



PHOTO BY MICHAEL WERNER

THE TEMISKAMING FOUNDATION'S

VitalSigns®





MESSAGE FROM THE COMMUNITY SAFETY AND WELL-BEING COMMITTEE



The Timiskaming Community Safety & Well-Being Plan (CSWB) was launched in September 2023 and is a collaborative approach designed to improve the coordination of services and information, advocacy, and ultimately the quality of life, of Timiskaming District residents. CSWB has representation from police services boards, Timiskaming District's 24 participating municipalities, and other local service providers. In addition to the Steering Committee, there are three working groups: Health & Well-Being, Housing & Homelessness, and Community Safety.

As part of the Health & Well-being working group, to increase services and reduce wait times, we have collaborated with the Timiskaming Area Ontario Health Team to develop their 811 service. We also aim to expand the existing 211 service for the region and are working with partners towards developing a Situation Table for South Timiskaming.

The Housing & Homelessness working group aims to increase available and affordable housing options and to create pathways through transitional and supportive housing. We work closely with the DTSSAB Outreach Coordinator as well as the Canadian Mental Health Association Mobile Crisis Response Team.

The Community Safety working group, through a collaboration with the Timiskaming Drug & Alcohol Strategy, continues to develop and strengthen community safety measures through the development of a service directory and tools for police and first responders.

These are just some of the successes that have been reached and the CSWB working groups continue to work towards improving the safety and well-being of the Timiskaming District.

Steve McIntyre & Erin Cowan
Co-Chairs, CSWB Committee

Vital Signs® Advisory Network

The following advisors have helped guide the development and process of this Vital Signs® report. They generously contributed their time, resources, and expertise to this project, and we thank them for their support.

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Special thanks to:

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Kevin Carino for developing
the Vital Signs Community
Survey

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**THE
TEMISKAMING
FOUNDATION**

The Temiskaming Foundation is committed to strengthening community wellbeing. We do this by inspiring giving, by thoughtfully caring for the assets entrusted to us, and by supporting ideas, initiatives and activities that strengthen our communities.

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Vital Signs® is a community check-up conducted by community foundations across Canada that measures the vitality of our communities and identifies significant trends in a range of areas critical to quality of life. Vital Signs® is coordinated nationally by Community Foundations of Canada.

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COMMUNITY
FOUNDATIONS
OF CANADA

VitalSigns®

Our neighbouring community foundations are:
Fondation communautaire du Témiskaming
(Earlton) and Temagami Community Foundation



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temiskamingfoundation](https://www.instagram.com/temiskamingfoundation)



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temiskamingfoundation](https://www.linkedin.com/in/temiskamingfoundation)

WELCOME

The Temiskaming Foundation acknowledges the Algonquin, Anishinaabe and Cree peoples as caretakers of this land and their culture, which we recognize, respect, and support as we live, work, play and create in the region of Temiskaming which we now share.

ABOUT VITAL SIGNS®

Vital Signs® is an evidence-based report used to measure the health and well-being of communities across Canada. It identifies trends, starts conversations, and helps communities act on local priorities. The goal of Vital Signs® is to offer a readable and engaging report that encourages dialogue and action from all segments of a community, including residents, organizations, institutions, and political leaders.

The Temiskaming Foundation produces this report to help connect charitable giving to community needs and opportunities. To learn more, visit <https://communityfoundations.ca/initiatives/vital-signs/>.

AN UPDATE

This report is divided into key issue areas, but they do not exist in isolation. These topics, along with many others, are all interconnected. We cannot truly understand one without considering its connection to other subjects within our community.

For this update, the indicators were chosen based on the priorities set by the Temiskaming Community Safety and Well-being Plan. We acknowledge the limitations of this report and recognize that it does not provide a complete view of our community. We plan to provide updates for the other focus topics featured in the 2021 report in future Vital Signs® publications. We look forward to engaging with members of our community, and we hope that this work will become part of a broader conversation and movement for change.

To read the full 2021 Vital Signs Report, visit www.temiskamingfoundation.ca/about/publications



PHOTO BY MICHAEL WERNER



ABOUT THE TEMISKAMING FOUNDATION

Sharing in the growth of our community

Founded in 1994, the Temiskaming Foundation (TTF) is part of a network of more than 200 Community Foundations across Canada. Serving the region from Latchford to Kirkland Lake, we have granted over \$6.4 million to local charities and organizations that strengthen and enrich the environment in which we all live, work and play.

As a Community Foundation, our mandate is to help the residents of our area create a better place to live. We do this by managing gifts from donors whose generosity allows us to create permanent endowment funds, as well as flow-through funding to support special projects. The income generated from our investments is granted back to our community for scholarships, special projects and operational funding for charities and non-profit organizations in our District.

Together, we help build strong and resilient communities, investing in our future.

For more information about what we do, please visit: www.temiskamingfoundation.ca



OVER \$6.4 MILLION
GRANTED TO OUR COMMUNITY



30
YEARS OF
GIVING



115+
ENDOWMENT
FUNDS



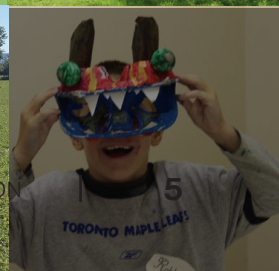
2600+
GRANTS
GIVEN



400+
SCHOLARSHIPS



12M+
IN ASSETS





SUSTAINABLE DEVELOPMENT GOALS

The Sustainable Development Goals (SDGs) are 17 interconnected goals that serve as a blueprint to achieve a better and more sustainable future. Canada is one of 193 countries participating in this United Nations initiative. The goals are a universally shared vision that applies to people and communities everywhere. They provide a shared language to unite communities, provinces, and countries in common action. Visit globalgoals.org for more information.

Find these icons in the report to learn how the SDGs relate to Vital Signs® and key issues in our community.



End poverty in all its forms everywhere



Ensure access to affordable, reliable, sustainable and modern energy for all



Take urgent action to combat climate change and its impacts



End hunger, achieve food security, and promote sustainable agriculture



Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all



Conserve and sustainably use the oceans, seas and marine resources for sustainable development



Ensure healthy lives and promote wellbeing for all at all age stages



Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation



Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, and halt and reverse land degradation and halt biodiversity loss



Ensure equitable, quality education and promote lifelong learning opportunities



Reduce inequality within and among countries



Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions



Achieve gender equality and empower all women and girls



Make cities and human settlements inclusive, safe, resilient and sustainable



Strengthen the means of implementation and revitalize the Global Partnership for Sustainable Development



Ensure availability and sustainable management of water and sanitation for all



Ensure sustainable consumption and production patterns

IF THE TIMISKAMING DISTRICT WAS A VILLAGE OF 100

Based on the 2020 Census, if the Timiskaming District was made up of 100 people, there would be...

GENDER

TIMISKAMING

49

MALES

51

FEMALES

Source: Statistics Canada

CANADA

49

MALES

51

FEMALES

AGE

TIMISKAMING

0 - 14

16

15 - 24

10

25 - 64

50

65 - 74

14

75 - 84

7

85 +

3

Source: Statistics Canada

CANADA

16

11

53

11

6

2

TIMISK. / CANADA

48 / 42

MEDIAN AGE

\$38K / \$41K

MEDIAN TOTAL
INCOME (INDIVIDUAL)

2.2 / 2.4

MEDIAN FAMILY SIZE

Source: Statistics Canada

INCOME (INDIVIDUAL)

TIMISKAMING

CANADA

Under \$10,000

7

8

\$10,000-\$29,999

31

27

\$30,000-\$59,999

30

32

\$60,000-\$99,999

18

19

\$100,000 +

10

10

Not Applicable*

3

4

Source: Statistics Canada

* Numbers may not add up to 100 due to rounding.

