

Profile of a Typical Rural Resident

In comparison to the State population as a whole, a rural resident tends to:

- *Live either on the Pacific Coast or in Eastern Washington.*
- *Be poorer.*
- *Be older.*
- *Be sicker*, and more likely to be:
 - Overweight or obese.
 - Hospitalized more often.
- *Have a harder time getting health care:*
 - Less likely to have health care coverage.
 - More likely to delay a medical visit due to cost.
 - Less likely to have an annual dental visit.
 - Less likely to be screened for cervical, breast, and colorectal cancers.

Policy Implications

These health disparities might be reduced by:

- Creating family-wage jobs with health care benefits in rural areas.
- Implementing health policies and programs that specifically target geographic, economic, and infrastructure barriers.
- Community-based outreach for healthy behaviors and chronic disease management.

Demographic Characteristics		
	Rural	Urban
Population (2006)	797,801	5,597,997
Percent Washington's Land	~60%	~40 %
Median Age	40 Years	36 Years
Percent Population Ages 65 and Over	15%	11%
Per-capita Income (2005 Dollars)	\$26,123	\$36,817
Poverty Rate (2005)	16%	11%

Health Outcomes	Small Town/ Isolated Rural	Large Town Rural	Suburban	Urban Core
	Adults who are overweight or obese	63%	63%	60%
Hospitalization Rates (per 100,000 pop.)	9,540	9,092	8,768	8,464
Adults with Health Insurance	73%	80%	83%	84%
Adults with Unmet Medical Needs	16%	14%	13%	13%
Adult Dental Care	65%	66%	69%	73%
Adults with a Personal Health Care Provider	75%	78%	80%	78%
Colorectal Cancer Screening (ages 50 +)	58%	57%	61%	63%
Cervical Cancer Screening	76%	78%	78%	79%
Breast Cancer Screening (ages 50 +)	74%	81%	77%	80%