

Island Health

Community Health Needs Assessment

2022 – 2024



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About Island Health

Skagit County Public Hospital District No. 2 (DBA: Island Health) is the center for healthcare in western Skagit County. Since 1962, our award-winning hospital has focused on providing the community with high-quality care close to home. With over 190 physicians and healthcare providers, we are proud to offer a wide range of comprehensive services.

Island Health is a public hospital district, comprising boundaries include Fidalgo, Cypress, Guemes, and Sinclair Islands. We have five publicly elected Commissioners who govern our hospital district to ensure best practices are fairly enforced, monitor facility upgrades and see to the enhancement of community services offered to residents of our district.

Island Health employs more than 750 staff members and has three family care clinics, as well as six specialty clinics. Island Health also operates a clinic on Orcas Island. We are designated as a Level III trauma facility with a Level II stroke center. We are licensed for 43 patient beds, including six intensive-care, six labor and delivery, and 31 medical/surgical beds.

Our Purpose

Our purpose is to be the best healthcare partner to those we serve.

Island Health cares by:

Demonstrating compassion

- We care for our patients, their loved ones, and one another. We are motivated to make a difference.

Being accountable

- We have high integrity. We are empowered to do the right thing, solve issues at every level, and take ownership of all that we do.

Showing respect

- We interact with honesty and humility. We treat all with kindness and value each individual.

Striving for excellence

- We are results driven, seeking to raise the bar and recognize a job well done.

Practicing stewardship

- We make wise use of our talents, time, equipment, and finances.

Our Services

Island Health offers a full range of comprehensive medical services and support programs for your health care needs. Our medical staff is highly trained and specialized to provide the highest quality of care to our patients. In addition, as a commitment to the total well-being of each patient, Island Health offers a number of support programs to complement the medical services provided.

Our services include:

- ▶ Acute and Intensive Care
- ▶ Birth Center
- ▶ Cancer Center
- ▶ Cardio Rehabilitation
- ▶ Diabetes Education
- ▶ Diagnostic Imaging
- ▶ Emergency Department
- ▶ Family Medicine
- ▶ Internal Medicine
- ▶ Laboratory
- ▶ Obstetrics and Gynecology
- ▶ Pediatrics
- ▶ Physical and Occupational Therapy
- ▶ Pulmonary Rehabilitation
- ▶ Psychiatry and Behavioral Health



- ▶ Respiratory Care
- ▶ Speech Therapy
- ▶ Sports and Spine Services
- ▶ Surgery (Inpatient and Outpatient)
- ▶ Urology
- ▶ Wound Care and Hyperbaric Medicine
- ▶ Health Education Classes and Events

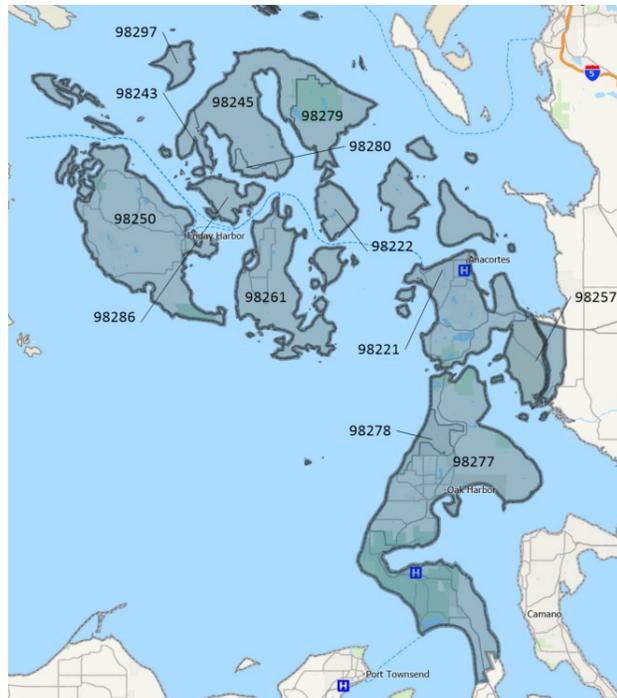
As a community-based health system, Island Health serves as the sole provider of care to a rural community with limited access to healthcare services. Every three years, Island Health conducts a community health needs assessment (CHNA) to assess the health of our community and to identify unmet health needs based on population trends, health indicators, and socioeconomic factors.

To learn more about Island Health, visit www.islandhealth.org.

Our Community

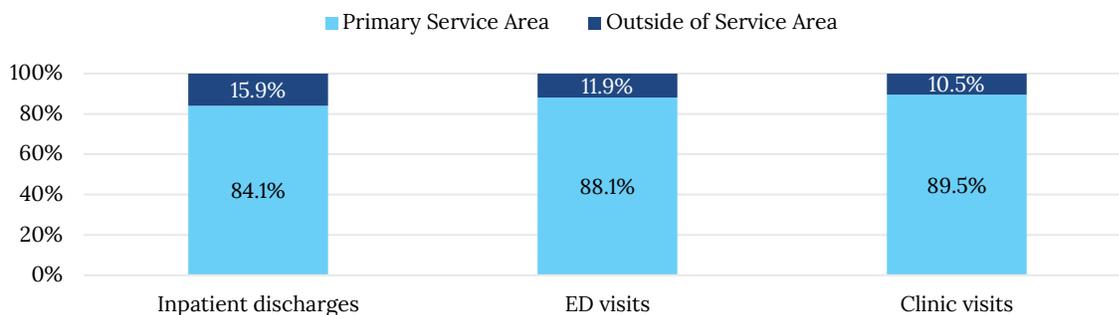
Island Health is a public hospital district located in the city of Anacortes in Skagit County, Washington. While located in Anacortes, Island Health has historically served the healthcare needs of the cities, towns, and islands in western Skagit County, as well as San Juan and Island counties, including Fidalgo, Cypress, Guemes, and Sinclair Islands.

For the purpose of this needs assessment, the community served by Island Health was determined by analyzing where patients who receive services at the hospital originate in recent years. The majority of our patients originate from the primary service area, which consists of 84.1% of total inpatient discharges, 88.1% of emergency department (ED) visits, and 89.5% of clinic visits at Island Health. The remaining utilization is from individuals living in the broader community, as well as individuals vacationing near Anacortes.



Primary service area (PSA)

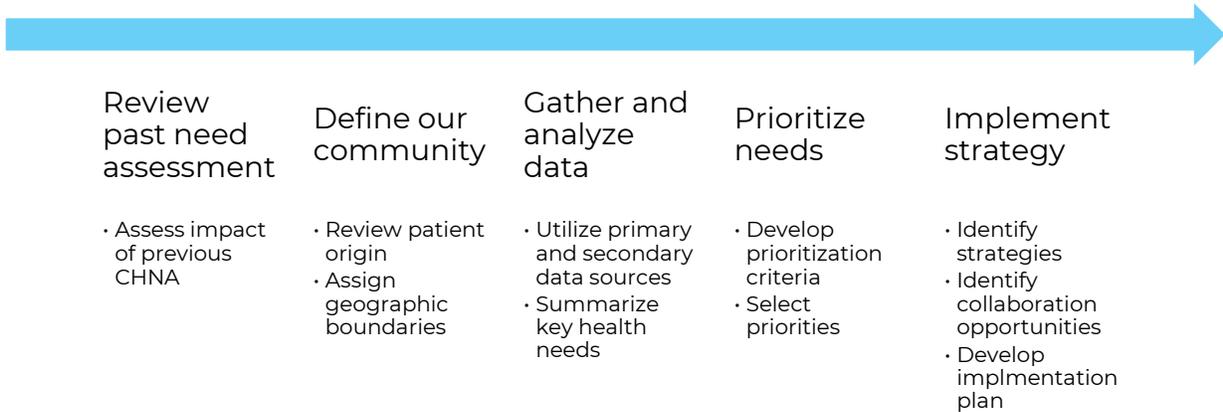
Patient origin by service line



Methodology

Our Process

Island Health engaged Wipfli LLP (Wipfli) to help conduct the CHNA. Wipfli utilized the following process to analyze the health needs of the community and develop the priorities of the needs assessment:



This process was overseen by the CHNA Advisory Committee, which consists of leadership from the hospital who represent the broad interests of the community. Committee members were selected based on their knowledge of and role within the community, as well as the relevant skills and qualifications to execute the steps of the CHNA process.

The committee consists of the following members:



ELISE CUTTER, MBA, CHIEF EXECUTIVE OFFICER
Formerly Island Health’s Chief Operating Officer (COO) and Chief Financial Officer (CFO), Elise Cutter has risen through the ranks, recognized throughout her years of service to the organization as a leader and dedicated employee. In 2013 Cutter took on the CFO role, and under her leadership significantly increased the hospital’s cash reserves while spearheading initiatives to save hospital and taxpayer dollars. In 2020, as Chief Operating Officer, Cutter readied the organization to address the COVID-19 pandemic, standing up emergency operations, including both testing and vaccination clinics. Under her leadership, Island Health was one of the first healthcare entities in the region to offer vaccinations in December 2020.



