

A Vibrant Communities - Tamarack Institute Webinar

MONITORING HAPPINESS AND COMMUNITY WELL-BEING

With Oksana Kishchuk and Richard Jenkins



Gratitude & Acknowledgement

We begin this workshop by acknowledging that we are meeting on Indigenous land. For those of us who are settlers, we are grateful for the opportunity to meet and we thank all the generations of Indigenous peoples who have taken care of this land.

This recognition of the contributions and historic importance of Indigenous peoples must be clearly and overtly connected to our collective commitment to make the promise and the challenge of Truth and Reconciliation real in our communities.

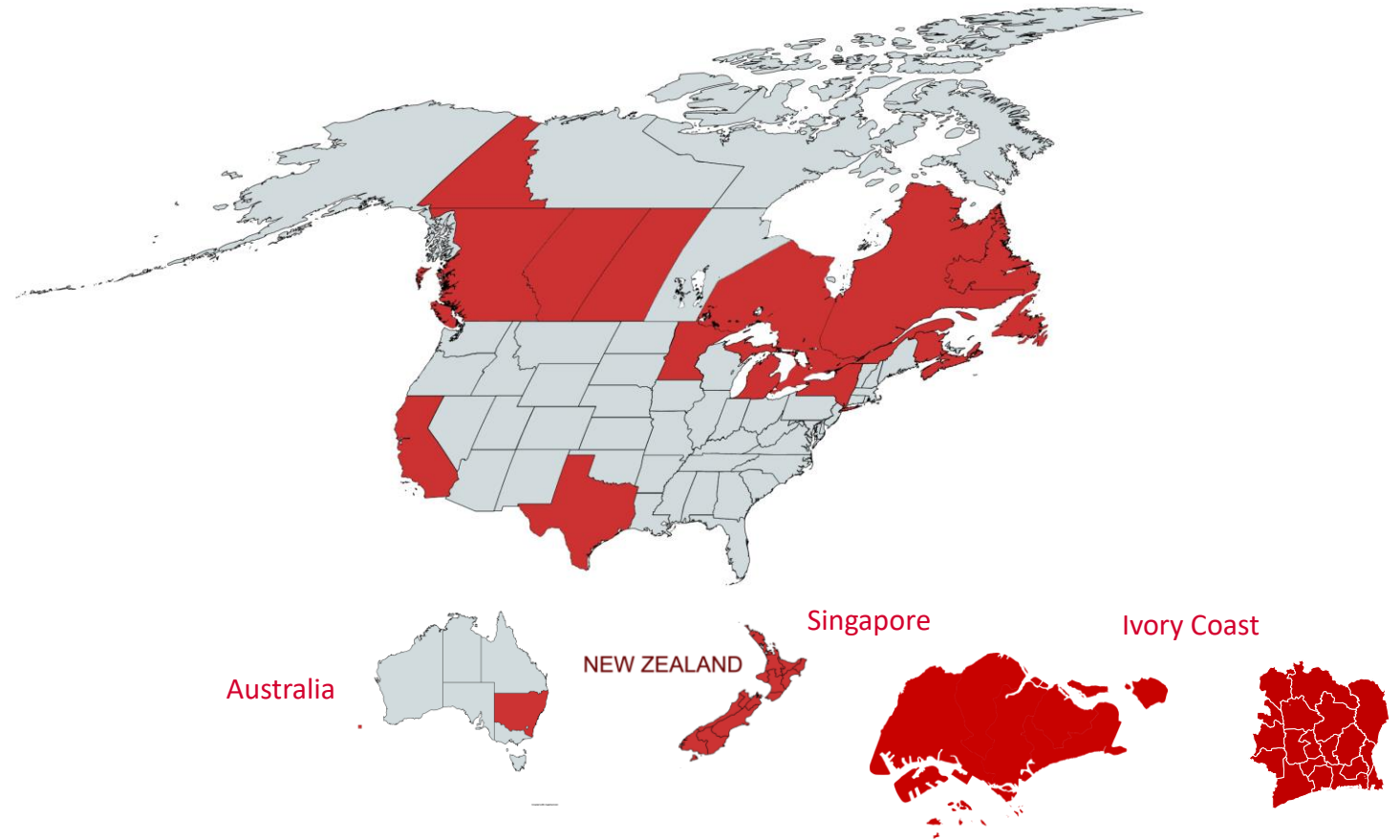
Who's in the Room?

