Waterloo Region Immigration Profile

June 2019

Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

IMMIGRATION
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Acknowledgements

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Overview

Waterloo Region has always welcomed immigration. Immigrants in Waterloo Region play an important role in increasing population, growing the economy and contributing to a diverse and multicultural society. In 2016 there were 119,335 immigrants in Waterloo Region, making up 22.6 per cent of the region's population. Between 2011 and 2016, 14,045 people who immigrated to Canada settled in Waterloo Region. Compared to other regional municipalities in Ontario, Waterloo Region had the 8th highest proportion of immigrants; third outside the Greater Toronto Area.

This report provides a profile of immigration in Waterloo Region by presenting data on both recent and established immigrants as well as temporary residents. The purpose of the report is to increase the understanding of immigrant populations in Waterloo Region to ensure that as a region and community, appropriate services and strategies are planned to include the broader needs of this population.

This report is a joint effort by the Waterloo Region Immigration Partnership and Region of Waterloo Public Health and Emergency Services. Waterloo Region Immigration Partnership is a collaboration of community members, community organizations, post-secondary and business partners from multiple sectors. The Immigration Partnership is actively engaged in facilitating the settlement, integration and community involvement of immigrants and refugees so that Waterloo Region will be a community where immigrants and refugees successfully settle, work and belong.

Definitions for key terms used throughout the document can be found in the Data Notes section at the end of the report.

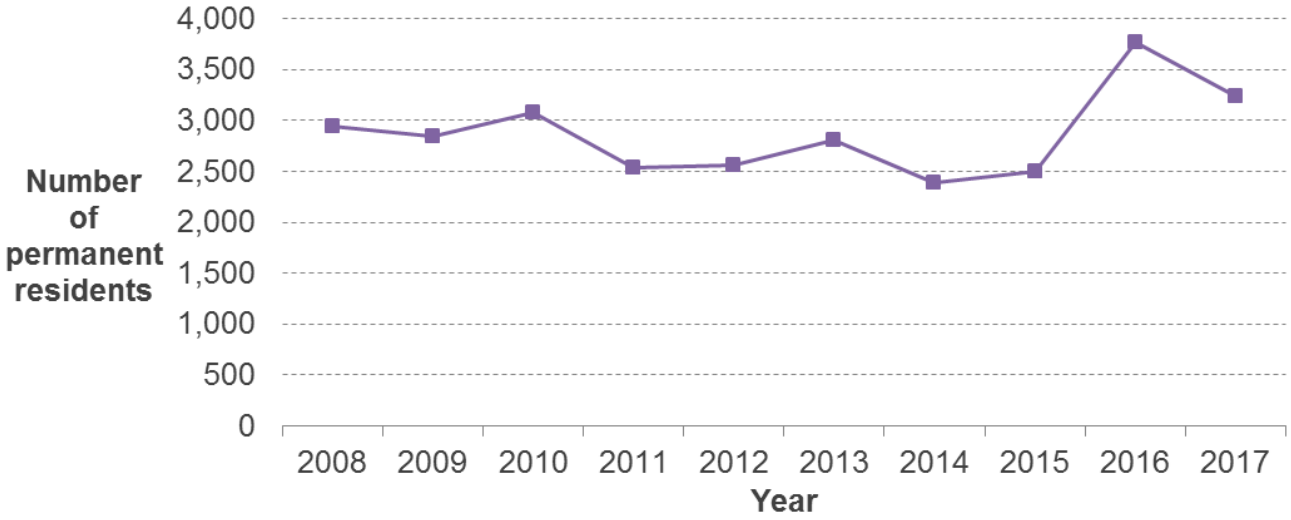
Permanent and Temporary Resident Arrivals

A permanent resident is a person who has acquired permanent resident status and has not subsequently lost that status. Permanent residents are entitled to live and work in Canada indefinitely but have not yet obtained Canadian citizenship. The term ‘immigrant’ generally includes both permanent residents and immigrants who have obtained Canadian citizenship.

A temporary resident is person from another country who has a work or study permit or who is a refugee claimant, and any non-Canadian-born family member living in Canada with them. Temporary residents are not generally referred to as immigrants and they are not included in census data related to immigrants that is presented later in this report.

Permanent Residents

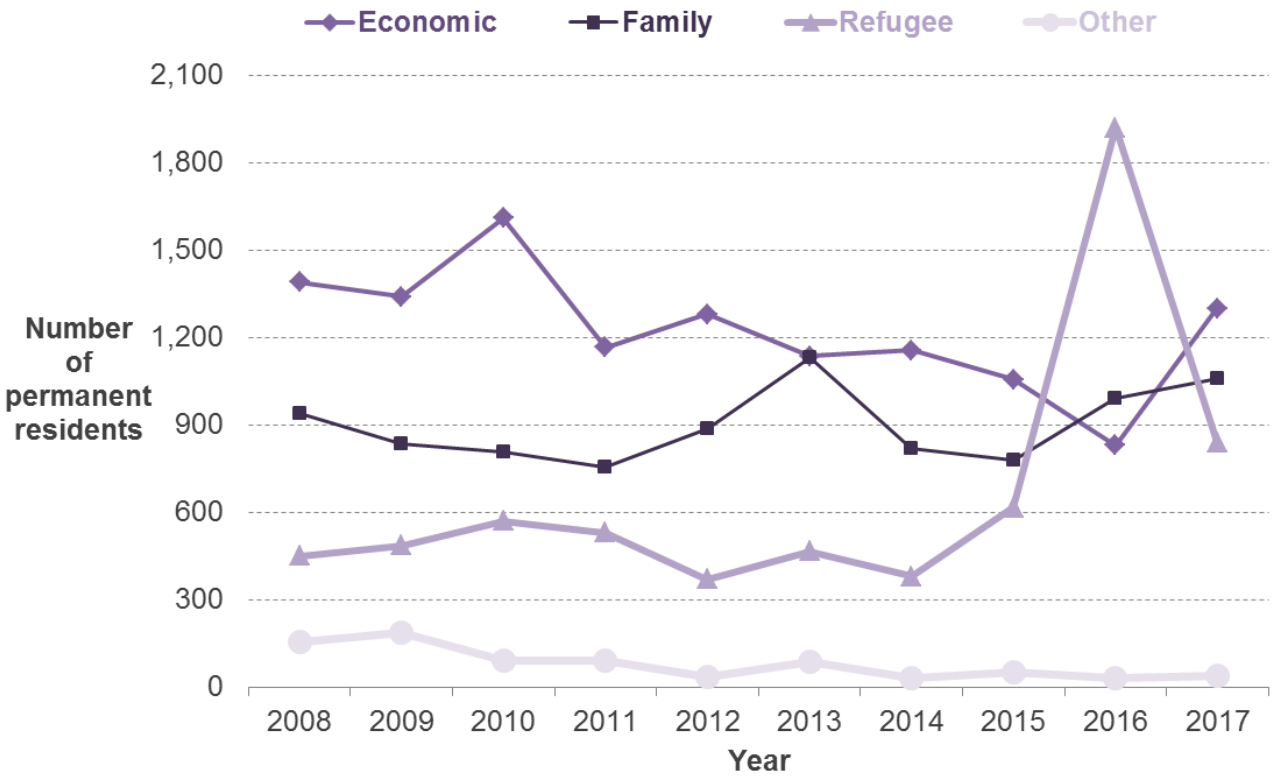
Figure 1. Number of permanent residents landing in Waterloo Region, 2008-2017



Source: Immigration, Refugees, Citizenship Canada (IRCC), Permanent Residents, 2008-2017

- In 2017, 3,235 new permanent residents landed in Waterloo Region.
- Between 2008 and 2017, at total of 28,675 permanent residents landed in Waterloo Region; during this period, the number of permanent residents landed in Waterloo Region ranged between a low of 2,390 in 2014 and a high of 3,770 in 2016.

Figure 2. Number of permanent residents landing in Waterloo Region, by admission category, 2008-2017



Source: Immigration, Refugees, Citizenship Canada (IRCC), Permanent Residents, 2008-2017

- Admission category refers to the name of the immigration stream under which an immigrant is first granted the right to live in Canada permanently. There are four main categories of permanent residents: economic, family, refugee, and other.
- The majority of permanent residents who landed in Waterloo Region in 2017 were in the economic category, selected as permanent residents primarily due to their economic contribution to Canada (1,300 individuals or 40 per cent of all permanent residents).
- In 2017, 1,060 individuals (33 per cent of all permanent residents) came to Waterloo Region through the family category and were sponsored by family members already living in Canada.
- In 2017, a total of 840 people (26 per cent of all permanent residents) landed through the refugee category.
- In 2016, the number of refugees and protected persons (1,920) was higher than any other permanent resident landing category. Kitchener is one of nine designated refugee resettlement communities in Ontario and experienced a sharp increase in refugee arrivals that year during the federal government's Syrian refugee resettlement initiative.

Figure 3. Number and per cent change of permanent residents landing in Waterloo Region, by admission category and municipality, 2008-2017

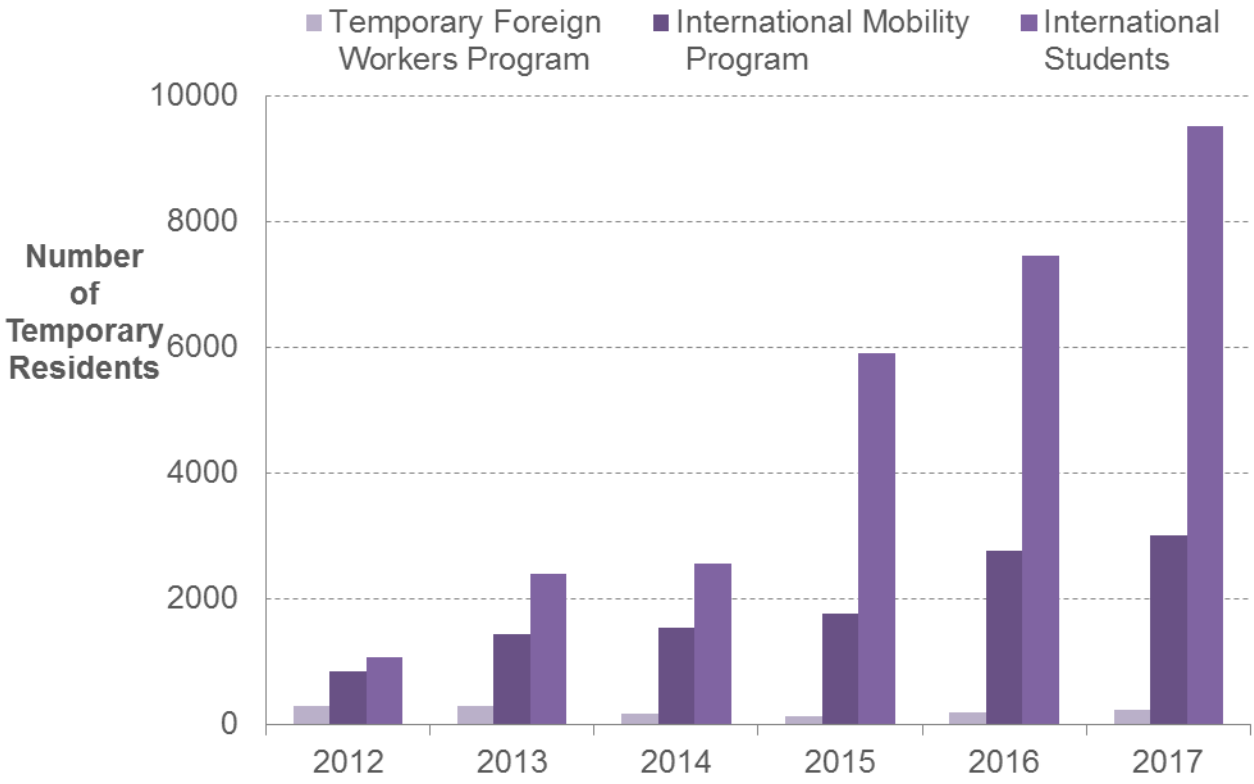
Admission Category	Number obtaining permanent resident status 2008	to	2017	5 year per cent change	10 year per cent change
Waterloo Region					
Economic	1,390		1,300	15%	-6%
Family	940		1,060	-6%	13%
Refugee	450		840	81%	87%
Other	155		40	-53%	-74%
Total Permanent Residents	**2,940**		**3,235**	15%	10%
Cambridge					
Economic	180		115	-18%	-36%
Family	195		185	-14%	-5%
Refugee	50		55	57	10%
Other	35		15	50	-57%
Total Permanent Residents	**460**		**365**	-8%	-21%
Kitchener					
Economic	535		615	26%	15%
Family	510		555	-1%	9%
Refugee	375		645	72%	72%
Other	95		15	-79%	-84%
Total Permanent Residents	**1,520**		**1,830**	22%	20%
Waterloo					
Economic	650		545	9%	-16%
Family	215		280	-14%	30%
Refugee	25		115	130%	360%
Other	20		5	--	-75%
Total Permanent Residents	**915**		**945**	7%	3%

Source: Immigration, Refugees, Citizenship Canada (IRCC), Permanent Residents, 2008-2017

- Compared to five years ago, Waterloo Region experienced an increase (15 per cent) in the number of permanent resident arrivals across all immigration categories.
- Compared to 10 years ago, the number of permanent residents who landed in Waterloo Region also increased (10 per cent). Landings in Kitchener grew while landings in the City of Waterloo stayed the same and landings in Cambridge declined.
- The refugee category increased by the greatest per cent over the past 10 years (87 per cent); refugees were most likely to arrive in Kitchener where the reception centre is located.

Temporary (non-permanent) Residents

Figure 4. Number of temporary residents, by year in which permit became effective and permit type, Waterloo Region, 2012-2017



Source: Immigration, Refugees, Citizenship Canada (IRCC), Temporary Residents, 2012-2017
This data on temporary residents does not include refugee claimants as this information is not available at the municipal level.
Data represents the year in which the temporary resident permit became effective and does not represent the total number of temporary resident permit holders in Waterloo Region in a given year; many will stay more than one year and some may stay less than one.

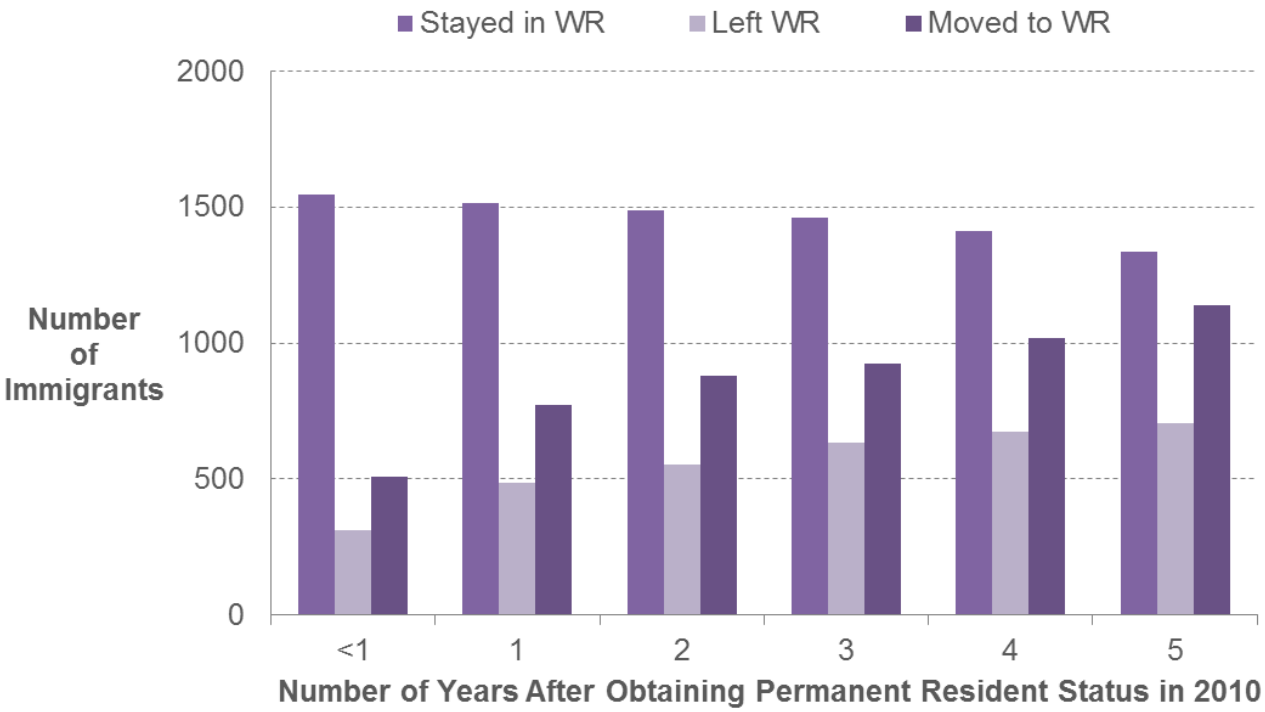
- The number of individuals receiving a temporary resident permit each year in Waterloo Region has been increasing for the last six years from 2,230 in 2012 to 12,755 in 2017; a total of 41,595 temporary resident permits were issued to Waterloo Region temporary residents during the six year period from 2012 to 2017. Note that this does not represent the total number of temporary resident permit holders in Waterloo Region but rather the number of new permits that were issues; many temporary resident permits last for more than a year, while some are effective for less than a year.

- The greatest increases have been seen among international students; in 2012, there were 1,075 international students that received new study permits whereas in 2017, there were 9,510 international students that received new study permits in Waterloo Region. A study permit is usually valid for the length of the study program, thus this generally represents the number of new international students present in Waterloo Region each year and not the cumulative total at any given time.
- From 2011 to 2013, IRCC reported that an average of 80 refugee claims were made annually in Waterloo Region. The number of refugee claims has increased dramatically in the five years since then. In 2018, Mennonite Coalition for Refugee Support (MCRS) supported 275 new refugee claims representing 632 individuals. MCRS estimates they see about half of all refugee claimants in Waterloo Region and they currently support a total of 1,523 individuals including children.

Secondary Migration

The Longitudinal Immigration Database (IMDB) provides information about the relocation patterns of permanent residents in Canada from their first community of landing. This is called secondary migration. By linking immigrant landing files with tax returns, the IMDB is able to determine secondary migration patterns in Waterloo Region. The figures below demonstrate the number of permanent residents that arrived in Waterloo Region in 2010 that have stayed in and moved away from Waterloo Region, as well as the number of that initially landed elsewhere but subsequently moved to Waterloo Region.

