

# Quality of Life in Canada

Analytics by R

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# INTRODUCTION

- Quality of Life includes economic, psychological, social, and existential well-being.
- Understanding Quality of Life helps identify inequalities and guide better public policy.
- Poverty: captures material living conditions and access to basic needs.
- Mental Health: reflects emotional well-being and levels of stress across society.
- Future Outlook: measures optimism, confidence, and expectations for the near future.
- Sense of Meaning & Purpose: explores deeper fulfillment and life satisfaction.

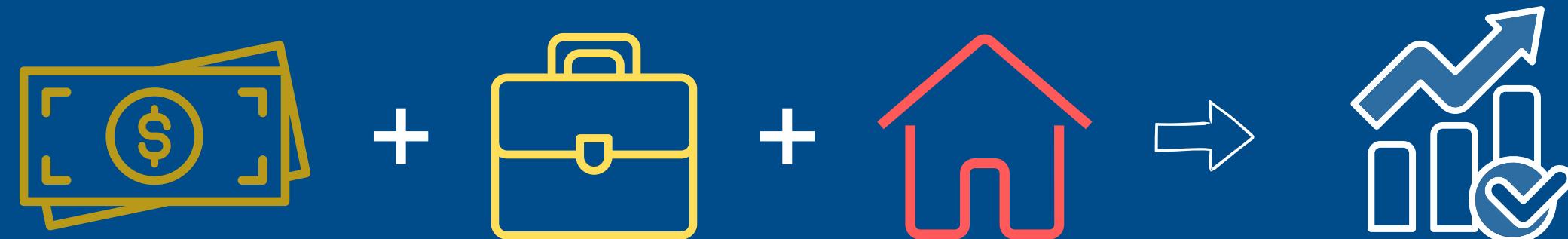
# Prosperity

By Nouman

## Definition :

- Prosperity refers to the economic well-being and financial success of individuals and society.  
It's about having the resources, opportunities, and security needed to live a comfortable life.

Prosperity =



# POVERTY

A condition where individuals or communities lack the financial resources and essentials for a basic standard of living

## Poverty as an Indicator

- Definition: The percentage of the population living below Canada's official poverty line based on the Market Basket Measure

### MARKET BASKET MEASURE (MBM)

A family lives in poverty if they cannot afford a specific basket of goods and services representing a modest standard of living.



**10.9%**

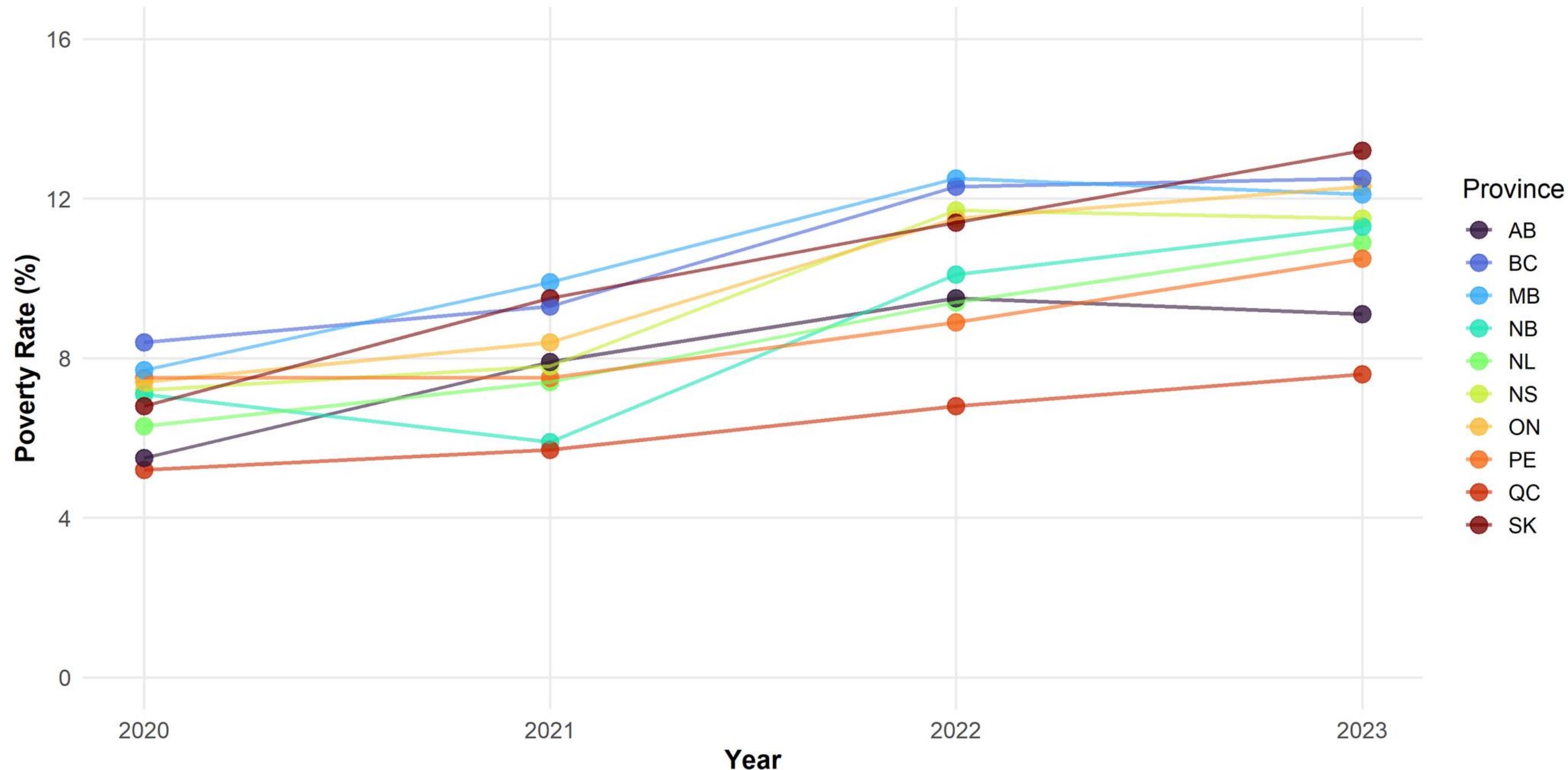
of Canadians live **below**  
the **poverty** line

Data Source: Canadian Income  
Survey

# Poverty Rate Over Time (2020-2023)

## Provincial Poverty Rate Trends (2020-2023)

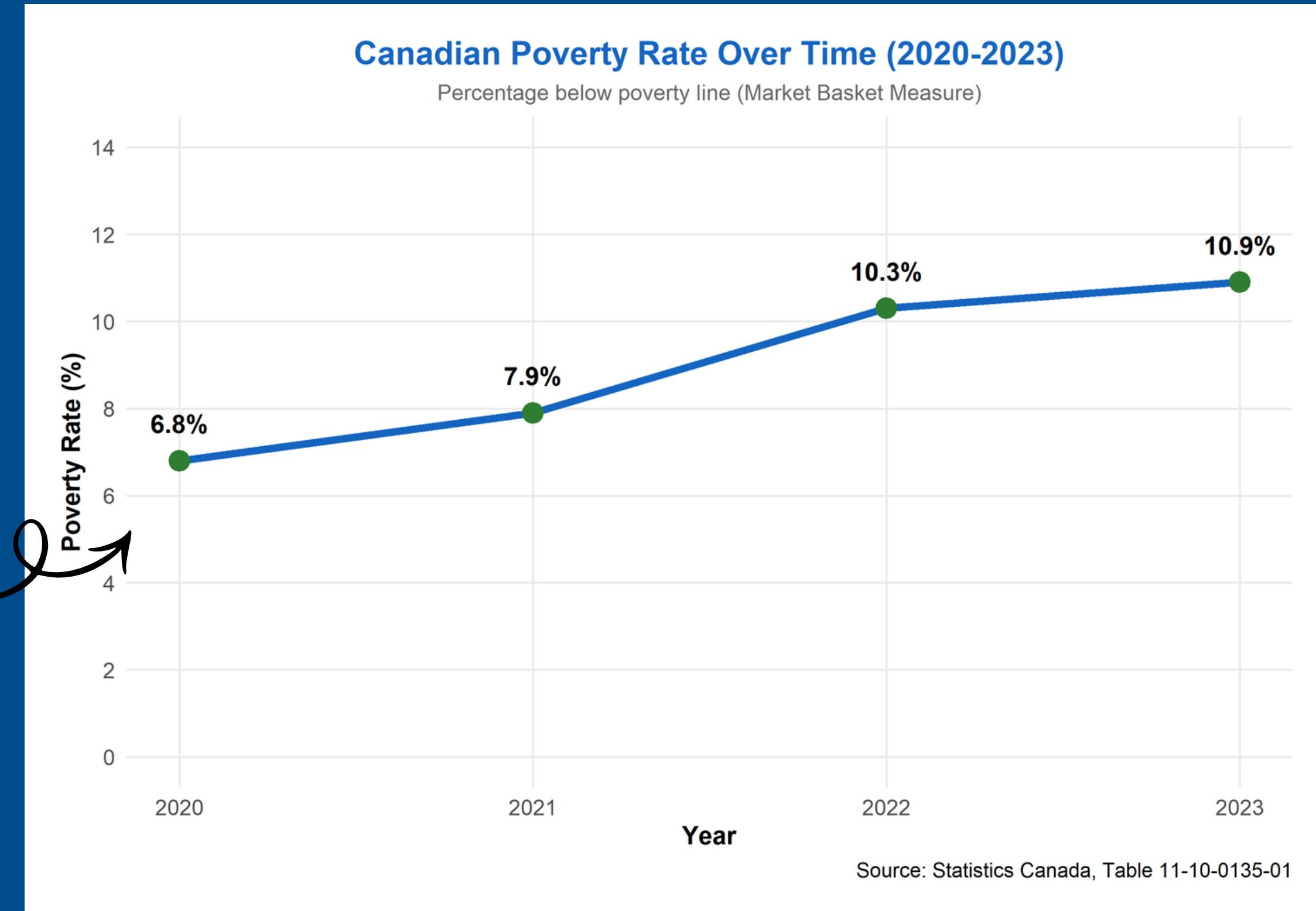
Each line represents a province's poverty trajectory



Source: Statistics Canada, Table 11-10-0135-01

# Poverty Rate Over Time (2020-2023)

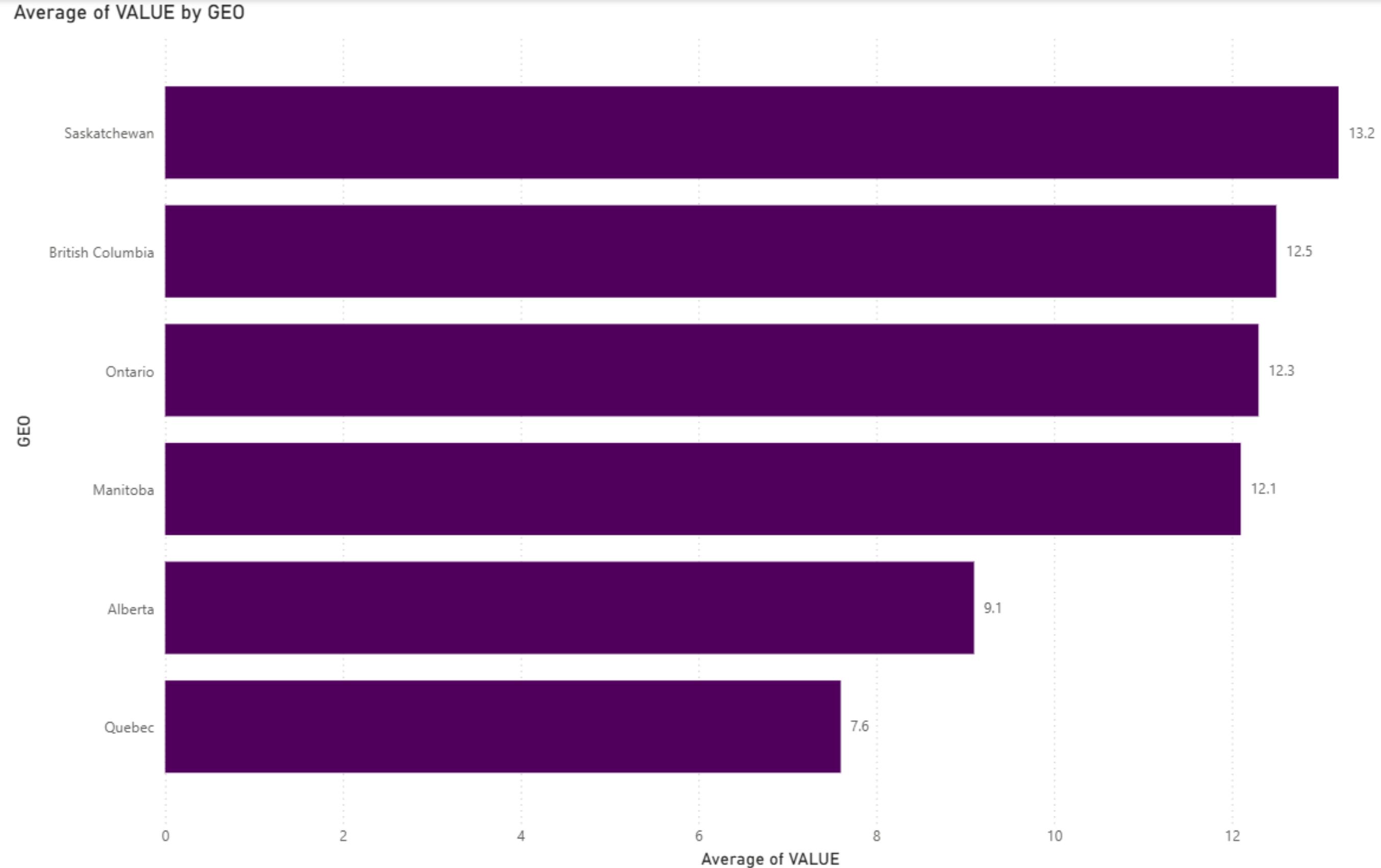
2020's low rate  
6.8% was due to  
COVID-19 emergency  
benefits (CERB), not  
actual poverty  
reduction.



Steepest increase occurred  
between 2021-2022  
2.4%

Overall Change of  
+4.1 % points

# Poverty Rate by Province



MAX- 13.2

5.6

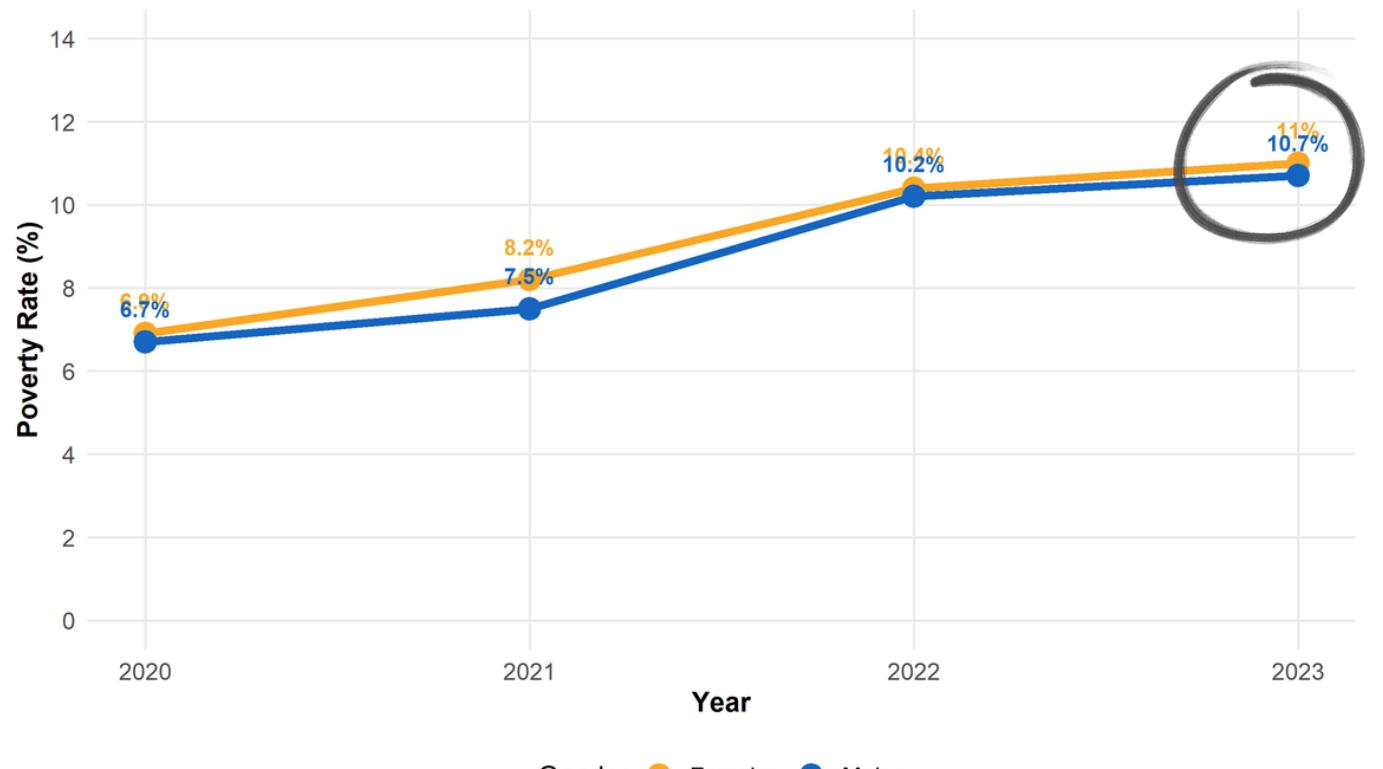
percentage points separate highest and lowest provinces

MIN- 7.6

# Poverty by Demographics

Poverty Rate by Gender (Canada, 2020-2023)

Females consistently have higher poverty rates



Females

: 11.0%

Males:

10.7%

Gender gap: 0.3  
percentage points

## ⚠ HIGHEST RISK

Non-seniors alone:

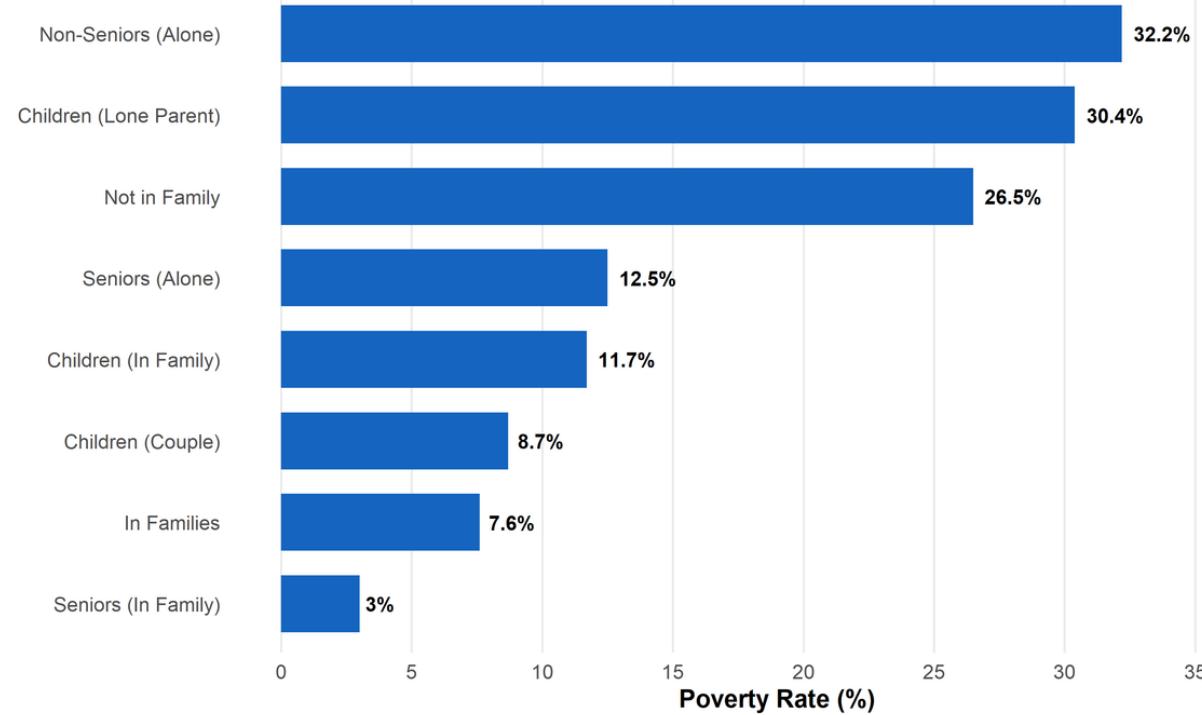
32.2%

Lone-parent children:

30.4%

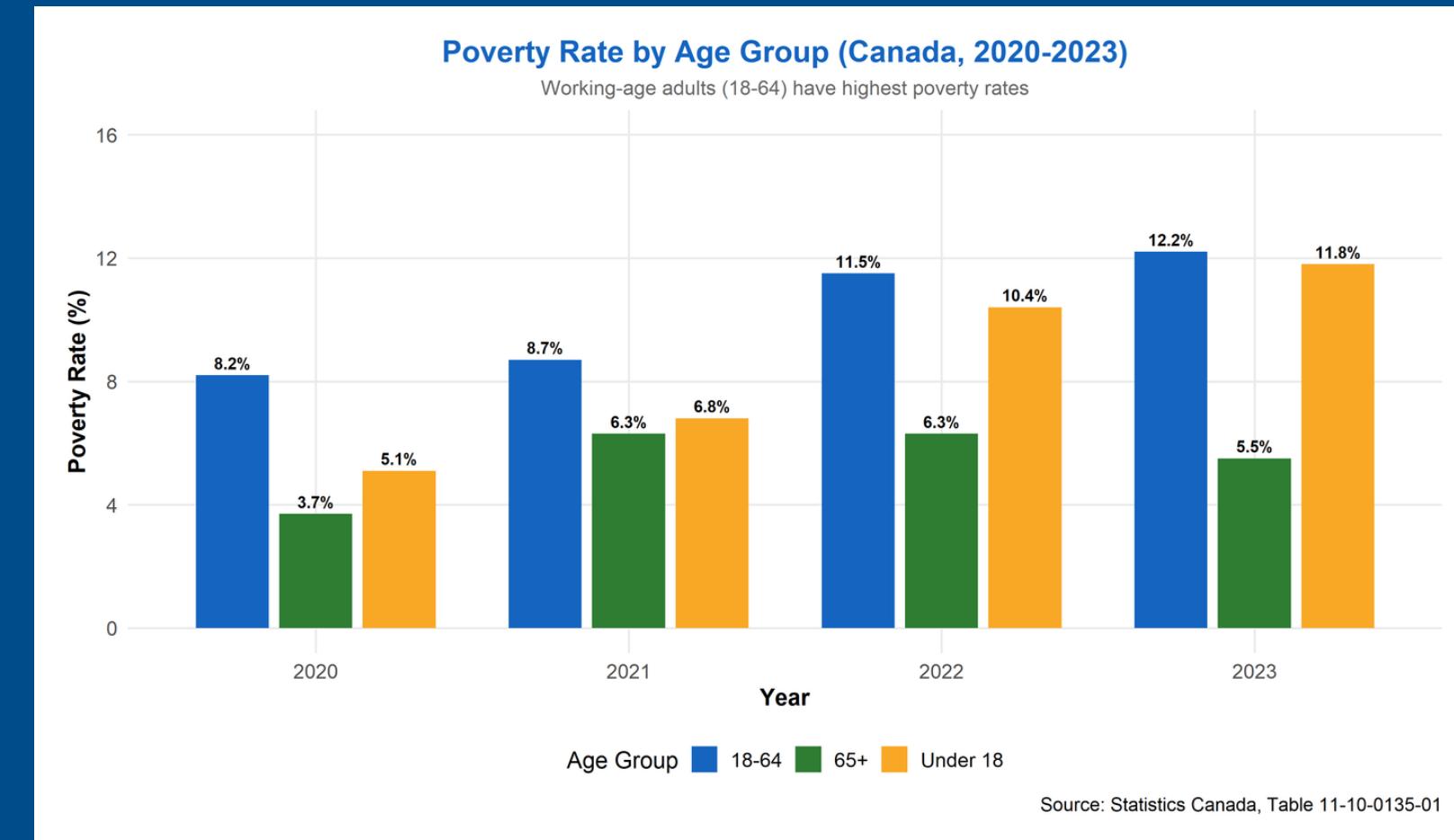
Poverty Rate by Family Type (Canada, 2023)

Non-seniors living alone face highest poverty risk



Poverty Rate by Age Group (Canada, 2020-2023)

Working-age adults (18-64) have highest poverty rates



Under 18 :

11.8%

18-64 :

12.2%

65+ :

5.5%

Working-age adults face **highest poverty risk gap**

# Key Findings

## RISING TREND

**+4.1%**

Poverty rose from 6.8% to 10.9% as COVID benefits ended

## CHILDREN AT RISK

**30.4%**

Children in lone-parent families most vulnerable

## LIVING ALONE

**32.2%**

Non-seniors alone face the highest poverty rate

## REGIONAL GAP

**4.3%**

Gap between highest (BC) and lowest (QC) province

# Mental Health

By Thuy



# Mental Health in CANADA

## Overview:

- Good mental health declined from 2020–2022, largely influenced by the pandemic.
- Stress levels increased, with the strongest impact on young adults (18–34) and women.
- Regional differences are clear, some provinces recovered faster while others saw deeper declines.

