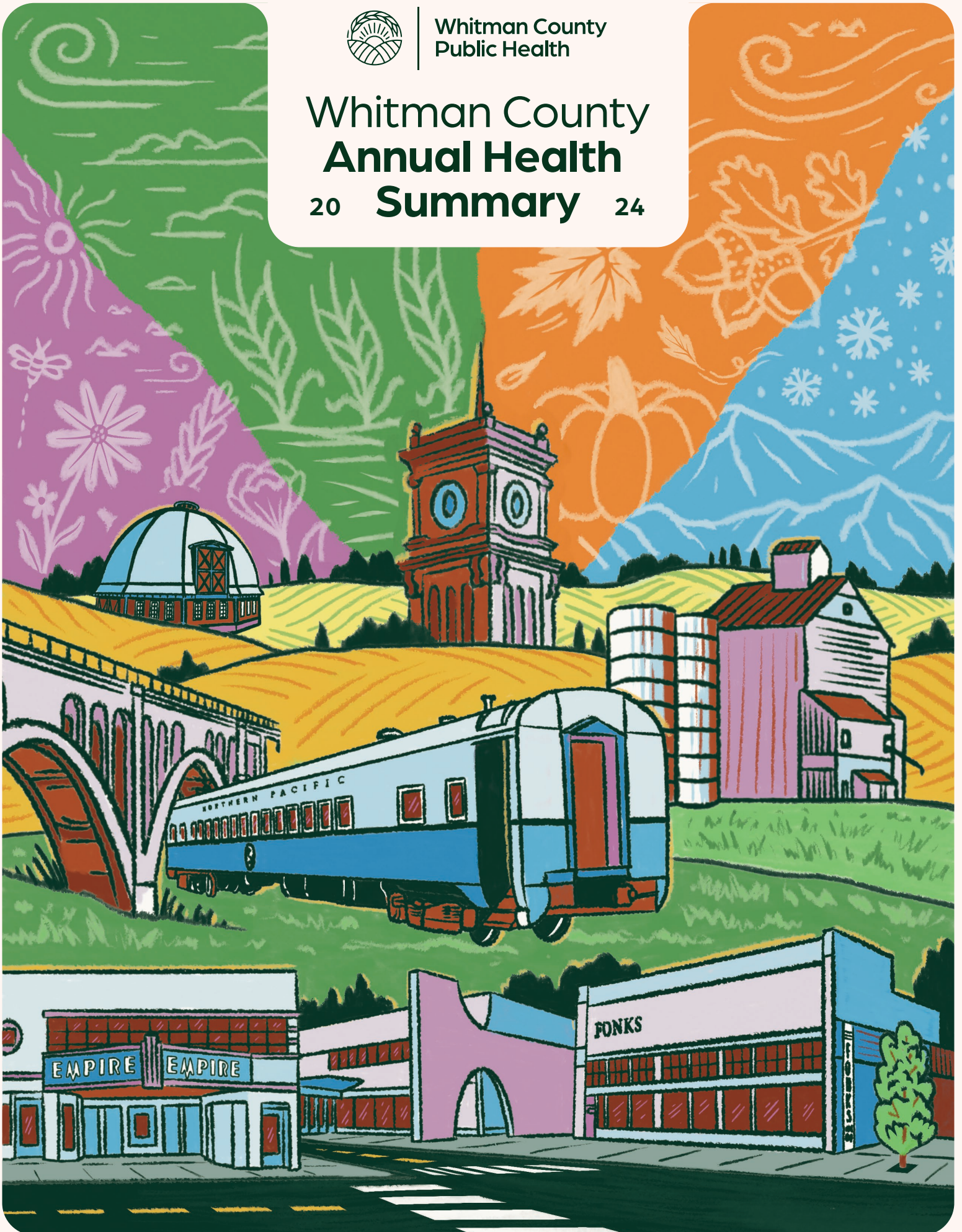




Whitman County
Public Health

Whitman County Annual Health 20 Summary 24



Acknowledgments

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Whitman County
PUBLIC HEALTH

PRESENTS

2024 Whitman County Annual Health Summary

The purpose of this report is to:

- Provide Whitman County residents, businesses, and community organizations with up-to-date health data to improve the health and well-being of our community.
- Showcase innovative ways community members are addressing Whitman County's top health needs.
- Track progress on Whitman County's top health needs.

This report includes:

Community Health Snapshot

A year-over-year comparison of Whitman County's health and wellness measures. See trends and track progress on key indicators.

Community Health Priorities

Updated data and spotlights on community initiatives that address the three identified top needs from 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. 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



Wishing our community
health & wellness,

Chris Skidmore
DIRECTOR

Corrin McMichael, MPH, CPH
DEPUTY DIRECTOR

**Our mission is to protect &
improve the health & wellbeing
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 Graph Key

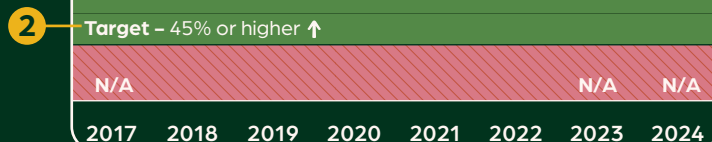
Example Graph

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)

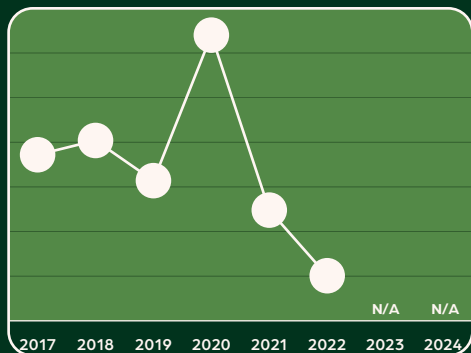


Key

- 1 Health Goals** are high-priority targets from Healthy People 2030 designed to improve community health and well-being. 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.

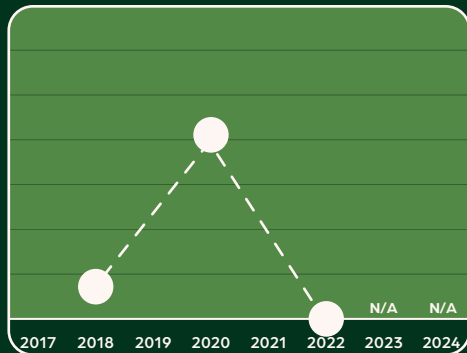
When Whitman County data was not available to make an exact match, we used similar measures. Look for apple & orange icons to quickly see where we had to make this adjustment. 🍏 🍊

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 between data points indicate the 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?

