

2018 | CLAYOQUOT SOUND BIOSPHERE REGION'S
VitalSigns[®]



Welcome to the Clayoquot Sound Biosphere Region's Vital Signs® 2018

"We hope the 2018 Vital Signs report informs and inspires dialogue and collaboration to further our collective efforts to build healthy communities and achieve sustainable development."

Tammy Dorward and Catherine Thicke
Co-chairs, Board of Directors
Clayoquot Biosphere Trust

From our Executive Director

I am pleased to present our 2018 Vital Signs report. Vital Signs is a valuable tool for understanding our progress toward achieving all aspects of sustainability—cultural, social, economic, and environmental.

In 2015, the United Nations launched 17 Sustainable Development Goals (SDGs) with an ambitious aim to solve the world's most critical sustainability issues by 2030. The Clayoquot Biosphere Trust (CBT) is making every effort to address these goals both as a biosphere reserve and a community foundation. This report is one way that we can track progress on the global goals by bringing together research and community action to share a snapshot of our region.

Within the CBT, this report informs our grant making and allows us to focus our programs and funding where they will make the biggest impact. We are proud to know that our biennial report has become a tool for linking the local to the global and a part of conversations at all levels of decision-making. We look forward to continuing the conversation with you.

Rebecca Hurwitz
Executive Director, Clayoquot Biosphere Trust

From the Vital Signs Research Team

Grounded in the Nuu-chah-nulth (*nuučaañut*) principle of *hišukniš čawaak*, everything is one, Vital Signs 2018 can help us to understand the complex and changing systems in which we live and the necessary pathways we need to navigate in order to support sustainable ecosystems and communities. One of these pathways is *nuučaañut* language revitalization. This year, we've worked with a regional committee of elders and language keepers to incorporate *nuučaañut* throughout the report.

We've collected a range of local data to highlight priority areas for community-wide action and listened closely to community concerns. We've heard that our young people are struggling with mental health issues and that they lack youth programs. Families are challenged with rising housing costs and the inadequate number of licensed infant care spaces. Rising household drug and alcohol use threatens to further disrupt our social fabric. However, we have also heard we are working more as a region and our sense of common ground is growing. At *hišingʷiit*, the 2017 regional gathering, local leaders from Nuu-chah-nulth nations and local municipalities all had the same message: Together, we are stronger.

Vital Signs is a result of great collaboration. Dozens of community members who are experts in their respective fields contributed their knowledge, experience, and advice, and local organizations generously shared their research data. To everyone involved, we would like to express our sincere thanks. Together, we can rise to these calls to action and celebrate our successes.

Laura Loucks
Research Director

Colin Robinson
Communications
Coordinator

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Program Coordinator

Mathieu St. Laurent-Addison
ECO Canada Intern

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About the Clayoquot Biosphere Trust

The Clayoquot Biosphere Trust (CBT) is your community foundation. We're one of 1,800 community foundations worldwide implementing and monitoring the United Nations Sustainable Development Goals (SDGs) framework that explicitly sets targets for reducing poverty, ending hunger, ensuring quality education, and restoring ecosystem services. We also uphold the mission and mandate of the Man and the Biosphere Programme as one of 669 designated UNESCO biosphere reserves. At our core, we build assets, capacity, and trust within our region to strengthen the development of all citizens, communities, and the ecosystems on which we all depend. We strive to build strong relationships across communities and organizations, and engage decision-makers and citizens in meaningful conversations. We are the only organization in Canada that serves as a community foundation and oversees the mandate of a biosphere reserve.

Our Biosphere Region

Clayoquot Sound is one of Canada's 18 UNESCO biosphere reserves. The CBT is the local organization responsible for upholding the spirit and intent of the UNESCO biosphere reserve designation. Biosphere sites are places where people share a way of living with nature that builds a future we're proud of. We model solutions for ecological sustainability, celebrate cultural and biological diversity, and encourage people to work together for healthier communities. Biosphere regions foster and share Indigenous, local, and scientific knowledge to balance the health of natural systems with the needs of our growing population.

Your Community Foundation

The CBT is one of 191 community foundations across Canada. As a community foundation, we champion issues that matter and direct grants to everything from research and environment, to the arts, community development, and recreation. We are governed by a board of directors with representation from all of our west coast communities. We work with local governments, organizations, schools, and businesses to identify priorities in our region and to facilitate collaboration. We also work with donors keen to make a difference by matching their resources with local needs.

The Clayoquot Sound Biosphere Region

The Clayoquot Sound Biosphere Region, referred to as "our region" in this report, includes Hot Springs Cove, Ahousaht, Opitsaht, Tofino, Esowista, Ty-Histanis, Ucluelet, Hitacu, Macoah, and Area C of the Alberni-Clayoquot Regional District (ACRD-Area C). We often refer to our region as the "west

Vital Signs is a national program, led by community foundations and coordinated by the Community Foundations of Canada, that leverages community knowledge to measure the vitality of our communities and supports actions that improve quality of life. The CBT is committed to a long-term monitoring program for the region and our communities, and publishes a Vital Signs report every two years.

clayoquotbiosphere.org/vitalsigns

coast" as we are the far western communities of Vancouver Island, BC. Throughout this report, information specific to the west coast is used wherever possible, but, given our small population, the best available data is often for the entire ACRD, which includes Port Alberni, the surrounding Alberni Valley, and Bamfield. Note that this data does not always include information from all west coast communities.



Our Region

Population

Our population is growing.

The 2016 census recorded the number of residents in our region has increased by **14%** since 2006.

5,505 population 2016
4,840 population 2006

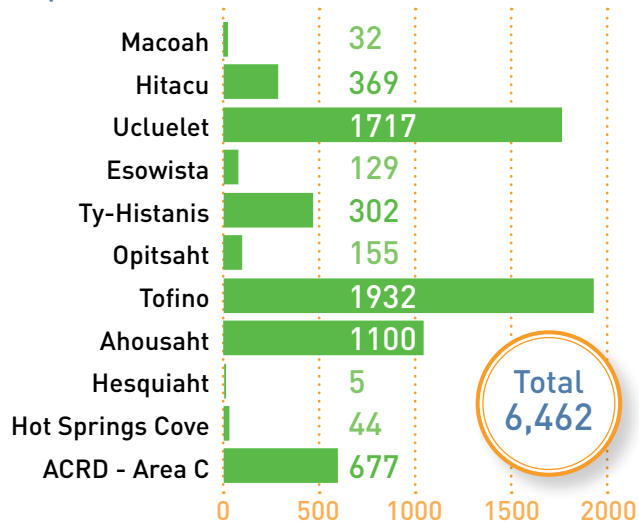
Youth continue to be a significant component of our region.

30% between ages 15-34
28% between ages 35-54
21% between ages 55-74

The number of older adults has increased **6%** over the last 10 years.

Many west coast communities are remote and often have a higher number of residents than recorded in the 2016 census. Therefore, we've gathered more accurate numbers to better calculate our regional population.

Population of west coast communities²



Proportion of population under

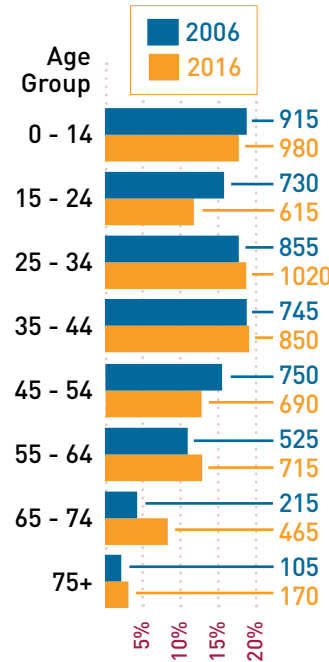
25

56% Municipalities (Tofino, Ucluelet)
44% Outside Municipalities⁵

Over 1 in 20 residents (6%) of our region lived in a different province, territory, or country one year ago.³



Population per age group¹



Melody Chartie

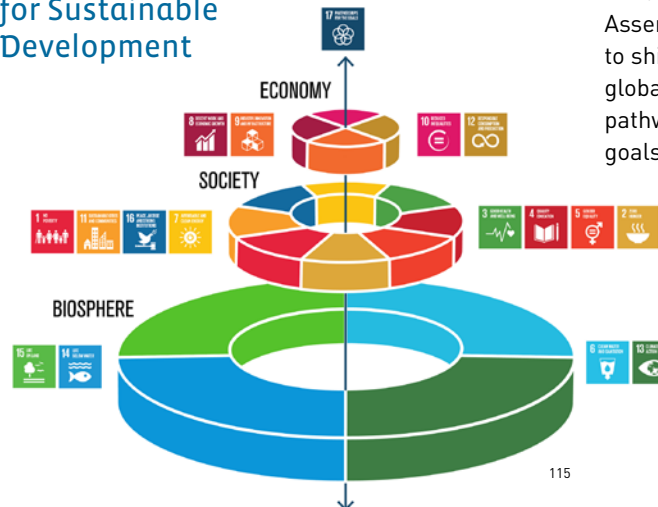
Proportion of residents that identify as **Aboriginal** (2016)⁴

33% West Coast

8% Vancouver Island

6% British Columbia

The 2030 Agenda for Sustainable Development



In 2015, the United Nations General Assembly adopted 17 SDGs designed to shift communities, both locally and globally, to a sustainable and resilient pathway known as Agenda 2030.¹¹⁴ The goals address challenges such as climate change that are crucial for humanity and the future of our planet. Yet the goals are also locally relevant, setting critical thresholds for the use of natural resources while recognizing that social issues, such as poverty, go hand in hand with sustainable economic development.

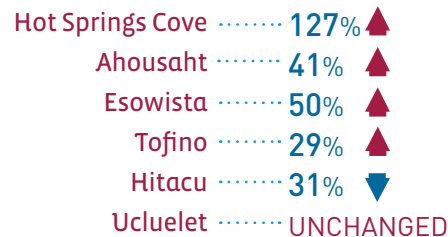
SDGs and the Cycle of Poverty in Our Region: Inspiring Action for Change

"Poverty is a wicked problem that's impossible to solve by looking at any one issue on its own. It's not just about resolving housing, food, and income issues as separate factors of poverty. Rather, poverty arises from the interconnected nature of these issues and the difficult daily choices individuals have to make between basic needs they can't possibly hope to meet. Think about living on \$710 per month (social assistance). For a job interview, you might need to make a decision between having clean clothing or eating that day. Would you be able to present yourself in the best way possible? The Alberni Clayoquot Health Network has made a commitment to build awareness, foster empathy, and deliver education and people-centred approaches into the systems which support those experiencing the most significant barriers. Our long term goal is to create partners and programs for meaningful change and social policy reform."

