

# Spokane | Counts 2011

A summary of selected public health indicators

## EXECUTIVE SUMMARY



### Community Health Assessment

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## Community Health Assessment

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## OVERVIEW

Spokane Regional Health District (SRHD) published the first *Spokane Counts: A Summary of Selected Public Health Indicators* in 2003. This document provided baseline data demonstrating the health status of our community and some individual risk behaviors that contribute to health outcomes. A thorough evaluation process identified 48 indicators that can be impacted by public health and community partners. SRHD updates Spokane Counts indicators biennially to monitor the community's health over time.

When Spokane Counts is updated, the indicators are reviewed to ensure they are providing information that is appropriate and useful. The indicators may change due to definition or data source changes or stakeholder needs. Spokane Counts 2005 reported on 48 indicators and Spokane Counts 2007 and 2009 reported on 44 indicators. In Spokane Counts 2011, there are 62 indicators.

Spokane Counts 2011 makes comparisons between Spokane County and both Washington State and the United States. Additionally, each health indicator may be affected by demographic or socioeconomic factors. Many studies support a relationship between lower socioeconomic status and poorer health outcomes. Indicators were analyzed by age, sex, race, education, and income. Not all of these factors were available for all indicators.

Information about the selected health indicators gives the community an accessible tool to help determine priority health issues and identify affected populations. The information may also help direct health interventions to areas of greatest need and build support for health policies, as well as educate the public, community organizations, and policymakers on the community's health.

When examining the needs of a community, it is useful to have an idea of what life is like in Spokane County. The executive summary of Spokane Counts 2011 also provides basic demographics and some additional community factors.

**Spokane Counts 2011 is available online at [www.srhd.org/spokanecounts](http://www.srhd.org/spokanecounts).**

Improving the public's health is hard work. Many community health challenges that public health officials face today are complicated and intimately tied to factors beyond their control, such as where a person grows up, access to education, race/ethnicity, income and early childhood influences. These factors are referred to as social determinants of health, and though perhaps within the sphere of public health influence, they fall outside the span of control of public health authority. In light of this, what will it take to actually improve the health status of our population? The answer lies in collaboration.

Collective Impact<sup>1</sup> is a model useful for guiding collaborative efforts to address complicated social problems, like those we address in public health. Collective Impact is essentially the commitment of a group of individuals and organizations from multiple sectors to focus on a common agenda (i.e., shared vision and coordinated activities) for solving a specific social problem. In today's complex and interdependent world, isolated programming or services are unlikely to have significant impact on complicated social problems that are rooted in social determinants, such as education or income.

Spokane Counts, together with other community data sets, such as the Community Indicators Initiative,<sup>2</sup> has historically been used by SRHD to inform public health initiatives and most recently by partners to establish our community's shared agenda—our priorities for collaborative action to improve the well-being of our population. Priority Spokane, a collaboration of organizations working together to improve the vitality of Spokane of which SRHD is involved with, used these data sets to specifically identify educational attainment as the focus for improvement efforts—i.e., our common agenda. Educational attainment of our youth was selected because of the significant impact that education has on all other aspects of community well-being, including employment, income level, community safety, and long-term health.

Education is a social determinant of health, and the relationship between education and health is analyzed for all indicators within Spokane Counts for which there is available data. For instance, adult tobacco use is associated with educational status; smoking is more common among adults with lower education. Youth substance use is also significantly associated with maternal education; higher rates of substance use are reported among youth whose mothers have lower educational levels. Research shows a correlation between health and learning at all ages. Healthy youth are better equipped for success in the classroom, and in turn, educated youth are more likely to be healthy in adulthood.

Clearly educational status is important to health and therefore worthy of being the focus of an agenda shared by public health authorities. SRHD supports efforts to increase educational attainment. Spokane Counts data will be used to help inform actions that we in public health might take to address our responsibilities within the Priority Spokane collaboration. By working to improve the health of our youth, we will improve their chances for academic success. Our community's collaborative efforts to improve educational attainment will in turn meet our public health goals of improved population health status.



1. Stanford Social Innovation Review, Winter, 2011.

2. The Community Indicators Initiative of Spokane offers data on multiple facets of community health, including economic vitality, safety, culture, environment and others. It can be found at <http://www.communityindicators.ewu.edu/about.cfm>.



	Prevalence	Trend score	State score	National score	HP 2020 score	HP 2020 goal	Demographic Disparities				
							Age	Sex	Race	Educa-tion	Income

### Environmental

Air Quality	0%					10 days					
Septic System Corrections	100%		—								
Food & Waterborne Disease	38.4 per 100,000	—	—				*	—			
Food Service Safety	92%		—								
Well Water	11%		—								

### Health Behavior

Binge Drinking (adult)	17.8%	—	—	—		24.3%	*	*	—	—	—
Binge Drinking (youth)	13.0%					8.5%	*	*	*	*	
Breastfeeding	90.1%					81.9%	*		*	*	*
Fruit & Vegetable Intake (adult)	21.9%	—	—	—			—	*	—	*	—
Fruit & Vegetable Intake (youth)	24.3%	—	—				—	*	*	—	
Illicit Drug Use (youth)	15.7%				—	16.5%	*	*	*	*	
Illicit Narcotic Use (adult)	1.2%		—				—	—		—	—
Maternal Smoking	16.0%					1.4%	*		*	*	*
Physical Activity (adult)	69.9%	—	—			47.9%	*	*		*	*
Physical Activity (youth)	57.0%						*	*	*	*	
Smokers (adult)	18.6%			—		12.0%	*	—	—	*	*
Smokers (youth)	11.9%	—				16.0%	*	—	*	*	

### Health Care

Dental Check-up	73.7%		—	—		49.0%	—	—	—	*	*
Insured (adult)	85.0%	—	—	—		83.2%	*	—	—	*	*
Mammogram	77.1%	—	—	—		81.1%	—			*	*
Personal Doctor (adult)	78.6%	—	—			76.3%	*	*	—	*	*
Sigmoidoscopy/Colonoscopy	63.2%	—	—	—		70.5%	*	—		*	*

### Health Status

Asthma (youth)	14.6%						*	—	*	*	
Cancer	530 per 100,000		—				*	—	*		
Childhood Disability	8.9%	—	—				*	—	—		*
Dental Decay (children)	57.2%	—	—			49.0%			*		*
Depression (youth)	26.6%		—	—		7.4%	*	*	*	*	
Diabetes (adult)	7.2%	—	—	—	—	7.2%	*	—	—	—	*
Food Insecurity (youth)	18.2%		—			6.0%	*	—	*	*	
General Health (adult)	52.7%						—	—	—	*	*
Obesity (adult)	28.6%	—	—	—		30.6%	—	—	—	—	—
Overweight (youth)	23.2%	—	—	—		16.1% obese	—	*	*	*	
Poor Mental Health (adult)	12.4%	—	—				*	—	—	—	*
Stroke (adult)	2.8%	—	—	—			*	—	—	—	*
Tooth Loss (adult)	12.5%		—				*	—	—	*	*

	Prevalence	Trend score	State score	National score	HP 2020 score	HP 2020 goal	Demographic Disparities				
							Age	Sex	Race	Educa-tion	Income
<b>Infectious Disease</b>											
Drug Resistant Infection	98.5 per 100,000		—				*	—	*		
Flu Shot (adult)	36.2%		—			80.0%	*	*	—	—	—
Preschool Immunization	60.2%					90.0%		—			*
School-age Immunization	7.3%		—								
STIs	385 per 100,000						*	*			
TB	1.9 per 100,000	—	—	—	—	1.0 per 100,000	*	—	*		
Vaccine Preventable Diseases	4.3 per 100,000		—				*	—			

<b>Injury &amp; Violence</b>											
Adverse Childhood Experience	35.6%						*	—		—	—
Bike/pedestrian Collisions	54.2 per 100,000						*				
Bullied (youth)	26.5%	—	—			17.9%	*	*	—	—	
Child Abuse	40.0 per 1,000	—				8.5 per 1,000					
Domestic Violence	9.5 per 1,000	—									
Drowning	1.3 per 100,000	—	—		—	1.1 per 100,000	—	*	*		
Falls	402.4 per 100,000						*	*			
Physical Abuse (youth)	17.5%		—				—	*	*	*	
Suicide	13.5 per 100,000	—	—	—	—	10.2 per 100,000	*	*	—		
Unintentional Injury	726.4 per 100,000					555.8 per 100,000	*	—			

