Meilleur Départ
Best Start Ottawa

2015
Ottawa Centre
Best Start Planning Table

DATA BOOKLET

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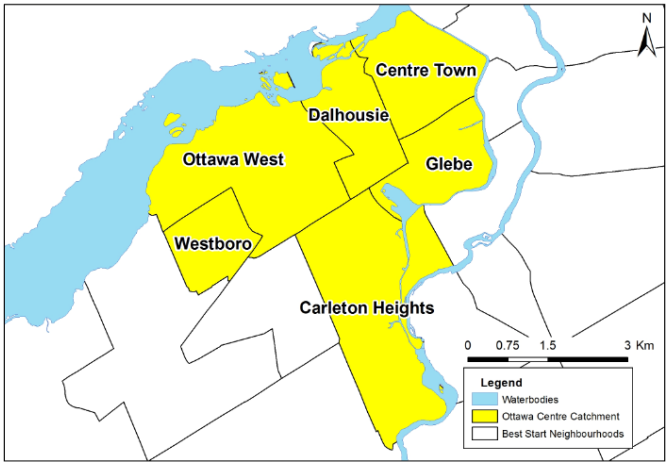
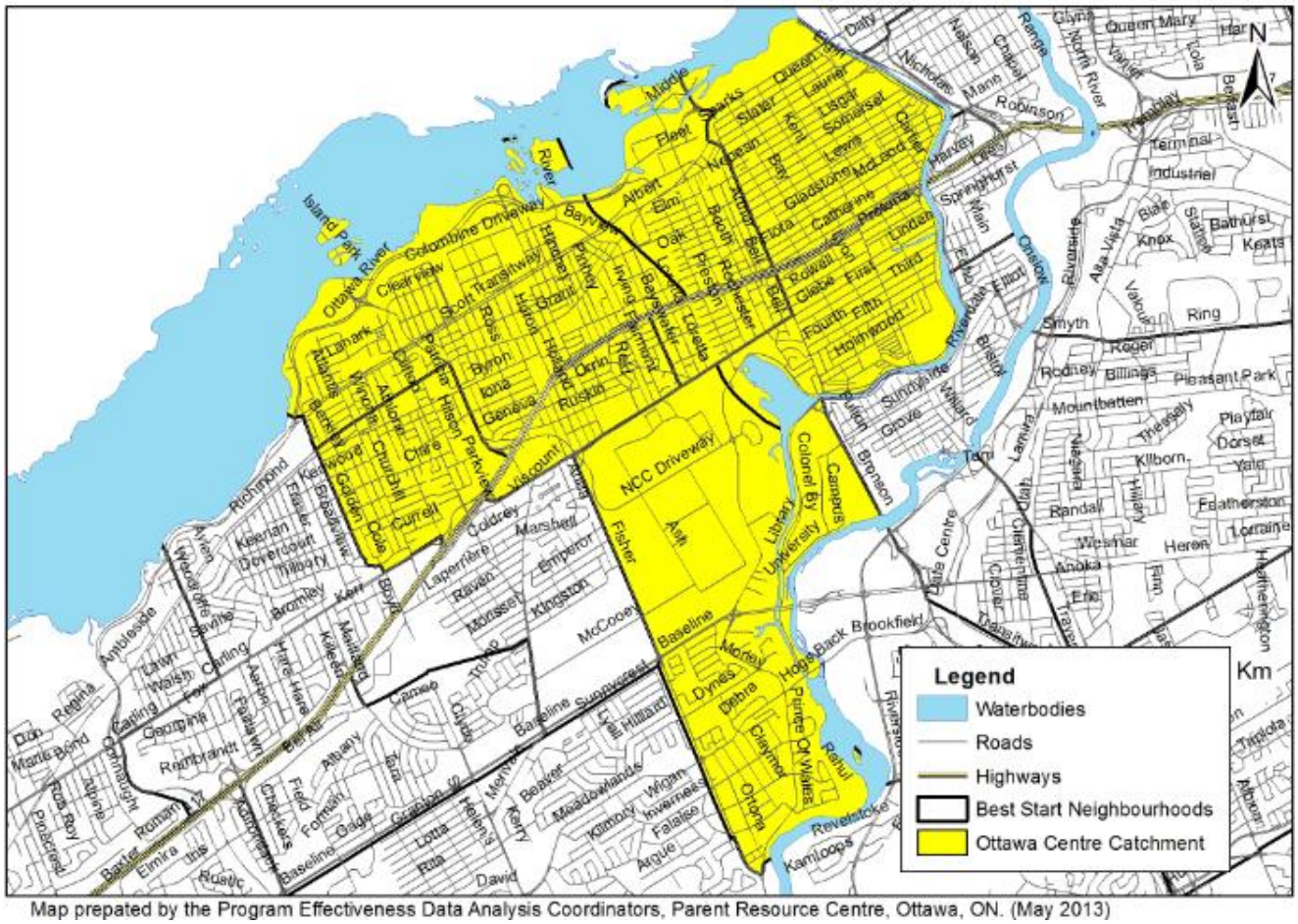
OTTAWA CENTRE
Geographic Profile

Map of *Ottawa Centre's* Best Start Neighbourhoods



Road Map of *Ottawa Centre's* Best Start Boundaries



Map prepated by the Program Effectiveness Data Analysis Coordinators, Parent Resource Centre, Ottawa, ON. (May 2013)

