APPENDIX 1

NOTES ON APPENDICES,
TOP ISSUES RAISED BY GLACE BAY
RESPONDENTS &
RESPONDENT HYPOTHESES

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1. Introduction and Notes on Materials in the Appendices

Prepared by Leonard Poetschke

This Appendix 1 includes a brief note on each of the appendices and concludes with a note by the Cape Breton researchers on the most important community issues by respondents in their answers to the open-ended questions, and some of the hypotheses volunteered by these respondents. As is apparent in the work completed, initial emphasis has been on building the infrastructure to sustain this project over time beyond this CPHI-funded phase, and on analysis of particular data sets that respond to key community concerns. There are three practical reasons for these priorities.

First, we have always assumed that the academic community concerned with research and teaching, and government agencies concerned with policy, would respond vigorously to the opportunity for access and analysis of this one-of-a-kind, large, local, relational database. To date, three research papers are now being prepared for publication (attached in **appendices 2, 3, and 4**), and further academic and teaching work based on the community indicator results is under way now that both the Glace Bay and Kings databases are available locally for analysis. Broader interest is growing at UCCB, and many interested faculty members at Acadia University have either begun or are planning research projects in their field based on the newly available survey data.

Second, the major challenge, therefore, has not particularly been to get the academic community or government agencies interested (they always have been), but rather it has been to ensure that the promises made to the community in collecting the data are fulfilled. Many respondents during the data collection phase feared that nothing would come of the surveys. When respondents were asked: "What would you like to see in future GPI surveys," common concerns and admonitions included the following:

"I hope something comes of this survey."
"I hope there will be a follow up".
"Make these surveys useful for the future. *Act* upon what was written here".
"We have been surveyed to death since the fifties. None of these surveys did a bit of good".
"A survey which isn't shelved after the grant expires".
"I can't imagine that all these questions will be read."

In sum, we promised the communities at the time that this survey was not like others. The results would not sit on a shelf in Ottawa. This survey was for the community's own use. The results would be owned and used by the community to improve its own health and wellbeing. These promises on our part elicited a remarkable response rate in both communities. Considering the size of the survey (it took an *average* of two hours to complete), we are very pleased that 70% of Kings County residents and 82% of Glace Bay residents responded positively and completed the full survey. It should be recalled that we did not have Statistics Canada's force of law on our side in administering this survey, but depended completely on the goodwill of the respondents who were randomly selected. So our priority in this current reporting period has been to make good on our promise, and to ensure that the two

communities are the primary beneficiaries of this survey. We have therefore put greatest emphasis on reporting results to the communities at frequent meetings, gathering key stakeholders, and finding levers to turn results into actions on issues of importance.

In short, we know that we can always count on academics and government agencies to be interested in the survey results. But we have focused on communicating the results effectively to the communities and responding to their expressed interests and concerns.

Third, the focus on community access to the results is required to ensure that the project will be sustained into the future as a valuable tool that can spur local initiatives to improve community health and wellbeing – to entrench these indicators into the fabric of the communities. The project is now meeting this challenge as its top priority. The infrastructure is now in place to facilitate community access to the data; to set priorities for analysis, to help groups establish targets and benchmarks that correspond to their goals and objectives, and to identify the key indicators and procedures to measure genuine progress over time.

Descriptions of results to date, *as reported to communities,* through PowerPoint presentations, report summaries, a new web site, workshops, and a press conference, are the subject of **Appendices 5 – 9.** The community consultation *process,* and the new infrastructure established to sustain the project in both communities over time are the subject of **Appendices 10-12.**

Appendix 1: Summary of Appendices and Open-ended questions

This Appendix consists of three parts: (1) This introduction and summary of appendices; (2) Dr. Peter MacIntyre's analysis of the open-ended questions on the Glace Bay surveys in which he assessed the issues of greatest importance to respondents; (3) his analysis of responses to these open-ended questions which contained respondent-generated hypotheses on causes of wellbeing and problems.

Appendix 2. Caregiving and Health

This Appendix includes several sets of materials prepared by Dr. Deborah Kiceniuk of the Population Health Research Unit in the Faculty of Medicine at Dalhousie University, and her colleagues, Dr. Andrew Harvey of St. Mary's University, and Adrian MacKenzie of PHRU. Work was conducted under the direction of Dr. George Kephart, Director of PHRU, and a co-principal investigator in this CPHI program. The appendix includes ***eight documents*** comprising the following materials related to this research:

1) An in-depth research paper entitled *Communities in Profile: A Comparison of Caregiving in Glace Bay and Kings County,* particularly analyzing the survey results on the health of unpaid caregivers;
2) The draft of a shorter article entitled *Communities in Profile: A Comparison of Caregiving in Two Rural Nova Scotia Communities,* which Dr. Kiceniuk and her colleagues are now preparing for publication in the *Canadian Journal of Aging;*
3) Dr. Kiceniuk's letter explaining her intentions in this regard;
4) A bibliography for this paper;

5) A full set of Appendices which include charts for the data sets referenced in the research paper; and

6) Three sets of PowerPoint slides used by Dr. Kiceniuk in presenting the results of her research to meetings of community groups and caregiver associations in both Glace Bay and Kings County. One set, used in Glace Bay, focuses on Glace Bay results; the second on Kings County results; and the third is a comparison of the two communities.