CULTURAL ORIGIN*

TIMISKAMING

CANADA

French

23

11

English

22

15

Irish

20

12

Canadian

19

16

Indigenous Identity

9

5

Source: Statistics Canada

*Numbers may not add up to 100 because people may report more than one cultural origin.

TIMISKAMING / CANADA

87 / 67

SPEAK ENGLISH MOST
OFTEN AT HOME

12 / 20

SPEAK FRENCH MOST
OFTEN AT HOME

1 / 13

SPEAK ANOTHER
LANGUAGE MOST
OFTEN AT HOME

32 / 18

KNOW ENGLISH AND
FRENCH

Source: Statistics Canada

METHODOLOGY

The data featured in this report is a combination of results from our Community Survey and secondary data from a range of organizations and sources. For more information about data sources, please refer to the references on page 23.



A total of 321 community members added their voices to the Temiskaming Foundation's Vital Signs® report by providing ratings on each topic area and answering questions about their experiences in our community. They also submitted comments, sharing their thoughts on our community's strengths, challenges, and opportunities, some of which will be shared at the end of this report.

GRADING



Survey participants were asked to rate the issue areas based on the scale below. Ratings were then converted to a numerical scale, with 5 being "Excellent". The average rating is used in the report to compare across issue areas.



Excellent, stay the course



Good, but improvements could be made



Average performance



Below average, more work is required



Failure, immediate action is required

COMMUNITY PERCEPTION SURVEY

The Temiskaming Foundation conducted a community survey based on a voluntary, self-selected respondent population. The general survey was available both online and in hard-copy to all interested individuals in the Timiskaming District from July 11th to August 31st, 2024. The results should be interpreted based on the survey participants and may not be representative of the Timiskaming District overall.

SECONDARY DATA

To complement our survey data, this report also features data from secondary sources. We try our best to feature data that is relevant and recent. Due to access and availability constraints, some of the data we used may be outdated or may not reflect the current state of our community.

Community Foundations of Canada developed common indicators from institutional sources for Vital Signs® communities to choose from. Timiskaming is a general term that we use to refer to our overall community and may apply to different geographical areas depending on the indicator. Generally, we use Timiskaming District to refer to the census division as defined by Statistics Canada.

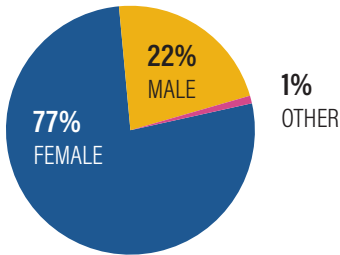
For more information on geographical boundaries, data sources, and full survey results, please visit temiskamingfoundation.ca/vitalsigns.

VITAL INFORMATION

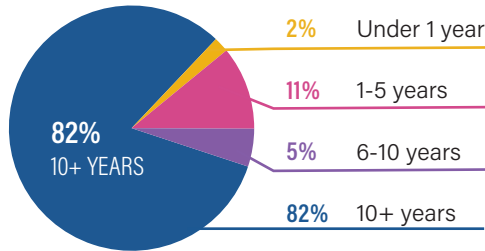
COMMUNITY SURVEY

Community members who participated in the survey assigned a rating or grade to each issue area. The profile below describes some demographic characteristics of the survey respondents.

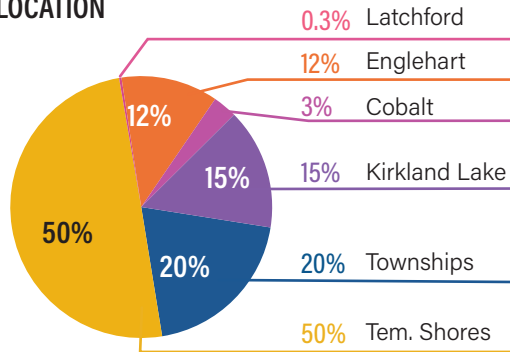
GENDER



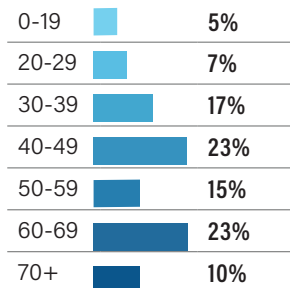
YEARS IN TIMISKAMING



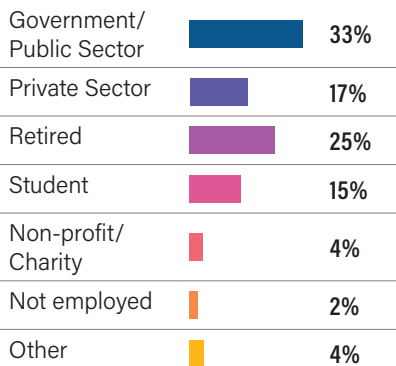
LOCATION



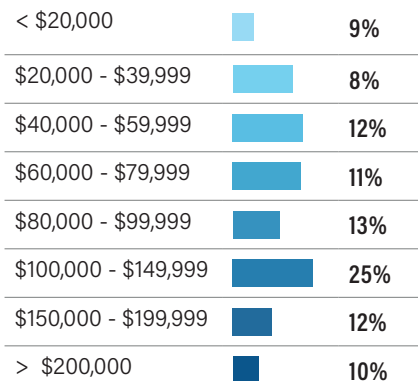
AGE



EMPLOYMENT BY SECTOR



HOUSEHOLD INCOME



SCAN FOR FULL
SURVEY RESULTS



SURVEY GRADE

HEALTH & WELL-BEING

Average rating: 3.59

B

Vital Signs 2021 survey rating

B-

COMMUNITY SAFETY

Average rating: 2.75

C

Vital Signs 2021 survey rating

B

ROAD SAFETY

Average rating: 2.76

C

Vital Signs 2021 survey rating

C+

HOUSING

Average rating: 2.9

D

Vital Signs 2021 survey rating

C+

STANDARD OF LIVING

Average rating: 3.4

C-

Vital Signs 2021 survey rating

B-

SURVEY GRADE SCALE

A+	4.8-5.0	C	2.6-2.8
A	4.4-4.7	C-	2.5-2.7
A-	4.1-4.3	D+	2.2-2.4
B+	3.8-4.0	D	1.9-2.1
B	3.5-2.7	D-	1.6-1.8
B-	3.2-3.4	F	1.5 and lower
C+	2.9-3.1		



PHOTO BY MICHAEL WERNER

HEALTH & WELL-BEING

SURVEY GRADE

B

COMMUNITY STORY: TIMISKAMING DRUG AND ALCOHOL STRATEGY

In 2021, over 20 individuals representing local organizations, agencies and people with lived and living experience came together to work on a plan to address drug and alcohol use in Timiskaming. This plan is now known as the Timiskaming Drug and Alcohol Strategy (TDAS). The goal of the strategy is to

prevent and reduce harm associated with substance use and to improve the quality of life of all Timiskaming residents. To create a plan that best fits the needs of our community, a survey was conducted to collect advice, feedback and recommendations from the public. The survey was completed by 112 individuals, 46% of whom identified as having lived experience with high-risk substance use or substance use disorder. Through results of the survey and consultation with community stakeholders, four priority areas emerged: prevention, harm reduction, treatment and community safety. The strategy has used these priorities as pillars to their approach and has identified objectives and actions for each area.

Since the plan was established, TDAS has made significant progress in addressing the harms of substance use in our community. Highlights of their progress include launching Planet Youth Timiskaming to prevent early onset of substance use, forming the Timiskaming Substance Use Health Knowledge Network to build knowledge and connections among service providers, building a centralized directory and referral tools for substance use health and related services, and coordinating training, communications, and advocacy efforts for health-ier communities. To learn more, visit www.tdas.ca.

SURVEY RESULTS

60% of respondents said they have **access to physical health care** in a timely manner.

AGREE	60%
NEUTRAL	13%
DISAGREE	27%

36% of respondents said they have **access to mental health care** in a timely manner.

