

2022 Clallam County Community Health Assessment

Compiled by Clallam County Health & Human Services

Olympic Mountain
Range



The Health of Clallam County

Sunrise Point Trail

Historically, the intent behind a community health assessment (CHA) has been to take time and dive deep into the health-related issues surrounding a community. This can be done in a number of ways – this version included reviewing statistical data, surveying the community and asking for feedback, and interviewing community leaders about their experiences and the needs of the people they serve and represent. This was accomplished with the excellent support and input provided by the Steering Committee, who Clallam County Health & Human Services thanks for their time and dedication.

In publishing this report, Clallam County Health & Human Services acknowledges the unprecedented times that the world has been through in recent years and how significantly this has affected the community. The first case of COVID-19 in Clallam County was identified in July of 2020, which marked the beginning of what would be several years navigating our community through a global pandemic. Clallam County Health & Human Services is proud to have supported its citizens through these difficult years, which was made possible by the many fantastic volunteers and community partners we worked with.

It can feel like an overwhelming task to address issues at the root and make real change to improve the quality of life for all of us. However, it is important to remember that this community proved their ability to rally together and create change for the better – it has been done before and it can be done again through the strength of these partnerships.



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Railroad Bridge Park

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What is a Community Health Assessment?

Olympic Marmot,
Hurricane Hill

A Community Health Assessment (CHA) refers to a state, tribal, local, or territorial health assessment that identifies key health needs and issues through systematic, comprehensive data collection and analysis.

A CHA is followed traditionally by a Community Health Improvement Plan (CHIP). A CHIP is a long-term, systematic effort to address public health problems based on the results of community health assessment activities and the community health improvement process.

This Community Health Assessment was conducted using the MAPP Framework from the National Association of County and City Health Officials (NACCHO). Mobilizing for Action through Planning and Partnerships (MAPP) is a community-driven strategic planning process for improving community health. Facilitated by public health leaders, this framework helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. (2)

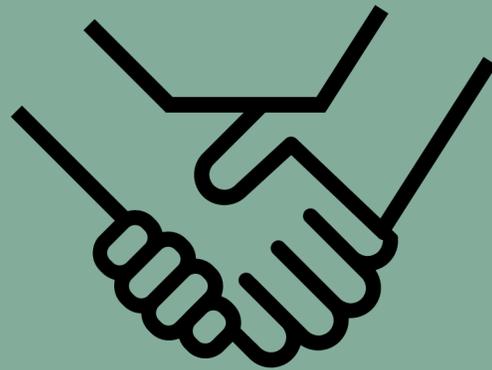


Community Health Assessment Steering Committee

Ediz Hook

Initial planning for the CHA was conducted by Clallam County Health and Human Services (CCHHS) in partnership with the CHA Steering Committee. The committee was made up of individuals from many different community groups and organizations, including but not limited to:

- Clallam County Board of Health
- Clallam County Commissioners Office
- Comite de Derechos Humanos
- First Step Family Support Center
- Forks Community Hospital
- Jamestown S'Klallam Tribe
- North Olympic Healthcare Network
- Olympic Medical Center
- Peninsula Behavioral Health
- United Way of Clallam County



The committee met monthly from April to December of 2022 and provided guidance and input on the content and distribution process of both the Community Survey and Key Leader Survey.

Social Determinants of Health & Health Metrics

Sunrise Point, Hurricane Ridge

Social Determinants of Health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Here are some factors that influence the county's health (3):



Social Determinants of Health



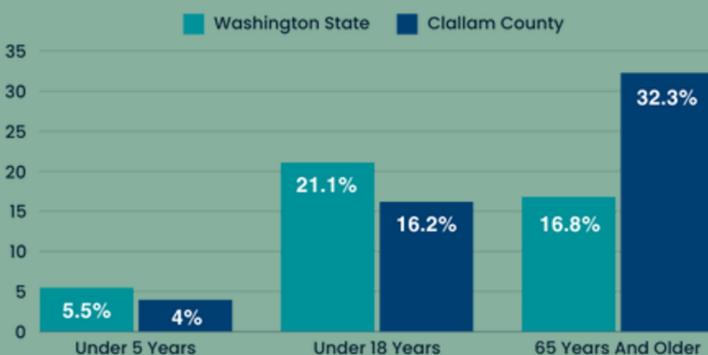
Social Determinants of Health
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Healthy People 2030

