



ANNUAL REPORT 2006

This report was supported by the Preventive Health and Health Services (PHHS) Block Grant from the Center for Disease Control (CDC). Its contents are solely the responsibility of Wahkiakum County Health & Human Services and do not necessarily represent the official view of CDC.



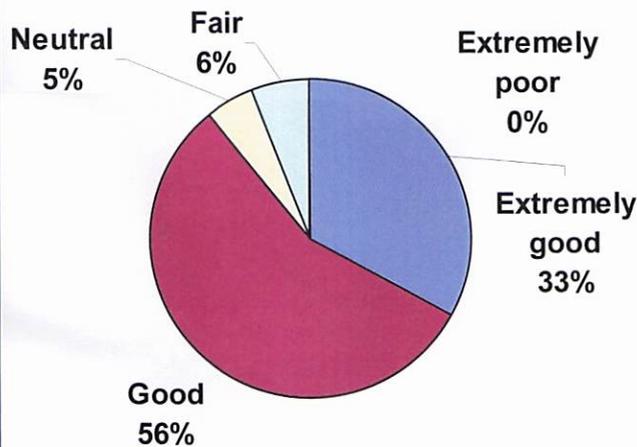
Wahkiakum County Health & Human Services 2007 Annual Report

Caring and Working Toward A Healthier Community

Overview

Wahkiakum County is a beautiful rural community located in southwestern Washington State. The major highway, State Route 4, parallels Lewis & Clark's route to and from the Pacific Ocean. Wahkiakum is the smallest county by area and holds a population of 3,959 people. The largest proportion of the population is between 45 and 54 years of age, with persons aged 65 years and older consistently making up 16% of the population. The report that follows gives a set of indicators by which we can compare our data with other localities. In addition to the indicators comparisons are given to the State of Washington overall and where available *Healthy People 2010* goals.

Quality of Life in Wahkiakum County,



Quality of Life Survey

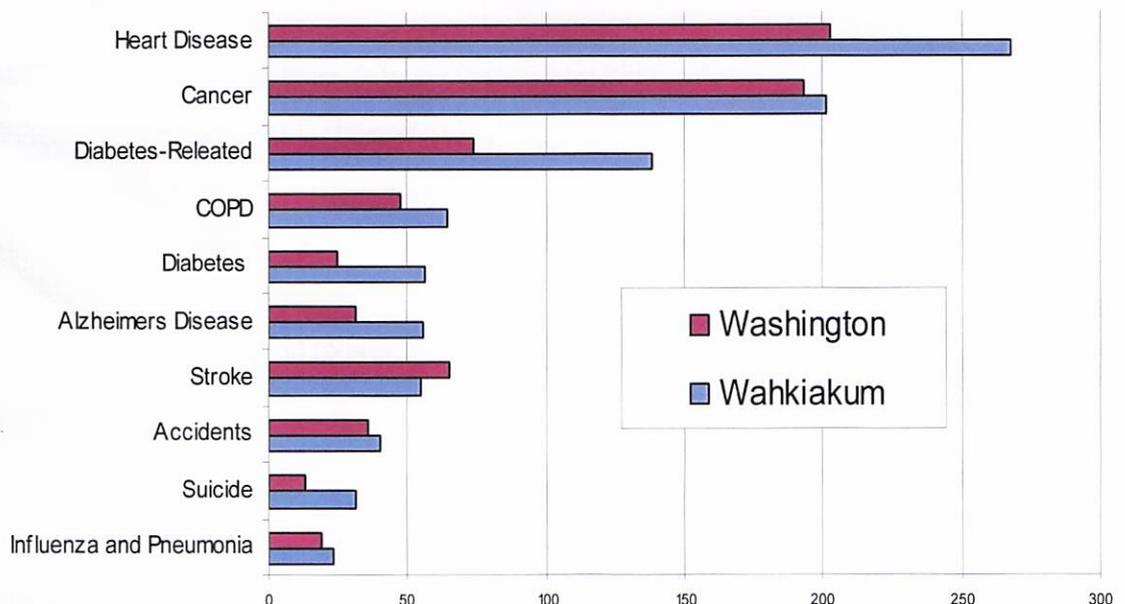
The Quality of Life survey found that the majority of county residents (89%) reported a good quality of life.

