



## HEALTH AND SOCIAL WELLBEING

### CURRENT TRENDS

#### Demographics

**An Aging Population.** The average age of Area I is 44.6 years - higher than the provincial average of 42.3 years (2016). The senior population is projected to grow most in the area, while the population under 15 years old is projected to have a low level of growth.

**A Diverse Community.** Diversity is an inclusive concept which encompasses, but is not limited to, race, ethnicity, class, gender, age, sexuality, ability, educational attainment, spiritual beliefs, creed, culture, tribal affiliation, nationality, immigration status, political beliefs, and veteran status. With greater diversity, we can be more creative, effective, and just, and bring more varied perspectives, experiences, backgrounds, talents, and interests to our communities.

In Area I 4.3% of the population identifies as Aboriginal, 5.7% as a new immigrant and 1.2% as a visible minority (2016). The top 3 non official languages spoken at home are: Russian, German and Punjabi (2016).



#### Health Statistics

**Centralized Care.** The Castlegar Health Centre provides much-needed emergency services, x-ray and medical lab services to Area I. Nearest hospitals are located in Trail and Nelson.

**High Self-Rated Health.** 61.1% of residents in the Kootenay Boundary Health Service Delivery Area (HSDA) reported a very good or excellent level of health and 69.0% reported a very good or excellent level of mental health.



## CURRENT TRENDS

### Healthy Habits

**Lower Levels Of Activity.** 46.7% of residents in the Kootenay Boundary HSDA were identified as overweight or obese.

**Places to get Active.** The Castlegar & District Community Complex is a multi-purpose facility that houses an arena, pool, weight room, fitness studio, meeting rooms, banquet facility, kitchen and senior centre. Adjacent to the facility are four tennis courts, soccer/football field, ball diamond and skate boarding park.

**A Healthy Diet.** 51.2% of residents in the Kootenay Boundary HSDA reported eating fruits and vegetables 5 times or more per day.

**Alcohol, Drug and Tobacco Use.** Early deaths in the Castlegar Local Health Area attributed to alcohol related, drug induced and smoking attributable deaths are higher than the BC average.

### Social Wellbeing

**Child Care.** There is substantial demand for child care and a shortage of spaces in the area.

**Gathering Places.** There are 4 Community Halls in Area I.

**Sense of Community.** 80.6% of Kootenay Boundary HSDA population (aged 12+) reported a somewhat strong or very strong sense of belonging in their local community.



### Education

**Schools.** In the local area 2 Elementary Schools and 1 High school are located in Castlegar and the Robson Community School is located in Electoral Area J – all in School District 20. 67 out of catchment students attend Mount Sentinel Secondary School and another 42 out of catchment students attend Brent Kennedy Elementary in South Slokan. Both of these schools belong within School District 8 but service students in proximate areas of Electoral Area I.

**Post Secondary.** Selkirk College has its main campus nearby in Electoral Area J and reports 2,771 full-time students.

**Level of Education.** 81.4% of the population in Area I have a high school diploma or higher level of education (2016).

## CONSIDERATIONS

A healthy community is one where all residents have a high quality of life and can truly thrive. Plans and policies at the Regional District level affect our individual and community health, which is shaped by social, economic and environmental factors. Official Community Plan polices should promote social, physical and mental health and wellbeing and be created in ways to benefit all residents of the Plan area in ways that reduce or eliminate inequity.

## WHAT DOES THE CURRENT OCP SAY?

The current OCP has a limited focus on health and wellbeing as well as education. Existing policies aim to plan for schools, recreation, open space and health facilities to satisfy present and future demands.

### CHALLENGES & OPPORTUNITIES

While health and education services are provided by the Province and Local Health Authorities, the Regional District of Central Kootenay and local community organizations play an important role in influencing local health and learning outcomes. The updated OCP can adopt a framework for a healthy built environment to address important local issues such as:

- Addressing local unaffordability by prioritizing a range of housing options for all residents
- Adopting age-friendly policies to account for the unique needs of young children, families and seniors
- Strengthening healthy neighbourhood design by improving connectivity and walkability, providing compact and complete communities
- Improving access to healthy foods and local amenities and services
- Protecting a healthy natural environment
- Adopting best practises for equity and reconciliation

## RESOURCES

Castlegar Community Health Profile

RDCK Community Heritage Register

RDCK Castlegar, Area I and J Recreation Master Plan (2017)

Interior Health Authority



Stay Involved:  
<https://rdck.ca/PlanAreaI>