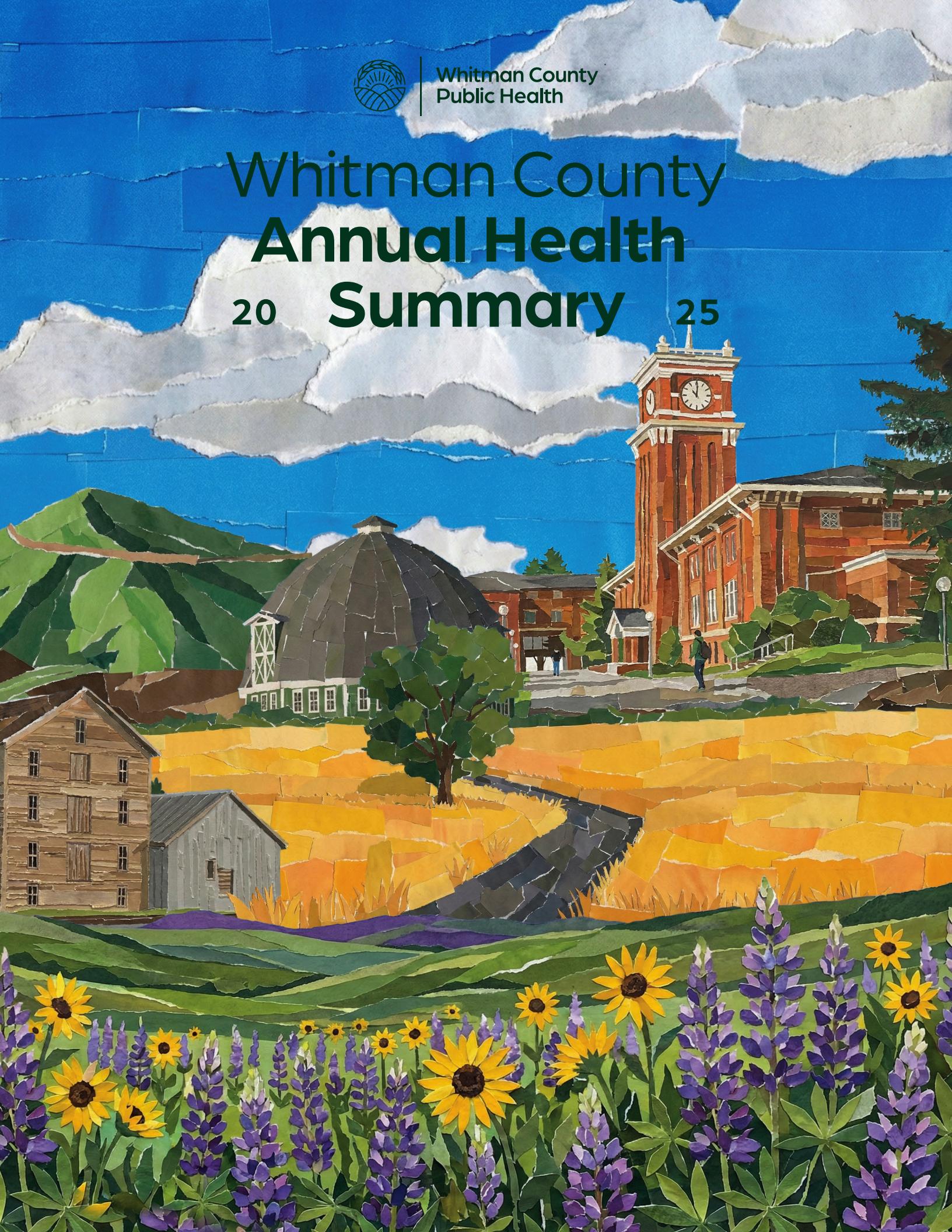




Whitman County  
Public Health

# Whitman County Annual Health 20 **Summary** 25





Whitman County  
PUBLIC HEALTH

PRESENTS

# 2025 Whitman County Annual Health Summary

## This report includes:

### Community Health Snapshot

A year-over-year look at Whitman County's health and wellness measures, highlighting trends and progress.

### Community Health Priorities

Updated data and community-led initiatives focusing on the three priority areas identified in the 2022 Whitman County Community Health Needs Assessment:

1. Mental & Behavioral Health
2. Standard of Living
3. Preventive Care

### Community Health Needs Assessment (CHNA)

Learn more about Whitman County's 2022 CHNA by visiting [WhitmanCountyPublicHealth.org](http://WhitmanCountyPublicHealth.org). Navigate to the **Community Health Division** and explore the **Community Data Program** for the full report or a quick synopsis.

Scan to Read More  
Or Visit,  
[qr.whitmancountypublichealth.org/CHNA](http://qr.whitmancountypublichealth.org/CHNA)