Appendix 3: Time Use and Health

This Appendix includes a 46-page in-depth research paper on time use, health and stress, prepared by Dr. Andrew Harvey, Professor, Economics, and Director, Time Use Research Program, St. Mary's University, and colleagues, to be submitted for publication, along with an abstract of the paper, titled: *The Tale of Two Communities: Time Use Survey Results from GPI Atlantic's Community Survey*.

Appendix 4: Discouraged Workers' Health and Wellbeing

This Appendix contains an in-depth research paper titled *Discouraged Workers' Health and Well-Being,* correlating results from the employment and health outcomes sections of the GPI Community Health Indicators survey, prepared by Dr. Andrew Harvey, St. Mary's University and his colleagues. An abstract of the paper is also included in the Appendix. The paper will be submitted for publication.

Appendix 5: Peace and Security Issues

This Appendix contains: (1) A short summary of key results and issues raised by results from the peace and security section of the survey; (2) A PowerPoint presentation by Dr. Peter MacIntyre to community groups, Justice Canada, victim services groups, counselors, the local police chief, and others; (3) a newspaper article in *The Cape Breton Post,* reporting on the survey results.

Appendix 6: Tobacco and Health

This summary of results and PowerPoint presentation were prepared by Dr. Peter MacIntyre and Marcie D. Smith, University College of Cape Breton. The reports include outlines of findings and PowerPoint presentations. Information about the workshop sessions, where these reports were discussed, is contained in Appendix 12, which include discussion of results, attendees and participant evaluation.

Appendix 7: Teenage and Youth Smoking in Kings County

This Appendix contains a an 11-page report and a summary of results on Youth and Teenage Smoking in Kings County, prepared by Dr. Glyn Bissix and Liesel Carlsson, Acadia

University, and presented to community groups, health and school officials, and community health board representatives in Wolfville, October 14, 2003.

Appendix 8: Core Values and Health

Prepared by Dr. Peter MacIntyre and Alissa Brennon, University College of Cape Breton, this PowerPoint presentation, entitled *Core Values as Potential Mediator between Health and Employment A Comparison of Glace Bay and Kings County* is a preliminary overview comparing Glace Bay data on core values and health with the very recently available Kings data. This analysis has not yet been presented publicly. More information on this topic is available on the Glace Bay web site, which is described and sampled in Appendix 9.

Appendix 9: GPI Glace Bay Web Site and Sample Reporting

Considerable effort, with professional assistance, has gone into designing a GPI Glace Bay web site, to provide user-friendly community access to analysis, reports, and activities being undertaken by UCCB researchers to present results from the GPI Community Health Indicators survey for Glace Bay. Limits to access of raw data on the web site are imposed by concerns of confidentiality but community groups and other users can access considerable aggregated data on the web site. A 21-page summary of the website contents, direct access to the site, and samples of web-based reporting on two topics (Glace Bay resident responses on core values and responses to the open-ended questions) are provided in this appendix.

Appendix 10: History of Community Involvement in Developing the GPI Community Health Indicators Survey

This 20-page paper, prepared by Leonard Poetschke, Nova Scotia Citizens for Community Development Society (NS CCDS), reports on the history of the extended community and professional effort that has taken the initial idea of applying the GPI at the community level through the process of indicator selection, priority setting, questionnaire design, implementation, and data entry to establishing the infrastructure for ongoing research, analysis and sustained involvement of the community. This historical account begins prior to CPHI funding, and indicates the stage at which CPHI funding made the implementation feasible. It should be noted that Mr. Poetschke and the NS CCDS initiated the idea and process of developing community-level indicators of wellbeing and progress in Nova Scotia that led to this CPHI program.

Appendix 11: GPI Kings Society

From the beginning, even prior to CPHI funding, members of Kings County community groups, interest groups, and local agencies have played a major role in designing and implementing this project. This effort has culminated in formation of the GPI Kings County Society dedicated to sustaining the community GPI over time and ensuring its full use by the community. The objects of the Society, its board of directors, and its upcoming planned activities and public meetings, outlined by Leonard Poetschke, are set out in this appendix.