147 Registered learners from Yukon, British Columbia, Alberta, Saskatchewan, Ontario, Quebec, New Brunswick, Newfoundland and Nova Scotia.

International learners: Minnesota, Michigan, Illinois, Texas, New York.
Australia, New Zealand, Singapore and Ivory Coast

Sectors

- Academic
- Not for Profit
- Foundations
- Municipalities
- Provincial / State Government
- Health Care
- Public Health
- Faith based groups





Oksana Kishchuk

Consultant - Abacus Data



Richard Jenkins

Public Sector Research Lead - Abacus Data

The Happiness Monitor

how and why we measure happiness and what
it means for communities

Oksana Kishchuk & Dr. Richard Jenkins



A background image showing several hands holding various autumn leaves in shades of yellow, orange, and red against a dark, blurred background. The text is overlaid on this image.

HOW DO WE MEASURE HAPPINESS?

PREDICTORS OF HAPPINESS

WHAT CAN HAPPINESS INDICATE?

WHY WERE WE INTERESTED IN HAPPINESS?

HOW DO WE MEASURE IT?

8 QUESTIONS – ONE 10 POINT SCALE HAPPINESS QUESTION AND 7 STATEMENTS ON KEY DRIVERS

On a scale from 0 to 10, where 0 is miserable and 10 and extremely happy, how happy are you right now?

