



Whitman County Public Health

Growing a healthier community.

2022

Whitman County Annual Health Summary



Acknowledgements

Thank you to all who contributed to this report.

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Introduction

Whitman County Public Health (WCPH) is pleased to present our first-ever Annual Health Summary. Whitman County and the health status of the community are constantly in flux. Health needs change from year to year. We intend to publish an Annual Health Summary each year as a supplement to the Community Health Needs Assessment to make sure our community members have up-to-date public health data at their fingertips.

The purpose of this report is to:



Serve as an up-to-date data resource for community-based organizations, health care systems, and agencies as they make plans to meet health needs in Whitman County;



Highlight great work community members are doing to respond to identified health needs;



Identify any new Whitman County health needs the data show are emerging when compared with Healthy People 2030 targets.

What is Healthy People 2030?

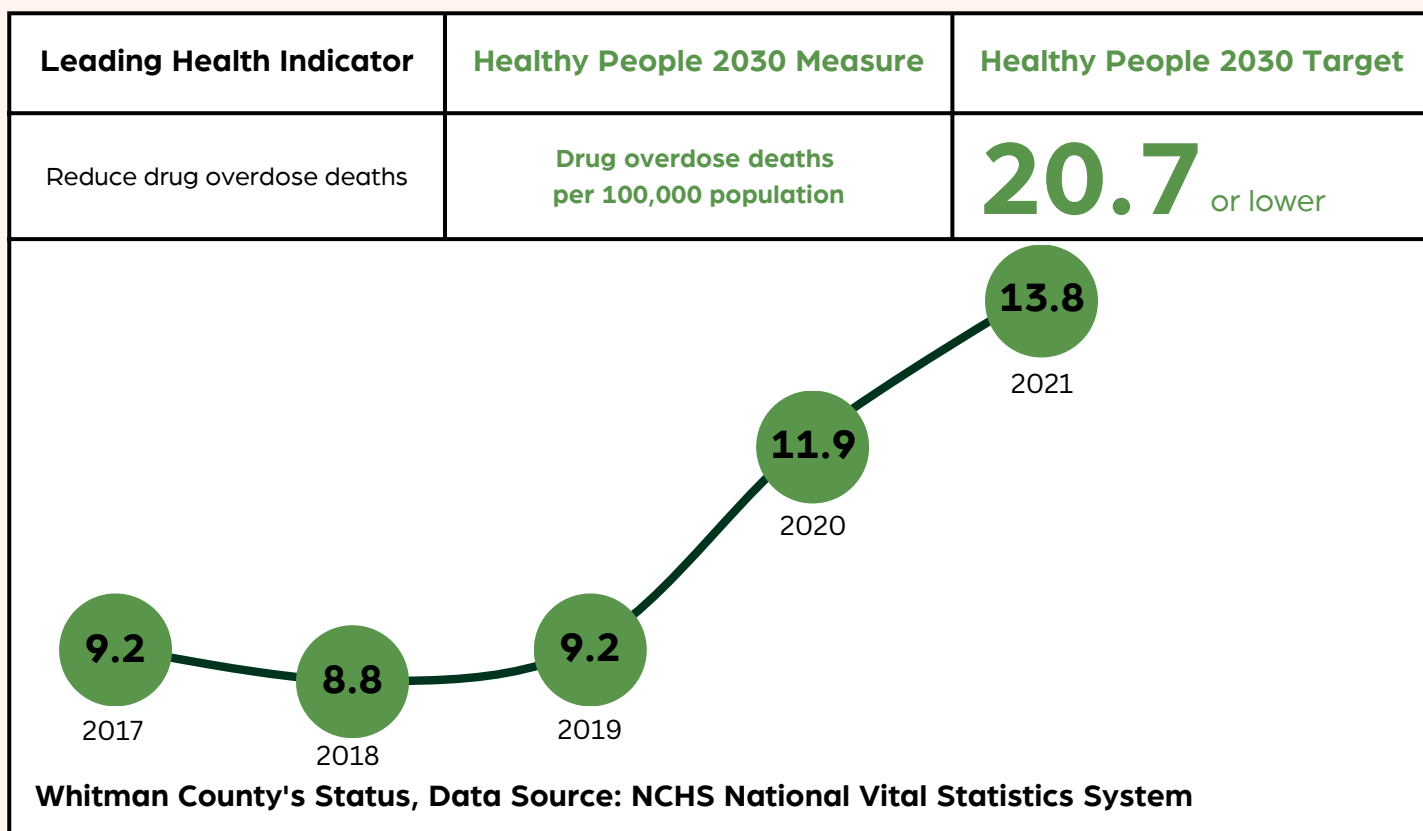
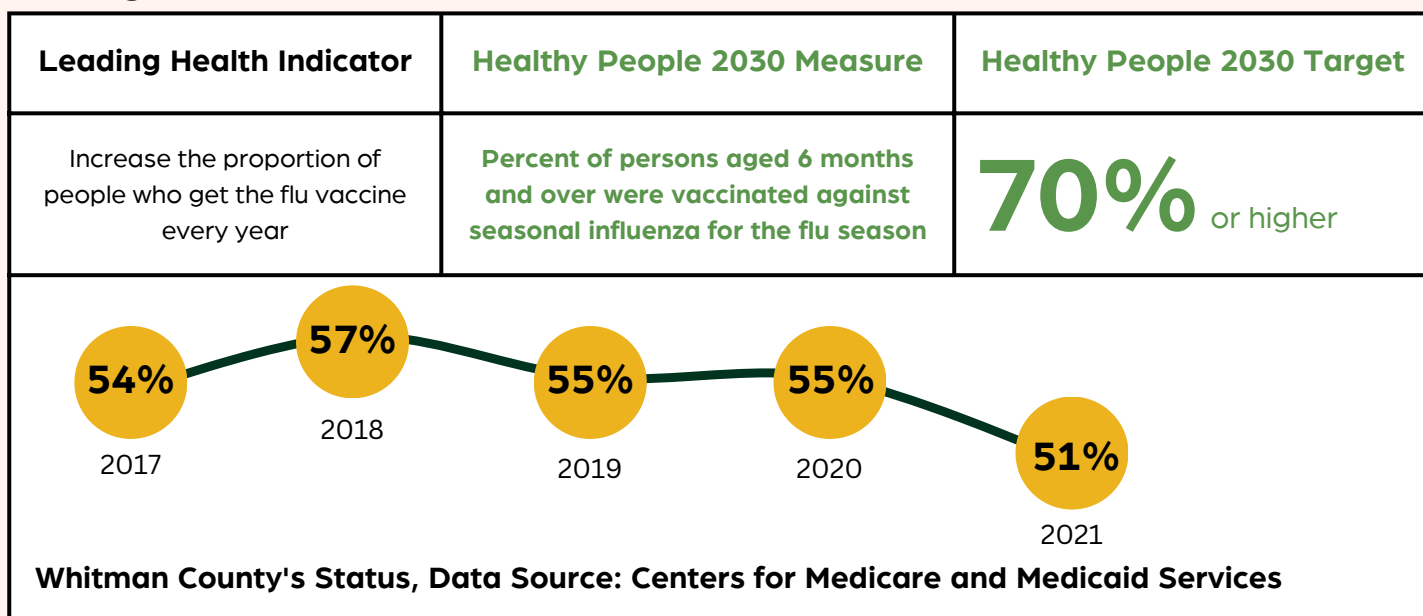
Healthy People 2030 is a federal initiative to promote, strengthen, and evaluate the nation's efforts to improve the health and well-being of all people. Leading Health Indicators included in the Healthy People 2030 initiative are high-priority objectives selected by the federal Office of Disease Prevention and Health Promotion. These objectives show a direction in which trends need to move for positive change.

