

Vital Signs Technical Report

Sept. 2025



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Project Background

About This Report

Vital Signs uses data to create a snapshot of life in Selkirk, St. Clements, St. Andrews and Brokenhead First Nation – our health, community vitality, environment and especially our access to housing.

This Vital Signs Technical Report was created by Probe Research and the Canadian Centre for Policy Alternatives, working in close collaboration with Selkirk and District Community Foundation (SDCF) staff and Vital Signs committee. This report focuses on the data – the key indicators that help benchmark the community's wellness and can be used to springboard conversations about how to improve it.

This technical report builds on SDCF's first Vital Signs report, completed in 2018, and refreshes some of those indicators to understand what's changed in recent years. Data was sourced from Statistics Canada, from government agencies and from local non-profits and community agencies.

To fill in gaps, Probe and the Vital Signs team conducted a community survey of 280 residents.

The survey was open between November 13, 2024 and February 25, 2025, and it was shared on social media via community networks and at community events. Probe also gathered some survey completes using our panel of respondents in the region.

The survey was weighted to reflect the true demographics of the region, based on 2021 census data.

Because a survey using an online panel and community outreach does not carry an element of randomness, no margin of error can be ascribed. However, a probability sample of N=280 adults in the region would typically be accurate to +/- 9.98%, 19 times out of 20.

A detailed profile of the survey's respondents can be found in the appendix.

How to Read this Report

This report is divided into 10 chapters (or domains), each measuring different aspects of community wellness.

Each domain has between three and six individual indicators – the charts and graphs that help track how the region’s wellbeing is evolving over time.

Throughout the report, comparators are included where possible to show how indicators have changed over time or how Selkirk, St. Clements, St. Andrews and Brokenhead stack up against provincial averages or against Winnipeg. These provide additional context to the numbers and help identify where we’ve made progress and where we have more work to do.

Sometimes, data is only available for specific geographies – a larger region or one municipality only. Where needed, we have noted this.

Report Key

	Our Region
	Selkirk
	St. Andrews
	St. Clements
	Brokenhead Ojibway Nation
	Winnipeg
	Manitoba
	Canada

A photograph of a crowded pedestrian street, likely in a European city, with many people walking and large trees lining the sidewalks. The image is overlaid with a semi-transparent blue filter. The text "If Our Region Was 100 People" is written in white, bold, sans-serif font on the left side of the image.

**If Our Region Was
100 People**

If Our Region Was 100 People

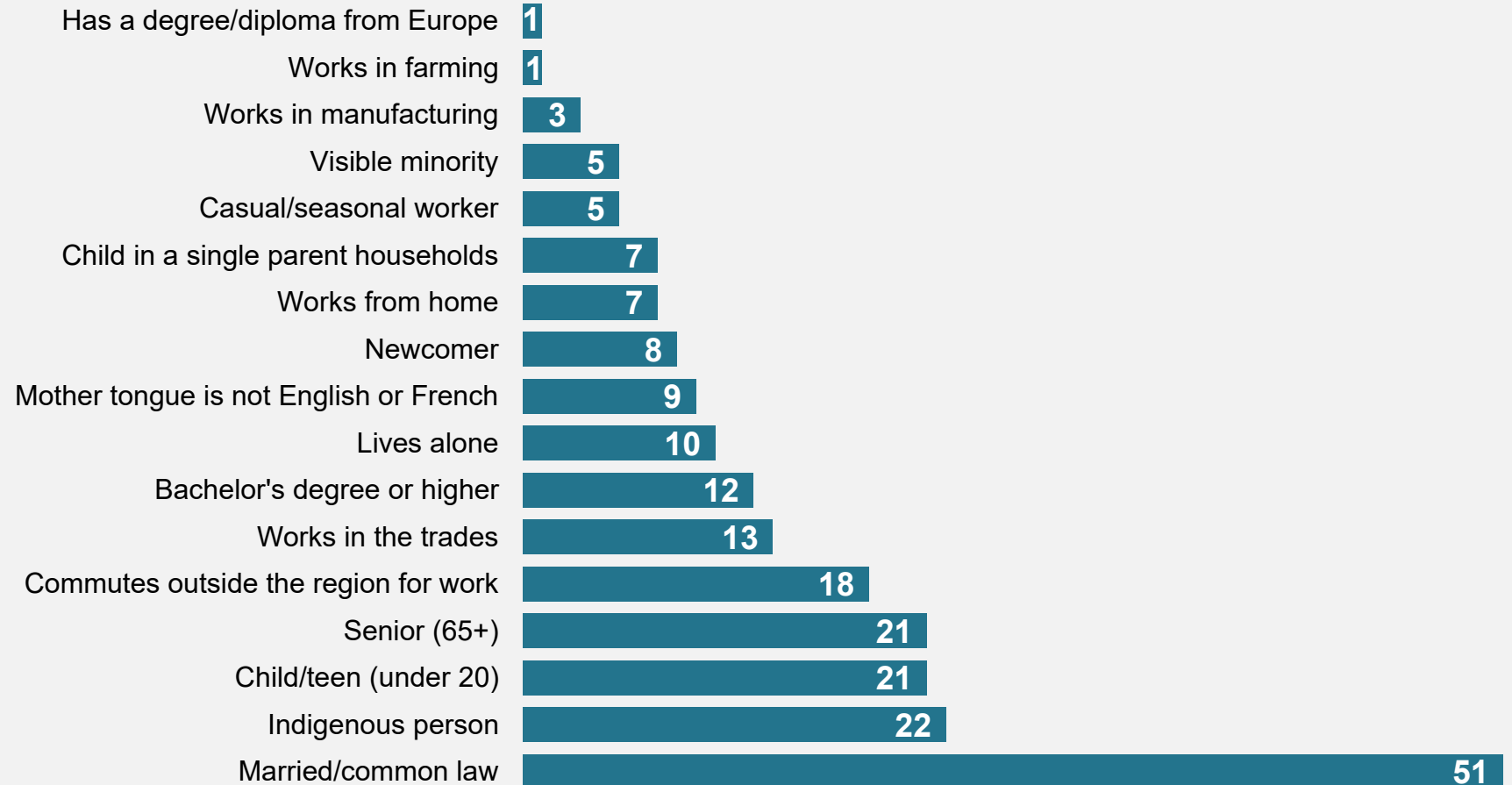
What it is

A relative measure that allows us to highlight the diversity of the region's population.

Source

2021 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>

Number of people out of 100 in our region with this characteristic



A person is performing a hula hoop dance, holding and spinning multiple colorful hoops (red, blue, yellow, and green) around their body. They are wearing a dark, patterned long-sleeved shirt, a blue and white patterned scarf, and a black skirt with white fringe. The background shows a park-like setting with trees and a few people sitting on the grass. The image has a blue tint.

1. Indigenous Community

1.1 Indigenous Population

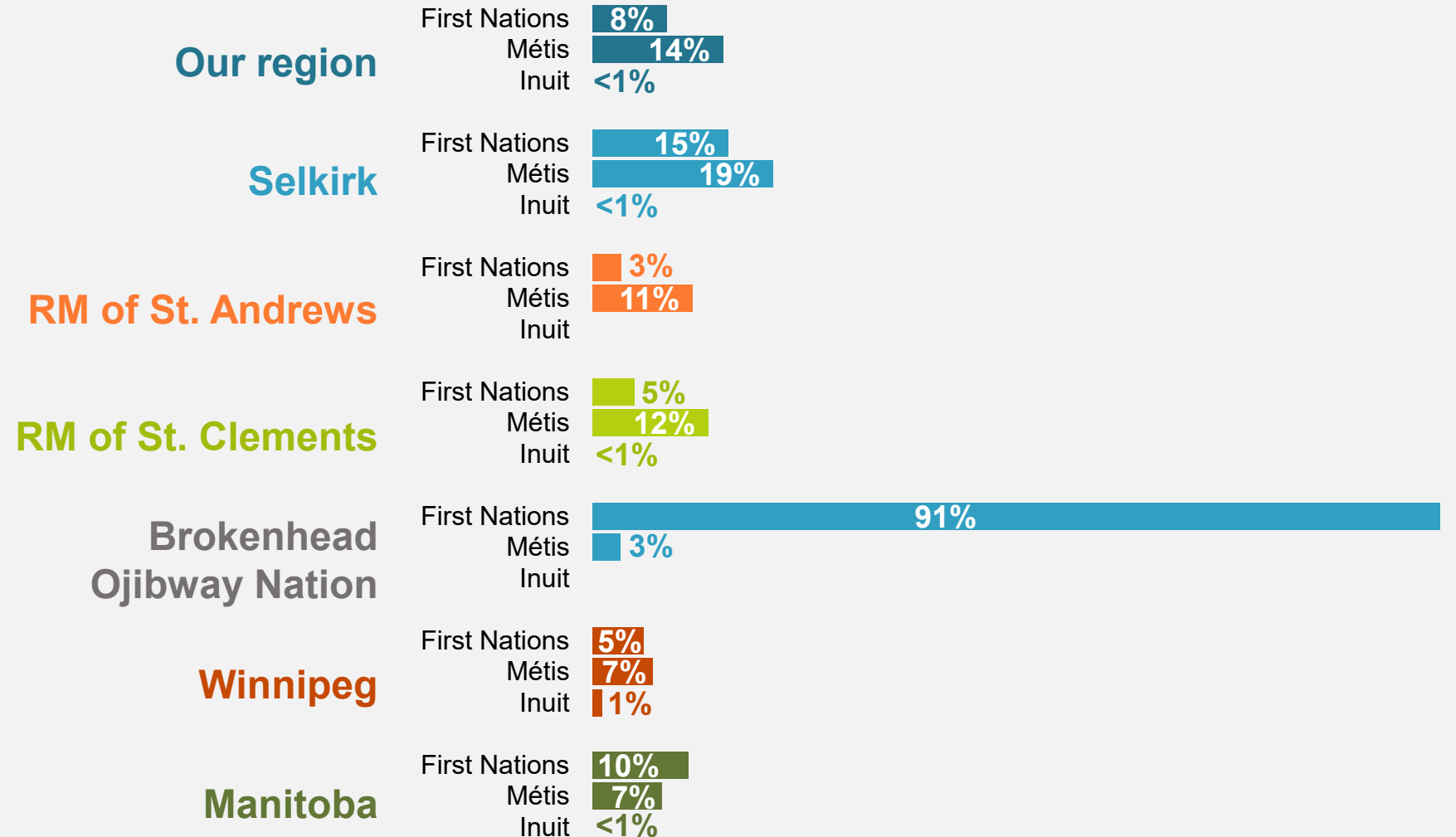
What it is

A census question that asks people to self-identify as Indigenous. In our region, 22% of people are Indigenous, including those with multiple Indigenous identities.

Source

2021 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>

% of the population who identify as Indigenous (2021)



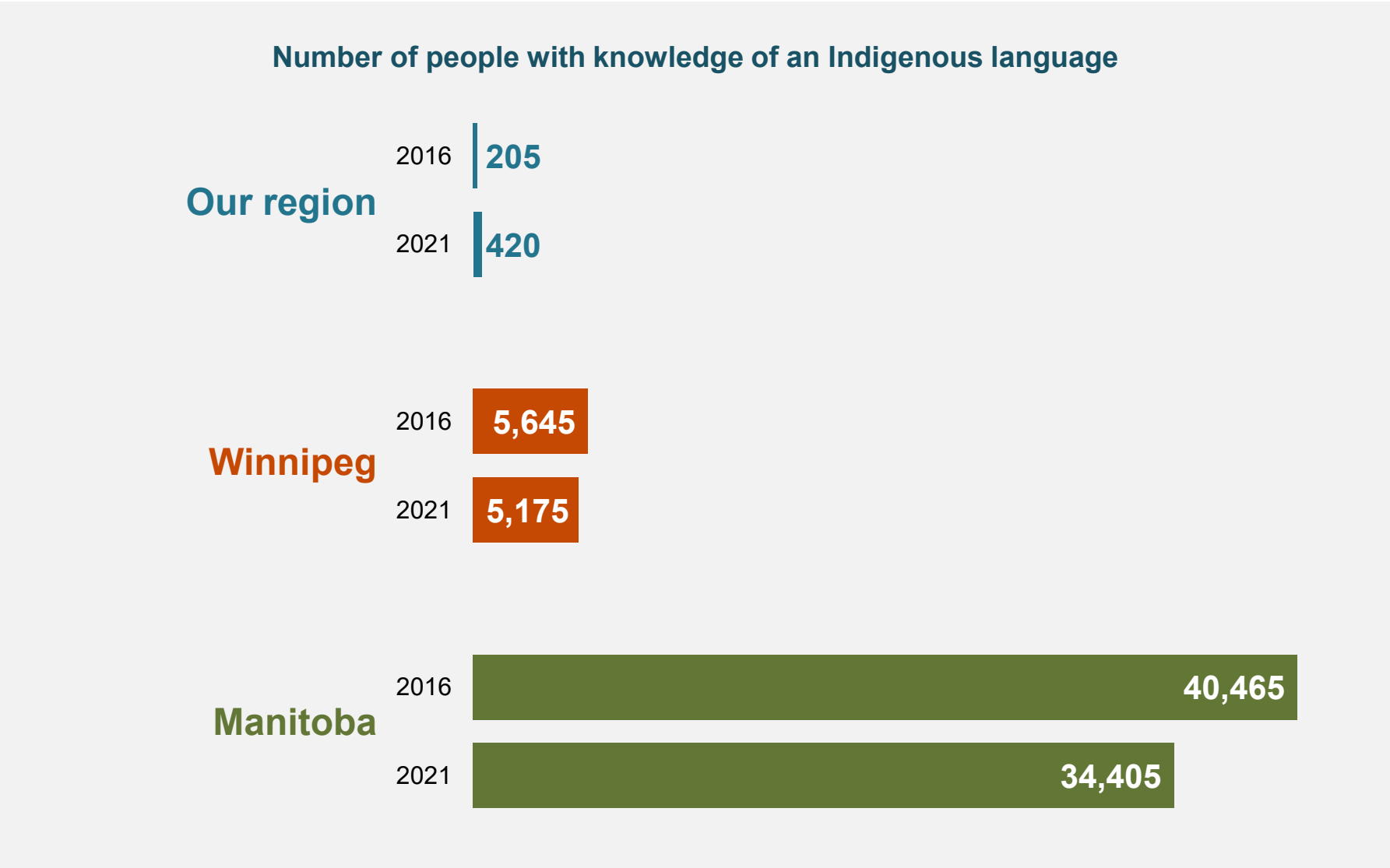
1.2 Knowledge of Indigenous Languages

What it is

A census survey question asking what languages we are able to use to conduct a basic conversation. Knowledge of a language could be different from a person’s mother tongue or whether someone speaks this language most commonly at home.

Source

2021 Census data, available for each jurisdiction here:
<https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>



1.3 Indigenous School Population

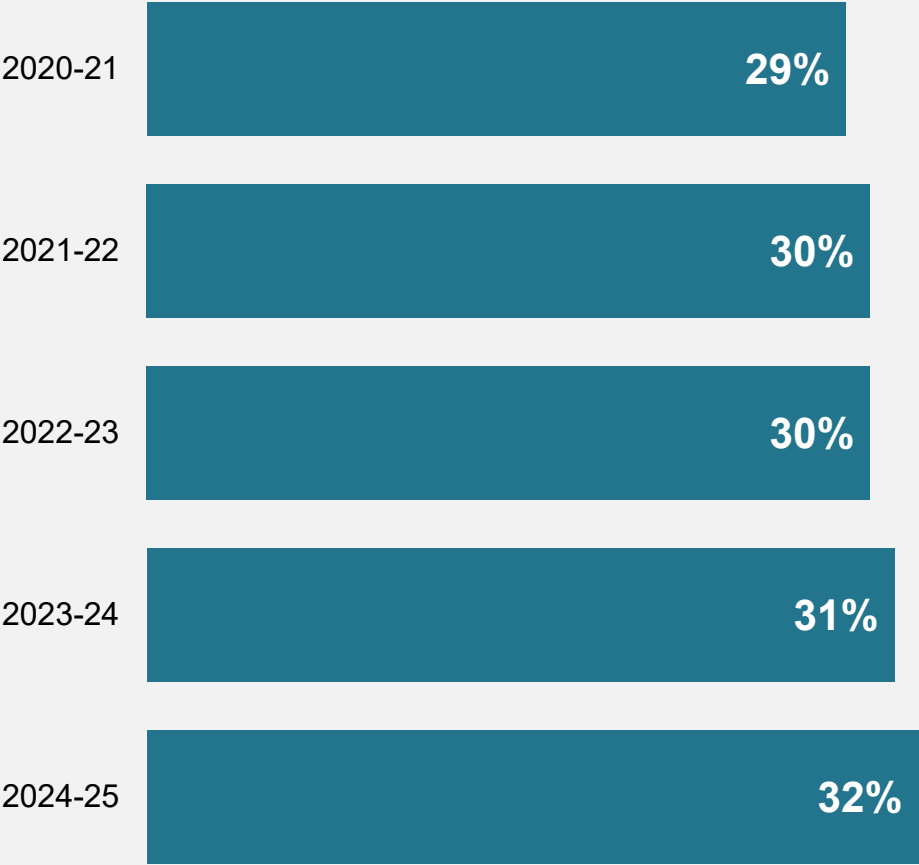
What it is

Based on self-declaration, the Lord Selkirk School Division tracks the proportion of students who identify as Indigenous.

Source

Lord Selkirk School Division, special data request.

% of LSSD students who identify as Indigenous



2. Health and Wellness



2.1 MRI Scan Wait Times

What it is

A measurement of how many weeks it takes, on average to get a magnetic resonance imaging scan. MRIs help diagnose a wide range of conditions, including tumors, injuries, and ailments affecting the brain, spine and joints. Selkirk's hospital has one scanner, while Health Sciences Centre in Winnipeg has five.

Source

Data from Manitoba Health, found here:
<https://www.gov.mb.ca/health/waittime/diagnostic/mri.html>

Average wait time, in weeks, for an MRI scan (March 2025)

Our region
(Selkirk Regional
Health Centre)

12

Winnipeg
(Health Sciences
Centre)

17

2.2 Social Connection

What it is

A survey question, used by Statistics Canada, that measures the number of friends we have with whom we feel at ease with and can talk to about what's on our mind. One indicator of social connection is the number of people who have at least five friends in their circle they can rely on.

Source

Community survey of N=280 regional residents, compared to a similar survey of Winnipeggers conducted in 2022 for The Winnipeg Foundation's Vital Signs report.

