

Watershed Well-being Project: An introduction

February 17, 2014

Vol. 1 Issue 1

Thank you!

We appreciate you taking the time to talk with us about how your environment affects your well-being. The stories and information you provided is being used to develop indicators of well-being associated with your environment. In the next stage of our project, these indicators will be represented on an interactive map that will be made available to you in the coming year.



View of the Credit River from Meadowvale Conservation Area. Most of you agree that natural features such as this beautiful river contribute to your stress-relief.



The different stages of the Watershed Well-being Project initiated with a survey conducted this past fall and winter.

Survey Results

We have collected a total of 106 surveys and have started analyzing the data you have provided us with. Here are a few preliminary observations:

- 96% of all respondents believe there is a **link** between their **well-being** and their **local natural environment**, claiming the natural environment:
 - Improves mood;
 - Provides stress-relief and is relaxing, and;
 - Provides opportunities for recreation.
- When asked what they would **change** in their local environment to **improve their well-being**, many respondents demonstrated a desire for:
 - More green space
 - More tree plantings and greenery
 - Smarter development
 - Less urbanization
- Although most respondents do not feel **at risk** of flooding, they feel at risk of the effects of **rapid urbanization**, which could increase the possibility of flooding in the future.
- The ability to fish and swim nearby was rated as not important by most, though the ability to drink tap water, which is mainly sourced from Lake Ontario into which the streams and waterways of the Credit River drain, was rated as very important by **82%** of all respondents.
- Many residents indicated they did not feel at risk of changing water quality, however many cited they would not fish or swim nearby due to pollution.

Watershed Well-being Project

A collaboration between York University, Guelph University, and Credit Valley Conservation.

This project is supported by the Water Economics, Policy and Governance Network with the Canadian Water Network.

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Focus Group Invitation

Is there anything in these results that surprises you? Is your view different from the majority or is it similar?

We would like to continue these conversations with you about the relationship between your well-being and your environment. Your participation in one of these focus groups will provide you with an opportunity to discuss how you experience these relationships in your life, letting us know what works and what does not work for you in your neighbourhood.

Come hear how your input will be incorporated into this Watershed Well-being project

If you live in Mississauga, the focus group will be held at the **Meadowvale Community Centre**, 6655 Glen Erin Drive, in the Isaac Weylie Room, on **March 19th 2014** from **6:30-7:30pm**.

If you live in Brampton, the focus group will be held at the **Four Corners Branch** of the Brampton Library, 65 Queen Street East, in the Boardroom on floor 2, on **March 20th 2014** from **6:30-7:30pm**.

Light refreshments will be provided during these sessions. If you are interested in participating in these focus groups, please send an email to: watershed.wellbeing@gmail.com. Please let us know if you require child minding.

Your participation is critical to understanding what affects your well-being and in creating a successful online mapping tool that will be useful to you and include the information that you think is important.



The Watershed Well-being Project Team

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