



ISLAND COUNTY BOARD OF HEALTH

AGENDA

REGULAR SESSION

September 17th, 2024, 1:00 p.m.
Commissioners Hearing Room B102
Coupeville Annex Building

Meetings are available remotely. Those interested in attending the meetings by computer, tablet, or smartphone may use the following link: <https://tinyurl.com/IslandCountyBOH> or by telephone: 1-323-433-2396 Meeting ID 971 2319 5885 Pass code: 626749

Call to Order: September 17th, 2024, Regular Session of the Island County Board of Health

Additions or Changes to the Agenda:

Approval of the Minutes:

- June 18th, 2024, Minutes (postponed)
- July 16th, 2024, Minutes

Public Input/Comments: The Board values the public's input. This time is set aside to hear from the public on subjects of a health-related nature, not on the scheduled agenda. All information given is taken under advisement. Unless emergent in nature no action is taken. To ensure proper recording of comments, state your name and address clearly into the microphone. Limit your comment to two minutes. The Board may entertain public comment on specific agenda items when discussed.

Presentation:

- 2024 Island County Community Health Needs Assessment, presented by the ICPH Assessment Team – *60 minutes*
A presentation that includes an overview of highlights from the Community Health Assessment report. This presentation is meant to provide insight into key findings, as well as demonstrate the design and content organization of the full report. Discussion to follow presentation – *Attachment*
- Community Health Needs Assessment (CHA) Dissemination and Outreach Plan, presented by Taylor Lawson – *10 minutes*
Continuation of the CHA GANTT Chart outlining outreach activities to take place between September and December 2024. The next step will be to begin CHIP activities in January 2025 – *Attachment*

Nomination:

- CHAB Member Nomination – Chris Geiger, presented by Taylor Lawson – *5 Minutes*
Nomination to welcome Chris Geiger as a member of the CHAB.
Action requested: motion to approve CHAB nominee – Attachment

Public Health Updates:

- CHAB update, presented by Taylor Lawson and Marian Myszkowski – *5 minutes*
- Public Health Impact Report update by Taylor Lawson, MPH – *5 minutes*

Board Announcements:

Adjourn: The next *Session* of the Island County Board of Health will be held on October 15th, 2024, at 1:00 p.m. in the Commissioners Hearing Room (B102) in the Coupeville Annex Building.



ISLAND COUNTY BOARD OF
HEALTH
MINUTES
REGULAR SESSION
June 18th, 2024

The Island County Board of Health met in Regular Session on June 18th, 2024, in the Board of County Commissioners Hearing Room (Room #102B), Annex Building, 1 N.E. 6th Street, Coupeville, Washington.

Members present:

Commissioner Melanie Bacon, Chair
Commissioner Janet St. Clair
Commissioner Ron Wallin
Capt. Althoff

Member present by video:

Members Excused:

Mayor Ronnie Wright
Commissioner Jill Johnson

Others present:

Dr. Shawn Morris
Dwight Lundstrom (Online)
Shannon Leatherwood (Online)
Jen Schmitz
Lynda Austin
Eric Brooks

Dr. Howard Leibrand (Online)
Steve King (Online)
Melissa Overbury-Howland
Megan Works
Shannon Fitzmaurice
Taylor Lawson

Call to order:

Commissioner Bacon called the meeting to order at 1:02 p.m.

Approval of Agenda:

Agenda was approved as presented.

Approval of Minutes:

By unanimous vote, the May 21st, 2024, Regular Session Minutes were approved.

Public Input or Comment:

No Public Comment

Contract:

Public Health Director, Dr. Shawn Morris, presented Health Officer Contract HD-01-2021 Amendment No. 5 to extend the contract period 5 years from 6/30/2024 to 6/30/2029 with Dr. Howard Leibrand for continued service as the Island County Health Officer.

Motion: By unanimous vote, Contract HD-01-2021, Amendment No. 5 was approved.



ISLAND COUNTY BOARD OF
HEALTH
MINUTES
REGULAR SESSION
June 18th, 2024

Panel Discussion:

Superintendents Dwight Lundstrom and Steve King discussed the physical and behavioral needs of Island County students.

Presentation:

Taylor Lawson, Assessment Supervisor, presented the Healthy Youth Survey data.

Presentation:

Public Health Director, Dr. Shawn Morris, and Eric Brooks, Emergency Management Deputy Director, presented on extreme heat and wildfire smoke readiness, and partner engagement.

Public Health Updates:

- Public Health Director, Dr. Shawn Morris, presented a financial update.

Board Member Comments and Announcements:

The Regular Session adjourned at 2:50 p.m.

The next *Regular Session* of the Island County Board of Health will be held on July 16th, 2024, at 1:00 p.m. in the Commissioners Hearing Room (B102) in the Coupeville Annex Building.

SUBMITTED BY:

Shawn Morris ND, Public Health Director

Approved this 16th day of July, 2024.

BOARD OF HEALTH
ISLAND COUNTY, WASHINGTON

Melanie Bacon, Chair



ISLAND COUNTY BOARD OF
HEALTH
MINUTES
REGULAR SESSION
July 16th, 2024

The Island County Board of Health met in Regular Session on July 16th, 2024, in the Board of County Commissioners Hearing Room (Room #102B), Annex Building, 1 N.E. 6th Street, Coupeville, Washington.

Members present:

Commissioner Jill Johnson
Commissioner Ron Wallin (Acting Chair)
Capt. Althoff

Member present by video:

Commissioner Melanie Bacon, Chair

Members Excused:

Mayor Ronnie Wright
Commissioner Janet St. Clair

Others present:

Dr. Shawn Morris
Melissa Overbury-Howland
Dr. Herbie Duber
Shannon Fitzmaurice

Dr. Howard Leibrand (Online)
Katherine Shulock
Lynda Austin
Taylor Lawson

Call to order:

Commissioner Wallin called the meeting to order at 1:02 p.m.

Approval of Agenda:

A motion to approve the agenda as amended was approved.

Approval of Minutes:

The approval of the June 18th, 2024, Regular Session Minutes was postponed till September.

Board Member Announcements:

The board announced Capt. Althoff's retirement from the board and welcomed her replacement as Capt. Mark Lund, MD. The board thanked Capt. Althoff for her contribution to the Board of Health. The change of command will take place on the 16th of August.

Public Input or Comment:

Mr. Perry Lovelace, from the Water Cohort and the division of the Whidbey Climate Action group, discussed the publication of the peak water predictions for Whidbey Island. Mr. Lovelace also asked about the total extraction rates on the island.



ISLAND COUNTY BOARD OF
HEALTH
MINUTES
REGULAR SESSION
July 16th, 2024

Presentation:

Katherine Shulock, MPH, and Dr. Herbie Duber, MD from the Department of Health gave a presentation on a regional Department of Health Office Update, discussing how the Department of Health collaborates with local public health departments.

Presentation:

Derek Pell, PE, from the Northwest Regional Office of Washington State Department of Health, gave a presentation on Group A Water Systems management.

Public Health Updates:

- Public Health Director, Dr. Shawn Morris, presented a financial update on the community impact of FPHS investments and the Consolidated Contract Amendment 20 - Foundational Public Health Services (FPHS) bi-annual funding.
- Public Health Director, Dr. Shawn Morris, and Dr. Howard Leibrand, Island County Health Officer, presented a health update on heat preparedness, the pharmacy closure in Oak Harbor and Clinton, and an update on Candida Auris and Dengue Fever.

Board Member Comments and Announcements:

The Regular Session adjourned at 2:10 p.m.

The next *Regular Session* of the Island County Board of Health will be held on September 17th, 2024, at 1:00 p.m. in the Commissioners Hearing Room (B102) in the Coupeville Annex Building.

SUBMITTED BY:

Shawn Morris ND, Public Health Director

Approved this 17th day of September, 2024.

