

NOOKSACK VALLEY

HEALTH ASSESSMENT LISTENING SESSION

SUMAS ADVENT CHRISTIAN CHURCH 10/1/18

Overview

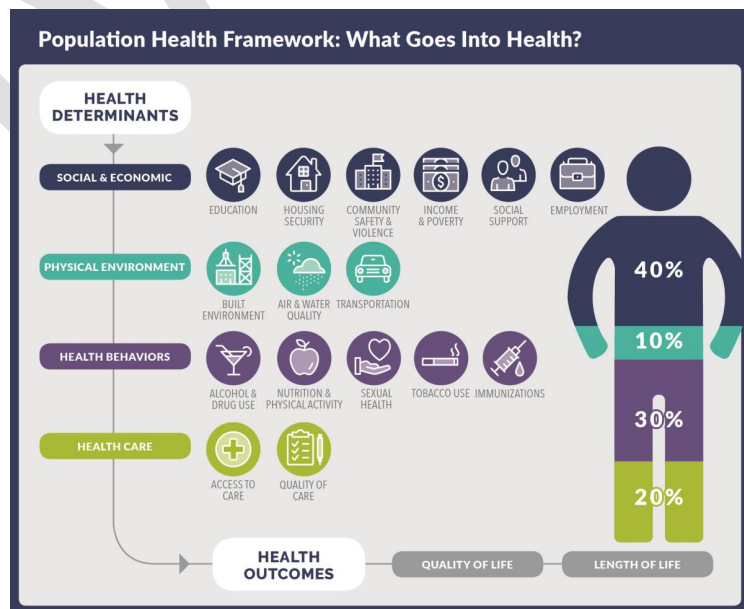
The overall goal of the Nooksack Valley Assessment is to use local knowledge, community stories, and multiple sources of data to assess the health of the Nooksack Valley community. The information included in this document seek to expand on the 2018 Whatcom County Community Health Assessment by providing greater depth of data and information on how health is experienced differently within the Nooksack Valley community. The goal of this document is to guide a community conversation that allows for a greater understanding of what is contributing to or creating barriers for a healthy community. The information provided is based on Nooksack Valley school district boundaries as individuals often identify with these boundaries when considering their sense of community. While public health data is limited at this population-level, what is provided offers an opportunity for community members to review and consider how the information here, along with the countywide assessment, aligns with their understanding of how health is experienced for their community. The Health Department is seeking input from community members and individuals who work within the Nooksack Valley community on additional information to add context and understanding to the health assessment.

A facilitated community listening sessions will be held for community members to provide additional information and understanding to the Nooksack Valley assessment. They will be held on:

- Monday, October 1st from 5:00-7:00pm at the Sumas Advent Christian Church

Population Health Framework: What Goes Into Health?

Assessing population health involves measuring both health outcomes and the factors that shape health outcomes. This draft document uses the population health framework, to demonstrate how health outcomes – the length and health-related quality of one’s life – are the result of complex interactions between many factors, or health determinants. These influencing factors fall into one of four categories: social and economic factors, physical environment, health behaviors, and health care. This document includes measures of these health determinants as a way to assess not just how sick or well the population is, but also what underlying factors are contributing to health and disease. The data is organized into subsections that correspond with the population health framework.



DRAFT COMMUNITY OVERVIEW

The Nooksack Valley is located in northeastern Whatcom County along the Canadian border and includes the towns of Sumas, Nooksack, and Everson, as well as many smaller communities. Multiple rivers and creeks cut through sprawling agricultural land, which originally belonged to the Nooksack Tribe. The tribe hunted, trapped, and fished salmon within the valley until the late 1800s, with the arrival of early settlers and the creation of the Nooksack Reservation in Deming. Early settlers developed an industry of mining and timber.

Those who live in Everson, Nooksack, and Sumas are proud to call their community home, and care deeply about their neighbors and fellow community members. Sumas is a small border town often referred to as the “Gateway to Canada,” as it houses one of the five border crossings in Whatcom County, and is two minutes from Abbotsford, B.C. The town is experiencing economic growth due to growing industrial, agricultural, and tourism industries, as well as an international railroad and trucking center. Sumas boasts a variety of accessible outdoor recreation opportunities, such as hiking, biking, and skiing at Mt. Baker, located 45 minutes away.

The communities of Nooksack and Everson are close knit, and partner together to provide amenities and services for their community members. Local businesses provide community members with government services, food services, vehicle maintenance, veterinary services, and more. Like Sumas, community members can access outdoor recreation opportunities at the nearby Mt. Baker, Nooksack Falls, and Birch Bay. Tourism is important in this community, and over 26% of homes in Nooksack are considered seasonal/recreational or occasional use homes. The towns also provide resources and services for the agricultural industry in the surrounding area of the Nooksack Valley.

