Community Health Summit: Clallam County’s Community Health Improvement Process

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Peninsula College, Port Angeles

Beth Lipton, MPH CPH
Kitsap Public Health District
Community health and well-being... encompasses the experiences of all individuals and the community context into which people are born and live.

**Social and Economic (40%)**: social support, community safety, income, education, employment

**Physical Environment (10%)**: built environment, environmental quality

**Personal Behavior (30%)**: diet and exercise, substance use, sexual activity

**Clinical Care (20%)**: access to care, quality of care

http://www.countyhealthrankings.org/our-approach
What is the CHSA?

- Clallam County’s Community Health Status Assessment
  - Compilation of data gathered from many sources, mostly presented in an “indicator” format
  - Data shared at community meeting Nov. 2012, community survey completed (n=86)
What is the CHSA?

- Considerations:
  - Selected measures: not comprehensive
  - Selection: standard use, availability and reliability of data, ability to track over time and to compare across geographies
  - Contains differences between groups when possible (health disparities)
What did we learn from the CHSA?

- **Worsening trend over time**
  - Many socioeconomic: poverty, food stamps, HS dropout, unemployment, housing cost as % of income
  - Pregnancy and births: LBW, unmarried mothers
  - Substance abuse: adult alcohol & meth treatment rates, drug & opiate-related hospitalization rates
  - Chronic disease: cardiovascular disease prevalence, diabetes-related hospitalization & death rates, falls hospitalization rate (age 65+)
  - Other: kindergartners w/ complete immunizations, illnesses related to unsafe water/food or poor hygiene
What did we learn from the CHSA?

• **Worse than WA (at most recent time period)**
  – Many socioeconomic: poverty, unemployment, more than HS education (adults >25), HS drop-out, owned housing cost as % of income, Medicaid births
  – Pregnancy and births: smoking during pregnancy, mothers more than HS education, unmarried mothers
  – Substance abuse: adult alcohol & meth treatment rates, youth alcohol & meth treatment rates, opiate-related hospitalization rate, drug and opiate-related death rates, injury & poisoning death rate
  – Chronic disease: cardiovascular disease prevalence, asthma hospitalization rate
What did we learn from the CHSA?

• **Worse than WA (at most recent time period)**
  – Other health measures: kindergartners w/ complete immunizations, death rate due to accidents, influenza & pneumonia death rate, years of potential life lost (YPLL)
  – Environmental health: motor vehicle death rate, % of food establishments that are safe
  – Quality of life: child abuse & neglect referral rate, arrests to adolescents (age 10-17), domestic violence arrest rate, suicide death rate
What else do we know?

• Only some agency-level data were included
• Hospital data were included but were large-scale
• Disparities in indicators in CHSA but would not be included in trends or state comparisons
• Each community member lends a different but important perspective on “the state of Clallam County” - can be leveraged to decide how to best address chosen priorities along with consideration of evidence-based interventions
Six Potential Health Priority Areas

1) Medical Home/Availability of Primary Providers
2) Mental Health/Early Identification, Access to Outpatient Services, Crisis Intervention
3) Chronic Disease Prevention/Management
4) Substance Abuse: opiate, alcohol, tobacco
5) Oral Health and Dental Access
6) Early Learning/Healthy Parenting Skills
Medical Home/Availability of Primary Providers

• New opportunities for increased health care coverage and access due to ACA- will hopefully significantly address existing disparities

• About 2 in 3 adult residents has had a routine medical check up in the past year

• Preventive screening (age 50+): 3 in 4 women have had breast cancer screening in past 2 years; 3 in 4 adults have had colorectal cancer screening as recommended

• Primary care shortage areas: Neah Bay & Forks and for low income/homeless: Port Angeles & Sequim-Elwha
Medical Home/Availability of Primary Providers

• Daily patient loads and ER visits increased at both Forks Community Hospital and OMC from 2006 to 2011

• Inpatient stays paid by Medicaid: Forks 36%, OMC 19%

• Inpatient stays paid by Medicare: Forks 39%, OMC 62%

• Bad debt increased at both Forks and OMC from 2006 to 2011, and charity care increased 81% at OMC from 2006 to 2011
Mental Health/Early Identification, Access to Outpatient Services, Crisis Intervention

• Adults not reporting mental distress (no days or less than 14 days of poor mental health in past month): 89%

• Disparities in Not experiencing mental distress:
Mental Health/Early Identification, Access to Outpatient Services, Crisis Intervention

