



Whitman County  
Public Health

# 2023 Whitman County Annual Health Summary



# Acknowledgements

## Project Leads

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PRESENTS

# 2023 Whitman County Annual Health Summary

## The purpose of this report is to:

- Ensure Whitman County residents, businesses, agencies, and community-based organizations have up-to-date public health data as we all work together to improve our county's health & well-being.
- Highlight new and creative ways community members address Whitman County's top health needs.
- Give an update on progress toward meeting our community's needs; these were captured in WCPH's 2022 Community Health Needs Assessment (CHNA).

## Community Health Needs Assessment

You can find WCPH's 2022 CHNA by visiting [WhitmanCountyPublicHealth.org](https://WhitmanCountyPublicHealth.org), navigating to the Community Health Division, and selecting our Community Data Program. You can read the full report or a quick synopsis of the report.

[View Report Here](#)

## This report includes:

A **Health Snapshot** comparing Whitman County's Health and Wellness Measures. The Health Snapshot shows year-over-year data so that we can see trends.

**Priority Needs Data** and **Community Initiatives** on the community's top needs, as identified in the 2022 CHNA.

- Mental & Behavioral Health
- Standard of Living
- Preventive Care

Wishing our community health & wellness,

Chris Skidmore  
DIRECTOR

Corrin McMichael  
DEPUTY DIRECTOR

**Our mission is to protect &  
improve the health & wellbeing  
of Whitman County.**

# Health Snapshot

The Health Snapshot is a small selection of Leading Health Indicators, or what we call Health Goals, to show how Whitman County's health and wellness compares to Healthy People 2030 targets.

Sometimes we do not have a data source that aligns with Healthy People 2030 measures. In such cases, we use alternative data for "apples-to-oranges" comparison. Look out for these symbols as indicators.



## What is Healthy People 2030?

Healthy People 2030 is a federal initiative to promote, strengthen, and evaluate the nation's efforts to improve the health and well-being of all people. WCPH chose to use Healthy People 2030's Leading Health Indicators, or what we call Health Goals, in part due to their setting of targets for each indicator through data-driven approaches that are transparent and repeatable.

- You can view more information about the Target-Setting Methods developed by the National Center for Health Statistics (NCHS) at [health.gov/healthypeople](https://www.health.gov/healthypeople), then navigate to the "Data Sources and Methods" section under the "Objectives and Data" dropdown.

## What are Health Goals?

Leading Health Indicators included in the Healthy People 2030 initiative are high-priority objectives selected by the federal Office of Disease Prevention and Health Promotion.

- These objectives show a direction in which trends need to move for positive change; for example, "Reduce cigarette smoking." In this case, numbers going down over time indicate positive health change. Leading Health Indicators are the same everywhere in the country.
- All years marked *N/A* indicate data that has not been measured or is still being collected.

## All Ages

### HEALTH GOAL

### Reduce homicides

HEALTHY PEOPLE 2030 & WCPH MEASURE (DATA SHOWN BELOW)

Homicides per 100,000 population

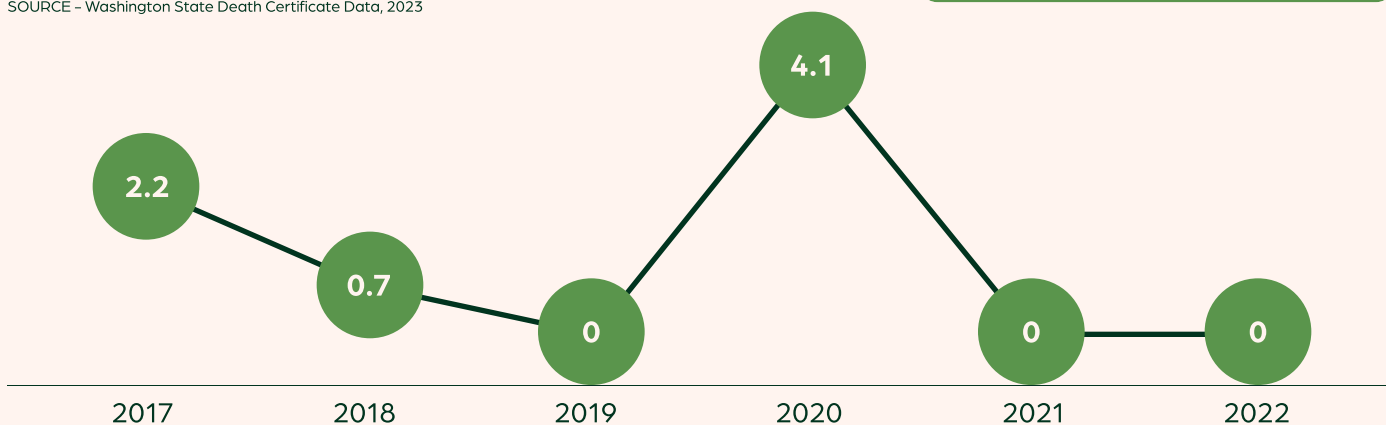
SOURCE - Washington State Death Certificate Data, 2023

#### DATA KEY

- WHITMAN COUNTY MEETS TARGET
- WHITMAN COUNTY DOES NOT MEET TARGET

HEALTHY PEOPLE 2030 TARGET

5.5 per 100,000 or lower ↓



# Cont. All Ages

**DATA KEY**

- WHITMAN COUNTY MEETS TARGET
- WHITMAN COUNTY DOES NOT MEET TARGET

**HEALTH GOAL**

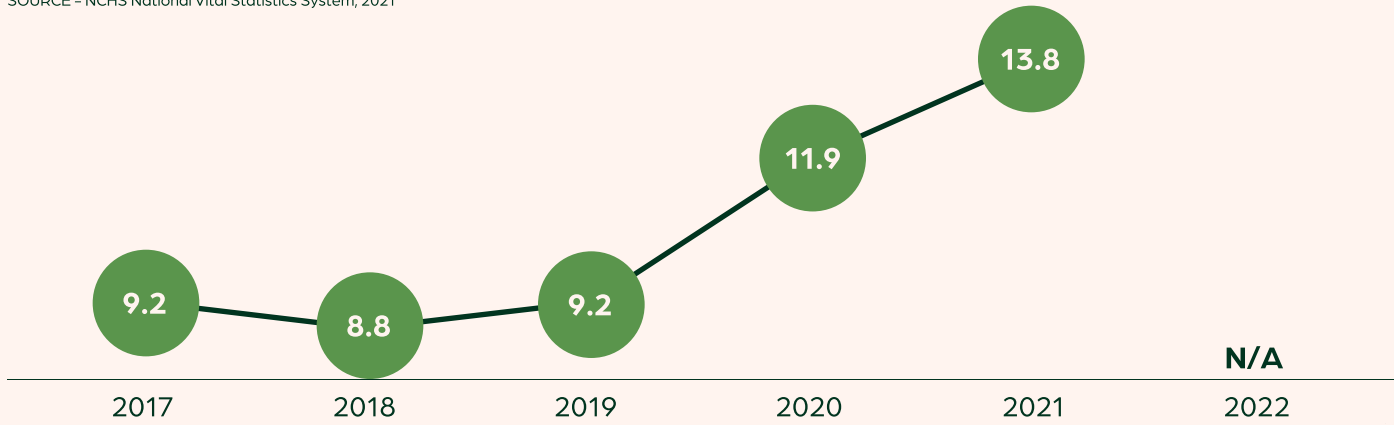
## Reduce drug overdose deaths

HEALTHY PEOPLE 2030 & WCPH MEASURE (DATA SHOWN BELOW)

