

# UW Medicine

VALLEY  
MEDICAL CENTER

## 2017 Community Health Needs Assessment



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## Introduction

### Background and Purpose

Valley Medical Center (VMC) is a 321-bed acute care hospital and clinic network committed to providing safe, quality, compassionate care for more than 63 years. The oldest and largest public district hospital in the State of Washington, VMC proudly serves over 600,000 residents in South King County. Dedicated to patient safety and improving the overall health of the community, VMC is a thriving medical center and the largest nonprofit healthcare provider between Seattle and Tacoma. Valley Medical Center is a component entity of UW Medicine, which includes Harborview Medical Center, Northwest Hospital & Medical Center, UW Medical Center, UW Neighborhood Clinics, UW Physicians, UW School of Medicine and Airlift Northwest.

The passage of the Patient Protection and Affordable Care Act requires tax-exempt hospitals to conduct Community Health Needs Assessments every three years, and adopt Implementation Strategies to meet the priority health needs identified through the assessment. A Community Health Needs Assessment identifies unmet health needs in the service area, provides information to select priorities for action and target geographical areas, and serves as the basis for community benefit programs. This assessment incorporates components of primary data collection and secondary data analysis that focus on the health and social needs of the service area.

### Collaborative Process

Valley Medical Center participated in a collaborative process for the Community Health Needs Assessment as part of the King County Hospitals for a Healthier Community (HHC). HHC is a collaborative of 12 hospitals and health systems in King County and Public Health-Seattle & King County. The HHC members joined together to identify important health needs and assets in the communities they serve. This shared approach avoids duplication and focuses available resources on a community's most important health needs. Partnerships between hospitals, public health, community organizations and communities are needed to develop successful strategies to address common health needs. The full report and list of assessment partners can be accessed at: [www.kingcounty.gov/healthservices/health/data/kchhc.aspx](http://www.kingcounty.gov/healthservices/health/data/kchhc.aspx).

### Service Area

Valley Medical Center is located at 400 South 43<sup>rd</sup> Street, Renton, Washington 98055. The service area comprises portions of King County and includes 19 zip codes, representing 7 cities or communities. VMC determines the service area by assigning zip codes based on patient

discharges. The VMC service area is presented below by community and zip code. A map of the service area can be found in Attachment 1.

#### Valley Medical Center Service Area

City/Community	ZIP Code
Auburn	98001
Auburn	98002
Auburn	98092
Bellevue (Newcastle / Factoria)	98006
Black Diamond	98010
Kent	98030
Kent	98031
Kent	98032
Kent (Covington)	98042
Maple Valley	98038
Maple Valley	98051
Renton	98055
Renton (Newcastle)	98056
Renton	98057
Renton	98058
Renton	98059
Seattle (SeaTac)	98188
Seattle (Tukwila)	98168
Seattle (Tukwila)	98178

#### Project Oversight

The Community Health Needs Assessment process was overseen by:

Liz Nolan

Vice President of Marketing, Outreach & Wellness Services

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#### Consultant

Melissa Biel of Biel Consulting, Inc. conducted the Community Health Needs Assessment. Biel Consulting, Inc. is an independent consulting firm that works with hospitals, clinics and community-based nonprofit organizations. She was assisted by Denise Flanagan, BA. Biel Consulting, Inc. has extensive experience conducting hospital Community Health Needs Assessments and working with hospitals on developing, implementing, and evaluating community benefit programs. [www.bielconsulting.com](http://www.bielconsulting.com)

## Methods

### Secondary Data Collection

Secondary data were collected from a variety of local, county, and state sources to present community profile, social and economic factors, health access, birth characteristics, leading causes of death, chronic disease, health behaviors, mental health and substance abuse, and preventive practices.

Analyses were conducted at the most local level possible for the hospital primary service area, given the availability of the data. For example, some demographic and economic data are based on zip codes. Most of the Community Health Needs Assessment data are only available by county. In limited cases, King County data are made available by region; for VMC this was the South County region.

Sources of data include the U.S. Census Bureau American Community Survey, Washington State Department of Health, Behavioral Risk Factor Surveillance System, Washington State Health Care Authority, Public Health – Seattle and King County, County Health Rankings, Washington State Healthy Youth Survey, Uniform Data Set, CDC National Health Statistics, and others. When pertinent, these data sets are presented in the context of Washington State, framing the scope of an issue as it relates to the broader community.

The report includes benchmark comparison data that measures Northwest Hospital community data findings with Healthy People 2020 objectives. Healthy People 2020 objectives are a national initiative to improve the public's health by providing measurable objectives and goals that are applicable at national, state, and local levels.

### Primary Data Collection

The Community Health Needs Assessment conducted with the King County Hospitals for a Healthier Community (HHC) collaborative took into account input from people who represent the broad interests of the communities served by HHC hospitals and health systems. As noted in the King County Community Health Needs Assessment [www.kingcounty.gov/healthservices/health/data/kchhc.aspx](http://www.kingcounty.gov/healthservices/health/data/kchhc.aspx), three methods of gathering information on identified health needs and assets were used.

1. Interviews were conducted by Public Health-Seattle & King County staff between January and July of 2014 with stakeholder coalitions with broad representation. This method maximized the number and diversity of stakeholders who could provide input. Coalitions were identified that have expertise on identified health needs, have diverse

membership, and have a regional or sub-regional focus. Stakeholders included those who represented the broad interests of the community, representatives of medically underserved, low-income and minority populations, and populations with chronic disease needs, as well as representatives from the local health department. Stakeholder groups included human service providers, community health centers, behavioral health providers, state, county, and local government staff, fire departments, law enforcement, advocacy organizations, hospital staff, groups focused on health disparities in communities of color, faith communities, labor, and managed care organizations. A total of 11 coalitions and 99 individual organizations or key informants provided information. The list of the stakeholder interview respondents from the King County Hospitals for a Healthier Community Collaborative can be found in Attachment 2.

2. An online survey was made available for those who were unable to attend the coalition meeting and wished to provide input in writing. Thirty-one individuals responded to the survey.
3. Recent reports on health needs were also reviewed for themes and relevant assets and resources.

In addition, VMC also conducted a survey to gather information and opinions from community residents and persons who represent the broad interests of the community served by the Hospital. From January 20 through February 3, 291 persons responded to the survey. The survey was available in an electronic format through a Survey Monkey link. The hospital distributed the survey link to community residents and to leaders and representatives of medically underserved, low-income, immigrant and minority populations, and regional, State or local health or other departments or agencies that have “current data or other information relevant to the health needs of the community served by the hospital facility.” A list of the survey respondents can be found in Attachment 3. An introduction to the survey questions explained the purpose of the survey and assured participants the survey was voluntary, and that their names would not be associated with their responses.

Survey questions focused on the following topics:

- Health issues in the community.
- Where they accessed routine healthcare services.
- Problems faced accessing healthcare or supportive services.
- What would make it easier to obtain care?
- Types of support or services needed in the community.
- Health goals for the coming year.
- Healthy changes adopted in the past year to improve health.

The summary of the survey findings are presented in Attachment 4.



### **Public Comment**

In compliance with IRS regulations 501(r) for charitable hospitals, a hospital Community Health Needs Assessment (CHNA) and Implementation Strategy are to be made widely available to the public and public comment to be solicited. Given that this is the first CHNA for VMC, there is no public comment to access. Once approved, the hospital will post this CHNA on the website and request public comment.

## Identification of Significant Health Needs

### Collaborative Effort

A committee of representatives from Hospitals for a Healthier Community (HHC), facilitated by Public Health-Seattle & King County (PHSKC) staff, used a community health framework and population-based approach to identify significant health needs and develop criteria for indicators used to measure health needs. The group finalized the selection of indicators with feedback from public health and hospital staff. HHC and other representatives were subject matter experts who helped identify population-level health needs. The group reached consensus to focus on:

- Access to care
- Preventable causes of death
- Maternal and child health
- Behavioral health
- Violence and injury prevention

### Review of Primary and Secondary Data

Based on the results of the primary and secondary data collection, significant health needs were identified. The health needs were based on the size of the problem (relative portion of population afflicted by the problem); or the seriousness of the problem (impact at individual, family, and community levels). To determine size or seriousness of a problem, the health needs identified in the secondary data were measured against benchmark data, specifically county or state rates or Healthy People 2020 objectives. Indicators related to the health needs that performed poorly against these benchmarks were considered to have met the size or seriousness criteria. Community stakeholders were asked to identify community and health issues based on the perceived size or seriousness of a problem. The significant health needs included:

- Access to health care
- Chronic diseases (asthma, cancer, diabetes, heart disease)
- Economic insecurity
- Food insecurity
- Housing/homelessness
- Mental health
- Overweight/obesity
- Preventive practices (screenings, vaccines)
- Smoking
- STI/HIV

### **Resources to Address Significant Needs**

Through the survey process, community stakeholders identified community resources to address the significant health needs. The identified community resources are presented in Attachment 5.

## Priority Health Needs

The identified significant health needs were prioritized with input from the community. Surveys with community stakeholders were used to gather input on the identified health needs. The respondents were asked to rate the health needs on a scale from not important to very important. Not all survey respondents answered every question, therefore, the response percentages were calculated based on respondents only and not on the entire sample size.

The respondents representing organizations caring for the underserved and public health ranked mental health, housing/homelessness and food insecurity as the top three most important needs in the community. The community residents ranked access to health care, preventive care and mental health as the top three most important needs in the community. The priority ranking of the significant health needs is listed below:

### Priority Health Needs in Ranked Order by Community Organizations and Residents

Rank	Community Organizations	Community Residents
1	Mental and behavioral health	Access to health care
2	Housing/homelessness	Preventive care
3	Food insecurity	Mental and behavioral health
4	Access to health care	Chronic conditions
5	Economic insecurity	Family and social support
6	Family and social support	Overweight and obesity
7	Preventive care	Opioid or prescription drug abuse
8	Opioid or prescription drug abuse	Housing and homelessness
9	Transportation	Economic insecurity
10	Chronic conditions	Violence
11	Overweight and obesity	Food insecurity
12	Unhealthy behaviors (i.e., tobacco use, e-cigarettes, alcohol abuse, physical inactivity)	Unhealthy behaviors (i.e., tobacco use, e-cigarettes, alcohol abuse, physical inactivity)
13	Violence	STI/HIV
14	STI/HIV	Transportation

### Impact Evaluation

This is the first CHNA completed by VMC; therefore, there is no evaluation of impact of actions for this report.

## Community Profile

### Population

The population of the Valley Medical Center service area is 567,415.

#### Population, Five-Year Estimates, 2010-2014

	ZCTA	Population
Auburn	98001	31,742
Auburn	98002	34,240
Auburn	98092	40,610
Bellevue (Newcastle / Factoria)	98006	37,059
Black Diamond	98010	4,789
Kent	98030	35,302
Kent	98031	36,953
Kent	98032	35,935
Kent (Covington)	98042	44,599
Maple Valley	98038	34,076
Maple Valley	98051	3,402
Renton	98055	21,532
Renton (Newcastle)	98056	33,878
Renton	98057	12,187
Renton	98058	42,764
Renton	98059	36,504
Seattle (SeaTac)	98188	24,373
Seattle (Tukwila)	98168	33,604
Seattle (Tukwila)	98178	23,866
<b>Valley Medical Center Service Area</b>		<b>567,415</b>

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP05. <http://factfinder.census.gov>

The hospital service area population is 50.2% female and 49.8% male.

#### Population by Gender

	Valley Medical Center Service Area	King County	Washington
Male	49.8%	49.9%	49.9%
Female	50.2%	50.1%	50.1%

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP05. <http://factfinder.census.gov>

Children and youth, ages 0-19, make up 27% of the population; 62.2% are adults, ages 20-64; and 10.8% of the population are seniors, ages 65 and over. The population in the Valley Medical Center service area tends to have a higher percentage of children and youth, and adults 45-64, and a lower percentage of young adults 20-24 and seniors, than found in the county or state.

