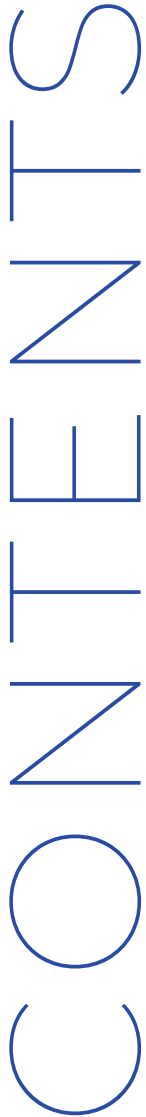


Catholic Charities Archdiocese of Toronto **Environmental Scan**

2025



Table of Contents



01.

Executive Summary

14.

Introduction

18.

Low Income and Food Insecurity

22.

Education and Employment

28.

Housing and Homelessness

35.

Health, Mental Health and Addiction

40.

Newcomers and Immigration

48.

Community and Belonging

52.

Age: Children and Youth, and Seniors

60.

Environment

64.

Appendix

68.

Works Cited

Catholic Charities of the Archdiocese of Toronto commissioned the Centre for Organizational Effectiveness to produce environmental scan reports for each of the regions of the Archdiocese of Toronto to assist in the strategic plan development of Catholic Charities. Anchored by Catholic Social Teachings, which provides the shared understanding of how faith engages with the world, these documents provide a current overview of the people in the Archdiocese of Toronto.

The Social Determinants of Health review include:

- Low Income and Food Insecurity
- Education and Employment
- Housing and Homelessness
- Health, Mental Health, and Addiction
- Newcomers and Immigration
- Community and Belonging: Civic Engagement, Recreation, Racism, Crime & Violence
- Age: Children and Youth, and Seniors
- Environment

We invite member agencies, parishes and partners to review to review the information through an open heart, inviting the Holy Spirit to enter into the journey of discerning how your gifts, and your resources can continue to support the people of Toronto in living life abundantly (Jn. 10:10).

COMMUNITY CHARACTERISTICS: DATA HIGHLIGHTS

East Region includes Durham Region excluding Clarington and includes Georgina which is part of York Region. Where available, Statistics Canada census data is combined to provide as full a picture as possible of the population in the area. Canadian Community Health Survey data and Ontario Marginalization Index data is available for Durham Health Region.



Indicates that the stat for the region is higher than Ontario







Indicates that the stat for the region is the same as Ontario



Indicates that the stat for the region is lower than Ontario

i. World Health Organization, "Closing the gap in a generation"

SDOH Area	East Region Highlights (Durham Region, and Georgina)	Compared to Ontario
Low Income (based on After-Tax Low Income Cut Off – After-Tax LICO)	<p>3.1% live with low income in 2020; 2.9% of children and youth age 0 to 17 live with low income.</p> <p>1.8% of adults age 65 and older live with low income.</p> <p>14% of families fall in the bottom 20% of income compared to families across Canada.</p>	
Food Insecurity	<p>16% of Durham Region households and 15% of individuals were food insecure in 2022.</p>	
Employment and Education	<p>65% of the population age 15 and older was working or looking for work in 2021 (participation rate)</p> <p>The unemployment rate was 13%.</p> <p>8% of the population age 25 to 64 has not obtained a high school certificate, diploma or degree.</p>	
Housing and Homelessness	<p>21% of dwelling are rented.</p> <p>41% of tenants live in unaffordable housing.</p> <p>28% of tenants live in core housing need – their housing may be unaffordable, overcrowded and/or in need of major repair and they cannot afford to move.</p>	

SDOH Area	Toronto Highlights	Compared to Ontario
Health	62% of residents age 12 and older report having very good or excellent health, fewer than previous	
Mental Health and Addiction	61% of residents age 12 and older report having very good or excellent mental health, lower than previous 18% of residents report heavy drinking at least once a month.	 
Newcomers and Immigration	29% is immigrant or non-permanent resident 38% identify as a visible minority.	 
Belonging	71% report having a strong sense of belonging to their local community.	
Age	24% of the population are under age 20 in 2021. This is projected to decrease slightly to 23% by 2034. 16% are age 65+. This is projected to increase to 19% by 2034.	 

SUMMARY OF AREAS WITH HIGHEST MARGINALIZATION

The following table summarizes analysis of the Ontario Marginalization (ON-Marg) Index maps produced by Public Health Ontario. These maps are based on Statistics Canada 2021 data. The ON-Marg shows differences in marginalization within a region. ON-Marg applies to areas, not individual people. The maps in this report show patterns of marginalization at the Dissemination Area (DA) level. A DA is a small, relatively stable geographic unit composed of one or more adjacent blocks with an average population of 400 to 700 people. The maps can be used to help identify areas that may need more resources or supports.

Durham Region has developed a Health Neighbourhoods in Durham Region interactive mapping tool. This tool may be used to complement the information in this report (<https://geoapps.durham.ca/Viewer/index.html?viewer=HealthNeighbourhoods>). This mapping tool shows how socio-demographics, general health, child health and health behaviours compare within the Region.

Public Health Ontario marginalization maps were cross-referenced with Durham Region's Health Neighbourhoods mapping tool to identify neighbourhoods with highest marginalization for each of the social determinants of health dimensions.

In Durham Region, areas with highest marginalization can be found throughout Oshawa, Ajax Northwest and Downtown Ajax, Brooklin West in Whitby.

Marginalization Dimension	Highest Marginalization
Material Resources – this relates closely to poverty and refers to the inability of individuals and communities to access and attain basic material needs relating to food, housing, clothing and education.	<ul style="list-style-type: none">• Highest marginalization for material resources can be found in urban neighbourhoods including:• Neighbourhoods through the centre of Oshawa• Whitby including areas around Whitby Brock North, parts of Brooklin West• Ajax Northwest• Neighbourhood in Pickering
Racialized and Newcomer Populations – this relates to area-level concentrations of people who are recent immigrants and/or visible minority populations. These areas may experience high levels of racialization and xenophobia.	<p>High concentrations of newcomers and racialized populations can be found:</p> <ul style="list-style-type: none">• Ajax Northwest, Ajax Northeast, Central Ajax, Downtown Ajax, parts of Carruthers• City Centre Pickering, Brockridge, Southpark• Oshawa Northwest, south section of Oshawa Northeast spilling into a section of Beatrice North and Grandview North• Williamsburg Whitby, Brooklin West, Cochrane South

Marginalization Dimension

Age and Labour Force – this measure relates to the impacts of disability and dependence. It refers to area-level concentrations of people without income from employment including children, older adults, adults whose work is not compensated and/or those unable to work due to disability. It may also be connected to the economic vitality of the community and the ways that infrastructure and resources are allocated.

Households and Dwellings – this measure relates to family and neighbourhood stability and cohesiveness. Stable neighbourhoods promote cohesive communities which provide a positive, socially supportive environment that promotes resiliency, mental health and wellbeing.



Highest Marginalization

Areas with high concentrations of people without income from employment are found throughout the Region:

- Beaverton area
- Port Perry, Scugog
- Uxbridge
- Pockets in Oshawa including Stevenson North, Beatrice South, Grandview South
- Ajax Waterfront
- Pickering City Centre

Areas where there may be less family and neighbourhood stability and cohesiveness include:

- Downtown Whitby, Manning, Dryden Anderson, parts of Brooklin West
- Ajax Waterfront, Downtown Ajax
- Downtown Oshawa, Gibb West, south corner of Oshawa Northwest, parts of Beatrice North and South, parts of Lakeview
- Port Perry



ACTIONABLE IDEAS BY SDOH

There are many parish social ministries with a pastoral lens across the Toronto region and Catholic Charities funded organizations that are already providing services within each SDOH. Following are some examples of social actions for consideration as well as examples of work being done. Where partnerships are possible, they are encouraged in order to have greater collective impact. The list of agencies supported by Catholic Charities is found following this table.

SDOH	Short Term Doable Action (1-2 years) Options	Long Term Action (3-5 years) Options
Low Income & Food Insecurity	<p>Volunteer within the St. Vincent de Paul program in your parish</p> <p>Within the network of food programs, determine the gaps and develop a food program for marginalized populations</p> <p>Consider being a living wage employer. Paying staff at least \$26.00/hr. (Toronto), \$26.00/hr (Peel Region), \$21.30/hr (Waterloo-Dufferin-Guelph-Wellington), \$26.00/hr (York Region), \$23.05/hr (Simcoe County), \$21.65/hr (Durham)</p> <p>Tap into local food networks, to volunteer in places that address food insecurity</p> <p>Develop a community garden and work with the local network for its distribution</p> <p>Connect with local Catholic Charities funded agencies (see the list below)</p> <p>Coordinate outreach speakers to learn about the work on local agencies Partner with local agencies to run parish-based wellness groups for seniors</p> <p>Coordinate a parish effort to fundraise for meal programs, clothing drives, furniture drives, coats for kids, cribs for kids, and Christmas and easter gifts</p>	<p>Support poverty reduction strategies - such as advocating for policies that address income inequality, improve social safety nets, and promote economic opportunities for all residents. For example, the Toronto Food Policy Council, Toronto Poverty Reduction Strategy</p> <p>Develop a knowledge base about the work of local agencies and make referrals to meal programs, emergency shelter, mental health (211), counselling, groups, supports offered in other languages</p>

SDOH

Education & Employment

Short Term Doable Action (1-2 years) Options

Work with your local Catholic elementary school to:

- Grow community gardens and provide some produce to local food insecurity programs
- Provide a free-tutoring program for students with parishioners/volunteers providing the expertise
- Determine the digital needs of students and create ways to address them (to close the digital gap)
- Provide opportunities for youth and newcomers to gain experience at your workplace

Provide a parish-based binder/bulletin board with job opportunities to encourage parishioners to hire parishioners

As employers, consider ways to provide quality employment

Work with post-secondary schools such as St. Micheal's College to support students living in poverty

Find out what free government employment agencies are in your area and develop a connection to them so that referrals to the agency can be easier

Offer space for education programs such as: parent classes, afterschool programs, and employment clinics

Connect with local Catholic Charities funded agencies (see the list below)

Long Term Action (3-5 years) Options

Continue to advocate for strong, inclusive Catholic education

Work with employment agencies to improve pathways between your organization and employment services

Partner with organization like Sisters of St. Joseph of Toronto to advocate against labour exploitation



SDOH

Short Term Doable Action (1-2 years) Options

Long Term Action (3-5 years) Options

Housing & Homelessness

Link with an organization that supports people experiencing homelessness, and learn ways to support their ministry and refer people to them

Consider whether you can have a tenant (such as a post-secondary student) in your home to alleviate the housing challenges

Volunteer with an organization that supports people experiencing homelessness such as the Felix Centre and Good Shepherd Ministries

Find ways to support young people that may be living alone and whose housing may be at-risk

Refer French speakers to Centre d'Accueil Heritage for supports

Connect with local Catholic Charities funded agencies (see the list below)

Form connections with transitional housing services

Participate and/or coordinate educational opportunities for the community such as Symposium on Homelessness

Build a partnership to innovative solutions such as supporting wrap around care for transition housing

Increase your presence at planning tables focused on addressing homelessness and building supportive and affordable housing



SDOH

Health, Mental Health & Addiction

Short Term Doable Action (1-2 years) Options

Start or continue to promote meditation and centering prayer

Start or continue a health/walking programs in your parish to promote health & well-being

Start or continue to support Alcoholics Anonymous, Substance Abuse Anonymous programs or other related substance use support groups

Connect with local Catholic Charities funded agencies (see the list below)

Volunteers visiting agency clients and /or help with activities and programming

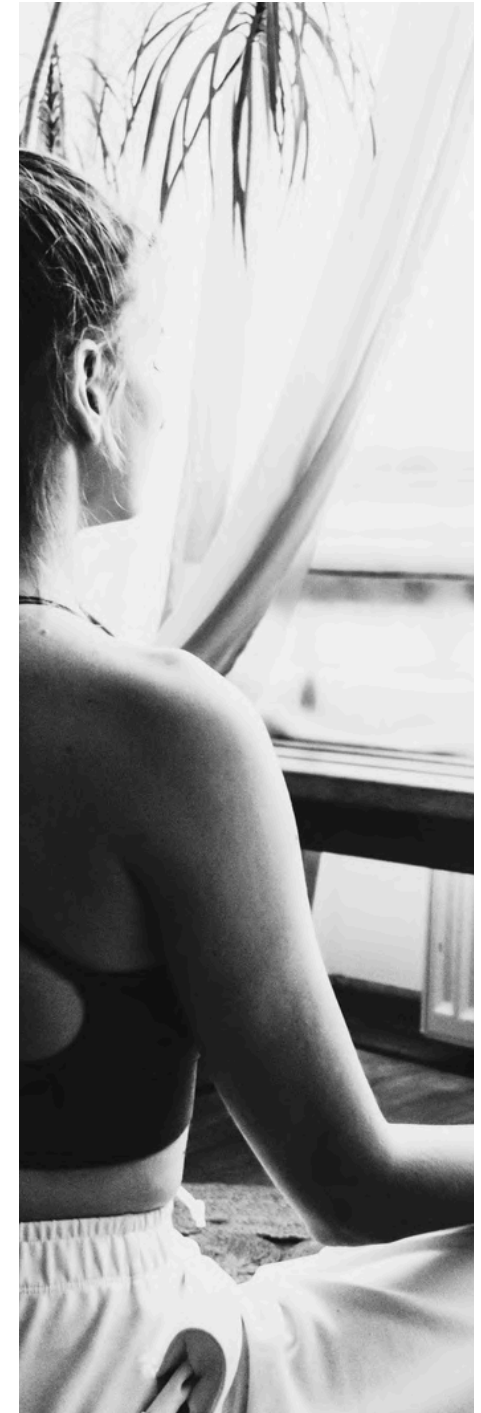
Connect with organizations such as St. Elizabeth Health to learn how to support their work providing end of life care for vulnerable populations

Use parish spaces to offer wellness programs such as exercise classes

Promote activities organized by parishioners, for example, walks/hikes, bike rides, pickle ball

Long Term Action (3-5 years) Options

Consider focusing resources to support the health, mental health, and addiction needs of people (e.g., having counsellors, social workers, parish nurses, training staff on Mental Health First Aid)



SDOH	Short Term Doable Action (1-2 years) Options	Long Term Action (3-5 years) Options
Newcomers & Immigration	<p>Work closely with Office of Refugees Archdiocese of Toronto and other cross cultural service agencies to determine how you/parish can support their work, for example through Refugee Committee work</p> <p>Host conversation circles to increase English language proficiency</p> <p>Partner with agencies such as RCJ Refugee Centre and Becoming Neighbours to host volunteer/ internship mentoring opportunities of newcomers</p> <p>Connect with local Catholic Charities funded agencies (see the list below)</p> <p>Support for connecting individuals served by Catholic Charities funded agencies to various newcomer communities</p>	<p>Continue/develop a plan to sponsor refugees as a parish</p> <p>Develop staff skills to better serve newcomers and immigrants</p> <p>Review hiring practices to ensure inclusive hiring practices are used</p>
Community & Belonging	<p>Continue with your volunteer engagement and develop new strategies to reach and involve younger parishioners</p> <p>Find ways to engage youth and seniors toward community belonging and decreasing isolation, for example hosting seniors' and other wellness group on behalf of Catholic Charities funded agencies</p> <p>Organize potluck dinners with speakers to encourage groups (women, seniors, parents, youth) to come out and meet each other</p> <p>Work with organization such as L'Arche Day break to support inclusivity for persons with disabilities</p> <p>Consider the Truth & Reconciliation Commission and ways in which you can incorporate some recommendations in your life</p> <p>Educate your team and community about the issues of human trafficking</p> <p>Connect with local Catholic Charities funded agencies (see the list below)</p>	<p>Create policies regarding equity, diversity, inclusion and anti-discrimination</p> <p>Consider ways your organization/parish can be involved in the work of anti-human trafficking</p> <p>Develop a plan toward Truth & Reconciliation</p>

SDOH

Short Term Doable Action (1-2 years) Options

Long Term Action (3-5 years) Options

Children & Youth

Consider after school programs for children

Enhance your youth ministry programming and connect with the Office of Catholic Youth

Connect with Covenant House to find best ways to support their ministry

Develop an understanding of the issues facing young parents and ways to support them

Fundraise for programs such as Angel foundations for learning

Connect with local Catholic Charities funded agencies such as Catholic Children's Aid Society of Toronto (see full list below)

Offer use of space for camps, programs, and events hosted by Catholic Charities funded agencies

Promote multigeneration socialization for example "Learn to Crochet" evenings

Youth evening that connects with schools to make blankets for the homeless

Consider a plan to develop daycare programs at the parish

Consider ways to hire a coordinator of youth ministry

Consider ways to serve children and youth in your organization



SDOH	Short Term Doable Action (1-2 years) Options	Long Term Action (3-5 years) Options
Seniors	<p>Social programs for seniors such as knitting clubs, prayer groups, brunches with young adults</p> <p>At-home visiting programs for seniors</p> <p>Connect with local Catholic Charities funded agencies such as Mary Centre, and Silent Voice (see full list below)</p> <p>Partner with local agencies to run parish-based wellness groups for seniors</p> <p>Refer French speakers to Centre d'Accueil Heritage for supports.</p> <p>1-1 or small group supports for seniors with disabilities</p> <p>Plan weekend away religious pilgrimages for seniors in your community</p>	<p>Develop a plan to build long term care homes</p> <p>Work with others toward joint advocacy to improve seniors care and services</p> <p>Consider ways to serve seniors in your organization</p>
Environment	<p>Create green space for your community such as shared garden spaces for young parent families</p> <p>Consider ways to decrease plastic use</p> <p>Develop carpool programs / Take public transit to church</p> <p>Connect with local Catholic Charities funded agencies (see the list below)</p> <p>Make commitments in your parish such as using fairtrade coffee, non-disposable dishes, less paper products, etc.</p>	<p>Develop an environmental sustainability plan to decrease your environmental foot print</p> <p>Partner with organization like Sisters of St. Joseph of Toronto to advocate again climate change and promote environmental justice</p>

CATHOLIC CHARITIES FUNDED AGENCIES

Organization	Website	Phone number
Catholic Children's Aid Society of Toronto	https://torontoccas.org/	416-395-1500
Catholic Community Services of York Region	https://ccsy.org/	905-770-7040
Catholic Crosscultural Services	https://www.cathcrosscultural.org/	416-644-0816
Centre d'Accueil Heritage	https://www.caheritage.org/	416-365-3350
CFS Counselling & Wellness	https://cfssc.ca/	705-726-2503
CFS Durham County	https://www.cfsdurham.com/	905-725-3513 (Oshawa Office)
CFS Peel-Dufferin	https://cfspd.com/	905-450-1608 ext. 112
CFS Toronto	https://www.cfstoronto.com/	416-921-1163 (Central Toronto Office)
Covenant House	https://covenanthousetoronto.ca/	416-598-4898
Houses of Providence - Unity Health	https://unityhealth.to/clinics-services/cardinal-ambrozic-houses-of-providence-long-term-care/	416-285-3742
Journey Home Hospice – Saint Elizabeth Health Care	https://journeyhomehospice.ca/	647-348-4490
Mary Centre	https://www.marycentre.com/	416-630-5533 (Toronto/ York Region Office)
Rosalie Hall	https://www.rosaliehall.com/	416-438-6880
Rose of Sharon	https://roseofsharon.com/	905-853-5514
Society of Sharing	https://societyofsharing.org/	416-413-0380
Silent Voice	https://silentvoice.ca/	416-463-1104
St. Bernadette's Family Resource Centre	http://www.stbernadettesfrc.org/	416-654-9810
St. Michael's Homes	https://www.stmichaelshomes.org/	416-926-8267
Vita Centre	https://vitacentre.org/	905-502-7933

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We invite member agencies, parishes and partners to review the information through an open heart, inviting the Holy Spirit to enter into the journey of discerning how your gifts, and your resources can continue to support the people of Toronto in living life abundantly (Jn. 10:10).

