



“There is a shortage of mental health care professionals in this community with waits to almost 2 months to schedule an appointment; this is clearly unacceptable.” – CVS 2019

“I believe mental health is also an issue. Your previous question asked where to go if you have anxiety or depression. I have no idea where anyone would go for this condition. Hopefully more information can be decimated to the public on places to go.” – CVS 2019

“Low paying positions in the behavioral health field result in high turnover and difficulty attracting effective professionals.” – CVS 2019

(1) Source: CARES Engagement Network; Data Source: University of Wisconsin Population Health Institute, County Health Rankings. 2017.

(2) County Health Rankings & Roadmaps, 2018.

# Access to Behavioral Health

Access to mental health was chosen as one of the four community health needs in the **2013** and **2016 CHNA**.

“**Mental health problems**” was identified as the **#1** most important health problem that impacts the community in the 2019 Community Voice Survey.

- **40.58%** (N=2,033) of respondents identified mental health problems as a top health problem
- **13.58%** (N=678) of respondents were not sure where to go for help if they or someone had a mental health problem

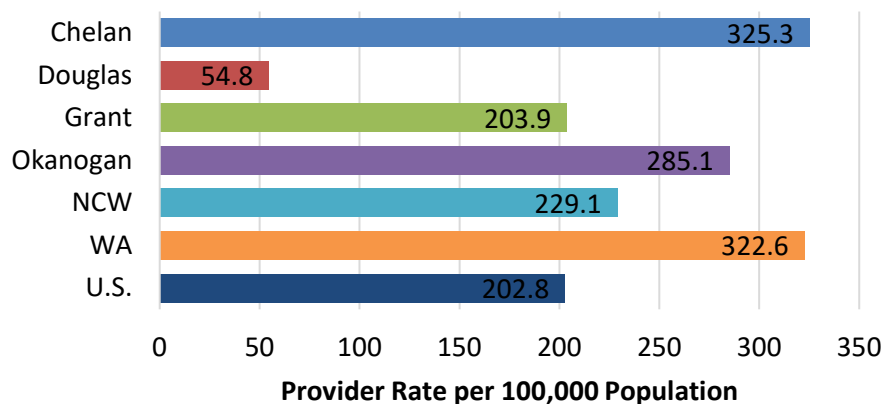
Access to behavioral health was identified as a **weakness** in the focus groups. Improved access to behavioral health was identified as an **opportunity** in the focus groups.

Behavioral health was a **top priority** and **top need** identified in several other assessments performed in the region over the past three years.

Barriers to accessing behavioral health can be broken down into the following subgroups:

- Insufficient number of providers
- Lack of awareness of and how to access behavioral health resources

## Mental Health Care Provider Rate, 2017 <sup>1</sup>



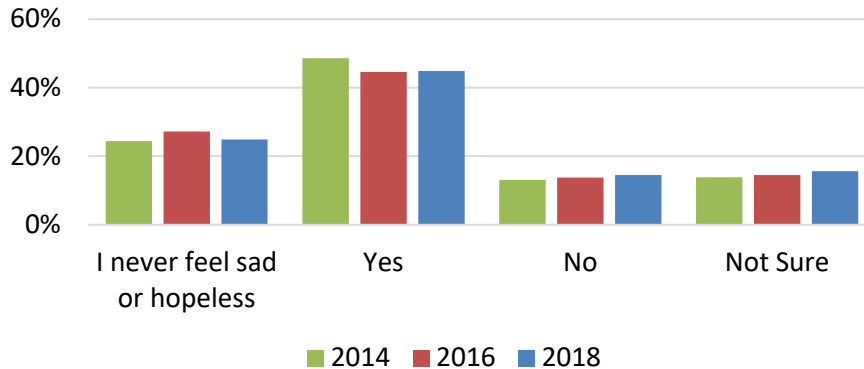
## Number of Mental Health Providers, 2018 <sup>2</sup>

Chelan	249
Douglas	23
Grant	194
Okanogan	119

# Access to Behavioral Health



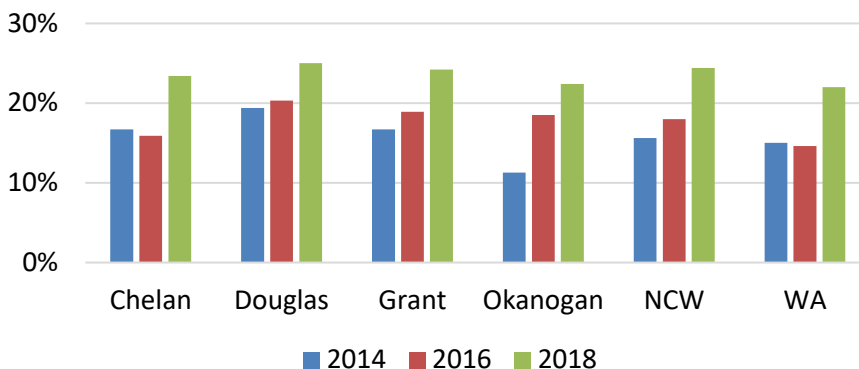
**Percent of NCW 8th Grade Student Responses to the Question "When you feel sad or hopeless, are there adults that you can turn to for help?"<sup>1</sup>**



"Need to acknowledge mental illness and need for treatment, aware of many times when someone goes to ER for suicidal actions/plans and are just sent away." – CVS 2019

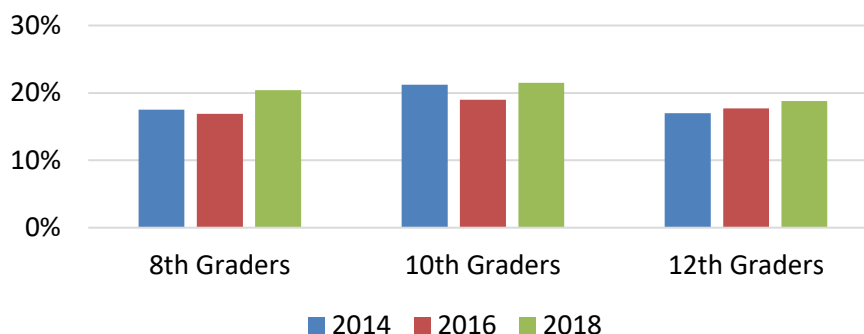
"Mental health is lacking at all levels." – CVS 2019

**Percent of 6th Grade Students Who Answered Yes to the Question "Have you ever seriously thought about killing yourself?"<sup>2</sup>**



"This community needs to come together. Not just as citizens, but clinics need to work TOGETHER ... There is limited access to therapist, so the wait lists are outrageous. The schools need training on mental health, not just the counseling office-the entire staff. Come together as. Community to teach our population, youth and adults alike, about mental health ..." – CVS 2019

**Percent of NCW 8th, 10th, 12th Grade Students Who Answered Yes to the Question "During the past 12 months, did you ever seriously consider attempting suicide?"<sup>3</sup>**



"We are in desperate need for more mental health providers." – CVS 2019

(1) Data Source: Washington State Healthy Youth Survey, 2014-2018.

(2) Data Source: Washington State Healthy Youth Survey, 2014-2018.

(3) Data Source: Washington State Healthy Youth Survey, 2014-2018.



