

# Support Public Health



## Call to Action

The Spokane Regional Health District's Board of Health is calling on the state of Washington legislature to provide adequate, stable funding for public health.

As a legislator, you can protect our community's health and safety by making public health a priority on your legislative agenda.

## Why Public Health?

Our state budget continues to seriously underfund public health. Investment in disease prevention and health promotion programs is the most effective way to meet these health challenges.

### Public Health Is....

#### Health Protection:

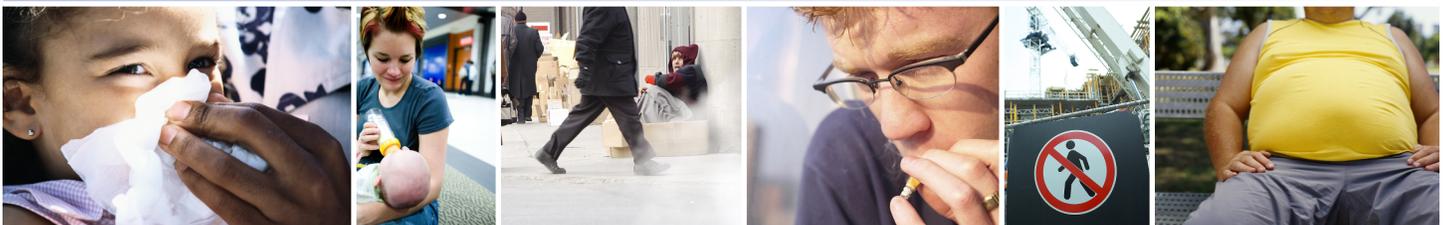
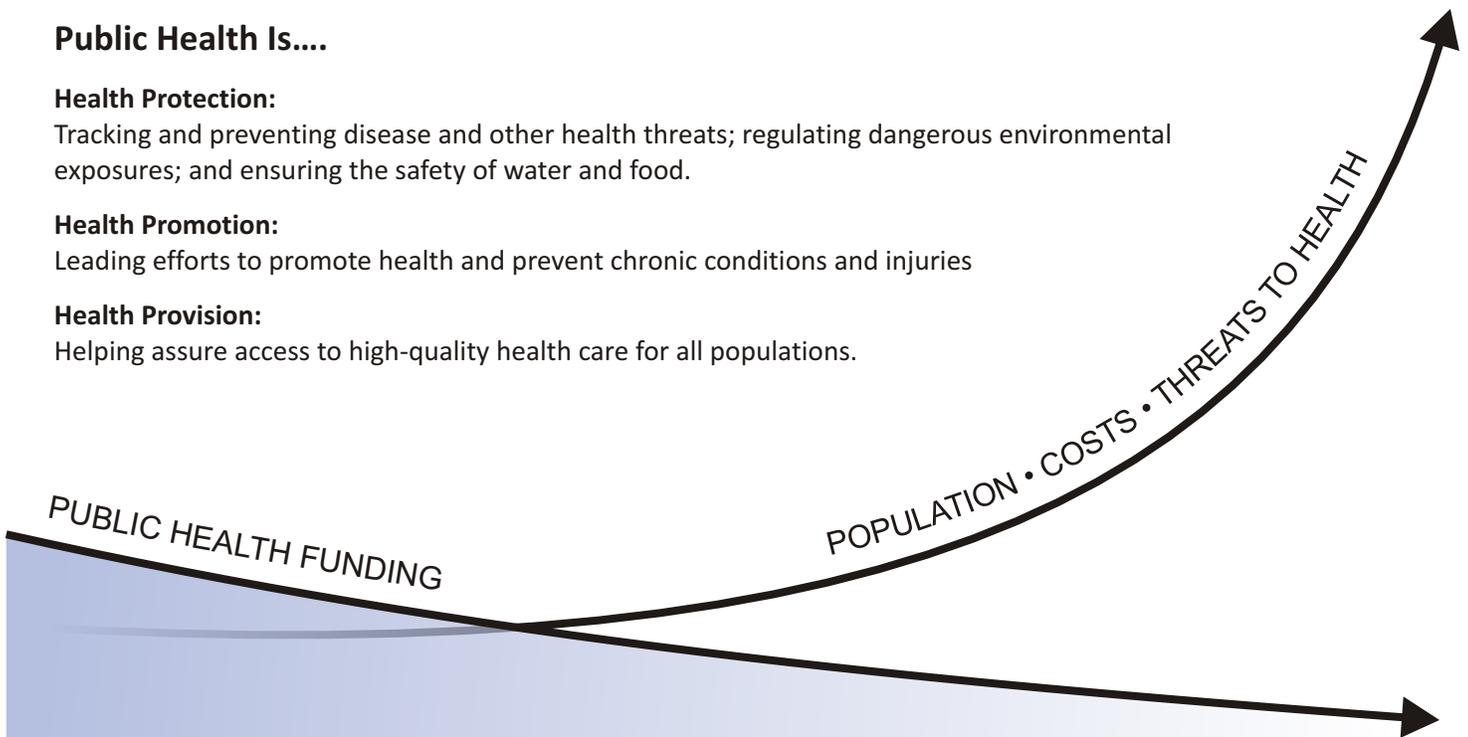
Tracking and preventing disease and other health threats; regulating dangerous environmental exposures; and ensuring the safety of water and food.