Proportion of residents who have five or more friends they can rely on

Our region
(2024-25)

69%

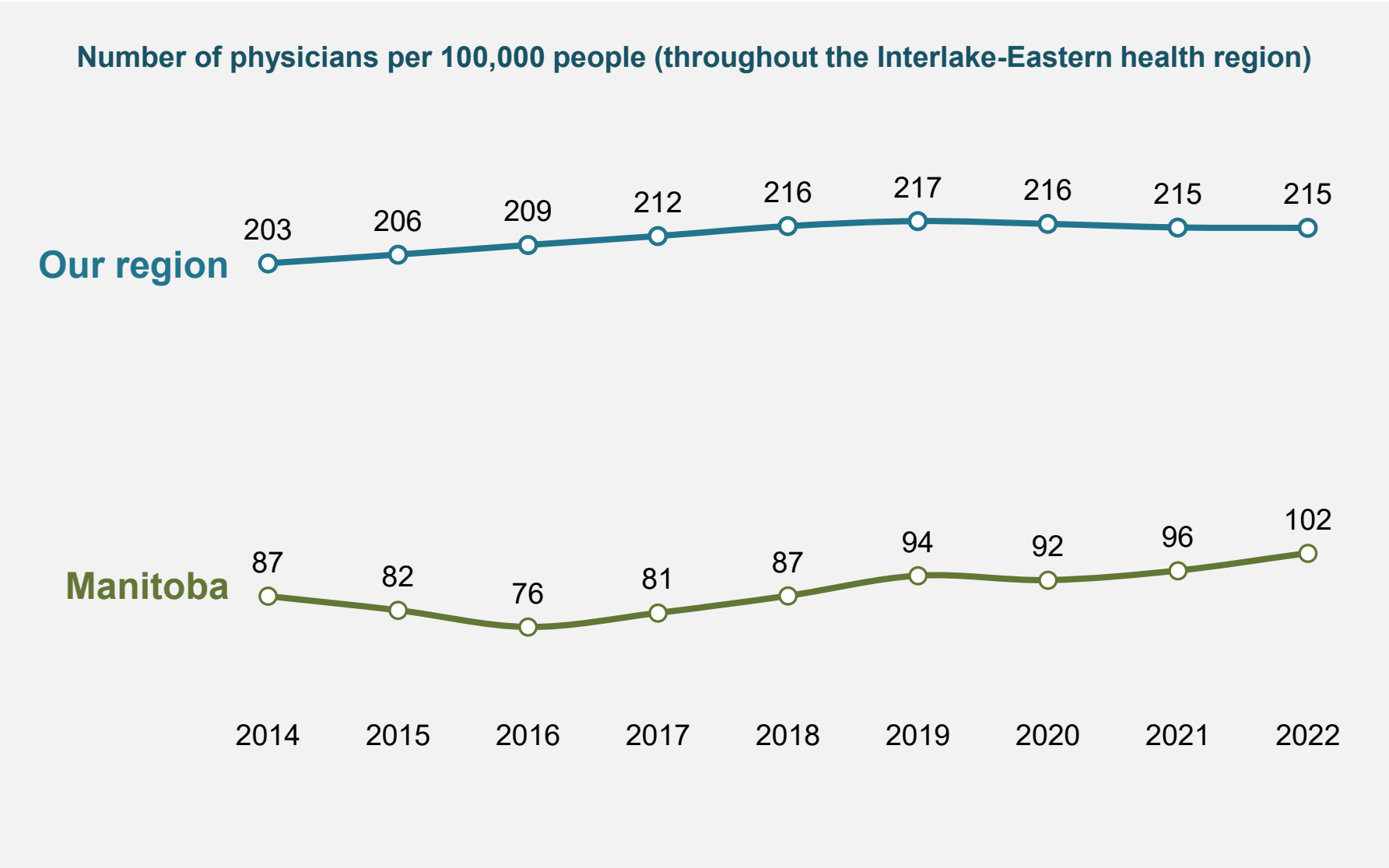
Winnipeg
(2022)

48%

2.3 Access to Doctors

What it is
A count of the number of doctors per 100,000 residents. This includes doctors working at the Selkirk Mental Health Centre and throughout the Interlake Regional Health Authority.

Source
The Canadian Institute for Health Information (CIHI), found here:
<https://www.cihi.ca/en/physicians>



2.4 Mental Health

What it is

A survey question, used by Statistics Canada, that ask people to rate their mental health on a scale from poor to excellent. The self-rated mental health of Canadians dropped during the pandemic and has begun to rebound but is still much lower than pre-pandemic levels.

Source

Community survey of N=280 regional residents, compared to a similar survey of Winnipeggers conducted in 2022 for The Winnipeg Foundation's Vital Signs report.

Proportion of residents who rate their mental health as very good or excellent

Our region
(2024-25)

49%

Winnipeg
(2022)

52%

2.5 Dangerous Drug Supply

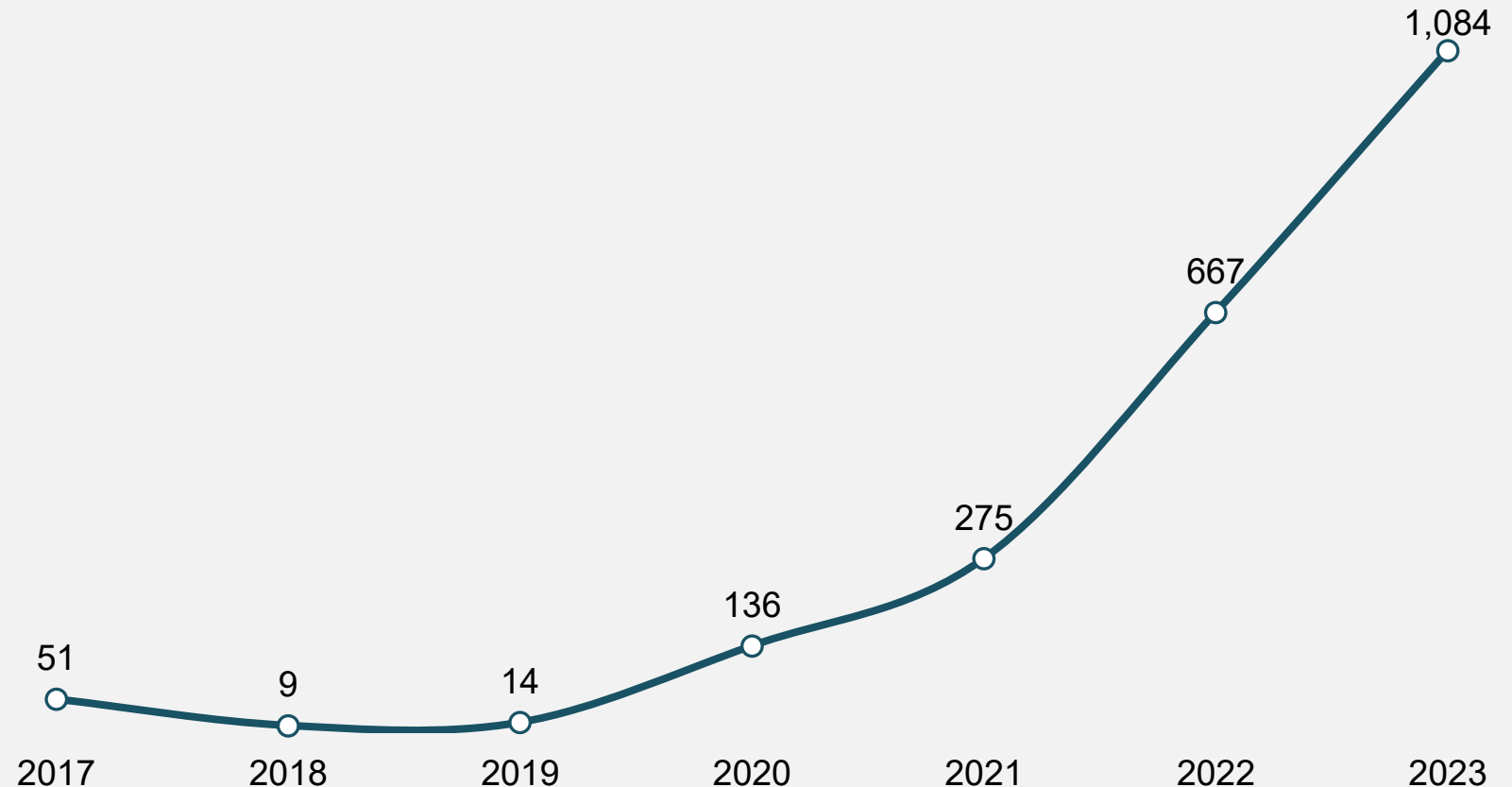
What it is


Naloxone is a drug that temporarily reverses overdose caused by opioids (such as fentanyl and heroin). Selkirk's public health office, working with the Manitoba Harm Reduction Network, keeps a count of the number of Naloxone kits distributed in the region for take-home or use by local agencies.

Source

Selkirk Harm Reduction Network/Selkirk Public Health Office.

Number of Naloxone kits distributed by year in our region



A high-angle photograph of three young people sitting at a dark wooden table outdoors. The person on the left, wearing glasses and a dark top, is looking down at an open book. The person in the middle, wearing a yellow long-sleeved shirt, is writing in a notebook with a pen. The person on the right is also looking at a book. A clear plastic cup with a straw is on the table. The background is a light-colored wall. The entire image has a blue tint.

3. Youth Engagement and Education

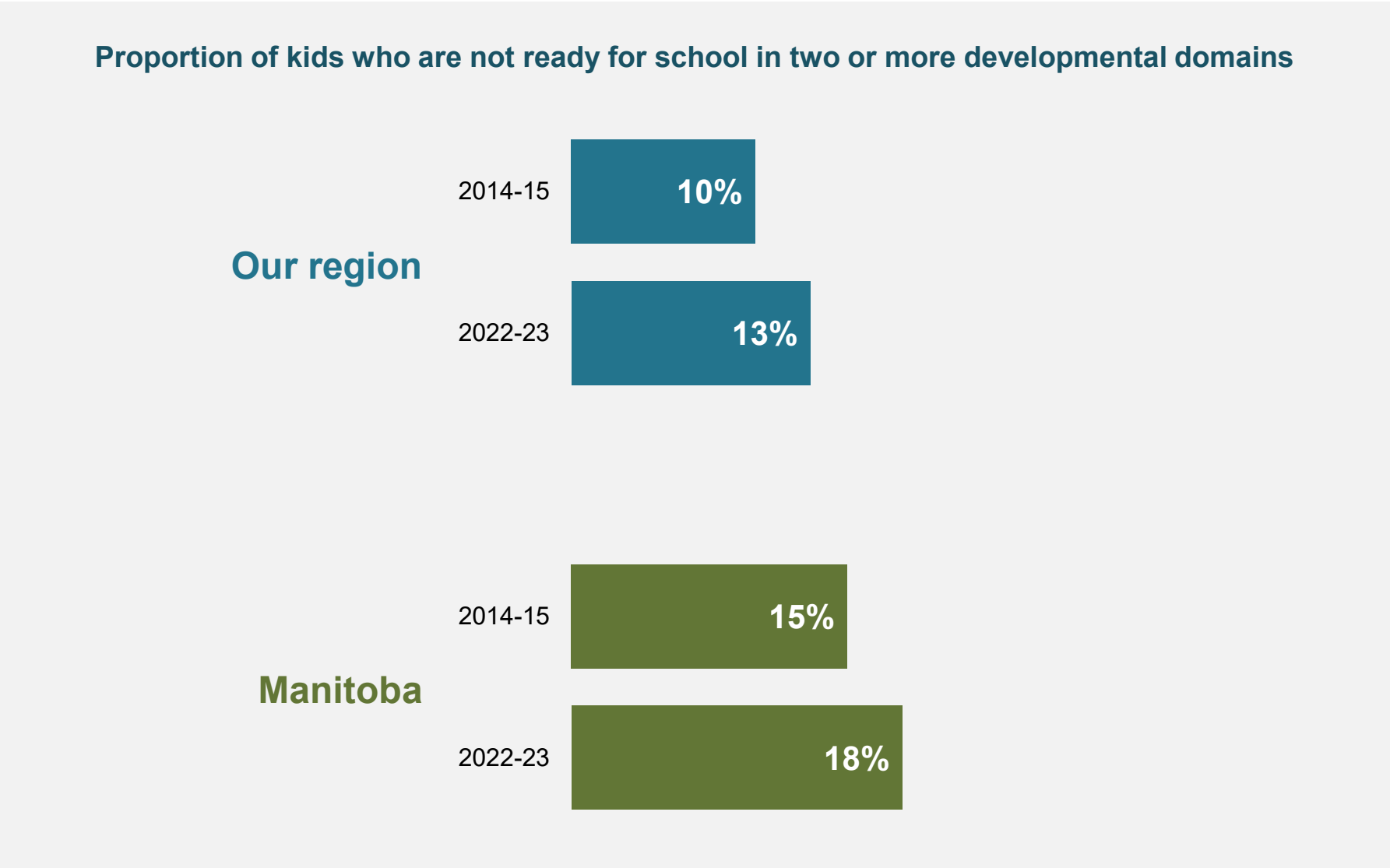
3.2 School Readiness

What it is

A measure of the proportion of students who aren't ready for grade school across more than two of the five domains. These domains include social competence, emotional maturity, language and cognitive development and communication skills. Kindergarten teachers across Manitoba complete questionnaires on each student every few years.

Source

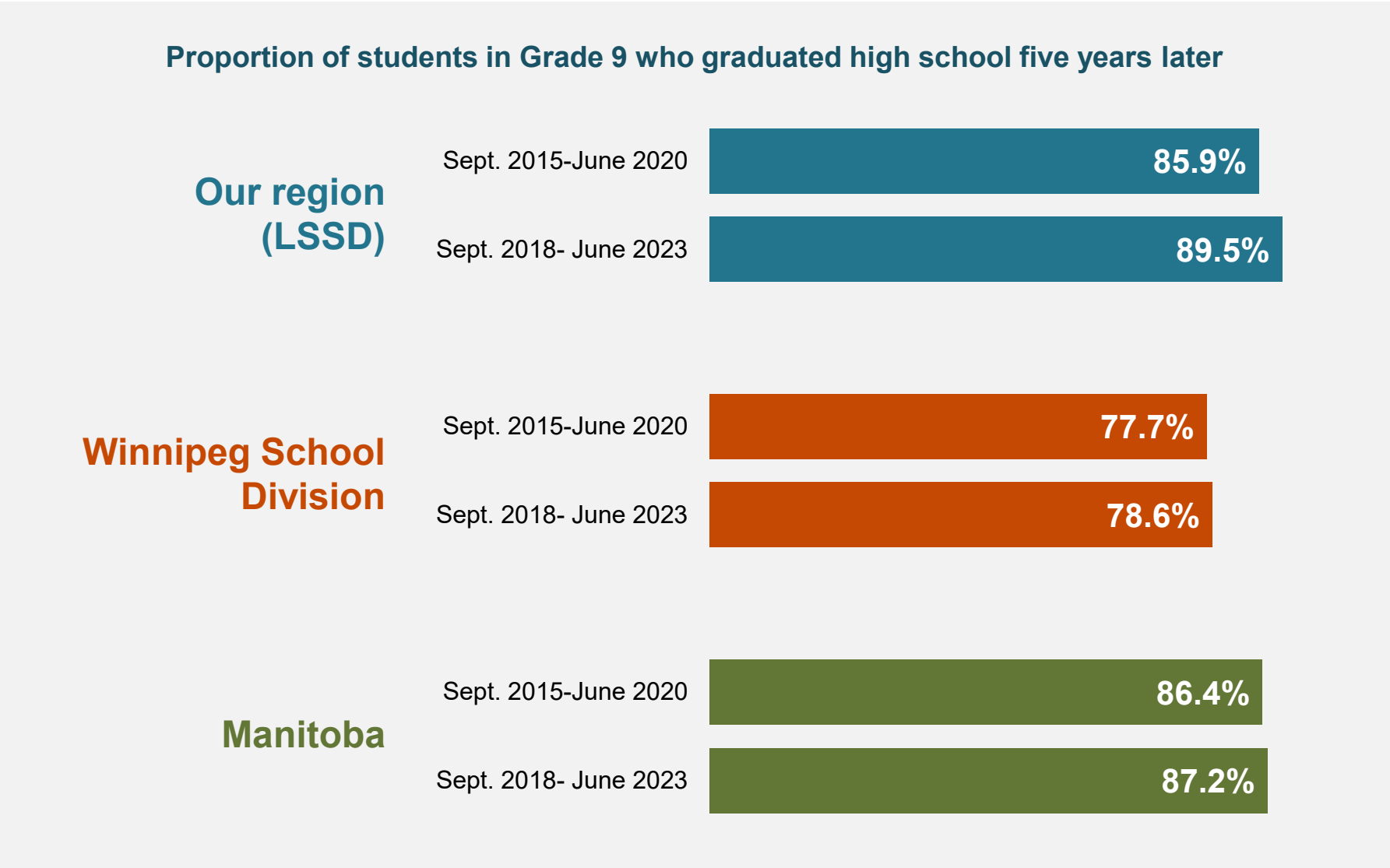
The 2022/2023 Early Development Instrument Report, found here [chrome-extension://efaidnbmnnnibpcajpcgclefindmkaj/https://www.education.gov.mb.ca/k12/grad_rates/docs/2022_23_edireport_provincial.pdf](https://www.education.gov.mb.ca/k12/grad_rates/docs/2022_23_edireport_provincial.pdf) _provincial.pdf.



3.3 High School Graduation

What it is
Tracking data that follows each Grade 9 student over four, five and six years to determine whether they graduated high school. Here, we have shown the five-year rates.

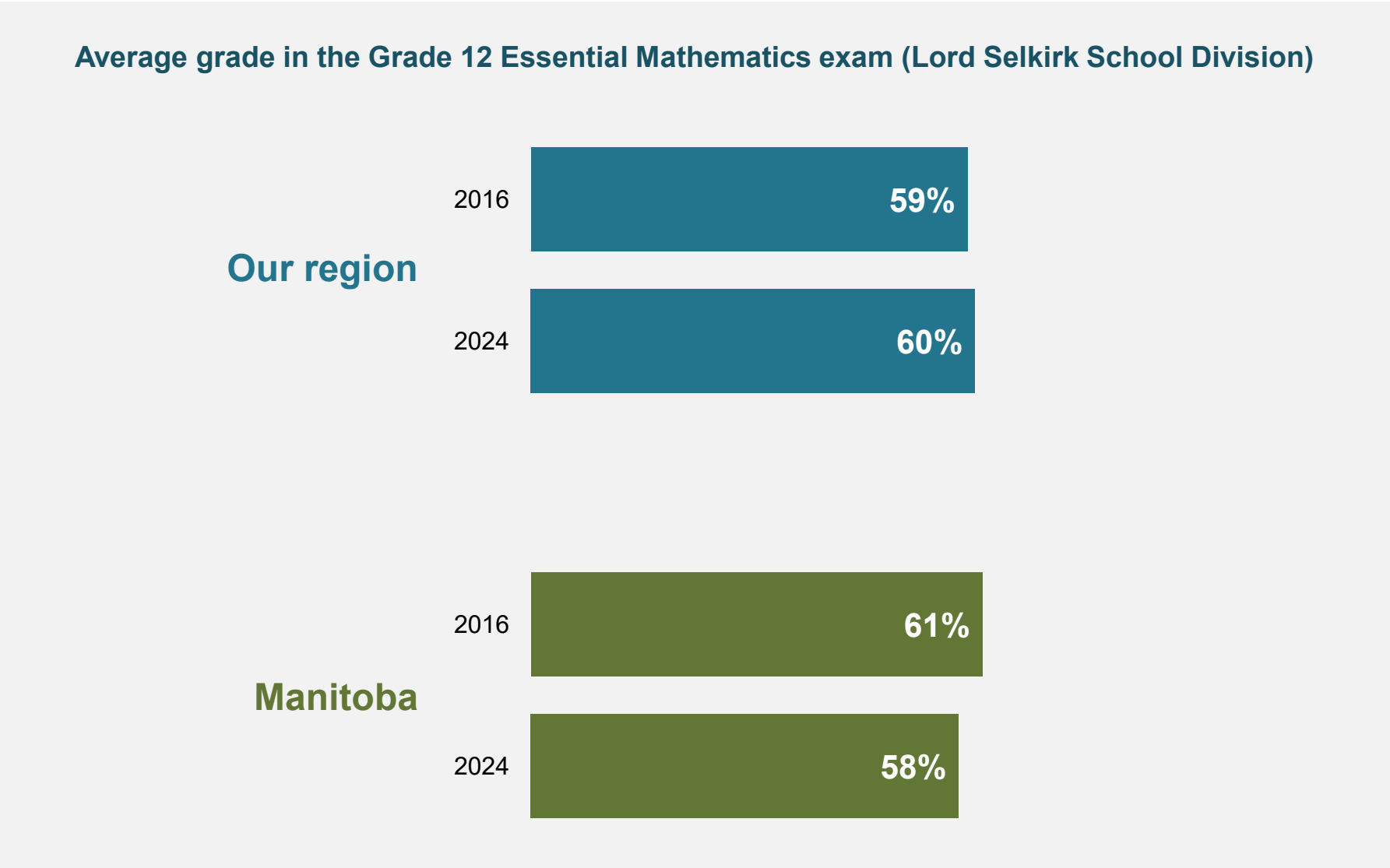
Source
Manitoba K-12 Education Data Dashboard, found here: https://www.edu.gov.mb.ca/k12/grad_rates/dhs_grad_rates.html



3.3 High School Math Scores

What it is
The average grade on the Grade 12 essential math exam, across the province and in our region. Essential Mathematics is geared for students who don't necessarily need advanced math skills in post-secondary programs.