**Study Period:**

2016 - 2022

**Data Sources:**

Statistics Canada

```
> summary_table  
# A tibble: 14 × 3
```

	Location	Total_Person	Avg_Percentage
1	Alberta	13,720,700	32.1
2	British_Columbia	15,597,100	31.4
3	Canada	118,962,100	32
4	Manitoba	3,891,200	30.9
5	New_Brunswick	2,338,900	30.4
6	Newfoundland_Labrador	1,598,300	29.9
7	Northwest_Territories	118,300	29.5
8	Nova_Scotia	3,038,700	31.2
9	Nunavut	78,600	27.5
10	Ontario	46,261,200	32
11	Prince_Edward	481,500	30.7
12	Quebec	28,409,500	33.2
13	Saskatchewan	3,305,700	30.4
14	Yukon	120,900	30.7

Table: Gender Categories

Gender
:-----
Both_Genders
Males
Females
>

Table: Age Groups in Dataset

Age_Group	Age_Range
:-----	:-----
Total	12 years and over
Teen	12 to 17 years
Young	18 to 34 years
Midlife	35 to 49 years
Older	50 to 64 years
Senior	65 years and over
>	>

Table: Indicator Types

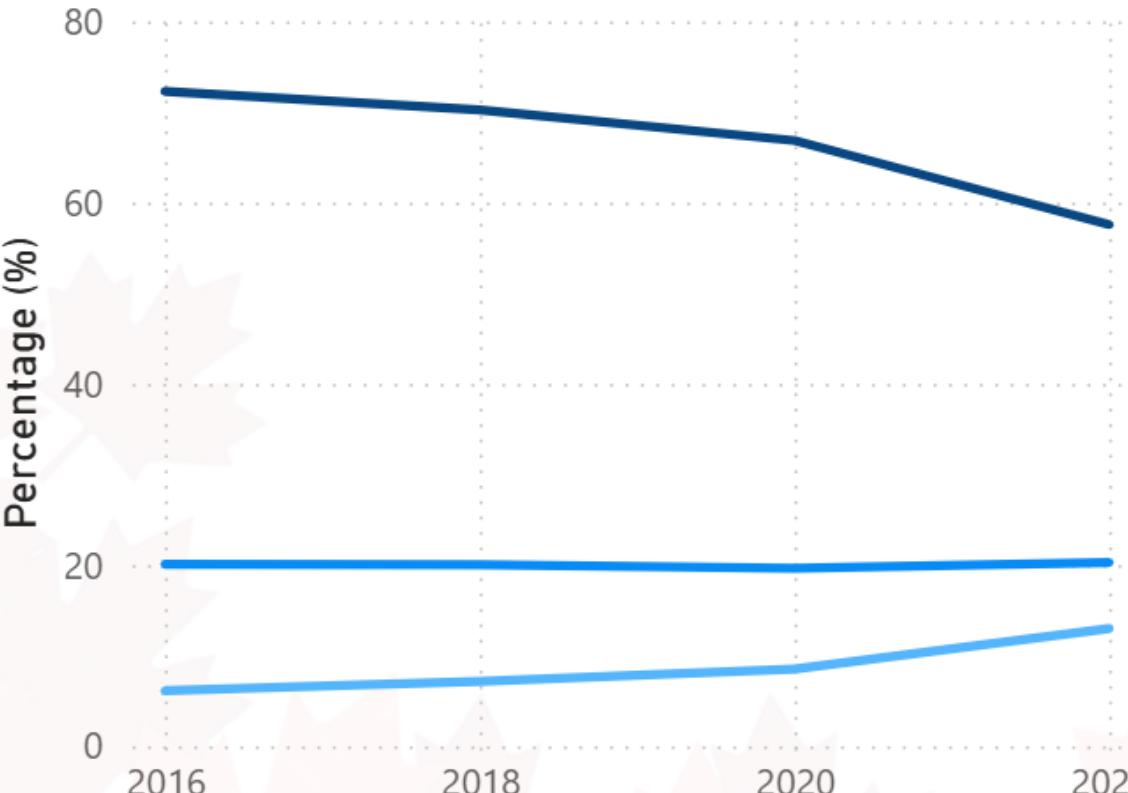
Indicators
:-----
Good_Excellent
Fair_Poor
Stressful
>

```
> summary(health)
```

Location	Age_group	Gender	Indicators	Year	Person	Percentage
Length:2657	Length:2657	Length:2657	Length:2657	Min. :2016	Min. : 200	Min. : 2.50
Class :character	Class :character	Class :character	Class :character	1st Qu.:2016	1st Qu.: 9200	1st Qu.:10.50
Mode :character	Mode :character	Mode :character	Mode :character	Median :2018	Median : 45350	Median :21.15
				Mean :2019	Mean : 363857	Mean :32.83
				3rd Qu.:2020	3rd Qu.: 223450	3rd Qu.:61.80
				Max. :2022	Max. :21243500	Max. :89.40
				NA's	NA's : 43	NA's :43

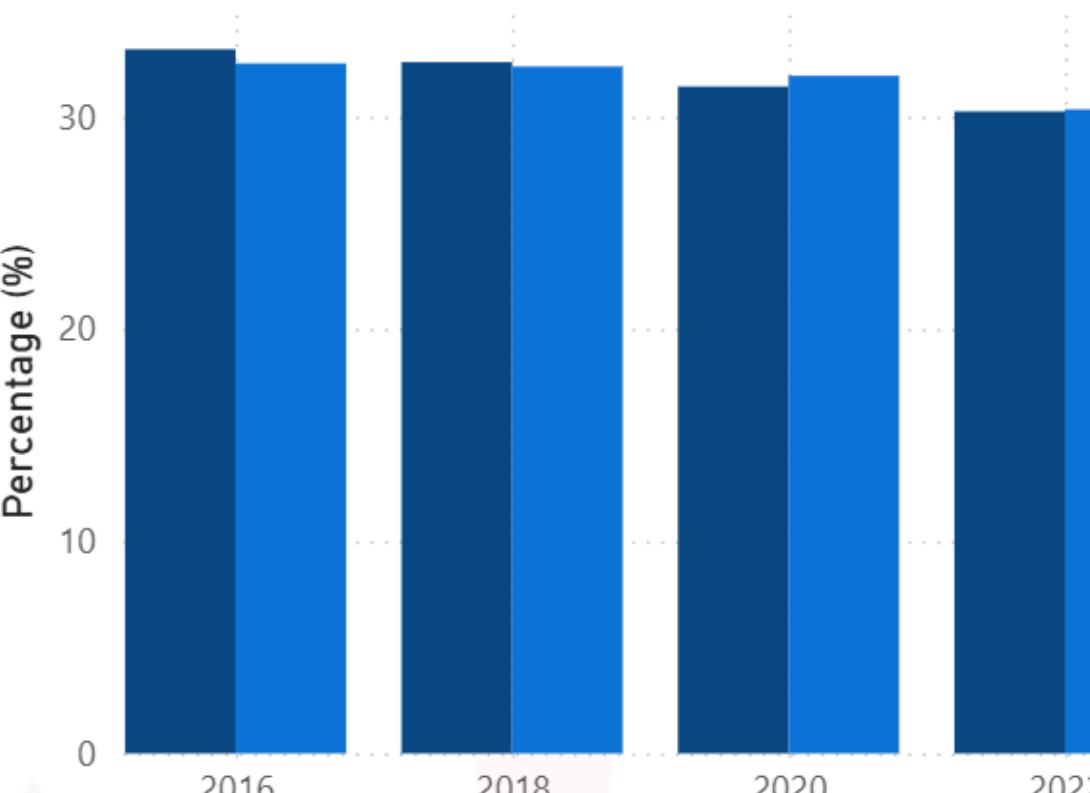
## Mental Health Status 2016-2022

● 1.Good\_Excellent ● 2.Fair\_Poor ● 3.Stressful



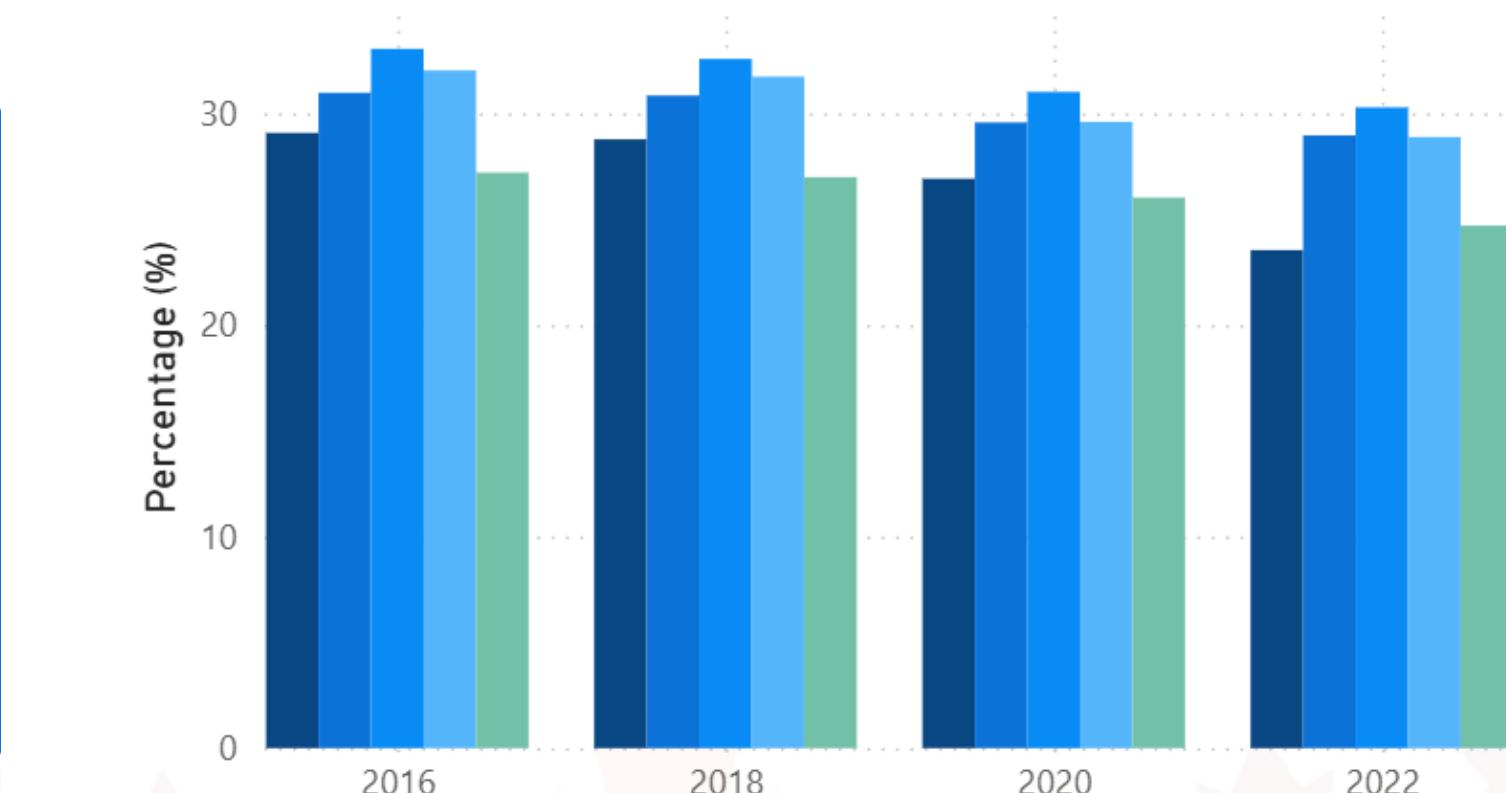
## Mental Health By Gender 2016-2022

● Females ● Males



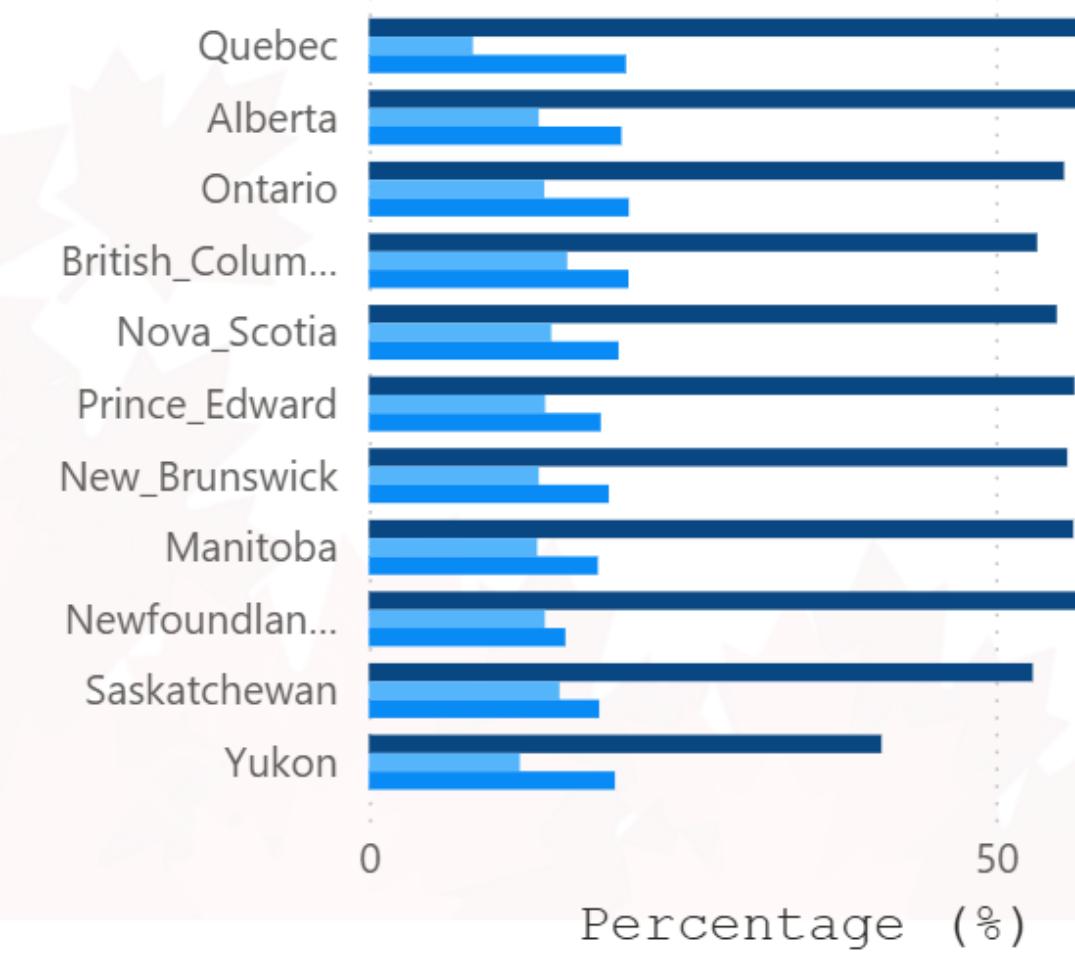
## Mental Health by Age\_group

● 1.Teen ● 2.Young ● 3.Midlif ● 4.Older ● 5.Senior



## Mental Health by Location in 2022

● 1.Good\_Excellent ● 2.Fair\_Poor ● 3.Stressful



## % by Location

○ Quebec

○ Alberta

○ Canada

○ Ontario

○ British\_Columbia

○ Nova\_Scotia

○ Manitoba

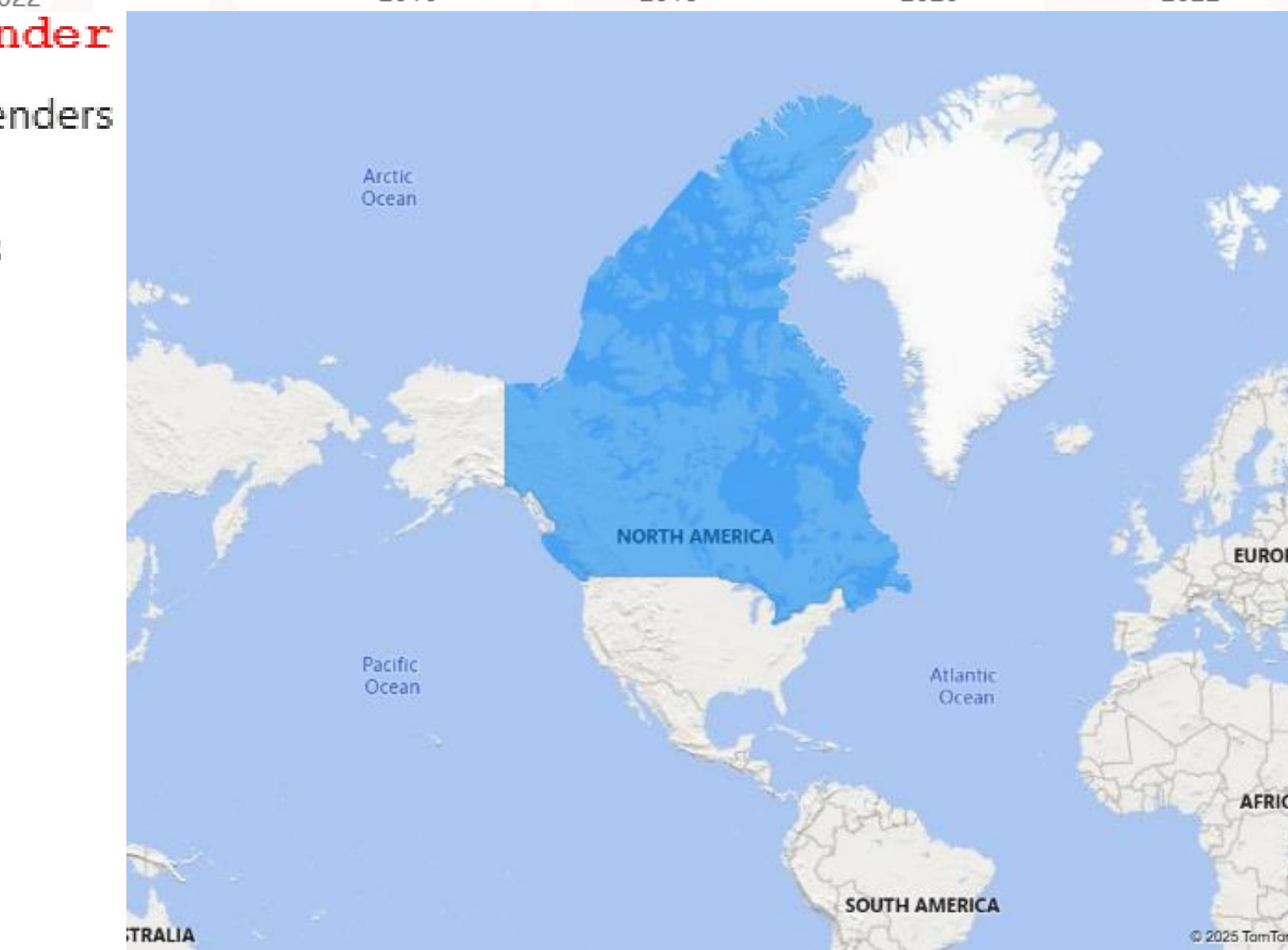
○ New\_Brunswick

## % by Gender

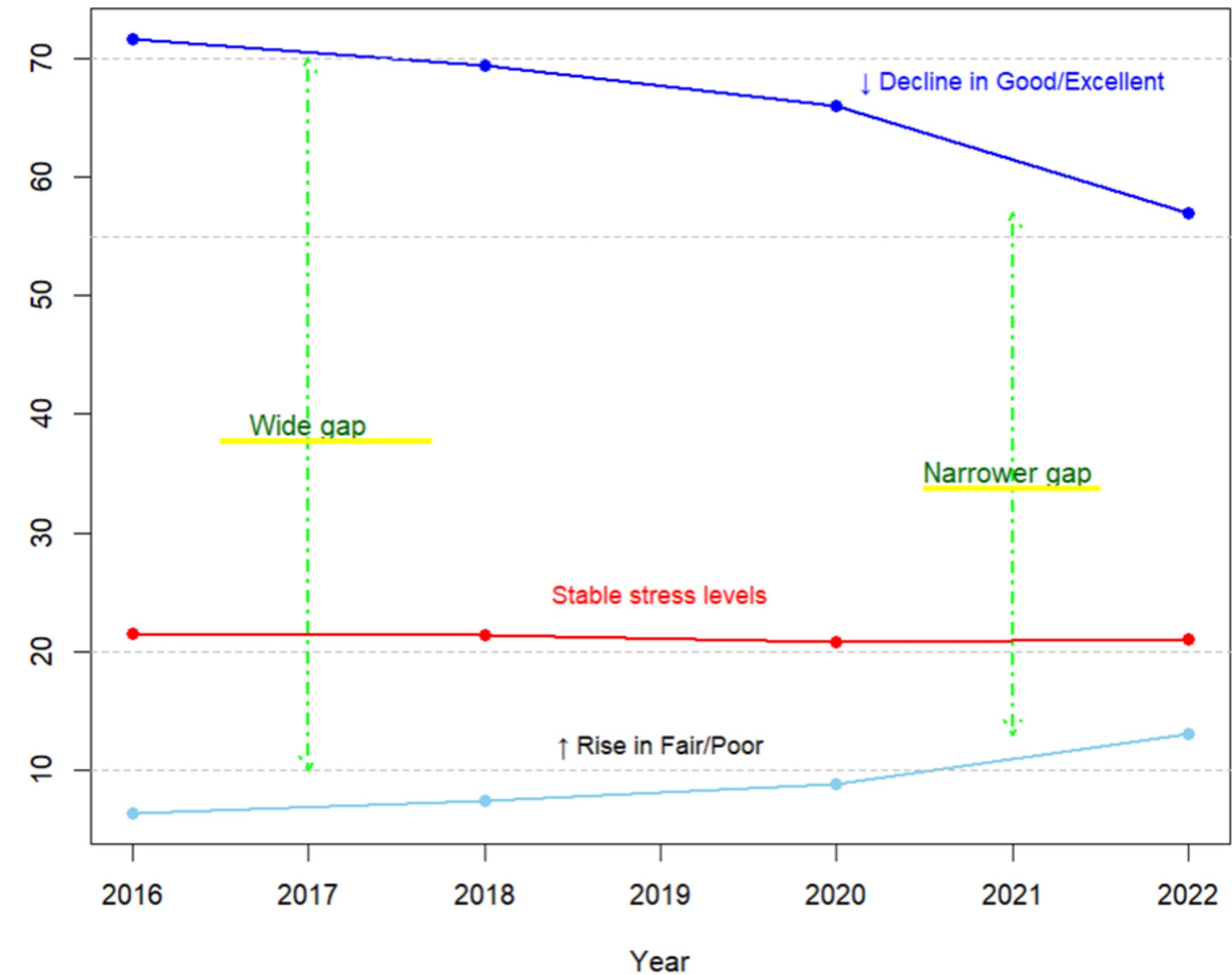
○ Both\_Genders

○ Males

○ Females



## Mental Health by Indicators



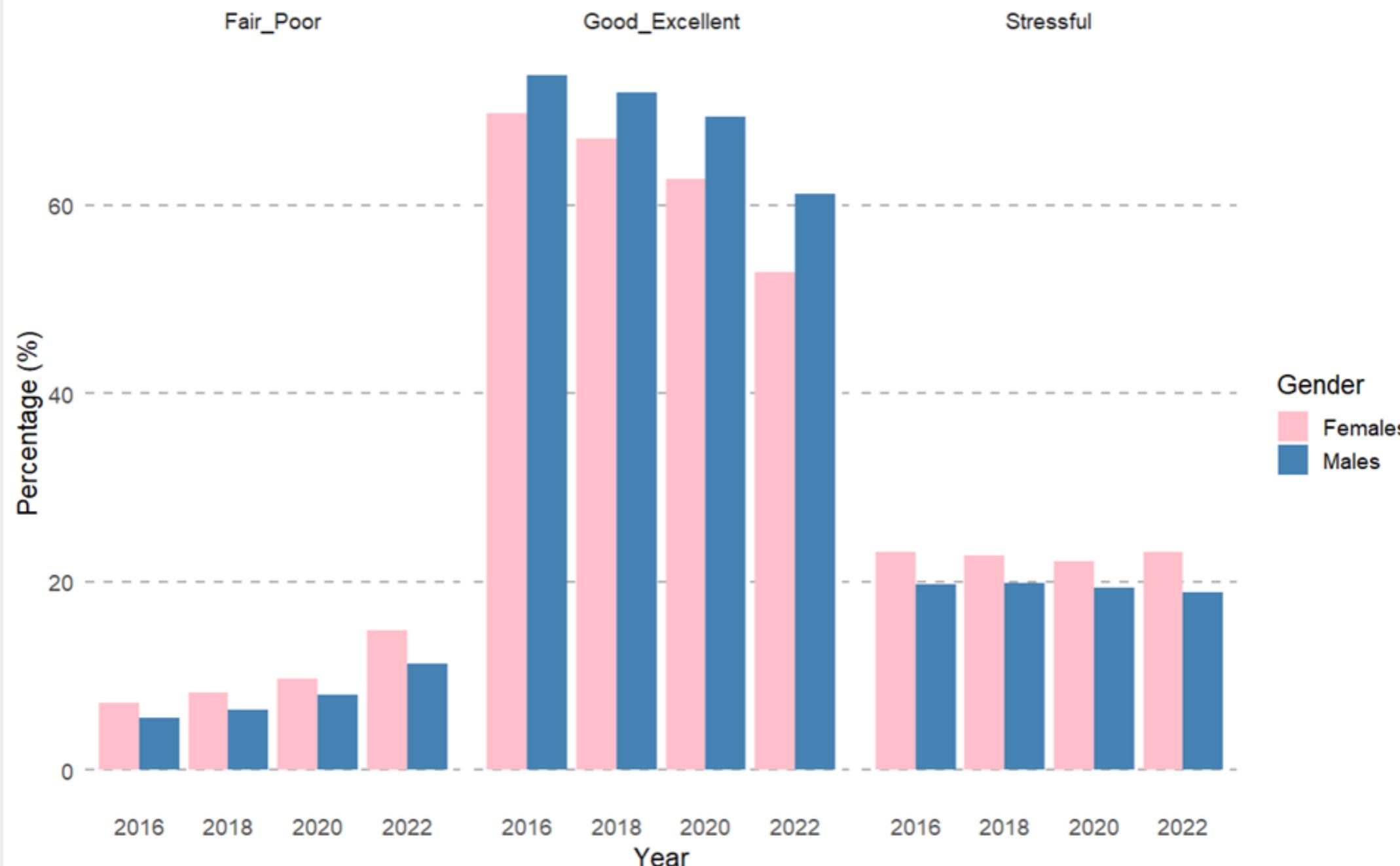
## Mental Health Trends (2016–2022)

1. Good/Excellent dropped from ~70% to ~60%.
2. Fair/Poor ratings increased slightly.
3. Stress levels stayed stable around 20%.
4. Gap narrowed between positive & negative .

