



Verdant Health Commission: 2016 Health Needs Assessment



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

Verdant Health Commission Board Meeting
October 26, 2016

Today's Agenda

**Big picture
of health**

versus

**Little picture
of health**



**2013
Assessment**

versus

**2016
Assessment**



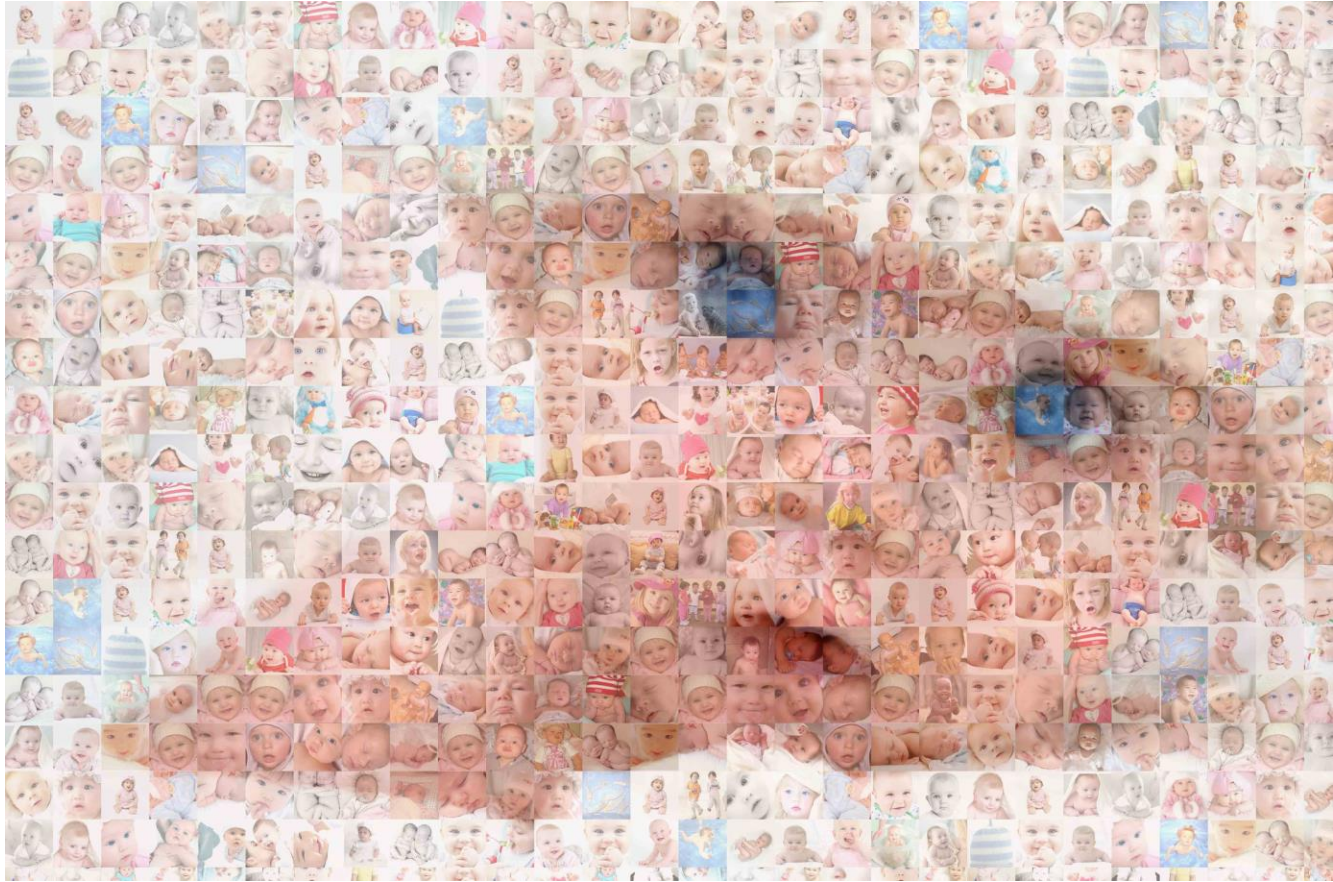
SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