OTTAWA CENTRE

Population Counts & Projections

2011 Canadian Census Variables

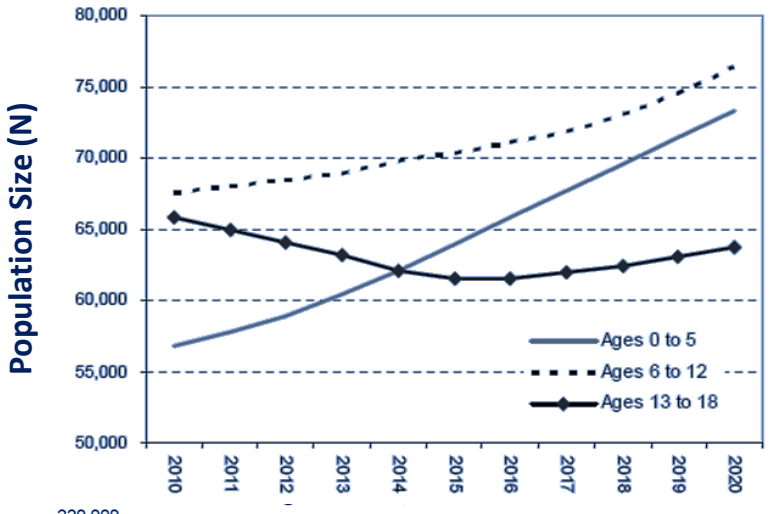
Population

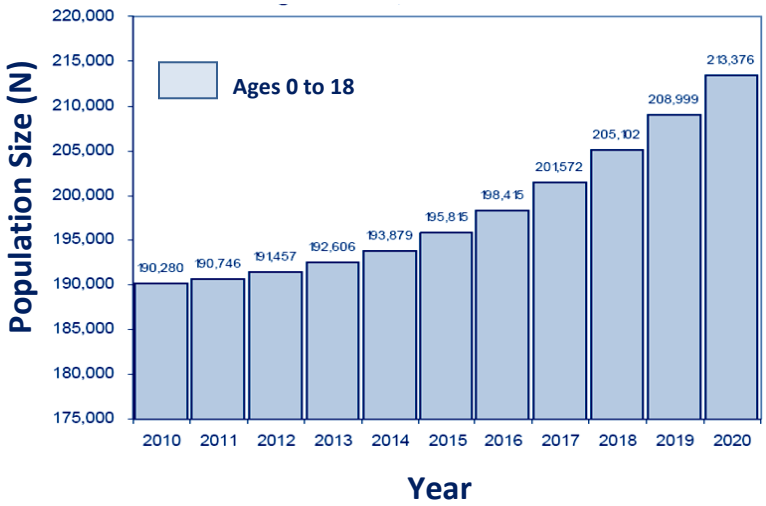
	OTTAWA CENTRE	OTTAWA
Population in 2011	137,380	883,391
Population in 2006	117,181	812,129
2006 to 2011 population change	17.2%	8.8%
Population density per square km in 2011	126.0	316.6

2011 MCYS Population Projections for Ottawa

Population Size, Population Projections, and Growth Rate Estimates

Years of Age	Population 2010	Projection 2020	Annual Growth Rate
0 to 5	56,868	73,308	2.6%
6 to 12	67,580	76,326	1.2%
13 to 18	65,832	63,742	-0.3%
Total (0 to 18)	**190,280**	**213,376**	**1.2%**





WHY ARE THESE VARIABLES IMPORTANT TO CHILD OUTCOMES?

Both historical changes in population size and population growth projections increase our understanding of how populations of children and youth will change over the next decade in Ottawa. These projections are based on current demographic trends in fertility, mortality, emigration, and immigration.

Population age counts provide an estimate of how many people, living within a particular geographic area, are in each age group. Age counts are one of the most commonly available and integral pieces of census information in the calculation of funding and federal transfers ($) to the provinces and territories. By looking at the age distribution within a population, we can start to identify the current and future needs of this population (e.g., more child care spaces). Collectively, population age counts and population growth projections can help us to adapt to the needs of the population as it changes over time.

Population density is a measure of how closely people live together in a geographical area. The higher the number, the more people live within the area.

IMPLICATIONS

The population of 0 to 5 year olds in Ottawa is expected to experience the greatest increase in size over the next decade compared to all other populations of children and youth (0 to 18 years of age) in Ontario. Thus, Ottawa agencies working with 0 to 5 year olds and their families may experience substantial increases in demand for programs and resources. Due to the fast rate of growth for this population of children, agencies may have difficulties keeping up with the increasing demands of their communities.

Demands may also increase for services tailored to 6 to 12 year olds and their families. Although the rate of growth for this population is considerably less than that of the 0 to 5 year olds, it is important that agencies are able to meet the demands of this growing population in Ottawa.

2011 Canadian Census Variables
Population by Age Group

Best Start Neighbourhood	Population 0 to 6 Years		Population 7 to 12 Years		Total Population
	Count (#)	Percentage (%)	Count (#)	Percentage (%)	
Carleton Heights	465	5.6	435	5.2	8,375
Centre Town	780	3.0	420	1.6	25,665
Dalhousie	670	5.4	435	3.5	12,390
Glebe	700	6.3	695	6.2	11,180
Ottawa West	1,685	7.2	1,155	4.9	23,395
Westboro	605	8.2	440	5.9	7,410
Ottawa Centre (Total)	**4,905**	**5.5**	**11,885**	**8.6**	**88,415**
Ottawa	**68,440**	**7.8**	**59,135**	**6.7**	**882,355**

OTTAWA CENTRE

Early Health Risks

2005-2011 BORN Variables

Births and Early Health Risks from 2005 to 2011

Best Start Neighbourhood	Number of Births	Teen Births (%)	Preterm Births (< 37 weeks) (%)	No Breastfeeding at Discharge (%)	Low Birth Weight (<2500 g) (%)	Maternal Smoking (%)	No Antenatal Visit during 1st Trimester (%)
Carleton Heights	537	3.4	9.9	7.6	7.4	7.1	7.6
Centre Town	1,270	1.4	9.4	4.1	8.3	6.7	8.4
Dalhousie	911	3.5	10.5	9.7	8.0	9.0	8.1
Glebe	651	≤ 0.8.	6.8	2.2	5.8	2.5	4.6
Ottawa West	1,862	1.8	8.8	4.9	6.1	5.0	6.3
Westboro	597	≤ 0.8.	11.1	3.9	7.5	4.4	6.5
Ottawa Centre (Total)	**5,828**	**1.9**	**9.3**	**5.3**	**7.1**	**5.9**	**7.0**
Ottawa	**63,472**	**2.4**	**9.7**	**8.1**	**7.0**	**6.5**	**6.3**