### Visualization:

1. Plot functions: `plot()`, `lines()`, `points()`
2. Highlights: `abline()`, `text()`, `arrows()`

## Mental Health by Gender (Canada, 2016–2022)

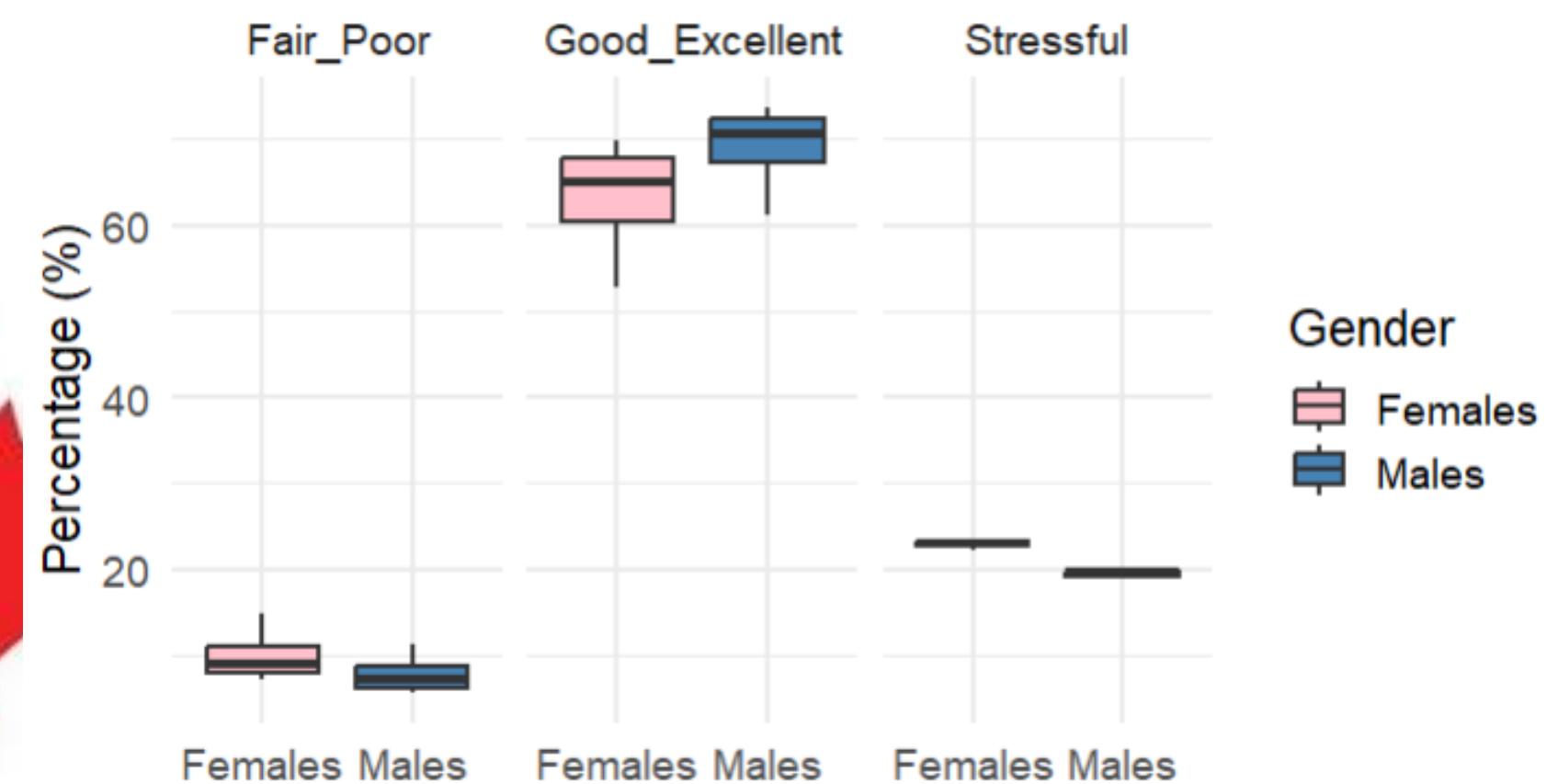


**Visualization:** ggplot2 (bar chart, line chart and boxplot)

## Average Gender Gap by Indicators

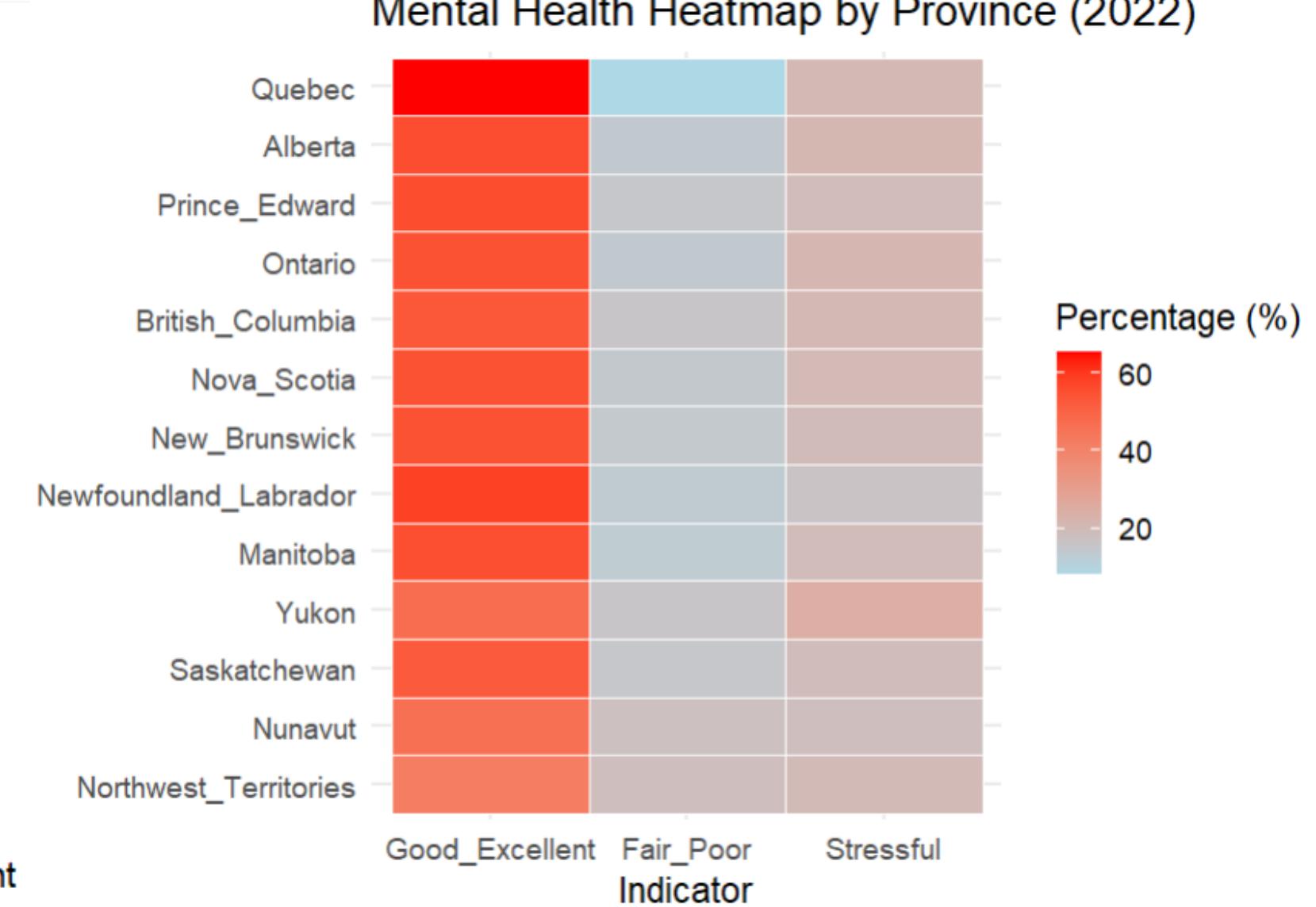
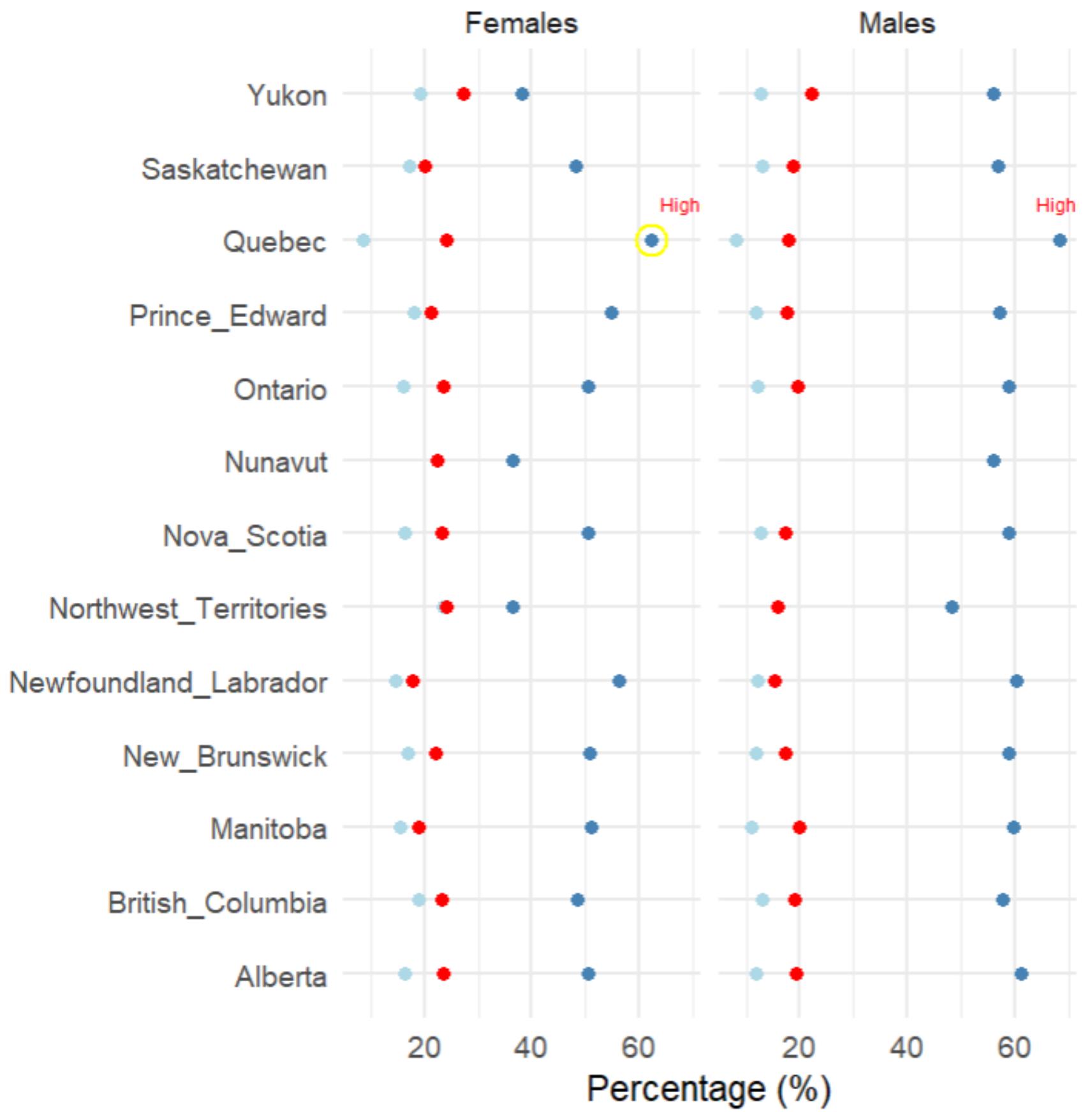


## Distribution by Gender



# Mental Health Indicators by Province (2022)

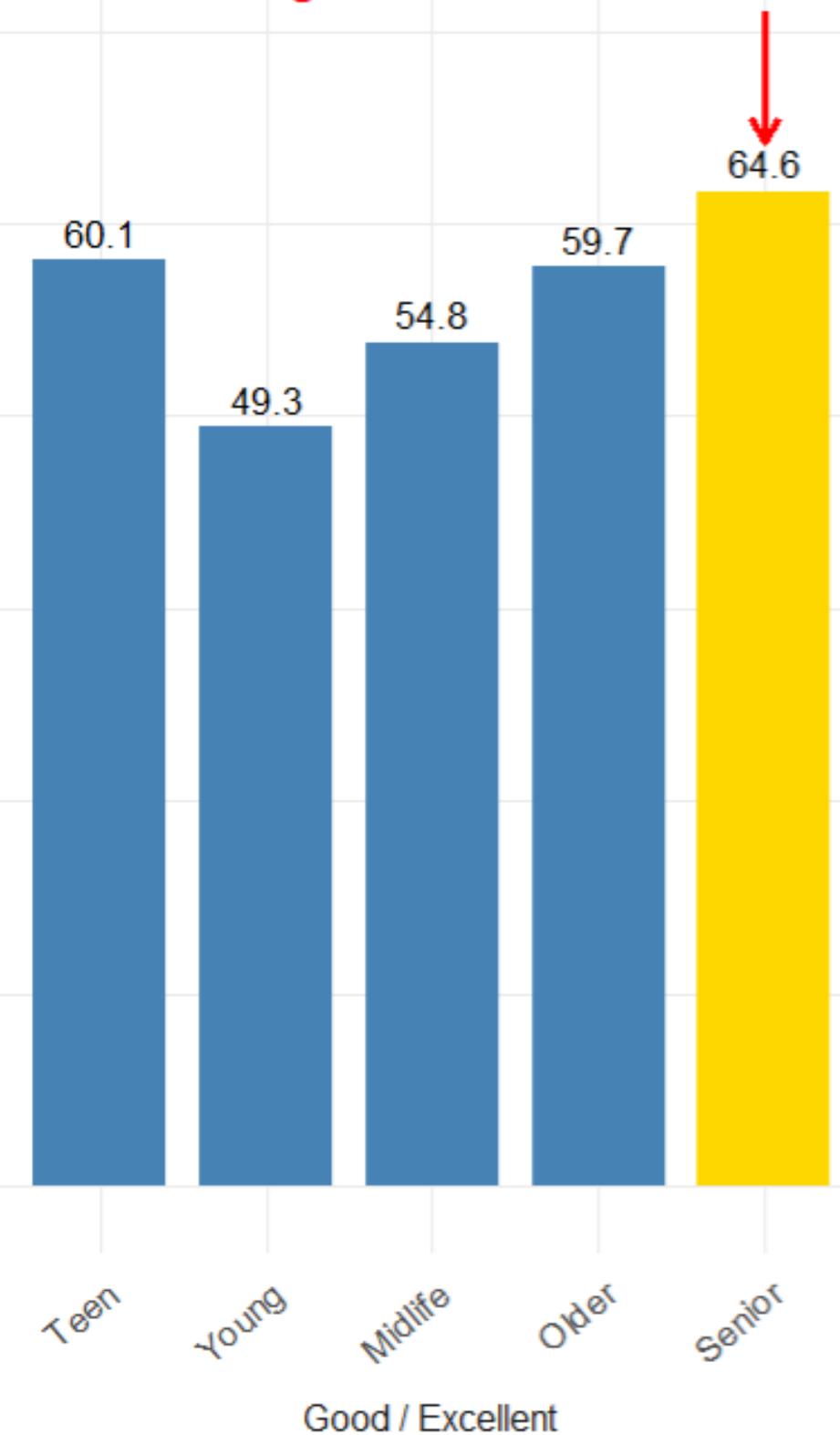
Quebec's Good\_Excellent highlighted



Visualization: ggplot2 (dotmap, heatmap)

# Mental Health by Age Groups in 2022

Seniors have highest level of good/excellent condition



✓ Positive:

Seniors report the highest levels of Good/Excellent .

⚠️ Concern:

Youth and midlife groups show higher stress levels.

Fair / Poor

Stressful

# CONCLUSION:

Mental health remains a critical public health priority, requiring support across all age groups.

- **Young people** (especially young women) are the most likely to meet criteria for mood or anxiety disorders.
- **Stress and poor mental health** are rising among youth due to social media, academic pressure, and post-pandemic effects.
- **Seniors report better mental health** due to stronger social routines, emotional resilience, and lower exposure to modern stressors

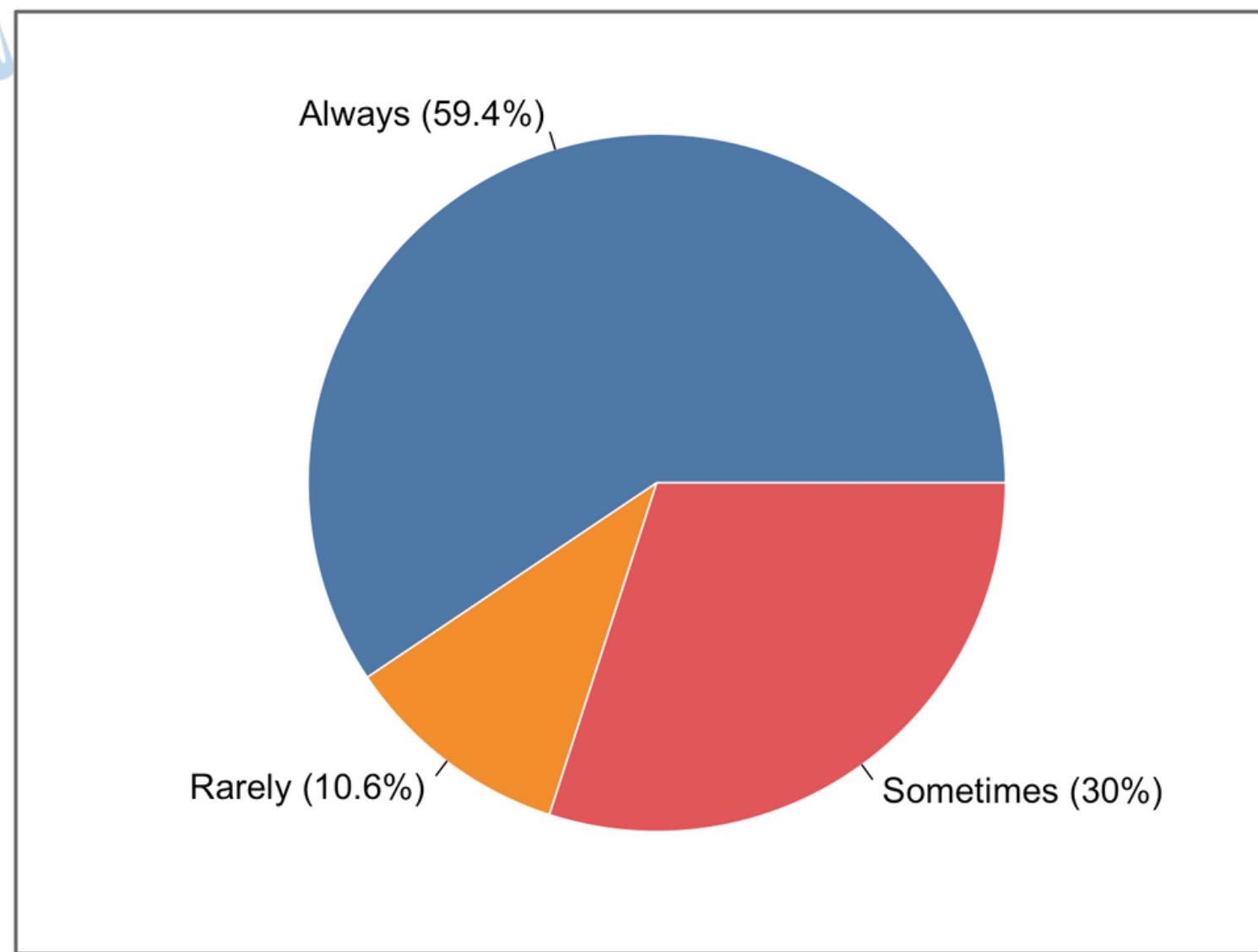
# Future Outlook

By  
Dmytro

# Future Outlook

**Future outlook** shows how optimistic Canadians feel about their life in the near future, grouped into three indicators: Always/Often, Sometimes, and Rarely/Never. Measured quarterly, this dataset explores future outlook levels across Canadian provinces and genders.

Distribution of Future Outlook Indicators (Avg %)



```
> print(summary_table)
```

```
# A tibble: 9 × 4
```

	Indicators	Gender	Avg_Number	Avg_Percent
1	Always	Total	<u>19430.</u>	59.5
2	Always	Men	<u>9424.</u>	58.2
3	Always	Women	<u>10005.</u>	60.8
4	Sometimes	Total	<u>9811.</u>	30
5	Sometimes	Men	<u>4857.</u>	29.9
6	Sometimes	Women	<u>4954.</u>	30
7	Rarely	Total	<u>3458.</u>	10.5
8	Rarely	Men	<u>1946.</u>	11.9
9	Rarely	Women	<u>1512.</u>	9.1



```
> print(summary_stats)
```

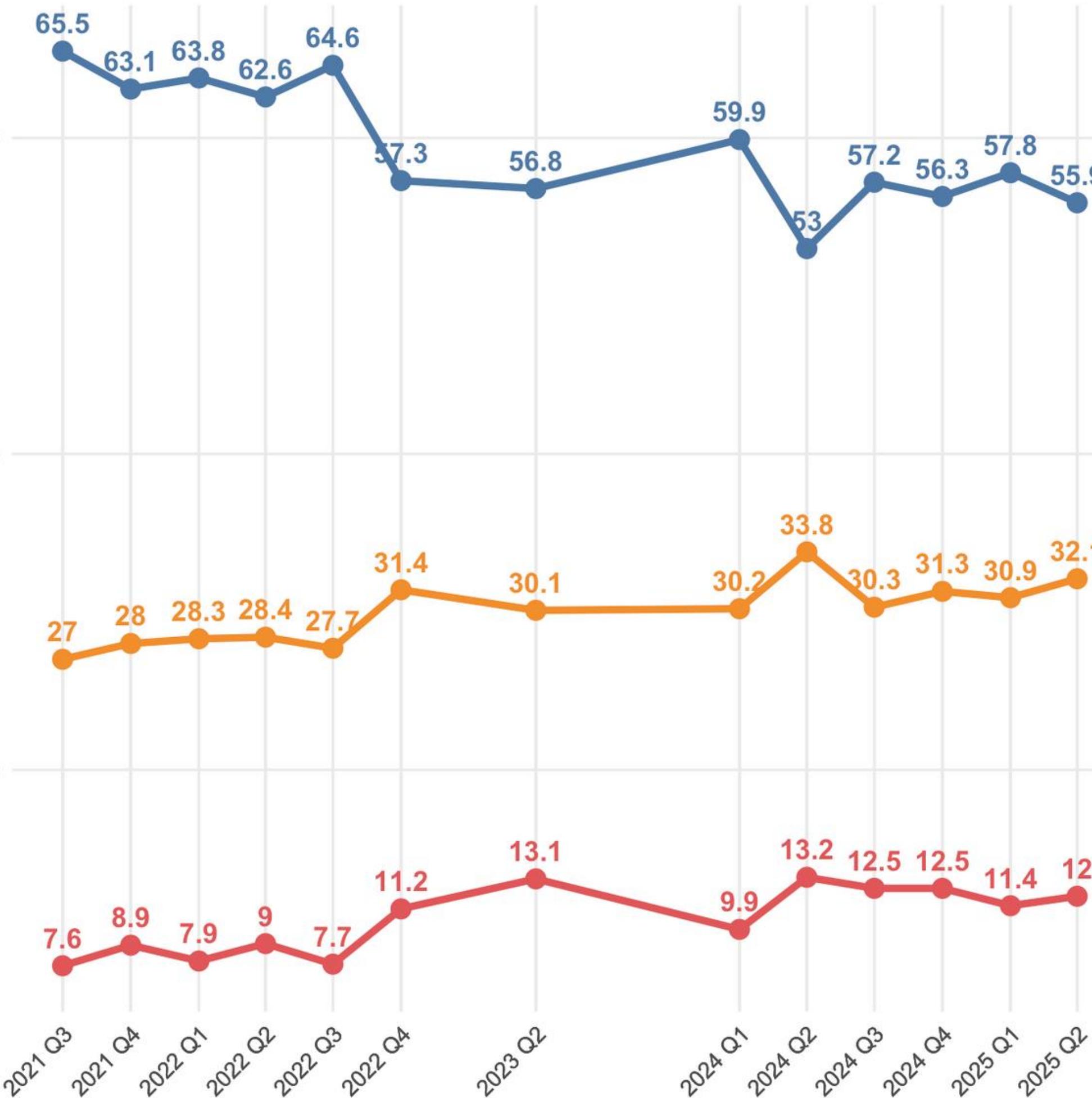
```
# A tibble: 3 × 6
```

	Indicators	Min_Percent	Max_Percent	Mean_Percent	Median_Percent	SD_Percent
1	Always	51.1	66.3	59.5	58.9	4.02
2	Sometimes	26.7	34.2	30.0	30.2	1.98
3	Rarely	6.3	14.7	10.5	10.6	2.38



# Future Outlook Over Time (Canada)

Quarterly share of respondents who feel optimistic about their future

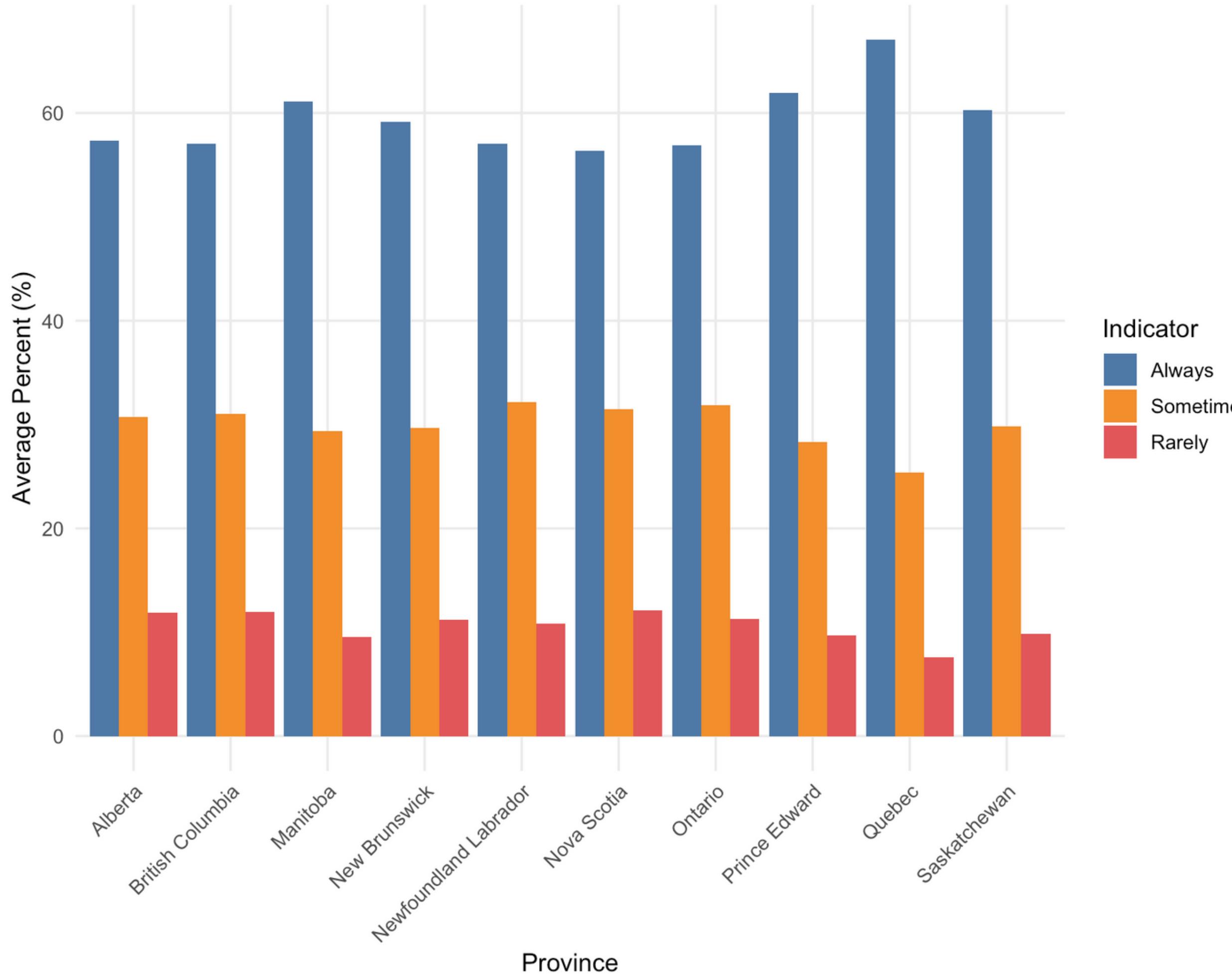


- **Strong** optimism has fallen by about 10 points.
- Both **moderate** and **low** optimism increased by 4–5 points over the past 4 years.



# Average Future Outlook by Province

Average percentage of respondents who feel optimistic about their future



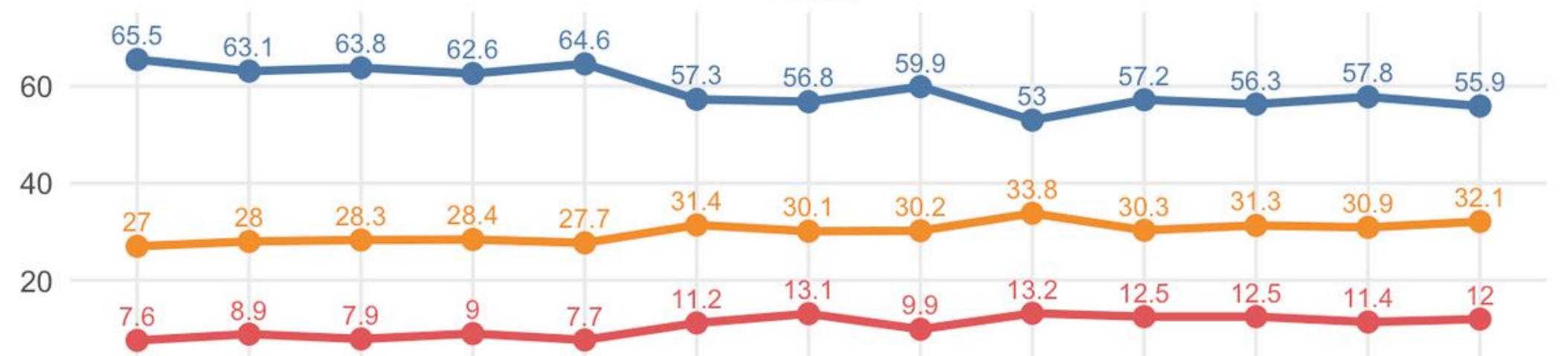
- **Quebec** shows the highest average strong optimism (~67%)
- **Ontario** has the lowest level of strong optimism (~57%)



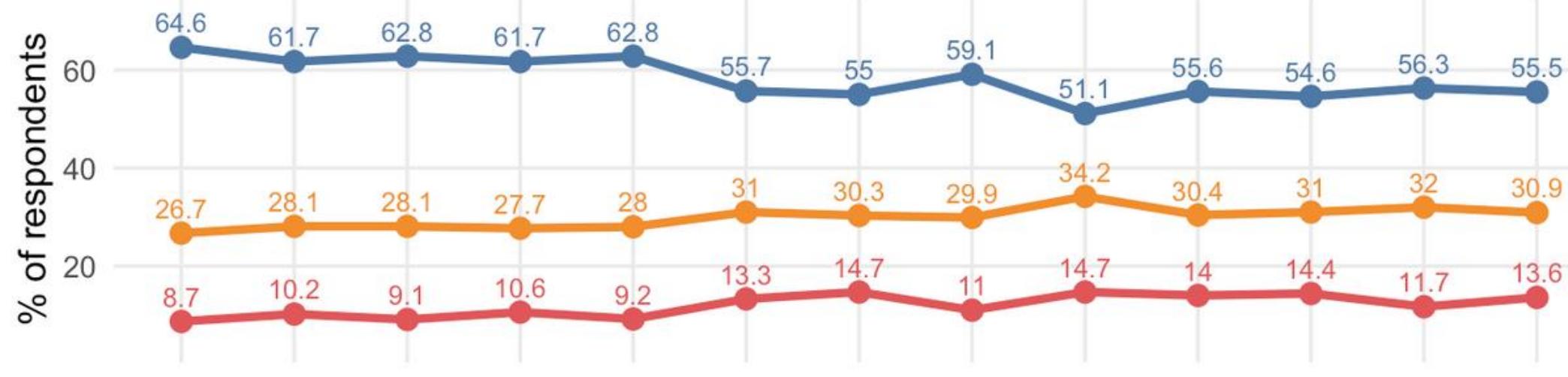
# Future Outlook Over Time by Gender (Canada)

Quarterly share of Canadians who feel optimistic, compared across gender groups

Total



Men



Women

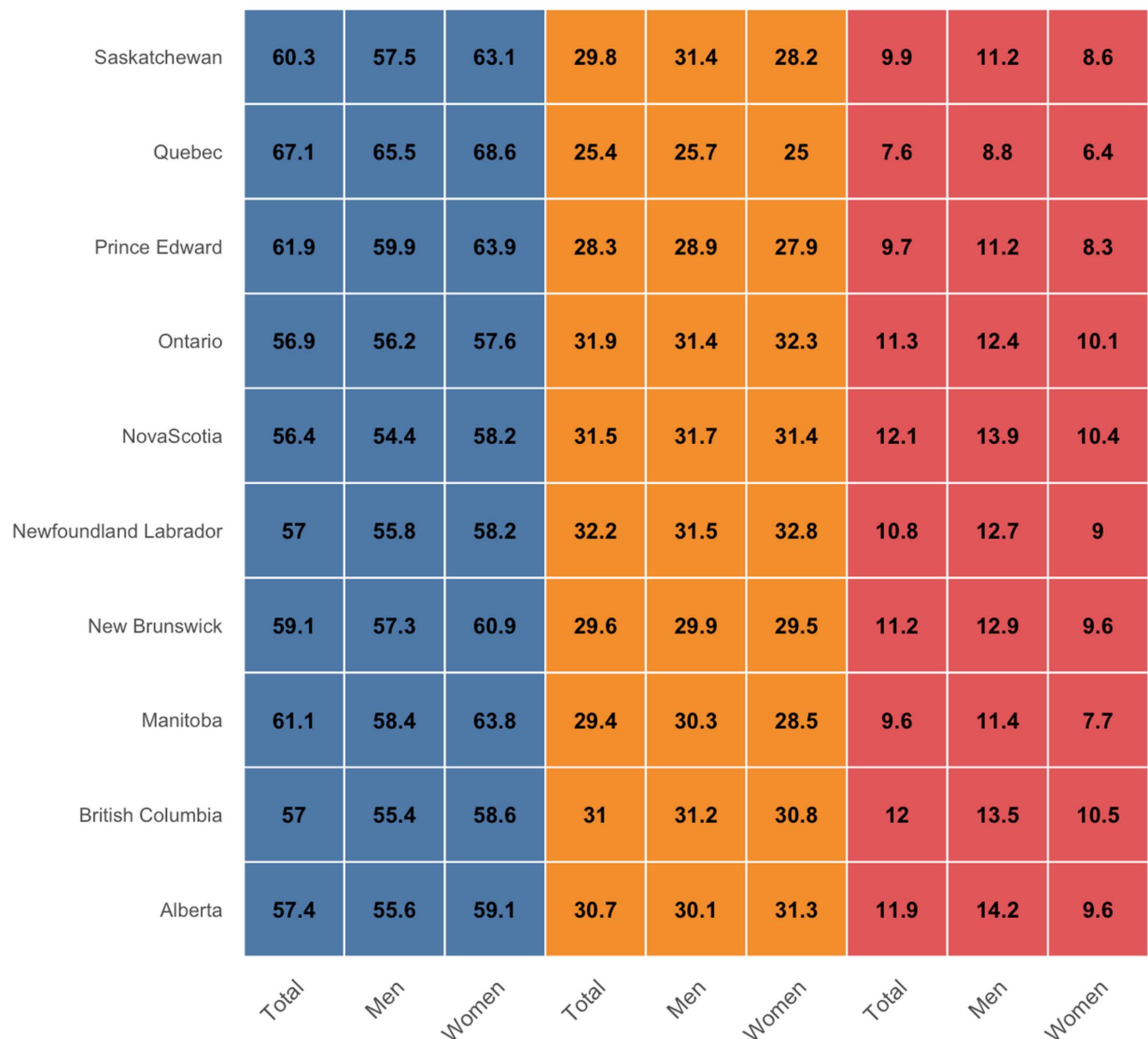


- **Women** consistently report slightly higher strong optimism than **men**.
- **Both** genders show a similar long-term decline of around 8–10 points.



