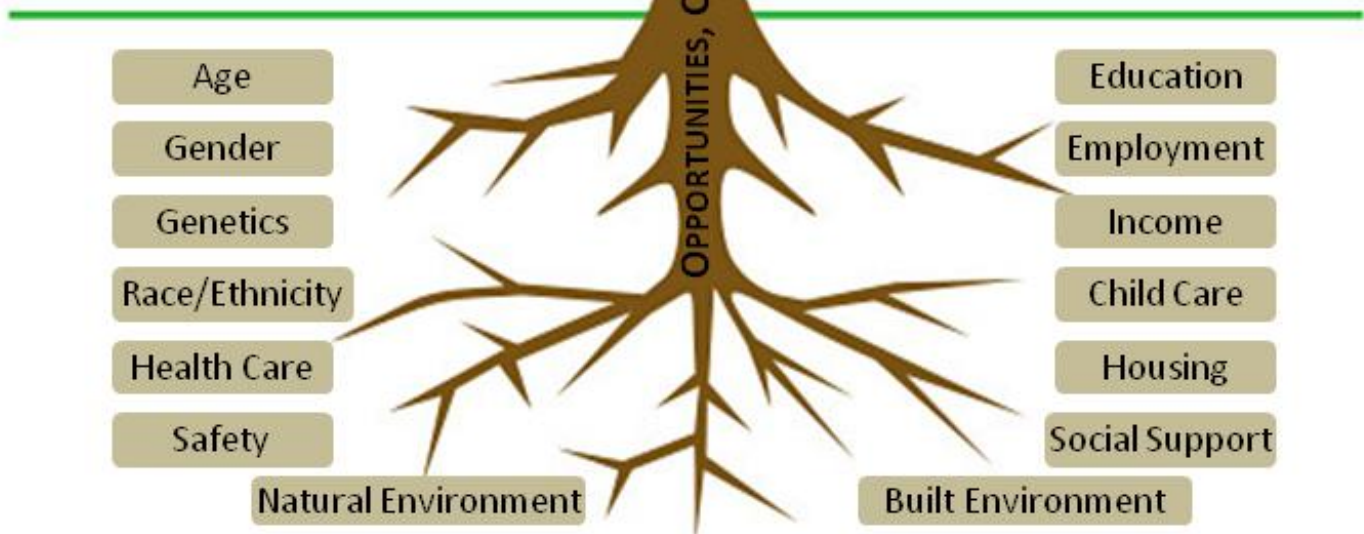


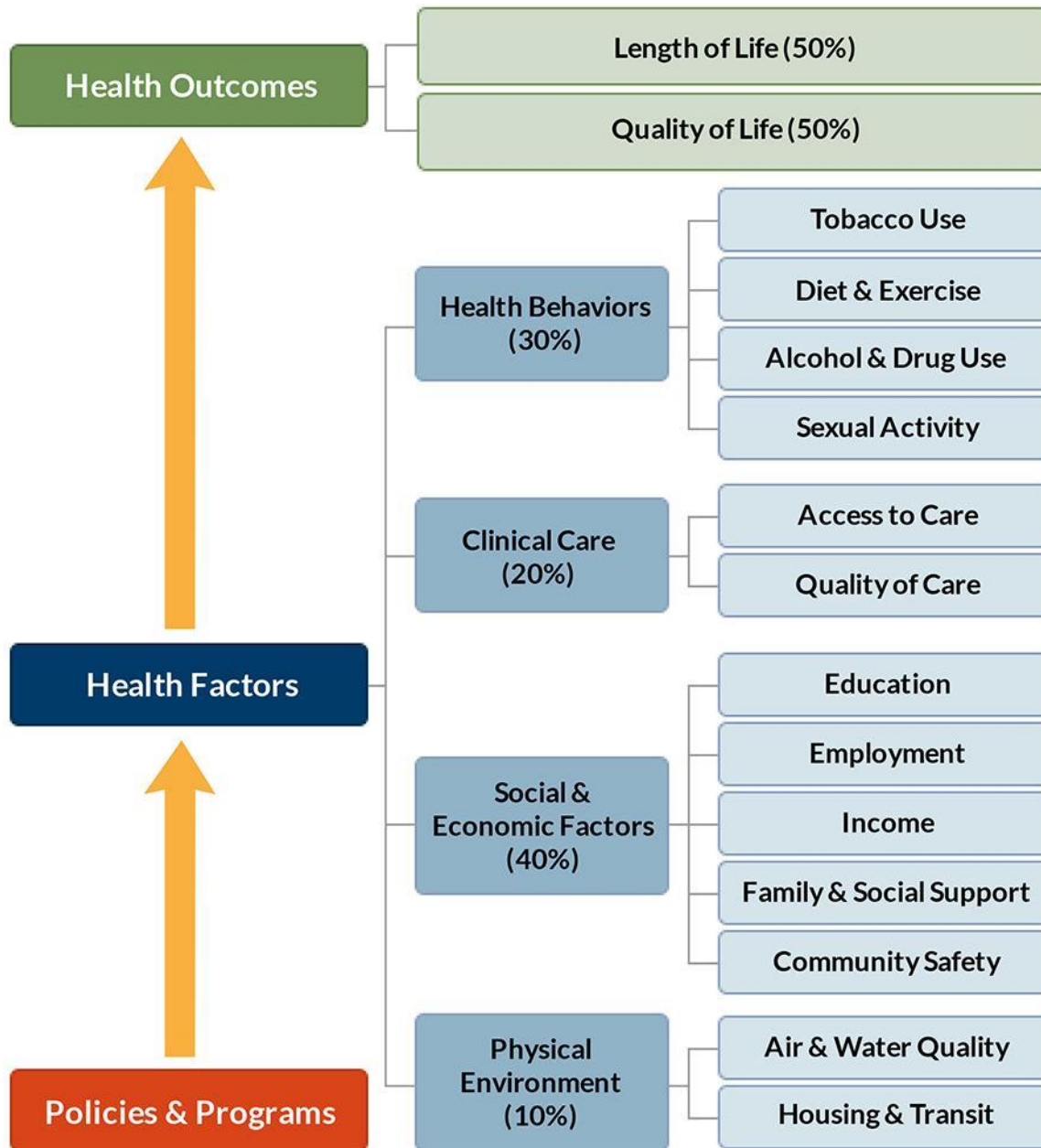
The Health of Jefferson County: Summary

Jefferson Health Care & Jefferson County Public Health

May 23, 2014







Health in the 21st Century

Research has shown that to reduce the risks for disease and premature death in the 21st century, we must focus on **health behaviors** and **socioeconomic determinants**.

Advances in sanitation and clinical care in the 20th century reversed infectious disease and injury morbidity and mortality, replaced by a complex web of chronic diseases.

Start healthy...stay healthy

Healthy family environment

- 2 in 3 babies are born into poverty (Medicaid-paid birth), higher than WA
- 1 in 5 children lives below the poverty level
- 1 in 4 pregnant women start prenatal care after the 1st trimester
- 19% of pregnant women smoked during pregnancy, higher than WA and unchanged overtime; 28% of low-income pregnant women
- On average, over 200 CPS accepted referrals each year
- On average, about 180 Domestic Violence offences each year
- 31% of adults report having had 3 or more Adverse Childhood Experiences (ACEs)
- 26% of JCPH Family Health Program clients report having had 5 or more ACEs
 - Adults with ACEs have higher rates of: poor general health, poor mental health, overweight, smoking, chronic disease, substance use

“Poor families and individuals are most likely to live in unsafe homes and neighborhoods, often with limited access to healthy foods, employment options, and quality schools.”

“The ongoing stress and challenges associated with poverty can lead to cumulative health damage, both physical and mental. Children in low income families are sicker than their high income counterparts. Low income mothers are more likely than higher income mothers to have pre-term or low birthweight babies, who are at higher risk for chronic diseases and behavioral problems.”