JULIE NORTON STEWART, MBA, CHIEF FINANCIAL OFFICER

Julie Norton Stewart joined Island Health’s leadership team as the Chief Financial Officer in January 2021. Stewart brings a depth of experience to the role with over 20 years of expertise in leading financial operations including developing financial models, assessing financial risk, evaluating cost structures and revenue streams, and maintaining annual operating budgets. After relocating to Anacortes, Stewart noted how it feels reminiscent of the coastal area where she grew up in Massachusetts. Stewart and her family are happy to be a part of Anacortes’ vibrant community and explore all that Fidalgo Island has to offer.



JASON HOGGE, MD, CHIEF MEDICAL OFFICER

Dr. Jason Hogge, MD brings more than 15 years of exceptional clinical expertise to the role of Chief Medical Officer at Island Health. Currently a primary care provider at Anacortes Family Medicine, Hogge’s Island Health physician leadership experience includes six years on the Medical Executive Committee and two as Chief of Staff. He believes deeply in educating and cooperating with patients and families to obtain a holistic, patient-centered approach to medical care.



TAMMY NEEDHAM, DNP, MSN, BSN, BAOM, RN, CHIEF CLINICAL OFFICER

Tammy Needham joined Island Health’s Senior Leadership Team as its new Chief Clinical Officer (CCO) in December 2022. Prior to joining Island Health, Needham served as Chief Nursing Officer and Chief Operating Officer at University of North Carolina Rockingham Hospital. Needham recently completed her doctorate degree at Maryville University of Saint Louis, Needham earned her Master of Science in Nursing from Virginia College System and her bachelor’s from University of North Carolina at Wilmington. She also earned a Bachelor of Arts in Organizational Management from Ashford University’s Forbes School of Business. Needham holds a Black Belt in Lean Six Sigma and is passionate about building strong teams to deliver exceptional patient care.

The process that Wipfli and the Advisory Committee used to complete this needs assessment is in full compliance with Section 501(r)(3) of the Internal Revenue Code. This needs assessment was approved by the Advisory Committee and the Island Health Board of Commissioners on December 21st, 2022.

Data Collection

Information was collected from primary and secondary data sources to identify unmet health needs within the community. Information from these sources was summarized into key themes, which served as the basis of the CHNA.

PRIMARY DATA

Primary data represents information that was collected firsthand from stakeholders within the hospital's community. This data was collected to validate secondary data findings as they pertain to Island Health's service area, identify issues that were not represented in the secondary data, and understand what specific subgroups of the community may face additional challenges or disparities.

Primary data was collected through interviews with community stakeholders who best represented the broad interests, experiences, and needs of Island Health's community, particularly people who represent medically underserved and vulnerable populations. A complete list of the community stakeholders can be found in the Reference and Acknowledgments.

The interviews and surveys were designed to solicit information pertaining to the following topics:

- ▶ Significant healthcare issues or needs
- ▶ Social, behavioral, and environmental factors that contribute to health needs
- ▶ Barriers to care within the community
- ▶ Vulnerable populations who experience disparities

- ▶ Suggestions or ideas to address the community's needs
- ▶ Potential resources or infrastructure to support health, social, behavioral, or environmental needs
- ▶ Areas for collaboration to address health needs

SECONDARY DATA

Secondary data was collected from statistical data sources available at the local, regional, state, and national level. This data provides a profile of the demographic, social, economic, and health characteristics of Island Health's community. To the extent possible data was collected at the local level and compared to regional, state, or national benchmarks. Benchmarks labeled as '90th percentile' represent benchmarks from the top 10% of comparable counties nationally.

Sources of secondary data include:

- ▶ American Community Survey
- ▶ Center for Disease Control and Prevention
- ▶ County Health Rankings
- ▶ ESRI Business Information Solutions
- ▶ U.S. Census

Prioritization of Community Needs

Once the primary and secondary data was gathered, the data was collectively analyzed to identify key themes that represented the unmet health needs within the community. The Advisory Committee convened as a group to rate the unmet health needs to determine which needs would be prioritized by Island Health over the next three years. The Advisory Committee rated the unmet health needs based on the following criteria:

Scope

- How many individuals are touched by this issue?

Significance

- How significantly does the issue impact those touched by it?

Impact

- How much of an impact can Island Health have on addressing this issue?

Limitations

Island Health, in collaboration with Wipfli, has engaged in an extensive process to develop a CHNA that is rooted in the most detailed information available at the time of the writing of this report.

However, Island Health recognizes that the responses reflected in the community stakeholder interviews represent the opinions of those interviewed and may not reflect the actual needs of the community. While every effort was made to recruit a set of diverse and representative perspectives, this needs assessment is limited as there is no way to guarantee that the perspectives of these participants are fully representative of those in the service area. County-level data may be featured in this report when more local data pertaining to the hospital's service area was not available. The extent to which local needs vary from county, state, or national trends cannot be ascertained with any degree of certainty.

Island Health's emphasis on recruiting a set of diverse perspectives and using local or regional data when available to determine the health needs of the community demonstrates Island Health's commitment to understanding and meeting the needs of its service area.

Community Health Priorities

The 2022 community health priorities, in no particular order, are:



Additional context regarding the selection of these health needs as priorities for Island Health is provided below:

Access to behavioral health services



A majority (87%) of community stakeholders interviewed reported that access to behavioral health services is a significant health need in the community. Stakeholders reported the need for the full spectrum of behavioral health services, from outpatient therapy and counseling to inpatient psychiatric treatment.

Stakeholders reported that this need derives from an insufficient number of behavioral health providers to support the community's needs, resulting in long wait times for appointments and patients whose health needs go unserved. According to the Washington State Department of Health, both San Juan and Island counties are designated as Health Professional Shortage Areas (HPSAs) for mental care based on total population, with portions of Skagit County designated as a HPSA for mental care for the low-income population (2022). Lack of access to services has resulted in limited proactive management

for behavioral health conditions, resulting in worse mental health and related behaviors. Mental health outcomes in the tri-county region served by Island Health have worsened over the past three years, with adults in Skagit, San Juan, and Island counties report a higher number of mentally unhealthy days each month compared to state and 90th percentile national benchmarks, as well as higher rates of excessive drinking and drug overdose deaths compared to state benchmarks (County Health Rankings, 2022). Stakeholders particularly focused on the need for services to support adolescents, as well as the homeless, low-income, and those with involvement in the criminal justice system.

Stakeholders also reported a lack of access to inpatient psychiatric facilities/beds in the community, especially for adolescents. Lack of beds often results in patients not receiving the stabilizing care they need when they need it, resulting in the premature discharge of patients. While Skagit Valley Hospital provides inpatient psychiatric treatment services, beds are often full, so patients may get transferred as far away as Seattle to access inpatient psychiatric care.

Access to primary and preventative care



The Issue

Lack of primary care providers in the community relative to demand



The Impact

Long wait times for appointments, resulting in patients foregoing care
Poorer health outcomes



The Need

Better access to primary and preventative care services, especially to support the senior population

Approximately 60% of community stakeholders interviewed reported that access to primary care and preventative care is a significant unmet health need in the community, particularly for the senior population. Stakeholders generally reported a shortage of primary care providers in the community, making it challenging for new patients to establish care with a provider and for established patients to access primary care and preventative services due to long appointment wait times (up to 3-6 months). According to the Washington State Department of Health, Skagit, San Juan, and Island counties are all designated as HPSAs for primary care based on the size of the population served. Depending on where people live in the tri-county area served by Island Health, there are up to 1,250 more people per primary care physician compared to state benchmarks, indicating less access to care (County Health Rankings, 2022). Stakeholders speculated that provider shortages may be exacerbated due to the high cost of living, lack of affordable housing, the rural nature of the community, and staffing shortages in the healthcare industry nationwide.

Lack of access to primary care can reduce preventative health behaviors needed to monitor, treat, and prevent disease from occurring, and worsen a community's health over the long run. Stakeholders stressed the importance of being able to access primary care and preventative services in a timely manner, especially given the predominately elderly population served by the hospital which tends to exhibit higher rates of chronic disease and more complex comorbidities in their health conditions. Data indicates that adults in Skagit, San Juan, and Island counties exhibit poorer preventative health behaviors, such as having a personal physician or receiving annual check-ups, compared to state benchmarks, as well as higher rates of chronic disease, such as cancer, heart disease, and diabetes (Behavioral Risk Factor Surveillance Survey, 2013-2015). Similarly, rates of preventable hospital stays among seniors in Skagit County also fall higher than state benchmarks, which indicates opportunity to improve preventative care and disease management (County Health Rankings, 2022).

