

# COMMUNITY HEALTH SURVEY 2023

Lambton Public Health

RESEARCH REPORT

2024-01-24

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# OBJECTIVES & METHODOLOGY



# Objectives



## This report presents the findings of an online survey conducted on behalf of Lambton Public Health (LPH)

The **main goal** of the research was to conduct a community survey among its residents to understand perceptions and identify needs in key priority areas identified by Lambton Public Health.

The **key areas of inquiry for 2023** include:

- Mental health support in the community, including that for youth
- Financial well-being and the impact of inflation
- Awareness of substance use issues and support for or opposition to Consumption and Treatment Services (CTS) sites
- Inclusion, Equity, and Racism in the community

# Methodology



## **The survey was conducted online with a representative sample of n=796**

The Lambton Public Health 2023 Community Health Survey was administered via a telephone methodology that included a dual-frame design, starting first with a cell phone sample, to better reach younger residents, and then following with a landline sample. This resulted in a final sample of 72% cell phones and 28% landlines.

The survey was 17 minutes in length. A total of n=796 residents of Lambton County were surveyed between November 10 to December 17, 2023.

The margin of error associated with the total sample size is +/-4.0%, 19 times out of 20. Smaller subsets of the population will have larger margins of error. Quota targets were set to obtain a representative sample of residents by gender, age, and geographical areas (urban, semi-urban and rural). The data were weighted to the latest Statistics Canada Census (2021) information to correct for minor deviations in quotas. The RIM weighting efficiency was 92.2%.

### **Study limitations:**

In a voluntary study, a non-response bias may be present, for example, people who are in poor mental health may be less likely to want to participate in the survey and therefore be underrepresented. It is also important to note that in any telephone survey with an interviewer, there may be a social desirability bias in which respondents tend to provide answers that could be considered socially desirable. For example, they may wish to portray themselves or their communities in a more positive light. However, the effects of both cannot be discerned from the data.

# Methodology



The table below provides a breakdown of the proportion of responses (unweighted) from each geographical area within Lambton County as well as the target regional proportions that reflect 2021 Census regional area proportions. Data were weighted to reflect the target area proportions.

Geographical area	City/town	Area proportion	Actual regional area proportions	2021 Target regional area proportions
Urban	Sarnia	52%	59%	59%
	Bright's Grove (considered part of Sarnia)	4%		
	Point Edward (Village)	3%		
Semi-urban	St Clair (Township)	10%	31%	32%
	Wyoming (Town) or Plympton-Wyoming	8%		
	Petrolia (Town)	8%		
	Lambton Shores (Municipality)	6%		
Rural	Brooke-Alvinston (Municipality)	4%	10%	9%
	Dawn-Euphemia (Township)	1%		
	Warwick (Township)	1%		
	Oil Springs (Village)	1%		
	Enniskillen Township	2%		
	First Nations reserves in/around Lambton County	1%		
	Another rural area around Lambton County	-		

# Reporting conventions and comparator data



## Reporting conventions

Throughout the report, totals may not add to 100% due to rounding, or because the question is a multi-select question where respondents were permitted to choose or provide more than one response.

Questions for which respondents answered “don’t know” or “not applicable”, or refused to answer, are indicated as “DK/NA”.

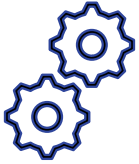
We ran statistical significance testing using a t-test applied across subgroups, at a confidence level of 95%. Subgroups with significant differences are pulled out into callout boxes. Statistical differences are also indicated by letters if subgroups are shown in tables. A letter indicates that a result is significantly higher for this group when compared with the others.

# Summary of Findings





# Mental Health in the Community



## **Community mental health has yet to bounce back to pre-pandemic levels**

Residents of Lambton County, 18 years and older, were asked to rate their overall mental health using a single self-rated mental health indicator. In 2023, **57% rated their mental health as “excellent” or “very good”**, 26% as “good”, and 15% as “fair” or “poor”. Community mental health has gradually declined since 2017, over the course of the COVID-19 pandemic, when 70% rated their mental health as excellent or very good. Perceived mental health is lower among those under 44 years old and those with household income of less than \$65K.

## **Steepest decline in self-rated mental health among those 18 to 44 years old**

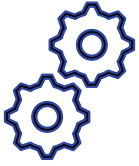
The steepest decline in mental health was among those younger than 45 years old (-21 points since 2017), though there has been improvement as this age group was more likely to say their mental health was much or somewhat better this year compared to last.

Parents (especially those with children <12) were also more likely to rate their mental health as fair or poor, although they too said they are better compared to last year.

## **While a majority say their mental health has remained the same since last year; a vulnerable proportion of the population is at higher risk of worsening mental health.**

A group that is at high risk of mental health issues comprises those who rate their mental health as fair/poor (15% of the total population). Many (68%) of these individuals say their mental health is about the same or worse compared to last year.

# Mental Health Conditions



## **Almost half of residents have experienced a form of mental health issue or condition in the past year**

Over one-third of respondents reported experiencing anxiety, one-quarter reported depression, and one in five reported experiencing loneliness. Six percent experienced addiction behaviours, 5% had suicidal thoughts, and 3% engaged in self-harm. Youth under 35 are more likely to self-report experiencing *all* these mental health conditions.

## **Over half of parents with adolescents and youth, ages 12 to 25, report their children have ever experienced a form of mental health issue or condition**

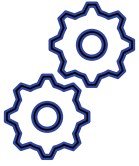
Anxiety is the top mental health issue among youth, as reported by parents (52% for adolescents aged 12-17, and 54% for youth aged 18-25). This is followed by depression (23% and 30%, respectively), loneliness (18% and 19%), self-harm (17% and 7%), suicidal thoughts (11% and 7%), and addiction behaviours (8% and 9%).

Over 3 in 10 parents of 12–25-year-olds said their children accessed mental health supports in the last year.

## **Youth in Lambton County**

- 34% of 18-34-year-olds report “excellent” or “very good” mental health (sharpest decline, -21 pts since 2017).
- 66% of youth aged 18-34 reported experiencing a mental health condition in the past year.
- Only 28% have received mental health supports. There is a gap between the proportion of youth who report experiencing mental health issues or conditions and those who have received mental health resources/supports highlighting an opportunity to raise awareness of supports available in the community.

# Mental Health Supports



## **While over half reported experiencing a form of mental health issue/condition, only half of these received mental health resources or supports in the past year**

Groups more likely to report fair or poor mental health, or a mental health issue or condition in the past year, were more likely to access mental health supports and services, including women, 18-34, and parents.

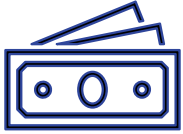
## **Top-of-mind, residents named a variety of supports and services with family doctor as the primary support/resource**

After family doctor, the Family Counselling Centre, Employee Assistance Program (EAP) or school services, Canadian Mental Health Association (CMHA), and acute care providers such as Bluewater Health were named more frequently. For parents with children, the same organizations are cited, along with St. Clair Child and Youth Services.

## **Aided, many were aware of Bluewater Health, CMHA and the Family Counselling Centre in Sarnia-Lambton**

Awareness levels of local mental health organizations range from 60% to 70% (higher among women and those aged 45-64). Sixty-seven percent of those employed are aware of the EAP. For parents, 77% are aware of St. Clair Child & Youth Services. There is relatively low awareness of online services such as AgefriendlySarniaLambton.ca (18%) or Mindsconnected.ca (11%), or for parents, awareness of Youth Wellness Hubs Ontario stands at 33%.

# Financial Well-being and Impact of Inflation



**In tandem with declining mental health, there is greater concern among many residents about their financial situation. Four in 10 say they are doing fine financially but unable to save, and 13% are having a difficult time**

The remaining 43% of residents say they are doing well financially, down 10 points since 2021.

The four in 10 who are doing fine financially but unable to save money tend to be younger (under 44 years old) and those earning less than \$100K household income; 37% of this group say they are doing worse off compared to last year.

The 13% who are finding it difficult financially are more likely to be under 65 years old, living in an urban area, and earning less than \$30K. A majority of this group say they are worse off (65%) compared to last year.

**7 in 10 are concerned about the impact that rising prices may have on their ability to meet day-to-day expenses over the next 6 months, including food, transportation, household operations and housing**

Residents aged 18 to 44 years old, parents, and those who are earning less than \$100K in household income are more concerned about the impact of rising prices. Those having a difficult time financially, and those doing fine but unable to save, are much more likely to report concern about rising prices over the next 6 months (96% and 83%, respectively, vs. 51% of those doing well financially).

While the impact on food costs is of greatest concern for all residents, those younger, living in single-person households, living in an urban area, and having a lower household income of less than \$30K also see housing as a key concern.

# Substance use issues in the Community



## **A majority of residents are aware of the increase in opioid and non-prescription drug overdoses in Lambton County in the last 5 years**

Four in 10 are exposed to substance use activity at least sometimes in their neighbourhood. One in five knows someone in their immediate circle, either a family member or close friend, who has experienced an opioid overdose.

## **Three-quarters are aware of Naloxone kits; of these one-quarter have received a kit themselves.**

Women, parents, residents aged 45–64, and those who receive mental health supports or resources are more likely to be aware of Naloxone kits; 18-34-year-olds, those living in urban centres and received mental health supports or resources are more likely to have a kit.

## **Almost 7 in 10 residents recognize the benefits of CTS sites as a safer environment for people who use drugs but are more reluctant to accept having one in Lambton**

Just over half support the opening of a CTS site in Lambton but only one-third support it in their neighbourhood. Support is higher among those who see substance use activity in their neighbourhood at least sometimes. Support is lower among those aged 45 and older, and those living in semi-urban areas.

After being read a description of the benefits of CTS sites, a total of 63% of residents said they support the opening of CTS sites in Lambton County, +10 pts from initially stated support.

However, the community generally remains split in their opinions with men and those 45 and older more strongly opposing the opening of CTS sites.

# Inclusion, Equity and Racism



## **Two-thirds of residents agree that Lambton County promotes equity and diversity in the community**

While many residents (66%) think that Lambton County promotes equity and diversity for all groups including 2SLGBTQIA+, newcomers, Indigenous Peoples, and other racialized groups, fewer (47%) agree they are open to attracting more new immigrants who can help fill the employment needs of the community. Those who support this are more likely to be younger, living in urban/semi-urban areas, doing well financially, and those not born in Canada.

## **Given a description of the meaning of systemic racism, almost three-quarters of residents say they are familiar with the concept; two-thirds believe it is an issue within Lambton County**

Residents 35-64 years old, identifying as Indigenous, have a higher level of education (university or higher), earning a higher household income of more than \$100K, and living in urban areas are more likely to be familiar, but it is women and 18-34-year-olds who are more likely to see systemic racism as an issue within the community.

## **Almost 1 in 5 residents report experiencing interpersonal racism in the County, while over one-third say they have witnessed it**

Those who say they are more likely to experience interpersonal racism include those identifying as Indigenous, belonging to ethnic/racial groups, and those living in urban and semi-urban areas.

# Mental Health and Supports

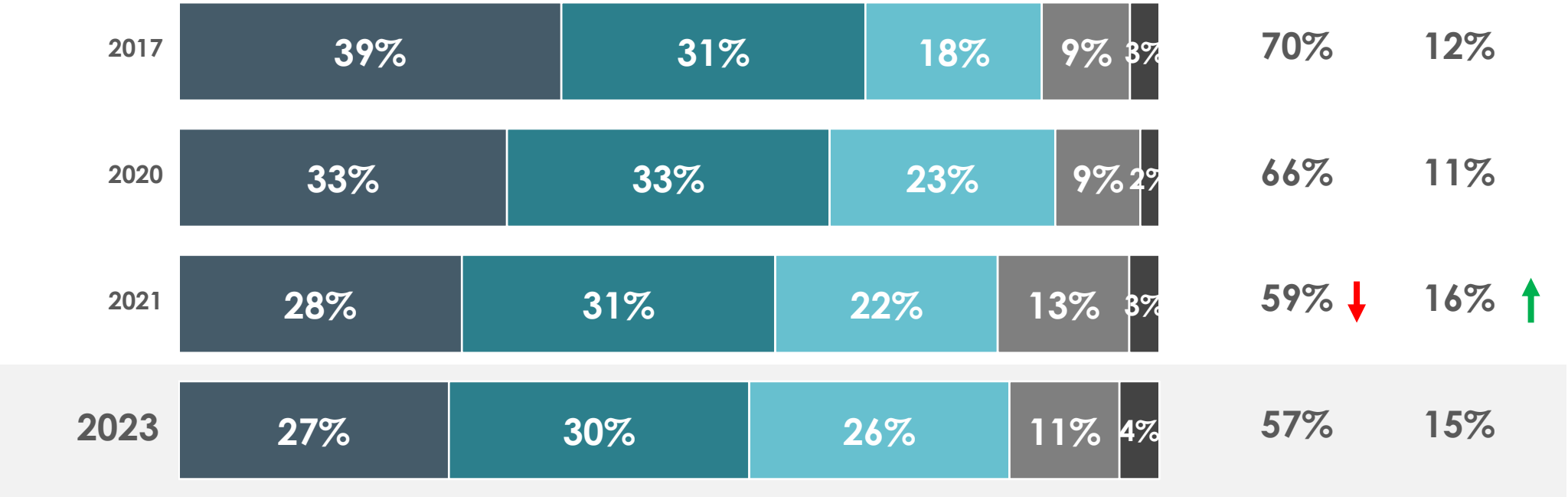


# Self-reported mental health in the community declined during the pandemic in 2021 and has yet to bounce back. Just under 6 in 10 rate their mental health as “excellent” or “very good” (-13 pts since 2017)

Women, younger residents (especially <34), those earning <\$65K household income, those born in Canada, and parents with children <12 yrs old are more likely to report that their mental health is “fair/poor.” See [slide](#) for demographic breakdown.

