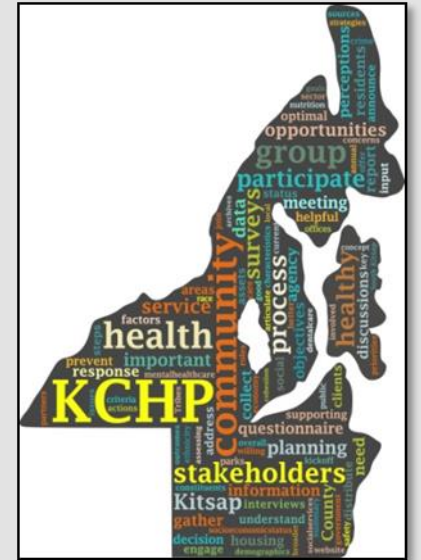


# Kitsap Community Health Priorities 2019 Summit

December 11. 2019

# Norm Dicks Government Center, Bremerton



WELCOME



# AGENDA

8:30 – 8:45

**Light breakfast**  
**Informal connecting with community partners**

8:45 – 9:00

**Welcome and Prioritization Process**

9:00 – 9:45

**2019 Data**

9:45 – 10:00

**Break**

10:00 – 10:55

**Priority Issue Table Discussion**

10:55 – 11:00

**Wrap up**

# Purpose and Goals

**Kitsap Community Health Priorities (KCHP)  
brings diverse community sectors together in  
a collaborative process to improve community  
health in Kitsap County.**

## **GOALS**

- Improve health and well-being status and opportunities for all
- Improve collaboration and planning among community agencies
- Increase public awareness of and engagement around improving health and well-being
- Increase access to and use of data

# History

## 2011

Sponsor  
Group

• Harrison, Kitsap Public  
Health, United Way

Charter  
Group

Priorities

• Provide and review data

• Access; 5210; Early  
Childhood; Living Wage  
Jobs

## 2014

Sponsor  
Group

• Harrison, Kitsap Public  
Health, United Way,  
Kitsap Community  
Foundation, Kitsap Co.  
Human Services

Advisory  
Group

Priorities

• Review data

• ACEs, Behavioral  
Health, Housing,  
Obesity

## 2019

Steering  
Committee

• CHI/Harrison, Holly  
Ridge, KPHD, Kaiser  
Permanente, Kaiser  
KC Human Services/  
Housing, KCF, KCF,  
PCHS, KMHS, OESD,  
Squamish Tribe

Data  
review

• 32 participants (17 data  
review; 23 summary  
data and prioritization)

Priorities

• Well-being; Substance  
Use; Obesity/HEAL;  
Housing; Health Care  
Access



# 2019 Priority Issues

KCHP 2019  
Assessment  
process in  
numbers:

1,173 community survey  
responses

~260 quantitative indicators

145  
community  
input forms

10 key  
informant  
interviews

17 data  
review  
participants

23  
prioritization  
participants

6 Steering  
Committee  
meetings

# Methods

## Step 1. Prioritization criteria results

- Applied criteria to assessment data to identify priority indicator sections and key indicators within sections

## Step 2. Impact/ Feasibility Assessment

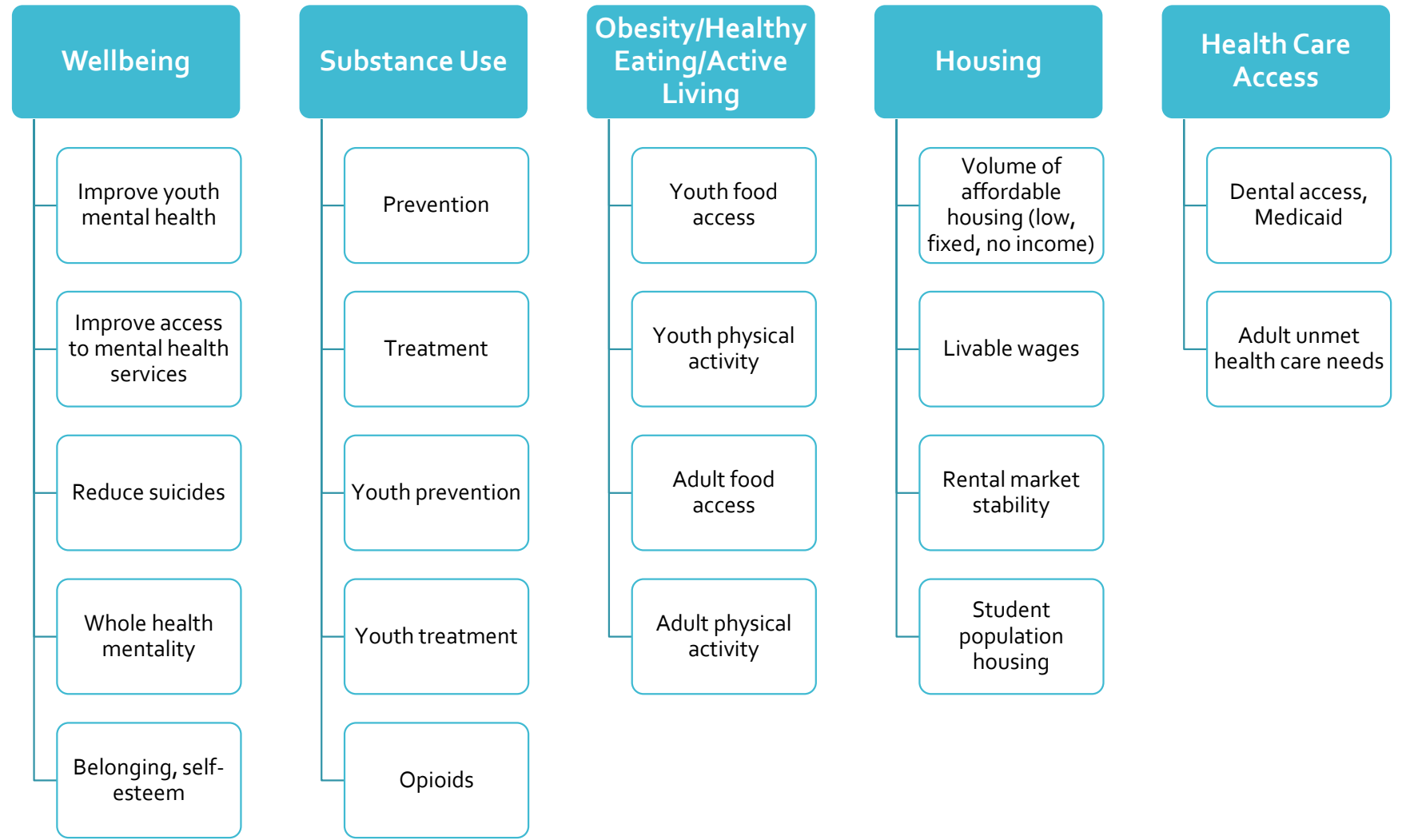
- Participants in 11/14 meeting reviewed prioritized indicators, developed key issue statements, assessed impact and feasibility of addressing key issues

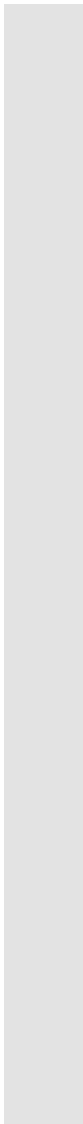
## Step 3. Community Discussion Tables

- Participants in 12/11 summit discuss current initiatives, efforts, actions; consider possible planning for future collaborations



# 2019 Priority Areas and Key Issues





# 2019 Assessment Findings

# Substance Use – Community Input

Engaging multiple sectors to address substance use disorder across the community – from those entering jail to those seeking recovery services – was a theme identified from experts in the community.