BOARD OF HEALTH
ISLAND COUNTY, WASHINGTON

Melanie Bacon, Chair



2024

**ISLAND COUNTY
PUBLIC HEALTH**

Community Health ASSESSMENT



Acknowledgments

ISLAND COUNTY PUBLIC HEALTH COMMUNITY HEALTH ASSESSMENT(CHA) STAFF

Jamie Hamilton, MPH
One Health Supervisor

Megan Roorda, MPH, CPH
Epidemiologist

Melissa Hartmann, MPH, CPH
Epidemiologist

Shawn Morris, ND
Health Director

Taylor Lawson, MPH, CHES
Assessment Supervisor

KEY COMMUNITY PARTNERS

**Island County Community Health Advisory
Board**

Island County Board of Health

Island County Human Services

Opportunity Council of Island County

Island Senior Resources

South Whidbey CARES Coalition

Camano Fire & Rescue

Good Cheer Food Bank

Mission Emanuel Whidbey Island

Mission Ministry

Sno-Isle Library

Skagit Valley College

WhidbeyHealth

Camano Island Health System

Local School Districts

COMMUNITY HEALTH ASSESSMENT CONDUCTED BY HEIDI BERTHOUD CONSULTING

Heidi Berthoud, MPH
Principal Consultant, Qualitative Data Collection
and Writing

Janessa Graves, PhD, MPH
Quantitative Data

Carmen Gonzalez, PhD
Spanish Qualitative Data

Cristina Clupitu-Plath, PhD
Qualitative Analysis

Kristina Spald
Visual Designer

Kimberly Danke
Editor

Kelly Fonteljn
Proofreader



COMMUNITY HEALTH SERVICES

- WIC (Women, Infants, and Children) and Breastfeeding Support Services
- New Baby, New Family Maternal & Child Home Visiting Services
- Communicable Disease Surveillance & Investigation
- Senior Falls Prevention Coalition
- Health Education for Chronic Disease Prevention
- Youth Cannabis and Tobacco Prevention



ASSESSMENT

- Community Health Assessment and Improvement Planning
- Public Health Emergency Preparedness
- Community Data Assistance



NATURAL RESOURCES

- Surface Water Quality Monitoring
- Island County Local Integrating Organization
- Shore Friendly Program
- Salmon Recovery
- Watershed Planning
- Conservation Futures Fund
- Noxious Weed Management



FINANCE AND ADMINISTRATION

- Accounting & Finance
- Grants & Contracts
- Vital Records
- Communications



ADVISORY BOARDS AND COMMITTEES

- Community Health Advisory Board
- Marine Resources Committee
- Noxious Weeds Board
- Conservation Futures Advisory Board
- Salmon Recovery Technical & Citizen's Committee



ENVIRONMENTAL HEALTH

- Food Safety Permitting and Inspections
- Water Resource Management
- Shellfish Biotoxin Monitoring
- On-site Sewage System Permitting
- On-Site Sewage System Operation and Maintenance
- Recreation Water Inspections
- School Safety
- Outdoor Burn Permitting
- Zoonotic, Waterborne, and Foodborne Disease Surveillance & Investigation
- Mobile Home Park Permitting



What Is a CHA?

A **community health assessment (CHA)** is a process of systematic data collection about a defined community to understand important health needs, uncover public health gaps, and highlight existing strengths and community assets.

Hearing community members' insights about specific questions and themes during interviews and focus groups help us understand how or why community health indicators impact individuals and families.

How did we conduct the CHA?

Our CHA consisted of several data collection and analysis activities:

- primary data, which is data we collected directly for this report through a survey, interviews and focus groups
- secondary data, which is data that has already been collected that we gathered and analyzed



QUANTITATIVE DATA

Percentages, ratios, counts, and other number-based indicators from state and national data sets, and the community survey, which tell the story of our community's health.



QUALITATIVE DATA

Community member insights centered around specific questions and themes in the form of interviews and focus groups, which help us understand how or why community health indicators impact individuals and families.





Sources of Data

for this Report



HEALTH INDICATORS

- Compiled a list of indicators that are available into a large workbook
- Decided which indicators were most relevant to our county
- Compared our data between different regions in our county



COMMUNITY INTERVIEWS

- Reached out to 40 community leaders
- Conducted key informant interviews with 25 of those, which included
 - Medical doctors
 - Childcare providers
 - Leaders in nonprofits
 - Educators



COMMUNITY FOCUS GROUPS

- Conducted five focus groups
 - Two in Spanish
 - Three in English
 - One on Camano
 - One English and one Spanish in Oak Harbor
 - One Spanish in Coupeville
 - One English in Langley

FOCUS GROUP TOPICS

- Mental Health
- Housing
- Access to Health Care
- Senior Supports



COMMUNITY SURVEY

The Island County Public Health Assessment Team developed a community survey to hear directly from Island County residents about the health needs that are most important to them and the local resources they know about

- Advertised the survey widely at community events, with local businesses and organizations, through social media—including on Facebook, at health fairs, and through word of mouth
- Survey was offered in English and Spanish



SPANISH DATA COLLECTION

To be inclusive towards the growing Spanish-speaking population in Island County, and to reflect their community-identified health needs in this report, we collected Spanish-language data in the form of focus groups and the community survey

- We chose to embed these responses directly into this report instead of creating a separate report to best model inclusivity



HOW WE USED THE DATA

After we collected and analyzed the data, we used our findings to create this report



Some notes about the data you'll see in the report

PER 100,000

- In the data tables, you'll see numbers reported as "per 100,000." The "rate per 100,000" is used to compare data across populations of different sizes

How is the "rate per 100,000" calculated?

- Divide the number of cases (e.g., deaths) by the total population, then multiply by 100,000

What about a smaller county with less than 100,000 people, like ours?

- The rate per 100,000 can be useful to compare to other counties, but fewer cases within small counties can make estimates harder to interpret
- When looking at rates, it is important to consider the question, context, nature of the data, and specific population characteristics

AGE-ADJUSTED

What does age-adjusted mean?

- "Age-adjusting" means changing the data so we can make better comparisons and remove any inaccuracies caused by differences in age distributions
- Age-adjustment is used to compare rates across different populations or within the same population but over time when the ages of people in the group may have changed
- It is an important practice since age can be associated with injury rates (e.g., teens or young adults for car accidents or older adults for falls) or disease risk

COMPARISONS

How do you determine the comparisons between Island County and Washington State?

In the data tables in this report, you'll see a column comparing our county to the state.

- There is an icon showing higher, lower, or about the same
- Any data that are within 2% of each other are "about the same"

