



Cowlitz County

COMMUNITY

report card
2013

Letter from Pathways 2020 Chair

Dear Community Members,

You will find this report card presented in a different manner than in the past. It is organized around the Social Determinants of Health, which are the economic and social conditions that influence the health of the people and communities.¹ Determinants highlighted in the following pages are Economic Vitality, Education, Access to Healthy Foods, Health, Social Cohesion and Access to Physical Environment.

As you read the report card you will note that we have reasons to celebrate. Positive progress has been made since the 2010 report card was published. There is still plenty of room for us to work together to improve the health of our people and the community as a whole. Each section of the report card contains Calls to Action directed to the individual, the community at large and the policy makers. We encourage each one of you to change a personal behavior, join a community effort and/or ask policy makers to implement changes that will positively influence the health of our community.

It is the goal of this report card to measure, inform and spur to action; therefore, we ask that you make a commitment today to take positive action for our community.

Sincerely,



Ilona A. Kerby, Chair
Pathways 2020

1. Commission on Social Determinants of Health (CSDH), Closing the gap in a generation: health equity through action on the social determinants of health. Final report of the Commission on Social Determinants of Health, 2008, World Health Organization, Geneva.

Pathways 2020 Mission Statement

The mission of Pathways 2020 is to promote and improve the health and well being of Cowlitz County by fostering community partnerships which provide the fabric and support that each needs to be a healthy and contributing member of the community.

Pathways 2020 Board of Directors

Chris Fritsch
Longview School District

JD Rossetti
Legislative Assistant

Lisa Matye Edwards
Lower Columbia College

Steve Taylor
City of Kelso

Dian Cooper
Family Health Center

David Nelson
Attorney at Law

Carlos Carreon
Cowlitz County Health Department

Bob Gregory
City of Longview

Teresa Beck
Kaiser Permanente

Jim Sherrill
Cowlitz Tribal Health Services

Mark Wilson
Port of Kalama

Michael Green
Woodland School District

Mike Karnofski
County Commissioner

Mark Nelson
Cowlitz County Sheriff

Larry Russell
Love INC

Chere Weiss
PeaceHealth

Ilona Kerby
Lower Columbia CAP

Ron Junker
Cowlitz County Facilities and Parks

Dave Vorse
Castle Rock Public Works

Mary Jane Melink
The Health Care Foundation

Reed Hadley
Edward Jones Investments

Table of Contents

Foreword.....	03
Why Social Determinants of Health?.....	06
Economic Vitality.....	08
Education.....	11
Health.....	14
Access to Healthy Foods.....	17
Social Cohesion.....	19
Access to Physical Environment.....	22
Acknowledgements.....	29
Data Sources.....	30
Sponsors.....	Back Cover

The 2013 Pathways 2020 Community Report Card is made possible through the generous donations of the sponsors found on the back cover of this report and specifically from the support of the member entities of the Cowlitz Wahkiakum Council of Governments.



Contact Information

To receive an additional copy of the 2013 Cowlitz County Report Card, or a summary of the data, please contact:

Pathways 2020

P.O. Box 1278
US Bank Bldg., Suite 208
1452 Hudson Street
Longview, WA 98632

P: 360-423-8704 • F: 360-423-1921
E: yumans@cowlitzedc.com

pathways2020.org

Progress Made Since 1997

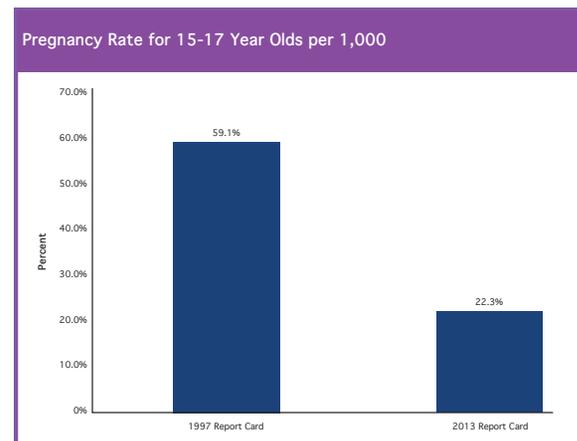
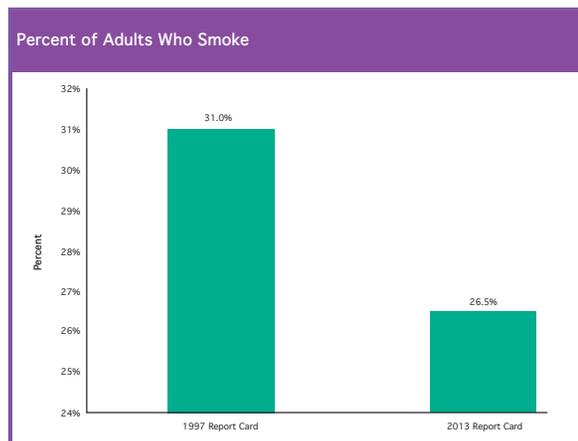
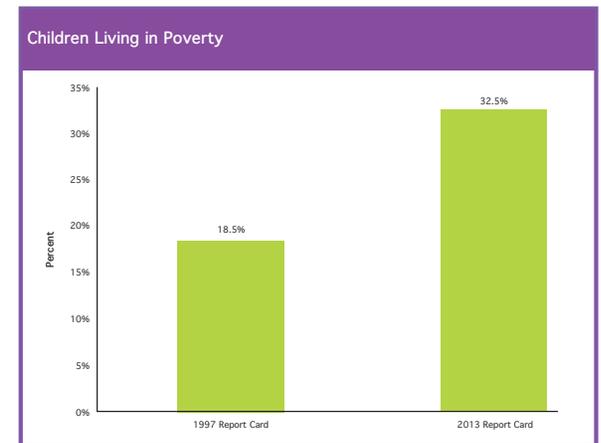
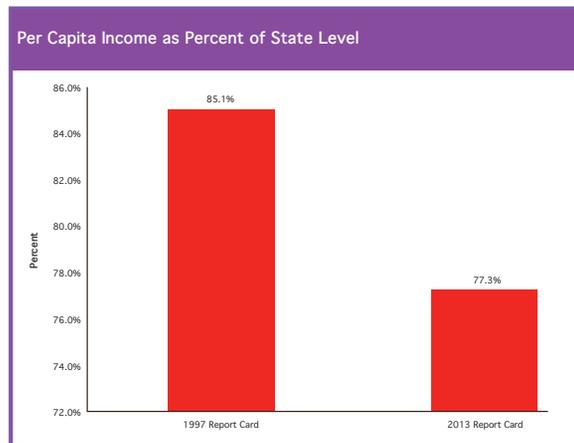
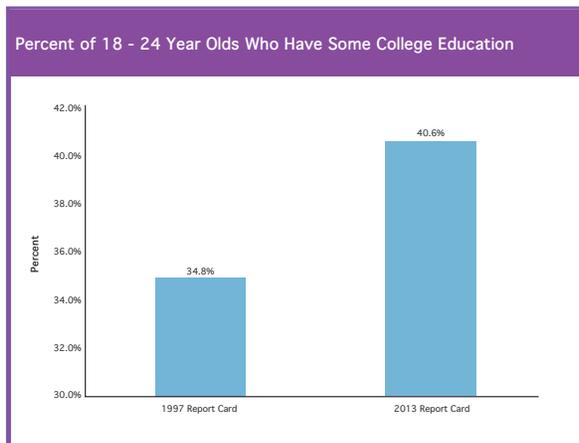


Cowlitz County Community Report Card started in 1997 as a simple two-page report on 17 indicators regarding the health of the county. Developed through the reporting and epidemiological work of the Cowlitz County Health Department, the Pathways 2020 Board found areas that closely measured the true health of the community and provided a conversation-starting point for possible solutions and improvements. The first report card resulted in new domestic violence prevention programs, childhood immunization programs, support for afterschool activities and continued community partnerships.

Now 15 years and six report cards later there is an opportunity to measure the progress that the community as a whole has made. As can be expected, not all of the original indicators are still being measured or reported in the same form. Five key areas stand out when representing where the community has come. The accompanying graphs demonstrate these changes.

We can see great improvements in the number of young adults enrolling in college after high school, a reduction in teen pregnancy, fewer smokers, and reduction in the high school dropout rate. On the other side of the coin, poverty for children has increased and per capita income has dropped further behind the state average. It is both a sign of the local economy and our slow emergence from the national recession.

As you review the community report card, consider the ways that we can be responsive to the needs of our low-income and disadvantaged populations to increase self-sufficiency and produce continuing improvements in our community's health.



Why Do A Community Report Card?

Since 1997, Pathways 2020 has produced the Cowlitz County Community Report Card, a look at the data and trends that represent the health of our community. Some years the news is good and some years it is not so good. Overall, it has become a focal point to discuss and recognize the challenges and opportunities we have. If you don't know where you have been, you can't determine where to go. Please share our desire to eliminate health inequities for the individual and the community -- read, react, and then act. Together we can make this a healthier County.

How the Report Card is Scored

With each report card, the Pathways 2020 Board of Directors has examined the conditions and awarded a "grade" for the data. In many ways this is a subjective detriment to the community's understanding and use of the data. For 2013, grades have been replaced with a dashboard indicator based on the following criteria.

- Progress made since last report card
- Comparison to Washington State indicators
- Resources committed to addressing the issue
- The community's interest in change

The goals have been revised to be measured against Washington State's current rate. The overarching goal is to be statistically no worse than or better than the State.



County Health Rankings 2013

Mobilizing Action Towards Community Health, Robert Wood Johnson Foundation, University of Wisconsin Population Health Institute

Measure	2011 Rank out of 39	2013 Rank out of 39
Health Outcomes Mortality and Morbidity	32	34
Health Factors	33	35
Clinical Care Uninsured adults, primary care providers rate, preventable hospital stays, diabetic screenings	9	21
Health Behaviors Adult smoking, adult obesity, binge drinking, motor vehicle crash deaths, Chlamydia, teen birth rate	39	39
Social and Economic Factors High school graduation rate, college degrees, children in poverty, income inequality, inadequate social support	32	30
Physical and Environment Air pollution – particulate matter days, air pollution-ozone days, access to healthy foods, liquor store density	26	16

County Health Rankings have been reported since 2010 by the Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute. The selected measurements allow comparison with every county in the nation and Cowlitz County can be measured against the other 38 Washington State counties. The County Health Rankings provide a look at what influences health and can serve as a blueprint for change. Progress or lack of improvement can be seen and serve as motivation to work for a healthier community. Cowlitz County continues to be ranked low and in fact, 39th for health behaviors in the state. While there are several initiatives and policy changes happening in Cowlitz County, which should result in improved outcomes, demonstrated improvements may take years to accomplish. Pathways 2020 and its members will continue to use the health rankings as one evaluation tool in the planning of community efforts. These reports are available at www.countyhealthrankings.org.

A Quick Look at How We are Doing

Section	Indicator	Measurement	Cowlitz County Rate	Washington State Rate	
Healthy Lifestyles	Healthy Weight	%	32	37	
	Adult Smoking	%	27	15	
	Smoking While Pregnant	per 100,000	24	9	
	Suicide	per 100,000	13	14	
	Sexually Transmitted Diseases	per 100,000	451	409	
	Mortality	per 100,000	644	531	
	Life Expectancy	Years	78	80	
	Childhood Immunization	%	91	85	
Economy	Housing Wage	\$	13.42	18.16	
	Median Household Income	\$	41,406	55,500	
	Unemployed Workforce	%	10	7	
	Affordable Housing	HAI ¹	251	168	
Education	Early Childhood Education	%	34	NA	
	High School Dropouts	%	4	4	
	Education Attainment	%	56	66	
Family	Domestic Violence	per 1,000	8	6	
	Child Abuse and Neglect	per 1,000	49	34	
	Families in Poverty	%	14	11	
	Teen Pregnancy	per 1,000	22	22	
	Elder Fatal Falls	per 100,000	96	75	
	Adults Without Health Insurance	%	20	20	
Community	Alcohol and Drug Related Deaths	per 100,000	23	15	
	Crime Rate	per 1,000	37	38	
	Registered Voters Who Voted	%	78	81	
Environment	Asthma	%	13	10	
	Solid Waste Disposal and Recycling	%	66	51	

¹Housing Affordability Index

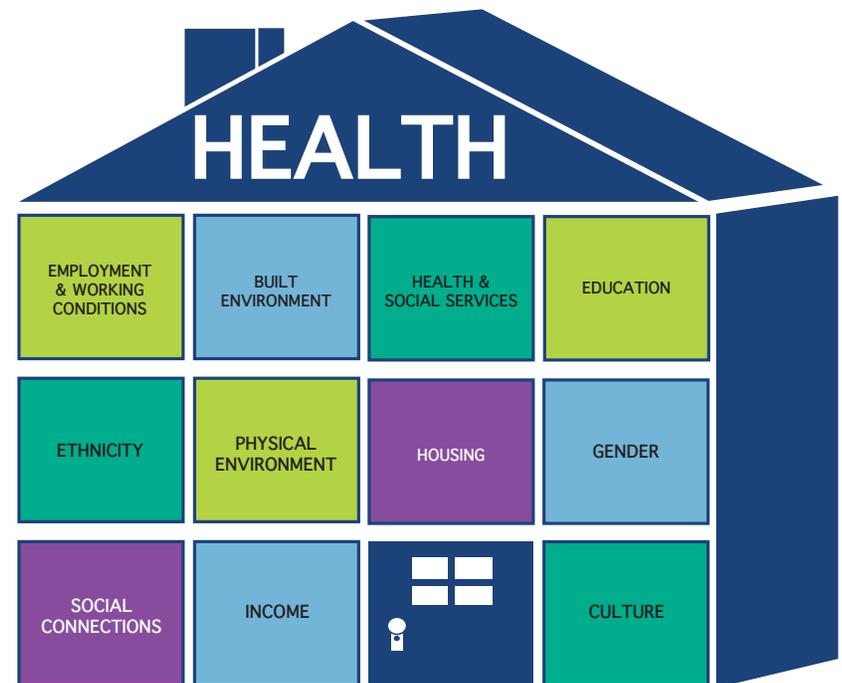
Social Determinants of Health

The Preamble of the Constitution of the World Health Organization, adopted in 1964, defined health as a state of complete physical, mental, and social wellbeing and not just the absence of sickness or frailty. Since the first Cowlitz County Community Report Card in 1997, Pathways 2020 has sought to bring attention to community needs in order to improve the health and wellbeing of individuals. Experience and research has proven that an examination of data and graphs doesn't get to the heart of the issue. A better solution is to ask *why*. *Why didn't Johnny come to school today?* Because he missed the bus. *Why did he miss the bus?* Where he lives the house had no electricity and the alarm clock couldn't go off. *Why didn't the house have electricity?* Johnny's dad lost his job and couldn't afford the bill. *Why did his dad lose his job?* Because he didn't have the training and education he needed. *Why didn't he have ...?*

Solutions that address upstream issues to the problem at hand are likely to require fewer funds and energy to solve. Illicit drug use is a prime example. Prevention is preferable over treatment.