I am living life to the fullest

I wake up most mornings excited about what the day will bring

I am very optimistic about the future

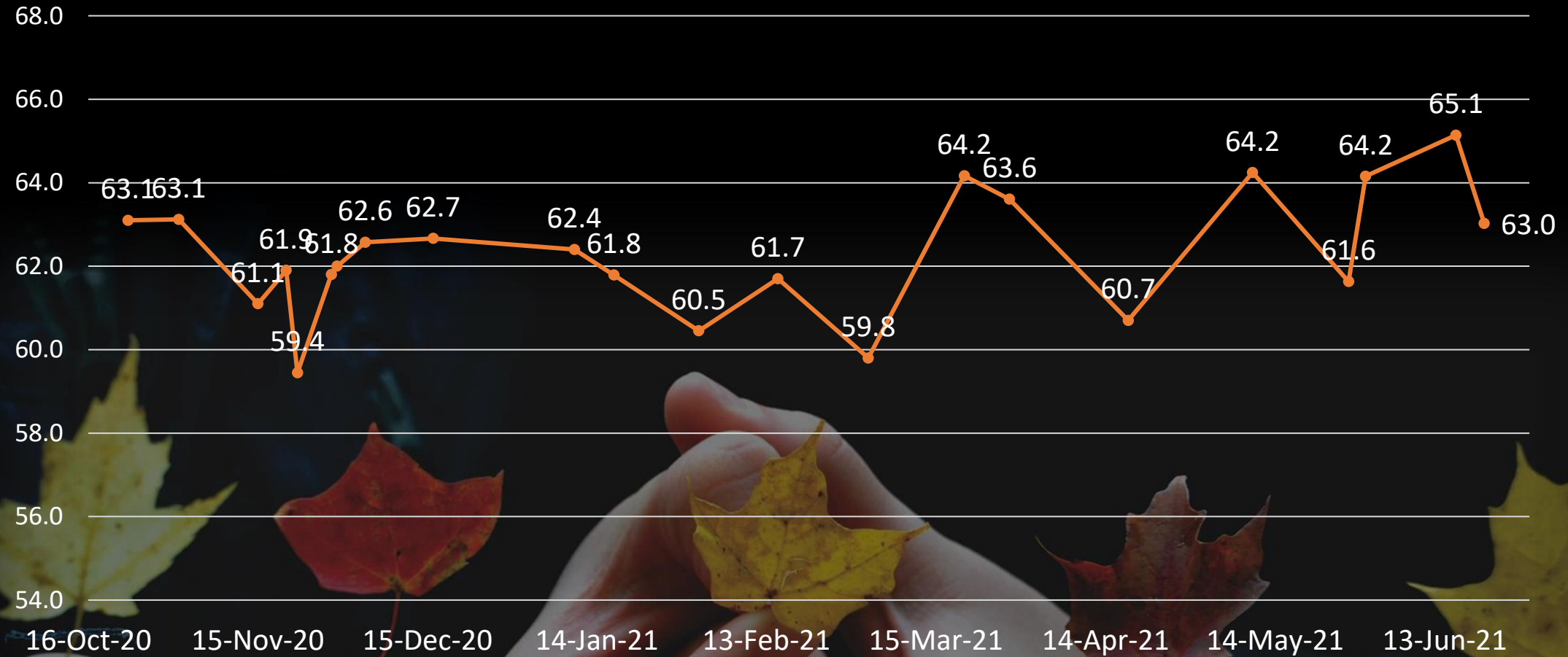
Life is very rewarding

I am fulfilled by my relationships with others