Three-quarters or more of residents report:

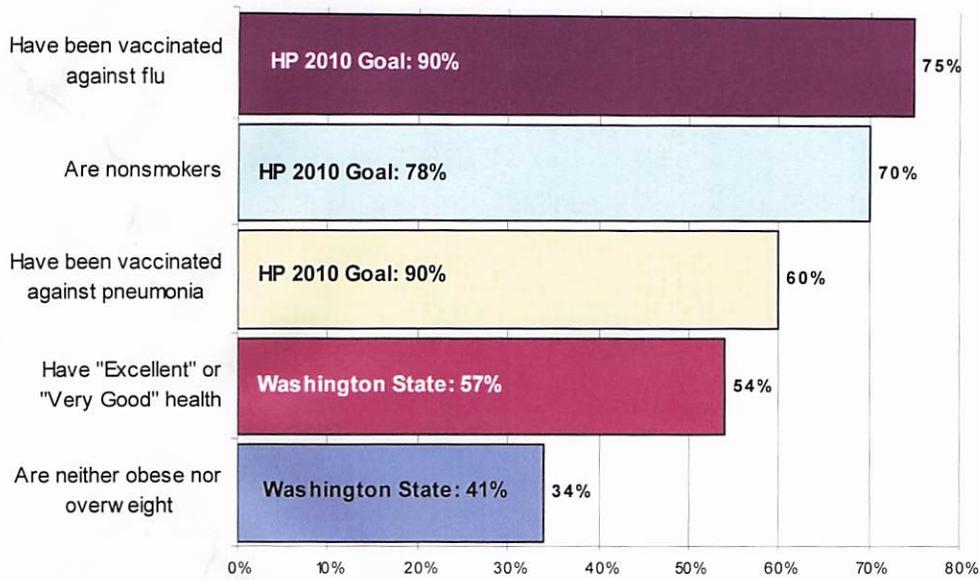
- ✓ Having networks of support during times of stress
- ✓ Feeling safe in the community
- ✓ Believe that it's a good place to raise children and grow old.

For more results from this survey contact Health & Human Services.

Leading Causes of Death in Wahkiakum County and Washington State, 1996-2005 Deaths per 100,000 population



Health Behaviors of Wahkiakum Adults



The 4 most common health problems in our community:

- 74% Drug use
- 70% Alcohol abuse
- 34% Domestic Violence
- 34% Mental Health issues

The 4 most common "risky behaviors" in our community:

- 87% Drug use
- 82% Alcohol abuse
- 45% Being overweight or obese
- 37% Unsafe sex

As reported in 2007 *Quality of Life Survey*

Early entry into prenatal care is an important factor in determining how healthy infants will be. How much education the mother has completed, family income, access to health care and medical insurance status all affect the health of the infant. Low-birth weight infants (weighing less than 5½ pounds), is an important measure to track because it tells us how healthy the infant is and likelihood of surviving to the first birthday. Unmarried mothers tend to have poorer birth outcomes than married mothers because they are more likely to be young, less educated, and have less income.