Appendix 12: Glace Bay GPI Research Society

The Community GPI process in Glace Bay was initiated and managed by GPI Atlantic, primarily using the questionnaire developed in Kings County, as described in Appendix 10 above, with some modifications to the survey in response to particular Glace Bay community concerns and issues. Over the course of the work, the community has been actively brought into the process and, as the data became available, the research team based at the University College of Cape Breton (UCCB) has devoted extensive effort into engaging the community in the process of analysis and presenting the results to community groups. Leadership of this work has been under the direction of Dr. Peter MacIntyre of UCCB, who is also a Glace Bay resident whose family includes several generations of coal-miners, and Stacey Lewis, executive director of the Cape Breton Wellness Centre, who has organized the community engagement process. Both Dr. MacIntyre and Ms Lewis are co-investigators in the CPHI program, and have the unique capacity to wear their research-academic-investigative and community-based hats with equal ease. Their organizing work, as in Kings County, has culminated in the formation of the Glace Bay GPI Society, dedicated to effective, sustainable use of the newly developed community health indicators as a valuable component of local efforts to improve community health and wellbeing.

The objectives and executive of the society are set out in this appendix, together with a full 32-page report on community engagement in Glace Bay. Included as well are descriptions of the community meetings, workshops and conferences held during the current CPHI reporting period to present survey results, to gain valuable feedback on the analysis, and to explore the transformation of the results into concrete actions to improve community health and wellbeing.

2. Top issues raised by Glace Bay respondents in their answers to the open-ended survey questions

Jobs
- over 300 people wrote about the importance of work in Glace Bay. This includes work for youth and adults - looking to better paying jobs, long term employment, and more development of the business sector in Glace Bay.

Healthcare
- almost 200 respondents wrote about wanting better healthcare, more doctors, nurses, and less waiting times. According to the respondents this would not only allow more patients to be helped but would also enable more services to be offered, i.e. drug counseling for youth.

Water
- 150 people wrote about the poor quality of water in Glace Bay. They spoke of their health being in jeopardy, their clothes being ruined, and the frustration of paying a water bill for water they feel they can't use.

Cleaning up Glace Bay

- over 100 respondents wrote about the benefits of cleaning Glace Bay and revitalizing the downtown sector. The cosmetics of Glace Bay seem to be an important issue. Respondents seem to link beautifying Glace Bay with more prosperity of the community by an increased number of tourists, more shoppers in Glace Bay, and an overall feeling of pride.

Youth activities

- almost 100 respondents believed activities for youth to be very important. According to respondents it alleviates boredom, decreases crime, helps youth develop, and keeps youth in the community. Many respondents called for development of a pool and/or youth center to keep youth occupied and stopping them from hanging around in the streets. Also a high number of respondents wrote about the importance of keeping youth in Glace Bay as opposed to moving away to work.

Crime

- 90 respondents said feeling safe from crime was an important aspect of Glace Bay life. Also many mentioned feeling secure as vital to a happy life. The police were seen by many respondents as the key to maintaining peace and security and many felt that if more police were hired and doing foot patrols this would decrease crime greatly.

Tourism

- many respondents believed the key to success in Glace Bay is utilizing the friendliness of the people from Glace Bay and increasing the number of visitors to Glace Bay. Some respondents (60) feel that a hotel/motel and some department stores (not dollar stores) in Glace Bay would be the best way to attract tourists to Glace Bay.

Roads and sidewalks

- approximately 50 respondents wrote about the poor condition of many roads and sidewalks in Glace Bay. Many felt this was a deterrent to tourist to drive through Glace Bay. Many mentioned how dangerous it was to drive on the roads filled with potholes and, as well, the danger of not fixing the sidewalks therefore many children play and drive bikes on the street.

Education

- almost 40 respondents expressed their concern over the education system. Respondents wrote about the decrease in schools, increase in class sizes, and lack of job security for teachers.

Seniors

- seniors seemed to be an age group which were mentioned frequently(25 respondents). Concern over their safety, quality of life, treatment by the general population, and lack of activities (beside pensioner halls) were issues of concern.

Shoreline
- the shoreline and environment were mentioned by over 20 respondents. It was not only mentioned as a health concern but as a deterrent to tourists. Respondents felt by maintaining the shoreline and keeping the environment clean it was an added attraction for Glace Bay.

