

IMPROVING COMMUNITY HEALTH IN WHATCOM COUNTY: *A FOCUS ON SOCIAL DETERMINANTS OF HEALTH*

ASTRID NEWELL, MD

July 26, 2018



Whatcom County
HEALTH
Department



OVERVIEW

- 1) Provide snapshot of Whatcom County
- 2) Review CHA and CHIP processes
- 3) Social Determinants of Health
- 4) Highlight two SDOH opportunities from our CHIP 1.0
- 5) CHIP 2.0

WHATCOM COUNTY SNAPSHOT

- Population

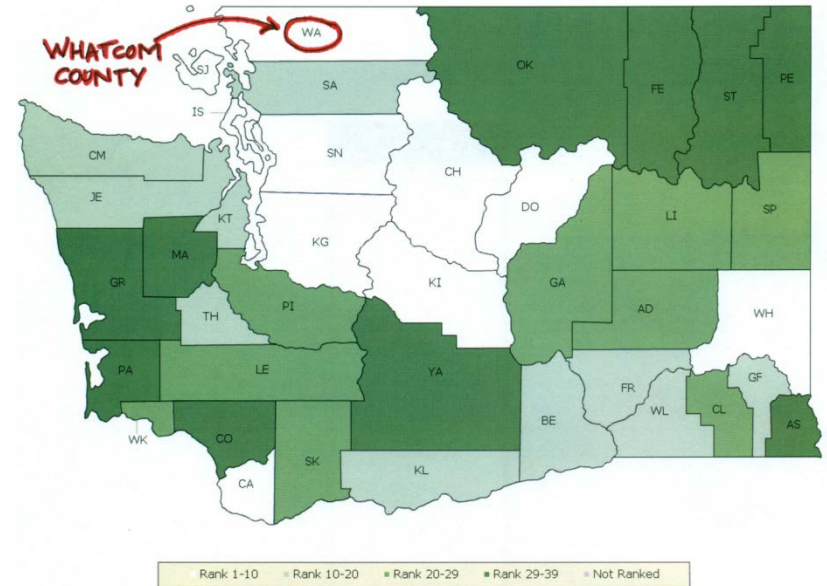
- Size: 216,000 (half urban/half rural)
- Demographics: Mostly white (82%), growing Hispanic & Asian populations, 2 tribes

- Community Assets

- Higher education, hospital, schools, outdoor recreation

- Jobs/Economics

- Education, healthcare, oil refineries, agriculture, seafood



- Politics

- Divergent (Progressive and Conservative)

- Health Status

- Ranked 5th healthiest county in the state by County Health Rankings, but...

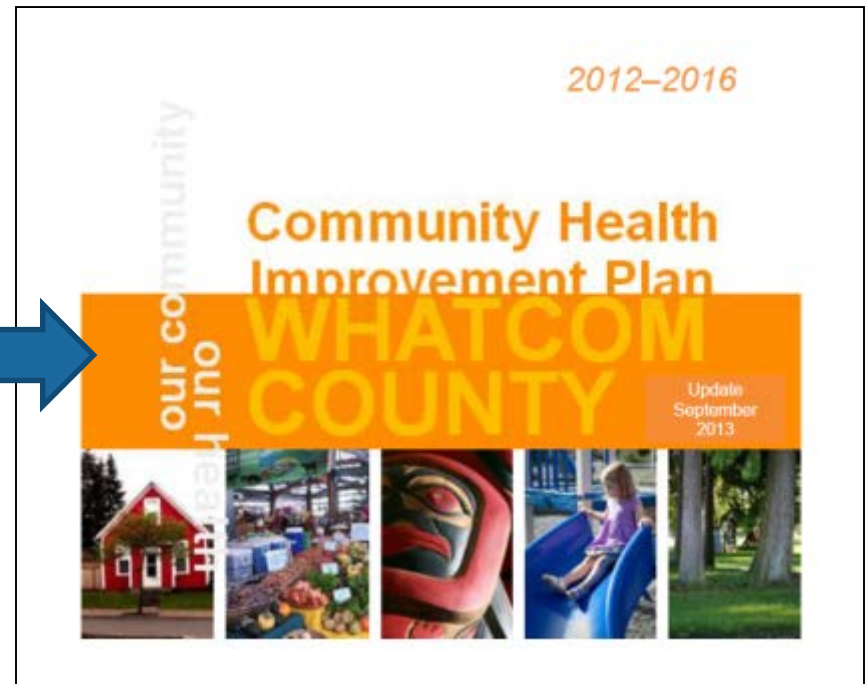
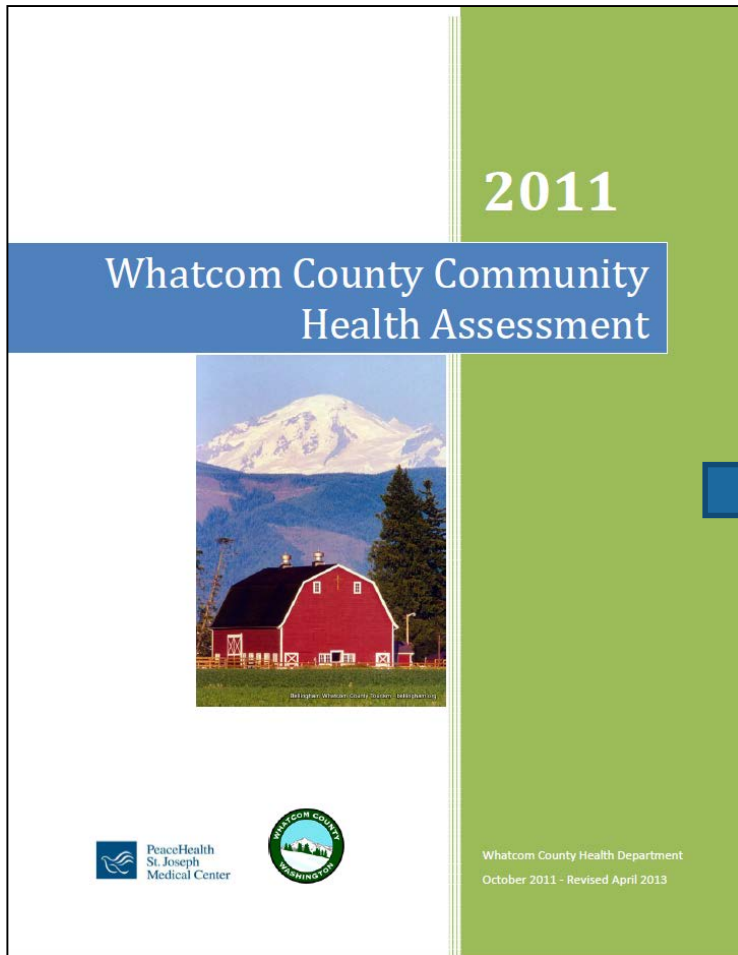
WHATCOM COUNTY HEALTH DEPARTMENT



