

2020 GABRIOLA HEALTH REPORT

— *taking the pulse of our island*



Photo: Nola Johnston

GHWC respectfully acknowledges and recognizes the Coast Salish Nations whose territory we live and work on. In particular, we acknowledge and recognize Gabriola Island as the unceded territory of Snuneymuxw First Nation (SFN). We respect the longstanding relationships that Coast Salish and Hul'qumi'num speaking Nations have to this land, as they are the original caretakers. We acknowledge that the Snuneymuxw Treaty of 1854 (Douglas Treaties) was signed with the British Crown and colonial governments and asserts SFN treaty rights and title. We acknowledge and recognize that SFN rights and title is affirmed by section 35 of the Constitution Act, 1982.



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A. Introduction and Background

The Gabriola Health and Wellness Collaborative (GHWC) has produced the Gabriola Health Report to provide all Gabriolans access to data that reflects the health of our island community. Taking a broad approach to the definition of health, this report provides a comprehensive picture of many aspects of community health. It casts light on the health status of our population and provides information that can help us set priorities for improving the health and wellbeing of our community. It is our hope that this report will prove useful not only to community organizations in their activity and program planning but to all Gabriolans wanting to know more about their community.

Data Sources and Methodology

This report takes a “social determinants of health” approach. As such, we have not only included data on issues like disease prevalence and health care availability, but also data that reflects on the broader social and economic conditions that can and do have real impacts on people’s health – including income levels, housing affordability and quality, attachment to the workforce, education levels, environmental quality, food security, social inclusion, and engagement in civic and community life.

The data in this report comes from two sources: the 2016 Canadian Census of Population, produced by Statistics Canada, and data shared by local Gabriola organizations as well as from their websites.

Most of the demographic and economic data in this report comes from the 2016 Gabriola Island Trust Area Census Profile.¹ While most Census data reflects the situation of respondents as of the May 10, 2016 census date, income data reflects full-year 2015 incomes. We recognize that Census data has some limitations, including that people in some demographic groups – such as those who may be economically disadvantaged or socially excluded – have a higher rate of non-response to the Census than others. For example, since the Census is largely delivered through the mail, the experiences of people who are homeless are not taken into account. The next Canadian census will take place in May 2021.

Data provided by local organizations provides a more in-depth look at particular aspects of Gabriola life, such as issues reflecting community wellbeing, sustainability, social inclusion and civic engagement. We thank those organizations that contributed their data to the report and have highlighted their contributions in the text. We hope that future editions of this report will

include more local data to create an even more robust picture of Gabriola’s health and wellbeing.

To understand how Gabriola fits within the region and the province, we have included data comparisons with other communities. We chose to compare with Bowen Island, because it is a ferry-dependent Trust island with a similar population and proximity to a large urban centre; Nanaimo, because it is our major service centre encompassing urban and more rural areas; and, BC to show how all three communities fit in the larger picture.

Note that the data in this report was largely captured and describes conditions before the COVID-19 pandemic.

Acknowledgements

The Gabriola Health and Wellness Collaborative (GHWC) is a voluntary network of over 40 organizations and individuals working to improve health outcomes for Gabriolans throughout their lives. GHWC takes a systems approach to health that looks at the environment, the people, and the ways they interact. Each year it sets priorities which it achieves through mutual support, shared advocacy and coordinated use of resources.

This project was managed by Collaborative member Dyan Dunsmoor-Farley. Data quality assurance oversight was provided by Dr. Don Sutherland. Researcher Jennefer Laidley went above and beyond in collecting, analyzing and organizing the data, which was translated into graphics by Kevan Heughan of Gabriola Graphics.

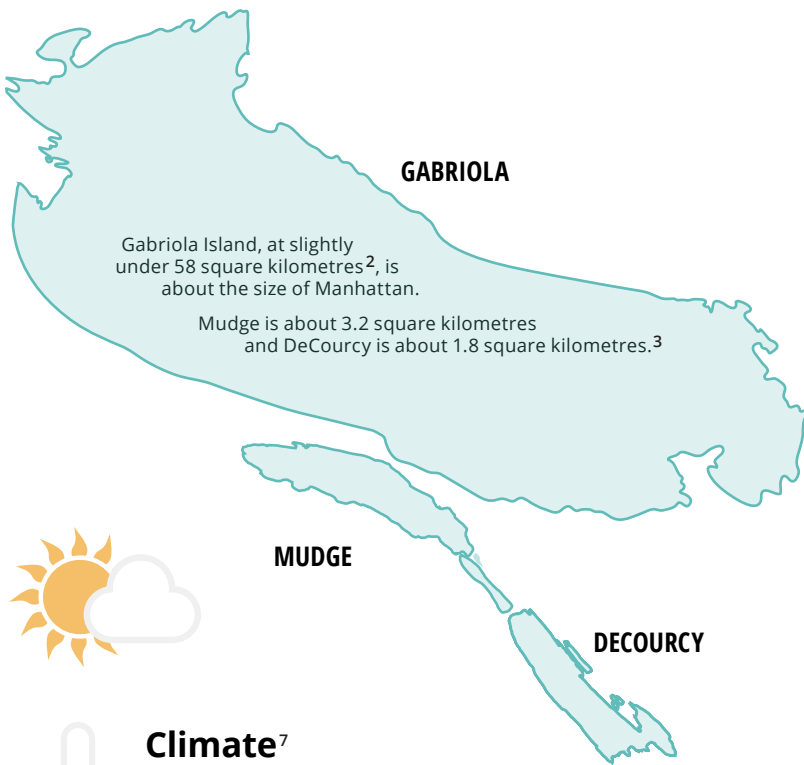
The project would not have been possible without the generous support of the Gabriola Health Care Foundation and the Gabriola Auxiliary for Island Health Care Society and the participation of many individuals and organizations that contribute to Gabriola's community life.



B. Gabriola and Its People

Size and Location

Gabriola, Mudge and DeCourcy are among more than 200 islands located in the Salish Sea between the British Columbia mainland and Vancouver Island and are dependent on regular BC Ferry service for access.



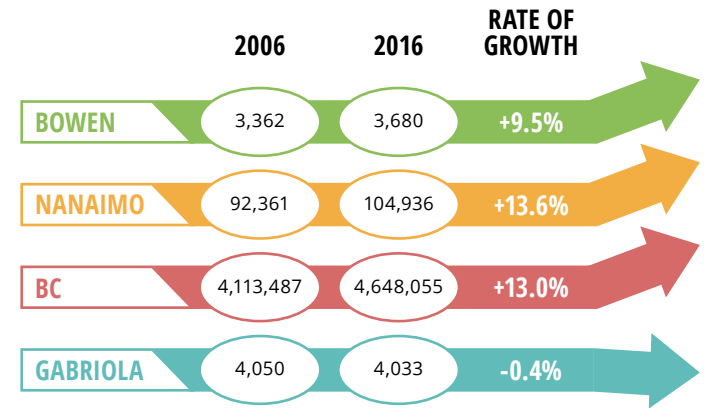
Climate⁷

Gabriola is classified as having a "Mediterranean" climate, with wet winters and dry summers. Gabriola has an average of 145 rainy days per year and six days with snowfall greater than 0.2 centimetres (0.08 in).

Daily average temperatures are 3.9C in winter (Dec-Feb) and 16.2C in summer (June-Aug), with extreme temperatures as high as 32C and as low as -16C recorded between 1981-2010.

Population⁴

Gabriola's population has been stable over the past ten years⁵ but increases significantly in the summer months, as we can see from changes in ferry ridership on page 33.

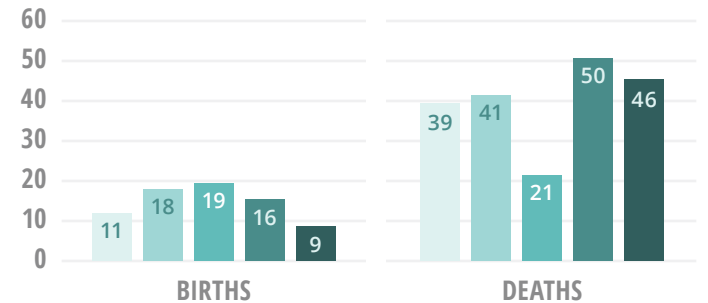


Births and Deaths⁶

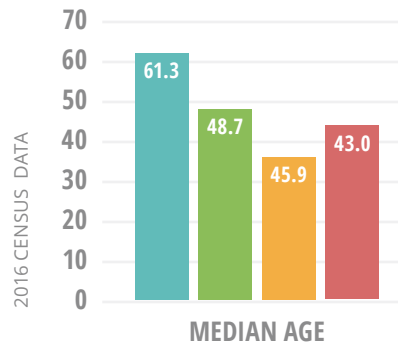
GABRIOLA
2014/15 - 2018/19

- 2014/15
- 2015/16
- 2016/17
- 2017/18
- 2019/20

Years for birth and death data run June 1 - July 30.



Median Age⁸

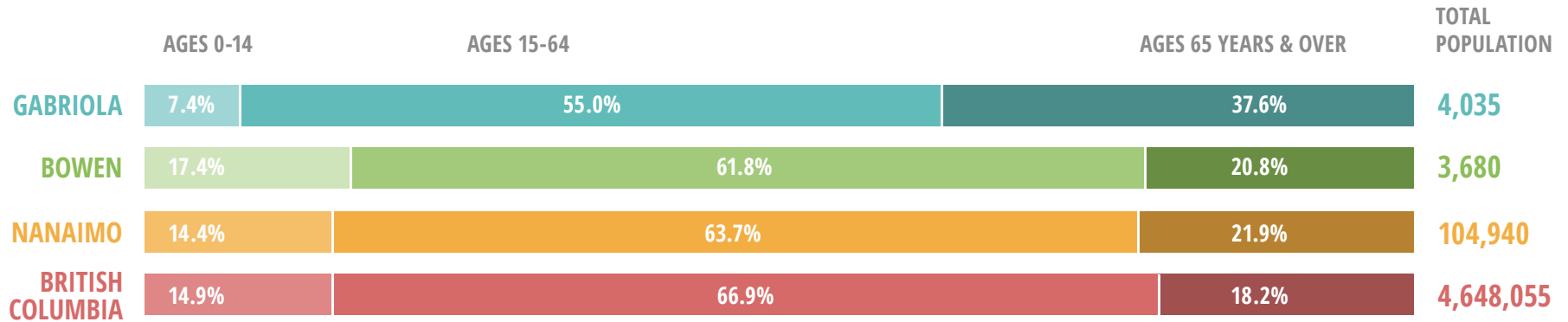


"Median age" means that half of the population is under the median and the other half is over.

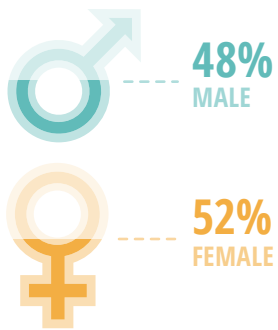
- GABRIOLA
- BOWEN
- NANAIMO
- BRITISH COLUMBIA



Age Distribution



Gender - Gabriola

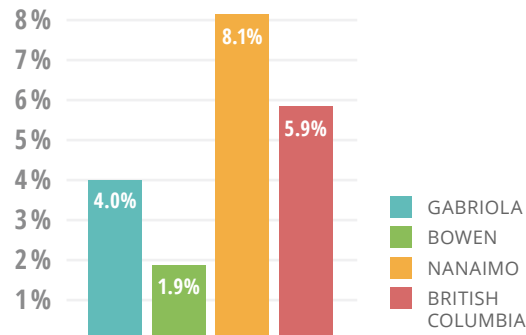


Currently Statistics Canada does not collect data on those who identify as non-binary.

Indigenous Identity

Gabriola is part of the unceded territories of the Snuneymuw First Nation. Historically, more than 5,000 Snuneymuw lived on Gabriola.⁹

PROPORTION OF RESIDENTS WHO IDENTIFY AS INDIGENOUS



Ethno-Cultural Composition - Gabriola

Ethno-cultural Identity	% of Pop.	Total %
White ("Not a visible minority")	97.6%	97.6%
Black	0.5%	
Korean	0.4%	2.1%
Japanese	0.4%	
Chinese	0.2%	
Filipino	0.2%	
Latin American	0.2%	
Southeast Asian	0.2%	

The Census defines "Visible Minority" as "persons, other than Aboriginal peoples, who are non-Caucasian in race or non-white in colour". The total does not equal 100% due to rounding.

LGBTQ2S - Gabriola

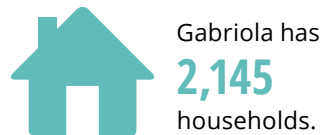
Some surveys have indicated that almost 5% of the population on Gabriola self-identifies as lesbian, gay, bisexual, trans, queer, or two-spirited.¹⁰ However, the Census does not capture this data and a full survey of the population has not been done. A number of factors make gathering this data challenging.¹¹



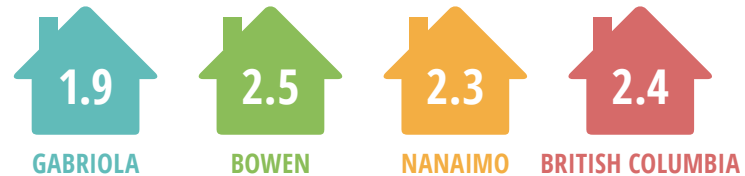
Households

A household is a person or a group of people who live in the same dwelling. This may be one or more families sharing the dwelling, a group of unrelated people, or someone living alone.¹²

Total Households



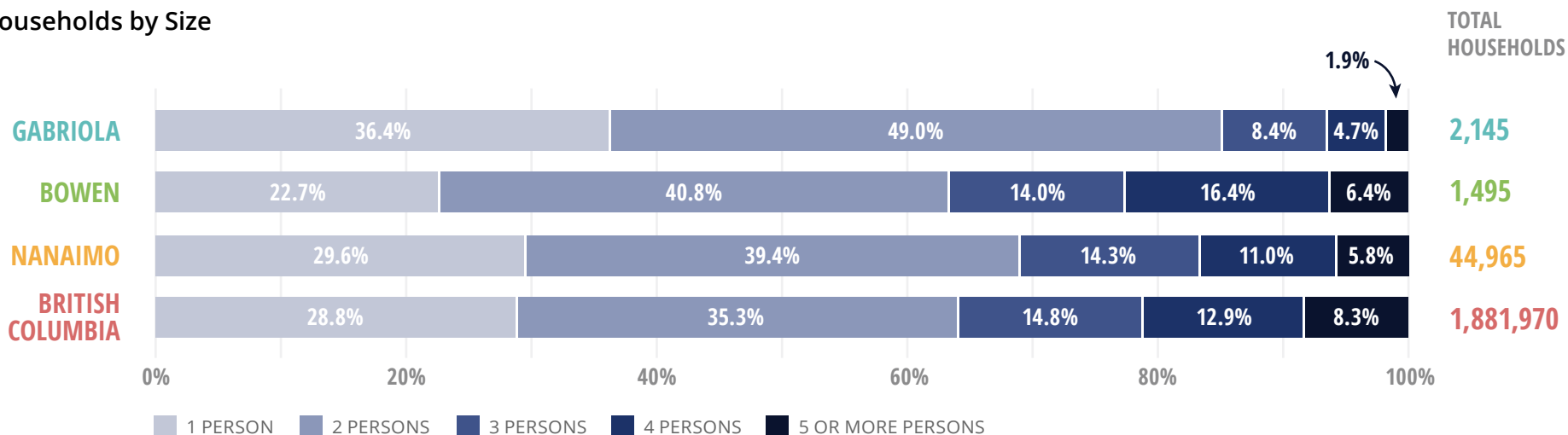
Average Household Size



2016 CENSUS DATA EXCEPT WHERE INDICATED

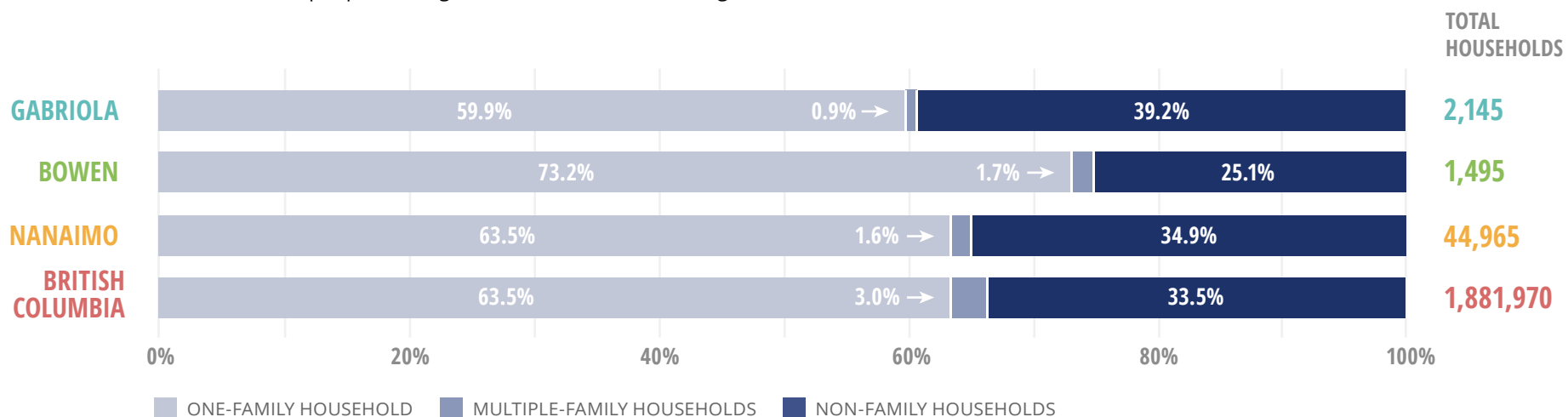
Households (Continued)

Households by Size



Household Type

A one-family household is made up of a married or common-law couple or lone parent, and any children living with them. A multiple-family household contains more than one family. A non-family household is one where either one person lives alone or two or more people live together but are not related (e.g., roommates).



Families

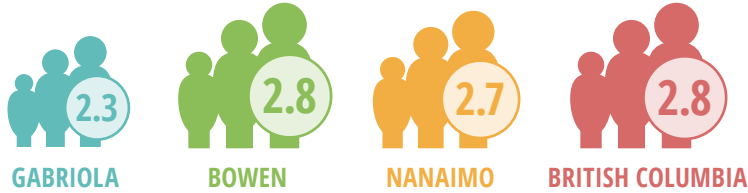
A family is a married or common-law couple, with or without children, or a lone parent and their children.¹³ It does not include people living alone. Of Gabriola's 1,320 families, 340 are families with children.

Total Families

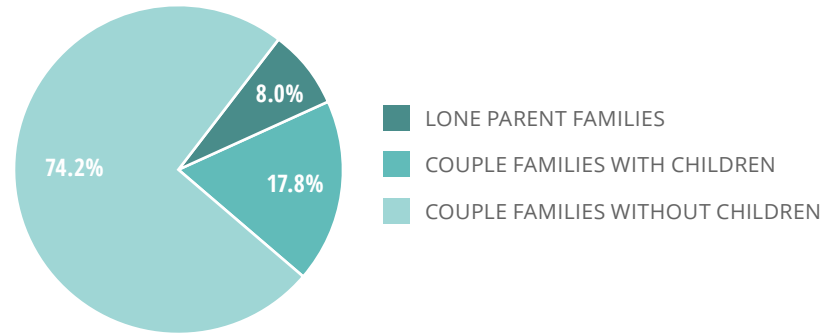
Gabriola has
1,320
families.