Excellent
  Very good
  Good
  Fair
  Poor

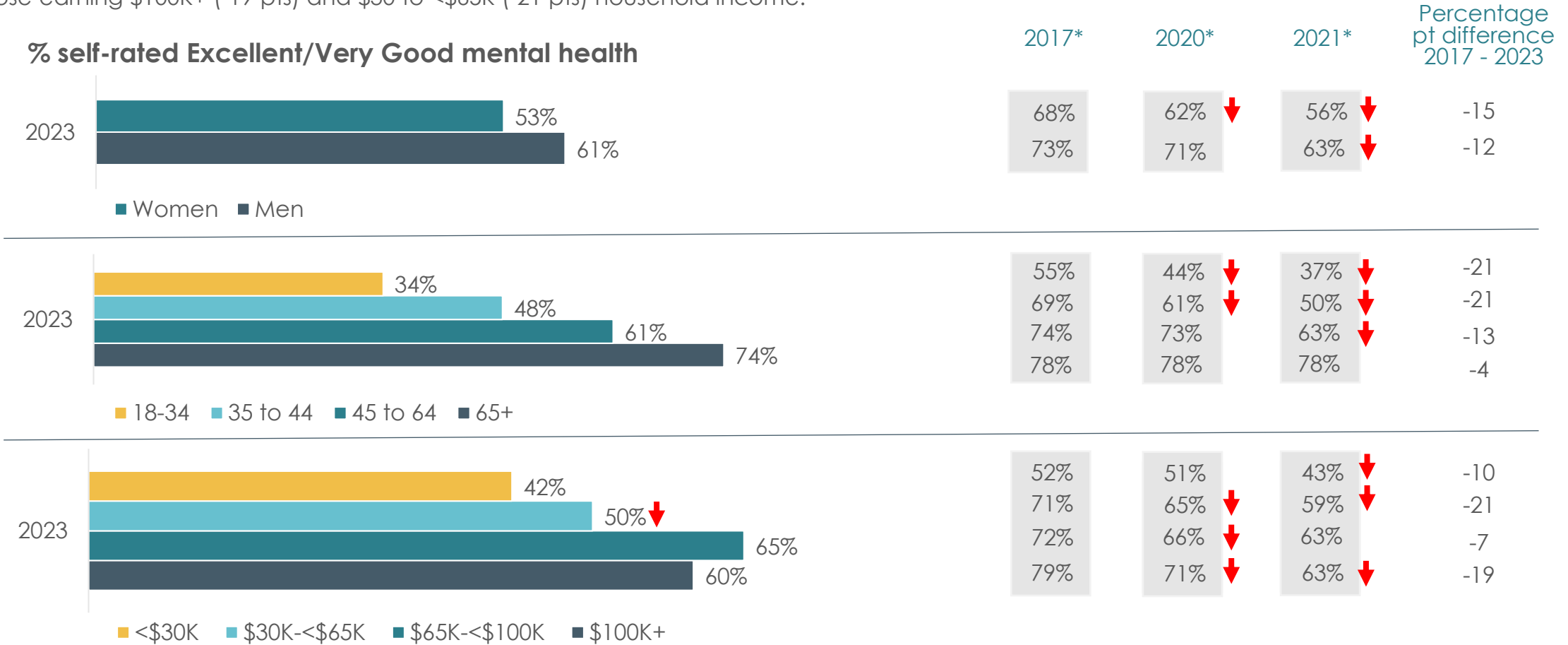
Excellent/  
V. good
Fair/Poor





# Perceived Mental Health tracking *by gender, age, income*

Perceived mental health has declined similarly for both men (-12 pts) and women (-15 pts) since 2017. Residents 18-44 (-21 pts) have experienced the steepest decline in mental health compared to those older. Contrary to other age groups, the mental health of seniors (65+) has remained stable throughout the COVID-19 pandemic. Mental health issues have affected residents across all income groups, particularly those earning \$100K+ (-19 pts) and \$30 to <\$65K (-21 pts) household income.

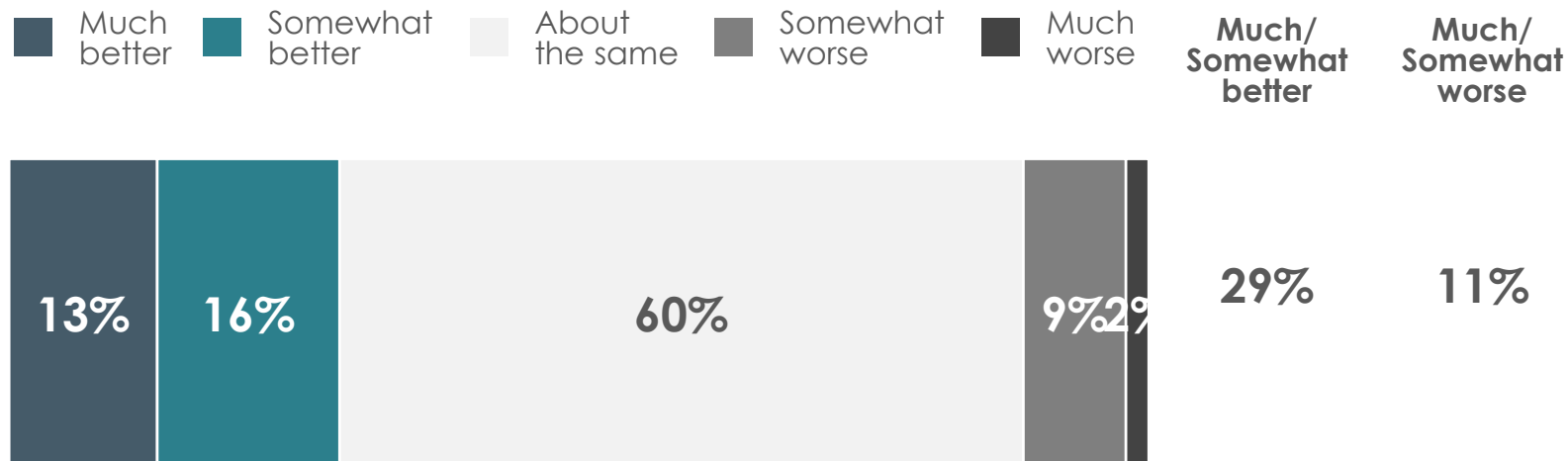


\* Lambton Public Health Community Surveys (2017, 2020, 2021)

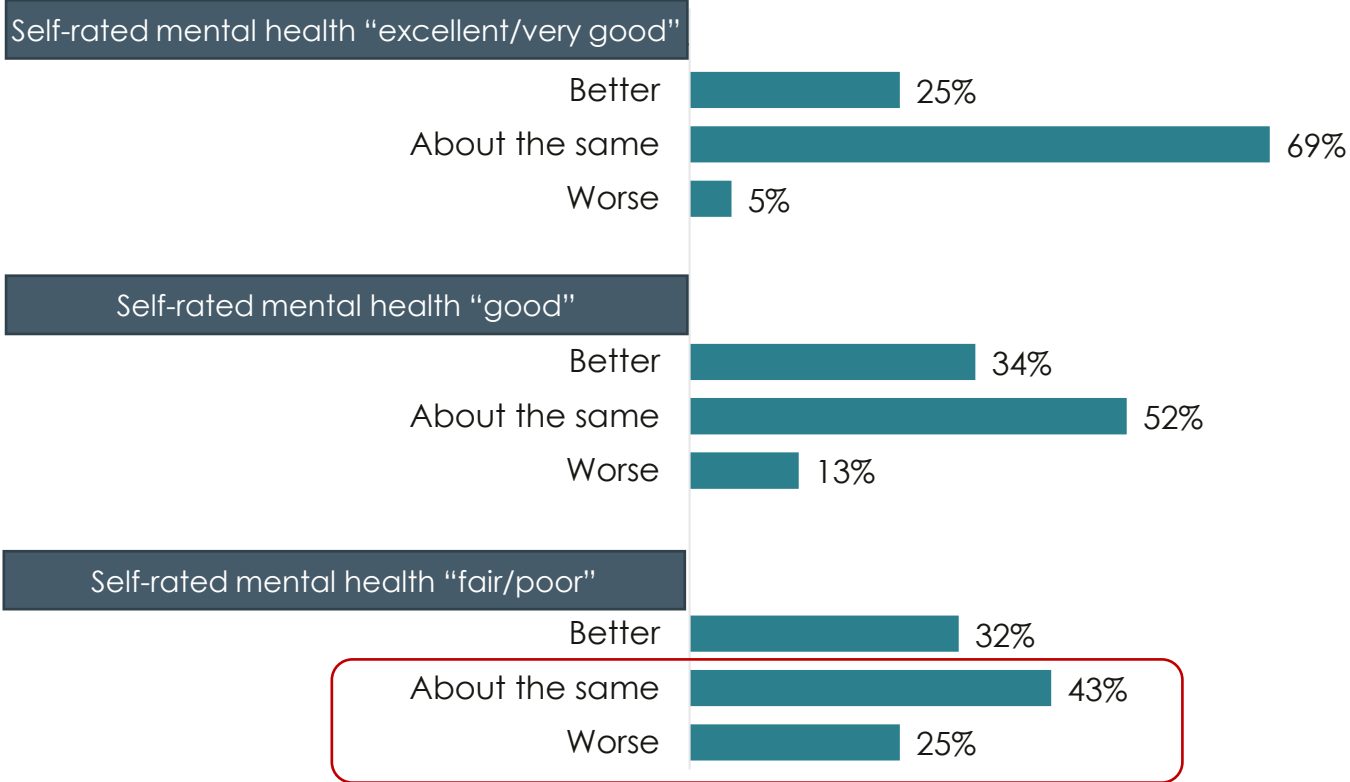
↑ ↓ Significantly higher/lower than previous year

# 6 in 10 say their mental health is about the same compared to last year; 3 in 10 say it is better while 1 in 10 say it is worse

Subgroups that are more likely to report their current mental health as fair/poor (women, <18-34 and parents) say their mental health is much/somewhat better this year compared to last year. See [slide](#) for demographic breakdown.



# % Change in mental health since last year by perceived mental health



A majority of those with “excellent,” “very good” or “good” mental health say their mental health has stayed the same or has improved since last year.

A small proportion of the population is at higher risk of mental health issues: many (68%) of those who say their mental health is “fair” or “poor” say it is about the same as last year or has gotten worse.

Base: All respondents (n=796)  
 Q8. In general, would you say your mental health is ...?  
 Base: All respondents (n=796)  
 Q9. Compared to last year, how would you rate your mental health now? Would you say it is...



# By demographic subgroups

## Self-rated mental health by subgroups

	Rated Excellent/ V. good	Rated Fair/ poor
Men	61%	12%
Women	53% ▼	19% ▲
18 to 34	34% ▼	30% ▲
35 to 44	48%	19%
45 to 64	61% ▲	14%
65+	74% ▲	6% ▲
<\$30K*	43% ▼	24% ▲
\$30K-<\$65K*	50%	22% ▲
\$65K-<\$100K*	65%	11%
\$100K+*	60%	12%
Born in Canada	57%	17% ▲
Born outside Canada	56%	8%
Parents of children aged <18	54%	18%
Parents of children aged <12	50%	22% ▲
Not Parents	60%	14%

## Compared to last year, rated mental health as ...

	Much/ somewhat Better	Much/Some what Worse
Men	23%	11%
Women	34% ▲	11%
18 to 34	49% ▲	13%
35 to 44	36% ▲	12%
45 to 64	25%	14%
65+	13%	6% ▼
<\$30K*	31%	11%
\$30K-<\$65K*	33%	13%
\$65K-<\$100K*	24%	11%
\$100K+*	33%	10%
Born in Canada	25%	11%
Born outside Canada	48% ▲	8%
Parents of children aged <18	35% ▲	11%
Parents of children aged <12	38% ▲	12%
Not Parents	24%	11%

Base: All respondents (n=796)

Q8. In general, would you say your mental health is ...?

