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## Media Release

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### **Kitsap Health Report Card Released**

*Health Indicators Report Shows Positive and Negative Trends*

BREMERTON, WA— The Kitsap Public Health District has released its annual health “report card” for Kitsap County. First released in 2006, the District’s “Kitsap County Core Public Health Indicators” report is a synthesis of population and public health data which provides an overview of the health of Kitsap County residents and their surroundings. The report is available online at [http://www.kitsapcountyhealth.com/information/data\\_indicators.php](http://www.kitsapcountyhealth.com/information/data_indicators.php).

The report includes social and economic, physical environment, health care, and personal behavior indicator data, all impacting public health. The report demonstrates over time where we are improving, worsening or are unchanged, and where we are better, worse, or not different than Washington State.

On June 4, 2013, the Health District presented key findings in the report to the Kitsap Public Health Board. Some key findings in the 2013 report include:

| Key Findings   | Indicators  |
|--|---|
| Kitsap has felt the effect of the economic recession.                      | Worsening trends in poverty, employment, affordable housing, and homelessness.  |
| Public health policies and work demonstrate clear benefits.                | Improving trends in adult smoking, food safety violations, motor vehicle hospitalizations and deaths, and shoreline water quality.  |
| Kitsap has joined the chronic disease epidemic.                            | Decreasing rate of adults at a healthy weight, increasing rate of diabetes hospitalizations, and unchanged rates of healthy eating and physical activity.   |
| Lifelong health begins even before birth – our babies need the best start. | Worsening trends in pregnant women starting prenatal care in the first trimester of pregnancy and babies at risk of not having basic needs met; more pregnant women smoking than the state; improving trend in pregnant women with more than a high school education. |

| Key Findings (Continued)                                | Indicators (Continued)  |
|---|---|
| Substance abuse is hurting our residents.               | Worsening trends in adult binge drinking, drug-associated deaths, and hepatitis C.  |
| We must support our young adults – they are our future. | Worsening trends in 8 <sup>th</sup> graders considering suicide and young adults with Chlamydia; more 8 <sup>th</sup> graders smoking than the state; fewer 8 <sup>th</sup> graders drinking alcohol. |

The findings in the report have many implications for public health practice, policy, and services. These indicators are presented in an effort to provide sound, reliable data that can be used to help focus resources, encourage new and existing partnerships, and support the work necessary to make Kitsap County a healthy and safe place to live, learn, work, and play.

Many of the key finding areas are currently being addressed by the Health District through its core programs and strategic plan, by collaborative community efforts such as the Kitsap Community Health Priorities (KCHP) process, and by other individuals, agencies and groups.

“The challenge for each of us is to make healthy choices every day. This is difficult when the healthy choice is not the easiest choice,” said Dr. Scott Lindquist, Health District Director and Health Officer. “We celebrate the release of the report, but we have much work to do.”

For more information, contact Scott Lindquist at 360-337-5237.

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