



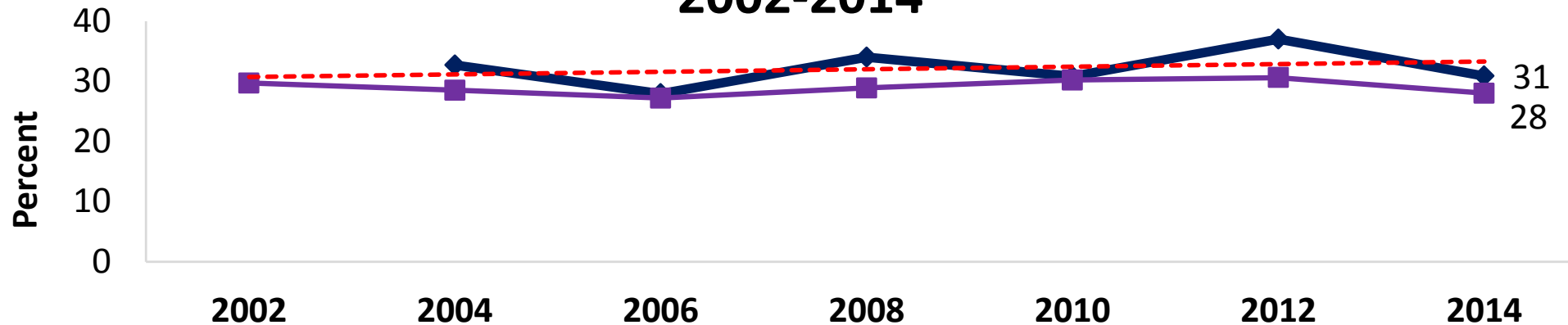
Population Health Trust Data Carousel Indicators

October 2015

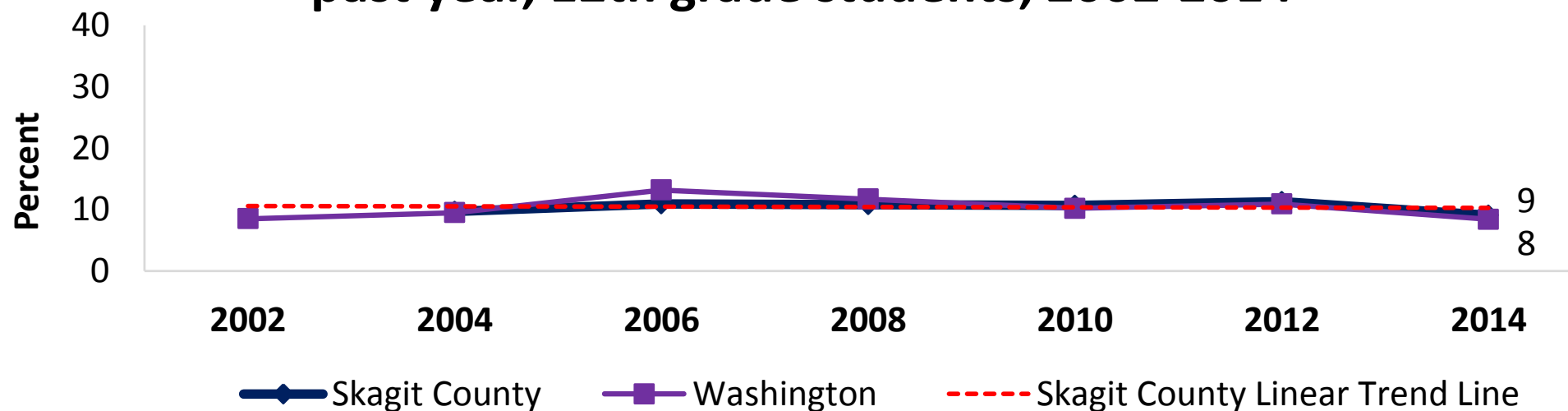
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Bullied within the past month, 8th grade students, 2002-2014



Made to feel unsafe by a boyfriend or girlfriend in the past year, 12th grade students, 2002-2014



Definitions:

Bullying

Youth who say they were bullied in the past month. Bullying is defined as when another student/ students say or do nasty or unpleasant things, or when a student is teased repeatedly in a way he or she doesn't like. It is NOT bullying when two students of about the same strength argue or fight.

Dating Violence

Youth who say they dated someone in past year who ever limited activities, threatened, or made them feel unsafe in any way.

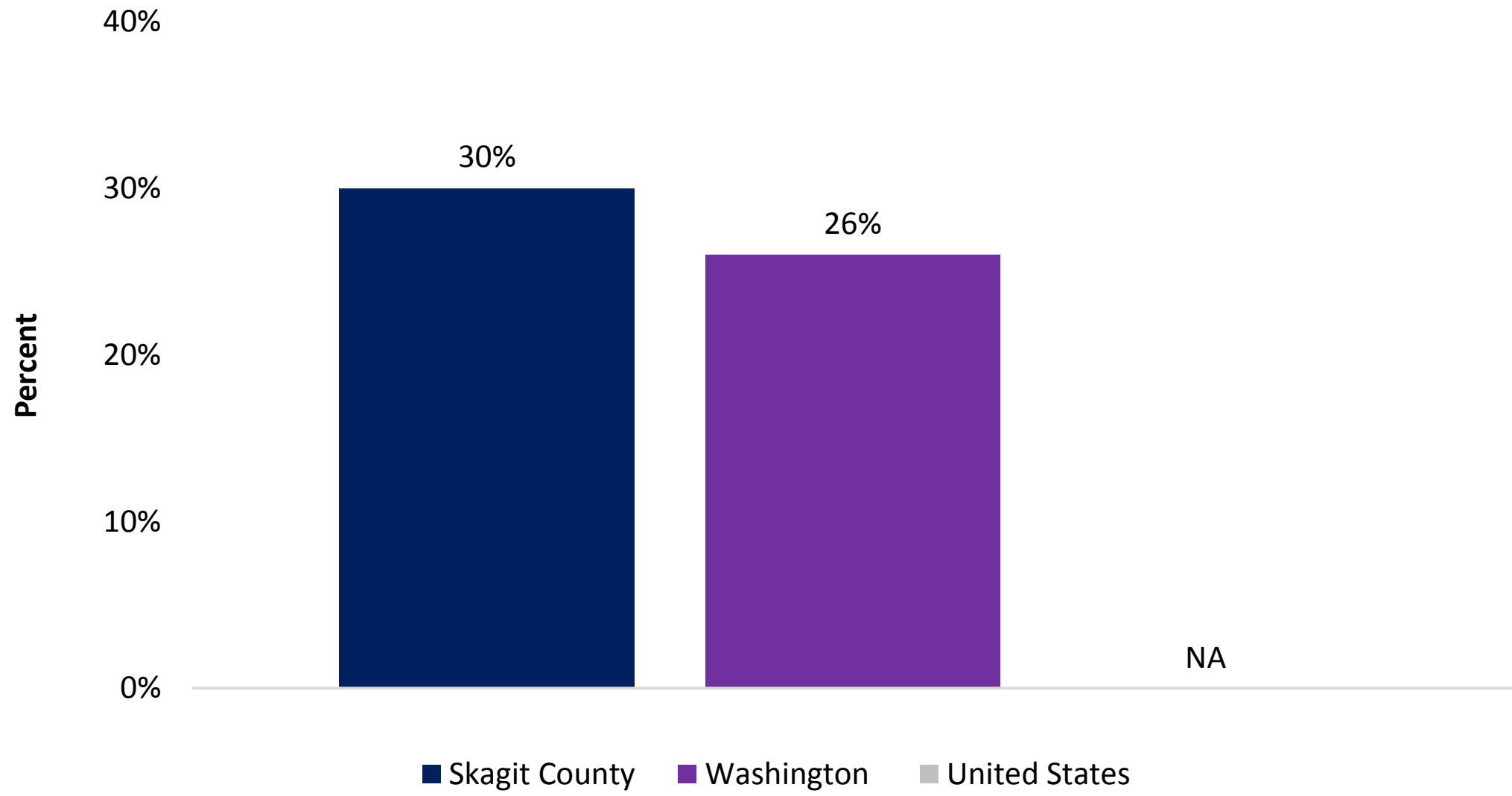
Social & Economic Environment

Health Behaviors

Data Sources

- Washington State Healthy Youth Survey

Hurt on purpose by an adult, 10th grade student, 2014



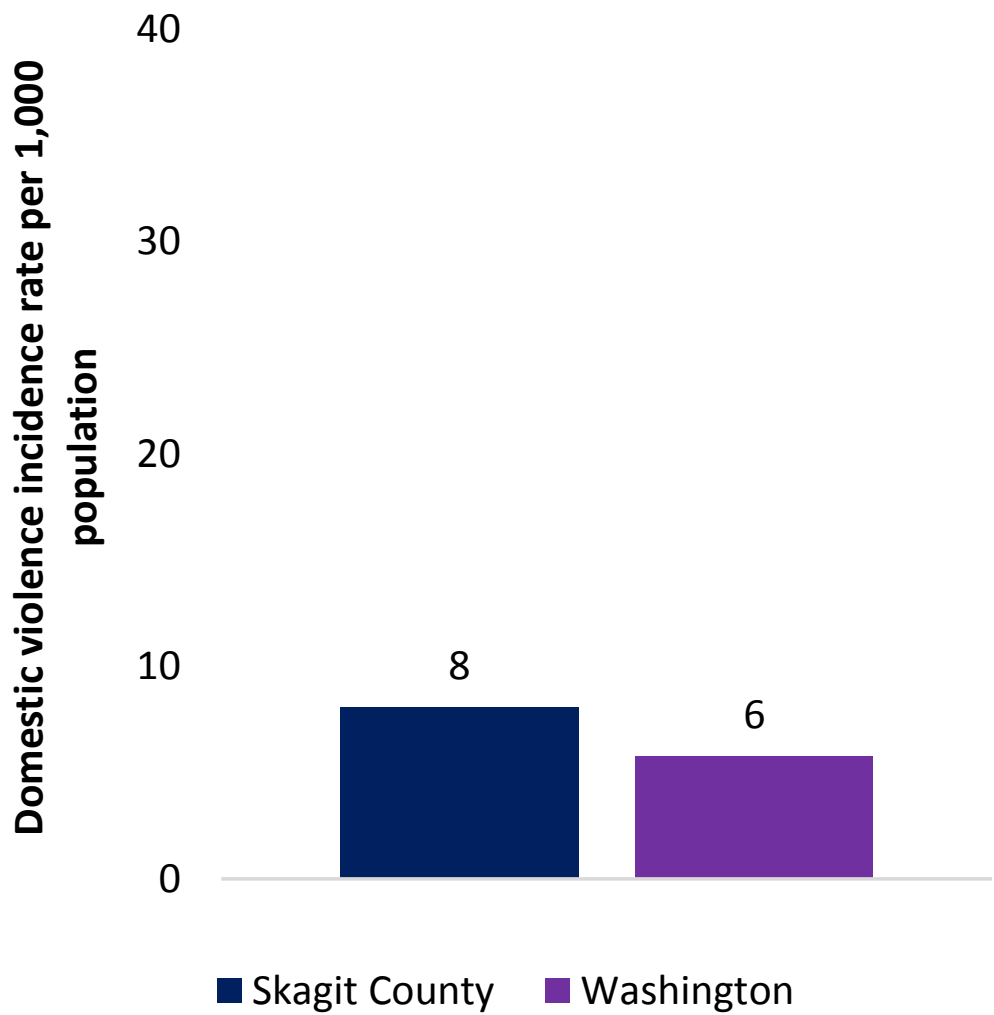
Definition:
Youth Physical Abuse
Youth who say an adult ever physically hurt them on purpose (pushed, slapped, hit, kicked or punched), leaving a mark, bruise or injury.

Social & Economic Environment

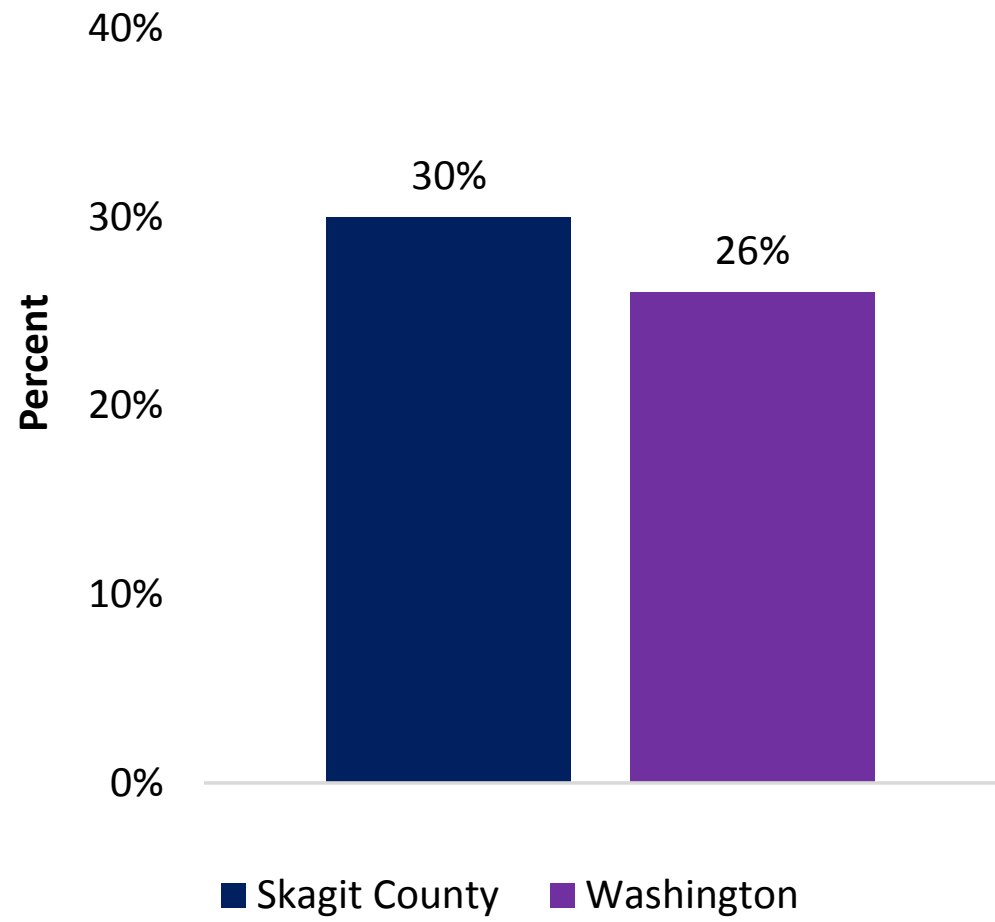
Health Behaviors

Data Sources
• Washington State Healthy Youth Survey

Domestic violence offense rate, 2013



Hurt on purpose by an adult, 10th grade student, 2014



Definitions:

Domestic Violence

Any of multiple different types of arrests where “domestic violence” (DV) flag is applied. Annual arrest rate per 1,000 population shown.

- *Recent year counts.* There were 952 DV offenses in Skagit County in 2013.

Youth Physical Abuse

Youth who say an adult ever physically hurt them on purpose (pushed, slapped, hit, kicked or punched), leaving a mark, bruise or injury.

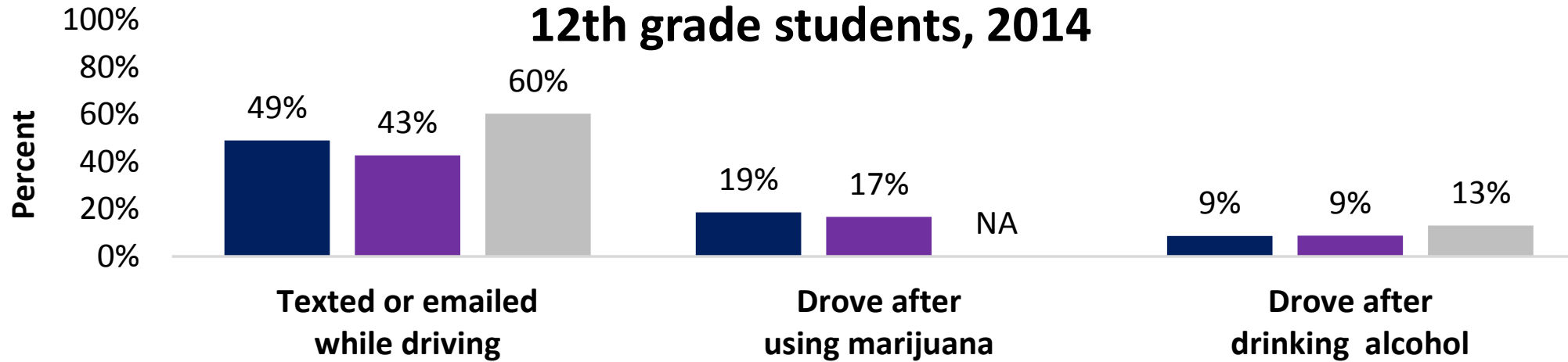
Social & Economic Environment

Health Behaviors

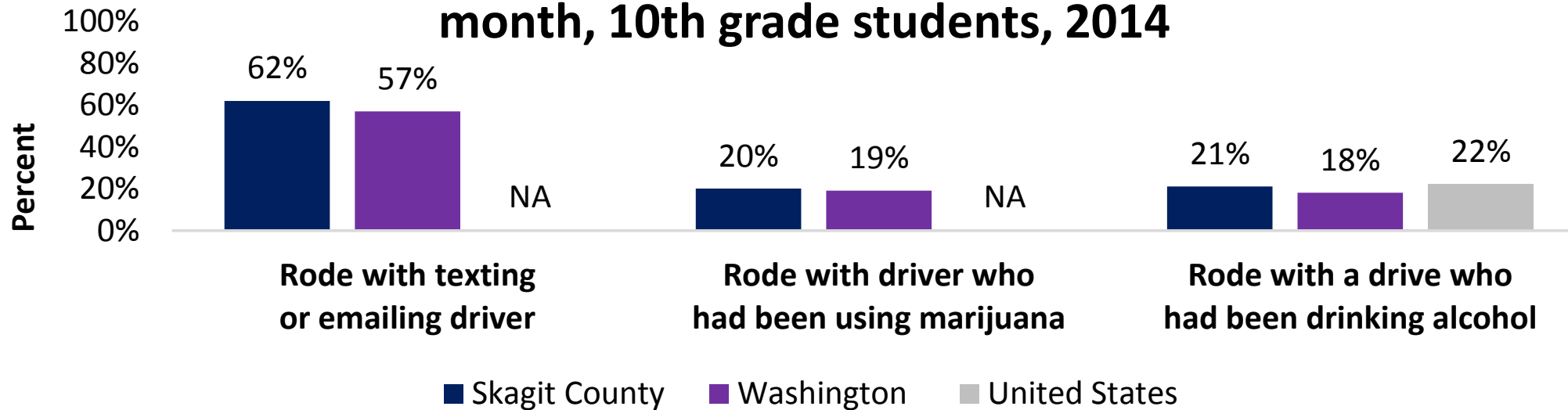
Data Sources

- Domestic violence data: Washington Associations of Sheriffs & Police Chiefs (WASPC)
- Youth data: Washington State Healthy Youth Survey

Driving while distracted or impaired in the past month, 12th grade students, 2014



Riding with a distracted or impaired driver in the past month, 10th grade students, 2014



Definitions:

Impaired driving
 Within the past 30 days, youth who say
 - Any driving “when you [or driver] had been drinking alcohol” (time since drinking is unspecified)
 - Youth or another person drove within three hours after using marijuana.

Distracted driving
 Within the past 30 days
 - Texting or emailing while driving a car or other vehicle.

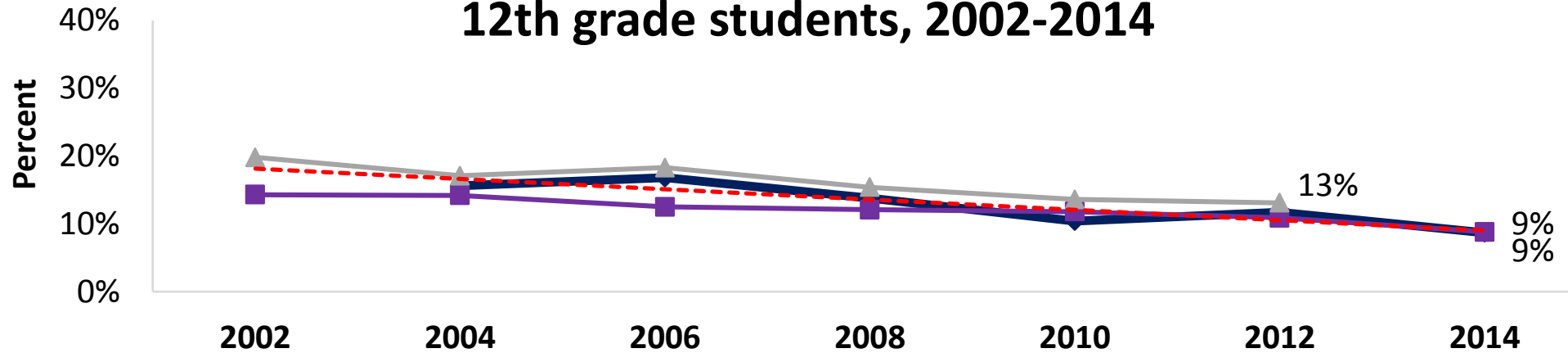
Social & Economic Environment

Health Behaviors

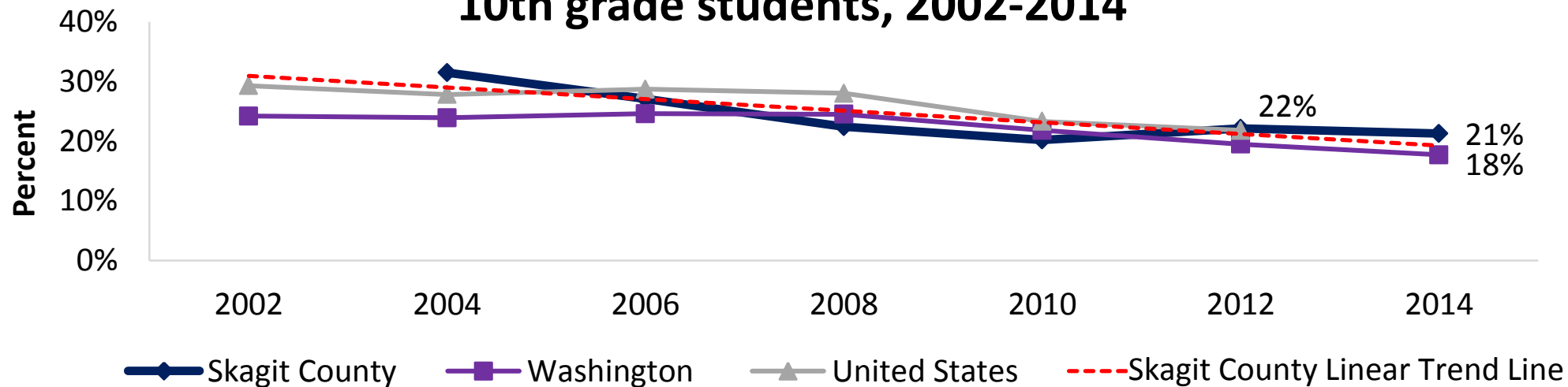
Data Sources

- County and State data: Washington State Healthy Youth Survey 2014
- National data: Youth Risk Behavior Survey 2013

Driving after drinking alcohol, 12th grade students, 2002-2014



Riding with someone who had been drinking alcohol, 10th grade students, 2002-2014



Definition:

Alcohol-impaired driving

Youth who say that they drove or rode with a driver “when you [or driver] had been drinking alcohol” (time since drinking alcohol is unspecified) anytime during the past 30 days.

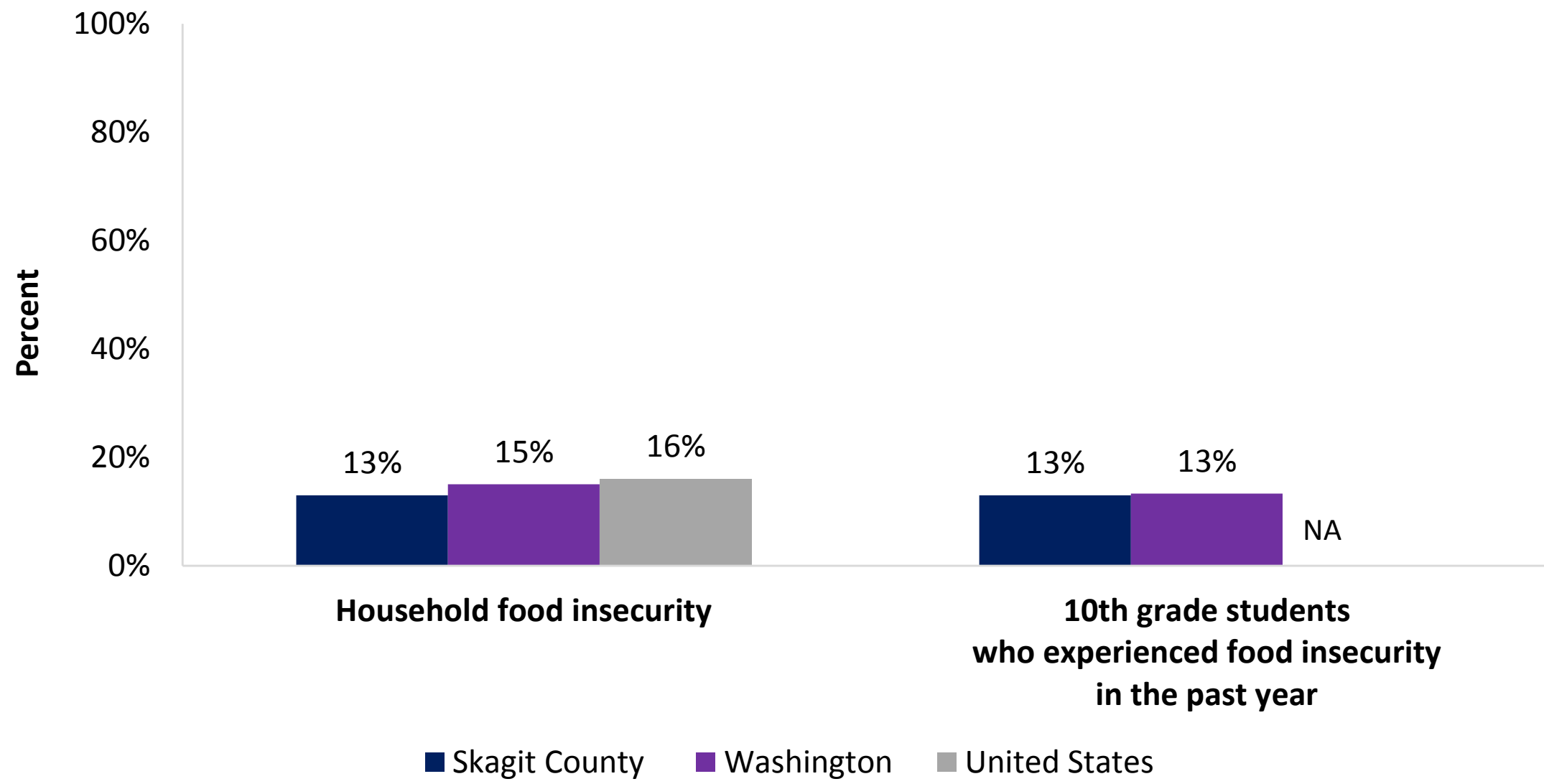
Social & Economic Environment

Health Behaviors

Data Sources

- County and State data: Washington State Healthy Youth Survey 2002-2014
- National data: Youth Risk Behavior Survey 2003-2013

Food insecurity, 2013 and 2014



Definitions:

Household food insecurity

Consistent access to adequate food is limited by lack of money and other resources at times during the year.