Access to specialty care



The Issue

Lack of specialty providers and specialty services in the community relative to demand



The Impact

Transportation barriers to accessing care, or patients foregoing care due to inaccessibility
Poorer health outcomes



The Need

Better access to specialty providers and specialty services, especially to support the senior population

A smaller but still substantial percentage of community stakeholders interviewed (33%) reported that access to specialty care is a significant unmet health need in the community, particularly to support the aging population. Stakeholders generally reported limited access to specialty services in town due to the smaller/rural nature of the community. Stakeholders specifically reported a need for services to support the senior population, such as cardiology, gastroenterology, hematology/oncology, neurology, and pulmonary medicine. Lack of access to these services in the community results in patients needing to travel elsewhere for care, up to 2-3 hours round-trip, to access services, which is a significant barrier for certain patient populations, especially those who live on the islands off the mainland of Anacortes.

CHNA Implementation Plan

With collaboration from Wipfli and the Advisory Committee, Island Health developed an implementation plan to address the prioritized health needs. The plan addresses the following for each health need:

Strategic Objectives

- What are the long-term goals that Island Health can work towards to address this unmet health need?

Tactics

- What are the short-term steps and actions that Island Health can take to achieve its goals?

Island Health will explore the following strategic objectives and tactics to address the prioritized health needs:

Access to behavioral health services

Strategic Objectives

- Implement a stepped care model for behavioral health services to systematically deliver and monitor mental health services to our community.

Tactics

- Develop a care model that allows patients to access lower and higher levels of care based on acuity and outcomes.
- Integrate behavioral health interventions across primary and specialty care.
- Focus on specialty level care for stabilization through diagnosis confirmation, medication treatment planning, individual short-term targeted therapy, and a team based approach.
- Provide group therapy services across multiple steps in the care model.
- Continue the philanthropic partnership with Island Health Foundation to remove barriers to mental health care for high risk children through individual and group therapy at the Anacortes Middle and High School.
- Coordinate with telehealth services to increase access for long-term therapy.

Access to primary and preventative care

Strategic Objectives

- Make Island Health the first stop for all community patients in need of health services by improving access to primary care.

Tactics

- Recruit additional providers to address unmet provider need.
- Develop and promote chronic disease management health education classes.
- Assess physical space requirements needed to support future growth needs.
- Explore opportunities to create better access to care through same-day appointments and by increasing appointment availability.
- Develop and promote health education classes for healthy senior living.
- Invest in improvements to IT infrastructure to support patient care portal enhancements and online scheduling for primary care appointments.

Access to specialty care

Strategic Objectives

- Improve access to specialty care services for the hospital district.

Tactics

- Recruit additional providers to address unmet provider need.
- Develop and promote senior-focused specialty service lines.
- Assess physical space requirements needed to support future growth needs.
- Invest in improvements to IT infrastructure to support patient care portal enhancements and online scheduling for specialty services/referrals.

Evaluation of Previous CHNA Implementation Plan (2019 - 2021)

Previous CHNA Priorities

Island Health conducts a CHNA every three years as part of our ongoing efforts to address our community's most significant health needs. Our previous CHNA identified the following prioritization areas:

- ▶ Behavioral health
- ▶ Access to health care

Impact Evaluation

The following summarizes Island Health's effort in addressing the previous health priorities identified in the CHNA:

Behavioral health

- Replaced a part-time child psychiatrist with a full-time provider to facilitate improved access to behavioral health for children and adolescents.
- Recruited an additional mental health counselor to the behavioral health program to facilitate improved access to therapy services.
- Continued to grow the school-based Mental Health Intervention Program for youth with expansion of staff, services, and hours of operation, allowing the program to serve almost 100 new students in the 2021 school year.

Access to healthcare

- Recruited 17 new providers, both physician and advanced practice clinicians, to the Island Health clinics to improve access and expand provider service offerings: family practice (8 providers), general surgery (2 providers), pediatrics (1 provider), obstetrics/gynecology (1 provider), wound care (1 provider), interventional pain management (1 provider), psychiatry (2 providers), and urology (1 provider).
- Added new specialty providers in urology, gastroenterology, sports medicine, and telemedicine to support the needs of the community.
- Expanded the scheduling center to improve the ability to handle high-volume call clinics, which improved scheduling services and patient satisfaction.
- Expanded and enhanced the Patient Portal to support ease of access to medical information, care planning, and appointments for both healthcare providers and patients
- Enhanced the Island Health website to facilitate ease of access to information for patients, including visit scheduling and providers available at the hospital.

References and Acknowledgments

Primary Data Sources

This report was made possible through the contribution of the following organizations, who participated as stakeholders in the community input process of this needs assessment:

- ▶ Anacortes Fire Department
- ▶ Island Health
- ▶ Naval Health Clinic – Oak Harbor
- ▶ Orcas Island Health District
- ▶ Orcas Island Fire Department
- ▶ Population Health Trust
- ▶ San Juan County Sheriff's Department
- ▶ Skagit Behavioral Health Inc.
- ▶ Skagit County Community Justice Center
- ▶ Skagit County Public Health

Secondary Data Sources

Secondary data regarding the community served by Island Health was referenced from the following sources:

- ▶ American Community Survey
- ▶ Center for Disease Control and Prevention
- ▶ County Health Rankings
- ▶ ESRI Business Information Solutions
- ▶ Healthiest Communities, a collaboration between U.S. News and the University of Missouri Extension Center for Applied Research and Engagement systems
- ▶ U.S. Census

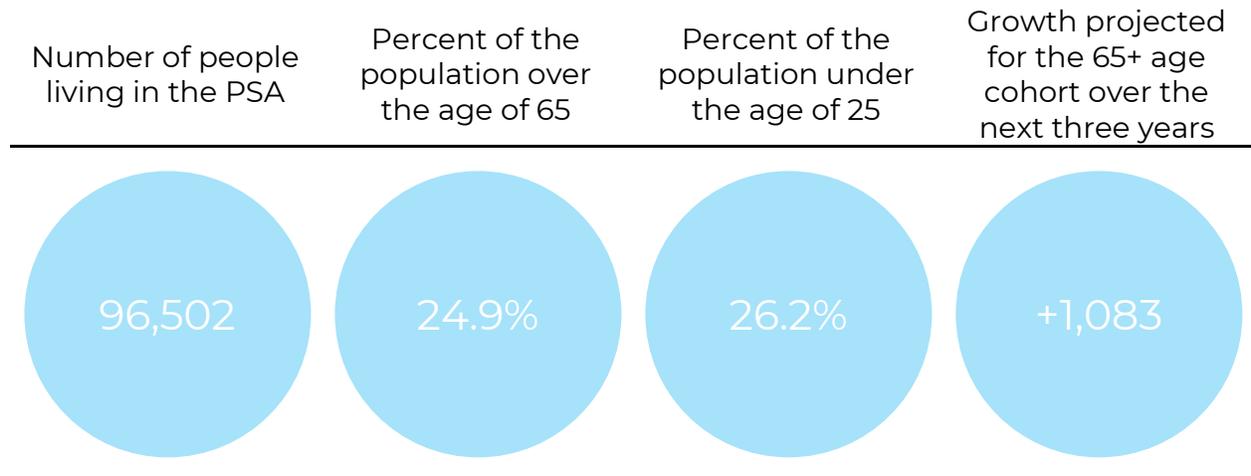
Consulting Expertise

Wipfli LLP, a national certified public accounting and consulting firm, assisted Island Health with all stages of this assessment, including collection and analysis of primary and secondary data, identification of community health needs, direction of the prioritization process, and compilation of this report.

Community Profile

Demographic Indicators

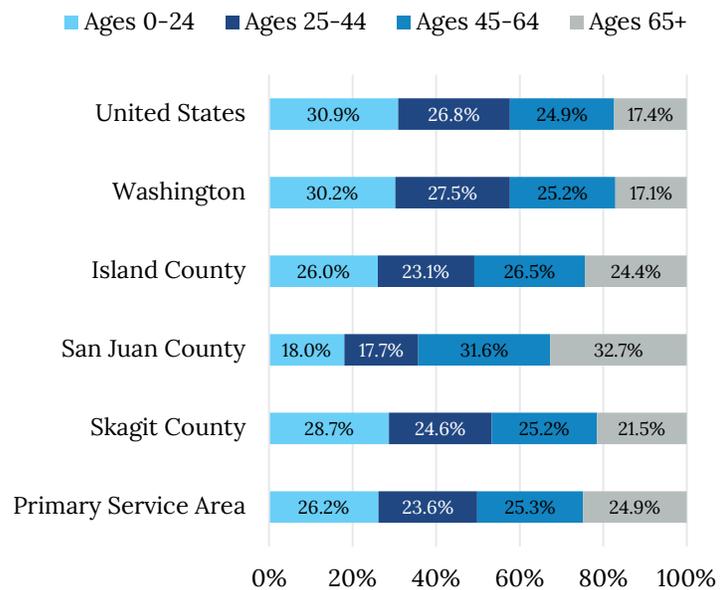
ISLAND HEALTH COMMUNITY PROFILE AT-A-GLANCE



Source: ESRI Business Information Solutions, 2022

The population of the PSA is 96,502 people, with projections estimating that the PSA is anticipated to minimally grow by about 689 people over the next three years. While population growth is projected to be minimal, the 65+ age cohort is anticipated to expand as a percentage of the total population, with a projected 1,083 additional entrants by 2024 as other age cohorts decline. Currently, this age group consists of 24.9% of the total population in the PSA, which is greater than state and national benchmarks. Island Health’s older age demographic which will impact the health needs of the community, as well as the overall demand for healthcare services.