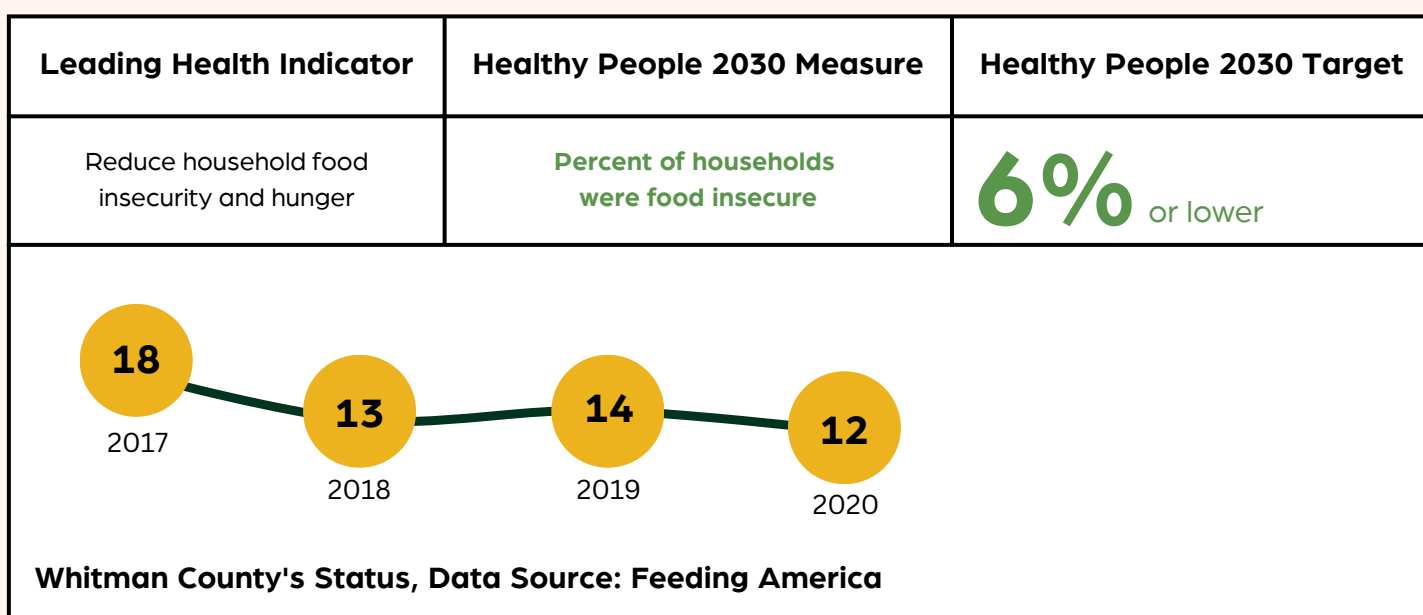
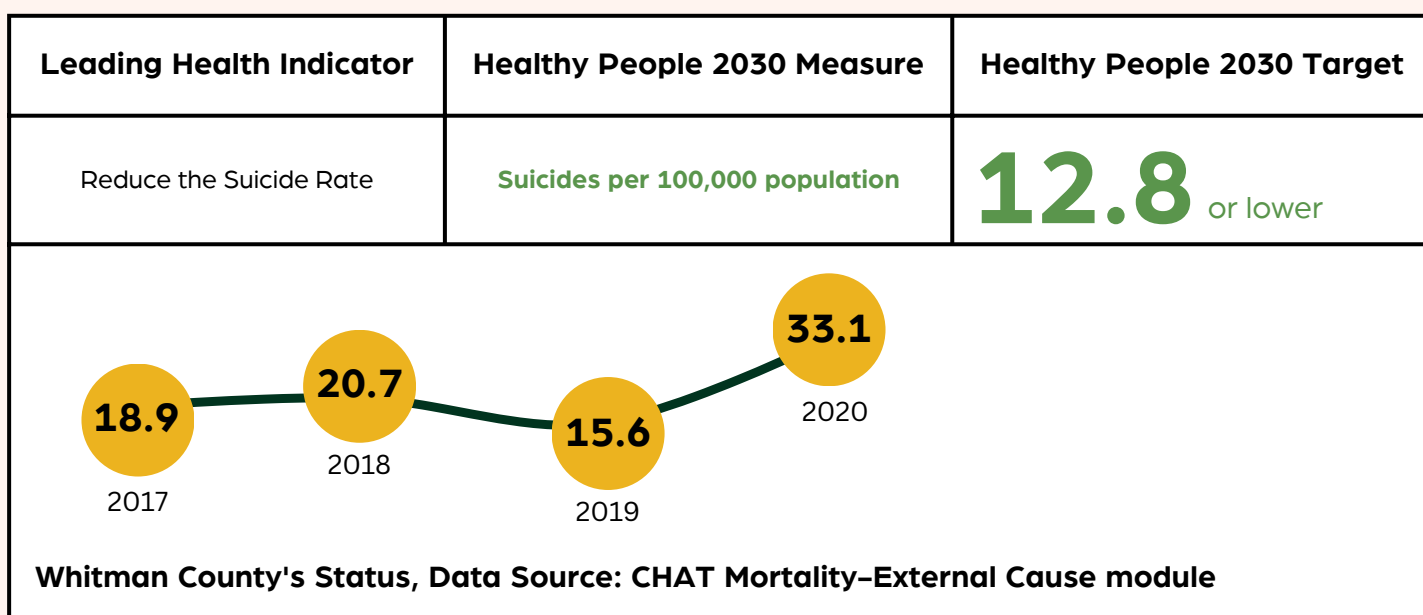