“Access to medical services requires long distances of traveling creating significant barriers for many community members.” – CVS 2019

“The cost of healthcare has become UNAFFORDABLE. So many people can't afford to be seen by a doctor and equally worse, can NOT afford any prescriptions needed to be well.” – CVS 2019

“A lot of people do not go to the doctor because we do not have money to pay.” – CVS 2019

(1) Data Source: Washington Tracking Network, Washington Department of Health. Web. Adults with Unmet Medical Needs. Data obtained from the Behavioral Risk Factor Surveillance System (BRFSS) through the Community Health Assessment Tool (CHAT).

(2) Source: CARES Engagement Network; Data Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates.

## Access to Care

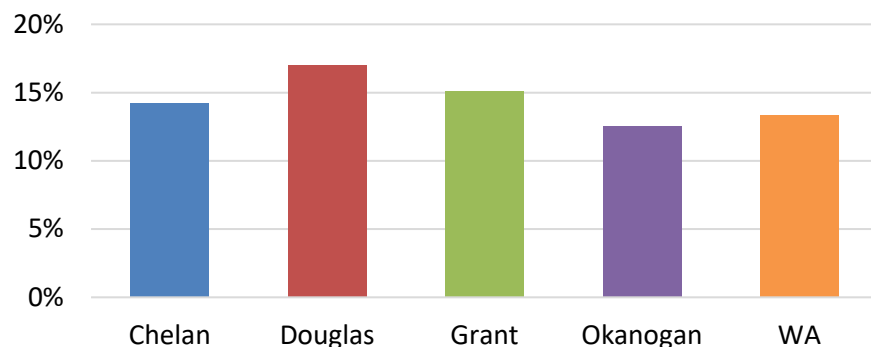
Access to care was chosen as one of the four community health needs in the **2013** and **2016 CHNA**.

Improved access to care was identified as an **opportunity** in the focus groups. Shortage of professionals, including medical providers and healthcare staff, was identified as a **threat** in the focus groups.

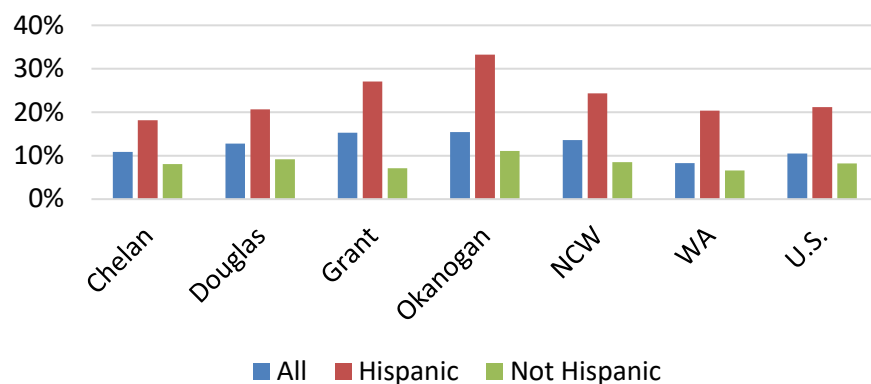
Barriers to accessing care can be broken down into the following subgroups:

- Distance to clinics and hospitals – traveling long distances to appointments and urgent or emergency medical needs
- High cost of healthcare
- Insurance challenges – high rate of those without insurance, and lack of providers (especially dentists) who accept Medicare/Medicaid
- Insufficient number of providers – primary care, dental, and specialists (e.g. dermatologists, fertility and pediatric specialists)

**Percent of Adults Who Reported Being Unable to Obtain Medical Services Due to Costs, 2012-2016<sub>1</sub>**

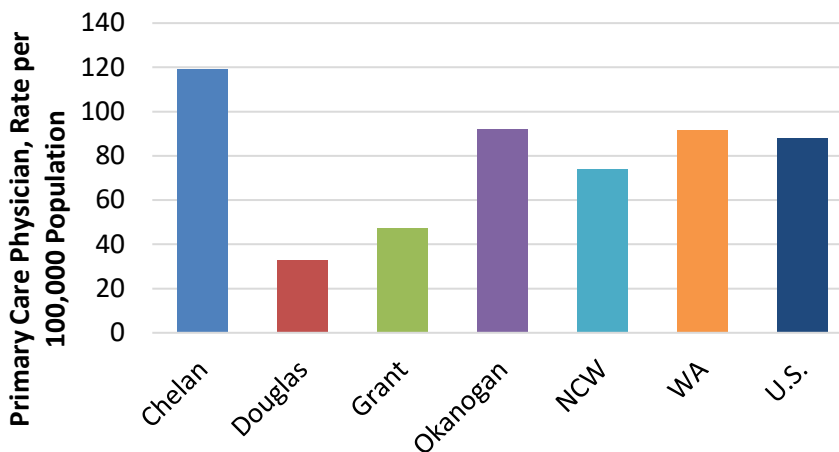


**Percent of Population Uninsured, 2013-2017<sub>2</sub>**

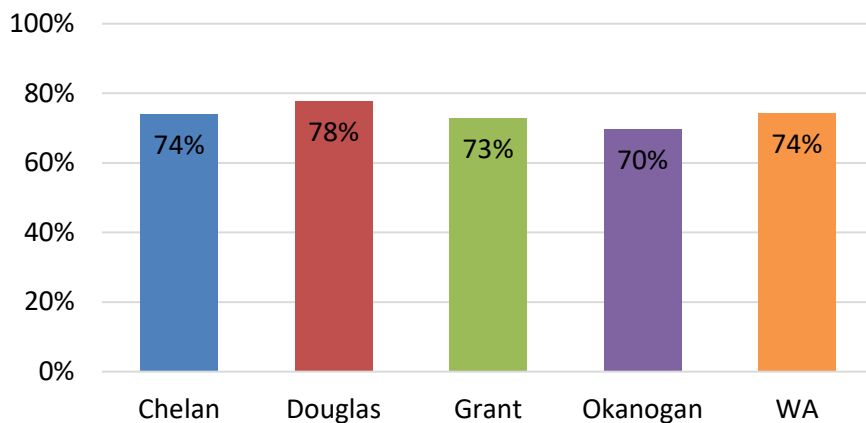


# Access to Care

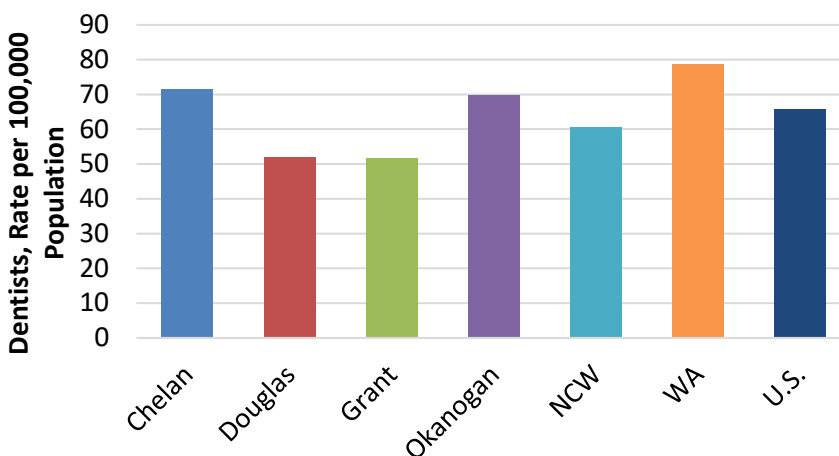
Primary Care Physician Rate, 2014 <sup>1</sup>



Percent of Adults Who Report Having a Personal Health Care Provider, 2012-2016 <sup>2</sup>



Access to Dentists, 2015 <sup>3</sup>



Number of Primary Care Physicians, 2016 <sup>4</sup>

Chelan	89
Douglas	9
Grant	43
Okanogan	34

60% of NCW adults reported visiting a dentist in the past year, 2012-2016 <sup>5</sup>

Number of Dentists, 2017 <sup>6</sup>

Chelan	58
Douglas	21
Grant	49
Okanogan	28

“Long wait times to see some of the specialists, etc. in the community - need to get more quality medical personnel - how can we lure them?”  
– CVS 2019

“Access to health care is terrible. Call for an appointment and if you are a new patient, the wait is up to 8 mos. unconscionable.” – CVS 2019

(1) Source: CARES Engagement Network; Data Source: US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File 2014.

