

THURSTON COUNTY COMPREHENSIVE PLAN UPDATE

PLANNING COMMISSION – JUNE 17, 2020



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Chapter 11 – Health and Human Services

THURSTON



HEALTH ELEMENT

The health element is not a required element under the Growth Management Act.

The Board approved an updated to the health chapter under Resolution 15436 on February 14, 2017:

“Review and revise, incorporating information and data from Sustainable Thurston and Thurston Thrives, including the Community Design, Health, and Nutrition Strategies.”

WHAT'S CHANGING IN THE HEALTH CHAPTER?

- Updated current conditions and data related to Thurston County's community health
- New information from Sustainable Thurston and Thurston Thrives
- Updates for consistency with Thurston County and local health department strategic plans
- Policy updates
- Formatting updates

PUBLIC FEEDBACK

- Open Houses
- PHSS
- Thurston Thrives



CHAPTER 11

HEALTH & HUMAN SERVICES

OVERVIEW

Our community's response to population growth will create the places and spaces in which people live their lives many years into the future.

The purpose of the Health chapter is to plan for the community conditions that will meet the needs of current and future Thurston County residents while preventing disease and keeping our local population as healthy as possible.

Public Health Priorities

Health Care: ensuring public access to quality health care

Environmental Health: protecting the environment and reducing pollution

Healthy Living: chronic disease prevention through nutrition & physical activity promotion and tobacco prevention

DID YOU KNOW?

► **81%** of Thurston County residents rate their health as good, very good, or excellent. This is lower than the average for Washington State (84%)

58% of Thurston County adults engage in regular physical activity

31% of 8th Graders walk or bike to school

► **14%** of Thurston County adults smoke cigarettes

► **26%** of High School students are regularly exposed to secondhand smoke

11% of Thurston County adults and **22%** of High School students have asthma.

Top 5 Leading Causes of Death

Source: 2009 Death Certificate, Thurston County Community Assessment, 2010	Deaths per 100,000	
	Thurston	WA
1. Cancer	175	165
2. Diseases of Heart	138	141
3. Alzheimer's Disease	44	44
4. Chronic Lower Respiratory Diseases	38	42
5. Accidents	35	38



Thurston Thrives is a county-wide initiative that engages the entire community in improving public health and safety. This effort takes a systems approach to identifying priority health outcomes and implementing cross-sector strategies to achieve these targets. Community members have come together to form action teams in eight areas - Clinical & Emergency Care, Community Design, Education & Resilience, Economy, Environment (including Climate & Clean Energy), Food, Housing, and Public Safety & Justice.

DRAFT GOALS

Physical Activity

1. Create environments for active living, fostering changes to the community environment and policies that increase physical activity.

Environmental Health

1. Protect and preserve groundwater quality and drinking water supplies.
2. Ensure surface waters are protected from pollution so they are safe for water recreation and shellfish harvesting.
3. Ensure wastes are managed to protect public health and water resources.
4. Maintain clean air and a stable climate.

Nutrition

1. Improve places where people purchase food or eat in Thurston County, making healthy options accessible to all local residents.

