

Community Health Needs Assessment 2020-2022



SUMMIT PACIFIC

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Introduction

This Community Health Needs Assessment was compiled for Grays Harbor County Public Hospital District #1, dba Summit Pacific, a public hospital district operating a critical access hospital (CAH), rural health clinics, and comprehensive wellness center in East Grays Harbor County, Washington.

Grays Harbor County currently ranks 36 out of 39 Washington counties for Health Outcomes (length and quality of life) and 35 in overall Health Factors on the *County Health Rankings and Roadmaps* compiled by the Robert Wood Johnson Foundation (RWJF). To address these challenges, Summit Pacific (SP) has passionately embraced the guiding principles of the Triple Aim - focusing on improving the health status of our community, redefining the patient experience, and creating a system of efficient and effective healthcare spend. Through identification of socioeconomic barriers that impact health, individual health needs assessment, and customization of the health care experience, Summit Pacific supports the residents of Grays Harbor County to achieve a state of health and wellness.

Our Mission

In partnership with our community, we passionately advance the health of all individuals with an emphasis on quality, access and compassion.

Our Vision

Through Summit Care, we will build the healthiest community in the Nation.

Our Values

Passion – Respect – Integrity – Compassion – Excellence

Community Description

Grays Harbor is a largely rural county in western Washington State, bordered by Jefferson County to the north, Mason and Thurston counties to the east, Pacific County to the south and the Pacific Ocean to the west. The county is 2,224 square miles and there are three major highways that run through Grays Harbor County: State Route 101 runs north/south along the coast and Highways 8 and 12 run east-west providing access to Interstate 5. Public Hospital District #1 covers the Eastern portion of the county, including the cities of Elma and McCleary.

Census Bureau statistics for 2018 list the population of Grays Harbor County at 73,901, a 1.4% increase from the 2010 census. The median household income is \$45,483 compared to the national average of \$57,652. The population density of the county is 38 people per square mile resulting in a largely rural area. Just 88.7% of residents in Grays Harbor County aged 25 and older are high school graduates, compared to the state average of 90.8%. In July of 2018, the unemployment rate in the county was at 6%, 1.7% higher than the state average.

According to the 2016 United Way ALICE Report data, 43% of Grays Harbor County households were living below the ALICE threshold. This includes 52% of households of families with children, and 42% of senior households (65 & older). In McCleary, 47% of households fall below the ALICE threshold; in Elma, the number jumps to 59%. ALICE is an acronym for Asset Limited, Income Constrained, Employed – households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county (the ALICE Threshold). Combined, the number of ALICE and poverty-level households equals the total population struggling to afford basic needs.



2017-2019 CHNA Review

Summit Pacific is committed to understanding and addressing the health needs of the East Grays Harbor County community, as evidenced by its vision to *“build the healthiest community in the Nation.”* This commitment is demonstrated by many years of growth and development of healthcare services and programs, including expanded primary care, pharmacy, laboratory and radiology services, a new hospital in 2013, and a new clinic in McCleary in 2016.

Additionally, as an early adopter of advanced payment models like Accountable Care Organization and Value-Based Care contracts, Summit Pacific has dedicated significant resources toward the prevention of disease and advancement of wellness, which will ultimately reduce healthcare spend and benefit the community for generations.

A review of the District’s 2017-2019 CHNA and CHNA Implementation Plan and actions taken to-date validates that significant progress is being made with regard to:

Access to Care

Summit Pacific has been successful in recruiting new providers to the District. Improved access is reflected in the strong improvement in the RWJF county health ranking for Clinical Care, which shows that Grays Harbor County has moved up from 39th to 26th.

To further address the shortage of providers, Summit Pacific began development of a Medical Residency Program in 2019. This program will provide much-needed rural training opportunities. It is also expected to directly impact the local provider shortage, as providers commonly choose to practice in the community where they complete their residency.

Encouraging Healthy Behaviors & Improving Health Literacy and Nutrition

In 2019, Summit Pacific opened a 60,000 square-foot Wellness Center. This center is a hub of wellness that encourages and supports overall health and well-being. The programs and services provided here include nutrition counseling; a café focused on nutritious, locally-sourced foods; group classes and support groups, such as chronic disease prevention, healthy cooking, yoga, fitness, and mindfulness meditation; and a large therapy services suite that provides fitness services and programming to promote optimal health and prevention of disease.

Addressing Substance Abuse & Mental Health Issues

With the introduction of a Medication Assisted Treatment (MAT) Clinic in early 2019, Summit Pacific is directly addressing the opioid crisis and expanding access to care for this underserved population. Ongoing efforts to expand and ingrate mental health services include the addition of a psychiatrist in the Wellness Center Clinic.

These results demonstrate that the work underway at Summit Pacific – engaging the community as members instead of patients, focusing on keeping people well instead of waiting to treat diseases, and supporting families to build healthier generations – is beginning to transform the culture of the community.



