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Leisure and Culture

A REPORT OF THE CANADIAN INDEX OF WELLBEING (CIW)

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 CANADIAN
index
OF WELLBEING
Measuring what matters

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Abstract

The leisure and culture domain of the *Canadian Index of Wellbeing* (CIW) embraces the free time participation and experiential aspects of Canadians' engagement with arts, culture, and recreation and the significant contributions to the wellbeing of individuals, communities, and society at large this engagement makes. Following a comprehensive review of the literature on the relationship between leisure and culture participation, perceptions, experiences, and opportunities and their contribution to wellbeing, this report recommends eight headline indicators to be included in the *Canadian Index of Wellbeing* reflecting this domain of Canadians' lives. The selection of these indicators was guided by the literature review as well as by an evaluation process based on the validity, relevance, quality, and feasibility of potential measures. The indicators reflect engagement in social leisure and in physical activity, in arts and culture activities, volunteering for culture and recreation, attendance at the performing arts performances, visitation to parks and historic sites, nights away on vacation, and household expenditures on culture and recreation. Trends over the past 15 years indicate an overall decline in leisure and culture engagement by Canadians, which has troubling implications for their wellbeing and the quality of life in their communities.

Executive Summary

The *Canadian Index of Wellbeing* (CIW) is a national initiative led by the Atkinson Charitable Foundation (ACF) and is supported by a national network of partners. The CIW's ambition is to create a single, composite index for measuring the wellbeing of Canadians that serves as an alternative to traditional and economic-based measures such as the Gross Domestic Product (GDP). The tendency to focus on a narrow set of economic indicators provides a limited perspective, one that fails to capture many of the things that are important to the wellbeing of Canadians. Instead, the CIW is based on the understanding that a true measure of wellbeing must link economic realities with the social, cultural, and environmental conditions that define the wellbeing of Canada, its people and communities. The CIW is a shared vision for sustainable wellbeing. Initially, it is based on a number of interrelated domains, including: Community Vitality; Democratic Engagement; Education; Environment; Healthy Populations; Leisure and Culture; Living Standards; and Time Use. Collectively, the domains of the CIW provide a foundation for the creation of a coherent national system of indicators for measuring progress toward or movement away from achieving the CIW vision – wellbeing for Canadians. The CIW with all eight domains will be released in the fall of 2010.

The purpose of the *Leisure and Culture Domain Final Report* is to provide a guiding document describing the creation and inclusion of a set of Leisure and Culture indicators into the CIW. The principal objectives that guided the development of the final report were:

1. To undertake a thorough review of academic and professional (grey) literature: (a) to *define leisure and culture* in a clear and precise fashion, and (b) to *address the contribution* that leisure and culture make to enhancing the wellbeing of Canadians and Canadian communities;
2. To *identify the most prescient indicators* reflecting the principal contribution of leisure and culture to wellbeing;
3. To *describe the selected indicators and report on their trends* over the identified time period; and
4. To *identify areas where further investigation is needed* to validate the identified measures and indices.

Conceptualizing Leisure and Culture

The approach taken to leisure and culture is guided by an overarching conceptual framework focused on *leisure* that recognizes the institutional and policy-based structures organized around both *leisure and culture*. As a conceptual guide for the literature review and methods used, the following definitions of *leisure* and of *culture* were adopted:

“Leisure is considered primarily as a condition, sometimes referred to as a state of being, an attitude of mind or a quality of experience. It is distinguished by the individual’s perceived freedom to act and distinguished from conditions imposed by necessity. It is assumed to be pleasurable and, although it may appeal because of certain anticipated benefits, it is intrinsically motivated: it is an end in itself and valuable for its own sake.” (Cushman & Laidler, 1990, p. 1)

“Culture is the set of distinctive spiritual, material, intellectual and emotional features of a society or a social group that encompasses not only art and literature, but lifestyles, ways of living together, value systems, traditions, and beliefs.” (UNESCO, 2009, p. 1)

The conceptual framework provided the overarching structure for linking the leisure and culture definitions and related concepts with our understating of the wellbeing that Canadians experience as a result of their engagement in this domain of their lives. In essence, leisure and culture were conceptualized as being defined by four aspects: *participation* in leisure, recreation, arts, and culture activities; *perceptions* associated with leisure and culture, including motives, benefits sought, and needs attainment; the *experience* of leisure and culture as a state of mind and the meaning and quality it holds for individuals; and the *opportunities* provided in support of leisure and culture, such as the variety of recreation facilities, designated open space and parks, and other arts, culture, and recreation sites. These aspects have shown over the years to be the best ways to conceptualize, recognize and measure, and understand leisure and culture in their multifaceted forms and to explore their relationship to wellbeing.

Within the conceptual framework, the perspective taken to *wellbeing* was based on the World Health Organization’s (2001) more holistic definition: “*a state of complete physical, mental, and social well-being and not merely the absence of disease, or infirmity*” (p. 10). This definition recognizes, too, that health and wellbeing does not refer to just the physical wellbeing of individuals, but refers to their social, emotional, spiritual, and cultural wellbeing as well as that of the whole community.

The conceptual framework provided the guidance for the first phase of the project – a comprehensive literature review and initial selection of potential indicators. The second phase of the project focused on the selection of potential indicators to represent the leisure and culture domain, with the ultimate goal of identifying the “best” eight headline indicators to be recommended for the CIW. To ensure validity and reliability, indicator selection was guided primarily by the conceptual framework and the literature review. Four acceptability criteria were identified as most appropriate for the leisure and culture domain indicator selection process: *validity, quality, relevance, and feasibility*. Each indicator was scored on each criterion, a summary score was calculated for each indicator, and then the indicators were ranked. A two-stage process was subsequently followed to select and evaluate potential indicators. While respecting the overall rankings, the top 35 indicators were scrutinized for their suitability given the goals of the CIW and the desire to include a “mix” of the best indicators based on their criteria scoring, but also on their suitability to represent conceptually the key components of the leisure and culture domain. Based on this process, eight indicators emerged to best represent the leisure and culture domain.

Recommended Leisure and Culture Headline Indicators

Component	Indicator
Participation	
Time Use	Percentage of time spent on the previous day in <i>social leisure</i> activities
Time Use	Percentage of time spent on the previous day in <i>arts and culture</i> activities
Time Use	Average number of hours in past year <i>volunteering for culture and recreation organizations</i>
Activity Participation	Average monthly frequency of participation in <i>physical activity</i> lasting over 15 minutes
Activity Participation	Average attendance per performance in past year at <i>all performing arts performances</i>
Activity Participation	Average visitation per site in past year to <i>all National Parks and National Historic Sites</i>
Activity Participation	Average number of nights away per trip in the past year on <i>vacation trips</i> to destinations over 80 kilometres from home
Expenditures	Expenditures in past year on <i>all aspects of culture and recreation</i> as a percentage of total household expenditures

While these eight recommended headline indicators are judged to be the best representatives for the Leisure and Culture Domain, several other indicators also could be considered as suitable substitutes for these headline indicators. These alternative indicators also had comparatively high overall scores on the acceptability criteria and reasonable feasibility that the necessary data will be gathered on a regular basis.

Some Trends in Leisure and Culture Participation in Canada

Data on the eight headline indicators of the leisure and culture domain are drawn from a variety of national surveys, provided principally by Statistics Canada, conducted periodically in the years from 1994 to 2009. An examination of the indicators over this time period revealed some important trends, and notably, participation overall in leisure and culture among Canadians has declined. Some of the specific trends are summarized below:

- even though between 45 and 60% of Canadians report participating in *social leisure activities* on a typical day, participation overall has declined in recent years, especially among females

- participation in *arts and culture activities* is comparatively lower, but has remained fairly stable
- average number of hours spent *volunteering for culture and recreation organizations* has declined; however, the time volunteering for these organizations as a percentage of *all* volunteering activity has dropped dramatically, from 32% in 1997 to 22% in 2004, and the decline is most pronounced among Canadians who are 25 to 34 years of age
- average monthly *participation in physical activity* has increased somewhat since 1994 and even though there are differences among them, this increase is true for all age groups and both genders
- both total and average *attendance at performing arts performances* have declined steadily since 2001, although average attendance rebounded somewhat in 2006, in part due to the fewer number of performances available
- total *visitation to Canada's National Parks and National Historic Sites* has dropped off dramatically, especially since 2001, although the decline in average visitation per site has been less pronounced
- overall, apart from the two most recent years, the *average number of nights away on vacation* have declined somewhat even though the total number of nights away has increased slightly. These patterns suggest that Canadians are taking more vacations, but each trip is on average of shorter duration
- average total *household expenditures on culture and recreation* has steadily increased since 1997 for all age groups and both genders. Despite these increases, expenditures on culture and recreation each year as a percentage of *all* household expenditures has remained stable at about 21% of the total

Challenges and Recommendations

Considerations as we move forward within the CIW context include an understanding of the challenges and potential opportunities associated with the development and collection of indicator data. Among the challenges to be faced are the following:

- a. making comparisons across activity types, regions, and over time is difficult given the variety of ways in which different aspects of leisure and culture are measured. Different surveys define leisure and culture participation quite differently, sometimes relying on open, inclusive definitions while other times using closed, exclusive definitions where only certain forms of engagement are included;

- b. measures of leisure perceptions – typically among the most valid indicators of wellbeing – are rarely included in most large scale surveys, and when they are, they are usually presented as single-item measures; and
- c. “negative” indicators (e.g., leisure behaviours that are detrimental to wellbeing) present a number of unique challenges, including a lack of consensus on the effect they have on wellbeing and unclear markers of *when* certain behaviours become negative.

Among the opportunities for the Leisure and Culture Domain to establish a stronger presence, are:

- a. the need for a dedicated national survey on leisure and culture that incorporates more comprehensive and robust measures of participation and perceptions;
- b. the need to make data that are *available* more *accessible*; and
- c. the recognition of the common ground that indicators within the Leisure and Culture Domain share with other domains, which would help build integrated visions of those things that most contribute to wellbeing.

In summary, it is clear that leisure and culture make significant contributions to the wellbeing of Canadians and Canadian communities. However, the overall decline in the engagement of Canadians in this important lifestyle domain is of concern. Coupled with the general decline in support for public agencies and non-profit and voluntary organizations responsible for leisure and culture, this trend is even more troubling for the wellbeing of Canadians and their communities.

Hence, regardless of how much progress we make in identifying, collecting, and summarizing the best data for the creation of indicators related to leisure and culture in the lives of Canadians, losses in our capacity to develop and provide meaningful venues and opportunities for leisure and culture threatens the wellbeing of individuals, communities, and society at large. We must strengthen our resolve to ensure that our capacity to sustain and further develop such resources is maintained. The development of the *Canadian Index on Wellbeing*, with its constituent indicators focused on leisure and culture, is an important step in this direction.

Acknowledgements

From the very beginning, our project team was passionate about contributing to the *Canadian Index of Wellbeing* and especially keen to demonstrate the important role that leisure and culture plays in enhancing the wellbeing of individuals, communities, and Canadian society.

The Lifestyle Information Network (LIN), under Clem Pelot's leadership and Agnes Croxford's management, initiated the project and provided the bulk of the grey literature on culture, recreation, leisure, sport, and healthy living in Canada. We received assistance and support from many external groups and individuals. In particular, the Canadian Association of Leisure Studies / Association canadienne d'études en loisir, the University of Waterloo, the Canadian Parks and Recreation Association (steward of the *Canadian Research Agenda*), the Centre of Expertise on Culture and Communities at Simon Fraser University, and the Bibliothèque Electronique du Loisir at l'Université du Québec à Trois Rivières all played an important part in the realisation of this report.

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I. Introduction

I.1 Leisure and Culture in Context: The *Canadian Index of Wellbeing*

The *Canadian Index of Wellbeing* (CIW) is a national initiative with a mandate to report on the wellbeing of Canadians. The CIW Network's vision is *to enable Canadians to share in the highest wellbeing status by identifying, developing and publicizing measures that offer clear, valid and regular reporting on progress toward that goal and wellbeing outcomes Canadians seek as a nation.*

On the basis of eight quality of life domains, a composite index is being developed in order to provide a snapshot of the wellbeing of Canadians. The index is also meant to measure changes in wellbeing over time. The eight domains, as defined by the CIW, include:

- Community vitality
- Democratic engagement
- Education
- Environment
- Healthy populations
- Leisure and culture
- Living standards
- Time use

Originally named the arts, culture, and recreation domain – and reconceptualized here as the *leisure and culture* domain – this sphere of Canadian life includes human expressions and activities that are difficult to define precisely in the abstract, but relatively easy to illustrate. As one of the themes within the domain, arts and culture includes performing arts like music, dance, and live theatre, visual arts like painting, drawing and sculpture, media arts like radio and television, and facilities like art galleries, museums, and heritage sites. The second theme within the domain includes leisure pursuits and recreational activities, both formal and informal, active and passive. Cycling, hockey, fishing and hunting, reading for pleasure, playing games, and spending time with family and friends, are all representative examples. The quality of people's lives and the meanings they derive are revealed through their engagement and participation in arts, culture, and recreation pursuits and through the various publicly and privately provided opportunities they use. Therefore, a comprehensive index of what matters to Canadians must necessarily include these valued aspects of people's lives that contribute so much to their wellbeing.

I.2 *Leisure and Culture Domain Final Report: Purpose and Objectives*

The purpose of the *Leisure and Culture Domain Final Report* is to provide the CIW with a description of the process that led to the identification of and the guidelines for the creation of a set of measures reflecting leisure and culture's contribution to Canadian wellbeing.

Specifically, this report identifies a set of Leisure and Culture Domain indicators to be considered for inclusion in the final composite index.

Six objectives were identified that guided the processes followed in the development of this report. They are:

1. To undertake a thorough review of academic and professional (grey) literature: (a) to *define leisure and culture* in a clear and precise fashion, and (b) to *address the contribution* that leisure and culture make to enhancing the wellbeing of Canadians and Canadian communities;
2. To *synthesise the literature into themes* representing the dominant leisure and culture constructs most associated with wellbeing;
3. To *identify the most prescient indicators* reflecting the principal contribution of leisure and culture to wellbeing;
4. To *isolate the twelve to fourteen top indicators* that are the most relevant and best reflect the contribution of leisure and culture to wellbeing;
5. To *describe the selected indicators and report on their trends* over the identified time period; and
6. To *identify areas where further investigation is needed* to validate the identified measures and indices.

An earlier interim report (i.e., Phase I Report, September 30, 2008) was developed to ensure that the content and direction were aligning with the objectives of this domain and the broader CIW. In the Phase I Report, a synopsis of the grey and academic literature was provided and the dominant constructs for the Leisure and Culture Domain were identified. On this basis, a conceptual framework and a definition for leisure were introduced in the interim report. Based on the findings of the literature review, the initial presentation of key indicators in an earlier report, and the subsequent reviews of international and Canadian experts, a change to the name of the domain from “arts, culture, and recreation” to “leisure and culture” was recommended. The recommended change reflects three considerations. First, the term “leisure” embraces all aspects of the time and activities associated with ideas of recreation, play, sport, and so on, but also captures the deeper *meanings* that people attach to such engagements which form an integral part of their lives. Second, and similarly, the term “culture” is used to embrace those aspects we associate with the performing arts, visual arts, fine arts, media arts, and so on. Indeed, the broader perspective implied by “culture” has become increasingly adopted as a means of encapsulating this sphere of people’s lives.

A perusal of the literature shows that leisure scholars and researchers typically have regarded the arts and culture as an aspect of people’s leisure lives, and similarly, scholars of arts and culture have argued that most forms of leisure are encapsulated by the broader perspective of “culture”. Hence, rather than arbitrarily subsuming one within the other, aligning leisure and

culture as equal and highly integrated components of this domain privileges the important contribution of both to the wellbeing of Canadians.

Further, by linking “leisure and culture” in this fashion, we are adopting a perspective now used by many countries, such as Australia, New Zealand, Canada, and especially the United Kingdom, as a means to organise institutional frameworks and to develop policies associated with leisure and culture. Indeed, many national, regional, and municipal public and not-for-profit organizations responsible for the delivery of programmes and services as well as for the development of policy and the collection of data concerning arts, culture, recreation, and sport identify themselves with the moniker “leisure and culture” (or “culture and leisure”). To that end, the naming of this domain, “leisure and culture”, frames it squarely within both the academic and political worlds.

In no other place in Canada is the link between leisure and culture more evident than Québec where the French language literature articulates our collective understanding of the way in which recreation, arts and culture are important components embedded within Canadians’ broader lifestyles. In Québec, more so than any other part of Canada, the arts and culture have an important place within the leisure lives of the people – and perhaps should have to a greater degree in the rest of Canada. Hence, by embracing leisure and culture, we not only capture a broader understanding of what this domain *means*, but also reflect the distinct values associated with leisure and culture within a diverse nation. Leisure and culture, as forms of human expression that are played out in the free time activities in which one engages and the places where those engagements occur, make meaningful contributions to people’s lives and ultimately to their wellbeing.

The Final Report builds on the work completed in Phase 1 to meet the objectives listed above. The Final Report provides a summary of the Phase 2 activities and outlines the process by which indicators were identified based on the conceptual framework and a rigorous process of evaluation. This process then led to the selection of a list of recommended indicators that best met the criteria for establishing the contribution of leisure and culture to Canadian wellbeing. Finally, the report describes some of the constraints to the process, such as gaps in and limitations to available data, as well as opportunities for improvements in data collection and future research.

1.3 Content of the Final Report

The Final Report is comprised of seven sections. In this introductory Section 1, the project context is described and an overview of its purpose and objectives is provided. In Section 2, the research methods employed in both phases of the Leisure and Culture Domain project are outlined, and the activities and outcomes for each of the phases described.

In Section 3, the Leisure and Culture Domain Conceptual Framework is introduced. This section sets the stage for the remainder of the report by providing important background, key definitions, context, and rationale for the model, its components, and domain indicators. In Section 4, the first phase literature review is presented, which highlights research on each of

the principal components of the conceptual framework presented in the preceding section, and the stage is set for the identification and selection process for key indicators.

In Section 5, the specific steps taken to identify and rate the key indicators for the Leisure and Culture Domain are described. This process guided the specific strategy used to narrow down the measures to the final eight indicators recommended for the Domain. In Section 6, each of the recommended indicators is described using available data from the years from 1994 to 2009, both overall and broken down by gender and age where possible.

Finally, in Section 7, a discussion of the data and information needs for indicator development is provided. Special attention is afforded to gaps in the indicator data and areas for future indicator development. Final reflections and recommendations for the development of the Leisure and Culture Domain conclude this section.

2. Leisure and Culture Domain Methods

2.1 Research Plan Overview

The research plan (see Figure 2.1) illustrates a set of actions and outcomes in the development of the *Leisure and Culture Domain Report*. The plan relies on a two-phase approach. Phase 1 focuses on: defining concept and search parameters; executing database searches, compiling, and organising relevant sources; completing a comprehensive Leisure and Culture Domain review; and developing a conceptual framework for leisure and an operational framework on which Phase 2 could be based. Phase 2 involves: generating the initial list of potential domain indicators; evaluating their appropriateness according to criteria reflecting the context of the CIW; and suggesting a set of salient indicators for inclusion in the CIW index.

2.2 Phase I Methods: Leisure and Culture Domain Review

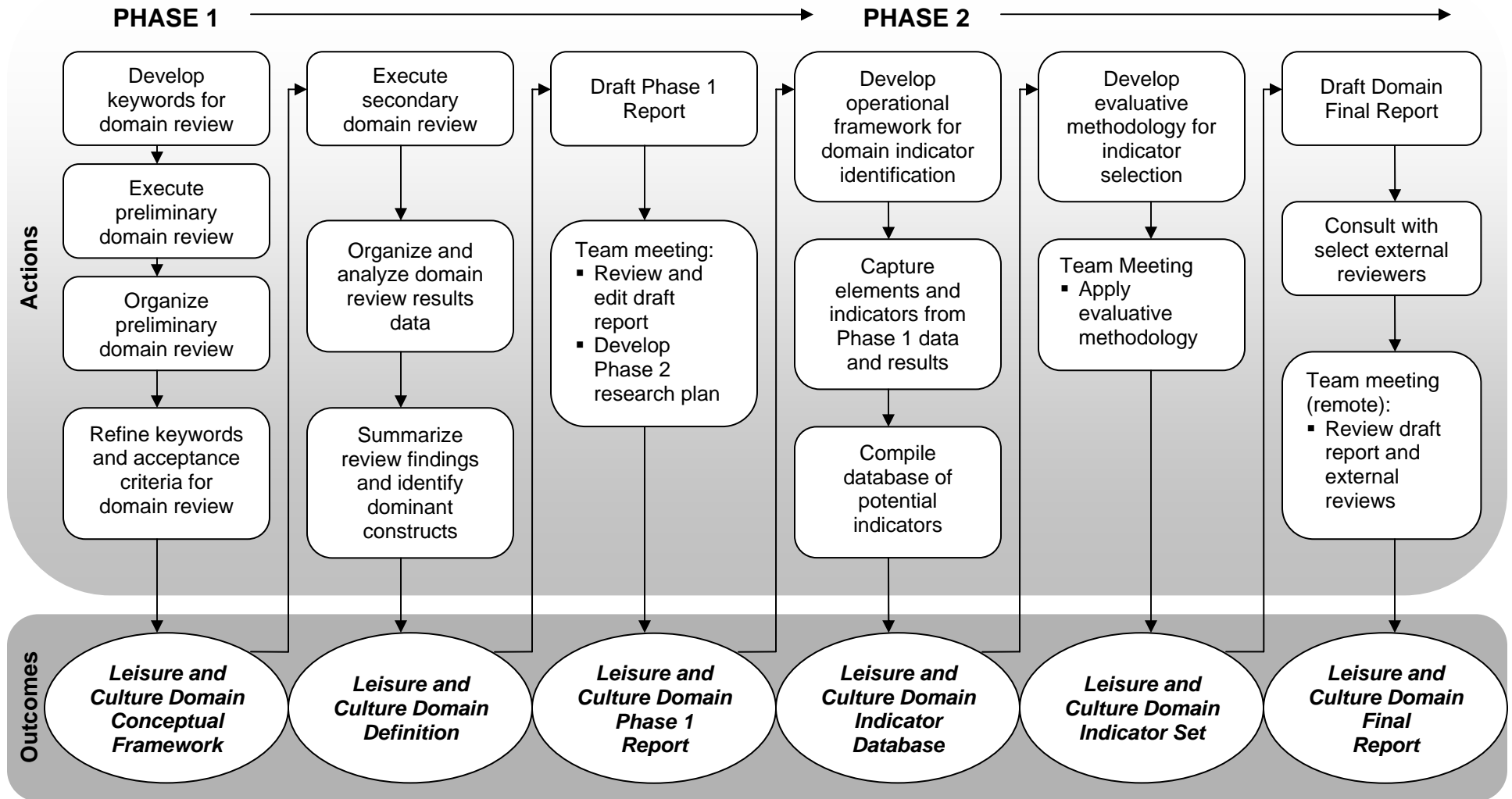
2.2.1 Overview

The Phase I methods are based on the domain project purpose and objectives generally, and objectives 1 and 2 specifically. It is a purposeful and structured process for capturing and identifying the most relevant resources to include in the literature review. The method in this first phase focuses on defining concept and search parameters, executing database searches, compiling, and organising relevant sources, and completing the literature review. The process for capturing sources is based on the CIW Management Team's and the research team's early conceptualization of the arts, culture, and recreation domain (key words and constructs). Phase I key outcomes include a conceptual framework, a Leisure and Culture Domain definition, and a summary report (Phase I Report).

2.2.2 Key Words

The review of the literature is guided by a focus on the contribution of arts, culture, and recreation to wellbeing outcomes at the individual, community, and societal level. In the preparatory stages of the research, two sets of key words were identified to guide the preliminary literature search. The first set included "arts", "culture", "recreation", and "leisure". The second set included "wellbeing", "quality of life", and "health". The initial search, based on solitary key words resulted in many thousands of resources being identified. Additional criteria were necessary to capture, prioritise, and winnow out the most salient resources from the literature. The criteria required that the search therefore be guided by key word combinations (e.g., "recreation" and "wellbeing"). A bibliographic database was developed to efficiently store, sort, and categorise the results of the search. The database distinguishes between grey and academic literature, lists key words from each source document, and classifies the predominant focus or context of the source document (i.e., participation, opportunities, perceptions, and/or experience). The bibliography attached to this report includes the final set of documents deemed most relevant to the project objectives and were the ones used in developing the review.

Figure 2.1: Research Plan



Following the preliminary search, the team convened to discuss the search strategy and preliminary set of resources. Evidence of dominant constructs in the arts, culture, and recreation domain were already emerging from the search. At this stage, too, reflection on and consideration of any gaps in the review were identified. The group decided the literature search should be expanded to include resources that were based on additional key word search criteria and that make reference to a set of concepts associated with the principal themes. For the principal theme of arts, culture, and recreation, these concepts included participation, experience, perceptions, and opportunities; for the theme of wellbeing, health, and quality of life, the concepts included physical/physiological, psychological/emotional, social, spiritual, and environmental aspects (see Table 2.1). This allowed the team to expand the search parameters whilst narrowing the search focus. This consensus-building process employed by the project team, with their combined expertise including proficiency in both English and French, ensured that the review was comprehensive and concise.

Table 2.1: Domain Review Key Words

Theme	Key words – preliminary search		Additional key words – secondary search	
Arts, Culture, Recreation	Arts / <i>Communications</i>	Culture	Participation	Experience / <i>Expérience</i>
	Leisure / <i>Loisir</i>	Recreation / <i>Récreation</i>	Perceptions	Opportunities / <i>Opportunités</i>
Wellbeing	Wellbeing / <i>Bien-être</i>	Quality of life / <i>Qualité de vie</i>	Physical / Physiological/ <i>Physique / Physiologique</i>	Psychological / emotional <i>Psychologique / Émotionnel</i>
	Health / <i>Santé</i>	Indicators / <i>Indicateurs</i>	Spiritual / <i>Spirituel</i>	Environmental / <i>l'environnement</i>
			Social / <i>Sociale</i>	

2.2.3 Data Sources

The project team agreed on a targeted approach to the literature review, one which privileged contemporary Canadian resources published within the last ten years. The review draws on published sources from several areas, generally encapsulated within the academic literature and within the public and professional “grey” literature. It is important to note that resources available in both of Canada’s official languages are represented in the review. It is equally important to note that because the study of leisure and culture is multidisciplinary, the

resources are drawn from across disciplinary boundaries in order to enrich the search and project results. Primary sources of information included:

1. *Academic literature*: Team members situated at three major Canadian Universities accessed databases (e.g., ABI, Academic Search Premier; Ingenta; Leisure, Recreation and Tourism Abstracts; Scopus; Sociological Abstracts; SportDiscus; and Web of Science) where over 16,000 electronic journals and book citations are available. Special attention was afforded the inclusion of French language academic resources. L'Université du Québec à Trois-Rivières, through the *Laboratoire en loisir et vie communautaire* and the *Observatoire Québécois du Loisir* provided similar access to French language databases and publications.
2. *Professional “grey” literature*: The Lifestyle Information Network (LIN) houses the National Recreation Database, which holds over 10,000 documents related to leisure and active living including: public policy documents, consultant reports and applied research reports. This database was the primary source for the “grey” literature included in the domain review. In addition, significant sources of information within this category are the government documents available through such agencies as Human Resources and Skills Development Canada and the Culture and Leisure Division of Statistics Canada. These agencies publish periodic reports focusing on the participation of Canadians in a variety of arts-based and recreation pursuits, inventories of public and private groups and companies engaged in the provision of services and products related to the arts, culture, and recreation, as well as reviews of various aspects affecting the wellbeing of Canadians. These materials were also consulted as they provide additional information on key topic areas as well as tangible evidence of the applications and emergent policies focused on the value and provision of arts, culture, and recreation in Canada.

Largely in preparation for the second phase of the project, team members also accessed the documentation associated with several national databases that include specific components pertaining to participation in and perceptions of arts and culture pursuits and recreation activities¹, as well as periodic time use surveys² each of which provided markers of engagement in leisure activities defining this domain. Internet search engines also were used to search the grey literature, government reports, and unpublished work, particularly research reports based on the selected national databases.

¹ For example, among the Canadian datasets available that include participation rates are: the three cycles of the *National Population Health Survey* (1994, 1996, and 1999), the five cycles of the annual *Canadian Community Health Survey* (2001 to 2005), the four cycles of the biannual *National Longitudinal Survey of Children and Youth* (1994 to 2000).

² Cycle 2 (1986), Cycle 7 (1992), Cycle 12 (1998), and Cycle 19 (2005) of the *General Social Survey* focused on the time use of Canadians, providing detailed information on the amount of time spent in a variety of arts and culture and recreation activities.

2.2.4 Leisure and Culture Review Search Process and Results

Not surprisingly, the initial search produced thousands of results. The multidisciplinary approach adopted here, therefore, presented both methodological strengths and challenges. It was not until the search was refined to focus on the combined occurrence of some aspect of leisure and culture and some aspect of wellbeing that the list could be refined to reflect the most relevant and exemplary sources (see Table 2.2). The process was highly dynamic and cyclical until team members were satisfied that we had filtered the results so as to identify the most relevant and salient resources for the subsequent review.

Table 2.2: Summary of the Search Results

Source		Initial search results ^a	Secondary search results ^b	Search results ^c	Refined results ^d
Academic literature	English language sources	100,000+	3,000+	160	273
	French language sources			140	
Grey literature					
Results			390	400	356

Notes:

^a the initial search focused on single terms (refer to Table 2.1) to scan the existing literature

^b the secondary search used word combinations to narrow the initial listing

^c through a series of cyclical scans, the literature was narrowed to that most relevant to the project

^d a careful review of the penultimate list identified the list of sources used in the final review

The results are thought to represent the strength of the team, their access to resources, and the relevance of the initial and the recalibrated search parameters. The most salient resources were identified from the bibliographic database and it is these select resources that comprise the basis for the literature review.

2.3 Phase 2 Methods: Leisure and Culture Domain Indicators

2.3.1 Methods for the Selection of Indicators

Indicator selection is of primary importance in measurement and evaluation frameworks. The first requirement is that an indicator is *valid* – it must capture or reflect the construct or phenomenon that it is to meant to measure (Denzin & Lincoln, 2005; Patton, 2002). To ensure validity and reliability, indicator selection is initially guided by the literature, but should include

guidance from and be informed by expert consultation (Hagerty *et al.*, 2001; Hansluwka, 1985; Thibault, 2008). Consultations can occur directly with individuals or organizations. For example, stakeholders tied to the phenomenon of interest are typically closer to the issue and are therefore in a better position to offer context-specific understanding and associated measurement challenges. Experts from professional or research domains afford a technical understanding of the opportunities and barriers associated with indicator selection. The CIW Management Team has assumed a spectrum approach whereby indicator selection is informed and appraised by the CIW network of experts, leaders, and community members from across Canada. Consultations can also take the form of a comprehensive review of relevant data sources or a predetermined conceptual framework (Edginton & Chen, 2008; House, 2005). In this regard, the CIW Management Team's approach has been to have indicator selection guided by a pragmatic combination in order to best capture the wealth of knowledge available on measuring wellbeing (Michalos *et al.*, 2007). This is reflected in the approaches assumed in the *Democratic Engagement Domain Report* and the *Healthy Populations Domain Report*.

The Leisure and Culture Domain indicator selection method is guided by the aforementioned recommendations and practices. It draws from the wealth of research in indicator-based evaluation science generally, and indicator development in the context of leisure more specifically. In this latter regard, the work of the United Nations (2007), the World Health Organization (2008), and the World Tourism Organization (2004) in establishing and applying indicator-based evaluation methods related to quality of life and sustainable development is particularly relevant. The method used here also found direction from the quality of life indicator research of Michalos *et al.* (2007), Hagerty *et al.* (2001), and in particular, the strategy introduced in the *CIW Democratic Engagement Domain Report*. Further, recent indicator-based quality of life research with a particular focus on leisure and culture in Canadian contexts provided important guidance in the development of the procedure used here (Hancock, Labonté, & Edwards, 1999; Observatoire de la culture et des communications du Québec, 2007; Olfert, 2003; Raphael *et al.*, 1998).

2.3.2 Acceptability Criteria

Acceptability criteria facilitate the assessment, prioritisation, and selection of appropriate leisure indicators to assist in the development of the CIW. The CIW Management Team has addressed the issue of acceptability by compiling a list of criteria for use by authors and reviewers in assessing the domain indicators (Michalos *et al.*, 2007). In addition, the research team consulted the aforementioned literature on indicator selection and adapted a set of acceptability criteria that have been used in a variety of areas related specifically to aspects of leisure and culture (e.g., community wellbeing, health, environment, tourism).

Ultimately, four acceptability criteria were identified as most appropriate for the Leisure and Culture Domain indicator selection process (see Table 2.3). As a very general summary, the four criteria and the way in which they were defined for this phase of the project are:

- I. *Validity*: the indicator is a direct and accurate measure of an aspect of leisure and culture participation, perceptions, or opportunity

2. *Quality*: the indicator captures the types of things that best reflect the direct relationship between leisure and culture and wellbeing
3. *Relevance*: the indicator is clearly relevant to the goals of the CIW project and the relationship between leisure and culture and wellbeing specifically
4. *Feasibility*: the indicator is available, accessible, and systematically gathered to allow for updates to the index over time

To assist in the evaluation of indicators, additional factors associated with each of the four acceptability criteria were defined. The factors were based principally on the goals of the CIW (i.e., *relevance*) and, in particular, the apparent *validity* of the potential indicators selected for consideration (see Table 2.3).