I am not happy with the state of the world

I haven't achieved as much in life as I thought I would by now

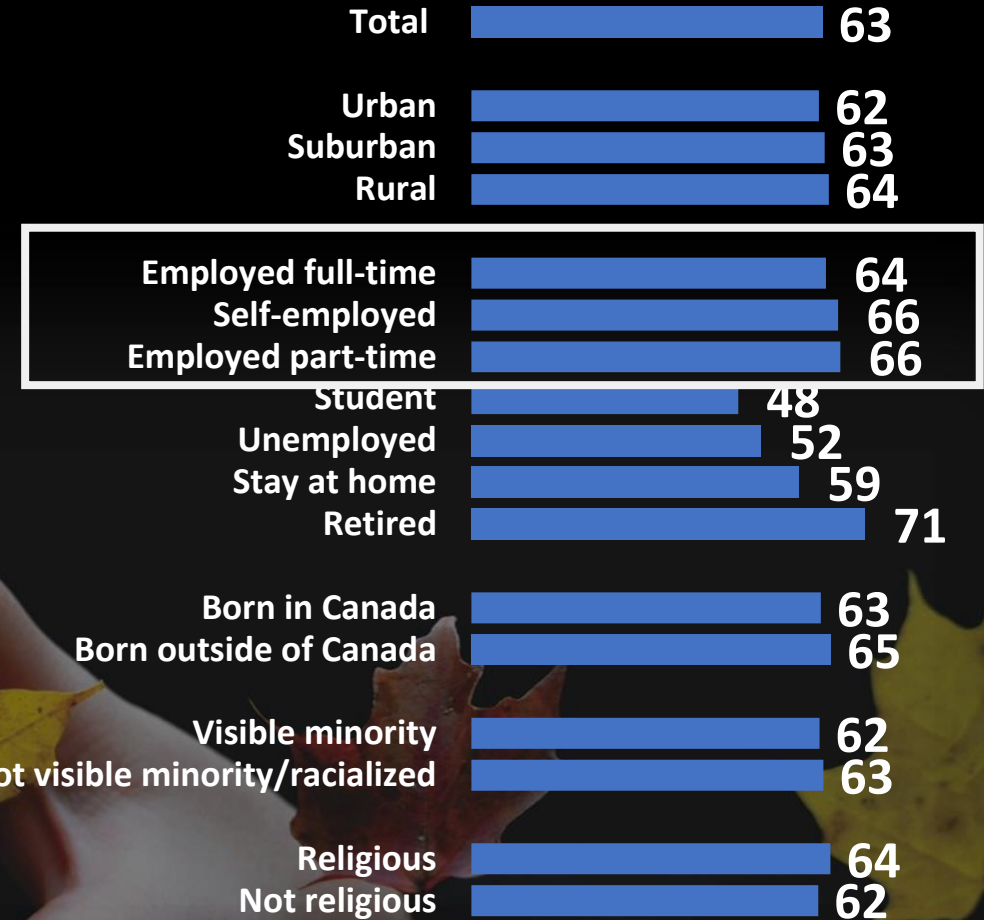
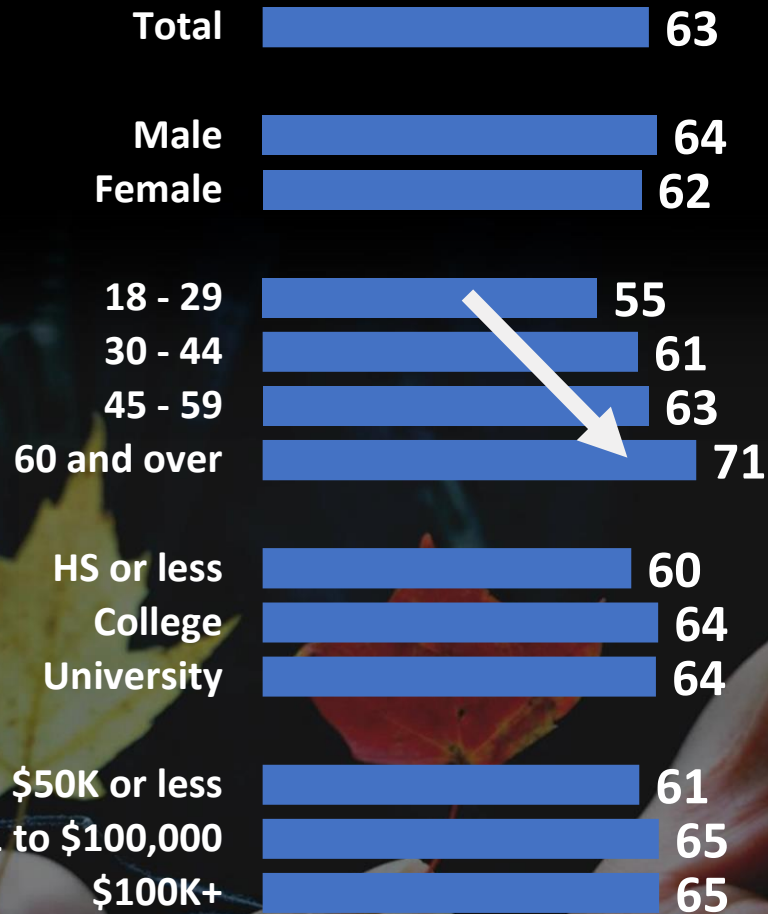
TRACKING HAPPINESS