Start healthy...stay healthy

Education for our children

- 3rd grade reading and math scores below WA
- 1 in 2 youth report risk of academic failure
- 1 in 3 to 1 in 2 youth report low commitment to school
- High school graduation rate 87%, better than WA but lower among low-income students
- Jefferson adults with less education have:
 - Lower rates of health insurance
 - Higher rates of smoking
 - Lower rates of physical activity

“Better educated individuals live longer, healthier lives than those with less education, and their children are more likely to thrive. This is true even when factors like income are taken into account.”

www.countyhealthrankings.org

Start healthy...stay healthy

Health Behaviors

PREVENTIVE:

- 40% of adults get annual flu shots, 30% among lower income
- Half of kindergarten students have complete immunizations, 86% in WA
- Primary care, dental and mental health provider shortage areas

SUBSTANCE USE:

- Smoking: 15% of 10th graders and 26% of 12th graders; lower in WA
- 8th and 10th grade alcohol use decreasing; nearly half of 12th graders report binge alcohol drinking, 22% in WA
- Adult and youth alcohol arrests are decreasing; youth higher than WA
- Youth drug arrests higher than WA
- Drug and opiate hospitalizations increasing
- Accidental poisoning deaths increased overtime, 3 in 4 among males
- 1 in 8 deaths related to alcohol and/or drugs

HEALTHY EATING/ACTIVE LIVING:

- 56% participation in WIC, 48% in WA
- More than 8 in 10 adults report physical activity, lower among low-income and lower education
- 90% of students do not get daily physical education class, 70% in WA
- Property and violent crime rates are decreasing

CHRONIC DISEASE OUTCOMES:

- 1 in 5 adults have at least 1 chronic condition
- Chronic diseases are the top 4 causes of death, top 3 causes of hospitalizations
- Cancer top cause of premature death (before age 65)

“The environments where we live, learn, work, and play affect our access to healthy food and opportunities for physical activity which, along with genetic factors and personal choices, shape our health and our risk of being overweight and obese.”

“Tobacco use is the leading cause of preventable death in the United States. It affects not only those who choose to use tobacco, but also people who live and work around tobacco.”

Start healthy...stay healthy

Emotional/Mental Health

- Health professional shortage area for mental health
- Adults report average of 3 poor mental health days per month; higher for females and younger adults
- 1 in 5 adults ever told they have depression
- 800 School Based Health Clinic visits; a third addressed at least one emotional/mental health issue
- 1,000 School Based Health Clinic Behavioral Health visits
- More than 1 in 3 youth report being bullied in past month
- 1 in 4 eighth; 1 in 3 tenth and twelfth graders report depressive feelings
- 1 in 4 tenth graders report considering suicide
- Suicide hospitalizations decreasing – 65% are females
- Suicide deaths unchanged overtime; same as WA

Poor emotional health can weaken the body's immune system increasing likelihood of illness. When feeling stressed, anxious or upset, individuals may not take care of their health as well as they should - not exercising, eating nutritious foods. Abuse of alcohol, tobacco or other drugs may also be a sign of poor emotional health.

<http://familydoctor.org/familydoctor/en/prevention-wellness/emotional-wellbeing/mental-health/mind-body-connection-how-your-emotions-affect-your-health.html>

THE HEALTH OF JEFFERSON COUNTY, 2014 SUMMARY

FACTORS

FACTORS: WHO & WHERE

- Rural infrastructure
- Older population: median age 55; 38 in WA
- Disparities in pockets, wealth in pockets
- 1 in 3 adults report 3-8 Adverse Childhood Experiences; 1 in 4 JCPH clients report 5 or more ACEs



FACTORS: EDUCATION & EMPLOYMENT

- More educated population: 7 in 10 have more than high school education, 64% in 2000
- High school graduation rate 87%, 79% in WA
- 1 in 2 students at risk of academic failure; 1 in 3 to 1 in 2 report low commitment to school
- 3rd grade reading and math scores below WA
- 9% unemployment, 7% in WA
- Young men not in the labor force