Table 2.3: Acceptability Criteria Guiding Selection of Leisure and Culture Domain Indicators

Acceptability Criteria	Associated Criteria
Validity	Comparability: <ul style="list-style-type: none"> • valid for comparisons across time, scales, standards, and groups
Quality	Credibility: <ul style="list-style-type: none"> • supported by valid and reliable information from credible sources Clarity: <ul style="list-style-type: none"> • easy to understand
Relevance	Applicable: <ul style="list-style-type: none"> • to key target audiences (i.e., CIW Network, Canadians) • to the leisure and culture domain specifically and its relationship to wellbeing
Feasibility	Accessibility: <ul style="list-style-type: none"> • obtaining and compiling data are practical and comparatively easy Availability: <ul style="list-style-type: none"> • data have been available on an ongoing basis and will be into the future (i.e., systematically gathered)

2.3.3 Principles Guiding Indicator Selection and Scoring

A two-stage process was used to select and then evaluate potential indicators. At both stages, a number of principles guided the process. Essentially, these principles were variations on the overarching principle of being faithful to what was learned in the literature review, to the conceptual framework, and to the acceptability criteria.

At the first stage, individual members of the project team independently generated a large list of potential indicators, drawing on the literature review and guided by the major components outlined in the conceptual framework. In generating these lists, the inclusion of both *positive* and *negative* indicators was judged to be important by the project team. The literature review revealed that leisure and culture, for the most part, make positive contributions to wellbeing; hence, including positive leisure and culture indicators of wellbeing was clearly important. However, the review also revealed that, under specific circumstances, leisure and culture contexts can contribute negatively to wellbeing. For example, drug use and abuse, smoking, and television viewing not only tend to occur during one's leisure, but these activities also have shown to be associated with lower levels of wellbeing (see the *Healthy Populations* and *Time Use Domain Reports*). Consequently, indicator generation placed equal importance on negative indicators of the relationship between leisure and culture and wellbeing.

Similarly, both *subjective* and *objective* indicators were equally valued at this stage. While objective indicators are easier to identify and expect to be present across time and at different scales (i.e., for the individual as well as the nation as a whole), the CIW is intended to provide a more holistic measure of wellbeing. In the case of leisure and culture, there are indicators closely related to wellbeing that can be measured in both objective (e.g., rates of participation, numbers of arts facilities) and subjective (i.e., perceived value of free time) terms. While more subjective indicators are characteristic of the perceptual aspects of leisure and culture, and therefore, necessarily considered in the generation of a list of potential candidates, special care was nevertheless taken to ensure their inclusion.

Once a complete list of all indicators was compiled and reviewed by the team members, the next step was to reduce the full list to the set of indicators to be evaluated in the second stage of the process. To reduce the list, redundancies were identified and eliminated, individual indicators were considered, debated, and ultimately, a consensus reached on the final candidates, ensuring that all aspects of leisure and culture were included (i.e., participation, opportunities, perceptions). Upon completion, the resultant list of potential indicators was ready for the second stage – evaluation.

2.3.4 Evaluating and Ranking the Indicators

In the second stage of the process, all of the indicators in the final list from the first stage were independently evaluated by each team member according to the four acceptability criteria. A five-point scale (ranging from a low of 1 to a high of 5) was used to score each potential indicator on each of the acceptability criteria (see Table 2.4). For example, in the case of the *relevance* criterion, the following scale was applied:

- 5 = Highly relevant
- 4 = Relevant
- 3 = Somewhat relevant
- 2 = Not very relevant
- 1 = Not relevant

Keeping the essential meaning of the acceptability criteria in mind, team members evaluated each potential indicator first on its validity and quality. This ensured that the “best” indicators, irrespective of their feasibility, emerged on merit from the assessment. Each indicator was subsequently assessed on the basis of its relevance and feasibility. As part of this assessment, the availability of data within the key CIW timeframe of 1994 to 2009, as well as the possibility that the data would continue to be gathered into the future, was taken into consideration. In sum, acceptability was judged to be based, initially, on each indicator’s validity as a marker of leisure and culture and its connection to wellbeing, and then on the appropriateness of each indicator as a potential contributor to a comprehensive CIW, as well as its ease of access from existing data sources. This approach not only facilitated the identification of the *most salient indicators where data are available*, but also the identification of important potential indicators where additional research and/or investments are needed because *data are not yet available or easily accessible*.

Table 2.4: Indicator Scoring Worksheet

Leisure and Culture Domain Component	Potential Indicator	Acceptability Criteria				Final Score (Mean)
		Validity	Quality	Relevance	Feasibility	
Participation						
Perceptions						
Experiences						
Opportunities						

Mean scores were first calculated for each of the four acceptability criteria based on the ratings of all team members, and then the mean of all four criteria was calculated to determine an aggregate, summary score for the potential indicator. Finally, the summary mean score was used to sort the indicators, with the indicators receiving the highest aggregate mean scores ranking first. Where ties in the mean scores occurred, those indicators with lower variances in their ratings were ranked higher, reflecting a greater degree of consensus among team members in their overall ratings.

It should be noted that consideration was given to whether or not the criteria should be weighted differently by assigning greater value to ratings associated with, for example, the *validity* of the indicator. From a purely theoretical standpoint, weighting validity and quality more highly would have privileged the “best” indicators in the final rankings. In contrast, weighting relevance and especially feasibility more highly would still have identified good indicators, but they would have ranked highest based principally on their potential for pragmatic application in the development of the CIW. Consequently, the decision was *not* to weight any of the acceptability criteria so as not to privilege any particular outcome; indeed, the selection of the acceptability criteria was guided by this assumption. Hence, potential indicators achieved their rankings based on overall merit.

Following the rankings of all indicators based on their overall mean scores, the top 25 to 30 indicators were rated highly enough on all of the critical criteria to be considered for recommendation among the final 12 to 14 “headliners”. Consequently, while still respecting the overall rankings, the project team examined the top 12 to 14 indicators as well as the next 10 to 20 indicators to reflect on the suitability of the final rankings given the goals of the CIW and to discuss the breadth and “mix” of indicators to be recommended. The team wanted to ensure that the final list of indicators included not only the best indicators based on the acceptability criteria scoring, but also represented the best indicators from among the key components of the Leisure and Culture domain (i.e., participation, perceptions, and opportunities, from across different sectors).

This blended process of rating the indicators and then reflecting on the overall rankings ensured the identification of top ranked indicators representing the Leisure and Culture Domain. The mean scores for each of the acceptability criteria, as well as the overall score, on all of the potential indicators are detailed in Appendix A and the final results are reported in Section 5. Seventeen indicators are brought forward and the eight “best” indicators recommended for final consideration in the CIW composite index.

3. Setting the Stage: A Conceptual Framework for the Leisure and Culture Domain

3.1 Introduction

Any effort to construct a comprehensive list of all of the activities in which people engage within arts, culture, and recreation will inevitably fail to capture the breadth and richness of experiences that this domain represents. Such an effort would also inevitably fail to capture the close link between activities in the arts, culture, and recreation, and their individual and collective contribution to the wellbeing of Canadians. To facilitate this exploration, a framework that conceptualizes arts, culture, and recreation within the broader concept of leisure and culture is adopted. Such a conceptualization assists in the literature review by providing both a context and a focus to identify the most relevant material. Ultimately, the framework also facilitates the identification of indicators that embrace all of the arts, culture, and recreation – that is, *leisure and culture* – rather than privileges specific activities or forms.

Further, wellbeing is conceptualized and defined in such a way to position it in the context of leisure studies. Research in leisure studies has treated wellbeing – and health – as a broadly based concept with intersecting dimensions that each contribute to the quality of life of individuals through to the nation as a whole.

3.2 Leisure as a Conceptual and Organising Framework

The importance of leisure and culture in people's lives is by no means a recent belief. Traditionally thought of as antithetical to labour, which was seen as necessary for basic survival, *leisure* – or the freedom from labour – has increasingly been regarded as the domain within which “the good life” could be achieved (Sylvester, 1999). Indeed, the myriad of activities and opportunities within leisure and culture that we pursue and enjoy today all contribute to our overall quality of life and wellbeing.

One way to better orient our perspective of the contribution of this domain to wellbeing is to conceptualize arts, culture, and recreation within the broader concept of *leisure*. This conceptualization does not diminish the important role that arts and culture play in the fabric of Canadian life and wellbeing, but serves to synthesise the key components into a framework under an encompassing concept. Indeed, leisure provides an overarching definition and the basis for a conceptual framework that embraces rather than distinguishes the separate facets of arts, culture, and recreation within the domain. Treating each facet separately would lead inevitably to the realisation of their intersection within leisure and how each contributes to wellbeing.

This conceptualization also helps to clarify the way in which “culture” is regarded here within a domain defined primarily by leisure. Culture in the context of this domain is linked solely to artistic and creative expression and how these expressions reflect the customs, tastes, and artistic and intellectual achievements of Canadian society, whether they be part of mass,

popular, or “high” culture. By some definitions, then, culture could be regarded as the sum of all artistic expression and it helps to define our heritage as a people. Further, this view is centred more on “cultural objects” (Alexander, 2003; Griswold, 1994) than on culture *per se*; that is, the focus is on the products and performances of artistic endeavour that Canadians embrace, enjoy, and in some sense, “consume”. In this respect, culture is intended to be seen as a form of artistic participation and distinct from its usage in an anthropological and/or sociological sense where issues of mores, norms, language, and so on are central. Certainly, the various artistic cultural objects contributed by various groups comprising a multicultural and diverse nation such as Canada inevitably introduce aspects of the “culture” of those groups to establishing the essence of who we are as a people. And these contributions and our enjoyment of them comprise an important facet of leisure.

Leisure has been characterised in three principal ways: (1) as *activity*, (2) as *free time*, and (3) as a *state of mind*. The intersection of these three conceptualizations provides a richer and deeper understanding of leisure and how it contributes to wellbeing. In the first instance, participation in *activities* generally regarded as recreational in nature is the most common way in which we see leisure. Certainly, it is the easiest way to identify when someone is presumed to be at leisure because he or she is engaged in an activity that would fall into one of such categories as fine and performing arts, sports, games, exercise, outdoor recreation, holiday travel, hobbies, and media consumption. In other words, all of those activities assumed to comprise arts and culture, and recreation can be considered to be part of one’s leisure. An advantage of this approach to conceptualizing leisure is that it allows for activities to be categorised in a variety of ways to capture aspects of their essential character as well as their contribution to wellbeing. For example, leisure activities could be social or solitary, active (i.e., physical) or passive, formal or informal, and/or competitive or co-operative.

From a philosophical standpoint, leisure as *free time* avoids the difficulty of trying to identify and classify all forms of activity that are presumed to be arts, culture, or recreation. Rather, seeing leisure as free time places the emphasis on the time that is unencumbered by work or other obligations. In practice, people frequently equate their free time with non-work related activities. The resultant set of activities participated in during one’s free time are self-generated and reveal more about how leisure is defined by individuals. Hence, this view broadens our understanding of leisure and embraces other freely-chosen activities such as volunteering, religious involvements, and contemplation.

Finally, leisure characterised as a *state of mind* draws attention to the psychological and affective responses we exhibit when we are at leisure. Placed in the context of activity or free time, we are at leisure when the activities we are engaged in are, for example, freely chosen, intrinsically motivated, and inherently satisfying (Godbey, 2008; Neulinger, 1981). If the activity in which we are engaged is characterised by these properties, then we are presumably engaged in or are at leisure. Certainly, these responses are typically associated with activities that we identify as leisure, either in free time or as activity.

Just as leisure can be regarded in a variety of ways in terms of its human expression, it also can be regarded as those contexts – the places, spaces, and environments – within which leisure occurs. Even though we can be at leisure in any place, the extent to which we designate places

as dedicated to arts, culture, and recreation engagement (e.g., museums, libraries, theatres, arenas, parks, galleries, community centres, as well as within our homes) reveals how important we, as a community, feel that leisure is to our lives, both individually and collectively.

Hence, regarding arts, culture, and recreation within the context of leisure allows us to embrace a broad spectrum of activities and environments that we can then characterise in a number of related ways. Embedding these perspectives into a commonly accepted definition of leisure – and ultimately, all of arts, culture, and recreation – has been an ongoing challenge for researchers, but most agree on the basic tenets reflected in these perspectives: as activity, as freedom, and as experience, all of which typically occur in environments dedicated to a variety of forms of leisure.

3.3 Definitions

3.3.1 Leisure

An early and influential definition was offered by Dumazedier (1974) who, after reflecting on the “quarrel of definitions” among scholars, summarized leisure in this way:

“Leisure is activity – apart from the obligations of work, family, and society – to which the individual turns at will, for either relaxation, diversion, or broadening his [sic] knowledge and spontaneous social participation, the free exercise of creative capacity.” (p. 133)

About the same time, a definition of leisure that focuses primarily on its properties as a state of mind was provided by Kelly (1972) who stated that:

“Leisure is the quality of activity defined by relative freedom and intrinsic satisfaction.” (p. 23)

One definition that provides a concise view drawing on the principal properties of leisure was offered by Parker (1976), who was particularly concerned with the way in which leisure could be distinguished from work. His definition emphasises *free time*, in particular, and provides a clear and concise perspective on leisure and all of the activities and properties it embraces:

“Leisure is time free from work and other obligations, it also encompasses activities which are characterised by a feeling of comparative freedom.” (p. 48)

Cushman and Laidler’s (1990) definition builds on these earlier perspectives and we see a number of the properties of leisure manifested as a *state of mind* – and therefore not necessarily the antithesis of work – that leads to certain anticipated outcomes:

“Leisure is considered primarily as a condition, sometimes referred to as a state of being, an attitude of mind or a quality of experience. It is distinguished by the individual’s perceived freedom to act and distinguished from conditions imposed

by necessity. It is assumed to be pleasurable and, although it may appeal because of certain anticipated benefits, it is intrinsically motivated: it is an end in itself and valuable for its own sake.” (p. 1)

If we accept that the properties reflected in these definitions are characteristic of leisure and that leisure embraces arts, culture, and recreation, then the definitions of these latter concepts build on these properties and identify specific areas where leisure can be expressed. Further, despite the apparent emphasis on the free time during which leisure occurs, more recent definitions such as that offered by Cushman and Laidler (1990) highlight the important *experiential* aspects of one’s leisure. Indeed, the *meanings* associated with our engagement in leisure and culture activities are fundamentally more important to our wellbeing than is the amount of time we spend at them.

Recreation

Recreation is often regarded mistakenly as equivalent to leisure, but it is in fact a category of leisure defined by activities occurring during one’s leisure time. The definition of recreation that is reflected in most other definitions that one could find in the literature is provided by Kraus (1978), who stated:

“Recreation consists of activities or experiences carried on within leisure, usually chosen voluntarily by the participant – either because of satisfaction, pleasure or creative enrichment derived, or because he [sic] perceives certain personal or social values to be gained from them. It may, also be perceived as the process of participation, or as the emotional state derived from involvement.” (p. 37)

In essence, recreation represents all of the activities and experiences engaged in during one’s leisure. As noted earlier, the types of activities frequently identified as recreation include sports, games, exercise, outdoor recreation, holiday travel, hobbies, and media consumption.

As reflections of the importance that leisure has for individuals and communities, designated places for recreation include, for example, parks, trails, arenas, sports fields, swimming pools, community centres, and arts and culture venues. By providing the opportunities for individuals to engage in a myriad of recreational pursuits, these places contribute to wellbeing.

3.3.2 Culture

Like recreation, culture is most often defined in the context of a variety of activities in which people engage during their leisure time. Unlike recreation, however, definitions of arts and culture typically include both *primary* and *secondary* participation in these activities. Primary participation represents the active engagement of the individual in the activity – as artist, creator, or performer. Secondary participation means being engaged in the fine and performing arts as a spectator; in other words, as an audience member for the performing arts and/or as a visitor to arts-related venues such as museums, galleries, libraries, theatres, and other cultural

sites and facilities. Distinctions between primary and secondary participation blur when one considers activities such as volunteering for arts and culture groups or organizations, or media consumption of the arts (e.g., purchase of fine and creative arts, music, videos).

In its most recent effort to encapsulate the meaning of “culture”, UNESCO (2009) has reasserted its 2001 definition of culture as being:

“...the set of distinctive spiritual, material, intellectual and emotional features of a society or a social group that encompasses not only art and literature, but lifestyles, ways of living together, value systems, traditions, and beliefs.” (p. 1)

Drawing on these various viewpoints, a concise and simple definition of arts and culture was put forward by Walker, Scott-Melnyk, and Sherwood (2002) who suggest that:

“Cultural participation includes creating, witnessing, preserving, and supporting artistic and cultural expression.” (p. 7)

The types of activities frequently identified as being part of arts and culture include all forms of music, theatre, dance, visual, and fine arts (e.g., painting, sculpture, photography). Given the importance of secondary participation, the venues for arts and culture represent the commitment to cultural participation and to the betterment of individual and community wellbeing. They include, as noted above, museums, galleries, libraries, theatres, and other cultural sites and facilities.

As these definitions suggest, engagement in the arts and culture as conceptualized here focuses on Canadians’ “consumption” of the arts. This is the final stage of what the UNESCO (2009) refers to as the “culture cycle”, which begins with creation and then follows through to production, promotion, and dissemination/access before Canadians consume the products of or engage in culture, either as primary or secondary participants, and derive their benefits. The former stages are part of the culture *industry* and even though they also contribute to wellbeing, principally in terms of their economic contribution, they are not aspects directly tied to the benefits Canadians derive from their active engagement in the arts and culture.

3.3.3 Wellbeing

Wellbeing is typically equated with such concepts as quality of life, wellness, happiness, and in particular, health. Wellbeing is best conceptualized using the World Health Organization (WHO) definition, which goes beyond simple physiological health and recognizes that health and wellbeing is more than the simple absence of illness or disease. The WHO (2001) definition of health is: “*a state of complete physical, mental, and social well-being and not merely the absence of disease, or infirmity*” (p. 10).

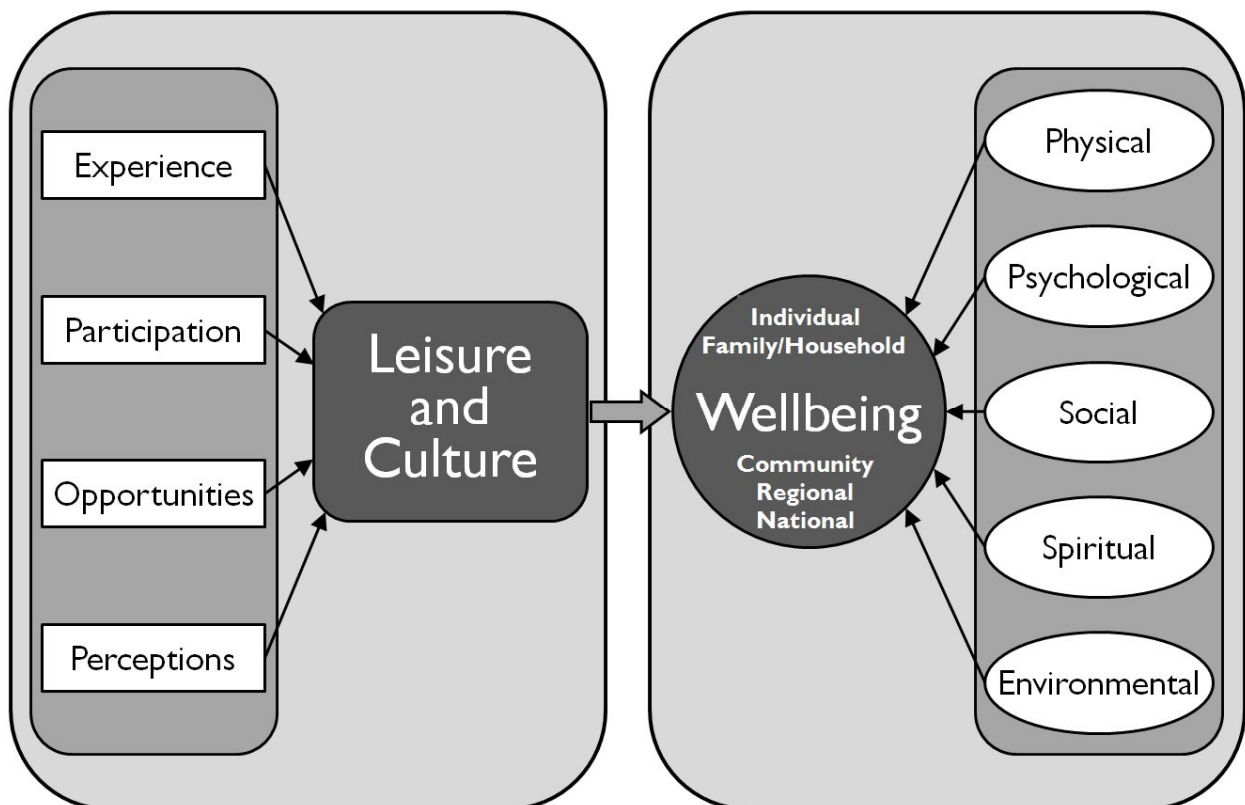
This definition recognizes, too, that health does not refer to just the physical wellbeing of individuals, but refers to their social, emotional, spiritual, and cultural wellbeing as well as that of the whole community. More specifically within leisure studies, wellbeing is typically

conceptualized as being holistic and comprised of five dimensions, all of which contribute to overall health:

- Physical/Physiological wellbeing
- Psychological/Emotional wellbeing
- Social wellbeing
- Spiritual wellbeing
- Environmental wellbeing

The conceptual framework shown in Figure 3.1 illustrates these five dimensions upon which wellbeing is based and highlights the means through which leisure and culture contribute to it. Wellbeing, both overall and within each dimension, can be manifested at a variety of scales: (a) by the individual, (b) by the family or household, (c) by the community, (d) within a region, and (e) across the nation. Physical, psychological, social, and spiritual wellbeing are most often associated with individual health and wellbeing, and environmental wellbeing has broader implications for the health of both individuals and communities. Indeed, Human Resources and Skills Development Canada (HRSDC) describes wellbeing as quality of life and development at both the individual and societal level, which is a perspective consistent with HRSDC's (2007) mission to build a stronger and more competitive Canada, to support Canadians in making choices that help them live productive, rewarding lives, and to improve their quality of life.

Figure 3.1: Conceptual Framework for the Leisure and Culture Domain



HRSDC also goes on to define the distinction between individual wellbeing and social (or community) wellbeing. It describes *individual wellbeing* as simply a person's quality of life as influenced by a range of factors, including such things as work, family, community, health, personal values, and personal freedom. To this list we could add basic factors such as gender, age, and a person's financial situation. Further, *societal wellbeing* is described as both the collective wellbeing of individuals and the quality of interactions between and among individuals and social institutions (e.g., communities, the leisure services system, health care system, the education system, and the social services system).

So, wellbeing must be considered in terms of not only its five constituent dimensions, but also in terms of the variety of scales at which wellbeing is manifested, especially for individuals, families/households, and communities, and the various factors that mediate the relationship of leisure to wellbeing.

3.4 Approaches to the Examination of the Relationship between Leisure and Culture and Wellbeing

Given the preceding concepts and their definitions, as a point of departure, the literature in leisure studies has focused on four principal approaches to capture the essential aspects to describe leisure – and hence, arts, culture, and recreation – when examining leisure's relationship to wellbeing. These four aspects of leisure have shown over the years to be the best ways to conceptualize, recognize and measure, and understand leisure in its multifaceted forms and to explore its relationship to wellbeing. In this respect, such a perspective also extends to the ways in which culture is examined for its contribution to wellbeing. The four approaches are as follows (see Figure 3.1):

Participation – most often associated with regarding leisure as activity or free time, participation could be measured in terms of whether or not an individual participates, frequency of involvement, intensity of involvement, and time use. Participatory approaches to examining leisure most often focus on individual activities (e.g., swimming, walking for pleasure, socialising with friends, reading for pleasure, volunteering, visiting galleries, attending concerts), categories of activity (e.g., physical activity, cultural participation, media use), or site-specific usage and visitation (e.g., visits parks).

Perceptions – typically associated with regarding leisure as a state of mind or an attitude towards participation, perceptions within leisure studies have been regarded as both a variety of cognitive predispositions as well as set of outcomes believed to be associated with leisure engagement. With respect to predispositions, leisure motivations, attitudes towards leisure, and the inherent values linked to leisure have been the dominant foci of this research and how these predispositions are related to wellbeing. With respect to outcomes, the focus has been on aspects of the satisfaction felt or achieved, the benefits derived, and the needs met from being engaged in leisure. The contribution of leisure-related perceptions, whether the predispositions or perceived outcomes, to individual, family, community, or

even national indicators of wellbeing have been linked to such things as personal and collective identity, social cohesion, social capital (e.g., trust, reciprocity), body image, and sense of belonging.

Experience – firmly rooted in leisure as a state of mind, the leisure experience and the meaning it holds for individuals can refer to the quality or importance of leisure in a person's life, regardless of the specific nature or form of engagement. However, research on the nature of the experience for individuals engaged in specific forms of or places for leisure also characterise this approach. Ultimately, how leisure is experienced and especially the *meaning* that it holds for the individual and his or her wellbeing is the focus, and hence, is rooted in an interpretivist epistemology.

Opportunities – when examining the venues where leisure occurs, the focus has been on the degree to which such venues have supported participation, are available in free time, and generate particular meanings for individuals and for the community at large. Research using this approach examines the availability and/or accessibility of a variety of facilities, designated open space, and other arts, culture, and recreation sites as indicators of the potential of such sites to support and facilitate leisure engagement, and ultimately, contribute to wellbeing.

So, in an effort to understand the relationship between arts, culture, and recreation – conceptualized as leisure and culture – and wellbeing, a first step is to explore the literature using the key concepts identified in this section and illustrated in Figure 3.1. From here, the strongest links drawn from the leisure and culture and wellbeing research can be identified and the first suggestions of the most salient indicators can be revealed.

4. Phase I Results: Literature Review

4.1 Introduction

The literature cited in the following sections is principally exemplary. A significant amount of research evidence is available that demonstrates the contribution that leisure and culture, in all of its forms, makes to the wellbeing of Canadians, individually and collectively, across its constituent dimensions. Although much of it is quite context specific, frequently examining, for example, the relationship between participation rates in a specific leisure pursuit (e.g., exercise or creative arts) and a specific dimension of wellbeing (e.g., physical or psychological), examinations of this kind illustrate the inextricable relationship between leisure and culture and wellbeing. Concomitantly, the value of the relationship is recognized across disciplinary boundaries and contributions are noteworthy. Multidisciplinarity, therefore, distinguishes the leisure and culture domain.

Guided by the conceptual framework presented in the previous section (see Figure 3.1), the contribution of leisure and culture, especially as manifested in the arts, culture, and recreation, is discussed in the context of participation, perceptions, experience, and opportunities. A synopsis of the general patterns revealed in the literature is offered with selected examples of current research for illustrative purposes.

4.2 Participation in Leisure and Culture Activities

Over the past several years, by far the greatest proportion of the literature is devoted to understanding how *participation* in leisure and culture activities results in a variety of outcomes for individuals, to families, and to the community at large. In particular, understanding how leisure and culture are related to *health* and *wellbeing* outcomes is a primary focus of much of this research (Mannell, 2007). In this respect, discovering whether or not participation in leisure and culture contributes to wellbeing is no longer in question; rather, research now focuses predominantly on *how* the underlying processes associated with leisure and culture make that contribution. Nevertheless, establishing the link of leisure participation to wellbeing is a necessary first step.

The literature on the relationship between leisure and culture and wellbeing falls generally into those studies that examine: (1) participation in specific or categories of activities and wellbeing, and (2) participation in leisure overall, as a domain of life (i.e., lifestyle) or aggregate of the numbers and rates of leisure and culture activity engagements. In this latter case, arts, culture, and recreation are typically combined into one aggregate measure of leisure engagement or participation to reflect the extent to which individuals devote a portion of their total time to free time pursuits.

4.2.1 Participation in Specific or Categories of Activities

Much of the literature examining the relationship of specific leisure and culture activity participation and aspects of wellbeing has demonstrated the contribution that increased participation has on wellbeing. At the specific activity level, the strength of the relationships has varied considerably, largely due to issues of measurement and context (i.e., activity, person, and environment). In the case of measurement, participation in leisure and culture has been treated as whether or not an individual engages in the activity, as a weak ordinal measure, as a precise measure of time (e.g., minutes per day, times per week), or even as an expenditure of energy estimated from total time of engagement. With so many different ways to describe and measure participation, comparisons across studies are difficult even when the same activity is being considered, thereby leading to questions of the sensitivity of the measure to capture any meaningful connections to wellbeing.

With respect to context, not all activities are regarded similarly nor participated in as intensely by all individuals. Further, activities that might be considered similar in type and form (e.g., squash and racquetball), can lead to quite different outcomes when exploring their links to wellbeing. Also, when attributes of the participant such as gender, age, education, and/or ethnicity are entered into the equation, we sometimes see different relationships to wellbeing for each subgroup. However, any differences in wellbeing attributable to these person-related factors have frequently been mitigated by other factors associated with the activity, suggesting that participation itself leads to similarly strong health and wellbeing outcomes for participants (e.g., Doyle, Kelly-Schwartz, Schlossberg, & Stockard, 2006). Finally, the environment within which the activity is engaged can facilitate or interfere with the activity's potential to lead to enhanced wellbeing. For example, park settings have been shown to be more conducive to generating higher spiritual wellbeing among users than other, less natural settings (e.g., Heintzman, 2002). Taken together, the contextual factors create circumstances that provide clearer insights into the influence of individual activities for wellbeing, but the variability of that influence across activities is quite pronounced.

Examinations of leisure and culture participation at the aggregate level, in categories such as physical activity, arts participation, or social leisure activities, have shown less variation in the strength of their relationship to wellbeing than individual activities. In fact, the relationships have rarely been unimportant. Looking at broader categories of activities helps to "smooth out" the idiosyncratic variations of context and preferences for specific types of activities within the category and to more clearly reflect the contribution that leisure and culture participation in general has for health and wellbeing.

Naturally, some relationships are stronger than others. For example, participation in physical activity and exercise is more strongly related to physical wellbeing and the prevention of disease (e.g., Warburton, Nicol, & Bredin, 2006), and engaging in social leisure activities is more strongly linked to social wellbeing (e.g., Cattell, Dines, Gesler, & Curtis, 2008; Larivière, 2008). However, there is evidence that participation in different forms of leisure and culture can contribute to quite different dimensions of wellbeing. For example, physical activity contributes to the psychological and social wellbeing of individuals (e.g., Sacker & Cable, 2005; Wendel-Vos, Schuit, Tjihuis, & Kromhout, 2004) and participation in the arts can help to enhance both social

and psychological wellbeing (e.g., Culture Statistics Program, 2004; Reeves, 2002; Ruiz, 2004; Secker, Spandler, Hacking, Kent, & Shenton, 2006; Torjman, 2004).

As an alternative to grouping activities purely on the basis of their form or type (e.g., physical versus passive), Tinsley and Eldredge (1995) provide a taxonomy that groups activities according to their ability to satisfy certain psychological needs. In their view, if we are to understand the contribution of leisure and culture to the psychological wellbeing of individuals, then we must understand the essential contribution that leisure makes to basic psychological needs. They introduce 12 clusters of activities, each of which satisfy basic psychological needs of participants: agency, novelty, belongingness, service, sensual enjoyment, cognitive stimulation, self-expression, creativity, competition, vicarious competition, and relaxation. This perspective is increasingly being reflected in the literature when leisure and culture participation is examined and its underlying functions are considered (e.g., Passmore & French, 2000; Rodríguez, Látkova, & Sun, 2008). For example, activities such as social engagement and passive leisure pursuits that stimulate cognitive function are being recognized for their foundational importance in maintaining wellbeing into later life and mitigating the effects of dementia (e.g., Fratiglioni, Paillard-Borg, & Winblad, 2004) and other forms of mental ill-health.

Not all forms of leisure and culture engagement contribute to higher levels of wellbeing. In fact, some activities typically done during one's free time can lead to unhealthy lifestyles and reduce wellbeing. Reducing participation in activities such as smoking, drug and alcohol abuse, and sexually risky behaviour also can have a positive influence on physical wellbeing as well as psychological wellbeing in the form of self-identity, self-esteem, lowered mental distress, and enhanced capacity to cope with stress (e.g., Reid, Dyck, McKay, & Frisby, 2000). Although less damaging physically to participants than these risky behaviours, some passive activities such as television viewing are frequently associated with lower levels of wellbeing, especially social and psychological wellbeing (i.e., depression) (see the *Healthy Populations and Time Use Domain Reports*). For some other passive activities, such as computer games, however, there is increasing evidence that participation contributes to higher levels of wellbeing (e.g., greater family closeness, positive mental health, improved self-concept and school performance) especially among adolescents (Durkin & Barber, 2002). Further, individuals are drawn to "risk recreation" (e.g., mountain biking, rock climbing, sky diving) because of the peak experiences associated with these activities and the overwhelming sense of physical and psychological – and even spiritual – wellbeing that result (e.g., Boniface, 2006; Cryer, Ross, & Evers, 2003). Consequently, we must be cautious in assuming that all forms of leisure and culture participation necessarily lead to higher wellbeing, and be equally cautious in assuming that risky activities are necessarily damaging to one's health and wellbeing.

Not only does participation contribute to immediate feelings of wellbeing, but its effects can be sustained over time if such engagements are maintained. In other words, those individuals who maintain an active leisure lifestyle throughout their lives are more likely also to have higher levels of wellbeing in each of its dimensions (e.g., Greenfield & Marks, 2007; Pagano, Barkhoff, Heiby, & Schlicht, 2006; Reid, Dyck, McKay, & Frisby, 2000; Sacker & Cable, 2005) as well as overall (e.g., Wolin, Glynn, Colditz, Lee, & Kawachi, 2007). In addition, early exposure to all forms of leisure and culture activities leads to early adoption by children and adolescents, and these patterns of participation are sustained throughout adulthood where quality of life and

wellbeing are higher for these adopters (e.g., Sanderson, 2008). These results point to the importance of maintaining an active and engaged leisure and culture lifestyle and of monitoring the ongoing effects of that lifestyle on wellbeing.

