



Kaslo & Area Investment Profile 2011

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Welcome

Thank you for your interest in the Kaslo area. We are confident that you will be impressed with the business and lifestyle opportunities that exist in our growing and vibrant region. *Invest Kootenay* is a joint-initiative of local governments, economic development organizations and Chambers of Commerce with the aim of attracting, retaining, and expanding investment.



We invite you to come and discover the advantages of doing business in the Kootenay region – where opportunity meets lifestyle. For a customized investor package or to learn more about our Ambassador Program, please contact:

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Demographics

Population		
Age Group	Population	% Distribution
Under 18 years	235	22.0%
18 – 34 years	150	14.0%
35 – 54 years	315	29.4%
55 – 74 years	270	25.2%
75 years and over	105	9.8%
Total – Age Groups	1070	100.0%
% Change 2001 - 2006	3.9%	
Median Age	45.2	

Kaslo 1,070

Household Income (2006)

Number of Households in 2006 480
 Median Household Income in 2006 C \$38,786

Household Income Group	Number	% Distribution
Under - \$35,000 CDN	215	44.8%
\$35,000 CDN - \$49,999 CDN	30	6.3%
\$50,000 CDN - \$74,999 CDN	155	32.3%
\$75,000 CDN and over	55	11.5%

Source: Statistics Canada, Census, 2006

Average Housing Values

Number of Single Family Homes \$196,996
 Multi Family Homes \$219,397

Taxes and Charges on a Representative House

Kaslo \$1,455

Source: Ministry of Community Development, 2008 & 2007

Language Knowledge (age 15 to 64) – Ability to Hold a Conversation

	Total Number	% of Total
English	860	100.0%
French	50	5.8%
Spanish	45	5.2%
German	25	2.9%
Czech	10	1.2%

Source: Statistics Canada, Census, 2006

Labour Force

Labour Force Participation Rate (15-64 years)

Male	60.5%
Female	49.4%
Total	55.0%

Civilian Labour Force

Unemployment Rate	10% (2006)
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Labour Force by Sector

Non-Agricultural Labour Force Reported by Place of Residence

	Total Number Employed	% of Total Employed Persons
Forestry & Logging	30	6.4%
Mining and Oil & Gas	0	0.0%
Construction	40	8.5%
Manufacturing	70	14.9%
Transportation, Warehousing & Public Utilities	20	4.3%
Wholesale Trade	0	0.0%
Retail Trade	50	10.6%
Services	205	43.6%
Finance, Insurance, Real Estate & Leasing	10	2.1%
Government	20	4.3%
Total	470	100.0%

Source: Statistics Canada, Census, 2006

Labour Force by Occupation

Reported by Place of Residence

	Total Number Employed	% of Total Employed Persons
Administrative/Clerical	70	15.1%
Executive	10	2.2%
Farming/Forestry	30	6.5%
Labourers/Handlers	30	6.5%
Machine Operators	30	6.5%
Management	35	7.5%
Precision Production	35	7.5%
Professional	15	3.2%
Protective Services	15	3.2%

Sales	15	3.2%
Services	125	26.9%
Technician	30	6.5%
Transportation and Public Utilities	25	5.4%
Total	465	100.0%

Source: Statistics Canada, Census, 2006

Workforce Education Attainment (25-64 Years of Age)

Less than High School Diploma	85	18%
High School Diploma Only	150	31%
Apprenticeship/Trades Certificate/Diploma	75	15%
College/University Certificate/Diploma	100	21%
University Bachelors Degree	55	11%
University Medical/Dentistry/Optomety Degree	0	0%
University Graduate Degree/Certificate	20	4%

Source: Statistics Canada, Census, 2006

Transportation

Distance to Major Centres

Metro Area	Kilometres	Miles
Kelowna, BC	334	207
Kamloops, BC	402	250
Calgary, BC	604	375
Vancouver, BC	752	467
Seattle, Washington	756	470
Victoria, BC	834	518
Portland, Oregon	874	543
Edmonton, Alberta	897	557