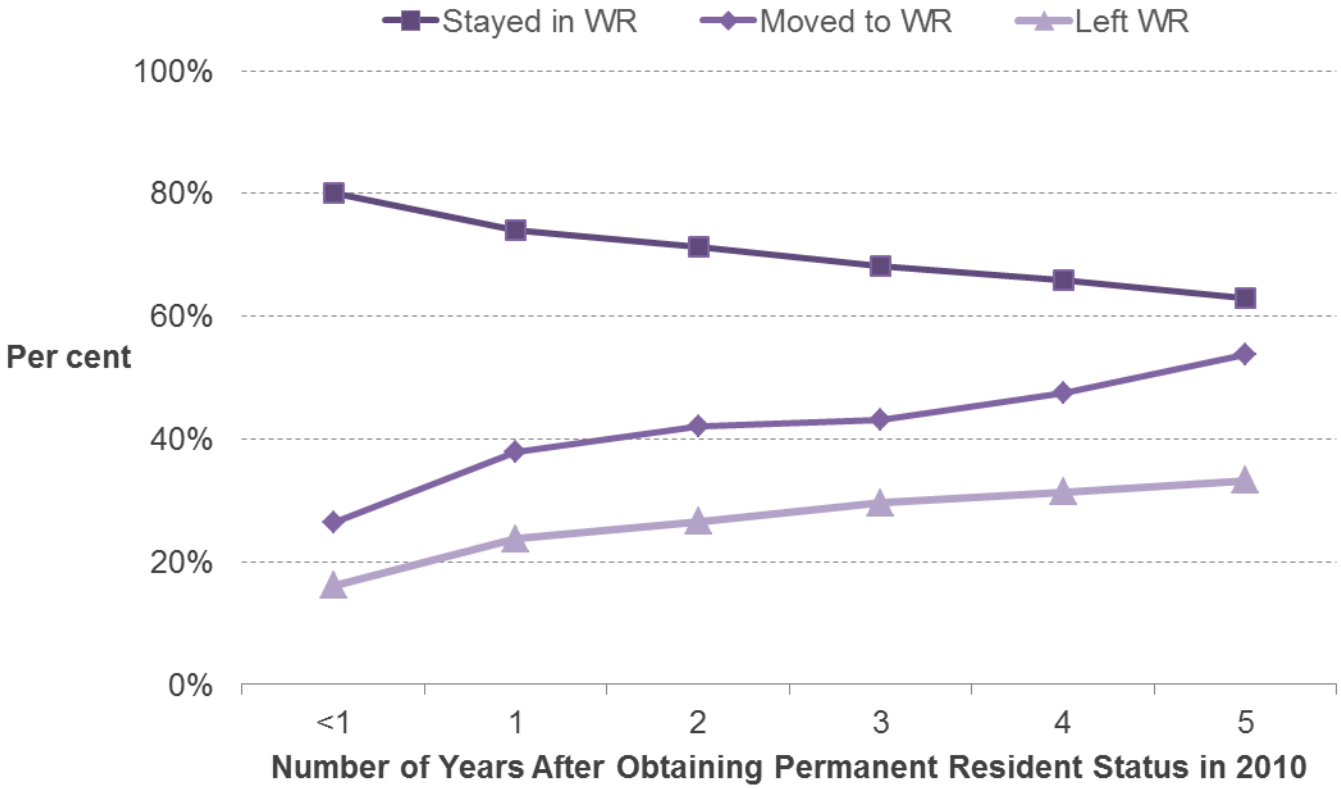
Figure 5. Number of immigrants who stayed in, left and moved to Waterloo Region, by number of years after obtaining permanent resident status



Source: Statistics Canada, Longitudinal Immigration Database (IMDB)

- Secondary migration significantly increases the immigrant population in Waterloo Region. Among immigrants who obtained permanent resident status in Waterloo Region in 2010, one year after landing 310 had left Waterloo Region, but an additional 510 others had moved to Waterloo Region, resulting in a net gain of 200 permanent residents after one year.
- Five years after landing, 705 permanent residents had left Waterloo Region but an additional 1,140 moved to Waterloo Region, resulting in a net gain of 435 permanent residents after five years.

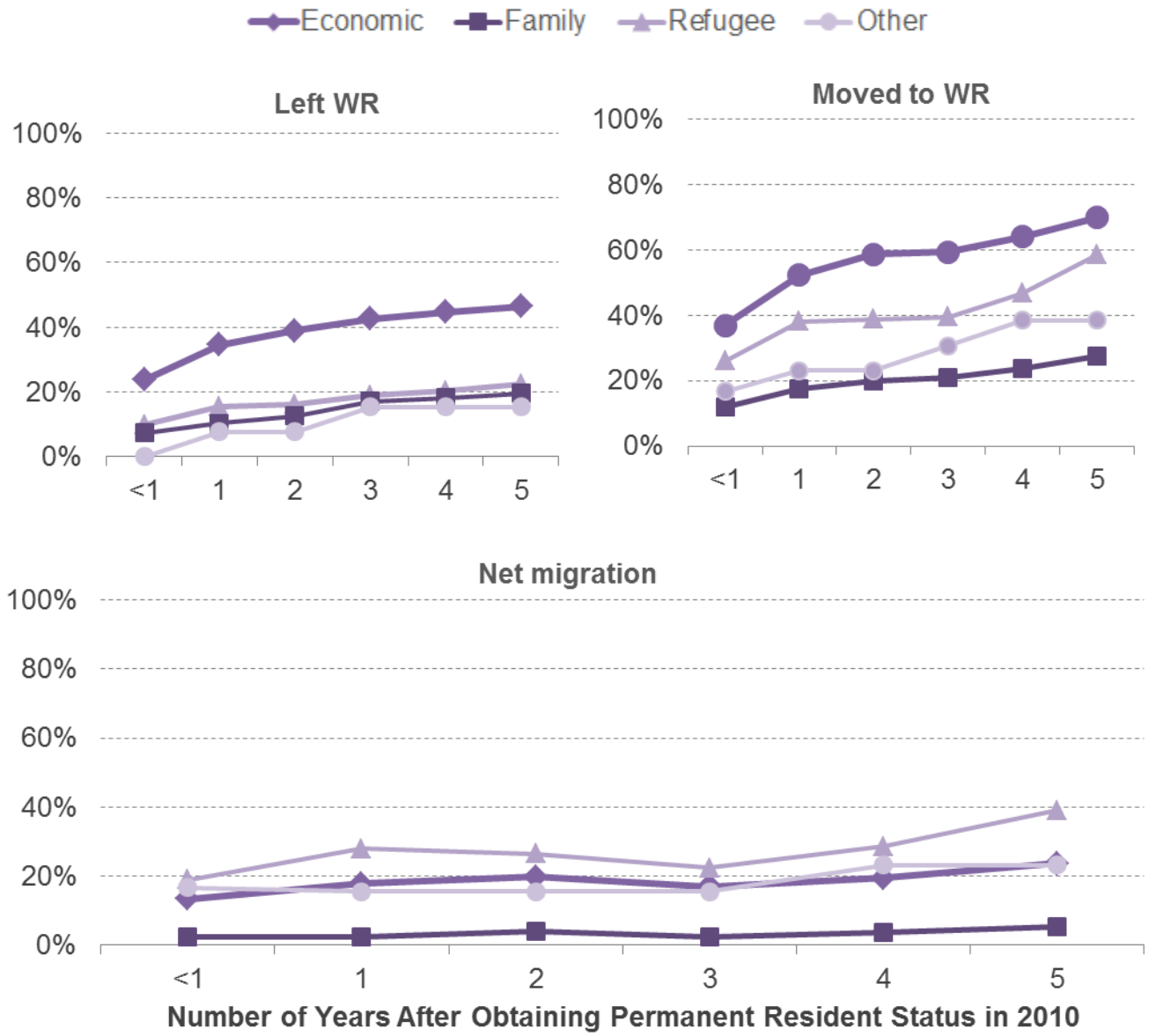
Figure 6. Proportion of immigrants who stayed in, left and moved to Waterloo Region, by number of years after obtaining permanent resident status



Source: Statistics Canada, Longitudinal Immigration Database (IMDB), 2010 - 2015

- Net migration increase is a description of how many more permanent residents moved to Waterloo Region beyond the number that left.
- Among permanent residents who arrived in Waterloo Region in 2010, approximately one year later, 74 per cent stayed in the community, 24 per cent left and an additional 38 per cent who had originally lived in another municipality had moved to Waterloo Region. This results in a one-year net migration increase of 14 per cent.
- After five years in Canada, 63 per cent of permanent residents stayed in Waterloo Region, 33 per cent left Waterloo Region, and an additional 54 per cent that had lived elsewhere had moved to Waterloo Region. This results in a five-year net migration increase of 21 per cent.

Figure 7. Proportion of permanent residents who left, moved to and net migration increase to Waterloo Region, by number of years after obtaining permanent resident status and immigration category



Source: Statistics Canada, Longitudinal Immigration Database (IMDB)

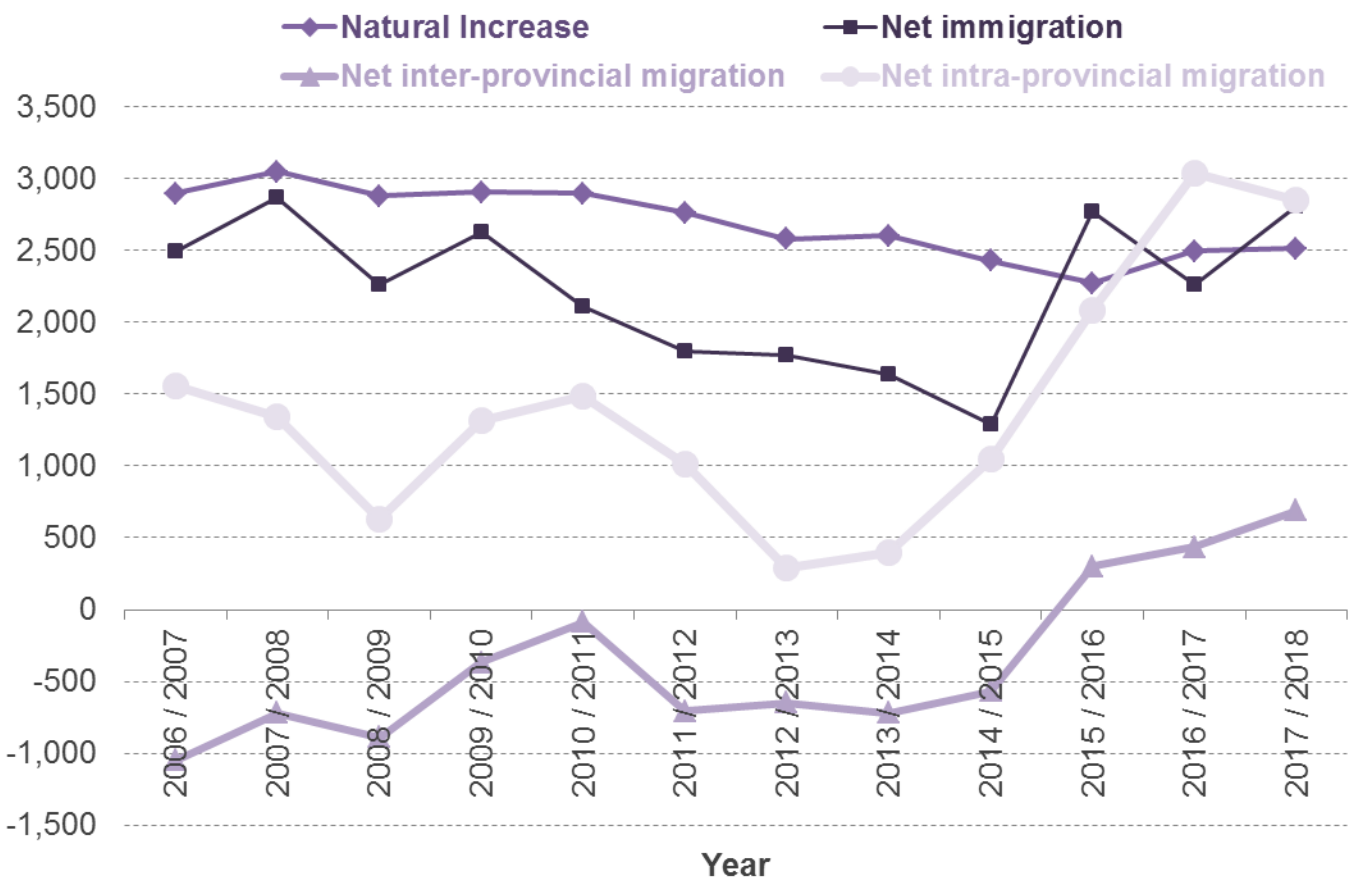
- In nearly all immigration categories and time periods after obtaining permanent resident status, the number of immigrants moving into Waterloo Region was greater than the number moving out.
- **Economic immigrants** who became permanent residents in Waterloo Region in 2010 tended to be much more mobile compared to other immigration categories with 35 per cent leaving Waterloo Region but an additional 52 per cent moving to Waterloo Region

within a year. This resulted in a net migration increase of 18 per cent after one year. After five years, 46 per cent of economic immigrants had left Waterloo Region but an additional 70 per cent had moved to Waterloo Region resulting in a net migration increase of 24 per cent.

- **Family category immigrants**: Among immigrants sponsored by family members living in Canada who became permanent residents in 2010, there was only a three per cent net migration increase after one year (15 per cent left Waterloo Region and an additional 18 per cent moved to Waterloo Region). After five years, there was still only six per cent net migration increase (22 per cent leaving Waterloo Region but an additional 28 per cent moving to Waterloo Region).
- **Refugees:** While only 10 per cent of refugees left Waterloo Region after one year, an additional 38 per cent of refugees moved to Waterloo Region resulting in a net migration increase of 28 per cent. After five years, only 19 per cent of refugees had left Waterloo Region but an additional 58 per cent had moved to Waterloo Region resulting in net migration of 39 per cent.
    - Differences in secondary migration were observed for different types of refugees that became permanent residents in 2010. In Waterloo Region, privately sponsored refugees tended to move less than government-assisted refugees such that privately sponsored refugees had a net migration increase of 36 per cent after five years whereas government-assisted refugees had a net migration increase of 93 per cent after five years (data not shown).

Population Growth

Figure 8. Sources of population growth in Waterloo Region, 2006-2007 to 2017-2018



Source: Statistics Canada, Demography Division and Health Statistics Division, 2019

- Net immigration contributes significantly to population growth in Waterloo Region. In 2017/2018, 32% of population growth was due to immigration (immigrants minus emigrants) Together with intra-provincial migration, this was the highest population growth source in Waterloo Region.
- Other sources of population growth in recent years have been intra-provincial migration and natural increases followed distantly by interprovincial migration.
- In recent years, immigration has surpassed interprovincial migration and natural increases as a source of population growth.

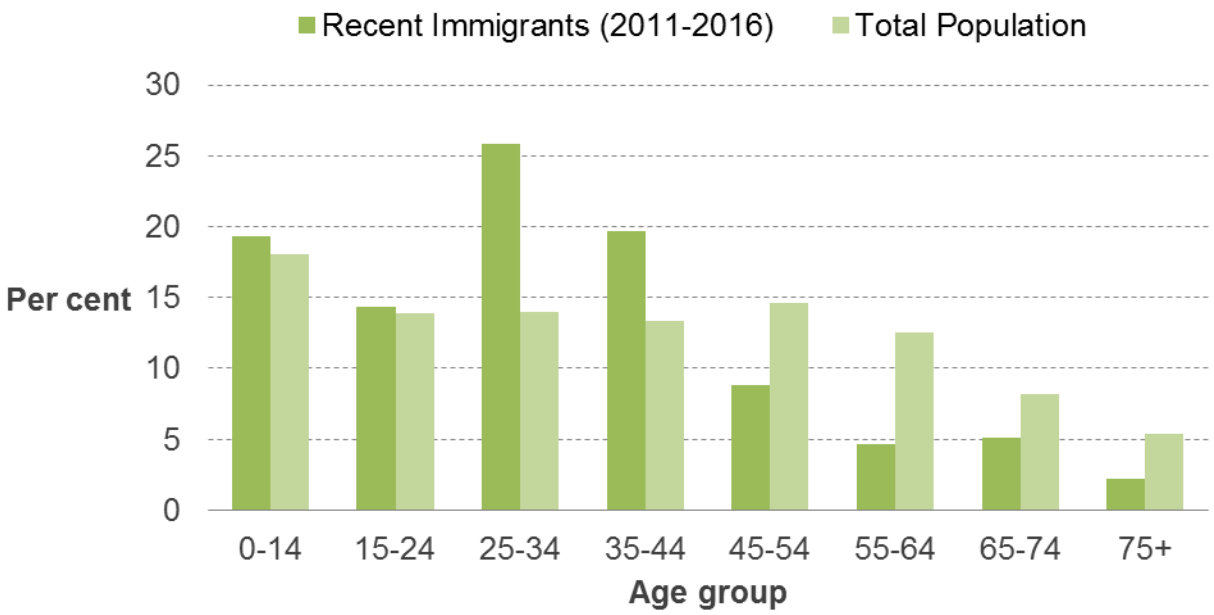
Population and Family Composition

According to the 2016 Census, the immigrant population in Waterloo Region was 119,335 (22.6 per cent of the total population) and the number of recent immigrants (immigrants that came to Canada between 2011 and 2016) living in Waterloo Region was 14,045 (11.8 per cent of the immigrant population and 2.6 per cent of the total population).

Among Ontario census divisions, Waterloo Region had the 8th highest proportion of immigrants overall (following census divisions in the Greater Toronto Area, Hamilton and Ottawa). When comparing Census Metropolitan Areas (CMAs), which is defined as an area consisting of one or more neighbouring municipalities situated around a core, the Kitchener-Cambridge-Waterloo CMA had the third highest proportion of immigrants compared to other CMAs in Ontario (following the CMAs of Toronto and Hamilton).

Recent Immigrants

Figure 9. Proportion of recent immigrants and total population, by age group, Waterloo Region, 2016



Source: Statistics Canada, Census 2016

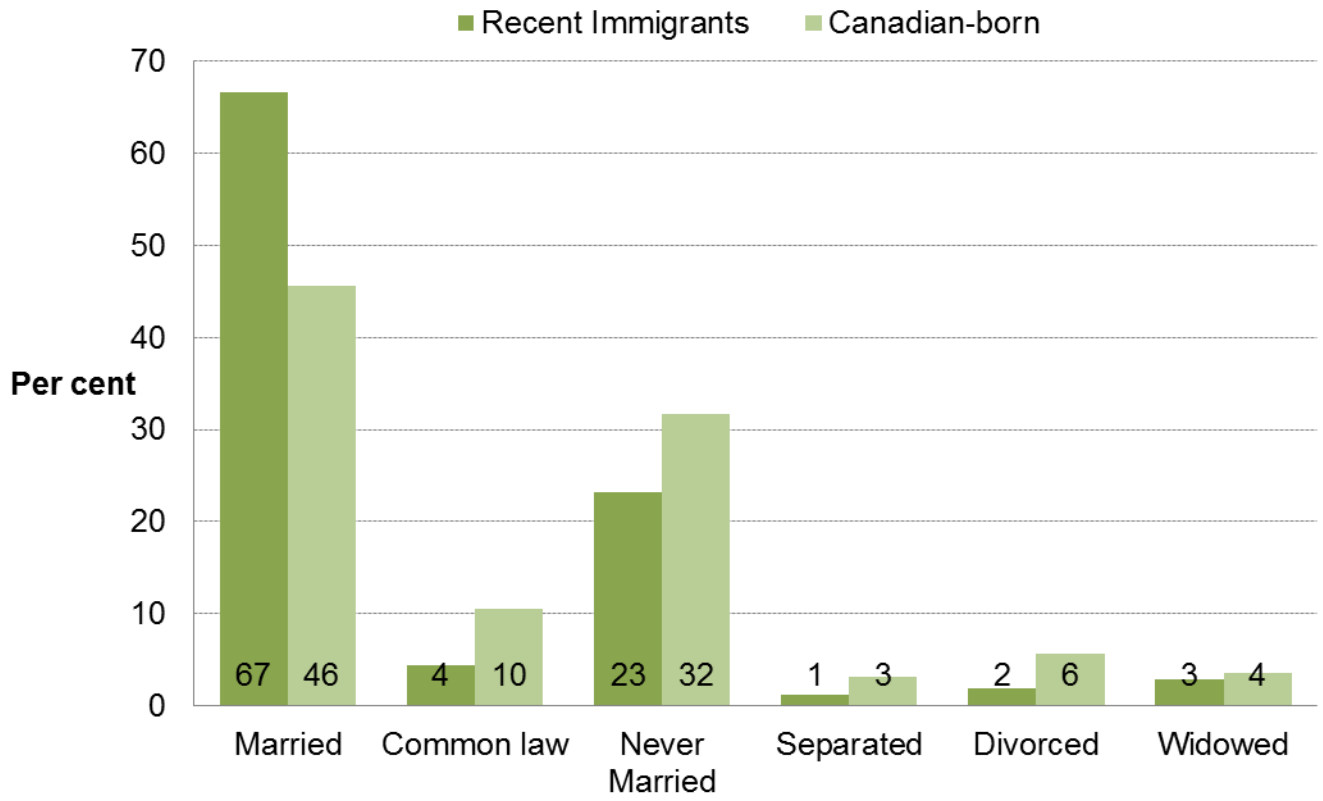
- Overall, recent immigrants were younger than the total population in Waterloo Region.
- In 2016, the largest age category of recent immigrants was young adults aged 25 to 34 years; 26 per cent of all recent immigrants were in this category compared to 14 per cent of the total population of Waterloo Region.
- Only 12 per cent of recent immigrants were 55 years of age or older compared to 26 per cent of the total population of Waterloo Region.

