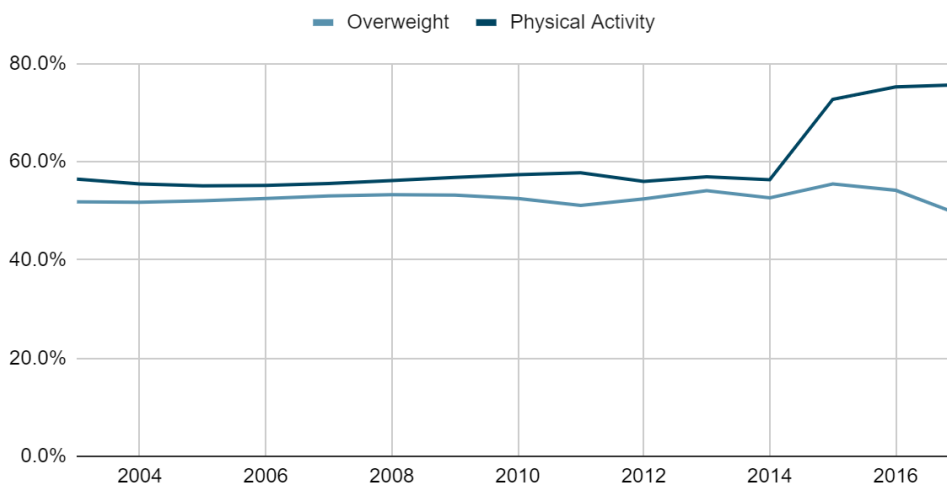
Adapted from Alberta Health, Interactive Health Data Application, Canadian Community Health Survey, Small Area Prevalence Estimates for Selected Indicators-Age Standardized.

While there is no specific recent health data available for Strathmore only, these trends are important to consider for addressing substance use and addiction in the community, concerns evident in the design labs and youth surveys as well.

Chronic Disease

Even before the pandemic, the trends in Strathmore were encouraging, with physical activity rates rising and obesity dropping. However, we know these areas of health are a challenge in times of stress. This was also confirmed by survey results from 2022, where physical health concerns were noted as the number one concern for 86% of respondents.

Overweight and Physical Activity Rates in Strathmore (2004-2017)



Chronic diseases are a major health concern globally, especially in countries with aging populations. Addressing these trends requires lifestyle changes, early detection and treatment, and effective management of chronic diseases to improve health outcomes and reduce longer-term costs.

In Canada, notable chronic disease trends include:

- Rising obesity rates, which increases the risk for chronic diseases such as type 2 diabetes, cardiovascular disease, and certain cancers.
- An aging population, leading to an increase in chronic diseases such as Alzheimer's disease, osteoporosis, and arthritis.
- A growing burden of non-communicable diseases, such as cardiovascular disease, cancer, and diabetes.
- Increasing prevalence of mental health conditions, such as depression and anxiety.
- A continued rise in incidence of type 2 diabetes, largely driven by increasing rates of obesity and physical inactivity.
- An increasing burden of autoimmune diseases, such as rheumatoid arthritis, lupus, and multiple sclerosis.

Health Access & Utilization

Health access refers to the availability and utilization of healthcare services, resources, and information. The COVID-19 pandemic has disrupted routine healthcare, leading to shortages of essential medicines, an increased financial burden, and a digital divide in health access. It has also had a disproportionate impact on marginalized populations. Improving health access is crucial for improving health outcomes and reducing disparities.

Inpatient separations (discharge, transfers to other facilities, leaving against medical advice, or death) for 90% of Strathmore's residence happened outside Strathmore's local area, mostly at the Peter Lougheed Centre in Calgary.

While the 2021 census shows only 14% of those sampled rely on non-motorized transportation, transit inequity can affect service access and employment and, therefore, family wellbeing. Increasing fuel prices may exacerbate this.