Within all of these communities, green spaces exist, including Riverside Park, Sumas Park, and Nooksack Park. Many of these green spaces have playgrounds and community spaces, which offer opportunities for community members to come together, to picnic, and to play. Transportation in all three of these communities is limited to private cars and the county transit system, which runs limited service in the area.

Everson, Nooksack, and Sumas are served by the Nooksack Valley School District. Each community has their own elementary school, but all share one middle school and one high school. A variety of health services are available in the area, including clinics, physical therapy, optometry, and dentistry. The Nooksack Tribe also operates the Nooksack Tribal Clinic in Everson to provide members of the tribe with services such as family medicine, obstetrics and gynecology, family planning, nutrition education, community health, dental health, behavioral health, and substance use treatment.

Listening Session Questions:

- 1) Does this description accurately reflect your community?
 - 2) Is anything missing?
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Draft Health Status Assessment

The purpose of this health status assessment is to expand on the 2018 Whatcom County Community Health Assessment by providing greater depth of data on how health is experienced differently within the Nooksack community. The indicators in this assessment were selected based on the population health framework and emerging health issues that were identified in the countywide *2018 Community Health Assessment*. When available, Nooksack population-level data was included with the purpose of comparing the Nooksack community data to Whatcom County data. While public health data is limited at this population-level, what is provided offers an opportunity for community members to review and consider how the information here, along with the countywide assessment, aligns with their understanding of how health is experienced for their community. The health status assessment has 6 sections: demographics, health outcomes, social and economic factors, health behaviors, physical environment, and health care.

Listening Session Questions:

- 1) What data do you find surprising?
- 2) What data is missing?
- 3) What questions do the data raise?

Demographics

Population information assists communities in identifying and meeting current and future health needs, including culturally appropriate and geographically accessible health care and public health services.

Population, 2012-2016	Nooksack	Whatcom County
Total Population	11,548	221,404
<i>Everson</i>	2,630	
<i>Sumas</i>	1,571	
<i>Nooksack</i>	1,490	
Age Distribution, 2012 - 2016	Nooksack	Whatcom County
Median Age	32.5	36.8
Under 5 years	10.1%	5.5%
5 to 14 years	16.2%	11.1%
15 to 24 years	16.2%	18.2%
25 to 44 years	26.1%	24.5%
45 to 64 years	24.4%	25.5%
65+	11.2%	15.5%
Gender, 2012-2016	Nooksack	Whatcom County
Female	48.8%	50.5%
Male	51.2%	49.5%

Households, 2012 - 2016	Nooksack	Whatcom County
Number of Households	3,711	81,019
Households with Children (Under 18)	41.9%	27.3%
Speak a Language Other than English	18.7%	12.4%
Veterans Population	8.8%	8.2%
Population with a disability	14.6%	13.6%
Race and Ethnicity, 2012 - 2016	Nooksack	Whatcom County
African American/Black	0.3%	0.9%
American Indian/Alaska Native	3.7%	2.7%
Asian	0.8%	4.0%
Native Hawaiian/Pacific Islander	0.2%	0.3%
White/Caucasian	70.1%	80.1%
Spanish, Hispanic, or Latino Ethnicity (any race)	20.8%	8.8%
Two or more races	4.1%	3.0%

Health Outcomes: Health outcomes result from the interactions between a variety of factors that affect health. Positive health outcomes include not just the absence of disease and premature death, but also include a sense of functioning well mentally, physically, and socially. Understanding the magnitude of premature death, the leading causes of death, and the causes of preventable death is important for prioritizing interventions aimed to prevent and reduce the burden of disease. Quality of life is affected by disease or disability that prevents someone from attaining their full well-being.

Length of Life	Year	Nooksack	Whatcom County
Life expectancy at birth (years)	2016	-	80.85
Unintentional injury death rate per 100,000	2012-2016	20.28	28.48
Coronary heart disease death rate per 100,000	2012-2016	51.76	77.39
Lung cancer death rate per 100,000	2012-2016	37.64	37.05
Suicide death rate per 100,000	2016	-	13.6
Quality of Life	Year	Nooksack	Whatcom County
Infant low birth weight	2012-2016	5.44%	5.51%
Adults with depression	2016	-	22.6%
Adults reporting ≥14 days per month of poor mental health	2016	-	13.4%
10th grade students reporting depression (in the last 12 months)	2016	-	32.6%
10th grade students seriously considering suicide (in the last 12 months)	2016	-	18.1%

Leading Causes of Death (rate per 100,000)	Year	Nooksack	Whatcom County
Major cardiovascular diseases	2012-2016	155.87	154.58
Malignant neoplasms	2012-2016	131.56	154.58
Chronic lower respiratory diseases	2012-2016	27.76	34.01
Accidents	2012-2016	20.28	28.48

Social & Economic Factors: Social and economic determinants of health include conditions such as poverty, employment, and educational achievement. It is widely acknowledged in public health that these factors affect long-term health both directly and indirectly, through influences on health behaviors, access to resources, and the ability to participate in society.

