



MOVING FORWARD TOGETHER



The 2015 Vital Signs Progress Report



GETTING AROUND

FOOD SECURITY



LEARNING



MOVING FORWARD TOGETHER

The 2015 Vital Signs Progress Report to the community

THE 2013 VITAL SIGNS REPORT

In 2013, working with County residents and many local organisations, the County Community Foundation (CCF) issued the first ever PEC Vital Signs Report to provide fact-based information about issues affecting the well-being of County families and residents. Addressing our strengths, our challenges, and the opportunities to address these challenges, the Report has already had an impact across the County. The Report is a guide for County families, businesses and friends who are looking to make lasting change through their donations, project funding and endowment planning with the CCF.

MOVING FORWARD TOGETHER

The Vital Signs Report did not sit on the shelf. It has already stimulated policy change and is often cited by local organisations to support their objectives. The CCF has been working with well over 40 organisations to take concrete action in food security, learning and getting around (transportation), the key areas recommended for immediate action by the Vital Signs Advisory Committee. Three Working Groups, one in each area, have already made substantial progress, working together on projects to address these issues. It is a community-based effort to effect long-lasting change.

THE VITAL SIGNS PROGRESS REPORT

The CCF is now pleased to publish the 2015 Vital Signs Progress Report on Vital Signs Actions. The Report tells you about what the Working Groups have accomplished and where we are heading. It provides new data and community feedback. And it describes the projects underway in all three areas, as well as opportunities for volunteers to get involved and ways to support project funding. It is indeed a tribute to the continuing dedication and work of all the organisations and individuals stepping up to move things forward in concrete and lasting ways.

A CALL TO ACTION

You can get involved! **VOLUNTEER:** Projects such as "Fresh for All", Community Gardens, volunteer driving and learning programs all depend on community volunteers. **EXPLORE:** Find out about new and updated sources of information on services available now, such as transportation. **PROVIDE FUNDING:** The CCF offers many ways for you to make a financial contribution to keep these projects moving forward.

The CCF will remain closely involved with Vital Signs actions. We will continue to work with the community on these and other collaborative projects and encourage philanthropic support for actions aimed at making a real difference both now and in the future of our community. Our PEC Fund will continue to support community organisations which make substantial contributions to our community's well-being.

Contact the County Community Foundation to find out more about how you can get involved, create a fund or leave a gift now or in the future.

THANK YOU to the Vital Signs Working Groups for your tireless work and collaboration. Thanks to our Advisory Committee, most of whom now participate in the Working Groups. And thank you to Community Living Prince Edward for your warm hospitality and the use of your Board rooms for Working Group meetings.

Sincere thanks to Mayor Robert Quaiff, members of Council and the Community Development Department. We are very grateful for the municipal grant to support the Vital Signs Project Coordinator.

THANKS TO OUR SPONSORS

The Working Groups' progress, and this Report, would not have been possible without the stellar guidance, counsel and committed work of the Vital Signs Project Coordinator, Diane Milan and the ongoing support of CCF President, Joan Pennefather. Our thanks as well to the team preparing this Progress Report: Janet Davies, writing and design, Judith Zelmanovits, researcher, Printcraft, printing.

The County Community Foundation thanks Board member Lesley Lavender for her design input, and in particular Board member Brian Beiles. Brian's leadership and dedication have made the Vital Signs Report itself, and this Progress Report, a reality.



THE COUNTY COMMUNITY FOUNDATION

- Assists donors to make a difference in our community.
- Understands donor priorities for the community.
- Provides information on options for legacy-giving, gifts and funds to support community needs.
- Offers leadership & information on community issues.
- Provides grants through managed funds & the PEC Fund to address priority community projects & goals.

Methodology for the Progress Report

The information contained in the report is based on quantitative and qualitative data from Working Group members, on results from surveys conducted by the Getting Around and Learning Working Groups, and on anecdotal data and quotes from Working Group members. It also contains data from government and community sources, some of which has been updated since the publication of our 2013 Vital Signs Report. Some of the information is specific to Prince Edward County (shown in the report as PEC); some of it is combined with Hastings County (shown in the report as HPE.) Sources of data included in this report are listed in the Sources Cited section. Abbreviated source names used in the text of the report (for example NHS) can be found spelled out in full in the Sources Cited section.