Base: All respondents (n=796)

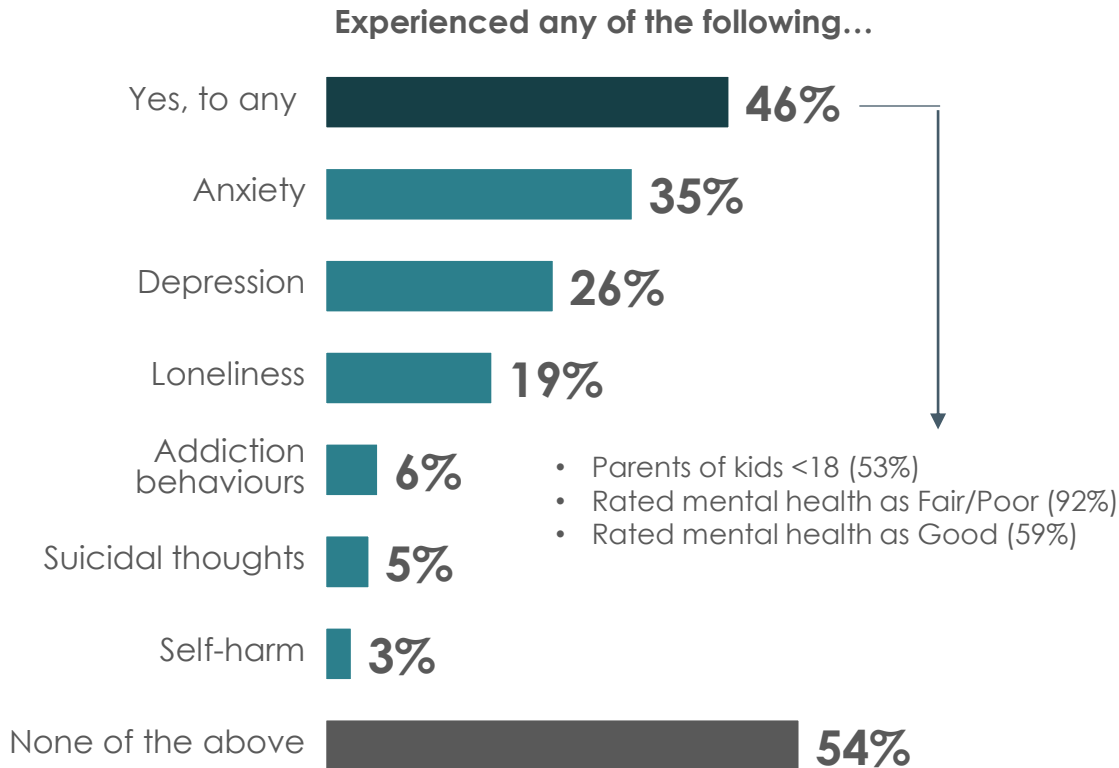
Q9. Compared to last year, how would you rate your mental health now? Would you say it is...

\*Income=Self-reported household income

▲ ▼ Significantly higher/lower than other groups

# Almost half of Lambton residents reported having experienced a form of mental health issue/condition within the past year

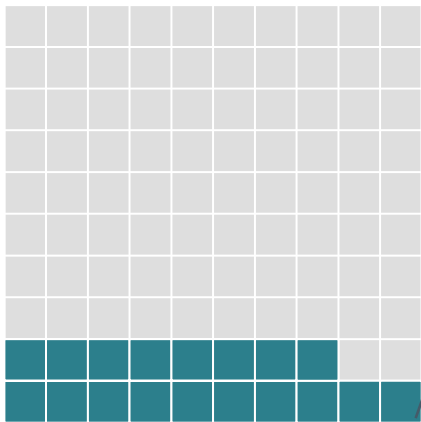
The most commonly reported issues/conditions include anxiety (35%), depression (26%) and loneliness (19%). Five percent reported suicidal ideation in the past year; 6% reported experiencing addiction behaviours, and 3% self-harm. Women are more likely to report experiencing anxiety and depression. Youth under 35 are more likely to self-report experiencing *all* mental health conditions (e.g. 35% report loneliness, 18% report addiction behaviours, etc.)



	Gender			Age			
	TOTAL	MALE	FEMALE	18-34	35-44	45-64	65+
Base	796	372	420	114	97	297	288
<b>Yes, any</b>	<b>46%</b>	<b>40%</b>	<b>52%</b>	<b>66%</b>	<b>51%</b>	<b>44%</b>	<b>32%</b>
Anxiety	35%	28%	41%	56%	43%	32%	19%
Depression	26%	22%	29%	45%	30%	21%	15%
Loneliness	19%	19%	19%	35%	20%	14%	13%
Addiction behaviours	6%	7%	5%	18%	7%	4%	0
Suicidal thoughts	5%	4%	5%	12%	6%	3%	1%
Self-harm	3%	2%	3%	7%	3%	2%	0
None of the above	53%	60%	47%	34%	49%	56%	67%

# 1 in 5 received mental health help in the last year. Residents named a variety of supports and resources, with family doctor as the primary support

## Received mental health resources/supports



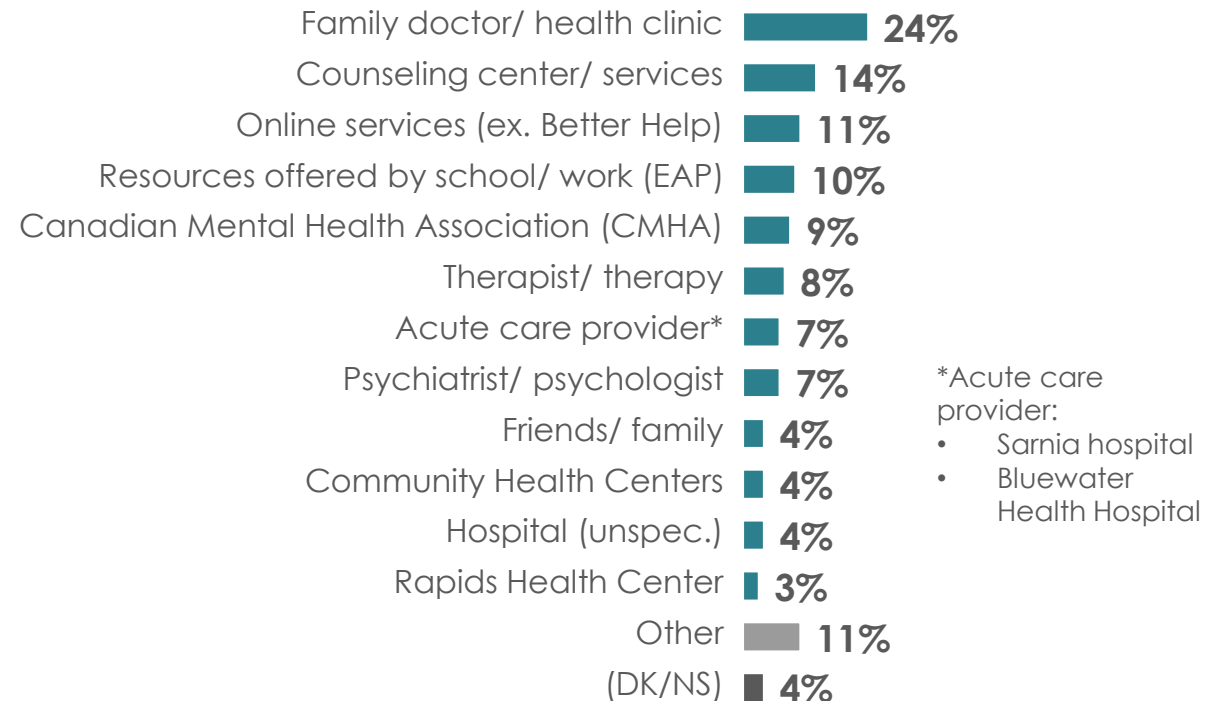
**18%**

YES, received mental health resources and/or supports in the last year

- Women (22%)
- 18 to 34 (28%)
- Parents of children aged <18 (21%)
- Rated mental health as Fair/Poor (40%)
- Those who experienced a mental health condition(s) in the past year (33%)



## Where accessed mental health resources or supports (OPEN-END)



\*Acute care provider:  
 • Sarnia hospital  
 • Bluewater Health Hospital

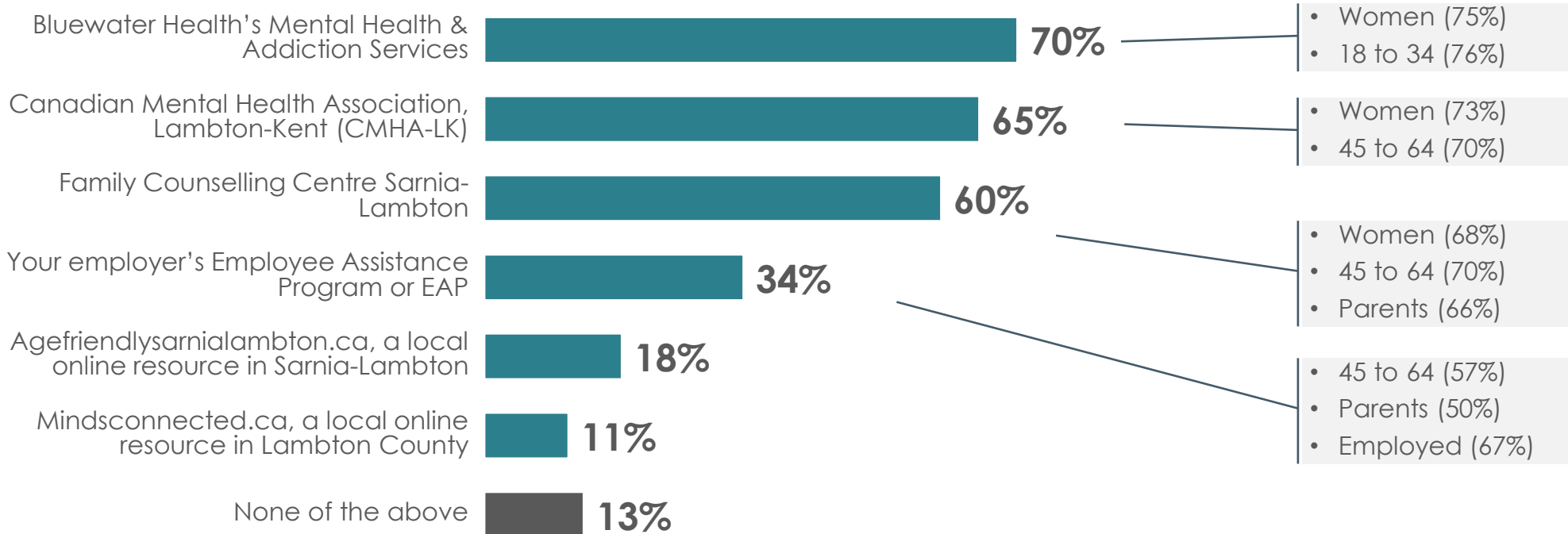
Base: All respondents (n=796)  
 Q11. Have you received mental health resources and/or supports in the last year?

Base: Those who have received mental health resources/supports in the last year (n=130)  
 Q12. Where did you access mental health resources or supports in the last year? Please name any websites, types of healthcare providers or organizations.  
 Note: Responses under 2% have not been reported on the chart

# Most well-known local mental health resources are Bluewater Health Services, CMHA-LK and the Family Counselling Centre

Awareness of local health services and health centres is high among residents (higher among women and those 45-64). In contrast, awareness of online resources is much lower, with less than 2 in 10 stating that they are aware (1 in 10 are aware of Mindsconnected.ca).