#### Health Promotion:

Leading efforts to promote health and prevent chronic conditions and injuries

#### Health Provision:

Helping assure access to high-quality health care for all populations.



# The Need

Investing in public health equals immediate savings to our health care system and our residents.

**Just some of the issues of concern in Spokane and the health district programs that are working to address them:**

Issue	Costs	SRHD Programs
Increase in adult obesity	<b>1 in 4 – the number of adults in Spokane considered obese.</b> <sup>1</sup> Among adults, an increase in obesity nationally is responsible for almost \$40 billion of increased medical spending. <sup>2</sup>	Physical Activity & Nutrition
Unintentional deaths from prescription drug overdose	<b>87 – the number of deaths from accidental prescription drug overdoses in Spokane in 2009.</b> <sup>3</sup> The growing use and abuse of long-acting pain killers like OxyContin has been a crucial factor in numerous unintentional deaths. Health care costs are 8.7 times higher for patients who abuse opioids vs. individuals that do not, creating a tremendous cost burden to the health care system. <sup>4</sup>	Opioid Treatment Program Injury Prevention Program
Youth tobacco use	<b>\$193 billion – the total economic burden nationally per year of smoking. \$595 million – the annual cost of state-based tobacco prevention and control programs.</b> <sup>5</sup>	Tobacco Prevention & Control
Pregnant smokers	<b>\$82,500 – the estimated hospital charges for a preterm baby</b> <b>\$5,000 – estimated hospital charges for a healthy, full-term baby.</b> <sup>6</sup> Women in Spokane who smoke during pregnancy are 75 percent more likely to have a preterm birth than women who do not smoke. <sup>7</sup>	Women, Infants & Children (WIC) Tobacco Prevention & Control Nurse Family Partnership
Increase in sexually transmitted diseases and HIV diagnoses	<b>1,637 – the number of cases of chlamydia in Spokane—with this number, Spokane has surpassed the state's rate of increase.</b> <sup>8</sup> Direct medical costs associated with STDs in the United States are estimated at \$16.4 billion annually. <sup>9</sup>	Public Health Clinic HIV/AIDS and STD Program
Increase in chronic hepatitis C	<b>\$43 million – the cumulative lifetime cost for those diagnosed with chronic hepatitis C in Spokane last year.</b> The average lifetime cost for hepatitis C, in the absence of a liver transplant, has been estimated to be about \$100,000 for individual patients. <sup>10</sup> In 2009, 433 new chronic hepatitis C cases were reported in Spokane. <sup>11</sup>	HIV/AIDS and STD Program Epidemiology
Vaccine-preventable disease outbreaks	<b>17,000 – the number of whooping cough cases reported in the U.S. in 2009.</b> <sup>12</sup> Whooping cough most commonly affects infants and young children and can be fatal, especially in babies less than 1 year of age. In 2010, there were whooping cough outbreaks in nearby Grant County and northern Idaho. Whooping cough is just one of 28 vaccine-preventable diseases.	Epidemiology Immunization Outreach Public Health Clinic
Increase in emergency department visits for a dental-related diagnosis	<b>12,000 – the number of Spokane adults that will no longer have Medicaid coverage for nonemergency dental care.</b> Emergency department costs in Spokane for a dental-related diagnosis were already dramatic, totaling \$14.2 million between 2005 and 2009. <sup>13</sup> This lapse in reimbursement will no doubt overwhelm the county's already overcrowded emergency rooms and further affect the premiums of those who can pay.	Oral Health
Falls among people 65 years old and older	<b>\$90 million – cost of emergency department visits in Spokane for older adults who fell between 2003 and 2007.</b> <sup>14</sup> Falls are the leading cause of hospitalizations due to injuries. In 2007, there were more than three times as many hospitalizations due to falls among older adults than due to motor vehicle crashes for all ages combined. Nearly 1 in 3 older adults, 65 plus, fall at least once per year. <sup>3</sup>	Injury Prevention

