



# Whitman County PUBLIC HEALTH

## Community Health Needs Assessment **2021-2022**





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# Acknowledgements

Thank you to all who contributed to this report.

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*Most of all*, thank you to the people who contributed to this report through interviews and listening sessions. Thank you for trusting us with your stories and experiences.

# A Letter to Whitman County Residents

Dear Whitman County Residents,

Since the last Whitman County Community Health Needs Assessment (CHNA) in 2018, our community has experienced many life-altering events, especially the COVID-19 pandemic. These events changed the way we look at our health and wellbeing, changed how we engage with our community members, and changed the ways we provide community services.

In 2022, Whitman County Public Health (WCPH) and many other community partners knew we needed to approach this CHNA process differently than in past years.

As part of the CHNA planning process, WCPH and our partners prioritized hearing directly from community members about your experiences over the last two years. We gathered data for the 2022 CHNA primarily through interviews, community listening sessions, and community surveys.

The findings presented in this report reflect your collective voices as we listened to your values, needs, and concerns over the past six months.

We recognize that many factors impact your health and wellbeing beyond medical care. Access to child care, a safe and affordable home, affordable food, and opportunities for socialization are all important for you to live well. Our report takes a broad look at how we are doing as a community to support everyone's health and wellbeing.

We are awed by the strength and resilience we see in this community. Because you have gone through the hard moments individually and side-by-side with your community members, you know our community and know what our community needs.

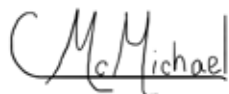
You look towards the future with optimism, as seen by your willingness to share your concerns, advocate for better community services, and work with your neighbors.

WCPH depends on our partnerships with individuals, families, community organizations, and health care providers to solve complex health and social issues. We are committed to continuously engaging our communities as we respond to new challenges. In this way, we can grow healthier communities.

Sincerely,



Chris Skidmore  
Director



Corrin McMichael, MPH CPH  
Deputy Director



Meghan Johns  
Community Health Educator  
& Deputy Registrar



Jamie Peters, RN MPH  
Public Health Nurse

# About Whitman County Public Health

Whitman County Public Health's mission is to protect and promote the health and wellbeing of Whitman County. WCPH's public health services include:



## Personal and Family Health

Whitman County Community Clinic  
Women, Infants, Children (WIC)  
Children with Special Healthcare Needs (CSHCN)  
Access to Baby and Child Dentistry (ABCD)  
Safe Kids



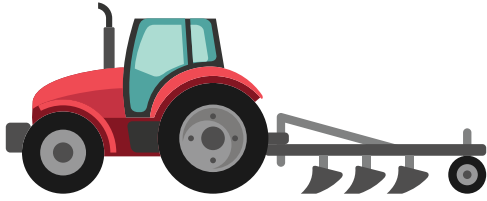
## Community Health

Disease Prevention  
Birth and Death Records  
Harm Reduction  
Nutrition Services  
Community Data Requests



## Environmental Health

Land Development  
Hazards and Toxins  
Water Recreation  
Food Safety  
Permitting



# The **C**ommunity **H**ealth **N**eeds **A**ssessment Process



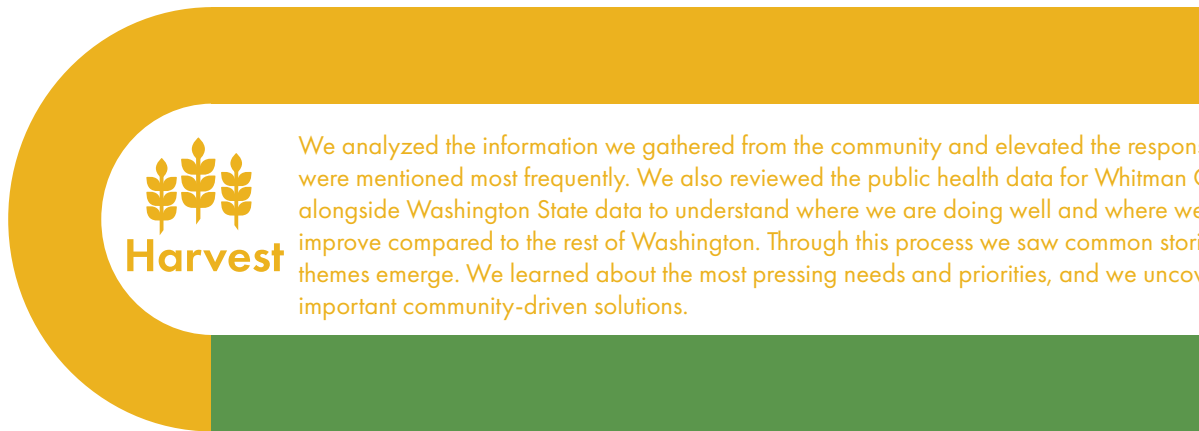
**Sow**

Every few years, community partners work together with Whitman County Public Health (WCPH) to complete a Community Health Needs Assessment (CHNA). This is an opportunity to learn more about our community’s strengths and needs so we can all work towards improving the health and wellbeing of Whitman County. Whitman County Health Network, Community Action Center, and other partners last conducted a CHNA in 2018 using a small, focused survey. Since then, we have come through a pandemic, and our communities and needs have changed. WCPH and our community partners sowed the seeds for this assessment in early 2022 when we came together to plan the Whitman County CHNA. We knew that including community voices and perspectives would enrich the CHNA and enhance collaboration with public health.

We learned about our community’s strengths and needs by listening to people who live here in Whitman County. Our information gathering process included interviews, community listening sessions, and a community survey. People shared what matters most to them, their ideas to improve community health and wellbeing, and their biggest needs. We also gathered state and local data from public health datasets.



**Tend**



**Harvest**

We analyzed the information we gathered from the community and elevated the responses that were mentioned most frequently. We also reviewed the public health data for Whitman County alongside Washington State data to understand where we are doing well and where we can improve compared to the rest of Washington. Through this process we saw common stories and themes emerge. We learned about the most pressing needs and priorities, and we uncovered important community-driven solutions.

This report shares the information we gathered with the people of Whitman County. This report describes our county’s urgent needs, barriers to improving those needs, and community-driven solutions for improving health and wellbeing. WCPH and other county groups, including hospitals, clinics, mental health providers, and social service organizations, can use this CHNA report to highlight their own specific sector needs. This report helps Whitman County community groups align their activities with the community’s values, needs, and ideas. It also helps these groups explain our community’s health needs to grant funders and donors. This report belongs to the people of Whitman County, and we invite you to use this information to help inform decisions for yourself, your family, and your community.



**Share**

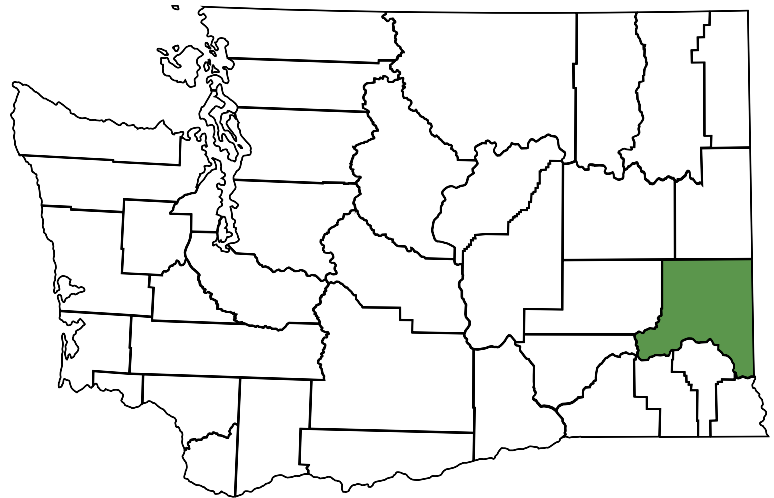


# Who We Are

Located in the rolling fields of the Palouse, Whitman County is in rural Eastern Washington and is on the land of the Palouse, Spokane, Coeur d'Alene, and Nez Perce tribes as well as the Confederated Tribes of the Colville Reservation. Whitman County is home to unique groups including multi-generational farmers, tribes, immigrants, and scholars studying at Washington State University. People here live a small-town lifestyle with a slower pace of life than in urban areas. The region features abundant natural resources and awe-inspiring geographic landmarks. We live close to nature, in a county that boasts outstanding natural beauty.

Our communities include:

- + **Pullman**, the largest town, and home to Washington State University (WSU) with 19,100 student residents
- + **Colfax**, the county seat and second-largest town
- + **Multiple rural towns, unincorporated communities, and farms**—all of which help make Whitman County one of the largest wheat-producing counties in the nation





# Who We Are

## Population Distribution

Each of our communities is different, and all are significant in the county we call home.

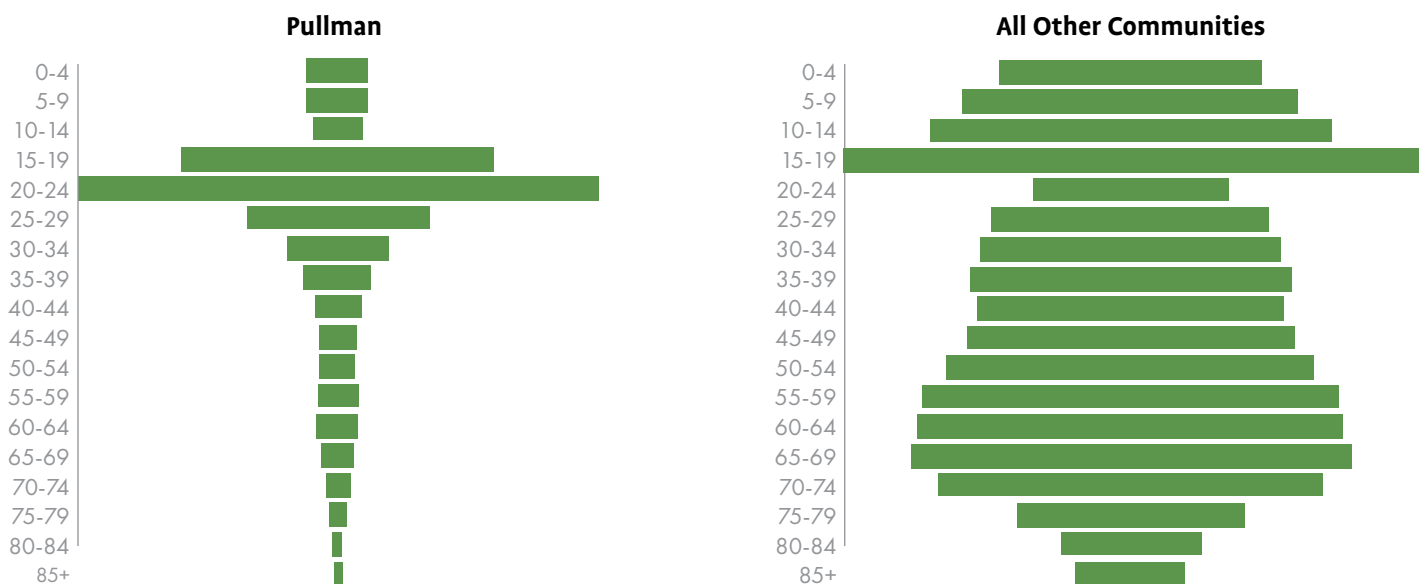


## Race and Ethnicity



## Age Ranges

Because of our unique demographics and the central nature of WSU in Pullman, we have a much younger population in Pullman compared to the rest of the county. Communities outside Pullman have a more even distribution of ages, with a large population between the ages of 55-70.