It is not the numbers that tell us what is happening in the community, but rather understanding the stories behind the numbers. Seeking the root causes of our health disparities will lead us to community and individual efforts that will effectively improve our health. Pathways 2020 has carefully considered the Social Determinants of Health. As the illustration below shows, the health of the individual is not just whether they can get to a doctor when they are sick. Health is a combination of factors such as genetics, where they live, how much income they have, how much education they had, and their culture. We get the color of our eyes from our parents but our health is the culmination of these Social Determinants of Health. A community cannot successfully address a single issue such as drug use without acknowledging that employment, education, health, early childhood development, social cohesion, and culture are all intertwined in this issue. Our effort has to be to focus on impacting these determinants which cut across several issues and together improve the opportunities for health of the individual and community.

Throughout the remaining sections of the report card the issues have been redefined to align with the Social Determinants of Health. The traditional indicators or data that the report card has reported is printed in the back and still remain valuable in measuring where we are, trends, and where we need to be (See Pages 25-29). Addressing the Social Determinants of Health will help us reach that. For example, a quality early childhood education learning center provides a base for the child that will support them intellectually, emotionally, physically, and prepare them for school. What they learn in those early years carries forward into their adult lives as well. Children enrolled in Head Start are more likely to graduate from high school, stay out of jail, and contribute to society compared to children from the same neighborhoods



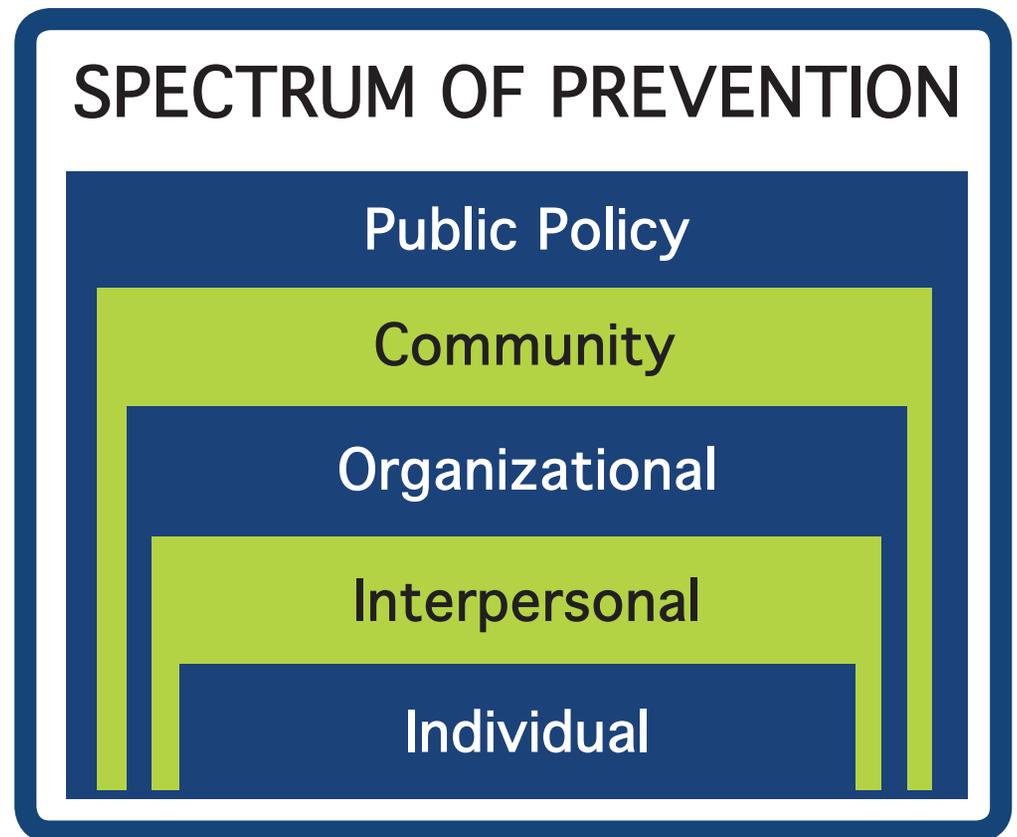
that were not enrolled in Head Start. Unfortunately, too often too few children can enroll in Head Start and the community is challenged with developing alternative approaches for providing a child with a strong early childhood education.

The 2013 report card presents six issue areas addressing the Social Determinants of Health: economic vitality, education, access to physical environment, access to healthy foods, health, and social cohesion. We look at these issues by providing some background data as to why these were chosen, examples of what other communities are doing, examples of successful and promising activities in Cowlitz County, and calls to action for the individual and the community to reduce our health inequities and improve the health of all residents.

The unequal distribution of these conditions across various populations is increasingly understood as a significant contributor to persistent and pressing health disparities. (S. Woolf, 2004). As public health practitioners our role in using the Social Determinants of Health can contribute to the successes of the individual by addressing the conditions that affect people's health.

The Centers for Disease Control and many other public health institutions use a simple diagram to show the value of interventions from the individual to the community to general social, economic, cultural, and environmental conditions. The Cowlitz County Community Report Card will focus on the greater impact that comes from policy and system change.

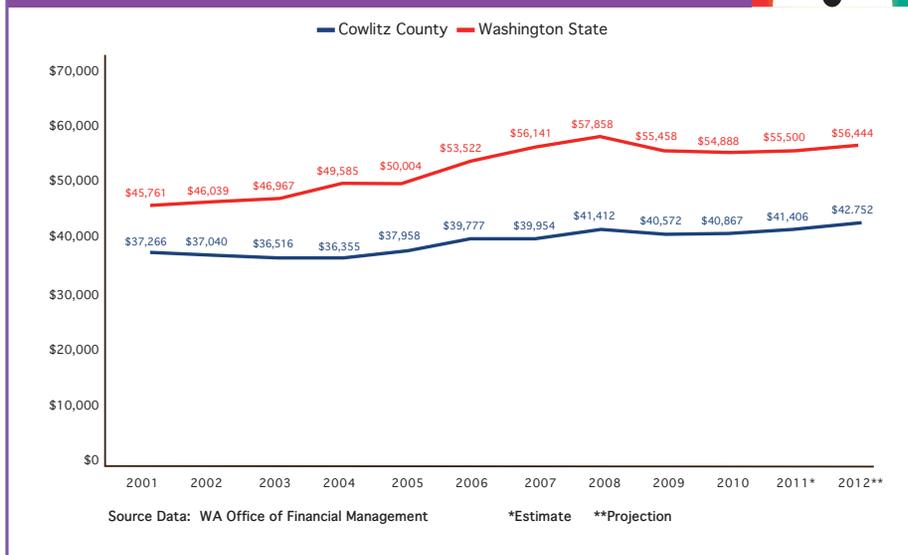
Since the last printing of the Community Report Card the community has experienced growing poverty, unemployment and despair. Signs that we are coming out of the economic recession can be seen, but recovery will take years. The reader is encouraged to see the report card as more than a listing of the current situation and more importantly see what we can become and how that can be achieved. The end result will be the reduction of health disparities and improved health for both the individual and the community.



Economic Vitality

Employment and income are critical factors for families and individuals to have the resources to buy food, pay for shelter, access health care, provide transportation, as well as participate in recreation, education, and civic engagement. A special Robert Wood Johnson report noted that 55.5% of unemployed individuals experience poor health. The County Health Rankings for 2013 support the idea that unemployment and poverty have a deterring effect on the life of the individual. 19% of residents described having poor or fair health compared to 14% average in the other counties. Being able to access job training, and job advancement opportunities are critically important. The County is losing ground with the median household income as reported by the Washington Office of Financial Management and unemployment, which dipped late in 2012, is now again at double digits. Losing a job or being unable to find a job prevents the worker from having affordable health insurance. No health insurance leads to poor health outcomes.

Median Household Income Comparing Cowlitz County and Washington State, 2000 - 2012



Median Household Income

There has been a small gain of income yet Cowlitz County's median household income remains at 76% of the state median income.

GOAL: ≥ Equal to or greater than the State



Calls to Action

Personal

- Support local businesses by shopping locally
- Practice personal debt management and asset building
- Participate in a local Financial Freedom/Financial Literacy class
- Volunteer or donate to organizations that provide basic life skills development and job training

Community

- Continue to implement TIP (Theory into Practice) Strategies through Cowlitz Economic Development Council
- Encourage local contracting and hiring practices
- Encourage businesses to work with Lower Community College and/or WorkSource for the hiring and retraining of local workers
- Increase collaboration between schools and businesses to improve student access to local job shadowing, internships and job training opportunities
- Encourage public/private collaboration to improve Quality of Place and community development

Policymakers

- Maximize locale of Mt. St. Helens through partnerships with the US Forest Service and State Parks to increase tourism business and recreational opportunities
- Increase opportunities for living wage job growth
- Promote available state business incentives and tax exemptions. Assess local incentives for business growth
- Increase and direct state and Southwest WA Workforce Development Council funding streams toward increasing the coordination and availability of vocational training programs at LCC and high schools
- Promote economic development and planning to identify potential business markets and recruitment opportunities that enhance the outdoor recreation theme

According to the WA Department of Employment Security, over the past 15 years since the first report card, the number of workers in Cowlitz County has dropped from 54% to 47%. Many have given up looking for work and others have minimal paying jobs. When an unemployed or displaced worker finds a new job it is often at minimum wage. While the County has a large number of unemployed workers, there is a growing demand for technical and skilled labor due to new industries locating in Woodland, Kalama and Longview.

Local employers often seek employees from the Portland or Seattle areas because they can't find the skills or education they need in the local workforce. Educational attainment of local workers is an important factor and one we can continue to influence. When it comes to education attainment beyond high school, Cowlitz County lags behind both the State and Nation. Only 14.9% of residents have four-year degree or higher, when compared to 31.4% and 28.2% of residents in the State and Nation. Higher educational levels go hand in hand with better paying jobs. Being employed in a job that pays family living wages promotes health.

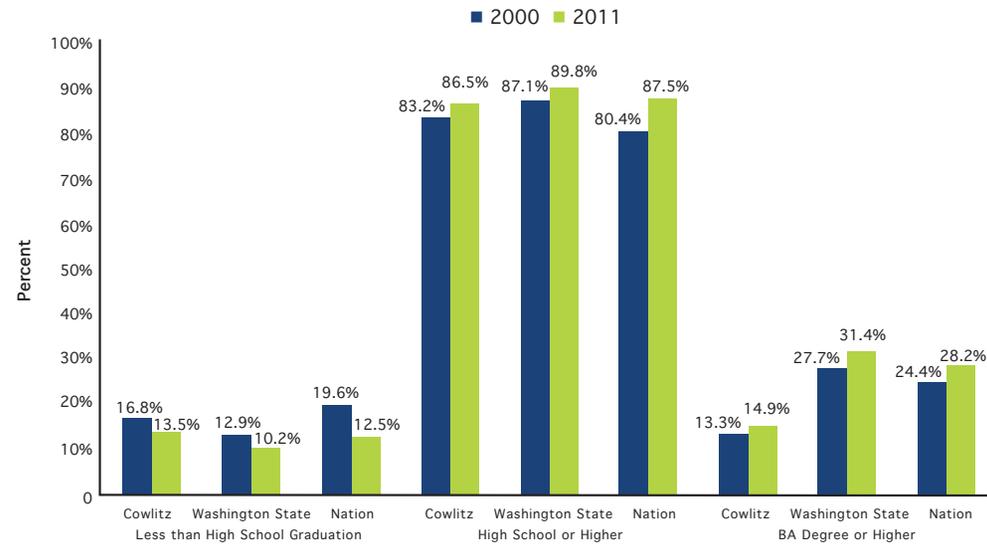
Like the other elements of Social Determinants of Health, economic vitality is seen affecting all levels of health. The Cowlitz Economic Development Council and its partners continue to look at several possible strategies for improving the community's economic vitality and quality



of place. For the employer the availability of small business loans, application of sustainable technologies, shared space or incubator opportunities, and partnerships with local colleges can help them strengthen their base and expand when needed. Job training and job enhancement classes can provide the worker with the skills needed to find employment. Coordination of high school career and technical classes can expand student opportunities for hands-on learning. Three economic development initiatives stand out when we look at the growth and sustainability of a vital economy in Cowlitz County.

On a smaller scale, Lower Columbia Community Action Program has fulfilled a six year dream to purchase and open a café and training kitchen. Grounds for Opportunity (GFO) serves as a job skills training center for CAP clients for the local restaurant industry and

Education Attainment, Adults Age 25+ Years Cowlitz County, Washington State, and Nation, 2000, 2011



Source: 2000 US Census, 2009-2011 American Community Survey, 3-year estimate

Education beyond High School

Cowlitz County has made steady progress in improving educational attainment, especially in the enrollment at Lower Columbia College.

GOAL: ≥ Equal to or greater than the State

the central kitchen provides daily meals for meals on wheels and senior community lunches. GFO opened as a social enterprise in August of 2012, helping to revitalize downtown Kelso by the remodeling of a closed business space into a meeting spot for the community. GFO has also taken on the Court House Cafe in the County's administrative building and is exploring other business models that will employ and train more individuals. Programs like GFO increase the community's economic vitality by providing jobs and training to displaced workers and reduce operational costs for subsidized meal programs through the availability of the central kitchen. GFO has become an important part of downtown Kelso.