Tobacco Prevention

1. Eliminate exposure to secondhand smoke.

CRITICAL ISSUES



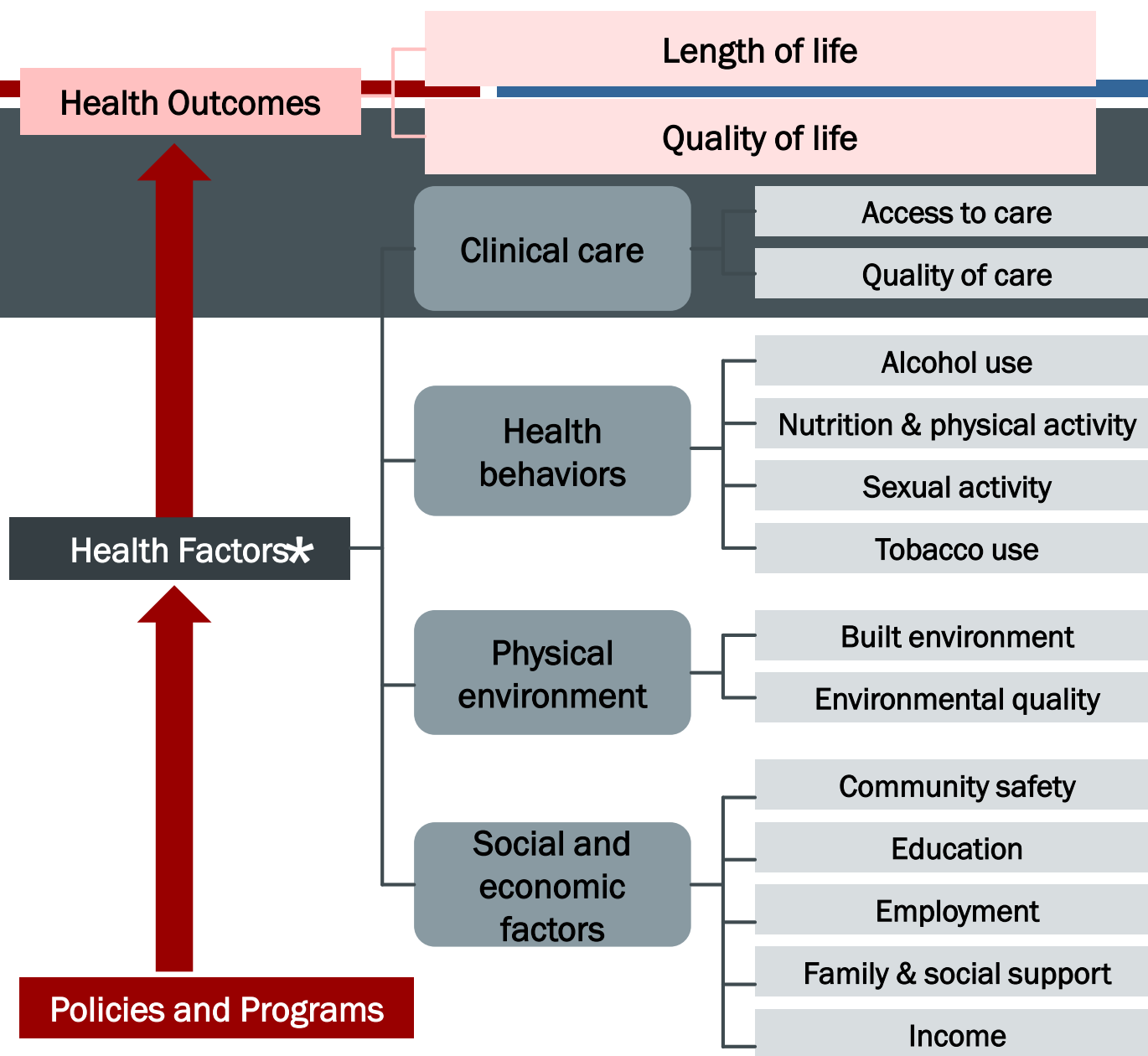
- Encourage land use development that emphasizes urban density and infill to create walkable communities;
- Strengthen collaboration across partners, agencies, and programs that address housing needs, provide emergency shelters and help those experiencing homelessness;
- Expand access to, and the quality of, local health services;
- Protect the environment, especially from water and air pollutants; and
- Reduce disparities in access to health services and social determinants of health.

DETERMINANTS OF HEALTH

- Clinical care
- Health Behaviors
- Environmental
- Social/economic

HEALTH RANKING MODEL

- Health is affected by a number of factors, known as determinants of health



* Model takes as given various significant factors in the health of a community, such as the availability of antibiotics, clean drinking water and sanitary wastewater disposal, immunizations, etc.