Youth food insecurity

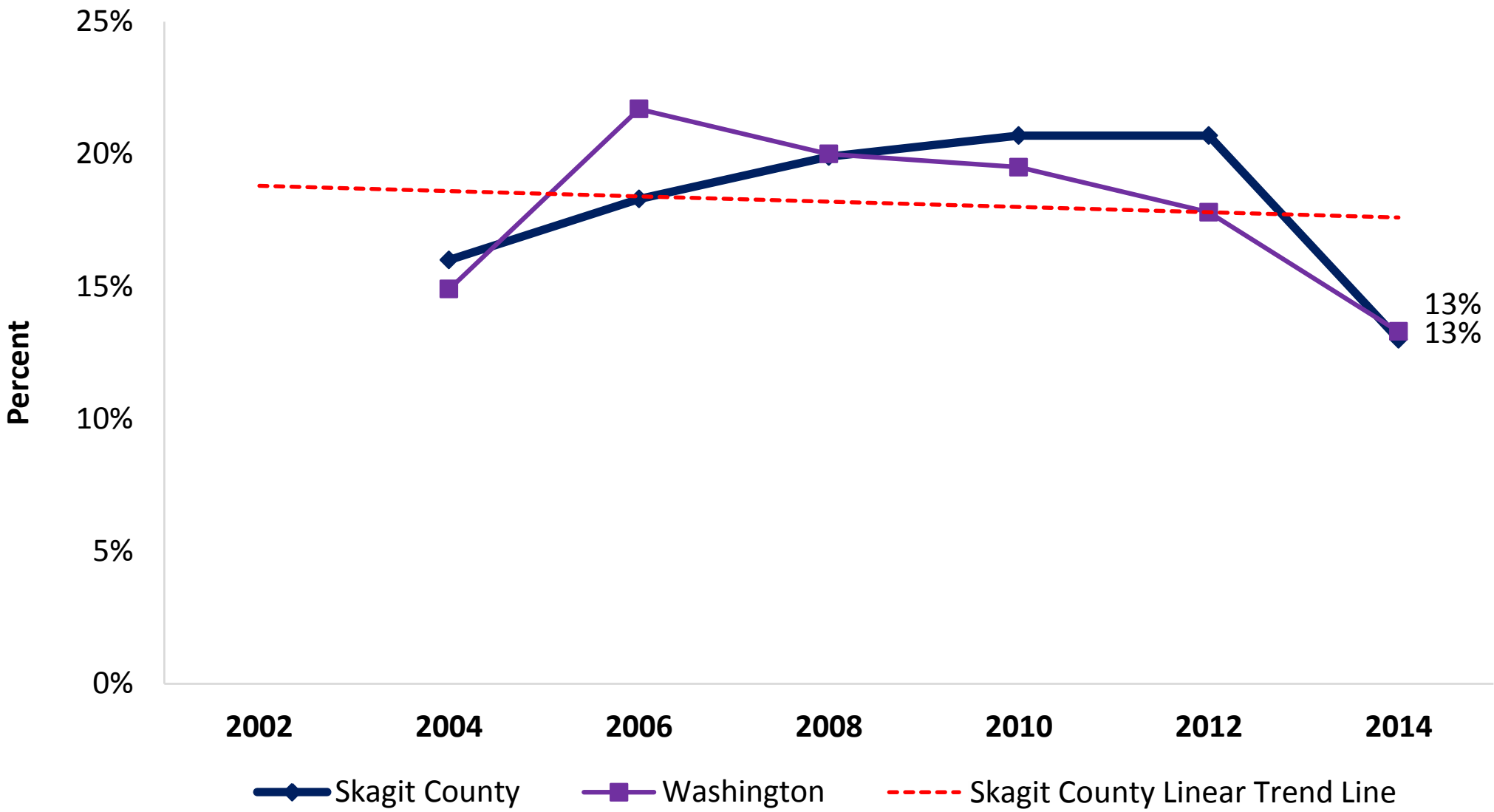
Youth who say that they or their family had to cut meal size or skip meals because there wasn't enough money for food in the past month.

Data Sources

- Household food insecurity data: Feeding America 2013, based on the United States Department of Agriculture (USDA) annual household survey.
- Youth food insecurity data: Washington State Healthy Youth Survey 2014

Social & Economic Environment

Past year food insecurity, 10th grade students, 2002-2014



Definition:

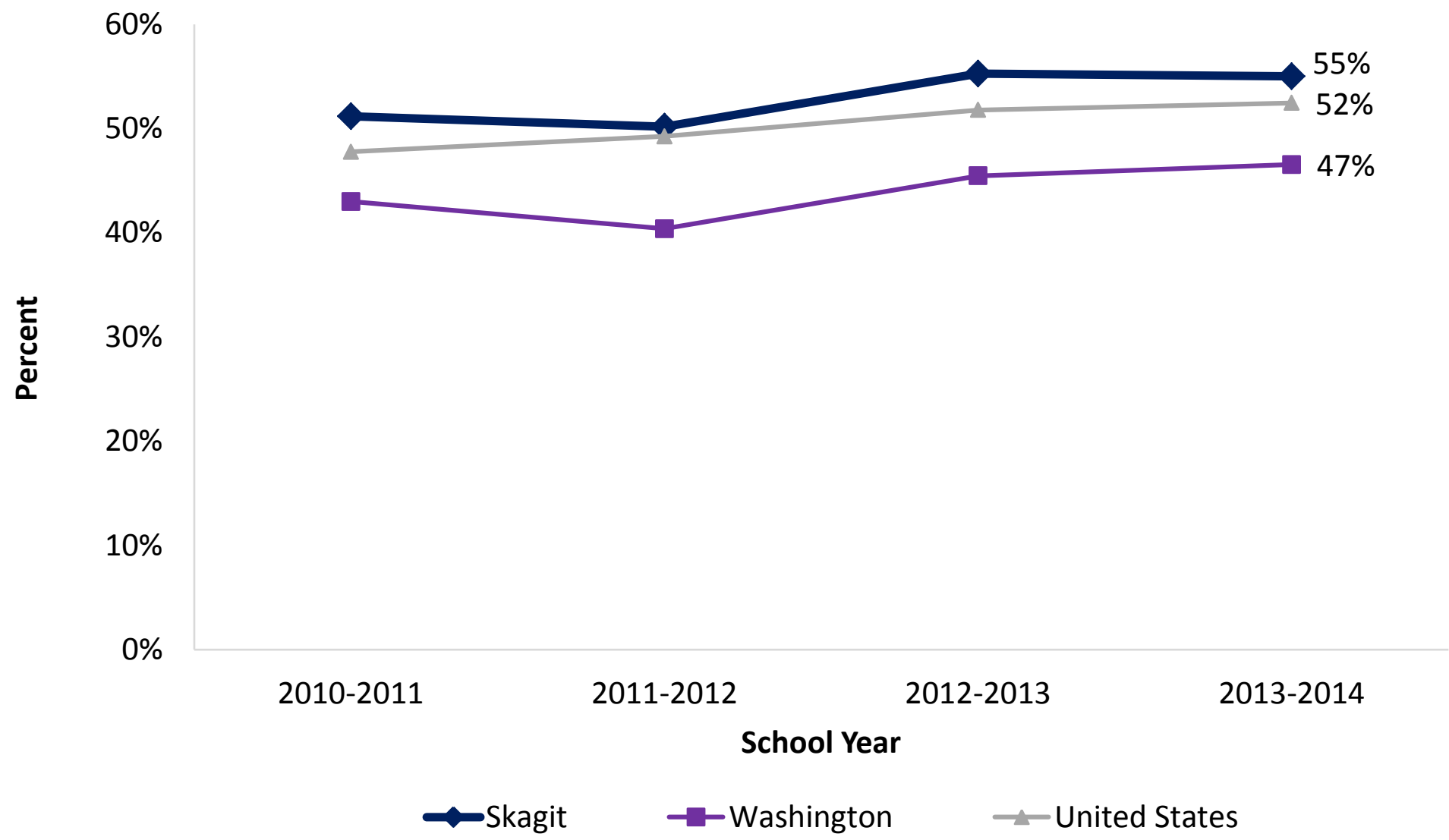
Youth food insecurity

Youth who say they or their family had to cut meal size or skip meals because there wasn't enough money for food in the past month.

Data Sources
• Youth food insecurity data: Washington State Healthy Youth Survey

Social & Economic Environment

Free/Reduced Priced Meals, 2010-2013



Definition:
The following nutrition programs are administered by the U.S. Department of Agriculture.

- National School Lunch Program provides reduced-price lunches at 40 cents each.
- School Breakfast Program provides reduced-price breakfasts at 30 cents each.
- Special Milk Program may provide free milk, depending upon the school, for all eligible students.

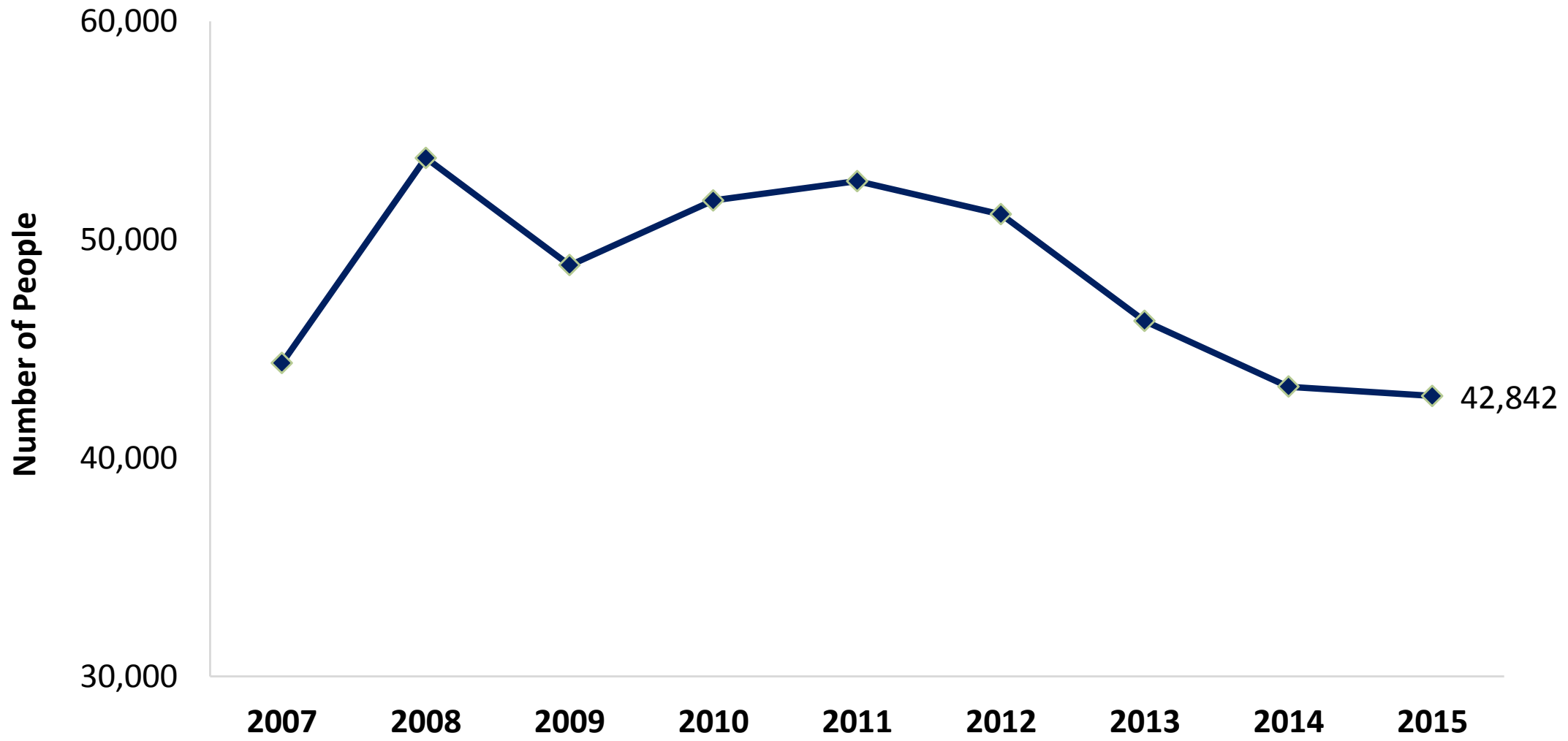
Eligibility is determined by income on household size.

Data Sources

- Office of Superintendent of Public Instruction

Social & Economic Environment

Skagit County food bank usage, 2007-2015



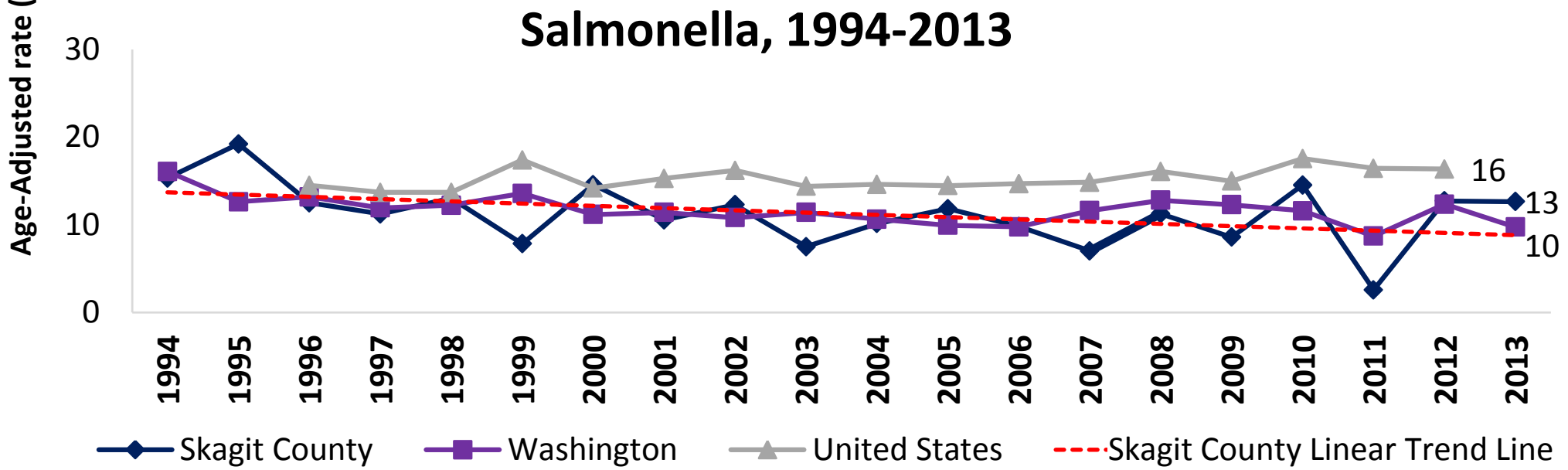
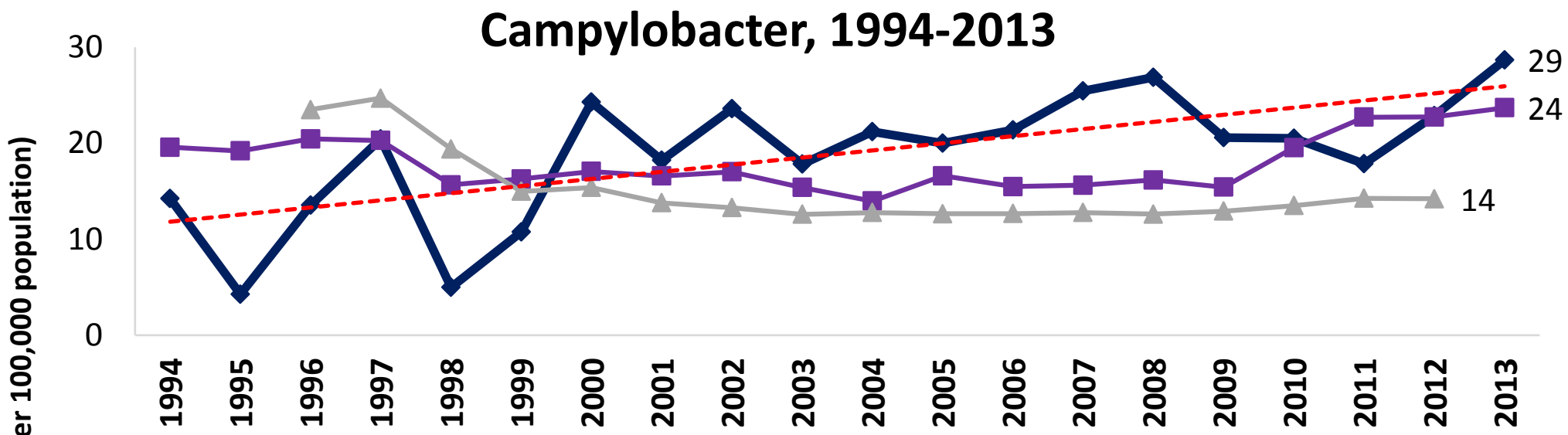
Definitions:

Skagit County Food Bank Usage from 2007 to 2015. The duplication rate is 20% to 30%.

Data Sources

- Skagit Food Distribution Center (Sedro-Woolley), Community Action of Skagit County

Social & Economic Environment



Definitions:

Campylobacter Sources include raw poultry, raw milk and contamination from these raw items to other foods that are not cooked (e.g. salad ingredients). Nationwide, approximately 16% of cases are hospitalized. Age-adjusted rates per 100,000 are shown.

- Recent year counts. There were 34 cases in Skagit County in 2013.

Salmonella Pervasive in the environment. Infections can result from contaminated food, often poultry or raw eggs, or handling reptiles and other animals. Children under 5 are most vulnerable. About 29% of diagnosed cases are hospitalized. Age-adjusted rates per 100,000 are shown.

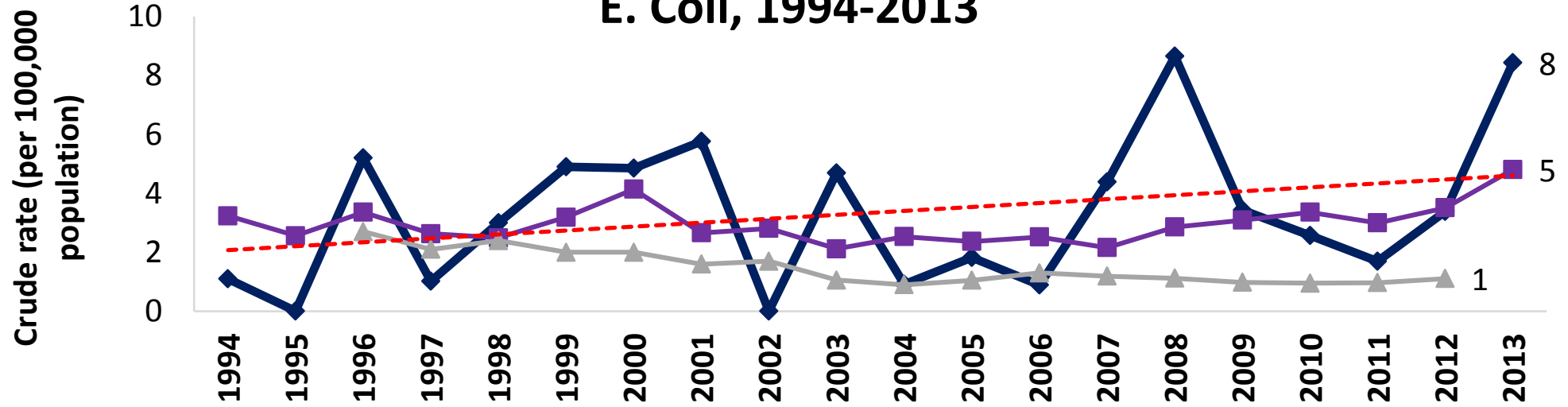
- Recent year counts. There were 15 cases in Skagit County in 2013.

Data Sources

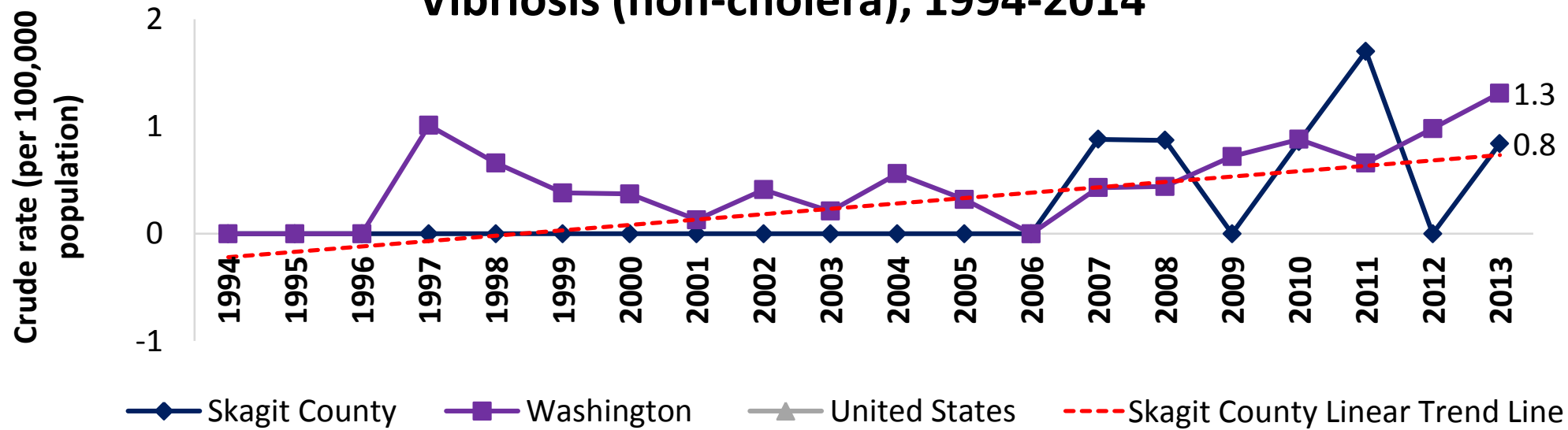
- State and county data: Washington State Department of Health, Communicable Disease Epidemiology Office, PHIMS, 1994-2013, August 2014.
- National data: Centers for Disease Control and Prevention, http://www.cdc.gov/foodnet/PDFs/2012_annual_report_508c.pdf

Physical Environment

E. Coli, 1994-2013



Vibriosis (non-cholera), 1994-2014



Definitions:

E. Coli

Common sources include most animal foods, including raw meats, raw milk, anything potentially contaminated with fecal material. Recently there has been an increase in outbreaks associated with E.coli contaminated produce.

- Recent year counts. There were 10 cases in Skagit County in 2013.

Vibrio

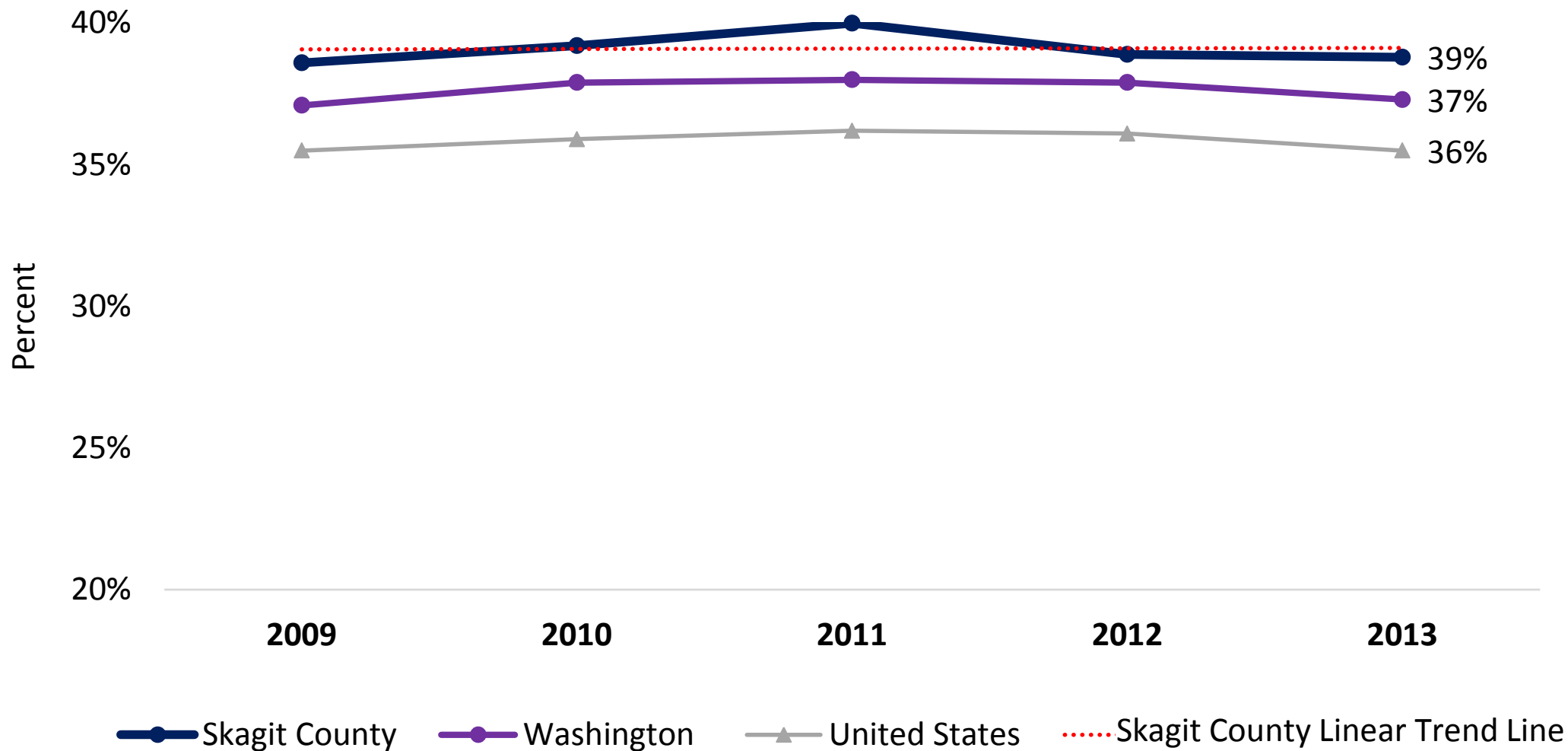
Common in our area and most frequently associated with raw or undercooked shellfish – primarily oysters. Foods contaminated with shellfish juices can result in infection. While total number of cases is small, 19% are hospitalized.

- Recent year counts. There were 4 cases of non-cholera Vibriosis in Skagit County in 2014.

Data Sources

- State and county data: Washington State Department of Health, Communicable Disease Epidemiology Office, PHIMS, 1994-2013, August 2014.
- National data: Centers for Disease Control and Prevention, http://www.cdc.gov/foodnet/PDFs/2012_annual_report_508c.pdf

Percent of households spending more than 30% of income on housing, 2009-2013



Definition:

Housing Cost Burden

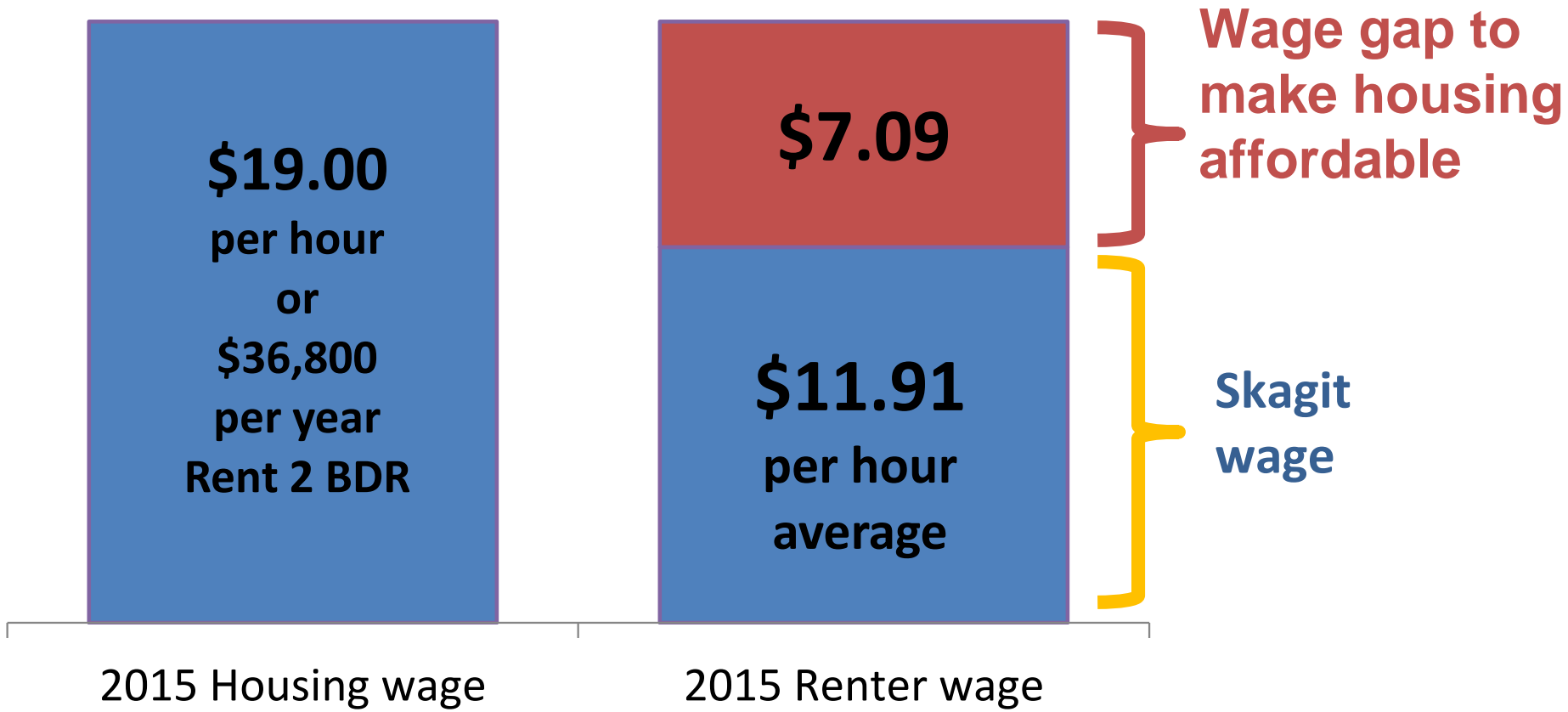
When 30% or more of household income in the past year was spent on housing costs (includes rent and utilities – electricity, gas, water, sewer, etc.).

