

Good Evening, I appreciate the opportunity to share this information with you. I thought I'd start with an overview of the CHA Process

Overview- The CHA process is a best practice that Jefferson County engages in

- every 4-5 years to document community member insights,
- and to scan comparisons between state and county data to identify anomalies between our rural county and Washington State.
- Together the qualitative and quantitative data can highlight red flags, opportunities and progress.
- These results are brought forward as one piece that will inform Jefferson County's 2020 Community Health Improvement Plan (CHIP) update effort.

2019 Community Health Assessment (CHA) was conducted in Jefferson County. Qualitative input was gathered from the community through Community Forums and Conversations and Key Informant interviews. The quantitative data on specific measures was sourced from various existing data resources and a community survey.

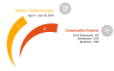
Developing Insight Using Narrative and Number



Survey:

- 1,107 participants, 52% reported no prior awareness of CHIP process,
- 85% lived in Jefferson County 10 years or more
- 69% female (50%), 92% white (88%)
- Ages 30-49, 6-7% above population;
- ages 70+, 6% below population
- 56% college degree or higher (45%)
- All income brackets within 3% of population,
- 35% with children in the household (16%)
- 48% private insurance, 13% Medicaid, 26% Medicare, 3% dual, 4.5% uninsured, 4% other

Developing Insight Using Narrative and Numbers



Forums:

- Convenience sample, Locations in 3 geographic areas
- Jefferson Healthcare, midday with lunch – 15 participants
- Chimacum Fire, evening with snacks – 2 people
- Quilcene school, with SBHC meeting – 18 participants;
- Facilitated by UW MPH student, Leah Neff Warner (Bring attention to the Poster)

Developing Insight Using Narrative and Numbers



Key Informant Interviews:

Purposeful selection of interview participants

- Emergency services (2)
- Healthcare providers (2)
- Affordable housing
- Public health (2)
- Public schools
- Local government (2)
- Social services
- Community Engagement;
- Conducted by UW MPH student

Developing Insight Using Narrative and Numbers



Range of sources:

- US Census and American Community Survey
- US Department of Labor,
- Bureau of Labor Statistics,
- Local Area Unemployment Statistics; sub-groups:
- Bureau of Economic Analysis
- Center for Real Estate Research, University of Washington; WA State Office of Financial Management
- WA State Department of Commerce, Point in Time Count
- WA State Office of Superintendent of Public Instruction
- Healthy Youth Survey
- Behavioral Risk Factor Surveillance System (BRFSS)
- WA State Department of Health, Center for Health Statistics, Vital Statistics Databases
- WA State, Community Health Assessment Tool (CHAT)
- WA State Department of Health, Office of Immunization and Child Profile

Developing Insight Using Narrative and Numbers



Siri Kushner, head of the KPHD Epidemiologist Team presented early findings to the Joint Board at the end of September, before her team went through and did the last of the work to complete all the CHA elements and final the report.

Developing Insight Using Narrative and Numbers



▪ And, now as the final part of this CHA process, we’re happy to be out in the community over the next couple weeks to have where we get to share what we’ve learned, and where, like we’ll do after John’s presentation hear and document your feedback to the insights we’ve presented.

- Please feel free to ask questions as I go through this next part. I think it is easier to ask while we’re in a particular topic area, than at the end.

Qualitative Data - Summary Findings

Themes From Key Informant Interviews & Community Forums



Slide 3. This is from the community forums and the key informant interviews. These were kind of the trends that came out. And were commonly mentioned, both in the community forums and key informant interviews.

So the five areas were access to care, aging in place, affordable housing, childcare and support for families with young children and behavioral health system coordination and linkages.

1. Under access to care, a common theme was that specifically, access to behavioral health care is difficult in our community, and the linkages from behavioral health to preventative and primary care are lacking, as well as access to specialty care in our community.
2. Aging in place focuses on that interim time between a healthy active senior, through to the period one might require an assisted living situation. I think, as a community, one of our goals is to try to extend that period of time as long as possible so that people can age where they are and not have to move into assisted living. And so there, people are looking for services that can help extend that period of time. And then also hospice care was identified.
3. Affordable Housing is particularly an issue. The two areas identified were seniors and young families, working class families, and I think you guys are probably all aware that the cost of housing in Jefferson County has become significantly higher in the last few years.
4. Childcare and support for families with young children. Feedback documented the perspective that young families are a rather invisible part of our population, and they need more affordable and an access to activities. One of the slides I'm going to show you in a minute will show the population distribution by age in our community. And it's a stark representation of how few young people we have in our community.
5. The last theme is around coordination linkages to and from the behavioral health system. This refers to how we have primary care providers or First Responders link up with mental health professionals and with independent therapists in our community. The communication that we got was that there's a real opportunity for improved coordination.

Community Survey Summary

Ranked biggest challenges for teens

	JEFFERSON COUNTY	PORT TOWNSEND	TRI-AREA	JEFFERSON SOUTH
1	Substance use	Substance use	Substance use	Substance use
2	Unhealthy or unstable home life	Unhealthy or unstable home life	Unhealthy or unstable home life	Unhealthy or unstable home life
3	Abuse or misuse of technology (texting, internet, games, etc.)	Maintaining emotional health	Lack of involved, supportive, positive role models	Abuse or misuse of technology (texting, internet, games, etc.)
4	Maintaining emotional health	Abuse or misuse of technology (texting, internet, games, etc.)	Abuse or misuse of technology (texting, internet, games, etc.)	Lack of involved, supportive, positive role models
5	Lack of involved, supportive, positive role models	Lack of afterschool or extracurricular activities	Bullying	Lack of afterschool or extracurricular activities
6	Lack of afterschool or extracurricular activities	Bullying	Maintaining emotional health	Maintaining emotional health
7	Bullying	Lack of involved, supportive, positive role models	Lack of afterschool or extracurricular activities	Bullying
8	Access to physical and mental health providers	Access to physical and mental health providers	Lack of quality education	Lack of transportation
9	Suicidal thoughts or attempts	Suicidal thoughts or attempts	Access to physical and mental health providers	Access to physical and mental health providers
10	Lack of quality education	Pressure to succeed	Suicidal thoughts or attempts	Maintaining physical health

Slide 4

This slide focuses on the Community Health Survey that 1100 people responded to. This shows the adults responses to our question of what the five biggest challenges were for the respondent and their family.