Your Community Data

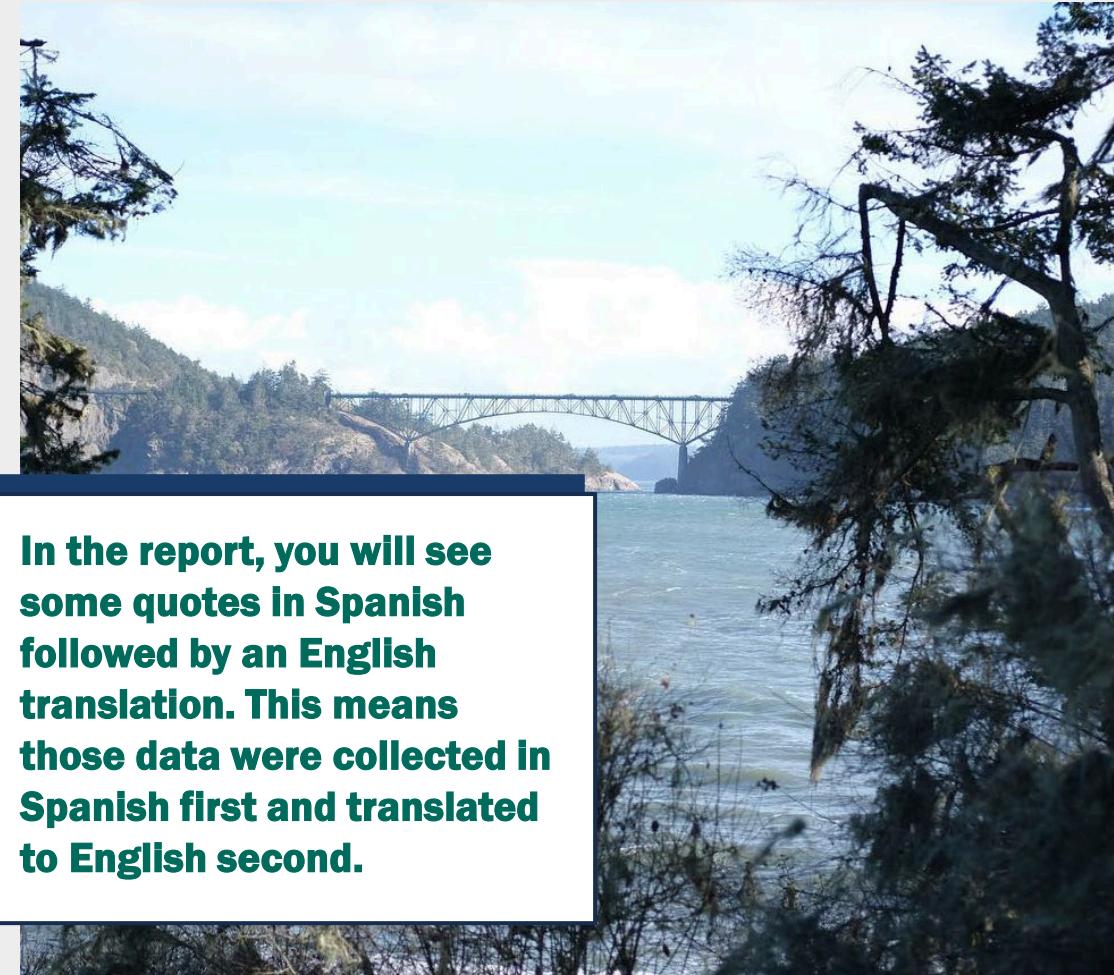
INCLUDING SPANISH-SPEAKING VOICES

Throughout the report we included quotes from Spanish-speaking focus group attendees to reflect their voices alongside their English-speaking neighbors. Island County is home to a small but growing Spanish-speaking community. This community's health needs are relevant and necessary to understand so we can improve community health.

Realizamos dos grupos de enfoque que tenían como objetivo capturar las experiencias de los residentes Latinos en el condado de Isla. En ambos grupos nos enfocamos en cómo estas comunidades acceden a recursos de salud, qué desafíos enfrentan para encontrar vivienda y qué tipos de apoyos ayudarían a estos residentes a prosperar.

(English translation of the above paragraph)

We conducted two focus groups that aimed to capture the experiences of Latino/a/e residents in Island County. In both groups we focused on how this community accesses health resources, what challenges they face in finding housing, and what types of supports would help these residents thrive.



In the report, you will see some quotes in Spanish followed by an English translation. This means those data were collected in Spanish first and translated to English second.



**“Este Isla yo haz de cuenta que
llegue al paraíso. Lo describo
así. O sea, aquí tienes todo, aquí
tienes montañas, tienes mar,
tienes todo, tienes todo.”**
Grupo de enfoque, Coupeville

**“This island, I feel I’ve arrived in
paradise. This is how I describe it. I
mean, here you have everything, you
have mountains, you have ocean,
you have everything, everything.”**
Coupeville Focus Group

**“Este es el paraíso para mí.
Es muy tranquilo, no hay
delincuencia, no hubo hasta
ahorita, no he visto racismo. No
tenemos nada de diversión, pero...
me gusta la tranquilidad.**
Grupo de enfoque, Coupeville

**“This is paradise for me. It’s very
quiet, there’s no crime, there
wasn’t until now, I haven’t seen
racism. We don’t have anything
fun, but... I like the tranquility.”**
Coupeville Focus Group



Executive Summary



Conducting a Community Health Assessment (CHA) helps our public health department and community:

- Better understand the community's health needs
- Design programs
- Inform policy-makers
- Support local community-based organizations
- Advocate for funding to address those needs to improve public health

We conducted several data collection activities including:



- 25 community leader interviews in English



- 5 focus groups in English and Spanish



- Community survey in English, Spanish, and Tagalog



- Health indicators from state and national sources

We include Spanish quotes throughout the report with an English translation. This means that information was collected in Spanish first and then translated into English.

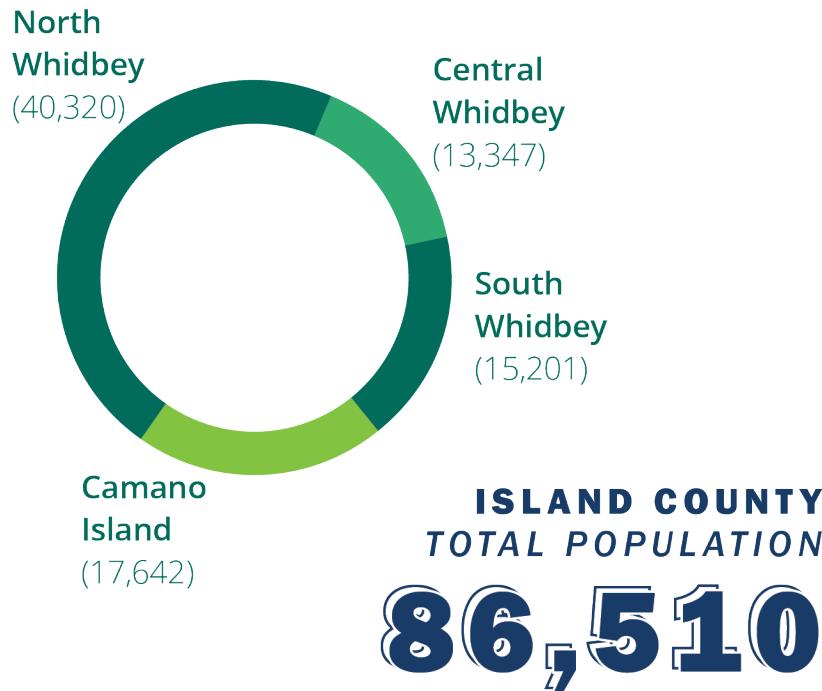
OUR TOP FOUR COMMUNITY- IDENTIFIED NEEDS WERE:

- Housing Access and Affordability
- Mental Health Care Service Availability
- Health Care Access and Availability
- Senior Health and Supports

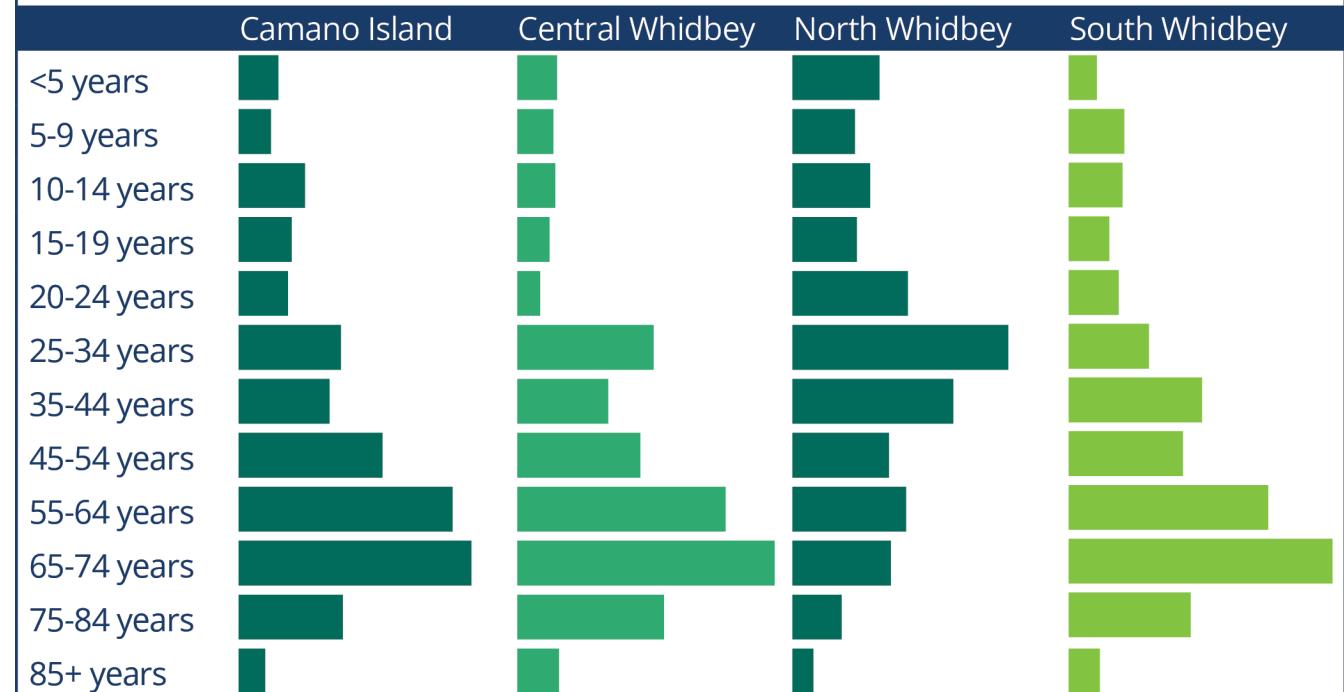
We will use this information to develop our Community Health Improvement Plan and continue collaborating with our dedicated community partners.