<b>Reproductive Health</b>											
Abortion	16.6%						*		—		
Condom Use (youth)	59.1%		—	—		20.2% female 36.3% male	—	—	—	—	
Low Birth Weight	5.2%	—	—		—	7.8%	—		—	*	*
Pregnancy	78.1 per 1,000 women 15-44	—					*		*		
Preterm Birth	7.0%	—	—			11.4%	—	—	—	*	*
Unintended Pregnancy	37.1%	—	—			44.0%	*		*	*	*

<b>Summary Measures</b>											
Deaths	859.1 per 100,000						*	—	*		
Infant Mortality	6.7 per 1,000 births	—	—	—	—	6.0 per 1,000	*	—	—	*	*
Life Expectancy	79.0 years	—	—	—				*	*		
Life Satisfaction	96.1%		—				—	*	—	—	*

- Rates are improving / Spokane County is better
  - Rates are worsening / Spokane County is worse
  - No difference / no change
  - \*
- A difference / disparity within the group

## ENVIRONMENTAL

Air quality and food and water safety are environmental factors that impact the health of a community. In 2008, Spokane County did not have any days where the **air quality** exceeded the standard for particulate pollution. The rate of poor air quality significantly decreased from 2004 to 2008.

The true prevalence of **food and waterborne diseases** is unknown because of the many factors that affect the reporting of cases. The rate of reported cases of food and waterborne diseases remained stable in Spokane County from 2005 to 2009 with a five-year rate of 38 cases per 100,000 population. The risk of contracting one of these diseases decreased as age increased. In 2008, 92% of food service establishments in Spokane County had fewer than the critical number of violations when inspected. Food establishment inspection reports can now be accessed online at [www.srhd.org/inspections](http://www.srhd.org/inspections). During 2011 in Spokane County, 11% of residents received water from a private well. During 2008, there were 91 on-site sewage systems that failed in Spokane County. Of those, 100% initiated corrective actions within the first two weeks.

## HEALTH BEHAVIOR

In 2009, 19% of Spokane County adults **smoked cigarettes**, which was a significant decrease since 2005. The proportion of adults who smoked decreased as age, education level, and income increased. Among youth, 12% smoked cigarettes in 2010. The proportion was stable from 2006 to 2010. The prevalence of youth who smoked increased as age increased, decreased as maternal education level increased, was higher among Blacks, and was lower among Asian/Pacific Islanders. In 16% of births in Spokane County in 2009, the mothers smoked during pregnancy. This rate is significantly higher than that for either Washington State or the nation. **Smoking during pregnancy** decreased as age and education level increased. Blacks and women on Medicaid were more likely to smoke during pregnancy. Asian/Pacific Islanders were less likely to smoke during pregnancy.

**Binge drinking** is a measure of alcohol misuse. In 2009, 18% of Spokane County adults reported binge drinking. Proportions were lower for females and decreased as age increased. Youth binge drinking in Spokane County was significantly lower than nationally, yet 13% of youth reported binge drinking in 2010. Binge drinking increased as age increased, decreased as maternal education level increased, was more likely among Blacks and males, and less likely among Asian/Pacific Islanders.

**Drug use** in the last 30 days among youth decreased from 18% in 2006 to 16% in 2010. Drug use increased as age increased, decreased as maternal education level increased, and was more likely among males, Blacks, and Native Americans/Alaska Natives. Among adults in 2009, 1% reported using a narcotic to get high in the last 30 days.

**Fruit and vegetable intake** of five or more servings per day occurred among 22% of adults in 2009 and 24% of youth in 2008. The proportions remained stable over time. Among adults, having five or more servings per day was more likely among females and increased as education level increased. Among youth, having five or more servings per day was more likely among males, Native Americans/Alaska Natives, and Asian/Pacific Islanders.

The proportion of adults who were physically active for 150 minutes per week remained stable at 70%. **Physical activity** decreased as age increased, was more likely among males, and increased as education level and income increased. Among Spokane County youth, 57% met the physical activity guideline of 60 minutes of physical activity on five or more days per week. Youth physical activity decreased as age increased and maternal education level decreased, was more likely among males, and was less likely among Asian/Pacific Islanders.

During 2009 in Spokane County, 9 out of 10 infants were initially breastfed. The proportion significantly increased since 2005. **Breastfeeding** initiation increased as education level increased and was more likely to occur among women 25-34 years of age, Whites, and those not on Medicaid.

## HEALTH CARE

Having access to and using medical resources can improve one's health. Among adults in Spokane County in 2009, 85% of adults had **health insurance** and 79% had a **personal doctor**. There was no significant change from 2005 to 2009 in the proportion with insurance or those with a personal doctor. Having health insurance and having a personal doctor both increased as age, education level, and income increased. Females were more likely than males to have a personal doctor.

Use of preventive health screenings can minimize poor health outcomes through early identification of health problems. In 2008, 74% of adults had visited a dentist in the last year. The proportion significantly increased from 2006 to 2008. **Visiting the dentist** in the last year increased as education level and income increased. Among women 40 years of age or older, 77% had a mammogram in the last two years and 63% of adults 50 years of age or older reported having had a colonoscopy or sigmoidoscopy. The proportions of **breast cancer and colorectal cancer screenings** remained stable from 2006 to 2008. Use of these screening tests increased as education level and income increased. Adults 65 years of age or older were more likely than adults 50-64 years of age to have ever had a sigmoidoscopy or colonoscopy.

## HEALTH STATUS

Among Spokane County adults in 2009, 53% felt their **health status** was excellent or very good. The proportion increased as education level and income increased. During 2006-2010, 9% of children in Spokane County were reported to have a physical, mental, or sensory **disability**. Having a disability increased as age increased and decreased as income increased. Among youth in 2010, 18% reported experiencing **food insecurity**, that at least once in the last year they or their family had to cut meal size or skip meals because there was not enough money for food. Food insecurity decreased as maternal education level increased and was more likely among 10th graders, Blacks, Native Americans/Alaska Natives, and those who identified themselves as belonging to “other” races.

In 2009, 12% of adults had poor **mental health**, reported as 14 or more days of poor mental health in the last 30 days. The proportion decreased as age and income increased. Among youth in 2010, 27% reported being depressed in the last year. The proportion of youth **depression** decreased since 2006, decreased as maternal education level increased, and was more likely among 10th graders, females, Native Americans/Alaska Natives, and those who identified themselves as belonging to “other” races.

More than half of children (57%) in Spokane County in 2010 had experienced **dental decay** by third grade. Decay experience was more likely among lower income, non-White, or Hispanic children. Among adults in 2008, 13% had lost six or more teeth due to decay. Tooth loss increased as age increased and decreased as education level and income increased.

Among Spokane County youth, 15% reported they currently had **asthma** in 2010, a significant increase since 2006. Asthma prevalence increased as age increased, was more likely among Native Americans/Alaska Natives, and decreased as maternal education level increased. Among adults in 2009, 7% had **diabetes** and 3% had a history of having a **stroke**. Diabetes prevalence increased as age increased and decreased as income increased. Stroke prevalence was more likely among adults 65 years of age or older and among those with lower incomes. The incidence of **cancer** in Spokane County significantly decreased from 2004 to 2008. The 2008 Spokane County rate of 530 per 100,000 was significantly higher than the national rate. The likelihood of developing cancer increased as age increased and was more likely among Whites.

In Spokane County, 29% of adults were obese in 2009 and 23% of adolescents were **overweight or obese** in 2010. Among youth, being overweight decreased as maternal education level increased and was more likely among males, Native Americans/Alaska Natives, and those who identified themselves as belonging to “other” races.

## INFECTIOUS DISEASE

**Vaccine-preventable disease** rates in Spokane County are variable from year to year due to outbreaks. Overall there was a significant decrease in these diseases from 9 per 100,000 population in 2005 to 4 per 100,000 in 2009. The risk of contracting a vaccine-preventable disease decreased as age increased.