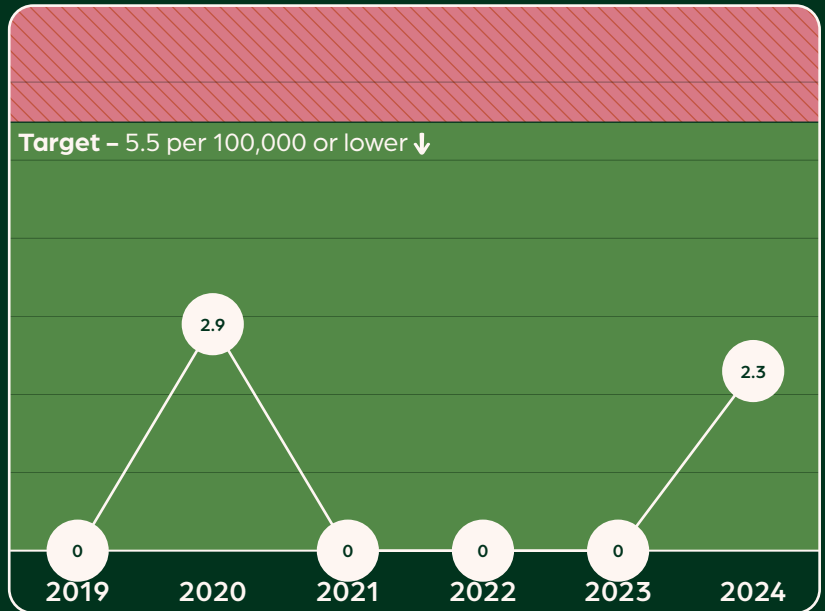
We met the target.

HEALTHY PEOPLE 2030 MEASURE

Homicides per 100,000 population

NCHS National Vital Statistics System

Note: Data for 2023 and later is not final. The 2024 data is represented from June 2023 to June 2024.



HEALTH GOAL

Reduce drug overdose deaths

HOW IS WHITMAN COUNTY DOING?

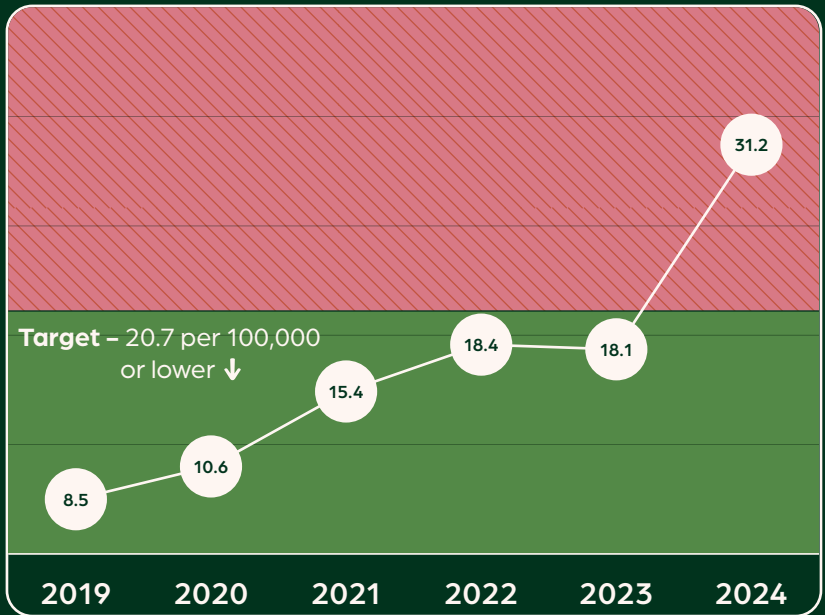
Our overdose death rates do not meet target, and we are not improving.

HEALTHY PEOPLE 2030 MEASURE

Drug overdose deaths per 100,000 population

NCHS National Vital Statistics System

Note: Data for 2023 and later is not final. The 2024 data is represented from June 2023 to June 2024.



HEALTH GOAL

Reduce the suicide rate

HOW IS WHITMAN COUNTY DOING?

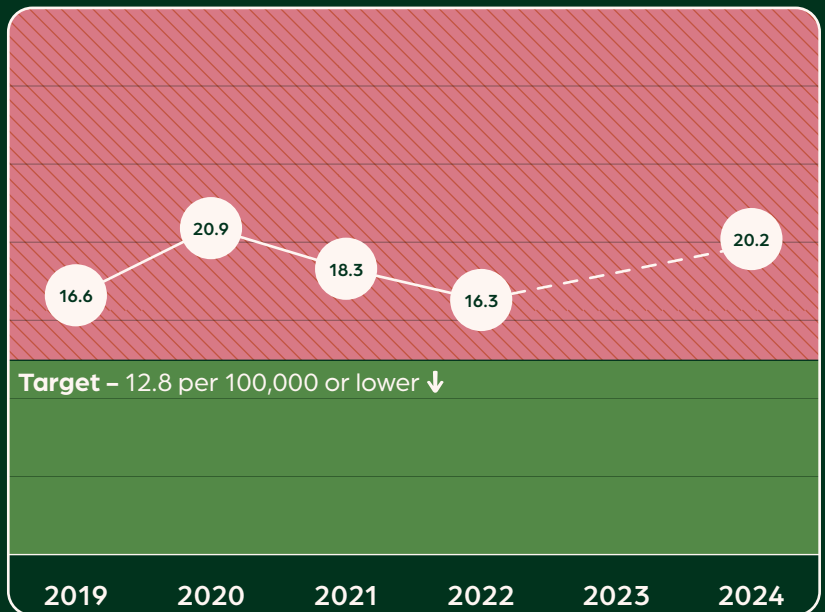
Our suicide rates are higher than the target, and we are not improving in this area.

HEALTHY PEOPLE 2030 MEASURE

Suicides per 100,000 population

NCHS National Vital Statistics System

Note: Data for 2023 and later is not final. The 2024 data is represented from June 2023 to June 2024.



All Ages *Cont.*

HEALTH GOAL

Increase people who get the flu vaccine yearly

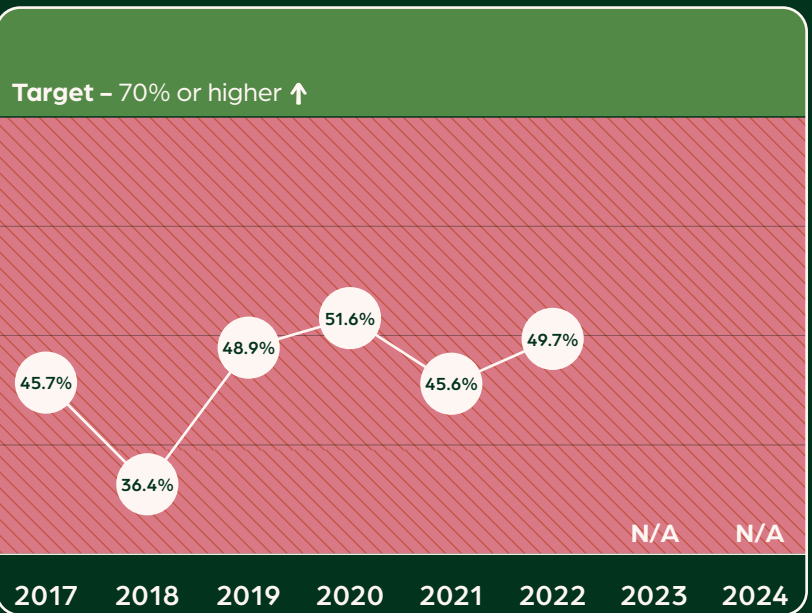
HOW IS WHITMAN COUNTY DOING?

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

HEALTHY PEOPLE 2030 MEASURE

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

BRFSS (CHAT)



HEALTH GOAL

Reduce household food insecurity and hunger

HOW IS WHITMAN COUNTY DOING?