As you likely already know, there are many needs that the people of the East Region experience on a daily basis. Reviewing and understanding the context of these needs can become overwhelming. Where do we begin? What do we focus on? What is our call? Our prayer is that this focused information, inclusive of what others are doing, may provide crucial information in refocusing and prioritizing your social services with a pastoral lens. The world is ever-changing and we are called to respond to its current social needs. Examples of what might be possible within each social determinant of health are provided in the Executive Summary.

We are aware that there is so much good that you, your parish, your region and the Archdiocese are already doing. This gives us hope and energy to forge ahead. The great work of the people of the Archdiocese of Toronto has not yet been capture in this report. In 2024, sessions will be facilitated to review the information in these reports and together add examples of the work the regions are doing.

Pope Francis' often speaks about the social determinant of health: education, employment, environment, working with those that are most marginalized, experiencing

homelessness, refugees and immigrants – his call to solidarity and action is unwavering. It is through this lens that we invite you to prayerfully review the report



SOCIAL DETERMINANTS OF HEALTH – A COMMUNITY PROFILE

The Social Determinants of Health (SDOH) are the conditions in which people are born, grow, live, work, and age, and the wider set of forces and systems shaping the conditions of daily life. These determinants are key factors influencing health outcomes and health disparities among populations. They include various social, economic, environmental, and cultural factors that can either promote or hinder individuals' health and well-being.^[iii]

The Archdiocese of Toronto is divided into 4 regions: Central, East, West, and North. For each of these areas the following Social Determinants of Health were considered:

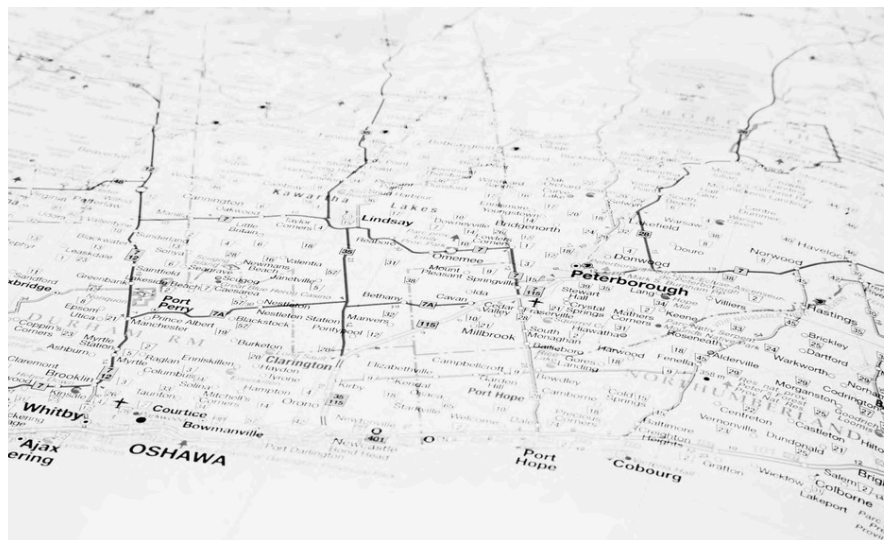
- Low Income and Food Insecurity
- Education and Employment
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- Health, Mental Health, and Addiction
- Newcomers and Immigration
- Community and Belonging: Civic Engagement, Recreation, Racism, Crime & Violence
- Age: Children and Youth, and Seniors
- Environment

iii. World Health Organization, "Closing the gap"

EACH COMMUNITY PROFILE

The East Region Community Profile draws from many different sources to provide readers with an overview of what the East Region looks through the lens of the social determinants of health. The report includes a large amount of information. The goal is not to overwhelm but for readers to feel empowered. To help with this, the document is organized as follows for each social determinants of health area listed above:

1. Community characteristic data from Statistics Canada Census Profile and Public Health Ontario's reporting of the Canadian Community Health Survey.
2. Further contextual understanding based on a summary of community documents reviewed for this project. Sources include Public Health documents, Community Wellbeing resources, United Way, Community Foundations, Municipal government, Social Planning Councils, and Local Immigration Partnerships
3. Reflection questions to discern what is new information, relevant information, and call to action



iv. NEW qtd. in Matheson, F. et. al. Ontario Marginalization Index

It is important to note that this report is not exhaustive. It does not including all of what is occurring within each SDOH area. The information is provided to provide context, relevant statistics and examples. It is hoped that this document will be used by member agencies, diocesan ministries, parishes and volunteers to grow awareness and education as well as identify and discern ways to respond to local needs.

Additional information is provided in the Appendix. In the Appendix, there are maps that visualize and explore the geographic distribution of marginalization. Ontario Marginalization (previously Social Determinants of Health) maps are produced by Public Health Ontario using Statistics Canada Census data.

To give an example of how these maps can be used, “the TCDSB Research Department uses ON-Marg to understand the socio-demographics of both school communities and the neighbourhoods in which students are living to support and resources schools equitably. For example, using the material deprivation index, we provide additional funding to schools where the school population is characterized by a high proportion of students living with socioeconomic stress according to the neighbourhoods they live in.”^[iv]

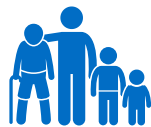
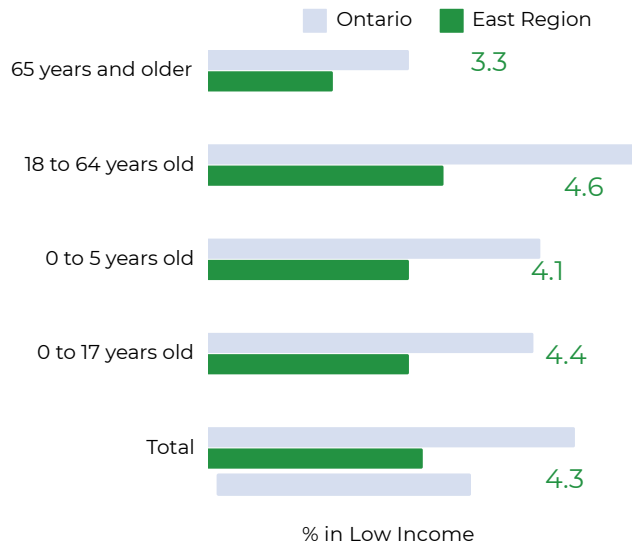
Data Limitations

In conducting this Environmental Scan, the data collected had the following data limitations. Statistics Canada data is specific to the Archdiocese boundaries. The Canadian Community Health Survey Data follows the health region boundaries which do not always match the Archdiocese boundaries. The community documents were reviewed to the lowest level of geography possible but in many cases this included areas not covered by the Archdiocese. For example, in the East Region, the health region boundaries include Clarington which is not part of the East Region of the Archdiocese.

Community Characteristics: Statistics Canada and Canadian Community Health Survey Data

LOW INCOME

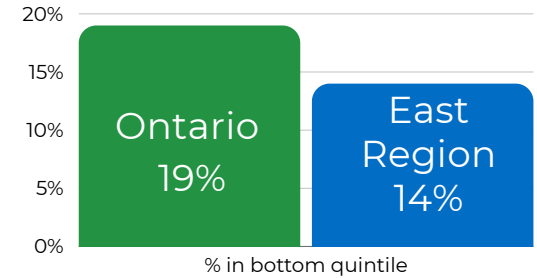
Overall, 3.1% of East Region residents live with low-income (after-tax LICO, 2020), the same as Ontario.



14% of Families in lowest
income group

14% of families in East Region fall in the lowest 20% income group compared to all families across Canada (2020).

% of families
with
income in
the bottom
20% group



FOOD INSECURITY

16.4%

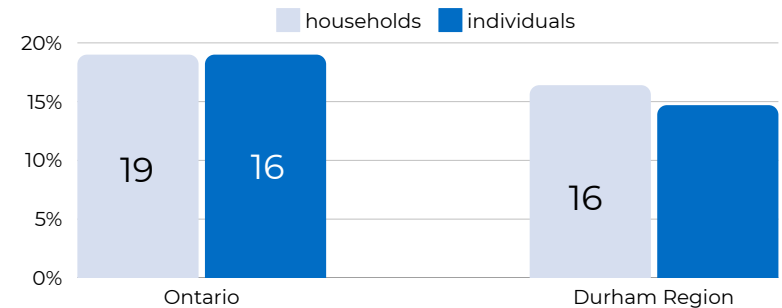
of Durham Region households were food insecure in 2022

14.7%

of Durham Region individuals were food insecure in 2022

These rates are similar to Ontario and to the year before.

% who are food insecure



The Material Resources Marginalization map at the end of this report shows the geographic distribution of factors connected to poverty.


Community Context: Summary of Community Documents

LOW INCOME


Income influences access to resources and opportunities and overall well-being. Food insecurity is a measure of not being able to afford basic needs. Those struggling to afford food are also struggling to pay for other basic living costs like rent, childcare, and medications.

Groceries in rural areas can be more expensive, with less choice for those living on low income.

In 2021, **60.4%** of Durham families were in the **top half of Canadian income distribution**.^[1]



In 2021 about **1 in every 10 seniors** in Durham Region **experience poverty**^[2]



1.The Regional Municipality of Durham, Information report
2. Community Lens Report .Community Lens Report: Seniors in poverty.
3. Ontario Living Wage Network, "Rates"
4. The Regional Municipality of Durham, Information report
1.The Regional Municipality of Durham, Information report

\$21.65

Durham Region Living Wage


The 2024 living wage for Durham Region is \$21.65 per hour.

The living wage is the hourly wage a worker needs to earn to cover their basic expenses and participate in the community.^[3]

The median individual income in Durham increased nearly 8% from approximately \$37,755 in 2015 to \$44,000 in 20203. During this time, the Bank of Canada’s consumer price index (CPI) measure for inflation in Canada increased by 7.8%⁴.^[4]

8 %
increase in
median
individual
income
over 7
years

145,800 individuals are Low Income in Durham



In Durham, approximately 45,800 individuals were identified as low income according to the low-income measure after tax (LIM-AT), which is based on household income. ^[5]

FOOD INSECURITY

40,000+ people access food banks, community gardens and food security programs. There was a 30% increase in demand in 2020^[6]

205,687 Food bank visits across Durham in 2022-2023

343,690 Used emergency meals programs in 2022-2023

From April 1, 2022 to March 31, 2023 there was an increase of 52% in food bank use to a total 205,687 visits across Durham. There was an accompanying increase of 51% in the number of clients, to 35,779 individuals using these programs. Visits grew much faster than the rest of Ontario. Visits to emergency meal programs remained steady, with 343,690 visits over this period.^[7]



The 2023 Nutritious Food Basket Report by York Region indicates that food insecurity remains a persistent challenge, exacerbated by rising costs and economic pressures^[8]

In 2023, the Nutritious Food Basket survey indicated that it costs...

\$1,225.74 monthly for a family of four

\$445.95 a single-person household to purchase basic nutritious groceries.^[9]

LOW INCOME

Poverty remains a significant issue in Durham Region, Ontario. According to a 2022 report for The Regional Municipality of Durham, about 12.8% of households in Durham are living below the poverty line. This statistic highlights the economic challenges faced by many residents, particularly in the wake of rising living costs and economic instability.^[10] Additionally, food insecurity is a growing concern, with many families struggling to afford nutritious food, as indicated by various local studies on the price of eating well in the region.^[11]

Several factors contribute to low income in Durham Region:

- Housing Costs: High housing prices and rents strain financial resources, making it difficult for low-income families to afford adequate housing
- Employment Challenges: Limited access to stable, well-paying jobs, and the prevalence of precarious work contribute to income instability
- Food Insecurity: Many households struggle to afford nutritious food, impacting overall well-being and financial stability
- Educational Barriers: Lack of access to education and training opportunities limits career advancement and earning potential^[12]

6. Impact infographic - United Way Durham Region.

7-9 Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

10. The Regional Municipality of Durham, "Information report"

11. The Homeless Hub, "Giving Voice to Poverty in the region of Durham"

12. The Regional Municipality of Durham, Information report

Efforts to address poverty in Durham include various community programs aimed at providing financial assistance, access to affordable housing, and food support.^[13] Organizations such as the Durham Region Food Bank and various community housing initiatives work towards alleviating the burden of poverty by offering essential services to those in need.^[14] Several programs and organizations are actively addressing poverty in Durham Region, Ontario:

- **United Way Durham Region:** United Way Durham Region funds a wide range of programs tackling issues such as food insecurity, social isolation, and mental health. They support various local non-profits and community services aimed at improving lives and building stronger communities.
- **Community Social Investment Program (CSIP):** CSIP Administered by the Region of Durham, CSIP provides financial support to non-profits that enhance human services across Durham. This program helps strengthen the community by investing in initiatives that reduce poverty and address social inequities.
- **Community Development Council Durham (CDCD):** The CDCD which offers services such as housing support, food assistance, and community integration programs aimed at reducing homelessness and poverty.
- **Durham Region Social Investment Fund (D-RSIF):** The D-RSIF fund supports projects and initiatives that address social inequities and improve the quality of life for low-income residents. It provides grants to non-profit organizations working to reduce poverty and enhance community well-being.
- **Ontario Works and Ontario Disability Support Program:** These provincial programs offer financial assistance to eligible residents in Durham, helping them cover basic living expenses and support their transition to employment where possible.

These programs and organizations collectively contribute to mitigating the impacts of poverty in Durham Region by providing essential resources and support services to those in need.

FOOD INSECURITIES

In 2023, Durham Region Health Department measured the average weekly cost of a basic healthy diet by means of the Monitoring Food Affordability (MFA)¹³ protocol which includes both online and in-store food costing using a list of foods based on the National Nutritious Food Basket.² The 61 foods surveyed reflect a basic healthy diet according to Canada's Food Guide. Canada's Food Guide is not inclusive for all religious and cultural groups as it does not acknowledge traditional foods and food procurement practices.^[15]

For many families in Durham Region, being unable to buy nutritious food is a reality. Households living with low incomes struggle to pay for rent, bills and food, and are often forced to give up healthy food choices to pay for other expenses. Food insecurity is a serious public health issue, with 16.4% of Durham Region households being food insecure. For these families, being food insecure means:

- Worrying that food will run out
- Having to compromise on the type and/or the amount of food they eat
- Having to skip meals altogether



¹³. The Regional Municipality of Durham, "Information report"

¹⁴. The Homeless Hub, "Giving Voice to Poverty in the region of Durham"

¹⁵. Durham Region Health Department, "The price of eating well in Durham Region 2023"



Food insecurity is closely linked to income – with lower household income, the risk of food insecurity increases. Certain social and economic situations increase the risk of experiencing food insecurity. There is a higher rate of food insecurity in groups such as: single parent female-led households with children; households with employment insurance/workers' compensation or social assistance as the main source of income; those living in rental housing; and in some non-white households. All these groups experience higher incidences of food insecurity due to income-related barriers.[16]

Those most affected include:

- People living on social assistance who find that after paying for rent and utilities, there is not enough money to buy healthy food
- Workers: 52% of food insecure households are in the workforce relying on low-wage employment income, short-term or precarious work, or working multiple jobs
- 18% of lone-parent households with children (under 25 years) are food insecure
- People on fixed incomes such as those receiving Ontario Works or Ontario Disability Support Program have difficulty buying foods that make up a healthy diet.[17]

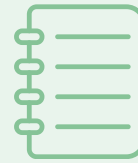
Several programs address food insecurity in Durham Region, Ontario. Following are some examples:

- **Feed the Need in Durham:** Feed the Need in Durham is a food distribution hub that supports over 65 emergency food providers, including food banks, shelters, and meal programs.
- **Durham Outlook for the Needy:** Durham Outlook for the Needy provides hot meals and grocery support through St. Vincent Pallotti's Kitchen.
- **Simcoe Hall Settlement House:** Simcoe Hall Settlement House Offers food hampers and a daily meal program to low-income families and individuals.
- **Back Door Mission:** Back Door Mission provides groceries and meals to those in need, focusing on accessibility and support.

