

DATA SNAPSHOT

THURSTON THRIVES

COMMUNITY RESILIENCE ACTION TEAM



Thurston County Public Health & Social Services Department
June 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.

COMMUNITY RESILIENCE AND HEALTH

In 2014, the Thurston Thrives Community Resilience Action Team was formed to review the topic of resilience and its connection to health. **Daniel Kadden, Executive Director of Interfaith Works** and **Paul Knox, Executive Director for United Way of Thurston** serve as co-leads for the Community Resilience Action Team.

SNAPSHOT

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

- ◆ Data in this report provides a current snapshot of community health issues associated with resilience. 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, hawkins@co.thurston.wa.us
- ◆ The Snapshot Report contact Mary Ann O'Garro, Epidemiologist, 360-867-2525, ogarrom@co.thurston.wa.us

SOCIAL CONNECTEDNESS

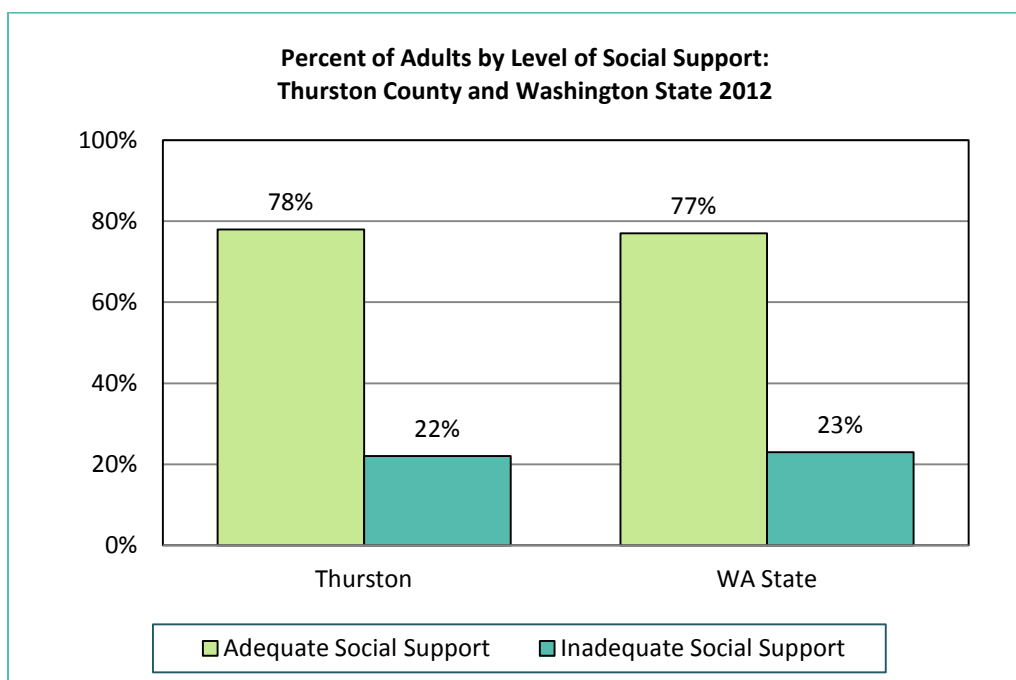
Strong social ties have a direct, positive impact on health.



ENOUGH SUPPORT.

Getting the social support you need has lifelong implications for health. Having people to turn to for social or emotional support, when needed, can help buffer the negative health impacts of stress. Stress is toxic with consequences ranging from high blood pressure to substance use which increase risk for chronic diseases. Social support contributes to feelings of being cared for and valued, which helps people cope with major life events and reduces loneliness. Social support can take many forms ranging from: checking on how you are doing, doing practical things to help you and helping you make important decisions. Having adequate social support reduces risk for mental health problems, physical health problems and dying prematurely. (1-3)

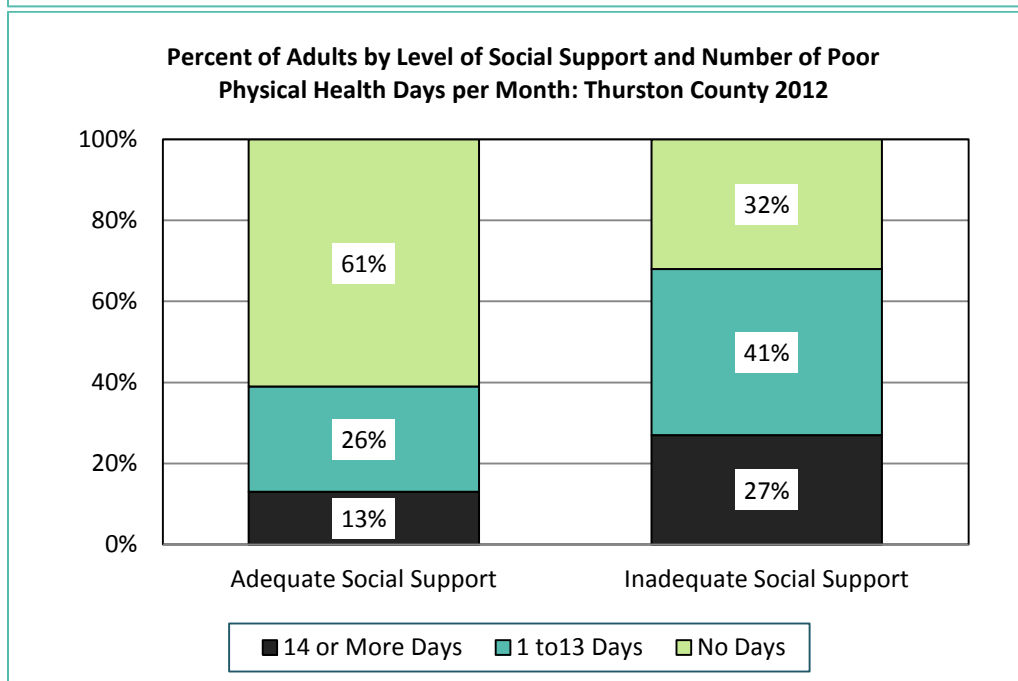
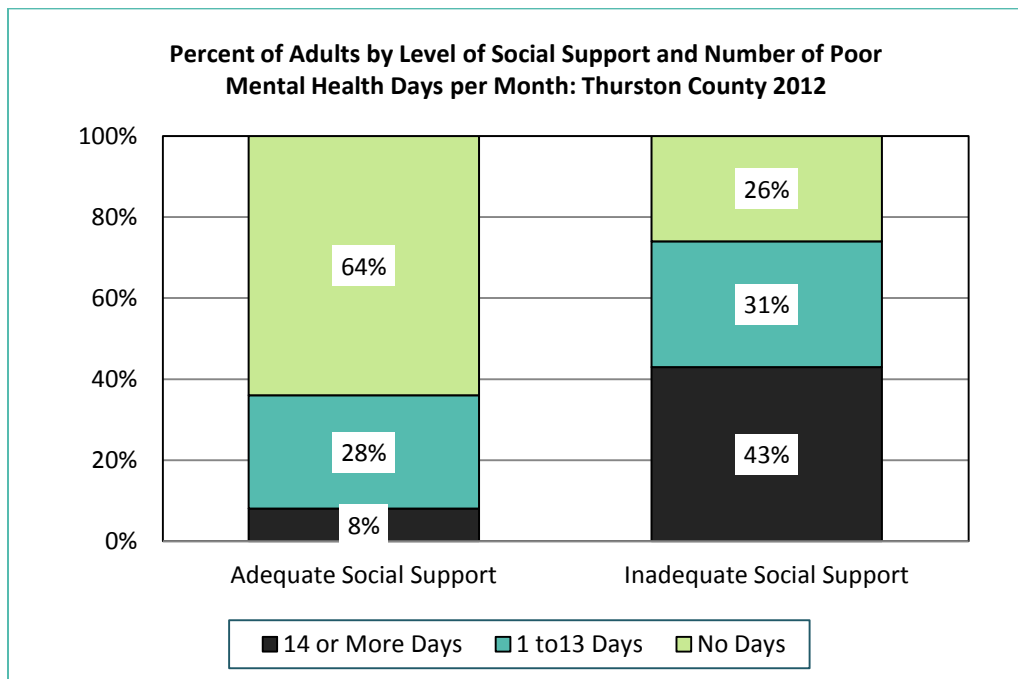
MEASURE: Percent of county adults who have adequate social support.