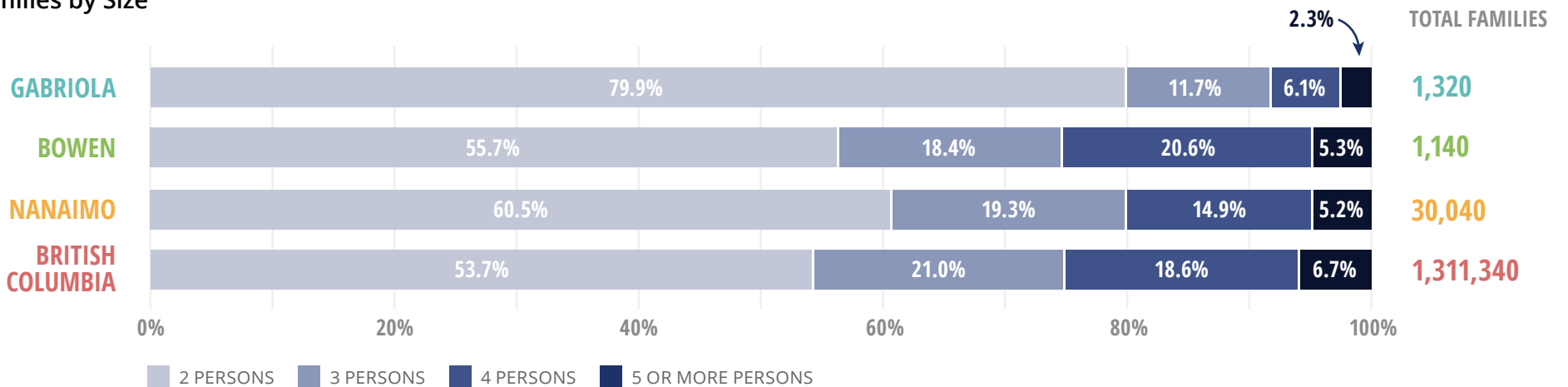
Average Family Size



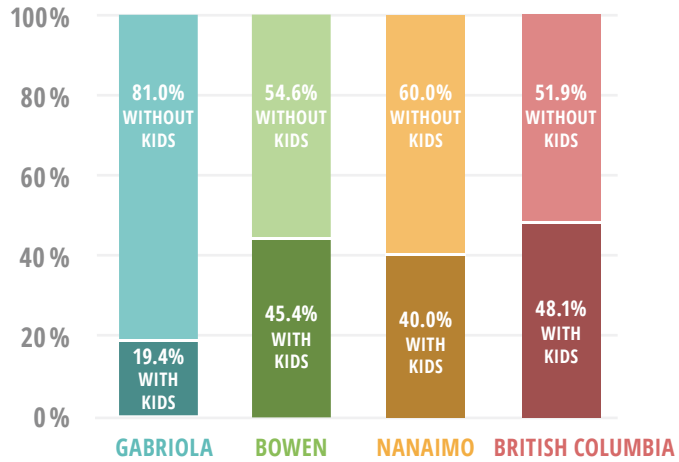
Family Composition - Gabriola



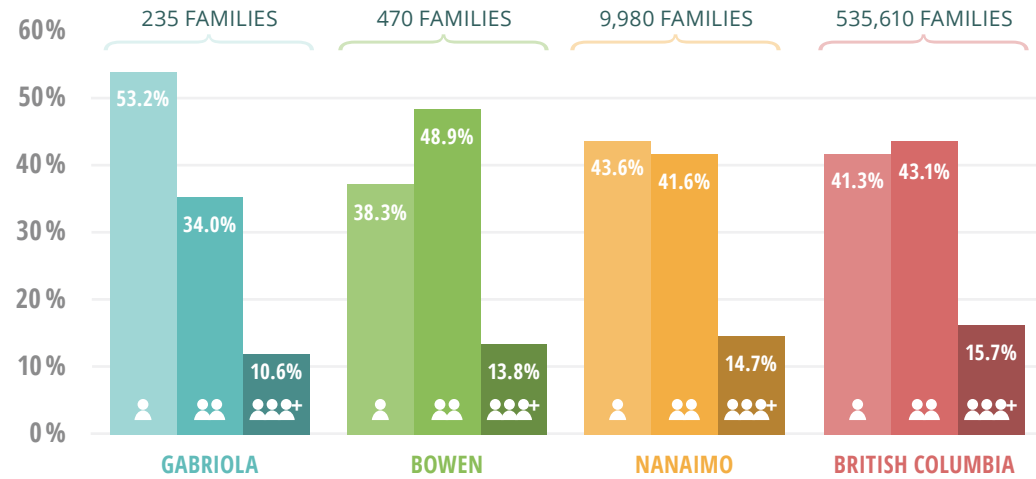
Families by Size



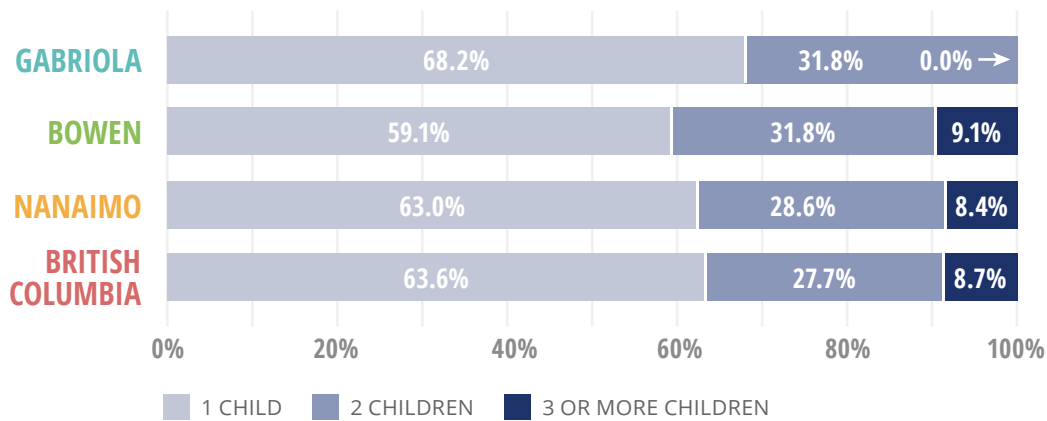
COUPLES WITH AND WITHOUT CHILDREN



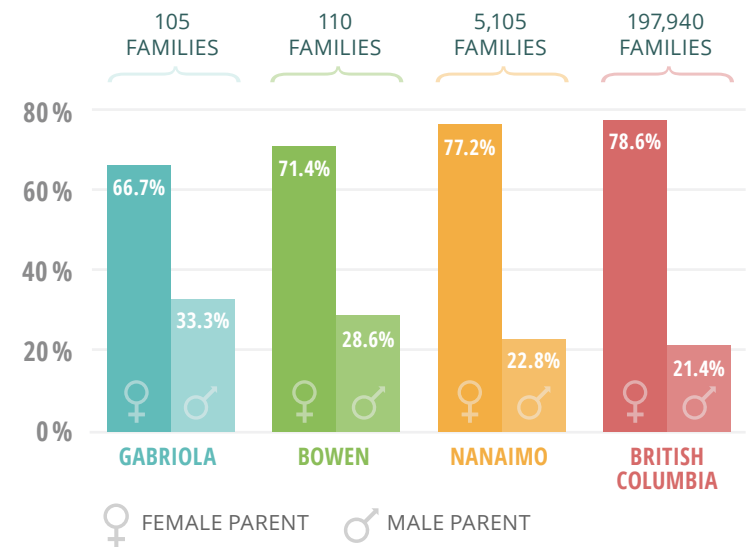
COUPLE FAMILIES - NUMBER OF CHILDREN



LONE PARENT FAMILIES - NUMBER OF CHILDREN



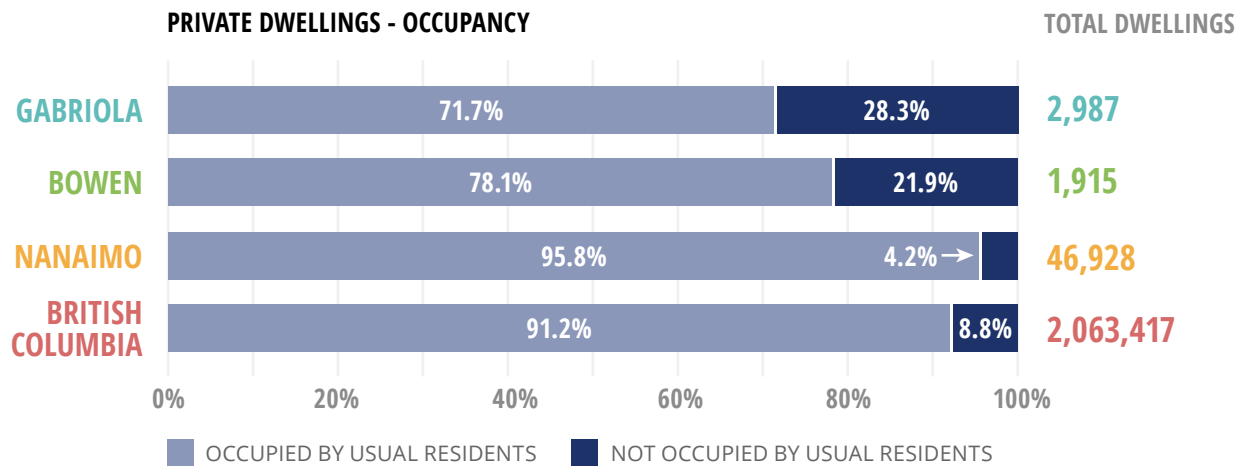
LONE PARENT FAMILIES BY SEX OF PARENT



Housing

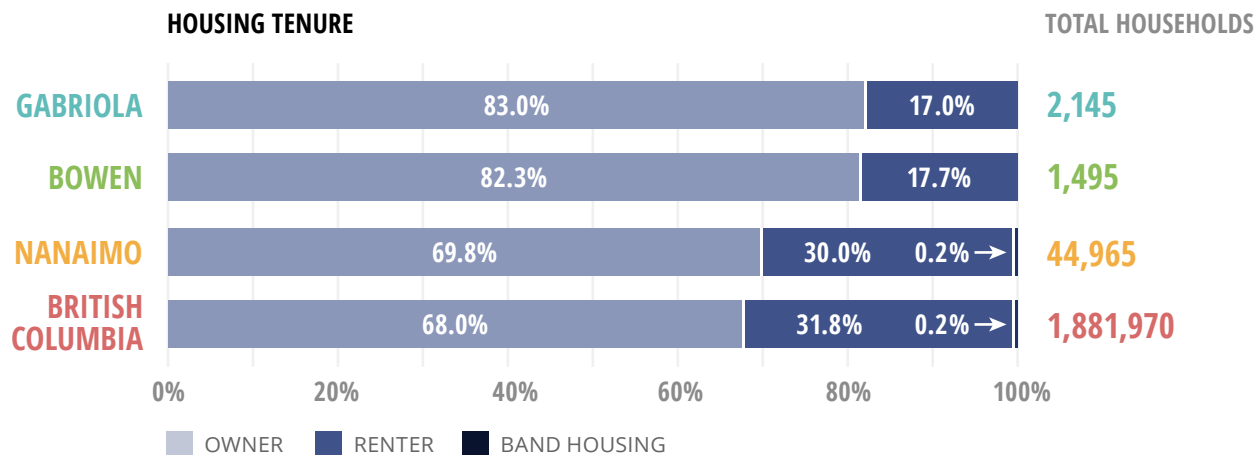
Private Dwellings and Occupancy

A private dwelling is a place where people live that has its own private entrance.¹⁴ A usual resident is someone who usually lives in the dwelling.¹⁵ The difference between the number of dwellings occupied by usual residents and those not occupied by usual residents may reflect dwellings that seasonal rentals, or are unoccupied.



Housing Tenure

Band Housing makes up 0.2% of housing tenure in both Nanaimo and British Columbia; there is no Band Housing on either Gabriola or Bowen.



Housing Condition

Gabriola residents may also face other housing suitability issues not explored in Census data, including lack of potable water, poorly functioning septic fields, insufficient insulation, lack of kitchens and bathrooms, etc.

HOUSING IN NEED OF REPAIRS

LOCATION

MAJOR REPAIRS NEEDED

GABRIOLA

9%

BOWEN

8%

NANAIMO

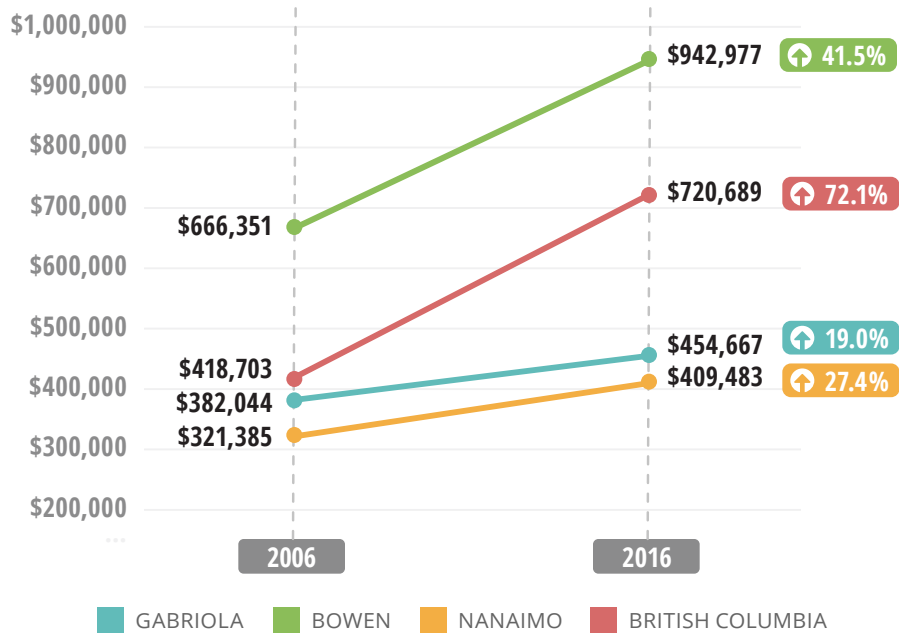
6%

BRITISH COLUMBIA

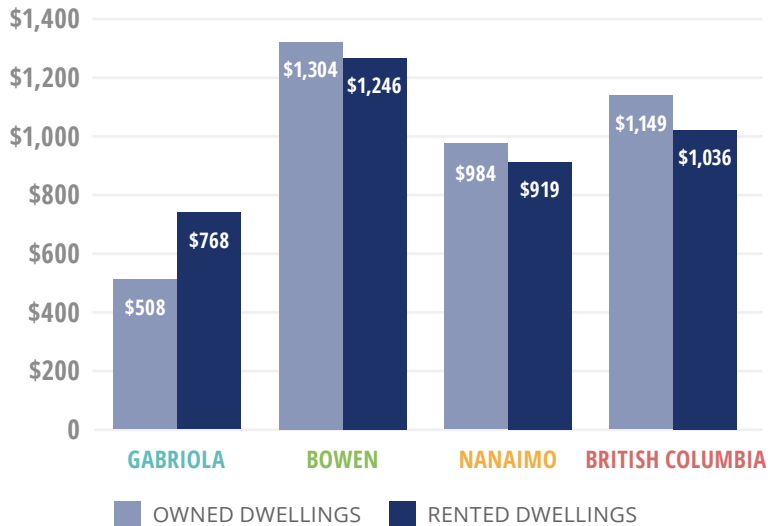
6%



Average Value of Dwellings



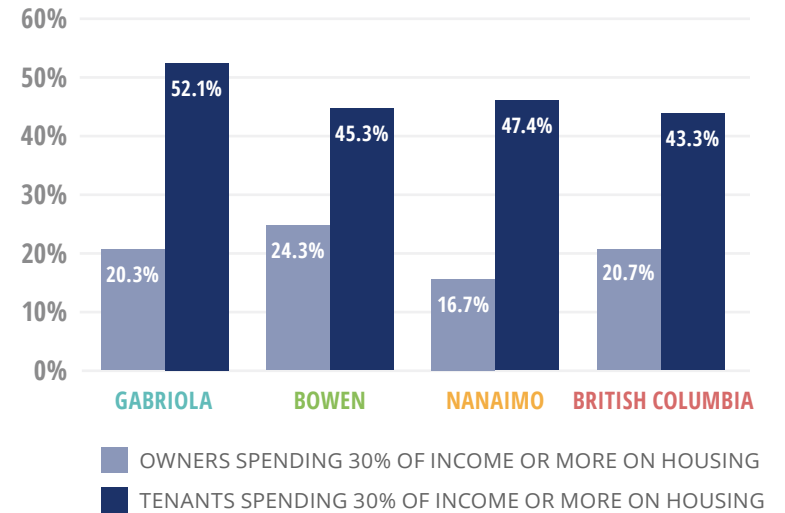
Median Monthly Shelter Costs



2016 CENSUS DATA EXCEPT WHERE INDICATED

Core Housing Need

Households that spend 30% or more of their income on shelter costs are said to be in "core housing need", which is a measure of housing affordability.



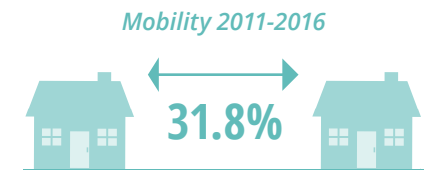
Homelessness

In 2019, 62 Gabriolans were identified as being homeless.¹⁶ One of every 65 Gabriola residents is homeless, compared with the Nanaimo rate of 1:270 and the provincial rate of 1:653.¹⁷



Mobility¹⁸ - Gabriola

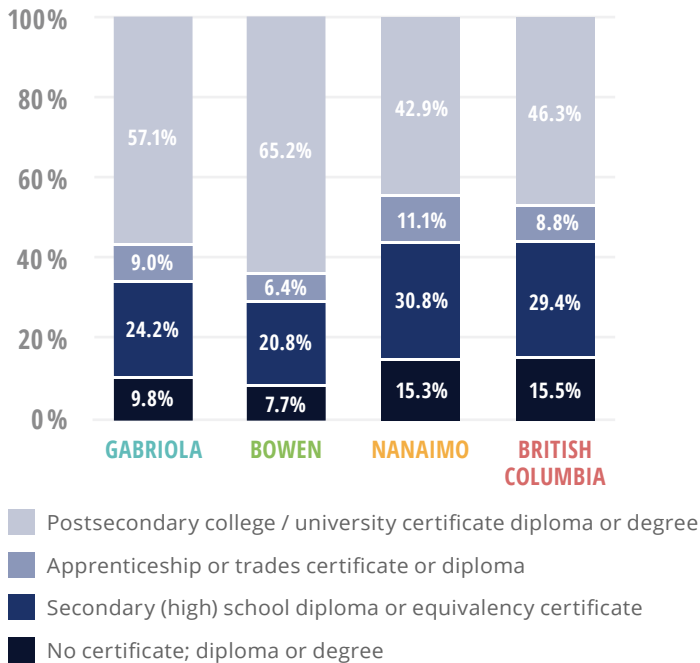
Of the 1,250 Gabriolans who moved between 2011 and 2016, 68% moved to Gabriola from another community and 32% moved to a different residence on the island.