# Who We Are

## Where We Work

We work across a diverse set of industries and occupations. The most common occupation groups are Educational Instruction and Library; Management; and Office and Administrative Support. Our largest employer is Washington State University, and farming and agricultural work continues to have a large economic impact, despite a smaller overall number of people participating in those industries.<sup>1</sup>

### Employment by Industry<sup>2</sup>

Education Services 42%	Manufacturing 11.2%	Professional, Scientific, & Technical Services 7.27%	Construction 4.71%	Arts, Entertainment, & Recreation 4.47%	Other services, Except Public Administration 4.29%
	Retail Trade 9.37%	Agriculture, Forestry, Fishing, & Hunting 6.18%	Public Administration 4.68%	Transportation & Warehousing 1.97%	Other 3.33%

## What We Earn<sup>3</sup>

Whitman County's median income ranks below surrounding counties as well as state and national averages. We have a large university student population that makes up most of our largest city.

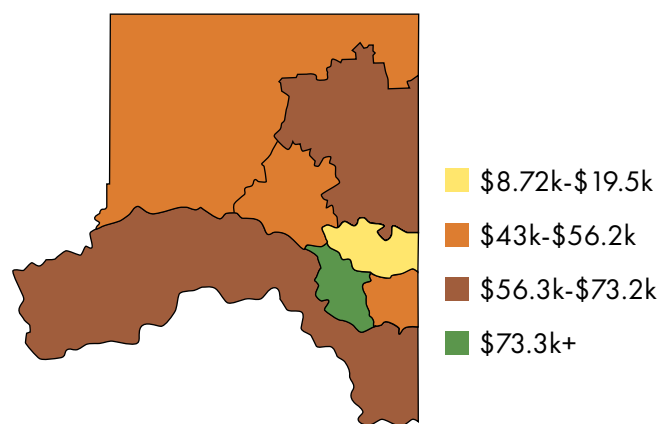
### Median Income by Region

United States	\$62,800
Washington	\$73,800
Spokane	\$56,900
Garfield	\$55,900
Lincoln	\$54,600
Asotin	\$53,700
Adams	\$48,300
Latah, ID	\$49,200
Whitman	\$42,700

## Where We Earn<sup>4</sup>

The Pullman region shows a significantly lower income than other parts of the county because many WSU students report little or no income in Whitman County. When the student demographic is excluded, the county's median income is still below state and national median income rates.

### Median Household Income by Census Tract



<sup>1</sup> Whitman County Profile. Employment Security Department. March 2022.

<sup>2</sup> Whitman County. Data USA. 2019.

<sup>3</sup> Ibid

<sup>4</sup> Ibid

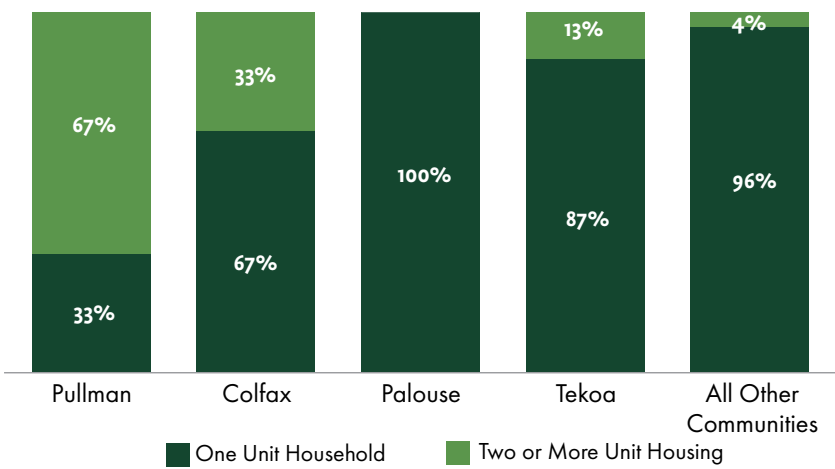


# Who We Are

## Our Homes

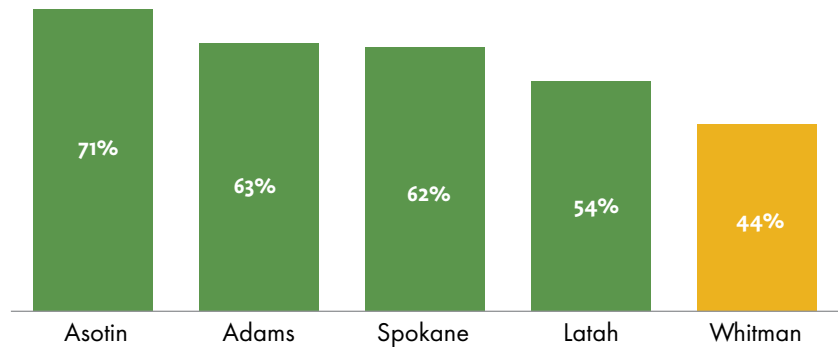
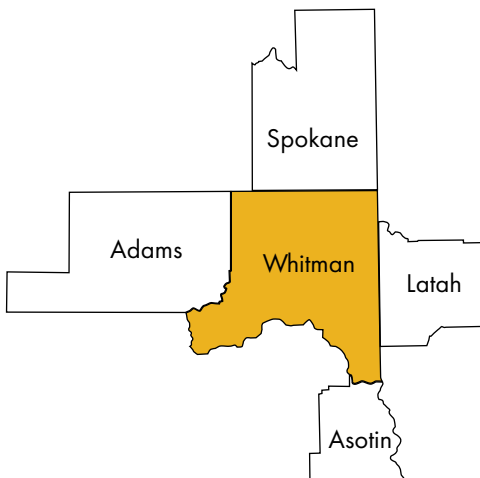
Most housing units in the county are single family homes. However, nearly 70% of Pullman's housing stock is multi-unit housing, such as dormitories and apartments.

### Types of Housing by Community<sup>5</sup>



### Homeownership by County<sup>6</sup>

At 44%, the rate of homeownership in Whitman County is lower than in neighboring counties.



<sup>5</sup> WA State Office of Financial Management. 2021.

<sup>6</sup> Whitman County. Data USA. 2019.

# FARMINGTON

ELEVATION 2626 FEET

LEGISLATIVE HALL  
BUILT IN 1888  
DESIGNED BY  
J. H. WOODRUFF  
OF WASHINGTON, D. C.  
REPLACED IN 1911  
BY THE STATE



# Our CHNA Process

## Data Collection

What type of data did we collect?

### Quantitative Data

Data is information. Often when people think about data, we think about statistics: numbers, percentages, and rates. This type of data is called quantitative data. It gives information about the quantity of the situation; for example, how much or how many. For this CHNA, we used quantitative data in the form of community surveys and public health datasets to understand how many people have certain health outcomes and how much those health outcomes impact our community.

### Qualitative Data

We also collected qualitative data, which gives us information about the quality of the situation; for example, how, why, and when. For this CHNA, we interviewed community leaders who described the nature of the issues facing our community. We held community listening sessions, which are conversations with a small group of people who come together to explore pre-set topics. We learned more about how services are accessed, why there are gaps, and when things work well.





# Our CHNA Process

## Why did we collect both qualitative and quantitative data?

Quantitative data help us pinpoint specific areas for improvement and tell us about the extent of need in our communities. Statistics help us see where Whitman County's health and wellbeing diverges from other places in Washington, or areas where our current health and wellbeing outcomes are significantly different than our goal. For this report, we used public health datasets on a variety of health topics to compare Whitman County's health to Washington State as a whole. Quantitative data collection also gave us an opportunity to listen to the community through a community survey. We heard from over 800 community members who responded to the survey.

Qualitative data provide context for the issues identified by the community survey and can also provide a better picture of what we're seeing in the numbers. Our understanding of the situation comes into focus as we listen to stories and engage people in conversations. During community listening sessions, we heard from people who have first-hand lived experience with the needs and challenges facing our community. We also heard from the community about what is working and potential opportunities for solutions. We listened to people with jobs in education, health care, faith communities, and social support. They work with people experiencing needs on a daily basis. We also listened to grocers, administrators, and public service workers, who shared their experiences over the past few years.

## Why did we engage our community in data collection?

Public health is a reflection of the community, and it exists to serve the community.

Hearing from residents all throughout Whitman County helps us have a more accurate picture of people's health and wellbeing. One of the outcomes of the pandemic in Whitman County is that people felt they didn't have a voice. Our public health authorities made countywide recommendations, many of which were required by Washington State Department of Health, that weren't a good fit for everyone in the community. Interviewees told us their communities were hurt and divided. People said they longed for a space to reflect and come to terms with what happened in our community because of the pandemic. They needed to participate in social and emotional healing.

Community participation in data collection gives everybody a voice. We were honored when people told us that sharing their stories helped them on their healing journey.

The CHNA process brought diverse people together despite social and political differences. It is our vision that this CHNA will set the stage for new, community-generated solutions that result in better health and wellbeing for everybody.



## How We Collected and Analyzed Data



Community Interviews

WCPH invited local leaders who represented **10 unique domains** to provide important and straightforward insights on community health. These included local business leaders, church leaders, grocery store employees, library workers, medical professionals, mental health professionals, public health professionals, public school staff, social service workers, and WSU leaders. **18 community leaders** agreed to participate in these interviews. Analysis involved reviewing the interview transcriptions and notes to identify the themes that occurred most frequently.