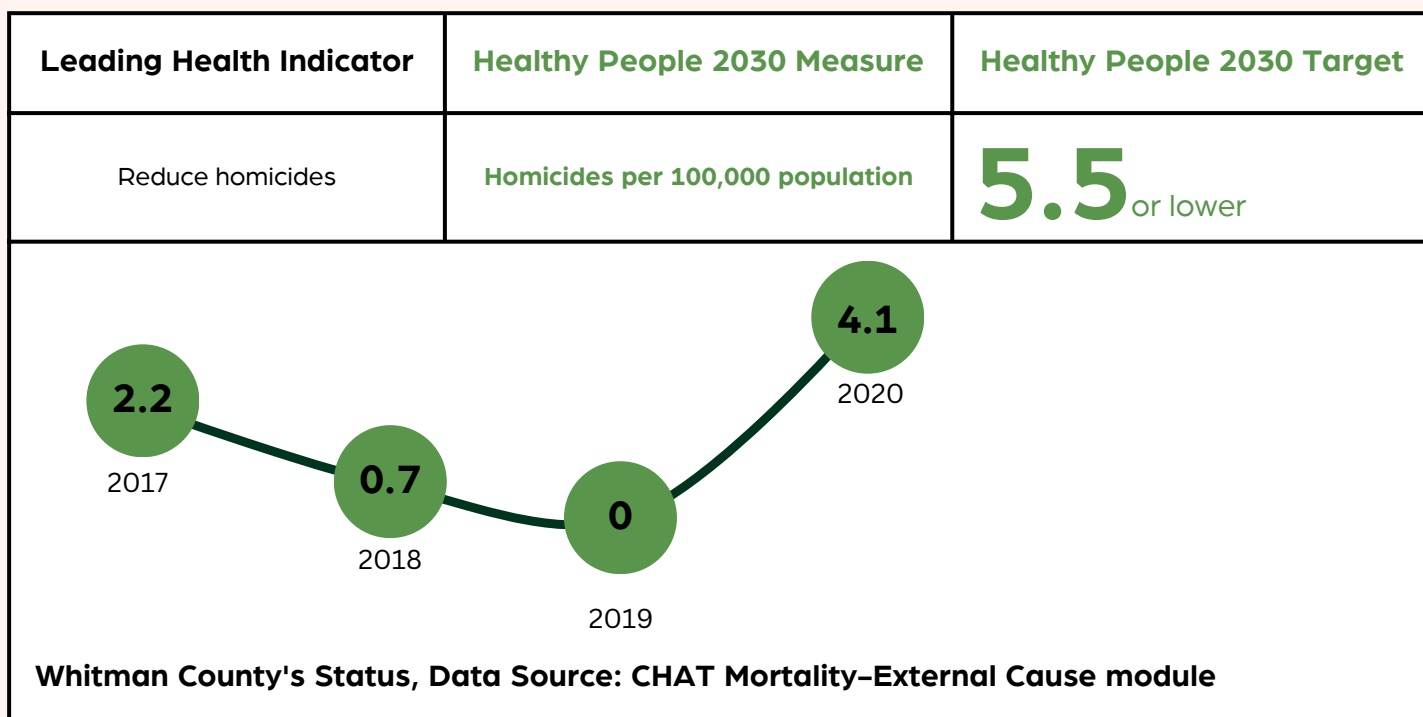
Health Snapshot