POPULATION AND AGE DISTRIBUTION



**POPULATION DISTRIBUTION BY AGE
IN EACH AGE GROUP, PER REGION**



This chart is meant to be a quick way to see the county population. The bars show how the population is distributed across regions and age brackets. Bars correspond to numbers from the census. We did not include the numbers here to keep the chart simple.

Source: US Census Data form DP05 (American Community Survey 5-year estimates)



GENDER BY REGION

	Camano Island	Central Whidbey	North Whidbey	South Whidbey
Female	48%	51%	50%	52%
Male	52%	49%	51%	48%

RACE, ETHNICITY BY COUNTY REGION

	Island County	Camano Island	Central Whidbey	North Whidbey	South Whidbey
Native Hawaiian/Pacific Islander	0%	0%	0%	1%	0%
American Indian/Alaskan Native	1%	0%	1%	2%	1%
Some other Race	2%	1%	2%	3%	1%
Black/African American	3%	2%	1%	4%	1%
Asian	5%	2%	2%	8%	2%
Two or More Races	8%	5%	4%	12%	5%
Hispanic or Latino (of any race)	9%	4%	6%	14%	2%
White/ Caucasian	81%	90%	91%	70%	91%

Source: US Census Data form DP05 (American Community Survey 5-year estimates)

Healthy Community?



Social Drivers of Well-Being

Good health is more than just going to the doctor or not being sick. Our health is shaped by our community:

- Where we live
- The types of food we can eat
- The availability of living wage jobs
- Access to safe places for recreation and exercise



Community Survey Responses

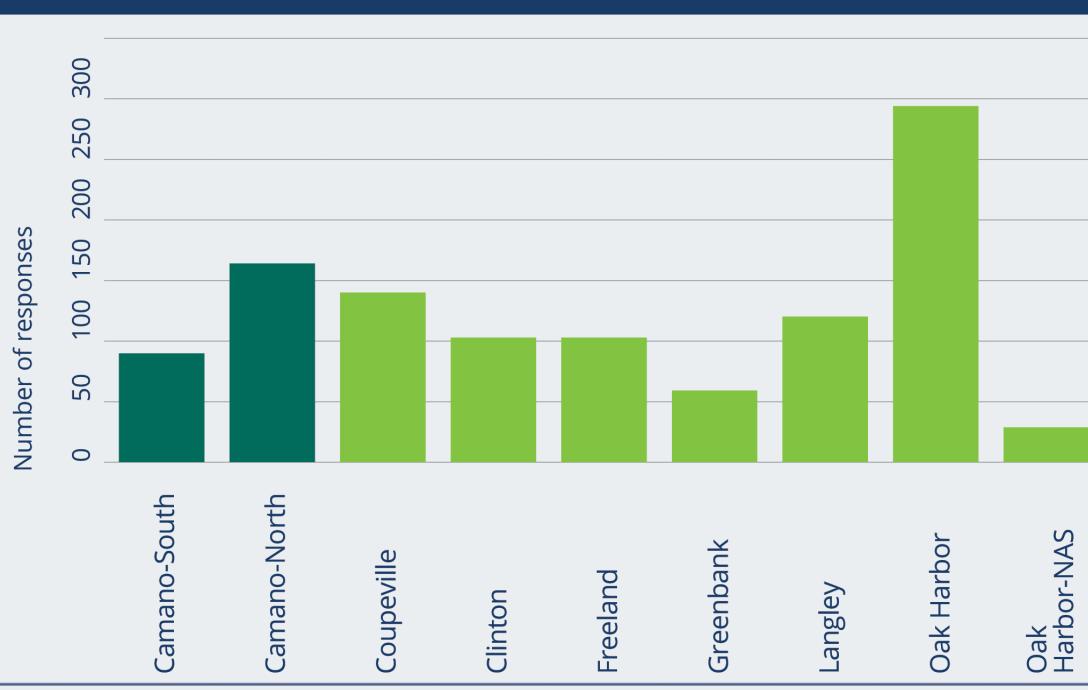
TOTAL NUMBER OF SURVEY RESPONSES

1,095
ENGLISH
RESPONSES

16
SPANISH
RESPONSES

0
TAGALOG
RESPONSES

GEOGRAPHIC DISTRIBUTION OF SURVEY RESPONSES



Source: Community Survey 2024

BIGGEST CHALLENGES FOR COMMUNITY MEMBERS, NUMBER OF RESPONSES

	Parents and Caregivers	Youth (as identified by adults)	Adults and Seniors
Affordable housing	561		432
High cost of child care	375		
Limited child care options	295		
Access to job opportunities and training		318	
Access to mental health care		311	
Drug, tobacco and alcohol use		335	
Access to medical care			416
Living on a Fixed Income			352

Data note for this table: Survey data were only collected from individuals over the age of 18. The majority of survey respondents were between 35-75 years old.



Community-Identified Factors for a Healthy Community



**ACCESS TO QUALITY
HEALTH CARE**



**LOW CRIME/SAFE
NEIGHBORHOODS**



**CLEAN
Environment**



What you said about Island County

Assets and Strengths



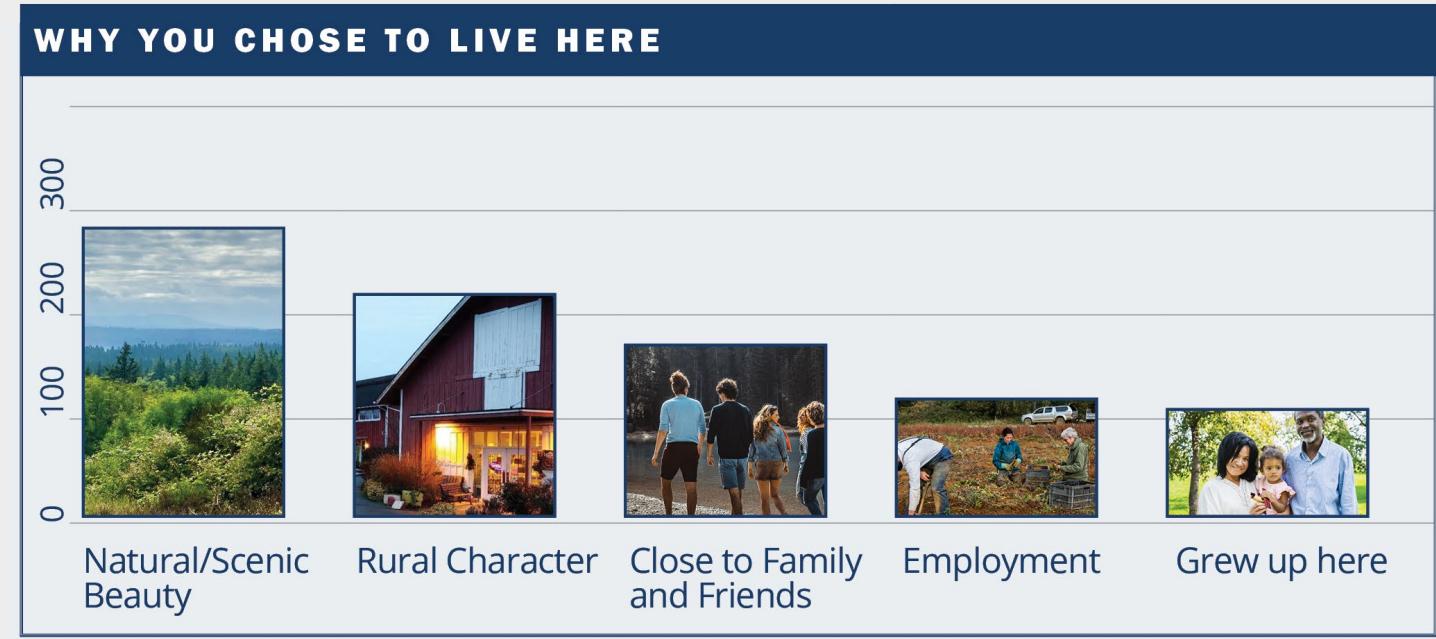
PHILANTHROPY OR CHARITY



SENSE OF COMMUNITY



NATURAL ENVIRONMENT



Footnote: Numbers correspond with survey responses. Source: Island County Community Health Survey 2024