Contact us at
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COMMUNITY FOUNDATIONS OF CANADA

The County Community Foundation of Prince Edward County is a member of the national County Community Foundations of Canada

Getting Around

91.5%
of employed population in PEC use private transport for work - not necessarily by choice.
NHS 2011

WHO NEEDS TRANSPORTATION?

The Youth Engagement Survey asked "What is your least favourite thing about living in PEC?" Many answered:
things are too far away without a car I can't get anywhere there's no public transit

Food Security Focus Groups found that for many County households **lack of affordable transportation can make it difficult to access healthy food**

Prince Edward Learning Centre reports clients miss out on jobs even within the County **because they just can't get there**

The Vital Signs Getting Around Working Group is made up of 17 local organisations who know firsthand how the lack of public transit impacts PEC's economy.

The Working Group's Vision

To establish an integrated transportation system in PEC

that is sustainable, barrier-free, affordable and meets the needs of the community.

The Working Group's Key Project

To build a business case to develop that system based on demonstrated need and demand and building upon existing proven systems.

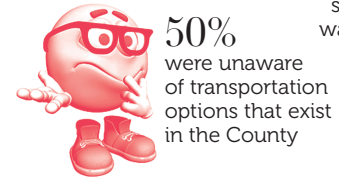
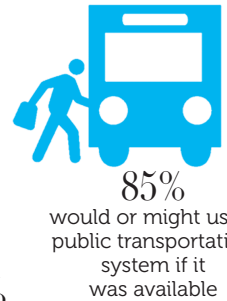
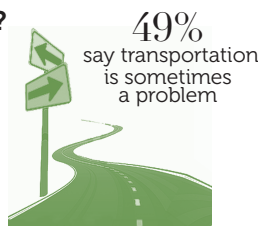
With most of PEC's businesses, medical services and recreation located in and around the centres of Picton, Wellington and Bloomfield, and people living up to 20 kms away from the nearest grocery store, GETTING AROUND was identified in the 2013 Vital Signs Report as a challenge for many. Difficulties with transportation can result in obstacles to employment, food security, education, social engagement and more.

What's Happening in the community?

A Transportation Survey completed by 620 County residents

yielded data on:

- how residents get around
- what difficulties they face getting around
- the demand for expanded public transit
- a lack of awareness of the existing services available for public transportation.



Other Projects & Actions since publication of The 2013 Vital Signs Report

A One-Stop Directory for transportation options from PEC to regional destinations. The Working Group is participating in the development of an easy-to-use website to access the transportation information that people need to reach their destination, or connect with other services.

Expanded Service from Existing Providers

Quinte Access, a specialized transit service for seniors and people with limited mobility, and Deseronto Transit are working together to revise and expand their services. They are collaborating around complementary routes and usage.

A Change of Municipal Policy

PEC Municipal Council responded to the Working Group's request and deputation and has approved intercity pick up and drop off by Deseronto Transit within the County. This has increased and enhanced service to residents at no additional cost to the County.

Discussions With Other Rural Transit Providers

Working Group members held fact-finding talks with senior management at North Hastings integrated transit system (TROUT) and Bancroft Community Transit to learn about their operations. They are continuing to research other models.



Deseronto Transit scheduled routes service PEC-Belleville-PEC.



Quinte Access door-to-door service for seniors & those with limited mobility.



PEC's three private taxi companies are used regularly by social service agencies here.



Volunteer drivers work with many organisations, including Prince Edward County Community Care for Seniors Association which offers an escorted transportation program.



People share rides, relying on friends and family. Some cycle when possible and walk when there is no other option. If a trip is not essential and too far to walk, many people stay home.

Care to Help?

Contact CCF to donate and/or share your ideas with the Getting Around Working Group.

Food Security

10.6%
of individuals in HPE over the age of 12 experience some level of food insecurity
CCHS Dec. 2013

The Vital Signs Food Security Working Group is a collaboration of more than 20 diverse and experienced local organisations, volunteer groups and individuals.

