

## What Can I Do?

**Think about it. Discuss it. Act on it.** If something you've read in our national report or in a local Vital Signs report has raised your curiosity, please don't stop there. As the saying goes, every journey starts with a single step. Here are three simple ways you can take action. Today.

1. **Read and reflect.** Consider how issues you're reading about in Vital Signs relate to you, your family, your neighbours, your community
2. **Pass it on.** Share and discuss this report, or your local Vital Signs report with your co-worker, your teacher, your best friend, your boss, or your elected representative
3. **Find out more.** Talk to or visit the websites of other organizations in your community working to improve on the issues that concern you. Contact your local community foundation. You can find your local community foundation at [www.cfc-fcc.ca](http://www.cfc-fcc.ca). If you're looking for ways to make a difference, we can help.

## About Our Data

The issue areas and core indicators presented in this report are part of a set of common indicators that Community Foundations of Canada collects on behalf of communities participating in Vital Signs. Each Vital Signs community foundation supplements the centrally collected data with local research. The central data collection is secondary research, made up primarily of data from Statistics Canada. Geographic units used are, for the most part, Census Metropolitan Areas or Census Agglomerations. Original source documents for data cited in this report are hyperlinked, where possible, in the footnotes of this expanded on-line version of the report.

The Vital Signs core indicators were identified through a priority-setting exercise with community foundations participating in Vital Signs in 2006, which was in turn based on local community consultations that participating foundations conducted.

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