DATA SNAPSHOT

THURSTON THRIVES
CLINICAL CARE AND EMERGENCY CARE
ACTION TEAM

Thurston County Public Health & Social Services Department
July 2014
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INTRODUCTION

Thurston Thrives is a community initiative focusing on how healthy people are today and the factors that influence how healthy the community will be in the future. These factors are: health behavior, the physical and built environment, health services, and local social and economic conditions. Together, these factors directly impact how long local residents live and the quality of life they experience during their lifetime.

Thurston Thrives was established by the Thurston County Board of Health and is overseen with assistance of the Thurston Thrives Advisory Council. Topics that research has shown significantly influence community health are reviewed with the help of action teams. Each action team is led by a community member with in-depth knowledge of the topic area. The action teams are empowered to develop a common agenda on how best to address their topic area locally and are asked to report their recommendations to the Board of Health and Thurston Thrives Advisory Council.

CLINICAL CARE AND HEALTH

In 2014, the Thurston Thrives Clinical Care and Emergency Care Action Team formed to review the topic of clinical care and its connection to health. Cathy Wolfe, Thurston County Commissioner and Dr. Steven Albrecht, Thurston-Mason County Medical Society serve as co-leads for the Clinical Care and Emergency Care Action Team.

SNAPSHOT

The purpose of this report is to provide support to those examining the connections between clinical care and health.

- Data in this report provides a current snapshot of community health issues associated with clinical care. A selected set of measures related to the topic are presented.
- Other local community data reports and plans with additional information about this topic may be available and are not integrated into the snapshot.

QUESTIONS

If you have questions about:

- The Thurston Thrives initiative contact Chris Hawkins, Coordinator, 360-867-2513, hawkinc@co.thurston.wa.us
- The Snapshot Report contact Mary Ann O’Garro, Epidemiologist, 360-867-2525, ogarrom@co.thurston.wa.us
HEALTH STATUS

To increase quality and years of healthy life, overall health status must improve.
GOOD HEALTH.

Research shows that the answer to a basic question ‘Would you say that in general your health is excellent, very good, good, fair, or poor?’ predicts future health. The lower people rate their health, the higher their risk for death, disability and the need for health care services. Self-rated health allows people to consider their health broadly, inclusive of physical and mental health. (1-3)

MEASURE: Percent of county adults who are in good or better health.

![Bar chart showing percent of adults rating their health as good or better in Thurston County and Washington State 2012.]

WHAT WE KNOW.
- In 2012, 81% of Thurston County adults rated their health as good, very good or excellent (19% as fair or poor).
  - This equates to an estimated 161,538 county adults in good or better health and 37,892 county adults in fair or poor health.
- In 2012, Thurston County had the 22nd lowest percent of adults rating their health as good or better when compared to all 39 Washington State counties (1 = highest/best, 39 lowest/worst).
- In 2012:
  - 84% of Thurston County adults age 18 to 64 rated their health as good, very good or excellent (16% as fair or poor).
  - 67% of Thurston County adults age 65 and up rated their health as good, very good or excellent (33% as fair or poor).
HEALTHY DAYS.

Physical and mental health can impact daily living and quality of life. Knowing the number of healthy and unhealthy days per month people experience provides a view into the impact of disease and illness. The number of unhealthy days per month that people experience connects to likelihood of being hospitalized in the near future. (3, 5-6)

MEASURE: Average unhealthy days per month that county adults experience due to physical health or mental health.

WHAT WE KNOW.
- In 2012, Thurston County adults experienced:
  - An average of 5 unhealthy days per month due to physical health.
  - An average of 5 unhealthy days per month due to mental health.
- In 2012:
  - Thurston County adults age 18 to 64 experienced an average of 5 unhealthy days per month due to physical health and 6 unhealthy days per month due to mental health.
  - Thurston County adults age 65 and up experienced an average of 7 unhealthy days per month due to physical health and 2 unhealthy days per month due to mental health.
**LIMITED ACTIVITIES.**

The number of days per month that your physical or mental health is not good impacts quality of life. Experiencing poor health can interfere with activities of daily living such as working, recreation, and caring for yourself or others. Activity limitations provide a view into health-related disabilities. (5)

**MEASURE:** Average days per month that county adults are limited in their usual activities due to health (physical or mental).