Marcie DeWitt

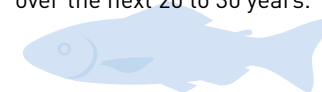
Coordinator, Alberni Clayoquot Health Network

Unemployment rates since 2001⁷



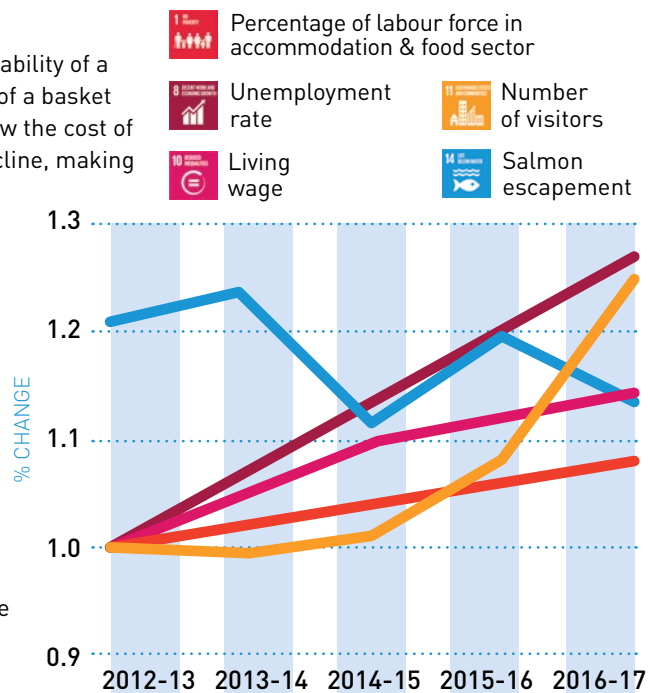
Rising household costs are driving up the hourly wage required for an average family to meet its basic needs. For example, the living wage calculated for the Clayoquot Sound region is the second highest on Vancouver Island and exceeds the median hourly wage of hospitality sector jobs. Over **17% of the population** within the Clayoquot Sound Biosphere region **earns less than 50% of the median wage**. The median wage for our region is \$20,000 - \$30,000.⁸

Economic sectors relying on commercial fishing will continue to be vulnerable. Wild salmon populations have been declining for the last 50 years due to cumulative pressures. This raises significant concerns for the future cultural, social, environmental, and economic well-being of our west coast communities. Climate change impacts will continue to increase economic uncertainty within our region over the next 20 to 30 years.



Driving forces of the poverty cycle

Canada's official poverty line is measured by the ability of a family to meet its basic needs based on the cost of a basket of goods and services. On the west coast, we know the cost of living is rising while incomes are generally in decline, making it more and more challenging for families to make ends meet. For the last 20 years, the tourism and hospitality sectors of our region's economy have grown steadily. Consequently, our population fluctuates dramatically throughout the year, peaking in summer with the high volume of visitors and seasonal employees. While the value of Tofino-Ucluelet tourism comprises **2%** of the dollars spent in BC's tourism economy and generates **7.5%** of provincial tourism taxes⁶, the benefits arising from this sector are not evenly distributed throughout the region. Moreover, the small population of tax-paying residents and businesses cannot easily support the increasing infrastructure costs (e.g., water and sewage) required to sustain such high volumes of visitors.



Together, these pressures have the potential to perpetuate a downward cycle of poverty as household costs rise while incomes fall. Moreover, the growing challenges presented by climate change will require significant investment in building community resilience and planning for adaptation.

At the same time, we're seeing exciting change makers in our region forge new and sustainable economic pathways, such as run-of-river hydro power projects and education tourism. We invite you to read the 2018 Vital Signs report and be inspired by our local community members and organizations. We challenge you to review the sustainable development targets for the west coast (page 23) and lead a conversation to inspire action for change.

Environment

14 LIFE BELOW WATER

Target 14.1 By 2025, prevent and significantly reduce marine pollution of all kinds, in particular from land-based activities, including marine debris and nutrient pollution.

Of the 490 visitors and community members who participated in the Ucluelet Aquarium's microplastic beach surveys between March and June 2018, **97%** reported feeling encouraged to reduce their plastic consumption after learning about marine pollution impacts and alternative products.⁹

Marine Pollution

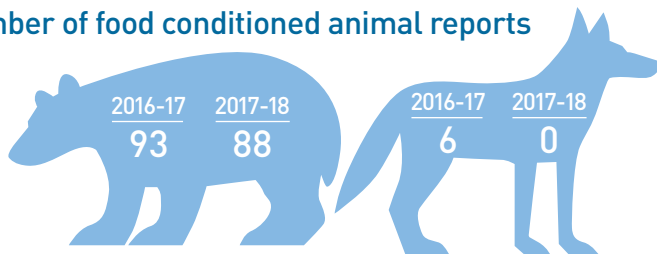
Marine pollution is a key environmental challenge in our region. The Ucluelet Aquarium and Surfrider Pacific Rim, in partnership with local governments and other community organizations, are working hard to reduce the amount of marine debris on our shorelines.

Wildlife Sightings

Keeping dogs leashed and removing all human food attractants helps prevent human-wildlife interactions. Between July 1, 2013 and June 30, 2018 reported sightings have fluctuated according to the availability of attractants such as garbage. Sightings tend to increase when animals have access to human food and garbage.¹¹

	2013-14	2015-16	2016-17	2017-18
	42	108	47	78
	20	14	8	22
	11	21	97	11

Number of food conditioned animal reports



nis̓ma

Central dialect : earth, everything, water and land.



Jessica Lansfield

Surfrider volunteers are raising awareness about marine pollution through hands-on coastal stewardship. Since 2015, the foundation has organized

96
remote beach clean-ups

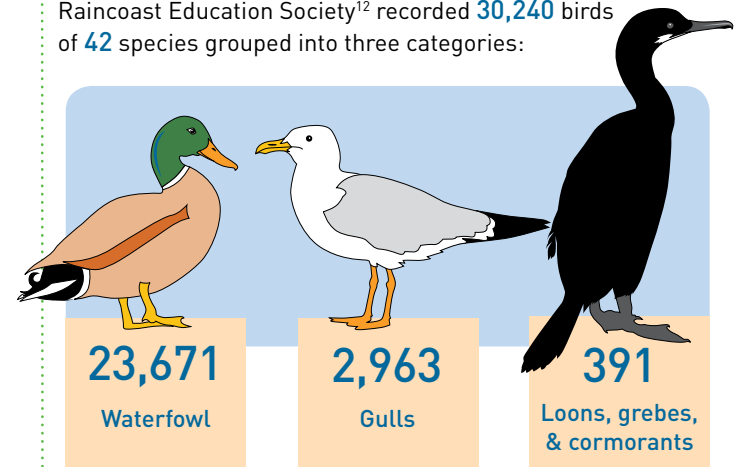
with over 1,000 volunteers and has collected a total of **24.64 tonnes of marine debris** as of August 2018.⁸

Habitat Protection:

Tofino Mudflats Wildlife Management Area (WMA)

The WMA covers **1,645 hectares** of wetlands that provide critical habitat for migratory waterfowl on Canada's west coast.

A recent survey of overwintering waterfowl conducted by the Raincoast Education Society¹² recorded **30,240** birds of **42** species grouped into three categories:



American wigeon and mallards accounted for **50.4%** of all observations.

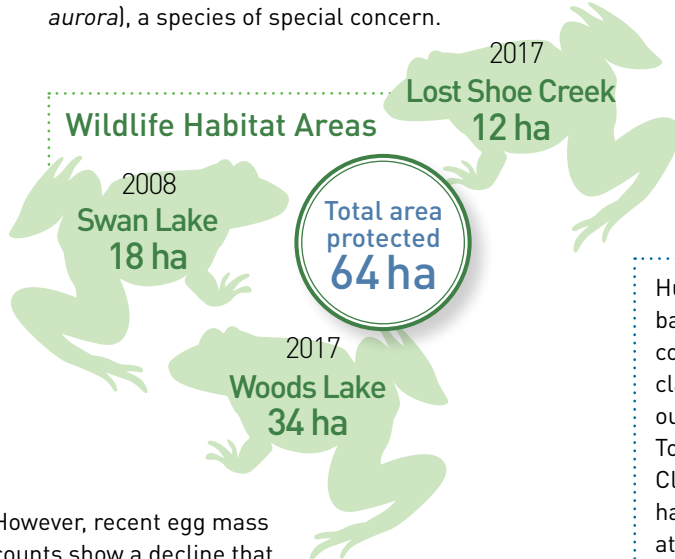
15
LIFE
ON LAND



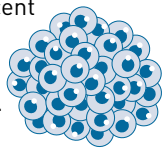
Target 15.1 By 2020, ensure the conservation, restoration, and sustainable use of terrestrial and inland freshwater ecosystems and their services, in particular forests, wetlands, mountains, and drylands, in line with obligations under international agreements.

Habitat Protection: Northern Red-legged Frogs

Amphibian habitat protection is increasing. In 2017, the British Columbia government designated two new wildlife habitat areas near the Tofino-Ucluelet junction to protect habitat for northern red-legged frog (*Rana aurora*), a species of special concern.



However, recent egg mass counts show a decline that coincides with recent logging activity near important breeding habitats.



A decrease of **34%** in the last two years.¹³

2,100
2016

1,380
2018

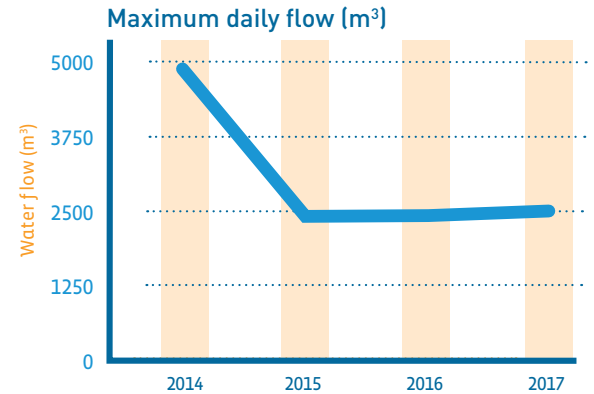
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CLEAN WATER
AND SANITATION



Target 6.3 By 2020, improve water quality by reducing pollution, eliminating dumping, and minimizing release of hazardous chemicals and materials, halving the proportion of untreated wastewater and substantially increasing recycling and safe reuse globally.

Water Conservation and Sewage Contamination

In 2015, the District of Tofino's water conservation strategy helped reduce the maximum demand of 4,836 cubic metres per day by 50%. Since then, the maximum daily demand has remained below 2,500 cubic metres per day.



Human waste may contain harmful bacteria and viruses that can contaminate filter feeders such as clams and oysters. The average daily outfall of untreated sewage (from Tofino and Ahousaht) flowing into the Clayoquot Sound marine ecosystem has remained unchanged since 2016 at 1,500 m³. However, between 2014 and 2018 **the shellfish contamination closure area in Tofino Harbour and surrounding area has grown from 2,330 to 3,318 hectares.**



due to rising fecal coliform counts.¹⁴



Clean Energy

Tla-o-qui-aht First Nations has now completed three renewable energy projects that will generate a total of

17.5 megawatts

enough to power more than **10,000 homes** with a projected greenhouse gas reduction of **18,000 tonnes of CO² annually.**¹⁵

Number of electric vehicle charging stations on the west coast¹⁶



Level 2 - charges under 5 hours



Level 3 - charges under 30 minutes

Climate Change Impacts

13

CLIMATE ACTION

Target 13.1
Strengthen resilience and adaptive capacity to climate related hazards and natural disasters.

Target 13.3 Improve education, awareness raising, and human and institutional capacity on climate change mitigation, adaptation, impact reduction, and early warning.

The District of Ucluelet is partnering with the International Council for Local Environmental Initiatives (ICLEI), a national non-profit organization that works with municipalities on sustainability and climate change projects. Over the next two years, Ucluelet will develop a climate action plan to reduce greenhouse gas emissions and develop strategies to address climate change challenges we can expect to experience on the west coast.