Data Sources

- US Census Bureau, American Fact Finder, <http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF>, Table number: S2503

Physical Environment

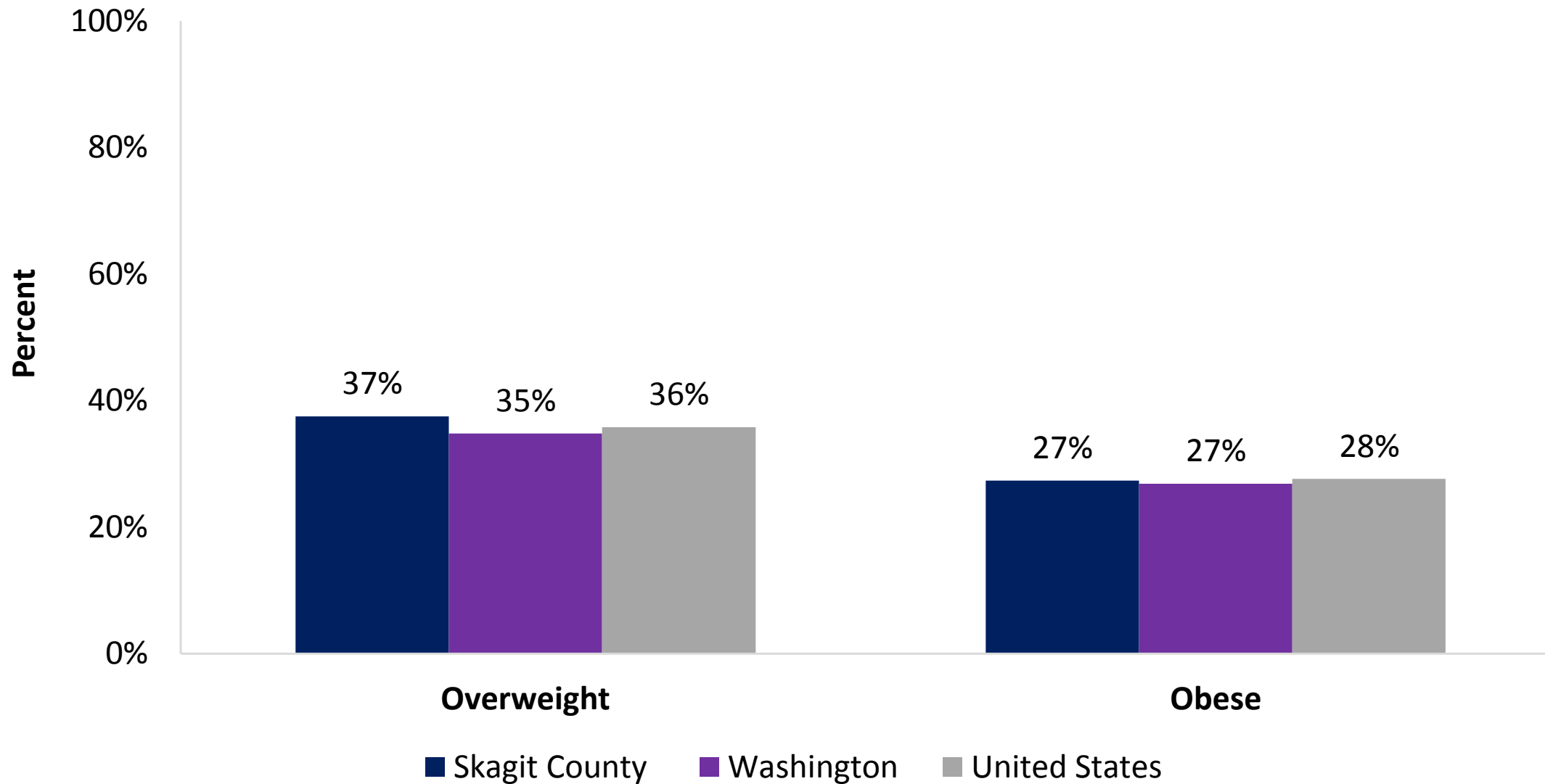
Gap between “housing wage” and average renter wage to not exceed 30% of income



Aim for one-third or less each month for housing costs.

Data Sources
• National Low Income Housing Coalition, Out of Reach Report 2015

Overweight and Obesity, Combined 2011-2013



Definitions:
 Body mass index (BMI) is obtained by dividing a person's weight by the square of his or her height

Adult Overweight
 BMI between 25 and 29.9.

Adult Obesity
 BMI of 30 or more.

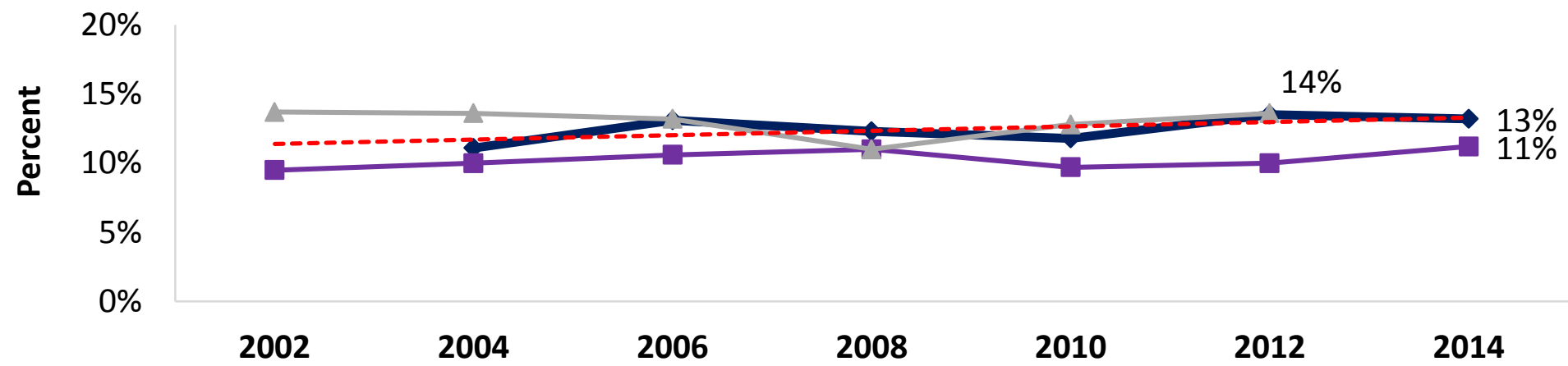
Physical Environment

Health Behaviors

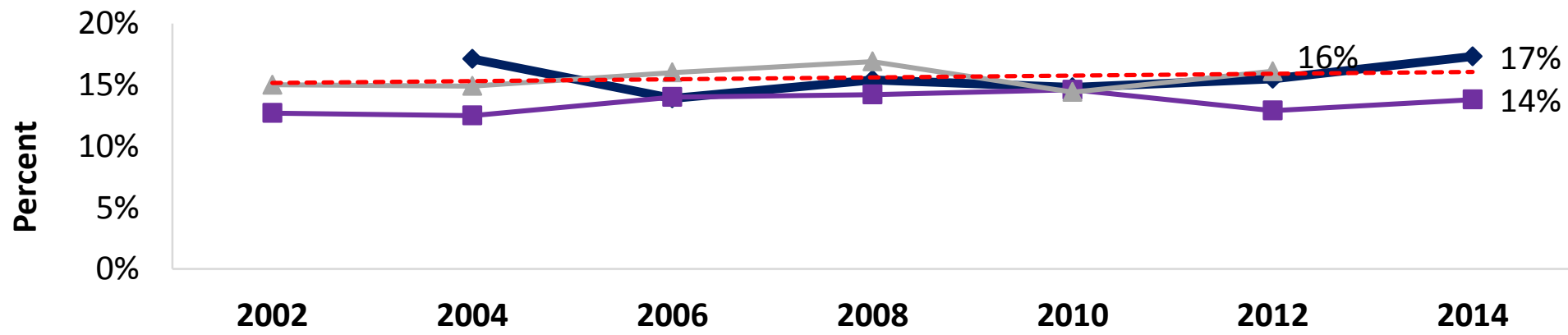
Data Sources

- Behavioral Risk Factor Surveillance System (BRFSS)

Obesity among 10th grade students, 2002-2014



Overweight among 10th grade students, 2002-2014



◆ Skagit County
 ■ Washington
 ▲ United States
 - - - Skagit County Linear Trend Line

Definitions:

Body mass index (BMI) is obtained by dividing a person's weight by the square of his or her height. Obese and overweight status are based on age and gender-specific BMI charts developed by the Centers for Disease Control and Prevention.

Youth Obesity

Youth in the top 5 percent for body mass index are considered obese.

Youth Overweight

Youth in the top 15 percent, but not the top 5 percent, are considered overweight.

Physical Environment

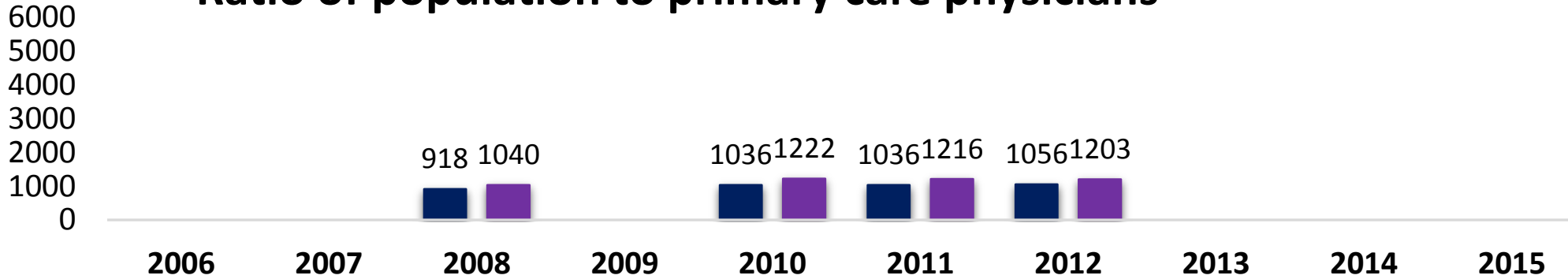
Health Behaviors

Data Sources

- County and state data: Washington State Healthy Youth Survey 2002-2014
- National data: Youth Risk Behavioral Surveillance System 2003-2013

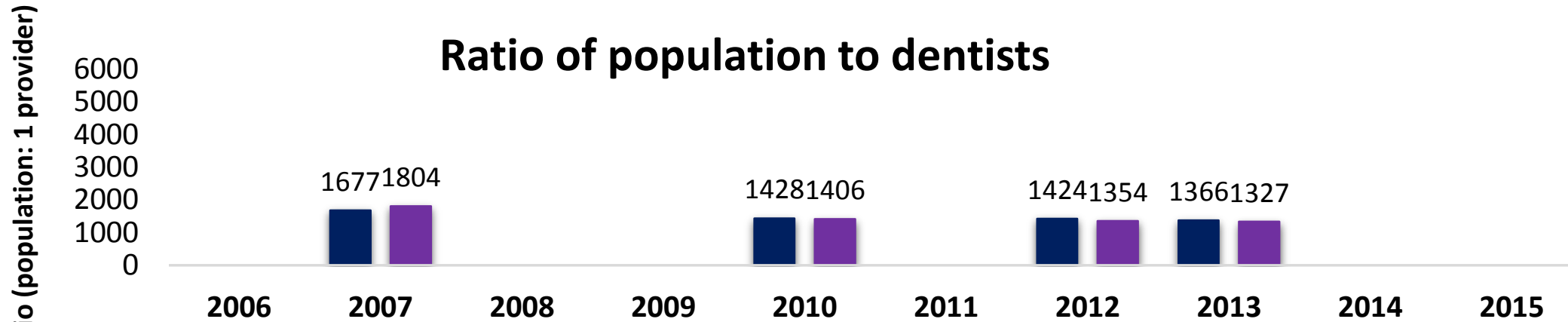
Primary care physician

Ratio of population to primary care physicians



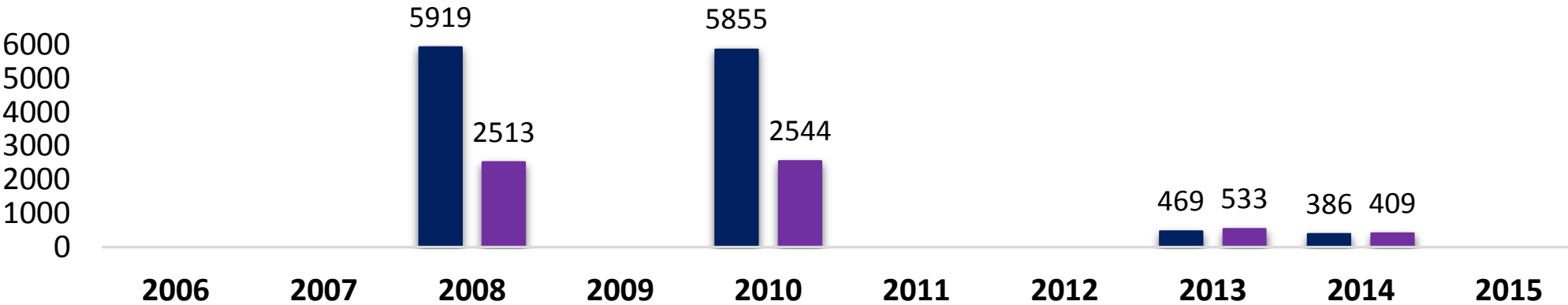
Dentist

Ratio of population to dentists



Mental health provider

Ratio of population to mental health providers



■ Skagit County ■ Washington

Definitions:

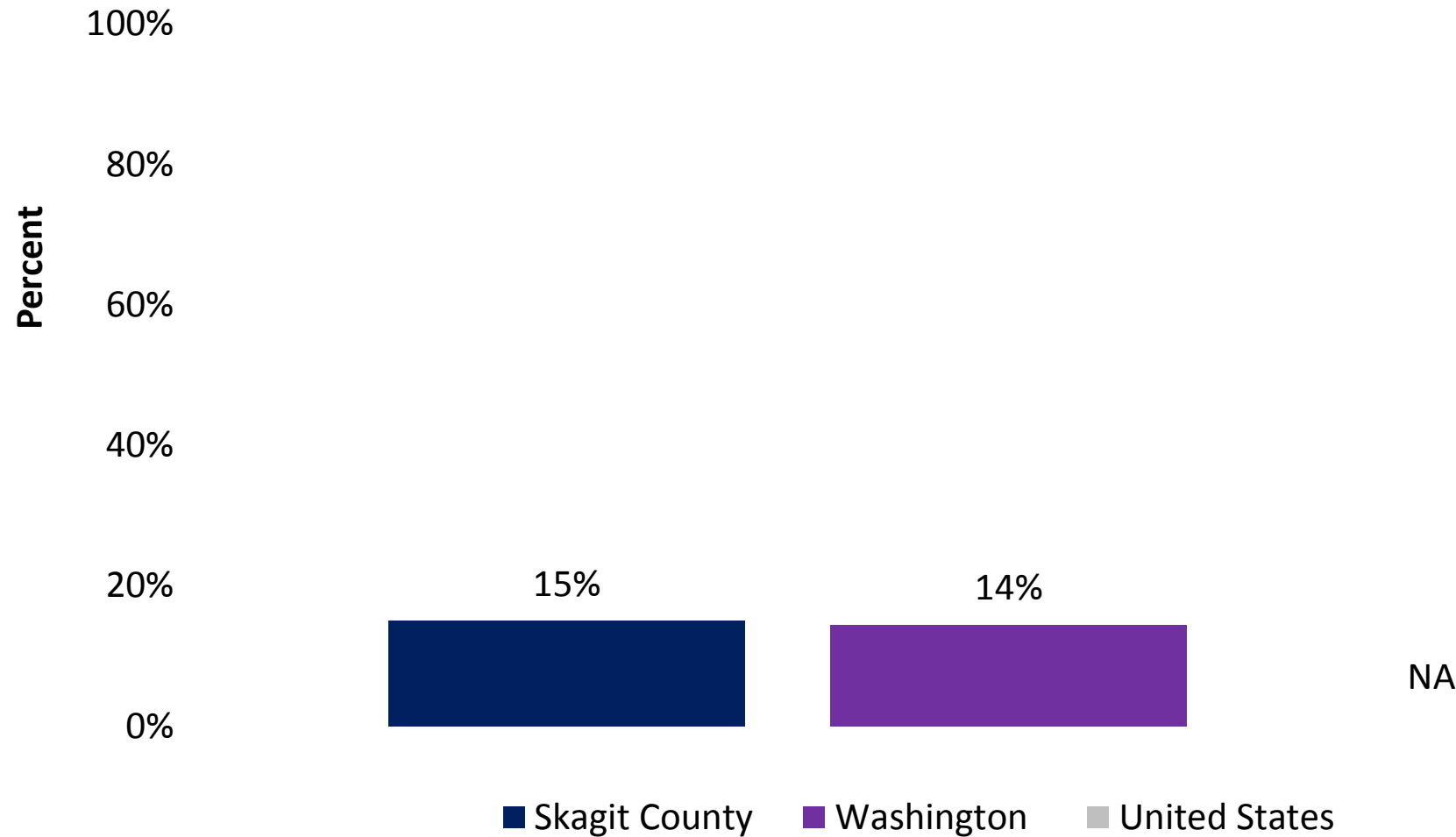
Provider Ratio

The number of people who would be served by one provider (total population:1 provider), based dividing the total population by the currently available providers in the community.

Data Source

County Health Rankings and Roadmaps, <http://www.countyhealthrankings.org/app/washington/2015/rankings/skagit/county/outcomes/1/snapshot>

Poor physical or mental health interfering with usual activities for two or more weeks in the past month, Combined 2011-2013



Definition:

Activity-limiting/Life-disrupting Health

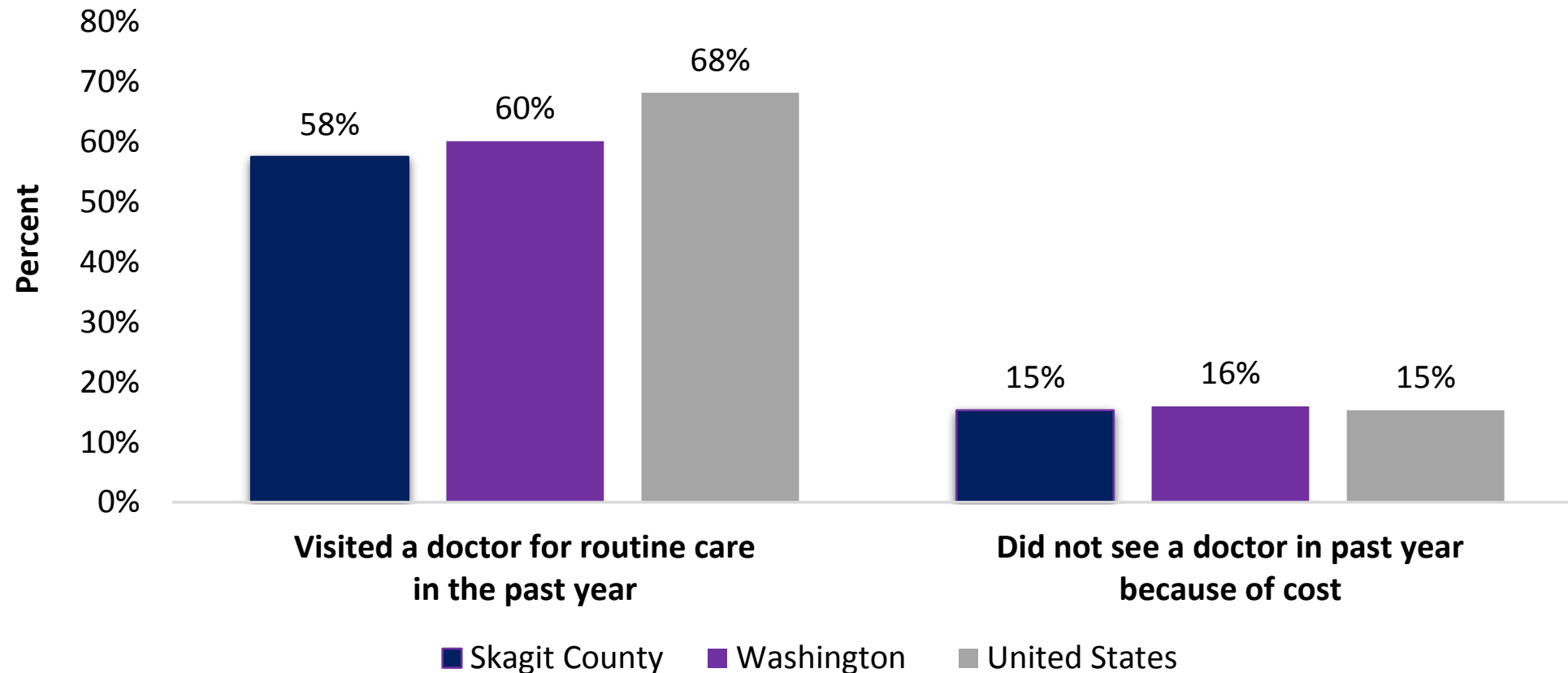
Adults who say that poor physical or mental health kept them from doing usual activities such as self-care, work or recreation, for 14+ days among the past 30 days.

Data Sources

- Behavioral Risk Factor Surveillance System (BRFSS)

Health Care Access & Quality

Visited a doctor for routine care and Didn't visit doctor because of cost in the past year, Combined 2011-2013

**Definitions:**

Visited a doctor for routine care.

Adults who say that they saw a doctor in the past 12 months for a routine checkup (a general physical exam, not for a specific injury, illness or condition).

Did not see a doctor because of cost.

Adults who say there was at least one time in the past year when they needed to see a doctor but could not because of the cost.

Data Sources

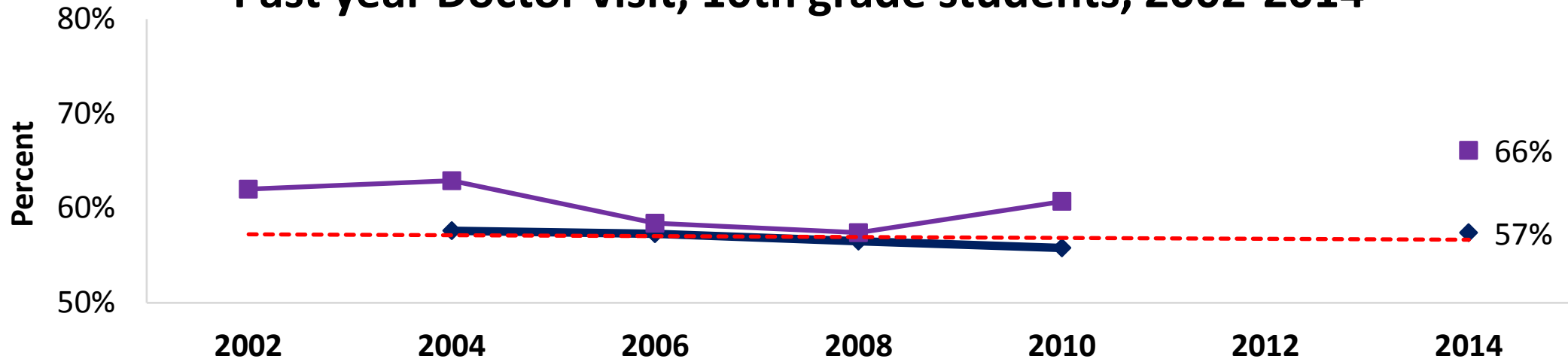
- Behavioral Risk Factor Surveillance System (BRFSS)

Definition:

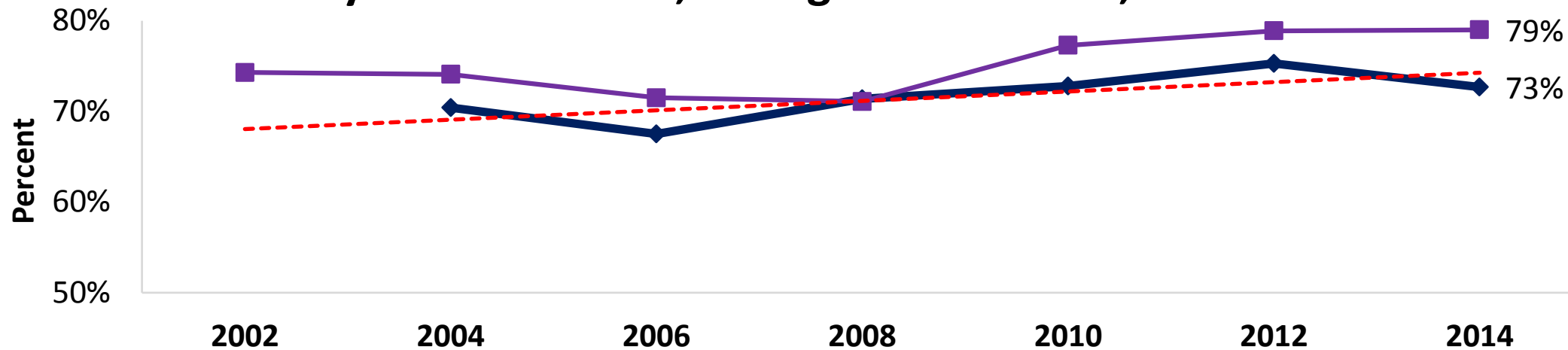
Youth Preventive Provider Visits

Youth who say they saw a doctor or other health care provider for a check-up or physical exam within the past 12 months. Does not include visits due to being sick or injured.

Past year Doctor visit, 10th grade students, 2002-2014



Past year dental visit, 10th grade students, 2002-2014

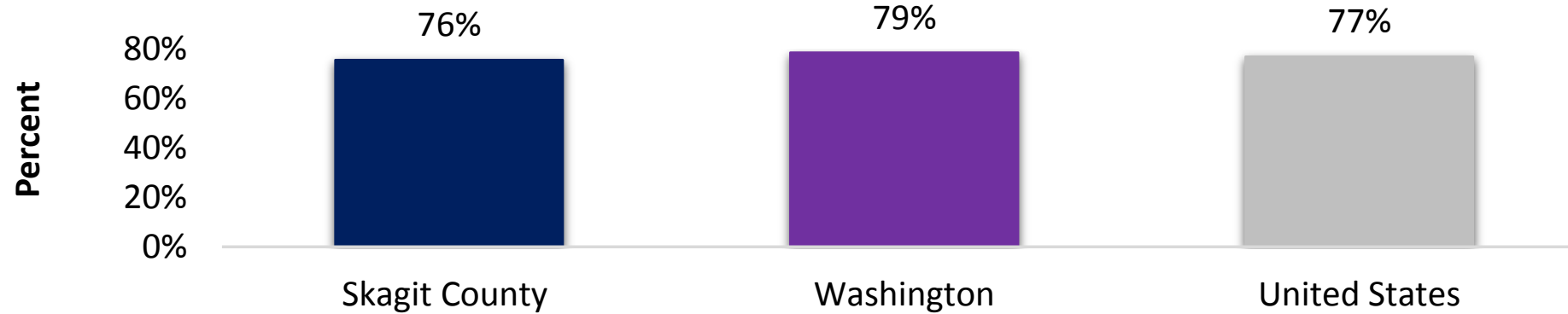


Skagit County
 Washington
 Skagit County Linear Trend Line

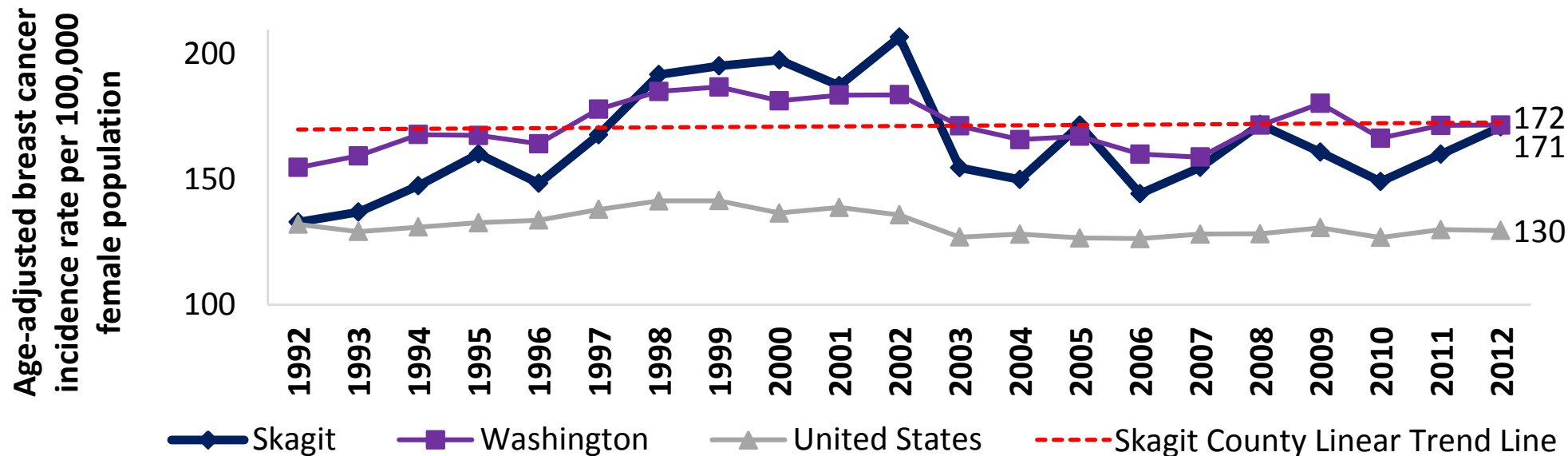
Data Sources

- Washington State Healthy Youth Survey

Mammogram in past 2 years among women 50 years and older, Combined 2011-2013



Breast cancer incidence, 1992-2012



Definitions:

Screening. Percent women ages 50+ who had a mammogram within the past 2 years.

Incidence. New cancer cases identified each year. Age-adjusted rates per 100,000 female population are shown.