4.2.2 Overall Participation in Leisure and Culture

Principally three approaches to establishing estimates of overall participation in leisure have been used in the literature. The first approach is based on the total number of *occurrences* of leisure and culture activity over a specified period of time, such as on the previous day, over the previous (or during a “typical”) week or month, or even over the previous year. The second approach – related to the first – is based on total *attendance* at or *visitation* to arts, culture, and recreation sites, either in terms of the number of occurrences within a specified time frame (e.g., times at theatre performances in past year) or the total number of days spent visiting a site (e.g., days spent camping in a national park). Finally, the third approach, and the most robust, is the total amount of *free time* during which individuals are engaged in all forms of leisure and culture activity, usually estimated based on a daily or weekly time diary.

The same patterns of relationships between leisure and culture and wellbeing are evident when using overall participation as was described for specific types of leisure activities. However, the evidence is generally more compelling and consistent in demonstrating the contribution that leisure and culture make to higher levels of wellbeing (e.g., Eriksson, Rice, & Goodin, 2007). In many respects, this is due to the disguising of the unique variations in activity preferences and the contextual factors that modify the strength and/or nature of the relationship, as happens when activities are categorised according to major properties. Nevertheless, even when such factors are taken into account and controlled during analysis, the direct contribution of leisure and culture to wellbeing is almost always significant and for all groups and contexts.

Heintzman (2002) confirms this view and points out that examining the overall pattern of leisure and culture participation, or more simply, one’s *leisure lifestyle*, likely provides a better means to understanding the contribution of leisure and culture engagement to not just the independent dimensions of wellbeing, but overall wellbeing as well. For example, the social support and personal engagements that typically develop through leisure and culture participation serve to reinforce *adherence* to activity engagement in other spheres, such as physical activity. This adherence to participation ultimately ensures that wellbeing is also sustained into later life (e.g., Sasidharan, Payne, Orsega-Smith, & Godbey, 2006; Walker, Scott-Melnyk, & Sherwood, 2002). So while the peculiar effect of participation in specific activities contributes in a marginal way to one’s overall wellbeing, understanding the combined effect of one’s entire leisure lifestyle – and hence the complex interplay of influences and outcomes that comprise it – may be a better approach to seeing leisure and culture’s contribution to wellbeing.

4.2.3. Summary

There is abundant evidence that participation in leisure and culture activities, whether arts and culture or recreation, positively affects all dimensions of individual wellbeing (e.g., Caldwell, 2005; Mannell, 2007). The extent to which those effects are realised can vary by the type of activity and the dimension of wellbeing, as well as by factors such as age and gender, but the effects are no less significant. Indeed, much of the emerging evidence has revealed the even greater role that leisure and culture can play in enhancing the quality of life for marginalised groups in society, such as lower income groups (e.g., Campagna *et al.*, 2002; Canadian Council on Social Development, 2001; Totten, 2007a), children and older adults living with disabilities, (e.g., Murphy & Carbone, 2008; Zoernick, 2001), and minority populations (e.g., Henderson & Ainsworth, 2002). Further, maintaining one's participation in leisure and culture throughout the lifespan also maintains higher levels of life satisfaction and wellbeing into later life (e.g., Nimrod, 2007a).

So, while one type of leisure or culture activity might be more strongly related to wellbeing or one of its dimensions than another because of the *context* in which the relationship is examined, the conclusion remains that participation in chosen leisure and culture pursuits, either individually or overall, contributes to individual, community, and societal wellbeing. Similarly, some forms of leisure and culture are more strongly related to specific dimensions of wellbeing, but ultimately, the contribution to overall wellbeing is still meaningful. This is an issue of how wellbeing is conceptualized and measured within individual studies (i.e., whether a separate dimension is the focus of interest or overall wellbeing), and as Dolan and White (2006) point out, examinations of single dimensions might be less influential in the development of policy initiatives than more holistic approaches to wellbeing.

Further, some activities can provide for increases *and* decreases in wellbeing. For example, like any games of chance, gambling in moderation can have positive outcomes for the psychological wellbeing of individuals and can provide an opportunity for social engagement, and hence, greater social wellbeing. However, when participation in gambling becomes pathological, it can lead to serious negative consequences for the psychological, social, and even physical wellbeing of the individual, as well as for community wellbeing. Consequently, using participation in *specific* activities as an indicator of wellbeing has the potential to be misleading if the nature and context of the engagement is not fully understood.

So, should leisure and culture be regarded in its aggregate form – as a lifestyle domain rather than a set of distinct activities – some effort should be made to separate between those contexts which contribute to and those that detract from wellbeing.

4.3 Perceptions of Leisure and Culture

There has been considerable effort over the years within leisure studies to examine the cognitive aspects associated with people's engagement with leisure and culture. Measures of the predispositions towards leisure in the form of, for example, attitudes, motivations, and personality traits, as well as the perceived outcomes from participation (e.g., satisfaction,

derived benefits, met needs) have all been explored to determine the extent to which these perceptions of leisure contribute to individual and community wellbeing concurrently or independently of the influences of participation. Generally, the *importance* people attach to their leisure and culture engagements and the satisfaction they derive from them have shown to be stronger predictors of quality of life than behavioural measures based on participation in activities or the use of various resources such as recreation facilities, performing arts venues, or parks (e.g., Di Bona, 2000; Lloyd & Auld, 2002b; Nimrod, 2007b).

A number of widely recognized measures of the perceptions of leisure have been developed over the years, and have been widely used in a variety of both leisure and culture contexts. Of the many instruments found in the literature, one of the most popular is Beard and Ragheb's (1983) leisure motivation scale. It identifies four underlying motives for leisure participation: (1) an *intellectual* motive, which addresses the need for learning, exploring, discovering, creating, or imaging during one's leisure; (2) a *social* motive, which addresses the need for friendship and interpersonal relationships; (3) a *competence-mastery* motive, which addresses the need to the individual to achieve, master, challenge, and compete through leisure; and (4) a *stimulus-avoidance* motive, which addresses the need to escape from overly stimulating life events. Beard and Ragheb (1980) also introduce a leisure satisfaction scale which is comprised of the six leisure satisfaction dimensions including the psychological, educational, social, relaxation, physiological, and aesthetic. In an alternative approach to conceptualizing leisure satisfaction, Iso-Ahola and Weissinger (1990) constructed the *leisure boredom scale* which is based on the argument that boredom in leisure results from a lack of awareness of stimulating things to do and a lack of intrinsic motivation. Their scale has been used most often with adolescents to understand their peculiar perceptions of free time and health-related outcomes.

One of the most widely used instruments, especially in therapeutic contexts, is the Idyll Arbor Leisure Battery (Ragheb & Beard, 1993), which brings together four popular instruments measuring different psychological perspectives of leisure. The Battery is comprised of a number of scales measuring different aspects of leisure including: (1) the *Leisure Attitude Measure* (LAM), which assesses attitudes towards leisure within the cognitive, affective, and behavioural domains, and is derived from the earlier work of Ragheb and Beard (1982); (2) the *Leisure Interest Measure* (LIM), which identifies levels of interest, as opposed to reported participation, in eight categories of leisure pursuits, such as physical, outdoor, artistic, social, and cultural activities; (3) the *Leisure Motivation Scale* (LMS), and (4) the *Leisure Satisfaction Scale* (LSS), both of which are slightly modified versions of Beard and Ragheb's (1980, 1983) earlier scales.

Central to the way in which leisure has been conceptualized as a state of mind, the *Perceived Freedom in Leisure* scale, developed by Ellis and Witt (1984), offers a means for establishing the extent to which the individual feels he or she has freely chosen a leisure or culture activity for its fundamental properties to satisfy certain needs. The scale is comprised of five subscales, each measuring dimensions contributing to perceived freedom: (1) perceived leisure competence, (2) perceived leisure control, (3) leisure needs, (4) depth of involvement, and (5) playfulness. Ellis and Witt conceptualized these dimensions as predispositions or states of mind that the individual drew upon when assessing the extent to which he or she was "at leisure". In this view, the greater the extent to which these psychological predispositions are evident, the

greater the likelihood that the individual will experience leisure, and hence, greater degrees of satisfaction within leisure and in life overall.

These measures of leisure perceptions are just some of the myriad of instruments available and used by researchers exploring the psychosocial underpinnings of leisure and culture behaviour. Regardless of which of these instruments has been employed, they provide significant evidence of the importance of leisure and culture in contributing to wellbeing overall as well as for each of its dimensions. Not surprisingly, those individuals most strongly motivated and satisfied by their participation in leisure and culture are more highly satisfied with their lives (e.g., Nimrod & Adoni, 2006; Walker, Scott-Melnyk, & Sherwood, 2002) and have higher levels of wellbeing. In more specific approaches, those individuals who prefer, for example, social contexts to express their leisure and culture desires, show higher levels of wellbeing in the social dimension.

Further, studies involving perceptual measures are frequently considered in conjunction with indicators of leisure participation and they have typically outperformed participation in explaining higher levels of wellbeing. Unfortunately, even though these perceptual approaches have tended to generate the strongest evidence of the relationship between leisure and culture and wellbeing, none of these measures are universally accepted or employed in research. Indeed, many researchers correctly argue that the approach they use to capture aspects of the psychosocial context of leisure and culture engagement must suit the particular circumstances of their inquiry. Consequently, making direct comparison across studies on the basis of uniform application of perceptual measures is at best difficult.

4.4 The Experience of Leisure and Culture

Largely due to the emergence of alternative theoretical orientations in recent years such as feminist theory, queer theory, critical race theory, and so on, researchers have begun to reflect more deeply about the nature of the leisure and culture experience for individuals. Questions about how leisure and culture are experienced, what meanings individuals derive from their experiences, and how these experiences create meaning in their lives have guided research from this perspective. Research into these questions has been facilitated by the emergence, too, of alternative epistemological and methodological perspectives that depart from the more traditional approaches to gathering data from large samples and looking for patterns or relationships.

By trying to understand the meaning of the leisure and culture experience for Canadians, much of the research within this context relies on more interpretivist approaches (e.g., ethnography, phenomenology, social constructionism) where individual experiences are privileged. From these in-depth explorations, highly personalised outcomes associated with leisure and culture experiences are revealed, and from these, possible themes emerge. These themes capture potentially collective aspects of the leisure and culture experience that might be shared by many.

However, one must bear in mind that the nature of interpretivist research is not guided by any desire for “generalisability” of outcomes. Indeed, a basic assumption underlying interpretivist research is that we cannot know the unique nature of each individual’s experience in leisure or culture *a priori*; rather, the special nature of his or her experience and its connection to aspects of wellbeing can only be understood through the meanings he or she attaches to the experience.

Consequently, the research efforts made via this form of inquiry, while enormously helpful for better understanding the nature of the leisure and culture experience (especially for marginalised groups) (e.g., Boniface, 2006; Heintzman, 2002; Henderson, Bialeschki, Shaw, & Freysinger, 1996; Kivel & Kleiber, 2000; Wearing, 1998) and its contribution to the wellbeing of individuals (e.g., Gabriel & Browning, 2004; Graham, Kremer, & Wheeler, 2008; Hsieh, Spaulding, & Riney, 2004), do not lend themselves immediately to the identification or use of broadly-based indicators of leisure and culture. Nevertheless, research on the leisure and culture experience provides a platform on which we ultimately begin to better understand how leisure and culture contributes to wellbeing through its many dimensions.

4.5 Opportunities for Leisure and Culture

Opportunities for leisure and culture are broadly understood as the places and organizations that facilitate participation and engagement. These places, spaces, and environments are made available for people to use during their free time and they are imbued with particular meanings and experiences for the individuals and the community, and as such, these places and organizations are understood to contribute, ultimately, to wellbeing.

Those who facilitate and support opportunities for leisure and culture are the stakeholders at a variety of institutional scales and in a variety of contexts that have direct or indirect involvement for provision. The wide array of activities, experiences, settings, and stakeholders involved in the arts, culture, and recreation are a reflection of the importance of this domain to the quality of life of Canadians.

4.5.1 Leisure and Culture Places

The places for leisure and culture are very important to individuals and communities (CPRA, 1997; Driver *et al.*, 1991). The natural and built environments and the resources they provide can help foster local identity, bring a community together, and reduce social exclusion. They also contribute to its quality of life and influence its environmental and economic health (e.g., Eckhart & Allen, 1998; Pohl *et al.*, 2000; Pratt *et al.*, 2000; Siegenthaler, 1997). Furthermore, opportunities for leisure make an important contribution to an individual’s quality of life and general sense of wellbeing (e.g., Estes & Henderson, 2003; O’Sullivan, 2001; Orthner & Mancini, 1991).

Opportunities for leisure and culture are reflected in the natural and built environment, which provide the venues where leisure occurs. In addition, temporary venues or “places” are

created within communities when, for example, festivals, special events, and sports tournaments are organised and become a temporary, but important, part of the local infrastructure for leisure and culture. Certainly, the commitment that Canadian communities make to an infrastructure of leisure and culture opportunities (i.e., swimming pools, arenas, performing arts facilities, libraries, museums and galleries, parks) reveals the belief that the provision of such resources necessarily enhances the quality of individual and, especially, community life. Indeed, most community plans and policies concerning the provision of leisure and culture opportunities make specific reference to the value they provide to the community (e.g., New Westminster Arts Strategy Taskforce, 2008; Town of Oakville, 2006), and empirical evidence is increasingly being provided on the social and health-related benefits of the arts, culture, and sports infrastructure within communities (e.g., PricewaterhouseCoopers, 2008).

In terms of demonstrating the value of leisure and culture opportunities, the importance of open space and natural environments for communities and their residents has been a longstanding focus of interest in the leisure studies literature (e.g., Parry-Jones, 1990; Smith, Nelischer, & Perkins, 1997). The “greening” of urban areas has important benefits for the environmental wellbeing of communities as well as the social and psychological wellbeing of residents who use and enjoy these spaces (e.g., de Vries, Verheij, Groenewegen, & Spreeuwenberg, 2003; Harmon, 2004; Tinsley, Tinsley, & Croskeys, 2002; Turner, 2004). The provision of various arts, culture, and recreation resources provide contexts where people can experience leisure and culture, and hence, facilitate feelings of wellbeing, both individually and for the community as a whole (e.g., Cattell, Dines, Gesler, & Curtis, 2008; Riecken & Yavas, 2001; Sallis *et al.* 2006; Stephen, 2001).

In addition to the *provision* of opportunities, *access* to leisure and culture opportunities is equally important. For example, neighbourhood “walkability” has shown to be important in contributing to a sense of community wellbeing, typically expressed as community satisfaction (e.g., Cohen *et al.*, 2006; Sirgy & Cornwell, 2002; Doyle, Kelly-Schwartz, Schlossberg, & Stockard, 2006). These studies routinely report that when people live in proximity to parks, open spaces, and other arts, culture, and recreation facilities, they report higher rates of participation in leisure and culture activities, especially physical activity (e.g., Bedimo-Rung, Mowen, & Cohen, 2005; Cohen *et al.*, 2007; Tucker *et al.*, 2009), and higher levels of wellbeing (e.g., Coen & Ross, 2006; Cohen, Inagami, & Finch, 2008; Lloyd & Auld, 2002a; Marans, 2003; Matsuoka & Kaplan, 2008).

Community facilities, cultural facilities, sport and recreation facilities, and even open spaces are key factors in determining the quality of life of individuals and communities, whether it is through participation in sport, informal play or exercise, or a vicarious appreciation for green space (e.g., Brown, 2001; Gordan-Larsen *et al.*, 2000). Indeed, the vicarious enjoyment of and the value assigned to national places of importance – both symbolically and tangibly – are aspects of our National and Historic Parks, our national galleries and museums that strengthen our connections to the nation as a whole and imbue its citizens with a sense of pride, cohesion, and wellbeing.

Hence, a wide variety of resources are required and a public commitment is made to facilitate participation in the arts, culture, and recreation. Consequently, opportunities are dependent

on the amount and quality of the resources available, which may include built or natural facilities. It is essential for these resources to reflect the needs of participants and communities, so that they will be enjoyed and used to their fullest (CPRS, 1996; Lankford & Neal, 2004; Pikora *et al.*, 2003).

4.5.2 Leisure and Culture Stakeholders

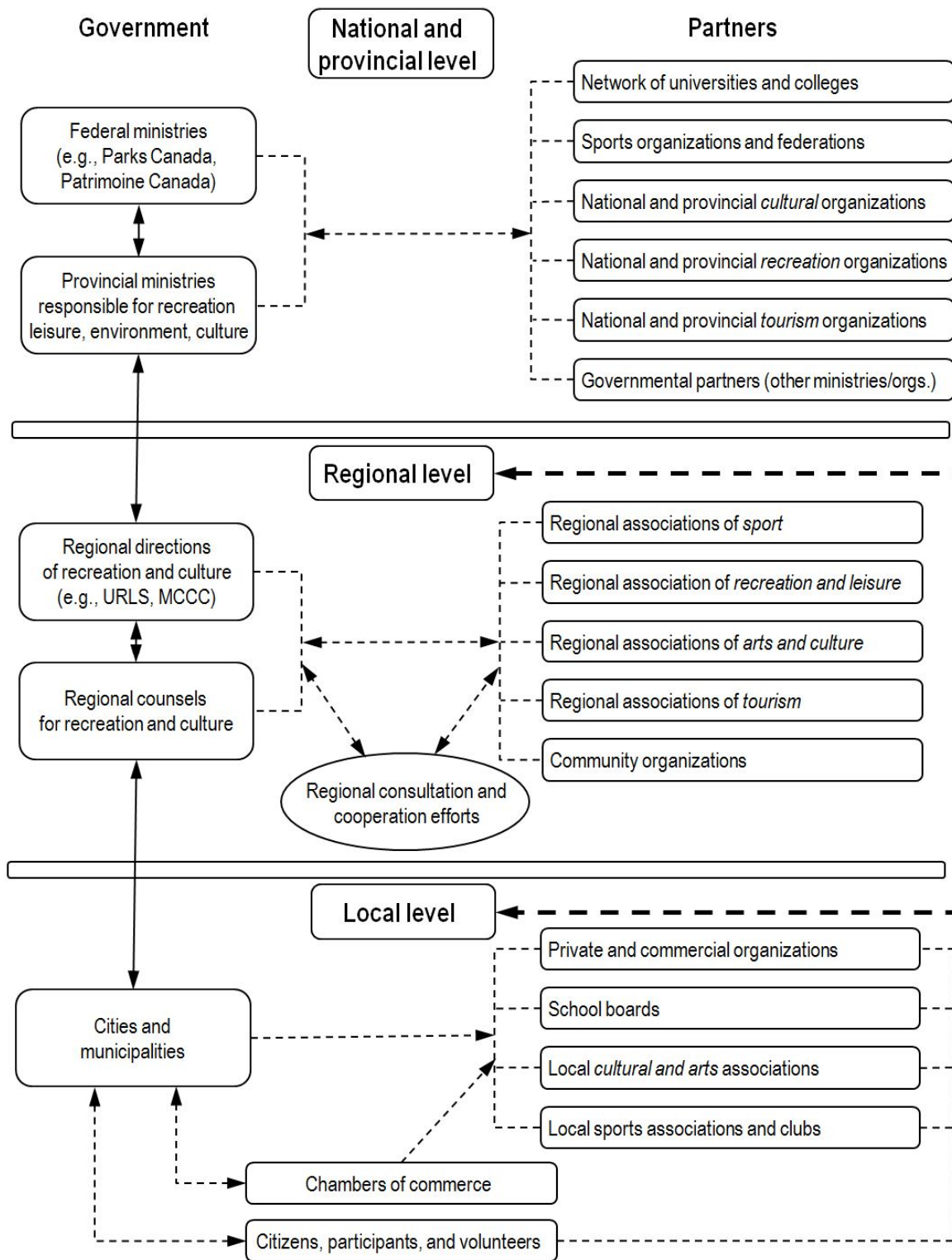
Recreation and culture resources and opportunities are provided or supported by a wide variety of sectors, including governmental or public institutions, quasi-public and non-profit organizations, and private and commercial organizations. These stakeholders operate and cooperate at a variety of scales, from the national to the local (see Figure 4.1). Collectively, their involvement is guided by an interest and frequently by policies that prescribe their role in facilitating, providing, or supporting the places and environments where leisure and culture occurs. In this respect, the role of each sector is to ensure that the leisure and culture opportunities for which they are responsible reflect the needs of participants and communities, both today and into the future. Therefore, stakeholders are essential for the planning and management of the wide array of leisure and culture opportunities.

The graphic representation of the leisure and culture stakeholder network as depicted in Figure 4.1 was devised by the Laboratoire en loisir et vie communautaire (2008) based on the work of Stoker (2006). The model depicts the complex relationships within the network of leisure and culture stakeholders, all of whom play a role in the planning, provision, and policy development of leisure and culture services, programmes, and related opportunities. The model also reflects the reproduction of the ascending and downward bi-directional communications in decision-making between different levels of government and sectors as they coordinate their various responsibilities. The model is organised by principal government agencies involved in leisure and culture on the left and the many groups and organizations with whom they partner on the right, and separated vertically by political level of responsibility (i.e., national down to the local).

Essentially, the model provides a general outline of the stakeholders, their responsibilities, and their interconnections. In this latter respect, the linkages reflected in the model illustrate where key government, social, cultural, and community stakeholders communicate in order to build strategic relationships on issues of policy, to form partnerships that facilitate the delivery of services, programmes, and facilities, and to organise financial arrangements to further facilitate delivery. Ultimately, the model reveals the multi-tiered and complex interrelationships that exist from the national to the local level, all in a coordinated effort to ensure that opportunities for all forms of leisure and culture – parks, open space, performing arts facilities, sports venues, and so on – are provided and equitably available.

Furthermore, the model suggests transparency in the process of leisure and culture provision and responsibility and at which levels accountability lies, and where citizens can expect to participate in the decision-making within the leisure and culture network.

Figure 4.1: Leisure and Culture Stakeholders and Opportunities Network



Source: Adapted from Laboratoire en loisir et vie communautaire (2008)

4.5.3 Summary

The provision of places dedicated to leisure and culture – arts, culture, and recreation places, spaces, and environments – and the stakeholders responsible for their provision as well as the provision of programmes and other services reflects the belief that such opportunities necessarily contribute to the wellbeing of individuals and communities. Not only is this belief reflected in the commitment of public support for leisure and culture places (i.e., public leisure services agencies in Canadian communities responsible for arts, culture, and recreation infrastructure), there is considerable evidence supporting the wellbeing outcomes for individuals and communities that result from the provision of leisure and culture opportunities (e.g., Cattell *et al.*, 2008; de Vries *et al.*, 2003; Doyle *et al.*, 2006; Galloway, 2008; Harmon, 2004; Kuly, Stewart, & Dudley, 2005; Maller *et al.*, 2005; Marans, 2003; Olfert, 2003; Torjman, 2004). This evidence, then, emphasises the utility of examining the provision of opportunity as an indicator of wellbeing in the leisure and culture domain.

4.6 Operationalizing the Framework for Indicator Identification

Based on a review of the literature on different approaches to the leisure and culture and wellbeing relationship, a couple of important conclusions can be drawn that have implications for the identification of possible indicators to include in an index of wellbeing.

First, approaches based on leisure and culture *participation, opportunities, and perceptions* are the most commonly assumed by researchers and they reflect the kinds of indicators most consistent with the needs of the *Canadian Index of Wellbeing*. As noted earlier, despite the value that an *experiential* approach has in revealing deeper connections between the meanings of engagements in arts, culture, and recreation for our wellbeing, the epistemological and methodological perspectives adopted by this approach do not lend themselves to the identification of generalisable indicators. Indeed, in his comprehensive review of the literature pertaining to the mechanisms through which leisure contributes to wellbeing, Iwasaki (2007) concludes that, “*an overarching theme common to almost all cultural contexts examined appears to be the role of leisure-like activities as a context or space for creating meanings which then help to promote the quality of people’s lives*” (p. 251). Essentially, then, it is the activities in which we engage, the ways in which we perceive and value our free time, the places where we can pursue those activities (Smale, 2006), and the stakeholders that support engagement, that can most facilitate the wellbeing relationship.

Second, the evidence points frequently to the value of leisure and culture throughout the lifespan and its contribution to life satisfaction, happiness, quality of life, and wellbeing is demonstrated for all age groups and both genders. As our society ages and more people are living longer and healthier lives, the role that leisure and culture can play in contributing to and maintaining wellbeing in all of its spheres becomes increasingly important. Reducing isolation and maintaining community connections for older people through volunteering and other social engagements has been shown to be an important means to enhancing both individual and community wellbeing (e.g., Allen, 2008; Nimrod, 2007b) as has continued participation in a

myriad of other leisure and culture pursuits such as arts participation, expressive recreation, and outdoor recreation (e.g., Silverstein & Parker, 2002). Importantly, recognizing the value of leisure and culture for both men and women across the entire lifespan facilitates the selection of participation, perceptual, and opportunity indicators that transcend the vagaries of factors such as age, gender, and stage of the lifespan in the leisure and culture and wellbeing relationship.

Data supporting participation and opportunity approaches tend to be relatively more available in large, ongoing surveys of Canadians. Even though many studies now incorporate both measures of participation as well as measures of perceptions (i.e., motivations, leisure attitude, perceived freedom), the latter measures are less often available on an ongoing basis and do not necessarily use the same psychometric instruments. This, then, represents a challenge for identifying perceptual indicators that have the same degree of reliability in measurement and in ongoing collection as the participation and opportunity indicators. Nevertheless, perceptual indicators represent such a powerful direct connection to wellbeing – in fact, they are frequently more strongly related than mere participation – that they must be considered and emphasised in any final listing.

As we moved forward to Phase 2 of this project, therefore, the conceptual framework offered earlier in Figure 3.1 continued to serve as a foundational point of reference to reflect and identify the most promising sources of evidence for indicators of the leisure and culture and wellbeing relationship.

When people's participation in leisure and culture is considered, the focus has been on specific types of activity (e.g., swimming, television viewing, reading), generalised categories of activities (e.g., physical activity, creative arts, social engagement), and overall measures of participation (e.g., total amount of free time). In some respects, research approaching leisure and culture in this way assumes that the perceptual and experiential aspects are captured to some degree by the varying amount of participation individuals enjoy.

From the perspective of leisure and culture opportunity (as represented by those opportunities that facilitate the expression of leisure and culture), there are clear links to participation as many studies use measures such as on-site visitation numbers to parks and audience counts for the performing arts. Examinations of the links between the *provision* of leisure and culture opportunities and the wellbeing of communities and society at large reflect the belief that such provision is an important contributor to wellbeing (e.g., Sallis *et al.*, 2006). Hence, measures of, for example, the numbers and types of facilities (e.g., pools, arenas, sports fields) per capita, total area of green space, number of theatre seats per capita, number and length of community trails, as well as associated indicators such as accessibility to such sites, are used as reflective indicators of the commitment to leisure and culture opportunities as a means to achieving individual and community wellbeing.

With respect to the perceptions that people have concerning their leisure and culture engagement, measures of motivation, satisfaction, and perceived benefits from that engagement in activities associated with arts, culture, and recreation have been shown to be among the most salient and direct indicators of the connection to wellbeing. Although less often gathered

in a systematic fashion, indicators of perceptions are critical to our understanding of the contribution that leisure and culture make to individual and community wellbeing.

4.6.1. Measurement Issues

The measurement of the different thematic perspectives associated with leisure and culture is critical to assessing their relationship to wellbeing. For example, improper measurement of leisure and culture participation can lead to false conclusions about the strength of their contribution to wellbeing. In the study by Baker and Palmer (2006) of the residents of a south-western US city (n=352), their reported participation in 22 specific leisure activities were collapsed into four more general activity categories to assess their relationship to perceived quality of life. However, Baker and Palmer's original measures of participation were based on weak ordinal scales and the process they used to create groupings likely resulted in quite unreliable measures of participation. Consequently, their results, which suggest that recreation participation had little to do with perceived quality of life, are subject to question. Indeed, this is an issue that Michalos and Kahlke (2008) explore in greater detail as they reflect on the choice of measures to represent participation in arts-related activities and the relationship to wellbeing.

The identification of indicators in the second phase of the project has been guided by the three principal perspectives outlined in this section – participation in, perceptions of, and opportunities for leisure. Within each of these broader thematic areas, more specific categories helped in identifying and defining candidate indicators that best reflected the connection to wellbeing.

With respect to participation, the total amount of time devoted to leisure and culture activity (either overall or in major categories of activity forms), visitation to arts, culture, and recreation sites, and expenditures devoted to arts, culture, and recreation appear to be the more reliable indicators in the literature. The number of occurrences of leisure and culture activity is a less reliable approach because the temporal reference presents a measurement challenge. Some activities are more frequently engaged in on a daily basis (e.g., watching television, playing a musical instrument), whereas other activities are typically engaged in only once a month or less (e.g., visiting an art gallery, attending a symphony concert, taking a vacation trip), thereby demanding that the creation of a composite indicator of overall occurrence must necessarily be based on a yearly estimate using extrapolations for more frequently occurring activities. Valid and reliable composite measures of this nature can certainly be constructed, but these limitations must be borne in mind.

Perceptions related to leisure and culture represent the greatest array of measurement possibilities given the number of different constructs available (e.g., motivation, satisfaction, importance, value) as well as the many different instruments used to measure those perceptions. However, the perceptions associated with the use and availability of *free time* – or their counterpoints, the perceptions associated with time stress, time crunch, or time pressure – hold promise as indicators because when they are available, they are most often gathered in conjunction with measures of participation in arts, culture, and recreation activities.

With respect to availability of opportunities for leisure and culture, inventories of available resources of all types provide the most useful source of data. The comprehensiveness of opportunity-based inventories at different scales (i.e., community, regional, and national) in both type and spatial coverage is quite variable. In addition, even when, for example, total numbers of and area devoted to parks and open space in Canadian communities is readily available and updated annually, those data are not available in one place. Such inventories would have to be compiled by retrieving the data from each community across the country, which would present a logistical and practical challenge. Hence, to take advantage of worthy indicators of opportunities, some sacrifices in comprehensiveness of coverage is necessary in order to ensure their inclusion.

As a final note, Iwasaki (2007) makes an important observation concerning how leisure is to be understood in the diverse contexts within which we live:

“It is important, however, to stress that in people’s quest for a meaningful life, the benefits of meaning-making through leisure involve both “remedying the bad” and “enhancing the good,” ... Despite these benefits, we should not ignore that leisure experiences are socially and culturally constructed and shaped by the inequalities of society ... Thus, the reality of power imbalance and inequalities should be acknowledged and appropriately addressed socially, culturally, and politically. Particularly, providing culturally relevant and meaningful leisure opportunities for less privileged population groups world-wide is clearly a top priority.” (p. 258)

We must not forget that even though leisure and culture appear to contribute universally to the wellbeing of Canadians, those individuals living on the margins or denied access to meaningful leisure and culture lives cannot be overlooked.

5. Phase 2 Results: Indicator Selection

5.1 Identifying and Ranking the Indicators

Once Phase 1 of the project was complete, the research team set out to identify Leisure and Culture Domain indicators best suited to the goals of the CIW. As described in the Methods for Phase 2 of the project, the group first engaged in brainstorming with the purpose of identifying as wide a range of potential indicators as possible. This process was guided by the dominant constructs, key findings, and conceptual model that emerged from Phase 1. Specifically, indicators were generated to be representative of the conceptual model's key components for leisure and culture – participation, perceptions, and opportunities – and to honour all aspects of leisure and culture, including arts, culture, and recreation, and at all scales, from the local to the national (see Figure 3.1). This first step in the indicator generation process produced a set of 168 potential indicators.

In the second step, the complete list of indicators was brought forward for evaluation by the project team. Each indicator in the list was reviewed, considered, and debated on merit by the team. Redundancies were removed and several others, upon considered reflection, were dropped. This process reduced the list to 81 indicators that the team judged to have real potential for consideration within the CIW context. As noted earlier in the description of the evaluation process, the challenge in evaluating the indicators was to ensure an appropriate balance in the desire that each of the components of the conceptual framework was represented, that the indicators were, by definition, valid and of high quality, and that data were available for each indicator.

To reconcile these challenges, the acceptability criteria were applied in two steps with the indicators evaluated first on their validity and quality, and then subsequently on their relevance and feasibility. Using a 5-point scale for each of the criteria, the scoring process was completed independently by each team member, and then the indicator scores were aggregated and a mean score on each criterion for each of the indicators was calculated. Based on an aggregate mean score across all criteria, the indicators were sorted and ranked. The complete list of 81 indicators and their mean scores on each of the acceptability criteria as well as their overall mean score is presented in Appendix A.

5.2 Leisure and Culture Domain Indicators

In recognition of the CIW's desire to receive 12 to 14 indicator recommendations from the Leisure and Culture Domain with the ultimate goal of identifying the eight "best" indicators to be incorporated into the overall Index, indicators were selected based on their overall ranking and their relevance to the Leisure and Culture Domain Conceptual Framework. Following the two-step process of reviewing and reflecting on the appropriate mix of indicators to be recommended, an initial set of 17 indicators, reflecting all components of leisure and culture, are brought forward for consideration for inclusion in the CIW composite index (see Table 5.1).