Community Listening Sessions

Community listening sessions are an important way to hear directly from people living in Whitman County. They also provide a format for people to interact with each other around important community health and wellbeing topics. With **five groups** of people, WCPH held hour-long community listening sessions with **5-12 participants** per session. We recruited and invited attendees based on their lived experience or professional experience as related to the listening session topic. Listening sessions took place in Endicott, Colfax, and Pullman. Sessions were focused on topics identified through interviews, including **mental health, behavioral health, and community supports; standard of living; and community resource guides**. Listening sessions were audio recorded and analyzed thematically to pinpoint the top issues and community-driven solutions shared in each session.



Community Health and Wellbeing Indicators

We collected numbers about state and local community health and wellbeing from public health databases, including the **Community Health Assessment Tool, Census data, Healthy Youth Survey, and the Behavioral Risk Factors Surveillance Survey**. We also collected data about Washington crime rates, child care, school enrollment and achievement, and Medicaid enrollees. We compared all of our numbers using pre-and post-COVID data when available. We analyzed at the county-level, state-level, and compared Pullman with all other Whitman County communities. Based on the data we analyzed, along with Washington State Benchmarks and the Healthy People 2030 indicators, we determined the priority issues to highlight in this report.



Community Surveys

WCPH worked closely with the Social & Economic Sciences Research Center (SESRC) at Washington State University to design and implement the community survey. The final survey contained **49 questions** and included sections on Health and Wellbeing, Impacts of COVID-19 Pandemic, Access to Healthcare, Standard of Living, Access to Resources, and Demographics. We attempted to reach as many people aged 18 and older in Whitman County as possible. A variety of techniques were used in this process, including postcards announcing the survey sent to every residential address in Whitman County. The postcards provided instructions on how to access the survey. The Whitman County Library system, Community Action Center, and the WCPH website promoted the survey. **More than 800 people completed the survey** and most people took about 10 minutes to complete it. You can see more detail on the survey in the appendix.



## How We Identified Our Significant Health Needs

Using the data we gathered, key significant health needs were identified for our community. We then compared these identified needs against four criteria.

The comparison criteria that we used are:



**Below Washington Benchmark**

Is the need greater in Whitman County than in Washington State as a whole, as shown by public health data?



**Identified by Community Leaders**

Was the need identified by community leaders in their interviews?



**Identified by Community Residents**

Was the need identified by community residents in the community survey or the community listening sessions?



**Worsening Trend**

Is the need getting worse over time, as shown by looking at public health data from multiple years? Has the pandemic made this need worse?

We prioritized community needs that met **two or more criteria** for inclusion in this report.

We grouped the resulting sets of needs in three categories:

**1**

**Mental and Behavioral Health**

**2**

**Standard of Living**





































**3**

**Preventive Care**

The three categories, with the top priority needs in each category and the reasons the needs are significant, are presented next. We describe these needs in more detail in the subsequent sections of this report.



# Our CHNA Process

Health Need	Below Washington Benchmark	Identified by Community Leaders	Identified by Community Residents	Worsening Trend
<b>Mental &amp; Behavioral Health</b>				
Depression, Anxiety, and Loneliness				
Access to Mental Health Providers				
Alcohol, Prescription, and Illicit Drug Use				
<b>Standard of Living</b>				
Affordable Housing				
Child Care				
Access to Resources				
Poverty				
<b>Preventive Care</b>				
Yearly Checkups				
Cancer Screenings and Treatment				
Childhood Immunizations				
Aging Well				

# Our CHNA Process

## Summary









# What We Learned

Through our CHNA process, we learned what Whitman County residents value most, where they see gaps and opportunities for change, and where they find strength, support, and hope for their community. We also learned about their health and wellbeing, both before and after the pandemic. In the following section we describe what we learned from the qualitative and quantitative data.



**Values &  
Strengths**



**Health &  
Wellbeing**



**Priority  
Needs**



## Whitman County Values and Strengths

Through the CHNA process, we heard from Whitman County residents about the values that are important to them. Community members were asked in interviews to describe three values that they believe reflect Whitman County and their community. A range of answers were provided but the most frequent responses were:

- 1 | Safety;
- 2 | Community togetherness and belonging; and
- 3 | The value of education in the community.



# What We Learned

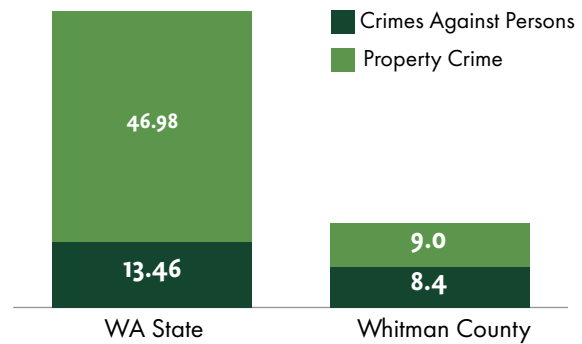
## Safety

Interviewees talked frequently about safety and the lack of crime in their community.

**“In general, people value having safe neighborhoods, low crime rate, walkability.”**

– Dr. Katie Hryniewicz, Pediatrician  
Pullman Regional Hospital System, Pullman

Crime Rate per 1,000<sup>7</sup>



<sup>7</sup> WA Association of Sheriffs and Police Chiefs. Crime in Washington. 2021

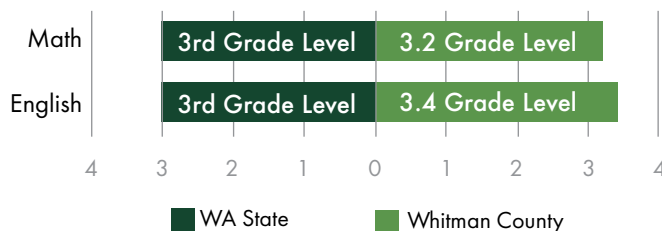
## Community Togetherness and Belonging

Interviewees valued how their community comes together to support each other, even during the difficult divides exposed by the pandemic. People talked about how important it is to feel like they belong in their community. Because opportunities to be together were paused during the pandemic, people were reminded of how much they valued being together. Service providers told us they reach out and connect with other providers to ensure people receive the services they need.

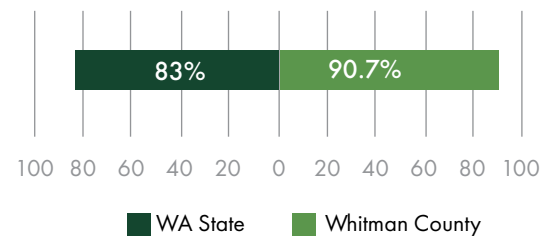
## Education

Interviewees discussed the value of education, including the value communities place on high-quality education for all ages. Many people also talked about WSU and the importance of higher education to the community and the students enrolled.

Average Standardized Test Performance for 3rd Graders in 2021



Percent of 9th Graders that Graduate in 4 Years



**“We have a common thread of supporting students and their positive future.”**

– Suzanne Schmick, Superintendent, Endicott and St. John School District



# What We Learned



## Whitman County Health and Wellbeing

The CHNA community surveys and conversations with community leaders showed us what people enjoy most about life in Whitman County and how the pandemic impacted life for everyone.

**87% of Whitman County residents say their quality of life is excellent or good.**

“The pandemic has been a springboard for those of us stuck inside to get outside more. The increase in outdoor activities has been noticeable... People that could grow and eat their fresh food were certainly doing that in the last two years when we were at home all the time.”

– Marie Dymkoski, Executive Director, Pullman Chamber of Commerce

### Why do people think Whitman County is a great place to live?



Low crime



Clean environment



Parks, trails, places to get outside

### What do our residents say needs to improve?



Affordable options for places to live



Access to mental health professionals



Opportunities to socialize

**32% of residents say their quality of life is worse now than before the pandemic.**

33%

were not employed during the pandemic

14%

experienced job loss or income reduction

2%

lost the home they lived in

7%

felt at risk of losing their home

6%

missed work due to child care challenges





# What We Learned



## Whitman County Priority Needs

In the following sections, we describe in greater detail what we learned about the key significant health needs for our community and our opportunity to improve.

**1**

Priority Need:  
**Mental and  
Behavioral Health**

**2**

Priority Need:  
**Standard of  
Living**

**3**

Priority Need:  
**Preventive  
Care**



# What We Learned

1

## Priority Need: **Mental and Behavioral Health**

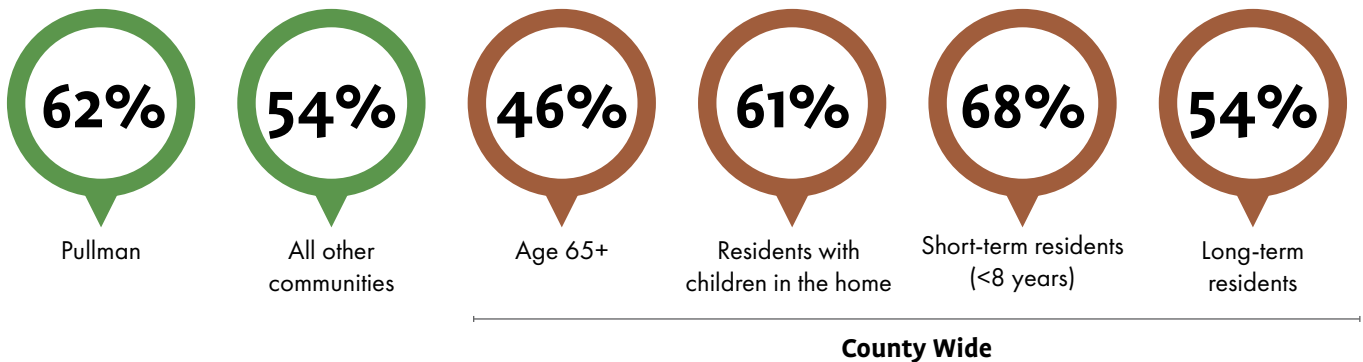
Mental and behavioral health was identified by almost every interviewee and ranked as a high priority in our community survey. We found that the pandemic had a big impact on mental and behavioral health. People's mental health experiences during the pandemic varied based on their ages, hometowns, and household situations.