# Average Future Outlook by Province and Gender

Heatmap comparing optimism patterns across demographic groups

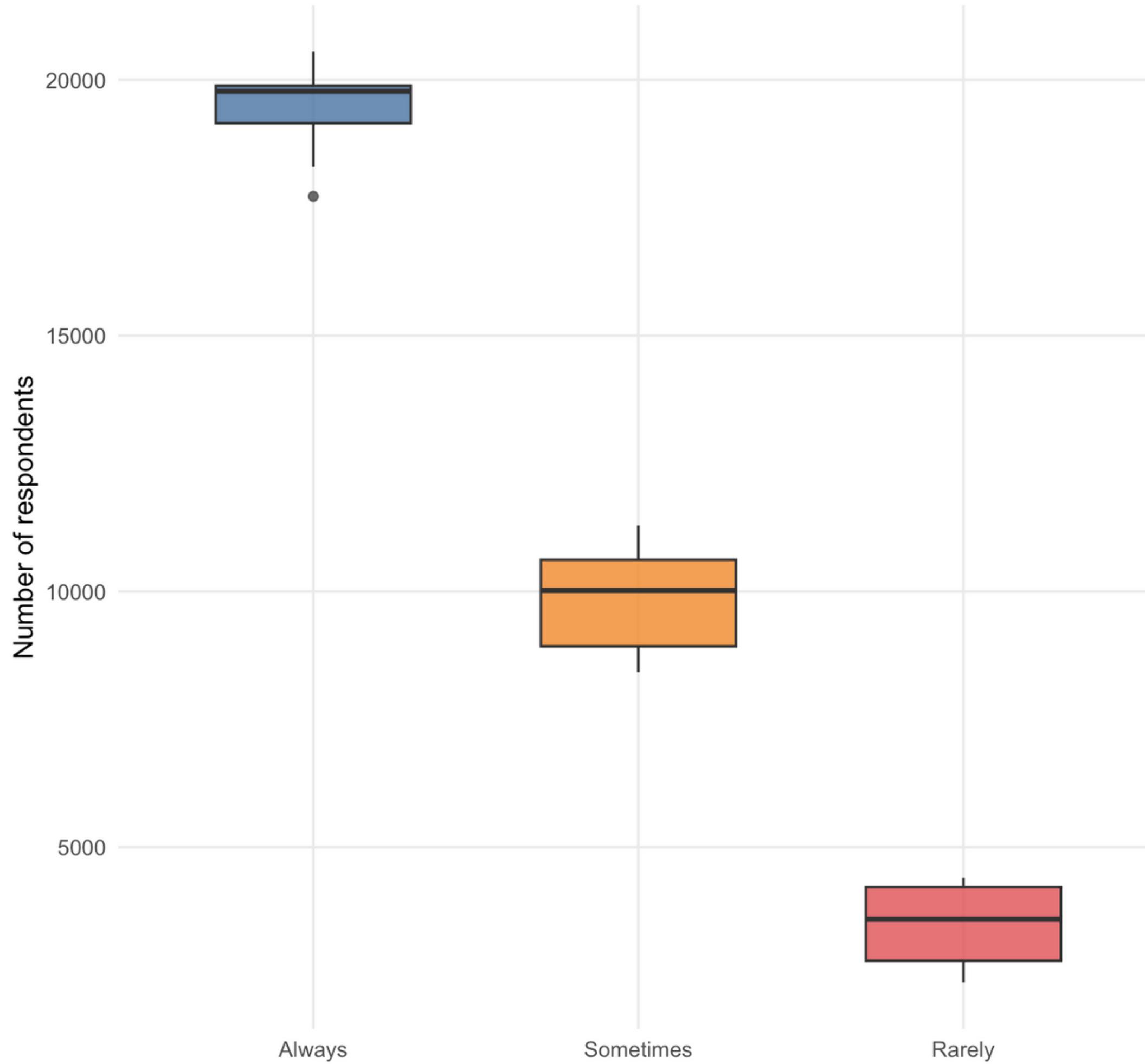


- **Quebec** is the most optimistic province overall across men and women
- Women report higher strong optimism than men in nearly **every** province, often by 2–4 %



# Respondent Count Variation by Indicator

Boxplot showing median, quartiles, and spread of optimism response counts in Canada

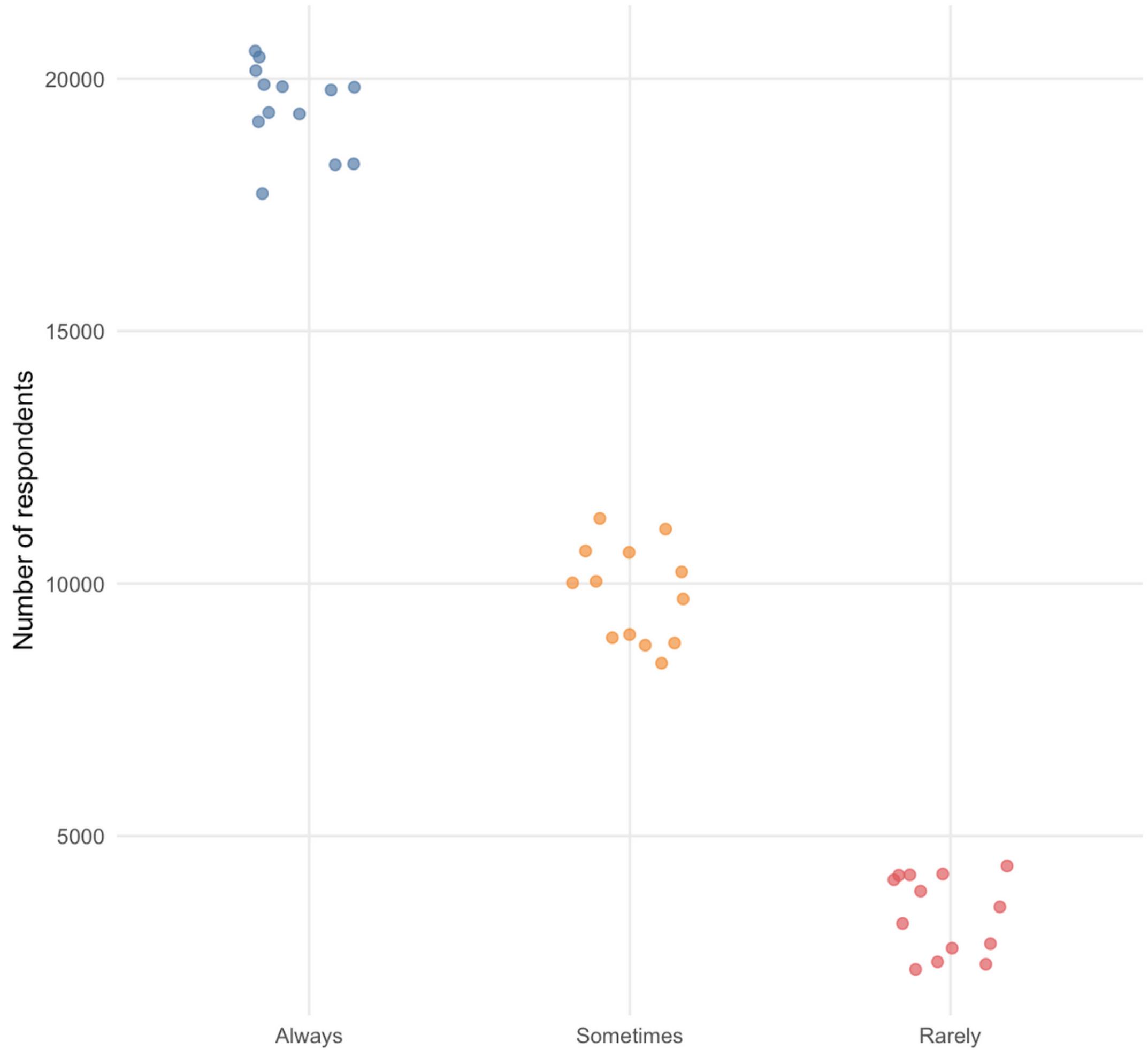


- **Always** median ~19.5k
- **Sometimes** median ~10k with more variability.
- **Rarely** median ~3.5k with the widest relative spread



# Respondent Count Distribution by Indicator

Swarm plot showing quarterly total respondent counts for optimism levels in Canada



- **Respondent counts** cluster clearly by indicator, showing a consistent pattern across quarters
  - **Always** responses highest ( $\approx 18\text{--}20k$ )
  - **Sometimes** in the mid range ( $\approx 9\text{--}11k$ )
  - **Rarely** lowest ( $\approx 3\text{--}4k$ )

## Indicator

- Always
- Sometimes
- Rarely



## Histogram of Future Outlook Percentages (2025)

Distribution of 'Always', 'Sometimes', and 'Rarely' responses

- **Always** cluster highest at 55–60%
- **Sometimes** concentrate 30–35%
- **Rarely** remain lowest at 10–15%

Power BI

Count

20

10

0

0

20

40

60

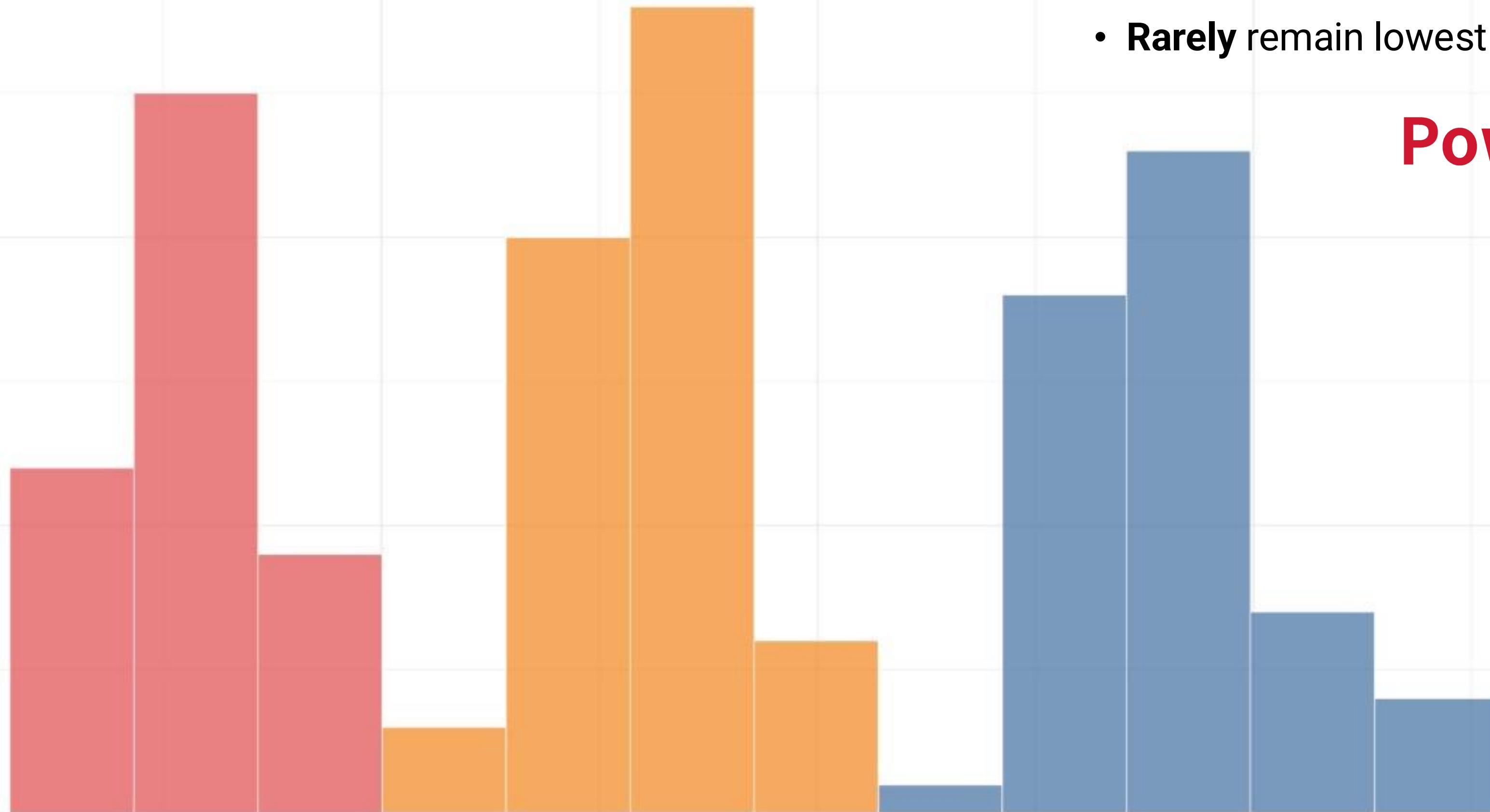
Percentage

Indicator

Always

Sometimes

Rarely



# Future Outlook – Summary

Key national insights on optimism, gender differences, geography, and trends

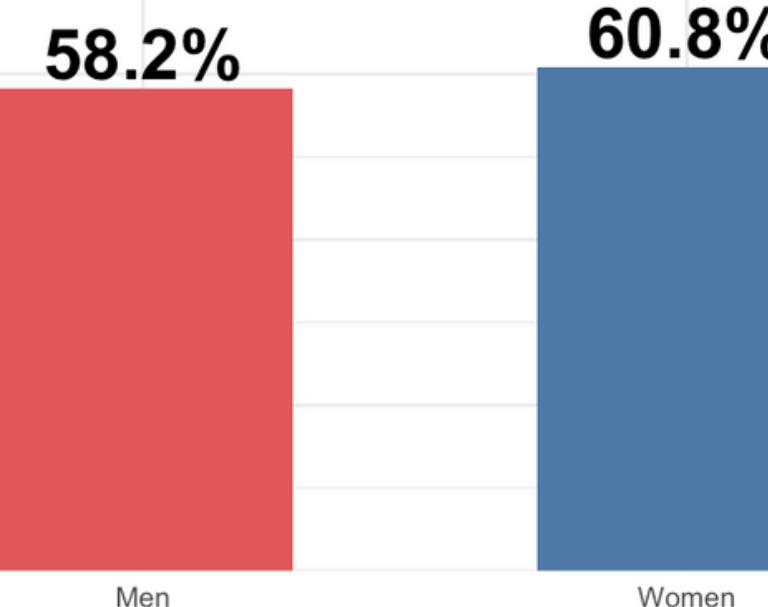
## Canada's Average Optimism

Most Canadians feel optimistic about their future.

**59.5%**

## Women More Optimistic

Women report slightly higher optimism than men.



## Low Level of Pessimism

Only a small share of Canadians feel pessimistic.

**10.5%**

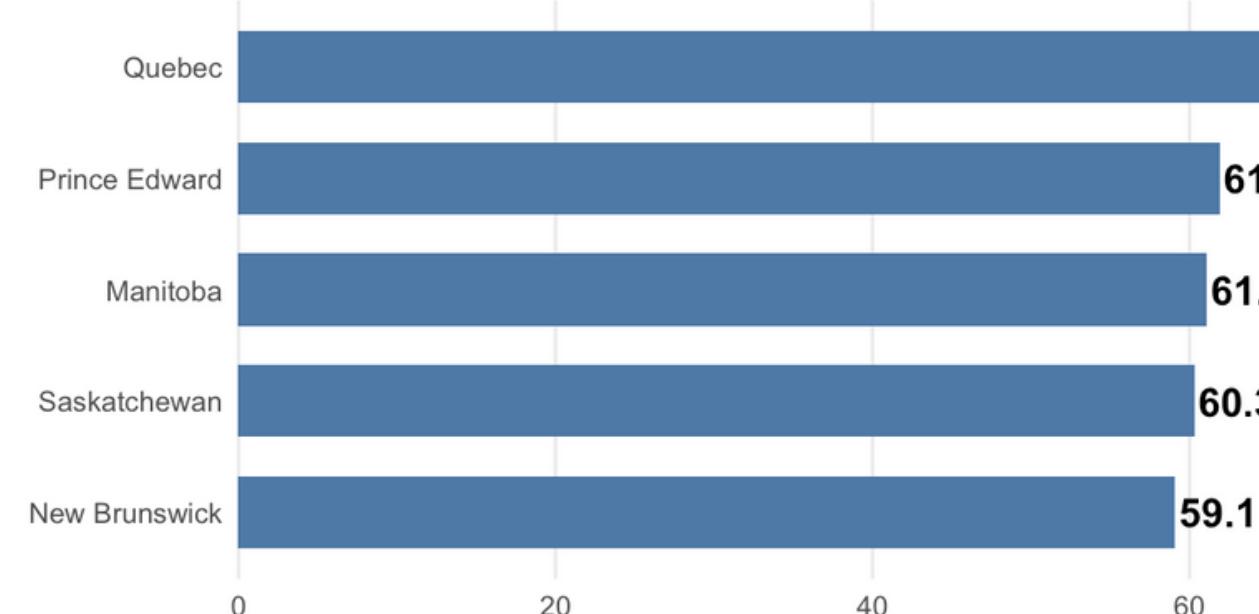
## Moderate Optimism Stable

Around 30% consistently feel moderately optimistic.

**30%**

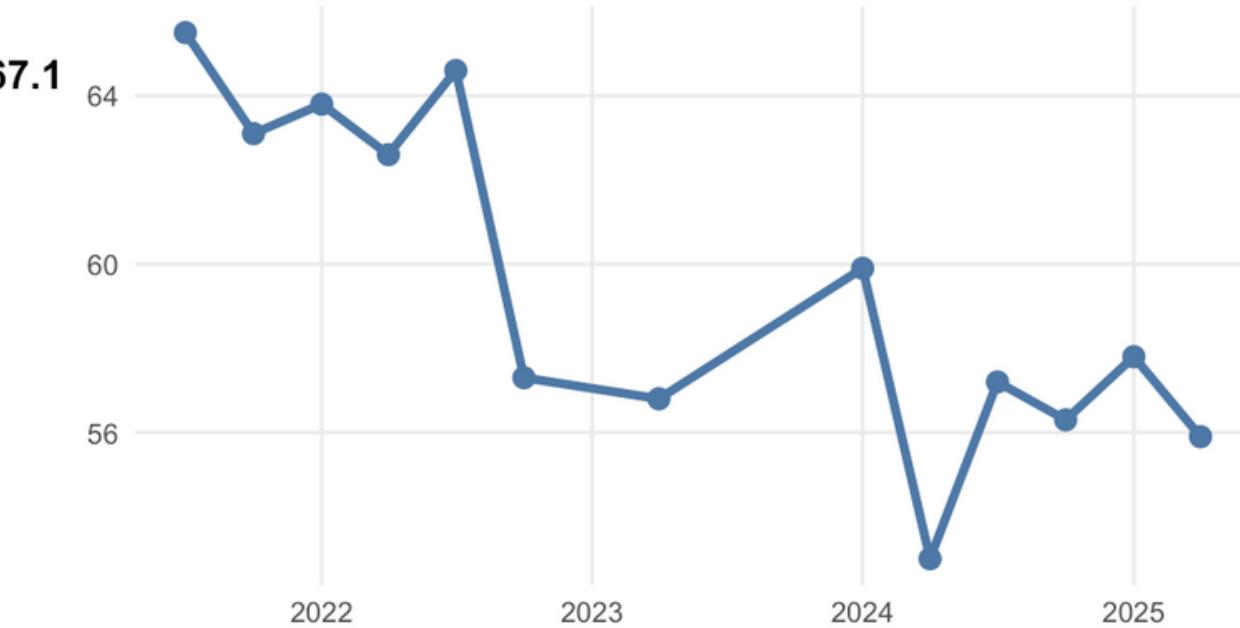
## Top Provinces by Optimism

Quebec leads Canada in optimism.



## Optimism Over Time

Optimism fluctuates but remains high overall.



# Sense of Meaning and Purpose

By Yu-  
Shen

# Sense of Meaning and Purpose

## Definition:

Proportion of the population by level of feeling as if the things they do in life are worthwhile.

## Measurement:

Using a scale of 0 to 10, where 0 means "Not at all" and 10 means "Completely", to what extent do you feel the things you do in your life are worthwhile?

## Dataset Sample:

Geography	Gender	Indicators	Reference period	Percent
Canada (excluding territories) ( <a href="#">map</a> )	Total, all persons <sup>7, 8</sup>	Sense of meaning and purpose rating between 0 and 5 <sup>4</sup>	Q2 2025	17.2
		Sense of meaning and purpose rating of 6 or 7 <sup>4</sup>	Q2 2025	27.0
		Sense of meaning and purpose rating of 8, 9 or 10 <sup>4</sup>	Q2 2025	55.7
	Men	Sense of meaning and purpose rating between 0 and 5 <sup>4</sup>	Q2 2025	18.5
		Sense of meaning and purpose rating of 6 or 7 <sup>4</sup>	Q2 2025	26.8
		Sense of meaning and purpose rating of 8, 9 or 10 <sup>4</sup>	Q2 2025	55.7

# Summary - High sense of MP by Geography in CA



We classified the Sense of Meaning and Purpose ratings into three levels:

1. Rating between 0 and 5: **Low**
2. Rating of 6 or 7: **Medium**
3. Rating between 8 to 10: **High**

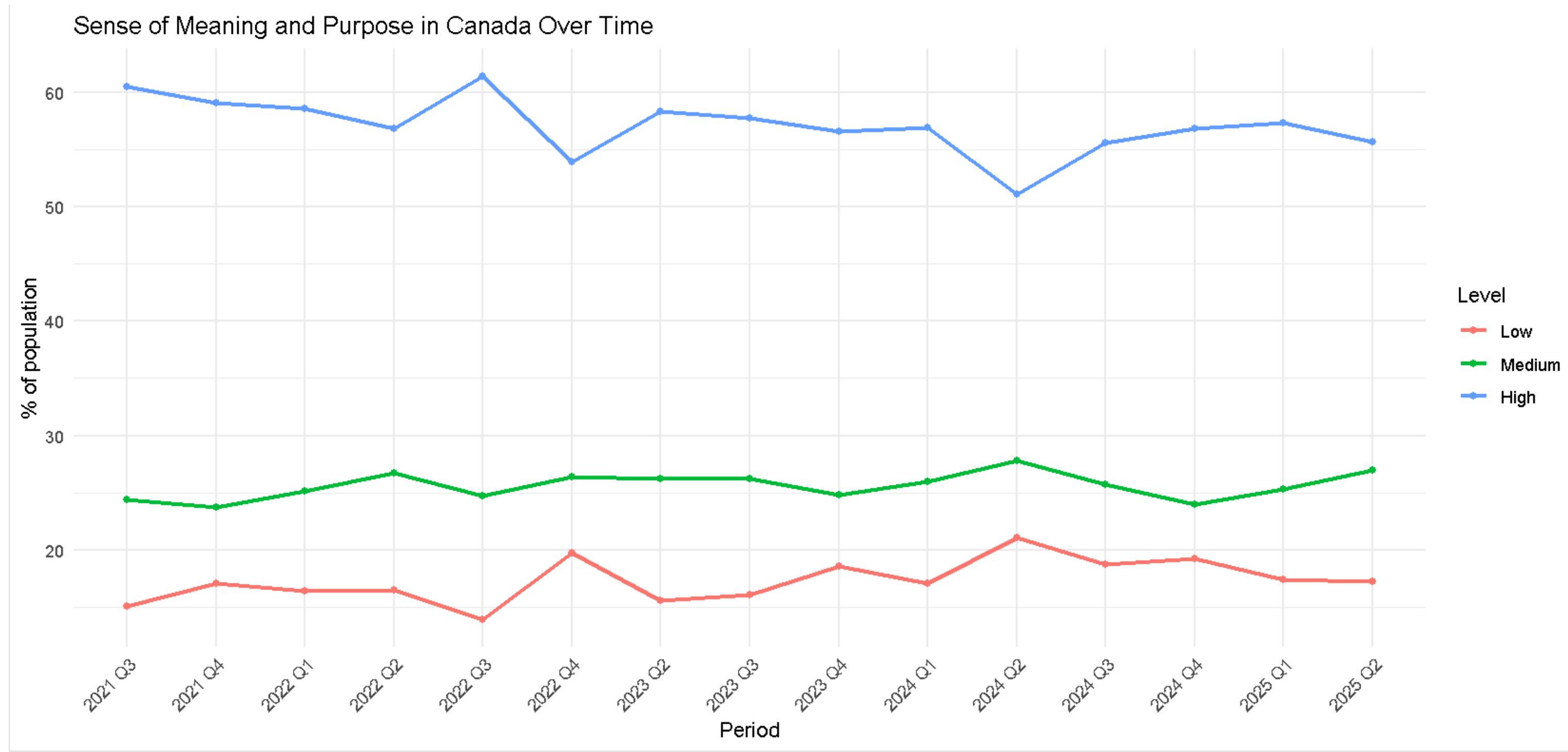
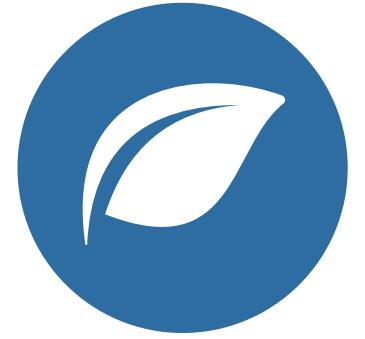
The form is percentage of people having high rating of MP in various regions, and its sample size.

Release date: 2025-09-10

Geography: Canada, Geographical region of Canada, Province or territory

As of - 2025 Q2	High Sence of MP	Sample
Prince_Edward	64.1	98
Quebec	63.7	4832
New_Brunswick	63	457
Nova_Scotia	57.6	529
Manitoba	57.1	671
Saskatchewan	57	549
Newfoundland_Labrador	56.8	265
Canada	55.7	19275
British_Columbia	55.6	2688
Ontario	52.3	7173
Alberta	49.7	2013

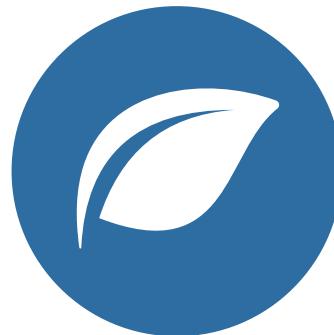
# Sense of Meaning and Purpose in Canada - trend over time



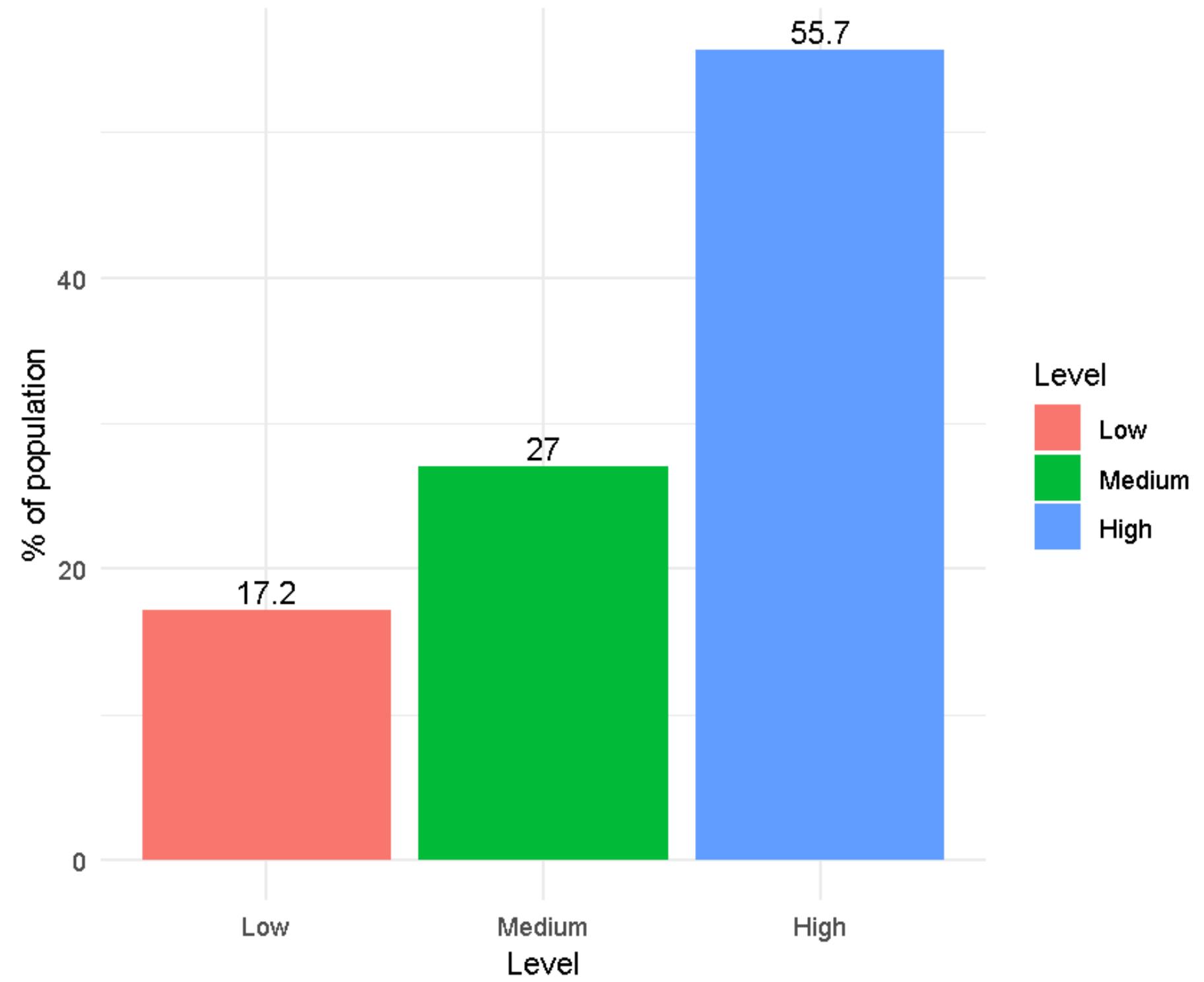
# Sense of Meaning and Purpose in Canada of 2025 Q2

In the most recent period, most Canadians fall into the **High** meaning and purpose category, with a smaller group in Low.