Data Source: Behavioral Risk Factor Surveillance Survey (4)

WHAT WE KNOW.

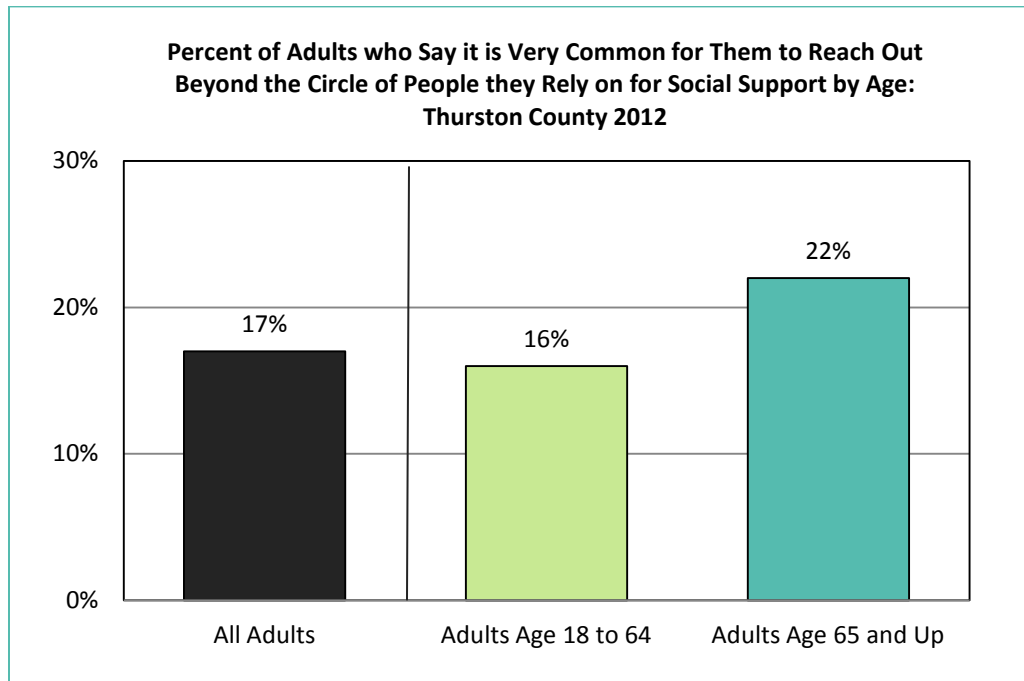
- ◆ In 2012, 78% of Thurston County adults had *adequate* social support meaning they always or usually got the support they needed. An estimated 22% of county adults had *inadequate* social support meaning they never, rarely or only sometimes got the support they needed.
 - This equates to an estimated 155,555 county adults with *adequate* social support and 43,875 county adults with *inadequate* social support.
- ◆ In 2012, Thurston County had the 21st lowest level of adequate social support among adults when compared to all 39 Washington State counties (1 = highest/best, 39 lowest/worst).



Data Source: Behavioral Risk Factor Surveillance Survey (4)

WHAT WE KNOW.

- ◆ Of Thurston County adults with *adequate* social support in 2012:
 - 64% experienced no days of poor mental health per month
 - 61% experience no days of poor physical health per month
- ◆ Of Thurston County adults with *inadequate* social support in 2012:
 - 74% experienced 1 or more days of poor mental health per month
 - 68% experience 1 or more days of poor physical health per month



Data Source: Behavioral Risk Factor Surveillance Survey (4)

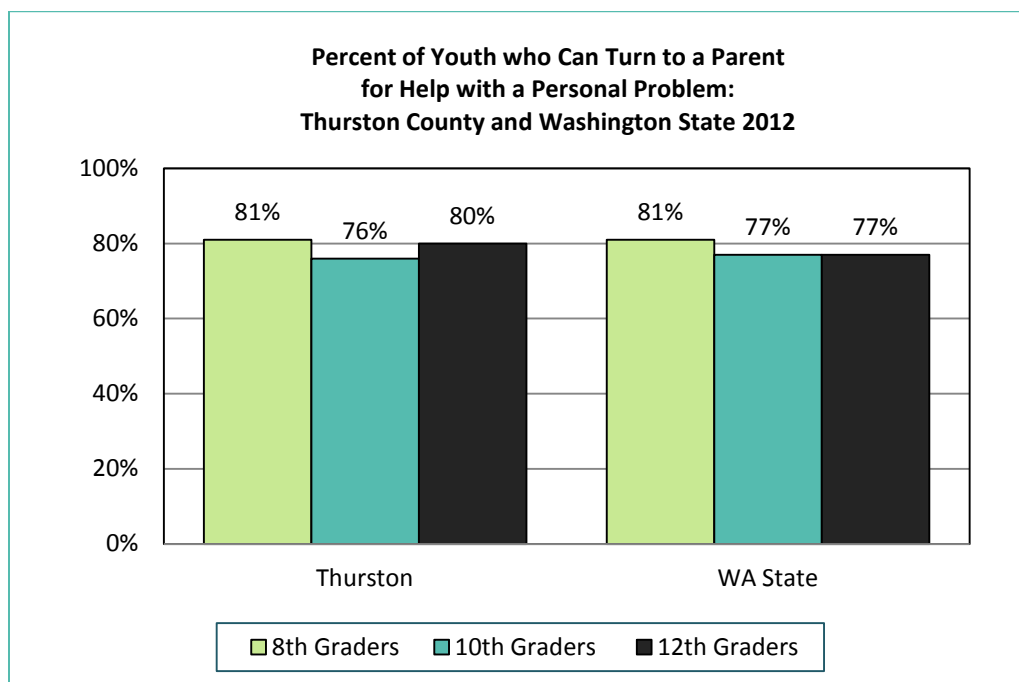
WHAT WE KNOW.