Community Safety & Violence	Year	Nooksack	Whatcom County
Victims of child abuse and neglect per 1,000	2016	53.5	50.9
Domestic Violence offenses rate per 1,000	2015	-	6.4
Jail incarceration rates per 100,000 (ages 15-64)	2014	-	276.3
Education	Year	Mt. Baker	Whatcom County
Children who demonstrate readiness skills for kindergarten in all areas	2016	42.18%	47.82%
On-time graduation rate	2016	74.3%	76.6%
Secondary school enrollment	2015	47.9%	59.3%
Adults ages 18-24 enrolled in college or graduate school	2012-2016	12.7%	58.1%
Housing Security	Year	Nooksack	Whatcom County
Homelessness of public school students	2015-2016	51	981

All cost burdened households (<i>Housing cost is > 30% of income</i>)	2011-2015	-	37.77%
Homeowner vacancy rate	2012-2016	1.3%	1.4%
Rental vacancy rate	2012-2016	0.3%	3.6%
Severe housing problems (<i>1 or more of the following: overcrowding, high housing costs, lack of kitchen or plumbing</i>)	2009-2013	-	21.0%

Income & Poverty	Year	Nooksack	Whatcom County
Median Household Income	2012-2016	\$53,824	\$54,212
Population living below the poverty level	2012-2016	14.0%	16.0%
Population 18 and under living below poverty level	2012-2016	16.4%	15.3%
Children eligible for free-reduced lunch per 100 students	2015-2016	51.5%	42.9%
Supplemental Nutritional Assistance Program (SNAP)	2016	20.36%	17.73%
Temporary Assistance to Needy Families (TANF), Child Recipients	2016	4.01%	5.05%
Gini Index (<i>income inequality score ranging from 0-perfect to 1-inequality</i>)	2012-2016	0.4831	.4507
Unemployment	Year	Nooksack	Whatcom County
Unemployment rate	2012-2016	8.3%	7.7%
Social Isolation	Year	Nooksack	Whatcom County
Population 65+ living alone	2012-2016	8.3%	11.5%
Population That Speaks English Less Than "Very Well"	2012-2016	8.5%	4.7%

Health Behaviors: Behaviors such as exercising, eating healthfully, using substances, or getting vaccines are important factors that directly relate to health outcomes. Many public health and health care interventions focus on changing individual behaviors, and data about personal health behaviors can provide cues for developing effective interventions to promote healthy behavior choices.

Alcohol & Drug Use	Year	Nooksack	Whatcom County
Opiate treatment admissions per 100,000	2013-2015	-	349.8
10th grade students who reported drinking and driving (in the last 30 days)	2016	-	4.1%
Binge drinking among 10th grade students (in the last 30 days)	2016	-	9.0%
Marijuana use among 10th grade students (in the last 30 days)	2016	-	16.3%
Clients of State-Funded Alcohol or Drug Services (Age 18+) per 1,000	2012-2016	14.2	15.07
Immunizations	Year	Nooksack	Whatcom County
Personal vaccination exemption rate among kindergarten students	2016-2017	4.3%	7.1%
Nutrition & Physical Activity	Year	Nooksack	Whatcom County
10th grade students eating ≥ 5 fruits and vegetables per day	2016	-	19.1%
Adults who met aerobic physical activity guidelines	2015	-	62.6%
10th grade students who met aerobic physical activity guidelines	2016	-	22.2%
Sexual Health	Year	Nooksack	Whatcom County
Birth rate per 1,000 population	2012-2016	17.18	11.01
Births to School-Age (10-17) Mothers rate per 1,000	2016	6.86	2.54
Chlamydia incidence rate per 100,000	2016	-	325.5
Gonorrhea incidence rate per 100,000	2016	-	47.9
Tobacco Use	Year	Nooksack	Whatcom County

Births where the mother smoked during pregnancy	2012-2016	8.84%	8.87%
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Physical Environment: The physical environment includes both the natural environment (water, air, land) and the built environment (buildings, roads, parks, and other infrastructure). Having access to clean water, clean air, and preventing exposure to environmental toxins are foundational to good health. The built environment influences health by providing or limiting opportunities for healthy living, including access to safe areas to be physically active, access to nutritious foods and safe access to work.