Anticipated Climate Change Challenges on the West Coast:

increasing risk of wildfires

rising sea levels threatening shoreline habitat (e.g., salt marshes, eelgrass meadows, beaches)

decreasing snow pack reducing fresh water supply recharge rates

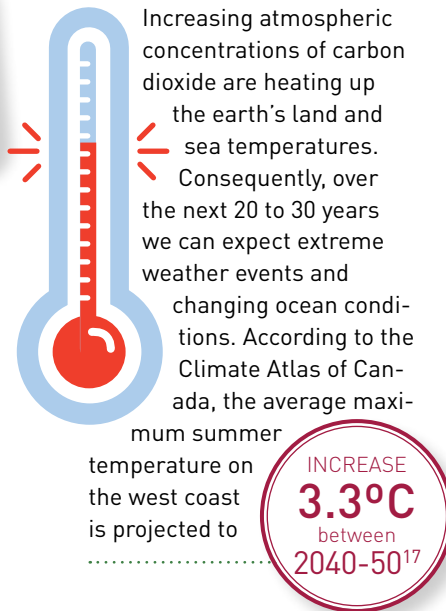
increasing risk for new invasive species and infectious diseases

rising ocean temperatures shifting food webs for keystone species (e.g., orcas, salmon)

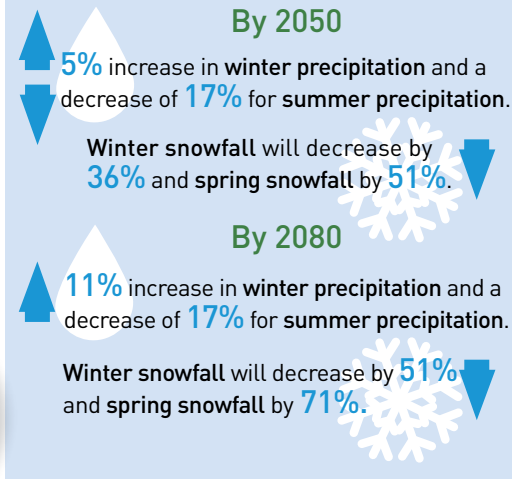
ocean acidification

increasing frequency and distribution of harmful algal blooms, which can contaminate seafood

increasing habitat loss from flash floods, wind storms, and landslides



Predicted climate changes for West Coast Vancouver Island¹⁸

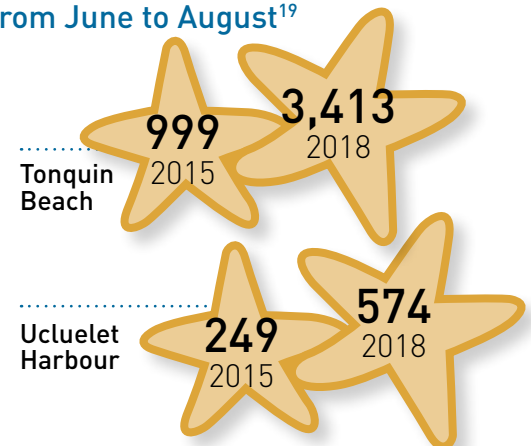


Sea Star Wasting Syndrome

Infectious disease outbreaks and sudden marine species declines are now more common as a result of warming sea temperatures. In 2014, sea stars along the northeast Pacific coast began to die as a result sea star wasting syndrome. This sudden decline coincided with the "Blob," a moving body of water in the northeast Pacific with temperatures averaging 3 °C above normal between 2014 and 2016.

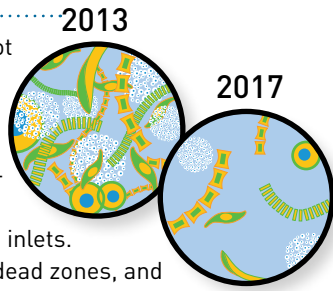
Since 2015, the Strawberry Isle Marine Research Society (SIMRS) has been conducting citizen science sea star surveys at four sites: Ucluelet Harbour, Kwisis Point, Tonquin Beach, and Strawberry Island. Their results are shared with a coast-wide monitoring program coordinated by the Multi-Agency Intertidal Rocky Network (see www.seastarwasting.org), which is tracking the extent of the outbreak and the subsequent recovery. Between 2015 and 2018, the total number of sea stars observed has been steadily increasing.

Total number of sea stars observed from June to August¹⁹



In the coastal waters of Clayoquot Sound, studies of phytoplankton and water quality conducted in 2014 and 2015 reveal that unusually warm water in the north-east Pacific changed the water properties of our local fjords and inlets.

Temperature inversions, anoxic dead zones, and high salinity all contributed to making the conditions of the water column less suitable for salmon in Tranquil Inlet, a significant headwater for migratory salmon. In addition, research conducted by University of Washington Tacoma shows that **between 2013 and 2017 there was a decrease in phytoplankton and an increase in harmful toxins.**^{20, 21}





Target 14.2 By 2020, sustainably manage and protect marine and coastal ecosystems to avoid significant adverse impacts including strengthening their resilience, and take action for their restoration in order to achieve healthy and productive oceans.

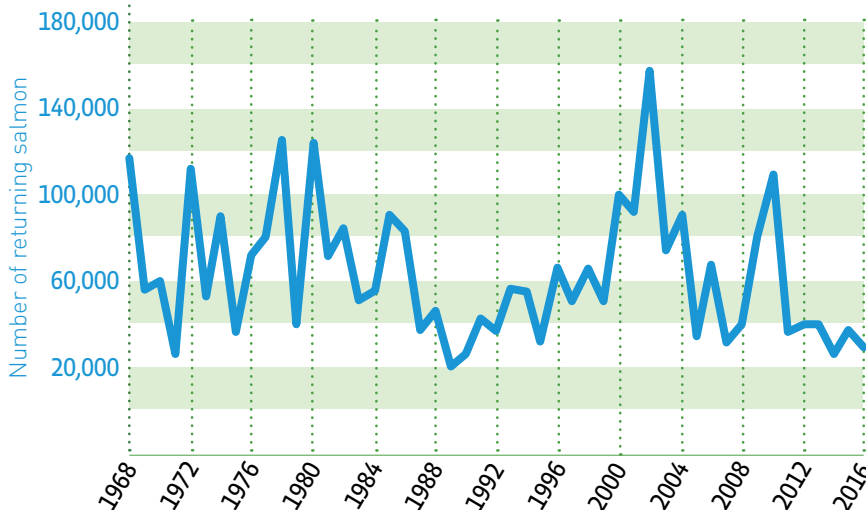
In an effort to restore salmon habitat and support recovery, local organizations have formed the Clayoquot Sound Salmon Roundtable to develop a collaborative stewardship approach around aquatic resources and ocean management.

The Central Westcoast Forest Society has been working to restore salmon-bearing watersheds throughout Clayoquot Sound since 1995. More than 20 years of projects, including the restoration of **100.48 ha of riparian forest and 85.43 km of stream habitat** are showing results.²⁴

The Lost Shoe Creek smolt trap monitoring program indicates the state of its restored watershed is improving with a mean migration of **735 coho smolts per year**,²⁵ compared to **none for the last 40 years before restoration**. To support salmon recovery, many other watersheds in Clayoquot Sound need to be sustainably managed and restored.

Over the last 50 years, the number of Pacific salmon returns have declined in the rivers of Clayoquot Sound due to the compounding effects of fishing pressure, habitat loss, and changing ocean conditions. Prior to 2010, local fish hatcheries enhanced salmon populations to prevent extinction, but government funding for salmon enhancement has not increased since the early 1990s.²²

Pacific salmon escapement in Clayoquot Sound for the last 50 years²³



Estuaries provide important feeding habitat for juvenile salmon as they transition from the river to the ocean. But more frequent spring flooding and infilling from logging-induced landslides are contributing to a loss of this important habitat. Between 1994 and 2018, the area of salt marsh habitat located at the mouth of the Tranquil River has decreased due to washouts.²⁶



Precipitation and Discharge in Clayoquot Sound

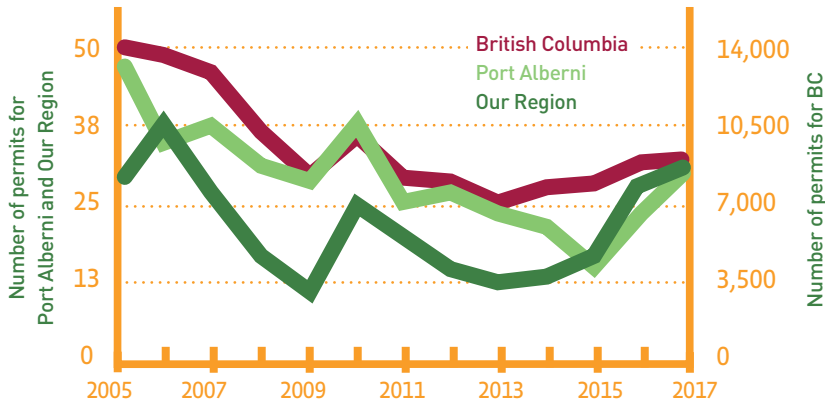


The Tofino Creek hydrometric data station, located adjacent to the Tranquil River, records daily precipitation and discharge (water flow) rates.²⁷ Climate change impacts, such as warmer temperatures, will likely contribute to increased meltwater from glaciers and higher discharge in the short term. However, in the long term, the level of winter snowfall will decrease and contribute less to river water flow.

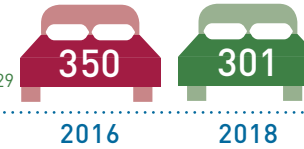
Barkley dialect

Residential housing is growing in our region and in Port Alberni. Construction may not be meeting the high demand.

Building permits for single dwellings (Tofino and Ucluelet)²⁸

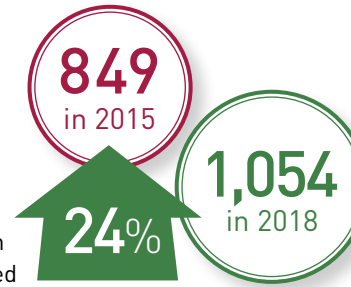


Short-term vacation rentals listed on Airbnb²⁹

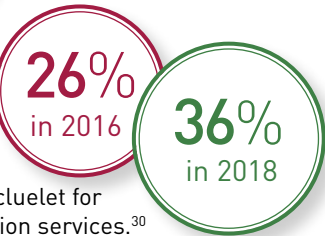


Over the last two years, municipal zoning by-laws designed to manage the number of short-term vacation rentals in our region have been implemented, resulting in a decrease in the number of illegal short-term vacation rentals and an increase in the availability of long-term rental units.

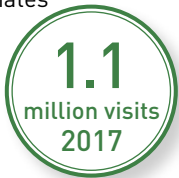
In 2018, the number of business licences in our region has increased



Business licences issued in Tofino and Ucluelet for accommodation services.³⁰



Parks Canada estimates there were over



to Pacific Rim National Park Reserve. The majority visited between April and October.

17% increase over the last 2 years

40% increase in almost 30 years

8 DECENT WORK AND ECONOMIC GROWTH

Target 8.9 By 2030, devise and implement policies to promote sustainable tourism that creates jobs and promotes local culture and products.