Health Factors Data and Statistics

Life expectancy in Grays Harbor is 3.6 years less than the rest of Washington and a review of the Robert Wood Johnson Foundation’s *2019 County Health Rankings & Roadmaps* for Washington State shows that Grays Harbor County currently ranks 36 out of 39 counties for overall health outcomes. There are many factors contributing to this overall ranking, including health behaviors, nutrition, clinical care, Social & Economic Factors and Physical Environment.

	Grays Harbor County	Trend	Error Margin	Top U.S. Performers	Washington	Rank (of 39)
Health Outcomes						36
Length of Life						36
Premature death	8,800		8,000-9,700	5,400	5,600	
Quality of Life						33
Poor or fair health	16%		15-16%	12%	14%	
Poor physical health days	4.1		3.9-4.3	3.0	3.7	
Poor mental health days	4.4		4.2-4.6	3.1	3.8	
Additional Health Outcomes (not included in overall ranking) +						

Health Behaviors

Grays Harbor County ranks low with regard to health behaviors (38/39) and has higher rates of smoking and obesity and lower rates of physical activity compared to other counties.

Health Behaviors						38
Adult smoking	17%		16-18%	14%	14%	
Adult obesity	37%		33-41%	26%	28%	
Food environment index	6.9			8.7	8.1	
Physical inactivity	21%		18-24%	19%	16%	

Nutrition

Grays Harbor youth now ranks similar to the state average when it comes to eating five or more servings of fruit and vegetables per day. However, food and nutrition continue to be primary factors driving poor health outcomes in the District. One-in-three adults, and one-in-six teens are obese. 12% of adults aged 20 and above are diagnosed with diabetes, which is 3% higher than the state average.

Substance Abuse & Mental Health

At 15.53 per 100k, the rate of death from opioid overdose in Grays Harbor County is among the highest in the state and in the country.

It is widely recognized that persons with mental health disorders are commonly affected by substance abuse disorders at the same time. Based on a 2009 report by Grays Harbor Community Task Force, around 45% of people with mental disorders also have substance abuse issues.

According to the 2017 National Survey on Drug Use and Health, mental disorders are the leading cause of disability in the United States for ages 15-44. About 19% of the population can be expected to experience an episode of mental illness; 24% of homeless adults are affected by serious mental illness. Currently, the publicly funded services that are readily available do not address the whole mental health continuum. There is a lack of outpatient services and local psychiatric care that is necessary for the support of individuals suffering from mental illness in Grays Harbor.

Behind these rates are enormous impacts on individuals and families, and additional burdens on businesses, healthcare providers, the justice system, schools, and other public and private entities. The data indicates the rates in Grays Harbor County are in line with the CDC's identified criteria for priority "at risk" rural counties. It is estimated that substance abuse accounts for 60-80% of emergency room care and 60% of patients hospitalized for substance abuse treatment also have a mental disorder.

Clinical Care

Grays Harbor County has made significant improvement in its Clinical Care ranking over the past three years. While access to care has improved, there continues to be a shortage of medical providers in Grays Harbor County where there are 59.1% fewer primary care physicians, 38.6% fewer dentists, and 31.1% fewer mental health professionals as compared to state averages.

Clinical Care 26

Uninsured	8%		7-9%	6%	7%
Primary care physicians	2,980:1			1,050:1	1,220:1
Dentists	2,020:1			1,260:1	1,240:1
Mental health providers	450:1			310:1	310:1
Preventable hospital stays	<u>2,884</u>			2,765	2,914

Shortages may result in a delay of clinical care and preventative services, causing residents to miss important health screenings. When access to primary care is restricted, Emergency Department visits increase, preventable hospital stays increase, and overall healthcare spending soars. In 2016, the primary care physician coverage rate was 33.6 per 100,000 population compared to the national benchmark of 95.2 per 100,000 and 82 per 100,000 for Washington.

The Washington State Department of Health’s 2014 Health of Washington State report – updated in July 2016 – indicates that Grays Harbor County has the highest hospitalization rate in Washington State. However, RWJF reporting shows that the rate of preventable hospital stays in Grays Harbor County has also been improving and is now tracking closely with Washington State averages.



In 2018, the leading causes of hospitalization at Summit Pacific were COPD, pneumonia, heart failure, cellulitis and pancreatitis.

Social & Economic Factors and Physical Environment

Grays Harbor County faces several social, economic and physical environment challenges that negatively impact community health and well-being, including:



- High rates of children in poverty and children in single-parent households

Social & Economic Factors 35

<u>High school graduation</u>	82%			96%	79%
Some college	55%		51-59%	73%	70%
Unemployment	7.1%			2.9%	4.8%
Children in poverty	<u>26%</u>		20-32%	11%	14%
Income inequality	4.4		4.0-4.8	3.7	4.5
Children in single-parent households	36%		31-42%	20%	28%

- Severe housing problems

Physical Environment 7

Air pollution - particulate matter	 6.1		6.1	7.4
Drinking water violations	No			
Severe housing problems	15%	14-17%	9%	18%

Community Input & Prioritization of Needs

Summit Pacific is governed by a publicly elected Board of Commissioners. The Commissioners' ongoing role is to ensure that the District serves the needs and interests of the community. The Commissioners set strategic priorities for the District and have input on both short and long-term strategic planning.