This suggests generally strong perceived purpose nationally, but a non-negligible group at risk of low purpose.



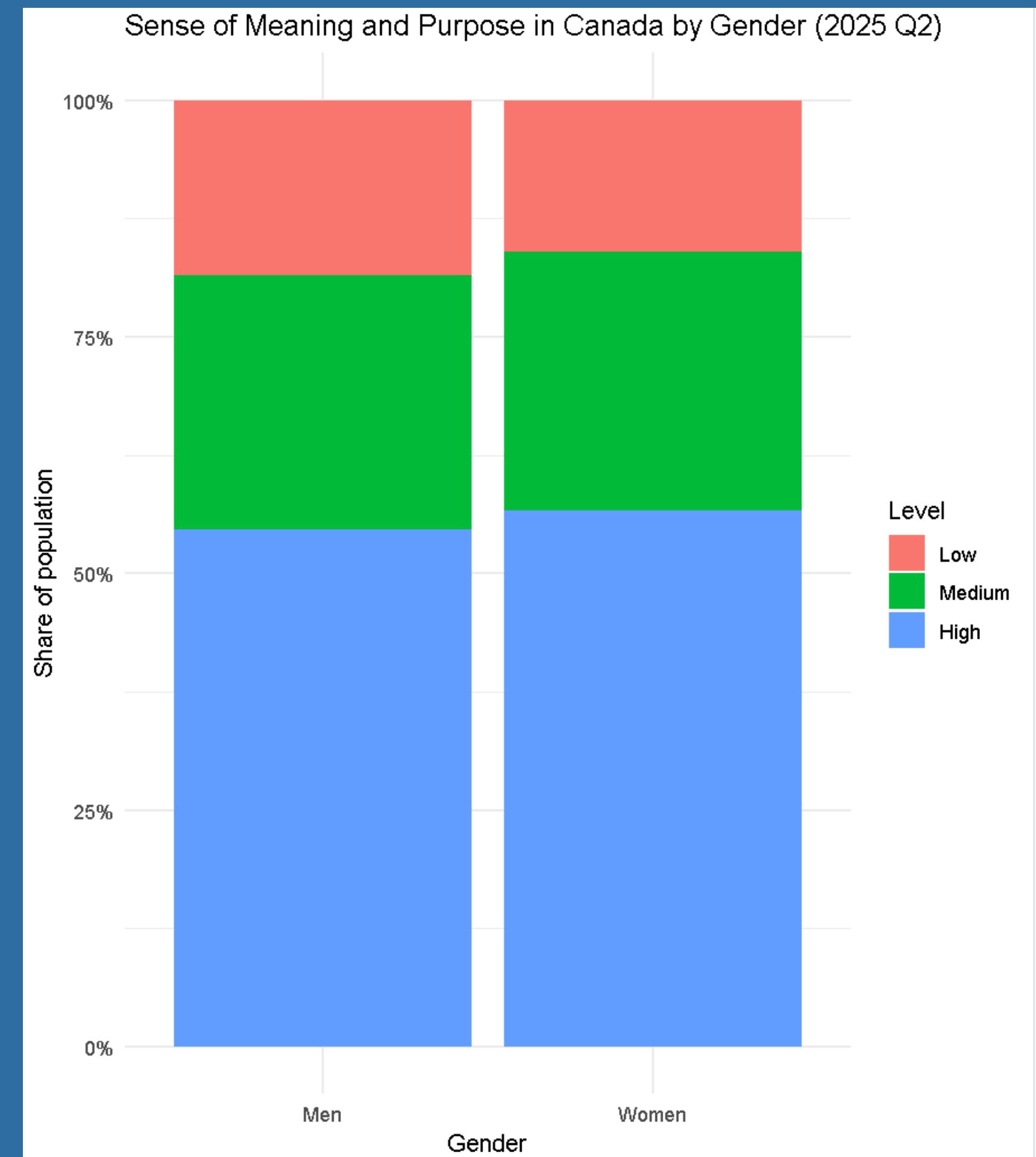
Sense of Meaning and Purpose – Canada (2025 Q2)



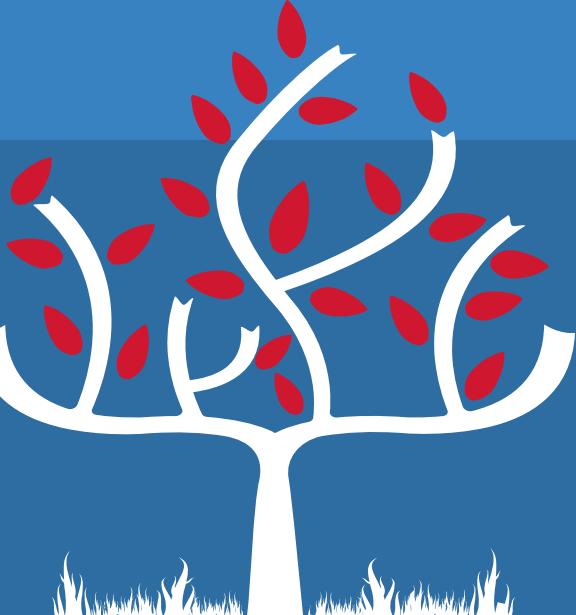
# Sense of Meaning and Purpose in Canada by Gender

Overall, Canadian women tend to have higher sense of meaning and purpose compare to men, but medium proportion seems to be about the same.

– (In the latest period)

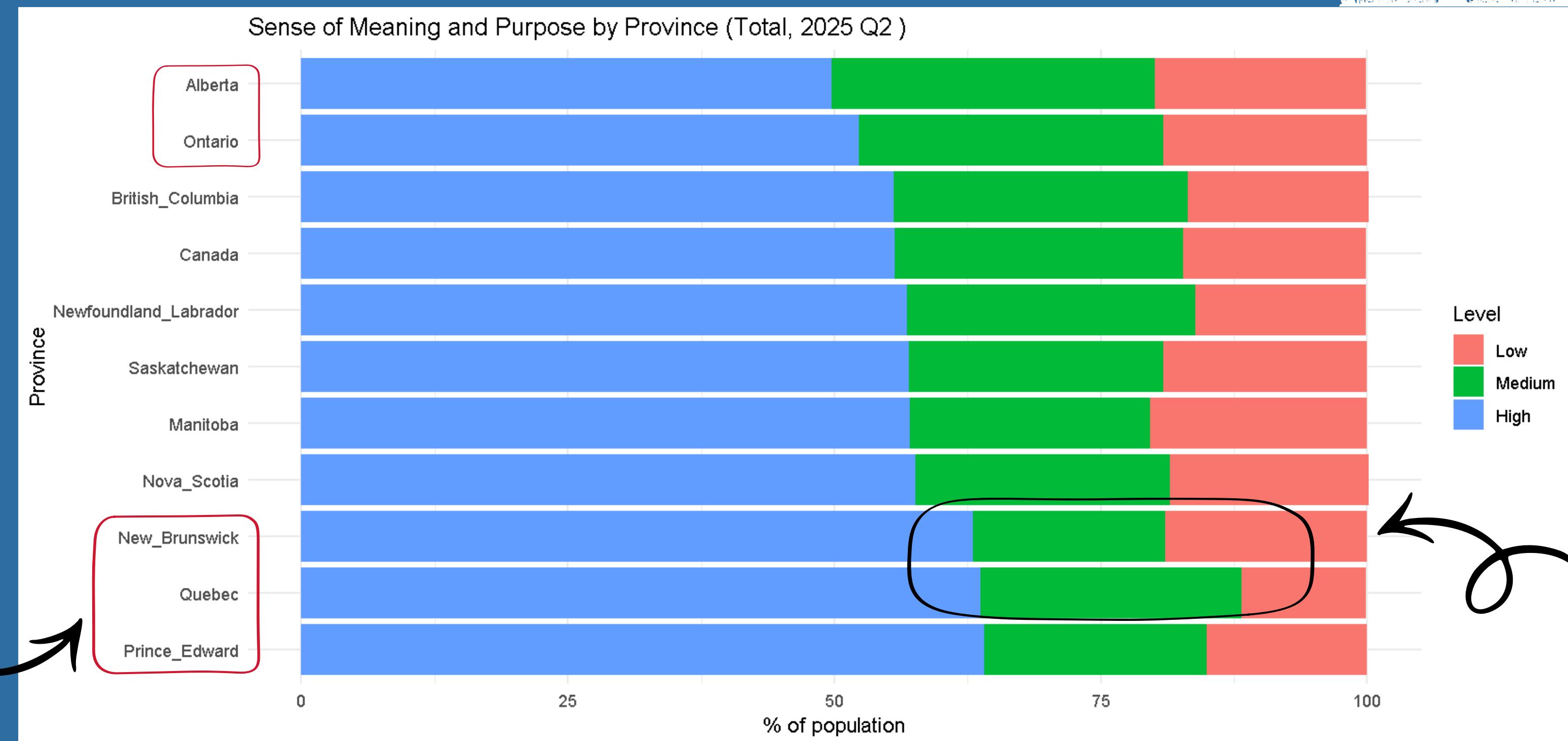


# Sense of Meaning and Purpose by Province



65% people reported high level MP at Prince Edward Island

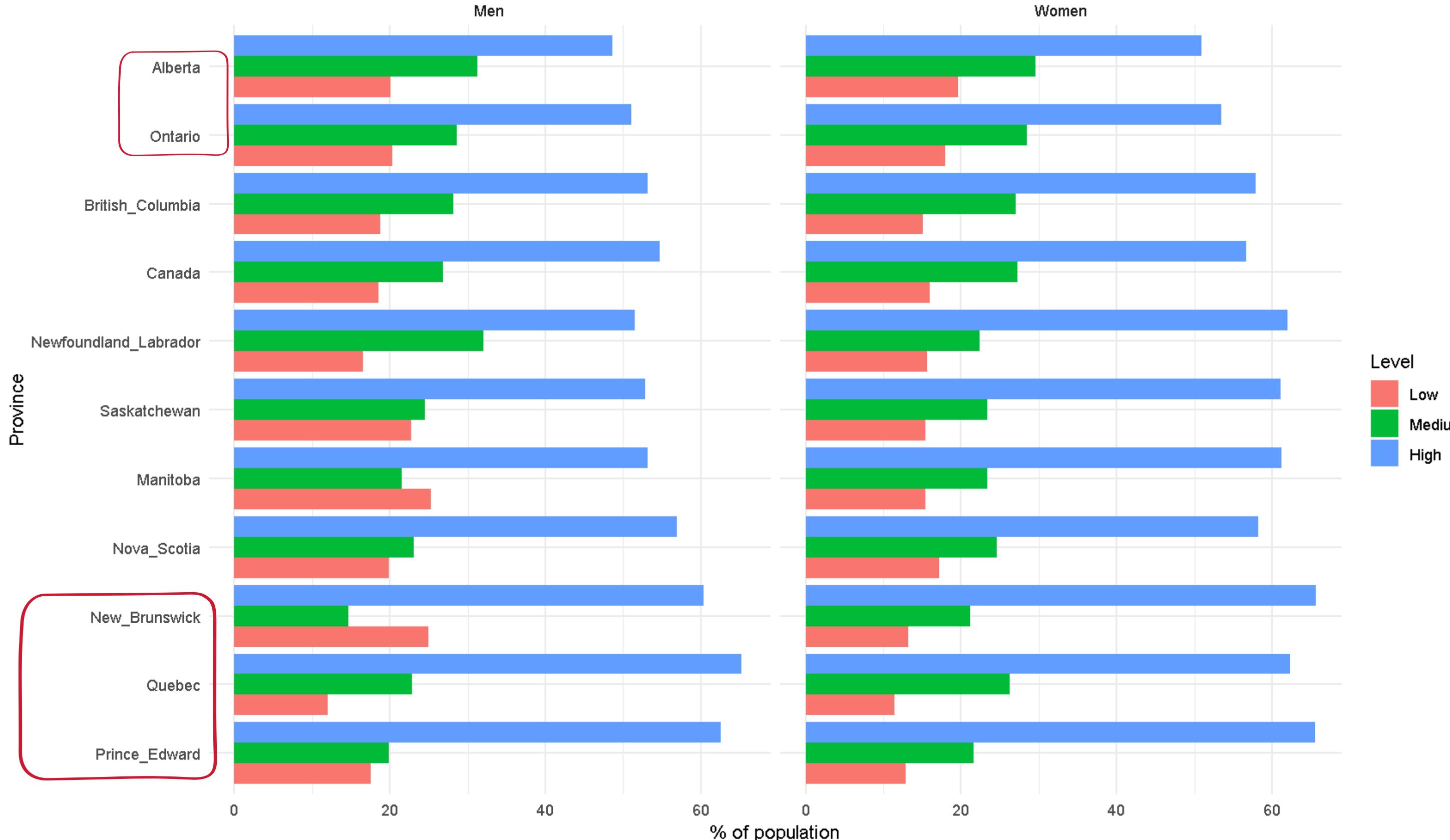
20% people reported high level MP at Manitoba



# Sense of Meaning and Purpose by Provinces &Gender



Sense of Meaning and Purpose by Province & Gender (2025 Q2)



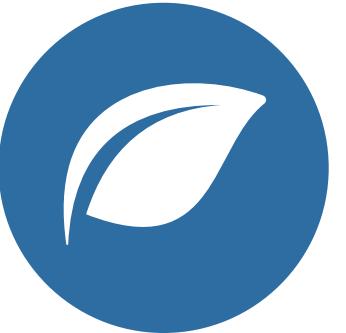
**65% Men are in high level MP at **Quebec****

**66% Women are in high level MP at **Quebec****

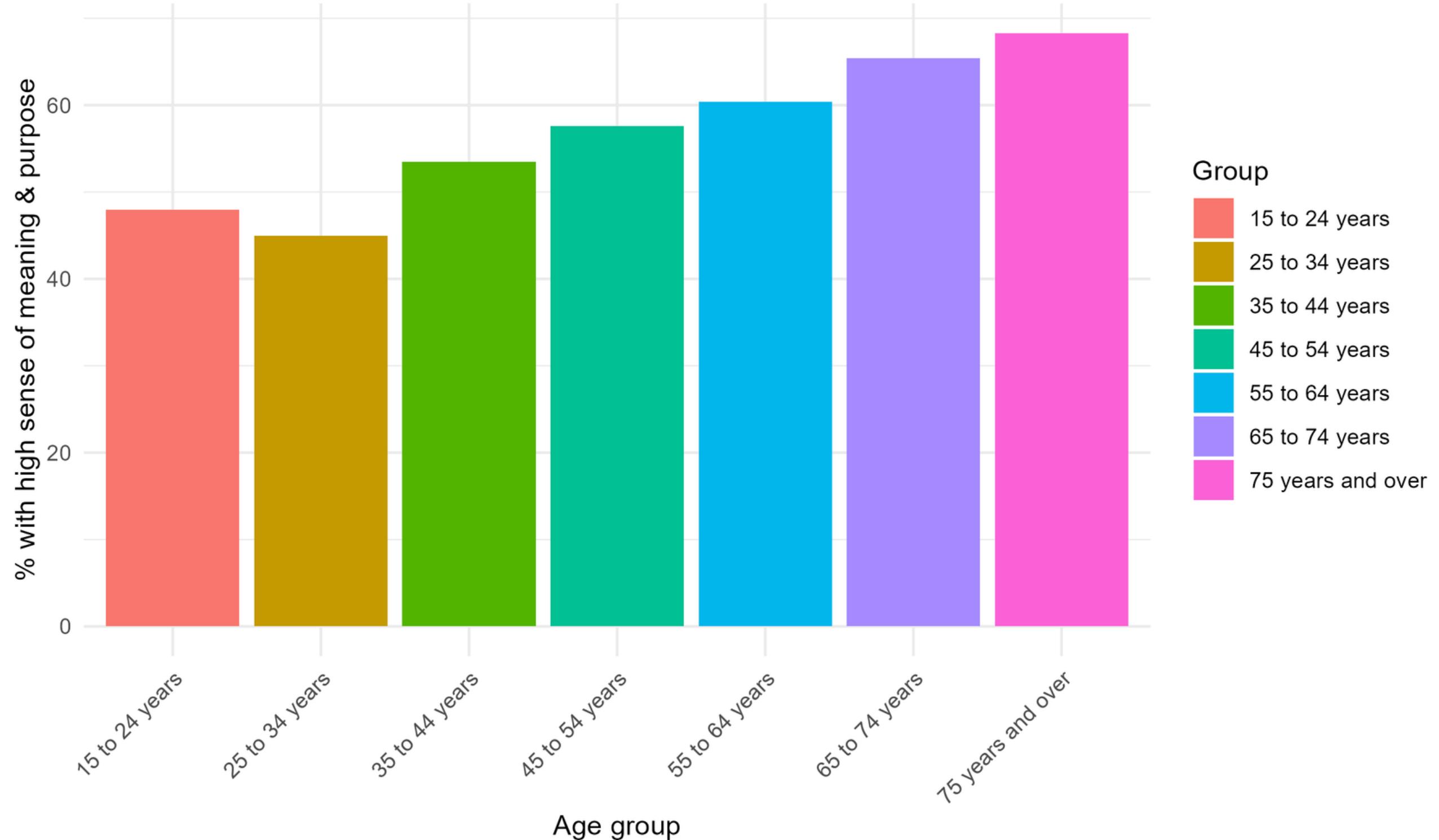
**25% Men are in low level MP at **Manitoba****

**20% Women are in low level MP at **Alberta****

# Sense of Meaning and Purpose in Provinces by Age



High Sense of Meaning and Purpose by Age Group (2025 Q2)



**Older age groups (especially 65-74 and 75+) tend to report the highest levels of meaning and purpose.**

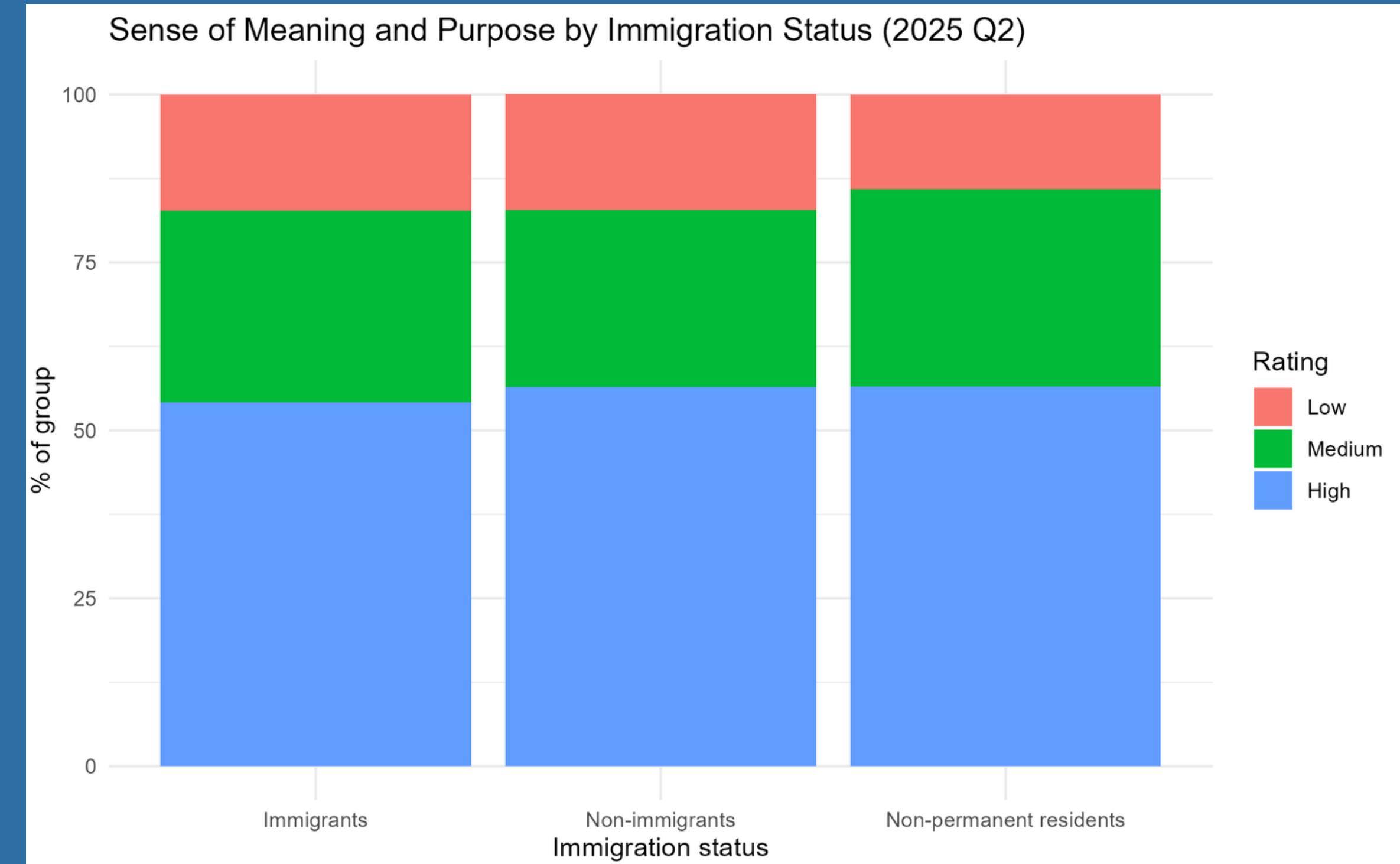
**While younger adults (e.g., 15-24, 25-34) show lower proportions in the high category.**

**This suggests a possible increase in perceived purpose with age and life experience.**

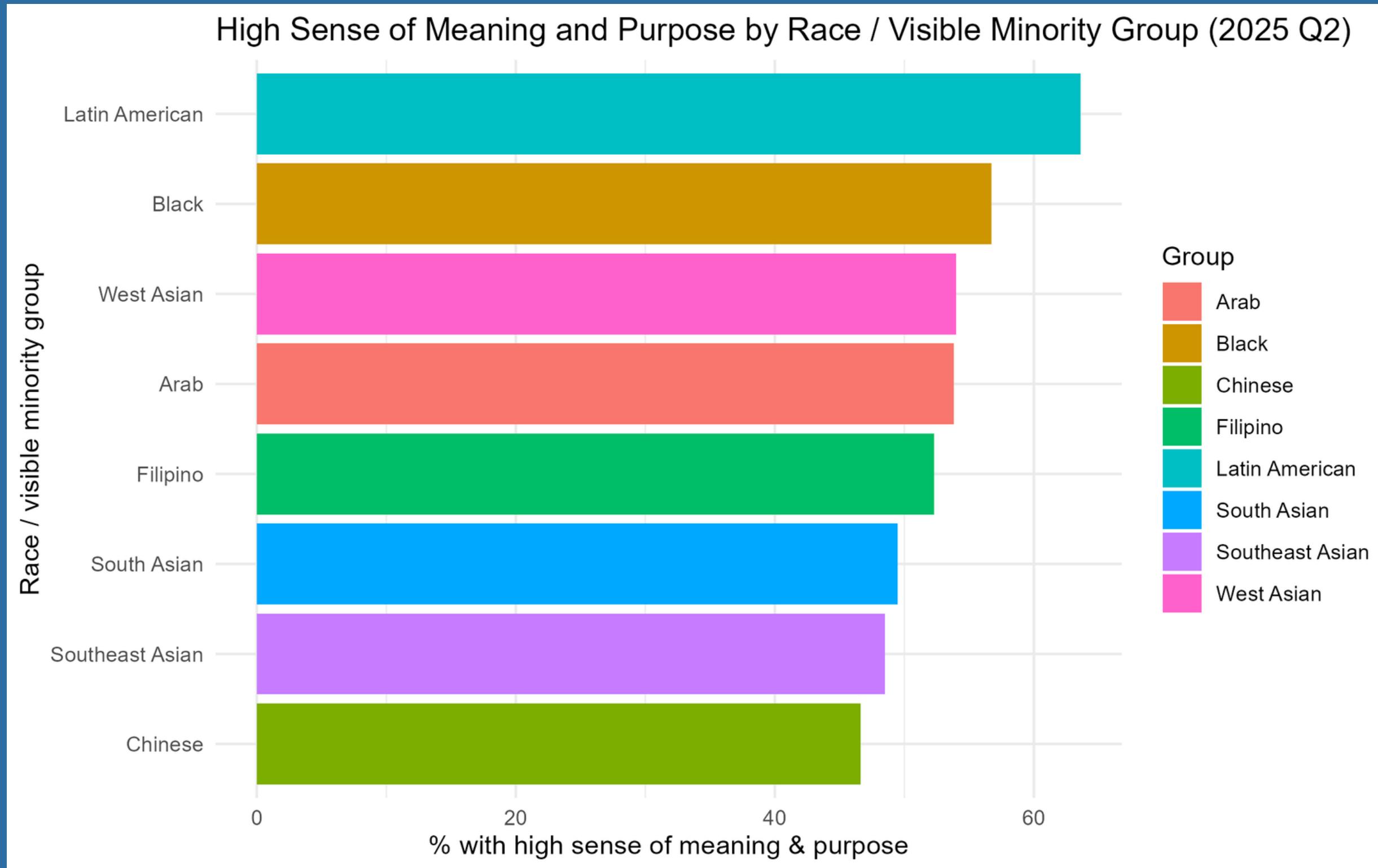
# Sense of Meaning and Purpose in Canada by Immigration Status

Non-immigrants typically have the largest share in the High category, while immigrants residents show slightly higher proportions in the Low and Medium levels.

Non-permanent residents show similar or even better traits than Non-immigrants.



# Sense of Meaning and Purpose in Canada by Visible Minority



There are meaningful differences across visible minority groups.

Latin Americans report very high levels of meaning and purpose than other racial communities.

Among all, Chinese live in Canada shows lower Sense of MP.



# Sense of Meaning and Purpose in Canada by Disability Status

People without a disability are more likely to fall into the High category, whereas those with a disability show higher shares in Low and Medium.

This indicates an important wellbeing gap associated with disability.