- ◆ In 2012, 17% of Thurston County adults said it was very common for them to reach out beyond the circle of people they rely on for social or emotional support (83% said it was slightly common or uncommon).

HELP WITH PROBLEMS.

Maintaining a positive connection with family is important for youth. Adolescence typically involves a shift from time spent with parents and to more time with peers, however the role of parents and caregivers continues to have a meaningful impact on health. Having a positive connection and support from parents helps protect youth from risk for a wide range of health issues including suicide and substance use. Being able to approach a parent or caretaker for help during times of distress can influence adolescent coping and decision making. (5-7)

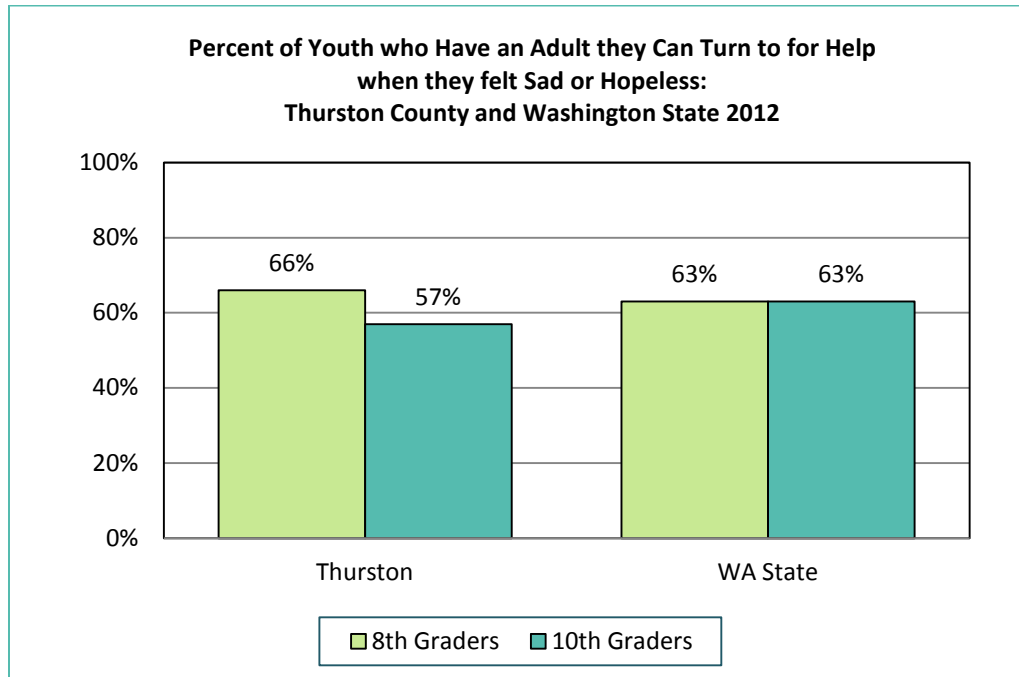
MEASURE: Percent of county youth who can turn to a parent for help.



WHAT WE KNOW.

- ◆ In 2012, about 4 in 5 Thurston County middle school and high school students could turn to their mom or dad for help with a personal problem.
 - An estimated 19% of Thurston County 8th graders, 24% of county 10th graders and 20% of county 12th graders could *not* turn to a parent for help.

MEASURE: Percent of county youth who can turn to an adult when psychologically distressed.



Data Source: Healthy Youth Survey (8)

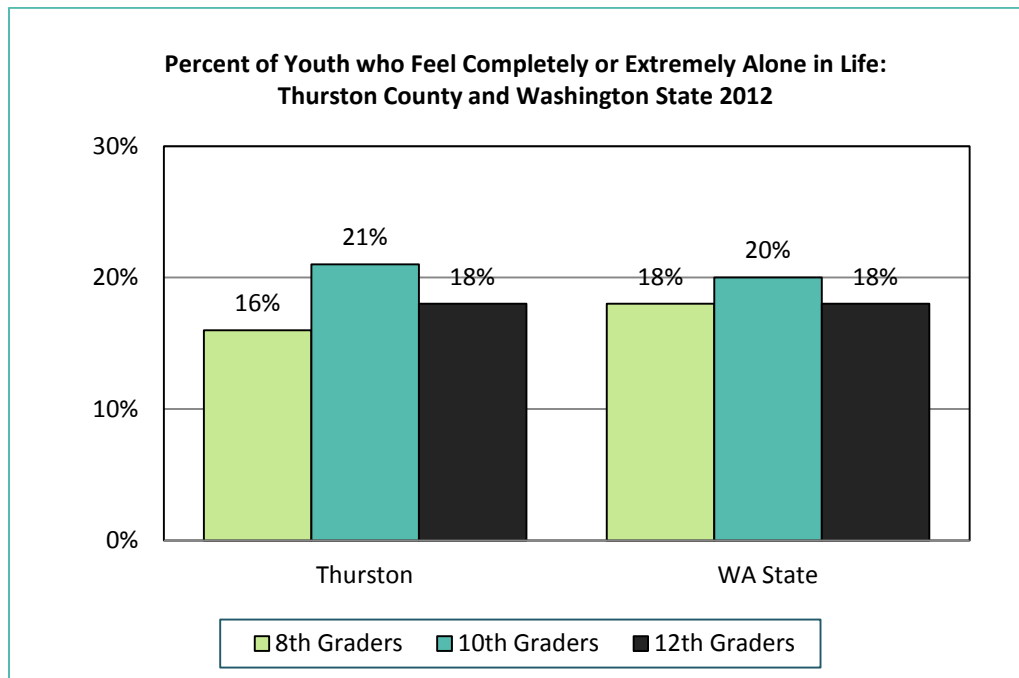
WHAT WE KNOW.

- ◆ In 2012:
 - 66% Thurston County 8th graders had an adult they could turn to for help when they felt sad or hopeless (34% had no adult to turn to).
 - 57% Thurston County 10th graders had an adult they could turn to for help when they felt sad or hopeless (43% had no adult to turn to).

ISOLATION.

People with limited social contacts are at risk for social isolation. Research has shown that when people are socially isolated they die younger than they otherwise should have. Many factors can contribute to feeling alone or isolated including stressful or traumatic life events, having limited or no contact with family and health problems that impact daily activities or mobility. (1, 9-10)

MEASURE: Percent of county youth who feel alone in life.