Drug overdose deaths per 100,000 population

SOURCE - NCHS National Vital Statistics System, 2021

HEALTHY PEOPLE 2030 TARGET  
20.7 per 100,000 or lower ↓



**HEALTH GOAL**

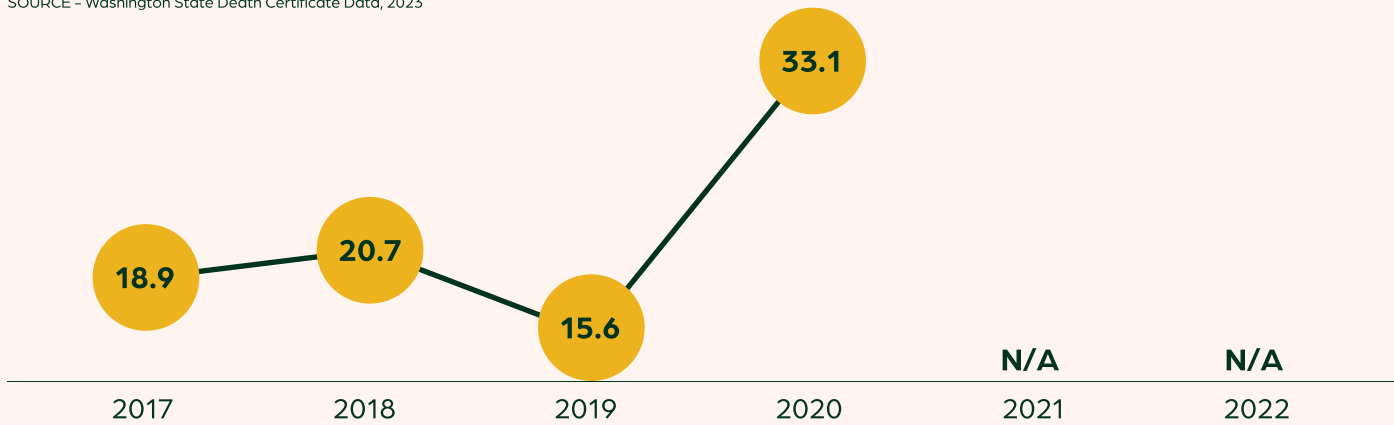
## Reduce the suicide rate

HEALTHY PEOPLE 2030 & WCPH MEASURE (DATA SHOWN BELOW)

Suicides per 100,000 population

SOURCE - Washington State Death Certificate Data, 2023

HEALTHY PEOPLE 2030 TARGET  
12.8 per 100,000 or lower ↓



**HEALTH GOAL**

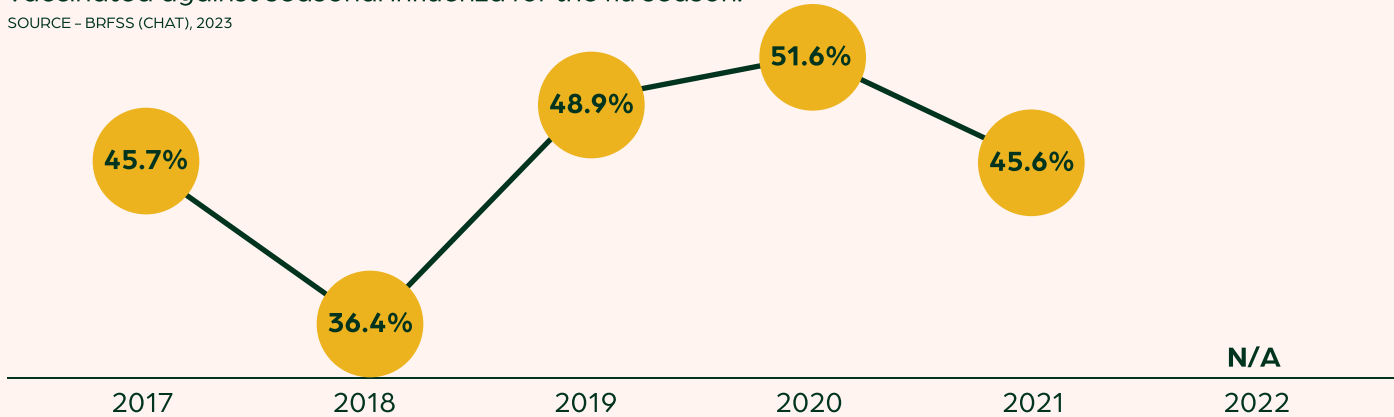
## Increase the proportion of people who get the flu vaccine every year

HEALTHY PEOPLE 2030 & WCPH MEASURE (DATA SHOWN BELOW)

Percent of persons aged 6 months and over were vaccinated against seasonal influenza for the flu season.

SOURCE - BRFSS (CHAT), 2023

HEALTHY PEOPLE 2030 TARGET  
70% or higher ↑



# Cont. All Ages

DATA KEY

- WHITMAN COUNTY MEETS TARGET
- WHITMAN COUNTY DOES NOT MEET TARGET

HEALTH GOAL

## Reduce household food insecurity and hunger

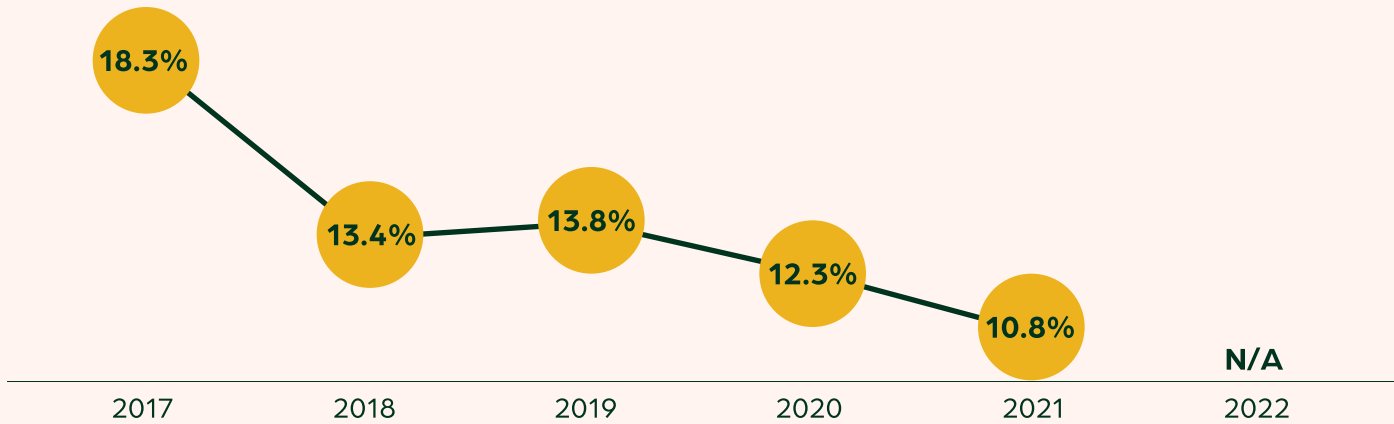
HEALTHY PEOPLE 2030 & WCPH MEASURE (DATA SHOWN BELOW)