**Awareness of local mental health resources**



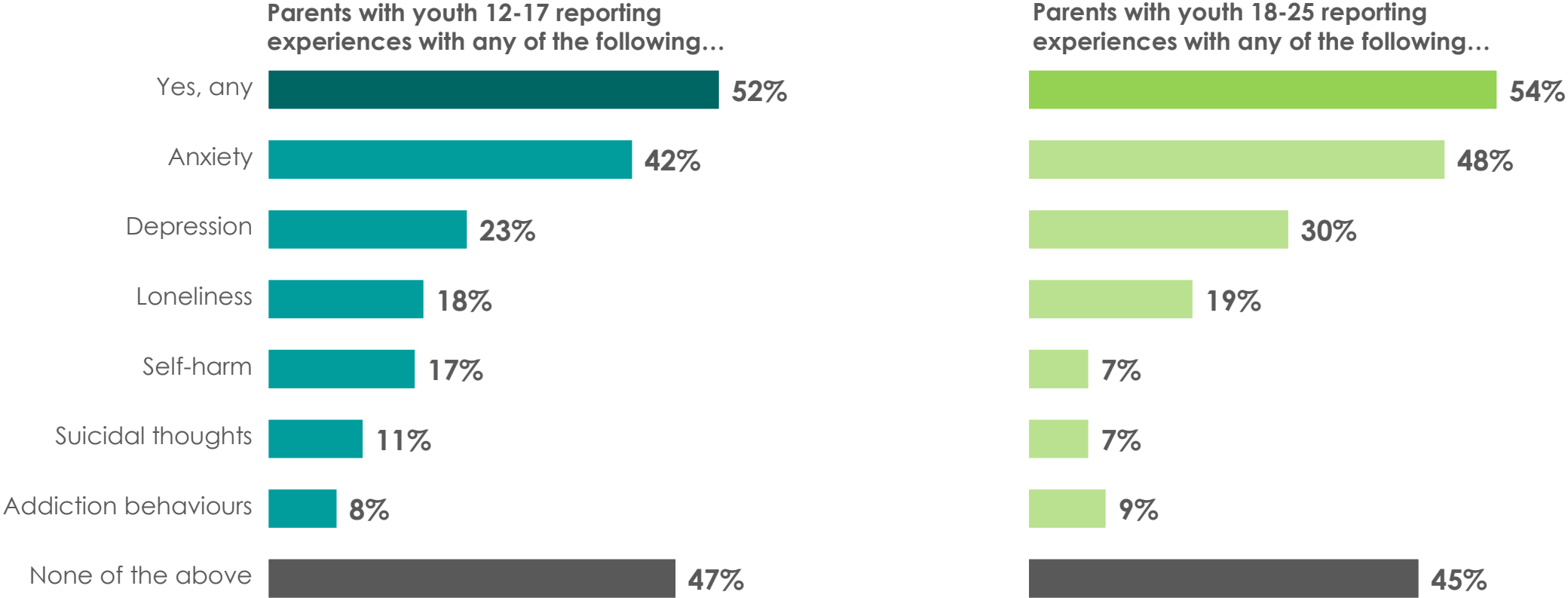
# Youth and Children Mental Health and Supports





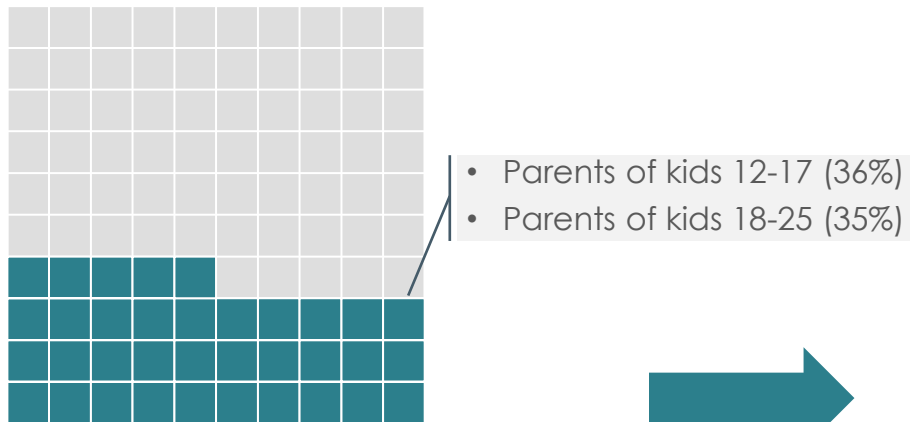
# Over half of parents report that their child between the ages of 12 to 25 have experienced a form of mental health issue/condition

Parents are most likely to report that their children (12 to 17 and 18 to 25 years old) have experienced anxiety, depression and loneliness. Parents of 12 to 17-year-olds are 2.4X more likely to report self-harm by their children vs. those with children 18 to 25.



# Over 3 in 10 parents say their child aged 12-25 has received mental health support in the past year, with the most common form being counselling centre/ services and acute care

## Parents report their children received mental health resources/supports in past year

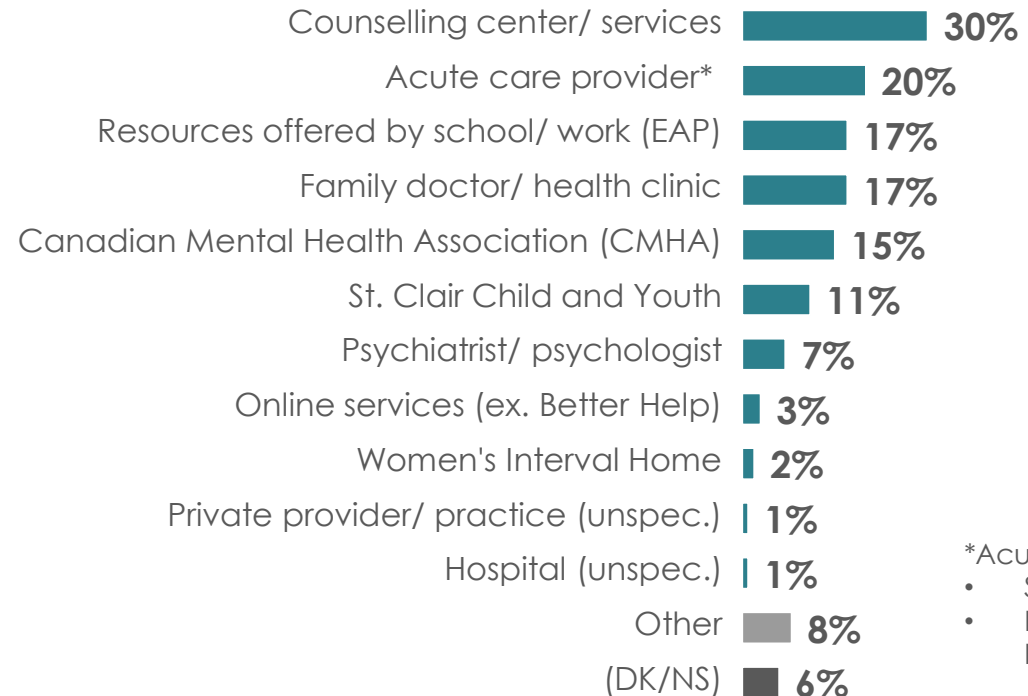


**35%**

YES, child or children received mental health resources and/or supports in the last year

Base: Those who have a child/children aged 12-25 (n=201)  
Q15. To your knowledge, has your child or children received mental health resources and/or supports in the last year?

## Where accessed youth mental health resources or supports (OPEN-END)

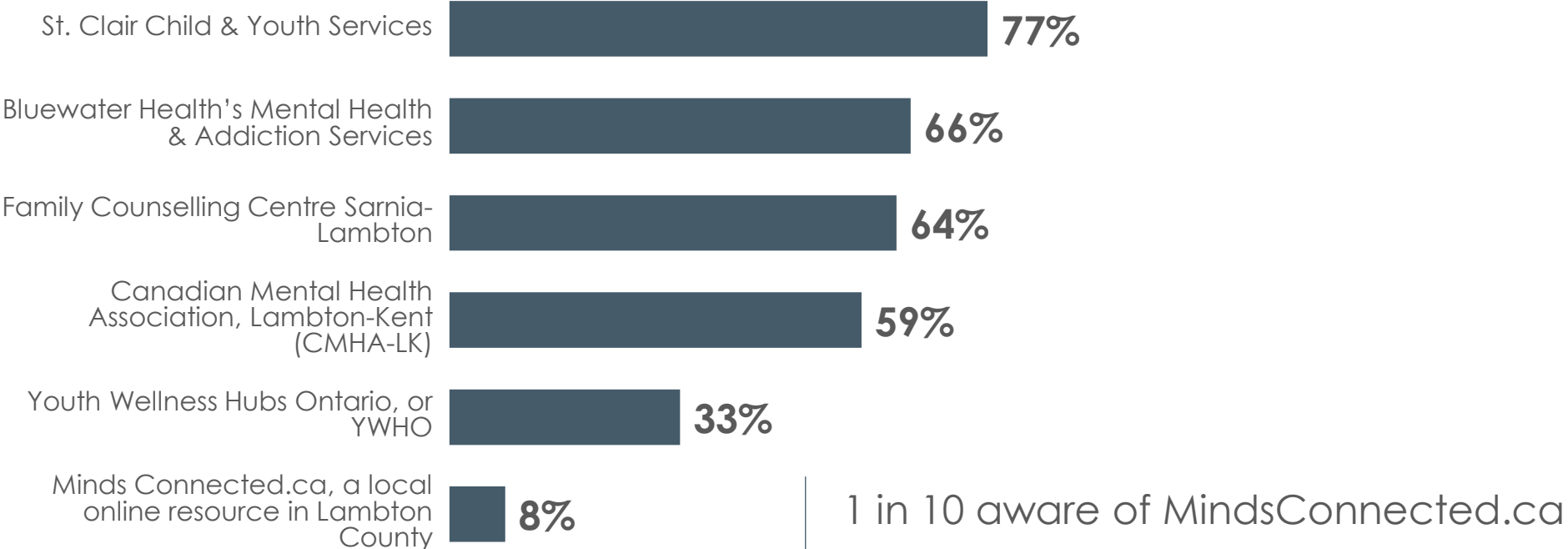


\*Acute care provider:  
• Sarnia hospital  
• Bluewater Health Hospital

Base: Those who have a child/children who have received mental health resources/supports in the last year (n=69)  
Q16. To your knowledge, where did you or your child or children access mental health resources or supports in the past year?

# Parents of 12- to 25-year-olds are most aware of St. Clair Child & Youth Services as the local organization that offers youth mental health resources or supports, followed by Bluewater Health, Family Counselling Centre, and CMHA-LK