Population distribution by major age cohort

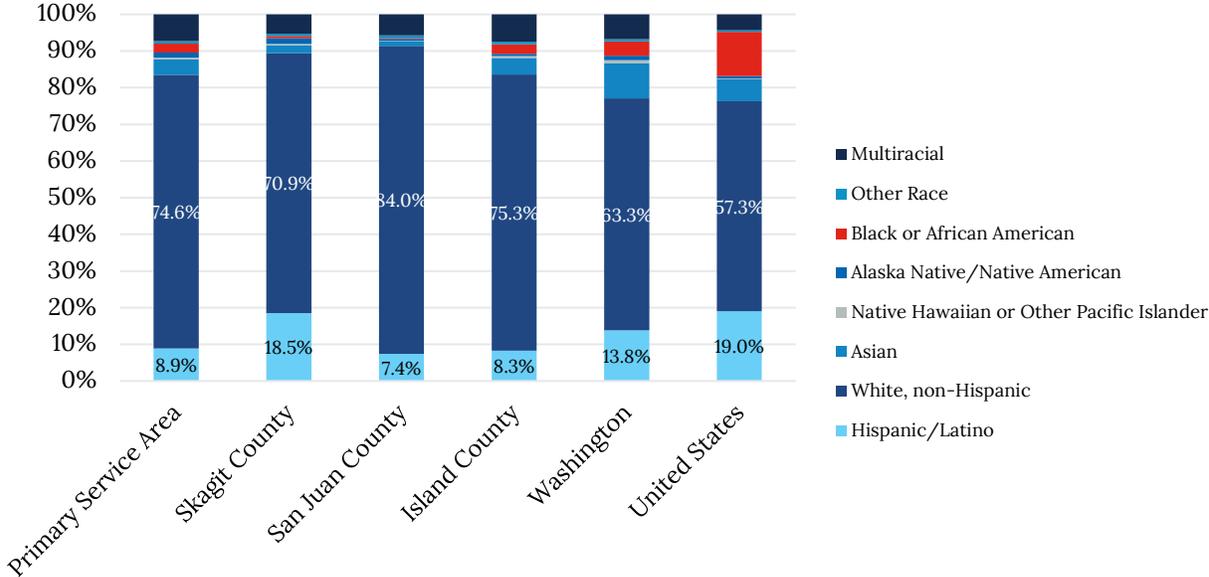


Source: ESRI Business Information Solutions, 2022

RACE AND ETHNICITY

Island Health’s PSA is predominantly white, with 74.6% of the population consisting of individuals who identify as white, non-Hispanic. Approximately 8.9% of the population identifies as Hispanic, significantly fewer than the national benchmark of 19.0%. However, a higher percent of the PSA identify as multiracial compared to national benchmarks.

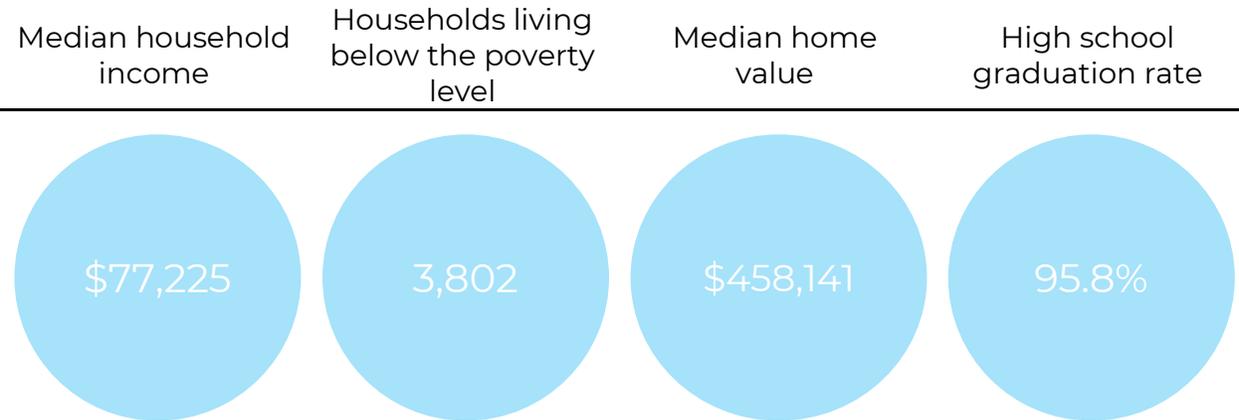
Population distribution by race/ethnicity category



Source: ESRI Business Information Solutions, 2022

Socioeconomic Indicators

ISLAND HEALTH COMMUNITY PROFILE AT-A-GLANCE

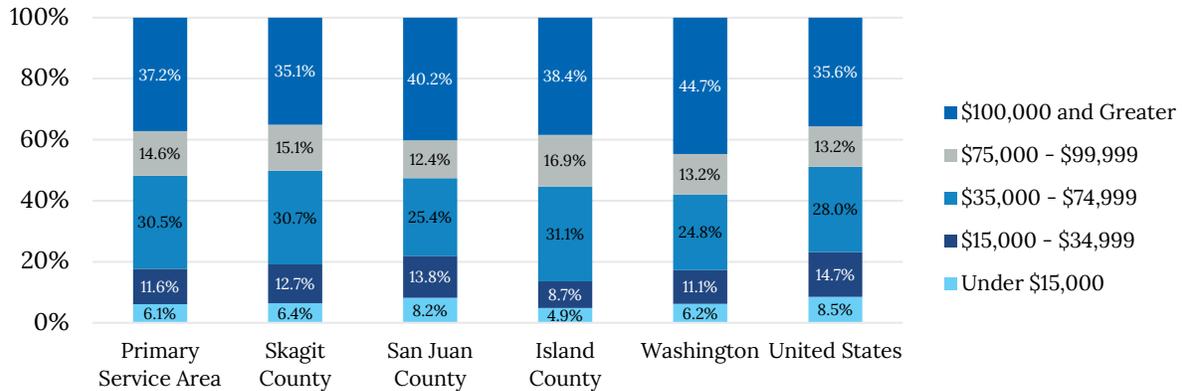


Source: ESRI Business Information Solutions, 2022; American Community Survey 5-year estimates, 2016-2020

INCOME AND POVERTY

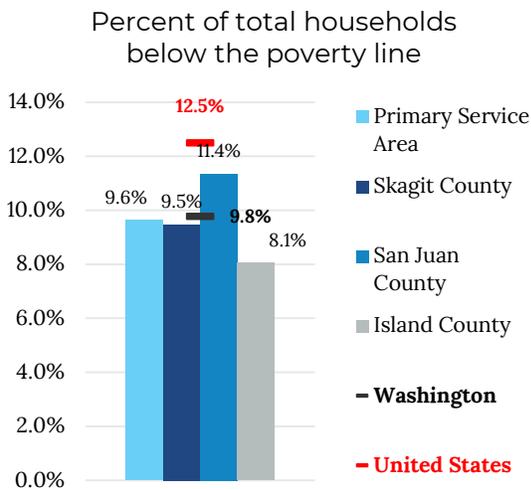
Household income does not vary significantly across the tri-county region served by Island Health. Overall, income distribution for the PSA trends lower than state benchmarks, but higher than national benchmarks. Between the counties served by Island Health, Island County is the most affluent while San Juan County is the least affluent based on the distribution of households by income level.

Household income by income level

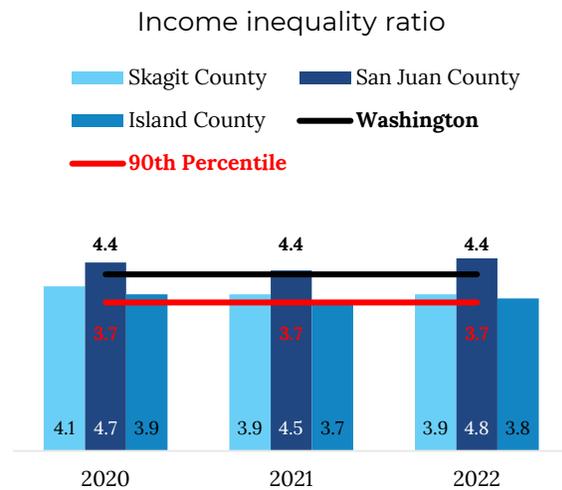


Source: ESRI Business Information Solutions, 2022

Overall, rates of household poverty in the PSA are lower than state and national benchmarks, indicating that economic outcomes in the PSA are more favorable. San Juan County exhibits the highest rate of poverty, with 11.4% of households falling below the poverty line. Income inequality is also higher in San Juan relative to state and national benchmarks, indicating that economic disparity between households may be more significant.



