



Community Health Improvement Plan

Columbia County 2011-2014

Compiled by Columbia County Public Health Department

Columbia County 2011-2014

Community Health Improvement Plan

Definition

A community health improvement process uses community health assessment (CHA) data to identify priority issues, develop and implement strategies for action, and establish structures to ensure measurable health improvement, which are often outlined in the form of a community health improvement plan (CHIP).

What is a community health assessment?

Community health assessment refers to the range of activities that our public health system performs to learn about the health of our communities and to plan responses to local needs. Public health agencies conduct assessments by collecting, analyzing, and disseminating information, including statistics on health status and community health needs and strengths. Through this work, they learn where, when, and how health threats are occurring. With this data they can prioritize needs, generate resources, make service or program changes, and implement policies that improve public health.

Assessment is one of the three core functions of public health, as defined by national leaders in the 1980s. The core functions of assessment, policy development, and assurance are carried out to ensure that the basic mission of the public health system, keeping communities safe and healthy, is met.

The goal of community health assessment is to improve population health outcomes. If the activities of assessment are carried out effectively, they should contribute to data-driven public health decisions resulting in public health services that are aligned with the health needs of local communities.

Key findings for Columbia County

Population and Demographics

- Median age in 2008 was 45.5
- Approximately one-quarter of the population was between the ages of 0 to 19; approximately 20% of the population was between the ages of 50 to 59; approximately 20% of the population was 65 years of age and older
- Approximately 50% of adults have an annual household income between \$20,000 and \$50,000; approximately one-third of adults have an annual household income greater than \$50,000
- 60% of adults have more than a high school education; a quarter of adults are high school graduates or have a GED

- 48% of adults are not employed, which is comprised of individuals who are unemployed, retired, homemakers, students, and individuals unable to work; of these adults, one in five are retired
- Approximately 60% of adults are married; approximately one in five adults have never been married; one in ten adults are divorced or separated
- Approximately 70% of households do not have any children; one in ten households has three or more children
- The number of individuals participating in Temporary Assistance for Needy Families (TANF) and State Family Assistance significantly decreased from 2000 to 2007
- The proportion of the population that participated in the Basic Food Program significantly decreased from 2000 to 2007. The proportion participating in the Food Assistance Programs was significantly higher than in Washington State
- During 2000 to 2008, the overall crime rate was significantly lower than the state; 98% of the crimes were property crimes, specifically theft
- For the school year 2007 to 2008, approximately 92% of students who began the ninth grade graduated high school on time
- For school year 2008 to 2009, 89% of tenth grade students passed the reading examination of the WASL; 49% passed the math examination; 89% passed the writing examination; 67% passed the science examination
- For school year 2008 to 2009, two-thirds of elementary to high school students were eligible for free lunch; 10% of elementary to high school students were eligible for reduced lunch
- For school year 2008 to 2009, 87% of elementary to high school students were White; one in ten were Hispanic

Concerns in the Community

Health Behaviors Among Youth

Promoting and establishing healthy behaviors can improve overall health and well-being.

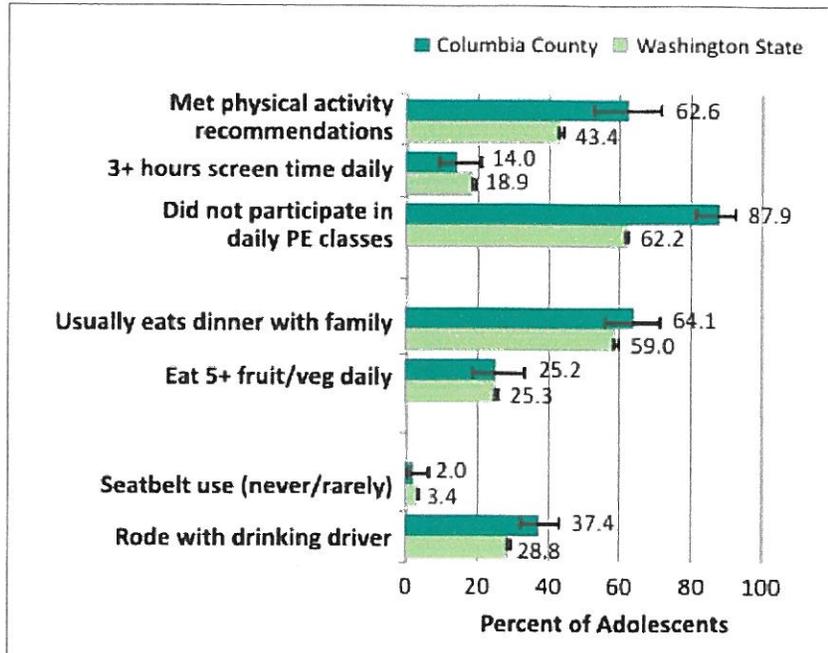
Among Columbia County adolescents in 2008, 63% met the recommendations for physical activity, which was significantly higher than the proportion for the state (43%). However, a significantly lower proportion of adolescents in Columbia County (12%) participated in daily physical education classes than adolescents in the state (38%). Fourteen percent of adolescents in Columbia County and Washington State spent three or more hours each day watching television, using the computer, or playing video games.