Today's Agenda

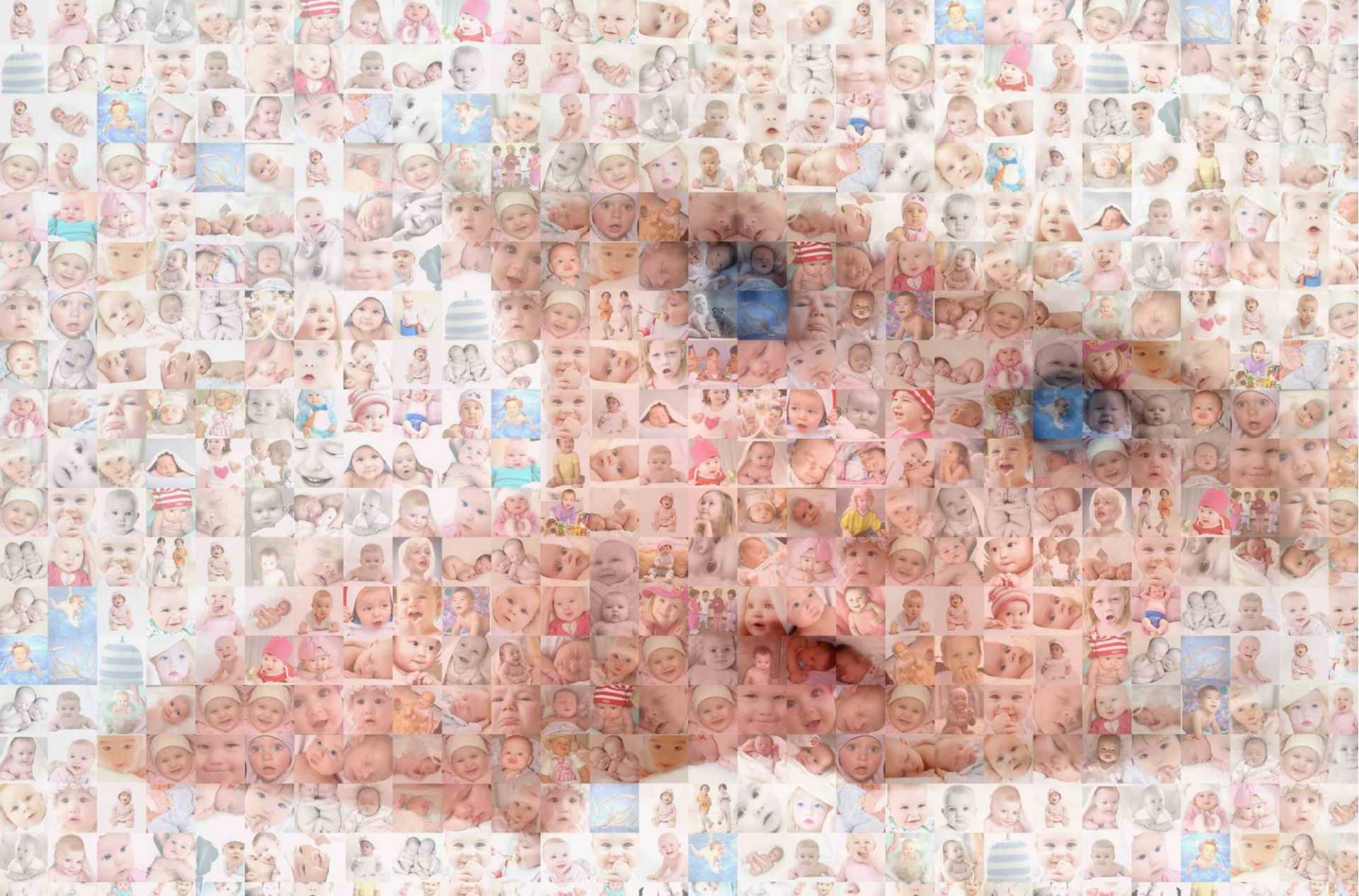
- Overview of health
- Social determinants of health
- Health needs assessment brief
- Data presentation
- Questions



Health in Snohomish County



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG



HEALTH DISTRICT
WWW.SNOHD.ORG

Social Determinants of Health

- Conditions in which we live, learn, work, and play are significant factors that impact our health.
- Life enhancing resources whose distribution across populations determines length and quality of life.
- Responsible for unfair and avoidable differences in health seen within and between communities in Snohomish County.



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

2016 Health Assessment

Task: Re-assess the health needs of community served by Public Hospital District No 2 (PHD2)

Want to answer two questions...

1. Have health outcomes improved since 2011?
2. Does health vary by place (comparing residents in PHD2 to larger Snohomish County)?



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

Methods

Update data tables from 2013 Health Assessment, including:

- Age
- Race
- Mortality
- Hospitalization
- Cancer incidence
- Birth risk factors
- Self-reported health status



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

Methods

Population denominators (2015)

Geographic Area	Comparison to HD	Population
Edmonds School District	< Hospital District	165,921
Zip codes	> Hospital District	271,421
Census tracts	= Hospital District	187,338

Source: Washington State Office of Financial Management, Forecasting Division, single year intercensal estimates 2001-2015, June, 2015.