Healthy People 2030 vs. Whitman County 2022

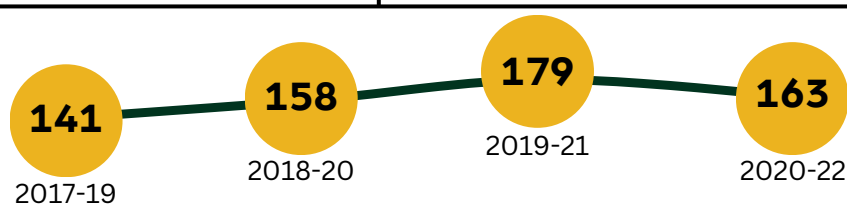
The Health Snapshot presented in this report is a small selection of Leading Health Indicators to show how Whitman County's health compares to Healthy People 2030 targets. Please note that an exact "apples-to-apples" comparison between Whitman County and Healthy People 2030 targets was not always possible. In these cases, we have given "apples-to-oranges" comparisons using data that gives information on a similar measure. We clearly indicated where these "apples-to-oranges" comparisons occur.

All Ages




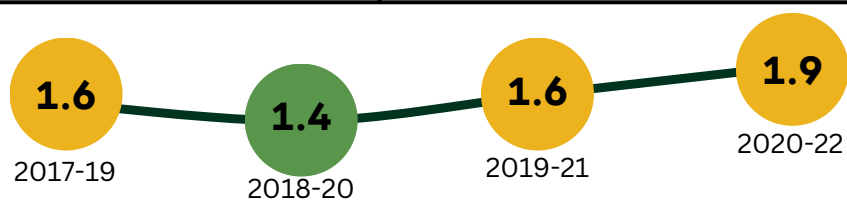


Leading Health Indicator	Healthy People 2030 Measure	Healthy People 2030 Target
Reduce the number of days people are exposed to unhealthy air	Air Quality Index (AQI)-weighted people days	3,866,365,816 or lower
	Whitman County Measure	Adjusted Target
	Mean AQI for days with AQI over 100	127 or lower



Whitman County's Status, Data Source: EPA Air Quality System

	Whitman County Measure	Adjusted Target
	Percent of days with AQI>100	1.4% or lower



Whitman County's Status, Data Source: EPA Air Quality System


Adults and Older Adults


Leading Health Indicator	Healthy People 2030 Measure	Healthy People 2030 Target
Increase proportion of adults who get screened for colorectal cancer	Percent of adults aged 50 to 75 years received a colorectal cancer screening based on the most recent guidelines	74.4% or higher




Whitman County's Status, Data Source: CDC Places

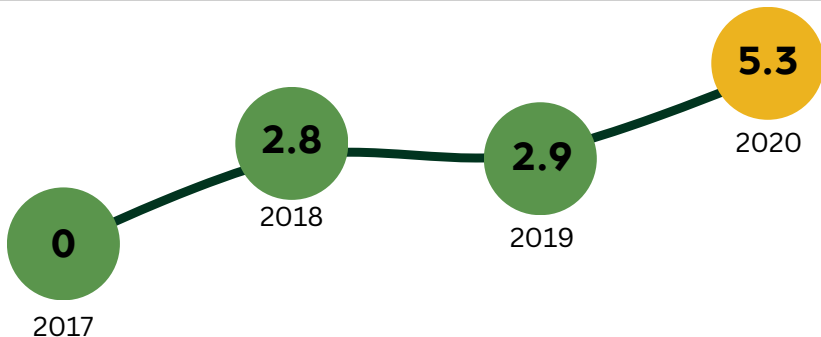
Leading Health Indicator	Healthy People 2030 Measure	Healthy People 2030 Target
Reduce current cigarette smoking in adults	Percent of adults aged 18 years and over were current cigarette smokers	6.1% or lower
<div>16.1</div> <div>2020</div> <p>Whitman County's Status, Data Source: CDC Places</p>		


Leading Health Indicator	Healthy People 2030 Measure	Healthy People 2030 Target
Increase Control of High Blood Pressure	Percent of adults aged 18 years and over with high blood pressure/hypertension had it under control	18.9% or higher
	Whitman County Measure	Adjusted Target
	Estimated prevalence of high blood pressure among adults aged 18 years and older	26.9% or lower
<div> <div>34.6</div> <div>2017</div> </div> <div> <div>30.0</div> <div>2019</div> </div> <p>Whitman County's Status, Data Source: CDC Places</p>		

Leading Health Indicator	Healthy People 2030 Measure	Healthy People 2030 Target
Increase the proportion of adults who do enough aerobic and muscle-strengthening activity	Percent of adults aged 18 years and over met the guidelines for aerobic physical activity and muscle-strengthening activity	29.7% or higher
	Whitman County Measure	Adjusted Target
	Estimated prevalence of adults aged 18 years and older who do no physical activity in their free time	21.8% or lower
<div>19.9</div> <div>2020</div> <p>Whitman County's Status, Data Source: CDC Places</p>		

Leading Health Indicator	Healthy People 2030 Measure	Healthy People 2030 Target
Reduce the number of diabetes cases diagnosed yearly	New cases of diabetes per 1,000 adults aged 18 to 84 years occurred in the past 12 months	4.8 or lower
	Whitman County Measure	Adjusted Target
	Estimated prevalence of diabetes among adults aged 18 years and older	8.5% or lower
<div> <div>9.0</div> <div>2020</div> </div> <p>Whitman County's Status, Data Source: CDC Places</p>		

Infants, Children, and Adolescents

Leading Health Indicator	Healthy People 2030 Measure	Healthy People 2030 Target
Reduce the Rate of Infant Deaths	Infant death per 1,000 live births occurred within the first year of life	5.0 or lower
 <p>Whitman County's Status, Data Source: CHAT Mortality-External Cause module</p>		

Leading Health Indicator	Healthy People 2030 Measure	Healthy People 2030 Target
Reduce current tobacco use in adolescents	Percent of Students in grades 6 through 12 used any tobacco in the past 30 days	11.3% or lower
 <p>Whitman County's Status, Data Source: CHAT Mortality-External Cause module</p>		

Priority Need Data Mental & Behavioral Health

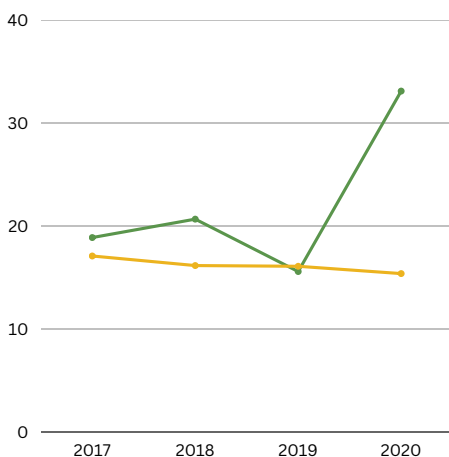
Whitman County residents identified mental and behavioral health as a top community health need, especially in the wake of the COVID-19 pandemic. Interviews, community listening sessions, surveys, and public health data revealed different facets of this need, including:

- Depression, Anxiety, Loneliness, and Suicide
- Alcohol, Prescription, and Illicit Drug Use
- Access to Mental Health Providers