A multi-sector approach to increase substance use disorder prevention

Coordination of efforts around substance use disorder and mental health services is a main priority

Engage partners across the community - from jails to first responders.

Prevent opioid overdose and ensure access to opioid treatment

Medication Assisted Treatment programs for those addicted to opioids should be more accessible

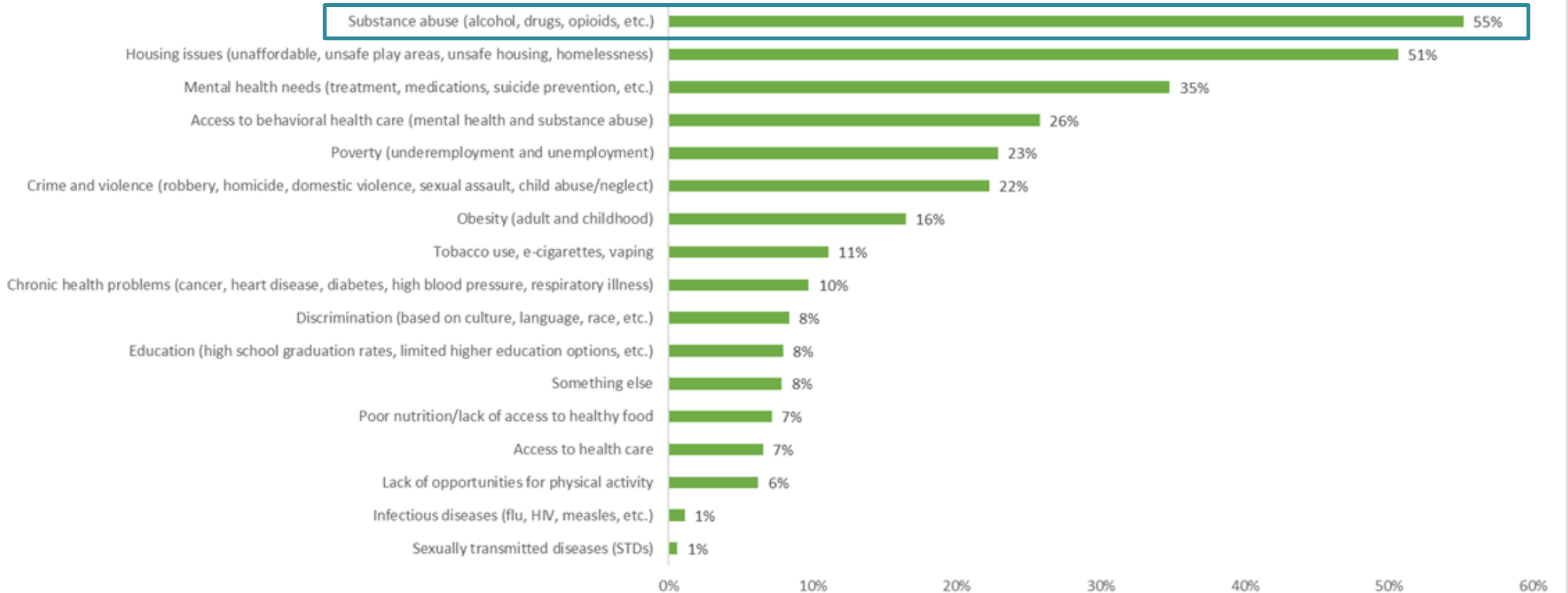
Distribute naloxone kits and provide training to reduce fatal overdoses

Educate the community about mental health and chemical dependency

3CCORP (Olympic Community of Health) is developing a communications plan to reduce stigma and educate youth

# Community Input

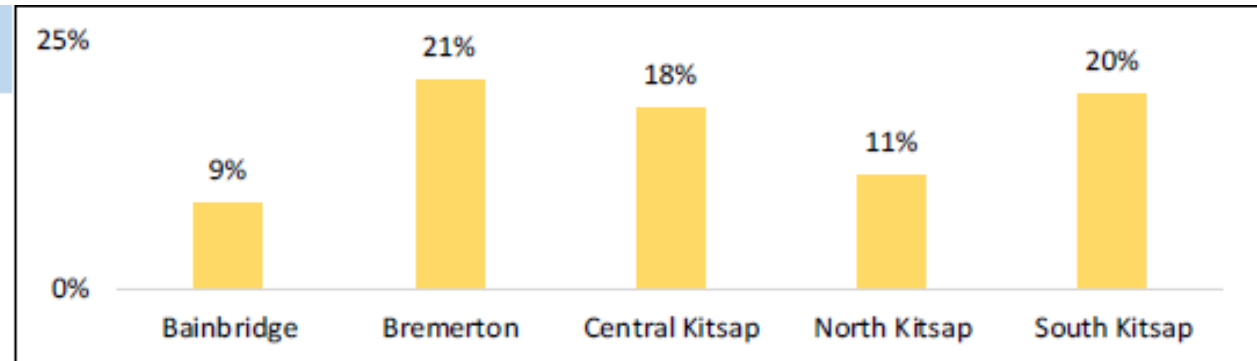
What are the biggest problems to your community's overall health? (n=1173)