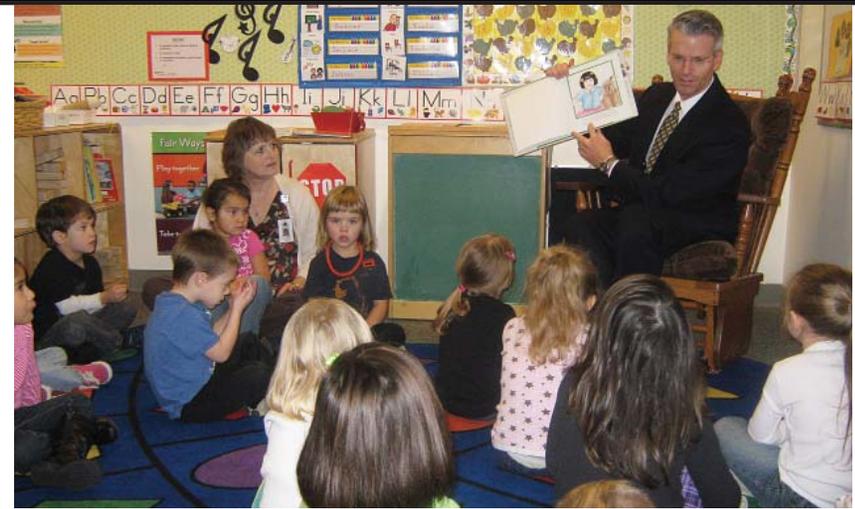
An example of a community's effort for economic vitality is the work by Castle Rock to invigorate their downtown with new sidewalks, streets, lighting, trees and shrubs, and many flowers from Castle Rock America in Bloom, to uplift the image and attractiveness of the business core. Castle Rock was able to develop their Streetscape project from their strategic planning efforts and close cooperation and communication with local businesses and residents. They adopted an "old town" theme and it has increased business visibility as people drive downtown. The work is being done in stages including an expansion of Memorial Park. Already the effort is paying off with reopening of local restaurants, businesses filling vacant storefronts and community events held in the downtown core. The spirit of Castle Rock can be seen in many ways from their flowers to their trails and parks and now to their revitalized downtown.



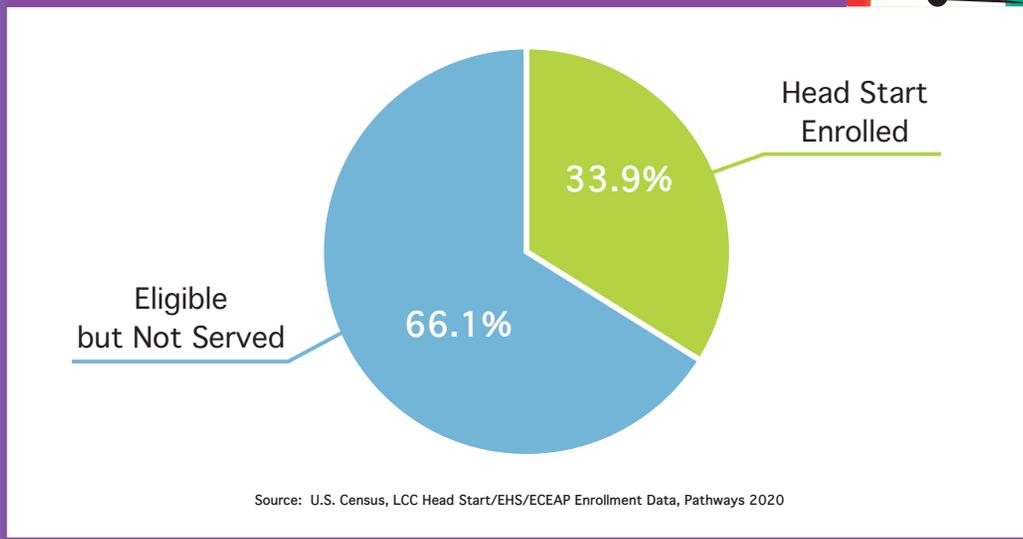
The Port of Kalama has taken the unusual position in its strategic planning and port development to place a high value on the quality of the community to draw new businesses and workers. The Port has been successful in attracting business with the reopening of the Benuu Glass Factory. The Port's comprehensive plan calls for developing a new business park just north of Kalama. Land has been acquired for the Spencer Creek Business Park, which has been home to the Kalama Fairgrounds. Recognizing that healthy and happy workers mean they will more likely be engaged in the community and wish to contribute to the health and wellbeing of the community, a new fairground, ball fields, a park and picnic area will be developed by the Port a short distance up the road. The development would also include trails that connect with the Meeker Street Trail in Kalama, Cress Lake, and the proposed Kelso – Kalama trail.

Education

Education is an essential element in the health of the individual and the community. An individual with a high school or college education has greater earning power and access to health care, recreation, education, and basic needs. In a community where only 14.9% of the adults have a four-year college degree, it can be compared to the slowly rising median household income which continues to be behind the State of Washington's. Overall literacy for the County based on the Robert Wood Johnson County Health Rankings finds that 10% of the adults are illiterate and read below a 5th grade level. These individuals often live in poverty, have little opportunities for future self-sufficiency and rely on publicly financed programs.



Cowlitz County Preschool Children Income Eligible for Head Start/EHS/ECEAP 3 - 5 Year Olds, 2012



Early Childhood Education

Lower Columbia College Head Start and ECEAP have done a good job seeking program expansion funds to serve more children. Threatened future federal funding could result in serving fewer low-income children.

GOAL: ≥ Equal to or greater than 32% of Eligible Children

Communities with programs that mentor youth, provide quality early childhood education programs, offer access to training and college degrees, and develop clearer paths with local businesses for career development raise the educational

Calls to Action

Personal

- Volunteer to be a tutor for school children or adults
- Donate to school foundations and scholarship programs
- Read and play with young children
- Access retraining or certification programs at Lower Columbia College to enhance employment opportunities
- Enjoy life-long learning

Community

- Enhance curriculum of child care centers and preschools through school district partnerships
- Participate in the Literacy Council activities to coordinate literacy efforts with businesses/schools/chambers
- Develop local capacity for additional Head Start classrooms
- Encourage business sponsorships of community literacy programs
- Encourage employers to offer flexible work schedules or incentives to employees for access to retraining or certification training at LCC

Policymakers

- Increase Head Start/ECEAP/Early Head Start funding
- Fund full-day kindergarten classes for all school districts
- Fund before and after school programs, including park and recreational programs that integrate physical activity and learning
- Fund mental health and substance abuse intervention and prevention in local schools to reduce barriers to learning success and support healthy behaviors

attainment level of the community and consequently it's health for individuals. In Cowlitz County three efforts are beginning to make a difference in the education level of adults and children and can lead to a healthier community.



Lower Columbia College's Head Start and ECEAP provide quality early childhood development and family services to 498 children from prenatal to five years of age. Children from low income families comprise the enrollment of the classes. Combined, the programs are able to reach 33.9% of the income eligible three and four year olds in the County. This is a good start for the community's development of early childhood education, but the programs have a waiting list of 220 children who will likely never be enrolled in the program and more than 1000 children throughout the County are eligible but are unable to be served.

A growing literacy movement in Cowlitz County has been led by the Cowlitz Economic Development Council and educators. Cowlitz EDC and businesses recognizing the value of education for a secure and expanding workforce have made the commitment to improve education and literacy. A group of 35

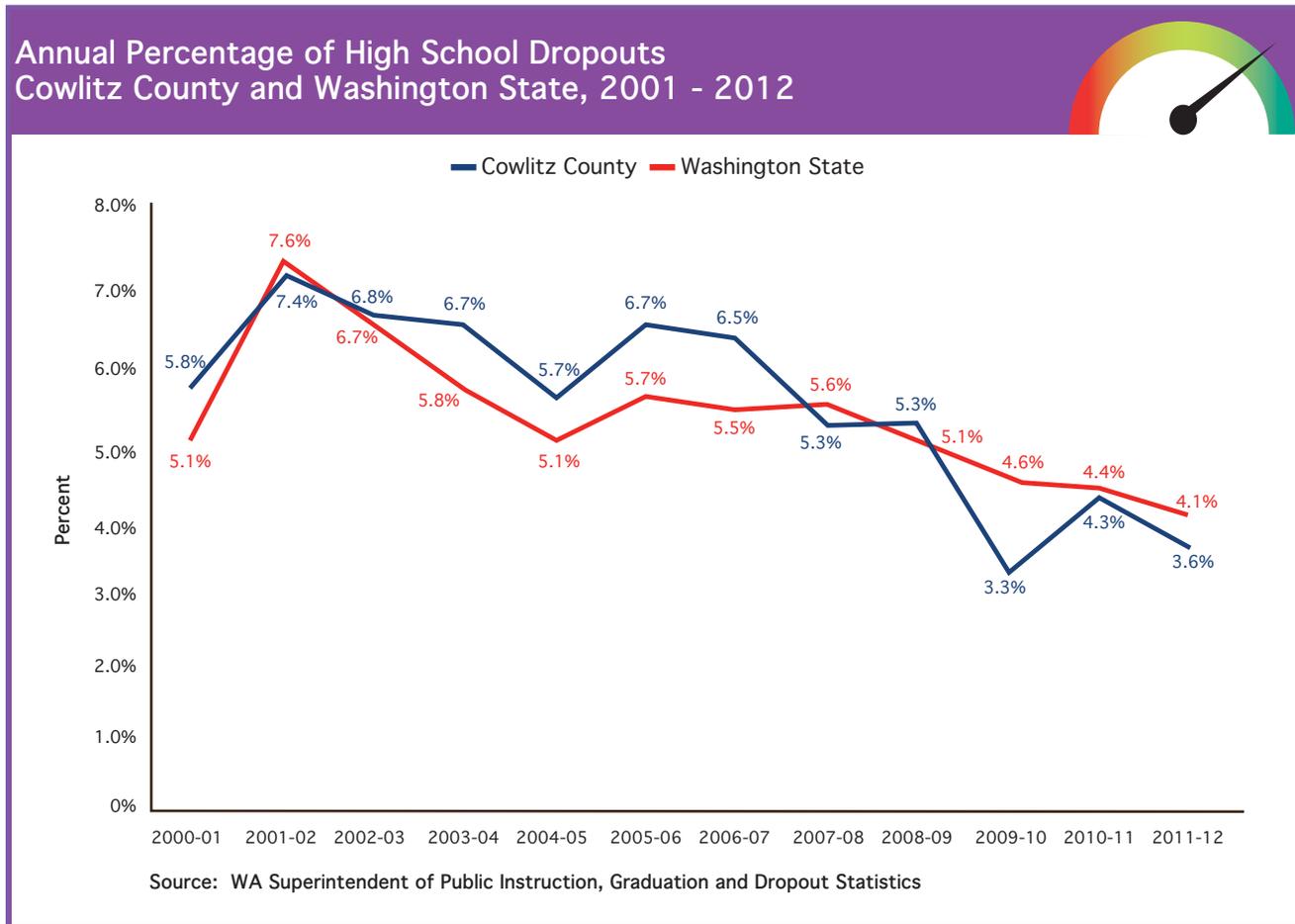
individuals and organizations meet monthly to coordinate literacy programs for children and adults, promote literacy in all aspects of business and community life, and develop clear goals for the literacy and education level for all residents. Programs such as Reading Is Fundamental, libraries, and schools work collectively to provide children with books and encourage the joy of reading. Adults needing basic education find their support through Lower Columbia College and tutoring programs such as those offered by the Longview Public Library.

While the community is beginning to see the benefits of early childhood education and improving literacy to strengthen health and economic security, the community continued to lag in a college-educated workforce. Lower Columbia College has taken the lead to develop a university center which offers 4-year college degrees in Cowlitz County and will not require students to travel far to find the education they need. Beginning in the fall of 2013, LCC's University Center will be offering 4-year degrees through Eastern Washington University. Other programs will follow giving students the opportunity to stay at home and be engaged in family and work while beginning or continuing their college education.

Educational attainment is the tide that floats the health of the community. Education is not just about ABCs, but literacy for living daily lives such as health literacy, employment skills, interpersonal skills, and family



development. Cowlitz County has developed a rounded approach that is beginning to improve the educational attainment of adults. Between 1997 and 2012, according to the U.S. Census, the number of 18 to 24 year olds enrolled in school or college has risen from 42% to 55%. This is in part driven by the local economy, but also by the competition and the need to find adequate employment opportunities. Up through the 1990s, it was often said that a student could quit school or graduate from high school and the next day be working at one of the local major manufacturing facilities. These were good jobs that paid well, had benefits, and provided family security. Along with employer paid health benefits came personal income that paid for housing, recreation, and individual health for all family members. Today these jobs are not available without a high school degree and technical skills; and the ability to use computers, demonstrate math skills, and work in a team environment. The high school dropout or the person with only a high school education is at a severe disadvantage and makes up a disproportionate share of the unemployed workforce.



High School Dropouts

Local high schools have worked hard and there has been a steady reduction in the number of dropouts and it is now better than the State's numbers. The cohort on-time graduation rate has also improved.

GOAL: ≤ Equal to or less than the State

Health

The health of the individual is a result of behaviors, environment, and access to resources. While it is important to practice healthy behaviors, an important part of the health equity picture is the access to health services, medical and dental. Without access to health care an individual can miss employment and schooling, be unable to function on a daily basis, which can impact their economic security and opportunities for a healthy life.



