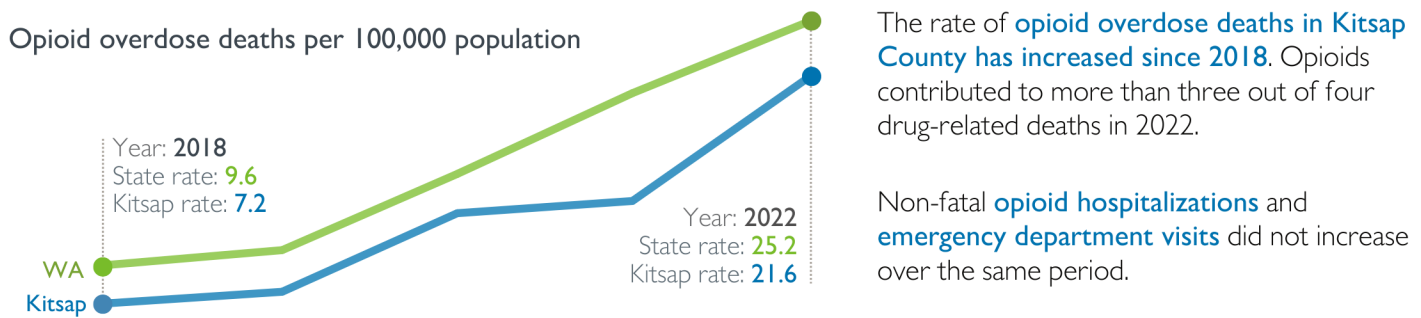




KITSAP COUNTY TRENDS IN HEALTH BEHAVIORS

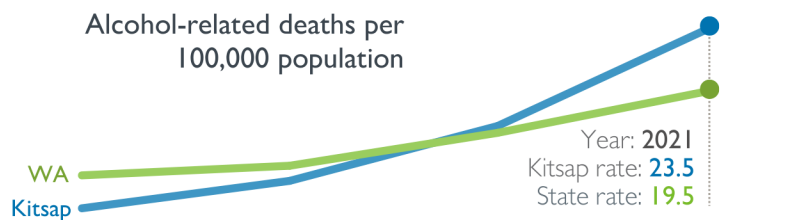
Health behaviors are health-related practices that can improve or harm the health of community members. Not everyone has the money, access, or privilege needed to make healthy choices. We can help promote beneficial health behaviors and prevent negative outcomes by increasing focus on societal responsibility. As a society, we can develop and improve structures and policies to facilitate positive health behaviors.

OPIOID USE



In a 2022 Kitsap Community Resources survey, **alcohol was the most commonly reported substance used by respondents**, with one third (33%) reporting weekly use.

ALCOHOL USE



YOUTH E-CIGARETTE USE

Trends in e-cigarette use (vaping) among public high school students have remained unchanged over time. A **higher percentage of students reported vaping compared with smoking cigarettes** in 2021.



Anecdotally, parents, teachers, and staff **express concern over e-cigarette use in schools**.

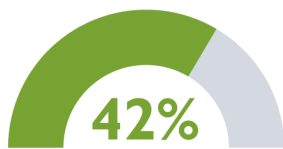
CRIME



Over time, **crime appears to be decreasing in Kitsap**. However, there was an uptick in Group A crime in 2022 in every jurisdiction in Kitsap. Group A crime includes 49 offenses grouped into 23 crime categories, such as murder, robbery, prostitution and arson.

Upticks in **domestic violence, child abuse and neglect referrals, sexual assault crimes, and homicides** were reported in 2021 compared with 2020.

FIREARMS



of Kitsap households **had a gun in or around their house** in 2020, higher than the statewide rate (32%).



Just over one in four Kitsap households (27%) that reported having a gun in or around their house in 2020 said that the **gun was stored unlocked**. This was a decrease from 53% in 2013.

DISPARITIES IN HEALTH BEHAVIORS



SEX AND GENDER IDENTITY

Subgroups with **higher percentages reporting negative health behaviors** were:

- **Males** (alcohol death rate, firearm death rate)
- **Female 10th and 12th grade students** (alcohol, binge drinking, vaping)
- **10th and 12th grade students reporting a sexual orientation of gay, lesbian, bisexual or something other than heterosexual** (smoking cigarettes, vaping, using marijuana)



GEOGRAPHY

Subgroups **more likely to report negative health behaviors**:

- **Bainbridge and North Kitsap 10th and 12th grade students** (drinking alcohol and using marijuana for both groups as well as binge drinking for Bainbridge students)
- **Bremerton and South Kitsap adults** (smoking)
- **Bremerton residents** (accepted referrals for child abuse and neglect)

SOURCES

- Healthy Youth Survey (HYS), Washington State Department of Health and its partners (2021)
- Prescription Monitoring Program Data, Washington State Department of Health (2022)
- Washington Association of Sheriffs and Police Chiefs data (2021)
- Washington State Department of Social and Health Services data (2021)
- Washington State Office of Financial Management data (2021)
- Behavioral Risk Factor Surveillance System (BRFSS), Centers for Disease Control and Prevention (2021)

LEARN MORE



VIEW THE FULL REPORT



Kitsap Public Health published a detailed Community Health Assessment in 2023. Scan the code with a smartphone camera to view the full report.

HAVE QUESTIONS?

We'd love to provide any answers that we can.

Our office is open from 9 a.m. to 4 p.m. every weekday. Call 360-728-2235.



Reach us via email at epi@kitsappublichealth.org.