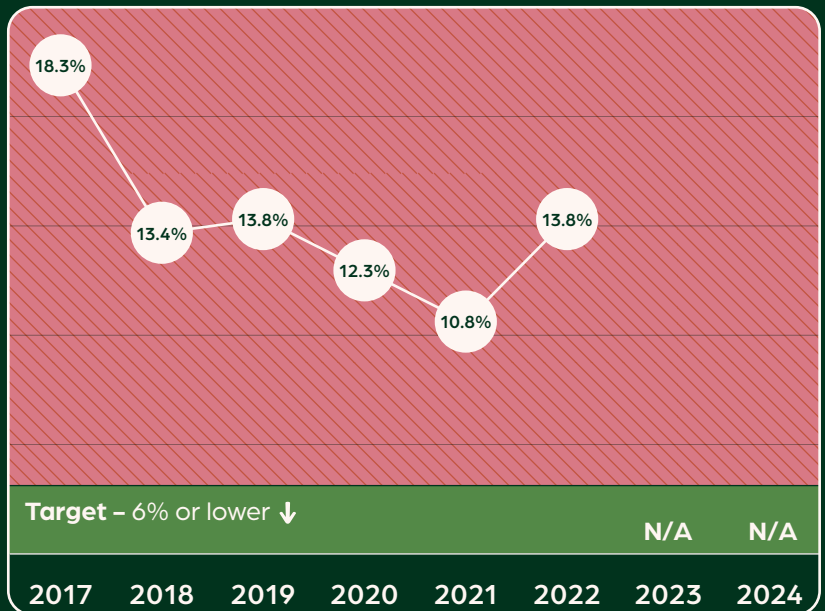
We have not met the target, and are not improving.

HEALTHY PEOPLE 2030 MEASURE

Percent of households were food insecure

Feeding America

Note: Food Insecurity is a lack of consistent access to enough food for a healthy life.



HEALTH GOAL

Increase people with health insurance

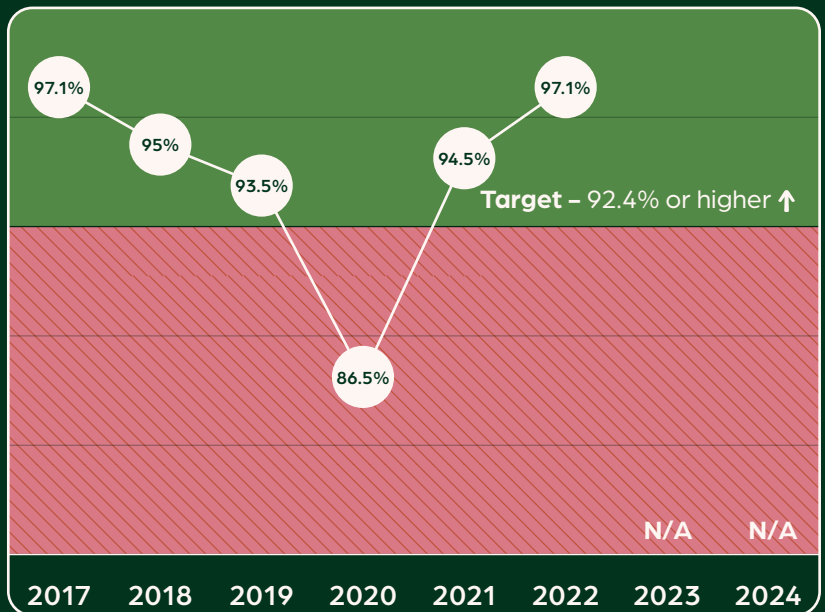
HOW IS WHITMAN COUNTY DOING?

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

HEALTHY PEOPLE 2030 MEASURE

Percent of persons under 65 that had medical insurance

BRFSS (CHAT)



All Ages *Cont.*

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.

HEALTHY PEOPLE 2030 MEASURE

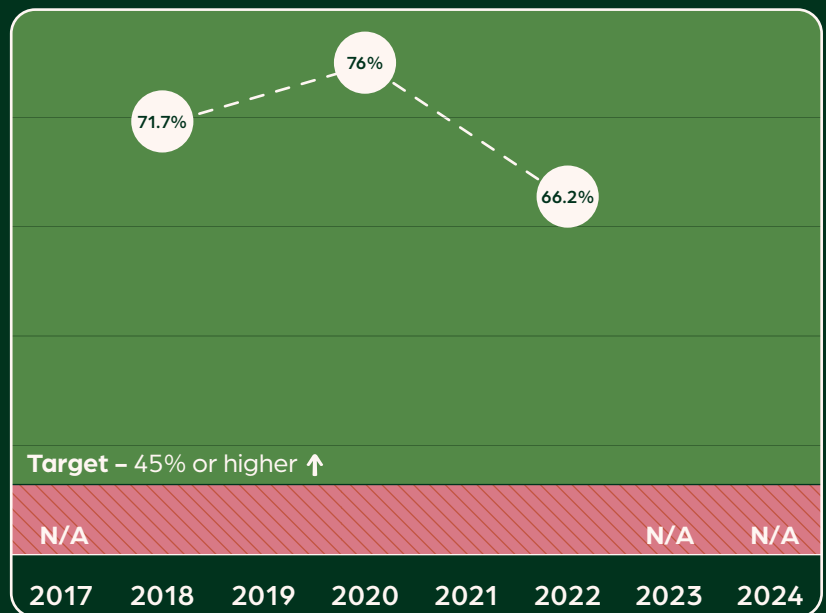
Percent of children, adolescents, and adults who used the oral health care system

WCPH MEASURE

This is the data on the graph!

Percentage of adults aged 18+ that had a dental visit in the last year

BRFSS (CHAT)



Infants, Children & Adolescents

HEALTH GOAL

Decrease infant deaths

HOW IS WHITMAN COUNTY DOING?

We've improved each year since 2020 and have met the target.

HEALTHY PEOPLE 2030 MEASURE

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

Infant Mortality Module (CHAT)



HEALTH GOAL

Decrease youth who use electronic cigarettes

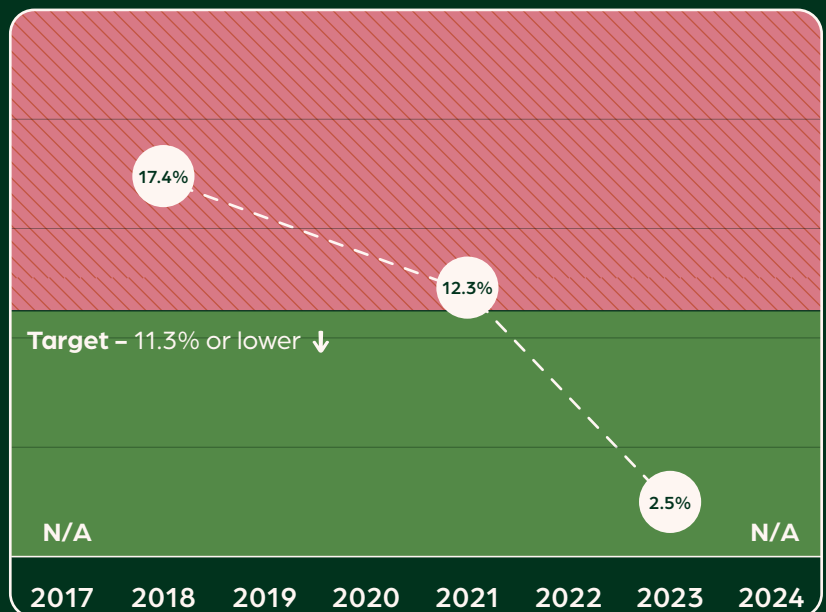
HOW IS WHITMAN COUNTY DOING?