(2) Data Source: Washington Tracking Network, Washington Department of Health. Web. Data obtained from the Behavioral Risk Factor Surveillance System (BRFSS) through the Community Health Assessment Tool (CHAT).

(3) Source: CARES Engagement Network; Data Source: US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File 2015.

(4) Source: County Health Rankings & Roadmaps, 2019; Data Source: Area Resource File/American Medical Association, 2016.

(5) Data Source: BRFSS 2012-2017. Washington State Department of Health, Center for Health Statistics, CHAT.

(6) Source: County Health Rankings & Roadmaps, 2019. Data Source: Area Resource



“The costs of living in this valley will force residents to choose between housing and taking care of their other basic needs.” – CVS 2019

“Wages are too low for the area. cost of housing is so high. makes it difficult to eat healthy and find time to exercise if you're working 2 jobs just to get by.” – CVS 2019

#### Percentage of Cost Burdened Households, 2013-2017<sup>1</sup> (Over 30% of Income)

Chelan	28%
Douglas	26%
Grant	24%
Okanogan	25%

“Too many near homeless, couch surfers and multi-generational homes. Definitely a housing shortage.” – CVS 2019

“Affordable housing is a major concern. Locals can’t afford to live here sometimes.” – CVS 2019

(1) Source: CARES Engagement Network;  
Data Source: U.S. Census Bureau, American Community Survey, 2013-2017.

(2) Source: Center for Housing Policy, The Impact of Affordable Housing on Health: A Research Study, 2015.

(3) Source: Healthy People 2020, Social Determinants of Health, 2019.

(4) Data Source: University of Washington, Runstad Department of Real Estate, Washington State Housing Market, 2013-2018.

(5) Source: CARES Engagement Network;  
Data Source: US Census Bureau, American Community Survey, 2013-2017.

# Affordable Housing

“Affordable housing” was identified as the **#1** most important factor that will improve the quality of life in the community in the 2019 Community Voice Survey.

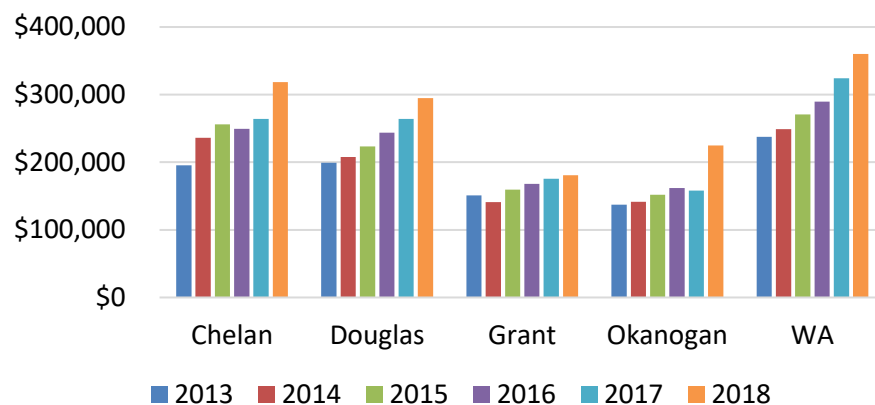
- **51.04%** (N=2,557) identified affordable housing as a top factor to improve quality of life

Lack of affordable housing was identified as a **weakness** in the focus groups. Affordable housing was identified as an **opportunity** in the focus groups.

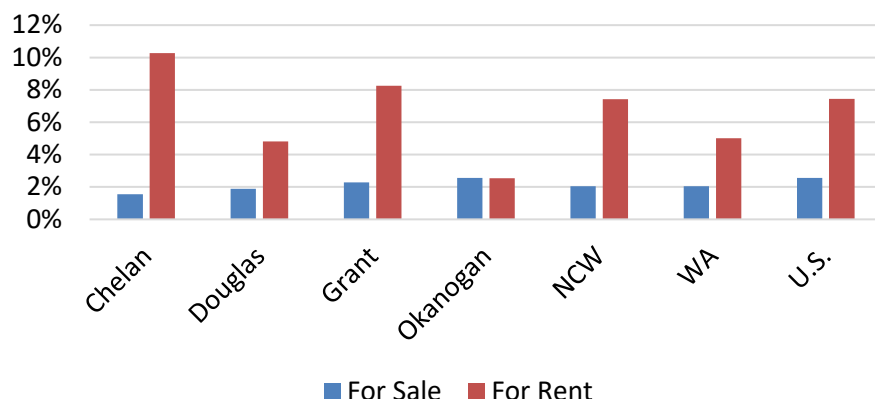
Housing was a **top need** identified in several other assessments performed in the region over the past three years.

Affordable housing affects health as greater residential stability can reduce stress and related adverse health outcomes.<sup>2</sup> Housing stability and quality of housing are key issues that influence the health of the community.<sup>3</sup>

#### Median Resale Price, 2013-2018<sup>4</sup>



#### Vacant Housing Units, 2013-2017<sup>5</sup>



# Chronic Disease

Chronic disease prevention was chosen as one of the four community health needs in the **2013 CHNA**.

