



**Peterborough**  
Community Wellbeing Plan



# Fact Sheets

## Time Use

### Are we balancing our leisure, work, social and rest time to improve wellbeing?

#### Key Facts

#### Precarious Employment

In 2016, 800 people were surveyed to identify how employment and working conditions are impacting the economic, social, physical and mental health of workers and their communities in the Peterborough Area.

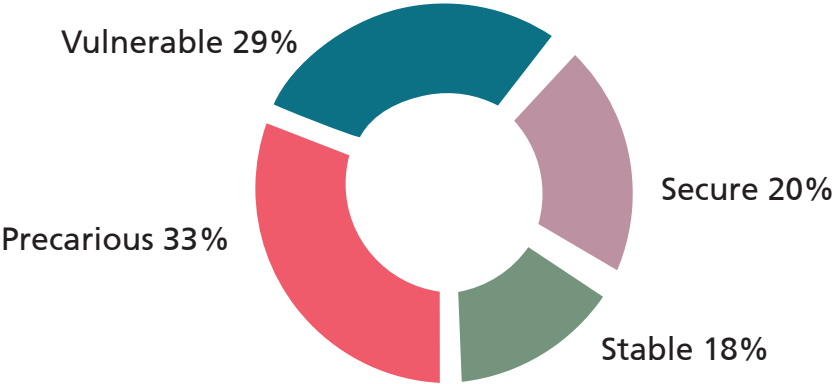
**Precariously employed people have irregular work hours making time management difficult.**

**62%**

Nearly two thirds of the sample were identified as being in a **precarious or vulnerable employment situation.**

**38%**

The remaining respondents can be described as having **secure and stable employment.**



The uncertain work schedules and work locations for respondents in the precarious employment category had the greatest negative impact on accessing child care<sup>1</sup>.

#### Volunteerism

**In Peterborough**

**54%**

of residents volunteered in the last 12 months

compared to

**37%**

across Canada<sup>2</sup>



## Commute

Resident

Workplace  
in City

Workplace in  
County

Workplace  
outside Region

City Resident

80%



8%



12%

County Resident

57%

25%

18%



## Average commute time<sup>3</sup>



Walking –

**15**

minutes 1.25 km



Cycling –

**20**

minutes 5 km



Transit -

**37**

minutes 10.5 km



Driving -

**22**

minutes 14.5 km

## Local activity:

### Precarious Employment Conference

In 2018 the Precarious Employment Research Initiative hosted a conference to discuss the Cost of Precarity in Peterborough. This project was initiated by Peterborough Public Health and expanded to include City of Peterborough, Peterborough and District Labour Council, Literacy Ontario Central South, Peterborough Workers' Action Centre, United Way of Peterborough, Workforce Development Board and Trent University. The conference provided an overview of the research and a number of themes panel discussions to explore solutions to help minimize the impacts of irregular work hours and struggles with time management that impact wellbeing.<sup>4</sup>

(1) Peterborough PERI. (2018). The Status of Employment and Working Conditions in the Peterborough Area: An Overview. Info Brief #1. Peterborough Public Health, Peterborough, ON.

(2) Statistic Canada (2013) General Social Survey – Giving Volunteering and Participating 2013 (Retrieved from the Community Data Program).

(3) 2014 Peterborough City and County Active Transportation Indicators Report Peterborough County City Health Unit, GreenUP and the City of Peterborough [http://peterboroughmoves.com/wp-content/uploads/2015/05/IndicatorsReport\\_Final\\_Web.pdf](http://peterboroughmoves.com/wp-content/uploads/2015/05/IndicatorsReport_Final_Web.pdf)

(4) PERI Conference Proceeding November 6, 2018 <https://www.peterboroughpublichealth.ca/wp-content/uploads/2018/12/20181106-PERI-Conference-Notes-Final-1.pdf>