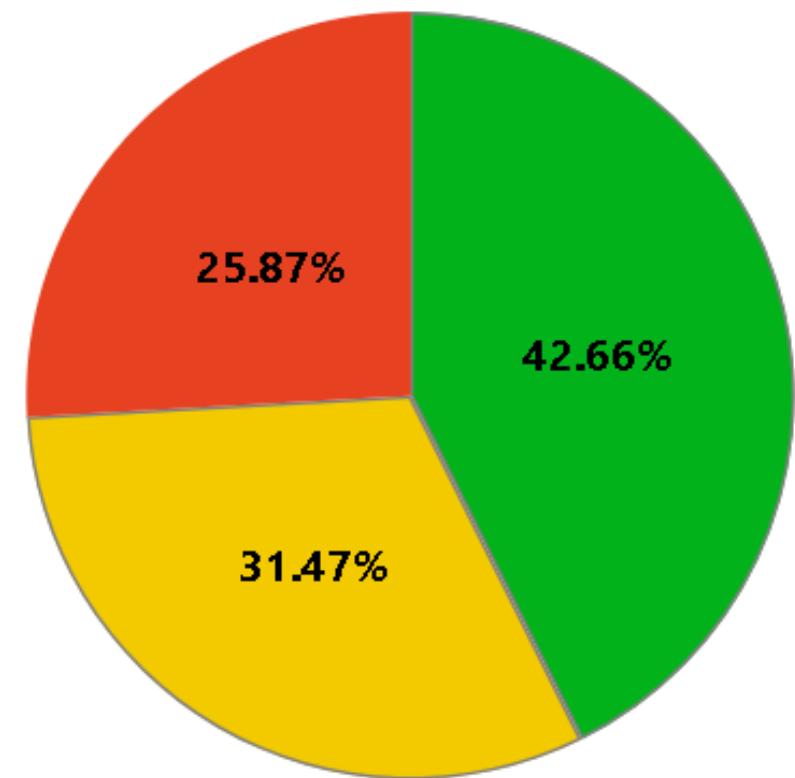


# Sense of Meaning and Purpose by LGBTQ2+



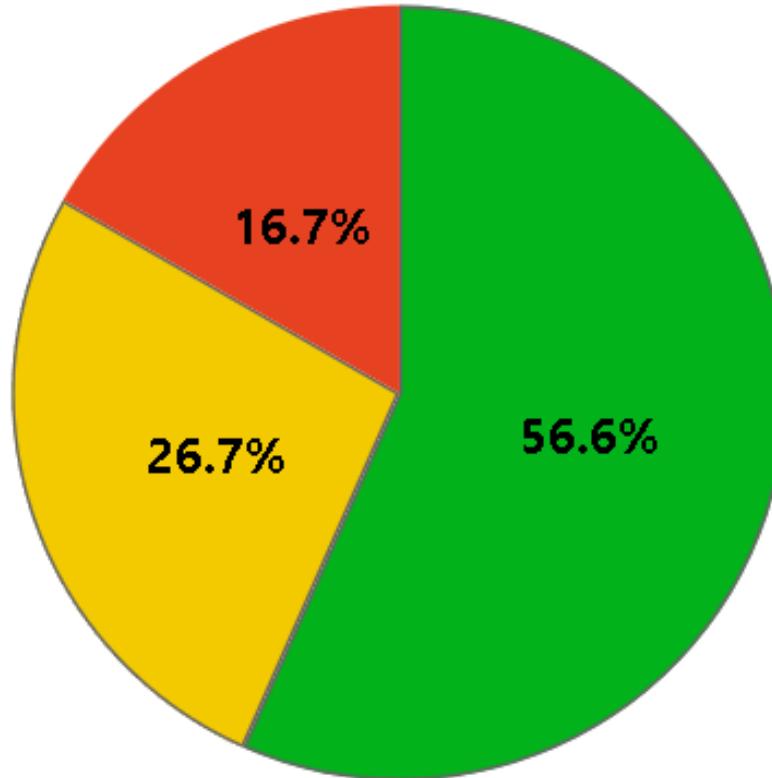
## LGBTQ2+ people

Percent by Sense of meaning and purpose By LGBTQ2+ People



## Non-LGBTQ2+ people

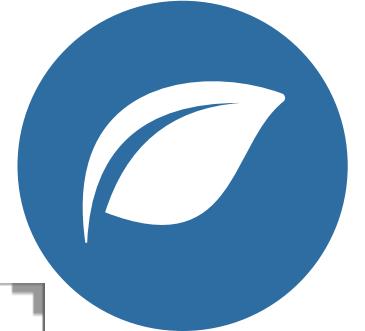
Percent by Sense of meaning and purpose By Non-LGBTQ2+ People



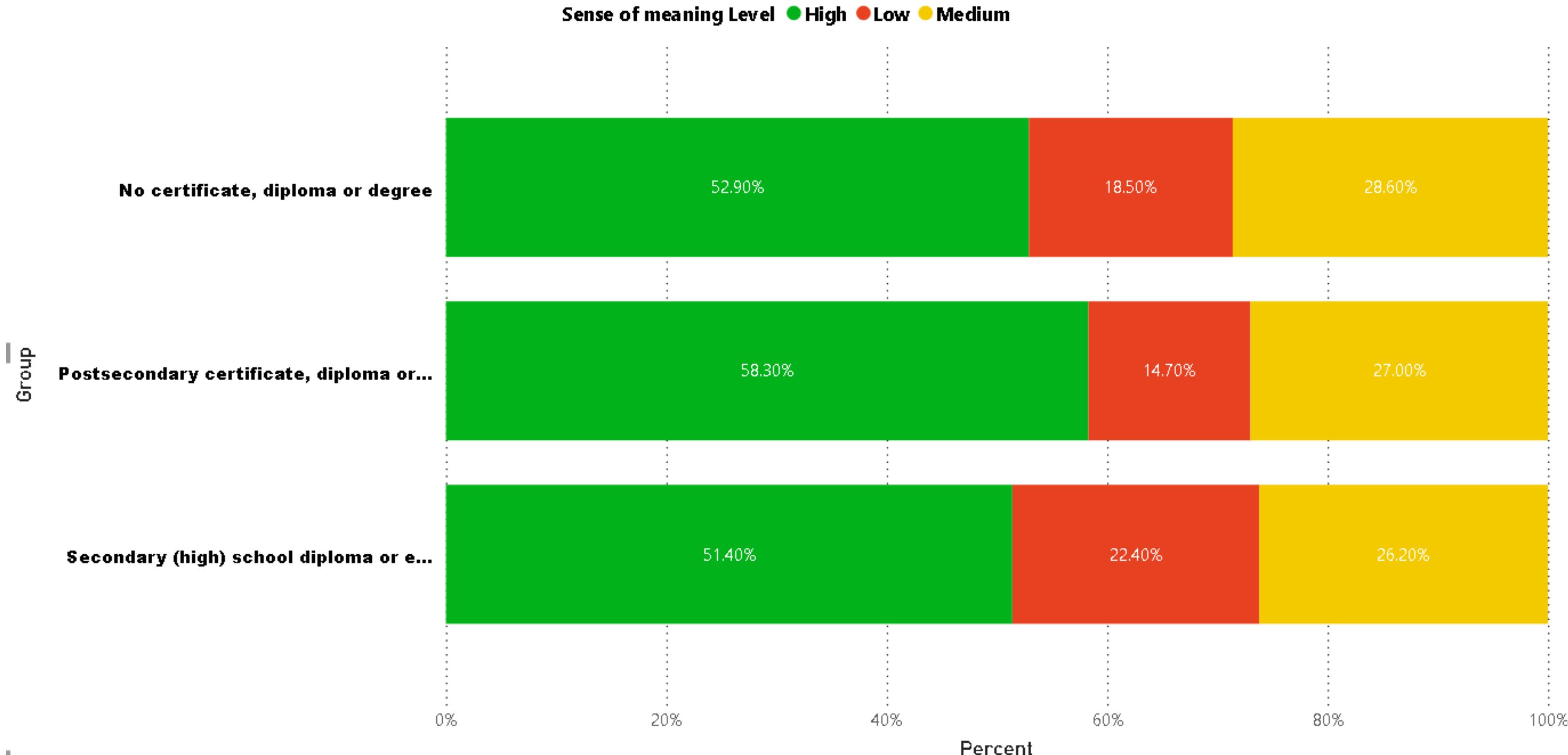
Sense of meaning and purpose  
● High  
● Medium  
● Low

Non-LGBTQ2+ people tend to have a higher proportion with High meaning and purpose, while LGBTQ2+ people have a larger share in the Low category. This suggest that discrimination or social exclusion may negatively impact their sense of purpose.

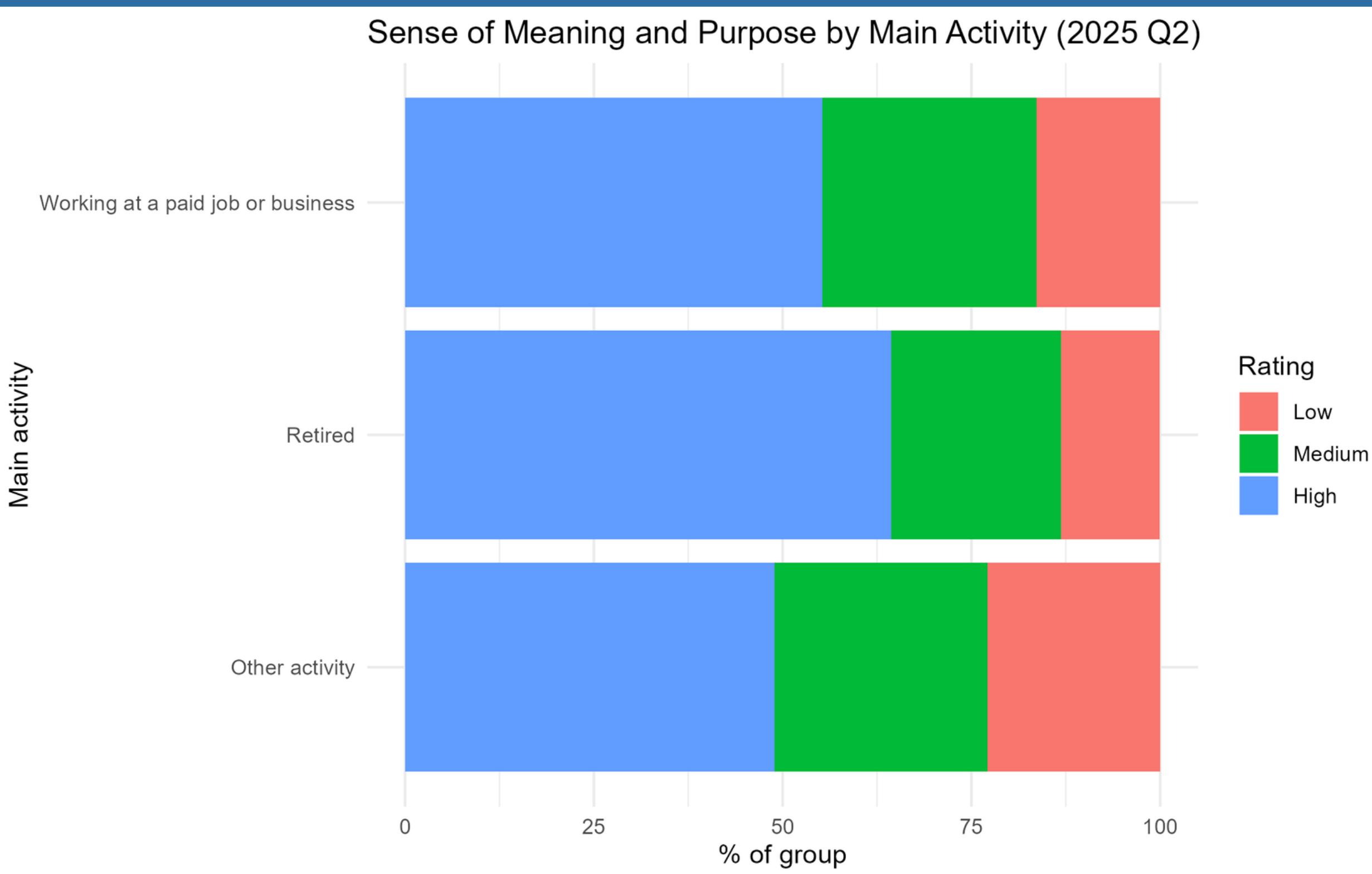
# Sense of Meaning and Purpose in Provinces by Educational Level



Sense of meaning and purpose by Educational Level



# Sense of Meaning and Purpose in Canada by Career Status



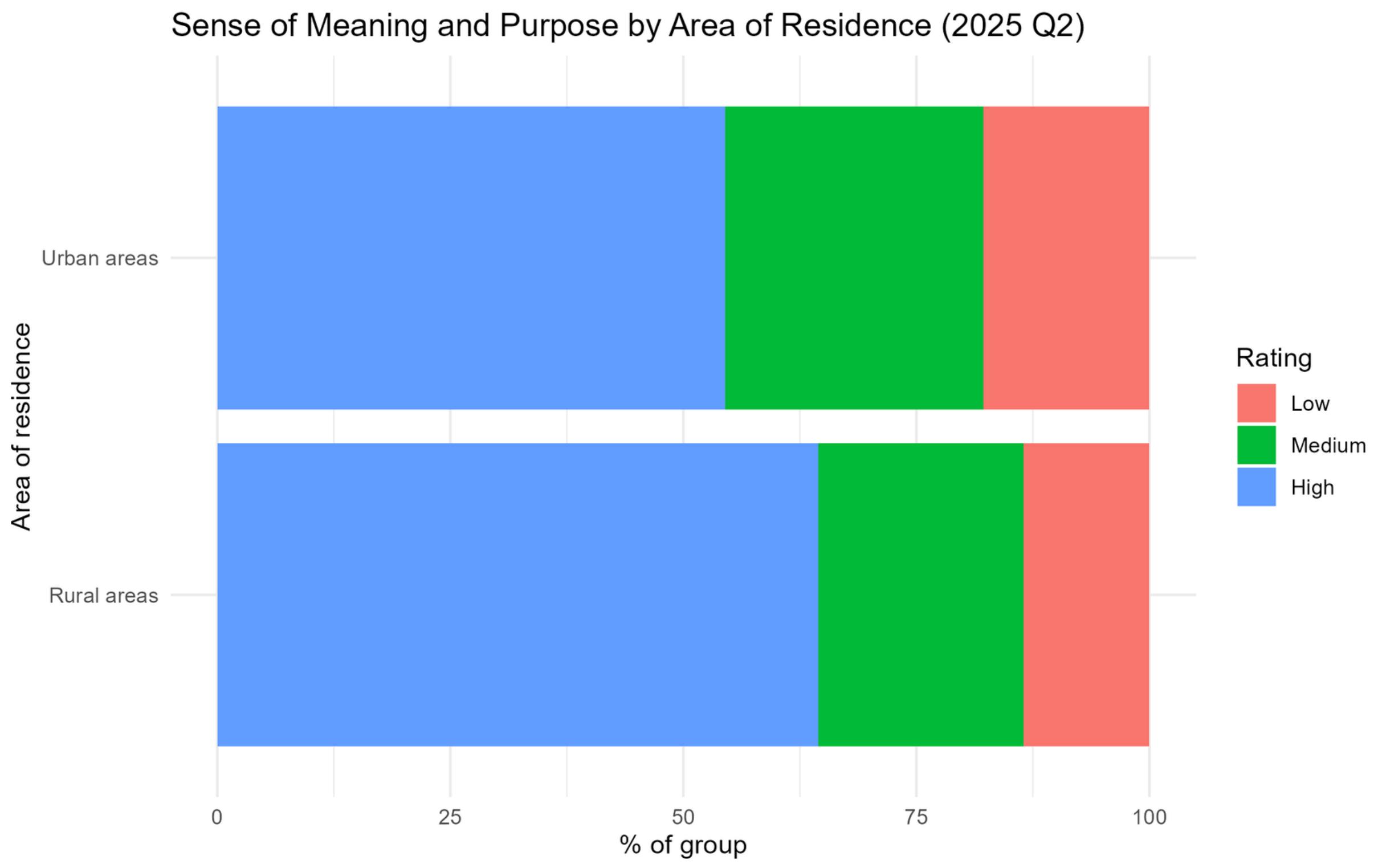
Retired people often show very high levels of meaning and purpose.

While those in the “other activity” category may have a larger Low segment, perhaps reflecting instability (e.g., unemployment, caregiving, studying) in that group.



# Sense of Meaning and Purpose in Canada by Area of Residence

Sense of Meaning and Purpose by Area of Residence (2025 Q2)

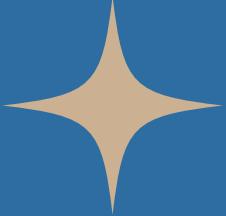


Rural areas tend to have slightly higher shares in the High category than urban areas, which may reflect tighter community ties or different lifestyles.

Urban areas show a somewhat larger low segment.



# Summary - Sence of Meaning and Purpose

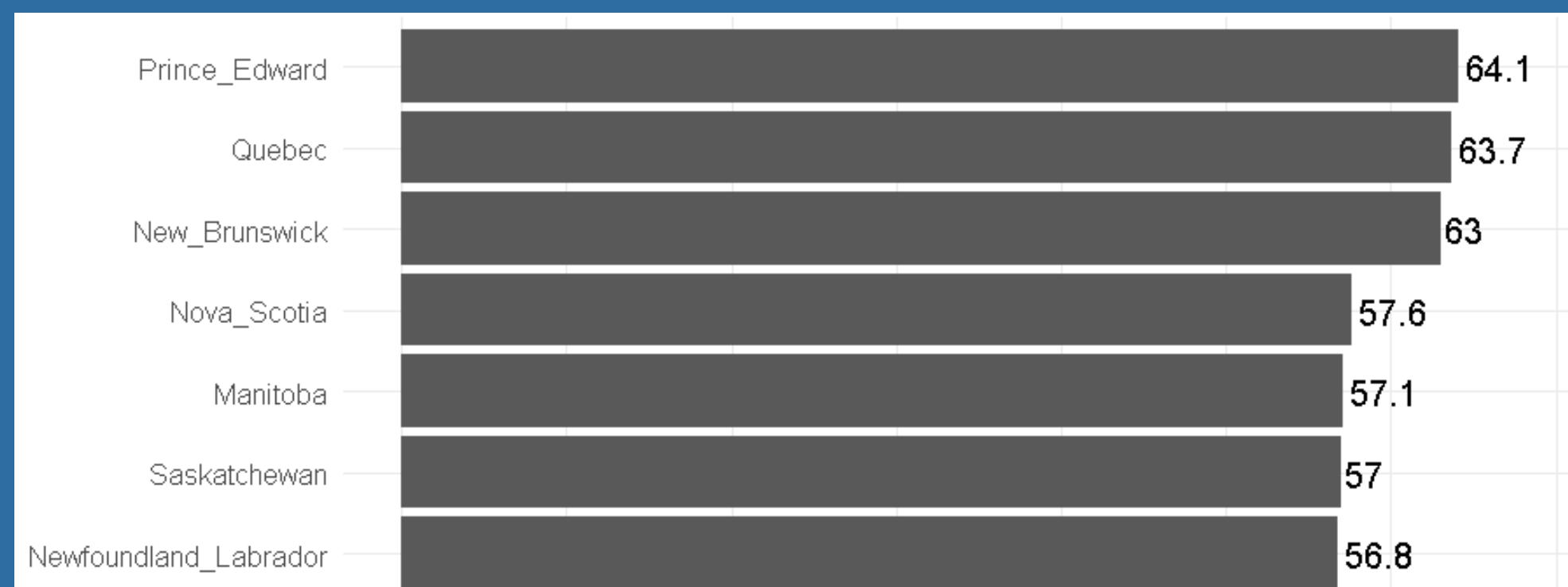


- More women find meaning and purpose in their Canadian life than men, but not much difference.

**W 56.7%**

**M 54.7%**

- Prince Edward Island and Quebec have more people with high sence of MP.



- The older the people gets, the more likely they feel more meaningful of their life.



# Summary - Sense of Meaning and Purpose

- Disability matters a lot in terms of sense of meaning and purpose.
- Non-LGBTQ2+ people tend to feel more meaning and purpose in Canadian life.
- Education Level may not directly lead to higher sense of MP.
- Retired Canadian feel much more meaning in their life compared to people without a stable career.
- Rural area has more people reported a meaningful life with purpose than urban area in Canada.

# CONCLUSION

- Quality of life in Canada is shaped by economic, emotional, and social factors working together.
- Poverty rates have risen again after pandemic supports ended, leaving many groups financially vulnerable.
- Mental health has declined, especially among young adults and women, while seniors show stronger resilience.
- Optimism about the future is dropping across provinces and genders, with fewer Canadians feeling confident about what lies ahead.
- Sense of meaning and purpose varies widely—older adults, rural residents, and non-disabled groups report higher purpose, while others face greater challenges.
- Improving quality of life requires addressing financial security, mental well-being, optimism, and deeper personal fulfillment.

# REFERENCES

## **Prosperity (Poverty)**

<https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1110013501>

## **Mental Health**

<https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310080502>

## **Future outlook by gender and province**

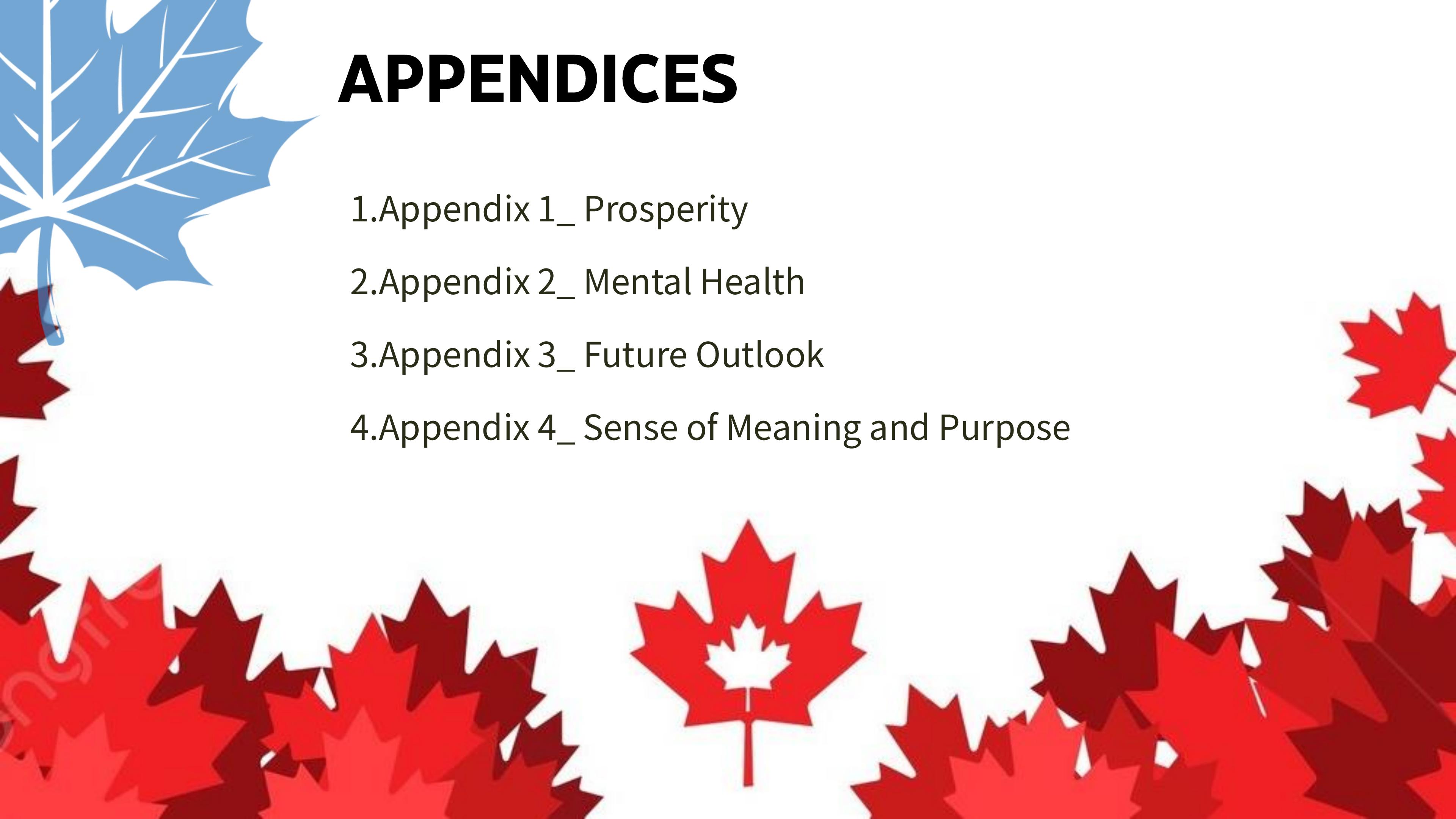
<https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310084701>

## **Sense of meaning and purpose by gender and province**

<https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310084501>

## **Sense of meaning and purpose by gender**

<https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310084601>



# APPENDICES

- 1.Appendix 1\_ Prosperity
- 2.Appendix 2\_ Mental Health
- 3.Appendix 3\_ Future Outlook
- 4.Appendix 4\_ Sense of Meaning and Purpose

# QUESTIONS

THANK  
YOU



# Appendix 1\_ Prosperity

```
| # Load required libraries
| library(readxl)
| library(dplyr)
| library(ggplot2)
| library(tidyverse)

# COLOR THEME: Green, Blue, Yellow
color_green <- "#2E7D32"
color_blue <- "#1565C0"
color_yellow <- "#F9A825"
color_light_green <- "#81C784"
color_light_blue <- "#64B5F6"

# =====#
# PART 1: LOAD DATA
# =====#

# Read the Excel file
poverty_raw <- read_excel("poverty_data_csv.xlsx", sheet = "poverty_data")

print("RAW DATA LOADED")
str(poverty_raw)
print(paste("Total rows:", nrow(poverty_raw)))

# =====#
# PART 2: DATA CLEANING
# =====#

print("DATA CLEANING")

# Select and rename columns
poverty_clean <- poverty_raw %>%
  select(
    Year = REF_DATE,
    Geography = GEO,
    Category = `Persons in low income`,
    Poverty_Rate = VALUE,
    Status = STATUS
  )

  Category = `Persons in low income`,
  Poverty_Rate = VALUE,
  Status = STATUS
) %>%
  mutate(
    Year = as.numeric(Year),
    Poverty_Rate = as.numeric(Poverty_Rate)
) %>%
  filter(!is.na(Poverty_Rate))

print("cleaned data:")
str(poverty_clean)
print(paste("Rows after cleaning:", nrow(poverty_clean)))

print("Unique Years:")
print(sort(unique(poverty_clean$Year)))

print("Unique Categories:")
print(unique(poverty_clean$category))

# =====#
# PART 3: DIVIDE INTO SEPARATE DATAFRAMES (SHEETS)
# =====#

print("DIVIDING DATA INTO SHEETS")

provinces_list <- c("Newfoundland and Labrador", "Prince Edward Island",
  "Nova Scotia", "New Brunswick", "Quebec", "Ontario",
  "Manitoba", "Saskatchewan", "Alberta", "British Columbia")

# SHEET: TOTAL (All persons)
total <- poverty_clean %>% filter(category == "All persons")
print(paste("Total sheet rows:", nrow(total)))

# SHEET: GENDER
gender <- poverty_clean %>% filter(category %in% c("Males", "Females"))
print(paste("Gender sheet rows:", nrow(gender)))

# SHEET: AGE
age <- poverty_clean %>% filter(category %in% c("Persons under 18 years",
  "Persons 18 to 64 years",
  "Seniors"))

# =====#
# PART 5: PLOT 1 - LINE CHART: Poverty Over Time
# =====#

print("PLOT 1: Poverty Over Time (Line Chart)")

plot1 <- ggplot(canada, aes(x = Year, y = Poverty_Rate)) +
  geom_line(color = color_blue, linewidth = 2) +
  geom_point(color = color_green, size = 5) +
  geom_text(aes(label = paste0(Poverty_Rate, "%")),
    vjust = -1.5, hjust = 0.5, size = 5, fontface = "bold", color = "black") +
  scale_y_continuous(limits = c(0, 14), breaks = seq(0, 14, 2)) +
  scale_x_continuous(breaks = c(2020, 2021, 2022, 2023)) +
  labs(title = "Canadian Poverty Rate Over Time (2020-2023)",
    subtitle = "Percentage below poverty line (Market Basket Measure)",
    x = "Year",
    y = "Poverty Rate (%)",
    caption = "Source: Statistics Canada, Table 11-10-0135-01") +
  theme_minimal(base_size = 14) +
  theme(
    plot.title = element_text(size = 18, face = "bold", color = color_blue, hjust = 0.5),
    plot.subtitle = element_text(size = 12, color = "gray40", hjust = 0.5),
    axis.title = element_text(size = 14, face = "bold"),
    axis.text = element_text(size = 12),
    panel.grid.minor = element_blank(),
    plot.margin = margin(20, 20, 20, 20)
  )

print(plot1)
ggsave("01_poverty_over_time.png", plot1, width = 10, height = 7, dpi = 300)

# =====#
# PART 6: PLOT 2 - BAR CHART: Province (FOR POWER BI - Skip in R)
# =====#
```