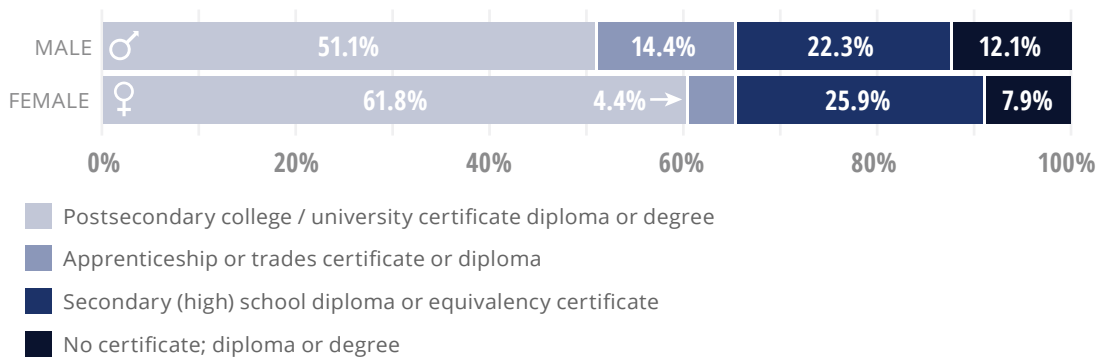
Education and Learning

Education Levels This data represents the highest certificate, diploma or degree earned by the population aged 15 or over.¹⁹

EDUCATIONAL ATTAINMENT



EDUCATIONAL ATTAINMENT BY GENDER - GABRIOLA



School Enrolment

There were 340 children and youth aged 5 to 19 on Gabriola in 2016. 170 attend Gabriola Elementary School²⁰, about 80-100 go to Nanaimo for high school²¹, and 70-90 are either home-schooled, schooled off island or not in school.



ELEMENTARY

170



HOME SCHOOL

??



HIGH SCHOOL

80-100

Licensed Child Care Spaces

There were 75 children under age five and 90 between five and nine on Gabriola in 2016. Gabriola parents can access childcare and early childhood education services through the Parent Participation Preschool at the Community Hall and at the HOPE Centre as well as through private providers. The Preschool currently has 15 licensed spaces²² while the HOPE Centre has 20 licensed daycare spaces and 58 licensed after school spaces.²³

PRESCHOOL 2½ to 5 years

15 spaces

LICENSED GROUP 1½ to 5 years

20 spaces

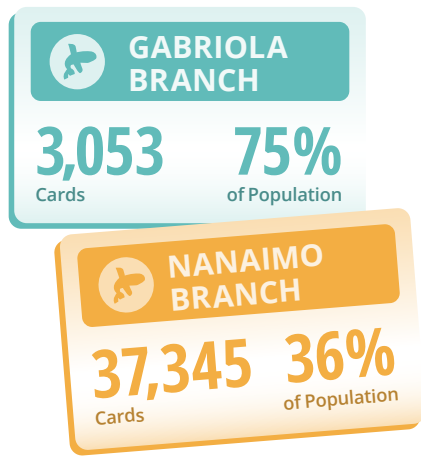
AFTERSCHOOL CARE 5+ years

58 spaces

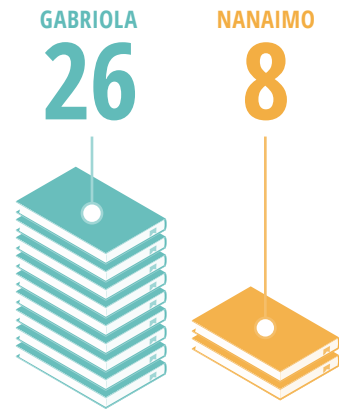
Library Usage

Gabriola is served by a dedicated branch of the Vancouver Island Regional Library that provides access to not only books, DVDs, and audiobooks, but also numerous programs as well as public access computers, word processing, photocopying and printing, and free public wifi.

CARDHOLDERS²⁴



ITEMS BORROWED PER CAPITA²⁵



PROGRAM PARTICIPATION²⁶

Gabriola Library (2019) ran 307 programs for 4,903 attendees.



C. Economic Health

As we have seen from the COVID-19 situation, a healthy economy depends on a healthy population. Good health requires an adequate income, safe working conditions, and reasonable hours of work. When these things are in balance, healthy workers can sustain the economy through difficult times. The following section describes types of work, labour force participation, and levels of income experienced by people in the Gabriola Trust Area and in our comparator communities.

Economy

2016 CENSUS DATA

Industrial Mix

TOP FIVE INDUSTRIES

Gabriola	Total Labour Force	1,705	% of labour force
1. Retail trade			12.0%
2. Professional; scientific and technical services			10.6%
3. Construction			10.0%
4. Administrative & support; waste management & remediation services			9.1%
5. Health care and social assistance			7.0%

Bowen	Total Labour Force	2,100	% of labour force
1. Professional; scientific and technical services			16.2%
2. Health care and social assistance			11.9%
3. Educational services			10.5%
4. Construction			9.3%
5. Retail trade			7.1%

Nanaimo	Total Labour Force	52,265	% of labour force
1. Health care and social assistance			14.4%
2. Retail trade			14.1%
3. Construction			8.9%
4. Accommodation and food services			8.3%
5. Educational services			6.6%

British Columbia	Total Labour Force	2,471,665	% of labour force
1. Retail trade			11.5%
2. Health care and social assistance			11.0%
3. Accommodation and food services			8.4%
4. Construction			8.1%
5. Professional; scientific and technical services			8.0%

Local Business²⁷



There are businesses on Gabriola, or... **606**

1 BUSINESS FOR EVERY 7 GABRIOLANS

YEAR-ROUND CLUB

Over

90%

of businesses operate year round

87%

of businesses are home-based

30%

of business owners required other sources of income to supplement business income

57% of small and medium-sized business owners on Gabriola are over 50 years of age compared to 59% of business owners nationally

GABRIOLA

AGE 50+ 57%

AGE 50+ 59%

NATIONAL

61% of businesses are owned and operated by women compared with 16% nationally

GABRIOLA

WOMEN 61%

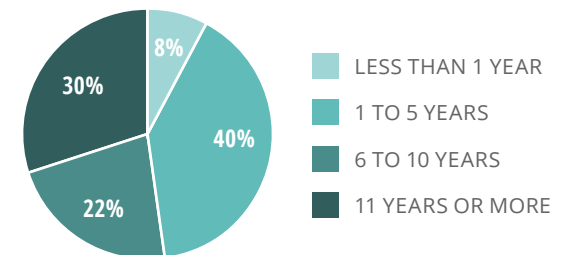
WOMEN 16%

NATIONAL

2%

of Gabriola business owners identify as LBGTQ2S

Gabriola businesses by years in operation



2014 DATA

Local Investment

The Gabriola Island Community Investment Co-operative finances projects to create positive social and environmental impacts in the community while providing a modest financial return to members. The GICIC raises capital through the sale of membership shares, which is then invested in local projects, land and organizations to help Gabriola grow a sustainable island economy and healthy community. As of 2020, GICIC has 40 members (single and joint) who have so far invested \$59,672.²⁸

2020 DATA



Employment

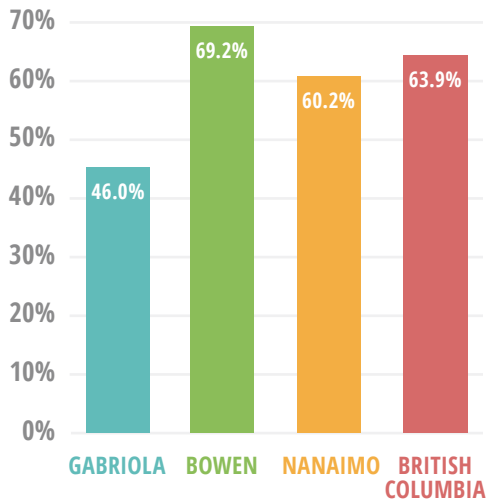
Labour Force Status

The "Participation Rate" is the proportion of working-age people who are in the labour market – this means they either have a job or are actively looking for work.²⁹

The "Unemployment Rate" is the proportion of people who are in the labour market but who can't find a job.³⁰

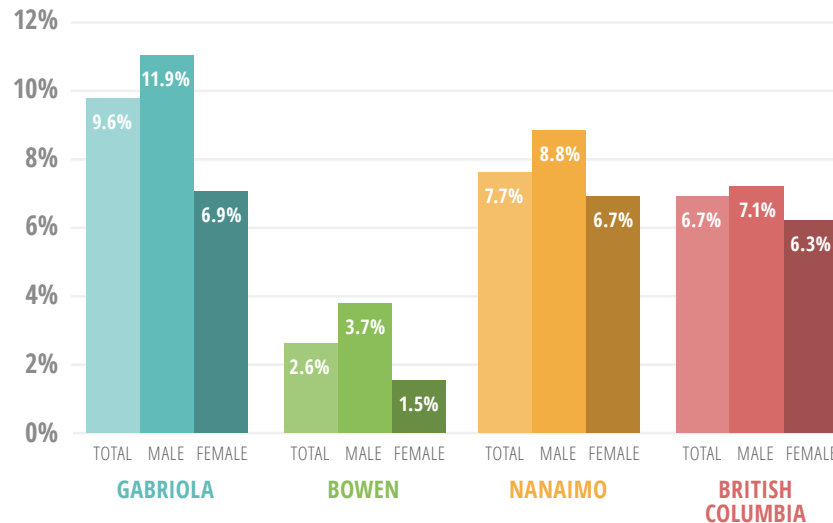
The "Employment Rate" is the proportion of working-age people who are employed at a paid job.³¹

PARTICIPATION RATE

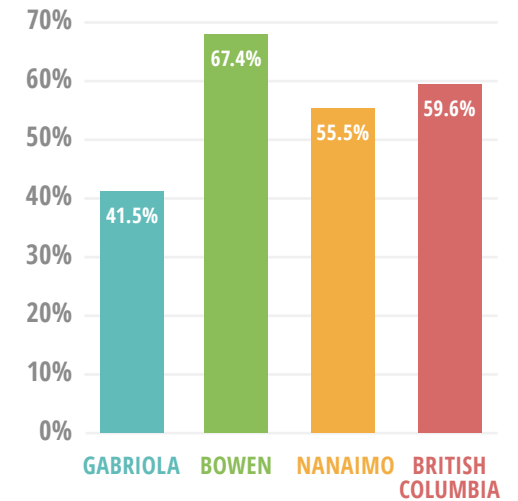


2016 CENSUS DATA

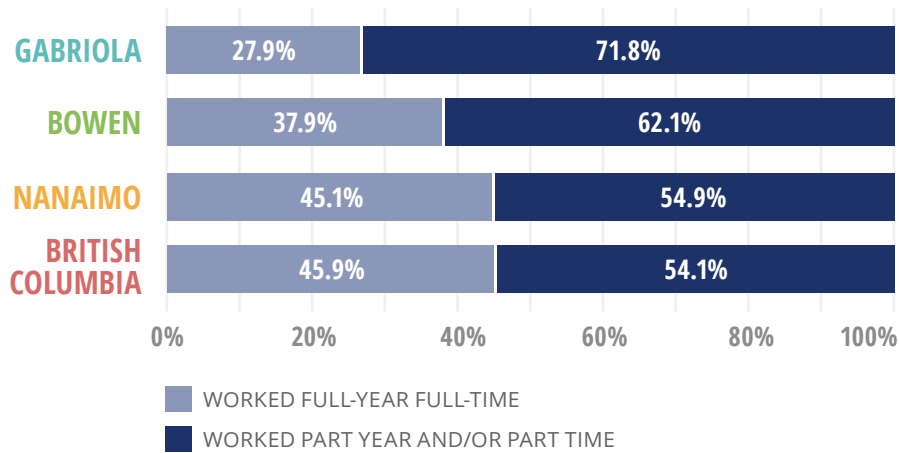
UNEMPLOYMENT RATE BY GENDER



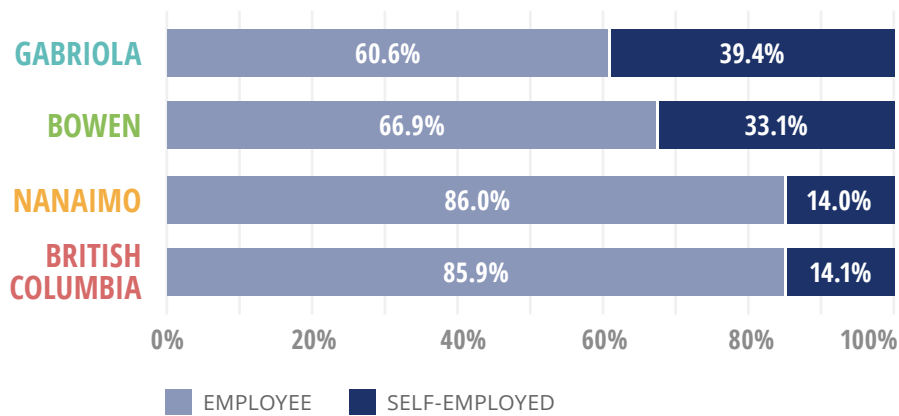
EMPLOYMENT RATE



Work Activity

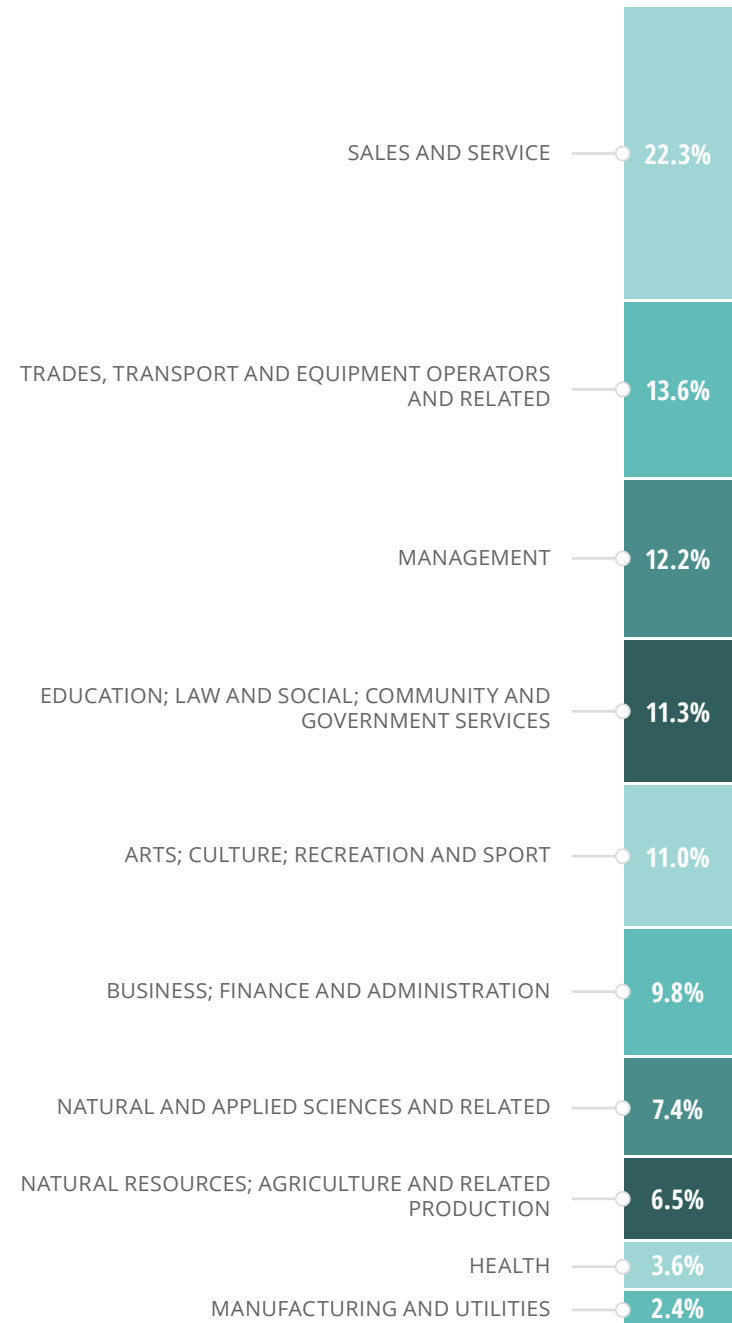


Class of Worker



2016 CENSUS DATA

Occupations - Gabriola



Income

Source of Income

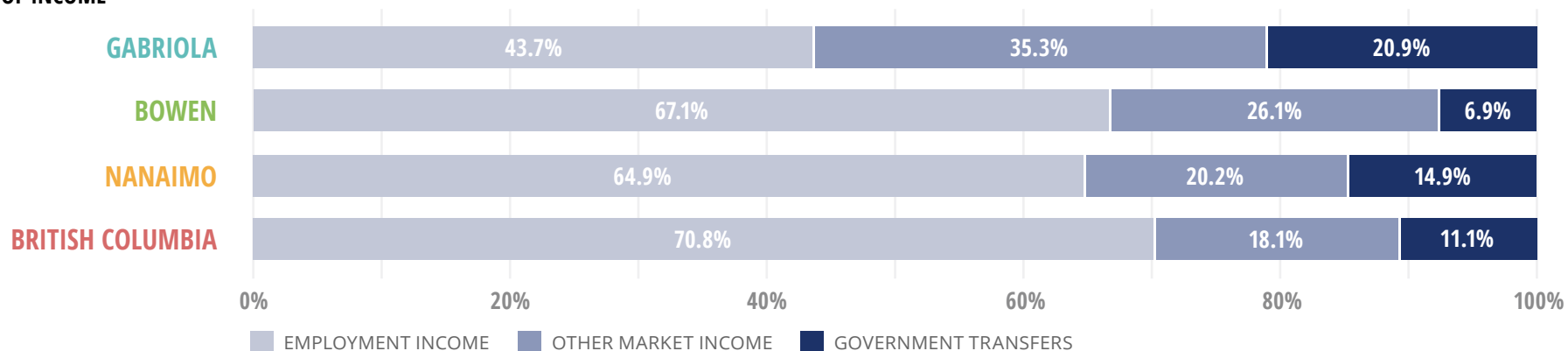
Employment income is income from all forms of paid employment³²

Other market income is income from other non-governmental sources, including investments³³

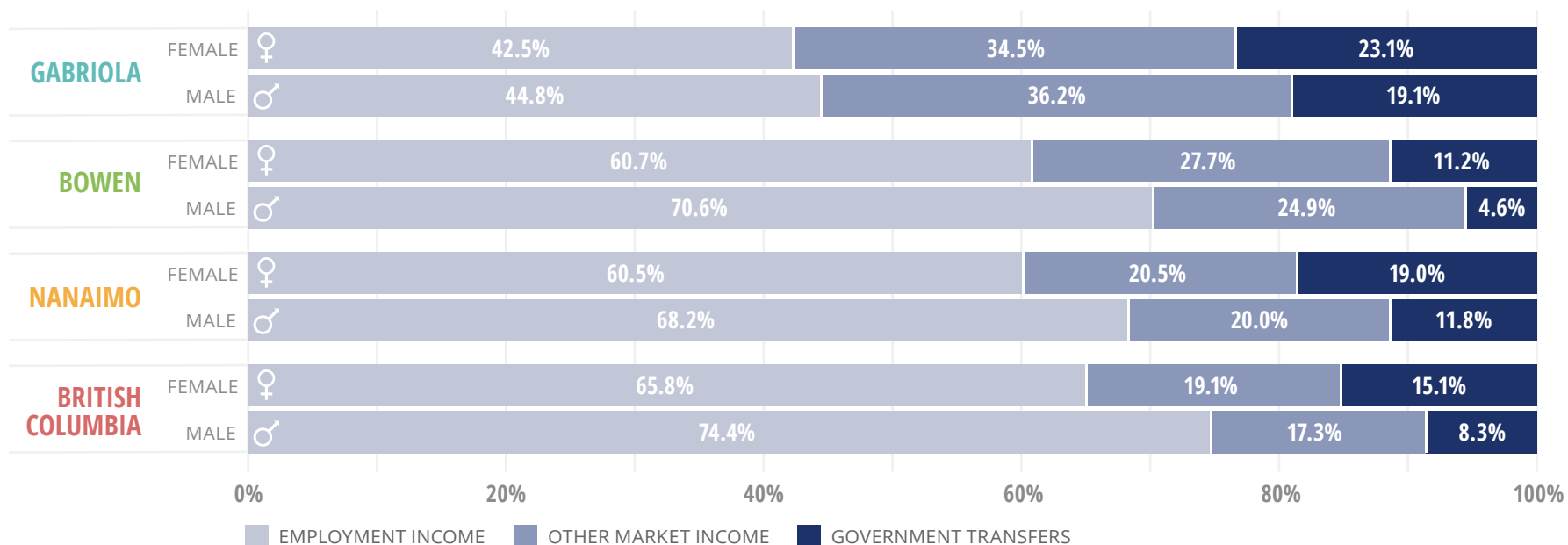
Government transfers are all monies received from any level of government³⁴

All income data from the 2016 Census represent the 2015 income of Census respondents. After-tax income is used as it more accurately reflects the amount of money people have available to purchase goods and services. Median income is the point at which half the population have incomes above the median and half have incomes below the median.