Calls to Action

Personal

- Quit smoking; don't start smoking
- Participate in your workplace wellness program
- Get regular preventative dental and health exams
- Practice healthy behaviors – exercise for 30 minutes per day, eat fresh fruits and vegetables, and reduce stress
- Start or join a walking or biking group

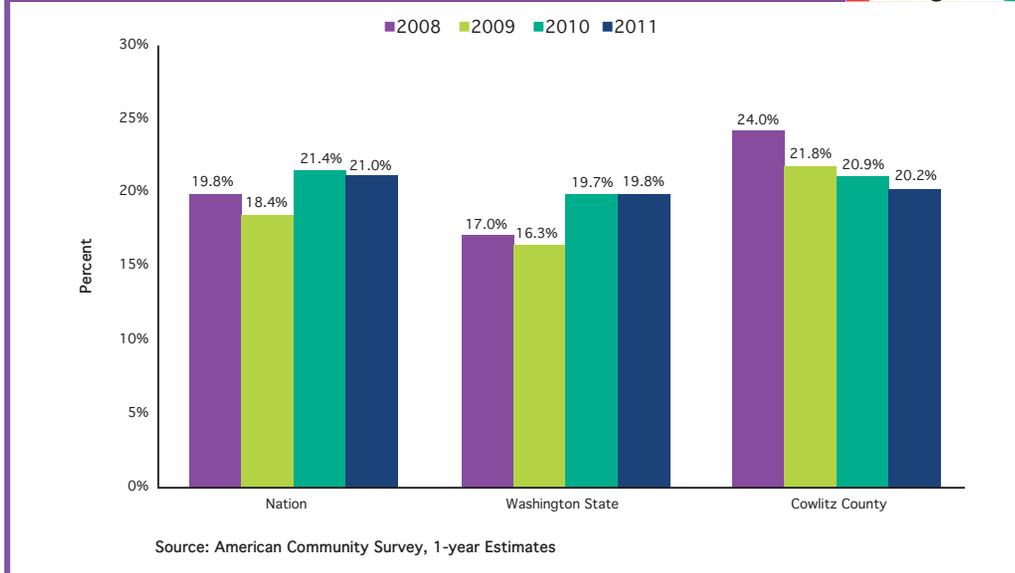
Community

- Expand physical activity periods/physical education at local schools
- Identify, assess and monitor community health indicators
- Assess how your organization can support one or more of the County health priorities
- Identify, assess, and address health disparities and disparities in access to health care for racial and ethnic groups and for groups based on socioeconomic status, geographic location, and age
- Promote community recreational activities, such as runs, walks and Bike to Work Week

Policymakers

- Leverage outside funding and resources to develop programs that holistically treat individuals with co-occurring disorders
- Adopt ordinances for tobacco free public spaces
- Leverage funding and resources to support school based health initiatives
- Implement incentives and regulations for employers to offer health insurance to employees
- Adopt policies that promote better transit access in order to assist low-income and vulnerable populations access health care services

Adults (18-64 years old) Without Health Insurance
Cowlitz County, Washington State, and Nation, 2008-2011



Adults without Health Insurance

The rate of Cowlitz County adults with health insurance remains at only 4 out of every 5 adults. It is anticipated the Affordable Healthcare Act will improve this number, but how much better is unknown.

GOAL: ≥ Equal to or greater than the State

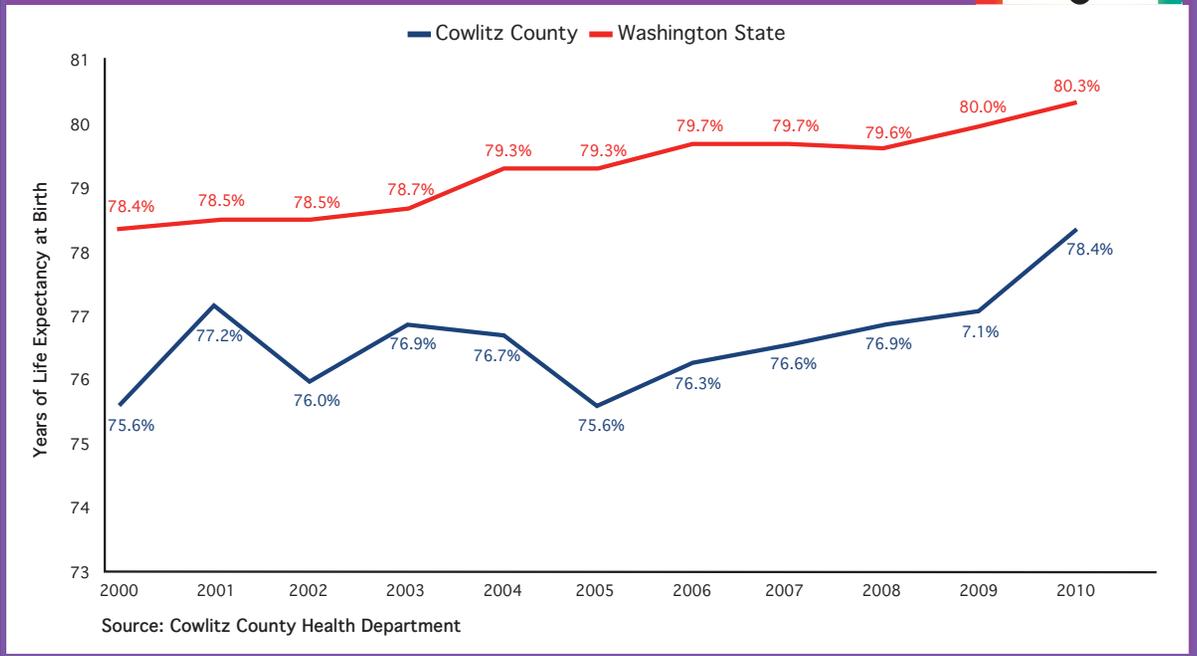
According to the 2011 American Community Survey, 20.2% of adults 18 to 64 years of age (12,425) are without health insurance. They must rely on either charity from service providers such as the Community Health Partners' Free Medical Clinic, Cowlitz Family Health Center, or be willing to run up medical bills that they will never be able to pay. In too many cases, the patient waits until the condition is so bad that it takes extended and costly treatment to make the person well.

The same can be said of adults without dental insurance, which according to the 2010 BRFSS stood at 44%. Last year PeaceHealth St. John Medical Center provided more than \$29 million in charity care, the equivalent of 6% of their revenue.

All communities have issues regarding access particularly during times of poor economy. Access to health care services can benefit from several strategies that have been used locally and across the nation. Funding is obviously one solution. In communities it is important that culturally appropriate care, health advocacy, and policy advocacy to expand access to health care occur where ever possible. Community decision making that includes health goals and planning and development are important. Socio-economic factors should be considered as well as the need to provide services for all age levels and cultures.

In 2010 the Cowlitz County mortality rates exceeded averages for the state and were significantly higher for Alzheimer's, diabetes, and chronic lower-respiratory

Life Expectancy (years) at Birth Cowlitz County and Washington State 2000 - 2010



Life Expectancy

Cowlitz County has improved its overall life expectancy. Smaller cities in the County continue to have longer life expectancies and Caucasians longer than other ethnic groups.

GOAL: ≥ Equal to or greater than the State

diseases. The average life expectancy at birth in Cowlitz County is lower than the average life expectancy at birth for the State. Due to these and other factors, the Robert Wood Johnson 2013 County Health Rankings give Cowlitz County a rank of 35 out of 39 counties for Health Factors. The ability to have access to clinical care scored higher at 21 out of 39.

Access to health care and health promotion are strong activities in Cowlitz County. A notable project is the expansion of the services by the Cowlitz Family Health Center (CFHC) with the opening of a new medical clinic in Kelso. CFHC already provides clinic services in Longview, Woodland, Cathlamet and Ocean Park. In 2012 they served 22,165 patients with 83% of them below 200% of the Federal Poverty Level. The new Kelso site will serve upwards of 4,000 patients annually. Given the demographics of South Kelso, this is an important resource to place in a neighborhood that improves immediate access to health care.



Similarly, a developing but often unknown resource in the County has been the Cowlitz Tribal Health Center. Since the Cowlitz Tribe's recognition by Congress in 2000, they have expanded their services for diabetes education, substance abuse, mental health, and primary care. Last year they opened their new Tribal Health Center in Longview. Cowlitz Tribe provides a bus service to improve access for its members and works collaboratively with other health providers to insure that members have access to the best care available.

In December 2012, the Cowlitz County Commissioners adopted a .1% sales tax dedicated to funding behavioral health programs. This decision was based on the work by community agencies, patients, and advocates to identify mental health and substance abuse needs, explore best practices, and develop a solid rationale for the additional tax. Community support was strong and few spoke out against the proposal. The behavioral health tax funding will stabilize funding for drug court and expand services for behavioral health and substance abuse initiatives with a focus on prevention.



An example of community collaboration leading to improved quality and access of care is provided through the Cowlitz Comprehensive Healthcare Project. Cowlitz Family Health Center (CFHC), Drug Abuse Prevention Center (DAPC), and Cowlitz County Guidance Association (CCGA) have worked together for the past six years to develop partnerships and collaborative services in all of their clinics. The result today is a partnership that focuses on patient services and quality care. CCGA provides a Behavioral Health Specialist to work at CFHC and DAPC. CFHC is available with medical staff and consultation with DAPC and CCGA. The accomplishments, born of the joint mission and vision with the Cowlitz Comprehensive Healthcare Project, have resulted in a combined all staff training budget, provisions for administrative simplification, mental health system transition, and care management project. The partnership is one of only four sites in the nation to implement an Inaugural Primary Care Integration project. The Strategic Alliance Agreement adopted in 2007 between the partner agency Boards of Directors defined a common mission and vision for integrated services.

Long-term strategies for improving the health of the community start first with identifying resources, needs, assets, and common strategies. The Community Health Improvement Plan (CHIP) is a collaboration of Cowlitz County Health Department, PeaceHealth, Kaiser Permanente, Cowlitz Family Health Center, and Pathways 2020. Through focus groups, online surveys, and a community forum, the Community Health Improvement Plan identified three County health priorities.

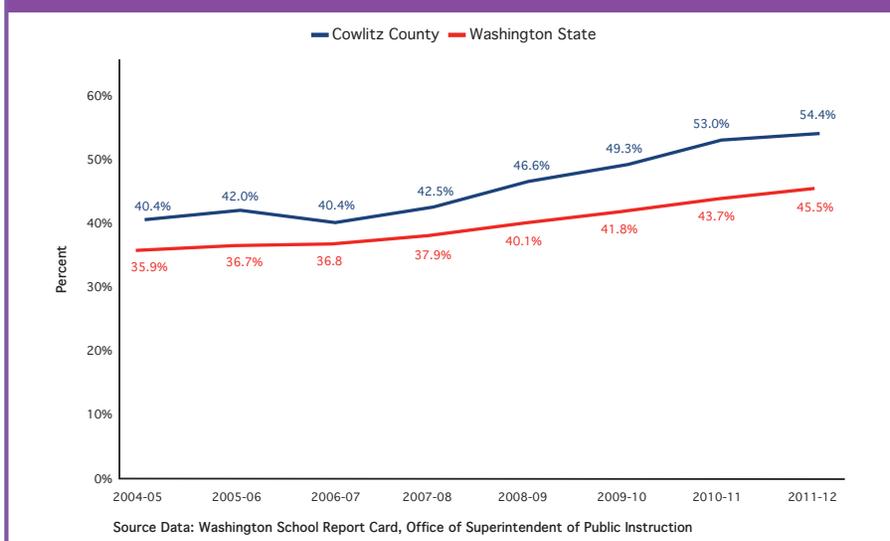
- Improve economic opportunity
- Increase healthy habits for all ages
- Healthy starts for all kids

The partners in the CHIP are developing a methodology for shared measurements, which will allow community and government agencies to access data, and working with local agencies to adopt the three priorities as part of their strategic plans. PeaceHealth St. John Medical Center was the first to incorporate those goals as part of their Community Health Needs Assessment. CHIP is confident that other partners will follow. The real work will come from the relationships and collaborations that develop by having common health priorities.

Access to Healthy Foods

Food powers the individual and, in fact, the community to health equity. An adult with poor nutrition finds it more difficult to find and keep a job and often ends up with additional health concerns. Poor nutrition can lead to obesity and other poor dietary habits, which are linked to chronic disease and early death. In 2011, Food Lifeline estimated that 1 in 5 residents were unsure of where their next meal would come from. The 2011 Low-income Consumer Survey by Lower Columbia CAP and Lower Columbia College Head Start/ECEAP asked, "In the past 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there was not enough money for food?" The report found that 50.6% responded yes, and 8.6% said they had cut a meal or skipped a meal for a child.

Free and Reduced Lunches
Cowlitz County and Washington State, 2005 - 2012



The number of people relying on food stamps and free and reduced lunches in our schools is growing at a pace faster than the State of Washington's. In 2012, the City of Kelso residents had the highest number of food stamp recipients in the State followed by Longview in 6th place. Long established programs such as the FISH food banks, churches, and Lower Columbia CAP Help Warehouse provide the core of charity distribution of foods to low-income households. In addition, new avenues for producing or serving local and healthy foods throughout the County are being planned and implemented.



Calls to Action

Personal

- "Plant an Extra Row" - donate extra food from backyard gardens and fruit trees to food banks
- Donate healthy foods to food drives
- Purchase locally grown and produced foods
- Reduce consumption of sugary foods with little nutritional value
- Donate seeds and compost for those who can't afford to garden

Community

- Develop initiatives to remove junk food and soda from schools
- Adopt workplace policy that ensure healthy meal options for meetings onsite or nearby that are well promoted
- Identify, assess and monitor healthy food access and food system indicators
- Increase institution/business commitment to purchasing locally grown and produced foods
- Encourage Farm to School purchasing for local school districts, and work to reduce buying barriers

Policymakers

- Develop local ordinances that support urban agriculture and backyard, school and community gardens
- Adopt policies and programs that increase access to farmers markets and create economic opportunities for local food producers and retailers that create/sell healthy food
- Adopt strategies to increase the purchase of fruits and vegetables at farmers' markets by low-income residents
- Provide community garden plots at a reduced cost for low-income households
- Ensure food system elements are incorporated into community planning processes

Neighborhoods that have less opportunity to purchase healthy foods are often known for poor health conditions. In 2010, Cowlitz On The Move, Pathways 2020, and the Cowlitz County Health Department produced the Community Food Assessment of Cowlitz County. The report mapped the low-income neighborhoods and their lack of grocery stores in the neighborhood and the availability of fresh produce. In Cowlitz County, foods that are most accessible are the unhealthy foods, likely contributing to the County's high rates of obesity and chronic disease.