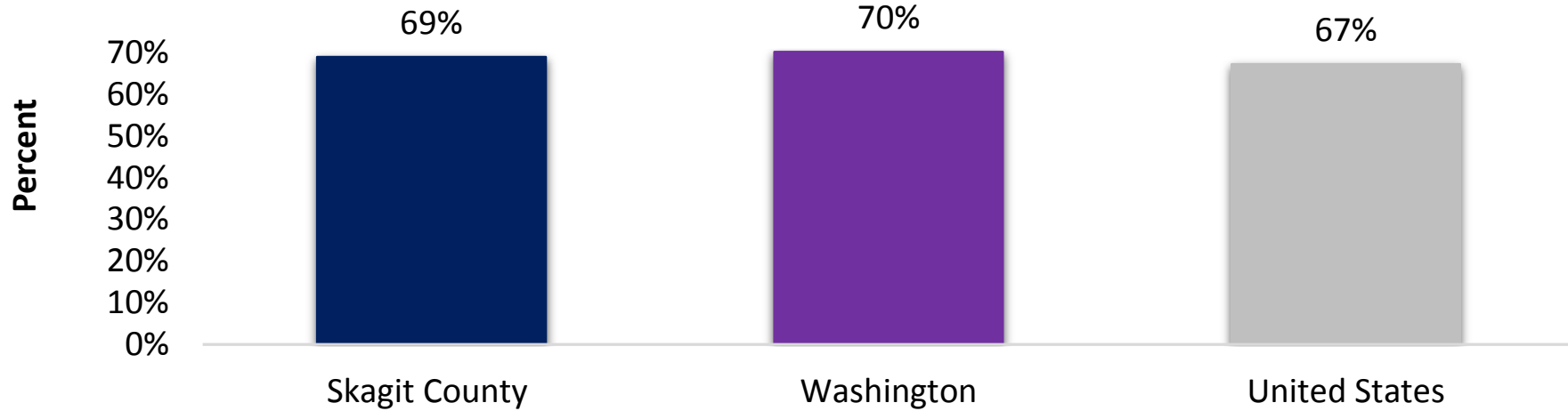
Skagit County Breast Cancer, Recent Years

Year	Count
2003	155
2004	150
2005	172
2006	144
2007	155
2008	172
2009	161
2010	149
2011	160
2012	171

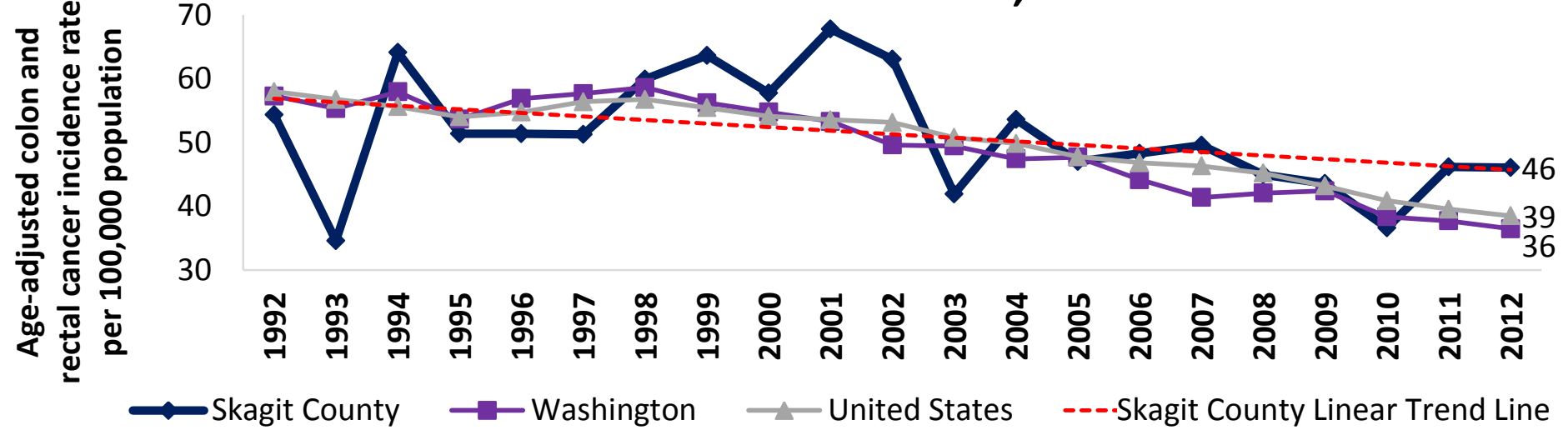
Data Sources

- Mammogram data: Behavioral Risk Factor Surveillance System (BRFSS)
- Cancer data county and State data: Washington State Cancer Registry-Incidence data for diagnosis years 1992-2012, January 2015
- Cancer data national data: Surveillance, Epidemiology and End Results (SEER) – a program of the National Cancer Institute.

Ever had a sigmoidoscopy or colonoscopy among adults 50 years and older, Combined 2011-2013



Colon and rectal cancer incidence, 1992-2012



Definitions:
Screening Adults in age group where screening recommended who say they ever had either type of colon cancer screening.
Cancer Incidence New cancer cases identified each year. Age-adjusted rates per 100,000 population are shown.

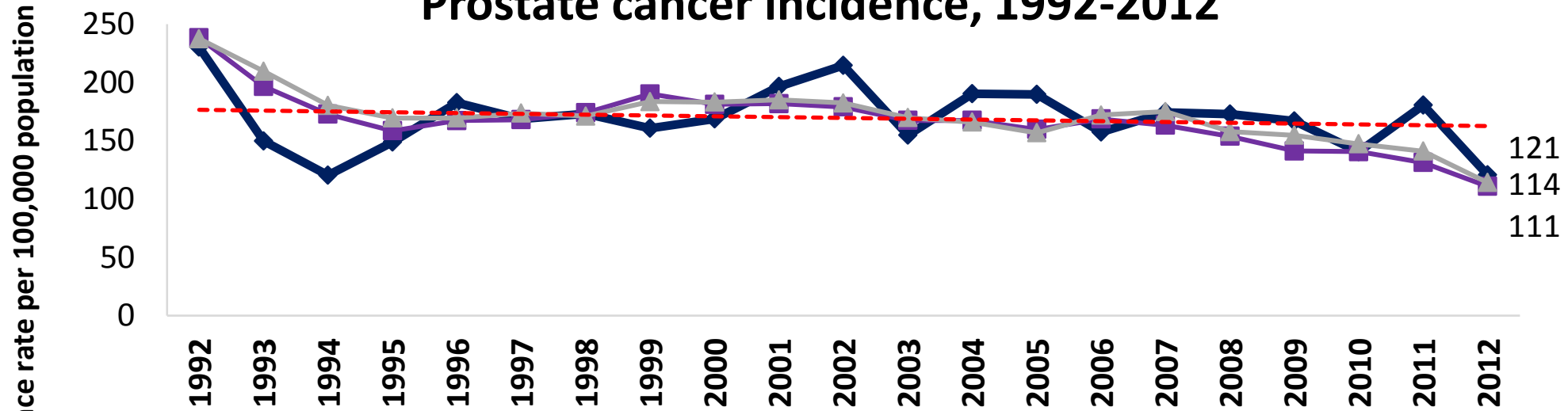
Skagit County Colon/Rectal Cancer Cases, Recent Years

Year	Count
2003	42
2004	54
2005	47
2006	48
2007	50
2008	45
2009	44
2010	37
2011	46
2012	46

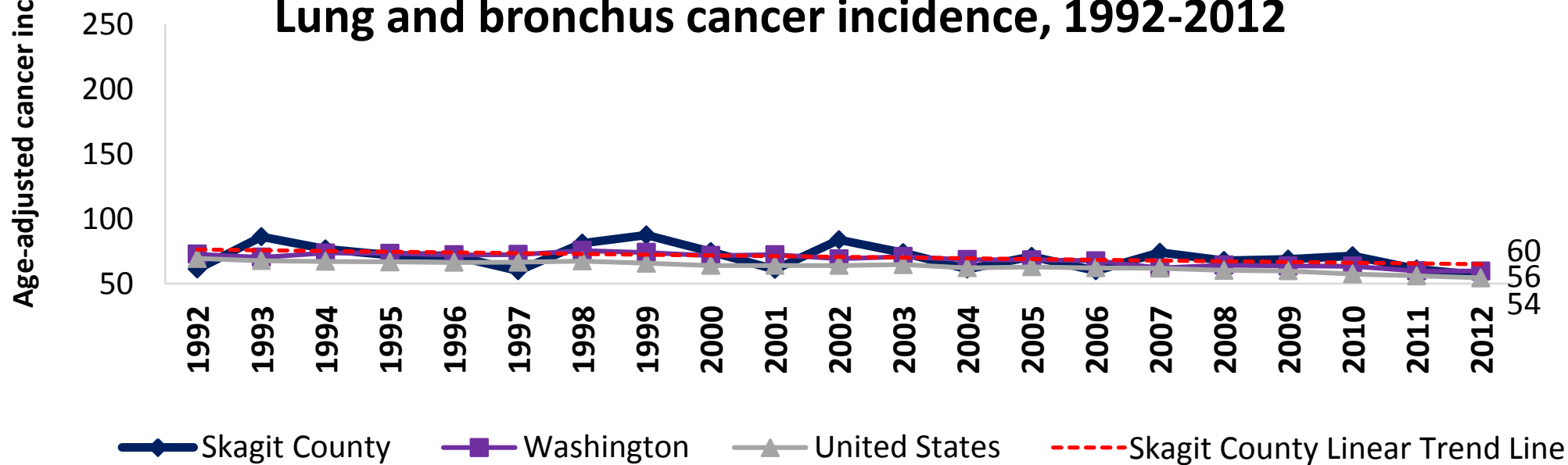
Data Sources

- Colon screening data: Behavioral Risk Factor Surveillance System (BRFSS)
- Cancer data county and State data: Washington State Cancer Registry-Incidence data for diagnosis years 1992-2012, January 2015
- Cancer data national data: Surveillance, Epidemiology and End Results (SEER) – a program of the National Cancer Institute

Prostate cancer incidence, 1992-2012



Lung and bronchus cancer incidence, 1992-2012



Definition: New cancer cases identified each year. Age-adjusted rates/100,000 population are shown.

Skagit County Prostate Cancer, Recent Years

Year	Count
2008	173
2009	167
2010	140
2011	181
2012	121

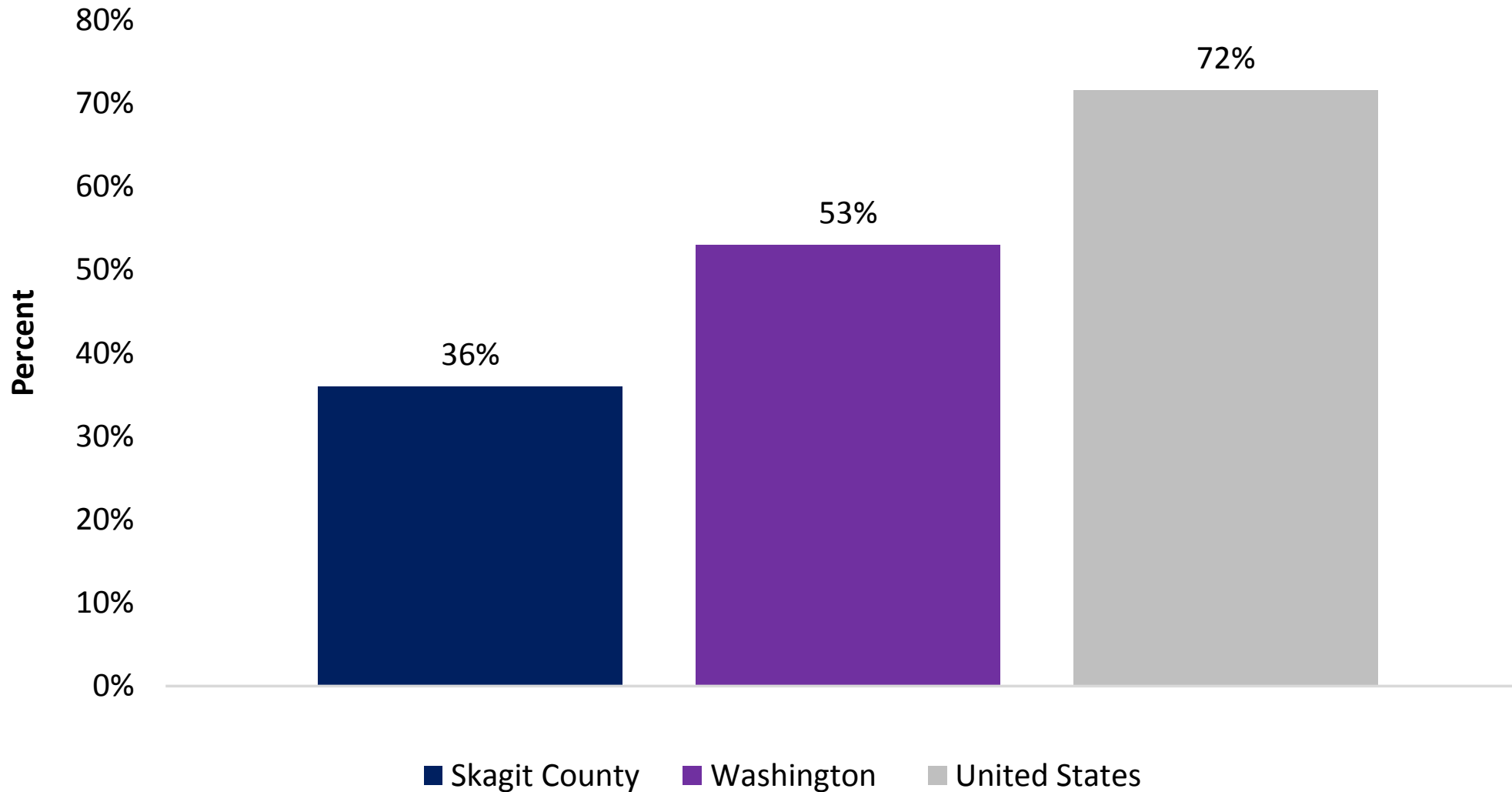
Skagit County Lung Cancer, Recent Years

Year	Count
2008	68
2009	69
2010	72
2011	61
2012	56

Data Sources

- WA Cancer data: Washington State Cancer Registry-Incidence data for diagnosis years 1992-2012, January 2015
- Cancer data national data: Surveillance, Epidemiology and End Results (SEER) – a program of the National Cancer Institute.

Complete immunizations, Children 19-35 months, County/State 2012, National 2014



Definition:

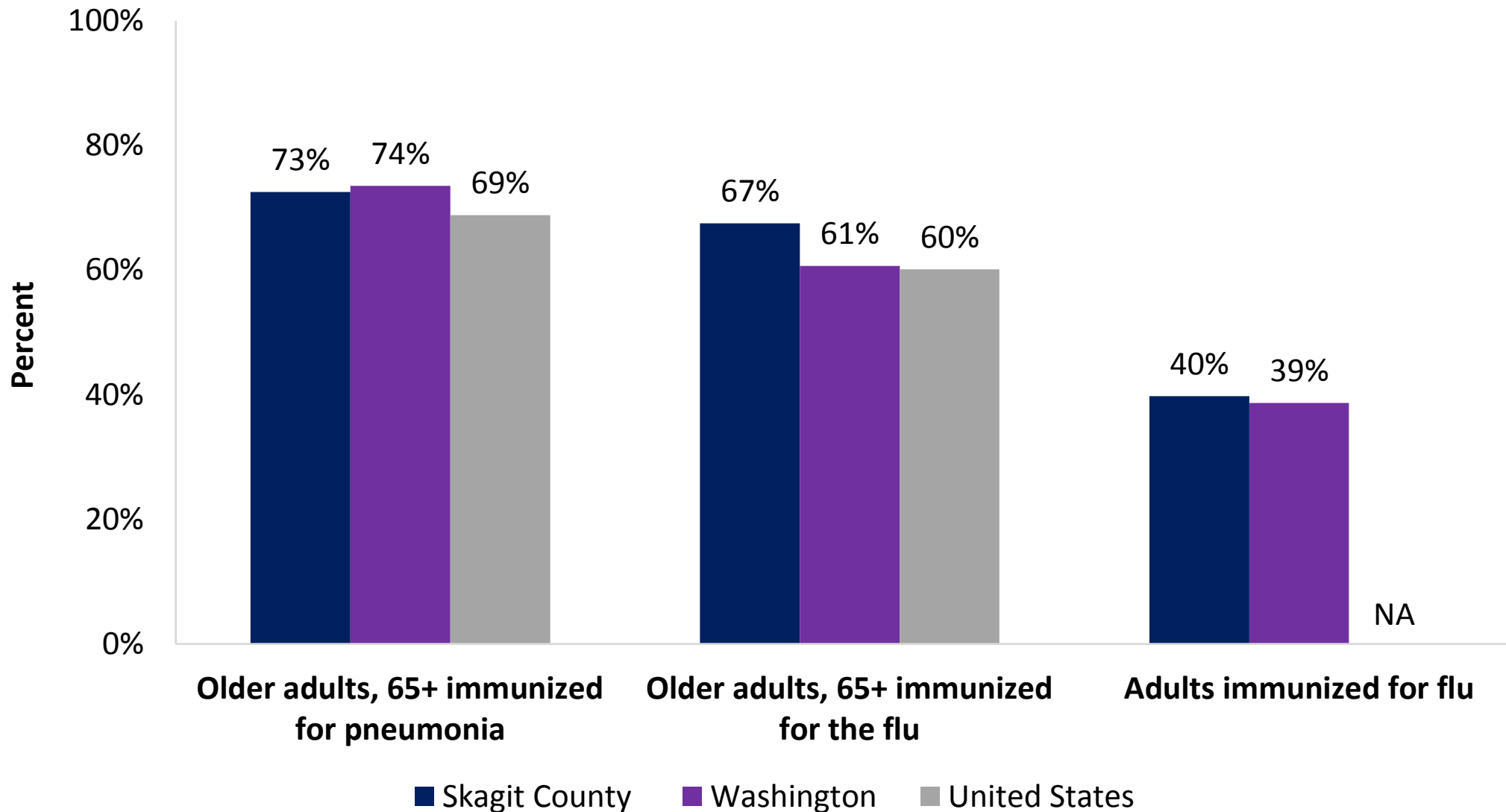
Complete immunizations

For children 19-35 months, children have received all vaccines in the 4:3:1:3:3:1 series: 4 doses DTP, 3 doses polio, 1 dose measles, mumps and rubella, 3 doses *Haemophilus influenzae* type b (HiB), 3 doses hepatitis B, and one dose varicella.

Data Sources

- County and State data: Department of Health Child Profile, Immunization Registry
- National data: Centers for Disease Control and Prevention

Pneumonia and Flu Immunizations, Combined 2011-2013



Definitions:

Pneumonia Immunization

Adults who say they have ever had a pneumonia vaccination.

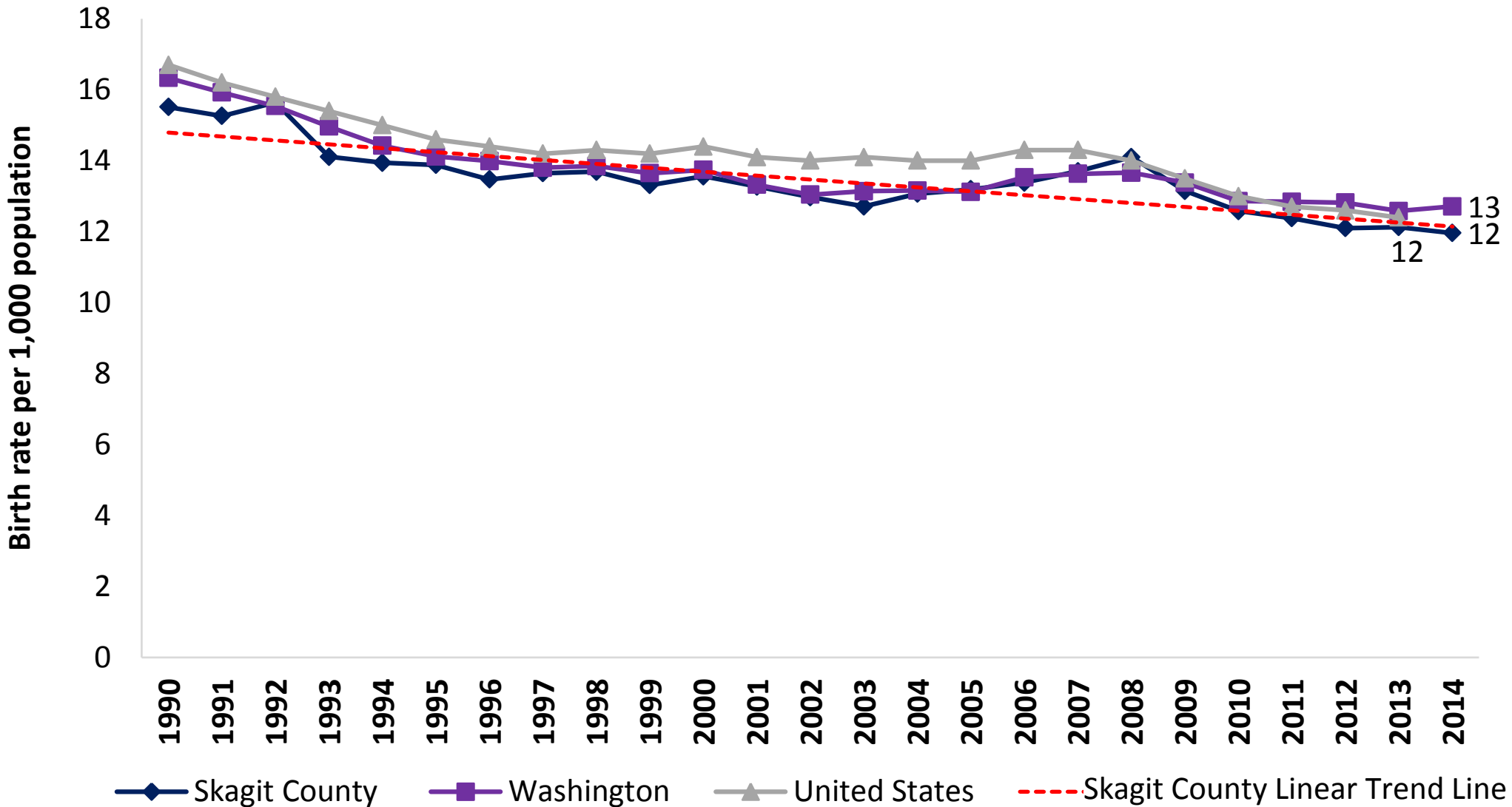
Flu Immunization

Adults who say they had a flu shot or nose spray vaccination within the past year.

Data Sources

- County and State data: Behavioral Risk Factor Surveillance System (BRFSS) 2011, 2012, 2013 combined
- National data: Behavioral Risk Factor Surveillance System (BRFSS) 2012

Live birth rate, 1990-2014



Definition:

Birth Rate
 Number of live births per 1,000 total population.

Skagit County Live Births, Recent Years

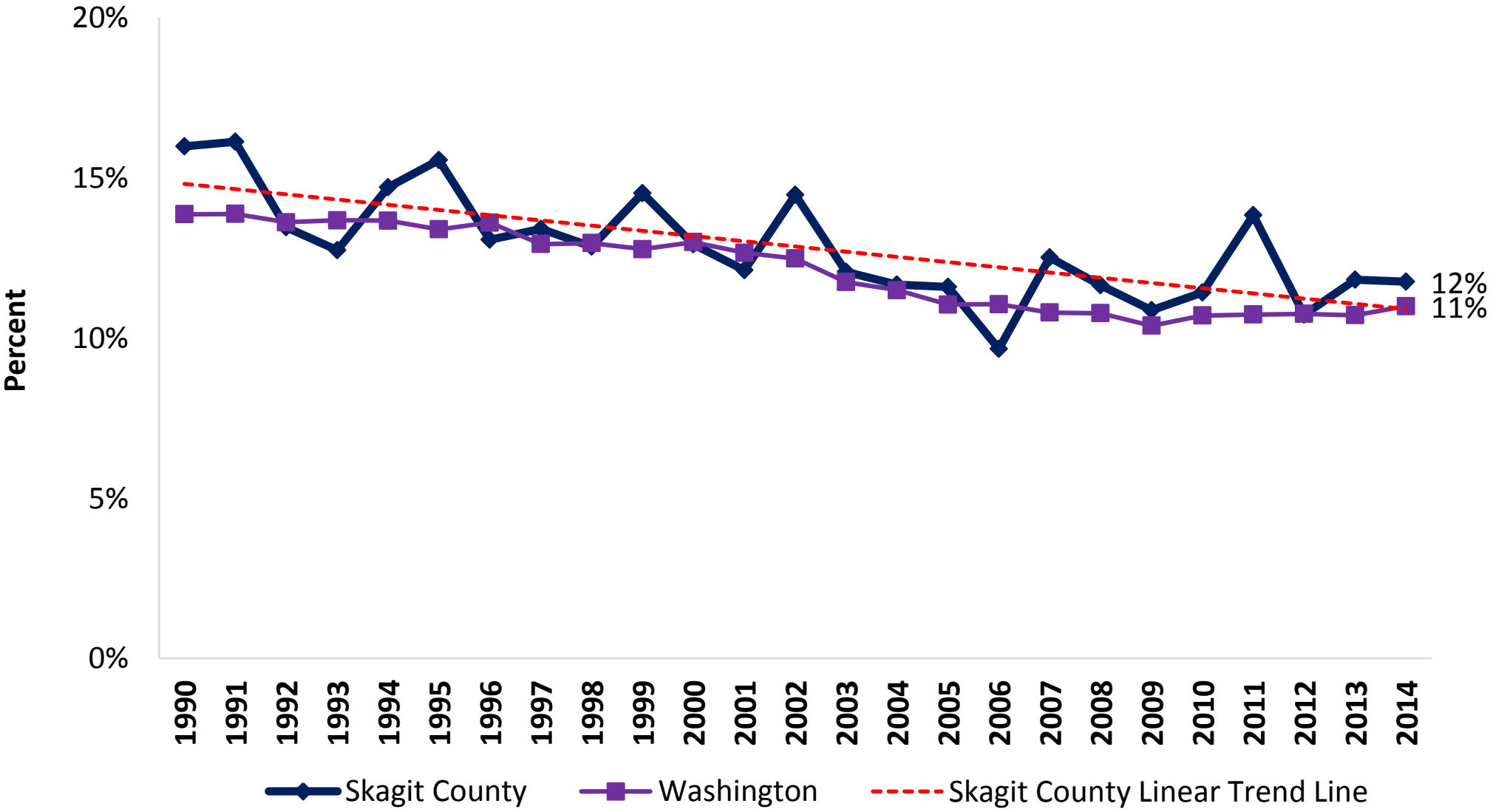
Year	Count
2005	1,451
2006	1,500
2007	1,560
2008	1,628
2009	1,534
2010	1,471
2011	1,453
2012	1,427
2013	1,439
2014	1,429

Data Sources

- County and State data: Washington State Department of Health, Center for Health Statistics Birth Certificate Data
- National data: National Vital Statistics Report Table 1: http://www.cdc.gov/nchs/data/nvsr/nvsr64/nvsr64_01.pdf

Health Care Access & Quality

High or very high birthweight, 1990-2014



Definition:

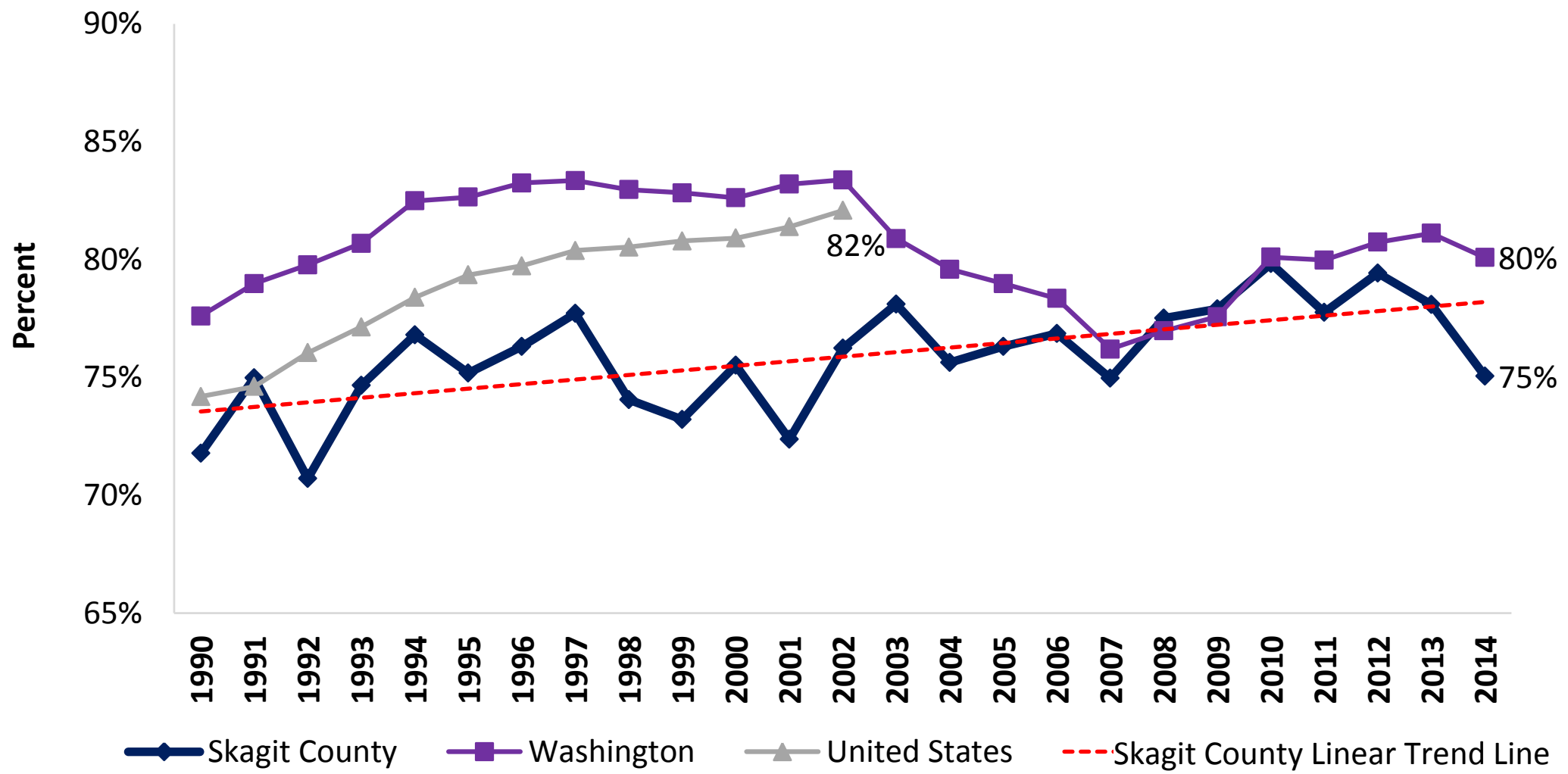
High birthweight
Singleton live births with infant weight above 4,000 grams (8.8 pounds).