Source: Invest BC, 2009, based on Google Maps, 2008

Closest Commercial Airports

Castlegar Airport

Website	www.castlegar.ca/devserv_air.htm
Hub Status	Regional
Distance from Community	112 kilometers, 70 miles
No. of Runways	1
Runway Lengths	1,615 metres, 5329.5 ft
Carriers - Passenger	Air Canada Jazz, Highland Helicopters, High Alpine Air Services, Inc.
Days closed due to Weather in the Last 3 Years	6
Flights to Largest Cities Served	Weekly Non-stop flights
Calgary	7
Vancouver	19

Nelson Airport

Distance from Community	Located in Nelson
No. of Runways	1
Runway Lengths	940 metres, 3,100 ft.
Carriers - Passenger	High Alpine, Kokanee Helicopters

Kelowna Airport

Website	www.kelownairport.com
Hub Status	International
Distance from Community	338 kilometers, 210 miles
Hours of Operation	4:30 am – 11:30 pm
No. of Runways	1
Runway Lengths	2,225 meters, 7342.5 ft.
Carriers - Passenger	Air Canada, Horizon Air, WestJet Airlines,

	Regional1, Central Mountain Air
Carriers - Charter	Carson Air, Northwestern Air
Carriers - Air Cargo	Air Canada, Horizon Air, WestJet Airlines, Central MountainAir
Days closed due to Weather in the Last 3 Years	0
Total Weekly Non-Stops to All Cities Served	224
Flights to Largest Cities Served	Weekly Non-stop Flights
Calgary	70
Edmonton	35
Seattle	28
Vancouver	84
Victoria	7

Canadian Rockies International Airport

Website	www.flycanadianrockies.com
Hub Status	International
Distance from Community	232 kilometers, 144 miles
Hours of Operation	24 hours / 7 days
No. of Runways	1
Runway Lengths	1,829 meters
Carriers - Passenger	Air Canada, Pacific Coastal, Delta
Carriers – Charter	Kootenay Airways
Days closed due to Weather in the Last 3 Years	1
Total Weekly Non-Stops to All Cities Served	56
Flights to Largest Cities Served	Weekly Non-stop Flights
Calgary	35
Vancouver	21

Canadian Border Services Information	
Kelowna Airport	(250)765-5125
Kingsgate (south of Yahk) 24 yrs.	(250) 424-5292
Eastport (US side)	(208) 267-3966
Rykerts (south of Creston) 8am – 12am Oct. 31-April 23 7am-11pm April 24-Oct 30	(250) 428-2575
Nelway (south of Salmo) 8am-12am	(250)357-9940
Port Hill (US side)	(208) 267-5309
Waneta (south of Fruitvale) 9am-5pm	(250) 367-9656
Paterson (south of Rossland) 24hrs. US side 8am-12am	(250) 362-7341
Cascade (south of Christina Lake) 8am-12am	(250)447-9418

Canadian Border Services Information (1-800-461-9999)

Taxation

Municipal Tax Rate (2008)

Business	7.10292
Light Industry	8.94441
Major Industry	8.94441
Residential	2.63071
Utility	12.23279

*Dollars of tax per \$1,000 taxable value

Source: UBCM website (<http://www.civicinfo.bc.ca/81.asp>), 2009

Corporate Income Tax / Franchise Tax

Federal	Small Business	Mfg	Non-Mrg
Rate (range)	11.0%	19.0%	19.0%
Formula (e.g. Sales, Property & Payroll)	N/A	N/A	N/A
Accelerated Depreciation Permitted	Yes	Yes	Yes
Provincial			
Rate (range)	3.5%	11.0%	11.0%
Formula (e.g. Sales, Property & Payroll)	Sales & Payroll	Sales & Payroll	Sales & Payroll
Accelerated Depreciation Permitted	No	No	No
Total Federal and Provincial Corporate Income Tax	14.5%	30.0%	30.0%

Source: InvestBC, 2009

Personal Income Tax Rate (Range)

	Federal	Provincial (State)	Local
Capital Gains	7.50%-14.50%	2.53%-7.35%	N/A
Earned Income	15.00%-29.00%	5.06%-14.70%	N/A
Unearned Income (e.g. Dividend)	0.00%-14.55%	0.00%-3.92%	N/A

