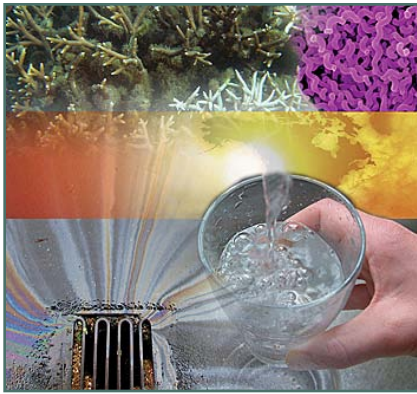


DATA SNAPSHOT

THURSTON THRIVES ENVIRONMENT ACTION TEAM



Thurston County Public Health & Social Services Department

May 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.

ENVIRONMENT AND HEALTH

In 2014, the Thurston Thrives Environment Action Team was formed to review the topic of the environment and its connection to health. **Art Starry, Environmental Health Director for the Thurston County Public Health & Social Services Department** serves as the Environment Action Team lead.

SNAPSHOT

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

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

HEALTH CONCERNS

The natural and physical environment impacts the public's health.

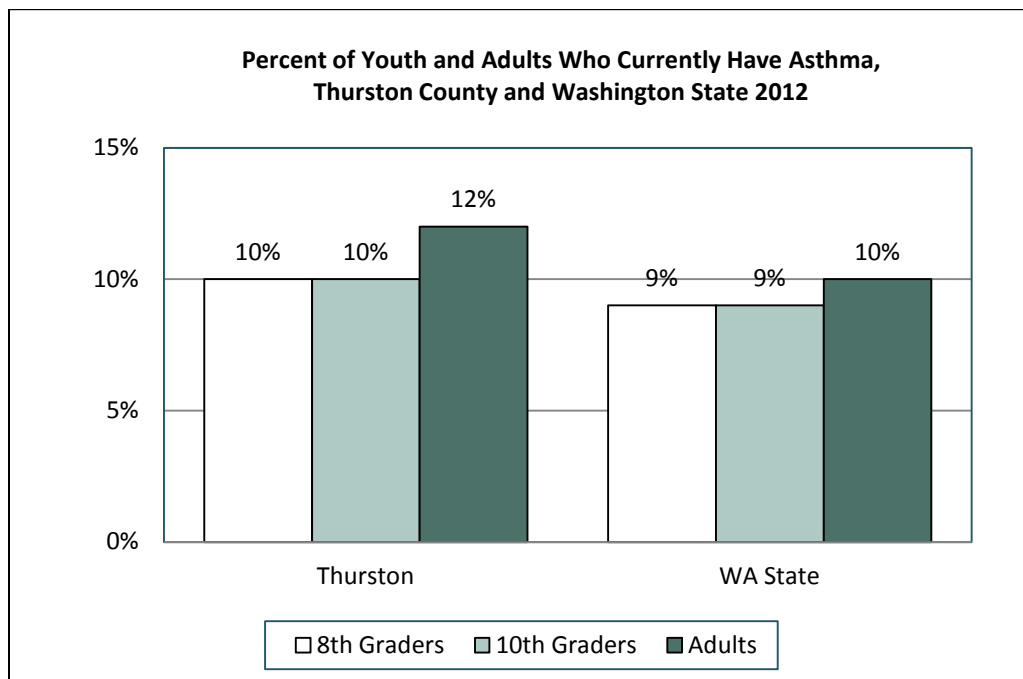


ASTHMA.

Asthma is a chronic disease that affects your airways causing symptoms like coughing, wheezing, chest tightness and trouble breathing. When you experience a serious worsening of asthma symptoms, it is called an asthma attack. Asthma attacks are not all the same and some are worse than others. People can be hospitalized or die from severe asthma attacks. Asthma affects people of all ages, but usually starts during childhood. (1-2)

Asthma cannot be cured, but for most people it can be controlled. Avoiding things that make asthma worse and reducing exposure to environmental triggers (things that can irritate the lungs) can help reduce the severity or frequency of asthma attacks. Examples of triggers include cigarette smoke, mold, dust, household chemicals and outdoor air pollution. Regular care from a health care provider and following treatment recommendations are essential in the control of asthma. (1-2)

MEASURE: Percent of county youth and adults who currently have asthma.



