

2017 KITSAP COUNTY CORE PUBLIC HEALTH INDICATORS REPORT EXECUTIVE SUMMARY

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Date: September 11, 2017

Each year, the Kitsap Public Health District releases an updated *Kitsap County Core Public Health Indicators Report*. The *Indicators Report* is a high-level synthesis of demographic and public health data designed to provide an overview of the health of Kitsap County. Most indicators are derived from standard public health data systems from national, state, county, and program sources.

The format of the *Indicators* has changed for 2017! Kitsap data for each indicator are presented for a series of years in a large trend line graph (“Kitsap Rate Over Time”, second column). The lines are color coded: green is a statistically improving trend, red is a statistically worsening trend, and black is neither statistically better or statistically worse. The overall statistical trend in Kitsap County (third column, “Overall”) is presented from the oldest year to the most recent year, reported as an increase (↑), decrease (↓), or no change (↔), and follows the color coding described previously (green, red, or black). A recent year statistical comparison between Kitsap County and Washington State is reported as better, same, or worse and follows the color coding described previously (last column, “Compared to WA”).

The *Indicators Report* is not a reflection of only the Health District’s work, and it is not intended to be. It is an assessment of the community’s overall health, and it reflects both successes --- and areas that need improvement --- that are the results of the work and the decisions that are made by individuals, public agencies, healthcare providers, and private businesses. The Health District believes that there is something in this report for everyone with a stake in the Kitsap community.

The *Indicators* have many implications for public health practice and policy, and are presented to provide sound, reliable data that can be used to help focus resources, encourage new and existing partnerships, and support the work necessary to make Kitsap County a healthy and safe place to live, learn, work, and play. The report provides opportunities for individuals, public agencies, healthcare providers, and private businesses to identify and make, or support, decisions to improve health.

Below, please find highlights of the report by social and economic determinants of health, by Health District strategic plan initiatives, and other notable findings.

Demographic and Social/Economic Determinants Indicator Highlights:

Key Findings	Indicators
Kitsap population is growing, aging, and becoming more diverse.	The population has grown in all parts of our county; we have more older adults; and nearly one-quarter of our population is non-white and/or Hispanic.
Kitsap education and economic indicators are mostly better than WA but most long-term trends are unchanged or worsening.	While Kitsap fares better than Washington in all four education indicators and 7 of 8 economic indicators, compared to previous years there has been no improvement in poverty rates, housing affordability, and homelessness. Children are disproportionately affected: 34% of public school students qualified for subsidized meals, 43% of babies were born into poverty, and about 1 in 30 public school students experienced homelessness during the school year.

Indicator Highlights by Health District Strategic Plan Initiative:

Initiative	Indicators
1: We will decrease communicable diseases and their impacts in our community.	<p>Childhood immunization status is mixed: only half of toddlers have complete immunizations by age 3, lower than WA, while 9 in 10 children enter kindergarten with complete immunizations, higher than WA (though not protective for a measles outbreak). Fewer than half of adults report an annual flu shot.</p> <p>Kitsap has an ongoing worsening trend in residents experiencing chlamydia and syphilis infections and a recent worsening trend in gonorrhea infections; notably, however, our rates for these 3 infections, Hepatitis C, and HIV are all lower than the WA average.</p> <p>Over one million clean syringes were exchanged in 2016, reducing the risk of communicable disease transmission from shared needles.</p>
2: We will decrease chronic diseases and their impacts in our community	<p>Most chronic disease, weight management, physical activity and nutrition indicators are unchanged over time and similar to the state. A few positive exceptions: compared to previous years, more 8th graders report meeting physical activity recommendations; compared to previous years and compared to the state, more 8th graders report not drinking sugary beverages at school; and there are fewer heart disease and diabetes-related hospitalizations in recent years.</p> <p>One special area of concern: more pregnant women are being diagnosed with gestational diabetes.</p>
3: We will protect the public from contaminated water, food, land, and air, and insanitary environments.	Kitsap has good air quality but increasing air stagnation over time. There have been improvements in fresh water stream water quality and shorelines open for shellfish harvest. There have been consistently few days when an advisory for lakes or marine water was necessary.

<p>4: We will promote healthy child development and health equity by ensuring all children have healthy starts.</p>	<p>Not enough pregnant women are starting prenatal care in the first trimester of pregnancy; too many women are smoking during pregnancy and our rate is higher than the state; more babies are being born into poverty; and 60% of women served by Kitsap Public Health District home visiting programs had 3 or more Adverse Childhood Experiences. On the positive side, Kitsap has a decreasing trend in youth reporting their parents are not engaged.</p>
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Other Notable Indicator Findings:

Key Finding	Indicators
<p>Substance use behaviors continue to hurt Kitsap residents.</p>	<p>Too many 10th graders, pregnant women, and adults continue to smoke, although rates are decreasing. Fewer 10th graders use e-cigarettes, alcohol, and marijuana compared to the State average. Kitsap has more drug- and opioid-related hospitalizations and deaths over time, but is lower or the same compared to the state.</p>
<p>Mixed results for emotional well-being and suicide indicators.</p>	<p>Fewer adults report emotional distress and suicide-related hospitalizations are down, however an increasing number of 8th graders report seriously considering suicide. Rates of 6th graders being bullied, 8th graders with adults to turn to, adults with social support, and suicide deaths are all unchanged over time.</p>