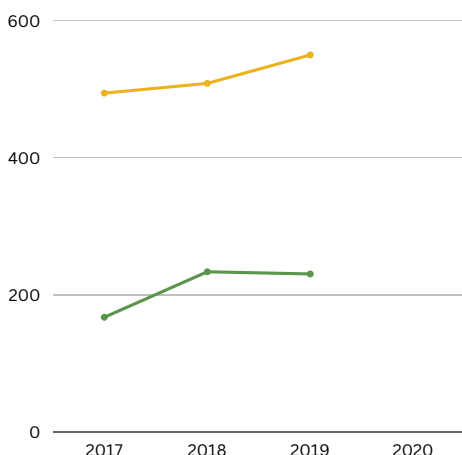
→ **Whitman County**
→ **Washington State**

Depression, Anxiety, Loneliness, & Suicide

Suicides per 100,000 population, CHAT

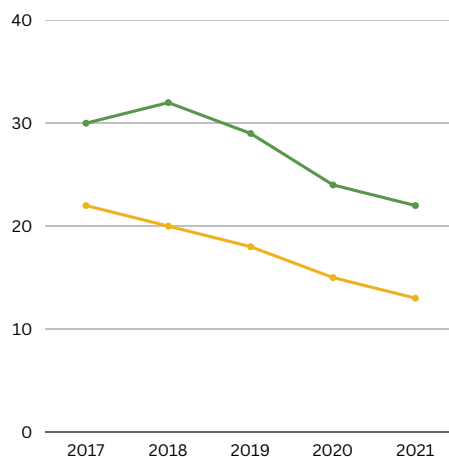


Hospitalizations due to mental and behavioral disorders due to Mental Illness, per 100,000 population, CHARS

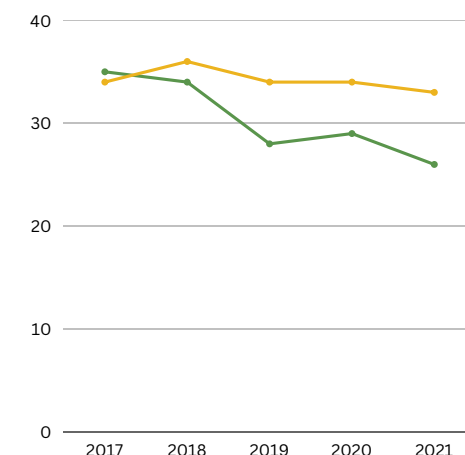


Alcohol, Prescription & Illicit Drug Use

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

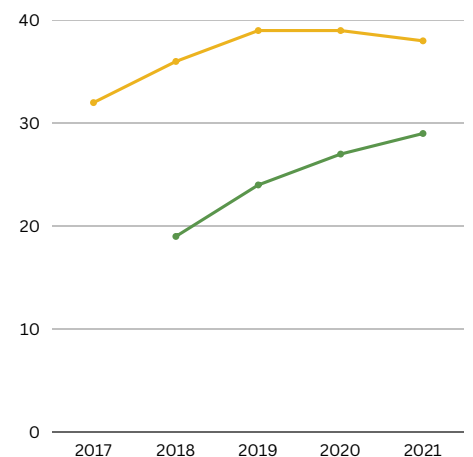


Percentage of Medicaid beneficiaries prescribed chronic opioid therapy greater than or equal to 50mg morphine equivalent dosage, WA HCA

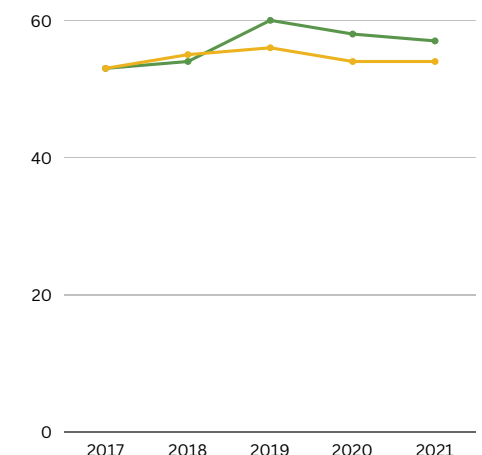


Access to Mental Health Providers

Percentage of people on Medicaid with a substance use disorder who received treatment, WA HCA



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



Spotlight on Community Initiatives

Mental & Behavioral Health

Finding Solutions & Building Stronger Communities

Whitman County Suicide Prevention Task Force

The task force is made up of people across the county representing behavioral health, hospitals and clinics, grocery stores, law enforcement, first responders, churches, and schools. In 2023, priority work will include partnering with local high schools and WSU Extension Farm Response to offer:

- Question, Persuade, Refer (QPR), an evidence-based course that saves lives by teaching people practical steps they can take when someone they know is considering suicide. The task force aims to train farmers and farm families, youth aged 16 and older, and those who work with high schoolers. Over the coming year, the group aims to offer QPR in more schools.
- Hope Squad, a peer-to-peer suicide prevention program for high schoolers. The program reduces youth suicide through education, training, and peer intervention.

Whitman County Recovery Navigator Program

Housed at Palouse River Counseling, this program supports people living with substance use disorders (SUDs) and/or mental health conditions. It is staffed by people in recovery from SUDs and mental health conditions, who understand challenges on the path to recovery. These services are non-judgmental, confidential, and free. Peer navigators can help people access any of the following supports so they can be successful in recovery:

- Financial Assistance (rent, budgeting, electricity bills, water bills)
- Mental Health Counseling
- Food Assistance (food banks, cheap meals, etc.)
- Transportation
- Substance Use Counseling
- Medical Assistance (Medicaid application, finding a primary care physician, etc.)
- Support System Building & Peer Support
- Housing

What's Next from Whitman County Public Health?

In 2023, WCPH will partner with current mental health organizations and/or coalitions to support the work already being done to meet mental health needs in Whitman County.

If your organization is interested in being a partnering with us, please contact communityhealth@whitmancounty.net.