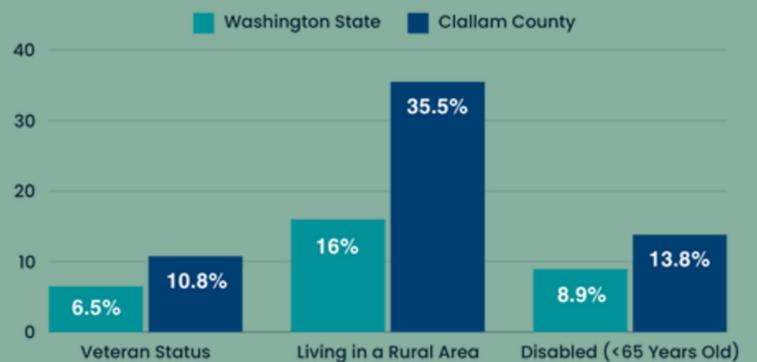
The elder population (individuals 65 years and older) in Clallam County is almost double that of the state average – nearly a third of county residents are over the age of 65.

There is a higher percentage of residents with **veteran status** than the state average.

Demographic Comparisons: Age Groups



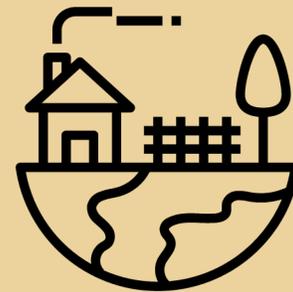
Demographic Comparisons: Population Data



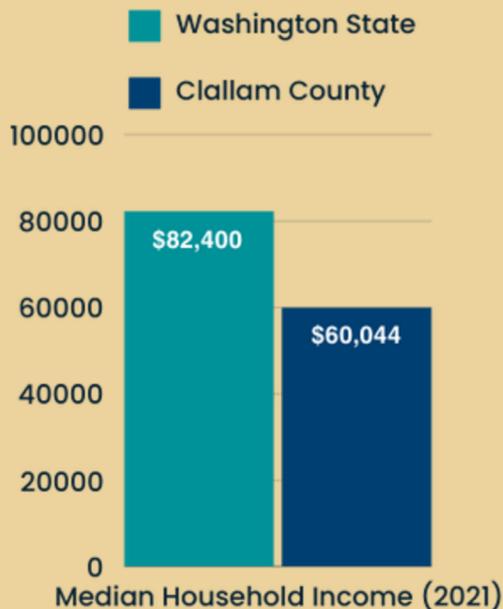
About Clallam County

Lake Angeles Trail

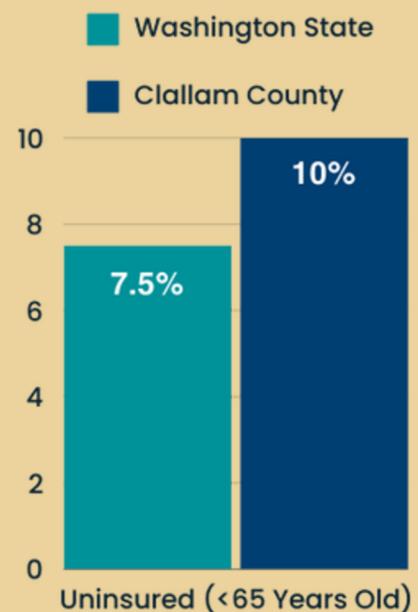
Over a third of Clallam County citizens live in a rural area, twice as many as the state average, with the rest living in a micropolitan area (an area where the population is at least 10,000 but less than 50,000 according to the U.S. Census Bureau). There is also a higher rate of individuals living with a disability under the age of 65 with 14% versus the state average of just under 9%.



Income Comparisons



Health Insurance Comparisons



Why It Matters

Cape
Flattery



Social Determinants of Health are pieces of information that are very important when looking at the whole health of a community. For example, the Centers for Disease Control and Prevention's (CDC) Department of Disability and Health Promotion states that individuals with disabilities are more likely to report poorer overall health and less access to adequate health care (4).

In addition, rural areas are more likely to lack access to health care, especially specialty care. Clallam residents have an average lower median household income (\$60,044 per year for Clallam County versus \$82,400 per year for the state) as well. Lower incomes are associated with a wide range of health impacts and outcomes, including but not limited to higher rates of exposure to communicable diseases, poorer build environment, housing instability, and poorer access to healthy foods, exercise opportunities, and healthcare.