This is also the first slide where we broke things down geographically.

- The first column is the aggregate of all Jefferson County.
- Port Townsend is just the city of Port Townsend.
- And then the Tri -Area is Chimacum, Irondale, Hadlock and Port Ludlow area – the middle of our County
- South County is Quilcene and Brinnon.

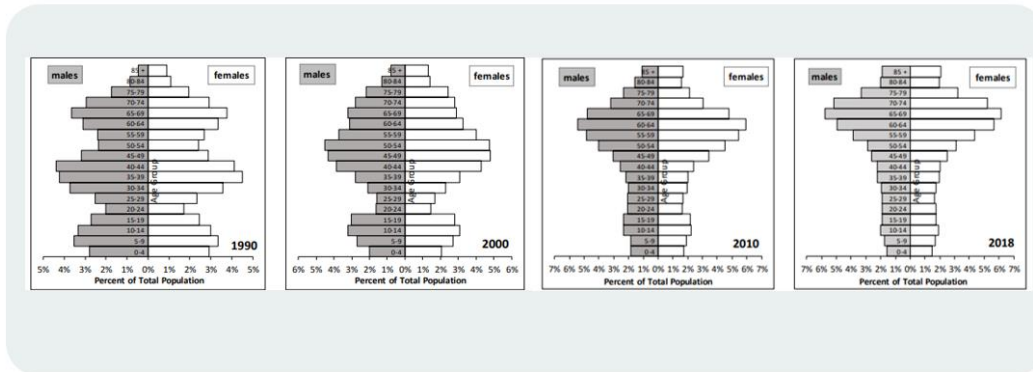
Another thing to be aware of, is this is adults giving **their** perception of teen. In a bit, when we look at the quantitative healthy youth survey data, I'll show you some of the teen's self-reported status on related topics. You'll see how what teens say don't always correlate with the adult perception revealed in the survey responses here.

Overwhelmingly survey respondents reported that substance use was the number one perceived challenge for that population, followed by an unhealthy or unstable home environment. Third highest was misuse or abuse of technology. Fourth was maintaining emotional health. Fifth, lack of involved or supportive positive role models; sixth is lack of afterschool or extracurricular activities; seventh, bullying; eighth, access to physical and mental health providers; ninth, suicidal thoughts or attempts; and then tenth, a lack of quality education. Some differences across the different sub county areas. But importantly, I think you can pull a lot of the behavioral health and substance use and lack of emotional wellbeing and support out of these perceptions of challenges for teens.



Jefferson County's Population Is Aging

Population by Gender and Age Group



Slide 5

This slide can be a little confusing, so I'll take a minute to explain it. What you're looking at here is an age distribution slide repeated over time.

The population as a whole in Jefferson County is aging. The population age 0-19 has decreased more than 22% since 2000, while the population age 50 and older has increased more than 66%. If you follow the bulge in the population that starts as 35-39-year-olds you can see that those residents have generally stayed in the community and aged in place. Perhaps they could afford housing and stayed in their homes. (Cost of housing, lacking of living wage)

Jefferson County has the oldest average age in Washington and the sixth oldest in the United States.

From Summary Findings Report:

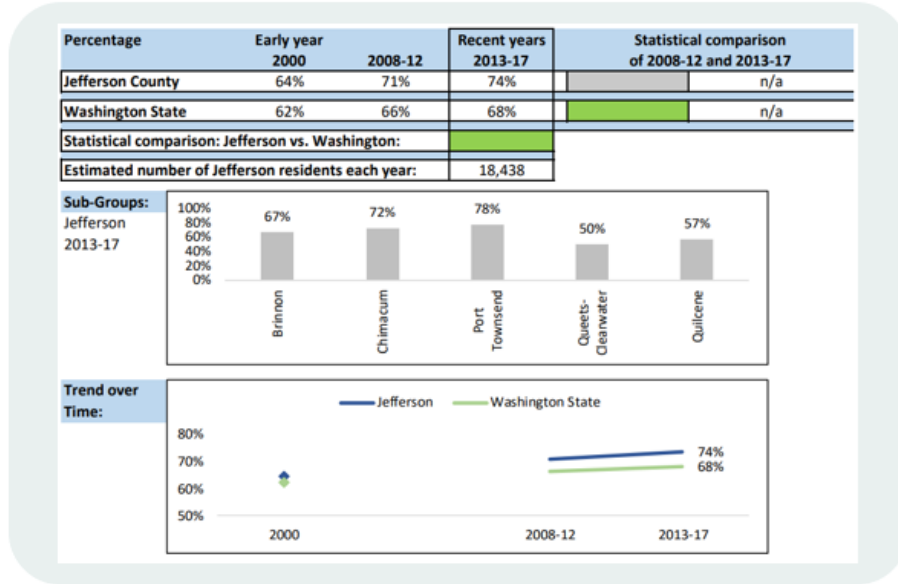
Relevant to Community Input Themes of:

- Older population
- Growing Retiree Population
- Need improved social support infrastructure for aging population
 - CHIMACUM: This isn't covered by Geo-area, but our sense is there is a higher proportion of elderly in PT and it is less prevalent in the tri-area
 - Retired population a significant resource to community

Source: US Census and American Community Survey

Educational Attainment in Jefferson County

The percentage of population age 25 and older who have at least some college education



Slide 6

I'm going to use this slide to explain a lot of slides that are going to occur after this. And hopefully this will kind of help you to give you a roadmap to be able to tell how to read the slides.