AGREE	36%
NEUTRAL	21%
DISAGREE	43%

75% of respondents said they were able to **cope with daily stress**.

AGREE	75%
NEUTRAL	16%
DISAGREE	9%

54% of respondents said they are **physically active** for 6 hours or less per week.

15 HRS +	14%
7-15 HRS	30%
6 OR LESS	54%
DON'T KNOW	2%

COMMUNITY HIGHLIGHT

The Mino M'shki-ki Indigenous Health Team was established in 2018 and aims to provide services that incorporate traditional healing with western medicine. Through offering clinical services, wellness programs and cultural programs, the Mino M'shki-ki Indigenous Health team promotes health and wellness for all people of Indigenous ancestry and their families throughout the entire life cycle.

Source: Mino M'shlo-ki Indigenous Health Team, n.d.

51.3%

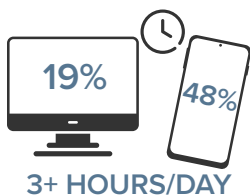
51.3% of Timiskaming residents (12 and over) perceive their **overall health** as very good or excellent. (Ontario: 61.8%)

63.7%

63.7% of Timiskaming residents (12 and over) perceive their **mental health** as very good or excellent. (Ontario: 64.7%).

Source: Statistics Canada, 2021

SCREEN TIME



48% of **Vital Signs Survey** respondents reported spending 3 hours or more per day on their phones outside of work. 19% spent 3 or more hours on their computers outside of work.

Source: 2024 Vital Signs Survey

38% of teen boys and 64% of teen girls spend 3 hours or more on **social media** each day



87% of teens have a **phone** in their bedroom **at night**

Source: Timiskaming Health Unit Planet Youth, 2024

EMERGENCY DEPARTMENT VISIT RATE

806.1
PER 1000
POPULATION

There were **23,931 visits** to an emergency department (ED) in the Timiskaming District in 2021. This makes Timiskaming's age-standardized emergency department visit rate **806.1 per 1000 population**. Our rate is statistically higher than Ontario's rate which is 367.4 per 1000 population.*

*Note that differences in health service delivery (e.g. availability of walk-in clinics) can influence these rates.

Source: Ontario Ministry of Health and Long-Term Care, 2021.

ACCESS TO A HEALTHCARE PROVIDER

88.7%



88.7% of Timiskaming residents aged 12 and over have a regular healthcare provider compared to 90.6% of residents in Ontario.

Source: Statistics Canada, 2021

MENTAL HEALTH AND ADDICTIONS

Number of incidents related to mental health responded to by OPP in the Timiskaming District:



417

2019

512

2020

552

2021

Source: Ontario Provincial Police 2021 Progress Report (Timiskaming Shores and Kirkland Lake)

235.7
PER 100,000
POPULATION

In 2021, the rate of ED visits due to **self-harm** in Timiskaming was 235.7 per 100,000 which was **not statistically different from Ontario's rate** of 199.3 per 100,000.

5,130.9
PER 100,000
POPULATION

In 2021, the rate of ED visits due to mental health and substance use disorders in Timiskaming was 5,130.9 per 100,000, which is statistically higher than Ontario's rate of 3,267.9 per 100,000.

Ontario Ministry of Health and Long-Term Care, 2021

Rate of **ED visits due to opioid poisonings** in the Timiskaming Health Unit (THU) catchment area (2023)

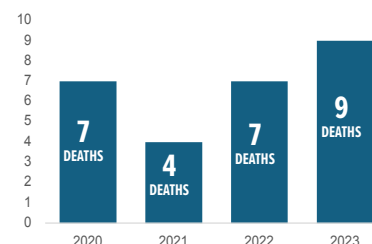
84.7
PER 100,000
POPULATION

TIMISKAMING

85.0
PER 100,000
POPULATION

ONTARIO

Number of Deaths Due to Opioid Toxicity in THU Catchment Area



Source: Public Health Ontario Interactive Opioid Tool, 2024

In Timiskaming, Fentanyl (all types) was present in **71%** of opioid related deaths.

Timiskaming Health Unit Opioid Surveillance Summary, 2023

In 2024, the Timiskaming Health Unit had **just under 1000** visits/interactions with individuals to provide harm reduction supplies, including naloxone and drug testing kits.

Source: Timiskaming Health Unit, 2024



2,844
NALOXONE
DOSES

In 2024, 2,844 naloxone doses were distributed to people in the Timiskaming Health Unit's catchment area. This includes community and pharmacy provided naloxone.

Source: Ontario Drug Policy Research Network, 2024

PHOTO BY JUSTINA PHIPPEN

COMMUNITY SAFETY



COMMUNITY HIGHLIGHT

DTSSAB Paramedicine program

In 2022, the District of Timiskaming Social Services Administration Board (DTSSAB) commenced a Community Paramedicine Program. Community Paramedicine is a healthcare model where paramedics use their training and skill sets to provide healthcare in non-emergency situations. The services provided include home visits, remote patient monitoring, and assisting in wellness clinics across the district. The overall goals of the paramedicine program are to help individuals safely stay at home, provide peace of mind to patients and caregivers, improve quality of life, and ease healthcare demand.

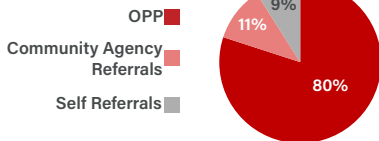
For more information, please visit www.dtssab.com/community-paramedicine

Victim Services

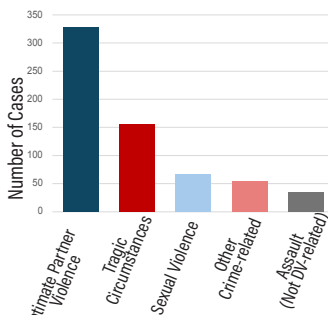
686 new clients were supported in 2024



WHERE DO REFERRALS COME FROM?



TOP 5 REASONS FOR ACCESSING SUPPORT:



Tragic circumstances include sudden deaths, fire, motor vehicle accidents etc.

Source: Victim Services of Temiskaming & District, 2024

97 OUT OF 444

MUNICIPALITIES ACROSS ONTARIO HAVE DECLARED GENDER-BASED VIOLENCE AND/OR INTIMATE PARTNER VIOLENCE AN EPIDEMIC

Building a Bigger Wave, Provincial network for VAW Coordinating Committees, 2025

DEMOGRAPHICS OF INDIVIDUALS SEEKING VICTIM SERVICES



CHILD/YOUTH
158 CLIENTS



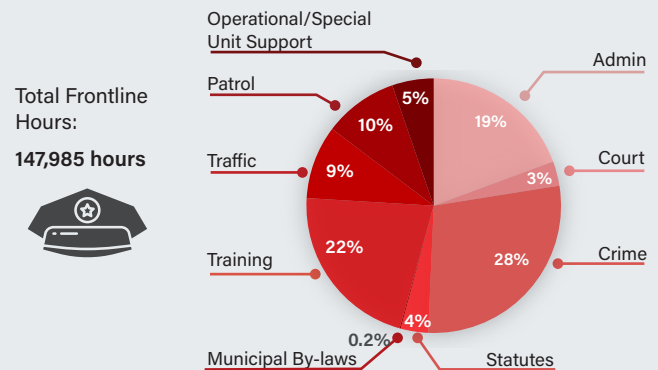
ADULT MALE
106 CLIENTS



ADULT FEMALE
422 CLIENTS

Source: Victim Services of Temiskaming & District, 2024

HOW DOES THE OPP SPEND THEIR TIME?



Data Source: Ontario Provincial Police 2021 Progress Report (Temiskaming Shores and Kirkland Lake)

TIMISKAMING EMERGENCY MEDICAL SERVICES

2023 CALL VOLUME (ALL BASES):

Code 1: 114 calls
Code 2: 115 calls
Code 3: 1360 calls
Code 4: 3086 calls
Code 8: 1083 calls

Code 1- Non-Urgent

Code 2 - Patient is stable and needs to attend a scheduled appointment for care.