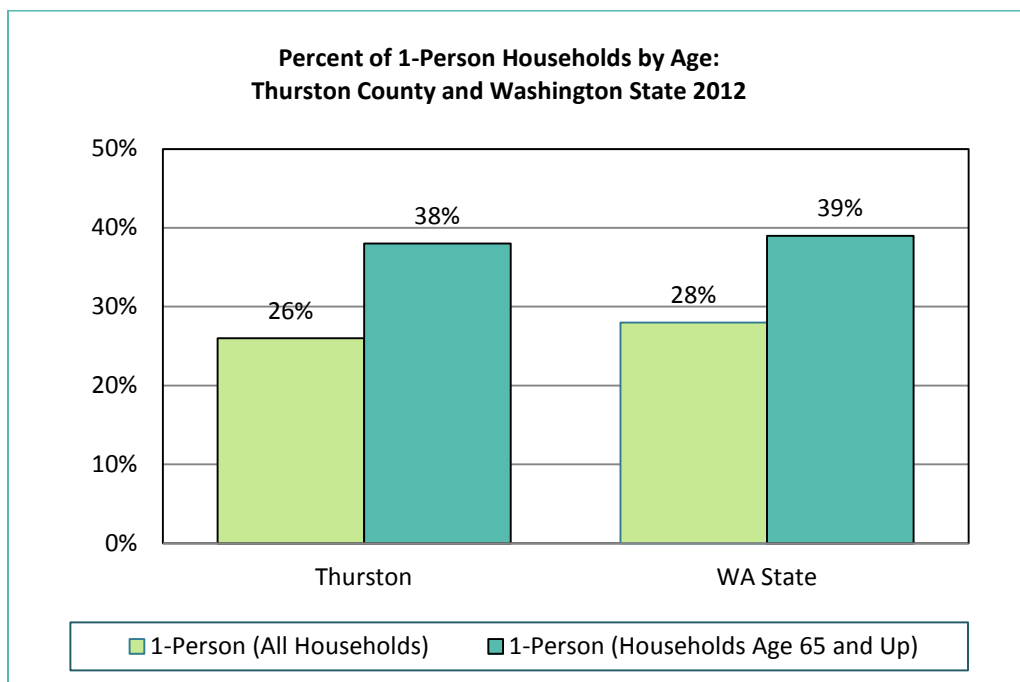
Data Source: Healthy Youth Survey (8)

WHAT WE KNOW.

- ◆ In 2012:
 - 16% Thurston County 8th graders felt completely or extremely alone in life (84% either felt less alone or not alone).
 - 21% of Thurston County 10th graders felt completely or extremely alone in life (79% either felt less alone or not alone).
 - 18% of Thurston County 12th graders felt completely or extremely alone in life (82% either felt less alone or not alone).

People who live alone can have strong social networks and not feel isolated. However, living alone can have tangible health implications. For example, individuals who need assistance with housekeeping, transportation or caring for themselves can be uniquely impacted. Living in a community that provides supportive resources can be beneficial when family, friends and other forms of support are not available. (10)

MEASURE: Percent of county households that are 1-person living alone.



Data Source: American Community Survey (11)

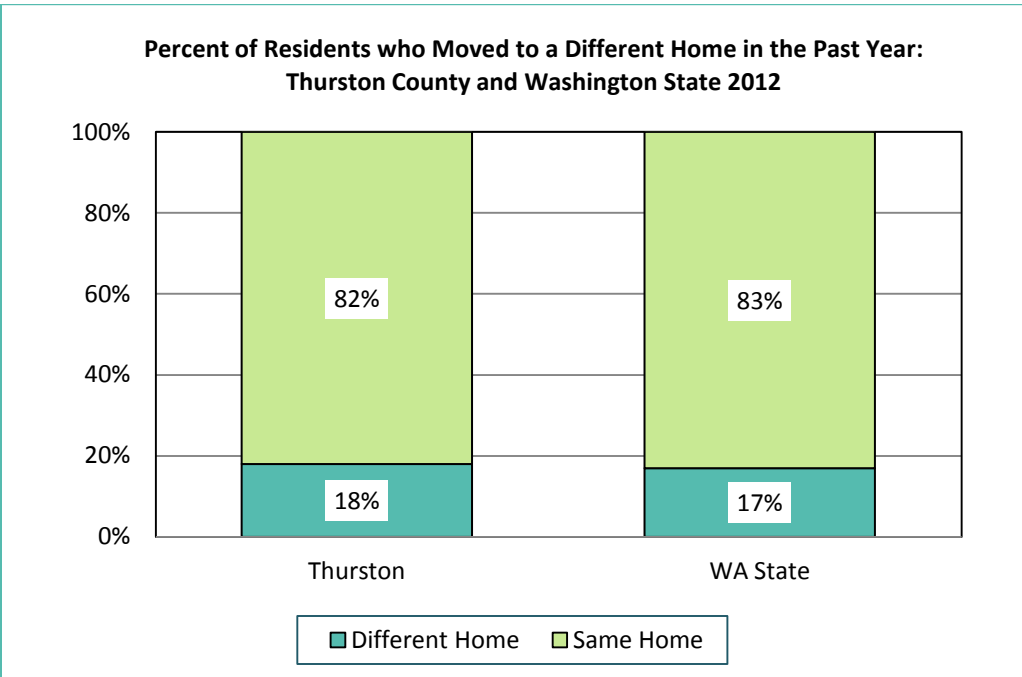
WHAT WE KNOW.

- ◆ In 2012, 26% of all households in Thurston County were 1-person living alone.
 - This equates to an estimated 26,328 Thurston County 1-person households (out of 102,335 total households).
- ◆ An estimated 38% of Thurston County households with adults age 65 and up were 1-person living alone in 2012.
 - This equates to an estimated 9,993 Thurston County 1-person age 65 and up households (out of 26,635 households with adults age 65 and up).

MOBILITY.

Living in one place can have benefits both to individuals and communities. The longer someone lives in one area, the stronger and wider their social networks and sources of support can become. The length of time spent in an area can contribute to having a stronger sense of belonging. (12)

MEASURE: Percent of county residents who moved to a different home in the past year.