Percent of households were food insecure

SOURCE - Feeding America, 2023

HEALTHY PEOPLE 2030 TARGET

6% or lower ↓



HEALTH GOAL

## Increase the proportion of people with health insurance

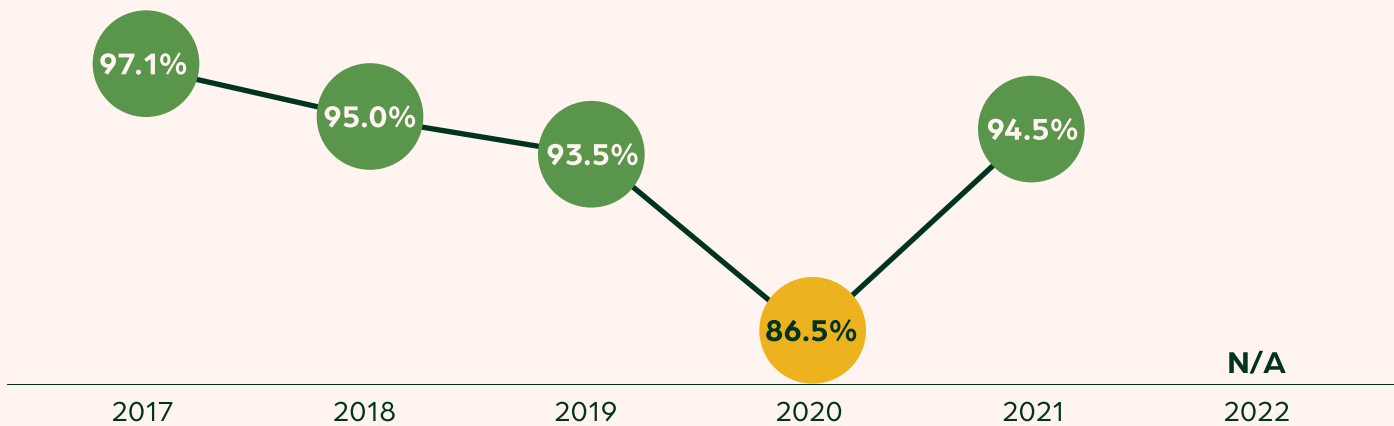
HEALTHY PEOPLE 2030 & WCPH MEASURE (DATA SHOWN BELOW)

Percent of persons under 65 years had medical insurance

SOURCE - BRFSS (CHAT), 2023

HEALTHY PEOPLE 2030 TARGET

92.4% or higher ↑



# Cont. All Ages

**DATA KEY**

- WHITMAN COUNTY MEETS TARGET
- WHITMAN COUNTY DOES NOT MEET TARGET

**HEALTH GOAL**

**Increase use of the oral health care system**



**HEALTHY PEOPLE 2030 MEASURE**

Percent of children, adolescents, and adults used the oral health care system



**WCPH MEASURE (DATA SHOWN BELOW)**

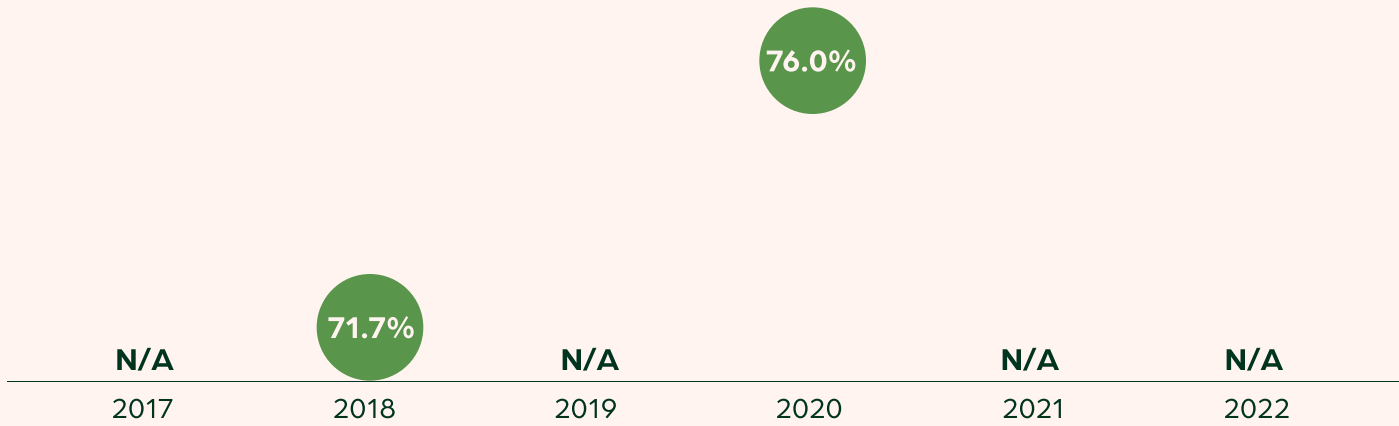
Percentage of adults aged 18 years and older indicating that they had a dental visit in the last year

SOURCE - BRFSS (CHAT), 2023



**HEALTHY PEOPLE 2030 TARGET**

45% or higher ↑



# Infants, Children & Adolescents

**HEALTH GOAL**

**Reduce the rate of infant deaths**

**HEALTHY PEOPLE 2030 & WCPH MEASURE (DATA SHOWN BELOW)**

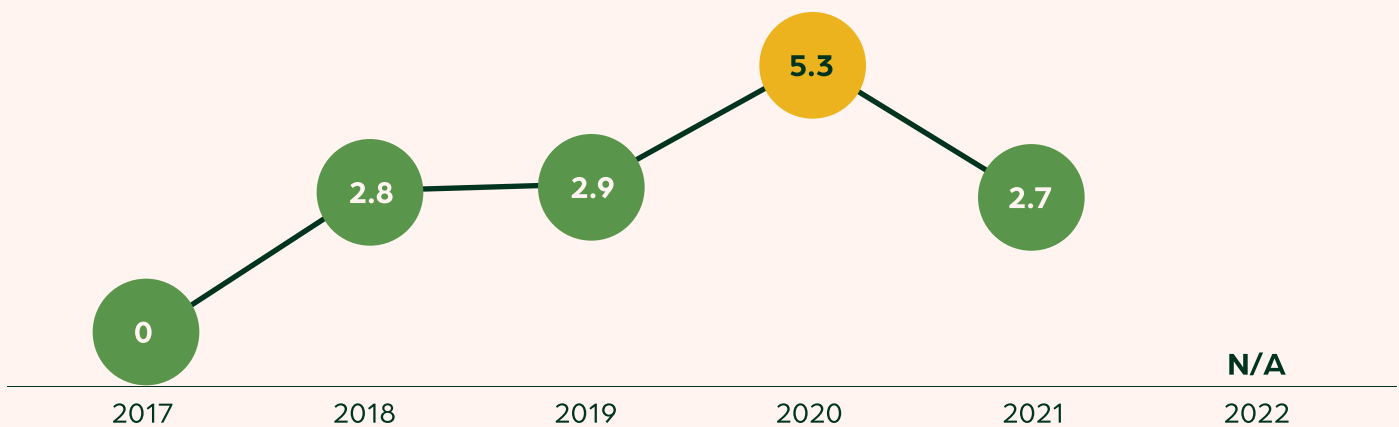
Infant deaths per 1,000 live births occurred within the first year of life