High birthweight increases risk of obesity in later life.

Data Sources

- Washington State Department of Health, Center for Health Statistics (CHS), Birth Certificate Data

Percent of pregnant women receiving prenatal care in first trimester, 1990-2014



Definition:

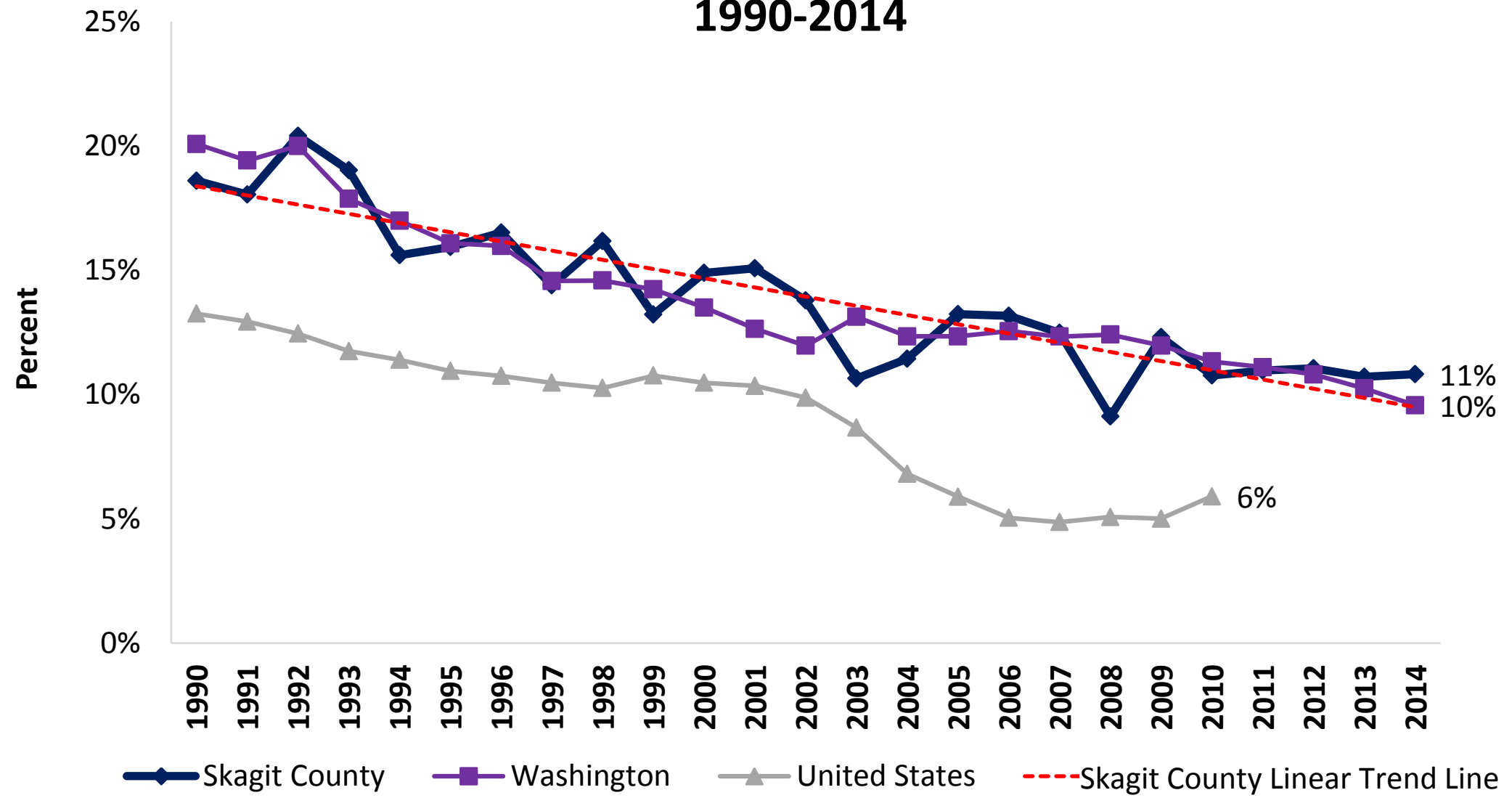
Prenatal care Data shown are the annual percent of women who received prenatal care in their first trimester, among all women delivering babies in the year.

This indicates comprehensive medical care during pregnancy, labor and delivery, and postpartum. Services include screening for medical and other conditions known to increase the risk of poor outcomes and treatment for those conditions.

Data Sources

- County and State data: Washington State Department of Health, Center for Health Statistics (CHS), Birth Certificate Data
- National data: NCHS Vital Statistics, <http://205.207.175.93/Vitalstats/ReportFolders/reportFolders.aspx>

Percent of women who smoke during pregnancy, 1990-2014

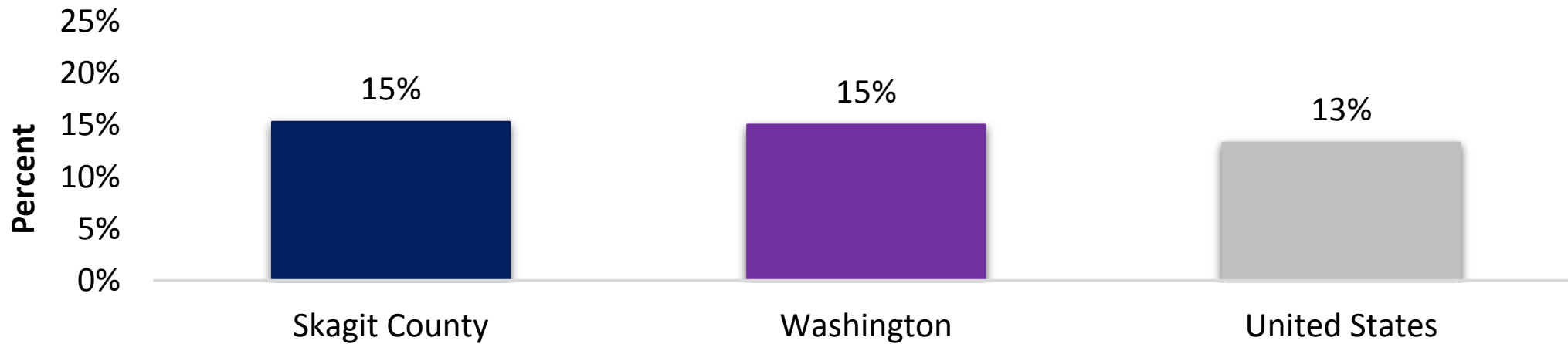


Definition:
Maternal Smoking During Pregnancy
The mother smoked cigarettes during the last trimester of her pregnancy.

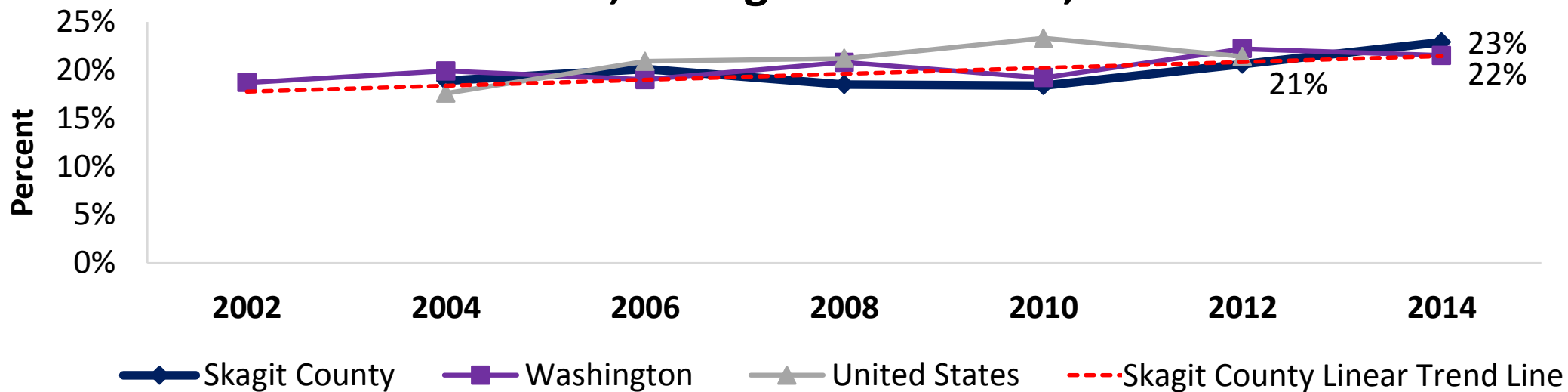
Data Sources

- County and State data: Washington State Department of Health, Center for Health Statistics (CHS), Birth Certificate Data
- National data: NCHS Vital Statistics, <http://205.207.175.93/Vitalstats/ReportFolders/reportFolders.aspx>

Current asthma, Adults, Combined 2011-2013



Ever had asthma, 10th grade students, 2002-2014



Definitions:

Adult Asthma

Adults who say they have ever been told by a doctor or nurse that they have asthma, and who say they still have asthma.

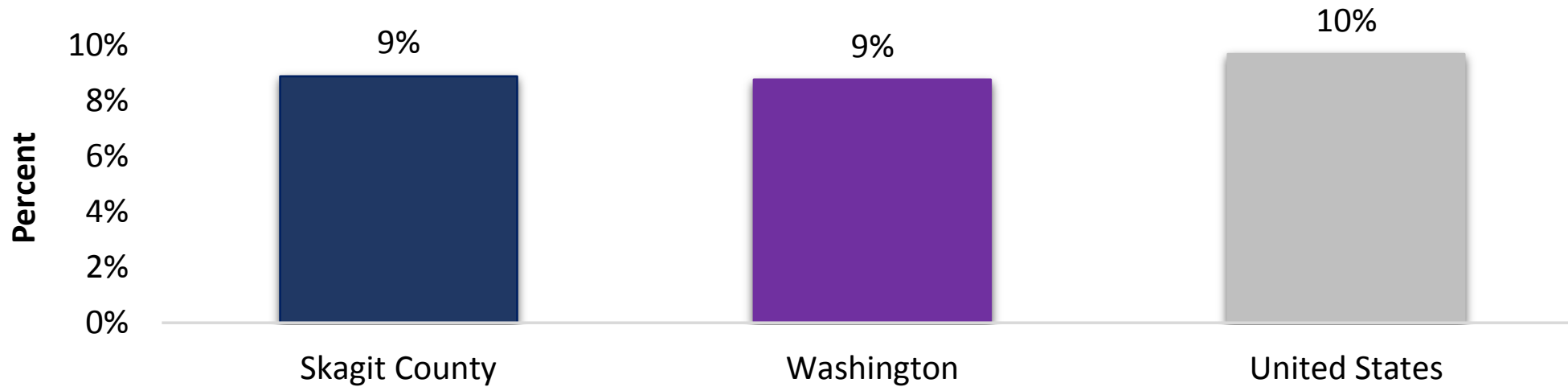
Youth Asthma

Youth who say they have ever been told by a doctor or nurse they had asthma.

Data Sources

- County and State adult data: Behavioral Risk Factor Surveillance System (BRFSS) 2011, 2012, 2013 combined
- National adult data: Behavioral Risk Factor Surveillance System (BRFSS) 2012
- County and State youth data: Washington State Healthy Youth Survey 2002-2014
- National youth data: Youth Risk Behavior Survey (YRBS) 2005-2013

Ever had diabetes, Adults, Combined 2011-2013

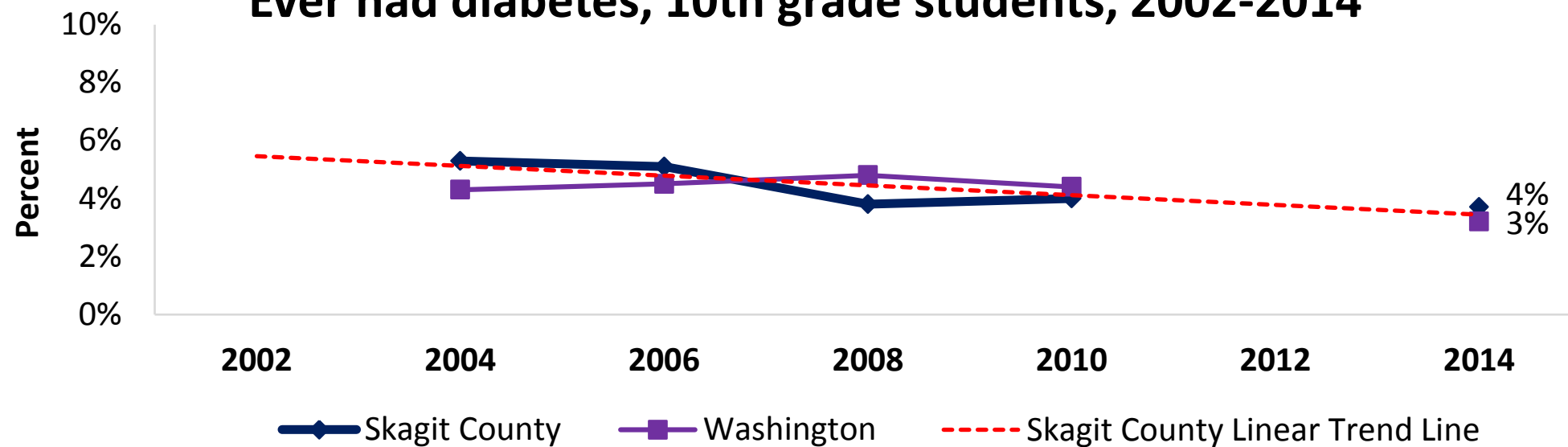


Definition:

Diabetes

For both youth and adults, people who say they have ever been told by a doctor or other health professional they had diabetes.

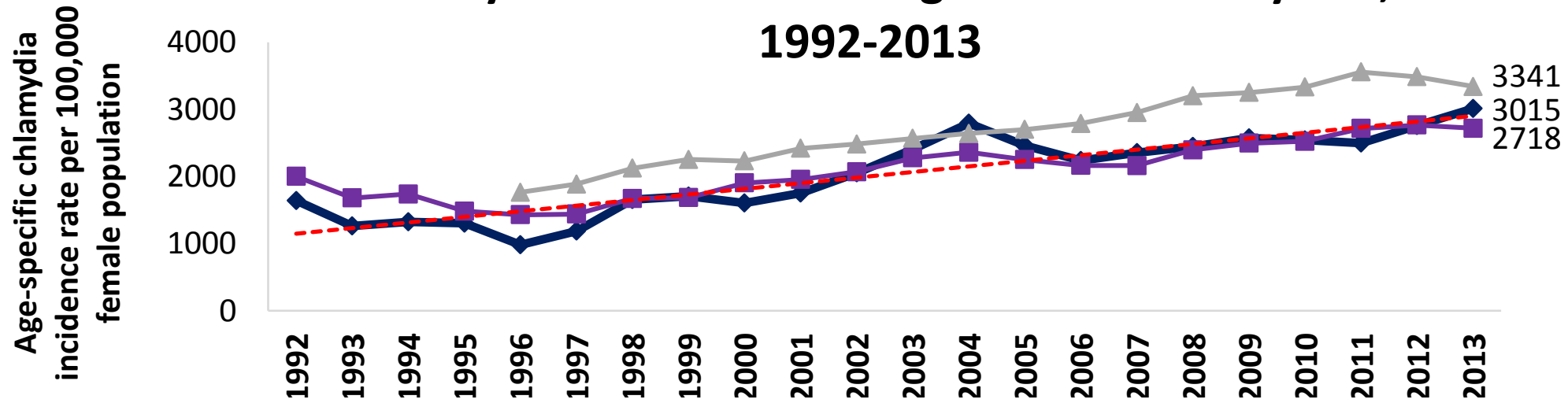
Ever had diabetes, 10th grade students, 2002-2014



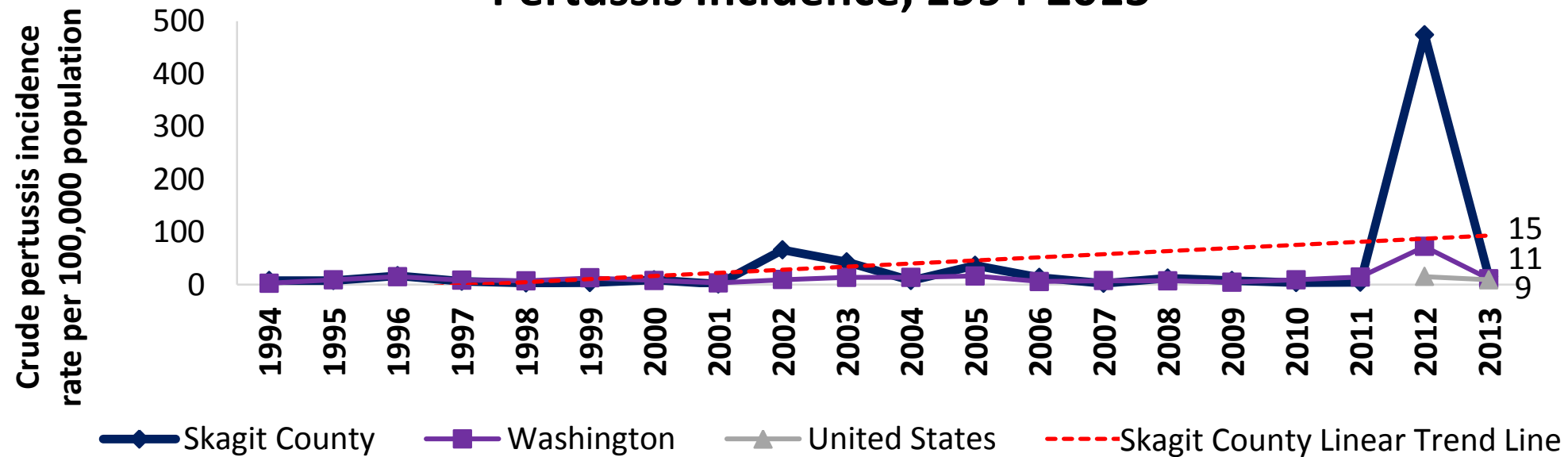
Data Sources

- County and State adult data: Behavioral Risk Factor Surveillance System 2011, 2012, 2013 combined
- National adult data: Behavioral Risk Factor Surveillance System 2012
- County and State youth data: Healthy Youth Survey 2004-2014

Chlamydia Incidence among females 15-24 years, 1992-2013



Pertussis Incidence, 1994-2013



Definitions:

Chlamydia

Chlamydia is the most commonly reported sexually transmitted infection in WA and the US. Chlamydia disease cases reported to the Department of Health are shown as the annual rate per 100,000 population of females ages 15-24.

- *Recent year counts.* There were 215 cases of Chlamydia among women ages 15-24 during 2013.

Pertussis

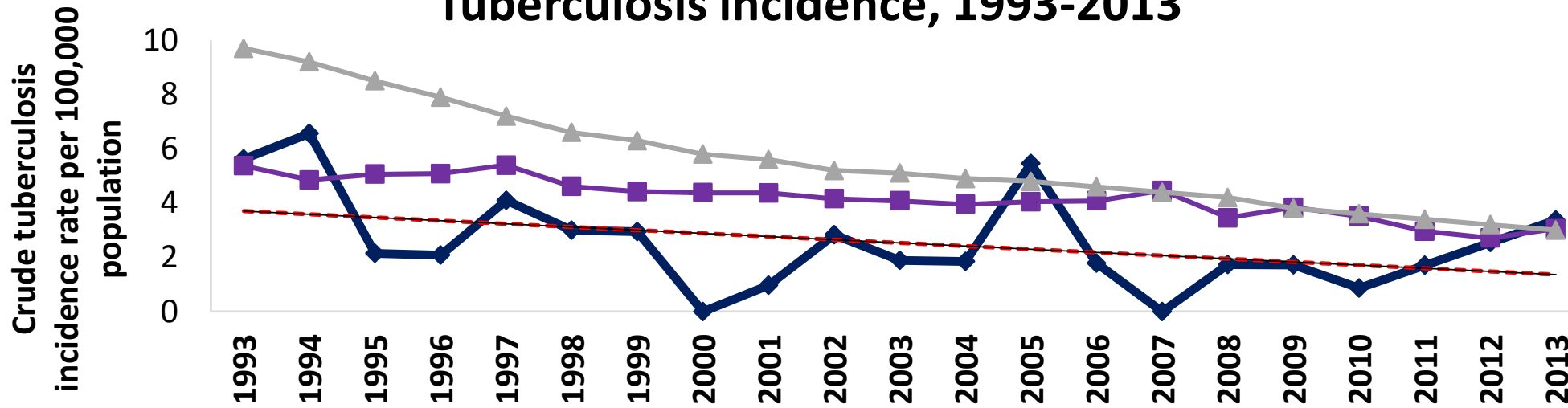
New cases of pertussis disease reported to the Department of Health, shown as the annual crude rate per 100,000 population.

- *Recent year counts.* There were 559 Skagit cases of Pertussis in 2012 and 18 in 2013.

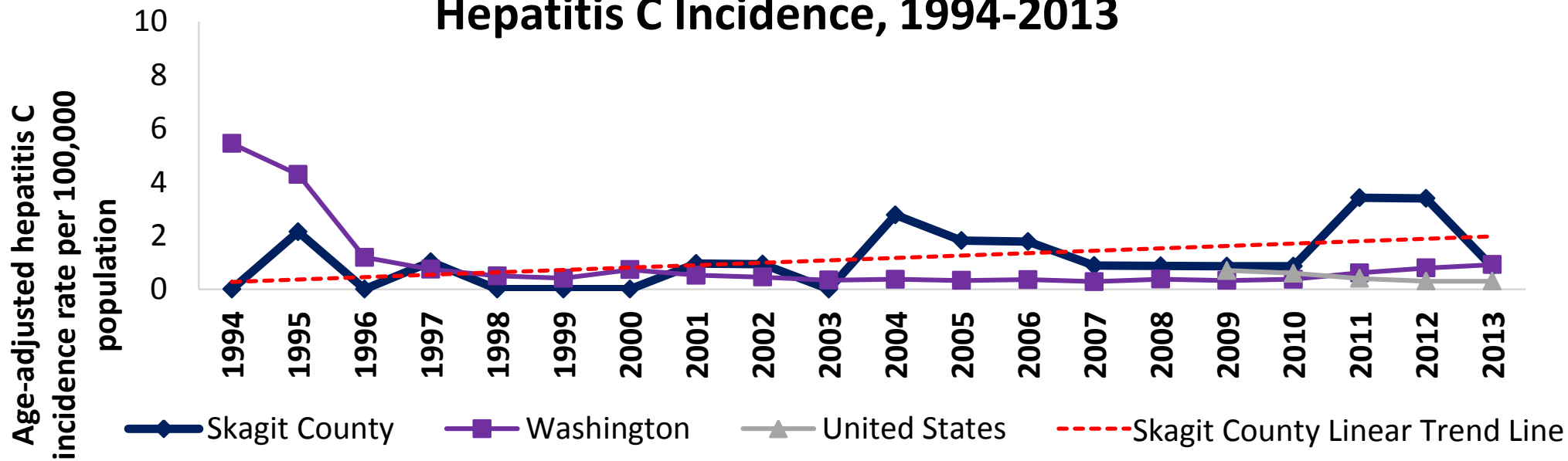
Data Sources

- County and State data: Washington State Department of Health, Infectious Disease, STD Services Section, PHIMS-STD
- National chlamydia data: Centers for Disease Control and Prevention, Wonder data, chlamydia rates are age specific rates for females
- National pertussis data: CDC pertussis surveillance reports, <http://www.cdc.gov/pertussis/surv-reporting.html>

Tuberculosis incidence, 1993-2013



Hepatitis C Incidence, 1994-2013



Definitions:

Tuberculosis

New cases of tuberculosis (TB) disease reported to the Department of Health, shown as the annual rate per 100,000 population.

- Recent year counts. There were 4 cases of TB in Skagit County during 2013.

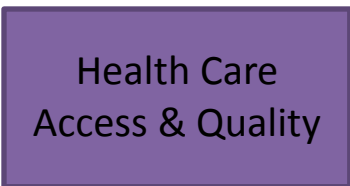
Hepatitis C

New cases of hepatitis C disease reported to the Department of Health, shown as the annual age-adjusted rate per 100,000 population.

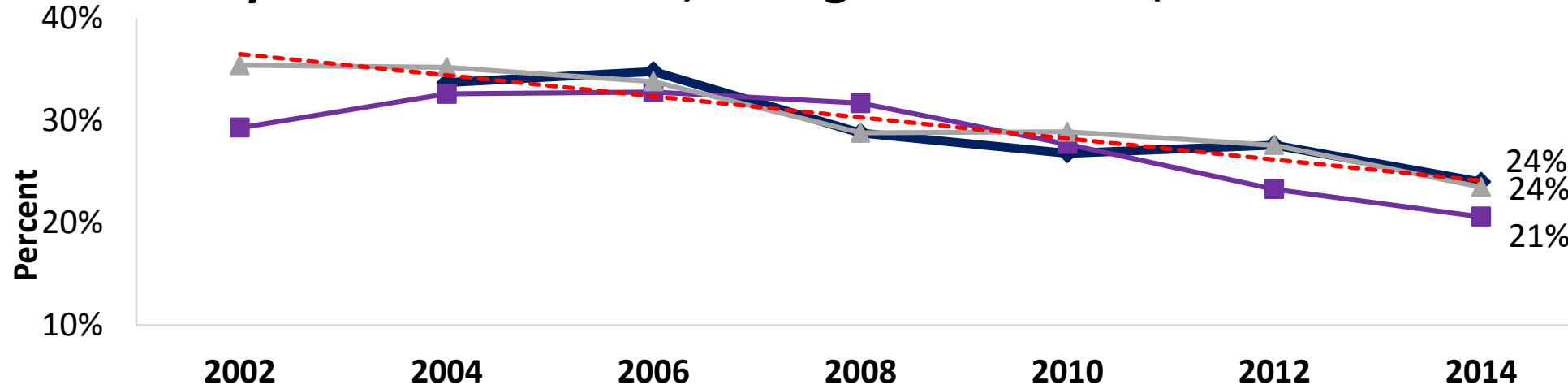
- Recent year counts. There were 5 cases of Hepatitis C diagnosed in Skagit County during 2012-13 combined.

Data Sources

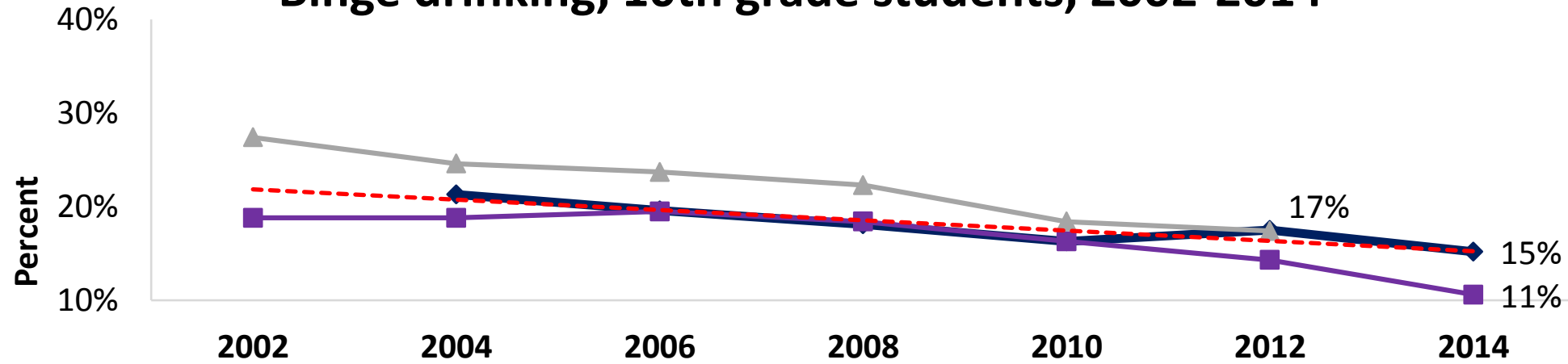
- County and State TB data: Washington State Department of Health, Tuberculosis Program, PHIMS-TB data, 1993-2012, September 2013
- National TB data: Centers for Disease Control and Prevention, <http://www.cdc.gov/tb/statistics/reports/2013/table1.htm>
- County and State Hepatitis C data: Washington State Department of Health, Communicable Disease Epidemiology Office, PHIMS, 1994-2013, August 2014
- National Hepatitis C data: Centers for Disease Control and Prevention, <http://www.cdc.gov/hepatitis/statistics/2013surveillance/index.htm>



Any recent alcohol use, 10th grade students, 2002-2014



Binge drinking, 10th grade students, 2002-2014



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Definitions:

Recent alcohol drinking

Youth who say they drank alcohol on any days in the past month.