On a scale from 0 to 10, where 0 is miserable and 10 and extremely happy, how happy are you right now? Converted to a score from 0 to 100

THE DEMOGRAPHICS OF HAPPINESS

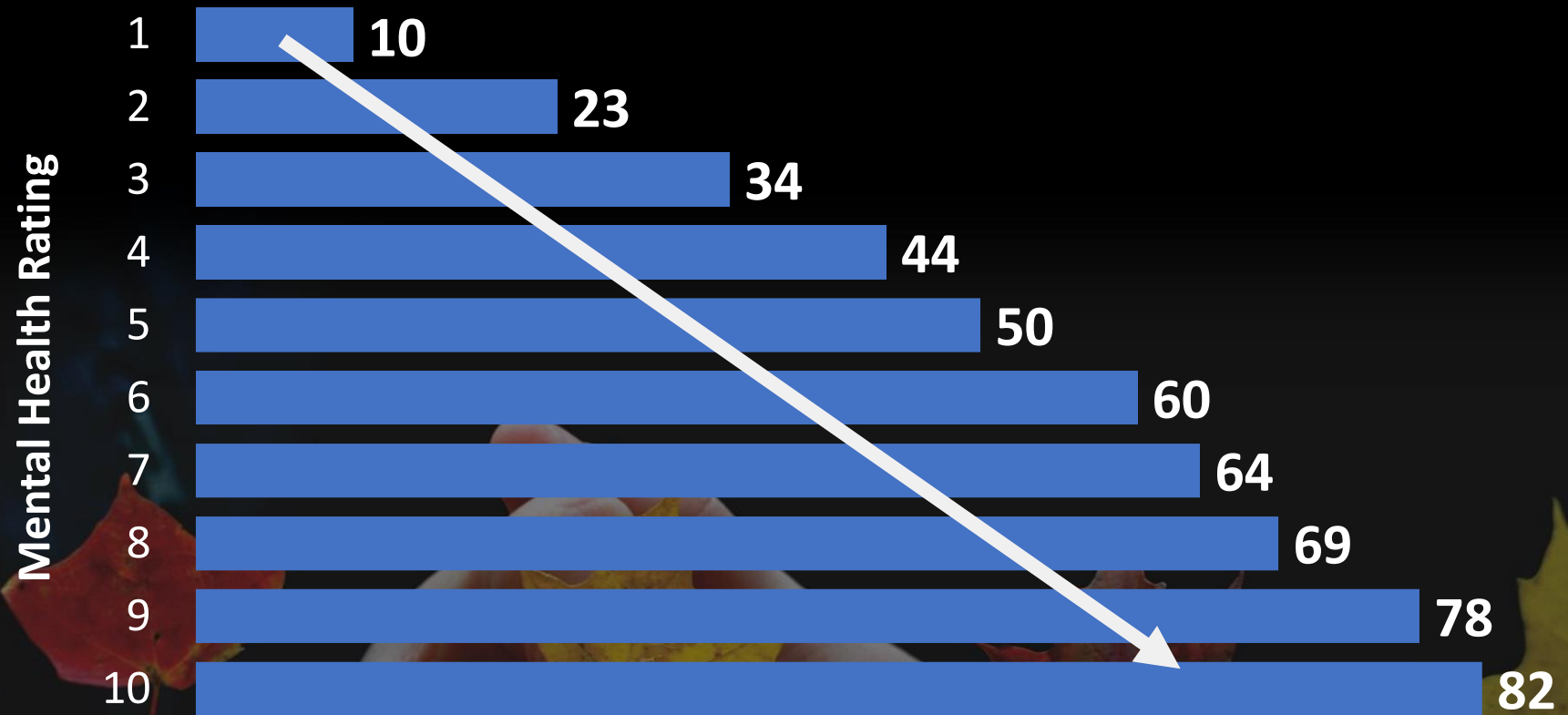
June 18-21, 2021



On a scale from 0 to 10, where 0 is miserable and 10 and extremely happy, how happy are you right now? Converted to a score from 0 to 100

HAPPINESS AND MENTAL HEALTH

November 2020



Mean happiness out of 100

On a scale of 1 to 10, how would you rate your mental health, right now?

HAPPINESS AND MENTAL HEALTH

November 2020

Total



61.1

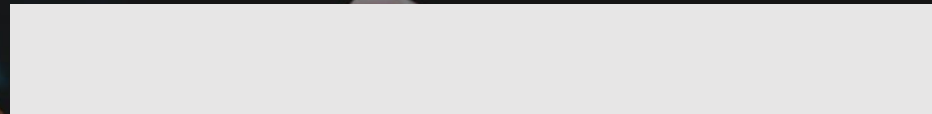
“I can easily navigate situations where I feel stressed or anxious”

All the time



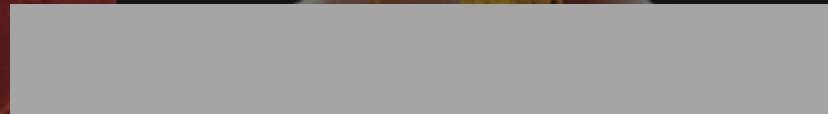
71.6

Some of the time



58.6

Not often



52.0

Not at all



53.9

Would you say the following describe you... “I can easily navigate situations where I feel stressed or anxious”

HAPPINESS AND VIEWS ON THE PANDEMIC

June & April 2021

April 2021

Total



63

60.5

“Which of the following best describe your view about the coronavirus outbreak?”

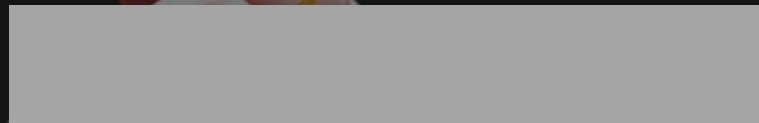
The worst is behind us now



66.5

66.8

The worst is still to come



61.9

58.5

I'm not sure at this point



54.3

59.4

HAPPINESS AND VACCINATION STATUS

June 2021

Total



63

“Which of the following best describes your position on taking a COVID-19 vaccine?”

Already have had at least one shot



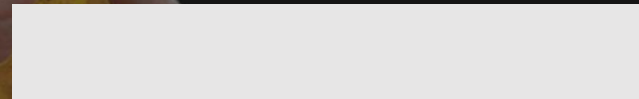
64

Will take it as soon as available to me



61.7

Would prefer to wait a bit before taking it



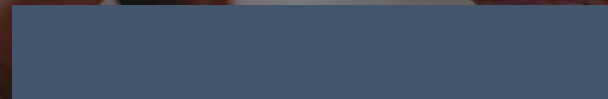
61.7

Prefer not to take it but could be
persuaded to



56.1

Will not take it under any circumstances



59.0

HAPPINESS AND COMMUNITY

January 2021

Total

59.5

“And since the pandemic began would you say that you have felt...”

More connected to both

67.7

More connected to your own community (your friends, family, support network) but more disconnected to your wider community

65.0

More disconnected from your own community (your friends, family, support network) but more connected to your wider community

58.0

More disconnected from both

57.1

A silhouette of a group of people walking along the crest of a dark hill against a sunset sky. The word "QUESTIONS?" is written in large white letters across the middle of the image, partially overlapping the silhouettes of the people.