In addition to monthly public board meetings, Summit Pacific periodically holds open Community Forums to share information, and to collect feedback from the community.

Summit Pacific's leadership team develops a one to five-year strategic plan annually. This work is completed over multiple work sessions, with input from commissioners, executives, managers and staff. The Community Health Needs Assessment is referenced throughout this process. Ultimately the strategic plan is presented at a public board meeting and formally approved by the Board of Commissioners.

In the late fall of 2022, two community sessions were convened specifically to provide input on community health needs. At these sessions, health rankings and other related information were reviewed, priorities were discussed and the community's input was solicited. This information was considered in the final preparation of Summit Pacific's 2023-2025 Community Health Needs Assessment.

Selected Priorities

After review of the data and trends and with careful consideration of the District's resources, mission and vision, the Summit Pacific Board of Commissioners and executive leadership selected the following priorities for 2020-2022:

1. Health Behaviors:
 - a. Reduce the occurrence of nutrition-related chronic disease and obesity
 - b. Improve mental health status and reduce the rate/impacts of substance abuse
2. Clinical Care:
 - a. Increase access to primary care, behavioral healthcare and specialty care.
3. Social, Economic & Physical Environment:
 - a. Address socio-economic and physical environment issues to support a healthy and vibrant community

These priorities will be the focus of the District's 2020-2022 Community Health Needs Assessment Implementation Plan.

Implementation Plan

Summit Pacific’s Community Health Needs Assessment (CHNA) provides a qualitative and comparative assessment of the health issues and related needs of the Grays Harbor County residents. This implementation plan outlines the specific strategies and tactics that Summit Pacific will deploy to address the needs identified in the CHNA. This plan is incorporated into the District’s overall strategic plan. Progress is monitored and the plan is formally reviewed and updated as needed each year during the annual strategic planning cycle.

Health Behaviors			
Issue	Needs	Strategies	Measures
Grays Harbor County ranks low in healthy behaviors related to nutrition and has high incidence of diabetes.	Increased understanding of the impact that diet has on overall health, awareness of healthy alternatives, access to nourishing foods, and food preparation skills.	<p>Incorporate demonstration kitchen and related programming into Wellness Center space.</p> <p>Partner with community partners and farmers to provide healthy menus, recipes, shopping lists and cooking demos.</p> <p>Provide education around food storage and preservation, menu planning and meal preparation.</p> <p>Expand medical nutrition programming.</p>	<ul style="list-style-type: none"> • Rate of diabetes. • Obesity rates. • County ranking on nutrition-related behaviors. • Number of nutrition classes and class participants. • Number of patients receiving medical nutrition counseling/support.
Grays Harbor County has high rates of mental illness and substance abuse.	Increase access to behavioral health and substance abuse treatment options; reduce the stigma associated with such care to encourage and support those in need to see and/or continue treatment.	<p>Increase the number of behavioral health providers and support staff.</p> <p>Increase care coordination services for behavioral health patients.</p> <p>Support community and regional efforts to expand access to behavioral health services.</p> <p>Increase access for the MAT program; increase the number of MAT waived providers.</p>	<ul style="list-style-type: none"> • Number of empaneled behavioral health patients. • Rate of ED visits related to behavioral health and/or substance abuse. • Number of patients treated in MAT clinic. • Percentage of providers MAT waived.

Clinical Care

Issue	Challenge	Strategies	Measures
Healthcare Access: timely access to the right level of care.	Shortage of primary care and mental health providers in Grays Harbor County.	<p>Increase the number of primary care and behavioral health providers.</p> <p>Explore ways to support dental care services.</p> <p>Successfully launch and recruit students for a Rural Family Medicine Residency program.</p> <p>Increase partnerships with specialty clinics and providers.</p>	<ul style="list-style-type: none"> • Number of employed primary care and mental health providers. • Number of empaneled patients. • Wait time for new patient visits. • Wait time for existing patient routine visits. • Recruit physician students for residency program.

Social & Economic Factors and Physical Environment

Issue	Challenge	Strategies	Measures
Social, economic, and physical environment factors are drivers of overall health and well-being.	High rates of poverty, and shortage of housing impact the health and vitality of the community; solutions require input and involvement of many.	<p>Work with community members and partners to build a shared vision for health and well-being that will lead to measurable improvement in health factors in District #1.</p> <p>Explore the possibility of a Blue Zones (or other similar program) project for Grays Harbor County.</p>	<ul style="list-style-type: none"> • Number of partners and community members involved and actively engaged in this work. • Improvement in Overall County Health Ranking.