



Grays Harbor County

# Community Health Profile

July 2013

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[www.HealthyGH.org](http://www.HealthyGH.org)

Overview .....	1
Primary Sources of Data .....	2
How to Read our Charts.....	3
Indicators of Overall Health Status.....	4
...Themes.....	10
The Social & Economic Context of Health .....	7
Education & Economics .....	12
...Themes.....	22
Youth & Families in Crisis.....	23
...Themes.....	40
Mental health .....	41
...Themes.....	46
Health Behaviors.....	47
Tobacco, Alcohol and Other Drugs.....	48
...Themes.....	62
Safety .....	63
...Themes.....	68
Nutrition & Physical Activity .....	69
...Themes.....	76
Health Outcomes .....	77
Hospitalization Rates .....	78
...Themes.....	81
Death Rates .....	82
...Themes.....	85
Health Care Access & Utilization .....	86
Themes.....	98





## Overview

Primary Sources of Data .....	2
How to Read our Charts.....	3
Indicators of Overall Health Status .....	4
...Themes.....	10

# Primary Sources of Data

- County Health Rankings
  - [www.countyhealthrankings.org](http://www.countyhealthrankings.org)
- Behavioral Risk Factor Surveillance System
  - [www.doh.wa.gov](http://www.doh.wa.gov) – search for “Behavioral Risk Factor Surveillance System”
- Healthy Youth Survey
  - [www.askhys.net](http://www.askhys.net)
- Comprehensive Hospital Abstract Reporting System (CHARS)
  - [www.doh.wa.gov](http://www.doh.wa.gov) – search for “CHARS”
- Local Public Health Indicators
  - [www.doh.wa.gov](http://www.doh.wa.gov) – search for “LPHI website”
- American Community Survey
  - [www.census.gov/acs](http://www.census.gov/acs)

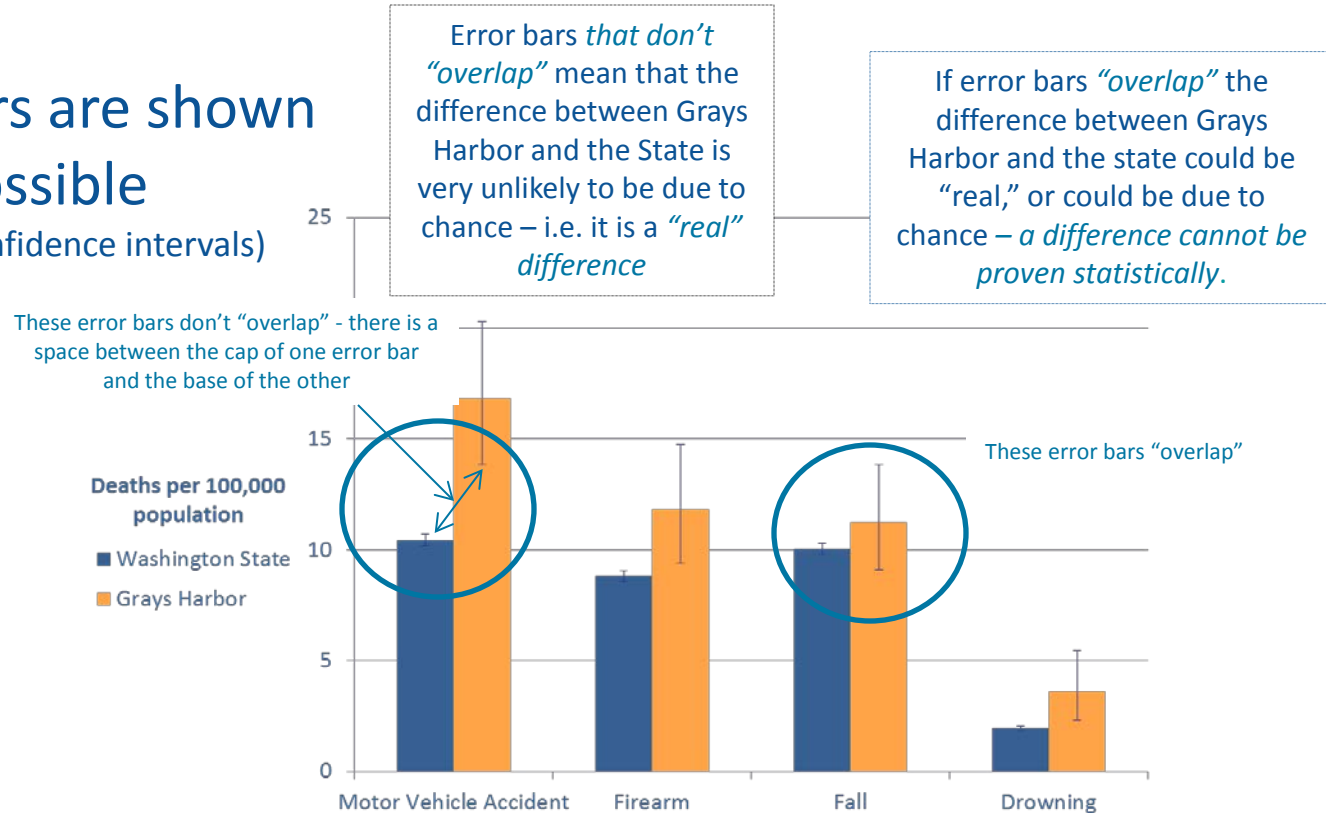
This report is accessible through our website: [www.HealthyGH.org](http://www.HealthyGH.org)

- Online users can “click” on the source at the bottom of each slide to navigate to the source of the data

# How to Read our Charts

- Blue generally represents Grays Harbor data
- Green generally represents the Washington state average

- Error bars are shown when possible (using 95% confidence intervals)





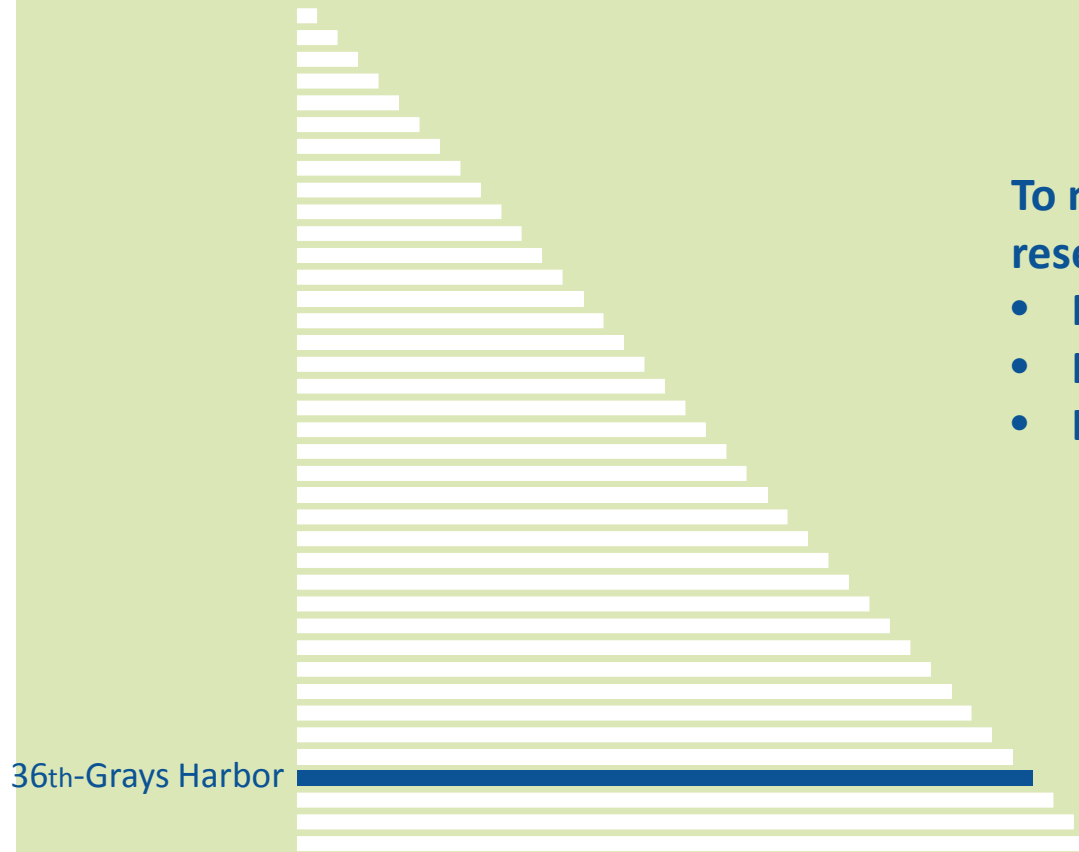




# INDICATORS OF OVERALL HEALTH

# A Picture of Today: Health Outcomes

## Ranking of Overall Health Outcomes By Counties in Washington state



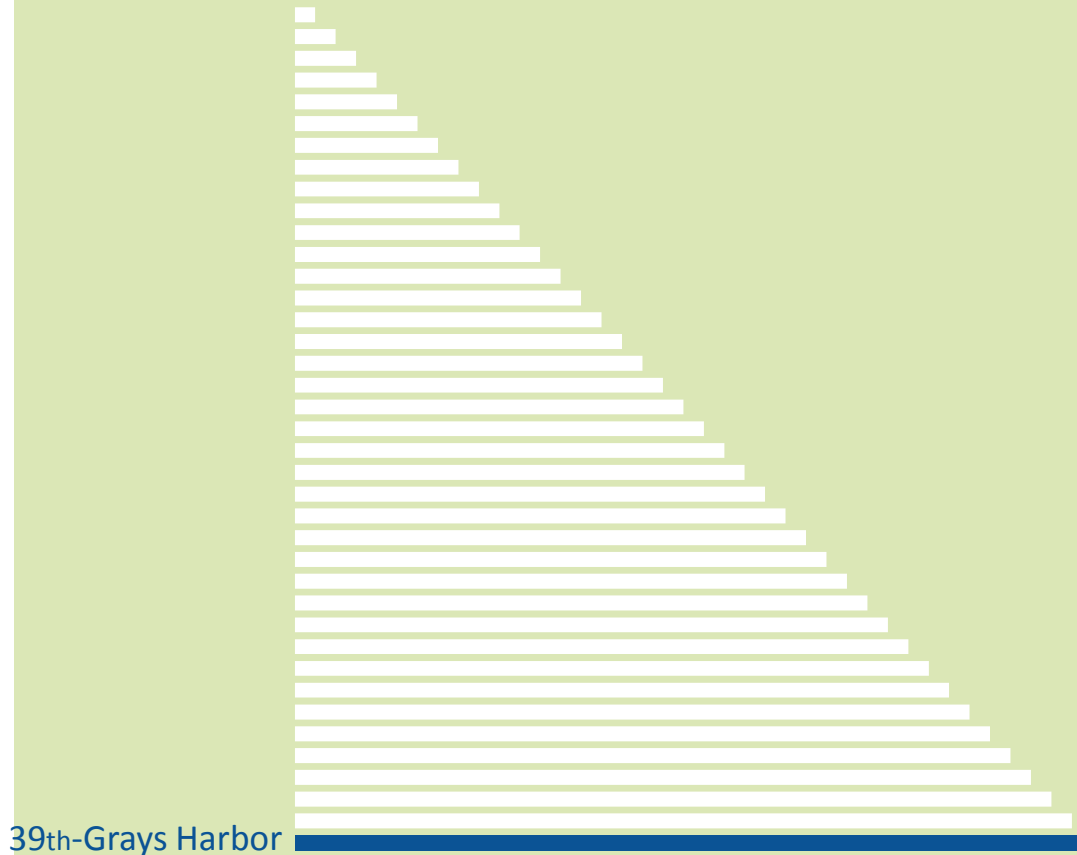
To measure Health Outcomes, researchers look at data about:

- Premature death
- Physical and mental health
- Low birth weight

Source: University of Wisconsin Population Health Institute, County Health Rankings. Retrieved March 2013 from [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

# Concerns about Tomorrow: Health Factors

## Ranking of Overall Health Factors By Counties in Washington state



To measure Health Factors, researchers look at data about:

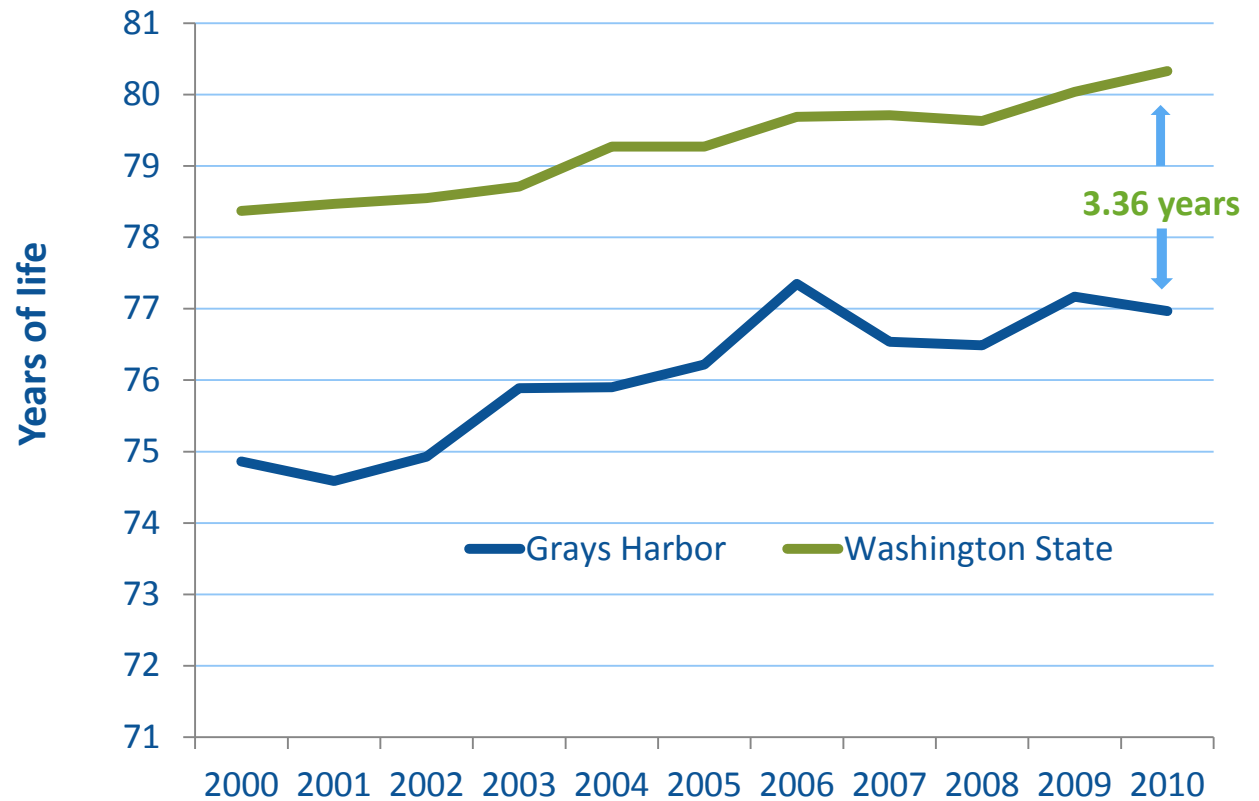
- **Health Behaviors**
  - Tobacco use
  - Diet and exercise
  - Alcohol use
  - Sexual activity
- **Clinical Care**
  - Access to care
  - Quality of care
- **Social and Economic Factors**
  - Education
  - Employment
  - Income
  - Family and social support
  - Community safety
- **Environmental Factors**

Source: University of Wisconsin Population Health Institute, County Health Rankings. Retrieved March 2013 from [www.countyhealthrankings.org](http://www.countyhealthrankings.org)



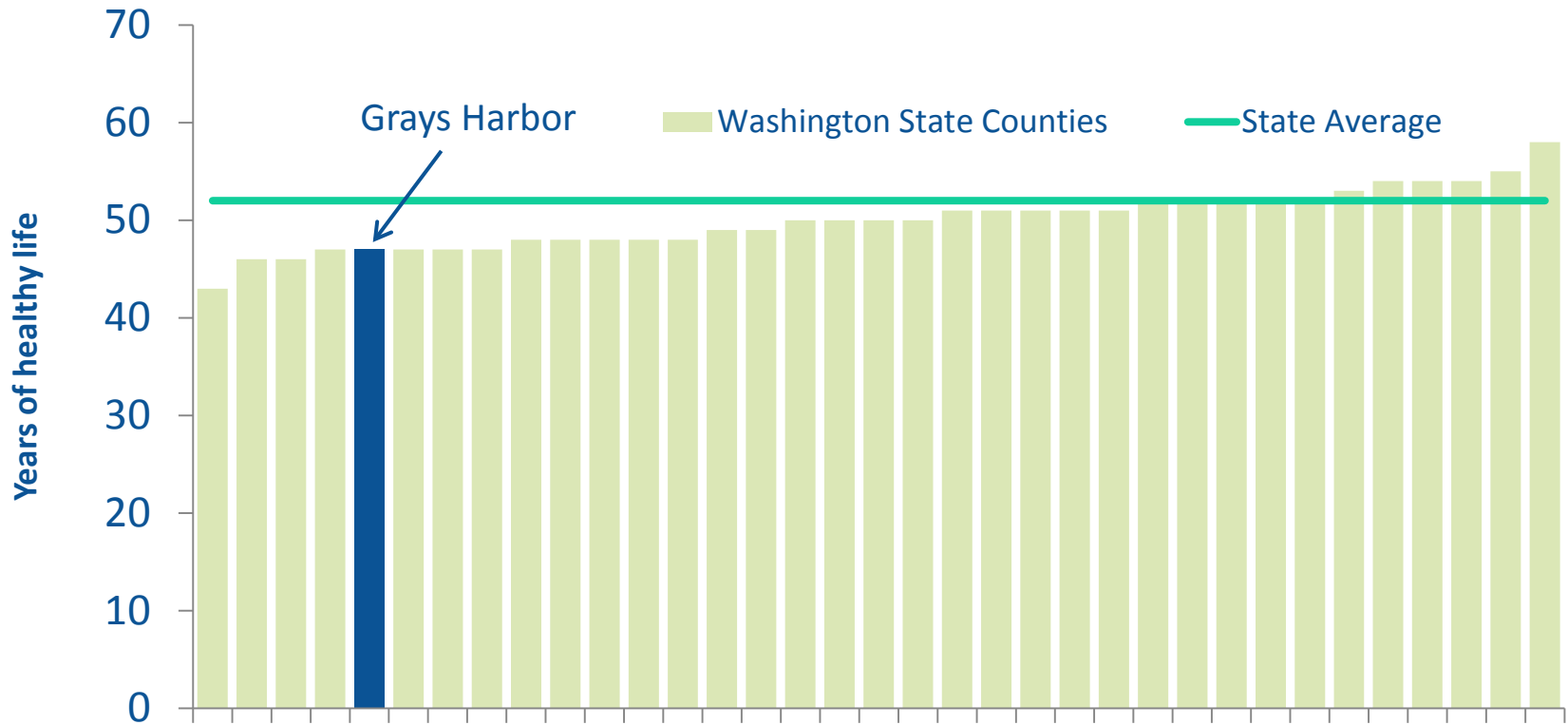
# Life Expectancy at Birth, 2000-2010

The average life expectancy of Grays Harbor residents has increased by more than 2 years since 2000, but we still live about 3 years less than other Washington residents.



Source: Washington State Department of Health, Center for Health Statistics.

# Years of Healthy Life Expected at Age 20, 2008-09



This measure factors in both early death and years of living in poor health. Grays Harbor has the third-lowest years of expected healthy life in the state, but recent studies suggest some possible improvement.

Source: Washington State Department of Health. 2013 Local Public Health Indicators. Retrieved January 2013 from <https://fortress.wa.gov/doh/lphi/RecordSet.mvc/DetailsForIndicatorTrend?indicatorId=5&referenceCycle=1&testCycle=3>

# What are we dying from?

Premature

## Top 10 causes of death

- Heart disease
- Cancer
- Other diseases
- Chronic lung disease
- Alzheimer's disease
- Accidents
- Diabetes
- Infectious and parasitic diseases
- Liver disease
- Suicide

## REAL causes of death

- Tobacco use
- Improper diet
- Lack of physical activity
- Alcohol misuse
- Microbial/toxic agents
- Firearm misuse
- Unsafe sexual behavior
- Motor vehicle crashes
- Use of illicit drugs

Source: Washington State Department of Health, Center for Health Statistics.

# T H E M E S

- We are sick more and die younger than people in other parts of Washington.
- Science tells us that our level of health is strongly linked to our behavior – meaning that much of what makes us sick can be prevented.

*So  
what?*

Increasing prevention resources will decrease poor health outcomes and thus decrease the need for costly health care in the future.







## The Social and Economic Context of Health

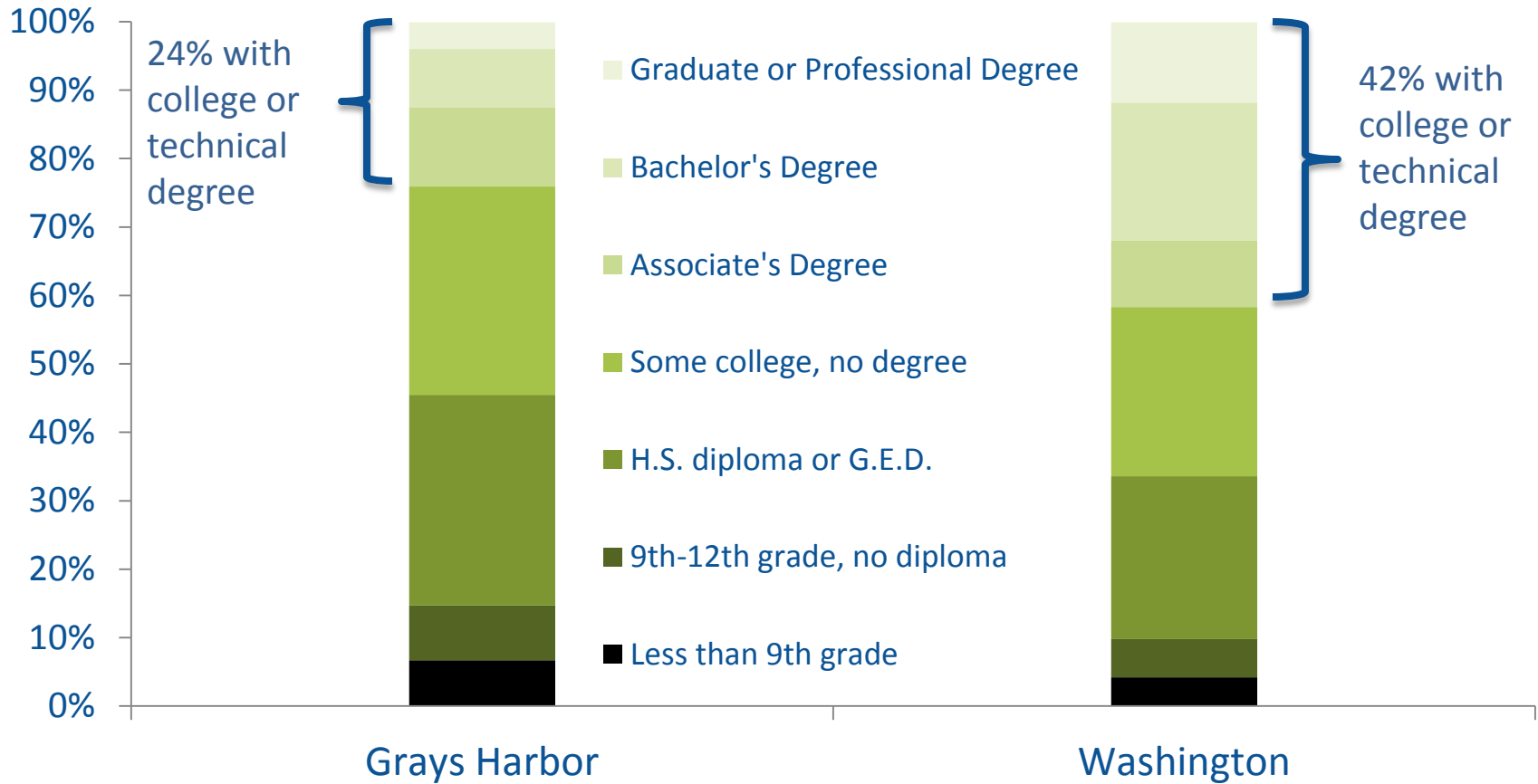
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...Themes.....	40
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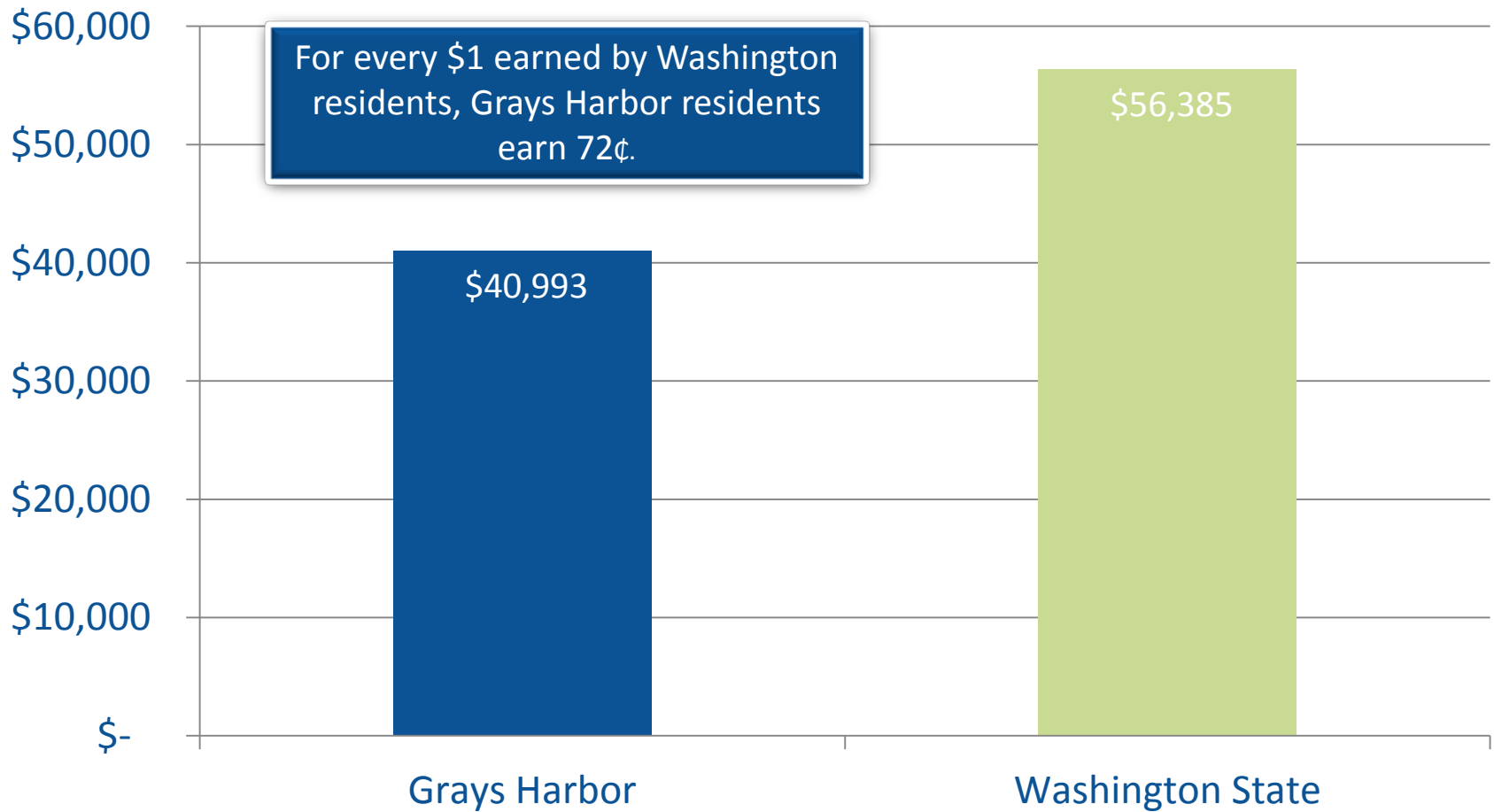
# EDUCATION & ECONOMICS

# Educational Attainment of Adults, 2011



Source: U.S. Census Bureau. 2011 American Community Survey. Retrieved January 2013 from <http://factfinder2.census.gov>

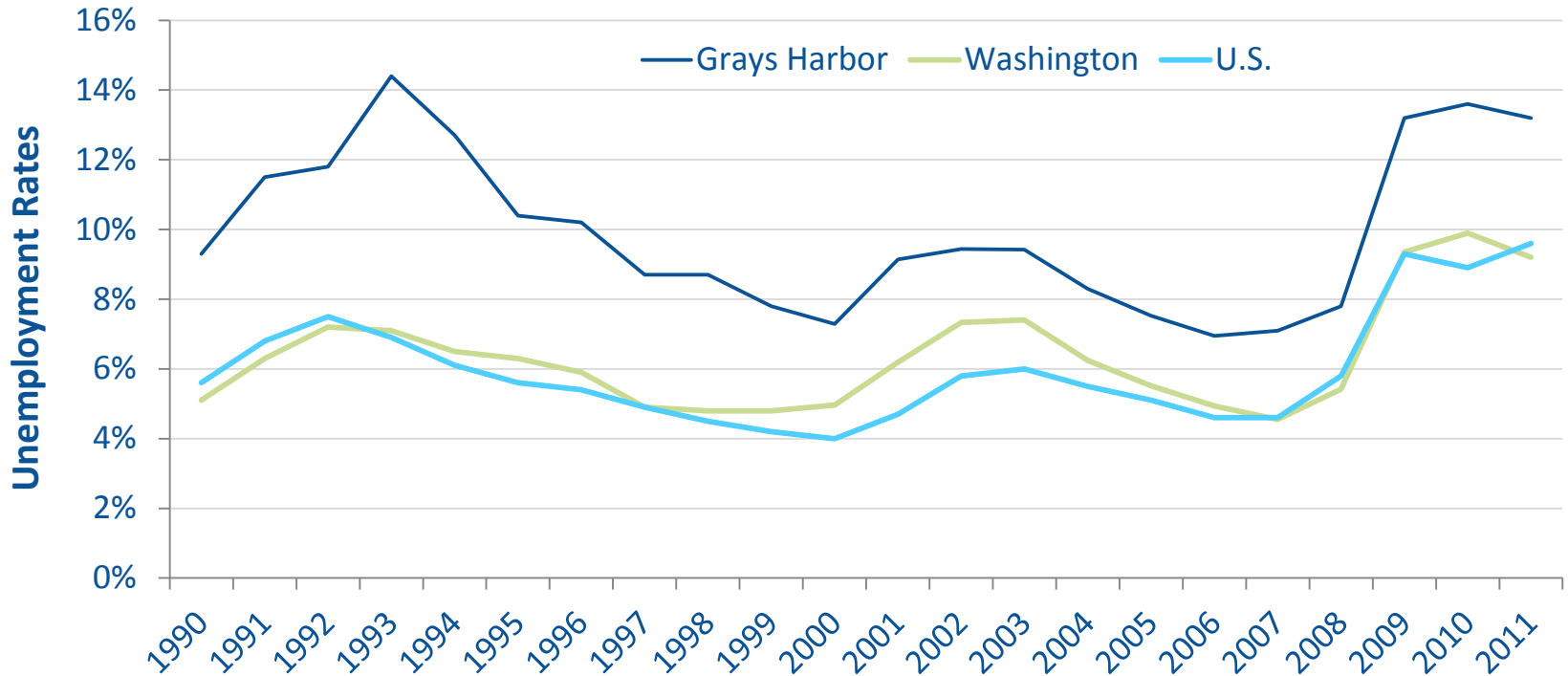
# Median Income, 2011



Source: U.S. Census Bureau. 2011 American Community Survey. Retrieved January 2013 from <http://factfinder2.census.gov>

# Unemployment, 1990-2011

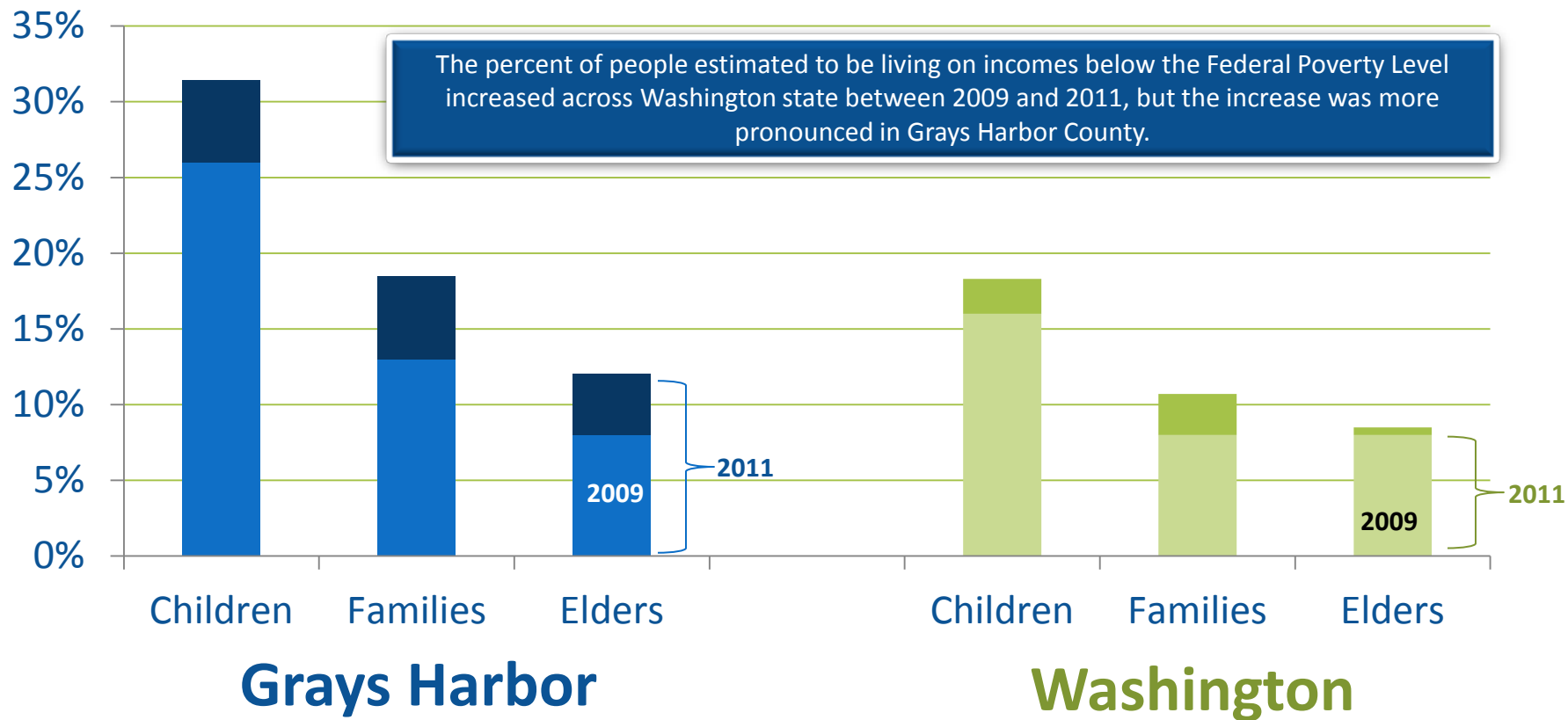
Unemployment in Grays Harbor mirrors state and national trends, but at a much higher rate.