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

Methods

Data sources

- American Community Survey
- Birth and death certificate data
- WA State Cancer Registry
- Behavioral Risk Surveillance System Survey
- Healthy Youth Survey
- Comprehensive Hospitalization Abstract Reporting System



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

Let's look at the results



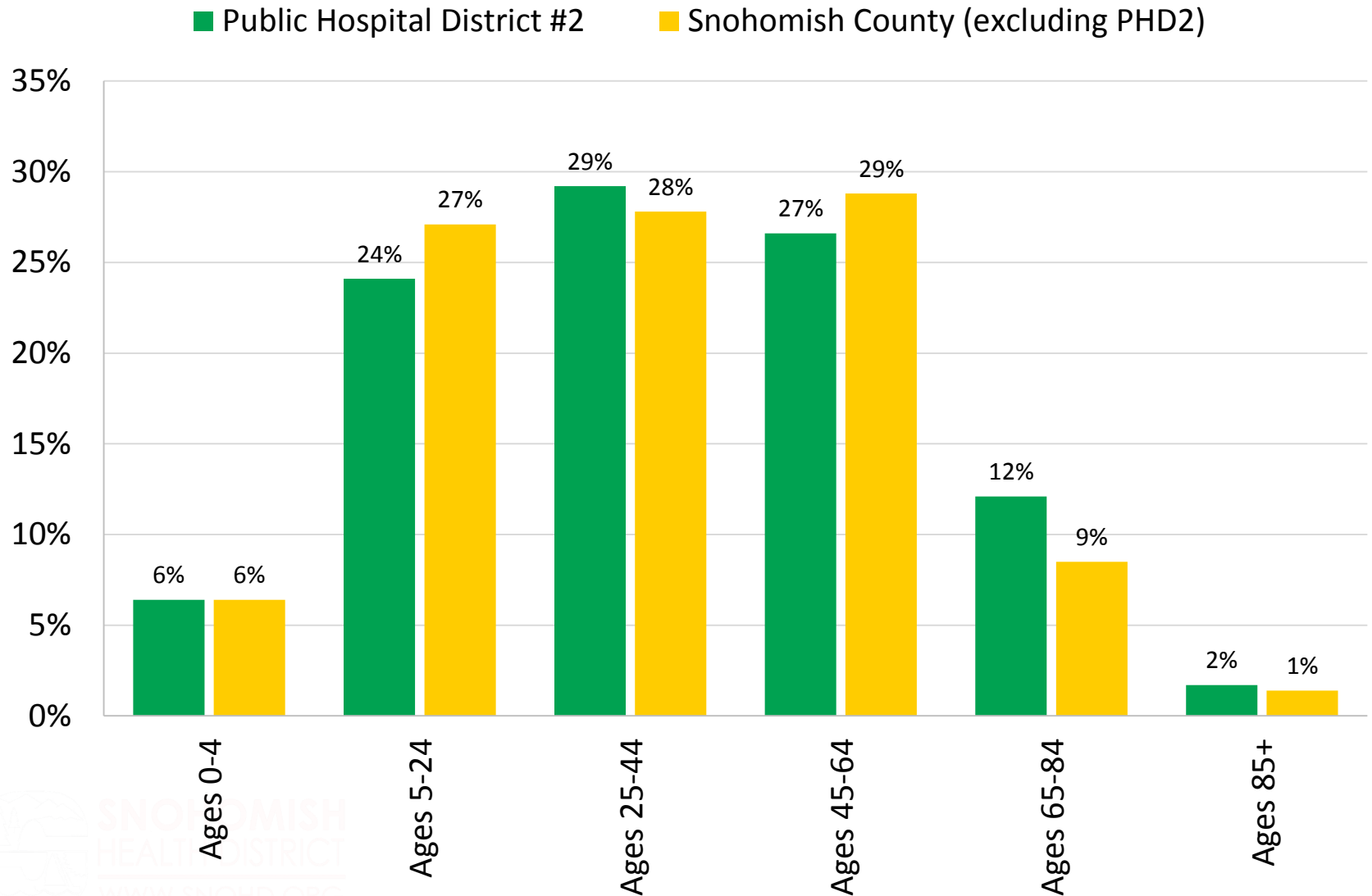
SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