Priority Need Data

Standard of Living

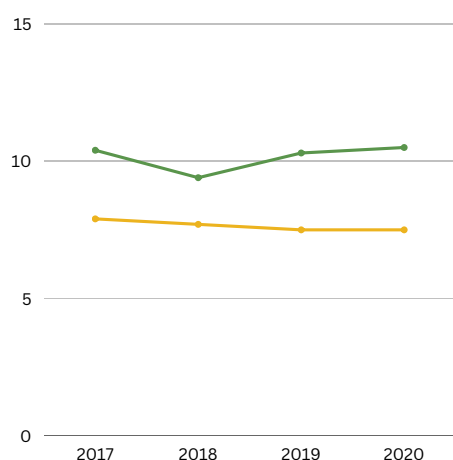
Access to housing, child care, food, and living wage jobs are all social determinants of health that impact how long Whitman County residents live, and the quality of our lives. Poverty rates are higher than state averages in Whitman County, even when we remove data related to the WSU student population. Poverty impacts our ability to access the resources we need for a high quality of life. Whitman County residents identified these top needs related to standard of living:

- Poverty
- Housing
- Child Care
- Access to Resources

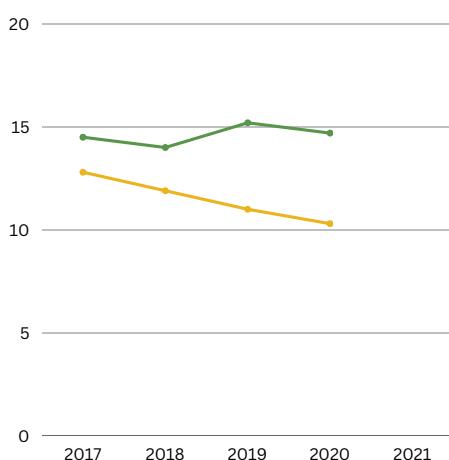
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Poverty

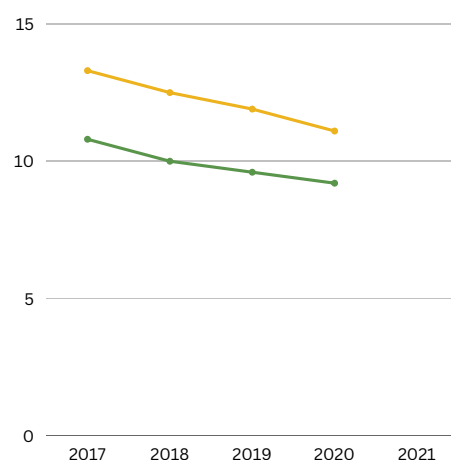
Percentage of older adults (65+) living in poverty, ACS 5-year data



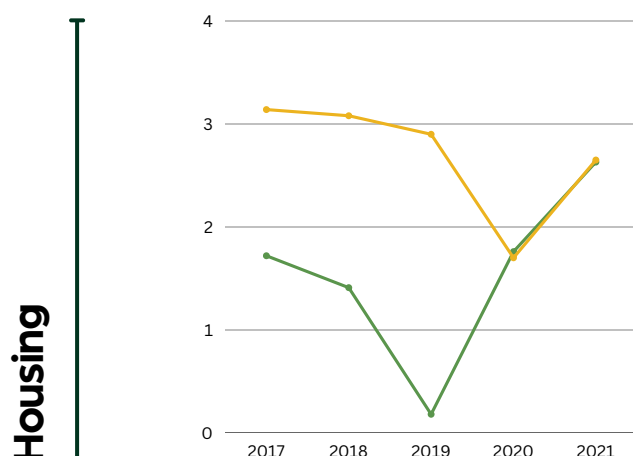
Percentage of families with children under 18 living below poverty level, ACS 5-year data



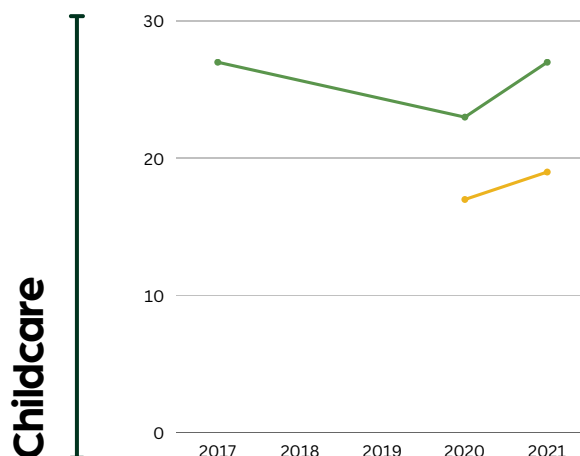
Percentage of households receiving Food Stamps/SNAP in the last 12 months, ACS 5-year data



Proportion of children in public schools who are homeless, OSPI Report Card



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

Finding Solutions & Building Stronger Communities

Pullman Housing Solutions Committee

The Housing Solutions Committee, founded by Pullman Councilmember Megan Guido, brings people from city and county government, housing nonprofits, and real estate agencies together to address Whitman County's severe shortage of housing that is affordable and available.

The group's "Missing Middle Housing" project is identifying policy and procedure changes to remove barriers to housing for low- and middle-income families, starting with simple low hanging fruit. For example, the group is reviewing code structures, permitting processes, and the like so developing middle-income housing becomes attractive and profitable for developers.

The Housing Solutions Committee is also in the early stages of exploring whether to launch a new government entity, Whitman County Housing Authority, to administer housing programs that will help meet need for affordable housing, such as Section 8 housing choice vouchers.

Peace Lutheran Church: Child Care Facility

Peace Lutheran Church is developing a licensed community child care center in 2023 to respond to a critical need for child care in Colfax, especially for families with children aged birth to three. The facility will be located in the basement of Peace Lutheran Church, once it is renovated to make the space useable as a day care center and compliant with state regulations.

The project has seen incredible community support and nearly \$300,000 in grant funding. Whitman County granted \$250,000 to pay for a director, record keeper, and fiscal manager. Washington Department of Commerce contributed \$45,000 to hire a fundraising consultant, continue renovation plans with an architect, and carry out marketing activities.