Code 3 - Urgent calls that could lead to a life-threatening condition, but the patient is presently stable.

Code 4 - Emergent. These calls are emergencies and require immediate, life-saving care. They take the highest priority.

Code 8- Stand By. Patient is stable and may need support and/or transportation to hospital for admission.

Source: District of Timiskaming Social Services Administration Board, 2024

SURVEY RESULTS

85% of respondents said they felt safe in their home.

YES 85%
SOMEWHAT 13%
NO 1%

72% of respondents said they felt safe in their neighbourhood.

YES 72%
SOMEWHAT 25%
NO 3%

78% of respondents said they knew their neighbours well enough to ask for help or offer assistance when needed.

YES 78%
SOMEWHAT 16%
NO 6%



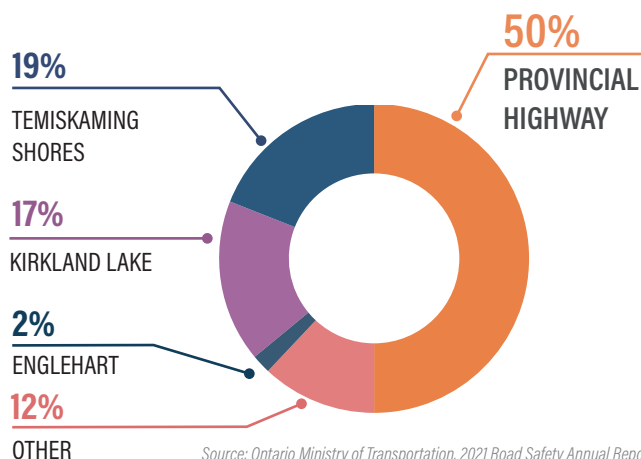
ROAD SAFETY

SURVEY
GRADE

C

MOTOR VEHICLE COLLISIONS

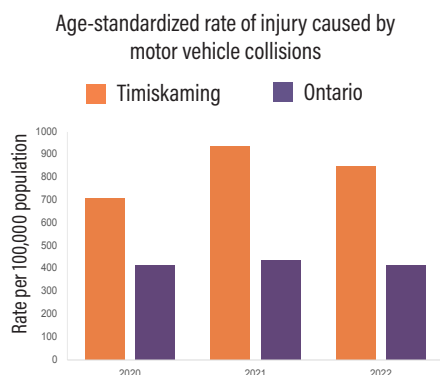
In 2021, there were 398 collisions in the Timiskaming District. 50% of collisions occurred on the provincial highway. Almost 1 out of every 5 motor vehicle collisions resulted in injury.



1.0% OF COLLISIONS IN TIMISKAMING WERE FATAL IN 2021. (ONTARIO: 0.3%)

INJURIES FROM VEHICLE COLLISIONS

From 2020-2022, the Timiskaming Health Unit Region had **statistically higher** age-standardized rates of **Emergency Department visits for injuries due to motor vehicle collisions**.



In 2022, there were 280 emergency department visits for injuries due to motor vehicle collisions.

64 of those visits involved all terrain/snow mobile collisions.

Source: Public Health Ontario, 2023

COMMUNITY HIGHLIGHT

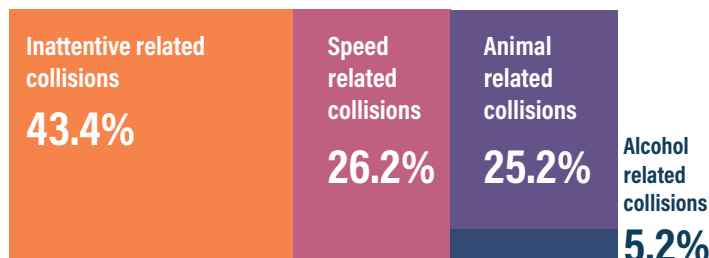
2+1 Roadway Pilot Project on Highway 11

Through persistent advocacy from Going the Extra Mile for Safety (GEMS) along with various groups including the Federation of Northern Ontario Municipalities and The Ontario Good Roads Association, the Ministry of Transportation is moving forward with a 2+1 Roadway Pilot Project on Highway 11. The 2+1 roadway profile consists of 2 lanes in one direction and one in the opposite direction which alternates every 2-5 km. The opposing lanes are separated by a crash rated median barrier to prevent inappropriate and dangerous passing and head on crashes that often result in fatal and serious injuries.

Source: Northern Policy Institute (2023), Northern Ontario Business (2023)

PRIMARY CAUSE OF COLLISIONS

From 2019-2021, the most common **primary cause of motor vehicle collisions** in the Timiskaming District was **inattention**. This includes roadway, off-road, and motorized snow mobile collisions.



Source: Ontario Provincial Police 2021 Progress Report (Timiskaming Shores and Kirkland Lake)

SURVEY RESULTS

36% of respondents described the **safety of municipal roads** as average.

GOOD/EXCELLENT **31%**
AVERAGE **36%**
BELOW AVG/POOR **33%**

62% of respondents described the **safety of provincial high-ways** as below average or poor.

GOOD/EXCELLENT **14%**
AVERAGE **24%**
BELOW AVG/POOR **62%**

41% of respondents described the **winter maintenance of roads and highways** as average.

GOOD/EXCELLENT **32%**
AVERAGE **41%**
BELOW AVG/POOR **27%**



PHOTO BY BRIGID WILKINSON

HOUSING

SURVEY GRADE

D

COMMUNITY STORY: KEEPERS OF THE CIRCLE MODULAR HOME FACTORY

In 2022, Keepers of the Circle launched a pilot program training six Indigenous women with no previous construction experience to build modular homes. In just 3 months, the women were able to successfully build and install panels for a 480 sq. ft. modular passive off-grid home.

Building on the pilot project's success, Keepers of the Circle is establishing an Indigenous women-led modular construction facility and training centre in Kirkland Lake. The facility will produce single, multiplex, and community buildings, incorporating environmentally conscious practices such as building with sustainable non-toxic materials, and including solar, wind and geothermal technologies. The factory will also provide year-round training for local community members, focusing on recruiting Indigenous women and 2SLGBTQIA+ individuals. Currently, nine women are being trained to build panels for the factory's administrative building, which incorporates culturally meaningful designs. The goal of this project is to address the existing housing challenges experienced across Northern Ontario, while also creating more opportunities for Indigenous Peoples to create meaningful careers in the housing sector.

To read more about this project, visit www.keepersofthecircle.com/modular-factory.

SURVEY RESULTS

76% of respondents said our community **does not** have enough affordable senior housing.

YES	7%
SOMEWHAT	16%
NO	76%

86% of respondents said our community **does not** have enough affordable rental homes.

YES	3%
SOMEWHAT	11%
NO	86%

78% of respondents said our community **does not** have enough accessible or adaptable housing.

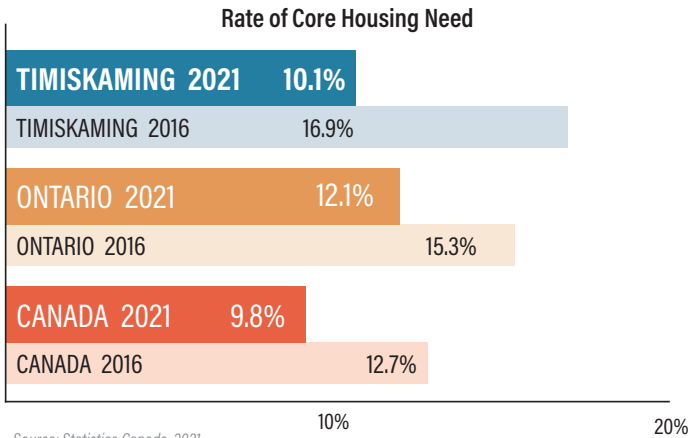
YES	5%
SOMEWHAT	18%
NO	78%

CORE HOUSING NEED

Core housing need is an indicator that describes housing affordability. A household would be in "core housing need" if they are unable to find a place to live that is in reasonably good condition and is big enough for their household without costing more than 30% of their income.