Data Source: American Community Survey (11)

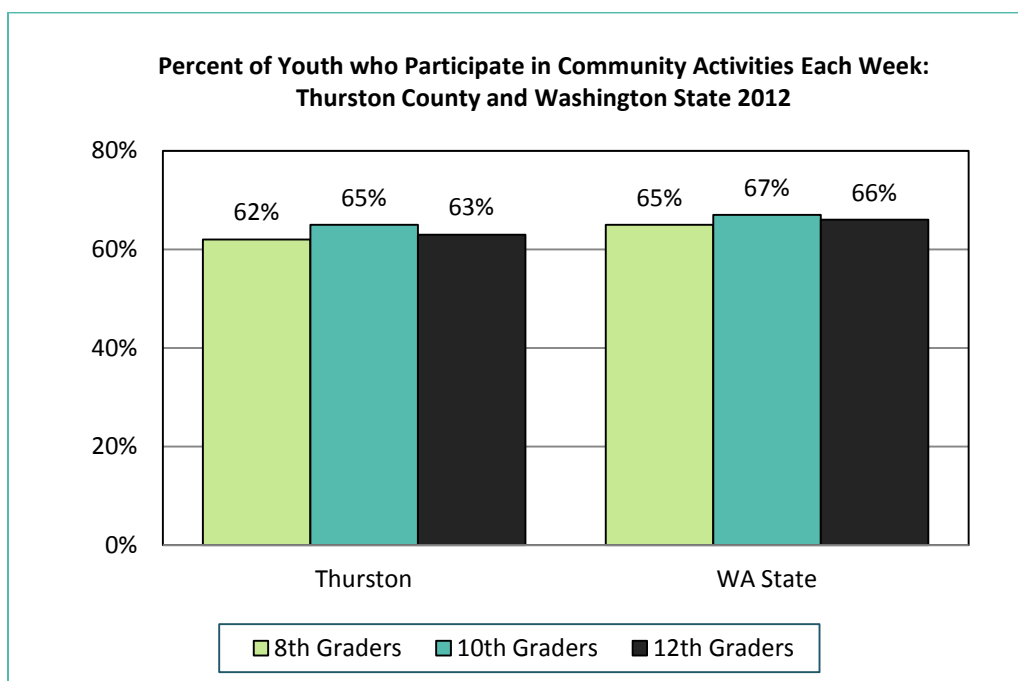
WHAT WE KNOW.

- ◆ In 2012, 18% of Thurston County residents moved to a different home in the past year (82% had not moved).
 - This equates to an estimated 46,348 residents (of all ages) moving within the past year.
- ◆ Among Thurston County residents who moved in 2012:
 - 53% already lived in Thurston County and moved to another home within the county.
 - 26% moved to Thurston County from somewhere else in Washington State.
 - 16% moved to Thurston County from another state.
 - 5% moved to Thurston County from abroad, which includes people moving from another country or U.S territory.
- ◆ Thurston County is ranked 6th highest for percent of residents who moved to a different home in past year. Counties that are higher were: King, Kittitas, Pierce, Spokane and Whitman (based on 2008-2012 data). (13)

INCLUSION.

Participating in socially inclusive activities is important both to individuals and communities. Leisure activities that involve others (e.g. sports, clubs, dance, music, community service, faith-based) can build bonds that expand social networks and community cohesion. (12)

MEASURE: Percent of county youth who participate in community activities.



Community activities = Supervised after-school or away from school activities.

WHAT WE KNOW.

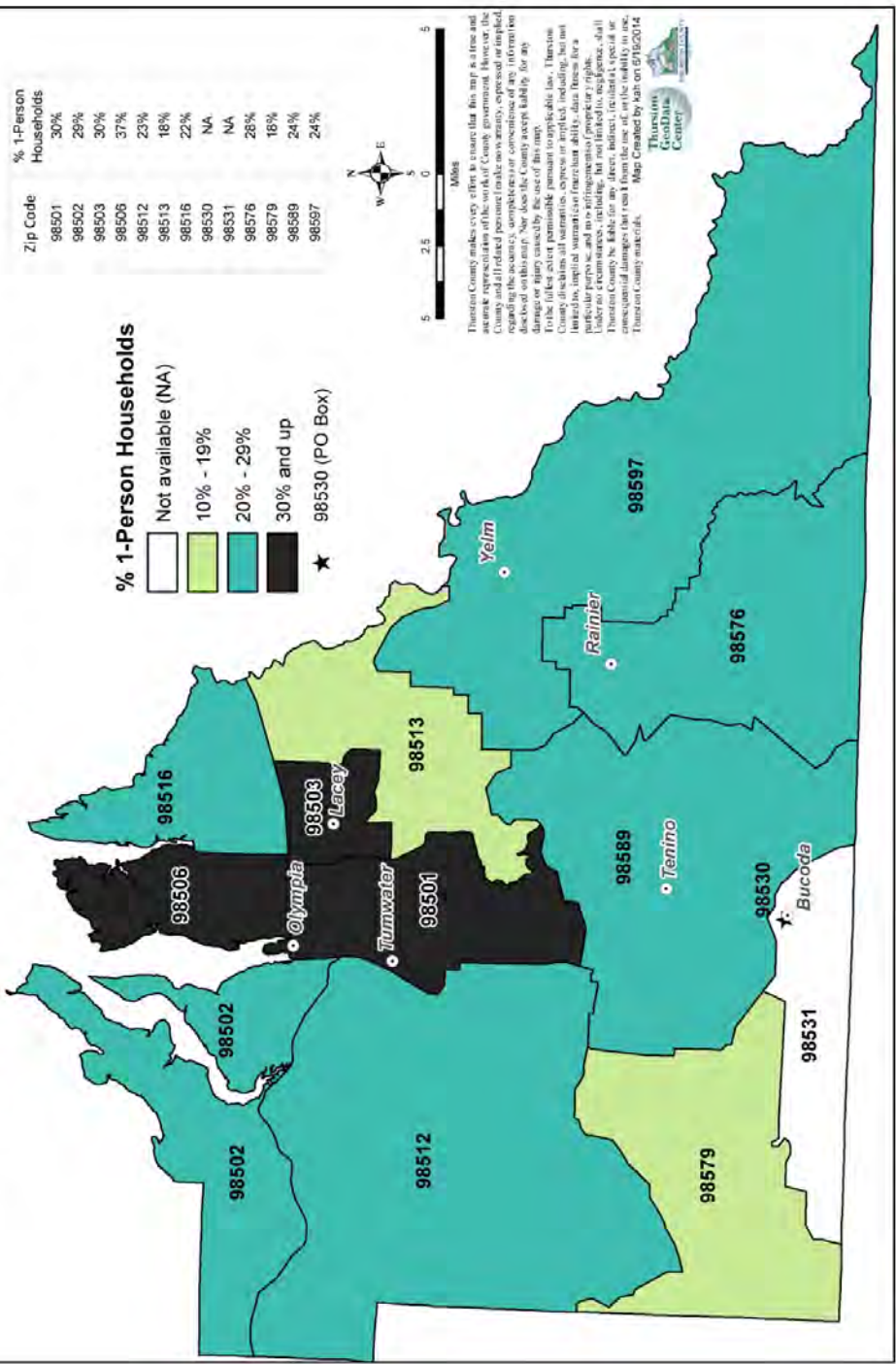
- ◆ In 2012:
 - 62% Thurston County 8th graders participated in community activities at least once a week (38% did not).
 - 65% Thurston County 10th graders participated in community activities at least once a week (35% did not).
 - 63% Thurston County 12th graders participated in community activities at least once a week (37% did not).
- ◆ Participation levels can vary. Among Thurston County 8th graders in 2012:
 - 48% of those with a disability or long term health problem participated in community activities at least once a week (52% did not).
 - 54% of those experiencing depression participated in community activities at least once a week (48% did not).