*** Cells containing data for less than 6 people are suppressed.**

Births and Early Health Risks in 2011

Best Start Neighbourhood	Number of Births	Teen Births (%)	Preterm Births (< 37 weeks) (%)	No Breastfeeding at Discharge (%)	Low Birth Weight (<2500 g) (%)	Maternal Smoking (%)	No Antenatal Visit during 1st Trimester (%)
Carleton Heights	86	≤ 5.8	9.3	12.8	9.3	10.5	9.3
Centre Town	203	≤ 2.5	9.9	3.9	8.9	5.4	9.9
Dalhousie	134	≤ 3.7	10.4	7.5	4.5	6.7	8.2
Glebe	98	0	≤ 5.1	≤ 5.1	≤ 5.1	≤ 5.1	8.2
Ottawa West	248	≤ 2.0.	7.7	5.6	6.0	2.4	8.5
Westboro	96	≤ 5.2	12.5	2.1	7.3	3.1	6.3
Ottawa Centre (Total)	**865**	**Approx. 1.6**	**8.6**	**5.4**	**6.4**	**4.6**	**8.6**
Ottawa	**9,399**	**1.9**	**8.5**	**7.8**	**6.6**	**6.5**	**6.0**

*** Cells containing data for less than 6 people are suppressed.**

WHY ARE THESE VARIABLES IMPORTANT TO CHILD OUTCOMES?

Why is Birth Weight Important?

- Babies born with low birth weight (LBW) (2500 g or less) are more likely to have health problems and slower development.
- LBW is the primary cause of death in the first year of life.
- Babies who are born with LBW and/or preterm have a greater risk of learning difficulties, vision difficulties, chronic respiratory problems, and cerebral palsy.
- LBW is a predictor of later health problems and disability for the baby.
- Mothers of LBW babies have a greater chance of having post-partum depression.
- Parents of LBW babies report difficulties in their marital relationship.

Why is Preterm Birth Data Important?

- Preterm birth accounts for 70% of all low birth weight babies.
- Preterm babies have a higher risk of death in the first few weeks of life.
- Many preterm babies experience Respiratory Distress Syndrome due to lung immaturity.
- Preterm babies are more likely to experience a brain bleed which has been associated with long-term intellectual, emotional and physical disabilities.
- Preterm babies' immune systems are not well developed and as such are at a higher risk of infection.
- Preterm babies have a higher risk of Sudden Infant Death Syndrome.
- Depending on the age and maturity of the baby, preterm babies may experience health problems throughout their lives.

Why is Breastfeeding Important?

- Breastfeed babies have a reduced risk of developing acute middle ear infections, non-specific gastroenteritis, severe lower respiratory tract infections, atopic dermatitis, asthma (young children), obesity, type 1 and 2 diabetes, childhood leukemia, sudden infant death syndrome (SIDS), and necrotizing enterocolitis.
- For maternal outcomes, a history of lactation is associated with a reduced risk of type 2 diabetes, breast cancer, and ovarian cancer.
- Early cessation of breastfeeding or not breastfeeding is associated with an increased risk of maternal postpartum depression.

Why is Total Births Important?

- Identifying neighbourhoods where newborns are living is useful for program planning, development & delivery purposes.

OTTAWA CENTRE

Family and Marital Status

2011 Canadian Census Variables

Census Family Structure

OTTAWA CENTRE	
% of common-law couple families	23.5
% of married couple families	60.7
% of lone-parents families	16.1
OTTAWA	
% of common-law couple families	13.1
% of married couple families	70.9
% of lone-parents families	16.1

WHY ARE THESE VARIABLES IMPORTANT TO CHILD OUTCOMES?

Research indicates that cohabitating relationships are less stable than marriages and thus children are more likely to experience a breakdown in the cohabitating relationship (e.g., Schmeer, 2011; Dunifron et al., 2003; Artis, 2007).

Family Count and Structure

Best Start Neighbourhood	Total Number of Families (#)	Families with Children < 15 Years		
		Total (#)	Total (%)	Lone-Parents (%)
Carleton Heights	2,025	1,050	51.9	28.6
Centre Town	4,750	1,300	27.4	27.3
Dalhousie	2,640	1,245	47.2	31.7
Glebe	2,730	1,645	60.3	11.6
Ottawa West	5,875	3,160	53.8	18.4
Westboro	1,955	1,175	60.1	15.3
Ottawa Centre (Total)	**19,975**	**9,575**	**47.9**	**20.9**
Ottawa	**239,320**	**147,705**	**61.7**	**17.7**

OTTAWA CENTRE

EMPLOYMENT & INCOME STATUS

WHY ARE THESE VARIABLES IMPORTANT TO CHILD OUTCOMES?

Economic status is one of the largest external influences on a child's development. Parental income both directly and indirectly influences their children's quality of life. Financial resources can limit access to nutritional food, quality child care, quality housing, and recreational opportunities outside of it. A lack of financial resources forces parent(s) to work more, and spend less time with their child.

