

**January 23, 2023**

Vanessa Daether  
By email:  
[vanessa@daether.ca](mailto:vanessa@daether.ca)

**Re: Our Health Survey Question Submission Form**

Dear Vanessa,

Further to your presentation to Council on December 7, 2022 and the Survey Question Submission Form you subsequently provided, I am pleased to furnish you with the five suggested questions from the Municipality of North Cowichan, as per the direction to municipal staff from Council's Committee of the Whole at its meeting on January 10, 2023 at which it considered the invitation to collaborate.

Having reviewed the example MHMC questionnaire administered within the Fraser Valley, we provide the following suggestions on the assumption that questions collecting basic demographic info and probing behaviours (e.g. amount of drinking, smoking, exercise, diet habits, etc.) will be included without our prompting. The more detailed questions and response variables provided in the attached form may therefore need to be constructed as subsequent or supplemental to one or more of these more basic quantifiable questions.

Our recently adopted Official Community Plan (OCP) contains a chapter called "*Resilient, Inclusive Communities*" which sets out the social goals and objectives for our communities and built environment. The attached suggested questions, along with response options are designed to provide data that would help inform actions and policy responses to achieve the outcomes set by the OCP.

We very much appreciate this opportunity to work with Island Health on the survey design and thank you for your assistance to date. I would be happy to continue conversations regarding the development of these questions pursuant to finalizing the survey, appreciating that you may need to edit, amend and refine them to make them suitable for inclusion.

Sincerely,



Chris Osborne MCIP, RPP  
Manager, Planning  
[chris.osborne@northcowichan.ca](mailto:chris.osborne@northcowichan.ca)

Encl. MNC OHOC Question Submission Form  
MNC OHOC Suggested Questions Supplement Sheet

# OUR HEALTH, OUR COMMUNITY

## SURVEY QUESTION SUBMISSION FORM

Our Cowichan Communities Health Network and Island Health are working with those living in the Cowichan Valley region to develop a Cowichan Valley region-specific population survey. Entitled “Our Health, Our Community” (OHOC), this survey will collect local-level data on the health and wellness of Cowichan Valley residents. The data collected will be used to support local evidence-based decision-making around health and wellness planning, policy, and services.

The survey will launch (online, with some copies available in print) in the spring of 2023 and will be open to all residents of the Cowichan Valley region who are 18 years and older. We aspire to recruit a minimum of 4,500 survey respondents who can anticipate being asked questions on topics areas such as individual health, access to services, community involvement, and neighbourhood characteristics.

To ensure this survey and its results are relevant to the health and wellness needs of Cowichan Valley residents, we are asking the community for input on the survey questions. Specifically, we ask community leaders to share their health and wellness question suggestions.

Accordingly, we invite your organization to use this question submission form to submit up to 5 questions.

After the January 25, 2023 submission deadline, our survey team will compile all feedback and develop the survey. To respect survey participants’ time, not all question submissions will be accepted.

**To guide question selection, we ask that you consider the criteria below when submitting this form:**

- Does this question fill a current health and wellness data gap? *Please note, for this survey, health and wellness include the non-medical factors that influence health and wellness outcomes, such as income, housing, food security, education, culture, our natural and built environments, social supports, access to health services, and more.*
- Is this question specific to the Cowichan Valley?
- Will this question enhance decision-making and planning in the Cowichan Valley?

If you have questions during this process, please contact Vanessa Daether, Project Manager, at [vanessa@daether.ca](mailto:vanessa@daether.ca) or 250-715-8572.

**To submit your Question Submission Form, email the completed form to [vanessa@daether.ca](mailto:vanessa@daether.ca) by 5pm on January 25, 2023.**

Thank you for your support,

OHOC Advisory Team



**OUR HEALTH, OUR COMMUNITY**  
**SURVEY QUESTION SUBMISSION FORM**

**CONTACT INFORMATION**

**Organization/  
Department Name:** Municipality of North Cowichan  
**Contact Name:** Chris Osborne (Manager, Planning)  
**Date (dd/mm/yyyy):** 23/01/2023  
**E-mail:** chris.osborne@northcowichan.ca  
**Phone** 250-746-3277  
**Community/  
Service Area:** North Cowichan (Municipality)

**PLEASE SUGGEST YOUR QUESTIONS BELOW AND ORDER THEM BY PRIORITY.**

(First question being the highest priority).