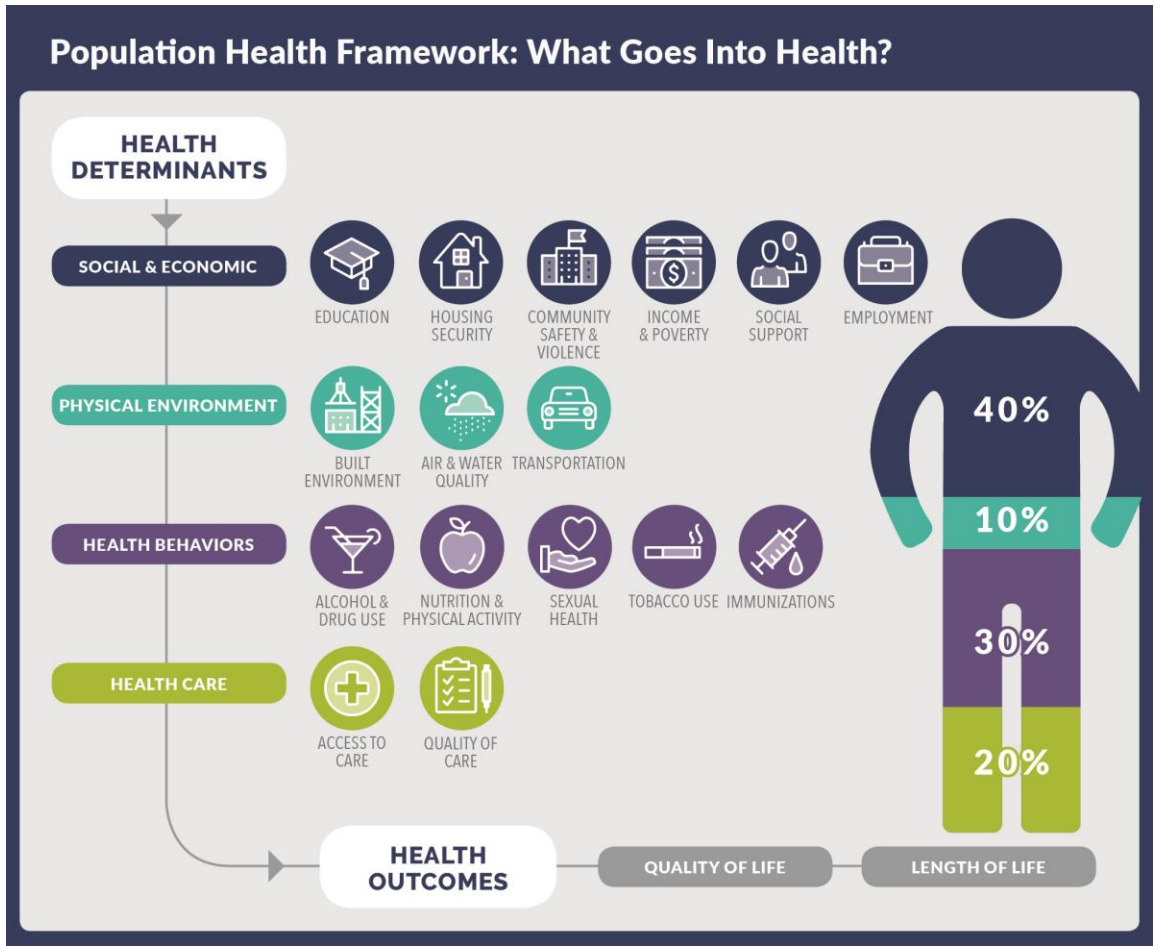
Water & Air Quality	Year	Nooksack	Whatcom County
Population served by Community Water Systems (CWS) as sources of drinking water	2016	-	78%
Built Environment	Year	Nooksack	Whatcom County
Adequate access to locations for physical activity	2010 & 2014	-	87%
Population living within a half a mile of a park	2015	-	53%
Commute	Year	Nooksack	Whatcom County
Driving alone to work	2012-2016	77.0%	74.0%
Commuters biking to work	2012-2016	0.8%	1.5%
Commuters walking to work	2012-2016	4.8%	4.8%

Health Care: Access to quality health care is important to maintaining good health. The supply and accessibility of medical facilities and providers, having health insurance, cultural sensitivity in care, and limitations in insurance coverage all affect health

Access to Care	Year	Nooksack	Whatcom County
First trimester prenatal care	2012-2016	79.75%	79.94%
Children and youth (\leq 18 years) without health insurance	2012-2016	9.9%	5.3%
Adults (18-64 years) without health insurance	2012-2016	22.2%	13.6%

Community Views

In each community, there are strengths and challenges that impact the health of the residents. Community Views is intended to capture the contributing factors the community experiences that promote or prevent good health.



Listening Session Questions:

1) Considering the population health framework, what factors positively or negatively impact the health of your community?