INTERACTIONS BETWEEN THE BUILT ENVIRONMENT & HEALTH

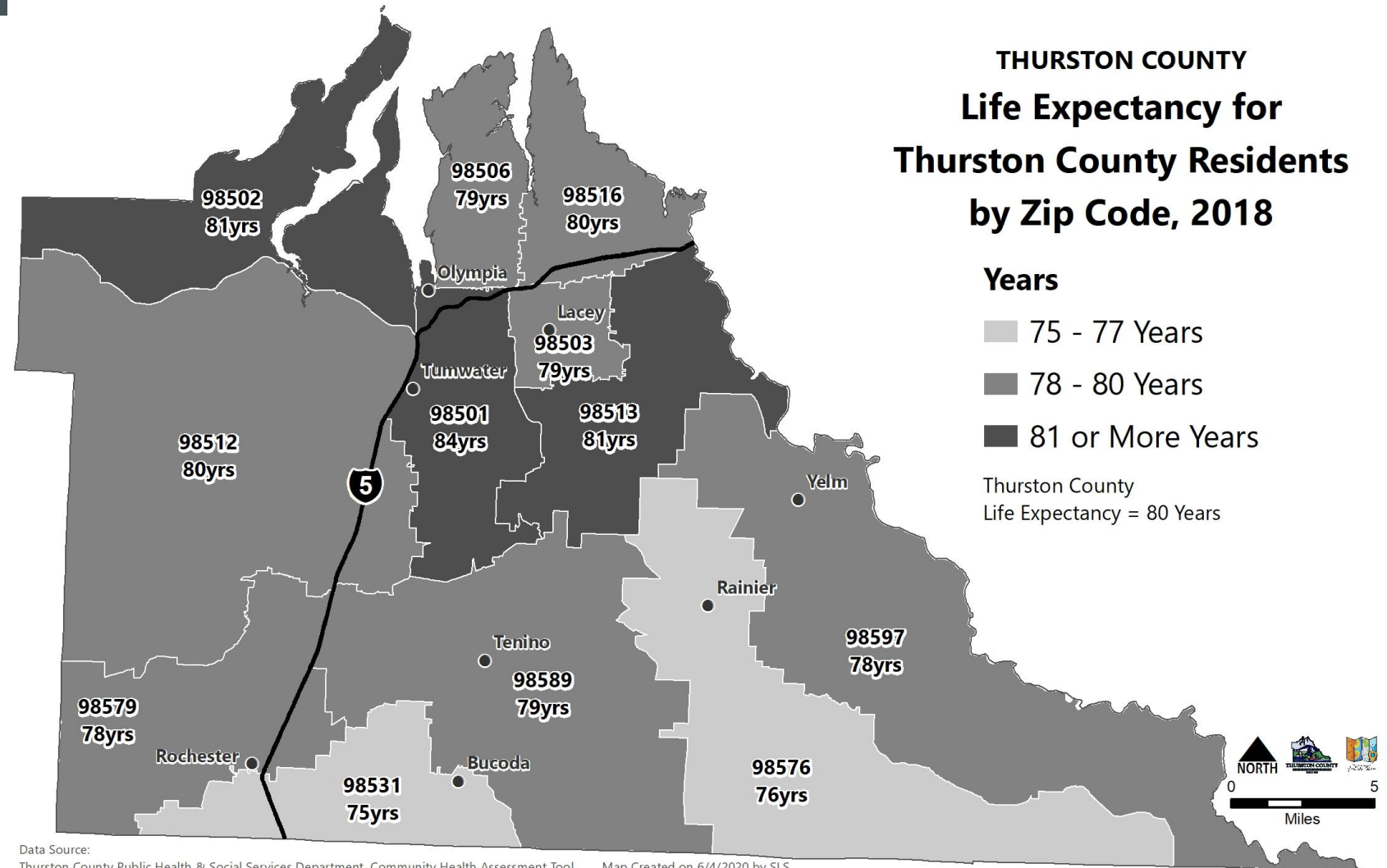
- Access to healthy food
- Communities for physical activity
- Water quality and land uses
- Development and diseases

PUBLIC HEALTH PRIORITIES IN THURSTON COUNTY

- Access to medical, dental and behavioral health services
- Environmental public health, protecting environment and reducing pollution
- Healthy living - chronic disease prevention through nutrition & physical activity promotion and reduced substance use.