What you said about Island County



Values



**Connection to
community**



**Environmental
stewardship**



**Philanthropic
spirit**

Resources and Community Supports



Connection



Collaboration



Schools

Untapped Resources



**Community
Coordination**



Tourism



Food Banks



**Civic
Engagement**



Community-Identified Health Needs and Challenges



Housing Access and Affordability



Health Care Access and Availability



Mental Health Care Service Availability



Senior Health and Supports



Housing Access and Affordability

Unhoused

NUMBER OF UNHOUSED PEOPLE IN ISLAND COUNTY

67
2023 98
2024

Source: Point-in-time count

10TH GRADE HOUSING STATUS

10th grade students not living in a house, apartment or mobile home

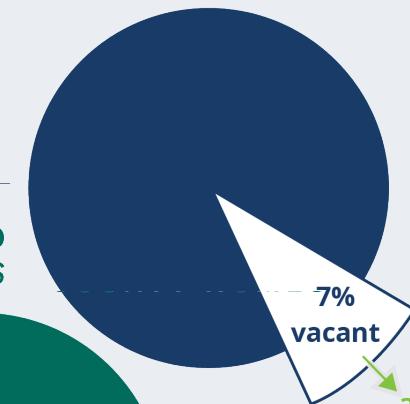
	Washington State	Island County
10th grade students not living in a house, apartment or mobile home	2.0%	1.2%

Source: Healthy Youth Survey. 2023

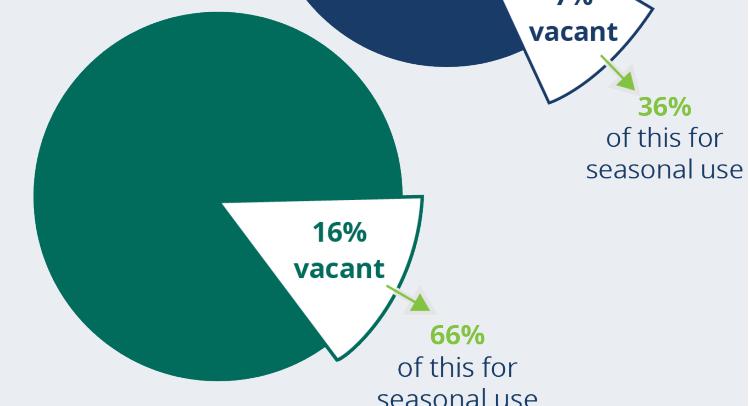
“There are some beautiful beach homes, second homes, extra houses for folks that live on the island. And then we have some situations where kids are living in really not well-maintained apartments, mobile home parks, in this kind of multi-generational, compound type living where there’s a house and there’re trailers and they’re renting out to people. There are just some unusual living situations that occur because of lack of affordable housing out there that aren’t always safe for kids.” Community Member Interview

RENTAL, VACATION, AND VACANT HOMES

PERCENT OF WASHINGTON STATE HOMES



PERCENT OF ISLAND COUNTY HOMES



Source : US Census Data Form B25001 & B25004
(American Community Survey 5-year estimates) 2018-2022



Costs and Affordability

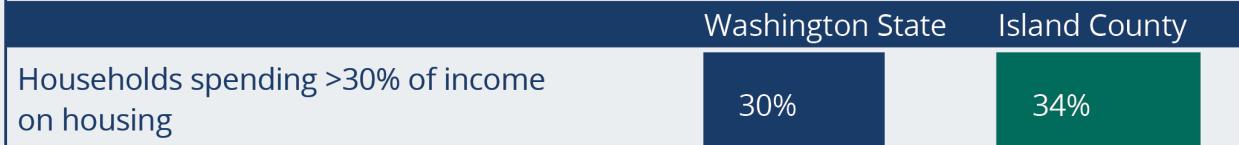
MEDIAN HOME PRICE:

WASHINGTON STATE
\$613,000

ISLAND COUNTY
\$597,300

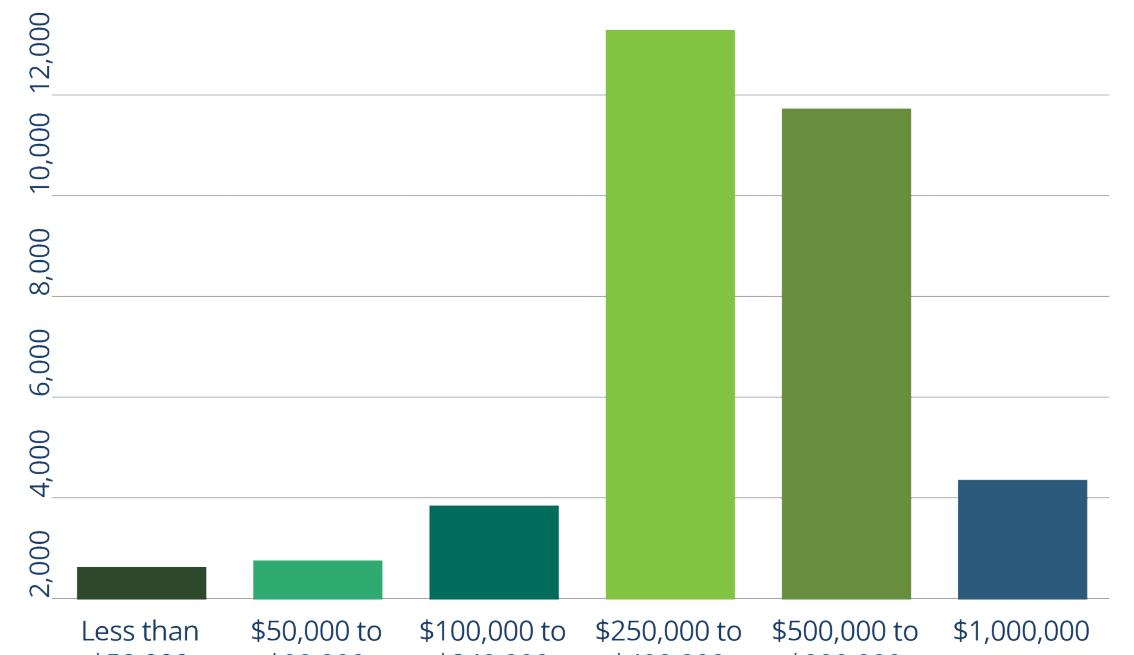
Source: Washington Center for Real Estate Research (WCRER) at the University of Washington 2023.

PROPORTION OF INCOME SPENT ON HOUSING



Source: US Census Data Form B25001 & B25004 (American Community Survey 5-year estimates) 2018-2022

PROPERTY VALUES BY NUMBER OF HOUSES



Source: Data USA 2022



Community-Proposed Suggestions to Improve Housing

SYSTEMS COORDINATION

“There is a huge community awareness [that housing is a problem]. Like nobody's thinking that everything's fine. And there's lots of pockets of people who really care and are moving mountains to find solutions, but there's no systemic solution that's going to stop this from continuing to be a problem.”

South Whidbey Focus Group

CO-HOUSING AND ACCESSORY DWELLING UNITS (ADU)

“Some friends and I looked at the Camano Island Inn when it was for sale. We could turn that into a really cool co-housing space, 12 bedrooms, common area, and it was actually going for fairly cheap at that point. But we couldn't get the funding in place to do it.”