These programs work collaboratively to alleviate food insecurity and support vulnerable populations in Durham Region.

16. Durham Region Health Department, "The price of eating well in Durham Region 2023"

17. Durham Region Health Department, "The price of eating well in Durham Region 2023"



Reflections

What about this information is really speaking to you?

What are things that you, your parish, your region, your organization are already doing?

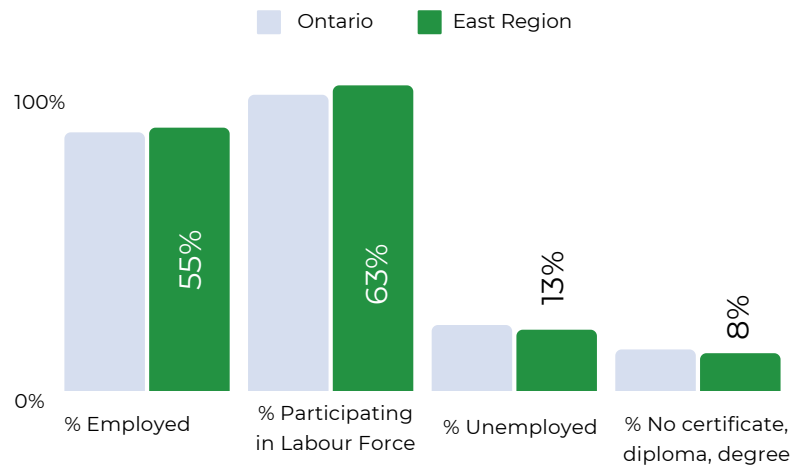
What ideas come to mind and heart, about what might be possible to support people that have these needs?

Community Characteristics: Statistics Canada and Canadian Community Health Survey Data

In 2021, education and labour force statistics for the East Region were similar to Ontario's. Just over half (56%) of the population age 15 and older was employed, two-thirds (64%) were working or looking for work, and 13% of those in the labour force were unemployed. Almost 8% of the population age 25 to 64 has not obtained a high school certificate, diploma or degree.

56%
Employed

64%
working or
looking for work



Education and employment are factors contributing to two dimensions of marginalization: Age and Labour Force and Material Resources. Maps showing how the patterns of these dimensions of marginalization across the city are provided in the appendix.

Community Context: Summary of Community Documents

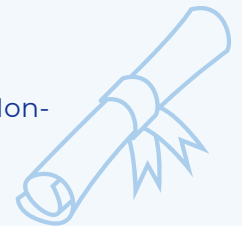
EDUCATION



From 2016 to 2021, the Region's university educated population increased by five percentage points, in large part due to newcomer communities with advanced education^[18]

Highest Level of Education Attained by Individuals Age 15+:

- 25.1% University Degree
- 2.2% University Certificate or Diploma
- 23.9% College; CEGEP or Other Non-University
- 5.4% Apprenticeship or Trades
- 29.3% High School Diploma
- 14% Less than High School Diploma



[19]

18. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"
19. Smith, "Community Profile: Context for the Strategic Plan 2025"

4 Post-Secondary Institutions:
Ontario Tech University, Durham
College, Trent University Durham,
Queen's University School of
Medicine[20]



The Durham Catholic District School
Board (DCDSB, currently runs **39**
elementary schools and **7**
secondary schools[21]

EMPLOYMENT

Between 2016 and 2021, the number of people in Durham
working in lower skilled jobs decreased:[22]

Manufacturing (8.1% to 6.5%)
Wholesale trade (3.8% to 3.2%)
Food services (5.8% to 4.9%)



Employment increased in **health** and
social services (10.4% to 11.7%), and
professional, scientific, and technical
services (6.8% to 8%)[23]



Wages in the Region are increasing beyond
inflation; however Indigenous Peoples,
diverse individuals, immigrants, and
women tend to earn less [24]

Job vacancies essentially doubled since 2019 from
3.4% to 6.7% in 2022. 35.6% of employers across
Ontario reported labour shortages as an obstacle
for their business during the third quarter of
2022[25]

**Youth (15 to 24) were near record lows for youth
unemployment in 2022, but wages did not keep up
with inflation. Youth unemployment decreased to
5.3% in 2022, near its lowest of 5.1% in 2018**[26]



Indigenous Peoples, and racialized minorities
(particularly women) in Oshawa and Whitby
are more likely than Durham's average to
experience unemployment[27]

Median individual family income in Durham
increased by nearly **8%** from 2015 to 2020[28]

20. Smith, "Community Profile: Context for the Strategic Plan 2025"

21. Durham Catholic District School Board, "Homepage"

22-27. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

28. Smith, "Community Profile: Context for the Strategic Plan 2025"

EDUCATION

In Durham Region, Catholic education is supported through various programs and initiatives provided by the Durham Catholic District School Board (DCDSB). These include summer school programs, international education opportunities, and alternative education options such as the Regional Arts & Media Program. Additionally, there are support services for English Language Learners and special education, ensuring a comprehensive support system for students from diverse backgrounds.^[29]

DCDSB, currently runs 39 elementary schools and 7 secondary schools. The board also runs one Adult Education Centre in Ajax and one Continuing Education Centre in Oshawa.^[30]

Listening, Learning and Living in Faith are foundational processes that form the core of the DCDSB Multi-Year Strategic Plan 2023-2026.



29. Hemadmin, Durham Catholic District School Board...
30. Durham Catholic District School Board. (2023). Strategic Plan 2023-2026.
31. [Durham Catholic District School Board. (2023). Strategic Plan 2023-2026
32. Durham Catholic District School Board, Student Census (2021-2022)
33. Durham Catholic District School Board, Student Census (2021-2022)

Through the intentional implementation of these processes, annual goals will be developed and implemented under the strategic priorities of:

- **Supporting Faith and Well-Being:** Partner with families, schools, local parishes and community partners to support faith initiatives and well-being strategies that foster healthy faith-centered communities
- **Advancing Human Rights and Equity:** Listen to the voices of our diverse communities and address disparities to cultivate a community that is focused on human rights, equity, anti-racism, and inclusion
- **Improving Student Learning:** Empower students to reach their full-potential in Catholic learning environments that inspire students to engage in meaningful interactions, connections and experiential learning opportunities through culturally responsive and relevant pedagogy.^[31]

As part of their commitment to equity and inclusion, the Durham Catholic District School Board conducted a student census in April 2022. The Stand Up, Be Counted, Be Heard Student Census was a voluntary survey that offered students in Grades 4 to 12 an opportunity to share their identities, cultures, race, ethnicities, gender, and abilities. Approximately 15,900 students were eligible to complete the Student Census. 39% or 6,239 students completed the census.^[32]

Highlights from the data collected:

- 1.5% of students identified as having Indigenous ancestry
- 83% identified as Christian and/or Catholic
- 6% identified as 2SLGBTQ+
- 12% said they speak more than one language
- Over 85% of students see themselves reflected and affirmed in curriculum and resources, and in their classroom and school environment.^[33]

Higher Education Among Immigrants Newcomers' higher education levels are a positive influence on Durham's long-term economic prosperity.

Several education support programs in Durham Region, Ontario, provide resources to enhance learning opportunities:

- **Pathways to Education:** Provides tutoring, mentorship, and financial assistance to help high school students from low-income communities graduate and pursue post-secondary education.[34]
- **Durham Continuing Education:** Offers a range of adult education programs, including high school credit courses, literacy and basic skills, and English as a Second Language (ESL) programs.[35]

These programs aim to provide comprehensive support to students of all ages in the region.

EMPLOYMENT

Employment trends in Durham Region, show a diversified economy with growth in various sectors. Manufacturing and healthcare continue to be significant employers, while technology and education sectors also show positive trends. The unemployment rate has fluctuated, reflecting broader economic changes, but the region remains resilient with initiatives to boost local employment. There is a focus on skill development and training programs to meet the demands of evolving industries, supporting a more robust and adaptable workforce.[36]

Manufacturing jobs in Durham continue to decline in the face of jobs requiring more advanced education.

To access new higher skilled job opportunities, residents need access to education and training to avoid precarious employment.[37]

After reaching a 15-year high of 12.9% during the pandemic, the Oshawa Whitby Clarington CMA's unemployment levels returned to pre-pandemic levels (4.6% as of March 2023), but equitable access to job opportunities remains a challenge. Job vacancies essentially doubled since 2019 from 3.4% to 6.7% in 2022. 35.6% of employers across Ontario reported labour shortages as an obstacle for their business during the third quarter of 2022. Wages in the Region are increasing beyond inflation; however Indigenous Peoples, diverse individuals, immigrants, and women tend to earn less.[38]



Ontario is experiencing high demand in the skilled trades, and Durham Region is no exception. Current labour market research suggests that there are large gaps between the jobs employers are looking to fill and the availability of skilled trades people to fill them across the country, province and region. This demand is not expected to decrease in the near future – many industries within the skilled trades are projected to grow; and unlike other industries, jobs in the skilled trades are the least likely to be sent offshore or replaced by automation.[39]

34. Durham College, "Pathways: Further your education"

35. Durham College, "Pathways: Further your education"

37. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

38. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

39. Durham Workforce Authority, "Labour Market Plan 2023"

40. Durham Workforce Authority, "Labour Market Plan 2023"

36. Durham Workforce Authority, "Labour Force Report - Durham Workforce Authority"

In 2017, the Durham Workforce Authority (DWA) released its research strategy. The strategy has served as the foundation and guiding principle for all research undertaken by the organization since then. Since 2017, several of their research projects have revealed important gaps in our work. *The Skilled Trade Report* noted that racialized individuals, newcomers, immigrants, and persons with disabilities had challenges attaching and remaining employed in skilled trades in Durham Region. The *DWA's Post-Pandemic Recovery Report* revealed that the same job seekers fared poorly during the pandemic's darkest days and continue to struggle in the labour market. [40]

The DWA serves as a tool for workforce development and strives to address the need for employment and advancement in the labour market through services, programs, systems and networks that provide people with education, skill development and access to jobs. It also seeks to address the quantity, quality and location of these jobs and to meet employer needs for a skilled workforce. [41]

Employment challenges in Durham Region, Ontario, include:

- **High Housing Costs:** Increasing housing costs make it difficult for workers to afford living in the region, impacting their financial stability.
- **Skills Mismatch:** There is a gap between the skills of the workforce and the requirements of available jobs, particularly in emerging industries like technology and advanced manufacturing.
- **Precarious Employment:** Many jobs are part-time, contract, or temporary, leading to income instability and lack of benefits.
- **Transportation Barriers:** Limited public transit options hinder access to employment opportunities, especially in more remote areas. [42]



There are several programs and initiatives to address employment challenges and support job seekers in Durham Region, Ontario.

Following are some examples:

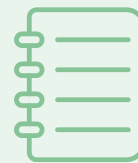
- Ontario Works: Ontario Works program provides both financial and employment assistance to individuals in financial need. Employment assistance includes job-specific training, access to basic education, and employment workshops (Homepage).
- Durham Workforce Authority (DWA): Durham Workforce Authority conducts surveys to understand the workforce landscape and develops strategies to address employment needs. They also host events like Precision Agriculture Day to engage students in in-demand occupations.
- Youth in Policing Initiative (YIP): YIP offers summer and winter initiatives for youth aged 15-18, providing them with work experience, training, and exposure to various aspects of policing and community service.
- Ontario's Employment Services Expansion: The provincial government has expanded employment services to help more people find good jobs, focusing on providing targeted support and resources to job seekers. [43]
- These programs aim to improve employment opportunities, provide necessary skills training, and support job seekers in finding and maintaining employment.

40. Durham Workforce Authority, "Labour Market Plan 2023"

41. Durham Workforce Authority, "Labour Market Plan 2023"

42. Durham Workforce Authority, "Labour Market Plan 2023"

43. Ontario Newsroom



Reflections

What about this information is really speaking to you?

What are things that you, your parish, your region, your organization are already doing?

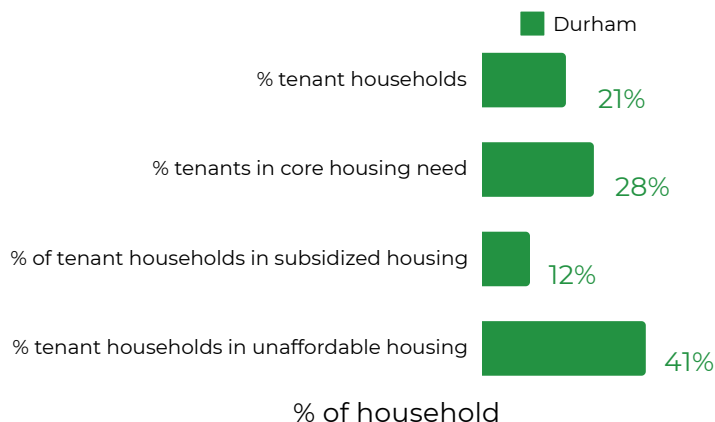
What ideas come to mind and heart, about what might be possible to support people that have these needs?

Community Characteristics: Statistics Canada and Canadian Community Health Survey Data

HOUSING AND HOMELESSNESS

Compared to Ontario, fewer households rent (21%) and more renter households are in core housing need (28%). Households with core housing need live in an unsuitable (overcrowded), inadequate (in need of major repair) or unaffordable dwelling and cannot afford alternative housing in their community.

In 2016, about 30% of bedrooms in Durham Region were empty. This equals just over 200,000 with almost 50% of these being in Oshawa and Whitby.



Housing tenure and household mobility are two SDOH factors contributing to the Households and Dwellings dimension of marginalization. This dimension relates to family and neighbourhood stability and cohesiveness.

Community Context: Summary of Community Documents

HOUSING

The Institute for Smart Prosperity estimated that by 2021, Durham had an **existing shortage of 39,900 new homes**. This is the third highest shortage of homes in Ontario. **Durham Region needs to build 84,000 new homes** over the next decade to hit housing targets^[44]



Since 2005, Durham Region's home prices grew by **314%** through July 2023, much higher than the Canadian average of **223%**.^[45]

44. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"
45. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

Housing Stability Program:

971 Households Assisted with last month's rent deposit and moving expenses preventing **635** households from becoming homeless through rental and utility arrears^[45]

Rent soared by 84% for vacant and 46% for occupied two-bedroom apartments from 2013 to 2022^[47]

HOMELESSNESS

Durham Region's shelter occupancy surpassed 90% throughout 2021 and 2022. 1,446 people accessed housing-focused shelters in 2022. 60% accessed shelters for the first time, illustrating how many more people are becoming homeless ^[48]



60%

ACCESSED SHELTERS
FOR THE FIRST TIME
(2022) ^[49]

34%

WERE 50 AND OLDER
COMPARED TO 17% IN
2018.^[50]

45. Smith, "Community Profile: Context for the Strategic Plan 2025"

46. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

47. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

48. Smith, "Community Profile: Context for the Strategic Plan 2025"

49-52. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

57%

were chronically
unhoused in 2021

Homelessness is now longer term. 57% were chronically unhoused in 2021, a significant increase from 38% in 2018^[51]

The risks of being homeless are disproportionate for these populations^[52]:

- **Indigenous Peoples:** represent 18% of the homeless yet only 2% of the general population. Former Foster Care/Youth
- **Group Home Residents:** represent 23% of the homeless compared to 1% of the general population.
- **2SLGBTQI+:** represent 9% of the homeless compared to 4% of the general population 15 and older



HOUSING

Durham home prices have increased as much as nearly anywhere in Canada since 2005 while Canada's real home prices grew four times, faster than the Organization for Economic Co-operation and Development's average over the same time. . In 2005, a typical home cost 3.2 times median household income compared to today's costs of 8-9 times median income (composite home prices in July 2023 were \$992,900 while median income as of the 2021 Census was \$107,000). ^[52]

Even as home prices dropped over the first nine months of 2022, rising interest rates led to a 22% increase in average monthly mortgage payments from January to September 2022.[53]

In 2022, 8,284 people were on the waitlist for rent-geared-to-income (RGI), with less than 5,000 RGI units available in Durham. Almost 37% of renters are in core housing need, mostly due to affordability. It is anticipated wait times could become longer. People considered non-priority applicants wait more than six years to gain access to subsidized housing. Priority applicants (such as victims of gender-based violence) waited an average of 1.7 years. [54]

The demand for housing is exceeding local supply, which is having an impact on the demands for homelessness services in the community. In 2019, the data showed that of the 7,506 low-income applicants on the Durham Access to Social Housing (DASH) wait list; 44.8% were families, the average wait time was 8.2 years for a single non-senior person without priority status, and despite being the largest cohort on the DASH wait list, only 10 non-senior applicants were housed without priority status in 2019 (six singles and four families). Lack of housing impacts service delivery for individuals requiring multiple services, and the interconnectedness of homelessness and other community resources. Effects of the pandemic on homelessness and poverty, specifically food insecurity and the impact on mental health.[55]

The Region's housing market faces several challenges, primarily driven by economic factors. Rising interest rates have significantly impacted housing affordability, contributing to a projected 10% decline in house prices in 2023 compared to 2022. The average home price is expected to fall to approximately \$935,303, down from \$1,039,226 in the previous year. This decline is partly due to the economic uncertainties and potential recession, which have made potential buyers more hesitant.[56]

Additionally, there is an ongoing issue with housing supply and affordability. The demand for housing, especially with the influx of people moving to less densely populated areas like Durham, continues to outpace the available supply. This imbalance further complicates the market, as it puts upward pressure on prices despite the overall economic downturn.[57]

Efforts to address these challenges include calls for collaborative government action to support housing affordability and address supply issues. These measures aim to make home ownership more feasible for residents amid fluctuating market conditions.[58]

Durham, like many places, has several programs aimed at addressing housing challenges. Here are a few notable ones:

- **Durham Affordable Housing Coalition:** Durham Affordable Housing Coalition works to promote and provide affordable housing options in Durham. They often collaborate with local governments and non-profits to advocate for policies that support affordable housing.
- **Durham Community Land Trustees:** Durham Community Land Trustees focus on creating permanently affordable housing by acquiring land and homes and then leasing them to low-income residents at affordable rates.
- **Durham Housing Authority (DHA):** DHA manages public housing and Section 8 voucher programs in Durham. They provide rental assistance to eligible low-income families and individuals.
- **Housing for New Hope:** Housing for New Hope is a non-profit organization provides supportive housing and services to individuals and families experiencing homelessness or at risk of homelessness in Durham.

53. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

54. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

[55. Durham Region, "Community Safety and Well-Being Plan"

[56. McNutt, "Durham Region Housing Market outlook (2024)"

57. Hendry & Glennhendry, "Durham Region house prices expected to fall ten per cent in 2023 thanks to rising interest rates"

58. McNutt, "Durham Region Housing Market outlook (2024)"



- Durham Crisis Response Center: [Durham Crisis Response Center](#) offer emergency shelter and support services for survivors of domestic and sexual violence, addressing immediate housing needs in crisis situations.

These organizations and programs work together to address various aspects of housing challenges in Durham, from homelessness prevention to affordable housing initiatives.

Ontario Strategy

The United Way 2024 report, *Bringing Affordable Housing Home: An Action Plan* for housing stability in Ontario, makes the following recommendations for improving housing across Ontario:

1. **Land & Assets:** Federal, provincial, and municipal governments make surplus lands and assets available to non-profit and co-operative housing providers to grow deeply affordable and supportive housing options across Ontario.
2. **Investments:** Federal, provincial, and municipal governments increase investment in and improve greater access to financing for the development of affordable and deeply affordable homes across Ontario.
3. **Incentives:** The provincial government, in partnership with municipal governments, provides development incentives that prioritize non-profit housing organizations and establishes flexible programs that maximize the community housing sector's capacity to compete in the housing market effectively.
4. **Preservation:** The provincial government, in partnership with federal and municipal governments, provides consistent and predictable long-term funding to preserve existing deeply affordable housing and supportive housing options offered by the community housing sector.
5. **Supports & Protection:** All levels of government provide housing stabilization and eviction prevention supports and strengthen tenant protections to help renters access and maintain affordable and secure homes.
6. **Indigenous Housing:** The federal and provincial governments address and prioritize persistent housing and homelessness challenges faced by Indigenous Peoples through a dedicated strategy, programs and supports developed and implemented in partnership with Indigenous leaders, diverse Indigenous communities, housing providers, and all levels of government.
7. **Collaboration & Partnerships:** The federal and provincial governments coordinate housing strategies, plans and programs with municipal governments while promoting cross-sector collaboration and resource sharing.

HOMELESSNESS

Community Development Council Durham (CDCD) received funding from the Regional Municipality of Durham to conduct a Point-in-Time (PiT) Count to better understand the state of homelessness in the Durham region. This is Durham region's third PiT Count – and every year, the number of people who are found to be homeless changes. The Point-In-Time Count is a coordinated data collection strategy that counts the number of people experiencing homelessness in a region within a 24-hour period. The Point-in-Time (PiT) Count captures a snapshot of individuals experiencing homelessness in the Durham Region. Conducted within a 24-hour period in October 20-21, 2021 the Count gathered information on the number of persons/families experiencing homelessness. This includes people who are living unsheltered, in shelters and other transitional locations, and people who are precariously housed (couch surfing).[59]



59.-61Community Development Council Durham, "Durham Region Point-In-Time Count Report 2021"

The results of this count show that:

- The number of people experiencing homelessness in the region has almost doubled since 2018
- There has been a substantial increase in the number of people experiencing homelessness counted in West Durham, and in particular in Ajax
- The number of people living in unsheltered spaces has increased significantly since 2018
- A significant increase in the number of chronically homeless people has been observed when compared to 2018
- The cost of rent was mentioned as one of the top barriers to finding housing by survey participants

There is a significant increase in number of individuals experiencing homelessness in 2021 compared to 2018 and the number of people living in unsheltered spaces increased significantly from 13% in 2018 to 40% in 2021.[60] Several factors have contributed to the overall increase in the number of people experiencing homelessness in Durham in 2021. Compared to 2018, more people identified as experiencing homelessness in 2021 because volunteers were able to cover more areas to count people. Also, the increased participation of service providers in the Count greatly assisted in ensuring a more accurate count of homeless individuals. Additionally, consistent population growth, high rent costs, and the lack of available houses for rent in Durham attributed to the housing market bubble, have contributed to the overall increase in the number of people experiencing homelessness in 2021.[61]

In 2021, 11% of those surveyed reported couch-surfing (i.e., living in someone else's home) or staying in hotels/motels. It is believed that more people were couch surfing or staying in a motel room in 2021 than what was being reported. Hidden homelessness continues to be a issue in the region.

The number of people who identified as Indigenous was high during the 2021 PiT Count, as it was in 2018. The overrepresentation of Indigenous individuals in the homeless population in Canada has been well-documented.[62] In 2016, it was reported that 37% of respondents who were surveyed through the Coordinated National PiT Count identified as Indigenous, when only 4% of Canadians identify as Indigenous in the national population census. Similar pattern observed in the Durham Region. The 2016 Census indicated that 12,535 people in the Durham Region identified as Indigenous, which equated to 2% of the total regional population.[63]

Several programs and organizations in Durham Region, Ontario, are dedicated to addressing homelessness. Here are a few key initiatives:

- **Emergency Shelter Programs:** Durham Region provides multiple emergency shelter options for individuals and families experiencing homelessness. These shelters are housing-focused, aiming to provide temporary accommodation while helping clients find more permanent housing solutions. Notable shelters include Cornerstone in Oshawa, Christian Faith Outreach Centre in Ajax, and the Muslim Welfare Home in Whitby.
- **Homelessness Prevention Program (HPP):** HPP is provincially-funded program supports Ontario's municipal service managers in providing affordable housing and support services for people at risk of or experiencing homelessness. The program aims to prevent, address, and reduce homelessness across the province, including Durham Region.



62. Patrick, "Aboriginal Homelessness in Canada: A Literature Review"

63. Community Development Council Durham, "Durham Region Point-in-Time Count Report 2021"

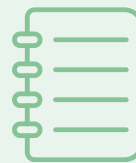
- **Durham Youth Services:** DYS specifically supports homeless youth aged 16-24 by providing shelter, family reconnect programs, and other supportive services aimed at preventing youth homelessness and fostering stability and independence
- **Street Outreach Programs:** Durham Region has specialized outreach teams, including the Primary Care Outreach Program (PCOP), which engage with unsheltered individuals to provide immediate support and help them access housing and other essential services.

These initiatives collectively contribute to a comprehensive approach to tackling homelessness in Durham Region, focusing on both immediate relief and long-term solutions. For more detailed information, you can refer to the Region of Durham's official resources and community support websites.





46, Toronto, "Shelter"
47, Toronto Alliance to End Homelessness



Reflections

What about this information is really speaking to you?

What are things that you, your parish, your region, your organization are already doing?

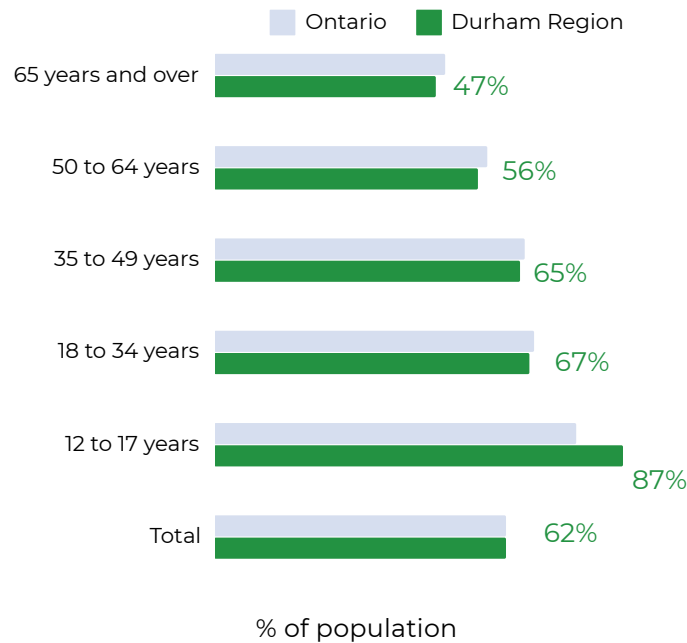
What ideas come to mind and heart, about what might be possible to support people that have these needs?

Community Characteristics: Statistics Canada and Canadian Community Health Survey Data

HEALTH

62% of Durham Region residents report having good to very good general health (2019/20).

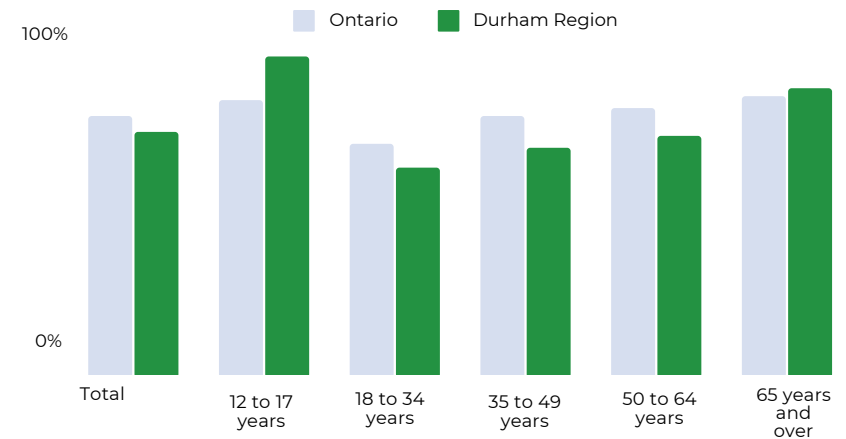
- This is lower than in the previous period
- More 12 to 17 year olds report having good health compared to Ontario
- Fewer people age 18 to 34 report having good health compared to the previous period



MENTAL HEALTH AND ADDICTION

61% people living in Durham Region report having good mental health (2019/20).

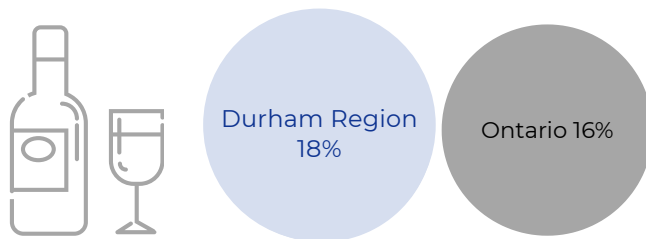
- This is lower than the previous period
- Fewer people age 35 to 64 report having good mental health compared to the previous period



18% of Durham Region residents report heavy drinking

- This is similar to Ontario and similar to the previous reporting period

% of population



Community Context: Summary of Community Documents

HEALTH



92% of Durham Region residents reported having regular access to health care provider^[64]

Durham Region residents' overall measures of health and wellbeing are on a decreasing trend, with a large decrease in self-rated mental health.

- **52%** of Durham Region residents rate their general health as excellent or good, continuing a long-term trend of slow decline (53% in 2019).
- **53%** of Durham Region residents rate their mental health as excellent or good, representing a concerning decrease from pre-pandemic data (62% in 2019)^[65]

MENTAL HEALTH AND ADDICTION

3/4

WORRIED ABOUT
MENTAL HEALTH

Three-quarters of Durham Region adults are worried about their own or a household members' mental health.^[66]

The rate of opioid-related deaths in 2021 is **five times higher** than in 2012.^[67]



REPORTED
DEPRESSION

25% of residents in Durham reported moderate to severe symptoms of depression between 2021 and 2022. Rates were higher among those 18 to 40.^[68]

Residents with less than \$30,000 in household incomes had **3.5 times higher rates of at least moderate depression** compared to those in households with more than \$100,000 annual income^[69]

64-65. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

66. Smith, "Community Profile: Context for the Strategic Plan 2025"

67. Durham Region, "Community Safety and Well-Being Plan"

68. Durham Region, "Durham Region Opioid Response Plan - Status Report"

69-70. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

HEALTH

Durham Region is served by several health services and facilities. These include hospitals like Lakeridge Health, which operates multiple sites across the region, providing a range of medical services. In addition to hospitals, there are numerous clinics, community health centers, and specialized healthcare providers serving the diverse population of Durham Region.

Durham's health care system is still recovering from the strain of the pandemic. The physician-to-100,000 population ratio improved in Durham as of 2020 to 159/100,000, up from 121/100,000 in 2006, but the ratio in Canada is 60% higher. Wait times for physician initial assessment have moderately increased in recent years from 2.8 hours in 2017/2018 to 3.4 hours in 2021/2022.^[71]

Durham Region, like many other areas, faces a variety of health challenges typical of urban and suburban regions. Some common health challenges that communities in Durham Region may encounter include:

- **Chronic Diseases:** Diseases such as diabetes, heart disease, and respiratory illnesses are prevalent and require ongoing management and preventive measures.
- **Mental Health:** Issues related to mental health, including depression, anxiety, and stress, are significant concerns that affect individuals and families.
- **Substance Abuse:** Substance use disorders, including opioids and alcohol, can impact individuals and families, necessitating support and treatment programs.
- **Access to Healthcare:** Access to healthcare services, especially for underserved populations or those in rural areas within the region, can be challenging and may affect health outcomes.

Wait times for physician initial assessment have moderately increased in recent years from 2.8 hours in 2017/2018 to 3.4 hours in 2021/2022.

Efforts by local health authorities, community organizations, and healthcare providers aim to address these challenges through education, prevention programs, and accessible healthcare services.

Durham Region in Ontario offers a variety of health programs aimed at promoting well-being and addressing specific health needs of its residents. Some of these programs include:

- **Public Health Initiatives:** Durham Region Health Department runs various public health campaigns and programs focusing on areas such as immunization, sexual health, healthy eating, and tobacco cessation.
- **Chronic Disease Management:** Programs at the Durham Community Health Centre aimed at managing chronic diseases like diabetes, cardiovascular diseases, and respiratory conditions through education, support groups, and lifestyle management.
- **Health Promotion and Education:** Community Health Centres offer workshops, seminars, and community events focused on promoting healthy lifestyles, preventing diseases, and raising awareness about health issues. Various community health centers throughout Durham Region offering a range of primary care services and specialized clinics.

These programs are typically coordinated by Durham Region Health Department in collaboration with local hospitals, community health centers, and other healthcare providers.

71. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

MENTAL HEALTH AND ADDICTION

Deaths due to opioid toxicity have been increasing across Canada since the mid-2000s, and Durham is no different. From 2008 to 2021, deaths due to opioid poisoning in Durham have risen 10 times from 13 to 130 by 2021. This rapid increase is due to increasingly unpredictable and toxic unregulated drugs, reduced access to healthcare and community programs, a disproportionate burden on those who are homeless, and social isolation.^[72]

The percentage of people who rate their mental health as fair or poor has been increasing. The percentage of adults 18+ in Durham Region who reported their mental health as excellent or very good decreased from 71% in 2013 to 62% in 2019. Lengthy wait times, barriers to service and complicated referral processes, and the negative impact of the pandemic, contributed to rising mental health challenges.^[73]

People struggle with concurrent disorders, both substance use and mental health. Demands for support services for substance abuse concerns are on the rise. Local data showed emergency department visits for opioid poisonings tripled from 2015 to 2020 and opioid deaths more than tripled in the same time period. Geography plays a key role in access to services for substance use specific programs and access to rehabilitation programs is not meeting the current demands of the community.^[74]

The rate of opioid-related Emergency Department (ED) visits has quadrupled in recent years. In 2012, there were approximately 27 opioid-related ED visits for every 100,000 Durham Region residents, compared to approximately 122 opioid-related ED visits for every 100,000 Durham Region residents.^[75]

In Durham Region, Ontario, there are several mental health programs and services available to support residents. Here are some specific examples:

- **Ontario Shores Centre for Mental Health Sciences:** OSCMHS offers a range of outpatient programs for mood disorders, anxiety disorders, and psychosis. They offer day hospital programs including intensive outpatient treatment for individuals requiring more structured support than traditional outpatient care.
- **Durham Mental Health Services (DMHS):** DMHA provides crisis intervention, assessments, and short-term crisis beds, case management, supportive housing, and peer support services. They also offer employment services that assist individuals with mental health challenges in finding and maintaining employment.
- **Community Health Centers:** Ajax Pickering Community Health Centre provides counseling and therapy services for individuals experiencing mental health issues. East End Community Health Centre offers mental health counseling and support groups, often integrated with primary healthcare services.
- **Canadian Mental Health Association (CMHA) Durham:** CMHA Durham provides supportive housing and support services for individuals with mental health challenges. They offer peer support groups and one-on-one peer support for individuals dealing with mental health issues. They provide workshops and training sessions on mental health awareness and coping strategies.
- **School-Based Mental Health Services:** Many catholic schools in Durham Region have partnerships with local mental health organizations to provide on-site counseling, support groups, and educational programs for students.

72. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

73-74. Durham Region, "Community Safety and Well-Being Plan"

75. Durham Region, "Durham Region Opioid Response Plan - Status Report"

These programs and services reflect a comprehensive approach to mental health care in Durham Region, offering a range of supports from crisis intervention and outpatient services to community integration and peer support. Residents can access these services through referrals from healthcare providers, self-referral, or by contacting the organizations directly.



Reflections

What about this information is really speaking to you?

What are things that you, your parish, your region, your organization are already doing?

What ideas come to mind and heart, about what might be possible to support people that have these needs?