Source: American Community Survey 5-year estimates, 2016-2020



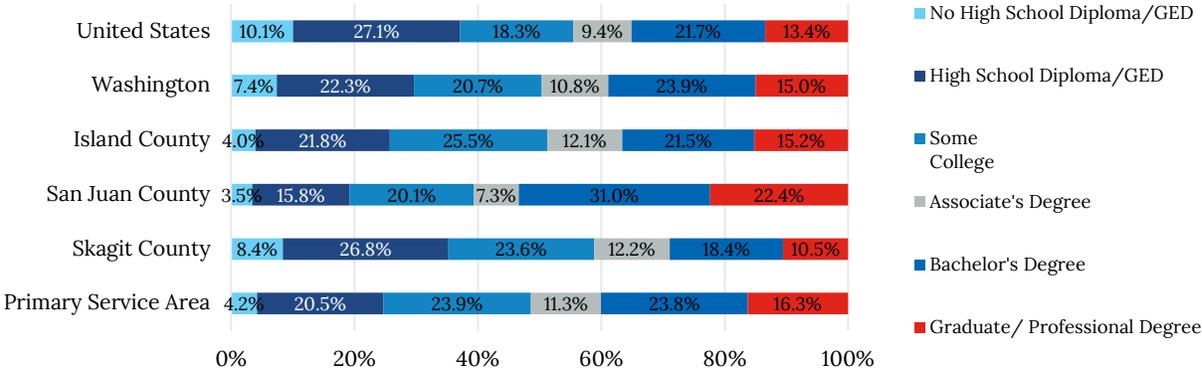
Source: American Community Survey 5-year estimates, 2016-2020

Metric: Ratio of household income at the 80th percentile to income at the 20th percentile. Higher number indicates larger degree of income inequality.

EDUCATIONAL ATTAINMENT

Educational attainment data indicates that the region served by Island Health is more educated compared to state and national benchmarks, with 51.4% of the population having an associate’s degree or higher. At the county level, Skagit County has a lower rate of educational attainment compared to San Juan and Island County.

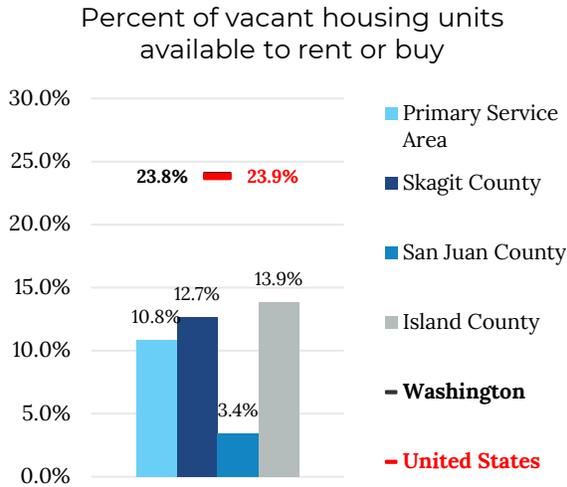
Educational attainment by degree type



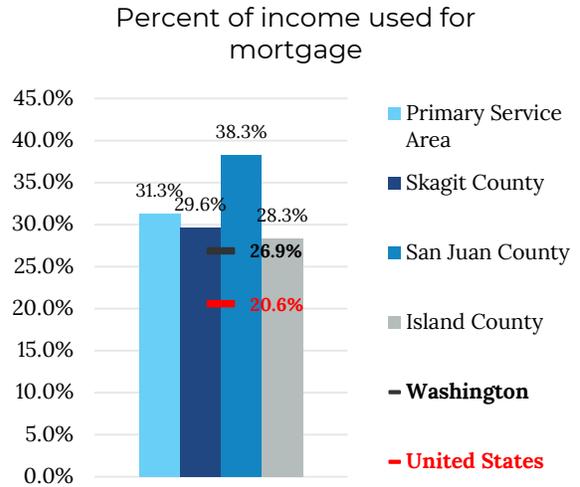
Source: American Community Survey 5-year estimates, 2016-2020
 Metric: Percent of people age 25 and older who have earned the indicated degree

AFFORDABLE HOUSING

Housing is an important socioeconomic determinant of community health. Access to affordable housing increases the availability of financial resources to pay for other things, such as healthcare, transportation, and food. Housing in the area served by Island Health is expensive, resulting in people needing to spend more money on housing relative to national benchmarks. The cost of housing may be driven higher due to lack of supply of homes relative to demand. Based on information from the Population Health Trust, rates of new building construction are significantly lower in Skagit County (6.4 multi-family building permits per 10,000 residents) compared to historical (11 in 2000), state (33), and national (16) benchmarks, meaning that fewer new homes are being built in the area. Further, only 10.8% of the housing units in the PSA are available to either buy or rent, which indicates an overall shortage of housing options.



Source: American Community Survey 5-year estimates, 2016-2020

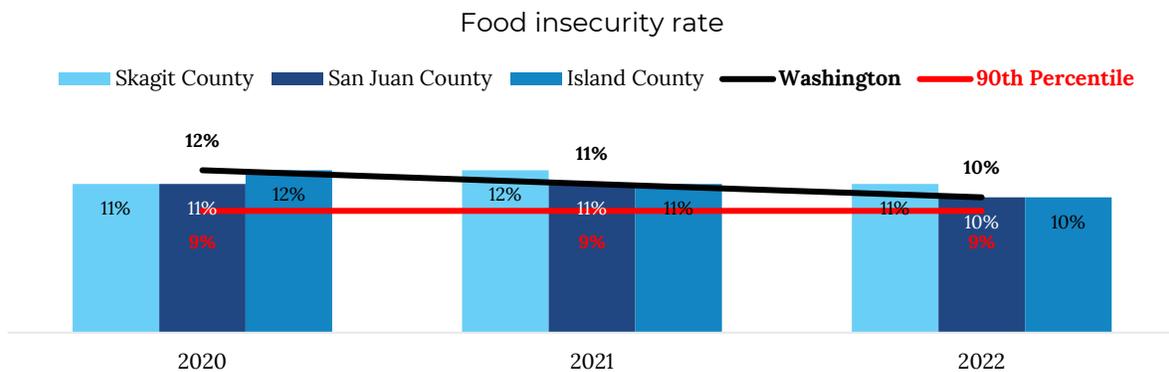


Source: ESRI Business Information Solutions, 2022

Metric: Percent of income for mortgage (POIFM) quantifies the percent of median household income dedicated to mortgage payments on a home priced at the median value

FOOD SECURITY

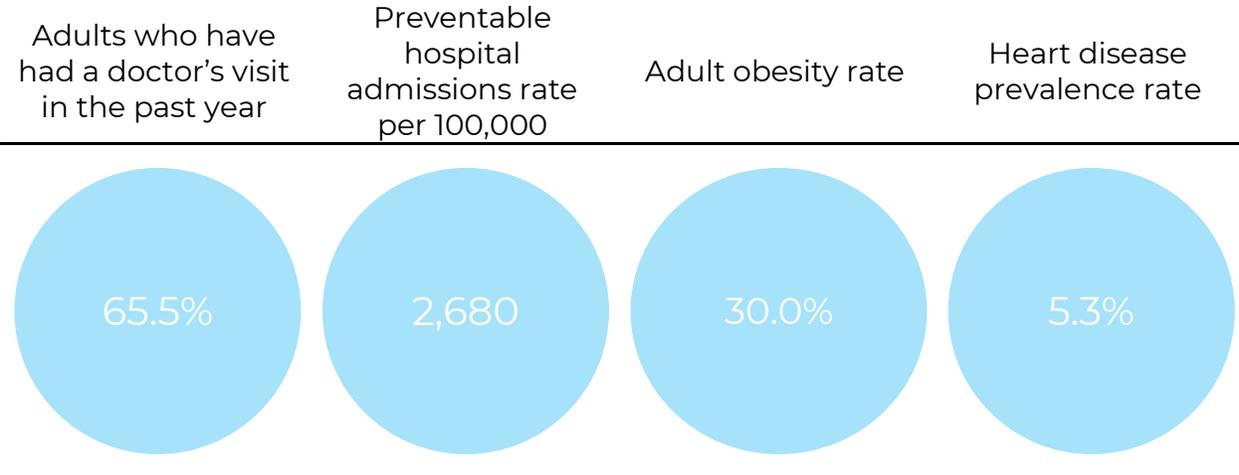
Eating healthy and having access to healthy food options is an essential component of a healthy lifestyle. Research has consistently shown that food consumption can impact both physical and mental health, with consumption of healthier food associated with lower rates of chronic disease, diabetes, and obesity. However, many people who live in rural communities lack access to healthy food options. Approximately 10-11% of the population in Skagit, San Juan, and Island County lack adequate access to food, slightly higher than national benchmarks.