1. WA State Department of Health, Behavioral Risk Factor Surveillance System

2. 32 Finkelstein, E.A., Trogon, J.G., Cohen, J.W., & Dietz, W. (2009). Annual medical spending attributable to obesity: Payer and service-specific estimates. Health Affairs. W822-W831.

3. Spokane County Medical Examiner. 2009 Annual Report, pg. 18

4. Ruetsch C. Empirical view of opioid dependence. Journal of Managed Care Pharmacy 16(1, Supplement B): s9-s13, 2010

5. CDC's Smoking-Attributable Mortality, Morbidity, and Economic Costs (SAMMEC) system

6. WA State Department of Health, Center for Health Statistics, Community Hospital Discharge Data (CHARS) 2009

7. WA State Department of Health, Tobacco Prevention and Control, Spokane County Tobacco Use Statistics, July 23, 2010

# About Us

## Spokane Regional Health District

### 2011 Board of Health

<b>Al French</b> , Spokane County Commissioner <b>Todd Mielke</b> , Spokane County Commissioner <b>Mark Richard</b> , Spokane County Commissioner <b>Mary Verner</b> , Mayor, City of Spokane <b>Steve Corker</b> , City of Spokane Councilmember <b>Amber Waldref</b> , City of Spokane Councilmember <b>Tom Towey</b> , Mayor, City of Spokane Valley <b>Bill Gothmann</b> , City of Spokane Valley Councilmember <b>David Crump</b> , City of Liberty Lake Councilmember <b>Michael Fisk, DC</b> , Citizen-at-large <b>Bob Lutz, MD, MPH</b> , Citizen-at-large <b>Susan Norwood, EdD, RN</b> , Citizen-at-large	<a href="mailto:afrench@spokanecounty.org">afrench@spokanecounty.org</a> <a href="mailto:tmielke@spokanecounty.org">tmielke@spokanecounty.org</a> <a href="mailto:mrichard@spokanecounty.org">mrichard@spokanecounty.org</a> <a href="mailto:mverner@spokanecity.org">mverner@spokanecity.org</a> <a href="mailto:scorker@spokanecity.org">scorker@spokanecity.org</a> <a href="mailto:awaldref@spokanecity.org">awaldref@spokanecity.org</a> <a href="mailto:ttowey@spokanevalley.org">ttowey@spokanevalley.org</a> <a href="mailto:bgothmann@spokanevalley.org">bgothmann@spokanevalley.org</a> <a href="mailto:dcrump@ptera.net">dcrump@ptera.net</a> <a href="mailto:mwfisk@spocom.com">mwfisk@spocom.com</a> <a href="mailto:teamab@msn.com">teamab@msn.com</a> <a href="mailto:norwood@gu.gonzaga.org">norwood@gu.gonzaga.org</a>
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### SRHD Public Health Director and Health Officer