Individuals living in rural areas are also more likely to lack reliable access to foods, especially fresh foods, which can directly impact health. With a lower-than-average rate of people with health insurance, the likelihood is also higher that out of pocket healthcare costs can significantly impact the overall health of a Clallam County resident.

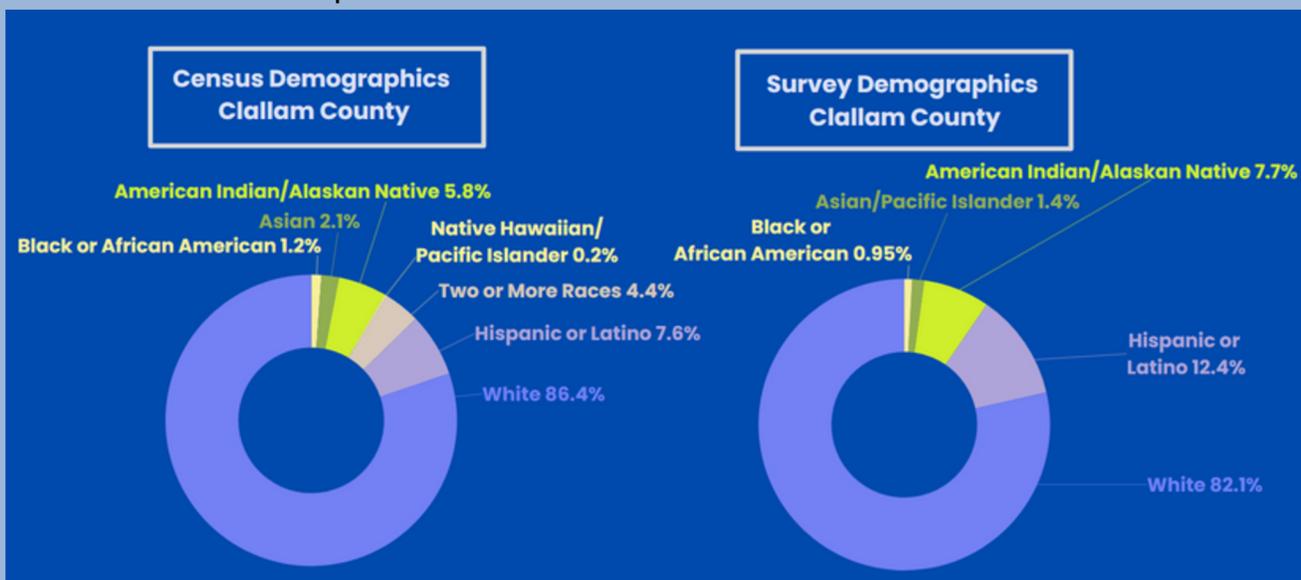


Community Survey: Community Context Assessment

Olympic Mountain
Range

One of the main ways that information for a Community Health Assessment can be gathered is through a **community survey**. CCHHS, with the guidance and input of the CHA Steering Committee, created and distributed a county wide survey that resulted in just over 1300 responses (85% online, 15% on paper). Surveys were available in English and Spanish, and in addition, a number of surveys were collected through a door-to-door effort coordinated by our team and the team at Derechos de Humanos to ensure access to the survey for our Mam speaking community members. Paper surveys were distributed at all branches of the North Olympic Library System as well as the local senior center and farmers markets.

The survey was divided into three sections – one about the health of the individual respondent, one with questions regarding their experiences living in Clallam County and their priorities as residents, and one with questions related to the pandemic. Demographic data was also collected to help determine priorities for different groups, and spaces for further comments were provided.



Survey Results & Limitations

Northern Lights over
Hurricane Ridge



Survey Results & Limitations

- Overall, the demographics of the survey respondents closely matched the demographics of the county. This is a change from the previous Community Health Assessment in 2017, where the majority of respondents were white, female, and over the age of 60.
- Survey outreach was limited by intermittent technical issues with the online survey.
- COVID-19 restrictions regarding large gatherings prevented some in-person survey distribution opportunities.