## Population by Age

	Valley Medical Center Service Area		King County		Washington	
	Number	Percent	Number	Percent	Number	Percent
Age 0-4	39,220	6.9%	124,655	6.2%	443,807	6.4%
Age 5-19	113,856	20.0%	347,179	17.3%	1,326,170	19.2%
Age 20-24	35,956	6.3%	132,775	6.6%	483,342	7.0%
Age 25-44	163,267	28.8%	636,936	31.7%	1,891,051	27.4%
Age 45-64	153,841	27.1%	535,035	26.6%	1,846,262	26.8%
Age 65+	61,275	10.8%	232,417	11.6%	908,491	13.2%
<b>Total</b>	<b>567,415</b>	<b>100%</b>	<b>2,008,997</b>	<b>100%</b>	<b>6,899,123</b>	<b>100%</b>

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP05. <http://factfinder.census.gov>

When the service area is examined by community, Maple Valley 98038 has the highest percentage of youth (24.8%). Renton 98057 (11.8%) and 98055 (14.1%) have the lowest percentage of youth in the service area.

### Youth, Ages 0-19, as a Percent of Population

	ZCTA	Percent
Auburn	98001	20.8%
Auburn	98002	21.2%
Auburn	98092	23.4%
Bellevue (Newcastle / Factoria)	98006	20.9%
Black Diamond	98010	22.2%
Kent	98030	22.7%
Kent	98031	22.1%
Kent	98032	19.7%
Kent (Covington)	98042	21.6%
Maple Valley	98038	24.8%
Maple Valley	98051	17.6%
Renton	98055	14.1%
Renton (Newcastle)	98056	17.4%
Renton	98057	11.8%
Renton	98058	18.6%
Renton	98059	19.2%
Seattle (SeaTac)	98188	15.9%
Seattle (Tukwila)	98168	18.9%
Seattle (Tukwila)	98178	17.7%
<b>Valley Medical Center Service Area</b>		<b>27.0%</b>
<b>King County</b>		<b>23.5%</b>
<b>Washington</b>		<b>25.7%</b>

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP05. <http://factfinder.census.gov>

The percent of the population 65 years and older in the service area is 10.8%, which is lower than the state rate of 13.2%. Seattle's Tukwila area zip 98178 has the highest percentage of seniors in the area (14.3%). Kent zips 98030 and 98032 have the lowest percentage of seniors in the service area (8.8%).

## Seniors as a Percent of Population

	ZCTA	Percent
Auburn	98001	10.4%
Auburn	98002	12.5%
Auburn	98092	10.3%
Bellevue (Newcastle / Factoria)	98006	13.7%
Black Diamond	98010	11.6%
Kent	98030	8.8%
Kent	98031	10.0%
Kent	98032	8.8%
Kent (Covington)	98042	10.6%
Maple Valley	98038	10.0%
Maple Valley	98051	9.1%
Renton	98055	11.9%
Renton (Newcastle)	98056	9.2%
Renton	98057	12.8%
Renton	98058	10.5%
Renton	98059	10.8%
Seattle (SeaTac)	98188	11.8%
Seattle (Tukwila)	98168	10.5%
Seattle (Tukwila)	98178	14.3%
<b>Valley Medical Center Service Area</b>		<b>10.8%</b>
<b>King County</b>		<b>11.6%</b>
<b>Washington</b>		<b>13.2%</b>

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP05. <http://factfinder.census.gov>

## Race/Ethnicity

The majority population in the Valley Medical Center service area identifies as White/Caucasian (55.2%), with 16.5% of the population identifying as Asian, 12.3% of the population as Hispanic/Latino, and 8.4% of the population as Black/African American. Individuals identifying as multiracial (two-or-more races) make up 5.2% of the population, while Native Hawaiian/Pacific Islanders are 1.4%, and American Indian/ Alaskan Natives are 0.9% of the population.

	Valley Medical Center Service Area	King County	Washington
White	55.2%	63.5%	71.3%
Asian	16.5%	15.2%	7.4%
Hispanic or Latino	12.3%	9.2%	11.7%
Black/African American	8.4%	6.0%	3.5%
Multiracial	5.2%	4.6%	4.1%
Native HI / Pacific Islander	1.4%	0.7%	0.6%
Amer. Indian / AK Native	0.9%	0.6%	1.2%

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP05. <http://factfinder.census.gov>

When race/ethnicity is examined by place, Seattle (Tukwila) zip 98178 has the highest percentage of Asians (32.9%) and Black/African Americans (25.8%) and Kent 98032 has the

highest percentage of Latinos (26.1%) in the service area. Maple Valley 98051 has the highest percentage of Whites (90.1%).

### Race/Ethnicity by Place

	ZCTA	White	Asian	Hispanic Latino	Black
Auburn	98001	65.9%	12.7%	11.1%	4.2%
Auburn	98002	57.0%	5.2%	23.6%	5.4%
Auburn	98092	67.6%	11.0%	7.4%	3.7%
Bellevue (Newcastle / Factoria)	98006	58.1%	29.5%	5.4%	1.6%
Black Diamond	98010	85.0%	2.0%	6.5%	2.0%
Kent	98030	52.1%	16.1%	14.7%	10.0%
Kent	98031	47.2%	23.7%	11.3%	10.0%
Kent	98032	40.7%	12.2%	26.1%	10.8%
Kent (Covington)	98042	72.7%	9.3%	7.3%	4.5%
Maple Valley	98038	83.0%	3.9%	5.2%	2.9%
Maple Valley	98051	90.1%	4.4%	1.2%	0.8%
Renton	98055	40.6%	25.5%	8.8%	12.4%
Renton (Newcastle)	98056	52.0%	20.6%	15.7%	5.8%
Renton	98057	41.6%	19.9%	14.3%	20.4%
Renton	98058	58.1%	17.8%	9.1%	8.5%
Renton	98059	58.4%	21.0%	9.0%	3.8%
Seattle (SeaTac)	98188	35.6%	16.6%	15.7%	23.0%
Seattle (Tukwila)	98168	38.2%	16.6%	22.6%	12.5%
Seattle (Tukwila)	98178	27.7%	32.9%	5.9%	25.8%
<b>Valley Medical Center Service Area</b>		<b>55.2%</b>	<b>16.5%</b>	<b>12.3%</b>	<b>8.4%</b>
<b>King County</b>		<b>63.5%</b>	<b>15.2%</b>	<b>9.2%</b>	<b>6.0%</b>
<b>Washington</b>		<b>71.3%</b>	<b>7.4%</b>	<b>11.7%</b>	<b>3.5%</b>

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP05. <http://factfinder.census.gov>

### Language

In the service area, 69.4% of the population 5 years and older speak English only in the home. 12.3% speak an Asian/Pacific Islander language and 8.9% speak Spanish in the home.

### Language Spoken at Home for the Population 5 Years and Over

	Valley Medical Center Service Area	King County	Washington
Population 5 years and older	528,195	1,884,342	6,455,316
English only	69.4%	73.6%	81.2%
Speaks Spanish	8.9%	6.7%	8.3%
Speaks other Indo-European language	6.9%	6.4%	3.9%
Speaks Asian or Pacific Islander language	12.3%	11.1%	5.6%
Speaks other language	2.5%	2.2%	1.0%

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP02. <http://factfinder.census.gov>

Among area school districts, the percent of bilingual students ranges from 16.4% in the Auburn School District to 37.8% in the Tukwila School District. These percentages of bilingual students are higher than found in the state (10.8%).



### Transitional Bilingual Students by School District

	Percent
Auburn School District	16.4%
Kent School District	19.3%
Renton School District	16.9%
Tahoma School District	2.2%
Tukwila School District	37.8%
<b>Washington</b>	<b>10.8%</b>

Source: Office of Superintendent of Public Instruction, Washington State Report Card, 2015-2016. <http://reportcard.ospi.k12.wa.us/>

## Social & Economic Factors

### Social & Economic Factors Ranking

The County Health Rankings rank counties according to health factors data. Social and economic indicators are examined as a contributor to the health of a county's residents. Washington's 39 counties are ranked according to social and economic factors with 1 being the county with the best factors to 39 for that county with the poorest factors. This ranking examines: high school graduation rates, unemployment, children in poverty, social support, and others. King County is ranked second out of all Washington counties, according to social and economic factors, an improvement from 6th place, just 3 years ago.

#### Social & Economic Factors Ranking

	County Ranking (out of 39)
King County	2

Source: County Health Rankings, 2015 <http://www.countyhealthrankings.org>

### Unemployment

The unemployment rate in the hospital service area, averaged over 5 years, was 8.3%; higher than King County (5.0%) and the state rate (5.6%).

#### Employment Status for the Population 16 and Over, 2010-2014

	Civilian Labor Force	Unemployed	Unemployment Rate
Valley Medical Center Service Area	302,325	25,162	8.3%
King County	1,131,947	81,761	5.0%
<b>Washington</b>	<b>3,503,337</b>	<b>308,955</b>	<b>5.6%</b>

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP03. <http://factfinder.census.gov>

### Poverty

Poverty thresholds are used for calculating all official poverty population statistics. They are updated each year by the Census Bureau. For 2014, the federal poverty level (FPL) for one person was \$11,670 and for a family of four \$23,850.

Among the residents in the service area, 13.3% are at or below 100% of the federal poverty level (FPL) and 28.4% are at 200% of FPL or below. These rates of poverty are lower than found in the state where 13.5% of residents are at poverty level and 30.3% are at 200% of FPL or below, but they are higher than county levels.

## Poverty Levels

	Valley Medical Center Service Area	King County	Washington
<100% FPL	13.3%	11.8%	13.5%
<200% FPL	28.4%	24.4%	30.3%

Source: U.S. Census Bureau, 2010-2014 American Community Survey, S1701. <http://factfinder.census.gov>

Examining poverty levels by community paints an important picture of the population within the Valley Medical Center service area. In Auburn zip 98002, over a quarter of the population (25.8%) is at poverty level. Auburn also has the highest rate of poverty among children (40.3%) in the service area. Renton zip 98057 has the highest rate of poverty among seniors (21.9%) in the service area.

## Poverty Levels of Individuals, Children under Age 18, and Seniors 65+

	ZCTA	Individuals	Children	Seniors
Auburn	98001	10.6%	16.8%	6.0%
Auburn	98002	25.8%	40.3%	10.4%
Auburn	98092	10.0%	15.1%	5.4%
Bellevue (Newcastle / Factoria)	98006	5.0%	3.8%	5.3%
Black Diamond	98010	6.2%	6.4%	9.5%
Kent	98030	22.9%	29.7%	14.7%
Kent	98031	13.2%	21.1%	9.3%
Kent	98032	20.4%	28.2%	11.7%
Kent (Covington)	98042	7.0%	10.4%	8.5%
Maple Valley	98038	6.0%	6.6%	4.6%
Maple Valley	98051	7.3%	11.9%	0.0%
Renton	98055	9.9%	16.2%	7.1%
Renton (Newcastle)	98056	11.1%	14.9%	8.8%
Renton	98057	21.0%	28.4%	21.9%
Renton	98058	9.0%	13.5%	6.7%
Renton	98059	6.2%	7.9%	3.3%
Seattle (SeaTac)	98188	20.3%	33.0%	11.2%
Seattle (Tukwila)	98168	23.8%	37.5%	10.8%
Seattle (Tukwila)	98178	15.6%	26.3%	7.9%
<b>Valley Medical Center Service Area</b>		<b>13.3%</b>	<b>19.5%</b>	<b>8.3%</b>
<b>King County</b>		<b>11.8%</b>	<b>14.9%</b>	<b>9.3%</b>
<b>Washington</b>		<b>13.5%</b>	<b>18.1%</b>	<b>8.0%</b>

Source: U.S. Census Bureau, 2010-2014 American Community Survey, S1701. <http://factfinder.census.gov>

## Free & Reduced Price Meals

The percentage of students eligible for the free and reduced price meal program is one indicator of socioeconomic status. In Tukwila School District 74.7% of the student population are eligible for the free and reduced price meal program; this is higher than the state rate of 44.0%. Kent (48.8%), Renton (51.8%) and Auburn (53%) school districts also have higher rates of student eligibility.