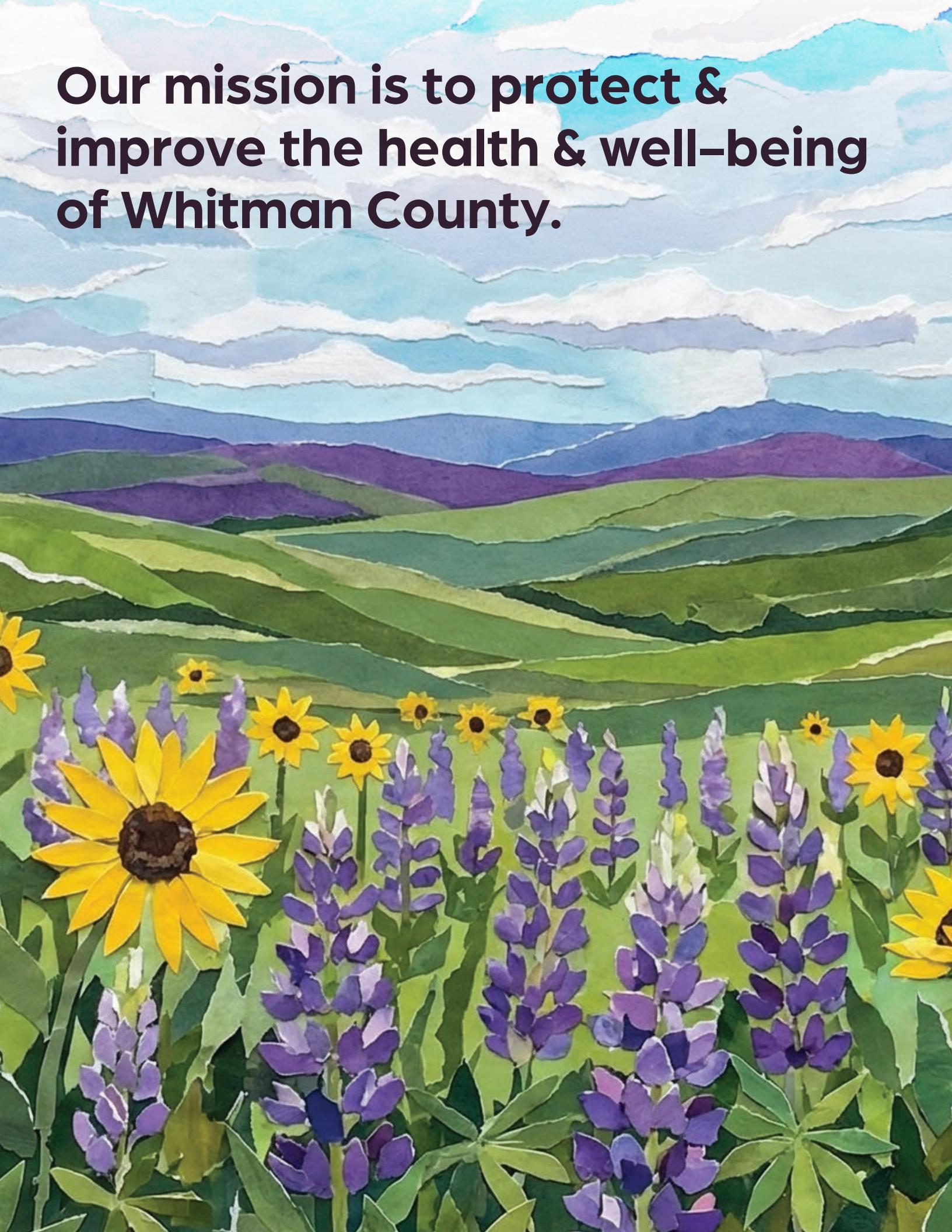


**Wishing our community  
health & wellness,**

Chris Skidmore  
DIRECTOR

Corrin McMichael, MPH, CPH  
DEPUTY DIRECTOR

**Our mission is to protect &  
improve the health & well-being  
of Whitman County.**



# Our Community's Health Snapshot

The Health Snapshot compares key health measures from Whitman County and national targets set by **Healthy People 2030**, a federal initiative focused on improving the health and well-being of all Americans.

## Health Snapshot Example Graph

### 1 HEALTH GOAL

#### Increase use of oral healthcare

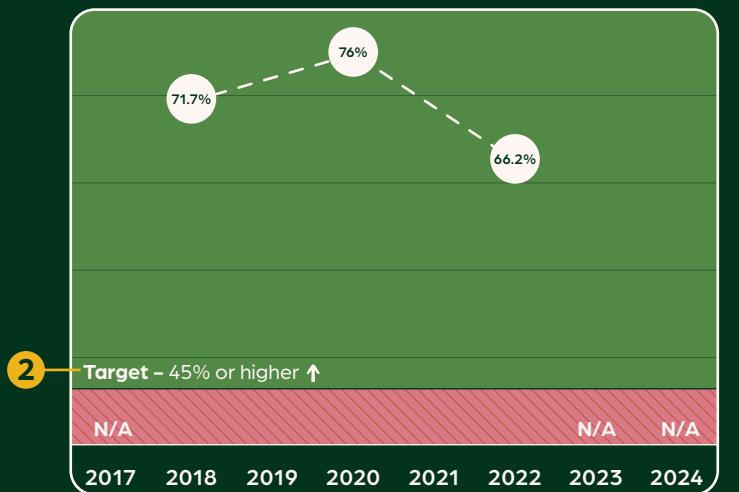
##### HOW IS WHITMAN COUNTY DOING?

While we met the target, we got worse in this area between 2020 and 2022.

### 3 HEALTHY PEOPLE 2030 MEASURE

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

BRFSS (CHAT)



### Key

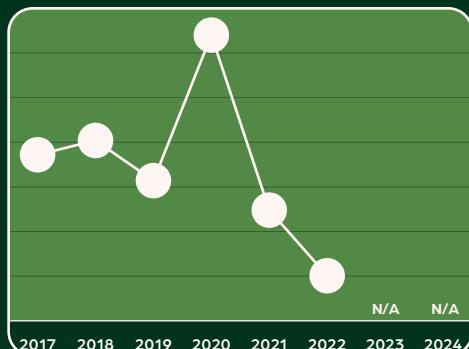
1 **Health Goals** are high-priority targets from Healthy People 2030. Examples include reducing smoking or increasing access to care.

2 Each Health Goal has a specific, **measurable target** based on transparent, data-driven methods. Targets serve as reliable benchmarks for progress.

3 For most measures, we found Whitman County data that is an exact match to the **Healthy People 2030 Measure**.

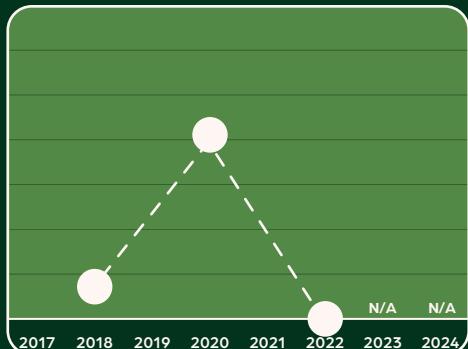
When Whitman County data was not available to make an exact match, we used similar measures. Look for apple & orange icons to quickly see where we had to make this adjustment. 

### Trends



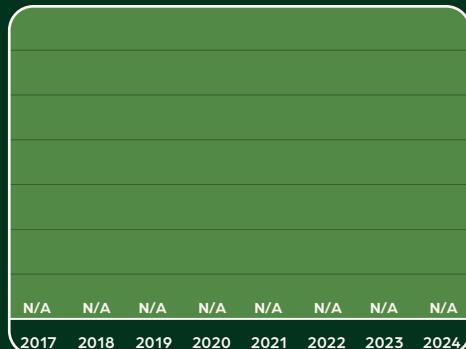
**Trends** help track health improvements over time. For example, a downward trend in smoking rates over recent years shows progress toward reducing smoking.

### Dotted Lines



**Dotted lines** indicate annual data between the two available data points are not available.

### Unavailable Data



**Years marked N/A** mean the data is not yet available, or is still being collected.

## All Ages

### HEALTH GOAL

#### Reduce homicides

### HOW IS WHITMAN COUNTY DOING?

We have consistently met the target.



### HEALTHY PEOPLE 2030 MEASURE

Homicides per 100,000 people

*National Vital Statistics System*

Note: 2025 data is represented from August 2024 to July 2025

### HEALTH GOAL

#### Reduce drug overdose deaths

### HOW IS WHITMAN COUNTY DOING?

We have met the target.