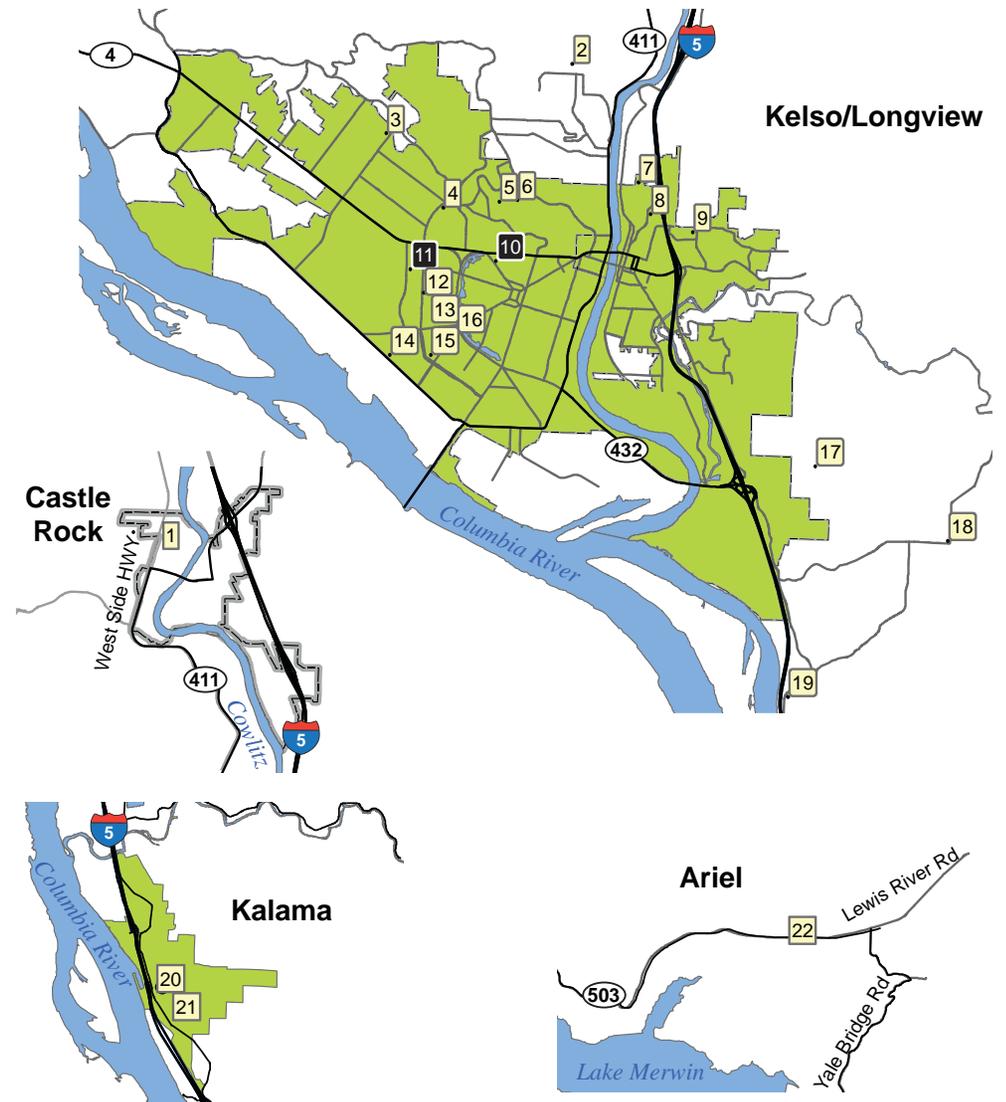
The ACHIEVE team of Longview and now the Cowlitz County Health Department have addressed the issue by developing strategies for healthy corner stores, particularly in the Highlands Neighborhood. Employees assess the store layout and display of fresh fruits and vegetables, location of alcohol and tobacco products, neighborhood wants and desires. At the St. Helen's Grocery Store, the layout of the store has been changed with the alcohol beverages moved to the rear and away from the produce section. Bright color displays and banners highlight the availability and benefit of fresh fruits and vegetables and an emphasis is placed with the local neighborhood association urging families to shop for fresh produce at the St. Helen's Grocery Store. The effort is to make the food both accessible and to also provide economic opportunities for the local store.

Five years ago there was the Longview Community Garden and Northlake Elementary School Garden as opportunities for family and student participation in growing their own food. Today, there are community gardens in Longview, Castle Rock, and Kalama and the number of school gardens has expanded to 16. The benefit for the student is an understanding of where their food comes from, the tasting of new foods, and the personal satisfaction and self-esteem by working in the garden. Teachers have noted that time in the garden for many students results in more intensive work in the classroom and better learning opportunities. Leadership for Lower Columbia School Gardens is a council of local parents and advocates who support school gardens for both health and educational outcomes. They have been successful in raising funds, securing grants, and more importantly developing community support to make school gardens an intricate part of school districts and individual schools. From Longview schools to a community as small as Yale, school gardens are improving access and appreciation of healthy food.

1. Castle Rock Community Garden/Orchard Project
2. Beacon Hill Elementary
3. Mint Valley
4. Columbia Valley Gardens Elementary
5. Cascade Middle School
6. Columbia Heights Elementary
7. Barns Elementary
8. Huntington Junior High School
9. Butler Acres Elementary
10. Northlake Elementary
11. Longview Community Garden

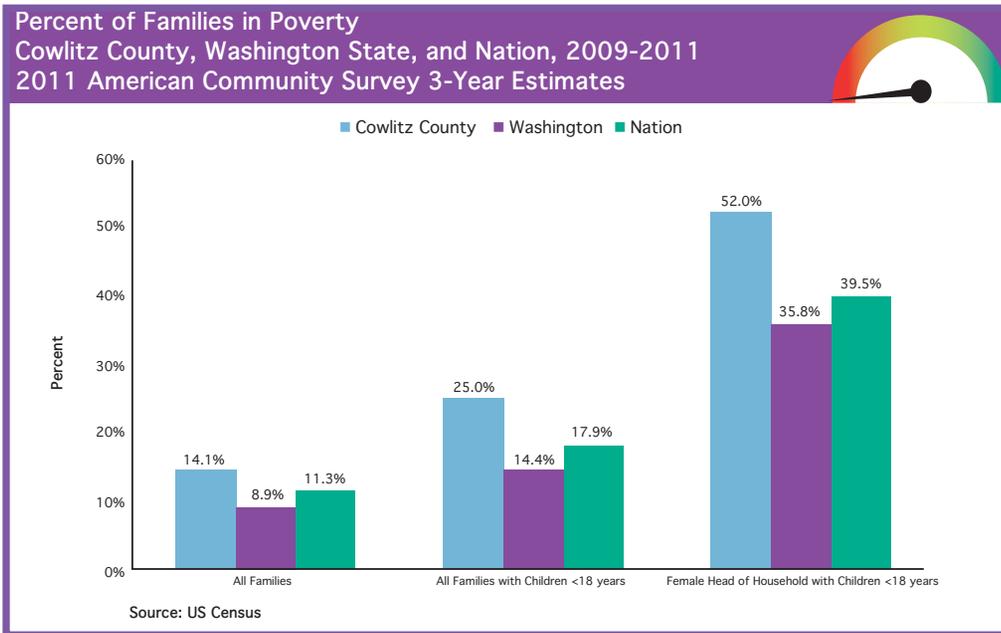
12. Olympic Elementary School
13. Monticello Middle School
14. Highlanders Neighborhood Garden
15. St Helens Elementary School
16. St Rose Catholic School
17. Family House Academy
18. Rose Valley Elementary School
19. Carrolls Elementary School
20. Kalama's 3rd Street Garden
21. Kalama's Military Road Garden
22. Yale Elementary School

■ Prior to 2007
 ■ 2007 - 2012



Social Cohesion

A strong social network, a feeling of belonging, and ability to access resources when a person needs them, are elements that contribute to reducing health inequities. Social cohesion is a process of building shared values and communities of interpretation, reducing disparities in wealth and income, and generally enabling people to have a sense that they are engaged and are members of the same community. Public safety, volunteerism, racism, social injustice, and education can be impacted by social cohesion. Robert Wood Johnson 2013 County Health Rankings found that 22% of Cowlitz County residents reported not having social/emotional support during a time of need. This reflects the second highest rate in the State of Washington.



Families in Poverty

Single female head of households with young children experience a poverty rate of more than 50%. The county poverty rates have run higher than state and national rates for more than two decades.

GOAL: ≤ Equal to or less than the State

Poverty, unemployment and homelessness all contribute to a community's social discord. The 2011 American Community Survey depicts that 25% of Cowlitz County families with children less than 18 years are living in poverty, compared to 14.4% in the State. Most striking is that 52% of female head of households with



Calls to Action

Personal

- Start (or join) a neighborhood association for your area
- Volunteer to support organizations and events that advocate for social justice
- Volunteer to help plan local community and cultural events
- Register to vote; educate yourself about the issues; vote!
- Participate in meetings of local councils, boards and commissions

Community

- Hold at least one community event to celebrate diversity each year
- Develop anti-bullying programs in all schools
- Offer best practice parent education programs in the community
- Identify and form a coalition of organizations working on social justice issues, with representation from under-served communities
- Create grass-roots community involvement opportunities

Policymakers

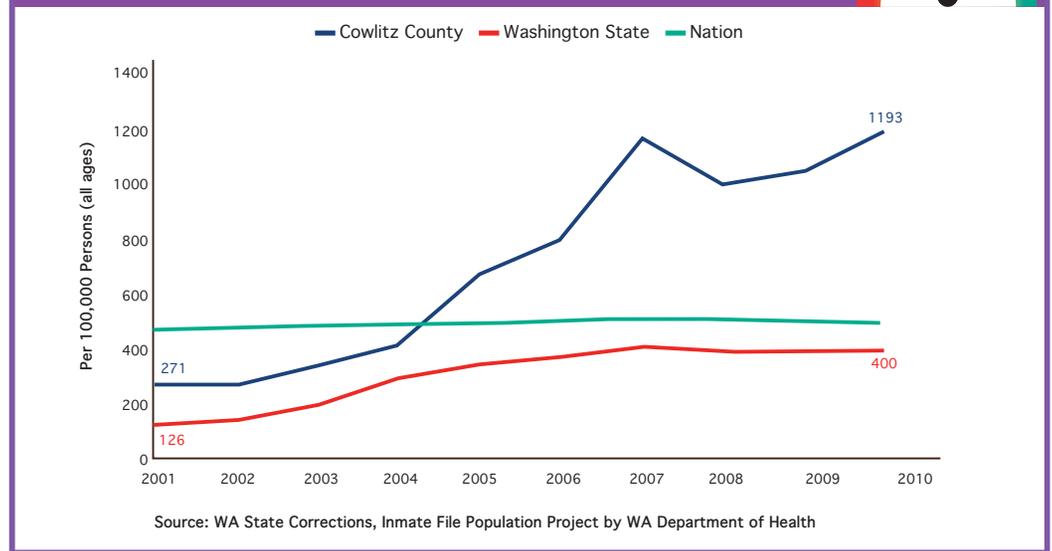
- Identify leaders willing to develop and lead a "cultural competency" initiative that includes the non-profit, private and public sector, as well as the public at large
- Expand public/private housing development that helps reduce homelessness
- Adopt a diversity policy to ensure that boards and committees that advise government efforts are culturally inclusive
- Fund programs to mentor vulnerable youth, such as children of incarcerated parents
- Build public places/spaces for social gatherings

children less than 18 years in Cowlitz County live in poverty, compared to 35.8% in the State.

Many communities have taken steps to improve social cohesion and the results have affected the community's health and other social determinants of health. Subsidized housing, tenant organizations, removal of unsafe or abandoned buildings in a neighborhood, safe play grounds, and neighborhood Block Watch groups can help families be connected and build safer neighborhoods.

More and more communities are looking at ACEs (Adverse Childhood Experiences) as indicators of future poor health outcomes. One of these factors that prey on a family is to have a family member incarcerated. In 2010, Cowlitz County had 1,193 adults in county or state jail populations, one of the highest in the State of Washington. This translates into a high number of children who are impacted by a parent's incarceration.

Prisoners in State Corrections System (Adults 18+)
Cowlitz County, Washington State, and Nation 2001 - 2010



The ethnic and race diversity of the community remains primarily Caucasian at 88.9% of the population according to the 2010 US Census Quickfacts. There is a rapidly growing Hispanic population that now makes up 7.8% of the population.

Elected officials will tell us that the most powerful influence that they face is voters at the ballot box. While voting participation is improving in Cowlitz County, we still have a smaller percentage of registered voters who vote than on average within the State and we are in the bottom 20% of the 39 counties for participation in 2012. Not voting equals no voice, which can equal unpopular political decisions.

The 2011 Point In Time survey by the Housing First Coalition reported that 30% of Cowlitz County's homeless population is the result of domestic violence. Homelessness is often misunderstood. In Cowlitz County, a band of advocates and community leaders is making a difference. Housing First, the local homeless coalition, has developed and is implementing a 10-year plan ending homelessness and more importantly helping the community recognize who the homeless are and how they are a part of the community as a whole. Community organizations such as L♥ve Overwhelming, Love INC, and Community House on Broadway help recruit volunteers to provide shelter and feeding programs for the homeless but more importantly help them find permanent housing, access to health care, school enrollment for the children, and employment opportunities.

Defining social cohesion is a relatively new idea in the community. It is one way to improve health outcomes by being connected to family, neighborhood, and resources that reduce risk and health inequities. Giving someone a voice in their outcomes is extremely valuable. One of the more



successful projects in the last four years has been the Highlands Neighborhood Association (HNA). It took the initial assessment planning results for the neighborhood and brought together residents to form an association and employ a “coach” who could guide them in developing the HNA. Based on the requests of residents in the neighborhood, HNA established a library, meeting room, barter bank, and community garden. In the spring of 2013, HNA received a grant and support from local business to purchase a home and turn it into a community center. This is becoming a focal point for neighbors and will be one of the keys to continue development of HNA now that the availability of a coach has ended. An important function that HNA plays is connecting neighbors with schools, community events, and services.



Castle Rock has taken volunteerism and civic participation to a new level. America in Bloom in Castle Rock has introduced floral displays, landscaping, and sidewalk beautification with colorful flowers. The change has been so dynamic that the city was awarded the 2012 prize for the best hanging baskets in the nation.

Cowlitz County is fortunate to have civic minded organizations and local government that support community events of all types and sizes. One group that has been important in helping the community face ethnic and race questions has been the Ethnic Support Council. The International Festival is sponsored by the Ethnic Support Council with support from city and local businesses. It provides a forum for art, culture, food, and discussion that highlights the diversity found in Cowlitz County. Annually local churches, health providers, and non-profits hold a Hispanic Health Fair, which draws 600 visitors. The Cowlitz Tribe that was recognized by Congress in 2000 has become active members of the community in terms of both service and contribution to the Native American education and culture.

Low cost or free recreational opportunities can build connection within families and neighborhoods. Many events are planned and staged by volunteers throughout the County. The County Fair, Longview’s Go Fourth Celebration, Woodland’s Planter’s Days, Mountain Mania in Castle Rock, the Kalama Community Fair, and Kelso’s Highlander Festival attract families and visitors. Local churches, schools, clubs, and civic organizations offer community dinners and events that can help connect an individual to the neighborhood.

