

Supplementary Materials for Online Access

Table S1: Priority areas and standard indicators used by Vital Signs.

Priority area	Example indicators
Arts and culture	<ul style="list-style-type: none"> • Library use • Employment in cultural occupations • Attendance at cultural events
Belonging and leadership	<ul style="list-style-type: none"> • Percent of tax filers making charitable donations • Volunteering rate • Voter turnout
Health and wellness	<ul style="list-style-type: none"> • Low birth weight • Physicians per 100,000 • Obesity rate
Housing	<ul style="list-style-type: none"> • Gross shelter income ratio • Ratio of average housing prices to median family income • Rental vacancy rate
Work	<ul style="list-style-type: none"> • Employment rate • Unemployment rate • Employment levels and growth
Safety	<ul style="list-style-type: none"> • Violent crime rate • Property crime rate • Criminal Code traffic violations
Gap between rich and poor	<ul style="list-style-type: none"> • Overall poverty rate • Child poverty rate • Elderly poverty
Learning	<ul style="list-style-type: none"> • Proportion of population 15 and over with completed post-secondary education • High school non-completion rate • Standardized student test scores
Getting started	<ul style="list-style-type: none"> • Net migration • Unemployment rate of immigrants • Immigrant income
Environment	<ul style="list-style-type: none"> • Water consumption • Household GHG emissions from private vehicle operation • Air quality

Table S2: Most common indicators used in Vital Signs and non-Vital Signs initiatives.¹

Vital Signs			Non-Vital Signs		
Indicator	Stock (capital)	Frequency	Indicator	Stock (capital)	Frequency
Population of community or region	Demography (SC)	23	Unemployment rate	Labour (SC)	6
Population change (5-year, 10-year, or 15-year)	Demography (SC)	21	% of residents who have a strong or somewhat strong sense of belonging to community	Sense of belonging (SC)	6
% senior population (65+)	Demography (SC)	21	Total waste diversion rate	Waste reduction (EK)	5
Poverty rate	Social inclusion (SC)	21	% of workforce that commutes outside of the community/region to work	Labour (EC)	5
% of residents with a post-secondary education	Education (SC)	18	Population of community/region	Demography (SC)	5
Child poverty rate	Social inclusion (SC)	18	Population change (5-year, 10-year, or 15-year)	Demography (SC)	5
Seniors' poverty rate	Social inclusion (SC)	18	% of residents with a post-secondary education	Education (SC)	5
% of residents who have a strong or somewhat strong sense of belonging to community	Sense of belonging (SC)	18	% of residents who volunteer	Community participation (SC)	5
% of children aged 0-14	Demography (SC)	16	% of overall households spending over 30% of income on housing	Housing (SC)	5
High school graduation rate	Education (SC)	16	Voter turnout in municipal elections	Political participation (SC)	5
Workforce (% or #) employed in arts and culture occupations and/or sports and recreation	Arts and culture (SC)	15	Poverty rate	Social inclusion (SC)	5
Median household income	Economic equity (EC)	19	Median household income	Economic Equity (EC)	4

¹ Capital abbreviations: Socio-cultural (SC), ecological (EK), economic (EC)

Major employment sectors	Economic structure (EC)	19	# of new and/or existing business licenses per year	Economic Structure (EC)	4
Unemployment rate	Labour (EC)	19	Employment rate	Labour (EC)	4
Employment rate	Labour (EC)	16	% visible minority population	Cultural Diversity (SC)	4

Table S3: List of Rural Canadian SI Initiatives Included in Inventory, with Initiatives Excluded During Selection

Initiatives Included in Inventory

Initiative	Location	Scale	Lead actor	Level of rurality
Alberni Valley Vital Signs	Alberni Valley, BC	Non-administrative region	non-profit	Non urban-adjacent
Barriers and Opportunities in Northern Community Engagement	Lacloche Foothills, ON	Non-administrative region	regional governing body	Urban-adjacent
Boundary Area Vital Signs	Boundary Area, BC	Non-administrative region	non-profit	Non urban-adjacent
Brandon MB Vital Signs	Brandon, MB	Metropolitan area	non-profit	Small city
Canmore Community Monitoring Report	Canmore, AB	Municipal	municipality	Urban-adjacent
Cape Breton Regional Municipality Vital Signs	Cape Breton, NS	Administrative region	non-profit	Non urban-adjacent
Centre Wellington Vital Signs	Centre Wellington Township, ON	Municipal	non-profit	Urban-adjacent
Clarenville-Bonavista Indicators	Clarenville-Bonavista region, NL	Administrative region	Regional governing body	Non urban-adjacent
Clayoquot Sound Vital Signs	Clayoquot Sound region, BC	Non-administrative region	non-profit	Non urban-adjacent
Columbia Valley Vital Signs	Columbia Valley, BC	Non-administrative region	non-profit	Non urban-adjacent
Comox Valley Vital Signs	Comox Valley, BC	Administrative region	non-profit	Non urban-adjacent
Cumberland County Vital Signs	Cumberland County, NS	Administrative region	non-profit	Urban-adjacent
Golden & Area A Vital Signs	Golden, BC	Non-administrative region	non-profit	Non urban-adjacent
Grey Bruce Vital Signs	Grey-Bruce Peninsula, ON	Multi-county	non-profit	Urban-adjacent
Headwaters Communities in Action	Caledon & Dufferin County, ON	Non-administrative region	non-profit	Urban-adjacent
Huron County Healthy Rural Policy Lens	Huron County, ON	Administrative region	regional governing body	Urban-adjacent
Little Red River Cree Nation	Northern Alberta	Indigenous territory	Indigenous nation	Remote/Northern