Data Source: Healthy Youth Survey and Behavioral Risk Factor Surveillance Survey (3-4)

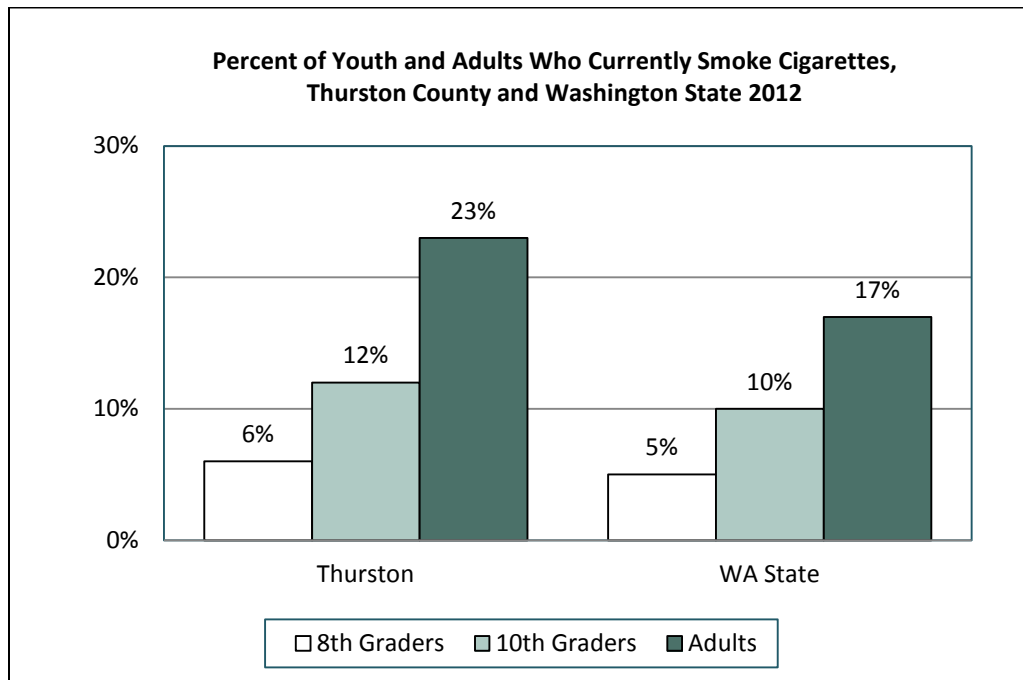
WHAT WE KNOW.

- ◆ In 2012, 10% of Thurston County 8th and 10th grade students currently have asthma.
- ◆ In 2012, 12% of Thurston County adults currently have asthma.
 - This equates to an estimated 23,932 county adults with asthma.

SECONDHAND SMOKE.

Breathing secondhand smoke from tobacco products is harmful to the health of the person smoking and those exposed to the smoke. Secondhand tobacco smoke contains more than 7,000 chemicals, of which hundreds are toxic and about 70 are known to cause cancer. Women exposed to secondhand smoke are at increased risk for delivering their baby too early (premature birth). Children exposed to secondhand smoke are sick more often with illnesses like ear infections, bronchitis and pneumonia. Secondhand smoke makes asthma symptoms worse and can trigger asthma attacks. Secondhand smoke causes lung cancer, heart disease and stroke in adults. (5-6)

MEASURE: Percent of county youth and adults who currently smoke cigarettes.