Music has played an important role in bringing families together particularly with Longview’s Concerts at the Lake which attract more than 1500 listeners to a weekly free concert during the summer, as well as the Kalama Blues Festival, school concerts, Columbia Theater performances, and music and programs through Lower Columbia College. A new effort is Music on the Mountain, a summer concert series held at the Johnson Observatory on Mt. St. Helens. Concerts are free and provide a venue for families to enjoy the outdoors, take part in physical activities, and to enjoy music with others.



Access to Physical Environment

Being physically active along with good nutrition, access to health care, and the other elements of social determinants of health contribute to healthy outcomes and a reduction of inequities. Health inequities occur when streets, typically in poor neighborhoods, have no sidewalks or sidewalks needing repair. If our built environment cannot accommodate the individual who wants to be physically active, they will often be discouraged and not pursue the matter any farther. Robert Wood Johnson 2013 County Health Rankings identified that 37% of Cowlitz County residents lived within a half a mile of a park, compared to the State average of 49%. The report also showed that access to recreational facilities per 100,000 population was limited to 7 in Cowlitz County while the State average was 11.



Calls to Action

Personal

- Volunteer to be involved in a youth sports activity
- Support your children's participation in sports and recreational activities
- Walk, bike ride, or hike with your family
- Volunteer for trail and parks cleanup events
- Advocate for expansion of trails and parks systems

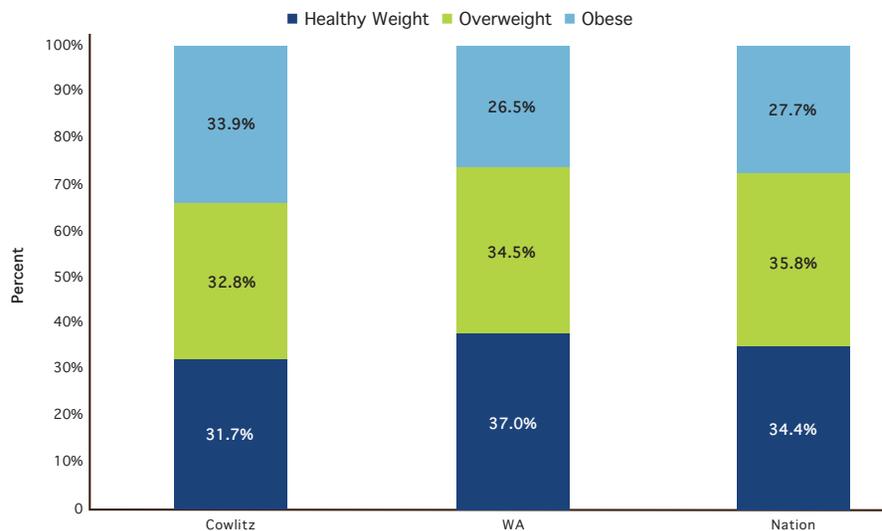
Community

- Sponsor local youth sports and recreation activities
- Offer worksite wellness programs for employees
- Support service organizations efforts to expand local recreation opportunities
- Develop and implement Safe Routes to School projects
- Promote access to local parks and trails through way-finding signage and a community trails map

Policymakers

- Develop joint-use agreements with community institutions to expand public access to indoor recreation at nominal cost
- Establish development standards that promote walking, cycling and physical activity
- Adopt Great Streets concepts and implement concurrently with street improvement projects
- Form public-private partnerships to fund new parks and trails
- Prioritize building of new walking trails in low-income neighborhoods that lack walking infrastructure

Computed Body Mass Index (BMI) Categories
Comparing Cowlitz County, Washington State, and Nation, 2011



Source: WA Department of Health, 2011 BRFSS
NOTE: Earlier data can't be compared to the 2011 data because the 2011 BRFSS data uses a combined data set for the first time.

Healthy Weight

Data collection methods have changed and cannot be compared to earlier years. Obesity is an increasing national problem and a contributor to Diabetes and other life shortening conditions.

GOAL: ≥ Equal to or greater than the State

For many years, Cowlitz County has had a problem with obesity. While it is an issue for the entire country, Cowlitz County now has more adults who are obese than people who are overweight. 2011 BRFSS data found that 33.9% of the population was obese, 32.8% over weight, and 31.7% at a healthy weight. This compares to the healthy weight of 37% for Washington State and 34.4% for the nation. The rate of physical inactivity by adults is also higher at 23% compared to the state at 19%. Cowlitz County's ranking of health behaviors is 39 out of 39 counties in the 2013 County Health Rankings.

Having a community that has a more useful and appealing physical environment is more than just buildings and streets. Having safe playgrounds in neighborhoods and animal control can improve access to trails and parks. Likewise the reduction of gang activity in neighborhoods, increases in trail and sidewalk lighting, and reduction of drug related crime are also steps to promote physical activity. Exercise programs and recreation activities in all communities would be important. The same is true for architectural designs and building and development standards that have a decrease in gated communities and cul-de-sacs and an increase in sidewalks, porches, and mixed income housing. Community centers can be homes for recreation, nutrition, education, and cultural activities located closer to neighborhoods. Schools that have maintained an increased recess time and PE classes demonstrate increased learning in students. Providing intramural sport activities available to all income levels further encourages physical activity.

A lasting effort will come from the recently reorganized Cowlitz On The Move Coalition. While focusing on healthy lifestyles and activities that promote eating smart, playing hard, and breathing free, coalition members are increasing their strength and successes by focusing on policy, system, and environmental change. The focus of their efforts will be to develop low cost solutions for increased physical activity and the physical environment that promotes active lifestyles.



A goal by healthy lifestyle advocates had been the introduction of Complete Streets design. Complete Streets policy ensures that transportation planners and engineers consistently design and operate the entire roadway with all users in mind. Safe streets, reduction of traffic congestion, encouragement of economic development and building road networks that are safer, more livable, and welcoming to everyone improve the quality of place. Pathways 2020 has supported several local planners and elected officials to attend Complete Street conferences. Today, the effort is on completing and adopting the Great Streets concept for Kelso and Longview. Developed by the Cowlitz-Wahkiakum Council of Governments, the Great Streets concept grows from the idea that this is a great place and that all that we do should enhance it, primarily through personal transportation and access. A street is a place where people live, work, play, and move. It is the public forum where we do business, deliver goods, come to meet, or just to watch each other. It is a destination, not just a means of moving from point A to point B. Street designs that slow traffic, reduce the risk of car pedestrian accidents, and allow for greater bicycle use provide additional health outcomes

for the community. The Great Streets concept plan has been written and will be reviewed by local government over the next year. The plan will allow for changes in systems, when funds and time allow and include zoning and development standards that promote active lives.

Six years ago with support of local foundations, grants, and private donations, Toutle River Ranch (TRR) built the Wollenberg Community Gymnasium. The multi-purpose facility was developed to promote physical fitness, healthy living, and positive activities for youth and families in Cowlitz County. Access to free and low-cost recreational opportunities for low-income children and their families is emphasized. Today, the gymnasium is a hub of activity for preschoolers, teens, families, and senior citizens. In 2011, TRR began the Physical Education Program (PEP) with before and after school programs for middle and grade school students. PEP emphasizes physical activity and nutrition. More than 420 students from 11 schools are enrolled, plus a project for home schooled students is held at the gym.



Another project underway that has great hope for completion is a swimming pool for Woodland. Non-profit organizations and citizen participation has led to the selection of a site and plans for fundraising and construction. Woodland, through volunteers and the leadership of their Rotary Club, is also developing the Scott Hill Recreation Park, which will offer ball fields and playgrounds for children, youth, and families. Castle Rock has already accomplished the development of the North County Recreation Park built by volunteer businesses and individuals providing baseball and soccer fields, outdoor play equipment, and family picnic and recreation areas. In both Woodland and Castle Rock, the availability of parks and ball fields increases participation in active lifestyles for children and youth.

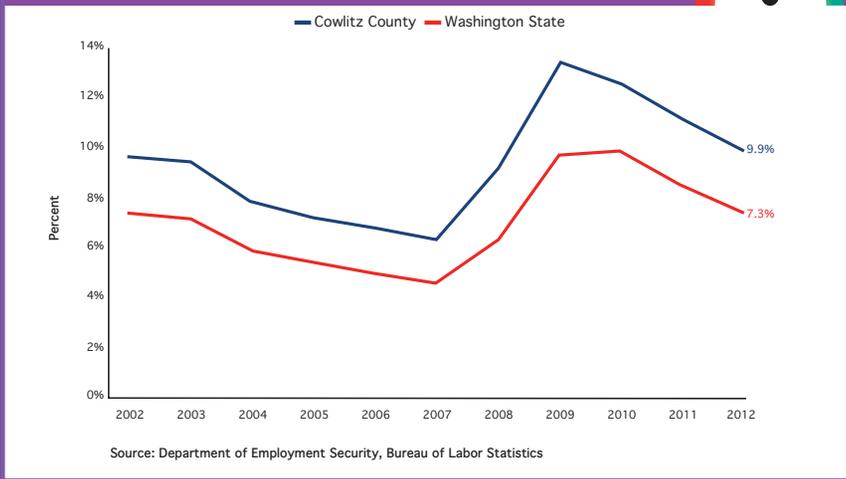
Noteworthy in the realm of increased opportunities for physical activity has been the addition and planning for new trails throughout the County. Cooks Ferry Trail, developed by Cowlitz County, the Highlands Neighborhood Trail, developed by the Highlands Neighborhood Association and the City of Longview, the Meeker Street Trail in the City of Kalama, proposed rail to trail projects in the Toutle community, and a trail linking Kelso and Kalama are works of Pathways 2020, Cowlitz On The Move, and Cowlitz County. Once trails have been developed in a community, they offer years of access and opportunity for use.

A quality physical environment also means a clean environment. Within the community, the access to the physical environment has benefitted the County and City recycling efforts of residential waste. Cowlitz County in the last two years has added four new drop stations for recycling and the City of Longview has enhanced their curbside recycling program. This helps reduce litter, maintains that attractiveness of neighborhoods and parks that encourage people to be outside and active. The rate of recycling in Cowlitz County exceeds the State level by several points.



Cowlitz County Indicators - The following graphs represent data that has been reviewed in earlier report cards. 2010 Behavior Risk Surveillance System (BRFSS) data cannot be used to compare to 2011 BRFSS data because it uses a combined data set for the first time.

November Unemployment Rate (not seasonally adjusted)
Cowlitz County, Washington State, and Nation 2002 - 2012

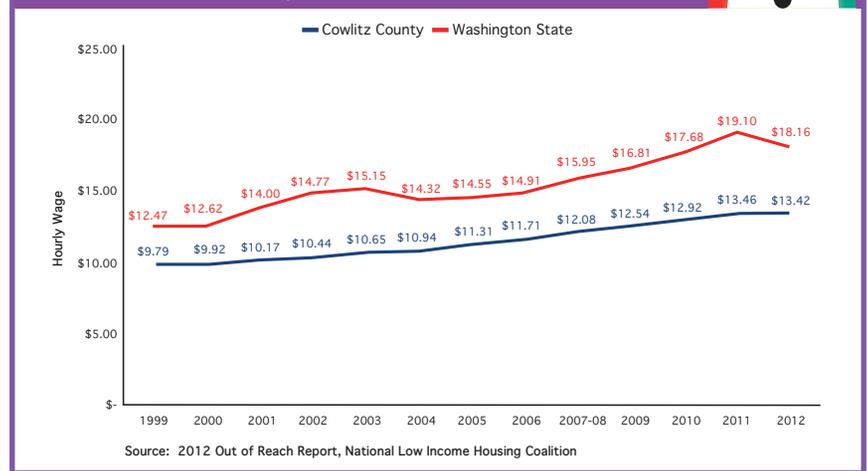


Unemployment

The up and down unemployment cycle for Cowlitz County mirrors the state unemployment rate. The recent improvement shows a strengthening of the economy. Cowlitz County's rate has been historically 1-3 percentage points higher than the state percentage of unemployment.

GOAL: ≤ Equal to or less than the State

Housing Wage: The Hourly Wage Needed by a Fulltime Worker to Afford a 2-Bedroom Rental Unit (FMR) Comparing Cowlitz County and Washington State 2001 - 2012

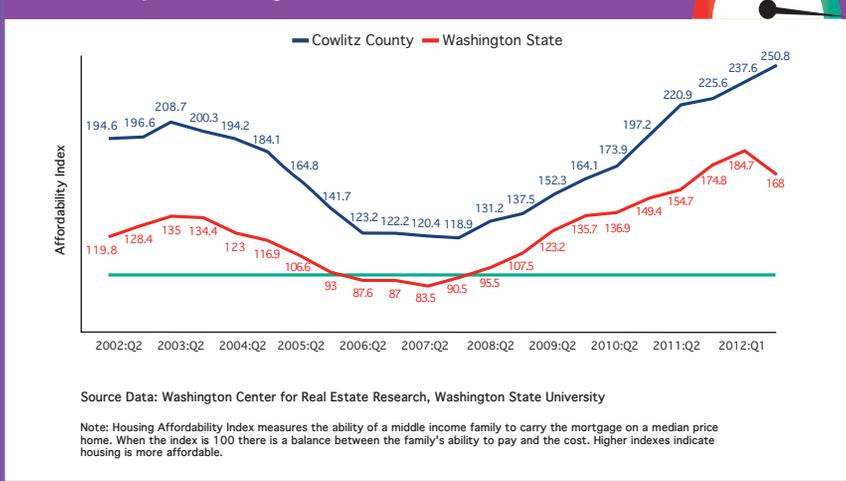


Housing Wage

Housing Wage represents the hourly wage a worker needs to afford a 2-bedroom housing unit. More than 50% of Cowlitz County renters are paying more than 30% of their household income for housing. This restricts what money they have available for other essentials.