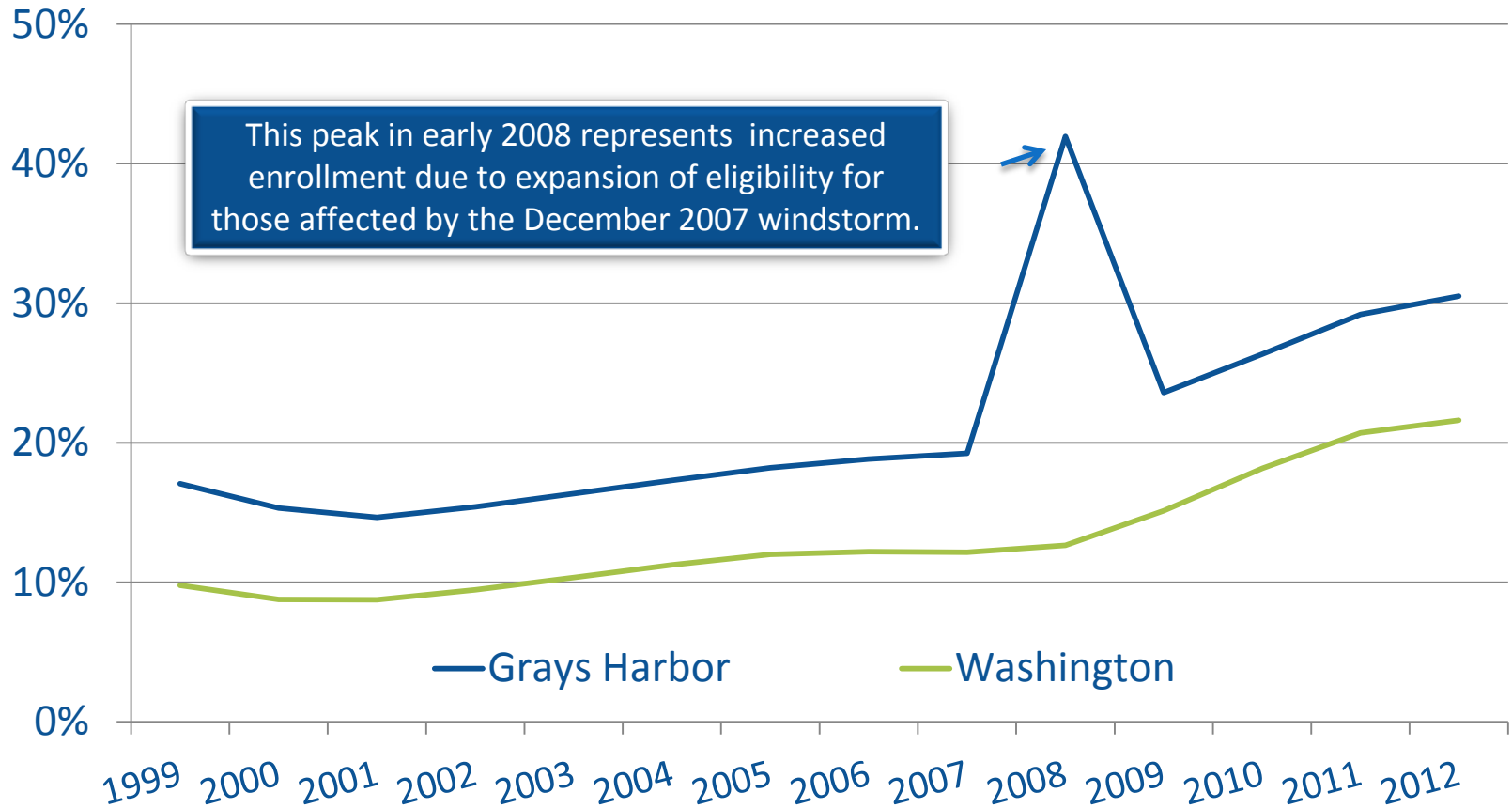
Sources: Washington Employment Security Department. Grays Harbor County Profile and the U.S. Bureau of Labor Statistics Retrieved March 2013 from <http://www.workforceexplorer.com> and from <http://www.bls.gov>

# Poverty, 2009 & 2011

Federal Poverty Level = an annual income of \$10,980 for 1 person; \$22,350 for a family of 4



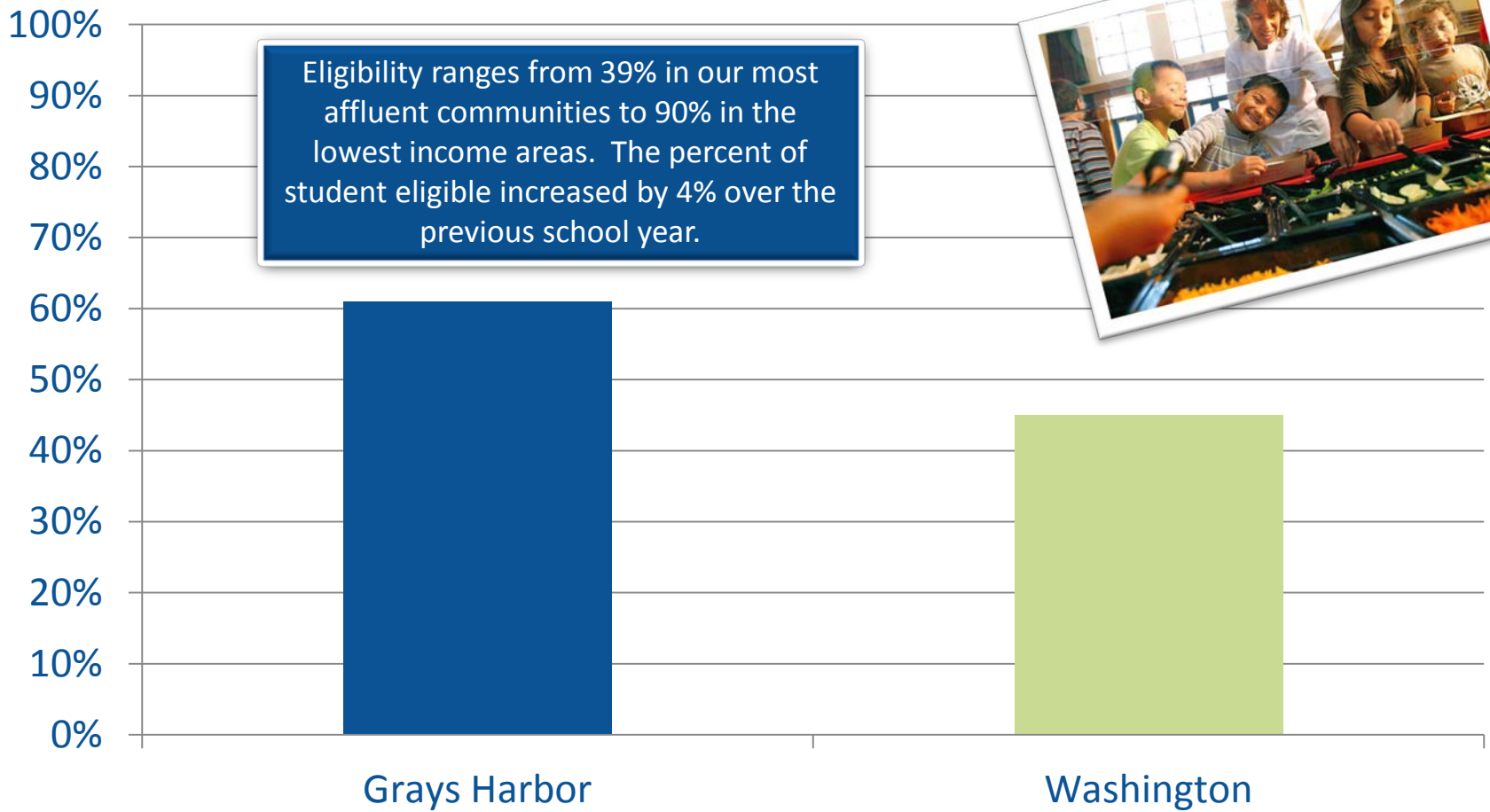
# Food Stamp Recipients, 1999-2012



Source: Washington State Department of Social and Health Services, Research and Data Analysis Division.. Retrieved March 2013 from <http://clientdata.rda.dshs.wa.gov/>

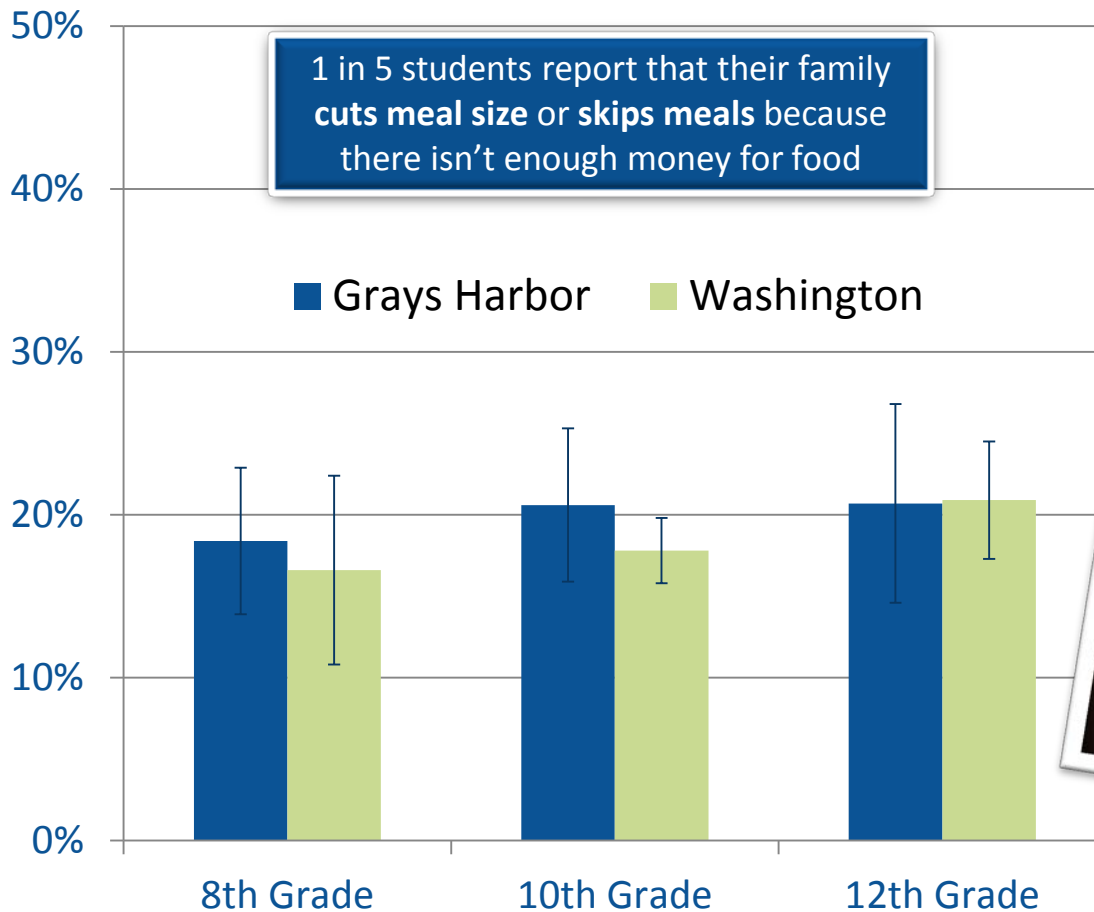


# Students Qualified for Free or Reduced Lunch Prices at School, 2011-2012



Source: Washington State Office of Superintendent of Public Instruction. Retrieved January 2013 from <http://reportcard.ospi.k12.wa.us/DataDownload.aspx>

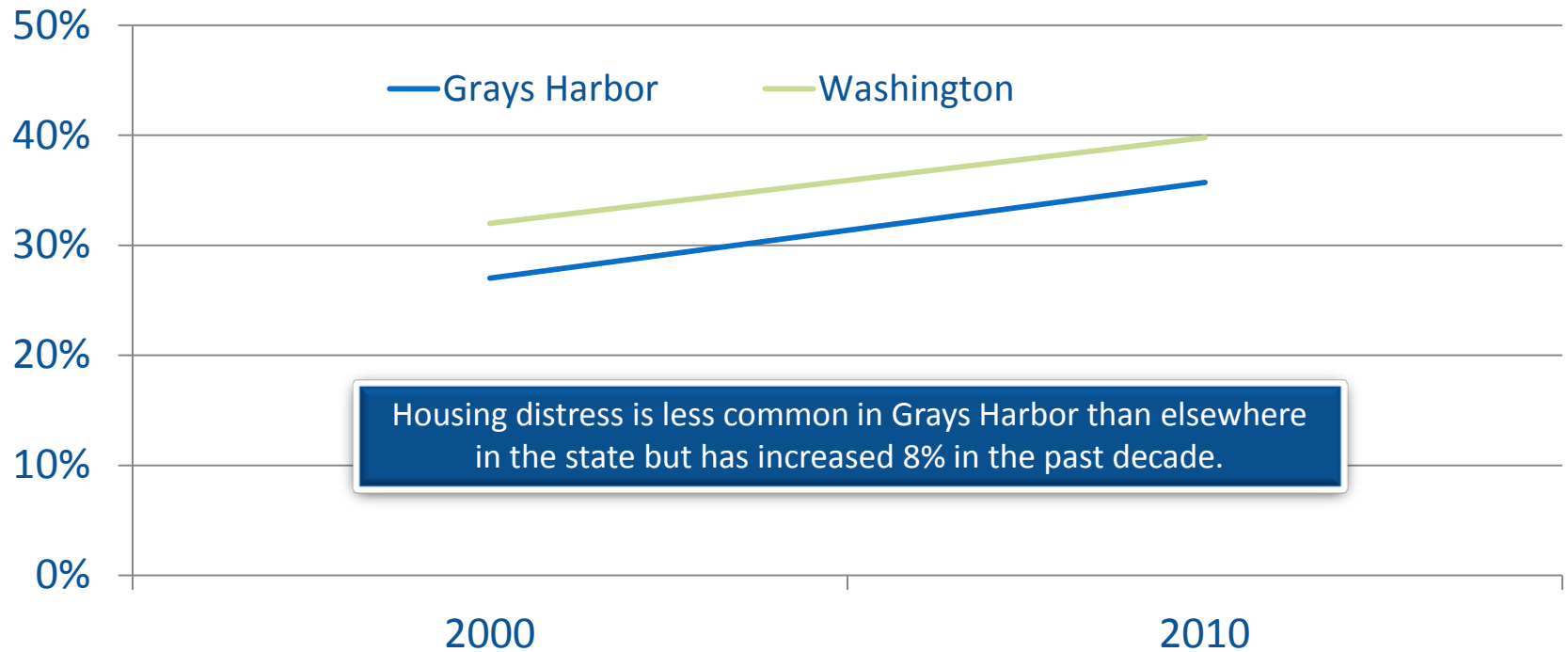
# Students Reporting Food Insecurity, 2012



Source: Washington State Department of Health. 2012 Healthy Youth Survey.

# Housing Distress, 2000 & 2010

**Households Where Housing Costs are More Than 30% of Income**



Source: Washington Employment Security Department. Grays Harbor County Profile. Retrieved March 2013 from <https://fortress.wa.gov/esd/employmentdata/reports-publications/regional-reports/county-profiles/grays-harbor-county-profile>

# DSHS Service Use Rates, 2009

- Overall use rates
  - Grays Harbor County: 46%
  - Washington: 35%



# T H E M E S

- The traditional resource-based **economy** which provided family-wage jobs **has eroded**
- We have **less formal education** than the state average
- Housing and other **costs of living are lower** than in other areas, but many are still struggling
- We are more **dependent on public assistance** programs

*So  
what?*

Science shows that these factors are all associated with poorer health status, and this effect on our communities is apparent in the information that follows.





# YOUTH & FAMILIES IN CRISIS

# Begin at the Beginning: Fertility

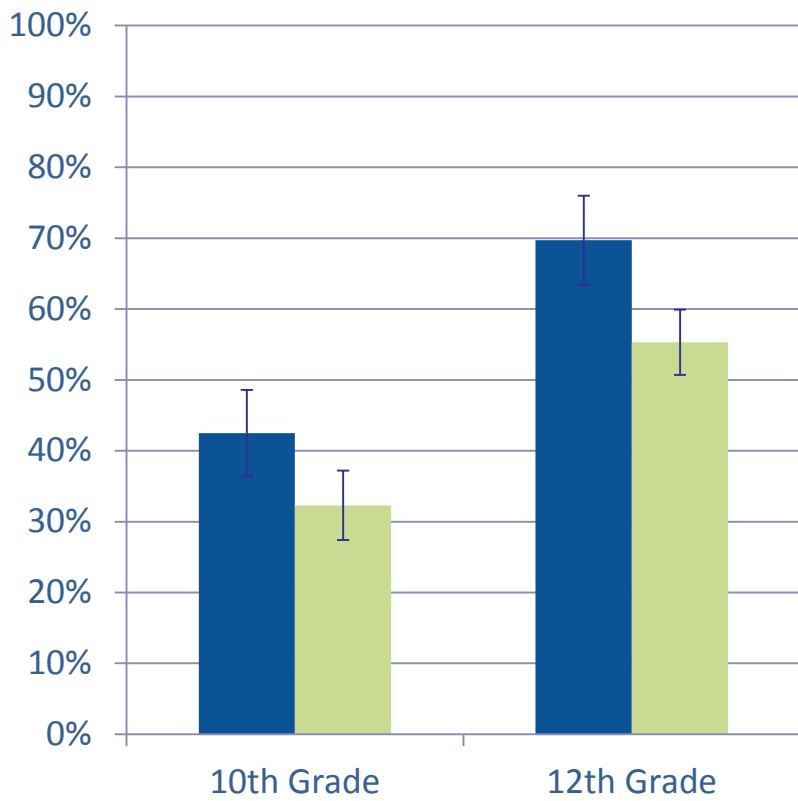
- Many births result from unintended pregnancy (49% statewide; local data not available)
- Most births occur to women aged 25-29
- Premature birth and low birth weight rates are comparable to state average
- Our mothers are **younger** (11% under age 20 in 2011) and **less educated** than the state average





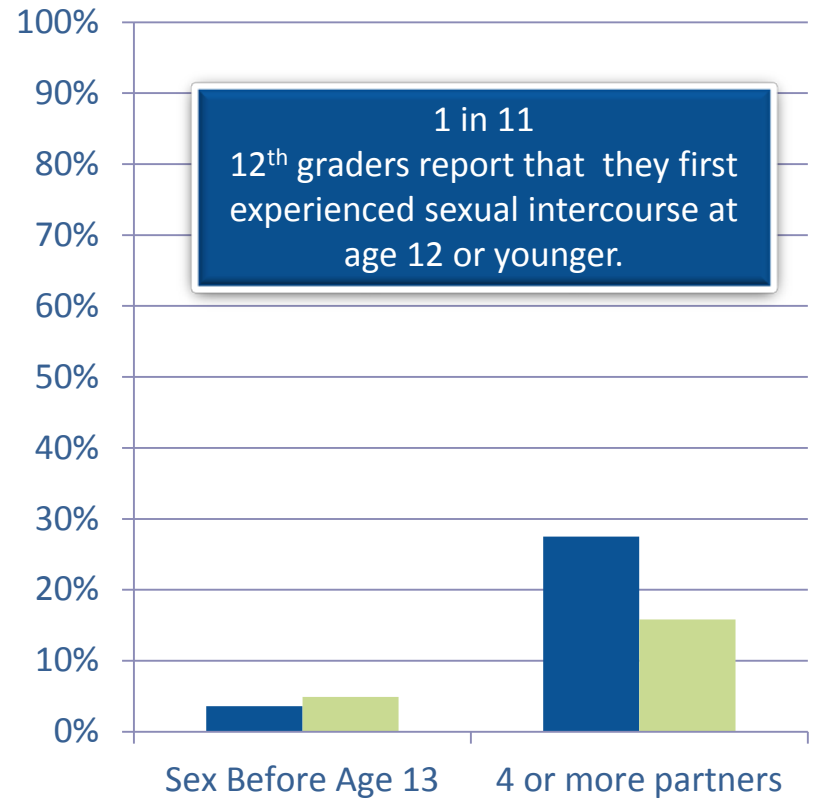
# Student Sexual Behavior, 2012

Students Who Have Had Intercourse



■ Grays Harbor ■ Washington State

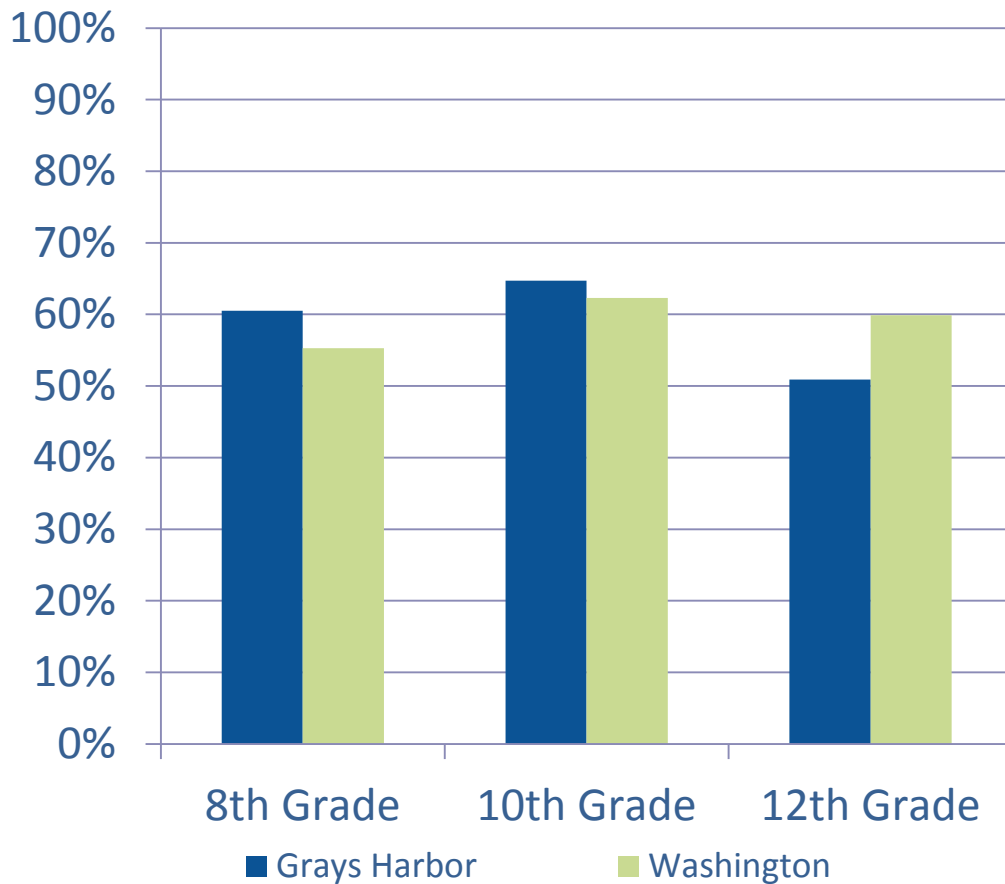
12<sup>th</sup> Graders Reporting Selected Behaviors



Source: Washington State Department of Health. 2012 Healthy Youth Survey.

# Condom Use, 2012

(Among students who've had intercourse)

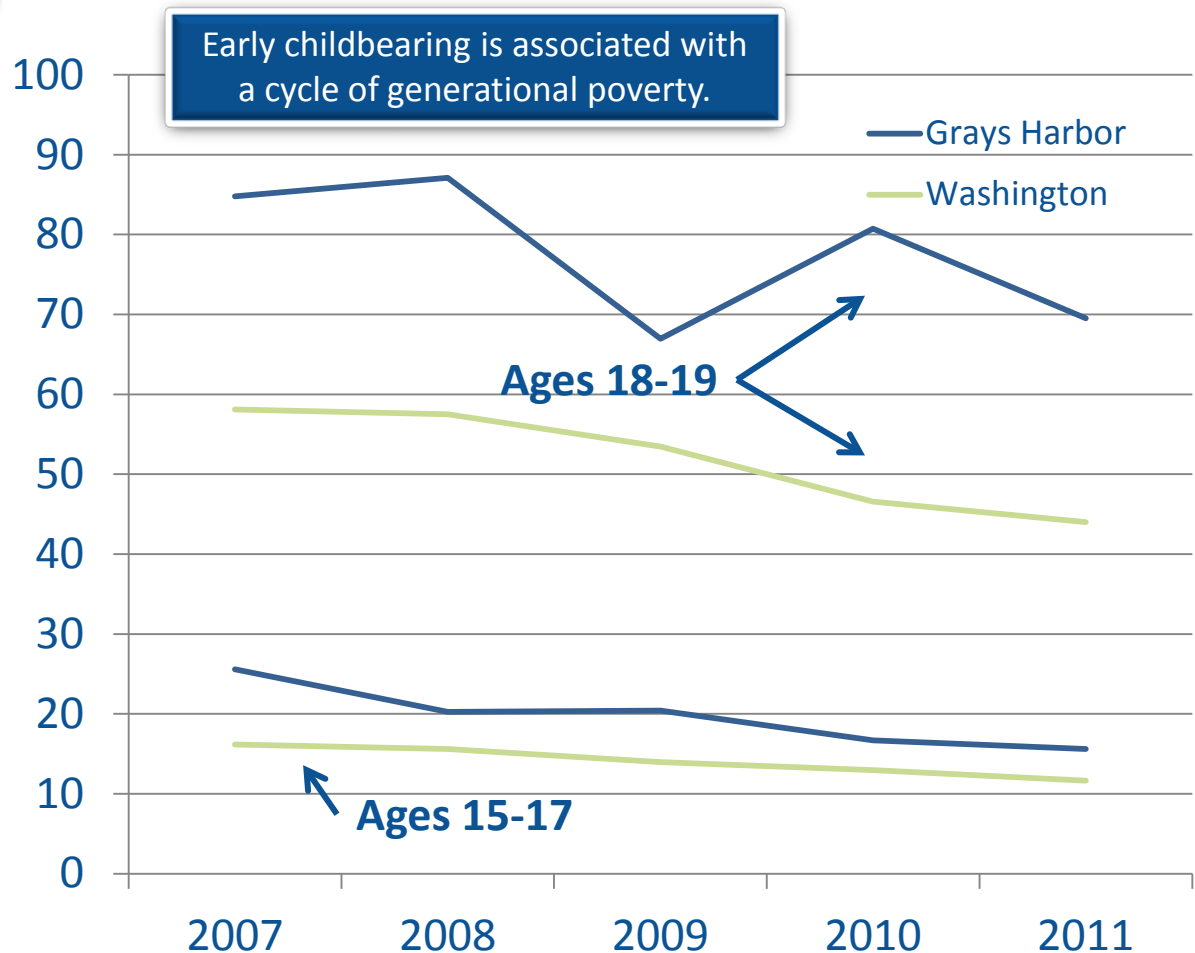


Source: Washington State Department of Health, 2012 Healthy Youth Survey.