## Free & Reduced Price Meals Eligibility, 2015-2016

	Percent Eligible Children	
	2013	2016
Auburn School District	55.5%	53.0%
Kent School District	52.5%	48.8%
Renton School District	54.6%	51.8%
Tahoma School District	15.5%	12.9%
Tukwila School District	77.6%	74.7%
<b>Washington</b>	<b>46.1%</b>	<b>44.0%</b>

Source: Office of Superintendent of Public Instruction, Washington State Report Card, 2012-2013 & 2015-2016.

<http://reportcard.ospi.k12.wa.us/>

## Households

In the Valley Medical Center service area there are 206,143 households. The median household income in the area is \$69,857, and ranges from \$40,656 in the Seattle-SeaTac zip 98188, to \$111,216 in the Bellevue (Newcastle/Factoria) area.

## Median Household Income

	ZCTA	Households	Median Household Income
Auburn	98001	11,092	\$72,540
Auburn	98002	13,013	\$44,930
Auburn	98092	14,978	\$71,803
Bellevue (Newcastle / Factoria)	98006	13,102	\$111,216
Black Diamond	98010	1,882	\$71,280
Kent	98030	11,591	\$52,297
Kent	98031	12,244	\$65,321
Kent	98032	13,554	\$47,030
Kent (Covington)	98042	15,890	\$88,006
Maple Valley	98038	11,823	\$93,573
Maple Valley	98051	1,262	\$78,941
Renton	98055	8,659	\$63,030
Renton (Newcastle)	98056	13,160	\$72,420
Renton	98057	5,496	\$42,500
Renton	98058	15,538	\$81,221
Renton	98059	13,032	\$93,486
Seattle (SeaTac)	98188	9,712	\$40,656
Seattle (Tukwila)	98168	11,532	\$50,054
Seattle (Tukwila)	98178	8,583	\$59,637
<b>Valley Medical Center Service Area</b>		<b>206,143</b>	<b>\$69,857</b>
<b>King County</b>		<b>808,729</b>	<b>\$73,035</b>
<b>Washington</b>		<b>2,645,396</b>	<b>\$60,294</b>

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP03. <http://factfinder.census.gov>

## Households by Type

When households are examined by type, the Valley Medical Center service area has almost one-third (32.2%) of family households with children under 18 years old, and 6.9% of households with a female as head of household and children; these rates are higher than the county and state rates. Among seniors, 7.5% are living alone, which is lower than county and state rates.

### Households by Type

	Total Households	Family Households with Children under 18	Female Head of Household with own Children under 18	Seniors, 65+, Living Alone
	Number	Percent	Percent	Percent
Valley Medical Center Service Area	206,143	32.2%	6.9%	7.5%
King	808,729	27.2%	4.9%	8.5%
<b>Washington</b>	<b>2,645,396</b>	<b>28.7%</b>	<b>6.0%</b>	<b>9.4%</b>

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP02. <http://factfinder.census.gov>

## Educational Attainment

Educational attainment is a key driver of health. In the hospital service area, 11.1% of adults 25 and over lack a high school diploma; 39.7% have a college degree.

	Valley Medical Center Service Area	King County	Washington
Population 25 years and older	378,383	1,404,388	4,645,804
Less than 9 <sup>th</sup> Grade	5.0%	3.6%	4.1%
9 <sup>th</sup> to 12 <sup>th</sup> grade, no diploma	6.1%	4.3%	5.8%
High School Graduate	25.3%	16.7%	23.3%
Some College, no degree	23.9%	20.1%	24.9%
Associate's Degree	9.7%	8.2%	9.7%
Bachelor's Degree	20.5%	29.2%	20.6%
Graduate/Profess. Degree	9.5%	17.8%	11.7%

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP02. <http://factfinder.census.gov>

## High School Graduation Rates

High school graduation rates are the percentage of high school graduates that graduate four years after starting ninth grade. The service area rate is less than the Healthy People 2020 Objective for high school graduation of 82.4% for all districts except Tahoma School District (89.8%).

### High School Graduation Rates

	Percent
Auburn School District	76.1%
Kent School District	79.7%
Renton School District	78.5%
Tahoma School District	89.8%
Tukwila School District	70.0%
<b>Washington</b>	<b>78.1%</b>

Source: Office of Superintendent of Public Instruction, Washington State Report Card, 2015. <http://reportcard.ospi.k12.wa.us/>

## Homelessness

A point-in-time count of homeless people is conducted annually in every county in the state. The 2015 point-in-time count estimated 10,122 homeless individuals in King County. 62.4% of the homeless in King County are sheltered, and 8% are considered to be chronically homeless. Over the past three years, the homeless population has dropped statewide and has risen in King County. The proportion of homeless who are unsheltered has risen, as well.

### Homeless Point-in-Time Count, January 2015

	King County		Washington	
	2012	2015	2012	2015
Total Homeless	8,858	10,122	20,336	19,418
Sheltered	70.6%	62.4%	73.0%	63.3%
Unsheltered	29.4%	37.6%	27.0%	36.7%
Chronically homeless	9.2%	8.0%	10.0%	11.6%

Source: Washington Department of Commerce, Annual point in Time County, 2015.

[www.commerce.wa.gov/Documents/PIT\\_2015\\_Rollup\\_Summary.pdf](http://www.commerce.wa.gov/Documents/PIT_2015_Rollup_Summary.pdf)

## Health Access

### Health Insurance Coverage

Health insurance coverage is considered a key component to ensure access to health care.

86.0% of the population in the Valley Medical Center service area has health insurance. Black Diamond has the highest health insurance rate (92.9%) and Seattle (SeaTac), zip 98188, has the lowest rate of health insurance (77.7%). 94.6% of children under age 18 have health insurance coverage in the service area. Bellevue (Newcastle / Factoria) has the highest health insurance rate among children (97.5%), and Seattle (Tukwila), zip 98178, has the lowest percentage of children with health insurance (89.2%). Among adults, ages 18-64, 84.5% in the service area have health insurance. Maple Valley 98038 has the highest insurance rates (92.1%) followed closely by Kent 98042 and Black Diamond with 92.0%, and Seattle (SeaTac) has the lowest insurance rates (71.9%) among adults 18-64.

### Health Insurance, Total Population, Children under 18, and Adults 18-64

	ZCTA	Total Population	Children Under 18	Adults 18-64
Auburn	98001	85.9%	93.7%	86.6%
Auburn	98002	80.5%	94.9%	73.8%
Auburn	98092	89.0%	95.5%	88.4%
Bellevue (Newcastle / Factoria)	98006	92.6%	97.5%	92.0%
Black Diamond	98010	92.9%	95.4%	90.0%
Kent	98030	82.2%	90.7%	78.2%
Kent	98031	86.2%	94.2%	85.3%
Kent	98032	79.4%	94.5%	76.7%
Kent (Covington)	98042	92.1%	96.4%	92.0%
Maple Valley	98038	92.3%	97.1%	92.1%
Maple Valley	98051	87.3%	95.2%	90.5%
Renton	98055	85.3%	91.7%	84.0%
Renton (Newcastle)	98056	83.5%	94.9%	81.8%
Renton	98057	78.8%	92.2%	77.8%
Renton	98058	88.9%	95.9%	88.2%
Renton	98059	91.0%	95.5%	91.7%
Seattle (SeaTac)	98188	77.7%	94.0%	71.9%
Seattle (Tukwila)	98168	79.2%	94.3%	74.0%
Seattle (Tukwila)	98178	85.4%	89.2%	84.5%
<b>Valley Medical Center Service Area</b>		<b>86.0%</b>	<b>94.6%</b>	<b>84.5%</b>
<b>King County</b>		<b>88.9%</b>	<b>95.7%</b>	<b>84.1%</b>
<b>Washington</b>		<b>87.1%</b>	<b>94.4%</b>	<b>80.8%</b>

Source: U.S. Census Bureau, 2010-2014 American Community Survey, DP03. <http://factfinder.census.gov>

## Medical Assistance Programs

In King County, 415,706 individuals were enrolled in Washington medical assistance programs. The highest percentage of enrollment is in the Apple Health for Kids program, followed by Medicaid CN Expansion.

### Medicaid Program Enrollment

	King County	Washington
AEM Expansion Adults	98	279
Apple Health for Kids	161,465	762,812
Elderly persons	24,164	71,394
Family (TANF) Medical	18	92
Family Planning	3,760	12,469
Former Foster Care Adults	423	2,085
Foster Care	4,407	27,787
Medicaid CN Caretaker	30,507	148,860
Medicaid CN Expansion	141,326	548,626
Other Federal Programs	2	6
Partial Duals	11,973	55,267
Persons with disabilities	32,614	149,174
Pregnant Women's Coverage	4,949	20,629
<b>Total</b>	<b>415,706</b>	<b>1,799,480</b>

Source: Washington State Health Care Authority, May 2015. <http://www.hca.wa.gov/medicaid/reports/Pages/enrollmentfigures.aspx>

## Unmet Medical Need

21% of adults in the Auburn Health Reporting Area (HRA), 27% in Auburn South HRA, and 25% in the SeaTac / Tukwila HRA had an unmet medical need as a result of not being able to afford care. King County had an overall rate of 12% of adults not accessing medical care due to cost.

### Adults with Unmet Medical Need Due to Cost, Five-Year Average, 2010-2014, by HRA

	Percent
Auburn	21%
Auburn South	27%
Auburn North	17%
Bellevue	11%
Bellevue South	9%
Black Diamond / Enumclaw / SE County	11%
Kent	16%
Kent SE	17%
Kent East	15%
Kent West	14%
Renton	12%
Renton North	15%



	Percent
Renton East	11%
Renton South	11%
SeaTac / Tukwila	25%
<b>South County</b>	<b>17%</b>
<b>King County</b>	<b>12%</b>
<b>Washington</b>	<b>15%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.  
<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

### Primary Care Physicians

The ratio of the population to primary care physicians in King County is 839:1. This represents a continuation of year-over-year improvements since 2010. The national benchmark for this indicator is 631:1.

#### Primary Care Physicians, Number and Ratio, 2013

	King County	Washington
Number of primary care physicians	2,436	5,879
Ratio of population to primary care physicians	839:1	1,190:1

Source: County Health Rankings, 2013. <http://www.countyhealthrankings.org>

### Access to Primary Care Community Health Centers

Community health centers provide primary care (including medical, dental and mental health services) for uninsured and medically underserved populations. Using ZCTA (ZIP Code Tabulation Area) data for the Valley Medical Center service area and information from the Uniform Data System (UDS)<sup>1</sup>, 28.4% of the population in the service area is low-income (200% of Federal Poverty Level) and 13.3% of the population are living in poverty. There are a number of Section 330-funded grantees (Federally Qualified Health Centers – FQHCs and FQHC Look-Alikes) located in the service area, including: Healthpoint, Neighborcare Health, Sea-Mar Community Health Center, Seattle King County Public Health Department, Country Doctor Community Clinic, and International Community Health Services.