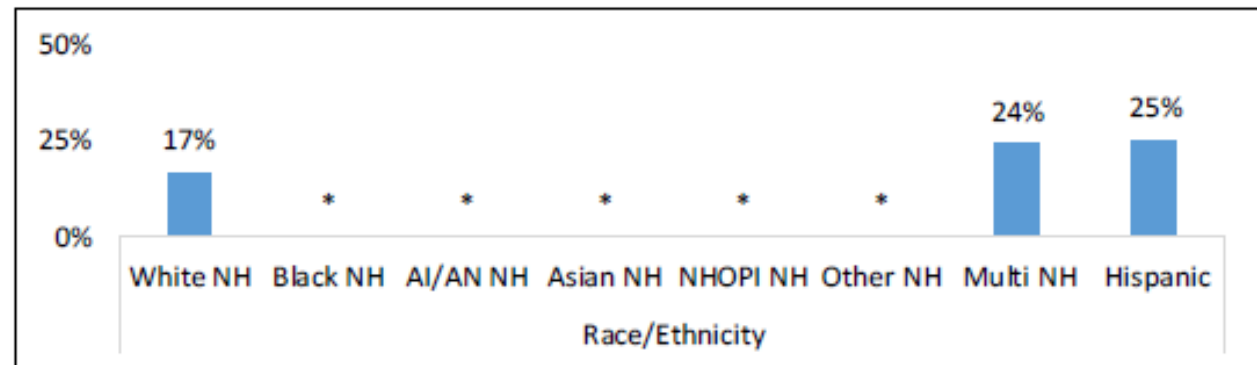
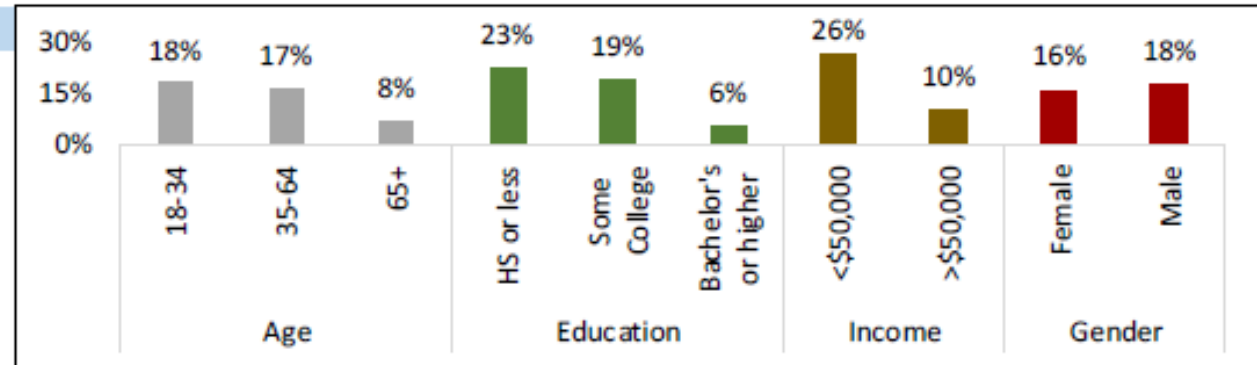
# Substance Use

- Smoking - 16% of adults , 7% of 10<sup>th</sup> graders
- Adults:

Sub-county  
geography:  
2011-17



Sub-Groups:  
2011-17



# Substance Use

- E-cigarettes/Vaping - 23% of 10<sup>th</sup> graders
- Marijuana Use - 18% of 10<sup>th</sup> graders
- Alcohol - 19% of 10<sup>th</sup> graders
- *15% of 10<sup>th</sup> graders report being drunk or high at school in past year*
- *16-17% of 10<sup>th</sup> grader report riding in a vehicle with someone who was drinking or using marijuana*
- ~170 drug-related hospitalizations, 32 deaths/year
- ~500 alcohol-related hospitalizations, 35 deaths/year

# Discussion

- Current momentum on Substance Use
  - What is already underway in the community?

# Housing – Community Input

Ensure all residents have  
affordable housing

Rental assistance program  
waits are very long

The rising costs of rent is a  
challenge for many  
residents

Reduce the number of those  
experiencing homelessness

The number of shelter beds  
is low, as is permanent  
housing stock

Medical supportive respite  
beds are needed for people  
who need step down care  
from hospitals to homeless

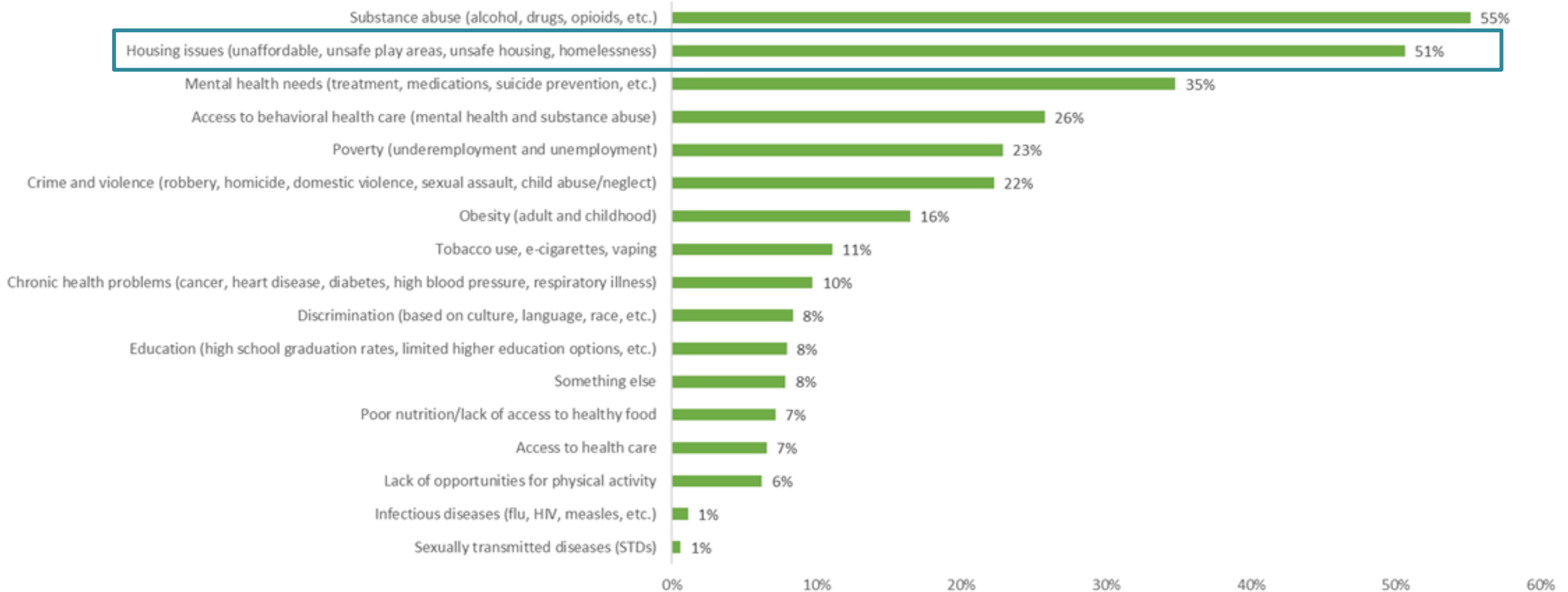
Agencies are lacking the  
capacity to take on this  
growing problem

*"Affordable housing – housing that people on minimum wage can afford. No health measures make a long-lasting impact when there is nowhere to live." -Community Member*