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

HEALTHY PEOPLE 2030 MEASURE

Percentage of 10th grade youth who used an electronic cigarette (e-cigs, device pens, or vape pens)

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, and we are not improving much over time.

HEALTHY PEOPLE 2030 MEASURE

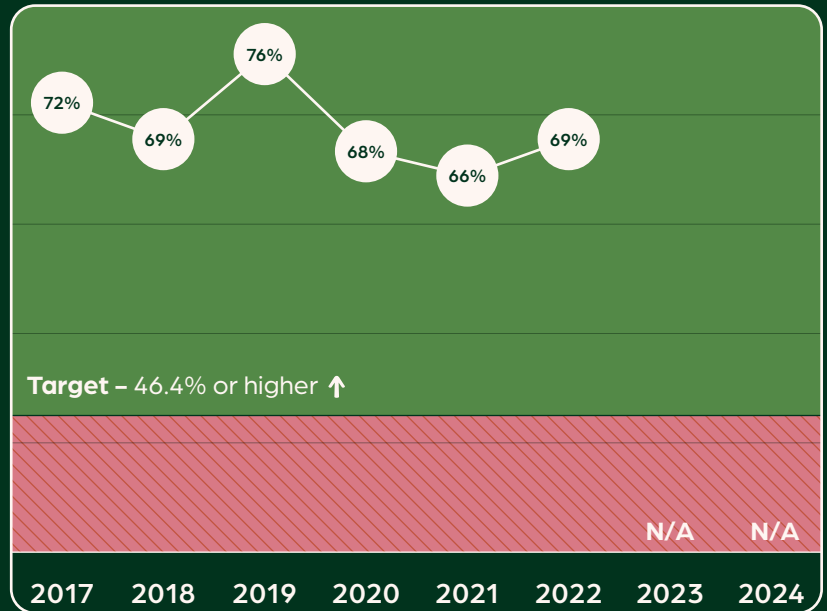
Percent of adolescents (12–17) with Major Depressive Episodes who received treatment in the past year

WCPH MEASURE

This is the data on the graph!

Percentage of Medicaid beneficiaries (ages 6–17) with mental health needs who received care in the past year

HCA Medicaid Dashboard



Adults & Older Adults

HEALTH GOAL

Increase adults 50–75 screened for colorectal cancer

HOW IS WHITMAN COUNTY DOING?

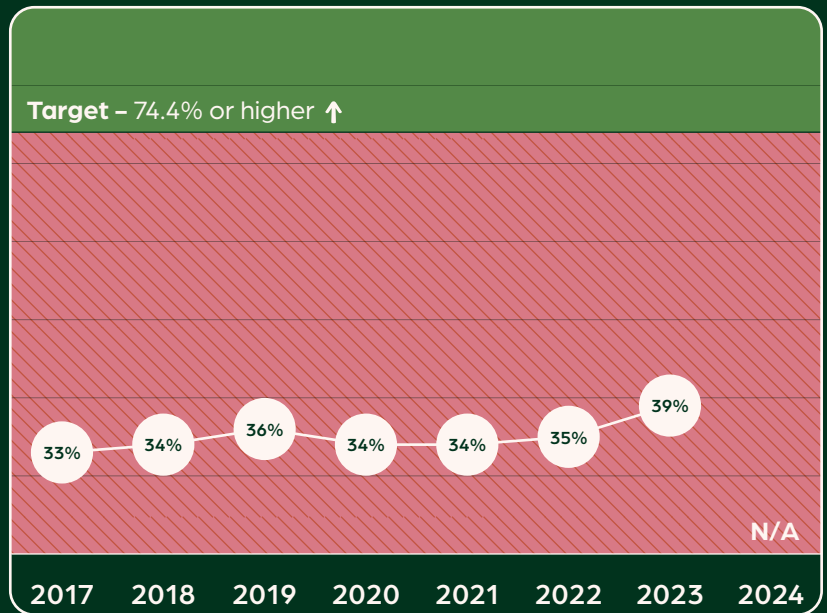
We have not met the target, and we have a long way to go.

HEALTHY PEOPLE 2030 MEASURE

Percentage of Medicaid beneficiaries (50–75) who had appropriate screening for colorectal cancer

HCA Medicaid Dashboard

Note: Screening often includes a colonoscopy to check for cancer, polyps, or other issues.



HEALTH GOAL

Reduce current cigarette smoking in adults

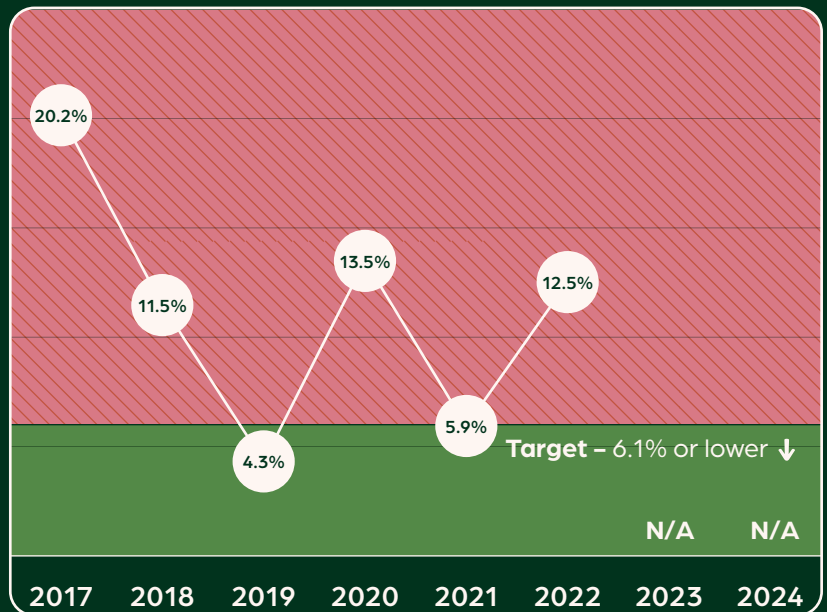
HOW IS WHITMAN COUNTY DOING?

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

HEALTHY PEOPLE 2030 MEASURE

Percent of adults 18+ that were current cigarette smokers

BRFSS (CHAT)



Adults & Older Adults *Cont.*

HEALTH GOAL

Increase aerobic and muscle-strengthening activity in adults

HOW IS WHITMAN COUNTY DOING?

We met the target.