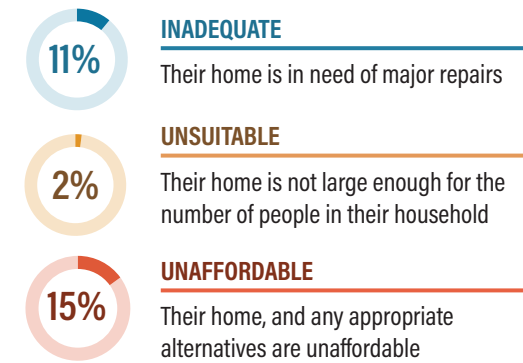
CORE HOUSING NEED IN TIMISKAMING

In 2021, Timiskaming's rate of core housing need was 10.1%, which is equivalent to 1,375 households.



COMPONENTS OF CORE HOUSING NEED

Out of Timiskaming households assessed for housing indicators:

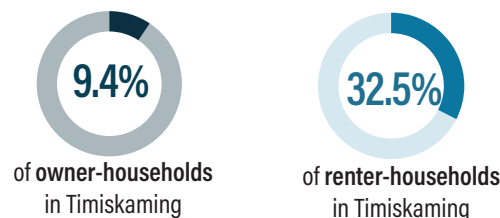


* Components are not mutually exclusive, and will not add up to 100%.

Source: Statistics Canada, 2021

UNAFFORDABILITY FOR RENTERS & OWNERS

Percent of households with unaffordable housing (2021)*



*Based on a shelter-cost-to-income ratio (STIR) of 30%.

Source: Statistics Canada, 2021

COMMUNITY HIGHLIGHT

Hope Haven: A Way Forward

In 2022, the Salvation Army opened a new transitional housing program in Kirkland Lake in partnership with DTSSAB and with support from the Ontario Ministry of Housing. The program, "Hope Haven: A Way Forward", is a six-bedroom duplex staffed by the Salvation Army, including caseworkers to help residents learn life skills required to move from homelessness to living on their own. Residents are assisted with accessing support for mental/physical health concerns, getting proper identification, opening a bank account, finding a doctor, putting together a resume and filing their taxes.

Source: The Salvation Army, 2022

Municipalities Under Pressure: The Human and Financial Cost of Ontario's Homelessness Crisis

Homelessness in Northern Ontario has grown **FOUR TIMES FASTER** than in non-northern communities.

Chronic homelessness in Northern Ontario has **NEARLY DOUBLED** since 2022.

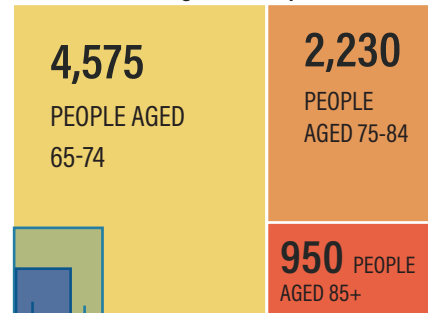
There were an estimated **5,377 people in Northern Ontario** who experienced known homelessness in 2024. In 2016, this number was 1,771.

Source: Association of Municipalities of Ontario, 2024

SENIOR HOUSING

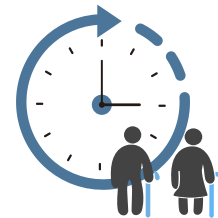
Senior housing encompasses a wide age range and captures individuals with very different housing needs, including long-term care facilities, retirement homes and seniors-only housing.

Timiskaming Senior Population



This shaded area represents the **487 person capacity** at the 6 long term care and retirement homes

This shaded area represents the **146 units** available at **seniors-only housing**



Median Long-Term Care Home Wait Times*

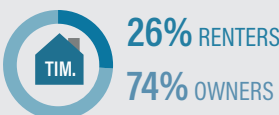
266 DAYS FROM HOSPITAL
282 DAYS** FROM COMMUNITY

* Average from the 5 long-term care homes in the district

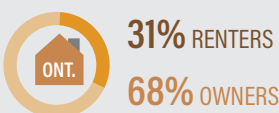
** Excludes Northview Nursing Home

Source: Statistics Canada (2021), Health Quality Ontario (2024), Ontario Ministry of Health and Long-Term Care (n.d), Temiskaming Shores Seniors' Housing Corp (n.d)

TIMISKAMING HOUSEHOLDS (2021)

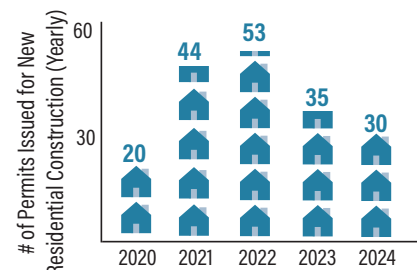


ONTARIO HOUSEHOLDS (2021)



Source: Statistics Canada, 2021

HOME CONSTRUCTIONS



Source: Rural Housing Information System, 2024



PHOTO BY JUSTINA PHIPPEN



STANDARD OF LIVING

SCAN TO DONATE TO THE



SCHOOL NUTRITION FUND

SURVEY GRADE

C-

COMMUNITY STORY: TTF SCHOOL NUTRITION FUND

In the 2021 Vital Signs report, childhood food insecurity was identified as a significant issue in our community with 20.3% of children and youth (0-17 years of age) in the Timiskaming District experiencing food insecurity in 2016 (Statistics Canada). As a response to this issue, the Temiskaming Foundation launched the School Nutrition Fund. This endowment fund will continue to grow through donations and investment income and grant to nutrition programs at the 22 schools in the area each year, supplementing

existing funding sources, such as the province's School Nutrition Program administered by the Red Cross.

The vision of the Fund is to create a more equitable learning environment for all students by ensuring students' basic nutritional needs are being met, reducing stigma related to socio-economic status and food insecurities, and to provide these services in a way that maintains student's dignity. Research has shown that when children eat well, they do better in school, which helps set them up for success. Some examples of programs our local schools are providing to mitigate food insecurity include: a breakfast program offered 4 days/week with an additional Full Plate Initiative which provides healthy snacks for students who need them throughout the day at TDSS, a 5 day/week breakfast program at St. Patrick Catholic School, with healthy snacks provided from the Northern Fruit and Veggie Program, and "grab and go" style breakfast/snack and 2 hot breakfast options each week at Elk Lake Public School.

SURVEY RESULTS

49% of respondents said they were **comfortable with their current financial situation**.

- YES.....49%
- SOMEWHAT31%
- NO.....8%
- DON'T KNOW....2%

59% of respondents said they **could afford nutritious food** for their family.

- YES.....59%
- SOMEWHAT32%
- NO.....7%
- DON'T KNOW....1%

61% of respondents said they **could afford more than the necessities** for themselves (and their families).

- YES.....61%
- SOMEWHAT28%
- NO.....8%
- DON'T KNOW....2%

LIFE SATISFACTION



91.0% of Timiskaming Residents (age 12+) are satisfied/very satisfied with their lives (Ontario: 92.7%).

FOOD BANK USE



In 2023, 667 households across the Timiskaming District relied on food banks for support. That is almost 5% of all households.



"Our coverage area is 15 townships including Englehart, Charlton, Thornloe and Tomstown. Our number of clients has risen by 43% since January 2024."

- Vic Roach, Englehart and Area Food Bank (January 2025)



79.5% of Timiskaming Residents (age 12+) feel a somewhat strong/strong sense of belonging to their local community (Ontario: 71.3%).