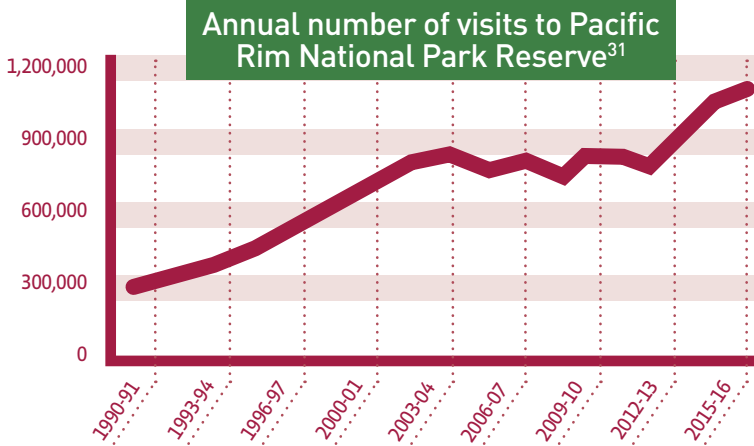
"Skilled workers (e.g., managers, trades, teachers, healthcare workers, etc.) are more likely to earn above the living wage while those in occupations in tourism, retail trade, and food services are more likely to earn below the living wage."³²

- Vancouver Island Economic Alliance



Tourism, Retail Trade, and Food Services employ over one-third of our region's workers.

In the past 20 years, our region has experienced a significant transformation of its economy. In 1996, the four largest sectors in the region were accommodation and food services; agriculture, forestry, fishing, and hunting; manufacturing; and retail trade. In 2016, while accommodation and food services remained the largest, manufacturing dropped significantly and the share of workers in agriculture, forestry, fishing, and hunting declined by more than half.³³



Income Inequality



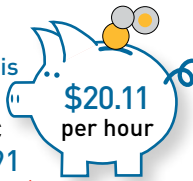
Target 10.4 Adopt policies, especially fiscal, wage, and social protection policies, and progressively achieve greater equality.

Target 10.2 By 2030, empower and promote the social, economic, and political inclusion of all, irrespective of age, sex, disability, race, ethnicity, origin, religion, or economic or other status.



A living wage is the income a family of four requires to maintain a decent standard of living and satisfy all of their basic needs. Working families that earn less than a living wage may face tough choices, such as deciding between paying rent or purchasing healthy food.

Our region's living wage is which makes it the third highest living wage in BC behind **Vancouver \$20.91** & **Victoria \$20.50**.³⁴



Our living wage rose from 2015 to 2017.³⁵

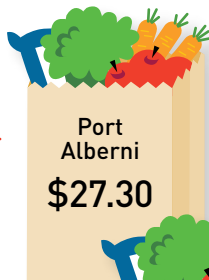
84 cents

Minimum wage in BC rose **11.5%** to **\$12.65** per hour in 2018 and is set to increase to **\$15.20** per hour by 2021, which is **\$4.91** lower than our region's current living wage.

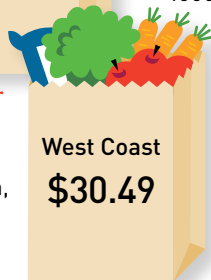
Earnings for a family of four with both parents working 35 hours a week and earning a living wage: **\$73,200**.³⁵

In 2015, the median total income for households with two or more people varies between communities in our region, ranging from **\$32,768 to \$84,608**.³⁶

(Note that not all communities have this data available due to low population size.)



Port Alberni
\$27.30



West Coast
\$30.49

Rural households spend a larger share of their budget on food than urban households do.³⁹ In **2018**, a comparison of **10 healthy food items** showed that food prices are **12% more expensive** on the west coast than in Port Alberni. However, food prices have fallen in both regions and the price gap between Port Alberni and the west coast is shrinking.⁴⁰



Target 2.1 By 2030, end hunger and ensure access by all people to nutritious and sufficient food all year round.

Increase in the number of food bank clients.⁴¹

12%
between
2015-17

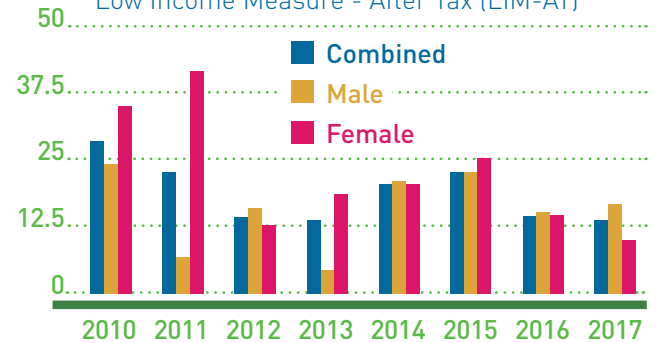
On June 1, 2017, the Yuuwt?ath government implemented a living wage policy requiring all employees of the government be paid at least \$20.11 an hour. Earning a living wage is associated with better health for children, families, and communities, and the Yuuwt?ath government's living wage policy is a significant step towards more sustainable livelihoods for its residents.³⁸



Target 1.2 By 2030, reduce at least by half, the proportion of men, women, and children of all ages living in poverty in all its dimensions according to national definitions.

Percentage of west coast individuals in low-income households by gender⁴²

Low Income Measure - After Tax (LIM-AT)



Elderly Living in Poverty



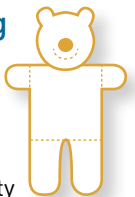
In 2015, **13.9%** of elderly people were living in poverty based on the indicator of relative poverty, LIM-AT. While this is an increase of **0.6%** since 2010, it is slightly lower than the provincial (**14.9%**) and national (**14.5%**) averages.

The average yearly after-tax income for an individual in our region was

approximately
\$31,000
2015

However, more than half of the region's population earned below **\$31,000** with the median income lying between **\$20,000** and **\$30,000**, depending on the community. Over **16%** of women and **18%** of men earn less than **\$10,000** a year.³⁷

Children Living in Poverty

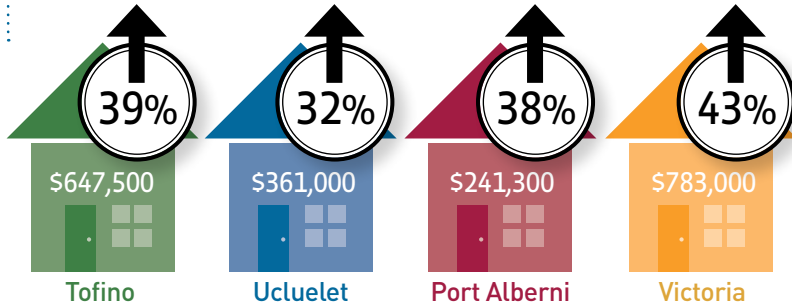


In 2015, **20.5%** of west coast youth (under 18 years) were living in poverty based on the indicator of relative poverty, LIM-AT. While this represents a decrease of **7.7%** since 2010, it is still higher than the provincial average (**18.5%**) and the national average (**17%**).

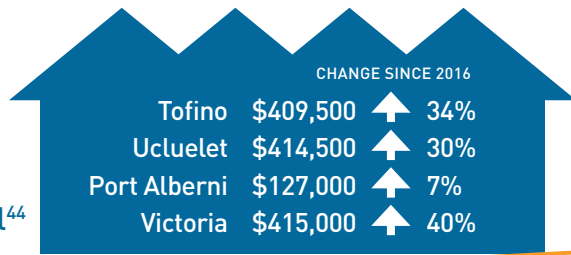
Central dialect

Median assessed value of single family home⁴³

Percentage change from 2012 to 2018.



Median assessed value of strata residential⁴⁴



Share of income to rental



According to Canada Mortgage and Housing, **rent should not exceed 30% of income.**

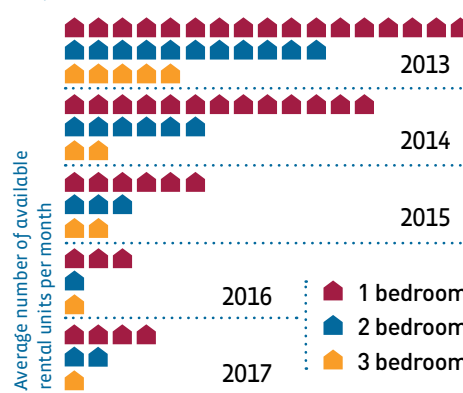
In 2015, **31% of households** in our region, **spent over 30% of their incomes on shelter.**⁴⁸



Target 11.1 By 2030, ensure access for all to adequate, safe, and affordable housing and basic services and upgrade slums.

In the 2018 provincial budget, affordable housing was added to the list of eligible uses of the Municipal and Regional District Tax Program, which previously only funded tourism marketing programs and projects.⁴⁹

Rental unit availability in Tofino and Ucluelet⁵³

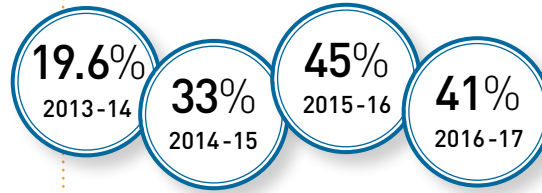


Subsidized Housing Units

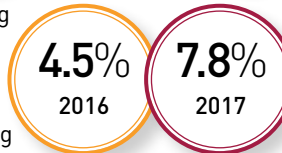
Subsidized housing typically refers to any housing that is financially supported by the government. In our region there are 40 units of subsidized housing. The majority of these units are either transitional or supportive housing, or privately owned units in which the tenant receives rent assistance from the government.⁴⁵

Referrals to the West Coast Transition House⁴⁶

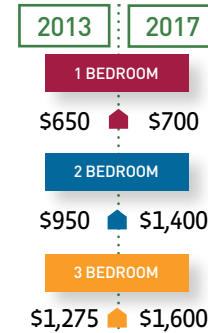
The primary reason women access the transition house is to escape abuse.



But for an increasing number of women, homelessness is their primary reason for accessing the transition house.

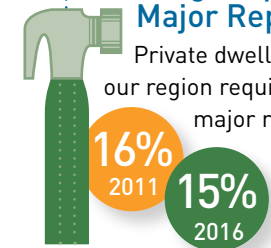


Median listed price of rental housing in Tofino & Ucluelet⁵²



Housing Requiring Major Repairs

Private dwellings in our region requiring major repairs.⁵⁰



Housing Suitability

In 2016, 6% of our region reported their housing was unsuitable for the number of individuals living in their household. This is an improvement from 2011, when 9% of our region reported living in unsuitable housing.⁵¹



Transportation and Safety

Our communities are rural and remote. Some people in our region must travel outside their communities by boat or car for everyday needs, such as buying groceries, seeing a doctor, or for employment.



Return costs to the closest grocery store in 2018⁵⁴

- Esowista • \$9* \$35-taxi
- Opitsaht • \$10
- Ahousaht • \$40
- Macoah • \$16.55 \$35-taxi
- Hot Springs Cove • \$100

*mileage based on provincial rate



Target 11.2 By 2030, provide access to safe, affordable, accessible, and sustainable transport systems for all, improving road safety, notably by expanding public transport, with special attention to the needs of those in vulnerable situations.