IMPLICATIONS

Parental age, education and income are stronger determinants of developmental differences in children than marial status. However, children living in lone-parent families are more likely to live in low-income situations (e.g., Duncan et al., 1994)

2012 CANSIM Variables

Labour Force Characteristics (Aged >15 years)

	OTTAWA
Population in the Labour Force	574,800
Unemployment rate	6.2
Employment Rate	68.3
Participation Rate	72.8

2009 SAAD Variables

Low Income Families with Children

Best Start Neighbourhood	All Families with Children (0-17 years)		Couple Families with Children (0-17 years)		Lone Parent Families with Children (0-17 years)	
	Estimated Count*	Approx. % Low Income	Estimated Count*	Approx. % Low Income	Estimated Count*	Approx. % Low Income
Carleton Heights	1,170	22	810	12	370	41
Centre Town	1,680	24	960	18	730	34
Dalhousie	1,320	36	780	26	550	47
Glebe	1,440	6	1,120	4	290	14
Ottawa West	3,100	14	2,230	6	870	33
Westboro	1,180	9	870	6	310	23
Ottawa Centre (Total)	**9,890**	**18**	**6,770**	**10**	**3,120**	**34**
Ottawa	**142,920**	**12**	**108,940**	**7**	**33,710**	**30**

** All counts are rounded up by a unit of 10*

OTTAWA CENTRE

Household and Dwelling Characteristics

2011 Canadian Census Variables

Housing in Ottawa

	OTTAWA
Average number of persons per private household	2.5
Average number of persons per census family	2.9
Average number of children at home per census family	1.1

Housing Type for Families with Children (<15 Years)

Best Start Neighbourhood	Total Dwellings (#)	Single-detached house	Semi-detached house	Row house	Apartment, duplex or building that has fewer than five storeys	Apartment, building that has five or more storeys	Other single-attached house	Movable dwelling
Carleton Heights	1,050	47.6	9.0	33.8	1.4	8.1	0	0
Centre Town	1,310	15.3	5.7	10.7	21.4	45.4	0.8	0
Dalhousie	1,255	15.1	6.4	27.5	29.9	19.5	0.4	0
Glebe	1,640	66.5	12.8	5.8	13.4	1.5	0.6	0
Ottawa West	3,170	56.0	14.2	5.0	13.2	11.5	0.2	0
Westboro	1,175	60.4	18.3	5.5	15.7	0.4	0	0
Ott. Centre (Total)	**9,600**	**46.5**	**11.7**	**12.1**	**15.6**	**13.7**	**0.3**	**0**
Ottawa	**148,215**	**57.1**	**5.9**	**26.4**	**5**	**5.5**	**0.1**	**0.1**

Number of Children at Home in a Census Family

Best Start Neighbourhoods	Total Number of Families (#)	Families With Children (%)	Families with One Child (%)	Families with Two Children (%)	Families with Three or More Children (%)	Children at Home in Census families (#)	Average Number of Children at Home in a Census Family
Carleton Heights	2,025	59.3	25.9	22.2	11.1	4,080	2.0
Centre Town	4,750	31.7	20.8	8.4	2.6	8,040	1.7
Dalhousie	2,640	50.9	29.0	15.5	6.4	3,030	1.1
Glebe	2,730	54.2	22.3	23.3	9.0	12,985	4.8
Ottawa West	5,875	53.1	26.0	20.3	6.9	6,485	1.1
Westboro	1,955	59.8	28.6	24.6	6.9	7,120	3.6
Ott. Centre (Total)	**19,975**	**49.2**	**24.9**	**17.8**	**6.5**	**48,220**	**2.4**
Ottawa	**239,320**	**61.8**	**26.7**	**24.8**	**10.4**	**265,835**	**1.1**

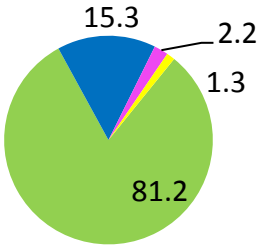
OTTAWA CENTRE

Language Profile

2011 Canadian Census Variables

First Official Language Spoken & Languages Most Often Spoken at Home (Other than French or English)

Ottawa

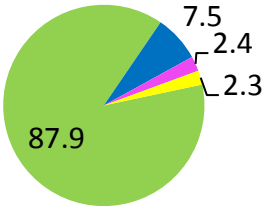


Other Languages Most Often Spoken at Home
1) Arabic
2) Chinese n.o.s
3) Spanish
4) Mandarin

LEGEND

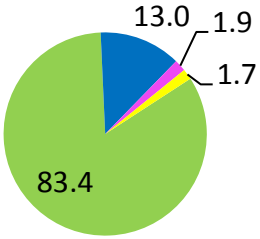
First Official Language:
- English
- French
- English AND French
- Neither English NOR French

Carleton Heights



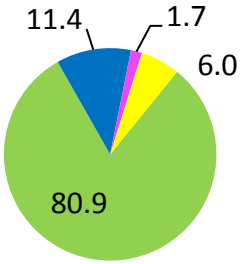
Other Languages Most Often Spoken at Home
1) Italian
2) Chinese n.o.s.
3) Arabic
4) Cantonese

Centre Town



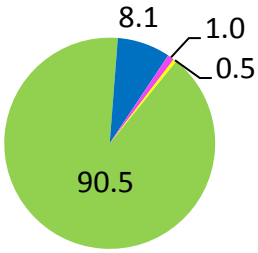
Other Languages Most Often Spoken at Home
1) Arabic
2) Chinese n.o.s.
3) Spanish
4) Cantonese

Dalhousie



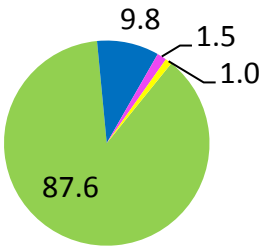
Other Languages Most Often Spoken at Home
1) Chinese n.o.s.
2) Vietnamese
3) Cantonese
4) Mandarin

Glebe



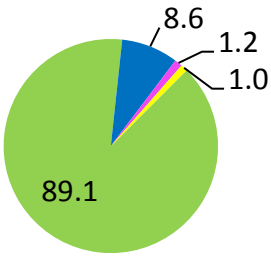
Other Languages Most Often Spoken at Home
1) Italian
2) Spanish
3) German
4) Arabic

Ottawa West



Other Languages Most Often Spoken at Home
1) Vietnamese
2) Arabic
3) Somali
4) Russian

Westboro



Other Languages Most Often Spoken at Home
1) Italian
2) Arabic
3) Russian
4) Chinese n.o.s.