**59% of survey respondents** said the pandemic had a negative impact on their mental health.

**“We figured out [in the pandemic] what’s important. And that will fade too, so we just have to remember what matters most. We don’t live alone; we are responsible to each other.”**

– Annie Pillers, Whitman County Coroner

### Pandemic Had a Negative Mental Health Impact



# What We Learned

## Depression, Anxiety, and Loneliness

Loneliness goes hand-in-hand with a lack of opportunities to socialize. "Opportunities to socialize" was the third-ranked need for Whitman County residents, according to the community survey. For some groups, this need was higher than for others, including:

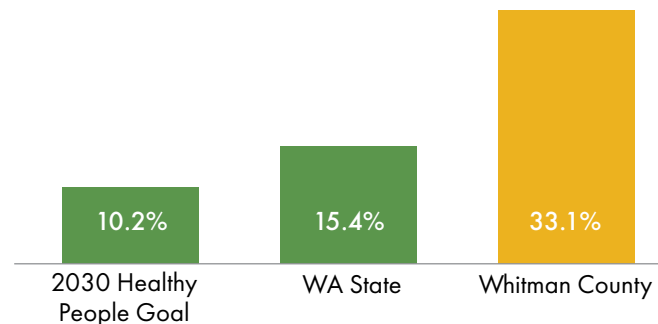
- Pullman residents at 61%
- Short-term residents at 67%
- Households with children at 57%

In the past 12 months, **Whitman County residents** told us they experienced anxiety, depression, and suicidal thoughts. Short-term residents (those who have lived in the county <8 years) described higher rates.

	Whitman County Residents	Short-term Residents
Increase in anxiety or stress	67%	75%
Increase in depression or feeling down	55%	65%
Suicidal thoughts or self-harm	9%	14%

Our suicide rate is almost double Washington State's and triple the 2030 Healthy People Goal.

### Age-Adjusted Death Due to Suicide Rate per 100,000<sup>8</sup>



<sup>8</sup> Washington State Department of Health, Center for Health Statistics, Death Certificate Data, 1990–2020, Community Health Assessment Tool (CHAT), December 2021.

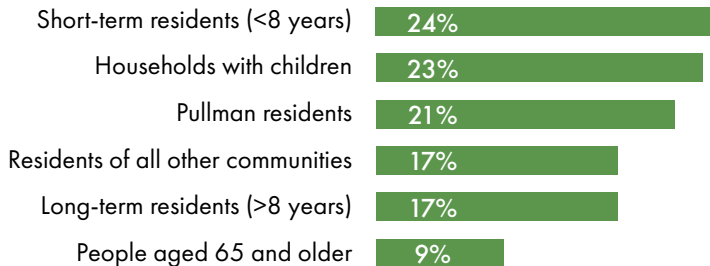
## 55% of Whitman County felt lonely or isolated during the past 12 months.



# What We Learned

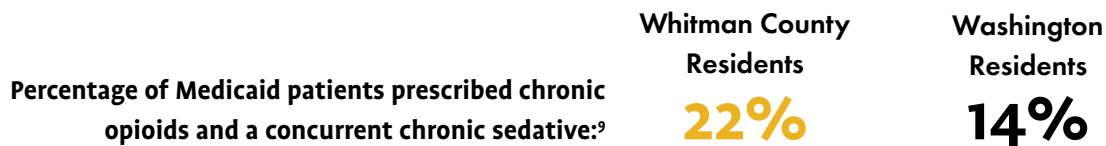
## Alcohol, Prescription, and Illicit Drug Use

### Increase in Alcohol & Drug Use by Specific Groups



**20% of people in Whitman County say their drug and alcohol use increased during the last 12 months.**

Mixing prescription opioids and prescription sedatives steeply increases the risk of overdose. More Whitman County residents are at risk of this overdose than in Washington as a whole, according to Medicaid patient data.



## Access to Mental Health Providers

Many interviewees and community listening session participants described difficulty accessing mental health services. For those in smaller rural communities, commuting to Pullman or Spokane to see a service provider was a challenge. For some, access to telehealth services was an important option.

“Access to mental health professionals” was a highly ranked need in the community survey across several demographics including Pullman residents, families with children, people aged 65+, short-term residents (<8 years), and long-term residents.

Interviews and community listening sessions gave insights into the nature of this need. Too few mental health care providers, and too many needs, result in long wait times. Community leaders working in mental health reported they have money to pay professionals, but they have difficulty attracting staff.

Waitlists to access counseling services were often long—too long for urgent issues. Many listening session attendees talked about the stigma and shame of mental and behavioral health concerns, which hamper willingness to seek care, especially for older people living in rural towns.

**“There’s a sense of cooperation with other service providers which is unique. It’s a lot harder for people to fall through the cracks here than in more urban areas.”**

– Mike Berney, Executive Director  
Palouse River Counseling, Pullman

<sup>9</sup> Washington Health Care Authority, Healthier Washington Measure Explorer and Trend Dashboard.

# What We Learned

## 2

### Priority Need: **Standard of Living**

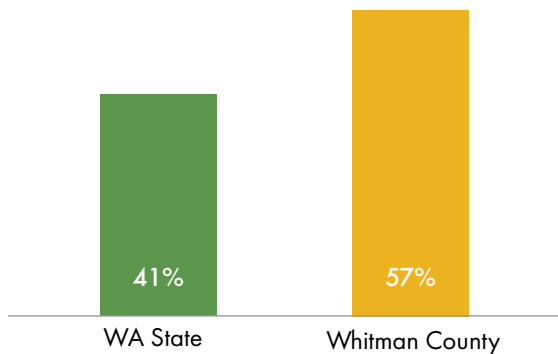
We heard from the community and through our quantitative data that access to housing, child care, resources such as food, and living wage jobs are all urgent needs. We compiled these into one priority area titled “Standard of Living,” and we describe what we learned in this section.

#### Housing

“Affordable options for places to live” was the top-ranked need among Whitman County residents, according to the community survey. This need was the greatest need among all different groups of county residents.

Whitman County has a high housing cost burden compared to Washington.

**Percent of households that spend 30% or more of their income on housing<sup>10</sup>**



**“Homelessness is a big problem due to the inaccessibility of affordable housing. We can now visually see it, where we couldn’t before the pandemic. It’s not new. There are insufficient resources to address this need.”**

– Marie Dymkoski, Executive Director  
Pullman Chamber of Commerce

We heard in community listening sessions that people remain in unsafe or crowded homes because the supply of affordable rental units is so low, and demand is high.

**7% of survey respondents felt they were at risk of losing their housing at some point in the past two years.**

**“I work with people over 65 and they can’t afford elder housing; it starts at \$2,000 per month. A lot of clients are moving back in with their kids right now. They don’t have a choice.”**

– Community Listening Session Attendee

<sup>10</sup> US Census Data. Whitman County. 2020.



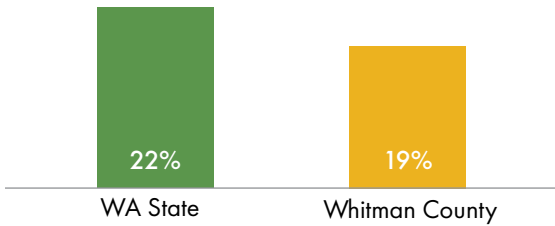


# What We Learned

## Child Care

Interviewees told us that child care was hard to access, with long drive times for rural residents to child care locations in Pullman and not enough child care options in rural communities. We heard that high prices, especially for infants and toddlers, contribute to situations in which parents decide to leave the paid workforce.

How much of our incomes go to childcare costs?<sup>11</sup>

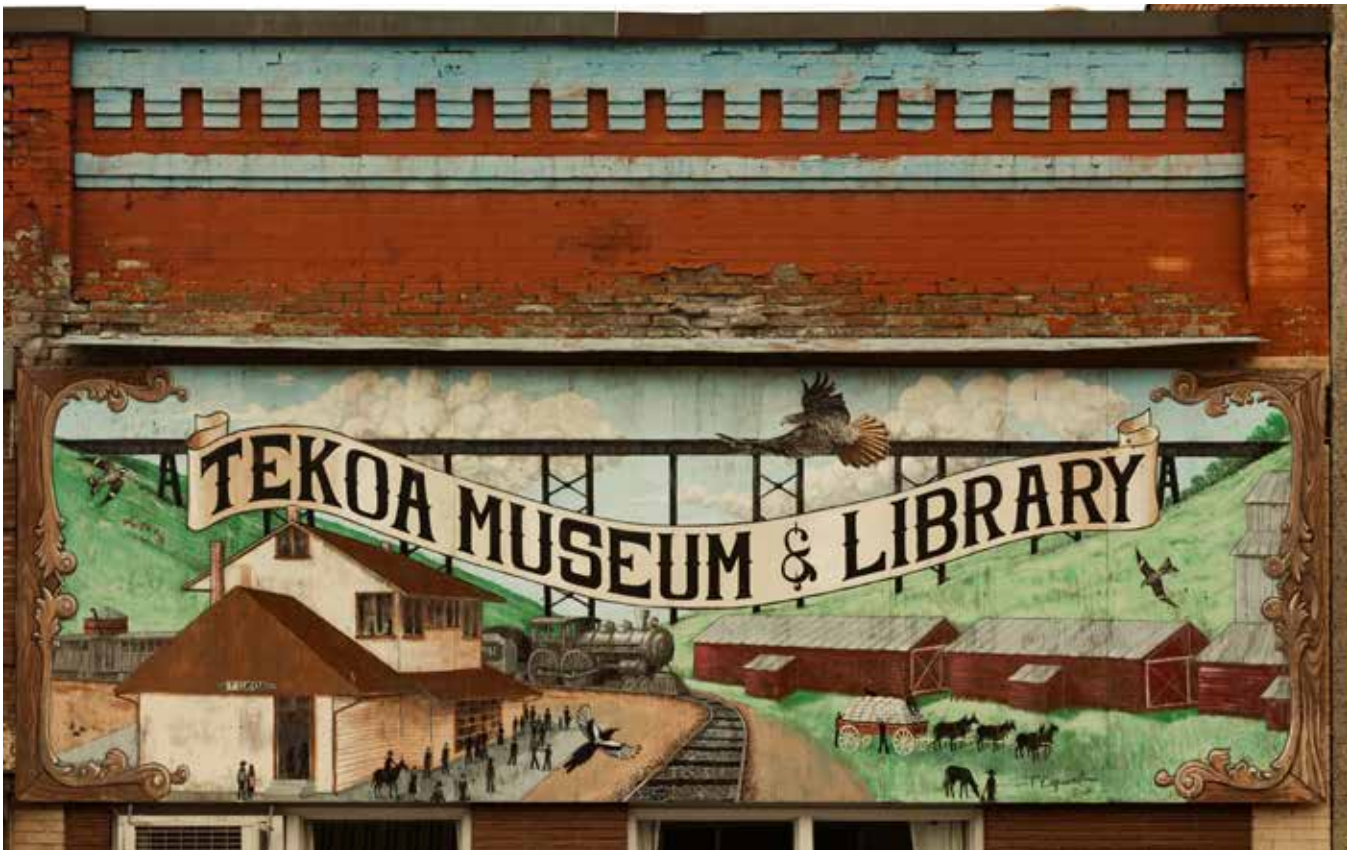


**“You hear staying home [with your kids] is a choice, but was it really? It was a financial choice. I am just now to the point of catching up with where I was, salary-wise.”**

– Community Listening Session Attendee

The pandemic exacerbated existing child care issues as child care providers closed their doors and schools went remote.