Over 1 in 5 people in our region are either youth or seniors. These age groups are the most likely to use public transit.⁵⁵

In 2018, **23% of youth missed participating** in a sports activity, club, group, or other event because they had no way to get there. This is up from 18% in 2016. And **14% of youth missed school** because they had no transportation.⁵⁷



Target 16.1 Significantly reduce all forms of violence and related deaths everywhere.



In the 2016 community health survey, **32%** of seniors reported they had to travel to a different community to visit their doctor.⁵⁶



Safety

Volunteer public safety organizations, such as fire departments and search and rescue teams, play a significant role in the safety of visitors.

West Coast Inland Search and Rescue Responses, 2017.⁶⁰

12 incidents

202 volunteer hours

RCMP crime rates for Tofino, Ahousaht, and Ucluelet⁶¹

	2016	2017
Assaults (total)	143	201
..... Physical assaults	36	49
..... Sexual assaults	17	30
..... Property crime	267	326

The overall crime rate in the region was above the national and provincial average in 2017.⁶²

26% of youth hitchhike

from time to time. This is up from 15.2% in 2014 and 12.6% in 2012.⁵⁸

From 2015 to 2017, use of the shuttle increased by

87%

with an average of 317 riders per day.⁵⁹

Overall crime, 2016⁶³

Tofino crime increased **23%** ↑
Ucluelet crime decreased **7.7%** ↓

Overall crime, change since 1998

Tofino ↑ increase of **12.3%**
Ucluelet ↓ decreased **66.1%**
British Columbia ↓ decreased **18%**
Canada ↓ decreased **24%**

In 2017, the total sexual assaults in our region were above the national and provincial averages, based on assaults per 1,000 people. In **Tofino**, the total sexual assaults **increased 75%** from 2016. In **Ucluelet**, the total sexual assaults **increased 300%** since 2016.⁶⁴

yuuchapi?at

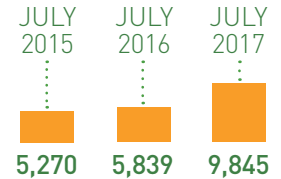
Central dialect : Be careful what you say and do.

Tofino's free shuttle ridership



Ridership

residents & tourists



First tested in 2012, the District of Tofino's free summer shuttle service reduces parking and traffic congestion, and also provides public transportation for local residents.

Health and Wellness

Health is much more than simply the absence of illness, injury, and disease. Health also involves the social, emotional, mental, and spiritual well-being of individuals, families, and communities. This is why health starts where we live, work, learn, love, and play.

Healthcare Access

Access to healthcare is a common rural health issue. Generally speaking, rural people are less healthy than urban people yet they have a harder time accessing healthcare services than people living in urban centres.⁶⁵ **Life expectancy** in the Alberni-Clayoquot area has increased over the past 25 years, but it is still below that of Vancouver Island and BC.⁶⁶

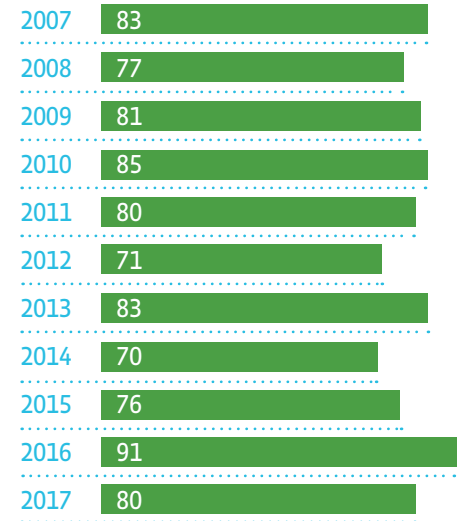
West coast residents must travel outside the region to access some health care services. An average of **12 services per day** are provided to west coast residents by Island Health facilities **outside of our region**.⁶⁷ Of these, **50%** are provided at the **West Coast General Hospital** in Port Alberni and **25%** at the **Nanaimo Regional General Hospital**.



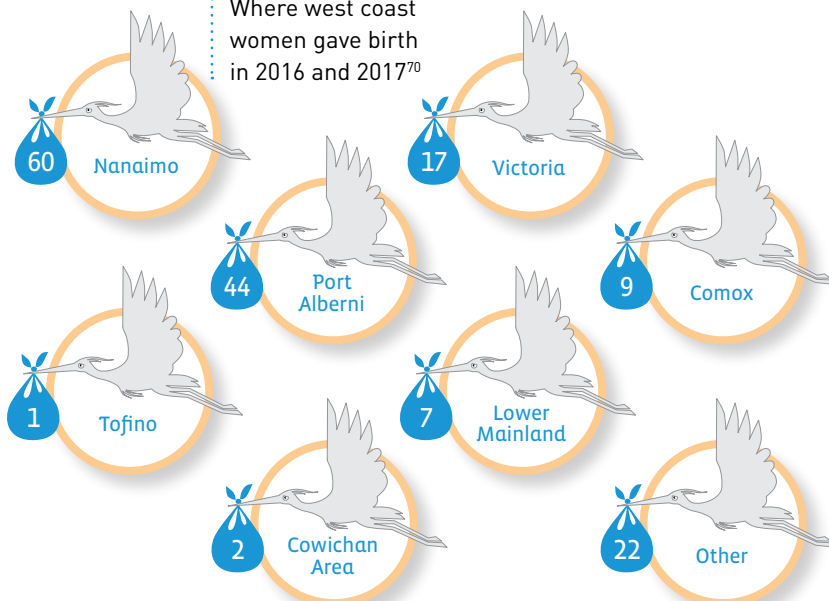
Maternal health is a priority area for our region.

Women and families on the west coast must leave the region to give birth. This can incur high financial costs and cause significant stress to women as they are separated from their family and social support networks. A lack of local maternity services is associated with an increased risk of premature birth, hospitalizations, and costs to the medical system.⁶⁸

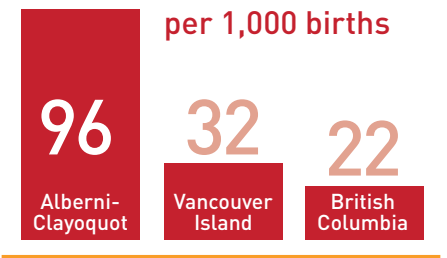
Total births to women from the west coast.⁶⁹



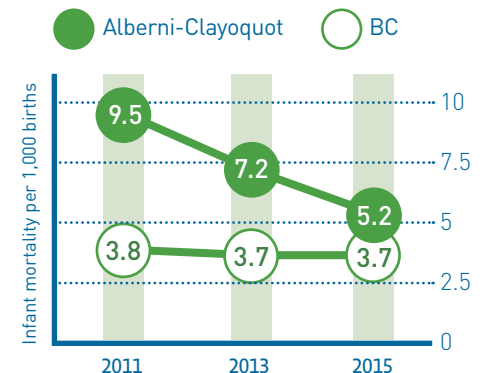
Where west coast women gave birth in 2016 and 2017⁷⁰



The rate of births to young mothers **under 20 years old** is over **four times higher** in the Alberni-Clayoquot area than BC and **three times higher** than Vancouver Island.⁷¹



Infant mortality is a key indicator of a society's overall health and well-being. It measures mortality for babies less than one year old.⁷² The rate of infant mortality is decreasing in our region, as is the gap between Alberni-Clayoquot and British Columbia.



3 GOOD HEALTH AND WELL-BEING



Target 3.5 Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.

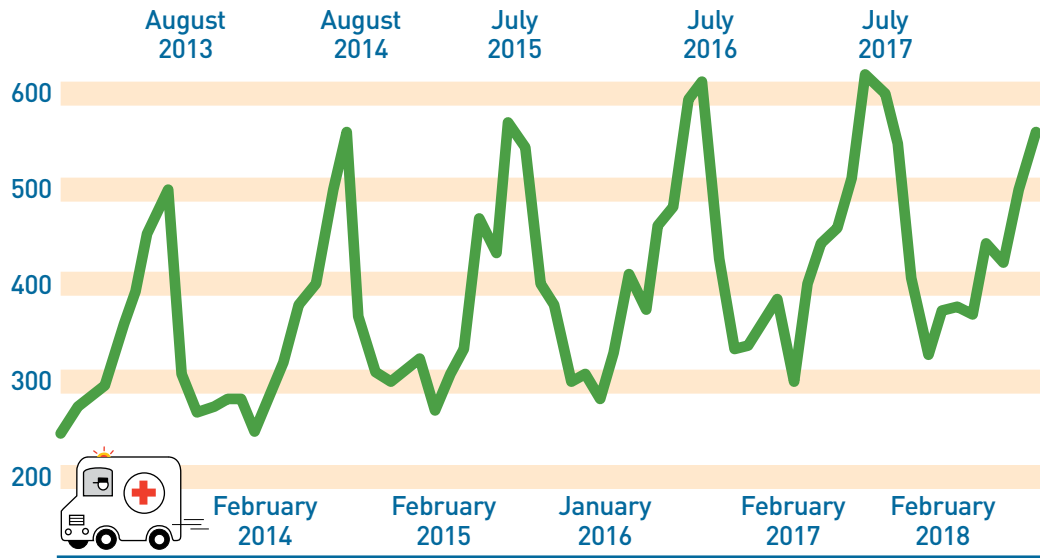
Emergency Room Usage

Emergency room use is high on the west coast, particularly in the summer months due to the influx of visitors and seasonal workers.

Emergency room visits in Tofino have increased by

137%
since
2012-13⁷³

Emergency room visits at Tofino General Hospital⁷⁴



3 GOOD HEALTH AND WELL-BEING



Target 3.4 By 2030, reduce by one-third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.



Litres of absolute alcohol* sold per person in 2017⁷⁵

Alberni-Clayoquot British Columbia Vancouver Island

Substance use

is an issue on the west coast and alcohol is the top concern.

*1 litre of absolute alcohol equals approximately 58 beers, glasses of wine, or cocktails⁷⁶



Mental Health

In the Alberni-Clayoquot region, depression, and mood and anxiety disorders are on the rise, and their prevalence is increasing at a faster rate than in BC.

Mood & anxiety disorders

301 per 1,000 people

41%
increase in our area

since 2012

31%
increase in BC⁷⁸

Depression

259 per 1,000 people

45%
increase in our area

since 2012

30%
increase in BC⁷⁹

Top Five Regional Health Priorities from the 2018 Coming Together Forum⁸⁰

Challenges engaging with youth over subjects such as trauma, substance use, wellness, etc.