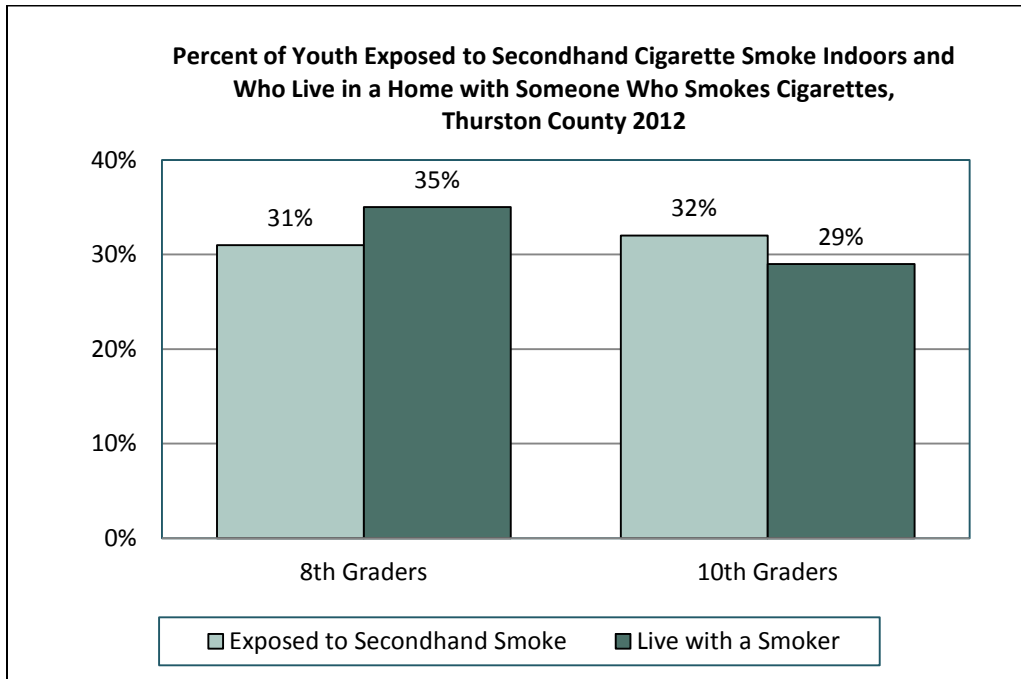


Data Source: Healthy Youth Survey and Behavioral Risk Factor Surveillance Survey (3-4)

WHAT WE KNOW.

- ◆ In 2012, 6% of Thurston County 8th grade and 12% of 10th grade students currently smoke cigarettes.
- ◆ In 2012, 23% of Thurston County adults currently smoke cigarettes.
 - This equates to an estimated 45,869 county adults smoke cigarettes.

MEASURE: Percent of county youth exposed to secondhand smoke.



Data Source: Healthy Youth Survey (3)

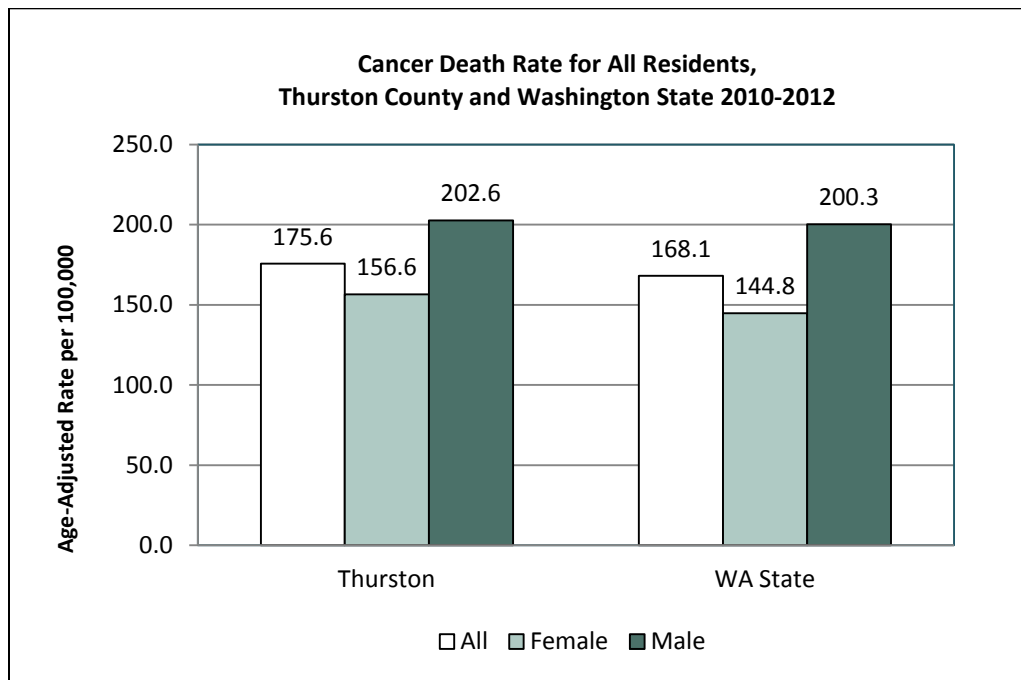
WHAT WE KNOW.

- ◆ About 1 in 3 Thurston County 8th and 10th grade students were exposed to secondhand cigarette smoke indoors during the past week (8th graders = 31%, 10th graders 32%).

CANCER.

Cancer is a group of diseases that occur when abnormal cells within your body grow without control. These harmful cells can spread to other parts of the body and form tumors. There are many types of cancers and different factors contribute to developing these diseases including: genetics, lifestyle, viruses and exposure to substances in the environment that cause cancer in people (carcinogens). Carcinogens can be found in some pesticides (e.g. arsenic), solvents, fibers (e.g. asbestos) and chemicals in secondhand tobacco smoke (e.g. benzene). (7-9)

MEASURE: Rate of cancer deaths for all county residents.