- Youth experiencing depression* in past year: 8th grade 28%, 10th grade 32%

- Youth seriously considered suicide in past year: 8th grade 17%, 10th grade 15%

- Suicide death rate higher in Clallam than WA State- 51 suicide deaths during 2008-10

*Youth report feeling so sad or hopeless for 2 or more weeks in a row they stopped doing their usual activities at least once during the past year.
Chronic Disease Prevention/Management

- Risk conditions:
  - Almost 2 in 3 adults is overweight or obese (1 in 4 is obese)
  - Almost 1 in 6 low-income preschool children is obese
  - 4 in 10 adults has ever been told they have high cholesterol
  - More than 1 in 3 adults has ever been told they have high blood pressure; disparities in prevalence

![Bar chart showing prevalence of health conditions by demographic and socioeconomic factors in Clallam counties.](chart.png)
Chronic Disease Prevention/Management

• Risk conditions:
  – Tobacco use: 1 in 5 adults smoke
    • Biggest disparities by income (more than 1 in 3 for income less than $25,000) and education (1 in 4 for less than high school education)
    • Smoking during pregnancy is as high as the adult rate; disparities by age, income and education
Chronic Disease Prevention/Management

• Chronic disease prevalence:
  – 1 in 10 adults has ever been told they have diabetes
  – 1 in 10 adults has ever been told they have any cardiovascular disease

• Diabetes-related death rate has statistically increased

• Prevalence of or deaths from any major types of cancer have not increased (lung, colorectal, breast, cervical/uterine)

• Major cardiovascular disease and cancer are leading causes of death
Substance Abuse

• Tobacco - covered under chronic disease
• Alcohol:
  – Adult recent binge drinking statistically the same as WA State
  – Adult Medicaid-reimbursed alcohol treatment rate has statistically increased and is higher than WA State
  – In Port Angeles 1 in 5 8th graders and almost 1 in 3 10th graders drank in the past month
  – Youth Medicaid-reimbursed alcohol treatment rate is higher than WA State
• Adult and youth Medicaid-reimbursed meth treatment rates are higher than WA State
Substance Abuse

• The drug and opiate-related hospitalization rates have statistically increased; the opiate hospitalization rate is higher than WA State.

• During 2008-11, 17% of all drug-related hospitalizations involved an opioid.

• The drug and opiate-related death rates are higher than WA State.

• During 2008-11, 66% of all drug-associated deaths involved an opioid.

• The majority of opiate-related hospitalizations (80%) and deaths (66%) are “accidental.”
Substance Abuse

• From 2008 to Oct. 1 2013: 284% increase in needle exchange visits and 290% increase in needles exchanged
Substance Abuse

• Syringe exchange client demographics:

Heroin is the most common reported drug of choice, followed by meth.

Data from Jan 1, 2012 to Oct 1, 2013
Oral Health and Dental Access

• Just fewer than 3 in 4 adults report having a dental visit within the past year (slightly higher for 8th and 10th grade students)

• Disparities in dental care:
Oral Health and Dental Access

• More than 1 in 2 3rd graders has had a dental sealant

• Dental care shortage areas: West Side Olympic Peninsula and for low income: Port Angeles & Sequim

• Of all ages eligible for Medicaid dental services, only 31% received services during 2009-12 (an estimated 1,228 eligible persons in 2012)

• During Aug. 2011 to June 2012, 372 patients received dental services from Volunteers in Medicine of the Olympics
Early Learning/Healthy Parenting Skills

• About 1 in 2 mothers giving birth have more than a high school education, statistically lower than WA State

• More than 4 in 10 mothers is unmarried at birth, the rate has statistically increased and is higher than WA State

• Almost 1 in 5 mothers smokes during pregnancy, statistically higher than WA State; women who are younger, less educated and low income smoke more

• 1 in 20 births is low birth weight, and the rate has statistically increased
Early Learning/Healthy Parenting Skills

• Clallam County adults reporting 3 or more adverse childhood experiences (ACEs): 27%

• 1 in 3 entering kindergartners don’t demonstrate the expected math standard, more than 1 in 5 the expected language standard*

• In 4th grade, 6 in 10 students failed one or more content areas of the WASL

• The 2011-12 graduation rate** was 44% and the dropout rate was 54%

*WaKIDS data for all participating OESD sites; **graduation rate is the 5 year cohort rate, see more at http://www.k12.wa.us/dataadmin/ as new data reporting began in 2010-11