Only one in four adolescents in Columbia County ate the recommended five or more fruits and vegetables per day, which was similar to the state. Approximately two-thirds of adolescents in Columbia County usually eat dinner with their family, which is similar to adolescents for Washington State (59%).

Thirty-seven percent of adolescents reported they rode in a car within the last month with a driver who had been drinking, which is significantly higher than adolescents for the state (29%). This behavior significantly increased as the adolescent's grade increased for both Columbia County and Washington State.

Adolescent Health Behaviors

Columbia County, 2008



Source: Healthy Youth Survey, 8th, 10th, and 12th grade, 2008

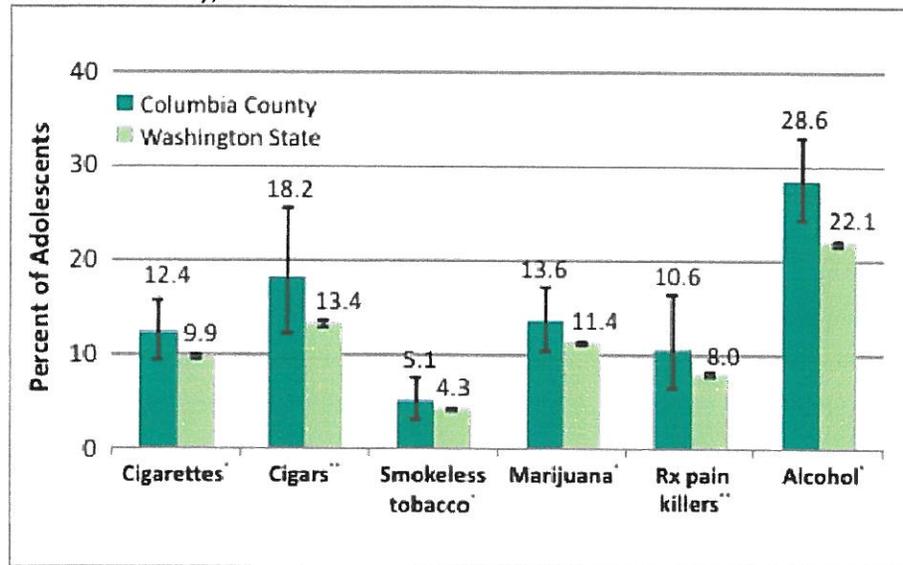
Adolescent Substance Abuse

Current youth smokers are measured by the percent of adolescents who smoked one or more cigarettes in the last 30 days. Tobacco use is the leading cause of preventable death. The majority of adult smokers began smoking before the age of 18.

While illicit drug use has declined among youth, rates of nonmedical use of prescription and over-the-counter (OTC) medication remain high.

Among Columbia County adolescents in 2008, 12% smoked cigarettes and approximately 18% smoked cigars in the last 30 days. These proportions were similar to the state. Five percent of adolescents in Columbia County used smokeless tobacco in the last 30 days, which was similar to the proportion of Washington State adolescents (4.3%). Slightly more than one in ten adolescents in Columbia County and Washington State used marijuana in the last 30 days. Approximately one in ten adolescents for both Columbia County and Washington State used prescription pain killers in the last 30 days. A significantly higher proportion of Columbia County adolescents (29%) drank alcohol in the last 30 days compared to adolescents for Washington State (22%).