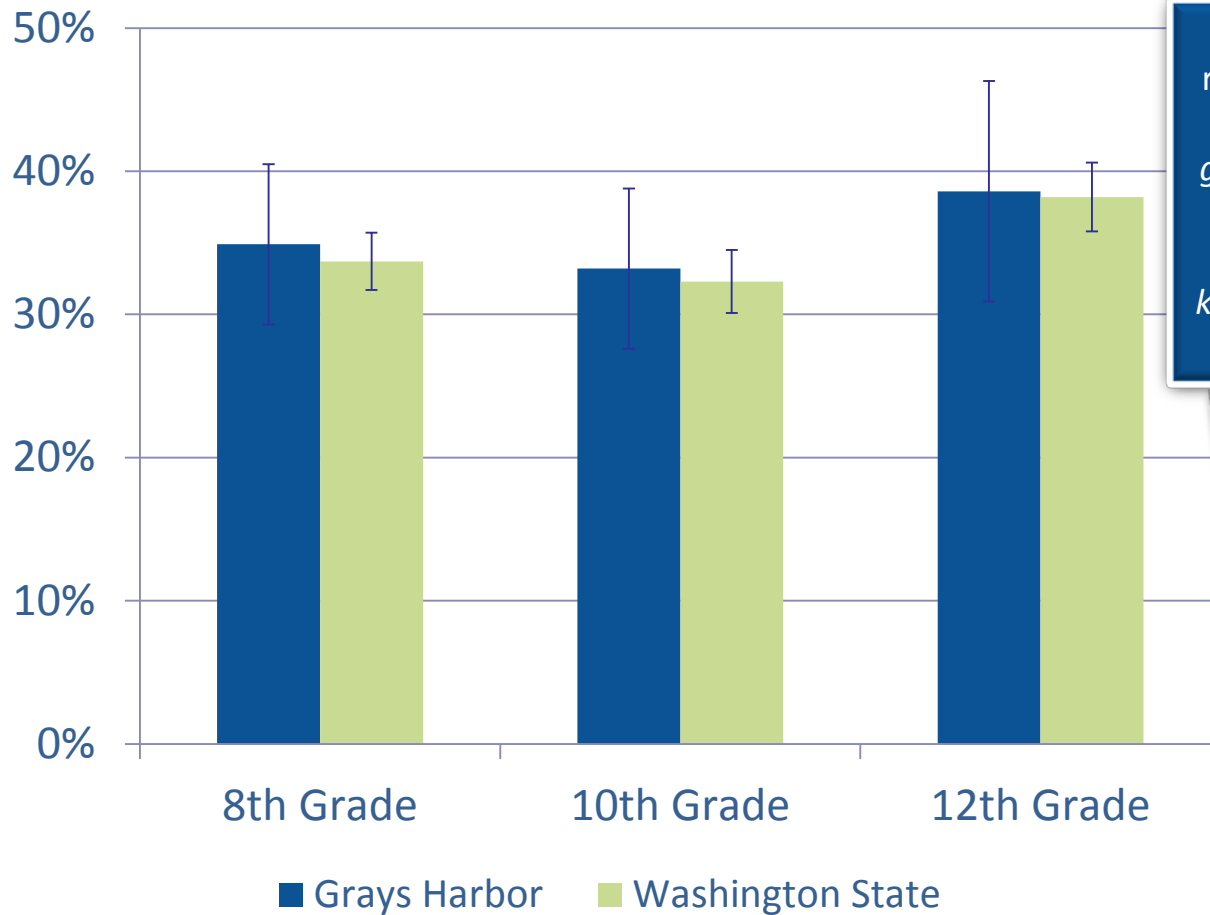
# Teen Pregnancy & the Poverty Cycle, 2007-2011



Live Births Per  
1,000 Women Aged  
15-17  
& 18-19



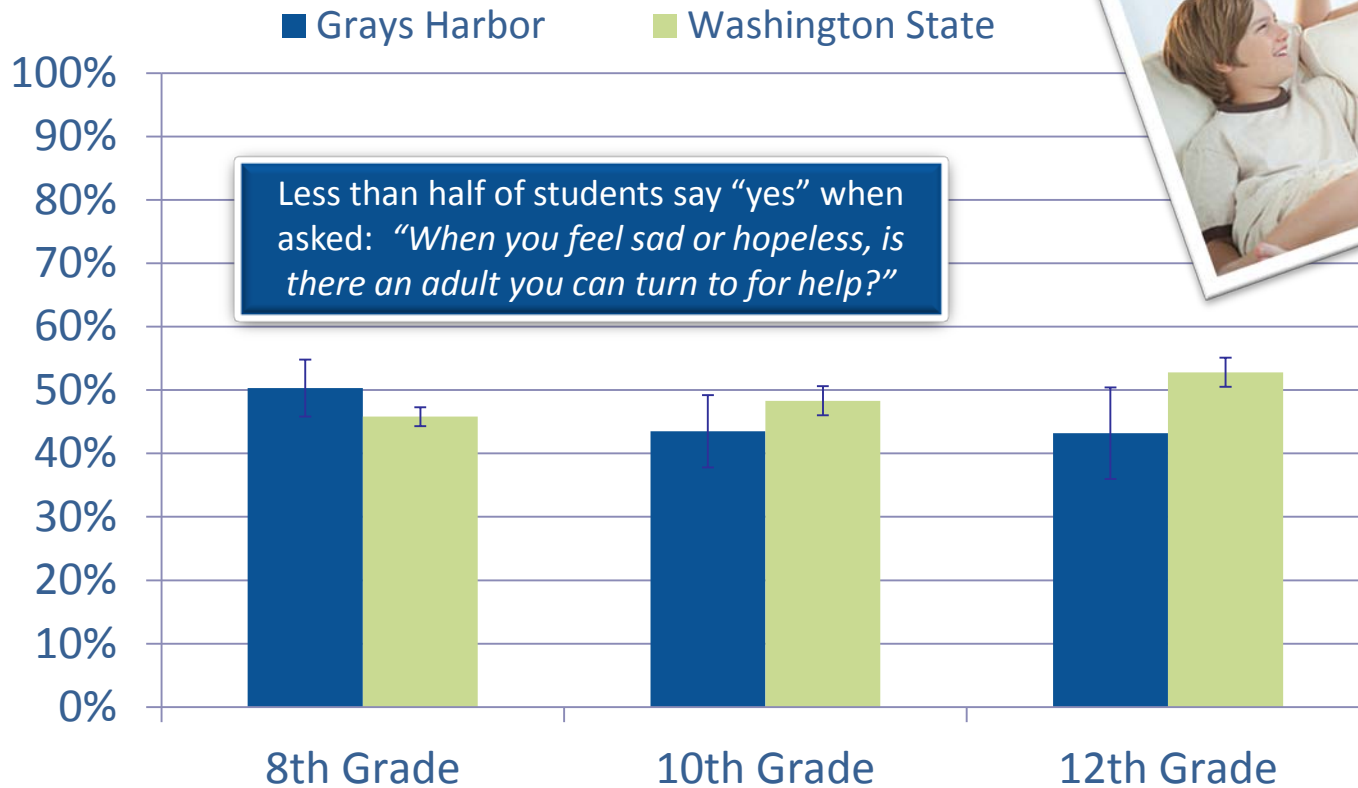
# Students Living With Poor Family Management, 2012



Calculated based on responses to questions like, "My parents ask if I've gotten my homework done" and "When I am not at home, one of my parents knows where I am and who I am with."

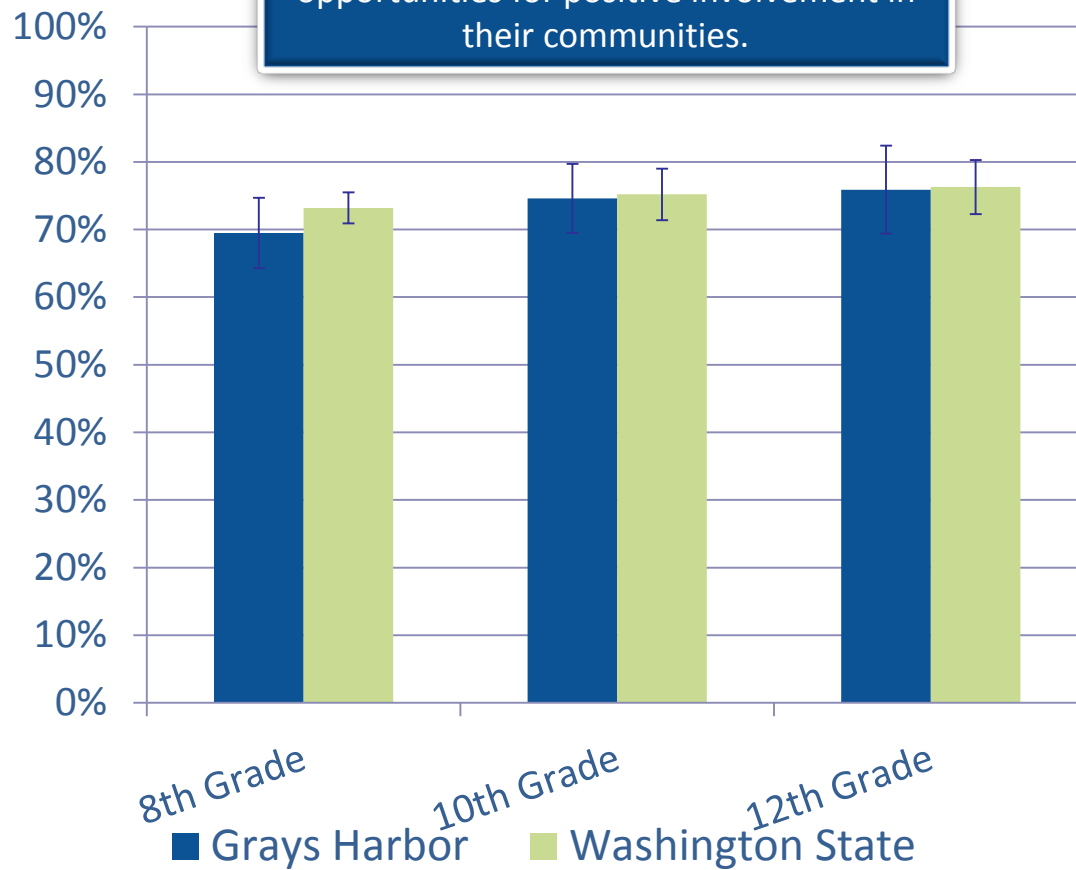


# Youth With a Supportive Adult, 2012

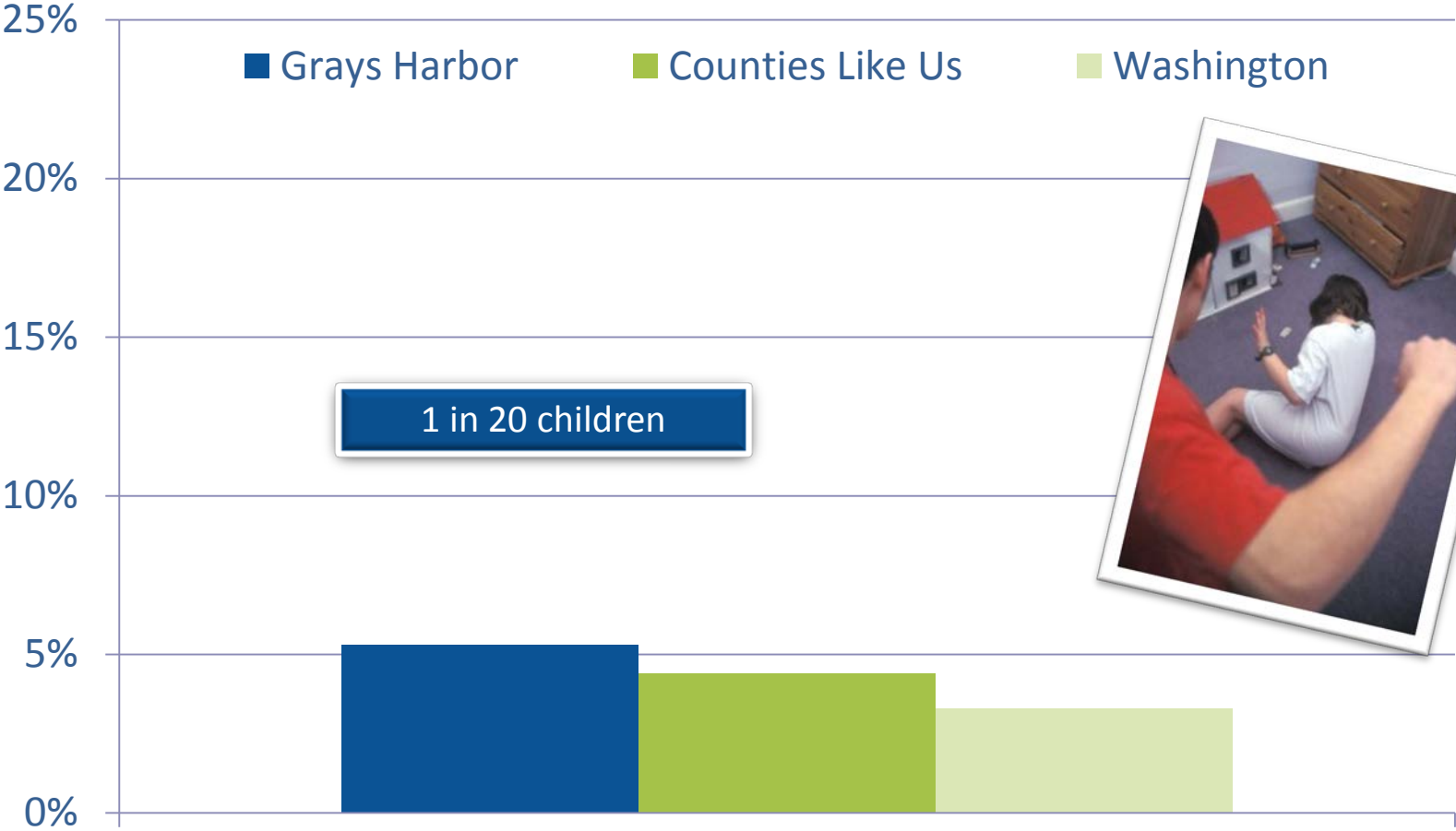


# Community Opportunities for “Pro-Social Involvement”, 2012

Most of our older students feel they have opportunities for positive involvement in their communities.



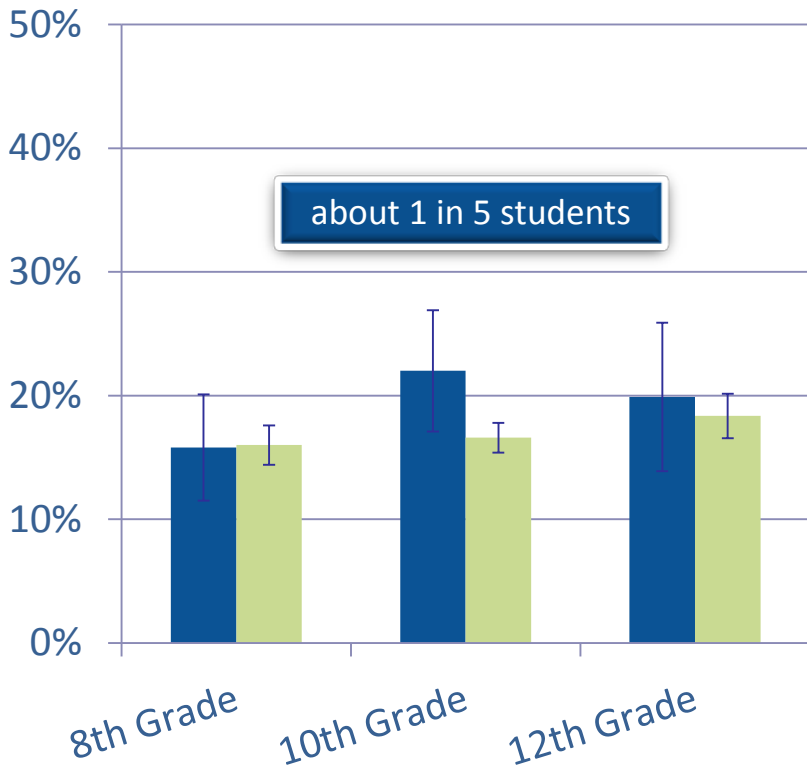
# Children in Accepted CPS Referrals, 2011



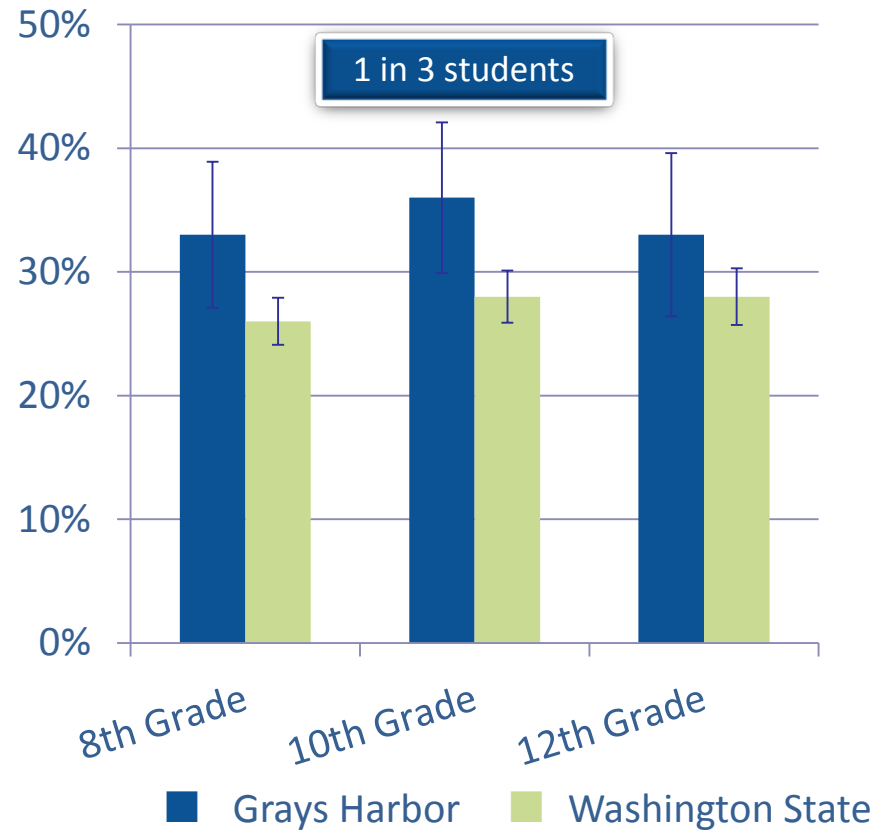
Source: Washington State Department of Social and Health Services, Research and Data Analysis Division. Risk and Protection Profile for Substance Abuse Prevention in Grays Harbor County. Retrieved January 2013 from <http://clientdata.rda.dshs.wa.gov/>

# Students Reporting Family Violence

**Ever Been Physically Abused  
By an Adult, 2012**

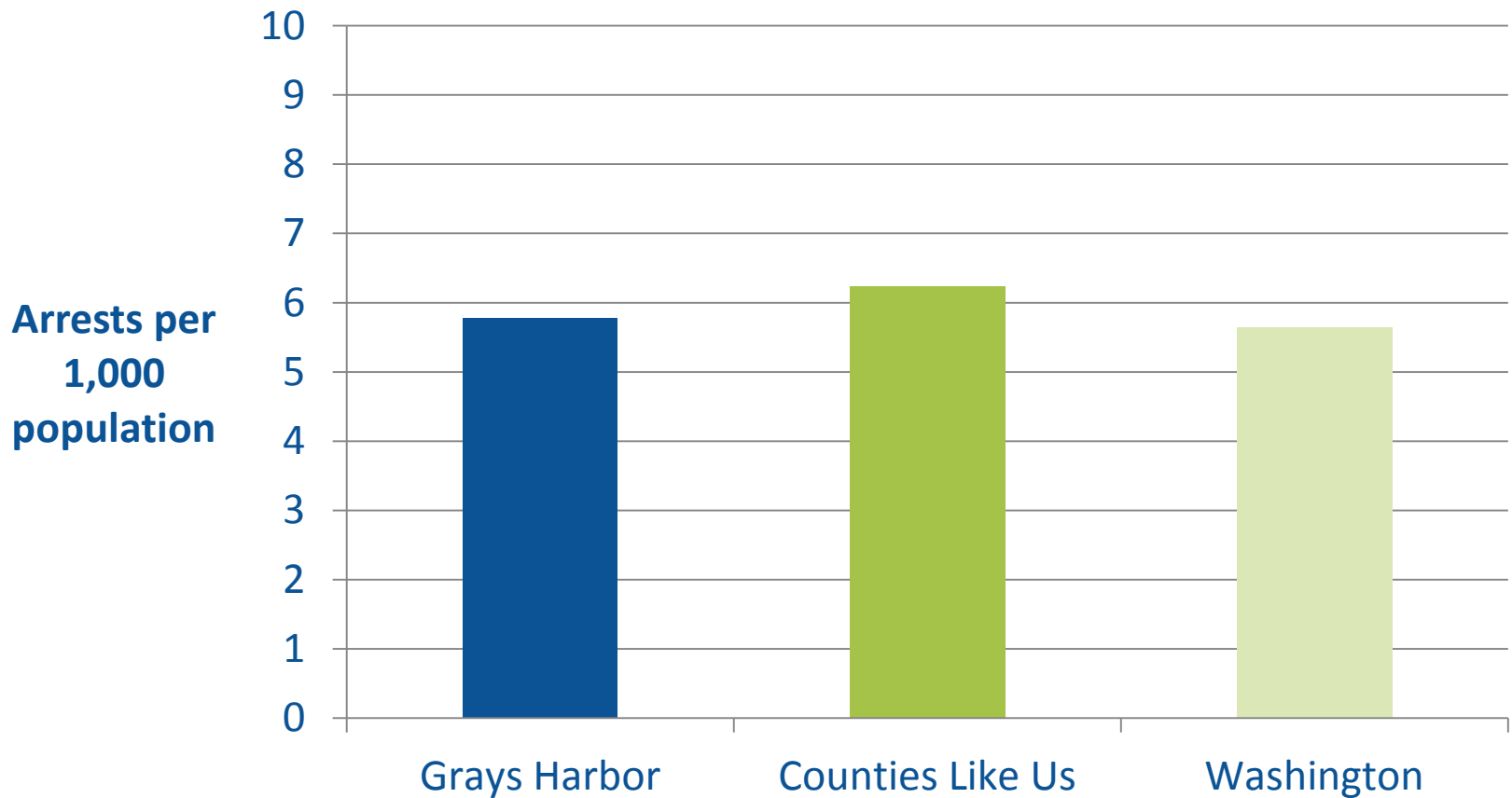


**Ever Witnessed  
Adult-to-Adult Violence, 2010**



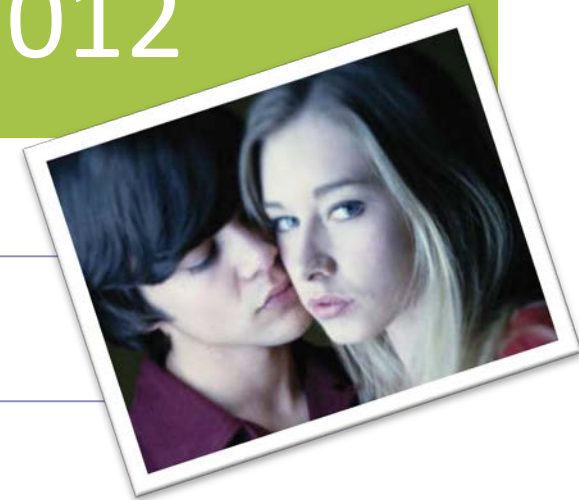


# Domestic Violence Offenses, 2010

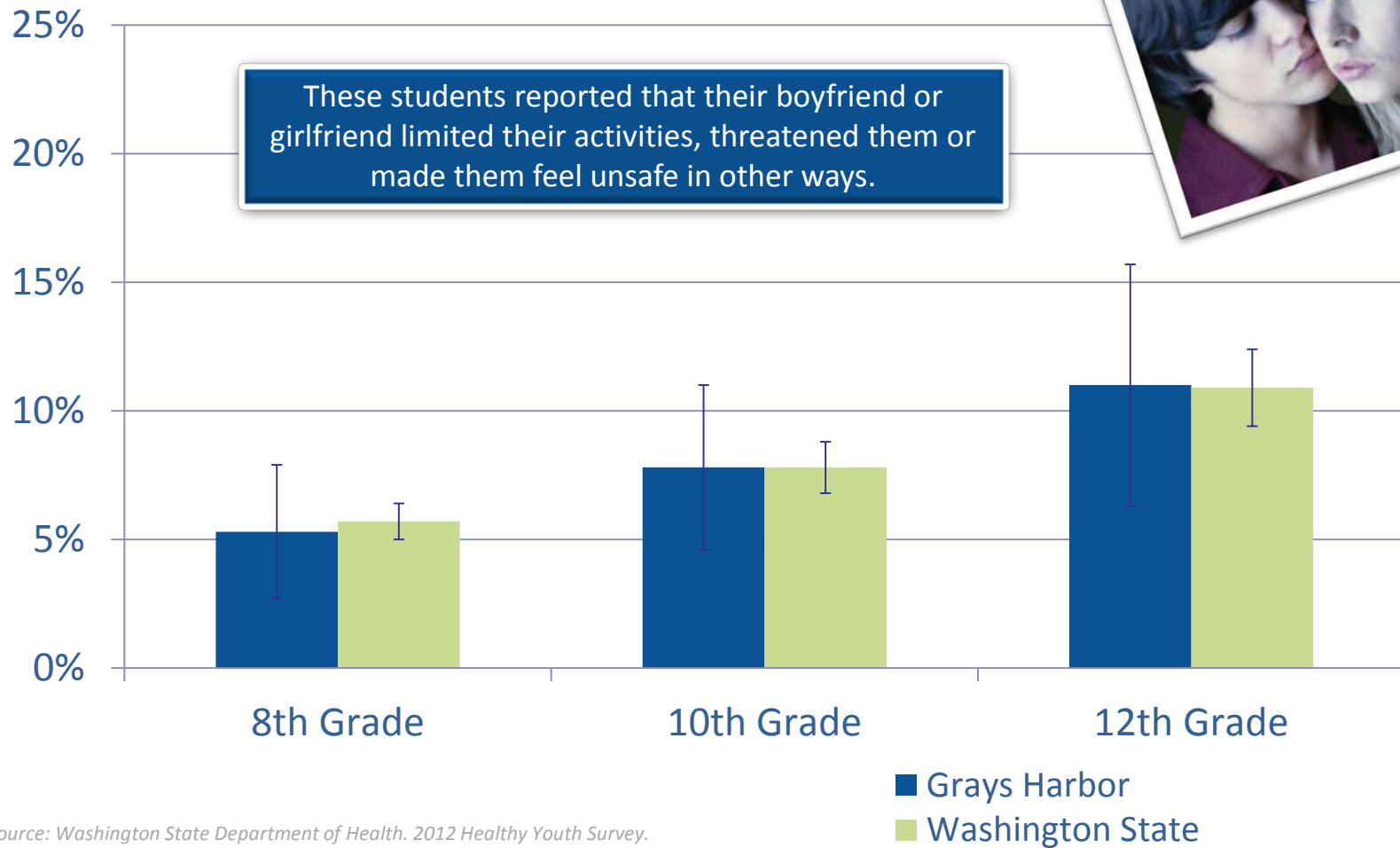


Source: Washington State Department of Social and Health Services, Research and Data Analysis Division. Risk and Protection Profile for Substance Abuse Prevention in Grays Harbor County. Retrieved January 2013 from <http://clientdata.rda.dshs.wa.gov/>

# Youth Dating Violence, 2012

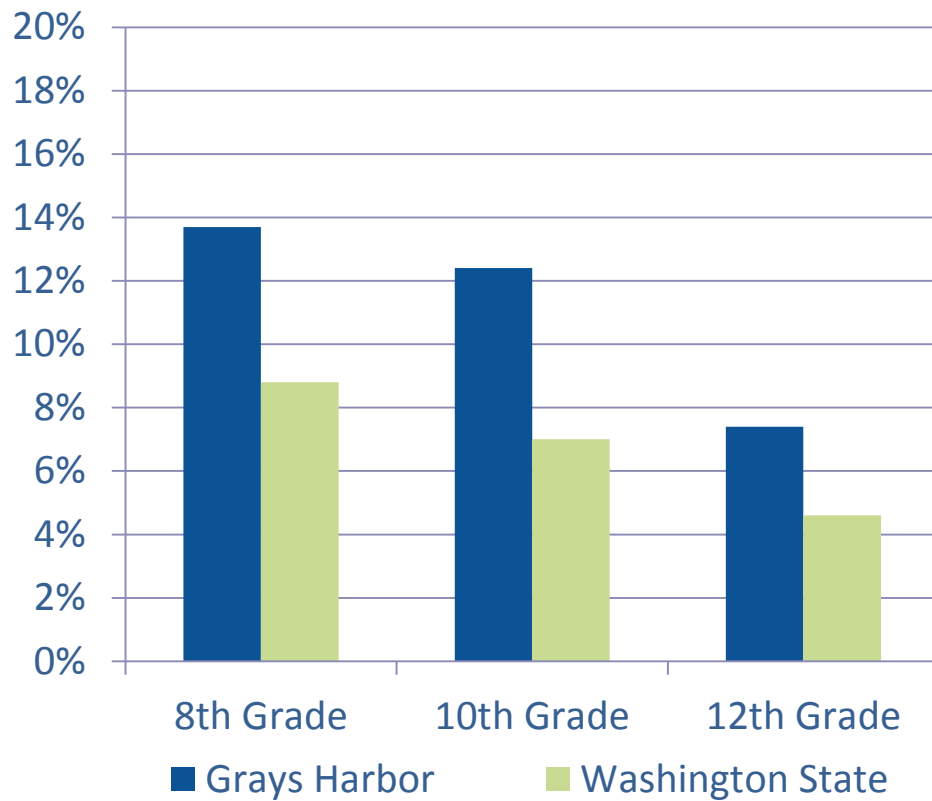


These students reported that their boyfriend or girlfriend limited their activities, threatened them or made them feel unsafe in other ways.



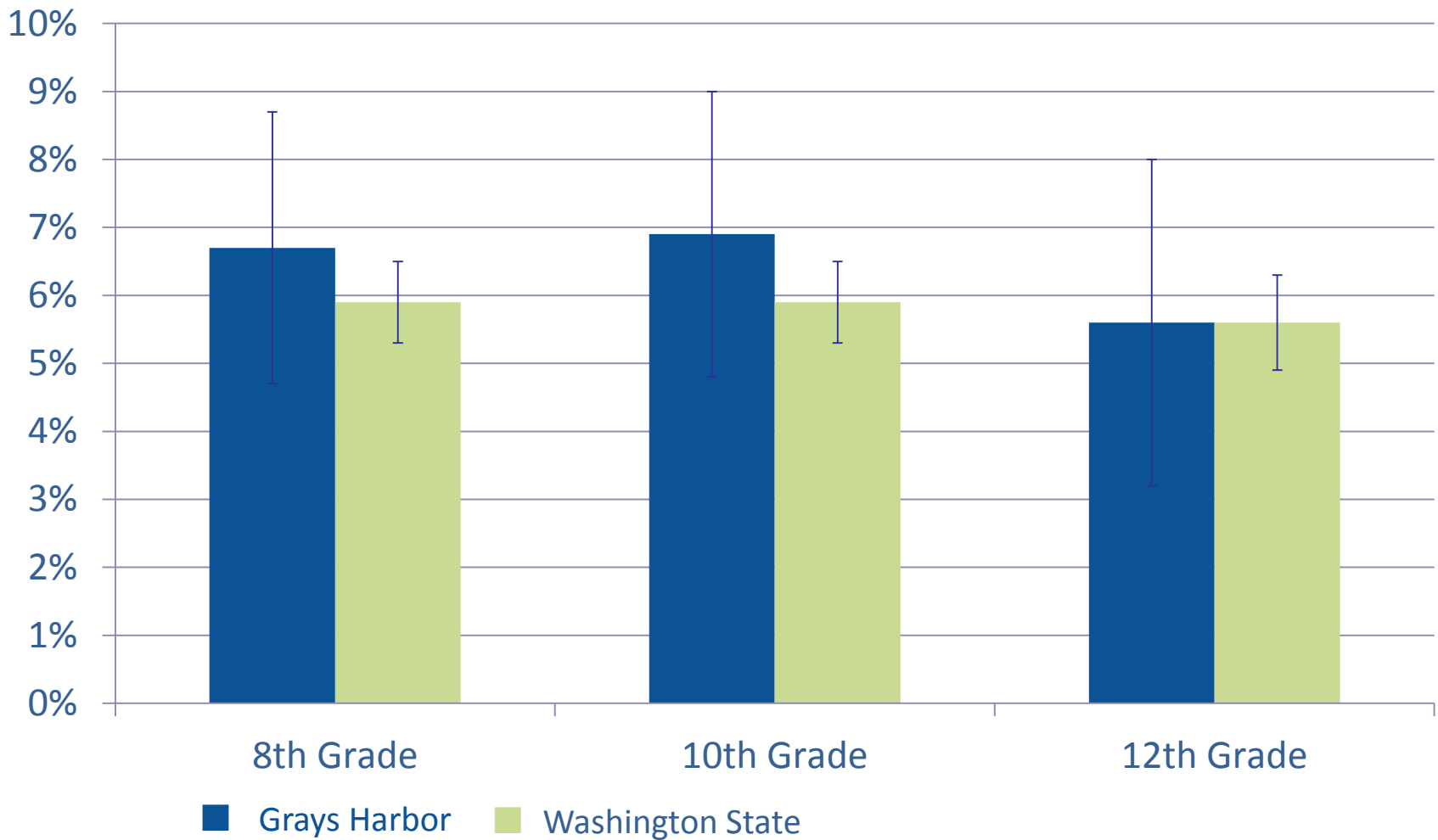
Source: Washington State Department of Health. 2012 Healthy Youth Survey.