Source: InvestBC, 2009

Sales / Use Tax Rate

	Rate	Notes
Federal (Goods and Service Tax) -- GST	5.0%	GST on business inputs is fully recoverable
Local	N/A	British Columbia has no local sales tax
Provincial (State) Sales Tax -- PST	7.0%	Exemptions include: production machinery and equipment, direct materials, catalysts, reagents, software development equipment, construction labour
Total (Effective Combined Rate) Business	7.0%	GST on business inputs is fully recoverable

Source: InvestBC, 2009

Telephone Subject to Sale / Use Tax		
Type	Rate	Notes
Local	7.0%	GST is fully recoverable
Long Distance In Province	7.0%	Toll free inbound service is tax-exempt. GST is fully recoverable.
Long Distance out of Province	7.0%	Toll free inbound service is tax-exempt. GST is fully recoverable.

Source: InvestBC, 2009

Sales Tax Rate by Utility		
	Rate	Notes
Electric Power	7.0%	GST is fully recoverable
Natural Gas	7.0%	GST is fully recoverable
Fuel Oil	7.0%	GST is fully recoverable
Water	0%	
Sewer	0%	
Hazardous Waste	7.0%	GST is fully recoverable

Machinery & Equipment Subject to Sale / Use Tax		
Type	Rate	Notes
Production	0%	
Non-Production	7.0%	Equipment used directly in software development is tax-exempt. GST is fully recoverable.
Pollution Control	0%	GST is fully recoverable.
Office Furniture / Fixtures / Equipment	0%	GST is fully recoverable.

Sales / Use Tax on Tangible Property		
Type	Rate	Notes
Office Building Construction Materials	7.0%	GST is fully recoverable.
Industrial Building Construction Materials	7.0%	GST is fully recoverable.
Manufacturers' Raw Materials	0%	GST is fully recoverable.
Standard Software	7.0%	GST is fully recoverable.
Custom Software	7.0%	GST is fully recoverable.

Sales / Use Tax on Intangible Property		
Type	Rate	Notes
Accounts Receivable	0%	
Capital Stock	0%	
Stock / Bond Transaction Fee	0%	

Source: InvestBC, 2009

Payroll Costs

Payroll Taxes

Workers Compensation

Average Cost for All Industries per \$100 Payroll	C \$1.90	Rates set by employer's business activity. Applies up to maximum gross earnings of C \$62,400 per year.
Average Rate for Office Workers per \$100 Payroll	C \$0.30	There is no separate rating for office occupations in British Columbia – the applicable industry rating applies to all workers. Rates for Business Services range from \$0.08 - \$0.70 per \$100 of payroll (average \$0.30). Applies up to maximum gross earnings of C \$62,400 per year.
Maximum Weekly Benefit	C \$808.16	Maximum per employee set at 90% of average net earnings (after deductions for income taxes, Canada Pension Plan & Employment Insurance), up to a maximum wage of C\$62,400 per year.

Source: InvestBC, 2009

Unemployment Insurance (Employment Insurance)

Taxable Base	Gross Payroll	Up to a gross per worker salary of C \$39,000 per year.
Percentage Rate (Employer Premium)		
Average Among Existing Employers	2.618%	Maximum annual contribution per worker is C\$1,021. Employees also contribute at a rate of 1.87% up to an annual maximum of C\$729.
Average Among New Employers	2.618%	Maximum annual contribution per worker is C\$1,021. Employees also contribute at a rate of 1.87% up to an annual maximum of C\$729.
Maximum Weekly Benefits	C \$413.00	

Source: InvestBC, 2009

Utilities

Water Availability

Municipality	Kaslo
Major Sources	Kemp Creek

The water treatment plant has a rapid sand filtration device and utilizes chlorine. Seasonally, the Kemp Creek water supply is operating at maximum capacity. During the summer months water restrictions for residential and commercial use are in effect.

The majority of Kaslo is serviced by septic. A small area of the downtown along Water Street and around Kaslo Bay is serviced by a small-scale municipal (district) sewage system. Expansion of the sewage system is necessary for continued development of Kaslo's residential areas. The transfer station is located at Kaslo Airport, from where waste is transported to a sanitary landfill that is run by the Regional District of Central Kootenay (RDCK).