Source
The Manitoba K-12 Education Data Dashboard, which can be found here:
https://www.edu.gov.mb.ca/k12/grad_rates/sd/sd-a.html



4. Housing and Shelter



4.1 Core Housing Need

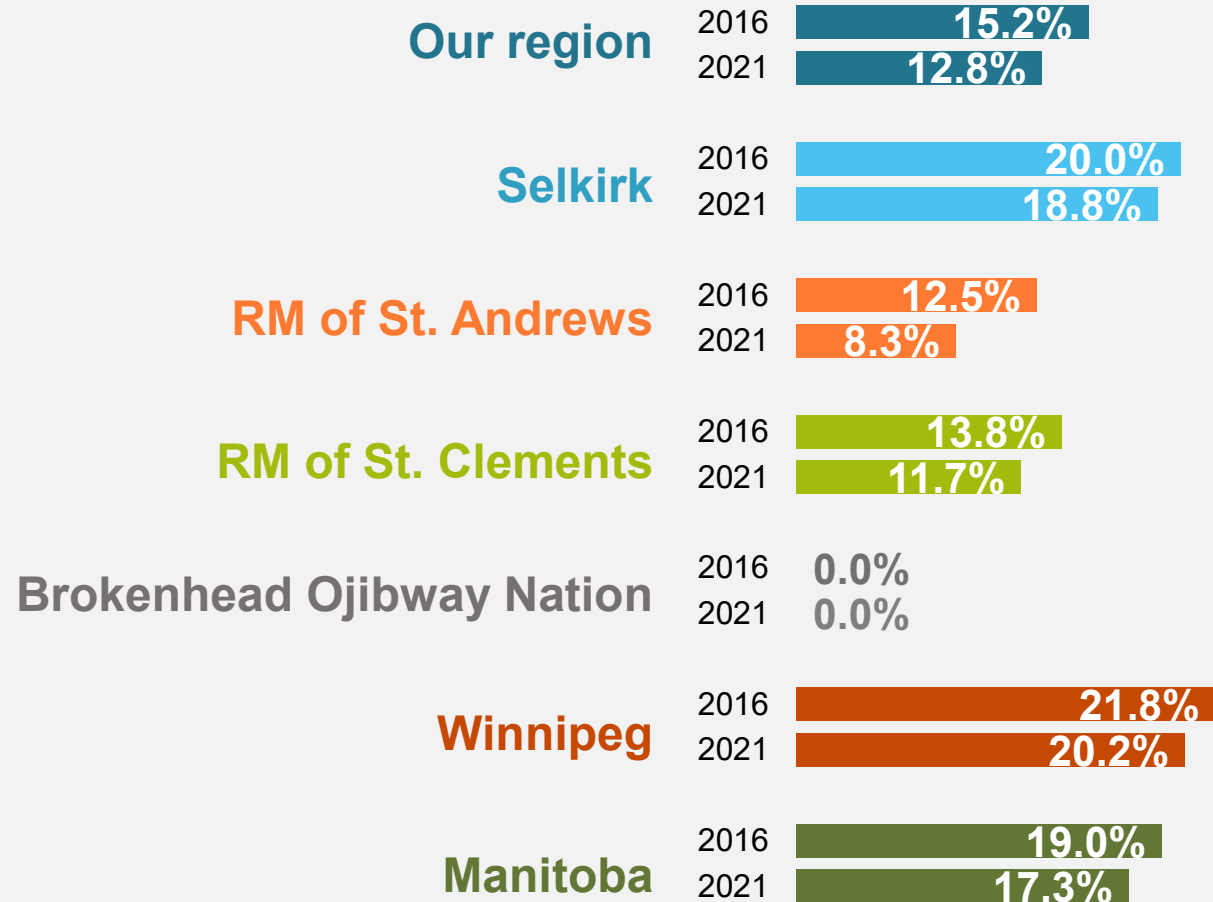
What it is

Core housing need is a common measure of access to adequate and affordable housing. It counts people who spend more than 30% of their household's pre-tax income on housing.

Source

2021 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>. 2016 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/prof/index.cfm?Lang=E>

Proportion of households in core housing need



4.2 Homes Needing Major Repairs

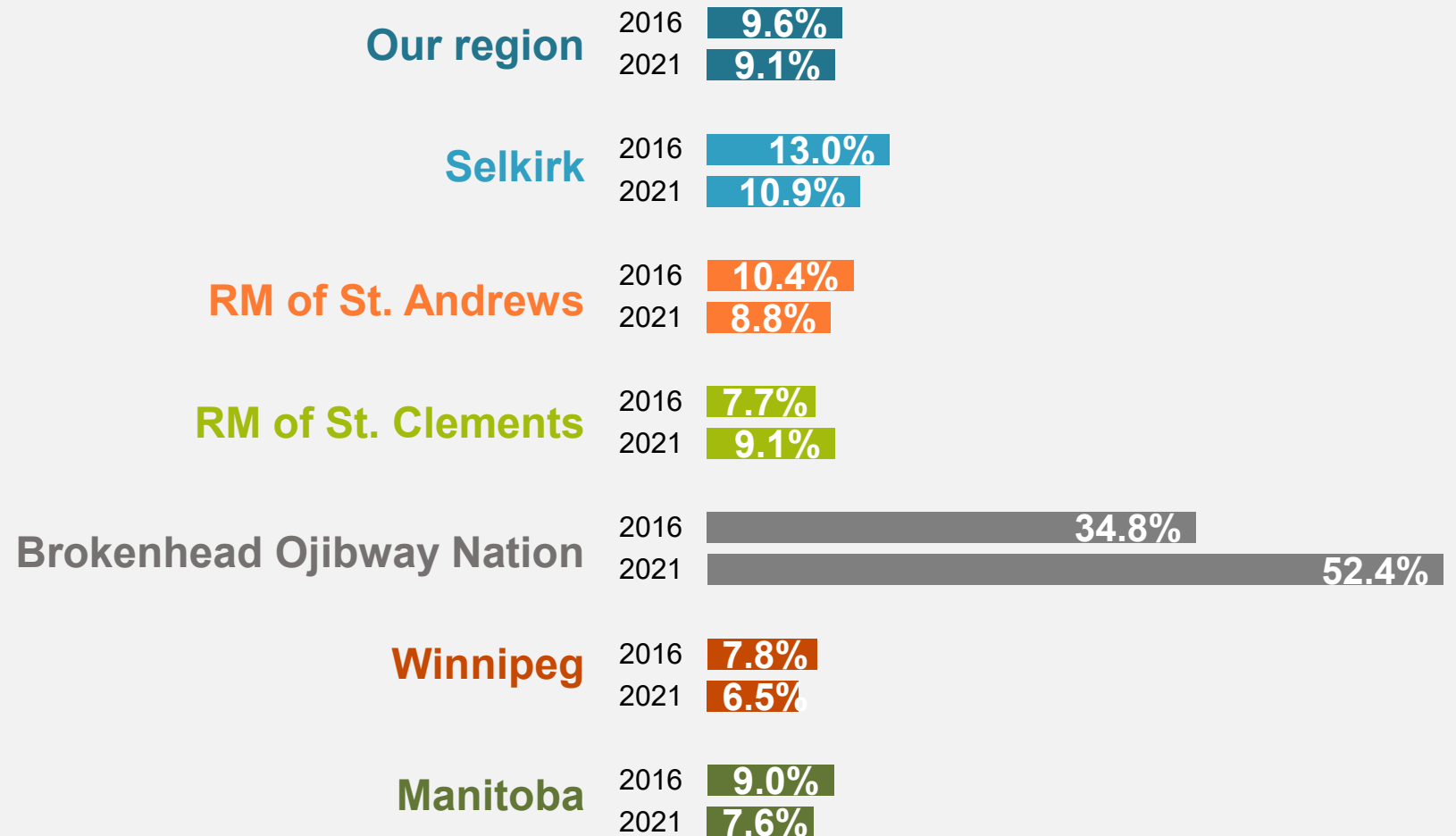
What it is

Related to core housing need, this measures the proportion of residents living in homes considered unsuitable because they are in need of major repairs.

Source:

2021 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>. 2016 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/prof/index.cfm?Lang=E>

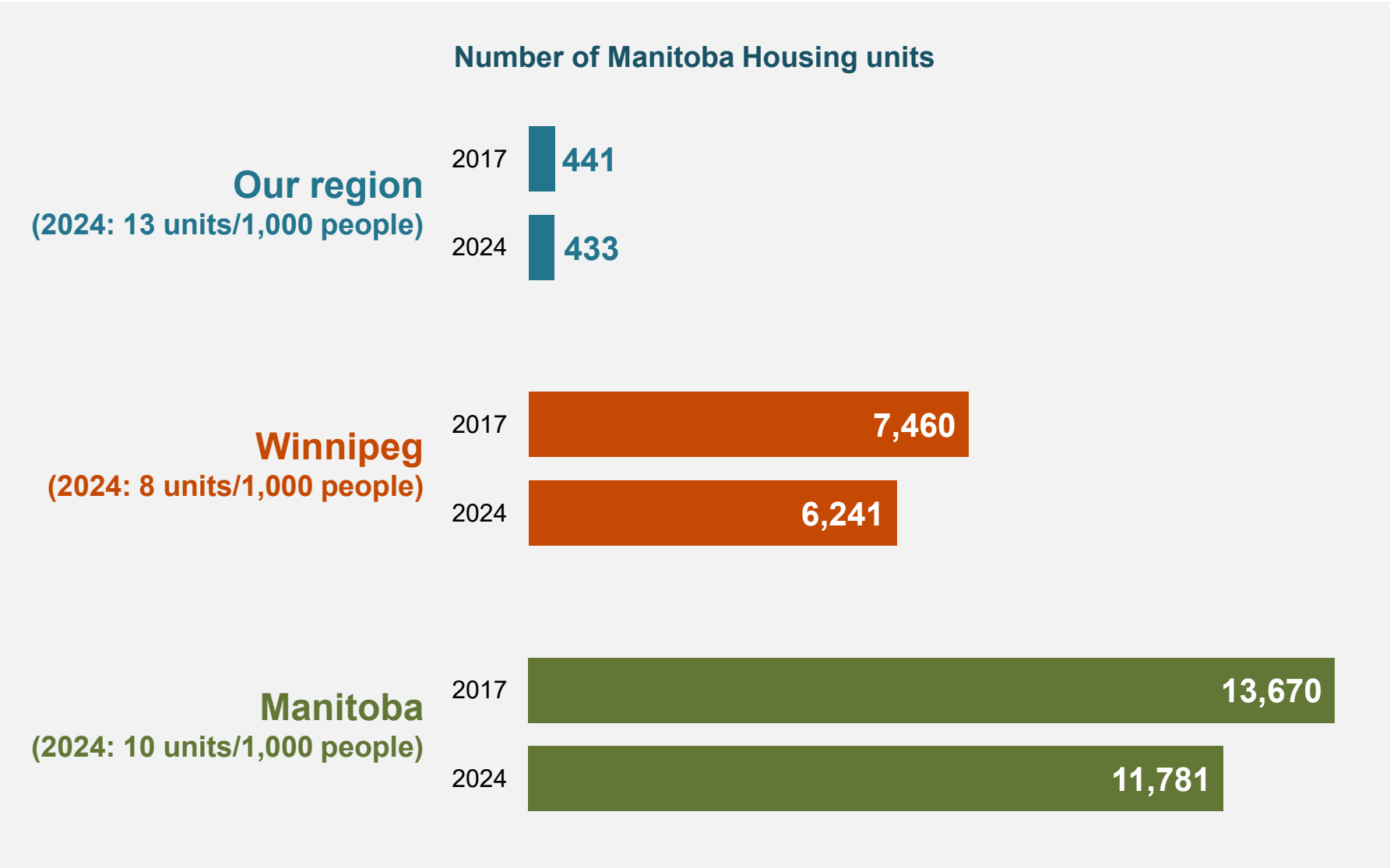
Proportion of homes needing major repairs



4.3 Access to Social Housing

What it is
A count of the number of units of government-owned and managed social housing in each community, including the proportion per 1,000 residents.

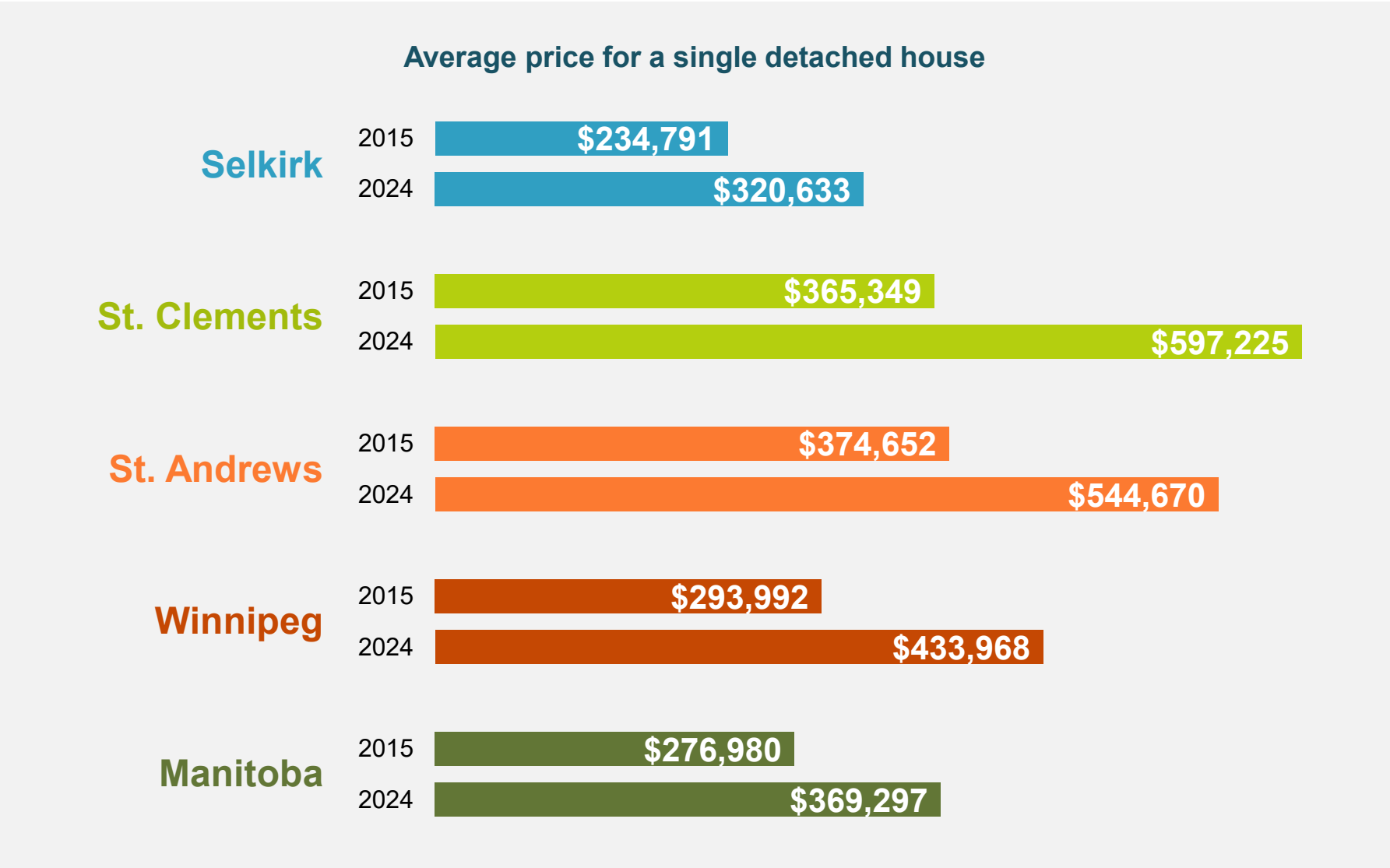
Source:
Manitoba Housing, special data request.



4.4 Average House Prices

What it is
The average price for a single detached house in each municipality.

Source:
Winnipeg Regional Real Estate Board, special data request.