Lack of housing

Lack of licensed infant care

Lack of consistent, on-going youth programs

Drug and alcohol use

According to Dr. Hasselback, our region's medical health officer, drug use is on the rise. On the west coast in 2017 there were:⁷⁷

45

injection drug users



50

non-injection drug users



700

cannabis users







People often use drugs and alcohol as a tool to cope with symptoms of pain, stress, or trauma. To tackle substance use in our communities, we must address the root causes. At the 2018 Coming Together forum, the following root causes for substance use were identified by local health service providers:

- trauma
- lack of joy
- low satisfaction with quality of life
- lack of cultural and social connectedness
- intergenerational effects of colonialism
- mental health and depression
- family stress
- high cost of living

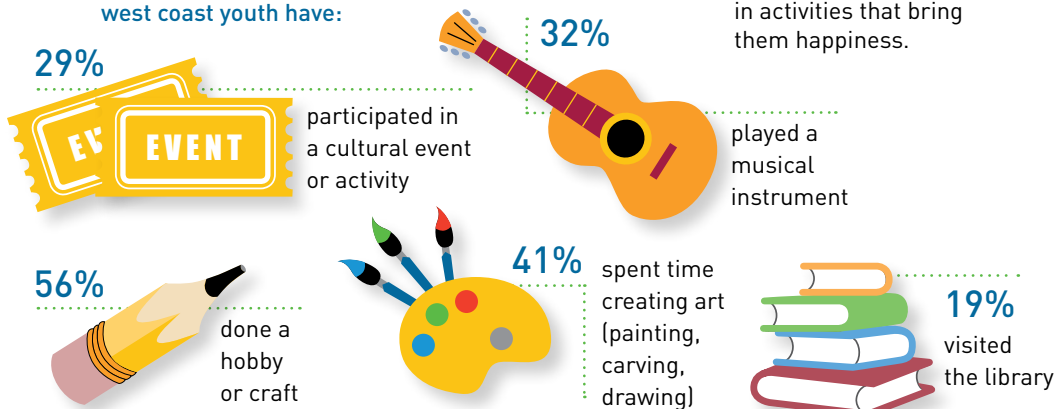
Youth

Our region is young and growing. Creating supportive and inclusive environments for all west coast children and youth is crucial for the future health of our population. Our Youth Vital Signs focuses primarily on residents 13 to 18 years of age and draws on the CBT's youth survey, which is delivered every two years in local high schools.

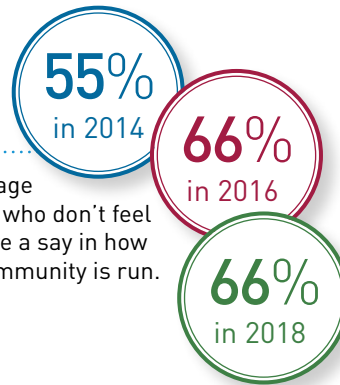
Belonging and Leadership

	2016	2018
 I belong in my community	74%	65%
 I have people in my life who care about me	98%	95%
 I volunteered recently	19%	10%
 I am a happy person	93%	74%

In the past month, west coast youth have:

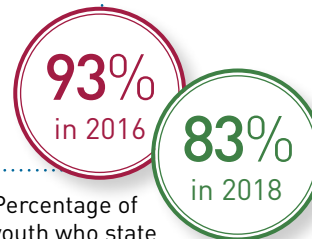


Percentage of youth who don't feel they have a say in how their community is run.



Arts, Culture, and Recreation

Percentage of youth who state they are able to participate in activities that bring them happiness.



Environment

When asked what they like about living on the west coast, the top three answers youth gave were:

- nature
- beaches
- the weather

When asked what they do not like about living on the west coast, the top three answers youth gave were:

- not enough activities and opportunities
- the rain
- the remoteness of the community

λaahiqsak

Barkley dialect

Nora Morrison

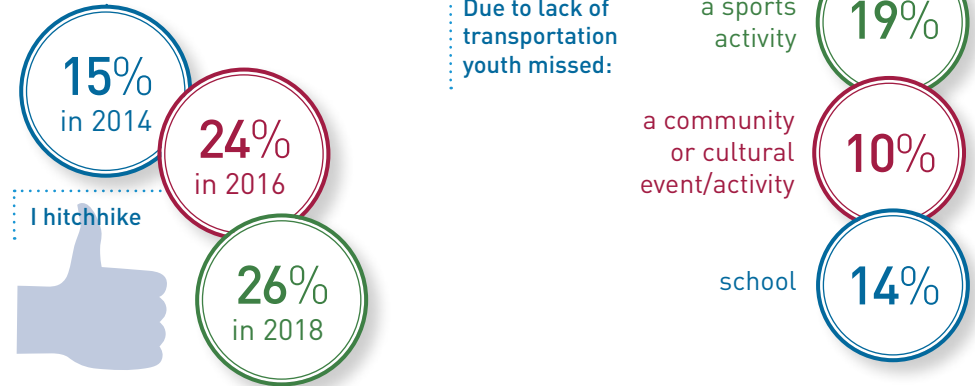


Health

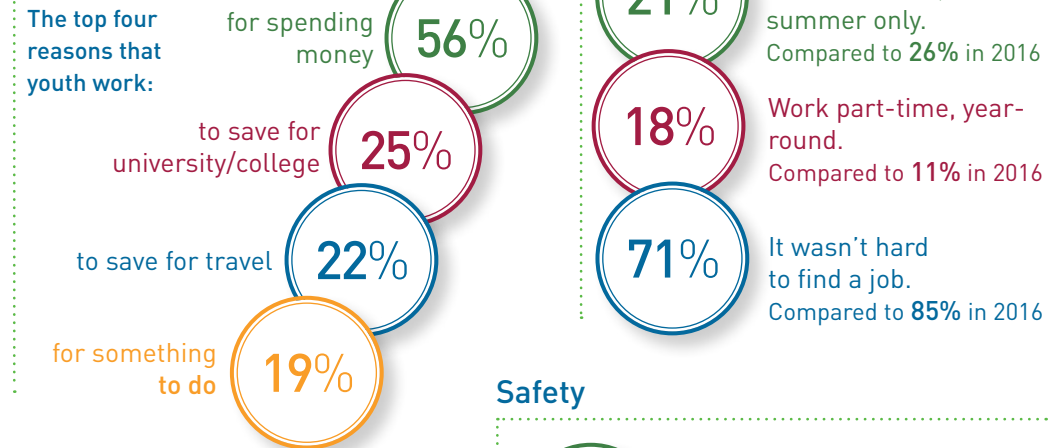
73% of west coast youth state they have a healthy lifestyle. Being physically active, eating regular, healthy meals with family, getting enough sleep, and positive peer and community relationships are key components of healthy youth development.

	2016	2018
I don't get enough sleep	43%	55%
I can prepare a healthy meal for family & friends	88%	80%
I am active & physically fit	91%	79%
I feel anxious weekly	14%	21%
I feel depressed weekly	12%	20%
I feel stressed weekly	32%	36%
I have enough support from family & friends	93%	86%

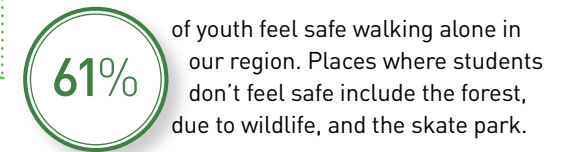
Access and Transportation



Youth and Work



Safety



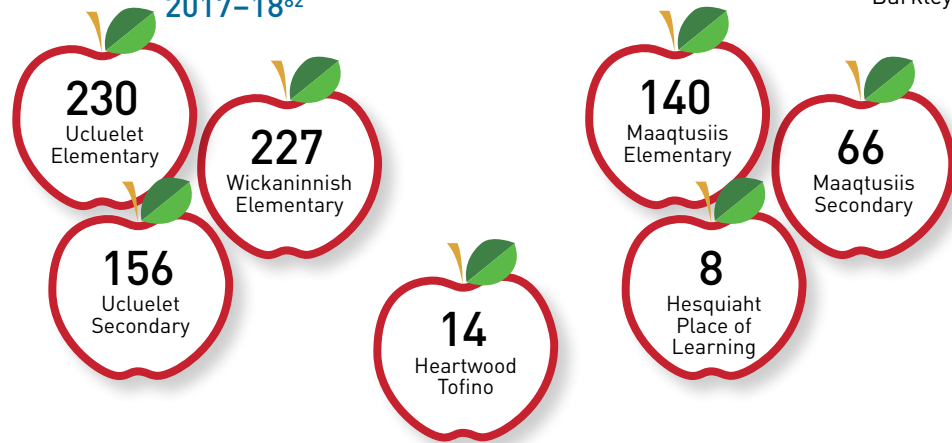
Get on Board Society

Barkley dialect

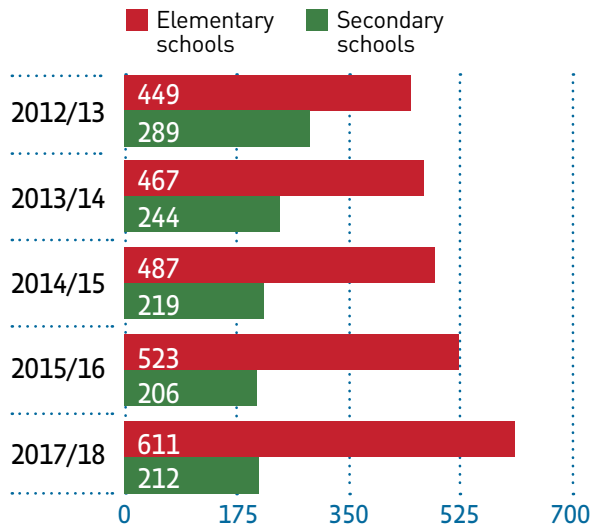
4 QUALITY EDUCATION

Target 4.1 By 2030, ensure that all girls and boys complete free, equitable, and quality primary and secondary education leading to relevant and effective learning outcomes.

School enrolment 2017-18⁸²



Number of students enrolled in the region⁸²



Note: Does not include Hesquiaht Place of Learning or Island Discovery.

The **Early Development Index** looks at how children in kindergarten could be vulnerable in areas that include physical health, well-being, emotional maturity, and communication skills. In the last wave of data from 2016, west coast children were in line with the School District 70 and overall provincial averages **with 32% of children vulnerable** in one or more of these areas.⁸⁵

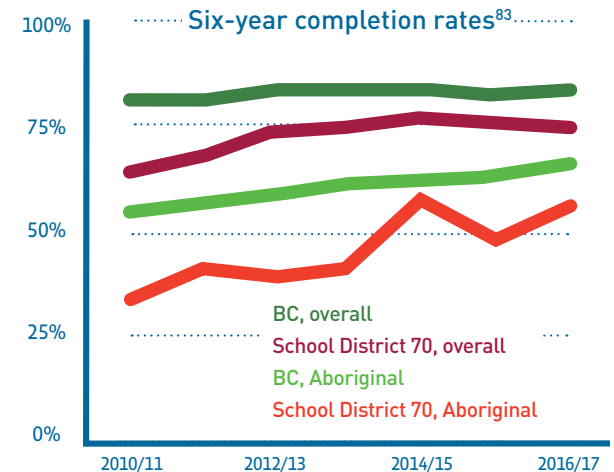
32%

Average annual cost of university undergraduate tuition⁸⁴



	2015/16	2017/18
Royal Roads University	\$7,718	\$7,285
University of Victoria	\$5,262	\$5,368
Vancouver Island University	\$4,177	\$4,261

Six-year completion rates show how many students graduate from grade 12 within six years of starting grade 8. This information is available for School District 70, which includes Ucluelet Secondary. Students who drop out or move to another school district are not captured.





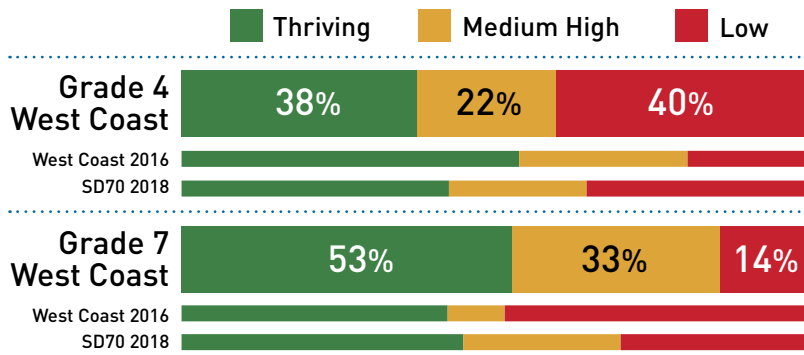
Melody Charité



Target 4.2 By 2030, ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education.