Awareness of local youth mental health resources

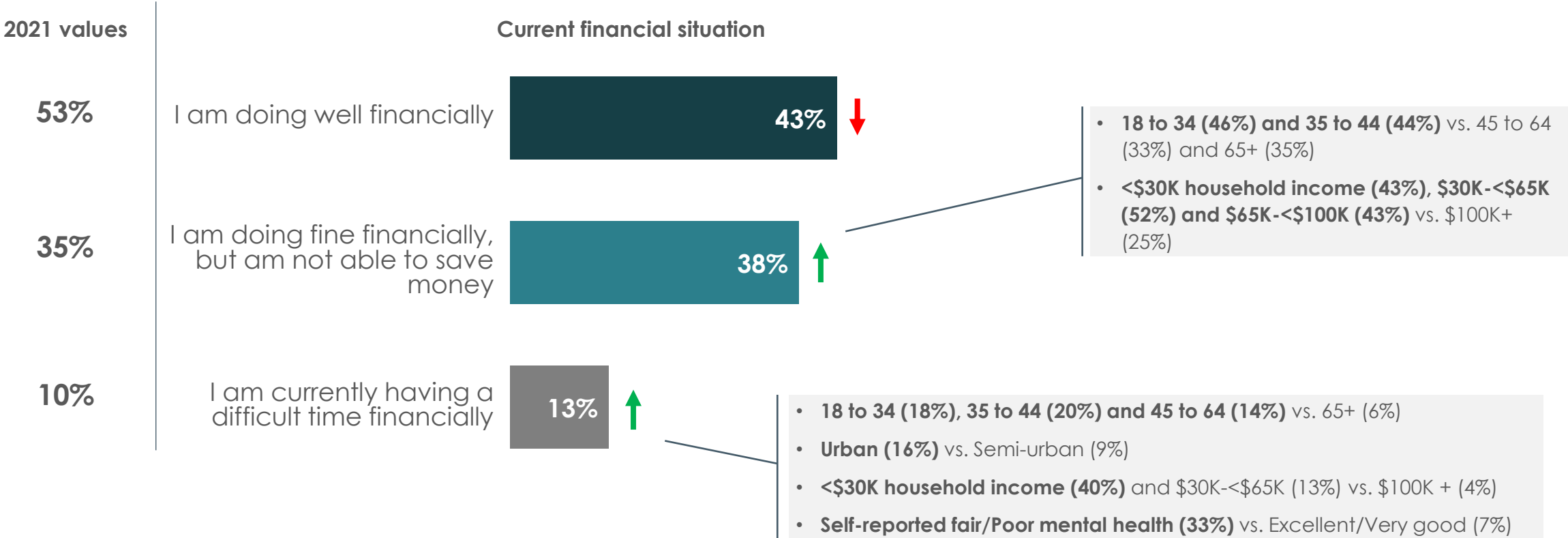


# Financial Well-being and Impact of Inflation



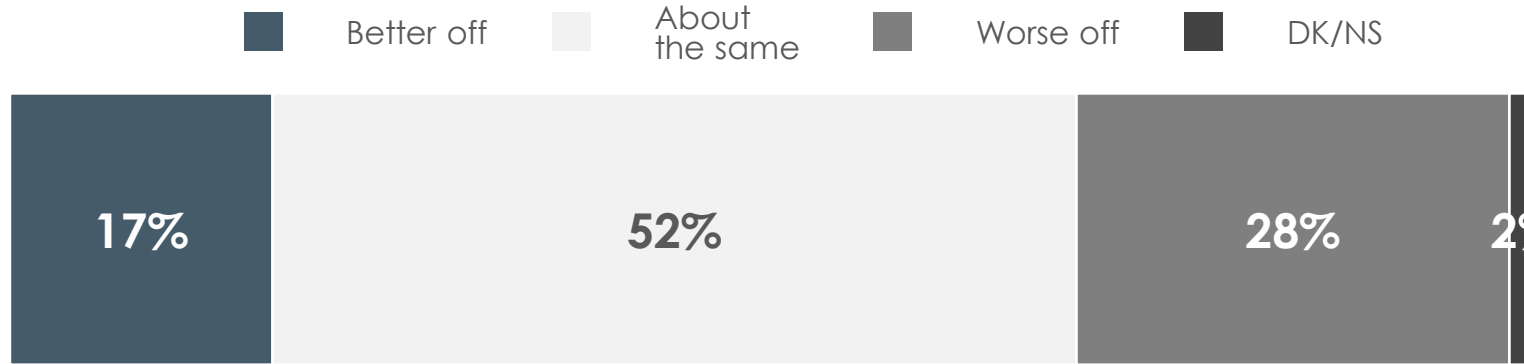
# Financial health has fallen since 2021, with fewer residents saying they are doing well financially (-10 pts since 2021)

Just under 4 in 10 say they are fine but unable to save and 1 in 10 say they are having a difficult time. Those affected most are those 18-44, those living in urban areas, those with lower household income <\$30K, and those reporting fair/poor mental health.



# Half of Lambton County residents state they are doing about the same compared to last year while 3 in 10 say they are worse off

Personal and family living situation compared to 12 months ago



## Better off

- 18 to 24 (33%) and 35 to 44(22%)
- University + (23%)
- Ethnic/racialized groups (29%)

## About the same

- 45 to 64 (58%) and 65+ (62%)

## Worse off

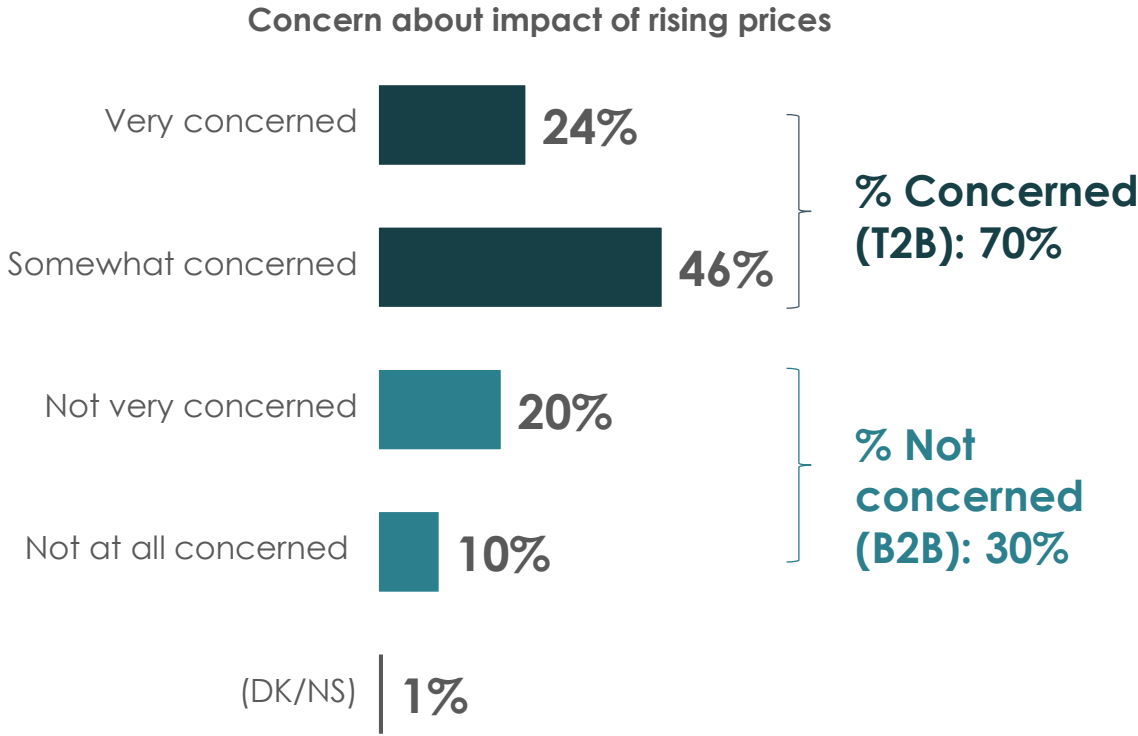
- Household size of 1 (35%)
- Urban (32%)
- <\$30K (36%)
- Fair/Poor mental health (40%)

	Doing well	Doing fine but can't save	Difficult time
Better off	23%	15%	8%
About the same	65%	47%	26%
Worse off	11%	37%	65%

- The majority of those who are doing well financially say they are better off (23%) or about the same (65%) as 12 months ago.
- A majority of those who are having a difficult time say they are worse off (65%).
- Of those who are doing fine but can't save, 37% say they are doing worse off.

# 7 in 10 respondents are concerned (24% very concerned) about the impact of inflation on their ability to meet day-to-day expenses

Younger (18-44), parents, those who are earning lower income are more concerned about the impact that rising prices may have on their ability to meet daily expenses in the next 6 months.



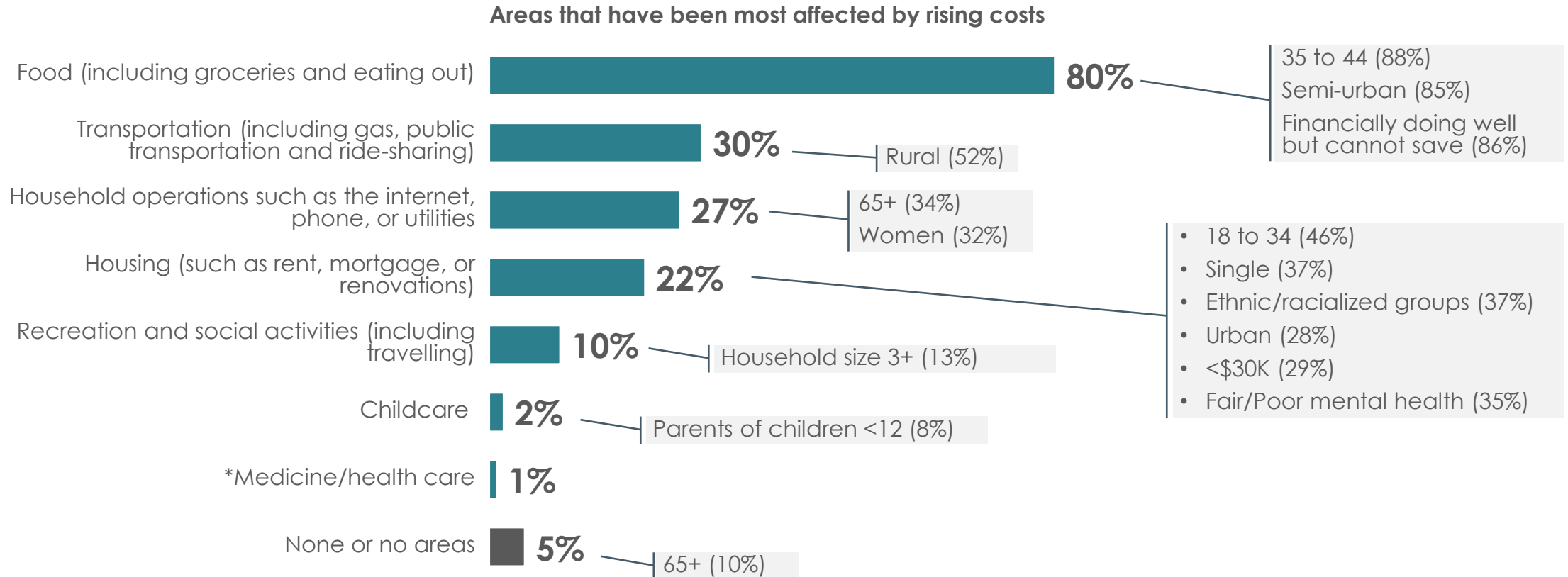
- Concerned**
- 18 to 34 (83%), 35-44 (76%), 45-64 (69%) vs. 65+ (57%)
  - Parents (74%)
  - Employed (74%)
  - <\$30K (86%), \$30-<\$65K (77%), \$65K-<\$100K (74%) vs. \$100K+(53%)
  - Having a difficult time financially (96%)
  - Fair/Poor mental health (83%)

- Not concerned**
- 65+ (42%)
  - Not parents (33%)
  - University or more (39%)
  - Doing well financially (49%)
  - Excellent mental health (41%)



# 8 in 10 residents say that food is the area most affected by inflation

The rising cost of food is affecting most but those 35-44, and those living in semi-urban areas are more likely to say they are affected by rising food costs. Those younger (18-34), those who are single, those belonging to ethnic/racial groups, those living in urban areas and those earning lower household income are more likely to say they are affected by housing costs.



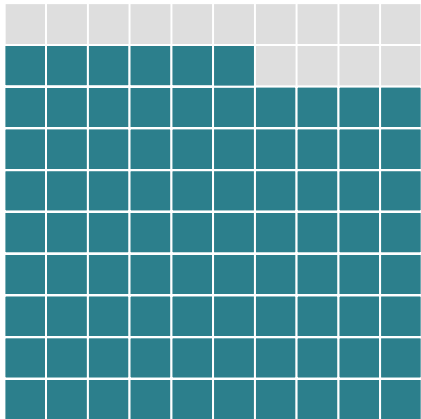


# Substance use Issues in the Community

# 9 in 10 residents are aware that Lambton County has seen an increase in opioid/non-prescription drug overdoses in the past 5 years

About 4 in 10 respondents report always, often or sometimes seeing substance use activity in their neighbourhood. The frequency is higher among younger, single, urban living and those who know someone in their immediate circle who has overdosed.

## Awareness of increasing opioid and non-prescription drug overdoses



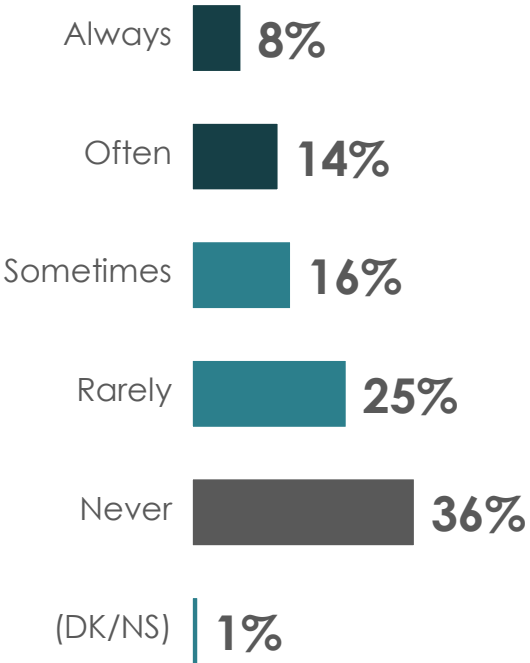
- Women (91%)
- Parents (90%)
- Knows of someone in immediate circle who has overdosed (94%)

**86%**

YES, aware that Lambton County has seen an increase in opioid and non-prescription drug overdose in the last 5 years

Base: All respondents (n=796)  
Q24. Are you aware that Lambton County has seen an increase in opioid and non-prescription drug overdoses in the past five years?