South Snohomish County

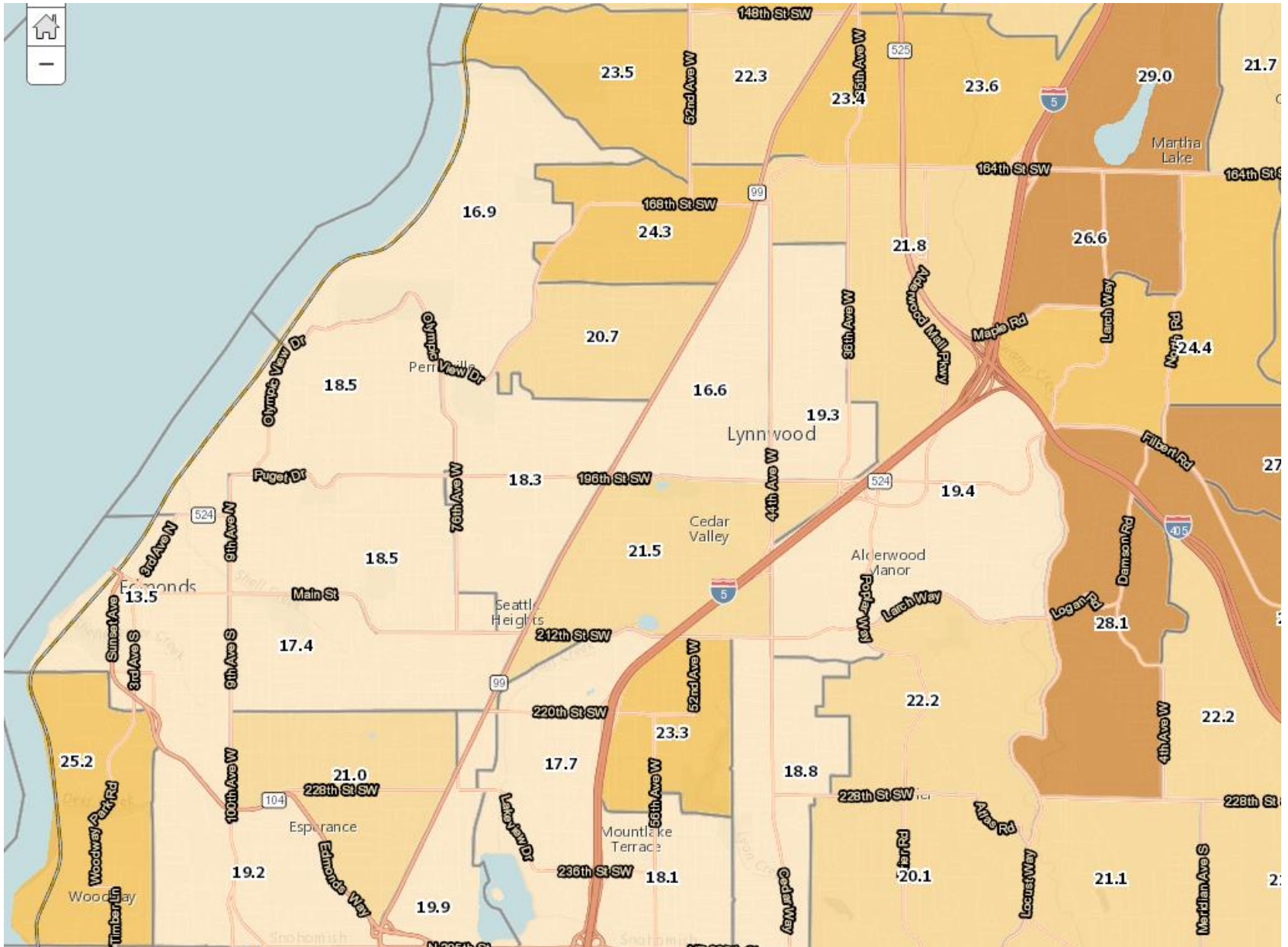


WWW.SNOHD.ORG

Age in Snohomish County

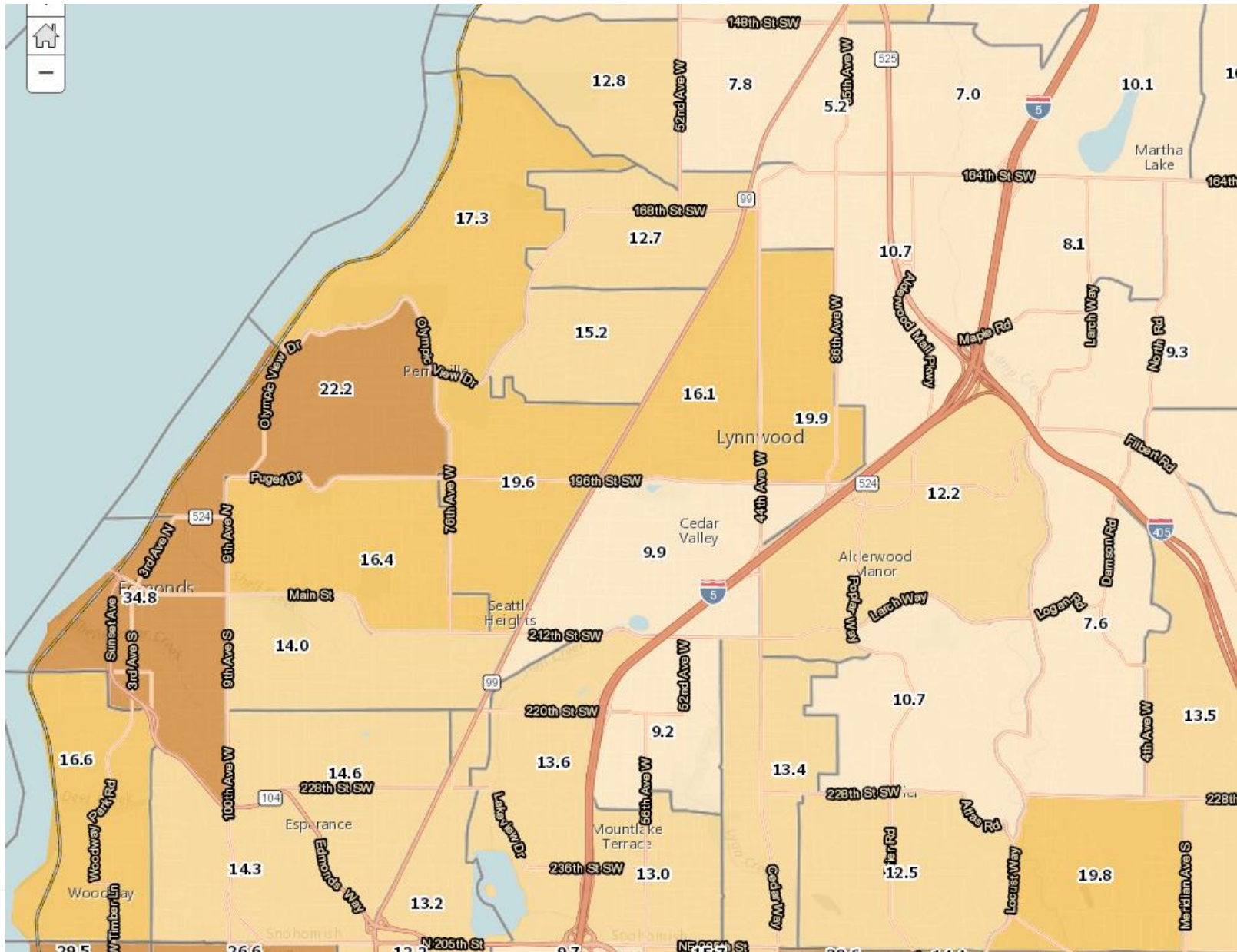