Source: American Community Survey 5-year estimates, 2016-2020

Health and Disease Indicators

ISLAND HEALTH COMMUNITY PROFILE AT-A-GLANCE



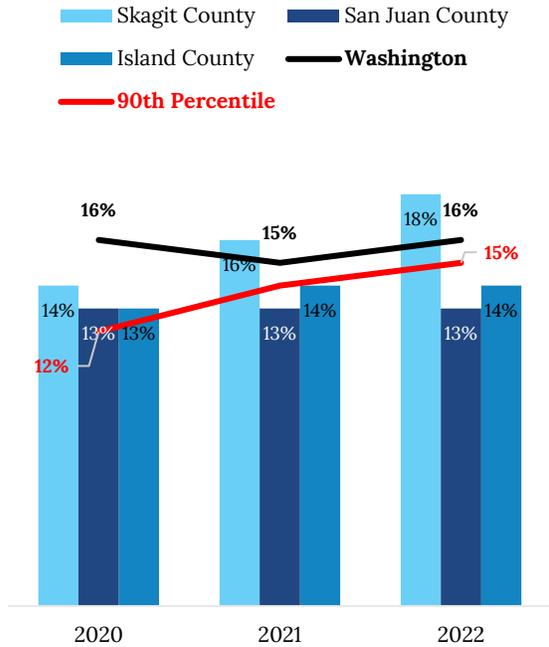
Source: County Health Rankings and Healthiest Communities, Skagit County, 2022

POPULATION HEALTH AND CHRONIC DISEASE

According to the Center for Disease Control and Prevention, chronic disease is one of the most preventable leading causes of death in the United States, typically resulting from genetic predispositions, unhealthy lifestyles, and risky behaviors such as smoking. Chronic disease negatively impacts the health and wellbeing of members of Island Health's service area, who may experience limitations in their ability to live, work, and play in the community.

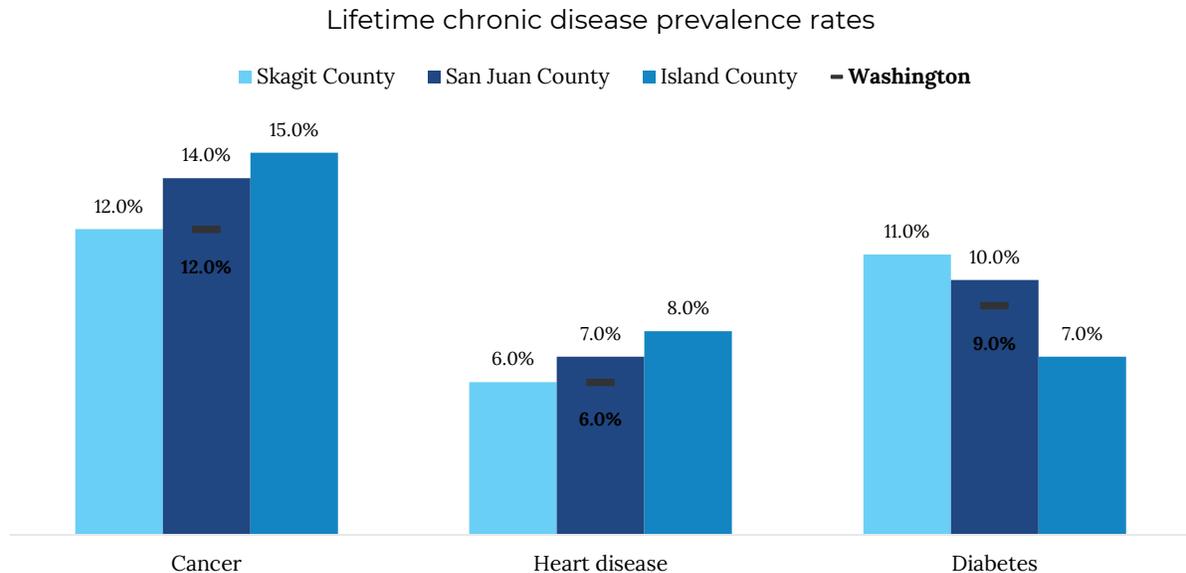
Adults in Skagit County generally report higher rates of poor or fair health relative to other county, state, and national benchmarks. Physical health can be impacted by a multitude of factors, including age, gender, race, socioeconomic status, physical activity, and chronic disease.

Percent of adults reporting poor or fair health



Source: Center for Disease Control and Prevention, 2018
Metric: Percentage of adults who stated that their physical health was not good 14 or more days in the past month.

Adults in the community served by Island Health generally exhibit higher rates of lifetime chronic disease prevalence compared to state benchmarks. San Juan and Island counties exhibit higher rates of cancer and heart disease diagnoses, while Skagit County exhibits higher rates of diabetes diagnoses compared to state benchmarks.



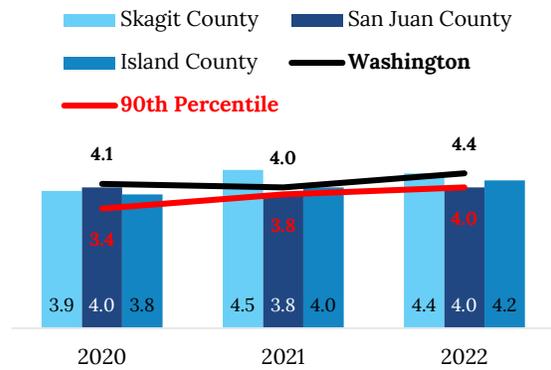
Source: Washington Behavioral Risk Factor Surveillance Survey, 2013-2015
 Metric: Percent of adults who have experienced or been diagnosed with the indicated disease.

MENTAL HEALTH AND SUBSTANCE USE

Mental health is closely linked to physical health and can profoundly impact the ability for people to go about their day-to-day lives. Mental health is a growing area of concern for rural communities across the county, who often disproportionately lack access to mental health services such as therapy, counseling, substance use treatment, and medication management. This rings true for the tri-county area served by Island Health: based on data from the Washington State Department of Health, at least part of Skagit County, and all of San Juan and Island counties are designated as HPSAs for mental care, with low-income and disabled adults and children being disproportionately impacted by the lack of access. Approximately 70% of the population with Medicaid coverage who meet disability criteria need behavioral health treatment in the tri-county area served by Island Health, while approximately 40% of general Medicaid adults and 16% of Medicaid children also require behavioral health treatment (Washington Department of Social and Health Services, Research and Data Analysis Division, 2016).

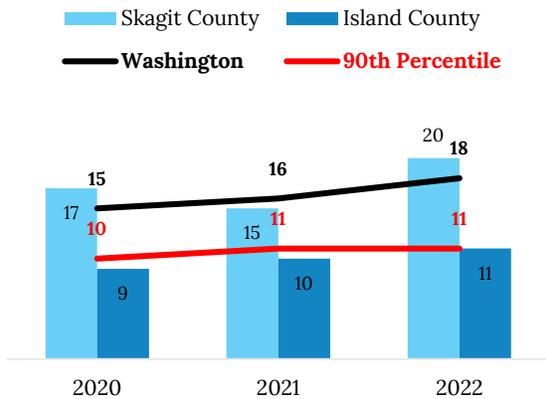
Communities that lack access to mental health services often exhibit poorer mental health outcomes and higher rates of associated behaviors, such as alcohol or drug use and suicide. Mental health outcomes in the counties served by Island Health have worsened since 2020, particularly in Skagit and Island counties, where the average adult reports 4.4 and 4.2 mentally unhealthy days on average each month. Adults across all counties served by Island Health also report higher rates of binge drinking compared to state and national benchmarks, with Skagit County also reporting significantly higher rates of drug overdose deaths compared to national benchmarks.

Average number of mentally unhealthy days reported in the past month



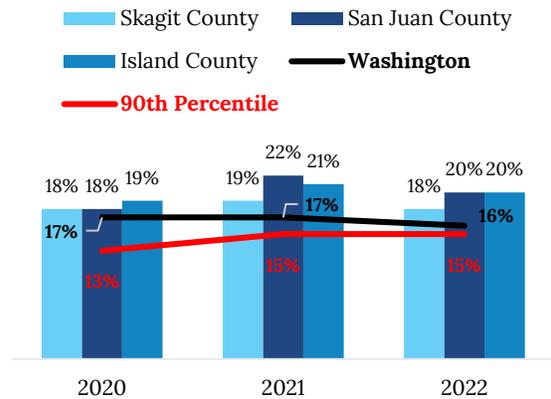
Source: Center for Disease Control and Prevention, 2022
Metric: Average number of mentally unhealthy days reported in past 30 days (age-adjusted).