WHY ARE THESE VARIABLES IMPORTANT?

Being able to communicate in at least one of Canada's official languages can influence an individual's ability to work, obtain services, and connect with their community. Reflecting this, minority-language children are at greater risk of academic difficulty – especially those with poor first-language abilities, or coming from a disadvantaged socio-economic background (Genesee et al., 2008).

In addition, *bilinguals* may identify with one language more strongly, either because it was the first one they learned (i.e., mother tongue) or it is the one they currently speak at home. The "first official language spoken" captures an individual's ability to speak English or French and, if so, whether they have a preferred language for communicating. Thus, this variable reflects a linguistic/cultural need for service.

OTTAWA CENTRE

Early Development Instrument Results

2005-2012 Early Development Instrument (EDI) Results

The EDI is a population-based measurement tool that is used as an indicator of senior kindergarten (SK) students' developmental health at school entry. SK teachers complete a survey in the spring, after getting to know their students for at least three months. The survey comprises 104 questions that measure SK students' growth along the developmental continuum in five domains (see right).

Based on their survey scores, children are grouped into four developmental health categories (see below). In this booklet, we report the percentage of children categorized as "vulnerable" in each EDI domain, "not ready" in each EDI sub-domain, and, as an overall measure of vulnerability, one or more EDI domains.

Three EDI cycles have been completed in SK classes across Ottawa. In all three cycles, Ottawa's four publicly funded school boards participated. The most recent cycle was the third implementation of the EDI which occurred in 2010-12.

Developmental Health Categories

[On Track, 75%] [Not On Track , 25%]

On Track, Top	On Track, Middle	At Risk	Vulnerable
Top 25% of SK students in Ontario	Below the top 25% and above the bottom 25% of SK students in Ontario	Below the top 75% and above the bottom 10% of SK students in Ontario	Bottom 10% of SK students in Ontario

OTTAWA CENTRE

Early Development Instrument Results

% Children Vulnerable in Each EDI Domain

EDI Domain	EDI Cycle	Ontario Baseline	Ottawa	Carleton Heights	Centre Town	Dalhousie	Glebe	Ottawa West	Westboro
Physical Health and Well-Being	C1	10*	10.9	12.7	38.3	30.4	4.4	13.9	4.2
	C2		10.3	8.8	42.4	28.4	11.5	10.7	17.4
	C3		12.3	8.6	23.8	26.1	7.4	12.7	7.8
	Change Over Time		*Sig. ↑*	*n.s.*	*n.s.*	*n.s.*	*n.s.*	*n.s.*	*n.s.*
Emotional Maturity	C1	10*	9.4	7.7	11.9	10.9	8.8	9.9	10.4
	C2		10.6	12.5	18.6	22.4	8.0	19.0	19.6
	C3		10.3	6.9	20.0	14.3	5.3	12.6	10.4
	Change Over Time		*Sig. ↑*	*n.s.*	*n.s.*	*n.s.*	*n.s.*	*n.s.*	*n.s.*
Social Competence	C1	10*	8.1	10.9	10.0	8.9	4.4	7.6	10.4
	C2		6.8	7.0	18.6	22.4	3.4	8.3	13.0
	C3		8.3	8.5	16.3	4.3	4.2	6.8	3.9
	Change Over Time		*Sig. -*	*n.s.*	*n.s.*	*Sig. ↓*	*n.s.*	*n.s.*	*n.s.*
Language and Cognitive Development	C1	10*	8.7	5.5	16.4	16.1	3.3	8.3	8.3
	C2		8.1	8.8	18.6	24.2	2.3	10.7	6.5
	C3		6.9	5.1	8.8	8.7	4.3	6.3	2.6
	Change Over Time		*Sig. ↓*	*n.s.*	*n.s.*	*n.s.*	*n.s.*	*n.s.*	*n.s.*
Communication Skills and General Knowledge	C1	10*	12.1	7.3	23.3	25.0	3.3	11.1	8.3
	C2		10.4	14.0	28.8	31.3	5.7	11.8	8.7
	C3		10.3	8.5	22.5	12.9	0.0	8.7	3.9
	Change Over Time		*Sig. ↓*	*n.s.*	*n.s.*	*Sig. ↓*	*Sig. ↓*	*n.s.*	*n.s.*

