

# TIME USE

## SUMMARY OF INDICATORS

| CIW National Report 2012  | Vaughan Wellbeing Report  |  |
|---|---|--|
| <i>Proportion of working age adults (20 to 64 years) working long hours – % of labour force participants working more than 50 hours per week</i>    |   |  |
| <i>Proportion of working age adults (20 to 64 years) reporting high levels of time pressure (7 or more “yes”s to 10 questions on time pressure)</i> |   |  |
| <i>Proportion of working age adults (20 to 64 years) providing unpaid care to seniors</i>   | <i>Proportion of population aged 15 years and over providing unpaid care to seniors</i> |  |
| <i>Mean workday commute time for individuals working for pay</i>  | <i>Median commuting duration for working population aged 15 years and over</i>          |  |
| <i>Proportion of individuals working for pay with flexible work hours</i>   |   |  |
| <i>Proportion of children (aged 3-5 years) read to daily by parents, by gender</i>  |   |  |
| <i>Time spent by retired seniors (aged 65 years and older) in active leisure activities</i>   |   |  |
| <i>Proportion of retired seniors (aged 65 years and older) engaged in annual formal volunteering activities</i>                                     |   |  |

- Comparable indicator available
- Similar indicator available
- No comparable indicator available

## **FINDINGS BY INDICATOR**

### **PROVIDING UNPAID CARE TO SENIORS**

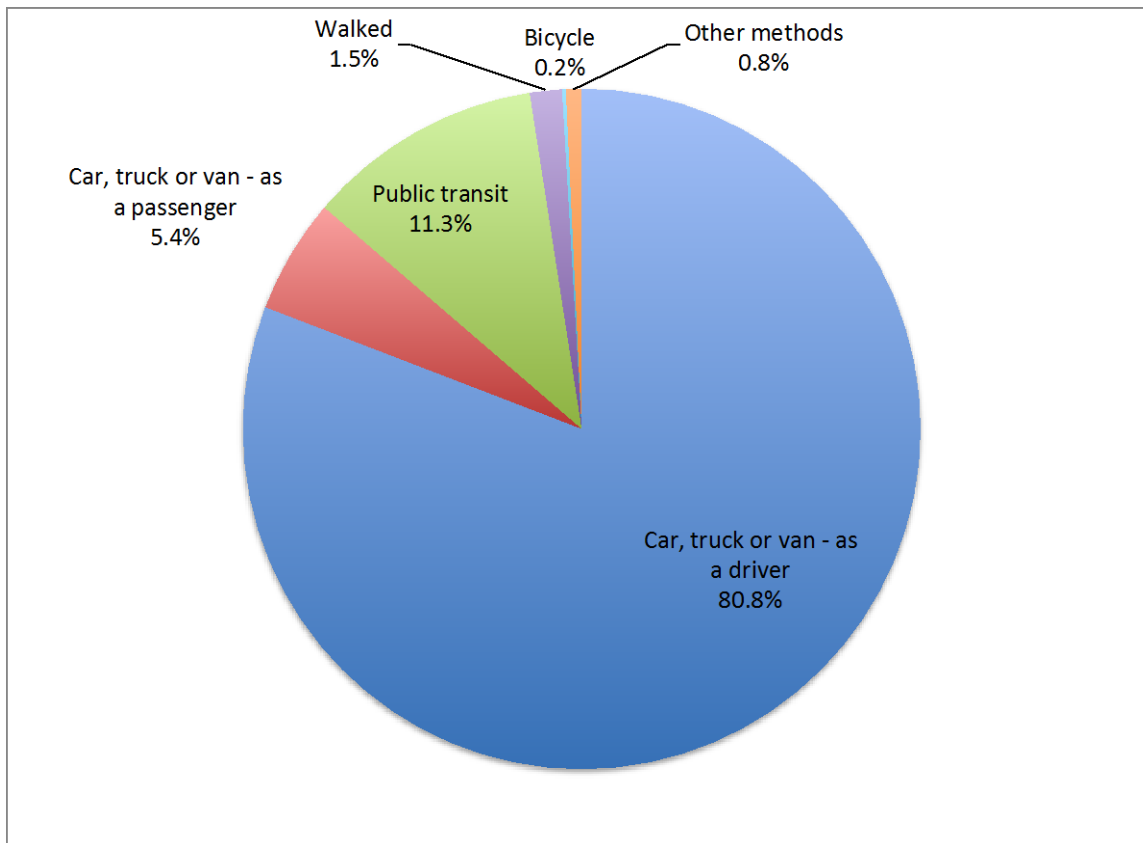
Data from the 2006 Census (Statistics Canada, 2015) showed that 21.0% of the Vaughan population aged 15 years and over reported spending hours providing unpaid care or assistance to seniors in the week prior to Census Day. This was compared to 18.5% in Ontario and 18.1% in Canada (Statistics Canada, 2015). The proportion of the York Region population providing unpaid care to seniors increased from 19.0% in 2001 (Statistics Canada, 2013a). In that same year, 17.9% was reported for both Ontario and Canada (Statistics Canada, 2013a).