SOURCE - Washington State Death Certificate Data, 2023



**HEALTHY PEOPLE 2030 TARGET**

5.0 per 1,000 or lower ↓





# Cont. Infants, Children & Adolescents

DATA KEY

- WHITMAN COUNTY MEETS TARGET
- WHITMAN COUNTY DOES NOT MEET TARGET

HEALTH GOAL

## Reduce current tobacco use in adolescents

HEALTHY PEOPLE 2030 & WCPH MEASURE (DATA SHOWN BELOW)

Percent of students in grades 6 through 12 used cigarettes, e-cigarettes, cigars, smokeless tobacco, hookah, pipe tobacco, and/or bidis in the past 30 days

SOURCE - HYS (any tobacco use), 2021

HEALTHY PEOPLE 2030 TARGET

11.3% or lower ↓

9.7%



HEALTH GOAL

## Increase the proportion of adolescents with depression who get treatment



HEALTHY PEOPLE 2030 MEASURE

Percent of adolescents aged 12 to 17 years with Major Depressive Episodes received treatment in the past 12 months



WCPH MEASURE (DATA SHOWN BELOW)

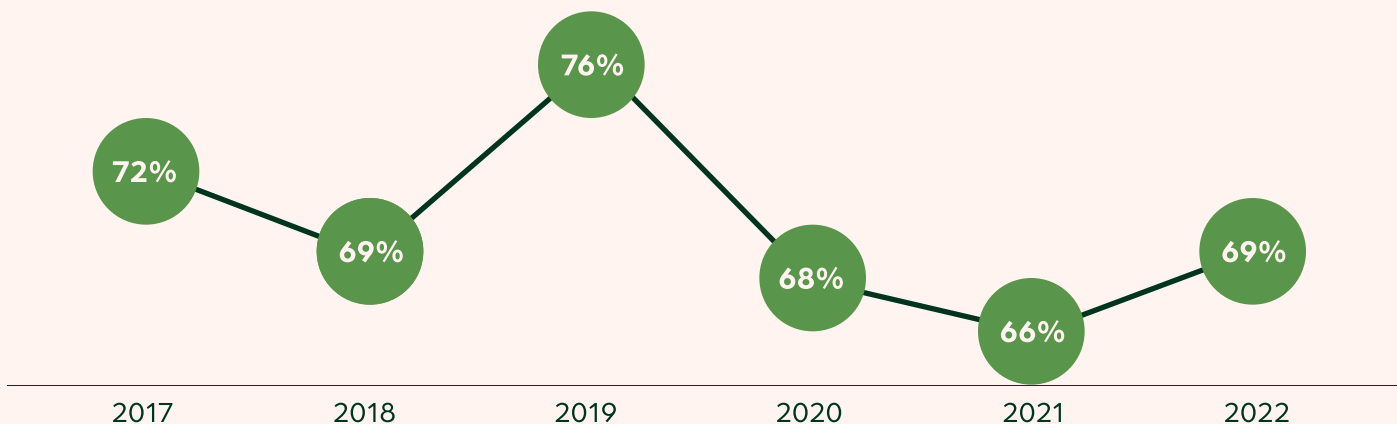
Percentage of Medicaid beneficiaries aged 6–17 with a mental health service need identified within the past two years, who received at least one qualifying service during the measurement year

SOURCE - HCA Medicaid Dashboard, 2023



HEALTHY PEOPLE 2030 TARGET

46.4% or higher ↑



# Adults & Older Adults

**DATA KEY**

- WHITMAN COUNTY MEETS TARGET
- WHITMAN COUNTY DOES NOT MEET TARGET

**HEALTH GOAL**

**Increase the proportion of adults who get screened for colorectal cancer**



**HEALTHY PEOPLE 2030 MEASURE**

Percent of adults aged 50 to 75 years received a colorectal cancer screening based on the most recent guidelines

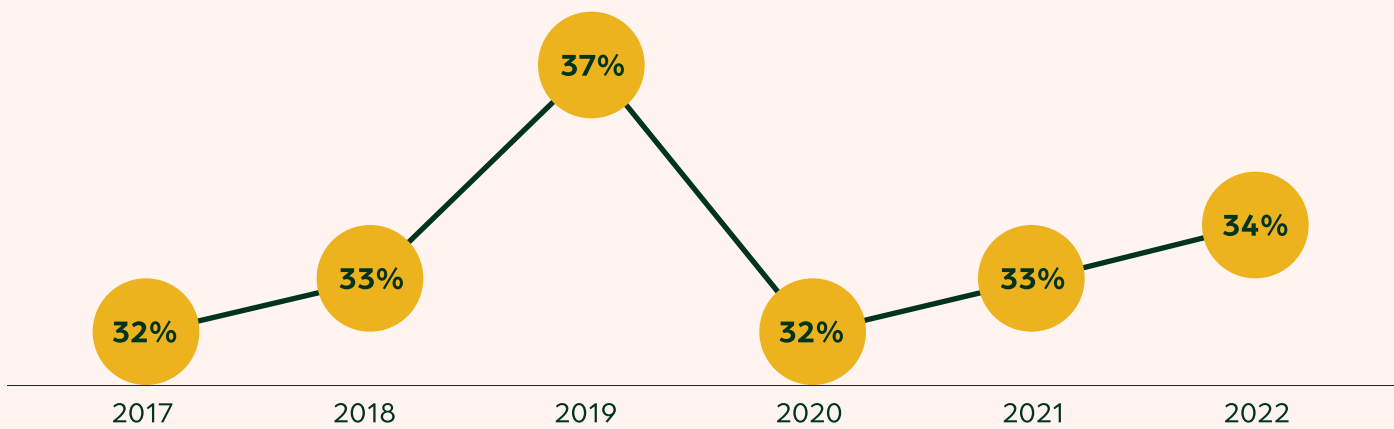


**WCPH MEASURE (DATA SHOWN BELOW)**

Percentage of Medicaid beneficiaries 50 to 75 years of age who had appropriate screening for colorectal cancer

