



Creating A Healthier Grays Harbor

Greater Grays Harbor
April 26, 2016



A Community Health “Check Up”



- How healthy are we?
- What are our greatest health problems?
- What are we doing about them now... and what more can be done?

Community Health Assessment



- 100+ slides
- Local data online
- Quick access to facts
- Hyperlink to data source
- Two year updates
- Expand with new data, trends over time
- Topics:
 - Social determinants
 - Health behaviors
 - Health outcomes
 - Healthcare access and utilization

www.HealthyGH.org

Local data can help us set goals

Current Use of "Painkillers" To Get High Among Students, 2012



Current Smoking Among Youth, 2012



Poverty, 2009 & 2011

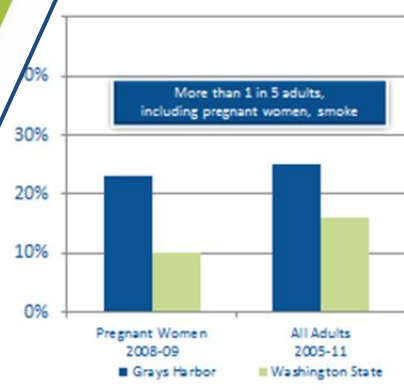
Federal Poverty Level is an annual income of \$10,980 for 1 person, \$22,350 for a family of 4

The percent of people estimated to be living on incomes below the Federal Poverty level increased across Washington state between 2009 and 2011, but the increase was more pronounced in Grays Harbor County.



Adult Smoking

More than 1 in 5 adults, including pregnant women, smoke



Data ≠ Community

Knowledge of poor health can guide our actions -- but data do not define us.

Our Community has many strengths:

Generosity

Relay for Life, YMCA

Resilience

The Port, GGHI

Tenacity

Recession, Windstorm, Flood

Friendliness

Grocery store lines

Creativity

Local Theater, Artists

Engagement

Public Meetings



We have abundant, unique assets

Culture of Success

By Tom Quigg

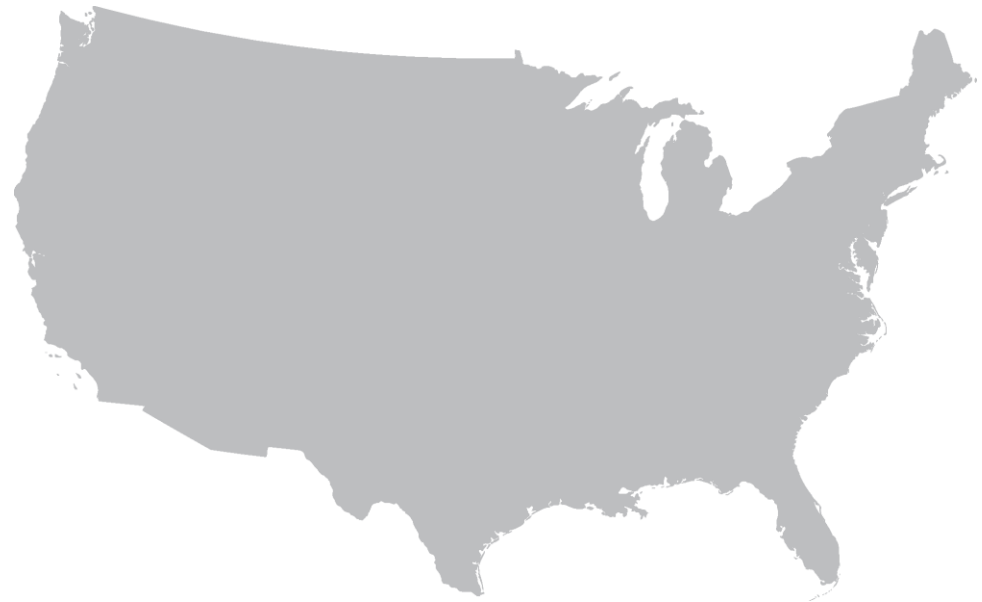
Stories of achievement
and contribution by
outstanding Harborites



What are we dying from?

Top 10 causes of death

- Heart disease
- Cancer
- Stroke
- Injury
- Chronic lung disease
- Pneumonia/flu
- Diabetes
- Suicide
- Liver disease
- HIV infection





What are we really dying from?

Top 10 causes of death

- Heart disease
- Cancer
- Stroke
- Injury
- Chronic lung disease
- Pneumonia/flu
- Diabetes
- Suicide
- Liver disease
- HIV infection

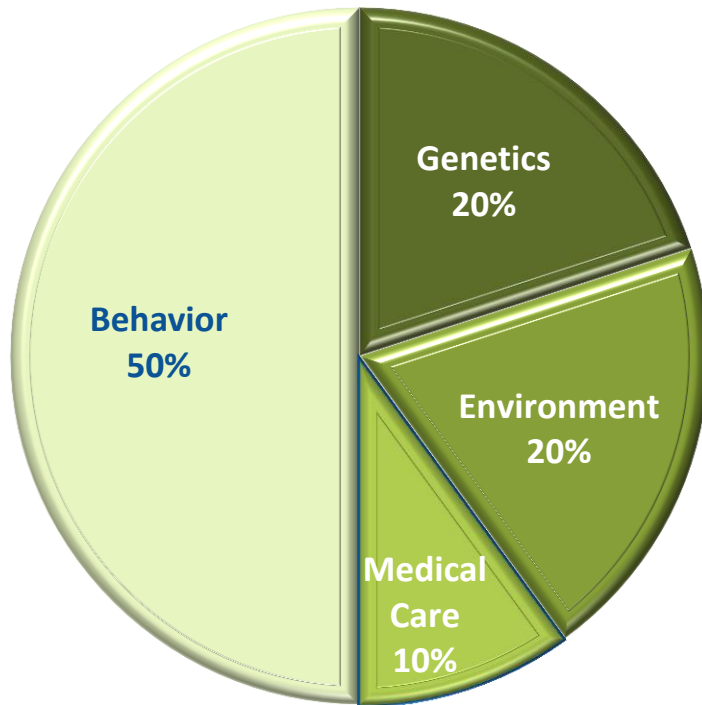
REAL causes of death

- 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

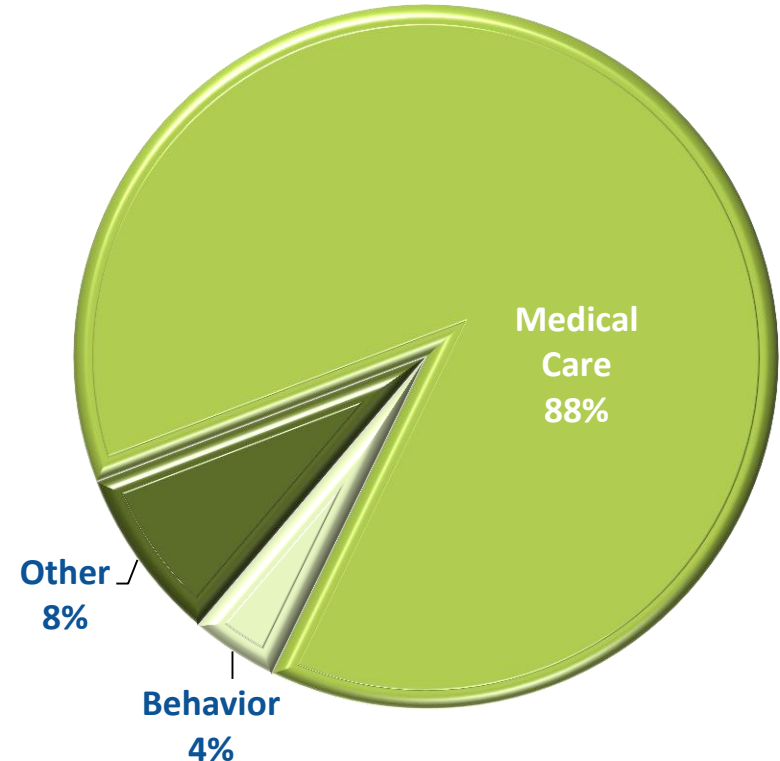
Premature

What Determines Health vs. Health Investments

Determinants of Health



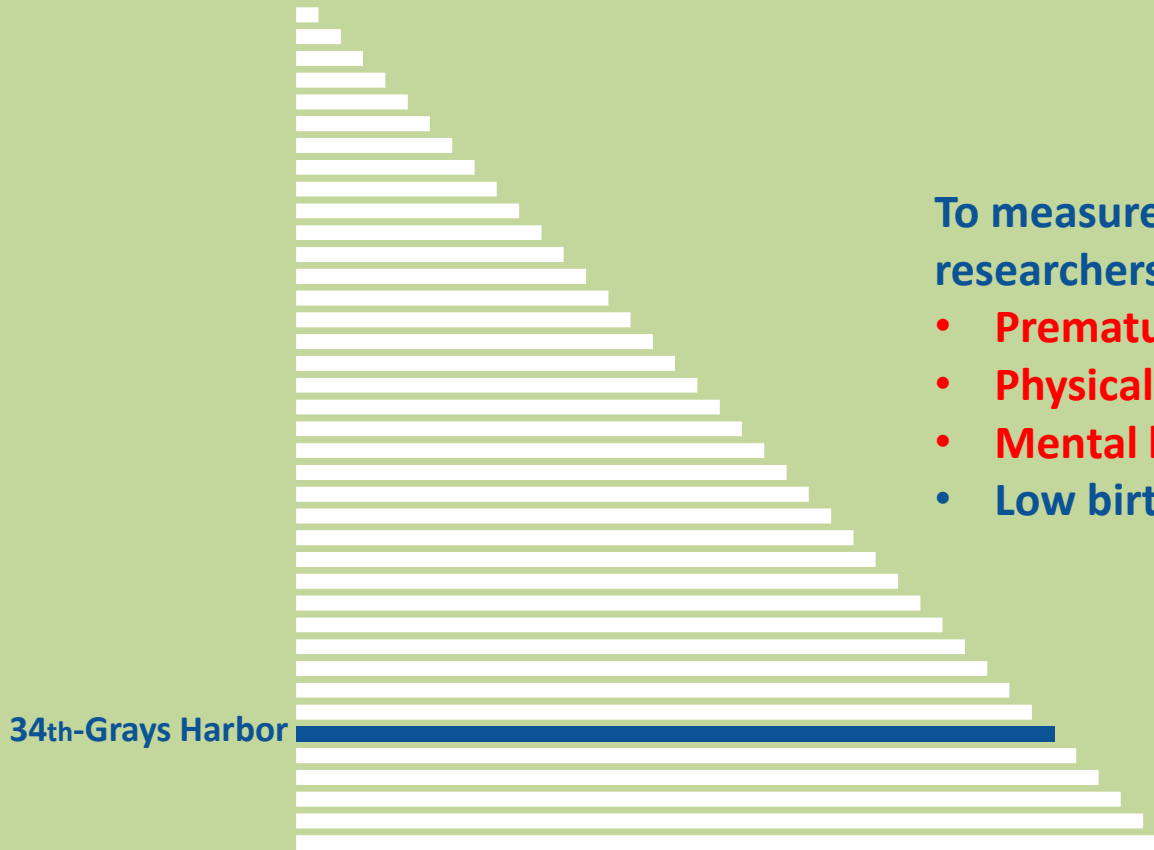
Health Spending in the U.S.