**Dr. Joel McCullough**

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Communications Dept. Finance & Client Services Human Resources Information Systems Maintenance Vital Records	Children with Special Health Care Needs Early Family Support Services Neighborhoods Matter Nurse Family Partnership Oral Health Program	Assessment Clinic Epidemiology HIV/AIDS and STDs Emergency Preparedness and Response	Environmental Resources Food Safety Program Liquid Waste Living Environment (pools, schools, vector) Solid Waste	Breast, Cervical & Colon Health Injury Prevention Physical Activity and Nutrition Tobacco WIC	Laboratory Opioid Treatment Program

*Always working for a safer and healthier community*

8. WA State Department of Health, Center for Health Statistics, Spokane County birth records 2009. Public health received dedicated funding in 2008 for disease control. Consequently, public health is able to follow-up on reported cases to provide partner notification services. More people at risk of STDs are being tested and treated. In sum, efforts at "case finding" are working. Current data demonstrates that reported incidence of chlamydia is much higher than historical data indicates—STDs pose an even larger communicable disease burden than had been previously understood.

9. Centers for Disease Control, April Features, April is STD Awareness Month, April 2010.

10. National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention, Division of STD Prevention

11. Public Health Improvement Partnership, Activities & Services Inventory, Summary of 2009 Results

12. Centers for Disease Control and Prevention, Pertussis (whooping cough) 2009 stats.

13. Healthy Smile, Healthy Life: Improving Oral Health in Spokane County, a report published by the Spokane Regional Health District, October 2010.

14. Inland Northwest Health Services Meditech data, Spokane, 2009.

# Points of Pride

When tasked with such important goals as protecting and improving the health and well-being of all people in Spokane County, it is paramount that we share our successes. Public health funding determines how effective we are in achieving our goals of a safer and healthier community.

## A few of our recent achievements:

### To protect our youth, we...

- ♦ **Passed a resolution to keep e-cigarettes out of the hands of minors.** The resolution requests that jurisdictions in Spokane County adopt policies prohibiting the sale of these nicotine-delivery devices to minors—the first resolution of its kind in Washington state.
- ♦ **Increased access to dental care for children in Spokane** by training 13 dentists and 45 medical providers so that they may provide oral health education, screenings and preventive services.
- ♦ **Helped prevent the closure of the East Side Library** by partnering with concerned residents of Spokane's East Central neighborhood — maintaining a safe haven for youth and a place where seniors can stay engaged and active.

### To protect our families, we...

- ♦ **Facilitated the screening of over 1,700 women for breast, cervical and colon cancer**—an 80 percent increase over a two-year period. Early detection and early treatment saves lives.
- ♦ **Received significant national attention for Summer's Project**, a research program for first-time mothers administered through our Nurse Family Partnership that is demonstrating improved maternal and infant health, improved socioeconomic conditions and improved infant care.
- ♦ **Served over 1,500 children with special health care needs** —established or suspected chronic conditions, delays or disabilities—by linking them with area hospitals and providers, and providing consultations.
- ♦ **Served over 20,000 Women, Infant and Children (WIC) program clients** — provided nutrition education, breastfeeding support, help finding health care, and assistance in purchasing healthy foods.
- ♦ **Earned a \$200,000 grant for Spokane Moves Safely** — Spokane's first comprehensive education campaign aimed at decreasing serious injuries and fatalities associated with motorists, bicyclists and pedestrians.

### To protect our community from infectious disease, we...

- ♦ **Inspected over 3,000 food establishments** in Spokane County to help prevent the spread of food-borne illnesses like *E. coli* and salmonella infections.
- ♦ **Provided over 20,000 immunizations** for all ages at various locations throughout our community.
- ♦ **Served over 100 HIV/AIDS clients**, assisting them with referrals to health care specialists, locating support groups and help finding medical insurance and housing.
- ♦ **Investigated over 900 new STD cases**, providing sexual health education and assistance to prevent further transmission and long-term health consequences.
- ♦ **Tested 950 high risk individuals for tuberculosis (TB)** and provided treatment and education to prevent further spread in our community. Acted as the regional resource for an improved laboratory test for TB.
- ♦ **Inspected over 450 water recreational facilities** in Spokane County to help prevent drowning, illnesses and injuries.

Most numbers are within a one-year period for the most recent data available unless otherwise stated.