## Frequency of substance use activity in their neighbourhood



**% (T3B): 38%**

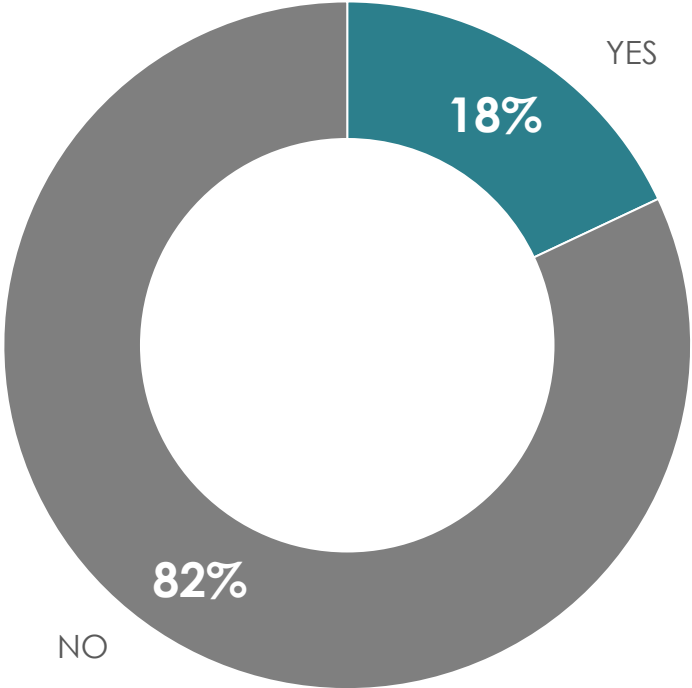
- Always, Often, Sometimes**
- 18 to 34 (51%), 35-44 (39%), 45-64 (41%) vs. 65+ (23%)
  - Single person household (46%)
  - Urban (48%)

Base: All respondents (n=796)  
Q25. How often do you see drug-related activity in your neighbourhood? Would you say it is...?

# 1 in 5 Lambton County residents know someone in their immediate circle who experienced an opioid overdose

Respondents who mentioned that they are having a difficult time both financially and with respect to their mental health are more likely to be aware of a family member or close friend who has experienced an opioid overdose.

Aware of someone who experienced an opioid overdose

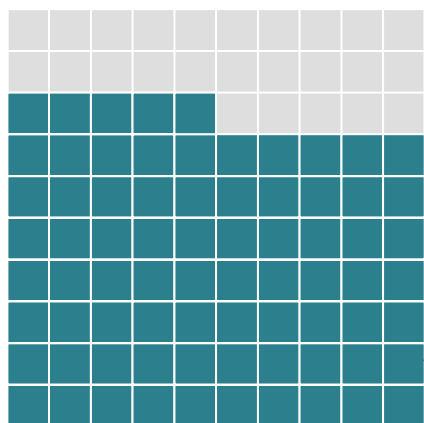


- Aware of someone in their immediate circle who has experienced an opioid overdose**
- Women (21%)
  - 35 to 44 (26%)
  - Parents (24%)
  - High school or less (22%)
  - Having a difficult time financially (38%)
  - Fair/Poor mental health (33%)
  - Those who experienced mental health condition in the past year (23%)

# While about three-quarters of residents have heard of the free Naloxone kit initiative, only a quarter of them have received a kit

Residents aged 45 to 64 were most aware of the free naloxone initiative compared to the younger or older generations, although younger respondents (aged 18 to 34) had the highest uptake of the initiative, with almost half reporting that they had received a kit for themselves.

## Heard of free naloxone kits offerings



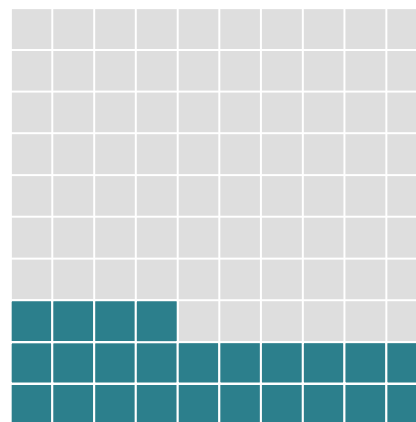
- Women (78%)
- 45 to 64 (82%) vs. 18 to 34 (68%) and 65+ (73%)
- Parents (79%)
- Received mental health resources (83%)

**75%**

Heard of offering free Naloxone kits to assist individuals in emergency situations



## Received a naloxone kit in case of emergency (among those who heard of it)



- 18 to 34 (47%) vs. 65+ (11%)
- Urban (28%)
- Seen substance use activity in neighbourhood at least sometimes (32%)
- Know someone in immediate circle who overdosed (40%)
- Having a difficult time financially (45%)
- Received mental health resources (40%)

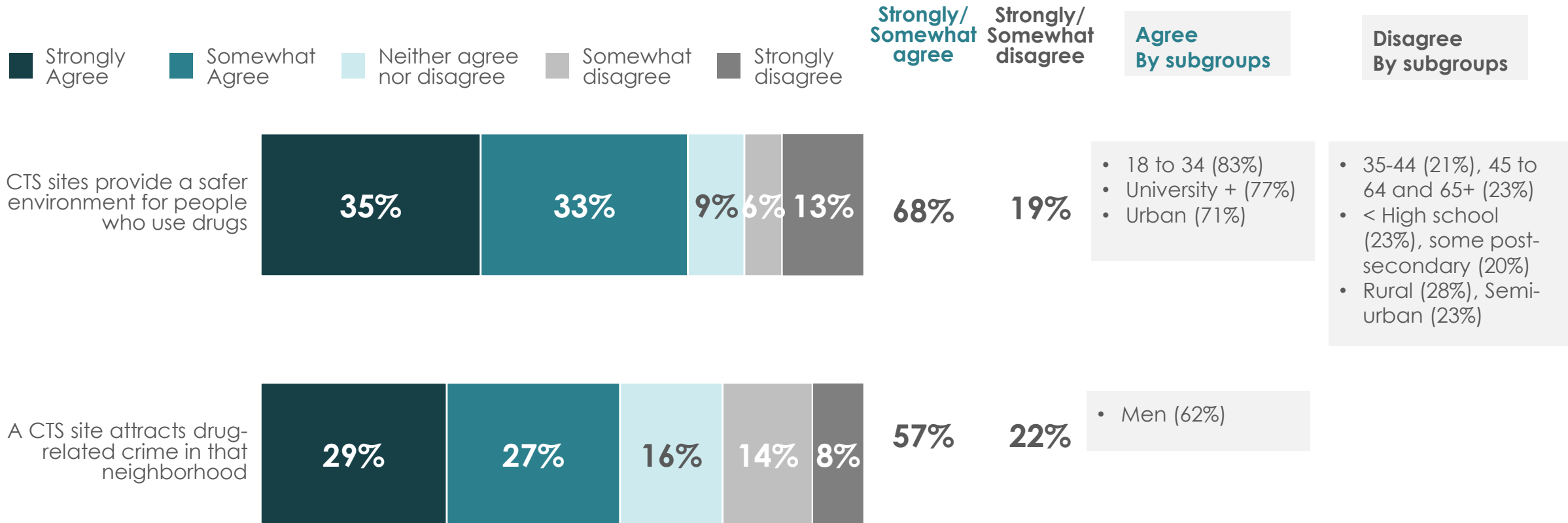
**24%**

Received a kit yourself

Base: All respondents (n=796)  
Q26. Lambton Public Health, in collaboration with local pharmacies and community health centers, is offering free Naloxone kits to assist individuals in emergency situations. Naloxone kits reverse the effects of opioid overdose. Have you heard of this initiative?

Base: Those who have heard of the naloxone kit initiative (n=607)  
Q26a. Have you received a kit yourself in case of an emergency for someone in need?

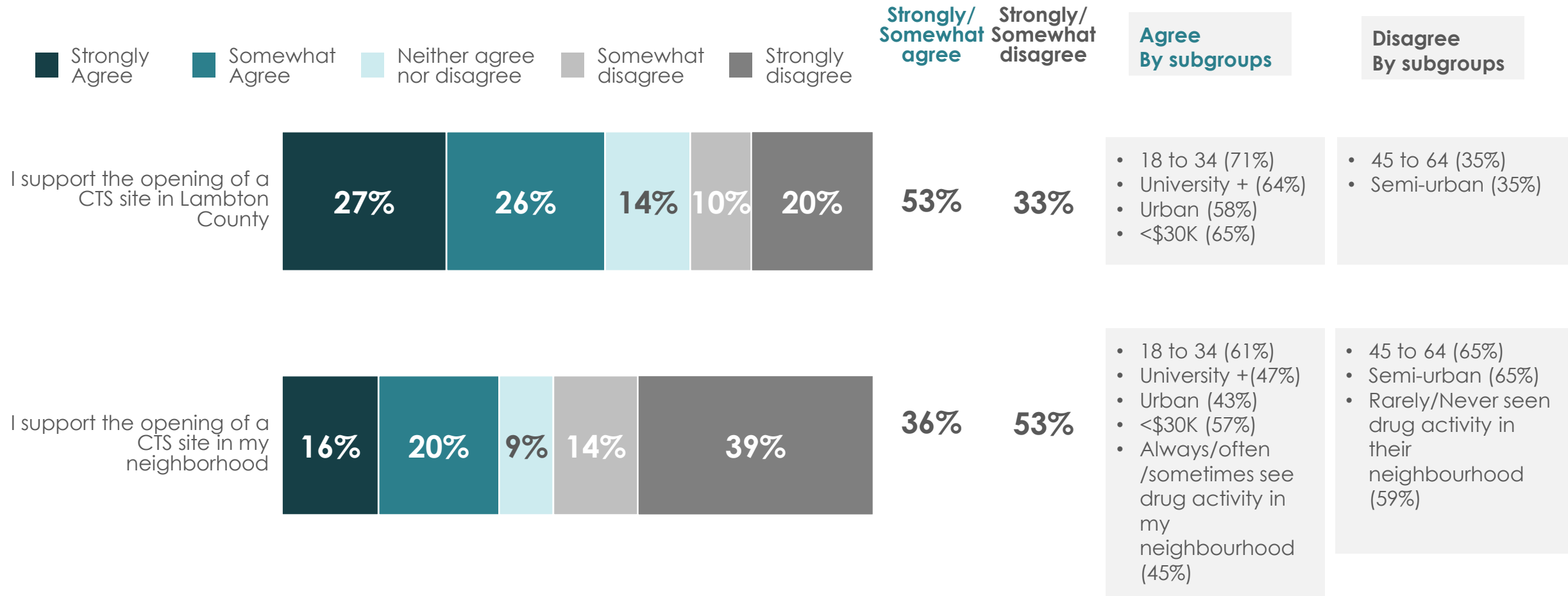
# While 7 in 10 residents recognize that CTS sites provide a safe environment for people who use drugs, a similar proportion (6 in 10) also think it brings substance use crime to the neighbourhood



Base: All respondents (n=796)

Q28. I would like to read to you a description about Consumption and Treatment Services or CTS sites. These sites allow people who use substances to inject or smoke drugs in a medically supervised environment. While some neighbouring communities have CTS sites, Lambton County does not currently have one. To what extent do you agree or disagree with the following?

# Residents are less agreeable about opening CTS sites in their neighbourhood (36% agree) compared to Lambton County in general (53% agree)



Base: All respondents (n=796)

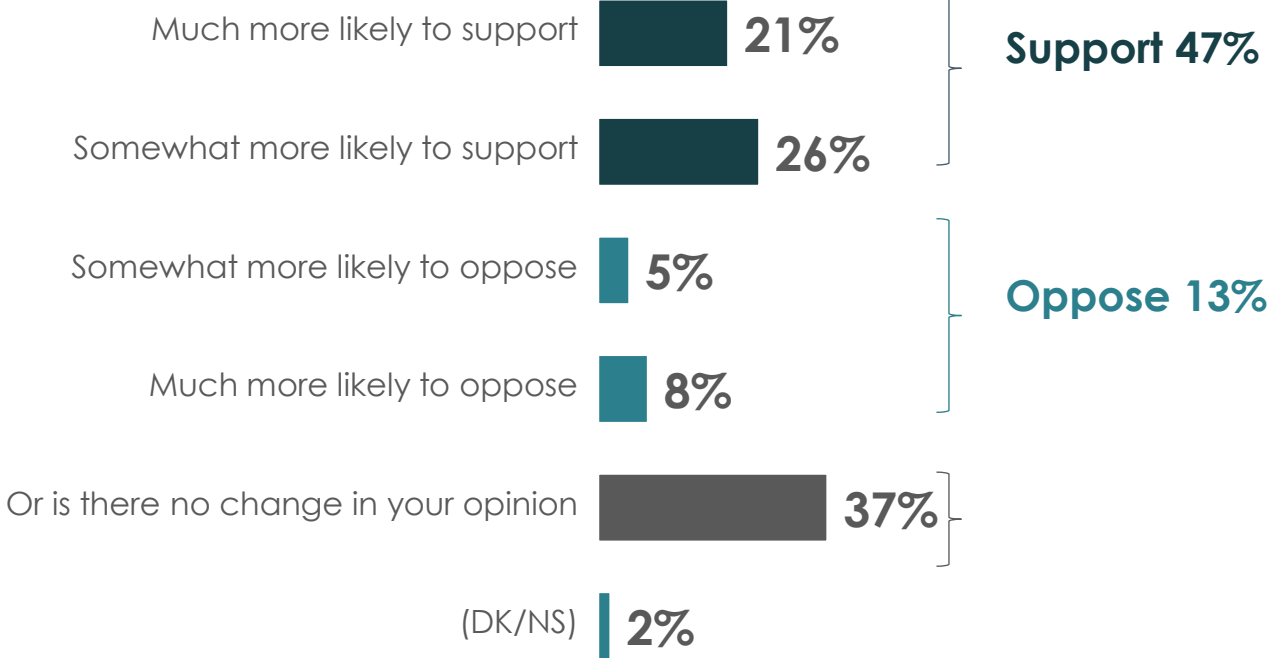
Q28. I would like to read to you a description about Consumption and Treatment Services or CTS sites. These sites allow people who use substances to inject or smoke drugs in a medically supervised environment. While some neighbouring communities have CTS sites, Lambton County does not currently have one. To what extent do you agree or disagree with the following?