Source: CDC and Real Causes of Death, McGinnis and Foegen

A Picture of Today: Health Outcomes

Ranking of Overall Health Outcomes By Counties in Washington state, 2016



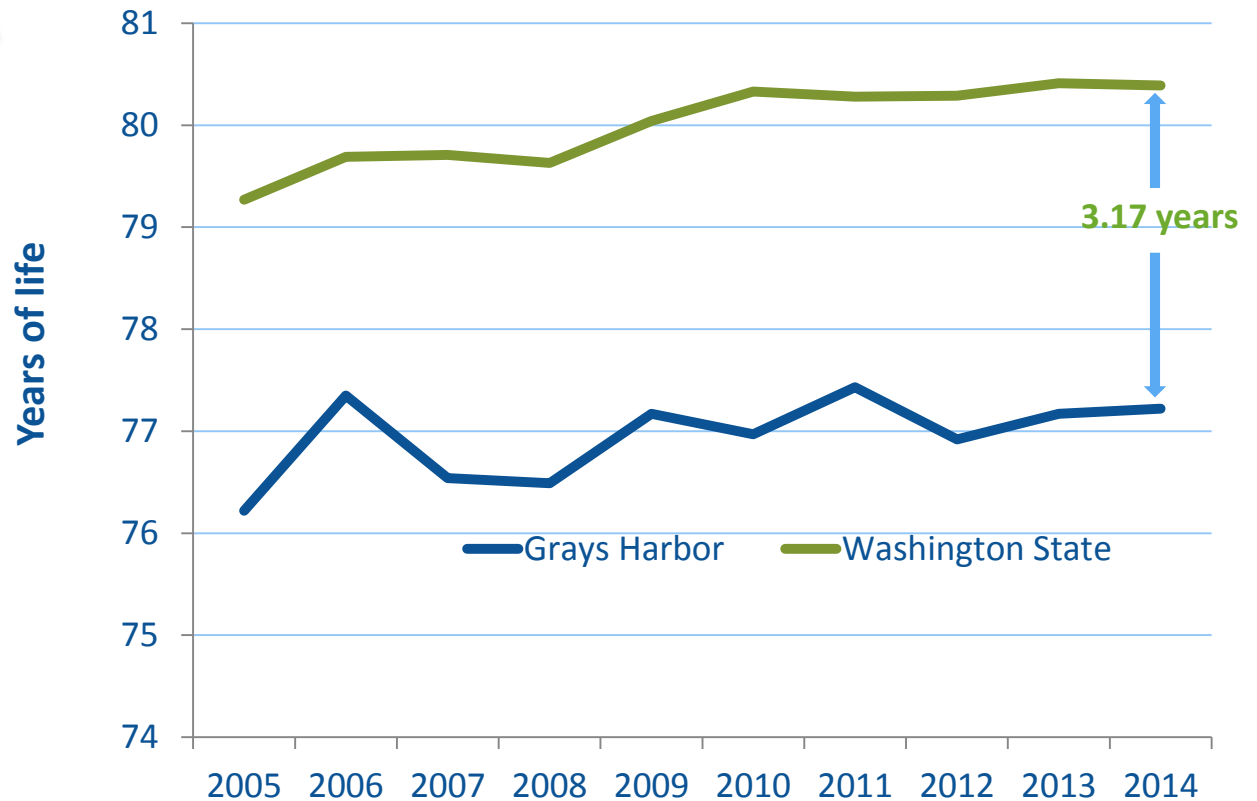
To measure Health Outcomes, researchers look at data about:

- **Premature death**
- **Physical health**
- **Mental health**
- **Low birth weight**

Life Expectancy at Birth, 2005-2014



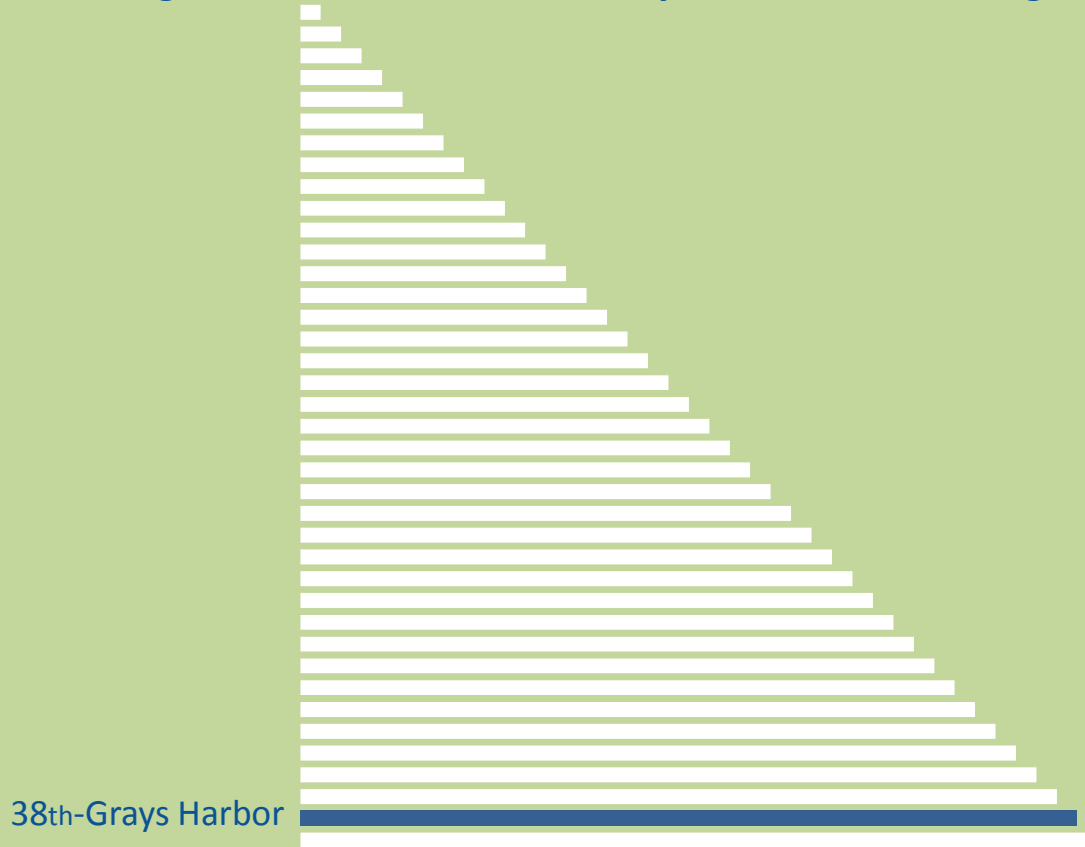
The average life expectancy of Grays Harbor residents has increased by 1 year since 2005, but we still live about 3 years less than other Washington residents.



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

Concerns about Tomorrow: Health Factors

Ranking of Overall Health Factors By Counties in Washington state, 2016

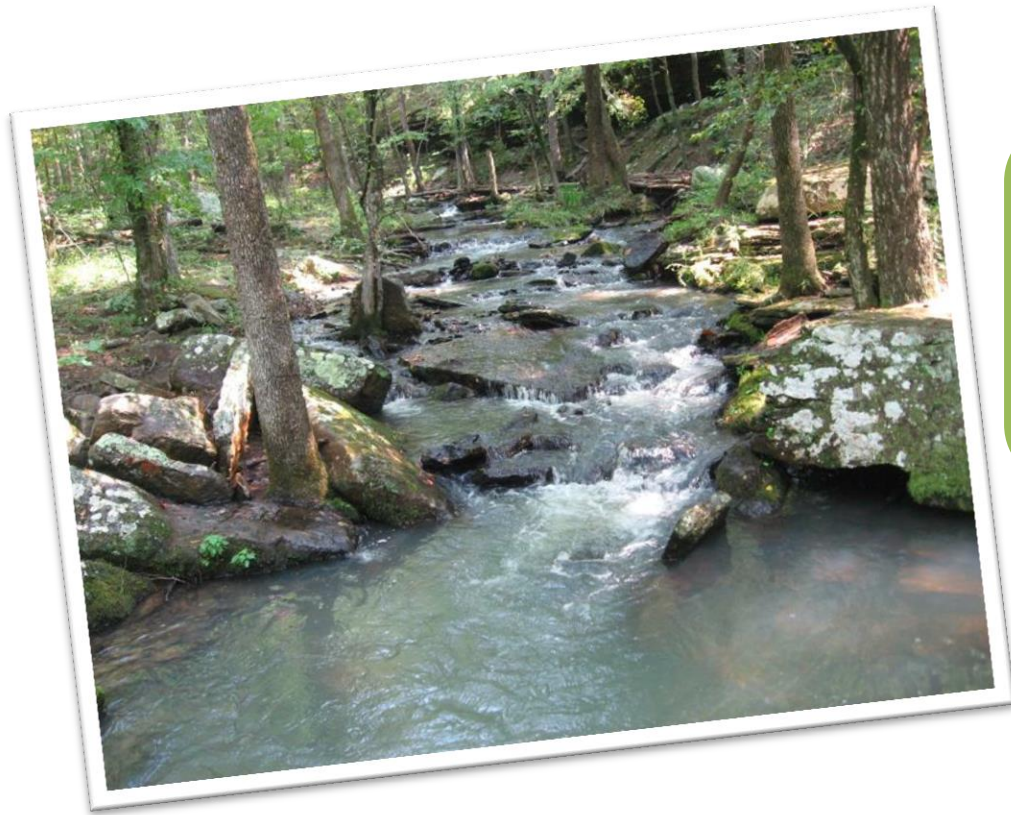


To measure Health Factors, researchers look at data about:

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

Source: University of Wisconsin Population Health Institute, County Health Rankings. Retrieved March 2016 from www.countyhealthrankings.org

Rethinking Health and Illness



Moving *Upstream*:
A Public Health
Perspective

What causes health
problems – and how can
we prevent them?