GOAL: 75% of the State Rate

Housing Affordability Index
Cowlitz County and Washington State, 2002-2012

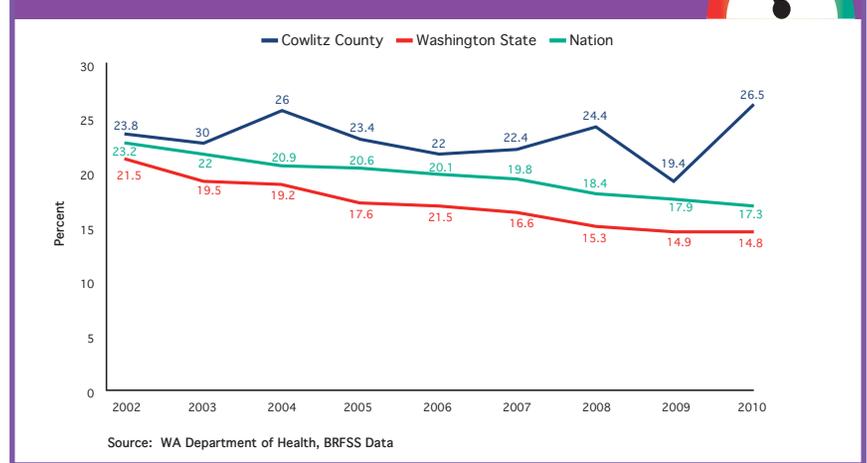


Affordable Housing

Purchasing a home by a homebuyer or first time buyer is easier financially in Cowlitz County compared to larger populated areas in the state. As the job market improves, affordable housing will be attractive to new residents.

GOAL: ≥ Score of 100 on Housing Affordability Index

Percent of Adult Smokers
Cowlitz County, Washington State, and the Nation, 2002-2010

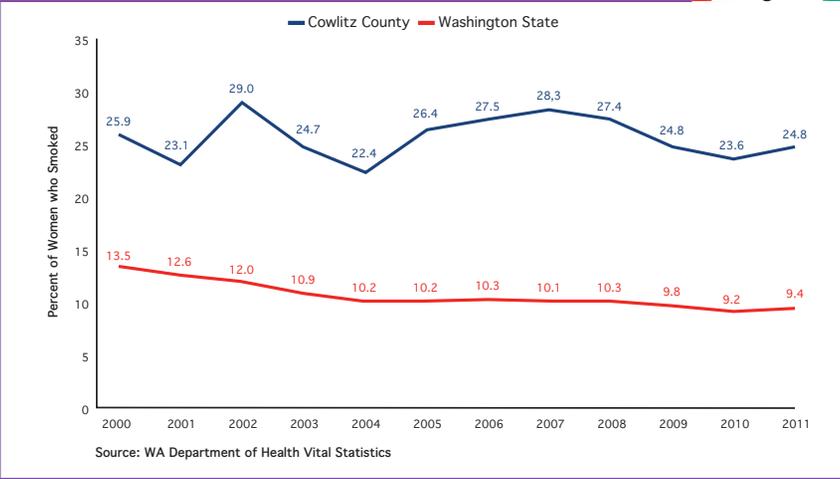


Adult Smoking Rate

The high number of smokers in Cowlitz County remains challenging. Funding is scarce for any anti-tobacco initiatives. Overall community sentiment is for more smoke-free places.

GOAL: ≤ Equal to or less than the State

Smoking While Pregnant Cowlitz County and Washington State, 2000 - 2011

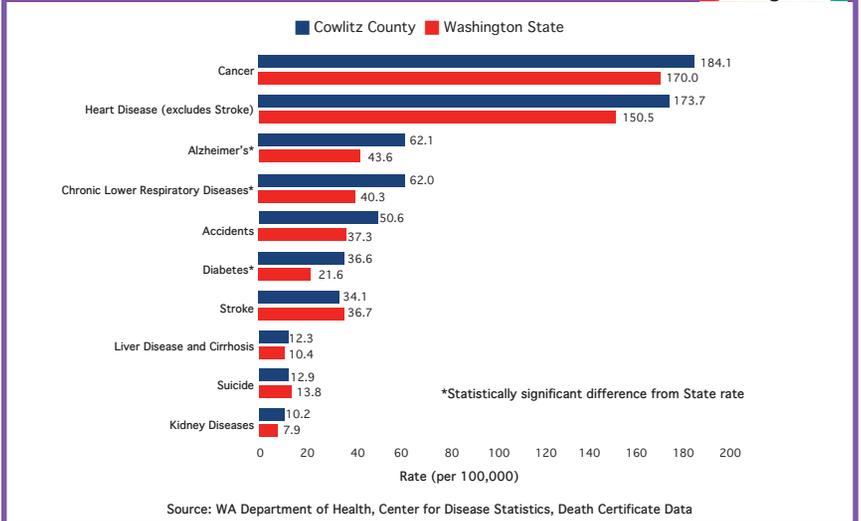


Smoking While Pregnant

Cowlitz County's rate remains one of the highest in the state. Maternal smoking can be life threatening to an infant and a cause of low birth weight. A mom who is smoking will also expose the child to second hand smoke, a contributor to asthma and ear infections.

Goal: ≤ Equal to or less than the State

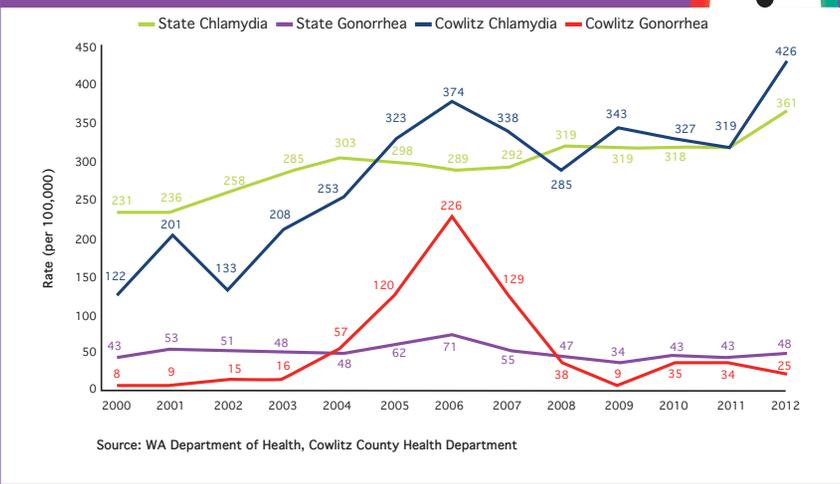
Age-Adjusted Mortality Rates Cowlitz County and Washington State, 2010



Mortality

The rates of mortality in Cowlitz County for Alzheimer's, chronic lower respiratory disease, and diabetes are significantly higher than the rates for Washington State. Both how we live and where we live play a role in our longevity and quality of life.

Chlamydia and Gonorrhea Rates Cowlitz County and Washington State 2000-2012

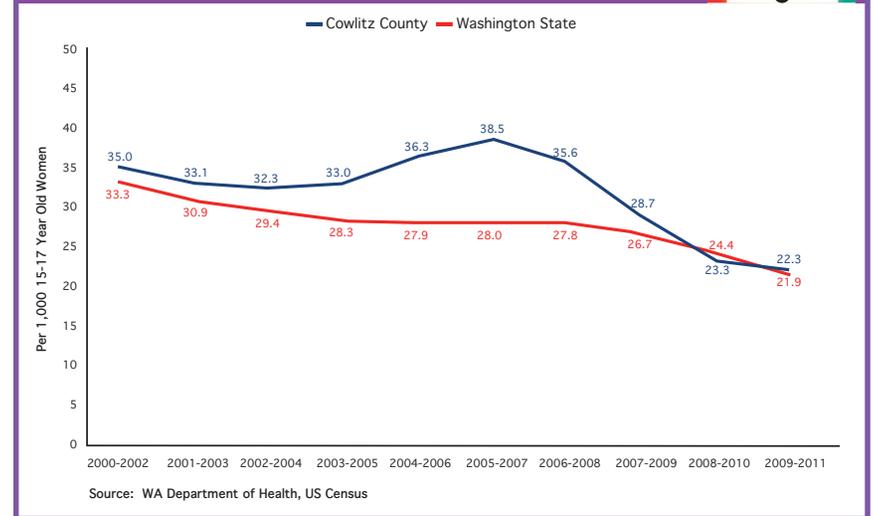


Sexually Transmitted Infections

The County's Gonorrhea rate has dropped from being the highest in the state to below the state average. Cowlitz County Health Department worked hard to reduce this outbreak. Chlamydia, however, remains high, but similar to the state rate.

Goal: ≤ Equal to or less than the State

Pregnancy Rates in 15-17 Year Olds Cowlitz County and Washington State, 3-year Averages, 2000-2002 to 2008-2011

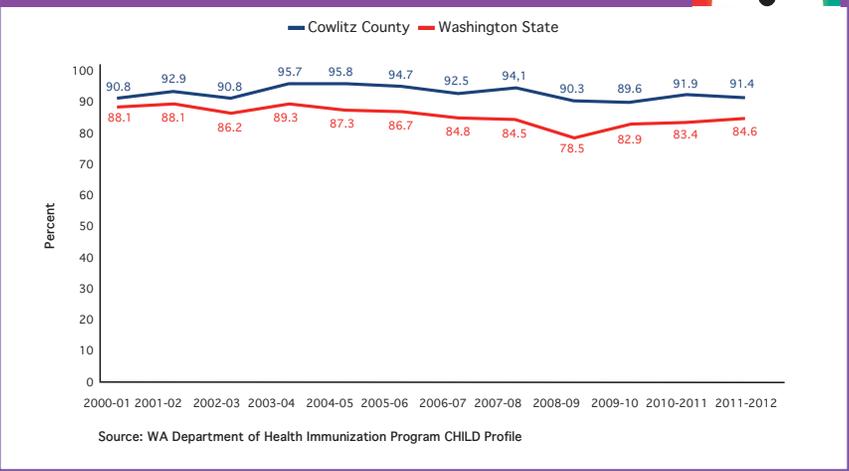


Teen Pregnancy

Fewer Cowlitz County women 15-17 years old became pregnant every year since 2006. The rate is now better than state and national teenage pregnancy rates.

GOAL: ≤ Equal to or less than the State

Percent of Kindergarteners Up-To-Date on Required School Vaccines Cowlitz County and Washington State, School Year 2000-01 to 2011-12

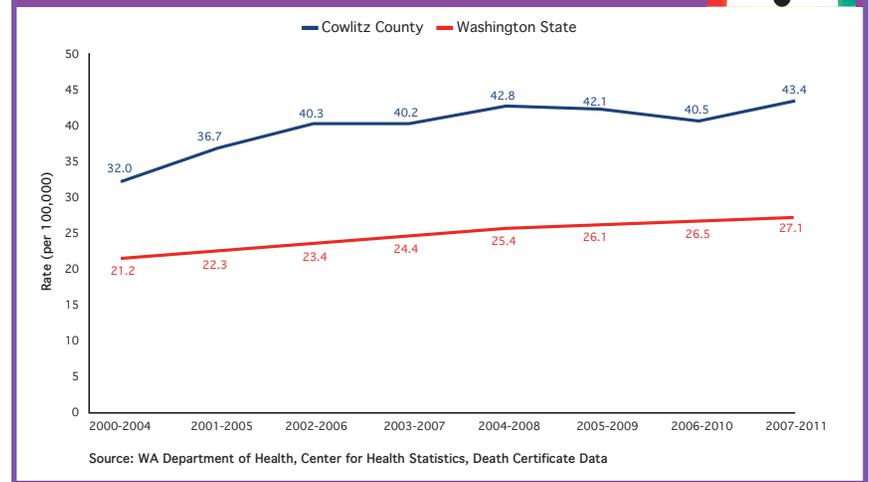


Childhood Immunizations

Cowlitz County is continuing to do a good job in getting children vaccinated. This prevents the child suffering from possible disabling or life threatening disease as well as protecting non-vaccinated children.

Goal: 95% of kindergarteners with up to date Vaccinations

5-Year Alcohol and Drug Related Mortality Rates Cowlitz County and Washington State, 2000-2004 to 2007-2011

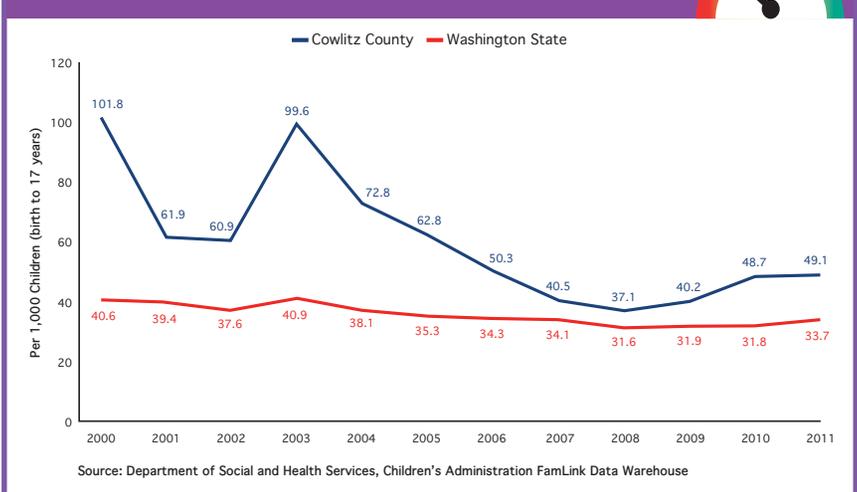


Alcohol and Drug Related Deaths

Cowlitz County loss of life due to alcohol or drugs has been higher than the state rate for the past decade.

Goal: ≤ Equal to or less than the State

Victims of Child Abuse and Neglect in Accepted Referrals Cowlitz County and Washington State 2000 - 2011

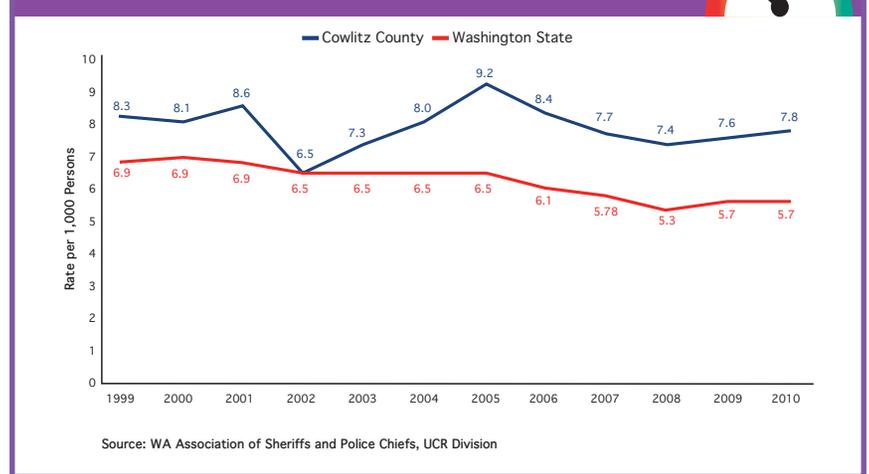


Child Abuse and Neglect

After years of declining numbers, since 2008 the trend is upward for accepted child abuse or neglect cases. Children advocates believe it is due in part to family stress during the economic downturn.