![Average Number of Days per Month Adults are Limited in Usual Activities due to Health (Physical or Mental): Thurston County and Washington State 2012](chart.png)

Data Source: Behavioral Risk Factor Surveillance Survey (4)

**WHAT WE KNOW.**

- In 2012, Thurston County adults experienced an average of 6 days per month of activity limitations due to health.
  - Thurston County adults age 18 to 64 experienced an average of 6 days of activity limitations per month compared to 8 days per month for adults age 65 and up.
CAUSES OF DEATH.

The causes of death within a community can provide a view into the type of diseases and illnesses that are occurring. Knowing the leading causes of death allows an opportunity to determine where there may be options to prevent future deaths and increase life expectancy. Cause of death information comes from death certificates. National standards guide the process used to ranking leading causes of death. (7)

MEASURE: Number of deaths per year by top 10 causes.

WHAT WE KNOW.

- The 2012 age-adjusted death rate per 100,000 by leading cause was:
  - Cancer: Thurston County = 175.3, WA State = 163.1
  - Diseases of Heart: Thurston County = 137.5, WA State = 140.7
  - Alzheimer’s Disease: Thurston County = 44.4, WA State = 44.3
  - Chronic Lower Respiratory Diseases: Thurston County = 38.3, WA State = 41.5
  - Unintentional Injuries (Accidents): Thurston County = 34.7, WA State = 38.4
  - Cerebrovascular Disease (Stroke): Thurston County = 31.5, WA State = 34.8
  - Diabetes: Thurston County = 21.3, WA State = 22.8
  - Suicide: Thurston County = 17.0, WA State = 14.7
  - Chronic Liver Disease and Cirrhosis: Thurston County = 8.8, WA State = 11.2
  - Influenza and Pneumonia: Thurston County = 9.8, WA State = 10.0
- The leading causes of death for Thurston County and Washington State were ranked the same in 2012.
ACCESS TO CARE

Many factors combine to create health, including access to health care.
HEALTH INSURANCE.

The effects of having no health insurance coverage include: not getting needed medical care, delaying or forgoing recommended treatment or medications which can cause health conditions to worsen and ultimately dying prematurely (earlier than you otherwise would have) due to lack of timely or needed care. Public policy changes to health insurance coverage options and eligibility are expected to reduce the number of people who are uninsured, however data showing a more complete view of the impact at the county level are not yet available. (9-10)

MEASURE: Percent of children and adults with no health insurance coverage.

WHAT WE KNOW.

- In 2012:
  - 5% of Thurston County children were uninsured (95% had health insurance). This equates to an estimated 2,869 uninsured county children age birth to 17.
  - 20% of Thurston County adults age 18 to 64 were uninsured (80% had health insurance). This equates to an estimated 32,722 uninsured county adults age 18 to 64.
  - 1% of Thurston County adults age 65 and up were uninsured (99% had health insurance). This equates to an estimated 358 uninsured county adults age 65 and up.
- Between December 2013 and May 2014, the number of Thurston County residents enrolled in publicly funded managed care plans increased by 53% or 13,513 people (Dec. 2013 = 26,055 enrolled, May 2014 = 39,568 enrolled). This is only a partial view into growth in coverage resulting from recent health care public policy changes. (12)
PROVIDER OF CARE.

Having a primary care provider, a person you think of as your usual provider of health care, has an impact on whether and how people access medical services. When someone has a primary care provider it not only improves the likelihood that they will receive clinical care when they need it and potentially in less costly settings (e.g. non-emergency at the provider office rather than emergency department), but also preventive care which can detect diseases before symptoms appear and prevent certain illness (e.g. routine mammograms for breast cancer, flu shots for influenza). Beyond having health insurance, having a usual provider of care and a usual place of care are important aspects of access to health care. (13-14)

MEASURE: Percent of adults with no primary care provider.

WHAT WE KNOW.

- In 2012, 18% of Thurston County adults of all ages did not have a primary care provider (24% for all Washington State adults).
  - This equates to an estimated 35,897 Thurston County adults with no usual provider of care.
- Adults age 65 and up in Thurston County are more likely to have a primary care provider.
  - In 2012, 21% of Thurston County adults age 18-64 had no usual provider of care compared to 4% of county adults age 65 and up.
    - This equates to an estimated 34,461 county adults age 18-64 with no usual provider of care and 1,436 county adults age 65 and up with no usual provider of care.
MAP GALLERY

Health in detail.
Age-Adjusted Death Rate from All Causes
2008-2012 rate per 100,000: Thurston County = 695.3, Washington State = 702.4