Our “CHIP” Community Health Improvement Plan

Children & Youth:

Giving Kids a Healthy Start

Mental Illness and Substance Abuse:

Recovering Hope

Chronic Disease:

Reducing the Burden

Healthcare Access for Everyone:

Right care, right time



Our Children Need a Healthy Start



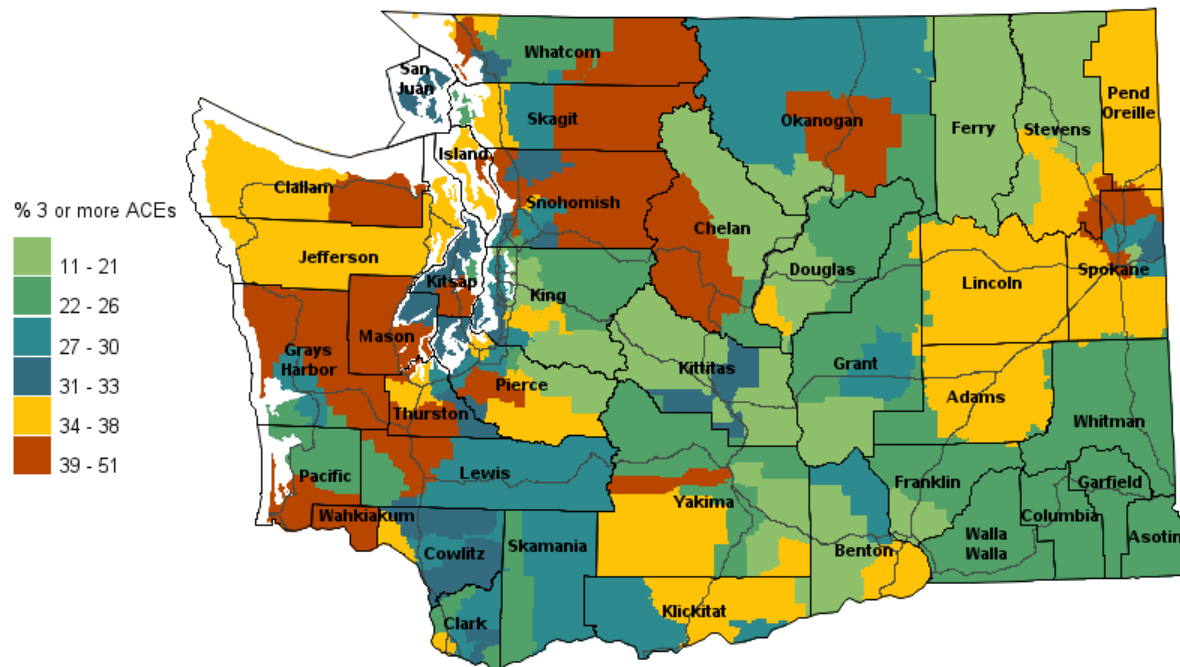
1 in 4 of our kids live in poverty

1 in 15 kids accepted in CPS referral

“ACEs” Adverse Childhood Experiences

- *Grays Harbor parents are more economically stressed, depressed and socially isolated than their peers statewide.*
- *Childhood trauma persists throughout life and across generations.*
- **NEAR Science: Neuroscience, Epigenetics, ACEs and Resilience**