# Students Reporting Being Bullied Once a Week or More, 2012

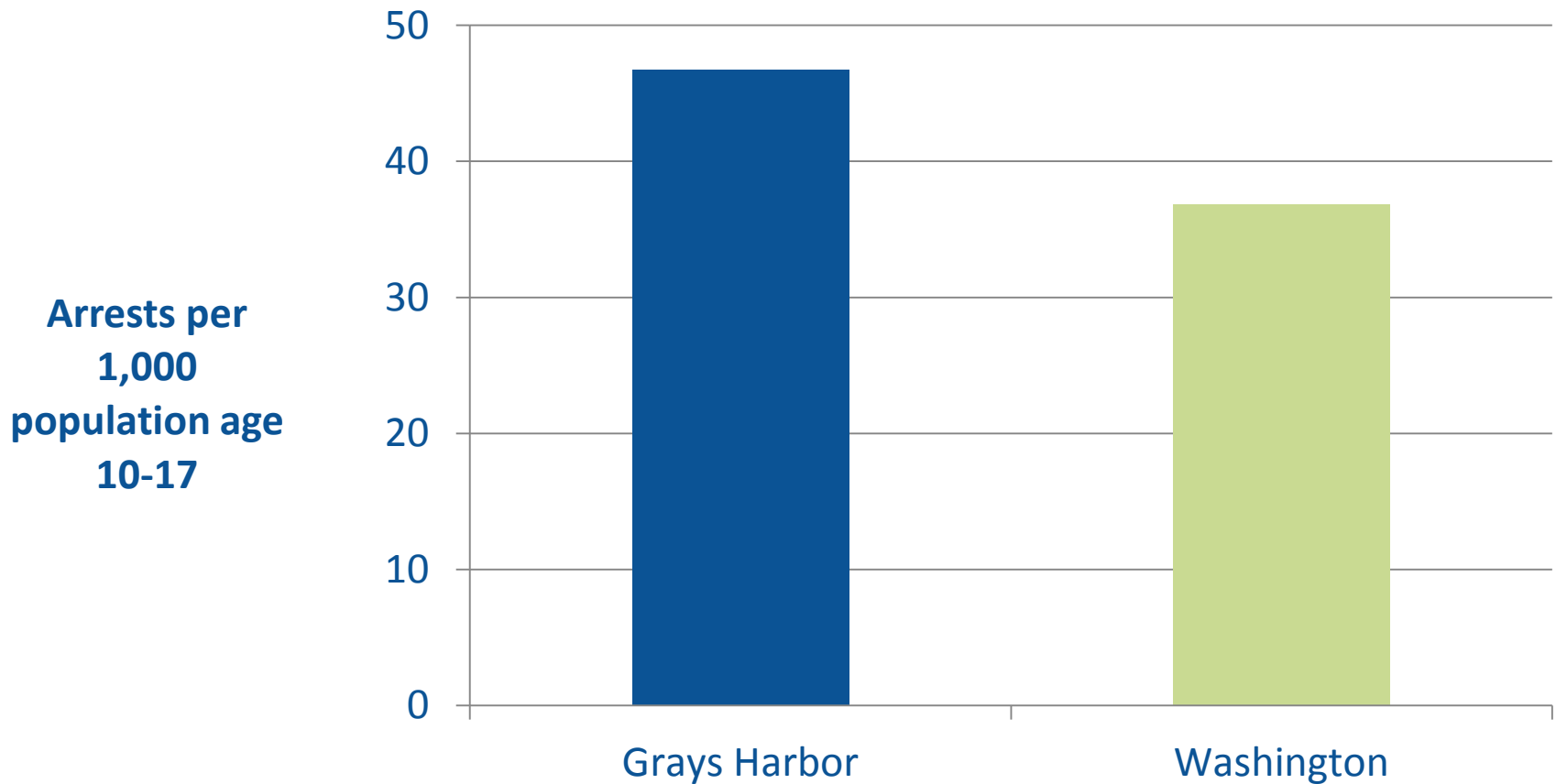


Source: Washington State Department of Health, 2012 Healthy Youth Survey.

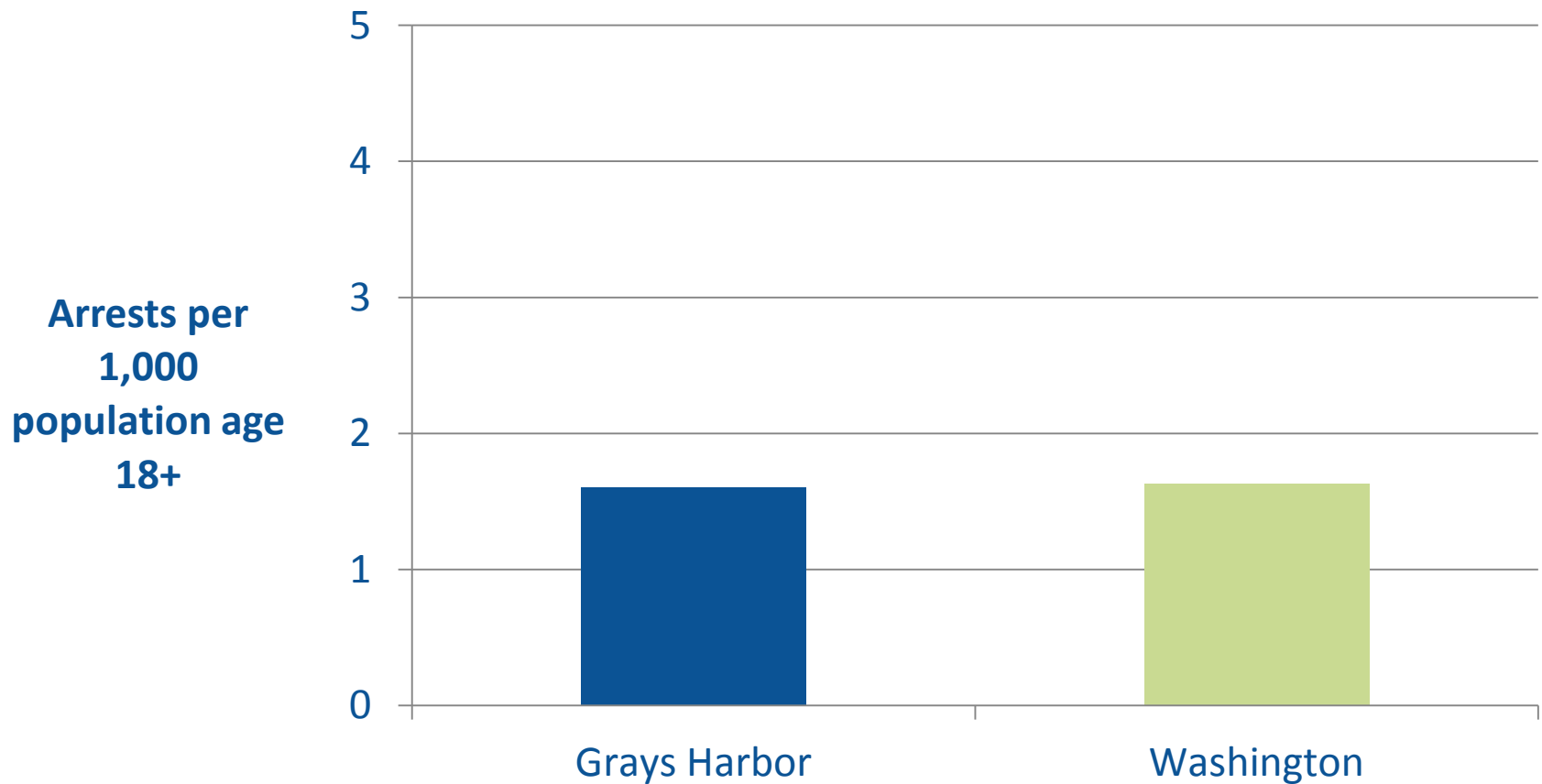
# Students Reporting Gang Membership In the Last 12 Months, 2012



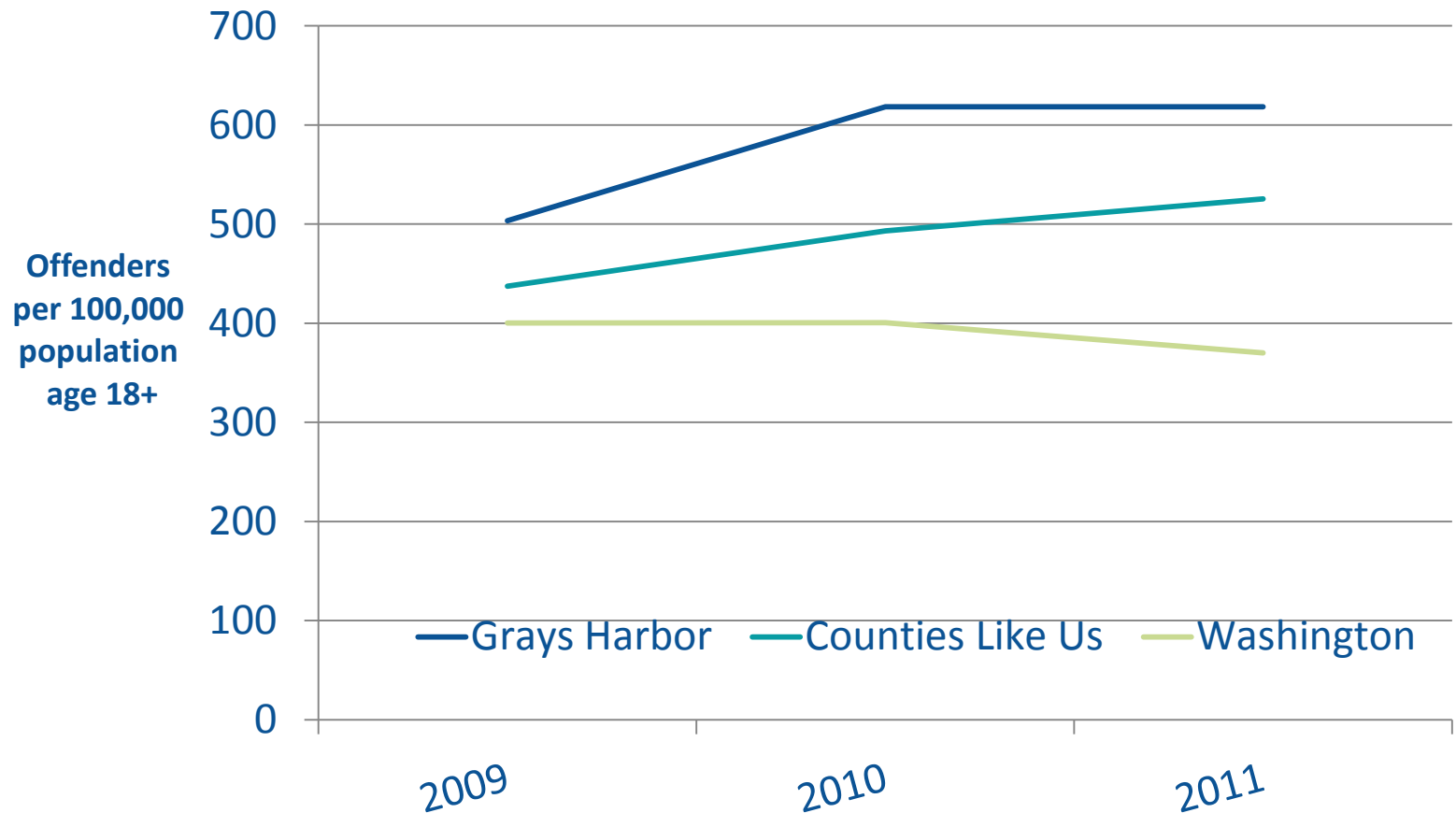
# Adolescent Arrests, 2011



# Adult Violent Crime Arrests, 2011



# Prisoners in State Correctional System



Source: Washington State Department of Social and Health Services, Research and Data Analysis Division. Risk and Protection Profile for Substance Abuse Prevention in Grays Harbor County. Retrieved March 2011 from <http://clientdata.rda.dshs.wa.gov/>

# T H E M E S

- Many families are in a **cycle of poverty** perpetuated by early childbearing
- Many parents lack good role models; there is too much **child abuse and neglect**
- Young people report a **lack of adult mentorship** and engagement in their lives
- **Family violence** is a problem and can be seen perpetuating itself in youth violence and emotional distress
- Our community and schools offer some opportunities but many young people **lack the skills or support** to benefit from them.

*So  
what?*

Without active intervention, the cycle of poverty, family disorganization, will repeat itself. Committed action over time is required to change this picture.

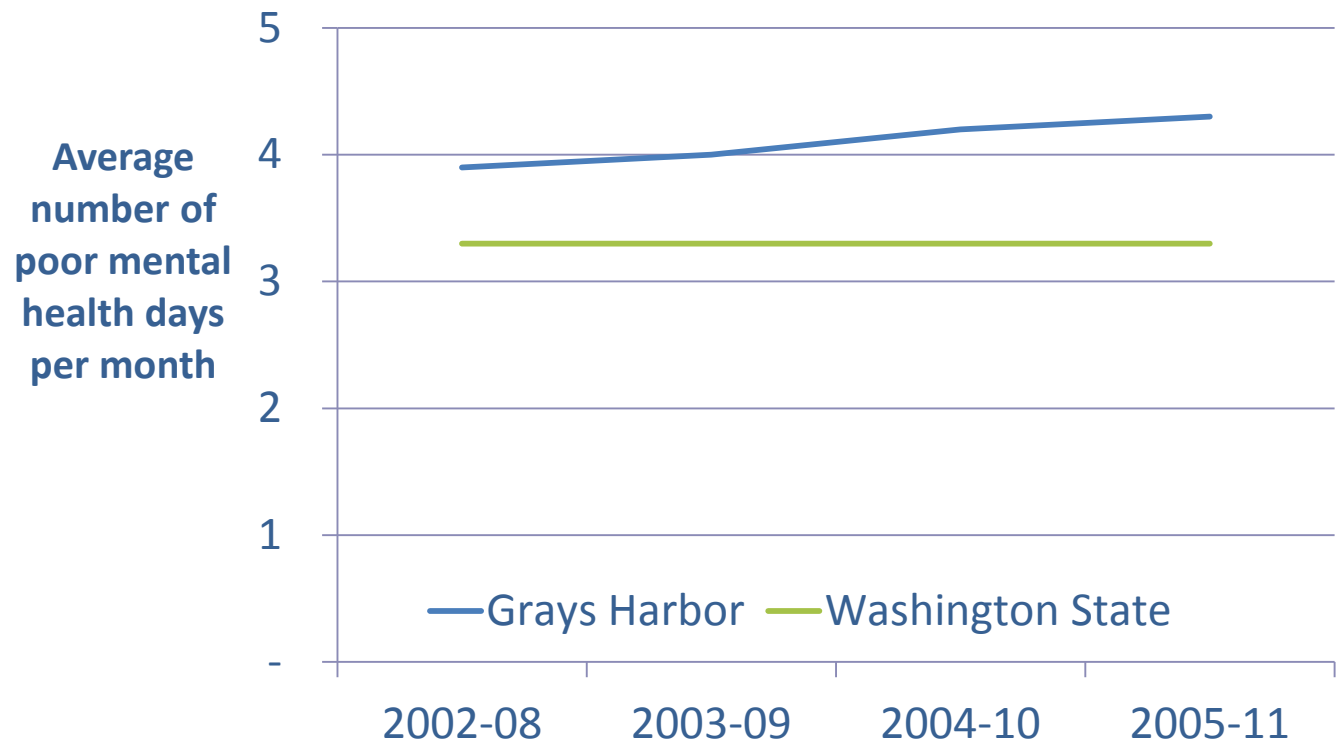


# MENTAL HEALTH



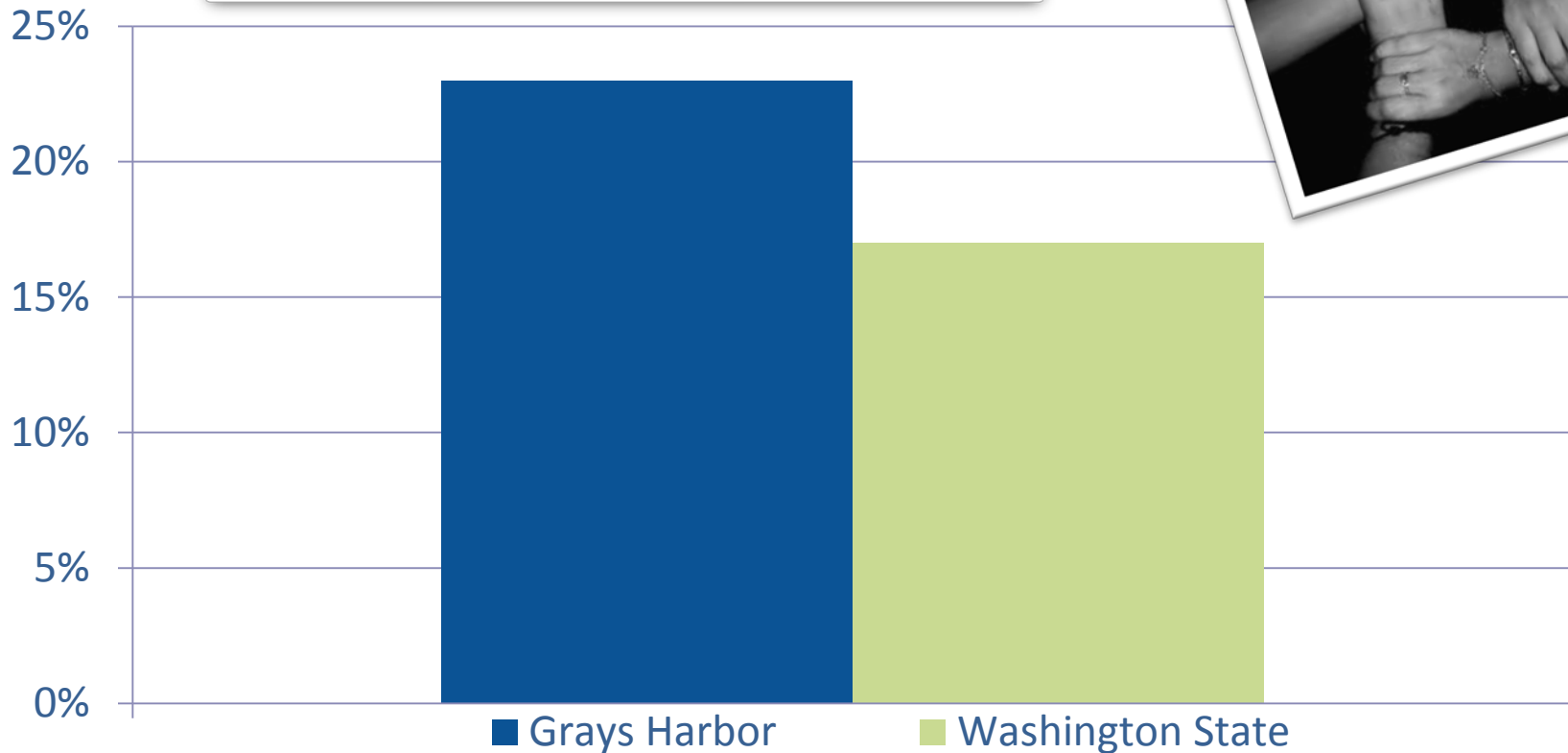
When asked “Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?” Grays Harbor’s adults reported an average of 1 day more than adults statewide. While the state average has stayed level, local adults are reporting more poor mental health days than they did in previous years.

## Adults: Average Number of Poor Mental Health Days in the Past Month



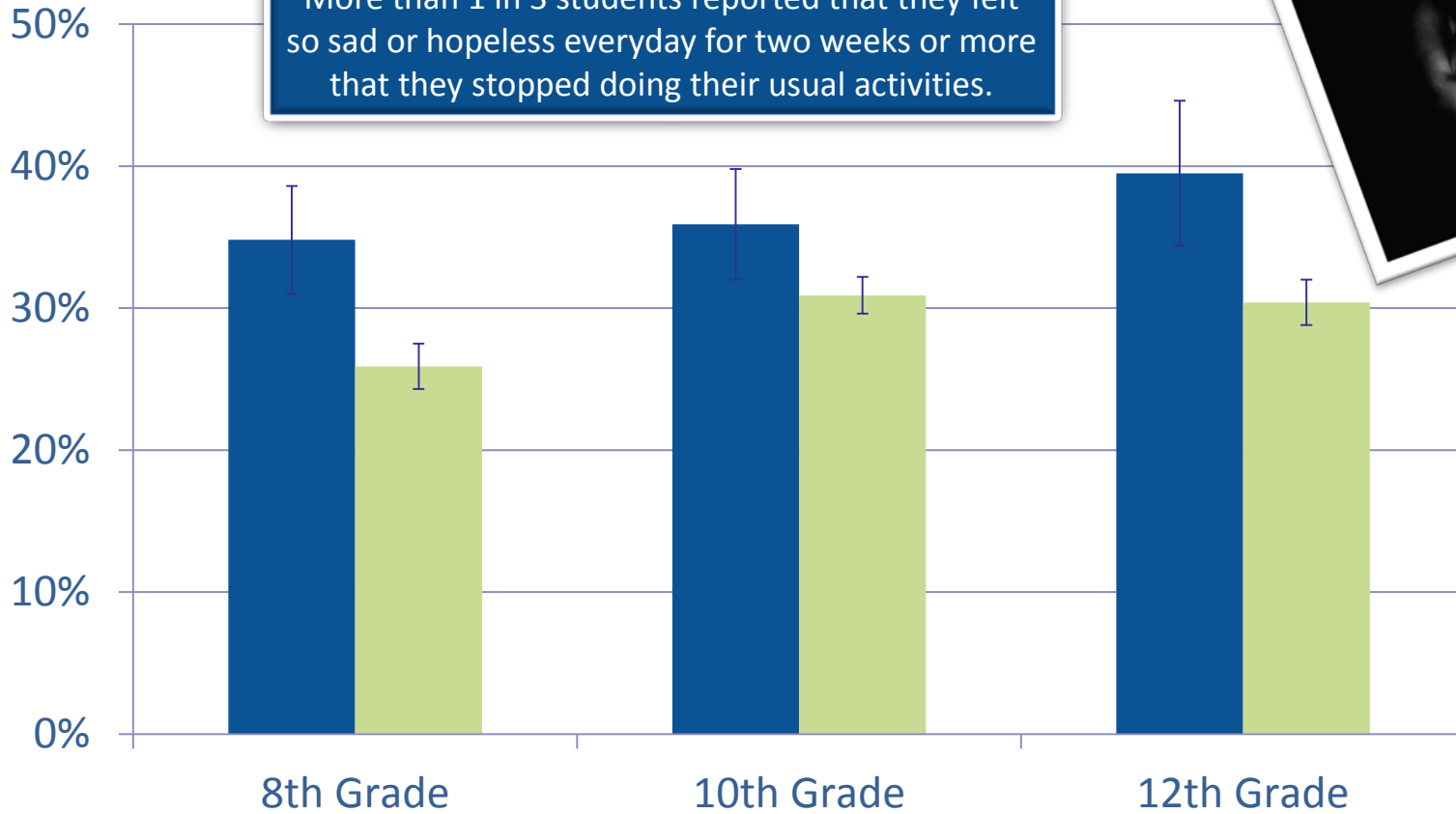
# Adults: Inadequate Social Support, 2005-10

More than 1 in 5 adults report getting the social support they need “never” “rarely” or “sometimes”



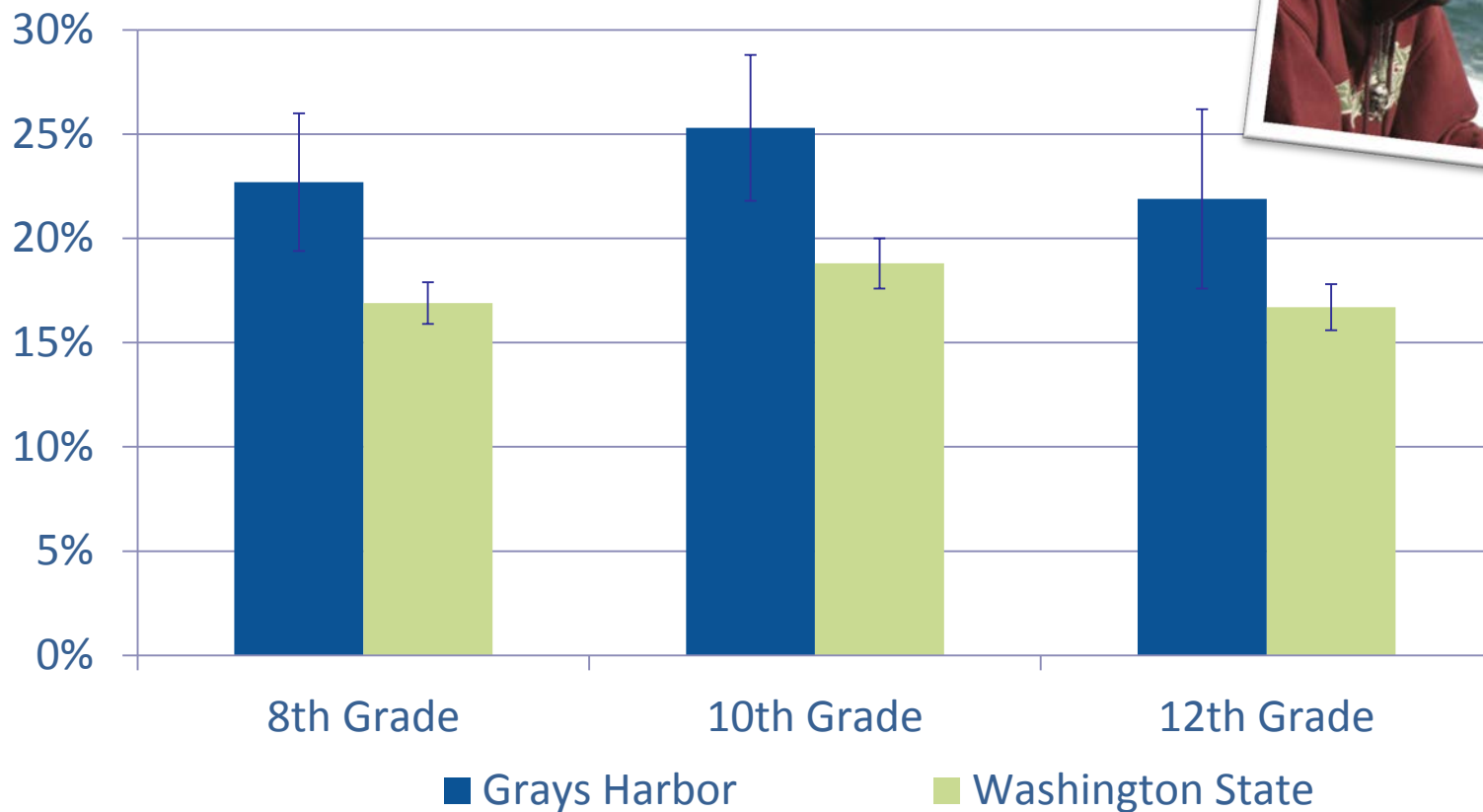
# Youth Depression, 2012

More than 1 in 3 students reported that they felt so sad or hopeless everyday for two weeks or more that they stopped doing their usual activities.



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# Serious Suicidal Thoughts in the Past 12 Months Among Youth, 2012



# T H E M E S

- Many adults and youth report poor mental health.
- Many adults report feeling isolated and unsupported.
- Many of our youth have seriously thought about suicide.

*So  
what?*

Research increasingly suggests that traumatic events, especially in childhood, impact not only mental health and substance abuse risk but also the risk for other chronic diseases.



# Health Behaviors

Tobacco, Alcohol and Other Drugs .....	48
...Themes .....	62
Safety .....	63
...Themes .....	68
Nutrition & Physical Activity .....	69
...Themes .....	76



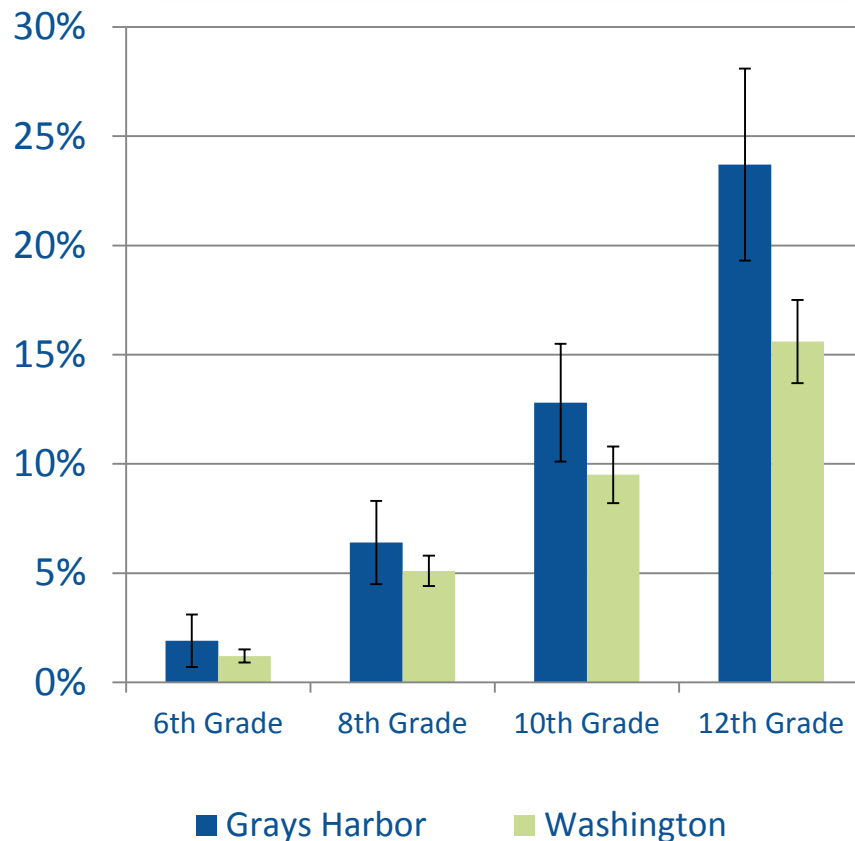




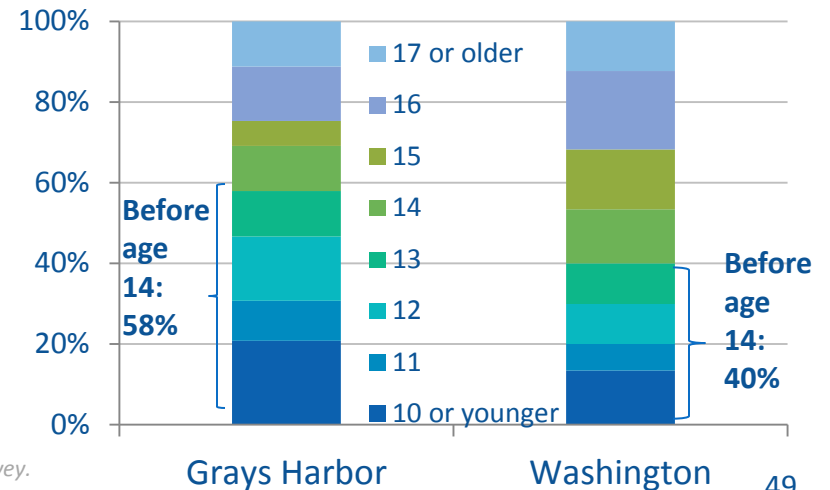
# TOBACCO, ALCOHOL AND OTHER DRUGS

# Current Smoking Among Youth, 2012

Our kids start smoking earlier and smoke more at every grade level

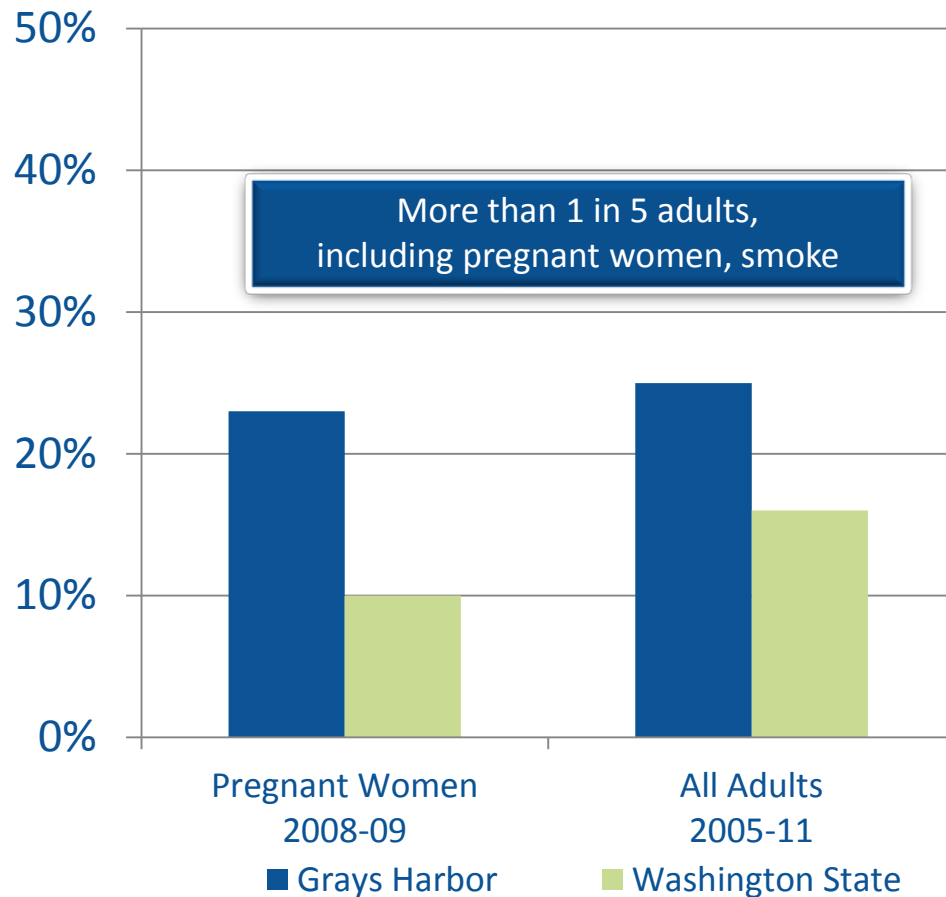


Age at First Cigarette Use, 12<sup>th</sup> Graders (Among those who have ever smoked)

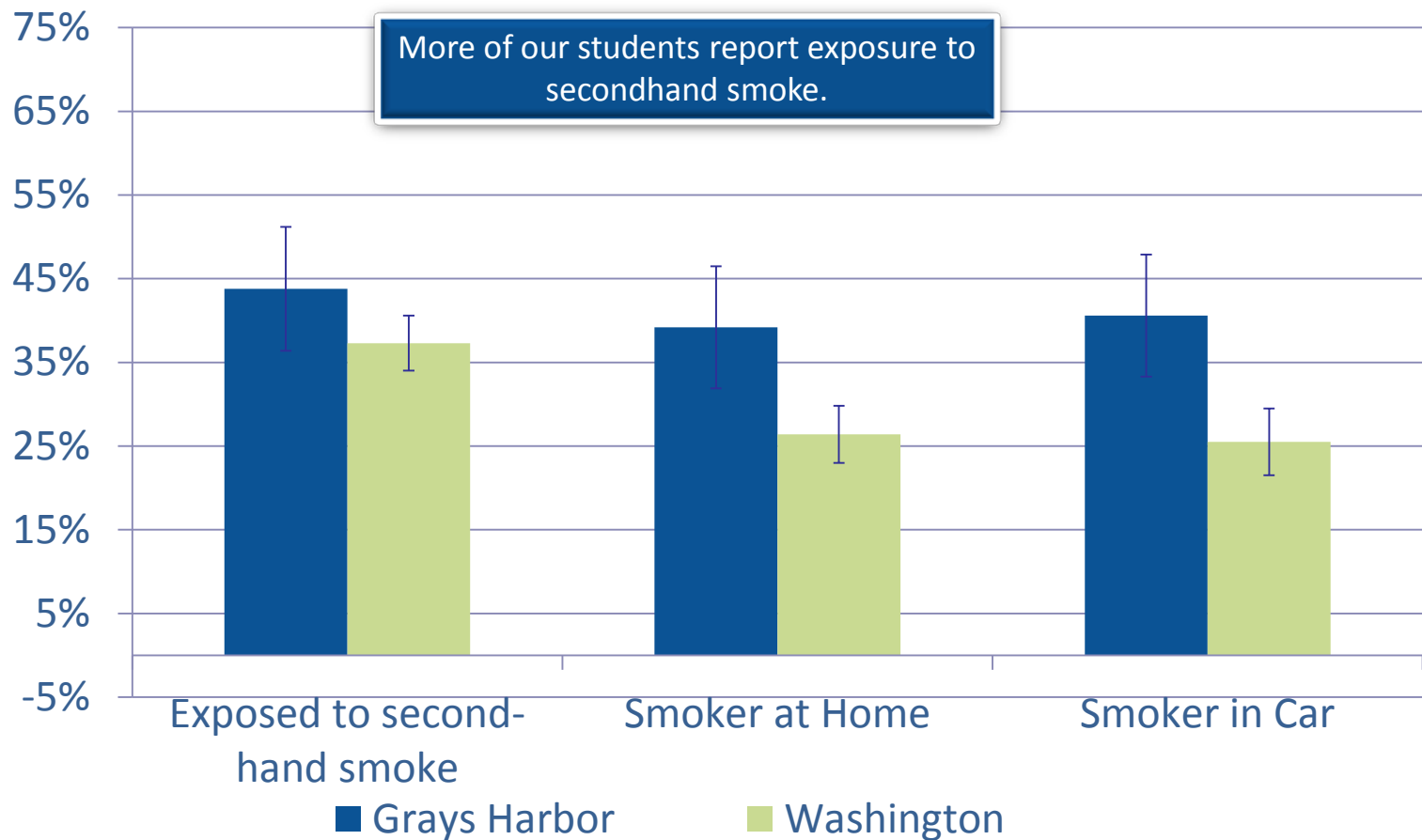


Source: Washington State Department of Health. 2012 Healthy Youth Survey.