Number of drug poisoning deaths per 100,000 population



Source: Center for Disease Control and Prevention, 2022
Metric: Number of drug poisoning deaths per 100,000 population. Data not available for San Juan County.

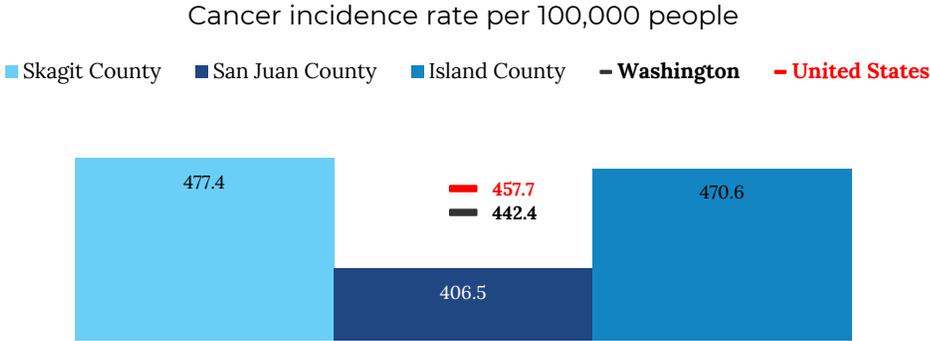
Percent of adults who report binge or heavy drinking



Source: Center for Disease Control and Prevention, 2022
Metric: Percentage of adults who reported binge drinking at least once during the 30 days prior to the survey.

CANCER

Cancer is the leading cause of premature death in Skagit, San Juan, and Island counties, resulting in over 800 deaths each year. Both Skagit and Island counties exhibit higher rates of new cancer diagnoses compared to state and national benchmarks.



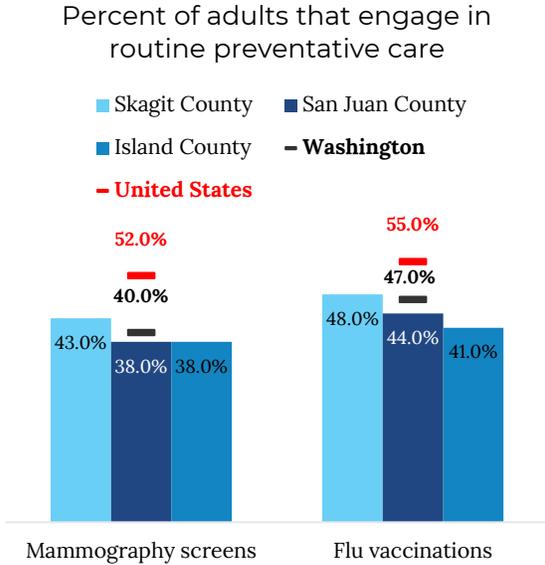
Source: Center for Disease Control and Prevention, 2018
 Metric: Average annual age-adjusted incidence rate of new cancer diagnoses per 100,000 population.

Preventative Health and Wellness Indicators

PREVENTATIVE HEALTH

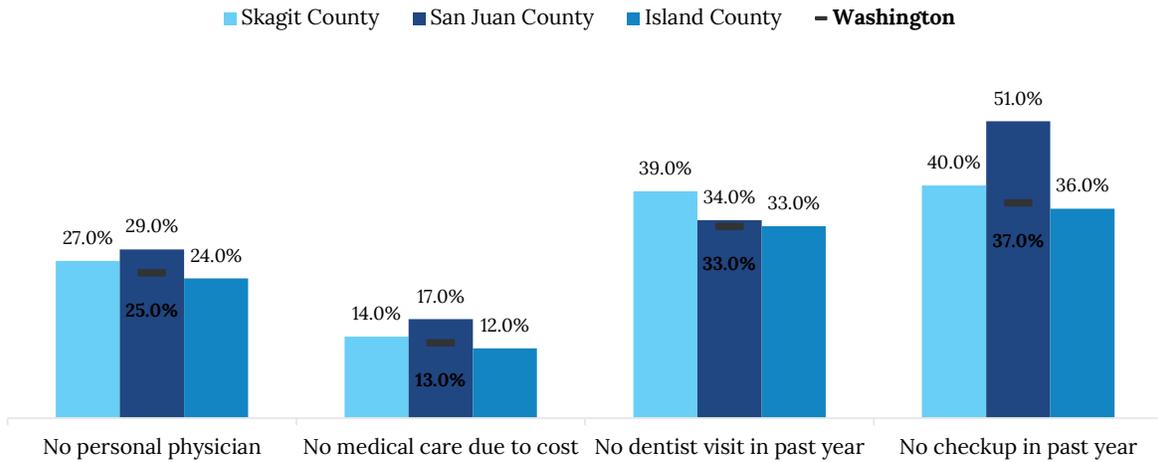
Health-improving behaviors, such as getting annual checkups, recommended vaccinations, and preventative health screenings, play an important role in minimizing the prevalence of chronic disease as well as maintaining overall community health and wellness.

Overall, preventative health behaviors in Skagit, San Juan, and Island counties have lagged behind state and national benchmarks. Only 6 in 10 adults have received a preventative care visit in the past year, and less than 50% of older adults have received their recommended preventative services, such as annual mammography screens and vaccinations, compared to national benchmarks.



Source: Center for Disease Control and Prevention, 2018
 Metric: Mammography screening denotes percentage of female Medicare enrollees ages 65-74 that received an annual mammography screening. Flu vaccinations denotes percentage of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination.

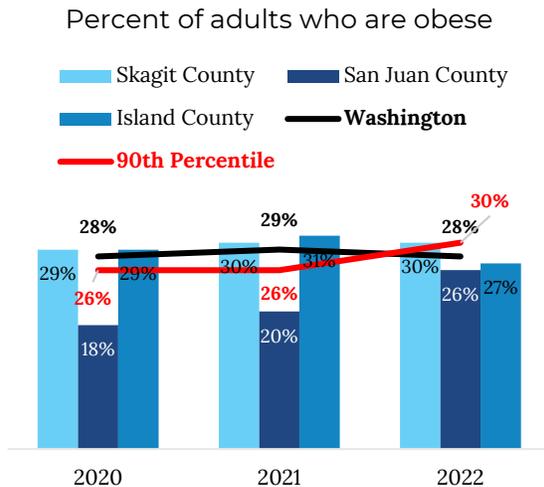
Preventative care behavior prevalence



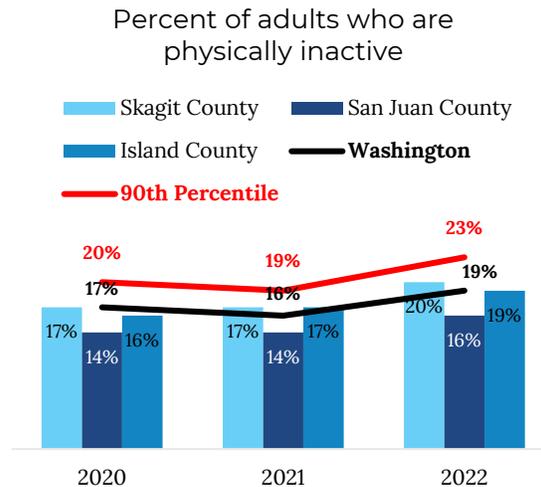
Source: Washington Behavioral Risk Factor Surveillance Survey, 2013-2015
 Metric: Percentage of adults (ages 18+) who reported the following behaviors.

ADULT OBESITY AND PHYSICAL ACTIVITY

Obesity and limited physical activity are two lifestyle factors that contribute to high blood pressure, high cholesterol, and chronic disease. Despite higher rates of physical activity compared to state and national benchmarks, between 26% and 30% of adults in Skagit, San Juan, and Island counties are obese, with rates significantly increased in Island County over the past three years.



Source: Center for Disease Control and Prevention, 2018
 Metric: Percentage of the adult population who are obese according to the Body Mass Index.

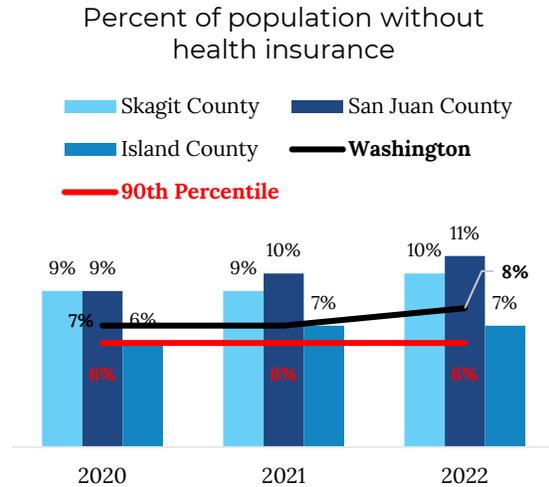


Source: Center for Disease Control and Prevention, 2018
 Metric: Percentage of adults who did not participate in any leisure-time activities (physical activities other than their regular job) during the past month.

