

Social Cohesion and Connections in Newfoundland and Labrador by Gender

Objective

To compare social indicators in Newfoundland and Labrador (NL) and Canada by gender.

Practice Points

1. Having family and friends you can count on and trust, feeling like you belong and are not alone, and satisfaction with personal relationships can lead to stronger feelings of safety and security and positively influence long-term health and well-being.
2. Quality of Care NL acknowledges that gender expression exists on a spectrum and not as a binary. Due to limited data availability on gender as well as privacy concerns, this sex/gender-based analysis is limited to male/female or men/women. Please note, the use of the terms sex, gender, male/female and men/women in this analysis correspond with the original data sources.

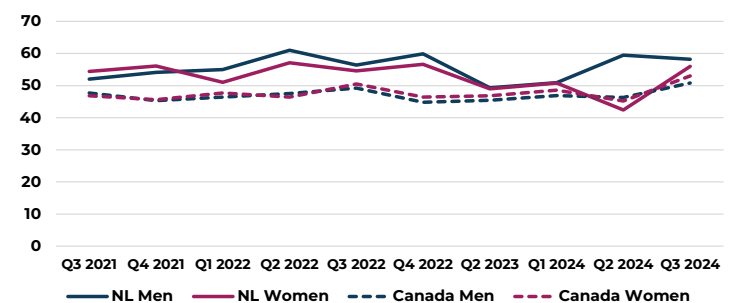
Methods

1. Data on all social indicators (sense of belonging to local community, someone to count on, trust in others, satisfaction with personal relationships, loneliness, sense of belonging to Canada) were obtained from Statistics Canada.
2. Sense of belonging to local community was measured using the following question, “How would you describe your sense of belonging to your local community?” The possible response categories included: very strong, somewhat strong, somewhat weak, very weak, no opinion.
3. Someone to count on was measured using the following question, “How often would you say you have people you can depend on to help you when you really need it?” The possible response categories included: always, often, sometimes, rarely, never.
4. Trust in others was measured using the following question, “Generally speaking, would you say that most people can be trusted or that you cannot be too careful in dealing with people?”

5. Satisfaction with personal relationships was measured using the following question, “On a scale from 0 to 10, where 0 means you feel ‘Not at All Satisfied’ and 10 means you are ‘Completely satisfied’: How satisfied are you with your personal relationships?”
6. Loneliness was measured using the following question, “How often do you feel lonely?” The possible response categories included: always, often, sometimes, rarely, never.
7. Sense of Belonging to Canada was measured using the following question, “How would you describe your sense of belonging to Canada?” The possible response categories included: very strong, somewhat strong, somewhat weak, very weak, no opinion.
8. Indicators were compared over time for NL and Canada by gender and between provinces by gender.

Results

Sense of Belonging to Community



*Data not available for Q1 2023, Q3 2023 and Q4 2023

Figure 1. Sense of Belonging to Local Community (Very Strong or Somewhat Strong) for those Aged 15 Years and Older in NL and Canada by Gender (%), Q3 2021 to Q3 2024

- Sense of belonging to local community has been higher in NL compared to Canada for both men and women (except for Q2 2024).
- In Q3 2024, sense of belonging to local community was 15% higher for men in NL compared to men in Canada and 6% higher for women in NL compared to women in Canada.

- Sense of belonging to local community has been similar for men and women in NL (except for Q2 2024). The same applies for men and women across Canada.

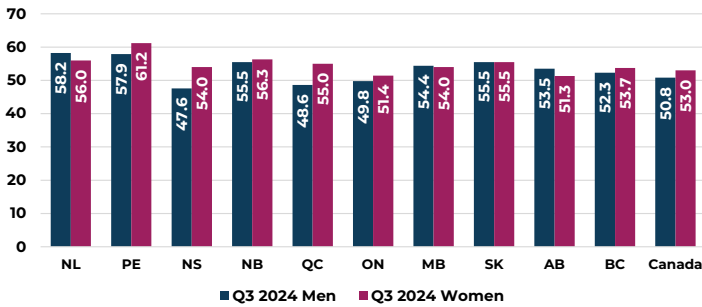
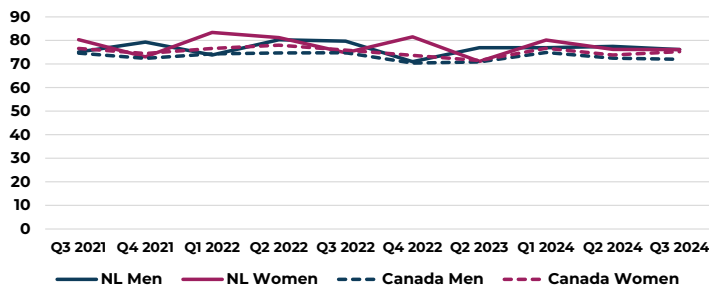


Figure 2. Sense of Belonging to Local Community (Very Strong or Somewhat Strong) for those Aged 15 Years and Older by Province and Gender (%), Q3 2024

- In Q3 2024, NL men ranked first among the Canadian provinces for sense of belonging to local community and NL women ranked third (1=best and 10=worst).