- **Organizational Structure**
 - County government
 - Five divisions (Admin, Community Health, Human Services, Environmental Health, Communicable Disease)
 - Two separate locations
- **Personnel**
 - 82 FTE (99 staff)
- **Governing/Advising Structure**
 - Board of Health = County Council
 - Public Health Advisory Board

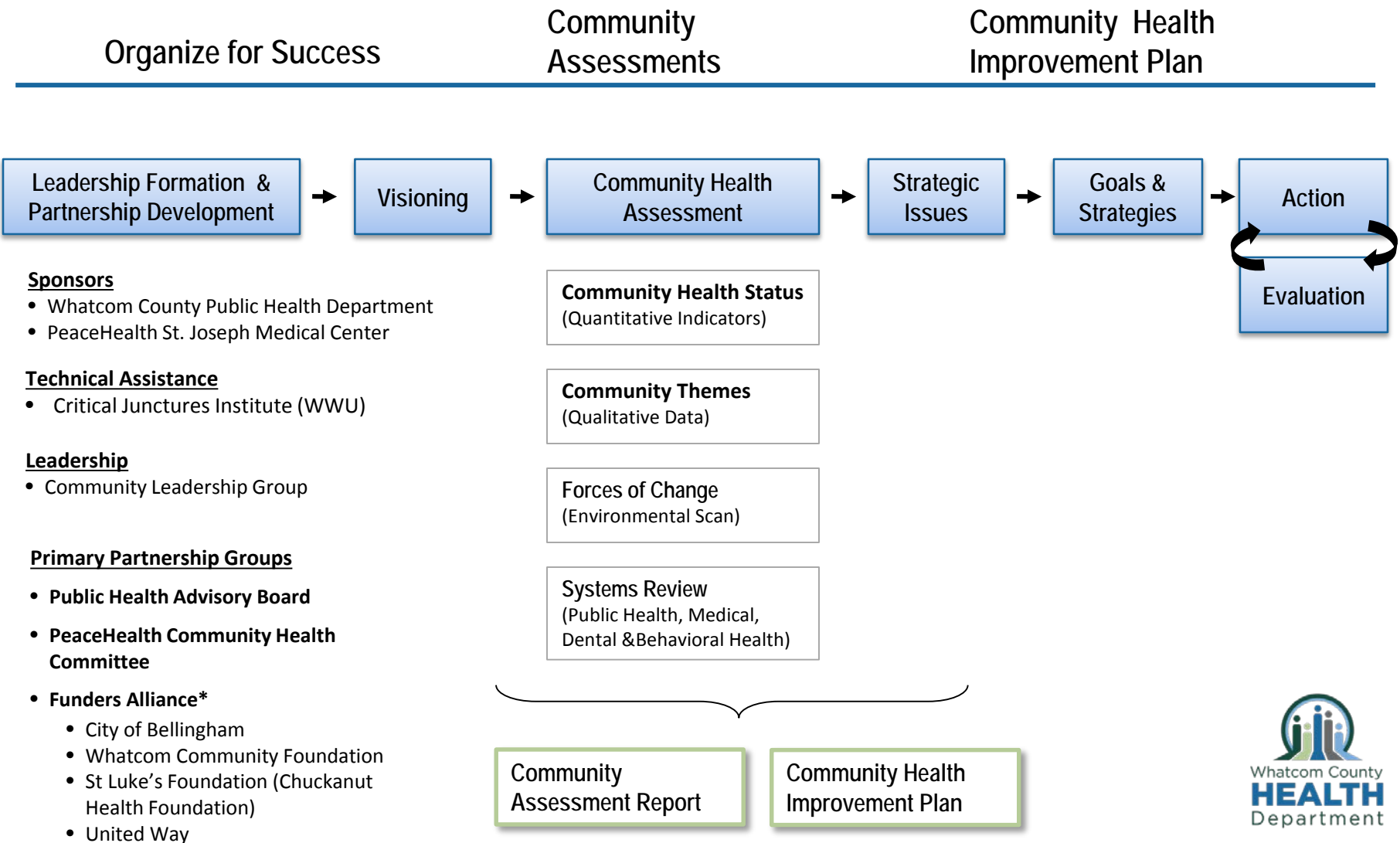


COMMUNITY HEALTH IMPROVEMENT (CHI 1.0)



CHI 2.0 in progress...