Survey Takeaways: Personal Health

Lake Crescent

Response Data

- 60% of respondents reported that they considered their own personal health to be Very Healthy or Healthy. As the age of the respondent increased, the likelihood of answering Somewhat Healthy also increased.
- Just over 9% of respondents reported that they missed work or had difficulty completing daily life tasks for 8 or more days in the last month (a week or more is considered severely impacted). Lower income levels correlated with a higher number of missed days reported.
- Approximately 13% of respondents reported that they had 8 or more days of poor mental health in the past month (a week or more is considered severely impacted), and a further 13% reported 4-7 days of poor mental health in the past month. Younger respondents had a higher number of poor mental health days on average, and a direct correlation was seen between income level and mental health – as yearly income decreased, poor mental health days increased.



Community Health Assessment

Salt Creek

In the last 6 months, which of the following did you experience?	Yes	No
Was not able to pay my bills	13%	87%
Ran out of food at home	9%	91%
Took less medicine to save money	11%	89%
Moved due to financial issues	3%	97%
Lost a job	3%	97%

- Just under ¼ of residents received healthcare within 15 miles of their home, with nearly half of respondents traveling 50 miles or more to receive care.
- About 8% of respondents also mentioned missing a healthcare related appointment during the past month due to transportation issues.
- After paying bills, 50% of respondents reported having some money left over, while 36% said they had just enough money to make ends meet.
- Approximately 1 in 10 residents reported running out of food or taking less medicine to save money in the last 6 months.



Community Experiences

View from Lake
Crescent Lodge

- The majority of respondents (67%) are satisfied with the quality of life in our community, especially older residents.
- According to respondents, 63% feel connected to their community and that they can rely on each other in times of need.
- 52% of respondents felt that there is not a broad variety of health services in the community, and 57% of the same respondents also felt that it is not easy to access health and social services in Clallam County.
- When asked whether they agreed or disagreed with the statement “I am satisfied with the healthcare system in in the community”, 57% of respondents said they somewhat or strongly disagreed. Those at higher income levels were more likely to lean toward agreeing with the statement, but the overall response was disapproval with the healthcare system.



Community Experiences (continued)

Salt Creek

Responses

- Just under half of respondents (49%) stated they consider Clallam County to be a good place to raise children.
- Just over half of respondents (53%) said that Clallam County is a good place to grow old.
- 55% of respondents said they felt there was a lack of economic opportunity in our community.
- 60% said they felt the community was a safe place to live.



Health Priorities

Lake Angeles

Health Priorities

 **Housing:** Access to safe and affordable housing appears in the top three list of priorities for almost every demographic and age group. Younger groups and groups with lower average yearly incomes tended to rank housing higher, with 18-25 year olds rating housing as the number one issue they face.

 **Healthcare:** Accessible healthcare ranked as the number one priority overall amongst all respondents. There was a direct relationship between older age groups and choosing healthcare as the first priority. There was no significant geographical trend.

 **Fresh Food:** Access to affordable fresh food was listed as a top three priority for many, especially older residents (aged 40+) and individuals with lower income levels. Housing and fresh food trended similarly amongst respondents, with most choosing those two as their second and third priority respectively.

 **Education:** Access to quality education ranked highly in the 18-25 and 26-39 age groups and amongst residents living in more rural areas (Forks, La Push, Sekiu, Clallam Bay, Beaver, and Carlsborg). Those who ranked education access as important represented both college aged groups and those who are parents of young children.

 **Information:** Residents on the West End reported a desire for more accessible health and community information, including those who requested information translated into languages other than English.

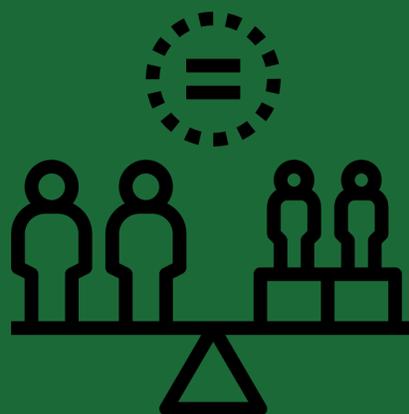
Health Metrics: Community Status Assessment

Rialto Beach

Health indicators are another key piece of any Community Health Assessment. However, it is important to decide early in the process which public health indicators to use. An indicator is a piece of measurable information about the health of a community, usually a measure of health risks or status.

Health metrics can be used as a benchmark to note a baseline before a health intervention is undertaken and to measure the outcomes and impacts of an intervention. They can also help with prioritizing health issues based on the overall impact on the community. However, health indicators are just one piece of the overall picture of a community.