Source: Village of Kaslo Official Community Plan, 2009

Electric Power

Name of Company	Fortis BC
Communities Served	Castlegar, Creston, Grand Forks, Kelowna, Oliver, Osoyoos, Penticton, Summerland, Trail, Kaslo

Average Cost per kWh - \$CDN (2004)

Commercial Electricity Rates

Small – 28% Load Factor (300 kW & 120,000 kWh)	7.01 ¢
Medium – 56% Load Factor (1,000 kW & 400,000 kWh)	5.60 ¢
Large 1 – 56% Load Factor (4,000 kW & 1,600,000 kWh)	5.48 ¢
Large 2 – 85% Load Factor (50,000 kVA)	4.32 ¢

Landfill & Waste Management

Nearest Licensed Hazardous Waste Disposal Site	There are no hazardous waste disposal sites in British Columbia.
No. of Licensed Hazardous Waste Haulers Serving the Area	0

Source: Invest BC, 2009

Telecommunications

Number of Local Service Providers	4
Name of Provider	Telus Internet Services; Uniserve.com, Netidea, Kaslo infoNet Wireless
Address	See Yellow Pages

Source: Invest BC, 2009

Quality of Life

Climate			
Average Daily Temperature (Celsius)	High	Low	Average
January	0	-6	-3.0
July	25.0	11.1	18.1
Average Annual Rainfall			664.8mm
Average Annual Snowfall			221.8cm

Source: <http://www.eldoradocountyweather.com/canada/climate2/Kaslo.html>

Culture and Recreation	
Top Annual Events	Date(s)
Kaslo May Days and Logger's Sports	May 16 – 18
Kaslo Jazz Etc. Summer Music Festival	August 1 -2
Saturday Markets	Saturdays
Winter in the Forest	TBA
Art Walk	June 19- Sept 12

Source: Invest Kootenay Research, 2009

Education

Selkirk College

Website: www.selkirk.bc.ca

Main Campus: Castlegar Area

Other Campuses: Castlegar (main campus), Grand Forks, Kaslo, Midway, Nakusp, Nelson, Trail, Winlaw

Selkirk College Enrolment	2003-04	2004-05	2005-06	2006-07
Domestic Students	10,700	9,958	10,995	12,244
International Students	254	275	298	252
Total Student Headcount	10,954	10,233	11,253	12,496

Source: BC Ministry of Advanced Education, 2008

Enrollment by Program	Full Time	Part Time	Total
Adult Basic Education	-	-	888
Adult Special Education	-	-	5,969
Applied and Professional	-	-	4,362
Arts and Science	-	-	-
English Language Training	-	-	196
Other	-	-	-

Source: Ministry of Advanced Education - Post-Secondary Central Data Warehouse Standards Report (June 2004), 2005.

Kootenay Lake School District 8

Website: www.sd8.bc.ca

Located in the southern interior of British Columbia, Canada, School District No. 8's area covers approximately 15,000 square kilometers and includes the communities of: Yahk, Kitchener, Wynndel, Canyon, Erickson, Boswell, Crawford Bay, Kootenay Bay, Riondel, and Creston on the east side of Kootenay Lake; and Kaslo, Meadow Creek, Johnson's Landing, Argenta, Ainsworth, Slocan, Winlaw, South Slocan, Crescent Valley, Slocan Park, Taghum, Blewett, Ymir, Balfour, Harrop, Procter, Salmo, and Nelson on the west side of Kootenay Lake.

Average Class Size	Kindergarten	Grade 1-3	Grade 4-7	Grade 8-12
Kootenay Lake School District 8	15.3	19.6	24.3	21.8
Province of British Columbia	17.4	20.4	25.8	24.4