4.5 New Home Construction

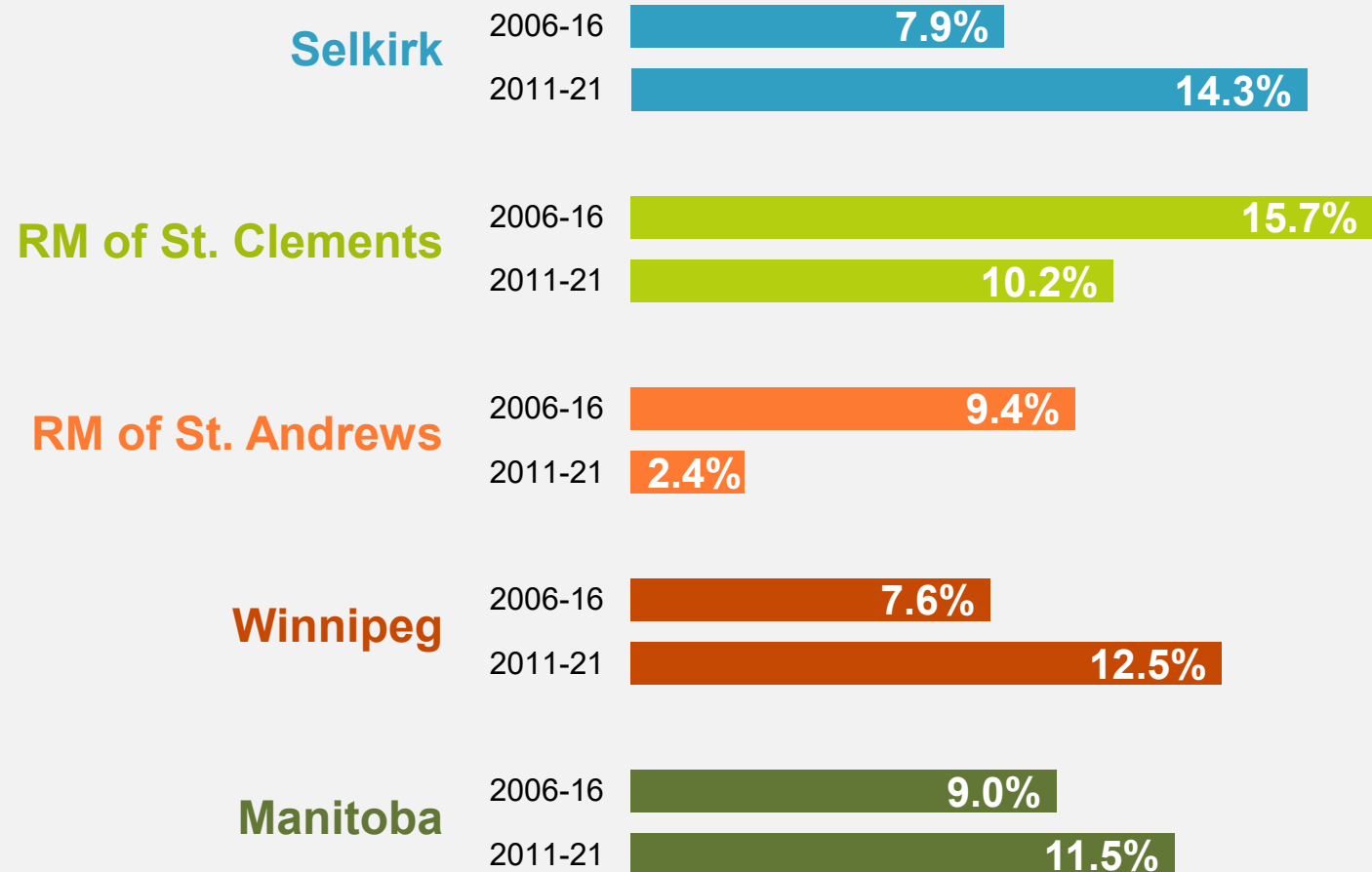
What it is

A measure of the change in the number of houses, condos and apartments between census periods. These figures capture the trend in construction in the region long-term, but perhaps not the most recent, rapid changes. For example, data from the Canadian Mortgage and Housing Corporation (CMHC) for Selkirk alone saw 118 new dwellings started or completed in 2023, the most in recent years.

Source

2021 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>

% increase in private dwellings, including condos and apartments



4.6 Average Rent (Selkirk)

What it is

A measure of the average rent for a one-bedroom apartment in Selkirk since before the pandemic. Between 2018, the first year the CMHC tracked Selkirk's rents, to 2024, the city saw an increase of just 20 one-bedroom units, to a total of 209 units.

Source:

CMHC data available here:
<https://www03.cmhc-schl.gc.ca/hmip-pimh/en/TableMapChart/Table?TableId=2.2.31&GeographyId=46&GeographyTypeId=2&DisplayAs=Table&GeographyName=Manitoba#1%20Bedroom>

Average rent for a one-bedroom apartment in Selkirk



5. Food Security and Access



5.1 Food Bank Usage

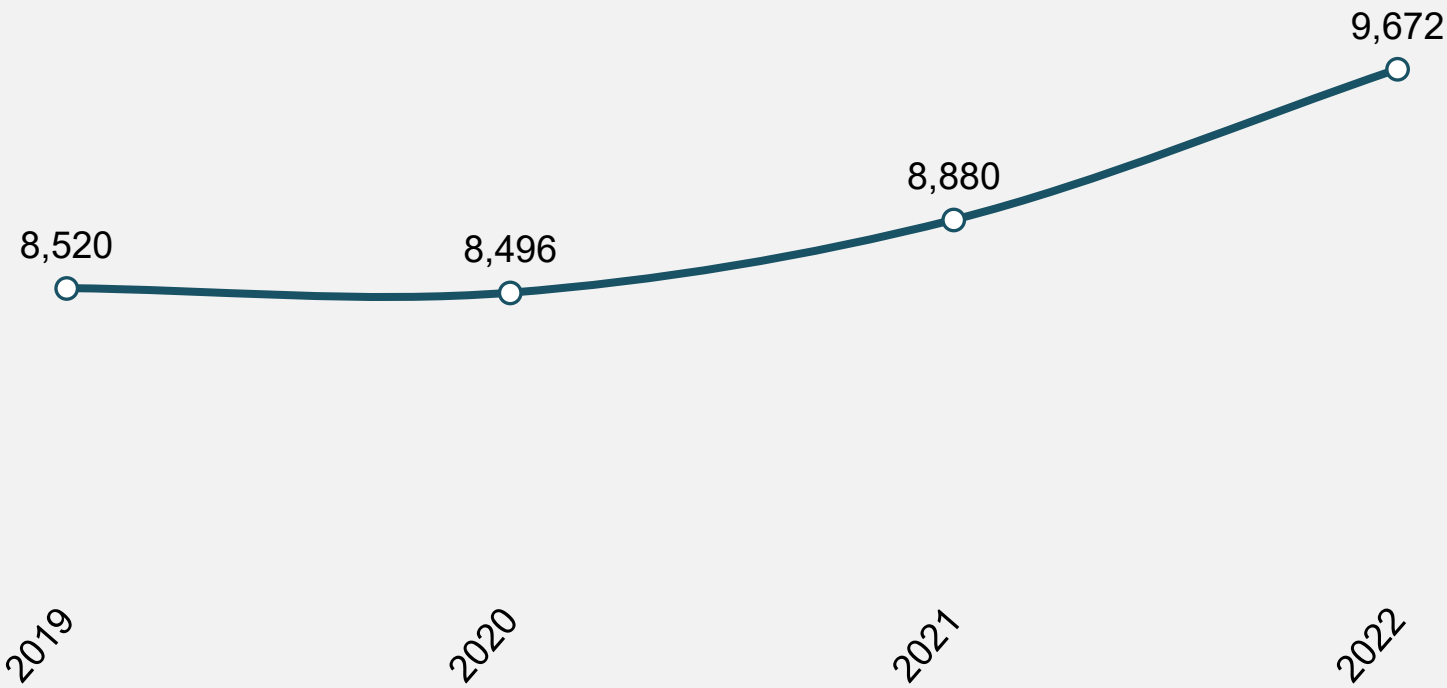
What it is

A measure of the total number of visits to the Selkirk Food Bank.

Source

Data provided by the Selkirk Food Bank. Note: The method of data collection may have changed in 2023, so figures after that are not reliably comparable and so are not shown.

Total visits to the Selkirk Food Bank



5.3 Food Insecurity

What it is

These two survey questions are commonly used to measure food insecurity in both Canada and the United States. First is a question that asks respondents how often in the last 12 months they or another household member have worried food would run out before they got money to buy more.

Source

Community survey (N=280) and Statistics Canada's Canadian Income Survey (2023). These two measures are not perfectly comparable due to differences in methods.

% of survey respondents who answered often or sometimes

In Canada, in 2024, about 25% of Canadians were food insecure, including about 26% of Manitobans.

29%



In the last 12 months, how often have you and other household members worried that food would run out before you got money to buy more?

33%



In the last 12 months, how often have you and other household members been unable to afford to eat balanced meals?

6. Environment



6.1 Red River Water Quality

What it is

A measure of the amount of phosphorus in the Red River at the Selkirk monitoring station. This measures the amount of phosphorus (P), which causes algal blooms in Lake Winnipeg. In most surface waters not affected by human activity, the P ranges from about 0.01-0.05 milligrams per litre. Note: The concentration of phosphorus is best contextualized with flow. April is a high-flow month, so P is usually higher.

Source

Government of Manitoba Long Term Water Quality Monitoring Program, available on the Lake Winnipeg Foundation's DataStream, here: <https://lakewinnipegdatastream.ca/>

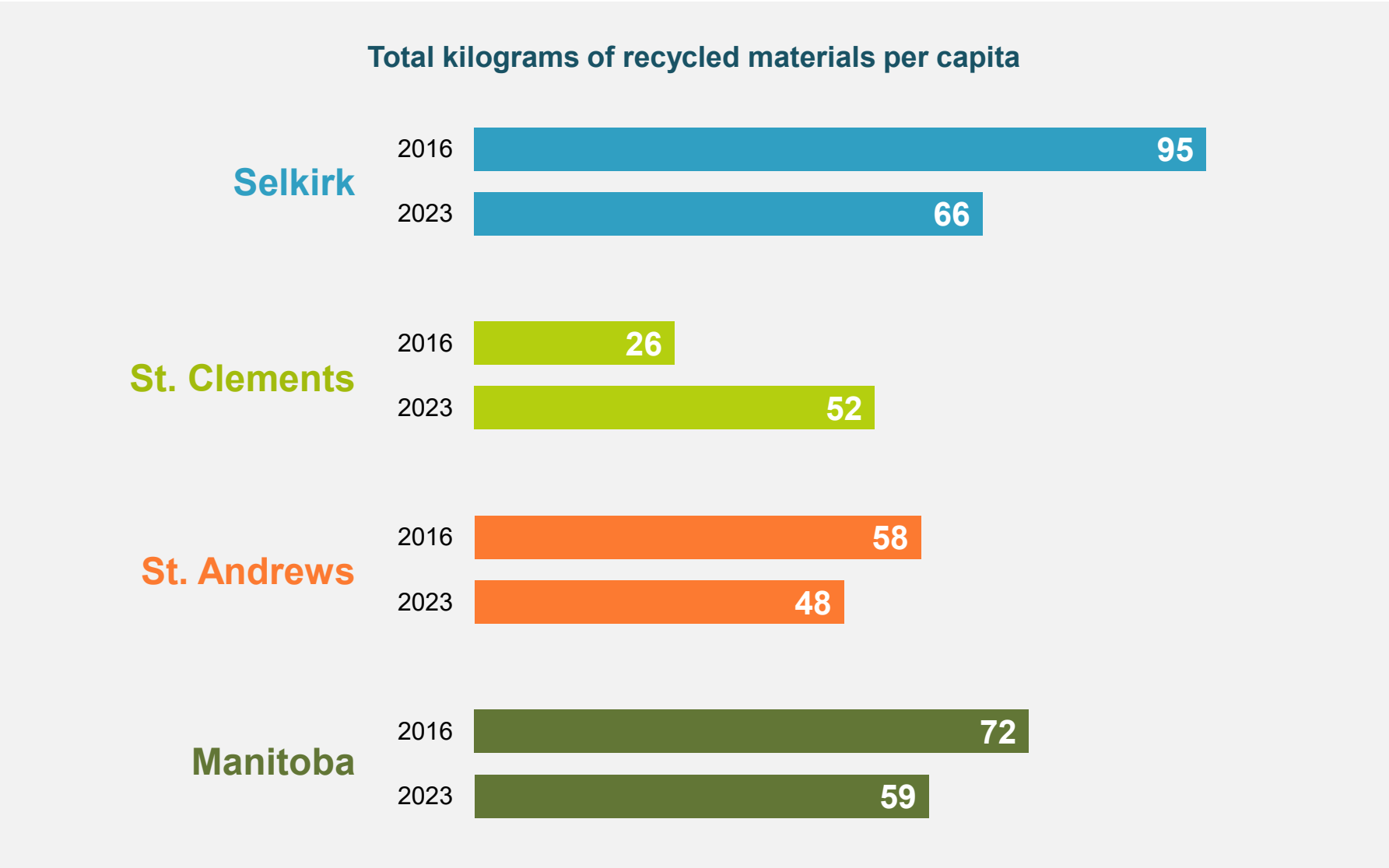
Phosphorus rates at the Selkirk monitoring station each April (milligrams per litre)



6.2 Recycling

What it is
The total kilograms of recycled materials in a community, divided by the population.

Source
Multi-Material Stewardship Manitoba annual reports, available here:
<https://stewardshipmanitoba.org/mmsm/reports/>



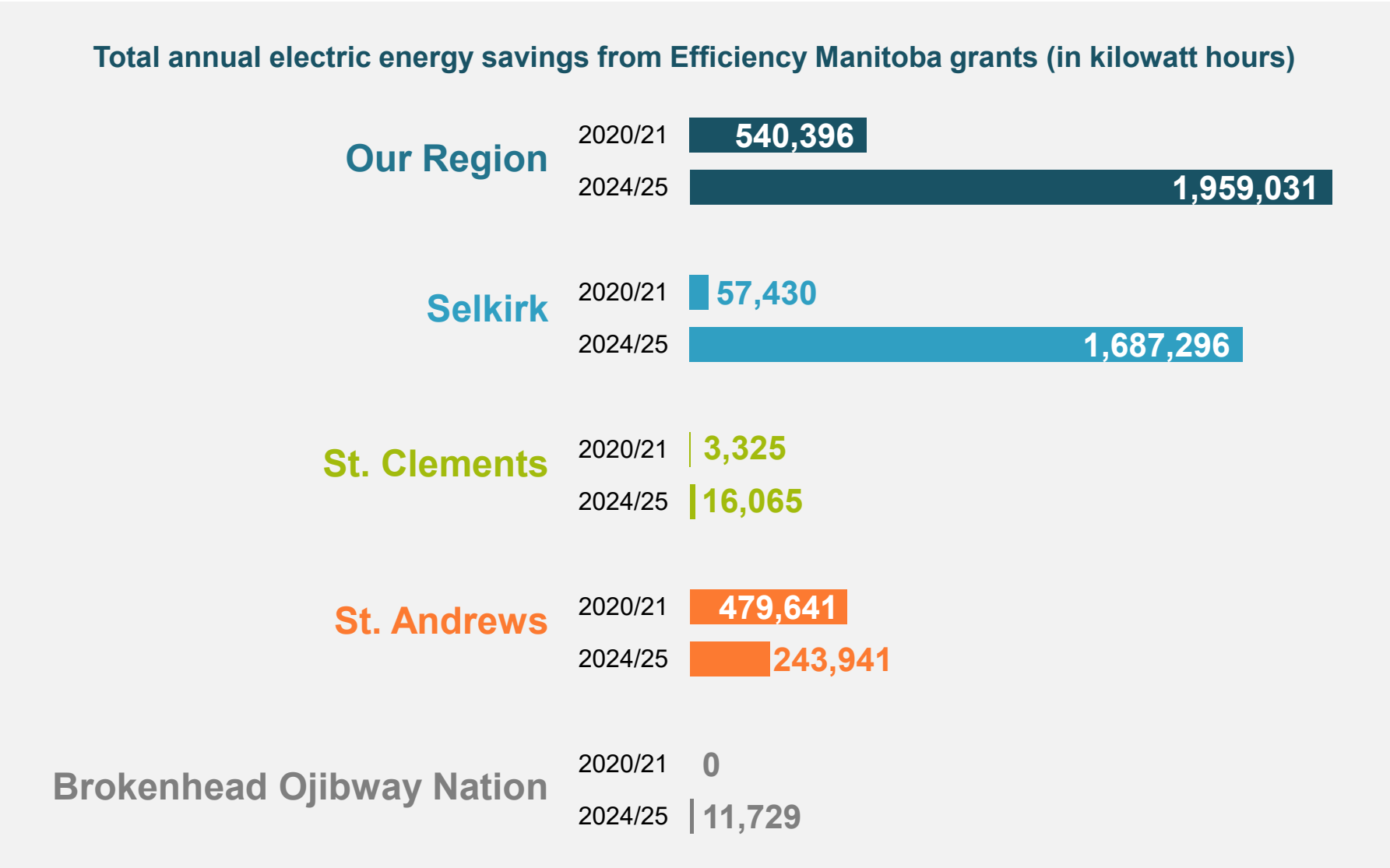
6.3 Energy Efficiency

What it is

The total electrical savings created by homeowners and businesses who received grants from Efficiency Manitoba. These could be grants under the home insulation program, the solar rebate program, the air source heat pump program and many others. In 2020, Efficiency Manitoba funded 42 projects in our region. In 2024, that figure was 238. (A kilowatt hour is a unit of energy roughly equivalent to a dishwasher running for about an hour.)

Source

Efficiency Manitoba, special data request.



7. Transit and Active Transportation



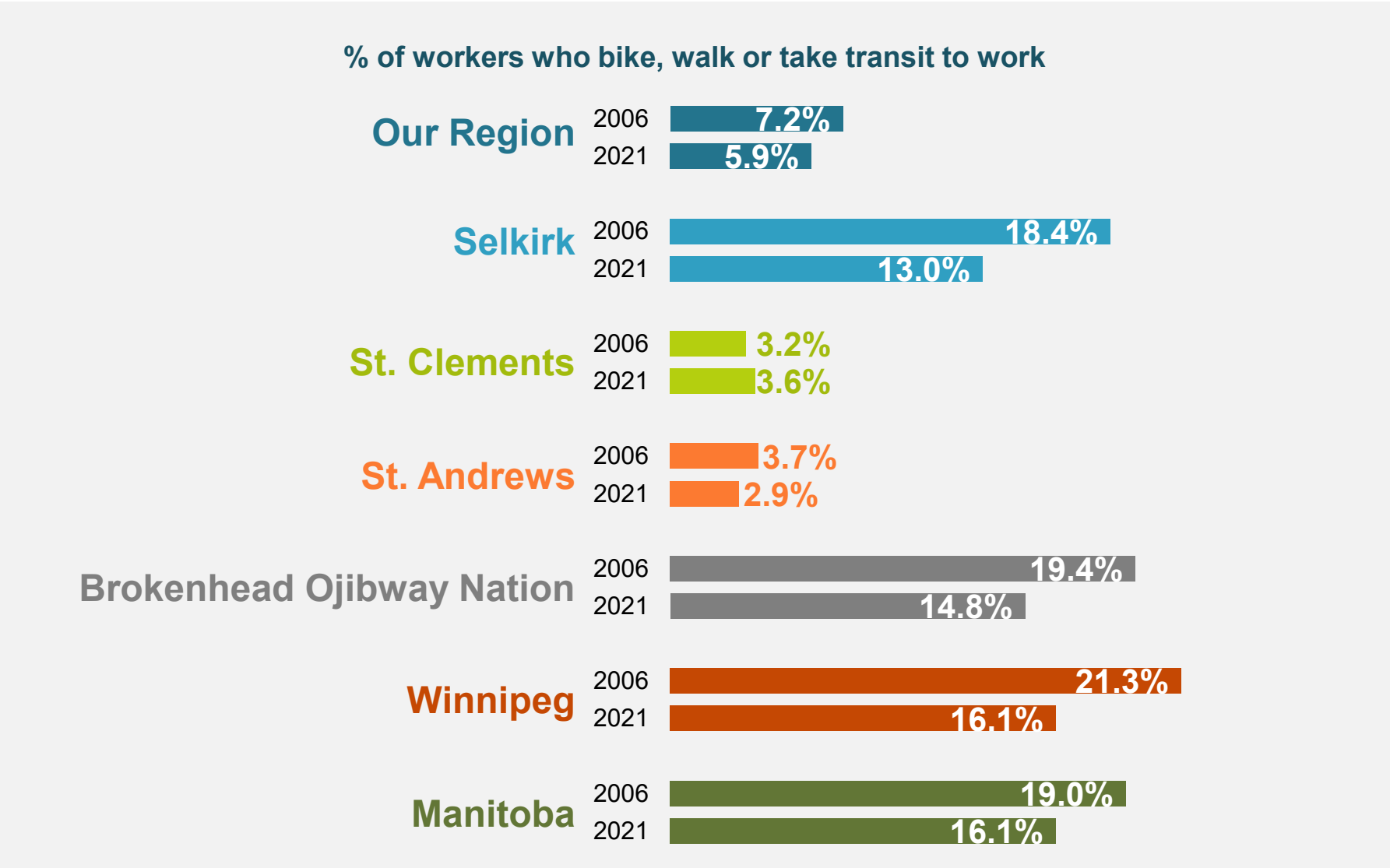
7.1 Commuting Method

What it is

A census question that asks workers (15+) what mode of transportation they typically use to get to work.