Mobilizing for Action through Partnerships and Planning ~ (MAPP) Process



* Partial Listing of Funders Alliance participants
 Evidence-based community-wide strategic planning process for improving community health. *National Association of County and City Health Officials*

SHARED VISION

*We are Whatcom County, a people and a place,
culturally and geographically diverse, united in our vision
for a healthy and vibrant future where:*

- **Every child** grows in a safe and nurturing environment;
- **Every person** has access to comprehensive and integrated health services and social supports across the lifespan and spectrum of needs;
- **Every population** shares in the abundance of opportunities for healthy active living, outstanding education, satisfying employment, and meaningful community participation;
- **We all flourish** through our connections and commitments to each other and to the air, land and waters that surround and sustain us.

KEY ASSESSMENT FINDINGS

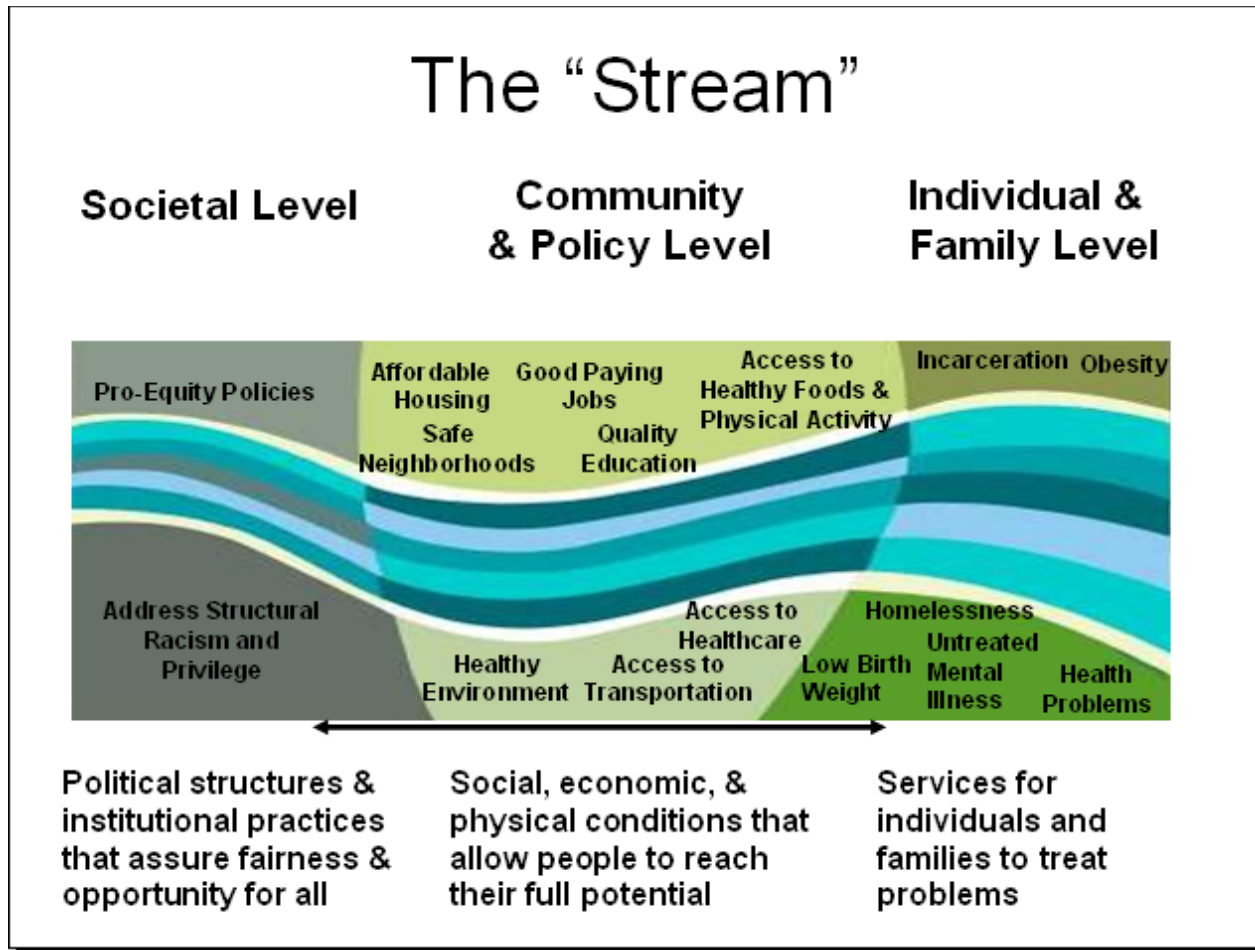
- Disparities hidden among the averages
- Communities experiencing disparities have limited voice, but critical insights and solutions
- Widespread interest and concern about impacts of childhood adversity (“Adverse Childhood Experiences”) on lifelong health and well-being
- Recognition of role of “place” and built-environment in health
- Opioid crisis and housing/homelessness seen as cross-cutting issues