SOURCE OF INCOME



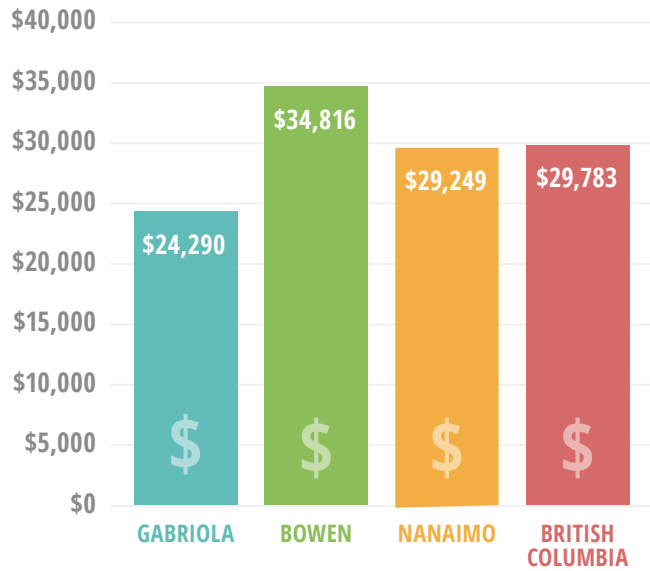
SOURCE OF INCOME BY GENDER



Individual Income

These data represent the incomes from all sources for all individuals age 15 and older, whether or not they are part of a family or household.

MEDIAN ANNUAL AFTER-TAX INCOME OF INDIVIDUALS

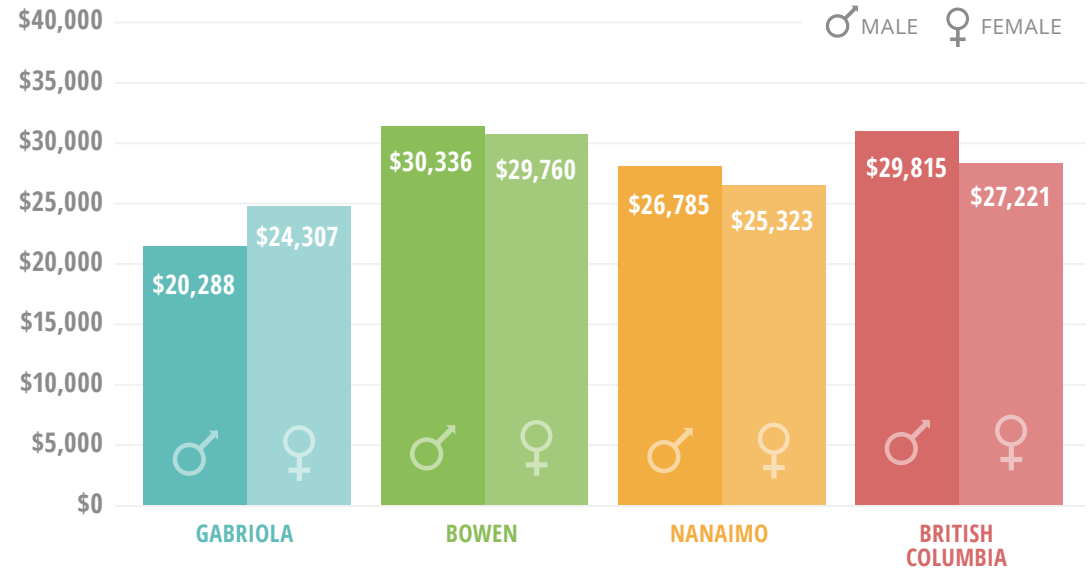


2016 CENSUS DATA FOR INCOMES IN 2015

Singles Income

These data represent the incomes from all sources for single people (i.e., those without a spouse or children) age 15 and older.

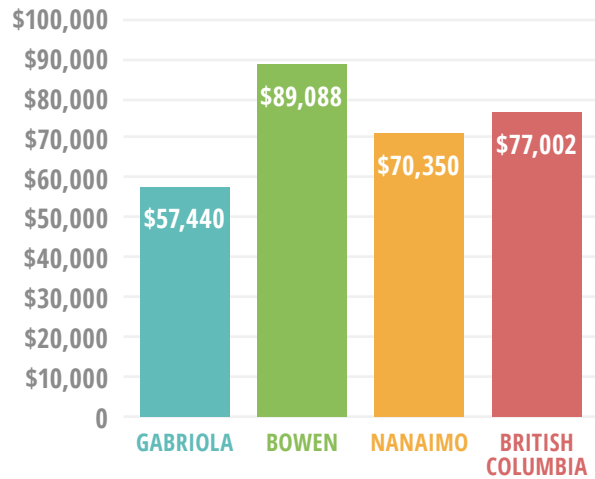
MEDIAN ANNUAL AFTER-TAX INCOME OF SINGLE ADULTS BY GENDER



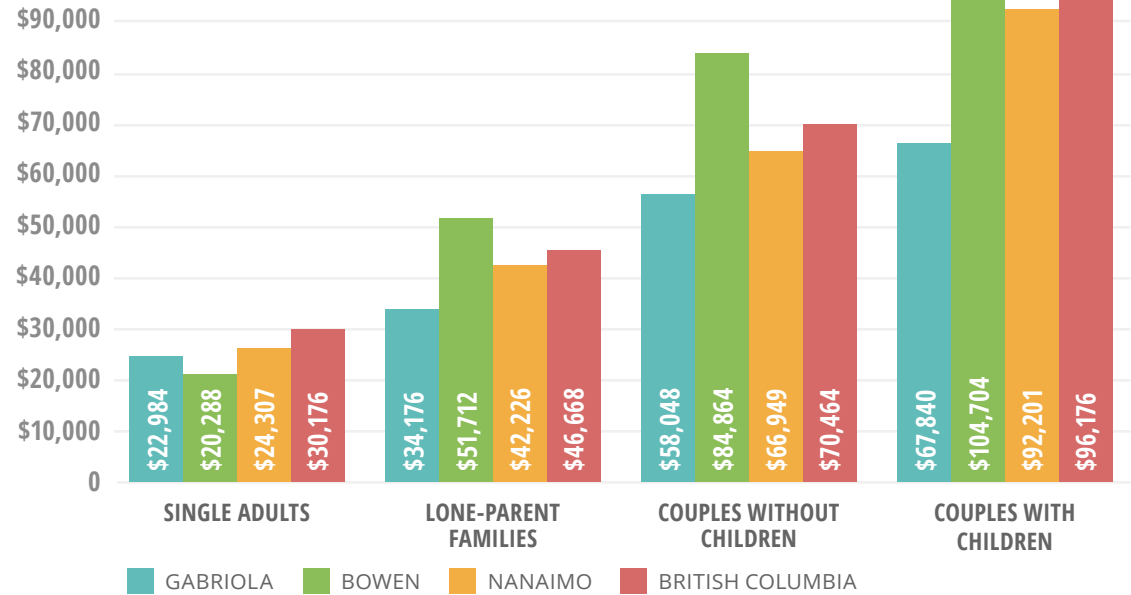
Family Income

'Family' refers to a group of two or more people who live in the same dwelling and are related to each other by blood, marriage, common-law union, adoption or a foster relationship. A couple may be of opposite or same sex.

MEDIAN FAMILY INCOME - ALL FAMILY TYPES



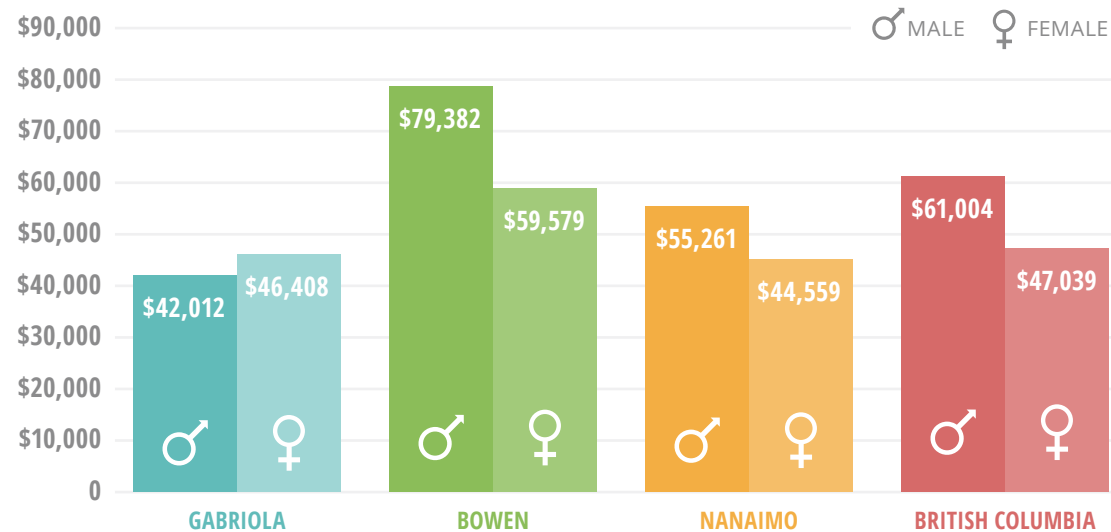
MEDIAN FAMILY INCOME - VARIOUS FAMILY TYPES



Employment Income

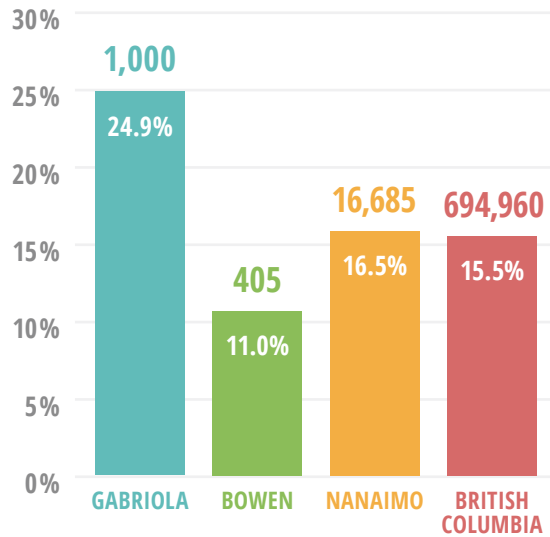
These data represent the incomes from employment of workers aged 15 and older.

MEDIAN EMPLOYMENT INCOME OF FULL-TIME FULL-YEAR WORKERS BY GENDER



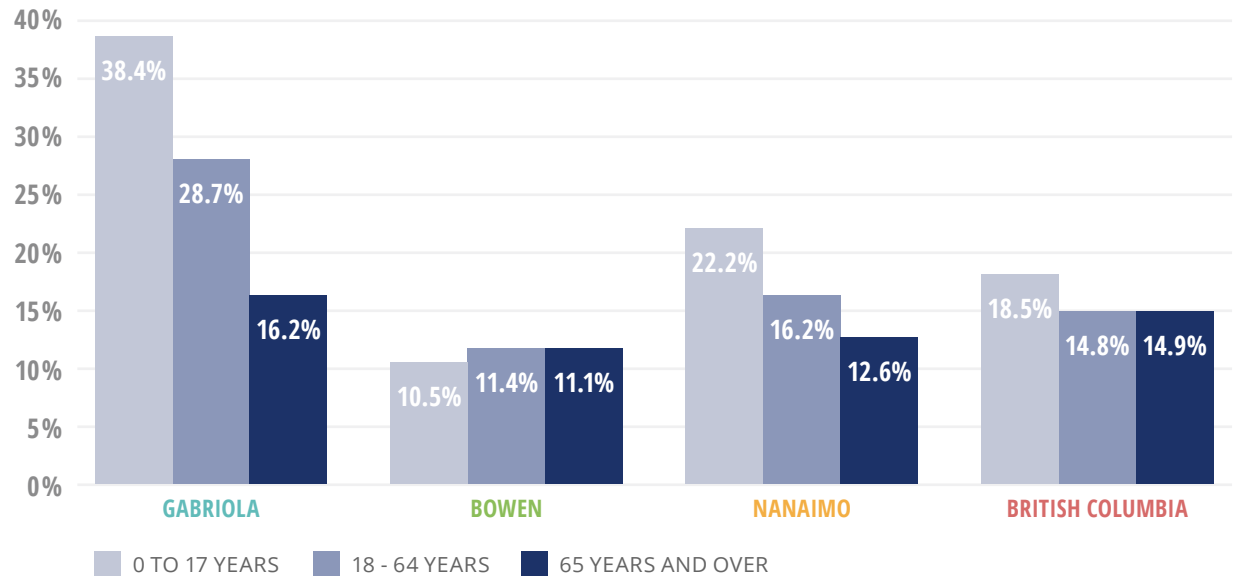
Low Income

PEOPLE IN LOW INCOME

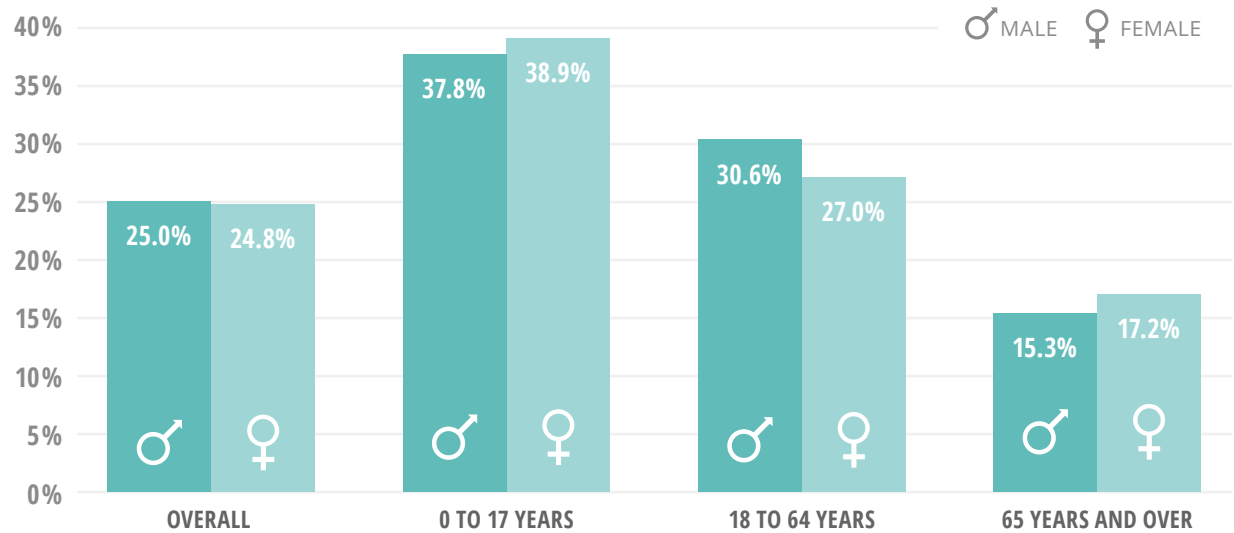


Low income is measured using the Low-Income Measure After Tax (LIM-AT), which marks 50 percent of the national household median income adjusted for household size. Those with incomes under this threshold are said to be in low income.³⁵

PEOPLE IN LOW INCOME BY AGE



PEOPLE IN LOW INCOME BY AGE AND GENDER - GABRIOLA



D. Community Wellbeing

The World Health Organization (WHO) defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.³⁶ While health care plays a role in community health, it is strongly influenced by having sufficient income, decent housing, access to nutritious food, living in a safe environment, feeling you are socially included and having a voice in decisions that affect you.

Health Care

Primary Health Care Services

“Primary health care refers to an approach to health and a spectrum of services beyond the traditional health care system. It includes all services that play a part in health, such as income, housing, education, and environment.”³⁷

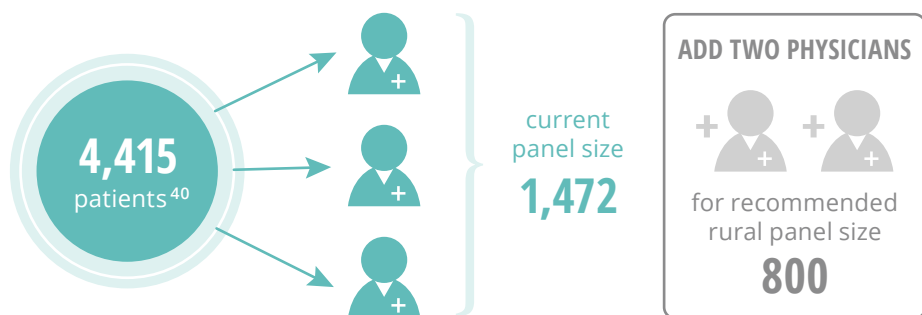
General Information

“Primary care focusses on health care services, including health promotion, illness and injury prevention, and the diagnosis and treatment of illness and injury.”³⁸ A wide range of primary care services are available on Gabriola; most specialist services are only available off-island.