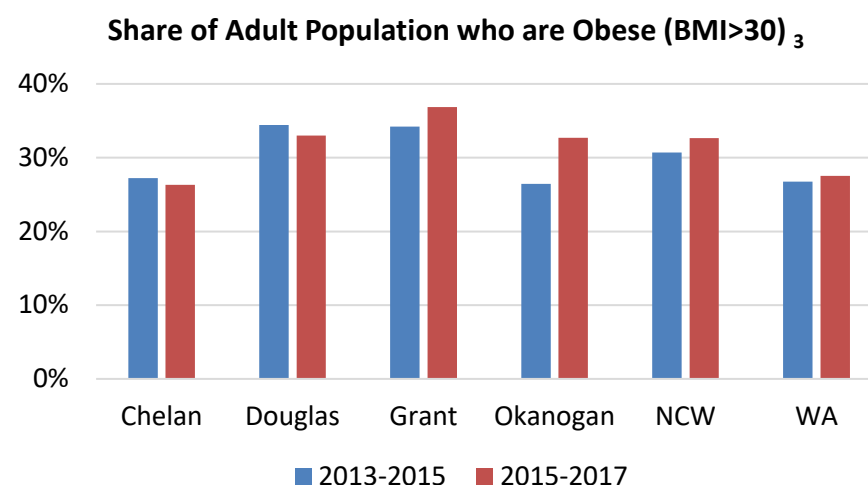
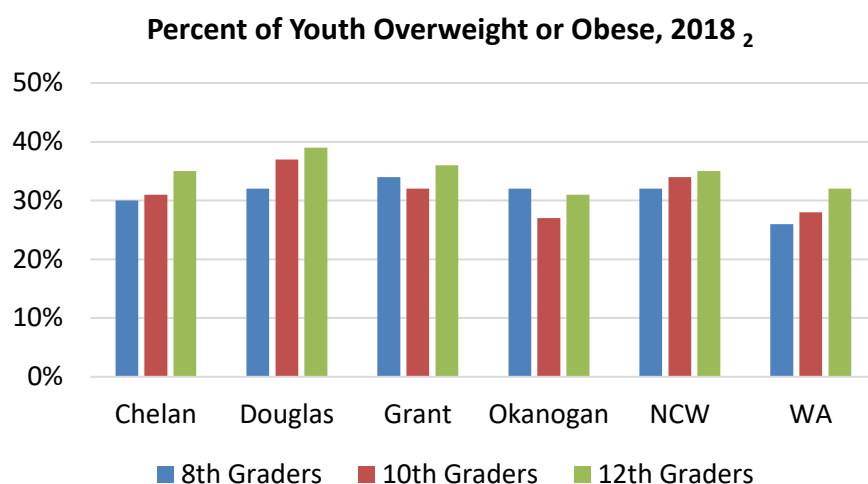
Obesity was chosen as one of the four community health needs in the **2016 CHNA**.

**“Overweight/obesity”** was identified as the **#2** most important health problem that impacts the community in the 2019 Community Voice Survey.

- **39.76%** (N=1,992) of respondents identified overweight/obesity as a top health problem

Chronic diseases have significant health and economic costs.<sup>1</sup>

## Obesity



**“Obesity is a real problem.” – CVS 2019**

Percent of NCW Youth Overweight or Obese, 2018 <sub>2</sub>	
8 <sup>th</sup> Graders	32%
10 <sup>th</sup> Graders	34%
12 <sup>th</sup> Graders	35%

**“High percentage of children who are overweight or obese.” – CVS 2019**

Share of Adult Population who are Obese (BMI>30), 2015-17 <sub>3</sub>	
Chelan	26%
Douglas	33%
Grant	37%
Okanogan	33%
NCW	33%
WA	28%

(1) Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health, Health and Economic Costs of Chronic Disease, 2019.

(2) Data Source: Washington State Healthy Youth Survey, 2018.

(3) Data Source: Behavioral Risk Factor Surveillance System (BRFSS) 2012-2017. Washington State Department of Health, Center for Health Statistics, Community Health Assessment Tool (CHAT).



“...we have very overweight populations, and this is leading to increased diabetes and other issues.” – CVS 2019

“Major cardiovascular diseases” is the leading cause of death in NCW, 2013-2017 <sup>4</sup>

(1) Source: CARES Engagement Network;  
Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 2015.

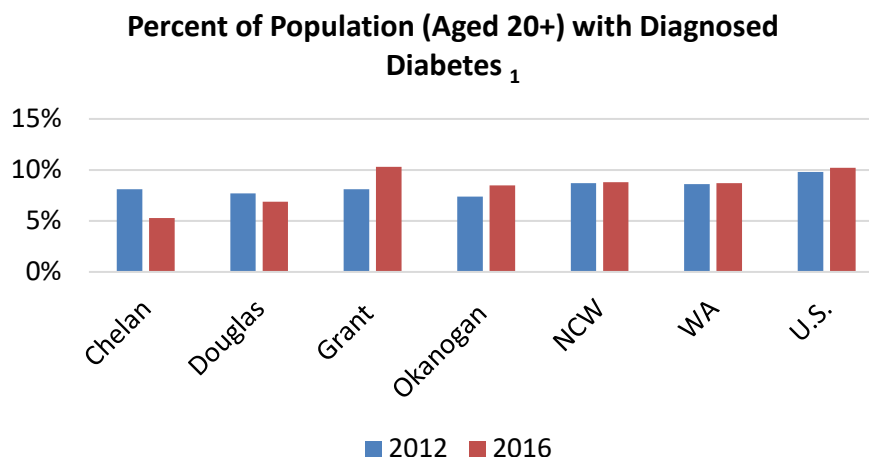
(2) Data Source: Washington State Department of Health, Community Health Assessment Tool, 2013-2017.

(3) Source: CARES Engagement Network;  
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2013-17.

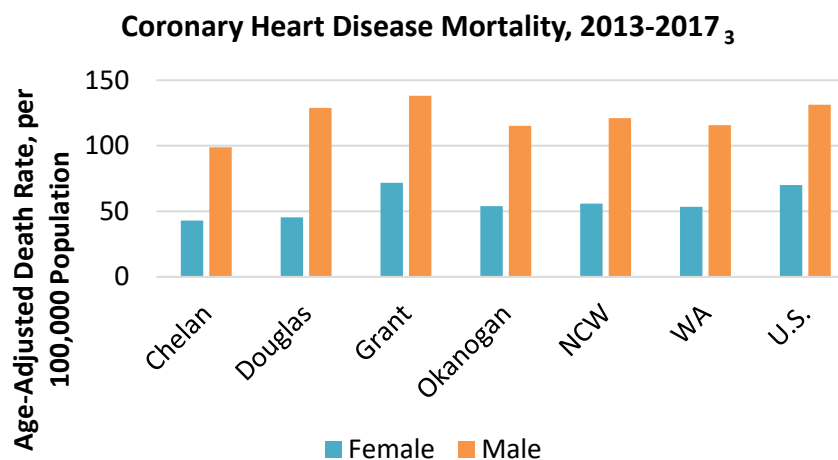
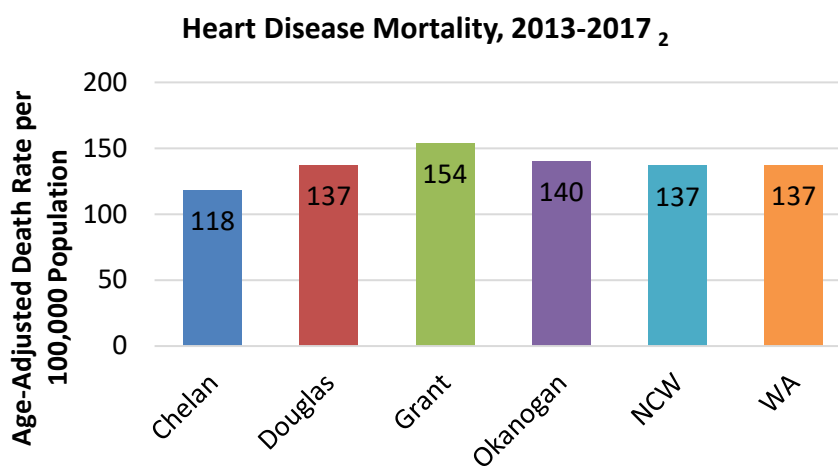
(4) Data Source: Washington State Department of Health, Community Health Assessment Tool, 2013-2017.

