

A person in winter gear is snowboarding down a steep, snow-covered mountain slope. The background is filled with dense evergreen trees covered in snow. The entire image has a light blue tint.

POLICY AREA 9

COMMUNITY HEALTH & WELLBEING

Community health and wellbeing is the result of a variety of social, economic and political factors and forces. Information on community health and wellbeing provides direction as to what is needed in the community to improve quality of life. Measuring health, and having an accurate portrayal of community wellbeing, is important for regional and inter-regional priorities, along with implementing community programming and initiatives that address health and wellness needs.

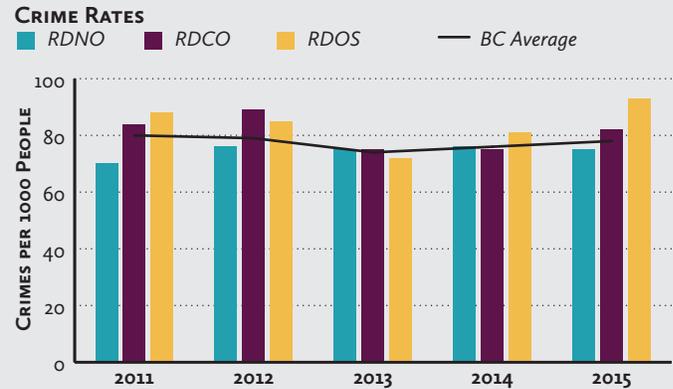
9.1 CRIME RATES

Crime rates, by providing information on the number of criminal offences that have occurred in a community, are an indication of general community safety. The frequency of crimes is likely to cause stress and unease in a community, influence feelings of safety and in turn, health and wellbeing.

RDNO: ↑ Increased. From 2011 to 2015, crime rates hovered around 75 crimes per 1000 people, with a low of 70 crimes per 1000 people in 2011. In this time period, the RDNO's crime rates were either similar to, or below the provincial crime rates (80 crimes per 1000 people in 2011 and 78 crimes per 1000 people in 2015).

RDCO: → Stable. From 2011 to 2015, crimes rates per 1000 people slightly decreased from 84 to 82. However, the rate fluctuated a fair amount between a high of 89 in 2012 and a low of 75 in 2013/2014. With the exception of 2014, the RDCO's crime rates remained above provincial crime rates during this time.

RDOS: ↑ Increased. From 2011 to 2015, crime rates per 1000 people increased from 88 in 2011 to a five-year high of 93 in 2015. During this time, the RDOS's crime rates remained above provincial crime rates with the exception of 2013, with a difference in crime rates ranging from 5-15 crimes per 1000 people.



Source: B.C. Policing Jurisdiction Crime Trends, 2005 – 2014.
Data from B.C. Policing Jurisdiction Crime Trends are only available up to 2014.

INDICATORS 9.2 - 9.4 use data from the Canadian Community Health Survey which collects data by Health Regions. These indicators use data from the Okanagan Health Service Delivery Area, as defined in 2013, which includes:

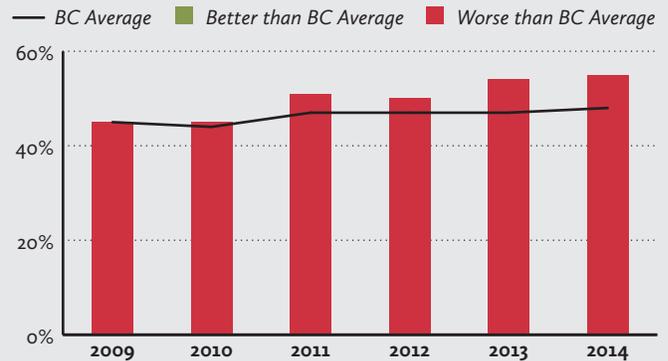
- Osoyoos (Town)
- Keremeos (Village)
- Oliver (Town)
- Okanagan-Similkameen A (Regional district electoral area)
- Princeton (Town)
- Okanagan-Similkameen B (Regional district electoral area)
- Okanagan-Similkameen C (Regional district electoral area)
- Summerland (District municipality)
- Penticton (City)
- Okanagan-Similkameen D (Regional district electoral area)
- Okanagan-Similkameen E (Regional district electoral area)
- Okanagan-Similkameen F (Regional district electoral area)
- Okanagan-Similkameen G (Regional district electoral area)
- Okanagan-Similkameen H (Regional district electoral area)
- Lower Similkameen 2 (Indian reserve)
- Osoyoos 1 (Indian reserve)
- Penticton 1 (Indian reserve)
- Chopaka 7 & 8 (Indian reserve)
- Blind Creek 6 (Indian reserve)
- Chuchuwayha 2 (Indian reserve)
- Alexis 9 (Indian reserve)
- Ashnola 10 (Indian reserve)
- Kelowna (City)
- Central Okanagan (Regional district electoral area)
- Lake Country (District municipality)
- Peachland (District municipality)
- Central Okanagan J (Regional district electoral area)
- Duck Lake 7 (Indian reserve)
- Tsinstikeptum 9 (Indian reserve)
- Tsinstikeptum 10 (Indian reserve)
- Lumby (Village)
- Coldstream (District municipality)
- Vernon (City)
- North Okanagan B (Regional district electoral area)
- North Okanagan C (Regional district electoral area)
- North Okanagan D (Regional district electoral area)
- North Okanagan E (Regional district electoral area)
- Spallumcheen (District municipality)
- Armstrong (City)
- Enderby (City)
- North Okanagan F (Regional district electoral area)
- Okanagan (Part) 1 (Indian reserve)
- Enderby 2 (Indian reserve)
- Priest's Valley 6 (Indian reserve)
- Harris 3 (Indian reserve)
- Salmon River 1 (Indian reserve)

9.2 BODY MASS INDEX: SELF-REPORTED AS “OVERWEIGHT” OR “OBESE”

Body mass index (BMI) is a measure of body fat based on the self-reported height and weight of an individual and can be used to determine whether an individual may be considered overweight or obese. These classifications are relevant to indicating general health as being overweight or obese has been found to be associated with an increased risk for negative health effects.

OKANAGAN: ↑ *Increased.* With some fluctuation, since 2009 the number of adults reporting as “overweight” or “obese” has increased from 45.2% to 54.9%. In general, percentages have increased more steeply in the Okanagan as compared to BC as a whole, which increased from 45.1% in 2009 to 48% in 2014. By 2014, self-reported obesity rates among adults in the Okanagan is 7% higher than the provincial average.

ADULT OBESITY RATES, OKANAGAN RELATIVE TO BC



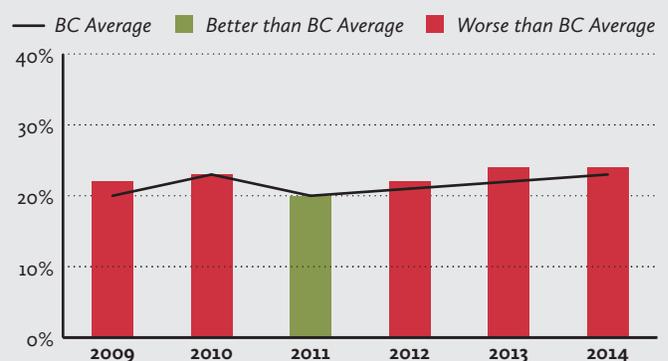
Source: Statistics Canada, Canadian Community Health Survey 2003-2014.

9.3 STRESS LEVELS

Stress is an important measure of community health and wellbeing because of the many negative health and life consequences associated with high levels of stress. Statistics Canada reports that heart disease, stroke and high blood pressure are just some of the associated negative health impacts of stress, along with the over-consumption of alcohol and poorer healthy-eating habits.¹

OKANAGAN: ↑ *Increased.* Despite a decrease between 2010 and 2011, those reporting their life stress as “quite a lot” has increased slightly overall between 2009 and 2014, from 22% to 24%. Other than 2011, the Okanagan has had a slightly higher percentage of those reporting high stress levels as compared to the Province as a whole during this time period.

% INDIVIDUALS REPORTING STRESS LEVEL AS “QUITE A LOT”, OKANAGAN RELATIVE TO BC



Source: Statistics Canada, Canadian Community Health Survey 2003-2014.