Even with Section 330 funded Community Health Centers serving the area, there are a number of low-income residents who are not served by one of these clinic providers. The FQHCs have a total of 82,222 patients in the service area, which equates to 51.3% penetration among low-income patients and 14.5% penetration among the total population. From 2013-2015 the

<sup>1</sup> The UDS is an annual reporting requirement for grantees of HRSA primary care programs:

- Community Health Center, Section 330 (e)
- Migrant Health Center, Section 330 (g)
- Health Care for the Homeless, Section 330 (h)
- Public Housing Primary Care, Section 330 (i)

Community Health Center providers added 8,449 patients for an 11.5% increase in patients served by Community Health Centers in the service area. However, there remain 77,924 low-income residents, almost half (48.7%) of the population at or below 200% FPL, which are not served by an FQHC.

#### Low-Income Patients Served and Not Served by FQHCs, 2015

Low-Income Population	Patients served by Section 330 Grantees In Service Area	Penetration among Low-Income Patients	Penetration of Total Population	Low-Income Not Served	
				Number	Percent
160,146	82,222	51.3%	14.5%	77,924	48.7%

Source: UDS Mapper, 2013, 2010-2014 population numbers. <http://www.udsmapper.org>

#### Dental Care

40% of adults in Auburn, 40% in Kent West, and 57% in the SeaTac / Tukwila HRA did not access dental care in the previous 12 months.

#### Adults Who Did Not Access Dental Care, Five-Year Average, by HRA

	Percent
Auburn	40%
Auburn North	40%
Auburn South	39%
Bellevue	24%
Bellevue South	13%
Black Diamond / Enumclaw / SE County	26%
Kent	34%
Kent West	40%
Kent SE	33%
Kent East	29%
Renton	28%
Renton North	33%
Renton East	26%
Renton South	26%
SeaTac / Tukwila	57%
<b>South County</b>	<b>34%</b>
<b>King County</b>	<b>29%</b>
<b>Washington</b>	<b>32%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.

<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

The ratio of population to dentists in King County is 978:1; this number represents a year-over-year improvement since 2007. These ratios are better than the state.

#### **Dentists, Number and Ratio, 2014**

	<b>King County</b>	<b>Washington</b>
Number of dentists	2,126	5,464
Ratio of population to dentists	978:1	1,290:1

Source: County Health Rankings, 2014 <http://www.countyhealthrankings.org>

#### **Mental Health Providers**

Mental health providers include psychiatrists, clinical psychologists, clinical social workers, psychiatric nurse specialists, and marriage and family therapists who meet certain qualifications and certifications. In King County, the ratio of the population to mental health providers is 320:1.

#### **Mental Health Providers, Number and Ratio, 2015**

	<b>King County</b>	<b>Washington</b>
Number of mental health providers	6,496	18,796
Ratio of population to mental health providers	320:1	380:1

Source: County Health Rankings, 2015. <http://www.countyhealthrankings.org>

## Birth Characteristics

### Births

In 2015, the number of births in King County was 25,487, an increase from each of the previous 4 years.

#### Total Births, 2011-2015

	2011	2012	2013	2014	2015
King County	24,630	25,032	24,910	25,348	25,487
<b>Washington</b>	<b>86,929</b>	<b>87,417</b>	<b>86,566</b>	<b>88,561</b>	<b>89,000</b>

Source: Washington State Department of Health, Vital Statistics, 2011-2015.

<http://www.doh.wa.gov/DataandStatisticalReports/VitalStatisticsandPopulationData/Birth/BirthTablesbyYear>

The race/ethnicity of mothers in the service area was primarily White in King County (63.0%). Beginning in 2012, Hispanic/Latino was no longer a reported racial/ethnic category by the Washington State Department of Health.

#### Births by Mother Race/Ethnicity, 2015

	White	Asian/Pacific Islanders	African American
King County	63.0%	21.7%	8.5%
<b>Washington</b>	<b>77.9%</b>	<b>9.9%</b>	<b>4.6%</b>

Source: Washington State Department of Health, Vital Statistics, 2015.

<http://www.doh.wa.gov/DataandStatisticalReports/VitalStatisticsandPopulationData/Birth/BirthTablesbyYear>

### Teen Birth Rate

In 2015, teen births occurred in King County at a rate of 22.7 per 1,000 births (or 2.3% of total births). This rate is lower than the teen birth rate (42.7) found in the state (4.3%).

#### Births to Teenage Mothers (Under Age 20), 2015

	Births to Teen Mothers	Live Births*	Rate per 1,000 Live Births
King County	579	25,482	22.7
<b>Washington</b>	<b>3,803</b>	<b>88,992</b>	<b>42.7</b>

Source: Washington State Department of Health, Vital Statistics, 2015. \*Where age of mother was known.

<http://www.doh.wa.gov/DataandStatisticalReports/VitalStatisticsandPopulationData/Birth/BirthTablesbyYear>

Among teens, ages 15 to 17 years of age, the rate of teen pregnancy from 1.2 per 1,000 live births in Maple Valley / Covington, to 15.1 per 1,000 in SeaTac / Tukwila. Auburn also has high rates of teen pregnancy (11.4 per 1,000 live births).

### Births to Teenage Mothers (15-17 Years Old), Five-Year Average, 2010-2014

	Rate per 1,000 births
Auburn	11.4
Bellevue	2.1
Black Diamond / Enumclaw / SE County	4.8
Kent	9.5
Maple Valley / Covington	1.2
Newcastle / Four Creeks	N/A
Renton	9.4
SeaTac / Tukwila	15.1
<b>King County</b>	<b>6.3</b>
<b>Washington</b>	<b>10.5</b>

Source: Public Health - Seattle & King County; 2016 City Health Profiles, 2010-2014.

<http://www.kingcounty.gov/depts/health/data/city-health-profiles.aspx>

### Prenatal Care

94.5% of pregnant women in King County entered prenatal care on-time - during the first trimester. This exceeds the Healthy People 2020 Objective of 78% of women entering prenatal care in the first trimester. The rate of prenatal care in Maple Valley / Covington (95.1%) exceeds county and state rates.

### On-Time Entry into Prenatal Care (First Trimester), Five-Year Average, 2010-2014

	Percent
Auburn	91.7%
Bellevue	93.8%
Black Diamond / Enumclaw / SE County	94.1%
Kent	91.6%
Maple Valley / Covington	95.1%
Newcastle / Four Creeks	94.5%
Renton	93.8%
SeaTac / Tukwila	90.6%
<b>King County</b>	<b>94.5%</b>
<b>Washington</b>	<b>93.9%</b>

Source: Public Health - Seattle & King County; 2016 City Health Profiles, 2010-2014.

<http://www.kingcounty.gov/depts/health/data/city-health-profiles.aspx>

### Low Birth Weight

Low birth weight is a negative birth indicator. Babies born at a low birth weight are at higher risk for disease, disability and possibly death. For this measurement, a lower rate is a better

indicator. The rate of low birth weight babies in King County is 6.5%, which is lower than the Healthy People 2020 Objective of 7.8% of births being low birth weight. Auburn, Bellevue, Kent and Renton have higher rates of low birth weight births than found in the county and state.

#### **Low Birth Weight (Under 2,500 g), Five-Year Average, 2010-2014**

	Percent
Auburn	6.6%
Bellevue	7.3%
Black Diamond / Enumclaw / SE County	6.2%
Kent	7.1%
Maple Valley / Covington	6.1%
Newcastle / Four Creeks	5.6%
Renton	7.0%
SeaTac / Tukwila	6.9%
<b>King County</b>	<b>6.5%</b>
<b>Washington</b>	<b>6.3%</b>

Source: Public Health - Seattle & King County; 2016 City Health Profiles, 2010-2014.

<http://www.kingcounty.gov/depts/health/data/city-health-profiles.aspx>

#### **Infant Mortality**

The infant mortality rate (defined as deaths to infants more than 27 days old, and under 1 year of age) in King County was 3.6 deaths per 1,000 live births. In comparison, the infant death rate in the state was 4.8 deaths per 1,000 live births. The infant death rate is better than the Healthy People 2020 Objective of 6.0 deaths per 1,000 live births.

#### **Infant Mortality Rate, 2015**

	Infant Deaths	Live Births	Rate per 1,000 Live Births
Auburn	2	1,342	*
Bellevue	3	1,628	*
Kent	11	2,012	5.5
Maple Valley	2	383	*
Renton	7	1,691	4.1
SeaTac	4	422	*
<b>King County</b>	<b>93</b>	<b>25,487</b>	<b>3.6</b>
<b>Washington</b>	<b>431</b>	<b>89,000</b>	<b>4.8</b>

Source: Washington State Department of Health, Vital Statistics, 2015. \*rate not calculated for deaths numbering less than 5.

<http://www.doh.wa.gov/DataandStatisticalReports/VitalStatisticsandPopulationData/InfantDeath/InfantDeathTablesbyYear>

### Maternal Smoking During Pregnancy

Among pregnant women, 95.6% in King County did not smoke during pregnancy. This rate falls short of the Healthy People 2020 Objective of 98.6% of women to abstain from cigarette smoking during pregnancy. Of the service area cities, only Bellevue (98.6%) met the Healthy People 2020 Objective.

#### No Smoking during Pregnancy, 2010-2014

	Percent
Auburn	89.0%
Bellevue	98.6%
Black Diamond / Enumclaw / SE County	90.2%
Kent	94.6%
Maple Valley / Covington	95.6%
Newcastle / Four Creeks	95.8%
Renton	95.5%
SeaTac / Tukwila	94.3%
<b>King County</b>	<b>95.6%</b>
<b>Washington</b>	<b>89.4%</b>

Source: Public Health - Seattle & King County; 2016 City Health Profiles, 2010-2014.

<http://www.kingcounty.gov/depts/health/data/city-health-profiles.aspx>

## Mortality/Leading Causes of Death

### Overall Mortality Rates

Age-adjusted death rates are an important factor to examine when comparing mortality data. The crude death rate is a ratio of the number of deaths to the entire population. Age-adjusted death rates eliminate the bias of age in the makeup of the populations. The age-adjusted death rate in King County of 6.2 per 1,000 persons is less than the state rate of 6.8.

### Mortality Rates, per 1,000 Persons, 2014

	Deaths	Crude Rate	Age-Adjusted Rate
Auburn	579	8.9	*
Bellevue	837	6.2	*
Kent	718	5.9	*
Maple Valley	111	4.6	*
Renton	716	7.4	*
SeaTac	152	5.5	*
Seattle	4,247	6.6	*
<b>King County</b>	<b>12,641</b>	<b>6.3</b>	<b>6.2</b>
<b>Washington</b>	<b>52,035</b>	<b>7.5</b>	<b>6.8</b>

Source: Center for Health Statistics, Washington State Department of Health, 2014. Age-Adjusted rates calculated using the Census 2000 Standard Million for the U.S. \* = Not available

<http://www.doh.wa.gov/DataandStatisticalReports/VitalStatisticsandPopulationData/Death/DeathTablesbyYear>

### Leading Causes of Death

The top two leading causes of death in King County are cancer and heart disease. The cancer death rate in King County is 144.4 per 100,000 persons, which is lower than the state rate (157.1 per 100,000). This is better than the Healthy People 2020 Objective for cancer mortality, of 161.4 per 100,000 persons.

The heart disease mortality rate in King County is 125.5 per 100,000 persons, which is lower than the state (138.3) but exceeds the Healthy People 2020 Objective of 103.4 deaths per 100,000 persons.

In addition to cancer and heart disease, Alzheimer's disease, unintentional injury and stroke are in the top five causes of death in King County. None of the causes of death in King County exceed state rates.