# Chronic Disease

## Diabetes



## Heart Disease



# Diet/Nutrition

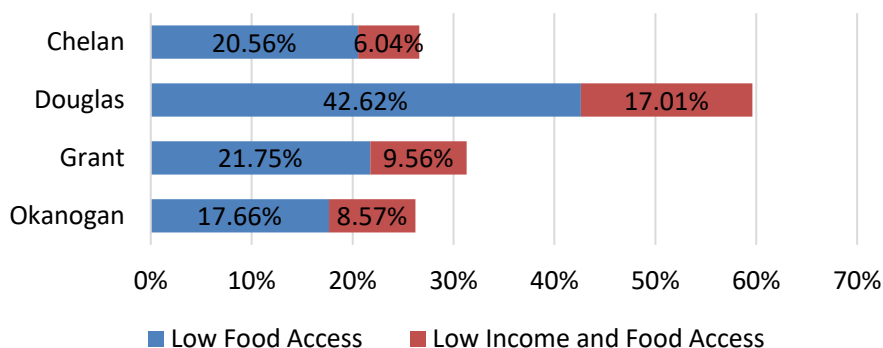
**“Poor eating habits”** was identified as the **#3** most important unhealthy behaviors seen in the community in the 2019 Community Voice Survey.

- **40.62%** (N=2,035) of respondents identified poor eating habits as a top unhealthy behavior

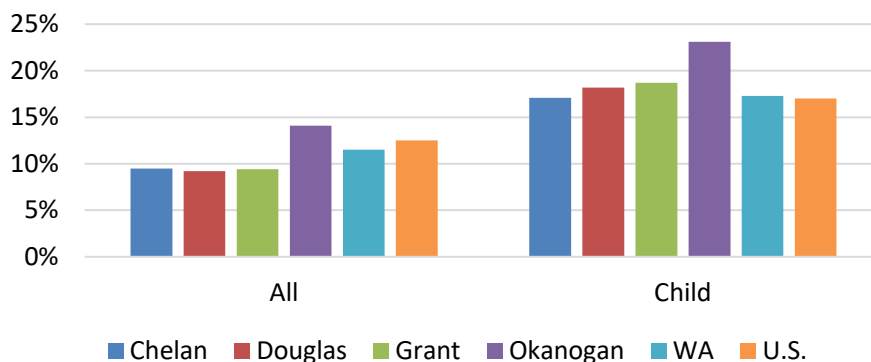
Diet and nutrition affect health as unhealthy eating habits is a factor for obesity and may lead to other health problems (e.g. high blood pressure, diabetes, etc.).<sup>2</sup> Food insecurity and access to food that supports healthy eating habits are key issues that influence the health of the community.<sup>3</sup>

Neighborhoods with in Food Desert Census Tracts, 2015 <sup>4</sup>	
Chelan	43%
Douglas	75%
Grant	63%
Okanogan	40%
NCW	54%
WA	42%

Low Food Access, 2015 <sup>5</sup>



Food Insecurity Rate, 2017 <sup>6</sup>



33% of NCW adults reported consuming less than 1 fruit per day, 2013 & 2015 <sup>1</sup>

16% of NCW adults reported consuming less than 1 vegetable per day, 2013 & 2015 <sup>1</sup>

“Diet is a real problem in our community. We need the doctors to recommend a healthier life style.” – CVS 2019

“... I feel that lack of adequate nutrition available to all is a crisis that affects all aspects of health.” – CVS 2019

“Not enough money to buy healthy foods.” – CVS 2019

(1) Data Source: Behavioral Risk Factor Surveillance System (BRFSS) 2012-2017. Washington State Department of Health, Center for Health Statistics, Community Health Assessment Tool (CHAT).

(2) Source: U.S Department of Health & Human Services, President’s Council on Sports, Fitness, & Nutrition, Importance of Good Nutrition, 2017.

(3) Source: Healthy People 2020, Social Determinants of Health, 2019.

(4) Source: CARES Engagement Network; Data Source: US Department of Agriculture, Economic Research Service, USDA - Food Access Research Atlas. 2015.

(5) Data Source: US Department of Agriculture, Economic Research Service, Food Environment Atlas, 2015.

(6) Source: CARES Engagement Network; Data Source: Feeding America, 2017.





# Education

Education was chosen as one of the four community health needs in the **2016 CHNA**.

Limited education levels and literacy, which includes health literacy, was identified as a **weakness** in the focus groups.

Education affects health as it can create opportunities for better health (e.g. better jobs, higher earnings, and resources for good health).<sup>2</sup> High school graduation rates, language, literacy, and health literacy are key issues that influence the health of the community.<sup>3</sup>

## Percentage of 4<sup>th</sup> Grade Students Scoring 'Not Proficient' or Worse, 2016-17 <sup>1</sup>

Chelan	51%
Douglas	50%
Grant	64%
Okanogan	59%
NCW	58%
WA	44%
U.S.	46%

"Lack of public education about healthcare is a major problem in our community." – CVS 2019

"I feel there's an extreme need for added/improved health education in schools and public venues." – CVS 2019

"I think it is important that when there are events that someone can explain the information short and simple." – CVS 2019

(1) Source: CARES Engagement Network; Data Source: U.S. Department of Education, ED Facts. Accessed via DATA.GOV 2016-17.

(2) Source: Virginia Commonwealth University, Center on Society and Health, *Why Education Matters to Health, Exploring the Causes*, 2019.

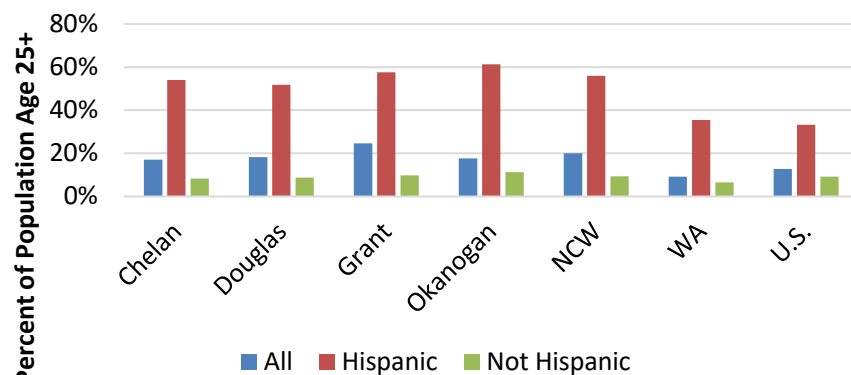
(3) Source: Healthy People 2020, *Social Determinants of Health*, 2019.

(4) Source: CARES Engagement Network; Data Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates.

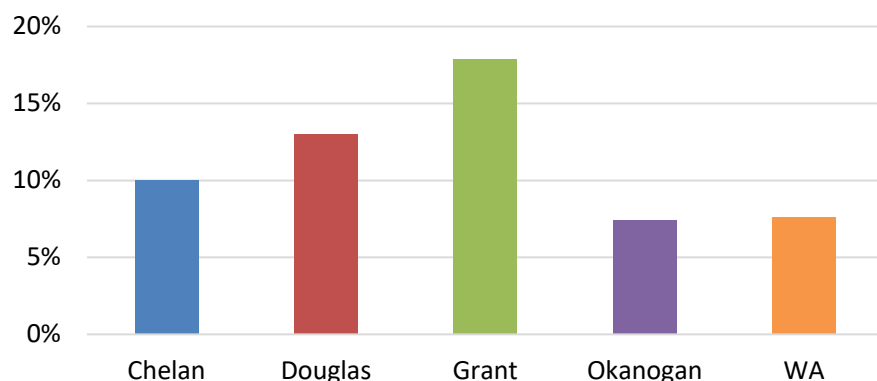
(5) Data Source: Washington Tracking Network, Washington State Department of Health. Web. "Population Age 5+ Speaking English Less than Very Well". Data obtained from US Census American Community Survey, 2017.

