

Lynden

HEALTH ASSESSMENT LISTENING SESSION

LYNDEN LIBRARY 9/26/18

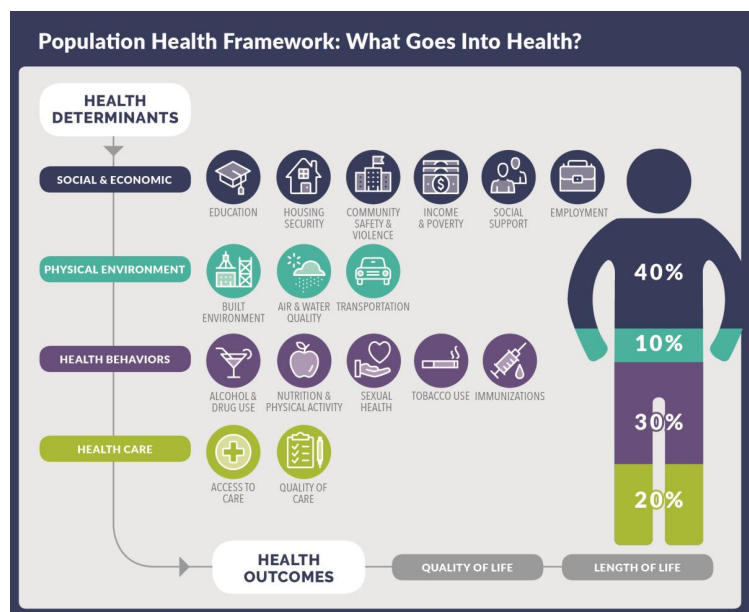
Overview

The overall goal of this Health Assessment is to use local knowledge, community stories, and multiple sources of data to assess the health of the Lynden community. The information included in this document seek to expand on the 2018 Whatcom County Community Health Assessment by providing greater depth of data and information on how health is experienced differently within the Lynden community. The goal of this document is to guide a community conversation that allows for a greater understanding of what is contributing to or creating barriers for a healthy community. The information provided is based on Lynden school district boundaries as individuals often identify with these boundaries when considering their sense of community. While public health data is limited at this population-level, what is provided offers an opportunity for community members to review and consider how the information here, along with the countywide assessment, aligns with their understanding of how health is experienced for their community. The Health Department is seeking input from community members and individuals who work within the Lynden community on additional information to add context and understanding to the health assessment.

A facilitated community listening session will be held for community members to provide additional information and understanding to the Lynden assessment. The Lynden session will be held on Wednesday, September 26, 2018, 1:30-3:30pm at the Lynden Library.

Population Health Framework: What Goes Into Health?

Assessing population health involves measuring both health outcomes and the factors that shape health outcomes. This draft document uses the population health framework to demonstrate how health outcomes – the length and health-related quality of one’s life – are the result of complex interactions between many factors, or health determinants. These influencing factors fall into one of four categories: social and economic factors, physical environment, health behaviors, and health care. This document includes measures of these health determinants as a way to assess not just how sick or well the population is, but also what underlying factors are contributing to health and disease. The data is organized into subsections that correspond with the population health framework.



DRAFT COMMUNITY OVERVIEW

The city of Lynden is four miles from the Canadian border and 15 miles north of Bellingham, and is the second largest city in Whatcom County. Lynden takes great pride in their Dutch and Scandinavian roots, stating the hard work and high standards of those who settled early in Lynden as key to the city's continued legacy of self-reliance and dedication to community. Community members additionally describe Lynden as conservative. Faith is specifically cited as an important aspect shaping the Lynden community – according to the Lynden Chamber of Commerce, the community possesses one of the highest ratios of churches per capita in the country. Community members note that churches provide much of the infrastructure for public and community services.

Lynden's economy is based largely on agriculture, with most of Whatcom County's larger farms within its 15-mile radius. While many different crops are grown in the area, Lynden is most known for its dairy industry (particularly powdered milk) and berry production (specifically raspberries, blueberries, and strawberries). Tourism is an additional important industry within the Lynden community.