The church is working with Colfax Chamber of Commerce, Colfax Downtown Association, Whitman County, and Whitman County Hospital. These partners are involved in part because the need for child care impacts businesses' and medical facilities' ability to attract staff.

What's Next from Whitman County Public Health?

In 2023, we will continue improving the access to resources in Whitman County through our newly updated and designed site: palouserresources.org. WCPH will partner with organizations, working to improve standard of living for our community, to identify where resources should go to make a positive impact.

If your organization is interested in being a part of this new work, please contact communityhealth@whitmancounty.net.

Priority Need Data Preventive Care

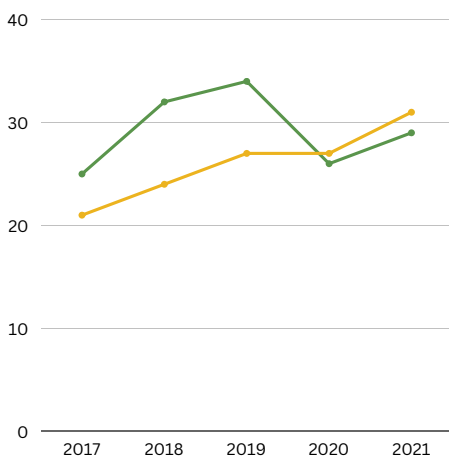
Whitman County residents are less likely than other Washingtonians to get the health care that can prevent illness. Preventive care saves lives. Wellness checkups should be a routine occurrence even if you're not feeling sick. Screenings like mammograms and colonoscopies detect cancer early, so you get proper treatment on time. Early detection can save your life. Data about Whitman County's health status identified preventive care needs related to:

- Routine Checkups
- Cancer Screenings and Treatment
- Childhood Immunizations

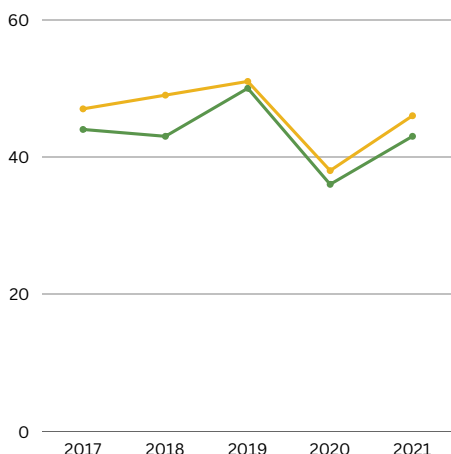
→ **Whitman County**
→ **Washington State**

Routine Checkups

Percentage of Medicare enrollees with an annual wellness visit, CMS

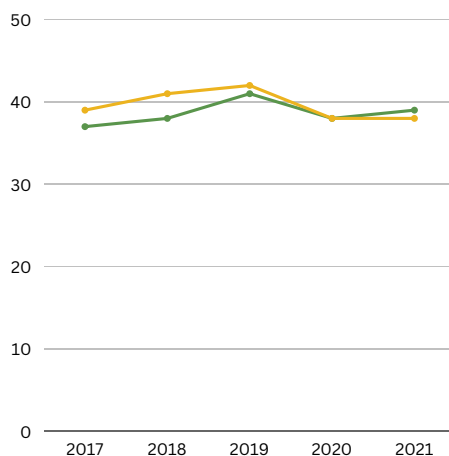


Percentage of Medicaid beneficiaries, 3 – 21 years of age, who had at least one comprehensive well-care visit, WA HCA

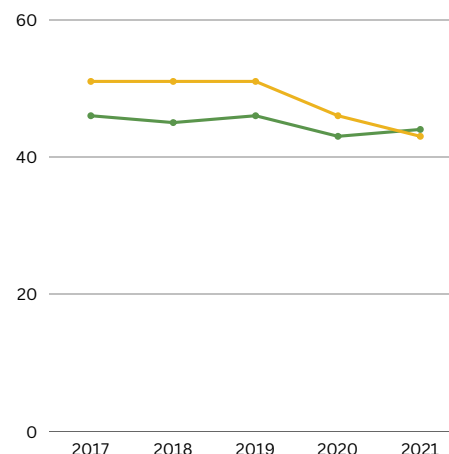


Cancer Screenings & Treatment

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

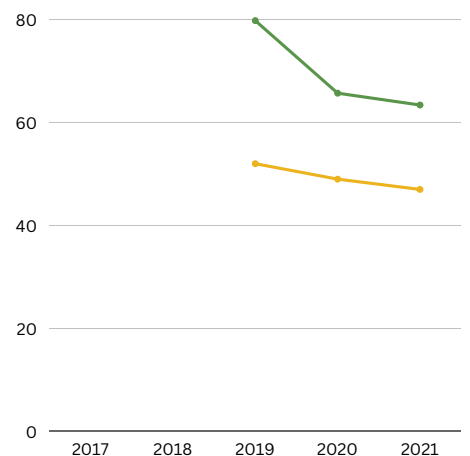


Percentage of female Medicaid beneficiaries, 50–74 years of age who had a mammogram during the measurement year, WA HCA

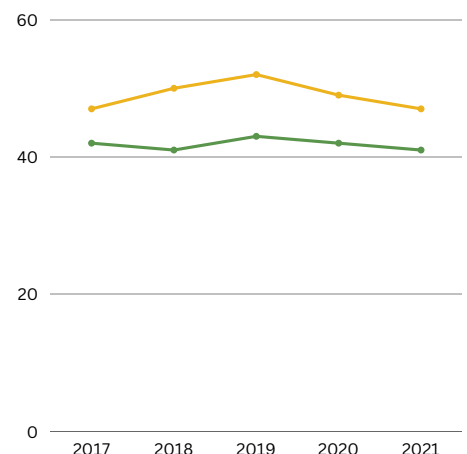


Childhood Immunizations

Vaccination coverage for the 19–35 month milestone vaccinations, WAIS



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



Spotlight on Community Initiatives

Preventive Care

Finding Solutions & Building Stronger Communities

Schweitzer Engineering Labs: Health Clinic

SEL Health Clinic provides holistic, integrated health and wellness services for SEL employees and their families on location at SEL, which means people can see a primary care doctor, receive mental health services, and even get physical therapy treatment for sprains, strains, and other injuries, all at one location.