MAP GALLERY

Health in detail.



Percent of All Households that are 1-Person Living Alone, Thurston County Zip Codes 2008-2012 Estimates

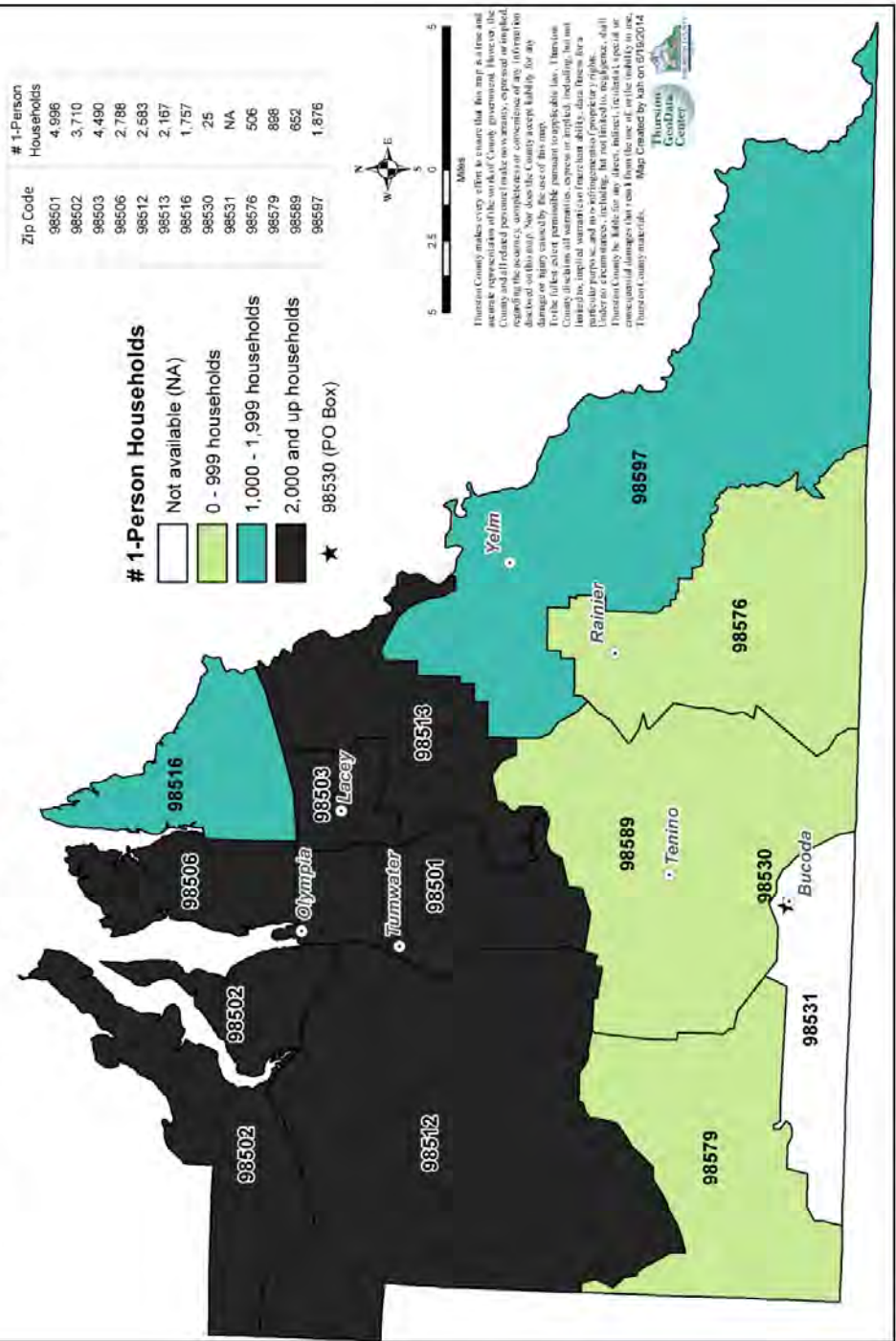


% of All Households that are 1-Person Living Alone
 2008-2012 Estimates: Thurston County = 26%, Washington State = 28%

Data Source: U.S. Census Bureau, American Community Survey (13)

Data provided by Thurston County Public Health & Social Services Department

Number of All Households that are 1-Person Living Alone, Thurston County Zip Codes 2008-2012 Estimates