Lynden is a walkable city with ease of transportation provided with Highway 538 to Canada and Bellingham, and Highways 544 and 546 to the eastern portions of the county. Public transportation within the city is additionally available Monday to Sunday, with zone service available Monday through Friday, depending on the area.

The Lynden School District is comprised of one high school, one middle school, three elementary schools, and a parent partnership alternative learning school for grades K-12. Multiple health services exist in the area, including several clinics, a dental health center, and a long-term care and rehabilitation center.

Listening Session Questions:

- 1) Does this description accurately reflect your community?
- 2) Is anything missing?

Draft Health Status Assessment

The purpose of this health status assessment is to expand on the 2018 Whatcom County Community Health Assessment by providing greater depth of data on how health is experienced differently within the Ferndale community. The indicators in this assessment were selected based on the population health framework and emerging health issues that were identified in the countywide *2018 Community Health Assessment*. When available, Ferndale population-level data was included with the purpose of comparing the Ferndale community data to Whatcom County data. While public health data is limited at this population-level, what is provided offers an opportunity for community members to review and consider how the information here, along with the countywide assessment, aligns with their understanding of how health is experienced for their community.

The health status assessment has 6 sections: demographics, health outcomes, social and economic factors, health behaviors, physical environment, and health care.

Listening Session Questions:

- 1) What data do you find surprising?
- 2) What data is missing?
- 3) What questions do the data raise?

Demographics

Population information assists communities in identifying and meeting current and future health needs, including culturally appropriate and geographically accessible health care and public health services.

| Population, 2012-2016 | Lynden | Whatcom County |
|-----------------------------|--------|----------------|
| Total Population | 19478 | 209,729 |
| Age Distribution, 2012-2016 | Lynden | Whatcom County |
| Median Age | 38.8 | 36.8 |
| Under 5 years | 7.4% | 5.5% |
| 5 to 14 years | 13.5% | 11.1% |
| 15 to 24 years | 12.3% | 18.2% |
| 25 to 44 years | 23.4% | 24.5% |
| 45 to 64 years | 23.4% | 25.5% |
| 65+ | 19.9% | 15.5% |
| Gender, 2012-2016 | Lynden | Whatcom County |
| Female | 51.6% | 50.5% |
| Male | 48.4% | 49.5% |

| Race and Ethnicity, 2012-2016 | Lynden | Whatcom County |
|---|--------|----------------|
| African American/Black | 0.3% | 0.9% |
| American Indian/Alaska Native | 0.6% | 2.7% |
| Asian | 2.3% | 4.0% |
| Native Hawaiian/Pacific Islander | 0.2% | 0.3% |
| White/Caucasian | 84.6% | 80.1% |
| Spanish, Hispanic, or Latino Ethnicity (any race) | 10.0% | 8.8% |
| Two or more races | 1.6% | 3.0% |
| Households | Lynden | Whatcom County |
| Number of Households | 7,012 | 81,019 |
| Households with Children (Under 18) | 31.0% | 27.3% |
| Speak a Language Other than English- Total | 12.7% | 12.4% |
| Veterans Population | 8.2% | 8.2% |
| Population with a disability | 12.0% | 13.6% |

Health Outcomes: Health outcomes result from the interactions between a variety of factors that affect health. Positive health outcomes include not just the absence of disease and premature death, but also include a sense of functioning well mentally, physically, and socially. Understanding the magnitude of premature death, the leading causes of death, and the causes of preventable death is important for prioritizing interventions aimed to prevent and reduce the burden of disease. Quality of life is affected by disease or disability that prevents someone from attaining their full well-being.