Figure 10. Proportion of recent immigrants (2011-2016) by sex and municipality, Waterloo Region, 2016

Source: Statistics Canada, Census 2016
Townships include North Dumfries, Wilmot, Wellesley, and Woolwich.

- Recent immigrants to Waterloo Region were equally distributed between the sexes; 51 per cent were female and 49 per cent were male.
- Recent immigrants were also equally distributed between the sexes for all municipalities.

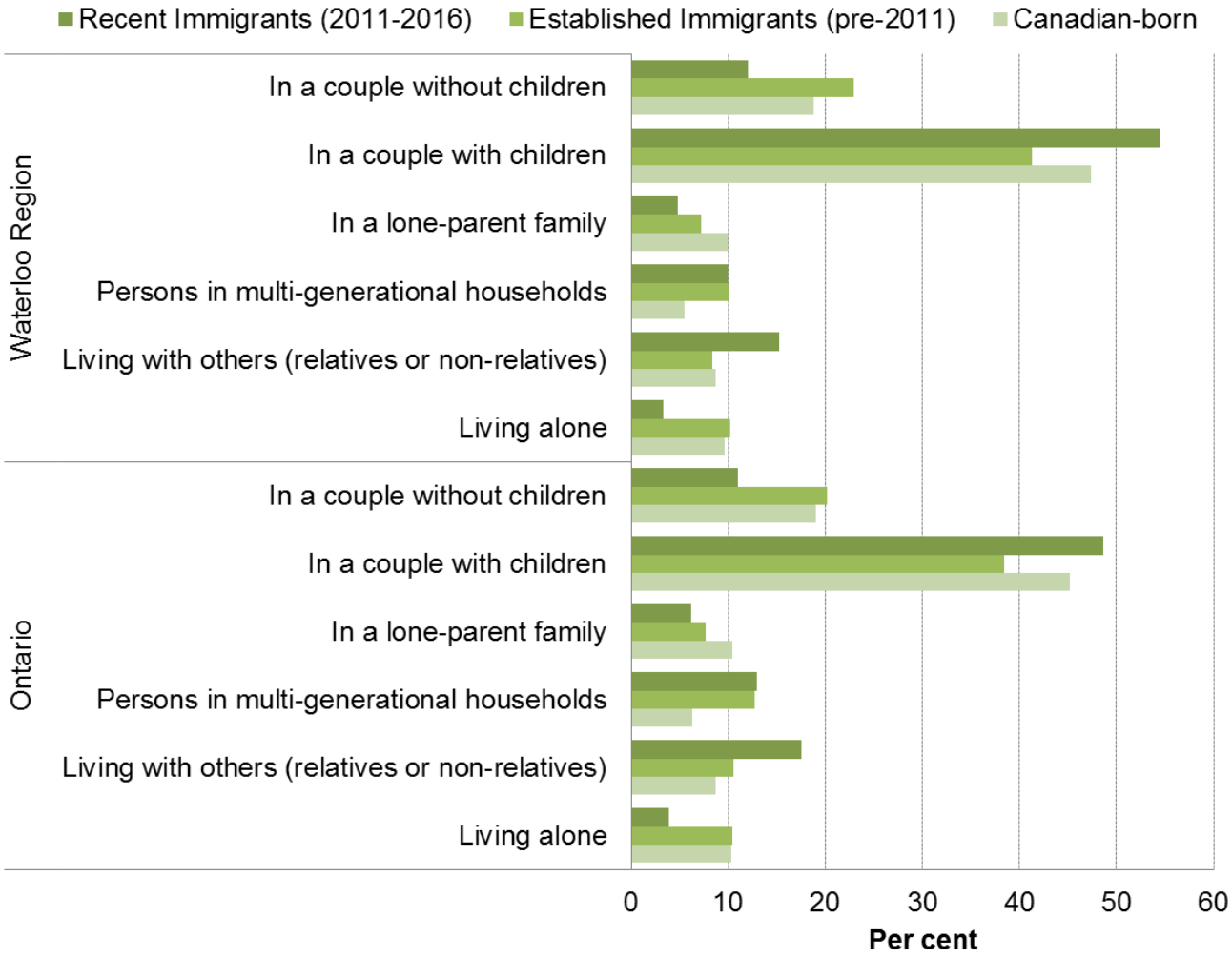
Figure 11. Proportion of recent immigrants and total population, by marital status, Waterloo Region, 2016



Source: Statistics Canada, Census 2016

- The majority of recent immigrants (67 per cent) were legally married in 2016, compared with 46 per cent of the total population in Waterloo Region.
- In 2016, the proportion of the population that is divorced was higher among the Canadian-born population (6 per cent) compared to recent immigrants (2 per cent).
- In 2016, 23 per cent of recent immigrants in Waterloo Region were single (never married), compared to 28 per cent of the total population.

Figure 12. Proportion of population by living arrangements and immigration status, Kitchener-Cambridge-Waterloo Census Metropolitan Area and Ontario, 2016

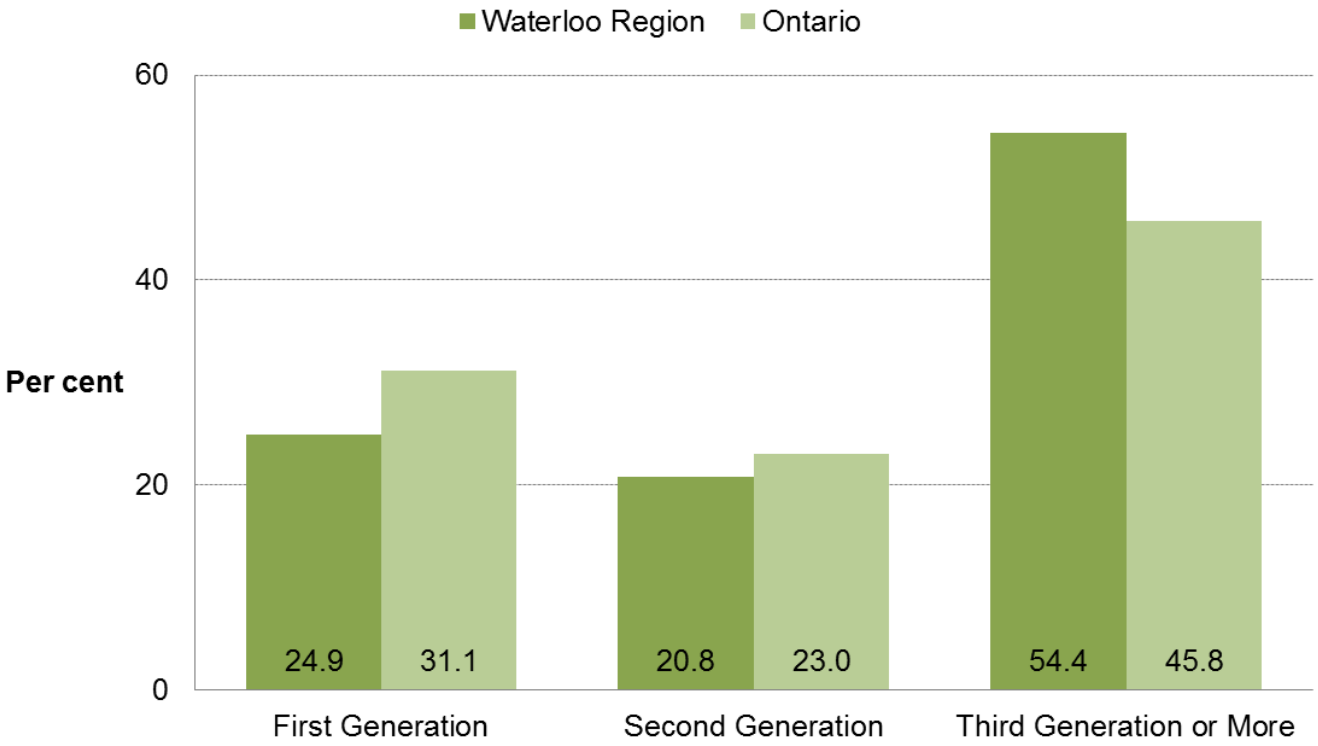


Source: Statistics Canada, Census 2016

The Kitchener-Cambridge-Waterloo Census Metropolitan Area (KCW CMA) includes the three cities of Kitchener, Cambridge, Waterloo and three townships (North Dumfries, Wilmot and Woolwich). The Kitchener-Cambridge-Waterloo CMA does not currently include the township of Wellesley.

- The proportion of recent immigrants in the KCW CMA that are in a couple without children (12 per cent) is lower than the proportion among established immigrants (23 per cent) and Canadian-born (19 per cent).
- In the KCW CMA, the proportion of recent immigrants in multi-generational households (10 per cent) is similar to that of established immigrants (10 per cent), but twice as high as Canadian-born residents (5 per cent).
- Recent immigrants in the KCW CMA are less likely to live alone (3 per cent) than both established immigrants (10 per cent) and Canadian-born residents (10 per cent.

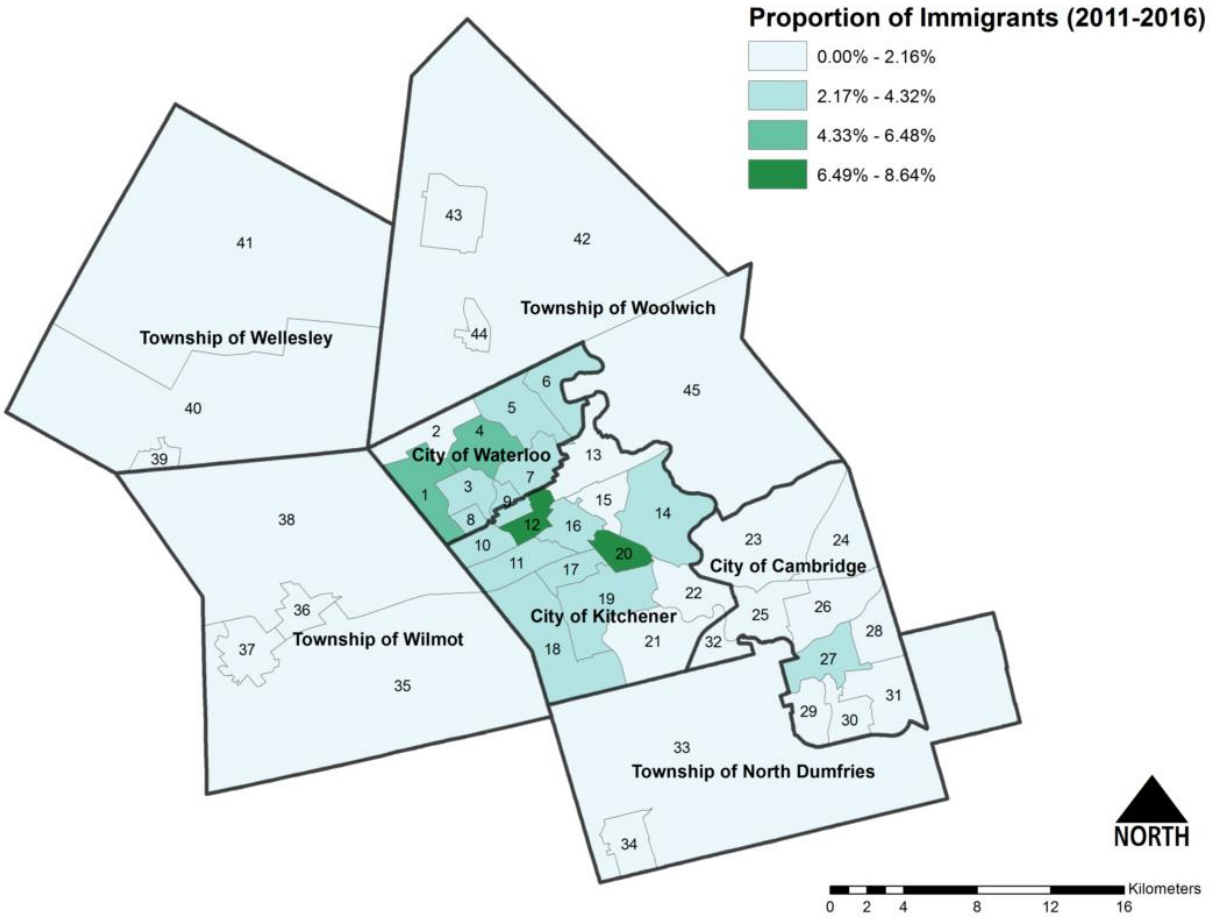
Figure 13. Proportion of the total population, by generational status, Waterloo Region and Ontario, 2016



Source: Statistics Canada, Census 2016

- First generation refers to people who were born outside of Canada; second generation includes individuals who were born in Canada and had at least one parent born outside of Canada; third generation or more refers to people who were born in Canada with both parents born in Canada.
- In 2016, more than half of the immigrant population in Waterloo Region (54 per cent) were third generation or more.
- The proportion of first generation immigrants was lower in Waterloo Region (25 per cent) compared to Ontario (31 per cent).

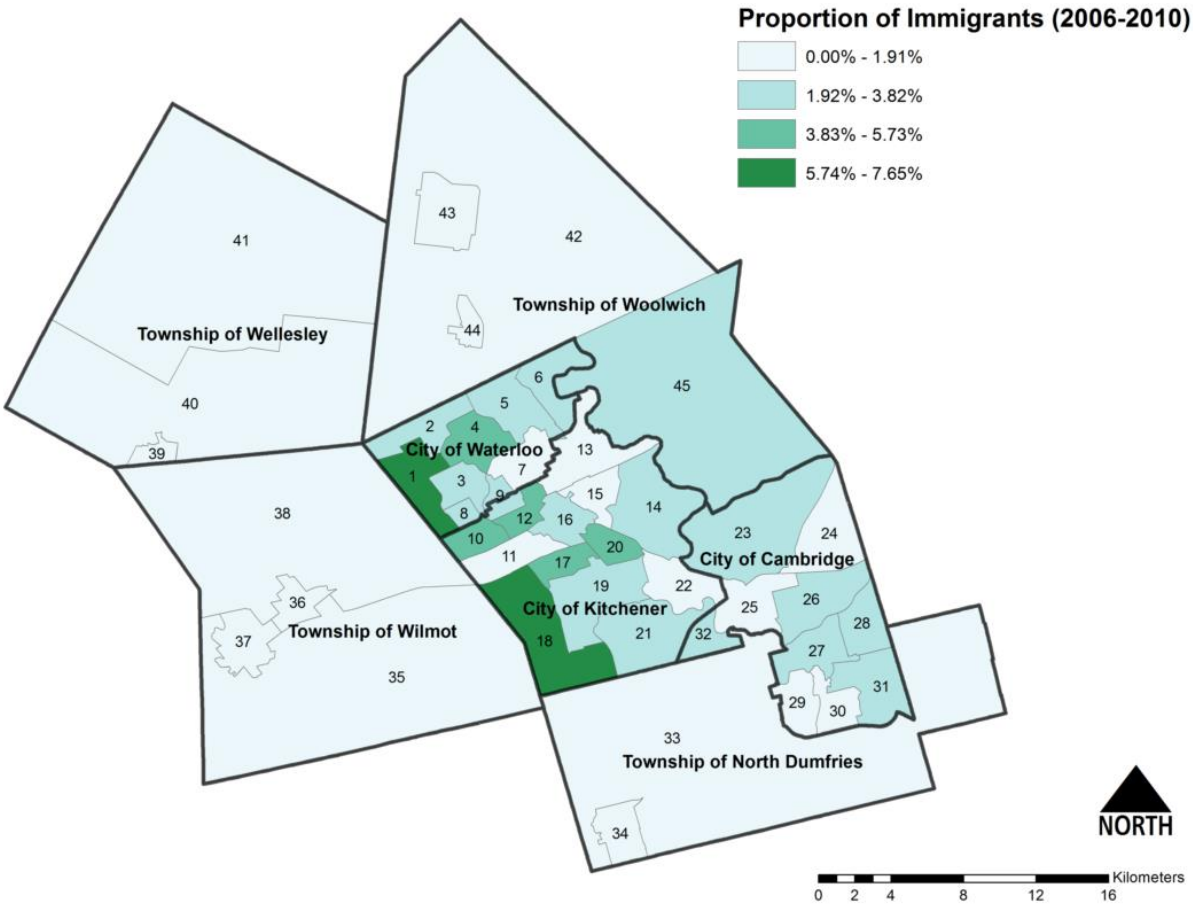
Figure 14. Proportion of recent immigrants (2011-2016) by neighbourhood, Waterloo Region, 2016



1 West Waterloo
2 Lakeshore North/Conservation
3 Beechwood
4 Columbia/Lakeshore
5 Lincoln/Dearborn
6 Eastbridge/Lexington
7 Central Waterloo
8 Westvale
9 Westmount
10 Highland West
11 Forest Heights/Forest Hill/Lakeside
12 Victoria Hills/Cherry Hill/ KW Hosp
13 Bridgeport/Breithaupt/Mt Hope
14 Grand River/Stanely Park/Chicopee
15 Frederick/Rosemount/Auditorium
16 Downtown Kitchener and Area
17 Alpine/Laurentian
18 Southwest Kitchener
19 Country Hills
20 Vanier/Rockway
21 Doon/Pioneer Park
22 Hidden Valley/Pioneer Tower
23 North Cambridge
24 Hespeler
25 Central Preston
26 Lang's Farm/Industrial
27 North Galt/Elgin Park
28 Shades Mills
29 Southwood/South West Galt
30 Galt City Centre/South Galt
31 South East Galt
32 Blair
33 North Dumfries/Beverly
34 Ayr
35 New Dundee/Manheim
36 Baden
37 New Hamburg
38 North Wilmot
39 Wellesley Village
40 Wellesley Rural South
41 Wellesley Rural North
42 Woolwich Rural North
43 Elmira
44 St. Jacobs
45 Woolwich Rural East

Source: Statistics Canada, Census 2016

Figure 15. Proportion of semi-recent immigrants from 2006-2010, by neighbourhood, Waterloo Region, 2016



1 West Waterloo
2 Lakeshore North/Conservation
3 Beechwood
4 Columbia/Lakeshore
5 Lincoln/Dearborn
6 Eastbridge/Lexington
7 Central Waterloo
8 Westvale
9 Westmount
10 Highland West
11 Forest Heights/Forest Hill/Lakeside
12 Victoria Hills/Cherry Hill/ KW Hosp
13 Bridgeport/Breithaupt/Mt Hope
14 Grand River/Stanely Park/Chicopee
15 Frederick/Rosemount/Auditorium
16 Downtown Kitchener and Area
17 Alpine/Laurentian
18 Southwest Kitchener
19 Country Hills
20 Vanier/Rockway
21 Doon/Pioneer Park
22 Hidden Valley/Pioneer Tower
23 North Cambridge
24 Hespeler
25 Central Preston
26 Lang's Farm/Industrial
27 North Galt/Elgin Park
28 Shades Mills
29 Southwood/South West Galt
30 Galt City Centre/South Galt
31 South East Galt
32 Blair
33 North Dumfries/Beverly
34 Ayr
35 New Dundee/Manheim
36 Baden
37 New Hamburg
38 North Wilmot
39 Wellesley Village
40 Wellesley Rural South
41 Wellesley Rural North
42 Woolwich Rural North
43 Elmira
44 St. Jacobs
45 Woolwich Rural East

Source: Statistics Canada, Census 2016

- The neighbourhoods with the highest proportion of recent immigrants (those that arrived from 2011 to 2016) were the downtown Kitchener neighbourhoods of Victoria Hills/Cherry Hill/KW Hospital and Vanier/Rockway.
- The neighbourhoods with the second highest proportions of recent immigrants were the City of Waterloo neighbourhoods of West Waterloo and Columbia/Lakeshore.
- The neighbourhoods with the highest proportions of semi-recent immigrants (arrived from 2006 to 2011) were West Waterloo and Southwest Kitchener.
- These maps demonstrate the difference in residential patterns of immigrants depending on when they arrived in Canada. Among the recent immigrant population, certain concentrations were likely influenced by refugee housing patterns.