WCPH: Whitman County Community Clinic & Preventive Care Resources

The Whitman County Community Clinic, with locations in Pullman and Colfax, offers low-cost immunizations for children, adolescents, and adults and is an important safety net for people without insurance. WCPH's public health nurse gets children and teens caught up on immunizations before they enter day care or school. In most cases, childhood immunizations will cost families no more than \$20.

WCPH plays an important role in educating people about the types of screenings they need to catch issues early, how often they should receive screenings, and the age at which these screenings are appropriate. Many people do not speak up and ask about the screenings they need when they are at their routine checkup. To teach people to advocate for their health when they are at the doctor's, WCPH has created two resources: a screening scorecard and preventive care checklist. You can take these tools to your checkup and discuss appropriate screenings with your care provider. Use the QR Code to view the resources now.



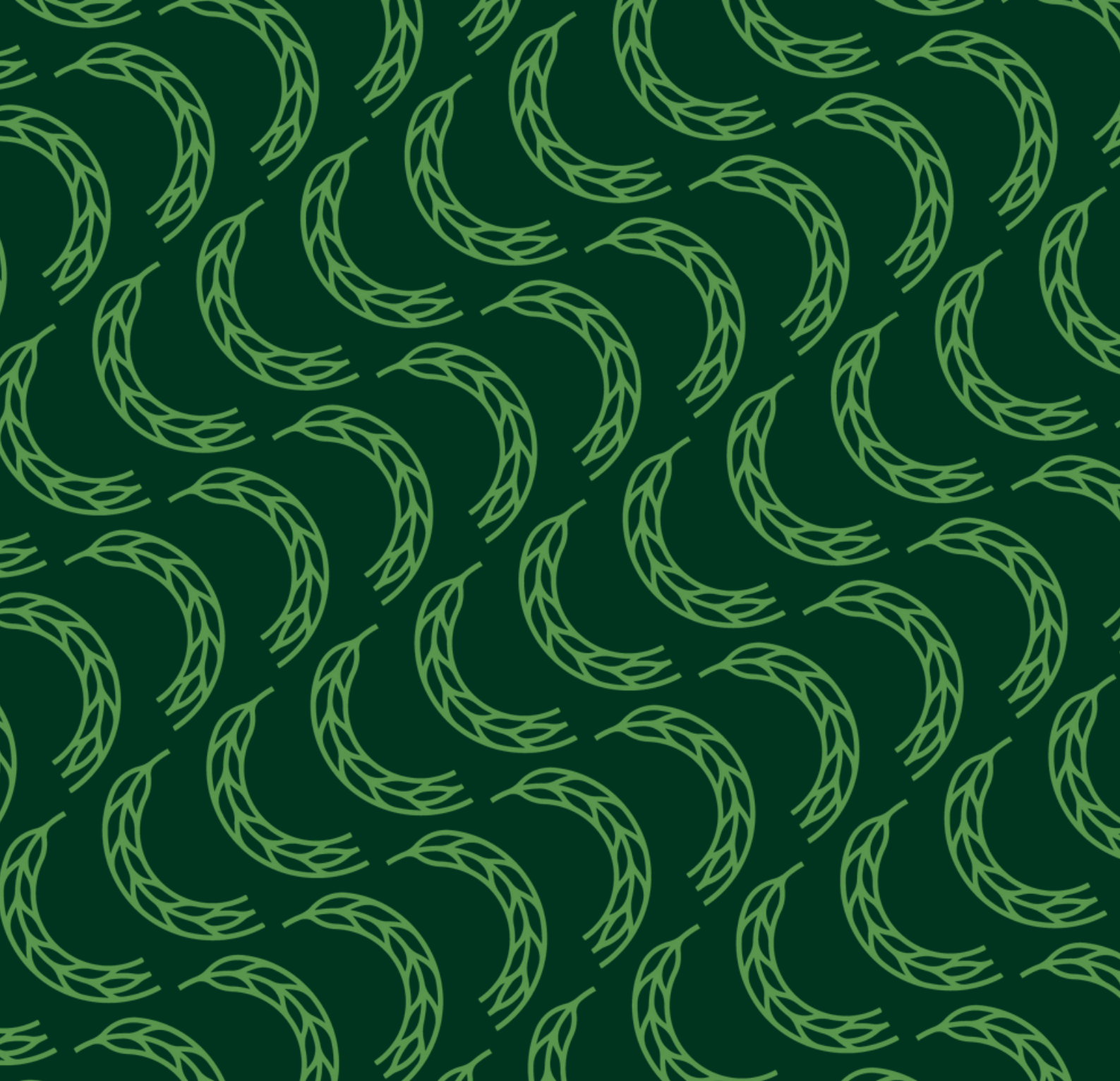
Palouse Medical: Annual Wellness Visits & Screenings

Palouse Medical in Pullman is an Accountable Care Organization (ACO) for Medicare patients. Medicare is a federal insurance program that covers adults aged 65 and older. As an ACO, Palouse Medical offers annual wellness visits, cancer screenings, and mental health screenings to older adults. Palouse Medical also works closely with Kaiser Permanente to close "care gaps" for patients insured by Kaiser who missed cancer screenings and diabetes screenings. Around 30% of the clinic's patients are insured by Kaiser. Clinic staff follow up with these patients to make sure they receive overdue screenings. As part of Coordinated Care, nurses check in monthly with patients who are flagged in mental health and depression screenings so they access care.

What's Next from Whitman County Public Health?

In 2023, WCPH will develop more community resources and programming to support individuals in advocating for their own health, their family's health, and their community's health.

**If your organization is interested in being a part of this new work, please contact
communityhealth@whitmancounty.net.**



Whitman County PUBLIC HEALTH

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