The Storehouse Food Bank in Wellington serving the western County, Picton United Church County Food Bank, the Salvation Army and St. Gregory's Church St. Vincent de Paul Committee food bank are always kept busy.

The Working Group's Vision

For PEC to be a place where everyone has the means and knowledge to access good healthy food in a supported way.

The Working Group's Key Project

To develop a system that helps to make this a reality in Prince Edward County.

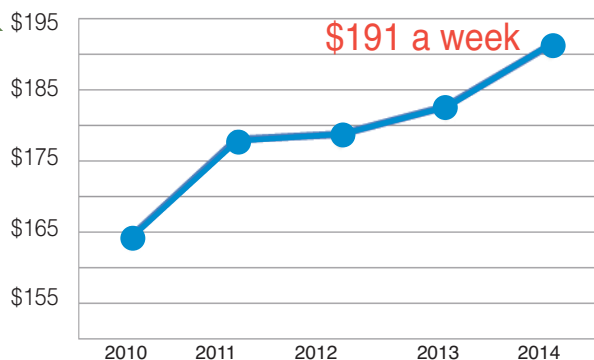
WHO can't afford healthy food?

Hunger, food insecurity, poverty can happen to anyone. Over half the food insecure households in Ontario relied on employment wages as their main source of income. Even when you're working, factors like part-time employment, minimum wage, lack of benefits and uncertain working conditions make it hard to meet basic needs.

WHY can't they afford food?

As well as the two main budget items, Rent and Food, income must stretch to cover clothing, school supplies, telephone, eye and dental care, transportation - not to mention unexpected expenses. Food is often the only flexible budget item. So the quantity, or more often the quality, of food on the table is sacrificed

Estimated average weekly cost of the Nutritious Food Basket (NFB) for a family of 4 living in Hastings & PEC



*The Real Cost of Eating Well in Hastings & Prince Edward Counties
Hastings and Prince Edward Counties Health Unit*

TACKLING FOOD INSECURITY

SUPPORT | EDUCATE | CHANGE

Volunteers, community organisations and government agencies working together form a powerful network for support, education and change. Results increase dramatically when efforts are integrated and coordinated.



Food For Learning

a committee of The Hastings and Prince Edward Learning Foundation, believes every child has the right to proper nutrition.

Research shows healthy eating impacts a student's ability to learn.

In 2013-14, Food for Learning provided **880,512 meals and snacks**

to help over 10,000 students reach their full learning potential

In 2015, three schools in PEC: Athol-South Marysburgh, CML Snider and Pinecrest Memorial received additional funds to enhance the programs offered for food and equipment.

FOOD ACCESS GUIDE

Local focus groups and the Working Group reports show many people in need simply do not know about existing food programs, affordable & free food sources.

To address this, the Food Security Network of Hastings & PEC developed an online Food Access Guide that can be found on the Hastings & PE Public Health website. Having it online means it can be easily updated and printed as needed. The Vital Signs Working Group is helping to maintain and promote the guide - they see it as a big step toward achieving their vision and key project.

hpepublichealth.ca

Food Security: THE ABILITY TO ACCESS ADEQUATE QUANTITY AND QUALITY OF HEALTHY FOOD

14.5%
of PEC residents
aged 18-64
are categorized as
low income

NHS 2011

Poverty is the prime factor in food insecurity.

In PEC, distance can be a factor, too. The Food Working Group is researching community food centres and mobile food distribution outside the three main towns, as well as community gardens and community kitchens.



Initiatives like these will be POWERED BY VOLUNTEERS and fundraising. So if you're looking for ways to help, contact CCF to find out about opportunities in **your** neighbourhood!

What's Happening in the community?