Language

Mother Tongue

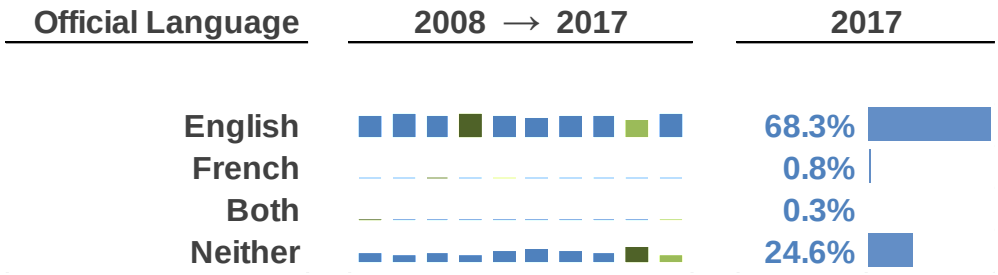
Table 1. Top 20 mother tongue languages of recent immigrants (2011-2016), Waterloo Region, 2016

Rank	Language	Number	Per cent
1	Arabic	2,215	16%
2	English	1,880	13%
3	Mandarin	1,215	9%
4	Spanish	775	6%
5	Persian (Farsi)	705	5%
6	Punjabi (Panjabi)	495	4%
7	Urdu	405	3%
8	Gujarati	340	2%
9	Tagalog (Pilipino, Filipino)	335	2%
10	Hindi	300	2%
11	Tigrigna	275	2%
12	Romanian	270	2%
13	Vietnamese	230	2%
14	Somali	220	2%
15	German	195	1%
16	Bengali	185	1%
17	Armenian	185	1%
18	Amharic	180	1%
19	Serbian	175	1%
20	Russian	170	1%

Source: Statistics Canada, Census 2016

- Among recent immigrants to Waterloo Region, Arabic was the most common mother tongue language (16 per cent), followed by English (13 per cent) and Mandarin (9 per cent).

Figure 16. Proportion of permanent residents, by knowledge of official languages, Waterloo Region, 2008-2017



Source: Immigration, Refugees, Citizenship Canada (IRCC), Permanent Residents, 2008-2017
The dark green bar indicates the year with the highest proportion across all years; the light green bar represents the year with the lowest proportion across all years.

- In 2017, approximately one quarter (n=795, 25 per cent) of new permanent residents in Waterloo Region did not have a working knowledge of either English or French when they received their permanent resident status (could not speak English or French well enough to conduct a conversation).
- Over the past ten years, the highest proportion of permanent residents without knowledge of official languages arrived in Waterloo Region in 2016 (n = 1,690, 45 per cent), which corresponds with the increase in the number of Syrian refugee arrivals in that year.

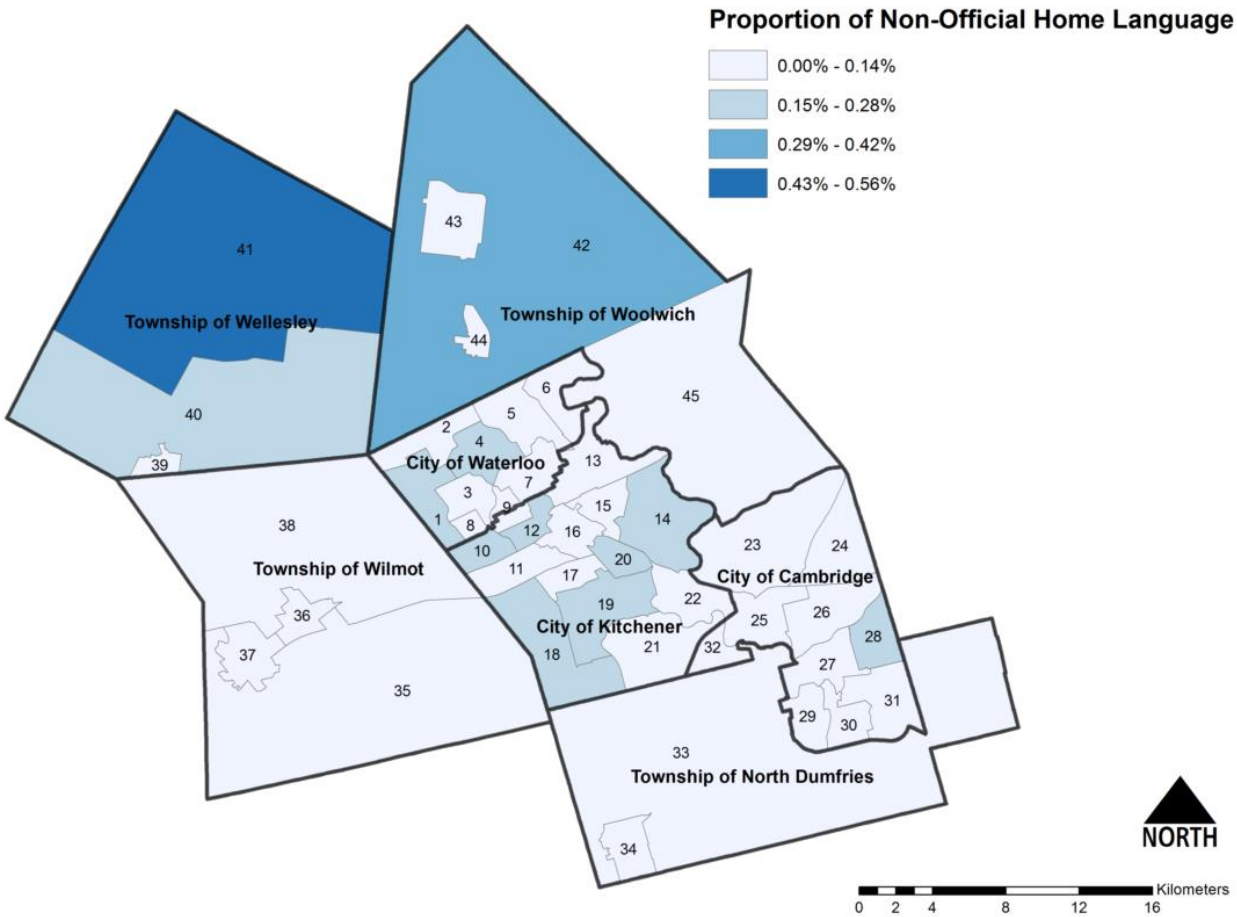
Table 2. Mother tongue of individuals without knowledge of official languages, Waterloo Region, 2016

Rank	Language	Number	Per cent
1	Portuguese	1210	13%
2	Arabic	1120	12%
3	Mandarin	930	10%
4	German	640	7%
5	Punjabi (Panjabi)	540	6%
6	Vietnamese	520	6%
7	Spanish	465	5%
8	Serbian	320	3%
9	Persian (Farsi)	315	3%
10	Romanian	280	3%
11	Gujarati	270	3%
12	Cantonese	225	2%
13	Polish	165	2%
14	Korean	160	2%
15	Urdu	135	1%
16	Russian	115	1%
17	Somali	110	1%
18	Albanian	100	1%
19	Kurdish	85	1%
20	Lao	85	1%

Source: Statistics Canada, Census 2016

- In 2016, there were approximately 9,300 people living in Waterloo Region without a working knowledge of either one of Canada's official languages (less than 2 per cent of the total population).
- In that year, the most frequently reported mother tongue among those without a working knowledge of either official language was Portuguese (13 per cent), followed closely by Arabic (12 per cent) and Mandarin (10 per cent). Portuguese was also the most frequently reported mother tongue among those without a working knowledge of either official language in the last census in 2011. However, the percentage has decreased from almost 17 per cent in 2011 to 13 per cent in 2016 while the percentage of Arabic speakers in this category grew.

Figure 17. Proportion of the population with non-official home languages, by neighbourhood, Waterloo Region, 2016



1 West Waterloo
2 Lakeshore North/Conservation
3 Beechwood
4 Columbia/Lakeshore
5 Lincoln/Dearborn
6 Eastbridge/Lexington
7 Central Waterloo
8 Westvale
9 Westmount
10 Highland West
11 Forest Heights/Forest Hill/Lakeside
12 Victoria Hills/Cherry Hill/ KW Hosp
13 Bridgeport/Breithaupt/Mt Hope
14 Grand River/Stanely Park/Chicopee
15 Frederick/Rosemount/Auditorium
16 Downtown Kitchener and Area
17 Alpine/Laurentian
18 Southwest Kitchener
19 Country Hills
20 Vanier/Rockway
21 Doon/Pioneer Park
22 Hidden Valley/Pioneer Tower
23 North Cambridge
24 Hespeler
25 Central Preston
26 Lang's Farm/Industrial
27 North Galt/Elgin Park
28 Shades Mills
29 Southwood/South West Galt
30 Galt City Centre/South Galt
31 South East Galt
32 Blair
33 North Dumfries/Beverly
34 Ayr
35 New Dundee/Manheim
36 Baden
37 New Hamburg
38 North Wilmot
39 Wellesley Village
40 Wellesley Rural South
41 Wellesley Rural North
42 Woolwich Rural North
43 Elmira
44 St. Jacobs
45 Woolwich Rural East

Source: Statistics Canada, Census 2016

- The neighbourhoods of Wellesley Rural North and Woolwich Rural North have the highest proportion (~0.5%) of residents that have a non-official language as their home language; this is due to the large number of low-German Mennonite residents in these areas.
- Other neighbourhoods with higher proportions of individuals that have a home language other than English or French are West Waterloo, Columbia/Lakeshore, and Highland West in Waterloo; Victoria Hills/Cherry Hill/ KW Hospital, Grand River/Stanley Park/Chicopee, Vanier/Rockway, Country Hills and Southwest Kitchener in Kitchener; and Shades Mills in Cambridge. These neighbourhoods align with the maps demonstrating high proportions of recent and semi-recent immigrants in Waterloo Region.

Employment, Education, and Income

Employment

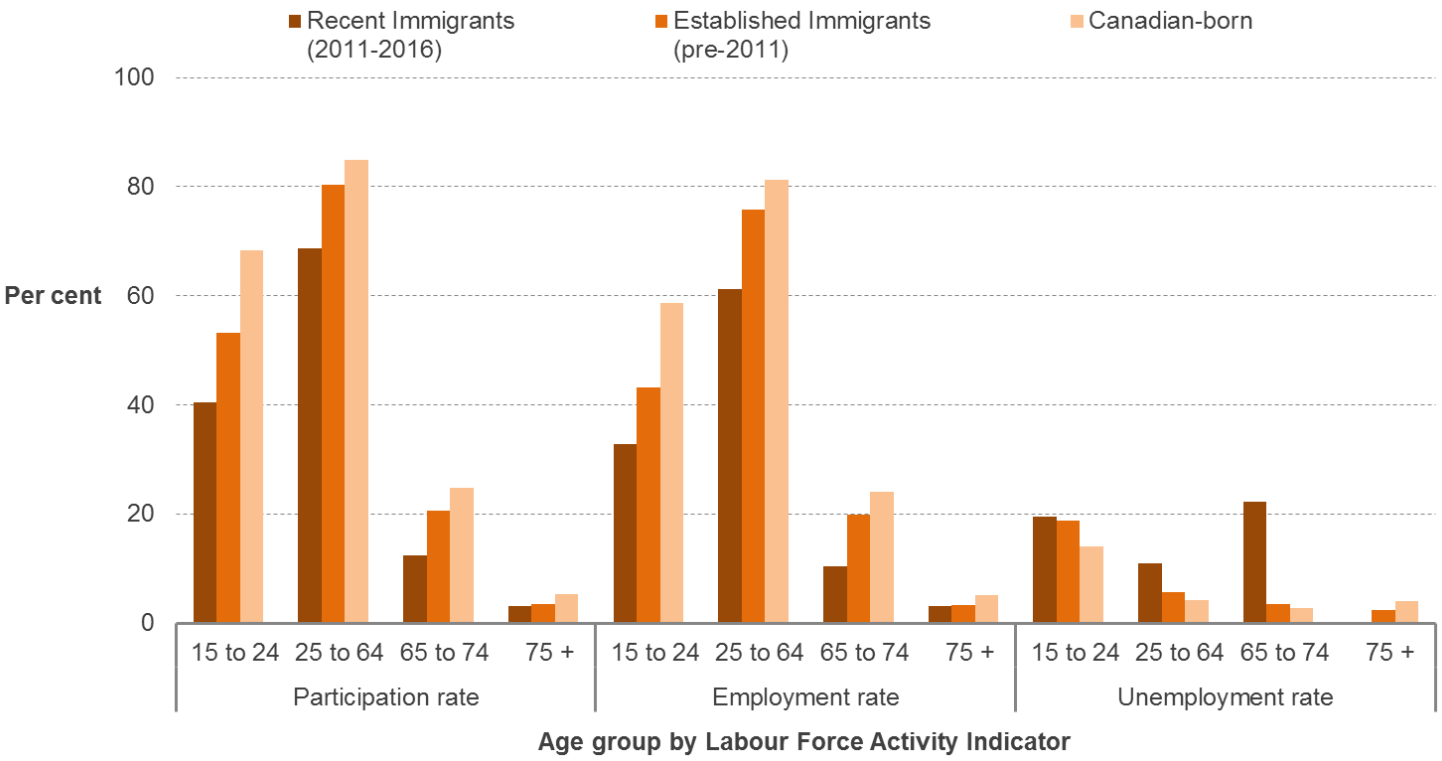
Figure 18. Labour force activity, by immigration status, Waterloo Region and Ontario, 2016

Labour force status	Recent Immigrants (2011-2016)		Established Immigrants (pre-2011)		Canadian-born	
Waterloo Region	**Number**	**Per cent**	**Number**	**Per cent**	**Number**	**Per cent**
Total population (15+ yrs)	11,335	100	102,625	100	309,560	100
In the labour force	6,605	58	62,335	61	223,680	72
Employed	5,805	51	58,350	57	210,285	68
Unemployed	795	12	3,995	6	13,390	6
Not in the labour force	4,730	42	40,285	39	85,885	28
Ontario						
Total population (15+ yrs)	392,860	100	3,311,965	100	7,151,105	100
In the labour force	244,575	62	1,987,650	60	4,809,410	67
Employed	213,505	54	1,854,545	56	4,456,865	62
Unemployed	31,070	13	133,100	7	352,545	7
Not in the labour force	148,295	38	1,324,310	40	2,341,695	33

Source: Statistics Canada, Census 2016

- Labour force refers to the population aged 15 years and over actively pursuing or engaged in employment; it excludes those who were not looking for work, students, stay-at-home parents, and retirees.
- Participation rate refers to the per cent of the total population aged 15 years and over in the labour force including those who are unemployed but looking for work; it excludes those who were not looking for work, students, stay-at-home parents, and retirees.
- Employment rate refers to the per cent of total non-institutional population 15 years and over employed in paid work (holding a paid job with an employer, being self-employed) or doing unpaid work for a family business.
- In 2016, the unemployment rates for recent and established immigrants in Waterloo Region were similar to provincial rates.
- In Waterloo Region, recent immigrants (12 per cent) were twice as likely as established immigrants and Canadian-born individuals (6 per cent) to be unemployed. A similar trend existed in Ontario (13 per cent vs. 7 per cent, respectively).
- In Waterloo Region, similar proportions of recent immigrants and established immigrants (58 per cent and 61 per cent, respectively) participated in the labour force, which was below the rate for Canadian-born individuals (72 per cent).

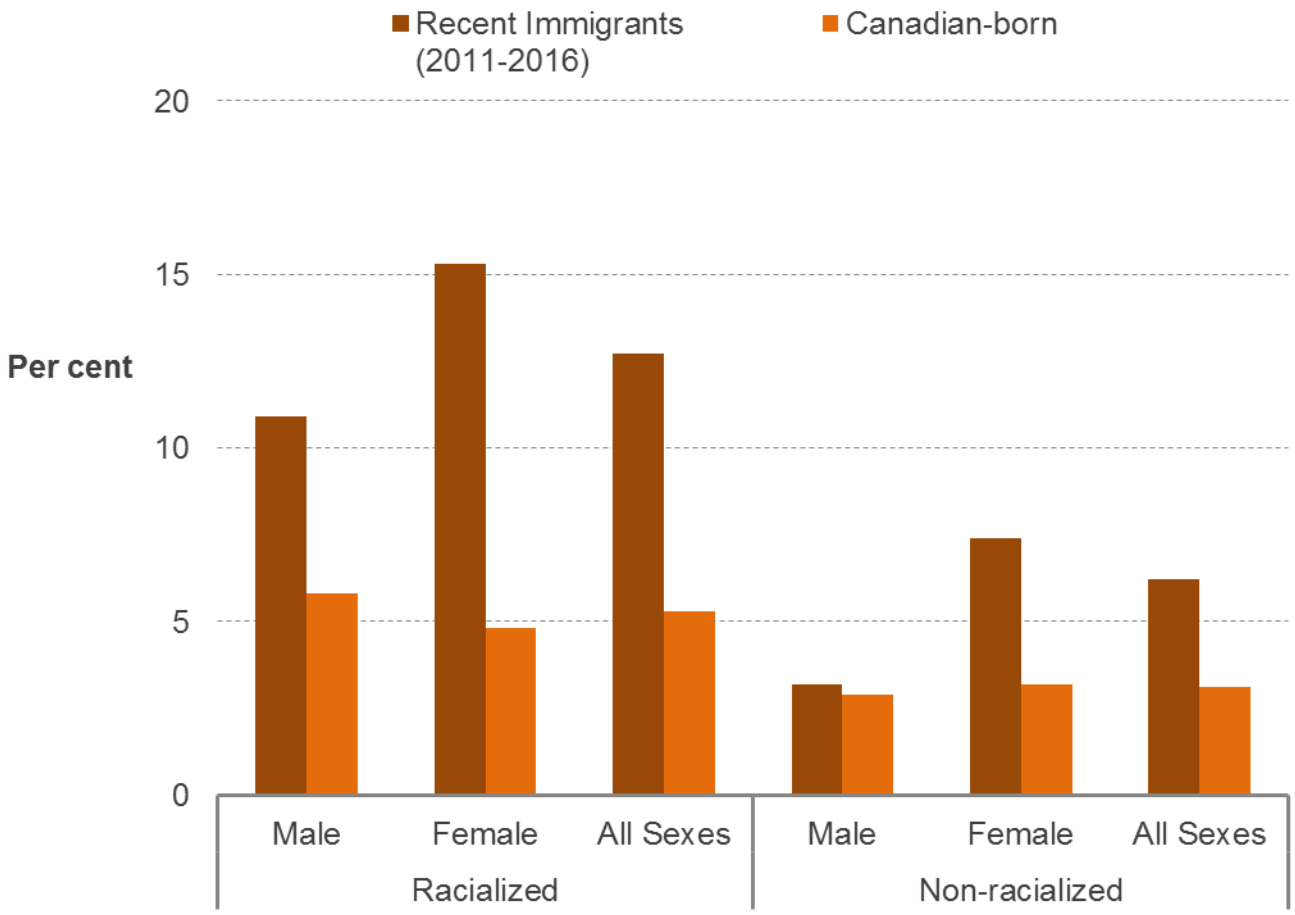
Figure 19. Participation in the labour force, by immigration status and age group, Waterloo Region, 2016



Source: Statistics Canada, Census 2016

- The participation, employment and unemployment rates of recent immigrants, established immigrants and Canadian-born varied greatly by age group. Among recent immigrants, unemployment rates were highest among the 65 to 74 age group (22 per cent). For established immigrants and Canadian-born, unemployment rates were highest among the 15 to 24 year age group.
- Across all age groups, Canadian-born individuals were more likely to participate in the labour force and to be employed compared to recent and established immigrants.