(6) Data Source: Washington Tracking Network, Washington State Department of Health. Web. "Limited Language Proficiency". Data obtained from Washington State Office of Financial Management. Published September 2017.

## Percent of Population with No High School Diploma, 2013-2017 <sup>4</sup>



## Population Age 5+ Speaking English Less than Very Well, 2012-2016 <sup>5</sup>



## Limited English Proficiency (LEP), 2016 <sup>6</sup> (Percentage Extrapolated from Student Data)

Chelan	25%
Douglas	25%
Grant	34%
Okanogan	14%
WA	9%

# Employment

**“Good jobs”** was identified as the **#2** most important factor that will improve the quality of life in the community in the 2019 Community Voice Survey.

- **37.11%** (N=1,859) identified good jobs as a top factor to improve quality of life

Employment affects health as good paying jobs makes it easier to live in a healthier neighborhood, secure children care, and buy more nutritious foods.<sup>2</sup> Employment is a key issue that influence the health of the community by leading to economic stability.<sup>3</sup>



## Unemployment Rate, 2017 <sup>1</sup>

<b>Chelan</b>	4.8%
<b>Douglas</b>	5.7%
<b>Grant</b>	6.3%
<b>Okanogan</b>	6.8%
<b>NCW</b>	5.8%
<b>WA</b>	4.7%
<b>U.S.</b>	4.4%

“People need better paying jobs.”  
– CVS 2019

“We would be a healthier community if there were good jobs that paid good wages, so people didn’t have to work 2 or 3 jobs just to exist here.” – CVS 2019

“High cost of living with not a lot of job options causes unhealthiness.” – CVS 2019

(1) Source: CARES Engagement Network;  
Data Source: US Department of Labor, Bureau of Labor Statistics. 2019.

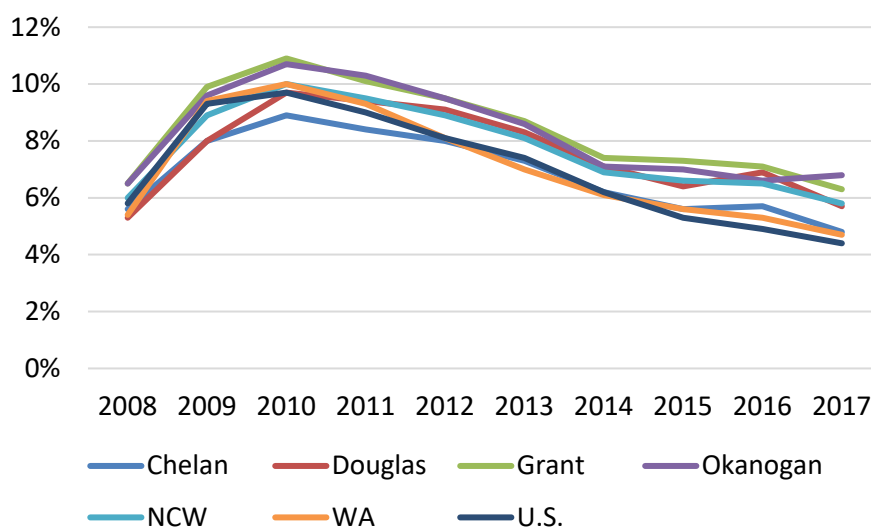
(2) Source: Robert Wood Johnson Foundation, How Does Employment, or Unemployment, Affect Health? 2013.

(3) Source: Healthy People 2020, Social Determinants of Health, 2019.

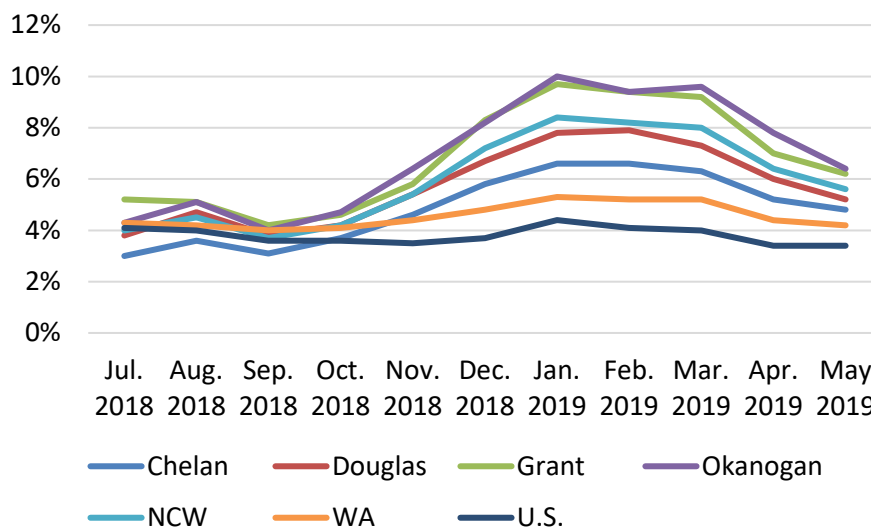
(4) Source: CARES Engagement Network;  
Data Source: US Department of Labor, Bureau of Labor Statistics. 2019.

(5) Source: CARES Engagement Network;  
Data Source: US Department of Labor, Bureau of Labor Statistics. 2019.

## Unemployment Rate, 2008-2017 <sup>4</sup>



## Unemployment Rate, July 2018 - May 2019 <sup>5</sup>





"There is a lot of attention on opioid addiction now and it is a problem, but we have a huge substance abuse problem that includes alcohol and other drugs."

– CVS 2019

#### Count of Facilities Providing Substance Use Treatment, 2019<sub>1</sub>

Chelan	6
Douglas	0
Grant	1
Okanogan	1

"... has a drug problem that is highly underreported. Need greater access to mental health facilities and rehab centers for drug/alcohol abuse that are minimal to no cost." – CVS 2019

(1) Source: U.S. Department of Health & Human Services, Substance Abuse and Mental Health Service Administration, Treatment Finder, 2019.

(2) Data Source: Washington Tracking Network, Washington Department of Health. Web. "All Drug Overdose". Data obtained from the Department of Health's Injury Program.

(3) Source: County Health Rankings & Roadmaps, 2019; Data Source: Fatality Analysis Reporting System, 2013-17.

## Substance Use

"**Opioids**" was identified as the **#3** most important health problem that impacts the community in the 2019 Community Voice Survey.