### HEALTHY PEOPLE 2030 MEASURE

Drug overdose deaths per 100,000 people

*National Vital Statistics System*

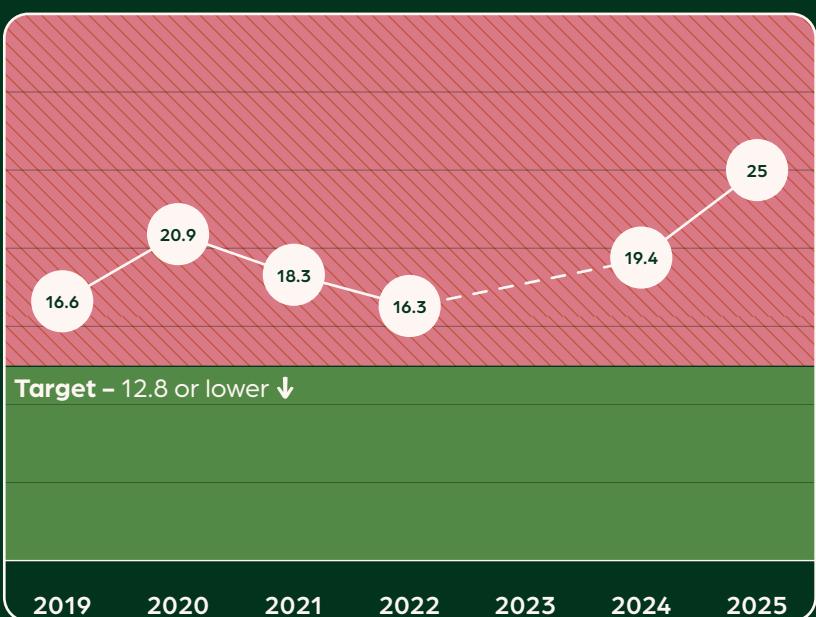
Note: 2025 data is represented from June 2024 to May 2025

### HEALTH GOAL

#### Reduce the suicide rate

### HOW IS WHITMAN COUNTY DOING?

Our death by suicide rates are higher than the target, and we are not improving in this area.



### HEALTHY PEOPLE 2030 MEASURE

Suicides per 100,000 people

*National Vital Statistics System*

Note: The 2024 data is represented from June 2023 to June 2024.

## All Ages Cont.

### HEALTH GOAL

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

##### HOW IS WHITMAN COUNTY DOING?

We've improved since 2018, but our progress is inconsistent. We have not met the target.

Target - 70% or higher ↑



### HEALTHY PEOPLE 2030 MEASURE

Percent of persons (over 6 months) were vaccinated against seasonal influenza for the flu season

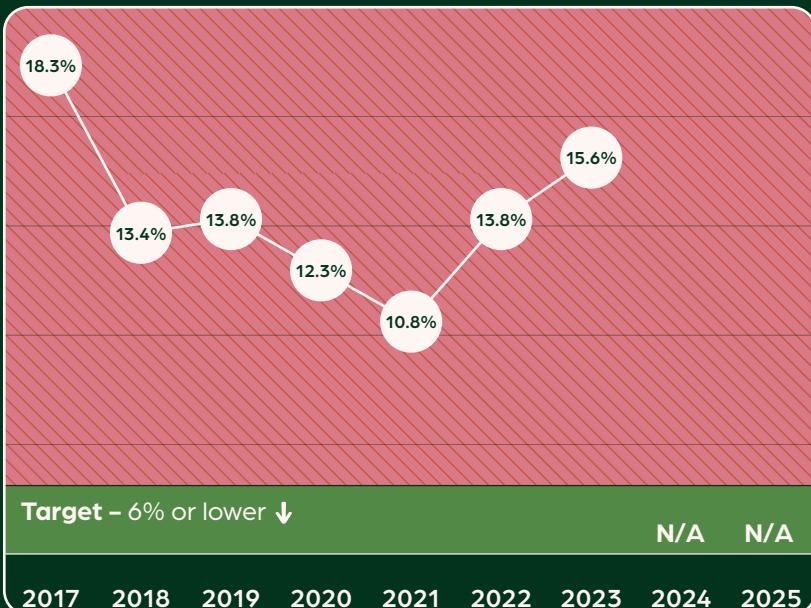
Behavioral Risk Factor Surveillance System

### HEALTH GOAL

#### Reduce household food insecurity and hunger

##### HOW IS WHITMAN COUNTY DOING?

We have not met the target, and are not improving.



### HEALTHY PEOPLE 2030 MEASURE

Percent of households were food insecure

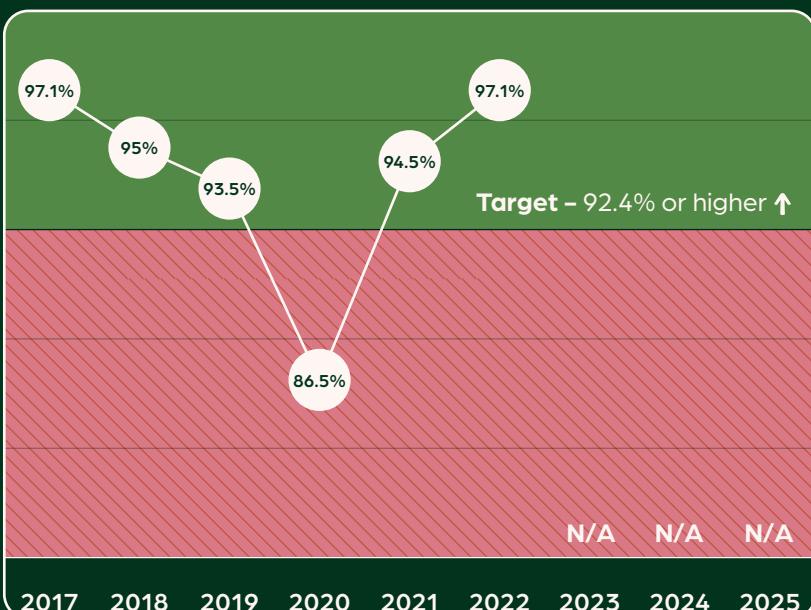
Feeding America

### HEALTH GOAL

#### Increase people with health insurance

##### HOW IS WHITMAN COUNTY DOING?

We've been improving in this area since 2020, and have met the target.



### HEALTHY PEOPLE 2030 MEASURE

Percent of persons (under 65 years) that had medical insurance

Behavioral Risk Factor Surveillance System

## All Ages Cont.

### HEALTH GOAL

#### Increase use of dental care

##### HOW IS WHITMAN COUNTY DOING?

While we met the target, we got worse in this area between 2020 and 2022.

##### HEALTHY PEOPLE 2030 MEASURE

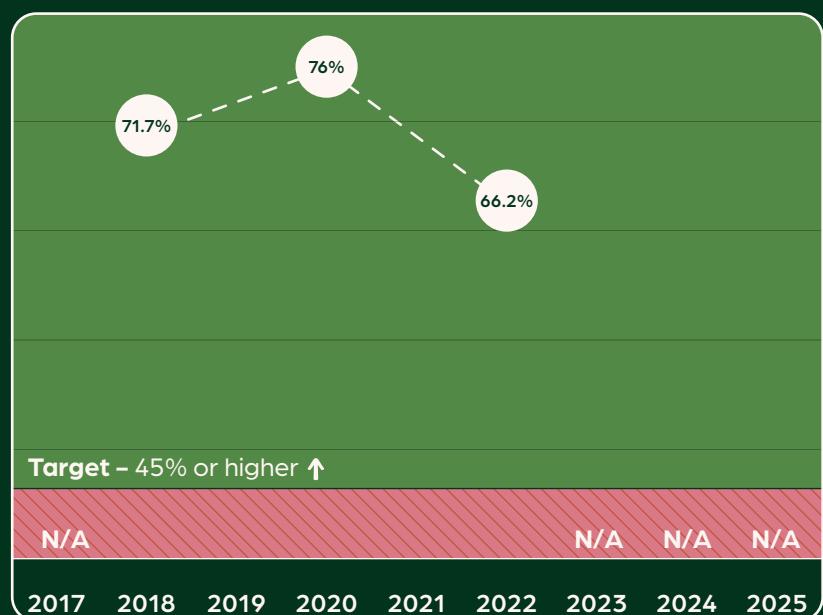
Percent of children, adolescents, and adults who use the oral health care system

##### WCPH MEASURE

 This is the data on the graph!