# Appendix 1\_ Prosperity

```
# province_2023 <- province %>% filter(year == 2023) %>% arrange(desc(Poverty_Rate))
# plot2 <- ggplot(province_2023, aes(x = reorder(Geography, Poverty_Rate), y = Poverty_Rate)) +
#   geom_bar(stat = "identity", fill = color_green, width = 0.7) +
#   coord_flip() + ...

print("PLOT 2: Province chart - CREATE IN POWER BI")
# =====
# PART 7: PLOT 3 - LINE CHART: Gender Comparison
# =====

print("PLOT 3: Poverty by Gender (Line Chart)")

gender_canada <- gender %>%
  filter(Geography == "Canada") %>%
  arrange(Year, Category)

plot3 <- ggplot(gender_canada, aes(x = Year, y = Poverty_Rate, color = Category, group = Category)) +
  geom_line(linewidth = 2) +
  geom_point(size = 5) +
  geom_text(aes(label = paste0(Poverty_Rate, "%")),
            vjust = -1.5, size = 4, fontface = "bold", show.legend = FALSE) +
  scale_color_manual(values = c("Females" = color_yellow, "Males" = color_blue),
                     name = "Gender") +
  scale_y_continuous(limits = c(0, 14), breaks = seq(0, 14, 2)) +
  scale_x_continuous(breaks = c(2020, 2021, 2022, 2023)) +
  labs(title = "Poverty Rate by Gender (Canada, 2020-2023)",
       subtitle = "Females consistently have higher poverty rates",
       x = "Year",
       y = "Poverty Rate (%)",
       caption = "Source: Statistics Canada, Table 11-10-0135-01") +
  theme_minimal(base_size = 14) +
  theme(
    plot.title = element_text(size = 18, face = "bold", color = color_green, hjust = 0.5),
    plot.subtitle = element_text(size = 12, color = "gray40", hjust = 0.5),
    axis.title = element_text(size = 14, face = "bold"),
    axis.text = element_text(size = 12),
    theme_minimal(base_size = 14) +
    theme(
      plot.title = element_text(size = 18, face = "bold", color = color_green, hjust = 0.5),
      plot.subtitle = element_text(size = 12, color = "gray40", hjust = 0.5),
      axis.title = element_text(size = 14, face = "bold"),
      axis.text = element_text(size = 12),
      panel.grid.minor = element_blank(),
      panel.grid.major.y = element_blank(),
      plot.margin = margin(20, 30, 20, 20)
    )
  )

print(plot3)
ggsave("02_poverty_by_gender.png", plot3, width = 10, height = 7, dpi = 300)
# =====

print("PLOT 4: Poverty by Age Group (Grouped Bar Chart)")

age_canada <- age %>%
  filter(Geography == "Canada") %>%
  mutate(Age_Group = case_when(
    Category == "Persons under 18 years" ~ "Under 18",
    Category == "Persons 18 to 64 years" ~ "18-64",
    Category == "Persons 65 years and over" ~ "65+",
    TRUE ~ Category
  ))

plot4 <- ggplot(age_canada, aes(x = factor(Year), y = Poverty_Rate, fill = Age_Group)) +
  geom_bar(stat = "identity", position = position_dodge(width = 0.8), width = 0.7) +
  geom_text(aes(label = paste0(Poverty_Rate, "%")),
            position = position_dodge(width = 0.8),
            vjust = -0.5, size = 3.5, fontface = "bold") +
  scale_fill_manual(values = c("Under 18" = color_yellow,
                              "18-64" = color_blue,
                              "65+" = color_green),
                    name = "Age Group") +
  scale_y_continuous(limits = c(0, 16), breaks = seq(0, 16, 4)) +
  labs(title = "Poverty Rate by Age Group (Canada, 2020-2023)",
       subtitle = "Working-age adults (18-64) have highest poverty rates",
       x = "Year",
       y = "Poverty Rate (%)",
       caption = "Source: Statistics Canada, Table 11-10-0135-01") +
  theme_minimal(base_size = 14) +
  theme(
    plot.title = element_text(size = 18, face = "bold", color = color_blue, hjust = 0.5),
    plot.subtitle = element_text(size = 12, color = "gray40", hjust = 0.5),
    axis.title = element_text(size = 14, face = "bold"),
    axis.text = element_text(size = 12),
    legend.position = "right",
    panel.grid.minor = element_blank(),
    plot.margin = margin(20, 20, 20, 20)
  )

print(plot4)
ggsave("03_poverty_by_age.png", plot4, width = 12, height = 7, dpi = 300)
# =====

print("PLOT 5: Poverty by Family Type (Bar chart)")

family_canada_2023 <- family %>%
  filter(Geography == "Canada", Year == 2023) %>%
  mutate(Family_Short = case_when(
    Category == "Persons in economic families" ~ "In Families",
    Category == "Persons not in an economic family" ~ "Not in Family",
    Category == "Persons under 18 years in female lone-parent families" ~ "Children (Lone Parent)",
    Category == "Persons under 18 years in couple families with children" ~ "Children (Couple)",
    Category == "Persons under 18 years in economic families" ~ "Children (In Family)",
    Category == "Seniors in economic families" ~ "Seniors (In Family)",
    Category == "Seniors not in an economic family" ~ "Seniors (Alone)",
    Category == "Non-seniors not in an economic family" ~ "Non-Seniors (Alone)",
    TRUE ~ Category
  )) %>%
  arrange(desc(Poverty_Rate))

plot5 <- ggplot(family_canada_2023, aes(x = reorder(Family_Short, Poverty_Rate), y = Poverty_Rate)) +
  geom_bar(stat = "identity", fill = color_blue, width = 0.7) +
  geom_text(aes(label = paste0(Poverty_Rate, "%")),
            hjust = -0.2, size = 4, fontface = "bold") +
  coord_flip() +
  scale_y_continuous(limits = c(0, 38), breaks = seq(0, 35, 5)) +
  labs(title = "Poverty Rate by Family Type (Canada, 2023)",
       subtitle = "Non-seniors living alone face highest poverty risk",
       x = "",
       y = "Poverty Rate (%)",
       caption = "Source: Statistics Canada, Table 11-10-0135-01") +
  theme_minimal(base_size = 14) +
  theme(
    plot.title = element_text(size = 18, face = "bold", color = color_blue, hjust = 0.5),
    plot.subtitle = element_text(size = 12, color = "gray40", hjust = 0.5),
    axis.title = element_text(size = 14, face = "bold"),
    axis.text = element_text(size = 12),
    panel.grid.minor = element_blank(),
    plot.margin = margin(20, 20, 20, 20)
  )

print(plot5)
ggsave("04_poverty_by_family.png", plot5, width = 11, height = 7, dpi = 300)
# =====

print("PLOT 6: SCATTER PLOT: Province vs Year")
# =====

print("PLOT 6: SCATTER Plot - Province Trends")

province_scatter <- province %>%
  mutate(Province_Short = case_when(
    Geography == "Newfoundland and Labrador" ~ "NL",
    Geography == "Prince Edward Island" ~ "PE",
    Geography == "Nova Scotia" ~ "NS",
    Geography == "New Brunswick" ~ "NB",
    Geography == "Quebec" ~ "QC",
    Geography == "Ontario" ~ "ON",
    Geography == "Manitoba" ~ "MB",
    Geography == "Saskatchewan" ~ "SK",
    Geography == "Alberta" ~ "AB",
    Geography == "British Columbia" ~ "BC",
    TRUE ~ Geography
  ))

plot6 <- ggplot(province_scatter, aes(x = Year, y = Poverty_Rate, color = Province_Short)) +
  geom_point(size = 4, alpha = 0.8) +
  geom_line(aes(group = Province_Short), linewidth = 1, alpha = 0.6) +
  scale_color_viridis_d(option = "turbo", name = "Province") +
  scale_x_continuous(breaks = c(2020, 2021, 2022, 2023)) +
  scale_y_continuous(limits = c(0, 16), breaks = seq(0, 16, 4)) +
  labs(title = "Provincial Poverty Rate Trends (2020-2023)",
       subtitle = "Each line represents a province's poverty trajectory",
       caption = "Source: Statistics Canada, Table 11-10-0135-01") +
  theme_minimal(base_size = 14) +
  theme(
    plot.title = element_text(size = 18, face = "bold", color = color_blue, hjust = 0.5),
    plot.subtitle = element_text(size = 12, color = "gray40", hjust = 0.5),
    axis.title = element_text(size = 14, face = "bold"),
    axis.text = element_text(size = 12),
    panel.grid.minor = element_blank(),
    plot.margin = margin(20, 20, 20, 20)
  )

print(plot6)
ggsave("05_poverty_scatter_province.png", plot6, width = 12, height = 7, dpi = 300)
# =====

print("PLOT 7: HISTOGRAM: Distribution of Poverty Rates")
# =====

print("PLOT 7: Histogram - Distribution of Poverty Rates")

all_2023 <- poverty_clean %>% filter(year == 2023)

plot7 <- ggplot(all_2023, aes(x = Poverty_Rate)) +
  geom_histogram(binwidth = 3, fill = color_green, color = "white", alpha = 0.8) +
  geom_vline(aes(xintercept = mean(Poverty_Rate)),
             color = color_yellow, linewidth = 1.5, linetype = "dashed") +
  annotate("text", x = mean(all_2023$Poverty_Rate) + 3, y = 40,
          label = paste("Mean:", round(mean(all_2023$Poverty_Rate), 1), "%"),
          fontface = "bold", size = 5, color = color_yellow) +
  scale_x_continuous(breaks = seq(0, 35, 5)) +
  labs(title = "Distribution of Poverty Rates (2023)",
       subtitle = "Histogram showing frequency of poverty rate values",
       x = "Poverty Rate (%)",
       y = "Frequency",
       caption = "Source: Statistics Canada, Table 11-10-0135-01") +
  theme_minimal(base_size = 14) +
  theme(
    plot.title = element_text(size = 18, face = "bold", color = color_blue, hjust = 0.5),
    plot.subtitle = element_text(size = 12, color = "gray40", hjust = 0.5),
    axis.title = element_text(size = 14, face = "bold"),
    axis.text = element_text(size = 12),
    panel.grid.minor = element_blank(),
    plot.margin = margin(20, 20, 20, 20)
  )

print(plot7)
ggsave("06_poverty_histogram.png", plot7, width = 10, height = 7, dpi = 300)
# =====

print("-----")
print("KEY FINDINGS")
print("-----")

canada_2023_rate <- canada %>% filter(Year == 2023) %>% pull(Poverty_Rate)
canada_2020_rate <- canada %>% filter(Year == 2020) %>% pull(Poverty_Rate)
print(paste("Canada Poverty Rate (2023):", canada_2023_rate, "%"))
print(paste("Change 2020-2023:", round(canada_2023_rate - canada_2020_rate, 1), "percentage points"))

province_2023 <- province %>% filter(year == 2023) %>% arrange(desc(Poverty_Rate))
print(paste("Highest Province:", province_2023$Geography[1], "", province_2023$Poverty_Rate[1], "%"))
print(paste("Lowest Province:", tail(province_2023$Geography, 1), "-", tail(province_2023$Poverty_Rate, 1), "%"))

gender_2023 <- gender_canada %>% filter(year == 2023)
print(paste("Females (2023):", gender_2023$Poverty_Rate[gender_2023$Category == "Females"], "%"))
print(paste("Males (2023):", gender_2023$Poverty_Rate[gender_2023$Category == "Males"], "%"))

print("-----")
print("ANALYSIS COMPLETE! 6 plots saved as PNG.")
```

# Appendix 2\_ Mental Health

```
#=====
#Library
library(tidyverse)
library(tidyr)
library(stringr)
library(readr)
library(dplyr)
library(ggplot2)

#=====
#Load CSV file
health <- read.csv("Final_Dataset_Thuy.csv")
head(health,10)
summary(health)

#=====
# Create Gender Table:
genders <- c("Both_Genders", "Males", "Females")
gender_table <- data.frame(Gender = genders)
print(gender_table)
library(knitr)
kable(gender_table, caption = "Gender Categories")
#=====

# Create Indicators Table
indicators <- c("Good_Excellent", "Fair_Poor", "Stressful")
indicators_table <- data.frame(Indicators = indicators)
print(indicators_table)
kable(indicators_table, caption = "Indicator Types")
#=====

# Create Age Group Table:
age_group <- data.frame(
  Age_Group = c("Total", "Teen", "Young", "Midlife", "Older", "Senior"),
  Age_Range = c("12 years and over",
    "12 to 17 years",
    "18 to 34 years",
    "35 to 49 years",
    "50 to 64 years",
    "65 years and over"))
print(age_group)
kable(age_group, caption = "Age Groups in Dataset")
```

```
#SECTION 1: "Mental Health by Indicator":
# 1) Filter Canada, Total age, Both genders
health_canada <- health %>%
  filter(
    Location == "Canada",
    Age_group == "Total",
    Gender == "Both_Genders")

health_canada$Year <- as.numeric(as.character(health_canada$Year))
health_canada$Percentage <- as.numeric(health_canada$Percentage)

# 2) Split by Indicators
good <- subset(health_canada, Indicators == "Good_Excellent")
fair <- subset(health_canada, Indicators == "Fair_Poor")
stress <- subset(health_canada, Indicators == "Stressful")

# 3) Ensure Year is numeric
good$Year <- as.numeric(good$Year)
fair$Year <- as.numeric(fair$Year)
stress$Year <- as.numeric(stress$Year)

# 4) Start empty plot :
plot(good$Year, good$Percentage,
  type = "n",
  xlab = "Year",
  ylab = "Percentage (%)",
  ylim = range(health_canada$Percentage, na.rm = TRUE),
  main = "Mental Health by Indicators")

# 5) Add 3 indicator lines
lines(good$Year, good$Percentage, col = "blue", lwd = 2)
lines(fair$Year, fair$Percentage, col = "skyblue", lwd = 2)
lines(stress$Year, stress$Percentage, col = "red", lwd = 2)

points(good$Year, good$Percentage, col = "blue", pch = 16)
points(fair$Year, fair$Percentage, col = "skyblue", pch = 16)
points(stress$Year, stress$Percentage, col = "red", pch = 16)

# 6) Add ablines:
abline(h=c(10,20,55,70), col="grey", lty = 2, lwd = 1.5)

# 7) Add comments
text(x = 2021, y = 68, labels = "↓ Decline in Good/Excellent", col = "blue", cex = 0.9)
text(x = 2019, y = 12, labels = "↑ Rise in Fair/Poor", col = "black", cex = 0.9)
text(x = 2019, y = 25, labels = "Stable stress levels", col = "red", cex = 0.9)

# 8) Add Arrows
arrows(x0 = 2017, y0 = 70, x1 = 2017, y1 = 10, col = "green", lwd = 2, length = 0.1, code=3,lty=4)
text(x = 2017, y = 39, labels = "Wider gap", col = "darkgreen", cex = 1)
rect(xleft = 2016.5, xright = 2017.7, ybottom = 37.5, ytop = 38,
  col = "yellow", border = NA)

arrows(x0 = 2021, y0 = 57, x1 = 2021, y1 = 13, col = "green", lwd = 2, length = 0.1, code = 3, lty=4)
text(x = 2021, y = 35, labels = "Narrower gap ", col = "darkgreen", cex = 1)
rect(xleft = 2020.5, xright = 2021.5, ybottom = 33.5, ytop = 34,
  col = "yellow", border = NA)
```

# Appendix 2\_ Mental Health

```
# SECTION 2: Mental Health by GENDER:  
# Prepare dataset  
health_gender <- health %>%  
  filter(Location == "Canada",  
         Age_group == "Total",  
         Gender %in% c("Males", "Females"),  
         Indicators %in% c("Good_Excellent", "Fair_Poor", "Stressful")) %>%  
  mutate(Percentage = as.numeric(Percentage)) %>%  
  filter(!is.na(Percentage))  
  
# Plot1:  
p1 <- ggplot(health_gender, aes(x = factor(Year), y = Percentage, fill = Gender)) +  
  geom_col(position = "dodge") +  
  facet_wrap(~Indicators, nrow = 1) +  
  scale_fill_manual(values = c("Males" = "steelblue", "Females" = "pink")) +  
  labs(title = "Mental Health by Gender",  
       x = "Year", y = "Percentage (%)") +  
  theme_minimal(base_size = 14) +  
  theme(  
    panel.grid.major.y = element_line(color = "gray70", size = 1, linetype = "dashed"),  
    panel.grid.minor.y = element_blank(),  
    panel.grid.major.x = element_blank(),  
    panel.grid.minor.x = element_blank())  
print(p1)  
  
# Plot 2. Distribution of indicators:  
p2 <- ggplot(health_gender, aes(x = Gender, y = Percentage, fill = Gender)) +  
  geom_boxplot() +  
  facet_wrap(~Indicators) +  
  scale_fill_manual(values = c("Males" = "steelblue", "Females" = "pink")) +  
  labs(title = "Distribution by Gender",  
       x = "Gender", y = "Percentage (%)") +  
  theme_minimal(base_size = 14)  
print(p2)  
  
# Plot 3. Gender gap avr years:  
gender_avg <- health_gender %>%  
  group_by(Gender, Indicators) %>%  
  summarise(Average = mean(Percentage, na.rm = TRUE), .groups = "drop")  
p3 <- ggplot(gender_avg, aes(x = Gender, y = Average, group = Indicators, color = Gender)) +  
  geom_line(aes(group = Indicators), position = position_dodge(width = 0.2)) +  
  geom_point(size = 4) +  
  facet_wrap(~Indicators) +  
  scale_color_manual(values = c("Males" = "steelblue", "Females" = "pink")) +  
  labs(title = "Average Gender Gap by Indicators",  
       x = "Gender", y = "Average Percentage (%)") +  
  theme_minimal(base_size = 14)  
print(p3)
```

```
#SECTION 3: Mental Health by LOCATION:  
# HEATMAP BY LOCATION  
# Prepare dataset:  
health_heatmap <- health %>%  
  filter(Location != "Canada",  
         Age_group == "Total",  
         Gender == "Both_Genders",  
         Indicators %in% c("Good_Excellent", "Fair_Poor", "Stressful"),  
         Year == 2022) %>%  
  mutate(Percentage = as.numeric(Percentage)) %>%  
  filter(!is.na(Percentage))  
  
# Heatmap: Province vs Indicator  
health_heatmap$Indicators <- factor(health_heatmap$Indicators,  
                                      levels = c("Good_Excellent", "Fair_Poor", "Stressful"))  
ggplot(health_heatmap, aes(x = Indicators, y = reorder(Location, Percentage), fill = Percentage)) +  
  geom_tile(color = "white") +  
  scale_fill_gradient(low = "lightblue", high = "red") +  
  labs(title = "Mental Health Heatmap by Province (2022)",  
       x = "Indicator", y = "Province", fill = "Percentage (%)") +  
  theme_minimal(base_size = 14)  
  
#DOT MAP  
# Prepare dataset  
health_province <- health %>%  
  filter(Location != "Canada",  
         Age_group == "Total",  
         Gender %in% c("Males", "Females"),  
         Indicators %in% c("Good_Excellent", "Fair_Poor", "Stressful"),  
         Year == 2022) %>%  
  mutate(Percentage = as.numeric(Percentage),  
        Location_num = as.numeric(factor(Location))) %>%  
  filter(!is.na(Percentage),  
        !is.na(Gender), Gender != "",  
        !is.na(Location), Location != "")  
  
highlight_quebec <- health_province %>%  
  filter(Location == "Quebec", Indicators == "Good_Excellent", Gender == "Females")  
  
highlight_female <- highlight_quebec %>% filter(Gender == "Females") %>% slice(1)  
highlight_male <- highlight_quebec %>% filter(Gender == "Males") %>% slice(1)  
  
# Plot  
ggplot(health_province, aes(x = Percentage, y = Location, color = Indicators)) +  
  geom_point(size = 2) +  
  geom_point(data = highlight_quebec, aes(x = Percentage, y = Location),  
             shape = 21, size = 5, stroke = 1.2, color = "yellow", fill = NA) +  
  annotate("text",  
          x = highlight_female$Percentage + 2,  
          y = highlight_female$Location_num + 0.5,  
          label = "Highest", color = "red", hjust = 0, size = 2.5) +  
  annotate("text",  
          x = highlight_male$Percentage + 2,  
          y = highlight_male$Location_num + 0.1,  
          label = "Highest", color = "red", hjust = 0, size = 3) +  
  facet_wrap(~Gender) +  
  scale_color_manual(values = c("Good_Excellent" = "steelblue",  
                               "Fair_Poor" = "lightblue",  
                               "Stressful" = "red")) +  
  labs(title = "Mental Health Indicators by Province (2022)",  
       subtitle = "Quebec's Good_Excellent highlighted",  
       x = "Percentage (%)", y = "Province", color = "Indicator") +  
  theme_minimal(base_size = 14)
```

# Appendix 2\_ Mental Health

```
#SECTION 4: Mental Health by Age Group:  
ggplot(health_2022_total,  
       aes(x = Age_group,  
            y = Percentage,  
            fill = Indicators)) +  
  geom_col(width = 0.8) +  
  #Highlight only Senior in Good/Excellent  
  geom_col(  
    data = subset(health_2022_total, Age_group == "Senior" & Indicators == "Good / Excellent"),  
    fill = "gold", width = 0.8) +  
  
  # Value labels  
  geom_text(aes(label = Percentage), vjust = -0.5, size = 3.5) +  
  
  #TEXT LABEL  
  geom_text(  
    data = health_2022_total %>%  
      filter(Indicators == "Good / Excellent",  
             Age_group == "Senior") %>%  
      mutate(y_text = Percentage * 1.25),  
    aes(x = 3.5,  
        y = y_text,  
        label = "Seniors have highest level \n of good/excellent condition"),  
    inherit.aes = FALSE,  
    color = "red",  
    size = 4, # smaller text  
    fontface = "bold",  
    hjust = 0.5) +  
  
  #ARROW  
  geom_segment(data = health_2022_total %>%  
               filter(Indicators == "Good / Excellent",  
                      Age_group == "Senior") %>%  
               mutate(y_start = Percentage * 1.18,  
                      y_end = Percentage * 1.05),  
               aes(x = Age_group, xend = Age_group,  
                    y = y_start, yend = y_end),  
               inherit.aes = FALSE,  
               colour = "red", # red arrow  
               size = 0.9,  
               arrow = arrow(length = unit(0.25, "cm")))+  
  
  # y-axis  
  scale_y_continuous(limits = c(0, max(health_2022_total$Percentage, na.rm = TRUE) * 1.35)) +  
  
  # custom indicator colors  
  scale_fill_manual(values = c("Good / Excellent" = "steelblue", "Fair / Poor" = "pink",  
                             "Stressful" = "gray70")) +  
  
  facet_wrap(~ Indicators, nrow = 1, strip.position = "bottom", scales = "fixed") +  
  
  tabs(title = "Mental Health by Age Groups in 2022") +  
  
  theme_minimal(base_size = 12) + theme(  
    axis.text.x = element_text(angle = 40, hjust = 1),  
    strip.background = element_blank(),  
    strip.placement = "outside",  
    axis.text.y = element_blank(),  
    axis.ticks.y = element_blank(),  
    legend.position = "none")
```

# Appendix 3\_Future Outlook

```
1 # Big Data 2 - Course Project
2 # Central Indicators Domain: Future Outlook
3 # Data Source: Statistics Canada Quality of Life Hub
4 # https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310084701
5 # Table 13-10-0847-01: Future outlook by gender and province
6
7 rm(list = ls()); cat("\014")
8
9 # Load required libraries
10 library(stringr)
11 library(readr)
12 library(dplyr)
13
14 # Step 1: Load dataset
15 futout_raw <- read_csv("Future_Outlook.csv")
16
17 # Step 2: View dataset structure
18 print("Data Structure")
19 str(futout_raw)
20 print(paste("Total rows in raw data:", nrow(futout_raw)))
21 print(paste("Total columns:", ncol(futout_raw)))
22
23 print("Column data types")
24 str(futout_raw)
25
26 # Step 3: Data Cleaning
27 futout_clean <- futout_raw %>%
28
29 # Convert Number to numeric (remove commas if present)
30 mutate(
31   Number = as.numeric(gsub(", ", "", Number)),
32 ) %>%
33
34 # Convert 'Reference period' to date type
35 mutate(
36   Year = as.numeric(str_extract(`Reference period`, "\d{4}")),
37
38   Date = case_when(
39     str_detect(`Reference period`, "Q1") ~ as.Date(paste0(Year, "-01-01")),
40     str_detect(`Reference period`, "Q2") ~ as.Date(paste0(Year, "-04-01")),
41     str_detect(`Reference period`, "Q3") ~ as.Date(paste0(Year, "-07-01")),
42     str_detect(`Reference period`, "Q4") ~ as.Date(paste0(Year, "-10-01"))
43   )
44 ) %>%
45
46 # Remove helper column Year (we don't need it anymore)
47 select(-Year, -`Reference period`)
48
49 print("First 5 rows AFTER cleaning:")
50 head(futout_clean, 5)
51
52 str(futout_clean)
53
54 # Step 4: Save cleaned dataset
55 write_csv(futout_clean, "Future_Outlook_Clean.csv")
56
57 print("Cleaned dataset saved as 'Future_Outlook_Clean.csv'")
```

```
1 # Slide 1: Summary Table + Pie Chart
2 rm(list = ls()); cat("\014")
3
4 # Load libraries
5 library(readr)
6 library(dplyr)
7
8 # Load cleaned dataset
9 futout_clean <- read_csv("Future_Outlook_Clean.csv")
10
11 # Summary Table
12
13 summary_table <- futout_clean %>%
14   filter(Geography == "Canada") %>%
15   group_by(Indicators, Gender) %>%
16   summarise(
17     Avg_Number = round(mean(Number, na.rm = TRUE), 1),
18     Avg_Percent = round(mean(Percent, na.rm = TRUE), 1),
19     .groups = "drop"
20   ) %>%
21   mutate(
22     Indicators = factor(Indicators, levels = c("Always", "Sometimes", "Rarely")),
23     Gender = factor(Gender, levels = c("Total", "Men", "Women"))
24   ) %>%
25   arrange(Indicators, Gender)
26
27 print(summary_table)
28
29 # Summary Statistics
30
31 summary_stats <- futout_clean %>%
32   filter(Geography == "Canada") %>%
33   group_by(Indicators) %>%
34   summarise(
35     Min_Percent = min(Percent, na.rm = TRUE),
36     Max_Percent = max(Percent, na.rm = TRUE),
37     Mean_Percent = round(mean(Percent, na.rm = TRUE), 2),
38     Median_Percent = median(Percent, na.rm = TRUE),
39     SD_Percent = round(sd(Percent, na.rm = TRUE), 2),
40     .groups = "drop"
41   ) %>%
42
43   mutate(
44     Indicators = factor(Indicators,
45       levels = c("Always", "Sometimes", "Rarely"))
46   ) %>%
47   arrange(Indicators)
48
49 print(summary_stats)
50
```

```
52 # Pie Chart
53
54 pie_data <- futout_clean %>%
55   group_by(Indicators) %>%
56   summarise(AvgPercent = mean(Percent), .groups = "drop")
57
58 labels <- paste0(
59   pie_data$Indicators,
60   " (", round(pie_data$AvgPercent, 1), "%)"
61 )
62
63 colors <- c("#4E79A7", "#F28E2B", "#E15759")
64
65 pie(
66   pie_data$AvgPercent,
67   labels = labels,
68   col = colors,
69   border = "white",
70   cex = 1.2,
71   main = "Distribution of Future Outlook Indicators (Avg %)"
72 )
73 box(lwd = 2, col = "gray40")
```

# Appendix 3\_Future Outlook

```
1 # Slide 2: Future Outlook Over Time (Canada Only)
2 rm(list = ls()); cat("\014")
3
4 library(dplyr)
5 library(ggplot2)
6 library(lubridate)
7
8 # Load cleaned dataset
9 futout_clean <- read_csv("Future_Outlook_Clean.csv")
10
11 # Filter only Canada & Total, create quarter labels
12 canada_time <- futout_clean %>%
13   filter(Geography == "Canada", Gender == "Total") %>%
14   mutate(
15     QuarterLabel = paste0(year(Date), " Q", quarter(Date)),
16     Indicators = factor(Indicators, levels = c("Always", "Sometimes", "Rarely"))
17   )
18
19 # Plot
20 plot_time <- ggplot(canada_time,
21   aes(x = Date, y = Percent,
22       color = Indicators, group = Indicators)) +
23   geom_line(linewidth = 1.5) +
24   geom_point(size = 3.5) +
25
26   # Bigger percentage labels
27   geom_text(aes(label = round(Percent, 1),
28             vjust = -0.9, size = 4.2, fontface = "bold",
29             show.legend = FALSE) +
30
31   # Use custom quarter labels on x-axis
32   scale_x_date(
33     breaks = canada_time$date,
34     labels = canada_time$QuarterLabel
35   ) +
36
37   scale_color_manual(values = c(
38     "Always" = "#4E79A7",
39     "Sometimes" = "#F28E2B",
40     "Rarely" = "#E15759"
41   )) +
42
43   labs(
44     title = "Future Outlook Over Time (Canada)",
45     subtitle = "Quarterly share of respondents who feel optimistic about their future",
46     x = "Period",
47     y = "% of respondents",
48     color = "Indicator"
49   ) +
50
51   theme_minimal(base_size = 12) +
52   theme(
53     axis.title.x = element_blank(),
54     axis.text.x = element_text(angle = 45, hjust = 1),
55     plot.title = element_text(size = 18, face = "bold", color = "#C41E3A"),
56     plot.subtitle = element_text(size = 11, color = "gray40"),
57     panel.grid.minor = element_blank(),
58     legend.position = "right"
59   )
60
61 print(plot_time)
```

```
1 # Slide 3: Average Future Outlook by Province
2 rm(list = ls()); cat("\014")
3
4 library(readr)
5 library(dplyr)
6 library(ggplot2)
7
8 futout_clean <- read_csv("Future_Outlook_Clean.csv")
9
10 prov <- futout_clean %>%
11   # select provinces only, total population
12   filter(Geography != "Canada", Gender == "Total") %>%
13   mutate(
14     # fix names
15     Geography = gsub("_", " ", Geography),
16     Geography = ifelse(Geography == "NovaScotia", "Nova Scotia", Geography),
17     Indicators = factor(Indicators,
18       levels = c("Always", "Sometimes", "Rarely"))
19   ) %>%
20   group_by(Geography, Indicators) %>%
21   summarise(AvgPercent = mean(Percent, na.rm = TRUE), .groups = "drop")
22
23
24 # Plot
25 ggplot(prov, aes(x = Geography, y = AvgPercent, fill = Indicators)) +
26   geom_col(position = "dodge") +
27   scale_fill_manual(values = c(
28     "Always" = "#4E79A7",
29     "Sometimes" = "#F28E2B",
30     "Rarely" = "#E15759"
31   )) +
32   labs(
33     title = "Average Future Outlook by Province",
34     subtitle = "Average percentage of respondents who feel optimistic about their future",
35     x = "Province",
36     y = "Average Percent (%)",
37     fill = "Indicator"
38   ) +
39   theme_minimal(base_size = 12) +
40   theme(
41     plot.title = element_text(size = 18, face = "bold", color = "#C41E3A"),
42     plot.subtitle = element_text(size = 11, color = "gray40"),
43     axis.text.x = element_text(angle = 45, hjust = 1),
44     legend.position = "right",
45     panel.grid.minor = element_blank()
46   )
47
48
49
50
51
52
53
54
55
56
57
58
59
60
61
62
63
```

```
1 # Slide 4: Future Outlook Over Time by Gender (Canada)
2 rm(list = ls()); cat("\014")
3
4 library(readr)
5 library(dplyr)
6 library(ggplot2)
7 library(lubridate)
8
9 # Load cleaned dataset
10 futout_clean <- read_csv("Future_Outlook_Clean.csv")
11
12 # Prepare data for Canada, with quarter labels
13 gender_line <- futout_clean %>%
14   filter(Geography == "Canada",
15         Gender %in% c("Total", "Men", "Women")) %>%
16   mutate(
17     QuarterLabel = paste0(year(Date), " Q", quarter(Date)),
18     Indicators = factor(Indicators,
19       levels = c("Always", "Sometimes", "Rarely")),
20     Gender = factor(Gender, levels = c("Total", "Men", "Women"))
21   )
22
23 # Line chart: 3 panels (Total, Men, Women)
24 plot_gender_line <- ggplot(
25   gender_line,
26   aes(x = QuarterLabel, y = Percent,
27       color = Indicators, group = Indicators)
28 ) +
29   geom_line(linewidth = 1.3) +
30   geom_point(size = 2.8) +
31   geom_text(aes(label = round(Percent, 1),
32             vjust = -0.8, size = 3, show.legend = FALSE) +
33
34   scale_y_continuous(expand = expansion(mult = c(0.10, 0.15))) +
35
36   scale_color_manual(values = c(
37     "Always" = "#4E79A7",
38     "Sometimes" = "#F28E2B",
39     "Rarely" = "#E15759"
40   )) +
41
42   facet_wrap(~ Gender, ncol = 1) +
43
44   labs(
45     title = "Future Outlook Over Time by Gender (Canada)",
46     subtitle = "Quarterly share of Canadians who feel optimistic, compared across gender groups",
47     x = "Quarter",
48     y = "% of respondents",
49     color = "Indicator"
50   ) +
51
52   theme_minimal(base_size = 12) +
53   theme(
54     strip.text = element_text(size = 13, face = "bold"),
55     axis.title.x = element_blank(),
56     axis.text.x = element_text(angle = 45, hjust = 1),
57     plot.title = element_text(size = 18, face = "bold", color = "#C41E3A"),
58     plot.subtitle = element_text(size = 11, color = "gray40"),
59     panel.grid.minor = element_blank(),
60     legend.position = "right"
61   )
62
63 print(plot_gender_line)
```