CHIP 1.0 PRIORITIES

OVERARCHING GOALS: *IMPROVE HEALTH, REDUCE DISPARITIES, ADVANCE EQUITY*

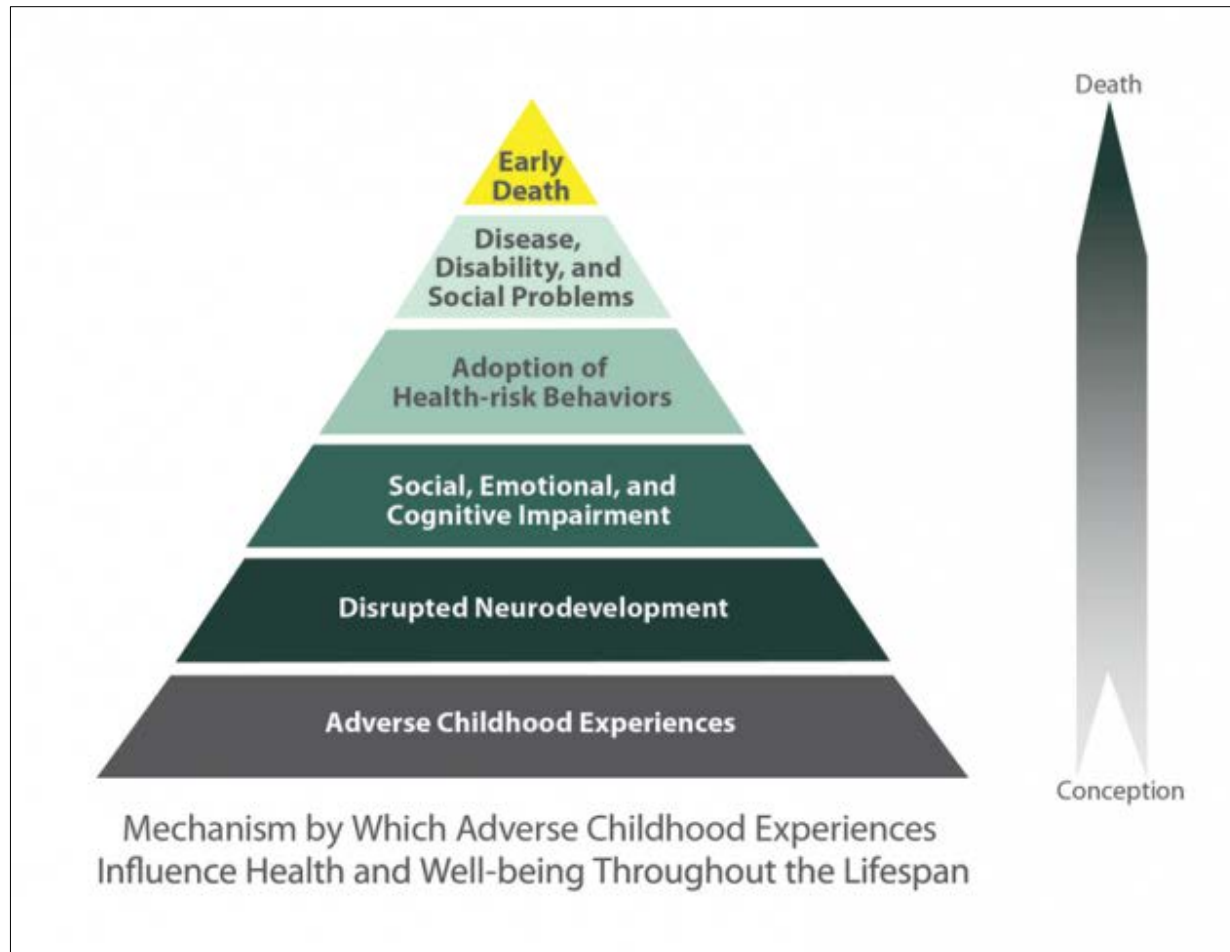
<i>Strategic Priority</i>	<i>Focus Area</i>
Community Connectedness and Resilience	<i>Responding to Opiate Crisis</i>
Child and Family Well-being	<i>Supporting Young Children and Families</i> ←
Healthy Active Living	<i>Integrating Health into Community Planning</i> ←
Health Care Access and Service Delivery	<i>Addressing Complex Health Needs</i>

GOING “UPSTREAM”



King County, WA, 2011

GOING “UPSTREAM”



Source: Centers for Disease Control and Prevention
<https://www.cdc.gov/violenceprevention/acestudy/about.html>