Figure 20. Rates of unemployment for racialized and non-racialized immigrants and Canadian-born, by sex, for ages 25-64 with university education or above, Kitchener-Cambridge-Waterloo Census Metropolitan Area, 2016

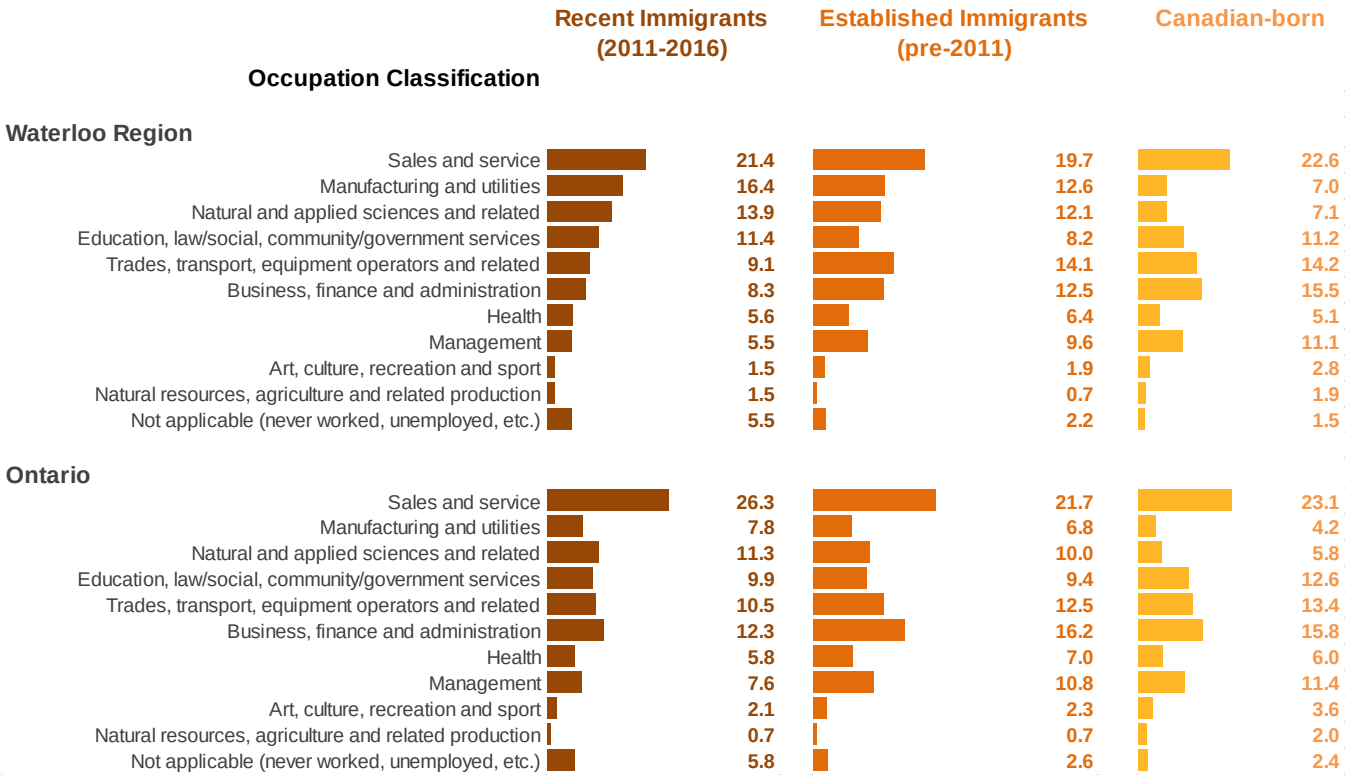


Source: Statistics Canada, Census 2016
Data is restricted to residents aged 25-64 years and those that have a university certificate, diploma or degree at bachelor level or above.
The Kitchener-Cambridge-Waterloo Census Metropolitan Area (KCW CMA) includes the three cities of Kitchener, Cambridge, Waterloo and three townships (North Dumfries, Wilmot and Woolwich). The KCW CMA does not currently include the township of Wellesley.

- The term 'racialized' in the above figure represents those that identify as a 'visible minority' according to the Statistics Canada definition and refers to whether or not a person, under criteria established by the Employment Equity Act, is non-Caucasian in race or non-White in colour.

- In the Kitchener-Cambridge-Waterloo Census Metropolitan Area (KCW CMA), among residents between the ages of 25 and 64 with a university education or above:
    - Racialized residents have higher rates of unemployment than non-racialized residents.
    - Racialized recent immigrants have higher unemployment rates (13 per cent) compared to racialized Canadian-born (5 per cent) and non-racialized Canadian-born residents (3 per cent); this is true for both males and females.
    - Racialized female recent immigrants have higher rates of unemployment rates (15 per cent) compared to racialized male recent immigrants (11 per cent).

Figure 21. Occupation classification, by immigration status, Waterloo Region and Ontario, 2016

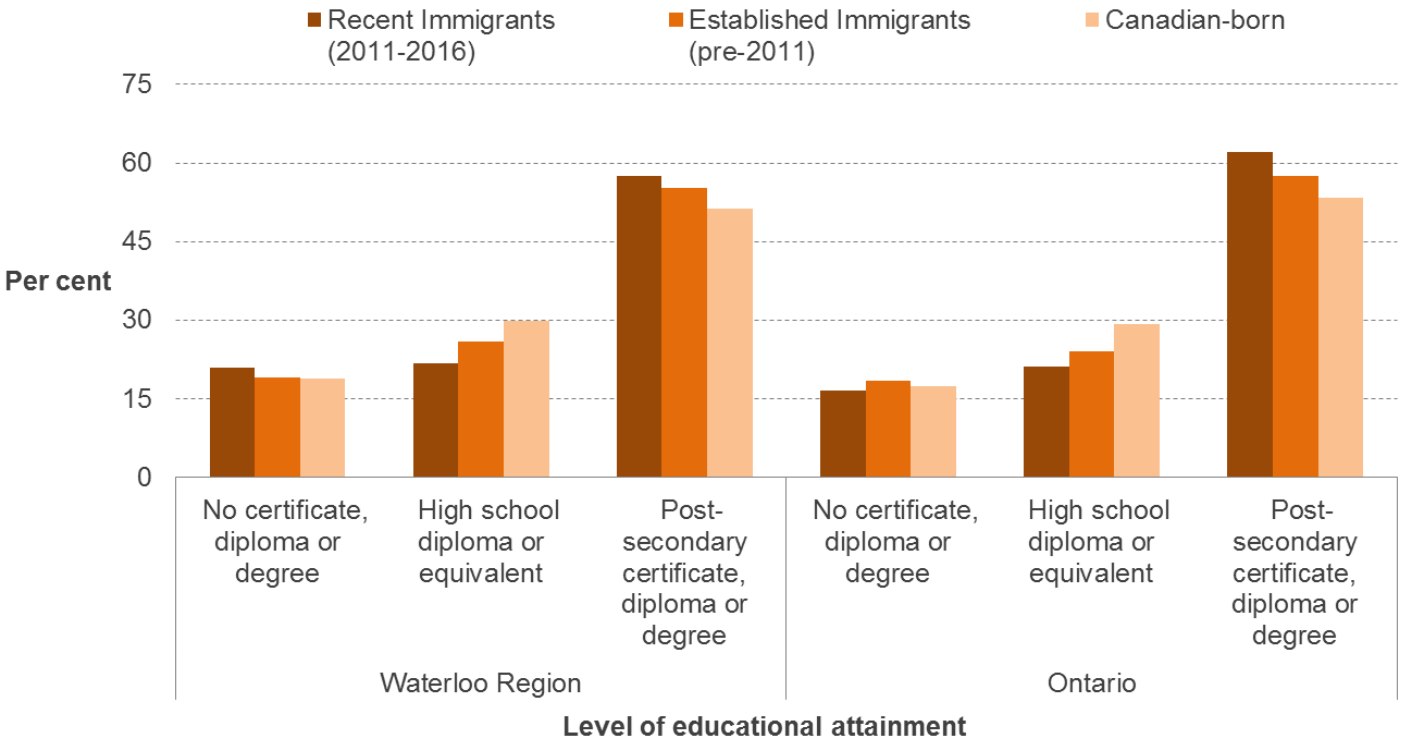


Source: Statistics Canada, Census 2016

- Recent immigrants (16 per cent) were more likely to work in manufacturing and utilities occupations than established immigrants (12 per cent) and Canadian-born individuals (7 per cent) in Waterloo Region.
- Recent and established immigrants (14 and 12 per cent, respectively) were nearly twice as likely to work in natural and applied sciences and related occupations compared to Canadian-born individuals (7 per cent) in Waterloo Region.
- In Waterloo Region, recent immigrants were less likely than established immigrants and Canadian-born individuals to work in business, finance, administration (8 per cent vs. 12 and 16 per cent, respectively) and management (5 per cent vs. 10 and 11 per cent, respectively).

Education

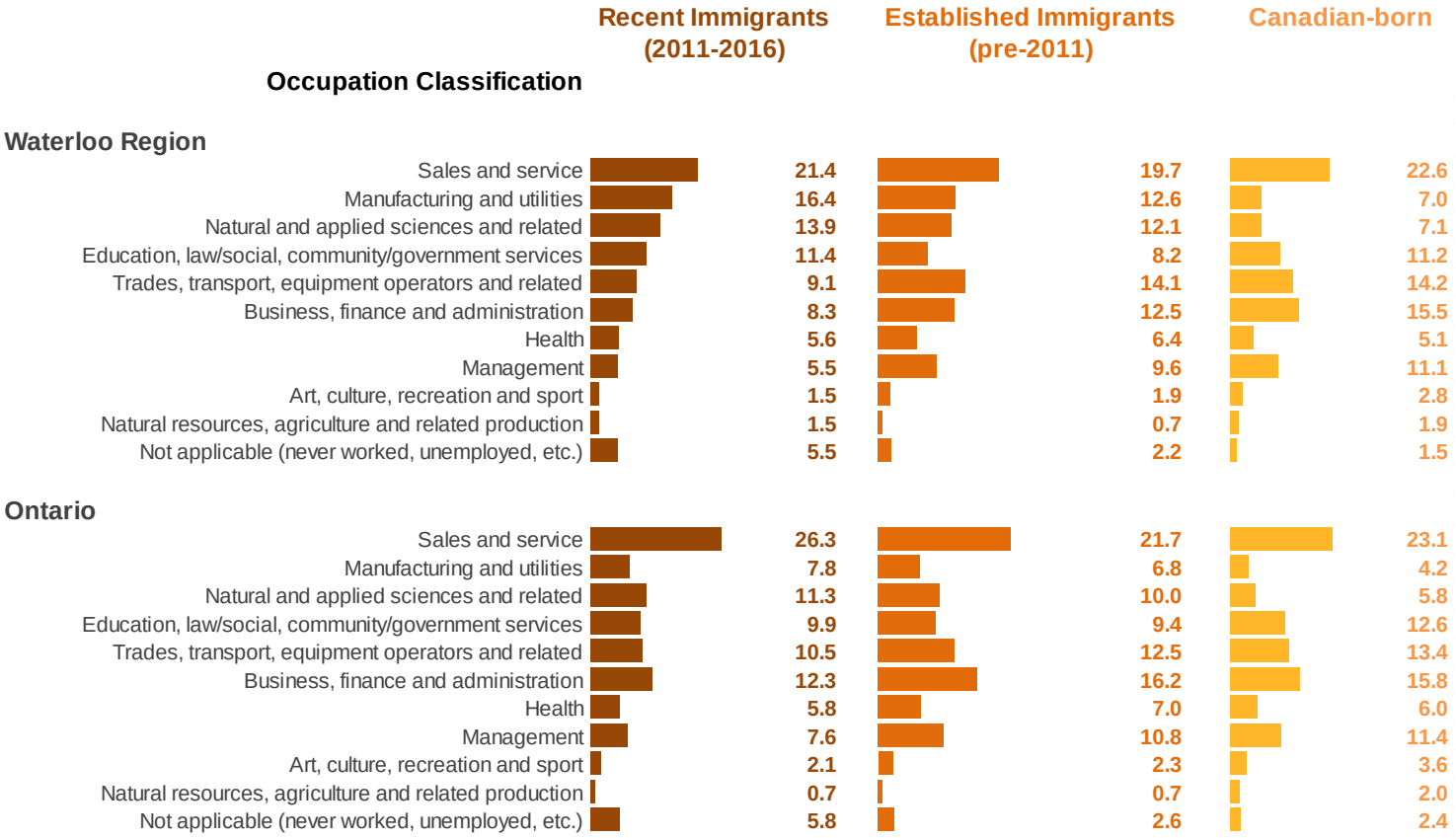
Figure 22. Level of educational attainment, by immigration status, Waterloo Region and Ontario, 2016



Source: Statistics Canada, Census 2016

- Recent immigrants have a higher level of educational attainment than established immigrants and Canadian-born individuals in Waterloo Region. Sixty-two per cent of recent immigrants have a post-secondary certificate, diploma or degree compared to 57 per cent of established immigrants and 53 per cent of Canadian-born individuals; a similar trend existed at the provincial level.

Figure 23. Classification of instructional program, by immigration status, Waterloo Region and Ontario, 2016

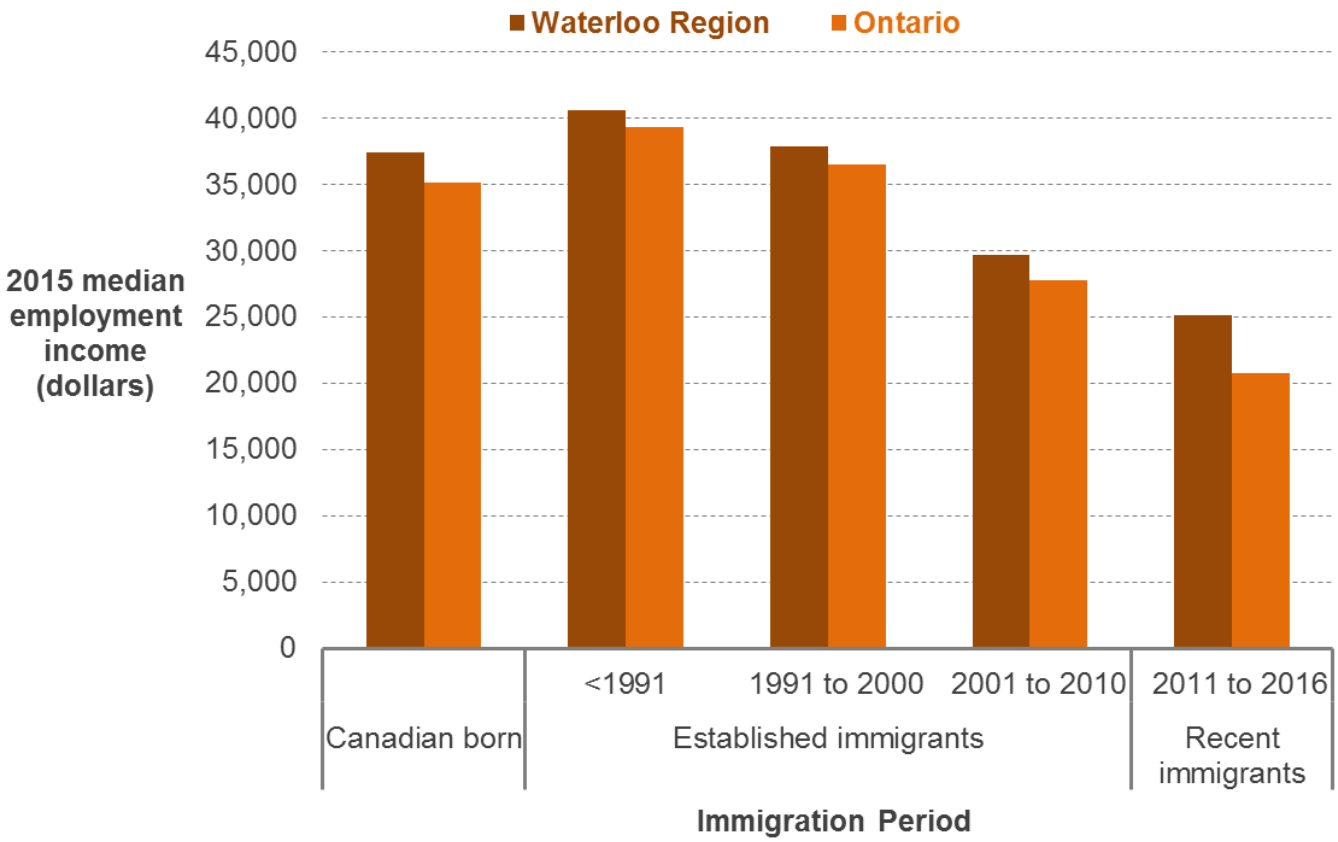


Source: Statistics Canada, Census 2016

- In Waterloo Region, among individuals with a post-secondary certificate, diploma, or degree it is estimated that:
  - Established immigrants (29 per cent) were more likely to have studied architecture, engineering, and related technologies than recent immigrants (22 per cent) and Canadian-born (20 per cent); this difference was more pronounced in Waterloo Region compared to Ontario.
  - Recent immigrants (10 per cent) were much more likely to have studied mathematics, or computer and information sciences than the Canadian-born population (5 per cent); this difference was more pronounced in Waterloo Region compared to Ontario.
  - Recent immigrants (7 per cent) were more likely to have studied physical and life sciences, and technologies than the Canadian-born population (3 per cent).