# Adult Smoking

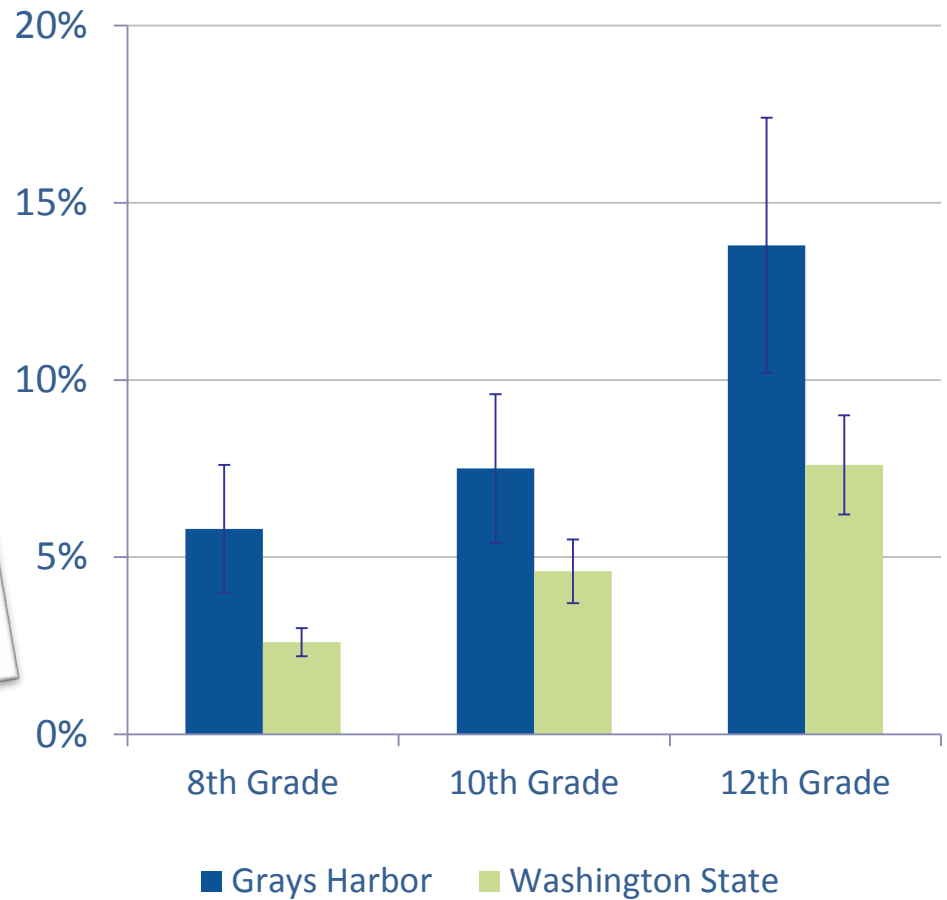


# Exposure to Tobacco Smoke, 12<sup>th</sup> Graders, 2012



# Smokeless Tobacco, 2012

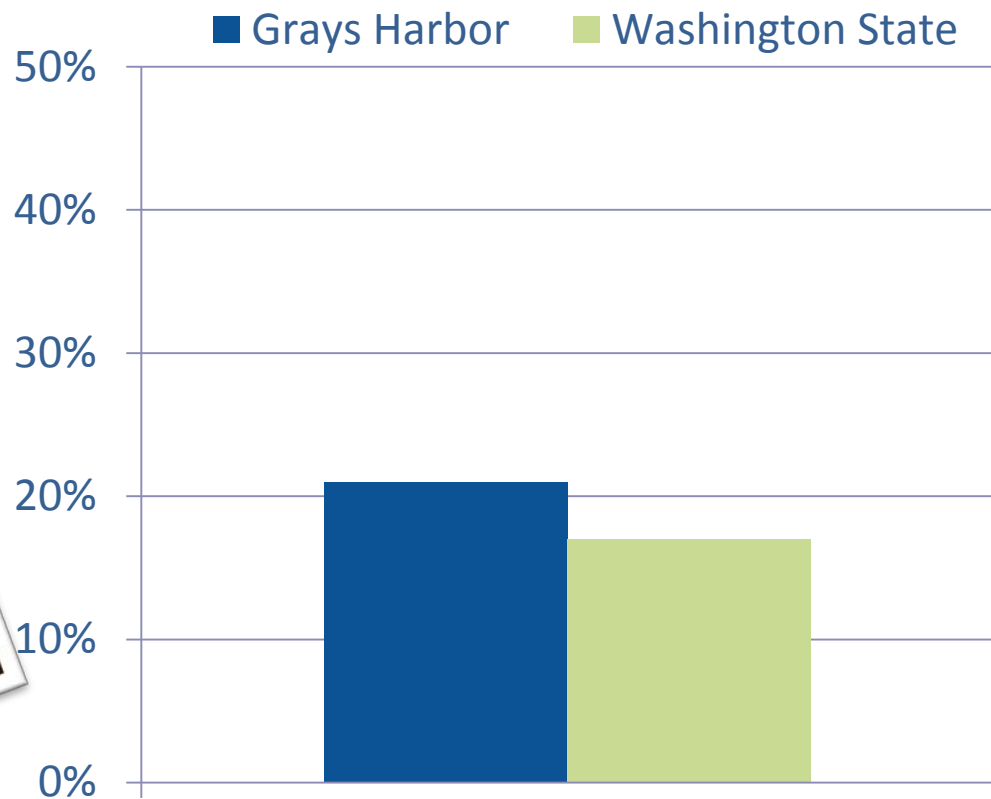
More than 1 in 5 8<sup>th</sup> graders report current use of smokeless tobacco, almost exclusively boys



Source: Washington State Department of Health. 2012 Healthy Youth Survey.

# Adults: Excessive Drinking, 2005-2011

“Excessive Drinking” defined:  
For men – 5 or more drinks on a single occasion or 2 or more drinks per day on average  
For women – 4 or more drinks on a single occasion or more than one drink per day on average

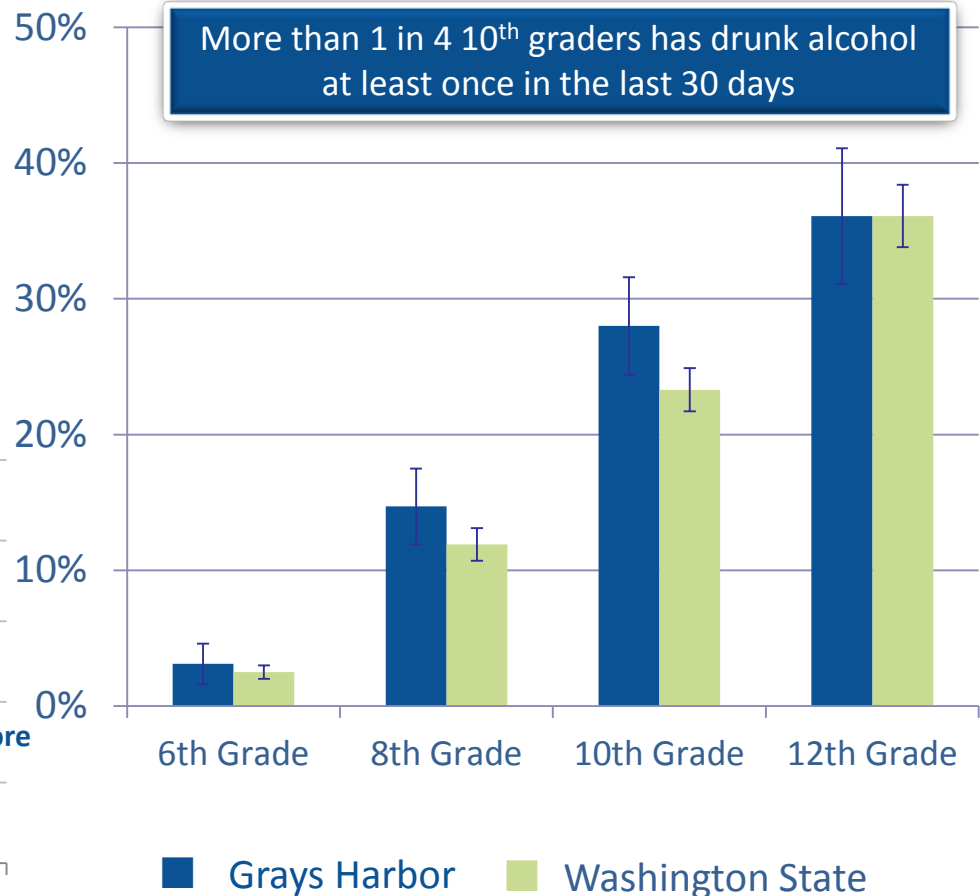
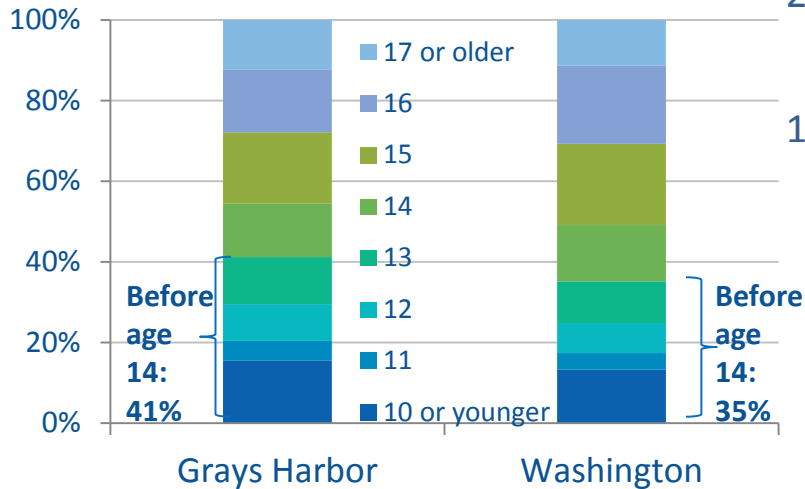


Source: University of Wisconsin Population Health Institute, County Health Rankings.  
Retrieved July 2013 from <http://www.countyhealthrankings.org>

# Current Alcohol Use Among Students, 2012



Age at First Alcohol Use, 12<sup>th</sup> Graders  
(Among those who have used alcohol)

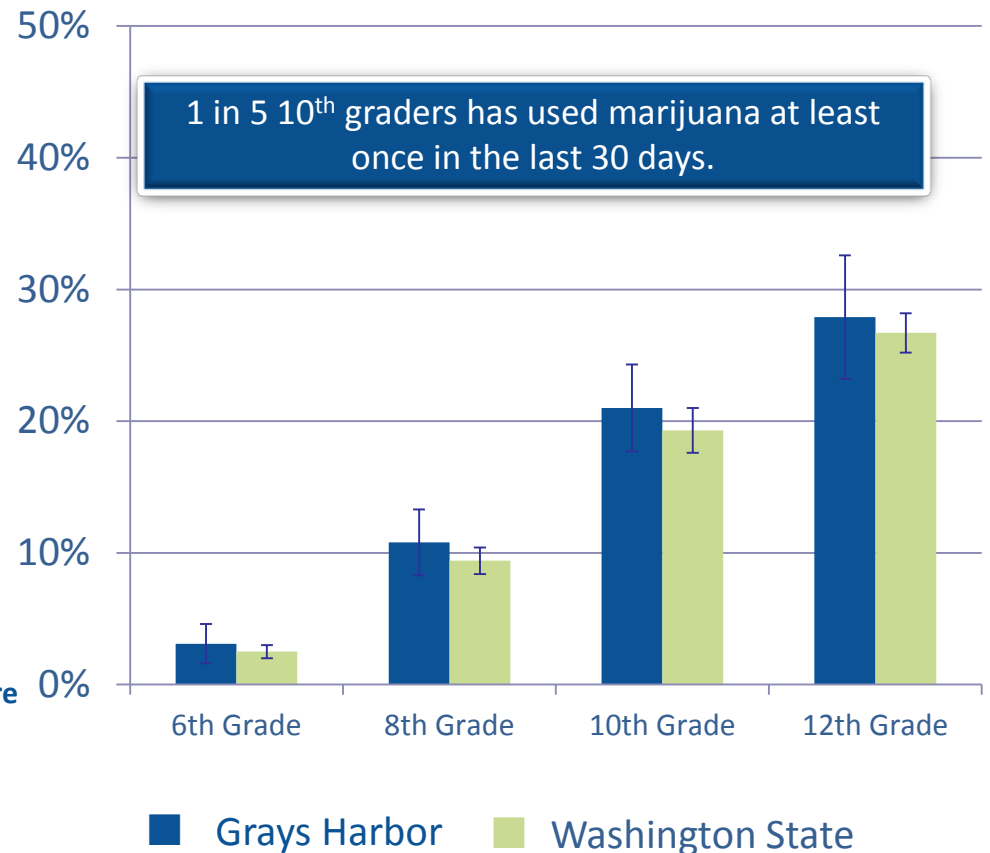
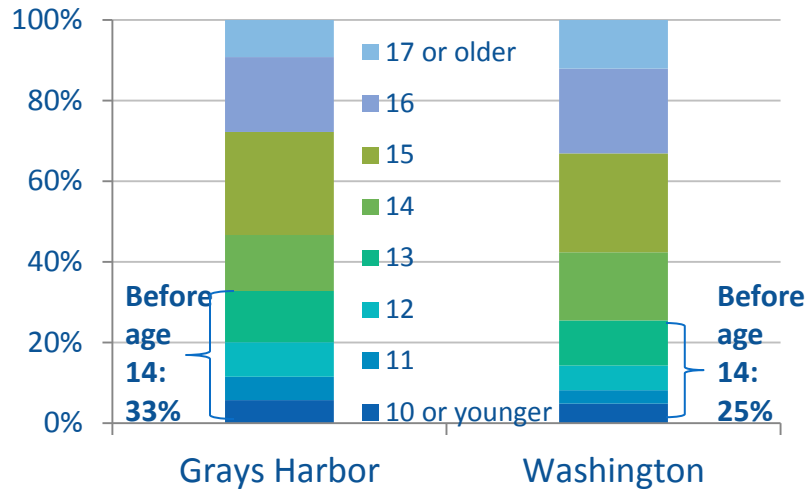




# Current Marijuana Use Among Students, 2012

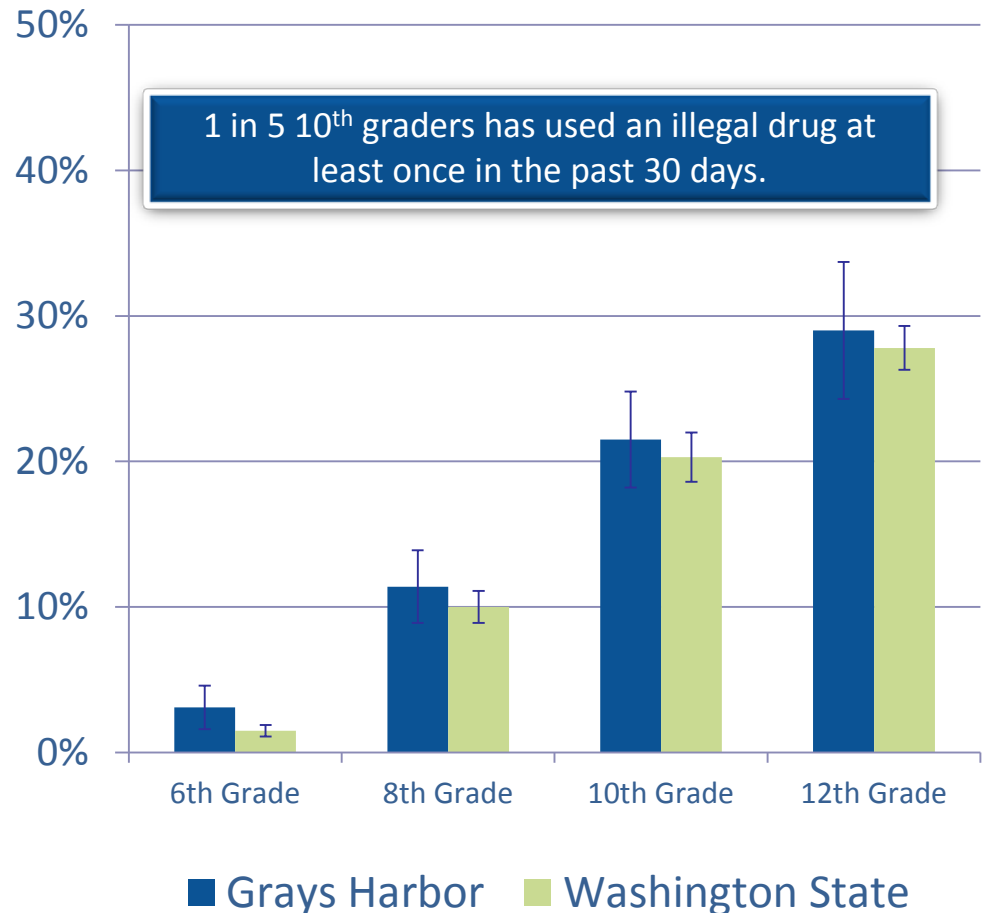


Age at First Marijuana Use, 12<sup>th</sup> Graders  
(Among those who have used marijuana)



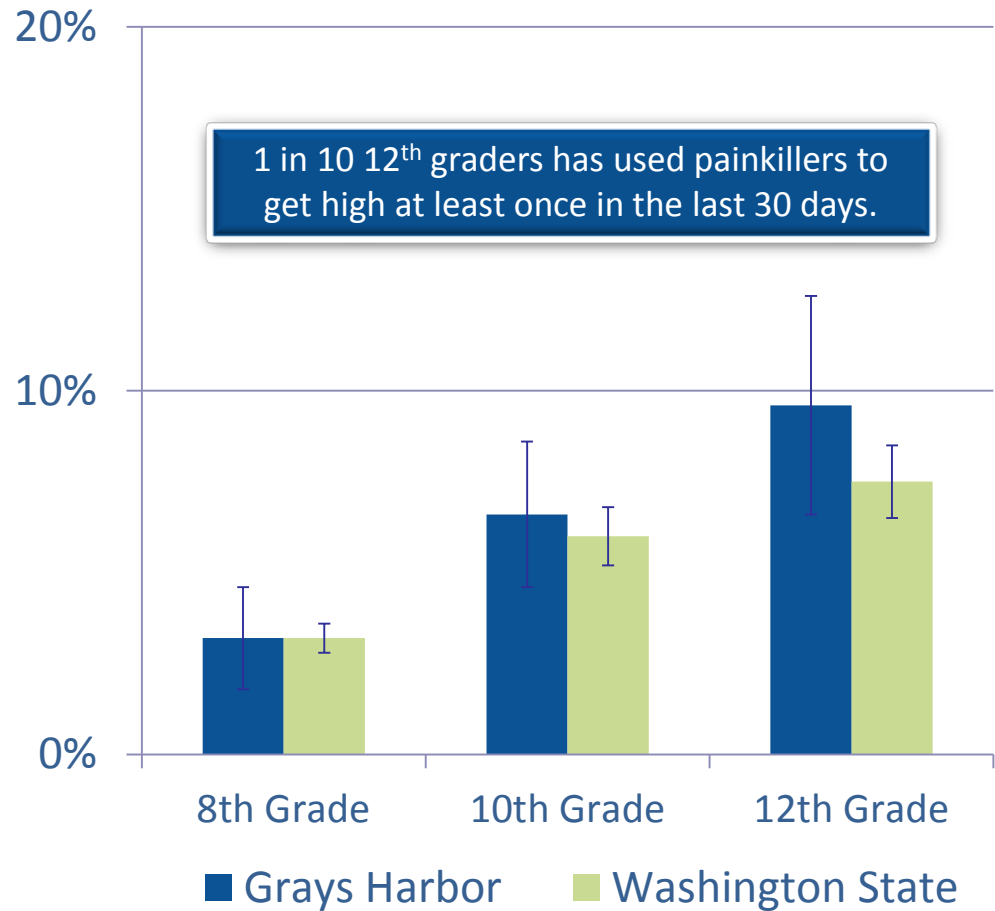


# Current Use of Any Illegal Drug Among Students, 2012



Source: Washington State Department of Health. 2012 Healthy Youth Survey.

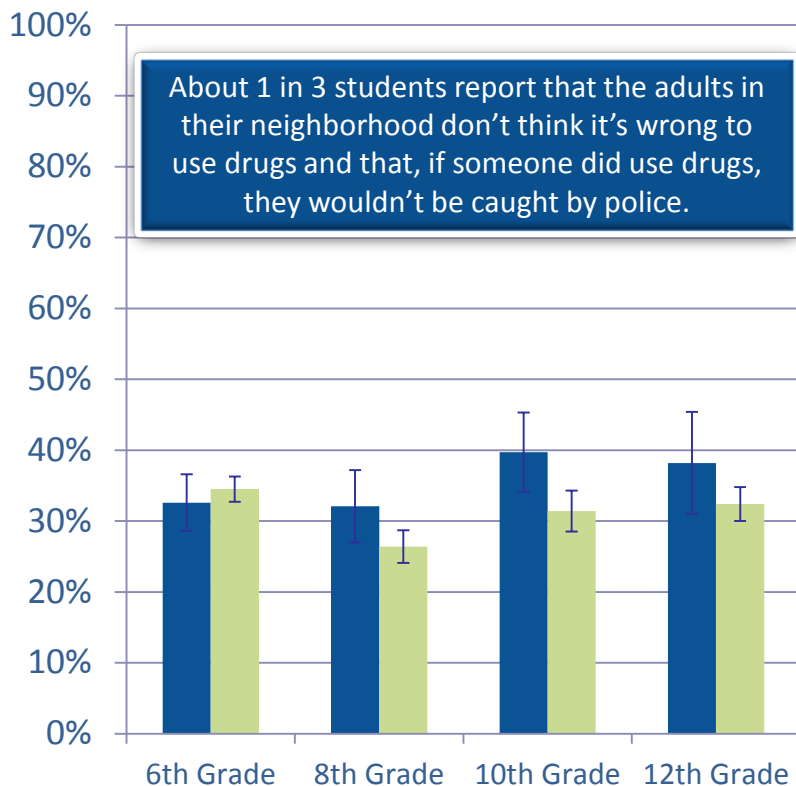
# Current Use of “Painkillers” To Get High Among Students, 2012



Source: Washington State Department of Health. 2012 Healthy Youth Survey.

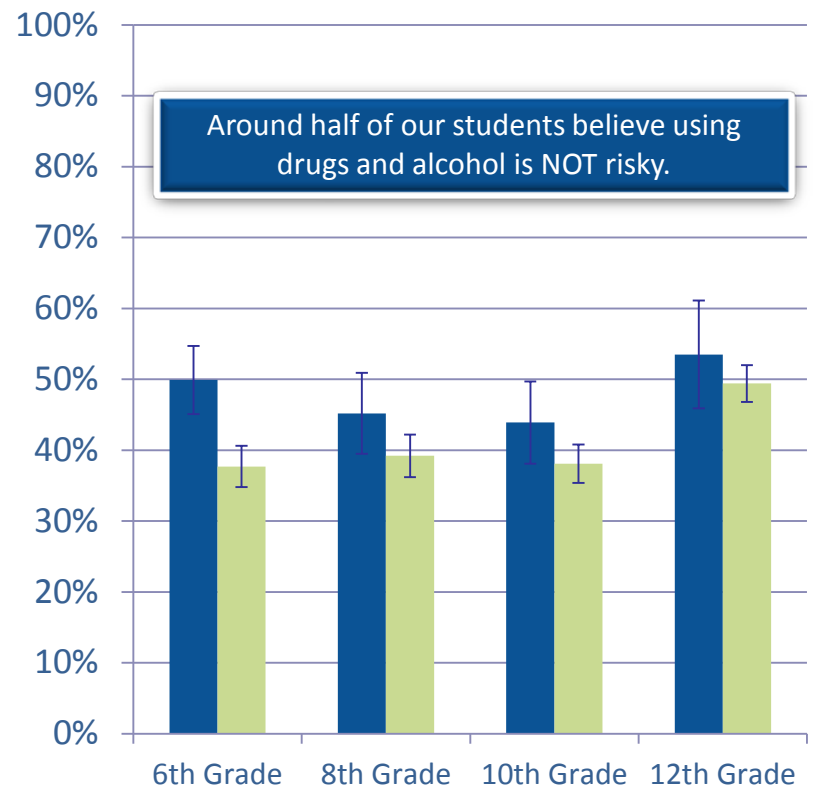
# Student Perceptions 2012: How big a deal is youth alcohol and drug use?

## Permissive Laws/Norms



About 1 in 3 students report that the adults in their neighborhood don't think it's wrong to use drugs and that, if someone did use drugs, they wouldn't be caught by police.

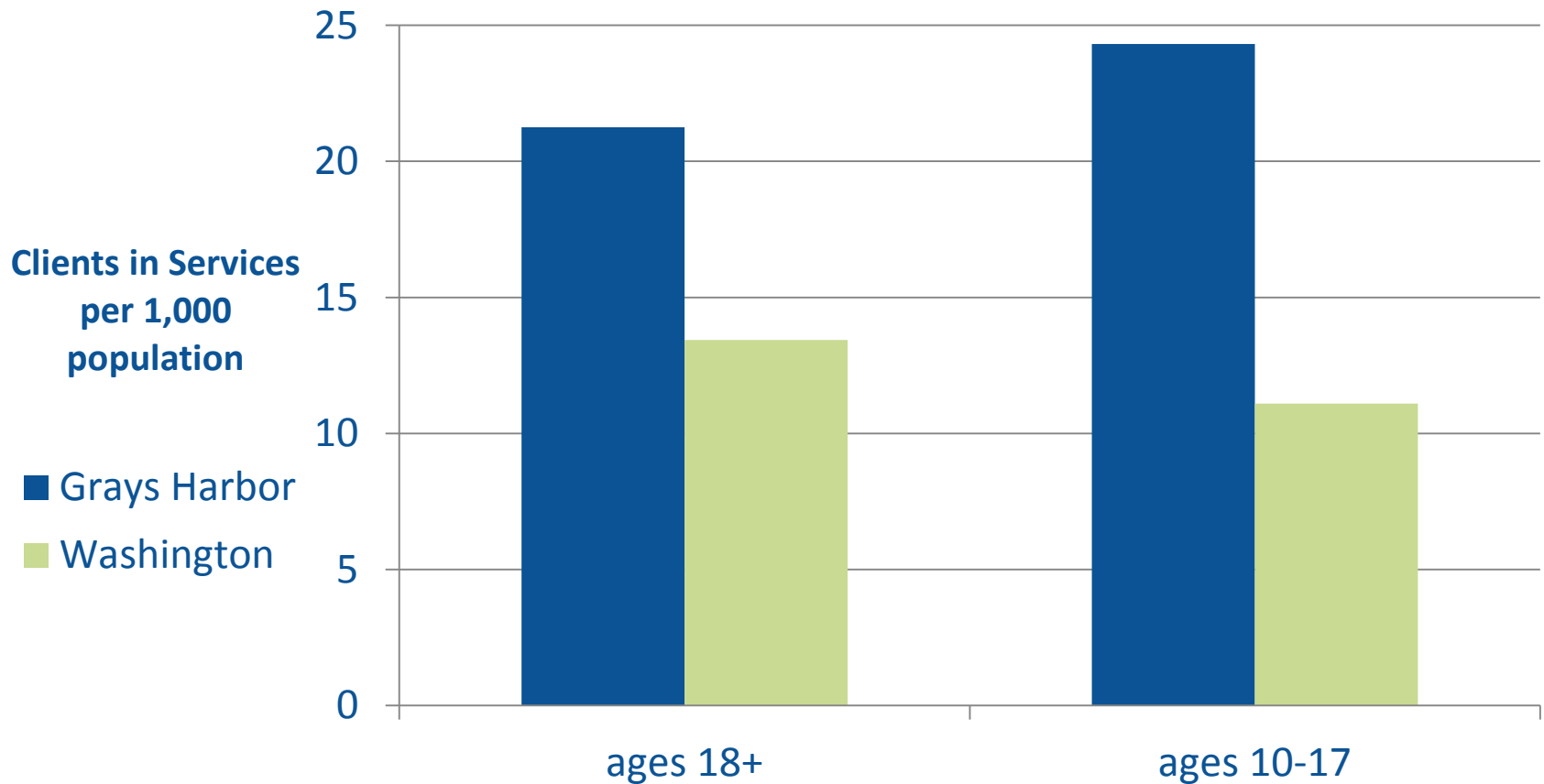
## Low Perception of Risk



Around half of our students believe using drugs and alcohol is NOT risky.