Percentage of adults (18+ years) indicating that they had a dental visit in the last year

*Behavioral Risk Factor Surveillance System*



## Infants, Children & Adolescents

### HEALTH GOAL

#### Decrease infant deaths

##### HOW IS WHITMAN COUNTY DOING?

We have inconsistently met the target in this area.

##### HEALTHY PEOPLE 2030 MEASURE

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

*Infant Mortality Module*



### HEALTH GOAL

#### Decrease youth who use tobacco

##### HOW IS WHITMAN COUNTY DOING?

We've improved a lot in this area and have met the target.

##### HEALTHY PEOPLE 2030 MEASURE

Percent of students in grades 6–12 used smoking and vaping products in the past 30 days

##### WCPH MEASURE

 This is the data on the graph!

Percentage of 10th grade youth who used an electronic cigarette product in the past 30 days

*Healthy Youth Survey*



## Infants, Children & Adolescents Cont.

### HEALTH GOAL

## Increase treated adolescents with diagnosed depression

### HOW IS WHITMAN COUNTY DOING?

We have met the target.

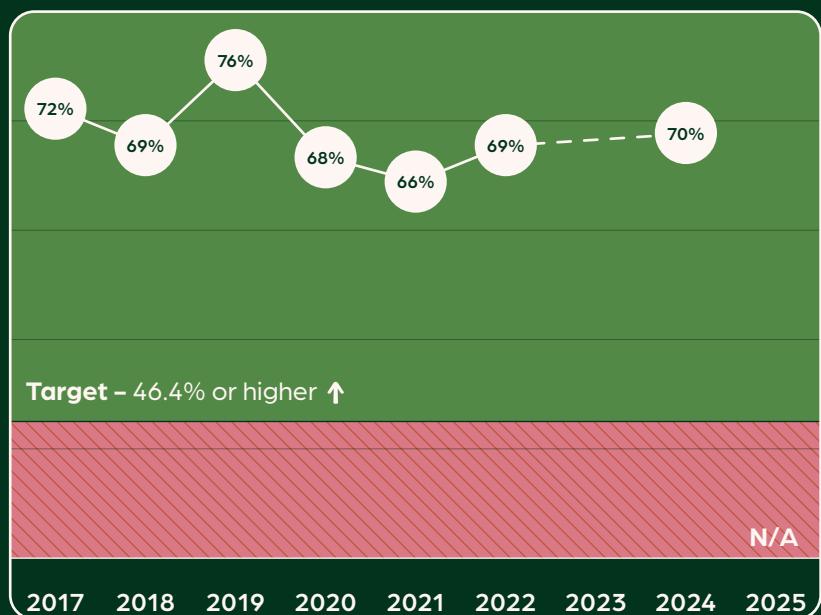
### HEALTHY PEOPLE 2030 MEASURE

Percent of adolescents (12-17 years) with Major Depressive Episodes who received treatment

### WCPH MEASURE

Percentage of Medicaid clients (6-17 years) with mental health needs who received care

HCA Medicaid Dashboard



### HEALTH GOAL

## Increase 4th grader reading skill

### HOW IS WHITMAN COUNTY DOING?

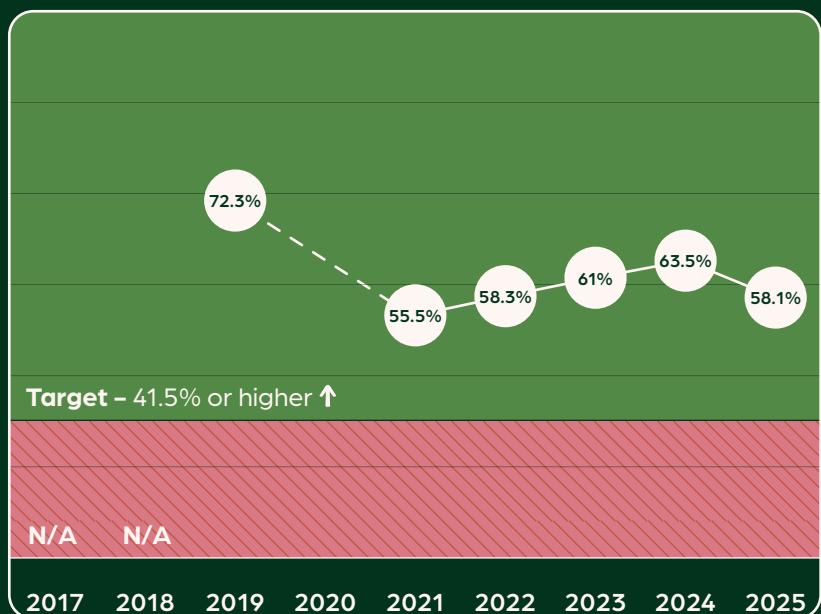
We have met the target, but have not recovered following a large drop after 2019.

### HEALTHY PEOPLE 2030 MEASURE

Increase the proportion of 4th-graders with reading skills at or above the proficient level

Washington Office of Superintendent of Public Instruction

Note: Districts with fewer than ten 4th grade students excluded to protect individual privacy.



## Adults & Older Adults

### HEALTH GOAL

## Increase adults screened for colorectal cancer

### HOW IS WHITMAN COUNTY DOING?

We have not met the target, and we have a long way to go.

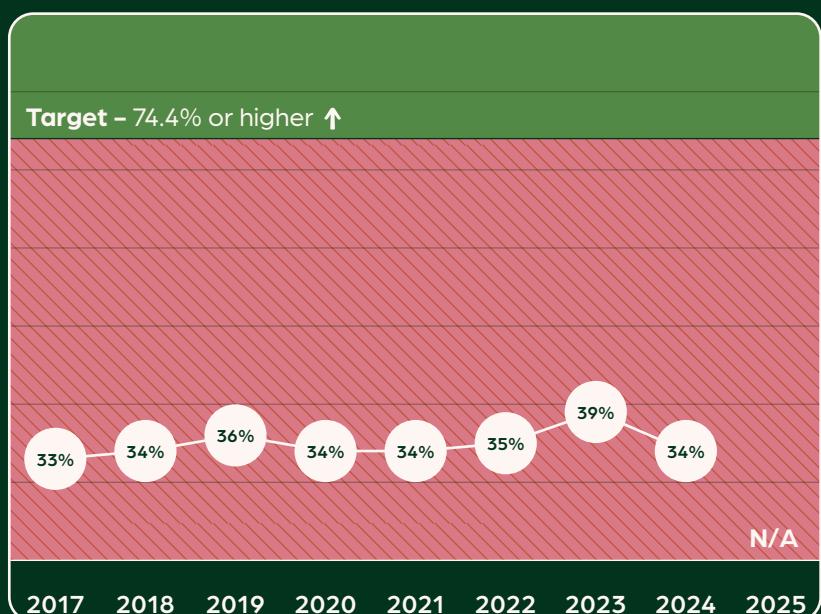
### HEALTHY PEOPLE 2030 MEASURE

Percent of adults (50-75 years) received a colorectal cancer screening based on the most recent guidelines