Data Source: Death Certificates (10)

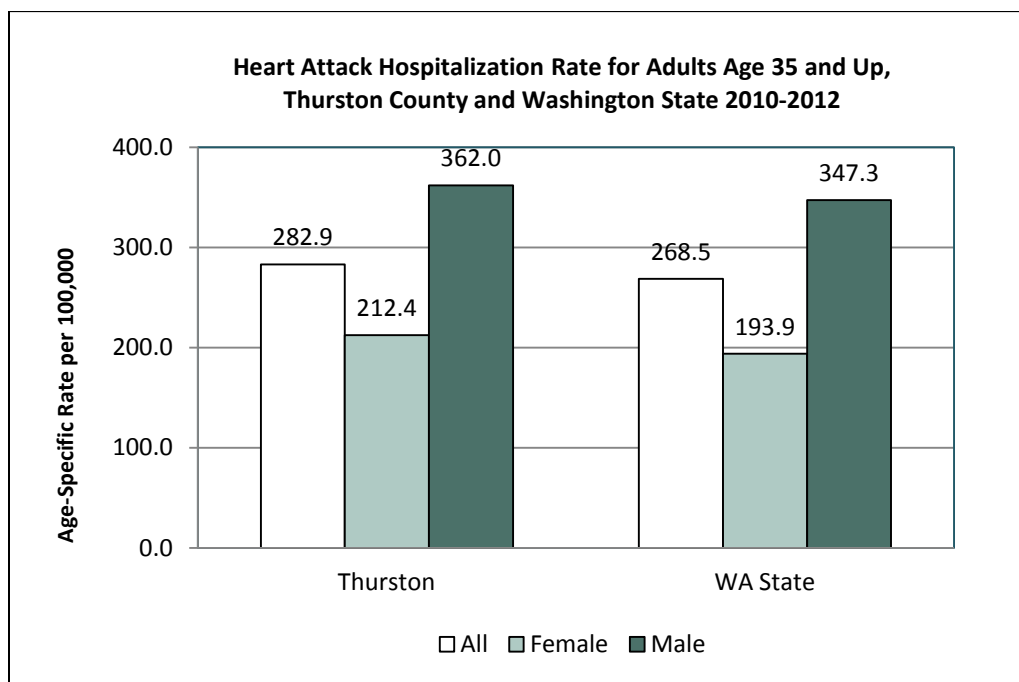
WHAT WE KNOW.

- ◆ Cancer is the leading cause of death for Thurston County residents of all ages (based on 2010-2012 data). Heart disease is the 2nd leading cause of death.
 - On average each year there are 490 deaths from cancer among county residents.
- ◆ Between 2010-2012, the age-adjusted cancer death rate for Thurston County residents was higher when compared to Washington State.

HEART ATTACKS.

A heart attack occurs when blood supply to part of the heart muscle is reduced or stopped. Factors that contribute to risk for heart attacks include: lifestyle (e.g. poor diet, physical inactivity, smoking), having other health conditions (e.g. high blood pressure, diabetes) and exposure to air pollution from particulate matter. Particulate matter comes from a range of sources, such as dust from unpaved roads, smoke from wood stoves, industrial facility emissions and motor vehicle emissions. (11-13)

MEASURE: Rate of heart attack hospitalizations among county adults age 35 and up.



Data Source: Comprehensive Hospital Abstract Reporting System (14)