# After an educational description about CTS sites, almost half of residents are more likely to support CTS sites

Increasing education may be an effective way to increase support for CTS sites, with women, younger residents, and urban living respondents more likely to support CTS sites following the description.



## Any change in opinion of CTS sites



**Consumption and Treatment Services**  
 CTS sites have been proven to reduce overdose deaths, infectious disease transmission, public disturbances and promote engagement with systems of care, including addiction treatment

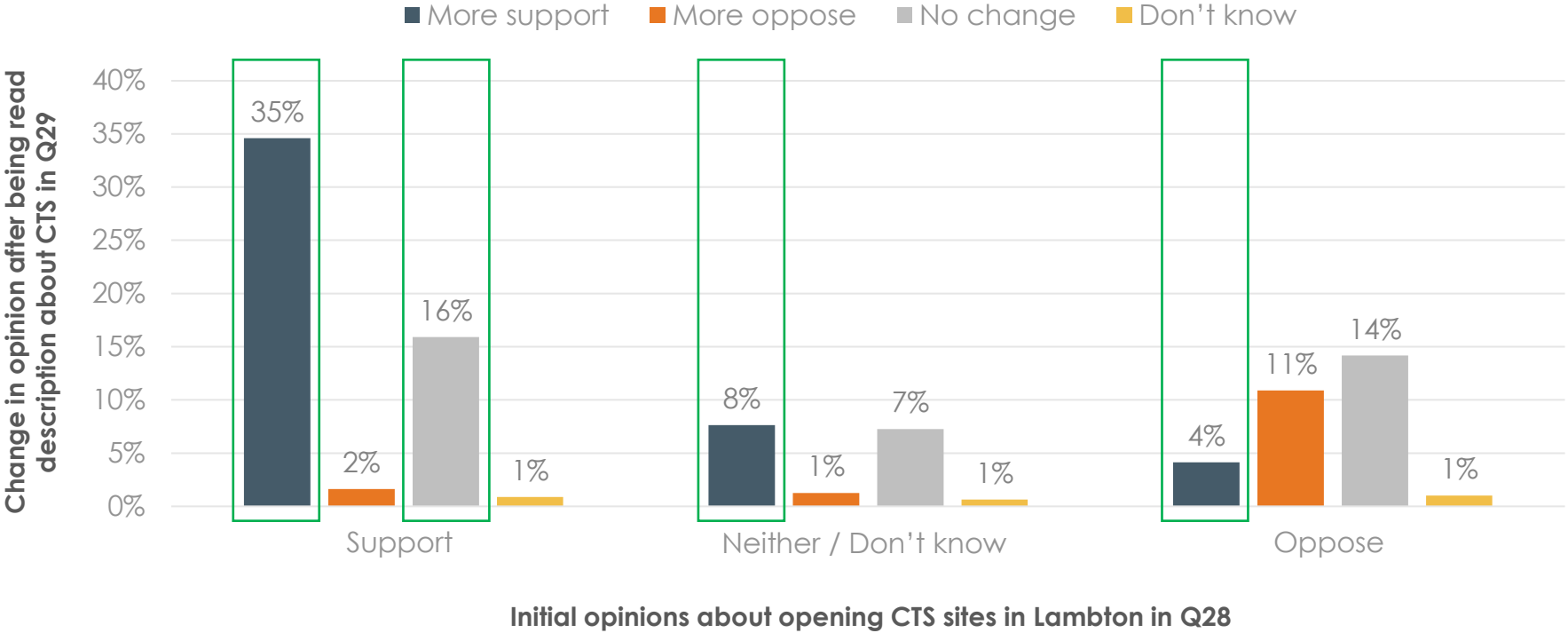
- Likely to support**
- Women (52%)
  - 18 to 34 (61%)
  - University + (54%)
  - Urban (51%)
  - <\$30K (61%)

- Likely to oppose**
- Men (16%)
  - 45 to 64 (18%) and 65+ (17%)

- Among those who say no Change**
- 38% do not support opening of CTS sites in the County, while 43% support, 17% neither agree nor disagree, 2% say don't know

# Total support in the community for CTS sites

After the description, a total of 63% of residents support the opening of CTS sites in Lambton County, +10 pts from initially stated support: 51% who initially supported said they were more likely to support or did not change their opinion (35% more supportive + 16% no change in opinion); 8% who initially said neither/don't know said they were more likely to support; and 4% of those initially opposed had also changed their minds.



Base: All respondents (n=796)

Q28. I would like to read to you a description about Consumption and Treatment Services or CTS sites. These sites allow people who use substances to inject or smoke drugs in a medically supervised environment. While some neighbouring communities have CTS sites, Lambton County does not currently have one. To what extent do you agree or disagree with the following?

Q29. CTS sites have been proven to reduce overdose deaths, infectious disease transmission, public disturbances and promote engagement with systems of care, including addiction treatment. Knowing this, would you say you are more or less likely to support or oppose CTS sites?

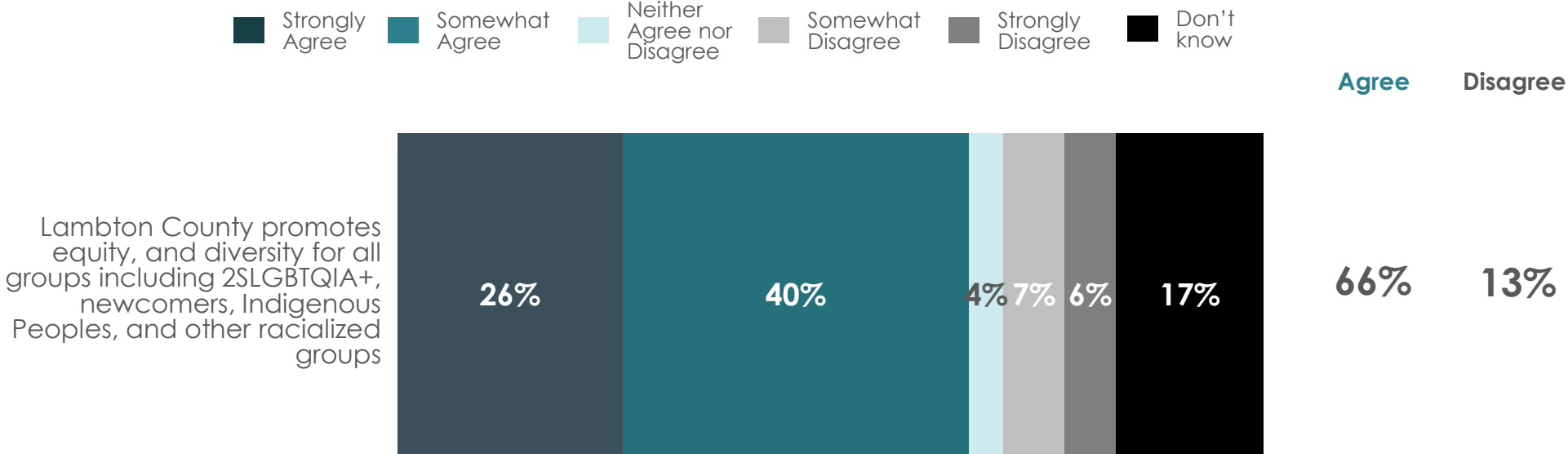


# Inclusion, Equity, and Racism



# Two-thirds of residents agree that Lambton County promotes equity and diversity for people belonging to diverse social identity groups

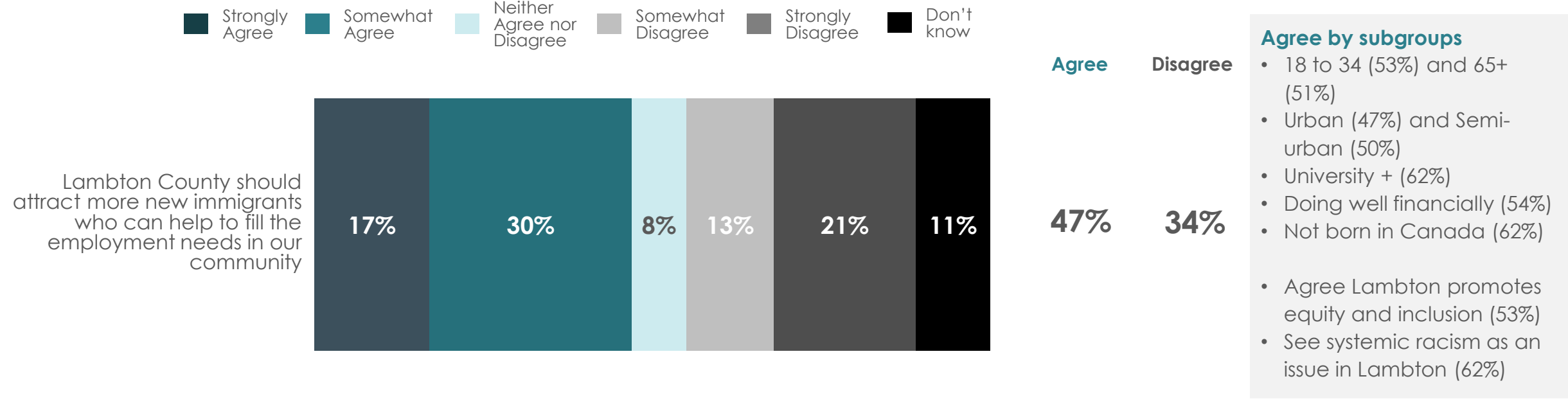
Thirteen percent disagree, while 17% say they don't know. There are no meaningful differences by subgroups.



Base: All respondents (n=796), 17% DK enough to have an opinion (n=651)  
 Q30. Using a scale of strongly agree, somewhat agree, somewhat disagree, or strongly disagree, to what extent do you agree or disagree with each of the following statements when it comes to your Lambton County?

# While almost half of residents agree that Lambton County should attract more new immigrants who can help to fill employment needs in the community, a third of residents disagree

Those younger (18-34) and older (65+), those not born in Canada, with a university or higher level of education, are doing well financially, and those living in urban/semi-urban areas are more likely to agree.