Goal: ≤ Equal to or less than the State

Domestic Violence Offenses Cowlitz County and Washington State, 1999 - 2010

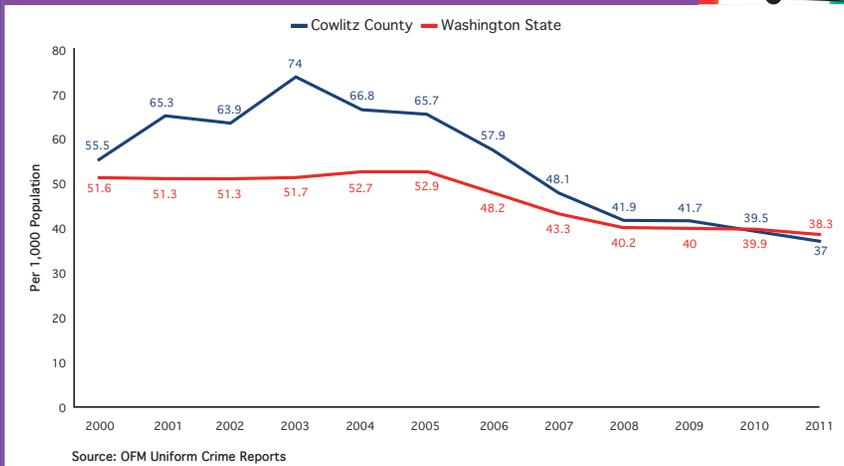


Domestic Violence

Concurrent with the recession, the number of reported domestic violence offenses has risen locally and across the state.

Goal: ≤ Equal to or less than the State

Uniform Crime Rate, Combined, Adult Cowlitz County and Washington State 2000 - 2011

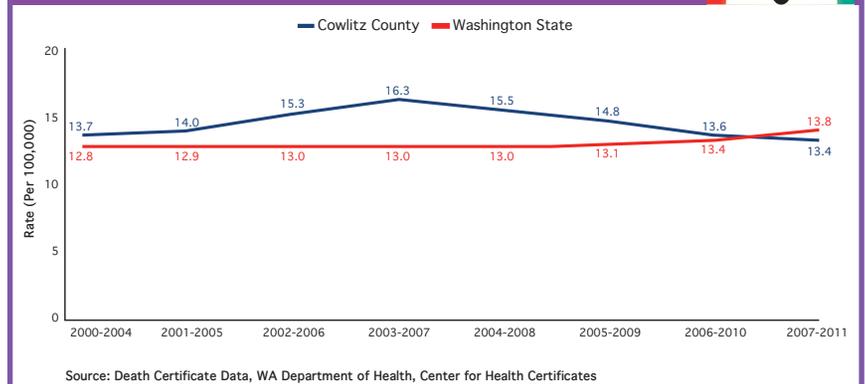


Uniform Crime Rate

The Cowlitz County combined Uniform Crime Rate has declined since 2003. This could be the result of the new jail, better community policing, aggressive prosecution, and/or hard work by law enforcement.

GOAL: ≤ Equal to or less than the State

5-Year Suicide Rates in Cowlitz County and Washington State 1999-2003 to 2007-2011

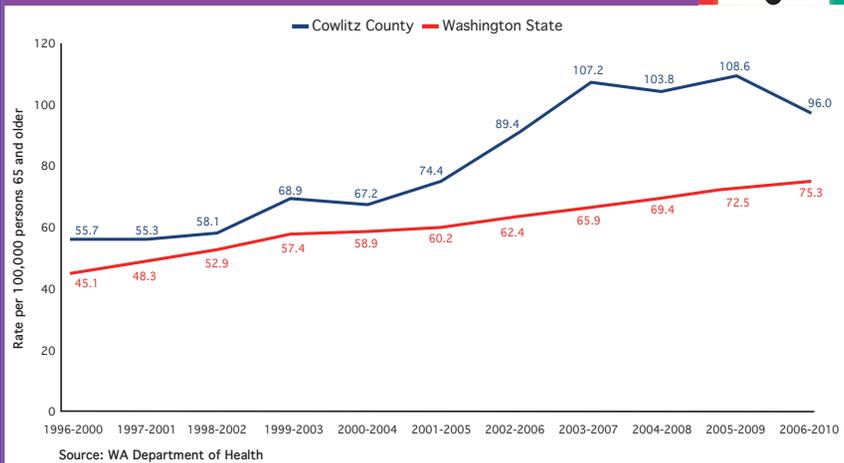


Suicide Rate

Fortunately, the number of suicides in Cowlitz County is low. The latest reports show that the local rate has dropped below the state rate.

Goal: ≤ Equal to or less than the State

Mortality Due to Falls, age 65 and older Cowlitz County and Washington State, 1996-2000 to 2006-2010

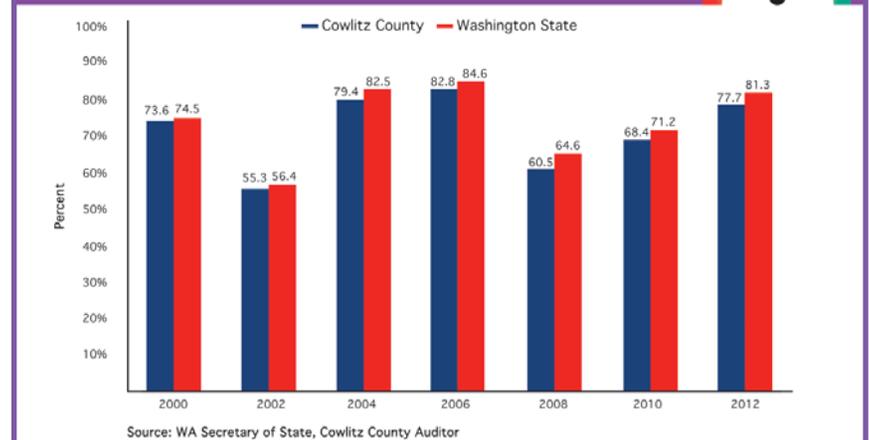


Elder Fatal Falls

The number of fatal falls is declining while the state rate is rising. These deaths are considered preventable. This indicator will not be used with future report cards.

GOAL: ≤ Equal to or less than the State

Register Voters Who Voted in Statewide General Election Cowlitz County and Washington State, 2000 - 2012



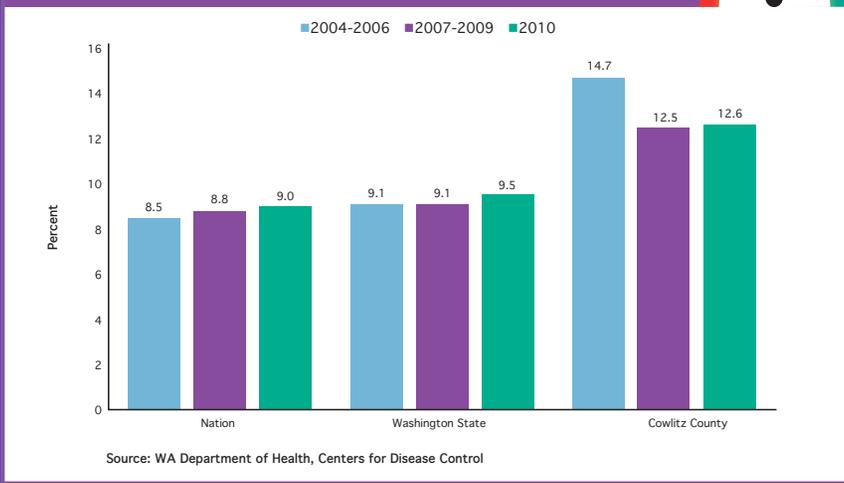
Registered Voters who Vote

Even with the ease of mail-in or drop-off ballots, the County continues to run behind when it comes to registered voters who actually vote.

GOAL: ≥ Equal to or greater than the State

Percent of Adults with Asthma by Place

Cowlitz County, Washington State, and Nation, 2004-2006, 2007-2009, and 2010

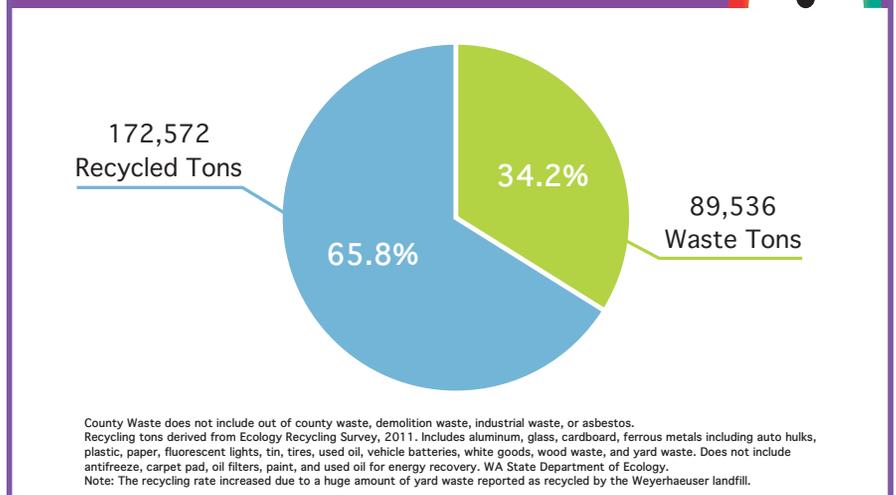


Adults with Asthma

Cowlitz County has seen a steady decline in adult asthma rates, but still these rates are significantly higher than the State's. Youth asthma rates also remain high.

GOAL: ≤ Equal to or less than the State

Cowlitz County Residential Recycling Rate 2011



Recycling

The education and enforcement programs in the cities and County are paying off with a rate of recycling that is better than the State's.

GOAL: ≥ Equal to or greater than the State

Acknowledgements

Pathways 2020 Community Resource Committee

Dian Cooper, Chair	Cowlitz Family Health Center
Carlos Carreon	Cowlitz County Health and Human Services
Hilary Gillette-Walch	Cowlitz County Health and Human Services
Wendy Hall	Lower Columbia College
Dawn Hansen	Cowlitz-Wahkiakum Council of Governments
Jennifer Keene	Cowlitz-Wahkiakum Council of Governments
Iлона Kerby	Lower Columbia Community Action Program

James Meskew	Compendium Consulting
Michael O'Neill	Cowlitz County Health and Human Services
Melissa Taylor	Cowlitz-Wahkiakum Council of Governments
Beth Vaughn	Cowlitz County Health and Human Services
Chere Weiss	PeaceHealth St. John Medical Center
Paul Youmans	Pathways 2020

We would especially like to thank the following individuals for their assistance during this project

TJ Keiran	Heather Ledford	Monica Monteon, MS
Gayle Reid	Dawn Maloney	

Data Sources --2013

Topic	Source
Obesity, Health Insurance, Smoking Rates, & Asthma Rates	2004-2011 Behavioral Risk Factor Surveillance Surveys, Washington State Department of Health (local and state data) and Centers for Disease Control and Prevention (national data)
Suicide, Mortality, Elder Fatal Falls, Alcohol & Drug Related Deaths	Death Certificate Data, Washington State Department of Health, Center for Health Statistics
Maternal Smoking	Birth Certificate Data, Washington State Department of Health, Center for Disease Statistics
Sexually Transmitted Diseases	STD Report Records, Washington State Department of Health, STD/TB services
Childhood Immunization	Washington State Department of Health CHILD Profile School and Childcare Assessment Database
Housing Wage	2000-2012 Out of Reach Reports, National Low Income Housing Coalition
Median Household Income	Washington Office of Financial Management (local and state data). American Community Survey and 2010 US Census (National data)
Unemployed Workforce	Washington State Department of Employment Security Department
Affordable Housing	Washington Center for Real Estate Research, Washington State University
Early Childhood Education	Lower Columbia College Head Start/ECEAP
High School Dropout	Washington Office of Superintendent of Instruction (local and state data) and US Dept of Education, National Center for Education Statistics (national data)
Education Attainment & Families in Poverty	2011 American Community Survey 1-year estimates & 2000 Census Data, US Bureau of the Census
Domestic Violence	Washington Association of Sheriffs and Police Chiefs, UCR Division.
Child Abuse & Neglect	Department of Social and Health Services, Children's Administration, Administrative Services, Case Management Information System (local and state data) and US Department of Health and Human Services Administration for Children and Families, Voluntary Cooperative Information (national data)
Registered Voters Who Voted	Cowlitz County Auditor, Washington Secretary of State Elections Division
Teen Pregnancy	Abortion Report Records, Washington State Department of Health, Center for Health Statistics
Crime Rate	Cowlitz County and Washington State Uniform Crime Reports, 2000-2011; Statistical Analysis Center, Washington Office of Financial Management
Solid Waste and Recycling	Washington Department of Ecology

The 2013 Community Report Card is made possible through the contributions and in-kind support of the following organizations:



Cowlitz PUD
cowlitzpud.org/



Cowlitz Wahkiakum Council
of Governments
cwcog.org



Cowlitz EDC
cowlitzedc.com



City of Longview
mylongview.com

City of Kalama
Washington

City of Kalama
cityofkalama.com



Family Health Center
cowlitzfamilyhealth.org



Cowlitz County Health Department
co.cowlitz.wa.us/health/



Lower Columbia Community
Action Program
lccac.org



Longview School District
longview.k12.wa.us



onthemark associates
onthemarkassociates.com



Port of Kalama
portofkalama.com



Port of Longview
portoflongview.com



Port of Woodland
Business is better here.

Port of Woodland
portofwoodland.com



City of Castle Rock
ci.castle-rock.wa.us



Kelso School District
kelso.wednet.edu



Lower Columbia College
lowercolumbia.edu/



City of Kelso
kelso.gov



PeaceHealth
peacehealth.org/LowerColumbia



KAISER PERMANENTE®
Kaiser Permanente
kaiserpermanente.org

Printed on 100% post-consumer recycled content using soy-based ink.

Columbia Bank