### WCPH MEASURE

Percentage of Medicaid clients (50-75 years) who had appropriate screening for colorectal cancer

Healthier Washington Dashboard



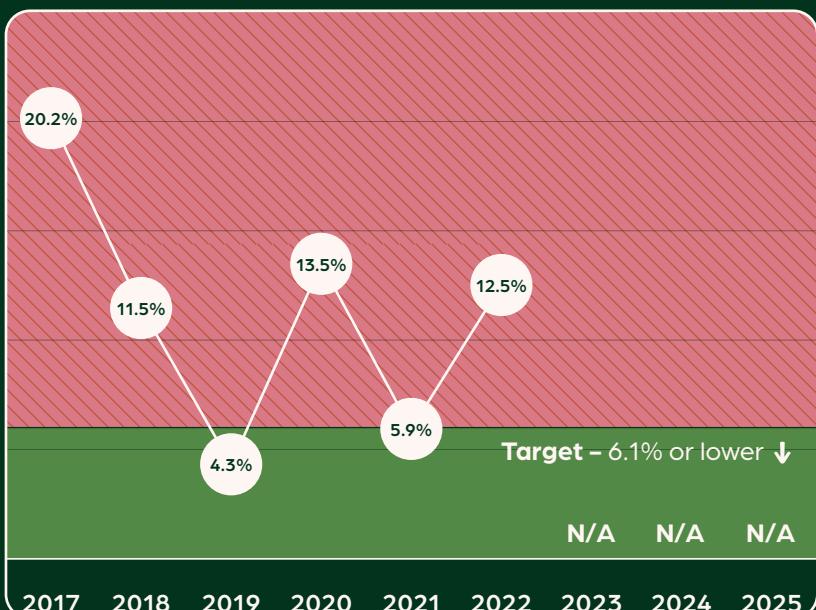
## Adults & Older Adults Cont.

### HEALTH GOAL

#### Reduce current cigarette smoking in adults

##### HOW IS WHITMAN COUNTY DOING?

We did not meet the target, and we are not improving consistently over time.



### HEALTHY PEOPLE 2030 MEASURE

Percent of adults (18+ years) that were current cigarette smokers

Behavioral Risk Factor Surveillance System

### HEALTH GOAL

#### Increase aerobic and muscle-strengthening activity in adults

##### HOW IS WHITMAN COUNTY DOING?

We met the target.

### HEALTHY PEOPLE 2030 MEASURE

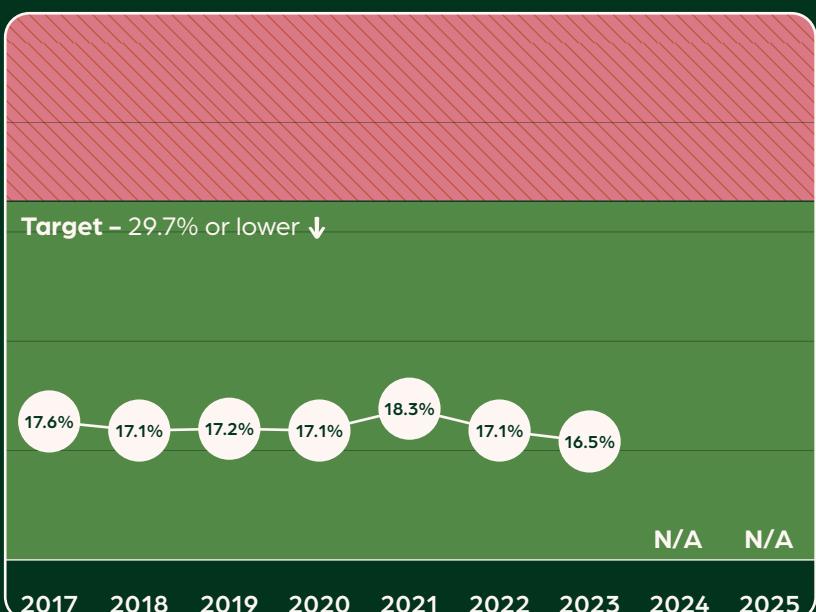
Percent of adults (18+ years) meeting physical activity and muscle-strengthening guidelines

### WCPH MEASURE

This is the data on the graph!

Percentage of adults (20+ years) who are physically inactive

US Diabetes Surveillance System

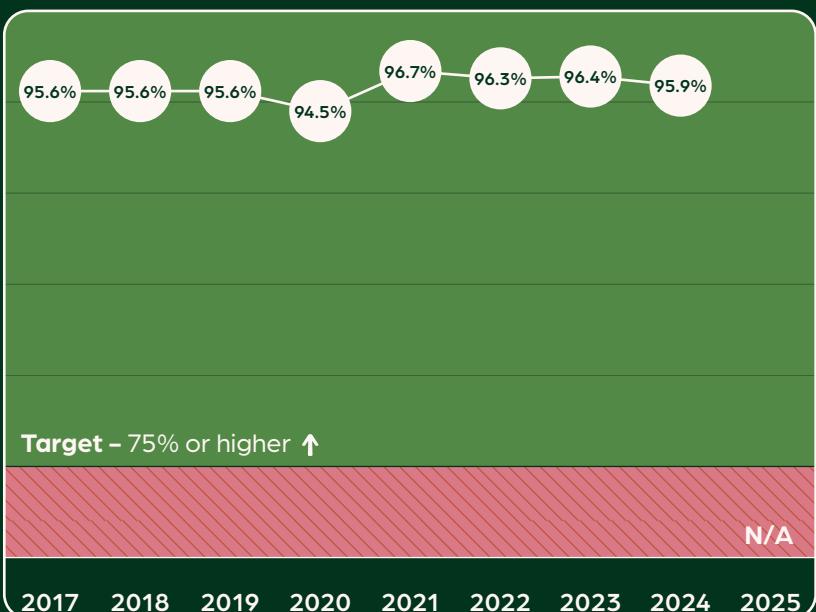


### HEALTH GOAL

#### Increase employment in working-age people

##### HOW IS WHITMAN COUNTY DOING?

We met the target and are consistently strong in this area.



### HEALTHY PEOPLE 2030 MEASURE

Percent of the working-age population (16-64 years) that were employed

United States Department of Labor: Bureau of Labor Statistics

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

## Adults & Older Adults Cont.

### HEALTH GOAL

#### Reduce adults engaging in binge drinking

##### HOW IS WHITMAN COUNTY DOING?

Although we met the target, we are getting worse in this area over time.

Target - 25.4% or lower ↓



### HEALTHY PEOPLE 2030 MEASURE

Adults (21+ years) engaging in binge drinking of alcoholic beverages during the past 30 days

*Behavioral Risk Factor Surveillance System*

### HEALTH GOAL

#### Reduce adults diagnosed with diabetes

##### HOW IS WHITMAN COUNTY DOING?

We have not met the target.