The Gabriola Community Health Centre (GCHC) provides space for physicians, visiting specialist services, Island Health services including home care and community care, seniors outreach, public health, mental health and addictions, social work, as well as a medical lab, dental hygiene office, massage services and an urgent treatment facility. The GCHC currently has three family doctors serving a total patient population of 4,415 in 2019. A number of allied care providers operate in different facilities on the island, including the Professional Centre.

Physician Attachment

The recommended panel size (the number of patients per physician) for rural practice is 800 and for urban practice is 1,250.³⁹ To meet rural practice standards, Gabriola would need two more doctors.



Alternative Care

Alternative health care services available on Gabriola include acupuncture, ANF pain therapy, art therapy, astrology, Bach flower consulting, Bowen therapy, craniosacral therapy, crystals, drama therapy, end of life ceremonial services, energy medicine, healing touch, herbals, hypnotherapy, Lomi Lomi massage, meditation, movement therapy, nutrition, Pilates, quantum biofeedback, reflexology, Reiki, restorative exercise, shamanism, sound healing, Tibetan head massage, and yoga.⁴¹



Acute Care Services

“The term acute care encompasses a range of clinical health-care functions, including emergency medicine, trauma care, pre-hospital emergency care, acute care surgery, critical care, urgent care and short-term inpatient stabilization.”⁴² For Gabriolans, acute care is provided through the GCHC’s Urgent Treatment Facility (UTF) and Nanaimo Regional General Hospital.

Urgent Care Services⁴³

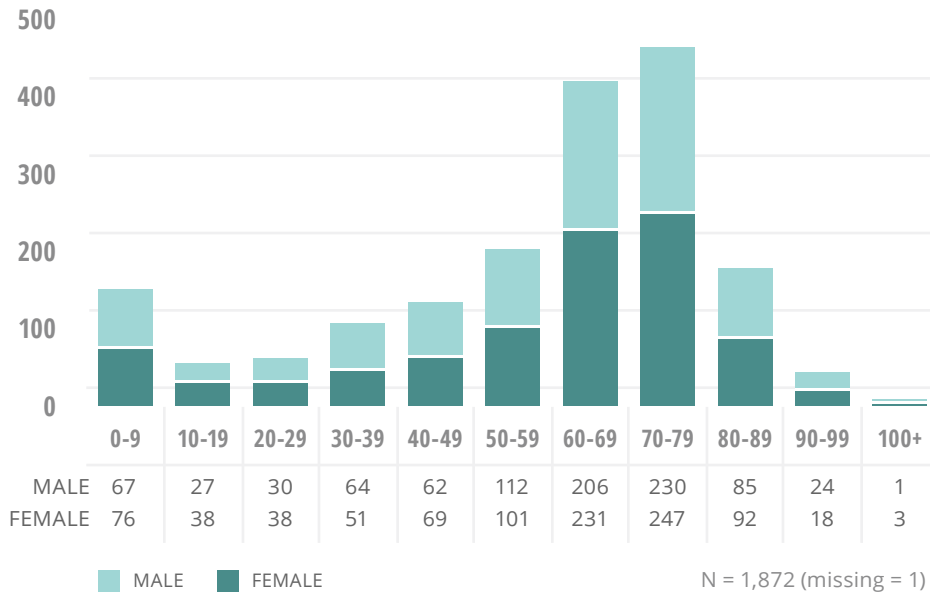
In 2019, in addition to regular patient visits, the UTF provided urgent and emergency care to 1,873 cases, up from 1,324 cases in 2015. This includes people who are not registered with a family doctor at GCHC and so are seen on top of a full daily patient schedule.



The severity of health conditions is rated by the Canadian Triage and Acuity Scale (CTAS). Cases rated 1-3 involve urgent and emergency situations, 4 are less urgent, and 5 are not urgent.⁴⁴

Data on the next page are for those cases rated 1-3 on the CTAS.

GCHC Urgent and Emergency Cases by Age and Sex



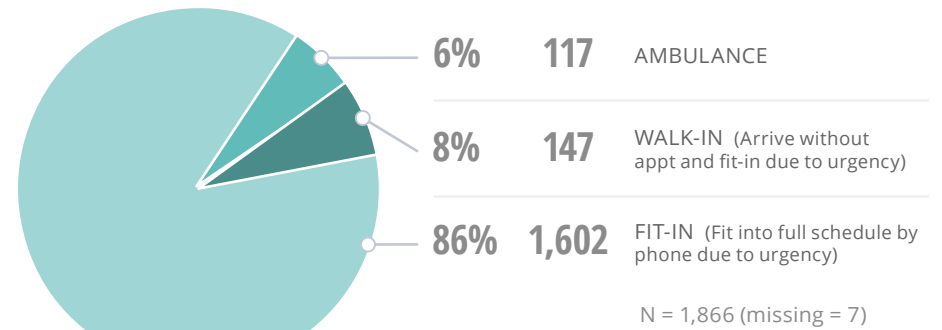
GCHC Urgent and Emergency Cases by Diagnosis

Cases seen at the UTF in 2019 included those with neurological, mental health, cardiac, and respiratory issues, infections, pain, and injuries. The majority were related to pain and injury, most of which were fall-related.

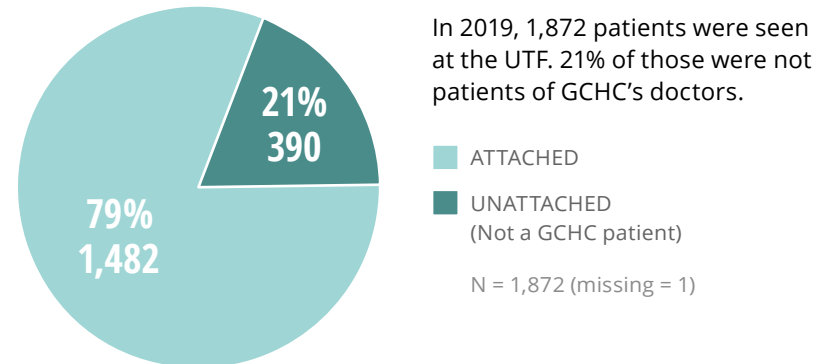


2019 DATA

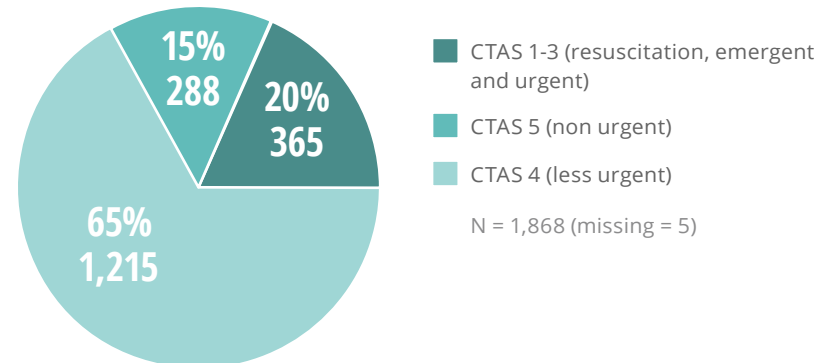
GCHC Urgent and Emergency Cases by Method of Arrival



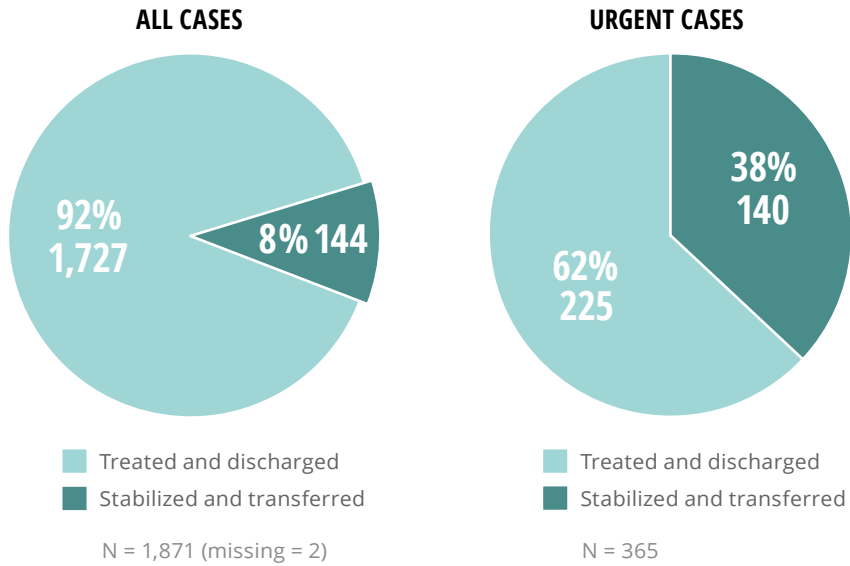
GCHC Urgent and Emergency Cases by Attachment to Clinic Physician



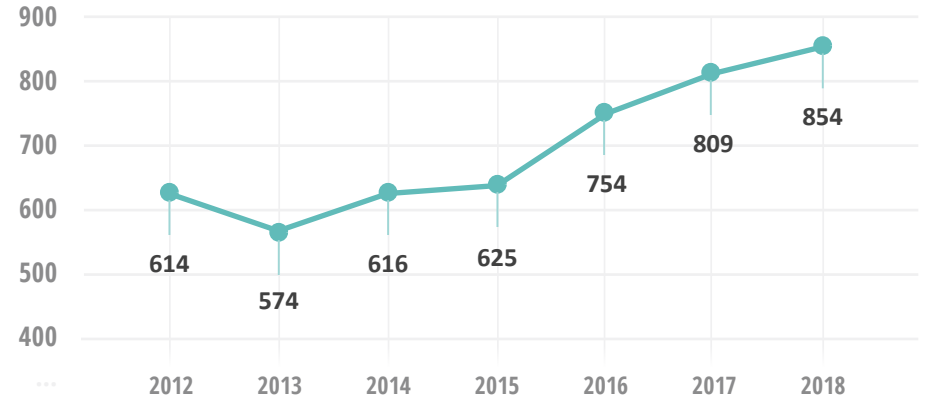
GCHC Urgent and Emergency Cases by Urgency



Cases Seen at Urgent Treatment Centre by Type and Outcome



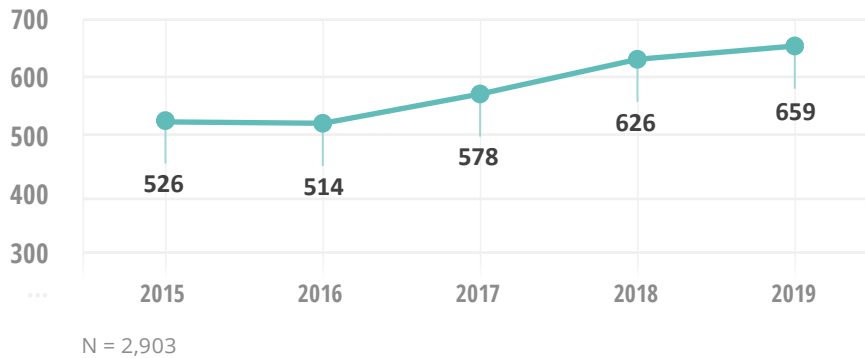
Emergency Department Utilization (2012-2018) - Gabriola⁴⁵



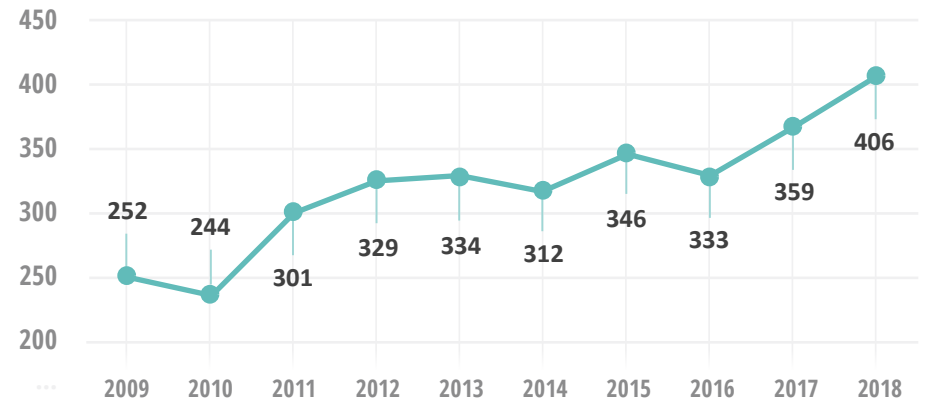
In 2019 14% of the Gabriola population used the Nanaimo Regional General Hospital emergency department, and the average number of visits was 1.5 per user. Growth over time was predominantly among people aged 75+. About 7% required a stay in hospital.

Ambulance Trips to All Locations (2015-2019) - Gabriola

Ambulance trips include 105 trips to the Urgent Treatment Facility and 33 transports (including 5 air lifts) with most going to the Nanaimo Regional General Hospital.



Hospitalizations (2009-2018) - Gabriola⁴⁶



Health Status: Disease

More than 50% of Gabriolans lived with illness and/or a chronic condition in 2017/18. Some of these conditions were persistent over time and some were newly diagnosed. "Prevalence" refers to the number of people with a condition. "Incidence" refers to the number of people newly diagnosed with a condition.⁴⁷

Chronic Diseases in Order of Prevalence

The five most prevalent chronic conditions among Gabriolans in 2017/18 were mood and anxiety disorders, depression, hypertension, osteoarthritis and asthma. While Gabriolans have some high disease prevalence rates, particularly in the areas of mood and anxiety disorders and depression, the rates for most are below or well below the rates for all of BC, with significantly lower rates of hypertension, osteoporosis, diabetes, and COPD.

Chronic Disease	Prevalence per 100 people
Mood & Anxiety Disorders	36.2
Depression	28.8
Hypertension	26.5
Osteoarthritis	15.0
Asthma	9.9
Ischemic Heart Disease	9.7
Diabetes	7.9
Osteoporosis	6.9
Chronic Obstructive Pulmonary Disorder	5.1
Gout	4.0
Chronic Kidney Disease	3.3
Acute Myocardial Infarction	2.6
Heart Failure	2.4
Alzheimer's Disease and Other Dementia	1.7
Rheumatoid Arthritis	1.7
Hospitalized Stroke	1.4
Schizophrenia and Delusional Disorders	1.0
Epilepsy	1.0
Parkinsonism	0.5
Multiple Sclerosis	0.4

Chronic Disease in Order of Incidence

The top five chronic conditions that people on Gabriola were newly diagnosed with in 2017/18 are mood and anxiety disorders, depression, hypertension, osteoarthritis and ischemic heart disease. Gabriola has higher rates than BC for newly diagnosed cases of depression and mood and anxiety disorders, but lower for hypertension, osteoporosis and COPD.

Condition	Incidence per 1000 people
Mood & Anxiety Disorders	22.0
Depression	14.5
Hypertension	12.5
Osteoarthritis	8.2
Ischemic Heart Disease	6.4
Chronic Obstructive Pulmonary Disorder	5.8
Diabetes	5.4
Alzheimer's Disease and Other Dementia	4.4
Asthma	4.0
Heart Failure	3.5
Hospitalized Stroke	3.3
Gout	3.1
Chronic Kidney Disease	3.1
Acute Myocardial Infarction	2.1
Osteoporosis	2.1
Schizophrenia and Delusional Disorders	N/A
Epilepsy	N/A
Multiple Sclerosis	N/A
Parkinsonism	N/A
Rheumatoid Arthritis	N/A

Cancer

In 2017/18, Gabriola had an incidence of all cancers of 897.8 per 100,000 people. This works out to approx. 36 people being newly diagnosed with cancer out of the total population, with approximately 10 newly diagnosed with female breast cancer and 4 with colorectal cancer.

Suicide⁴⁸

Based on location of death and not on residence of the person, Gabriola had no suicides in 2017/18 but Nanaimo had 20. However, cumulative data over the 13 years previous shows that Gabriola's suicide rate was 2.5 times greater than Nanaimo.

Social Inclusion

“Social inclusion is defined as the process of improving the terms of participation in society for people who are disadvantaged on the basis of age, sex, disability, race, ethnicity, origin, religion, or economic or other status, through enhanced opportunities, access to resources, voice and respect for rights.”⁴⁹

The data in this section represents only some of the avenues through which social inclusion is fostered on Gabriola, and a snapshot of the situations of some of the Gabriolans who are served. In future reports we hope to collect more data on this important topic.

Affordable Housing

Housing affordability remains a challenge on Gabriola, as noted on page 8 of this report, but no subsidized housing is currently available. The Gabriola Housing Society recently applied to the Local Trust Council to develop 24 units of affordable rental housing units, including studios, 1-bedroom, 2-bedroom and 3-bedroom homes. Monthly rents in the development will be based on three tiers: deep subsidy, rent-geared-to-income, and affordable market. If approved, construction is expected to begin in 2021/22.⁵⁰

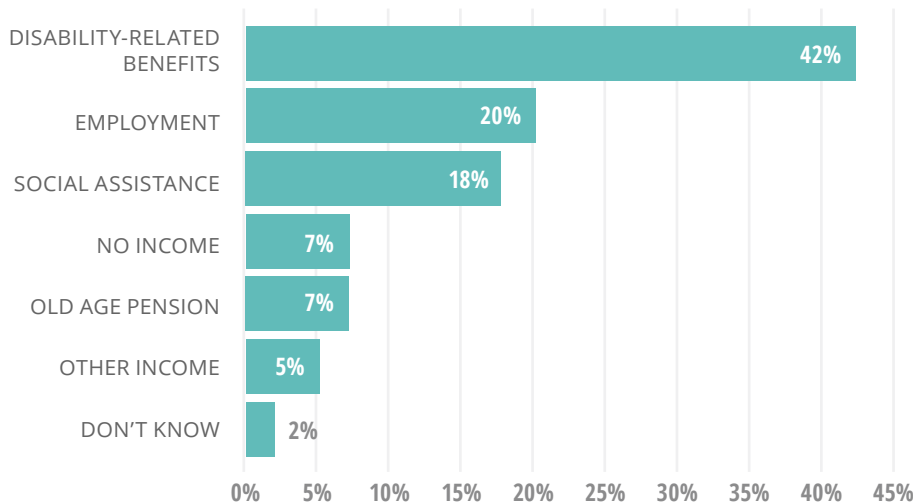


Grocery and Meal Programs⁵¹

MARCH 2019 DATA

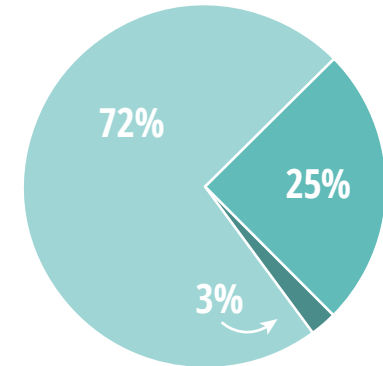
People for a Healthy Community Gabriola (PHC) prioritizes social inclusion in all its programs, which include food-related programs such as their grocery (food bank) and meals programs, as well as health- and education-focused programs for children, seniors, caregivers, and others. We are presenting food-related program data here, but in future reports we hope to collect and report more data on their other programs and services.