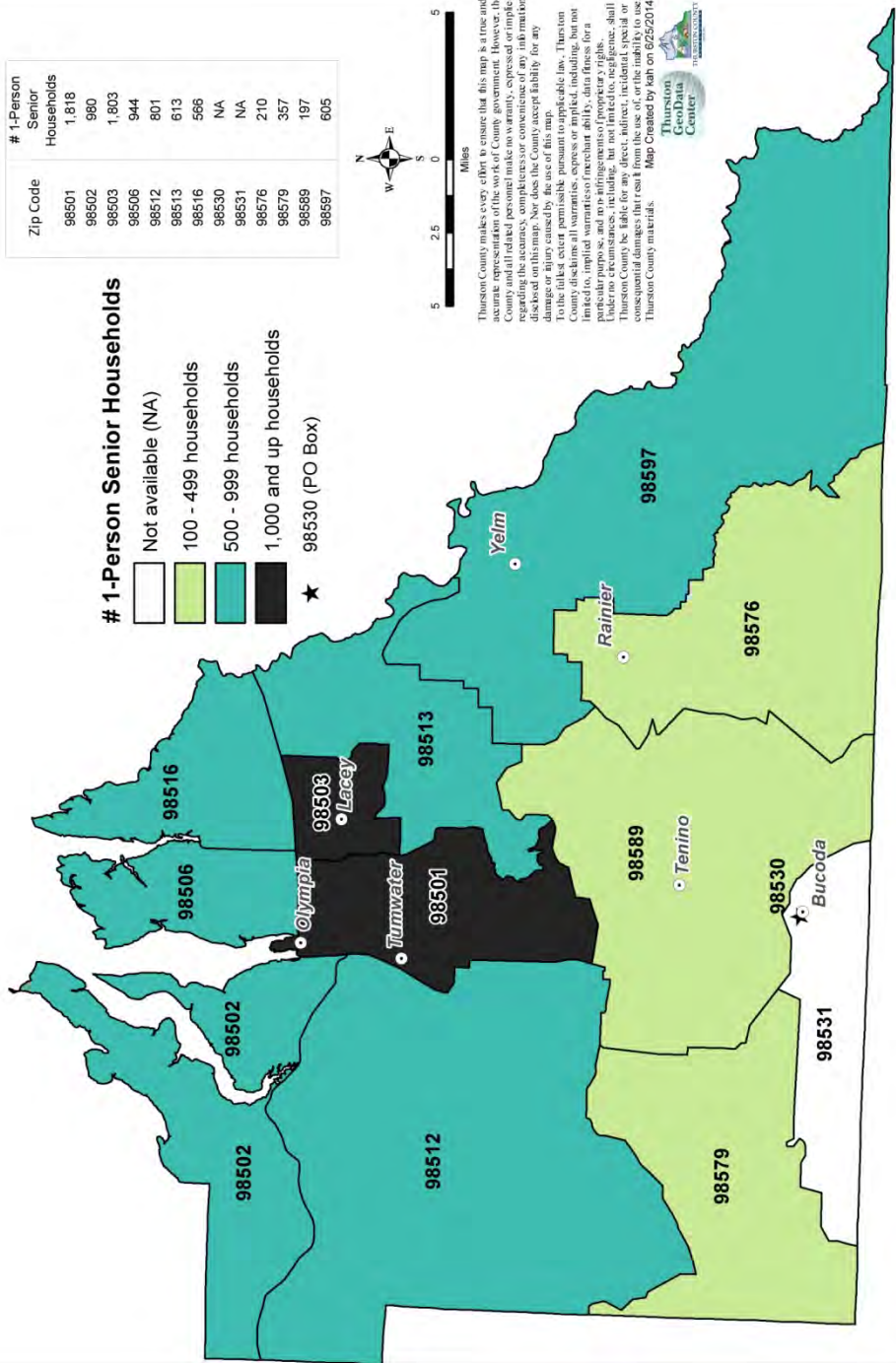
Data Source: U.S. Census Bureau, American Community Survey
2008-2012 Estimates (13)

Number of Households with Residents Age 65 Years Old and Up Living Alone, Thurston County Zip Codes 2008-2012 Estimates

Zip Code	# 1-Person Senior Households
98501	1,818
98502	980
98503	1,803
98506	944
98512	801
98513	613
98516	566
98530	NA
98531	NA
98576	210
98579	357
98589	197
98597	605

1-Person Senior Households

- Not available (NA)
- 100 - 499 households
- 500 - 999 households
- 1,000 and up households
- ★ 98530 (PO Box)



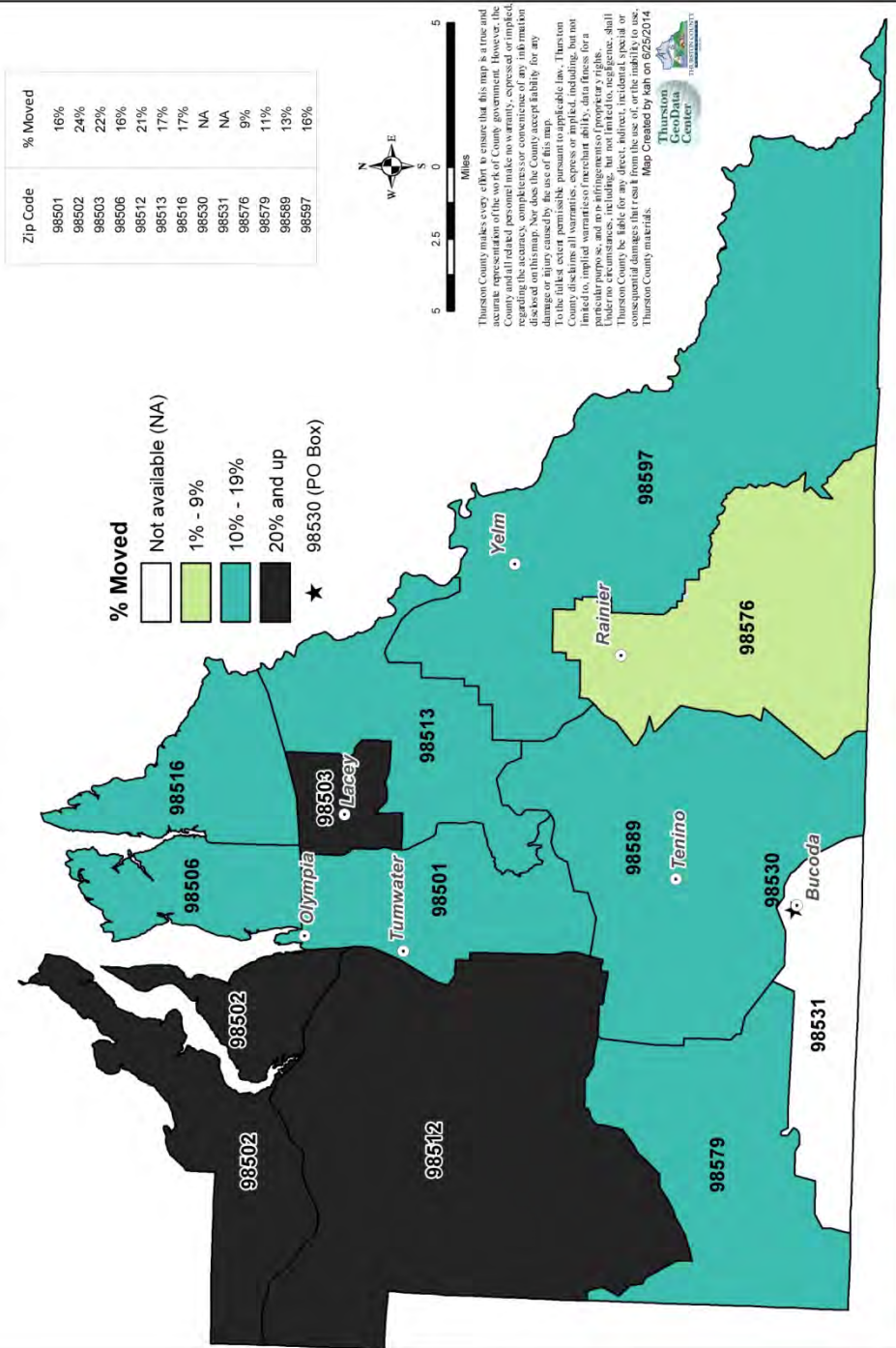
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Data provided by Thurston County Public Health & Social Services Department

Data Source: U.S. Census Bureau, American Community Survey
2008-2012 Estimates (13)

Percent of Residents who Moved to a Different Home in the Past Year, Thurston County Zip Codes 2008-2012 Estimates



Data provided by Thurston County Public Health & Social Services Department

% of Residents (of all ages) who Moved to a Different Home in the Past Year
2008-2012 Estimates: Thurston County = 18%, Washington State = 17%