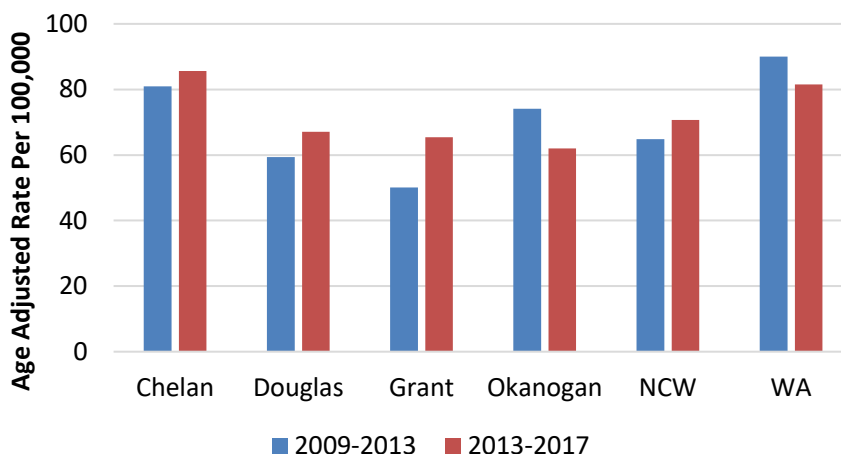
- **32.42%** (N=1,624) of respondents identified opioids as a top health problem

"**Drug abuse**" was identified as the **#1** and "**alcohol abuse**" was identified as the **#2** most important unhealthy behaviors seen in the community in the 2019 Community Voice Survey.

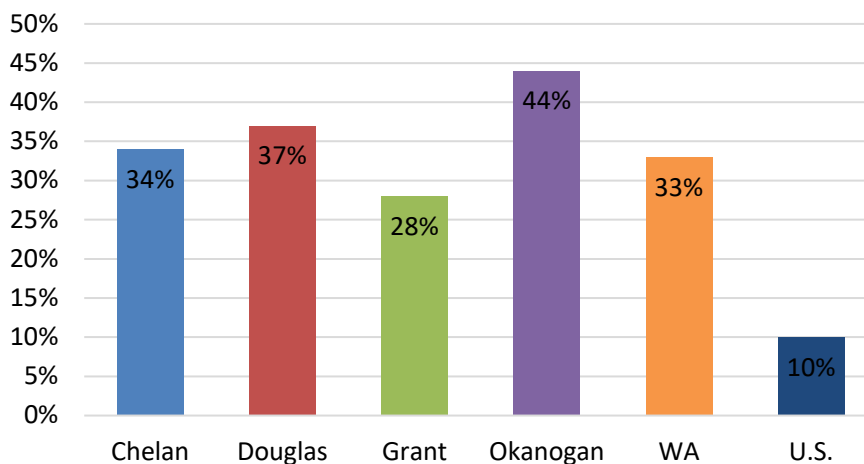
- **59.76%** (N=2,994) of respondents identified drug abuse as a top unhealthy behavior
- **45.75%** (N=2,292) of respondents identified alcohol abuse as a top unhealthy behavior

Substance use was identified as a **threat** in the focus groups.

#### Hospitalizations Due to Any Drug Overdose<sub>2</sub>

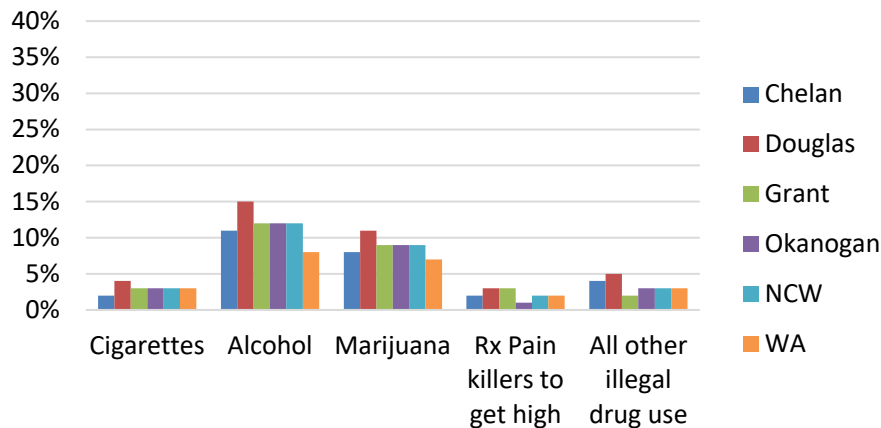


#### Alcohol-Impaired Driving Deaths, 2013-17<sub>3</sub>

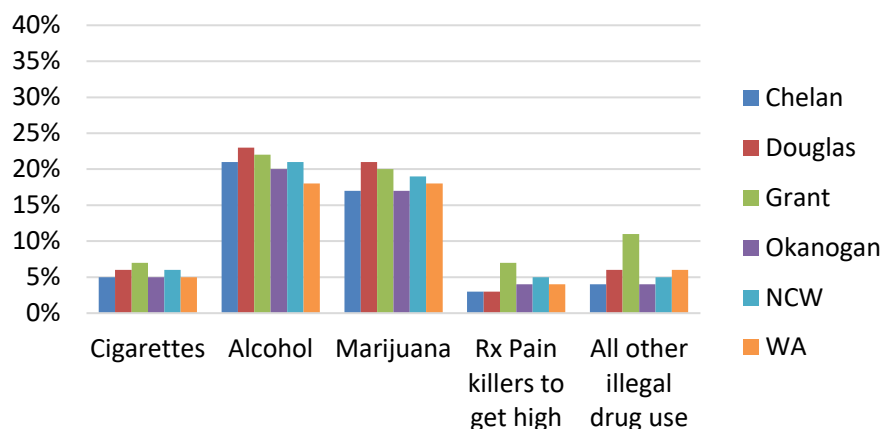


# Substance Use

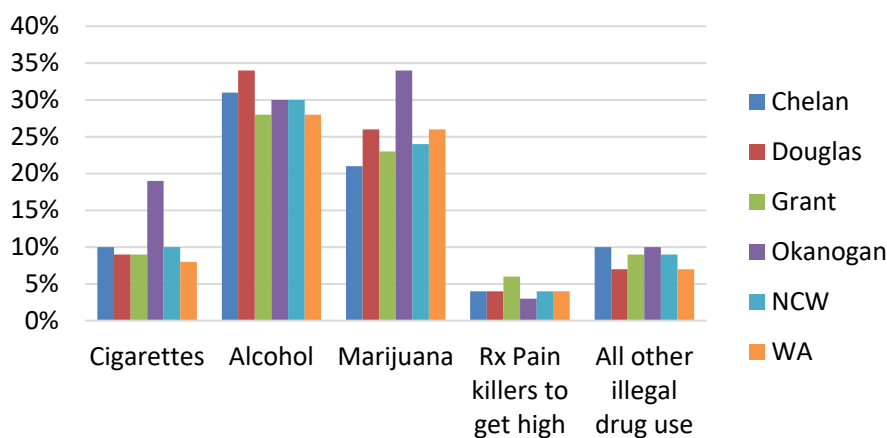
**Current (Past-30-Days) Substance Use Among 8th Graders, 2018<sub>1</sub>**



**Current (Past-30-Days) Substance Use Among 10th Graders, 2018<sub>2</sub>**



**Current (Past-30-Days) Substance Use Among 12th Graders, 2018<sub>3</sub>**



“Our schools are being overrun with Vaping and recreational drugs.” – CVS 2019

“We have to work hard on our drug and alcohol problem before it becomes like it is in Seattle.” – CVS 2019

“Until we fix the drug abuse problems, we cannot fix our homeless population crisis which in turn cannot fix our mental health crisis amongst our community and other communities as well.” – CVS 2019

(1) Data Source: Washington State Healthy Youth Survey, 2018.

(2) Data Source: Washington State Healthy Youth Survey, 2018.

(3) Data Source: Washington State Healthy Youth Survey, 2018.