Income

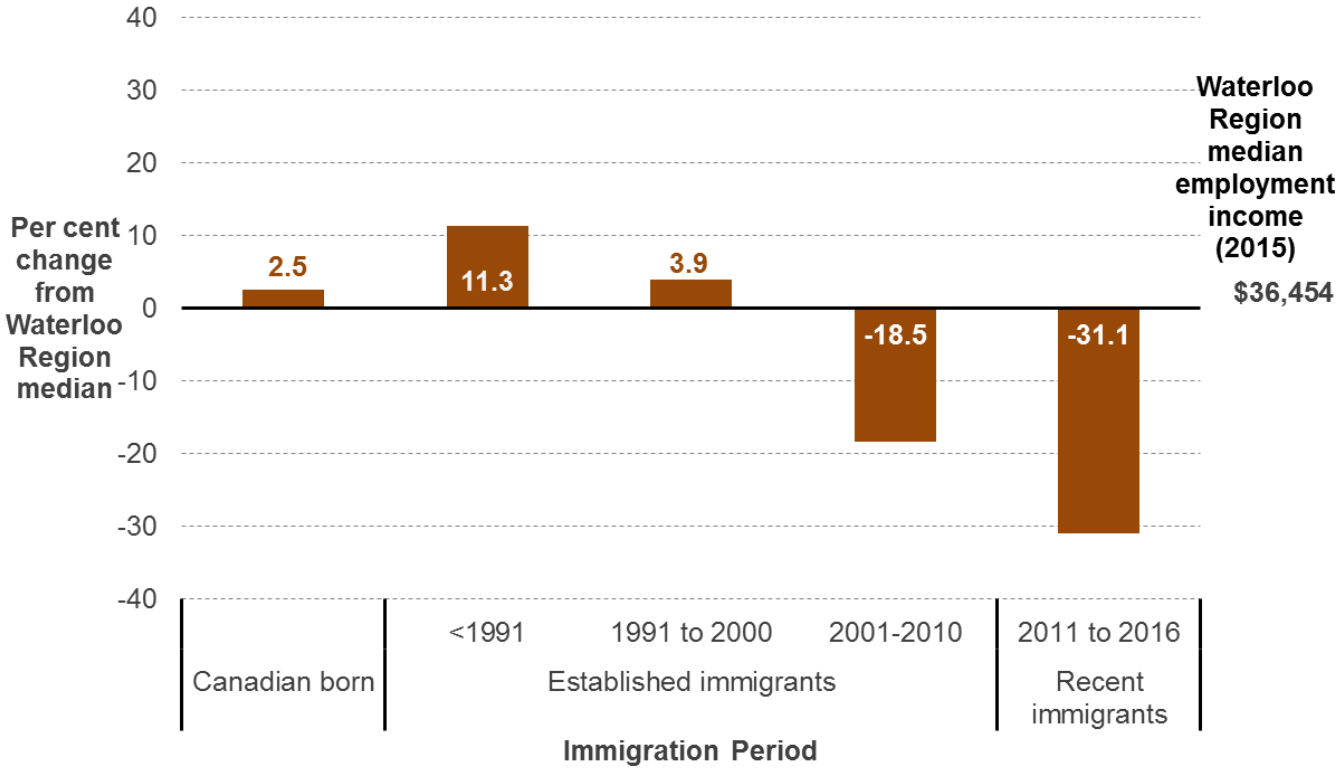
Figure 24. Median employment income, by immigration status, Waterloo Region and Ontario, 2015



Source: Statistics Canada, Census 2016

- In 2015, recent immigrants in Waterloo Region had a median employment income of $25,122 compared to $37,380 for Canadian-born residents.
- Employment income data from 2015 indicates that, on average, an immigrant's median income increases by about $4,600 after their first decade of living in Canada, and another $8,100 after their second decade. For established immigrants that immigrated to Canada more than 25 years ago (before 1991), their median employment income exceeds that of Canadian-born residents.

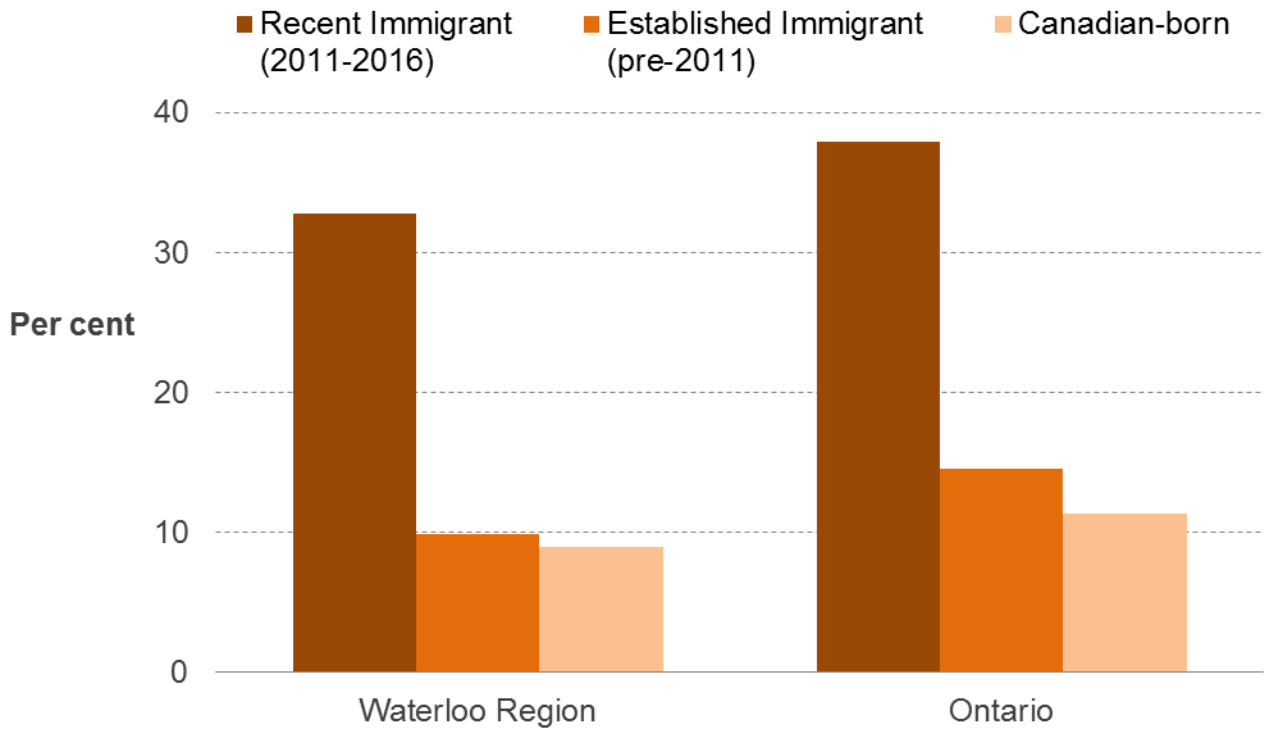
Figure 25. Per cent change of median employment income from Waterloo Region median, by immigration status, Waterloo Region, 2015



Source: Statistics Canada, Census 2016

- In 2015, the median employment income for recent immigrants was estimated to be 31 per cent lower than the median income for all of Waterloo Region. In actual dollars, recent immigrants earned approximately $11,330 per year less, on average, compared to all of Waterloo Region in 2015.
- On average, it is estimated that immigrants require approximately 20 years of residence in Canada before their employment income will equal median income values for Waterloo Region. This is unchanged from the previous census period.

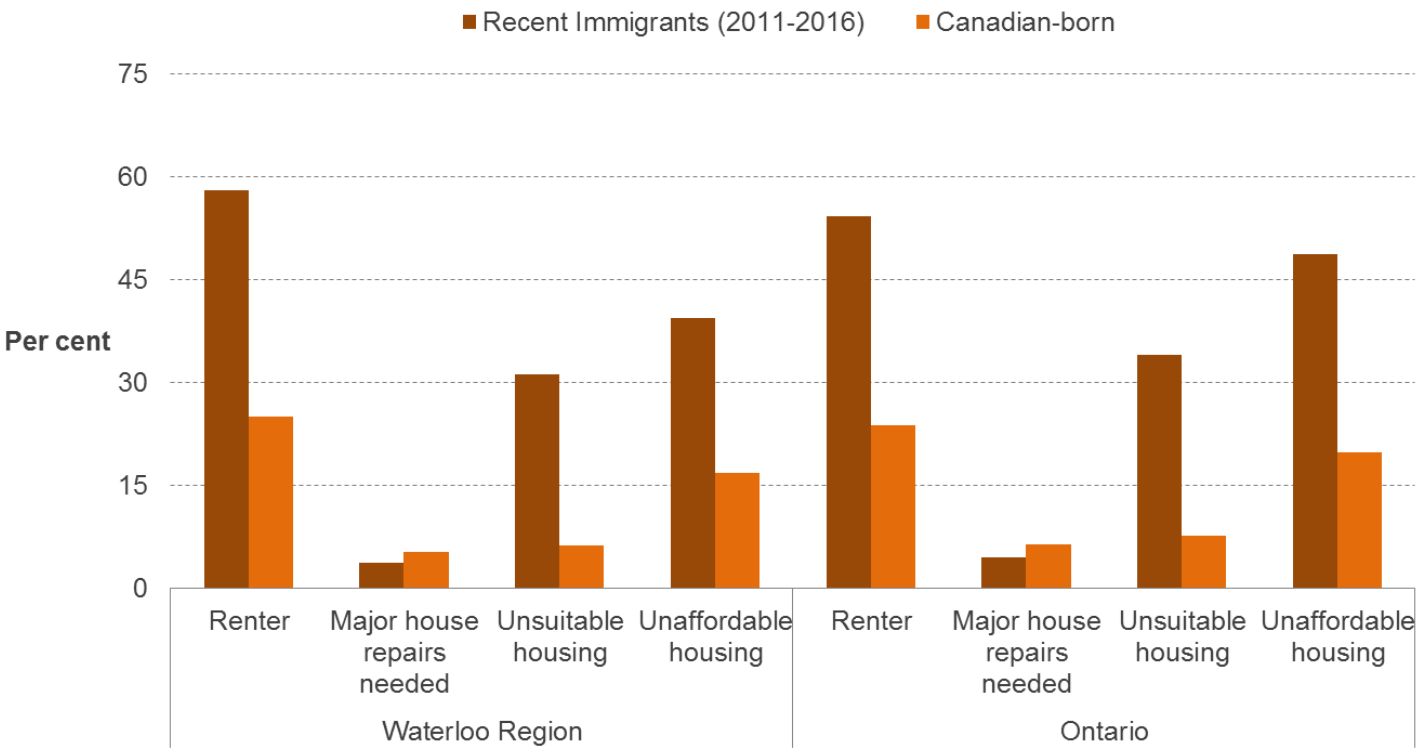
Figure 26. Prevalence of low income (Market Basket Measure), by immigration status, Waterloo Region and Ontario, 2015



Source: Statistics Canada, Census 2016

- The Market Basket Measure (MBM) is a measure of low-income based on the cost of a specified basket of goods and services representing a modest, basic standard of living. In 2018, as part of Canada's Poverty Reduction Strategy, the MBM was chosen as Canada's Official Poverty Line.
- For incomes reported in 2015, the proportion of recent immigrants living below the Market Basket Measure threshold in Waterloo Region (33 per cent) was slightly lower than recent immigrants in Ontario (38 per cent).
- In Waterloo Region, the proportion of recent immigrants living below the Market Basket Measure threshold (33 per cent) was significantly higher than that of established immigrants (10 per cent) and the Canadian-born population (9 per cent) in 2015.

Figure 27. Proportion of population by selected housing characteristics and immigration status, Waterloo Region and Ontario, 2016



Source: Statistics Canada, Census 2016
Unsuitable housing refers to whether a household has enough bedrooms for the size and composition of the household.
Unaffordable housing is defined as spending 30 per cent of more of household income on shelter costs.

- The proportion of renters is considerably higher among recent immigrants (58 per cent) compared to the Canadian-born population (25 per cent) in Waterloo Region; similar trends were also seen in Ontario.
- The proportions of recent immigrants living in unsuitable housing (31 per cent) or unaffordable housing (40 per cent) were also higher compared to the Canadian-born population of Waterloo Region (6 and 16 per cent, respectively).
- The proportion of persons living in housing needing major repairs was similar among recent immigrants (4 per cent) and Canadian-born (5 per cent) in both Waterloo Region and Ontario (5 and 6 per cent, respectively).

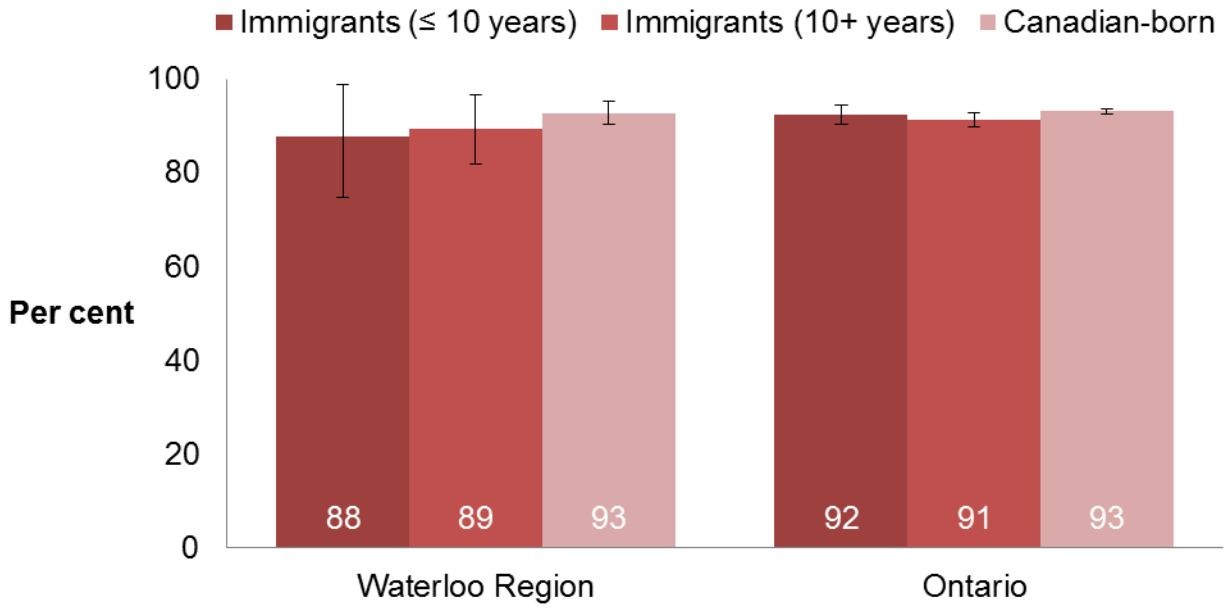
Health Status

Research on the physical health of immigrants in Canada demonstrates that immigrants tend to be healthier than non-immigrants upon arrival in Canada. However, across every immigration category the longer they live in the country the more their health declines. Research indicates that certain immigration categories, such as the refugee category, are more affected than others, and that there may be more significant change in certain chronic conditions and disabilities.

The phenomenon of arriving with a health advantage and losing it over time has been called the “healthy immigrant effect”. Immigrants are said to arrive in better health than the average Canadian in part because the immigration process includes rigorous health screening. Recent research has found that a number of factors contribute to declining health outcomes among immigrants, such as income levels, official language proficiency, circumstances of arrival, original location, unfair treatment or discrimination, health literacy and ability to integrate.

Overall Wellbeing

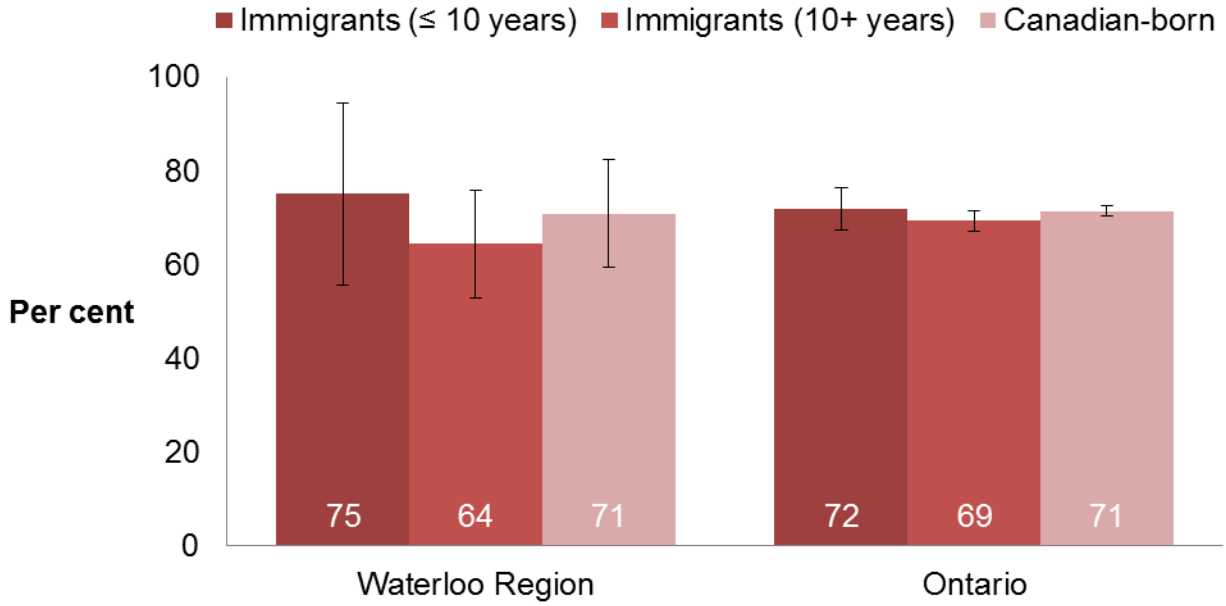
Figure 28. Proportion of population aged 12 years and older who are satisfied with life, by immigration status, Waterloo Region and Ontario, 2015/2016



Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2015/2016
Error bars represent 95 per cent confidence limits and show the range of variability for a population estimate. There is a 95 per cent probability that the true estimate is within that range.

- The proportion of immigrants who arrived in the last 10 years in Waterloo Region who report satisfaction with life (88 per cent) is similar to that of the Canadian-born population (93 per cent); a similar trend is observed in Ontario.

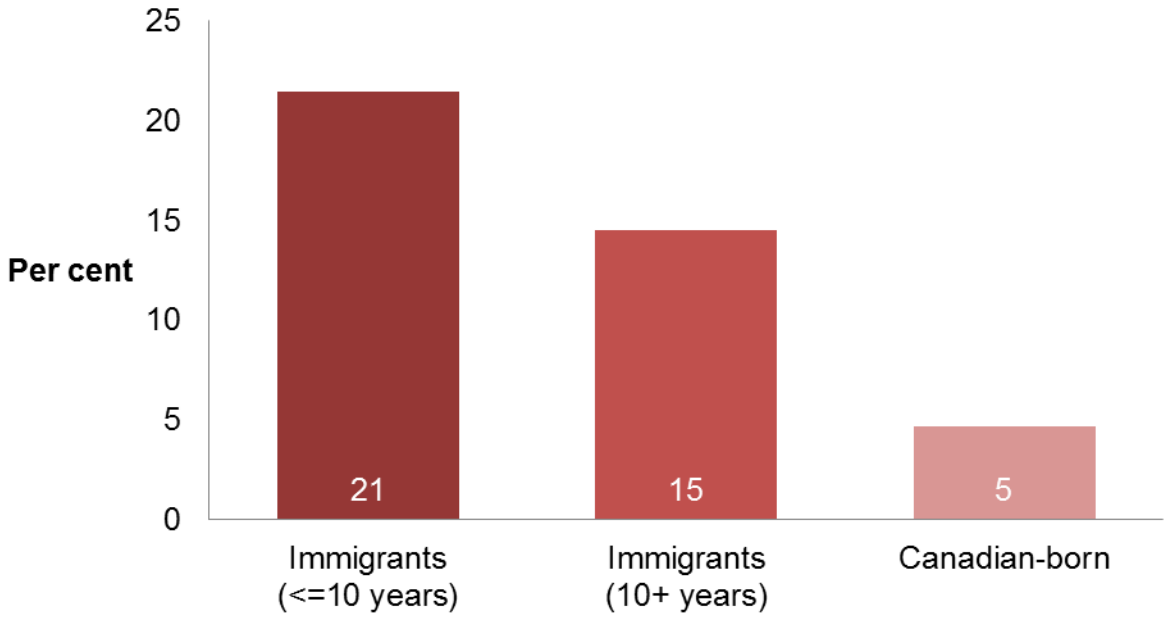
Figure 29. Proportion of population aged 12 years and older with strong sense of belonging, by immigrant status, Waterloo Region and Ontario, 2015/2016



Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2015/2016
Error bars represent 95 per cent confidence limits and show the range of variability for a population estimate. There is a 95 per cent probability that the true estimate is within that range.