For this CHA, most health indicators are drawn from the County Health Rankings & Roadmaps (CHR&R). CHR&R is a project of the University of Wisconsin Population Health Institute, which has been providing rankings and data analysis as far back as 2010. CHR&R describes themselves as “providing data, evidence, guidance, and examples to build awareness of the multiple factors that influence health and support leaders in growing community power to improve health equity (1).

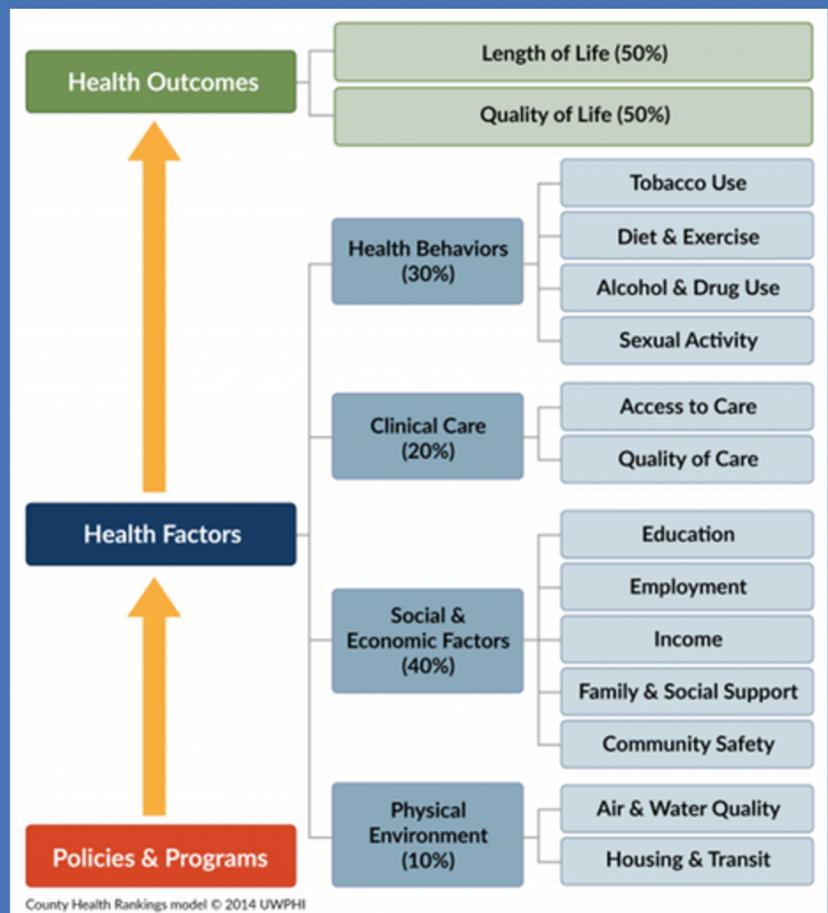


Important Facts About CHR&R:



Lake Crescent

- Nearly every county in all 50 states is measured, and all 39 counties in Washington are included in yearly reports.
- All data within the CHR&R system is highlighted and organized based on what factors influence the health of a county most.
- The key to using the CHR&R data effectively is not to compare individual counties by rank, but to monitor changes over time and to identify target areas for further investigation and improvement.
- Many of the data points included in the 2017 Clallam Health Status Assessment came from CHR&R, making it possible to track changes over time.



Health Outcomes



Cairn, Ediz Hook

Health outcome metrics can help us understand how long people are living on average in our community as well as the quality of life as it relates to their health.

Health Outcomes	Clallam County	Previous Clallam County CHA Result (2017)	Status	Washington State	National
Premature Death Rate: years of potential life lost before age 75 per 100K, age adjusted (2019-2021)	8100	5963	■	6300	8000
Disaggregation by Race: American Indian and/or Alaskan Native (AIAN)	18700				
White	8100				
Quality of Life					
Poor Physical Health Days (average # reported in past 30 days)	3.9	3.8	■	3.5	3.3
Poor Mental Health Days (average # reported in past 30 days)	5.5	3.9	■	3.9	4.8
Percent of babies with low birth weights (under 5 pounds 8 ounces), 2016-2022	6%	7%	■	5%	8%
Additional Outcomes					
Life Expectancy (2019-2021)	77.9			79.4	77.6
Child Mortality (number of deaths per 100,000 children under age 18) (2018-2021)	50	60	■	40	50
Infant Mortality (number of infant deaths per year for every 1,000 live births) (2018-2021)	5	8	■	4	6
Frequent Physical Distress (14 or more days of poor physical health per month)	11%	11%	■	9%	9%
Frequent Mental Distress (14 or more days of poor mental health per month)	16%	12%	■	14%	14%
Rate of Injury Deaths per 100,000 population (2021)	117	96	■	74	80
Homicide Deaths per 100,000 population (2015-2021)	4	3	■	4	6
Suicide Deaths per 100,000 population (2017-2021)	26	24	■	16	14
Firearm Fatalities per 100,000 population (2017-2021)	20	19	■	11	13
Motor Vehicle Crash Deaths per 100,000 population (2015-2021)	13			8	12
Drug Overdose Deaths per 100,000 population (2018-2022)	37	22	■	23	