Source: Statistics Canada. Table 45-10-0052-01 Sense of belonging to local community by gender and province; Canadian Social Survey (CSS), Q3 2021 to Q3 2024.

Someone to Count On



*Data not available for Q1 2023, Q3 2023 and Q4 2023

Figure 3. Having Someone to Count On (Always or Often) for those Aged 15 Years and Older in NL and Canada by Gender (%), Q3 2021 to Q3 2024

- From Q3 2021 to Q3 2024, the proportion of individuals having someone to count on when needed has fluctuated slightly for both men and women in NL and Canada.

- Across Canada, women report a slightly higher rate of having someone to count on when needed compared to men. In NL, there is no consistent trend by gender over time.

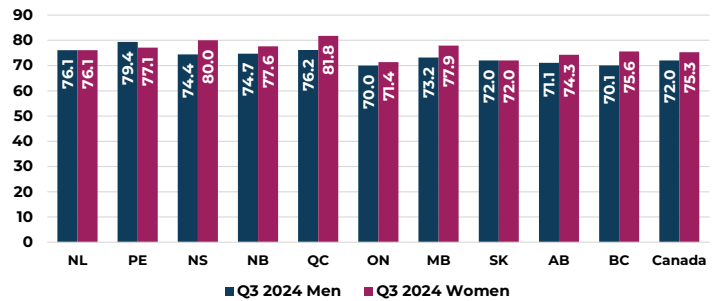


Figure 4. Having Someone to Count On (Always or Often) for those Aged 15 Years and Older by Province and Gender (%), Q3 2024

- In Q3 2024, NL men ranked third among the Canadian provinces for having someone to count on when needed and NL women ranked sixth (1=best and 10=worst).

Source: Statistics Canada. Table 45-10-0050-01 Having someone to count on by gender and province; Canadian Social Survey (CSS), Q3 2021 to Q3 2024.

Trust in Others

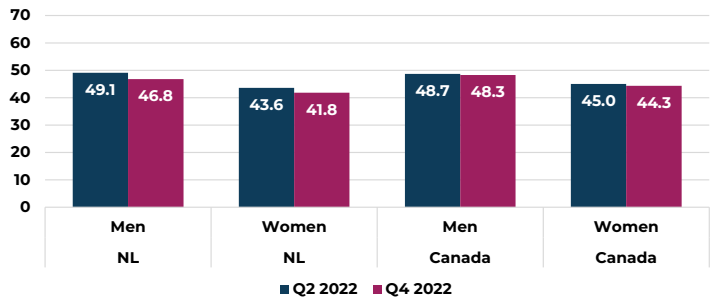


Figure 5. Trust in Others (Most People Can Be Trusted) for those Aged 15 Years and Older in NL and Canada by Gender (%), Q2 2022 and Q4 2022

- Having trust in others has decreased slightly for both men and women in NL and across Canada from Q2 2022 to Q4 2022.
- Having trust in others was lower for women compared to men in both NL and across Canada.
- In Q4 2022, having trust in others was 11% lower for women compared to men in NL and 8% lower for women compared to men across Canada.

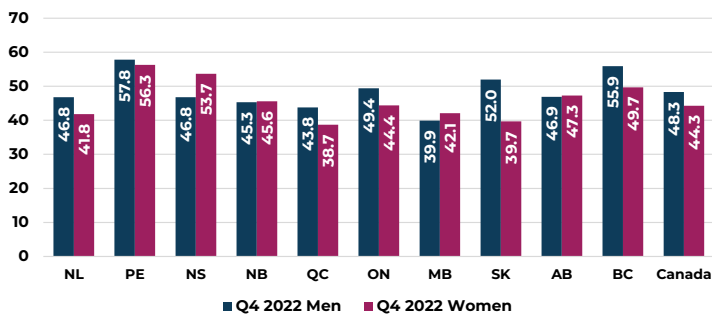


Figure 6. Trust in Others (Most People Can Be Trusted) for those Aged 15 Years and Older by Province and Gender (%), Q4 2022

- In Q4 2022, NL men ranked sixth (tied with NS) among the Canadian provinces for having trust in others and NL women ranked eighth (1=best and 10=worst).

Source: Statistics Canada. Table 45-10-0075-01 Trust in others by gender and province; Canadian Social Survey (CSS), Q2 2022 and Q4 2022.