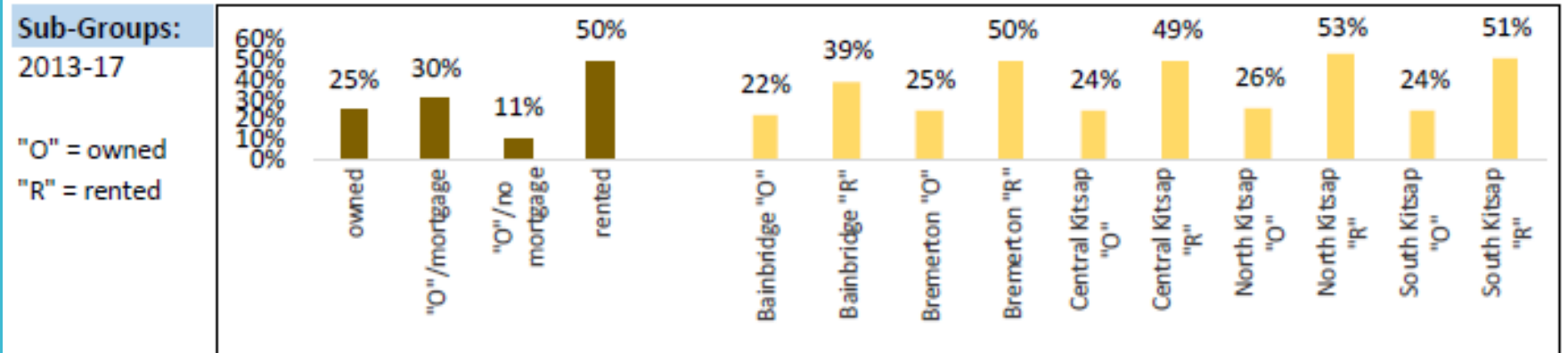
# Community Input

What are the biggest problems to your community's overall health? (n=1173)



# Housing

- Median house price = \$346,800
- Median monthly rent - \$1,179
- Monthly housing wage = \$3,930
- Spend more than 30% of income on housing



- Homeless
  - 28 out of every 1,000 public school students
  - About 1,011 kids

# Discussion

- Current momentum on Housing
  - What is already underway in the community?

# Well-being – Community Input

## Depression increasing among youth

Youth behavioral health is a main priority

Kitsap Strong is working to support trauma-informed models of care that promote health and wellness

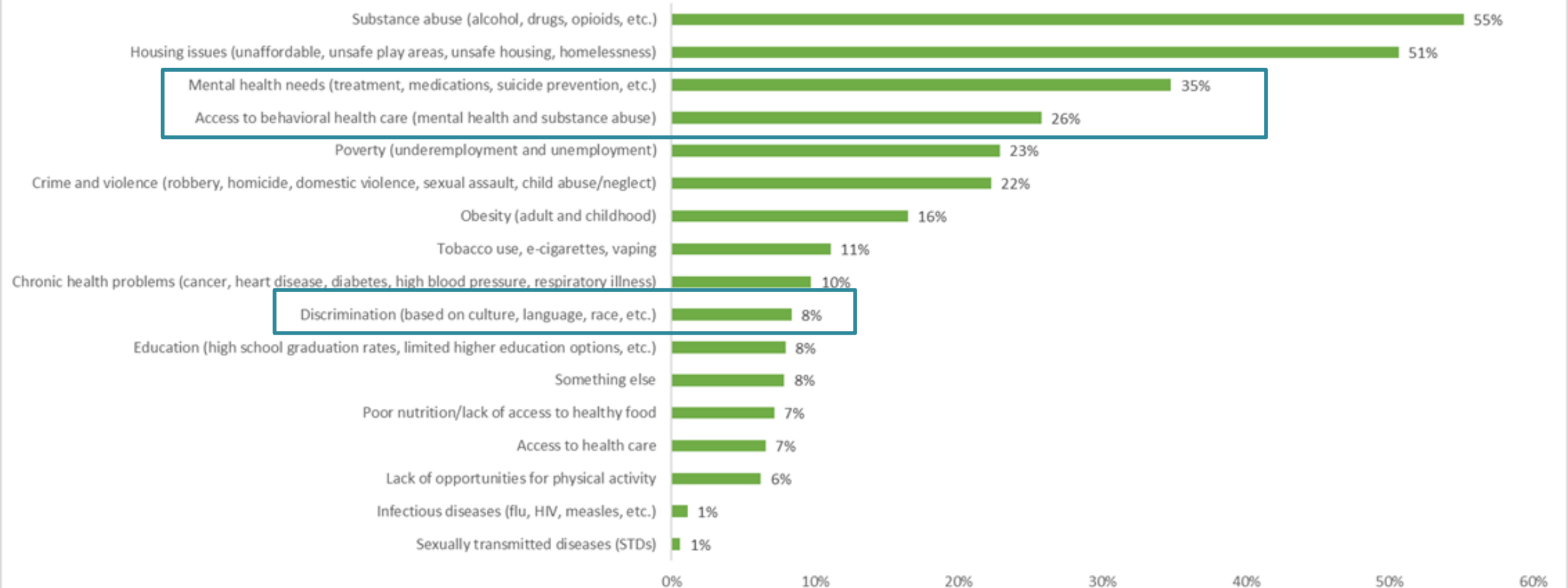
“Quantitatively and subjectively through experience, [I see an] ongoing rise in anxiety and depression, and an inability to effectively cope with those feelings... resulting in behaviors seen in schools.” -Key Informant

## Increase awareness of Suicide Prevention

Decrease suicide ideation among all age groups, with a youth focus

# Community Input

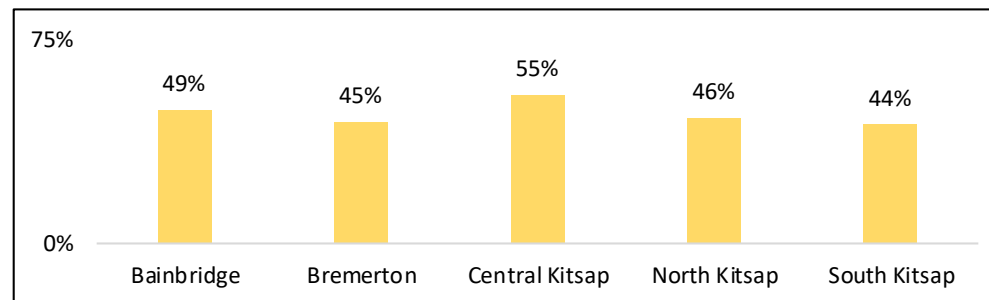
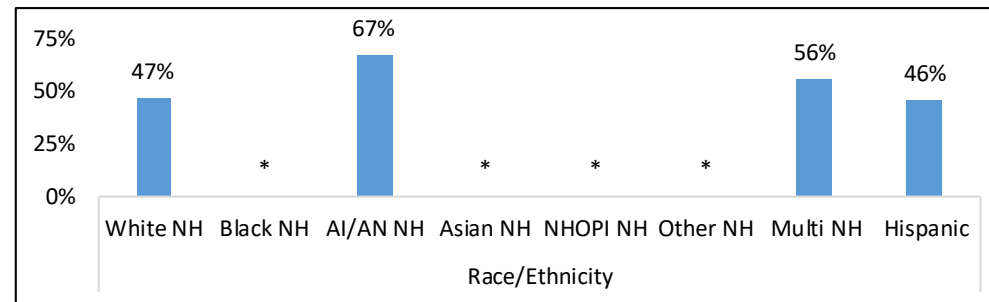
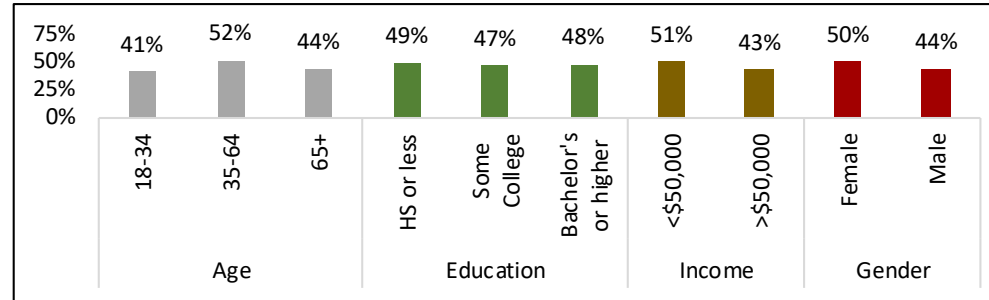
What are the biggest problems to your community's overall health? (n=1173)