Grocery Program Participants by Primary Income Source



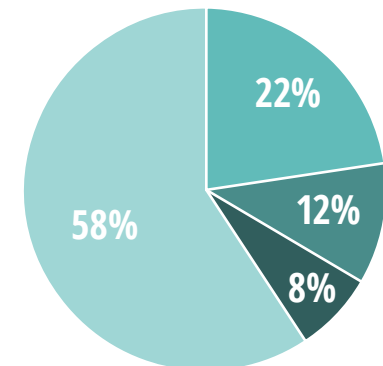
Grocery Program Participants by Age

ADULTS
CHILDREN
AGE UNDISCLOSED
Total Participants = 100

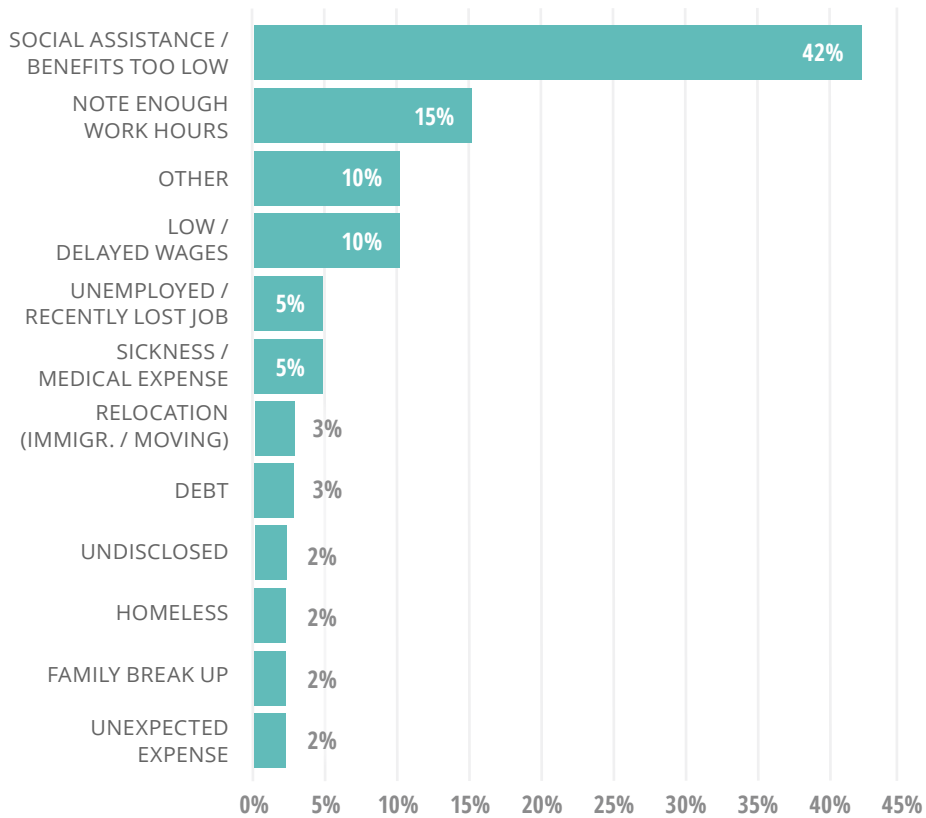


Grocery Program Participants by Family Type

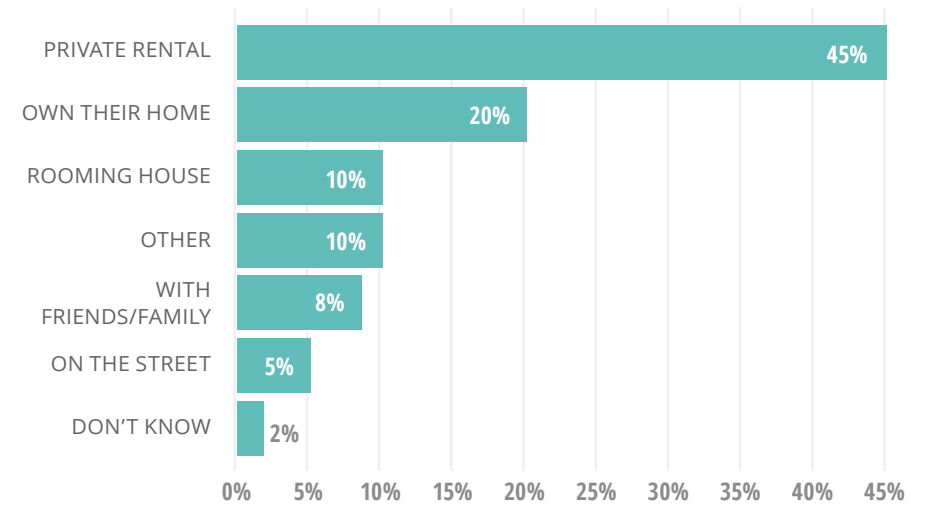
SINGLES
FAMILIES WITH CHILDREN
OTHER / DON'T KNOW
FAMILIES WITHOUT CHILDREN



Grocery Program Participants by Primary Reason for Accessing Food Bank



Grocery Program Participants by Housing Situation



Meals Programs

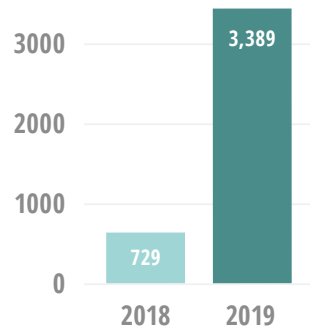
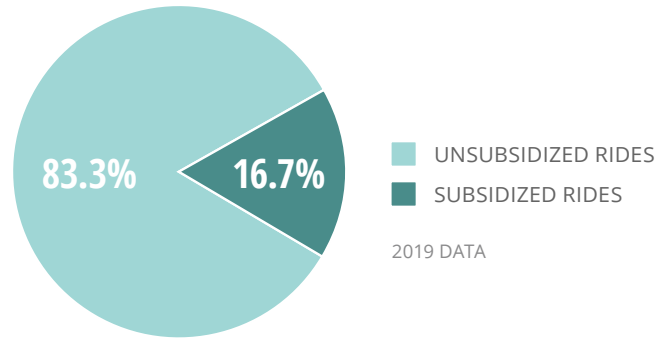
Meals are provided at three weekly Soup Socials, the weekly Gabriola Elementary School Hot Lunch, Sandwiches/Snacks, and Breakfast programs, and the Stepping Up Stepping Out and Seniors' Luncheon programs.

1,300+
meals



Subsidized GERTIE Rides⁵²

GERTIE (Gabriola's Environmentally Responsible Trans-Island Express) is Gabriola's locally created and managed bus service. Free ride passes, funded by GERTIE, People for a Healthy Community, and the Auxiliary for Island Health Care, are made available to lower income Gabriolans in need of affordable transportation options.



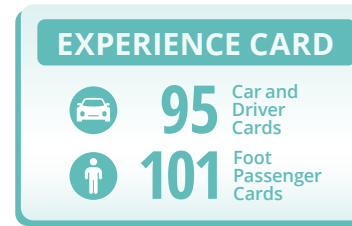
Taxi Saver

In collaboration with the Regional District of Nanaimo (RDN), People for a Healthy Community offers Taxi Saver coupons for 50% discounted taxi travel, on Gabriola and for medical appointments in Nanaimo, for seniors and people with disabilities.

In 2019, PHC sold 73 sheets of coupons, each of which provides \$60 worth of taxi travel for \$30.⁵³ Gabriolans in need were able to save \$2,190 on necessary travel.



Discount Ferry Experience Cards⁵⁴



198 totals cards in 2019
+2 double passenger cards (discontinued)

To make ferry travel accessible to low income Gabriolans, the Gabriola Ferry Advisory Committee, People for a Healthy Community and Mid-Island Co-Op have collaborated to provide single-use Experience Cards for those who may not have the funds to buy a multiple use card from BC Ferries or who have difficulty affording regular single fares.

Civic Engagement

There is good evidence linking health and various aspects of civic engagement, such as getting involved in community organizations, volunteering, and taking part in arts, culture, and recreational activities, as well as becoming involved in governance-related activities.⁵⁵

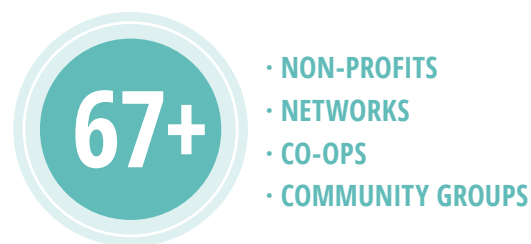
Community Involvement

Community Participation

Many studies have shown that membership and participation in groups and organizations can improve physical and mental health, not only through becoming more active but also through increasing social capital and decreasing social isolation. Community participation has been shown to have positive impacts on health, including improving cardiovascular health, anxiety, depression, and hypertension, and preventing cognitive impairment. Building strong social ties through participation not only contributes to the strength and resilience of the community, it builds better health in those who participate.⁵⁶

Gabriola provides countless opportunities for residents to get involved, through becoming a member of or volunteering with local groups and organizations. Our rough estimate resulted in a tally of 67 non-profits, networks, co-ops and community groups on Gabriola, although we are certain there are many more. With only 16 of these organizations reporting, 2,077 members were identified in 2019. In addition, these 16 organizations reported having 1,581 volunteers who contribute 97,571 volunteer hours to the Gabriola community in 2019 – that’s 4,065 days, 581 weeks, or 134 months.

In future reports we hope to collect more data on the number of community groups and organizations on Gabriola, their activities and numbers of participants.



16 non-profit organizations report:

2,077 Members

1,581 Volunteers

97,571 Volunteer Hours



Arts and Culture

A 2019 World Health Organization report reviewed more than 3,000 studies and found that participation in the arts can play a major role in prevention and health promotion and management and treatment of illness. The report recommended support for participation in the arts as well as a range of arts-related policy considerations.⁵⁷

As “the Isle of the Arts”, Gabriola has a vibrant and exciting arts scene that includes both the performing, visual and other cultural arts and is sustained by numerous writers, actors, poets, painters, dancers, musicians, sculptors, and potters and their audiences and supporters.

The Gabriola Arts Council acts as a member organization for more than 500 Gabriola artists, arts aficionados, and arts-related organizations and has been organizing and providing arts and culture events and services on Gabriola for more than 20 years.⁵⁸

In future reports we hope to collect data on the number of arts-related groups and organizations on Gabriola, their activities and their audiences.



Recreation

Activities such as organized sports, hiking, going to the gym, and other physical activities are known to have positive impacts on physical and mental health.⁵⁹ Gabriola’s system of trails, its many organized and informal sports groups, and its gym and training facilities all contribute to the health of the population. Gabriola Recreation Society participation data is just one example of the range of activities available.⁶⁰ In future reports we hope to also collect data on Gabriola’s many formal and informal recreational opportunities and participants.

Gabriola Recreation Society Program Types	Participants
Kids – Recreation	286
Kids – Arts	70
Kids – Nature	72
Kids – Other (babysitting, Kids in Kitchen)	25
Adults – Recreation/Health/wellbeing	28
Adults – Arts	15
Adults – First Aid	32
All Ages Recreation	56
Drop-in Sports	160

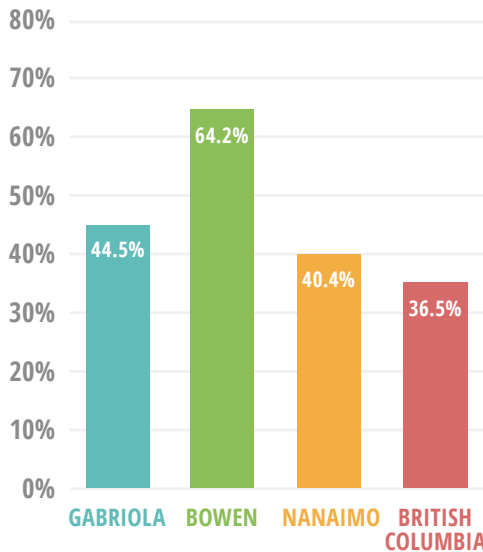
2019 DATA

Governance

Self-determination and self-governance have been noted as important indicators of health, and the extent to which people perceive they have voice and participate in the decisions that affect them is an important aspect of ensuring healthy individuals and communities.⁶¹ Serving on community boards, volunteering, running for elected office, and voting are just some of the ways that people can influence community health. In future reports we hope to collect more data on the various ways Gabriolans participate in governance-related activities.

DEMOCRATIC PARTICIPATION

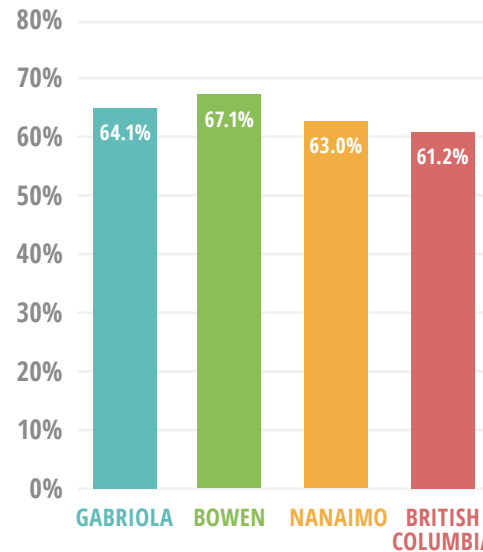
LOCAL GOVERNMENT ELECTIONS VOTER TURNOUT - 2018⁶²



Gabriola has a unique form of local governance: land use is governed through the Islands Trust Local Trust Committee while recreation, waste management, and building services are provided by the Regional District of Nanaimo (RDN). Bowen Island has a dual governance model as both a municipality and Local Trust Area. Nanaimo is a municipality.

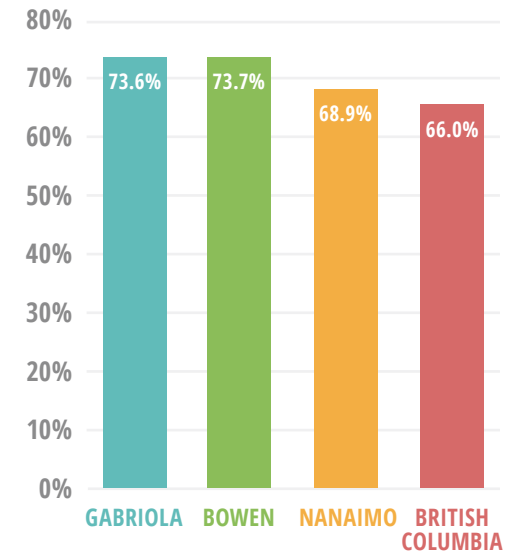
Voter turnout data are reflective of the following conditions: Gabriola's turnout reflects the election of two trustees to the Islands Trust Local Trust Committee and one RDN regional director. Because it is an island municipality, Bowen's turnout reflects the election of two Islands Trust trustees as well as a mayor and six municipal councillors. As a city, Nanaimo's

PROVINCIAL ELECTION VOTER TURNOUT - 2017⁶³



turnout is reflective of the election of one mayor and eight municipal councillors. The total BC turnout is based on both eligible voter estimates and information voluntarily provided by the various local jurisdictions in the province.

FEDERAL ELECTION VOTER TURNOUT - 2019⁶⁴



Safety

Safety describes services established to ensure the welfare and protection of the general public in response to situations that may imperil health and wellbeing. On Gabriola these services include ambulance, fire, and police services. Disaster response planning and coordination are provided through the Regional District of Nanaimo.

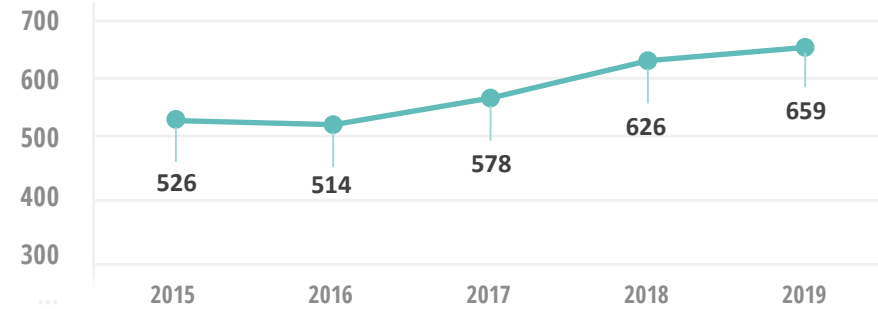
Emergency Services⁶⁵

These graphs represent the number of times that emergency services – i.e., ambulance, fire or police – have been called to an emergency, and include data for Gabriola, Mudge and DeCourcy. Increases in callout numbers may reflect increases in both resident and tourist populations.

Ambulance Service Callouts



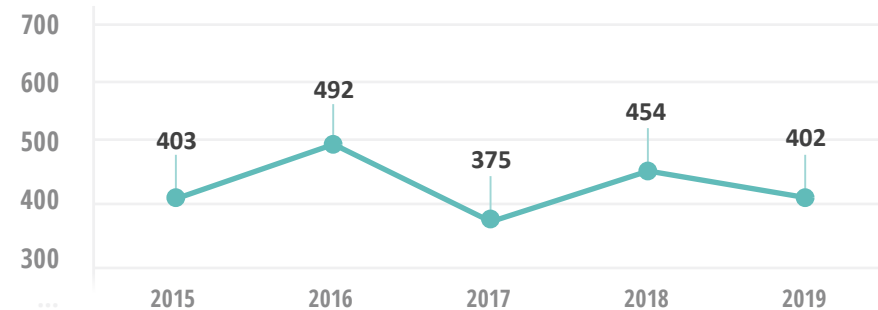
Ambulance services are provided by the BC Ambulance Service, which maintains a dedicated station on the island. The data for 2019 includes 105 trips to the Urgent Treatment Facility at the Gabriola Community Health Centre and 33 transports (including 5 air lifts) with most going to the Nanaimo Regional General Hospital.



Fire Services Callouts



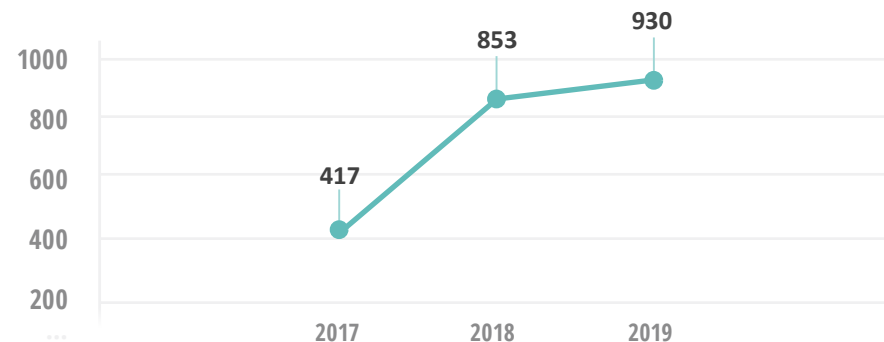
Fire services on Gabriola are provided by the Gabriola Volunteer Fire Department, which has two stations on the island.