SOURCE - HCA Medicaid Dashboard, 2023

**HEALTHY PEOPLE 2030 TARGET**  
74.4% or higher ↑



**HEALTH GOAL**

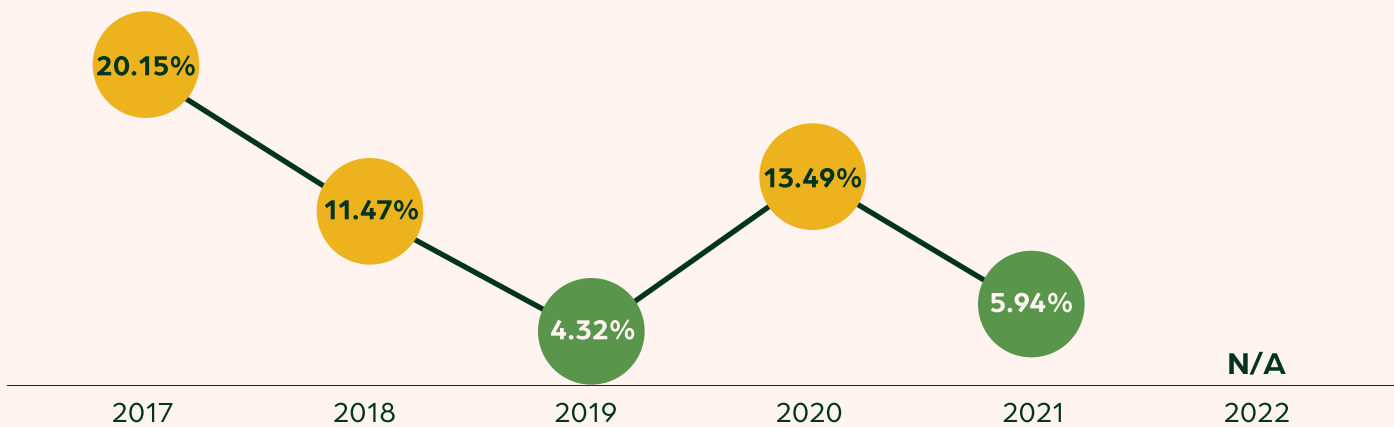
**Reduce current cigarette smoking in adults**

**HEALTHY PEOPLE 2030 & WCPH MEASURE (DATA SHOWN BELOW)**

Percent of adults aged 18 years and over were current cigarette smokers

SOURCE - BRFS (CHAT), 2023

**HEALTHY PEOPLE 2030 TARGET**  
6.1% or lower ↓



# Cont. Adults & Older Adults

DATA KEY

- WHITMAN COUNTY MEETS TARGET
- WHITMAN COUNTY DOES NOT MEET TARGET

HEALTH GOAL

**Increase the proportion of adults who do enough aerobic and muscle-strengthening activity**



HEALTHY PEOPLE 2030 MEASURE

Percent of adults aged 18 years and over met the guidelines for aerobic physical activity and muscle-strengthening activity



WCPH MEASURE (DATA SHOWN BELOW)

Estimated prevalence of physical **inactivity** among adults aged 18 years and older

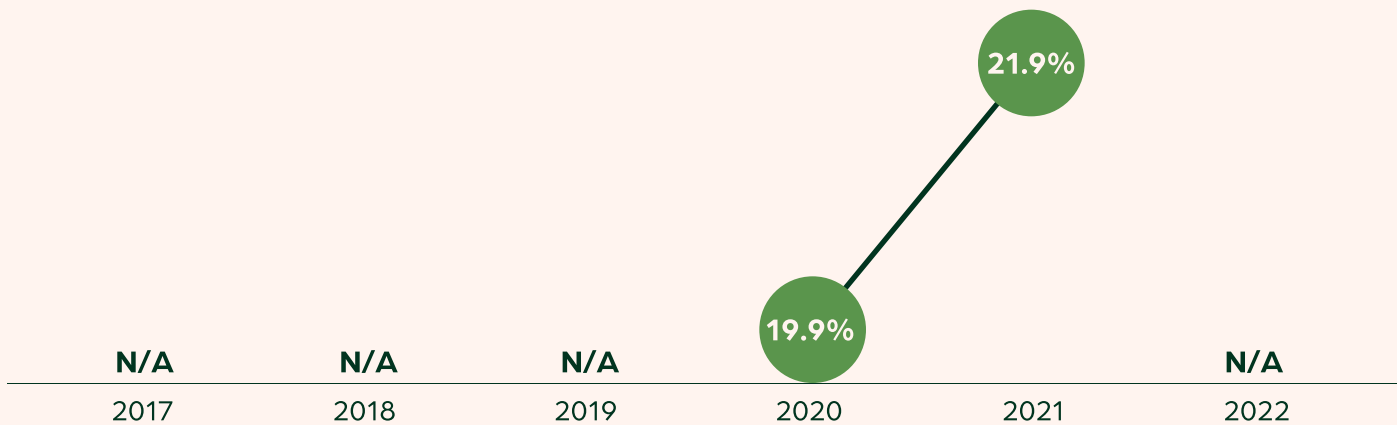
SOURCE - CDC Places, 2020



HEALTHY PEOPLE 2030 TARGET  
**29.7% or higher**



HEALTHY PEOPLE 2030 TARGET  
**29.7% or lower ↓**



HEALTH GOAL

**Increase employment in working-age people**

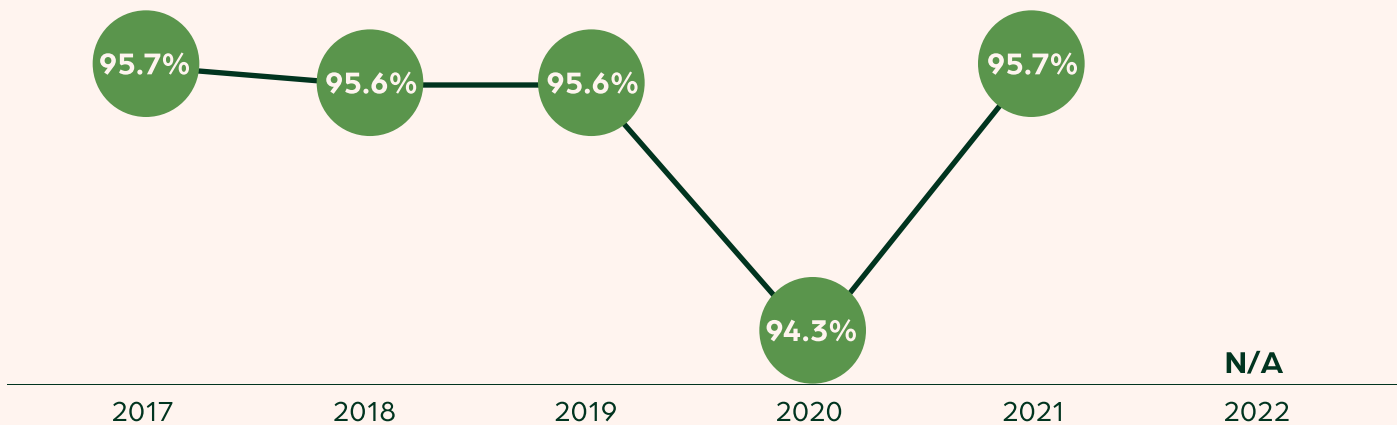
HEALTHY PEOPLE 2030 & WCPH MEASURE (DATA SHOWN BELOW)

Percent of the working-age population aged 16 to 64 years were employed

NOTE: Students are not considered to be in the labor market and are not included in this measure