Target 4.7 By 2030, ensure that all learners acquire the knowledge and skills needed to promote sustainable development.

The **Middle Years Development Instrument** looks at the well-being of Grade 4 and 7 students across many indicators of health including connect- edness, social and emotional development, and experiences during and after school. Overall well-being of children during these years establishes a student's lifelong identity and sets the stage for adolescence and adult- hood. On the west coast, the percentage of students thriving in Grade 4 has decreased between 2016 and 2018, whereas the Grade 7 percentage of students with a medium-high overall well-being more than doubled.



WEST COAST NEST

Nature Education Sustainability Transformation

The West Coast NEST, a regional initiative led by the CBT, works to coordinate the efforts of a variety of grassroots, community-driven projects in order to diversify the west coast tourism economy, broaden labour force skills, and increase the number of local youth employed in businesses.

Between 2017 and 2018, the West Coast NEST listed

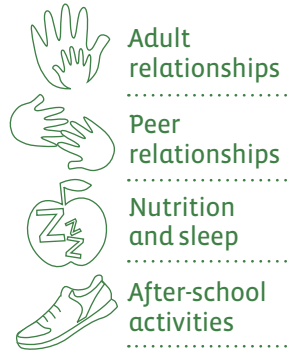
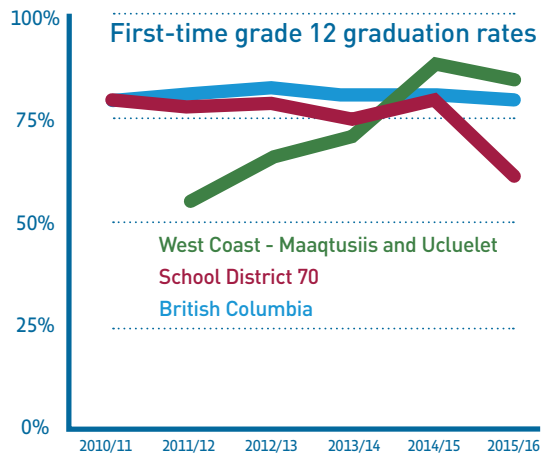
153 courses

493 education events⁸⁷

2018 West Coast Well-Being Index

To understand what influences well-being, the Middle Years Development Instrument also looks at the assets in children's lives in four key areas that support positive development. The percentage change between 2016 and 2018 has been mostly positive in all areas for grades 4 and 7, with one exception in the area of after school activities for grade 7 students.

An indication of the success of our west coast students can be seen in grade 12 graduation rates, which shows the percentage of students who start grade 12 for the first time and graduate in the same year.



Children reporting positive assets in their lives, 2018⁸⁶

	West Coast				SD 70	
	Grade 4	% Change 2016-18	Grade 7	% Change 2016-18	Grade 4	Grade 7
Adult relationships	91%	No Change	85%	↑8%	87%	82%
Peer relationships	86%	No Change	81%	↑15%	84%	84%
Nutrition and sleep	75%	↑4%	79%	↑8%	88%	59%
After-school activities	93%	↑3%	78%	↓4%	67%	77%

Barkley dialect : Where we dwell, where our (current) home is, and our leaders.

Having a strong sense of belonging leads individuals to better health, education, and employment outcomes. And it leads to healthier communities, too, ones that are likely to be safer, more resilient, with higher volunteer participation, and stronger cultural ties.

Did you know? Having a strong social support network of friends, family, and community protects people from early death, more so than being physically active and maintaining a healthy weight, and just as much as quitting smoking.⁸⁸

Target 5.5 Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic, and public life.

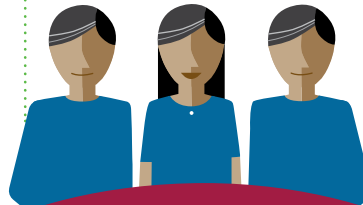
In 2017, **32 registered charities** were active on the west coast. Overall, they had 72 part-time employees and 29 full-time employees and contributed nearly \$4.4 million in annual expenditures to the west coast economy.⁹²



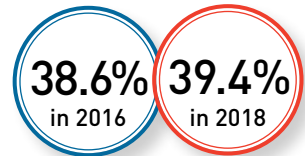
14%
increase
since
2015

Women in Government and Managerial Positions

In 2018, women make up nearly one-third of the seats in public office within our region. This includes two mayors and one chief.⁹¹



Proportion of women in managerial positions in our region.⁹³

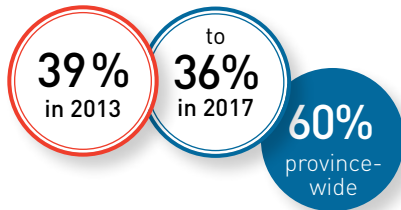


Since 2014, 65 students have graduated from the west coast chapter of Leadership Vancouver Island (LVI).

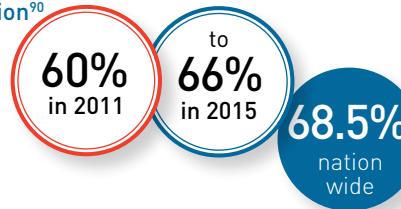


Voter Turnout in Our Region

Voter turnout for the **provincial election**⁸⁹ decreased from



Voter turnout for the **federal election**⁹⁰ rose from



Individuals can now apply for CBT project funds to support community events or projects that bring people and neighbourhoods together.

In 2017, the CBT Neighbourhood Small Grants Program provided **\$8,400**

24 community projects

to help fund projects including the Ahousaht Youth Centre's haunted house and a Repurpose, Repair, and Reuse sewing workshop in Hitacu.

"The LVI program is not only a life-changing experience for the participants, but is reshaping our region. It is an opportunity for participants to connect with their community, learn about themselves, and strengthen their skills while developing lifelong relationships. This program is building local leaders that will enrich our community in so many important ways."

– Gord Johns,
MP for Courtenay-Alberni

Arts & Culture

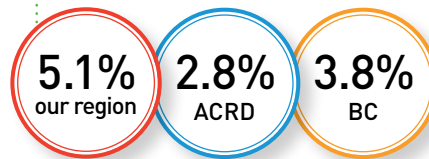
qačatmaʔuk uʔiš qʷaaʔakqin tiičmis

Arts and culture are essential components of vibrant, inclusive, and healthy communities as they help people to better understand their individual and collective identities and create opportunities to build relationships through shared experiences.⁹⁴

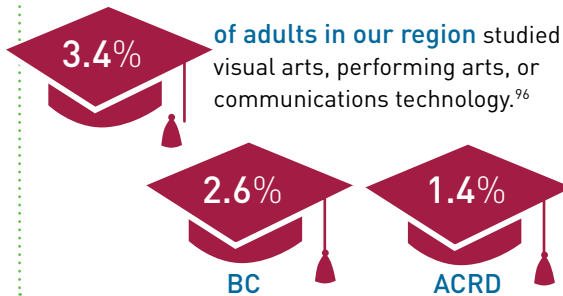


Employment in the Arts

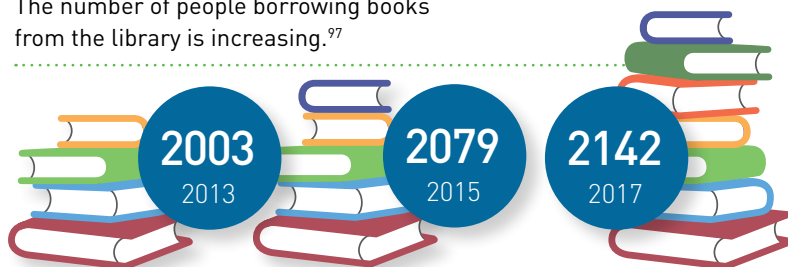
Percentage of people in the labour force employed in occupations related to arts, culture, recreation, and sport.⁹⁵



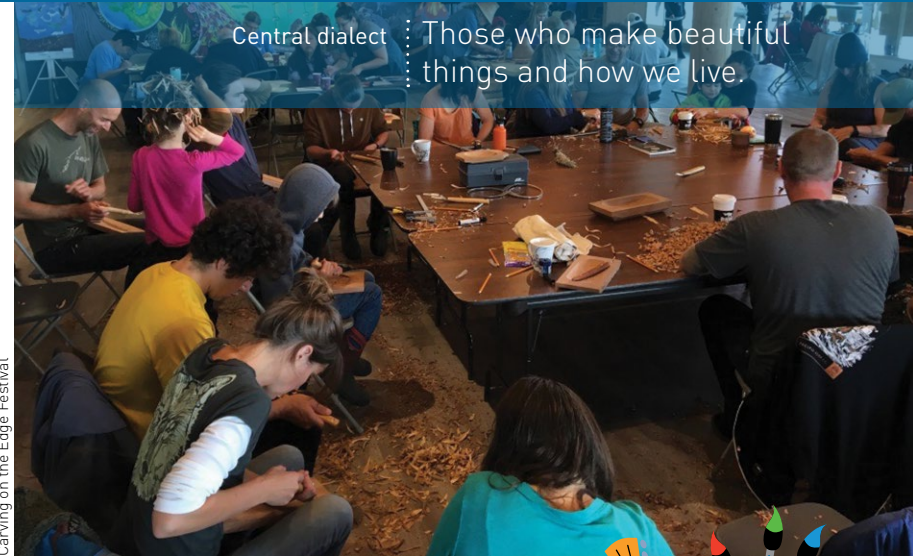
Education in the Arts



The number of people borrowing books from the library is increasing.⁹⁷



Carving on the Edge Festival



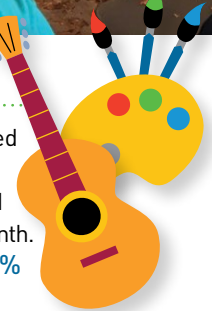
Central dialect: Those who make beautiful things and how we live.

Regional Events & Festivals, 2017¹⁰⁰



Youth and the Arts

In 2018, 70% of surveyed youth in our region participated in an arts-related activity within the past month. This is a decrease of 3% since 2016.⁹⁹



The Canada Council for the Arts (CCA) is Canada's main public arts funder. The organization's mandate is "to foster and promote the study and enjoyment of, and production of works in, the arts."

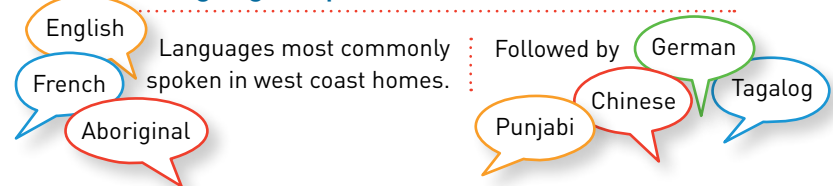
CCA arts grants to our region⁹⁸

\$11,000	\$45,000
2015-16	2016-17

Granting to Arts & Culture: Clayoquot Biosphere Trust

2015	2016	2017
\$28,200	\$39,000	\$25,000

Languages Spoken Most Often at Home¹⁰¹



The Nuu-chah-nulth Tribal Council Health Framework identifies cultural integrity and identity as one of 14 determinants of health and well-being.