# Well-being

- 87% of adults report excellent, very good, or good general health
- Nearly half of adults report activities limited by poor physical/mental health

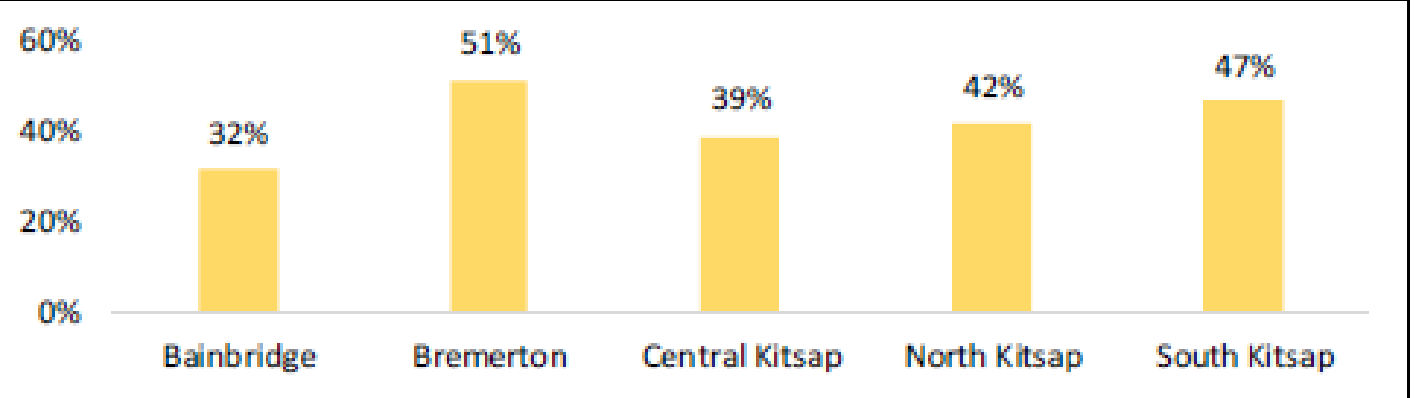
**Subgroups  
(2011-  
2017):**



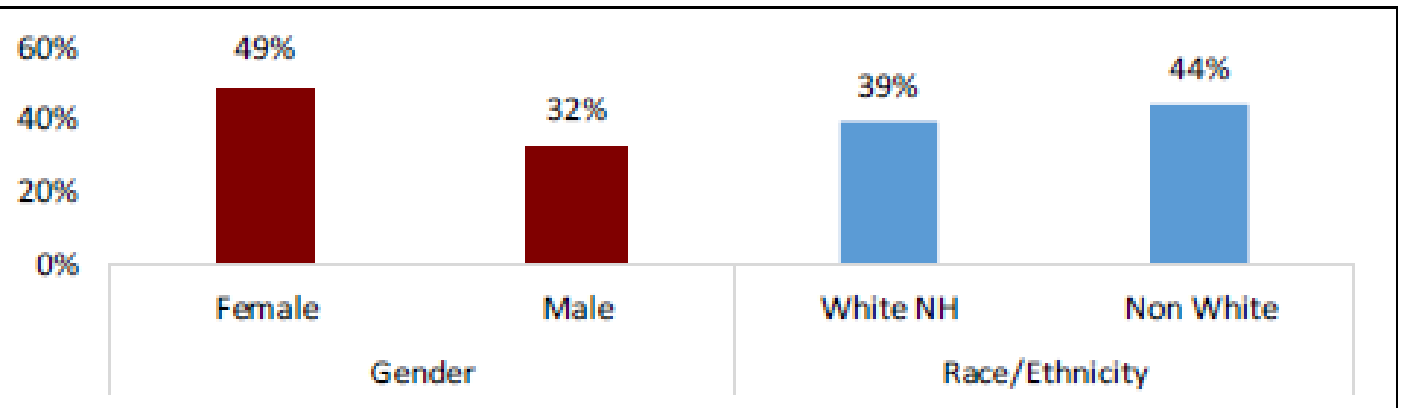
# Well-being

- Disability – 17% of population
- Depression
  - 30% of adults; 12% mental distress on 14+ days in past month
  - 41% of 10<sup>th</sup> graders; 21% report no adult to turn to