Binge drinking

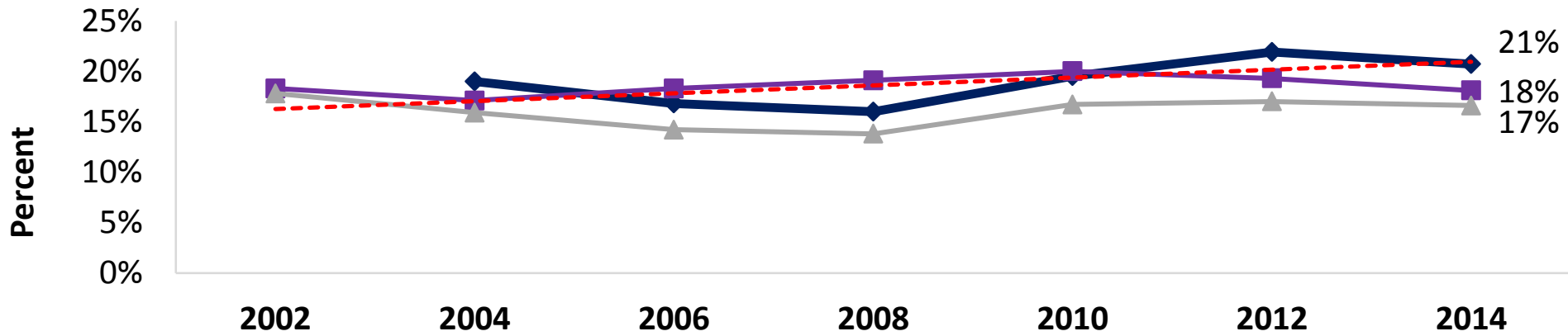
Youth who say they had 5 or more drinks of alcohol in a row in the past 2 weeks.

National definition is having 5 or more drinks of alcohol in a row in the past month.

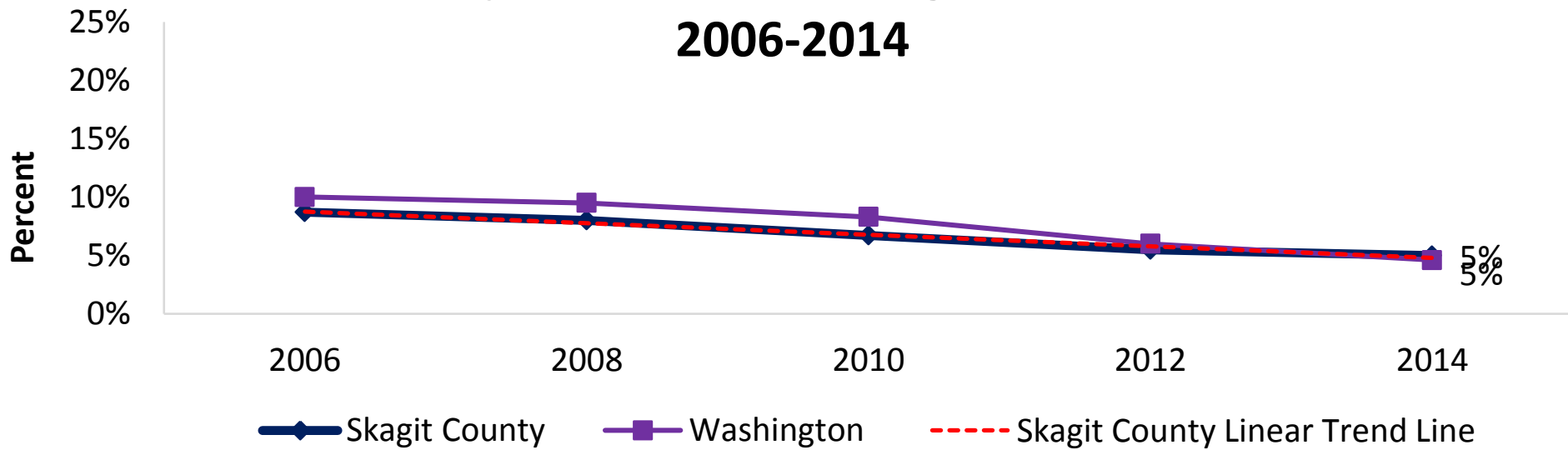
Data Sources

- County and State data: Healthy Youth Survey 2002-2014
- National current alcohol drinking: Monitoring the Future 2002-2014
- National data binge drinking data: Youth Risk Behavior Survey 2003-2013

Recent marijuana use, 10th grade students, 2002-2014



Recent painkiller use, 10th grade students, 2006-2014



Definitions:

Recent marijuana use

Youth who say they used marijuana in any form on any days in the past month.

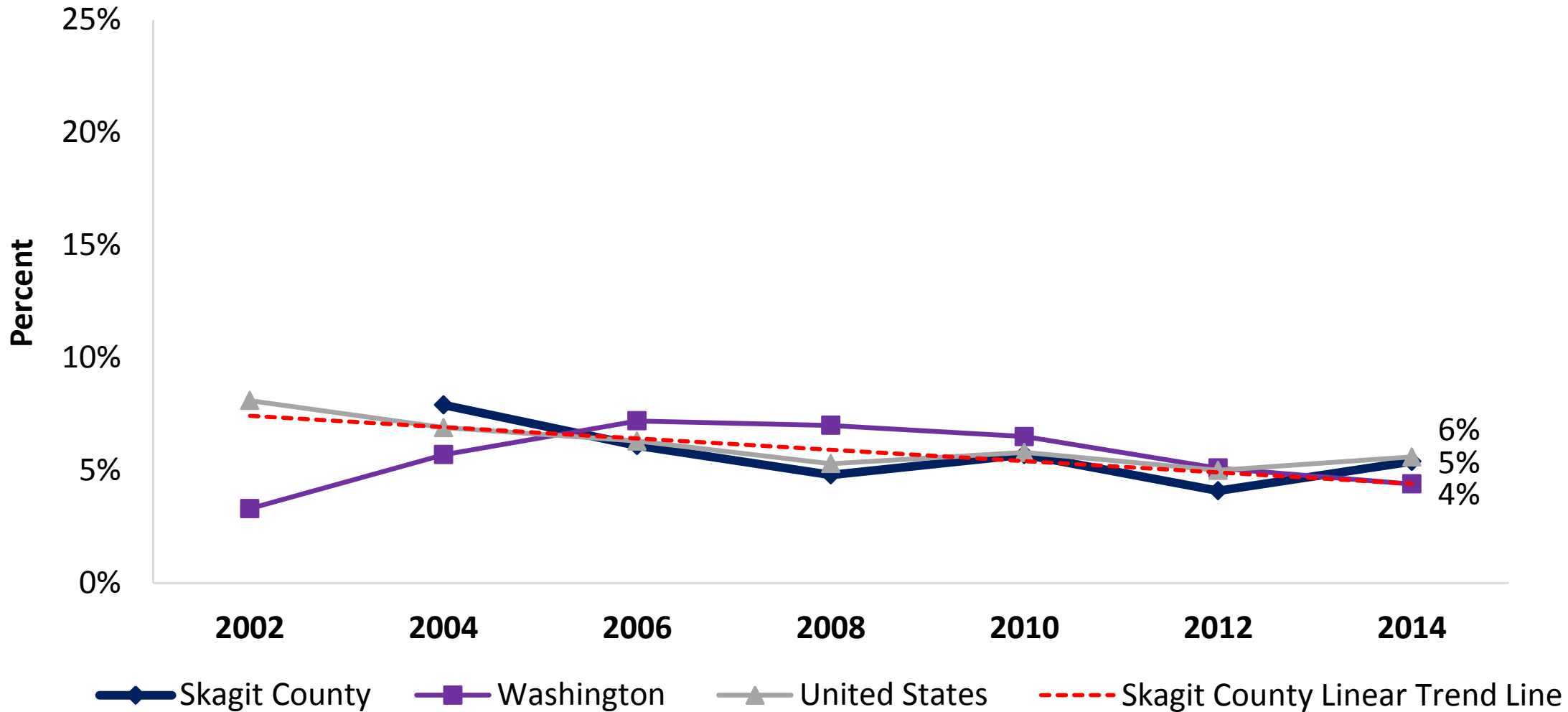
Recent pain killer use

Youth who say they used a pain killer to get high, like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs) on any days in the past month.

Data Sources

- County and State data: Healthy Youth Survey 2002-2014
- National data: Monitoring the Future 2002-2014

Recent illegal drug use (not including marijuana), 10th grade students, 2002-2014



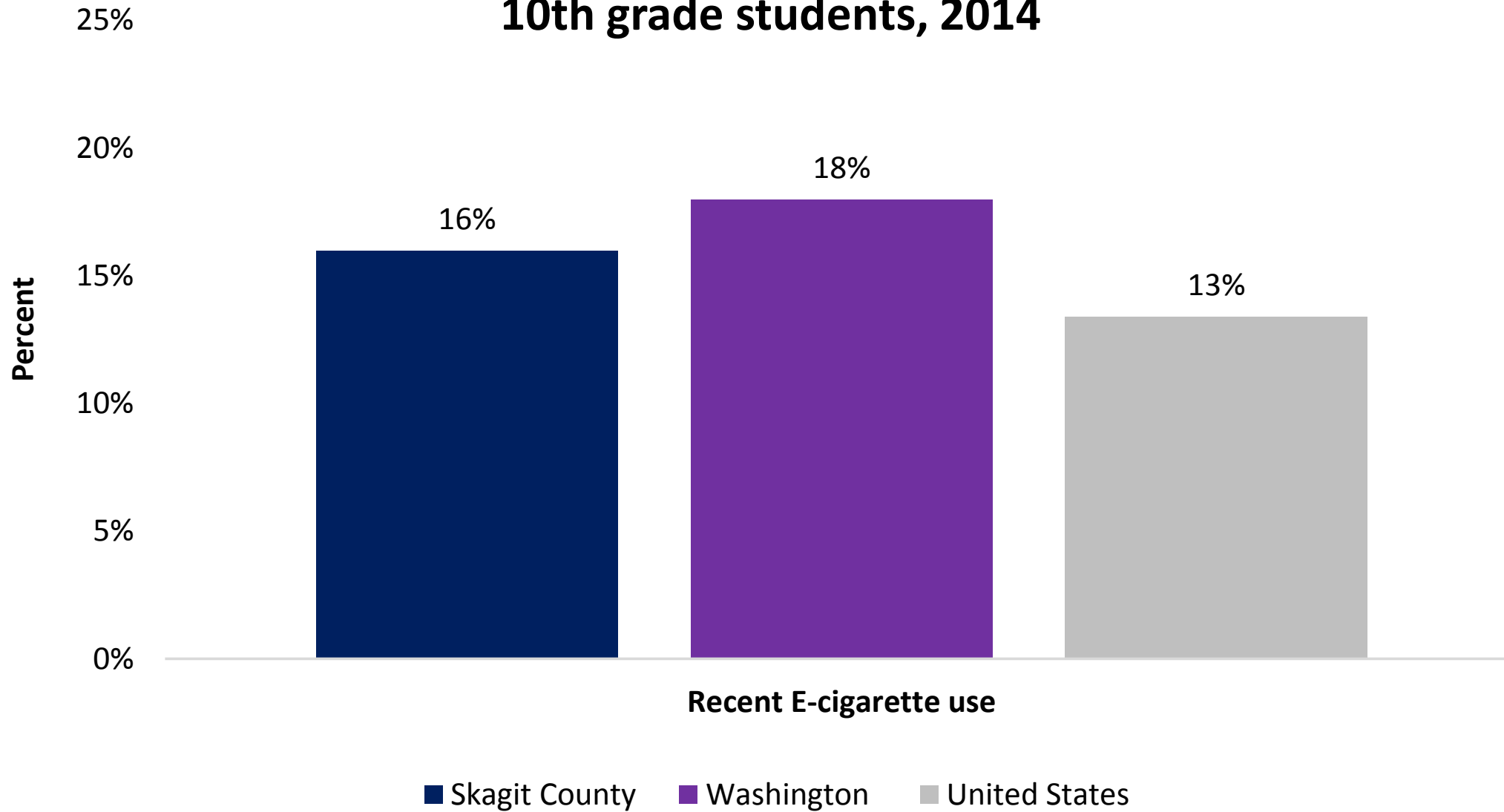
Definition:

Recent illegal drug use
Youth who say they used of any illegal drug except alcohol, tobacco and marijuana on any days in the past month.

Data Sources

- County and State data: Healthy Youth Survey 2002-2014
- National data: Monitoring the Future 2002-2014

Recent E-cigarette use, 10th grade students, 2014



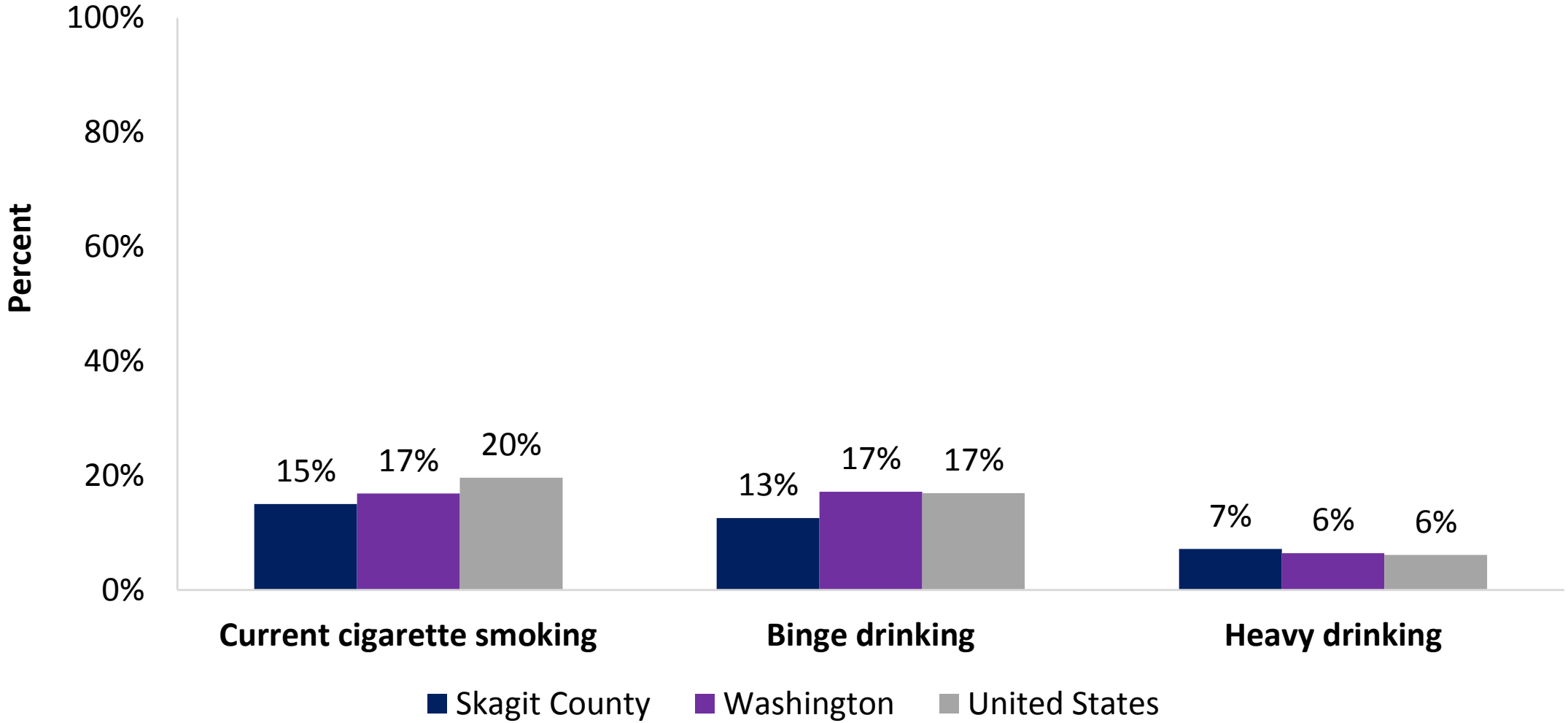
Definition:
Recent e-cigarette use
 Youth who say they used an electronic cigarette, also called e-cigs, or vape pens on any days in the past month.

Data Sources

- County and State data: Healthy Youth Survey 2014
- National data: National Youth Tobacco Survey 2013

Health
Behaviors

Cigarette smoking and alcohol drinking, Combined 2011-2013



Definitions:

Smoking

Smoked more than 100 cigarettes in lifetime (5 packs) and currently smoke “every day” or “some days.”

Binge Drinking

Drinking 5+ alcoholic beverages in a single occasion for men, or 4+ for women, during the past 30 days.

Heavy Drinking

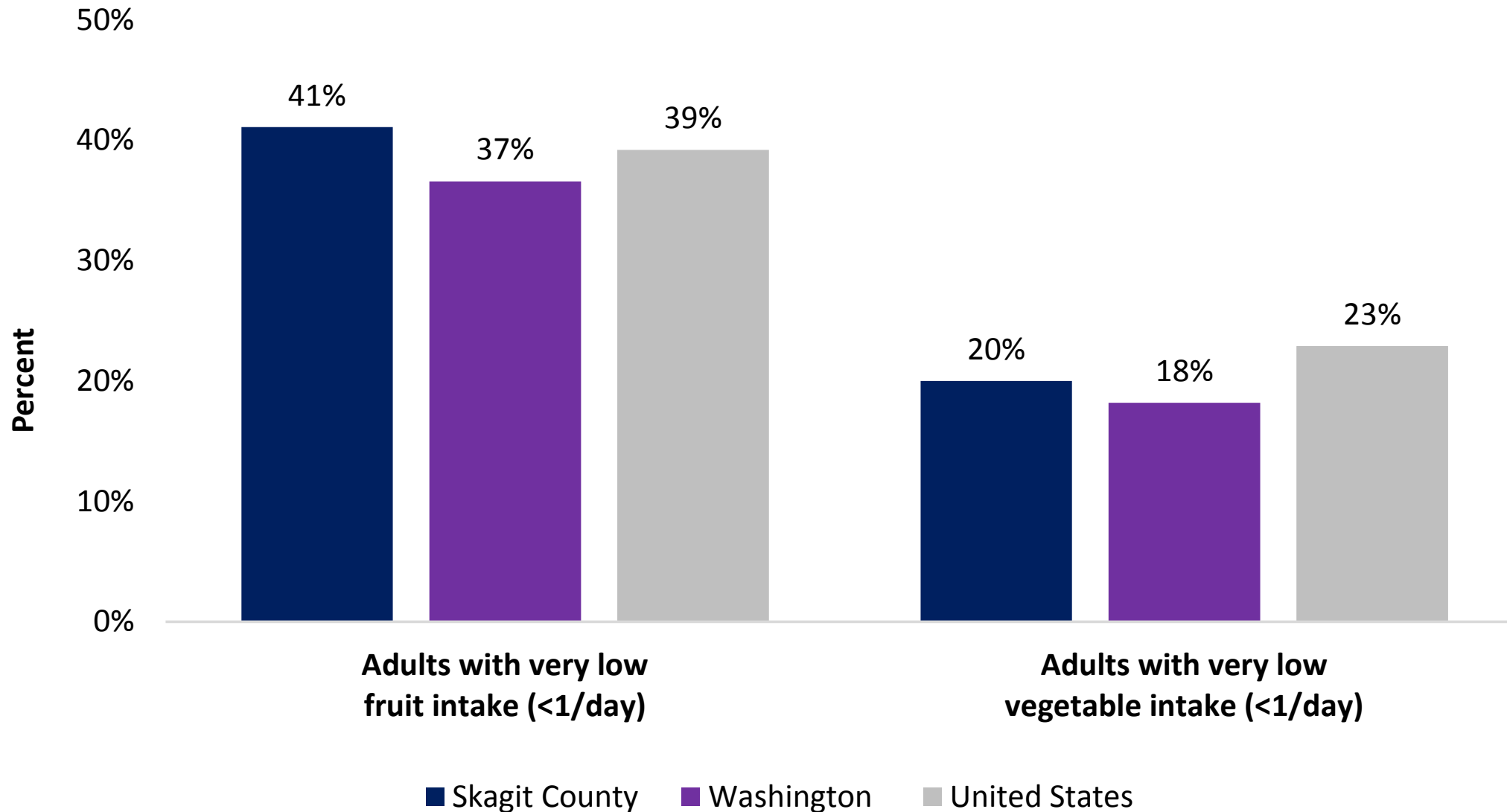
On average, 2+ drinks per day for men, and 1+ drinks per day for women, during the past 30 days.

Data Sources

- County and State data: Behavioral Risk Factor Surveillance System 2011, 2012, 2013 combined
- National data: Behavioral Risk Factor Surveillance System 2012



Very low fruit and vegetable intake, Combined 2011-2013



Definitions:
 Fruit and vegetable consumption is calculated based on asking adults how many times in the past day, week or month consumed specific items.

Fruit Consumption
 100% fruit juice, fresh, frozen or canned fruit

Vegetable Consumption
 Beans, dark green vegetables or greens, orange-colored vegetables, and other vegetables.

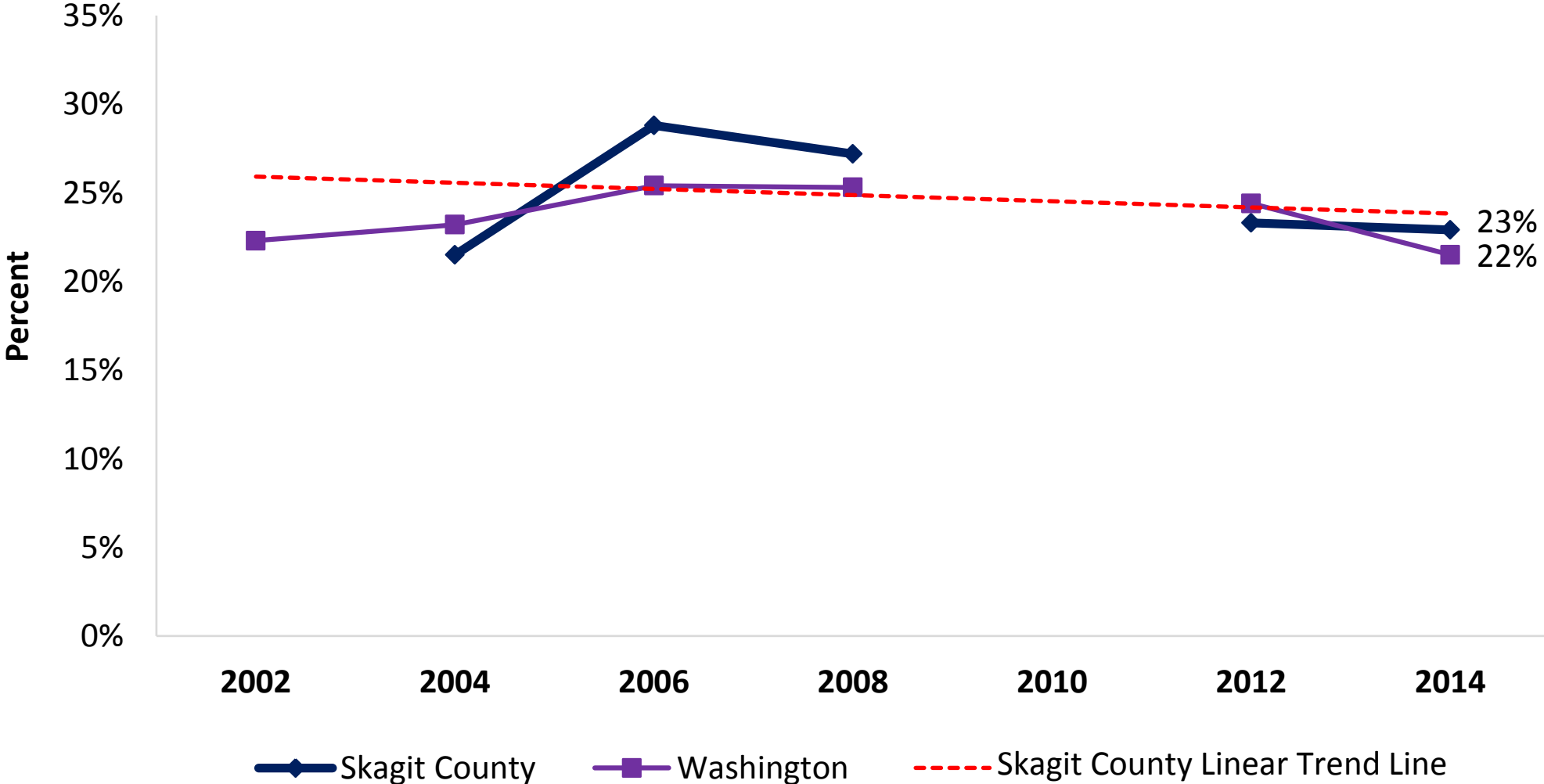
Recommendations for daily consumption are based on age and gender and activity level (universal “five a day” recommendations are no longer used).

Health Behaviors

Data Sources

- County and State data: Behavioral Risk Factor Surveillance System 2011, 2012, 2013 combined
- National data: Behavioral Risk Factor Surveillance System 2012

Eating 5 or more fruits and vegetables per day, 10th grade students, 2002-2014



Definition:
Youth fruit and vegetable consumption
 Calculated based on asking youth how many times in the past week they:

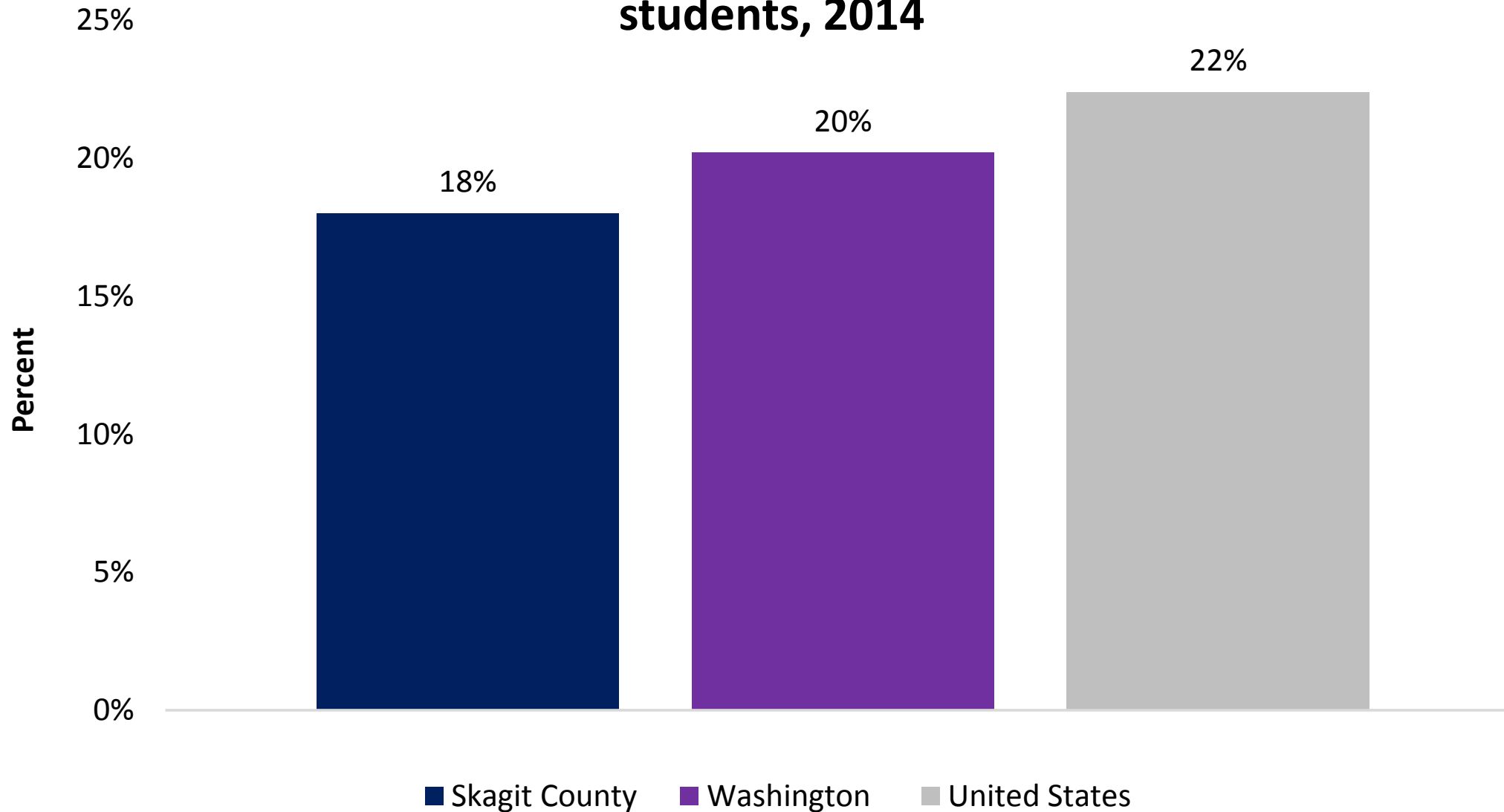
- Drank 100% fruit juice such as orange juice, apple juice or grape juice
- Ate fruit
- Ate green salad?
- Ate potatoes? (not including fries or potato chips)
- Ate carrots?
- Ate other vegetables?

The Centers for Disease Control recommends at least 5 servings per day.

Data Sources
 • Healthy Youth Survey



No sweetened beverages in past week, 10th grade students, 2014



Definition:

Avoiding Sweetened Beverages

State and County.

Youth who say they had no drinks of regular soda, sports drinks (such as Gatorade) or other flavored sweetened drinks (such as Snapple or SoBe) in the past week. Does not include diet drinks.

