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 (*nuučaańuł*) principle of *hišukniš ćawaak*, 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 nuučaańuł language revitalization. This year, we've worked with a regional committee of elders and language keepers to incorporate nuučaańuł 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 *hišinq^wiit*, the 2017 regional gathering, local leaders from Nuuchah-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

Dante Zago Student Intern

Faye Missar Program Coordinator

Mathieu St. Laurent-Addison ECO Canada Intern

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About Vital Signs®

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

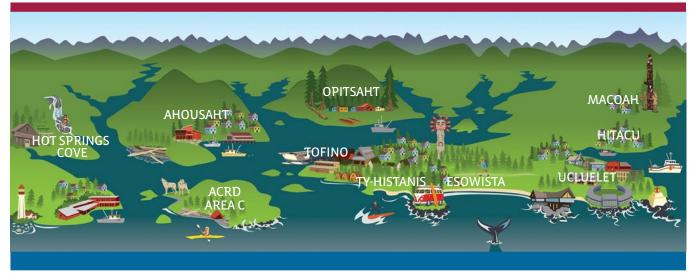
The CBT is one of 191 community foundations across Canada. As a community foundation, we champion issues that matter and direct grants to everything from research and environment, to the arts, community development, and recreation. We are governed by a board of directors with representation from all of our west coast communities. We work with 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

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.

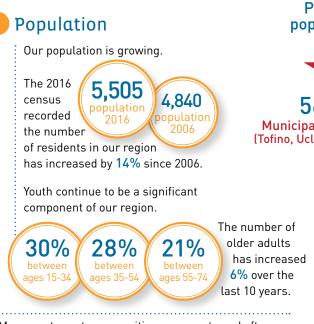
The Clayoquot Sound Biosphere Region

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



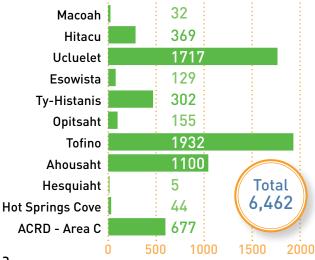
coast" as we are the far western communities of Vancouver Island, BC. Throughout this report, information specific to the west coast is used wherever possible, but, given our small population, the best available data is often for the entire ACRD, which includes Port Alberni, the surrounding Alberni Valley,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

Our Region

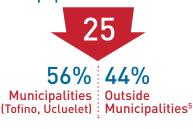


Many west coast communities are remote and often have a higher number of residents than recorded in the 2016 census. Therefore, we've gathered more accurate numbers to better calculate our regional population.

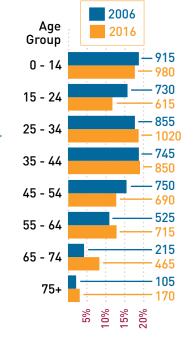
Population of west coast communities²

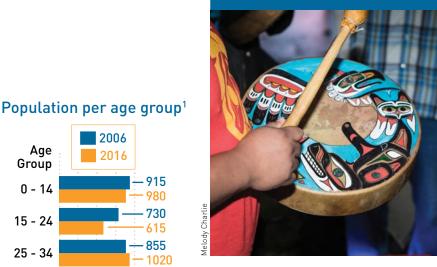


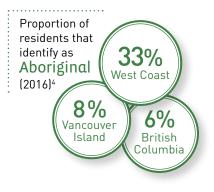
Proportion of population under



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







The 2030 Agenda for Sustainable Development ECONOMY E

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.

3

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

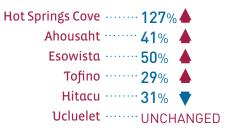
Coordinator, Alberni Clayoquot Health Network

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-CHANGE 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.

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

Percentage of labour force in accommodation & food sector Unemployment Number 1 rate of visitors Living Salmon wade escapement 1.3 ... 1.2 1.1 1.0 0.9 2012-13 2013-14 2014-15 2015-16 2016-17 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.



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

nisma

earth, everything, Central dialect water and land.