In 2006, the Health and Human Services Department

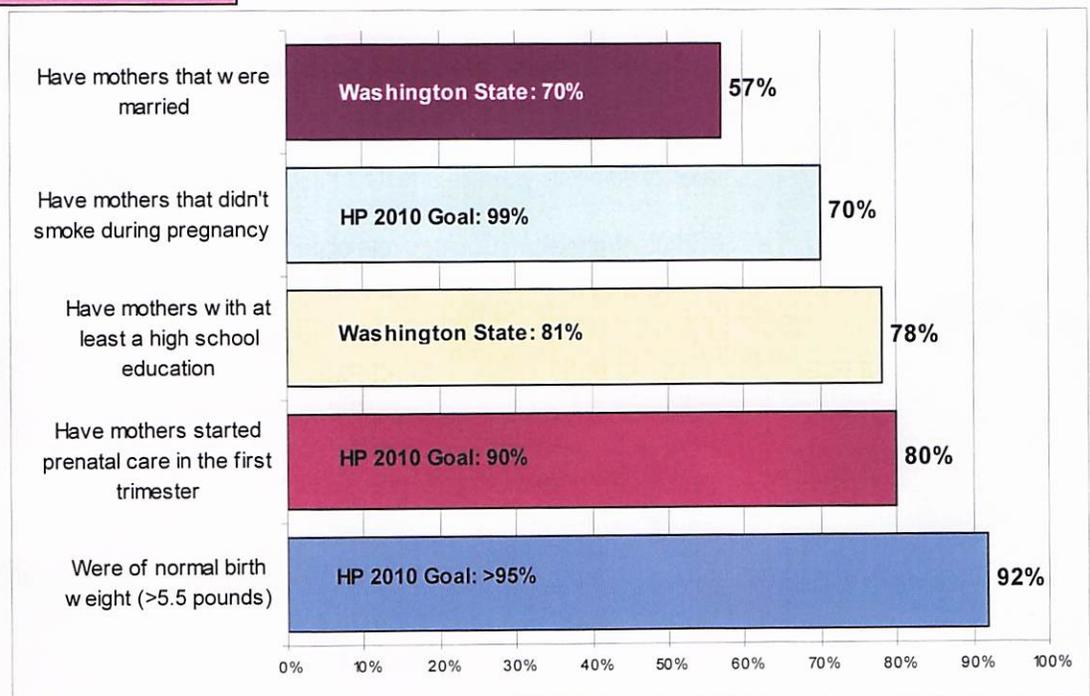
- ✓ Served 120 infants and children
- ✓ Served 55 pregnant, breastfeeding and postpartum mothers in our Women, Infants, and Children (WIC) Nutrition Program
- ✓ Made 541 referrals to preventive health services
- ✓ Provided Maternity and Infant Case Management to 25 pregnant women and high-risk infants
- ✓ Provided services to 11 children with special health care needs
- ✓ Completed 93 clinic visits for men and women seeking reproductive health services (family planning and STD testing)

Babies born in Wahkiakum County in 2005....

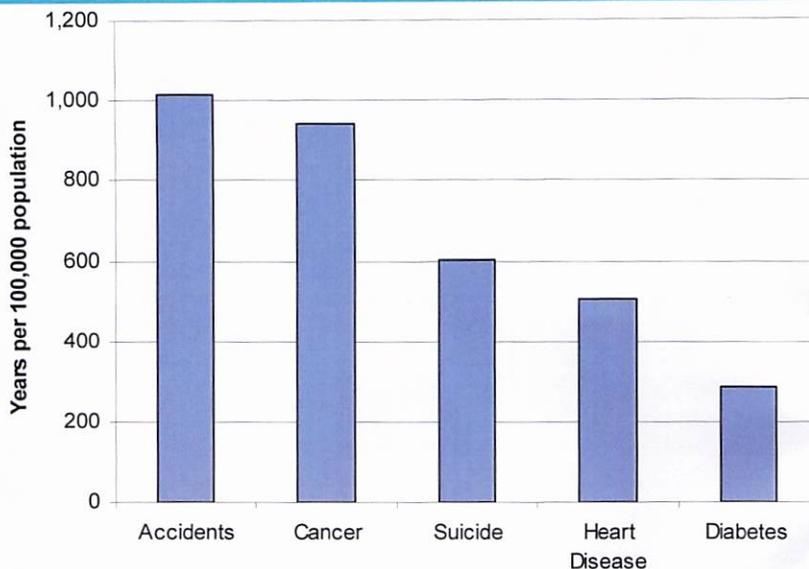
Residents report that the 4 most important factors for a healthy community are:

- ✓ Access to health care
- ✓ Good schools
- ✓ Safe neighborhoods
- ✓ Good jobs and a healthy economy

Quality of Life Survey, 2007



Years of Potential Life Lost Below Age 65, Wahkiakum County, 1996-2005



Premature Deaths or Years of Potential Life Lost is a way to measure causes of death that are the most common among persons under age 65. For example, if a person dies of heart disease at age 54, the years of potential life lost to heart disease is 10. This is important because many of these conditions are preventable.

To fight premature death we can:

- ✓ Stop smoking
- ✓ Eat healthier food
- ✓ Get more exercise
- ✓ Have regular check-ups
- ✓ Wear our seat belts
- ✓ Seek mental health support
- ✓ Get annual flu shots

◆ The life expectancy of Wahkiakum residents is 79.7 years as compared to the life expectancy of all Washington residents at 79.3 years.