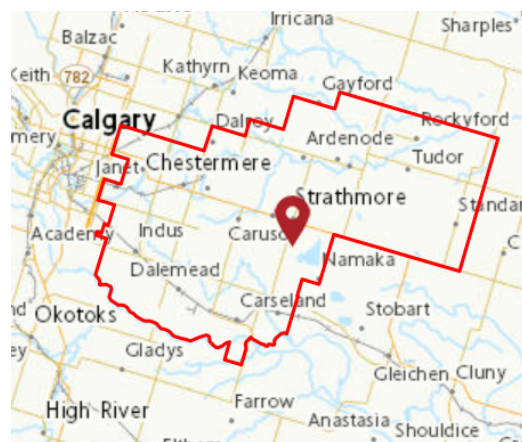
Notably, in 2020, Strathmore saw a significantly higher rate of emergency department visits due to mental and behavioural disorders, as compared to the provincial average (1099.4 per 100,000 versus 791.3 per 100,000 in Alberta), as well as a higher rate of visits related to substance use (2174.3 per 100,000 versus 1,316.1 per 100,000 in Alberta). The most common reasons for emergency department visits include acute upper respiratory infections, mental and behavioural disorders due to psychoactive substance use, and influenza.

This points to the lack of localized health care services, as most of these residents were forced to leave Strathmore to receive inpatient treatment. Further research would be needed to fully assess the extent of health inequity and health poverty that Strathmore may be facing, especially for those who do not have access to transportation to Calgary for healthcare.

Community Safety

In 2021, the police-reported crime rate in Canada increased by 1%, with a rise in violent crime but a decrease in property crime. The Violent Crime Severity Index also increased by 5%, primarily due to an increase in the rate of level 1 sexual assault.

Hate crimes increased by 27%, with the majority targeting religion, sexual orientation, and race or ethnicity. The opioid-related offenses increased, while offenses related to other drugs decreased. The high cost of food and housing during an inflationary depression can lead to an increase in theft, burglary, and domestic violence, disproportionately impacting vulnerable communities. The reopening of businesses and communities post-pandemic may also result in an increase in violent crime, similar to trends seen in the US post-reopening.



The Royal Canadian Mounted Police (RCMP) serves the town of Strathmore and its surrounding areas as the main police force. According to the RCMP Municipal Crime Gauge,² Strathmore saw the following increases in crime reports when comparing January-October 2021 to January-October 2022, with an overall 22% increase in reported Criminal Code offenses from 2021 to 2022.

Of significant note were the following jumps:

Indicator	Percent Increase
Theft of Motor Vehicle	+500%
Fraud	+500%
Criminal Harassment	+200%
Drug Enforcement - Possession	+120%
Mischief - Damage To Property	+86%
Spousal Abuse	+59%
Drug Enforcement - Trafficking	+50%
Disturbing the Peace	+40%
Break & Enter	+39%
Theft under \$5k	+38%
Persons Reported Missing	+9%

During the same period, however, there were also notable decreases in some types of crime, including sexual assault, which was on the rise nationally.

Indicator	Percent Decrease
Assault	-73%
Sexual Assaults	-67%
Motor Vehicle Injury	-42%

²

https://strathmore.ca/en/visiting/resources/Documents/Strathmore_October-2022-Five-Year-Crime-Stats.pdf