Source

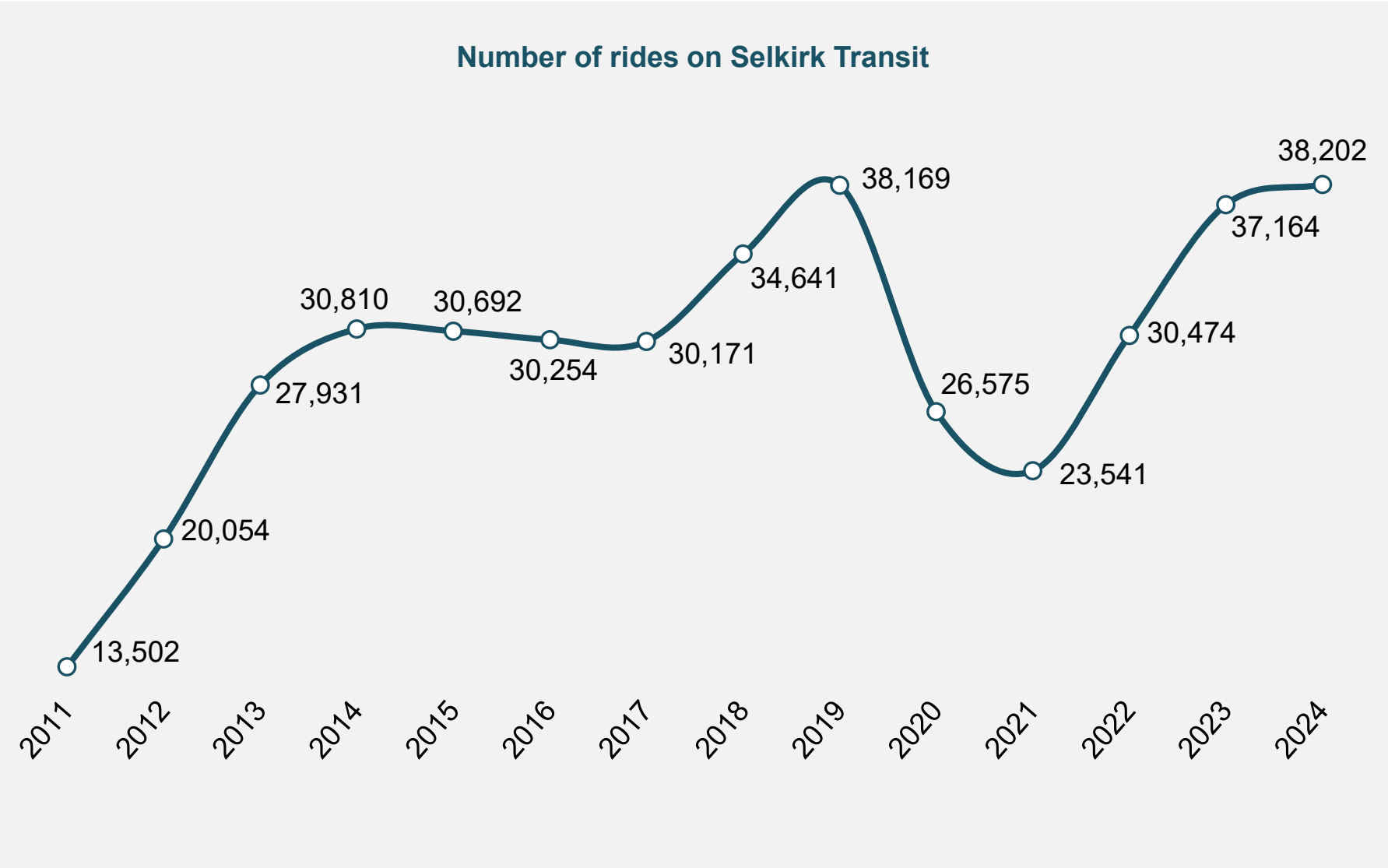
2021 Census data, available for each jurisdiction here:
<https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>



7.2 Transit Ridership

What it is
The total number of riders of Selkirk Transit, since it began in 2011. These figures reflect rides or trips, not unique riders.

Source
City of Selkirk, special data request.



7.3 Nature Trails

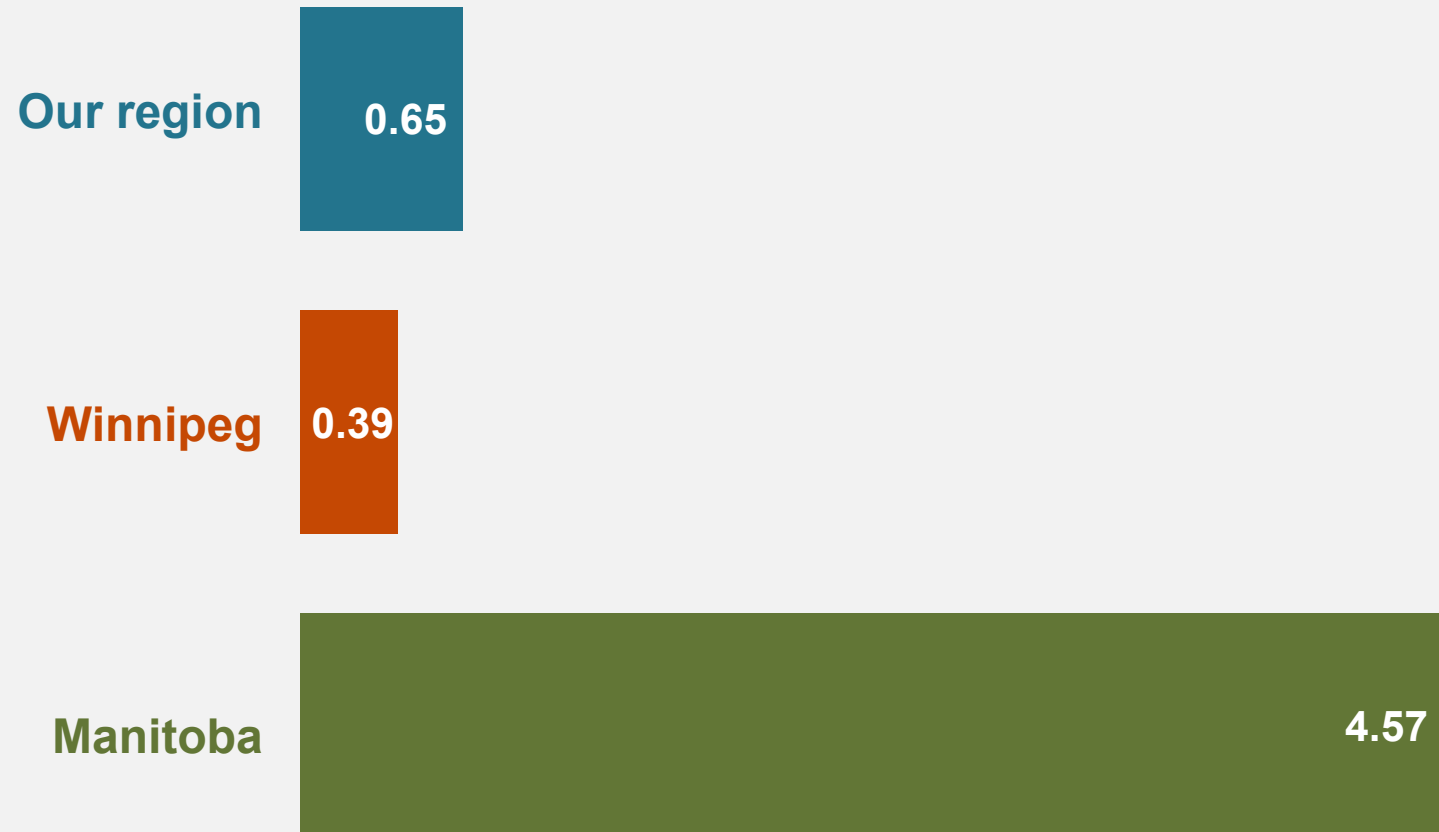
What it is

A measure of the kilometers of trails (open in the summer) tracked by Trails Manitoba per 1,000 residents. Though this data doesn't capture the many urban walking and biking trails, it does measure nearby access to nature-based activities like the Red Wing Trail in Selkirk or the Brokenhead Wetland Trail.

Source

Trails Manitoba database, found here:
<https://www.trailsmanitoba.ca/trail-info/hiking-trails-manitoba-maps/>

Kilometers of nature trails per 1,000 residents



A blue-tinted photograph of ice hockey players in action. The players are wearing white jerseys with 'TOYOTA' logos and dark pants. One player's leg has 'Duke's Seasons Hotels & Resorts' written on it. A hockey stick with 'BAUER' on the blade is visible. A puck is on the ice. The text '8. Recreation, Culture and Heritage' is overlaid in white.

8. Recreation, Culture and Heritage

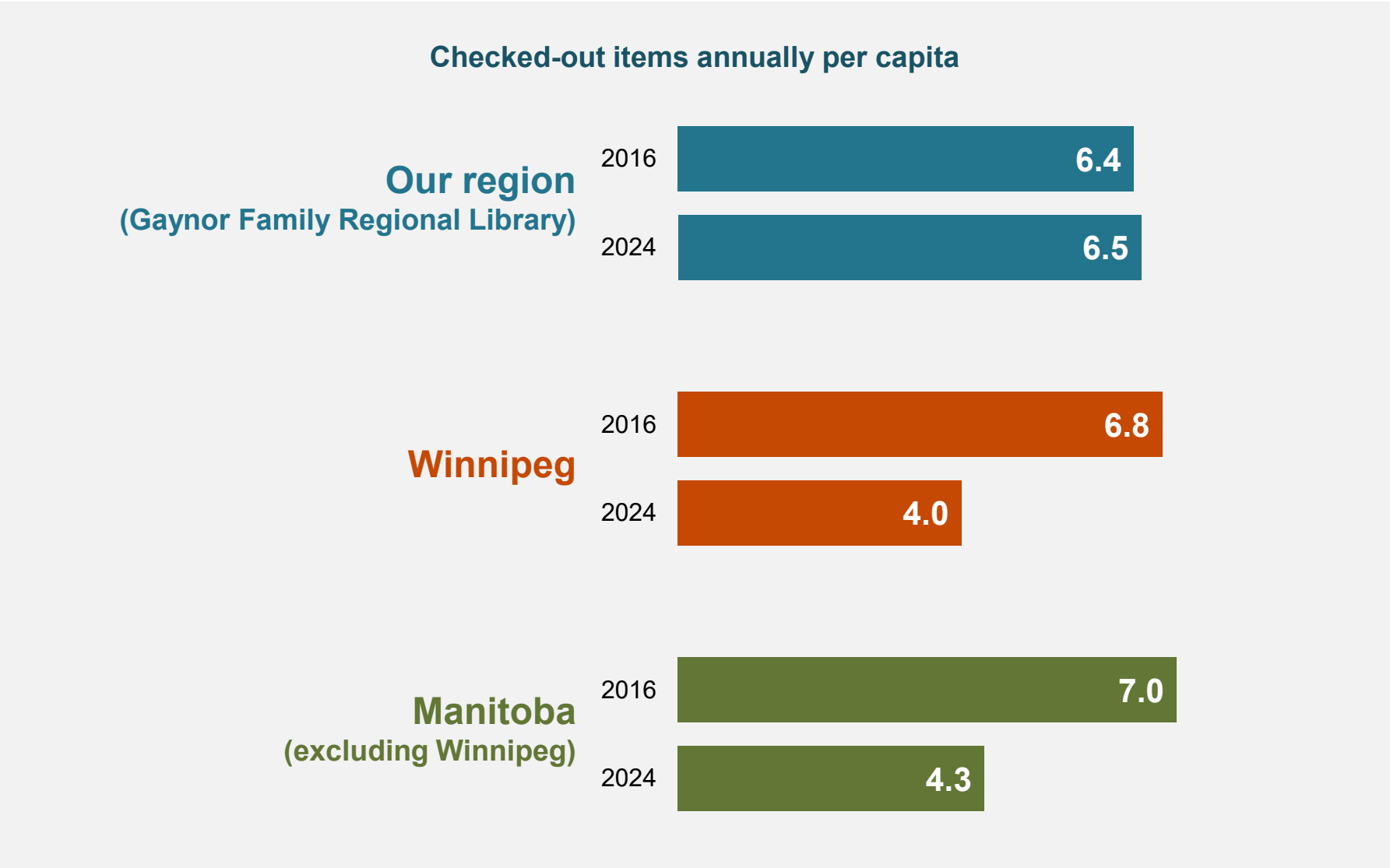
8.1 Library Use

What it is

This counts the number of checked-out books, DVDs, digital materials like e-books and other materials per person in a jurisdiction. So, in our region, each person checked out more than six items per year. Circulation isn't the only measure of a library's impact, but it is a tried-and-true benchmark.

Source

Manitoba Public Library statistics, including the Gaynor Family Regional Library, found here: https://mb.countingopinions.com/index.php?page_id=4. Most recent data provided by the GFRL.



8.2 Arts Centre Visits

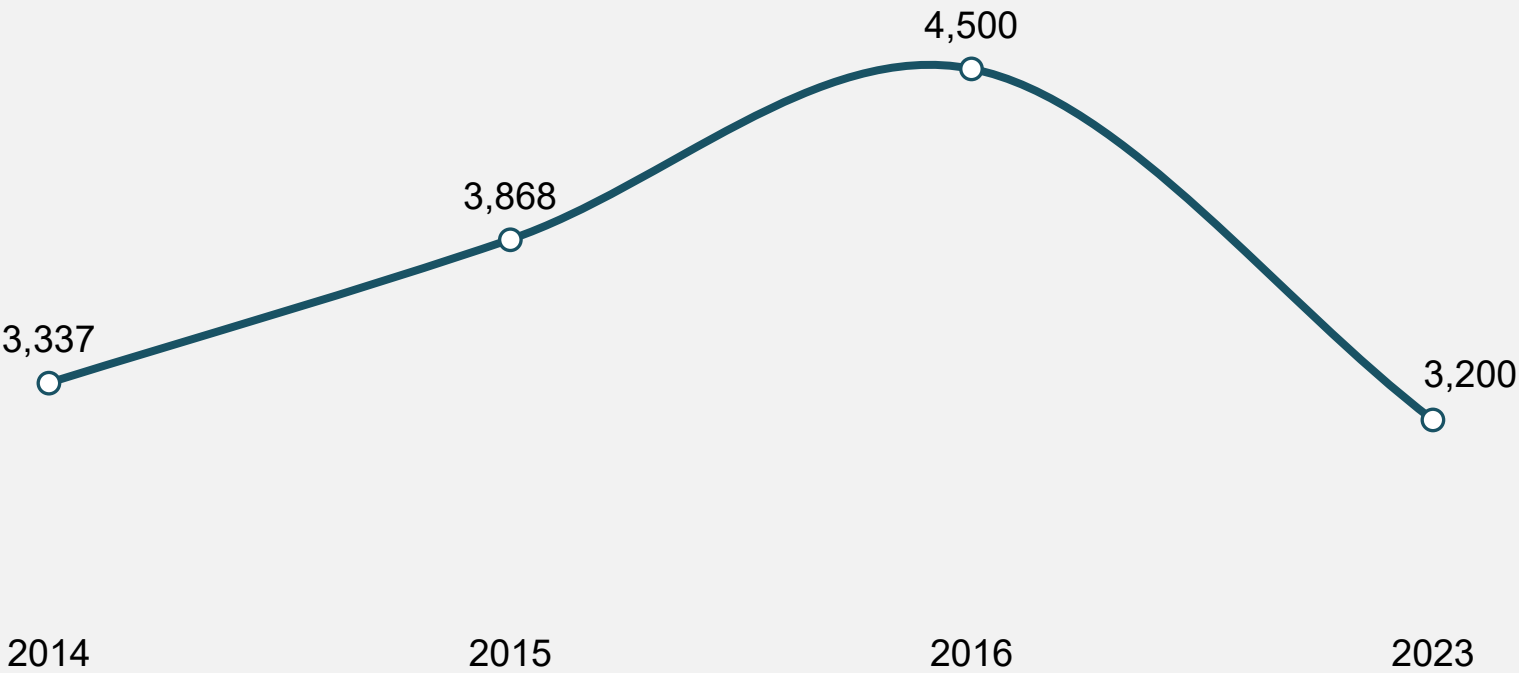
What it is

A count of the number of visits to the Selkirk Community Arts Centre. There was a notable decline during the COVID-19 pandemic, when the arts centre was closed for periods.

Source

Data provided by the Selkirk Community Arts Centre.