◆ Women in Wahkiakum have a life expectancy of 81.2 and their peers statewide slightly longer, 81.6 years.

◆ Males in Wahkiakum County have a life expectancy of 78.6 years and their Washington peers 76.8 years.

During 2006, the Health and Human Services Department worked hard to prevent communicable disease some of the activities included clinic services like:

- ✓ Screened 45 people for tuberculosis
- ✓ Provided immunizations to adults and children
- ✓ Provided HIV screening and counseling
- ✓ Responded to one Norovirus outbreak
- ✓ Partnered with Wahkiakum Family Practice Clinic to provide flu immunizations
- ✓ Conducted a flu immunization clinic at the West End of the county
- ✓ Conducted community education programs including 4 community education programs on Pandemic Flu Preparation and 2 pandemic flu exercises



In 2006, the Health and Human Services Department conducted

- ◆ 66 inspections at food service establishments
- ◆ Issued 62 temporary food permits
- ◆ Investigated 6 food establishment complaints
- ◆ Issued 164 food worker permits
- ◆ Responded to 1,250 environmental health inquiries



Other activities to ensure safe food and water included conducting 298 on-site sewage inspections.

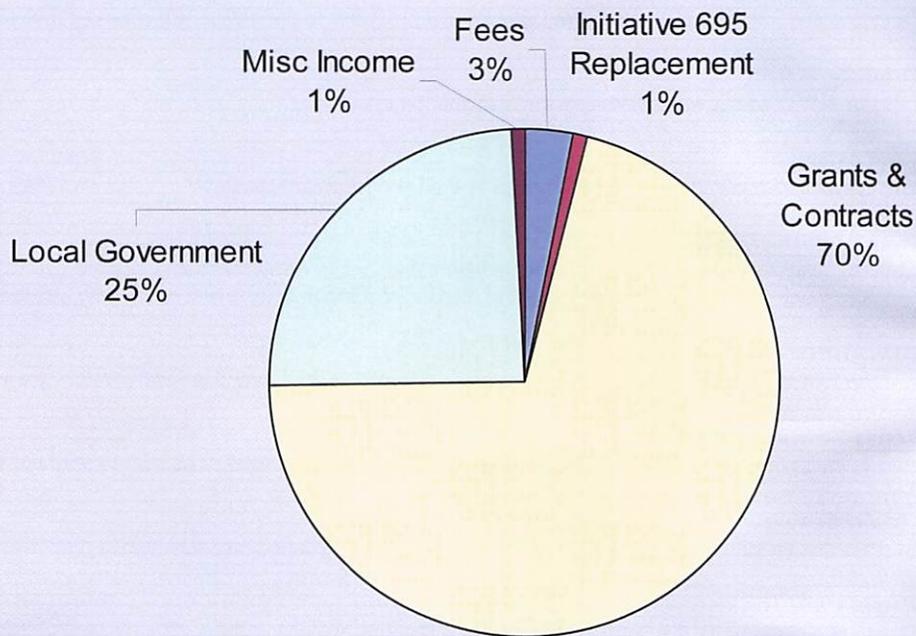
- ◆ Compared to surrounding counties and other rural counties, Wahkiakum County has reported higher rates of domestic violence arrests for 2003-2005, with an average of 23 arrests annually.
- ◆ In 2005, Wahkiakum County's rate of domestic violence arrests per 1,000 persons was 5.0, similar counties were 4.3, and Washington State overall was 5.3.

During 2006, Human Services served:

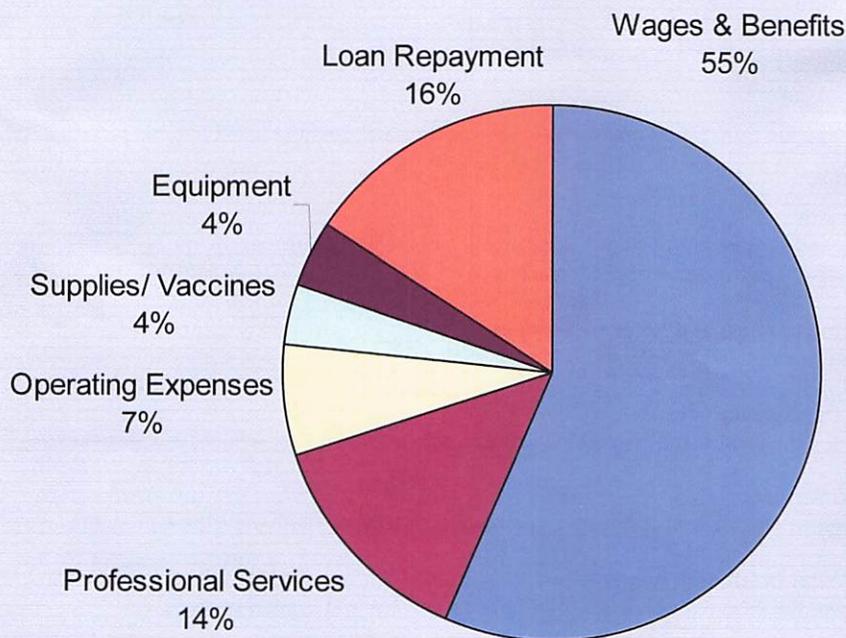
- 204 mental health clients through 4,870 hours of direct service
- Chemical Dependency services assessed 72 individual clients for care.
- Over 3,300 total service hours of Chemical Dependency services were provided.
- Many persons were served (771) through programs including community education, interim services, and outreach.
- Arranged for emergency shelter for 50 people, including 12 children.
- Worked to prevent homelessness by providing services to 44 persons, including 18 children.
- Provided transitional housing for 55 people, including 24 children.

How Your Health and Human Services is Funded

Sources of HHS Revenue, 2006



HHS Expenses, 2006



In August 2004, a year after receiving a planning grant, the Wahkiakum on the Move Community Van premiered, operating weekday trips throughout the county, and connecting to four existing transit services in the region, including Amtrak trains. The van stops in Longview, Cathlamet, Skamokawa, Grays River, Rosburg, and Naselle.





Public Health
Prevent. Promote. Protect.

What is Public Health?

Public Health is the science and practice of protecting and improving the health of a community. It is an essential service guaranteed to all



What does Human Services mean to our county?

Human Services provides an array of programs to promote mental health and well being.

Hilary Gillette-Walch, Region IV Public Health helped write and illustrate this report on behalf of Wahkiakum County.

Wahkiakum County Health and Human Services provides a wide range of programs to protect and promote public health including:

Clinical Services

Controls and manages communicable diseases and assures all people have access to reproductive health services.

Community Health Promotion

Develops and implements outreach and educational programs to positively influence health behavior

Drinking Water

Ensures safe drinking water resources and distribution systems.

Food Safety

Lowers the incidence of food borne illnesses at food service establishments.

Health Information Resources

Collects, analyzes, and reports health data to insure that county residents receive needed public health services, and coordinates emergency preparedness and response activities in the event of a public health emergency.

HIV/AIDS

Assures that HIV/AIDS preventative, diagnostic, case management and treatment services are available.

Living Environment

Addresses environmental concerns other than food, water, sewage, solid or hazardous waste or water quality.

On-site Sewage

Ensures that on-site sewage systems are designed, installed, operated, and maintained properly.

Parent Child Health

Promotes a community that supports the health of families, women, infants, children, and children with special health care needs.

Solid and Hazardous Waste

Ensures the proper management of solid and hazardous wastes and promotes pollution prevention and waste minimization.

Vital Records

Provides copies of birth and death certificates

Water Quality

Protects the public from waterborne illnesses and other water quality related hazards present in environmental waters.

Mental Health

Counseling and Treatment, psychiatric assessment and medication management, 24/7 crisis response, Domestic violence perpetrator treatment, support housing.

Community Outreach and Referral Services

Housing and emergency shelter program, food, application assistance and community education and referrals.

Chemical Dependency Services

Assessment, outpatient treatment, community outreach and education, school-based services.

Prevention Services

Substance abuse and tobacco prevention, community education, youth prevention programs.

Developmental Disabilities Services

Supported employment and services for DD clients, 0-3 year old support services.

Wahkiakum County Health & Human Services

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