SOCIAL DETERMINANTS OF HEALTH



Healthy People 2020

CHIP 1.0 PRIORITIES & SOCIAL DETERMINANTS OF HEALTH

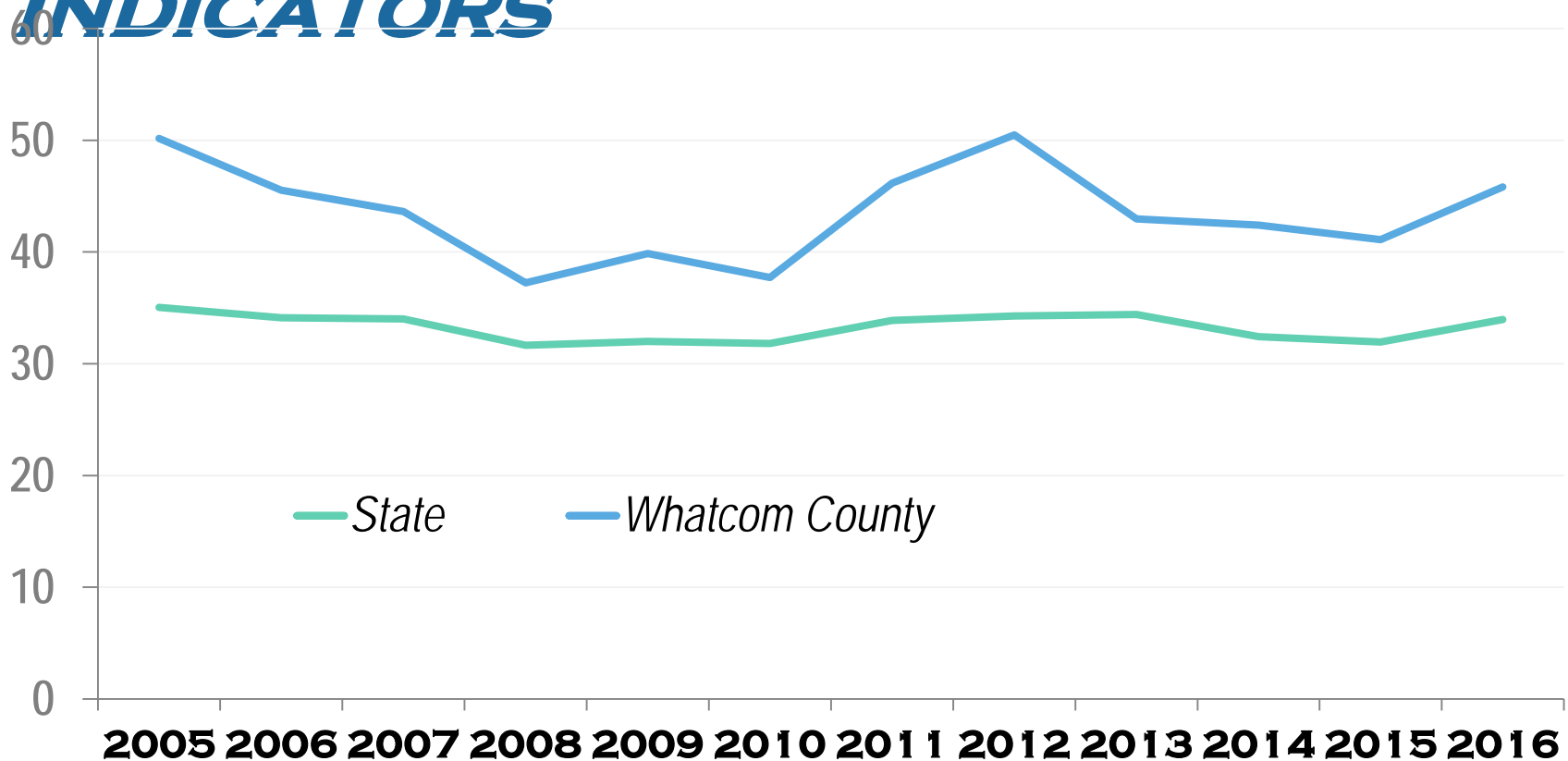


SUPPORTING YOUNG CHILDREN AND FAMILIES

- Children and families consistently identified as priority in CHA/CHIP
- Growing science of early child development and awareness of impacts of childhood adversity compel us to act
- Effective strategies are available

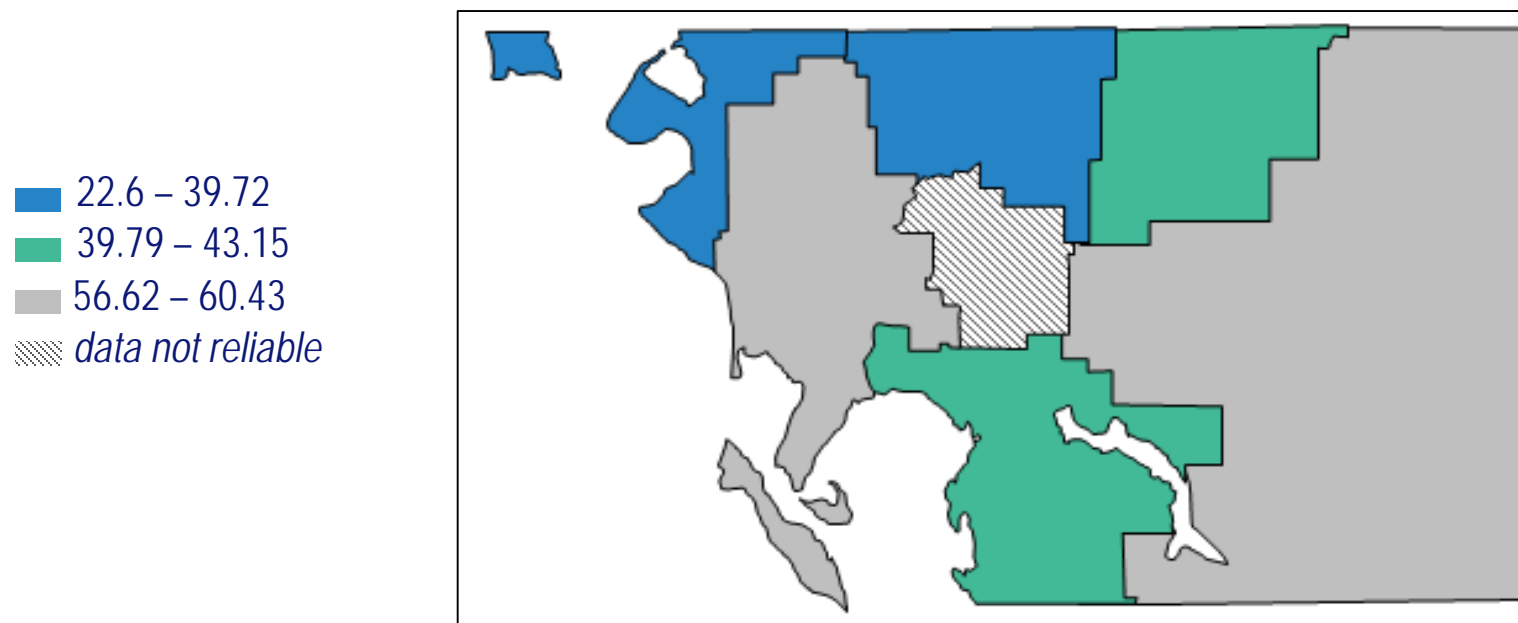


SUPPORTING YOUNG CHILDREN AND FAMILIES: *KEY INDICATORS*



*Victims of child abuse and neglect in accepted referrals,
rate per 1,000 children, Whatcom County (DSHS)*