OTTAWA CENTRE

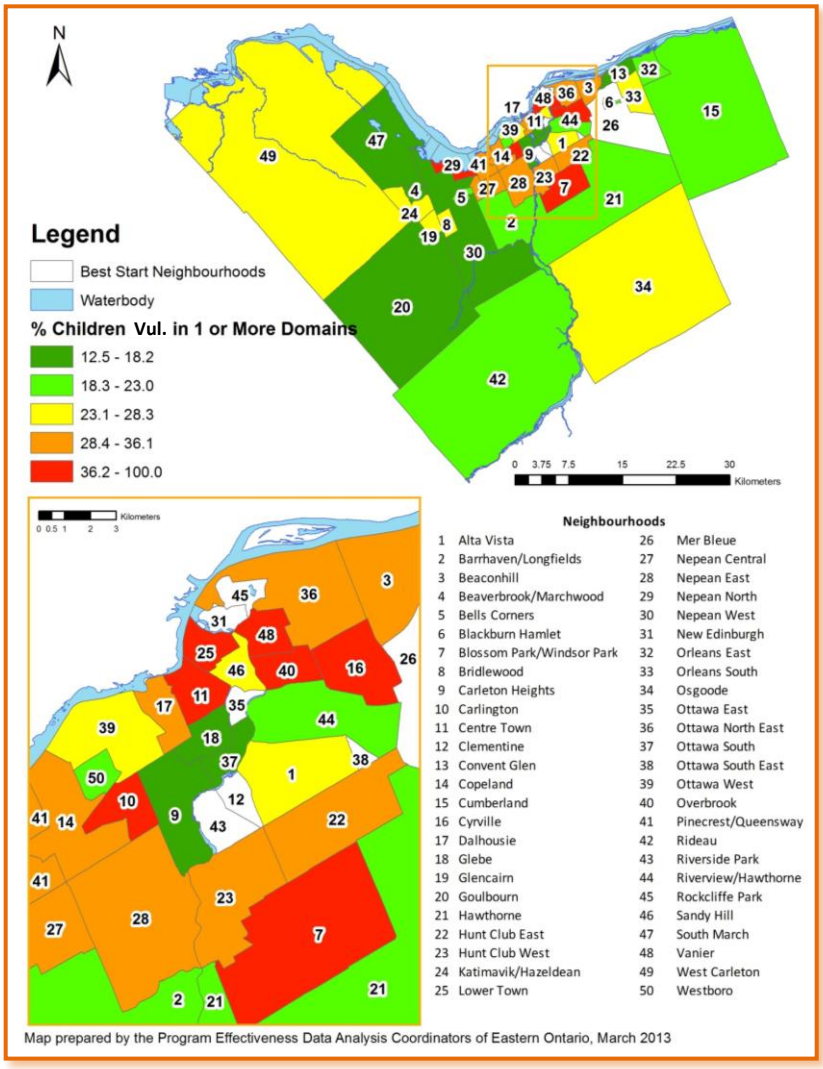
Early Development Instrument Results

2005-2012 Early Development Instrument (EDI) Results

% Children Vulnerable on One or More (1+) Domains

Geographic Region	Cycle 1	Cycle 2	Cycle 3	Change over Time
Ontario Baseline		28.0*		
Ottawa	25.7	25	25.6	*n.s.*
Carleton Heights	23.6	24.6	13.6	*n.s.*
Centre Town	49.2	59.3	46.3	*n.s.*
Dalhousie	50.0	55.2	35.7	*n.s.*
Glebe	13.2	20.7	15.8	*n.s.*
Ottawa West	25.0	33.1	25.6	*n.s.*
Westboro	18.8	37.0	20.8	*n.s.*

% Children Vulnerable on One or More (1+) Domains in Cycle 3



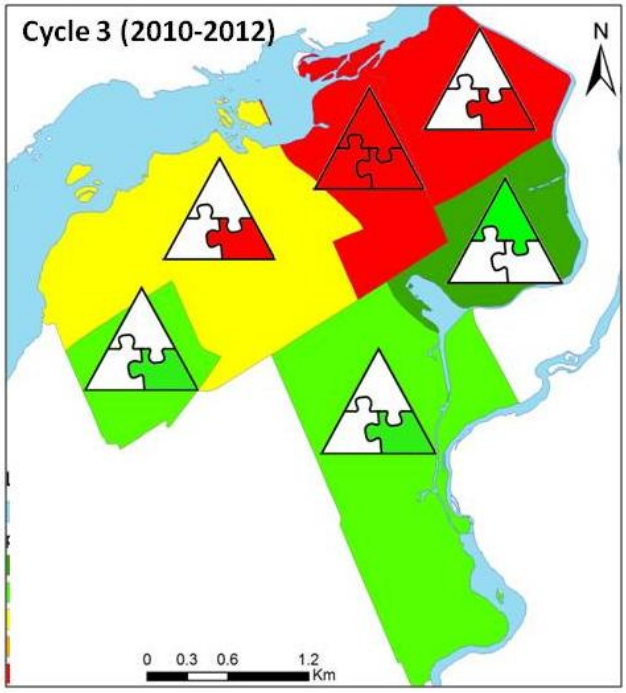
OTTAWA CENTRE

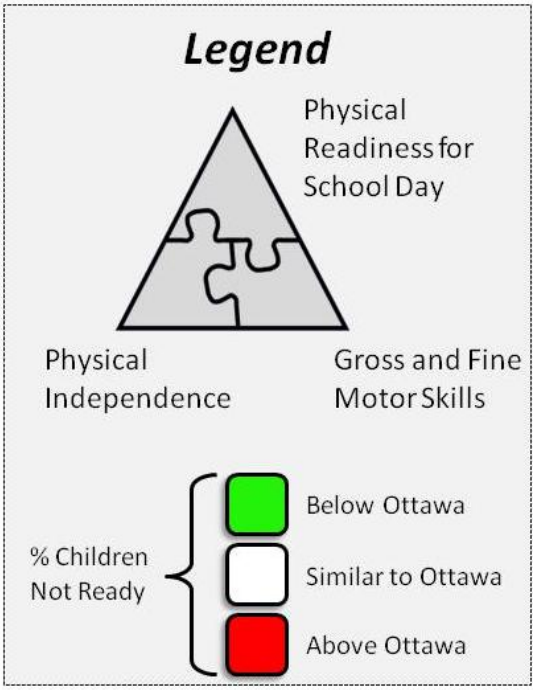
Early Development Instrument Results

2010-2012 (Cycle 3) Early Development Instrument (EDI) Results

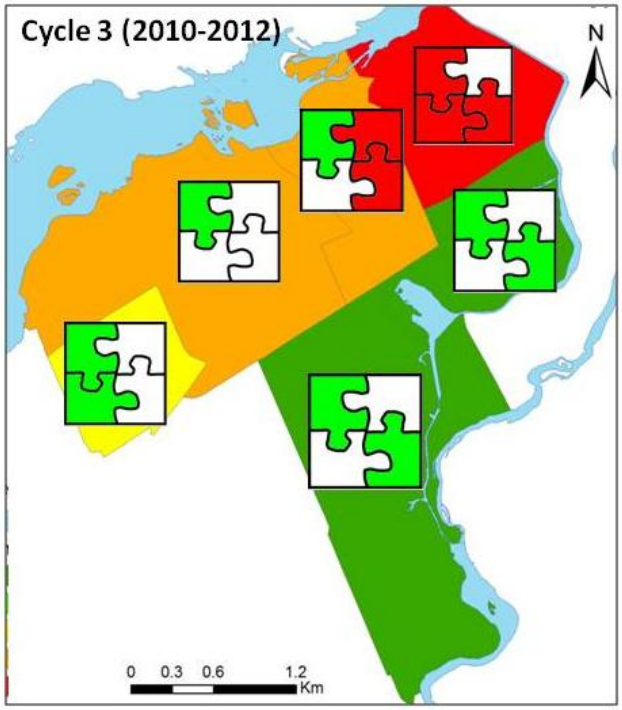
% Children Not Ready in Each EDI Sub-Domain in Cycle 3