Visits to the Selkirk Community Arts Centre



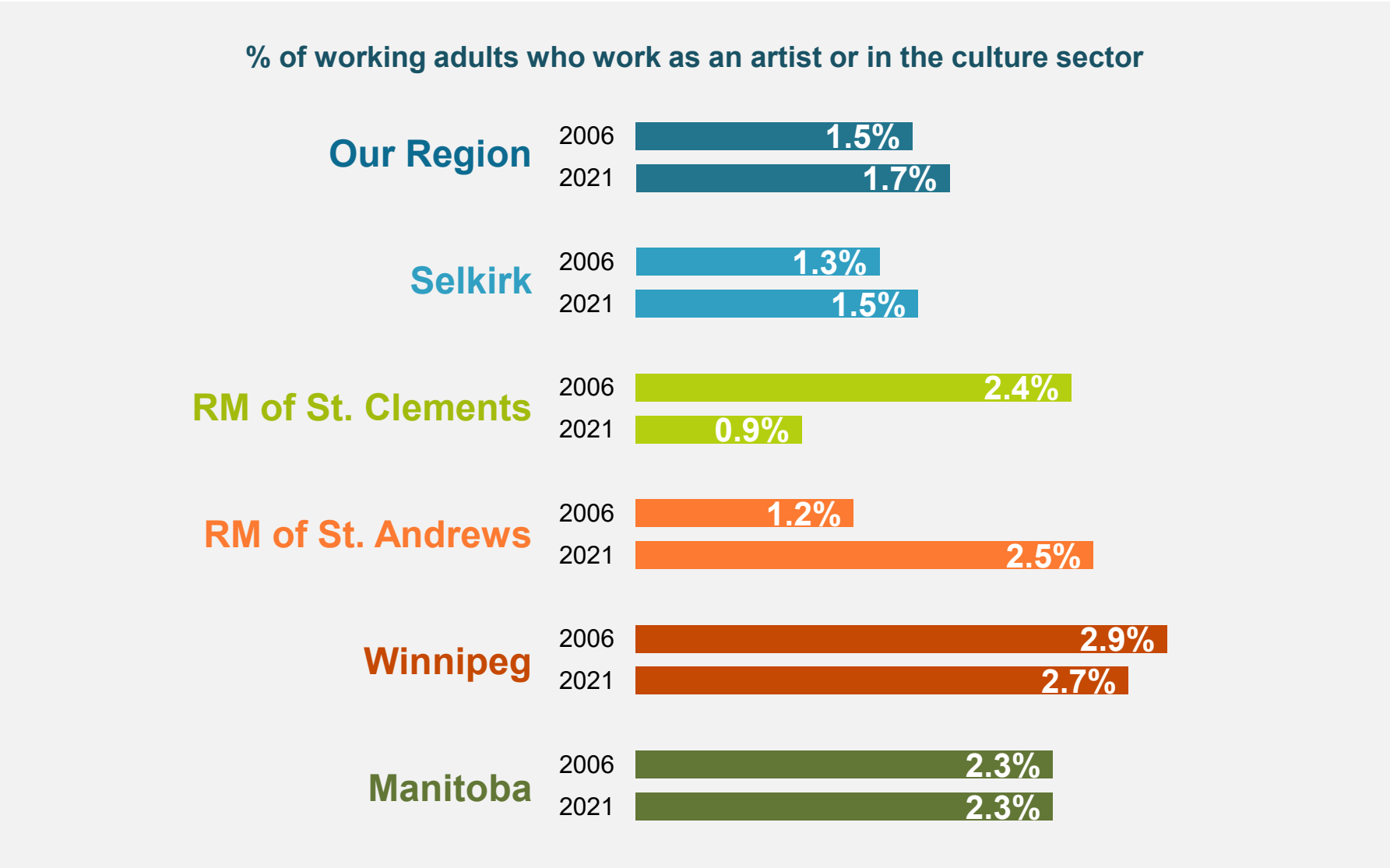
8.3 Arts and Culture Workers

What it is

A measure of the number of working artists as a proportion of the total labour force (aged 15+) in each jurisdiction. While a small number, the data suggests a trend over time that has seen the number of working artists grow in St. Andrews in particular.

Source

2021 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>



9. Safety and Security



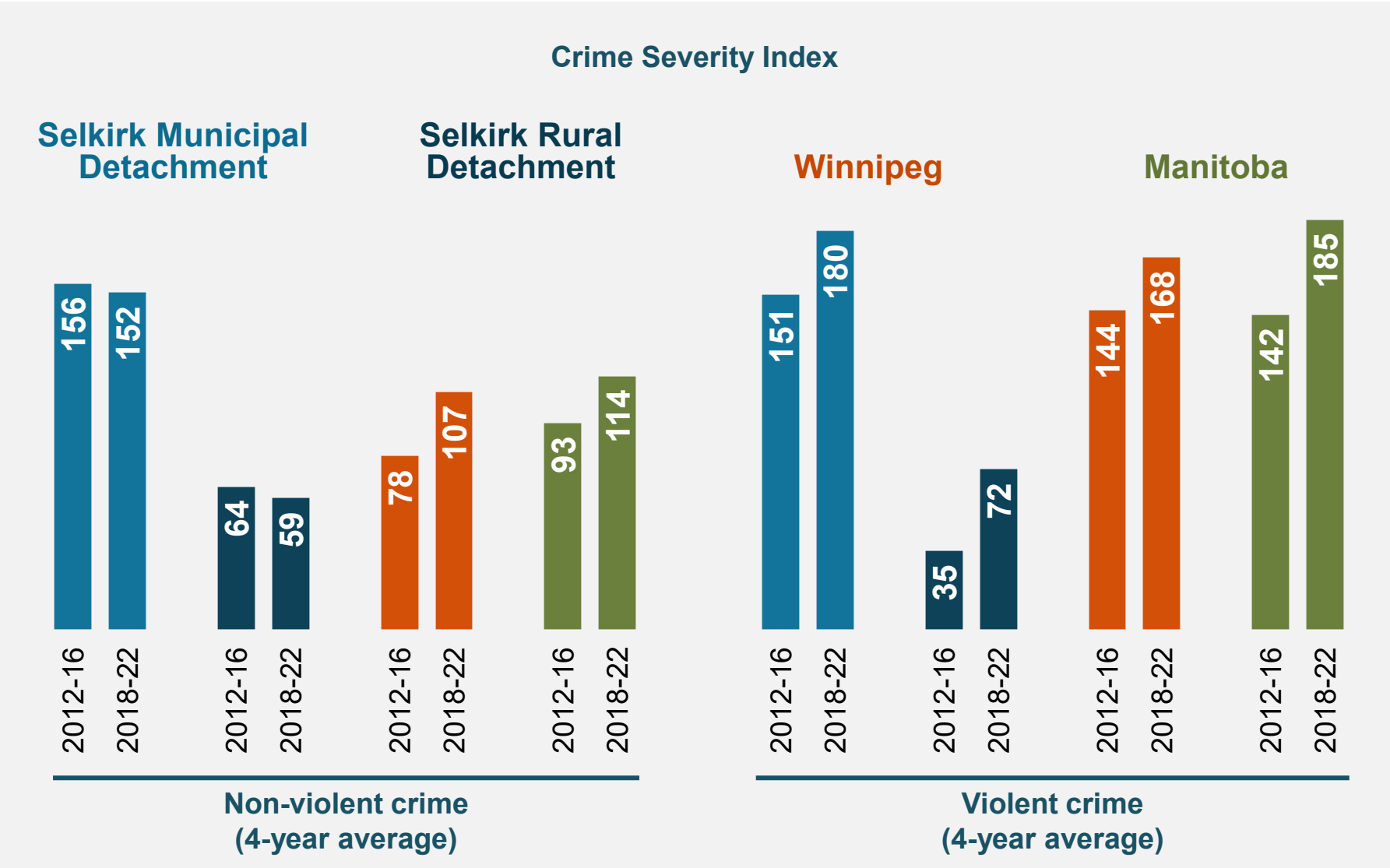
9.1 Crime Severity Index

What it is

The crime severity index helps to gauge the impacts of crime on a community, not just the volume. In the Index, all crimes are assigned a weight based on their seriousness, in part on the actual sentences handed down by the courts. More serious crimes are assigned higher weights, and less serious offences lower weights. As a result, more serious offences tend to move the index up.

Source

Statistics Canada, found here: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=3510002601>



9.2 Feelings of Safety

What it is

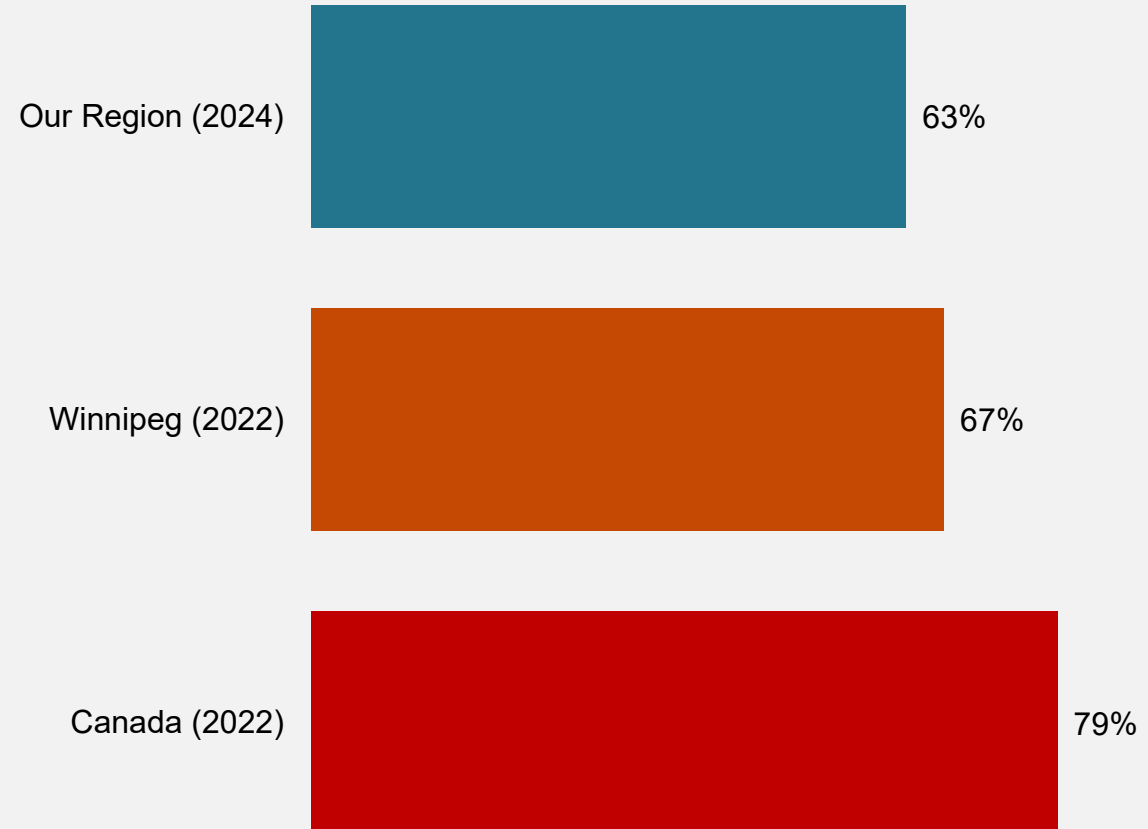
A survey question, used by Statistics Canada, that asks respondents how safe they feel walking alone after dark in their area.

Source

Our region: Community survey, N=280.

Winnipeg: Winnipeg Foundation Vital Signs Survey (N=1,200), found here: <https://www.winnipegvitalsigns.org/downloads-resources/>
Canada: Statistics Canada

Proportion of residents who feel very or reasonably safe walking after dark



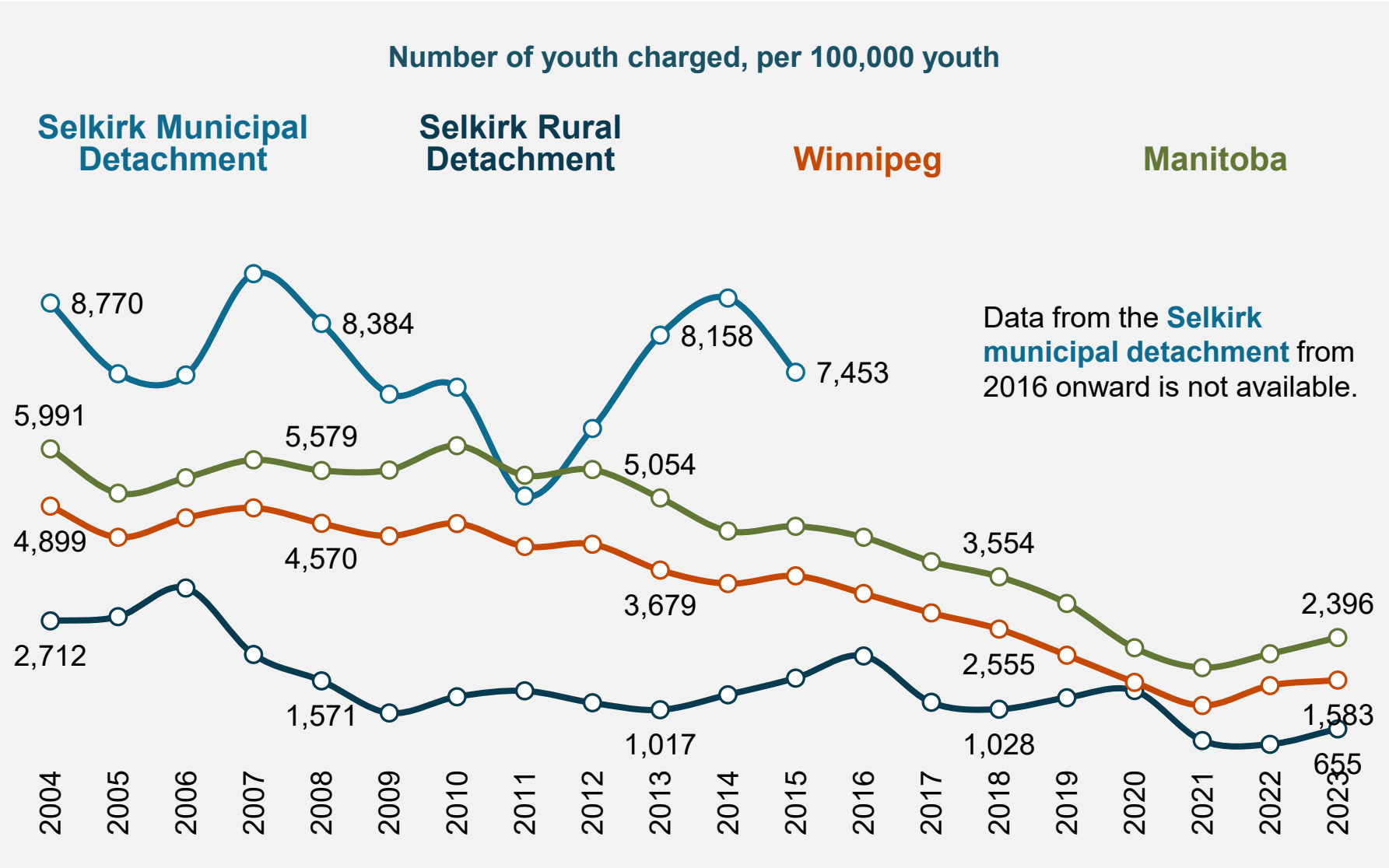
9.3 Youth Crime

What it is

A measure tracked by Statistics Canada, based on reporting by police forces, of the number of people aged 12 to 17 charged with a crime, per 100,000 youth in a jurisdiction.

Source

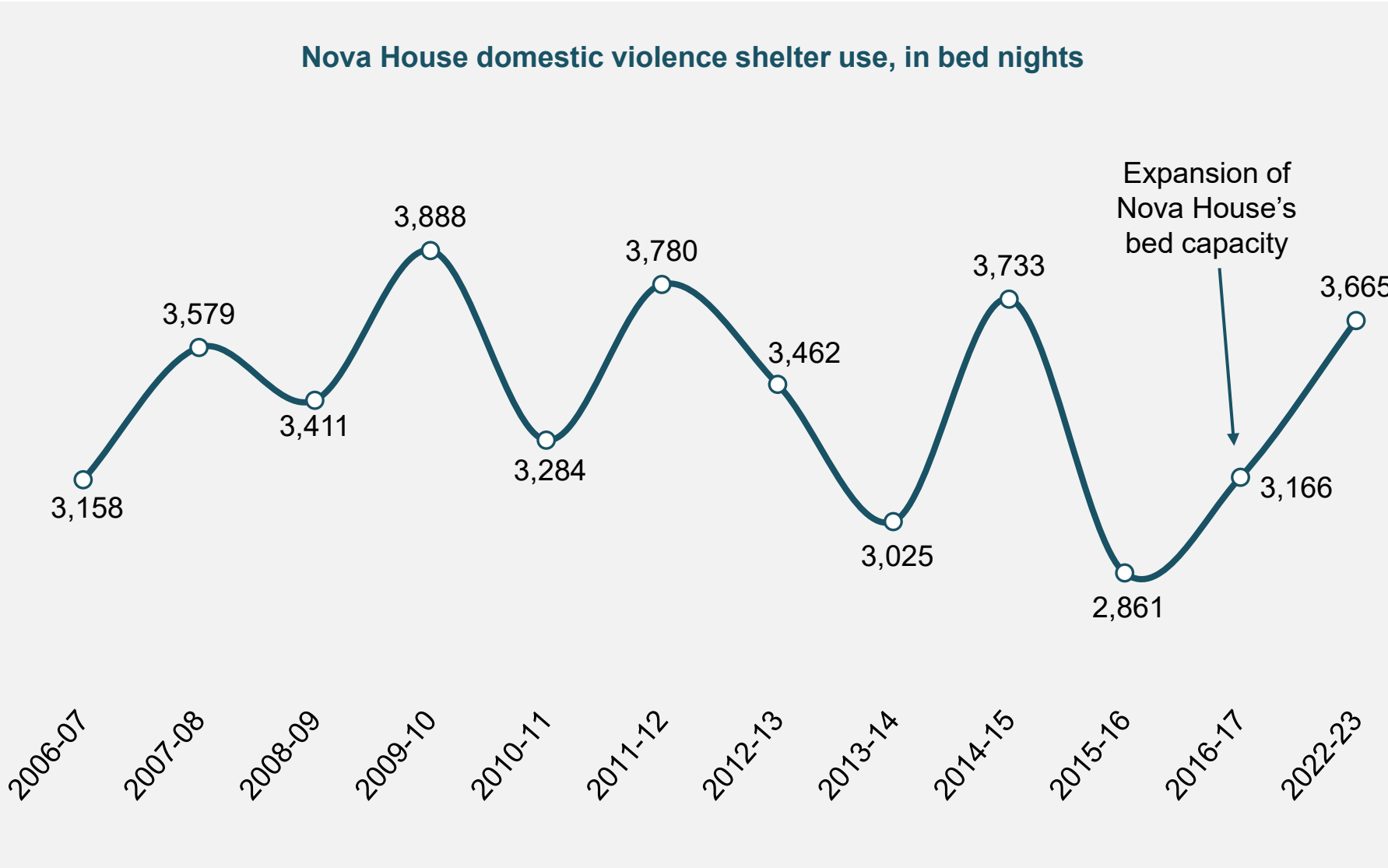
Statistics Canada, with data found here:
<https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=3510018101>



9.4 Domestic Violence

What it is
A bed night is common measure of volume. It counts the number of beds occupied by a client for one night. To get to the total, we multiply the number of beds occupied by the number of nights a client stays. For example, if two clients remain at a shelter for five nights each, that counts as ten bed nights.

Source
Data provided by Nova House.



10. Income and Work

A person is working at a desk, using a calculator and writing on a document. The image is overlaid with a blue tint. The person's hands are visible, holding a pen and a calculator. The document has some text and a circular logo. The background is blurred, showing a window and a cup.