Child care providers told us even when they are at capacity, they are not financially stable. They reduced classroom sizes due to the pandemic, while their costs keep increasing as they comply with COVID-19, licensing, and care quality requirements. They also experience ongoing difficulties hiring and keeping staff.



<sup>11</sup> Child Care Aware, Washington. 2022



# What We Learned

## Access to Resources

Understanding **how and where to find help** is a barrier to people getting the resources they need.

26%

of survey respondents said if they needed help, **they would NOT know where to go to find food, housing, or other aid**

38%

of short-term residents **would not know where to go to find help**

The **Palouse Resource Guide** and **2-1-1** are two resources to find help accessing housing, food, and other support.

61%

of survey respondents say they are **not familiar at all with the Palouse Resource Guide**

84%

of survey respondents say they are **not familiar at all with 2-1-1**

In community listening sessions, we heard from people who used a resource navigator, a position that helps people understand and access the services and supports they need in a variety of systems. This support person can be particularly important in situations of high and urgent need, like domestic violence or substance use.

**“[The navigator] did all the footwork. In my situation, you have no time or effort to figure all that stuff out, so you put it on the back burner. [This organization] is an amazing, amazing resource.”**

– Community Listening Session Attendee

Respondents to the community survey said the following are the most difficult resources to access:

1. Getting help for mental health
2. Child care
3. Affordable food

**Access to healthy, affordable food** is an issue of concern. **9% of survey respondents sometimes did not have enough to eat over the past year**, with short-term county residents experiencing hunger at a higher rate of 14%.

People who needed food were most likely to get food from the following places:

- Friends or family
- Food pantry
- Food bank
- SNAP (“food stamps”)

**Transportation issues** also keep people from the resources they need. **13% of survey respondents shared they, or people who live with them, had a hard time getting to and from places they needed to go.** Among these respondents, the top three reasons for challenges were:

- Did not have access to a reliable car
- Unable to afford a bus or taxi
- Unable to afford gas

Many interviewees and listening session attendees also talked about using COAST Public Transportation and the benefits of this transportation service to the community.<sup>12</sup>

<sup>12</sup> Coaging. Colfax.org. 2022.





# What We Learned

## Poverty<sup>13</sup>

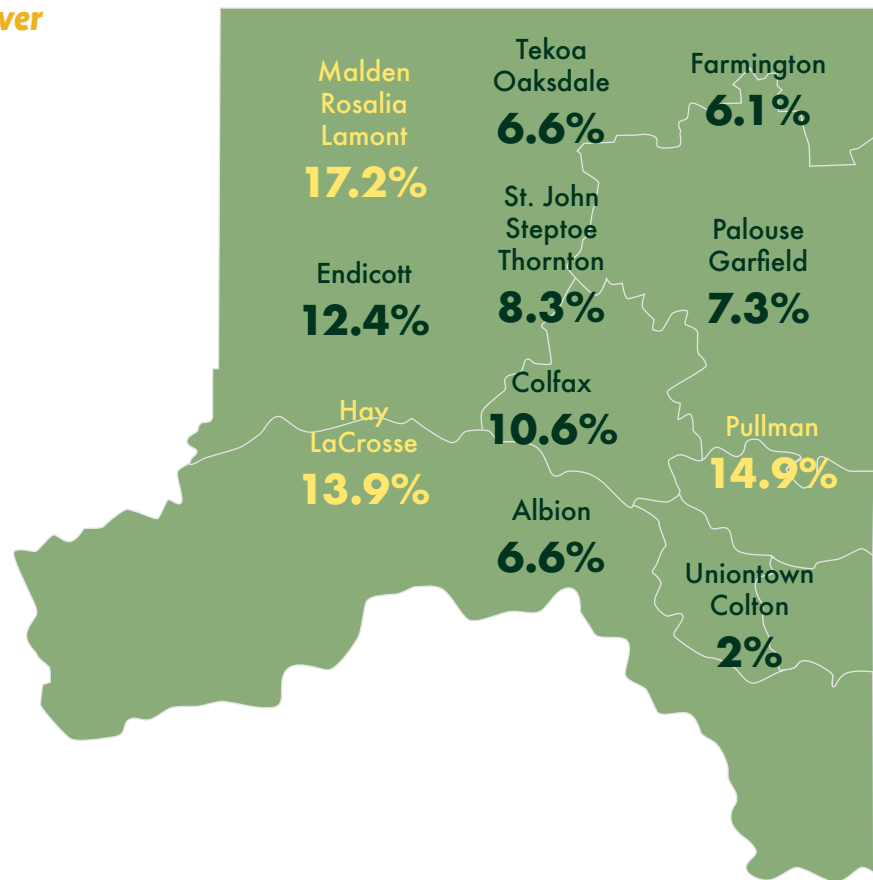
Poverty is prevalent in Whitman County communities, but where it occurs and the people it affects differs. We heard from the community that they believe the large number of college students in our county skews the poverty rate seen in Census data and that poverty might not be as prevalent in Pullman, but that it is certainly present in the rural parts of the county.

Earlier in this report, we showed how median incomes are skewed in Pullman due to the high number of WSU students who do not report their income in Whitman County. This median income map made it look like Pullman residents had very low incomes compared to the rest of the county. In the map below, we removed the 18- to 24-year-old age group (WSU students). We then grouped communities that are geographically close to each other to show how poverty affects adults aged 25 and older across Whitman County.

Even when removing the age group that most closely represents WSU students, we still have high rates of poverty throughout the county, including in Pullman.

### Number of People Aged 25 & Over Living in Poverty

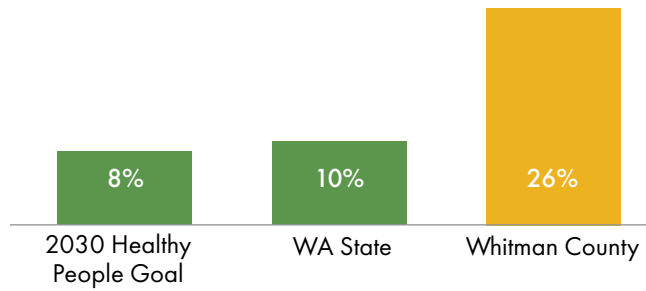
14,645	Pullman
3,092	Colfax
1,584	Palouse/Garfield
1,051	Tekoa/Oaksdale
974	St. John/Step toe/Thornton
921	Malden/Rosalia/Lamont
741	Uniontown/Colton
541	Hay/LaCrosse
436	Endicott
364	Albion
278	Farmington



<sup>13</sup> Note: in this section we compare Whitman County data with Washington State and with Healthy People 2030, which is a national set of health objectives that our country aims to meet by 2030.

# What We Learned

## People living at or below the U.S. federal poverty level (all ages):

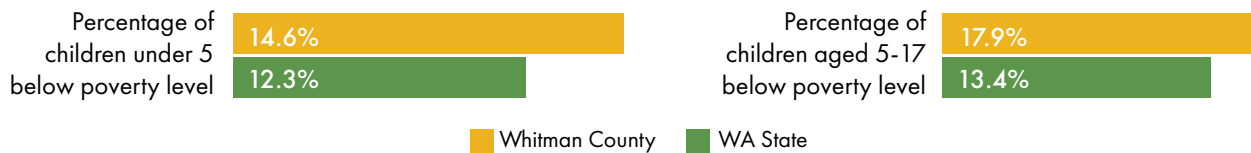


**“I’ve known people who can make ends meet, but they are only one emergency away from disaster. They move to Albion [from Pullman] because it’s cheaper, then their car breaks down and they can’t get to work. Or an asthma attack sends them to the emergency room. One paycheck away from a disaster.”**

– Community Listening Session Attendee

In addition, poverty affects children in Whitman County at higher rates than in Washington as a whole.

## Childhood Poverty Rates<sup>14</sup>



Even when people work full time, if they are making minimum wage and have a family, they often do not earn enough to cover all of life’s expenses. These individuals may not fall under the federal poverty level. Nevertheless, the housing and child care costs described in this report contribute to a situation in which it is tough to make ends meet.



Additional information about poverty and its impacts in Whitman County can be found in the Poverty on the Palouse Report<sup>15</sup> commissioned in 2016 to better understand how poverty affects daily life across the Palouse. We also included a table on the racial demographics of poverty in the report appendix.

<sup>14</sup> US Census Data. ACS 5-Year Estimates Data Profiles. 2020.

<sup>15</sup> Poverty on the Palouse. League of Women Voters. 2016. [PDF](#)

# What We Learned

## 3

### Priority Need: Preventive Care<sup>16</sup>

#### Routine Checkups

We learned from our data collection that Whitman County has fewer people who get an annual wellness checkup compared to Washington State. Routine checkups are important because they help identify health issues like cancer and chronic disease early, which leads to more timely and responsive treatment.

