

The Health of Jefferson County
2014 Community Health Assessment

Jefferson Healthcare and Jefferson County Public Health

Prepared by: Siri Kushner, MPH CPH

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Part II. Quality of Life

Section A:

- 1 Years of Healthy Life Expected at Age 20
- 2 Adult General Health Status
- 3 Adult Activity Limitations due to Poor Physical or Mental Health
- 4 Disability Status
- 5 Adverse Childhood Experiences

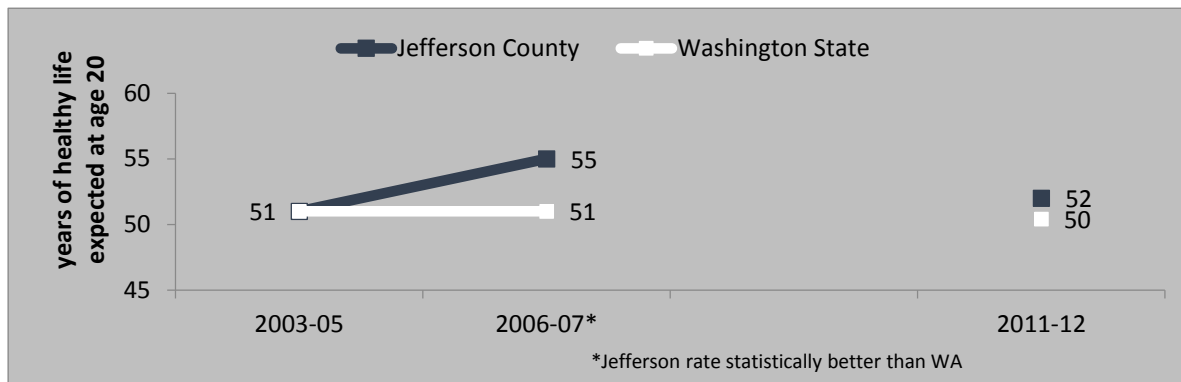
A1. Years of Healthy Life Expected at Age 20

Jefferson County and Washington State

Source: Washington State Dept. of Health, Local Public Health Indicators (Death Certificates and Behavioral Risk Factor Surveillance System).

Note: Starting with 2011, BRFSS results cannot be compared historically due to changes in the survey methodology.

The years of healthy life expected at age 20 measures additional years a 20 year-old is expected to live in good, very good or excellent health. In 2006-07 the Jefferson rate was statistically higher than WA. In 2010-12, Jefferson ranked 4th highest among Washington counties.



| | Jefferson County | Washington State | difference |
|----------|------------------|------------------|------------|
| 2003-05 | 51 | 51 | 0 |
| 2006-07* | 55 | 51 | 4 |
| 2011-12 | 52 | 50 | 2 |

*statistically better than WA

Jefferson rank among Washington counties:

| Year | Jefferson County | Ranking |
|---------|------------------|--|
| 2003-05 | 7th | 1st: San Juan; 2nd: Whitman; 3rd: Island; 4th: King; 5th: Kittitas; 6th: Whatcom |
| 2006-07 | 3rd | 1st: San Juan; 2nd: Whitman |
| 2011-12 | 4th | 1st: San Juan; 2nd: Whitman; 3rd King; 4th (tie) Jefferson/Kittitas |