Community Characteristics: Statistics Canada and Canadian Community Health Survey Data

29%

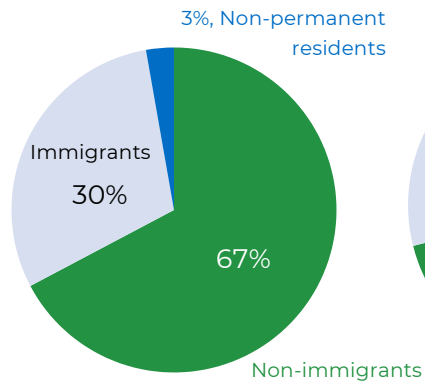
YORK REGION'S
POPULATION IS AN
IMMIGRANT OR NON-
PERMANENT RESIDENT

The East Region has fewer immigrants and non-permanent residents compared to Ontario.

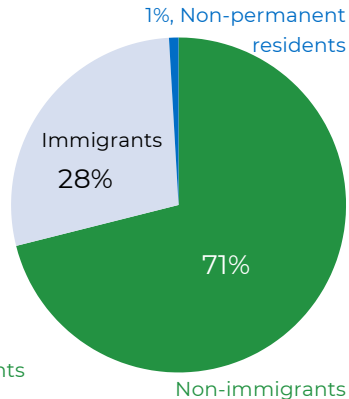
Immigrants and non-permanent residents make up:

- 33% of Ontario's population
- 29% of East Region's population

Ontario

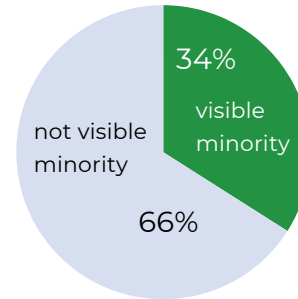


East

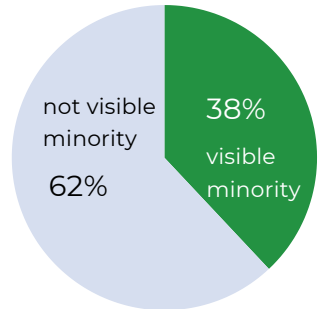


38% of the population living in East Region self-identifies as a visible minority, more than across Ontario.

Ontario

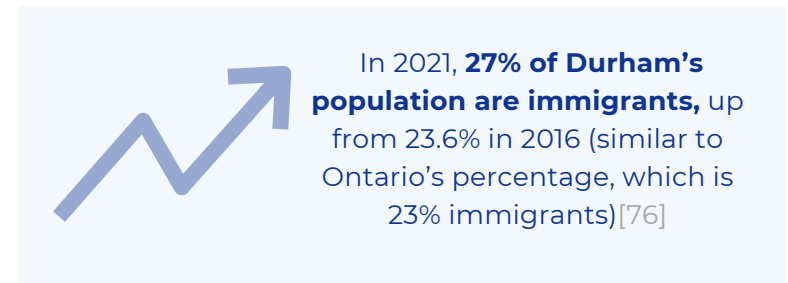


East Region



The Racialized and Newcomer Populations map at the end of this report shows the areas where there are higher and lower concentrations of newcomers and non-white, non-Indigenous populations.

Community Context: Summary of Community Documents



76. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

73% of Durham's recent growth is from immigration^[77]

Top Places of birth of recent immigrants in Durham Region 2021:

- India 33.9%
- Philippines 6.0%
- Pakistan 6.6%
- China 5.4%
- Nigeria 4.8%^[78]

Priorities for this work are set out in the Durham Immigration and Inclusion Community Plan 2020-2024, which defines three priority areas:

- **Economic Prosperity:** Newcomers achieve high levels of labour market attachment, contributing to the economic prosperity of the Region as a whole
- **Service Coordination:** Information is accessible and shared across sectors, utilizing multiple networks and channels, facilitating enhanced service co-ordination and accelerated and equitable settlement outcomes
- **Community Belonging:** Newcomers feel welcomed and included in Durham Region, and can participate socially, economically and culturally in their community

Durham Region in Ontario welcomes immigrants and newcomers, offering various programs and services to support their integration and well-being.

⁷⁷ Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"
⁷⁸ Smith, "Community Profile: Context for the Strategic Plan 2025"

Here are some specific initiatives and resources available:

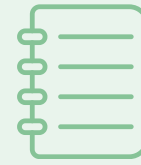
- **Settlement Services:** Organizations like Welcome Centre Immigrant Services provide settlement information, orientation sessions, and assistance with accessing community resources. English as a Second Language (ESL) classes and language assessment services offered by the Centre for Skills Development help newcomers improve their language skills.
- **Employment Support:** Programs such as the Durham Region Unemployed Help Centre offer workshops on resume building, interview preparation, and job search strategies tailored to newcomers. They also offer information and support navigating the process of credential assessment and recognition in Canada.
- **Social Integration and Community Engagement:** Activities and workshops that help newcomers understand Canadian culture, norms, and community resources such as those offered by Welcome Centre. This includes community engagement events.
- **Health Services:** Health and wellness services that provide information and assistance in navigating the healthcare system, including referrals to healthcare providers and health promotion programs. Services addressing mental health needs specific to newcomers, including counseling and support groups.
- **Legal and Settlement Support:** Legal Advice Clinics provide assistance with immigration issues, housing rights, and other legal matters through clinics and community legal services.
- **Family and Youth Services:** Parenting Programs provide support for newcomer parents, including parenting workshops and early childhood development information. Youth Programs such as Settlement Workers in Schools (SWIS) offer activities and services aimed at supporting youth in their educational and social integration.



These initiatives are designed to facilitate the successful settlement and integration of newcomers into the Durham Region community, fostering a welcoming environment and providing essential supports to help newcomers thrive. Residents can access these services through local settlement organizations, community centers, and government agencies dedicated to immigrant services.

These are some common gaps can impact the successful integration and well-being of newcomers.

- **Access to Affordable Housing:** Limited availability of affordable and suitable housing options, especially for newcomers who may face financial challenges or discrimination in the rental market
- **Employment Opportunities:** Difficulty in accessing meaningful employment that matches newcomers' skills and qualifications, often due to lack of Canadian work experience or recognition of foreign credentials
- **Language Barriers:** Despite ESL programs, some newcomers may still face challenges in mastering English fluency, which can affect their ability to fully participate in the community and access services
- **Social Isolation:** Feelings of isolation and loneliness among newcomers, especially those who may not have strong social networks or community connections in Durham Region



Reflections

What about this information is really speaking to you?

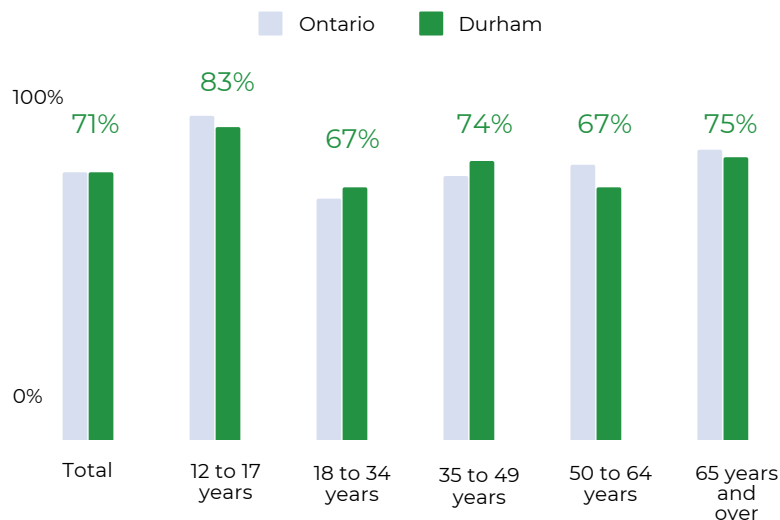
What are things that you, your parish, your region, your organization are already doing?

What ideas come to mind and heart, about what might be possible to support people that have these needs?

SENSE OF BELONGING, CIVIC ENGAGEMENT, RECREATION, AND SAFETY

Community Characteristics: Statistics Canada and Canadian Community Health Survey Data

71% of Durham Region's population age 12 and over have a strong or very strong sense of belonging to their local community, similar to Ontario.



Community Context: Summary of Community Documents

TRUTH AND RECONCILIATION CIVIC ENGAGEMENT

Durham Region was originally the home of a number of First Nations including, but not limited to Iroquois and Ojibway. Today Durham is home to The Mississauga Nation and a large Métis community. The Mississauga Nation is a branch of the Ojibway of the Three Fires Confederacy.[79]

Truth and Reconciliation efforts in Durham, Ontario, are marked by various significant events and initiatives aimed at honoring the history and experiences of Indigenous peoples, particularly in the context of residential schools.

Trent University plays a key role in these efforts. For example, the university organized a series of events leading up to and on the National Day for Truth and Reconciliation. Activities included educational displays on residential schools, film screenings with discussions led by survivors, and ceremonies such as the Sacred Fire and Medicine Garden Rock Painting. These events are designed to educate and involve the community in the process of reconciliation.

79. History of Durham region

The Durham Region itself commemorates the National Day for Truth and Reconciliation through events like the "Remembering the Children Memorial," which took place on September 24. This event featured the unveiling of an orange crosswalk designed by Indigenous artist Jon Colwell and included a plaque to honor residential school survivors. The initiative was developed in consultation with the Mississaugas of Scugog Island First Nation and other Indigenous community members.[80]

Additionally, a march to honor residential school survivors was held on September 22, 2023, starting at the Pathway to Reconciliation Crosswalk and proceeding to Fallingbrook Park before returning to the Durham Regional Headquarters. [81]

Bawaajigewin Aboriginal Community Circle is an Indigenous not-for-profit organization that brings cultural programming, events and workshops to the Durham Region through grant funding.[82] The Durham Catholic District School Board (DCDSB) is actively engaged in initiatives related to Truth and Reconciliation, with a strong emphasis on education and awareness. The board acknowledges National Indigenous History Month every June and commits to ongoing learning and reconciliation efforts throughout the year.

To support these initiatives, the DCDSB has compiled a range of resources for students, educators, and families.[83] They also offer a variety of educational materials tailored for different age groups, from kindergarten to senior students, including videos, read-aloud books, and activities that highlight Indigenous history, culture, and contributions.[84]

These activities highlight the region's commitment to acknowledging past injustices and fostering a deeper understanding and respect for Indigenous cultures and histories within the community.

80. Durham observes National Day for Truth and Reconciliation at the Remembering the Children Memorial

81. Durham honours residential school survivors for the National Day for Truth and Reconciliation.

82. place to heal

83. Dcdsb. Indigenous History Month.

84. Education News Canada, "Durham Catholic District School Board - Durham Catholic District School Board recognizes the 2023-2024 Distinguished Catholic Leader."

CIVIC ENGAGEMENT

77% of Durham Region residents reported having a very strong or somewhat strong sense of belonging to the local community.

68% of Durham charities experienced staffing challenges with recruitment and/or retention between April 1, 2022-March 31, 2023, with staff burnout a significant barrier for many [38]

68%
of
charities
experience
staff
challenges

Civic engagement in Durham Region refers to the active participation of residents in community affairs, decision-making processes, and local governance. Here are some key aspects of civic engagement in the region:

- **Local Government Participation:** Opportunities for residents to engage with local government bodies such as municipal councils, advisory committees, and town hall meetings. Residents can provide input on policies, projects, and community initiatives. Advisory committees include Accessibility Advisory Committee, Durham Environmental Advisory Committee, Durham Region Social Planning Council, and the Durham Region Transit Advisory Committee.

- **Community Organizations:** Various non-profit organizations, community groups, and advocacy organizations in Durham Region offer platforms for residents to get involved in issues they care about, such as environmental conservation, social justice, and community development. There are 945 registered charities serve Durham Region.
-

88% of Durham's non-profits saw an increase in operational costs in 2023 versus the previous year

68% of Durham charities experienced staffing challenges with recruitment and/or retention between April 1, 2022-March 31, 2023, with staff burnout a significant barrier for many. As a result, **55%** scaled back programs or services in 2022 and **12%** discontinued some programs entirely. In 2023, a further **39%** scaled back programs or services and **22%** noted waitlists have increased.

64% reported a decrease in revenue in the first year of the pandemic with **40%** experiencing at least a significant **25%** decline. In 2023, **61%** of non-profits expected finances to remain the same and **22%** thought they would worsen. **69%** faced an increase in demand for their services in 2022 versus before the pandemic. In 2023, that figure increased to **82%**.

31% non-profits believe they are unable to meet the increased demand, **46%** believe they are somewhat able to meet demand, and **23%** can meet the demand. United Way Durham Region, one of the region's largest non-profits, continues to invest in a broad, diverse network of community services in every neighbourhood 200,000+ people in Durham Region were impacted by United Way programs in 2020.^[85]

- **Volunteerism:** Volunteering plays a crucial role in civic engagement, with many opportunities available in Durham Region through local charities, cultural associations, and service clubs. Volunteers contribute to events, programs, and services that benefit the community. Volunteer Durham is a platform that connects residents with volunteer opportunities across various organizations and sectors, allowing them to contribute to community projects and events. Organizations like Rotary Clubs and Lions Clubs in Durham Region organize volunteer activities and fundraising events to support local causes and community projects.
- **Community Events and Initiatives:** Participation in local events, festivals, and cultural celebrations fosters community spirit and engagement. These events often showcase the diversity and talents of Durham Region residents. Durham Festival and Events organizes and promotes cultural festivals, arts events, and community celebrations throughout the year, encouraging community participation and cultural exchange.
- **Online Engagement:** Increasingly, digital platforms and social media are used to engage residents in discussions, consultations, and information sharing about community issues, projects, and events. Your Durham is an online platform where residents can access information about municipal projects, participate in consultations, and provide feedback on community initiatives.

85. Impact infographic - United Way Durham Region.

- **Educational Programs:** Workshops, seminars, and educational programs offered by [local libraries](#), community centers, and educational institutions provide opportunities for residents to learn about civic issues, advocacy strategies, and community resources.
- **Youth Engagement:** Programs specifically designed to engage youth in civic affairs, leadership development, and community service, preparing them to become active and informed citizens. [Durham Youth Council](#) provides youth with a platform to voice their opinions on local issues, participate in civic activities, and organize youth-led initiatives.

Efforts to promote civic engagement in Durham Region aim to strengthen community bonds, empower residents to shape their communities, and ensure inclusive participation in decision-making processes. Residents can explore these opportunities to contribute to the vibrancy and well-being of their local communities.

RECREATION

In Durham Region, like many places, recreation trends evolve based on community interests, demographic shifts, and societal changes. Some current recreation trends in Durham Region include:

- **Outdoor Activities:** There is a growing interest in outdoor recreation activities such as hiking, cycling, and nature walks, driven by a desire for physical activity, health benefits, and appreciation for nature conservation. For example, [Durham Trails Network](#) organizes hikes and trail maintenance programs across the Durham Trail Network, encouraging community participation in outdoor activities. [Lake Scugog Regatta](#) is an annual event featuring boating, fishing, and water sports activities, promoting outdoor recreation and environmental conservation.

- **Fitness and Wellness:** Increasing emphasis on fitness and wellness activities, including yoga, Pilates, and fitness classes offered at community centers and private gyms. There's also a trend towards holistic wellness approaches that combine physical fitness with mental health benefits. Example programs include [Group Fitness Classes at Durham YMCA](#) and [Wellness Programs at Lakeridge Health](#) which includes stress management workshops, mindfulness meditation sessions, and wellness education seminars.
- **Youth Sports and Leagues:** Continued popularity of organized youth sports leagues, including soccer, hockey, and baseball, with a focus on skill development, teamwork, and community engagement. For example, [Durham Youth Soccer League](#) and [Oshawa Minor Hockey Association](#).
- **Active Aging Programs:** Programs tailored for older adults promoting active aging through activities like senior fitness classes, walking groups, and social events designed to enhance physical health and social connections. For example, Senior Fitness Classes at [Ajax Community Centre](#) and walking clubs, chair yoga, and social events like game nights and book clubs at [Whitby Seniors' Activity Centre](#).



87. Foster et al, "Community Wellbeing Survey 2021-2022", 28-29

88. Social Planning Toronto. How can we create a more liveable city?, 4

89. Social Planning Toronto. How can we create a more liveable city?, 4

- **Cultural and Artistic Activities:** Increasing participation in cultural and artistic activities such as painting workshops, pottery classes, and community theater productions, reflecting a desire for creative expression and cultural engagement. Example programs include, [Durham Art Gallery Workshops](#) which provides art workshops and classes for all ages, including painting, pottery, and mixed media, and [Oshawa Little Theatre](#) that puts on community theatre productions and acting classes, encouraging participation in the performing arts.
- **Technology Integration:** Incorporation of technology into recreation activities, such as virtual fitness classes, online registration for programs, and interactive apps for tracking outdoor activities like hiking and cycling routes. Examples programs include, virtual fitness classes at [Pickering Recreation Complex](#) and [Interactive Trail Maps](#) such as apps and online tools providing interactive maps of local trails for hiking and cycling, with features like route tracking and points of interest.
- **Environmental Sustainability:** Growing interest in eco-friendly recreation options, including initiatives like community clean-up events, sustainable gardening workshops, and conservation-focused outdoor programs such as [Durham Region Eco-Fest](#) which is an annual event focused on sustainability, featuring workshops on topics like composting, sustainable gardening, and renewable energy. There are also community clean-up programs hosted throughout the year.

SAFETY AND DISCRIMINATION

Durham Region, Ontario, prioritizes safety through various programs, initiatives, and services designed to protect residents and enhance community well-being.