Source: Statistics Canada, 2021

FOOD INSECURITY

WHAT IS FOOD INSECURITY?

Food insecurity is when people or families do not have enough money or resources to reliably access the variety or amount of food they need.

"In the last two years alone, the number of unique individuals accessing food banks has increased by 73%, nearly triple the jump seen in the two years after the 2008 recession. In 2023, more than 1 million people turned to a food bank for emergency food assistance in Ontario. This should ring alarm bells."

- Feed Ontario, Hunger Report 2024

To learn more about food insecurity in Timiskaming and how you can help, visit: timiskaminghu.com/444/food-insecurity



ALMOST
18% OF CHILDREN IN
TIMISKAMING
LIVE WITH FOOD INSECURITY.

17.7% of children under 18 in Timiskaming are living in food insecure households (2019). Ontario: 15.3%. (Should be interpreted with caution due to small sample size)

1/5 HOUSEHOLDS IN TIMISKAMING EXPERIENCE FOOD INSECURITY.



TIMISKAMING	20.4%
ONTARIO	19.7%

20.4% of households are facing food insecurity (2021-2023)

Source: Public Health Ontario, 2024

COST OF LIVING

\$308/WEEK



COST OF HEALTHY FOOD IN TIMISKAMING (2024)

The Nutritious Food Basket (NFB) measures the local cost of healthy eating. It is completed every year by Ontario public health units and represents how much a family has to spend to buy a selection of healthy food items. In 2024, the cost of food in Timiskaming (Health Region) for a family of 4 was \$1,333.37/month, or \$307.70/week. (In 2019, the cost was \$219.27/week).

Cost of Living for a Family of 4 Renting a 3-Bedroom House with Different Income Scenarios

	ON ONTARIO WORKS	FULL TIME MINIMUM WAGE WORKER	MEDIAN INCOME (AFTER TAX)
% of household income spent on food:	45%	36%	14%
% of household income spent on rent:	56%	29%	17%
% remaining to spend on other basic needs*:	-1%	35%	69%

*e.g. telephone, transportation, childcare, household and personal care supplies, clothing school supplies etc.

Source: Timiskaming Health Unit, 2024

LOW-INCOME

Interpretation Note: Measuring Low Income

There are several different ways to measure low income. The numbers below refer to the After-Tax Low Income Measure (LIM-AT).



15.1% OF PEOPLE IN
TIMISKAMING
LIVE IN LOW-INCOME

In 2020, 15.1% of people in Timiskaming were living in low income. (Ontario: 10.1%, Canada: 11.1%)

Source: Statistics Canada, 2020

CHILDREN IN LOW INCOME

In 2020, 14.9% of Timiskaming children and youth (ages 0-17) were living with low-income. (Ontario: 11.5%, Canada: 11.9%).



1/6 CHILDREN IN TIMISKAMING ARE LIVING WITH LOW-INCOME

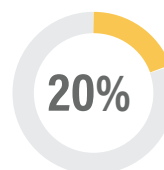
Source: Statistics Canada, 2020

When compared to Ontario, Timiskaming has a higher percentage of overall residents and residents in each age group who live in low income.

- The Timiskaming Health Unit, Sociodemographic Report for the Timiskaming Health Unit Area, 2024

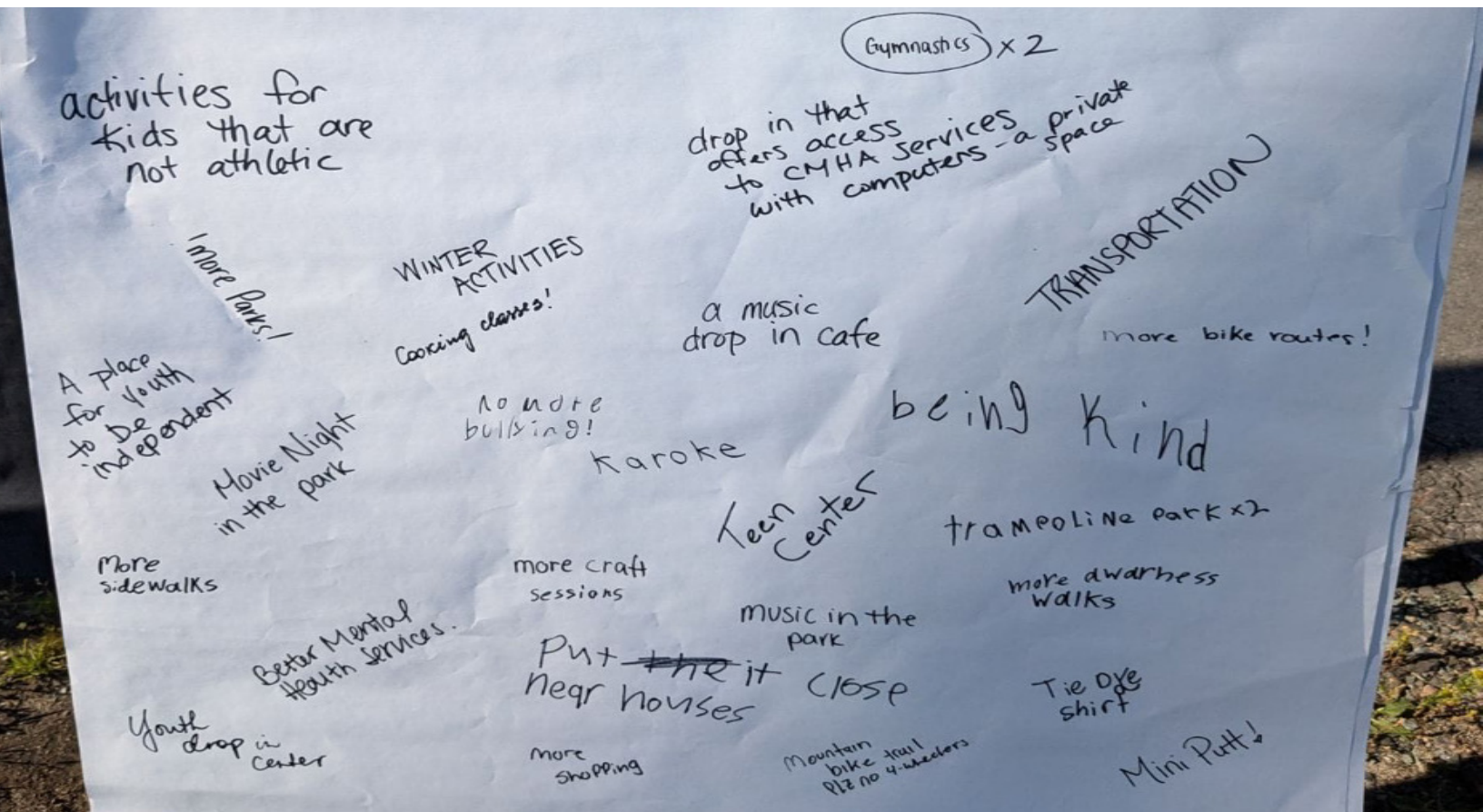
SENIORS IN LOW INCOME

In 2021, 20.0% of Timiskaming seniors (ages 65+) were in low-income. This is higher than Ontario (12.1%) and Canada (15.0%).



Source: Statistics Canada, 2021

What would make your community an even better place for youth?



SCAN TO LEARN MORE

PLANET YOUTH TIMISKAMING



COMMUNITY STORY: PLANET YOUTH TIMISKAMING

Planet Youth Timiskaming (PYT) is a community-driven initiative to reduce alcohol and drug use among youth and improve their wellbeing. PYT focuses on identifying youth-related issues in real time with local data, then working together as a community to address them.