HEALTHY PEOPLE 2030 MEASURE 🍎

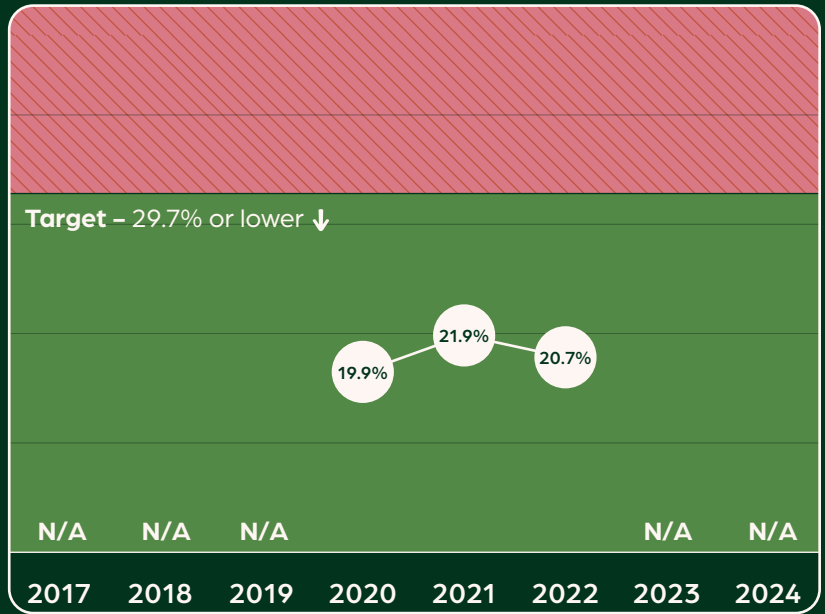
Percent of adults (18+) meeting physical activity and muscle-strengthening guidelines

WCPH MEASURE 🍊

This is the data on the graph!

Percentage of adults (18+) who are physically inactive

CDC Places



HEALTH GOAL

Increase employment in working-age people

HOW IS WHITMAN COUNTY DOING?

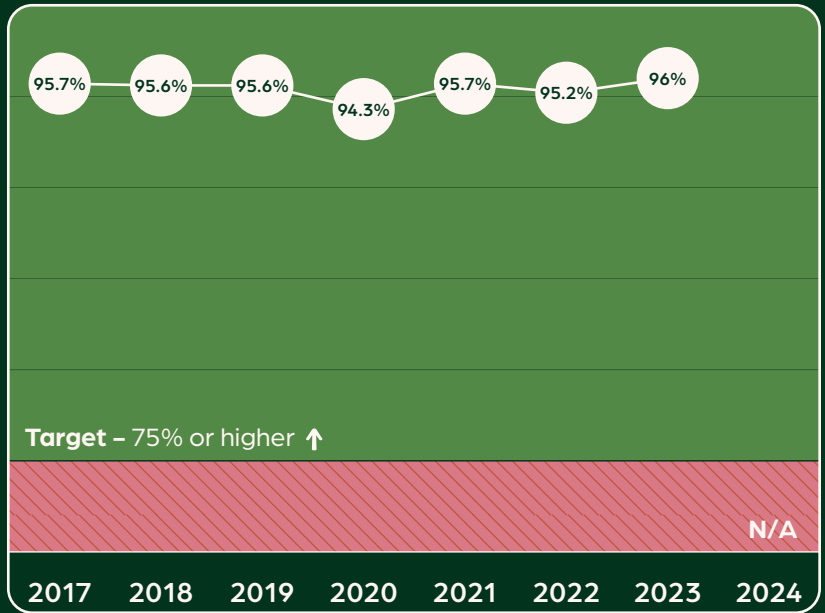
We met the target and are consistently strong in this area.

HEALTHY PEOPLE 2030 MEASURE

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

WA Employment Security Department

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



HEALTH GOAL

Reduce adults 21+ engaging in binge drinking

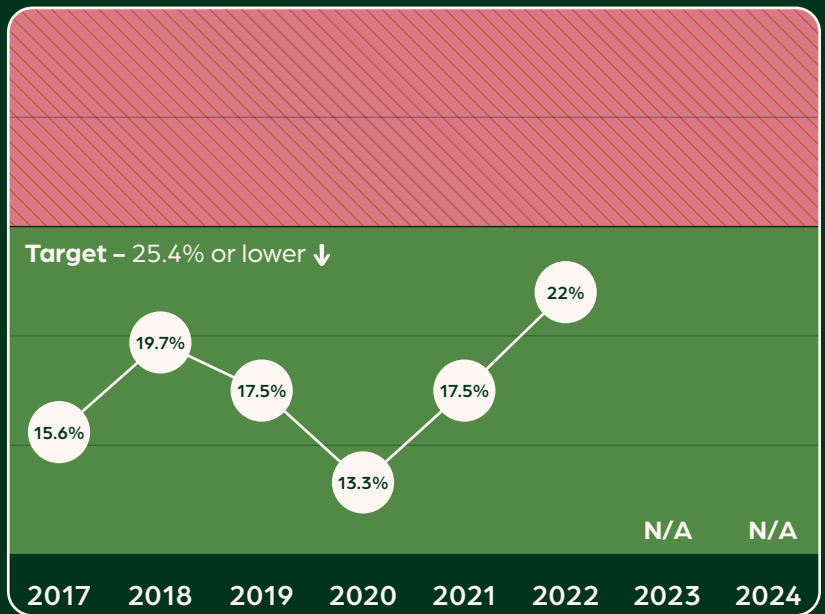
HOW IS WHITMAN COUNTY DOING?