14 LIFE BELOW WATER marine pollution of all kinds, in particular from land-based activities, including marine debris and nutrient pollution.

Target 14.1 By 2025, pre-

vent and significantly reduce

97%

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.

2016-17

47

8

2017-18

78

22

11

Of the 490 visitors and community members who participated in the Ucluelet Aquarium's microplastic beach surveys between March and June 2018,

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 ind cess

to increase when animals hav cess to human food and garbad	re ac-	11	21	97
Number of food condition	-	eports		
<u>2016-17</u> 2017 93 8		<u>5-17</u> <u>2017-1</u> 0	8	

reported feeling encouraged to reduce their plastic consumption after learning about marine pollution impacts

and alternative products.⁹

2013-14

20

2015-16

108

14

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

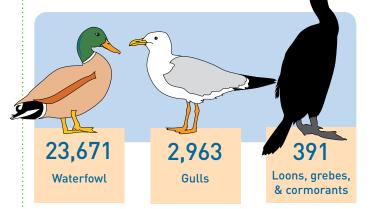
96 remote beach / clean-ups

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:



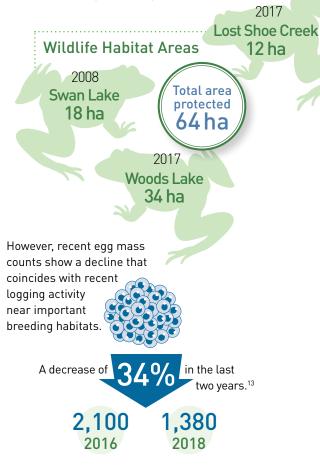
American wigeon and mallards accounted for 50.4% of all observations.



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.



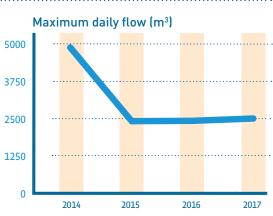
6 CLEAN WATER AND SANITATION

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

î a

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 **42**% fecal coliform increase counts.14

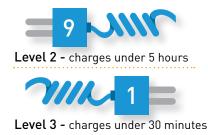
Clean Energy

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

enough to power more than 10.000 homes megawatts with a projected greenhouse gas reduction of 18.000 tonnes of CO² annually.¹⁵

Number of electric vehicle charging stations on the west coast¹⁶

17.5



Climate Change Impacts



Target 13.1TStrengthen resil-
ience and adaptive
capacity to climate
related hazards and
natural disasters.T

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

Increasing atmospheric concentrations of carbon dioxide are heating up the earth's land and sea temperatures. Consequently, over the next 20 to 30 years we can expect extreme weather events and

changing ocean conditions. According to the Climate Atlas of Canada, the average maxi-

mum summer temperature on the west coast is projected to 2040-50¹⁷

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, Kwisitis 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.

Predicted climate changes for West Coast Vancouver Island¹⁸

By 2050

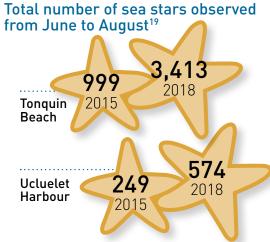
5% increase in winter precipitation and a decrease of 17% for summer precipitation.

Winter snowfall will decrease by 36% and spring snowfall by 51%.

By 2080

11% increase in winter precipitation and a decrease of 17% for summer precipitation.

Winter snowfall will decrease by 51% and spring snowfall by 71%.



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 northeast Pacific changed the water properties of our local fjords and inlets.

rthir and inlets.

2017

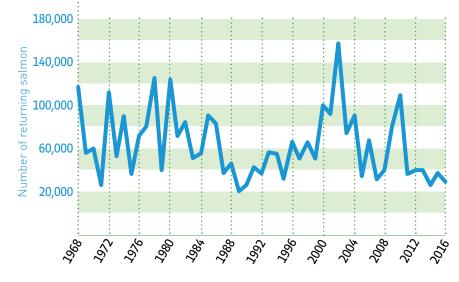
2013

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}

> 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



A LIFE BELOWWATER Cluding street take action for achieve head

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 salmonbearing 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.