Legend: ■ Improving ■ Worsening ■ Unchanged



Health Factors

Rialto Beach

Health Factors represent areas that can be improved to live longer and healthier lives. These areas can help give us a picture of the future health of our community.

Health Factors	Clallam County	Previous Clallam County CHA Result (2017)	Status	Washington State	National
Adult Smoking (% of adults who are current smokers) (2021)	17%	16%	■	11%	15%
Excessive Alcohol Consumption (binge or heavy drinking) (2021)	17%	24%	■	18%	18%
Alcohol Impaired Driving Deaths (2017-2021)	39%			32%	26%
Additional Health Behaviors					
Food Insecurity (% of population that lack adequate access to food)	11%	16%	■	9%	10%
Limited Access to Healthy Foods (% of people that are low income and do not live close to a grocery store)	13%	7%	■	5%	6%
Insufficient Sleep (fewer than 7 hours of sleep a night on average)	31%	28%	■	30%	33%
Clinical Care					
Uninsured Adults (% of adults under age 65 without health insurance) (2021)	12%	15%	■	9%	12%
Uninsured Children (% of children under age 19 without health insurance) (2021)	4%	7%	■	3%	5%
Preventable Hospital Stays (rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees) (2021)	1384	2700	■	1791	2681
Mammography Screening (% of female Medicare enrollees aged 65-74 that got an annual mammogram)	35%			39%	43%
Flu Vaccinations (% of Medicare enrollees who received an annual flu vaccine) (2021)	47%			44%	46%
19-35 Month Olds who have received one dose of MMR vaccine and four doses of DTaP per school & childcare requirements	MMR: 72.5% DTaP: 63.6%			Target: 80% for both	MMR: 90.8% DTaP: 80%

Legend: ■ Improving ■ Worsening ■ Unchanged

Health Factors (continued)

Lake Crescent

Health Factors	Clallam County	Previous Clallam County CHA Result (2017)	Status	Washington State	National
4-6 Year Olds who have received two doses of MMR vaccine by kindergarten per school & childcare requirements	56%			Target: 80%	93%
Social & Economic Factors					
High School Completion	93%	84%	■	92%	89%
Some College Education (21-44 year olds who have some post-secondary education)	64%	64%	■	72%	68%
Unemployment Rate (age 16+, 2022)	6%	8%	■	4.2%	3.7%
Children Living in Poverty	19%			12%	17%
Median Household Income (2018-2022)	\$66,700	\$46,700	■	\$91,300	\$74,800
Living Wage (hourly wage needed to cover basic household expenses and taxes for one adult and two children, 2022)	\$44.84			\$49.71	\$45.00
Children Eligible for Free or Reduced Lunch (2022)	48%	52%	■	42%	53%
Childcare Cost Burden (% of household income on average used for two children)	37%			32%	27%
Voter Turnout	79.4%			76.5%	67.9%
Census Participation	69.9%				65.2%
Physical Environment					
Air Pollution (Particulate Matter)	5.1	5.6	■	7.1	7.4
Driving Alone to Work	71%	76%	■	66%	72%
Driving Alone to Work (commute longer than 30 minutes each way)	22%	18%	■	37%	36%

Legend: ■ Improving ■ Worsening ■ Unchanged



Key Leader Survey: Community Partner Assessment

Hurricane Hill

Short Answer Survey

In order to further understand the health of Clallam County, a short answer survey was distributed to individuals in leadership positions throughout the community. Respondents were asked to submit one survey per organization and collaborate with colleagues to answer the questions. The Key Leader Survey included 12 short-answer questions (see appendix).