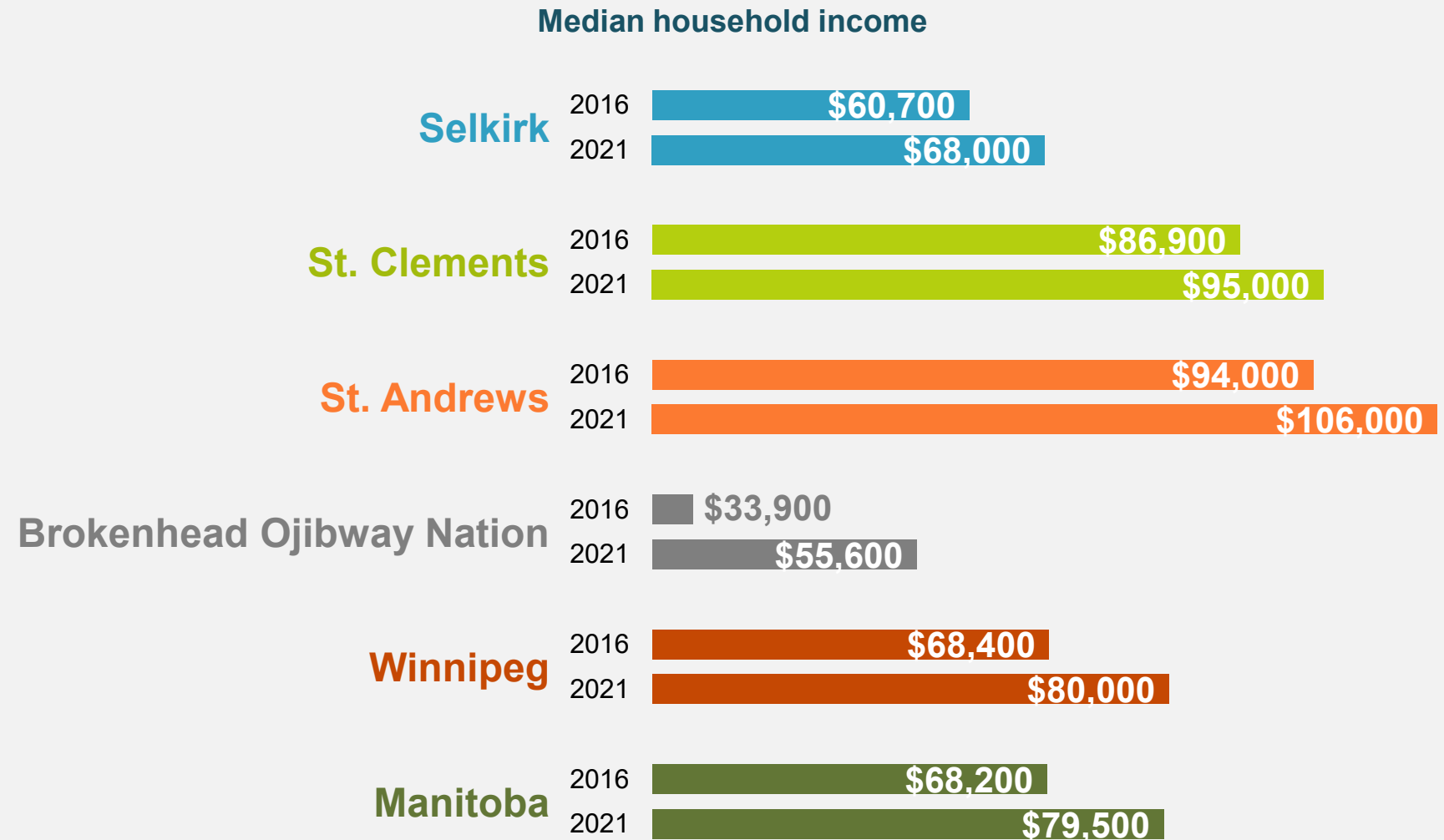
10.1 Household Income

What it is

The median household income is the midpoint of all household incomes in a specific area, meaning half of the households earn more, and half earn less. The increase in 2021 is due in part to the Canada Emergency Response Benefit (CERB) offered by the federal government during the pandemic.

Source

2021 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>



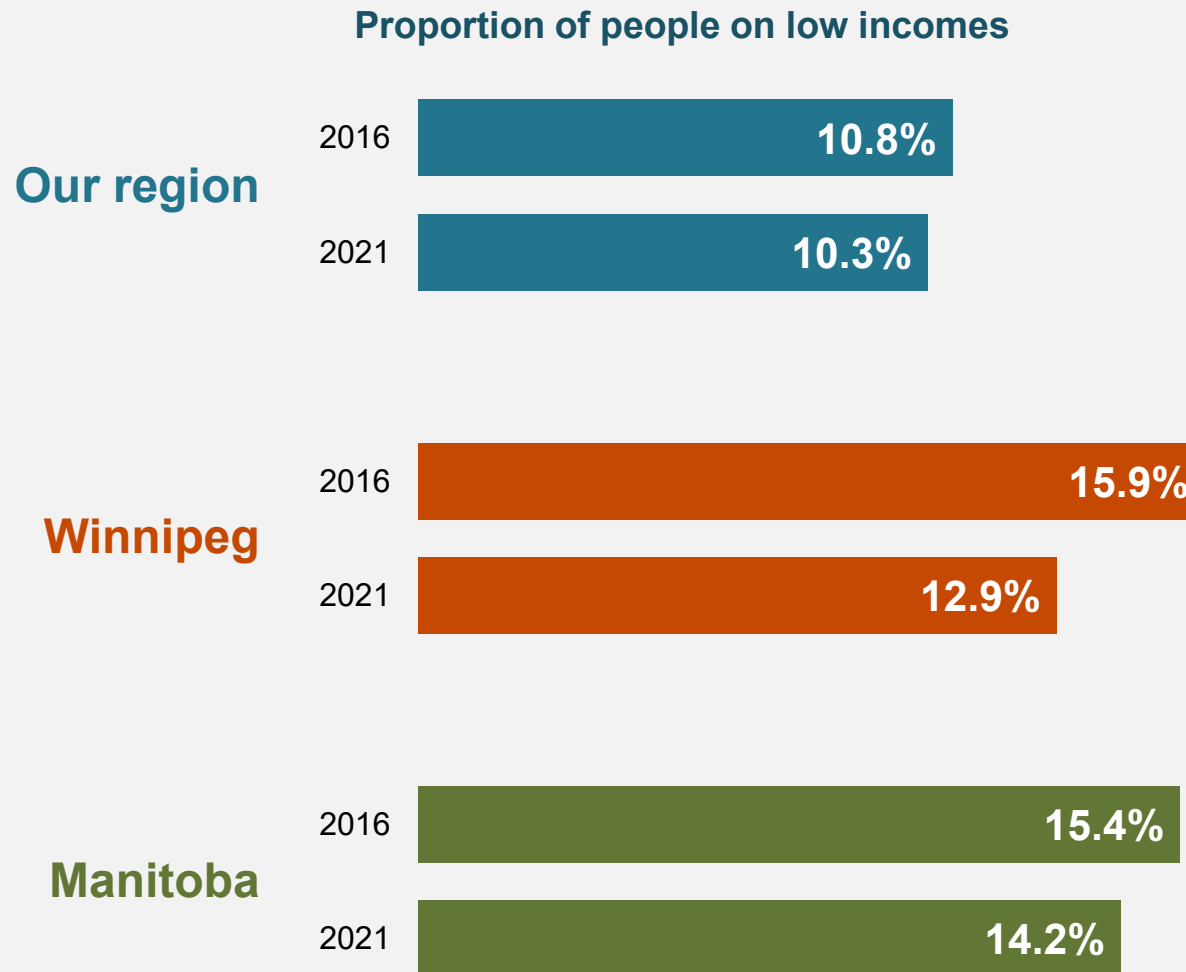
10.2 Poverty Rate

What it is

There are different measures of low income. In this case, the LIM-after tax measure was used, which is based on a fixed percentage (50%) of the median adjusted after-tax income of private households. Here again, the change in 2021 is due in part to the Canada Emergency Response Benefit (CERB) offered by the federal government during the pandemic.

Source

2021 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>



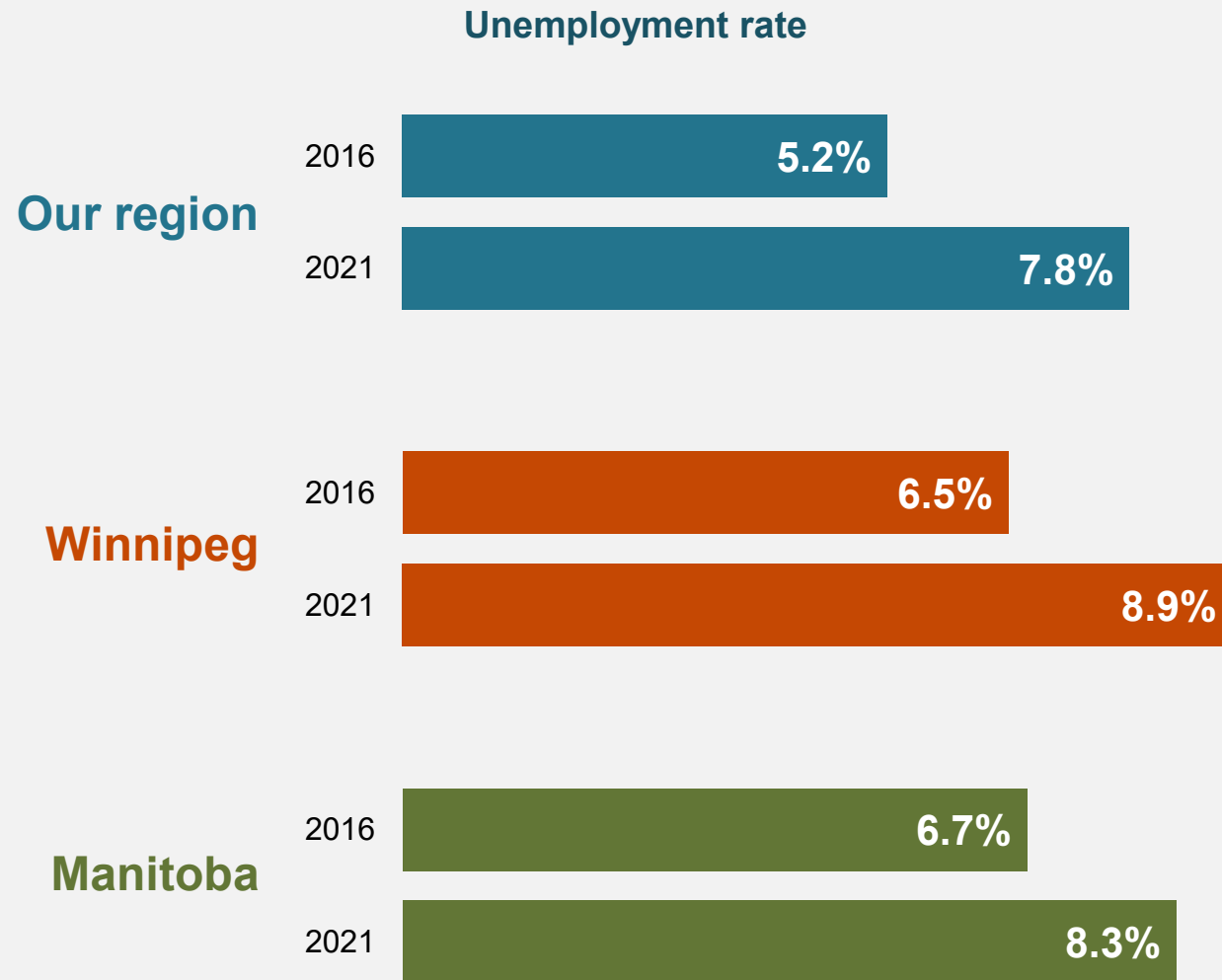
10.3 Unemployment Rate

What it is

A count of the proportion of people aged 15+ who reported being unemployed during a particular week during census data gathering. This is an imperfect, lagging indicator. It also reflects changes in the economy during the COVID-19 pandemic, but it is the most granular data available.

Source

2021 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>



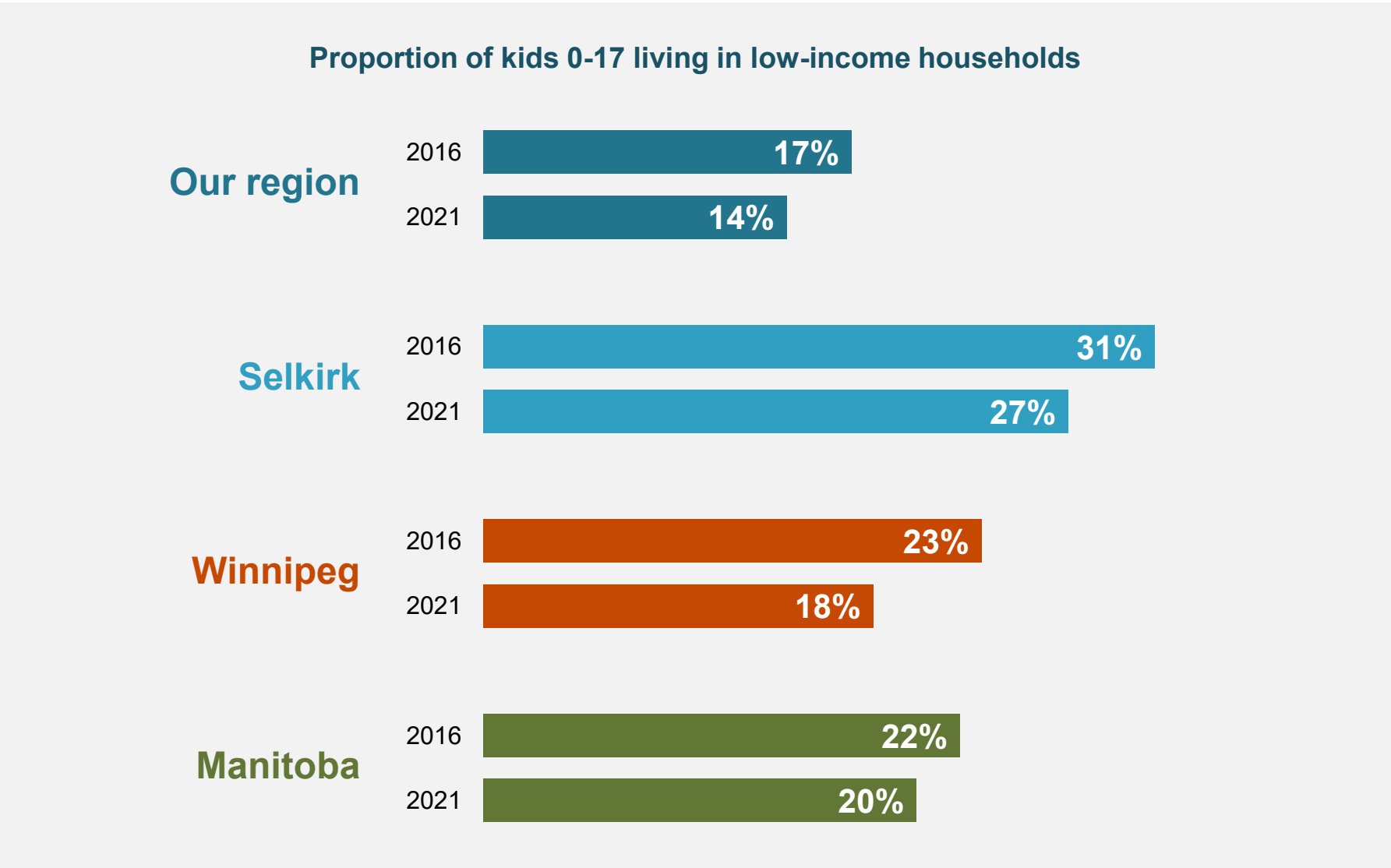
10.4 Child Poverty Rate

What it is

A measure of the proportion of children living in low-income households (using the LIM-after tax measure). Here again, the change in 2021 is due in part to the Canada Emergency Response Benefit (CERB) offered by the federal government during the pandemic.

Source

2021 Census data, available for each jurisdiction here: <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/fogs-spg/search-recherche.cfm?topic=1&lang=E&geocode=46>



A person's hands are shown working on a survey form. One hand holds a pen and writes on the form, while the other hand uses a calculator. The form has various fields and a circular logo. The background is a blurred office setting. A blue overlay covers the entire image, and the title text is in white.

Appendix: Community Survey Data

3. How many close friends do you have?

			TOTAL	REGION				GENDER		AGE			HOUSEHOLD INCOME		
				Selkirk	St. Andrews	St. Clements	Other	Male	Female	< 35	35-54	55 +	< \$50K	\$50-99K	\$100K +
BASE			(280)	(98)	(108)	(60)	(14)	(137)	(140)	(71)	(80)	(103)	(66)	(80)	(96)
# OF CLOSE FRIENDS	Less than 5	Count	86	27	39	12	8	43	42	34	27	19	27	24	31
			31%	27%	36%	21%	58%	31%	30%	48%	34%	19%	41%	29%	33%
	5 to 9	Count	89	42	27	17	3	41	46	24	24	26	23	26	27
			32%	42%	25%	28%	25%	30%	33%	35%	30%	25%	34%	32%	29%
	10 to 19	Count	54	14	23	17	1	30	24	4	19	28	3	21	21
			19%	14%	21%	28%	8%	22%	17%	6%	23%	28%	5%	26%	22%
	20 or more	Count	29	8	9	11	0	13	14	5	6	16	3	6	13
			10%	8%	9%	18%	3%	10%	10%	7%	7%	16%	4%	8%	13%
	(Refused/DK/NS)	Count	22	8	10	3	1	9	13	3	4	13	10	4	3
			8%	8%	10%	6%	5%	7%	9%	5%	5%	13%	16%	5%	3%
	Mean		9.3	8.7	9.0	11.8	5.1	9.4	8.9	7.7	8.0	12.0	6.5	8.6	9.4
	Median		6	6	5	6	2	6	5	4	6	9	5	6	6

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4. How safe do you feel from crime walking alone in your area after dark?

			TOTAL	REGION				GENDER		AGE			HOUSEHOLD INCOME		
BASE			(280)	Selkirk (98)	St. Andrews (108)	St. Clements (60)	Other (14)	Male (137)	Female (140)	< 35 (71)	35-54 (80)	55 + (103)	< \$50K (66)	\$50-99K (80)	\$100K + (96)
FEEL WALKING ALONE AFTER DARK	Very safe	Count	51	3	29	15	3	36	15	10	18	20	8	19	18
			18%	3%	27%	26%	25%	26%	11%	14%	23%	19%	12%	24%	18%
	Reasonably safe	Count	126	46	51	25	5	61	62	25	43	46	17	33	56
			45%	47%	47%	41%	33%	44%	44%	36%	53%	45%	26%	42%	59%
	Somewhat unsafe	Count	51	28	14	7	1	19	32	12	14	16	24	13	9
			18%	29%	13%	12%	9%	14%	23%	17%	18%	15%	36%	17%	9%
	Very unsafe	Count	24	12	3	3	5	13	10	12	2	9	7	7	8
			8%	13%	3%	6%	33%	10%	7%	17%	2%	9%	11%	9%	8%
	(Do not walk alone)	Count	28	8	10	9		8	20	12	3	12	10	7	5
			10%	9%	10%	15%		6%	14%	16%	4%	11%	15%	8%	5%
Summary	Safe		63%	50%	74%	67%	58%	71%	55%	50%	76%	64%	38%	66%	77%
	Unsafe		27%	42%	16%	18%	42%	24%	31%	34%	20%	24%	48%	26%	18%
	(Do not walk alone)		10%	9%	10%	15%		6%	14%	16%	4%	11%	15%	8%	5%

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5/6. In general, how is your physical health? How would you rate your mental health?