Other issues that were mentioned by respondents

Developments in Glace Bay

- Bringing new industry to Glace Bay
- More technology brought to Glace Bay
- Giving Glace Bay back its town status (lose amalgamation)
- Playgrounds for children
- Skateboard facilities
- Tennis courts
- Better lighting in town
- Need traffic lights
- Better parking in downtown
- No parking meters on commercial street
- Better snow removal systems
- Prices too high in downtown

- Benches around town
- Walking trails
- Better eating establishments
- More facilities in Glace Bay (theater, gym, library, etc)
- More cultural celebrations
- More community events
- Proper welcome sign
- Better garbage collection
- Lower gas and oil prices (lower cost of living)
- Restore historical buildings
- Wheelchair accessible stores
- Better transport system

Development of other industries

- Study on coal (other uses)
- Off shore development of oil and gas
- Develop Glace Bay harbor
- Develop aquaculture

- Process fish catches caught in Glace Bay, in Glace Bay
- Develop fishing industry
- Help for the savoy theater

Home life

- Treatment of children and spouses
- High costs of child care
- Women's issues
- Help for unwed mothers (program for single parents)
- Domestic violence
- Family issues (family values)
- Parenting skills taught
- Higher standard of living for residents (lower poverty)
- Less stress

- Higher pension
- Help residents in lower class
- Financial security
- Better child care
- Social equality
- Better quality of life for residents
- Respect for all members of the community
- More focus on particular neighborhoods

General well-being

- Help youth get off social assistance
- Back helpful politicians
- Study on cancer rates
- Study on link between environment in Glace Bay and disease
- Recycling
- Stiffer penalties for drug traffickers

- More community involvement
- Health questions
- Program for the disabled
- Neighborhood watch
- Less smoke in pensioner halls
- Get rid of 5 bag garbage limit

Education/school system

- Bullying at school
- Education on drugs and alcohol
- Quality of lunch at schools
- Dress code at schools
- Have teachers play an active role in extracurricular activities
- Survey on education

- Education on good nutrition
- Education on birth control
- Bring religion back into the schools
- Help students with high university debts

Regulatory

- Young offenders act too lenient
- Curfew for youth (decrease youth crime at night)

- More regulations on welfare
- Enforce parking laws

Future GPI surveys

- More assistance for dedicated volunteers
- Simplify GPI surveys
- More action on suggestions

- Some questions similar
- Some questions too personal
- Make the survey shorter

3. Hypotheses generated by respondents, based on their responses to open-ended survey questions

Unemployment

Unemployment LEADS TO youth leaving LEADS TO families depressed.

Unemployment LEADS TO too much free time LEADS TO crime.

Unemployment LEADS TO developing poor work ethic LEADS TO hard to get back into good work ethic.

Unemployment LEADS TO people have to move away LEADS TO families split LEADS TO decrease in family values.

Good income LEADS TO good home life.

Lack of industry LEADS TO lack of hope LEADS TO negative about community LEADS TO crime.

Off-shore oil industry WOULD entice businesses to come to Glace Bay which LEADS TO jobs

Tougher control over people receiving social assistance LEADS TO more would work LEADS TO decrease strain on social assistance system.

More people educated and employed LEADS TO a community that prospers.

More business closing LEADS TO fewer jobs LEADS TO less money being spent in Glace Bay (people shopping in Sydney).

Appearance Of Glace Bay

Waste buckets in town LEAD TO cut down on litter in streets

Better trash collection LEADS TO cleaner street.

Enforce "unsightly premise" bylaw LEADS TO improve appearance of Glace Bay.

Tax breaks to homeowners who keep property neat LEADS TO improve appearance of Glace Bay.

Roads in poor shape LEADS TO buildings in poor shape (why bother keeping buildings up if roads are a mess?).

Pride in town LEADS TO pride in property.

Youth Activities

Youth activities WOULD PUT youth on the right path.

Youth activities LEADS TO reduced litter.

Youth centers LEADS TO less boredom LEADS TO less crime.

More activities LEADS TO less boredom, less laziness.

Pride in Glace Bay

Low self-esteem LEADS TO crime.

Better self-esteem LEADS TO optimism Glace Bay will improve LEADS TO people who will try to improve Glace Bay.

Water

Bad water LEADS TO ruined clothes LEADS TO pay more money for cleaners.

Bad water LEADS TO poor health.

Crime

Better if RCMP were back it would LEAD TO more respect for authority, more foot patrols LEAD TO less crime.

Less vandalism LEADS TO fewer businesses boarded up LEADS Glace Bay to look better.

Better lighting LEADS TO lower chance of crimes at night.

Parents responsible for children LEADS TO less crime

Childcare

Childcare IF IT IS affordable LEADS TO both parents working LEADS THEM TO live comfortably.

Good childcare LEADS TO better, well developed youth.

Healthcare

Better healthcare LEADS TO better equipment, doctors, nurses, etc.

Helping more patients LEADS TO help for youth with drug and alcohol problems.

Exercise options LEADS TO healthy town LEADS TO cut strain on healthcare.

Tourism

Attract tourist LEADS TO money for area LEADS TO more activities, etc.

Improve roads LEADS TO attracting tourists.

Nice, friendly people LEADS TO attracting tourists.

Clean town, buildings etc LEADS TO attracting tourists.

Seniors

Elderly IF WE listen to them LEADS TO good experience, good ideas.

Home care so seniors can stay at home LEADS TO less pressure on healthcare LEADS TO seniors contributing more to community life.