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**

The rate of opioid overdose deaths in Kitsap County has increased since 2018. Opioids contributed to more than three out of four drug-related deaths in 2022.

Non-fatal opioid hospitalizations and emergency department visits did not increase over the same period.

**ALCOHOL 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.

The alcohol-related death rate in Kitsap climbed from 2018 to 2021, increasing at a faster pace than the state rate.

**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

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)
- 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.