SUPPORTING YOUNG CHILDREN AND FAMILIES: *KEY INDICATORS*

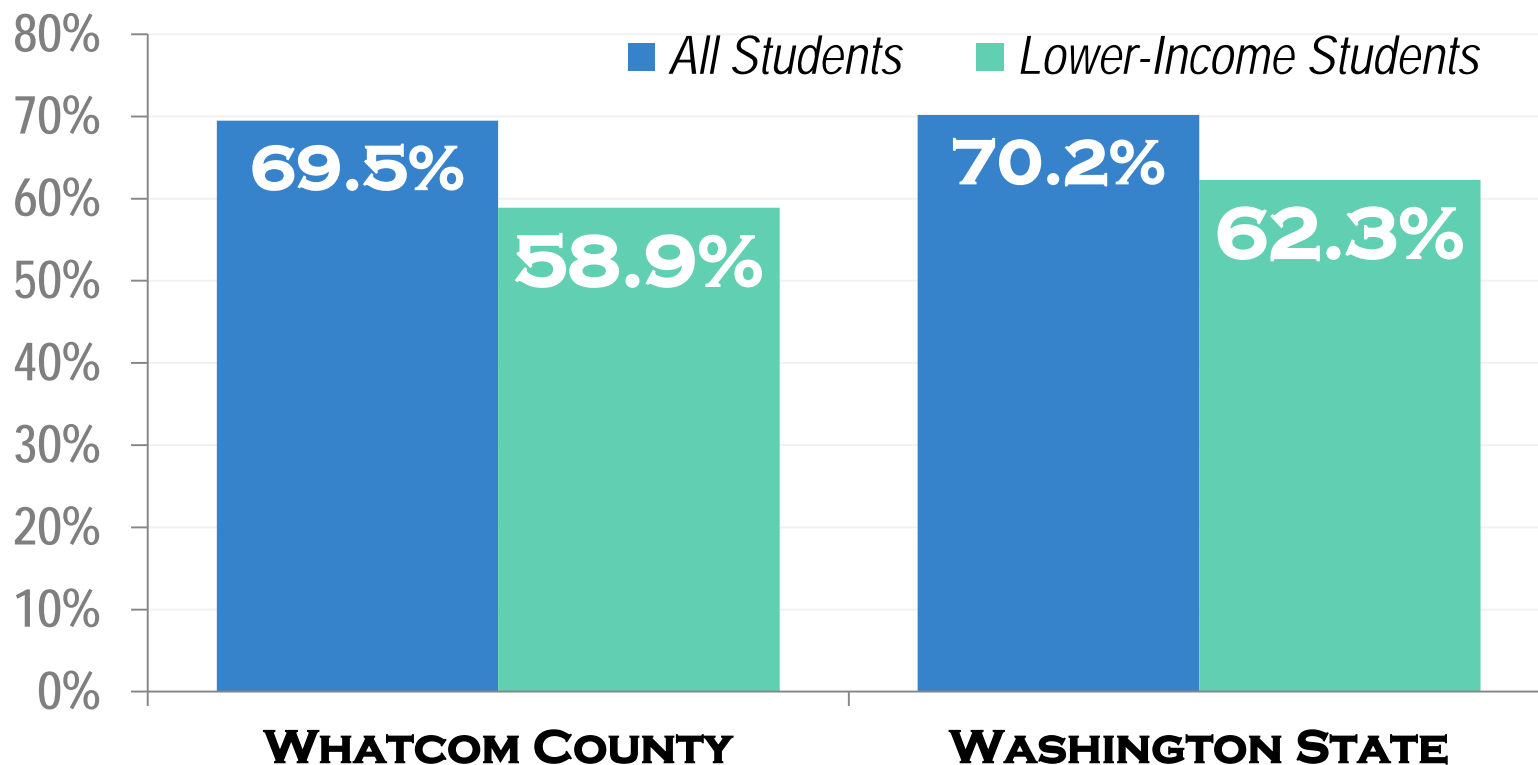


Rate of child abuse and neglect by school district,

Whatcom County, 2005-2016

10 year average rate of child abuse and neglect per 1,000 children (DSHS)

SUPPORTING YOUNG CHILDREN AND FAMILIES: *KEY INDICATORS*



Percent of students who demonstrate social-emotional readiness characteristics of entering kindergarteners, 2016 (OSPI)

SUPPORTING YOUNG CHILDREN AND FAMILIES: *FROM TALK TO ACTION*

Generations Forward Initiative:

*Envisioning a Future Where
All Whatcom County Children
Thrive*

A collaborative community
initiative focused on
enhancing the well-being of
young children and their
families in Whatcom County