QUESTIONS?

Closing Announcements

Cities Deepening Community

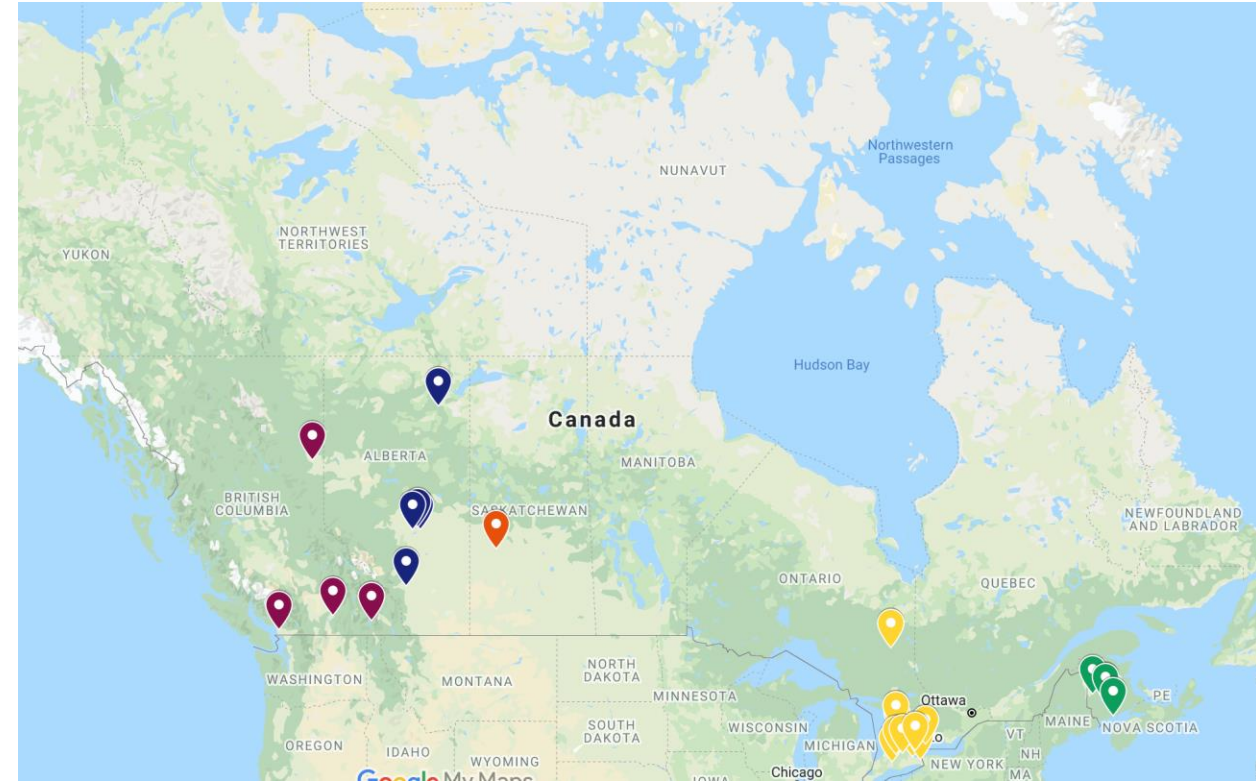
Cities Deepening Community has been working with communities and organizations across Canada and internationally since 2016.

We are building a vibrant network of communities that are committed to strengthening neighbourhoods and **fostering positive community change through resident-led action.**

We support communities to: increase a sense of belonging, citizenship, resilience, well-being while also fostering community security and strengthening local economies.

How we support:

- Community of practices
- Webinars
- Events,
- Publications
- Providing members with specialized coaching.



Community Building Webinars

Equip yourself for **Community Change** by
joining us for free community building webinars
and live podcasts

View our community building webinars:

<https://www.tamarackcommunity.ca/eventlisting#webinars>



RECONNECT!

MAKING COMMUNITY ESSENTIAL

LIVE ONLINE OCTOBER 6 & 7, 2021

<https://www.tamarackcommunity.ca/citiesdeepeningcommunity>

The background of the slide features a silhouette of a group of people walking along the crest of a hill against a soft, hazy sunset sky. The figures are spaced out, moving from left to right across the horizon line.

THANK YOU

Please send your questions, comments and feedback
to dan@tamarackcommunity.ca