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.

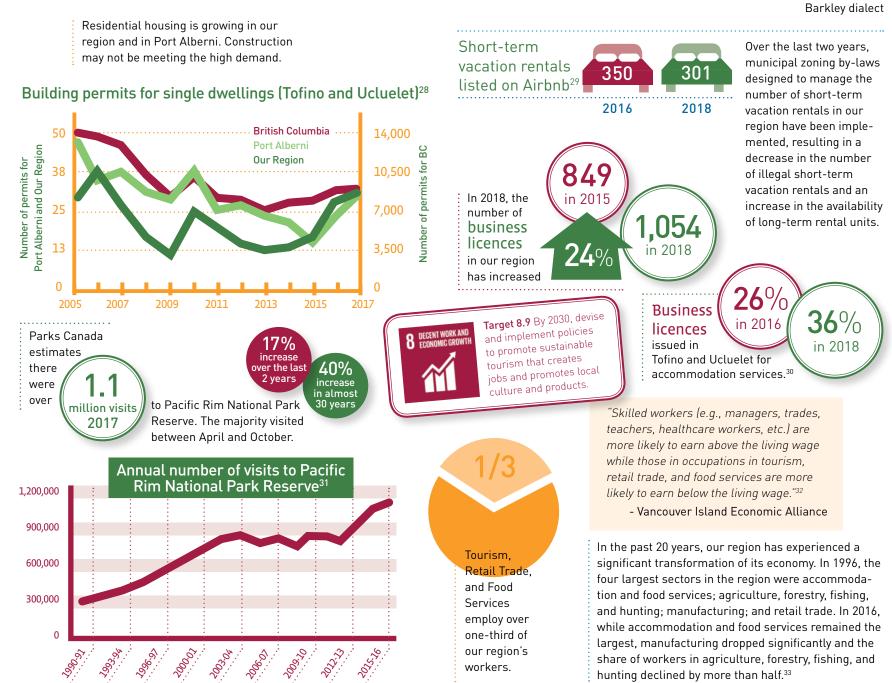
nearly

50%

DOWN

People and Work

mamums



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.

\$20.11

per hour

Port

Alberni

\$27.30

West Coast

\$30.49

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

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.)

On June 1, 2017, the Yuułu?ił?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 Yuułu?ił?ath government's living wage policy is a significant step towards more sustainable livelihoods for its residents.³⁸



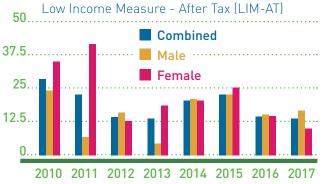
Target 2.1 By 2030, end hunger and ensure access by all people to nutritious and sufficient food all year round.

Increase in the number of food bank clients.⁴¹

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 1 ^{NO} POVERTY Le N*************

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



Elderly Living in Poverty

approximately

\$31,000

2015

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

12%

between

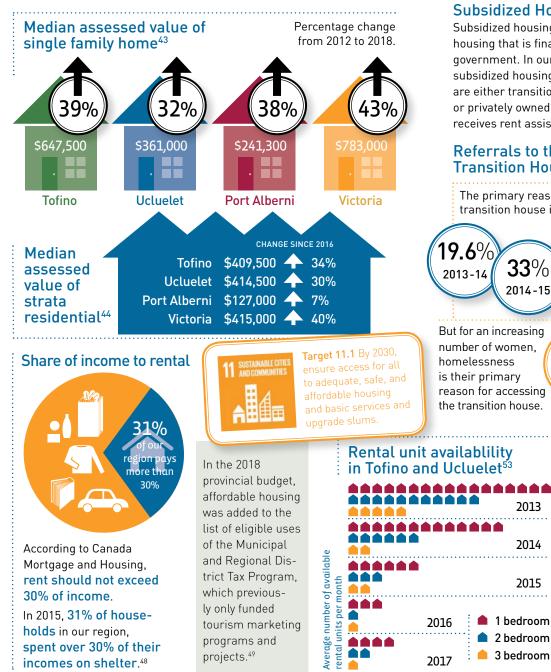
2015-17

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%)**.