			TOTAL	REGION				GENDER		AGE			HOUSEHOLD INCOME		
BASE				(280)	Selkirk (98)	St. Andrews (108)	St. Clements (60)	Other (14)	Male (137)	Female (140)	< 35 (71)	35-54 (80)	55 + (103)	< \$50K (66)	\$50-99K (80)
PHYSICAL HEALTH	Excellent	Count	28	4	12	11	1	13	15	7	8	7	2	5	17
			10%	4%	11%	18%	6%	9%	11%	10%	11%	7%	2%	6%	18%
	Very good	Count	94	37	41	15	1	53	39	16	36	35	11	27	39
			34%	37%	38%	25%	10%	39%	28%	23%	46%	34%	16%	34%	41%
	Good	Count	93	36	37	20		43	49	30	23	34	26	36	24
			33%	36%	34%	33%		32%	35%	42%	29%	33%	39%	45%	25%
	Fair	Count	55	20	15	8	11	22	31	15	10	20	25	11	10
			20%	21%	14%	14%	79%	16%	22%	21%	13%	19%	38%	14%	10%
	Poor	Count	11	1	3	6	1	5	6	3	2	7	3	1	6
			4%	1%	3%	10%	5%	4%	4%	4%	2%	6%	4%	2%	6%
Summary	Very good +		43%	42%	49%	43%	16%	48%	39%	33%	56%	42%	19%	40%	59%
	Good		33%	36%	34%	33%		32%	35%	42%	29%	33%	39%	45%	25%
	Fair/Poor		24%	22%	17%	24%	84%	20%	26%	25%	15%	26%	42%	15%	16%
MENTAL HEALTH	Excellent	Count	45	20	14	10	2	32	13	10	18	10	6	11	21
			16%	20%	13%	17%	13%	23%	9%	14%	23%	10%	9%	13%	22%
	Very good	Count	91	26	50	14	1	46	44	7	32	49	12	30	32
			33%	27%	46%	24%	8%	34%	31%	10%	40%	47%	19%	37%	34%
	Good	Count	74	19	24	23	7	30	45	26	11	34	15	27	30
			27%	20%	23%	39%	53%	22%	32%	37%	14%	33%	22%	33%	31%
	Fair	Count	39	16	14	8	1	20	18	14	10	9	12	11	7
			14%	16%	13%	13%	9%	14%	13%	20%	13%	8%	17%	13%	8%
	Poor	Count	30	17	6	5	2	9	21	14	7	1	21	2	5
			11%	18%	5%	8%	17%	7%	15%	20%	9%	1%	32%	3%	5%
Summary	Very good +		49%	47%	59%	40%	21%	57%	40%	24%	63%	58%	28%	51%	56%
	Good		27%	20%	23%	39%	53%	22%	32%	37%	14%	33%	22%	33%	31%
	Fair/Poor		25%	34%	18%	20%	26%	21%	28%	40%	22%	9%	50%	16%	13%

7. Thinking about the last 12 months, how often have you spent time doing the following?

			TOTAL	REGION				GENDER		AGE			HOUSEHOLD INCOME		
BASE			(280)	Selkirk (98)	St. Andrews (108)	St. Clements (60)	Other (14)	Male (137)	Female (140)	< 35 (71)	35-54 (80)	55 + (103)	< \$50K (66)	\$50-99K (80)	\$100K + (96)
SPEND TIME WITH FRIENDS IN-PERSON	Every day	Cases	33	10	13	9	2	13	20	15	1	9	2	9	10
			12%	10%	12%	15%	13%	10%	14%	21%	1%	8%	2%	11%	11%
	A few times a week	Cases	84	35	23	17	8	54	28	28	20	29	16	27	33
			30%	36%	21%	29%	59%	40%	20%	40%	25%	28%	23%	34%	34%
	About once a week	Cases	65	20	31	13	1	38	27	9	29	23	17	20	25
			23%	21%	29%	21%	8%	28%	19%	13%	37%	22%	25%	25%	26%
	(Net) WEEKLY +	Cases	182	66	67	39	11	106	75	52	50	60	34	56	68
			65%	67%	62%	65%	80%	78%	53%	74%	63%	58%	51%	70%	71%
	About once a month	Cases	45	13	18	11	2	14	30	8	17	18	17	9	14
			16%	14%	17%	18%	18%	10%	22%	12%	22%	17%	25%	12%	15%
	Less than once a month	Cases	41	15	16	9	0	12	28	6	10	22	13	13	12
			15%	15%	15%	15%	2%	9%	20%	8%	12%	21%	19%	16%	13%
ENJOYING ARTS/ CULTURAL EVENTS	Every day	Cases	12	4	7	1		5	7	4	3	3	3	2	1
			4%	4%	6%	2%		3%	5%	6%	3%	3%	5%	2%	1%
	A few times a week	Cases	11	8	1	2		8	3	5	1	1	8		2
			4%	8%	1%	4%		6%	2%	6%	1%	1%	12%		2%
	About once a week	Cases	26	7	9	6	5	14	12	14	2	5	10	5	5
			9%	7%	8%	9%	36%	10%	9%	19%	3%	4%	15%	7%	6%
	(Net) WEEKLY +	Cases	20	9	6	4		7	13	7	2	6	2	6	9
			7%	10%	6%	7%		5%	9%	9%	2%	6%	2%	7%	10%
	About once a month	Cases	56	24	16	12	5	28	28	25	4	12	20	11	17
			20%	24%	15%	20%	36%	21%	20%	35%	6%	11%	30%	14%	18%
	Less than once a month	Cases	72	31	25	10	5	36	35	11	31	23	10	20	32
			26%	31%	23%	17%	40%	26%	25%	15%	39%	22%	14%	26%	34%
Never		Cases	113	32	49	28	3	55	55	26	33	51	25	35	40
			40%	33%	46%	46%	25%	40%	39%	37%	42%	50%	38%	44%	42%
		Cases	39	12	18	10		17	22	9	10	17	12	14	7
			14%	12%	16%	16%		13%	16%	13%	13%	17%	18%	17%	7%

8. In your average week, about how much time do you spend outdoors in nature?

			TOTAL	REGION				GENDER		AGE			HOUSEHOLD INCOME		
BASE				(280)	Selkirk (98)	St. Andrews (108)	St. Clements (60)	Other (14)	Male (137)	Female (140)	< 35 (71)	35-54 (80)	55 + (103)	< \$50K (66)	\$50-99K (80)
TIME OUTDOORS IN AVERAGE WEEK	< 240 mins (4 hrs)	Count	92	36	27	25	4	27	65	15	26	37	24	31	29
			33%	37%	25%	43%	28%	19%	47%	21%	33%	36%	36%	39%	31%
	240 to 479 mins (4-8 hrs)	Count	97	31	50	10	6	55	41	35	26	28	24	24	33
			35%	31%	46%	17%	45%	41%	29%	49%	32%	27%	36%	30%	34%
	480 to 1119 mins (8-20 hrs)	Count	47	13	19	14		30	15	3	20	22	9	12	21
			17%	14%	18%	24%		22%	11%	4%	25%	22%	13%	15%	22%
	1200 mins or more (20+ hrs)	Count	20	2	5	9	4	12	6	1	5	13	3	6	8
			7%	3%	5%	14%	27%	9%	5%	2%	6%	12%	4%	7%	9%
	(Refused/DK/NS)	Count	25	16	8	1		12	12	17	3	3	8	7	4
			9%	16%	7%	2%		9%	9%	24%	4%	3%	11%	8%	4%
	Mean (mins)		419.0	327.5	375.4	573.0	630.8	519.6	311.0	326.2	438.3	488.0	349.5	372.2	492.3
	Median		300	240	300	300	360	360	210	255	300	360	255	300	360

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9. In the last 12 months, how often have you and other household members worried that food would run out before you got money to buy more?
10. In the last 12 months, how often have you and other household members been unable to afford to eat balanced meals?

			TOTAL	REGION				GENDER		AGE			HOUSEHOLD INCOME			
				Selkirk	St. Andrews	St. Clements	Other	Male	Female	< 35	35-54	55 +	< \$50K	\$50-99K	\$100K +	
BASE			(280)	(98)	(108)	(60)	(14)	(137)	(140)	(71)	(80)	(103)	(66)	(80)	(96)	
WORRIED FOOD WILL RUN OUT	Often	Count	24	9	12	3	0	9	16	11	9	4	20	3	1	
			9%	9%	11%	6%	3%	6%	11%	16%	11%	4%	31%	3%	1%	
	Sometimes	Count	57	28	10	12	7	28	29	24	17	8	29	13	13	
			20%	28%	9%	20%	52%	20%	21%	34%	21%	8%	43%	16%	13%	
	Never	Count	190	58	82	44	6	100	87	35	52	86	15	63	80	
			68%	59%	76%	73%	45%	73%	62%	50%	65%	84%	23%	78%	84%	
	(Refused/NS)	Count	10	5	5	1		1	8	1	2	5	2	2	1	
			3%	5%	4%	1%		1%	6%	1%	2%	5%	3%	2%	1%	
	UNABLE TO AFFORD BALANCED MEALS	Often	Count	44	20	14	10	0	18	25	21	7	13	32	4	6
				16%	20%	13%	16%	3%	13%	18%	29%	9%	13%	48%	5%	7%
Sometimes		Count	48	18	12	10	8	18	30	18	19	8	17	10	19	
			17%	18%	11%	17%	55%	13%	21%	25%	24%	8%	26%	12%	20%	
Never		Count	178	56	77	39	6	99	76	31	52	77	14	66	70	
			64%	57%	71%	66%	42%	73%	54%	44%	66%	75%	21%	82%	73%	
(Refused/NS)		Count	10	4	5	1		1	8	1	1	4	3	1	1	
			4%	4%	5%	1%		1%	6%	2%	1%	4%	5%	1%	1%	

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11. How much do you agree with each of the following statements?

			TOTAL	REGION				GENDER		AGE			HOUSEHOLD INCOME		
BASE			(280)	Selkirk (98)	St. Andrews (108)	St. Clements (60)	Other (14)	Male (137)	Female (140)	< 35 (71)	35-54 (80)	55 + (103)	< \$50K (66)	\$50-99K (80)	\$100K + (96)
My community is going in the right direction	Strongly agree	Count	34	9	15	7	5	18	17	18	2	12	4	6	15
			12%	9%	14%	11%	33%	13%	12%	25%	2%	12%	6%	8%	16%
	Somewhat agree	Count	155	54	56	38	7	72	81	28	51	58	27	56	54
			55%	55%	52%	64%	51%	53%	58%	40%	64%	56%	40%	70%	56%
	Somewhat disagree	Count	67	32	28	6	2	30	35	14	20	27	19	17	22
			24%	32%	26%	9%	16%	22%	25%	20%	25%	26%	29%	21%	23%
Noticed more people experiencing homelessness in community	Strongly disagree	Count	23	4	9	10		17	6	10	7	6	17	1	5
			8%	4%	8%	16%		12%	4%	14%	9%	6%	25%	2%	5%
	Somewhat agree	Count	55	28	9	14	5	22	33	20	18	17	16	13	22
			20%	28%	9%	23%	33%	16%	24%	28%	23%	17%	24%	17%	23%
	Somewhat disagree	Count	107	51	29	21	6	47	59	22	27	42	23	39	35
			38%	52%	27%	35%	42%	34%	42%	31%	34%	41%	35%	49%	37%
Confident kids will have better QOL than me	Strongly disagree	Count	73	18	38	16	0	42	29	14	27	27	18	19	24
			26%	19%	35%	27%	3%	31%	21%	19%	34%	26%	27%	24%	25%
	Strongly agree	Count	45	1	32	9	3	26	18	15	7	17	9	8	15
			16%	1%	30%	15%	21%	19%	13%	21%	9%	17%	13%	10%	15%
	Somewhat agree	Count	43	14	15	9	5	21	21	18	9	13	9	7	20
			15%	14%	14%	16%	36%	16%	15%	25%	11%	13%	14%	9%	21%
Confident kids will have better QOL than me	Somewhat disagree	Count	97	50	22	21	3	33	62	24	27	35	23	30	36
			35%	51%	21%	36%	23%	24%	45%	34%	33%	34%	35%	37%	38%
	Strongly disagree	Count	89	21	42	21	5	54	34	9	35	36	17	30	28
			32%	21%	39%	35%	38%	40%	24%	13%	44%	35%	25%	37%	29%
	Strongly agree	Count	51	14	29	8	0	28	22	20	9	18	17	14	12
			18%	14%	27%	13%	3%	20%	16%	28%	12%	18%	26%	17%	13%

RESPONDENT DEMOGRAPHICS

		TOTAL	REGION				GENDER		AGE			HOUSEHOLD INCOME		
			Selkirk	St. Andrews	St. Clements	Other	Male	Female	< 35	35-54	55 +	< \$50K	\$50-99K	\$100K +
BASE	Unweighted	(280)	(94)	(114)	(60)	(12)	(92)	(183)	(39)	(77)	(145)	(47)	(88)	(103)
		(280)	(98)	(108)	(60)	(14)	(137)	(140)	(71)	(80)	(103)	(66)	(80)	(96)
RESIDENCE	Selkirk	35%	100%				32%	39%	39%	36%	25%	46%	45%	26%
	St. Andrews	39%		100%			38%	38%	37%	46%	39%	28%	29%	42%
	St. Clements	21%			100%		24%	19%	18%	16%	31%	23%	21%	26%
	Brokenhead Ojibway Nation	2%				50%	3%	2%	6%			3%		5%
	Other	2%				50%	3%	2%		2%	5%		6%	1%
BASE		(276)	(98)	(105)	(59)	(14)	(137)	(140)	(70)	(80)	(102)	(66)	(79)	(94)
GENDER	Male	49%	44%	50%	55%	61%	100%		53%	55%	45%	41%	53%	55%
	Female	51%	56%	50%	45%	39%		100%	47%	45%	55%	59%	47%	45%
BASE		(253)	(82)	(103)	(57)	(11)	(127)	(125)	(71)	(80)	(103)	(59)	(74)	(93)
AGE	18 to 34	28%	33%	25%	22%	40%	29%	27%	100%			42%	26%	23%
	35 to 54	31%	35%	36%	22%	14%	35%	29%		100%		20%	30%	46%
	55 or older	41%	32%	39%	56%	46%	36%	45%			100%	39%	44%	31%
BASE		(277)	(98)	(105)	(60)	(14)	(137)	(138)	(71)	(80)	(101)	(66)	(80)	(96)
CHILDREN < 16 AT HOME	Yes	36%	45%	38%	14%	62%	38%	35%	62%	49%	6%	52%	19%	43%
	No	64%	55%	62%	86%	38%	62%	65%	38%	51%	94%	48%	81%	57%
BASE		(280)	(98)	(108)	(60)	(14)	(137)	(140)	(71)	(80)	(103)	(66)	(80)	(96)
BORN IN CANADA	Yes	94%	90%	98%	94%	100%	96%	92%	99%	97%	97%	94%	94%	95%
	No	6%	10%	2%	6%		4%	8%	1%	3%	3%	6%	6%	5%
BASE		(261)	(97)	(94)	(57)	(13)	(127)	(131)	(65)	(77)	(92)	(64)	(77)	(93)
INDIGENOUS	(Net) YES	35%	39%	29%	33%	58%	35%	35%	61%	34%	18%	48%	45%	23%
	Métis	23%	26%	20%	28%	5%	23%	23%	36%	29%	14%	20%	38%	17%
	First Nations	10%	9%	9%	5%	53%	12%	9%	20%	4%	4%	23%	7%	6%
	Multiple	1%	4%					3%	4%	1%		5%	0%	
	No	65%	61%	71%	67%	42%	65%	65%	39%	66%	82%	52%	55%	77%

RESPONDENT DEMOGRAPHICS

		TOTAL	REGION				GENDER		AGE			HOUSEHOLD INCOME		
			Selkirk	St. Andrews	St. Clements	Other	Male	Female	< 35	35-54	55 +	< \$50K	\$50-99K	\$100K +
BASE		(275)	(96)	(105)	(60)	(14)	(135)	(138)	(71)	(79)	(102)	(66)	(79)	(96)
EDUCATION	Grade school/ Some high school	18%	32%	13%	5%	17%	17%	19%	34%	5%	6%	27%	23%	3%
	Completed high school	35%	26%	37%	43%	44%	37%	33%	37%	32%	41%	43%	23%	43%
	Some apprenticeship/ trades training	3%	6%	1%	4%		5%	1%	1%	7%	3%	2%	8%	1%
	Journey-Person certificate	3%	3%	3%	2%	3%	5%	1%	3%	3%	3%	1%	3%	3%
	Some community college	3%	2%	5%	3%	5%	4%	3%	1%	4%	5%	3%	3%	3%
	Completed community college diploma	14%	15%	17%	9%		9%	19%	10%	20%	13%	6%	18%	17%
	Some university	8%	5%	6%	16%	14%	9%	7%	1%	11%	11%	11%	6%	8%
	Completed university undergrad	8%	5%	10%	8%	5%	7%	8%	11%	7%	7%	6%	6%	10%
	Completed grad/ professional degree	8%	5%	8%	10%	12%	8%	7%	2%	12%	10%	1%	10%	12%
Summary	HS or less	53%	58%	50%	47%	61%	54%	53%	71%	37%	47%	71%	46%	46%
	College/ Some PS	32%	32%	32%	35%	22%	31%	32%	17%	44%	37%	23%	38%	32%
	Univ Grad+	15%	10%	18%	18%	17%	15%	16%	13%	19%	17%	7%	17%	22%
BASE		(242)	(91)	(82)	(57)	(13)	(122)	(119)	(65)	(76)	(85)	(66)	(80)	(96)
HOUSEHOLD INCOME	Under \$30,000	8%	8%	11%	7%		8%	8%	11%	8%	5%	30%		
	\$30,000 to \$49,999	19%	25%	12%	20%	18%	14%	25%	27%	7%	22%	70%		
	\$50,000 to \$79,999	13%	16%	13%	6%	19%	11%	15%	13%	11%	15%		38%	
	\$80,000 to \$99,999	20%	24%	16%	23%	16%	24%	17%	17%	17%	24%		62%	
	\$100,000 to \$149,999	28%	21%	30%	34%	43%	31%	26%	28%	42%	22%			72%
	\$150,000 or over	11%	6%	19%	10%	4%	12%	10%	5%	14%	12%			28%
Summary	< \$50K	27%	33%	23%	27%	18%	22%	33%	38%	15%	27%	100%		
	\$50-99K	33%	39%	29%	29%	35%	35%	31%	29%	29%	39%		100%	
	\$100K +	40%	27%	49%	44%	47%	43%	36%	33%	56%	34%			100%

PROBE RESEARCH INC. - SDCF Vital Signs Community Survey - March 2025