Initiative	Location	Scale	Lead actor	Level of rurality
Lunenburg County Vital Signs	Lunenburg County, NS	Administrative region	non-profit	Urban-adjacent
Medicine Hat Vital Signs	Medicine Hat, AB	Municipal	non-profit	Small city
My Perth Huron	Perth & Huron Counties, ON	Multi-county	Non-profit	Urban-adjacent
Napanee/Lennox & Addington Vital Signs	Lennox & Addington County, ON	Administrative region	non-profit	Urban-adjacent
Naskapi Nation Well-being Baseline Study	Northern Quebec	Indigenous territory	Indigenous nation	Remote/Northern
North Okanagan Vital Signs	North Okanagan, BC	Administrative region	non-profit	Urban-adjacent
Oxford County Index of Well-being	Oxford County, ON	Administrative region	Academic	Urban-adjacent
Powell River Vital Signs	Powell River, BC	Administrative region	non-profit	Non urban-adjacent
Prince Edward County Vital Signs	Prince Edward County, ON	Administrative region	non-profit	Urban-adjacent
Prince George Vital Signs	Prince George, BC	metropolitan area	non-profit	Small city
Robson Valley	Robson Valley, BC	Non-administrative region	Academic	Non urban-adjacent
Selkirk Vital Signs	Selkirk region, MB	Non-administrative region	non-profit	Urban-adjacent
South Okanagan Vital Signs	South Okanagan, BC	Administrative region	non-profit	Urban-adjacent
Squamish Vital Signs	Squamish, BC	Municipal	non-profit	Urban-adjacent
State of the Basin	Kootenay region, BC	Non-administrative region	Academic	Non urban-adjacent
Strait Region Vital Signs	Strait region, NS	Multi-county	non-profit	Non urban-adjacent
Sunshine Coast Vital Signs	Sunshine Coast region, BC	Administrative region	non-profit	Urban-adjacent
Temiskaming Vital Signs	Temiskaming region, Ontario	Non-administrative region	non-profit	Remote/Northern
West Hants Vital Signs	West Hants, NS	Municipal	non-profit	Urban-adjacent
Whistler 2020	Whistler, BC	Municipal	municipality	Urban-adjacent
Winkler Vital Signs	Winkler, MB	Non-administrative region	non-profit	Urban-adjacent
Wolfville Vital Signs	Wolfville, NS	Municipal	non-profit	Urban-adjacent

Initiatives Excluded During Selection Process

Initiative	Location	Scale	Lead actor	Level of rurality
Banff Community Indicators	Banff, AB	Municipal	Municipality	Urban-adjacent
Campbell River Vital Signs	Campbell River, BC	Administrative region	non-profit	Non urban-adjacent
Grand Bend Vital Signs	Lambton County, ON	Administrative region	non-profit	Urban-adjacent
Grande Prairie Vital Signs	Grande Prairie, AB	Municipal	non-profit	Small city
Greater Peterborough Vital Signs	Peterborough, ON	Metropolitan ara	non-profit	Small city
Huronina Vital Signs	Huronina, ON	Non-administrative region	non-profit	urban-adjacent
Lanark County Vital Signs	Lanark County, ON	Administrative region	non-profit	Urban-adjacent
Lethbridge Vital Signs	Lethbridge, AB	Municipal	non-profit	Small city
Maple Ridge Balance Sheet	Maple Ridge, BC	Municipal	Municipality	Urban-adjacent
Muskoka Vital Signs	Muskoka, ON	Administrative region	non-profit	Urban-adjacent
Peninsula Action Committee for Education (PACE) - Schools as Anchors Project	Northern Bruce Peninsula, ON	Administrative region	non-profit	Non urban-adjacent
Pictou County Vital Signs	Pictou County, NS	Administrative region	non-profit	Urban-adjacent
Red Deer Vital Signs	Red Deer, AB	Municipal	non-profit	Small city
Salt Spring Island Vital Signs	Salt Spring Island, BC	Non-administrative region	non-profit	urban-adjacent
Sault Saint Marie Community Quality Improvement Report	Sault Saint Marie, ON	Municipal	Municipality	Non urban-adjacent
Shuswap BC Vital Signs	Shuswap, BC	Administrative region	non-profit	urban-adjacent
Western Newfoundland Model Forest Indicators	Corner Brook & Gros Morne region, NL	Non-administrative region	Government	Small city/non urban-adjacent