Satisfaction with Personal Relationships

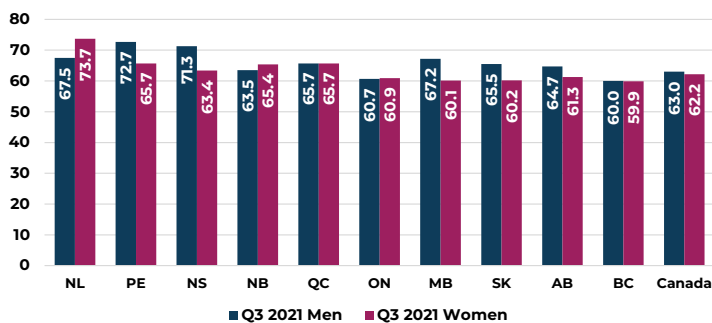
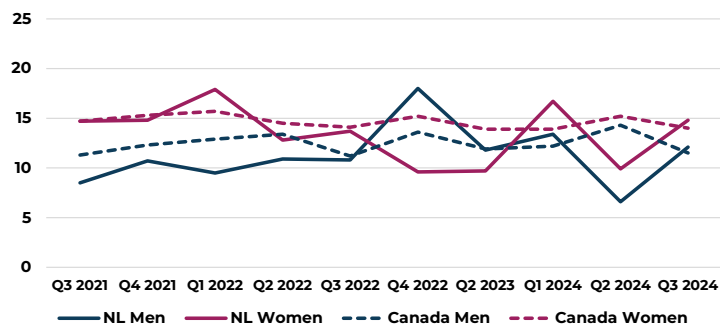


Figure 7. Satisfaction with Personal Relationships (Family and Friends) (rating 8,9,10) for those Aged 15 Years and Older by Province and Gender (%), Q3 2021

Loneliness



*Data not available for Q1 2023, Q3 2023 and Q4 2023

Figure 8. Loneliness (Always or Often) for those Aged 15 Years and Older in NL and Canada by Gender (%), Q3 2021 to Q3 2024

- Across Canada, the proportion of the population reporting they always or often felt lonely was higher for women compared to men from Q3 2021 to Q3 2024. This trend was similar for women compared to men in NL (except for Q4 2022 and Q2 2023).
- In Q3 2024, the proportion of the population reporting they always or often felt lonely was 22% higher for women compared to men in both NL and Canada.

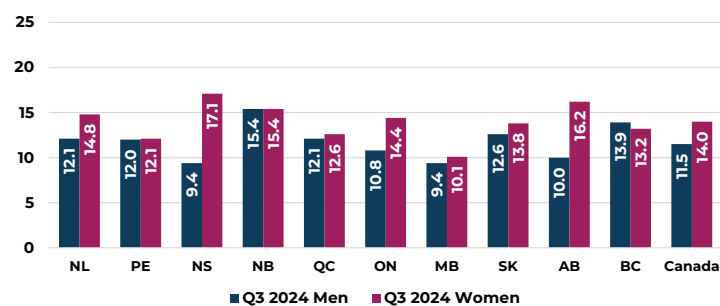


Figure 9. Loneliness (Always or Often) for those Aged 15 Years and Older by Province and Gender (%), Q3 2024

- In Q3 2024, NL men ranked fourth (tied with QC) among the Canadian provinces for the proportion of the population reporting they always or often felt lonely and NL women also ranked fourth (1=worst and 10=best)¹.

¹In this case, always or often feeling lonely is a bad outcome.

Source: Statistics Canada. Table 45-10-0048-01 Loneliness by gender and province; Canadian Social Survey (CSS), Q3 2021 to Q3 2024.

Sense of Belonging to Canada

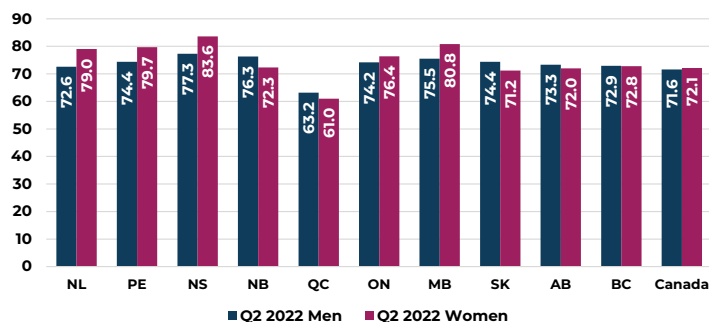


Figure 10. Sense of Belonging to Canada for those Aged 15 Years and Older by Province and Gender (%), Q2 2022

- In Q2 2022, sense of belonging to Canada varied by Province and gender.
- In Q2 2022, having a strong sense of belonging to Canada was 9% higher for women compared to men in NL. Across Canada, rates were similar for men and women.
- Across Canada, NL men ranked ninth for the proportion of individuals reporting a strong sense of belonging to Canada and NL women ranked fourth (1=best and 10=worst).

Source: Statistics Canada. Table 45-10-0077-01 Sense of belonging to Canada by gender and province; Canadian Social Survey (CSS), Q2 2022.

Conclusions

1. Men and women in NL have a higher sense of belonging to their community than their Canadian counterparts. They also report a higher level of satisfaction with their personal relationships.
2. In NL and across Canada, women are less likely than men to have trust in others and are more likely than men to report feeling lonely (with a few exceptions in NL).