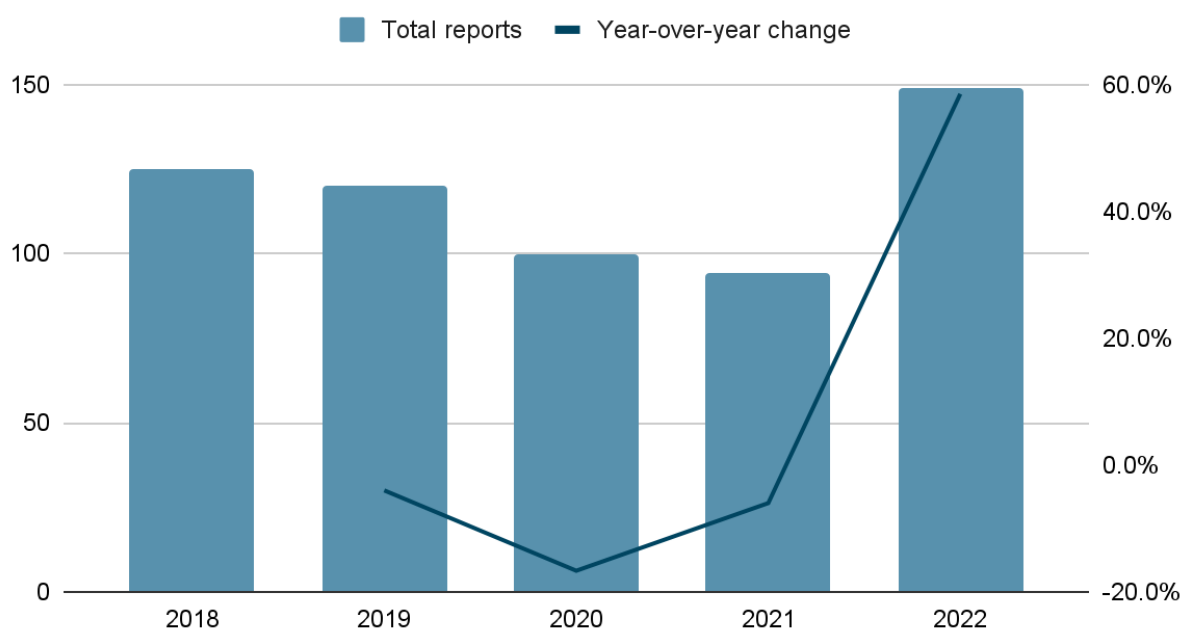
Municipal By-laws Traffic	-36%
Form 10 (MHA)	-23%
Suspicious Person/Vehicle/Property	-12%
Mental Health Act	-5%

Domestic Violence

As seen above, Strathmore saw a 59% increase in spousal abuse from 2021 to 2022. While there was a dip during the pandemic, this trend is increasing overall and should be carefully monitored. This growth trend has been seen since 2019, but was clearly exacerbated by the pandemic. This aligns with the surveys and design lab input on the need for increased supports to address interpersonal violence.

There are various possible causes for the increase in reported incidents of domestic violence. These include better public awareness and understanding of what constitutes domestic violence, increased access to support services for survivors, improved police training and response, and changes in laws and policies. Societal and cultural factors, such as economic insecurity, poverty, and high unemployment rates, may also contribute to the rise in domestic violence.

RCMP Reported Spousal Abuse in Strathmore (2018-2022)

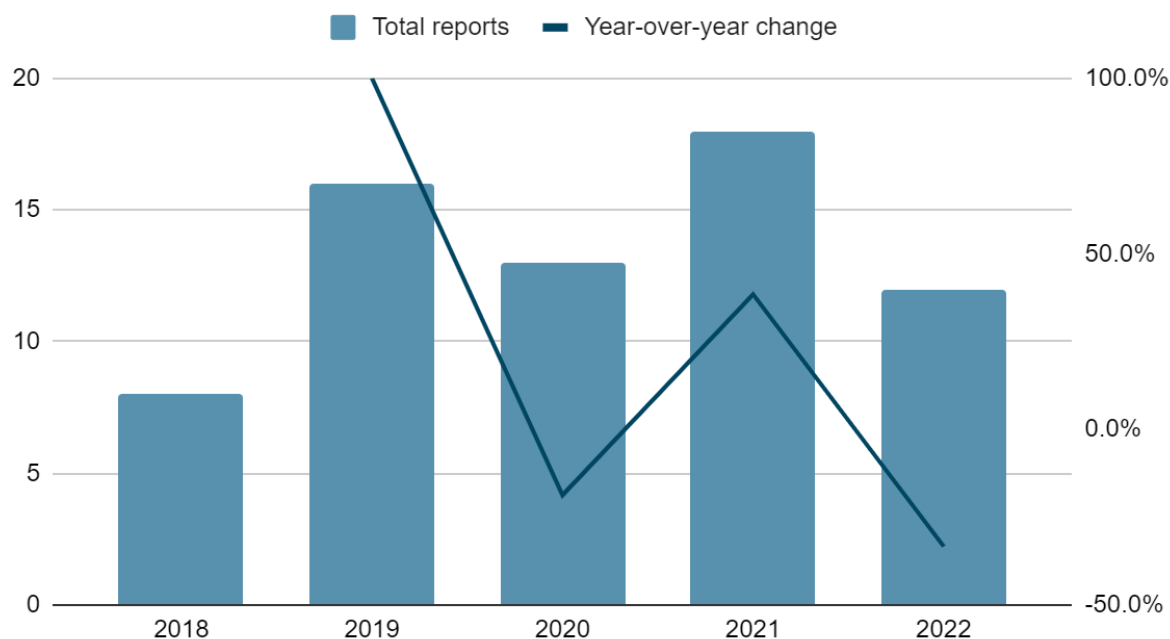


Spousal Abuse - RCMP Reported	2018	2019	2020	2021	2022
Total reports	125	120	100	94	149
Year-over-year change		-4.0%	-16.7%	-6.0%	58.5%