<p>fresh for all growing an extra row to supplement food programs freshforall.ca</p>	<p>MEALS ON WHEELS Church Lunches & Suppers FOR ALL</p>	<p>County Wide Salvation Army FOOD BASKETS Picton United Church County Food Bank</p>	<p>Community Gardens Network school grounds town halls public land</p>	<p>young people LET'S COOK The ROC Recreation Outreach Centre theroc.ca</p>	<p>the hub CHILD & FAMILY CENTRE Come to Cook and Take Home a Good Food Box thehubcentre.ca</p>
<p>Food to Share</p>	<p>Food for Learning STUDENT NUTRITION breakfast, lunch, snacks hpedsb.on.ca/ec/food4learning</p>	<p>THE STOREHOUSE FOOD BANK <i>where the help goes far beyond food</i> Prince Edward County Community Care for Seniors Wednesday Luncheons for Seniors communitycareforseniors.org</p>	<p>Community Kitchens For people who want to learn how to prepare economical, nutritious meals ... or who just need a kitchen!</p>	<p>FOOD NOT BOMBS free suppers in the park, indoors in winter facebook.com/foodnotbombspec</p>	
<p>the GOOD FOOD BOX odoquinte.com</p>					

freshforall

A community campaign to boost universal access to healthy food.

Fresh For All is a community of gardeners, businesses, organisations and individuals working together to share fresh food.

Whether you're an avid gardener or a novice grower you can participate.

Grow Fresh Food, Share Fresh Food.
freshforall.ca



COMMUNITY GARDENS ... not just for cities!

67% support the proposal for them in PEC.
HPE Healthy Communities Partnership 2013 Situational Assessment

Community Garden veteran, councillor Lenny Epstein says they nurture a sense of community as well as healthy produce. Picton Library and others are ready to donate seeds and materials. People who want to help are ready to dig, and councillor Kevin Gale believes ... "If we build it, they will come."

Storehouse Food Bank president, Linda Downey, with farmer Bill Johnston, one of dozens of growers committed to "grow-a-row" for **fresh for all** for food banks and food programs.

FOOD TO SHARE

is an Awesome Foundation grant winning idea. It aims to stretch the season for fresh produce going to food banks by encouraging volunteer groups to preserve or freeze surplus fruit & vegetables, and even turn them into frozen ready meals. Picking, prepping, preserving the best of County fresh food to last throughout the year.



To help build healthy eating habits with the children of PEC, The Hub Family & Child Centre's **Children's Garden** will teach children and families skills needed to grow and prepare fresh, healthy food. It will supply fresh produce for Hub programs, too. It's practical, exciting outdoor learning that will have lasting value. **thehubcentre.ca**

Care to Help?
Contact CCF to donate and/or share your ideas with the Food Security Working Group.



Community Kitchens provide a welcoming space, equipment and food prep skills training to help make healthy food a reality for all.

Learning

14.9%

of PEC population aged 25-64 have no certificates, diplomas or degrees
NHS 2011

The Vital Signs Learning Working Group is made up of 17 organisations involved with children, youth and adults and their educational needs.

The Working Group's Vision

To create a community culture that embraces learning and personal development and enables everyone to reach their potential

School readiness and Grade 3 EQAO reading proficiency scores are cited as indicators of future academic success.

Standard for Reading (2013/14)
HPEDSB **61%** vs Ontario **70%**

Studies show that *third-graders who lack proficiency in reading* are 4 times more likely to become high school dropouts.

2014 High School Graduation Rates

PROVINCE OF ONTARIO

76% completed in 4 years
(84% in 5 yrs)



HPE DISTRICT SCHOOL BOARD

64% completed in 4 years
(74% in 5 yrs)



It should be noted that "graduation" is based on 30 credits. Students in alternative and specialized programs designed to meet their particular needs receive a "certificate of achievement," which is not included in the count of graduates.

What's Happening in the community?

The Youth Engagement Survey

What was the rationale?

One factor integral to successful high school completion is the 'engagement' of youth both in their education and in their community. In addition, research indicates that the presence of caring adults is a key requirement to supporting youth in reaching their goals. Based on this research evidence, the Vital Signs Learning Working Group developed a Youth Engagement Survey to be implemented by community partners to determine the levels of engagement based on the perceptions of youth of their:

- County
- Involvement in the Community
- Access to Caring Adults.



Who conducted the survey?