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

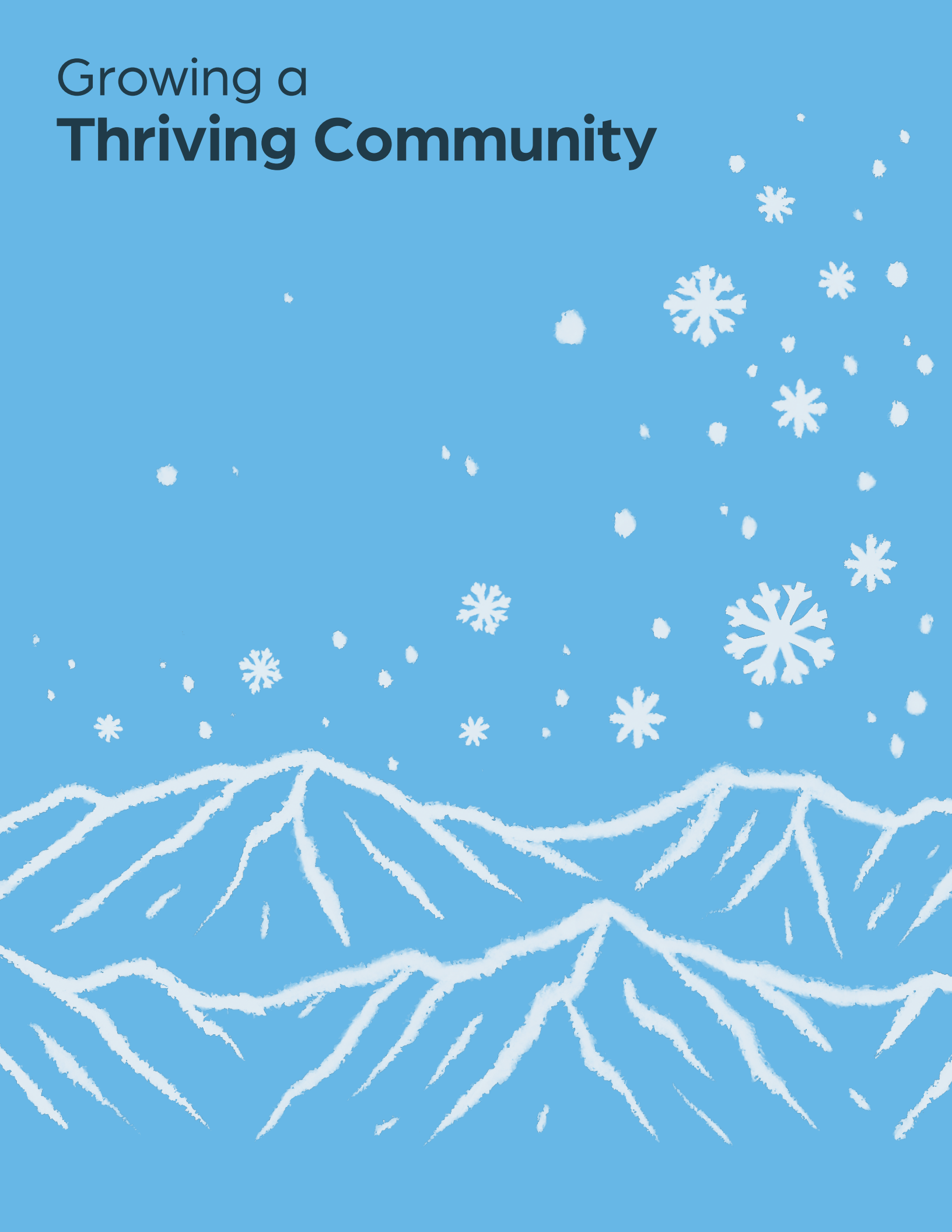
HEALTHY PEOPLE 2030 MEASURE

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

BRFSS (CHAT)



Growing a **Thriving Community**



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.

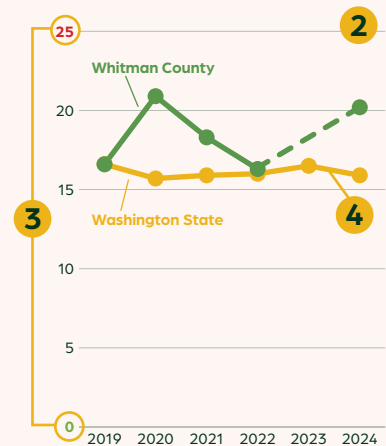
Health Priority Graph Key

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.

- 1** Whitman County consistently has a higher rate of suicides than the state. Every suicide is a tragedy.



Suicides per 100,000 population
NCHS National Vital Statistics System

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:

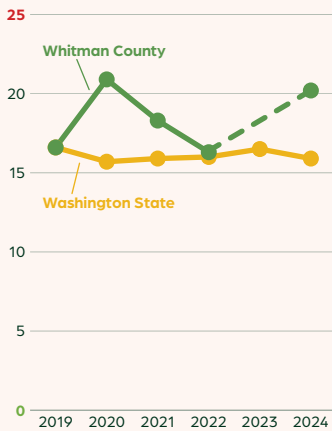
- **Mental & Behavioral Health:** Classes like QPR and CALM to prevent suicides, with libraries fostering community connection through events.
- **Standard of Living:** A mobile farm stand offering fresh local produce on a pay-what-you-can basis and support for caregivers with essential resources.
- **Preventive Care:** Easy access to cancer screenings, wellness visits, and expanded transportation options for older adults.

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.

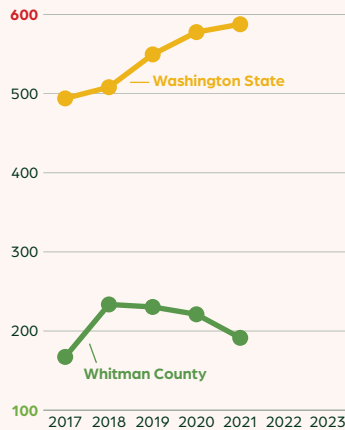
Mental Health Conditions & Suicide

Whitman County consistently has a higher rate of suicides than the state. Every suicide is a tragedy.



Suicides per 100,000 population
NCHS National Vital Statistics System

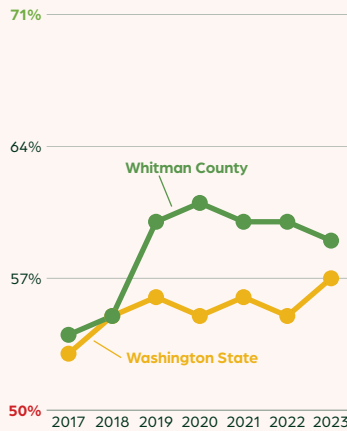
Rates for hospitalizations due to mental illness in Whitman County are consistently lower than the state.



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

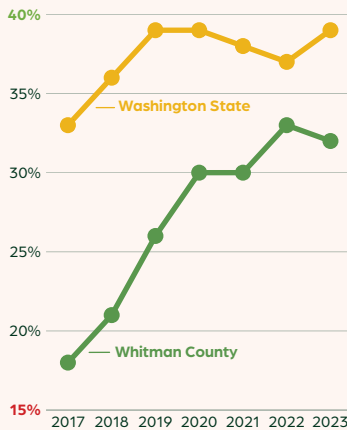
Access to Mental & Behavioral Health Providers

In 2018, mental health treatment saw a significant rise, but the numbers have been gradually declining over the past four years.



Percentage of Medicaid beneficiaries receiving mental health treatment
WA HCA

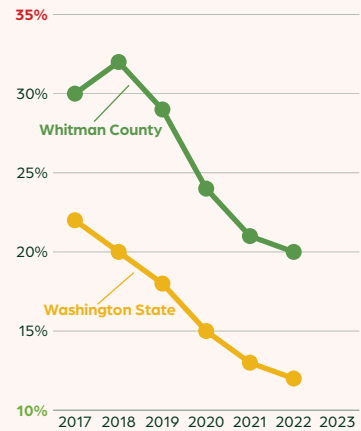
Treatment rates for substance use disorder in Whitman County are steadily improving.



Percentage of Medicaid beneficiaries with substance use disorder treated in past 2 years
WA HCA

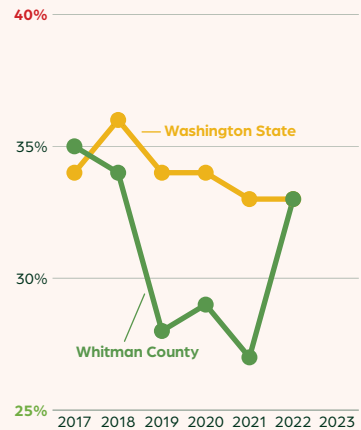
Alcohol, Prescription, & Illicit Drug Use

Both Whitman County and the state are seeing declines in risky prescriptions.



Percentage of Medicaid beneficiaries prescribed opioids with sedatives
WA HCA

Statewide opioid therapy rates are steadily improving, but Whitman County's progress remains inconsistent.



Percentage of Medicaid beneficiaries on chronic opioid therapy ≥50mg morphine
WA HCA

SPOTLIGHT ON COMMUNITY INITIATIVES

Mental & Behavioral Health

These initiatives were designed to improve Whitman County's mental health.



Whitman County
Public Health

Whitman County Public Health Community Mental Health Education

Starting in early 2025, Whitman County Public Health will provide free mental health education to schools, nonprofits, and community groups. The program is designed to help people recognize when someone is at risk of suicide and respond effectively.