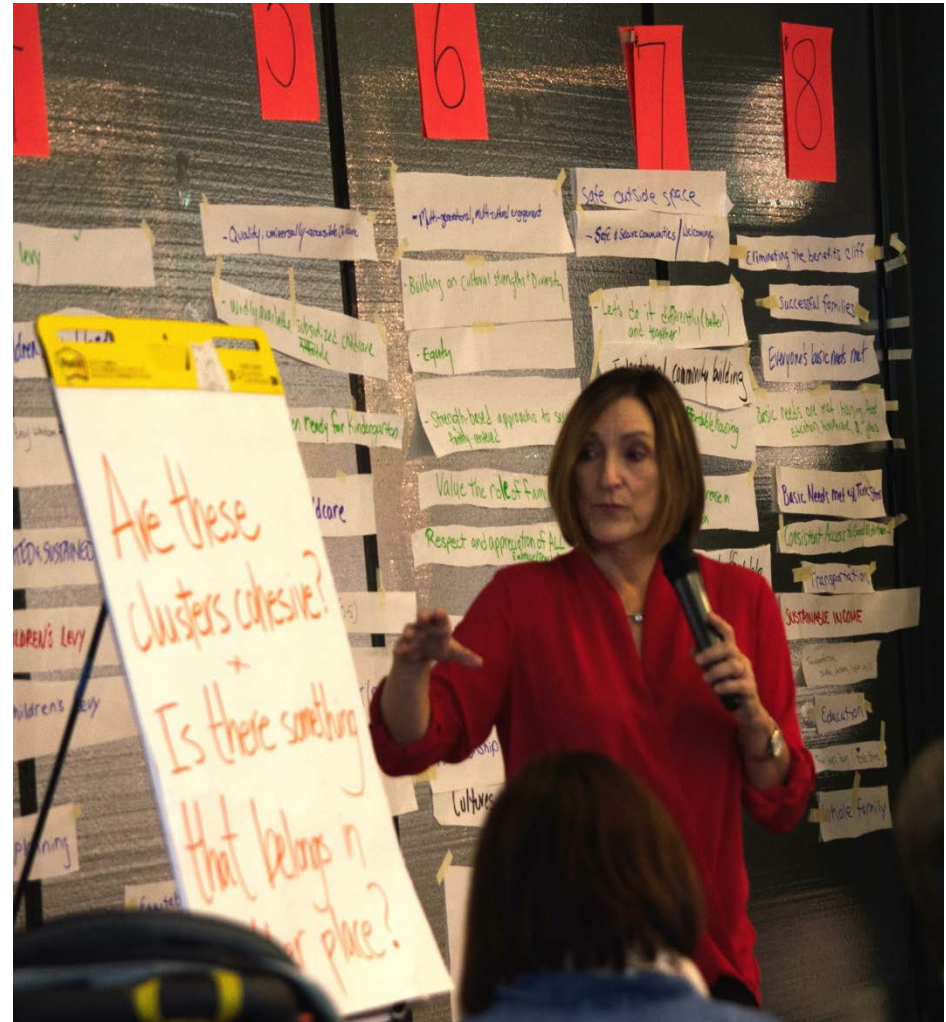


GENERATIONS FORWARD

FUTURE SEARCH CONFERENCE

OCT 10-12, 2017

- Co-sponsored by the Opportunity Council and Whatcom County Health Department
- Multi-sector Planning Committee
- Local Funding Support
- 8 Stakeholder Groups
- 74 participants (20+ parents), diverse representation



GENERATIONS FORWARD INITIATIVE

Commitments	What We Want (Results)
<ul style="list-style-type: none">• Overarching Commitment: <u>All</u> Whatcom County children and families thrive• Family Economic Stability• Child Care & Early Learning• Affordable Housing• Parent/Family Support and Education• Coordinated Services• Integrated Health Care• Community Building• Equity, Culture and Diversity• Reliable Financing	Children are safe, healthy and ready to learn
	Families are strong, stable and supported from the start
	Communities are welcoming and supportive places for children and families to live, learn, work and play



SUPPORTING YOUNG CHILDREN AND FAMILIES

Areas of Concern → Strategies & Actions

- | | |
|---|---|
| <ul style="list-style-type: none">• Family Economics<ul style="list-style-type: none">– More than one third of families with income less than household survival budget• Family Dynamics<ul style="list-style-type: none">– Parental mental health and substance use– Child maltreatment• Child Development:<ul style="list-style-type: none">– Social-emotional and behavioral challenges– School readiness | <ul style="list-style-type: none">• Build community commitment and investment in:<ul style="list-style-type: none">– Parenting and family education and support– Affordable family housing– Affordable quality child care and early learning– Health care access (particularly behavioral health supports) |
|---|---|

INTEGRATING HEALTH INTO COMMUNITY PLANNING

- Built-environment recognized as important to health
- Groundwork in place (*ACHIEVE and Community Transformation Grants*)
- Technical resources (*ALTA Planning, National Parks Service*)
- Many activated community members



Image: Walking along highway in Kendall area

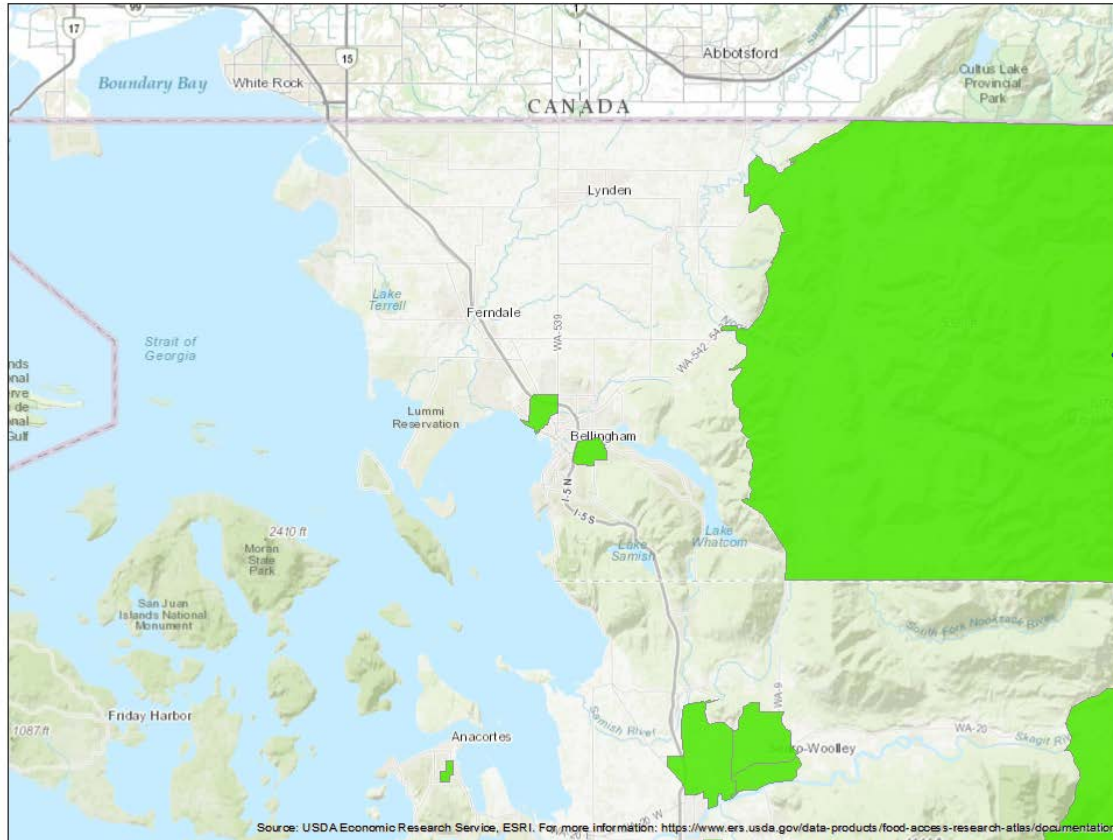
INTEGRATING HEALTH INTO COMMUNITY PLANNING