Sexual Violence

The rate of police-reported sexual violence in Strathmore decreased by one-third from 2021 to 2022, returning to pre-pandemic levels. Fluctuations in reports can be due to changes in attitudes toward sexual violence, improved reporting practices, and economic and political factors. Defining and measuring sexual violence can also affect reported incidents. The fact that this is the reverse of the national trend merits further exploration.

RCMP Reported Sexual Assault in Strathmore (2018-2022)



Spousal Abuse - RCMP Reported	2018	2019	2020	2021	2022
Total reports	8	16	13	18	12
Year-over-year change		100.0%	-18.8%	38.5%	-33.3%

Racism & Discrimination

While noted in the youth survey and the design labs as a key concern, we do not have adequate data sources to fully probe racism and discrimination trends. The concerns expressed in the youth survey and design labs confirm broader trends that racism and discrimination remain persistent and significant issues in Canada.

While data on racism and discrimination in Strathmore is limited to qualitative insights from the design labs and youth survey, it is clear that these issues persist in Canada. Indigenous Peoples and Black Canadians face systemic barriers in various areas, and there has been a growing awareness of discrimination faced by visible minority groups such as South Asian, Chinese, and Filipino Canadians. Hate crimes targeting these groups, as well as Muslims, Jews, and the LGBTQ+ community, have been on the rise.

Youth Survey Full Data

In order to gather more comprehensive data on youth wellbeing and social needs, a youth survey was conducted generating 122 responses in 2022. This information can then be used to inform decisions and allocate resources in a manner that best meets the needs of the community. It is possible for percentages to not add up to 100% when data is rolled up or aggregated across different categories or questions.

Highlights

The good news:

- 78% of respondents reported having someone in their life they can turn to when they feel anxious.
- 75% of respondents think there are enough opportunities to do and learn new things in Strathmore.
- 72% of respondents reported having concerns related to conflicts with friends, peer pressure, and discrimination, which suggests that a significant number of youth are aware of these issues and may be seeking support or resources to address them.
- Over 75% of respondents rated participating in local activities, understanding the issues that affect their community, feeling part of and connected to their community, and having their voice heard in decision making in the community as either very important or moderately important.
- The majority of respondents (57% and 41%) reported being happy or satisfied with their life, respectively.

- Over 80% of respondents reported having access to parks or public green space close to their home.

The bad news:

- Bullying: 48% of respondents reported experiencing bullying in the past 12 months, and 31% of those who were bullied did not seek help or talk to someone about it.
- Peer pressure: 33% of respondents reported having concerns related to peer pressure.
- Discrimination: 27% of respondents reported having concerns related to discrimination.
- Access to recreational opportunities: While a majority of respondents felt that access to activities and recreational opportunities for youth in Strathmore was good or very good, 29% of respondents reported that barriers such as lack of transportation, cost, or lack of facilities, can get in the way when trying to access sports and recreational facilities or youth spaces.
- Mental health: The weighted average for depression or low mood, sadness, anxiety, and stress are all relatively high, indicating that many youth in Strathmore may struggle with mental health issues.
- Lack of access to resources: 20% of respondents reported not having someone in their life they can turn to when they feel anxious, and 14% of respondents rated the school nurse and neighbors as not at all important in helping them cope when they feel like they can't. This suggests that there may be a lack of access to supportive resources for some youth in Strathmore.

Of interest:

- A high percentage of respondents reported being satisfied with their lives (78% combined very satisfied and satisfied), but a significant proportion also reported feeling neither satisfied nor dissatisfied (18%).
- The high percentage of respondents who reported feeling anxious (40%) and stressed (44%) at least sometimes is a cause for concern and highlights the need for mental health support for youth in Strathmore.
- The majority of respondents (86%) reported having access to a park or public green space close to their home, which could have positive impacts on their physical and mental health.
- While a majority of respondents (70%) rated access to activities and recreational opportunities for youth in Strathmore as good or very good, a significant minority (13% combined bad or very bad) expressed dissatisfaction.