Classes will include:

- **QPR (Question, Persuade, Refer):** Three simple steps to help save a life. Just as CPR teaches people to respond to physical emergencies, QPR trains participants to recognize warning signs of a suicidal crisis and how to question, persuade, and refer someone to professional help.
- **CALM (Counseling on Access to Lethal Means):** This class teaches healthcare professionals and social service providers how to reduce access to methods people use to harm themselves, such as firearms and medications. It also equips them to work with individuals and families at risk.

In early 2025, WCPH will welcome a Community Mental Health Education Coordinator who will prepare and launch these classes. The coordinator will also present to schools on the risks of social media and its effects on youth mental health.



WHITMAN COUNTY
RURAL LIBRARY DISTRICT

Whitman County Library

Research shows one of the best ways to maintain good mental health is to connect with others. Isolation and loneliness have been linked to depression, poor sleep, and even lower immunity.

Whitman County Library offers a welcoming "third place" for social connections, beyond the "first place" of the home, and the "second place" of work. In this third place, folks can chat, build friendships, learn something new, or even just be in a space together with other people.

With 14 locations across Whitman County, the Whitman County Library system offers something for all ages: in-person classes, story times, and interest groups. Examples include trivia nights, craft groups, fitness classes, and book clubs.

Scan to Read More
Or Visit,
whitcolib.org/events



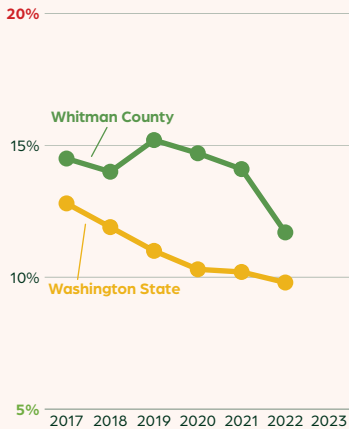
PRIORITY NEED DATA

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.

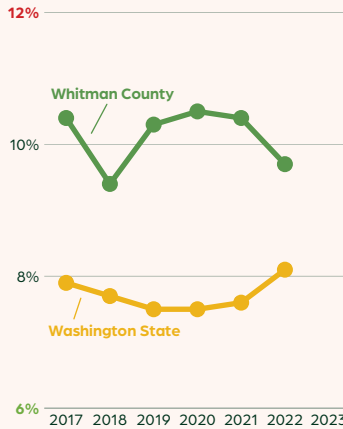
Poverty

Poverty rates for families are higher than the state, but improving.



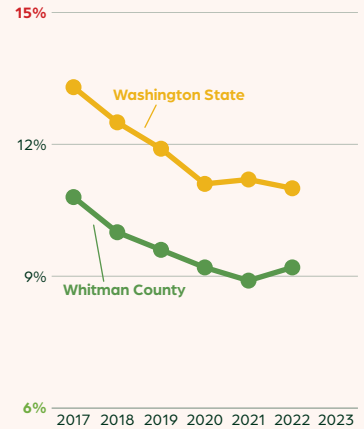
Percentage of families with children under 18 in poverty
ACS 5-year data

Poverty rates for older adults in Whitman County fluctuates around 10%, while the state remains lower.



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

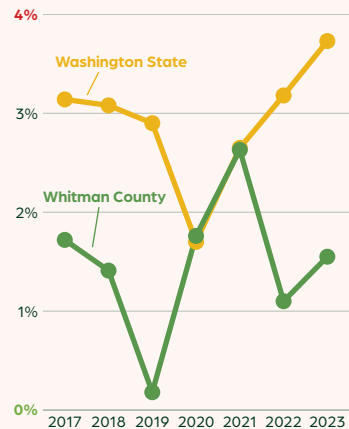
Our amount of households receiving food stamps is lower than the state.



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

Housing

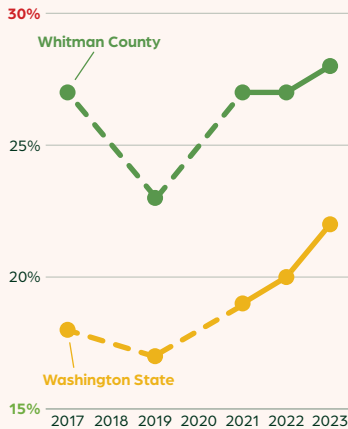
We saw increases in homelessness after 2019, while state trends are higher overall.



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

Child Care

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

These new initiatives showcase our community's creativity as we address top needs related to food, housing, and other basic needs.



Council on Aging Human Services Kinship Services

Council on Aging's new Kinship Services Program helps grandparents, aunts/uncles, and neighbors who are raising children while their parents are unable to care for them. The program connects these primary caregivers with food, child care, and other social services programs. COA can also purchase items the caregivers need to help them take care of kids, such as beds.

COA is getting the word out to local school staff, who can refer families to the program. If you would like more information, please call COA at 509-397-4305. COAST also has vehicles available to help accommodate wheelchairs and power scooters.



Community Action Center Mobile Farm Stand

The Mobile Farm Stand brings fresh, local produce to towns throughout Whitman County on a "pay-what-you-can" model. The Farm Stand makes it possible to serve everyone who wants fresh food in the community, from those experiencing hunger, to those who can gladly pay for good local produce.

The Farm Stand operates from June through November. It travels to many communities on a biweekly schedule. These towns include Endicott, Malden, Tekoa, Rosalia, and St. John as well as Pullman. So far, the Farm Stand has offered over 36 types of produce, from beets to shallots, mint to cucumbers. Local farms and gardens provide the produce, including WSU Organic Farms, Colton Community Gardens, the CAC gardens at Koppel Farm, and CAC's new greenhouse.

Scan to Read More
Or Visit,

cacwhitman.org/mobile-farm-stand/

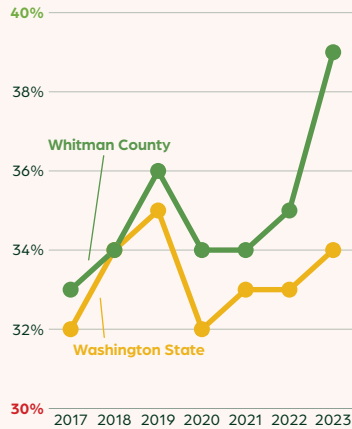


Preventive Care

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

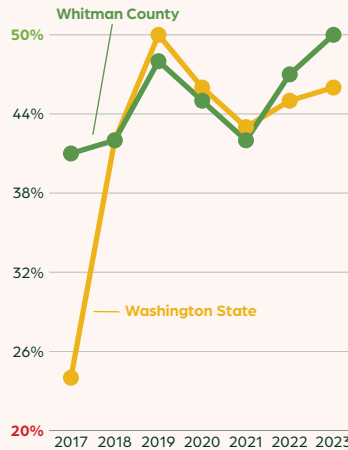
Cancer Screenings & Treatment

Whitman County saw improvement in screening rates for colorectal cancer and now outperforms the state.



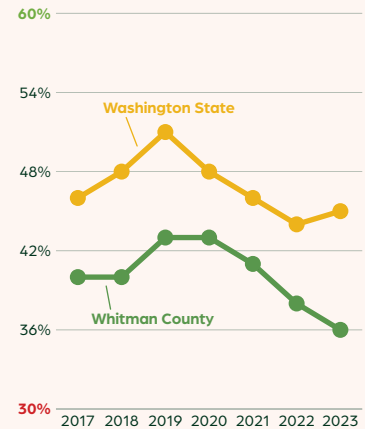
Percentage of Medicaid beneficiaries (50–75) screened for colorectal cancer
WA HCA

Whitman County had strong early rates for mammograms, with recent improvements surpassing the state.