School Name	Kindergarten	Grade 1 - 3	Grade 4 - 7	Grade 8 - 12
A.I. Collinson Elementary	11.0	14.3	15.1	
Adam Robertson Elementary	19.0	20.7	28.0	
Blewett Elementary School	12.0	16.7	15.0	
Brent Kennedy Elementary	16.0	23.0	25.0	
Canyon/Lister Elementary	11.0	16.5	25.0	
Crawford Bay Elem-Secondary	21.0	16.5	13.0	11.6
Erickson Elementary	22.0	23.0	23.5	
Gordon Sargent Primary School	20.0	19.5		
Hume Elementary School	15.0	19.0	28.0	
J V Humphries Elem-Secondary	17.0	22.5	23.3	21.2
Jewett Elementary	14.0	10.5		
L V Rogers Secondary				23.6
Mount Sentinel Secondary			27.8	21.2
Prince Charles Secondary				22.3
Redfish Elementary School	9.0	23.4	24.3	
Rosemont Elementary School	13.0	20.7	25.7	
Salmo Elementary School	18.0	21.7	28.3	
Salmo Secondary			17.4	16.3
South Nelson Elementary	22.0	20.4	21.1	
Trafalgar Middle School			25.9	24.1
W.E. Graham Community School	16.0	14.7	10.9	11.8
Winlaw Elementary School	9.0	24.0	23.3	
Wynndel Elementary	9.0	9.0	9.0	
Yahk Elementary	11.0	9.8	8.0	

Source: BC Ministry of Education, 2009

Number of Students	2003/04	2004/05	2005/06	2006/07	2007/08
Total	6,250	6,014	5,721	5,359	5,393
Female	3,048	2,907	2,852	2,631	2,641
Male	3,202	3,107	2,869	2,728	2,752
Kindergarten	333	328	330	318	323
Grade 1	331	344	329	331	305
Grade 2	356	331	337	321	335

Grade 3	364	370	324	344	319
Grade 4	388	369	349	320	355
Grade 5	428	403	352	350	327
Grade 6	440	413	402	366	382
Grade 7	482	448	425	411	407
Grade 8	546	531	474	433	449
Grade 9	540	557	526	470	438
Grade 10	600	556	587	551	537
Grade 11	631	609	585	565	560
Grade 12	696	670	618	524	633
Secondary Ungraded	115	85	83	55	23
School-age	6,055	5,860	5,598	5,312	5,306
Adult	195	154	123	47	87
Aboriginal	599	619	607	577	617
English as a Second Language	46	51	60	78	62
French Immersion	280	289	288	292	300
Non-Resident	35	32	44	45	57

Number of Students in Programs	2003/04	2004/05	2005/06	2006/07	2007/08
Aboriginal Students in Aboriginal Programs	357	419	452	481	499
Female	172	203	229	237	233
Male	185	216	223	244	266
Career Preparation Program	179	180	309	126	183
Career Technical Program	-	-	-	9	31
Co-operative Education Program	-	-	-	-	-
Continuing Education Program	-	29	11	3	4
Distributed Learning Program*	693	678	637	436	492
Secondary School Apprenticeship Program	-	-	1	2	6
English as a Second Language Program	46	51	60	78	62
Female	21	23	34	45	34
Male	25	28	26	33	28
French Programs	2,561	2,453	2,127	2,189	2,195
Female	1,305	1,226	1,087	1,111	1,104
Male	1,256	1,227	1,040	1,078	1,091
Core French	2,281	2,164	1,839	1,903	1,896
French Immersion Programme Francophone	280	289	288	292	300
Programme Francophone	-	-	-	-	-

Home School Registration	3	5	-	5	-
Female	Msk	3	-	1	-
Male	Msk	2	-	4	-

Number of Public Schools	2003/04	2004/05	2005/06	2006/07	2007/08
Total	28	29	29	28	28
Elementary	16	16	16	16	17
Elementary Junior	1	1	-	-	1
Secondary	7	9	8	7	6
Elementary Secondary	-	-	-	-	-
Junior Secondary	1	1	1	1	1
Middle School	3	2	4	3	3
Secondary	-	-	-	1	-
Senior Secondary	-	-	-	-	-

Number of Teachers	2003/04	2004/05	2005/06	2006/07	2007/08
Female (Count)	238	226	233	210	223
Male (Count)	137	123	125	113	110
Female (FTE)	200.1	187.9	187.9	180.5	192.3
Male (FTE)	130.5	116.1	115.1	107.6	104.9

Number of Principals, Vice-Principals, other District Admin.Staff	2003/04	2004/05	2005/06	2006/07	2007/08
Total (Count)	36	38	39	38	43
Total (FTE)	35.8	37.8	37.0	37.8	41.3

Number of Educators	2003/04	2004/05	2005/06	2006/07	2007/08
Total (Count)	411	387	397	361	376
Total (FTE)	366.4	341.8	340.0	325.9	338.5
Average Educator Age	46.5	47.1	47.4	47.1	47.0

Source: BC Ministry of Education, 2009

J. V. Humphries Elementary-Secondary School

Website: <http://jvhschool.bc.ca/>



J.V. Humphries Elementary-Secondary School serves approximately 277 (2008/9) K-12 students in Kaslo, including 136 elementary students and 141 secondary students.