SOURCE - WA Employment Security Department, 2023

HEALTHY PEOPLE 2030 TARGET  
**75% or higher ↑**



# Cont. Adults & Older Adults

DATA KEY

- WHITMAN COUNTY MEETS TARGET
- WHITMAN COUNTY DOES NOT MEET TARGET

HEALTH GOAL

Reduce the proportion of people aged 21 years old and over who engaged in binge drinking in the past month

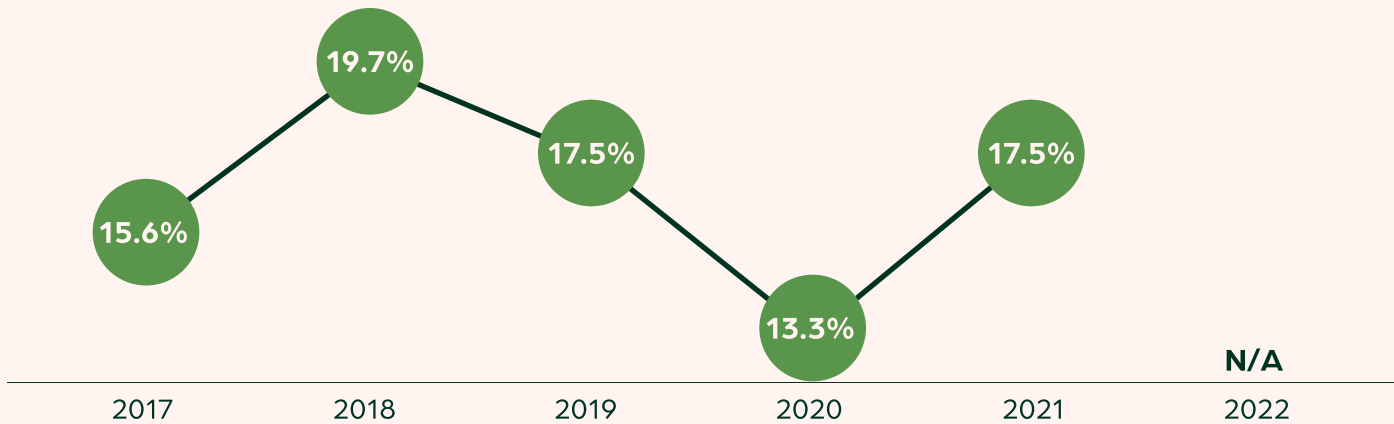
HEALTHY PEOPLE 2030 & WCPH MEASURE (DATA SHOWN BELOW)

Adults engaging in binge drinking of alcoholic beverages during the past 30 days

SOURCE - BRFSS (CHAT), 2023

HEALTHY PEOPLE 2030 TARGET

25.4% or lower ↓



# Priority Need Data

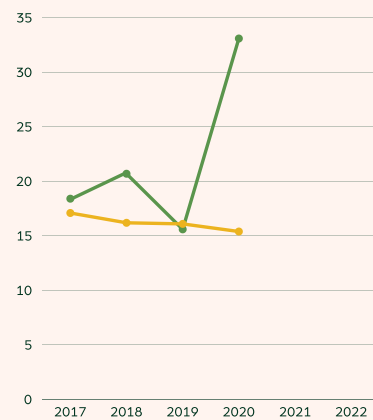
## Mental & Behavioral Health

Mental and behavioral health is a top community health need. The 2022 CHNA highlighted the need for improvements in the following areas:

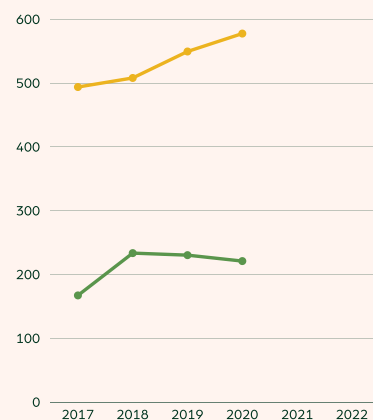


### Mental Health Conditions & Suicide

Suicides per 100,000 population (Death Certificate Data)

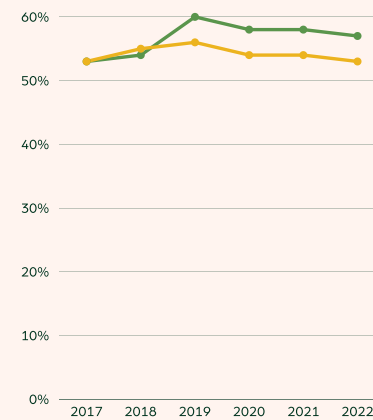


Hospitalizations due to mental illness, per 100,000 population (CHARS)

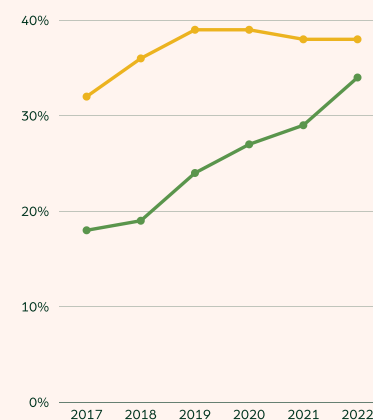


### Access to Mental & Behavioral Health Providers

Percentage of people on Medicaid with a mental health care need who received mental health care treatment (WA HCA)

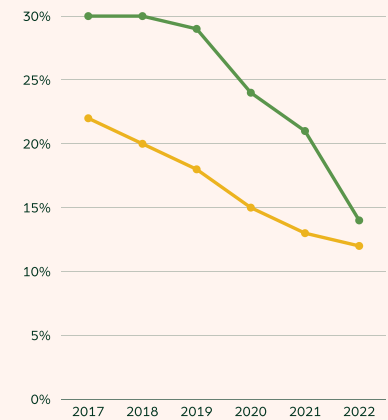


Percentage of Medicaid beneficiaries (12+ years) identified with substance use disorder treatment needs in the past 2 years who received at least one qualifying treatment (WA HCA)

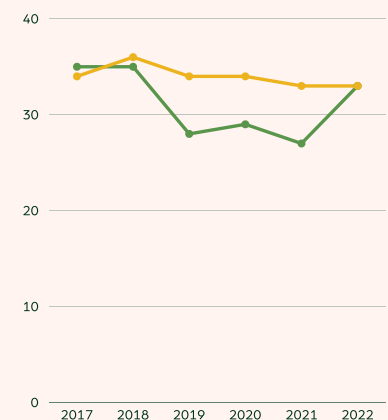


### Alcohol, Prescription, & Illicit Drug Use

Percentage of Medicaid beneficiaries prescribed chronic opioids and a concurrent chronic sedative (WA HCA)



Percentage of Medicaid beneficiaries prescribed chronic opioid therapy greater than or equal to 50mg morphine equivalent dosage in a quarter (WA HCA)



# Spotlight on Community Initiatives

## Mental & Behavioral Health

These new initiatives show our community's passion for improving Whitman County's mental health.



### Resilient: A Whitman County Taskforce

[View Website here](#)

Resilient is a grassroots initiative and a Whitman County task force working to cultivate a stronger and more tightly-knit Whitman County. It is comprised of individuals from all corners of Whitman County. Our team includes community leaders, fire/EMS personnel, law enforcement officers, educators from primary and higher education, mental health professionals, healthcare experts, faith-based community leaders, members of the agribusiness community, and representatives from the public and private sectors. Our mission is to build resilient communities, educate and empower members to address mental health issues early, provide effective interventions during crises, and support after a suicide.