Target - 4.8 or lower ↓



### HEALTHY PEOPLE 2030 MEASURE

New cases of diabetes per 1,000 adults (18-84 years) occurred in the past 12 months

*US Diabetes Surveillance System*

# Our Community's Health Priorities

The 2022 Community Health Needs Assessment (CHNA) identified three key health priorities for Whitman County: Mental & Behavioral Health, Standard of Living, and Preventive Care. We're sharing updated data and highlighting inspiring community initiatives that are making a difference in addressing these needs.

## Health Priority Graph Key

We've made it easy to see where Whitman County stands.

### Each graph includes:

- 1 Quick takeaways above the graph. Or dig more into the graph to pull out your own insights.
- 2 Are upward or downward trends better? It depends. For example, increasing access to care is a win, but rising costs of living need attention.
- 3 Y-axis colors:
  - **Green numbers**  
A line going towards a **green** number on the y-axis would indicate progress.
  - **Red numbers**  
A line going towards a **red** number on the y-axis would indicate a decline.
- 4 State comparisons to see how we measure up.



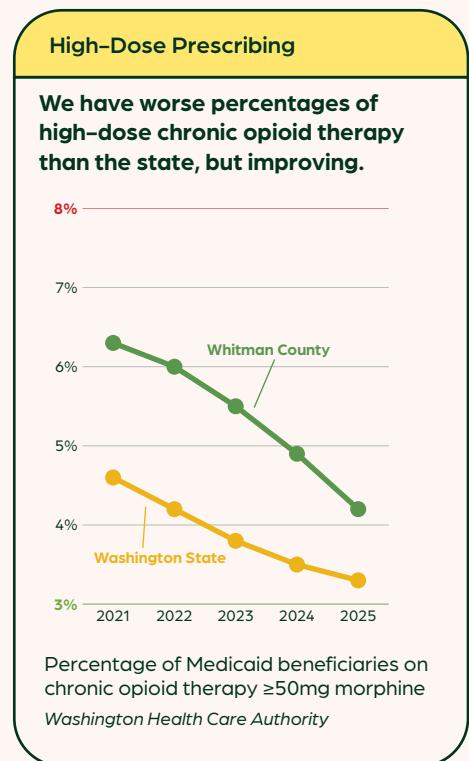
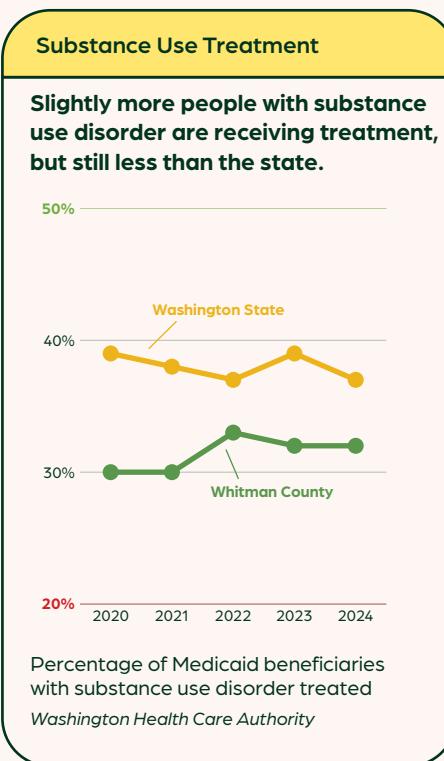
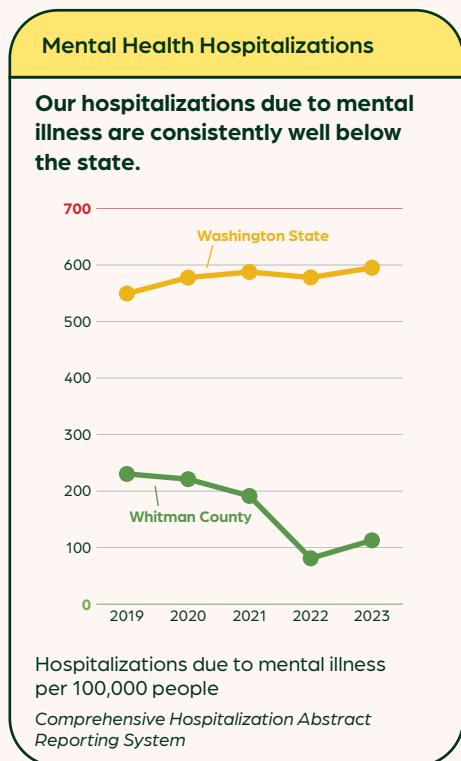
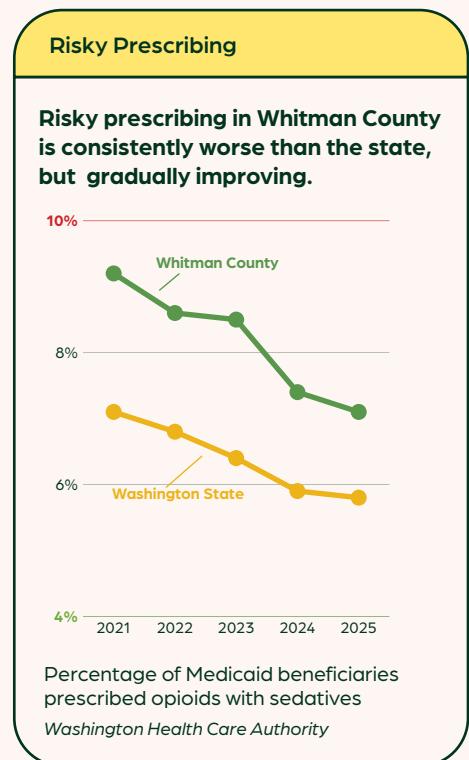
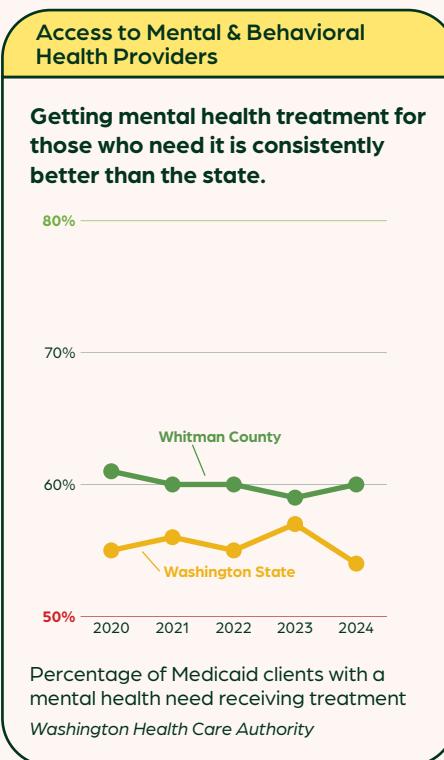
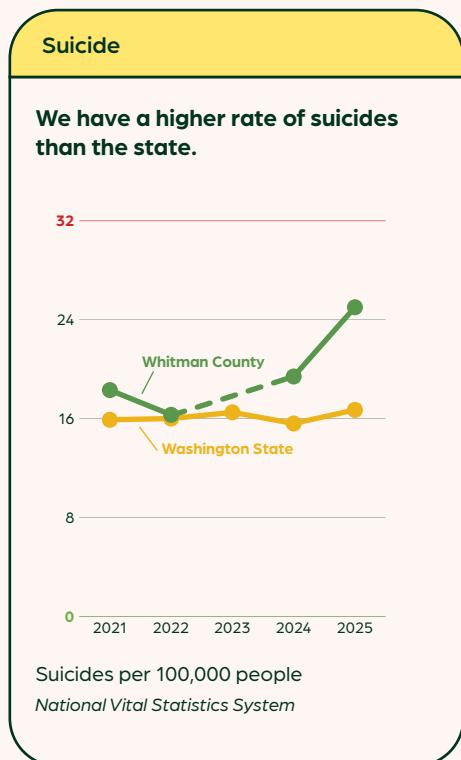
## Community Initiatives

