

PUBLIC HEALTH IMPROVEMENT PARTNERSHIP

LIST OF LOCAL PUBLIC HEALTH INDICATORS

ACCESS TO CARE

- **Percent of adults age 18 or older who report needing to see a doctor within the past year but could not due to cost**
Inability to cover costs of health care may result in delays in treating health conditions, many of which have less serious consequences when treated early. (BRFSS)
- **Percent of adults age 18 or older who report having a personal doctor or health care provider**
Having a personal doctor or health care provider supports prevention, early detection and treatment of disease. (BRFSS)
- **Percent of adults age 18 or older who report visiting a dentist, dental hygienist or dental clinic within the past year**
Regular preventive dental care can reduce the development of disease and facilitate early diagnosis and treatment. (BRFSS)
- **Percent of women ages 50–74 who report receiving a mammogram within the past 2 years**
Breast cancer screening facilitates early detection and treatment of breast cancer, resulting in improved survival. (BRFSS)
- **Percent of women ages 21–65 who report receiving a Pap smear test within the past 3 years, and who have not had a hysterectomy.**
Cervical cancer screening allows for early detection and treatment of cervical cancer, resulting in improved survival. (BRFSS)
- **Percent of adults ages 50–75 who had a blood stool test in the past year, sigmoidoscopy in the past 5 years and a blood stool test in the past 3 years, or colonoscopy in the past 10 years**
Screening for colorectal cancer facilitates prevention, early detection and treatment, resulting in reduced incidence of disease and improved survival for those with colorectal cancer. (BRFSS)
- **Percent of adults ages 18–64 who currently report having health insurance**
Health insurance facilitates receipt of preventive services and early diagnosis and treatment of disease. (BRFSS)
- **Percent of children ages 0–17 whose parents report they have health insurance**
Health insurance facilitates receipt of preventive services and early diagnosis and treatment of disease. (BRFSS)

COMMUNITY CONTEXT

- **Percent of people living at or below the U.S. federal poverty level**
People living in poverty have poorer health status and die at younger ages than people with more financial resources. (U.S. Census Small Area Income and Poverty Estimates)

COMMUNICABLE DISEASE

- **Rate of reported Chlamydia infections per 100,000 women ages 15–24**
Reported rates of this disease are highest among young women. (Sexually Transmitted Disease Registry)
- **Percent of reported Chlamydia infections that received treatment in women ages 15–24**
A focus on investigating and treating reported cases of Chlamydia helps to limit the spread of disease and prevent recurrence. (Sexually Transmitted Disease Registry)
- **Percent of adults age 18 or older who report receiving a flu shot during the past 12 months**
Flu shots are effective in reducing the number of people who get influenza, as well as influenza deaths and hospitalizations. (Behavioral Risk Factor Surveillance System – BRFSS)
- **Percent of children ages 19–35 months with complete vaccination records on file in the Washington State Immunization Information System (4-DTP, 3-Polio, 1-MMR, 3-Hib, 3-HepB, 1-Varicella, 4-PCV)**
Childhood immunizations have provided one of the greatest improvements in public health by controlling serious conditions such as measles, polio, diphtheria, and tetanus. (Washington State Immunization Information System)

ENVIRONMENTAL HEALTH

- **Percent of inspected permanent food establishments with 35 or more critical violations**
Food service establishments with this level of violations pose the highest risk for causing food-borne outbreaks. (DOH Division of Environmental Health)
- **Percent of identified on-site sewage failures with corrective action initiated within 2 weeks**
It is important to correct on-site sewage system failures when first detected to prevent surface and ground water contamination and risk to public health. (DOH Division of Environmental Health)
- **Percent of days meeting the Washington State Department of Ecology 24-hour average healthy air goal of ≤ 20 ug/m³ for particulate matter 2.5 microns in diameter or less (PM_{2.5})**
Studies show that serious health effects from short term and long term exposure to PM_{2.5} (particulate matter of 2.5 microns or less). Those at risk from breathing PM_{2.5} are people with heart and lung disease, diabetes, and infants and children. The Department of Ecology has established a daily healthy air goal of 20ug/m³. However, some people can experience health effects below this level. (Washington State Department of Ecology, Washington Tracking Network)