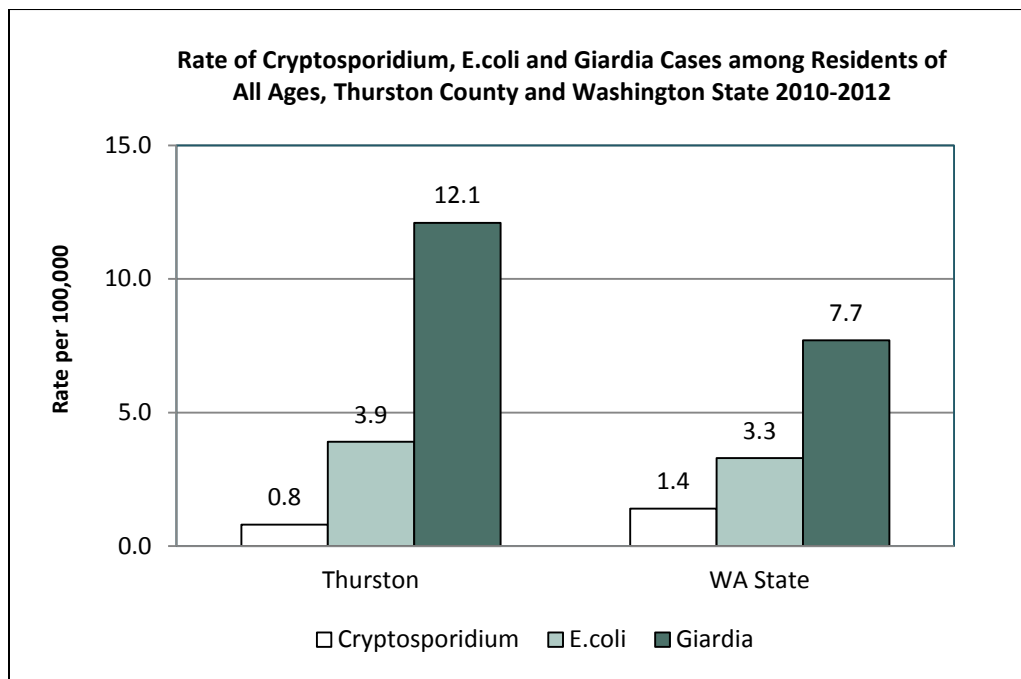
WHAT WE KNOW.

- ◆ Heart disease is the 2nd leading cause of death for Thurston County residents of all ages (based on 2010-2012 data).
- ◆ Between 2010-2012, the heart attack hospitalization rate for Thurston County adults age 35 and up was higher when compared to Washington State.
 - On average each year there are 390 heart attack hospitalizations among county residents age 35 and up.

WATERBORNE ILLNESS.

Many illnesses can be waterborne, which means caused by water that is contaminated with a parasite, bacteria, virus or chemical compounds that makes people sick. The source of these illnesses can be drinking water (e.g. tap water) or recreational water (e.g. lakes, swimming pools). Some illnesses are commonly connected to water, including Cryptosporidium, E.coli and Giardia. Waterborne illnesses can have serious health consequences resulting in hospitalization and death. (15-16)

MEASURE: Rate of Cryptosporidium, E.coli and Giardia cases among county residents of all ages.



Data Source: Public Health Issue Management System (17)

WHAT WE KNOW.

- ◆ Thurston County has a higher rate of E.coli and Giardia cases compared to Washington State (based on 2010-2012 data).
- ◆ On average each year there are the following number of confirmed cases (based on 2010-2012 data):
 - Cryptosporidium = 2
 - E.coli = 10
 - Giardia = 31

POPULATION ISSUES

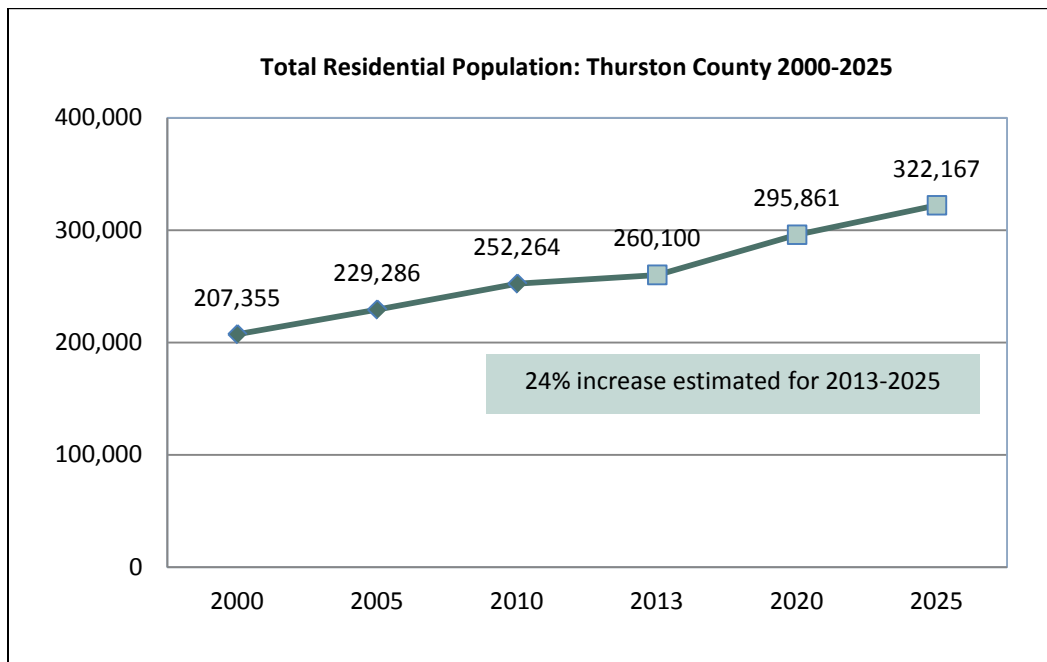
The health of every resident connects to the environment that surrounds them.