Our community is stepping up to meet these priorities with impactful efforts. Here's a look at what's happening to address these needs and make a difference for everyone:

- **Mental & Behavioral Health:** Recovery centers and crisis response teams stepping in early, with peer support that keeps people connected beyond the initial emergency.
- **Standard of Living:** A child care center expanding access to affordable care, and an online resource connecting the community to one-on-one support for local services.
- **Preventive Care:** Sports physicals, cancer screenings, and pharmacy-led clinics making preventive care easier to access across the county.

# Mental & Behavioral Health

Mental and behavioral health is a top community health need. Find updated data below to see how we are doing as a community in meeting this need.



## SPOTLIGHT ON COMMUNITY INITIATIVES

# Mental & Behavioral Health



## Whitman Recovery Community Center

This spring, the Whitman Recovery Community Center (WRCC) opened in downtown Pullman, creating a much-needed hub for support and connection. As the first center of its kind in Whitman County, WRCC provides community-based recovery support during critical moments.

WRCC welcomes people new to recovery, as well as those exploring what recovery can look like, into a network of peers with lived experience. Peer mentors offer guidance grounded in shared experience, helping reduce isolation.

WRCC offers free or low-cost programming such as peer coaching, AA and NA groups, weekly recreational activities, and wellness classes. This person-centered support helps reduce pressure on emergency services and strengthen community well-being across Whitman County.

Scan to Read More  
Or Visit,

[whitmanrecoverycommunity.org](http://whitmanrecoverycommunity.org)



## Resilient: A Whitman County Taskforce

Resilient operates the Community Response Team (CRT), a volunteer-led, community-based program serving Whitman County that is trained in suicide prevention, intervention, and crisis response. Since launching in 2025, the program has helped address gaps in rural mental health response by offering timely, human connection during periods of heightened vulnerability.

CRT provides compassionate, trauma-informed support while helping reduce stigma around seeking help. Individuals report feeling respected and supported without judgment, and community partners value having a reliable team available during complex situations.

Scan to Read More  
Or Visit,  
[resilientwhitman.org](http://resilientwhitman.org)



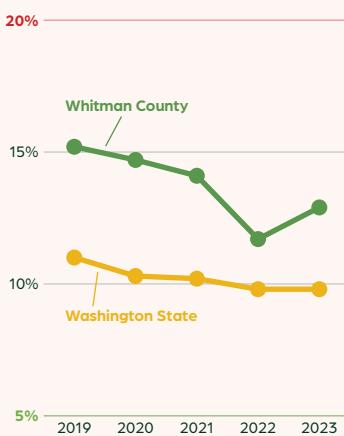
## PRIORITY NEED DATA

# Standard of Living

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

### Families in Poverty

**Our number of families in poverty is consistently higher than the state.**

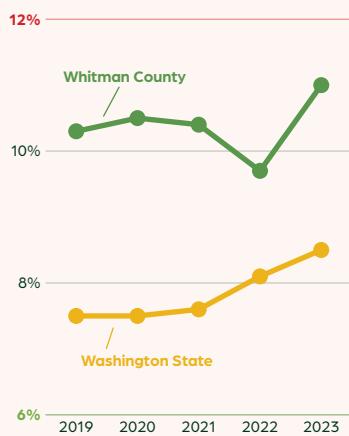


Percentage of families with children in poverty

United States Census Bureau

### Seniors in Poverty

**We have a growing percentage of seniors in poverty.**

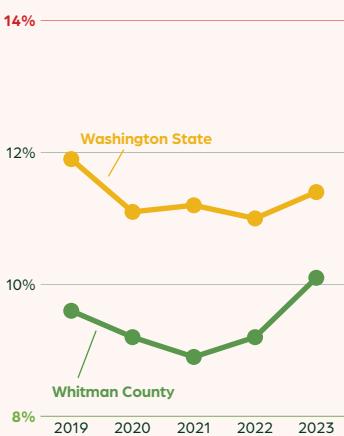


Percentage of older adults (65+ years) in poverty

United States Census Bureau

### Households using Food Stamps

**The number of Whitman County households receiving food stamps is steadily increasing.**

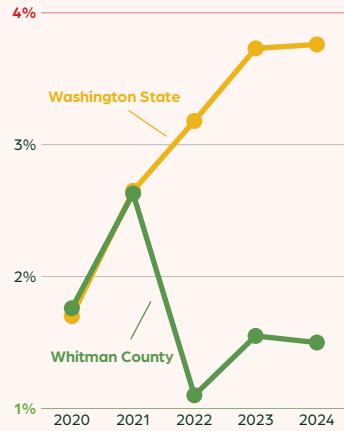


Percentage of households receiving Food Stamps/SNAP in last 12 months

United States Census Bureau

### Children who are Homeless

**After 2019, child homelessness increased, but remains lower than the state.**

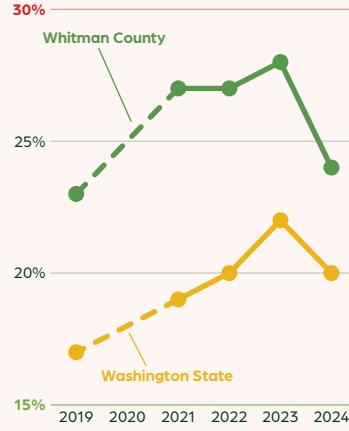


Percentage of children in public schools who are homeless

WA Office of Superintendent of Public Instruction

### Child Care Costs

**Child care costs are significantly higher in Whitman County compared to the state.**



Percentage of median income spent on child care

Child Care Aware of WA

## SPOTLIGHT ON COMMUNITY INITIATIVES

# Standard of Living



## Community Child Care Centers

Community Child Care Center (CCCC) supports early childhood development through high-quality education, care, and family partnerships. CCCC operates Early Head Start, Head Start, ECEAP, and tuition-based child care programs across eight sites in Whitman County. All centers are accredited by the National Association for the Education of Young Children, a nationally recognized standard for high-quality early childhood programs.

Whitman County Public Health partners with CCCC to provide consultation on health and nutrition services, including health intakes, communicable disease policies, immunizations, and dietary menus. This partnership supports access to affordable, high-quality child care in a region facing limited availability, high costs, and long waitlists.

Scan to Read More  
Or Visit,  
[community-childcare.org](http://community-childcare.org)



## Whitman County Public Health Palouse Resource Guide

The Palouse Resource Guide connects individuals and families with community resource navigators who provide one-on-one support in finding and accessing services. Navigators help people understand their options, complete referrals, and connect with local programs. Support is available for general needs as well as specific populations, including youth, people with disabilities, individuals with healthcare needs, and those seeking mental or behavioral health support.