PYT began in Fall 2023 with a survey of all grade 10 and 11 students across the District. To respond to the survey findings, community members and local organizations have come together to form three Local Action Teams— one each

in the North, South, and Central regions of the District. Based on the data and engagement with youth and the wider community, the Local Action Teams are building a plan to strengthen protective factors for youth in the following three areas:

1. Strengthening youths' sense of belonging and connection to their community
2. Increasing the accessibility, availability, and diversity of leisure-time activities for youth
3. Raising awareness about the protective factors that support healthy youth development

Planet Youth is based on the principle that the whole community needs to be involved in order to support youths' positive development. To learn more or join the initiative, visit www.TimiskamingYouth.ca.

SURVEY RESPONDENTS

5 high schools participated

83% of grade 10 and 11 students completed the survey

555 students told us about their lives growing up in the Timiskaming District

Statistics on the data page are findings from the 2023 Planet Youth Survey. The terms "teen" and "student" refer to the grade 10 and 11 students who completed the Survey.

SUBSTANCE USE

ALCOHOL

35% of teens tried alcohol at *age 13* or younger

41% of teens get alcohol from a family member

27% of teens have been *drunk* in the last 30 days

CANNABIS AND VAPING

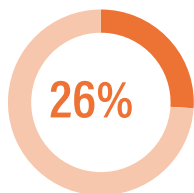


22% of teens used *cannabis* within the last month

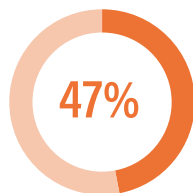
19% of teens use e-cigarettes (vape) *daily*



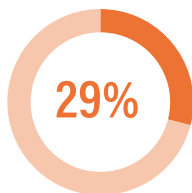
COMMUNITY



26% of teens think there are a *great deal of activities* for youth available in their community



47% of teens think it is *good to live* in their community



29% of teens want to continue to *live in their community in the future*

FAMILY AND LEISURE TIME



84% of students say it is easy to receive *caring and warmth* from their parents

62% of students often or always *spend time with their parents* on the weekend (56% on week days)

PARENTAL APPROVAL MATTERS

Teens who felt their parents disapproved of alcohol, cannabis, or vape were significantly less likely to use them.



56% of parents *disapprove* of *drunkenness* and 78% of parents *disapprove* of *cannabis* use



88% of parents *know where their teenagers are* in the evenings

26% of teens were *outside after midnight* once or more in the past week

10% of teens *do not participate* in any *out-of-school activities*



All data on this page from the 2023 Planet Youth Survey



CENTRAL TEMISKAMING STUDENT VOICE

We are more mature than we get credit for.

We learn from our mistakes

PLEASE TREAT ME WITH RESPECT WHEN I AM AT MY JOB.

Growing up now is different. Try to understand it.

We aren't all lazy. We can work hard.

If you don't know me, please don't lecture me in the street or other public spaces.

Please give us a say in the things that affect us.

We are trustworthy.

WHAT IS SOMETHING YOU WISH ADULTS UNDERSTOOD ABOUT YOUTH?

Don't be so pushy. We need time to process.

Not everything we do on our phones is bad. We spend a lot of time learning about things that we are interested in.

We have to try things to learn what we want.

Just because we are young, doesn't mean we don't have experience.

We can communicate. You just need to listen.

LET US BE OURSELVES.

WE ARE BETTER AT MAKING DECISIONS THAN YOU THINK. MAKE SO MANY EVERY DAY THAT YOU KNOW NOTHING ABOUT.

WELL-BEING

52%

of teens rated their physical health as good or excellent (46% for girls, 58% for boys)

ONLY 1/3

of teens rated their mental health as good or excellent (24% for girls, 43% for boys)

36%

of teens sleep on average 8 hours or more per night

SCHOOL

57%

57% of teens feel safe at school

49%

49% of teens think the adults at school care about them



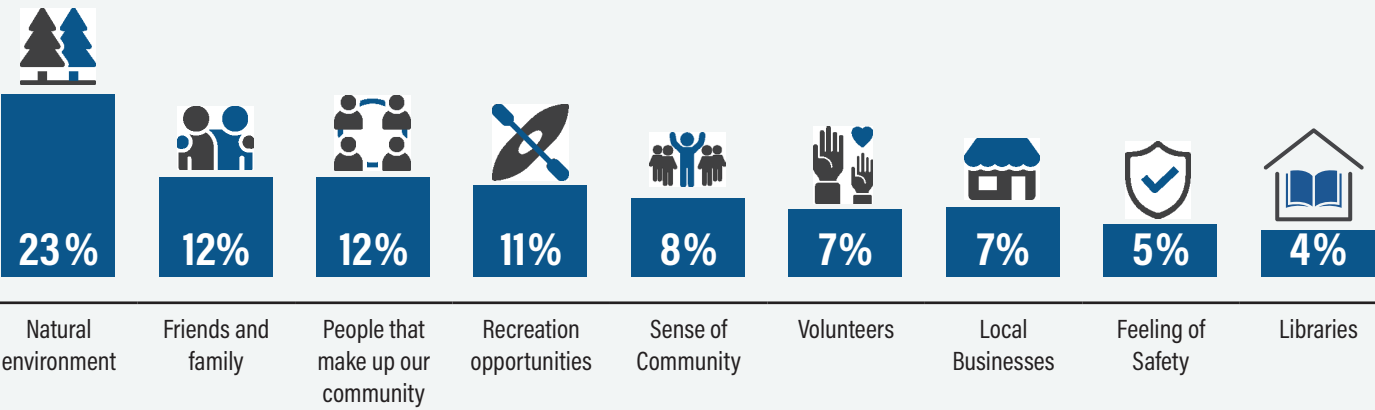
45%

of teens think their school is helping them achieve goals that matter to them

Only **1 in 4** teens think that the *students* at their school are *nice to each other*