### Mortality Rates, per 100,000 Persons, Crude and Age-Adjusted, 2014

	King County			Washington		
	Number	Crude Rate	Age-Adjusted	Number	Crude Rate	Age-Adjusted
All Cancers	2,924	144.9	144.4	12,190	174.9	157.1
Heart Disease	2,563	127.1	125.5	10,674	153.2	138.3
Alzheimer's Disease	886	43.9	43.8	3,343	48.0	44.1
Unintentional Injury	704	34.9	33.5	2,992	42.9	40.5
Stroke	615	30.5	30.4	2,644	37.9	34.7
Lung Disease	540	26.8	27.6	2,907	41.7	38.3
Diabetes	396	19.6	19.4	1,668	23.9	21.4
Suicide	266	13.2	12.4	1,111	15.9	15.4
Chronic Liver Disease and Cirrhosis	204	10.1	9.1	903	13.0	11.2
Pneumonia & Flu	181	9.0	8.8	716	10.3	9.4
Homicide	57	2.8	2.8	209	3.0	3.1

Source: Center for Health Statistics, Washington State Department of Health, 2014. Age-Adjusted rates calculated using the Census 2000 Standard Million for the U.S.

<http://www.doh.wa.gov/DataandStatisticalReports/VitalStatisticsandPopulationData/Death/DeathTablesbyYear> and <http://www.doh.wa.gov/DataandStatisticalReports/VitalStatisticsandPopulationData/Death/InjuryDeathTablesbyYear>

The top two leading causes of death in the area cities are cancer and heart disease. In addition, chronic lower respiratory disease (CLRD), accidents and external causes, stroke, and/or Alzheimer's disease are the top causes of death in the area cities, with the exception of Maple Valley/Covington where diabetes replaces stroke.

### Mortality Rates, per 100,000 Persons, Age-Adjusted, 2010-2014; Top Six Causes

	Cancer	Heart Disease	CLRD	Accidents & External Causes	Stroke	Alzheimer's Disease
Auburn	173.6	165.0	46.8	40.3	39.8	34.8
Bellevue	131.0	101.4	17.3	21.4	28.6	47.2
Black Diamond / Enumclaw / SE County	162.0	163.2	33.9	47.5	35.9	48.4
Kent	164.5	148.0	40.3	33.5	32.0	47.3
Maple Valley / Covington	151.3	133.1	37.6	26.0	21.1	41.6
Newcastle / Four Creeks	144.7	128.2	35.6	36.6	32.6	41.9
Renton	153.8	128.0	37.0	28.8	36.4	34.3
SeaTac / Tukwila	163.5	146.8	43.0	37.6	34.6	26.9
<b>King County</b>	<b>150.5</b>	<b>127.2</b>	<b>29.7</b>	<b>30.7</b>	<b>31.4</b>	<b>41.1</b>
<b>Washington</b>	<b>162.5</b>	<b>142.3</b>	<b>40.8</b>	<b>38.4</b>	<b>35.5</b>	<b>44.0</b>

Source: Public Health - Seattle & King County; 2016 City Health Profiles, 2010-2014.

<http://www.kingcounty.gov/depts/health/data/city-health-profiles.aspx>

## Cancer Mortality

The mortality rate for female breast cancer in King County was 19.7 per 100,000 women, the rate of colorectal cancer was 11.6 per 100,000 persons, and the rate of lung cancer was 31.9 per 100,000 persons. Mortality from all three types of cancer was lower for the county than for the state.

### Cancer Death Rates, Crude and Age-Adjusted Death Rate per 100,000 Persons, 2014

	Female Breast Cancer			Colorectal Cancer			Lung Cancer		
	Number	Crude Rate	Age-Adjusted	Number	Crude Rate	Age-Adjusted	Number	Crude Rate	Age-Adjusted
King County	225	22.3	19.7	231	11.5	11.6	633	31.4	31.9
<b>Washington</b>	<b>865</b>	<b>24.7</b>	<b>20.5</b>	<b>930</b>	<b>13.3</b>	<b>12.0</b>	<b>3,036</b>	<b>43.6</b>	<b>39.1</b>

Source: Center for Health Statistics, Washington State Department of Health, 2014. Age-Adjusted rates calculated using the Census 2000 Standard Million for the U.S. \* = Not available

<http://www.doh.wa.gov/DataandStatisticalReports/VitalStatisticsandPopulationData/Death/DeathTablesbyYear>

## Regional Mortality Rates

King County regional mortality data for Seattle and South County were examined. Five year average, age-adjusted data indicated that cancer, heart disease, and Alzheimer's disease are the top three causes of death. The South County region has higher rates of death than King County and the Seattle Region for the causes of death.

### Mortality Rates, Age-Adjusted, Five-Year Average, 2010-2014

	South County	Seattle	King County	Washington
Cancer	161.3	151.1	150.4	162.3
Heart Disease	144.7	123.3	127.2	142.2
Alzheimer's Disease	42.2	33.9	41.1	44.0
Stroke	33.7	29.7	31.4	35.5
Unintentional Injury	33.1	32.2	30.7	38.4
Chronic Lower Respiratory Disease	38.6	26.5	29.7	40.8
Diabetes	21.9	19.4	18.2	21.9
Suicide	12.5	11.8	12.1	14.4
Chronic Liver Disease and Cirrhosis	10.5	10.1	9.3	11.0
Pneumonia and Flu	11.6	7.9	8.9	9.6
<b>Overall Death Rate</b>	<b>* 699.1</b>	<b>* 622.3</b>	<b>* 628.1</b>	<b>** 689.0</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014. \* = 2008-2012 \*\* = 2012

<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

## Chronic Disease

### Fair or Poor Health

When asked to self-report on health status, 19% of adults in Auburn, 16% in South County and 12% of adults in King County indicated they were in fair or poor health. Only 6% of adults in the Bellevue South HRA indicated that they were in fair or poor health.

#### Fair or Poor Health, Percent of Adults, Five-Year Average, 2010-2014, by HRA

	Percent
Auburn	19%
Auburn South	19%
Auburn North	18%
Bellevue	12%
Bellevue South	6%
Black Diamond / Enumclaw / SE County	12%
Kent	15%
Kent West	18%
Kent East	18%
Kent SE	13%
Renton	13%
Renton South	16%
Renton North	15%
Renton East	8%
SeaTac / Tukwila	18%
<b>South County</b>	<b>16%</b>
<b>King County</b>	<b>12%</b>
<b>Washington</b>	<b>16%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.  
<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

### Diabetes

Rates of diagnosed diabetes in area cities range from 6.5% in Bellevue to 9.4% in Kent.

#### Adult Diabetes Prevalence, 2014, Age-Adjusted Percentage

	Percent
Auburn	8.9%
Bellevue	6.5%
Kent	9.4%
Renton	8.4%
Seattle	7.5%

Source: CDC 500 Cities Project, from the Behavioral Risk Factor Surveillance System - BRFSS, 2014.  
<https://chronicdata.cdc.gov/health-area/500-cities>

## Heart Disease & Stroke

Cardiovascular disease prevalence includes adults who have been told by a health care professional that they have had a heart attack, angina, coronary heart disease or stroke. 3% of South County adults report having or being told they have coronary heart disease or angina, while 4% report a heart attack and 2% report having or being told they've had a stroke.

### Adult Cardiovascular Disease, Five-Year Average, 2010-2014

	Coronary Heart Disease or Angina	Heart Attack	Stroke
South County	3%	4%	2%
<b>King County</b>	<b>3%</b>	<b>5%</b>	<b>2%</b>
<b>Washington</b>	<b>4%</b>	<b>6%</b>	<b>3%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.

<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

## High Blood Pressure & High Cholesterol

A co-morbidity factor for diabetes and heart disease is high blood pressure (hypertension) and high blood cholesterol. Reported rates of high blood pressure and high cholesterol among area cities for which data are available indicate all have more than a quarter of adults reporting high blood pressure and high cholesterol. In Kent, 28.8% of adults have high blood pressure and 30.3% have high cholesterol.

### High Blood Pressure and High Cholesterol, 2014, Age-Adjusted Percentage

	High Blood Pressure	High Cholesterol
Auburn	27.9%	30.3%
Bellevue	25.4%	29.3%
Kent	28.8%	30.3%
Renton	27.6%	29.7%
Seattle	27.3%	29.7%

Source: CDC 500 Cities Project, from the Behavioral Risk Factor Surveillance System - BRFSS, 2014.

<https://chronicdata.cdc.gov/health-area/500-cities>

## Cancer

In King County, the age-adjusted cancer incidence rate is 537.5, which is higher than the state rate of 525.5 per 100,000 persons. Breast cancer and prostate cancer occur at higher rates in King County than the state rates. Though incidence of breast cancer is higher for King County (191.9 per 100,000 persons) than the state (172.6 per 100,000 persons), mortality is lower.

### Cancer Incidence, per 100,000 Persons, Age Adjusted, 2009-2013

	King County	Washington
All sites	537.5	525.5
Breast (female)	191.9	172.6
Prostate	128.8	126.9
Lung and Bronchus	52.9	60.8
Leukemia	15.0	15.0
Cervix	6.0	6.9

Source: Washington State Department of Health, Washington State Cancer Registry, 2009-2013.

<https://fortress.wa.gov/doh/wscr/WSCR/Query.mvc/Query>

## Asthma

Reported rates of asthma in the area are lowest in Bellevue and SeaTac / Tukwila and highest in Auburn and Black Diamond / Enumclaw / SE County.

### Adult Asthma Prevalence, Five-Year Average 2010-2014, by HRA

	Percent
Auburn	14%
Auburn South	18%
Auburn North	11%
Bellevue	7%
Bellevue South	7%
Black Diamond / Enumclaw / SE County	12%
Kent	8%
Kent East	11%
Kent SE	8%
Kent West	6%
Renton	10%
Renton South	10%
Renton North	10%
Renton East	9%
SeaTac / Tukwila	7%
<b>South County</b>	<b>10%</b>
<b>King County</b>	<b>9%</b>
<b>Washington</b>	<b>10%</b>

Source: CDC 500 Cities Project, from the Behavioral Risk Factor Surveillance System - BRFSS, 2014.  
<https://chronicdata.cdc.gov/health-area/500-cities>

6% of children in South County have been diagnosed with asthma, while 7% of children in King County and the state have asthma.

### Childhood Asthma Prevalence, Five-Year Average, 2009-2013, by HRA

	Percent
South County	6%
<b>King County</b>	<b>7%</b>
<b>Washington</b>	<b>* 7%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2009-2013. \* = 2009-2010.  
<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

Asthma hospitalization in children, under age 18, occurs at a rate of 114.9 per 100,000 children in South County, and 134.6 per 100,000 children in King County. Both rates are higher than the state (94.6).

Adults are hospitalized for asthma at much lower rates than children. Averaged over five years, adults in King County were hospitalized for asthma at a rate of 40.2 per 100,000 persons. South County shows a higher rate, at 52.6 per 100,000 adults hospitalized for asthma per year, which is about the same as the state rate. Rates of hospitalization for adults, from asthma, have been declining since 2000 in South County and King County.

#### Asthma Hospitalization Rates, per 100,000 Persons, Five-Year Average, 2010-2014

	Childhood Asthma	Adult Asthma
South County	114.9	52.6
<b>King County</b>	<b>134.6</b>	<b>40.2</b>
<b>Washington</b>	<b>94.6</b>	<b>52.4</b>

Source: Public Health - Seattle & King County; WA Office of Hospital and Patient Data Systems, 2010-2014.

<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

In King County, 12% of youth in 6<sup>th</sup> grade to 21% of youth in 12<sup>th</sup> grade have, or have had, asthma. These numbers were the same or lower than state rates.

#### Youth Lifetime Asthma Prevalence by Grade, 2014

	6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
King County	12%	17%	21%	21%
<b>Washington</b>	<b>14%</b>	<b>18%</b>	<b>22%</b>	<b>21%</b>

Source: Washington State Healthy Youth Survey, 2014. <http://www.askhys.net/FactSheets>

4% of 10<sup>th</sup> grade youth in King County visited the ER in the past year because of asthma, and 4% missed school as a result of asthma. These rates were lower than state rates.