COMMUNITY HEALTH INDICATORS

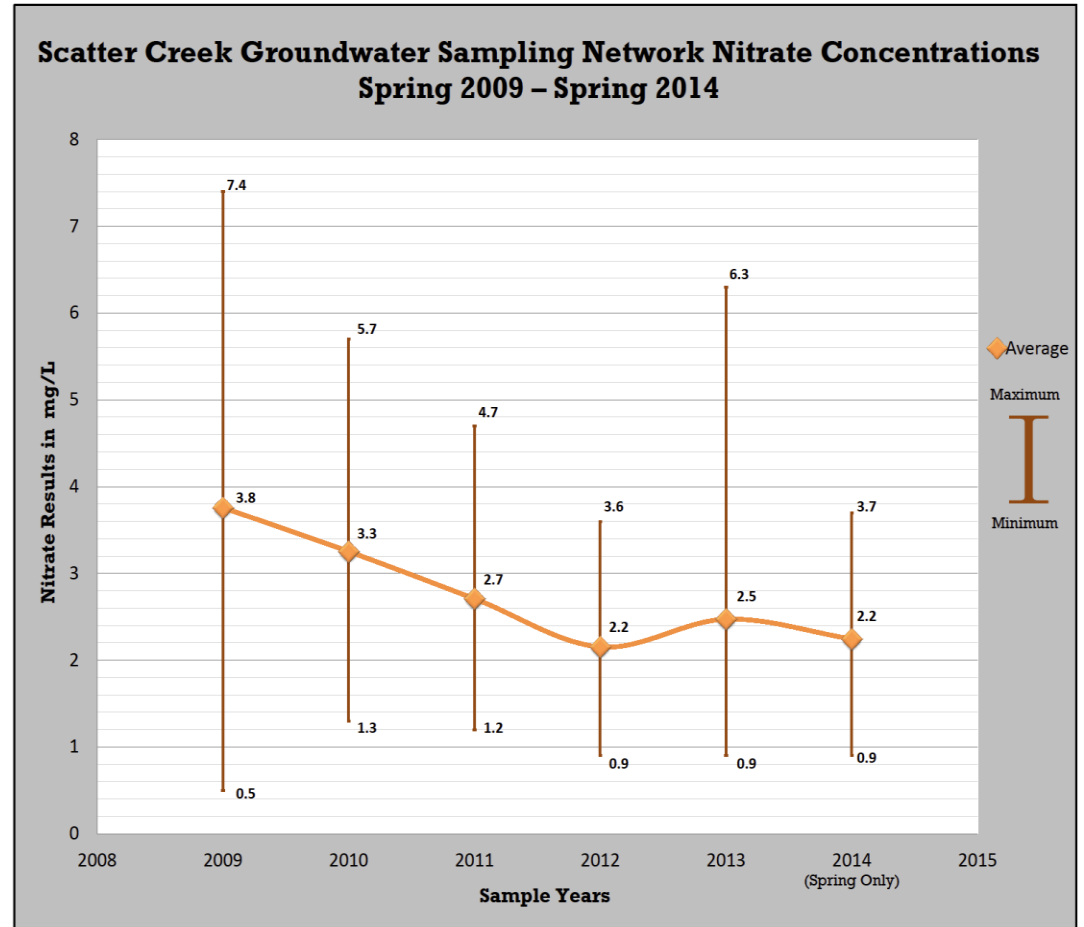
- Rural residents die sooner than they should.
- The difference in life expectancy is modifiable. Changes that improve access to health services and expansions to opportunities for healthier living can add to quality of life and years of life lived for these residents.



COMMUNITY HEALTH INDICATORS

■ Water Quality

- Scatter Creek aquifer supplies more than 18,000 residents with their drinking water.
- Vulnerable to contamination on multiple water quality metrics due to such activities as livestock and septic systems



COMMUNITY HEALTH INDICATORS

■ Tobacco Use:

- While smoking cigarettes among adults and youth has declined in recent years, the rate of smoking while pregnant (9%) remains above the state average.
- Both adults and youth are vaping (using e-cigarettes) at increasing rates in recent years. About 1 in 5 (adults and 10th graders) vape in Thurston County.
- Even more residents are exposed to secondhand smoke or vape emissions

CHAPTER II GOALS

- **Goal 1:** Increase access to medical, behavioral, and oral health services.
- **Goal 2:** Improve nutrition by promoting healthy and accessible food options for all local residents.
- **Goal 3:** Create environments and services for active living that increase physical activity.
- **Goal 4:** Improve community health by reducing substance abuse.
- **Goal 5:** Improve and protect air quality to reduce air-based health hazards.
- **Goal 6:** Protect and preserve water quality and drinking water supplies.
- **Goal 7:** Ensure wastes are properly managed to protect public health and water resources.

Questions?

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