Population in South Snohomish, Ages 0 -17 years



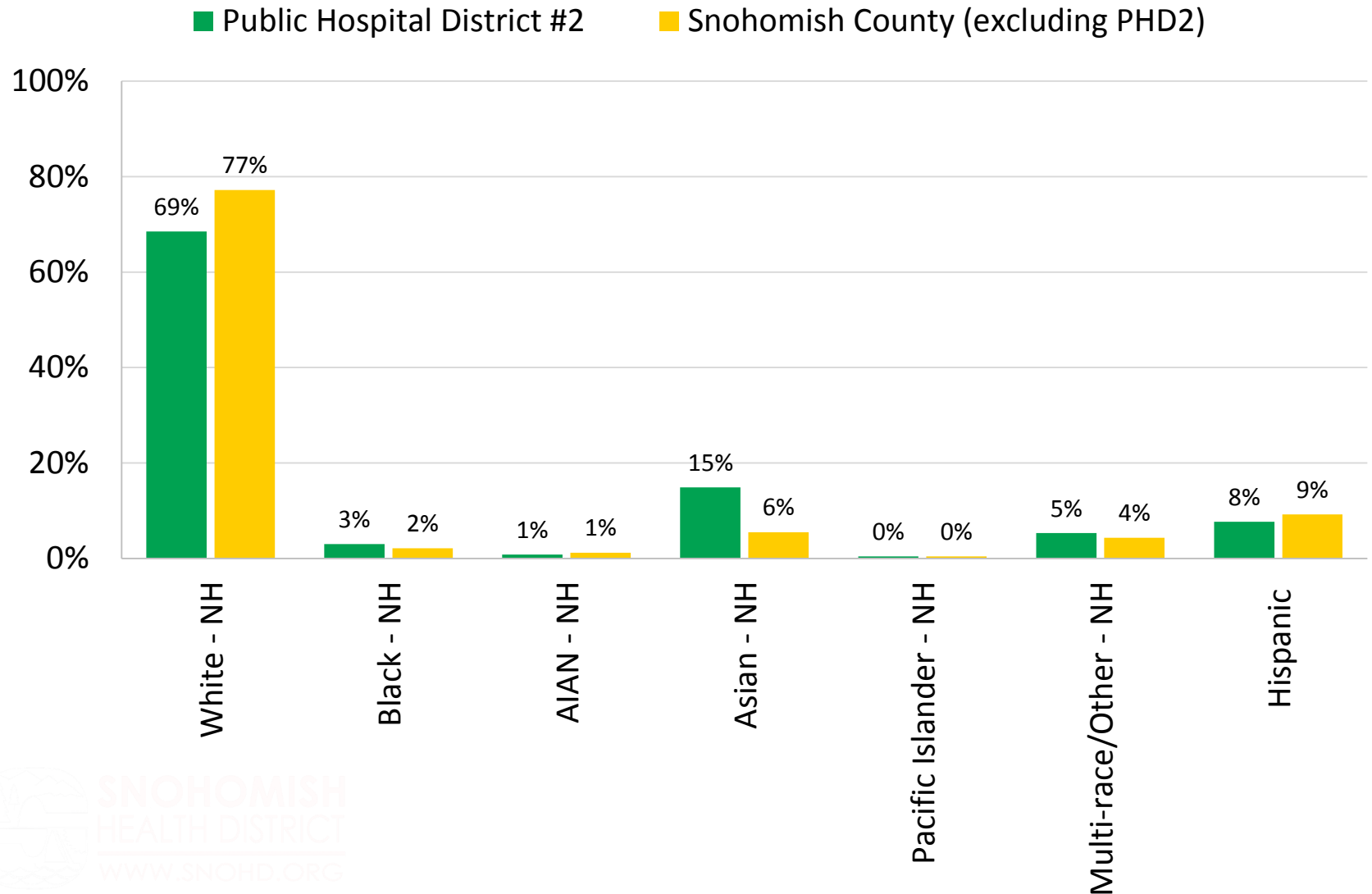
Source: U.S. Census Bureau, 2010-2014 American Community Survey 5-Year Estimates