Table 5.1: Initial Indicators for the Leisure and Culture Domain

Component	Indicator
Participation	
<i>Time Use</i>	Average percentage of time spent on the previous day in <i>all</i> leisure activities
<i>Time Use</i>	Average percentage of time spent on the previous day in <i>social leisure</i> activities
<i>Time Use</i>	Average percentage of time spent on the previous day in <i>arts and culture</i> activities
<i>Time Use</i>	Average percentage of time spent on the previous day in <i>passive leisure</i> activities
<i>Time Use</i>	Average number of hours in past year <i>volunteering for culture and recreation organizations</i>
<i>Activity Participation</i>	Average monthly frequency of participation in <i>physical activity</i> lasting over 15 minutes
<i>Activity Participation</i>	Average attendance per performance in past year at <i>all</i> performing arts performances
<i>Activity Participation</i>	Average visitation per site in past year to <i>all National Parks and National Historic Sites</i>
<i>Activity Participation</i>	Average number of nights away per trip in the past year on <i>vacation trips</i> to destinations over 80 kilometres from home
<i>Expenditures</i>	Expenditures in past year on <i>all aspects of culture and recreation</i> as a percentage of total household expenditures
<i>Expenditures</i>	Average total amount of donations in past year to <i>all recreation, sport, arts, and culture organizations</i>
Perceptions	
<i>Time Use</i>	Extent to which person feels he or she does not have time for fun anymore (percentage saying this is true)
<i>Time Use</i>	Extent to which person feels he or she does not spend enough time with family and friends (percentage saying this is true)
Opportunities	
<i>Parks and Open Space</i>	Total land area (ha) committed to <i>National Parks and National Historic Sites</i> per 1,000 population
<i>Parks and Open Space</i>	Area (ha) of <i>public parks and designated open space</i> in major cities per 1,000 population
<i>Facilities</i>	Number of <i>museums, galleries, libraries, theatre and concert halls</i> per 1,000 population
<i>Facilities</i>	Number of <i>sports facilities</i> (e.g., arenas, swimming pools, recreation/community centres) per 1,000 population

The indicators in Table 5.1 have been reorganized thematically to reflect the main leisure and culture components of participation, perceptions, and opportunities of the Leisure and Culture Domain. This listing of the 17 indicators, therefore, does not reflect the final rankings based on the aggregate scores shown in Appendix A; rather, it reflects the mix of indicators judged by the project team to have the greatest potential to “best” represent this Domain.

Overall, the primary source for retrieving data in support of these indicators is Statistics Canada, which in most cases, operates in co-operation with another federal agency (e.g., Health Canada) to generate the data. Eleven of the 17 indicators in Table 5.1 are drawn from data sets gathered regularly by Statistics Canada and many of the other indicators considered (see Appendix A), but rejected for the Domain, also are available from Statistics Canada. The five specific datasets that are the primary sources from which all but one of the indicators pertaining to participation and perceptions are drawn, including those in the extended list (see Appendix A), are as follows:

1. *General Social Survey on Time Use* – currently available for the years 1992 (Cycle 7), 1998 (Cycle 12), and 2005 (Cycle 19), the GSS on Time Use is administered approximately every five to eight years and includes measures on time devoted to a wide range of daily activities as well as selected measures of perceptions of time use. The GSS on Time Use supplies the data for six of the 17 indicators in the initial list of indicators – four of the five indicators on time use and for both of the indicators of perceptions.
2. *Canadian Survey on Giving, Volunteering, and Participating* – currently available for the years 1997, 2000, and 2004, the Survey includes measures of active participation in volunteering (i.e., number of organizations, frequency, and total hours) related to arts, culture, sports, and recreation as well as indirect support for arts and recreation through donations. The Survey provides data for two of the indicators in the initial list – the fourth indicator of time use and one on donations to leisure-related organizations.
3. *Canadian Community Health Survey* – bi-annual cycles of this survey began in 2001 with each Cycle including the same major modules of information as well as focusing on a specific topic of interest. A second phase of each Cycle is undertaken in the intervening years on a major sub-sample and includes the principal components of the main survey thereby resulting effectively in annual data collection. The surveys gather data on participation in a number of physical activities (i.e., whether or not the individual participated in the previous three months, how many times, and for how long on each occasion) and from this, derives an overall measure of participation, which is the basis for one of the activity participation indicators. The same indicators are available in the four cycles *National Population Health Surveys*, which were conducted from 1994 to 2002 following the same sampling and collection strategies, and provide data points from earlier years within the CIW’s desired timeframe.

4. *Survey of Household Spending* – administered annually since 1997, the Survey gathers data on total expenditures in a wide variety of categories, including specific reference to expenditures on equipment and services related to arts, culture, and recreation. The data on total leisure and culture -related expenditures provide one of the indicators in the initial list.
5. *Annual Survey of Service Industries: Performance Arts* – updated from its earlier form as part of the Culture Statistics Programme and administered annually by Statistics Canada since 2004, the Survey includes estimates of attendance at performing arts, including theatre (excluding musical) companies, musical theatre and opera companies (including dinner theatres), dance companies, musical groups and artists, and other performing arts companies [based on the North American Industry Classification System (NAICS) for all incorporated and unincorporated, for profit and not-for-profit businesses]. This Survey provides one of the indicators in the initial list.
6. *Travel Survey of Residents of Canada* – administered biannually until 1996 and then annually since, the Travel Survey of Residents of Canada (known as the *Canadian Travel Survey* until 2005) gathers data on domestic travel in Canada, including total number of nights away on trips to destinations greater than 80 kilometres from home for business, pleasure, and other purposes. Consistent with the World Tourism Organization’s definition for a “tourist”, data gathered in the Survey on nights away on vacation provide one of the indicators in the initial list.

The final indicator of participation is drawn from data gathered annually by Parks Canada that report total visitation to each of the National Parks and National Historic Sites across Canada, a total of 127 different destinations by 2007. These annual reports include details on the methods for gathering estimates of visitation to each destination as well as factors acknowledged to have affected the numbers of visitors to specific sites within each year (e.g., closures for renovations to historic sites, changes in recording visitation estimates).

Data specific to the four initial indicators concerning *opportunities* for leisure and culture are somewhat less easily accessible as they require retrieval, organizing, and compiling into the suggested indicators. Parks Canada’s inventory of natural and heritage parks and their characteristics is updated regularly and available through the agency directly or in some cases, on its website. The timing of updates to the inventory is largely dependent on the introduction of new Parks and Historic Sites to the National system, as designated areas identified through the National Parks System Plan are established.

For indicators associated with parks and open space, and with facilities related to arts and culture and to sports and recreation, data must be retrieved, organized, and compiled from the 25 Census Metropolitan Areas (CMAs) defined by Statistics Canada. While much of the needed data are available on the websites of the CMAs, some data may need to be retrieved directly from the municipality. These CMAs provide updates on the numbers and sizes of the available parks and open spaces, as well as various recreation and culture facilities, within their cities. Coupled with annual population estimates, the indicators can be generated by

aggregating opportunities and calculating their per capita availability. As generally the largest urban areas in Canada, the CMAs capture the majority of the Canadian population and these indicators serve as a representative estimate of the benefits that these opportunities provide to Canada's primarily urban residents. Details are provided in Appendix C where specific website sources are cited for these indicators.

5.2.1 Recommended Indicators for the Leisure and Culture Domain

With the identification of these 17 initial indicators (see Table 5.1), the team next set out to select the eight "best" indicators. The steps taken to narrow the list down adhered essentially to the same process used previously, however, greater emphasis was placed on creating a *mix* of indicators that captured a broad range of aspects of the Leisure and Culture Domain. In other words, the final eight indicators recommended here (see Table 5.2) are those that exemplify participation in leisure and culture in its various forms. For example, while the "average percentage of time spent on the previous day in *all* leisure activities" might appear to be a comprehensive indicator, it would fail to reflect the variations in people's leisure lifestyles as they allocate more time to more valued activities and less to others. Hence, the indicators, "average percentage of time spent on the previous day in *arts and cultural activities*" and the "average percentage of time spent on the previous day in *social leisure activities*", were both regarded as more viable candidates for reflecting time use in the final list.

Similarly, a better mix was provided by including indicators measuring participation in different ways (i.e., "average attendance per performance in past year at *all* performing arts performances" and "average number of nights away per trip in the past year on *vacation trips* to destinations over 80 kilometres from home") and from different data sources (i.e., *Survey of Service Industries: Performing Arts* and *Travel Survey of Residents of Canada*, respectively).

Indicators representing just the participation component were ultimately recommended for the final list of eight indicators. While participation indicators alone do not reflect the full fabric of the Leisure and Culture Domain as described in the conceptual framework, the ones selected still capture the breadth of leisure engagements and contexts. Nevertheless, the inclusion of indicators concerning both leisure and culture perceptions and opportunities would have enriched the overall mix; however, very real and practical considerations forced the exclusion of these other, promising indicators in the initial list of 17 from further consideration.

Of particular note, even though perceptual indicators are typically regarded as the best means of understanding the contribution that leisure and culture make to one's wellbeing, there are few, if any, real opportunities to gather reliable indicators for use in the CIW. The two indicators of perceptions initially selected for consideration (see Table 5.1) have been gathered for each of the three *General Social Surveys of Time Use* (1992, 1998, and 2005), but as with most single-item indicators, especially those reported with simple "yes" or "no" responses, the potential for serious problems of reliability over time exist. Hence, they were not deemed pragmatically to be among the "best" indicators recommended to go forward for the CIW.

Table 5.2 Recommended Indicators for the Leisure and Culture Domain

Component	Indicator
Participation	
Time Use	Percentage of time spent on the previous day in <i>social leisure</i> activities
Time Use	Percentage of time spent on the previous day in <i>arts and culture</i> activities
Time Use	Average number of hours in past year <i>volunteering for culture and recreation organizations</i>
Activity Participation	Average monthly frequency of participation in <i>physical activity</i> lasting over 15 minutes
Activity Participation	Average attendance per performance in past year at <i>all performing arts performances</i>
Activity Participation	Average visitation per site in past year to <i>all National Parks and National Historic Sites</i>
Activity Participation	Average number of nights away per trip in the past year on <i>vacation trips</i> to destinations over 80 kilometres from home
Expenditures	Expenditures in past year on <i>all aspects of culture and recreation</i> as a percentage of total household expenditures

Similarly, two indicators representing opportunities for leisure and culture capture quite distinct forms: parks and open space, and facilities. The total land area dedicated to National Parks and National Historic Sites reflects the commitment to our natural and cultural heritage at a national scale and provides a relatively stable counterpart to the vagaries of annual visitation. In the case of facilities, the per capita provision of *sports facilities* (e.g., arenas, swimming pools, recreation/community centres) and of *museums, galleries, libraries, theatres and concert halls* in Canadian communities reflects the degree to which leisure services, programmes, and events based in such venues are available and supported.

However, the most serious limitation in using measures of leisure and culture opportunities within the CIW is the temporal context of these relatively stable indicators. With the expectation that indicators within each domain to be used in the CIW will be updated annually, indicators of leisure and culture opportunities are unlikely to show much change. Additions, for example to the National Parks system and to community facility infrastructures, occur much less frequently so time frames of five or even ten years are more effective at reflecting changes in the availability of leisure and culture opportunities. Further, with changes in the population occurring more rapidly than the infrastructure can reasonably respond to, there is an inevitable lag in response that might erroneously suggest a diminishing support for and provision of leisure and culture opportunities.

In addition, unlike many national surveys of Canadians, regularly collected inventories of leisure and culture opportunities are much less available, accessible, and reliably gathered, and when available, tend to be much narrower in scope (e.g., confined to selected municipalities or specific facility types). Consequently, for these reasons, as well as the greater difficulty in reliably constructing nationally-based indicators, opportunity measures were not recommended to the final list of indicators.

6. Phase 2 Results: Description of Recommended Indicators

The eight recommended indicators concerning participation in leisure and culture provide a range of measures that capture different aspects of leisure and culture reflected in Canadians' time use, activity engagement, visitation and attendance, and expenditures. For illustration, data for these indicators of participation are presented below along with breakdowns based on sex and on age groupings, where such characteristics are available.

6.1 Time Spent in Social Leisure Activities and in Arts and Culture Activities

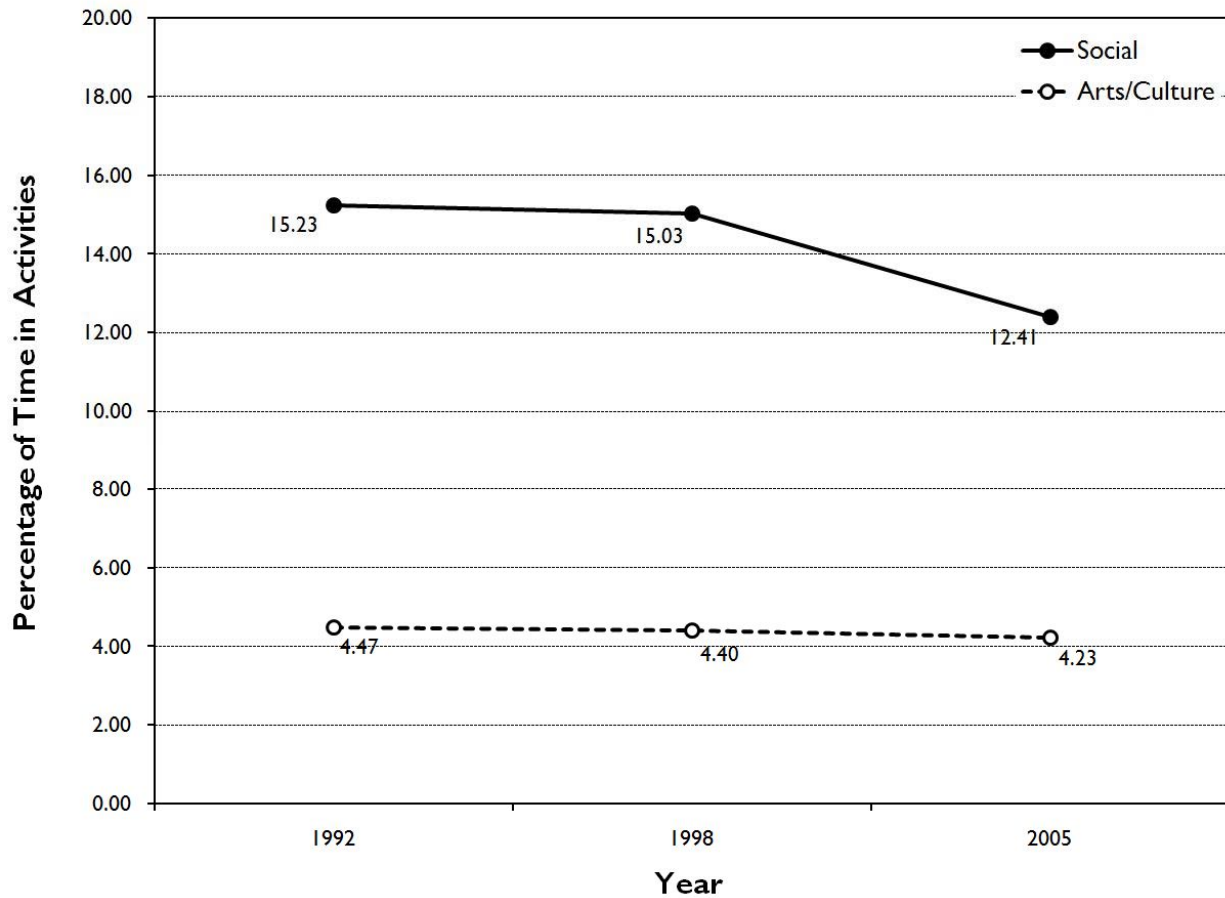
Based on data drawn from three years of the *General Social Survey on Time Use* (1992, 1998, 2005), over 96% of Canadians on average reported spending at least part of their previous day in some form of leisure or culture activity. Of that total time, the two forms of leisure and culture pursuits that comprise principal indicators of time use are: (1) the “average percentage of total time spent on the previous day in *social leisure* activities”, which is comprised of 13 different activities, such as socialising with others and participating in social organizations, and (2) the “average percentage of total time spent on the previous day in *arts and culture* activities”, which is comprised of 10 activities including primary engagement like singing or playing music, performing in drama and/or dance, and secondary engagement such as listening to music, attendance at performing arts performances, and visiting galleries and museums.³

Participation in social leisure activities represents a much greater proportion of the time spent on the previous day in leisure with approximately 15% on average of one's time in 1992 and 1998, but falling to just over 12% in 2005 (see Figure 6.1). In contrast, participation in arts and culture activities has remained comparatively stable over the years, even though it represents a much smaller proportion of the total time spent in leisure and culture (i.e., less than 5% overall on average). These large differences in participation are largely the result of the nature of these two categories of activities.

As a typical part of most days, social leisure pursuits are regularly participated in by approximately 45 to 60% of Canadians on the previous day whereas only about 20 to 23% reported participating in arts and culture activities, much of which was attributable to listening to music. In other words, approximately 80% of Canadians reported no time spent in arts and culture activities on the previous day. However, the timing and nature of some arts and culture activities means that participation is less likely to occur on a typical day (e.g., visiting an art gallery or attending a music concert), and hence, the comparatively lower absolute percentage of total time in arts and culture activities.

³ These two indicators are based on the total amount of time spent on the previous day in these activities as a percentage of the 24 available hours (i.e., 1,440 minutes) less that time devoted to personal activities such as sleep, domestic chores, and personal care. In this respect, the indicators reflect the conscious allocation of waking time to selected activities.

Figure 6.1: Percentage of Time Spent in Social Leisure and in Arts and Culture Activities on the Previous Day (1992 to 2005)



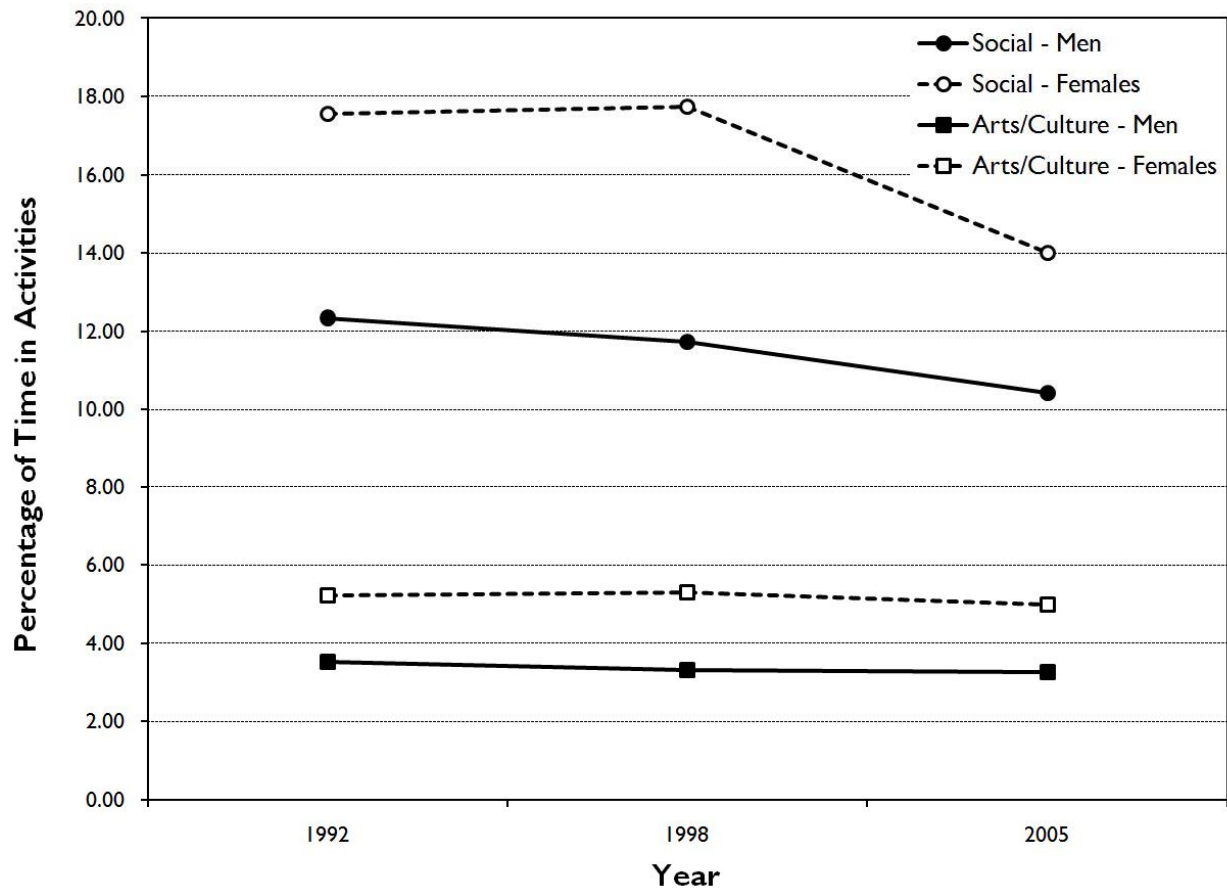
Source: *General Social Survey on Time Use* (1992, 1998, 2005)

Despite the limitation of using time spent *on the previous day* as an indicator, the overall averages in the percentage of time spent in social leisure activities show a relatively sharp decline, particularly since 1998. The reasons for this decline are unclear, although some have suggested that Canadians are increasingly “cocooning” and spending greater amounts of time in their homes with the advent of home entertainment systems and internet activities. In contrast to this trend in social leisure activities, the stability of participation in arts and culture activities from 1992 to 2005 might represent a fairly significant resistance to cocooning and a commitment to arts and culture. In fact, a closer examination of the individual activities shows an increase of almost 20% over the study years in the attendance at arts performances (even though the absolute numbers are quite small) with slight declines in listening to music and the radio; hence, the stable pattern.

When comparing men and women, participation rates in arts and culture activities for both groups show the same stability over the three time points reported by the *General Social Surveys on Time Use*, with women reporting significantly greater percentage of time participating in

these activities. With respect to social leisure activities, women report a significantly greater percentage of time on the previous day in these activities than men (see Table 5.2); however, the declines in participation by both women and men are quite pronounced, especially since 1998. Women's percentage of time in social leisure activities declined from just under 18% in 1998 to approximately 14% in 2005 (a decline of over 20%) while men's participation, although less severe, still declined by over 11% in the same time period (see Figure 6.2).

Figure 6.2: Percentage of Time Spent in Social Leisure and in Arts and Culture Activities on the Previous Day by Gender (1992 to 2005)

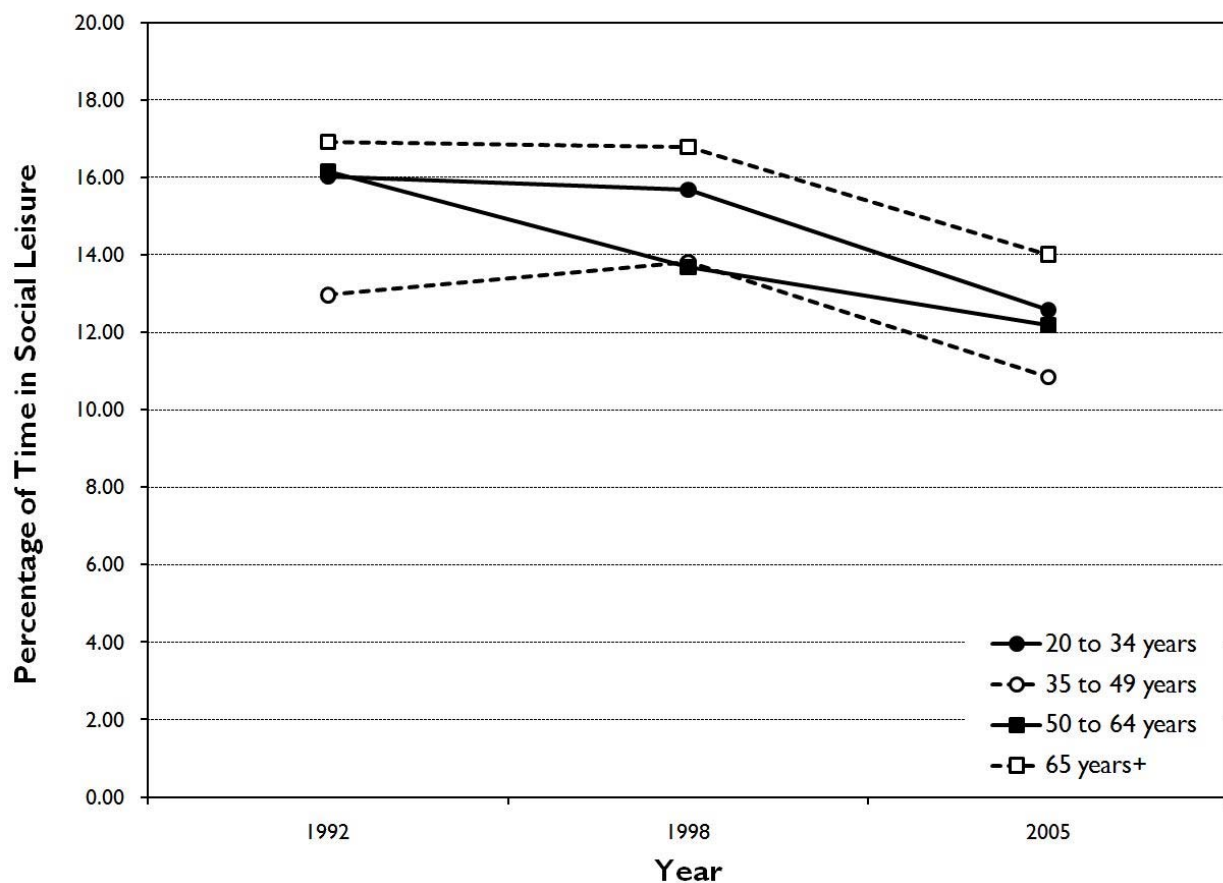


Source: *General Social Survey on Time Use* (1992, 1998, 2005)

Turning to comparisons based on age, four groupings were created to reflect broadly based stages of life for Canadian adults: (1) younger adults aged 20 to 34 years, (2) mid-aged adults, 35 to 49 years of age, (3) later middle aged (or pre-retirement) adults, 50 to 64 years, and (4) older adults aged 65 years and older. These four age groupings, or approximations of them depending on the dataset, are used throughout the rest of this section describing the participation indicators.

Older adults reported the highest proportion of time on the previous day on average devoted to social leisure activities although only slightly more so than younger and later middle aged adults (see Figure 6.3). Mid-aged adults reported the lowest percentage of time on average, perhaps because they represent the stage where career and family are primary concerns. Even though there are these small differences among the age groups in the percentage of time spent in social leisure activities, overall, each group shows a similar pattern of participation in social leisure activities over the three time periods with a steady decline in the percentage of time devoted to these activities.

Figure 6.3: Percentage of Time Spent in Social Leisure Activities on the Previous Day by Age Group (1992 to 2005)



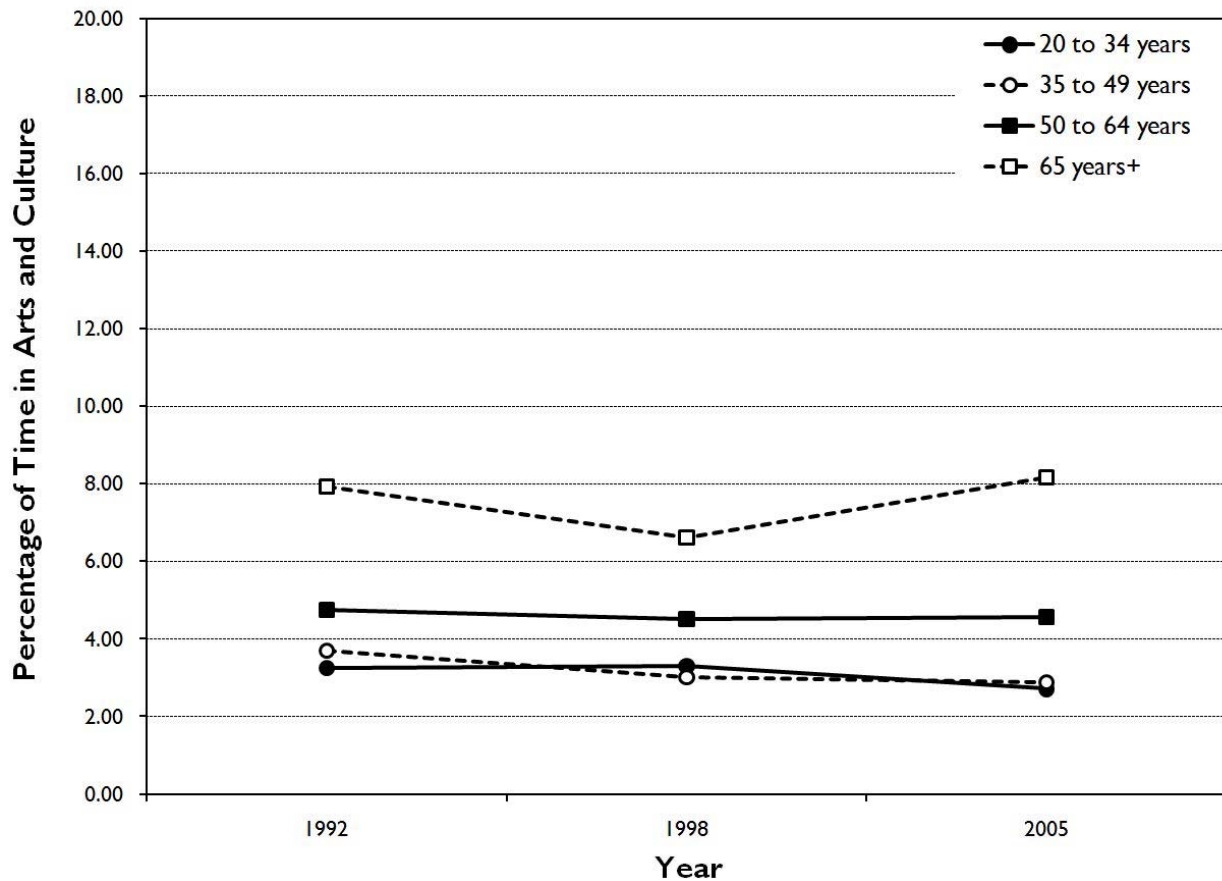
Source: *General Social Survey on Time Use (1992, 1998, 2005)*

All four age groups show similar stability from 1992 to 2005 in the percentage of time on average that they devote to arts and culture activities (see Figure 6.4). Of note, older adults over 65 years of age participate more often in these activities and devote roughly twice as much of the percentage of their time to them (approximately 8%) than adults under 65 years of age (averaging between 3% and 5% over the years). This difference is likely attributable to the additional free time available to these mostly retired individuals.

6.2 Time Spent Volunteering for Culture and Recreation Organizations

Using data drawn from the *Canadian Surveys on Giving, Volunteering and Participating* (1997, 2000, 2004) affords the opportunity to look more specifically at volunteering for culture and recreation organizations and to reflect in one indicator, two aspects of leisure and culture. The number of hours spent volunteering for culture and recreation organizations represents, principally, an important form of leisure and culture *participation*, and in particular, participation that is committed to volunteering with culture and recreation organizations. Further, beyond directly benefitting the individuals who volunteer, their time spent in this activity also serves to support the arts, culture, sport, and recreation community, and hence, is an indirect reflection of the *opportunities* for leisure.

Figure 6.4: Percentage of Time Spent in Arts and Culture Activities on the Previous Day by Age Group (1992 to 2005)

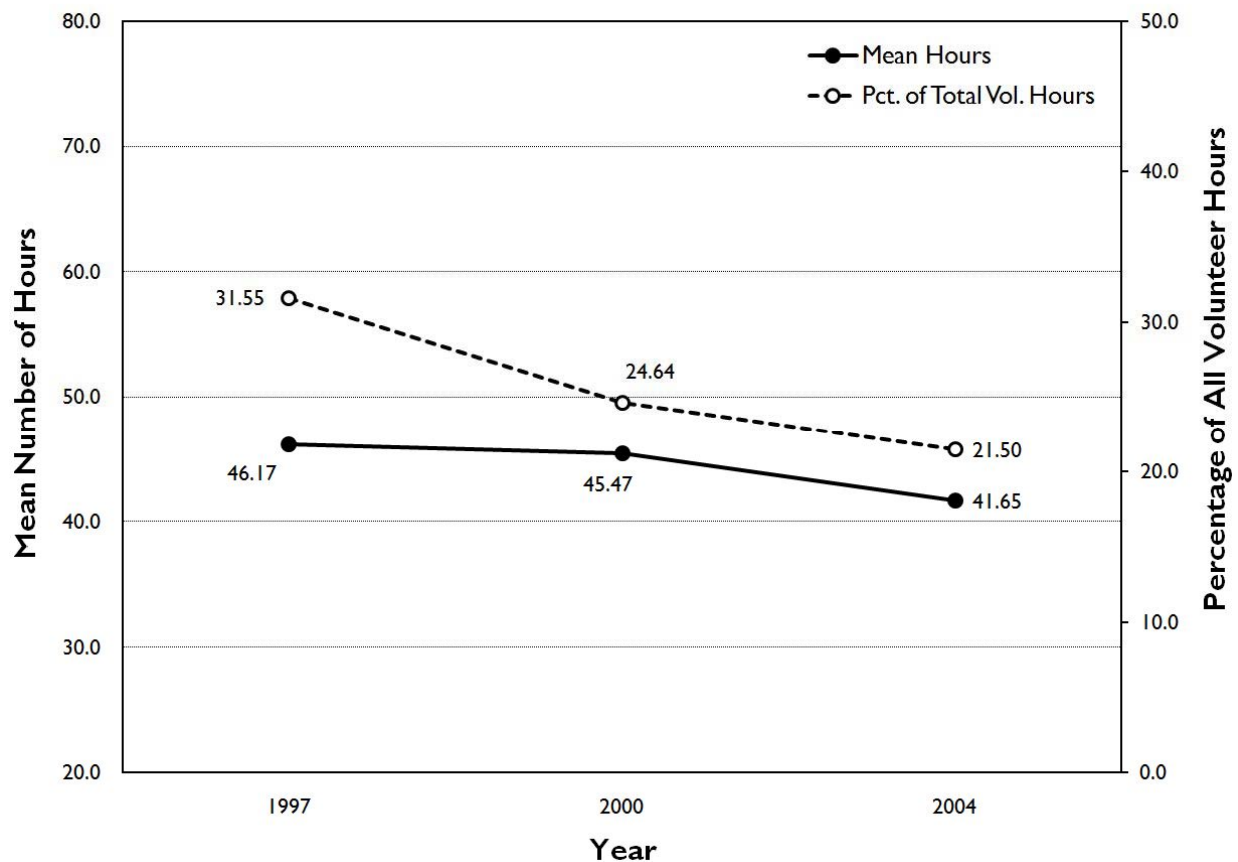


Source: *General Social Survey on Time Use* (1992, 1998, 2005)

Overall, the average number of hours volunteering in the past year for culture and recreation organizations has declined over the three study years from approximately 46 hours per year on

average in 1997 to less than 42 hours in 2004 (see Figure 6.5). Of greater concern is that even though the total number of hours spent volunteering for *all* types of organizations has increased over this same time period, the percentage of that time given to volunteering for specifically culture and recreation organizations has declined dramatically, falling from approximately 32% in 1997 to under 22% in 2004. In other words, not only has volunteering for culture and recreation organizations fallen off, it has fallen even more so as a proportion of all volunteering activity. This result stands in contrast to the slight *increase* in volunteering overall for non-profit and/or charitable organizations that is evident in recent years (see the *Community Vitality Domain Report*). Yet, when examining volunteer engagement in another specific sector of public life – that is, in law, advocacy, and political organizations – rates have remained consistently low (around 2%) over the years (see the *Democratic Engagement Domain Report*).