Just to orient you to what these slides mean. The box to the right

reflects the change for either Jefferson County or Washington State. Green reflects a statistically significant improvement. Red is the opposite. Gray means no statistically significant change. The box at the bottom reflects how Jefferson County compares to the state. While some of these comparisons are different, either comparisons or trends over time. And even though something is not statistically different, it doesn't mean that it isn't important for your community. So it's important to also be cognizant(?), when things are unseen. But it will be red and green to indicate the type of change.

Almost 3 in 4 adults age 25 or older in Jefferson County have more than a high school education, which is unchanged from 2008-12, but higher than the state. Port Townsend area has the highest percentage of adults with more than a high school education, while Queets-Clearwater has the lowest percentage. (Queets-Clearwater is actually a part of the Clallam County Plan).

Relevant to Community Survey Feedback of:

- Top things to change to improve health and well-being: more/ better jobs, less poverty associated with educational attainment

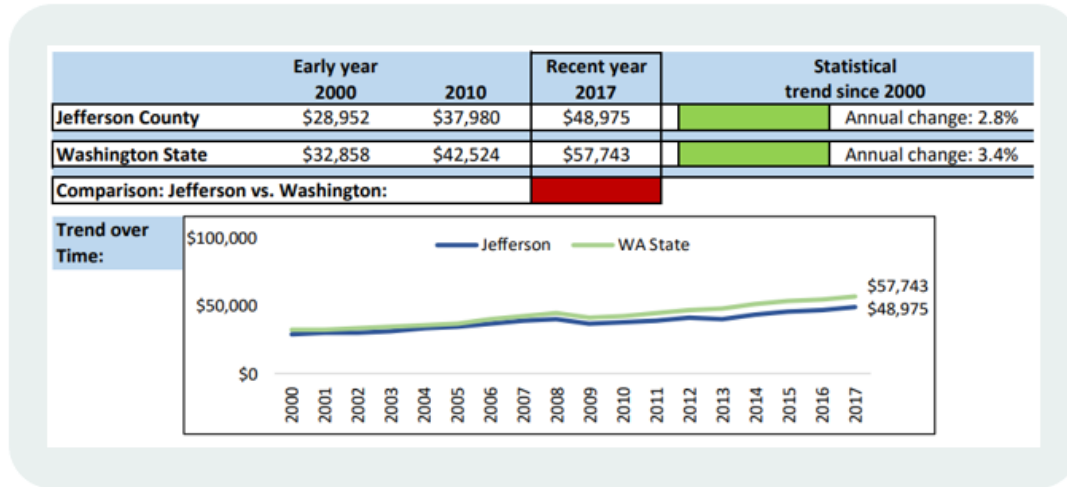
Comparison to WA:

- Adults with more than high school education higher than WA

Source: US Census and American Community Survey

Income and Poverty in Jefferson County

Average earnings per job



Slide 7
The

average earnings per job in Jefferson County has been increasing at about 3% per year since 2001. The average earnings per job was about \$25,059 less in Jefferson County than in the state overall in 2017.

The highest paying industries in Jefferson County are mining, quarrying and oil and gas extraction, professional, scientific and technical services, and wholesale trade, while the lowest paying are accommodation and food services, other services, and retail trade.

From Summary Findings Report:

Relevant to Community Input Themes:

- Poverty
- Social determinants of health
- Working Poor

Comparison over time:

- Per capita income, median household income and average earnings per job all improving
- No change in population living in poverty. More public school students eligible for free/reduced meals.

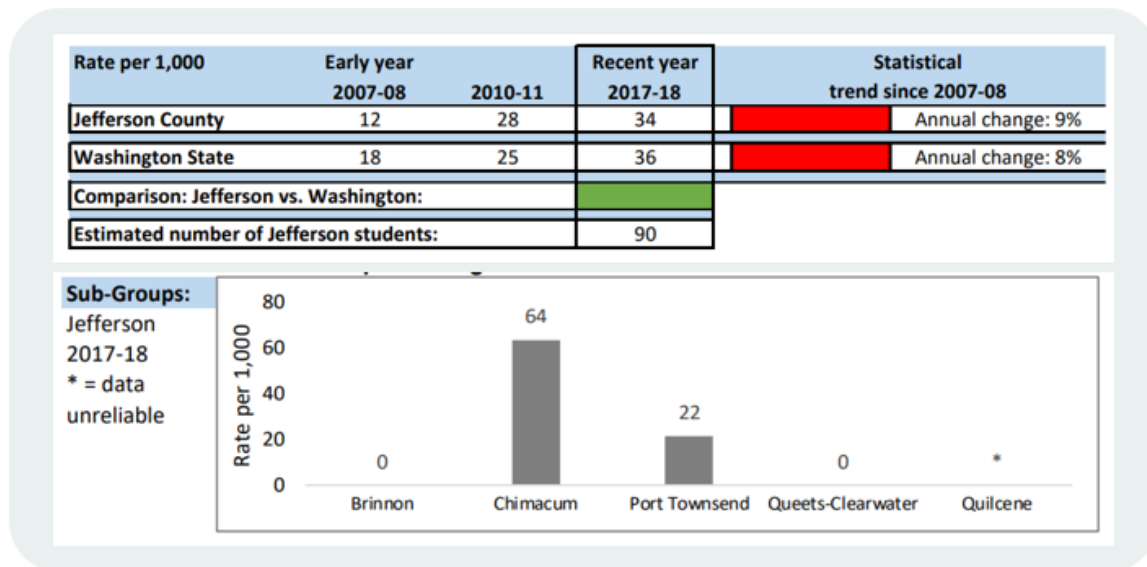
Comparison to WA:

Per capita income, median household income and average earnings per job all lower than WA

Source: Bureau of Economic Analysis

Student Homelessness in Jefferson County

Public school students who lack “a fixed regular and adequate nighttime residence” per 1,000 public school students



Slide 8

Since 2007-08, the rate of public-school students experiencing homelessness has increased 9% per year on average in Jefferson County. You can see this is a more significant issue for Chimacum – and any efforts to address this are going to be especially valuable in this area.