**Sub-county  
geography:**  
2018  
10th grade



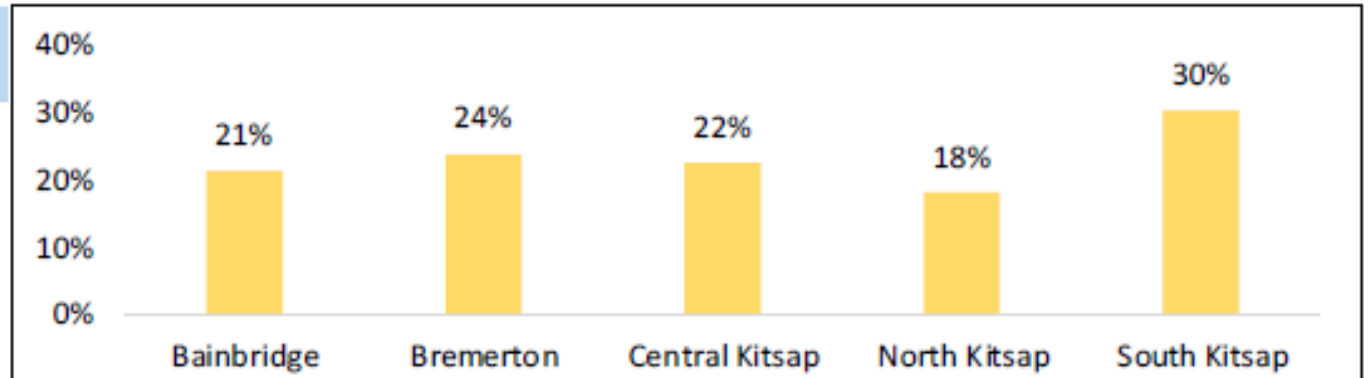
**Sub-Groups:**  
2018  
10th grade



# Well-being

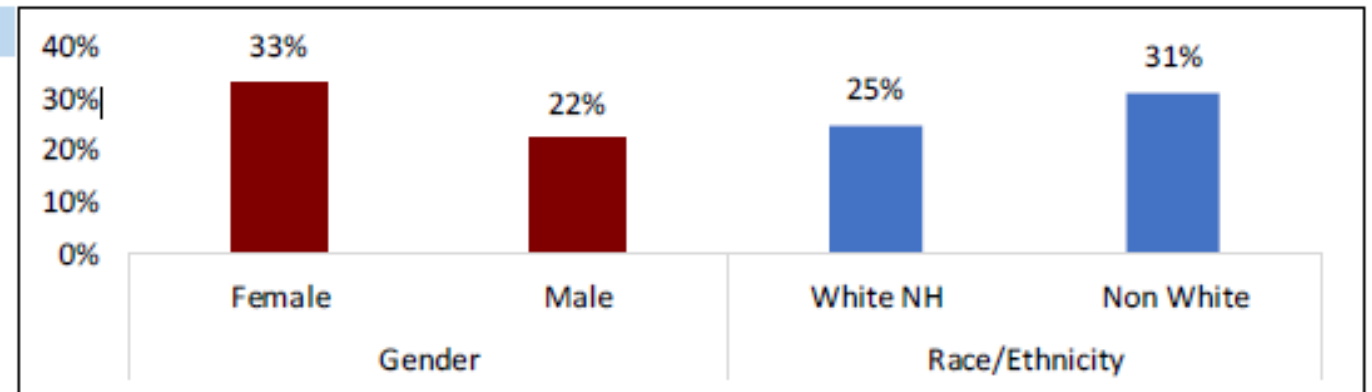
- Suicide ideation - 28% of 10<sup>th</sup> graders
- Suicide deaths – 41 deaths/year
- Unsafe at school - 23% of 10<sup>th</sup> graders

**Sub-county  
geography:**  
2018  
10th grade



- Bullying - 21% of 10<sup>th</sup> graders

**Sub-Groups:**  
2018  
8th grade





# Discussion

- Current momentum on Well-being
  - What is already underway in the community?

# Healthcare Access – Community Input

## Gaps exist in the care delivery system

Behavioral health  
workforce  
shortages

Access to dental  
care is a challenge

Access to specialty  
care, specifically OB  
services is a  
challenge

## Continue to expand access points into clinical care

School based health  
clinics are important to  
improve health

Mobile clinics play a  
key role

Connecting patients  
to care by supporting  
transitions across the  
healthcare system

Integration of behavioral  
health services, including  
Medication Assistant  
Treatment, into jails

## Barriers to accessing care

Transportation to  
access healthcare is  
a barrier

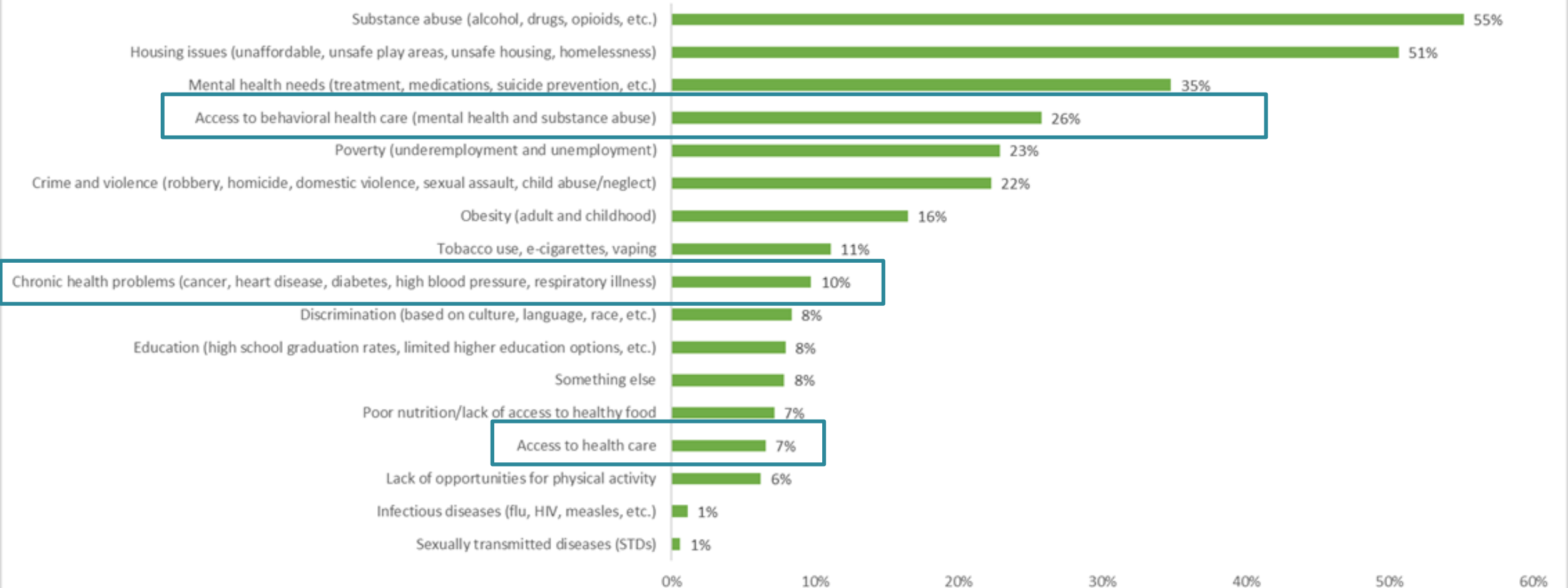
Affordability and  
options for care is  
limiting

Finding care for  
certain populations  
is challenging due  
to stigma

“Cultural gaps exist for African Americans, Spanish, Asian and Native American cohorts. Culturally diverse curriculum and resources are needed. [We need to] identify strategies to reduce racial disparities in how we serve different racial populations.” –Key Informant

# Community Input

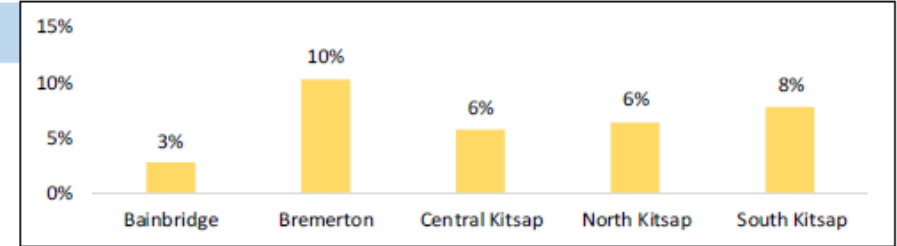
What are the biggest problems to your community's overall health? (n=1173)