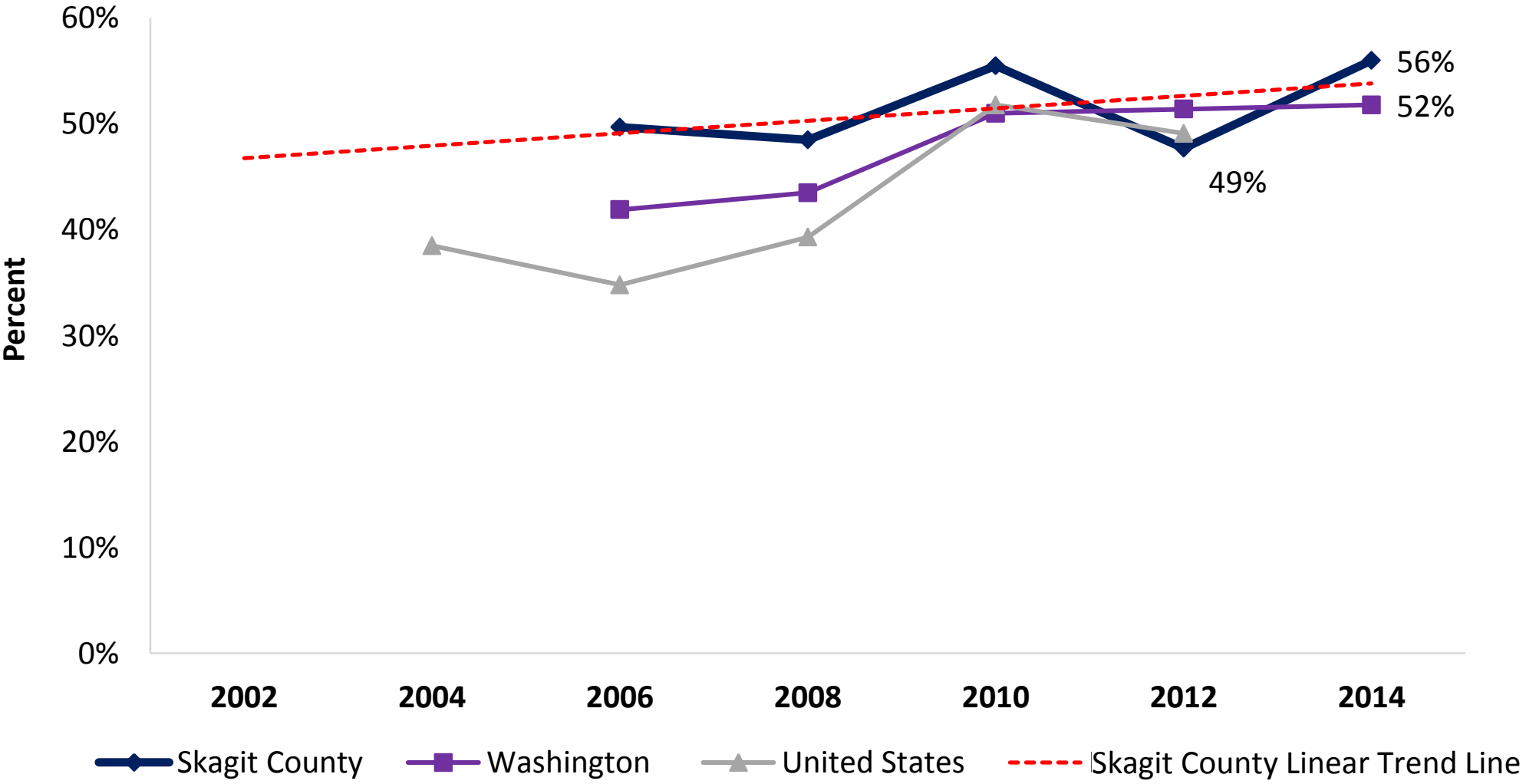
National

The national survey reports the percent of youth who say they had no drinks of soda or pop in the past week.

Data Sources

- County and State data: Healthy Youth Survey 2014
- National data: Youth Risk Behavior Survey, 2013

Physically active for 60 minutes for 5 or more days, 10th grade students, 2002-2015



Definition:

Physically Active Youth

Youth who say they were active for at least 60 minutes on at least 5 days in the past week. The Centers for Disease Control and Prevention recommends that children and adolescents participate in at least 60 minutes of physical activity daily, and muscle strengthening 3 days a week.

Data Sources

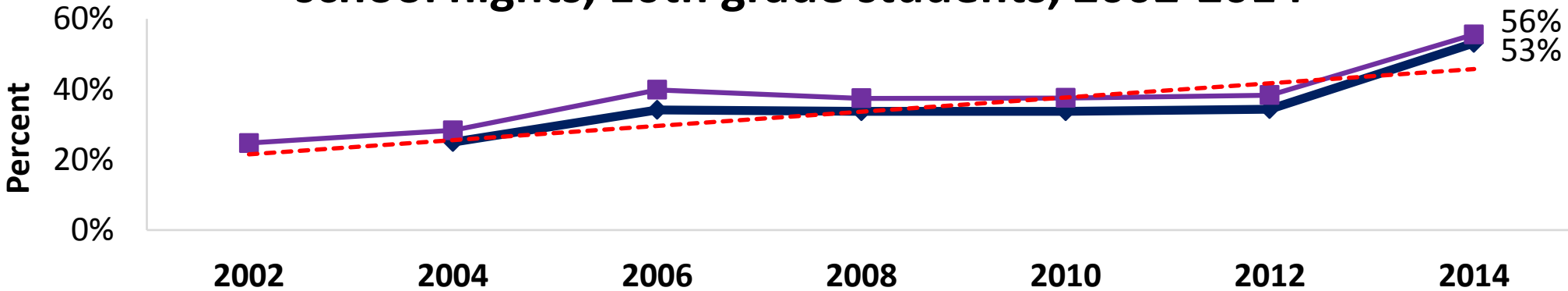
- County and State data: Healthy Youth Survey 2004-2014
- National data: Youth Risk Behavior Survey 2003-2011



Watching 2 or more hours of television, videos, or DVDs on a school night, 10th grade students, 2002-2014



Playing 2 or more hours of video or computer games on school nights, 10th grade students, 2002-2014



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Definitions:

TV, Videos and DVDs

Youth who say 2+ hours when asked "On the average school day, how many hours did you watch TV"

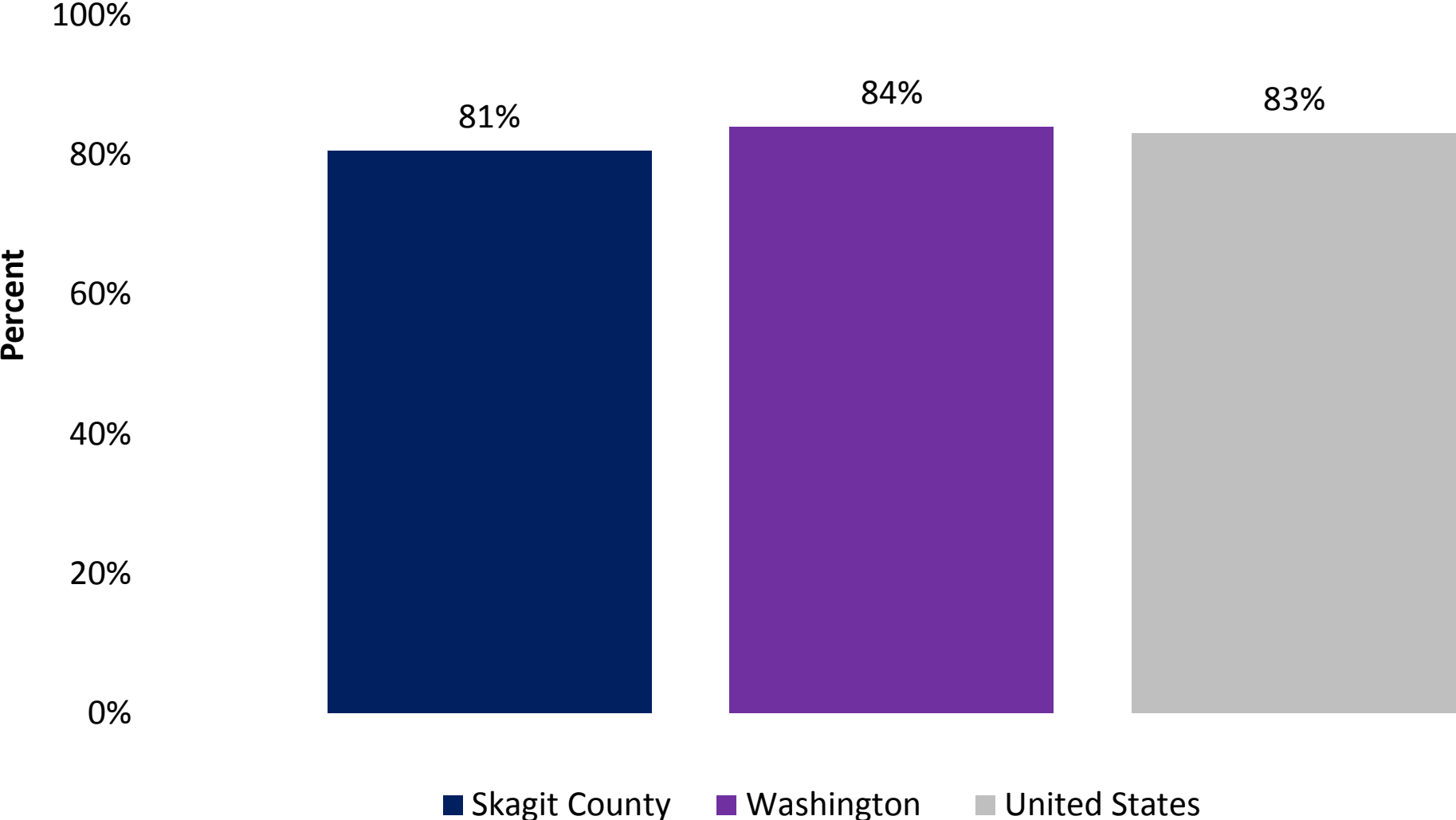
Video or Computer

Youth who say they play video games, use a computer or smartphone or tablet (aside from school work) for 2+ hours on an average school day.

Data Sources
• Health Youth Survey



Good, very good or excellent physical health, Combined 2011-2013



Definition:

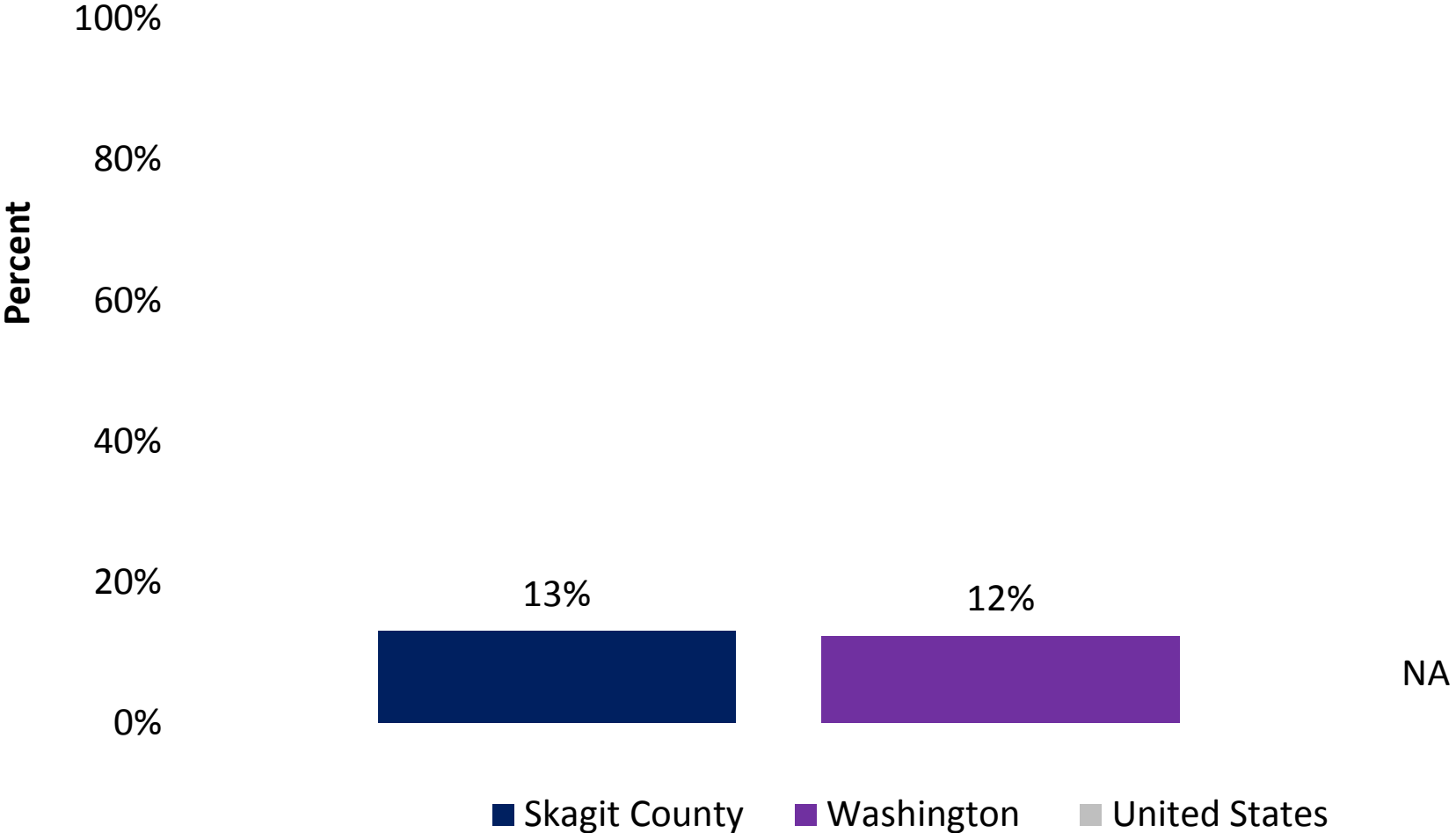
Good General Health
Adults who say that in general their health is “Excellent” or “Very Good” or “Good” (other responses include “Fair” and “Poor”).

Data Sources

- County and State data: Behavioral Risk Factor Surveillance System 2011, 2012, 2013 combined
- National data: Behavioral Risk Factor Surveillance System 2012

Health Behaviors

Two or more weeks of poor mental health in the past month, Combined 2011-2013



Definition:

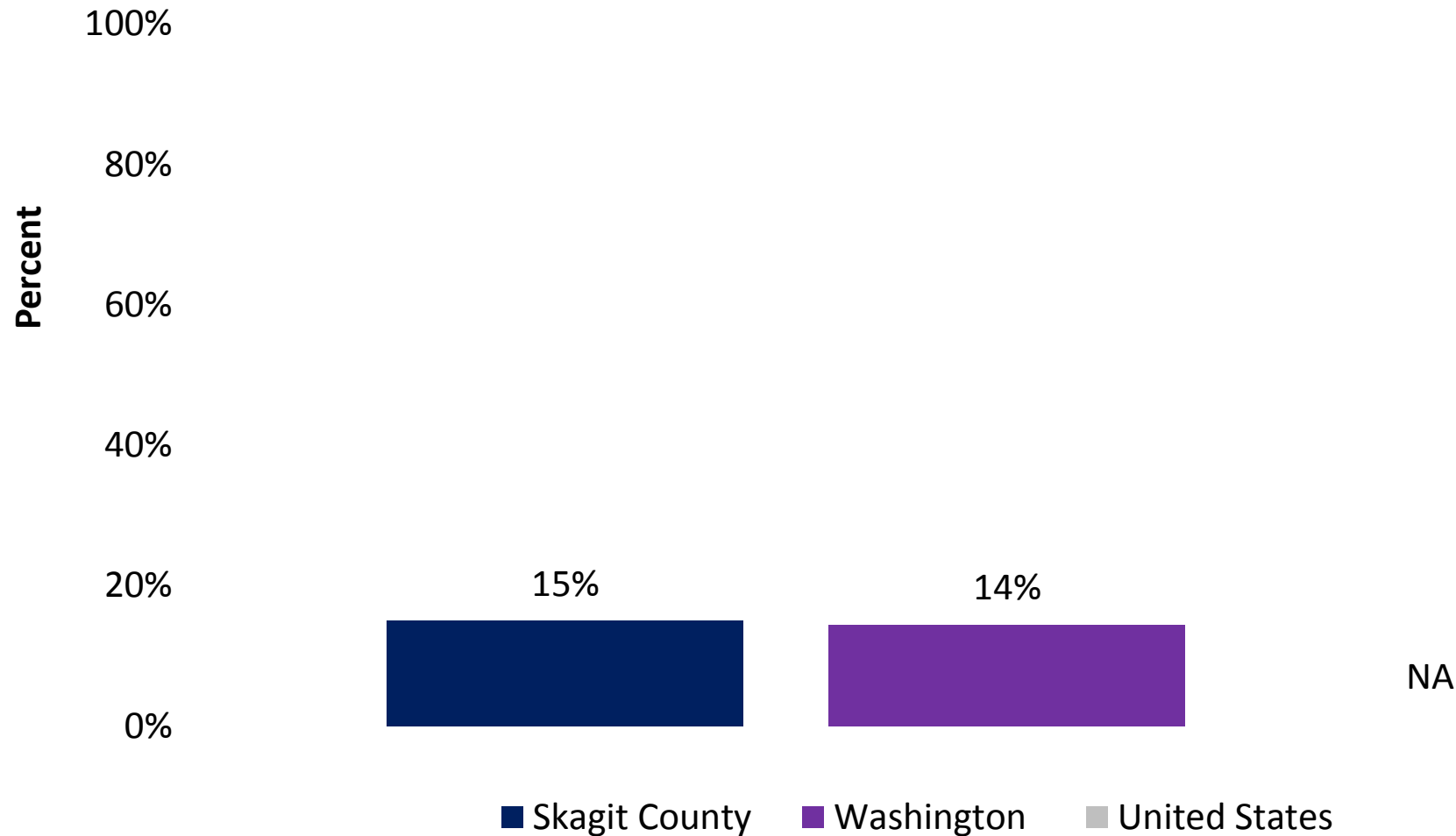
Poor Mental Health
Percent of adults who said their mental health was “not good” on 14 or more of the past 30 days due to stress, depression or emotional problems.

Data Sources

- County and State data: Behavioral Risk Factor Surveillance System 2011, 2012, 2013 combined



Poor physical or mental health interfering with usual activities for two or more weeks in the past month, Combined 2011-2013



Definition:

Activity-limiting/Life-disrupting Health

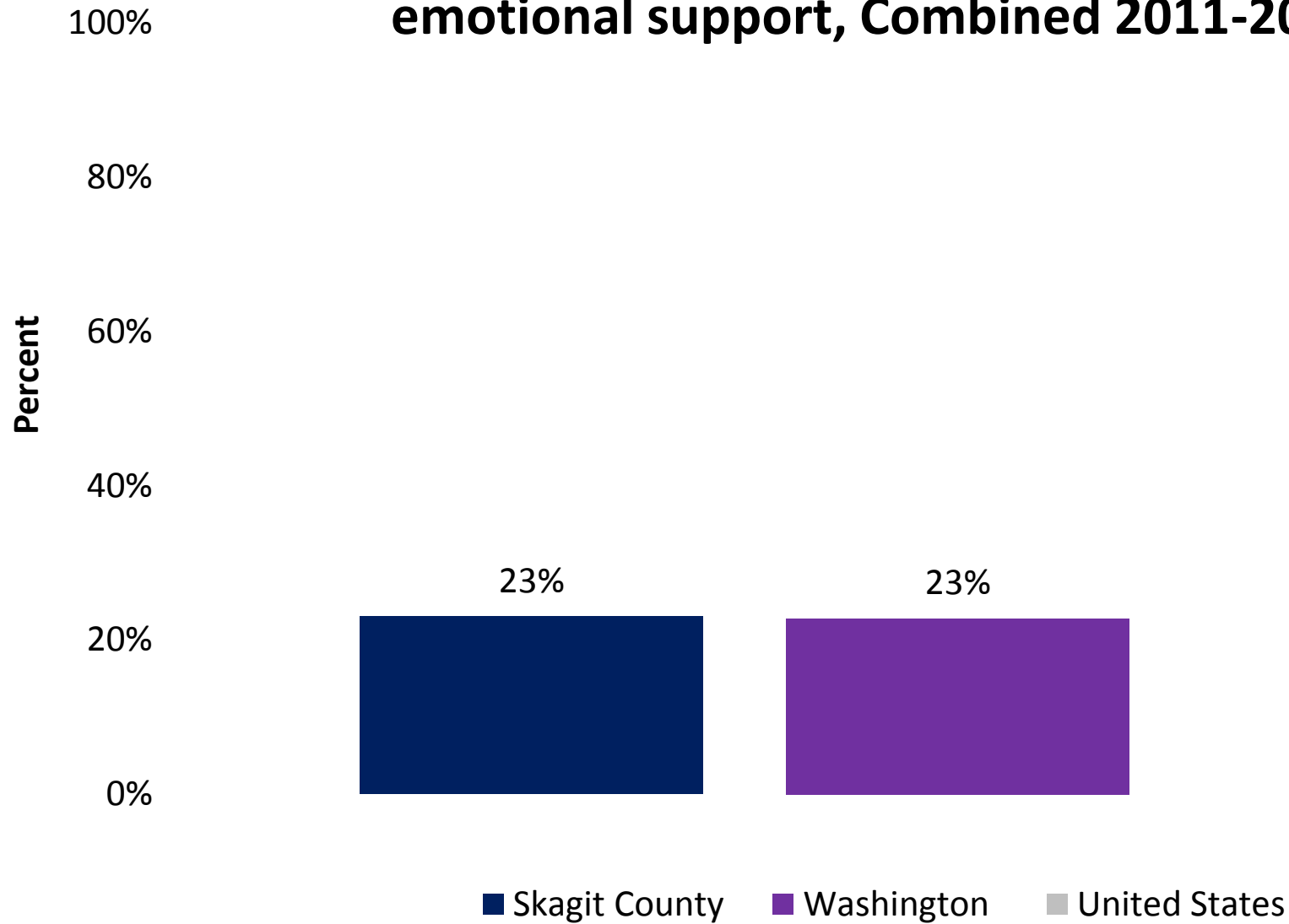
Adults who say that poor physical or mental health kept them from doing usual activities such as self-care, work or recreation, for 14+ days among the past 30 days.

Data Sources

- Behavioral Risk Factor Surveillance System (BRFSS)

Health Behaviors

Only sometimes, rarely or never receiving needed emotional support, Combined 2011-2013



Definitions:

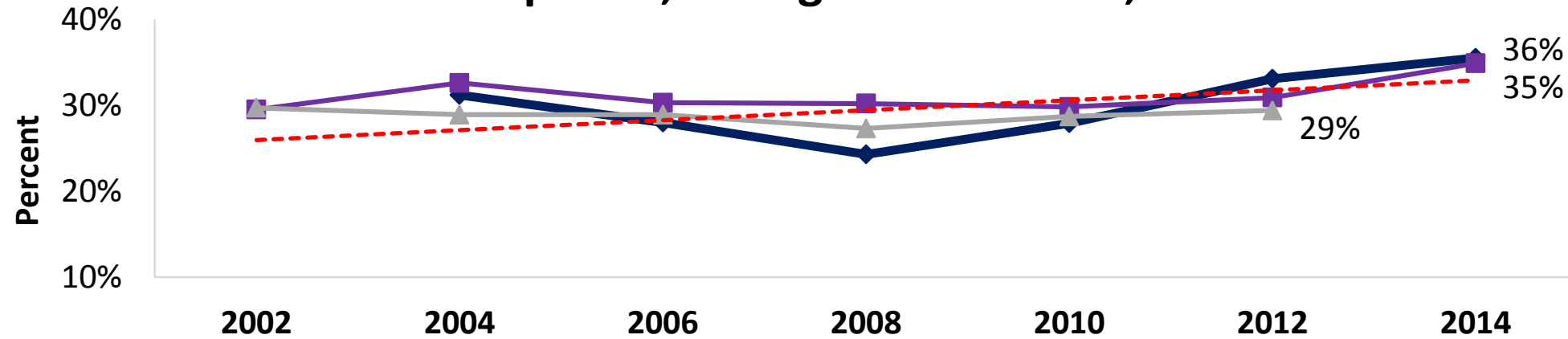
Insufficient Emotional Support
Adults who say that they “Sometimes” or “Rarely” or “Never” get the social and emotional support they need. (Other options are “Always” and “Usually”)

Data Sources

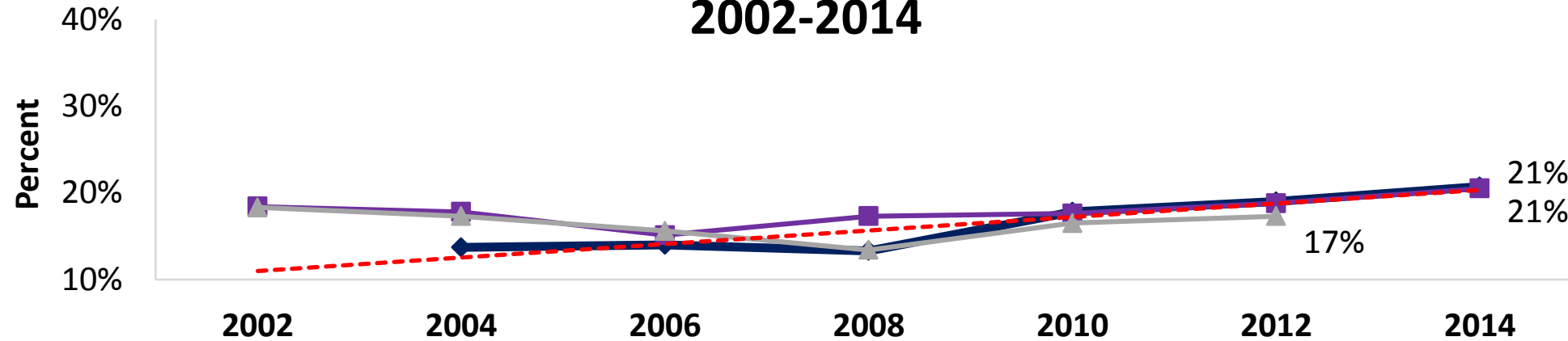
- Behavioral Risk Factor Surveillance System

Health Behaviors

Felt sad or hopeless, 10th grade students, 2002-2014



Considered suicide (past year), 10th grade students, 2002-2014



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Definitions:

Felt Sad or Hopeless (Proxy for Clinical Depression)

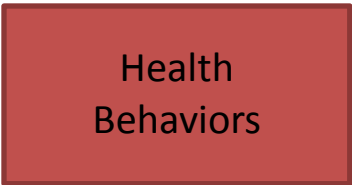
Youth who say in the past year they felt so sad or hopeless almost every day for 2+ weeks in a row that they stopped doing some usual activities.

Suicide Risk (past year)

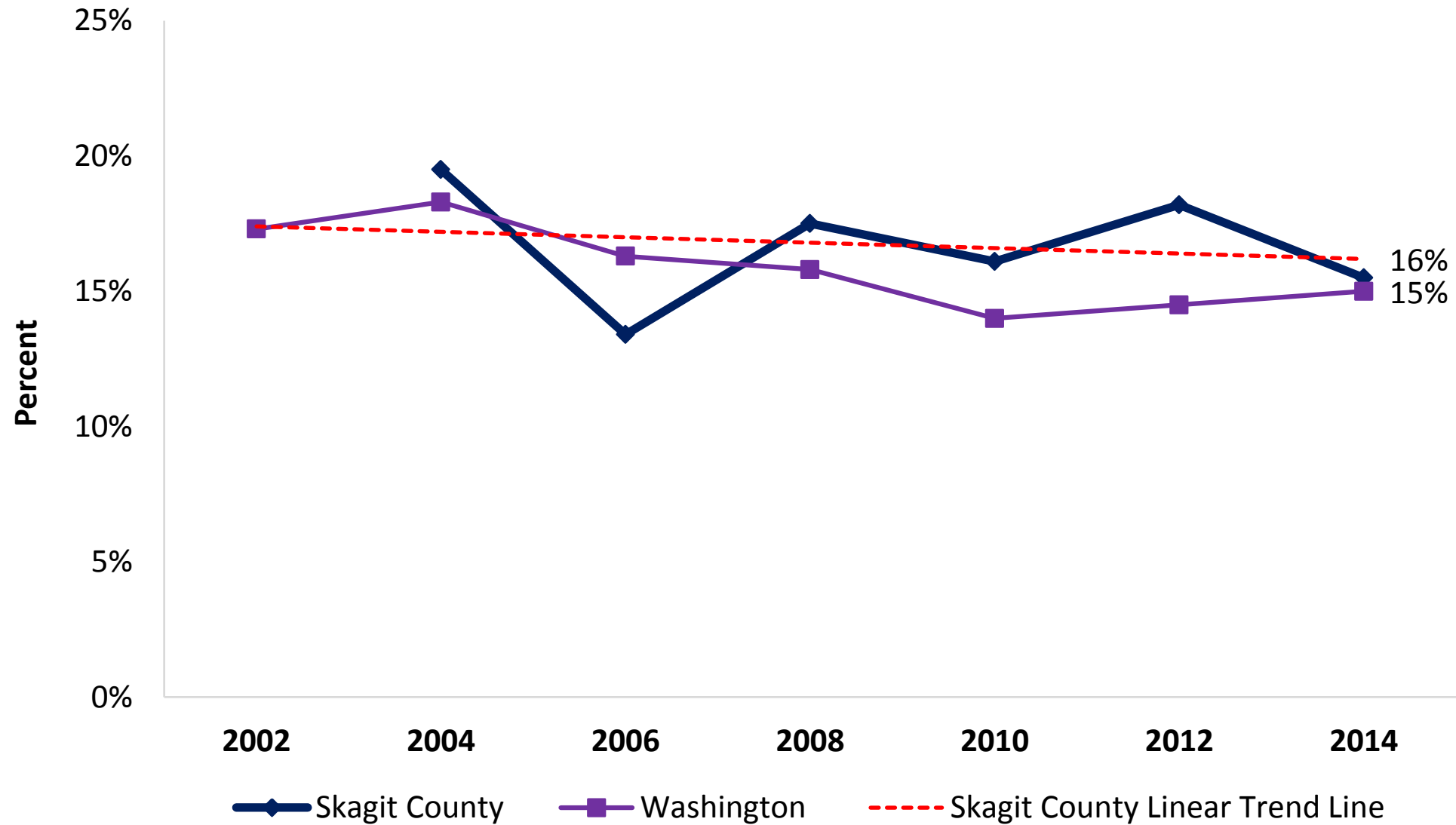
Youth who say they seriously considered attempting suicide in the past year.

