

The Well-Being of Newfoundland and Labrador Prior to Implementation of Health Accord NL

Objective

To provide an overview of the well-being of communities within Newfoundland and Labrador (NL).

Practice Points

1. Well-being is the experience of health, happiness and prosperity and is influenced by every aspect of life. Well-being means having what we need to create and maintain the lives we want for ourselves.
2. Measurement of well-being indicators is essential so that we can assess current levels of social and economic well-being, determine which areas of the province are experiencing poor well-being, plan implementation of interventions and monitor the impact of these interventions over time.

Methods

1. Data on a number of key social and economic indicators was obtained from the Well-Being and Indicators section in Community Accounts (Department of Finance).
2. Data was compiled for a select sample of communities within NL (but is available for 364 communities in total) and also for the Province as a whole.
3. A Composite Well-Being Score was provided for each community based on a community's ranking on 16 well-being indicators that included both objective and subjective measures.

Results

Table 1. Well-Being Summary Table for Select Communities in NL and for the Province

Indicator	St. John's	Clareville	Gander	Grand Falls-Windsor	Corner Brook	Labrador City	Happy Valley-Goose Bay	Province
Population, 2016	108,860	6290	11,690	14,520	19,805	7,220	8,110	519,716
Population Change, 2011–2016	2.5%	4.2%	5.7%	4.3%	-0.4%	-2.0%	7.4%	1.0%
Migration Rate (5 year basis), 2016	16.6%	20.1%	20.3%	13.8%	12.6%	13.3%	17.6%	
Average Couple Family Income, 2019	\$135,200	\$121,200	\$122,900	\$103,100	\$101,400	\$172,400	\$141,600	\$113,300
Personal Income Per Capita, 2019	\$43,700	\$39,500	\$41,800	\$35,500	\$36,200	\$60,300	\$46,100	\$38,600
Economic Self-Reliance Ratio, 2019	86.3%	83.0%	84.9%	78.1%	78.7%	93.7%	89.0%	80.0%
Employment Rate (age 15 and over), 2016	57.8%	56.2%	56.3%	46.8%	49.0%	65.1%	66.9%	49.5%
Change in Employment, 2014–2019	-2.3%	0.8%	0.8%	-5.4%	-3.1%	-3.6%	-5.1%	-3.8%
High School Diploma or Higher (pop 25 to 64), 2016	91.2%	90.2%	89.4%	86.6%	88.6%	91.9%	87.9%	84.3%
Bachelor's Degree or Higher (pop 25 to 64), 2016	35.6%	20.5%	19.3%	16.5%	20.1%	14.7%	17.2%	18.3%
Employment Insurance Prevalence, 2021	21.4%	38.0%	27.6%	36.0%	31.3%	14.4%	21.9%	38.6%
Income Support Benefits Incidence, 2021	11.4%	8.0%	7.1%	10.7%	8.4%	2.9%	5.3%	7.8%

table continued on page 110

Table 1 continued

Indicator	St. John's	Clareville	Gander	Grand Falls-Windsor	Corner Brook	Labrador City	Happy Valley-Goose Bay	Province
Median Age of Death, 2016–2020	79	82	82	78	81	69	76	78
Low Income Prevalence: All Family Types, 2019	23.7%	14.8%	15.6%	17.5%	18.4%	8.8%	13.0%	16.5%
Self-Assessed Health Status, Excellent and Very Good, Age 12+, 2015–2016	63.5% +/- 4.8%	43.0% +/- 24.3%	60.5% +/- 10.0%	64.6% +/- 7.3%	62.5% +/- 6.7%	73.9% +/- 9.0%	51.9% +/-10.3%	62.0% +/- 1.7%
Sense of Belonging to a Community, Age 12+, 2015–2016	75.5% +/- 4.3%	88.8% +/- 15.9%	79.0% +/- 8.6%	84.3% +/- 5.7%	81.2% +/- 5.5%	84.1% +/- 7.5%	78.4% +/-8.7%	79.6% +/- 1.5%
Satisfaction with Life in General, Very Satisfied or Satisfied, Age 12+, 2015–2016	5.7% +/- 3.5%	97.4% +/- 8.1%	86.8% +/- 7.1%	89.2% +/-4.9%	91.1% +/- 4.0%	88.3% +/- 6.6%	95.0% +/- 4.7%	88.0% +/-1.2%
Composite Well-Being Score	70%	79%	76%	64%	64%	76%	73%	

Conclusions

1. Communities across NL experience vastly different rates of population change, income, employment, education, income support benefits and more.
2. Monitoring a population's well-being helps to determine areas of need and guides decision-makers in determining policies and interventions.