The Chimacum School District had the highest number and rate of students experiencing homelessness during the 2017-18 school year.

From Summary Findings Report:

Relevant to Community Input Themes:

- Affordability - unaffordable for many populations, working class county residents, young families, seniors, people seeking mental health treatment and people in the therapeutic court system seeking transitional housing
- Homelessness – low-wage workers living homeless due to unaffordable housing
- Limited number of units

Comparison over time:

- 90 students during the school year

Source: WA State Office of Superintendent of Public Instruction

Chimacum – a more significant issue for Chimacum – and any efforts to address this are especially important in this area.

Youth Bullying

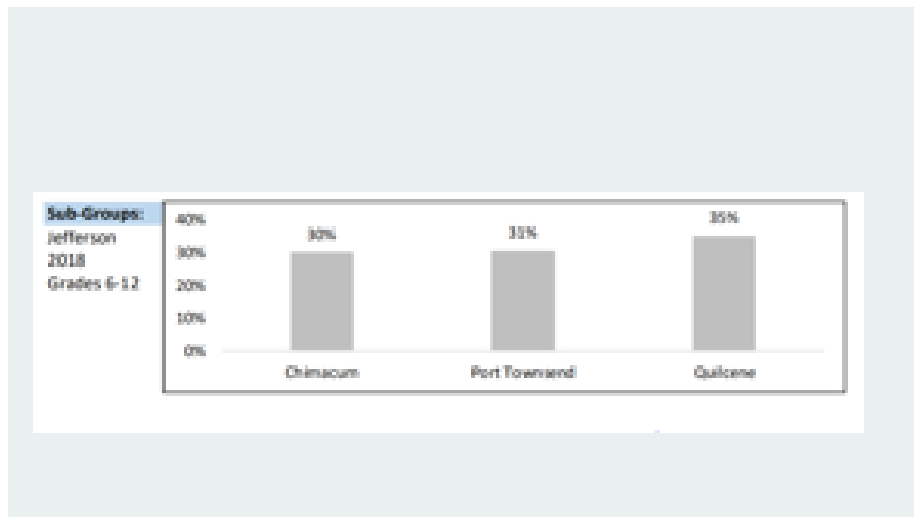
Percentage of students who report being bullied in the last month

Percentage	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018	
6TH GRADE				
Jefferson County	39%	33%		n/a
Washington State	30%	31%		n/a
Statistical comparison: Jefferson vs. Washington:				
Estimated number of Jefferson students: 66				
8TH GRADE				
Jefferson County	42%	38%		n/a
Washington State	31%	27%		n/a
Statistical comparison: Jefferson vs. Washington:				
Estimated number of Jefferson students: 85				
10TH GRADE				
Jefferson County	34%	29%		n/a
Washington State	25%	19%		n/a
Statistical comparison: Jefferson vs. Washington:				
Estimated number of Jefferson students: 55				
12TH GRADE				
Jefferson County	14%	21%		n/a
Washington State	18%	17%		n/a
Statistical comparison: Jefferson vs. Washington:				
Estimated number of Jefferson students: 44				

2019 CHA Summary Findings

Slide 9

More than 1 in 3 Jefferson 8th graders and more than 1 in 4 Jefferson 10th graders reports being bullied in the past month, both statistically higher than Washington State. The percentage peaks in 8th grade and drops slightly by 12th grade to about 1 in 5 12th graders, about the same as the state. Quilcene School District has a slightly higher percentage of students in grades 6-12 reporting being bullied than Chimacum or Port Townsend.



From Summary Findings Report:

Comparison over time:

- Mostly unchanged, domestic violence, personal crime, and total crime rates down.

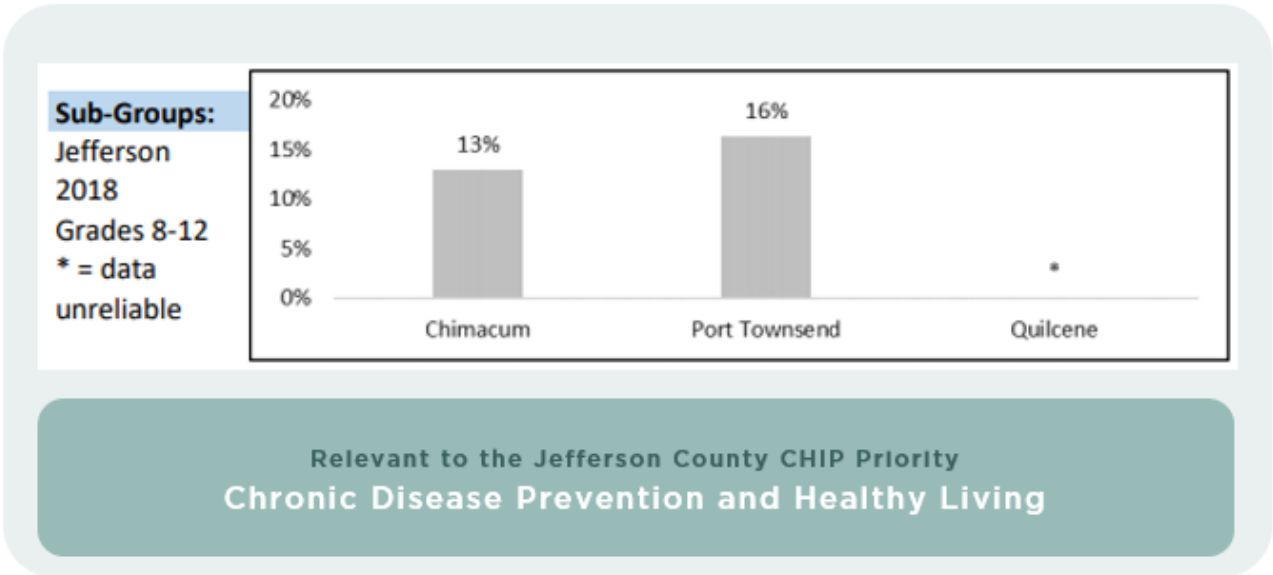
Comparison to WA:

- 8th and 10th grade bullying and rates of child abuse/neglect higher than WA;

Source: Healthy Youth Survey

Youth Food Insecurity

Percentage of students cutting meal size or meals for lack of funds in the past year



Slide 10

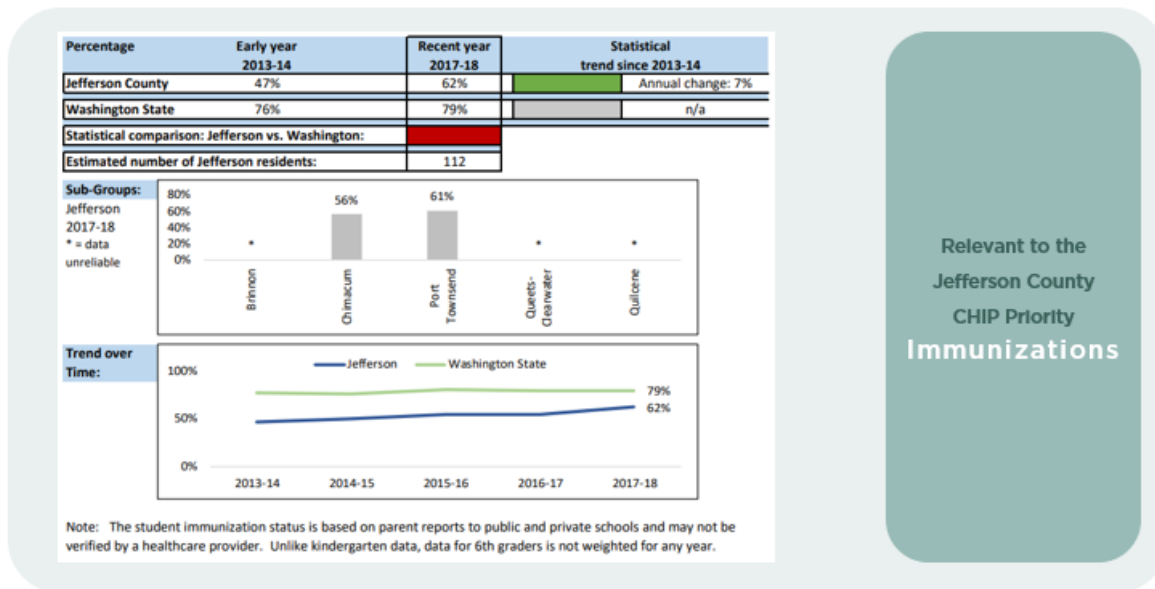
In 2018, almost 1 in 5 Jefferson 8th and 12th graders reported having had to cut meal size or meals because there was no money at least once in the past year. About 1 in 10 Jefferson 10th graders reported having to cut meals.

Comparison to WA:

More food insecurity, total population and children compared to WA

Source: Healthy Youth Survey

Sixth Graders With Complete Immunizations



Slide 11

In the 2017-18 school year, just over 6 out of 10 Jefferson 6th graders (62%) had complete vaccination records, which is worse than the state, but has been increasing statistically significantly at about 7% per year since 2013- 14.

From Summary Findings Report:

Relevant to Community Input Themes of:

- Some concern about anti-vaccine views
- Traveling vaccine clinic to schools a strength

Comparison over time:

- 6th graders with complete vaccines increasing.

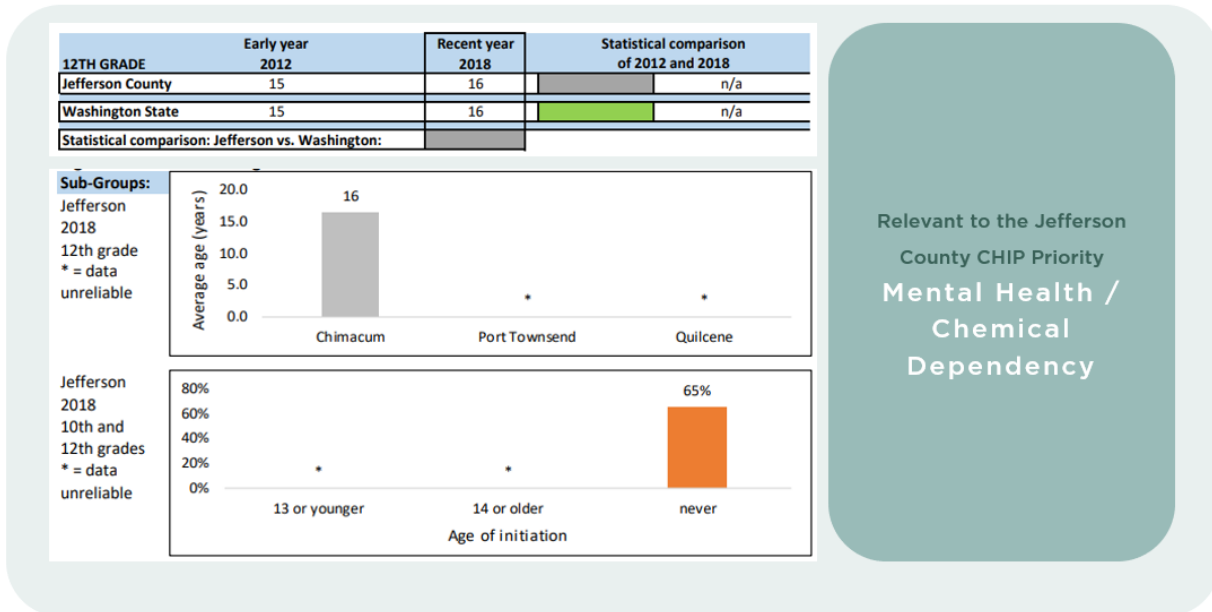
Comparison to WA:

Kindergarten, toddler, 6th grade, youth ages 13-17 meeting immunization recs is lower in Jefferson County than in WA.

Source: WA State Department of Health, Office of Immunization and Child Profile

Age of Initiation into Regular Alcohol Use

Average age at which students first began drinking alcohol regularly, at least once or twice a month



Slide 12

In 2018, the average age at which Jefferson 12th graders reported first regularly using alcohol, at least once or twice a month, was almost 16 years. The age has not changed statistically significantly since 2012 and is not statistically significantly different from Washington.

From Summary Findings Report:

Relevant to Community Input Themes of:

- alcoholism is a big problem; concern about a lack of support services, especially in rural communities
- Perception that youth alcohol use is going down

Comparison over time:

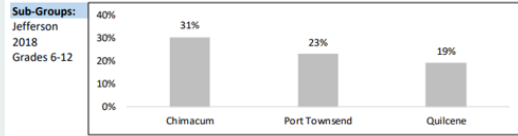
- Increases in youth ever and current alcohol use

Source: Healthy Youth Survey

Youth Current Marijuana Use

Percentage of students who report marijuana use in the past month

Percentage	Early year 2012	Recent year 2018	Statistical comparison of 2012 and 2018
6TH GRADE			
Jefferson County	*	*	n/a
Washington State	1%	1%	n/a
Statistical comparison: Jefferson vs. Washington: n/a * = data unreliable			
Estimated number of Jefferson students: --			
8TH GRADE			
Jefferson County	12%	13%	n/a
Washington State	9%	7%	n/a
Statistical comparison: Jefferson vs. Washington: [Red bar]			
Estimated number of Jefferson students: 29			
10TH GRADE			
Jefferson County	30%	40%	n/a
Washington State	19%	18%	n/a
Statistical comparison: Jefferson vs. Washington: [Red bar]			
Estimated number of Jefferson students: 77			
12TH GRADE			
Jefferson County	35%	40%	n/a
Washington State	27%	26%	n/a
Statistical comparison: Jefferson vs. Washington: [Red bar]			
Estimated number of Jefferson students: 86			



Relevant to the Jefferson County CHIP Priority
Mental Health / Chemical Dependency

Slide 13

In 2018, about 2 in 5 Jefferson 10th and 12th graders reported using marijuana in the past month. A higher percentage of students in Jefferson report using marijuana than in the state overall. A higher percentage of Chimacum students in grades 6-12 report currently using marijuana than in Port Townsend or Quilcene.

From Summary Findings Report:

Comparison over time:

- Increases in youth marijuana use

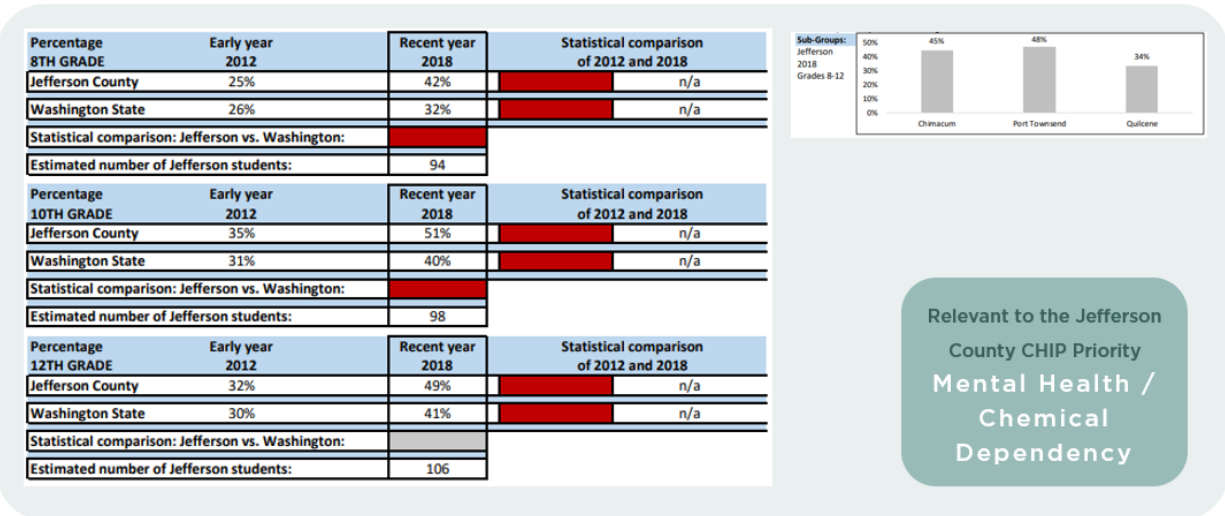
Comparison to WA

- Higher rates of youth current marijuana use

Source: Healthy Youth Survey

Youth Report Depressive Feelings

Percentage of students who report feeling so sad or hopeless for two or more weeks in a row that they stopped doing their usual activities at least once during the past year



Slide 14

From 2012 to 2018, the percentage of students reporting depressive feelings has increased dramatically in all grades in Jefferson County and in Washington State, but in 2018 Jefferson has higher percentages of 8th and 10th graders reporting depressive feelings than Washington. In 2018, about half of all Jefferson students reported having had depressive feelings in the past year. A lower percentage of students in grades 8-12 in Quilcene School District reported having depressive feelings than in Port Townsend or Chimacum.