Housing



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. **45**% **41**% 33% 2015-16 2016-17 2014-15 But for an increasing 7.8%

4.5% 2016 2017

2013

2014

2015

Median listed price of rental housing in Tofino & Ucluelet⁵²



mamahtii Central dialect

Welcome Bay

In 2018, the Westcoast Community **Resources Society** opened Welcome Bay, a second stage transitional affordable housing unit for women and families at risk of homelessness and fleeing abuse.47

Housing Requiring Major Repairs

Private dwellings in our region requiring major repairs.⁵⁰ 6% 15% 2016

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

11

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



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







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

PEACE, JUSTICE AND STRONG INSTITUTIONS INSTI

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	

yuucḥapiʔał

Central dialect Be careful what you say and do.

Tofino's free shuttle ridership



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.

From 2015 to 2017, use of the shuttle increased by 87%

with an average of 317 riders per day.⁵⁹

26% of youth hitchhike

Target 11.2 By 2030, provide access to

safe, affordable, accessible, and sustain-

able transport systems for all, improving road safety, notably by expanding public

transport, with special attention to the

needs of those in vulnerable situations.

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

from time to time. This is up from 15.2% in 2014 and 12.6% in 2012. 58

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

Overall crime, 201663
Tofino crime increased 23%
Ucluelet crime decreased 7.7% 🔻
Overall crime, change since1998

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

12

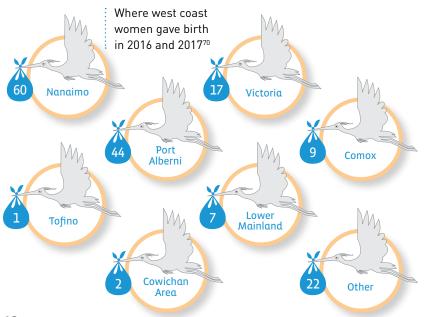
Health and Wellness

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 82.6 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

79

Alberni-

Clayoquot

82.2

Vancouver

Island

BC

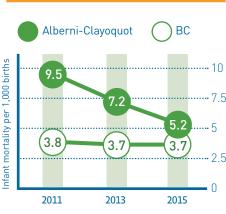
Total births to women from the west coast.69

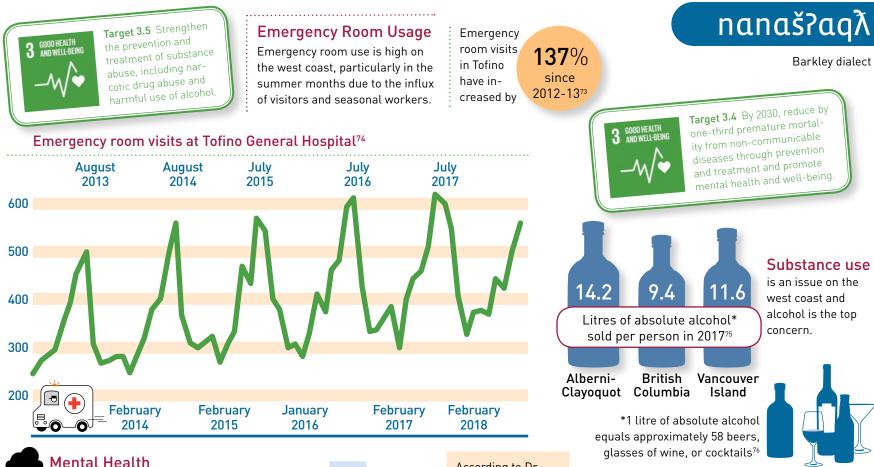
2007	83
2008	77
2009	81
2010	85
2011	80
2012	71
2013	83
2014	70
2015	76
2016	91
2017	80