Police Services Callouts



Police services on Gabriola are provided by the RCMP. These callout statistics include calls to Valdes Island.



Policing Statistics⁶⁶

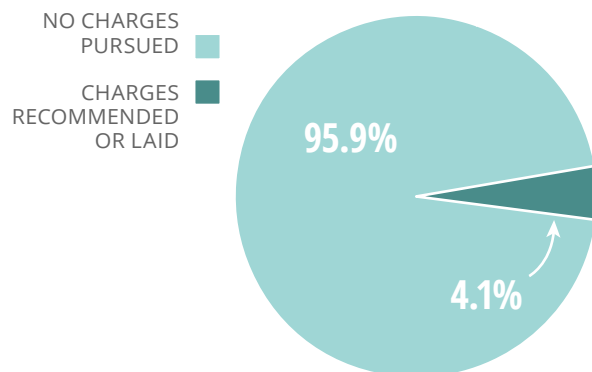
Policing on Gabriola is done by three RCMP officers stationed in a dedicated detachment on the island. The work of the detachment's officers runs the gamut of issues and covers investigation and enforcement of local and regional bylaws as well as provincial and federal legislation. The vast majority of police work on Gabriola involves situations that are resolved without charges being pursued or filed – nearly 96% of police calls in 2019 – and which focus on problem-solving, information-sharing, assistance and referrals.

The table to the right shows the top ten reasons for police being called out on Gabriola in 2019. (Note that calls to Valdes Island are not included here as they are on page 28). This data includes all categories of callouts, including situations where only assistance or information are provided, where there is insufficient evidence or the claim is unfounded, as well as where charges are recommended or laid.

The Incidence Ratio indicates how many times police were called for issues in that situation category per number of people – for example, in 2019 there was one report of lost and/or found property for every 44 Gabriolans.

Rank	Situation Category	Number of Calls	Percent of Total (N=896)	Incidence Ratio (Pop. 4033)
1	Lost and/or Found Property	91	10.2%	1:44
2	Suspicious Person, Vehicle, Occurrence / Traffic-Related Issues (tie)	76	8.5%	1:53
3	Assault / Causing a Disturbance (tie)	47	5.2%	1:85
4	Theft	42	4.7%	1:96
5	Missing Persons / Unspecified Assistance (tie)	38	4.2%	1:106
6	False or Abandoned 911 Calls / Mental Health Act Issues (tie)	37	4.1%	1:109
7	Mischief	28	3.1%	1:144
8	Collision / Harassment (tie)	26	2.9%	1:155
9	Bylaw Infractions	24	2.7%	1:168
10	False Alarms	23	2.6%	1:175

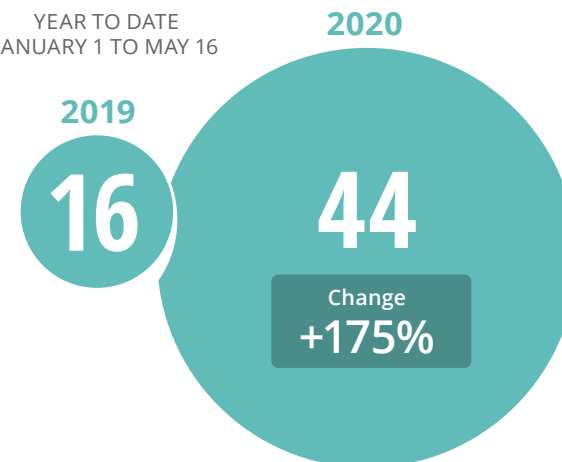
POLICE SITUATION RESOLUTIONS - 2019



Mental Health Callouts⁶⁷

Year to date includes January 1 to May 16. Note that data covering all Vancouver Island and Gulf Island detachments shows significant increases in mental health related police callouts between 2019 and 2020 in communities that do not have a hospital or an emergency department.

YEAR TO DATE
JANUARY 1 TO MAY 16



Emergency Preparedness⁶⁸

Gabriola participates in the RDN's Neighbourhood Emergency Preparedness Program (NEPP). This program provides information and resources that neighbours can use to build neighbourhood-based plans to keep each other safe and respond appropriately in the event of an emergency such as a fire or earthquake. This includes planning for pets and other domestic animals in the event of emergency.

E. Sustainability

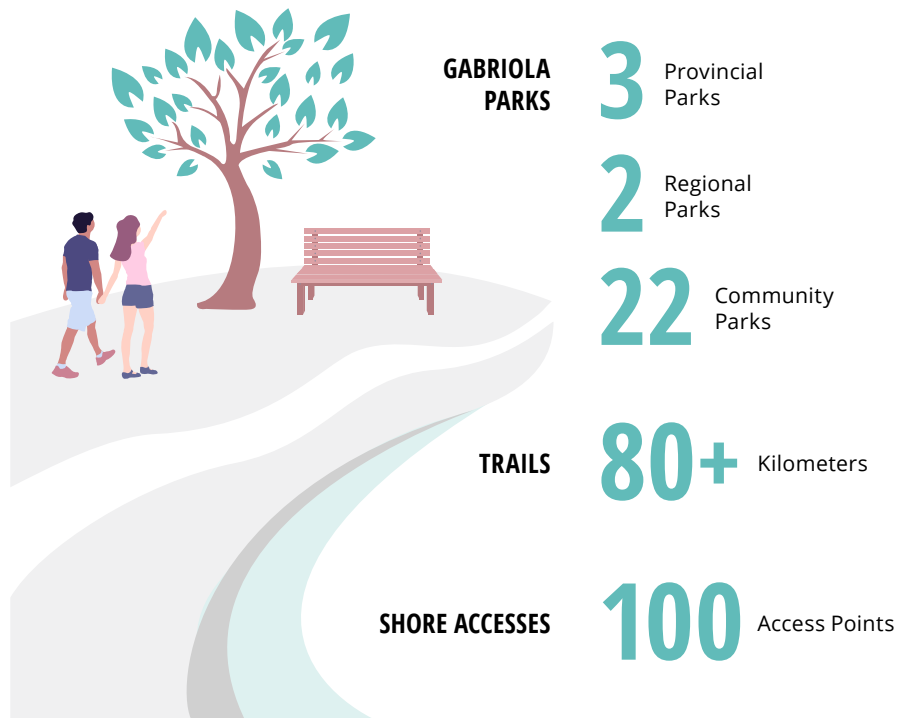
Community health and wellbeing depends on having a healthy environment. The long term sustainability of the natural environment is critical to ensuring population health. This section describes some of the ways Gabriolans steward their natural resources and protect the environment.

Environment

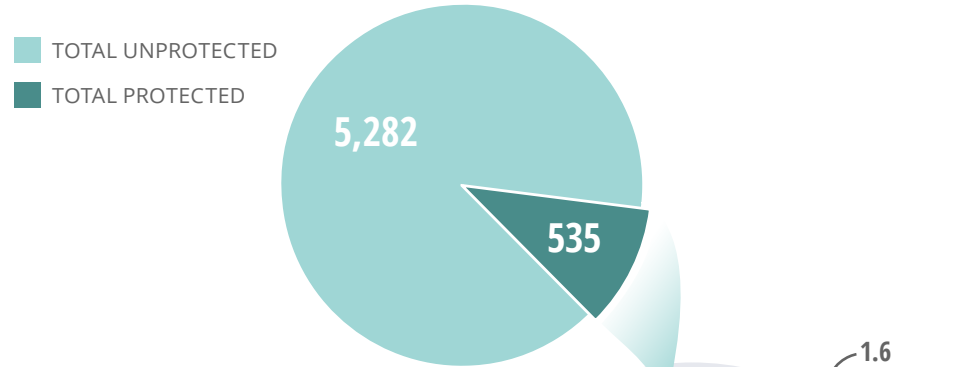
Conservation and Protection

Gabriola is part of the Coastal Douglas Fir (CDF) Biogeoclimatic Zone, the smallest and rarest of 16 ecological zones in BC.⁶⁹ Conservation and protection of this unique ecology is shared by many organizations such as the Islands Trust and Trust Conservancy, the Gabriola Land and Trails Trust, Gabriola Streamkeepers and Shorekeepers, Sustainable Gabriola, and the Groundwater Management Society. A variety of strategies and activities are employed to protect and conserve landforms and species.

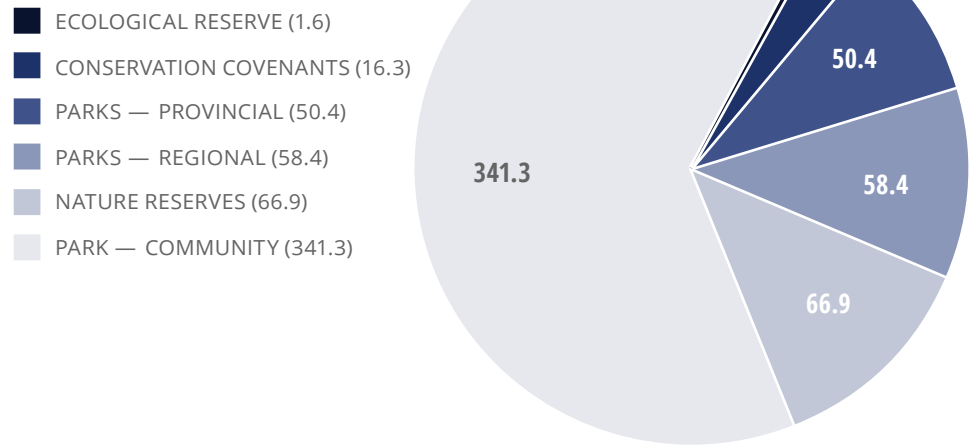
Protected Land, Parks and Trails⁷⁰



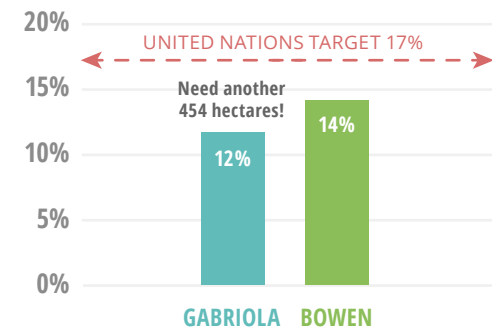
PROTECTED AND UNPROTECTED LAND ON GABRIOLA, IN HECTARES - 2018



PROTECTED LAND AREAS ON GABRIOLA, IN HECTARES - 2018⁷¹



MEETING THE PROTECTED LAND TARGET - 2019⁷²



Managing Invasive Plants



Broombashing at Drumbeg, spring 2020

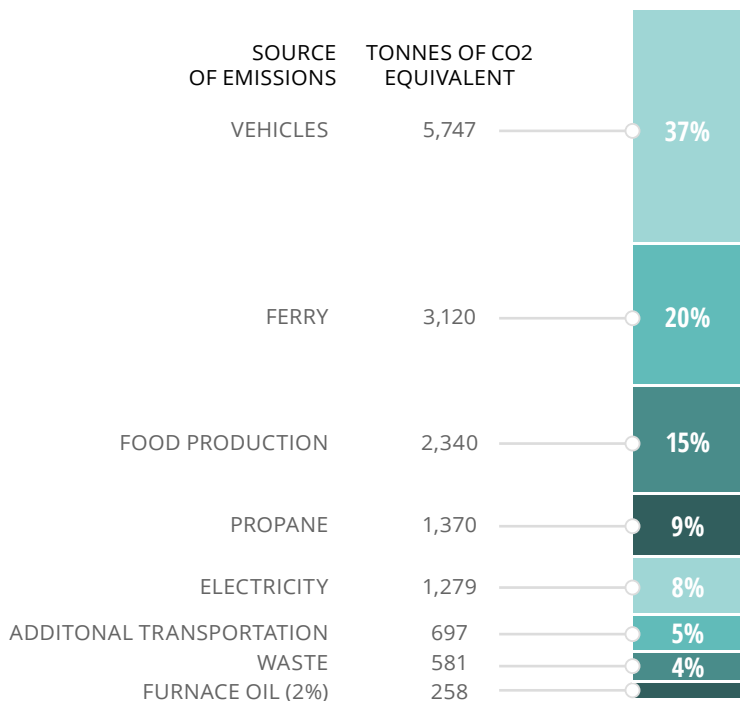
The most pervasive invasive plants are Scotch broom, Daphne laurel, tansy ragwort, giant hogweed, Japanese knotweed, yellow flag iris, Japanese hedge parsley, and English ivy. The removal efforts of GaLTT, the Gabriola Lions and individual Gabriolans are focused on Scotch broom and Daphne laurel.⁷³

Photo: Lou Skinner

Sustainability Issues

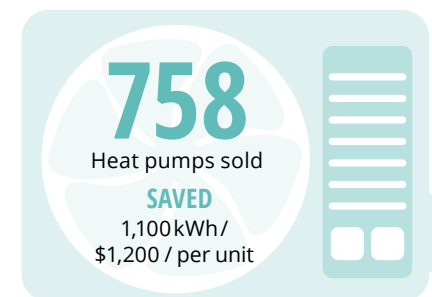
Greenhouse Gas Emissions (GHGs)⁷⁴

GHG EMISSIONS BY SOURCE GABRIOLA 2008



Heat Pumps

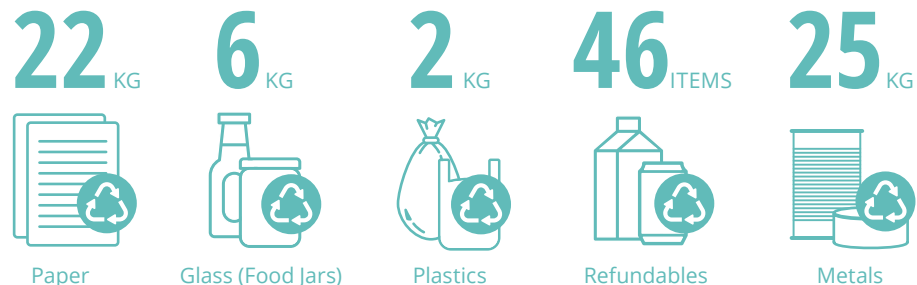
In 2010, Island Futures began a project to provide heat pumps to local residents at wholesale prices in order to reduce the use of baseboard heaters and increase energy efficiency on Gabriola.⁷⁵



Recycling / Reuse

The Gabriola Island Recycling Organization (GIRO) recycles well over 225,000 kg of materials annually, as well as numerous items not measured by weight and operates a Restore that sells many different kinds of gently used donations.⁷⁶ The Gabe Shop, run by the Gabriola Auxiliary for Island Health Care, also collects donations of gently used clothing, household goods, books, artwork and jewellery and offers them for resale to support health care programs and patient comfort services on Gabriola.⁷⁷

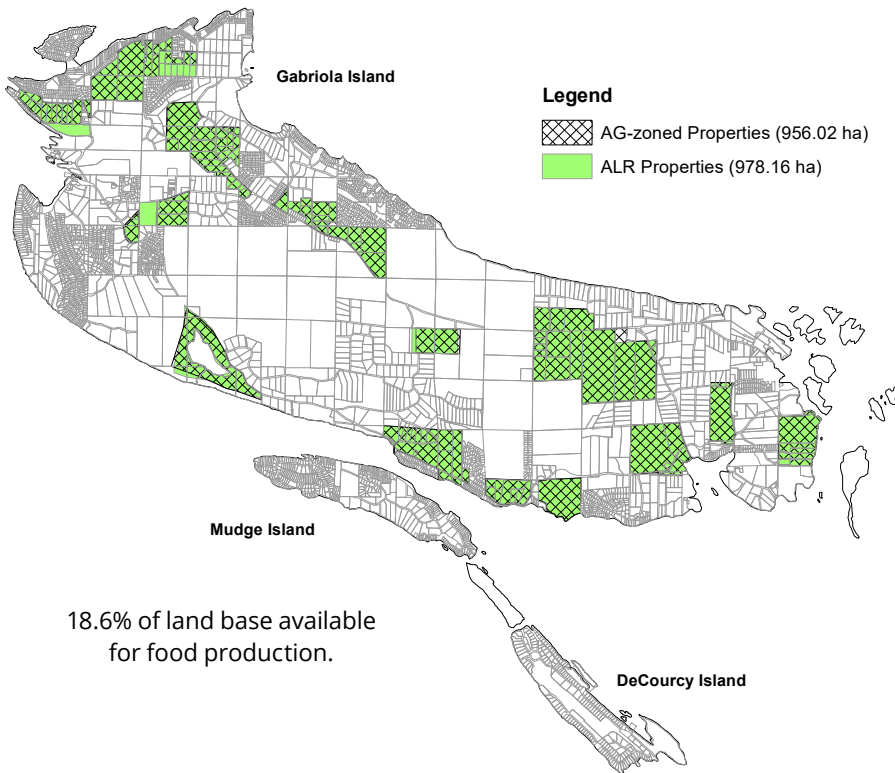
AMOUNT RECYCLED PER GABRIOLA RESIDENT - 2019⁷⁸



Food Security

Food security is “the state of having reliable access to a sufficient quantity of affordable, nutritious food”.⁷⁹ The Islands Trust suggests that, “Should supply lines be severed, most of our communities have enough food to last for three days.”⁸⁰

Agricultural Land⁸¹



Working Farms

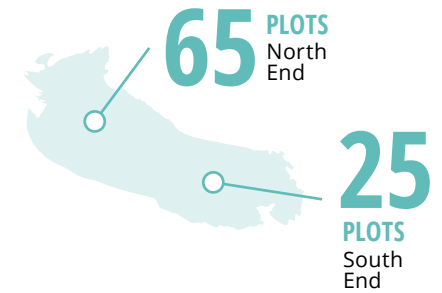


18-20 Working farms in the Gabriola Trust Area



Community Gardens

The Gabriola Commons supports a number of community garden plots used by individuals and families, both on Commons land and by agreement with Namaste Farm, and hosts a large kitchen garden as well as a garden used by People for a Healthy Community’s food-related programs.⁸²



Farmers Markets⁸³



Food Recovery⁸⁴

People for a Healthy Community Gabriola (PHC) operates a number of food-related programs that contribute to both community and individual food security, including a weekly Grocery Program / Food Bank for people in need, as well as soup socials, the elementary school hot lunch, breakfast, and snacks programs, gardens, farmer's market coupons, skill building workshops, the GES Garden Program, and more. Food Recovery is unsold, excess food from Nester's Market that PHC sorts and distributes for use in the community.

DISTRIBUTION OF RECOVERED FOOD

Item	Amount (lbs)
Bread for people	1,328
Dairy for people	10,480
Produce for people	13,766
Produce for animals	14,559
Compost for gardens	7,869
TOTAL	48,002

- 54% of food goes directly to community members.
- 30% of food goes to farm animals, which helps local farmers.
- 16% of food goes to compost at the PHC gardens, which elementary school students grow food in for the Hot Lunches at the school and community food programs.