- The proportion of immigrants arriving in the last 10 years in Waterloo Region that report a strong sense of belonging to their local community (75 per cent) is similar to that among the Canadian-born population (71 per cent).
- The proportion of immigrants arriving in the last 10 years who report a strong sense of belonging to their local community is similar in Waterloo Region and Ontario (75 and 72 per cent, respectively).

Figure 30. Proportion of population who experienced discrimination in their community due to ethnicity, culture, race or skin colour, by immigrant status, Waterloo Region, 2018

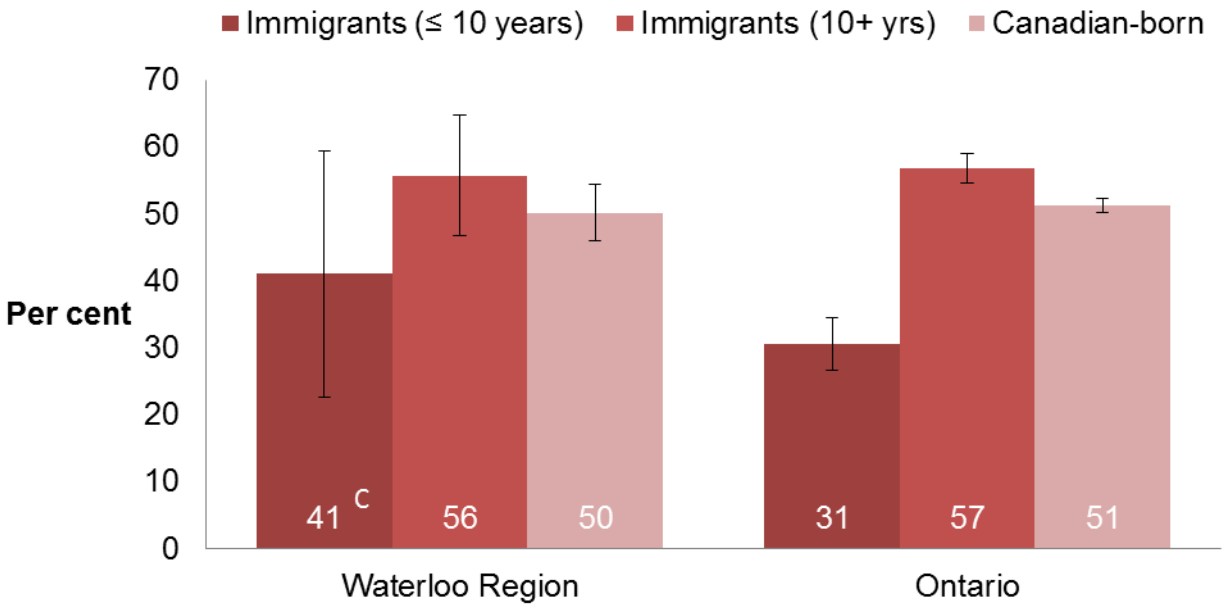


Source: Canadian Index of Wellbeing (CIW), Wellbeing Waterloo Region Community Survey, 2018

- In 2018 in Waterloo Region, 21 per cent of immigrants arriving in the last 10 years reported experiencing discrimination in their community due to ethnicity, culture, race or skin colour.
- This proportion was higher than the proportion of immigrants in Waterloo Region that have been here longer than 10 years (15 per cent) and the proportion of Canadian-born (5 per cent) population who reported having experienced discrimination due to ethnicity, culture, race or skin colour.

Health Status

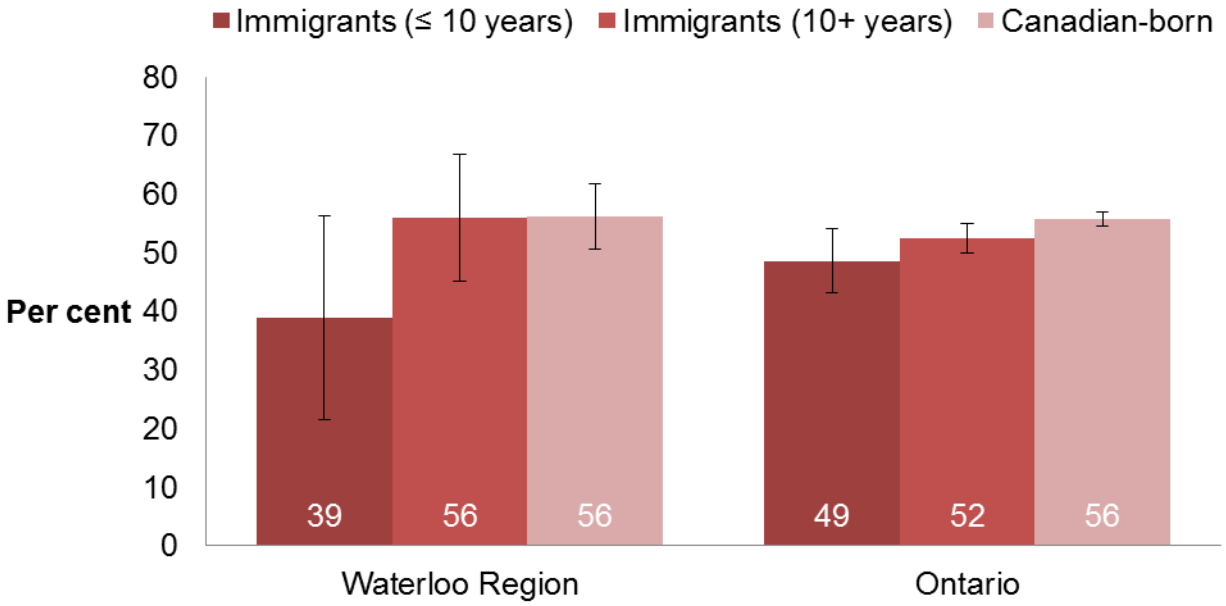
Figure 31. Proportion of population aged 12 years and older with one or more selected chronic diseases or conditions, by immigrant status, Waterloo Region and Ontario, 2015/2016



Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2015/2016
Error bars represent 95 per cent confidence limits and show the range of variability for a population estimate. There is a 95 per cent probability that the true estimate is within that range.
The superscript "C" denotes high sampling variability, and estimates must be interpreted with caution.

- In 2015/16, an estimated 41 per cent of immigrants who arrived in the last 10 years in Waterloo Region reported one or more selected chronic diseases or conditions, which was lower than the Canadian-born population in Waterloo Region (50 per cent).
- The proportion of immigrants in Waterloo Region for longer than 10 years that report one or more selected chronic diseases or conditions (56 per cent) is higher than more recent immigrants (41 per cent) and Canadian-born (50 per cent); a similar trend was observed among immigrants in Ontario.
- The prevalence of chronic conditions among immigrants in Waterloo Region who arrived in the last 10 years was higher than that of immigrants in Ontario.

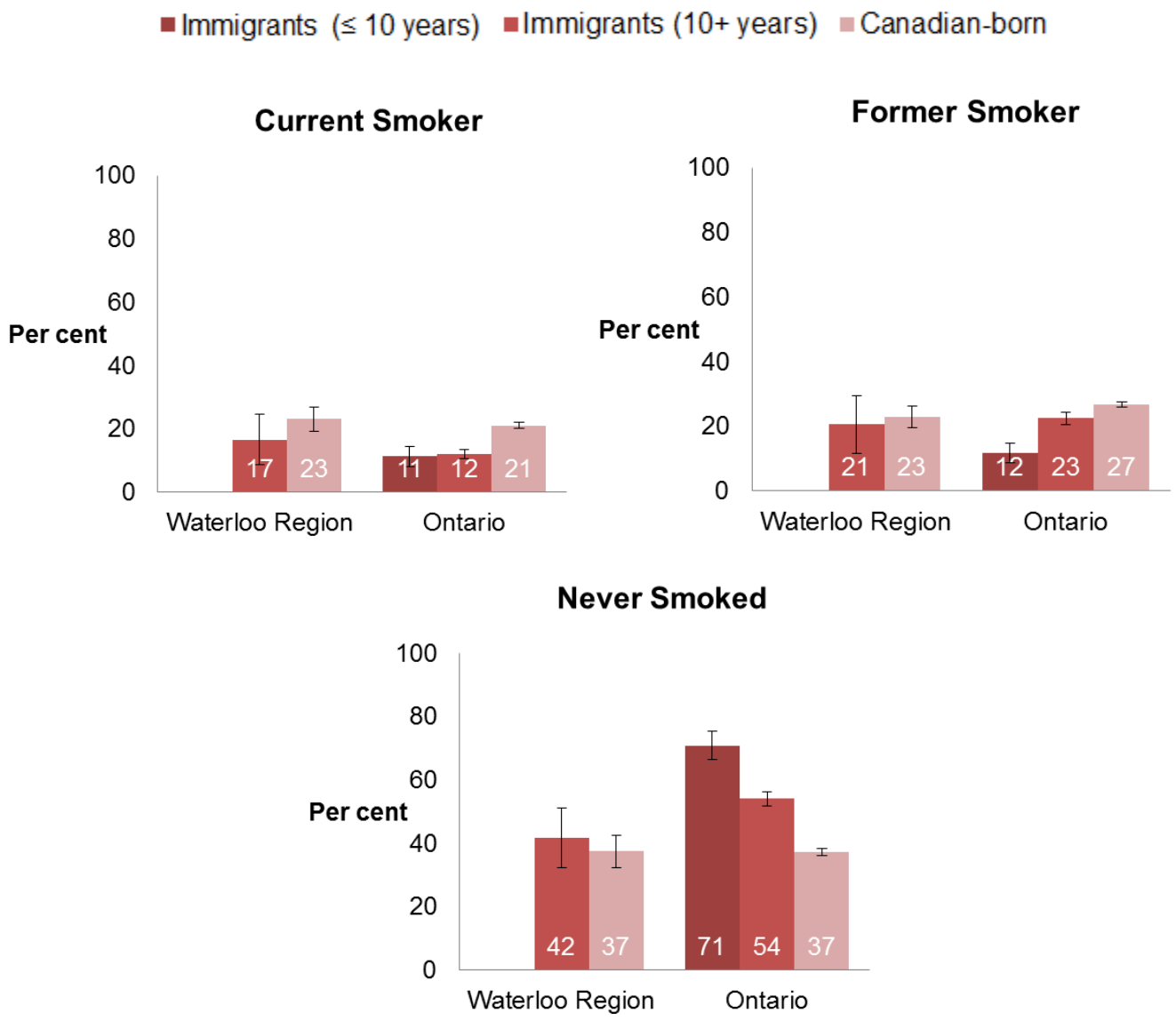
Figure 32. Proportion of population aged 18 years and older with overweight/obese body mass index (BMI), by immigrant status, Waterloo Region and Ontario, 2015/2016



Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2015/2016
Error bars represent 95 per cent confidence limits and show the range of variability for a population estimate. There is a 95 per cent probability that the true estimate is within that range.

- In 2015/16, an estimated 39 per cent of immigrants who arrived in the last 10 years in Waterloo Region reported a body mass index (BMI) in the overweight or obese category, which was lower than that of the Canadian-born population (56 per cent) in Waterloo Region and of immigrants arriving in the last 10 years in Ontario (49 per cent).
- The proportion of individuals who were overweight or obese was also lower among immigrants who arrived in the last 10 years compared immigrants that had been in Canada longer than 10 years.

Figure 33. Proportion of population aged 19 years and older by smoking status, by immigrant status, Waterloo Region and Ontario, 2015/2016

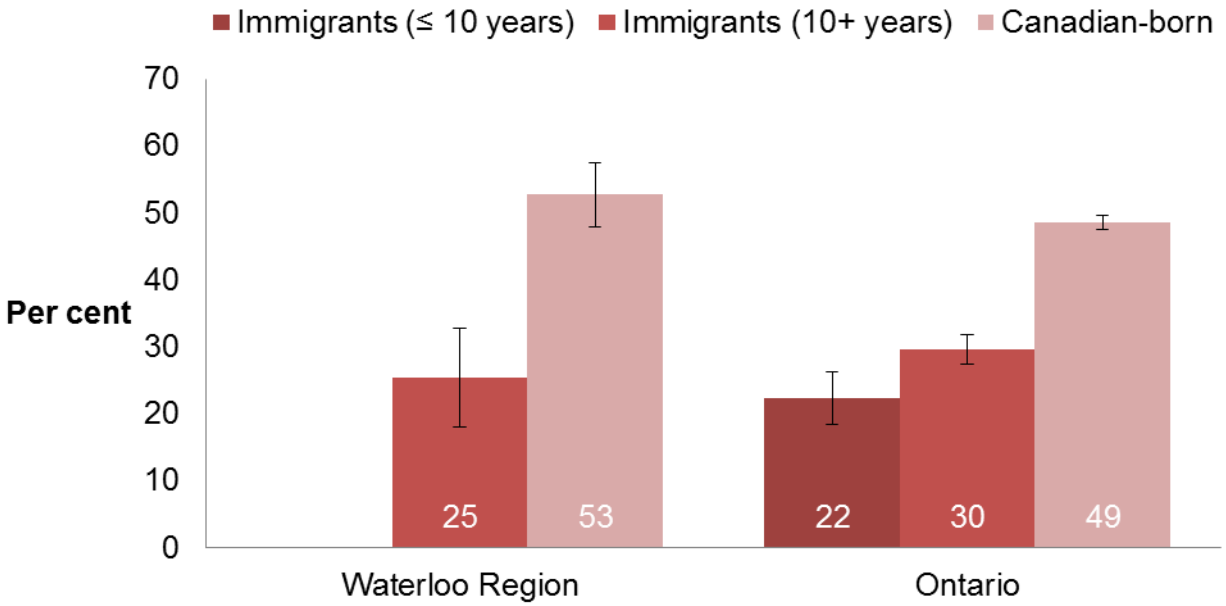


Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2015/2016
Error bars represent 95 per cent confidence limits and show the range of variability for a population estimate. There is a 95 per cent probability that the true estimate is within that range.
The superscript "C" denotes high sampling variability, and estimates must be interpreted with caution. Estimates of current and former smoking among Waterloo Region immigrants were not reportable due to small numbers and unacceptably high sampling variability.

- In 2015/16, the proportion of immigrants who arrived in the last 10 years in Ontario who currently smoke (11 per cent) is lower than that of the Canadian-born population (21 per cent); the proportion for recent immigrants in Waterloo Region was not reportable.

- In Ontario, the proportion of current smokers among immigrants arriving in the last 10 years (11 per cent) was similar to that of immigrants that have been in Canada longer than 10 years (12 per cent).
- The proportion of the population that never smoked was significantly higher among immigrants who arrived in the last 10 years (71 per cent) compared to Canadian-born (37 per cent) in Ontario.

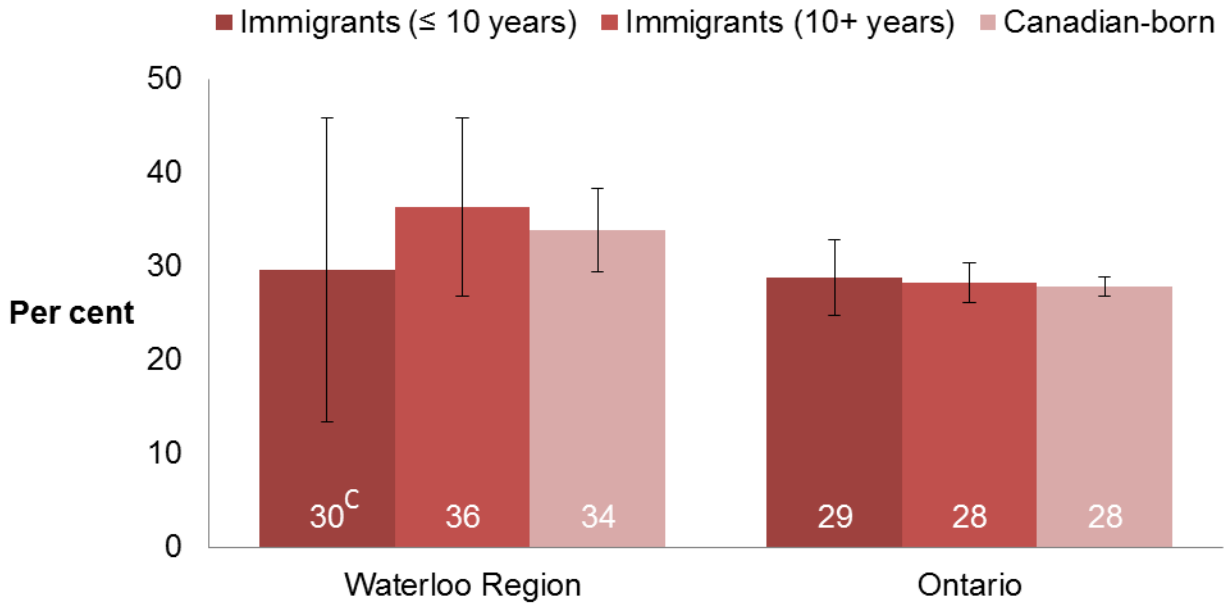
Figure 34. Proportion of population aged 19 years and older who reported drinking in excess of Canada's Low-Risk Alcohol Drinking Guidelines, by immigrant status, Waterloo Region and Ontario, 2015/2016



Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2015/2016
Error bars represent 95 per cent confidence limits and show the range of variability for a population estimate. There is a 95 per cent probability that the true estimate is within that range.
Estimates for Waterloo Region immigrants were not reportable for this indicator due to small numbers and unacceptably high sampling variability.

- In 2015/16 in Ontario, a lower proportion of immigrants arriving in the last 10 years (22 per cent) reported drinking in excess of Canada's Low-Risk Alcohol Drinking Guidelines compared to immigrants that had been here more than 10 years (30 per cent) and the Canadian-born population (49 per cent); the proportion for recent immigrants in Waterloo Region was not reportable.