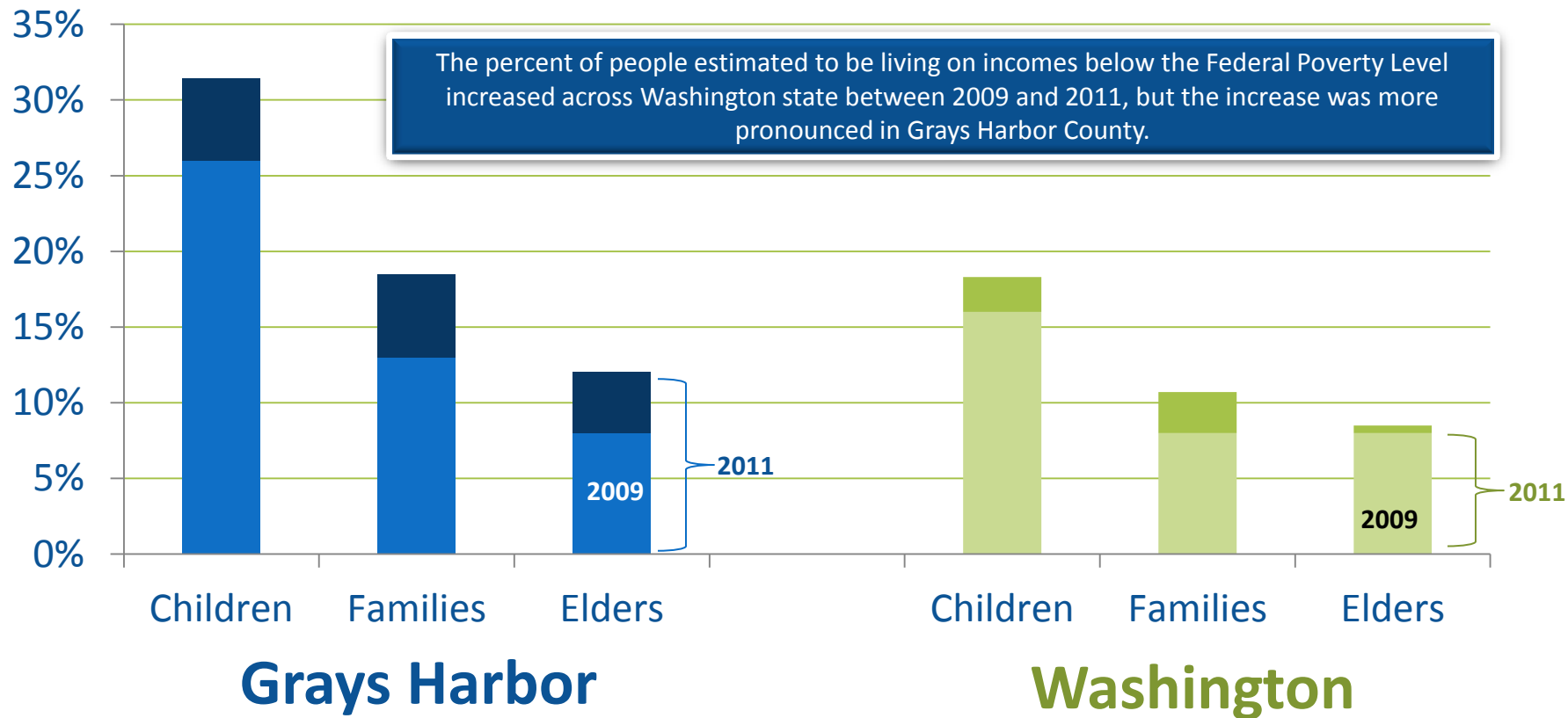
Grays Harbor Adults with > 3 ACEs



- Washington: 27%
- Grays Harbor: 31% - 51% and varies by community

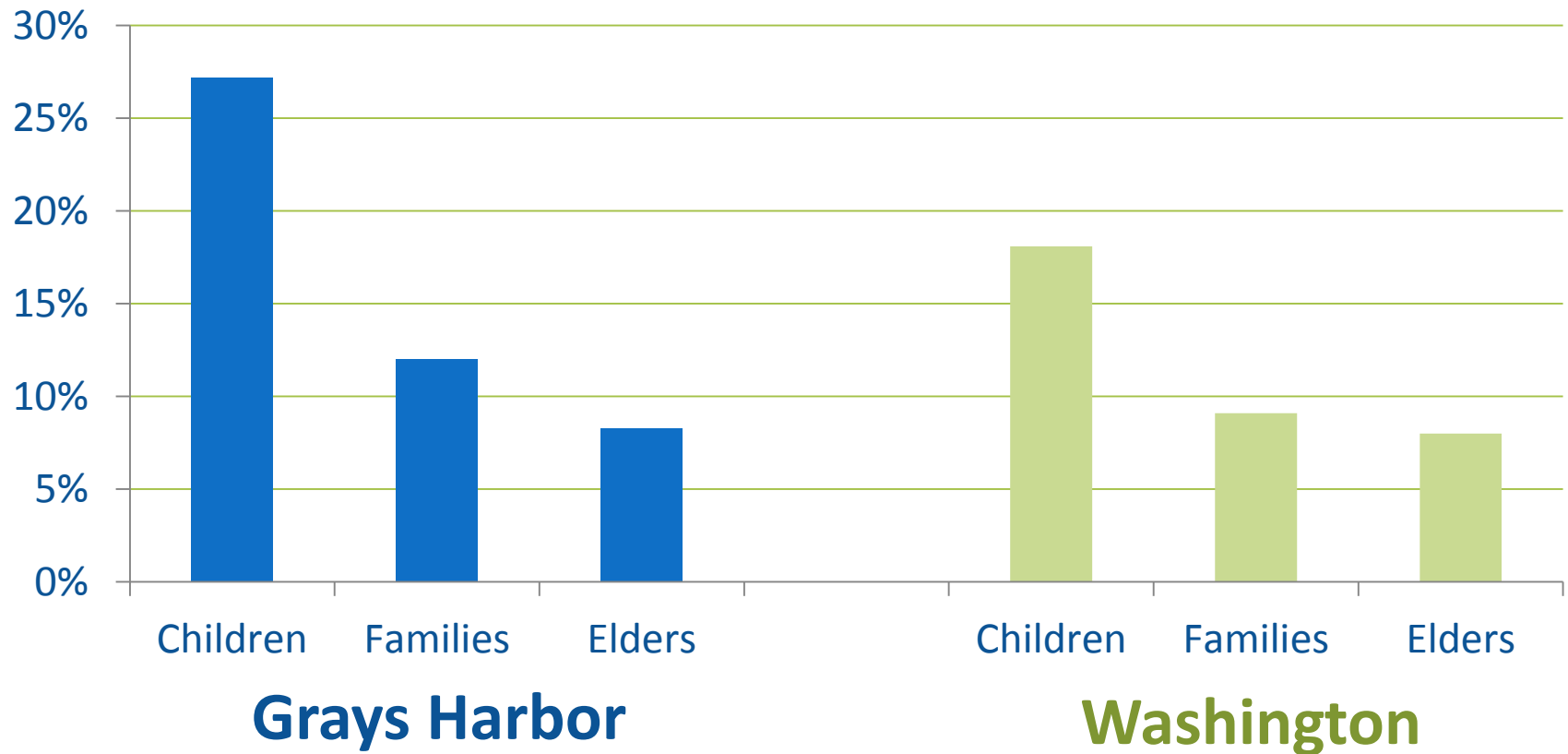
Poverty, 2009 & 2011

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

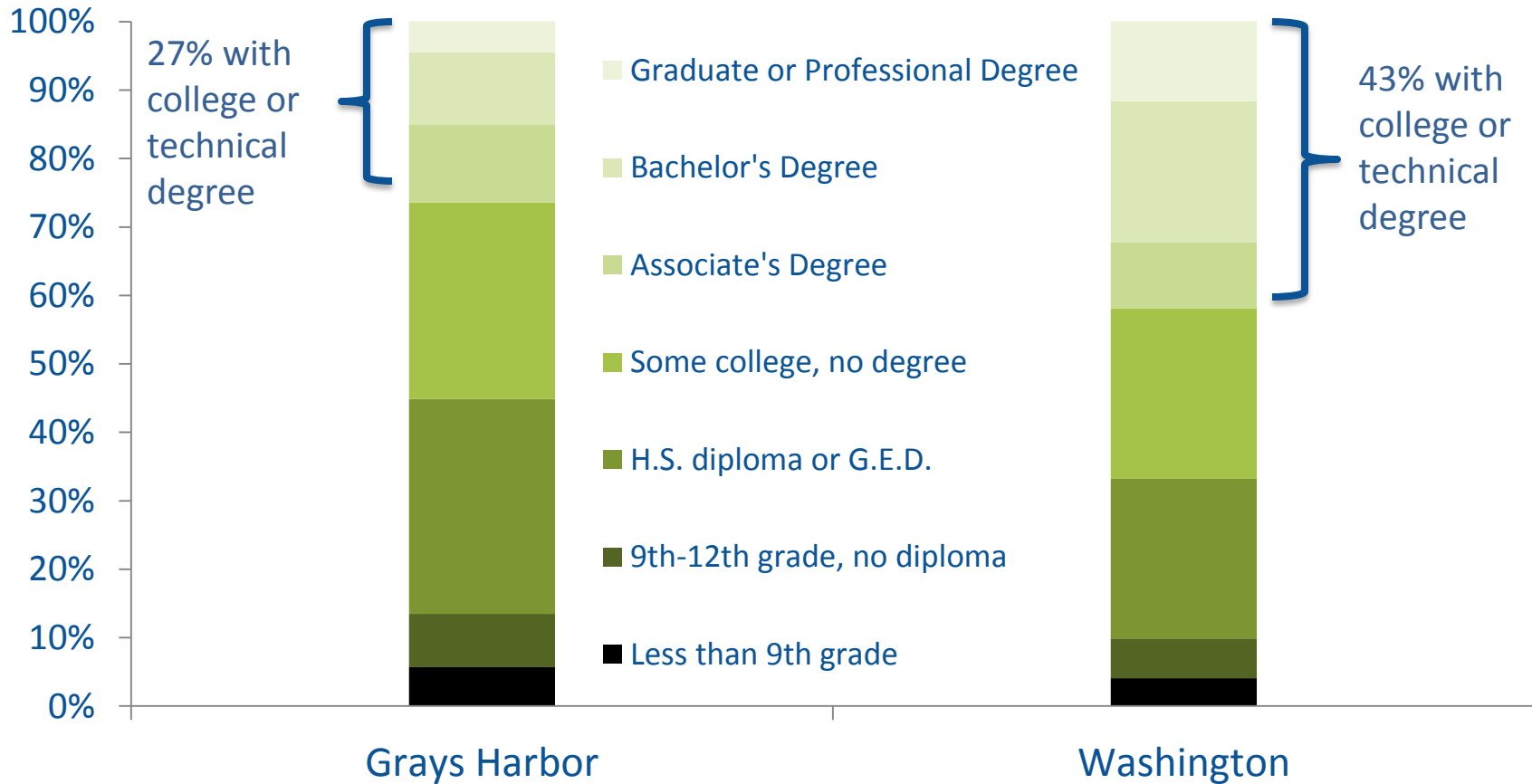


Poverty, 2014

Federal Poverty Level = an annual income of \$12,071 for 1 person; \$24,230 for a family of 4



Educational Attainment of Adults, 2010-2014

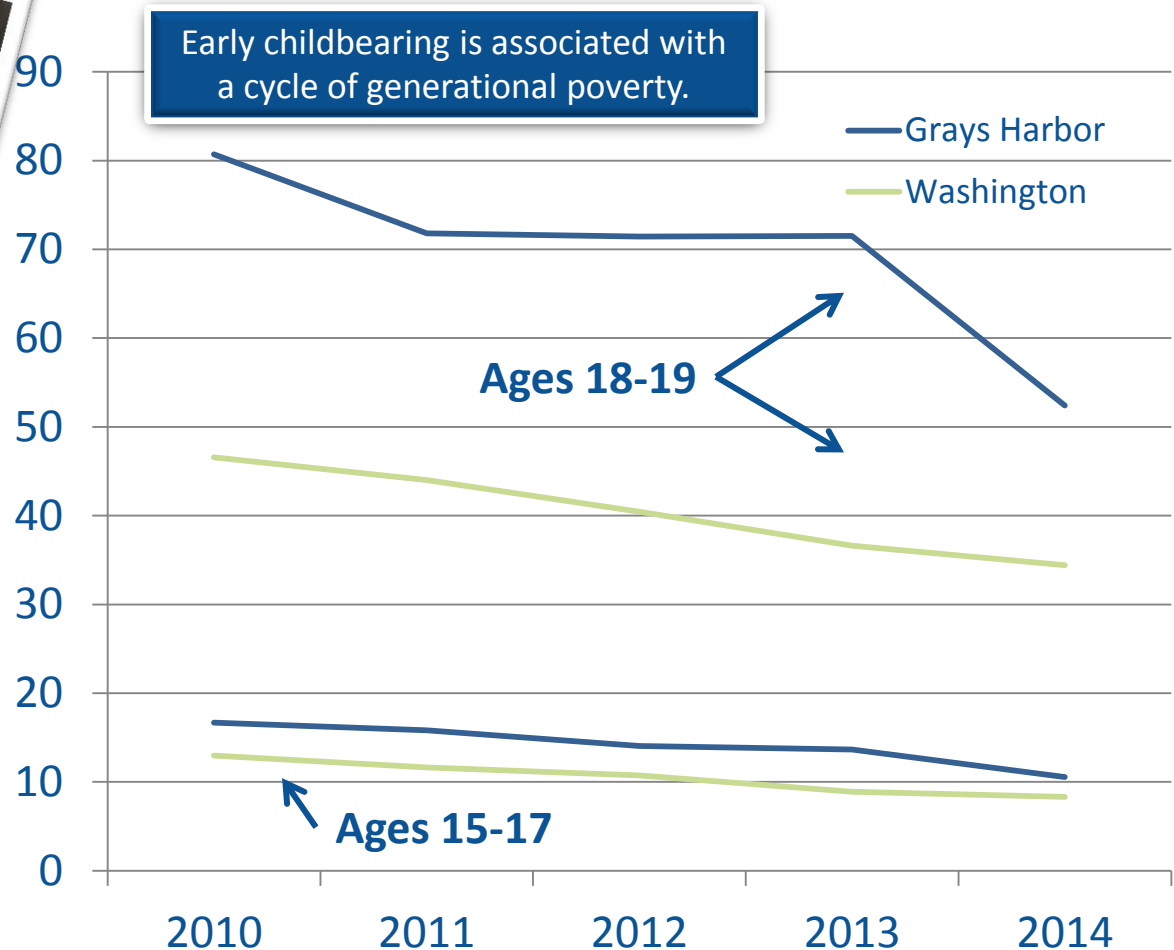


Source: U.S. Census Bureau. 2010-2014 American Community Survey. Retrieved April 2016.

Teen Pregnancy & the Poverty Cycle, 2010-2014

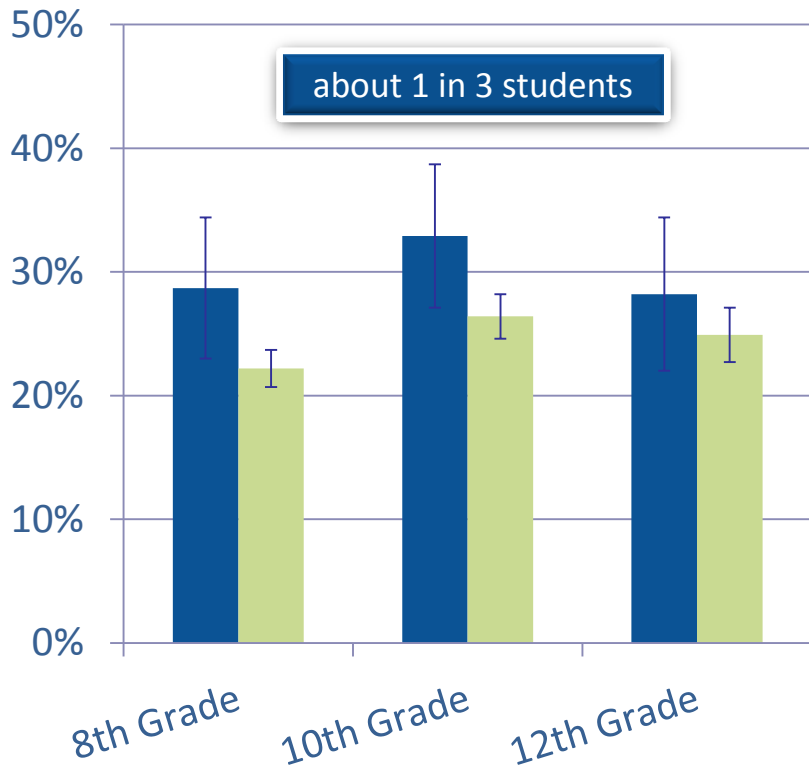


Live Births Per
1,000 Women Aged
15-17
& 18-19

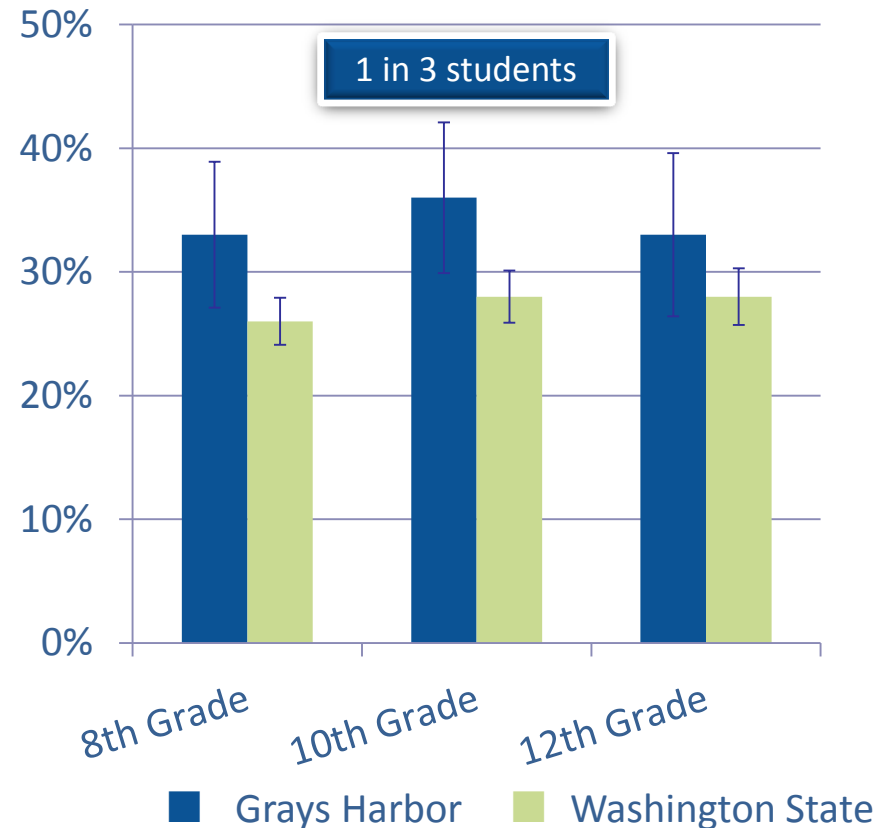


Students Reporting Family Violence

Ever been physically hurt
by an adult, 2014



Ever Witnessed
Adult-to-Adult Violence, 2010



DSHS Service Use Rates, 2014

- Overall use rates
 - Grays Harbor County: **50%**
 - Washington: **39%**



Providing a Better Start for Many Kids

Children & Youth: *Giving Kids a Healthy Start*

- Increase educational attainment
- Help Families succeed
- Decrease risks – Teen pregnancy, violence