#### Effects of Asthma, 10<sup>th</sup> Grade Youth, 2014

	ER Visit for Asthma	Missed School due to Asthma
King County	4%	4%
<b>Washington</b>	<b>5%</b>	<b>5%</b>

Source: Washington State Healthy Youth Survey, 2014. <http://www.askhys.net/FactSheets>

### Tuberculosis

Tuberculosis rates in King County fell slightly from 2014 to 2015, continuing a downward trend. The rate of TB, per 100,000 persons in 2015 in King County was 4.8, which is above the statewide rate of 2.9.

#### Tuberculosis Rate, per 100,000 Persons, 2014-2015

	2014		2015	
	Number	Crude Rate	Number	Crude Rate
King County	100	5.0	98	4.8
<b>Washington</b>	<b>194</b>	<b>2.8</b>	<b>208</b>	<b>2.9</b>

Source: Washington State Department of Health Communicable Disease Report, 2015.

<http://www.doh.wa.gov/Portals/1/Documents/5100/420-004-CDAnnualReport2015.pdf>

## Disability

In King County, 9.6% of the non-institutionalized civilian population had a disability; the rate of disability in the state was 12.4%.

### Population with a Disability , Five-Year Average, 2010-2014

	Percent
King County	9.6%
<b>Washington</b>	<b>12.4%</b>

Source: U.S. Census Bureau, 2010-2014 American Community Survey, S1810. <http://factfinder.census.gov>

## Health Behaviors

### Health Behaviors Ranking

The County Health Rankings examine healthy behaviors and rank counties according to health behavior data. Washington's 39 counties are ranked from 1 (healthiest) to 39 (least healthy) based on a number of indicators that include: adult smoking, obesity, physical inactivity, excessive drinking, sexually transmitted infections, and others. A ranking of 1 puts King County at the top of Washington counties for healthy behaviors.

### Health Behaviors Ranking

	County Ranking (out of 39)
King County	1

Source: County Health Rankings, 2015. <http://www.countyhealthrankings.org>

### Overweight & Obesity

Over one-third of adults in Auburn (35%) and Kent (34%) are obese; 22% of adults in King County are obese. Bellevue has the lowest level of obesity (15%) in the area.

### Adult Obesity, Five-Year Average, 2010-2014, by HRA

	Percent
Auburn	35%
Auburn South	36%
Auburn North	35%
Bellevue	15%
Bellevue South	15%
Black Diamond / Enumclaw / SE County	31%
Kent	34%
Kent East	41%
Kent West	35%
Kent SE	31%
Renton	25%
Renton North	30%
Renton South	28%
Renton East	17%
SeaTac / Tukwila	28%
<b>South County</b>	<b>30%</b>
<b>King County</b>	<b>22%</b>
<b>Washington</b>	<b>27%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.

<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>



In King County, 19% of 8<sup>th</sup> graders, 20% of 10<sup>th</sup> graders and 19% of 12 grade students are overweight or obese; these rates are lower than the state.

#### Youth Overweight and Obese, Grades 8, 10 and 12, 2014

	8 <sup>th</sup> Grade		10 <sup>th</sup> Grade		12 <sup>th</sup> Grade	
	Overweight	Obese	Overweight	Obese	Overweight	Obese
King County	11%	8%	12%	8%	11%	8%
<b>Washington State</b>	<b>14%</b>	<b>9%</b>	<b>14%</b>	<b>11%</b>	<b>13%</b>	<b>11%</b>

Source: Washington State Healthy Youth Survey, 2014. <http://www.askhys.net/FactSheets>

#### Physical Activity

The CDC recommendation for adult physical activity is 30 minutes of moderate activity five times a week or 20 minutes of vigorous activity three times a week, and strength training exercises that work all major muscle groups at least 2 times per week. In South County, 82% of adults do not meet these recommendations.

#### Physical Activity Recommendations Not Met, Adults 18+, 2011 and 2013 averaged

	Percent
South County	82%
<b>King County</b>	<b>78%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2011 and 2013.

<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

The percentage of adults in King County who are sedentary and do not participate in any leisure time physical activity is 16%. In SeaTac / Tukwila, 29% of adults are sedentary. Bellevue has the lowest percentage of sedentary adults (17%) in the area.

#### Sedentary Adults, Five-Year Average, 2010-2014, by HRA

	Percent
Auburn	21%
Auburn South	24%
Auburn North	18%
Bellevue	17%
Bellevue South	12%
Black Diamond / Enumclaw / SE County	21%
Kent	20%
Kent SE	23%
Kent East	18%
Kent West	14%
Renton	19%
Renton East	20%
Renton South	20%

	Percent
Renton North	16%
SeaTac / Tukwila	29%
<b>South County</b>	<b>21%</b>
<b>King County</b>	<b>16%</b>
<b>Washington</b>	<b>19%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.  
<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

The CDC recommendation for youth physical activity is 60 minutes or more each day. 81% of King County youth in grade 10 do not meet this activity recommendation.

#### **Youth Inadequate Physical Activity, Grade 10, 2014**

	Percent
King County	81%
<b>Washington</b>	<b>76%</b>

Source: Washington State Healthy Youth Survey, 2014. <http://www.askhys.net/FactSheets>

#### **Exercise opportunities**

Proximity to exercise opportunities can increase physical activity in a community. 98% of King County residents live in close proximity to exercise opportunities, which is higher than the state rate of 88%.

#### **Access to Exercise Opportunities, percent of population, 2014**

	Percent
King County	98%
<b>Washington</b>	<b>88%</b>

Source: County Health Rankings, 2014 <http://www.countyhealthrankings.org>

#### **Community Walkability**

WalkScore.com ranks over 2,500 cities in the United States (over 10,000 neighborhoods) with a walk score. The walk score for a location is determined by its access to amenities. Many locations are sampled within each city and an overall score is issued for the walkability of that city. A higher score indicates an area is more accessible to walking while a lower score indicates a more vehicle-dependent location.

WalkScore.com has established the range of scores as follows:

- 0-24: Car Dependent (Almost all errands require a car)
- 25-49: Car Dependent (A few amenities within walking distance)
- 50-69: Somewhat Walkable (Some amenities within walking distance)
- 70-89: Very Walkable (Most errands can be accomplished on foot)
- 90-100: Walker's Paradise (Daily errands do not require a car)

Based on this scoring method, all communities in the service area are classified as “Car Dependent.” Maple Valley is rated as the most “Car Dependent” community in the service area.

### Walkability

	Walk Score
Auburn	31
Bellevue	39
Black Diamond	34
Kent	38
Maple Valley	22
Renton	38
Seattle (SeaTac)	38
Seattle (Tukwila)	45

Source: [WalkScore.com](http://WalkScore.com), 2016

### Soda Consumption

In King County, 4% of 10<sup>th</sup> graders drink sugar-sweetened beverages daily at school. This shows a steep decline from previous years as school policies have shifted to ban sugary drinks in schools.

#### Daily Sweetened Drink Consumption at School, 10<sup>th</sup> Grade Youth, 2006-2014

	2006	2008	2010	2012	2014
King County	18%	16%	12%	10%	4%
<b>Washington</b>	<b>22%</b>	<b>19%</b>	<b>15%</b>	<b>13%</b>	<b>4%</b>

Source: Washington State Healthy Youth Survey, 2006-2014. <http://www.askhys.net/FactSheets>

### Youth Sexual Behaviors

In King County, almost one-quarter of 10<sup>th</sup> graders (24%) and 42% of 12<sup>th</sup> grade students have had sex, though the rates are lower than state rates. 19% of 12<sup>th</sup> graders in King County did not use a condom during their last sexual encounter.

#### Sexual Behaviors, Youth, 2014

	Has had Sex		Did Not Use a Condom During Last Sexual Encounter	
	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
King County	24%	42%	7%	19%
<b>Washington</b>	<b>27%</b>	<b>52%</b>	<b>10%</b>	<b>23%</b>

Source: Washington State Healthy Youth Survey, 2014. <http://www.askhys.net/FactSheets>

## Sexually Transmitted Infections

Chlamydia occurs at a rate of 415.4 per 100,000 persons in King County, and it occurs at the highest rates among females, ages 20-24. The rate of gonorrhea is 144.1 per 100,000 persons in King County; males, ages 20-24 have the highest rates of gonorrhea in King County. Primary and Secondary syphilis occurs at a rate of 12.3 per 100,000 persons in King County, while genital Herpes occurs at a rate of 38.0 per 100,000 persons. Rates of these STIs are higher in King County than the state.

### Sexually Transmitted Infections (STI), per 100,000 Persons, 2015

	King County	Washington
Chlamydia	415.4	410.0
Gonorrhea	144.1	102.8
Syphilis (primary & secondary)	12.3	6.5
Genital Herpes	38.0	36.0

Source: Washington State Department of Health Communicable Disease Report, 2015.

<http://www.doh.wa.gov/Portals/1/Documents/5100/420-004-CDAnnualReport2015.pdf>

## HIV

The number of newly-diagnosed HIV cases rose in King County from 2013 to 2014, while it continued to fall at the state level. The King County rate of newly-diagnosed HIV cases was 14.3 per 100,000 persons in 2014, twice the state rate (7.2).

### Newly Diagnosed HIV Cases, Annual Count, and Rate per 100,000 Persons, 2010-2014

	2010	2011	2012	2013	2014	Rate
King County	323	270	286	251	273	14.3
<b>Washington</b>	<b>557</b>	<b>496</b>	<b>509</b>	<b>456</b>	<b>440</b>	<b>7.2</b>

Source: Washington State Department of Health Communicable Disease Report, 2010-2014.

<http://www.doh.wa.gov/Portals/1/Documents/Pubs/150-030-HIVSurveillanceSemiAnnualReport2-2015.pdf>

## Mental Health and Substance Abuse

### Mental Health

The average number of poor mental health days experienced by adults in King County in the last 30 days was 3 days. Auburn, however, had the largest number of poor mental health days in the previous 30 days, with an average of 5.

#### Poor Mental Health Days in Past 30 Days, Age-Adjusted, 2014

	Average Number of Days
Auburn	5
Bellevue	3
Black Diamond / Enumclaw / SE County	4
Kent	4
Maple Valley / Covington	3
Newcastle / Four Creeks	3
Renton	4
SeaTac / Tukwila	4
<b>King County</b>	<b>3</b>
<b>Washington</b>	<b>4</b>

Source: Public Health - Seattle & King County; 2016 City Health Profiles, 2010-2014.

<http://www.kingcounty.gov/depts/health/data/city-health-profiles.aspx>

### Frequent Mental Distress

Frequent Mental Distress is defined as 14 or more bad mental health days in the last month. In South County, 13% of the adult population experienced frequent mental distress.

#### Frequent Mental Distress, Adult, Five-Year Average, 2010-2014, by HRA

	Percent
Auburn	16%
Auburn South	20%
Auburn North	14%
Bellevue	7%
Bellevue South	6%
Black Diamond / Enumclaw / SE County	13%
Kent	14%
Kent East	17%
Kent SE	13%
Kent West	13%
Renton	10%
Renton North	12%

	Percent
Renton South	11%
Renton East	6%
SeaTac / Tukwila	11%
<b>South County</b>	<b>13%</b>
<b>King County</b>	<b>10%</b>
<b>Washington</b>	<b>11%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.

<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

Among 10<sup>th</sup> grade youth, 31% in King County had experienced depression, described as 'feeling so sad or hopeless for two weeks or more that they had stopped doing their usual activities'.