- The most important issue for respondents was having stuff to do (60%), which could be related to the previous finding about access to activities and recreational opportunities.
- The high percentage of respondents (48%) who reported being bullied in the past 12 months is concerning and highlights the need for anti-bullying programs and support for victims of bullying.
- The high percentage of respondents (69%) who did not seek help or talk to someone about the bullying they experienced is also concerning and highlights the need for more awareness and resources for addressing bullying.

Takeaways:

- The majority of youth in Strathmore are happy with their lives, but a significant minority report feeling dissatisfied or neither satisfied nor dissatisfied.
- Many youth in Strathmore report feeling anxious, stressed, and sad at least some of the time, which suggests that mental health support is an important need for this population.
- Access to public green spaces and recreational opportunities is important to many youth in Strathmore, but some face barriers to accessing these resources, such as transportation and financial constraints.
- Bullying, peer pressure, and discrimination are significant concerns for many youth in Strathmore, and a significant proportion of those who have experienced bullying do not seek help.
- Many youth in Strathmore value feeling connected to their community and having a voice in decision-making, but some do not feel these needs are being met.
- Overall, the survey suggests that the youth in Strathmore have a range of needs related to mental health, access to recreational opportunities, social connections, and a sense of community engagement. Addressing these needs may require a coordinated effort from community organizations, schools, and local government to provide resources, support, and opportunities for youth to thrive.

Life Satisfaction

According to the Town of Strathmore Youth Survey, 41% of respondents reported being very satisfied with their life, 37% reported being satisfied, 18% reported feeling neither satisfied nor dissatisfied, 2% reported feeling dissatisfied, and 2% reported feeling very dissatisfied. The total number of individuals who answered the question was 122, with no individuals skipping the question.

How satisfied (happy) are you with life?		
Answer Choices	Responses	
Very satisfied	41%	50
Satisfied	37%	45
Neither satisfied nor Dissatisfied	18%	22
Dissatisfied	2%	2
Very Dissatisfied	3%	3

Emotional State

The table below shows the percentage of respondents who reported feeling happy, depressed or low, sad, anxious, and stressed often, sometimes, or never. The weighted average for happiness is 1.44, depression or low mood is 2.02, sadness is 1.98, anxiety is 1.74, and stress is 1.66.

Feeling	Often	Sometimes	Never
Happy	57%	41%	2%
Depressed	21%	55%	23%
Sad	17%	69%	14%
Anxious	40%	46%	14%
Stressed	44%	46%	10%