Camano Island Focus Group

“I don't know what that code is for ADUs. But you know, what a perfect combo. People who have enough money who could build an ADU on their property and have a family who could afford to live in an ADU or a small family, and then provide exchange of services.”

Camano Island Focus Group



Mental Health Care Service Availability

Accessing Providers and Scheduling Appointments



**“Yo padezco de ansiedad y duré
meche sin poder trabajar. Entonces
pues no me quedo de otra más que
pues buscar ayuda y no había nadie
disponible. Si pusieron aquí una
clínica de SeaMar pero no había cita
disponible pronto. Me pusieron en
una lista de espera muy larga y era
también por videollamada solamente.
Tuve que esperar dos meses para
hablar con una consejera.”**

Grupo de enfoque, Coupeville

**“I suffer from anxiety, and I went for
a while without being able to work.
So, I had no choice but to seek help
and there was no one available. They
set up a SeaMar clinic here but there
were no appointments available soon.
They put me on a very long waiting
list, and it was also only by video call.
I had to wait two months to speak
with a counselor.”**

Coupeville Focus Group



**“Aquí no hay consejeros que hablan
Español.”** *Grupo de enfoque, Oak Harbor*

**“Here there are no counselors who
speak Spanish.”** *Oak Harbor Focus Group*

COUNTY MENTAL HEALTH DATA

Washington State	Island County
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Ratio of mental health care providers per population. (Does not include physicians employed by the federal government)

1 per 200	1 per 320
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COUNTY MENTAL HEALTH DATA

Washington State	Island County
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Rate of non-fatal self-inflicted injuries

49	32
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Rate of hospitalizations due to mental illness, per 1,000 population (age-adjusted)

0.6	0.6
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COUNTY MENTAL HEALTH DATA

Washington State	Island County
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Percentage of adults ever diagnosed with depression

24%	25%
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Percentage of Medicaid beneficiaries aged 18+ who were treated with antidepressant medication, had a diagnosis of major depression, and who remained on an antidepressant medication treatment (acute treatment)

64%	70%
------------	------------



Youth & Senior Mental Health



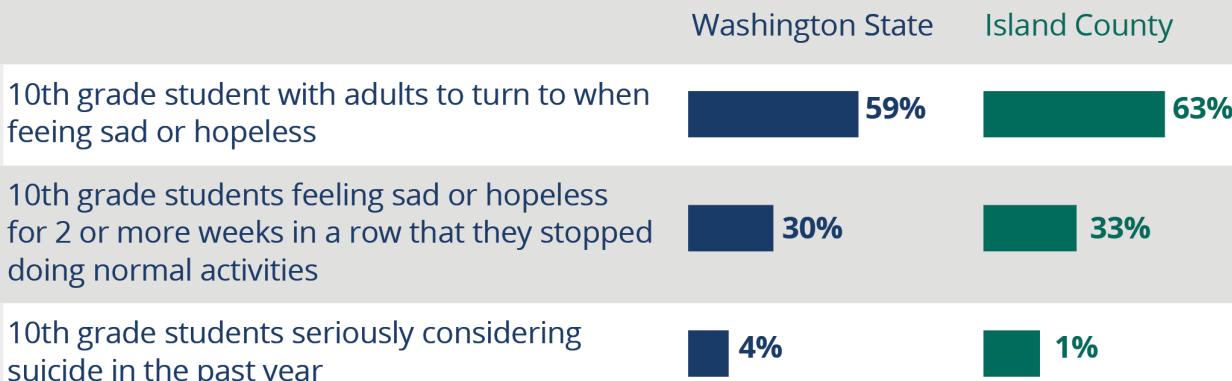
“En el high school se supo de varios chicos que murieron. Eso fue difícil. Con mi hijo yo traté de hablar al respecto, pero él no quería hablar mucho del tema. Traté de abordarlo, pero no me expresaba mucho. Es difícil saber como hablar de estos temas con los jóvenes.”

Grupo de enfoque, Oak Harbor

“At the high school it was known that several kids died. That was difficult. With my son I tried to talk about it, but he didn’t want to talk much about the topic. I tried to approach it, but he didn’t express much. It’s difficult to know how to talk about these topics with young people.”

Oak Harbor Focus Group

10TH GRADE MENTAL HEALTH



Source: Healthy Youth Survey 2023

“I think I represent the elder populace [at this focus group] and figuring out how to address your needs of grief is a big issue for many different reasons. There’s a lot of grief around having a partner with Alzheimer’s. There’s grief around impending death. There’s grief around health function and loss. There’s grief around, you know, actually losing someone you care about.”

Camano Island Focus Group



Community-Proposed Suggestions to Improve Mental Health

INTERGENERATIONAL MIXING

"The community center has just blossomed in the last few years. They used to be a community center, and for a while, after having been a senior center and now they've reverted back to being a senior center, which I appreciate. I see on this island, the schism between the old and the young, with not much multi-generational mixing and yet there's so much leavening there to be had for both avoiding mental health, depression, and isolation." *Camano Island Focus Group*

COMMUNITY CENTERS

"Thank goodness the community center has really picked up and brought some programs online. Like right now I'm [able to be at this focus group] because my husband is at the first ever Tuesday old friends club for people with dementia at the Center. It's huge and he loves it." *Camano Island Focus Group*

"And that's always been our mission [at the children's theater], to offer kids opportunities to be imaginative and creative, and take risks and make mistakes. And so we are a group of professionals who's very equipped to meet kids where they are." *South Whidbey Focus Group*

OUTDOOR SPACES

"Someone posted a journal article that was recently published about green spaces being critical for ages 2-6 for early childhood education and [how] it minimizes risks for anxiety and depression." *Camano Island Focus Group*

"I think that access to the outdoors is really important because it's proven that just looking at green things like flowers stress and everything that gets stored up in our brains. Access to the green spaces, public green spaces for kids, I think is really important and for adults, too." *Camano Island Focus Group*



Health Care Access and Availability

"There was a larger pool of medical providers in general [in the county]. There were multiple doctors in one office, and they were all family practitioners and so like your grandma went to them, they birthed your baby, and some did house calls. That's a lost art."

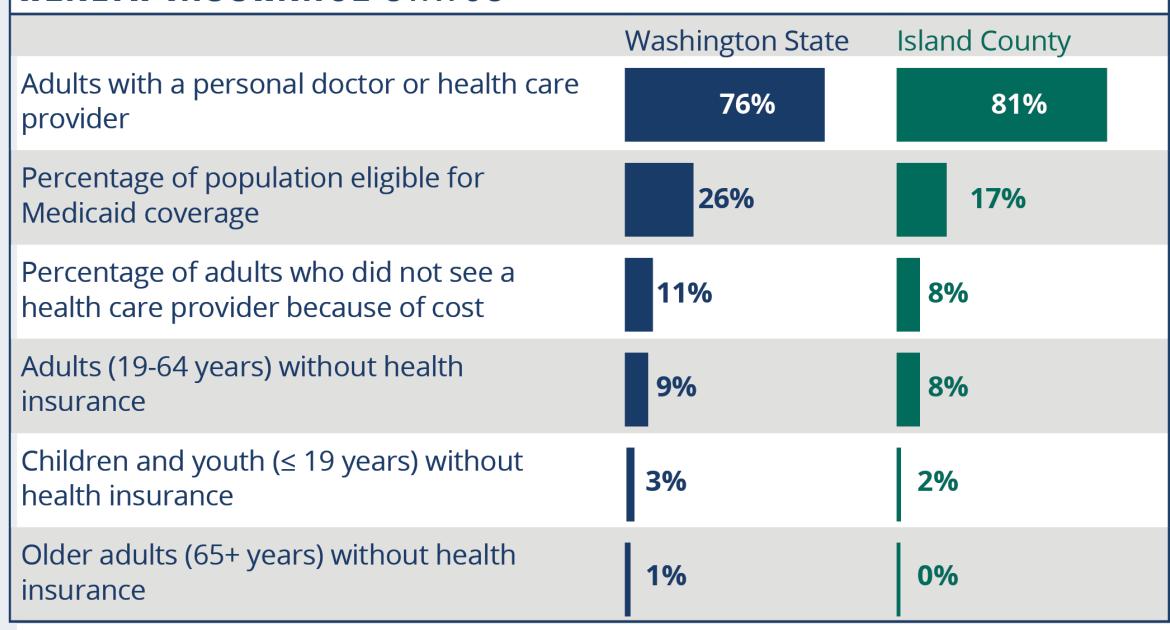
South Whidbey Focus Group

HEALTH CARE ACCESS

	Washington State	Island County
Ratio of primary care physicians per population (Does not include physicians employed by the federal government)	1 per 1200	1 per 2240
Ratio of dentists per population* (Does not include physicians employed by the federal government)	1 per 1150	1 per 1310