Data Source: Death Certificates
Note: Rate is for residents of all ages.
Age-Adjusted Cancer Death Rate
2008-2012 rate per 100,000: Thurston County = 172.2, Washington State = 169.9

Data Source: Death Certificates
Note: Rate is for residents of all ages and all types of cancer.
Age-Adjusted Diseases of Heart Death Rate
2008-2012 rate per 100,000: Thurston County = 144.7, Washington State = 150.3

Data Source: Death Certificates
Note: Rate is for residents of all ages.
Age-Adjusted Alzheimer’s Disease Death Rate
2008-2012 rate per 100,000: Thurston County = 51.4, Washington State = 44.6

Data Source: Death Certificates
Note: Rate is for residents of all ages.
Age-Adjusted Chronic Lower Respiratory Disease Death Rate
2008-2012 rate per 100,000: Thurston County = 44.4, Washington State = 43.3

Data Source: Death Certificates
Note: Rate is for residents of all ages. Includes diseases such as Emphysema and Chronic Bronchitis.
Age-Adjusted Unintentional Injury (Accident) Death Rate

2008-2012 rate per 100,000: Thurston County = 37.4, Washington State = 38.6

Data Source: Death Certificates
Note: Rate is for residents of all ages.
Age-Adjusted Stroke Death Rate, Thurston County Zip Codes 2008-2012

Age-Adjusted Cerebrovascular Disease (Stroke) Death Rate
2008-2012 rate per 100,000: Thurston County = 35.0, Washington State = 37.6

Data Source: Death Certificates
Note: Rate is for residents of all ages.
Age-Adjusted Diabetes Death Rate
2008-2012 rate per 100,000: Thurston County = 22.2, Washington State = 22.7

Data Source: Death Certificates
Note: Rate is for residents of all ages.
Age-Adjusted Suicide Death Rate

2008-2012 rate per 100,000: Thurston County = 14.9, Washington State = 13.8

Data Source: Death Certificates

Note: Rate is for residents of all ages.
Age-Adjusted Chronic Liver Disease and Cirrhosis Death Rate

2008-2012 rate per 100,000: Thurston County = 9.5, Washington State = 10.3

Data Source: Death Certificates
Note: Rate is for residents of all ages.
Age-Adjusted Influenza and Pneumonia Death Rate, Thurston County Zip Codes 2008-2012

2008-2012 rate per 100,000: Thurston County = 8.4, Washington State = 10.2

Note: Rate is for residents of all ages.

Data Source: Death Certificates

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Rate per 100,000
- Not available (NA)
- 5.0 - 9.9
- 10.0 and up

Thurston County makes every effort to ensure that this map is a current and accurate representation of the work of County government. However, the County and its employees or agents are not liable, expressed or implied, for any information, error, omission or consequences of any decision made by anyone on the basis of such information. This map does not depict the physical layout of the area, including streets, sidewalks, or utilities.

Data provided by Thurston County Public Health & Social Services Department
Birth (General Fertility) Rate, Thurston County Zip Codes 2008-2012

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Data Source: Birth Certificates

Birth (General Fertility) Rate for Women Age 15-44

2008-2012 rate per 1,000: Thurston County = 61.2, Washington State = 64.9
Percent of Births that are Premature (delivered before 37 weeks of pregnancy or about 3 weeks early)
2008-2012: Thurston County = 8.6%, Washington State = 8.6%

Data Source: Birth Certificates
Note: For one baby (singleton) live births only.
% of Children Age Birth to 17 (0 to 17) who are Uninsured
2008-2012 Estimates: Thurston County = 6%, Washington State = 6%

Data Source: U.S. Census Bureau, American Community Survey
% of Adults Age 18 to 64 who are Uninsured
2008-2012 Estimates: Thurston County = 16%, Washington State = 19%

Data Source: U.S. Census Bureau, American Community Survey
Note: Most adults are eligible for Medicare health insurance coverage at age 65.
CITATIONS.


(5) The Centers for Disease Control and Prevention’s healthy days measures—population tracking of perceived physical and mental health over time. 2003. Health and Quality of Life Outcomes. www.ncbi.nlm.nih.gov/pmc/articles/PMC2010111/


(8) Death Certificates. Single Year 2012. Thurston County Public Health & Social Services Department.


(12) Managed Care Enrollment by Program Type, Service Area, Organization and Program Report. 2014. Washington State Health Care Authority. www.hca.wa.gov/medicaid/healthyoptions/Pages/reports.aspx