A2. Adult Reported General Health Status in Past 30 Days

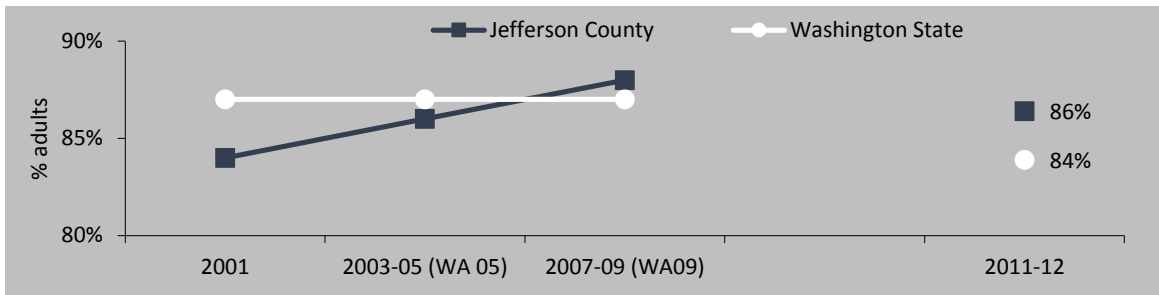
Jefferson County, Washington State

Source: Behavioral Risk Factor Surveillance System

Question: Would you say that in general your health is - excellent, very good, good, fair or poor?

Note: Starting with 2011, BRFSS results cannot be compared historically due to changes in the survey methodology.

Nearly 9 in 10 Jefferson County adults report excellent, very good or good general health, slightly higher than the rate among Washington adults. Rates are higher among males, adults with more education and higher incomes.



Excellent, Very Good, Good General Health

| | 2001 | 2003-05 (WA 05) | 2007-09 (WA09) | 2011-12 |
|-------------------------|------|--------------------|-------------------|---------|
| Jefferson County | 84% | 86% | 88% | 86% |
| Washington State | 87% | 87% | 87% | 84% |
| Gender | | | | |
| male | | | | 90% |
| female | | | | 84% |
| Education Level | | | | |
| high school or less | | | | 77% |
| more than high school | | | | 91% |
| Household Income | | | | |
| <\$25,000 | | | | 76% |
| \$25,000-\$50,000 | | | | 83% |
| >\$50,000 | | | | 100% |

A3. Adult Reported Health-Related Activity Limitations in Past 30 Days

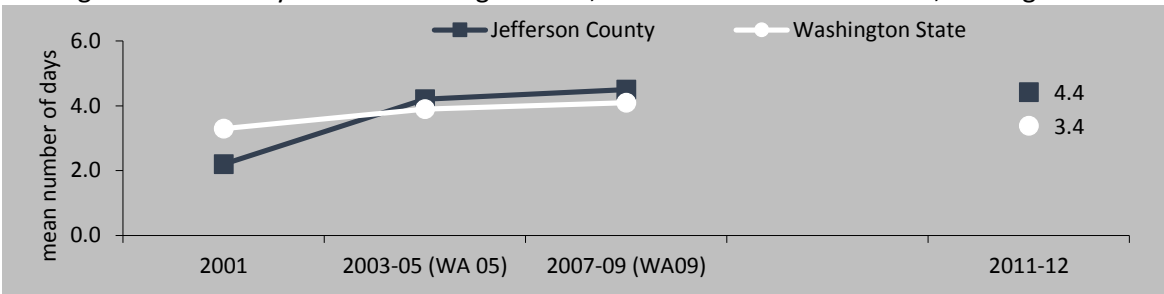
Jefferson County, Washington State

Source: Behavioral Risk Factor Surveillance System

Question: During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work or recreation?

Note: Starting with 2011, BRFSS results cannot be compared historically due to changes in the survey methodology.

On average Jefferson County adults report just over 4 days during the previous month when physical or mental health kept them from usual activities, about 1 day more per month than Washington State adults. Average number of days is lower among females, adults with more education, and higher incomes.



| | 2001 | 2003-05 (WA 05) | 2007-09 (WA09) | 2011-12 |
|----------------------------|------|--------------------|-------------------|---------|
| Jefferson County | 2.2 | 4.2 | 4.5 | 4.4 |
| Washington State | 3.3 | 3.9 | 4.1 | 3.4 |
| Gender | | | | |
| male | | | | 5.7 |
| female | | | | 3.7 |
| Education Level | | | | |
| high school or less | | | | 6.8 |
| some college | | | | 4.3 |
| 4 or more years of college | | | | 2.8 |
| Household Income | | | | |
| <\$25,000 | | | | 6.8 |
| \$25,000-\$50,000 | | | | 1.8 |
| >\$50,000 | | | | 1.9 |