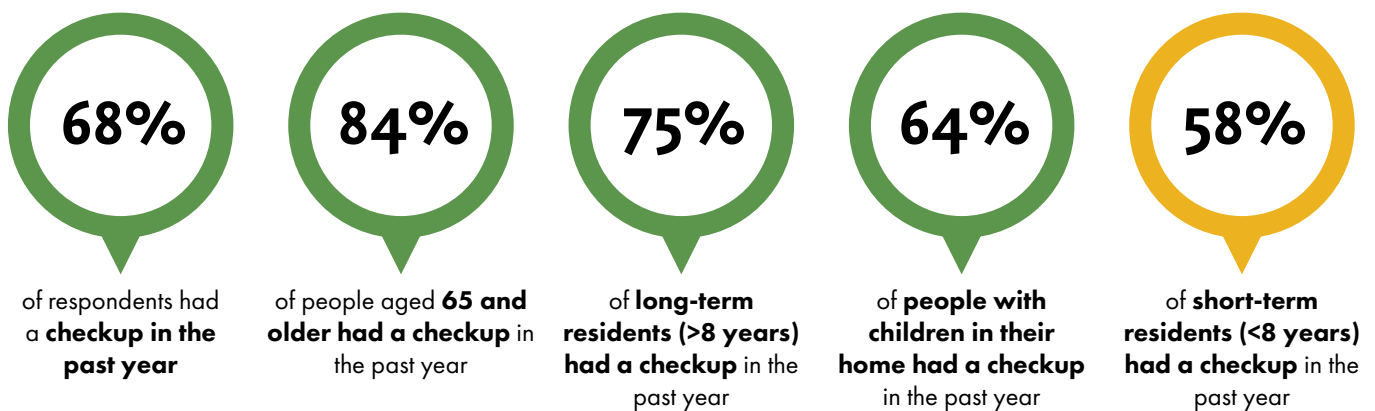
	Whitman County Residents	Washington Residents
Visits to doctor for routine checkup within the past year among adults 18 and older:	61%	69%

**10% of survey write-in responses mention their doctor recently retired or moved out of the area.**

**“Doctors keep leaving the area. I have had four primary doctors in the last five years.”**

– Community Survey Respondent

We were happy to see from our survey results that despite the pandemic, many residents aged 65 or older did not miss their yearly checkup. Among community survey respondents:



45% of respondents said they didn't get a checkup because they were not sick, which is a good opportunity to remind people that wellness checkups should be a routine occurrence even if you're not feeling sick. Community survey respondents also shared even if they wanted to get a check-up it is too hard to get an appointment on a day they can go.

<sup>16</sup> Note: In this section we compare Whitman County data with Washington State and with Healthy People 2030, which is a national set of health objectives that our country aims to meet by 2030.

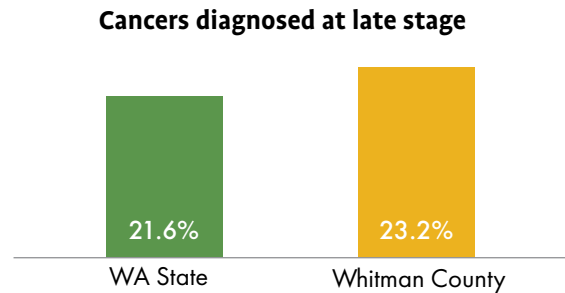


# What We Learned

## Cancer Screening and Treatment

The lack of access to a provider and inconsistent wellness checkups means many people in Whitman County may not be receiving timely cancer screenings. Furthermore, **only 48% of community survey respondents say they were offered cancer screenings during their routine checkup.**

When cancer is diagnosed at earlier stages, the person with cancer is more likely to survive. However, **in Whitman County more cancers are diagnosed at a late stage than in Washington**, which contributes to higher death rates.



Our data also show that Whitman County residents are more likely to die of cancer than in Washington as a whole.

	Whitman County Residents	WA State	Healthy People 2030 Target
Rate of deaths due to breast cancer per 100,000 among women, age adjusted:	21.5%	18.7%	15.3%
Rate of deaths due to lung cancer per 100,000, age adjusted:	46.2%	27.5%	25.1%

There are several cancer screenings medical providers can give to detect early stages of cancer during routine exams. These screenings include cervical cancer screenings, mammograms to detect breast cancer, lung screenings, and colonoscopies to detect colon cancer. Our data show **fewer people here receive life-saving cancer screenings than in Washington as a whole.**

	Whitman County Residents	WA State	Healthy People 2030 Target
Percentage of women aged 50–74 who report receiving a mammogram within the past two years:	62.9%	74.7%	80.5%
Percentage of adults aged 50–75 who had a blood stool test in the past year, sigmoidoscopy in the past five years; and a blood stool test in the past three years, colonoscopy in the past 10 years:	61.3%	73.5%	74.4%
Percentage of women aged 21–64 who were screened for cervical cancer:	41.0%	48.0%	84.3%



# What We Learned

## Childhood Immunizations

The pandemic negatively affected routine health care, like childhood vaccines, for young children. During the first months of the pandemic, medical clinics encouraged families to delay non-urgent health care to prevent the spread of COVID-19. However, once clinics reopened, families still experienced barriers. These barriers may include fears of getting COVID-19 at the doctor's office, distrust of vaccines, or staffing issues at medical clinics.

It is important for Whitman County families to catch up on childhood immunizations because delays in getting these shots put children at risk of serious diseases.

**Young children aged 19-35 months who are up to date on routine immunizations:**

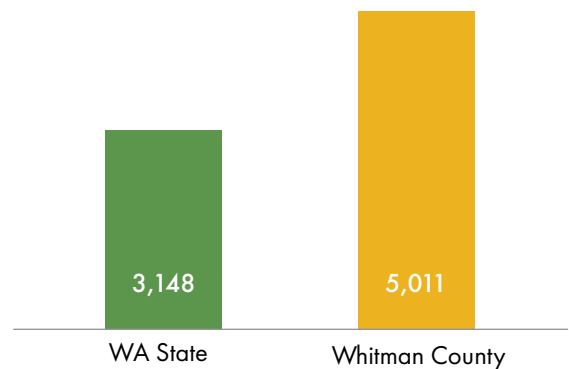
	June 2019	December 2021	Difference
Whitman County	80%	63%	-17%
WA State	66%	61%	-5%

## Aging Well

Whitman County's residents aged 65 and older are more likely to have a disability related to their hearing, vision, thinking, or movement than Washington as a whole. They are also more likely to have difficulty with self-care or the ability to live independently. When older adults fall, the fall can result in life-threatening injuries and even death.

Because close, loving relationships result in a longer and higher-quality life, addressing and mitigating social isolation is a priority. In addition, elder adults without a support system may have difficulty meeting basic needs and navigating health care and insurance systems.

**Whitman County residents aged 65 and older experience more serious falls for people than Washington State rates (per 100,000).**



Listening session attendees who care for aging adults told us they frequently see elders who are isolated and do not have family or other local support systems. The isolation was worse during the pandemic when skilled care facilities could not allow visitors.

**“I wonder how many of our patients are lacking in touch. When’s the last time somebody held their hand? They have kids living across the state. No one is traveling to visit.”**

– Community Listening Session Attendee





# Finding Solutions and Building Healthy Communities

Throughout our CHNA process we looked for ways to understand from the community what was working well, how to improve upon what worked, and where community-driven solutions could be implemented to improve community health and wellbeing. Here we highlight community-generated ideas we heard during our listening sessions and the important work already in progress.

## Mental and Behavioral Health

### Spectrum of Solutions: Mental Health and Community Supports



### What's already happening?

#### Whitman County Suicide Prevention, Intervention, and Response Task Force

- Includes representatives from public schools, WSU, law enforcement, first responders, advocacy groups, churches, hospitals, behavioral health, county, and local governments
- Offers Health Support Team (HST) Training Program
- Offers Mental Health First Aid classes

#### Recovery Navigator Program

- For people with substance use disorders (SUDs) and mental health conditions.
- Offers peer support by people in recovery from substances and/ or living with mental health conditions.
- Navigators help others access resources and be successful in recovery.

#### Palouse Resource Guide

- Central online forum for information on how to access mental health services
- Recently revitalized and managed by Whitman County Public Health
- Work is in progress to further engage the community to keep this content fresh and relevant

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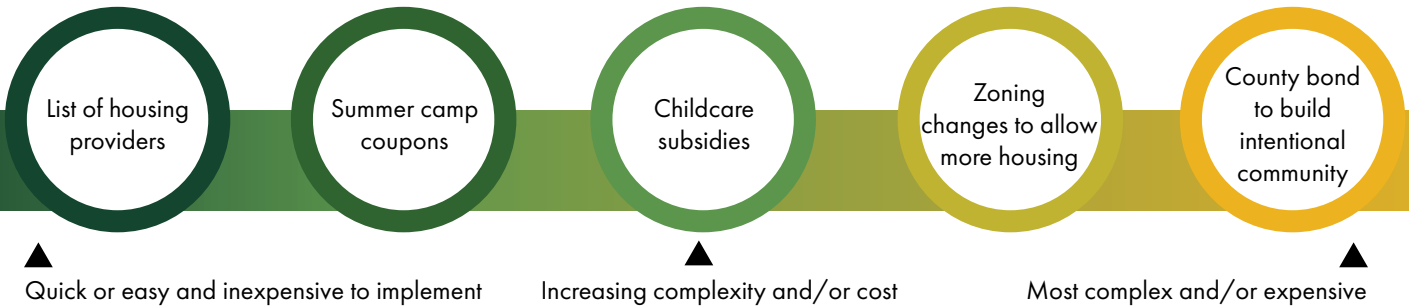




# Finding Solutions

## Standard of Living

### Spectrum of Solutions: Standard of Living



### What's already happening?

#### **New affordable housing**

- Through Community Action Center (Riverview Apartments); future plans for more affordable housing projects

#### **Pullman Housing Solutions Team**

- Coalition of city and county government, housing nonprofits, and real estate agencies
- "Missing Middle Housing" initiative in early planning stages for middle-income workforce
- Landlord Roundtable

#### **Pullman Recreation Care-to-Share Scholarship**

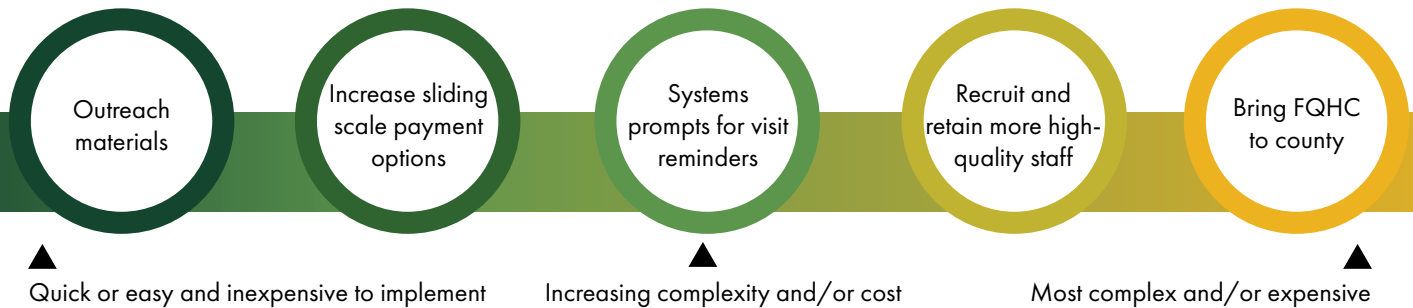
- Assistance is available for youth through age 17 who reside in the Pullman School District, Senior Adults aged 60 and older, and adults with disabilities who reside within the City of Pullman to participate in Pullman Recreation activities



# Finding Solutions

## Preventive Care

### Spectrum of Solutions: Preventive Care



### What's already happening?

#### Schweitzer Engineering Laboratories (SEL) Health Clinic<sup>17</sup>

- Provides wraparound preventive care health and wellness services for SEL employees and their families, which means people can see a primary care doctor, receive mental health services, and even physical therapy treatment for sprains, strains, and other injuries, all in one location.