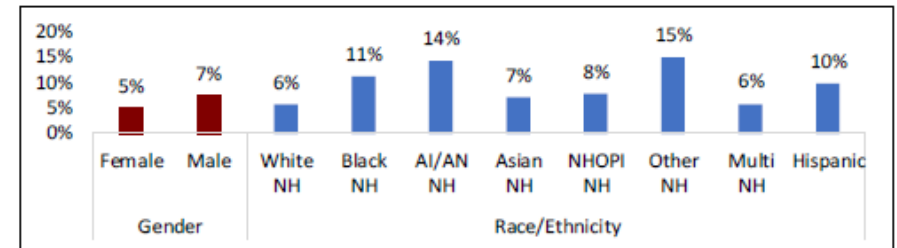
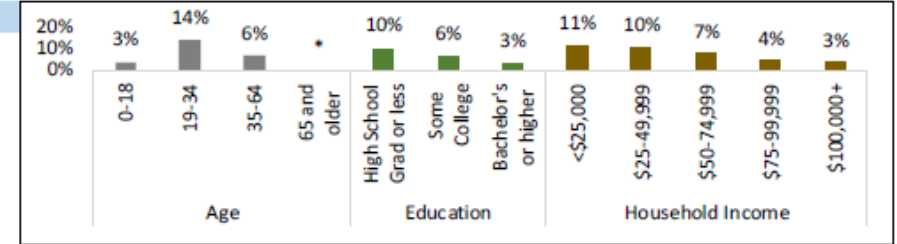
# Healthcare Access

- Uninsured - 4% of adults

Sub-county  
geography:  
2013-17

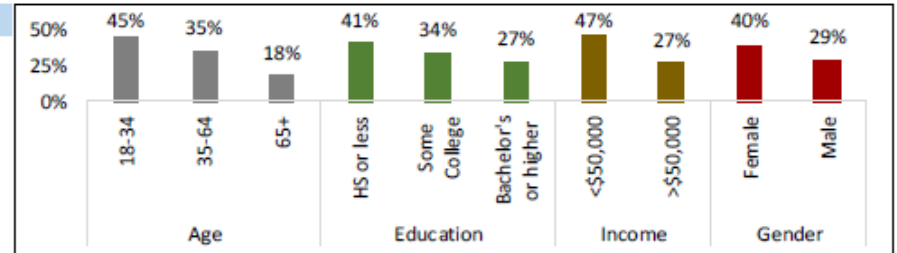


Sub-Groups:  
2013-17  
\* = data  
unreliable



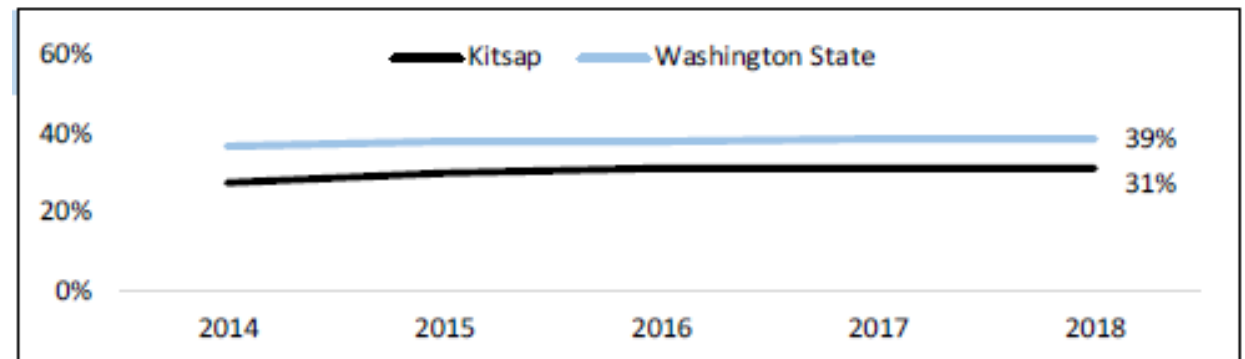
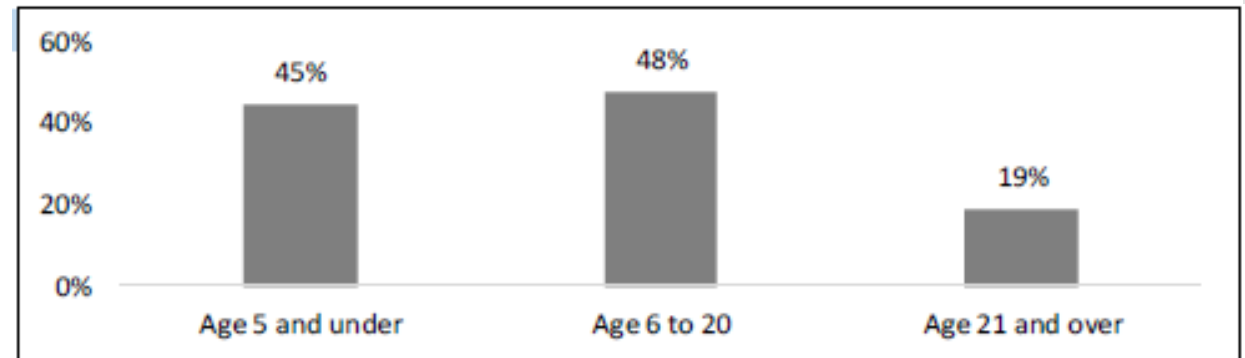
- Unmet healthcare needs - 36% of adults

Sub-Groups:  
2015-17



# Healthcare Access

- Routine medical checkup - 69% of adults, 77% of 10<sup>th</sup> graders
- Routine dental visit - 70% of adults, 87% of 10<sup>th</sup> graders
- Medicaid dental access



# Discussion

- Current momentum on Healthcare Access
  - What is already underway in the community?

# Obesity/ Healthy Eating/ Active Living – Community Input

## Kitsap County has many parks and walking trails

The number and quality of parks and walking trails are a great asset to the community

Rural areas have less access to safe sidewalks

Clean air and water were identified as an aspect that helps keep residents healthy

## Foster an environment for increased physical activity

A persistent problem of sedentary lifestyles and poor nutrition is having an impact on health