**QUESTION 1:**

**Question Text:** (Ex. *"How would you describe your sense of belonging to your local community?"*)

Thinking about walking or rolling to get to work, stores, services and events, or for recreation and pet exercise, what makes walking or rolling difficult for you in your neighbourhood? Tick any/all that apply:

**Question Response Suggestions Text:** (Ex. *"Very strong, strong, neutral, weak, very weak"*)

See supplement sheet

**Describe how the data collected from this question would be used to improve the health and wellness of Cowichan Valley residents.**

Understanding the full range of barriers to active mobility will help us design our built environments to facilitate non car-based transport as much as possible, making it easy for people to make healthier choices.

Our Official Community Plan uses the language of "walking or rolling" in describing active transportation since there are a number of non-motorized forms of getting around that fall within this category. The term is relatively new and unfamiliar, but it is not complex or abstract. We are open to using alternative phrasings, however.

## QUESTION 2:

**Question Text:** (Ex. *"How would you describe your sense of belonging to your local community?"*)

For each of the following types of transport, please indicate on average how often you use it to reach a destination such as work, school, doctor's appointment or groceries?

**Question Response Suggestions Text:** (Ex. *"Very strong, strong, neutral, weak, very weak"*)

See supplement sheet

**Describe how the data collected from this question would be used to improve the health and wellness of Cowichan Valley residents.**

By understanding the full range of ways people get around we can ensure our built environment is designed to make it as easy as possible for people to use active transportation. This will inform updates to local development permit guidelines and zoning standards, along with physical interventions such as road corridor improvements.

## QUESTION 3:

**Question Text:** (Ex. *"How would you describe your sense of belonging to your local community?"*)

Thinking about how safe and secure you feel in your neighbourhood, which of the following issues have you experienced making you feel less safe? Tick any/all that apply.

**Question Response Suggestions Text:** (Ex. *"Very strong, strong, neutral, weak, very weak"*)

See supplement sheet

**Describe how the data collected from this question would be used to improve the health and wellness of Cowichan Valley residents.**

People's sense of safety and security in their home neighbourhood has a significant bearing on quality of life. Understanding what the safety issues are in each neighbourhood will inform place-specific design along with both physical and policy interventions. This data may eventually prompt local governments to consider things like traffic calming in certain areas, lighting improvements in specific spaces, or install garbage cans.

#### QUESTION 4:

**Question Text:** (Ex. "How would you describe your sense of belonging to your local community?")

For each of the following, please indicate how often you access it by a) getting there by vehicle, or b) getting there by other means (e.g walking or rolling)

**Question Response Suggestions Text:** (Ex. "Very strong, strong, neutral, weak, very weak")

See supplement sheet

**Describe how the data collected from this question would be used to improve the health and wellness of Cowichan Valley residents.**

Responses to this question will give insights into the adequacy and availability of various types of green, blue and open spaces on a neighbourhood level, informing parks planning and the type of park and park-like spaces to be created during the subdivision process.

While it makes the question a little more complex, an option is also to probe how people are getting to these spaces, which would help design them to make them more friendly to active transportation options.

The suggested response options in the supplement sheet are intended to be generic to the entire CVRD, but can also include significant sites specific to a particular jurisdiction (e.g. North Cowichan Municipal Forest Reserve)

#### QUESTION 5:

**Question Text:** (Ex. "How would you describe your sense of belonging to your local community?")

What statements regarding child daycare apply to you? Tick any/all that you would agree with:

**Question Response Suggestions Text:** (Ex. "Very strong, strong, neutral, weak, very weak")

See supplement sheet

**Describe how the data collected from this question would be used to improve the health and wellness of Cowichan Valley residents.**

Finding available and affordable child daycare is a significant barrier to many people who would otherwise contribute to the workforce and is a contributor to gender inequality. The Official Community Plan seeks to improve quantity and quality of child daycare options, and responses to this question would help local governments understand how the difficulties might vary between neighbourhoods, illustrate where the needs are greatest, and inform potential responses.