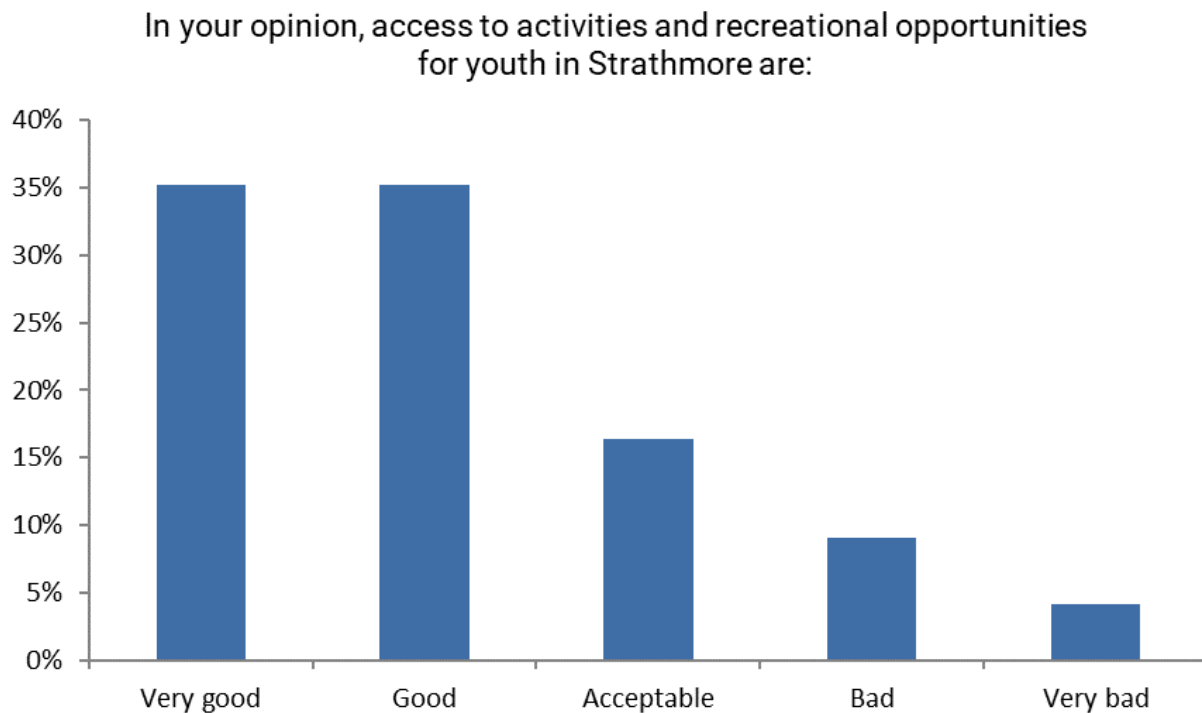
Access to Spaces

According to the survey, 86% of respondents reported having a park or access to public green space close to their home, while 14% reported not having access. The total number of individuals who answered the question was 122.

Recreation

35% of respondents (43 individuals) felt that access to activities and recreational opportunities for youth in Strathmore was very good, 35% (43 individuals) felt it was good, 16% (20 individuals) felt it was acceptable, 9% (11 individuals) felt it was bad, and 4% (5 individuals) felt it was very bad. The

total number of individuals who answered the question was 122, with no individuals skipping the question.



Concerns

Out of 107 respondents who answered the question, the following percentages reported having concerns related to:

- Conflicts with friends: 22% (24 individuals)
- Peer pressure: 33% (35 individuals)
- Discrimination: 27% (29 individuals)
- Bullying: 32% (34 individuals)
- Having enough food to eat at home: 9% (10 individuals)
- Having a place to sleep: 5% (5 individuals)
- Making friends: 18% (19 individuals)
- Transportation: 27% (29 individuals)
- Feeling safe in the community: 15% (16 individuals)
- Fifteen respondents skipped the question.

Barriers

Out of 110 respondents who answered the question, the following percentages reported what gets in

the way when trying to access sports and recreational facilities or youth spaces in Strathmore:

- I can't get there easily: 22% (24 individuals)
- Too much money: 25% (27 individuals)
- Feeling like the community isn't safe: 2% (2 individuals)
- I have experienced discrimination: 5% (6 individuals)
- Not enough sports and recreational facilities: 8% (9 individuals)
- Not enough space dedicated to youth or for specific concerns: 3% (3 individuals)
- I'm not motivated: 12% (13 individuals)
- I don't have time: 7% (8 individuals)
- Nothing, I go all the time: 16% (18 individuals)
- Twelve respondents skipped the question.

Important Issues

From 110 respondents who answered the question, the following percentages reported what they considered the most important issue(s) in their life:

- Stuff to do: 60% (66 individuals)
- Friends: 39% (43 individuals)
- A safe community: 20% (22 individuals)
- Transportation that is easy to access: 14% (15 individuals)
- Discrimination: 13% (14 individuals)
- Other (please specify): 8% (9 individuals)
- Twelve respondents skipped the question.

Stuff To Do

According to the Town of Strathmore Youth Survey, 75% of respondents answered "Yes" when asked if they think there are enough opportunities to do and learn new things in Strathmore, while 25% answered "No". The total number of individuals who answered the question was 109, with 13 individuals skipping the question.

Local Activities

The table below shows the percentage of respondents in the Town of Strathmore Youth Survey who rated the importance of participating in local activities, understanding the issues that affect their community, feeling part of and connected to their community, and having their voice heard in decision making in the community as very important, moderately important, or not important.