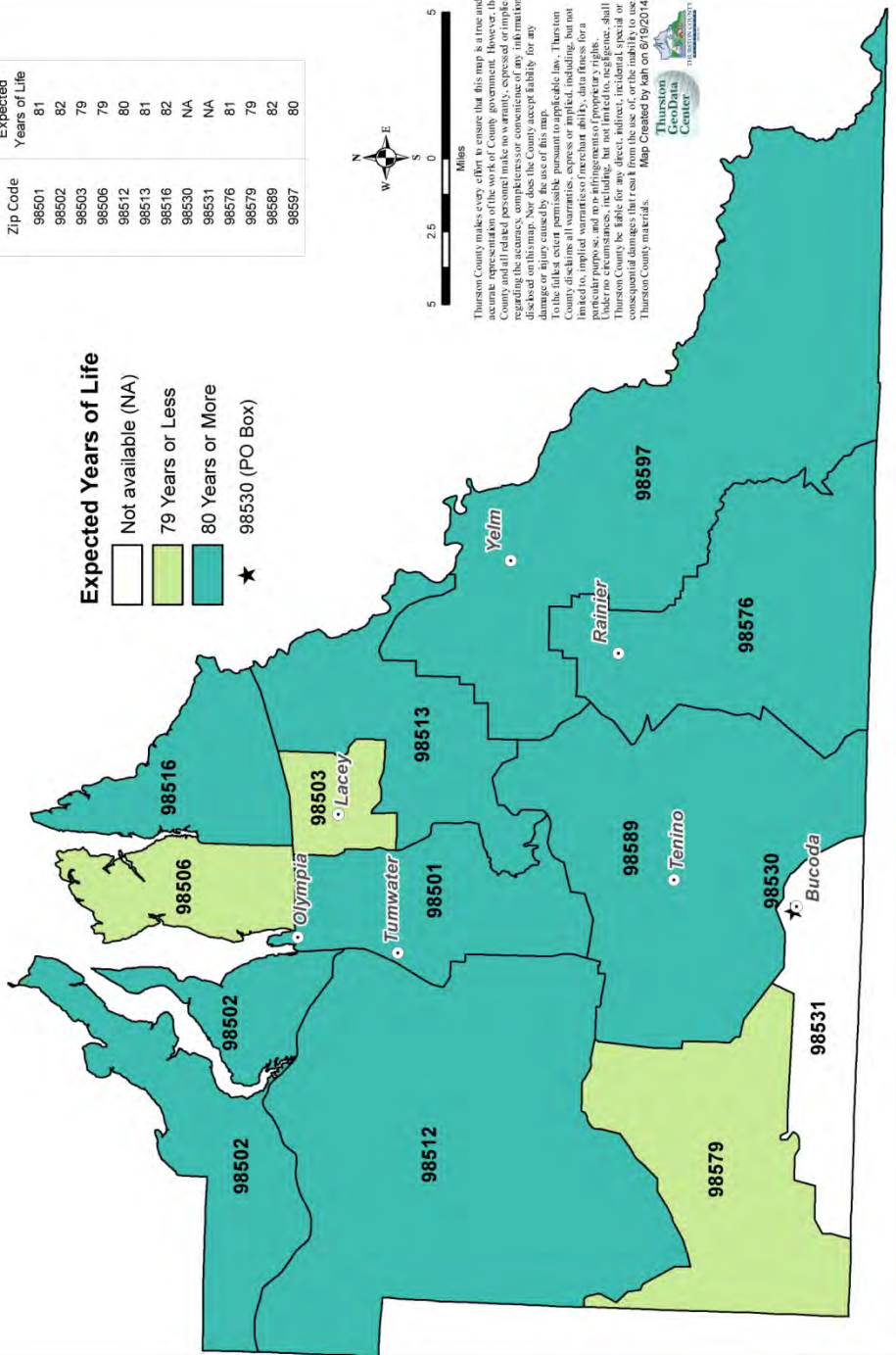
Data Source: U.S. Census Bureau, American Community Survey (13)

Life Expectancy at Birth, Thurston County Zip Codes 2012

Zip Code	Expected Years of Life
98501	81
98502	82
98503	79
98506	79
98512	80
98513	81
98516	82
98530	NA
98531	NA
98576	81
98579	79
98589	82
98597	80

Expected Years of Life

- Not available (NA)
- 79 Years or Less
- 80 Years or More
- ★ 98530 (PO Box)



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Data provided by Thurston County Public Health & Social Services Department

Life Expectancy at Birth, 2012
 Thurston County = 80 years old, Washington State = 80 years old

Data Source: Death Certificates (14)

CITATIONS.

- (1) Social Relationships and Mortality Risk: A Meta-analytic Review. 2010. PLOS Medicine. www.plosmedicine.org/article/info%3Adoi%2F10.1371%2Fjournal.pmed.1000316
- (2) Social Connectedness and Health: A Literature Review. 2006. Cornell University. <http://digitalcommons.ilr.cornell.edu/cgi/viewcontent.cgi?article=1474&context=gladnetcollect>
- (3) Functions of Loneliness, Social Support, Health Behaviors, and Stress in Association with Poor Health. 2010. Health Communication. www.ncbi.nlm.nih.gov/pubmed/20512713
- (4) Behavioral Risk Factor Surveillance Survey. Single Year 2012. Thurston County Public Health & Social Services Department.
- (5) Strategic Direction for the Prevention of Suicidal Behavior: Promoting Individual Family, and Community Connectedness to Prevent Suicide. 2013. Centers for Disease Control and Prevention. www.cdc.gov/violenceprevention/suicide/prevention.html
- (6) Common Risk and Protective Factors for Alcohol and Drug Use. 2014. United States Department of Health & Human Services, Substance Abuse and Mental Health Services Administration. <http://captus.samhsa.gov/access-resources/common-risk-and-protective-factors-alcohol-and-drug-use>
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- (8) Health Youth Survey. Single Year 2012. Thurston County Public Health & Social Services Department.
- (9) Social Isolation, Loneliness and All-Cause Mortality in Older Men and Women. 2012. Proceedings of the National Academy of Sciences of the United States of America. www.pnas.org/content/110/15/5797
- (10) A Review of Social Isolation: An Important Underassessed Condition in Older Adults. 2012. Journal of Primary Prevention. www.ncbi.nlm.nih.gov/pubmed/22766606
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- (12) Sense of Community and Place Attachment: The Natural Environment Plays a Vital Role in Developing a Sense of Community. 2003. Queensland University of Technology. <http://eprints.qut.edu.au/115/>
- (13) American Community Survey. 2008-2012 Combined Years. United States Census Bureau. <http://factfinder2.census.gov/>
- (14) Death Certificates. 2012. Washington State Department of Health.

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