#### WCPH Preventive Care Resources

- WCPH created resources to support finding a quality primary care physician and advocate for the best preventative care to support your health and wellbeing beginning at birth.<sup>18</sup>

#### Whitman County Health Network

- Whitman County Health Network (WCHN) supports the development, coordination, and delivery of health and human services.

#### WCPH Communication Call

- Monthly meeting between public health, schools, healthcare providers, social service providers, higher education, and local business organizations to support coordination between community organizations that provide preventive care services and support.

<sup>17</sup> Schweitzer Engineering Laboratories (SEL) [Health Clinic SEL Family Center | Health Clinic](#)

<sup>18</sup> Whitman County Public Health Preventive Care [PreventativeCare \[whitmancountypublichealth.org/preventativecare\]](#)

# Appendix

# Appendix

## Health Conditions



### Description Indicator • Data Source

#### Respiratory Disease

COPD	Age adjusted rate of hospitalizations due to chronic obstructive pulmonary disease and bronchiectasis • CHAT, 2019	56.8	60.7	136.5	Decrease Desired
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#### Sleep

Sleep	Sleeping less than 7 hours among adults aged >=18 years • BRFSS, 2018	31.1	32	29.5	Target met or exceeded
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#### Physical Activity

Physical Activity	No leisure-time physical activity among adults aged >=18 years • BRFSS, 2020	32.6	17.6	17.8	Target met or exceeded
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#### Vaccination

Child Immunizations	Percentage of children (19-35 months) up to date on routine immunizations • WADOH VFC Report, 5/22/22	80	56.8	59.4	Increase Desired
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#### Cancer

Cancer	Rate of deaths due to malignant neoplasms per 100,000 , age adjusted • CHAT, 2020	122.7	135.74	169.36	Decrease Desired
Breast Cancer	Rate of deaths due to breast cancer per 100,000, age adjusted (among women) • CHAT, 2020	15.3	18.7	21.5	Decrease Desired
Lung Cancer	Rate of deaths due to lung cancer per 100,000 (trachea bronchus and lung), age adjusted • CHAT, 2020	25.1	27.5	46.2	Decrease Desired

#### Heart Diseases & Stroke

Diseases of the Heart	Age-adjusted mortality due to Diseases of heart (per 100,000) • CHAT, 2020	71.1	131.3	203.8	Decrease Desired
Blood Pressure	High blood pressure among adults aged >=18 years • BRFSS, 2019	27.7	28.2	30.0	Decrease Desired

#### Pregnancy and Childbirth

Prenatal Care	Percentage of women who received prenatal care in the first trimester • CHAT, 2021	84.8	81.67	87.82	Target met or exceeded
Birth Weight	Percentage of births with a birth weight <2500g • CHAT, 2020	7.8	6.95	7.49	Increase Desired
Premature Births	Percentage of births with an estimated gestational age <37 weeks (note - "% Premature" was chosen in CHAT) • CHAT, 2021	9.4	10.74	8.56	Target met or exceeded
Teen births	Number of births per 1,000 female population ages 15-19 • CHAT, 2020	31.4	10.8	1.39	Target met or exceeded

#### Mental Health and Mental Disorders

Suicide	Age-adjusted mortality due to Intentional self-harm (suicide) (per 100,000) • CHAT, 2020	10.2	15.4	33.1	Decrease Desired
Suicide	Rate of adult (18-64 yo) deaths from intentional self-harm or suicide per 100,000 • CHAT, 2020	12	19.7	33.1	Decrease Desired
Suicide	Rate of youth (10-17 yo) deaths from intentional self-harm or suicide per 100,000 • CHAT, 2020	1.8	15.65	0	Target met or exceeded
Attempted Suicide Hospitalizations	Age adjusted non-fatal hospitalizations from intentional self-harm or suicide per 100,000 • CHAT, 2019	144.7	47.5	28.3	Target met or exceeded

# Appendix

## Health Behaviors



### Description Indicator • Data Source

#### Alcohol and Drug Use

Alcohol Use	Percent of adults (18+) who report binge drinking (5 drinks for men; 4 drinks for women) on at least one occasion in the last 30 days • BRFSS, 2020	24.4	16.5	13.3	Target met or exceeded
Alcohol Use	Percent of youth who report alcohol consumption in the past 30 days • HYS, 2021	6.3	7.63	7.54	Decrease Desired
Drug Use	Rate of opioid deaths per 100,000 • CHAT, 2021	13.1	18.49	5.8	Target met or exceeded
Drug Use	Drug overdose mortality rate per 100,000 population (Crude) • NVSS, 2020	20.7	15.3	10.82	Target met or exceeded

#### Tobacco Use

Tobacco Use	Percentage of women giving birth who smoked tobacco at any point in their pregnancy • CHAT, 2021	4.3	4.6	6.7	Decrease Desired
Tobacco Use	Percentage of adults who are current smokers • BRFSS, 2020	5.0	11.7	13.5	Decrease Desired

#### Nutrition and Healthy Eating

Adult obesity	Percentage of the adult population (age 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m <sup>2</sup> • BRFSS, 2020	36	28.1	37.2	Decrease Desired
Food Insecurity	Percentage of people who have food insecurity • Feeding America Action, 2021	6	11.4	14.5	Decrease Desired

#### Violence Prevention

Homicides	Age-adjusted rate of deaths due to homicide (assault) per 100,000 population. • CHAT, 2020	5.5	4.35	4.1	Target met or exceeded
Suicides	Age-adjusted rate of deaths due to suicide (self-inflicted injury) per 100,000 population. • CHAT, 2020	12.8	15.39	33.1	Decrease Desired
Firearm fatalities	Age-adjusted rate of deaths due to firearms per 100,000 population. • CHAT, 2020	10.7	11.07	23.9	Decrease Desired
Child Sexual Abuse	Percentage of youth who have ever been forced into a sexual situation • HYS, 2021	8.7	14.97	16.1	Decrease Desired

#### Injury Prevention

Accidents Deaths	Age-adjusted mortality due to Accidents (per 100,000) • CHAT, 2020	36.4	51.4	54.9	Decrease Desired
Injury Deaths	Age-adjusted rate of deaths due to injury (per 100,000 population) • CHAT, 2020	53.7	72.81	92.1	Decrease Desired
Unintentional Injuries	Rates of hospitalization for falls for people 65+ per 100,000 • CHAT, 2019	5447	3,147.60	5011.4	Target met or exceeded
Motor Vehicle Death	Overall motor vehicle related deaths (includes collisions involving motor vehicles, bicycles, pedestrians) per 100,000 • CHAT, 2020	11.2	8.6	11.8	Decrease Desired
Infant Mortality	Rate of births that die before first birthday per 1000 (Total Infant Mortality Rate) • CHAT, 2020	6	4.5	5.3	Target met or exceeded



# Appendix

## Social Determinants of Health

Description Indicator • Data Source



### Economic Stability

Individuals in poverty	Percentage of people living at or below the US federal poverty level • ACS, 2020	8	10.2	26	Decrease Desired
Individuals in poverty	Percentage of people below poverty level: 18-34 yo • ACS, 2020	8	13.1	45.1	Decrease Desired

### Education Access and Quality

High School graduation	Percentage of ninth-grade cohort that graduates in four years. • OSPI, 2021	90.7	82.53	90.12	Increase Desired
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### Neighborhood and Built Environment

Housing cost burden	Percentage of households that spend 30% or more of their household income on housing • ACS, 2020	25.5	24.7	36.4	Decrease Desired
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### Health Care Access and Quality

Mammography Screening	Percent of women ages 50-74 who report receiving a mammogram within the past 2 years • BRFSS, 2020 & 2018	80.5	74.7	62.9	Increase Desired
Colorectal Cancer Screening	Percent of adults ages 50-75 who had a blood stool test in the past year, sigmoidoscopy in the past 5 years and a blood stool test in the past 3 years, colonoscopy in the past 10 years • BRFSS, 2020 & 2018	74.4	73.5	61.3	Increase Desired
Breast Cancer Screening	Percentage of female Medicaid beneficiaries, 50-74 years of age who had a mammogram • WA HCA, 2021	77.1	45	45	Increase Desired
Cervical Cancer Screening	Percentage of women 21-64 years of age who were screened for cervical cancer • WA HCA, 2021	84.3	48	41	Increase Desired
Colorectal Cancer Screening	Percentage of members 50-75 years of age who had appropriate screening for colorectal cancer • WA HCA, 2021	70.5	39	38	Increase Desired
Health Insurance	Percentage of adults 19-64 who reported having health insurance • ACS, 2020	89	91.1	94.2	Target met or exceeded

Target data were primarily identified from 2030 Healthy People data when available. If the specific indicator was not listed in the 2030 version, we used the 2020 Health People data.

## Poverty by Race in Whitman County

We are including this table here to show how poverty across the county impacts different races. For all our other county indicators there was not enough data collected by race to report on those indicators, which is why you don't see those data throughout the report. We did have enough data on poverty and race to display here. It's important to notice that the confidence intervals (CI), meaning how much certainty or uncertainty we have in the data, for some of these percentages is wide so we need to take that into account when reviewing these data.

<b>RACE AND HISPANIC OR LATINO ORIGIN</b>	<b>Percent below poverty level</b>	<b>Lower CI</b>	<b>Upper CI</b>
White alone	24.2%	22.4%	26.0%
Black or African American alone	54.9%	35.0%	74.8%
American Indian and Alaska Native alone	38.9%	15.1%	62.7%
Asian alone	36.4%	27.6%	45.2%
Native Hawaiian and Other Pacific Islander alone	94.8%	83.2%	106.4%
Some other race alone	33.9%	20.2%	47.6%
Two or more races	22.4%	15.3%	29.5%
Hispanic or Latino origin (of any race)	28.9%	22.1%	35.7%
White alone, not Hispanic or Latino	23.9%	22.1%	25.7%
Health Insurance	89%	91.1%	94.2%

# Appendix

## 2022 Whitman County Community Survey

How would you rate your quality of life in Whitman County?