Here are key aspects and examples of safety initiatives in the region:

- **Law Enforcement and Community Policing:** The [Durham Regional Police Service \(DRPS\)](#) is the primary law enforcement agency in the region, providing community policing, crime prevention, and emergency response services. Also, the [Community Safety Villages](#) provide educational programs aimed at teaching children about personal safety, traffic safety, and crime prevention.
- **Fire and Emergency Services:** Local fire services in municipalities like Oshawa, Whitby, and Ajax provide fire prevention, education, and emergency response. [Fire Safety Education](#) programs offered in schools and community centers to educate residents about fire prevention, smoke alarms, and emergency preparedness.
- **Health and Emergency Medical Services:** The [Durham Region Health Department](#) focuses on public health initiatives, disease prevention, and health promotion. There are regular vaccination clinics to prevent the spread of infectious diseases. Also, services like the [Durham Mental Health Services \(DMHS\)](#) Crisis Response Team provide immediate assistance for mental health emergencies.
- **Road and Traffic Safety:** [DRPS](#) conducts traffic enforcement and safety campaigns to reduce accidents and promote safe driving practices. School Zone Safety Programs are initiatives to enhance safety around schools, including crossing guard programs and school zone speed enforcement, these are outlined in the [Durham Vision Zero Strategic Road Safety Action Plan](#).
- **Emergency Preparedness:** The [Durham Emergency Management Office \(DEMO\)](#) coordinates regional emergency preparedness and response plans. Additionally the [Community Emergency Response Teams \(CERT\)](#) offers training programs for residents to help them respond effectively in emergencies.

90. City of Toronto, "Parks and Recreation Facilities Master Plan"

91. City of Toronto, "Parks and Recreation Facilities Master Plan"

These initiatives demonstrate the comprehensive approach taken by Durham Region to ensure the safety and well-being of its residents, addressing various aspects of public safety through collaboration, education, and community involvement.

In May 2021, Durham Region Council established the Durham Region Anti-Racism Taskforce (DRART), part of the region's commitment to develop and implement an Anti-Racism Framework to ensure a healthy workplace and address racism within the Durham Region. The mandate of the DRART is to act in an advisory role to Regional Council through the Finance and Administration Committee on issues related to racism.^[91]

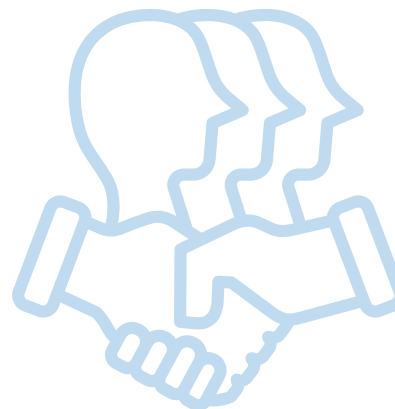
The Community Safety and Well Being Plan (CSWB) consultation process amplified the community's commitment to deliberate and intentional work designed to address racism, specifically anti-Black and anti-Indigenous racism. This work focuses on identifying barriers and other anti-racist practices. This work is linked with the efforts already underway at the Region of Durham and is a priority of the CSWB Plan Implementation Plan. This will ensure the most effective use of resources, providing consistent messaging and leveraging best practices across the province.^[92]

Addressing discrimination is a critical aspect of fostering a safe and inclusive communities. Various programs, initiatives, and organizations work towards combating discrimination and promoting equality. Here are some examples and key aspects related to discrimination in Durham Region:

- **Anti-Discrimination Initiatives:** Municipal governments and organizations in Durham Region have implemented diversity and inclusion policies to ensure fair treatment and representation of all residents. The Durham Region Diversity and Inclusion Advisory Committee (DIAC) advises the regional council on matters related to diversity, inclusion,

equity, and accessibility, promoting policies and practices that reduce discrimination.

- **Human Rights and Legal Support:** The Ontario Human Rights Commission (OHRC) provides resources and support for individuals facing discrimination, ensuring that human rights are protected and upheld in Durham Region. Legal Aid Ontario offers legal assistance and representation for individuals experiencing discrimination or human rights violations.
- **Community Organizations and Support Services:** The Community Development Council Durham (CDCD) offers programs and services aimed at supporting newcomers, refugees, and marginalized communities, promoting social inclusion and integration. Organizations like PFLAG Durham Region provide support, advocacy, and resources for LGBTQ+ individuals and work towards creating a more inclusive community and programs like Racial Justice Durham focuses on addressing racial discrimination and promoting racial equity through advocacy, education, and community engagement.
- **Research and Advocacy:** The Durham College and Ontario Tech University conducts research on issues related to discrimination, diversity, and inclusion, and often engage in community outreach and advocacy.



Addressing discrimination in Durham Region involves a multi-faceted approach that includes legal support, community engagement, education, and advocacy. By promoting diversity, inclusion, and equity, these efforts aim to create a more just and welcoming community for all residents.

91. Roltsch, et al. Promoting diversity, equity, and inclusion in the VA Scientific Workforce through mentored experiences
92. Durham Region, "Community Safety and Well-Being Plan"

CRIME AND VIOLENCE



Increases in Durham's violent crime rate
is mainly related to crimes against women
and children [93]

250% Victim Services of Durham Region's caseload increased dramatically by 250% between 2017 and 2021.[94]

Increases in Durham's violent crime rate is mainly related to crimes against women and children. Since 2017, sexual violations against children increased 2.3 times, from 156 to 356, sexual assaults by 1.4 times, and indecent/harassing/ threats by 1.4 times. [95]

Property crimes and youth crimes are trending downwards while sexual violations and indecent, harassing, and threatening offences are increasing. Durham experienced a 53% reduction in crime between 2001 and 2015; however, there was a 3.2% average yearly increase between 2015 to 2019. There was a temporary decline during the height of the pandemic. Between 2004 and 2021, youth crime saw a significant decrease from 3,570.76 per 100,000 people to 734.[96]

According to United Way Durham Region 2,600+ women and children struggling with trauma and abuse were able to access

safe emergency shelter, transitional housing and ongoing support programs. In 2020, there was a 16.5% increasing the hours spent supporting abused women in a crisis and/or transitional capacity.[97]

Durham Region has various programs aimed at preventing crime, supporting victims, and enhancing community safety. Here are some notable crime prevention and safety initiatives and programs in the region:

- **Neighbourhood Watch:** The Neighbourhood Watch is a community-based program where residents work together with the police to prevent crime in their neighbourhoods.
- **Crime Stoppers:** Crime Stoppers is a community-based program that encourages residents to anonymously report information on criminal activities through a hotline and online platform.
- **Community Safety and Well-Being (CSWB) Plan:** The CSWB regional initiative aimed at enhancing safety through collaboration among municipalities, police, health services, and social services to address root causes of crime and promote well-being.[98]
- **Durham Youth Justice Services:** DYJS Provides programs and support for youth involved in the justice system, focusing on rehabilitation, community service, and education.
- **Youth Outreach Workers:** Programs such as Youth In Transition deploys professionals who engage with at-risk youth, providing mentorship, counseling, and support to prevent delinquency and promote positive life choices.
- **Durham Region Victim Services (DRVS):** DRVS Offers crisis intervention, emotional support, and practical assistance to victims of crime and their families, helping them navigate the justice system and access community resources.
- **Durham Region Domestic Violence/Sexual Assault Care Centre (DVSACC):** DVSACC provides confidential support, counseling, and advocacy for survivors of domestic violence and sexual assault.

93. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

94. Smith, "Community Profile: Context for the Strategic Plan 2025"

95. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

96. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

97. Impact infographic - United Way Durham Region.

98. Regional Municipality of Durham, Durham Regional Police Service, & McGary, "Durham Community Safety and Well-Being Plan"

- **Coffee with a Cop:** The Coffee with a Cop programs is informal meetings between police officers and community members, fostering dialogue and building trust.
- **Citizen Police Academy (CPA):** CPA is an educational program that allows residents to learn about police work, procedures, and the criminal justice system.
- **Crime Prevention Through Environmental Design (CPTED):** CPTED in Durham Strategies that use environmental design to reduce opportunities for crime, such as improved lighting, landscaping, and building design.[99]
- **Violence Prevention:** Youth outreach and engagement programs such as those at Infarada Centre for Excellence target at-risk youth to prevent involvement in crime and promote positive community involvement, including initiatives to deter youth from gang involvement through education, support, and mentorship. Domestic violence support services such as the Durham Region Domestic Violence/Sexual Assault Care Centre provide support and resources for victims of domestic violence and sexual assault

These programs and initiatives demonstrate Durham Region's commitment to enhancing public safety through community engagement, preventive measures, and support services for victims and at-risk individuals.

In 2023 the Human Trafficking Unit investigated 289 incidents that involved elements of human trafficking. Of these incidents, 235 individuals (120 under 18 years of age) were assisted/provided services, either due to their involvement in human trafficking or their risk of becoming involved in human trafficking-related activity.[100] As a result of these investigations, 138 charges were laid, and 81 accused/people of interest were identified. Compared to 2022, this represents a 4% increase in investigations and a 4 % increase in victims. [101]

The Durham Regional Police Service has specialized units dedicated to investigating human trafficking cases and working

with other agencies to combat trafficking. They conduct undercover operations, provide victim support, and work on prevention initiatives. The Human Trafficking Unit a dedicated team within DRPS is focused on identifying and dismantling human trafficking operations, rescuing victims, and prosecuting offenders. A notable DRPS initiative that successfully led to significant arrests and support for trafficking victims through multi-jurisdictional collaboration is Project Convalesce. Another notable program in the region is STOPHT.com which provides non-judgemental support for survivors, concerned loved ones and the community.

Addressing human trafficking in Durham Region involves multiple initiatives and collaborative efforts, but there are still gaps that need to be addressed to enhance the effectiveness of these efforts. Some of these gaps include:

- **Enhanced Training Programs:** Develop and expand training programs for all frontline workers, including law enforcement, healthcare providers, educators, and social workers.
- **Improved Data Sharing:** Establish better mechanisms for data sharing and collaboration among agencies to track incidents, identify patterns, and coordinate responses.
- **Expanded Shelter Services:** Increase the availability of specialized shelters and long-term housing solutions for trafficking survivors.
- **Strengthened Legal Framework:** Advocate for stronger legal protections for victims and more stringent penalties for traffickers, along with improved support for victims navigating the legal system.

Addressing these gaps requires sustained effort, increased funding, and a comprehensive approach that involves all sectors of the community, from government agencies to local organizations and residents.

99. Durham City and County CPTED Private Sector Taskforce, "Durham Guide to creating a Safer Community..."

100. Stop human trafficking, <https://www.stopht.com/home>

101. Durham regional crime stoppers



Reflections

What about this information is really speaking to you?

What are things that you, your parish, your region, your organization are already doing?

What ideas come to mind and heart, about what might be possible to support people that have these needs?

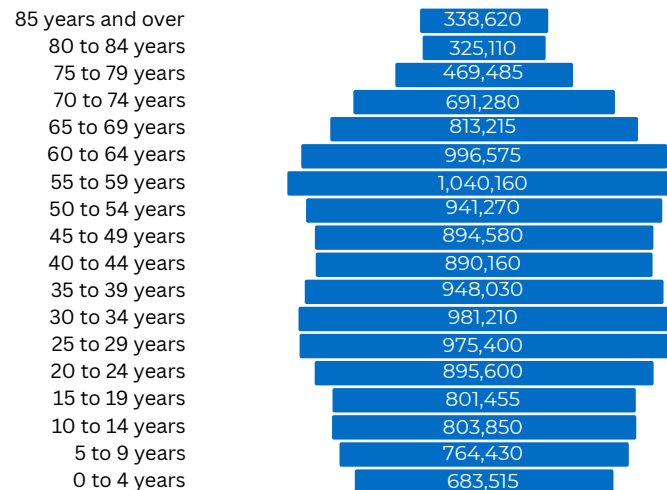
AGE: CHILDREN AND YOUTH, AND SENIORS

Community Characteristics: Statistics Canada and Canadian Community Health Survey Data

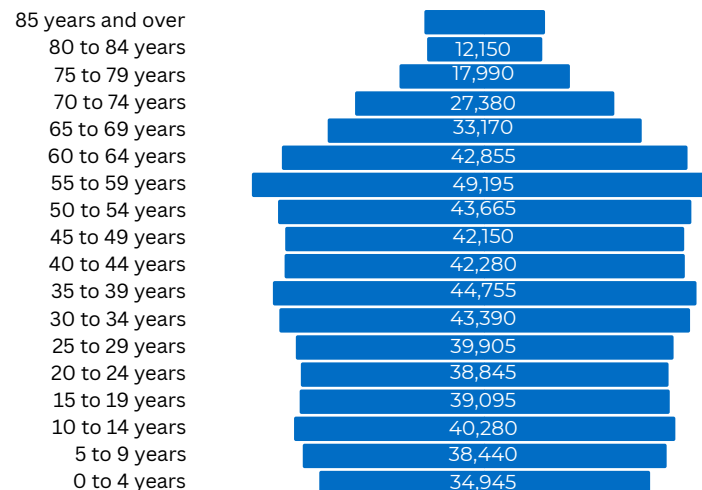
Age is a significant social determinant of health, influencing an individual's well-being and access to resources across the lifespan. Addressing age as a social determinant of health requires policies and interventions that promote healthy aging, support economic security, combat ageism, and ensure equitable access to healthcare and social services across the lifespan. By addressing the diverse needs of individuals at different stages of life, communities can promote health equity and improve overall population health.

East Region's has slightly more children and youth (aged 0 to 19) compared to Ontario and slightly fewer adults aged 65 and older.

Across Ontario, **children and youth** make up **22%** of the total population and **adults 65 and older** make up **19%** of the total population. **Adults age 20 to 64** make up **60%** of the population.



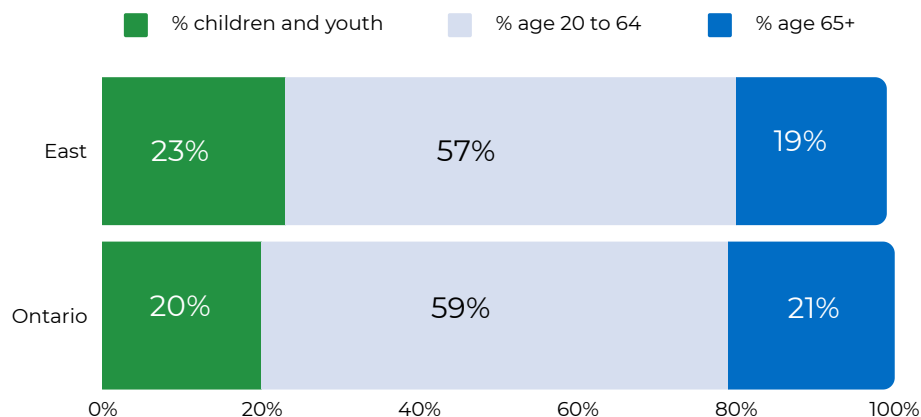
In Durham Region, **children and youth** make up **24%** of the total population and **adults age 65 and older** make up **16%** of the total population. **Adults age 20 to 64** make up **60%** of the population.



Population in 10 years

Ministry of Finance population projections for Durham Region forecast that, by 2034, there will be more older adults aged 65 and older (19% of the population) and fewer children and youth aged 0 to 19 (23%). The proportion aged 20 to 64 (the working age population) will decrease to 57% of the population.

Across Ontario, children and youth are projected to decrease to 20% of the population and older adults increase to 21% of the population. [102]



Community Context: Summary of Community Documents

CHILDREN AND YOUTH

21% increase in childcare spaces

There has been a 21% increase in childcare spaces, up from 24,014 in 2016 to 29,293 in 2021. The new national child care plan cut median child care costs in half from March 2022 to March 2023.[103]

United Way Durham Region supported 22,000+ children and youth to receive mentoring, counselling, leadership, sport and recreation programming in 2020[104]

The Department of Finance Canada estimated in 2022 that when the average of \$10 per day childcare is achieved, Ontario families will save more than \$9,000 gross annually [105]

Savings with National Childcare



102. Ministry of Finance Projections, July 2023)

103. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

104. Impact infographic - United Way Durham Region.

105.. Region of Durham, "Early learning and childcare service plan 2018 to 2022"

Some non-profits in Durham that support children reported increasing developmental challenges among their young clients since the pandemic. There has been a 21% increase in childcare spaces, up from 24,014 in 2016 to 29,293 in 2021. The new national childcare plan cut median childcare costs in half from March 2022 to March 2023. The number of children served by Durham Region's Special Needs Resourcing agencies more than doubled from 1,123 in 2020 to 2,876 in 2022.^[106]

Children and Youth (6 to 18) mental health has been declining. Durham students' mental health was declining before the pandemic and worsened thereafter. In the Ontario Student Drug Use & Health Survey for 2021, both students' health and risky behaviours were increasingly concerning, especially related to feeling close to people at school, feeling part of school, physical and mental health, cyberbullying, and video gaming issues.^[107]

As the Consolidated Municipal Services Manager for early learning and childcare, The Regional Municipality of Durham is committed to managing a coordinated and responsive early learning and childcare system that supports children and families in reaching their best potential:

1. Support expansion and access to childcare
2. Enhance supportive and inclusive childcare
3. Increase, attract and retain quality Registered Early Childhood Educators
4. Optimize virtual service delivery and technology^[108]

Data collected by Durham Region's Children's Services Division indicates that before the implementation of the National Childcare (CWELCC) system, the median cost of childcare in Durham Region was \$61 per day for infants, \$52 per day for toddlers, and \$47 per day for preschool children.

As of January 2023, childcare fees have been reduced by an average of 50 per cent across Ontario. The Department of Finance Canada estimated in 2022 that when the average of \$10 per day childcare is achieved, Ontario families will save more than \$9,000 gross annually, on average. Families and children may experience reduced social and economic equity gaps as childcare becomes more accessible and more affordable, reducing a significant barrier for parents, particularly mothers, in joining or re-entering the workforce. Research indicates that the cost of childcare is a primary factor in determining the labour force participation rates of parents, especially that of women with young children. ^[109]

Children and youth in Durham Region face several challenges that impact their overall well-being and development. Access to adequate mental health services remains a significant concern, with many young people experiencing anxiety, depression, and other mental health issues but encountering barriers to timely and effective support.^[110] Additionally, there are gaps in educational resources and support for students with special needs, which can hinder their academic and social progress.^[111] Economic disparities contribute to unequal opportunities, particularly affecting access to extracurricular activities, higher education, and stable employment.^[112] Bullying, cyberbullying, and substance abuse also pose serious risks, exacerbating mental health struggles and safety concerns.^[113] Moreover, there is a need for more comprehensive and culturally sensitive programs to support the region's diverse population, including newcomers and marginalized communities.^[114] Addressing these challenges requires coordinated efforts from schools, healthcare providers, community organizations, and policymakers to create a supportive and inclusive environment for all children and youth in Durham Region.^[115]

106. Region of Durham, Durham.ca Approvers - Social Services

107. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

108. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

109. Region of Durham, "Early learning and childcare service plan 2018 to 2022"

110. Leiva, "28,000 Ontario children and youth are waiting for community mental health services"

111. People for Education, "Access to special education in Ontario schools: The gaps and challenges - People for Education"

112. Canadian Centre for Policy Alternative

113. Government of Canada, Canadian Institutes of Health Research, "Pink Shirt Day: We all have a role to play in stopping bullying..."