Accessibility of Care Indicators

INSURANCE

Lack of health insurance is one of the biggest barriers to accessing healthcare services. Individuals without health insurance often forego care due to high costs, which can lead to lower utilization of preventative care and poorer health over time. A higher percentage of people in Skagit and San Juan counties lack health insurance compared to state and national benchmarks. The uninsured rate in San Juan County has grown by 2% since 2020, with rates in Skagit and Island counties remaining relatively stagnant.

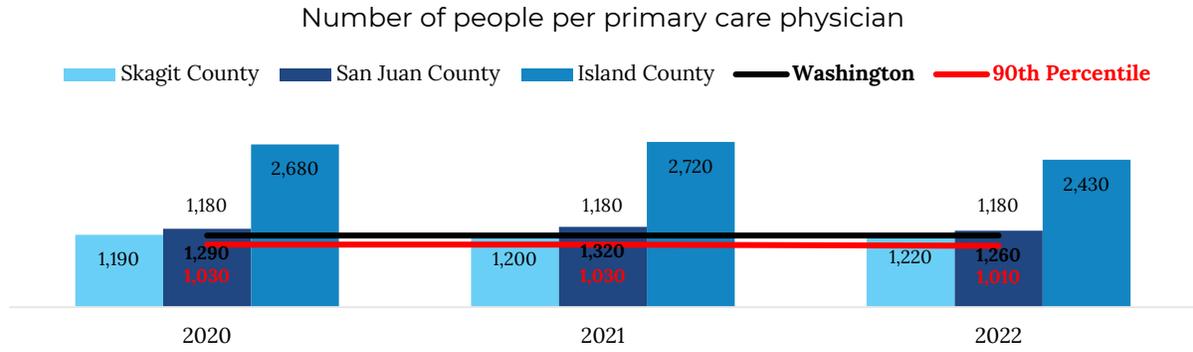


Source: Center for Disease Control and Prevention, 2018
Metric: Percentage of population under age 65 without any kind of health insurance.

PROVIDER ACCESSIBILITY

Inaccessibility of providers can be a significant barrier to receiving healthcare services. Patients who cannot access a medical provider in a timely manner may defer needed medical services, including preventative healthcare intended to scan for disease, which can worsen health outcomes over time.

The ratio of population to primary care physicians can help indicate where a shortage of providers may exist. High ratios indicate that there are more people for every provider in the area, which may indicate inaccessibility. Overall, accessibility of primary care physicians in Skagit and San Juan counties are in line with state benchmarks, but the number of people per primary care physician in Island County is nearly three times the national benchmark, indicating a shortage of providers.



Source: County Health Rankings, 2021

These findings align with information from the Washington State Department of Health, which designates Skagit, San Juan, and Island counties as HPSAs for primary care services. The Health Resources and Services Administration indicates a need for 7.7 additional primary care full-time equivalent (“FTE”) providers in Skagit County, 0.8 additional FTEs in San Juan County, and 13.1 additional FTEs in Island County to alleviate current provider shortages.

Existing Healthcare and Community Resources

Hospital Services

Name	Address	Description of services
Island Health	1211 24th Street, Anacortes, WA	Inpatient services, birthing services, emergency department, surgery, diagnostic imaging and laboratory services, rehabilitative services, specialty care
Skagit Valley Hospital	1415 East Kincaid Street, Mt. Vernon, WA	Inpatient services, birthing services, emergency department, surgery, diagnostic imaging and laboratory services, rehabilitative services, specialty care
Peace Island Medical Center	1117 Spring Street, Friday Harbor, WA	Inpatient services, emergency department, surgery, diagnostic imaging and laboratory services
Whidbey General Hospital	101 North Main Street, Coupeville, WA	Inpatient services, birthing services, emergency department, surgery, diagnostic imaging and laboratory services, rehabilitative services, specialty care

Medical Services

Name	Address	Description of services
Island Primary Care - M Avenue	2601 M Avenue, Suite B, Anacortes, WA	Primary care services
Cascade Medical Group	1019 24th Street, Suite B, Anacortes, WA	Ear, nose, and throat services
Island Primary Care - 24th Street	1213 24th Street, #100, Anacortes, WA	Primary care services
Fidalgo Island Walk-In Clinic	1500 Commercial Avenue, Anacortes, WA	Walk-in clinic services
Skagit Regional Clinic - Anacortes	2511 M Avenue, Suite D, Anacortes, WA	Cardiology services
Island Internal Medicine	912 32nd Street, Anacortes, WA	Internal medicine services
Didgwalic Wellness Center	8212 South March Point Road, Anacortes, WA	Primary care services
Wellness for Life, PLLP	708 Commercial Avenue, Anacortes, WA	Primary care services, holistic medicine services
Wish 'n' U Clinic	1500 Commercial Avenue, Anacortes, WA	Primary care services
Anacortes Dermatology	1801 Commercial Avenue, Anacortes, WA	Dermatology services
North Sound Dermatology	715 Seafarers Way, #100, Anacortes, WA	Dermatology services
Rosario Skin Clinic	3110 Commercial Ave, #105, Anacortes, WA	Dermatology services
Skagit Northwest Orthopedics	1500 Continental Place, Anacortes, WA	Orthopedic surgery services
Swinomish Medical Clinic	17400 Reservation Road, La Conner, WA	Primary care services for Swinomish Indian Tribal Community
Planned Parenthood - Mount Vernon	1805 E Division Street, Mount Vernon, WA	Family planning services

Planned Parenthood - Friday Harbor	470 Reed Street, Suite 2A, Friday Harbor, WA	Family planning services
San Juan Healthcare	689 Airport Center, Suite B, Friday Harbor, WA	Primary care services
Eventide Health	689 Airport Center, Friday Harbor, WA	Primary care services
Skagit Regional Health - Oak Harbor	32650 Highway 20, Suite E-105, Oak Harbor, WA	Urology services
Family Foot and Ankle Care	1100 SW Bowmer, Suite A103, Oak Harbor, WA	Podiatry services
Family Dermatology Co.	275 SE Cabot Drive, Suite A3, Oak Harbor, WA	Dermatology services
Naval Health Clinic - Oak Harbor	3475 North Saratoga Street, Oak Harbor, WA	Primary care services
Whidbey Health Walk-In Clinic	1300 Goldie Road, Oak Harbor, WA	Walk-in clinic services
Whidbey Health Primary Care	275 SE Cabot Drive, #B101, Oak Harbor, WA	Primary care services
Orcas Medical Center	7 Deye Lane, Eastsound, WA	Primary care services
Lopez Island Medical Clinic	103 Washburn Place, Lopez Village, WA	Primary care services

Behavioral Health Services

Name	Address	Description of services
Island Psychiatry & Behavioral Health	2511 M Avenue, Suite G, Anacortes, WA	Mental health services
Anacortes Behavioral Health Clinic	1004 M Avenue, Anacortes, WA	Mental health services, substance use disorder services
Dr. Christopher Tobey	606 Commercial Avenue, #G, Anacortes, WA	Mental health services
Jocelyn Palmer, MSW	1015 6th Street, #104, Anacortes, WA	Mental health services
Didgwalic Wellness Center	8212 South March Point Road, Anacortes, WA	Mental health services, substance use disorder services
Swinomish Counseling Services	17400 Reservation Road, La Conner, WA	Mental health services for Swinomish Indian Tribal Community
Compass Health	520 Spring Street, Friday Harbor, WA	Mental health services, substance use disorder services, intensive outpatient treatment
McGuire Shahn	55 2nd Street North, #204, Friday Harbor, WA	Marriage and family therapy
The Clearing	2687 West Valley Road, Friday Harbor, WA	Substance use disorder services, rehabilitative services
Island Assessment & Counseling	520 East Whidbey Avenue, Suite 205, Oak Harbor, WA	Substance use disorder services, rehabilitative services
Greg Rolnick	840 SE 8th Avenue, #204, Oak Harbor, WA	Mental health services
Oak Harbor Behavioral Health Clinic	31640 SR-20, #1, Oak Harbor, WA	Mental health services, substance use disorder services, medication-assisted treatment
Alterity Psychological Services	1051 NE 7th Avenue, Oak Harbor, WA	Mental health services
Sunrise Community Behavioral Health	530 NE Midway Boulevard, Oak Harbor, WA	Mental health services,
Brandon Adams, MS, LMFT	188 A Street, Eastsound, WA	Mental health services
Healing Arts Center	453 North Beach Road, Eastsound, WA	Mental health services
Island Psychiatric Services	374 North Beach Road, #3, Eastsound, WA	Mental health services

This report was completed in compliance with the IRS requirements described in section 501(r)(3) of the Internal Revenue Code.

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