COMMUNITY SURVEY

BEST THINGS



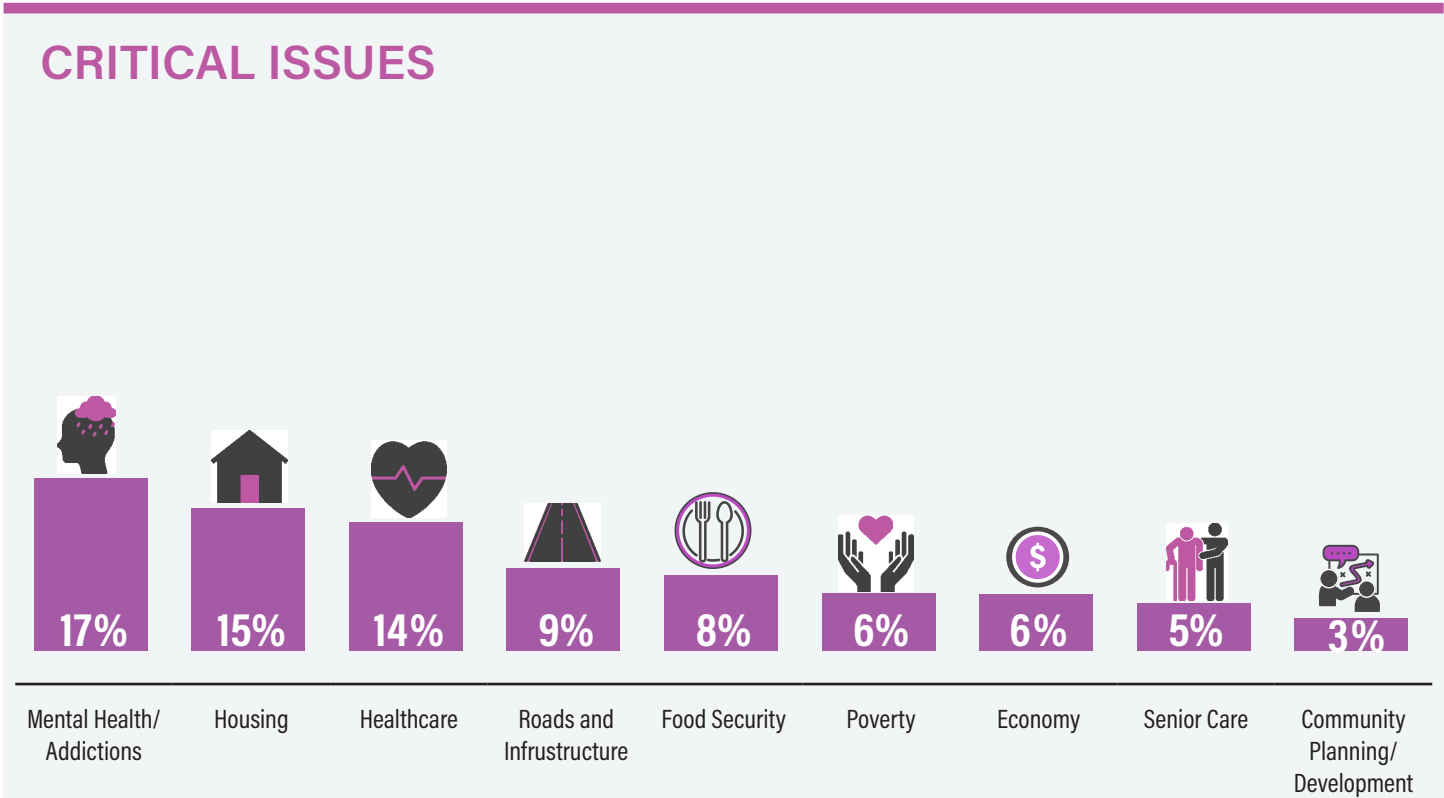
COMMENTS

- More support/ utilization of our local food producers farms, farmers, manufacturers, etc."
- The roads and infrastructure are less than ideal, but especially on highway 11 being the only route of travel. The maintenance overall is good, but there needs to be an expansion or at least a shoulder."
- I love the park and the lake, I love baseball and I love that all my friends and family are from this town."
- We are impressed by efforts to showcase the arts and culture and create opportunities for youth. Examples are the work of the local library holding special events for youth."

COMMENTS

- Housing is another major issue in the area. The houses available to buy are either too expensive or need too much money invested to make it livable. The apartments in the area are far and few and the average person can't afford [the ones available] on their own. How can we expect our youth to stay in area if houses are too expensive for the job market in the area?"
- Not enough activities or places for children/teenagers."
- More decent, affordable rental housing options - not necessarily designated 'affordable', but incentives for granny suites, basement apts, shared living spaces. One-on-one advocacy for people living with mental health issues and in poverty."

In our Vital Signs® community survey, we asked respondents what they thought were the best things, and most critical issues in our community. Below are the top 9 responses for both questions based on the percentage of respondents who selected them. For full survey results, please visit www.temiskamingfoundation.ca/vitalsigns.



COMMENTS

Addressing more effectively the interconnected issues of homelessness, crime, and community safety, and perhaps the need for 'on foot' police officers and crisis workers in the downtown area especially, even temporarily or as a pilot project."

This is a beautiful place to live. However the lack of amenities for people with mobility issues has not been addressed whatsoever."

Childcare needs to be more accessible and inclusive. I have a neurodivergent child and haven't been able to secure childcare. There are very few programs/ activities that are inclusive."

Getting a compost set up for the town to prevent food waste."

- ### NEXT STEPS
- Below are the top 10 selections, based on the percentage of respondents who selected them, on how we can make our community **even better**.
1. More doctors
 2. More affordable housing options
 3. More affordable cost of living
 4. Improve access to healthcare
 5. Improve senior care and support
 6. More housing developments
 7. More investment/improve roads & infrastructure
 8. Cooperation/coordination between townships/municipalities
 9. More employment opportunities
 10. More support for local businesses/ entrepreneurs

APPENDIX

MEASURING LOW-INCOME.

Low Income Measure (LIM)

LIM considers low income as earning substantially below the median. It uses a formula to calculate a low-income threshold based on the national income distribution, with adjustments based on the size of the family. The LIM is further broken down into before-tax (LIM-BT) and after-tax (LIM-AT) measures. LIM-AT determines low-income status based on after-tax income. This accounts for the reduced amount of income available for household spending from income taxes.

Table 1:
After-Tax Low Income Thresholds (LIM-AT)

	2019	2020
1 person	\$24,654	\$26,503
2 persons	\$34,867	\$37,480
3 persons	\$42,702	\$45,904
4 persons	\$49,309	\$53,005
5 persons	\$55,129	\$59,261
6 persons	\$60,391	\$64,918
7 persons	\$65,229	\$70,119

SENIOR HOUSING: LICENSED LONG-TERM CARE AND RETIREMENT HOMES

The five licensed Long-Term Care (LTC) homes in Timiskaming are: Extendicare Kirkland Lake, Extendicare Tri-Town, Northview Nursing Home, Teck Pioneer Residence, Temiskaming Lodge. The retirement home in Timiskaming is: Northdale Manor.

The seniors-only housing in Timiskaming includes units from the Temiskaming Shores Seniors Housing Corp., New Liskeard Non-Profit Housing Corporation and Royal Canadian Legion Zone KI Veterans Home.

KNOWN HOMELESSNESS VS. CHRONIC HOMELESSNESS

Known homelessness refers to people known to the homelessness-serving system through service provision or data collection and prioritization activities. This includes By-Name Lists (BNL) and Point-in-Time (PiT) count. Chronic homelessness refers to people who are currently experiencing homelessness and meet at least one of the following criteria: they have experienced homelessness for a total of at least six months over the past year, or they have recurrent experiences of homelessness over the past three years with a cumulative duration of at least 18 months.

Association of Municipalities of Ontario. (2025). Municipalities under pressure: the human and financial cost of Ontario's homelessness crisis.

THE TIMISKAMING HEALTH UNIT (THU) CATCHMENT AREA

The THU boundaries are not the same as the Timiskaming District. When compared to the District of Timiskaming, THU catchment also includes the municipality of Temagami and the following townships: Ben Nevis, Bisley, Clifford, Pontiac, Clement and Scholes. The THU catchment area does not include the following Timiskaming District townships: Childerhose, Douglas, Doyle, Fripp, Geikie, Hillary, McArthur, McKeown, Musgrove,

Pharand and Reynolds.

Source: THU (2014). Timiskaming health stats: geographic description of the Timiskaming Health Unit Area.

STATISTICAL SIGNIFICANCE

Some indicators will note that a result is "statistically significant". In very general terms, this means that the difference is unlikely to have happened because of chance. For example, the Canadian Community Health Survey found that 89% of Timiskaming seniors felt a strong sense of belonging, *statistically higher* than Ontario. This means that the difference between Timiskaming and Ontario is likely real, and not from chance (i.e., it's unlikely that Timiskaming seniors who responded *just happened* to feel a stronger sense of belonging). It doesn't suggest a specific cause or imply that a difference is particularly meaningful; just that the difference is unlikely to have happened randomly.

MEAN & MEDIAN

Mean and median both try to summarize a dataset to represent a "typical" case.

The mean is often known as the "average" value in a dataset. It is calculated by adding up all the data points and dividing it by the number of data points. However, the mean is easily affected by a few abnormally high or low values and does not always represent the "typical" case.

The median is the "middle" value in a dataset. If you split the dataset into two equal groups, the median is the point where half of the values are lower, and half of the values are higher. Compared to the mean, the median

is not easily influenced by a few abnormally high or low values.

AGE STANDARDIZED RATES

When comparing rates between two different geographical areas, using the age-standardized rate is usually the most representative. This is particularly important when the characteristic being observed varies by age. The age standardized rate considers the differences in the age structure of the populations being compared. In the calculation of the age-standardized rate, mathematical adjustments are made to make both populations have the same age structure which creates a more representative comparison.

Source: Statistics Canada (2023). Behind the data: Age-standardized rates.



PHOTO BY SUE NIELSON

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