Percentage of female Medicaid beneficiaries (50–74) who had a mammogram
WA HCA

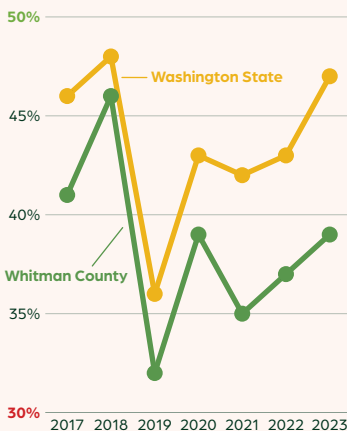
Rates of cervical cancer screenings in Whitman County are consistently lower than the state.



Percentage of Medicaid women (21–64) screened for cervical cancer
WA HCA

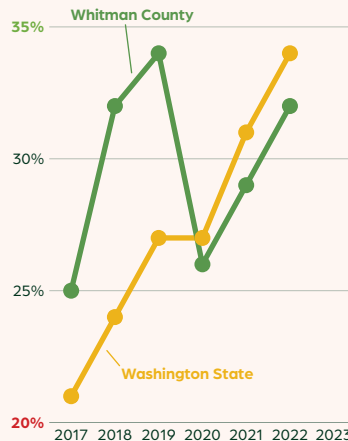
Routine Checkups

Whitman County lags behind the state in annual checkups for kids and youth, but is improving.



Percentage of Medicaid beneficiaries (3–21) with at least one well-care visit
WA HCA

Whitman County fluctuates but generally lags behind the state in annual checkups for older adults.



Percentage of Medicare beneficiaries with an annual wellness visit
CMMS

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

Pullman Regional Hospital (PRH) ensures routine cancer screenings based on age and risk factors during primary care visits. Providers recommend screenings like mammograms, pap smears, or colonoscopies.

PRH offers no-cost, yearly screening mammograms for women 40+ without a referral, typically covered by insurance. With a full-time gastroenterologist, Dr. Justin Cochrane, colonoscopy wait times are short. Urologist Dr. John Keizur has also provided free prostate cancer screenings every September for 28 years.



Whitman Hospital & Medical Clinics Preventive Care

In 2025, Whitman Hospital is launching a new Medicare wellness visit model to improve preventive care. Registered Nurses will identify needed screenings and vaccines, coordinate follow-up care, and pass patients to primary care providers to complete the exam. This initiative addresses low screening rates.



Council on Aging Community Living Connections & COAST

The Council on Aging's (COA) Community Living Connections program serves as a one-stop hub, helping older adults access benefits like in-home care, Medicaid, and chore services. Assistance is available in homes, over the phone, or at the office.

COAST Transportation ensures reliable mobility for older adults. In 2025, COA will expand COAST with a shuttle running six days a week between Colfax, Pullman, and Moscow. This will address unmet needs, like helping seniors redeem Senior Farmers Market vouchers by providing transportation to the Moscow Farmers Market.

To learn more about COAST shuttles visit www.coacolfax.org/transportation

PRESENTING

2024 Annual Impact Report

Learn more about how Whitman County Public Health has impacted our community's health in 2024.

Scan to Read the Full Report Or Visit,

whitmancountypublichealth.org
and go to the Community Data page



98

Cases of reportable diseases investigated (not including covid)

12

COVID Outbreaks in long-term care

2

Norovirus Outbreaks with 50+ cases

1

Pertussis Outbreak declared on Oct 2 with 88 cases

85

Animal bite reports investigated

688

Narcan Rescue Kits Distributed



1950

Fentanyl test strips distributed

195

Food Establishments Inspected



441

WIC Clients served in 2024



55

Car Seats & Booster Seats Distributed



Palouse Resource Guide

Scan for Website
Or Visit,
palouserresources.org



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

Independent Living & Long-Term Care Services

- In-Home Care
- Long-Term Care
- Adult Respite Care
- Caregiver & Long Term Care Resources
- Home Accessibility & Modifications
- Developmental Support Services for Adults

Mental & Behavioral Health

- Psychiatrists & Specialists (MDs) Who can prescribe medications
- Psychologists (PhDs)
- Therapists, Counselors & Social Workers
- Addiction Counseling, Treatment & Support Groups
- Marriage & Family Counseling
- Inpatient Mental Health Care
- Question, Persuade, and Refer, Suicide Prevention Training (QPR)
- Patient Advocates

Support Groups

- Grief Support Group
- Caregiver Support Groups
- Parent Support Groups
- Medical Diagnosis Support Groups
- LGBTQIA2S+ Support
- Veterans Support
- Children & Youth with Special Health Care Needs (and family) Support Groups
- Independently Living Support Groups for People with disabilities

Healthcare

- Dental Care
- Primary Care
- Prenatal/Pregnancy Services
- Pharmacies
- Medical Equipment
- Hospital & Emergency Services
- Vision, Hearing, Speech Services
- Limited Mobility Services
- Quick Care
- Case Management & Palliative Care
- Naturopathic Medicine
- Hospice
- Nutrition Counseling

Food

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

Financial & Legal

- Utility Assistance
- Medical Bill Assistance & Medicaid
- Tax Relief
- Cash Assistance
- Legal Assistance
- Advance Directives, Wills & Estate Planning

Low-Income Housing & Shelters

- Emergency Shelters
- Youth Shelters
- Transitional Housing
- Housing Assistance
- Subsidized Housing
- Low-Income Housing Maintenance & Repair

Victim (Survivor) Services

- Hotlines
- Domestic Violence Services & Shelters
- Adult Abuse or Neglect
- Child Abuse or Neglect
- Resource Navigation
- Support Groups
- Legal Assistance
- Victim (Survivor) Services

Transportation

- General Transportation
- Medical Transportation
- Bus Fare/Gas Money

Community Recreation & Adult Education

- Community Activity Guides
- Adult Education/ Classes
- GED programs
- Libraries
- Community Recreation

Youth & Family Services

- K-12 Public School Registration
- Child Care
- Before/After School Care
- Intellectual/ Developmental Disability (ID/DD) Services (Youth)
- Developmental & Intellectual Assessments/ Screenings
- Parenting Classes
- Parent & Child Play Groups

Resource Navigation

- General
- Healthcare
- Mental & Behavioral Health
- Youth Services
- Senior Services
- People who are Unhoused
- People with Disabilities
- Veterans
- LGBTQIA2S+

Personal Care & Household Items

- Thrift store
- Hygiene, Clothing & Household Supplies
- Diapers & Baby Supplies
- School Supplies
- Free Laundry
- Free Telephone

Employment & Training

Exciting updates are coming to the Palouse Resource Guide in early 2025!

These enhancements will make it even easier to access the resources you need. Stay tuned and be on the lookout for these improvements to better support you and your community.



**Whitman County
Public Health**

Pullman

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

Read our 2024 Impact Report on our website
Visit, whitmancountypublichealth.org and go to
the **Community Data** page



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

Follow us to stay up to date