For more information and to discover how you can lend a helping hand in our community, visit Resilient's newly developed website at [resilientwhitman.org](http://resilientwhitman.org)



### Pullman Parks & Recreation QPR Courses

[View Website here](#)

Pullman Parks and Recreation offers a variety of classes for both Pullman residents and non-residents, including the lifesaving QPR training course. QPR, or Question, Persuade, and Refer, are three simple steps that anyone can learn to help save a life from suicide.

Just as people trained in CPR or the Heimlich Maneuver can help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicidal crisis and how to question, persuade, and refer someone to help.

Pullman Parks and Recreation's QPR courses are taught by Charice DeGuzman, a certified mental health counselor and certified QPR instructor. Classes are open to anyone 18 years and older, costing \$10 for residents and \$12 for non-residents.

# Priority Need Data

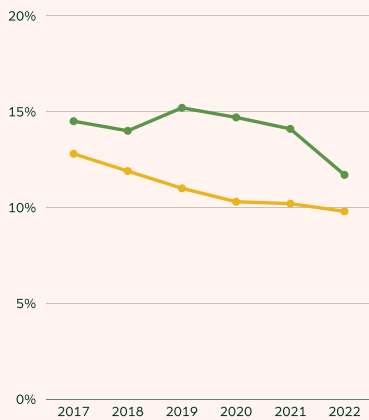
## Standard of Living

Access to housing, child care, food, and living wage jobs are all social determinants of health that impact how long Whitman County residents live, and the quality of our lives.

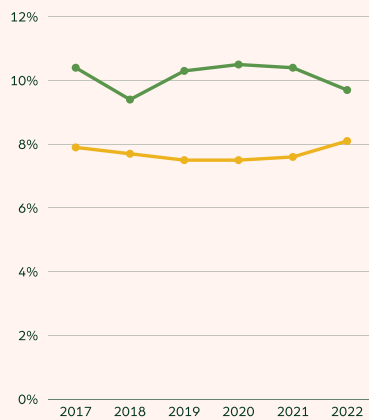
● WHITMAN COUNTY  
● WASHINGTON STATE

### Poverty

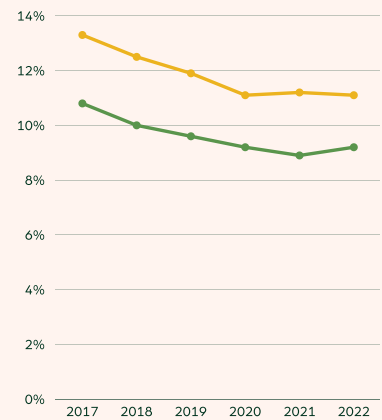
Percentage of families with children under 18 living below poverty level (ACS 5-year data)



Percentage of older adults (65+) living in poverty (ACS 5-year data)

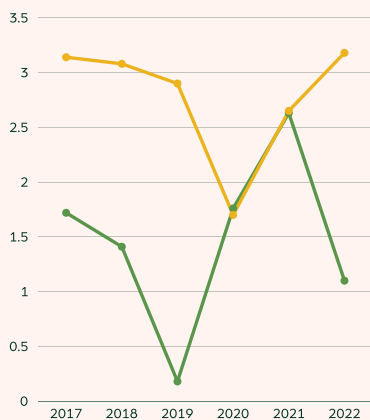


Percentage of households receiving Food Stamps/SNAP in the last 12 months (ACS 5-year data)



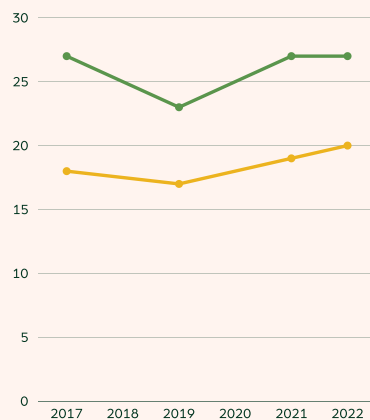
### Housing

Percentage of children in public schools who are homeless (OSPI Report Card)



### Child Care

Median cost of care at childcare centers for toddlers (licensed center) as percentage of median income (Child Care Aware of WA)



# Spotlight on Community Initiatives

## Standard of Living

These initiatives showcase our community's creativity as we address top health needs.



### Council on Aging

[View Website here](#)

Council on Aging has proudly served Whitman County residents since 1976, with programs ranging from nutritional programs to transportation services. Council on Aging has been crucial in improving the quality of life for many Whitman County residents for decades.

Run mainly by volunteers, the Council on Aging's nutritional programs range from food distribution to area food banks, weekly congregate meals for senior citizens across the county, to daily home-delivered meals for senior citizens. Council on Aging aims to meet residents where they are by providing these services in the majority of outlying rural towns of Whitman County.

Another program the Council on Aging offers is COAST Transportation, which provides safe and reliable transportation to support rural mobility needs in Whitman County. There are no income or age qualifications for Washington residents to use COAST. COAST also has vehicles available to help accommodate wheelchairs and power scooters.



### Affordable Small Homes Pilot

[View Website here](#)

Affordable and available housing is highlighted as a top priority need in WCPH's 2022 CHNA. Avista, Community Action Center, and the University of Idaho's Architecture program have joined forces to imagine together an eco-friendly, affordable "small home" community in Rosalia. The project is in its initial design and feasibility planning stage.

The development may include six small homes at about 750 square feet each, a greywater-irrigated community garden, and a playground. With sustainability in mind and to lower energy impact, the homes will be warmed/air conditioned by a community-level geothermal heat pump, with hot water from a community solar pavilion. This possible development pilot will boost homeownership, as residents will own their homes.

Community Action Center owns the land in Rosalia; UI is carrying out architecture & design; and Avista is contributing expertise, technical equipment, and support around sustainable energy.



# Priority Need Data

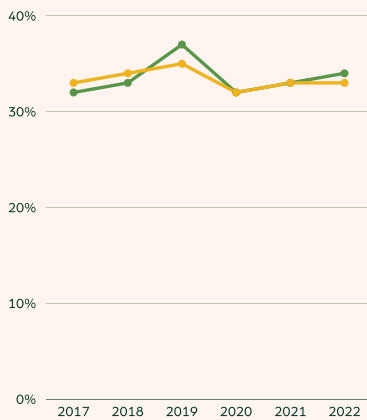
## Preventive Care

Preventive care saves lives. Unfortunately, Whitman County residents are less likely than other Washingtonians to get preventive care such as checkups, and cancer screenings.