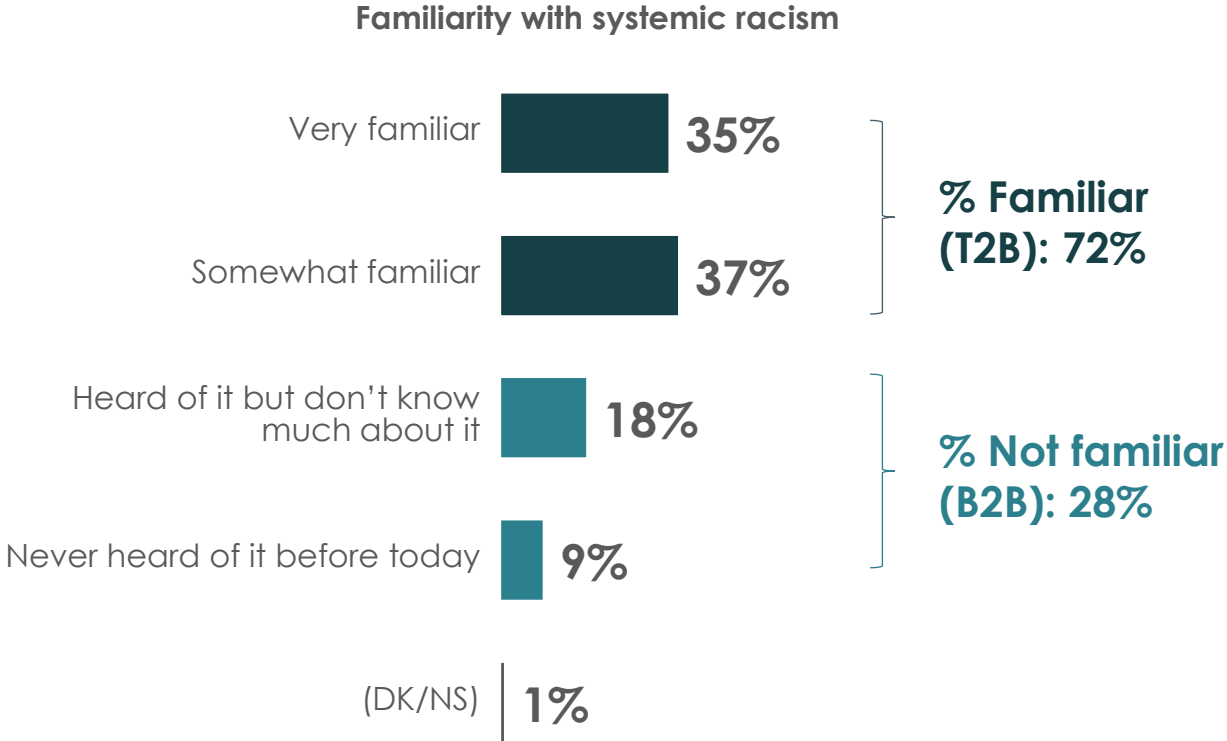
43 – © Ipsos  
 Base: All respondents (n=796), 11% DK enough to have an opinion (n=708)  
 Q30. Using a scale of strongly agree, somewhat agree, somewhat disagree, or strongly disagree, to what extent do you agree or disagree with each of the following statements when it comes to your Lambton County?

# Given a description, 7 in 10 Lambton County residents say they are familiar with the concept of systemic racism

Residents aged 35-64, identifying as Indigenous, living in urban areas, holding a higher level of education, and having a higher household income are more likely to be very familiar with the concept of systemic racism. Those who are not born in Canada, belong to an ethnic/racial background, as well as those with high school or less education, and those <\$30K household income are less likely to be familiar.

**Systemic racism**  
 Systemic racism is when institutions like the government, schools, and the justice system treat people differently because of their race or ethnicity. This can cause inequities and greater challenges for people who are Black, Indigenous or People of Colour.

Systemic racism can have an impact on health, economic and social outcomes of these groups.



**“Very” familiar**

- 35 to 44 (42%) and 45-64 (40%)
- Indigenous (44%)
- University+ (50%)
- Urban (39%)
- \$100K+ (46%)

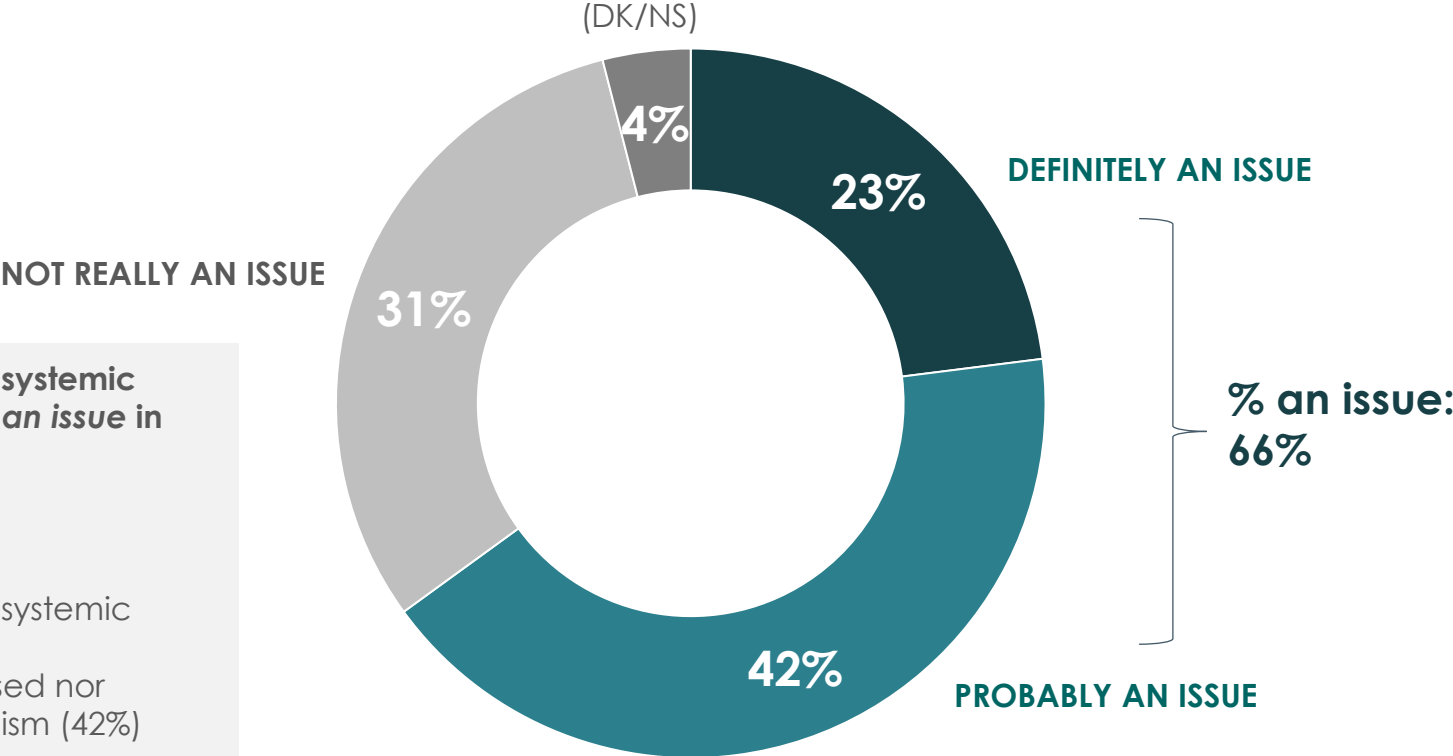
**Not familiar**

- Ethnic/racial groups (39%)
- Not born in Canada (40%)
- HS or less (43%)
- <\$30K (46%)

# Two-thirds of residents say that systemic racism is an issue in Lambton County, with about a quarter stating it is “definitely” an issue

Women, younger residents (18-44), those holding a higher level of education, and those identifying as Indigenous are more likely to feel that systemic racism is an issue.

Thinking about systemic racism in Lambton County, is it...



**Those who believe systemic racism is *not really an issue* in Lambton County**

- Male (38%)
- HS or less (39%)
- Not familiar with systemic racism (41%)
- Have not witnessed nor experienced racism (42%)

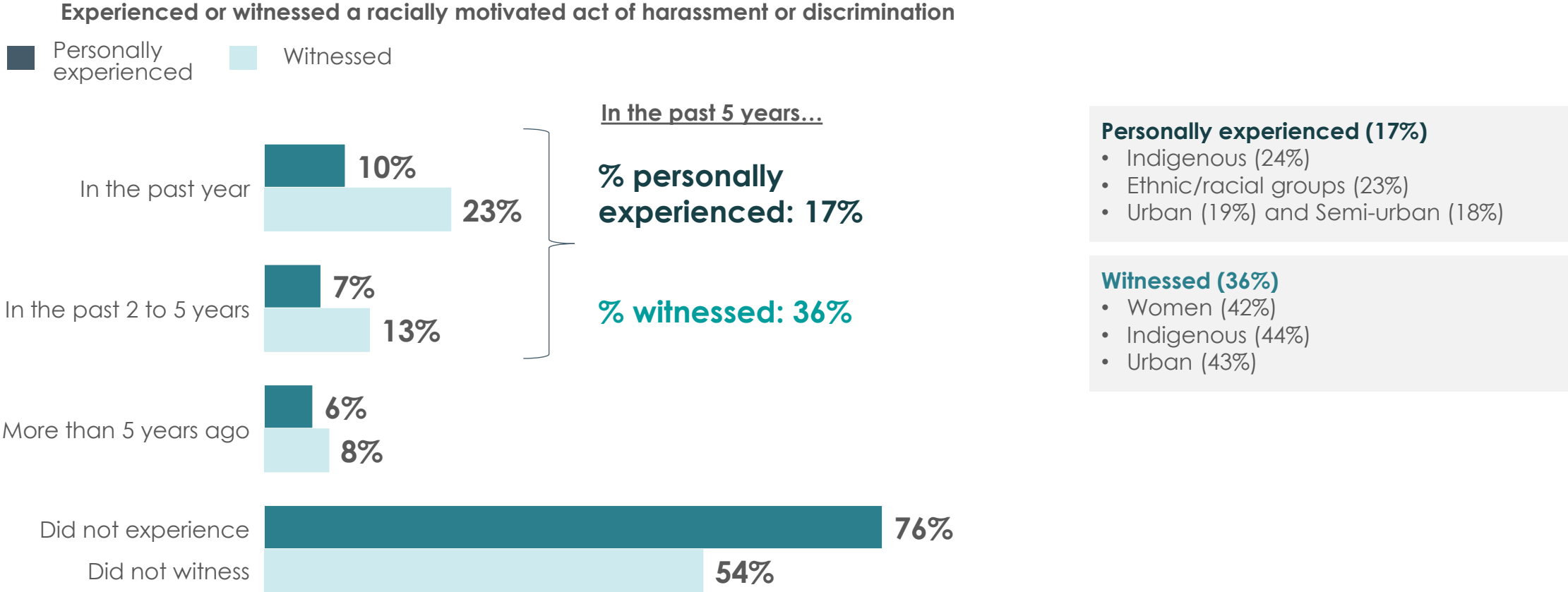
**Those who believe systemic racism is an issue in Lambton County**

- Women (73%)
- 18 to 34 (71%, with 34% saying definitely an issue) and 35-44 (70%) vs. 45-64 (64%)
- Indigenous (44%, with 34% saying definitely an issue)
- University+ (75%)
- Familiar with systemic racism (71%)
- Witnessed (80%) or personally experienced (75%) racism



# In the past 5 years, almost 1 in 5 residents report experiencing racism in the County, while over one-third say they have witnessed it






Residents who self-identify as Indigenous or minority ethnic/racial groups are significantly more likely to have experienced racism.









# Demographics



# Demographics

	GENDER	
	Male	<b>49%</b>
	Female	<b>51%</b>
	Other	<b>0%</b>
	AGE	
	18-34	<b>23%</b>
	35-44	<b>14%</b>
	45-64	<b>33%</b>
	65+	<b>30%</b>
	MARITAL STATUS	
	Single	<b>23%</b>
	Married	<b>57%</b>
	Other	<b>19%</b>
	HOUSEHOLD SIZE	
	1 only	<b>19%</b>
	2	<b>37%</b>
	3 or more	<b>43%</b>
	PARENTAL STATUS	
	Parents (NET)	<b>36%</b>
	Parents of children aged <11	<b>19%</b>
	Parents of children aged 12-17	<b>14%</b>
	Parents of children aged 18-25	<b>16%</b>
Not Parents	<b>61%</b>	

	EMPLOYMENT STATUS	
	Working	<b>47%</b>
	Others	<b>52%</b>
	EDUCATION LEVEL	
	High school or less	<b>22%</b>
	Some PSE	<b>51%</b>
	University+	<b>26%</b>
	HOUSEHOLD INCOME	
	<\$30K	<b>16%</b>
	\$30K-<\$65K	<b>21%</b>
	\$65K-<\$100K	<b>20%</b>
	\$100K+	<b>26%</b>
	REGIONAL AREA	
	Urban	<b>59%</b>
	Semi-Urban	<b>32%</b>
	Rural	<b>9%</b>
	INDIGENOUS SELF-IDENTIFIED	
	Yes	<b>6%</b>
	No	<b>93%</b>
	ETHNICITY	
	White only	<b>81%</b>
	Racialized	<b>15%</b>

	BORN IN CANADA	
	Yes	<b>86%</b>
	No	<b>14%</b>
CAME TO CANADA (THOSE NOT BORN IN CANADA)		
	<3 years ago	<b>37%</b>
	3 to <10 years ago	<b>10%</b>
	>10 years ago	<b>53%</b>



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# Game Changers

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**You act better when you are sure.**



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