| Length of Life | Recent Year | Lynden | Whatcom County |
|---|-------------|--------|----------------|
| Unintentional injury death rate per 100,000 | 2012-2016 | 15.31 | 28.48 |
| Coronary heart disease death rate per 100,000 | 2012-2016 | 58.49 | 77.39 |
| Lung cancer death rate per 100,000 | 2012-2016 | 19.0 | 37.05 |
| Stroke death rate per 100,000 | 2012-2016 | 30.29 | 37.17 |
| Alcohol- or Drug-Related Deaths per 100 | 2016 | 10.44 | 12.67 |
| Quality of Life | Recent Year | Lynden | Whatcom County |
| Infant low birth weight | 2012-2016 | 5.48% | 5.51% |
| Injury or Accident Hospitalizations for Children | 2016 | 6.16% | 5.29% |
| Adults with depression | 2016 | - | 22.6% |
| Adults reporting ≥14 days per month of poor mental health | 2016 | - | 13.4% |
| 10th grade students reporting depression (in the last 12 months) | 2016 | - | 32.6% |
| 10th grade students seriously considering suicide (in the last 12 months) | 2016 | - | 18.1% |

| Leading Causes of Death (rate per 100,000) | Recent Year | Lynden | Whatcom County |
|---|-------------|--------|----------------|
| Major cardiovascular diseases | 2012-2016 | 147.93 | 154.58 |
| Malignant neoplasms (Cancer) | 2012-2016 | 101.99 | 154.58 |
| Alzheimer's disease | 2012-2016 | 43.52 | 48.49 |
| Chronic lower respiratory diseases | 2012-2016 | 14.6 | 34.01 |
| Accidents | 2012-2016 | 15.3 | 28.48 |
| Diabetes mellitus | 2012-2016 | 20.86 | 20.27 |
| Parkinson's disease | 2012-2016 | 9.16 | 9.44 |
| Influenza and pneumonia | 2012-2016 | 7.01 | 9.17 |

Social & Economic Factors: Social and economic determinants of health include conditions such as poverty, employment, and educational achievement. It is widely acknowledged in public health that these factors affect long-term health both directly and indirectly, through influences on health behaviors, access to resources, and the ability to participate in society.

| Community Safety & Violence | Recent Year | Lynden | Whatcom County |
|--|--------------------|---------------|-----------------------|
| Victims of child abuse and neglect per 1,000 | 2016 | 31.6 | 50.9 |
| Domestic violence offenses per 1,000 | 2016 | 4.86 | 6.39 |
| Jail incarceration rates per 100,000 (ages 15-64) | 2014 | - | 276.3 |
| Education | Recent Year | Lynden | Whatcom County |
| Children who demonstrate readiness skills for kindergarten in all areas | 2016 | 58.09% | 47.82% |
| Unexcused Absence for Students in Grade 1 to 8 (rate per 1,000 school days) | 2016 | 2.01 | 5.12 |
| On-time graduation rate | 2016 | 84.0% | 76.6% |
| Postsecondary enrollment | 2015 | 49.8% | 59.3% |
| Adults ages 18-24 enrolled in college or graduate school | 2012-2016 | 32.7% | 58.1% |
| Housing Security | Recent Year | Lynden | Whatcom County |
| Homelessness of public school students | 2015-2016 | 61 | 981 |
| All cost burdened households (<i>Housing cost is > 30% of income</i>) | 2011-2015 | - | 37.77% |
| Homeowner vacancy rate | 2012-2016 | 1.3% | 1.4% |
| Rental vacancy rate | 2012-2016 | 11.7% | 3.6% |
| Severe housing problems (<i>1 or more of the following: overcrowding, high housing costs, lack of kitchen or plumbing</i>) | 2009-2013 | - | 21.0% |
| Income & Poverty | Recent Year | Lynden | Whatcom County |
| Median Household Income | 2012-2016 | \$63,397 | \$54,212 |
| Population living below the poverty level | 2012-2016 | 6.20% | 16.0% |
| Population 18 and under living below poverty level | 2012-2016 | 5.2% | 15.3% |
| Children eligible for free-reduced lunch per 100 students | 2016-2017 | 33.3% | 42.8% |
| Supplemental Nutritional Assistance Program (SNAP) | 2016 | 12.03% | 17.73% |
| Temporary Assistance to Needy Families (TANF), per 100 Child Recipients | 2016 | 2.38 | 5.05 |
| Gini Index (<i>income inequality score ranging from 0-perfect to 1-inequality</i>) | 2012-2016 | 0.3755 | .4507 |
| Unemployment | Recent Year | Lynden | Whatcom County |
| Unemployment rate | 2012-2016 | 2.9% | 7.7% |
| Social Isolation | Recent Year | Lynden | Whatcom County |
| Population 65+ living alone | 2012-2016 | 13.0% | 11.5% |