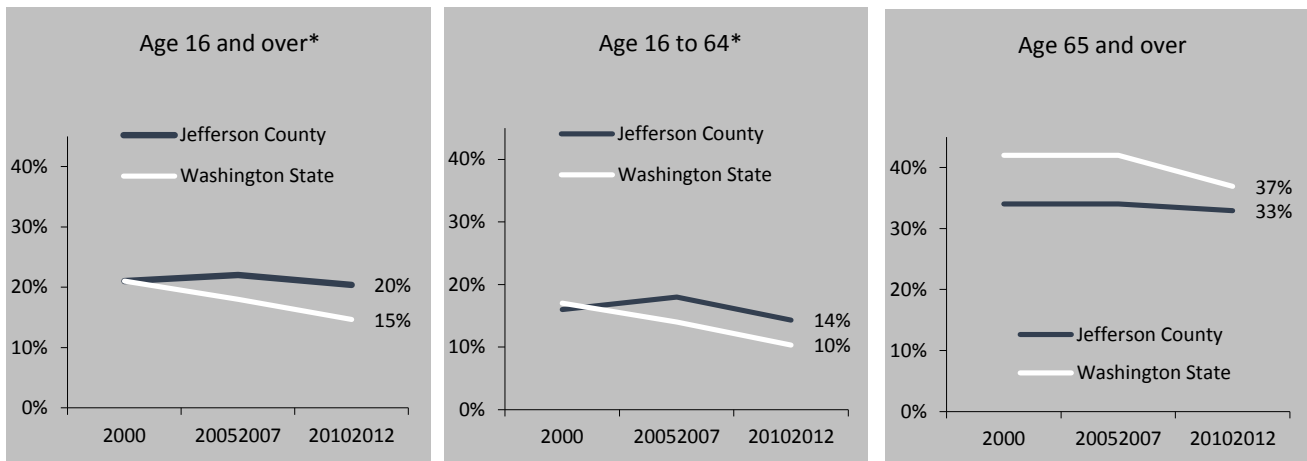
A.4. Disability Status

Jefferson County and Washington State

Source: US Census and American Community Survey S1810

*ACS 2010-12 reported age groups 18 and over and age 18-64.

About 1 in 5 Jefferson County adults has a disability. Disability rates are higher among older adults (1 in 3). Compared to the State, Jefferson adults age 16 to 64 have higher rates of disability and older adults age 65+ have lower rates of disability.



| Disability Status | 2000 | | | 2005-2007 | | | 2010-2012 | | |
|-------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| | Jefferson County # | Jefferson County % | Washington State % | Jefferson County # | Jefferson County % | Washington State % | Jefferson County # | Jefferson County % | Washington State % |
| Age 16 and over* | 4386 | 21% | 21% | 5383 | 22% | 18% | 5052 | 20% | 15% |
| Age 16 to 64* | 2532 | 16% | 17% | 3147 | 18% | 14% | 2370 | 14% | 10% |
| Age 65 and over | 1854 | 34% | 42% | 2236 | 34% | 42% | 2682 | 33% | 37% |

A.5. Adverse Childhood Experiences (ACEs)

Jefferson County and Washington State

Source: Jefferson County Public Health and Behavioral Risk Factor Surveillance System

There are 10 Adverse Childhood Experiences (ACEs) grouped into 3 categories: abuse, neglect, and household dysfunction. ACEs are common. About 2 in 3 adults report at least one ACE. The rate among Jefferson County Public Health Family Health Program clients is higher, nearly 5 in 6. Individuals reporting higher ACEs have lower reported health status and healthy behaviors.