\* 15 – 19 years old

Number of Teen\* Births, 2017 <sup>1</sup>

Chelan	54
Douglas	30
Grant	125
Okanogan	35

“We need a heavier focus on sexual health. This is an important part of prevention of preventable disease and infections that will improve the overall health of our region. Our unintended teen pregnancy rate is also higher than the state's.” – CVS 2019

(1) Data Source: Washington State Department of Health, Center for Health Statistics Birth Certificate Data, 1990–2017, Community Health Assessment Tool (CHAT), November 2018.

(2) Data Source: Washington State Department of Health, Center for Health Statistics Birth Certificate Data, 1990–2017, CHAT, November 2018.

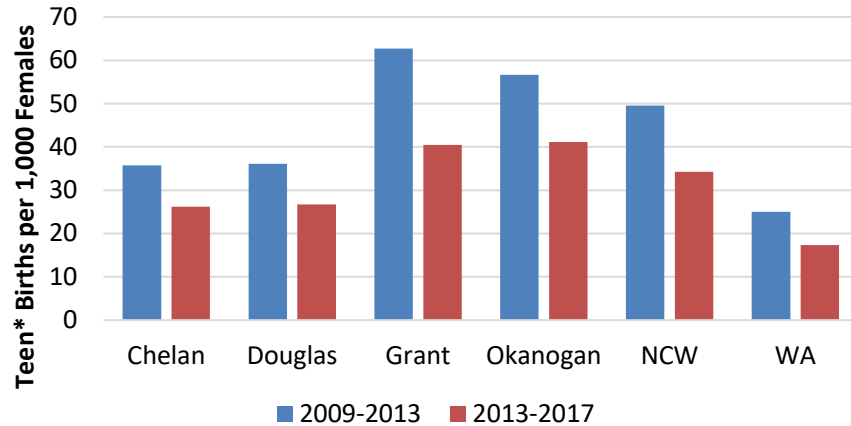
(3) Data Source: Washington State Department of Health, Center for Health Statistics Birth Certificate Data, 1990–2017, CHAT, November 2018.

(4) Data Source: Washington State Department of Health, Center for Health Statistics Birth Certificate Data, 1990–2017, CHAT, November 2018.

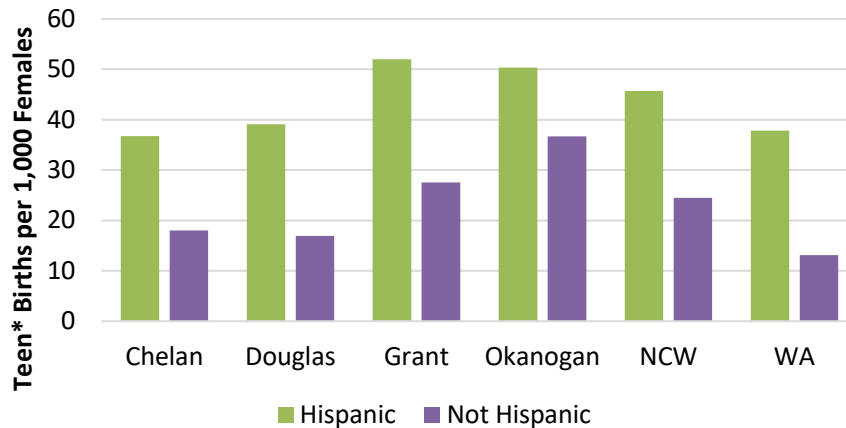
# Teen Pregnancy

Pre-conceptual and perinatal health, which included teen birth rates, was chosen as one of the four community health needs in the **2013 CHNA**.

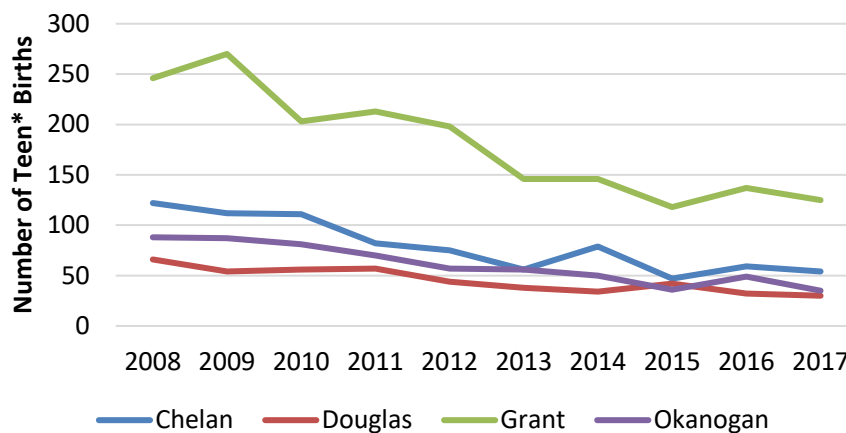
Teen\* Birth Rate <sup>2</sup>



Teen\* Birth Rate by Ethnicity, 2013-2017 <sup>3</sup>



Teen\* Births, 2008-2017 <sup>4</sup>



# Transportation

Transportation was identified as a regional **weakness** in the focus groups.

Transportation was a **top need** identified in several other assessments performed in the region over the past three years.

Transportation affects health in North Central Washington as it is a barrier to accessing healthcare. With great distances between rural communities and limited access to providers, the ability to travel for appointments as well as urgent or emergency needs is vital to receiving care.



“Having to travel to Spokane or Seattle for some medical issues is a hardship for many.” – CVS 2019

“Public transportation should be routed so that it takes you near a hospital.” – CVS 2019

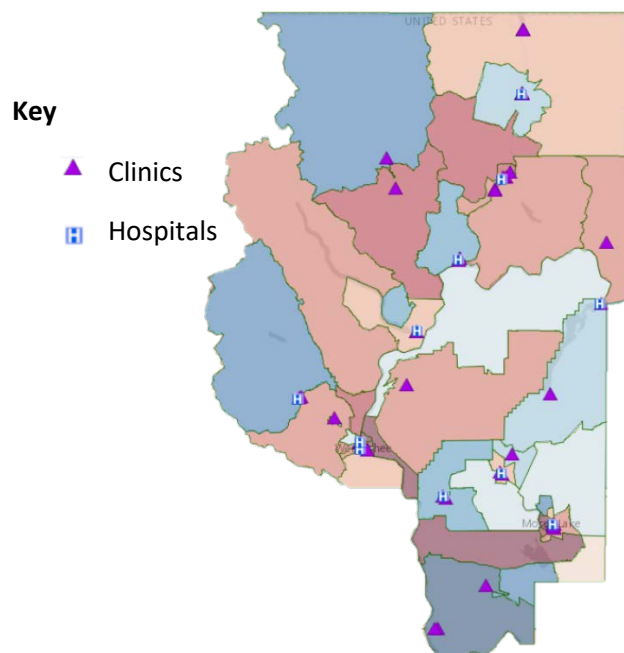
“We pay taxes for public transportation that does not cover our area. Elderly and low-income people have a hard time getting to medical and healthy groceries.” – CVS 2019

“Safe driving behavior is lacking. Inattentive drivers, speeding, aggressive driving endangers other drivers, passenger, pedestrians and cyclists.” – CVS 2019

(1) Data Source: Washington Tracking Network, Washington Department of Health. Web. Information by Location.

(2) Source: CARES Engagement Network; Data Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates.

Map of North Central Washington <sup>1</sup>



Households with No Motor Vehicle, 2013-2017 <sup>2</sup>