7 local organisations: PE Learning Centre, Libraries of PEC, Prince Edward Collegiate Institute, The ROC (Recreation Outreach Centre), PELA CFDC, Community Living PE, and Babies & Beyond (with the help of the Family Health Unit)

Who participated?

210 young people (average age 16) completed the survey.

Tellingly, one of the young people said she was astonished to have been asked how she felt about *anything*.

Here's a brief summary of aggregated responses

What do you like best about living in the County?

Over 50% enjoyed the County's special sense of place.



What do you like least about living in the County?

44% indicated lack of facilities, transportation and cost.



Do you feel part of this community?

43% felt left out of the community sometimes, often or always.



Do you have adults that you can go to for help or just to talk to?

36% felt they had little support from adults in their community.



Loyalist College's new One Year Workplace Arts & Science Ontario College Certificate program is a great incentive for high school and mature students to earn their Ontario Secondary School Diploma.

Responding to the needs of local youth, it now offers academic study and workplace learning to broaden knowledge and develop career-specific skills from Construction Renovation and Mechanical Techniques to Journalism and Esthetics and Spa Management.

ontariocolleges.ca, program code GASW.



Why DON'T teens complete their education?

"For many reasons, including family breakdown, housing difficulties, illness, struggles with other students, anxiety, making mistakes, getting in trouble with the law. I see students of all ages who have not felt strong academically complete work with A's.

It's thrilling to watch as the world opens up for adult students, and they make plans to go to college." *Kathy Kennedy, PE Learning Centre.*

**"Dropping out is more of a process than an event ...
... a process that for some students begins in early elementary school."**
Beverly Bell-Rowbotham

Low EDI*
can affect a
child's ability to
reach his/her
full potential

*Early
Development
Instrument

The Working Group's Key Project

To improve the Ontario Secondary
School Diploma completion rate
in Prince Edward County.

Why does it matter?

Facts from the Canadian Council on Learning's report on

The Cost of Dropping Out of High School.

LABOUR & EMPLOYMENT:

Students who drop out have an income loss of more than \$100K. in their lifetime, compared to those with diplomas. Early leavers have a significantly higher rate of unemployment or under-employment.

SOCIAL ASSISTANCE:

Estimated average public cost of \$4K. a year per student who drops out.

CRIME:

Students who drop out are overly represented in the prison population.

HEALTH:

Students who drop out have the expectation of fewer years at a reasonable quality of life. Combined morbidity/mortality costs = more than \$8K. a year.

How does it happen?

There are a significant number of variables, which include:

SOCIAL FACTORS: poverty, food insecurity, inadequate housing, unemployment, single-parent households.

IN RURAL COMMUNITIES: transportation, as when youth must travel long distances to go to school or leave home to attend school.

LOW EDUCATIONAL EXPECTATIONS: about youth at school, home and in the community.

ASSUMPTION OF ADULT ROLES: pregnancy and child-rearing responsibilities. (PEC 8.1% vs Ontario 3% teen pregnancy *CHL*)

SCHOOL SUSPENSIONS: HPEDSB 7.6% vs Ontario 3.2% (2012/13)

Great things are happening at The ROC:



Since 2000, ROC (Recreation Outreach Centre) has been working with children and youth in Prince Edward County, promoting health and well-being. With its enriched physical activities, recreation programs, creative arts and mentorship, ROC boasts a barrier-free policy and offers regular programs in school, after school and evenings that are FREE to participants.

Addressing a need identified in the 2013 VS Report, ROC introduce **GUY TIME** in 2014.

A 6-week mentoring program for all boys in grades 7 & 8. Its objective is to build self-esteem and confidence through activities and conversations surrounding lifestyle choices, relationships, and by creating a sense of belonging in their school and larger community, with an additional focus on mental health and mitigation of risk factors in male youth.



GUY TIME

SAFE PLACES & SPACES

is a proposal to identify and engage youth at risk of leaving school and involve them in activities based on existing proven programs.

The concept is to develop a multi-services network of existing and potential educational providers, social service agencies and businesses to engage, encourage and support youth to reach their potential, and at least to graduate high school.