Health

The Kootenay Lake Local Health Area (LHA) is one of 31 LHAs within Interior Health and one of 7 located in the Kootenay Boundary Health Service Area (KBHSA).

Population and Demographics

The population of the Kootenay Lake LHA is the second smallest of the 7 LHAs located within the Kootenay Boundary Health Service Area (KBHSA) and the 31 Interior Health LHAs. Over the last 10 years, the median age of the Kootenay Lake population has increased by 6.8 years from 41.7 to 48.5; a trend seen throughout Interior Health. The population of the Kootenay Lake LHA is projected to increase by 1.3% over the period from 2009 to 2014. This is greater than the projected Interior Health growth rate of 4.4% over the same period. Over the next 5 years, the youth population (less than 20) is projected to decrease by 9.6%. The 20-44 and 45 – 64 age groups are also expected to experience a decline and the remaining age groups are projected to increase in population, with the largest growth projected for the 75+ age group.

Health Status

Health Status indicators focus on a range of measures such as health conditions, human function, wellbeing, and death. Kootenay Lake's life expectancy at birth of 82.6 years is higher than that for the KBHSA (79.9), IH (80.0), and British Columbia (80.9). Low birth weight infants (< 2,500 grams) have increased risks of morbidity and premature death. The Kootenay Lake rate of low birth weight infants is 63.2 per 1,000 live births, which is higher than the KBHSA (54.1), Interior Health (53.8) and British Columbia (54.7) rates. The Standardized Mortality Ratio (SMR) is the ratio of the number of deaths occurring to residents of a geographic area (e.g. Kootenay Lake LHA) to the expected number of deaths in that area based on provincial age-specific mortality rates. An SMR less than 1 indicates fewer observed deaths than expected while an SMR greater than 1 indicates more deaths than expected. The SMR (all causes of death) for Kootenay Lake is 0.95 which means there were fewer deaths than expected, given provincial rates. Malignant Neoplasms (all sites) were the leading cause of death in the Kootenay Lake LHA and accounted for 34.3% of the total deaths in the LHA.

Non-Medical Determinants of Health

Non-medical determinants of health describe behaviours, living and working conditions, personal resources, and environmental factors that have the potential to influence human health.

Median Share of Income - This indicator shows the percentage of the total personal income that was earned by households below the median household income. Median share of income is a measure of income inequality with a value of 50% representing no inequality because the lowest half of income earners is earning half of the total income. As the median share of income decreases, there is an increase in income inequality. Research has shown that income inequality is a predictor of health status and a major contributor to health inequities. The Kootenay Lake LHA residents had a higher median share of income than British Columbia residents, but lower than the Kootenay Boundary HSA and Interior Health.

Housing affordability – The percentage of households (renters, owners, and total) spending 30% or more of total household income on shelter expenses. Shelter expenses include payments for electricity, oil, gas, coal, wood or other fuels, water and other municipal services, monthly mortgage payments, property taxes, condominium fees and rent. As a general rule, households are considered to have affordability problems if more than 30% of household income is spent on housing costs. At that level of spending, it is likely that inadequate funds will be available for other necessities such as food, clothing, and transportation. Housing affordability problems affect renters more than owners. Band housing on Indian reserves was not included in the calculation of

housing affordability. The Kootenay Lake LHA residents had a higher rate of Affordable Housing than residents of Interior Health and the Kootenay Boundary HSA, meaning a larger percentage of residents spent 30% or more on shelter expenses than residents of these regions, but had a lower rate than British Columbia residents.

High School Graduation – The percentage of population aged 25 to 29 who have a high school graduation certificate. It is a measure of educational attainment and socio-economic status. The Kootenay Lake LHA had a lower proportion of residents who graduated high school than the Kootenay Boundary HSA, but a higher proportion than Interior Health and British Columbia.