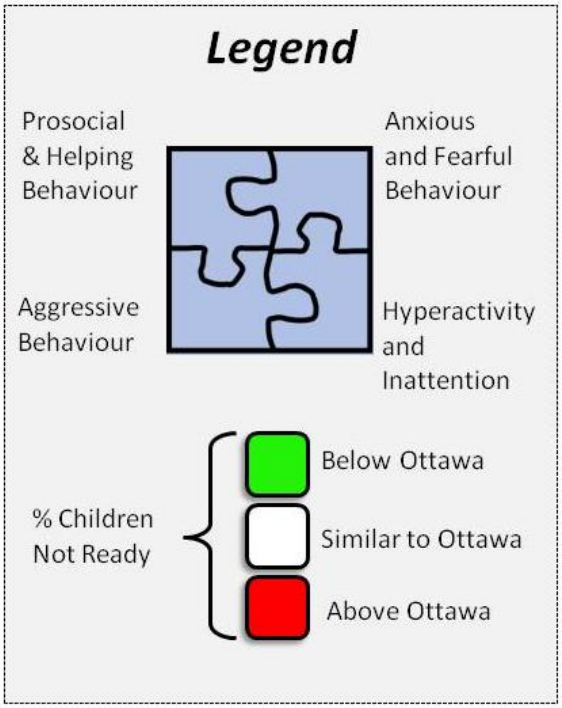
PHYSICAL HEALTH AND WELL-BEING SUB-DOMAINS





EMOTIONAL MATURITY SUB-DOMAINS





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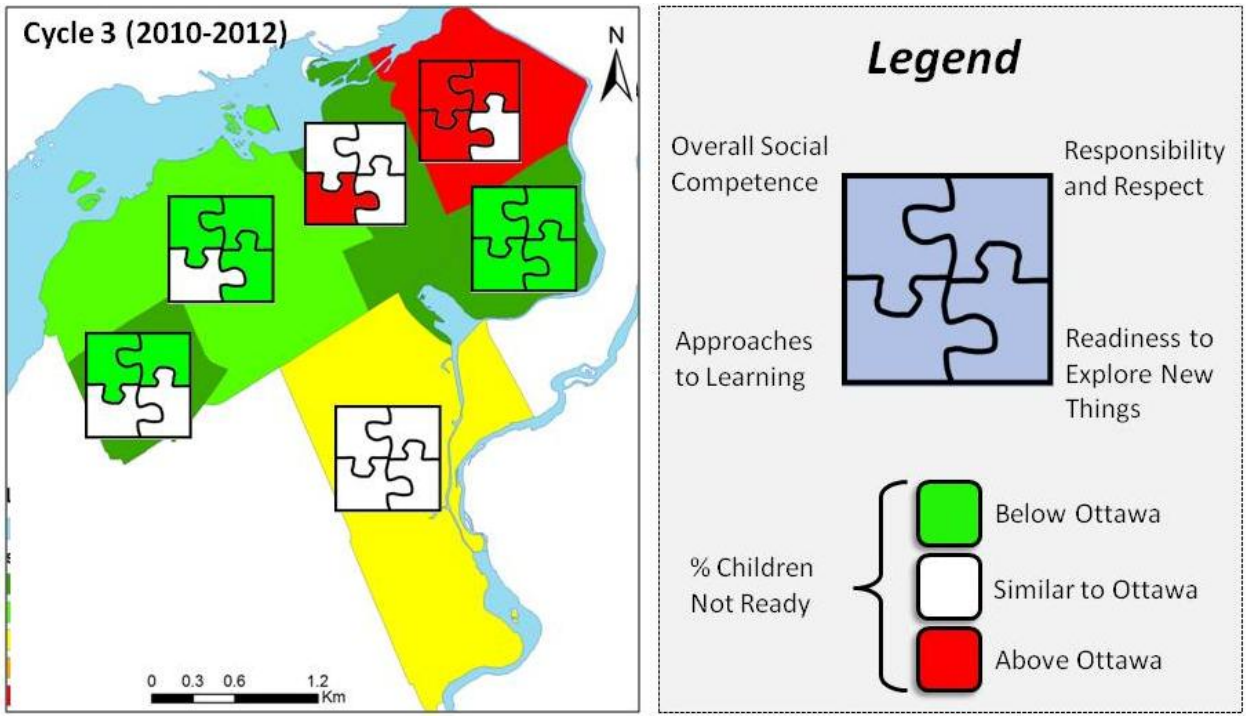
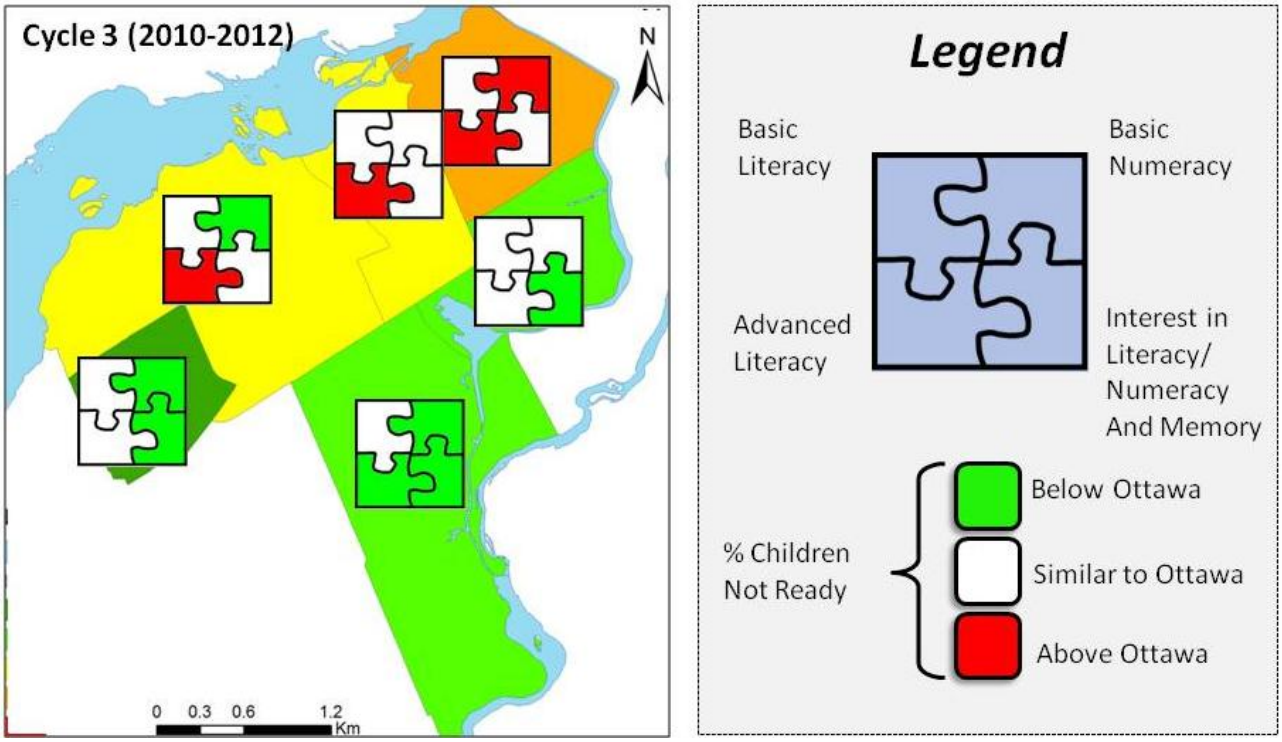
Early Development Instrument Results