SOURCE: County Health Rankings, years 2021 & 2022

HEALTH INSURANCE STATUS



SOURCE: US Census Data Form S2701 (American Community Survey 5-year estimates) 2018-2022

"If you have an issue [it's tough] to wait two or three months to get into a provider, right? So, then there's over-utilization of emergency and urgent services too, which perpetuates the problem." Community Member Interview



Limitations of Our Healthcare System

Military Health Care

"My husband is a disabled veteran and he has to go to the Seattle VA and then they sent us to American Lake. As far as like medical treatment and stuff we have been sent to Tacoma. We just got back home from American Lake because he had an appointment there. Our children don't even get services on base at all. So really nothing at all."

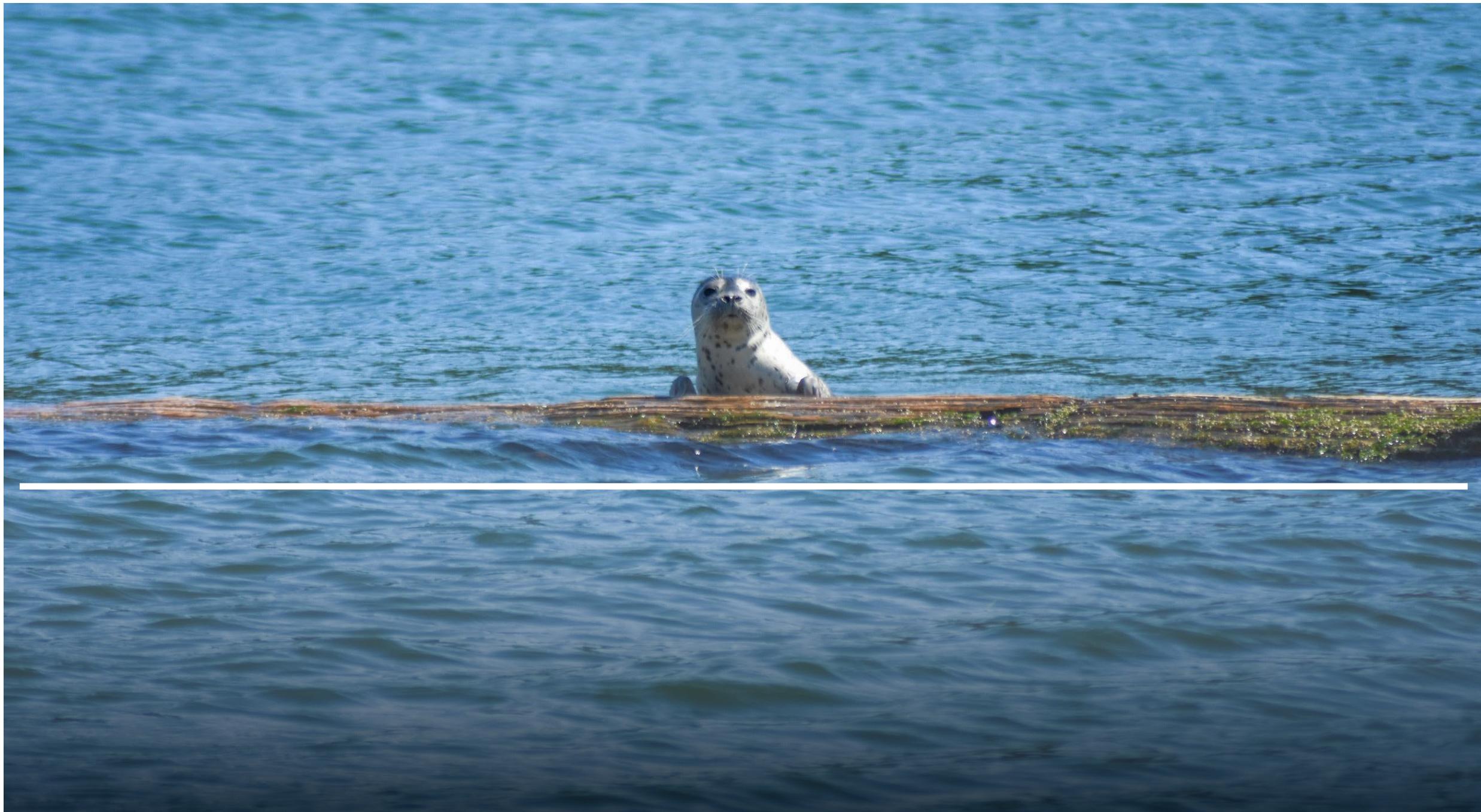
Oak Harbor Focus Group

Senior Health and Support

"I found when I had my crisis, because I actually had a stroke, which caused anxiety and horrible problems, and I didn't have Medicare Part B, which is like a sin. And so I had to do all my work to go into the emergency room for help. But I got to the point where I was \$200,000 in debt, because I didn't have Medicare Part B and I make too much to qualify for [DSHS]. Luckily, I finally got United Health and so I had somebody working on my behalf to do that. I couldn't get basic health for the stroke."

Oak Harbor Focus Group







Community-Identified Barriers to Meeting Health Needs



**Cost of
living**



**Lack of personnel
and professionals
to fill jobs**



**Navigating systems
and resources**



**Access and
transportation
off island**



Community-Identified Success Stories and Opportunities

LACTATION SERVICES

"I just want to brag on something from public health for your report, their lactation services. When I needed that, they were accessible, easy to talk to, they came to my house all for free. My pediatrician said, 'Oh do you want us to refer you to lactation?' And I'm thinking, like, sure, but it's probably this medical thing. But then, once I was texting, it was great to text the nurse instead of calling or emailing. I mean, my son is, like, three days old. My husband was deployed when I had my son. So that was awesome. Texting the nurse. Because when you need help breastfeeding, you need help! It's urgent! And if a mom wants to switch to bottle feeding, you can have that help from lactation as well. And that helps mom's mental health, just having that person come in and say, 'I'm going to help you.'" *Oak Harbor Focus Group*

TRANSPORTATION

"The [Northwest Regional Council] provides medical transportation. And you just pay for gas. They have volunteers who drive."

Oak Harbor Focus Group

"We actually have semi-decent public transit on [Camano] island, but I don't think it's utilized or advertised very well. We took a lot of [my daughter's] preschool friends that didn't have afterschool care anymore on little adventures with us on the bus."

Camano Island Focus Group

RESOURCE COORDINATION

"I think one thing would be improved coordination of services because there are a lot of great things happening on the island. [There are] opportunities that people invent and create because they see a need, but coordinating all of those things is always challenging. As soon as you write a resource list it's out of date in two days, you know, so it's like, we need an updated resource list."

Community Member Interview

A wide-angle photograph of a sunset over a body of water, likely a lake or ocean. The sky is a vibrant orange and yellow, transitioning into a darker blue. The water reflects the warm colors of the sunset. In the foreground, the dark silhouettes of tree branches and trunks frame the scene. The overall atmosphere is peaceful and natural.

Health Indicators



Community health indicators are the numbers, percentages, and ratios we obtained from state and national data sources to understand how Island County is doing with health, wellness, and social determinants of health like housing and child care. These numbers are an important companion to the community-identified data we shared earlier in this report. Throughout the report, we show some data for Island County compared to Washington State and some data for Island County alone. We chose to compare data based on: (1) data available to compare; and (2) how those data tell the story of Island County's health needs

KEY

Less Than



More Than



About Equal



Important to Note



When we have data that we can compare to Washington State, we include arrows to show when an Island County number is 2 points or more higher or lower than the state number. Anything within two points is assigned an equal sign. Anything that is not meaningfully comparable to the state does not have an arrow or equal sign.