Excellent | Good | Fair | Poor | Very poor

If you had to pick three factors that make Whitman County a great place to live, which would you choose?

- Low crime in my neighborhood
- Good schools
- Access to good doctors
- Access to mental health professionals
- Opportunities to socialize
- Affordable options for places to live
- Good jobs
- Access to grocery stores with affordable healthy options
- Parks, trails, or other places to get outside
- Public transportation
- Easy access to aid programs such as food pantries or social service programs
- Clean Environment

We want to know how we can improve. Pick three areas you think Whitman County should work on.

Low crime in my neighborhood

- Good schools
- Access to good doctors
- Access to mental health professionals
- Opportunities to socialize
- Affordable options for places to live
- Good jobs
- Access to grocery stores with affordable healthy options
- Parks, trails, or other places to get outside
- Public transportation
- Easy access to aid programs such as food pantries or social service programs
- Clean Environment

Now, we want to ask how the COVID-19 pandemic has impacted your quality of life. First, how would you rate your quality of life today compared to what it was before the pandemic?

Much better | Somewhat better | About the same | Somewhat worse | Much worse

What kinds of health-related experiences did you have during the pandemic? We have included a list of possible experiences, please answer yes or no for each.

- Missed a yearly checkup
- Fear of seeking healthcare services
- Was unable to get healthcare when I was sick
- Had a hard time getting medicine that I usually take
- Missed a recommended medical test (like bloodwork) or treatment (like getting your teeth cleaned)
- Missed elective surgery

Did the pandemic have a negative effect on your mental health?

- Yes
- No

# Appendix

What kind of mental health-related experiences have you had in the past 12 months? We have included a list of possible experiences, please answer yes or no for each.

- Increase in anxiety or stress
- Increased depression or feeling down
- Suicidal thoughts
- Increased alcohol or drug use
- Felt lonely or isolated

If you ever needed mental health support, how would you feel comfortable seeing a mental health professional?

- Seeing a mental health professional online
- Seeing a mental health professional in person
- Seeing a mental health professional online or in person. I would be comfortable with either option.
- I would not feel comfortable seeing a mental health professional at all

Were you employed during the pandemic?

- Yes
- No

If YES - What kind of work-related experiences have you had during the pandemic? We have included a list of possible experiences, please answer yes or no for each.

- COVID-19 related job loss or significant reduction income
- Felt that I was being asked to work in a place that wasn't following safe COVID-19 practices
- Stopped working completely due to COVID-19 child care issues
- Missed a lot of work due to COVID-19 child care issues
- I was able to work remotely

Where did you get information during the pandemic? Pick the top three places you used.

- Centers for Disease Control (CDC)
- Washington State Department of Health
- Whitman County Public Health
- My doctor
- My church
- A family member
- A friend
- Social media
- Local TV News
- National TV News (CNN, Fox News, MSNBC)
- Local print news (Daily Evergreen, Moscow-Pullman Daily News)
- National print news (New York Times, Atlantic, Washington Post)
- Online Blog
- Blog

In this next section we want to ask you some questions about your access to healthcare. First, do you have health insurance?

- Yes
- No

Do you have a regular doctor?

- Yes
- No

If YES - About how far do you have to travel to see your primary care provider?

\_\_\_\_\_ Minutes

# Appendix

If NO - Why don't you have a regular doctor? Check all that apply.

- I cannot afford to go
- I do not have health insurance
- I do not have a way to get there
- I don't trust doctors
- I cannot get an appointment when needed
- I'm healthy and don't feel like I need a regular doctor
- Other

In the past year, have you been to the doctor for your yearly checkup?

- Yes
- No

If NO - Why have you not been to the doctor for a yearly checkup?

- I have forgotten
- I do not have a way to get there
- It is too hard to get an appointment on a day I can go
- I didn't go due to fear of COVID-19 exposure risk
- I can't afford to go
- I haven't been sick
- Other

If YES - I received or was offered during my routine checkup:

- Physical exam
- Depression screening
- Updating immunizations such as flu
- Age-appropriate cancer screenings such as prostate cancer screening or breast cancer screening (mammogram)
- Cholesterol screening
- Diabetes screening
- I don't remember what I received or was offered.

Now we want to ask you some questions about your overall comfort or standard of living over the last two years. First, did anyone who lives with you have a hard time getting to and from places they needed to be in the last two years due to lack of reliable vehicles?

- Yes
- No

If YES - Why did you think they struggled to travel to and from places they needed to be?

- Did not have access to reliable car
- Unable to drive for any reason
- Unable to afford bus or taxi
- Unable to find bus or taxi at the times I needed it
- Unable to afford cost of gas

Did you lose the place you lived during the last two years?

- Yes
- No

If YES - Why did you lose the place you lived?

- It was too expensive, even with my income
- Eviction for non-financial reasons
- Lost job and/or income
- Physical illness
- Mental illness
- Language barrier
- Other



# Appendix

If NO - Do you feel like at any time in the past two years you were at risk of losing your housing?

- Yes
- No

If YES - Why were you at risk of losing your housing?

- It was too expensive, even with my income
- Eviction for non-financial reasons
- Lost job and/or income
- Physical illness
- Mental illness
- Language barrier
- Other

Are you behind on your rent or house payment?

- Yes
- No

If YES - About how much do you owe your landlord or bank?

- I owe less than \$100
- I owe between \$100 and \$999
- I owe \$1000 or more

Do you have any safety or health concerns about your home right now?

- Yes
- No

If YES - We have included a list of possible safety or health concerns, please select all that apply.

- Overcrowding
- Black mold
- Potential lead exposure
- Non-working bathrooms
- Insect or rodent control problem
- Broken appliances such as refrigerator or furnace
- Non-working utilities such as water, gas, or electricity
- Excessive dirt or trash in or around my home
- Unstable building structure
- Other
- 

This next section will ask you some questions about how hard or easy it has been to get food. In the last year have you ever not had enough to eat?

- Yes
- No

If YES - In the past year, has your household used any of the following services for help getting enough food to eat:

- Food Bank
- Food pantry
- SNAP
- Senior Center Meals
- Meals on Wheels
- WIC
- Public gardens
- Friends or family
- Other
- My household has not used any of these services

# Appendix

In this next section we want to ask you some questions about access. First, do you know where to go to find food, housing, or other aid?

- Yes
- No

How familiar are you with each of the following resource information services? Very familiar, somewhat familiar, a little familiar, not familiar at all

- Palouse Resource Guide
- 2-1-1

What things are hard to get in Whitman County? Check all that apply.

- Childcare (for example, daycare)
- Seeing the dentist
- Seeing the doctor
- Getting help for my mental health
- Family Counseling
- Getting help for addiction
- Getting healthy food
- Affordable food
- Help escaping violence in a relationship
- Help escaping violence in a home
- Getting to and from places easily
- Legal help
- Paying for heating, water, trash or power.
- Parenting support
- Preschool education
- Family planning
- Going to the library
- Help paying for the place you live
- Help paying for gas
- Other

What things are easy to get in Whitman County? Check all that apply.

- Childcare (for example, daycare)
- Seeing the dentist
- Seeing the doctor
- Getting help for my mental health
- Family counseling
- Getting help for addiction
- Getting healthy food
- Affordable food
- Help escaping violence in a relationship
- Help escaping violence in a home
- Getting to and from places easily
- Legal help
- Paying for heating, water, trash or power.
- Parenting support
- Preschool education
- Family planning
- Going to the library
- Help paying for the place you live
- Help paying for gas
- Other

# Appendix

Finally, we have some questions about you so we can have an idea of who lives in Whitman County and took the survey.

How old are you?

\_\_\_\_\_ years

How would you describe your gender?

- Man
- Woman
- Non-binary
- Other
- Prefer not to answer.

What is your race or ethnicity? Choose all that apply.

- White
- Black or African American
- American Indian or Alaskan Native
- Asian
- Native Hawaiian or Other Pacific Islander
- Hispanic, Latino/a, or Chicana/o.

What is your zip code?

-----

Do you have children living in your household?

- Yes
- No

Are you a WSU student?

- Yes
- No

About how long have you lived in Whitman County?

\_\_\_\_\_ years

Do you rent or own your home?

- Rent
- Own

What best describes your employment status? Check all that apply.

- Employed full-time
- Employed part-time
- Student
- Stay-at-home parent or caregiver.
- Retired
- Unemployed and looking for work
- Self-employed
- Unemployed, but not currently looking for work

Unemployed, but cannot work (disabled)

What is your average monthly take home pay?

- Less than \$500
- \$500-\$1999
- \$2000-\$3999
- \$4000-\$6000
- More than \$6000
- Prefer not to say

# Appendix

What type of debt do you think you have?

Student loan debt

- Medical debt
- Mortgage loan debt
- Credit card debt
- Car loan debt
- I do not have debt.
- Prefer not to answer

Are you stressed about the amount of debt you have?

- Yes
- No

What language do you speak at home?

- English
- Spanish
- Portuguese
- French
- Mandarin
- Arabic
- Other
- Prefer not to say

If not English - Do you or any member of your household have difficulty accessing services because of a language barrier?

- Yes
- No

## Survey Results

### Town Specific Whitman County Community Survey Results

Survey results for the following communities compared to Whitman County as a whole can be found at [whitmancountypublichealth.org/WhitmanCountyNeeds](http://whitmancountypublichealth.org/WhitmanCountyNeeds):

Colton

Rosalia

Pullman

Oakesdale

Saint John

Albion

Garfield

Tekoa

Palouse

Colfax

## Data Sources and Limitations

Data sources for this report included state and county level health and wellbeing indicators collected across a range of indicators as well as qualitative data obtained through interviews and focus groups. Quantitative data were collected via a community survey and existing data from the sources were analyzed for this report, including Washington State Healthcare Authority Medicare and Medicaid, Community Health Assessment Tool (CHAT), US Census 2020, Pregnancy Risk Assessment Monitoring System (PRAMS), Behavioral Risk Factor Surveillance System (BRFSS). Qualitative data were collected via 18 community leader interviews and 5 focus groups held throughout the county. Although we analyzed many data sources and collected new data about our community, we know there are still gaps in our knowledge. We hope this report helps us better understand those gaps and work toward a full understanding of our community's needs.





**Whitman County**  
**PUBLIC HEALTH**

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