Data Sources

- County and State data: Healthy Youth Survey 2002-2014
- National data: Youth Risk Behavior Survey 2003-2013



Ever considered suicide, 6th grade students, 2002-2014



Definition:

Youth Suicide Risk (Lifetime)

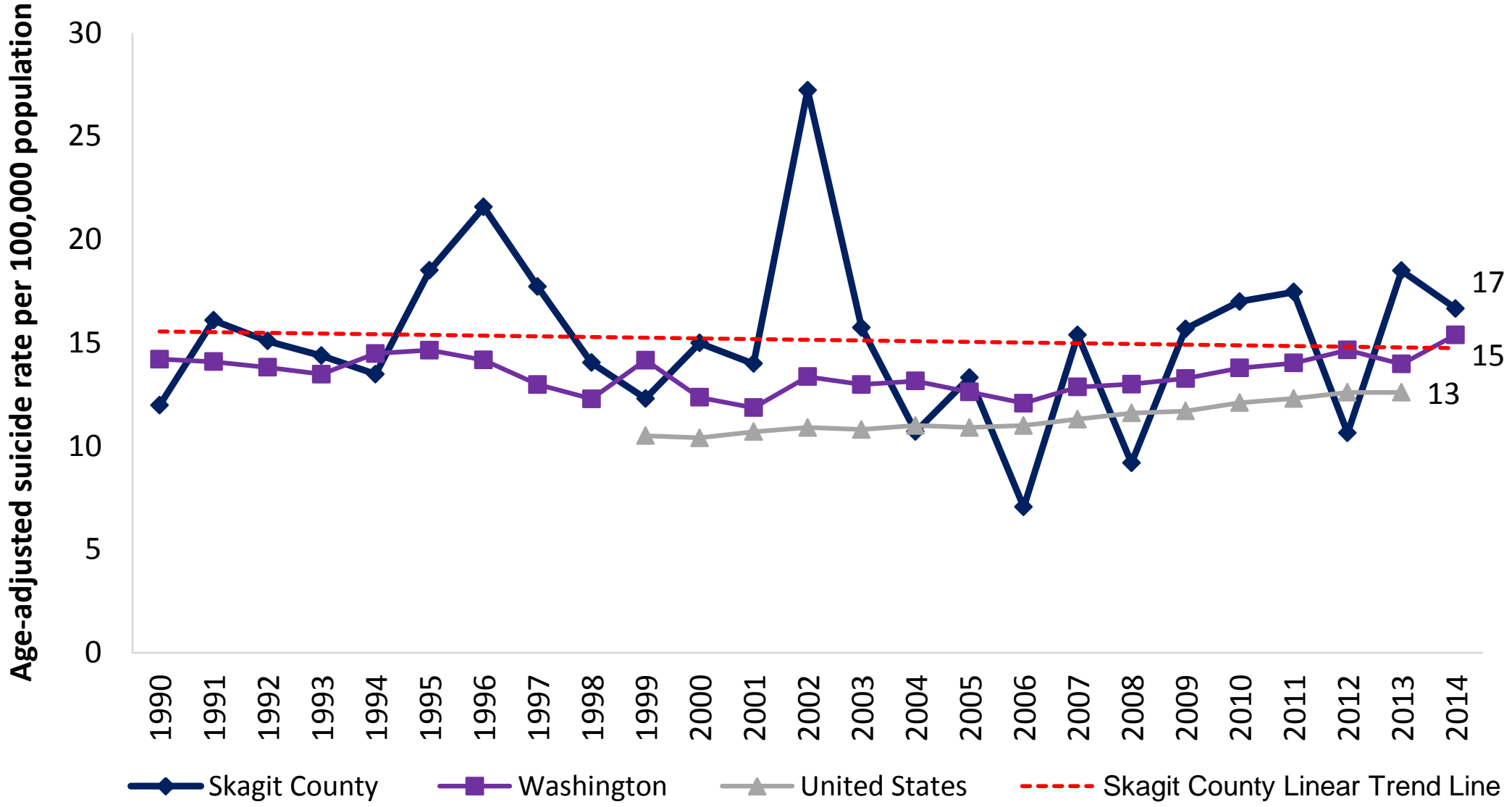
Youth who say they ever seriously thought about killing themselves.

Data Sources

- Health Youth Survey



Suicide Rate, 1990-2014



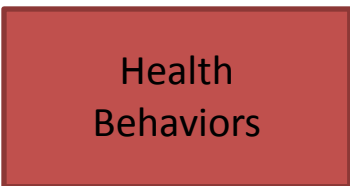
Definition: Annual deaths that were caused by suicide (suicide attempts not included). Age-adjusted rates per 100,000 are shown.

Skagit County Suicide Counts, Recent Years

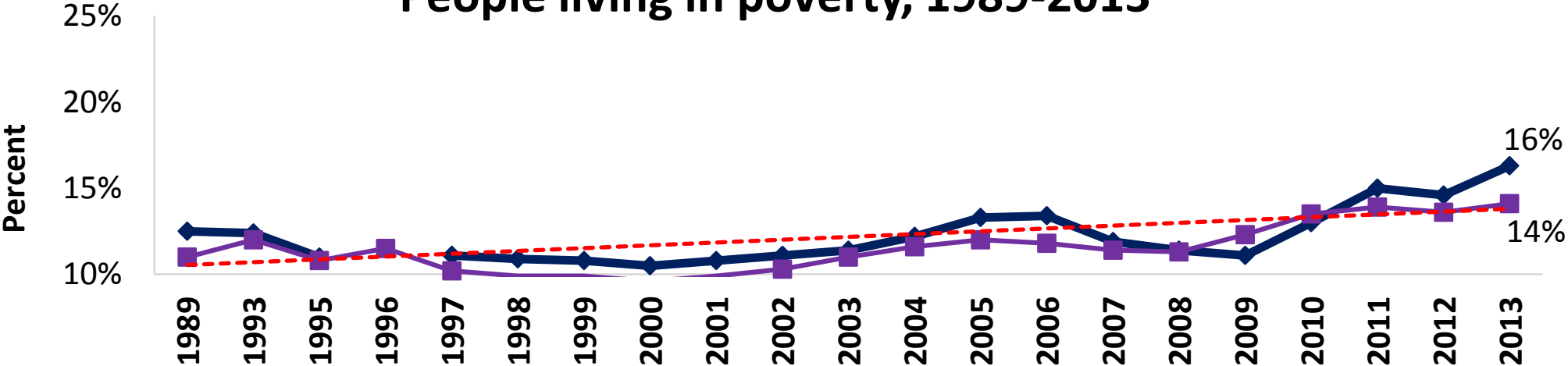
Year	Count
2005	14
2006	9
2007	18
2008	11
2009	17
2010	19
2011	20
2012	13
2013	23
2014	22

Data Sources

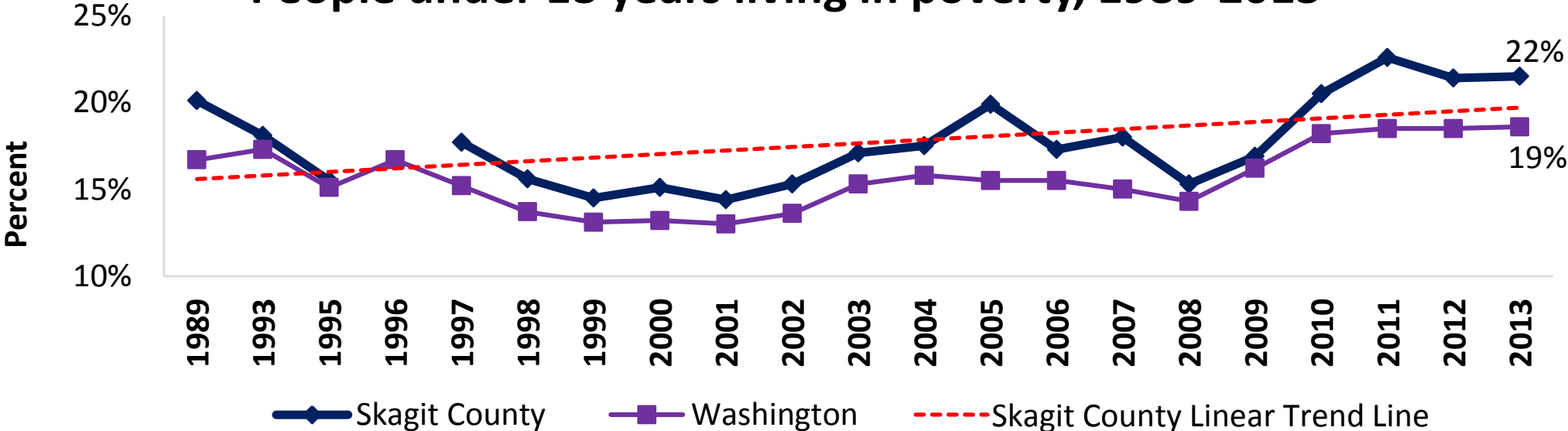
- County and state data: Washington State Department of Health, Center for Health Statistics, Death Certificate Data, 1990-2014, August 2015.
- National data: Compressed Mortality, 1999-2013 Results, <http://wonder.cdc.gov/controller/datarequest/D105;jsessionid=5090D294B12DB680A7AA9A7D677D0574>



People living in poverty, 1989-2013



People under 18 years living in poverty, 1989-2013



Definitions:

Poverty

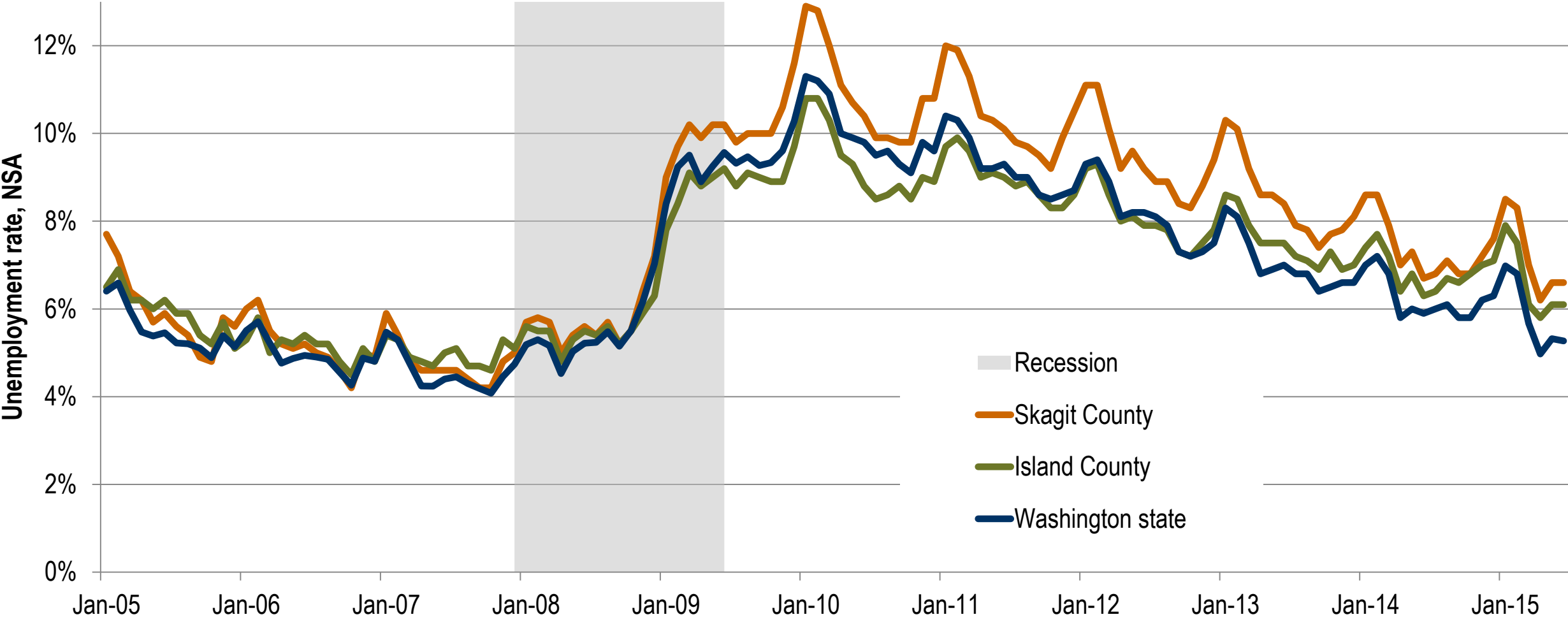
The federal government issues annual income levels that represent the “national poverty level.” Income levels are specified for households with different numbers of people. As an example, this means that in 2014 a family of 4 people with an annual household income of \$23,550 or less is considered to be “living in poverty” or “below the 100% federal poverty level.”

Children in Poverty

Children living in households that fall below the federal poverty level.

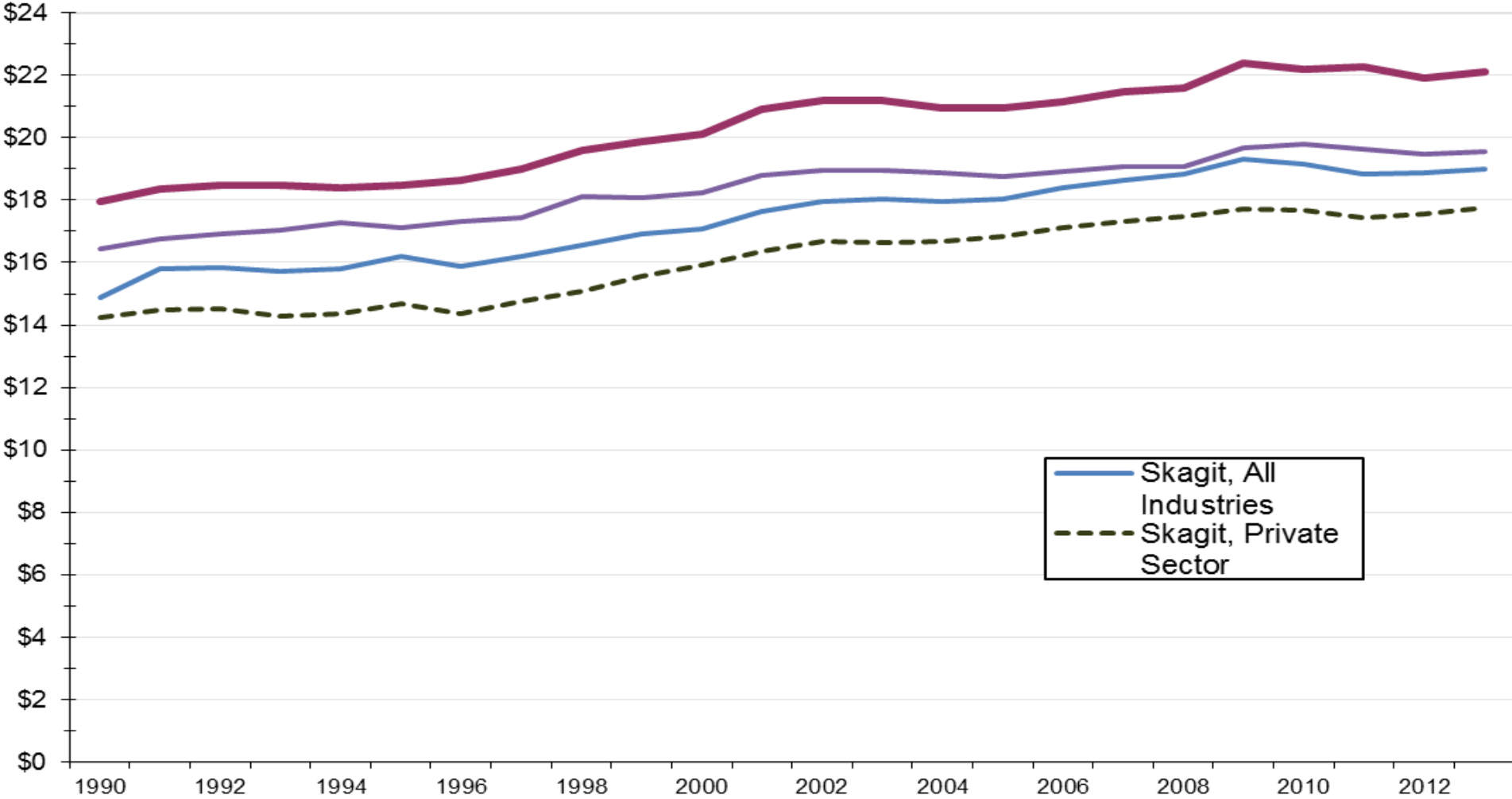
Data Sources

- U.S. Census Bureau, Small Area Income and Poverty Estimates, <http://www.census.gov/did/www/saie/data/interactive/saie.html>

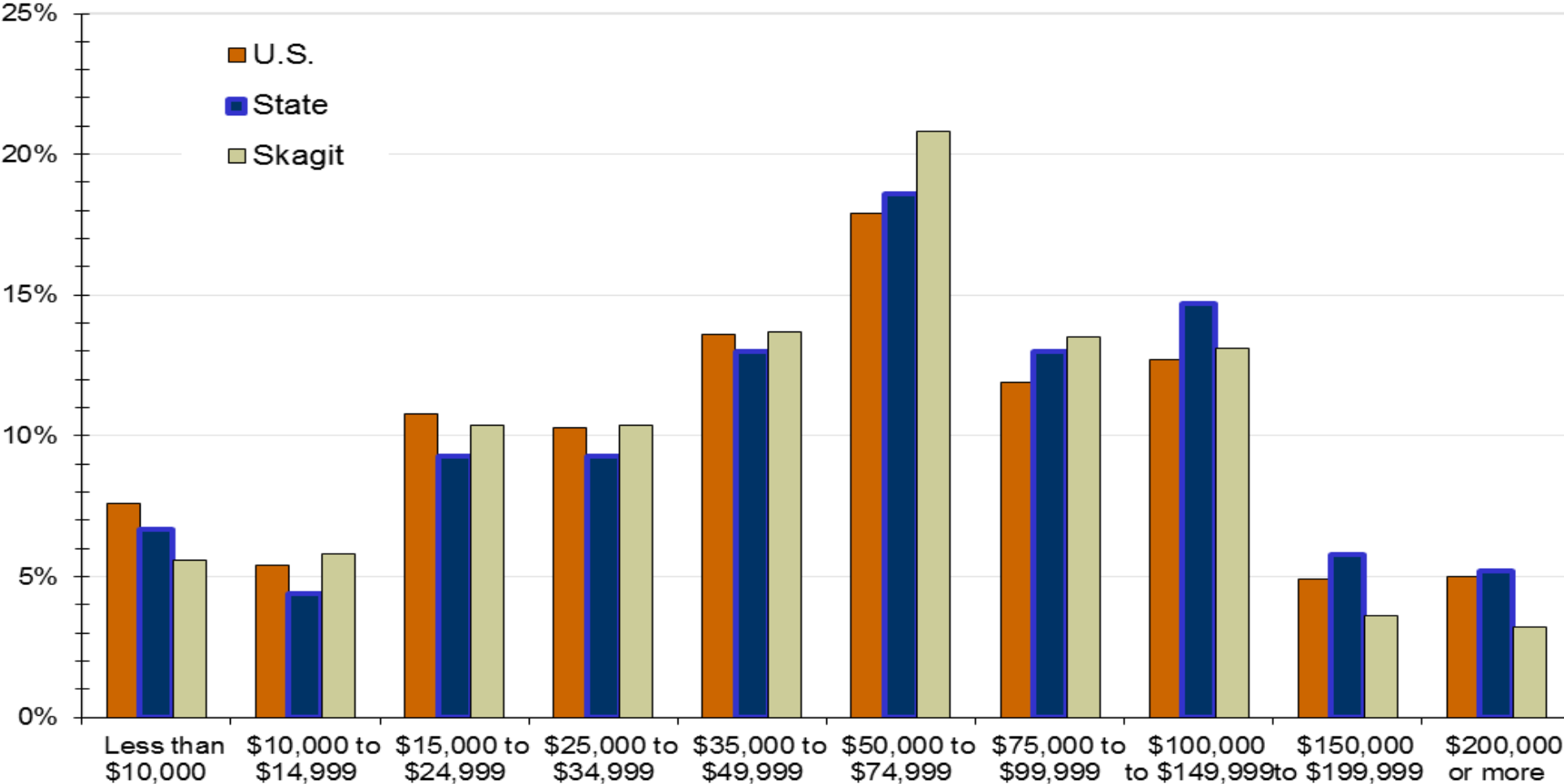


Source: Employment Security Department/LMPA; U.S. Bureau of Labor Statistics, LAUS

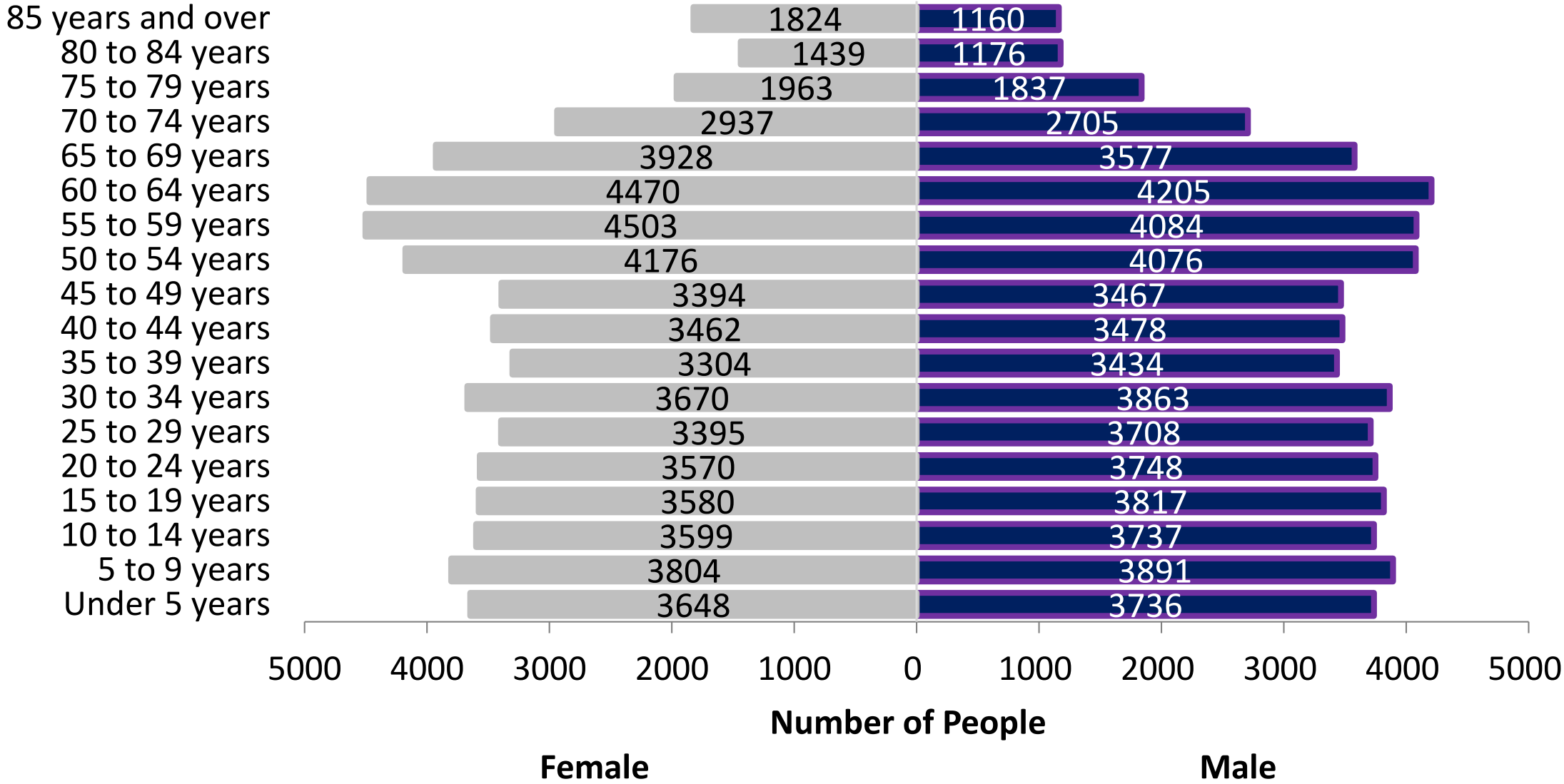
Median Hourly Wage, Adjusted for Inflation



Percentage of Households by Income Range, 2013



Population in Skagit County (number), 2014



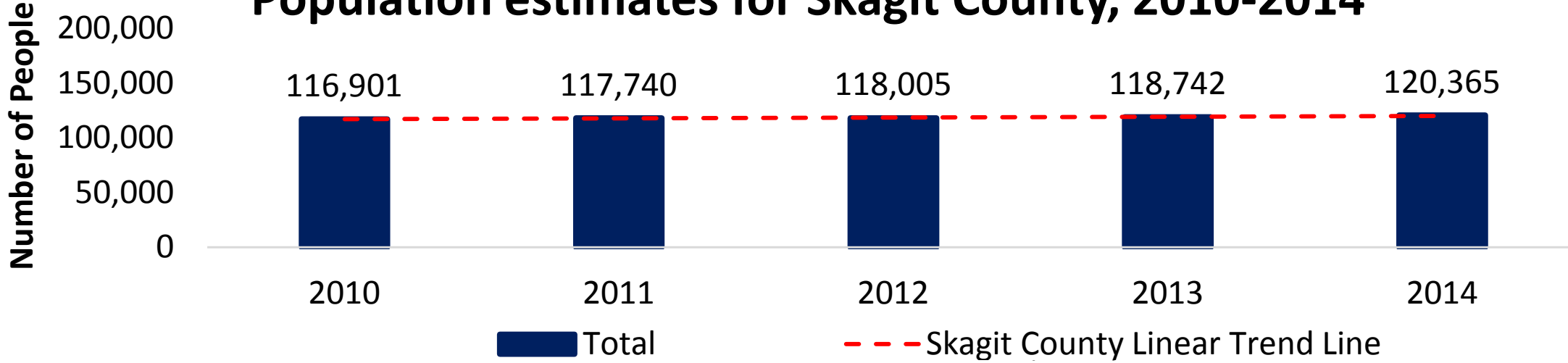
Definition:

Age and Gender-specific Populations

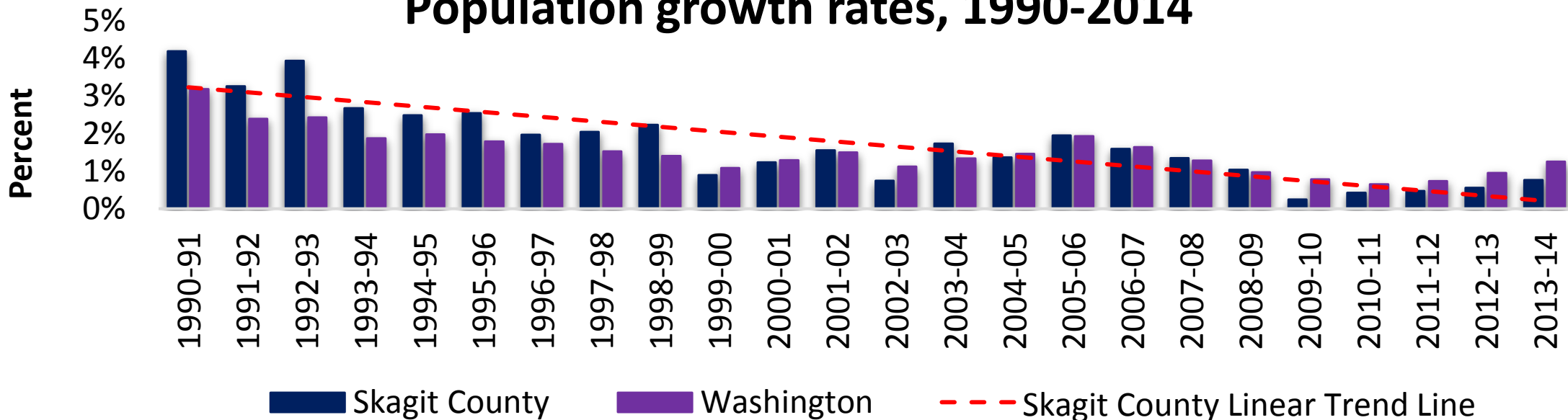
Number of people in the population within each age and gender group.

Data Sources
 • American Community Survey

Population estimates for Skagit County, 2010-2014



Population growth rates, 1990-2014



Definitions:

Population

The total number of residents in Skagit County.

Population Growth

The percent by which the population has changed each year, relevant to the previous year ($\frac{\text{new year population} - \text{old year population}}{\text{old year population}}$). Any percent change greater than 0% means that the population size has increased.

Data Sources

- American Community Survey