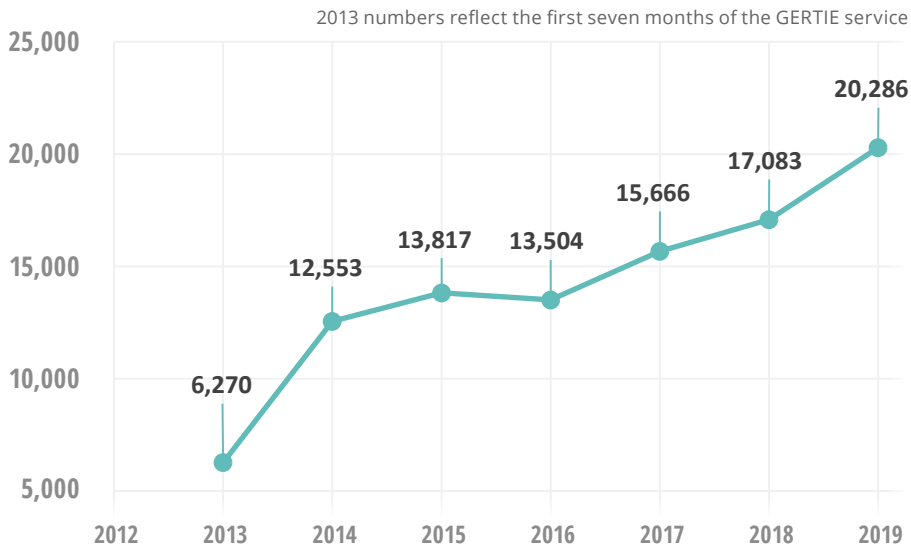
2019 DATA

Public Transportation

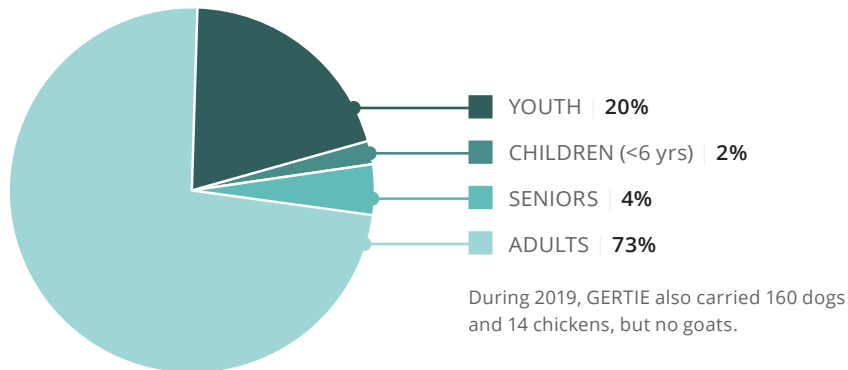
Bus Service⁸⁵

Gabriola islanders created their own public transit system in 2013 with the introduction of GERTIE (Gabriola's Environmentally Responsible Trans-Island Express). Initially run totally by volunteers, GERTIE is funded through a levy on property taxes approved by referendum and is managed by volunteers through the Gabriola Community Bus Foundation.⁸⁶

Total Annual Rides



Bus Ridership



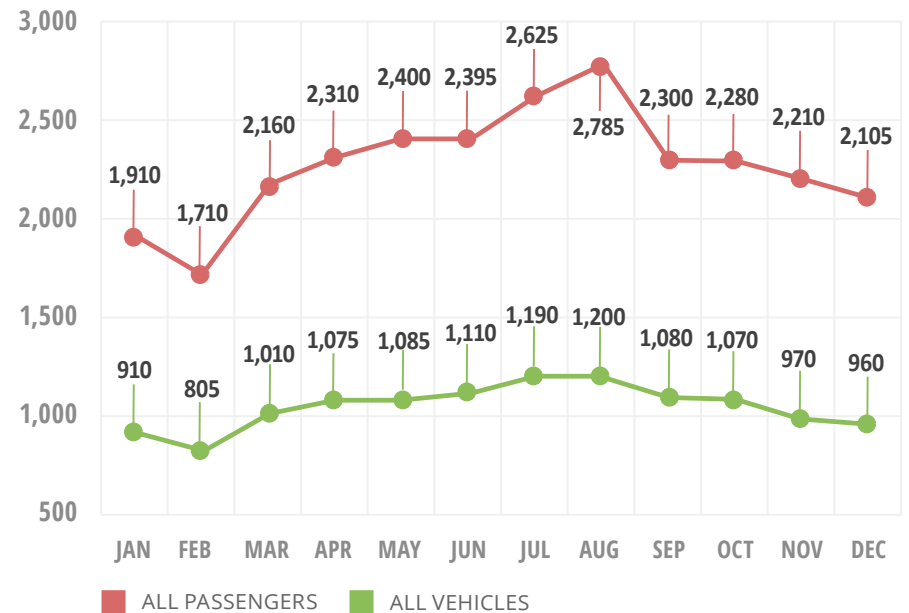
Ferry Service⁸⁷

Access to Gabriola Island is currently provided by the BC Ferries Corporation vessel the MV Quinsam. The Quinsam makes 15 daily round trips (except Sundays and Wednesdays) between Gabriola and Nanaimo and carries 63 cars and 400 total passengers.⁸⁸ Many Gabriolans use the BC Ferries Experience Card to bulk purchase their trips at a reduced price.

Ferry Ridership

These data represent the daily average number of vehicles and passengers going in both directions between Gabriola and Nanaimo in each month of 2019.

DAILY RIDERSHIP ON THE GABRIOLA FERRY - 2019



2,266 DAILY Average Passengers
(24% Walk-ons and 76% Drive-ons)

1,039 DAILY Average Vehicles

F. Endnotes

1. Statistics Canada. 2017. *Gabriola Island Trust Area, IST [Designated place], British Columbia and British Columbia [Province]* (table). *Census Profile*. 2016 Census. Statistics Canada Catalogue no. 98-316-X2016001. Ottawa. Released November 29, 2017. Available at: <https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/prof/details/page.cfm?Lang=E&Geo1=DPL&Code1=590003&Geo2=PR&Code2=59&SearchText=Gabriola%20Island%20Trust%20Area&SearchType=Begins&SearchPR=01&B1=All&GeoLevel=PR&GeoCode=590003&TABID=1&type=0>.
2. Gabriola Island, Wikipedia: https://en.wikipedia.org/wiki/Gabriola_Island.
3. Mudge Island, Wikipedia: https://en.wikipedia.org/wiki/Mudge_Island.
4. Statistics Canada. 2017. *Gabriola Island Trust Area, IST [Designated place], British Columbia and British Columbia [Province]* (table). *Census Profile*. 2016 Census.
5. 2006 Population Data from 2006 Census Area Profiles. Statistics Canada - 2006 Census. Catalogue Number 94-581-XCB2006008. Available at: <http://www12.statcan.ca/census-recensement/2006/dp-pd/prof/rel/Rp-eng.cfm?LANG=E&APATH=3&DETAIL=1&DIM=0&FL=A&FREE=0&GC=0&GID=0&GK=0&GRP=0&PID=94533&PRID=0&PTYPE=89103&S=0&SHOWALL=0&SUB=0&Temporal=2006&THEME=81&VID=0&VNAMEE=&VNAMEF=>.
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8. Statistics Canada. 2017. *Gabriola Island Trust Area Census Profile*, as per notation in Population above.
9. Littlefield, L. 2000. "The Snunéymuxw village at False Narrows". *SHALE Magazine*. 1. November. P.3-11.
10. Wave Consulting. 2016. *Highlights of Findings from the Gabriola Economic Readiness Project*. Gabriola Island Chamber of Commerce. February 17. Available at: https://www.islandcoastaltrust.ca/sites/default/files/project_final_reports/Executive-Highlights-GERP-2015.pdf.
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13. Dictionary, Census of Population, 2016: <https://www12.statcan.gc.ca/census-recensement/2016/ref/dict/fam004-eng.cfm>.
14. Dictionary, Census of Population, 2016: <https://www12.statcan.gc.ca/census-recensement/2016/ref/dict/dwelling-logements004-eng.cfm>.
15. Dictionary, Census of Population, 2016: <https://www12.statcan.gc.ca/census-recensement/2016/ref/dict/pop126-eng.cfm>.
16. The Homelessness Count was conducted by People for a Healthy Community (PHC) and used a standardized provincial methodology that enumerates those with no current home, those living in a car or couch surfing, or those who have a home that does not have a bathroom or kitchen.
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18. Provincial Health Services Authority and BC Centre for Disease Control (2020). *Gabriola Island Community Health Service Area Health Profile*, p.4.
19. Dictionary, Census of Population, 2016: <https://www12.statcan.gc.ca/census-recensement/2016/ref/dict/pop038-eng.cfm>.
20. Kilbourn, D. 2019. "170 students registered for first day of school on Gabriola". *Gabriola Sounder*. September 4. Available at: <http://www.soundernews.com/news/170-students-registered-for-first-day-of-school-on-gabriola.html>.
21. Garland, A. 2019. *Hundreds of students commute to Vancouver Island by ferry for school*. CTV News. Sept 3. Available at: <https://vancouverisland.ctvnews.ca/hundreds-of-students-commute-to-vancouver-island-by-ferry-for-school-1.4576672>.
22. Data supplied by Alex Dewar, Early Childhood Educator, Gabriola Cooperative Preschool, email dated May 16, 2020.
23. Data supplied by Alice Verstraete, Executive Director, HOPE Centre, email dated March 6, 2020.
24. Data supplied by Amy Dawley, Assistant Director, Service and Building Design, Vancouver Island Regional Library, email dated May 4, 2020.
25. Ibid. Location totals include self-checkout circulation totals. Statistics include a "Checkout" for every renewal. Statistics do not include increased use of eResource checkouts - physical materials only.
26. Data supplied by Jeff Strain, Customer Services Librarian II, Gabriola Island Branch, Vancouver Island Regional Library, email dated April 6, 2020.
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31. Dictionary, Census of Population, 2016: <https://www12.statcan.gc.ca/census-recensement/2016/ref/dict/pop029-eng.cfm>.
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33. Other market income is Market Income less Employment Income. See Dictionary, Census of Population, 2016: <https://www12.statcan.gc.ca/census-recensement/2016/ref/dict/pop069-eng.cfm>.
34. Dictionary, Census of Population, 2016: <https://www12.statcan.gc.ca/census-recensement/2016/ref/dict/pop037-eng.cfm>.
35. The LIM-AT is widely used by researchers and in international comparisons, although Statistics Canada cautions against using the LIM-AT as a proxy for poverty. In 2018, the federal government adopted the Market Basket Measure (MBM) as Canada's official measure of

Endnotes (continued)

poverty. The MBM represents the cost of a number of food, clothing, shelter, transportation and other items deemed to represent a “modest, basic standard of living”. Those people having incomes lower than the MBM threshold are considered to be living in poverty. The 2016 Census did not compute low income using the MBM.

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37. Government of Canada, Primary Health Care: <https://www.canada.ca/en/health-canada/services/primary-health-care/about-primary-health-care.html>.

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43. All Gabriola Community Health Centre data on pages 19 and 20 are from Gabriola Health Care Foundation, Urgent & Emergent Care 2019/2020. April 27, 2020. Note that as these data represent cases and not individuals, the same person attending the UTF more than once is captured.

44. For more information see: Canadian Triage and Acuity Scale, <https://hospitalmontfort.com/en/canadian-triage-and-acuity-scale>.

45. Hasselback, Dr. Paul. 2020. “A Healthier Gabriola Island”. PowerPoint presented at Gabriola Health and Wellness Collaborative Annual Event, February 13.

46. Ibid.

47. Chronic diseases and cancer data from: Provincial Health Services Authority and BC Centre for Disease Control. 2020. Gabriola Island Community Health Service Area Health Profile, p.10-26. Available at: <http://communityhealth.phsa.ca/CHSAHealthProfiles/CHSAHealthReport/Gabriola%20Island>

48. Hasselback, Dr. Paul. 2020. “A Healthier Gabriola Island”. Powerpoint presented at Gabriola Health and Wellness Collaborative Annual Event, February 13.

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50. Scott Ian. 2019. *Presentation to Public Open House – Paisley Place Affordable Housing*. November 16. Available at: <https://gabriolahousing.ca/paisley-place/site-plans/>.

51. All Grocery and Meal Programs data on pages 22 and 23 are from: People for a Healthy Community Gabriola. 2019. *HungerCount 2019* Survey for FoodBanks Canada. The HungerCount is a month of March 2019 count of program users. It is likely under-representative given that winter months have the highest program use. As well, it does not capture the other food supports that PHC provides, including the farmers’ market coupon program, Nester’s gift cards, and more.

52. Data supplied by Steven Earle, Director, Gabriola Community Bus Foundation, email dated May 21, 2020.

53. Data supplied by Nadine Mourao, Bookkeeper & Admin, People for a Healthy Community, email dated June 11, 2020.

54. Data supplied by Steven Earle, Chair, Gabriola Island Ferry Advisory Committee, emails dated February 7 and 8, 2020.

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Burr J.A. et al. 2016. “Volunteering and cardiovascular disease risk: does helping others get ‘under the skin?’”. *Gerontologist*. 56(5): 937-947.

Musick M.A. et al. 2003. “Volunteering and depression: the role of psychological and social resources in different age groups”. *Social Science & Medicine*. 56(2): 259-269.

Burr J.A. et al. 2011. “Volunteering and hypertension risk in later life”. *Journal of Aging and Health*. 23(1): 24-51.

Infurna F.J. et al. 2016. “Volunteering is associated with lower risk of cognitive impairment”. *Journal of the American Geriatric Society*. 64(11): 2263-2269.

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62. RDN and Gabriola Trust elections taken from Declaration of Official Election Results, Regional District of Nanaimo website at: https://www.rdn.bc.ca/2018election_results. Municipal elections turnouts taken from 2018 Voter Turnout, CivicInfo BC website at:

Endnotes (continued)

- <https://www.civicinfo.bc.ca/electionreports/voter-turnout.php?year=2018>. Note that municipal elections turnouts are estimates – see CivicInfo BC disclaimer here: <https://www.civicinfo.bc.ca/electionsdisclaimer> and that our methodology excludes those local jurisdictions wherein reported ballots cast was zero and/or estimated eligible voters was zero.
63. Note that Gabriola data include not only Mudge and DeCourcy but also Valdes, Ruxton and Pylades islands. Archer, Keith. 2018. May 2017 General Election: *Report of the Chief Electoral Officer for BC*. Victoria: Elections BC. p.194-196. Gabriola polls are 17-21 and Mudge, DeCourcy, Valdes, Ruxton, and Pylades are all poll 22. Available at: <https://elections.bc.ca/docs/rpt/2017-General-Election-Report.pdf>.
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66. Data supplied by Corporal Patti Evans, Acting Detachment Commander, Gabriola RCMP, February 24, 2020.
67. Data supplied by Corporal Patti Evans, June 21, 2020, from E Division CROPS Core Intelligence Analysis Unit. 2020. *Island District Crime Trend Report*. Appendix A.
68. Regional District of Nanaimo Emergency Preparedness Program website: <https://www.rdn.bc.ca/neighborhood-emergency-preparedness>.
69. Coastal Douglas-Fir & Associated Ecosystems Conservation Partnership website: <http://www.cdfcp.ca/index.php/about/what-is-the-cdf>.
70. Data supplied by Robert Brockley, President, Gabriola Land and Trails Trust (GaLTT), emails dated February 19 and May 18, 2020. Trails data includes trails made available courtesy of agreements between the Gabriola Land and Trails Trust (GaLTT) and 15 private landowners. It does not include trails on provincial or federal crown land.
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- Islands Trust Conservancy. 2019. *Conservation Status of Gabriola Island Local Trust Area*. December. Available at: <http://www.islandstrustconservancy.ca/i-am-a/local-government/ta-protected-areas/gabriola/>.
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75. Data supplied by Bob McKechnie, email dated March 5, 2020, and Islands Futures website: <http://islandfutures.ca/>.
76. Gabriola Island Recycling Organization (GIRO) website at: <https://www.girodepot.com/>.
77. Gabriola Auxiliary for Island Health Care Society website at: <https://www.gabriola-auxiliary.org/>.
78. Data supplied by Dean Clark, GIRO Recycling Manager, March 4, 2020.
79. Oxford dictionary online: https://www.lexico.com/definition/food_security.
80. Kazmierowski, Kaitlin. 2010. *Exploring Food Security in the Islands Trust Area*. Islands Trust: Victoria, BC. P.18. Available at: <http://www.islandstrust.bc.ca/media/342734/07foodsecurityreport.pdf>.
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82. Data supplied by Bob Andrew, Property Management Team Contact, Gabriola Commons, email January 20, 2020.
83. Data supplied by Eric Veale, Director, Gabriola Agricultural Co-operative, email April 4, 2020.
84. Data supplied by Kenda Chang-Swanson, Food Programs Coordinator, People for a Healthy Community, email May 19, 2020.
85. Data supplied by Steven Earle, Director, Gabriola Community Bus Foundation, emails February 4 and February 14, 2020.
86. GERTIE website: <https://gertie.ca/about/history/>.
87. Data supplied by Steven Earle, Chair, Gabriola Island Ferry Advisory Committee, emails February 4 and May 22, 2020.
88. MV Quinsam, BC Ferries fleet profile website: <https://www.bcferries.com/onboard-experiences/fleet/profile-quinsam.html>.

Gabriola Health & Wellness Collaborative Member Organizations

BC Ambulance Service
Gabriola Community Paramedic Program
Gabriola Agricultural Co-op
Gabriola Ambulance Society
Gabriola Arts Council
Gabriola Auxiliary for Island Health Care
Gabriola Better at Home Program,
Nanaimo Family Life Association
Gabriola Branch, Vancouver Island
Regional Library
Gabriola Chapter, Rural & Remote
Division of Family Practice, BC
Gabriola Commons Foundation
Gabriola Community Bus Foundation (GERTIE)
Gabriola Detachment, RCMP
Gabriola Ecumenical Society
Gabriola Elementary School

Gabriola Elementary School -
Parent Advisory Council
Gabriola Elementary School -
SFU research project
Gabriola Emergency Support
Services (RDN)
Gabriola Fellowship Church
Gabriola Ferry Advisory Committee
Gabriola Healing Arts Network
Gabriola Health Care Foundation
Gabriola Housing Society
Gabriola Island Chamber of Commerce
Gabriola Island Community Hall Association
Gabriola Island Community
Investment Co-op
Gabriola Island Friends of the Library
Gabriola Land & Trails Trust

Gabriola Lions Club
Gabriola Medical Clinic
Gabriola Museum and Historical Society
Gabriola Recreation Society
Gabriola Senior Citizens Association
(Rollo Centre)
Gabriola Volunteer Fire Department
Gabriolans for Local Food Choices
Island health Community Social Worker
Haven Foundation
HOPE Centre
People for a Healthy Community
Sustainable Gabriola Network
DeCourcy Island Representative
Mudge Island Representative
Member-at-large

For questions about this report or the Gabriola Health and Wellness Collaborative, please contact us at: gabriolacollaborative@gmail.com



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