# Appendix 3\_Future Outlook

```
1 # Slide 5: Average Future Outlook by Province and Gender
2 rm(list = ls()); cat("\014")
3
4 library(dplyr)
5 library(ggplot2)
6 library(readr)
7
8 # Load cleaned dataset
9 futout_clean <- read_csv("Future_Outlook_Clean.csv")
10
11 # Prepare province-level average data by gender
12 prov_heatmap_gender <- futout_clean %>%
13   filter(Geography != "Canada",
14         Gender %in% c("Total", "Men", "Women")) %>%
15   mutate(
16     Geography = gsub("_", " ", Geography),
17     Indicators = factor(Indicators, levels = c("Always", "Sometimes", "Rarely")),
18     Gender = factor(Gender, levels = c("Total", "Men", "Women")))
19 ) %>%
20 group_by(Geography, Indicators, Gender) %>%
21 summarise(
22   AvgPercent = round(mean(Percent, na.rm = TRUE), 1),
23   .groups = "drop"
24 ) %>%
25
26 # Create internal combined column for positioning
27 mutate(
28   Column = paste(Indicators, Gender, sep = "_"),
29
30   # Simplify label shown on the x-axis
31   Label = Gender
32 )
33
34 # Order columns properly
35 column_order <- c(
36   "Always_Total", "Always_Men", "Always_Women",
37   "Sometimes_Total", "Sometimes_Men", "Sometimes_Women",
38   "Rarely_Total", "Rarely_Men", "Rarely_Women"
39 )
```

```
41 prov_heatmap_gender$Column <- factor(prov_heatmap_gender$Column,
42                                         levels = column_order)
43
44 # Plot heatmap
45 plot_heat_gender <- ggplot(prov_heatmap_gender,
46                           aes(x = Column, y = Geography, fill = Indicators)) +
47   geom_tile(color = "white", linewidth = 0.4) +
48   geom_text(aes(label = AvgPercent),
49             color = "black", size = 3.5, fontface = "bold") +
50   scale_fill_manual(values = c(
51     "Always" = "#4E79A7",
52     "Sometimes" = "#F28E2B",
53     "Rarely" = "#E15759"
54   )) +
55
56   # Replace x-axis text with simplified Gender labels
57   scale_x_discrete(labels = prov_heatmap_gender$Label) +
58   labs(
59     title = "Average Future Outlook by Province and Gender",
60     subtitle = "Heatmap comparing optimism patterns across demographic groups",
61     fill = "Indicator"
62   ) +
63
64   theme_minimal(base_size = 11) +
65   theme(
66     axis.title = element_blank(),
67     axis.text.x = element_text(angle = 45, hjust = 1, size = 10),
68     plot.title = element_text(size = 18, face = "bold", color = "#C41E3A"),
69     plot.subtitle = element_text(size = 11, color = "gray40"),
70     panel.grid = element_blank(),
71     legend.position = "right"
72   )
73
74 print(plot_heat_gender)
```

```
1 # Slide 6: Respondent Count Variation by Indicator
2 rm(list = ls()); cat("\014")
3
4 library(dplyr)
5 library(ggplot2)
6 library(readr)
7
8 futout_clean <- read_csv("Future_Outlook_Clean.csv")
9
10 canada_box <- futout_clean %>%
11   filter(Geography == "Canada",
12         Gender == "Total",
13         !is.na(Number)) %>%
14   mutate(
15     Indicators = factor(Indicators,
16                          levels = c("Always", "Sometimes", "Rarely"))
17   )
18
19 box_plot <- ggplot(canada_box, aes(x = Indicators, y = Number, fill = Indicators)) +
20   geom_boxplot(alpha = 0.85, width = 0.6, outlier.color = "gray30") +
21
22   scale_fill_manual(values = c(
23     "Always" = "#4E79A7",
24     "Sometimes" = "#F28E2B",
25     "Rarely" = "#E15759"
26   )) +
27
28   labs(
29     title = "Respondent Count Variation by Indicator",
30     subtitle = "Boxplot showing median, quartiles, and spread of optimism response counts in Canada",
31     x = "Indicator",
32     y = "Number of respondents",
33     fill = "Indicator"
34   ) +
35
36   theme_minimal(base_size = 12) +
37   theme(
38     plot.title = element_text(size = 18, face = "bold", color = "#C41E3A"),
39     plot.subtitle = element_text(size = 11, color = "gray40"),
40     axis.title.x = element_blank(),
41     panel.grid.minor = element_blank()
42   )
43
44 print(box_plot)
```

# Appendix 3\_Future Outlook

```
1 # Slide 7: Respondent Count Distribution by Indicator
2 rm(list = ls()); cat("\014")
3
4 library(dplyr)
5 library(ggplot2)
6 library(readr)
7
8 # Load cleaned dataset
9 futout_clean <- read_csv("Future_Outlook_Clean.csv")
10
11 # Prepare data
12 swarm_data <- futout_clean %>%
13   filter(
14     Geography == "Canada",
15     Gender == "Total",      # <<-- KEEP ONLY TOTAL
16     !is.na(Number)
17   ) %>%
18   mutate(
19     Indicators = factor(Indicators,
20                          levels = c("Always", "Sometimes", "Rarely"))
21   )
22
23 # Swarm plot using jitter
24 swarm_plot <- ggplot(
25   swarm_data,
26   aes(x = Indicators, y = Number, color = Indicators)
27 ) +
28   geom_jitter(width = 0.18, alpha = 0.7, size = 2) +
29   scale_color_manual(values = c(
30     "Always" = "#4E79A7",
31     "Sometimes" = "#F28E2B",
32     "Rarely" = "#E15759"
33   )) +
34
35   labs(
36     title = "Respondent Count Distribution by Indicator",
37     subtitle = "Swarm plot showing quarterly total respondent counts for optimism levels in Canada",
38     x = "Indicator",
39     y = "Number of respondents",
40     color = "Indicator"
41   ) +
42
43   theme_minimal(base_size = 12) +
44   theme(
45     plot.title = element_text(size = 18, face = "bold", color = "#C41E3A"),
46     plot.subtitle = element_text(size = 11, color = "gray40"),
47     axis.title.x = element_blank(),
48     panel.grid.minor = element_blank()
49   )
50
51 print(swarm_plot)
52
```

R script editor

```
6 # Paste or type your script code here:
7 library(ggplot2)
8 library(dplyr)
9
10 # Filter to 2025 only
11 df <- dataset %>%
12   filter(Year == 2025) %>%
13   mutate(
14     Indicators = factor(Indicators,
15                          levels = c("Always", "Sometimes", "Rarely"))
16   )
17
```

R script editor

```
18 # Histogram
19 ggplot(df, aes(x = Percent, fill = Indicators)) +
20   geom_histogram(
21     alpha = 0.75,
22     position = "identity",
23     bins = 12,
24     color = "white",
25     linewidth = 0.3
26   ) +
27   scale_fill_manual(values = c(
28     "Always" = "#4E79A7",
29     "Sometimes" = "#F28E2B",
30     "Rarely" = "#E15759"
31   )) +
32
33   labs(
34     title = "Histogram of Future Outlook Percentages (2025)",
35     subtitle = "Distribution of 'Always', 'Sometimes', and 'Rarely' responses",
36     x = "Percentage",
37     y = "Count",
38     fill = "Indicator"
39   ) +
40   theme_minimal(base_size = 12) +
41   theme(
42     plot.title = element_text(face = "bold", size = 16)
43   )
44
```

R script editor

```
19 ggplot(df, aes(x = Percent, fill = Indicators)) +
20   scale_fill_manual(values = c(
21     "Always" = "#4E79A7",
22     "Sometimes" = "#F28E2B",
23     "Rarely" = "#E15759"
24   )) +
25   labs(
26     title = "Histogram of Future Outlook Percentages (2025)",
27     subtitle = "Distribution of 'Always', 'Sometimes', and 'Rarely' responses",
28     x = "Percentage",
29     y = "Count",
30     fill = "Indicator"
31   ) +
32   theme_minimal(base_size = 12) +
33   theme(
34     plot.title = element_text(face = "bold", size = 16)
35   )
36
```

# Appendix 3\_Future Outlook

```
1 # Slide 9: Future Outlook - Summary
2 rm(list = ls()); cat("\014")
3
4 library(dplyr)
5 library(ggplot2)
6 library(readr)
7 library(patchwork)
8 library(lubridate)
9
10 futout_clean <- read_csv("Future_Outlook_Clean.csv")
11
12 col_always <- "#4E79A7"
13 col_sometimes <- "#F28E2B"
14 col_rarely <- "#E15759"
15
16 # Unified Theme - all tiles use same title style
17 tile_theme <- theme_void() +
18   theme(
19     plot.title = element_text(size = 14, face = "bold", hjust = 0.5),
20     plot.subtitle = element_text(size = 10, hjust = 0.5),
21     plot.margin = margin(10, 10, 10, 10)
22   )
23
24 # TILE 1 - Canada (Always)
25 tile1_data <- futout_clean %>%
26   filter(Geography == "Canada", Gender == "Total", Indicators == "Always") %>%
27   summarise(Avg = round(mean(Percent), 1))
28
29 tile1 <- ggplot(tile1_data, aes(1, 1)) +
30   geom_text(aes(label = paste0(Avg, "%")),
31             size = 18, color = col_always, fontface = "bold") +
32   labs(
33     title = "Canada's Average Optimism",
34     subtitle = "Most Canadians feel optimistic about their future."
35   ) +
36   tile_theme
37
38 # TILE 2 - Gender comparison
39 tile2_data <- futout_clean %>%
40   filter(Geography == "Canada", Indicators == "Always",
41         Gender %in% c("Women", "Men")) %>%
42   group_by(Gender) %>%
43   summarise(Avg = round(mean(Percent), 1))
44
45 tile2 <- ggplot(tile2_data, aes(Gender, Avg, fill = Gender)) +
46   geom_col(width = 0.55) +
47   geom_text(aes(label = paste0(Avg, "%")),
48             vjust = -0.2, size = 7, fontface = "bold") +
49
50   scale_y_continuous(expand = expansion(mult = c(0, 0.15))) +
51   scale_fill_manual(values = c("Women" = col_always, "Men" = col_rarely)) +
52
53   labs(
54     title = "Women More Optimistic",
55     subtitle = "Women report slightly higher optimism than men."
56   ) +
57
58   theme_minimal(base_size = 10) +
59   theme(
60     legend.position = "none",
61     axis.title = element_blank(),
62     axis.text.y = element_blank(),
63
64     plot.title = element_text(size = 14, face = "bold", hjust = 0.5,
65                             margin = margin(t = 6, b = 2)),
66     plot.subtitle = element_text(size = 10, hjust = 0.5,
67                               margin = margin(t = 0, b = 5)),
68
69     plot.margin = margin(t = 5, r = 10, b = 5, l = 10)
70   )
71
72 # TILE 3 - Rarely (Low pessimism)
73 tile3_data <- futout_clean %>%
74   filter(Geography == "Canada", Gender == "Total", Indicators == "Rarely") %>%
75   summarise(Avg = round(mean(Percent), 1))
76
77 tile3 <- ggplot(tile3_data, aes(1, 1)) +
78   geom_text(aes(label = paste0(Avg, "%")),
79             size = 18, color = col_rarely, fontface = "bold") +
80   labs(
81     title = "Low Level of Pessimism",
82     subtitle = "Only a small share of Canadians feel pessimistic."
83   ) +
84   tile_theme
85
86 # TILE 4 - Sometimes
87 tile4_data <- futout_clean %>%
88   filter(Geography == "Canada", Gender == "Total", Indicators == "Sometimes") %>%
89   summarise(Avg = round(mean(Percent), 1))
90
91 tile4 <- ggplot(tile4_data, aes(1, 1)) +
92   geom_text(aes(label = paste0(Avg, "%")),
93             size = 18, color = col_sometimes, fontface = "bold") +
94   labs(
95     title = "Moderate Optimism Stable",
96     subtitle = "Around 30% consistently feel moderately optimistic."
97   ) +
98   tile_theme
```

# Appendix 3\_Future Outlook

```
100 # TILE 5 – Top Provinces (Always)
101 tile5_data <- futout_clean %>%
102   filter(Indicators == "Always", Gender == "Total", Geography != "Canada") %>%
103   mutate(Geography = gsub("_", " ", Geography)) %>%
104   group_by(Geography) %>%
105   summarise(Avg = round(mean(Percent), 1)) %>%
106   arrange(desc(Avg)) %>% slice(1:5)
107
108 tile5 <- ggplot(tile5_data, aes(reorder(Geography, Avg), Avg)) +
109   geom_col(fill = col_always, width = 0.65) +
110   geom_text(aes(label = Avg), hjust = -0.05,  # closer, less overhang
111             size = 4, fontface = "bold") +
112   coord_flip(clip = "off") +
113   scale_y_continuous(expand = expansion(mult = c(0, 0.05))) + # LESS empty right space
114   labs(
115     title = "Top Provinces by Optimism",
116     subtitle = "Quebec leads Canada in optimism."
117   ) +
118   theme_minimal(base_size = 10) +
119   theme(
120     plot.title = element_text(size = 14, face = "bold", hjust = 0.4),
121     plot.subtitle = element_text(size = 10, hjust = 0.4),
122     axis.title = element_blank(),
123     panel.grid.minor = element_blank(),
124     panel.grid.major.y = element_blank(),
125     plot.margin = margin(10, 10, 10, 10)
126   )
127
```

```
128 # TILE 6 – Sparkline (Trend)
129 tile6_data <- futout_clean %>%
130   filter(Geography == "Canada", Gender == "Total", Indicators == "Always")
131
132 tile6 <- ggplot(tile6_data, aes(Date, Percent)) +
133   geom_line(lineWidth = 1.2, color = col_always) +
134   geom_point(size = 2.5, color = col_always) +
135   labs(
136     title = "Optimism Over Time",
137     subtitle = "Optimism fluctuates but remains high overall."
138   ) +
139   theme_minimal(base_size = 10) +
140   theme(
141     plot.title = element_text(size = 14, face = "bold", hjust = 0.5),
142     plot.subtitle = element_text(size = 10, hjust = 0.5),
143     axis.title = element_blank(),
144     panel.grid.minor = element_blank()
145   )
146
147 # FINAL LAYOUT
148 final_plot <- (tile1 | tile2 | tile3) /
149   (tile4 | tile5 | tile6) +
150   plot_annotation(
151     title = "Future Outlook – Summary",
152     subtitle = "Key national insights on optimism, gender differences, geography, and trends",
153     theme = theme(
154       plot.title = element_text(size = 24, face = "bold", hjust = 0),
155       plot.subtitle = element_text(size = 14, hjust = 0)
156     )
157   )
158
159 print(final_plot)
```

# Appendix 4\_ Sense of Meaning and Purpose

```
1 library(tidyverse)
2 library(readxl)
3 sense_raw <- read_excel("Final_Dataset_Morys (version 2).xlsx",
4 sheet = 1)
5 sense <- sense_raw %>%
6 mutate(
7 # keep period order as it appears in the file
8 Period = factor(Period, levels = unique(Period)),
9 # turn 0-5, 6-7, 8-10 into Low / Medium / High
10 Level = case_when(
11 str_detect(Indicators, "0-5") ~ "Low",
12 str_detect(Indicators, "6-7") ~ "Medium",
13 str_detect(Indicators, "8-10") ~ "High",
14 TRUE ~ Indicators
15 ),
16 Level = factor(Level, levels = c("Low", "Medium", "High"))
17 )
18 latest_period <- sense %>%
19 summarise(latest = max(Period)) %>%
20 pull(latest)
21 latest_period
22 canada_latest <- sense %>%
23 filter(Geography == "Canada",
24 Gender == "Total",
25 Period == latest_period) %>%
26 group_by(Level) %>%
27 summarise(Percent = sum(Percent), .groups = "drop")
28 ggplot(canada_latest,
29 aes(x = Level, y = Percent, fill = Level)) +
30 geom_col() +
31 geom_text(aes(label = round(Percent, 1)),
32 vjust = -0.3) +
33 labs(
34 title = paste("Sense of Meaning and Purpose – Canada (", latest_period,
35 x = "Level",
36 y = "% of population"
37 ) +
38 theme_minimal()
39 canada_time <- sense %>%
40 filter(Geography == "Canada",
41 Gender == "Total") %>%
42 group_by(Period, Level) %>%
43 summarise(Percent = sum(Percent), .groups = "drop")
44 head(canada_time, 10)
45 ggplot(canada_time,
46 aes(x = Period, y = Percent, color = Level, group = Level)) +
47 geom_line(size = 1) +
48 geom_point() +
49 labs(
50 title = "Sense of Meaning and Purpose in Canada Over Time",
51 x = "Period",
52 y = "% of population",
53 color = "Level"
54 ) +
55 theme_minimal() +
56 theme(axis.text.x = element_text(angle = 45, hjust = 1))
57 ggplot(canada_time,
58 aes(x = Period, y = Percent, color = Level, group = Level)) +
59 geom_line(linewidth = 1) +
60 ggplot(canada_time,
61 aes(x = Period, y = Percent, color = Level, group = Level)) +
62 geom_line(linewidth = 1) +
63 geom_point() +
64 labs(
65 title = "Sense of Meaning and Purpose in Canada Over Time",
66 x = "Period",
67 y = "% of population",
68 color = "Level"
69 ) +
70 theme_minimal() +
71 theme(axis.text.x = element_text(angle = 45, hjust = 1))
72 prov_latest <- sense %>%
73 filter(Gender == "Total",
74 Period == latest_period) %>%
75 group_by(Geography, Level) %>%
76 summarise(Percent = sum(Percent), .groups = "drop")
77 # order provinces by High share
78 prov_order <- prov_latest %>%
79 filter(Level == "High") %>%
80 arrange(desc(Percent)) %>%
81 pull(Geography)
82 prov_latest <- prov_latest %>%
83 labs(
84 title = paste("Sense of Meaning and Purpose by Province (Total, ", latest_period, ")"),
85 x = "Province",
86 y = "% of population",
87 fill = "Level"
88 ) +
89 theme_minimal()
90 ggpplot(prov_latest,
91 aes(x = Geography, y = Percent, fill = Level)) +
92 geom_col() +
93 coord_flip() +
94 labs(
95 title = paste("Sense of Meaning and Purpose by Province (Total, ", latest_period, ")"),
96 x = "Province",
97 y = "% of population",
98 fill = "Level"
99 ) +
100 theme_minimal()
101 prov_gender <- sense %>%
102 filter(Period == latest_period,
103 Gender %in% c("Men", "Women")) %>%
104 group_by(Geography, Gender, Level) %>%
105 summarise(Percent = sum(Percent), .groups = "drop") %>%
106 mutate(Geography = factor(Geography, levels = prov_order))
107 prov_gender
108 ggpplot(prov_gender,
109 aes(x = Geography, y = Percent, fill = Level)) +
110 geom_col(position = "dodge") +
111 coord_flip() +
112 facet_wrap(~ Gender) +
113 labs(
114 title = paste("Sense of Meaning and Purpose by Province & Gender (", latest_period, ")"),
115 x = "Province",
116 y = "% of population",
117 fill = "Level"
118 ) +
119 theme_minimal()
120 canada_gender <- sense %>%
121 filter(Geography == "Canada",
122 Gender %in% c("Men", "Women"),
123 Period == latest_period) %>%
124 group_by(Gender, Level) %>%
125 summarise(Percent = sum(Percent), .groups = "drop")
126 canada_gender <- sense %>%
127 filter(Geography == "Canada",
128 Gender %in% c("Men", "Women"),
129 Period == latest_period) %>%
130 group_by(Gender, Level) %>%
131 summarise(Percent = sum(Percent), .groups = "drop")
132 labs(
133 title = paste("Sense of Meaning and Purpose in Canada by Gender (", latest_period, ")"),
134 x = "Gender",
135 y = "Share of population",
136 fill = "Level"
137 ) +
138 theme_minimal()
139 summary_high <- sense %>%
140 filter(Gender == "Total",
141 Level == "High",
142 Period == latest_period) %>%
143 select(Geography, Percent, People) %>%
144 arrange(desc(Percent))
145 summary_high
146 write_csv(summary_high, "summary_high_meaning_by_province.csv")|
```

# Appendix 4\_ Sense of Meaning and Purpose

```
1 # Install once if needed
2 install.packages(c("tidyverse", "readxl"))
3 library(tidyverse)
4 library(readxl)
5 library(stringr)
6 file <- "Sense_socialDemo_data_BD.xlsx"
7 # Helper to clean any sheet
8 clean_sense_sheet <- function(df) {
9   df %>%
10   mutate(
11     Group = str_trim(Group),
12     `Sense of meaning and purpose rating` =
13       factor(`Sense of meaning and purpose rating`,
14             levels = c("Low", "Medium", "High")),
15     Period = factor(Period, levels = unique(Period))
16   )
17 }
18 all_group <- read_excel(file, sheet = "All Group") %>% clean_sense_sheet()
19 age <- read_excel(file, sheet = "Age") %>% clean_sense_sheet()
20 immigrant <- read_excel(file, sheet = "Immigrant") %>% clean_sense_sheet()
21 minority <- read_excel(file, sheet = "Minority") %>% clean_sense_sheet()
22 indig <- read_excel(file, sheet = "Indigenous") %>% clean_sense_sheet()
23 disab <- read_excel(file, sheet = "Disability") %>% clean_sense_sheet()
24 lgbtq <- read_excel(file, sheet = "LGBTQ2+") %>% clean_sense_sheet()
25 educ <- read_excel(file, sheet = "Eduaction") %>% clean_sense_sheet()
26 activity <- read_excel(file, sheet = "Activity") %>% clean_sense_sheet()
27 area <- read_excel(file, sheet = "Area") %>% clean_sense_sheet()
28 overall_trend <- all_group %>%
29   filter(Period == "Total by all Ages") %>% # whole sample baseline
30   group_by(Period, `Sense of meaning and purpose rating`) %>%
31   summarise(Percent = sum(Percent), .groups = "drop")
32   ggplot(overall_trend,
33     aes(x = Period,
34       y = Percent,
35       color = `Sense of meaning and purpose rating`,
36       group = `Sense of meaning and purpose rating`) +
37     geom_line(size = 1) +
38     geom_point() +
39     labs(
40       title = "Sense of Meaning and Purpose – Overall Trend (18+)",
41       x = "Period",
42       y = "% of population",
43       color = "Rating"
44     ) +
45     theme_minimal() +
46     theme(axis.text.x = element_text(angle = 45, hjust = 1))
47   age_high <- age %>%
48   filter(Period == latest_period,
49   Group != "Total",
50   `Sense of meaning and purpose rating` == "High") %>%
51   group_by(Group) %>%
52   summarise(Percent = sum(Percent), .groups = "drop") %>%
53   arrange(Group)
54   ggplot(age_high,
55     aes(x = Group, y = Percent, fill = Group)) +
56     geom_col() +
57     labs(
58       title = paste("High Sense of Meaning and Purpose by Age Group (", latest_period, ")"),
59       x = "Age group",
60       y = "% with high sense of meaning & purpose"
61     ) +
62     theme_minimal() +
63     theme(axis.text.x = element_text(angle = 45, hjust = 1))
64   imm_latest <- immigrant %>%
65   filter(Period == latest_period,
66   Group != "Total") %>%
67   group_by(Group, `Sense of meaning and purpose rating`) %>%
68   summarise(Percent = sum(Percent), .groups = "drop")
69   ggplot(imm_latest,
70     aes(x = Group,
71       y = Percent,
72       fill = `Sense of meaning and purpose rating`)) +
73     geom_col() +
74     labs(
75       title = paste("Sense of Meaning and Purpose by Immigration Status (", latest_period, ")"),
76       x = "Immigration status",
77       y = "% of group",
78       fill = "Rating"
79     ) +
80     theme_minimal()
81   race_high <- minority %>%
82   filter(Period == latest_period,
83   Group != "Total",
84   `Sense of meaning and purpose rating` == "High") %>%
85   group_by(Group) %>%
86   summarise(Percent = sum(Percent), .groups = "drop") %>%
87   arrange(Percent)
88   ggplot(race_high,
89     aes(x = reorder(Group, Percent), y = Percent, fill = Group)) +
90     geom_col() +
91     coord_flip() +
92     labs(
93       title = paste("High Sense of Meaning and Purpose by Race / Visible Minority Group (", latest_period, ")"),
94       x = "Race / visible minority group",
95       y = "% with high sense of meaning & purpose"
96     ) +
97     theme_minimal()
98   indig_latest <- indig %>%
99   filter(Period == latest_period,
100  Group != "Total") %>%
101  mutate(Group = str_trim(Group)) %>%
102  group_by(Group, `Sense of meaning and purpose rating`) %>%
103  summarise(Percent = sum(Percent), .groups = "drop")
104  ggplot(indig_latest,
105  aes(x = Group,
106    y = Percent,
107    fill = `Sense of meaning and purpose rating`)) +
108  geom_col() +
109  labs(
110    title = paste("Sense of Meaning and Purpose by Indigenous Identity (", latest_period, ")"),
111    x = "Group",
112    y = "% of group",
113    fill = "Rating"
114  ) +
115  theme_minimal()
116  disab_latest <- disab %>%
117  filter(Period == latest_period,
118  Group != "Total") %>%
119  group_by(Group, `Sense of meaning and purpose rating`) %>%
120  summarise(Percent = sum(Percent), .groups = "drop")
121  ggplot(disab_latest,
122  aes(x = Group,
123    y = Percent,
124    fill = `Sense of meaning and purpose rating`)) +
125  geom_col() +
126  labs(
127    title = paste("Sense of Meaning and Purpose by Disability Status (", latest_period, ")"),
128    x = "Disability status",
129    y = "% of group",
130    fill = "Rating"
131  ) +
132  theme_minimal()
133  # Aggregate for latest period, exclude the category total
134  lgbtq_pie <- lgbtq %>%
135  filter(Period == latest_period,
136  Group != "Total") %>%
137  group_by(Group, `Sense of meaning and purpose rating`) %>%
138  summarise(Percent = sum(Percent), .groups = "drop")
139  ggplot(lgbtq_pie,
140  aes(x = "", y = Percent,
141    fill = `Sense of meaning and purpose rating`)) +
142  geom_col(width = 1) +
143  coord_polar(theta = "y") +
144  facet_wrap(~ Group) +
145  # Labels = the rating text (Low / Medium / High)
146  geom_text(
147  aes(label = paste0(`Sense of meaning and purpose rating`, "\n", round(Percent, 1), "%")),
148  position = position_stack(vjust = 0.5),
149  size = 3
150  ) +
151  labs(
152  title = paste("Sense of Meaning and Purpose by LGBTQ2+ Status (",
153  latest_period, ")"),
154  fill = "Rating"
155  ) +
156  theme_void()
```