Population in South Snohomish, Ages 65+ years



Source: U.S. Census Bureau, 2010-2014 American Community Survey 5-Year Estimates

Race/ethnicity in Snohomish County

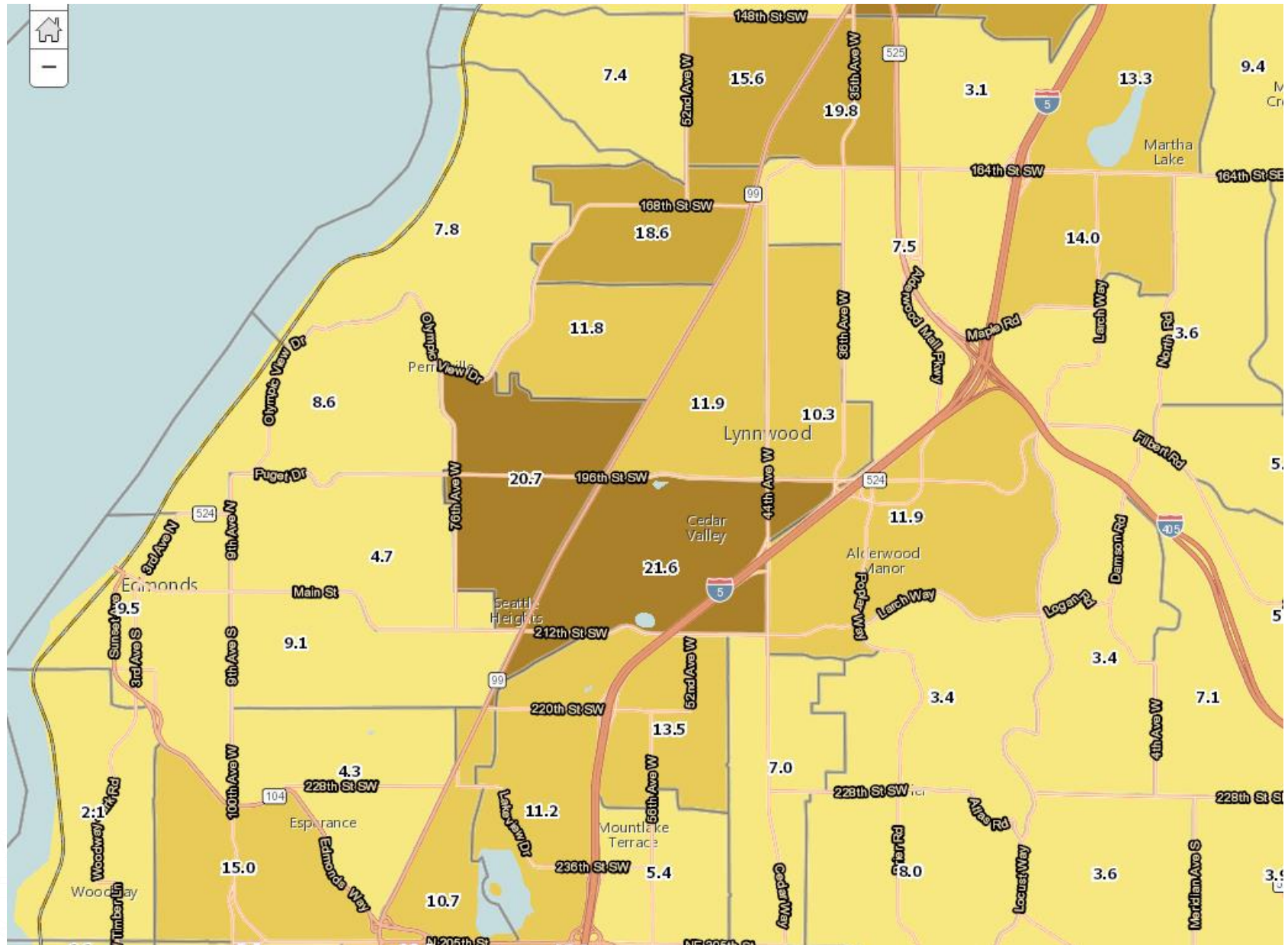


Source: U.S. Census Bureau, 2010-2014 American Community Survey 5-Year Estimates

Sociodemographics

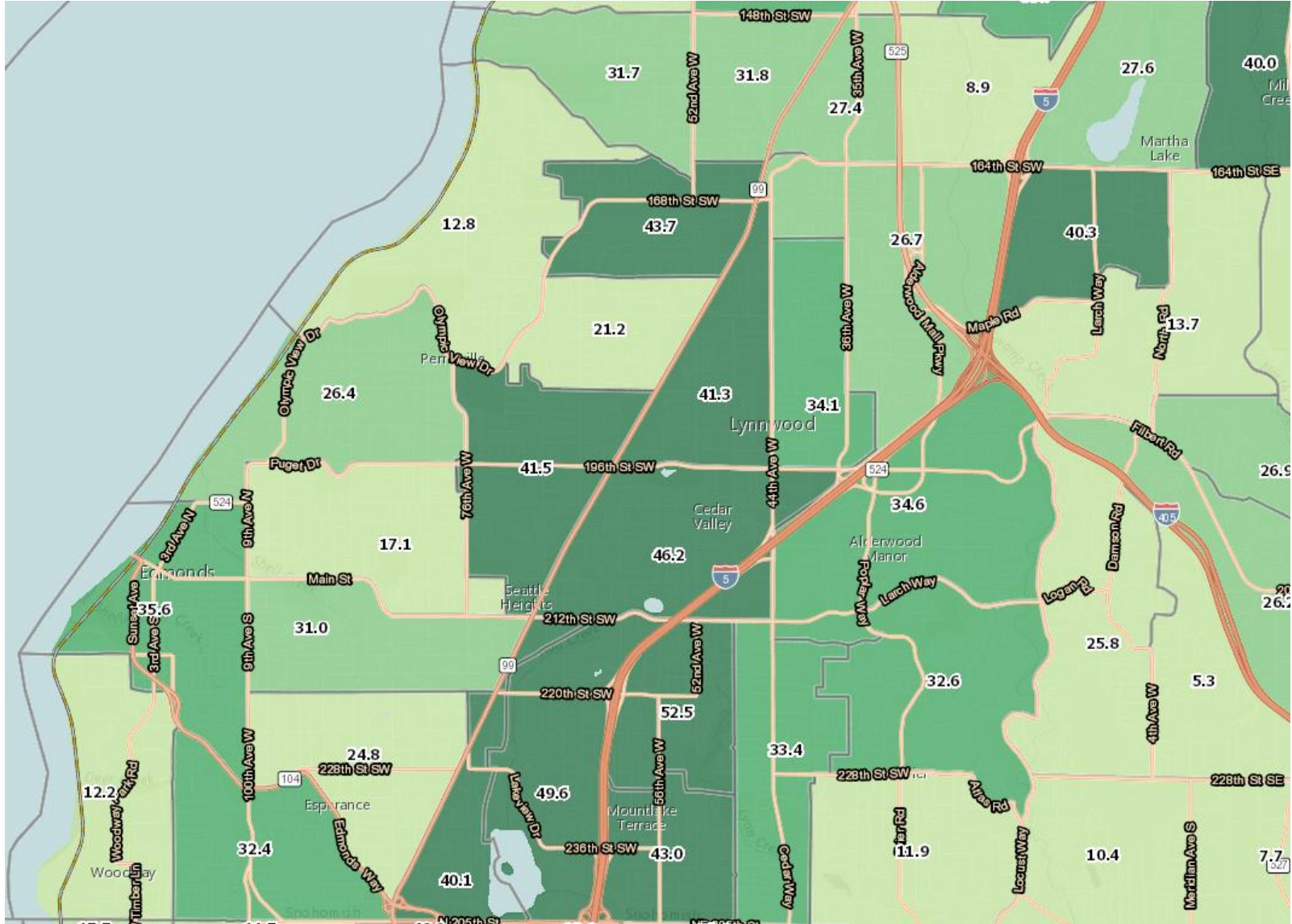
Indicator	Public Hospital District #2	Snohomish County (excluding PHD2)
Population living below 100% of federal poverty level	9%	11%
Children living below 100% of federal poverty level	11%	15%
Single-parent households	23%	27%
Education level		
High school graduate/GED	23%	25%
Bachelor's degree	31%	16%
Graduate degree	14%	6%

Population in South Snohomish Living Below Poverty Line



Source: U.S. Census Bureau, 2010-2014 American Community Survey 5-Year Estimates

Single-Parent Households in South Snohomish



Source: U.S. Census Bureau, 2010-2014 American Community Survey 5-Year Estimates

Health assessment will answer two questions:

1. Have health outcomes changed since 2011?

If they have, you'll see these colors:



In **PHD2**,
significant difference comparing
health outcome in
2011 to 2015



In **Snohomish County**,
significant difference comparing
health outcome in
2011 to 2015