114. Women's Multicultural Resource & Counselling Centre of Durham.

115. Child and Youth Service Organizations: Durham Region



116. Durham Youth Services, "Youth Reconnect 2023"
 117. Women's Multicultural Resource & Counselling Centre of Durham.
 118. Child and Youth, eMentalHealth.ca

Youth isolation in Durham Region, Ontario, is a significant issue exacerbated by factors such as mental health struggles, homelessness, and inadequate social supports. For instance, Durham Youth Services (DYS) addresses youth homelessness through emergency shelters and transitional housing, offering support that goes beyond just providing a place to stay. Their programs include mental health supports, housing stabilization, and family reconnect services to help youths integrate into the community and avoid isolation.^[116]

Additionally, the Women's Multicultural Resource and Counselling Centre of Durham provides various support services, including youth empowerment and mentorship programs, to address isolation among young people from diverse backgrounds.^[117] Organizations like Victory Neighbourhood Services offer counseling and support programs specifically designed for children and youth, aiming to tackle mental health issues and provide necessary social support.^[118]

Durham Region offers a variety of programs, initiatives, and services to support the well-being, education, and development of children and youth. These efforts address various needs, from health and safety to recreation and education. Here are some examples and key aspects of programs for children and youth in Durham Region:

- **Durham Catholic District School Board (DCDSB):** provides comprehensive education programs from kindergarten through secondary school, focusing on academic excellence and inclusive education.
- **Youth Engagement:** Youth Advisory Committees are platforms where young people can voice their opinions and contribute to municipal decision-making, such as the Ajax Youth Engagement Advisory Committee. Initiatives like the Youth Leadership Development Program offered by local community centers and the YMCA, which provide leadership

training and opportunities for youth to engage in community service. [Youth Leadership Camps](#) are also offered in some communities.

- **Youth Mental Health Services:** Organizations like [Kinark Child and Family Services](#) and [Lakeridge Health](#) provide counseling, therapy, and crisis intervention for young people experiencing mental health challenges.
- **Arts and Culture:** [Durham Youth Orchestra](#) provides opportunities for young musicians to perform and develop their skills in a supportive environment. Community Arts Programs like those offered by the [Whitby Station Gallery](#) and Oshawa's [Robert McLaughlin Gallery](#) provide art classes, workshops, and exhibitions for children and youth.
- **Support Services:** [Big Brothers Big Sisters of South-West Durham](#) provides mentorship programs that connect children and youth with positive adult role models.
- **Youth Employment Services:** Organizations like [Youth Employment Services \(YES\)](#) offer job search assistance, resume building, and interview preparation to help young people find employment. Initiatives such as the [Youth Job Connection](#) program provide training and paid placements to help youth gain valuable work experience.

These programs and services highlight ongoing efforts to mitigate youth isolation in Durham Region, though gaps in resources and support networks remain a challenge.

Healthy Babies Healthy Children is a program designed to help children in Ontario have a healthy start in life. Public Health Units across Ontario complete a Healthy Babies Healthy children (HBHC) Screen with families with newborns. HBHC identifies seven different risk indicators.^[119] Compared to Ontario, Durham Region has fewer infants born to families with risk factors for health child development compared to Ontario.

% of infants in families with:	Durham	Ontario	Durham Trend (2019-2022)	Compared to be Ontario
Parent or partner with mental illness	13.0%	20.6%	▼	▼
Infants with families in need of newcomer support	3.3%	3.7%	▲	▼
Infant's mother is a single parent	2.4%	3.0%	▼	▼
No designated primary care provider for mother and/or infant	2.2%	5.1%	▲	▼
Infants with families who have concerns about money	1.5%	3.7%	▼	▼
No OHIP number for mother	1.2%	2.7%	▼	▼
Parent or partner with disability	0.8%	1.0%	▶	▼
Involvement with Child Protection Services	0.6%	2.3%	▼	▼

119. Public Health Ontario. Risk Factors for Healthy Child Development Snapshot. PHU (2015 to 2022). 29 September 2023. www.publichealthontario.ca/en/Data-and-Analysis/Reproductive-and-Child-Health/Healthy-Child-Development.

Young mothers and parents living in shelters often have unique needs and challenges, and communities like Durham, Ontario, typically provide programs and resources to support them. Here are some common programs and services that may be available:

- **Parenting Classes and Support Groups:** These can help young mothers learn about child development, parenting skills, and connect with other mothers facing similar challenges.
- **Counseling and Mental Health Services:** Access to counselors or therapists who specialize in supporting young mothers can be crucial for their emotional well-being.
- **Childcare Assistance:** Programs that provide affordable or subsidized childcare can enable young mothers to attend school, work, or participate in other activities to improve their situation.
- **Education and Employment Services:** Assistance with finishing high school, accessing higher education, vocational training, or job placement services can help young mothers build sustainable futures for themselves and their children.
- **Housing Support and Advocacy:** Help navigating housing options, applying for subsidies, or finding stable housing outside of shelters can be essential for transitioning to independent living.

An important organization in providing support for young parents is Rose of Durham which has maintained full member status as a Catholic Charities social service agency since 1993. Rose of Durham Young Parent Support Division is a young parent support centre that serves young parents and their children throughout Durham Region. Rose of Durham's holistic programs and services include attachment-based parenting programs (group and individual format), supportive strength-based counselling, high school program, life skills, social drop-in programs, and donation room services.^[120]

120. Program & Services – Rose of Durham Young Parent Support Division

121. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

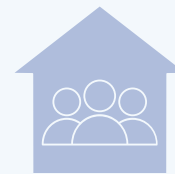
122-125. Community Lens Report, "Community Lens Report: Seniors in poverty"

SENIORS

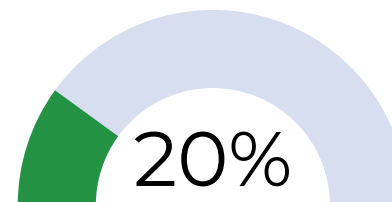
Senior population grew

from 14.4% in 2016 to 15.9% 2021 while adults (15 to 64) decreased^[121]

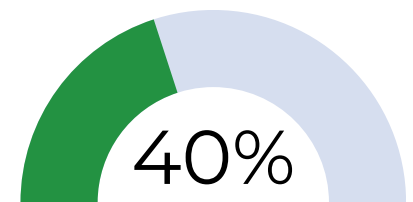
In Durham, **18,180 seniors** (65+) **live alone**, representing almost 15% of all seniors^[122]



Nearly 5,000 seniors live in collective dwellings in Durham, most of which are nursing homes and/or senior residences^[123]



1 IN 5 SENIORS WHO LIVE ALONE ALSO LIVE IN POVERTY, MORE THAN DOUBLE THE POVERTY RATE FOR ALL SENIORS^[124]



NEARLY 2 OUT OF EVERY 5 SENIORS IN DURHAM ARE IMMIGRANTS^[125]

United Way Durham Region works to create opportunities for seniors to engage in their community, 9,200+seniors access programs that allowed them to stay connected with the community, increase their well-being and maintain their independence.[126] The baby boom population is the largest age group in Canada. Increases in the aging population will continue until the 2060's. Pressures on health care and supports for seniors, due to an aging population, are greatest in North Durham which includes Brock, Scugog and Uxbridge.[127]

Age Friendly Durham, A Strategy and Action Plan was created to help develop an inclusive community for seniors and older adults throughout Durham Region. This includes an Age-Friendly Durham Map Viewer helps residents find age-friendly businesses, facilities and organizations through an interactive map. City of Oshawa has been granted an Age-Friendly City designation by the World Health Organization.[128]

Seniors in Durham Region face several significant challenges that impact their quality of life and well-being. Many seniors experience social isolation due to factors such as reduced mobility, loss of family and friends, and limited access to transportation. This isolation can lead to mental health issues like depression and anxiety.[129] Seniors often face difficulties accessing healthcare services, including long wait times for medical appointments and a lack of specialized geriatric care. This can result in delayed treatment and worsening health conditions.[130] Many seniors live on fixed incomes, which can make it challenging to afford necessary medications, home care services, and other essentials. Financial insecurity can also limit their ability to participate in social and recreational activities, further contributing to isolation.[131] There is a concerning prevalence of elder abuse, which can be physical, emotional, or financial. Awareness and support programs are crucial to protect vulnerable seniors from abuse and exploitation.[132]



To address these issues, programs like Community Care Durham offer services such as Meals on Wheels, transportation, and friendly visiting to help seniors maintain their independence and stay connected with their communities. Additionally, initiatives like the "Beauty of Experience" campaign aim to combat ageism and promote the active involvement of seniors in society.[133]

Other examples of programs for Seniors:

- Durham Transit operates a fleet of buses that are fully accessible with ramps and drop-door features.
- Recreation and social programming is offered to fit the needs of communities, from dense urban populations with the Oshawa Seniors Community Centre (OSCC) to the rural Brock Community Health Centre (CHC).
- Non-Profit and charitable organizations such as Community Care Durham or the Alzheimer Society of Durham provide unique services to Seniors.

126. Impact infographic - United Way Durham Region.

127. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"

128. Community Lens Report, "Community Lens Report: Seniors in poverty"

129. Holtby, "Community Care Durham"

130. <https://www.durham.ca>, "Healthy aging"

131. Durham challenges ageism with bold new campaign

132. Durham challenges ageism with bold new campaign

133. Durham challenges ageism with bold new campaign

Seniors' isolation is a significant concern in many communities. Isolation among seniors can have detrimental effects on their physical and mental health. Here are some strategies and resources that can help combat seniors' isolation in Durham:

- **Senior Centers and Community Hubs:** These centers often offer social activities, classes, and events where seniors can connect with others in their community.
- **Volunteer Opportunities:** Encouraging seniors to volunteer can provide social interaction and a sense of purpose. Many organizations in Durham welcome volunteers of all ages.
- **Transportation Services:** Accessible transportation options can help seniors attend social events, medical appointments, and run errands, reducing isolation.
- **Technology and Digital Literacy:** Teaching seniors how to use technology, such as smartphones and computers, can help them stay connected with family and friends through social media, video calls, and online communities.
- **Peer Support Groups:** Establishing peer support groups where seniors can share experiences and offer each other support can be beneficial.
- **Home Visiting Programs:** Programs that pair volunteers or professionals with isolated seniors for regular visits can provide companionship and ensure their well-being.
- **Community Outreach and Awareness:** Increasing awareness about seniors' isolation and organizing community events that promote inclusivity and connection can help combat this issue.



Reflections

What about this information is really speaking to you?

What are things that you, your parish, your region, your organization are already doing?

What ideas come to mind and heart, about what might be possible to support people that have these needs?

Extreme heat and **extreme rain** are more frequent than ever and will get worse, calling for immediate risk mitigation strategies across Durham. A four-fold increase in the number of extreme heat days is expected by 2070^[134]

**17%
HIGHER**

CARBON EMISSIONS IN DURHAM WERE 17% HIGHER THAN OVERALL GREATER TORONTO HAMILTON AREA PER CAPITA IN 2021^[135]



Durham Region is the clean energy capital of Canada. Ontario Power Generation (OPG) is the largest employer in the region^[136]

¹³⁴⁻¹³⁵ Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"
¹³⁶⁻¹³⁸ Smith, "Community Profile: Context for the Strategic Plan 2025"

York Region planted over 1.7 million trees in the past 24 years and is recognized as a Tree City of the World^[137]



300 residents made energy improvements to their homes via the **Durham Greener Homes Program** ^[138]

The Province had originally mandated 7,400 acres of the Greenbelt be opened up for property development. 4,500 acres in Pickering's Duffins Rouge Agricultural Preserve (DRAP) were at risk. Eventhough, Ontario needs more homes, Durham's leaders have sounded the alarm about the damaging environmental impacts of developing so much of the Greenbelt. Parks Canada was concerned that removing the DRAP for property development would create irreversible harm to wildlife, ecosystems, and agricultural landscape in Rouge National Urban Park. Both preserves are the last intact corridor between Lake Ontario and Oak Ridges Moraine and effort must be put into preserving these important environments.

Extreme heat and extreme rain are more frequent than ever and will get worse, calling for immediate risk mitigation strategies across Durham. A four-fold increase in the number of extreme heat days is expected by 2070. Vulnerable populations such as the elderly, children, pregnant women,

people with pre-existing conditions, those without air conditioning, and low-income communities are especially at risk for adverse heat-related health impacts. Increased precipitation and more frequent extreme rainfall events are also expected to amplify regional flood risks. Highest risk neighbourhoods for flooding are in economically vulnerable neighbourhoods in southern and downtown Oshawa. Over recent years Durham experienced record rainfall with 2019 being a record year for flood warnings and several severe floods in the Central Lake Ontario Conservation Area (CLOCA).^[139]

Carbon emissions in Durham were 17% higher than overall Greater Toronto Hamilton Area per capita in 2021. Carbon emissions come from three major sources in Durham: Fossil fuel combustion in buildings, transportation, and industrial processes. Durham made some progress decreasing carbon emissions from 2018 to 2020.

In Durham, Ontario, there are various environmental programs and initiatives aimed at promoting sustainability and conservation. Here are some examples of environmental programs you might find in the region:

- **Waste Reduction and Recycling Programs:** These programs focus on reducing waste generation, increasing recycling rates, and educating residents about proper waste disposal practices. For example the [Blue Box Recycling Program](#) and [Green Bin Program](#)
- **Community Gardens and Urban Agriculture Programs:** There are community garden grants such as the [You Grow Durham](#) that provide funding and support for establishing and maintaining community gardens. There are also [Urban Farming Workshops](#) that provide training and resources for urban agriculture and sustainable gardening practices.

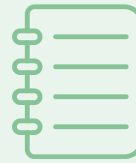
- **Environmental Education and Outreach Programs:** Workshops and field trips for students on topics like biodiversity, waste reduction, and climate change and public seminars and events on sustainable living practices, for example the [Ontario Ecoschool](#) program.
- **Tree Planting and Habitat Restoration Programs:** Community-led efforts to plant trees in parks, along streets, and in natural areas for example, [Durham Trees](#) programs. The [Durham Region Coastal Westland Monitoring Program](#) works on restoration of river and stream habitats through native planting and erosion control measures.



In Durham, Ontario, key environmental initiatives are essential to promote sustainability and resilience. Focusing on renewable energy adoption, transportation improvements, and waste reduction programs can significantly mitigate environmental impact and enhance community well-being. Transitioning to renewable energy sources like solar and wind power supports carbon emission reductions and energy independence, while

improving public transit, promoting electric vehicles, and expanding cycling infrastructure reduces traffic congestion and improves air quality. Enhancing waste reduction efforts and increasing recycling rates fosters resource conservation and community engagement in sustainable practices. These initiatives not only address local environmental challenges but also contribute to a greener, healthier future for Durham residents.^[140]

¹³⁹. Durham Community Foundation, "Together we thrive: Durham's Vital Signs Report 2023"
¹⁴⁰. Green Durham Association, "Home | Green Durham Association"



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PATTERNS OF MARGINALIZATION

Public Health Ontario produces maps visualizing four dimensions of marginalization based on social determinants of health factors. This section of the report provides background on the different dimensions, lists the SDOH factors incorporated in each dimension and shows the patterns of marginalization across Durham Region. Maps exclude Clarington and include Georgina to match the East Region boundaries. The maps are images produced from the Ontario Marginalization Index tool. <https://www.arcgis.com/apps/dashboards/44d0f17d5a0a45aeb47bcdb59902b37e>

Dimensions of marginalization include:

- **Material Resources:** closely related to poverty
- **Racialized and Newcomer Populations:** areas with high concentrations may experience discrimination and xenophobia
- **Age and Labour Force:** these are areas with high concentration of people without income from employment due to age, disability and/or not participating in the labour force
- **Households and Dwellings:** relates to family and neighbourhood stability and cohesiveness



Material Resources

The Material Resources dimension of Marginalization is closely connected to poverty and refers to the inability for individuals and communities to access and attain basic material needs relating to housing, food, clothing, and education.

