

Highlights of Public Health Indicators From *Signals 2* and “Supplemental Indicators”

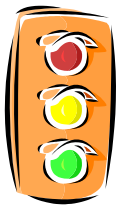
Public health indicators are reliable measures used to monitor the health status of the Snohomish County population. Recently, Snohomish Health District published *Signals 2 – Public Health Indicators of Snohomish County*. This report includes 55 indicators that measure a variety of public health topics for our county’s population. To better inform the strategic planning process, a special report of “Supplemental Indicators” was produced. In times of limited resources, it is critical to use data to make informed decisions.

For each indicator the proportion of the population and the number affected were reported to provide a perspective of the magnitude of the issue. Also, the indicators were analyzed using statistical



comparisons to determine if there were significant changes or trends. This document provides highlights of the rates, the number of people affected, and only those comparisons that were statistically significant.





The rates for 17 indicators significantly decreased or improved in the last three to four years. They are sorted from the highest to the lowest rates or proportions to provide a sense for the magnitude of our population affected.

Improved in the last 3 to 4 years

	Previous	Current
Inadequate fruit & veg consumption (adults)	77%	72%
Smoke-exposed youth	57%	50%
Unintended pregnancy	56%	49%
Poor mental health days (adults)	41%	37%
Current tobacco use (youth)	28%	24%
Untreated dental decay in 2nd graders	26%	19%
Don't always wear a seatbelt (youth)	24%	22%
Currently smoke (adults)	19%	16%
Illegal drug use (youth)	19%	15%
Current asthma (youth)	16%	11%
Never breastfed	11%	6%

Displayed as rates per 100,000	Previous	Current
CPS-accepted referrals (children)	3,310	2,530
Overall death rate	823	732
Heart disease death rate	211	172
Vaccine preventable diseases	17	5
Known meth labs	16	2
Firearm deaths	8	5



For ten indicators, the rates statistically increased or worsened in the last three to four years.

Worsened in the last 3 to 4 years

	Previous	Current
Don't always wear a bike helmet (youth)	75%	78%
Obesity in adults	22%	28%
No prenatal care in the 1st trimester	17%	22%
No health care exam in prior 2 years (adults)	16%	23%
Premature births	9%	10%
Alcohol use in 3rd trimester	5%	8%
No well-child exam	1%	2%

Displayed as rates per 100,000	Previous	Current
Cancer Incidence	548	567
Gonorrhea	22	47
New active TB	2	4



Ten-year trends provide a broad perspective on the patterns of the indicators over time. Fewer indicators had significant trends. The indicators are listed from the highest to lowest rates. In addition to the magnitude of the rate, the amount of change is also important to consider. For example, a 30% to 40% decline in rates was observed for teen pregnancy, infant mortality, and smoking during pregnancy. However, increases of approximately 75% were seen for obesity, diabetes, and heavy drinking in adults, and chlamydia in the general population. The rates for lack of prenatal care in the first trimester, gonorrhea, and unintentional poisonings more than doubled.

Snohomish County ten-year trends

Rates Improved	10 years ago	Current	Rates Worsened	10 years ago	Current
Currently smoke (adults)	20%	16%	No health care exam in prior 2 years (adults)	22%	23%
Smoking during pregnancy	14%	9%	Obesity (adults)	16%	28%
Teen pregnancy (females aged 15-17)	39 per 1,000	23 per 1,000	No prenatal care in the 1st trimester	11%	22%
Infant mortality	6 per 1,000	4 per 1,000	Self-reported diabetes (adults)	4%	7%
Overall deaths	823 per 100,000	732 per 100,000	Heavy alcohol use (adults)	4%	6%
Heart disease deaths	227 per 100,000	172 per 100,000	Chlamydia	130 per 100,000	225 per 100,000
			Gonorrhea	21 per 100,000	47 per 100,000
			Unintentional poisoning deaths (S)	5 per 100,000	13 per 100,000

(S) Supplemental Indicator

The number in the population affected provides a different perspective of the indicators. While rates and percents take the population at risk into account, the number reflects the absolute number affected. In 2007 Snohomish County had 686,300 residents. The table below lists indicators that affected more than 100,000 of the county's population.



	No. affected annually
Inadequate fruit & vegetable consumption (adults & youth)	428,590
Inadequate moderate or vigorous exercise (adults & youth)	268,554
Poor mental health or symptoms of depression (adults & youth)	208,623
Suboptimal fluoride levels in water (Grade A systems)	156,055
Obesity (adults) & overweight or obesity (youth)	148,660
Physical, mental, & emotional disabilities (adults) (S)	122,717
No health care exam in prior 2 years (adults)	117,003

(S) Supplemental Indicator



More details about the public health indicators are available in *Signals 2* and "Supplemental Indicators" online at www.snohd.org/snoHealthStats.

Published: April 2009