Input included representation from organizations such as hospitals and healthcare facilities, government officials and agencies, behavioral health organizations, tribal leadership, homeless shelters, educational institutions and groups providing community support for children, families, and elders.



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Key Leader Survey: Community Partner Assessment (continued)

Olympic Mountains

Most Important Health Issues:

- Respondents primarily listed issues such as lack of access to healthcare, mental health services, reliable and stable housing, substance use treatment, safe and affordable childcare, and healthy, affordable foods. Access to healthcare and housing were mentioned most frequently by respondents, both as a priority to their organizations and as areas that need significant improvement.



Healthy Living Program Access:

- Respondents shared that most of their clients have access to some forms of healthy living promotional programs, but that there is a lack of these programs for youth and pregnant people as well as long term mental health education and support.

Informational Campaigns:

- Respondents shared that program information is widely distributed through word of mouth, social media, community health workers and patient navigators, and community partnerships.
- They discussed how information could be better disseminated through centralized hubs, and that their clients would benefit from having resources around healthy living all in one central place that is promoted by multiple community partners.



Key Leader Survey: Community Partner Assessment (continued)

Hurricane Ridge
Road

Common Barriers to Healthy Living

- When asked what types of barriers to accessing health, behavioral, or social support services were seen most in their clients, respondents listed issues such as lack of reliable transportation, high costs, lack of health insurance, difficulty navigating through lengthy and confusing application processes, lack of service providers, reliable internet access for telehealth services, and community stigma around needing certain types of care.
- Respondents also shared that often participants have high overarching needs that can push other pertinent issues farther down on their list of priorities – for example, someone needing housing or coping with severe mental health issues might not be able to work on a healthier lifestyle.
- Healthcare literacy was also discussed, along with stigma and distrust around health information distributed by certain institutions.
- Child care was also repeatedly mentioned as a barrier, with respondents stating that many of their clients and community members lack safe and affordable childcare.



Takeaways & Highlights

View from Olympic
Medical Center

- **Clallam County has a significantly higher rate of premature death** than the Washington state average. Multiple factors contribute to this outcome, including high rates of injury death, suicide, accidental overdose, firearm-related fatalities and fatal motor vehicle crashes involving alcohol.
- **The ability to access safe and affordable healthcare** interventions continues to be a common theme, with all three assessments highlighting the need for an increase in healthcare services and a need for help in accessing existing services and navigating healthcare systems.
- The **impacts of the pandemic** combined with the low childhood immunization rates suggest future risks to community health and increased likelihood of outbreaks and spread of vaccine preventable diseases.
- **Poverty is a health factor** that significantly impacts almost all health outcomes and should be considered as a primary factor driving the overall health of Clallam County residents. Any organization seeking to build a health improvement plan using this report should remain aware of cost-related barriers for community members (including but not limited to out-of-pocket costs, time spent away from work, childcare costs, and transportation expenses).



Acknowledgments

Northern Lights at
Hurricane Ridge

Community Health Assessment Steering Committee:

- Mark Ozias, Clallam County Commissioner
- Wendy Sisk, Peninsula Behavioral Health
- Minnie Whalen, Clallam Resilience Project
- Lesley Hoare, Derechos de Humanos
- Guadalupe Rivera, Derechos de Humanos
- Kim Kummer, Olympic Medical Center
- Elisia Anderson, First Step Family Support Center
- Cindy Lowe, Jamestown S'Klallam Tribe
- Ned Hammar, North Olympic Health Network

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- Sean McAtee, Public Health Support Specialist
- Stephen Basubas, Public Health Support Specialist
- Karissa McLane, Public Health Nurse Manager (former – 2022)
- Shaun Henson, Public Health Support Specialist (former – 2022)