From Summary Findings Report:

Relevant to Community Input Themes of:

- Community leaders and members considered mental illness and substance use as significant health concerns in the county.
- Youth mental health service options; support for school services, request for additional
- Stigma associated with needing/seeking mental health care

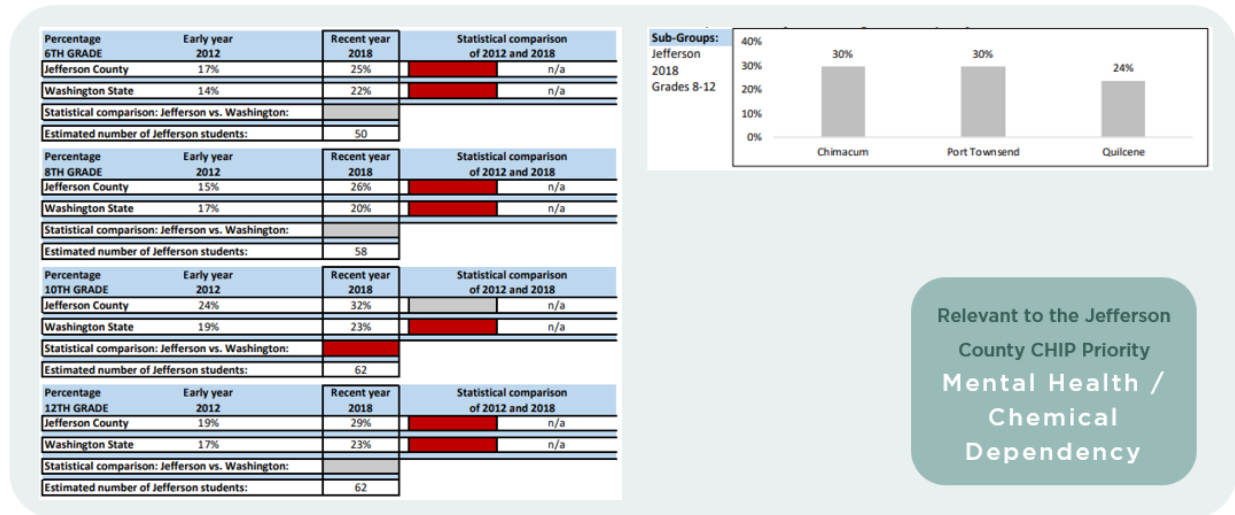
Comparison over time:

- Youth depression higher

Source: Healthy Youth Survey

Youth Report Seriously Considering Suicide in Past Year

The percentage of students who report seriously considering committing suicide in the past 12 months



Slide 15

From 2012 to 2018, there has been a statistically significant increase in Jefferson and Washington students reporting seriously considering suicide in every grade except 10th for Jefferson, however Jefferson's 10th graders had the highest percentage of any grade and a statistically significantly higher percentage than Washington 10th graders. In 2018, more than 1 in 4 Jefferson students reported seriously considering suicide in all grades, with almost 1 in 3 reporting considering suicide in 10th grade. There is a slightly lower percentage of students in grades 8-12 in Quilcene who reported seriously considering suicide than there is in Chimacum or Port Townsend.

From Summary Findings Report:

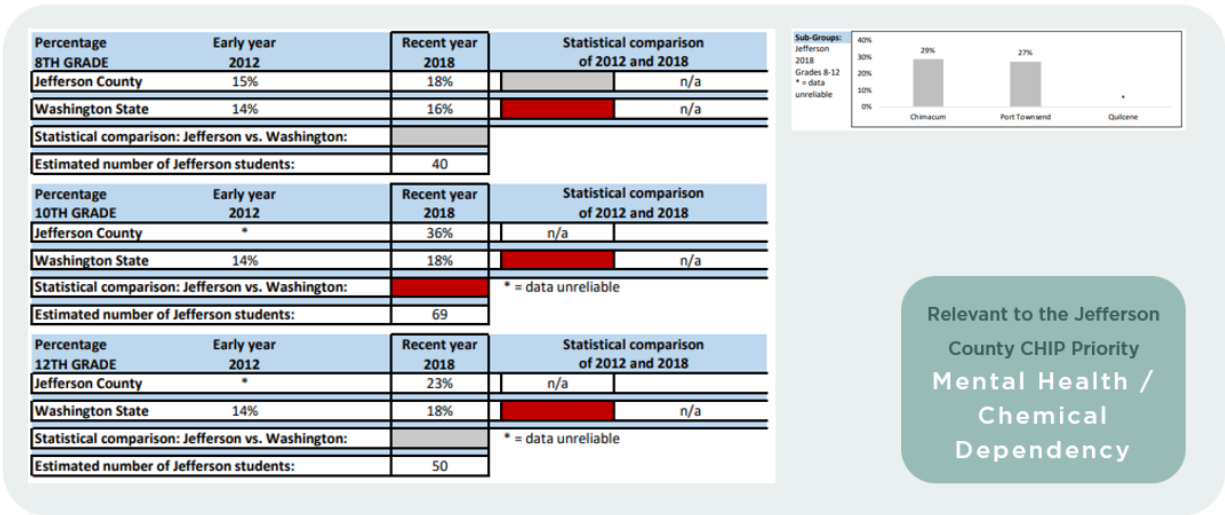
Relevant to Community Input Themes of:

- Community leaders and members considered mental illness and substance use as significant health concerns in the county.
- Youth mental health service options; support for school services, request for additional
- Stigma associated with needing/seeking mental health cares

Source: Healthy Youth Survey

Youth Report Making a Suicide Plan in the Past Year

The percentage of students who report making a plan in the past 12 months about how they would attempt suicide



Slide 16

From 2012 to 2018, there has been a statistically significant increase in Washington students reporting making a suicide plan for every grade. Jefferson County had very low numbers of students reporting making a suicide plan in 2012, however in 2018, the percentage of Jefferson students reporting making a suicide plan ranged from almost 1 in 5 in 8th grade to more than 1 in 3 in 10th grade.