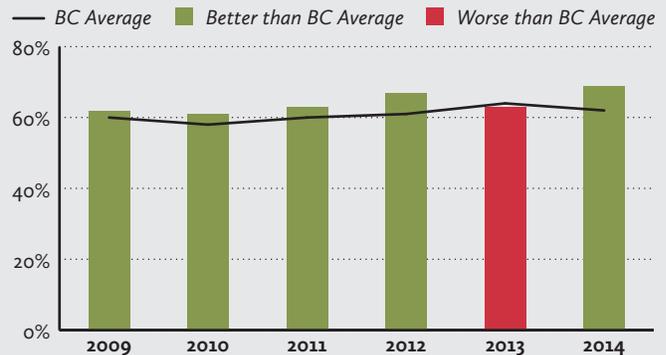
¹ Statistics Canada. 2001. “Stress and well-being.” Health Reports. Vol. 12, no. 3.

9.4 PHYSICAL ACTIVITY LEVELS

There is a great deal of research that supports the link between increased physical activity and health, and many benefits have been reported, including but not limited to, a reduced risk of cardiovascular disease, diabetes, obesity and high blood pressure. As a result, this indicator considers self-reported physical activity level during leisure time as an indicator of general health and well-being.

OKANAGAN: ↑ **Increased.** The percentage of those reporting that they are moderately-active or active in their leisure time has increased since 2009, from approximately 62% to 69%. The overall trend in reported physical activity was the same for BC, though at a slower rate. Physical activity levels among Okanagan individuals appears to be increasing more quickly than in the province at large.

MODERATELY ACTIVE/ACTIVE INDIVIDUALS, OKANAGAN RELATIVE TO BC



Source: Statistics Canada, Canadian Community Health Survey 2003-2014.

9.5 AIR QUALITY: ANNUAL AVERAGE OF DAILY MEAN PM_{2.5} LEVELS

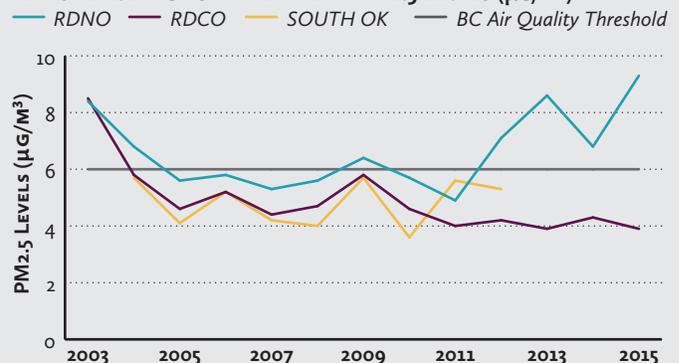
PM_{2.5} is particulate matter measuring 2.5 microns or smaller in diameter; it is a component of smog and a form of air pollution that has adverse impacts on human health. As a result, it is an important measure of air quality. The Provincial Air Quality threshold is set at 6 micrograms/m³ and serves the purpose of a “voluntary target to guide airshed planning efforts and encourage communities to maintain good air quality in the face of economic growth and development”.² It is important to note that variables such as proximity of the measuring station to roads may influence readings. For example, the RDNO station in Vernon is located near a main downtown intersection including a provincial highway.

RDNO: ↑ **Increased.** Measured at the Vernon Science Centre, levels of PM_{2.5} increased between 2010 and 2015 in the RDNO from 5.7 to 9.3 micrograms/m³ in 2010. Since 2012, PM_{2.5} levels have remained above the Provincial Air Quality threshold by up to 3.3 micrograms/m³.

RDCO: ↓ **Decreased.** Measurements taken at Kelowna College Station show that PM_{2.5} levels have decreased slightly between 2010 and 2015, from 4.6 to 3.9 micrograms/m³. These levels are well below the Provincial Air Quality Threshold of 6 by up to 2.1 micrograms/m³.

SOUTH OK: ↑ **Increased.** Measured at the Osoyoos Canada Customs, there is no data for PM_{2.5} levels from 2013-2015 as this air quality monitoring station is no longer operational. Considering data available between 2010 and 2012, PM_{2.5} levels have increased from 3.6 micrograms/m³ to 5.3 micrograms/m³. Despite this increase, PM_{2.5} levels for the South Okanagan remained below the Provincial Air Quality Threshold.

ANNUAL AVERAGE OF DAILY MEAN PM_{2.5} LEVELS (µG/M³)



No data is available for the South Okanagan for 2003 and 2013-2015.
Source: BC Air Data Archive Website 2003-2015.

² New Ambient Air Quality Criteria for PM_{2.5}: <http://www.bcairquality.ca/regulatory/pm25-objective.html>