Areas of Concern Strategies & Actions


- **Healthy Food Access**
 - Food desert in rural East Whatcom County, and some areas within Bellingham
- **Pedestrian and Bicycle Safety**
 - Lack of accessible walk/bike facilities in rural/urban growth areas
- **Safe Affordable Housing**
 - Limited supply of affordable housing options
 - Many housing cost-burdened households/people with housing problems

- Review comprehensive land use plans (City and County) and incorporate evidence-based recommendations
- Support targeted **food access** and traffic safety projects in rural East Whatcom County

INTEGRATING HEALTH INTO COMMUNITY PLANNING: *KEY INDICATORS*



East
Whatcom
County


 *Census tracts with low income and low access to grocery stores within 1 mile (urban), 10 miles (rural), USDA Food Access Research Atlas, 2015*


INTEGRATING HEALTH INTO COMMUNITY PLANNING: *FOOD ACCESS*


Foothills **FOOD ACCESS PLAN**

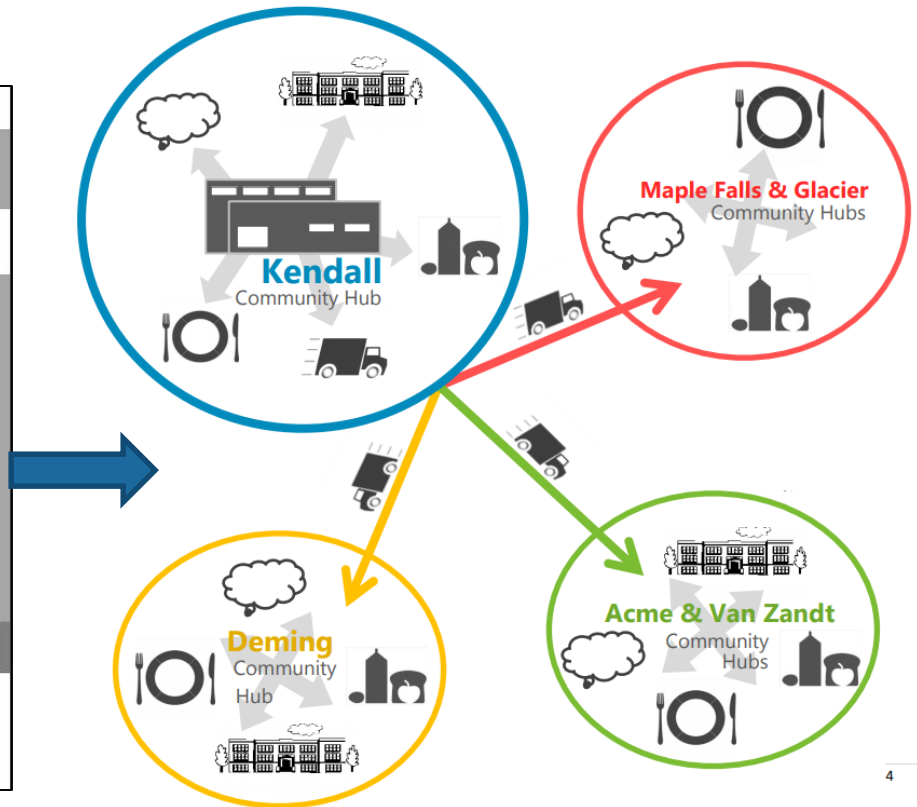
All Foothills residents are fed, nourished, and have the resources to access the food they need.

Presented by: Foothills Community Food Partnership





INTEGRATING HEALTH INTO COMMUNITY PLANNING: *FOOD ACCESS*



Foothills Community Food Partnership, 2018

Community Health Improvement 2.0

- Build on first cycle (CHA/CHIP 1.0)
- Complete updated 2018 Community Health Assessment (DONE!)
- Complete Community Descriptions (Fall 2018)
- Prioritize and choose community issues (Early 2019)
- Create and implement updated Community Health Improvement Plan (Mid 2019)

<https://whatcomcounty.us/2929/Community-Health-Assessment>

Opportunities for Partners

- Use CHA information for your organization
- Invite WCHD staff to do a presentation on CHA findings*
- Talk with WCHD staff about additional available data
- Participate in community prioritization and issue selection process (2019)
- Be a part of developing, implementing and resourcing the CHIP 2.0

RESOURCES

- Time to Act: Investing in the Health of Our Children and Communities (Robert Wood Johnson Foundation)
<https://www.rwjf.org/en/library/research/2014/01/recommendations-from-the-rwjf-commission-to-build-a-healthier-am.html>
- Social Determinants of Health (Healthy People 2020)
<https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
- *Results-Based Accountability*,
<https://clearimpact.com/results-based-accountability/>