**MUNICIPALITY OF NORTH COWICHAN – OHOC Suggested Questions Supplement Sheet****January 23, 2023****BARRIERS TO WALKING/ROLLING**

1. **Thinking about walking or rolling to get to work, stores, services and events, or for recreation and pet exercise, what makes walking or rolling difficult for you in your neighbourhood? Tick any/all that apply:**
  - Lack of destinations near to home
  - Road/traffic safety concerns
  - Personal safety concerns
  - Unpleasant environment
  - Traffic noise
  - Lack of sidewalks or good surfaces
  - Lack of marked bike lanes
  - Lack of lighting
  - Presence of physical barriers, particularly for strollers, bikes or wheelchairs (e.g. gates, bollards, uneven surfaces)
  - Lack of bins to dispose of pet feces
  - Health or mobility issues
  - Lack of time
  - Difficulties finding E-Bike charging
  - I'm able to walk but don't enjoy it
  - No major difficulties – I can comfortably walk/roll to a variety of destinations
  - Other (please specify)

**MODES OF TRANSPORT**

2. **For each of the following types of transport, please indicate on average how often you use it to reach a destination such as work, school, doctor's appointment or groceries?**
  - Walking or wheelchair
  - Rollerblading, kick scooter, or similar
  - Driving a regular (gas/diesel) vehicle (including motorcycles)
  - Passenger in a regular (gas/diesel) vehicle
  - Electric or Hybrid Vehicle
  - E-Bike or E-Scooter
  - Pedal bike
  - Bus
  - Ferry
  - Taxi

Q.2 Response variables:

- Most days
- At least once a week
- 1-3 times a month
- 1-10 times a year
- Never

### **NEIGHBOURHOOD SAFETY**

**3. Thinking about how safe and secure you feel in your neighbourhood, which of the following issues have you experienced making you feel less safe? Tick any/all that apply:**

- Loitering
- Antisocial behaviour & public drinking/drug-taking
- Not enough people around
- Inadequate street lighting
- Tagging, graffiti & fly posting
- Litter, garbage & dirt
- Needles or drug-related debris
- Dog feces or off-leash dogs
- Threatening and shadowy spaces such as unlit nooks, doorways and alleys
- Type of buildings and businesses in area
- Buildings or lots in state of disrepair
- Inadequate quality and upkeep of public spaces such as parks, boulevards and parking lots
- Fear of aggressive wildlife
- Vehicle traffic speeds
- Noisy vehicles or ATVs
- Fast cyclists on shared pedestrian/cycle routes
- Other (please specify)

### **ACCESS TO OPEN AND NATURAL SPACES**

**4. For each of the following, please indicate how often you access it by a) getting there by vehicle, or b) getting there by other means (e.g. walking or rolling):**

- Local Park
- Off leash dog park
- Regional Park
- North Cowichan Municipal Forest Reserve
- Beach
- Lakeshore
- Nature Reserve
- Sports pitch
- Local or regional trails
- Other green space

Q4 Response variables:

- |  |  |
|--|--|
| a) Getting there by vehicle                | b) Getting there on foot/rolling           |
| <input type="radio"/> Most days            | <input type="radio"/> Most days            |
| <input type="radio"/> At least once a week | <input type="radio"/> At least once a week |
| <input type="radio"/> 1-3 times a month    | <input type="radio"/> 1-3 times a month    |
| <input type="radio"/> 1-10 times a year    | <input type="radio"/> 1-10 times a year    |
| <input type="radio"/> Never                | <input type="radio"/> Never                |

#### **ACCESS TO CHILD DAYCARE**

**5. What statements regarding child daycare apply to you? Tick any/all that you would agree with:**

- I am not responsible for any children needing daycare
- My daycare needs are well-met locally
- There are no daycare facilities near where I live
- There are no daycare facilities near where I work
- There are daycare facilities near where I live, but they have no available space
- There are daycare facilities near where I work, but they have no available space
- Daycare facilities are available to me, but the hours aren't long/flexible enough
- Daycare facilities are available to me, but do not cover all days of the week or accommodate shift patterns
- I am not happy with the type or quality of daycare facilities available to me
- I cannot afford the daycare services that are available to me
- I would like to work (or work more hours) if only I could find appropriate and affordable daycare
- Other (please state)