Figure 6.5: Hours Volunteering in the Past Year for Culture and Recreation Organizations (1997 to 2004)



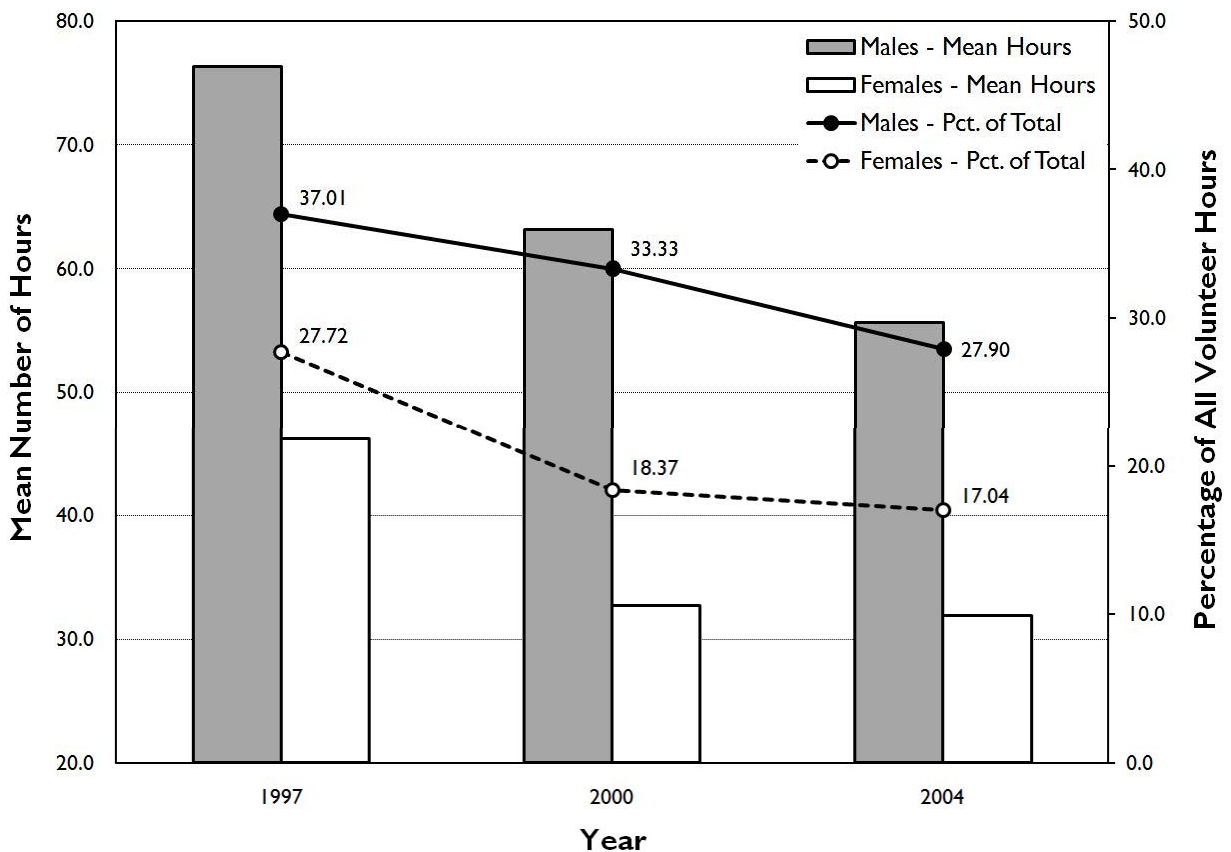
Source: *Canadian Survey on Giving, Volunteering, and Participating* (1997, 2000, 2004)

Men report overall a significantly greater average number of hours volunteering in the past year for culture and recreation organizations than women, as well as a much greater percentage of their total volunteering dedicated to this sector. Nevertheless, the average number of hours of

volunteering, as well as the percentage of total volunteer hours, has declined at approximately the same rate for men and women from 1997 to 2004 (see Figure 6.6).

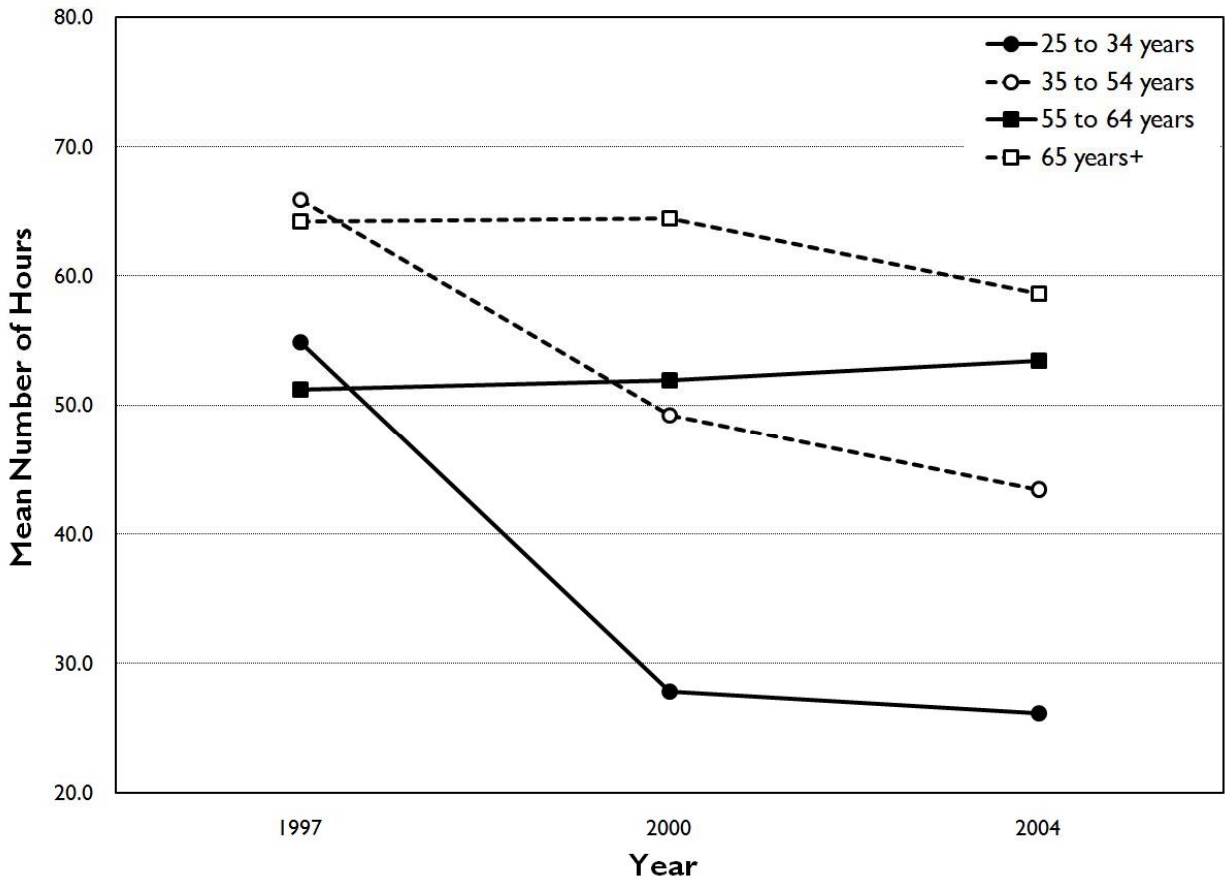
A different pattern over this time period emerges when looking at the average monthly volunteering activity of the four age groups. For younger adults aged 25 to 34 years and mid-aged adults between 35 and 54 years, the same decline in the average number of hours spent volunteering in the past year for culture and recreation organizations is quite evident (see Figure 6.7). This decline was especially marked among the youngest age group where the average number of hours fell from about 55 hours per year in 1997 to less than half that by 2004. However, among late middle aged and older adults, their average number of hours of volunteering has remained relatively stable, with middle aged adults reporting a modest increase and older adults reporting a modest decrease in their volunteering activity over this time period. For people in the voluntary sector, this pattern could be encouraging given the aging population if this middle aged generation's ongoing commitment to volunteer with culture and recreation organizations is maintained.

Figure 6.6: Hours Volunteering in the Past Year for Culture and Recreation Organizations by Gender (1997 to 2004)



Source: Canadian Survey on Giving, Volunteering, and Participating (1997, 2000, 2004)

Figure 6.7: Mean Hours Volunteering in the Past Year for Culture and Recreation Organizations by Age Group (1997 to 2004)



Source: *Canadian Survey on Giving, Volunteering, and Participating* (1997, 2000, 2004)

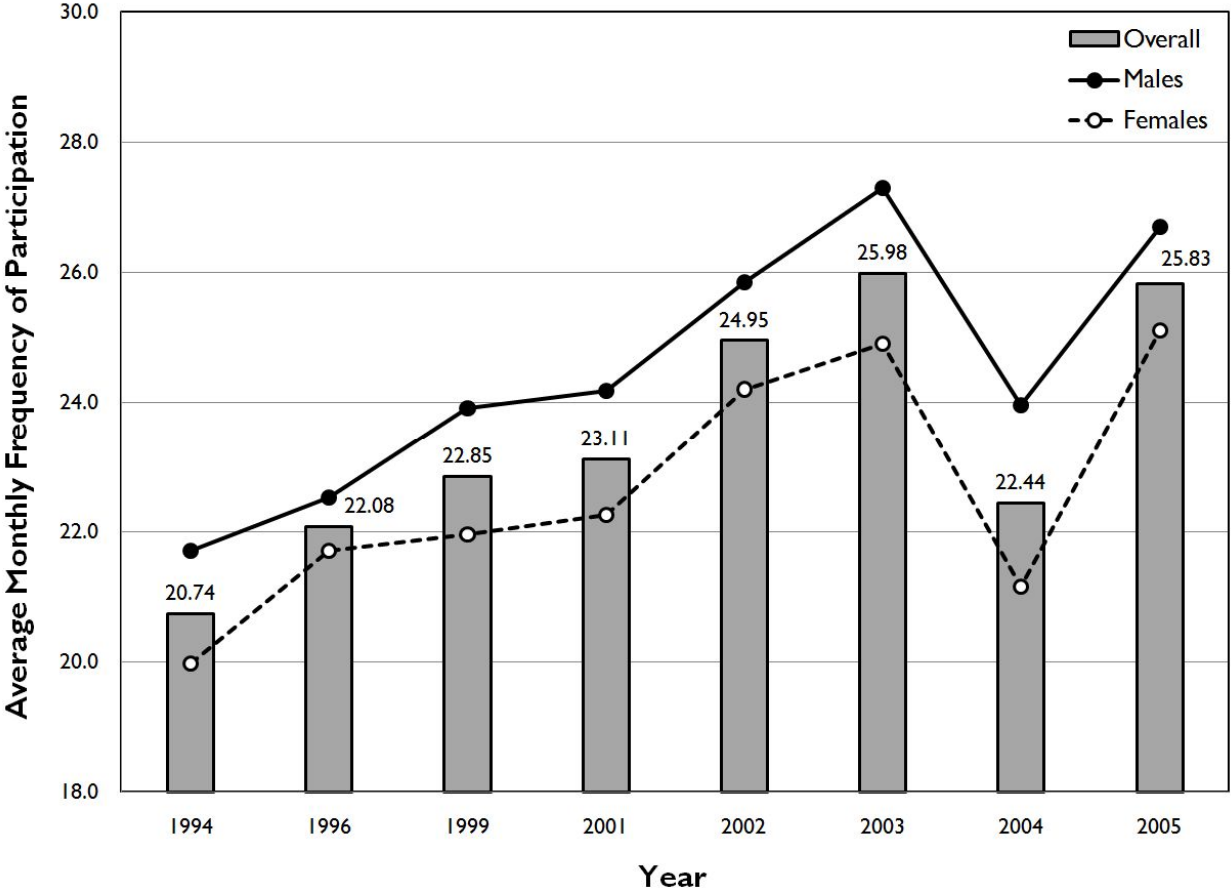
6.3 Average Monthly Participation in Physical Activity

Drawing on data gathered in the three cycles of the *Canadian Community Health Surveys* from 2001 to 2005 as well as the three cycles of the *National Population Health Surveys* from 1994 to 1999, average monthly participation in physical activity is derived from the reported frequency of participation in 21 different physical activities during the previous three months. Not only are activities such as walking, bicycling, exercising, and various sports included, but also such pursuits as gardening and social dancing to give a richer indicator of overall physical activity during one's leisure. Participation in physical activity has risen fairly steadily in the first six years of the *Surveys* and has levelled off to approximately discrete 26 episodes per month since 2003 (see Figure 6.8).⁴

⁴ The one-year drop in average monthly participation shown for 2004 in Figures 5.8 and 5.9 is more likely a result of a slight change in collection strategy and the focus on a subset of the 2003 survey population, which included both children and adolescents in the sample.

While men report, on average, about two more episodes of participation in physical activity per month than women, the patterns of growth for both sexes in participation over the study period are very similar (see Figure 6.8). Further, differences in frequency of participation between men and women also are attributable to the mix of activities making up the indicator with many more activities that are traditionally dominated by men (e.g., various team sports, weight lifting).

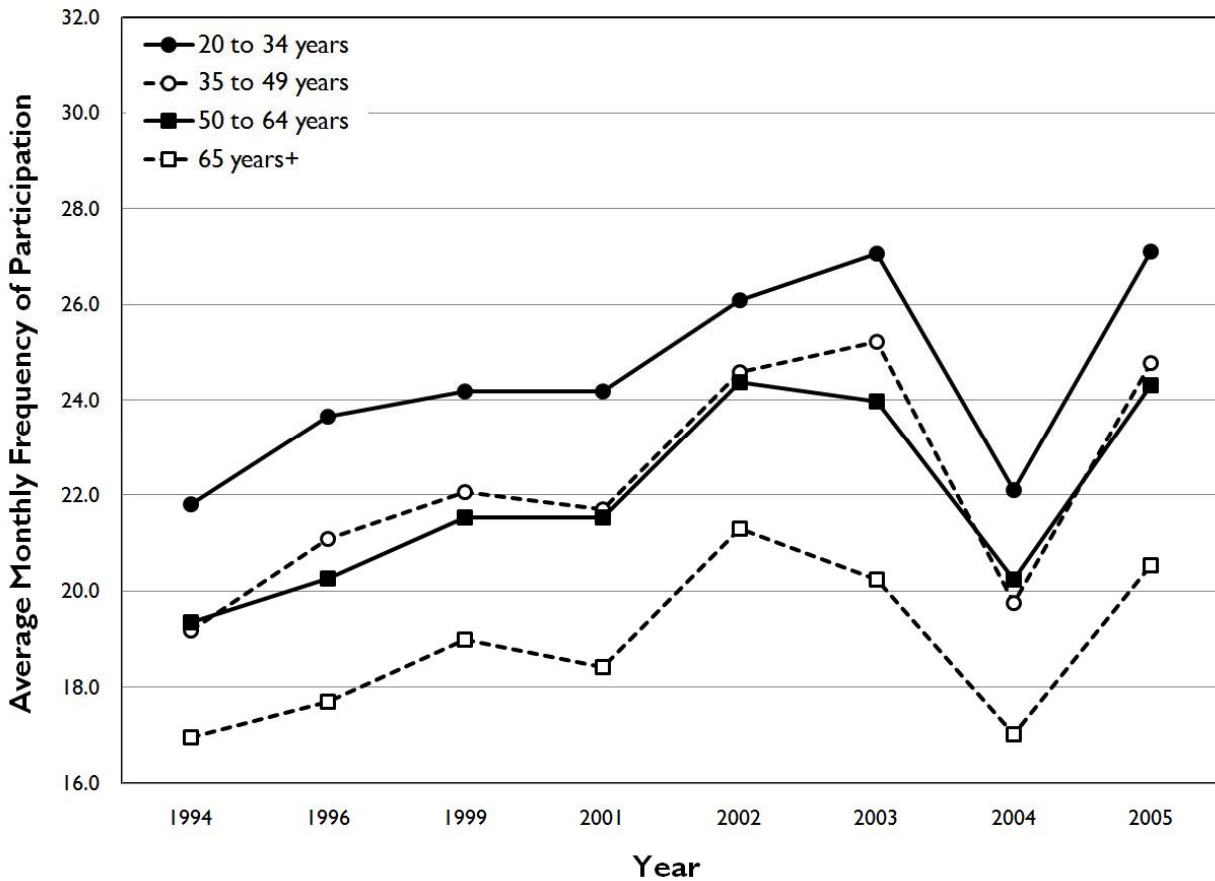
Figure 6.8: Average Monthly Frequency of Participation in Physical Activity Overall and by Gender (1994 to 2005)



Source: *National Population Health Survey (1994 to 1999) and Canadian Community Health Survey (2000 to 2005)*

As people get older, their participation in physical activity generally declines, and we see this pattern when comparing different age groups of Canadians (see Figure 6.9). Younger adults aged 20 to 34 years report the highest frequency of participation in physical activity on average and older adults 65 years of age and older report the lowest, although they still report in excess of 20 episodes per month by 2003. As with gender, the same pattern of modest growth in participation in physical activity over the study period from 1994 to 2005 is evident for all age groups.

Figure 6.9: Average Monthly Frequency of Participation in Physical Activity by Age Group (1994 to 2005)



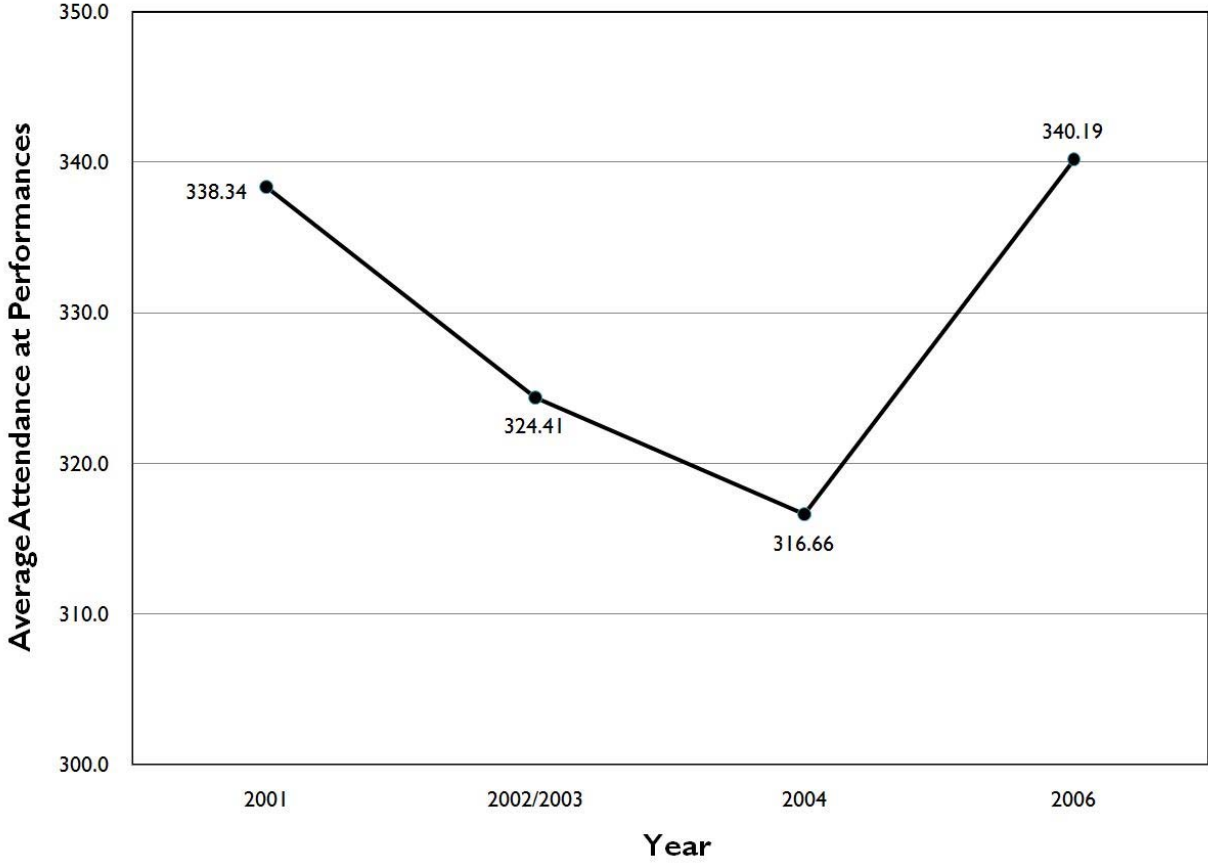
Source: *National Population Health Survey* (1994 to 1999) and *Canadian Community Health Survey* (2000 to 2005)

6.4 Attendance at Performing Arts Performances

When considering attendance at all performing arts performances based on data gathered in the *Survey of Service Industries on the Performing Arts*, in 2001 and 2002 to 2003, approximately 45,000 performances were made across Canada by various theatre, opera, musical, and other performing arts companies, attracting just under 15 million spectators. By 2006, the number of performances had declined to under 38,000, an almost 17% decline, and attendance had fallen to below 13 million spectators, a drop of almost 13% in just three years. However, such fluctuations in annual attendance are subject to the number of venues (i.e., concert halls, theatres), the number of companies performing in these venues, and the number of performances mounted. Hence, average attendance per performance is a better reflection of actual participation, although the decline in performances and overall attendance is a potentially worrisome indicator of the health of the industry. Taking the fewer number of performances into account, average attendance decreased steadily from 2001 through to 2004 when attendance averaged approximately 325 persons per performance (see Figure 6.10).

Attendance showed a marked increase in 2006 with an average of 340 persons attending the performing arts. What is unclear is whether the number of attendees has increased in real terms or returning participants are simply continuing to attend the fewer performances on offer. Nevertheless, despite the decline in opportunities for attending the performing arts, Canadians appear to be increasingly engaged in recent years.⁵

Figure 6.10: Average Attendance at all Performing Arts Performances (2001 to 2006)



Source: *Survey of Service Industries: Performing Arts (2001 to 2006)*

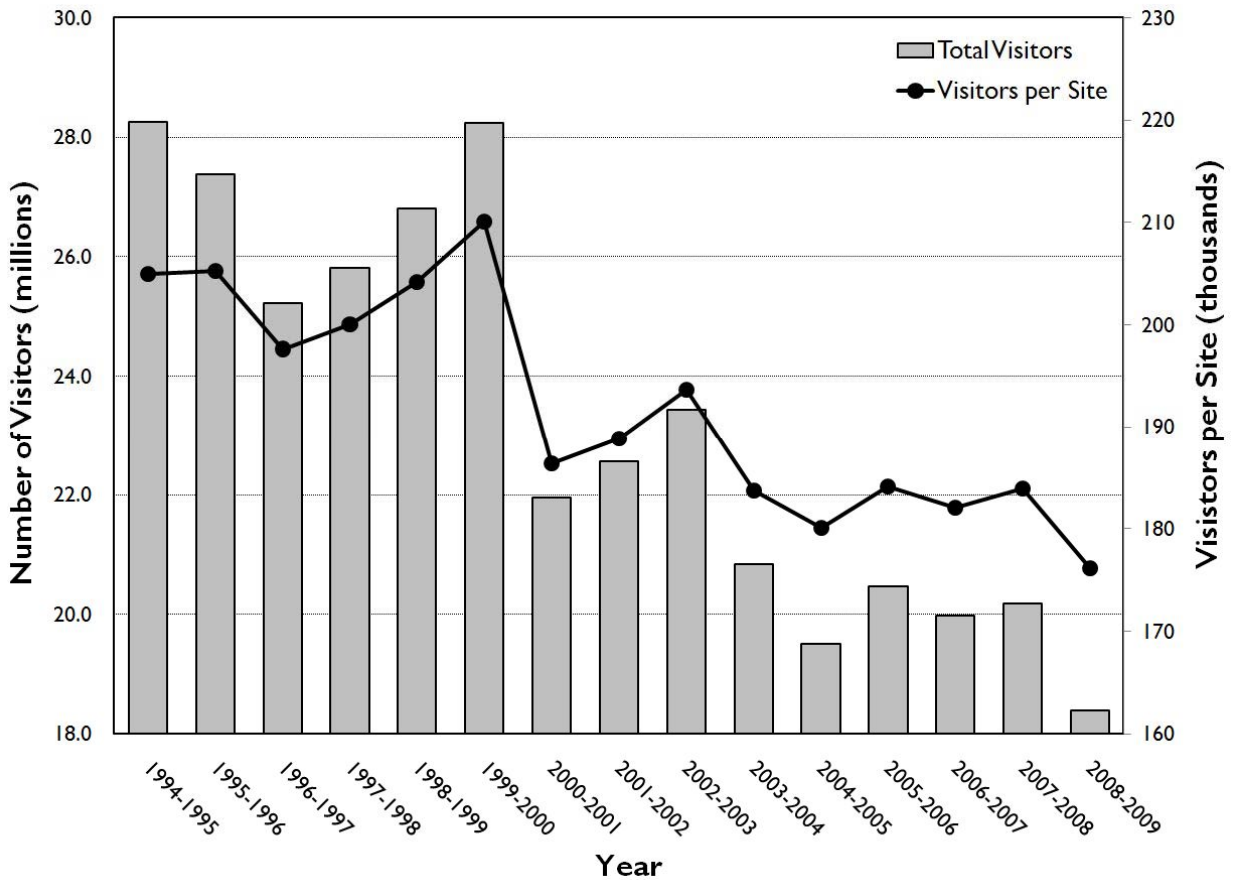
6.5 Visitation to Canadian National Parks and National Historic Sites

Turning to visitation to the National Parks and National Historic Sites of Canada based on annual estimates generated by Parks Canada, after steady increases throughout the 1990s, significantly fewer people visited Canadian heritage sites, a decline that occurred immediately after the terrorist attacks in the U.S. Recovery since then has been slow (see Figure 6.11) and

⁵ Breakdowns by gender and age are not available for the attendance data from the *Survey of Service Industries on the Performing Arts*.

the most recent year for which data are available shows a dramatic decrease in the total number of visitors (a drop of over 6% in absolute terms). Further, Parks Canada has pointed to concerns over the outbreaks of SARS, West Nile virus, and mad cow disease for the declines in visitation in 2003 and the two years thereafter. More recently, visitation to the National Parks and National Historic Sites has again seen some modest increases, but the numbers of visitors are not expected to rise to levels seen in the 1990s for some time, if at all.

Figure 6.1 I: Visitation to National Parks and National Historic Sites (1994 to 2009)



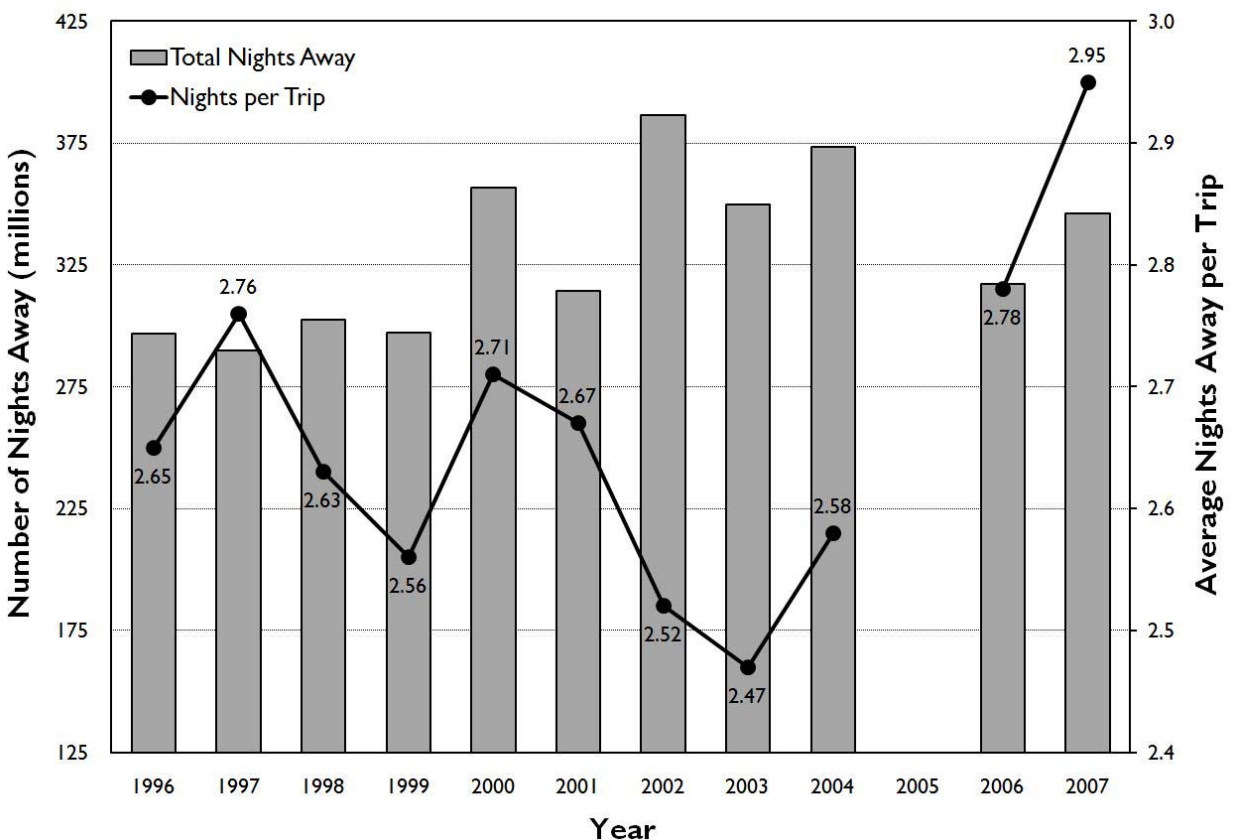
Source: Parks Canada (1994 to 2009)

Over this time period, the total number of Parks and Historic Sites has increased from 117 in 1994 to 127 in 2007. To control for this change in the number of natural and historic heritage opportunities available to potential visitors, the average number of visitors per site was calculated. The same pattern of decline in visitation is still evident over the time period 1994 to 2009 when considering average visitation per site, but the pattern suggests a somewhat less dramatic down turn apart from the most recent year (see Figure 6.1 I). Indeed, in the five years from 2003 to 2008, average visitation has been relatively more stable and the variability that is present could be attributed to modified strategies for estimating visitors as well as scheduled closures of some sites for upgrades and renovations.

6.6 Average Nights Away on Vacation

With respect to the total number of nights away on vacation reported by Canadians, the 1990s were characterised by a relatively stable pattern in trips taken, with sporadic increases in the total nights away throughout the 2000s (see Figure 6.12)⁶. Even though the total number of nights away on vacations has generally increased over this time period, which could simply be a function of coincident increases in the general population, the average number of nights away per trip has declined somewhat. Taken together, these patterns suggest that Canadians are taking more vacations, but each trip is on average of shorter duration. By 2003, the total number of nights away on vacation was showing less variation than in the immediately preceding years, but the number of nights taken per trip increased dramatically from about 2.5 nights per trip in 2003 to almost 3 nights per trip in 2007. Some of the volatility in both total numbers and the average number of nights away per trip over the years are attributable to slight changes in the way in which trips are defined and recorded.