Pre-school Initiative



Family Planning



YMCA After School Programs



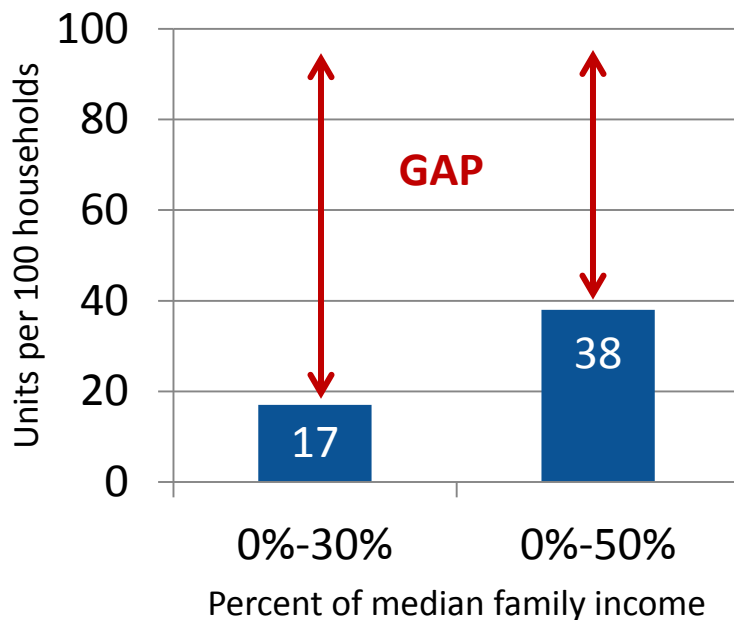
Parents as Teachers



Housing Matters

The Gap

*Affordable and Available Housing
Units for Every 100 Households*



Strategies

Housing Coalition & Plan

- Coordinated Entry
- Expand Affordability
- Help Vulnerable People
- Build More Capacity
- Community Engagement

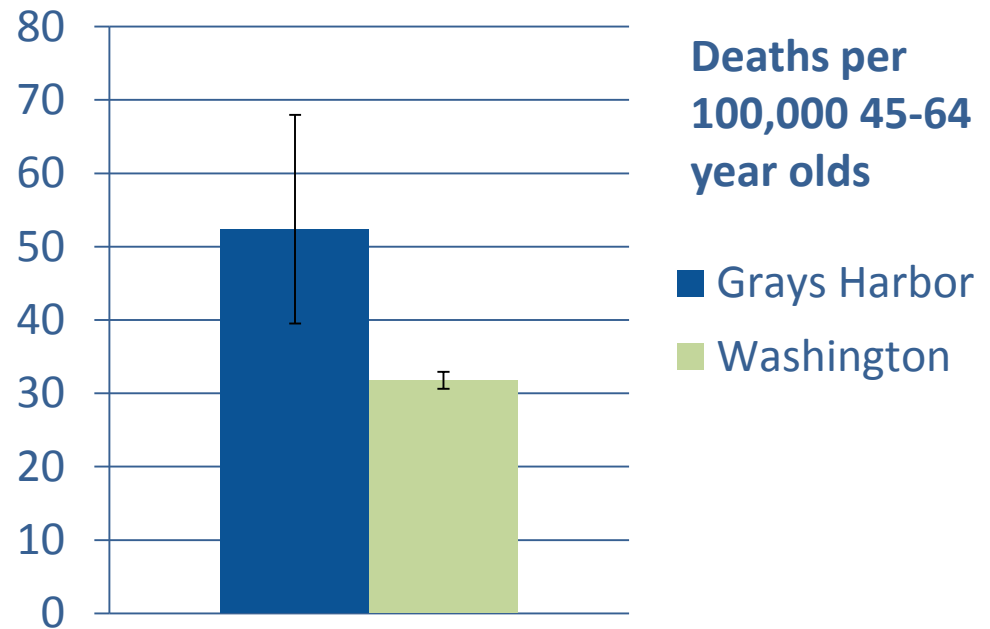
People Need to Feel Hope



- 1 in 5** adults lack social support
- 1 in 6** adults report binge drinking
- 1 in 4** suicidal thoughts (10th grade)
- 1 in 3** youth report bullying (8th grade)

- *Depression rates higher for adults, teens*
- *Deaths from alcohol and drugs are about **twice** the state average.*

Alcohol-Related Deaths, 2010-14

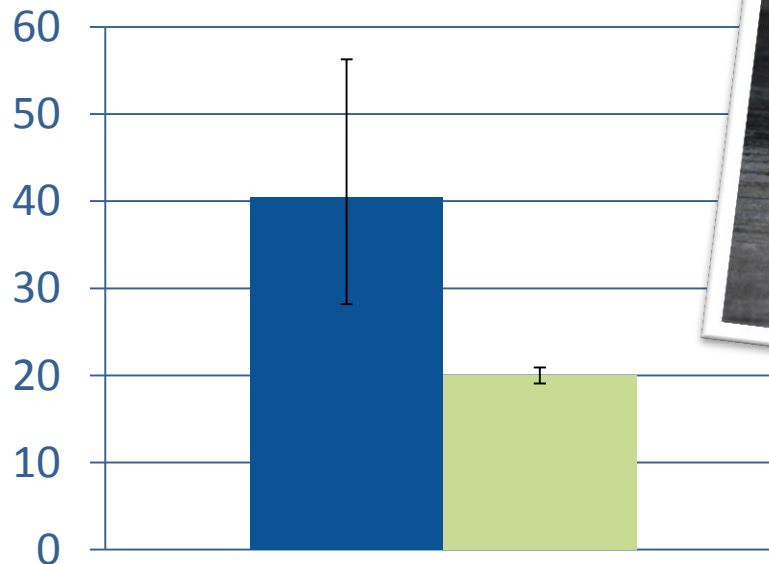


Includes diseases known to be 100% attributable to alcohol use as well as a proportion of diseases and injuries known to be partially attributable to alcohol use, as shown by epidemiological studies (for example, some cancers, liver disease, and injuries)

Drug-Related Deaths, 2010-14

Deaths per
100,000 25-44
year olds

Washington State
Grays Harbor

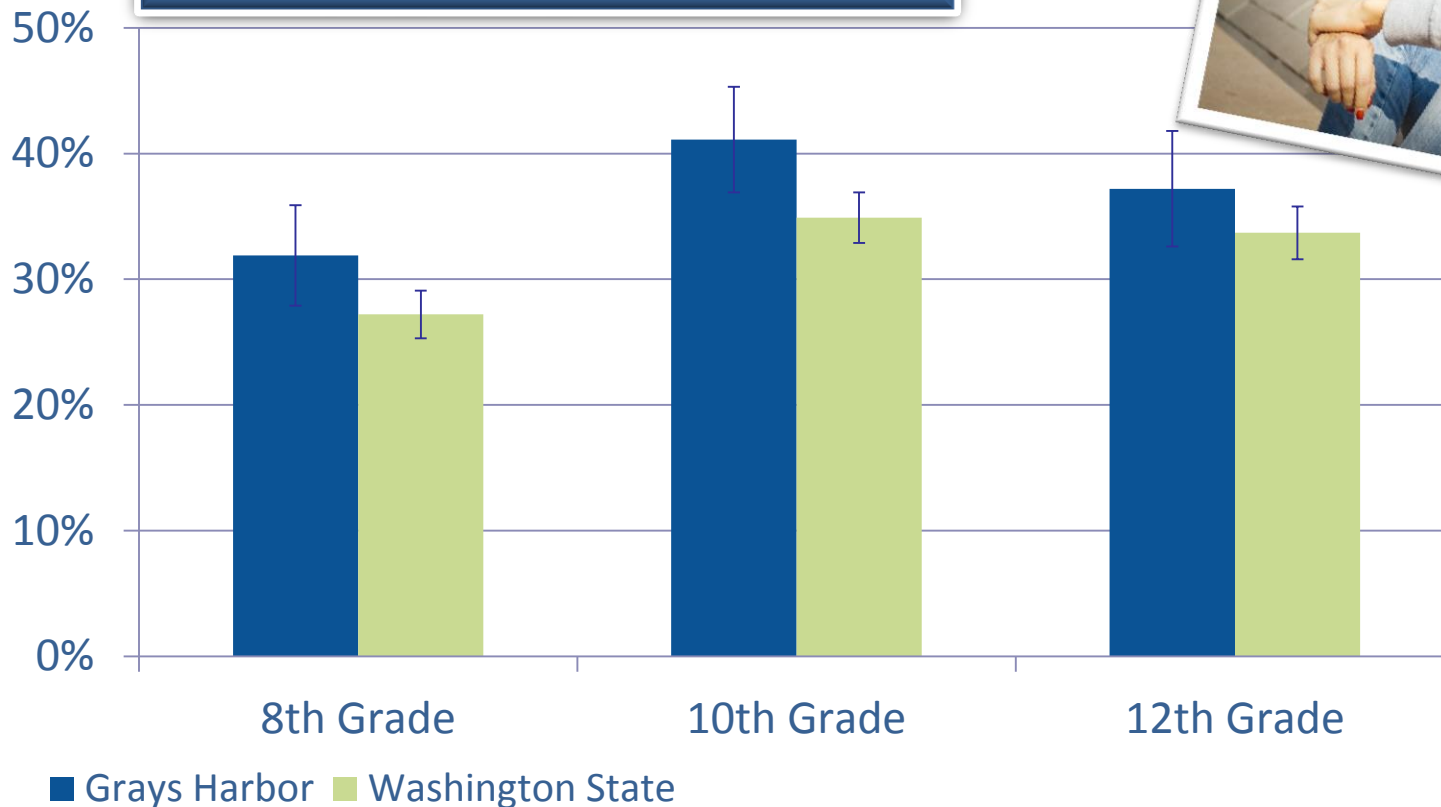


Includes all diseases known to be 100% attributable to drug use as well as a proportion of diseases and injuries known to be partially attributable to drug use, as shown by epidemiological studies, for example, viral hepatitis, AIDS, and endocarditis.