MORE RESIDENTS.

The environment contributes to the health of everyone in a community. Living in a place that is continually experiencing population growth can impact systems that help maintain clean water, air and land. (18)

MEASURE: Increase in county total residential population.



Data Source: Washington State Office of Financial Management and Thurston Regional Planning Council (19-20)

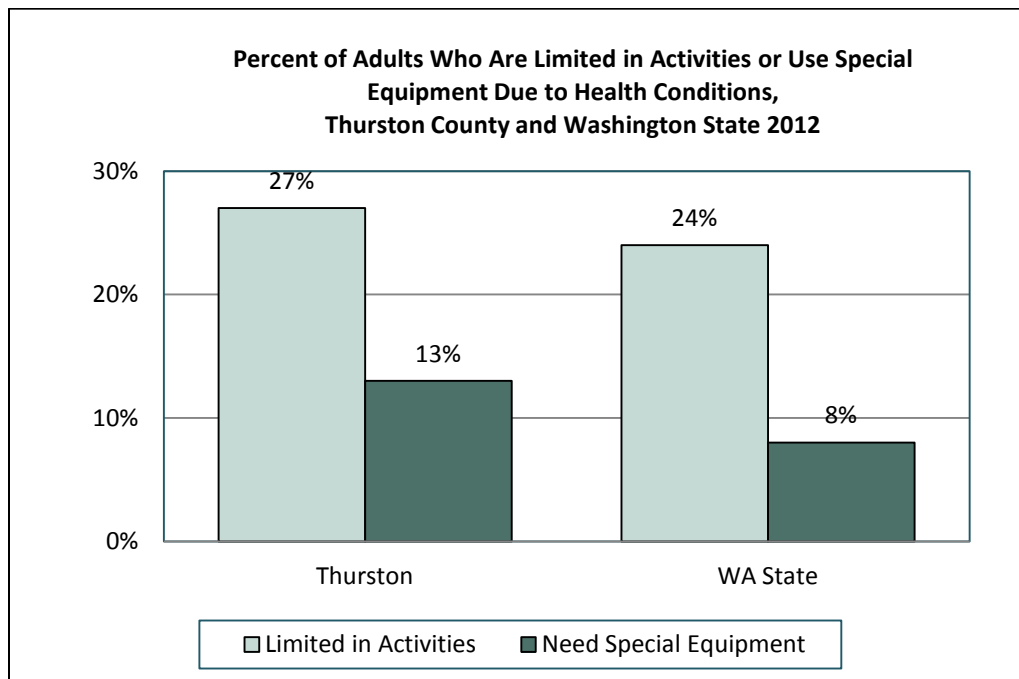
WHAT WE KNOW.

- ◆ In 2013, an estimated 260,100 people lived in Thurston County. By 2025, the county's total population is estimated to increase to 322,167 people.
 - This equates to an estimated 62,027 additional residents or a 24% increase in total population.

VULNERABLE RESIDENTS.

Natural disasters and local emergencies come in many forms such as floods, earthquakes, or disease outbreaks. They can range from being an inconvenience (having no power for one hour) to life-threatening (having your home surrounded by flood waters). Some groups of people are less likely than others to be ready for a disaster. People who may be more vulnerable or at-risk during a disaster can include those with chronic or disabling health conditions. (21)

MEASURE: Percent of county adults with health conditions that limit activities or require special equipment.



Data Source: Behavioral Risk Factor Surveillance Survey (4)

WHAT WE KNOW.

- ◆ In 2012, 27% of Thurston County adults were limited in their activities due to physical, mental or emotional health conditions.
 - This equates to an estimated 53,846 county adults who are limited in their activities due to health.
- ◆ In 2012, 13% of Thurston County adults had a health condition that required special equipment.
 - This equates to an estimated 25,923 county adults with special health equipment.

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- (21) Vulnerable Populations Toolkit. 2010. Thurston County Public Health & Social Services Department. www.co.thurston.wa.us/health/admin/preparedness/vulnerablepop.html

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