Health Behaviors: Behaviors such as exercising, eating healthfully, using substances, or getting vaccines are important factors that directly relate to health outcomes. Many public health and health care interventions focus on changing individual behaviors, and data about personal health behaviors can provide cues for developing effective interventions to promote healthy behavior choices.

| Alcohol & Drug Use | Year | Lynden | Whatcom County |
|---|-------------|--------|----------------|
| Opiate treatment admissions per 100,000 | 2013-2015 | - | 349.8 |
| 10th grade students who reported drinking and driving (in the last 30 days) | 2016 | - | 4.1% |
| Binge drinking among 10th grade students (in the last 30 days) | 2016 | - | 9.0% |
| Marijuana use among 10th grade students (in the last 30 days) | 2016 | - | 16.3% |
| Clients of State-Funded Alcohol or Drug Services (Age 18+) per 1,000* | 2012-2016 | 7.46 | 15.07 |
| Immunizations | Year | Lynden | Whatcom County |
| Personal vaccination exemption rate among kindergarten students | 2016-2017 | - | 7.1% |
| Nutrition & Physical Activity | Year | Lynden | Whatcom County |
| 10th grade students eating ≥ 5 fruits and vegetables per day | 2016 | - | 19.1% |
| Adults who met aerobic physical activity guidelines | 2015 | - | 62.6% |
| 10th grade students who met aerobic physical activity guidelines | 2016 | - | 22.2% |
| Sexual Health | Recent Year | Lynden | Whatcom County |
| Birth rate per 1,000 population | 2012-2016 | 14.33 | 11.01 |
| Births to School-Age (10-17) Mothers rate per 1,000 | 2016 | 1.65 | 2.54 |
| Chlamydia incidence rate per 100,000 | 2016 | - | 325.5 |
| Gonorrhea incidence rate per 100,000 | 2016 | - | 47.9 |
| Tobacco Use | Year | Lynden | Whatcom County |
| Births where the mother smoked during pregnancy | 2012-2016 | 3.90% | 8.87% |

Physical Environment: The physical environment includes both the natural environment (water, air, land) and the built environment (buildings, roads, parks, and other infrastructure). Having access to clean water, clean air, and preventing exposure to environmental toxins are foundational to good health. The built environment influences health by providing or limiting opportunities for healthy living, including access to safe areas to be physically active, access to nutritious foods and safe access to work.

| Water & Air Quality | Year | Lynden | Whatcom County |
|---|-------------|--------|----------------|
| Population served by Community Water Systems (CWS) as sources of drinking water | 2016 | - | 78% |
| Built Environment | Year | Lynden | Whatcom County |
| Adequate access to locations for physical activity | 2010 & 2014 | - | 87% |
| Population living within a half a mile of a park | 2015 | - | 53% |