Data that we think are particularly important to note we have marked with a green triangle on the left of the indicator.



CHILD CARE

INDICATORS

Island County	
Estimated percentage of child care needs met—Infant care (0-11mo)	5%
Estimated percentage of child care needs met—Toddler care (12-29mo)	8%
Estimated percentage of child care needs met—Preschool care (3-5yr)	22%

SOURCE: Child Care Aware, WA. 2022. DCYF, 2023

CHILDHOOD IMMUNIZATIONS

INDICATORS

	Washington State	Island County
Children 6 months-17 years with complete COVID-19 vaccination	43%	29% 
Vaccination coverage for the 19-35 month milestone vaccinations	57%	45% 
Vaccination coverage for the 4-6 year milestone vaccinations	42%	25% 
Vaccination coverage for the 11-12 year milestone vaccinations	33%	21% 
Vaccination coverage for the 13-17 year milestone vaccinations	54%	36% 

SOURCE: WA DOH, 2021-2024. CDC 2021

Other indicators we looked at:

- **FOOD ACCESS**
- **DISABILITY**
- **PREVENTIVE CARE AND WELLNESS**
- **SUBSTANCE USE**
- **CHRONIC HEALTH CONDITIONS**
- **RECREATIONAL ACCESS**



What We're Doing to Address Our Health Needs



FOOD ACCESS & SECURITY



HOUSING



BEHAVIORAL HEALTH (MENTAL HEALTH AND SUBSTANCE USE DISORDER SERVICES)



ACCESS TO CARE



SENIOR SERVICES



WHAT COMES NEXT?

- ICPH will spend the next few months going back to our community to share and receive feedback on the CHA.
- As we do this, we will begin prioritizing needs and identifying key partners who we can collaborate with on this work.
- Together, we will develop a Community Health Improvement Plan (CHIP). The CHIP will identify priority areas of improvement, ways to evaluate our progress, and set a path towards creating a healthier community for all in Island County.



Appendix

METHODOLOGY FOR SURVEY, INTERVIEWS, FOCUS GROUPS, DATA WORKBOOK

Community Leader Interviews

ICPH identified a list of 30 local leaders across the county who could provide insights on community health. The leaders included people from 14 different fields. Twenty-five community leaders agreed to participate in the interviews. The ICPH team contacted each interviewee and scheduled a video/phone call or in-person meeting. Interviewees were notified that interviews would be recorded, and any direct quotations used in the final report would be approved before inclusion in the report. Interviews ranged from 45 to 80 minutes, with most calls taking about 45 minutes. The interviewers prepared the interviewee at the beginning of the call by explaining the format and flow of the questions and asking for verbal consent to take part in the interviews and to record each session. Recordings and raw data were kept by ICPH. Data were analyzed using Dedoose which is a cloud application for managing, analyzing, and presenting qualitative and mixed method research data.⁴

Survey

Survey questions were developed in collaboration with ICPH and the consultant team around key domains:

1. Quality of Life
2. Defining a "Healthy Community"
3. Strengths of Your Community
4. Community Health Challenges by Age, Medical, Social, and Environmental Health Challenges
5. Community and Personal Health
6. Demographics

Survey questions were distributed to Island County residents in English, Spanish, and Tagalog between February 6, 2024, and May 20, 2024. We received 1095 English responses, 16 Spanish responses, and zero (0) Tagalog responses to our community survey. The survey was delivered using the SurveyMonkey survey delivery platform and data were analyzed in SurveyMonkey, Excel, and R. The list of survey questions can be found in the next section of this Appendix.



Appendix

Focus Groups

Five focus groups were conducted across Island County by the consulting team and took place at key community meeting locations like the library and community centers. The focus groups centered on the topics listed in the report, including housing, mental health services, health care access and availability, and senior supports. Focus group attendees were also recruited by ICPH and invited to take part. Each attendee was offered a gift card for participating. Attendees were selected based on either their lived experience or their professional experience related to the focus group topic area. Focus group attendance numbers ranged from 4 to 12 attendees. Focus groups were recorded, but participants did not name themselves on the recording when they spoke, and no participants were named for the final report. Recordings and raw data were not shared with ICPH. Data were analyzed using Dedoose.

Indicators

Public health and community indicators were obtained from national, state, regional, and local data sources, including the American Community Survey and the Washington State Department of Health. Comparison county and state rates were also obtained for select indicators. Some indicators may be measured differently across the data sources, time intervals, or geographies, in which cases data were collected from all possible sources to allow for comparison across similar indicators and interpretation of the results in the context of the CHA. The nature of each indicator (e.g., percentage, rate per 1000) was specifically noted; in cases when estimates were too small to report as percentages, indicators were reported as counts. Estimates of variability (e.g., standard errors or confidence intervals) were also provided for all estimates. Data management and analysis were conducted in Microsoft Excel and Stata/MP v15.1.



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2023-2024 Island County CHA

Community Health Advisory Board (CHAB)						
Sector/Group	# of per Group	# of Vac	CHAB Member	City	Appointment Date	Term Expires
Health Care Access/Quality	4	0	Erin Lavery-Mullins, Chair	Camano Island	2/17/2022	2/17/2025
			Charlotte McRill	Oak Harbor	5/5/2022	5/5/2025
			Heidi Beck	Clinton	2/28/2023	2/28/2026
			Michele Cato	Clinton	8/14/2023	8/14/2023
Physical Environment	2	1	Bob Uhrich	Camano	5/5/2022	5/5/2025
Social and Economic Sectors	2	1	Nicole Rice	Oak Harbor	6/20/2023	6/20/2026
Government	2	1	Chris Geiger	Coupeville		
Business Philanthropy	2	0	Michele Aguilar Kahrs, Co Chair	Freeland	2/17/2022	2/117/25
			Marian Myszkowski	Langley	10/17/2023	10/1/2026
Tribal Communities	1	1				
Consumer of Public Health Services	3	1	Deborah Seymour-Ferguson	Camano	5/5/2022	5/5/2025
			Alma Johnser	Oak Harbor	2/28/2023	2/28/2026
Community Stakeholder	3	2				
			Melissa Frasch-Brown	Oak Harbor	2/17/2022	2/17/2025
Community Members with Lived Experiences	2	2				
Total VS Vacancies	21	9	Steering Committee is known as the Leadership Committee per Bylaws.			



Island County Public Health

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Email: Publichealth@islandcountywa.gov | www.islandcountywa.gov

September 10, 2024

TO: Island County Board of Health

FROM: Taylor Lawson, MPH; Assessment Supervisor

RE: **Community Health Advisory Board Recommendation: Chris Geiger**

It is with my pleasure that I recommend Chris Geiger to the Island County Board of Health for appointment to sit on the Island County Community Health Advisory Board (CHAB).

Mr. Geiger comes to CHAB with over thirty-three years of experience as a firefighter and paramedic, offering experience in incident command, employee supervision, program management, and budgeting. His experience as a firefighter and paramedic equips Mr. Geiger with the professional experience to speak to the needs of many of the most vulnerable members of our community. Additionally, Mr. Geiger brings a wealth of knowledge in local government, civic engagement, and advisory committee coordination. Mr. Geiger has extensive experience serving on board like CHAB while living in Clackamas County through which he supported the development and implementation of their Community Health Improvement Plan (2013). Mr. Geiger recently returned from retirement to support our Central Whidbey Fire & Rescue as a Division Chief. Mr. Geiger has a strong passion for “advocating for under-represented persons in need of public health care services.” Mr. Geiger’s vision for a healthier future for Island County is “where ALL people have access to not only quality Emergency Medical Services but also public health resources, despite their individual demographic or current life situation.” If nominated, the CHAB Leadership Committee recommends that Mr. Geiger is elected to represent the Government Section, based on candidate interest, and need for CHAB representation.

I am pleased to recommend to the Island County Board of Health the appointment of Chris Geiger to sit on the Island County Community Health Advisory Board as a representative of the Government Section.

Sincerely,

Taylor Lawson