Figure 6.12: Total Number of Nights Away on Vacation (1996 to 2007)

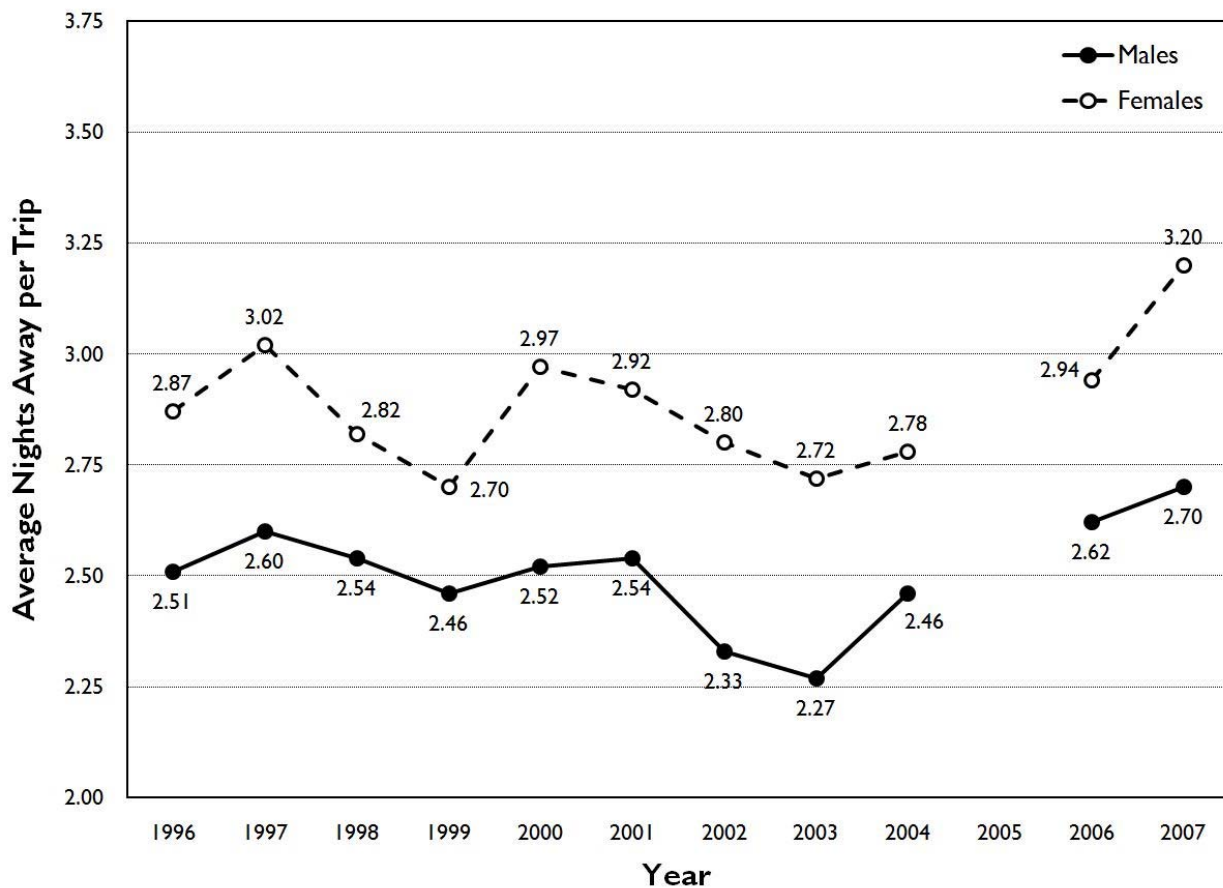


Source: *Travel Survey of Residents of Canada (1996 to 2007)*

⁶ The final *Canadian Travel Survey* was conducted in 2004 and the first of the *Travel Survey of Residents of Canada* was conducted in 2006.

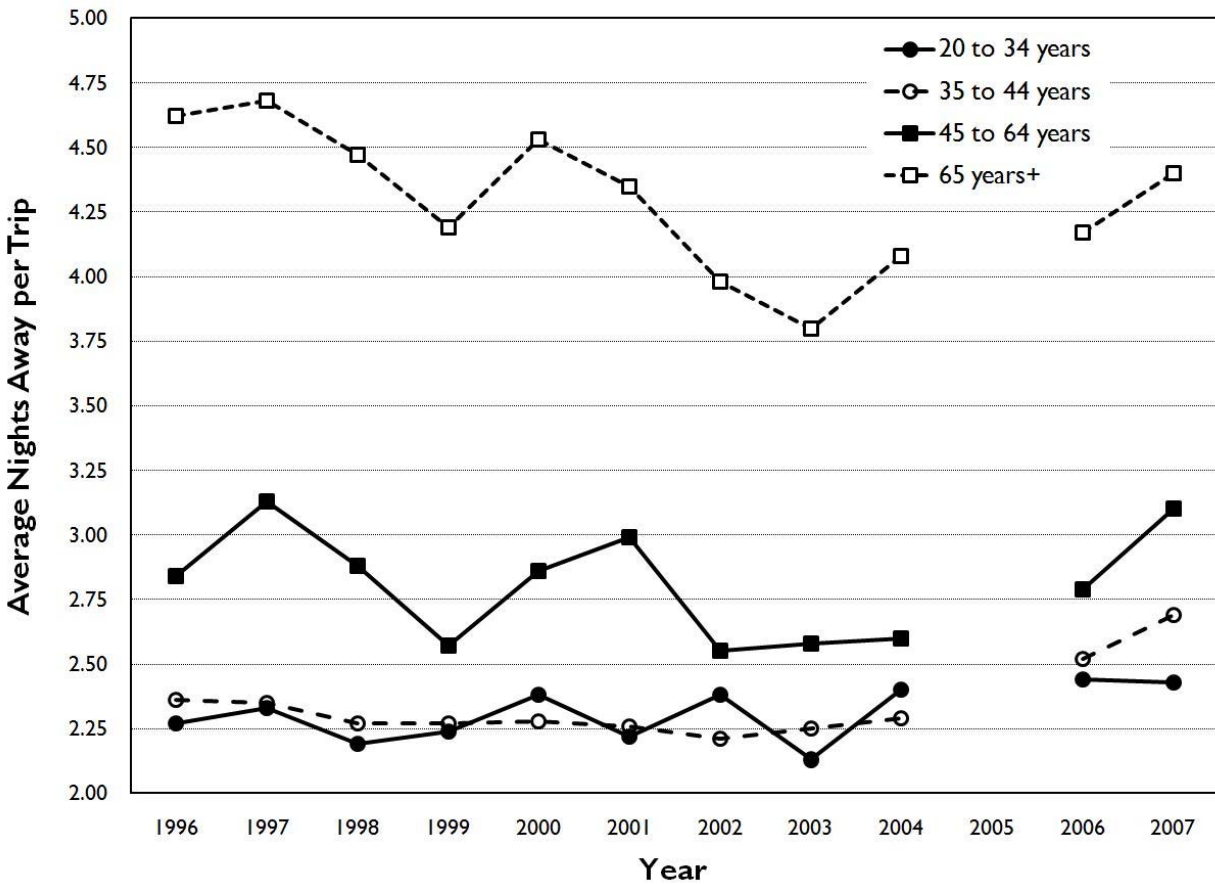
Over the years, when women have taken vacations, they consistently report more nights away on average than men (see Figure 6.13). Despite this difference, both men and women show similar patterns of nights away per vacation over the years. When looking at the number of nights away on vacation reported by different age groups, not surprisingly, older adults – most of whom are in retirement – spend significantly more nights away on average than other age groups, but especially those in the two youngest age groups (see Figure 6.14). Canadians in the two youngest age groups (i.e., under 45 years of age) take shorter duration trips on average perhaps because of the greater constraints of career and family obligations. They also appear to be more consistent over the years than the two older age groups in the average number of nights away, suggesting they are less subject to external influences to their vacation choices and behaviour.

Figure 6.13: Average Number of Nights Away per Vacation Trip by Gender (1996 to 2007)



Source: *Travel Survey of Residents of Canada (1996 to 2007)*

Figure 6.14: Average Number of Nights Away per Vacation Trip by Age Group (1996 to 2007)



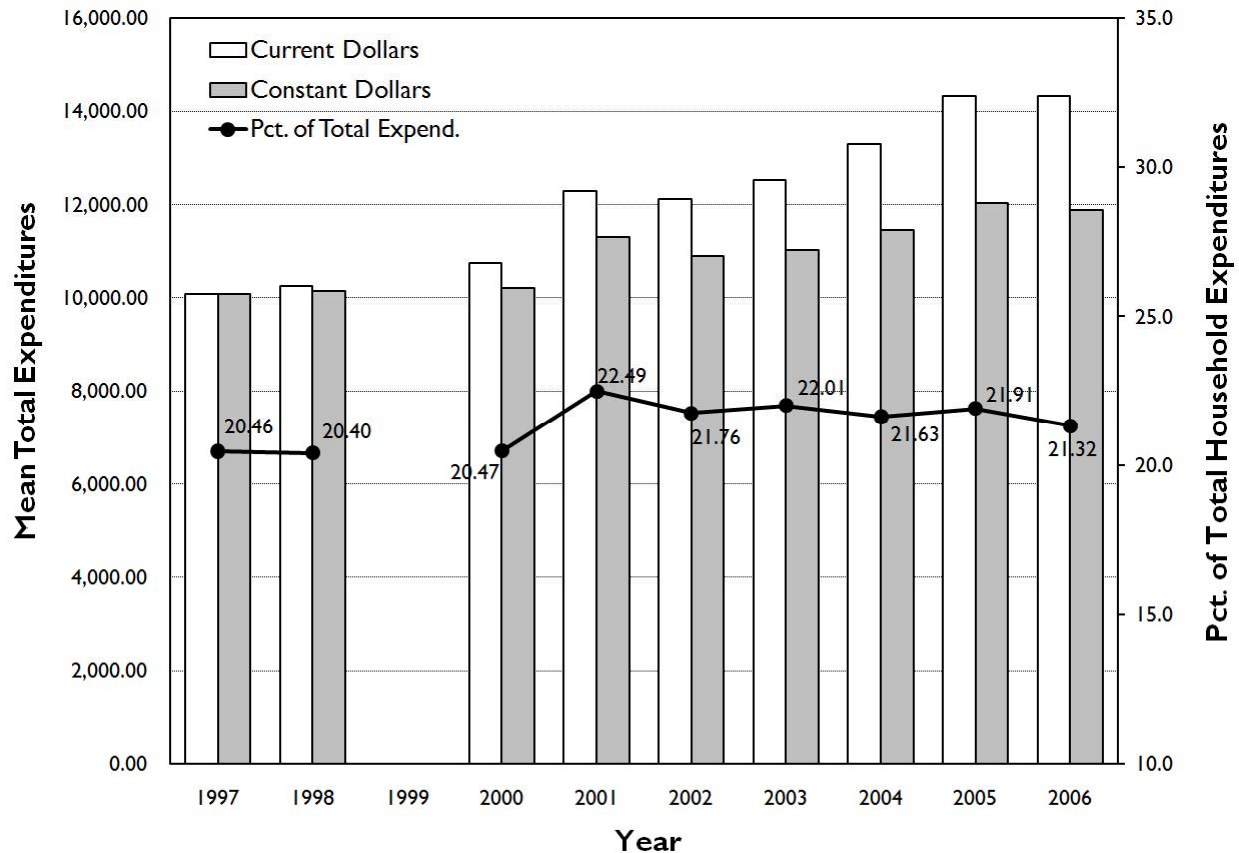
Source: *Travel Survey of Residents of Canada (1996 to 2007)*

6.7 Household Expenditures on Culture and Recreation

Household expenditures devoted to culture and recreation as reported in the annual *Survey of Household Spending* cover an array of activities including sports and recreation equipment, artists' supplies and handicrafts, and musical instruments; admission to movies, live performances of the arts, museums, galleries, and sporting events; and membership fees and other recreation-related services. In the years from 1997 to 2006 (excluding 1999 for which data are not accessible), household expenditures on culture and recreation have steadily increased (see Figure 6.15). Even when adjusted according to the consumer price index and put in "constant dollars" with 1997 as the base year, these annual increases, although more modest, are still apparent. Total annual household expenditures in constant dollars on culture and recreation have risen from slightly over \$10,000 in 1997 to almost \$12,000 in 2006, a percentage increase of just under 20%. What remains unclear is whether this increase in expenditures on culture and recreation is attributable to increases in the costs of such pursuits in real terms or whether Canadians are becoming increasingly engaged in activities that are simply more expensive than the ones in which they previously pursued. Coupled with the

findings reported earlier that indicated patterns of decline in amount of time spent both social and in arts and culture activities (see Figure 6.1) and of increase in the frequency of participation in physical activity (see Figure 6.8), Canadians might be paying more for less in the first instance, and/or shifting participation and resources to more expensive physically active pursuits in the second.

Figure 6.15: Household Expenditures on all Aspects of Culture and Recreation (1997 to 2006)

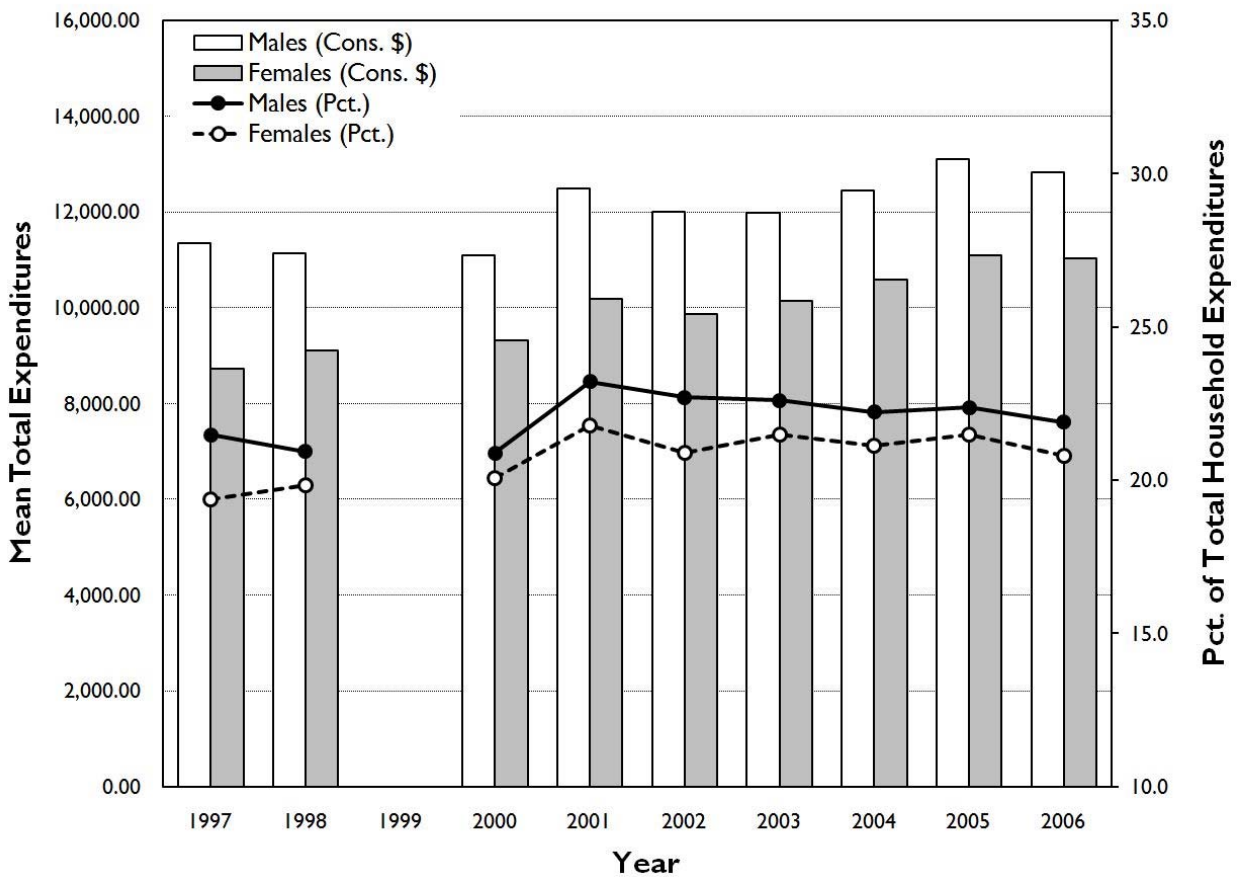


Source: *Survey of Household Spending (1997 to 2006)*

Perhaps more telling is the percentage of *all* household expenditures that are devoted exclusively to culture and recreation. The ten year average of expenditures made on culture and recreation has remained slightly over 21% of all household expenditures in a given year, and in fact, over this time period, this percentage of total expenditures has varied by less than five percentage points. This suggests that regardless of the extent to which overall household expenditures might fluctuate due to a variety of circumstances and economic conditions, Canadians continue to commit a consistent proportion of their monies to culture and recreation.

Men spend more on culture and recreation than women both in real terms (i.e., constant dollars) and as a percentage of all of their household expenditures (see Figure 6.16). The differences between men and women could simply be attributable to more men reporting on behalf of the households surveyed and taking primary responsibility for expenditures made. If this is the case, then the differences are probably not significant and household expenditures for culture and recreation are similar for both groups.

Figure 6.16: Household Expenditures on all Aspects of Culture and Recreation by Gender (1997 to 2006)



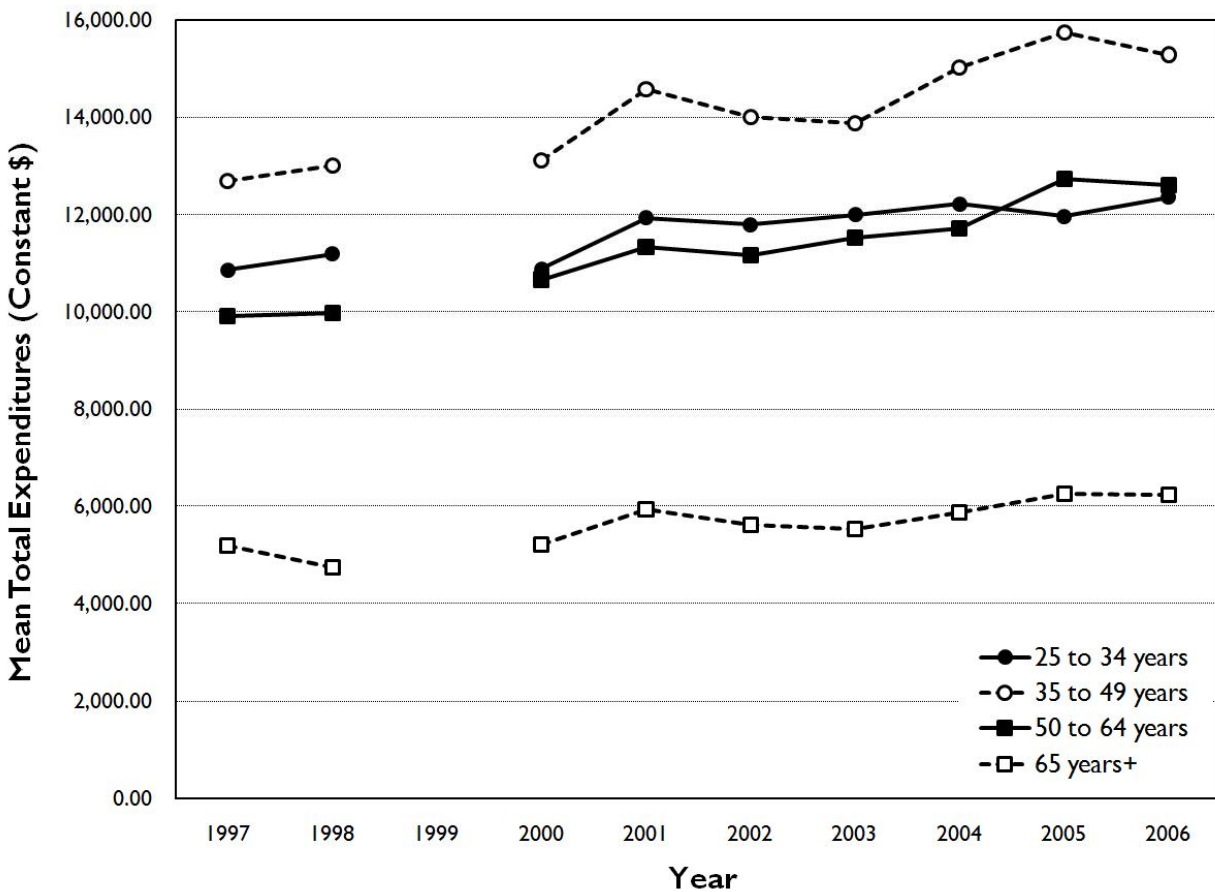
Source: Survey of Household Spending (1997 to 2006)

Mid-aged adults from 35 to 49 years report spending significantly more on average on culture and recreation than any of the other age groups. Their expenditures have steadily increased over the 10-year period, even when measured in constant dollars (see Figure 6.17). As the age group that is most likely to be characterised by family households with the presence of children, their higher expenditures are not surprising.

Older adults, 65 years of age and over, report spending significantly less on average and despite the greater available free time for such activities, issues related to discretionary incomes and

activity preferences in later life undoubtedly play a part in where and how much is spent on culture and recreation as measured in the annual *Survey*. When expenditures on culture and recreation are considered as a percentage of all household expenditures, the differences between the age groups are much less pronounced and show, at least comparatively, greater stability over time (see Figure 6.18). In fact, the differences in expenditures based on age appear to be narrowing steadily since 2001, although older adults continue to spend much less on average

Figure 6.17: Mean Total Household Expenditures on all Aspects of Culture and Recreation by Age Group (1997 to 2006)



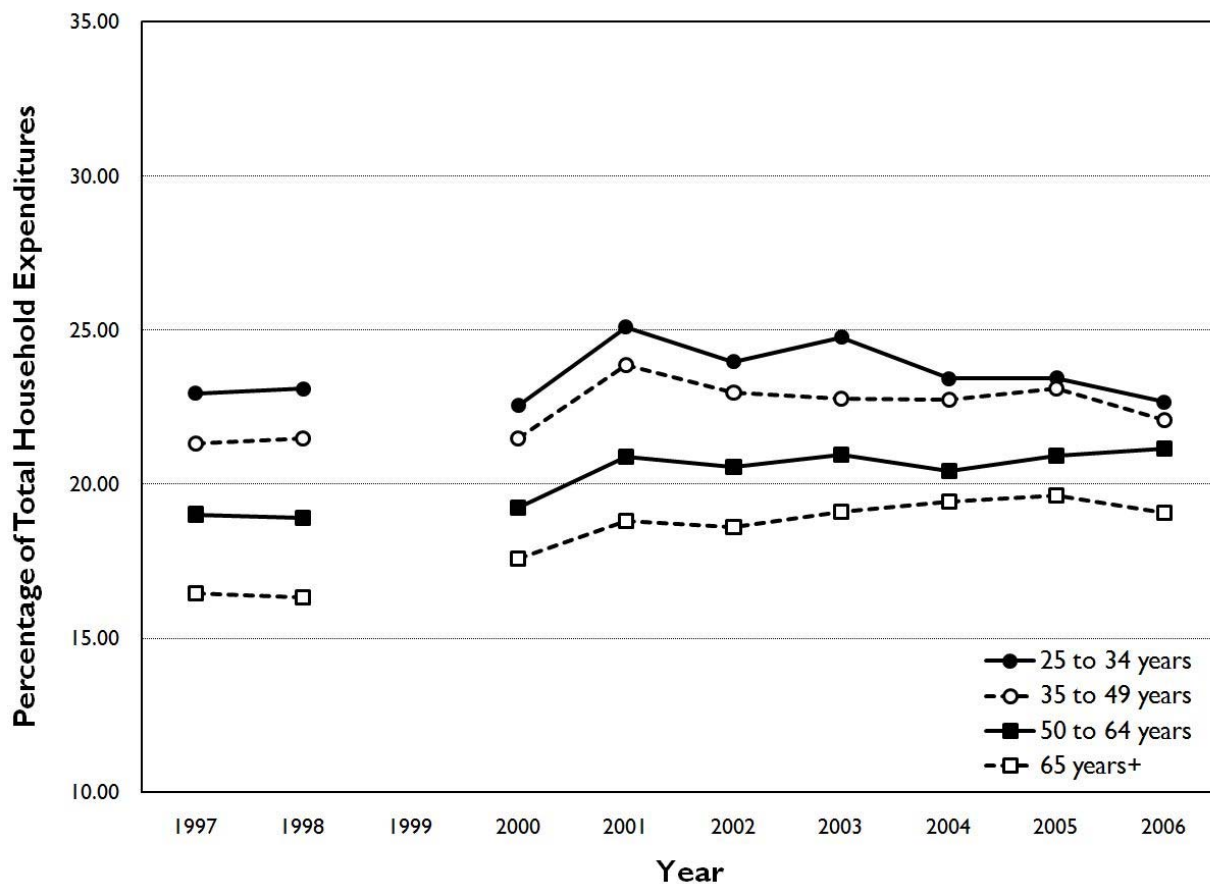
Source: *Survey of Household Spending (1997 to 2006)*

As these results show, expenditures on culture and recreation as a *percentage* of all household expenditures made is ultimately a better indicator over time of Canadians' financial commitment to culture and recreation than mean total expenditures because it is not subject to variations in the consumer price index.

In summary, the recommended indicators described above more often than not reflect a decline in Canadians' participation in leisure and culture. This pattern does not bode well for the wellbeing of Canadians within this domain of their lives. With just a couple of exceptions

(i.e., modest increase in time allocated to arts and culture activities; relative stability in expenditures on culture and recreation), these overall patterns across the years are mirrored when subgroups defined by gender and by age group are examined. Even though the absolute rates of participation of one group might be higher than another, the changes in participation over the years have, for the most part, been the same for all subgroups. This consistency lends greater confidence in these indicators in their aggregate form as reliable measures of different aspects of the leisure domain moving forward to the CIW.

Figure 6.18: Household Expenditures on all Aspects of Culture and Recreation as a Percentage of Total Expenditures by Age Group (1997 to 2006)



Source: *Survey of Household Spending (1997 to 2006)*

6.8 An Overview of Leisure and Culture Trends

This examination of the eight key indicators over the time period from 1994 to 2009 revealed some important trends. Most critically, the findings revealed an overall decline in participation in leisure and culture among Canadians. This pattern is generally consistent for both males and females as well as for all age groups. Some of these specific trends are summarized below.

- even though between 45 and 60% of Canadians report participating in *social leisure activities* on a typical day, participation overall has declined in recent years, especially among females
- participation in *arts and culture activities* is comparatively lower than in social leisure activities, with between 20 and 23% of Canadians reporting being involved, but their participation rate has remained fairly stable since 1994
- average number of hours spent *volunteering for culture and recreation organizations* per year has declined; however, the time volunteering for these organizations as a percentage of *all* volunteering activity has dropped dramatically, from 32% in 1997 to 22% in 2004, and the decline is most pronounced among Canadians who are 25 to 34 years of age
- average monthly *participation in physical activity* has increased somewhat since 1994 and even though there are differences among them with men participating more frequently per month than women and younger Canadians more so than older, this pattern of increase is true for all age groups and both genders. This greater engagement in physical activity appears to be at odds with recent concerns over the health status among Canadians, especially the increased prevalence of obesity (see the *Healthy Populations Domain Report*)
- both total and average *attendance at performing arts performances* have declined steadily since 2001, although average attendance rebounded somewhat in 2006, in part due to the fewer number of performances available
- despite increases in the late 1990s, total *visitation to Canada's National Parks and National Historic Sites* has dropped off dramatically, especially since 2001, although the decline in average visitation per site has been less pronounced
- overall, apart from the two most recent years, the *average number of nights away on vacation* have declined somewhat even though the total number of nights away has increased slightly over the same time period. These patterns suggest that Canadians are taking more vacations each year, but each trip is on average of shorter duration
- average total *household expenditures on culture and recreation* has steadily increased since 1997 for all age groups and both genders, even when controlling for inflation. Despite these increases, expenditures on culture and recreation each year as a percentage of *all* household expenditures has remained relatively stable between 1997 and 2006 at about 21% of the total

Given the important contribution that engagement in leisure and culture, in its various forms and settings, makes to health and wellbeing, these trends are very troubling. Should these trends of decline continue, the benefits associated with having leisure and culture as key components in the lifestyles of Canadians and in our communities will simply not be realised.

6.9 Alternate Indicators

It should be noted that along with the other indicators identified in the initial list (see Table 5.1), but not recommended as among the “best” to go forward, several alternative indicators could be drawn from the other potential indicators reported in Appendix A. Several factors could prompt or even force the consideration of an alternative indicator. We should not ignore that many of these other indicators achieved equally high aggregate scores on the acceptability criteria and could arguably be considered for inclusion on the final list. From a practical standpoint, current data regarded as reasonably accessible and expected to be gathered on an ongoing basis might not, in the future, be as readily available or even gathered.

In light of these possible issues, however, a careful examination of the full list of indicators reveals some measures of, for example, leisure participation, that are very similarly defined, but simply available in a dataset deemed by the project team to be somewhat less feasibly accessible as was a recommended indicator. So, realistic alternatives are available should these alternative data sources prove to be equally sustainable and accessible. Hence, those indicators from the initial list not recommended as among the “best” as well as other suitable candidates are detailed in Appendix C. Of note, given the absence of a reliable and easily accessible national inventory of leisure and culture opportunities and the lack of a consistent and reliable set of measures of leisure perceptions, most of the indicators likely to be recommended first as alternates would fall under the theme of leisure and culture *participation*.

In many instances, indicators identified in the initial list (see Table 5.1) have counterparts in other datasets. For example, as shown earlier, time spent volunteering can be drawn from the *General Social Surveys on Time Use* as well as from the *Canadian Surveys on Giving, Volunteering, and Participating*. In the first instance, volunteering is reported as time spent on the previous day, whereas in the latter, it is derived from estimates of the number of hours volunteering per month in specific types of leisure and culture-related organizations. Similarly, participation in physical activities is gathered in various forms in several different national surveys. Like volunteering, time spent on the previous day in a wide array of physical activities is reported in the *General Social Surveys on Time Use*. However, the more robust indicator of the total number of times in the past three months that the respondent participated in several different physical activities has been drawn from the *Canadian Community Health Surveys*, as well as from earlier years from data in the *National Population Health Surveys*. Nevertheless, preferences for specific indicators used in the CIW will ultimately be subject to the availability and accessibility of the data in these surveys into the future.

7. Conclusions and Recommendations

We are confident in the recommendations we have made for the eight “headliners” – indicators of the Leisure and Culture Domain that reflect the contribution that leisure and culture can make to the wellbeing of Canadians. They reflect a broad spectrum of measures that are consistent with the conceptual framework developed to guide the project and capture a variety of aspects of leisure and culture participation, perceptions, and opportunities in the arts and culture and in recreation. They also provide a foundation upon which to draw indicators into the composite index planned for the CIW.

Nevertheless, there are challenges that need to be confronted in order to maximise the utility of these indicators and to move forward with the confidence that any indicators drawn from the Leisure and Culture Domain will be valid and sustainable into the future.

7.1 Indicator Challenges and Gaps

7.1.1 Defining Leisure and Culture Participation, Perceptions, and Opportunities

A number of challenges are present for defining the way in which leisure and culture participation, perceptions, and opportunities are operationalized into measurable form. For example, measures of participation in leisure and culture take many forms and do not adhere to any systematic or universal approach. Similarly, even though perceptions of leisure and culture, such as motivation, satisfactions, or derived benefits, typically have the strongest and most robust relationships to all forms of wellbeing, they are rarely gathered in large national surveys. Indeed, for this very reason, no indicators of perceptions related to leisure and culture have been recommended among the “best” indicators. While opportunities such as galleries, museums, theatres, and other performing arts facilities, as well as parks, open space, arenas, swimming pools, and other recreation facilities are less subject to definitional problems, data on their availability are not easily available at larger scales (i.e., nationally) and their accessibility – a key feature of their contribution to wellbeing – is virtually absent.

More specifically, some of the challenges we face include the following:

1. making comparisons across activity types, regions, and over time is difficult. Participation measured as a *commitment of time* for a specific time period (as is the case in the *General Social Surveys on Time Use*) cannot be regarded as the same as *the number of times* within a specific time frame (as is the case in the *National Population Health Surveys* and the *Canadian Community Health Surveys*).
2. different surveys define leisure and culture participation quite differently. For example, the *General Social Surveys on Time Use* are largely *inclusive*, providing the opportunity for survey participants to report *all* forms of leisure and culture in their lives. In contrast, the *National Population Health Surveys* and *Canadian Community Health Surveys* are *exclusive* in that they focus principally on *physical*

activities within a prescribed list of 19 to 21 activities. Similarly, when groupings of activities are used as categories of leisure and culture participation, the activities that comprise these groups are rarely the same.

3. as noted, measures of perceptions are rarely included in most large scale surveys. Among those that are, they are typically single-item indicators and therefore subject to problems of reliability. Even the indicators initially recommended here are single items (i.e., “extent to which person feels he or she does not have time for fun anymore”, and “extent to which person feels he or she does not spend enough time with family and friends”) that are measured using simple “yes” or “no” responses. Systematically gathered composite measures of perceptions such as these that would capture a sense of the *extent* to which free time is valued and contributes to a sense of personal wellbeing would be ideal.

Finally, while every effort was made to identify indicators that were both positive and negative in their relationship to wellbeing, the positive indicators emerged among the highest ranked in the evaluation process. Some of the negative indicators fell from favour during discussions among members of the project team for a variety of reasons. For example:

1. certain forms of behaviour engaged in during one’s leisure, such as television viewing, using the internet, and playing computer-based video games, are frequently identified in the literature as being detrimental to several dimensions of wellbeing, including social and psychological wellbeing for all age groups and physical wellbeing for younger participants. Indeed, empirical evidence often supports these negative relationships, especially for television viewing. However, not all forms of these behaviours have such negative consequences depending on the *nature* of the behaviour (e.g., searching the web or watching television for educational purposes, creating virtual social networks). Unfortunately, most surveys of television viewing and internet use tend to collect aggregate data on these behaviours making such distinctions between forms and their relationship to wellbeing impossible. Consequently, assuming too much about what, for example, “total time spent watching television” or “total time spent using the internet for personal reasons” actually mean for wellbeing is unwarranted. Nevertheless, the extent to which the *increased* engagement in electronic media has resulted in *decreased* engagement, for example, in physical activity, volunteering, and arts-related activities must be considered a factor in how people are allocating their time, but it is unclear whether this reallocation is associated with higher or lower levels of wellbeing.
2. similarly, some forms of leisure behaviour such as alcohol use are not necessarily negative behaviour until participation or use becomes “abuse”. However, the point at which use becomes abuse is disputed. Further, even though other forms of negative behaviour such as drug use are presumed to have a detrimental influence on wellbeing, this assumption is based more on the *legality* of the activity than on its actual effect on one’s wellbeing.

3. in the same way that perceptions of leisure are frequently dependent on single-item measures, which raise issues of reliability, so too are most measures of negative behaviour. In other words, single activities (e.g., television viewing) are frequently targeted as indicators of reduced wellbeing, yet they are similarly likely to generate unreliable estimates of the behaviour. Indeed, most self-reports of participation in activities that are generally regarded as less than socially desirable are typically seriously underestimated. This exacerbates even further the problem noted in the previous point concerning when use becomes abuse.