Adolescent Substance Abuse
Columbia County, 2008



Source: Healthy Youth Survey, 6th, 8th, 10th, and 12th grade

Rx=Prescription

Source: Healthy Youth Survey, 10th grade, 2008

*Includes 6th, 8th, 10th, and 12th grade

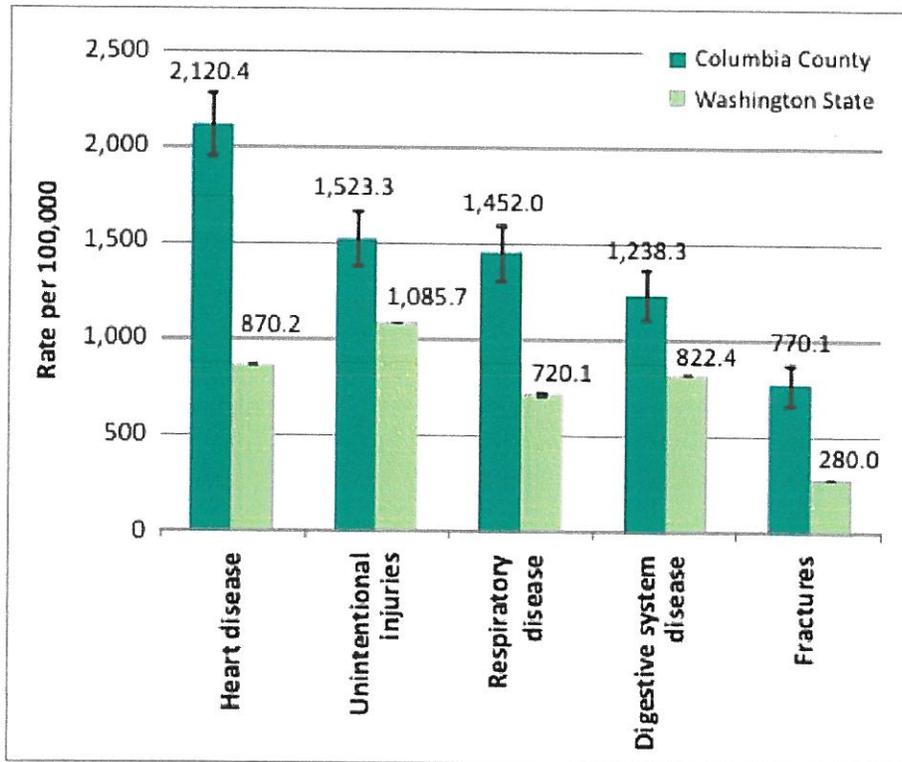
**Includes 8th, 10th, and 12th grade

Leading Causes of Hospitalizations (All Ages)

Hospitalizations are counted as the number of inpatient discharges, excluding childbirth and newborn infants, per 100,000 individuals. Hospitalizations represent morbidity in our community that requires a higher level of medical care.

During 2000 to 2007, Columbia County had a significantly higher overall hospitalization rate than Washington State. Columbia County had a significantly higher rate for the five leading causes of hospitalizations. Rates for Columbia County were approximately 144% higher than the state for heart disease, 40% higher for unintentional injuries, 102% higher for respiratory disorders, 51% higher for digestive system disorders, and 175% higher for fractures.

Hospitalizations
Columbia County, 2000-2007



Source: CHARS, 2000-2007

Community Health Improvement Plan

1. Increase community physical activity and access to free and/or low cost community activities
2. Lower rates of tobacco use by increasing Tobacco Free areas and activities in the community
3. Decrease unintentional injuries to Seniors with free fall prevention exercise classes
4. Decrease heart disease with free monthly blood pressure clinics and nutrition classes at Senior Center

Action Groups

Columbia Cares Coalition

- In 2006 Columbia Cares Coalition was formed with many community members including County officials, City officials, Columbia Health Systems, Dayton General Hospital, Dayton School, Public Works, Public Health, and Chamber of Commerce.
 - o A Frisbee Golf Park has been created at the Dayton City Park
 - o Ongoing Zumba classes are held within the community
 - o Ongoing Weight Loss and Healthy Eating classes within the community
 - o A monthly Diabetic Support Group has been established

Coalition of Youth and Families

- Community involvement and interaction on keeping our community safe and drug and tobacco free. Address issues concerning alcohol usage among teens, drug usage among teens, community risk issues.
 - o Our community received a Drug Free Community grant to work with schools and community on ongoing drug and tobacco issues
 - o Education of community members on drug abuse risks

Tobacco Free areas and events

- Support tobacco free community events
 - o National Night Out
 - o Dayton Days Parade
 - o Columbia County Fair
 - o Dayton Relay for Life

Columbia County Public Health

- Decrease heart disease with free monthly blood pressure clinics and nutrition classes at Senior Center
 - o Providing classes for Healthy Eating and adjusting cooking portion sizes
 - o Provide fall prevention classes
 - o Provide free monthly blood pressure readings at the Senior Center