Factors in this measure include:

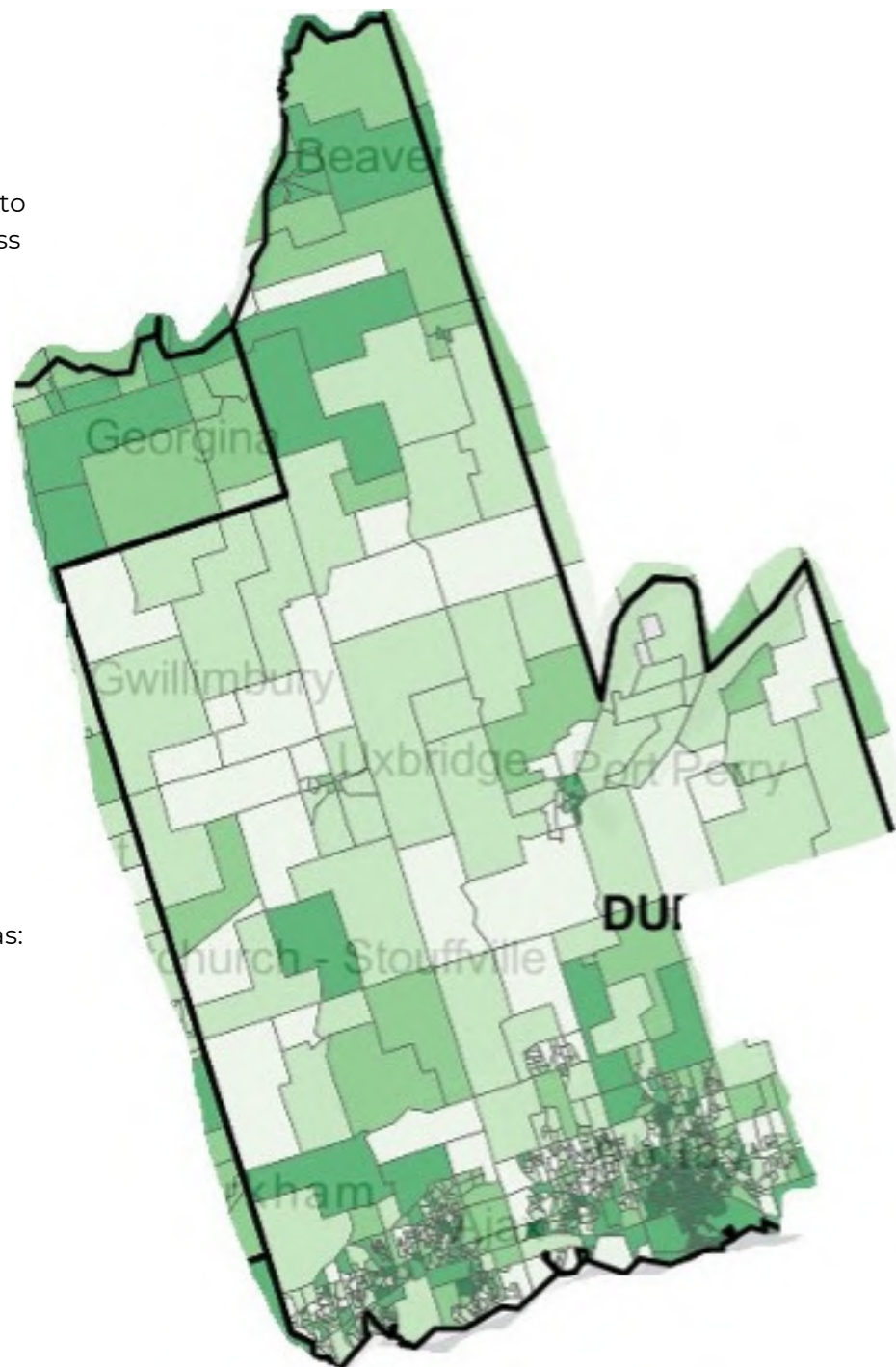
- % of population age 25 to 64 without a high school diploma
- % of families that are lone parent
- % of total income that is from government transfer payments
- % of population age 15+ who are unemployed
- % of population considered low-income (LICO)
- % of households living in dwellings in need of major repair

Darkest areas on the map have highest marginalization.

12% of Durham Region neighbourhoods (122) are ranked as the most marginalized across Ontario for this dimension. Another 18% (179) neighbourhoods rank in the second highest marginalization quintile.

Areas of highest marginalization can mostly be found in the following areas:

- Neighbourhoods through the centre of Oshawa
- Whitby including areas around Whitby Brock North, parts of Brooklin West
- Ajax Northwest
- Neighbourhood in Pickering



Racialized and Newcomer Populations

This dimension measures the proportion of newcomers and/or non-white, non-Indigenous populations. These communities may experience higher levels of racialization and xenophobia.

Factors in this measure include:

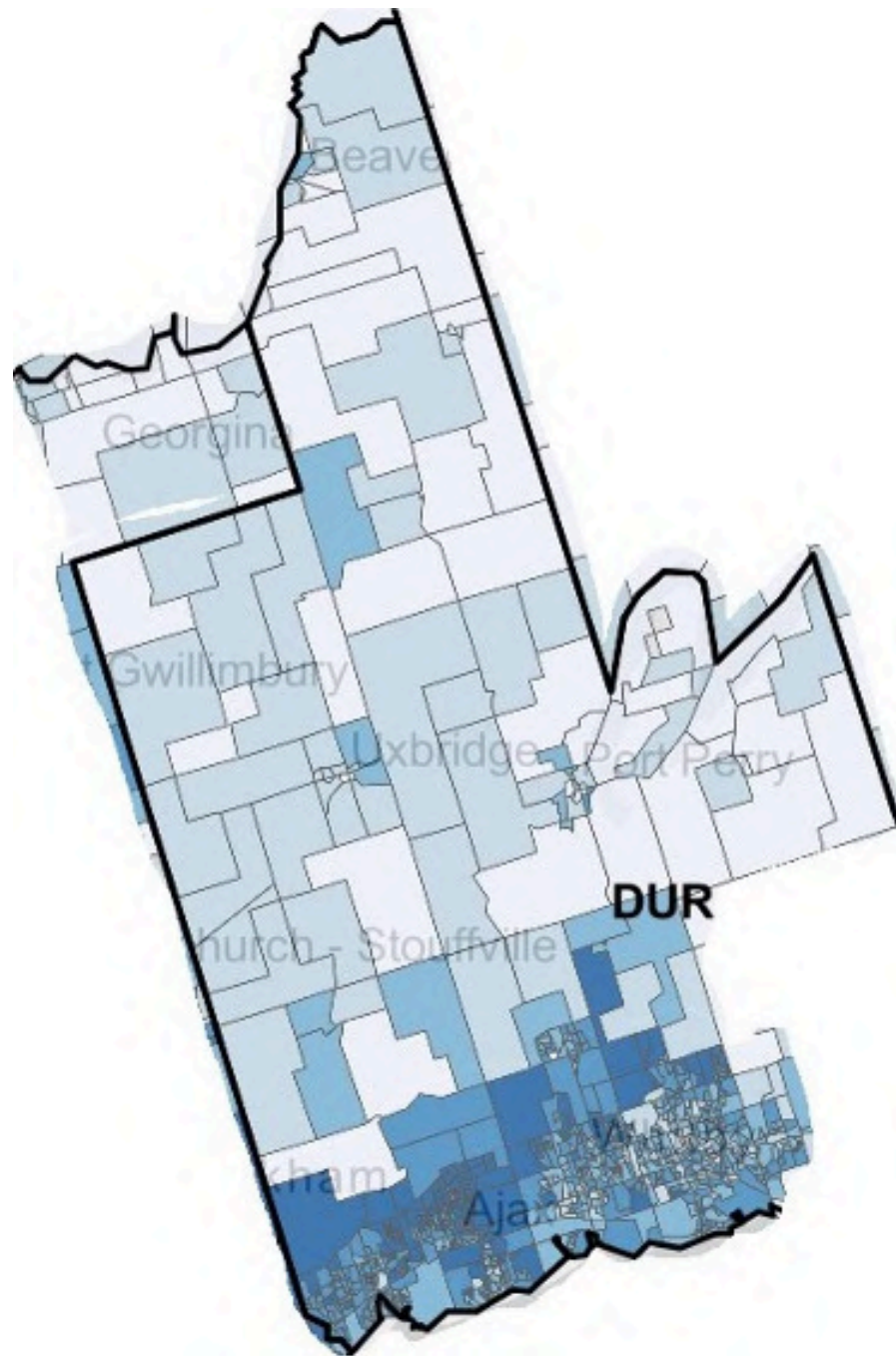
- % of population who are recent immigrants (arrived in last 5 years)
- % of population who self-identify as a visible minority

Darkest areas on the map have the highest marginalization.

17% of Durham Region neighbourhoods (167) are ranked as the most marginalized across Ontario for this dimension. Another 35% (352) neighbourhoods rank in the second highest marginalization quintile.

Within the Region, neighbourhoods with high concentrations of racialized and newcomer populations are largely found in Ajax, parts of Pickering and Whitby and in Oshawa north:

- Ajax Northwest, Ajax Northeast, Central Ajax, Downtown Ajax, parts of Carruthers
- City Centre Pickering, Brockridge, Southpark
- Oshawa Northwest, south section of Oshawa Northeast spilling into a section of Beatrice North and Grandview North
- Williamsburg Whitby, Brooklin West, Cochrane South



Age and Labour Force

This dimension relates to area-level concentrations of people who don't have income from employment, including older adults, children, and/or those unable to work due to disability. Areas of high marginalization are areas with relatively high concentrations of people who don't have income from employment.

Factors in this measure include:

- % of population age 65+
- Dependency ratio (total population 0 to 14 and 65+/total population 15 to 64)
- % of population not participating in the labour force

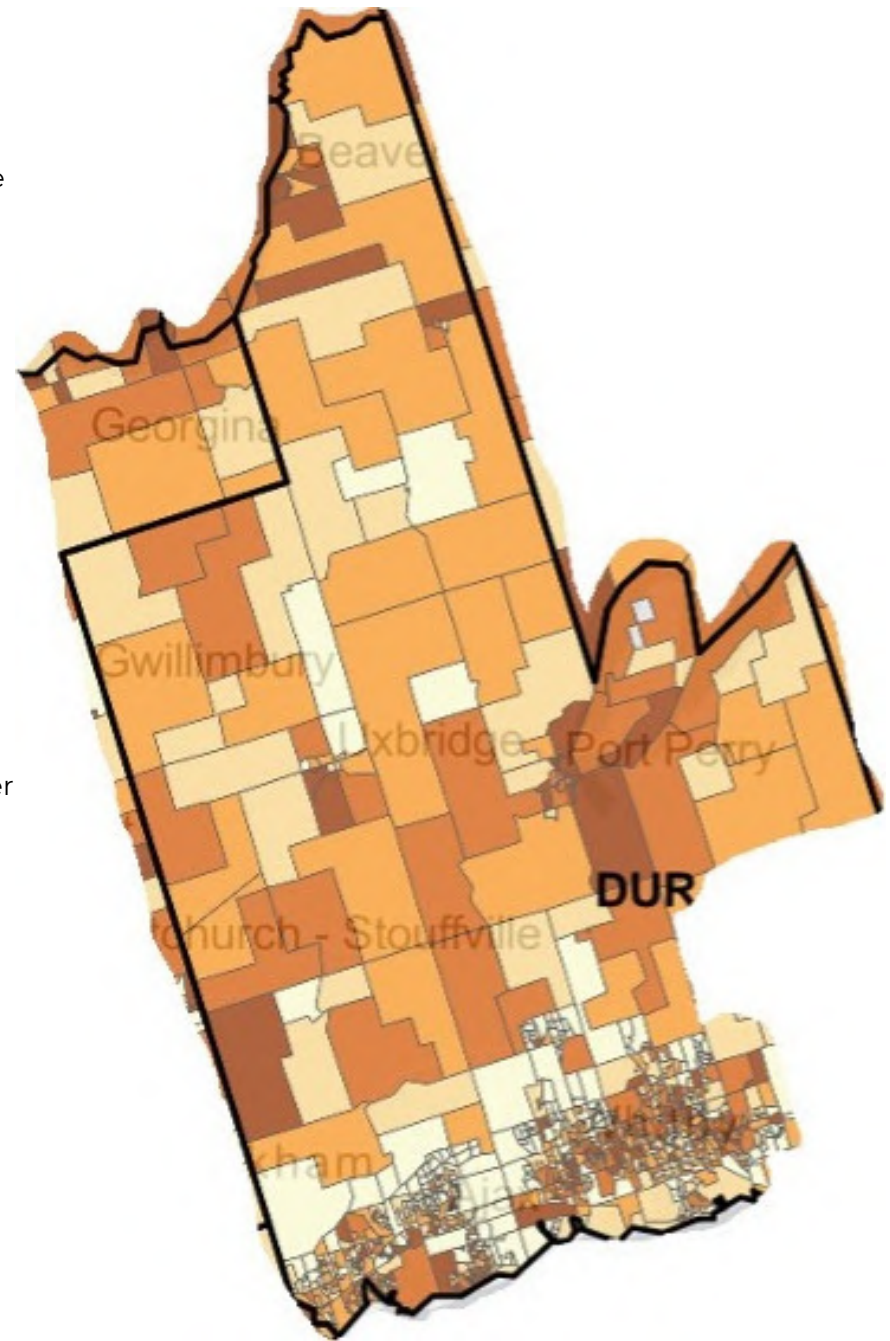
Darkest areas on the map have the highest marginalization.

11% of Durham Region neighbourhoods (114) are ranked as the most marginalized across Ontario for this dimension. Another 17% (166) neighbourhoods rank in the second highest marginalization quintile.

Overall, this indicates that most neighbourhoods in Durham Region have higher concentrations of people with income from employment (i.e. lower marginalization).

Within the Region neighbourhoods with high concentrations can be found scattered throughout the Region including:

- Beaverton area
- Port Perry, Scugog
- Uxbridge
- Pockets in Oshawa including Stevenson North, Beatrice South, Grandview South
- Ajax Waterfront
- Pickering City Centre



Households and Dwellings

This dimension relates to family and neighbourhood stability and cohesiveness and is based on measures of the types and density of residential accommodations and family structure characteristics.

Factors in this measure include:

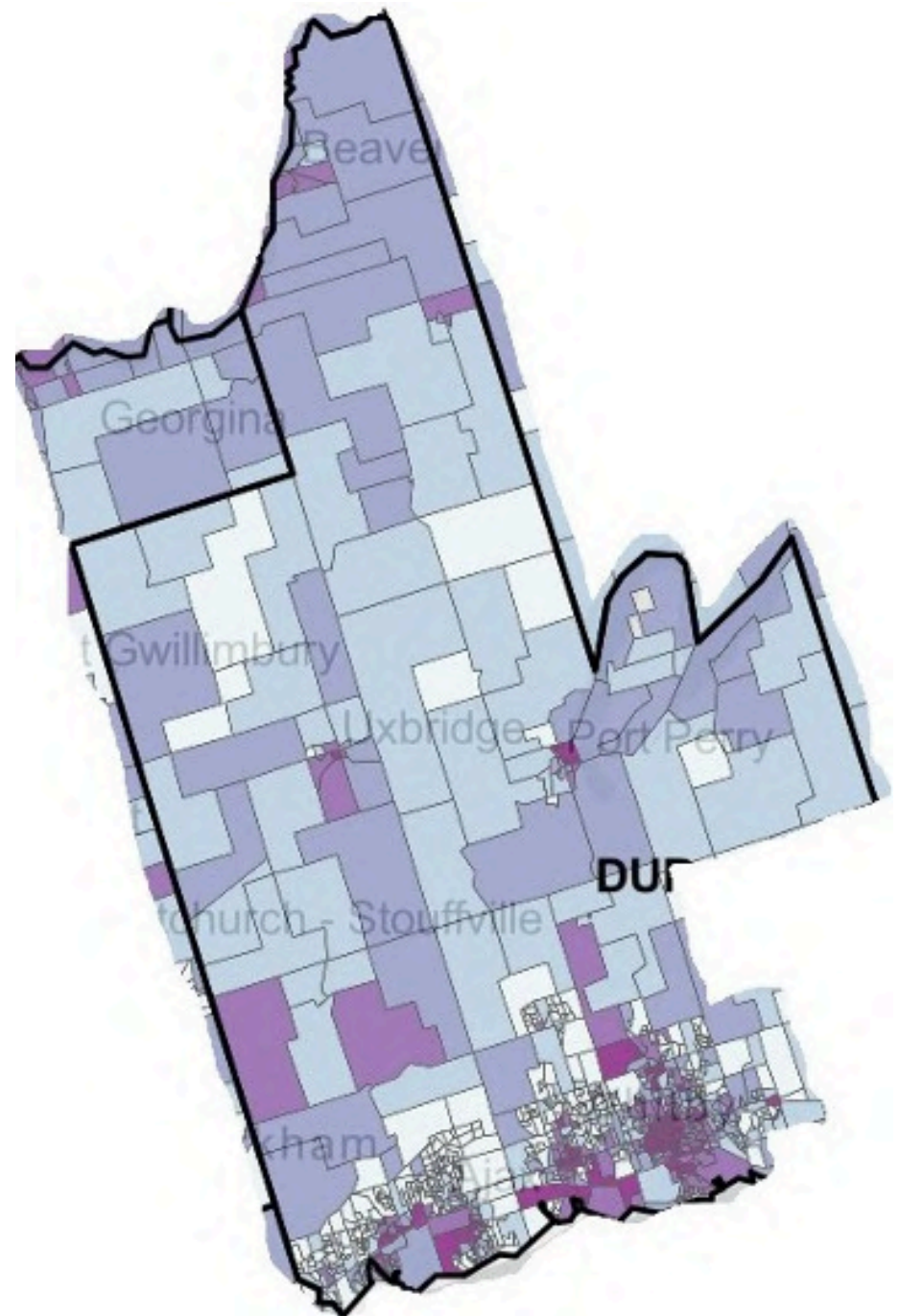
- % of population living alone
- % of population that are not youth (i.e. younger than 5 and older than 15)
- Average # of persons per dwelling (relates to crowding)
- % of dwellings that are apartment buildings/neighbourhood density
- % of population who are single/divorced/widowed
- % of dwellings that are not owned/i.e. renters
- % of population who moved during the past 5 years (mobility)

Darkest areas on the map have highest marginalization.

10% of Durham Region neighbourhoods (101) are ranked as the most marginalized across Ontario for this dimension. Another 14% (144) neighbourhoods rank in the second highest marginalization quintile.

In Durham Region, areas where there may be less family and neighbourhood stability and cohesiveness include:

- Downtown Whitby, Manning, Dryden Anderson, parts of Brooklin West
- Ajax Waterfront, Downtown Ajax
- Downtown Oshawa, Gibb West, south corner of Oshawa Northwest, parts of Beatrice North and South, parts of Lakeview
- Port Perry



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