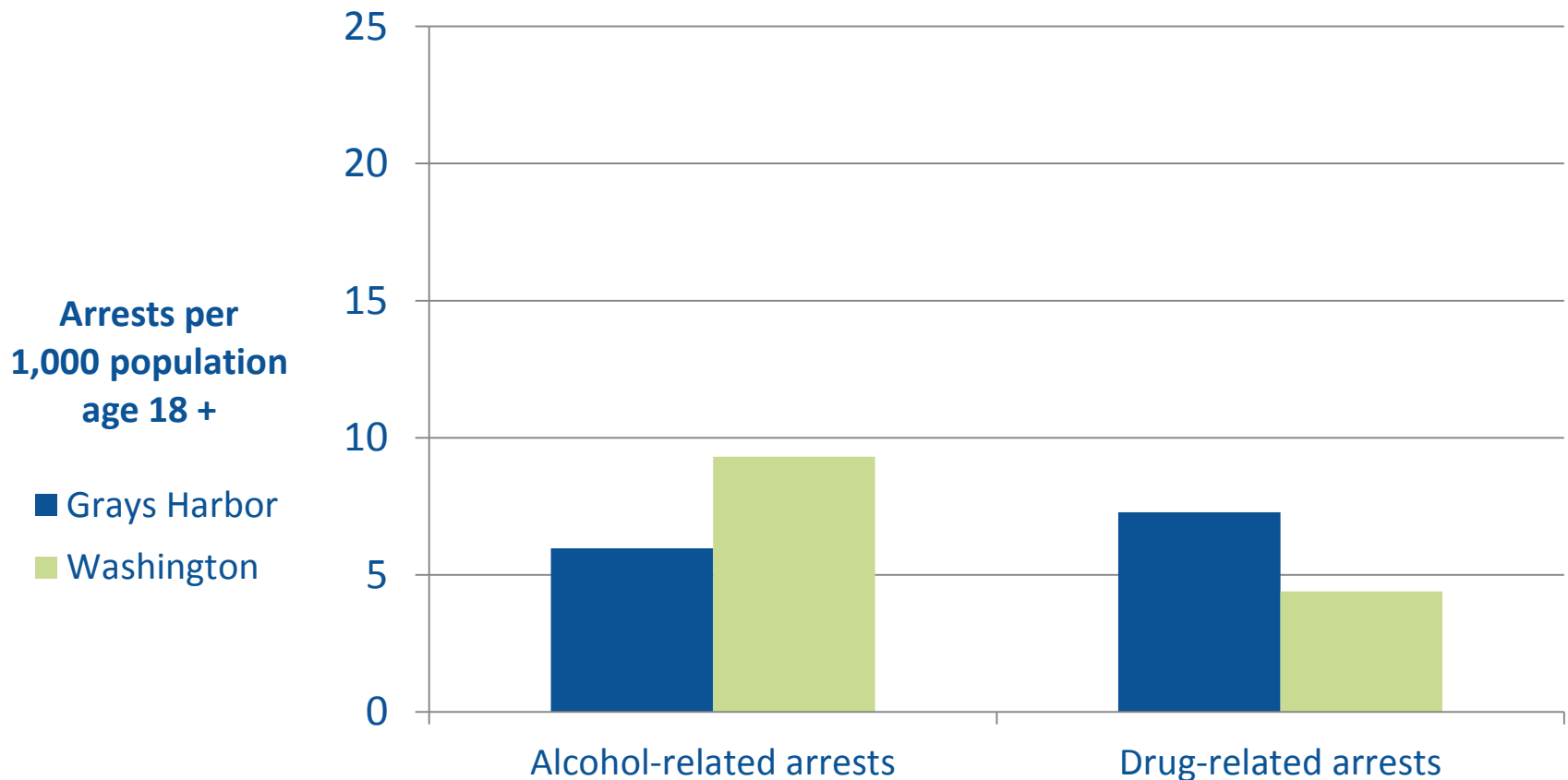
■ Grays Harbor ■ Washington State

# Use Rates for State-Funded Alcohol or Drug Treatment Services, 2010



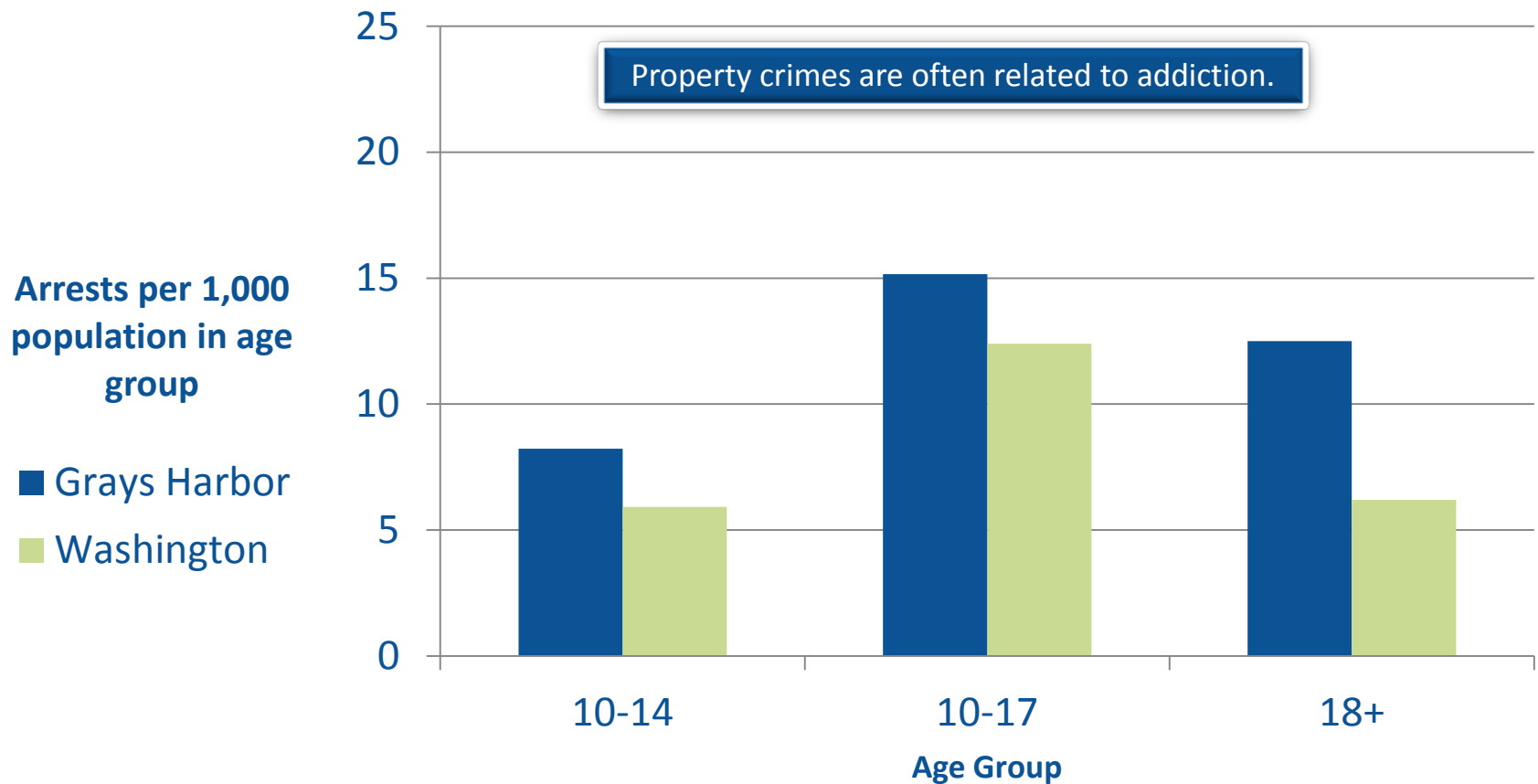
Source: Washington State Department of Social and Health Services, Research and Data Analysis Division. Risk and Protection Profile for Substance Abuse Prevention in Grays Harbor County. Retrieved March 2013 from <http://clientdata.rda.dshs.wa.gov/>

# Adult Drug and Alcohol-Related Arrests, 2010



Source: Washington State Department of Social and Health Services, Research and Data Analysis Division. Risk and Protection Profile for Substance Abuse Prevention in Grays Harbor County. Retrieved March 2013 from <http://clientdata.rda.dshs.wa.gov/>

# Property Crime Arrests By Age, 2010



Source: Washington State Department of Social and Health Services, Research and Data Analysis Division. Risk and Protection Profile for Substance Abuse Prevention in Grays Harbor County. Retrieved March 2013 from <http://clientdata.rda.dshs.wa.gov/>

# THEMES

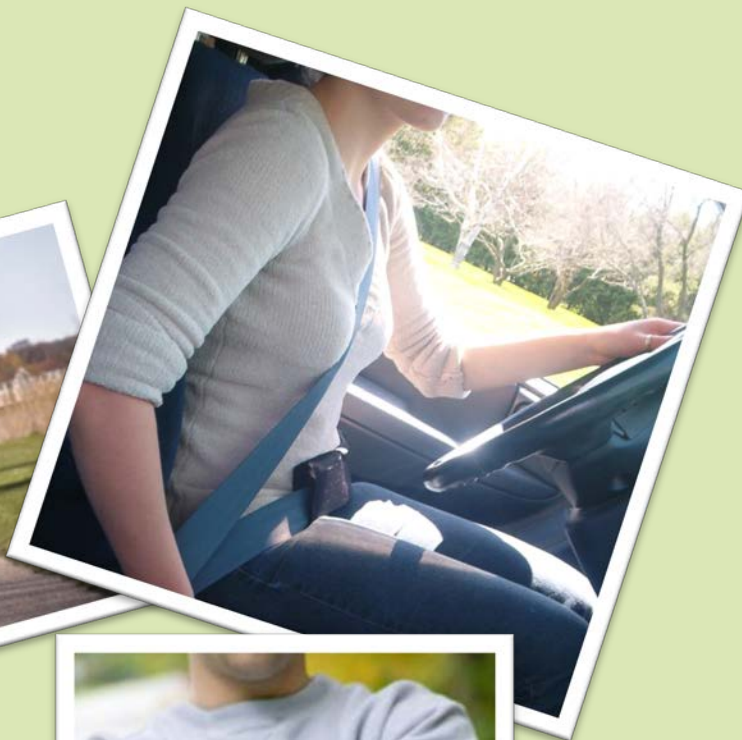
- Substance abuse is prevalent and often co-occurs with mental health problems.
- Local youth start using tobacco, alcohol and drugs of abuse earlier than their peers statewide.
- The misuse of prescription drugs is an emerging problem and often results in opiate addiction.
- Substance abuse and mental health issues are inextricably linked to poor family management, adverse childhood events, crime, and chronic disease.

*So  
what?*

Direct and purposeful action is required to change family and cultural norms around the use of alcohol and drugs of abuse in order to change this picture.

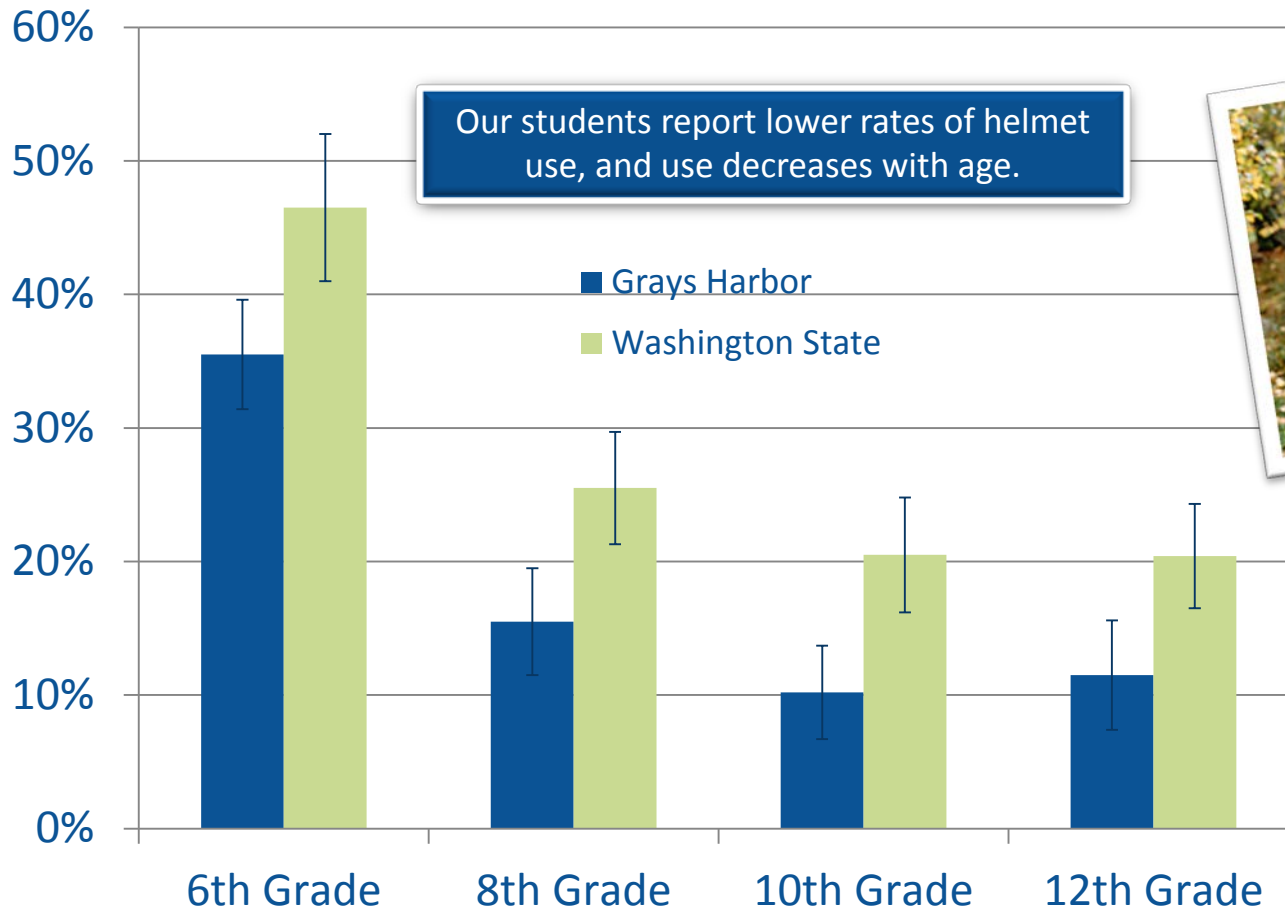




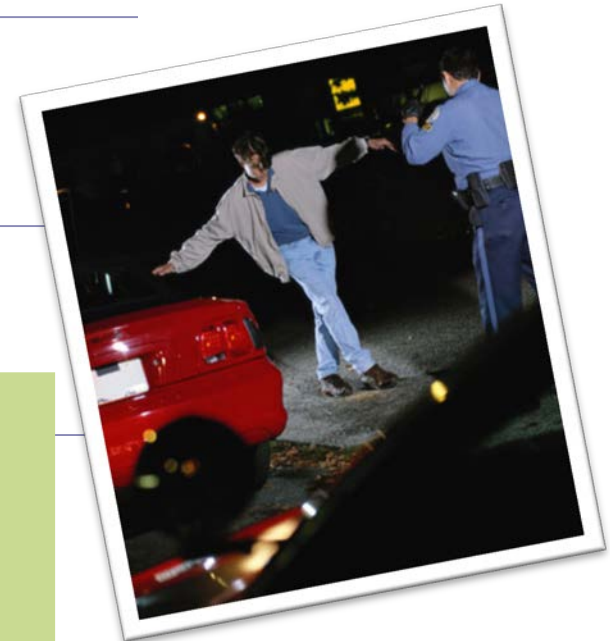
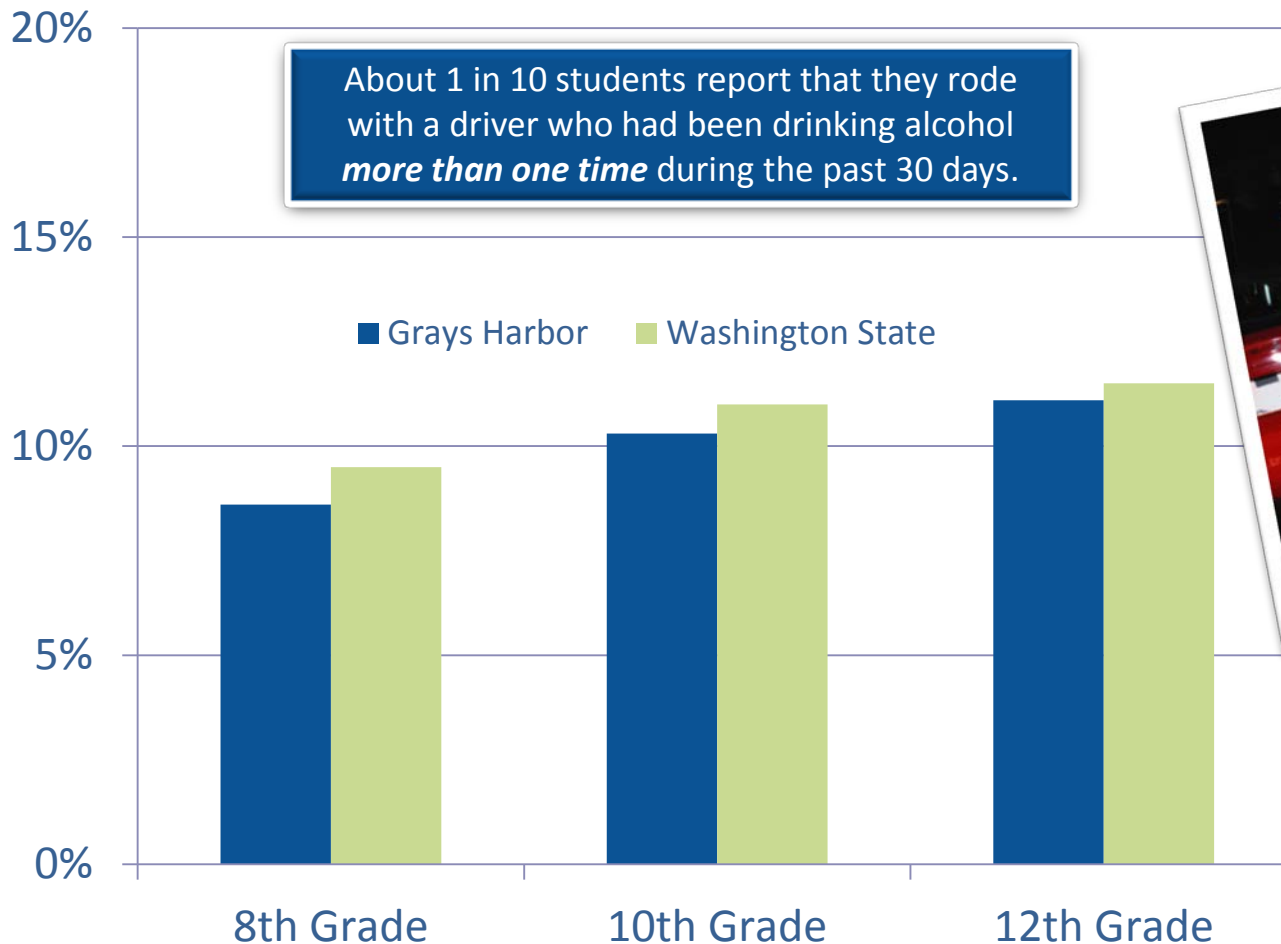


**SAFETY**

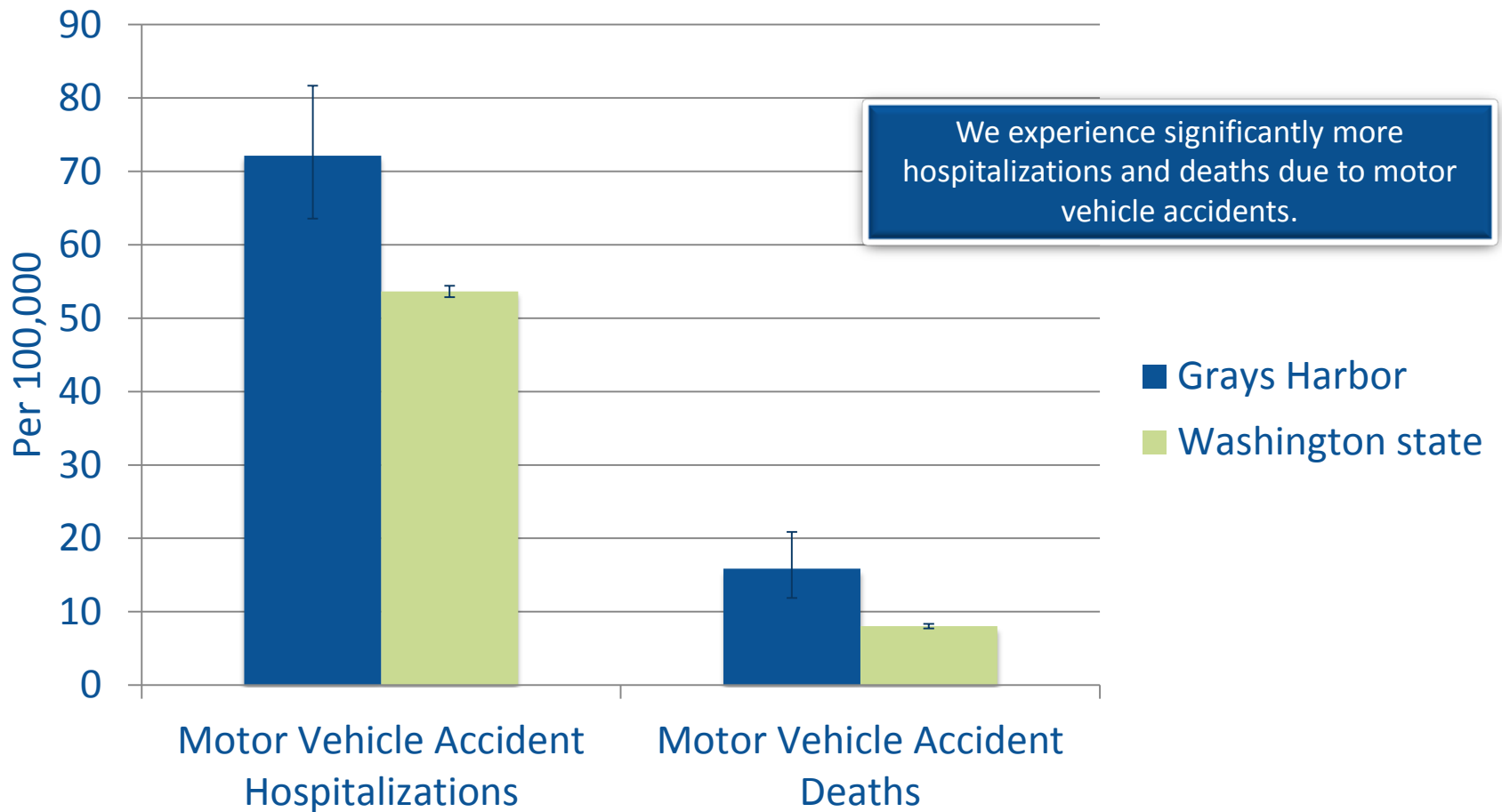
# Youth Bike Helmet Use, 2012



# Youth Riding in a Car with a Drinking Driver, 2012

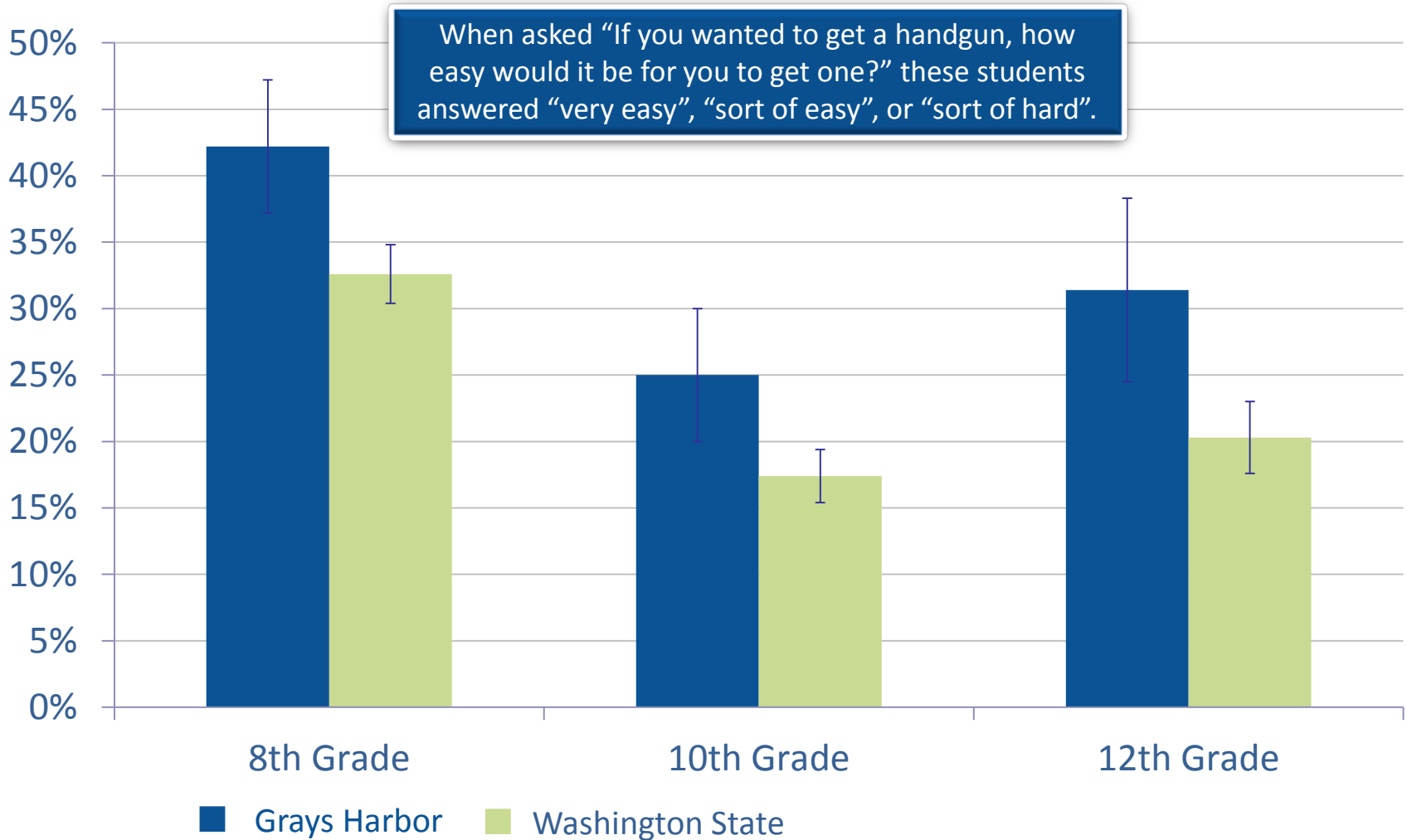


# Motor Vehicle Accidents, 2002-11



Source: Washington State Department of Health, Center for Health Statistics.

# Perceived Availability of Handguns, 2012



# T H E M E S

- **Bike helmet use** appears less consistent than for youth statewide.
- Our youth perceive that **firearms are more prevalent**.
- Injuries are often associated with the use of drugs and alcohol.

*So  
what?*

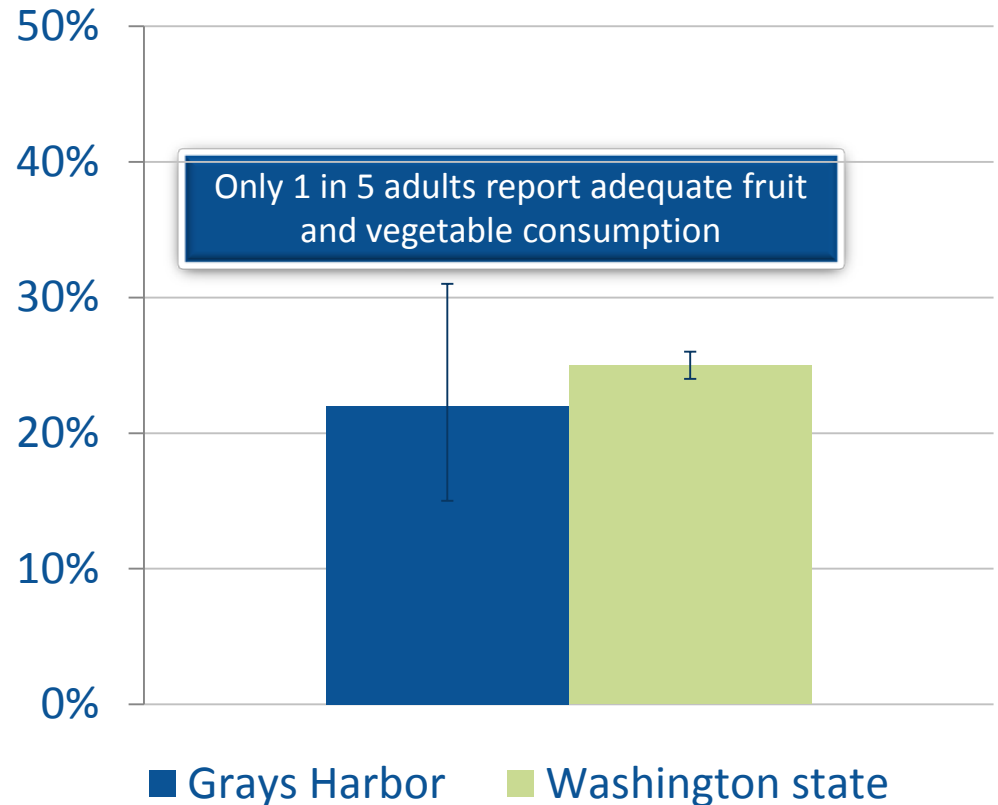
Motor vehicle injuries and drowning are a particular concern, and intervention here could save lives. Interventions that reduce family disorganization, violence, and drug and alcohol use could also have an impact.