In 2010, 60% of Spokane County children 19-35 months of age were up-to-date on their **immunizations** with the 4:3:1:3:3:1:4 series (4-DTP, 3-Polio, 1-MMR, 3-Hib, 3-HepB, 1-Varicella, 4-PCV). There was a significant decrease in the proportion of fully-immunized children from 2006 to 2010. During the 2009/10 school year, 7.3% of school-age children in Spokane County were not fully immunized due to having a personal exemption. The rate of personal exemptions significantly increased from 2004/05 to 2009/10. Among adults in 2009, 36% received a flu shot in the last year. Receiving a flu shot increased as age increased and was more likely among females.

The five-year Spokane County **tuberculosis** (TB) rate was 2 per 100,000 population. The likelihood of having TB increased as age increased and was higher among non-Whites. The rate of **sexually transmitted infections** (STI) in Spokane County significantly increased from 273 per 100,000 in 2005 to 385 per 100,000 in 2009. Spokane County's STI rate was significantly higher than the state's rate in 2009. Contracting an STI was more likely among adults 18-34 years of age and females. Infections with a **drug-resistant microorganism** increased since 2005 to a 2009 rate of 99 hospitalizations per 100,000 population. Having a drug-resistant infection increased as age increased and was more likely among Native Americans/Alaska Natives.

## INJURY AND VIOLENCE

The rate of **domestic violence** offenses reported to Spokane County law enforcement was 10 per 1,000 population in 2010. The **child abuse** rate in Spokane County in 2010 was 40 per 1,000 children. The rates of domestic violence and child abuse were higher in Spokane County than in Washington State. In 2010, 18% of Spokane County adolescents reported they had been abused by an adult at some time in their life. Abuse history decreased as maternal education level increased and was more likely among females and Native Americans/Alaska Natives. **Being bullied** in the last month was reported by 27% of Spokane County adolescents in 2010. Being bullied decreased as age increased and was more likely among females. In 2009, 36% of adults had a high **Adverse Childhood Experience (ACE)** score. A high score represents those adults who reported 4-8 stressful or traumatic events in their childhood, which could include having lived with a person with mental illness, lived with a person who abused drugs or alcohol, crime in the home, parental discord, witnessing domestic violence, physical abuse, emotional abuse, or sexual abuse.

**Unintentional injury** hospitalization rates increased in Spokane County from 2005 to 2009. The 2009 Spokane County rate of 726 per 100,000 population was significantly higher than the rate for Washington State. Unintentional injury rates increased as age increased. Hospitalization due to an **injury from a fall** also increased since 2005 to a 2009 rate of 402 per 100,000 population. The fall rate in Spokane County was significantly higher than that of Washington State. The likelihood of a fall injury increased as age increased and was higher among females. The death rate for unintentional **drowning** was 1 per 100,000 in 2009 in Spokane County. Drowning was more likely among females and non-Whites. In 2009, the rate of motor vehicle collisions involving a pedestrian or bicycle was 54 per 100,000 population in Spokane County. The likelihood of being involved in a **bike or pedestrian collision** decreased as the age of the cyclist or pedestrian increased.

The **suicide** rate in Spokane County in 2009 was 14 per 100,000 population. The likelihood of suicide increased as age increased and was higher among males.

## REPRODUCTIVE HEALTH

**Pregnancy rates** in Spokane County were stable from 2005 to 2009. Women in their late 20s and early 30s, Blacks, and Native Americans/Alaska Natives had the highest pregnancy rates. **Unintended pregnancies** accounted for 37% of Spokane County births during 2007-2009. This rate does not include pregnancies that terminated prior to a live birth by either induced abortion or a fetal death. Unintended pregnancy decreased as age and education level increased and was more likely among non-Whites and women on Medicaid. In 2009, 17% of Spokane County pregnancies ended in **abortion**, which is a lower proportion than in Washington State. The proportion of pregnancies ending in abortion decreased as maternal age increased. Among sexually active youth in Spokane County in 2010, 59% reported **using a condom** the last time they had sexual intercourse.

In 2009 among singleton births to Spokane County women, 5% had a **low birth weight** (<2500g) and 7% were a **preterm birth**. The rates remained stable since 2005. The likelihood of a low birth weight or a preterm birth both decreased as education level increased and was higher among women on Medicaid.

## SUMMARY MEASURES OF HEALTH

During 2009, 96% of adults in Spokane County reported they were very satisfied or satisfied with their life. **Satisfaction** was more likely among males and increased as income increased. **Life expectancy** at birth remained stable from 2005 to 2009. Life expectancy in 2009 was 79 years, but was higher among females and Asian/Pacific Islanders.

The **death** rate in Spokane County was 860 per 100,000 in 2009. The county rate was significantly higher than that statewide and nationally. The death rate varied by age and was highest among Whites. The **infant mortality** rate was 7 per 1,000 births. Infant mortality was more likely among teen mothers, mothers with less than a high school education, and those on Medicaid.



## CONCLUSION

Some health areas have changed over time, either positively or negatively, and show disparities among groups. Knowledge about these indicators can aid in monitoring public health issues and in targeting interventions to groups at greatest risk.

Individual indicators of health for Spokane County residents were scored on a three point scale: for the trend; in comparison to the Washington State rate, the national rate, and to Healthy People 2020 goals; and the level of disparities present. The magnitude of the indicator in the community was scored on a five point scale. Indicators that did not have one of these measures (e.g. having no comparable Healthy People goal) were allocated a score of 2 for that measure. A detailed presentation of the scoring process is available in the appendices. High scores for any particular indicator showed that Spokane County did not meet expectations of health in that category. The highest scores were for preschool immunization, youth asthma, sigmoidoscopy/colonoscopy screening, maternal smoking, and dental decay among children. The lowest scores were for vaccine preventable diseases and air quality.

Although some indicators scored better than others, all indicators continue to be important to ongoing efforts to improve the health of the population. The scoring process helps identify areas where public health potentially could focus greater attention. For example, vaccine preventable disease as a health concern was ranked low. Those most at risk of acquiring a vaccine preventable disease are children and infants. Conversely, preschool immunization rate was ranked as a high health concern. Forty percent of preschool children were not fully immunized against vaccine preventable diseases and the proportion significantly decreased over the last five years. Health behaviors can greatly impact health status. As such, efforts to improve immunization rates could help keep the rate of vaccine preventable disease low.

Public health in Washington State is mandated to meet standards related to understanding health issues in the community. The Spokane Regional Health District meets this standard through an ongoing assessment process of health indicators in the community. The information is disseminated to community partners to help guide policy decisions and improve the health status of Spokane County's residents.

HIGH SCORE or NOT MEETING EXPECTATIONS	Preschool Immunization	18.0
	Asthma (youth)	17.0
	Dental Decay (children)	16.0
	Maternal Smoking	16.0
	Sigmoidoscopy/ Colonoscopy	16.0
	Adverse Childhood Experience (adult)	15.0
	Bullied (youth)	15.0
	Deaths	15.0
	Depression (youth)	15.0
	Mammogram	15.0
	Smokers (adult)	15.0
	Binge Drinking (youth)	14.0
	Drug Resistant Infection	14.0
	Falls	14.0
	Flu Shot (adult)	14.0
	Food Insecurity (youth)	14.0
	Fruit And Vegetable Intake (adult)	14.0
Illicit Drug Use (youth)	14.0	
Physical Activity (adult)	14.0	
Unintended Pregnancy	14.0	
INTERMEDIATE SCORE	Bike/Pedestrian Collisions	13.0
	Child Abuse	13.0
	Domestic Violence	13.0
	Fruit And Vegetable Intake (youth)	13.0
	Insured (adult)	13.0
	Life Expectancy	13.0
	Obesity (adult)	13.0
	Overweight (youth)	13.0
	Personal Doctor (adult)	13.0
	Physical Abuse (youth)	13.0
	Poor Mental Health (adult)	13.0
	School-age Immunization	13.0
	Smokers (youth)	13.0
	Sexually Transmitted Infections	13.0
	Well Water	13.0
	Binge Drinking (adult)	12.0
	Cancer	12.0
	Childhood Disability	12.0
	Condom Use (youth)	12.0
	Dental Check-up	12.0
Diabetes (adult)	12.0	
Food Service Safety	12.0	
Infant Mortality	12.0	
Physical Activity (youth)	12.0	
Stroke (adult)	12.0	
Unintentional Injury	12.0	
LOW SCORE or MEETING EXPECTATIONS	Abortion	11.0
	Breastfeeding	11.0
	Food And Waterborne Disease	11.0
	General Health (adult)	11.0
	Illicit Narcotic Use (adult)	11.0
	Life Satisfaction	11.0
	Low Birth Weight	11.0
	Pregnancy	11.0
	Suicide	11.0
	Tuberculosis	11.0
	Correction Of Septic System Failure	10.0
	Drowning	10.0
	Preterm Birth	10.0
	Tooth Loss (adult)	10.0
Air Quality	8.0	
Vaccine Preventable Diseases	8.0	

See Appendix C (pg22) for full scoring measures

## POPULATION

Spokane County is located along the central portion of the eastern edge of Washington State. Spokane County was the fourth most populous county in the state in 2010 with 470,300 individuals. This accounts for 7.0% of the state's population. The city of Spokane was the second most populous incorporated city in the state with 206,900 individuals. The city of Spokane accounts for 44.0% of the county population with another 26.7% living in other incorporated municipalities in the county. The remaining 29.3% live in unincorporated areas in Spokane County. Spokane County has the eighth highest population density in the state (out of 39 counties) with a density of 267 individuals per square mile.

The population in Spokane County is fairly evenly distributed between **age groups** with the oldest age group having the smallest proportion of the population. In 2010 the population was comprised of:

- ◆ 23.4% youth (0-17 years)
- ◆ 29.9% young adults (18-39 years)
- ◆ 33.2% older adults (40-64 years)
- ◆ 13.5% seniors (65+ years)

The projected median **household income** in Spokane County for 2010 was \$44,393 compared to \$55,379 statewide. In 2010, more than one in 10 individuals (13.3%) in the county lived below the 100% Federal Poverty Level (FPL) and three in 10 lived below the 200% FPL. The proportion of Spokane County residents living in poverty, below the 200% FPL, was significantly higher than the statewide proportion (33.9% and 30.3%, respectively).

Spokane County is **not racially diverse**. Among county residents in 2010, 89.2% were White, 1.7% Black, 1.5% American Indian/Alaska Native, 2.5% Asian/Pacific Islander, and 3.8% were of two or more races. Residents of Hispanic ethnicity comprised 4.5% of the population (21,260).

### Population by Race Alone, Spokane County, 2010

<b>Total Population</b>	<b>471,221</b>	<b>100.0%</b>
<b>One race</b>	<b>453,365</b>	<b>96.2%</b>
White	420,275	89.2%
Asian	9,957	2.1%
Black	8,056	1.7%
American Indian/Alaska Native	7,295	1.5%
Some other race	5,880	1.2%
Native Hawaiian or other Pacific Islander	1,902	0.4%
<b>Two or more races</b>	<b>17,856</b>	<b>3.8%</b>

Source: U.S. Census Bureau, 2010 Census



Residents who reported two or more races on the 2010 Census are identified by those races in combination with another. "The race concept 'alone or in combination' includes people who reported a single race alone (e.g., Asian) and people who reported that race in combination with one or more of the other race groups (i.e., White, Black or African American, American Indian and Alaska Native, Native Hawaiian and Other Pacific Islander, and Some Other Race). The 'alone or in combination' concept, therefore, represents the maximum number of people who reported as that race group, either alone, or in combination with another race(s). The sum of the six individual race 'alone or in combination' categories may add to more than the total population because people who reported more than one race are tallied in each race category."\*

### Population by Race Alone or in Combination, Spokane County, 2010

White	436,663	92.7%
Asian	15,267	3.2%
American Indian/Alaskan Native	14,286	3.0%
Black	13,414	2.8%
Native Hawaiian or other Pacific Islander	3,278	0.7%

Source: U.S. Census Bureau, 2010 Census  
\*U.S. Census Bureau, 2010 Census. Summary File 1, Tables P3 and P6.

# Demographics & Social Characteristics

## Population Estimates of Cities and Towns, Spokane County, 2010

Count and percent

	Count	Percent
<b>Spokane County</b>	<b>470,300</b>	<b>100.0%</b>
Unincorporated	137,712	29.3%
Incorporated	332,588	70.7%
Airway Heights	5,600	1.2%
Cheney	10,680	2.3%
Deer Park	3,480	0.7%
Fairfield	589	0.1%
Latah	193	0.0%
Liberty Lake	7,620	1.6%
Medical Lake	4,785	1.0%
Millwood	1,660	0.4%
Rockford	489	0.1%
Spangle	275	0.1%
Spokane	206,900	44.0%
Spokane Valley	90,210	19.2%
Waverly	107	0.0%

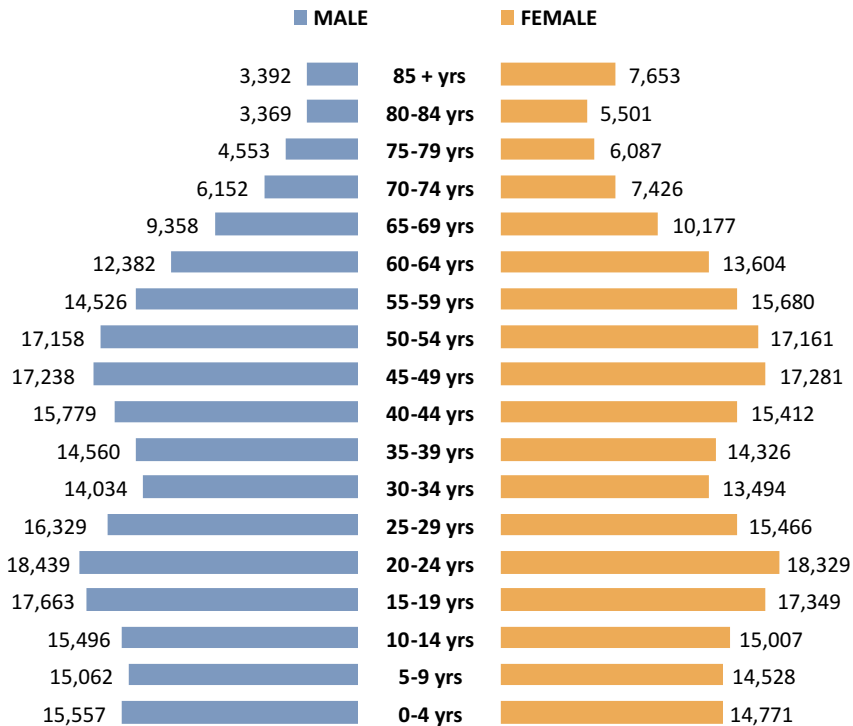
Source: Washington State Office of Financial Management

## Population by Age and Sex, Spokane County, 2010

Age	Total	Male	Female
0-4	30,328	15,557	14,771
5-9	29,590	15,062	14,528
10-14	30,503	15,496	15,007
15-19	35,012	17,663	17,349
20-24	36,768	18,439	18,329
25-29	31,795	16,329	15,466
30-34	27,528	14,034	13,494
35-39	28,886	14,560	14,326
40-44	31,191	15,779	15,412
45-49	34,519	17,238	17,281
50-54	34,319	17,158	17,161
55-59	30,207	14,526	15,680
60-64	25,985	12,382	13,604
65-69	19,535	9,358	10,177
70-74	13,579	6,152	7,426
75-79	10,640	4,553	6,087
80-84	8,870	3,369	5,501
85 +	11,045	3,392	7,653
<b>Total</b>	<b>470,300</b>	<b>231,047</b>	<b>239,253</b>

Source: Washington State Office of Financial Management

## Distribution of Population by Age and Sex, Spokane County, 2010



## INCOME & POVERTY

Estimates of median household money income for the inter- and post-Census years are based on the Bureau of Economic Analysis (BEA) personal income data and the estimates of household characteristics at the county level. The median measures the point at which half of all households have more income and half have less.

For 2006-2009: The median household income estimates are anchored upon American Community Survey estimates when available.

Prior to 2006: Money income, as defined by the Bureau of the Census, includes wage or salary income, self-employment income, interest, dividend, rental income, social security or other public assistance income, retirement income, and disability income; etc. It excludes some components of personal income defined by the BEA. For example, employer-paid pension and medical benefits are included in personal income but not in money income.

### Median Household Income Estimates, Spokane County 2010

2000	\$39,904
2001	\$41,036
2002	\$41,388
2003	\$43,041
2004	\$45,392
2005	\$45,070
2006	\$46,304
2007	\$45,605
2008	\$44,691
2009*	\$44,917
2010**	\$44,393

Source: Washington State Office of Financial Management

\*In addition to the state personal income data published by BEA, the payroll data compiled by the state Employment Security Department are used in the preliminary estimates of 2009 median household income.

\*\*The Revenue Forecast Council's September 2010 forecast of the state personal income is used in the projection of 2010 median household income.

### Population Living at or Below Various Federal Poverty Levels (FPL), Spokane County, 2010

100% FPL	13.3%	(11.0-15.8)
135% FPL	21.3%	(18.5-24.4)
185% FPL	30.1%	(27.1-33.2)
200% FPL	33.9%	(30.9-37.1)
250% FPL	44.6%	(41.5-47.7)
300% FPL	55.9%	(52.9-58.8)

Source: Washington State Office of Financial Management, State Population Survey

### Individuals Living at or Below 100% FPL by Age Group, Spokane County, 2010

<18 Years	16.3%
18-64 Years	13.6%
65+ Years	6.3%

Source: Washington State Office of Financial Management, State Population Survey

### Individuals Within Race and Hispanic Ethnicity Categories Living at or Below 100% FPL, Spokane County, 2008/2010

White	12.0%	(10.5-13.7)
Black	23.8%	(9.3-48.6)
NAAN	16.9%	(7.2-34.7)
API	1.3%	(0.2-8.8)
Hispanic	16.5%	(9.1-27.9)

Source: Washington State Office of Financial Management, State Population Survey

### Families with Children Living at or Below 100% FPL, Spokane County, 2009

All Families	9.7%
Married Couple Families	4.7%
Single Mothers	33.6%

Source: U.S. Census Bureau, American Community Survey



## FAMILY STRUCTURE

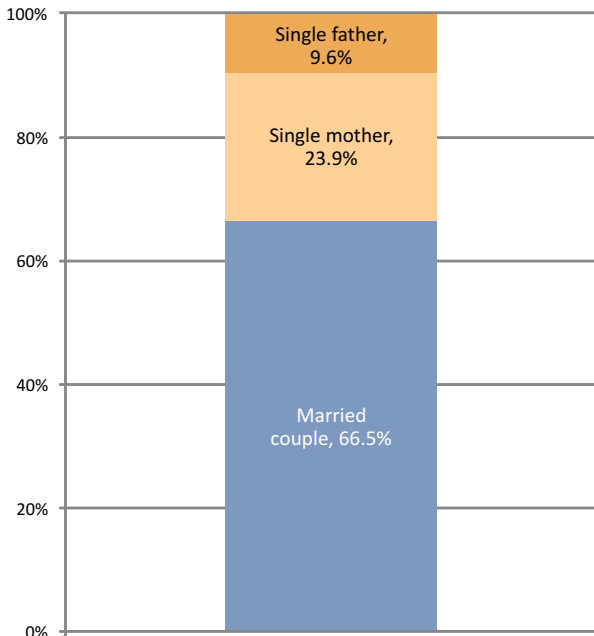
### Households by Type, Spokane County, 2010

Count and percent

<b>Total households</b>	<b>187,167</b>	<b>100.0%</b>
<b>Family households (families)</b>	<b>118,212</b>	<b>63.2%</b>
↳ With own children under 18 years	52,903	28.3%
↳ Married-couple families	88,280	47.2%
↳ With own children under 18 years	35,192	18.8%
↳ Female householder, no husband present	21,040	11.2%
↳ With own children under 18 years	12,644	6.8%
<b>Non-family households</b>	<b>68,955</b>	<b>36.8%</b>
↳ Householder living alone	53,622	28.6%
↳ 65 years and older	18,315	9.8%

Source: U.S. Census Bureau, 2010 Census

### Families with Children Younger than 18 Years of Age by Householder Type, Spokane County, 2010



Source: Washington State Office of Financial Management, State Population Survey

## EDUCATION

### Educational Attainment Among Adults 25 Years of Age or Older, Spokane County, 2009

Count/(90% confidence interval)/percent

Population 25 years of age or older	311,051 (310,173-311,929)	100%
Less than 9th grade	5,174 (3,641-6,707)	1.7%
9-12th grade, no diploma	18,305 (16,138-20,472)	5.9%
High school graduate/GED	81,150 (77,187-85,113)	26.1%
Some college, no degree	84,582 (80,523-88,641)	27.2%
Associate's degree	36,324 (32,993-39,655)	11.7%
Bachelor's degree	53,887 (50,579-57,195)	17.3%
Graduate or professional degree	31,629 (28,980-34,278)	10.2%

Source: Washington State Office of Financial Management

### High School Completion

Among students who began ninth grade, 78.3% graduated from high school on time during the 2009/2010 school year. Another 4.1% of this class continued in high school beyond the traditional graduation date, but did complete high school in the extended time period. More information about the education system and student performance is available from the Office of Superintendent of Public Instruction at <http://reportcard.ospi.k12.wa.us/summary.aspx?year=2009-10>.

## HOUSING

In 2009, there were an estimated 199,400 housing units in Spokane County. Of those, 6.8% were vacant. Sixty-five percent of occupied housing was owner-occupied. The remaining 35% was renter-occupied. Most occupied housing had complete plumbing and kitchen facilities; 0.2% lacked plumbing and 1.0% lacked kitchen facilities.

Approximately one in 10 housing units were built in 2000 or later. One-quarter of housing units were built in 1940 or earlier.

Spokane Human Services reported that the 2011 one day count of homeless individuals in Spokane County identified 1,273 individuals. Half (49.3%) of those counted were individuals in families with children. Of all the homeless individuals, 28.4% were children younger than 18 years of age.



### Year Housing Units were Built, Spokane County, 2009

	Estimate	Margin of Error	Percent
<b>Total:</b>	<b>199,400</b>	<b>+/-2,181</b>	<b>100.0</b>
Built 2005 or later	12,275	+/-1,576	6.2
Built 2000 to 2004	11,891	+/-1,552	6.0
Built 1990 to 1999	30,847	+/-2,762	15.5
Built 1980 to 1989	19,898	+/-2,230	10.0
Built 1970 to 1979	37,320	+/-2,875	18.7
Built 1960 to 1969	15,524	+/-2,237	7.8
Built 1950 to 1959	23,233	+/-2,583	11.6
Built 1940 to 1949	16,005	+/-1,894	8.0
Built 1939 or earlier	32,407	+/-2,473	16.2

Source: U.S. Census Bureau, American Community Survey

### House Heating Fuel in Occupied Housing, Spokane County, 2009

	Estimate	Margin of Error	Percent
<b>Total:</b>	<b>185,827</b>	<b>+/-2,947</b>	<b>100.0</b>
Utility gas	95,290	+/-3,050	51.3
Bottled, tank, or LP gas	2,611	+/-788	1.4
Electricity	73,914	+/-3,256	39.8
Fuel oil, kerosene, etc.	6,438	+/-1,089	3.4
Coal or coke	0	+/-273	0.0
Wood	5,883	+/-1,070	3.2
Solar energy	0	+/-273	0.0
Other fuel	1,317	+/-638	0.7
No fuel used	374	+/-222	0.2

Source: U.S. Census Bureau, American Community Survey

## EMPLOYMENT

There were 239,154 individuals 16 years of age or older who were in the labor force in Spokane County in 2009. Ten percent were unemployed, 2% were in the Armed Forces, and the remaining 88% were in the civilian labor force.

Among the civilian labor force, more than three-quarters were private wage and salary workers. Government workers accounted for 16.0% of the labor force and 7.5% were self-employed.

# Demographics & Social Characteristics

## Occupation of the Civilian Employed Population 16 Years of Age or Older, Spokane County, 2009

	Estimate	Margin of Error	Percent	Margin of Error
<b>Total</b>	<b>211,021</b>	<b>+/-5,206</b>	<b>100%</b>	
Management, professional, and related occupations	74,837	+/-3,872	35.5%	+/-1.6
Sales and office occupations	58,459	+/-3,796	27.7%	+/-1.7
Service occupations	39,768	+/-3,319	18.8%	+/-1.5
Production, transportation, and material moving occupations	21,950	+/-2,219	10.4%	+/-1.0
Construction, extraction, maintenance, and repair occupations	14,861	+/-1,89	17.0%	+/-0.8
Farming, fishing, and forestry occupations	1,146	+/-656	0.5%	+/-0.3

Source: U.S. Census Bureau, American Community Survey

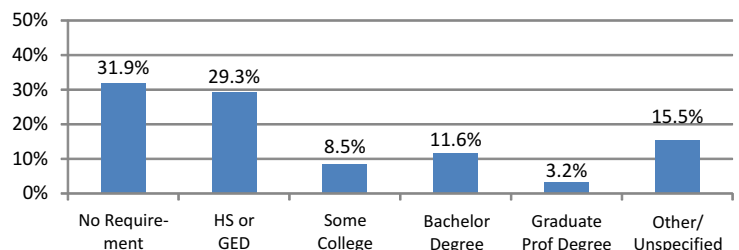
## Industry of the Civilian Employed Population 16 Years of Age or Older, Spokane County, 2009

	Estimate	Margin of Error	Percent	Margin of Error
<b>Total</b>	<b>211,021</b>	<b>+/-5,206</b>	<b>100%</b>	
Educational services, and health care and social assistance	54,406	+/-3,184	25.8%	+/-1.4
Retail trade	27,519	+/-2,592	13.0%	+/-1.2
Professional, scientific, management, administrative and waste management services	19,330	+/-2,179	9.2%	+/-1.0
Finance and insurance, and real estate and rental and leasing	18,990	+/-2,153	9.0%	+/-1.0
Arts, entertainment, recreation, accommodation and food services	18,343	+/-2,033	8.7%	+/-0.9
Manufacturing	15,165	+/-2,011	7.2%	+/-0.9
Construction	12,115	+/-1,864	5.7%	+/-0.9
Transportation and warehousing, and utilities	10,916	+/-1,521	5.2%	+/-0.7
Other services, except public administration	10,391	+/-1,554	4.9%	+/-0.7
Public administration	9,881	+/-1,516	4.7%	+/-0.7
Wholesale trade	7,753	+/-1,556	3.7%	+/-0.7
Information	3,866	+/-1,114	1.8%	+/-0.5
Agriculture, forestry, fishing and hunting, and mining	2,346	+/-812	1.1%	+/-0.4

Source: U.S. Census Bureau, American Community Survey

In October 2010, there were 2,500 job vacancies in Spokane County. These job vacancies represent 1.1% of the workforce. Yet, at that same time, 8.1% of the labor force was unemployed.

## Job Vacancies by Educational Requirements, Spokane County, October 2010



## COST OF BASIC NEEDS

The SRHD publication Facing Spokane Poverty (2002) details an approach of measuring poverty by examining the cost of basic needs in our community. For the purposes of this report, as poverty remains a concern in our community, SRHD used this previous approach and updated the cost of basic needs information. The cost of basic needs is based on a family of four consisting of two parents between 20 to 50 years of age and two children, one 4 to 5 years of age and one 6 to 8 years of age. The total basic needs costs equate to 167% of the FPL for a household of four in 2010.

**Food costs** are estimated by the U.S. Department of Agriculture and are available by age group and four food plans ([www.cnpp.usda.gov](http://www.cnpp.usda.gov)). This analysis used the low-cost food plan as a sustainable measure of basic food needs and assumed that all meals and snacks were purchased at a store and prepared at home. Food costs for a family of four in 2010 were \$696.

**Utility costs** were a combination of energy and telephone services. Telephone service was based on the basic plan with no additional amenities. According to Qwest, basic telephone service in Spokane for 2010 was \$20 per month. Energy costs were updated using a cost of living calculator from the American Institute for Economic Research ([www.aier.org](http://www.aier.org)). Energy costs increased to \$112.50, reflecting cost of living increases.

**Housing cost** was based on a two-bedroom apartment in Spokane County. According to the Washington Center for Real Estate Research, the average rent rate for a two-bedroom apartment in Spokane County was \$663 in 2010.

**Transportation costs** were based on a family having one older car and using public transportation. An assumption was made that there was no car payment. Only one child bus pass was accounted for since children 5 years and younger ride free. The cost of gas was calculated for driving 20 miles per day at 20 miles per gallon at \$2.98 per gallon for gasoline in June 2010\*. The cost for insurance was based on only having liability coverage for a 1992 car. A minimal amount of maintenance was also allotted.

\*Source: [www.SpokaneGasPrices.com](http://www.SpokaneGasPrices.com)

### Cost per Month for Basic Needs for a Family of Four, Spokane County, 2010

Food	\$696
Housing	\$663
Utilities	\$133
Transportation	\$259
Childcare	\$797
Health care	\$271
Personal and household expenses	\$282
<b>Total</b>	<b>\$3,100</b>

Source: Washington State Office of Financial Management

### Cost per Month by Age for a Low-Cost Food Budget, 2010

Child	1 year	\$115.00
	2-3 years	\$117.80
	4-5 years	\$122.80
	6-8 years	\$168.90
	9-11 years	\$186.00
Male	12-13 years	\$213.20
	14-18 years	\$219.10
	19-50 years	\$216.30
	51-70 years	\$204.70
	71+ years	\$202.60
Female	12-13 years	\$184.60
	14-18 years	\$185.50
	19-50 years	\$187.70
	51-70 years	\$183.10
	71+ years	\$181.50
<b>Family of Four</b>		<b>\$695.70</b>

Source: [www.cnpp.usda.gov](http://www.cnpp.usda.gov)



# Demographics & Social Characteristics

**Child care cost** was evaluated by the Washington State Child Care Resource and Referral Network. The information reported for Spokane County for child care cost identifies two children (one pre-school child 2½ to 5 years of age and one school-age child >6 years of age), in a family of four. The cost for child care refers to the median rates for a network center. The median rate is that rate at which half of the providers charge the same or higher and the other half charge the same or lower.

Note: School-age rates do not include kindergarten. Also, they indicate the rates for school-age children during the school year and, for providers who use an hourly rate, are based on a 20-hour per week schedule. The rates for school-age children during the summer are approximately the same as for pre-school children. In addition, while some providers give discounts when caring for two or more children from the same family, these are not included in the calculations.

**Health insurance** was evaluated and calculated expecting a family of four (two adults, two children) to live below 200% of FPL in 2010 with no health insurance offered by their employer. At this level of income, the children would be eligible for Apple Health for Kids and the two adults would qualify for Washington State's Basic Health program. The cost for Basic Health in Spokane County for two adults living at 165% FPL was \$109 per adult per month (19 to 39 years of age). Basic Health has co-pays on some services; the amount may vary by insurance carrier. There is no co-pay for preventive care. Basic Health covers other services at 80% of charges, after a \$250 annual deductible, with \$1,500 maximum annual out-of-pocket expenses. Basic needs expenses for health care is calculated for insurance premiums, two outpatient visits per person with an estimated co-pay of \$20, two prescriptions per person with an estimated co-pay of \$15, and meeting the annual deductible.

Note: Due to the state budget deficit, on March 1, 2011, Basic Health disenrolled approximately 17,000 members. Basic Health has implemented a waiting list for new applicants who will be placed on a list behind those already waiting. Applicants will be notified when space becomes available.

**Personal and household expenses** were calculated as 10% of the cost per month for basic needs for a family of four in Spokane County.

## Cost per Month for Basic Transportation, Spokane County, 2010

Adult bus pass	\$45.00
Children's bus pass	\$30.00
Liability insurance	\$60.00
Gasoline	\$89.00
Maintenance	\$35.00
<b>Total Cost</b>	<b>\$259.00</b>

## Median Cost per Month for Child Care, Spokane County, 2010

	Child Care Center	Family Care
Infant	\$758.00	\$602.00
Toddler	\$650.00	\$581.00
Preschool	\$596.00	\$520.00
School-age	\$368.00	\$277.00

Source: Washington State Child Care Resource and Referral Network



## COMMUNITY

Many factors within a community can impact the well-being of its residents. Some of those are listed below. They include factors which influence a sense of safety, social and family support, and meeting basic needs.

**Crime.** In 2010, there were 25,494 crimes in Spokane County that were reported to law enforcement; a rate of 54.2 crimes per 1,000 residents. The majority of those were property crimes.

More information about crime can be found at:

- For the City of Spokane - <http://www.spokanegis.org/crimemap2/>
- For Spokane County - <http://maps.spokanecounty.org/>
- For the City of Spokane Valley - <http://www.spokanevalley.org/content/77/375/default.aspx>

**Social support.** In 2009, more than three-quarters of adults in Spokane County reported they always or usually get the social and emotional support they need.

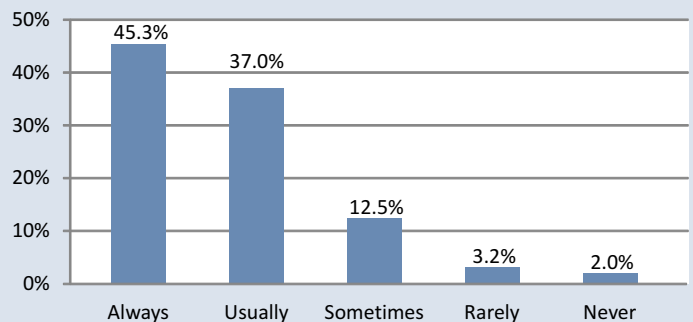
**Child care subsidy.** In 2010, there were 16,157 individuals in Spokane County who received subsidy payments for the Working Connections Child Care program. This program provides child care assistance to eligible families who require child care to participate in approved WorkFirst activities, maintaining employment, or attending trainings. A total of \$26,177,660 was spent on this program; \$1,620 per recipient.

### Crime in Spokane County, 2010

Crime	Count	Percent
<b>Total</b>	<b>25,494</b>	<b>100.0%</b>
<b>Violent Crime:</b>		
Total	1,635	6.4%
Murder	12	0.0%
Rape	147	0.6%
Robbery	526	2.1%
Aggravated Assault	950	3.7%
<b>Property Crime:</b>		
Total	23,859	93.6%
Arson	59	0.2%
Burglary	5,022	19.7%
Larceny	15,960	62.6%
Motor Vehicle Theft	2,818	11.1%

Source: Washington Association of Sheriffs and Police Chiefs

### Frequency of Receiving Needed Emotional Support Among Adults, Spokane County, 2009



Source: BRFSS



## APPENDIX A: Data Sources

<b>BRFSS</b>	Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System, supported in part by Centers for Disease Control and Prevention Cooperative Agreements U58/CCU022819-2 (2005), U58/CCU022819-3 (2006), U58/CCU022819-4 (2007), U58/CCU022819-5 (2008), U58/CCU022819-6 (2009). Calculations and presentation of data by Spokane Regional Health District, Community Health Assessment.
<b>Child Profile</b>	Child Profile Immunization Registry for Spokane County.
<b>DOH, CHS</b>	Washington State Department of Health, Center for Health Statistics
<b>DSHS</b>	Department of Social and Health Services, Children's Administration FamLink Data Warehouse. US Department of Health and Human Services Administration for Children and Families, Voluntary Cooperative Information System(VCIS), and estimates from Adoption, Foster Care Analysis Reporting System(AFCARS)
<b>HYS</b>	Health Youth Survey. Washington State Department of Health. Calculations and presentation of data by Spokane Regional Health District, Community Health Assessment.
<b>LPHI</b>	Local Public Health Indicators ( <a href="http://www.doh.wa.gov/hip/products/phi/overview.htm">http://www.doh.wa.gov/hip/products/phi/overview.htm</a> ) Washington State Department of Health, Division of Environmental Health.
<b>PRAMS</b>	Washington State Department of Health, MCH Assessment, Pregnancy Risk Assessment and Monitoring System. Calculations and presentation of data by Spokane Regional Health District, Community Health Assessment.
<b>Smile Survey</b>	Washington State Department of Health, Smile Survey
<b>WASPC</b>	Washington Association of Sheriff and Police Chiefs.
<b>WSCR</b>	Washington State Department of Health, Washington State Cancer Registry.
<b>WSDOT</b>	Washington State Department of Transportation
<b>WTN</b>	Washington Tracking Network ( <a href="https://fortress.wa.gov/doh/wtn/WTNPortal/">https://fortress.wa.gov/doh/wtn/WTNPortal/</a> ) Air Quality System (AQS), Office of Air Quality Planning and Standards, U.S. Environmental Protection Agency. Accessed through the Washington Tracking Network. Washington State Department of Health, Office of Drinking Water, Sentry Database

## APPENDIX B: Indicators and Definitions

### ENVIRONMENTAL

Air quality . . . . .	Percent of days exceeding standard for particulate 2.5 pollution.
Correction of septic system failure . . . . .	Percent of identified on-site sewage failure with corrective action initiated within two weeks.
Food and waterborne disease . . . . .	Disease rate for campylobacteriosis, <i>E. coli</i> , giardiasis, listeriosis, salmonellosis, and shigellosis.
Food service safety . . . . .	Percent of permanent food services establishments with < 36 critical violation points.
Well water. . . . .	Proportion of population using a private water system.

### HEALTH BEHAVIOR

Physical activity (adult) . . . . .	Percent of adults doing 150 minutes or more of physical activity per week.
Binge drinking (adult) . . . . .	Percent of adults who binge drank in the last 30 days (5+ for men, 4+ for women).
Binge drinking (youth) . . . . .	Percent of youth who had 5+ drinks in a row in the last 2 weeks.
Breastfeeding . . . . .	Percent of births where the mother initiated breastfeeding.
Fruit and vegetable intake (adult) . . . . .	Percent of adults who ate fruit and vegetables 5+ times per day.
Fruit and vegetable intake (youth) . . . . .	Percent of youth who ate fruit and vegetables 5+ times per day.
Illicit drug use (youth) . . . . .	Percent of youth who used illicit drugs in the last 30 days.
Illicit narcotic use (adult) . . . . .	Percent of adults who used a pain killer to get high, like Vicodin, Oxycontin (sometimes called oxy or OC) or Percocet (sometimes called perc) in the last 30 days.
Maternal smoking. . . . .	Percent of births where the mother smoked during pregnancy.
Physical activity (youth) . . . . .	Percent of youth physically active 60 min/day on 5+ days per week.
Smokers (adult) . . . . .	Percent of adults who smoke cigarettes.
Smokers (youth) . . . . .	Percent of youth who smoke cigarettes.

### HEALTH CARE

Insured (adult) . . . . .	Percent of residents currently with medical insurance.
Dental check-up . . . . .	Percent of adults who visited the dentist in the last 12 months.
Mammogram . . . . .	Percent of women 40 years of age or older who have had a mammogram in the last 2 years.
Personal doctor (adult) . . . . .	Percent of adults with a personal doctor or healthcare provider.
Sigmoidoscopy/ colonoscopy . . . . .	Percent of adults 50+ years of age who have ever had a colonoscopy or sigmoidoscopy.

### HEALTH STATUS

General health (adult) . . . . .	Percent of adults reporting their general health status as excellent or very good.
Asthma (youth) . . . . .	Percent of youth who currently have asthma.
Cancer. . . . .	Incidence of new cases of cancer.
Childhood disability . . . . .	Percent of children with a disability.
Dental decay (children) . . . . .	Percent of 3rd grade students who have had a cavity.
Depression (youth) . . . . .	Percent of youth who felt so sad or hopeless almost every day for 2 weeks or more in a row, that they stopped doing some of their usual activities.
Diabetes (adult) . . . . .	Percent of adults who have been diagnosed with diabetes.
Food insecurity (youth) . . . . .	Percent of youth who had to skip or cut the size of a meal in the last year.
Obesity (adult) . . . . .	Percent of adults with a BMI = 30+.
Overweight (youth) . . . . .	Percent of youth that are overweight or obese.
Poor mental health (adult) . . . . .	Percent of adults with 14+ days of poor mental health in the last 30 days.
Stroke (adult) . . . . .	Percent of adults that ever had a stroke.
Tooth loss (adult) . . . . .	Percent of adults missing 6+ teeth due to decay.



## INFECTIOUS DISEASE

Drug resistant infection . . . . .	Rate of inpatient hospitalizations with infection with drug-resistant microorganisms (V09 and MRSA, diag1-9)
Flu shot (adult) . . . . .	Percent of adults who received a flu immunization in the last 12 months.
Preschool immunization . . . . .	Percent of children 19-35 months of age with complete vaccination records on file in the child profile immunization registry (4-DTP, 3-polio, 1-MMR, 3-Hib, 3-hep B, 1-varicella, 4-PCV).
School-age immunization . . . . .	Vaccination personal exemption rate among school-age children.
Sexually Transmitted Infections . . . . .	Rate of reported cases of chlamydia, gonorrhea, syphilis, and HIV.
Tuberculosis . . . . .	Rate cases of tuberculosis.
Vaccine preventable diseases . . . . .	Rate of cases of haemophilus influenza, acute hepatitis A, acute hepatitis B, measles, mumps, pertussis, rubella, tetanus, and meningococcal disease.

## INJURY AND VIOLENCE

Adverse childhood experience (adult) . . . . .	Percent of adults with a high adverse childhood experience (ACE) score.
Bike/pedestrian collisions . . . . .	Rate of bike and pedestrian involved collisions.
Bullied (youth) . . . . .	Percent of youth that have been bullied in the last 30 days.
Child abuse . . . . .	Rate of accepted cps referrals for abuse or neglect among children 0-17 years of age.
Domestic violence . . . . .	Rate of domestic violence offenses reported to law enforcement.
Drowning . . . . .	Rate of deaths due to accidental drowning (in bathtub, swimming pool, natural water, other and unspecified, water transport accidents).
Falls . . . . .	Rate of hospitalizations for a fall.
Physical abuse (youth) . . . . .	Percent of youth that have ever been physically abused by an adult.
Suicide . . . . .	Rate of deaths from suicide.
Unintentional injury . . . . .	Rate of unintentional injury hospitalizations

## REPRODUCTIVE HEALTH

Abortion . . . . .	Percent of pregnancies that are terminated by an induced abortion.
Condom use (youth) . . . . .	Percent of youth who used a condom last time they had sexual intercourse.
Low birth weight . . . . .	Percent of births with a birth weight <2500g.
Pregnancy . . . . .	Rate of births and abortions.
Preterm birth . . . . .	Percent of births with an estimated gestation age <37 weeks.
Unintended pregnancy . . . . .	Percent of births that were unwanted or mistimed.

## SUMMARY MEASURES OF HEALTH

Deaths . . . . .	Rate of deaths from all causes.
Infant mortality . . . . .	Rate of births that die before first birthday.
Life expectancy . . . . .	Number of years an individual is expected to live from birth.
Life satisfaction . . . . .	Percent of adults that are very satisfied or satisfied with their life.

## APPENDIX C: Scoring Measures for Spokane Counts Indicators

	Prevalence	Trend score	State score	National score	HP 2020 score	Disparities Score	Magnitude Score	Score (Missing=2)
<b>Environmental</b>								
Air Quality	0%	1			1		0	8
Septic System Corrections	100%		2				0	10
Food & Waterborne Disease	38.4 per 100,000	2	2			2	1	11
Food Service Safety	92%		2				2	12
Well Water	11%		2				3	13
<b>Health Behavior</b>								
Binge Drinking (adult)	17.8%	2	2	2	1	2	3	12
Binge Drinking (youth)	13.0%	1	3	1	3	3	3	14
Breastfeeding	90.1%	1	3	1	1	3	2	11
Fruit & Vegetable Intake (adult)	21.9%	2	2	2		2	4	14
Fruit & Vegetable Intake (youth)	24.3%	2	2	1		2	4	13
Illicit Drug Use (youth)	15.7%	1	3		2	3	3	14
Illicit Narcotic Use (adult)	1.2%		2			1	2	11
Maternal Smoking	16.0%	1	3	3	3	3	3	16
Physical Activity (adult)	69.9%		2		1	3	4	14
Physical Activity (youth)	57.0%	1	1	1		3	4	12
Smokers (adult)	18.6%	1	3	2	3	3	3	15
Smokers (youth)	11.9%	2	3	1	1	3	3	13
<b>Health Care</b>								
Dental Check-Up	73.7%	1	2	2	1	2	4	12
Insured (adult)	85.0%	2	2	2	1	3	3	13
Mammogram	77.1%	2	2	2	3	3	3	15
Personal Doctor (adult)	78.6%	2	2		1	3	3	13
Sigmoidoscopy/Colonoscopy	63.2%	2	2	2	3	3	4	16
<b>Health Status</b>								
Asthma (youth)	14.6%	3	3	3		3	3	17
Cancer	530 per 100,000	1	2	3		3	1	12
Childhood Disability	8.9%	2	2			2	2	12
Dental Decay (children)	57.2%	2	2		3	3	4	16
Depression (youth)	26.6%	1	2	2	3	3	4	15
Diabetes (adult)	7.2%	2	2	2	2	2	2	12
Food Insecurity (youth)	18.2%	1	2		3	3	3	14
General Health (adult)	52.7%	1	1	1		2	4	11
Obesity (adult)	28.6%	2	2	2	2	1	4	13
Overweight (youth)	23.2%	2	2	2	1	3	3	13
Poor Mental Health (adult)	12.4%	2	2			2	3	13
Stroke (adult)	2.8%	2	2	2		2	2	12
Tooth Loss (adult)	12.5%	1	2			2	3	10

	Prevalence	Trend score	State score	National score	HP 2020 score	Disparities Score	Magnitude Score	Score (Missing=2)
<b>Infectious Disease</b>								
Drug Resistant Infection	98.5 per 100,000	3	2			3	2	14
Flu Shot (adult)	36.2%	1	2		3	2	4	14
Preschool Immunization	60.2%	3	3	3	3	2	4	18
School-age Immunization	7.3%	3	2				2	13
Sexually Transmitted Infections	385 per 100,000	3	3	1		3	1	13
Tuberculosis	1.9 per 100,000	2	2	2	2	3	0	11
Vaccine Preventable Diseases	4.3 per 100,000	1	2	1		2	0	8

<b>Injury &amp; Violence</b>								
Adverse Childhood Experience	35.6%		3			2	4	15
Bike/Pedestrian Collisions	54.2 per 100,000		3				2	13
Bullied (youth)	26.5%	2	2		3	2	4	15
Child Abuse	40.0 per 1,000	2	3	1	3		2	13
Domestic Violence	9.5 per 1,000	2	3				2	13
Drowning	1.3 per 1,000	2	2		2		0	10
Falls	402.4 per 100,000	3	3			3	1	14
Physical Abuse (youth)	17.5%	1	2			3	3	13
Suicide	13.5 per 100,000	2	2	2	2	2	1	11
Unintentional Injury	726.4 per 100,000	3	3		3	2	1	12

<b>Reproductive Health</b>								
Abortion	16.6%	1	1			2	3	11
Condom Use (youth)	59.1%		2	2	1	1	4	12
Low Birth Weight	5.2%	2	2	1	2	2	2	11
Pregnancy	78.1 per 1,000 women 15-44	2	1			2	2	11
Preterm Birth	7.0%	2	2	1	1	2	2	10
Unintended Pregnancy	37.1%	2	2		1	3	4	14

<b>Summary Measures</b>								
Deaths	859.1 per 100,000	3	3	3		3	1	15
Infant Mortality	6.7 per 1,000 births	2	2	2	2	3	1	12
Life Expectancy	79.0 years	2	2	2		3		13
Life Satisfaction	96.1%	1	2			2	2	11

■ HIGH SCORE or NOT MEETING EXPECTATIONS    
 ■ INTERMEDIATE SCORE    
 ■ LOW SCORE or MEETING EXPECTATIONS

<b>Trend</b>	(1) getting better	(2) no change	(3) getting worse
<b>Compared to WA</b>	(1) SC better	(2) same	(3) SC worse
<b>Compared to US</b>	(1) SC better	(2) same	(3) SC worse
<b>Compared to HP 2020</b>	(1) SC better	(2) same	(3) SC worse
<b>Disparities (out of available demographic categories)</b>	(1) none	(2) up to half	(3) more than half
<b>Magnitude (total population impacted)</b>	(0) <0.01% (1/10,000)	(1) 0.01% – 0.9%	(2) 1%–9.9%     (3) 10%–24.9%     (4) >25%