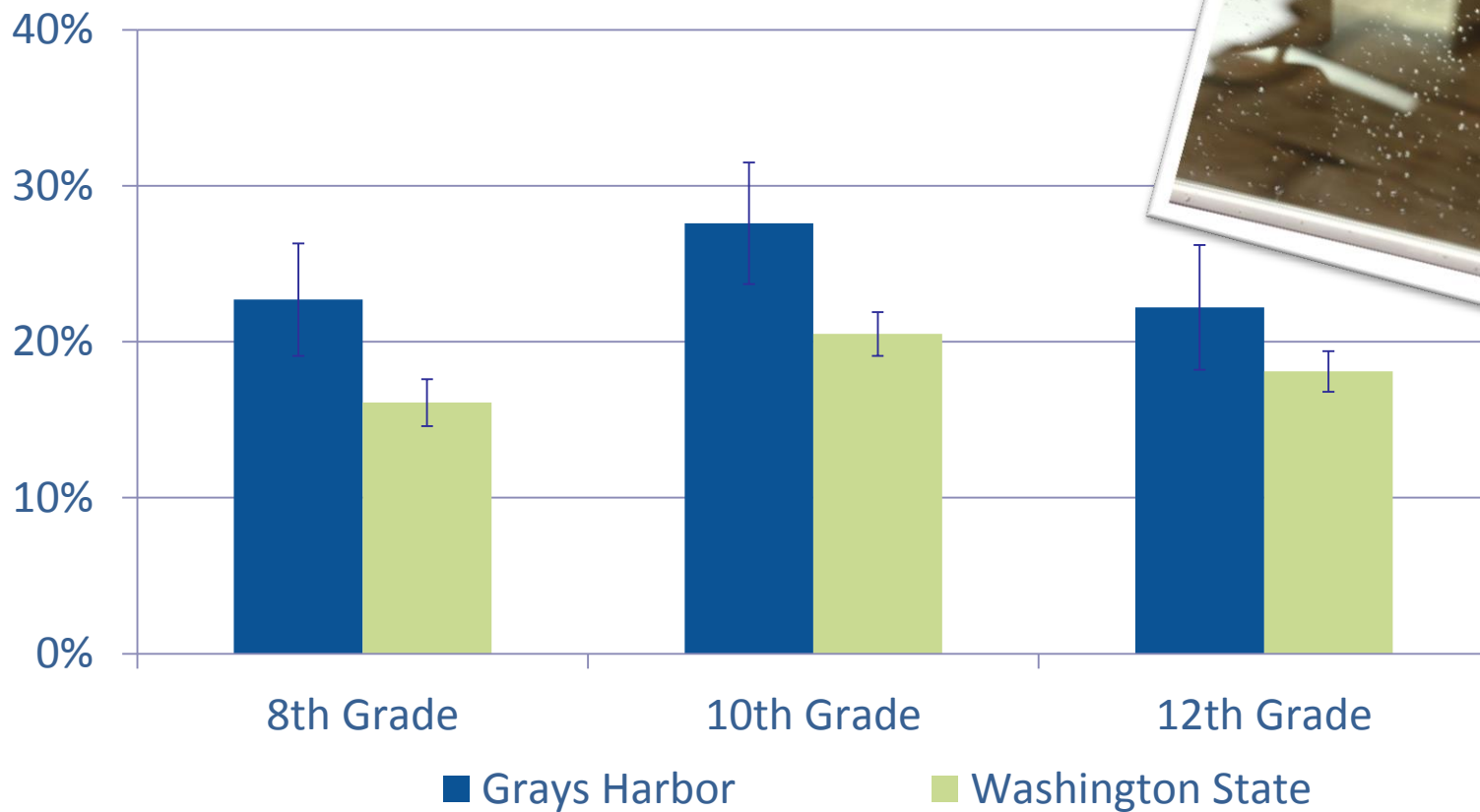
Source: Washington State Department of Health, Center for Health Statistics.

Youth Depression, 2014

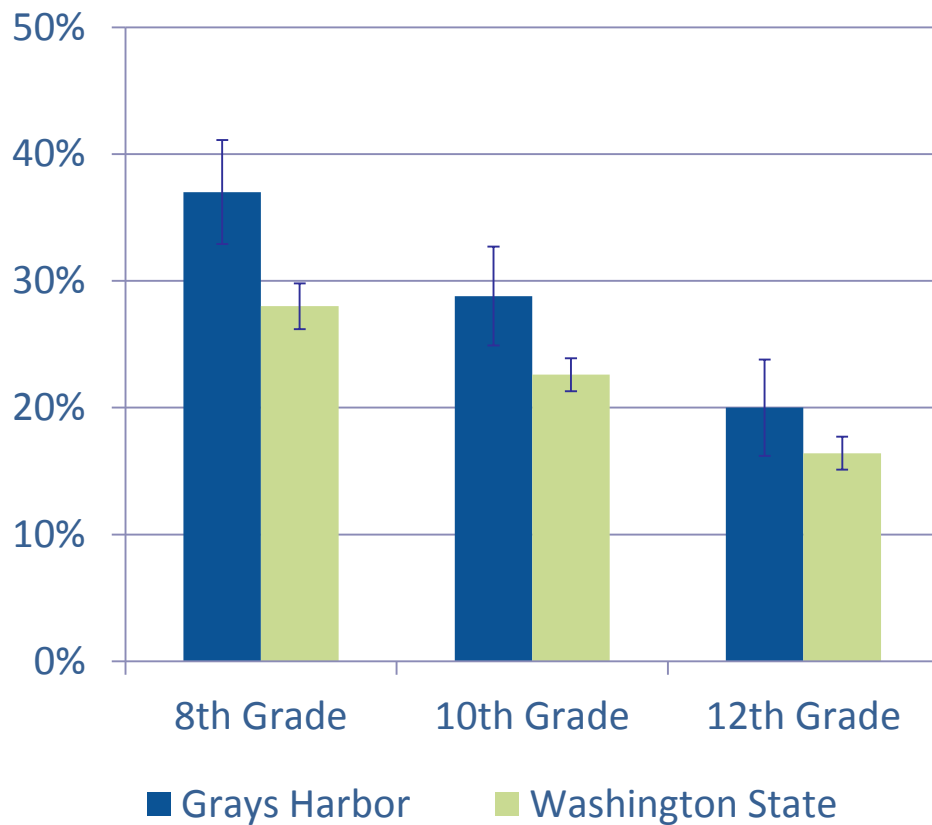
More than 1 in 3 students reported that they felt so sad or hopeless everyday for two weeks or more that they stopped doing their usual activities.



Serious Suicidal Thoughts in the Past 12 Months Among Youth, 2014

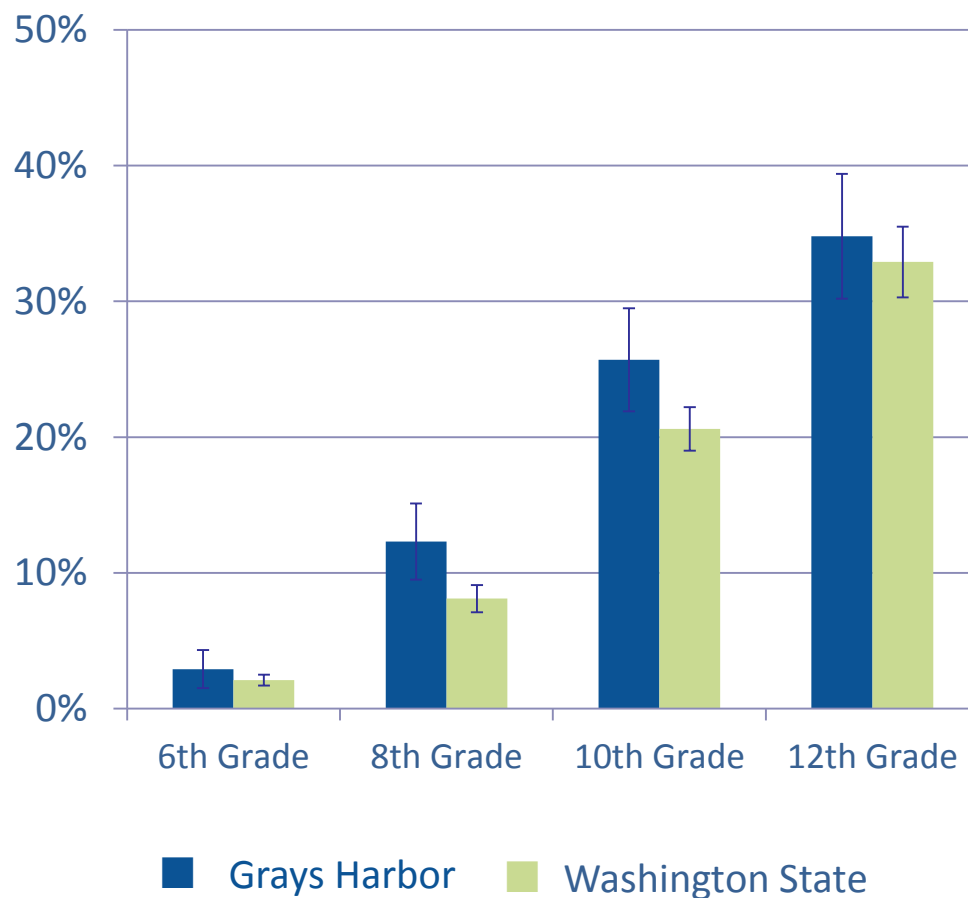


Students reporting being bullied in the last 30 days, 2014



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

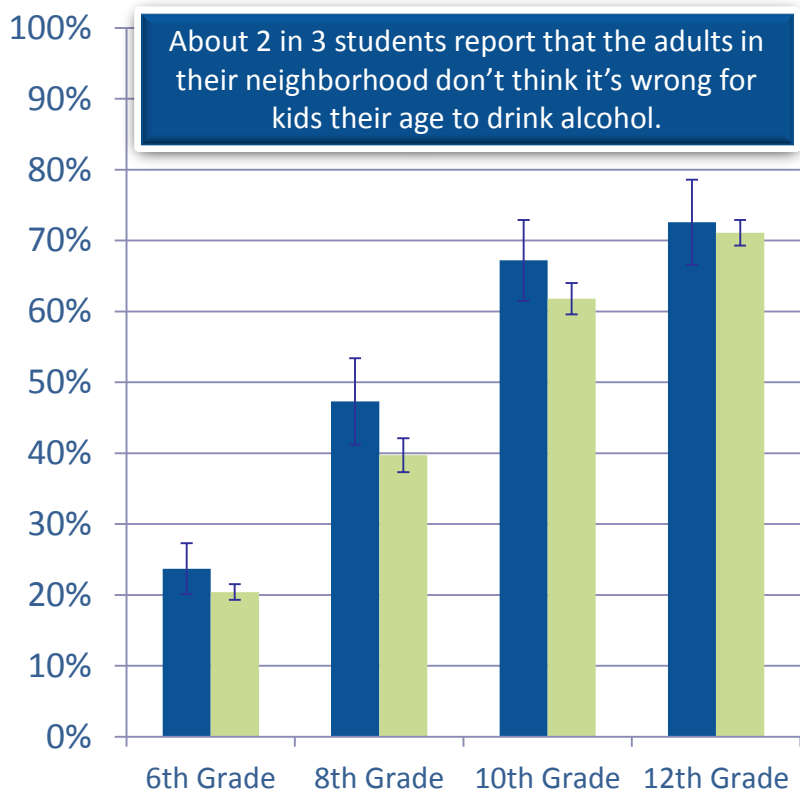
Current Alcohol Use Among Students, 2014