## NUTRITION & PHYSICAL ACTIVITY



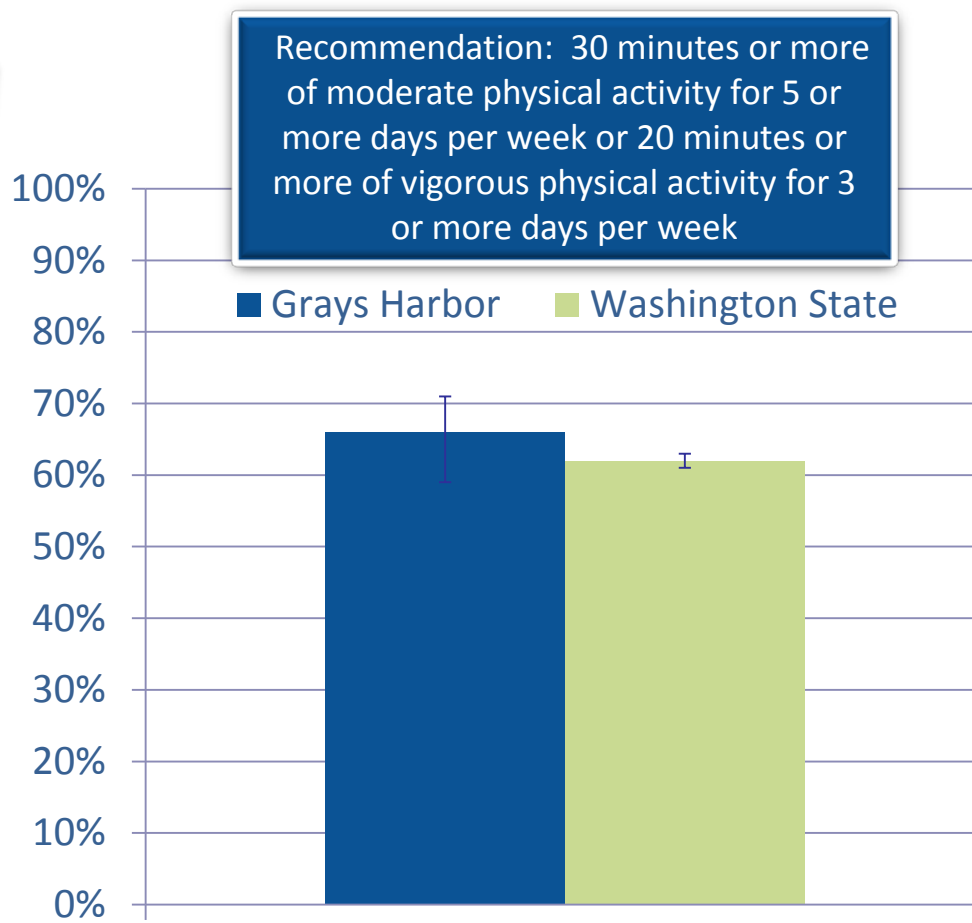
# Adults Consuming 5 or More Servings of Fruits and Vegetables Per Day, 2009



Source: Source: Washington State Department of Health. 2013 Local Public Health Indicators. Retrieved July 2013 from <https://fortress.wa.gov/doh/lphi/RecordSet.mvc/DetailsForIndicatorTrend?indicatorId=5&referenceCycle=1&testCycle=3>



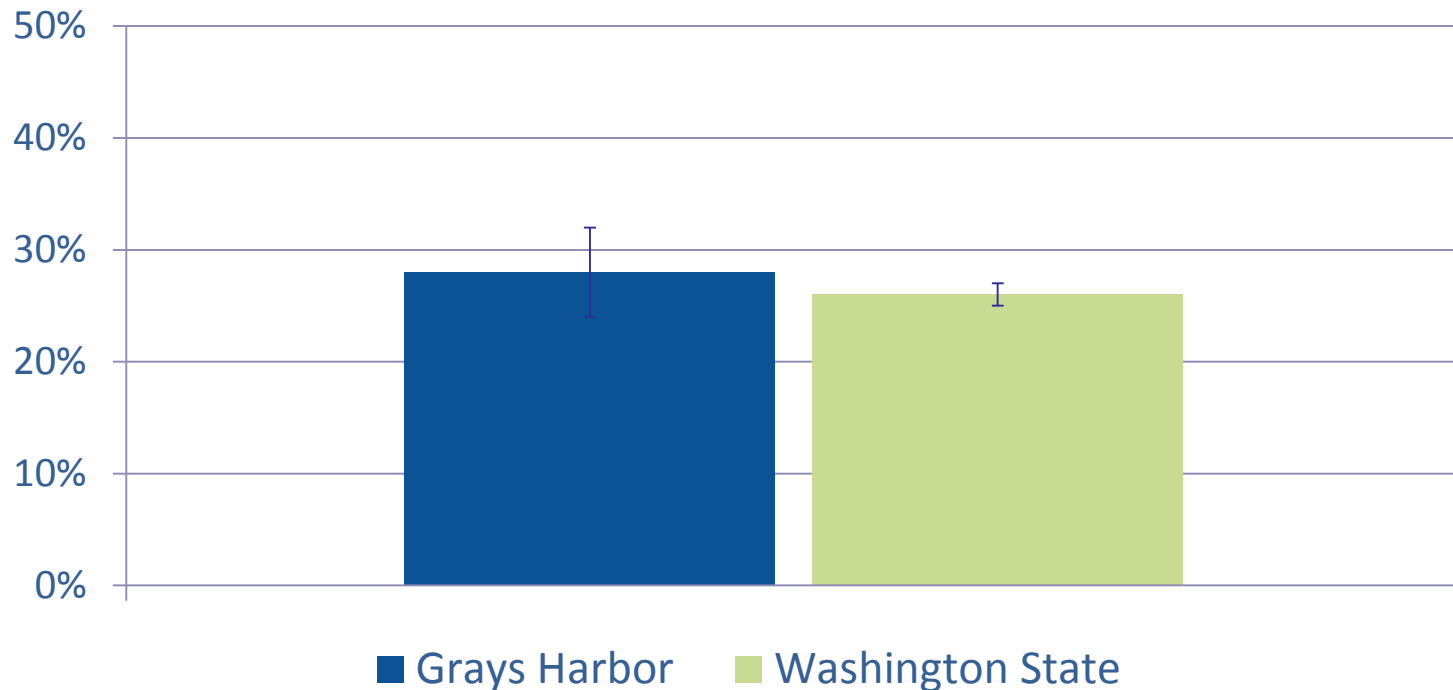
# Adults Meeting Physical Activity Recommendations, 2009



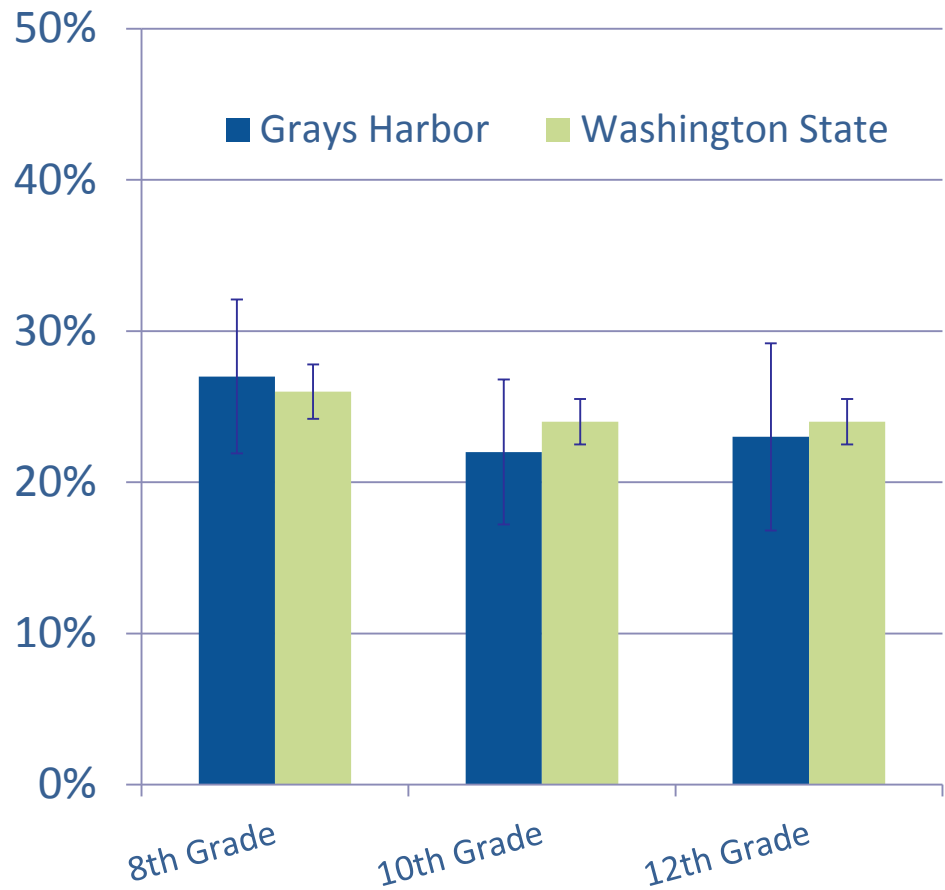
Source: Source: Washington State Department of Health. 2013 Local Public Health Indicators. Retrieved July 2013 from <https://fortress.wa.gov/doh/lphi/RecordSet.mvc/DetailsForIndicatorTrend?indicatorId=5&referenceCycle=1&testCycle=3>

# Adult Obesity, 2009-2010

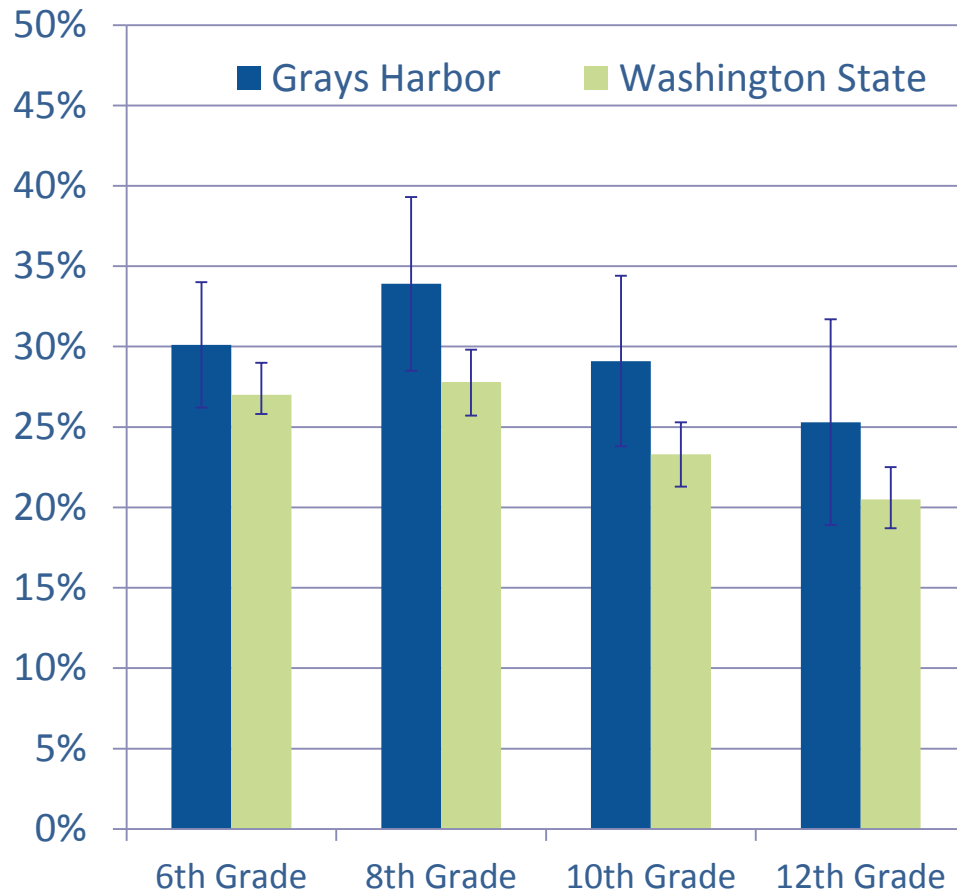
A body mass index 30 or greater is considered “obese”. Body mass index is determined by a person’s height and weight. For example, a 5’ 5” person weighing 150 lbs. is overweight; a 5’ 5” person weighing 180 lbs. is obese.



# Youth Consuming 5 or More Servings of Fruit and Vegetables Per Day, 2012



# Youth Who Are Physically Active at Least 60 Minutes Every Day, 2012

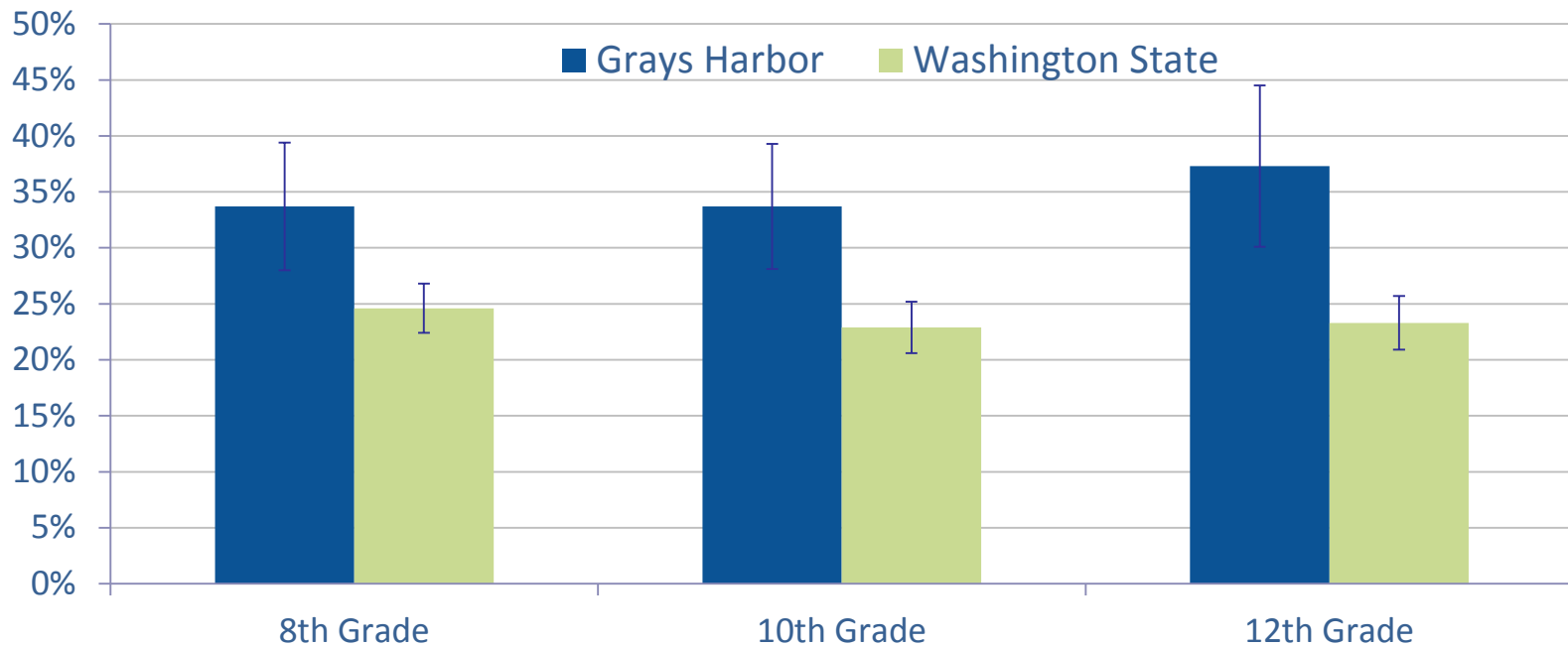


A higher percentage of our kids report adequate physical activity



# Youth: Overweight and Obesity, 2012

## Percent of Students Who Are Overweight or Obese



“Obese” includes students who are in the top 5% for body mass index by age and gender based on growth charts developed by the Centers for Disease Control and Prevention (2000). “Overweight” includes students who are in the top 15% but not the top 5%.

Source: Washington State Department of Health, 2012 Healthy Youth Survey.

# T H E M E S

- Too few youth eat **enough fruits and vegetables**
- Our youth and adults are **more physically active** than their peers statewide
- We are **sick longer and die younger** from chronic diseases related to
  - Poor diet
  - Physical inactivity

*So  
what?*

The heavy burden of chronic disease in our communities is not surprising in the context of information about our health behaviors, and changed behavior is the key to reducing this burden.



## Health Outcomes

Hospitalization Rates .....	78
...Themes .....	81
Death Rates .....	82
...Themes .....	85

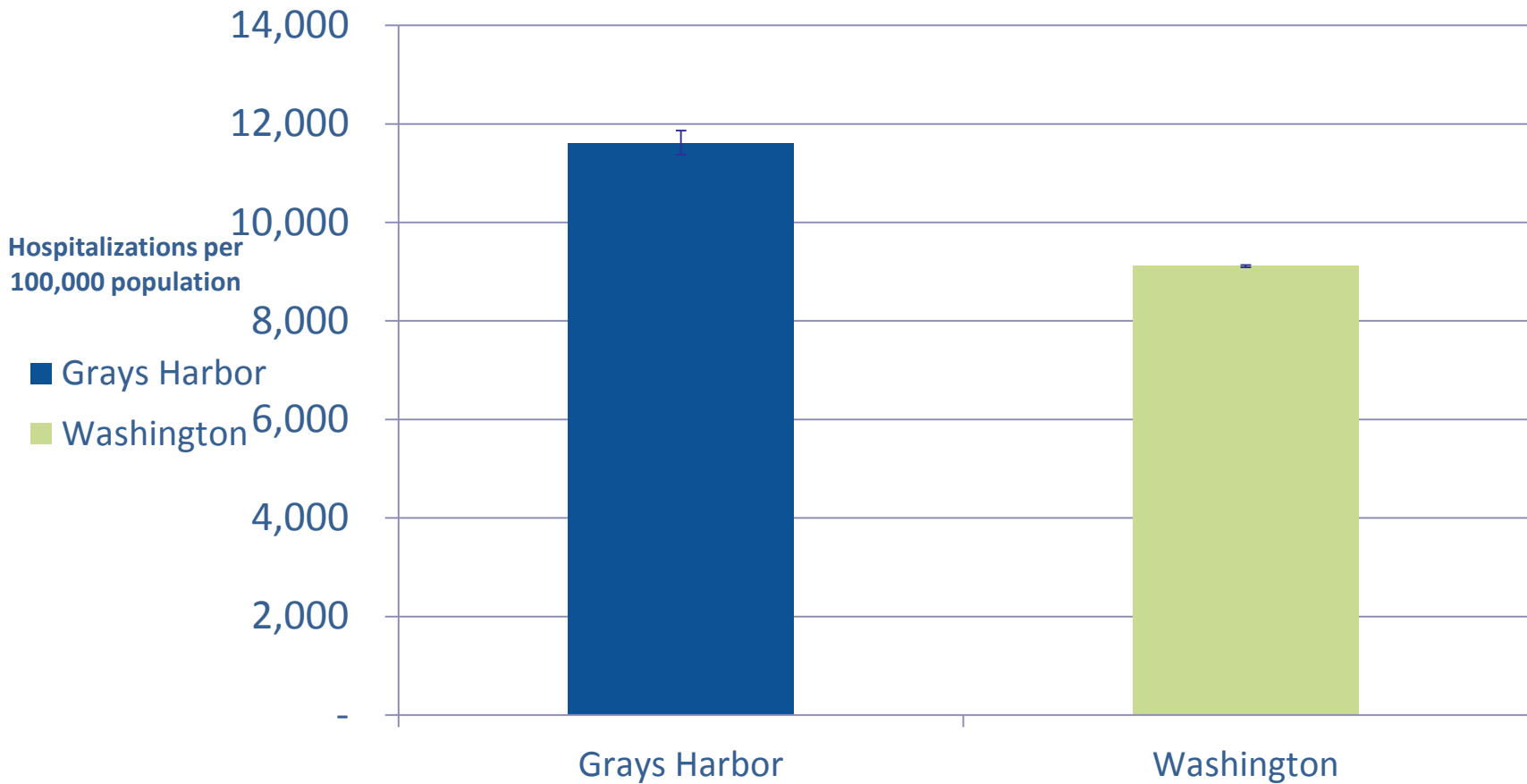






# HOSPITALIZATION RATES

# Age-Adjusted Hospitalization Rates, 2011



# Leading Causes of Hospitalization, 2011

Percentage of all hospitalizations

Diseases of the circulatory system	16%
Certain conditions originating in the perinatal period	8%
Complications of pregnancy; childbirth; and the puerperium	9%
Diseases of the digestive system	9%
Diseases of the respiratory system	9%
Injury and poisoning	8%
Diseases of the musculoskeletal system and connective tissue	8%
Infectious and parasitic diseases	7%
Mental illness	5%
Diseases of the genitourinary system	6%

# T H E M E S

- We are hospitalized at a significantly higher rate than Washington state.
- Many of our hospitalizations are preventable, such as injuries and chronic disease complications.

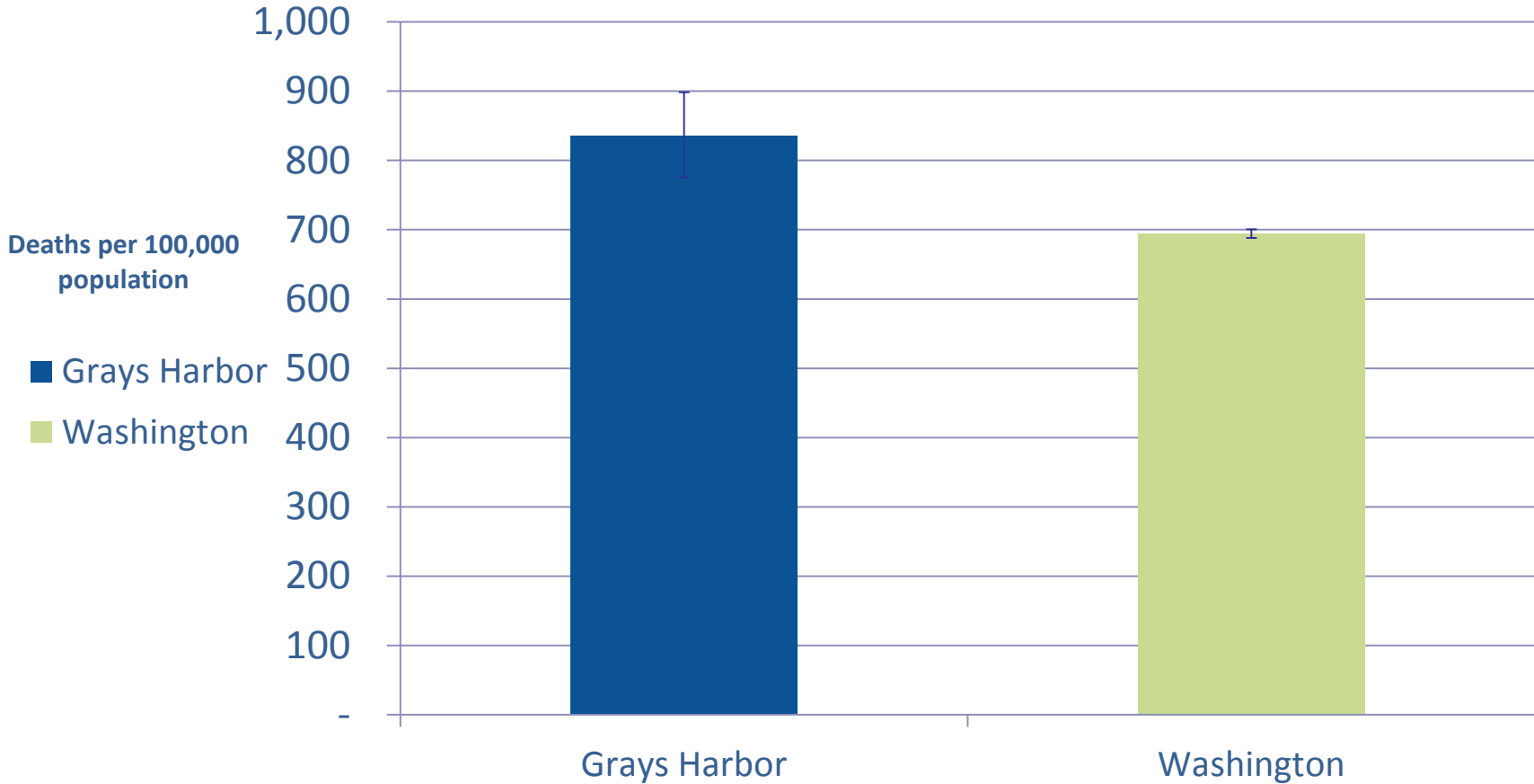
*So  
what?*

Investing in prevention, such as chronic disease management classes, could help reduce our rate of hospitalization.



## DEATH RATES

# Age-Adjusted Death Rates, 2011



# Leading Causes of Death, 2011

Percentage of all  
deaths

Major cardiovascular diseases	30%
Malignant neoplasms	24%
All other diseases (Residual)	9%
Chronic lower respiratory diseases	9%
Alzheimer's disease	6%
Accidents	4%
Diabetes mellitus	3%
Infectious and Parasitic Disease	3%
Chronic liver disease and cirrhosis	2%
Intentional self-harm (suicide)	1%

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- We die at a significantly higher rate than Washington state.
- One-third of deaths are due to major cardiovascular diseases, which could be prevented through improved diet and increased physical activity.

*So  
what?*

Encouraging healthy eating and physical activity could prevent deaths due to major cardiovascular diseases.



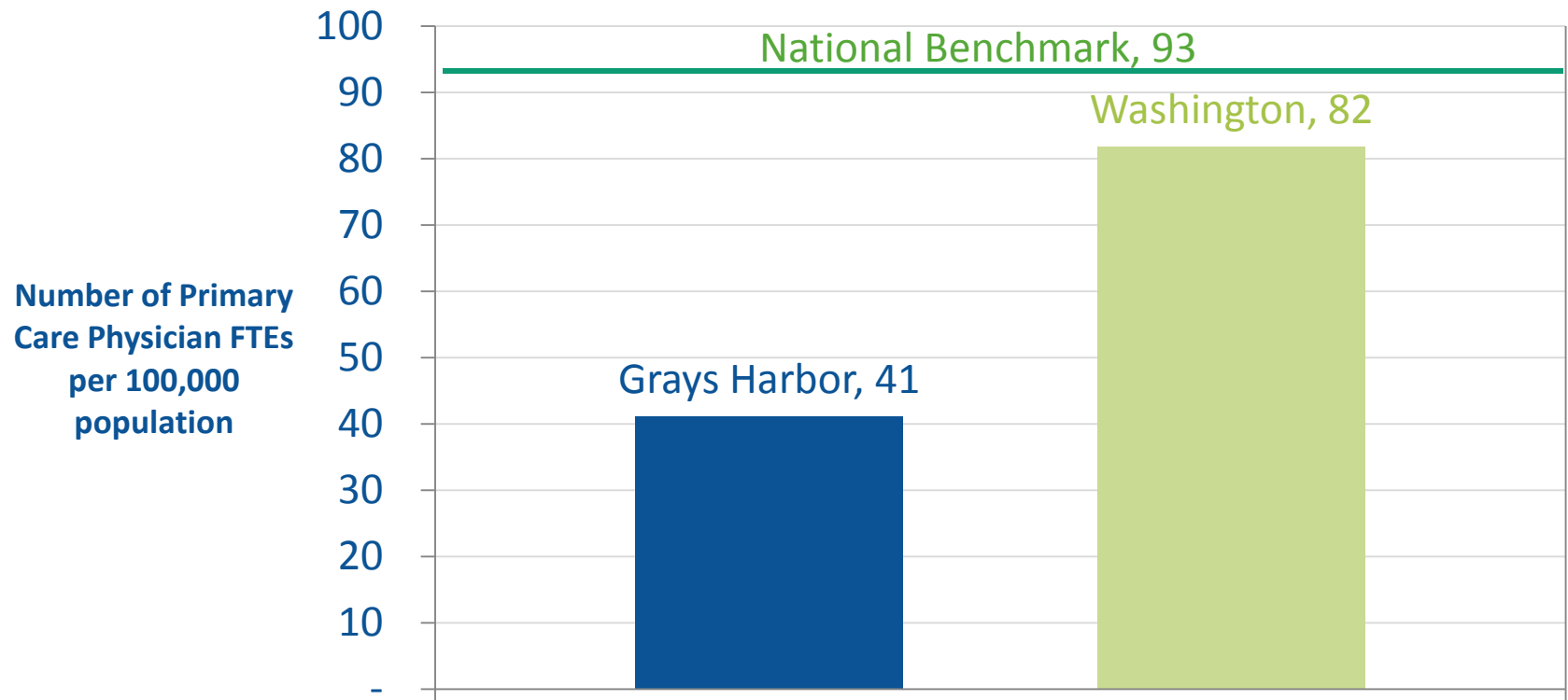


## Health Care Access and Utilization

Themes..... 98

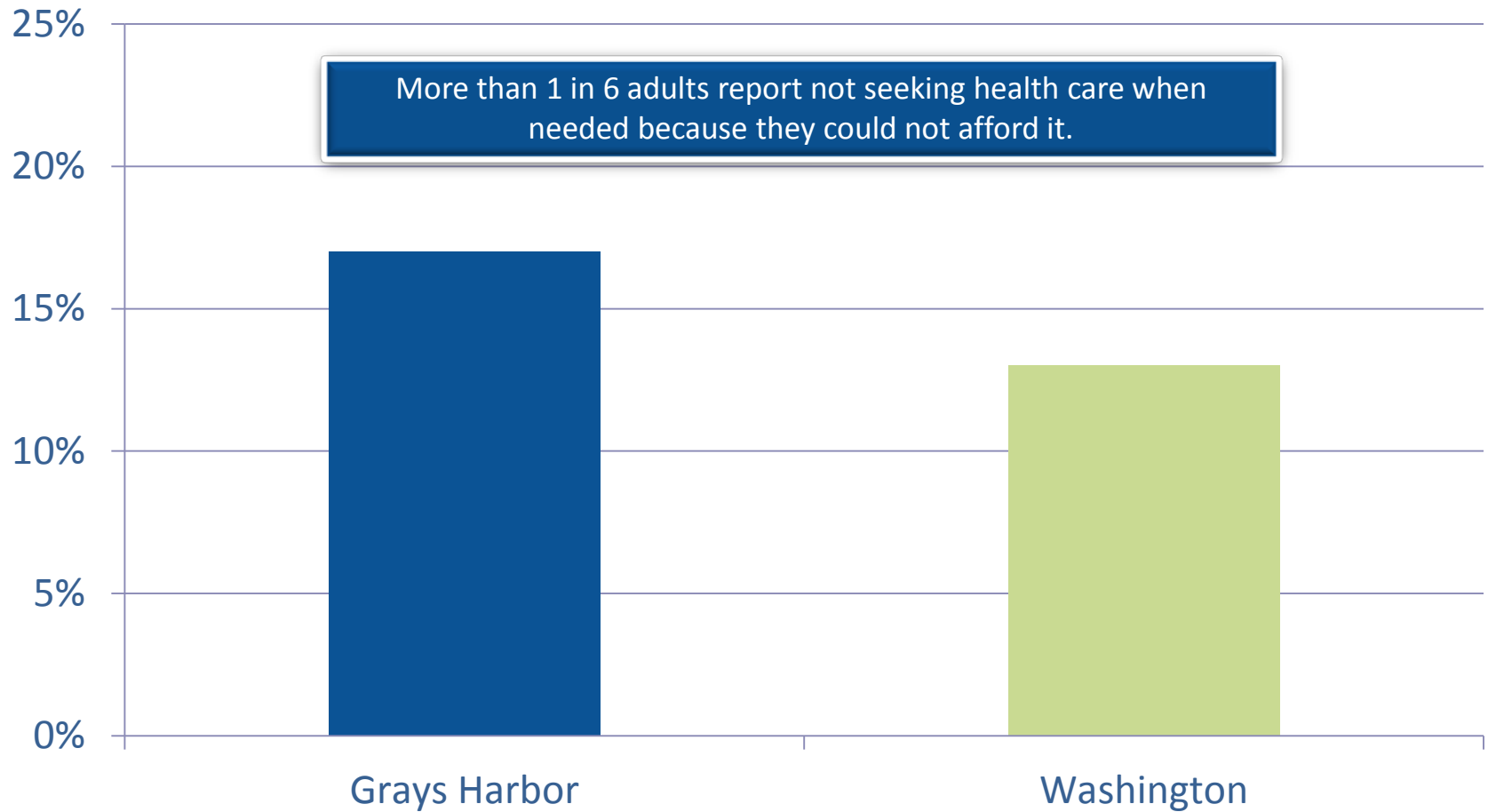
# Primary Care Physician Coverage Rate, 2011-12

We have a severe shortage of primary care physicians

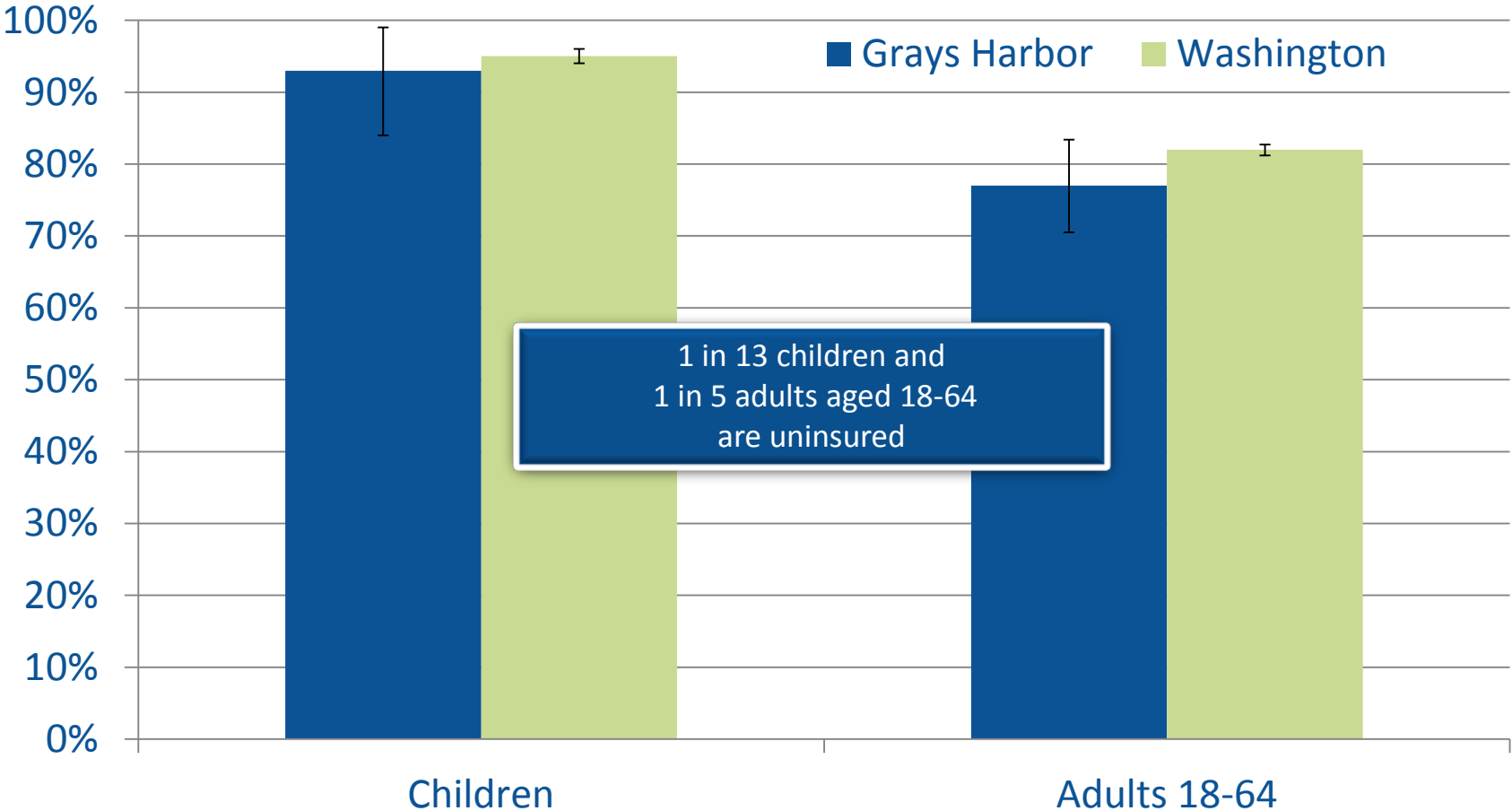


Source: University of Wisconsin Population Health Institute, County Health Rankings. Retrieved March 2013 from <http://www.countyhealthrankings.org>

