

Healthy People, Strong Communities

# Neighbourhood & Community Engagement



Neighbourhood and Community Engagement is the participation of citizens where they live, work and play. It encourages individuals to take an active role in being part of their community.

## Who it affects:



**65%** of youth and adults strongly feel they belong to their community.<sup>1</sup>

**47%** of Canadians volunteer 2.1 billion hours to communities each year.<sup>2</sup>

**10%** of volunteers account for 53% of all volunteer hours.<sup>3</sup>

## Why it matters:

### INCREASED LIFE SATISFACTION

Volunteers report great life satisfaction and physical health than non-volunteers.<sup>4</sup>



### IMPROVED HEALTH OUTCOMES

Health improves as a result of volunteer activities, particularly for seniors.<sup>5</sup>

### BUILDS SOCIAL CAPITAL

Social capital helps create stable and thriving neighbourhoods, improving economic growth.<sup>6</sup>



## How we help:

With over 100 locations, United Ways Centraides are working to make a measurable impact engaging individuals and families in neighbourhoods and communities across Canada.

**Strengthen** programming that promotes volunteerism and participation.



**Increase** community inclusion for vulnerable groups through advocacy and awareness.



**Engage** residents in neighbourhood action through community outreach, coalition building, and leadership development.



## The impact we want:



- Individuals and families feel a **sense of belonging** in their community.
- Individuals and families **get involved** in their community.
- Individuals and families act to **positively influence their community**.



**United Way  
Centraide  
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**Change starts here.**  
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1) Kitchen, P., Williams, A. and Chowhan, J. 2012. "Sense of Community Belonging and Health in Canada: A Regional Analysis." *Social Indicators Research* 107 (1): 104.  
2) Vézina, M. and Crompton, S. 2012. "Volunteering in Canada." *Canadian Social Trends*. Ottawa: Minister of Industry, p. 38.  
3) Ibid. p. 38.  
4) See: Corporation for National and Community Service. 2007. *The Health Benefits of Volunteering: A Review of Recent Research*. p. 4-5; Greenfield, E. and Marks, N. 2004. "Formal Volunteering as a Protective Factor for Older Adults' Psychological Well-Being." *Journal of Gerontology* 59B (5): S262.  
5) See: Volonteurope Secretariat. 2012. *Active ageing and solidarity between generations: the contribution of volunteering and civic engagement in Europe*. p. 32; Lum, T. and Lightfoot, E. 2005. "The Effects of Volunteering on the Physical and Mental Health of Older People." *Research on Aging* 27 (1): 50.  
6) Flanagan, T. and Sadowski, P. 2011. *Volonteurope Reviews: The Value of Volunteering*. p. 5, 8.