MATERNAL AND CHILD HEALTH

- **Percent of women giving birth who received prenatal care starting in the first trimester of pregnancy**
Early and continuous prenatal care long been recognized as an important way to improve the health of mothers and to prevent adverse birth outcomes. (Birth Certificate)
- **Percent of women giving birth who smoked any time during pregnancy**
Tobacco smoking during pregnancy is the most important preventable cause of low birth weight. (Birth Certificate)

- **Pregnancy rate per 1,000 women ages 15–17**
Teen pregnancy rates are used to evaluate teen pregnancy prevention efforts. Teen mothers are at high risk of dropping out of high school, and children born to teenage mothers are high risk of living in poverty and suffering adverse birth outcomes. (Birth Certificate)
- **Percent of live born singleton births with birth weight less than 2,500 grams**
Low birth weight is a major contributor to infant morbidity and mortality. (Birth Certificate)
- **Percent of 10th graders who report physical activity 60 minutes a day, 5 or more days a week**
Some immediate effects of physical activity include building and maintaining healthy bones and lean muscles, controlling weight, reducing feelings of depression and anxiety, and promoting psychological well-being. (Healthy Youth Survey HYS)
- **Percent of 10th graders who report smoking cigarettes in the last 30 days**
Tobacco use, a leading cause of premature, preventable disease and death in Washington, often begins in adolescence. (HYS)
- **Percent of 10th graders in the top 15% body mass index by reported height and weight, based on CDC growth charts**
Overweight and obese adolescents are at increased risk of adult obesity, a leading cause of preventable morbidity and mortality. (HYS)
- **Percent of 10th graders who report alcohol consumption in the past 30 days**
Alcohol is often a factor in the four leading causes of death among 15–20-year-olds: vehicle crashes, homicides, suicides, and other unintentional injuries. (HYS)
- **Percent of 10th graders who report feeling sad or hopeless almost every day for two weeks in a row over the past year**
Youth who report feeling sad or hopeless are at high risk of engaging in behaviors that negatively affect health. (HYS)
- **Rate of hospitalization for unintentional injury per 100,000 children ages 0–17**
Unintentional injury is a leading cause of hospitalization and mortality among children. (Comprehensive Hospital Abstract Reporting System, Oregon Hospital Discharge Data)

PREVENTION AND HEALTH PROMOTION

- **Expected years of healthy life at age 20**
This is a widely used measure of quality of life. (BRFSS and Death Certificate)
- **Percent of adults age 18 or older who smoked at least 100 cigarettes in their lifetime and are current smokers**
Cigarette smoking is a leading cause of premature, preventable disease and death in Washington. (BRFSS)
- **Percent of adults age 18 or older who report moderate physical activity (30 minutes a day, 5 times a week) or vigorous activity (20 minutes a day, 3 times a week) in work or leisure**
Physical activity improves life expectancy, functional independence, and quality of life, and reduces the risk of developing many chronic conditions. (BRFSS)
- **Percent of adults age 18 or older who have body mass index 30 kg/m² or higher**
An unhealthy weight is a leading cause of preventable, premature mortality and morbidity. (BRFSS)

- **Percent of adults age 18 or older who report eating fruits and vegetables 5 or more times per day**
A nutritious diet, including sufficient consumption of fruits and vegetables, can reduce major risk factors for chronic diseases. (BRFSS)
- **Percent of adults age 18 or older who report binge drinking (5 drinks for men; 4 drinks for women) on at least 1 occasion in last 30 days**
Binge drinking increases risk of morbidity and mortality from injury. (BRFSS)
- **Percent of adults age 18 or older who have ever been told by a doctor that they have diabetes**
Diabetes is among the top 10 causes of death. Adult onset diabetes can be prevented through maintaining a healthy weight, being physically active, and eating a healthy diet. (BRFSS)
- **Percent of adults age 18 or older who report 14 or more days of poor mental health in the past month**
Poor mental health is a major source of distress, disability, suicide and social burden. (BRFSS)
- **Rate of hospitalization for falls per 100,000 adults age 65 or older**
Falls among older adults are the leading cause of injury-related hospitalizations in Washington. (Comprehensive Hospital Abstract Reporting System, Oregon Hospital Discharge Data).