# Adults With Unmet Medical Needs, 2009-10

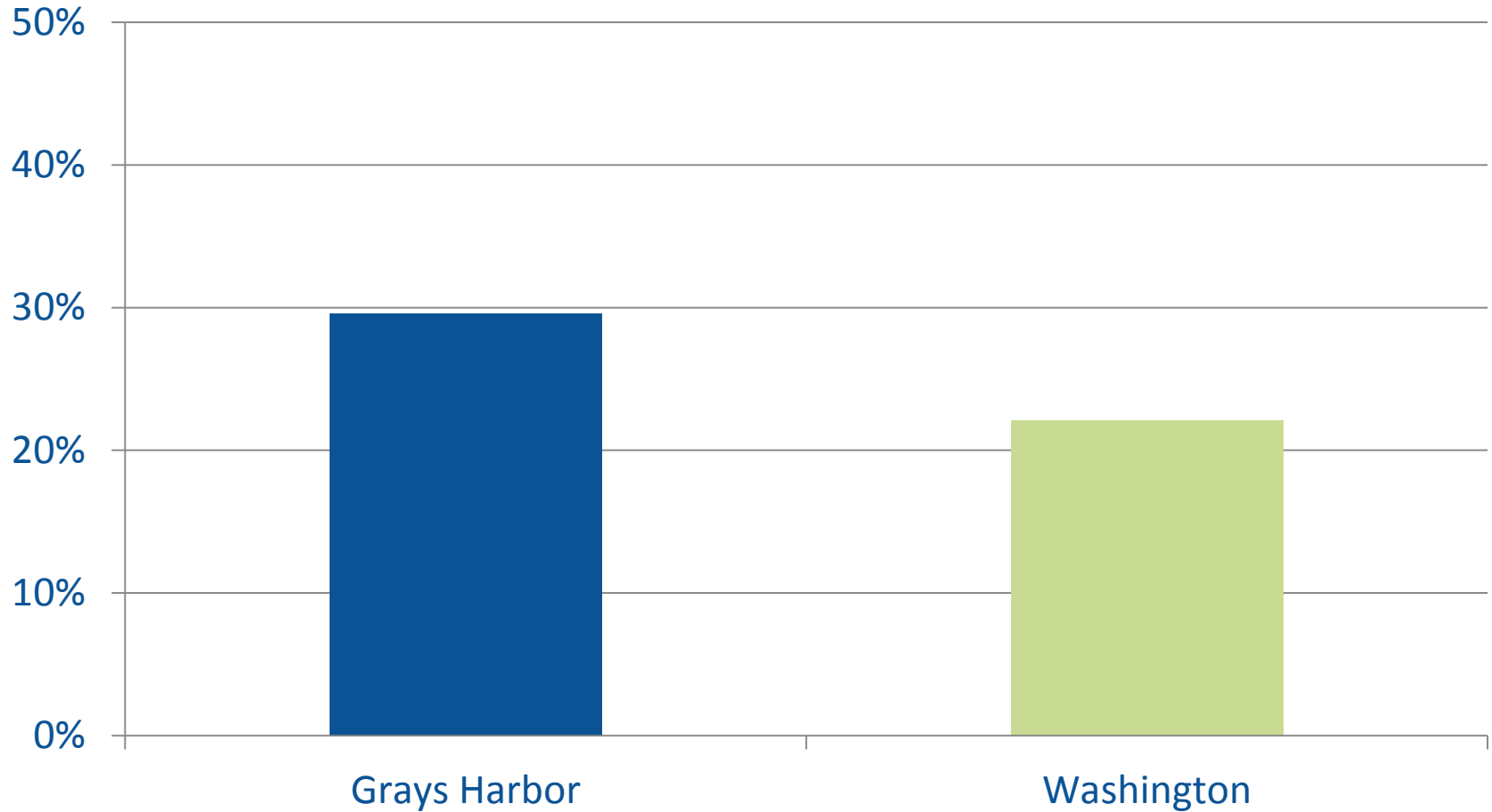


# Health Insurance Coverage, 2009-10



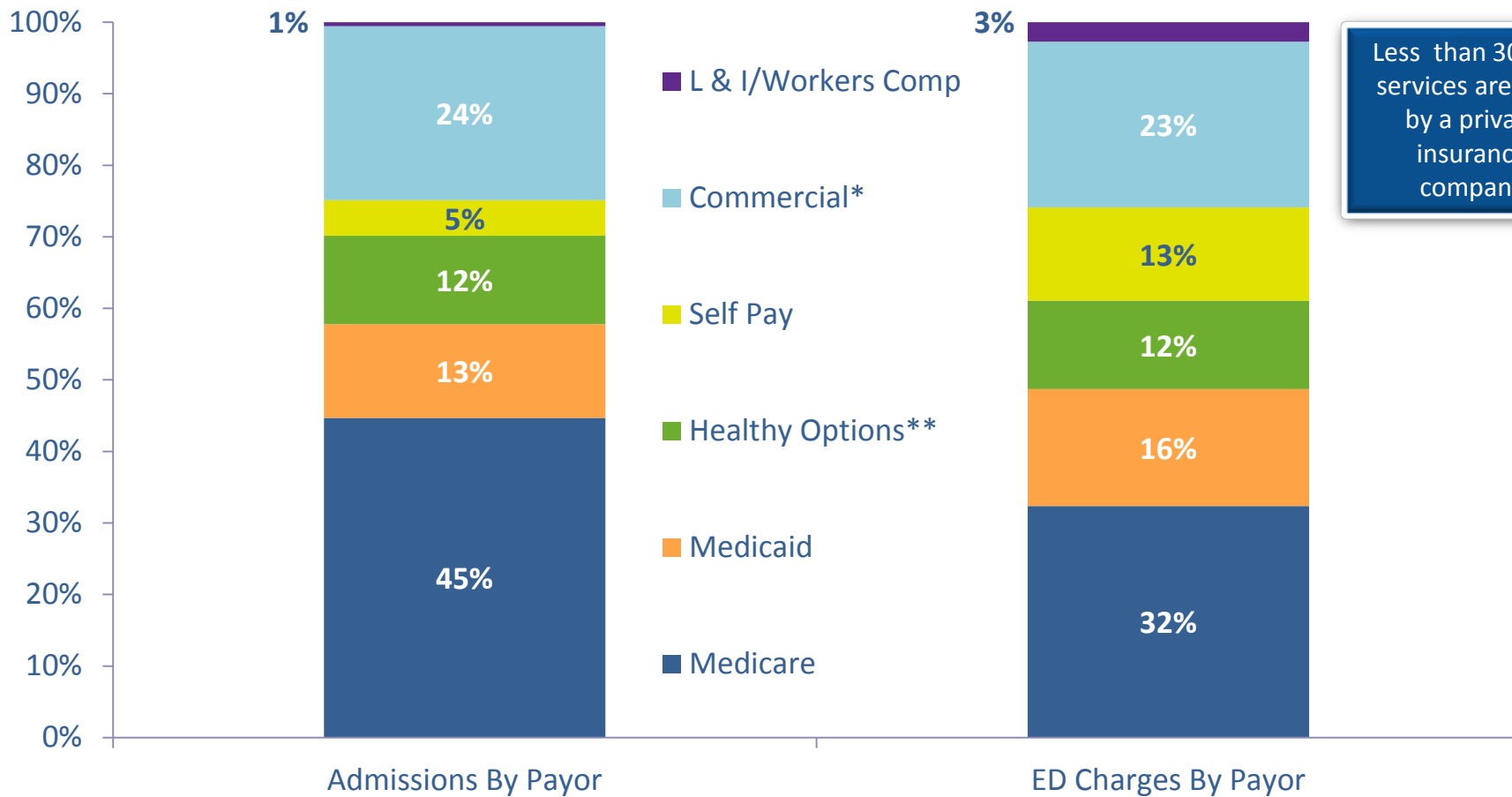
Source: Washington State Department of Health, Key Health Indicators. Retrieved March 2013 from <https://fortress.wa.gov/doh/lphi/RecordSet.mvc/DetailsForJurisdictionSection?sectionId=8&jurisdictionId=54&cycle=3>

# Medicaid Eligibility, 2012



Source: Washington State Department of Social and Health Services, Research and Data Analysis Division. Client counts and service costs. Retrieved March 2013 from <http://clientdata.rda.dshs.wa.gov/>

# Payor Mix, Grays Harbor Community Hospital, 2010



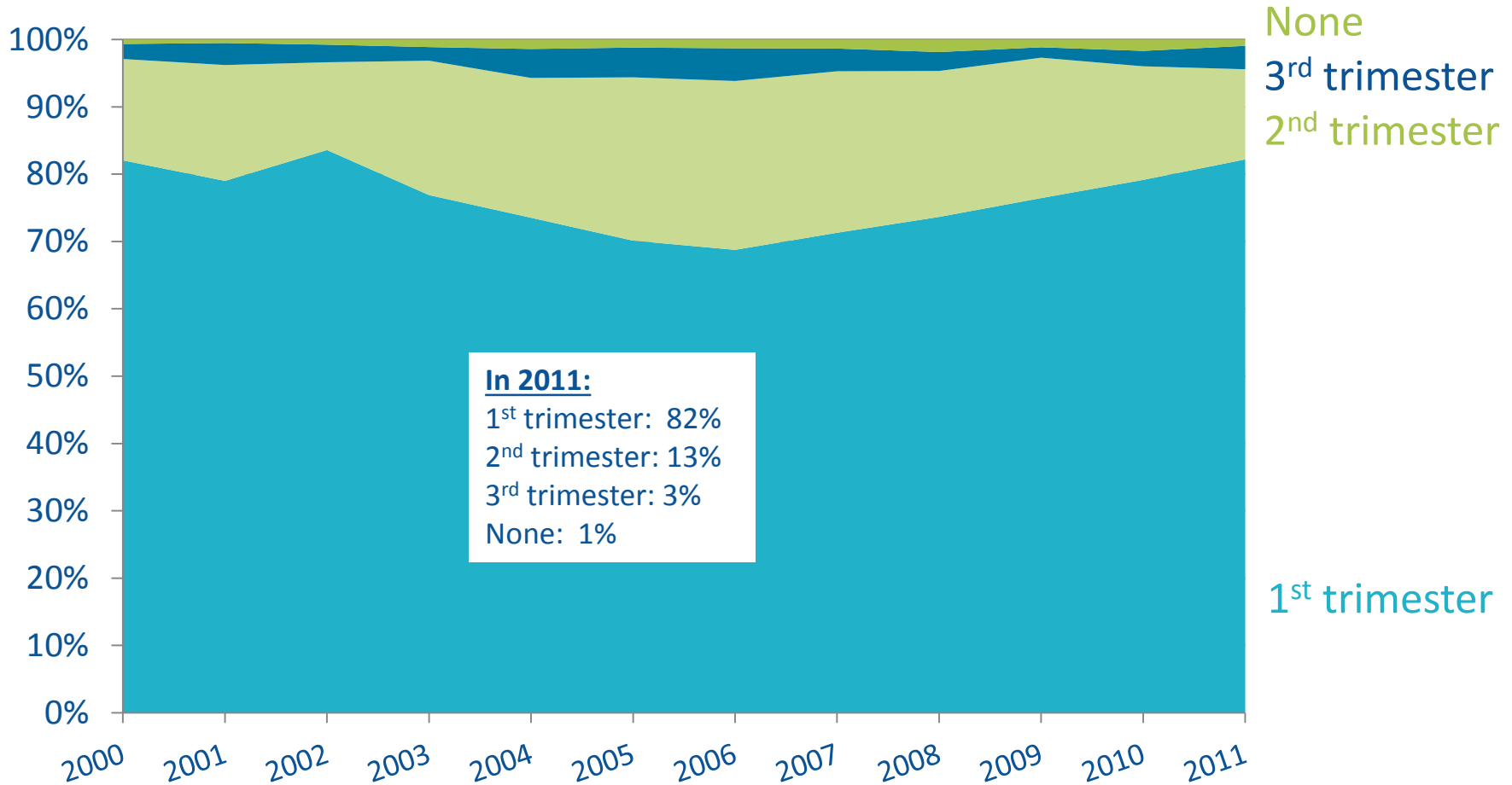
Less than 30% of services are paid by a private insurance company

\* Commercial refers to payment by Champus or Regence, Blue Cross, or other private health plans

\*\*Healthy Options is a state-subsidized managed care insurance plan.

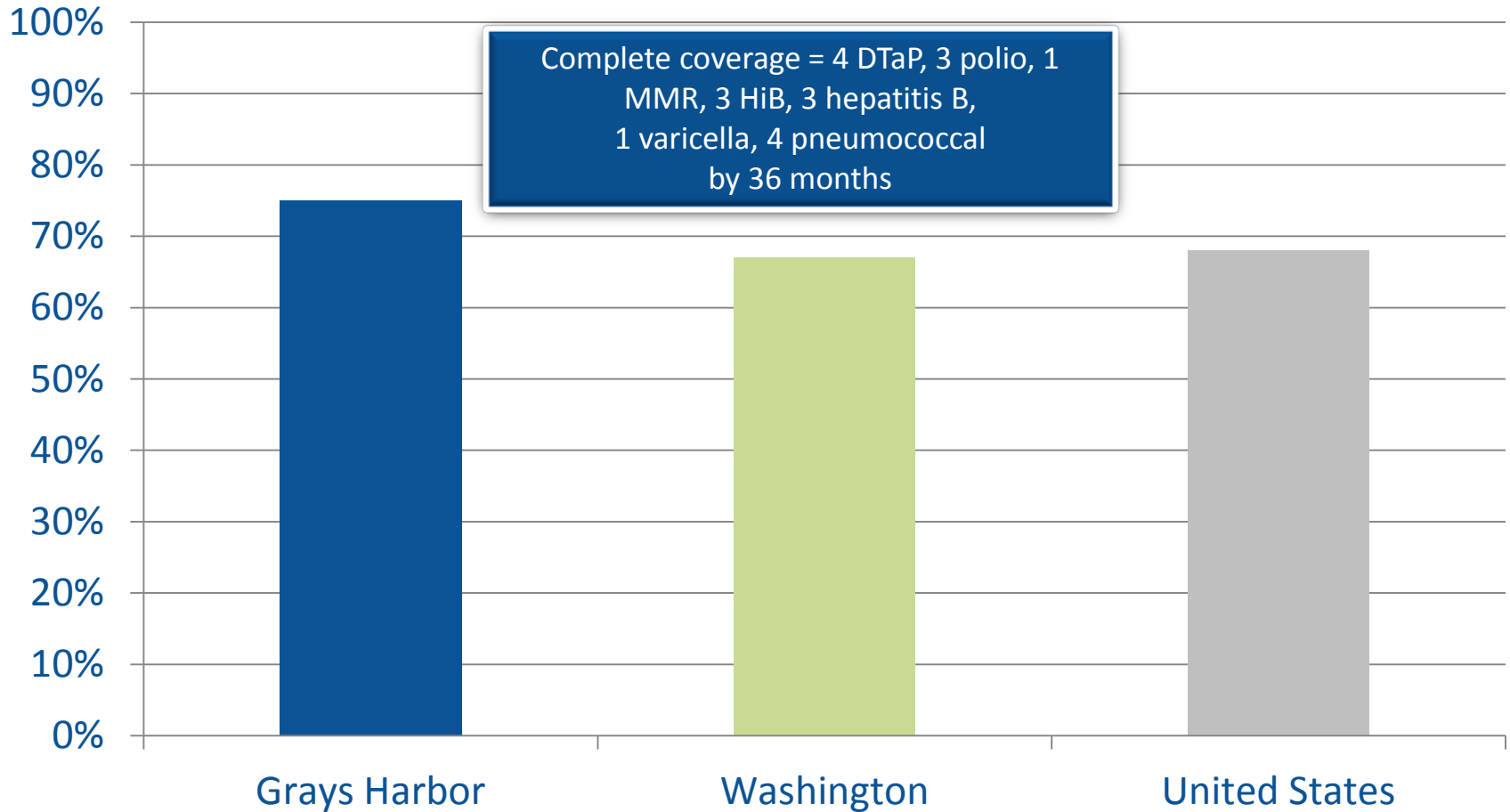
Source: Grays Harbor Community Hospital

# Prenatal Care Initiation Trends, Grays Harbor County, 2000-2011



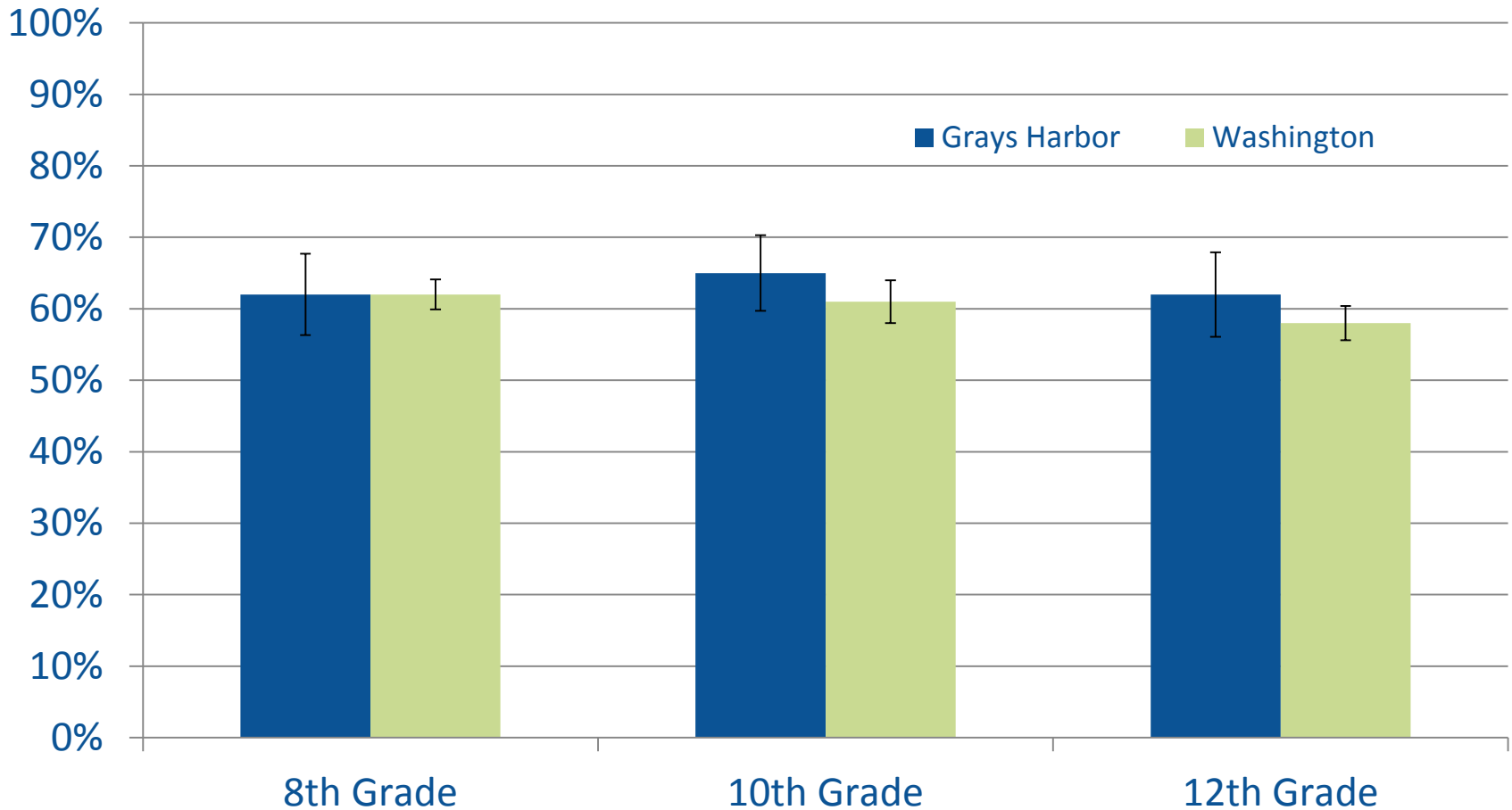
Source: Washington State Department of Health, Center for Health Statistics. Data analyzed March 2013 using the Community Health Assessment Tool provided by the Washington State Department of Health.

# Preschool Immunization Coverage, 2009



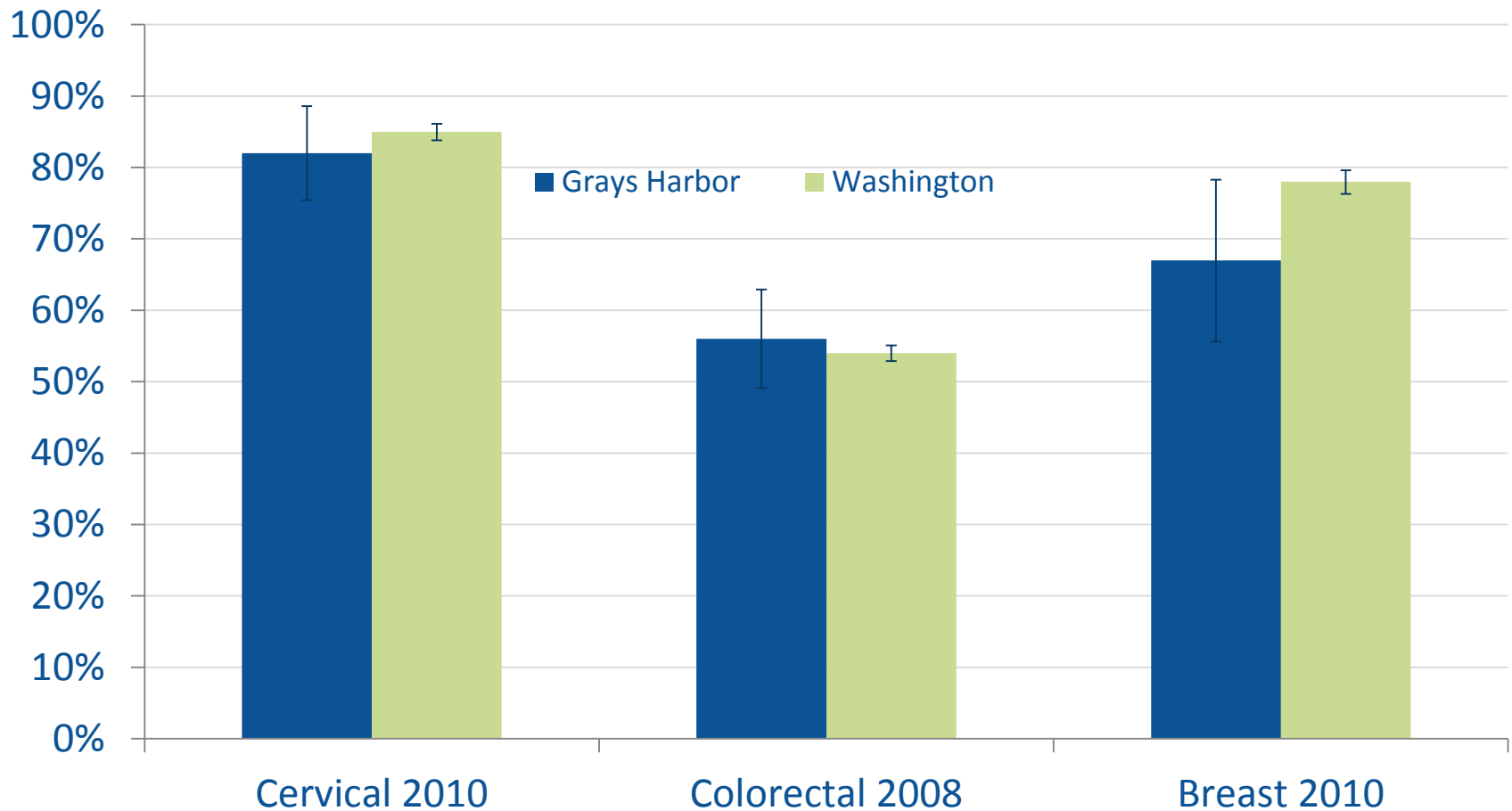


# Well Child Care in the Past 12 Months, 2010



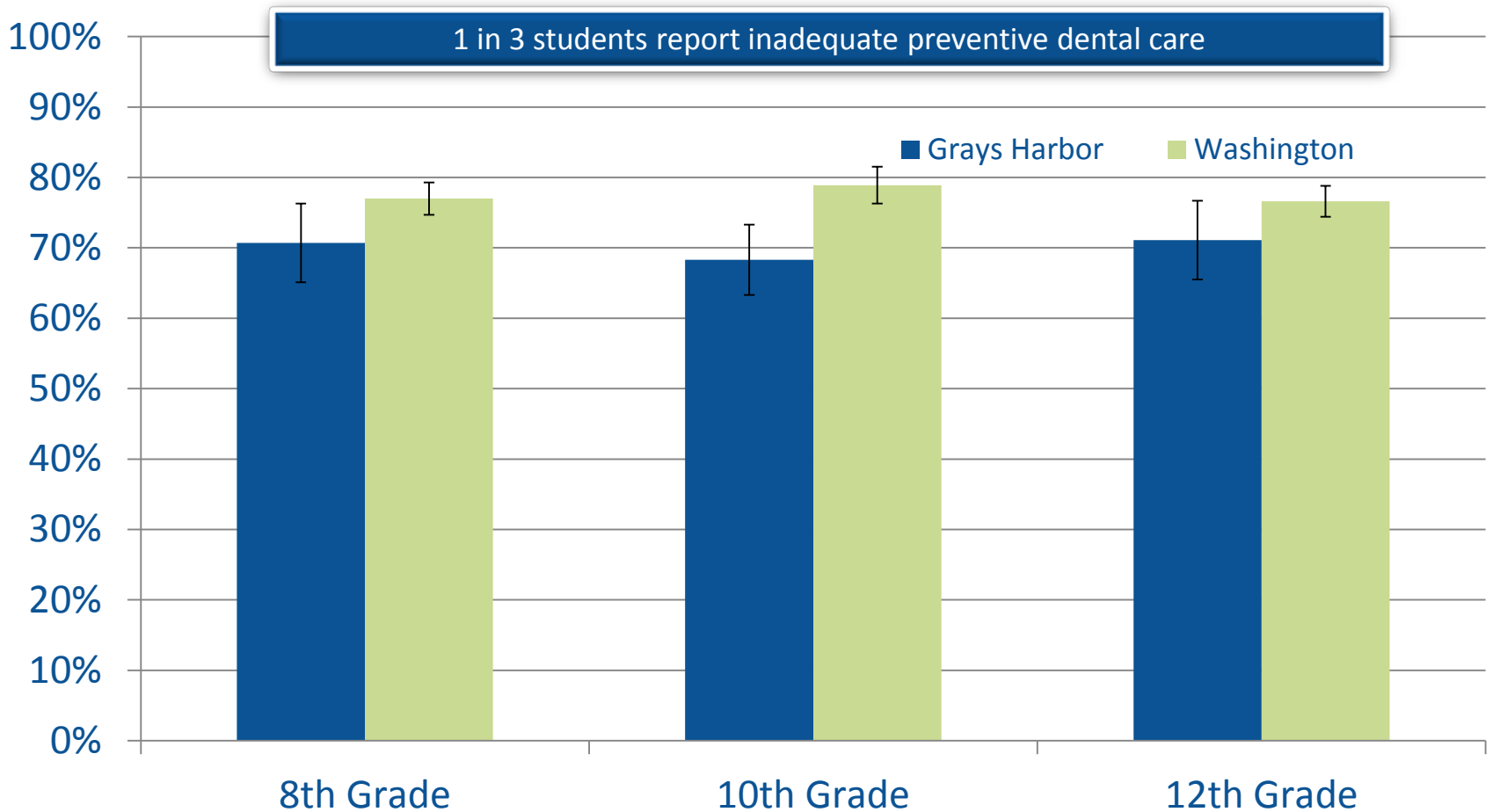
Source: Washington State Department of Health. 2010 Healthy Youth Survey.

# Adults Receiving Recommended Cancer Screenings

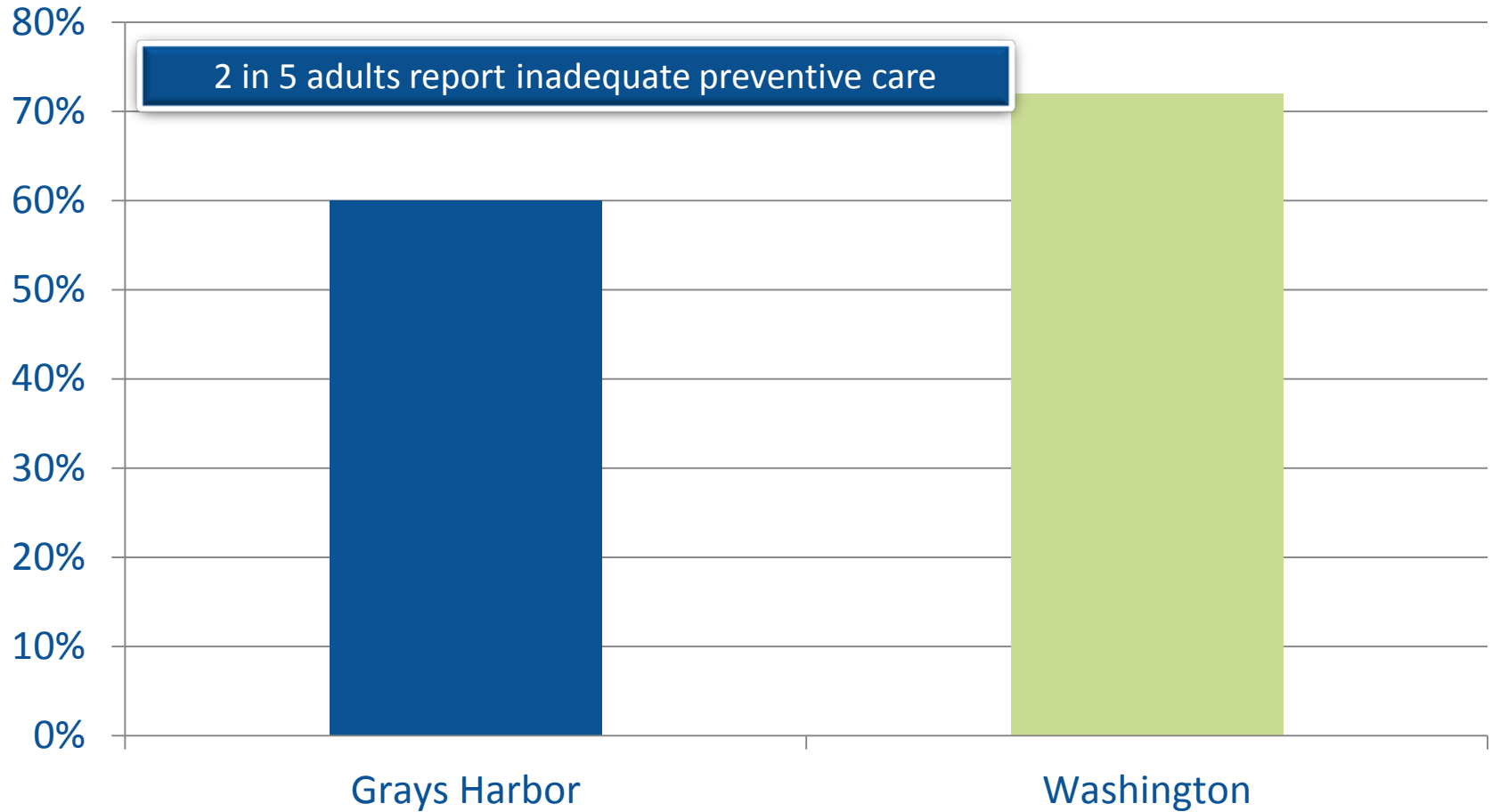


Source: Washington State Department of Health, Key Health Indicators. Retrieved March 2013 from <https://fortress.wa.gov/doh/lphi/RecordSet.mvc/DetailsForJurisdictionSection?sectionId=8&jurisdictionId=54&cycle=3>

# Dental Care in the Past 12 Months, Youth 2012



# Adult dental care: Percent of adults who saw a dentist in the past 12 months, 2010



# T H E M E S

- We have significant populations of people without access to routine health care
- Access to dental care is a serious problem for people on Medicaid and without insurance
- Preschool immunization coverage is better than the state average
- Early prenatal care has been a concern but access appears to be improving in the past few years

*So  
what?*

This heavy use of the most expensive health services could be reduced by more resources and attention paid to supporting behavior changes through specific action at all levels - individual, family, systems, and community.