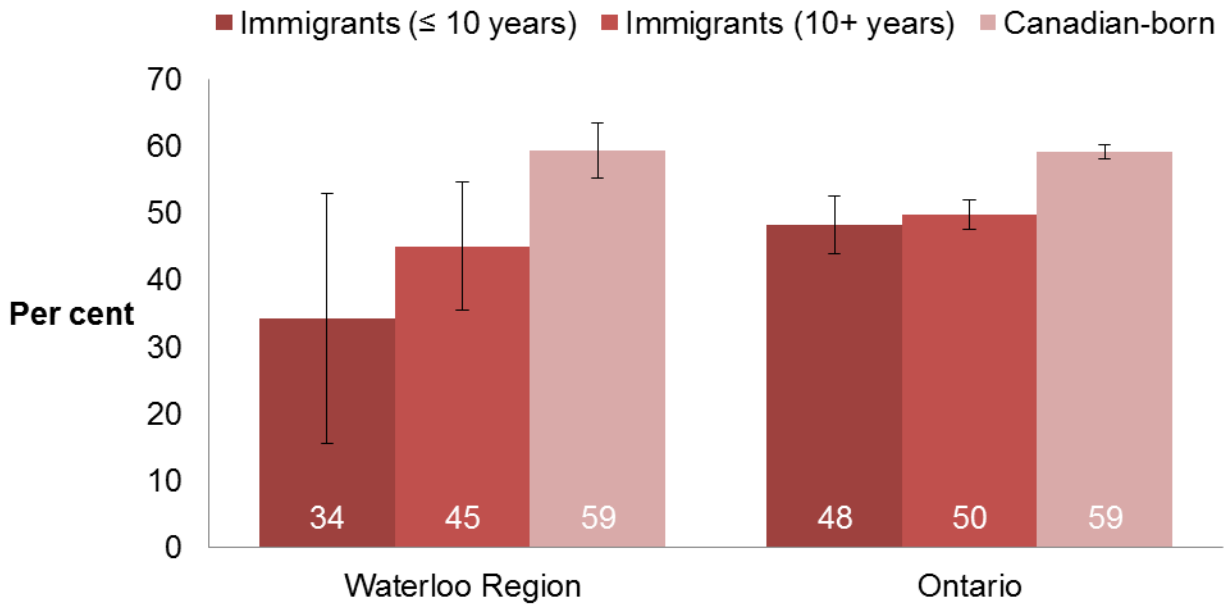
Figure 35. Proportion of population aged 12 years and older who consumed vegetables and fruit five or more times daily, by immigrant status, Waterloo Region and Ontario, 2015/2016



Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2015/2016
Error bars represent 95 per cent confidence limits and show the range of variability for a population estimate. There is a 95 per cent probability that the true estimate is within that range.
The superscript "C" denotes high sampling variability, and estimates must be interpreted with caution.

- There were no differences in the proportion of immigrants who arrived in the last 10 years in Waterloo Region (30 per cent) and Ontario (29 per cent) who reported consumption of five or more servings of vegetables and fruit daily.
- An estimated 30 per cent of immigrants who arrived in the last 10 years in Waterloo Region reported consuming five or more servings of vegetables and fruit daily in 2015/16, which was similar to immigrants who have been here more than 10 years (36 per cent) and the Canadian-born population (34 per cent).

Figure 36. Proportion of population aged 12 years and older who meet or exceed the Canadian Physical Activity Guidelines (CPAG), by immigrant status, Waterloo Region and Ontario, 2015/2016

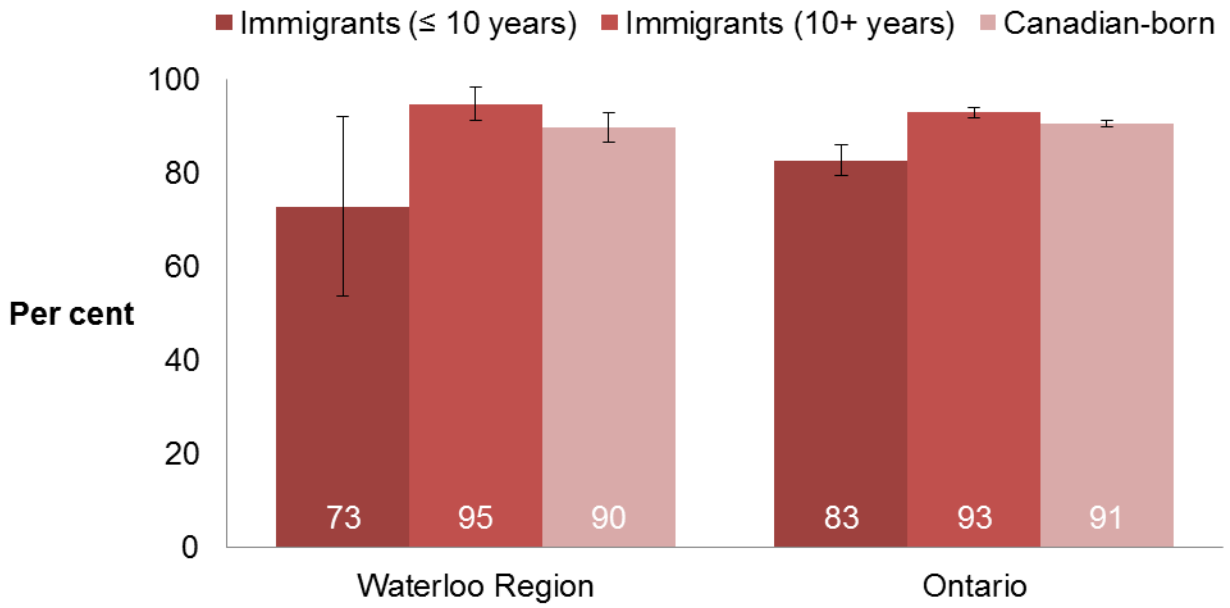


Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2015/2016
Error bars represent 95 per cent confidence limits and show the range of variability for a population estimate. There is a 95 per cent probability that the true estimate is within that range.

- In 2015/16, the proportion of immigrants who arrived in the last 10 years in Waterloo Region who reported meeting or exceeding the Canadian Physical Activity Guidelines (CPAG) (34 per cent) was lower than that of immigrants that arrived more than 10 years ago (45 per cent) and the Canadian-born population (59 per cent).
- In 2015/16, a smaller proportion of Waterloo Region immigrants who arrived in the last 10 years reported meeting or exceeding the CPAG (34 per cent) compared to immigrants who arrived in the last 10 years in Ontario (48 per cent).

Access to Health Care

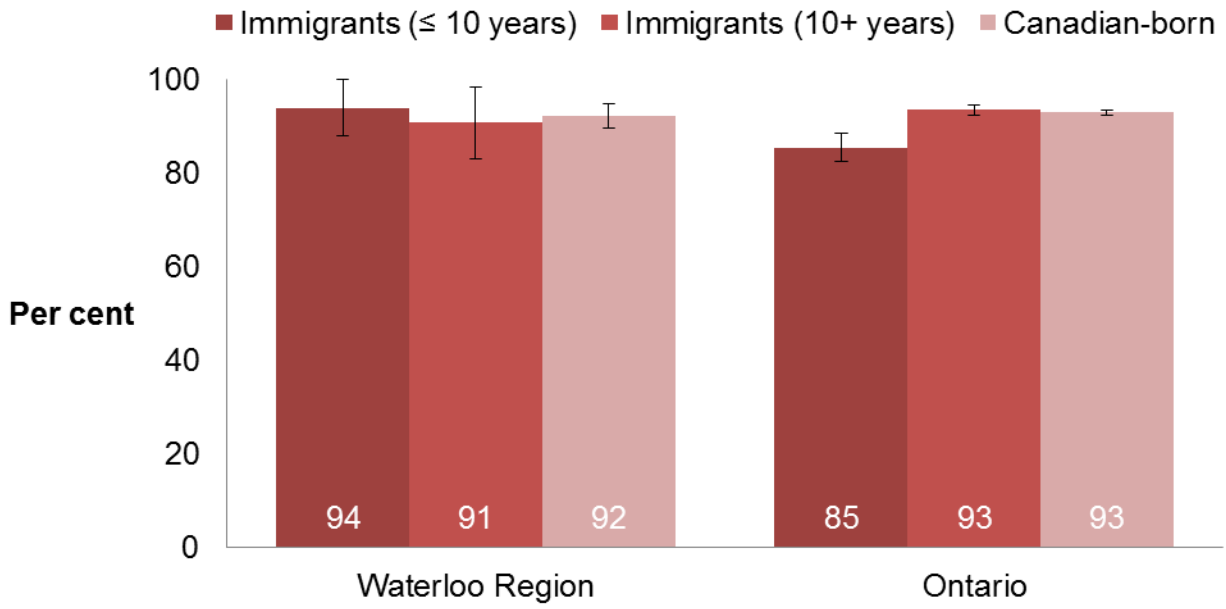
Figure 37. Proportion of population aged 12 years and older who have a regular health care provider, by immigrant status, Waterloo Region and Ontario, 2015/2016



Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2015/2016
Error bars represent 95 per cent confidence limits and show the range of variability for a population estimate. There is a 95 per cent probability that the true estimate is within that range.

- Approximately 73 per cent of immigrants who arrived in the last 10 years in Waterloo Region reported having access to a regular health care provider in 2015/16. This is lower than the proportion of immigrants here longer than 10 years (95 per cent) and the Canadian-born population (90 per cent) that reported access to a regular health care provider.
- Access to a regular health care provider was lower among immigrants who arrived in the last 10 years in Waterloo Region (73 per cent) compared to immigrants arriving in the same period in Ontario (83 per cent).

Figure 38. Proportion of population aged 12 years and older who consulted a health care professional in the past 12 months, by immigrants status, Waterloo Region and Ontario, 2015/2016



Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2015/2016
Error bars represent 95 per cent confidence limits and show the range of variability for a population estimate. There is a 95 per cent probability that the true estimate is within that range.

- In 2015/16, consultation with a health care professional in the preceding 12 months was similar among immigrants who arrived in the last 10 years (94 per cent), immigrants who arrived more than 10 years ago (91 per cent) and the Canadian-born population of Waterloo Region (92 per cent).
- The proportion of immigrants who arrived in the last 10 years reporting consultation with a health care professional in the past 12 months was higher in Waterloo Region compared to Ontario (94 and 85 per cent, respectively).

Data Notes

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Data Notes and Limitations

General Notes

- Statistics Canada and Immigration, Refugees and Citizenship Canada round numbers to the nearest multiple of five to ensure confidentiality. Caution must be taken when interpreting the data in this fact sheet, especially in situations where data counts are low.

- Immigrant refers to a person who is, or who has ever been, a landed immigrant or permanent resident. Such a person has been granted the right to live in Canada permanently by immigration authorities. Immigrants who have obtained Canadian citizenship are included in this group.
- Recent immigrant refers to an immigrant who first obtained his or her landed immigrant or permanent resident status in the five years prior to a given census. In the 2016 Census, the period is between January 1, 2011 and May 10, 2016.
- Established immigrant refers to those who were not born in Canada but came to Canada before January 1, 2011.
- Townships described in this report refer to the townships of North Dumfries, Wellesley, Wilmot, and Woolwich.
- Immigration data obtained from Immigration, Refugees and Citizenship Canada (IRCC) represents the intended destination of the individual at the time of obtaining the permanent or temporary resident permit. This differs from immigration data obtained from Census or Canadian Community Health Survey which represents the geographic region in which in the individual resided at the time the census or survey was administered.

Permanent and Temporary Residents

- Permanent resident refers to a person who has acquired permanent resident status and has not subsequently lost that status. They are entitled to live and work in Canada indefinitely but have not yet obtained Canadian citizenship.
- Admission category is a term which describes the immigration class via which an immigrant has been granted for the first time the right to live in Canada permanently by immigration authorities. There are four main groups of permanent residents:
    - Economic immigrants are granted permanent resident status because of their ability to contribute to Canada's economy and may be accepted as skilled workers that can meet labour market needs, self-employed, entrepreneurs or investors.
    - Family immigrants are immigrants sponsored by a Canadian citizen or permanent resident on the basis of their relationships either as the spouse, partner, parent, grandparent, child or other relative of this sponsor.
    - Refugees include immigrants who are granted permanent resident status on the basis of a well-founded fear of returning to their home country. This group includes both protected persons and resettled refugees.
    - Other immigrants includes immigrants who were granted permanent resident status under a program not classified in any other category and may include, among others, individuals accepted on humanitarian and compassionate grounds or for public policy reasons.
- Temporary (non-permanent) residents includes persons from another country who has a work or study permit or who is a refugee claimant, and any non-Canadian-born family member living in Canada with them. Note that although refugee claimants are considered temporary residents until they obtain permanent resident status, they are not included in temporary resident totals in this report because data on refugee claimants in Waterloo Region was not available from the IRCC.
- The data on temporary residents used in this report represents permit holders or permits that became effective in a given year, and does not represent all temporary residents in Waterloo Region each year. Some permits do not last the full year, some last more than a full year, and some temporary residents may have multiple types of permits in a single year.

- The Temporary Foreign Worker Program is one type of work permit for non-permanent residents. It is a program of the Government of Canada to allow employers in Canada to hire foreign nationals to fill temporary labour and skill shortages. Employers must obtain a Labour Market Impact Assessment to verify that there is a need for a temporary worker and that no Canadians are available to do the job.
- The International Mobility Program (IMP) is another type of work permit for non-permanent residents, which allows employers to hire foreign workers on a temporary work permit without needing to obtain a Labour Market Impact Assessment (LMIA). Exemptions for the LMIA are based on the broader economic, cultural or other competitive advantages for Canada and/or the reciprocal benefits enjoyed by Canadians and permanent residents.
- Secondary migration data comes from the Longitudinal Immigration Database (IMDB) which links immigrant landing files containing demographic data with subsequent T1 Tax Returns to obtain longitudinal information on mobility and earnings. Numbers should not be taken as official immigrant counts as some immigrants do not state an intended destination, place of residence cannot be determined, or their landing files could not be linked to subsequent tax returns. The IMDB linkage rate is approximately 80 per cent.

Population and Family Composition

- A Census Metropolitan Area (CMA) is defined as an area consisting of one or more neighbouring municipalities situated around a core. It must have a total of at least 100,000 of which 50,000 or more live in the core.
- The Kitchener-Cambridge-Waterloo CMA includes the three cities of Kitchener, Cambridge, Waterloo and three townships (North Dumfries, Wilmot and Woolwich). The Kitchener-Cambridge-Waterloo CMA does not currently include the township of Wellesley.
- Data on marital status was obtained from the population aged 15 years and older.
- Statistics Canada defines first generation immigrants as people born outside of Canada. Second generation refers to people born in Canada with at least one parent born outside Canada. Third or later generation refers to people born in Canada with both parents also born in Canada.

Language

- Mother tongue refers to the first language learned at home in childhood and still understood by the individual.
- Knowledge of official languages refers to whether the individual can conduct a conversation in English or French.

Employment, Education, and Income

- Labour force refers to the population aged 15 years and over actively pursuing or engaged in employment; excludes those who were not looking for work, students, stay-at-home parents, and retirees.
- Participation rate refers to the per cent of the total population aged 15 years and over in the labour force including those who are unemployed, but looking for work. It excludes those who were not looking for work, students, stay-at-home parents, and retirees.

- Employment rate refers to the per cent of total non-institutional population 15 years and over employed in paid work (holding a paid job with an employer, being self-employed) or doing unpaid work for a family business.
- Unemployment rate refers to the per cent of unemployed persons aged 15 and over in the labour force who were without paid work or without self-employment work and were available for work and either: a) had actively looked for paid work in the past four weeks; or (b) were on temporary lay-off and expected to return to their job; or (c) had definite arrangements to start a new job in four weeks or less.
- Earnings or employment income refers to the total income received by persons aged 15 years and over as wages and salaries, net income from a non-farm unincorporated business and/or professional practice, and/or net farm self-employment income.
- Data for employment is based on the place of residence of the respondent. Those employed may not actually work in Waterloo Region, but still reside there.
- The term 'racialized' represents those that identify as a 'visible minority' according to the Statistics Canada definition and refers to whether or not a person, under criteria established by the Employment Equity Act, is non-Caucasian in race or non-White in colour.
- The Market Basket Measure is a measure of low income based on the cost of a specified basket of goods and services representing a modest, basic standard of living. It takes into consideration the costs of specified qualities and quantities of food, clothing, footwear, transportation, a shelter and other expenses for a reference family of two adults aged 25 to 49 and two children aged 9 and 13; the measure is adjusted for different geographic regions as well as families of different sizes.
- Major repairs needed refers to whether the dwelling is in need of major repairs (does not include desirable remodelling or additions).
- Housing suitability refers to whether a private household is living in suitable accommodations according to the National Occupancy Standard (NOS), in particular, whether the dwelling has enough bedrooms for the size and composition of the household.
- Unaffordable housing is defined as spending 30 per cent or more of household income on shelter costs (with household total income greater than zero in non-farm, non-reserve private dwellings).

Health Status

- The Canadian Community Health Survey (CCHS) is based on self-reported data collected in telephone and in-person interviews. Self-reported measures are subject to bias including social desirability bias (when asked questions of a sensitive nature, respondents may give an answer they believe to be viewed more favorably by others) and recall bias (being unable to recall the information regarding events or experiences form the past accurately or completely).
- The CCHS excludes individuals living on Indian reserve communities, institutions, full-time members of the Canadian Armed Forces, and residents of remote regions of the country.
- 'CI' refers to the 95 per cent confidence interval of the estimate. The superscript 'C' denotes a coefficient of variation that is greater than 0.15 but less than or equal to 0.25. Values that were not reported denotes that estimates were suppressed due to unacceptable high sampling variability, or had insufficient numbers for reporting.
- Data from the 2015-2016 CCHS cycle is not comparable to previous years due to substantial changes in sampling methodology and content.
- The Canadian Index of Wellbeing Community Wellbeing Survey was conducted in Waterloo Region in 2018. Multipronged strategies were taken to target certain groups including lower income families, newcomers and older adults. The estimated response rate was between 10 and 12 per cent resulting in

over 5,000 viable respondents. Weighting of data by municipality, age and sex helps to balance representation for these variables. Note that because this was not random sample, some data may not be representative of the general population of Waterloo Region.

- Satisfaction with life represents a value of six or more on a 10-point Likert scale.
- Strong sense of belonging includes respondents who answered very strong or somewhat strong.
- Experience of discrimination in community due to ethnicity, culture, race or skin colour was based on combining responses from a 7-point scale in which respondents indicated they experienced discrimination often or all the time.
- Selected chronic diseases or conditions include asthma; arthritis; back problems (excluding scoliosis, fibromyalgia, and arthritis); cancer; chronic bronchitis, emphysema, or chronic obstructive pulmonary disorder (COPD [aged 35 years and older]); diabetes; heart disease; high blood pressure; migraine headaches; suffer from the effects of a stroke.
- Body Mass Index (BMI) is calculated as weight (kg) divided by height (m) squared. Underweight: BMI < 18.5 kg/m2; healthy weight: BMI of 18.5-24.9 kg/m^2; Overweight: BMI of 25.0-29.9 kg/m^2; Obese: BMI ≥ 30kg/m^2. Categories exclude respondents under 18 years of age as well as pregnant and breastfeeding women.
- Current and former smoker categories include those that smoke(d) daily and occasionally. The never smoked category includes those that have never smoked a whole cigarette. The smoking proportions presented exclude experimental smokers (those who have smoked at least one whole cigarette but less than 100 in their lifetime) due to small numbers that were not reportable.
- Canada's Low-Risk Alcohol Drinking Guidelines recommend no more than two drinks a day, 10 per week for women, and three drinks a day, 15 per week for men, with an extra drink allowed on special occasions. In additional, respondents would have to indicate at least some non-drinking days per week. The denominator for the proportions includes respondents who have never had a standard drink. Respondents under 19 years of age, as well as pregnant or breastfeeding women were excluded from the analysis.
- Regular health care provider includes any health professional that respondents regularly see or talk to (general practitioner, specialist, nurse practitioner, etc.).
- Health care professional includes family doctor/general practitioner; eye specialist; other medical specialist (surgeon, allergist, orthopaedist, urologist/gynecologist, psychiatrist, etc.); nurse; dental professional (dentist, dental hygienist, denturologist, etc.).
- The Canadian Physical Activity Guidelines (CPAG) for youth and adults:
    - Youth (ages 12-17): 60 minutes of moderate-to-vigorous physical activity each day.
    - Adults (ages 18+): At least 150 minutes of physical activity per week, in bouts of 10 minutes or more.