*"Language is one of the most tangible symbols of culture and group identity. It is not only a means of communication, but a link that connects people with their past and grounds their social, emotional, and spiritual vitality."*¹⁰²

– First Peoples of Canada

nuučaañut means "all along the mountains and sea."
nuučaañut is part of the Wakashan language family, and has at least three distinct dialects spoken by 14 First Nations on the west coast of Vancouver Island.¹⁰³

In our region, there are five Nuu-chah-nulth nations and at least two dialects of nuučaañut are spoken:¹⁰⁴



Barkley Dialect

Toquaht Nation
Yuutuʔitʔaṭṭ



Central Dialect

Ahousaht
Tla-o-qui-aht First Nations
Hesquiaht First Nation

Ucluelet • Yuuṭuʔitʔaṭṭ

People of the safe landing place or safe harbour¹⁰⁵

Toquaht • tukʷaaʔaṭṭ

People of the narrow channel¹⁰⁶

Tla-o-qui-aht • λaʔuukʷiʔaṭṭ

People who are different from who they were¹⁰⁷

Ahousaht • ʔaaḥuusʔaṭṭ

People of Ahous¹⁰⁸

Hesquiaht • ḥiškʷiiʔaṭṭ

People of ḥiškʷii, the village site in Hesquiaht Harbour, which comes from the term ḥiišḥiiša, the sound created when people eat herring roe off of sea grass.¹⁰⁹

nuučaañut Phrases¹¹⁰



Is that you? (Hello)

Yes, it is me.

How are you?



I have the name _____.

What is your name?

To invite to eat



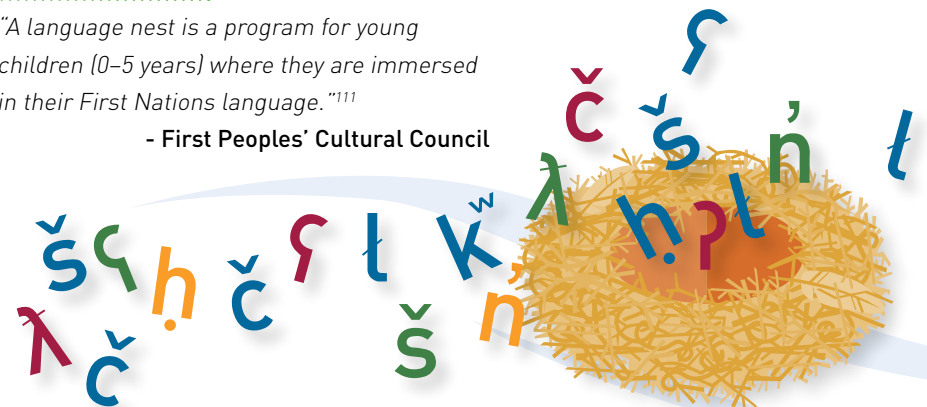
Thank you

Bye

Language Nests

*"A language nest is a program for young children (0–5 years) where they are immersed in their First Nations language."*¹¹¹

– First Peoples' Cultural Council



Language nests are highly regarded as a wise practice for language revitalization because they promote immersive learning and target young children who learn languages quicker and easier than adults. However, with the number of language learners rising and the number of fluent speakers falling, the language nest model is also being used to teach adults in our region.



Marnie Recker

Truth and Reconciliation Commission of Canada: Calls to Action¹¹³

The residential school experience is recognized by the First Peoples' Cultural Council as **"the primary reason for the interruption of intergenerational transmission of Indigenous languages."**¹¹³ In the spirit of reconciliation in Canada, the Truth and Reconciliation Commission created a series of calls to action, including five specific to language and culture:

Mentor-Apprentice Language Program

Although early language learning is ideal, it is important to promote language learning for all ages. One way for adults to learn their traditional language is through the mentor-apprentice program, in which, according to the First People's Cultural Council **"one language mentor and one language apprentice spend time together in a natural setting to gain or increase language proficiency."**¹¹²

Our region is fortunate to have language and culture champions working hard to promote learning in their communities.



In 2017, through the Coastal Family Resource Coalition, Decoda Literacy, and Success By Six, language nest programs were financially supported in four communities:

Hitacu	Ty-Histanis	Ahousaht	Hot Springs Cove
Yuutu?it?ath	λa?uukwi?ath	ʕaahuus?ath	hiškwi?ath

While each community took their own approach to establishing a language nest program, all of the programs included elders, children, and families.

- 13 We call upon the federal government to acknowledge that Aboriginal rights include Aboriginal language rights.
- 14 We call upon the federal government to enact an Aboriginal Languages Act that incorporates the following principles:
 - i. Aboriginal languages are a fundamental and valued element of Canadian culture and society, and there is an urgency to preserve them.
 - ii. Aboriginal language rights are reinforced by the Treaties.
 - iii. The federal government has a responsibility to provide sufficient funds for Aboriginal-language revitalization and preservation.
 - iv. The preservation, revitalization, and strengthening of Aboriginal languages and cultures are best managed by Aboriginal people and communities.
 - v. Funding for Aboriginal language initiatives must reflect the diversity of Aboriginal languages.
- 15 We call upon the federal government to appoint, in consultation with Aboriginal groups, an Aboriginal Languages Commissioner. The commissioner should help promote Aboriginal languages and report on the adequacy of federal funding of Aboriginal-languages initiatives.
- 16 We call upon post-secondary institutions to create university and college degree and diploma programs in Aboriginal languages.
- 17 We call upon all levels of government to enable residential school Survivors and their families to reclaim names changed by the residential school system by waiving administrative costs for a period of five years for the name-change process and the revision of official identity documents, such as birth certificates, passports, driver's licenses, health cards, status cards, and social insurance numbers.

Sustainable Development Goals for the West Coast: Action for Agenda 2030¹¹⁴

Targets identified within this report:

- 1 By 2030, reduce at least by half the proportion of men, women, and children of all ages living in poverty in all its dimensions according to national definitions.
- 2 By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious, and sufficient food all year round .
- 3 Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.
By 2030, reduce by one-third premature mortality from non-communicable diseases through prevention and treatment, and promote mental health and well-being.
- 4 By 2030, ensure that all girls and boys complete free, equitable, and quality primary and secondary education leading to relevant and effective learning outcomes.
By 2030, ensure that all girls and boys have access to quality early childhood development, care, and pre-primary education so that they are ready for primary education.
By 2030, ensure that all learners acquire the knowledge and skills needed to promote sustainable development.
- 5 Ensure women’s full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic, and public life.
Adopt and strengthen sound policies and enforceable legislation for the promotion of gender equality and the empowerment of women and girls at all levels.
- 6 By 2030, improve water quality by reducing pollution, eliminating dumping, and minimizing release of hazardous chemicals and materials, halving the proportion of untreated wastewater and substantially increasing recycling and safe reuse globally.
- 8 By 2030, achieve full and productive employment and decent work for all women and men, including for young people and persons with disabilities, and equal pay for work of equal value.

- 8 By 2030, devise and implement policies to promote sustainable tourism that creates jobs and promotes local culture and products.
- 10 Adopt policies, especially fiscal, wage, and social protection policies, and progressively achieve greater equality.
By 2030, empower and promote the social, economic, and political inclusion of all, irrespective of age, sex, disability, race, ethnicity, origin, religion, or economic or other status.
- 11 By 2030, ensure access for all to adequate, safe, and affordable housing and basic services, and upgrade slums.
By 2030, provide access to safe, affordable, accessible, and sustainable transport systems for all, improving road safety, notably by expanding public transport, with special attention to the needs of those in vulnerable situations, women, children, persons with disabilities, and older persons.
- 13 Strengthen resilience and adaptive capacity to climate-related hazards.
Improve education, awareness-raising, and human and institutional capacity on climate change mitigation, adaptation, impact reduction, and early warning.
- 14 By 2025, prevent and significantly reduce marine pollution of all kinds, in particular from land-based activities, including marine debris and nutrient pollution.
By 2020, sustainably manage and protect marine and coastal ecosystems to avoid significant adverse impacts, including by strengthening their resilience, and take action for their restoration in order to achieve healthy and productive oceans.
- 15 By 2020, ensure the conservation, restoration, and sustainable use of terrestrial and inland freshwater ecosystems and their services, in particular forests, wetlands, mountains, and drylands, in line with obligations under international agreements.
- 16 Significantly reduce all forms of violence and related death rates everywhere.



Giving for Change

1

Donor

Any organization, business, or individual can be a donor.

Examples: a sport-fishing association, a local business owner, or visitor keen to make a difference.

7

Global impact

As a UNESCO biosphere region and a community foundation, the CBT reports to our national and international networks.

Example: The Vital Signs report is one way that we monitor progress on the United Nation's SDGs by bringing together research and community action to share a snapshot of our region's contributions.

6

Community impact

A donation to the CBT supports grants, partnerships, research, and relationships, all of which ultimately benefit our communities and our region.

Example: The local salmon ecosystem benefits from the support of donors, the expertise of the Clayoquot Sound Salmon Roundtable, the actions of local organizations, and the stewardship of the CBT.

5

Grants

The CBT distributes grants to all areas of interest—from arts and culture to research, from education to the environment—aligning our investment income with locally-developed solutions and action.

Example: The Clayoquot Sound Wild Salmon Fund provides funding for projects prioritized by the Clayoquot Sound Salmon Roundtable within the Clayoquot Sound Salmon Recovery Plan.

4

Investment

The donor's gift is pooled with the CBT's endowed assets totaling more than \$18M.

Example: CBT's investments prioritize our social and environmental values to ensure returns are not generated by activities that contribute to the issues we work to resolve.

3

Make a contribution

The CBT works with the donor to establish a new endowment fund or give to an existing fund.

Example: a donation to the Clayoquot Sound Wild Salmon Fund.

2

Donor engagement

The donor works with the CBT to identify their philanthropic goals, matching their interests with community data and needs.

Example: a conversation about salmon populations, their role as a keystone species and an integral part of our culture, food security, and economy.

We are creating a virtuous circle that incorporates values and investing, along with local knowledge and community solutions. In the Nuu-chah-nulth language this is **hišukniš cawaak** —the philosophy of the interconnection of all things, which is a core principle of the CBT.



How do Vital Signs indicators turn into meaningful action?

As a UNESCO biosphere region and a community foundation working to achieve the UN's sustainable development goals, we use endowment funds to bring together people and resources, creating local solutions that make global contributions. **Here's how it works:**

Create Your Own Legacy

We can work with you to set up a personalized endowment fund. Dedicated donors choose the CBT as an alternative to setting up a private foundation because of our connections to the community, and because it's easier administratively.

You can then focus on the most fulfilling part—giving.

For more information, please contact our executive director, **Rebecca Hurwitz at 250.725.2219.**



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all for community.

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Vital Signs® is a community checkup conducted by community foundations across Canada that measures the vitality of our communities and identifies significant trends in a range of areas critical to quality of life. Vital Signs is coordinated nationally by Community Foundations of Canada and with special thanks to the Toronto Foundation for developing and sharing the Vital Signs concept. For more information visit: www.vitalsignscanada.ca. The Vital Signs trademark is used with permission from Community Foundations of Canada.

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