FACTORS: INCOME, POVERTY, HOUSING

- Median household income \$10,000 below WA – \$31,000 gap between highest and lowest Jefferson Census Tract
- 1 in 7 residents lives in poverty; 1 in 5 children
- Nearly 1 in 2 students get free/reduced lunch
- 59% of births are to low-income mothers, 50% in WA
- Housing cost burden: 1 in 4 who own their house and 2 in 5 who rent spend more than 35% of income on their housing each month
- High rate of vacant homes (1 in 5, 1 in 10 in WA); 82% vacant status is seasonal/recreational/occasional use/other
- 68 homelessness experiences of public school students



FACTORS: CLINICAL CARE

- 86% of population has health insurance
- Health insurance differs by group: age 19-25, 65%; less than high school education, 77%; unemployed, 45%; in poverty, 73%
- Half of adults have dental insurance, 62% in WA
- Health professional shortage areas for primary care, dental, mental health
- 800 School Based Health Clinic visits per year
- 77% pregnant women get 1st trimester prenatal care, 80% in WA; 73% home/ midwife births; 67% in south county



ACTION

DATA GAPS: mental health treatment, substance abuse treatment, wait times, workforce changes during recession, quality of medical, mental health, dental, chemical dependency, etc.

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THE HEALTH OF JEFFERSON COUNTY, 2014 SUMMARY

BEHAVIORS

BEHAVIORS:

Preventative:

- 40% of adults get annual flu shot; 30% of those with income <\$50,000
- Half of kindergarten students have complete immunizations, 86% in WA; 22% of 6th graders, 82% in WA
- Low teen pregnancy rate

BEHAVIORS:

Substance Use:

- 19% of women smoke during pregnancy, 9% in WA; 28% of low income, 15% in WA
- Adult smoking higher among males, age 18-34, lower education
- 15% of 10th and 26% of 12th graders use cigarettes; lower in WA
- 8th and 10th grade current alcohol use decreasing, closer to WA rate
- 45% of 12th graders report binge drinking; 22% in WA

BEHAVIORS:

Healthy Eating/Active Living:

- 56% WIC participation, 48% in WA
- 83% of adults get physical activity; 70% with less education; 74% less income
- No daily PE for 90% of students, 70% in WA

ACTION

DATA GAPS: existing recreation infrastructure, existing school physical activity, actual BMI's

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THE HEALTH OF JEFFERSON COUNTY, 2014 SUMMARY

OUTCOMES

ACTION

SOCIAL OUTCOMES:

- More than 1 in 3 students were bullied in past month
- Total crime rate is decreasing, lower than WA
- Youth and adult property crime arrests are decreasing
- Youth and adult violent crime arrests are decreasing
- Youth and adult alcohol arrests are decreasing; youth higher than WA
- Youth drug arrests higher than WA

MORBIDITY:

- 1 in 5 adults have 1+ chronic condition(s)
- Cancer incidence unchanged overtime: total, male, female and by age groups; all same as WA
- Prostate and skin cancer incidence higher than WA
- Drug and opiate related hospitalizations increasing
- 1 in 5 adults ever told they have depression
- 1000 SBHC visits to behavioral health specialists
- 1 in 4 eighth graders; 1 in 3 tenth and twelfth graders report depressive feelings
- 1 in 4 tenth graders report considering suicide
- Suicide hospitalizations decreasing; 65% are females
- Sexually Transmitted Infection rates low

MORTALITY:

- Life expectancy increasing overtime – 8 year difference between highest and lowest Census Tract
- Leading cause of death: cancers (28%), heart diseases (20%)
- Cancer death rate decreasing overtime: total, male, female, age 65+; all same as WA
- 1 in 8 deaths related to alcohol and/or drugs
- Suicide deaths unchanged overtime; same as WA
- Accidental fall deaths increased overtime; the majority in women age 85+
- Accidental poisoning deaths increased overtime; the majority are males age 25-64

DATA GAPS: actual BMI, hypertension, diabetes, asthma prevalence

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