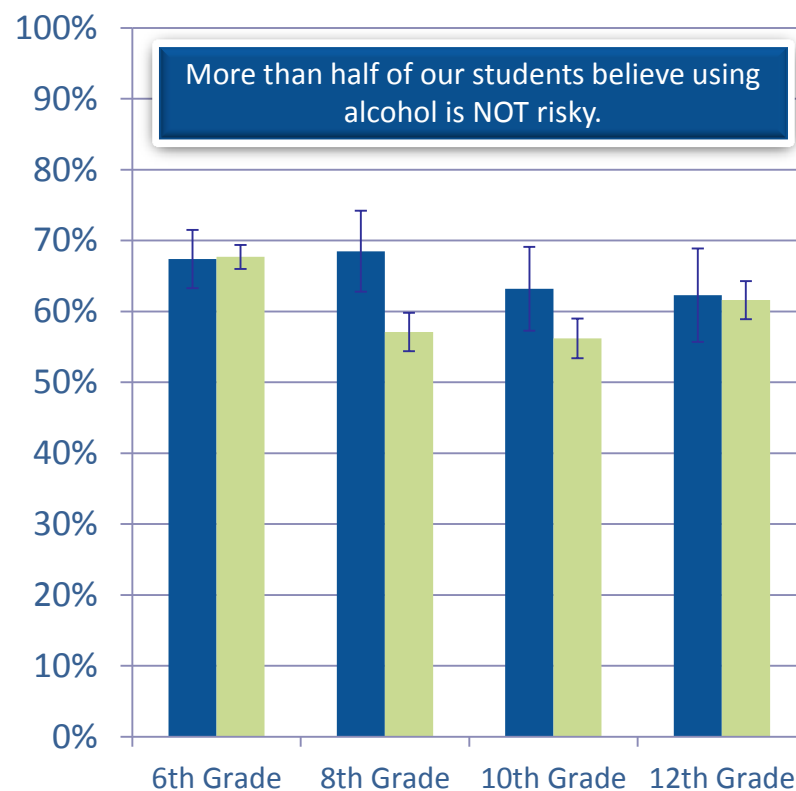
Student Perceptions 2014:

How big a deal is youth alcohol and drug use?

Permissive Norms

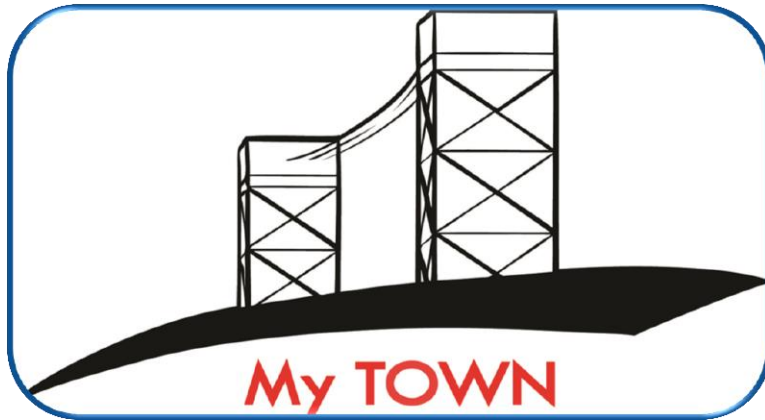


Low Perception of Risk



■ Grays Harbor ■ Washington State

Changing Minds, Fostering Hope



My TOWN Coalition prevention



Suicide Prevention, Clinical Pathway to Care

Recovering Hope:

Mental Illness and Substance Abuse

- Prevent youth drug and alcohol use
- Easy, timely access to treatment
- Increase knowledge, decrease stigma



Evergreen, Diversion, BHO

Creating Hope on The Harbor

Sales Tax Supported:

- Diversion
- Dad's Matter
- Addiction Treatment
- Jail Psychiatry & Meds
- Youth System of Care
- Supported Housing
- Summit Pacific Integrated Care
- Next: Therapeutic Courts



By June, we will have 24 Graduates from our Diversion Program.

- Two years of accountability, being clean and sober, and reunited with families.
- No jail costs or prosecution.

We Can Lead Healthier Lives



18% of adults still smoke

1 in 3 adults is obese

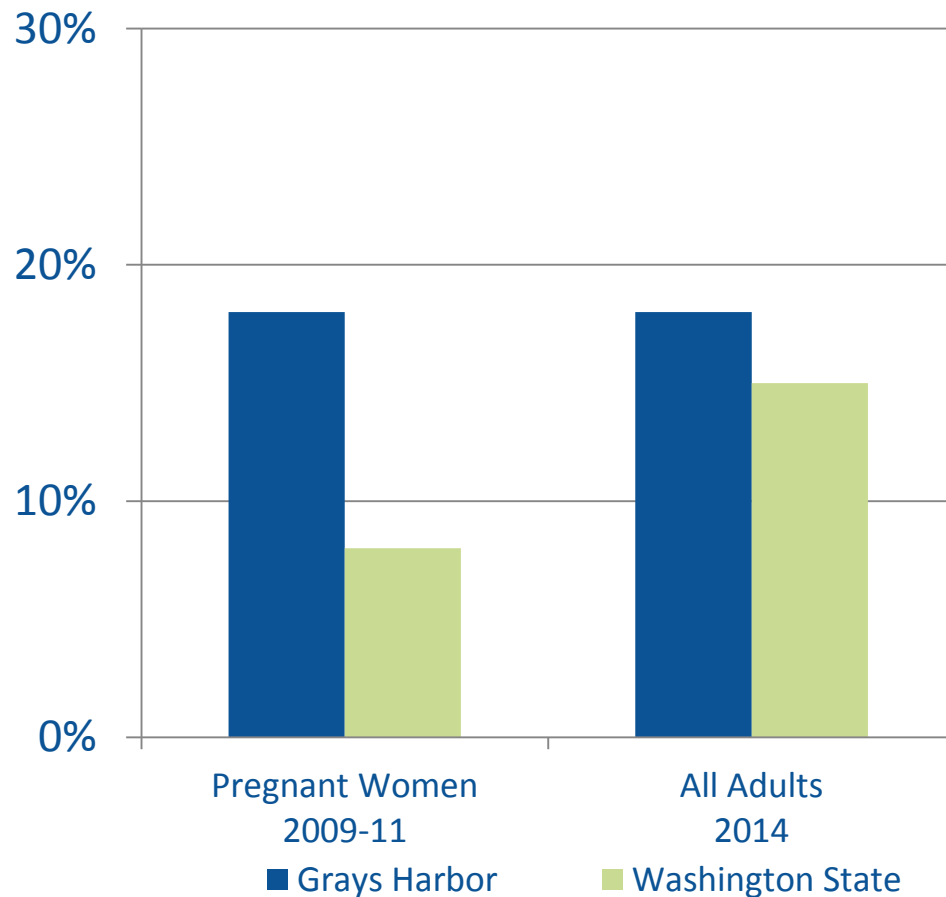
1 in 5 teens is obese

80% do not eat enough fruits and vegetables, all ages

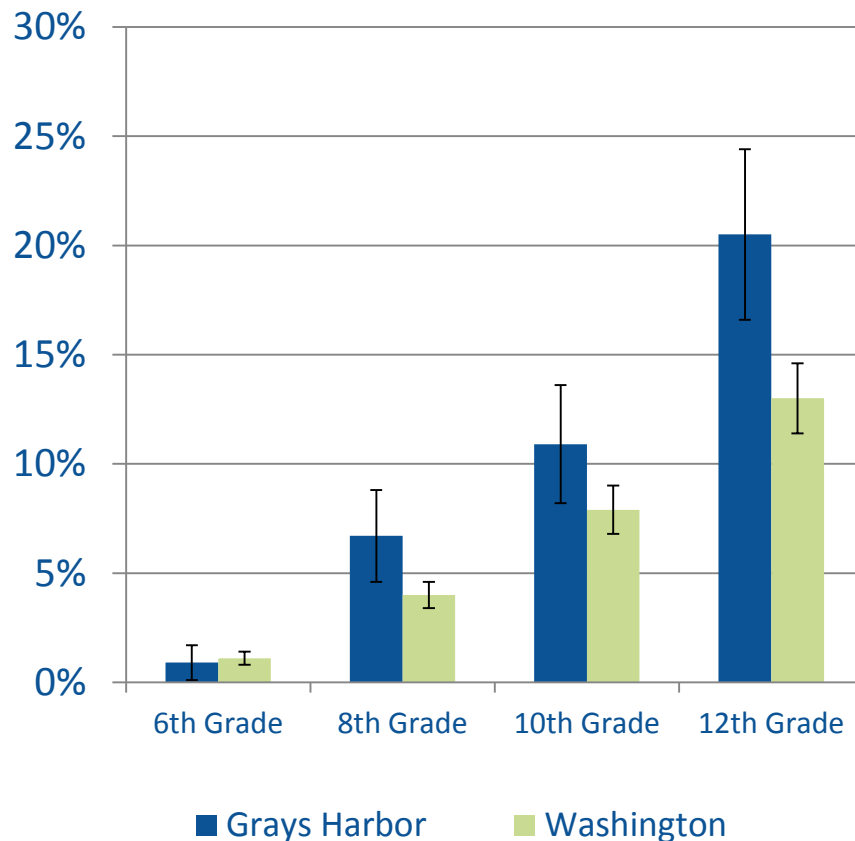
45% increase in diabetes between 2004-2012

Sources: [National Diabetes Surveillance System via countyhealthrankings.org](#), 2014
[Healthy Youth Survey](#), 2014 Behavioral Risk Factor Surveillance System via
[countyhealthrankings.org](#), Retrieved April 2016.