Importance	Very Important	Moderately Important	Not Important
Participate in local activities	32%	51%	17%
Understand the issues that affect my community	35%	58%	7%
Feel part of and connected to my community	39%	54%	7%
Have your voice heard in decision making in the community	40%	45%	15%

The total number of individuals who answered the question was 110, with 12 individuals skipping the question.

Participation

Out of 110 respondents who answered the question, the following percentages reported how often they participate in clubs, groups, or activities outside of school hours:

- Always: 25%
- Very Often: 26%
- Sometimes: 30%
- Rarely: 15%
- Never: 5%
- Twelve respondents skipped the question.

Supports

From the 109 respondents who answered the question, 72% (78 individuals) reported having someone in their life they can turn to when they feel anxious, 20% (22 individuals) reported not having someone, and 8% (9 individuals) responded "Don't know". Thirteen individuals skipped the question.

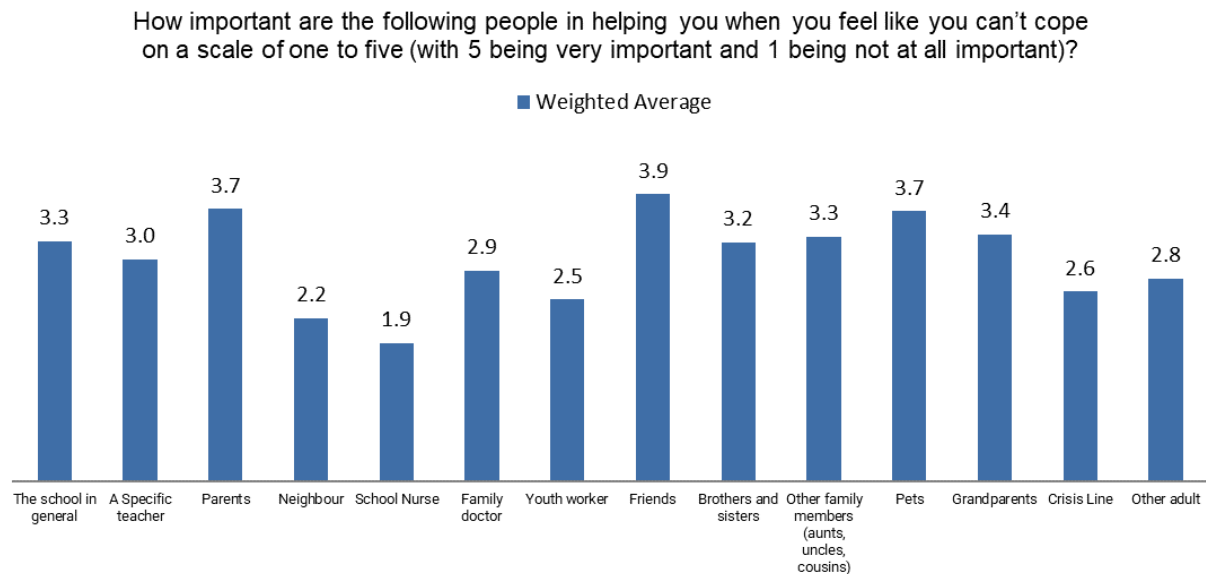
The table shows the percentage and count of respondents who rated the importance of various people and resources on a scale of 1 to 5, with 5 being very important and 1 being not at all important, in helping them cope when they feel like they can't. The weighted average column provides an overall average rating for each option, taking into account the different responses.

The most highly rated options were:

- parents (weighted average: 3.69),
- friends (weighted average: 3.89)

- pets (weighted average: 3.66)
- school in general (weighted average: 3.25)
- brothers and sisters (weighted average: 3.24)

Neighbours (weighted average: 2.21) and the school nurse (weighted average: 1.87) were the least highly rated options, while crisis lines (weighted average: 2.57) and other adults (weighted average: 2.75) received mid-level ratings.



Bullying

Based on the given data, out of the 109 respondents who answered the question, 52% (57) of them reported that they have not been bullied in the past 12 months, while 48% (52) reported that they have been bullied. It is worth noting that 13 respondents skipped the question and did not provide an answer.

Further, 69% (75) reported that they did not seek help or talk to someone about the bullying, while 31% (34) reported that they did seek help or talk to someone about it. It is worth noting that 13 respondents skipped the question and did not provide an answer.