#### Youth Depression, Past 12 Months, 10<sup>th</sup> Grade, 2014

	Percent
King County	31%
<b>Washington</b>	<b>35%</b>

Source: Washington State Healthy Youth Survey, 2014. <http://www.askhys.net/FactSheets>

18% of 10<sup>th</sup> graders in King County said they had considered suicide in the past year, while 9% said they had attempted suicide in the past year.

#### Youth Considered and Attempted Suicide, Past 12 Months, 10<sup>th</sup> Grade, 2014

	Considered Suicide	Attempted Suicide
King County	18%	9%
<b>Washington</b>	<b>20%</b>	<b>10%</b>

Source: Washington State Healthy Youth Survey, 2014. <http://www.askhys.net/FactSheets>

### Tobacco Use

In King County, 14% of adults are current smokers. In SeaTac / Tukwila, 25% of residents are current smokers. The Healthy People 2020 Objective for adult smoking is 12%.

#### Adult Tobacco Use, Five-Year Average, 2010-2014, by HRA

	Percent
Auburn	20%
Auburn South	23%
Auburn North	19%
Bellevue	10%
Bellevue South	7%
Black Diamond / Enumclaw / SE County	19%
Kent	18%
Kent West	24%

	Percent
Kent East	20%
Kent SE	15%
Renton	16%
Renton South	19%
Renton North	18%
Renton East	9%
SeaTac / Tukwila	25%
<b>South County</b>	<b>17%</b>
<b>King County</b>	<b>14%</b>
<b>Washington</b>	<b>16%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.

<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

7% of 10<sup>th</sup> grade youth in King County smoked cigarettes in the prior 30 days and 2% used smokeless tobacco in the prior 30 days.

#### Youth Tobacco Use, Past 30 Days, Grade 10, 2014

	Smokes Cigarettes	Uses Smokeless Tobacco
King County	7%	2%
<b>Washington</b>	<b>8%</b>	<b>4%</b>

Source: Washington State Healthy Youth Survey, 2014. <http://www.askhys.net/FactSheets>

### Alcohol & Drug Use

Binge drinking is defined as consuming a certain amount of alcohol within a set period of time. For males this is five or more drinks per occasion and for females it is four or more drinks per occasion. Among adults, 17% in King County had engaged in binge drinking in the previous 30 days. Among adults in Black Diamond / Enumclaw / SE County, 22% engaged in binge drinking, and 21% of adults in SeaTac / Tukwila were binge drinkers.

#### Binge Drinking, Past 30 Days, Adults, Five-Year Average, 2010-2014, by HRA

	Percent
Auburn	16%
Auburn North	19%
Auburn South	13%
Bellevue	14%
Bellevue South	17%
Black Diamond / Enumclaw / SE County	22%
Kent	13%
Kent SE	15%

	Percent
Kent East	12%
Kent West	10%
Renton	16%
Renton South	16%
Renton North	16%
Renton East	13%
SeaTac / Tukwila	21%
<b>South County</b>	<b>17%</b>
<b>King County</b>	<b>20%</b>
<b>Washington</b>	<b>17%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.

<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

Not unexpectedly, alcohol use among youth increases by age. 31% of 12<sup>th</sup> grade youth in King County had consumed alcohol at some time in the past month. Consumption of alcohol was 20% of 10<sup>th</sup> graders, 7% of 8<sup>th</sup> graders and 2% of 6<sup>th</sup> graders. These rates are lower for King County than for the state.

#### **Alcohol Use in Past 30 Days, Youth, 2014**

	6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
King County	2%	7%	20%	31%
<b>Washington</b>	<b>2%</b>	<b>8%</b>	<b>21%</b>	<b>33%</b>

Source: Washington State Healthy Youth Survey, 2014. <http://www.askhys.net/FactSheets>

Among youth, binge drinking rates doubled from 10<sup>th</sup> to 12<sup>th</sup> grade; 9% of 10<sup>th</sup> graders and 18% of 12<sup>th</sup> graders in King County had engaged in binge drinking in the previous two weeks, though these rates are still lower than the state.

#### **Binge Drinking in Past 2 Weeks, Youth, 2014**

	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
King County	9%	18%
<b>Washington</b>	<b>11%</b>	<b>19%</b>

Source: Washington State Healthy Youth Survey, 2014. <http://www.askhys.net/FactSheets>



More than one-quarter of the 12<sup>th</sup> grade youth in King County indicated current use of marijuana in the past 30 days.

**Marijuana Use in Past 30 Days, Youth, 2014**

	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
King County	17%	26%
<b>Washington</b>	<b>18%</b>	<b>27%</b>

Source: Washington State Healthy Youth Survey, 2014. <http://www.askhys.net/FactSheets>

## Preventive Practices

### Flu & Pneumonia Vaccines

64% of senior adults in King County received a flu shot on average from 2010-2014. The Healthy People 2020 Objective is for 70% of seniors to receive a flu shot. Bellevue South was the only area to meet this objective.

#### Flu Shots, Past 12 Months, Adults 65+, Five-Year Average, 2010-2014, by HRA

	Percent
Auburn	58%
Auburn South	57%
Auburn North	58%
Bellevue	64%
Bellevue South	70%
Black Diamond / Enumclaw / SE County	60%
Kent	64%
Kent East	50%
Kent SE	66%
Kent West	N/A
Renton	63%
Renton South	62%
Renton North	63%
Renton East	N/A
SeaTac / Tukwila	56%
<b>South County</b>	<b>62%</b>
<b>King County</b>	<b>64%</b>
<b>Washington</b>	<b>63%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.

<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

The Healthy People 2020 Objective is for 90% of seniors to have a pneumonia vaccine. In the Kent HRAs 64% of senior residents had received the pneumonia vaccine, while 72% of King County senior residents had received the vaccine.

#### Pneumonia Vaccine, Adults 65+, Five-Year Average, 2010-2014, by HRA

	Percent
Auburn	71%
Auburn South	62%
Auburn North	77%

	Percent
Bellevue	71%
Bellevue South	64%
Black Diamond / Enumclaw / SE County	83%
Kent	64%
Kent SE	60%
Kent East	N/A
Kent West	N/A
Renton	74%
Renton North	71%
Renton South	73%
Renton East	N/A
SeaTac / Tukwila	78%
<b>South County</b>	<b>72%</b>
<b>King County</b>	<b>72%</b>
<b>Washington</b>	<b>73%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.

<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

### Immunization of Children

Among area school districts, Renton School District had the highest rate of up-to-date vaccinations among children entering Kindergarten (93%), while Auburn School District had the lowest (81.6%). Auburn, Kent and Tahoma School Districts had lower immunization rates than found at the state level (85%).

#### Up-to-Date Immunization Rates of Children Entering Kindergarten, 2015-2016

	Percent
Auburn School District	81.6%
Kent School District	84.3%
Renton School District	93.0%
Tahoma School District	84.3%
Tukwila School District	88.2%
<b>Washington</b>	<b>85.0%</b>

Source: State of Washington, Open Data Portal, 2015-2016. <https://data.wa.gov/>

## Mammograms

The Healthy People 2020 Objective for mammograms is that 81.1% of women between the ages of 50 and 74 have a mammogram in the past two years. This translates to a maximum of 18.9% who lack screening. In Kent, 37% of women lack breast cancer screening.

### No Mammogram Within the Past 2 Years, Women 50-74, Five-Year Average, 2010-2014

	Percent
Auburn	30%
Bellevue	23%
Black Diamond / Enumclaw / SE County	32%
Kent	37%
Maple Valley / Covington	27%
Newcastle / Four Creeks	28%
Renton	26%
SeaTac / Tukwila	28%
<b>King County</b>	<b>28%</b>
<b>Washington</b>	<b>29%</b>

Source: Public Health - Seattle & King County; 2016 City Health Profiles, 2010-2014.

<http://www.kingcounty.gov/depts/health/data/city-health-profiles.aspx>

## Pap Smears

The Healthy People 2020 Objective is for 93% of women ages 21 to 65 to have a Pap smear in the past three years. This equates to a maximum of 7% of women who lack screening. In SeaTac/Tukwila, 30% of women ages 21 to 65 lack recent cervical screening, while in Kent it's 27%.

### No Pap Test Last 3 Years, 21-65 Years Old, Five-Year Average, 2010-2014

	Percent
Auburn	19%
Bellevue	25%
Black Diamond / Enumclaw / SE County	21%
Kent	27%
Maple Valley / Covington	17%
Newcastle / Four Creeks	23%
Renton	14%
SeaTac / Tukwila	30%
<b>King County</b>	<b>22%</b>
<b>Washington</b>	<b>32%</b>

Source: Public Health - Seattle & King County; 2016 City Health Profiles, 2010-2014.

<http://www.kingcounty.gov/depts/health/data/city-health-profiles.aspx>

### Colorectal Cancer Screening

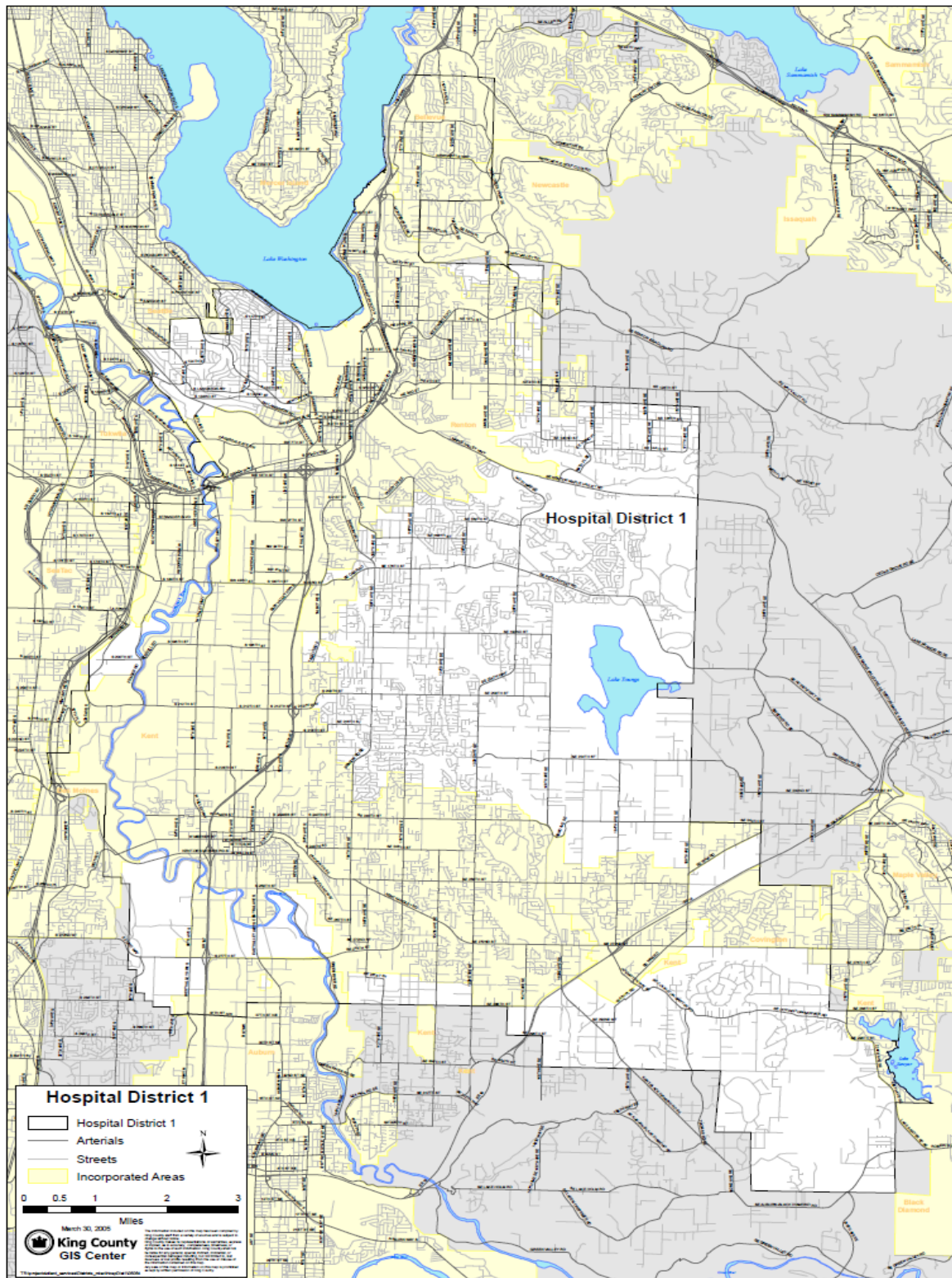
The Healthy People 2020 Objective for adults 50 to 75 years old is for 70.5% to obtain colorectal cancer screening (defined as: a blood stool test in the past year, sigmoidoscopy in the past 5 plus blood test in the past 3 years, or colonoscopy in the past 10 years). Only 63% of South County residents 50-75 meet the colorectal cancer screening guidelines, which is just slightly lower than the county and the state.