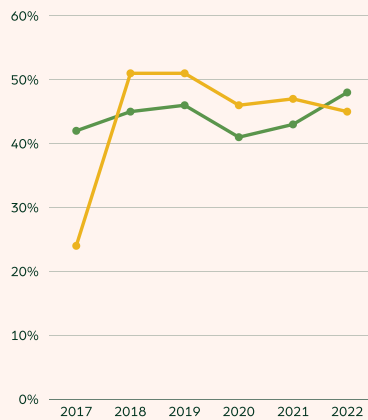
● WHITMAN COUNTY  
● WASHINGTON STATE

### Cancer Screenings & Treatment

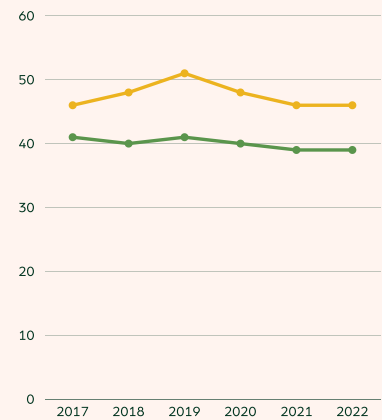
Percentage of Medicaid members 50–75 years of age who had appropriate screening for colorectal cancer (WA HCA)



Percentage of female Medicaid beneficiaries, 50–74 years of age who had a mammogram during the measurement year (WA HCA)

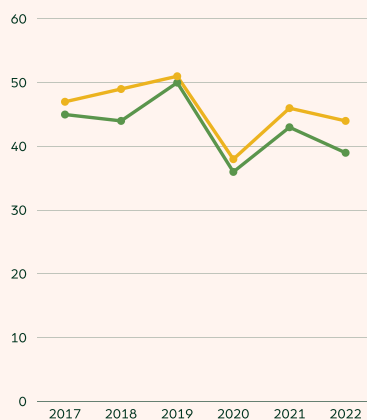


Percentage of women 21–64 years of age who were screened for cervical cancer (WA HCA)

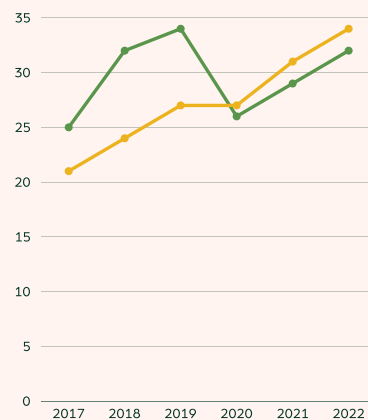


### Routine Checkups

Percentage of Medicaid beneficiaries, 3–21 years of age, who had at least one comprehensive well-care visit (WA HCA)



Percentage of fee-for-service (FFS) Medicare enrollees with an annual wellness visit (CMMS)



### Childhood Immunizations

Percentage of kindergarteners with kindergarten immunizations complete, (Kindergarten Overall Compliance Status)



# Spotlight on Community Initiatives

## Preventive Care

These projects help Whitman County residents age well, boost cancer screening rates, and increase well child checks.



### Pullman Regional Hospital Cancer Screenings

[View Website here](#)

Pullman Regional Hospital and its network of clinics are committed to catching cancer early through cancer screenings for breast, cervical, colorectal, lung, prostate, and skin cancer. Implementing standardized patient rooming (age-based/risk-factor-based screening review) during annual primary care appointments helps patients stay current with essential cancer screenings.

Patients can schedule their yearly mammogram screening at Pullman Regional Hospital without a referral; exams are usually covered by insurance.



Whitman County  
Public Health



### School-Based Health Checks

[View Website here](#)

Throughout August 2023 Community Health Association of Spokane (CHAS), Pullman Regional Residency Center, and Whitman County Public Health partnered to offer head-to-toe check-ups, including sports physicals, vision screenings, and growth checks, to all interested school districts in our county.



### Aging Well: Whitman Hospital & Medical Clinics SAIL Fitness Classes

[View Website here](#)

Falls in older adults are the leading cause of injury, hospitalizations, and fatalities in the United States. SAIL (Stay Active & Independent for Life) classes stave off inactivity in the aging population, reduce the risk of falling, and offer a place where community members can engage and feel a sense of community well-being.

WHMC has offered SAIL to the community since 2008. It is a strength and balance class for adults 65 and older but is open to all adults in the community. All classes are taught by a certified SAIL instructor.

Classes are offered on the following dates and times:

- **Colfax Hill Ray Plaza:** Mondays and Wednesdays at 10:00 am
- **Colfax The Center:** Tuesdays and Thursdays at 10:30 am
- **Endicott Lutheran Church:** Mondays at 11:30 am and Fridays at 9:30 am
- **LaCrosse The Meeting Place:** Tuesdays and Thursdays at 9:00 am
- **St. John Community Building:** Tuesdays and Thursdays at 1:00 pm

PRESENTING THE

# 2023 Annual Impact Report

Learn more about the ways Whitman County Public Health has impacted our community's health for 2023.

[View Report Here](#)

2023

59

cases of reportable diseases investigated

- 22 Campylobacter
- 12 Hepatitis C
- 8 Hepatitis B & D
- 6 Elevated Blood Lead
- 3 Shigellosis
- 2 HARO (highly antibiotic resistant organism)
- 1 E. coli
- 1 Cryptosporidium
- 1 Cyclosporiasis
- 1 Lyme Disease
- 1 Pertussis
- 1 Salmonellosis
- 1 Shiga toxin E. coli (STEC)

81

animal bite reports investigated

1,255

Birth Certificate orders processed

1,426

Death Certificate orders processed

101

Food Establishments inspected

23

Car seats & Booster seats distributed

442

WIC clients served in 2023

# Palouse Resource Guide

The Palouse Resource Guide is an online tool designed to assist residents of the Palouse region in finding resources to support their health, their family's well-being, and the overall health of our community.

## Mental & Behavioral

- Psychiatrists & Other Specialists (MDs) Who Are Capable of Prescribing Medications
- Psychologists (PhDs)
- Therapists, Counselors & Social Workers
- Addiction Counseling & Treatment
- Marriage & Family

## Health Care

- Dental Care
- Primary Care
- Pregnancy Services
- Pharmacies
- Medical Equipment
- Emergency Services
- Vision

## Aging Services & Long-Term Care

- Home Care
- Long Term Care
- Hospice
- Senior Health & Wellbeing
- Caregiving Resources

## Financial & Legal

- Utility Assistance
- Medical Assistance
- Tax Relief
- Cash Assistance
- Legal Assistance

## Housing & Shelter

- Emergency Shelter
- Transitional Housing
- Housing Assistance
- Subsidized Housing
- Home Accessibility & Repair

## Food

- Nutritional Assistance Programs (SNAP, WIC, etc.)
- Emergency Food Services
- Senior Meals
- Food Pantries/Banks
- Home-Delivered Meals

## Transportation

- General Transportation
- Medical Transportation

## Victim Services

- Domestic Violence
- Adult Abuse or Neglect
- Child Abuse or Neglect

## Child Care & Before/After School Care

## Early Intervention & Disability Supports

## Support Groups & Resource Navigation

## Libraries & Community Recreation

## Personal Care & Household Items

## Employment & Training

[View Website Here](#)





**Whitman County  
Public Health**

**PULLMAN**

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#203 Pullman, WA 99163  
(509) 332-6752  
communityhealth@whitmancounty.net

**COLFAX**

310 N Main Street Ste.  
108, Colfax, WA 99111  
(509) 397-6280

**Want to learn more about  
what WCPH did this year?**

Read our 2023 Impact Report on our website



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