

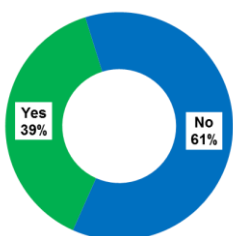


TIME USE

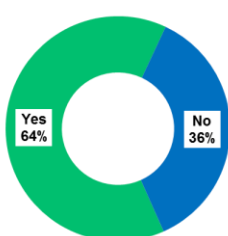
The **Time Use** domain measures how people spend and experience their time. This domain connects how the use of time can affect physical and mental wellbeing, individual and family wellbeing, and present and future wellbeing. The Be Well survey measures volunteering as well as adequate time to get things done each day.

VOLUNTEERING

Volunteering (Formal)



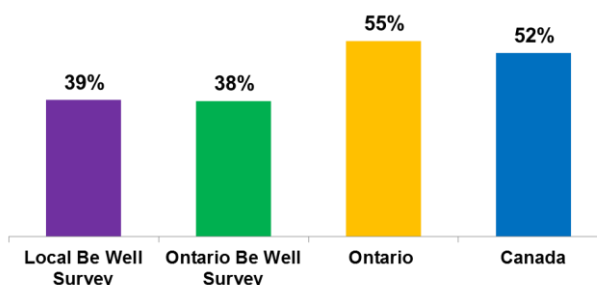
Volunteering (Informal)



We asked respondents about their volunteer activities within the past year, both formal (organized group or organization) and informal (e.g. helping a neighbour out). Respondents were more likely to volunteer informally (64%) than formally (39%) within the past year.

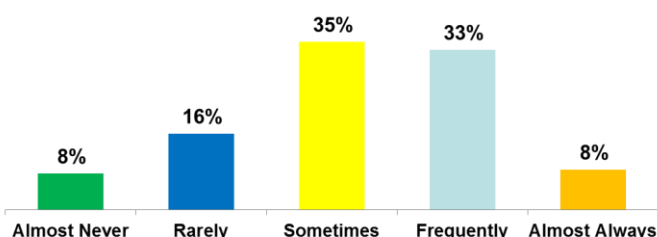
Rates of volunteering in the Jane-Trethewey area were similar to other Ontario communities participating in the Be Well Survey. However, compared to other national and provincial sources, fewer local survey respondents volunteered formally within the past year.

Formal Volunteering (comparison)



TIME ALLOCATION

Enough time during the day to get things done



The majority of survey respondents “sometimes” or “frequently” have time to do everything that they need or want to do. 24% said that they “rarely” or “never” have enough time to get everything done in a typical day.

Compared to other Ontario communities, local residents had fairly similar patterns of responses to the question about time use. We noticed that local residents were slightly less likely to be very pressed for time (“almost never” or “rarely” having enough time to get things done).

Enough time during the day to get things done