#### Meet Screening for Colorectal Cancer, Adults 50-75, Five-Year Average, 2010-2014

	Percent
South County	63%
<b>King County</b>	<b>64%</b>
<b>Washington</b>	<b>65%</b>

Source: Public Health - Seattle & King County; Behavioral Risk Factor Surveillance System, 2010-2014.  
<http://www.kingcounty.gov/healthservices/health/data/indicators.aspx>

## Attachment 1. Map of the Service Area



## **Attachment 2. King County HCC Interviewees**

Interviews were conducted with individuals from the following coalitions, agencies, and organizations.

Representatives of the broad interests of the community:

### **Eastside Human Services Forum**

- Aging & Disability Services
- The Arc of King County
- City of Bellevue
- City of Kirkland
- City of Redmond
- Friends of Youth
- Hopelink
- Issaquah Human Services Commission
- Issaquah Sammamish Interfaith Coalition
- King County Council
- Kirkland City Council
- Overlake Medical Center
- Redmond City Council
- Youth Eastside Services
- YWCA Seattle-King-Snohomish

### **North Urban Human Services Alliance**

- Center for Human Services
- City of Lake Forest Park
- City of Shoreline Human Services
- Hopelink
- Northshore/Shoreline Community Network
- Shoreline Community College

### **Seattle Human Services Coalition**

### **South King Council of Human Services**

#### King County Traffic Safety Task Force

- Burien Police Department
- Issaquah Police Department
- Kent Police Department
- King County Emergency Medical Services
- Kirkland Police Department
- Maple Valley Police Department
- Newcastle Police Department
- Redmond Police Department
- Renton Police Department
- Seatac Police Department

#### Safe Kids Seattle/South King County

- Feet First Pedestrian Safety Coalition
- Harborview Spine Center and Concussion Program

#### Safe Kids Eastside

- Brain Injury Alliance
- CarSafe Kids
- Duvall Fire Department
- Eastside Aid Community
- EvergreenHealth
- Nick of Time Foundation
- Olympic Physical Therapy

#### Central Region EMS & Trauma Care Council

- Airlift Northwest
- AMR Ambulance
- EvergreenHealth Emergency Department
- Falck Northwest Emergency Medical Services
- Group Health Emergency Department
- Harborview Medical Center Emergency Department
- Highline Medical Center Emergency Department
- Multicare Auburn Emergency Department
- Northwest Hospital Emergency Department
- Overlake Medical Center Emergency Department
- Public Health-Seattle & King County Emergency Medical Services



- Seattle Children’s Hospital Emergency Department
- Snoqualmie Valley Hospital Emergency Department
- St. Elizabeth Hospital Emergency Department
- St. Francis Emergency Department
- Tri-Med Ambulance
- Valley Medical Center Emergency Department
- Washington Ambulance Association
- Washington State Department of Health

Representatives of medically underserved, low-income and minority populations, and populations with chronic disease needs:

Carol Allen, Coordinator, Access to Baby and Child Dentistry Program, Public Health-Seattle & King County

#### Behavioral Health Partnership Group

- Asian Counseling and Referral Services
- Catholic Community Services
- Community House Mental Health
- Community Psychiatric Clinic
- Consejo Counseling
- DESC
- EvergreenHealth
- Harborview Mental Health
- King County Mental Health Chemical Abuse and Dependency Services
- NAVOS
- Seattle Counseling Service
- Sound Mental Health
- Valley Cities Counseling
- YMCA

Country Doctor Community Health Center

SeaMar Community Health Center

Forefront

#### Equal Start Community Coalition

- Center for Multicultural Health
- Children's Alliance
- Infant Mortality
- Local Hazardous Waste Management
- Native American Women's Dialogue on
- Odessa Brown Children's Clinic
- Open Arms Perinatal Services
- YWCA

#### Health Coalition for Children and Youth

- Cedar River Group
- Childhood Obesity Prevention Coalition
- Children's Alliance
- Community Health Network of Washington
- Molina Healthcare
- Neighborhood House
- Northwest Health Law Advocates
- Odessa Brown Children's Clinic
- Partners for our Children
- Seattle Children's Hospital
- Service Employees International Union Healthcare 1199NW
- Washington Chapter, American Academy of Pediatrics
- Washington Dental Service Foundation
- Washington State Hospital Association
- WithinReach

Sallie Neillie, Executive Director, Project Access Northwest

Those with expertise in public health and representatives from the local health department:

Alan Abe, Program Manager – Injury Prevention, King County Emergency Medical Services

Jennifer DeYoung, Health Reform Analyst, Public Health-Seattle & King County

Tony Gomez, RS, Manager, Violence and Injury Prevention, Public Health-Seattle & King County

Scott Neal, Tobacco Program Manager, Public Health-Seattle & King County

Lisa Podell, Interim Health Reform Analyst, Public Health-Seattle & King County

Whitney Taylor, Firearm Violence Prevention/Child Fatality Review Program Manager, Public Health-Seattle & King County

Crystal Tetrick, Parent Child Health Manager, Public Health-Seattle & King County

Sharon Toquinto, Prevention and Treatment Manager, Mental Health Chemical Abuse & Dependency Services Division, King County

Jim Vollendroff, Division Director, Mental Health Chemical Abuse & Dependency Services Division, King County

### **Attachment 3. Community Survey Key Stakeholders**

Community input was obtained from public health professionals and representatives from organizations that represent medically underserved, low-income, immigrant and/or minority populations. These organizations were represented:

- Children’s Home Society of Washington
- Community in Schools of Kent
- Health Point Mobile Medical Van
- Hopelink
- Kent School District
- King County Library System
- New Hope Lutheran Food Pantry
- Public Health – Seattle and King County
- Puget Sound Regional Fire Authority
- Renton Housing Authority
- Renton Regional Fire Authority
- RotaCare Free Clinic
- UW/Valley Medical Center
- Valley Cities
- Vine Maple Place

## Attachment 4. Survey Summary

Two community surveys were distributed from January – February 2017. The surveys were available in an electronic format through a Survey Monkey link. One survey was distributed to community partners and one was distributed to community residents. An introduction to the surveys explained the purpose of the surveys and assured participants the surveys were voluntary, and that they would remain anonymous. The community partner survey received 21 responses and the community resident survey received 270 responses.

What barriers do people face when they want to access health care, mental health care or other health-related services?

- Access to specialty care services
- Appointment availability is a challenge
- Appointment schedule options versus work schedule
- Availability of providers
- Balancing work, home, kids' schedules and time constraints
- Child care
- Confusing insurance information
- Co-pay and deductible costs
- Doctors are not taking new patients
- Financial barriers
- Finding a provider covered by insurance plan without having to pay extra
- Frequent turnover of doctors
- "I feel like I have to closely manage my own care"
- Knowledge of available services
- Language barriers
- Limited access to mental health care services
- Limited specialty care clinics
- Long wait times to get an appointment; there are no same day appointments available
- Prescription costs
- Strength through local control, want to know where my tax dollars are going
- System navigation
- The undocumented lack insurance and have prohibitive costs of care
- Transportation
- Unaware of services available

What things do people need help with to be healthy?

- Access to gym, exercise programs
- Access to health care
- Affordable housing/shelter
- Community-based drug treatment

- Dental care
- Grief support
- Health advocates
- Healthy choices at restaurants
- Healthy food
- Help navigating the health care system
- Less stress
- Longer clinic hours to access care before or after work
- Low-cost transportation
- Mental health services
- Nutrition counseling, meal planning
- Parks and green spaces
- Physical fitness
- Preventive care
- Regular check ups
- Safe neighborhoods
- Safe places to walk
- Senior clinic
- Smoking cessation
- Timely, available, affordable primary care access
- Work-life balance

Where do people obtain health news or information they trust?

- Community announcements
- Doctors
- Friends and neighbors
- Health care providers
- Health fairs
- Internet
- Library
- Social workers
- Television

What healthy changes have you made in the past year to improve your health?

- Annual check up
- Check food labels for calories
- Dental exams
- Drink more water
- Eat less meat
- Eat less sugar, salt and processed foods
- Eat more fruits and vegetables
- Get more sleep

- Got flu vaccine and pneumonia vaccine
- Mental health counseling
- No soda
- Reduced carbohydrates
- Reduced stress
- Smaller portions
- Started exercising
- Stopped smoking
- Take vitamins
- Try to eat more organic foods
- Walk more
- Weight loss
- Yoga

What health goals are you working on in 2017?

- Control blood pressure
- Decrease stress
- Eat healthier
- Healthy lifestyle
- Improve sleep
- Lose weight, weight control
- Manage chronic diseases
- Meditate daily
- More “me” time
- Pain control
- Stay fit and active

## Attachment 5. Community Resources

VMC solicited community input to identify resources potentially available to address the significant health needs. This is not a comprehensive list of all available resources. For additional resources refer to the Washington Information Network 211 at [win211.org](http://win211.org).

Significant Health Needs	Community Resources
Access to health care	RotaCare Free Clinic, Valley Medical Center & Clinic Network, Seattle and King County Public Health Department, urgent & immediate care clinics, community clinics, Sea Mar, Health Point Mobile Medical Van, Group Health, Multicare
Chronic diseases	American Lung Association, Seattle Cancer Care Alliance, American Cancer Society, Cancer Lifeline, Fred Hutchinson Research Center, American Heart Association, American Diabetes Association, community clinics, Seattle and King County Public Health Department, RN Care Management Program (VMC Clinic Network), Lifestyle Medicine Center
Economic insecurity, food insecurity, housing/homelessness	Renton Ecumenical Association of Churches (REACH), Hope Women's Shelter, New Hope Lutheran Food Pantry, Vine Maple Place, Renton Housing Authority, HopeLink, YWCA, City of Renton, City of Kent, Backpack Buddy Program
Mental health	VMC Psychiatric & Counseling Center, Crisis Solutions Center, Jefferson Terrace, Harborview, NAMI, Renton Area Youth & Family Services, Regional Support Network, Sound Mental Health, Valley Cities
Overweight and obesity	Fresh Bucks, Healthy King County, COPC-Childhood Obesity Prevention Coalition, Lifesyle Medicine Center, MyHealthMap.org, YMCA
Preventive practices	RotaCare Free Clinic, Lifestyle Medicine & Fitness Center, VMC Clinic Network: RN Care Management, FQHCs, International Community Health Services, VMC Membership Services
Smoking	American Heart Association, American Cancer Society, American Lung Association, FQHCs, King County Public Health, Washington State Department of Health, Quitlines



STI/HIV	Sexual Health Clinic, Country Doctor Community Health Centers, Lifelong AIDS Alliance, Madison Clinic at Harborview, Planned Parenthood, Bailey-Boushay House
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