Unemployment (youth and adult) - Labour force aged 15 and over (and for youths, aged 15 to 24 years) who did not have a job during the reference period. This indicator is a traditional measure of the economy. Unemployed people tend to experience more health problems. The Kootenay Lake unemployment rate is higher than the Kootenay Boundary HSA, Interior Health, and the British Columbia rate.

Leisure-Time Physical Activity - This indicator identifies the proportion of the population over the age of 12 who were classified as active or moderately active based on responses to questions about the frequency, duration and intensity of their leisure-time physical activity. Regular physical activity reduces the risk of developing chronic diseases, helps to control weight and promotes psychological well-being. Studies have shown that an increase in physical activity would reduce healthcare expenditures.

Healthy Eating - This indicator shows the proportion of the population over the age of 12 who eat the daily recommended level of fruits and vegetables. 30% of cancer and diabetes cases and 20% of cardiovascular disease can be attributed to poor nutrition. Illness resulting from poor nutrition is estimated to cost the province over \$800 million per year. Hospital costs for major diet-related diseases alone exceed \$80 million per year in British Columbia.

Overweight/Obesity - This indicator identifies the proportion of population over the age of 18, excluding pregnant females, classified as overweight or obese based on self-reported height and weight (Body Mass Index). Obesity is a major risk factor for many chronic illnesses, including cardiovascular diseases, type 2 diabetes and some types of cancer.

Tobacco Use - This shows the proportion of population over the age of 15 who are daily or occasional smokers. Cigarette smoking is the primary risk factor for the top three causes of death in Canada: diseases of the circulatory system, cancers and respiratory diseases. Preventing and reducing tobacco use can also have immediate impacts on hospital admissions for many diseases, such as asthma and hypertension.

Kootenay Boundary HSA residents have a higher percentage of population who are physically active in their leisure time, and a higher percentage of people who eat healthy when compared to Interior Health and BC. The KBHSA has a higher rate of tobacco use and obesity than British Columbia, but lower rates than Interior Health.

Health Service Performance

Accessibility is a key measure of health care services provided in any jurisdiction. Interior Health's network of health care facilities provides for the provision of primary health services in small rural communities, basic acute care services in larger rural communities, and centralizing specialized services in nearby urban centres. Residents of the Kootenay Lake LHA (the Village of Kaslo and Area D of the Central Kootenay Regional District) receive primary health services at the Victorian Community Health, including blood pressure monitoring, diabetic education, eye examinations, foot care, healthy heart program, nutrition counseling, screening programs (e.g. Osteoporosis), sexual health clinics, smoking cessation program, well baby clinic, and women's

health exams. Residents from the Kootenay Lake LHA requiring basic acute care services travel to the Kootenay Lake Hospital in Nelson and those requiring specialized services travel to the Kootenay Boundary Regional Hospital in Trail. 44.3% of Kootenay Lake inpatients received treatment at Kootenay Lake Hospital and another 29.2% received treatment at Kootenay Boundary Regional Hospital. Overall, almost 74% of Kootenay Lake LHA inpatient cases were treated at hospitals within the Kootenay Boundary Health Service Area (KBHSA).

Community and Health System Characteristics

The availability of residential care beds in the Nelson and Kootenay Lake LHAs is lower than the equivalent rate for IH as a whole. However, assisted living units are available at rates greater than that for IH. Utilization measures indicate that Kootenay Lake residents use the available assisted living services at rates exceeding those for IH as a whole, but use residential care and home support services at rates less than those for IH as a whole.

Indicators	Nelson and Kootenay Lake LHAs	Kootenay Boundary HSA	Interior Health
Residential Care Beds per 1,000 Population 75+ (2008)	75.2	83.1	81.4
Assisted Living Units per 1,000 Population 75+ (2008)	15.1	15.8	14.9
Home Support Clients per 1,000 Population 65+ (2008)	31.8	36.4	29.4
Residential Care Days per 1,000 Population 75+ (2008)	23,414	29,386	27,728
Assisted Living Days per 1,000 Population 75+ (2008)	6,827	5,761	5,042
Home Support Hours per 1,000 Population 75+ (2008)	9,781	12,815	11,188

Source: Kootenay Lake Local Health Area Profile, 2009