Table S4: Community capital stocks and common indicators identified across initiatives.

Capital	Stocks (total indicators)	Commonly used indicators
Ecological	Ecosystems (56)	<ul style="list-style-type: none"> • #/land area of protected areas • # of species at risk in the area
	Climate change & energy (22)	<ul style="list-style-type: none"> • Greenhouse gas emissions from major emitters/industries • Total GHG emissions of community/region
	Waste reduction (22)	<ul style="list-style-type: none"> • Waste generation rate (per capita or total) • Waste diversion rate (per capita or total)
	Land use (17)	<ul style="list-style-type: none"> • # of km of hiking trails in the community/region • Proportion of community/region dedicated to green space
	Water (17)	<ul style="list-style-type: none"> • Water consumption per capita • # of communities that experience boil water advisories or quality advisories
	Agriculture (14)	<ul style="list-style-type: none"> • # of active farms in the community/region • Land cover used for agricultural area/% change
	Natural resources (13)	<ul style="list-style-type: none"> • % of workforce employed in fisheries (harvesting & processing) • Quality and abundance of large game
	Air quality (9)	<ul style="list-style-type: none"> • Particulate matter levels • Air Quality Index rankings
Economic	Economic structure (72)	<ul style="list-style-type: none"> • Major employment sectors • #/% self-employed individuals
	Labour (63)	<ul style="list-style-type: none"> • Unemployment rate • % of workforce that commutes outside of community/region to work
	Transportation (50)	<ul style="list-style-type: none"> • Modal split of commuters • Average commuting times of residents
	Economic equity (22)	<ul style="list-style-type: none"> • Median household income • Living wage for the community/region
	Financial resources (15)	<ul style="list-style-type: none"> • Residential/commercial property tax rates • Consumer bankruptcy rate
Socio-cultural	Physical health (109)	<ul style="list-style-type: none"> • % of residents who are overweight and/or obese • % of population without a doctor
	Education (82)	<ul style="list-style-type: none"> • % of residents with a post-secondary education • High school graduation rate
	Housing (66)	<ul style="list-style-type: none"> • Average value of single family homes • # of affordable housing units (total or per capita)
	Public safety (60)	<ul style="list-style-type: none"> • Crime severity index (per capita or total) • # of vehicular accidents per year
	Social inclusion (47)	<ul style="list-style-type: none"> • Poverty rate • % of population living alone
	Sense of belonging (44)	<ul style="list-style-type: none"> • % of residents with strong or somewhat strong sense of belonging to community • % of residents who plan to move away/are considering moving away
	Food security (43)	<ul style="list-style-type: none"> • # of individuals/families served by food banks • % of residents who eat recommended daily amounts of fruits & vegetables

Capital	Stocks (total indicators)	Commonly used indicators
Socio-cultural	Arts & culture (37)	<ul style="list-style-type: none"> • Workforce (% or #) in arts & culture or sports & recreation occupations • Local government spending on arts and culture
	Cultural diversity (35)	<ul style="list-style-type: none"> • % visible minority population • % Indigenous population
	Mental health (32)	<ul style="list-style-type: none"> • % of youth with self-assessed mental health of good or excellent • % of population with mood and anxiety disorders
	Recreation (31)	<ul style="list-style-type: none"> • Visits to recreation facilities per capita • Local government spending on recreation
	Demography (29)	<ul style="list-style-type: none"> • Population of community/region • Population change (5-year, 10-year, or 15-year)
	Political participation (28)	<ul style="list-style-type: none"> • Voter turnout in elections (municipal, provincial, federal) • % of residents who feel they have input on decisions affecting the community
	Community participation (27)	<ul style="list-style-type: none"> • % of residents who make charitable donations/median donations • # of library visits (total # or per capita)
	Gender equity (11)	<ul style="list-style-type: none"> • Proportion of women in managerial positions • Poverty rate by gender