From Summary Findings Report:

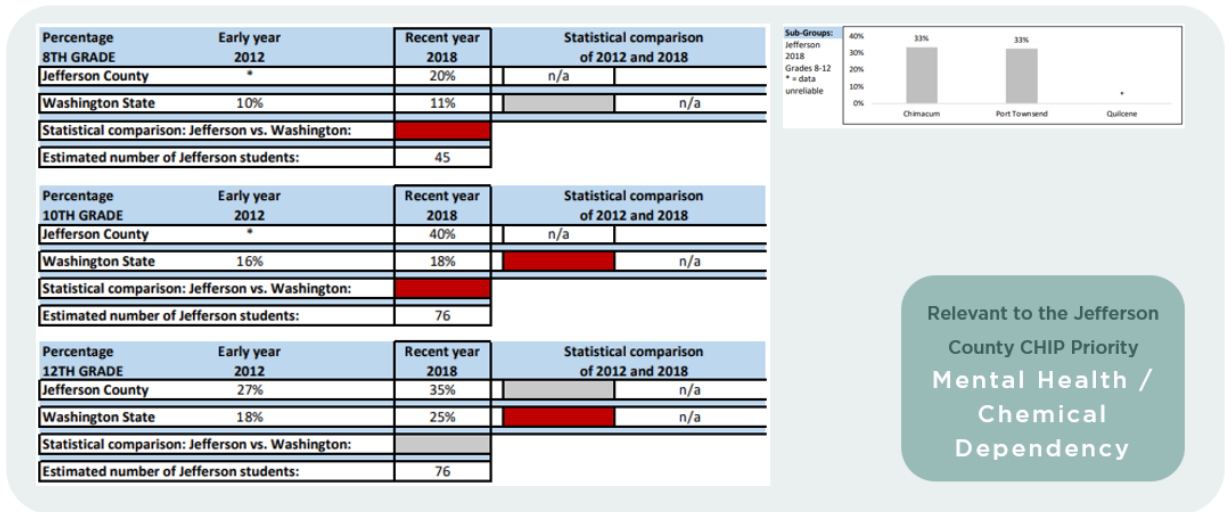
Relevant to Community Input Themes of:

- Community leaders and members considered mental illness and substance use as significant health concerns in the county.
- Youth mental health service options; support for school services, request for additional
 - Stigma associated with needing/seeking mental health cares
- Comparison over time:
 - 36% of 10th graders report making a suicide plan.

Source: Healthy Youth Survey

Youth Co-occurring Depression/Suicide and Drug Use

The percentage of students who both use alcohol or drugs and have depressive or suicidal thoughts



In 2018, more than 1 in 3 Jefferson 10th and 12th graders reported having used drugs or alcohol AND having depressive or suicidal thoughts. For 8th graders, the ratio was 1 in 5. All grades were higher than Washington State, although 12th grade was not statistically significantly higher. In Washington State, there was a statistically significant increase in percentages of 10th and 12th graders reporting both from 2012 to 2018. Chimacum and Port Townsend both had one third of students in grades 8-12 in this category.

From Summary Findings Report:

Relevant to Community Input Themes of:

- Community leaders and members considered mental illness and substance use as significant health concerns in the county.
- Youth mental health service options; support for school services, request for additional
- Stigma associated with needing/seeking mental health care

Comparison over time:

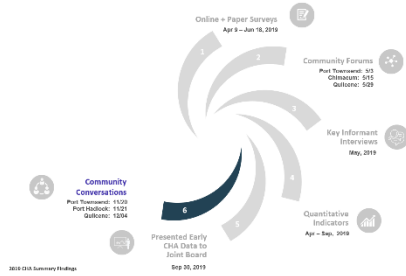
- About 1 in 3 youth have co-occurring substance use and poor mental health.

Comparison to WA:

- Suicide death rate higher than WA. (though this graph doesn't address that?)

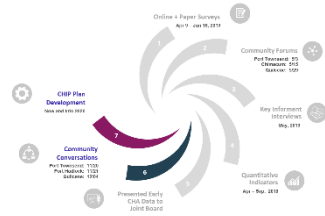
Source: Healthy Youth Survey

Next Steps



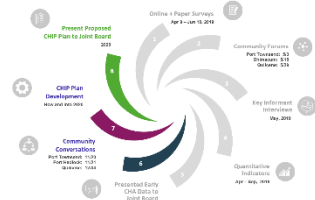
- So, as I mentioned earlier, these Community Conversations are the last piece of Community Health Assessment process.
- When we complete our Quilcene Conversation, we can officially close out the CHA process and move onto the Community Health Improvement Plan (CHIP).
- The insights we've gathered through the CHA process will be brought forward as one piece that will inform the challenges Jefferson County's updated 2020 CHIP will address.

Next Steps



- **CHIP Plan Development:** Our prioritization process will be based on the challenges with the most need for attention, and deploying interventions will be based on who has the resources/skills to have meaningful impact.

Next Steps



- John and I will then work to put what comes out of the prioritization process into a draft CHIP, which will then be presented to the Joint Board.
- That Joint Board meeting will be publicized widely, and is the next opportunity we will be welcoming your input.
- From there, once the Plan has been approved by the Joint Board, we will invite community members who want to engage with the CHIP's work to join and most importantly, remain active in whatever work group motivates your interest and engagement.