Scan to Read More  
Or Visit,  
[palouserresources.org](http://palouserresources.org)

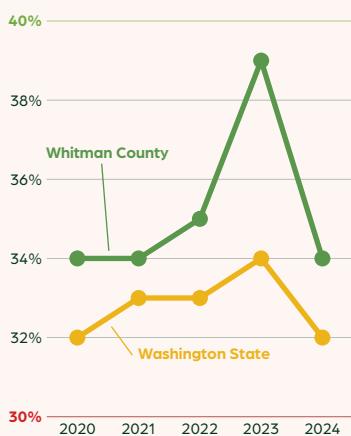


# Preventive Care

Preventive care, like checkups and cancer screenings, saves lives.

## Colorectal Cancer Screening

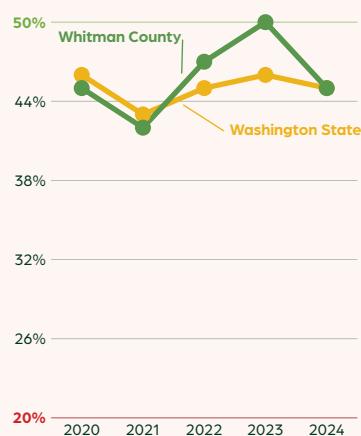
We saw improvements in screening rates for colorectal cancer and outperform the state.



Percentage of Medicaid clients (50–75 years) screened for colorectal cancer  
Washington Health Care Authority

## Breast Cancer Screening

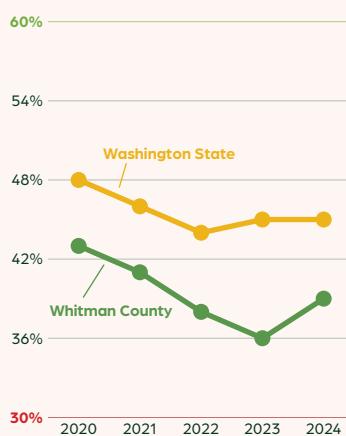
Whitman County has seen recent gains in mammograms.



Percentage of Medicaid females (50–74 years) who had a mammogram  
Washington Health Care Authority

## Cervical Cancer Screening

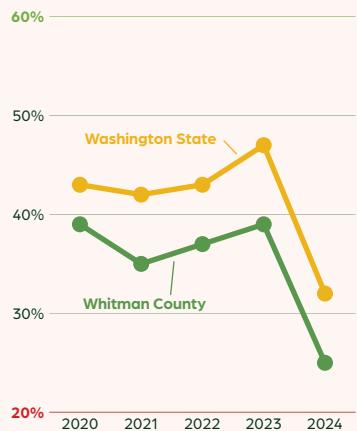
Rates of cervical cancer screenings in Whitman County are consistently lower than the state.



Percentage of Medicaid women (21–64 years) screened for cervical cancer  
Washington Health Care Authority

## Routine Checkups for Youth

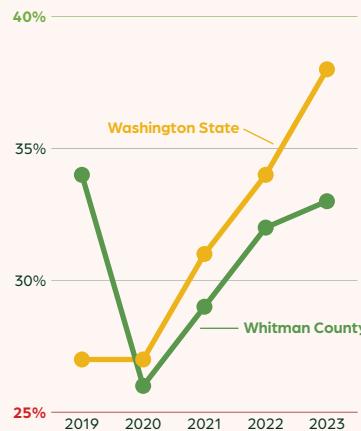
Youth receiving annual checkups in Whitman County dropped sharply in 2024.



Percentage of Medicaid clients (3–21 years) with at least one well-care visit  
Washington Health Care Authority

## Routine Checkups for Older Adults

As of 2020, Whitman County lags behind the state in annual checkups for older adults.



Percentage of Medicare clients with an annual wellness visit  
Centers for Medicare & Medicaid Services

## SPOTLIGHT ON COMMUNITY INITIATIVES

# Preventive Care



## Pullman Regional Hospital Family Medicine Residency Center

This year, Whitman County Public Health partnered with the Family Medicine Residency Center to expand access to sports physicals in Colfax, Colton, Endicott, and Pullman. Through this collaboration, 204 free sports physicals were provided to middle and high school students, helping reduce financial and transportation barriers to preventive care in rural communities.

Established in 2022 through a partnership with Pullman Regional Hospital and Washington State University, the Family Medicine Residency Center trains new physicians while delivering comprehensive, community-based care. Looking ahead to 2026, WCPH plans to expand this service to additional rural communities, with a focus on northern Whitman County.

Scan to Read More  
Or Visit,  
[pullmanregional.org](http://pullmanregional.org)



## Sid's Pharmacy

Wil Edwards, owner and head pharmacist of Sid's Pharmacy, was selected by the Washington State Department of Health to receive the 2025 Immunization Champion Award. The award, given jointly by the Association of Immunization Managers and the Centers for Disease Control and Prevention, recognizes individuals who expand access to immunizations in their communities. Wil has played a key role in increasing vaccine access across Whitman County, particularly in rural and underserved areas, through walk-in services and long-running mobile vaccination clinics.

Over the past three years, Wil Edwards and Sid's Pharmacy have partnered with Whitman County Public Health to vaccinate more than 1,500 people and administer over 3,000 vaccines at no cost through community clinics, advancing access and health equity across the county.

Scan to Read More  
Or Visit,  
[pullmanpharmacy.com](http://pullmanpharmacy.com)





**PRESENTING**

# 2025 Annual Impact Report

**Scan to Read the Full Report Or Visit,**

[whitmancountypublichealth.org](http://whitmancountypublichealth.org)  
and go to the **Community Data page**



We are committed to being transparent about the work we do. Each year, the Annual Impact Report brings together everything WCPH worked on throughout the year, from the number of WIC patients served to where time and resources were spent and the impact of that work across the county.

**To read the full report, scan the QR code.**

## Palouse Resource Guide

**Scan to Read More Or Visit,**  
[palouseresources.org](http://palouseresources.org)



We heard your feedback, and this year WCPH made major updates to the Palouse Resource Guide to improve accuracy, organization, and ease of use. The Palouse Resource Guide is an online tool that helps residents find local services and support by bringing together up-to-date resources in one place.

**Find what you're looking for:**

Independent Living & Long-Term Care Services

Mental & Behavioral Health

Support Groups

Healthcare

Food

Community Recreation & Adult Education

Financial & Legal

Low-Income Housing & Shelters

Victim (Survivor) Services

Transportation

Personal Care & Household Items

Youth & Family Services

Resource Navigation

Employment & Training

**Pullman**

1205 SE Professional Mall Blvd #203  
Pullman, WA 99163  
(509) 332-6752

**Colfax**

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

**Pullman location is moving! Soon we will be located at:**  
1240 SE Bishop Blvd, Ste. P, Pullman, WA 99163

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

Read our 2025 Impact Report on our website  
Or Visit, [whitmancountypublichealth.org](http://whitmancountypublichealth.org) and go to  
the Community Data page



**Follow us to stay up to date**