SOCIAL COMPETENCE SUB-DOMAINS



LANGUAGE AND COGNITIVE DEVELOPMENT SUB-DOMAINS



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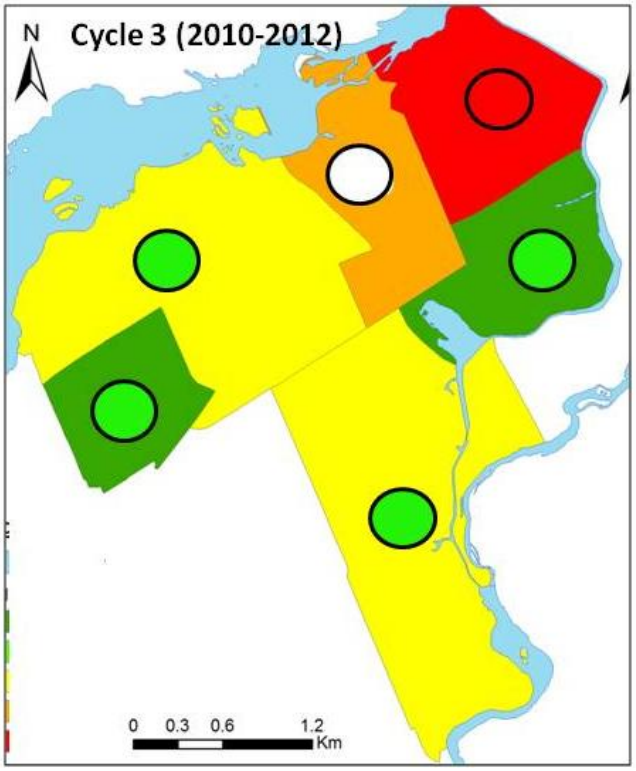
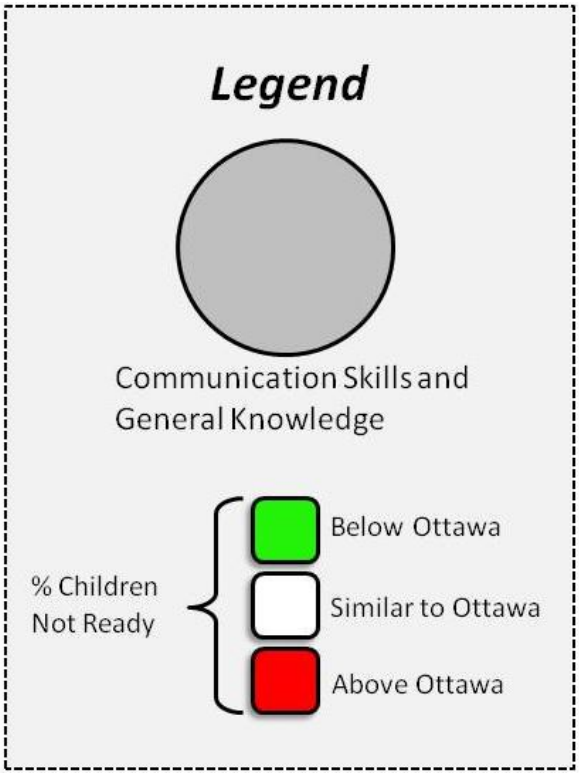
Early Development Instrument Results

COMMUNICATION SKILLS AND GENERAL KNOWLEDGE SUB-DOMAIN





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