7.1.2 Availability and Accessibility of Data Sources: What is Lost

Certainly, one of the greatest challenges is the lack of systematically gathered data related to leisure. Too often, leisure and/or culture are not the focus of most surveys, and when they *are* included in some form, they are treated as a factor thought to be linked in some way to the primary focus. This is certainly the case for such national surveys as the *National Population Health Survey*, the *Canadian Community Health Survey*, and the *Canadian Survey on Giving, Volunteering, and Participating*, even though, ironically, volunteering is regarded as a form of leisure by leisure researchers.

Further, surveys that gather high quality data on leisure and culture, including both participation and perceptions, are too often undertaken just once, with no follow-ups. For example, the *1992 Canadian Performing Arts Audience Survey* provided a wealth of information on childhood engagement in the arts, current participation rates in a variety of arts and culture activities, both as a participant and as a spectator, as well as a number of composite measures on perceptions of the contribution of the performing arts and artists to people's lives and their communities. Regrettably, no similarly detailed survey has been conducted since.

To further illustrate, the full indicator list in Appendix A was re-sorted in stages beginning only with *validity* and *quality* to place the "best" indicators at the top of the rankings. This ranked list of indicators was then sorted according to *feasibility* with the indicators with the lowest scores on feasibility re-sorting the list. In other words, the resultant list reflected a ranking of the best indicators for which data were unavailable, not routinely gathered, or simply inaccessible. Those indicators topping this list included principally two types:

1. leisure perceptions that could only be found in relatively small scale, geographically limited samples, typically gathered independently by researchers situated at Universities, and
2. highly detailed and regularly gathered measures of arts and culture participation, perceptions, and opportunities, but confined entirely to the province of Québec. These data are gathered on an annual basis by the Observatoire de la culture et des communications du Québec and published annually in *Statistiques principales*

de la culture et des communications au Québec (see the most recent edition for 2008 at www.stat.gouv.qc.ca/observatoire/publicat_obs/pdf/Stat_princ2008.pdf).

The rest of Canada would do well to follow Québec's lead and have such a rich source of data available on, in particular, arts and culture, but for all of leisure.

The annual *Survey of Service Industries: Performing Arts* and its companion, the *Annual Survey of Service Industries: Heritage Institutions*, do provide data on attendance, number of performing arts companies, and numbers of facilities, but more detailed information is much less easily accessible. For the most part, such data are reported as gross estimates of total attendance on websites providing descriptive overviews of the Surveys rather than the raw data necessary to calculate the specific and more meaningful indicators needed here. Certainly, making such data available would facilitate the use of such indicators and raise the acceptability of these suggested indicators into the recommended category.

One of the more difficult areas to acquire valid and systematically collected data within the leisure and culture domain was for arts and culture. Much of the data gathered nationally each year focuses on the "business" of arts and culture. The annual *Survey of Service Industries* for both *Heritage Institutions* and *Performing Arts* collects detailed data on revenues and expenditures for those businesses and institutions falling within their defined mandate, but even though data are gathered on the numbers of facilities and attendance (i.e., as actual entries or paid admissions, for example), they are not routinely reported in an accessible form. Worse, there is a possibility that one or both of these surveys might not be continued into future years.

7.2 Reflections and Recommendations

As suggested by the challenges identified in the previous section, a number of recommendations for the development of more and better measures of selected indicators and for the initiation and/or continuation of certain national surveys can be suggested.

- the incorporation of more robust measures of perceptions related to leisure and culture into existing national surveys of health and wellbeing (e.g., *National Population Health Survey*, *Canadian Community Health Survey*) would provide critical indicators of the leisure and wellbeing relationship. Simple increases in leisure and culture participation are not always associated with increases in wellbeing; however, increased benefits *perceived* from such participation are often associated with enhanced wellbeing.
- perceptions concerning the extent to which people value their free time (i.e., in the *General Social Surveys on Time Use*) should be examined more closely as a potential source for the creation of a composite index beyond the use of single indicators as recommended here.
- data that are available, but not easily accessible, should be located in places that are easy to access, retrieve, and manipulate. For example, because of the

emphasis on financial issues in the *Surveys of Service Industries* for both *Heritage Institutions* and *Performing Arts*, the data on attendance to the performing arts and to museums, art galleries, and so on, despite being gathered, are generally not reported in as much detail or in accessible forms or locations. Having access to such data would increase the viability of the measures built on these data and allow for more detailed analyses on subgroups in the population based on, for example, gender and age.

- a regularly administered national survey dedicated to leisure and culture participation and perceptions would help in alleviating many of the measurement and quality challenges noted earlier. With a focus on leisure and culture, the survey could include: (a) a much broader range of leisure and culture activities (i.e., covering all aspects of arts, culture, and recreation) on which to measure rates of participation; (b) a wider array of composite measures of leisure perceptions based on validated scales (i.e., motivation, satisfaction, perceived benefits, values) as well as opportunities to create new composite measures (e.g., time pressure or time stress indicators built on an expanded set of single-item measures of the perceptions of free time); and (c) a number of measures related to different aspects of health and wellbeing to provide an opportunity to monitor their relationship to leisure over time.
- an exploration of the indicators recommended within other Domains of the CIW project would reveal clear linkages with aspects of leisure and culture and their contribution to the wellbeing of individuals and communities. Identifying these linkages would reinforce the call here for a more comprehensive survey on leisure and culture, either independent of other domains, or integrated into a broader survey, ideally like the *General Social Survey*. For example, leisure researchers typically regard volunteerism as a form of leisure participation and many forms of social leisure activities as contributing to one's sense of community, social cohesion, and social capital. These perspectives on the nature and contribution of leisure have clear parallels with other Domains in the CIW such as *Community Vitality*, *Healthy Populations*, and *Time Use*.

The final eight indicators recommended to the CIW project must be considered in context. Each one has its inevitable strengths and weaknesses, but the weaknesses can be reduced by carefully considering how and why the indicator should be used. For example, among the 17 indicators initially suggested (see Table 5.1), six use data drawn from the *General Social Surveys on Time Use*, three of which are subcategories of the indicator, “average percentage of time spent on the previous day in *all forms* of leisure activities”. These three subcategories of time spent in leisure and culture activity – social leisure, arts and culture activities and passive leisure, as well as others in the full list in Appendix A (e.g., physical activities and volunteering) – are more internally homogeneous as groupings of leisure forms and are more strongly related to certain dimensions of wellbeing, such as the psychological, social, physical, and spiritual.

We recognize that the indicators recommended here are subject to change as a result of such diverse influences as the possible emergence of viable data sources, revised definitions of key

concepts central to the CIW, and quite simply, overlooked sources of data that would meet the critical feasibility criterion. Nevertheless, the indicators identified represent a significant start down the road to realising the creation of a meaningful *Canadian Index of Wellbeing*.

7.3 Leisure and Culture in the Lives of Canadians

The use of leisure and culture indicators, especially as they pertain to health and wellbeing, are increasingly being enshrined in policies and legislation as a means to ensure that people and their communities have access to opportunities leading to higher quality of life (Diener, Lucas, Schimmack, & Helliwell, 2009; Madden, 2005b). An important motivation for this shift in public policy is to enhance the quality of life in particular for marginalised groups – those individuals living on the edges of communities who typically have less access to leisure and culture services and resources. Once embedded in policy, indicators can provide a basis for assessing the degree to which those services and resources are in place and leading to greater wellbeing, and action taken when there is evidence that individual and community health might be at risk (see for example, UNESCO, 2006).

However, there is a pervasive threat to achieving this agenda in Canada.

Over the past several years, both public agencies and non-profit, voluntary organizations responsible for the provision of leisure and culture programmes, services, facilities, and other opportunities have seen an ongoing shift away from core funding (Connolly & Smale, 2001/2002). Indeed, since 1990, community per capita expenditures on recreation and culture have not kept pace with inflation or population increases (Duxbury, 2008; Slack, 2003). This decline in basic operational support for the many their activities and services represents a serious threat to the ongoing missions of these agencies and organizations, which are principally responsible for most of the infrastructure supporting leisure and culture in Canadian communities (Duxbury, 2008; Scott, 2003; Stewart, 2008). Further, the declining support for such basic infrastructure for leisure and culture might explain in part the overall decline in engagement by Canadians in leisure and culture, and the concomitant loss of potential to enhance their wellbeing.

Hence, regardless of how much progress we make in identifying, collecting, and summarizing the best data for the creation of indicators related to leisure and culture in the lives of Canadians, losses in our capacity to develop and provide meaningful venues and opportunities for leisure and culture threatens the wellbeing of individuals, communities, and society at large. We must strengthen our resolve to ensure that our capacity to sustain and further develop such resources is maintained. The development of the *Canadian Index on Wellbeing*, with its constituent indicators focused on leisure and culture, is an important step in this direction.

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⁷ A Bibliography is presented here rather than just those references cited in the body of the report. This listing of sources represents the final set of references consulted in the preparation of this report, only some of which have been cited as exemplary in support of the leisure and culture domain.

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Appendix A: Leisure and Culture Domain Indicator Evaluation

The following matrix presents, in rank order, all of the indicators rated by the team on each of the acceptability criteria. The final two columns provide the final score based on the collective ratings as well as an indicator of “variance” that reflects the degree to which the team members’ ratings were consistent across all criteria (lower variance indicates greater consistency in team ratings).

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
1	Participation	Time Use	Total time spent on the previous day in <i>all</i> forms of leisure activities	General Social Survey on Time Use, Cycles 7 (1992), 12 (1998), and 19 (2005)	Statistics Canada	5.00	5.00	5.00	5.00	5.00	0.00
2	Participation	Time Use	Total time spent on the previous day in arts and cultural activities	General Social Survey on Time Use, Cycles 7 (1992), 12 (1998), and 19 (2005)	Statistics Canada	4.80	4.80	5.00	5.00	4.90	0.31
3	Opportunities	Parks and open space	Number of National and Historic Parks per 1,000 population	Parks Canada	Parks Canada, Environment	4.80	4.80	5.00	5.00	4.90	0.31
4	Opportunities	Parks and open space	Total land area (ha) committed to National and Historic Parks per 1,000 population	Parks Canada	Parks Canada, Environment	5.00	5.00	4.60	5.00	4.90	0.31
5	Participation	Activity Participation	Attendance in past year at all performing arts performances	Survey of Service Industries: Performing Arts	Statistics Canada	4.80	4.80	4.80	4.80	4.80	0.41
6	Participation	Expenditures	Total household expenditures in past year on all aspects of culture and recreation	Canadian Survey of Household Spending (1997 to 2006)	Statistics Canada	4.80	4.60	4.80	5.00	4.80	0.52
7	Participation	Time Use	Total time spent on the previous day in physical activities	General Social Survey on Time Use, Cycles 7 (1992), 12 (1998), and 19 (2005)	Statistics Canada	4.60	4.80	4.60	5.00	4.75	0.44

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
8	Participation	Activity Participation	Total visitation to National and Historic Parks of Canada	Parks Canada Annual Attendance Records	Parks Canada, Environment	4.80	4.80	4.60	4.80	4.75	0.45
9	Perceptions	Time Use	Extent to which person desires more time to have fun	General Social Survey on Time Use, Cycles 12 (1998), and 19 (2005)	Statistics Canada	4.60	4.40	4.80	4.80	4.65	0.49
10	Opportunities	Facilities	Number of museums, galleries, libraries, theatre and concert halls per 1,000 population	25 largest cities (CMAs) in Canada	Municipal inventories of 25 major Census Metropolitan Areas (CMAs)	5.00	5.00	5.00	3.40	4.60	0.99
11	Participation	Time Use	Total time spent on the previous day in passive leisure activities	General Social Survey on Time Use, Cycles 7 (1992), 12 (1998), and 19 (2005)	Statistics Canada	4.60	4.40	4.20	5.00	4.55	0.60
12	Opportunities	Parks and open space	Number of Provincial/Territorial Parks across Canada per 1,000 population	Provincial/Territorial agencies	Prov. Agencies /Deps. responsible for parks	4.80	4.80	5.00	3.60	4.55	0.94
13	Opportunities	Parks and open space	Total land area (ha) committed to Provincial/Territorial Parks across Canada per 1,000 population	Provincial/Territorial agencies	Provincial Agencies/ Deps. responsible for parks	5.00	5.00	4.60	3.60	4.55	0.94

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
14	Opportunities	Facilities	Number of sports facilities (i.e., arenas, swimming pools, community centres) per 1,000 population	25 largest cities (CMAs) in Canada	Municipal inventories of 25 major Census Metropolitan Areas (CMAs)	5.00	4.80	4.80	3.40	4.50	1.00
15	Participation	Time Use	Total time spent on the previous day in social leisure activities	General Social Survey on Time Use, Cycles 7 (1992), 12 (1998), and 19 (2005)	Statistics Canada	4.20	4.40	4.00	5.00	4.40	0.68
16	Participation	Time Use	Total time spent on previous day watching television	General Social Survey on Time Use, Cycles 7 (1992), 12 (1998), and 19 (2005)	Statistics Canada	4.40	4.20	4.00	5.00	4.40	0.82
17	Perceptions	Time Use	Extent to which person desires more time with family and friends	General Social Survey on Time Use, Cycles 12 (1998) and 19 (2005)	Statistic Canada	4.20	4.20	4.20	4.80	4.35	0.59
18	Perceptions	Attitude	Extent to which person enjoys working as a volunteer in the community	General Social Survey on Time Use, Cycle 19 (2005)	Statistic Canada	3.80	5.00	3.60	5.00	4.35	0.88
19	Participation	Activity Participation	Number of times in past 3 months engaged in physical activities	National Population Health Survey (NPHS 1994, 1996, 1999, 2002)/ Canadian Community Health Survey (CCHS 2001 to 2005)	Statistics Canada with Health Canada	4.40	4.20	4.20	4.40	4.30	0.66
20	Participation	Activity Participation	Total number of nights away in past year on all pleasure travel	Canadian Travel Survey (1996 to 2005)	Statistics Canada with Tourism Canada	4.20	4.00	4.00	5.00	4.30	0.73

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
21	Participation	Time Use	Total number of hours volunteering in past year for culture and recreation organizations	Canadian Survey on Giving, Volunteering and Participating (NSGVP-1997, NSGVP-2000, CSGVP-2004)	Statistics Canada	4.20	4.00	4.20	4.80	4.30	1.03
22	Participation	Expenditures	Total household expenditures in past year on recreation and sports equipment	Canadian Survey of Household Spending (1997 to 2006)	Statistics Canada	4.00	4.00	4.20	5.00	4.30	1.03
23	Opportunities	Parks and open space	Area (ha) of public parks and designated open space in major cities per 1,000 population	25 largest cities (CMAs) in Canada	Municipal inventories of 25 major Census Metropolitan Areas (CMAs)	4.80	4.60	4.80	3.00	4.30	1.13
24	Perceptions	Attitude	Extent to which person enjoys attending social events	General Social Survey on Time Use, Cycle 19 (2005)	Statistic Canada	3.80	4.60	3.60	5.00	4.25	0.72
25	Participation	Time Use	Total time spent on previous day volunteering for organization	General Social Survey on Time Use, Cycles 7 (1992), 12 (1998), and 19 (2005)	Statistics Canada	4.20	4.20	3.60	5.00	4.25	0.97
26	Participation	Time Use	Total number of hours volunteering in past year for sports and recreation organizations	Canadian Survey on Giving, Volunteering and Participating (NSGVP-1997, NSGVP-2000, CSGVP-2004)	Statistics Canada	4.20	4.00	4.00	4.80	4.25	1.02

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
27	Participation	Expenditures	Total amount of donations in past year to all recreation, sport, arts, culture, and environment organizations	Canadian Survey on Giving, Volunteering and Participating (1997, 2000, 2004)	Statistics Canada	4.40	4.20	4.40	4.00	4.25	1.12
28	Participation	Activity Participation	Average monthly frequency of participation (over 15 minutes) in physical activities	National Population Health Survey (NPHS 1994, 1996, 1999, 2002)/ Canadian Community Health Survey (CCHS 2001 to 2005)	Statistics Canada with Health Canada	4.20	4.40	3.80	4.40	4.20	0.70
29	Participation	Time Use	Total number of hours volunteering in past year for all organizations	Canadian Survey on Giving, Volunteering and Participating (NSGVP-1997, NSGVP-2000, CSGVP-2004)	Statistics Canada	4.00	4.20	3.80	4.80	4.20	0.70
30	Participation	Expenditures	Total household expenditures in past year on arts and culture artefacts	Canadian Survey of Household Spending (1997 to 2006)	Statistics Canada	4.00	4.60	3.20	5.00	4.20	1.01
31	Participation	Expenditures	Total household expenditures in past year on entertainment/memberships	Canadian Survey of Household Spending (1997 to 2006)	Statistics Canada	4.00	4.20	3.60	5.00	4.20	1.01
32	Participation	Expenditures	Total amount of donations in past year to sports and recreation organizations	Canadian Survey on Giving, Volunteering and Participating (1997, 2000, 2004)	Statistics Canada	4.20	4.00	4.40	4.00	4.15	1.27

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
33	Opportunities	Parks and open space	Total distance (km) of public trails and paths in major cities per 1,000 population	25 largest cities (CMAs) in Canada	Municipal inventories of 25 major Census Metropolitan Areas (CMAs)	4.80	4.60	4.40	2.80	4.15	1.14
34	Opportunities	Parks and open space	Total number of public parks and designated open spaces in major cities per 1,000 population	25 largest cities (CMAs) in Canada	Municipal inventories of 25 major Census Metropolitan Areas (CMAs)	4.40	4.40	4.60	3.00	4.10	1.07
35	Participation	Expenditures	Total amount of donations in past year to culture and recreation organizations	Canadian Survey on Giving, Volunteering and Participating (1997, 2000, 2004)	Statistics Canada	4.40	4.00	4.00	4.00	4.10	1.37
36	Opportunities	Facilities	Number of art museums and galleries per 1,000 population	Survey of Service Industries: Heritage Institutions	Statistics Canada	4.00	4.40	4.00	3.80	4.05	1.00
37	Opportunities	Facilities	Number of museums per 1,000 population	Survey of Service Industries: Heritage Institutions	Statistics Canada	4.00	4.40	4.00	3.80	4.05	1.00
38	Perceptions	Attitude	Extent to which person enjoys going to spectator events (i.e., movies, plays, sporting events)	General Social Survey on Time Use, Cycle 19 (2005)	Statistic Canada	3.60	3.60	3.80	5.00	4.00	0.79
39	Perceptions	Attitude	Extent to which person enjoys watching television	General Social Survey on Time Use, Cycle 19 (2005)	Statistic Canada	3.40	4.00	3.60	5.00	4.00	0.86

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
40	Perceptions	Attitude	Attitude towards contribution of the performing arts to community wellbeing	Canadian Performing Arts Audience Survey (1992)	Statistic Canada with Heritage Canada	4.60	4.40	4.80	2.20	4.00	1.21
41	Perceptions	Attitude	Degree to which person has positive attitude towards leisure	[only data available are based on relatively small scale, geographically limited samples]	[individual researchers]	4.40	4.60	5.00	2.00	4.00	1.52
42	Participation	Activity Participation	Attendance in past year at musical performances	Survey of Service Industries: Performing Arts	Statistics Canada	3.80	3.80	3.40	4.80	3.95	0.83
43	Opportunities	Facilities	Number of all heritage for-profit and not-for-profit institutions per 1,000 population	Survey of Service Industries: Heritage Institutions	Statistics Canada	4.00	4.40	4.00	3.40	3.95	0.94
44	Opportunities	Facilities	Number of historical and heritage sites per 1,000 population	Survey of Service Industries: Heritage Institutions	Statistics Canada	4.00	4.40	3.60	3.80	3.95	1.05
45	Participation	Activity Participation	Total number of nights away in past year on domestic pleasure travel	Canadian Travel Survey (1996 to 2005)	Statistics Canada with Tourism Canada	3.60	3.80	3.40	5.00	3.95	1.10
46	Participation	Activity Participation	Total number of nights away in past year on international pleasure travel	Canadian Travel Survey (1996 to 2005)	Statistics Canada with Tourism Canada	3.60	3.80	3.40	5.00	3.95	1.10
47	Participation	Activity Participation	Attendance in past year at dance performances	Survey of Service Industries: Performing Arts	Statistics Canada	3.80	3.80	3.20	4.80	3.90	0.85

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
48	Participation	Activity Participation	Attendance in past year at opera performances	Survey of Service Industries: Performing Arts	Statistics Canada	3.80	3.80	3.20	4.80	3.90	0.85
49	Opportunities	Facilities	Public expenditures on arts and culture per 1,000 population	Statistiques principales de la culture et des communications au Québec	Institut de la statistique Québec	5.00	4.40	4.60	1.60	3.90	1.48
50	Opportunities	Facilities	Number of zoos and botanical gardens per 1,000 population	Survey of Service Industries: Heritage Institutions	Statistics Canada	4.00	4.20	3.60	3.80	3.90	1.07
51	Opportunities	Facilities	Number of arts and culture facilities per 1,000 population	Statistiques principales de la culture et des communications au Québec	Institut de la statistique Québec	4.80	4.60	4.60	1.60	3.90	1.48
52	Perceptions	Motivation/ Benefits	Perception of overall benefits associated with leisure participation	[only data available are based on relatively small scale, geographically limited samples]	[individual researchers]	4.80	4.80	4.80	1.20	3.90	1.65
53	Opportunities	Parks and open space	Number of public trails and paths in major cities per 1,000 population	25 largest cities (CMAs) in Canada	Municipal inventories of 25 major Census Metropolitan Areas (CMAs)	4.00	4.40	4.20	2.80	3.85	1.04
54	Participation	Activity Participation	Attendance in past year at live theatre performances	Survey of Service Industries: Performing Arts	Statistics Canada	3.60	3.60	3.20	4.80	3.80	0.89
55	Opportunities	Facilities	Number of leisure-related commercial facilities per 1,000 population	Business Registry (1996)	Statistics Canada	4.00	3.80	4.40	3.00	3.80	1.11

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
56	Perceptions	Satisfaction	Satisfaction with one's leisure lifestyle	[only data available are based on relatively small scale, geographically limited samples]	[individual researchers]	4.80	4.60	4.60	1.20	3.80	1.61
57	Participation	Time Use	Total time spent on the previous day as a spectator at sporting events	General Social Survey on Time Use, Cycles 2 (1986), 7 (1992), 12 (1998), and 19 (2005)	Statistics Canada	3.60	3.20	3.20	5.00	3.75	1.02
58	Perceptions	Attitude	Interest in seeing more of all forms of performing arts	Canadian Performing Arts Audience Survey (1992)	Statistic Canada with Heritage Canada	4.20	4.40	4.20	2.20	3.75	1.07
59	Participation	Time Use	Total number of hours volunteering in past year for environment organizations	Canadian Survey on Giving, Volunteering and Participating (NSGVP-1997, NSGVP-2000, CSGVP-2004)	Statistics Canada	3.40	3.60	3.20	4.80	3.75	1.12
60	Participation	Activity Participation	Average daily total energy expended in physical activities	National Population Health Survey (NPHS 1994, 1996, 1999, 2002)/ Canadian Community Health Survey (CCHS 2001 to 2005)	Statistics Canada with Health Canada	3.60	3.40	3.40	4.40	3.70	1.17
61	Participation	Expenditures	Total amount of donations in past year to environment organizations	Canadian Survey on Giving, Volunteering and Participating (1997, 2000, 2004)	Statistics Canada	3.60	3.80	3.20	4.00	3.65	1.23

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
62	Perceptions	Motivation/ Benefits	Perception of social benefits associated with leisure participation	[only data available are based on relatively small scale, geographically limited samples]	[individual researchers]	4.40	4.60	4.40	1.20	3.65	1.53
63	Perceptions	Attitude	Level of interest in artistic leisure activities	[only data available are based on relatively small scale, geographically limited samples]	[individual researchers]	4.40	4.20	4.60	1.20	3.60	1.54
64	Perceptions	Attitude	Level of interest in cultural leisure activities	[only data available are based on relatively small scale, geographically limited samples]	[individual researchers]	4.40	4.20	4.60	1.20	3.60	1.54
65	Opportunities	Facilities	Number of public libraries per 1,000 population	Electronic Libraries in Canada Mailing List (2003)	Statistics Canada	4.00	4.40	3.20	2.60	3.55	1.28
66	Perceptions	Attitude	Level of interest in physical activities	[only data available are based on relatively small scale, geographically limited samples]	[individual researchers]	4.40	4.20	4.40	1.20	3.55	1.50
67	Perceptions	Attitude	Level of interest in social leisure activities	[only data available are based on relatively small scale, geographically limited samples]	[individual researchers]	4.40	4.20	4.40	1.20	3.55	1.50
68	Participation	Activity Participation	Attendance at cultural activities and arts and culture events	Statistiques principales de la culture et des communications au Québec	Institut de la statistique Québec	4.00	3.60	4.80	1.80	3.55	1.36

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
69	Perceptions	Attitude	Attitude towards contribution of artists to community wellbeing	Canadian Performing Arts Audience Survey (1992)	Statistic Canada with Heritage Canada	3.60	3.80	4.00	2.20	3.40	1.10
70	Opportunities	Organizations	Number of voluntary organizations dedicated to arts, culture, recreation, and sports per 1,000 population	[unclear where data might reliably be available]	Imagine Canada(?), although its directory is focused on organizations for fund-raising	4.40	3.80	4.40	1.00	3.40	1.60
71	Opportunities	Organizations	Number of arts and culture organizations per 1,000 population	[unclear where data might reliably be available]	Imagine Canada(?), although its directory is focused on organizations for fund-raising	4.00	3.40	4.20	1.00	3.15	1.53
72	Opportunities	Organizations	Number of recreation and sports organizations per 1,000 population	[unclear where data might reliably be available]	Imagine Canada(?), although its directory is focused on organizations for fund-raising	4.00	3.60	4.00	1.00	3.15	1.53

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
73	Participation	Activity Participation	Total alcohol consumption within a specified time period	Canadian Addiction Survey (2004)	Statistics Canada with Health Canada	3.60	3.00	2.80	2.00	2.85	0.93
74	Participation	Activity Participation	Extent of harm to physical health due to drug use	Canadian Addiction Survey (2004)	Statistics Canada with Health Canada	3.40	2.80	3.00	2.00	2.80	0.77
75	Participation	Activity Participation	Extent of harm to friendships and social relationships due to drinking alcohol	Canadian Addiction Survey (2004)	Statistics Canada with Health Canada	3.20	3.00	2.80	2.00	2.75	0.79
76	Participation	Activity Participation	Adverse affects resulting from alcohol use	Canadian Addiction Survey (2004)	Statistics Canada with Health Canada	3.20	2.80	2.80	2.00	2.70	0.86
77	Participation	Activity Participation	Extent of harm to physical health due to drinking alcohol	Canadian Addiction Survey (2004)	Statistics Canada with Health Canada	3.40	2.80	2.60	2.00	2.70	0.80
78	Participation	Activity Participation	Extent of harm to home life or marriage due to drinking alcohol	Canadian Addiction Survey (2004)	Statistics Canada with Health Canada	3.20	2.80	2.60	2.00	2.65	0.81
79	Participation	Activity Participation	Extent of harm to friendships and social relationships due to drug use	Canadian Addiction Survey (2004)	Statistics Canada with Health Canada	3.20	2.80	2.60	2.00	2.65	0.81

Rank	Conceptual Framework		Indicator and Data Sources			Acceptability Criteria				Final Scores	
	Theme	Category	Indicator	Data Set	Data Source	Quality	Validity	Relevance	Feasibility	Mean Score	Variance
80	Participation	Activity Participation	Extent of harm to home life or marriage due to drug use	Canadian Addiction Survey (2004)	Statistics Canada with Health Canada	3.20	2.80	2.60	2.00	2.65	0.81
81	Participation	Activity Participation	Total use in past 12 months of illicit drugs	Canadian Addiction Survey (2004)	Statistics Canada with Health Canada	3.20	2.80	2.60	2.00	2.65	0.88

**Appendix B:
Leisure and Culture Domain Indicator
Information Sheets**

Leisure and Culture Domain Indicator No. 1

Theme:	Participation
Category:	Time Use
Indicator:	Average percentage of time spent on the previous day in <i>social leisure activities</i>

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	<i>General Social Survey on Time Use: Cycle 7 (1992), Cycle 12 (1998), Cycle 19 (2005)</i>
Survey question(s):	Total duration (in minutes) for: DUR620: child/youth/family organizations DUR630: religious meetings/organizations DUR651: fraternal and social organizations DUR680: other civic, voluntary or religious activities DUR751: socialising at a private residence (no meals) DUR752: socialising at a private residence (with meals, excluding restaurant meals) DUR753: other socialising with friends/relatives at a non-private and non-institutional residence DUR754: socialising with friends/relatives at an institutional residence DUR760: socialising at bars, clubs (no meals) DUR780: other social gatherings DUR866: computer – chat groups DUR950: talking, conversation, with household member only (face-to-face) DUR951: talking on the telephone
Measurement:	Each variable is total duration in minutes on previous day for each activity. The indicator is the percentage of total time on the previous day devoted to social leisure activities, calculated as a percentage of 1,440 minutes minus time devoted to personal activities such as personal care, meal preparation, and domestic chores (i.e., DVDOM, DVCHILDC, DVSHOP, DVPERS).
Frequency of collection:	Occasional (every 6 to 8 years)
Year(s) available:	1992, 1998, 2005
Sample profile:	General population, 15 years of age and older

Geographic coverage:	National, excluding the Northwest Territories, Yukon, and Nunavut, as well as individuals living in institutions
Notes:	<ul style="list-style-type: none"> • specific variable names and associated activities might have changed from previous years. For comparisons to be made, activity categories would need to be checked • summing time spent in all social leisure activities on the previous day must be done to generate indicator • travel associated with leisure activities is not included in this indicator

Source: Statistics Canada. (2006). *General Social Survey Cycle 19: Time Use (2005) User's Guide to Public Use Microdata File*. Catalogue No. 12M0012GPE. Ottawa, ON.

Leisure and Culture Domain Indicator No. 2

Theme:	Participation
Category:	Time Use
Indicator:	Average percentage of time spent on the previous day in <i>arts and cultural activities</i>

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	General Social Survey on Time Use: Cycle 7 (1992), Cycle 12 (1998), Cycle 19 (2005)
Survey question(s):	Total duration (in minutes) for: DUR71 I: pop music concerts DUR720: movies at a theatre/cinema, arts films, drive-in movies DUR730: classical movie concerts, opera, ballet, theatre DUR74 I: museums (excluding art museums) DUR74 I: art galleries (art exhibitions) DUR743: heritage sites DUR850: singing or playing music, drama, dance DUR900: listening to the radio DUR920: listening to CDs, tapes, records DUR93 I: reading books
Measurement:	Each variable is total duration in minutes on previous day for each activity. The indicator is the percentage of total time on the previous day devoted to arts and culture activities, calculated as a percentage of 1,440 minutes minus time devoted to personal activities such as personal care, meal preparation, and domestic chores (i.e., DVDOM, DVCHILDC, DVSHOP, DVPERSON).
Frequency of collection:	Occasional (every 6 to 8 years)
Year(s) available:	1992, 1998, 2005
Sample profile:	General population, 15 years of age and older
Geographic coverage:	National, excluding the Northwest Territories, Yukon, and Nunavut, as well as individuals living in institutions
Notes:	<ul style="list-style-type: none"> • specific variable names and associated activities might have changed from previous years. For comparisons to be made, activity categories would need to be checked • summing time spent in all arts and cultural leisure activities on the previous day must be done to generate indicator • travel associated with leisure activities is not included

Source: Statistics Canada. (2006). *General Social Survey Cycle 19: Time Use (2005) User's Guide to Public Use Microdata File*. Catalogue No. 12M0012GPE. Ottawa, ON.

Leisure and Culture Domain Indicator No. 3

Theme:	Participation
Category:	Time Use
Indicator:	Average number of hours in past year <i>volunteering for culture and recreation organizations</i>

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	<i>Canadian Survey of Giving, Volunteering, and Participating (2004), and National Survey of Giving, Volunteering and Participating (1997, 2000)</i>
Survey question(s):	In 1997 – DVHRSV01: Total hours volunteered in past year: Culture and recreation organizations (derived variable) In 2000 – VDIDHR01: Total hours volunteered in past year: Culture and recreation organizations (derived variable) In 2004 – VDIGTX01: Total hours volunteered in past year: Culture and recreation organizations (derived variable)
Measurement:	Total hours volunteered in past 12 months
Frequency of collection:	Occasional
Year(s) available:	1997, 2000, 2004
Sample profile:	General population, 15 years of age and older
Geographic coverage:	National, with only larger communities in North included
Notes:	<ul style="list-style-type: none"> • in 2004, organizations for which hours of volunteering in culture and recreation were defined are: (1) <i>Arts and culture</i>: includes organizations and activities in general and specialised fields of arts and culture, including media and communications; visual arts, architecture, ceramic art; performing arts; historical, literacy and humanistic societies; museums; and zoos and aquariums, and (2) <i>Sports and recreation</i>: includes organizations and activities in general and specialised fields of sports and recreation. Two sub-groups of organizations are included in this group: (a) amateur sports (e.g., fitness and wellness centres) and (b) recreation and social clubs (e.g., service clubs). • specific organizations comprising the “arts and culture” and the “sports and recreation” categories that make up the total hours of volunteering variables might have differed in previous years. For comparisons to be made, constituent organizations would need to be checked

Source: Statistics Canada. (2007). *2004 Canada Survey of Giving, Volunteering and Participating (CSGVP) Public Use Microdata File*. Special Surveys Division, Statistics Canada, Ottawa, ON.