### **COMMUTE TIME**

The 2011 National Household Survey<sup>1</sup> reports on median commuting duration for the employed population aged 15 years and over with a usual place of work or no fixed place of address. For the city of Vaughan, the commuting duration was 30.1 minutes (Statistics Canada, 2015). This is compared to 20.8 minutes reported for Ontario and 20.5 minutes for Canada (Statistics Canada, 2015). Figure 1 shows the distribution of the Vaughan population reporting various modes of transportation. Results indicated that the highest proportion, or 80.8%, of the Vaughan population reported that their mode of transportation was driving a car, truck or van. This trend is similar to the trends observed for provincially and nationally (72.5% and 74.0%, respectively) where the highest proportion of the population reported driving a car, truck or van as the mode of transportation. The proportion of the Vaughan population who reported using a sustainable mode of transportation (i.e., public transit, walking and bicycling) was 13.0%. This is low compared to 20.3% reported in Ontario and 19.1% reported nationally. (Statistics Canada, 2013b)

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<sup>1</sup> Estimates from the 2011 National Household Survey (NHS) presented throughout this report, use the global non-response rate (GNR) as an indicator of data quality. A low GNR indicates a lower non-response risk and hence, a lower risk of inaccuracy of the estimate. A GNR of 50% or more triggers the suppression of an estimate by Statistics Canada. The GNR for the 2011 NHS estimates produced for the City of Vaughan was 23.2%.



Source: Statistics Canada. (2013b). Vaughan, CY, Ontario. National Household Survey (NHS) Profile. 2011 National Household Survey. Catalogue no. 99-004-XWE. Retrieved from: <http://www12.statcan.gc.ca/nhs-enm/2011/dp-prof/details/Page.cfm?Lang=E&Geo1=CSD&Code1=3519028&Data=Count&SearchText=Vaughan&SearchType=Begins&SearchPR=01&A1=All&B1=All&GeoLevel=PR&GeoCode=10#tabs1>

### **OBSERVATIONS**

A higher proportion of Vaughan residents spend their time on providing unpaid care to seniors. Vaughan residents also report spending more time commuting to work compared to provincial and national figures. Moreover, the proportion of Vaughan residents reporting the use of vehicles as a mode of transportation is higher compared to Ontario and Canada. Considering that more than half of Vaughan’s workforce is employed in other municipalities in York Region or beyond (City of Vaughan/Vaughan Public Libraries 2013), it is no surprise that ‘traffic congestion’ and ‘public transit transportation/subways’ are the two leading issues reported by Vaughan residents as the most important issues facing the community (Forum Research Inc., 2015). Higher commuting time negatively impacts health and when combined with traffic congestion, leads to reduced satisfaction with work-life balance (Canadian Index of Wellbeing, 2012).

Although there is a lack of information on the amount of time that Vaughan residents spend on participating in social leisure activities, as shown in the Leisure

& Culture report, a lack of free time was identified by the household survey conducted for both the 2008 and 2013 Active Together Master Plan as the top barrier to participating in recreation and leisure activities (City of Vaughan, 2008; City of Vaughan/Vaughan Public Libraries 2013). The 2013 Active Together Master Plan report suggests that commuting across municipalities for work, which is done by more than half of Vaughan's workforce, contributes to this. Combined with shift and weekend work, these two factors create challenges for Vaughan residents in accessing community facilities, services and programs (City of Vaughan/Vaughan Public Libraries 2013). As such, the 2013 Active Together Master Plan highlighted the need to enhance access to municipal programs and services, potentially through extended or flexible operating hours and other more flexible opportunities.

A lack of free time to participate in recreation activities also has implications for physical inactivity (City of Vaughan/Vaughan Public Libraries 2013). Physical inactivity is a risk factor for heart disease and stroke, and diabetes (Heart & Stroke Foundation, 2015; Public Health Agency of Canada, 2011). As seen in the Healthy Populations report, diabetes prevalence is increasing among residents of York Region.

## REFERENCES

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