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-Clayoguot and British Columbia.





per 1,000 people

259

In the Alberni-Clayoquot region, depression, and mood and anxiety disorders are on the rise, and their prevalence is increasing at a faster rate since 2012 than in BC. 41% increase 31% Mood & anxiety in our disorders area increase in BC⁷⁸ 301 per 1,000 people since 2012 **45**% increase 30% in our Depression area

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



700 cannabis social connectedness users

identified by local health service providers: intergenerational trauma effects of colonialism lack of joy low satisfaction with quality of life

lack of cultural and

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

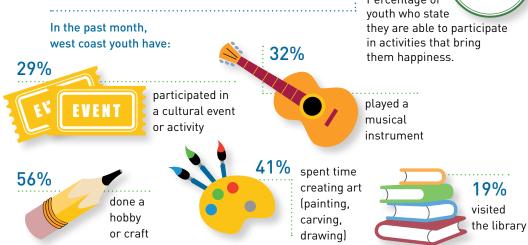
mental health and depression family stress high cost of living

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
8	l belong in my community	74%	65%
V	I have people in my life who care about me	98%	95%
	, I volunteered recently	19%	10%
<u></u>	l am a happy person	93%	74%



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

55%

in 2014

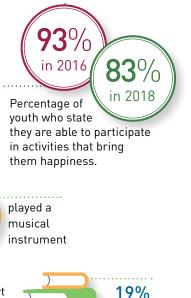
66%

in 2016

66%

in 2018

Arts, Culture, and Recreation





Environment

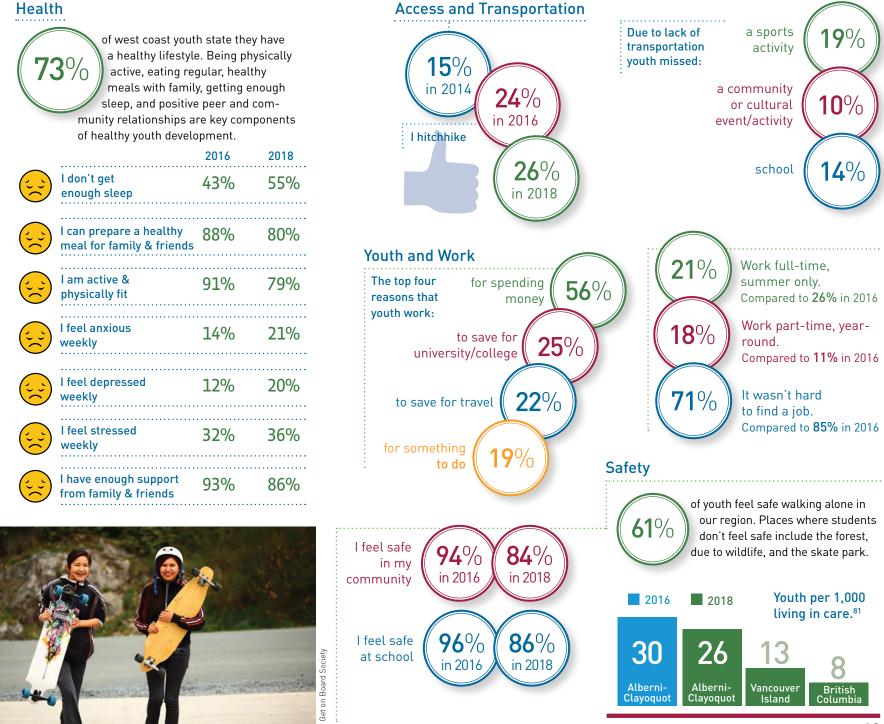
When asked what they like about living on the west coast, the top three answers youth gave were:

> 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

Health



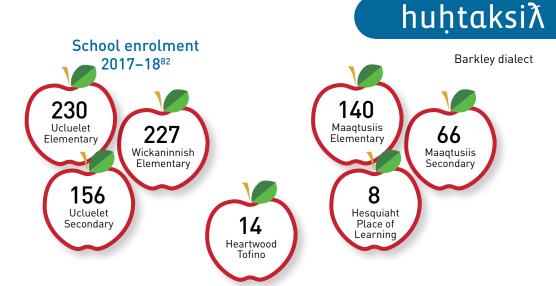
Learning						
4 CUALITY CONTACT CONTACT CONTACT 4 CONTACT 5 CONT						
Number	C of stud Eleme school	ntary	nrolled Secondar schools		region ⁸²	
2012/13	449 289					
2013/14	467 244	· ·				
2014/15	487 219					
2015/16	523 206					
2017/18	<mark>611</mark> 212	· •				
(0 3	175	350	525	700	

• •

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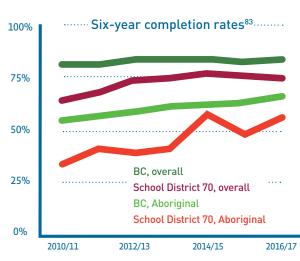
Note: Does not include Hesquiaht Place of Learning or Island Discovery.

Average annual cost of university undergraduate tuition	84	•
	2015/16	2017/18
Royal Roads University	\$7,718	\$7,285
University of Victoria	\$5,262	\$5,368
Vancouver Isalnd University	\$4,177	\$4,261
	• • • • • • • • • • • • • •	



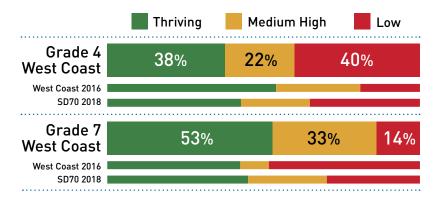
The Early Development Index looks at how children in kindergarten could be vulnerable in areas that include physical health, well-being, emotional maturity, and communication skills. In the last wave of data from 2016, west coast children were in line with the School District 70 and overall provincial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

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.

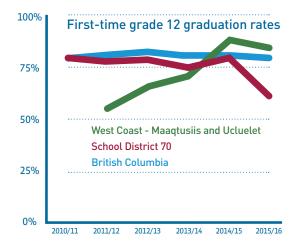




The Middle Years Development Instrument looks at the well-being of Grade 4 and 7 students across many indicators of health including connectedness, social and emotional development, and experiences during and after school. Overall well-being of children during these years establishes a student's lifelong identity and sets the stage for adolescence and adulthood. 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.



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.



QUALITY EDUCATION

lody Chai

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.

WEST COAST

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 493 NEST listed education events87

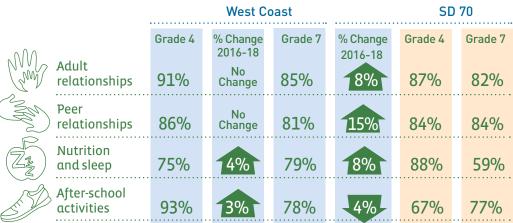
153

courses

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.

Children reporting positive assets in their lives, 2018⁸⁶



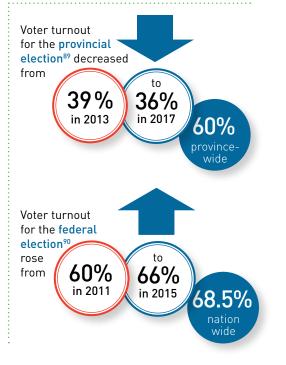
Belonging & Leadership

hiỷatḥqin ʔuḥiš ḥaẁiiḥukqin

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

Voter Turnout in Our Region

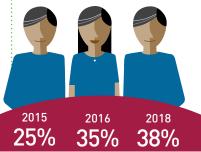




Target 5.5 Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic, and public life.