Feeling connected to the community is the most important element

The lack of affordable gyms makes working out a challenge

## Healthy food options are limited and expensive

Food Affordability

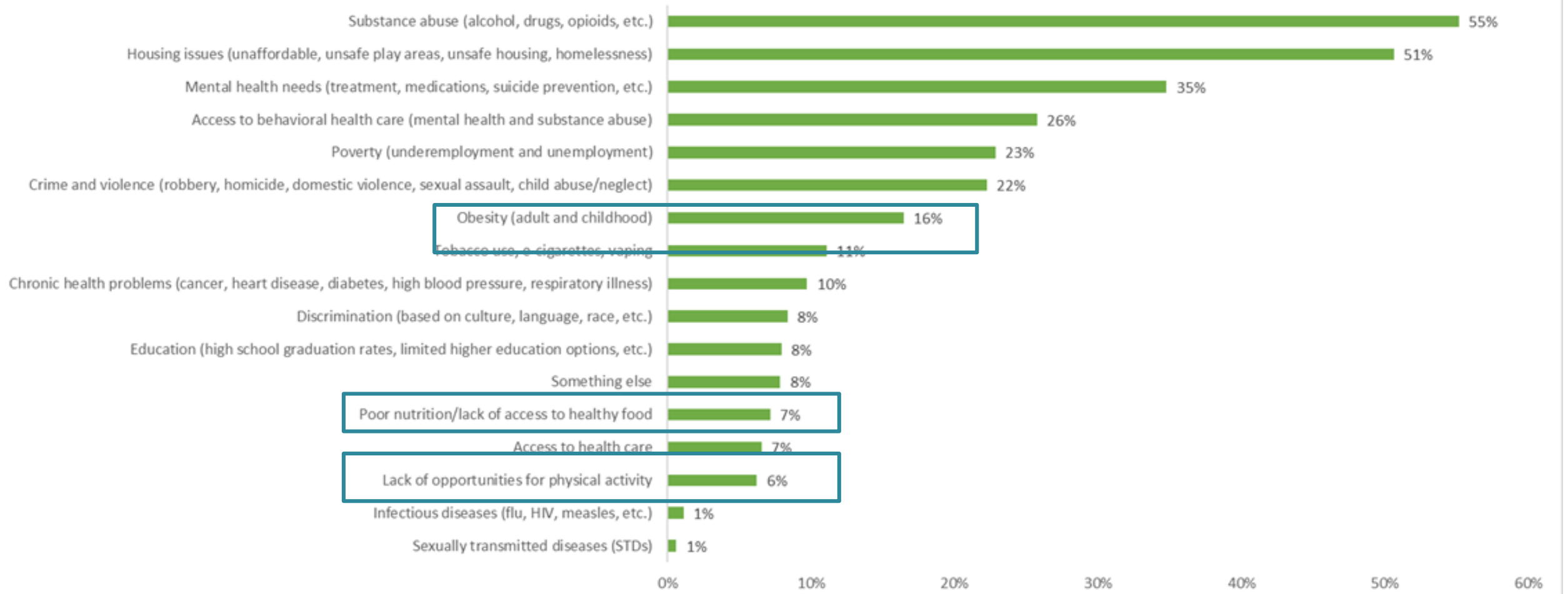
High number of fast food is a barrier to eating healthy

The farmers market allows for residents to access fresh food

*"The continued problem of sedentary lifestyles and poor nutrition is having an impact on health" –Key Informant*

# Community Input

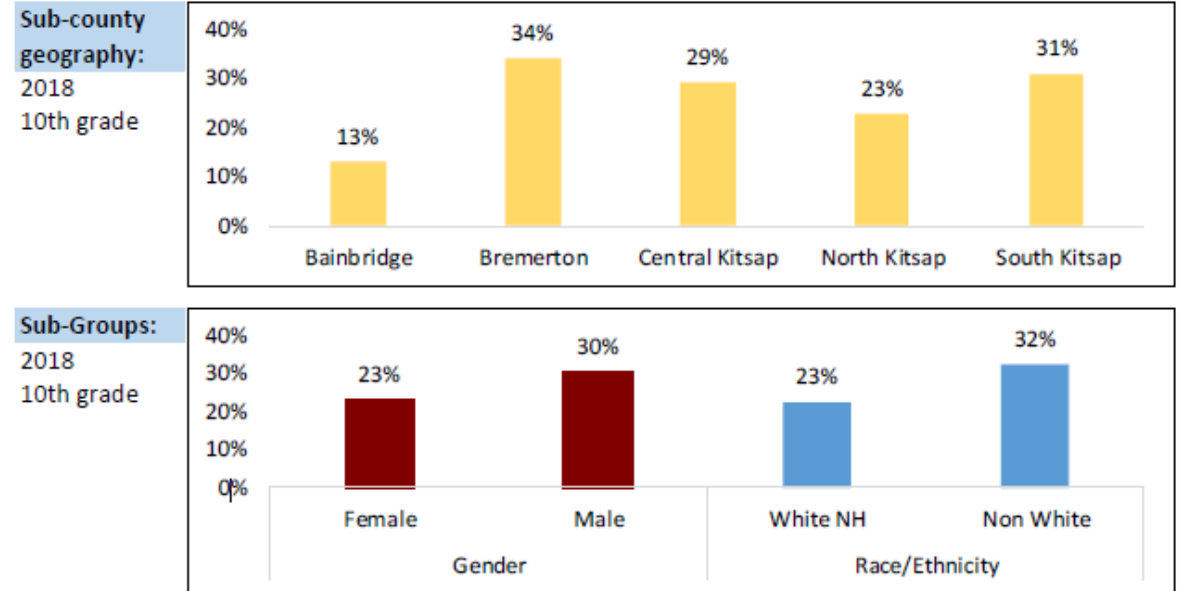
What are the biggest problems to your community's overall health? (n=1173)





# Obesity/ Healthy Eating/ Active Living

- Overweight/obese - 58% of adults, 26% of 10<sup>th</sup> graders



- Physically active - 44% of 10<sup>th</sup> graders
  - Decreasing percentages of 10<sup>th</sup> graders walking/biking to school
  - 6 in 10 youth have more than 2 hours of screen time daily
- Environment – 95% healthy air days
- Food – Only 1 in 5 youth report eating 5+ servings of fruit/vegetables

# Discussion

- Current momentum on Obesity/Healthy Eating/Active Living
  - What is already underway in the community?

# Break

- Review information on posters
- Add new information
- When you return please select a table topic area

# Table Discussions

# Past KCHP Projects

**Kitsap Connect**

Medical  
Respite

**KITSAP**  
*strong*

**5210**KITSAP.ORG



Kitsap Aces Partnership



**READY!**  
for Kindergarten



## Step 3. Table Discussion

- Choose a priority issue area that aligns with your focus (current or future)
- After the break, join this discussion table
- In 25 mins you will be given the option to change tables

Wellbeing  
(Table 1)

Wellbeing  
(Table 2)

Substance Use

Obesity/Healthy  
Eating/Active  
Living

Housing

Health Care  
Access

## Step 3. Table Discussion Questions

- Quick introductions
  - What brings you to the table?
- Potential Opportunities
  - Do you have interest in leading collaborative action on a strategy?
  - What else do you need to know?
  - What do you think the next steps are? Does your group want to meet again?

# 2019 Kitsap Community Health Priorities

- We hope that today results in a new partnership or new idea; access to data; or support for your current or planned initiatives
- Take what you have learned back to your organization and leadership to leverage strategic alignment and action on our shared community health priorities



# Closing

- Are you on the KCHP email list?
  - Sign up on your way out
- Where can you find KCHP 2019 Assessment data?
  - [www.kitsapchp.org](http://www.kitsapchp.org)
- Thank you for your contributions to the health of our community!