Adult Smoking

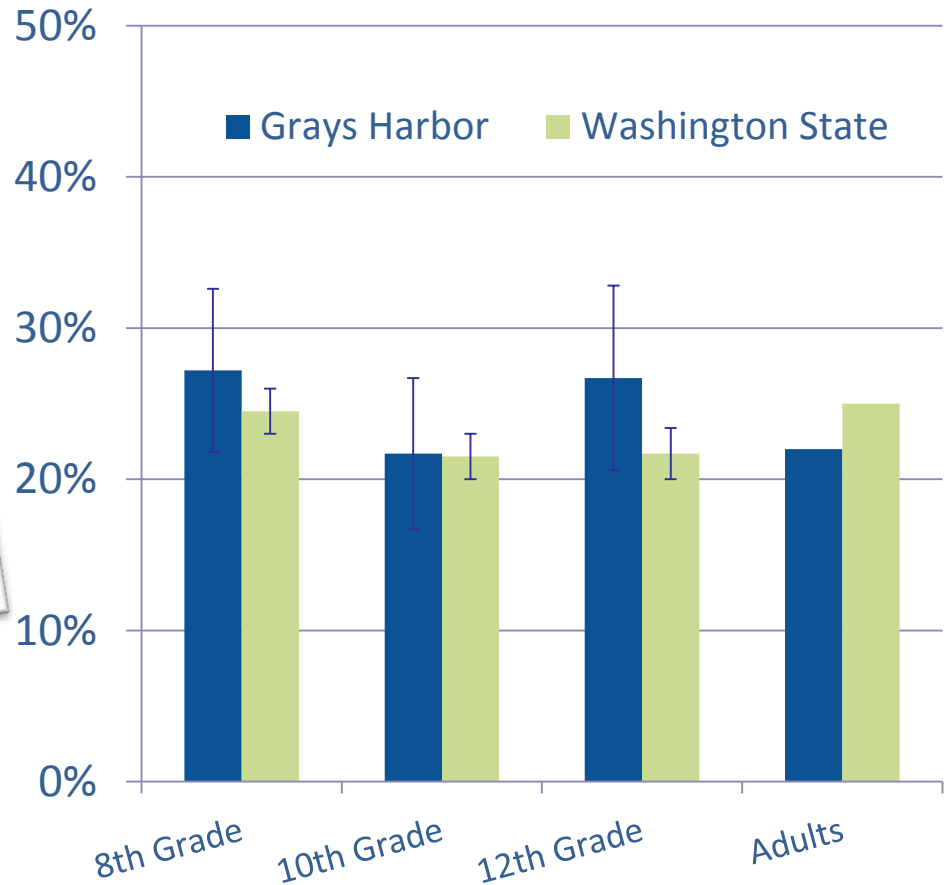


Current cigarette smoking among youth, 2014



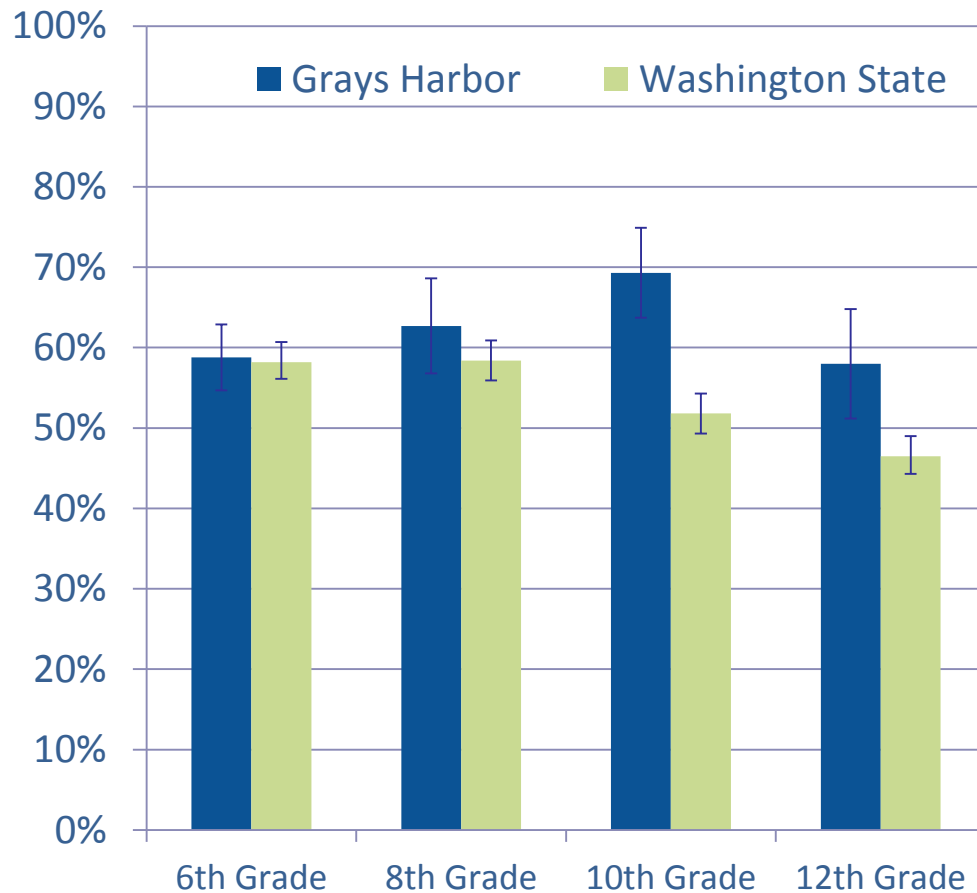
Source: Washington State Department of Health. 2014 Healthy Youth Survey.

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



Sources: Washington State Department of Health. 2014 Healthy Youth Survey.
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>

Youth Who Are Physically Active at Least 60 Minutes for 5 or more days/week, 2014

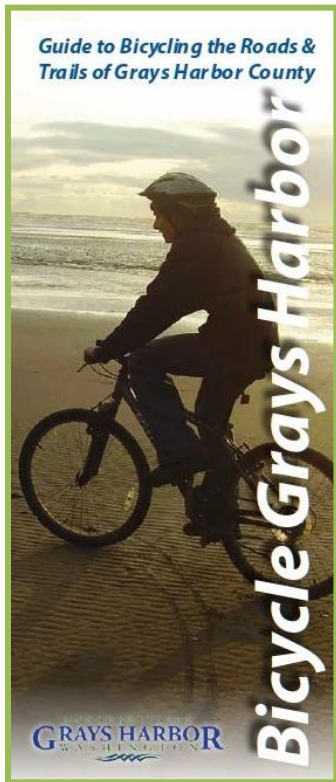


A higher percentage of our kids report adequate physical activity



Source: Washington State Department of Health. 2014 Healthy Youth Survey.

Creating Healthier Tomorrows



Chronic Disease: *Reducing the Burden*

- Increase physical activity: City Plans, Recreational maps, Aberdeen bike lanes
- Help with diabetes, classes
- Growing healthy food
- Policies to reduce tobacco use

Living Well With Diabetes

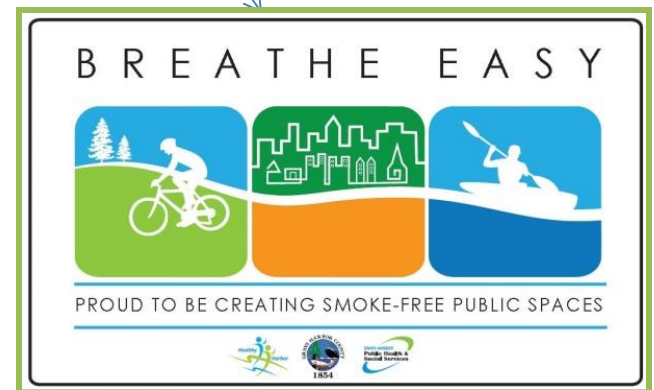
a free program for people with diabetes and their caregivers



- Make informed decisions about your treatment
- Set and meet health goals
- Learn to manage your symptoms effectively



Supported by:
Grays Harbor County Public Health & Social Services
Sea Mar Community Health Centers
Grays Harbor Community Hospital
Group Health Research Institute
Olympic Area Agency on Aging
Summit Pacific Medical Center
Qualis Health



Right Care, Right Time



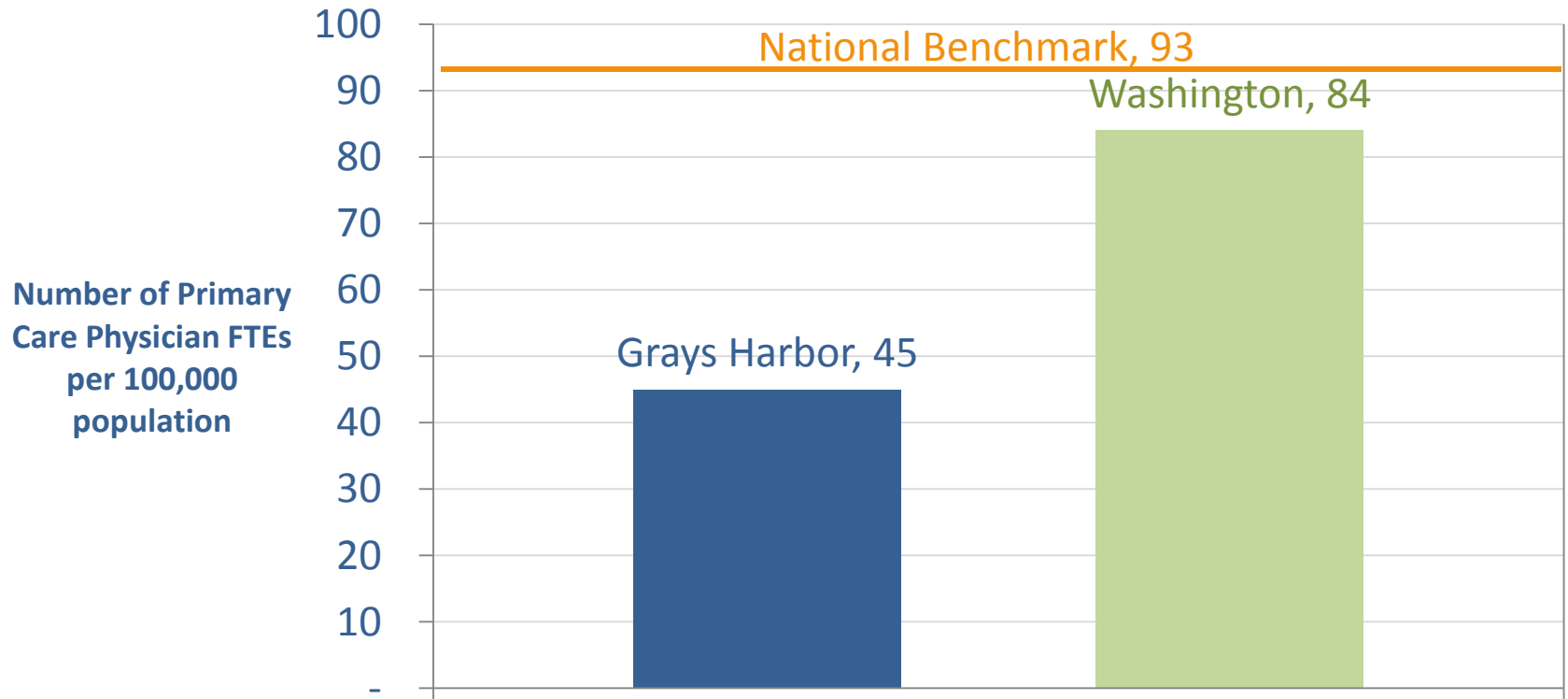
39th place for clinical care
due to shortages of

- *MDs / Primary care*
- *Dentists*
- *Mental Health Workers*

- *Preventable hospital stays*
- *Less Diabetic screening*
- *Less mammography*

Primary Care Physician Coverage Rate, 2013

We have a severe shortage of primary care physicians



Source: University of Wisconsin Population Health Institute, County Health Rankings. Retrieved April 2016 from <http://www.countyhealthrankings.org>

Creating a System of Care



Grays Harbor Community Hospital



Evergreen Treatment Services

Healthcare Access:

Right care, right time for everyone

- Assure timely access
- Help people navigate the system
- Adopt IT systems for safety, efficiency
- Invest in prevention



Summit Pacific Medical Center



In sum:

- We have serious health challenges.
- Working together, we can make changes to become healthier.
- We have great efforts underway. If we sustain them, we will have a healthier tomorrow.

Thank You!

www.HealthyGH.org