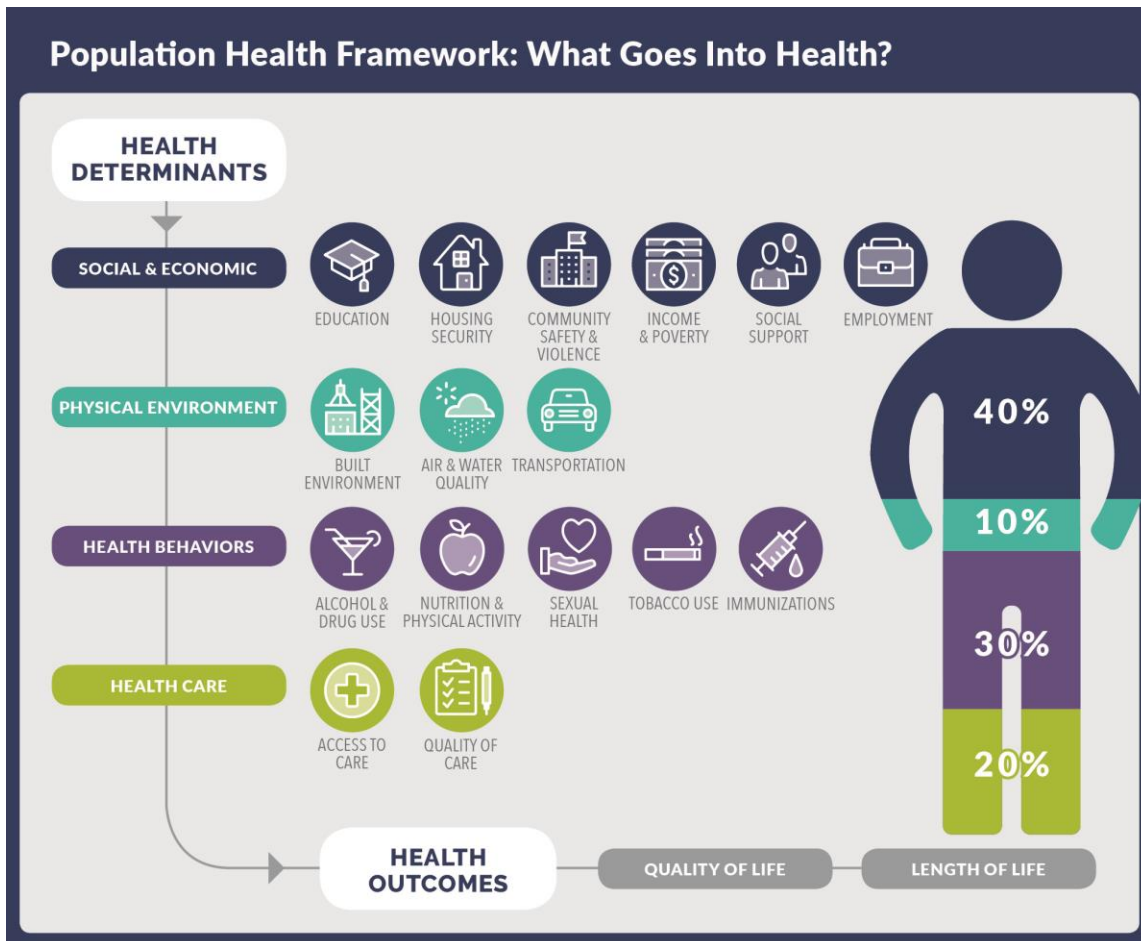
| Community Safety & Violence | Recent Year | Lynden | Whatcom County |
|-----------------------------|-------------|--------|----------------|
| Driving alone to work | 2012-2016 | 79.4% | 74.0% |
| Commuters biking to work | 2012-2016 | 0.0% | 1.5% |
| Commuters walking to work | 2012-2016 | 2.9% | 4.8% |

Health Care: Access to quality health care is important to maintaining good health. The supply and accessibility of medical facilities and providers, having health insurance, cultural sensitivity in care, and limitations in insurance coverage all affect health.

| Access to Care | Recent Year | Lynden | Whatcom County |
|--|-------------|--------|----------------|
| First trimester prenatal care | 2012-2016 | 80.97% | 79.94% |
| Children and youth (\leq 18 years) without health insurance | 2012-2016 | 5.1% | 5.3% |
| Adults (18-64 years) without health insurance | 2012-2016 | 12.5% | 13.6% |

Community Views

In each community, there are strengths and challenges that impact the health of the residents. Community Views is intended to capture the contributing factors the community experiences that promote or prevent good health.



Listening Session Question:

1) Considering the population health framework, what factors positively or negatively impact the health of your community?