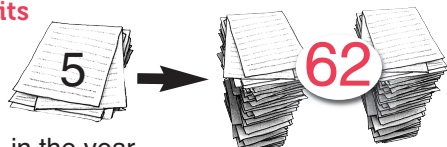
Initiatives could also be used to re-engage 'early leavers' and encourage them to continue their education or engage in workplace learning opportunities.

The Safe Places & Spaces proposal led to a successful grant application to develop this concept in readiness for implementation.

Great things are happening at PELC:

- A Vital Signs supported survey revealed 20 PELC clients were parenting 18 children and new programs are being developed in response.
- PELC's Hospitality Training program is tailored to PEC's booming culinary & tourism industry.
- Getting around can hinder education. PELC knew it could help, and as a member of the Learning Working Group, in the year following the 2013 Vital Signs Report, the organisation doubled the number of PELC learners registered with correspondence courses - and those students earned a dramatically increased number of credits.

**Number of Credits
Earned by
PELC Learners**
via correspondence
courses.



in the year
2012/13

in the first 7 months of 2014!
PELC is making a difference

Sources Cited for the Progress Report

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- The Real Cost of Eating Well in Hastings and Prince Edward Counties*. 2014. Hastings and Prince Edward Counties Health Unit

Care to Help?

Contact CCF to donate and/or share your ideas with
the Learning Working Group.

To find contact information for these Working Group Member Organisations
please visit www.countycommunityfoundation.ca

GETTING AROUND

Career Edge
County of Prince Edward, Community Development Dept.
Community Living Prince Edward
Cronkie's Cab Company
Deseronto Transit
East Central Ontario Training Board
Healthy Communities Partnership
Hastings Prince Edward Public Health
Loyalist College
Ontario Disability Support Program
Prince Edward District Women's Institute
Prince Edward Community Care for Seniors Association
Prince Edward Lennox & Addington Social Services
Quinte Access Transportation
Quinte YFC/Youth Unlimited
The County Community Foundation
The ROC (Recreation Outreach Centre)
United Way Quinte

LEARNING

Alternatives for Women
Career Edge
Community Living Prince Edward
County Innovation Group
County of Prince Edward Public Library
East Central Ontario Training Board
Hastings and Prince Edward District School Board
HPE Children and Youth Services Network
John Howard Society Quantum Program
Loyalist College
Prince Edward Lennox & Addington Community Futures Development Corporation
Prince Edward Collegiate Institute
Prince Edward Family Health Team
Prince Edward Learning Centre
The County Community Foundation
The Hub Child and Family Centre
The ROC (Recreation Outreach Centre)
Youthab

FOOD SECURITY

Community Development Council of Quinte
County of Prince Edward, Community Development Dept.
Hastings and Prince Edward Learning Foundation
Healthy Communities Partnership
Hastings Prince Edward Children & Youth Services Network
Hastings Prince Edward Public Health
Mental Health Support Network
Prince Edward Family Health Team
Prince Edward County Chamber of Tourism & Commerce
Prince Edward County Master Gardeners
Prince Edward District Women's Institute
Prince Edward Lennox & Addington Social Services
Picton Business Improvement Association
Picton United Church County Food Bank
Salvation Army
St. Gregory's Church - St. Vincent de Paul Committee
Slow Food
The County Community Foundation
The Hub Child and Family Centre
The ROC (Recreation Outreach Centre)
The Storehouse Foodbank
United Way Quinte
Wellington United Church

... and other dedicated community members and officials who donate time, energy and ideas to the concept of food security in Prince Edward County.

SOME WAYS YOU CAN HELP

there are so many ways ...
... here are suggestions to get you started

DONATE • VOLUNTEER • ACT

DIG IN!

Help grow & harvest the Children's Garden at
the Hub Child and Family Centre
www.thehubcentre.ca

TUTOR!

Be a literacy tutor for adults at PE Learning Centre.
www.princeedwardlearningcentre.com

DRIVE!

Be a volunteer driver for Prince Edward
Community Care for Seniors
www.communitycareforseniors.org

GIVE!

Share a little time, food or money with local
food and youth programs, for example
www.freshforall.ca
www.theroc.ca