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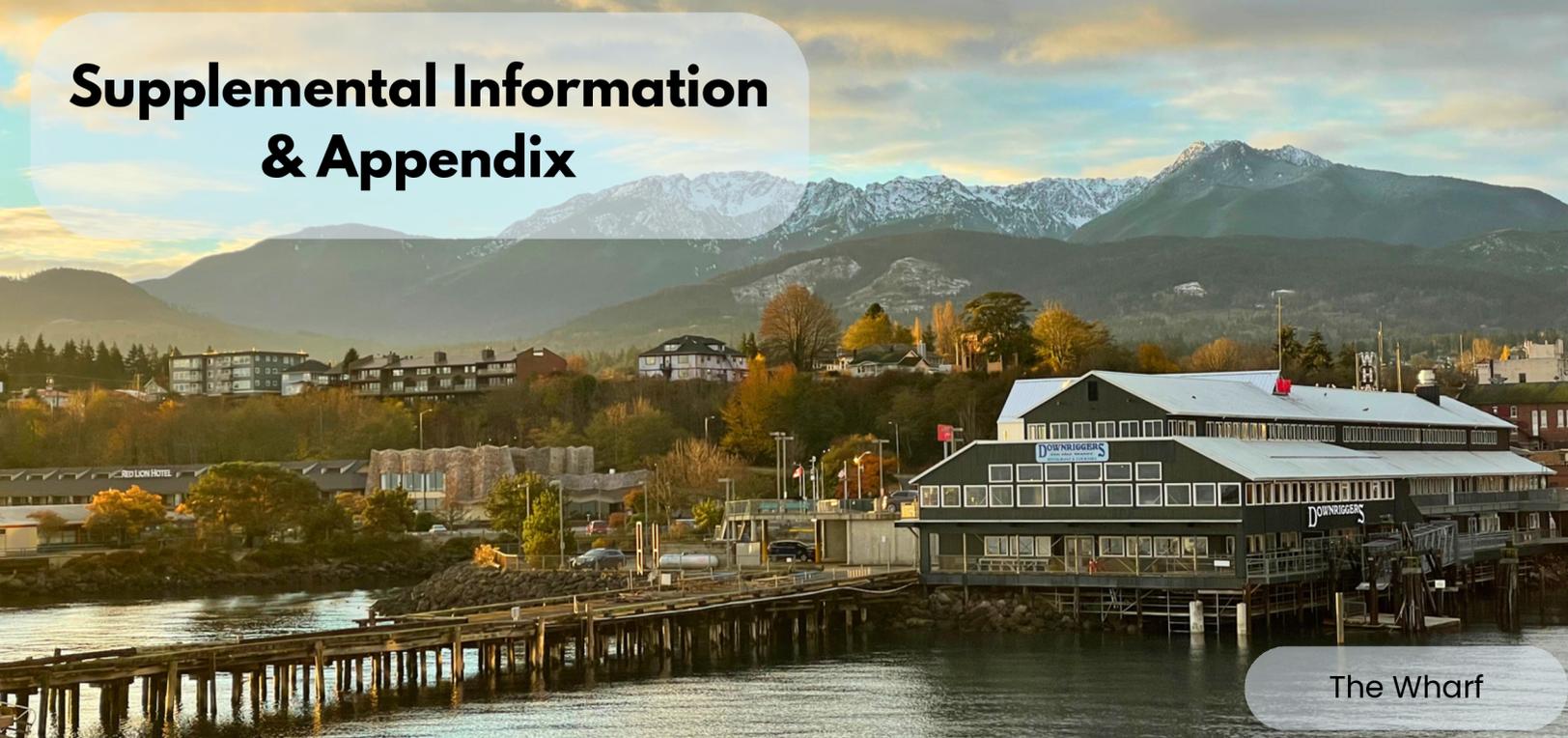
Northern Lights at
Hurricane Ridge

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- Laura Cepoi, Olympic Area Agency on Aging
- Dr. Thomas Locke, Jamestown S'Klallam Tribe Health Officer



Supplemental Information & Appendix



The Wharf

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Key Leader Survey Questions

Morse Creek
Overlook

The Key Leader Survey Questions

1. Name?
2. Organization you represent and your title or role at that organization?
3. Zip Code?
4. Is your role paid or volunteer?
5. What do you believe are the three most important health issues or needs of the community you serve?
6. Does your community have access to programs that promote healthy living?
7. How do your clients or other community residents obtain information about these programs?
8. How could information be better disseminated in the community so that more people are informed?
9. What are some of the common barriers you see that your community has in accessing services such as health care, behavioral health support, or social services?
10. How do the members of your community perceive local healthcare services?

Key Leader Survey Questions (continued)

Cape Flattery

11. What do they communicate to you as their greatest need?
12. What do you see as the number one barrier to health improvement changes in the population you serve?
13. Is your community proactive about their own healthcare?
14. What are some barriers you encounter when trying to work with your clients or community residents?
15. What types of support does your organization currently need? Examples might be funding, media support, personnel, translation services, disability access support, etc.
16. Is there anything else you would like to share about your community that you feel impacts them?