2. Does health vary by place (comparing residents in PHD2 to larger Snohomish County)?

If it does, you'll see this color:



Significant difference
comparing
PHD2 to Snohomish County

General Health

Indicator	Public Hospital District #2		Snohomish County (excluding PHD2)	
	2011	2015	2011	2015
Life expectancy at birth (in years) [2014]	81	82[†]	80	80[†]
Mortality rate* (per 100,000 people) [2014]	666	607[†]	701	709[†]
Infant mortality rate (per 1,000 live births) [2015]	3.8	2.5	3.7	5
Hospitalization rate* (per 100,000 people) [2015]	7,226 [•]	6,648^{•†}	8,260 [•]	7,943^{•†}

Notes:

* Age-adjusted rate; † 2015 estimates are significantly different from each other; • 2011/2015 estimates are significantly different from each other

General Health

Indicator	Public Hospital District #2		Snohomish County (excluding PHD2)	
	2011	2015	2011	2015
Life expectancy at birth (in years) [2014]	81	82 [†]	80	80 [†]
Mortality rate* (per 100,000 people) [2014]	666	607 [†]	701	709 [†]
Infant mortality rate (per 1,000 live births) [2015]	3.8	2.5	3.7	5
Hospitalization rate* (per 100,000 people) [2015]	7,226[•]	6,648^{•†}	8,260[•]	7,943^{•†}

Notes:

* Age-adjusted rate; † 2015 estimates are significantly different from each other; • 2011/2015 estimates are significantly different from each other

Sources: Washington State Department of Health, Center for Health Statistics, Birth Certificate Data, 1990–2014, August 2015.
Washington State Department of Health, Center for Health Statistics, Death Certificate Data, 1990–2014, August 2015.
WA Hospital Discharge Data, Comprehensive Hospitalization Abstract Reporting System (CHARS) 1987–2015. Washington State Department of Health, Center for Health Statistics.
August 2016.

Access to Care

Indicator	Public Hospital District #2	Snohomish County (excluding PHD2)
Older adults with no health insurance coverage	0.5%	2%
No primary health care provider	19%	22%
Unable to see doctor because of cost	13%	16%
Not visited doctor in past 2 years	22%	23%
Dental insurance coverage	71%	66%
Not had dental visit in past year	27%[†]	35%[†]

Notes: [†] 2011-2015 estimates are significantly different from each other

Health Risk Behaviors

Indicator	Public Hospital District #2	Snohomish County (excluding PHD2)
Hypertension or high blood pressure	29%	33%
High cholesterol	42%	35%
Current cigarette smoker	13%	18%
Obese (BMI \geq 30)	25%	28%
Drink alcohol heavily	6%	6%
Did not meet physical activity guidelines	36%	33%

Notes:

Heavy drinking: For men, heavy drinking is typically defined as consuming 15 drinks or more per week. For women, heavy drinking is typically defined as consuming 8 drinks or more per week.

Mental Health

Indicator	Public Hospital District #2		Snohomish County (excluding PHD2)	
	2011	2015	2011	2015
14 or more days where mental health is not good (past 30 days)	9%[†]		13%[†]	
Serious mental illness	3%		5%	
Suicide rate* (per 100,000 population) [2014]	13	19	12	15

Notes: * Age-adjusted rate; [†] 2015 estimates are significantly different from each other

Adolescent Health: Mental Health

Indicator	Public Hospital District #2		Snohomish County (excluding PHD2)	
	2012	2014	2012	2014
Symptoms of depression	26%•	32%•	29%•	32%•

Note: •2012/2014 estimates are significantly different from each other

Adolescent Health: Physical Activity & Weight Status

Indicator	Public Hospital District #2		Snohomish County (excluding PHD2)	
	2012	2014	2012	2014
Overweight (85th-95th percentile)	14%	14%	14%	14%
Obese (>95th percentile)	9%	9%	10%	11%
Did not meet physical activity guidelines	80%	74%	77%	73%

Note: Physical activity guidelines specify children and youth aged 5–17 should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily.

What Do These Data Mean?

- PHD2, compared to Snohomish County, is slightly more racially diverse, more educated, and has fewer families and children living below the federal poverty line.
- Health status among residents of PHD2 is similar to, if not better than, the rest of Snohomish County.



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

What Do These Data Mean?

- Although health status in PHD2 is excellent, there are areas of concern:
 - **Suicide rate**, increased (non-significant) between 2011 and 2015
 - Youth symptoms of **depression**, increased between 2012 and 2014
 - **Flu shot** use among older adults, only 63% vaccinated
 - **Obesity** (BMI ≥ 30), 25% of population is obese
 - **Physically activity**, 36% of population not meeting guidelines; 75% of youth not meeting guidelines
 - **Dental insurance coverage**, 29% do not have coverage
 - **Dental visit**, 27% of population has not had a dental visit in the past year



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG