

**Community Health Needs Assessment Report
Skagit County Public Hospital District No. 2
DBA: Island Hospital
Anacortes, Washington**

Published December 31, 2016



Introduction

Skagit County Public Hospital District No. 2 (DBA: Island Hospital) is the center for health and wellness in west Skagit County, also serving north Whidbey Island and the San Juan Islands since 1962. Recognized as one of the most innovative small hospitals in the U.S., and honored in 2006 as one of our nation’s “100 Top Hospitals” for performance improvement, Island Hospital is an integral part of the great quality of life on Fidalgo Island. Staffed by more than 190 physicians and health care providers, Island Hospital offers a quality and range of services typically found in a much larger facility. With 43 private beds, Island Hospital is one of the smallest hospitals in Washington providing Level III trauma care.

Our Promise

Your best health care experience begins at Island Hospital. We always place your emotional and medical needs first and foremost.

Our Mission

We will deliver quality, compassionate and personalized health care to the communities we serve.

Our Vision

Through collaboration with our physicians, staff and community we will develop innovative programs and provide medical services that enhance patient experiences and outcomes.

Our history began in 1958, when Skagit Public Hospital District No. 2 was founded. The first patients were admitted to Island Hospital in 1962. The hospital underwent significant expansion and/or renovations in 1990 (Emergency Department), 1996 (surgery, birth center and health resource center), 1998 (Medical Office Building), 2008 (renovation and expansion), 2009 (Sleep Wellness Center) and 2012 (Medical Arts Pavilion housing Cancer Care, Physical Therapy and Wound Care).

Services

Island Hospital offers a full range of comprehensive medical services and support programs for your health care needs. Our medical staff is highly trained and specialized to provide the highest quality of care to our patients. In addition, as a commitment to the total well-being of each patient, Island Hospital offers a number of support programs to complement the medical services provided. Our Medical Services:

- Acute Care Nursing
- Birth Center
- Cancer Care
- Cardiac Rehabilitation
- Cardiology
- Critical Care Nursing
- Diagnostic Imaging
- Emergency Services (Level III Trauma/Level II Stroke)
- Endoscopy
- Family Medicine
- Gynecology
- Home Health
- Infusion (Non-Oncologic)
- Internal Medicine
- Interventional Radiology
- Laboratory
- Neurology
- Nutritional services
- Obstetrics
- Occupational Therapy
- Oncology/Infusion
- Ophthalmology
- Orthopedics
- Pastoral Care
- Pain Management
- Pediatrics
- Pharmacy (Inpatient)
- Physical Therapy
- Prenatal Care
- Psychiatry and Behavioral Health
- Pulmonary Rehabilitation
- Respiratory Care
- Sleep Wellness Center
- Speech Therapy
- Surgery (Inpatient & Outpatient)
- Teen Clinic
- Urgent Care
- Urology
- Wound Care & Hyperbaric Medicine

Honors

Our goal at Island Hospital is to achieve the highest possible quality of care and continue to improve our patient, staff and physician satisfaction. Island Hospital will always work toward our highest levels of performance quality and safety. Island Hospital has won a number of awards over the years for our high-quality of service and patient satisfaction. The following are some of our highlights:

- Island Hospital was No. 1 in Washington State for lowest readmission rates in 2015.
- Island Hospital is one of only 10 Washington State hospitals ranked a 4-star Hospital by Medicare, based on patients' survey responses.

- According to an Article in the Seattle Post-Intelligencer (PI)¹, Island Hospital ranked 5th in Washington State for earning high scores for quality from Medicare patients who received care in 2015. In the survey, 78% of Island Hospital's patients scored their care as a 9 or 10.
- Island Hospital's Psychiatry & Behavioral Health program received national honors as one of ten programs to be awarded \$10,000 by Jackson Healthcare for impacting underserved communities.
- The Psychiatry & Behavioral Health program was recognized for community impact and innovation by Intalere (formerly Amerinet).
- In 2015, Island Hospital Home Health was, for the third time, honored with the HomeCare Elite designation bestowed on the top 25% of home-health agencies in the U.S.
- Island Hospital Chief Executive Officer Vince Oliver was the 2015 winner of the American Hospital Association's Shirley Ann Munroe Leadership Award.
- *Consumer Reports* magazine ranked Island Hospital among the top ten of all Washington State hospitals according to a survey that measured adverse effects suffered by surgical patients during hospital stays.

Island Hospital is proud to be an accredited DNV hospital.

Other Facilities

Island Hospital is the primary facility of Skagit County Public Hospital District No. 2, a government-owned Public Hospital District. Island Hospital operates seven family care clinics and five specialty clinics offering a wide range of services to the communities we serve.

Family Care Clinics:

- Anacortes Family Medicine
- Center for Maternal and Infant Care
- Fidalgo Medical Associates
- Lopez Island Medical Clinic
- Orcas Medical Center
- Teen Clinic
- The Walk-In Clinic

Specialty Clinics:

- Island Surgeons
- Psychiatry & Behavioral Health
- Skagit Regional Clinics – Urology
- Sleep Wellness Center
- Wound Care & Hyperbaric Medicine
- Center for Pain Management

¹ "How Patients Rank Washington's Hospitals", Seattle Post-Intelligencer (PI), August 23, 201



Community Health Needs Assessment

Island Hospital is pleased to submit this Community Health Needs Assessment. We do so both as a matter of compliance with Section 501(r)(3) of the Internal Revenue Code, as mandated in the Patient Protection and Affordable Care Act, and as an obligation to those we serve. As an organization, we have taken this change in law as an opportunity to improve our community service and continuously focus on meeting the changing health care needs of our community.

Consistent with the requirements of Section 501(r)(3), the Community Health Needs Assessment Report is organized as follows:

- Our Community
- Review of Previous Community Health Needs Assessments
- Community Health Needs Assessment Methodology
- Prioritized Significant Community Health Needs
- Conclusion
- Appendix - Community Health Resources

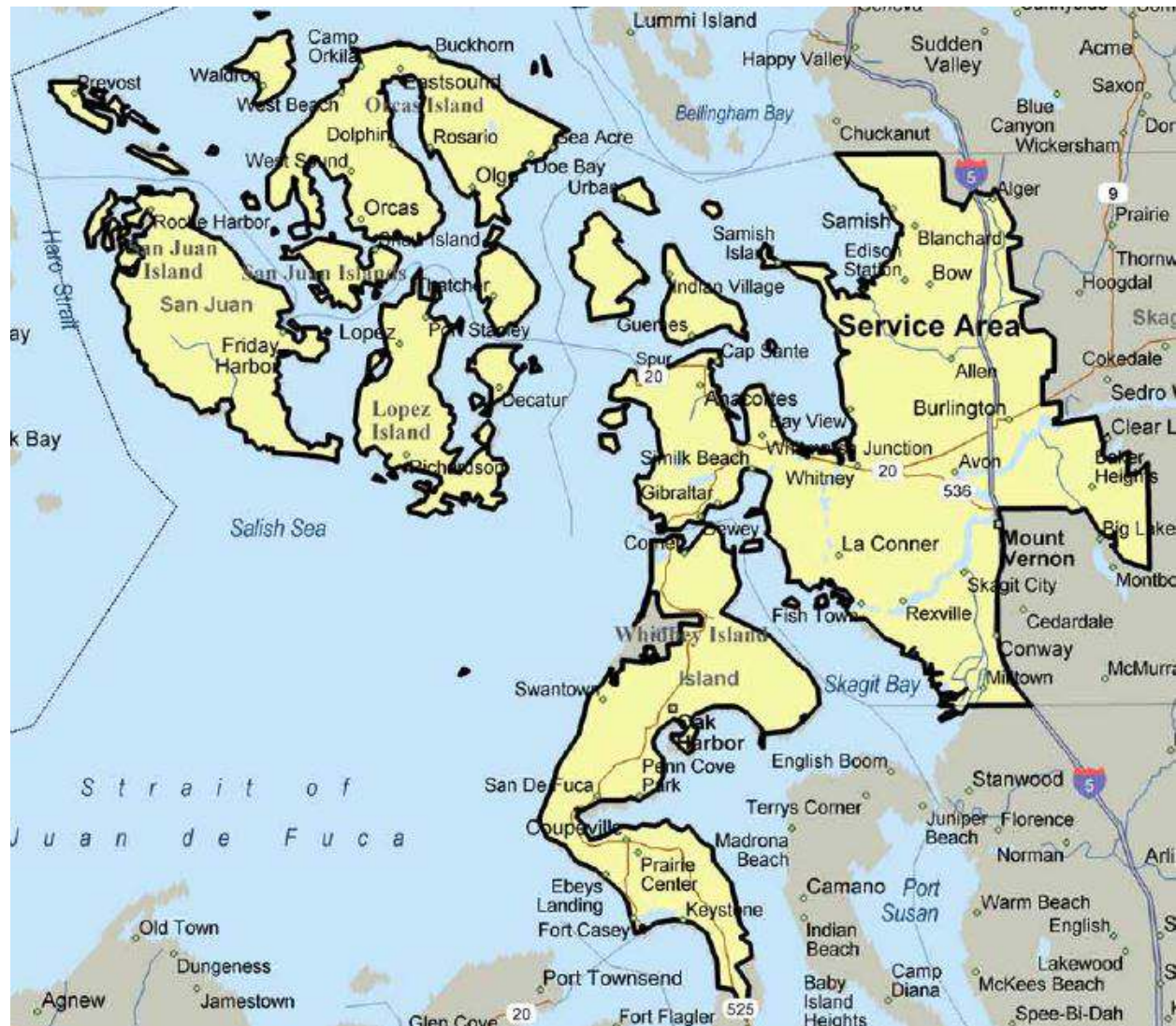
Our Community



Island Hospital is located in the city of Anacortes in Skagit County, Washington. However, we have historically defined our “community” as a broader area, including west Skagit County, north Whidbey Island and the San Juan Islands. Based on inpatient and outpatient usage in recent years, our primary service area includes the following zip codes:

- 98221
- 98232
- 98233
- 98239
- 98245
- 98250
- 98257
- 98261
- 98273
- 98277
- 98279
- 98280

Approximately 92.3% of our inpatient and outpatient usage is from individuals living within this primary service area. The additional 7.7% of our usage is from individuals living in the broader community as well as individuals vacationing near Anacortes. Throughout this document, all references to our community refer to these twelve zip codes.



One special aspect of our community is its location on Puget Sound. The San Juan Islands lie within a rain shadow cast by the nearby Cascade Mountains on the Olympic Peninsula. The result is that the islands receive approximately half of the annual rainfall of Seattle, which is only 80 miles south, and experience about 250 sunny days per year. Because of this, our coastal region and islands are a popular vacation destination and retirement area. In addition to the beautiful weather, the islands are relatively undeveloped and sparsely populated. The islands area primarily accessible by boat, although travel by plane or helicopter is also possible. For those who travel by ferry, the primary access location is Anacortes. The islands and coast are a sharp contrast to the inland community, including the relatively large city of Mount Vernon, whose economy is largely based on manufacturing and agriculture.

For demographic information, Skagit and San Juan Counties are a close approximation of our community. In 2010, the U.S. Census Bureau conducted the nation's most recent census and published that data by state, county and city. Similarly the Population Health Institute collects and reports health data and demographic data by county on an annual basis.

Demographic Comparison of Washington State, Skagit County and San Juan County

	Wash. State 2012	Wash. State 2015	Skagit County 2012	Skagit County 2015	San Juan County 2012	San Juan County 2015
Population	6,897,012	7,170,351	118,222	121,846	15,824	16,252
Age < 18	23.0%	22.5%	23.2%	22.3%	14.6%	13.8%
Age 65+	13.2%	14.4%	17.4%	19.3%	26.3%	30.6%
Female	50.1%	50.0%	50.4%	50.4%	51.5%	51.6%
Caucasian	81.6%	80.3%	91.3%	90.7%	94.8%	94.3%
African American	3.9%	4.1%	0.9%	1.0%	0.6%	0.6%
American Indian	1.8%	1.9%	2.7%	2.8%	0.8%	0.9%
Asian	7.7%	8.4%	2.0%	2.3%	1.4%	1.5%
Hispanic	11.7%	12.4%	17.3%	17.9%	5.6%	6.1%
Rural	18.0%	16.0%	32.9%	29.0%	100.0%	100.0%
Per Capita Income	\$30,481	\$31,233	\$27,447	\$27,598	\$36,453	\$38,556
Per Capita Health Care Cost	\$7,720	\$7,959	\$7,947	\$8,234	\$6,565	\$6,370
Uninsured Adults	18.0%	19.5%	20.9%	22.8%	18.6%	24.7%
Children in Poverty	18.2%	18.6%	20.5%	21.5%	20.1%	18.1%
Unemployment Rate	9.6%	7.0%	10.4%	8.3%	7.0%	5.9%

San Juan County comprises the four largest of the San Juan Islands as well as many other smaller islands. As previously indicated, part of the islands' unique nature is their low population density and underdeveloped environment. Skagit County includes Anacortes on the western edge and extends approximately 95 miles inland into the Cascade Mountains. While Skagit County has a much larger population than San Juan County, approximately half of that population lives in and around Mount Vernon, on the edge of our community. Because Skagit County Hospital District No. 1 (DBA: Skagit Valley Hospital) is based in Mount Vernon, many of the individuals in that area tend to utilize Skagit Valley Hospital as their primary health care resource.

Economically, San Juan County's situation has been relatively favorable while Skagit County's situation has been relatively unfavorable. In 2012, per capita income was approximately \$3,000 lower per year in Skagit County than in Washington State while it's approximately \$6,000 higher in San Juan County than in the state as a whole. Between 2012 and 2015, per capita income rose by only 0.6% in Skagit County while the state average rose by 2.5% and San Juan County's per capita income rose by 5.8%. Similar to per capita income, Skagit County had a higher unemployment rate in 2012 (10.4%) than Washington State (9.6%) or San Juan County (7.0%). While unemployment rates in all three areas dropped between 2012 and 2015, Skagit County's unemployment rate in 2015 (8.3%) was still higher than the Washington State average (7.0%) and the San Juan County average (5.9%). The employment disparity and per capita income may relate to Skagit County's heavier reliance on manufacturing, which has been hit particularly hard by the economic downturn in the last decade.

Change in Per Capita Health Care Costs as a Percentage of Income

	2012	2015	Change
Washington State	25.3%	25.5%	0.6%
Skagit County	29.0%	29.8%	3.0%
San Juan County	18.0%	16.5%	-9.0%

Per capita health care expenses are very different in San Juan County than in Skagit County. In 2012, health care was relatively less burdensome in San Juan County (18.0% of income) than in Washington State (25.3% of income) and relatively more burdensome in Skagit County (29.0% of income). Between 2012 and 2015, those differences became even more pronounced. Per capita health care costs as a percentage of income in Washington State rose by 0.6% while Skagit County rose by 3.0% and San Juan County decreased by 9.0%.

Change in Age Distributions

	Percentage Under Age 18			Percentage Age 65+		
	2012	2015	Change	2012	2015	Change
Washington State	23.0%	22.5%	-2.17%	13.2%	14.4%	9.09%
Skagit County	23.2%	22.3%	-3.88%	17.4%	19.3%	10.92%
San Juan County	14.6%	13.8%	-5.48%	26.3%	30.6%	16.35%

While Skagit County’s age distribution is similar to that of Washington State, San Juan County has significantly fewer youth and significantly more elderly individuals. Additionally, while Washington State has seen a 2.17% decrease in individuals under age 18 and a 9.09% increase in individuals over age 65 since 2012, the rates of change are more pronounced in Skagit County (3.88% decrease under age 18 and 10.92% increase age 65+) and even more severe in San Juan County (5.48% decrease under age 18 and 16.35% increase age 65+). San Juan County’s more extreme figures are likely due to the county’s popularity as a retirement area as well as its extremely rural nature that limits social, cultural and educational opportunities for youth.

Both counties have less cultural diversity than Washington State, although diversity increased in both counties between 2012 and 2015. The percentage of Caucasians in Skagit County decreased by 0.7% and in San Juan County by 0.5% during that time. San Juan County has a much smaller Hispanic population than the state average while Skagit County’s Hispanic population is greater than the state average.

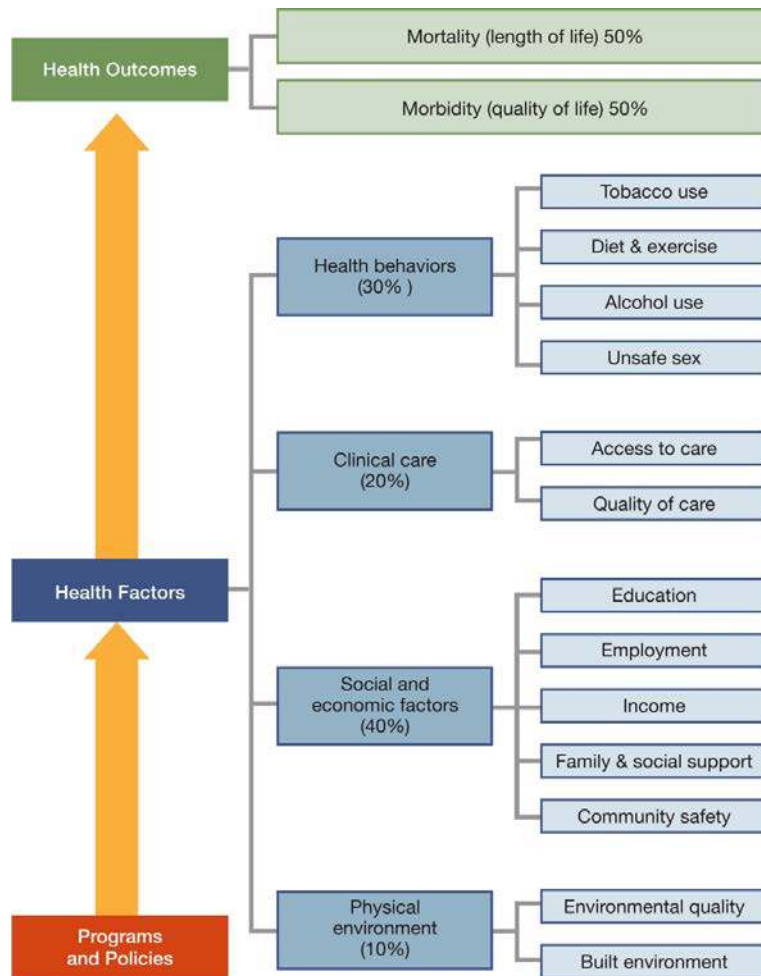
The Native American population in Skagit County is comprised primarily of three tribes—Samish, Swinomish and Upper Skagit—although the Upper Skagit Tribe is generally outside of our community. While the Swinomish and Upper Skagit Tribes each have a reservation that provides a geographic center for their communities, the Samish do not yet have a reservation and the related central population base. Samish covers the health needs of their membership across a ten-county service delivery area with an outreach model from Indian Health Service Purchased and Referred Care. Samish tribal members seek care through their own health providers with preauthorization from the Tribe and receive relevant health information via newsletters, health fairs, and other strategies to promote health and prevent chronic diseases.

Information about the tribes in our community is available online:

- Samish Indian Nation: www.samishtribe.nsn.us
- Swinomish Indian Tribal Community: www.swinomish-nsn.gov

The Hispanic population in our community tends to focus around Mount Vernon. This is likely related to the higher prevalence of agricultural work in that area as well. However, there is also a small Hispanic community on the San Juan Islands. The Hispanic community is comprised of both legal and illegal immigrants. The community also includes many individuals who speak fluent English and many individuals who speak little to no English. As indicated above, Skagit Valley Hospital tends to be the primary health care resource for the Hispanic individuals in that area.

The Population Health Institute (“PHI”) publishes annual health data for every county in the United States. The data is aggregated into *health outcomes* and *health factors*. The PHI separates health outcomes into mortality (length of life) and morbidity (quality of life). Health factors are separated into four factors that largely influence the health outcomes: physical environment, society and economics, clinical care, and health behaviors.



County Health Rankings

	Skagit County		San Juan County	
	2013	2016	2013	2016
Health Behaviors	14	17	1	1
Clinical Care	19	16	2	4
Social & Economic Factors	20	22	3	11
Physical Environment	18	39	2	33
Overall Health Factors	18	23	1	3
Mortality (length of life)	17	19	6	5
Morbidity (quality of life)	11	10	1	1
Overall Health Outcomes	14	13	2	1

In 2013, San Juan County’s health factors ranked 1st and Skagit County’s ranked 18th out of 39 counties in Washington. In the same year, San Juan County’s health outcomes ranked 2nd while Skagit County’s health outcomes ranked 14th. Between 2013 and 2016, San Juan County’s health factor ranking worsened from 1st to 3rd in the state and Skagit County’s health factor ranking worsened from 18th to 23rd. In the same period, San Juan County’s health outcome ranking improved from 2nd to 1st and Skagit County’s health outcome ranking improved from 14th to 13th.

The extremely positive rankings for San Juan County reflect the local culture of a natural, outdoor lifestyle. The islands are well known for this environment, so they attract individuals with a similar mindset. However, the slight drop in health factor rating indicates that either the county’s residents are making slightly worse behavioral choices or other county’s residents are making relatively better behavioral choices. This change in behavioral choices is likely to lead to a change in health outcomes in the future.

Skagit County’s less positive rankings indicate that, relative to the islands, our inland residents are currently suffering from unhealthy historic behaviors, insufficient medical care, social factors and environmental factors. Because health factors lead to health outcomes, Skagit County’s lower ranking in health factors indicates that those community members are likely to continue this pattern in the future unless we can make significant changes their health factors.

Review of Previous Community Health Needs Assessments

Island Hospital conducted a community health needs assessment in 2013 and published the related report in December 2013. In that assessment, the following needs were identified:

Primary Health Needs:

- Mental Health
- Substance Abuse

Secondary Health Needs:

- Access to Health Care
- Obesity

A copy of the 2013 Community Health Needs Assessment Report is available on Island Hospital’s website at <https://www.islandhospital.org/publicdocuments>.

Since the most recently conducted community health needs assessment, Island Hospital has taken the following steps to address those needs.

Mental Health

- Onsite and online promotion
- Mental Healthcare in Skagit County video
- Post mental-health-crisis contact line info in Resource Center
- Partner with medical social workers for referral/crisis assistance
- Educate families concerning Washington State Advance Directives if there is cognitive impairment affecting healthcare choices
- *Community Ed programs:*
 - Support Groups (Art & Healing for Cancer Patients, Grief, Prostate Cancer, Breast Cancer & Cancer Caregiver)
 - Meditation for Everyday Living (class)
 - Aromatherapy for Stress Relief (class)
 - Improving Your Aging Memory (class)
 - Essential Oils for Stress Relief (class)
 - Memory Awareness (screening)
 - Parenting: Positive Discipline (class)
 - Senior Sexuality (class)
 - Journey of Dementia (4 Part Series class)
 - Nutritional Approaches to Depression & Anxiety

Substance Abuse

- Heartbeats articles (shared with ASD)
 - Underage drinking
 - Danger of E-cigarettes info-graphic
 - Effects of alcohol and marijuana on developing brains
- Post, provide resources for Alcoholics Anonymous
- Post, provide contact info for 24-hour substance abuse support (Washington State Recovery Help Line)
- Smoking Cessation Prevention/Outreach (pig lungs)
- Center for Pain Management

Access to Health Care

- Taxi service for San Juan County
- Help anyone find a primary care provider and provide a list of primary care physicians
- Provide updated list of local caregivers for those who need help in their homes
- Education, promotion and class to help train patients on patient portal
- Partnership with Northwest Regional Council, Department of Social & Health Services and other agencies to assist patients obtain adequate healthcare coverage
- Provide info regarding local specialty practices
- Information on free transportation for medical appointments
- Heartbeats, website promotion of
 - Health Care Exchange

- Where to go for care (emergency, urgent, primary)
 - Medicare info, help
 - New providers
- Low- and no-cost health screenings
- Healthcare insurance counseling (SHIBA, IPAs)
- Teen Clinic promotion, hospital, public and on-campus
- Center for Maternal & Infant Care promo
- *Community Ed programs:*
 - Navigating Health Challenges (class)
 - Hearing (screening)
 - Colon Cancer (screening)
 - Life & Therapy After Orthopedic Surgery (class)
 - Medicare 101 (class)
 - Medicare Open Enrollment (class)
 - Blood Pressure Checks (weekly screening)
 - Clinical Breast Exams (screening)
 - Vitamin D (screening)
 - Bone Density (screening)
 - Pulmonary Function (screening)
 - Sleep Apnea (screening)
 - Balance (screening)
 - Cholesterol (screening)
 - Swallow (screening)
 - Osteoporosis: Exercise and Nutrition (class)
 - Urinary Leakage (class)
 - Skin Cancer (screening)
 - Arthritis: What can you do about it? (class)
 - The Many Faces of Melanoma (class)

Obesity

- Heartbeats articles
 - Carie Shelton lost 40 pounds
 - Healthy recipes
- Referrals to Island Hospital Dietitian
- Resources, including books, about weight loss and diabetes
- Employee wellness programs support
 - Biggest loser contest
 - Step-up challenge
 - Farmstand
- Promote local facilities and programs such as Silver Sneakers that promote healthy lifestyles
- Facebook and blog posts concerning dangers of obesity
- Weight Watchers offered on campus
- Gold fitness
- *Community Ed programs:*
 - Golf Fitness

- Nutrition in Aging (class)
- Ketogenic Diet (class)
- Beyond Eating Less & Exercising More (class)
- Pre-Diabetes & Healthy Eating (class)
- Blood Sugar & Active Lifestyle (class)
- Healthy Cooking with Diabetes (class)

Community Health Needs Assessment Methodology

Island Hospital’s executives led the planning, conduct and reporting of the community health needs assessment. We contracted with CliftonLarsonAllen LLP, one of the nation’s top 10 certified public accounting and consulting firms, to assist with the community health needs assessment.

We began by identifying our community based on inpatient and outpatient services by zip code. We then gathered both quantitative and qualitative data about the health needs of our community. Qualitative data was collected through one-on-one interviews. Quantitative data included national, state and county health studies and our own records. All data was collected between November and December, 2016.

Interviews

In November 2016, we gathered qualitative information and perspectives on community health needs through one-on-one interviews with key community stakeholders. The primary goal of these interviews was to ascertain a range of perspectives on the community’s health needs. We gathered information from the following specified groups within our community:

- People with special knowledge or expertise in public health
- Government health departments and other government agencies
- Representatives of medically underserved populations
- Representatives of low-income populations
- Representatives of minority populations

The following agencies and organizations participated in Island Hospital’s community health needs assessment by contributing their time, perspectives, opinions and observations. We thank them for their past and continued assistance.

- Skagit county Public Health Department
- San Juan County Health & Community Services Department
- Samish Indian Nation Health Department
- Medical Information Network – North Sound
- Island Hospital

We believe these organizations qualify as representative of the minority, low-income and/or medically underserved groups because the nature of their work brings them into contact with those groups on a regular basis.

Quantitative Data

The community health needs assessment included consideration and analysis of the following publicly available data.

- Centers for Disease Control and Prevention’s Chronic Disease Overview
 - <http://www.cdc.gov/chronicdisease/overview/>
- “More Than Half of Americans Have Chronic Health Problem: Study”
 - https://medlineplus.gov/news/fullstory_161818.html
- Peace Island Medical Center’s December 2014 Community Health Needs Assessment
 - https://www.peacehealth.org/sites/default/files/Documents/PH%20CHNA%20Peace%20Island%20Final_January%202015.pdf
- Population Health Institute’s County Health Rankings
 - <http://www.countyhealthrankings.org/app/washington/2016/overview>
- Skagit County 2015 Community Health Assessment Summary Report
 - <http://www.skagitcounty.net/Departments/PHTAC/Reportsmain.htm>
- United States Census Bureau QuickFacts
 - <https://www.census.gov/quickfacts/table/PST045215/53055,53057,53>
- Washington State Department of Health’s Medically Underserved Areas & Medically Underserved Populations
 - ftp://ftp.doh.wa.gov/geodata/layers/maps/mua_p.pdf
- Washington State Department of Health’s San Juan and Skagit County Chronic Disease Profiles
 - <http://www.doh.wa.gov/DataandStatisticalReports/DiseasesandChronicConditions/ChronicDiseaseProfiles>
- Washington State Department of Health’s Risk and Protection Profile for Substance Abuse Prevention in San Juan County
 - <https://www.dshs.wa.gov/data/research/research-4.47-sanjuan.pdf>
- Washington State Department of Health’s Risk and Protection Profile for Substance Abuse Prevention in Skagit County
 - http://adai.uw.edu/wastate/RDA/skagit_rda.pdf
- Washington State Department of Transportation Ferry Passenger and Vehicle Fares
 - <http://www.wsdot.wa.gov/ferries/pdf/CurrentFares.pdf>
- Washington State Healthy Youth Survey, San Juan and Skagit Counties
 - <http://www.askhys.net/FactSheets>

Information Gaps

Although we are unable to identify any specific information gaps, we recognize members of the community representing different organizations, groups, etc., have differing opinions concerning community health needs and priorities and may have provided different input.

Analytical Methods Applied

We applied various analytical methods to the available data. During interviews, we asked participants to identify community health needs, prioritize those health needs, and identify possible solutions to those health needs. We analyzed the historic prevalence of various health issues in our community and compared those with county, state and national averages. Finally,

we reviewed previously identified health priorities as identified by national, state and county health organizations.

Request for Feedback

Island Hospital was willing to consider written comments related to its last Community Health Needs Assessment Report, but received no such input. If any reader would like to provide input on this community health needs assessment, they can submit their comment(s), in writing, to the following address:

Attention: Executive Assistant to the CEO
RE: Community Health Needs Assessment
1211 24th Street
Anacortes, WA 98221

Determination of Significance

While many needs were identified during the community health needs assessment process, this report focuses on those needs that were deemed *significant* by Island Hospital. A health need's significance was evaluated based on many factors. The factor given the most weight was the relative importance placed on the health need by the community participants. Other factors included the number of people in our community impacted by the health need, the impact of that health need on quality of life and length of life, and the impact on low-income, minority, and other medically underserved populations. The decision was made by Island Hospital's executives, who were involved throughout the community health needs assessment process.

Process and Criteria for Prioritizing Identified Health Needs

Island Hospital's executives determined our prioritization based on the consistency of indications by participants and its agreement with historic quantitative data, our mission, and preventative impact.

Prioritized Significant Community Health Needs

Based on our interviews and small group meetings, as well as reviews of hospital, county, state and national health data, we identified the following significant community health needs., listed in order of priority:

- Behavioral Health
- Access to Health Care
- Chronic Diseases

Behavioral Health

Behavioral health is a term that encompasses substance abuse and mental health, both of which are significant issues in our community. Regarding mental health, community participants expressed concern regarding the rise in depression incidences and suicide and the increasing demand for mental health care to match the rise in incidences. See "Access to Health Care" below for a discussion of access to behavioral health care.

Mental health was consistently identified as a top priority by community participants. In 2012, San Juan County’s average per capita mentally unhealthy days were slightly better than the Washington State average while Skagit County’s average was slightly worse. Between 2012 and 2015, those differences have slightly increased. Consistent with this, participants in San Juan County considered mental health less of a problem than participants from Skagit County.

Change in Mentally Unhealthy Days per Month

	2012	2015	Change
Washington State	3.3	3.3	0.0%
Skagit County	3.7	3.9	-0.1%
San Juan County	3.0	2.7	0.1%

The mental health disparity between Skagit and San Juan Counties has many causes and factors, but some of the difference can be attributable to economic stress. As discussed previously in the “Our Community” section, in both 2012 and 2015, Skagit County’s unemployment rates and percentage of children in poverty were both above the state averages. Alternatively, while San Juan County’s unemployment rate was below the state average in both 2012 and 2015, the percentage of San Juan County children in poverty decreased from above the state average in 2012 to below the state average in 2015. The culture of the San Juan Islands encourages and somewhat necessitates a healthy lifestyle and routine. It may be that individuals with better mental and physical health tend to move to San Juan County while individuals with worse health issues tend to leave the area. Skagit County more closely mirrors the national trend in the effects caused by the economic downturn: increased stress due to financial difficulties that impacted community members even as the economy subsequently improved.

Change in Unemployment Rate

	2012	2015	Change
Washington State	9.6%	7.0%	-27.1%
Skagit County	10.4%	8.3%	-20.2%
San Juan County	7.0%	5.9%	-15.7%

Change in Children in Poverty

	2012	2015	Change
Washington State	18.2%	18.6%	2.2%
Skagit County	20.5%	21.5%	4.9%
San Juan County	20.1%	18.1%	-10.0%

Community participants expressed specific concern for the mental health of youth in our community. In the 2014 Washington State Healthy Youth Survey, children in grades 6, 8, 10 and 12 were asked a variety of questions regarding their health behaviors. Approximately 45% of San Juan County 10th graders indicated that, during the last year, they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. Only 36% of Skagit County 10th graders gave that response, which is much closer to the state average of 35%. Similarly, approximately 27% of San Juan County 10th graders and 21% of Skagit County 10th graders said they seriously considered attempting suicide within the last year.

While the Skagit County rate is close to the state average of 20%, the San Juan County rate is significantly higher.

Community members also expressed concern regarding bullying among youth in our schools. In its 2015 Community Health Assessment, Skagit County identified bullying among youth as a significant community health need. In a Washington State Healthy Youth Survey, approximately 31% of Skagit County youth (ages 12 to 17) said they were bullied in the past month. That bullying rate, 31%, has been fairly consistent for the last decade and is slightly higher than the state average. Almost half (49%) of Skagit County residents with school-age children identified bullying as one of their biggest challenges for school-age children. In San Juan County, the bullying rate among 6th graders is above the state average, although the rates at 10th and 12th grade are below the state average.

Percentage of Youth Bullied in the Past Month

	6th Grade	8th Grade	10th Grade	12th Grade
Washington State	31%	28%	23%	16%
Skagit County	34%	31%	25%	17%
San Juan County	40%	N/A	18%	15%

Substance abuse covers a broad range of health issues, including tobacco, alcohol, prescription drugs and illicit drugs. Although community participants did not indicate substance abuse as their highest concern, they did express concern for the significant negative consequences of substance abuse. Significant substance abuse in our community includes heroin, methamphetamine (“meth”), prescription drugs and alcohol.

According to Skagit County health officials, the United States Drug Enforcement Agency has identified Skagit County as a drug distribution corridor, primarily because of its location on Interstate 5 between Mexico and Canada. Mirroring this, substance abuse concerns generally appear to be more severe in Skagit County than in San Juan County. However, there are clear exceptions. First, the rate of deaths per 1,000 people in San Juan County in 2013 (13.4 per 1,000 people) was almost double the rate from 2003 (7.4 per 1,000 people).

Alcohol- and Drug-Related Adverse Consequences

	Wash. State 2003	Wash. State 2013	Skagit County 2003	Skagit County 2013	San Juan County 2003	San Juan County 2013
Adult Drug-Related Arrests per 1,000 People	5.8	2.2	4.0	4.0	1.0	0.3
Adult Alcohol-Related Arrests per 1,000 People	11.8	6.7	11.6	4.4	7.5	5.0
Youth Alcohol- or Drug-Related Arrests per 1,000	3.1	1.9	5.6	6.3	7.3	0.0
Alcohol- or Drug-Related Deaths per 1,000 People	10.2	10.8	10.2	11.7	7.4	13.4

Second, a greater percentage of adults in San Juan County report binge drinking than in Skagit County or in Washington State as a whole. San Juan County’s binge drinking rate was greater in 2012 and it has increased at a faster rate since then, increasing the disparity.

Binge Drinking by Adults

	2012	2015	Change
Washington State	16.5%	16.9%	2.4%
Skagit County	16.2%	16.4%	1.2%
San Juan County	20.5%	21.2%	3.4%

Access to Care

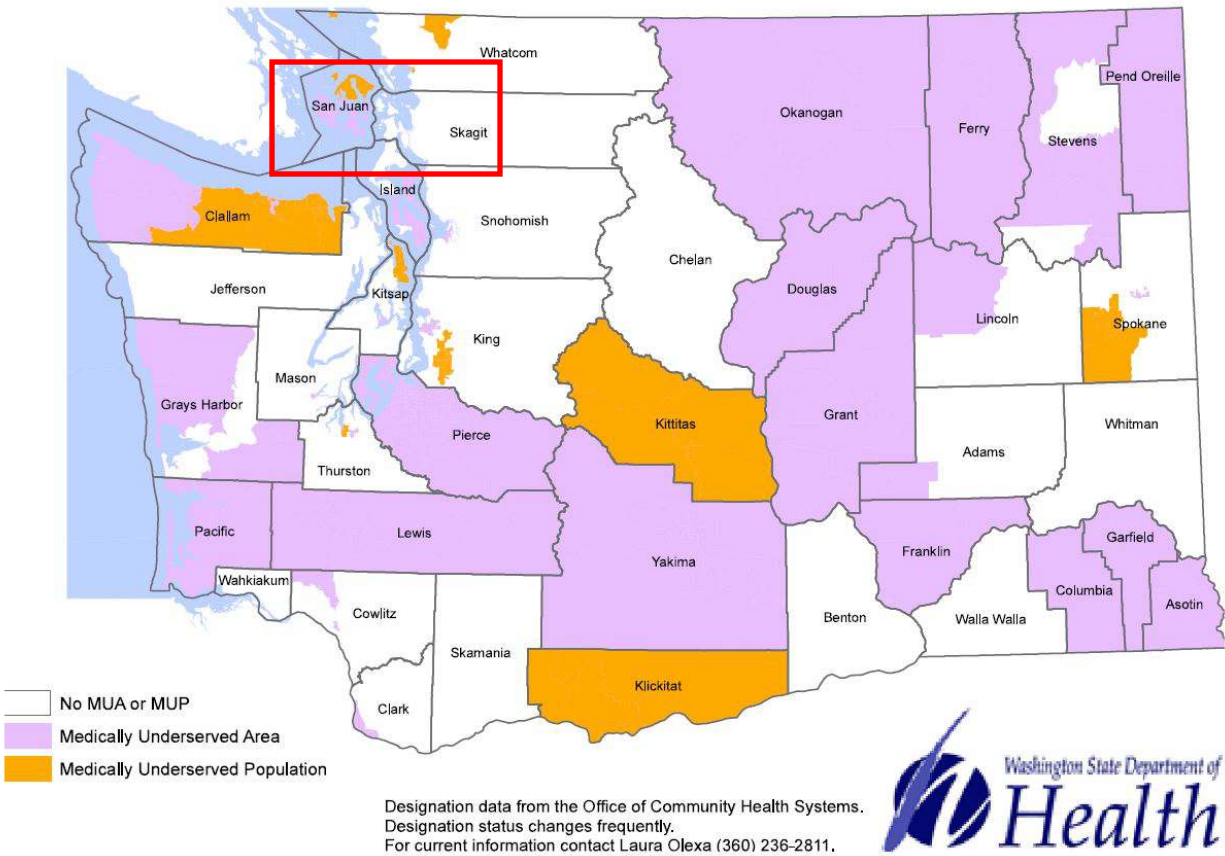
Our community members consistently indicated high satisfaction with access to healthcare in our community. In general, participants are happy with the number of hospitals, clinics, pharmacies and similar medical facilities in our area, as well as with the variety of specialists and services. However, a few significant exceptions currently exist that pose challenges for our community members.

One aspect of accessing health care is an individual’s ability to pay the related medical bills. An individual’s ability to pay is impacted by their other costs of living, that largest of which is the cost of housing. Participants expressed concern for community members’ ability to afford medical care because of the high prices of housing. The Skagit County Department of Public Health and Community Services indicated that it has approximately 900 too few residences for the current population, plus additional residences for population growth. A shortage in any good tends to result in an increase in prices as consumers (residents) compete for it, resulting in higher housing costs. In its December 2015 Community Assessment Health Priorities, Skagit County identified the lack of affordable housing as one of its priorities.

The situation is similar in San Juan County. While 30% is generally considered the maximum portion of monthly income that should be spend on housing, the San Juan County Department of Health & Human Services estimates that about half of their residents spend more than 30% of their monthly income on housing. In 2015, 24.2% of San Juan County residents reported having a severe housing problem (overcrowded, high housing costs, lack of kitchen, or lack of plumbing), compared to 18.9% of Skagit County residents and 18.0% of Washington State residents.

With the exception of the San Juan Islands, our community is not designated as either a Medically Underserved Area or a Medically Underserved Population. However, the ratio of primary care providers to community members has deteriorated slightly in recent years. In 2012, Washington State had 1,040 residents per primary care physician while Skagit County had 918 residents and San Juan County had 859 residents per primary care physician. By 2015, Washington State increased to 1,203 residents, Skagit County increased to 1,056, and San Juan County increased to 1,056 residents per primary care physician. This change was reflected in community members’ concern that our area needs more primary care providers.

**Medically Underserved Area & Medically Underserved Population
July 20, 2016**



Because access to mental health providers was a major community concern in previous community health assessments, the situation has improved since 2012 due to a concerted effort by the county health departments and many local health care providers. According to the Population Health Institute, Skagit County’s ratio of mental health providers (Psychiatrist, Psychologist, Clinical Social Worker, Psychiatric Nurse, Marriage & Family Therapist, or Licensed Professional Counselor) was 6,565 people per provider in 2012, compared to Washington State’s average of 2,513 people per provider and San Juan County’s average of 1,546 people per provider. Each geographic area vastly improved between 2012 and 2015. The Washington State average improved to 409 people per provider, Skagit County improved to 386 people per provider and San Juan County improved to 283 people per provider.

Despite the increase in mental health providers, community members expressed a need for specific behavioral health services. Skagit Valley Public Hospital District #1, DBA: Skagit Valley Hospital, provides inpatient psychiatric services, which is an invaluable resource to community members. However, although Skagit Valley Hospital is in close proximity, the psychiatric inpatient beds are often full, which may require an individual to wait for access or to travel to a more distant facility. Additionally, that facility does not house children, adolescents or geriatrics. Based on these, community members expressed a need for additional inpatient and outpatient beds for acute mental health and substance abuse problems. In addition, community members indicated a need for local post-acute treatment options, specifically:

- Clinical access that offers counseling and similar services 24-hours-a-day to either help people avoid acute problems or deal with the long-term aftermath of acute problems.
- Short-term (less than one year) congregate or assistive housing for people to recover from substance abuse and mental health problems.
- Local acute-care opportunities for children, adolescents and geriatrics.

Finally, North Sound Behavioral Health is the sole provider of mental health and substance abuse care for Medicaid-eligible individuals in our community. Although community members expressed gratitude and happiness with North Sound's services, they indicated a need for additional providers to meet the needs of low-income individuals suffering from behavioral health problems.

For individuals living on the San Juan Islands, accessing healthcare is a significant concern. The access problems are primarily caused by the transportation limitations inherent to living on an island with no bridges to the mainland. Although helicopter and plane travel are possible for the wealthy, the primary method of transportation to and from the islands is by boat, with only one public transportation system available through the Washington State Department of Transportation. Ferries arrive at and leave Anacortes approximately once per hour with travel taking anywhere from 45 minutes to 2 hours, one way. Limitations on the number of vehicles necessitate arriving at least 30 minutes early if you wish to bring a vehicle. The limited number of trips combined with the length of the ride each way means a single medical appointment frequently requires an entire day of travel; participants indicated that the fastest possible would be approximately half a day. For individuals with frequent medical appointments, such as physical therapy and radiology, the travel can be extremely stressful, demanding and possible prohibitive.

In addition to the time requirements, the cost of travel can also be prohibitive for individuals living on the islands. A round-trip ticket from the islands to the mainland is \$6.60 for youth and seniors and \$13.25 for adults. With a vehicle, a round-trip ticket ranges from \$33.25 to \$47.30, depending on the island. For low-income individuals, the monetary cost of frequent trips can be extremely stressful and prohibitive. Each island has a local organization that can transport individuals by plane or private boat for emergencies and other limited medical situations. However, these organizations are not able to fill the demand for medical travel of San Juan County residents.

Each island has its own medical facilities and providers although specialist services tend to be very limited. The largest population in the San Juan Islands resides on San Juan Island, in and around Friday Harbor. In November 2012, a critical access hospital opened in Friday Harbor to provide additional services to the community.

Chronic Diseases

According to the Centers for Disease Control and Prevention ("CDC"), chronic diseases and conditions—such as heart disease, stroke, cancer, type 2 diabetes, obesity and arthritis—are among the most common, costly and preventable of all health problems.

- As of 2012, about half of all adults—117 million people—had one or more chronic health conditions. One of four adults had two or more chronic health conditions.
- Seven of the top ten causes of death in 2010 were chronic diseases. Heart disease and cancer together accounted for nearly 48% of all deaths.
- During 2009-2010, more than one-third of adults and nearly one-fifth of youths (aged 2-19) were obese (defined as a Body Mass Index ≥ 30).
- Arthritis is the most common cause of disability. Of the 53 million adults with a doctor diagnosis of arthritis, more than 22 million say they have trouble with their usual activities because of arthritis.
- Diabetes is the leading cause of kidney failure, lower-limb amputations other than those caused by injury, and new cases of blindness among adults.

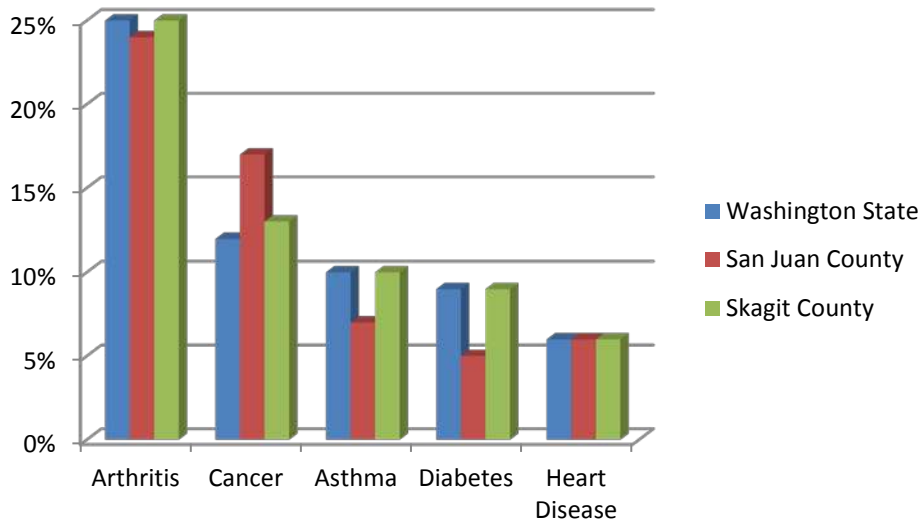
The economic impact of chronic conditions on the United States is immense. From the CDC:

- 86% of all health care spending in 2010 was for people with one or more chronic condition.
- The total costs of heart disease and stroke in 2010 were estimated to be \$315.4 billion. Of that, \$193.4 billion was for direct medical costs, not including nursing home care.
- The total estimated cost of diagnosed diabetes in 2012 was \$245 billion, including \$176 billion in direct medical costs and \$69 billion in decreased productivity.
- Cancer care cost \$157 billion in 2010.
- Medical costs linked to obesity were estimated to be \$147 billion in 2008. Annual medical costs for people who were obese were \$1,429 higher than those for people of normal weight in 2006.
- The total cost of arthritis and related conditions was about \$128 billion in 2003.

The costs identified above total almost \$1 trillion, partially explaining the incredibly high cost of healthcare in the United States.

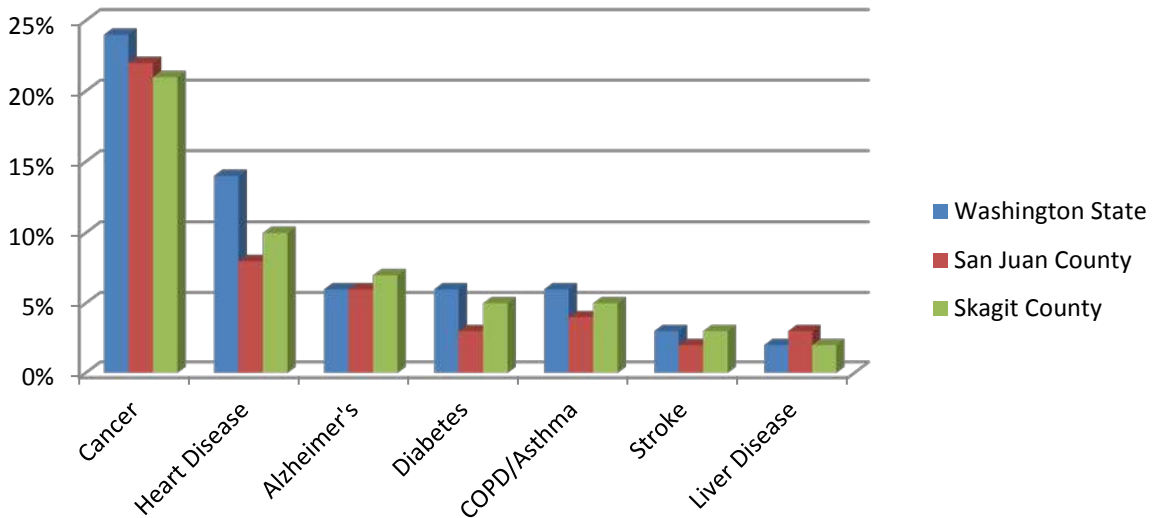
Unfortunately, chronic conditions in Washington State and in our community are generally similar to the national situation despite the healthy lifestyle that is so popular in Anacortes and the San Juan Islands. In San Juan County, the rates of asthma and diabetes are below the state average, the rates of arthritis and heart disease are approximately equal to the state average, and the rate of cancer is well above the state average. Skagit County's rates are approximately equal to the state average for arthritis, cancer, asthma, diabetes and heart disease.

Adult Chronic Disease Prevalence



An analysis of the chronic condition-related causes of death paints an expanded but similar picture. San Juan County’s death rate from liver disease exceeds the state average and the death rate from Alzheimer’s equals the state average, but the other causes of death are below the state average. Skagit County’s death rate from Alzheimer’s exceeds the state average, the death rates from stroke and liver disease equal the state average, and all others are below the state average.

Cause of Death, Age Standardized Percent of All Deaths



Despite the relatively healthy lifestyles and the relatively low incidences of most chronic conditions, both San Juan County and Skagit County exceed the state average in premature deaths before age 50 and Skagit County exceeds the state average in premature deaths before age 65.

Premature Mortality per 100,000 People

	Washington State	San Juan County	Skagit County
Premature Death Before Age 50	86	91	98
Premature Death Before Age 65	162	145	174

Chronic illnesses and behavioral health problems have a strong connection. In a recent Emory University study published in *Psychology, Health & Medicine*, researchers used public health data to analyze the co-occurrence of chronic illnesses, behavioral health problems and poverty. From the article:

“The health of individuals in the U.S.A. is increasingly being defined by complexity and multimorbidity, the co-occurrence of two or more chronic medical conditions.... Overall, about 15 percent were living in poverty, the investigation found. Among those with chronic conditions, many had less than a high school education, were unemployed, were receiving government aid and had no health insurance. The study found that, overall, roughly 6 percent had a chronic medical condition as well as a mental illness. About 2 percent had both a mental illness and a substance abuse problem; slightly fewer had a chronic disease along with a drug or alcohol problem. The researchers reported that nearly 2.2 million Americans have all three issues.... Adults with a mental illness had more than triple the rate of drug or alcohol problems, and were nearly 1.5 times more likely to have an ongoing medical issue. They were also 1.2 times more likely to live in poverty.... ‘In order to promote overall health, it is important to consider all of a person’s health conditions along with poverty and other social factors.’”

Special Concerns for Low-Income, Minority and other Medically Underserved Populations

For all of the health needs identified above, the needs are more pronounced for our medically underserved individuals, including low-income individuals, Native Americans, the elderly and the young.

The Native Americans in our community have the same health needs and concerns as the rest of the community, but some of those needs are even more pronounced. We recognize that Native Americans in general, and those who live within our community, face special circumstances across all aspects of their lives, including health. The special health concerns include:

- Above-average rates of most diseases, including diabetes, heart disease and strokes
- High incidence of substance abuse including alcohol, tobacco and drugs
- High incidence of depression
- High incidence of obesity, coinciding with limited nutrition and physical activity

The Swinomish Tribe has many health resources exclusively available to tribal members in and around their reservation. Lacking a central population base, the Samish Tribe has enacted a variety of creative efforts to provide health and wellness resources to meet the diverse needs of their widespread membership through healthy lifestyle newsletters, wellness gatherings, an informative website and assisting eligible members with purchased and referred care. While we

will continue to work with our Native American partners in treating their health needs, we also recognize and applaud their efforts to treat their own needs.

As the statistics indicate, we have a large population of low-income individuals. Although this problem spans all demographics, two groups that particularly struggle are our Native American and elderly communities.

Low-income community members have the same health needs as others in our community, but they may face additional struggles in receiving effective and thorough health care. They face all of the same health risks—obesity, substance abuse, heart disease, diabetes, etc.—as other community members, but low-income individuals have fewer opportunities to receive treatment. For example, those who are uninsured, underinsured and low-income may not be able to receive regular preventive care, meaning small health problems may develop into major health problems. This is manifest by high usage rates of the E.R. by low-income individuals to treat problems that could have been more effectively prevented through a regular doctor's appointment at an earlier time. Although the Affordable Care Act has resulted in more individuals having insurance, it hasn't succeeded in making health care affordable. Many insured individuals struggle to pay the premiums, deductibles, co-payments, etc., related actually using their health insurance.

Additionally, low-income individuals may struggle with the time required to receive effective health care if they are working longer hours or multiple jobs to make ends meet. The costs, both in dollars and time, of transportation are also likely to be more significant for low-income individuals. This may also exacerbate problems for children (or elderly individuals) that rely on low-income parents (or children) for assistance with medical issues.

Conclusion

Island Hospital reached out to community participants in 2016 to identify those health needs that are viewed as most significant and highest priority by our community members. The health needs identified by participants were behavioral health, access to health care, and chronic diseases.

We are committed to improving the health of our community, both in the short-term and in the distant future. We are developing an Implementation Strategy that responds to these health needs. We hope that our efforts, combined with those of government agencies, other nonprofits and local organizations, will lead to a healthier and happier community.

Appendix – Community Health Resources

Island Hospital serves individuals in both Skagit and San Juan Counties. The Skagit County Public Health Department and San Juan County Department of Health and Community Services support our community members in numerous ways, including community health, mental health, substance abuse, violence prevention, child welfare, elderly services, veteran services and financial support. Each department can and should be used by residents as a primary resource when determining available services in their area. For a complete list of their activities, we recommend visiting their offices or websites:

Skagit County Public Health Department

- 700 South Second, Room 301, Mount Vernon
- www.skagitcounty.net/Departments/Health

San Juan County Department of Health and Community Services

- 145 Rhone Street, Friday Harbor
- www.sanjuanco.com/378/Health-Community-Services

In addition to governmental support, the following health care facilities and related organizations are currently available within our community.

Hospitals

Island Hospital, located at 1211 24th Street in Anacortes is one of several hospitals in our community. Island Health Resource Center, 360-299-1397.

- Skagit Valley Hospital – 1415 East Kincaid Street, Mt. Vernon
- PeaceHealth Peace Island Medical Center – 1117 Spring Street, Friday Harbor
- Whidbey General Hospital – 101 North Main Street, Coupeville
- Naval Hospital Oak Harbor – 3475 North Saratoga Street, Oak Harbor

Clinics

- Anacortes Family Medicine – 2601 M Avenue, Suite B, Anacortes
- Anacortes Health Care – 1220 22nd Street, Anacortes
- Cascade Medical Group – 1019 24th Street, Suite B, Anacortes
- Fidalgo Medical Associates – 1213 24th Street, #100, Anacortes
- Fidalgo Island Walk-In Clinic – 1500 Commercial Avenue, Anacortes
- Skagit Regional Clinic – Anacortes – 2511 M Avenue, Suite D, Anacortes
- Inter-Island Medical Center – 550 Spring Street, Friday Harbor
- Planned Parenthood – Friday Harbor Health Center – 470 Reed Street, Suite 2A, Friday Harbor
- San Juan Healthcare – 689 Airport Center, Suite B, Friday Harbor
- Dr. Robert Williams – 470 Spring Street, #200, Friday Harbor
- North Whidbey Community Clinic – 1300 Goldie Road, Oak Harbor
- Whidbey Health Primary Care – 275 SE Cabot Drive, b101, Oak Harbor
- Whidbey Medical Clinic – 231 SE Pioneer Way, #209, Oak Harbor

- Dr. Sarah Lyle, MD – 429 Madrona Street, Eastsound
- Orcas Family Health Center – 1286 Mt. Baker Road, Eastsound
- Orcas Island Family Medicine – 33 Ulmer Street, Suite 5, Eastsound
- Orcas Medical Center – 7 Deye Lane, Eastsound
- Lopez Island Medical Clinic – 103 Washburn Place, Lopez Village
- Mount Vernon Women’s Clinic – 111 North 17th Street, Mt. Vernon
- North Cascade Family Physicians – 2116 East Section Street, Mt. Vernon
- North Cascade Women’s Clinic – 125 North 18th Street, Suite A, Mt. Vernon
- Planned Parenthood – Mt. Vernon Health Center – 1805 East Division Street, Mt. Vernon
- Quick Care Medical Clinic – 205 Stewart Road, #104, Mt. Vernon
- QTC Medical Group – Suite 103, 205 I-5, Mt. Vernon
- Sea Mar Community Health Center – 1400 North Laventure Road, Mt. Vernon
- Sea Mar Mt. Vernon Healthcare for Homeless – 1010 East College Way, Mt. Vernon
- Skagit Family Health Clinic – 916 South 3rd Street, Mt. Vernon
- Skagit Regional Clinic – 819 South 13th Street, Mt. Vernon
- Skagit Regional Clinics – Mount Vernon – 1400 East Kincaid Street, Mt. Vernon
- Skagit Regional Clinics – Riverbend – 2320 Freeway Drive, Mt. Vernon
- PeaceHealth Medical Group – 835 East Fairhaven Avenue, Burlington

Our community also includes numerous specialty clinics serving various needs.

Behavioral Health

While the county health departments and many of the hospitals and clinics identified above provide mental health services and treatment for substance abuse, the following facilities are also available in our community:

- Inside Passage Counseling – 902 8th Street, Anacortes
- Sea Mar Anacortes Behavioral Health – 1004 M Avenue, Anacortes
- Dr. Christopher Tobey – 606 Commercial Avenue, #G, Anacortes
- Compass Health – 520 Spring Street, Friday Harbor
- McGuire Shahn – 55 2nd Street North, #204, Friday Harbor
- The Clearing – 2687 West Valley Road, Friday Harbor
- Island Assessment & Counseling – 520 East Whidbey Avenue, Suite 205, Oak Harbor
- Greg Rolnick – 840 SE 8th Avenue, #204, Oak Harbor
- Sea Mar Oak Harbor Behavioral Health Center – 31640 WA-20, #1, Oak Harbor
- Tri-Essence Care – 1121 SE Dock Street, Oak Harbor
- Bodymind Counseling – 229 Indralaya Road, Eastsound
- Brandon Adams, MS, LMFT – 188 A Street, Eastsound
- Ian Healing Arts Center – 453 North Beach Road, Eastsound
- Island Psychiatric Services – 374 North Beach Road, #D4, Eastsound
- Malcolm River – 11 Discovery Way, Eastsound
- Bitterroot Assessment and Counseling – 1310 East College Way, Mt. Vernon
- Bywater Psychiatric Consultation – 721 South 1st Street, Mt. Vernon
- Catholic Community Services – 320 Pacific Place, Mt. Vernon

- Compass Health – 1100 South 2nd Street, Mt. Vernon
- Dion Menser, LMFT – 1315 Cleveland Avenue, Mt. Vernon
- North Sound Behavioral Health – 301 Valley Mall Way, #110, Mt. Vernon
- Phoenix Recovery Services – 1601 East College Way, #1, Mt. Vernon
- Sea Mar Mount Vernon Behavioral Health Center – 1010 East College Way, Mt. Vernon
- Shifa Health – 1103 Cleveland Avenue, Mt. Vernon
- Skagit Behavioral Health – 406 South 1st Street, #30008, Mt. Vernon
- Skagit Recovery Center – 1905 Continental Place, Mt. Vernon
- Skagit Valley Reach Center – 1413 East College Way, Mt. Vernon
- Sunrise Community Mental Health – 2500 East College Way, Mt. Vernon
- Catholic Community Services – 614 Peterson Road, #200, Burlington
- Follman Agency – 910 South Anacortes Street, Burlington