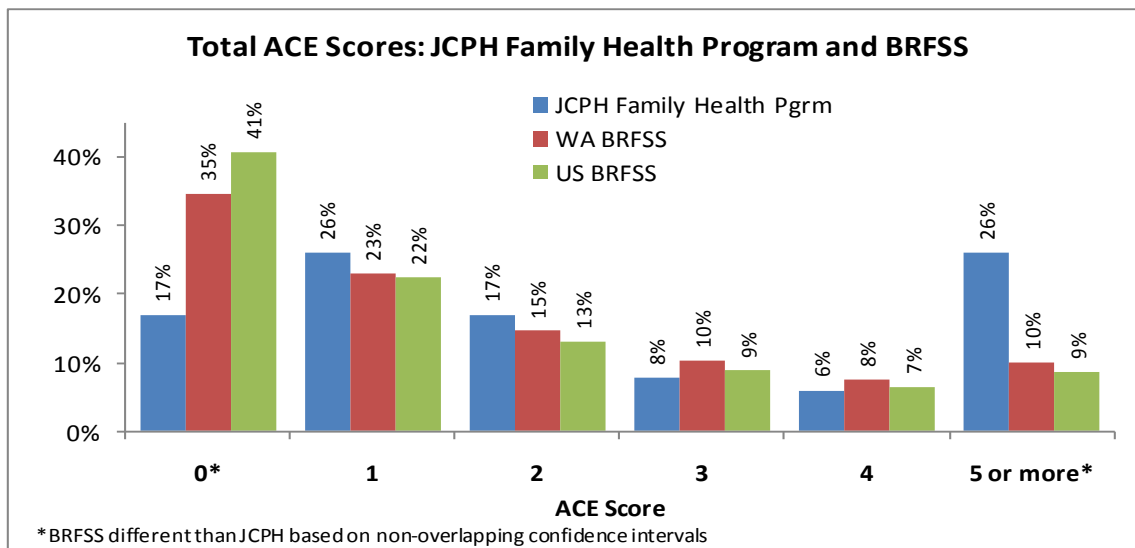
Jefferson County Public Health Family Health Program & BRFSS (2009)

| ACE Category | | JCPH Family Health Pgrm | WA BRFSS (1) | US BRFSS (1) |
|-----------------------|-------------------------------|-------------------------|----------------------|--------------|
| Abuse | emotional | 34% | 35% | 26% |
| | physical* | 34% | 18% | 15% |
| | sexual | 20% | 14% | 12% |
| Neglect | emotional | 18% | <i>not available</i> | |
| | physical | 20% | | |
| Household Dysfunction | mother treated violently | 16% | 17% | 16% |
| | household substance abuse** | 44% | 33% | 29% |
| | household mental illness | 18% | 24% | 19% |
| | parents separated/divorced* | 69% | 17% | 27% |
| | incarcerated household member | 13% | 7% | 7% |

(1) MMWR: Adverse Childhood Experiences Reported by Adults -- Five States, 2009. December 19, 2010 / 59(49);1609-1613.

*JCPH response higher than WA and US based on non-overlapping confidence intervals

**JCPH response higher than US based on non-overlapping confidence intervals



2011 BRFSS: Asked adults about 8 of 10 ACEs (not emotional or physical neglect)

Note: Starting with 2011, BRFSS results cannot be compared historically due to changes in the survey methodology.

| | Low ACEs 0-2 | High ACEs 3-8 | 0 ACEs |
|-----------------------------------|-----------------|------------------|------------|
| Washington State | 71% | 29% | 36% |
| Jefferson County | 69% | 31% | 37% |
| Female | 59% | 41% | 40% |
| Household income \$50,000 or less | 66% | 34% | 33% |

Health status/behavior/condition prevalence by ACEs category:

| | Low ACEs 0-2 | High ACEs 3-8 |
|--|-----------------|------------------|
| Excellent, very good, good health in past month | 76% | 66% |
| Fewer than 14 days of poor mental health in past month | 95% | 75% |
| At a healthy weight | 39% | 31% |
| Not a current smoker | 87% | 76% |
| Never told have cardiovascular disease, asthma or diabetes | 73% | 64% |