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



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 \$8,400 Small Grants Program provided



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

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

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



Proportion of women in managerial positions in our region.⁹³ 38.6% 39.4% in 2016 in 2018

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

65

"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

qačałma?uk uhiš qwaa?akqin 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

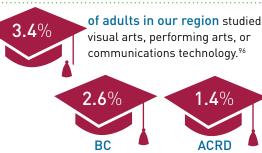


Employment in the Arts

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

5.1% 2.8% 3.8% our region ACRD BC

Education in the Arts



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."

Regional Events

50

events &

festivals

& Festivals, 2017¹⁰⁰

were

hosted in

our region.

	CCA arts grant	s to our region ⁹⁸	Gra i Cla
	\$11,000	\$45,000	201
-	2015-16	2016-17	\$28,

nting to Arts & Culture: yoquot Biosphere Trust 15 2016 2017 200 \$39,000 \$25,000

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







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

Central dialect Those who make beau

things and how we live.

Nuu-chah-nulth Language

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

nuučaańuł means **"all along the mountains and sea."** nuučaańuł 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 nuučaańuł are spoken:¹⁰⁴





Central Dialect

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

Ucluelet • Yuułu?ił?ath

People of the safe landing place or safe harbour $^{\rm 105}$

Toquaht • tuk^waa?ath

People of the narrow channel¹⁰⁶

Tla-o-qui-aht • λα?uuk^wi?αth

People who are different from who they were¹⁰⁷

Ahousaht • ۲۵۵huus?ath

People of Ahous¹⁰⁸

Hesquiaht • ḥiškʷii?atḥ

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



Language Nests

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

nuučaańuł



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 Yuułu?ił?ath Xa?uukwi?ath Saahuus?ath hiškwii?ath

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

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:

We call upon the federal government to acknowledge that Aboriginal rights include Aboriginal language rights.

We call upon the federal government to enact an Aboriginal Languages Act that incorporates the following principles:

14

- 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.

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.

We call upon post-secondary institutions to create university and college degree and diploma programs in Aboriginal languages.

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

1 NO POVERTY Ň**ŗ**ŧŧ; 5 GENDER EQUALITY 6 CLEAN WATER AND SANITATIO 8 DECENT WORK AND ECONOMIC GROWT 10 REDUCED Ø 6 Ξ 13 ACTION 4 LIFE BELOW WATER tourism that creates jobs and promotes 5 Adopt policies, especially fiscal, wage, and 15 IN LAND 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,

By 2030, devise and implement

policies to promote sustainable

local culture and products.

8

16

disability, race, ethnicity, origin, religion, or economic or other status.

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.

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.

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.

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.

Significantly reduce all forms of violence and related death rates everywhere.

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.

Targets identified within this report:

nutritious, and sufficient food all year round.

narcotic drug abuse and harmful use of alcohol.

national definitions.

and well-being.

and public life.

girls at all levels.

effective learning outcomes.

are ready for primary education.

recycling and safe reuse globally.

needed to promote sustainable development.

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

By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe,

Strengthen the prevention and treatment of substance abuse, including

By 2030, reduce by one-third premature mortality from non-communicable

diseases through prevention and treatment, and promote mental health

By 2030, ensure that all girls and boys complete free, equitable, and

quality primary and secondary education leading to relevant and

By 2030, ensure that all girls and boys have access to quality early

By 2030, ensure that all learners acquire the knowledge and skills

childhood development, care, and pre-primary education so that they

Ensure women's full and effective participation and equal opportunities

for leadership at all levels of decision-making in political, economic,

Adopt and strengthen sound policies and enforceable legislation for

the promotion of gender equality and the empowerment of women and

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

23

Giving for Change



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.

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.

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.

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:

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.

Make a contribution •

3 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.

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.



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

OMMUNITY OUNDATIONS

Create Your Own Legacy

Grants •

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.

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 Clayoguot Sound Salmon Roundtable within the Clayoquot Sound Salmon Recovery Plan.

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.

Acknowledgements

Vital Signs® is possible thanks to the help and support of several community organizations and community members. We would like to thank the following people and organizations for their contributions to this year's Vital Signs report:

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