Leisure and Culture Domain Indicator No. 4

Theme:	Participation
Category:	Activity Participation
Indicator:	Average monthly frequency of participation in <i>physical activity</i> lasting over 15 minutes

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	<i>National Population Health Surveys: Cycle 2 (1996/1997) and Cycle 3 (1998/1999); Canadian Community Health Surveys: Cycle 1.1 (2001), Cycle 1.2 (2002), Cycle 2.1 (2003), Cycle 2.2 (2004), Cycle 3.1 (2005)</i>
Survey question(s):	<p>A series of questions are asked concerning whether or not the respondents participated in a specific physical activity in the past three months, how many times, and how much time per occasion. The activities were:</p> <ul style="list-style-type: none"> • walking • gardening, yard work • swimming • bicycling • popular, social dance • home exercises • ice hockey • ice skating • inline skating, roller blading • jogging or running • golfing • exercise classes, aerobics • skiing, snowboarding • bowling • baseball or softball • tennis • weight training • fishing • volleyball • basketball • soccer • [plus up to three other physical activities]
Measurement:	Average monthly participation in all of the specified physical activities lasting over 15 minutes
Frequency of collection:	Annual

Year(s) available:	2001 to 2005
Sample profile:	General population, 12 years of age and older
Geographic coverage:	National, excluding individuals living on Indian Reserves or Crown Lands, residing in institutions, full-time members of the Canadian Forces, or residents of certain remote areas
Notes:	<ul style="list-style-type: none"> • total participation in physical activities during the previous three months was calculated then converted to a monthly average for each individual • derived variable available in each survey year data file, named PAC_DFM, where underscore represents the Survey Cycle (e.g., PACEDFM is for Cycle 3.1)

Sources: Statistics Canada. (2006). *Canadian Community Health Survey Cycle 3.1 (2005): User Guide*. Ottawa, ON.

Statistics Canada. (2006). *Canadian Community Health Survey Cycle 3.1 (2005): Integrated Derived Variable (DV) and Grouped Variable Specifications*. Ottawa, ON.

Leisure and Culture Domain Indicator No. 5

Theme:	Participation
Category:	Activity Participation
Indicator:	Average attendance per performance in past year at <i>all</i> performing arts performances

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	<i>Annual Survey of Service Industries: Performing Arts</i>
Survey question(s):	Estimated attendance at main season performances Estimated attendance at performances for young audiences Estimated attendance at other performances Number of performing arts companies Number of performing arts venues
Measurement:	Estimated total attendance across all performances in year of survey
Frequency of collection:	Annual (ongoing)
Year(s) available:	2001 to 2008
Sample profile:	Survey completed by theatres, musical theatres, dinner theatres, opera companies, dance companies, symphony orchestras, chamber music groups, choral music groups, independent musical artists (musicians and vocalists), other musical groups, and other performing arts companies
Geographic coverage:	National
Notes:	<ul style="list-style-type: none"> • data must be retrieved from website • simple calculation of average attendance at each performance during the past year

Source: <http://www.statcan.gc.ca/cgi-bin/imdb/p2SV.pl?Function=getSurvey&SDDS=3108&lang=en&db=imdb&dbg=f&adm=8&dis=2>

Leisure and Culture Domain Indicator No. 6

Theme:	Participation
Category:	Activity Participation
Indicator:	Average visitation per site in past year to all <i>National Parks</i> and <i>National Historic Sites</i>

Indicator Details	Description
Data source:	Parks Canada
Data set(s):	Parks Canada Attendance
Measurement:	Total annual visitation to each of the National Parks and National Historic Sites, and the number of sites in the system
Frequency of collection:	Annual (ongoing)
Year(s) available:	1997 to 2009
Sample profile:	Data are gathered by staff at each National Park and National Historic Site using a variety of estimation techniques. Each time a person enters the Park or Historic Site for recreational, educational, or cultural purposes during business hours is included. Drive-through, local, and commercial traffic are excluded.
Geographic coverage:	National
Notes:	<ul style="list-style-type: none"> • data must be retrieved from website • average attendance per site is calculated based on total visitation divided by the total number of National Parks and National Historic Sites in the system for the reference year • trends in visitor data must be interpreted with caution. The very nature of the National Park and National Historic Site locations makes controlled access difficult to manage. Significant fluctuations in volumes of visitors can be attributed to many ad hoc factors such as flooding, fire, special events, and weather extremes. External factors must also be taken into consideration before determining if a variation is significant. Specific year notations are available in the reports for possible explanations of variances.

Source: Parks Canada – http://www.pc.gc.ca/docs/pc/rpts/attend/index_e.asp

Leisure and Culture Domain Indicator No. 7

Theme:	Participation
Category:	Activity Participation
Indicator:	Average number of nights away in the past year on <i>vacation trips</i> to destinations over 80 kilometres from home

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	<i>Travel Survey of Residents of Canada (Canadian Travel Survey until 2004)</i>
Survey question(s):	Total number of nights away Primary purpose of trip Distance of trip one-way from respondent's residence
Measurement:	Total annual visitation to each of the 38 National Parks and 90 National Historic Sites
Frequency of collection:	Quarterly (ongoing)
Year(s) available:	1997 to 2007
Sample profile:	General population, 18 years of age and older
Geographic coverage:	National
Notes:	<ul style="list-style-type: none"> • data are gathered quarterly and reported on the Statistics Canada website, but the microdata covering each calendar year and released periodically are needed to create indicator. These datasets are available up to 2004. • person-trip file should be used in calculating nights away • data need to be weighted by person-trip (PTRIPWT) • reported nights away must be limited to: (1) trips of 80 kilometres or more from the respondent's residence, and (2) trips with the primary purpose of pleasure or visiting friends and/or relatives.

Source: <http://www.statcan.gc.ca/cgi-bin/imdb/p2SV.pl?Function=getSurvey&SDDS=3810&lang=en&db=imdb&adm=8&dis=2>

Leisure and Culture Domain Indicator No. 8

Theme:	Participation
Category:	Expenditures
Indicator:	Expenditures in past year on <i>all aspects of culture and recreation</i> as a percentage of total household expenditures

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	<i>Survey of Household Spending</i>
Survey question(s):	<p>“In the past year, how much did your household spend on:</p> <ul style="list-style-type: none"> ...sports and athletic equipment? ...camping and picnic equipment, accessories (e.g., tents, backpacks, sleeping bags, camp stoves, lanterns, coolers, mattresses, utensils)? ...digital cameras and accessories (e.g., memory cards, docking ports)? ...other cameras, camera parts, attachments, photographic film, accessories, and other photographic goods (e.g., lenses, tripods, projectors, albums, darkroom supplies)? ...musical instruments, parts, accessories (e.g., pianos and guitars)? ...artists’ materials, handicraft or hobbycraft kits and materials, yarn for crafts? ...toys and other games? ...playground equipment, accessories for swimming pools (e.g., swings, slides, pool covers, vacuum heads, wading pools)? ...collectors’ items (e.g., stamps, coins)? ... parts and supplies for recreation equipment (e.g., camp fuel, ski wax, pool chemicals, ammunition, bait)? <p>In the past year, how much did your household spend on admissions to:</p> <ul style="list-style-type: none"> ...movie theatres? ...live performing arts events (e.g., plays, concerts, festivals, dance performances)? ...museums, historic sites, zoos, heritage facilities, ice shows, craft shows, fairs, and other activities and venues? ...live sports events? <p>In the past year, how much did your household spend on:</p> <ul style="list-style-type: none"> ...fees for coin-operated and carnival games (e.g., pinball, video games, but <i>not</i> gambling machines)? ...single usage fees, membership fees and dues for sports activities, sports and recreation facilities, and health clubs?

	...children's camps (e.g., day camps, summer camps)? ...other recreational services (e.g., fishing and hunting licenses and guide services, party planning, other rental of sports facilities?"
Measurement:	Total expenditures in dollars for past year
Frequency of collection:	Annual (ongoing)
Year(s) available:	1997 to 2006
Sample profile:	General population
Geographic coverage:	National, excluding those in institutions, reserves, communal colonies
Notes:	<ul style="list-style-type: none"> • data must be aggregated for all expenditure categories and then percentage this represents of all household expenditures calculated • “negative expenditures” must be excluded first before aggregating. These are monies that flow into the household as a result of personal sales of household items, winnings from lotteries or casinos, and so on.

Source: Statistics Canada. (2004). *User Guide for the Survey of Household Spending*. Expenditures Surveys Division, Statistics Canada, Ottawa, ON.

Appendix C: Potential Alternate Leisure and Culture Domain Indicators: Information Sheets

The eight indicators in this Appendix include those identified in the initial list of 17 indicators (see Table 5.1), but not selected as one of the “best” indicators recommended for the CIW (see Table 5.2). However, for many of the reasons mentioned in the preceding sections concerning data availability, continuity, and ease of application, the indicators listed in this section represent a suitable set of valid indicators or consideration as alternates. They represent each thematic area with four participation indicators, two indicators of perceptions of time use, and two indicators of leisure opportunities.

Potential Alternate Leisure and Culture Domain Indicator

Theme:	Participation
Category:	Time Use
Indicator:	Average percentage of time spent on the previous day in <i>all forms</i> of leisure activities

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	<i>General Social Survey on Time Use: Cycle 7 (1992), Cycle 12 (1998), Cycle 19 (2005)</i>
Survey question(s):	Total duration (in minutes) for: DUR560: leisure and special interest classes DUR610: political, civic activities DUR620: child/youth/family organizations DUR630: religious meetings/organizations DUR651: fraternal and social organizations DUR660: volunteer organizational work DUR680: other civic, voluntary or religious activities DUR701: professional sports events DUR702: amateur sports events DUR711: pop music concerts DUR712: fairs, circuses, parades, amusement parks, ice follies DUR713: zoos, botanical gardens, planetarium, observatory DUR720: movies/films at a theatre/cinema, arts films DUR730: classical movie concerts, opera, ballet, theatre DUR741: museums (excluding art museums) DUR742: art galleries (art exhibitions) DUR743: heritage sites

<p>DUR751: socialising at a private residence (no meals)</p> <p>DUR752: socialising at a private residence (with meals, excluding restaurant meals)</p> <p>DUR753: other socialising with friends/relatives at a non-private and non-institutional residence</p> <p>DUR754: socialising with friends/relatives at an institutional residence</p> <p>DUR760: socialising at bars, clubs (no meals)</p> <p>DUR770: attendance at casinos, bingo, or arcades</p> <p>DUR780: other social gatherings</p> <p>DUR800: participation in coaching sports (unpaid)</p> <p>DUR801: participating in football, baseball, etc.</p> <p>DUR802: participating in tennis, squash, etc.</p> <p>DUR803: participating in golf, miniature golf</p> <p>DUR804: participating in swimming, water-skiing</p> <p>DUR805: participating in skiing, ice skating, etc.</p> <p>DUR806: participating in bowling, pool, etc.</p> <p>DUR807: participating in exercising, yoga, etc.</p> <p>DUR808: participating in judo, boxing, wrestling, etc.</p> <p>DUR809: participating in rowing, canoeing, etc.</p> <p>DUR810: participation in other sports</p> <p>DUR811: participation in hunting (as a sport)</p> <p>DUR812: participation in fishing (as a sport)</p> <p>DUR813: participation in boating (motorboats and rowboats)</p> <p>DUR814: participation in camping</p> <p>DUR815: participating in horseback riding, rodeo, etc.</p> <p>DUR816: participating in other outdoor activities/excursions</p> <p>DUR821: participation in walking, hiking, jogging, running</p> <p>DUR822: participation in bicycling</p> <p>DUR831: hobbies done mainly for pleasure</p> <p>DUR841: home crafts done mainly for pleasure</p> <p>DUR850: singing or playing music, drama, dance</p> <p>DUR861: games, cards, puzzles</p> <p>DUR862: playing video games</p> <p>DUR863: computer – general use (as a leisure activity)</p> <p>DUR864: computer – surfing the net (as a leisure activity)</p> <p>DUR866: computer – chat groups</p> <p>DUR871: pleasure drives as driver</p> <p>DUR872: pleasure drives as passenger</p> <p>DUR 873: other pleasure drives (bus tour)</p> <p>DUR880: other sports or active leisure</p> <p>DUR900: listening to the radio</p> <p>DUR911: watching scheduled television programming</p> <p>DUR912: watching recorded programming/time-shifted viewing</p> <p>DUR913: watching rented/purchased movies</p> <p>DUR914: other television viewing</p>

	<p>DUR920: listening to CDs, tapes, records DUR931: reading books DUR932: reading magazines DUR940: reading newspapers DUR950: talking, conversation, with household member only (face-to-face) DUR951: talking on the telephone DUR961: reading personal mail DUR962: writing/typing letters, sending greeting cards DUR980: other media or communication</p>
Measurement:	Each variable is total duration in minutes on previous day for each activity. The indicator is the percentage of total time on the previous day devoted to social leisure activities, calculated as a percentage of 1,440 minutes minus time devoted to personal activities such as personal care, meal preparation, and domestic chores (i.e., DVDOM, DVCHILDC, DVSHOP, DVPERS).
Frequency of collection:	Occasional (every 6 to 8 years)
Year(s) available:	1992, 1998, 2005
Sample profile:	General population, 15 years of age and older
Geographic coverage:	National, excluding the Northwest Territories, Yukon, and Nunavut, as well as individuals living in institutions
Notes:	<ul style="list-style-type: none"> • specific variable names and associated activities might have changed from previous years. For comparisons to be made, activity categories would need to be checked • summing time spent in all leisure activities on the previous day must be done to generate indicator • travel associated with leisure activities is <i>not</i> included in this indicator

Source: Statistics Canada. (2006). *General Social Survey Cycle 19: Time Use (2005) User's Guide to Public Use Microdata File*. Catalogue No. 12M0012GPE. Ottawa, ON.

Potential Alternate Leisure and Culture Domain Indicator

Theme:	Participation
Category:	Time Use
Indicator:	Average percentage of time spent on the previous day in <i>passive leisure</i> activities

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	General Social Survey on Time Use: Cycle 7 (1992), Cycle 12 (1998), Cycle 19 (2005)
Survey question(s):	Total duration (in minutes) for: DUR831: hobbies done mainly for pleasure DUR841: home crafts done mainly for pleasure DUR861: games, cards, puzzles DUR862: playing video games DUR863: computer – general use (as a leisure activity) DUR864: computer – surfing the net (as a leisure activity) DUR900: listening to the radio DUR911: watching scheduled television programming DUR912: watching recorded programming/time-shifted viewing DUR913: watching rented/purchased movies DUR914: other television viewing DUR931: reading books DUR932: reading magazines DUR940: reading newspapers DUR961: reading personal mail DUR962: writing/typing letters, sending greeting cards DUR980: other media or communication
Measurement:	Each variable is total duration in minutes on previous day for each activity. The indicator is the percentage of total time on the previous day devoted to social leisure activities, calculated as a percentage of 1,440 minutes minus time devoted to personal activities such as personal care, meal preparation, and domestic chores (i.e., DVDOM, DVCHILDC, DVSHOP, DVPERS).
Frequency of collection:	Occasional (every 6 to 8 years)
Year(s) available:	1992, 1998, 2005
Sample profile:	General population, 15 years of age and older
Geographic coverage:	National, excluding the Northwest Territories, Yukon, and Nunavut, as well as individuals living in institutions
Notes:	<ul style="list-style-type: none"> specific variable names and associated activities might have changed from previous years. For comparisons to be made,

	<p>activity categories would need to be checked</p> <ul style="list-style-type: none">• summing time spent in all leisure activities on the previous day must be done to generate indicator• travel associated with leisure activities is <i>not</i> included in this indicator
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Source: Statistics Canada. (2006). *General Social Survey Cycle 19: Time Use (2005) User's Guide to Public Use Microdata File*. Catalogue No. 12M0012GPE. Ottawa, ON.

Potential Alternate Leisure and Culture Domain Indicator

Theme:	Participation
Category:	Expenditures
Indicator:	Average total amount of donations in past year to <i>all recreation, sport, arts, and culture organizations</i>

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	<i>Canadian Survey of Giving, Volunteering, and Participating (2004), National Survey of Giving, Volunteering and Participating (1997, 2000)</i>
Survey question(s):	In 2004 survey, variables are: GSIGA201: Amount of donations: Culture and recreation GSIGAX01: Amount of donations: Arts and culture GSIGAX02: Amount of donations: Sports and recreation
Measurement:	Total amount given in dollars in past year to specified organizations
Frequency of collection:	Occasional
Year(s) available:	1997, 2000, 2004
Sample profile:	General population, 15 years of age and older
Geographic coverage:	National, with only larger communities in North included
Notes:	<ul style="list-style-type: none"> • in 2004, organizations for which donations could be made included: (1) <i>Arts and culture</i>: includes organizations and activities in general and specialised fields of arts and culture, including media and communications; visual arts, architecture, ceramic art; performing arts; historical, literacy and humanistic societies; museums; and zoos and aquariums, and (2) <i>Sports and recreation</i>: includes organizations and activities in general and specialised fields of sports and recreation. Two sub-groups of organizations are included in this group: (a) amateur sports (including fitness and wellness centres) and (b) recreation and social clubs (including service clubs). • specific organizations comprising the “arts and culture” and the “sports and recreation” categories that make up the total hours of volunteering variables might have differed in previous years. For comparisons to be made, constituent organizations would need to be checked.

Source: Statistics Canada. (2007). *2004 Canada Survey of Giving, Volunteering and Participating (CSGVP) Public Use Microdata File*. Special Surveys Division, Statistics Canada, Ottawa, ON.

Potential Alternate Leisure and Culture Domain Indicator

Theme:	Perceptions
Category:	Time Use
Indicator:	Extent to which person feels he or she does not have time for fun anymore (percentage saying this is true)

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	General Social Survey on Time Use: Cycle 7 (1992), Cycle 12 (1998), and Cycle 19 (2005)
Survey question(s):	TCS_Q180: "Do you feel that you just don't have time for fun anymore?"
Measurement:	(1=yes, 2=no)
Frequency of collection:	Occasional (every 6 to 8 years)
Year(s) available:	1998, 2005
Sample profile:	General population, 15 years of age and older
Geographic coverage:	National, excluding the Northwest Territories, Yukon, and Nunavut, as well as individuals living in institutions
Notes:	<ul style="list-style-type: none"> survey question asked in same way on all three Cycles of the GSS

Source: Statistics Canada. (2006). *General Social Survey Cycle 19: Time Use (2005) User's Guide to Public Use Microdata File*. Catalogue No. 12M0012GPE. Ottawa, ON.

Potential Alternate Leisure and Culture Domain Indicator

Theme:	Perceptions
Category:	Time Use
Indicator:	Extent to which person feels he or she does not spend enough time with family and friends (percentage saying this is true)

Indicator Details	Description
Data source:	Statistics Canada
Data set(s):	General Social Survey on Time Use: Cycle 7 (1992), Cycle 12 (1998), and Cycle 19 (2005)
Survey question(s):	TCS_Q150: "Do you worry that you don't spend enough time with your family or friends?"
Measurement:	(1=yes, 2=no)
Frequency of collection:	Occasional (every 5 to 8 years)
Year(s) available:	1998, 2005
Sample profile:	General population, 15 years of age and older
Geographic coverage:	National, excluding the Northwest Territories, Yukon, and Nunavut, as well as individuals living in institutions
Notes:	<ul style="list-style-type: none"> survey question asked in same way on all three Cycles of the GSS

Source: Statistics Canada. (2006). *General Social Survey Cycle 19: Time Use (2005) User's Guide to Public Use Microdata File*. Catalogue No. 12M0012GPE. Ottawa, ON.

Potential Alternate Leisure and Culture Domain Indicator

Theme:	Opportunities
Category:	Parks and Open Space
Indicator:	Total land area (ha) committed to <i>National Parks</i> and <i>National Historic Sites</i> per 1,000 population

Indicator Details	Description
Data source:	Parks Canada
Data set(s):	Information reported on agency website
Survey question(s):	Data can be retrieved from: http://www.pc.gc.ca/index_e.asp
Measurement:	Land area (ha)
Frequency of collection:	Annual
Year(s) available:	Current
Sample profile:	All National Parks and National Historic Sites, as well as National Marine Conservation Areas, under the jurisdiction of Parks Canada
Geographic coverage:	National
Notes:	<ul style="list-style-type: none"> • total land area devoted to each National Parks and National Historic Sites in Canada must be retrieved from the website and aggregated before dividing by the national population • dates of establishment of each Park can be used to generate comparable indicators for past years

Potential Alternate Leisure and Culture Domain Indicator

Theme:	Opportunities
Category:	Facilities
Indicator:	Number of <i>sports facilities</i> (e.g., arenas, swimming pools, recreation/community centres) per 1,000 population

Indicator Details	Description
Data source:	The 25 largest Census Metropolitan Areas (CMAs) in Canada as defined by Statistics Canada
Data set(s):	<p><i>Abbotsford, BC</i> – http://www.abbotsford.ca/Page197.aspx</p> <p><i>Calgary, AL</i> – http://www.calgary.ca/portal/server.pt?open=512&objID=201&PageID=0&cached=true&mode=2&userID=2</p> <p><i>Edmonton, AL</i> – http://www.gov.edmonton.ab.ca/attractions-and-recreation.aspx</p> <p><i>Halifax, NS</i> – http://www.halifax.ca/recreation/index.html</p> <p><i>Hamilton, ON</i> – http://www.myhamilton.ca/myhamilton/CityandGovernment/</p> <p><i>Kingston, ON</i> – http://www.cityofkingston.ca/residents/recreation/</p> <p><i>Kitchener, ON</i> – http://www.kitchener.ca/living_kitchener/living_main.html</p> <p><i>London, ON</i> – http://www.london.ca/d.aspx?s=/Residents/default.htm</p> <p><i>Montréal, Que.</i> – http://ville.montreal.qc.ca/</p> <p><i>Oshawa, ON</i> – http://www.oshawa.ca/mun_res/parkrec.asp?quicklink=018</p> <p><i>Ottawa, ON</i> – www.ottawa.ca/residents/parks_recreation/index_en.html</p> <p><i>Québec City, Que.</i> – http://www.quebecregion.com/e/sports.asp</p> <p><i>Regina, Sask.</i> – http://www.regina.ca/site3.aspx</p> <p><i>St. Catharines, ON</i> – http://www.stcatharines.ca/recreation/index.asp</p> <p><i>St. John's, Nfld.</i> – http://www.stjohns.ca/cityservices/index.jsp</p> <p><i>St. John, NB</i> – http://www.saintjohn.ca/services_recreation.cfm</p> <p><i>Saskatoon, Sask.</i> –</p>

	<p>http://www.saskatoon.ca/org/leisure/index.asp <i>Sherbrooke, Que.</i> – http://www.ville.sherbrooke.qc.ca/webconcepteur/web/Villedesherbrooke/en <i>Greater Sudbury, ON</i> – www.city.greatersudbury.on.ca/cms/index.cfm?streamT=4&lang=en <i>Thunder Bay, ON</i> – http://www.thunderbay.ca/index.cfm?fuse=html&pg=1423 <i>Toronto, ON</i> – http://www.toronto.ca/parks/index.htm <i>Trois-Rivières, Que.</i> – http://citoyen.v3r.net/portail/index.aspx <i>Vancouver, BC</i> – http://vancouver.ca/parks/ <i>Victoria, BC</i> – http://www.victoria.ca/cityhall/departments_com.shtml <i>Windsor, ON</i> – http://www.citywindsor.ca/000132.asp <i>Winnipeg, Man.</i> – http://www.winnipeg.ca/interhom/TOC/residents.stm</p>
Survey question(s):	Refer to specific CMA website
Measurement:	Number of sports facilities in the CMA
Frequency of collection:	Annual
Year(s) available:	Current
Sample profile:	All sports facilities within CMA
Geographic coverage:	All opportunities within the geopolitical jurisdiction of each census metropolitan area (CMA)
Notes:	<ul style="list-style-type: none"> • total number of sports facilities of all types must be retrieved from the website and aggregated before dividing by the CMA population • dates of establishment of each sport facility can be used to generate comparable indicators for past years

Potential Alternate Leisure and Culture Domain Indicator

Theme:	Opportunities
Category:	Parks and Open Space
Indicator:	Area (ha) of <i>public parks and designated open space</i> in major cities per 1,000 population

Indicator Details	Description
Data source:	The 25 largest Census Metropolitan Areas (CMAs) in Canada as defined by Statistics Canada
Data set(s):	<p><i>Abbotsford, BC</i> – http://www.abbotsford.ca/Page197.aspx</p> <p><i>Calgary, AL</i> – http://www.calgary.ca/portal/server.pt?open=512&objID=201&PageID=0&cached=true&mode=2&userID=2</p> <p><i>Edmonton, AL</i> – http://www.gov.edmonton.ab.ca/attractions-and-recreation.aspx</p> <p><i>Halifax, NS</i> – http://www.halifax.ca/recreation/index.html</p> <p><i>Hamilton, ON</i> – http://www.myhamilton.ca/myhamilton/CityandGovernment/</p> <p><i>Kingston, ON</i> – http://www.cityofkingston.ca/residents/recreation/</p> <p><i>Kitchener, ON</i> – http://www.kitchener.ca/living_kitchener/living_main.html</p> <p><i>London, ON</i> – http://www.london.ca/d.aspx?s=/Residents/default.htm</p> <p><i>Montréal, Que.</i> – http://ville.montreal.qc.ca/</p> <p><i>Oshawa, ON</i> – http://www.oshawa.ca/mun_res/parkrec.asp?quicklink=018</p> <p><i>Ottawa, ON</i> – www.ottawa.ca/residents/parks_recreation/index_en.html</p> <p><i>Québec City, Que.</i> – http://www.quebecregion.com/e/sports.asp</p> <p><i>Regina, Sask.</i> – http://www.regina.ca/site3.aspx</p> <p><i>St. Catharines, ON</i> – http://www.stcatharines.ca/recreation/index.asp</p> <p><i>St. John's, Nfld.</i> – http://www.stjohns.ca/cityservices/index.jsp</p> <p><i>St. John, NB</i> – http://www.saintjohn.ca/services_recreation.cfm</p> <p><i>Saskatoon, Sask.</i> –</p>

	<p>http://www.saskatoon.ca/org/leisure/index.asp <i>Sherbrooke, Que.</i> – http://www.ville.sherbrooke.qc.ca/webconcepteur/web/Villedesherbrooke/en <i>Greater Sudbury, ON</i> – www.city.greatersudbury.on.ca/cms/index.cfm?streamT=4&lang=en <i>Thunder Bay, ON</i> – http://www.thunderbay.ca/index.cfm?fuse=html&pg=1423 <i>Toronto, ON</i> – http://www.toronto.ca/parks/index.htm <i>Trois-Rivières, Que.</i> – http://citoyen.v3r.net/portail/index.aspx <i>Vancouver, BC</i> – http://vancouver.ca/parks/ <i>Victoria, BC</i> – http://www.victoria.ca/cityhall/departments_com.shtml <i>Windsor, ON</i> – http://www.citywindsor.ca/000132.asp <i>Winnipeg, Man.</i> – http://www.winnipeg.ca/interhom/TOC/residents.stm</p>
Survey question(s):	Refer to specific CMA website
Measurement:	Land area (ha)
Frequency of collection:	Annual
Year(s) available:	Current
Sample profile:	All parks and designated open spaces within CMA
Geographic coverage:	All opportunities within the geopolitical jurisdiction of each census metropolitan area (CMA)
Notes:	<ul style="list-style-type: none"> • total land area devoted to each park and designated open space must be retrieved from the website and aggregated before dividing by the CMA population • dates of establishment of each Park can be used to generate comparable indicators for past years

Potential Alternate Leisure and Culture Domain Indicator

Theme:	Opportunities
Category:	Facilities
Indicator:	Number of museums, galleries, libraries, theatre and concert halls per 1,000 population

Indicator Details	Description
Data source:	The 25 largest Census Metropolitan Areas (CMAs) in Canada as defined by Statistics Canada
Data set(s):	<p><i>Abbotsford, BC</i> – http://www.abbotsford.ca/Page197.aspx</p> <p><i>Calgary, AL</i> – http://www.calgary.ca/portal/server.pt?open=512&objID=201&PageID=0&cached=true&mode=2&userID=2</p> <p><i>Edmonton, AL</i> – http://www.gov.edmonton.ab.ca/attractions-and-recreation.aspx</p> <p><i>Halifax, NS</i> – http://www.halifax.ca/recreation/index.html</p> <p><i>Hamilton, ON</i> – http://www.myhamilton.ca/myhamilton/CityandGovernment/</p> <p><i>Kingston, ON</i> – http://www.cityofkingston.ca/residents/recreation/</p> <p><i>Kitchener, ON</i> – http://www.kitchener.ca/living_kitchener/living_main.html</p> <p><i>London, ON</i> – http://www.london.ca/d.aspx?s=/Residents/default.htm</p> <p><i>Montréal, Que.</i> – http://ville.montreal.qc.ca/</p> <p><i>Oshawa, ON</i> – http://www.oshawa.ca/mun_res/parkrec.asp?quicklink=018</p> <p><i>Ottawa, ON</i> – www.ottawa.ca/residents/parks_recreation/index_en.html</p> <p><i>Québec City, Que.</i> – http://www.quebecregion.com/e/sports.asp</p> <p><i>Regina, Sask.</i> – http://www.regina.ca/site3.aspx</p> <p><i>St. Catharines, ON</i> – http://www.stcatharines.ca/recreation/index.asp</p> <p><i>St. John's, Nfld.</i> – http://www.stjohns.ca/cityservices/index.jsp</p> <p><i>St. John, NB</i> – http://www.saintjohn.ca/services_recreation.cfm</p> <p><i>Saskatoon, Sask.</i> –</p>

	<p>http://www.saskatoon.ca/org/leisure/index.asp <i>Sherbrooke, Que.</i> – http://www.ville.sherbrooke.qc.ca/webconcepteur/web/Villedesherbrooke/en <i>Greater Sudbury, ON</i> – www.city.greatersudbury.on.ca/cms/index.cfm?streamT=4&lang=en <i>Thunder Bay, ON</i> – http://www.thunderbay.ca/index.cfm?fuse=html&pg=1423 <i>Toronto, ON</i> – http://www.toronto.ca/parks/index.htm <i>Trois-Rivières, Que.</i> – http://citoyen.v3r.net/portail/index.aspx <i>Vancouver, BC</i> – http://vancouver.ca/parks/ <i>Victoria, BC</i> – http://www.victoria.ca/cityhall/departments_com.shtml <i>Windsor, ON</i> – http://www.citywindsor.ca/000132.asp <i>Winnipeg, Man.</i> – http://www.winnipeg.ca/interhom/TOC/residents.stm</p>
Survey question(s):	Refer to specific CMA website
Measurement:	Number of arts and culture facilities in the CMA
Frequency of collection:	Annual
Year(s) available:	Current
Sample profile:	All arts and culture facilities within CMA
Geographic coverage:	All opportunities within the geopolitical jurisdiction of each census metropolitan area (CMA)
Notes:	<ul style="list-style-type: none"> • total number of arts and culture facilities of all types must be retrieved from the website and aggregated before dividing by the CMA population • dates of establishment of each arts and culture facility can be used to generate comparable indicators for past years

Appendix D: CIW Leisure and Culture Domain Headline Indicator Data Timetable

	Headline Indicator	Data Source	Freq. of Reporting	Years for which Headliner Indicator have Data																
				94	95	96	97	98	99	00	01	02	03	04	05	06	07	08	09	10
Participation	Average percentage of time spent on the previous day in <i>social leisure</i> activities	General Social Survey on Time Use ^a	Occasional	X				X							X					
	Average percentage of time spent on the previous day in <i>arts and culture</i> activities	General Social Survey on Time Use ^a	Occasional	X				X							X					
	Average number of hours in past year <i>volunteering for culture and recreation organizations</i>	Canadian Survey on Giving Volunteering, and Participating	Occasional				X			X				X						
	Average monthly frequency of participation in <i>physical activity</i> lasting over 15 minutes	Canadian Community Health Survey ^b	Occasional	X		X			X		X	X	X	X	X					
	Average attendance per performance in past year at <i>all performing arts performances</i>	Survey of Service Industries: Performing Arts	Annual								X	X		X		X		X		
	Average visitation per site in past year to <i>all National Parks and National Historic Sites</i>	Parks Canada	Annual		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
	Average number of nights away per trip in the past year on <i>vacation trips</i> to destinations over 80 kilometres from home	Travel Survey of Residents of Canada (Canadian Travel Survey before 2005)	Annual			X	X	X	X	X	X	X	X	X		X	X	X		
	Expenditures in past year on <i>all aspects of culture and recreation</i> as a percentage of total household expenditures	Survey of Household Spending	Annual				X	X		X	X	X	X	X	X	X	X	X		

Notes: ^a Data from the General Social Survey are drawn from Cycle 7 in 1992

^b Data prior to 2000 were drawn from the first three cycles of the National Population Health Survey, which used the same measures as the CCHS

X Data are available for the years reported, but not yet publicly accessible from Statistics Canada

Appendix E: CIW Leisure and Culture Domain Headline Indicators 1994 to 2009

Indicator	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Average percentage of time spent on the previous day in <i>social leisure</i> activities	15.23				15.03							12.41				
Average percentage of time spent on the previous day in <i>arts and culture</i> activities	4.47				4.40							4.23				
Average number of hours in past year <i>volunteering for culture and recreation organizations</i>				46.17			45.47				41.65					
Average monthly frequency of participation in <i>physical activity</i> lasting over 15 minutes	20.74		22.08			22.85		23.11	24.92	25.98	22.44	25.83				
Average attendance per performance in past year at <i>all performing arts performances</i>								338.34	324.41		316.66		340.19			
Average visitation per site in past year to <i>all National Parks and National Historic Sites</i>		219773	214681	202091	205569	211355	219672	183064	186583	191685	176584	168798	174355	171539	172678	162329
Average number of nights away per trip in the past year on <i>vacation trips</i> to destinations over 80 km from home			2.65	2.76	2.63	2.56	2.71	2.67	2.52	2.47	2.58		2.78	2.95		
Expenditures in past year on <i>all aspects of culture and recreation</i> as a pct. of total household expenditures				20.46	20.40		20.47	22.49	21.76	22.01	21.63	21.91	21.32			