

# CHP Health Visioning and Issue Summary

## TOPIC: Healthy Environment

**VISION: Abundance and variety of safe and nutritional foods for all with a large percentage of food produced locally**

### *CommunityNotes:*

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**A: VisionDetail** *Family and community gardens provide a significant source of fresh fruits and vegetables*

#### ***Issues related to Vision Detail***

- 1 There is a need for more residents to grow some portion of their food supply; educational opportunities, such as the Master Gardener Program (WSU) are available locally to help people learn about home food production
- 2 We need more local farms/producers
- 3 Local food production at home and in neighborhoods
- 4 Education is needed on self-sufficient farming
- 5 More community and school gardens are needed to teach food competence

#### ***Sources of Vision Detail***

Expert
Seniors and Senior Advocate C
Bellingham 3 Public Forum on
Oral Health Community

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**B: VisionDetail** *Food produced and consumed in Whatcom County is safe*

#### ***Issues related to Vision Detail***

- 1 There are many issues related to food safety and not much appreciation or understanding of the risks;
- 2 Large food producers are driven by buyers who demand safety documentation but small scale agricultural producers have few epidemiological indicators
- 3 Safe food handling is a standard issue
- 4 Shellfish need protection from contamination to assure safety for human consumption
- 5 Fewer chemicals used in gardening and an increase in organic growing
- 6 Reduction in food additives to increase the health of our foods

#### ***Sources of Vision Detail***

Expert
WCHD Environmental Health
Emergency Preparedness Com
Bellingham 3 Public Forum on
Environmental Health Commun
Medical Providers and Boards

## TOPIC: Healthy Environment

### VISION: Abundance and variety of safe and nutritional foods for all with a large percentage of food produced locally

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#### *C: VisionDetail Much of our food supply is grown and distributed locally*

##### *Issues related to Vision Detail*

- 1 Long-term sustainability of agricultural land use is in question
- 2 Currently Whatcom County depends on out-of-county food supplies
- 3 There is a lack of fresh locally-grown organic food
- 4 Whatcom residents need access to a consistent supply of locally grown produce and dairy products
- 5 The public needs to be educated regarding the huge variety of food available in Whatcom County; distribute and make the public aware of Farm Maps, for instance
- 6 Access needs to be easier; for instance: fruits and vegetables could be delivered to homes
- 7 Support is needed to encourage local farmers and suppliers

##### *Sources of Vision Detail*

Expert
WCHD Environmental Health
Lynden Public Forum on April 2
Fairhaven Public Forum on April 2
Environmental Health Community
Pregnant and Parenting Women
Oral Health Community
Physical Activity Coalition

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#### *D: VisionDetail Prime agricultural land/soils are protected*

##### *Issues related to Vision Detail*

- 1 Long-term sustainability of agricultural land is in question
- 2 If weather patterns change due to global warming, food production centers could change also
- 3 100,000 acres of agricultural farmland are needed as a base for agricultural production; 87,000 are currently protected through agricultural zoning
- 4 To see the health and sustainability of a civilization just look to agriculture; our farmlands must be protected
- 5 Agricultural land will decrease if development standards don't protect farmland
- 6 Farmers need education on financial management of farms to increase viability
- 7 Research is needed to improve farming techniques
- 8 Water rights must be preserved to maintain the viability of farming operations
- 9 Beginning farmers need access to investment capital for economic viability
- 10 Without farmland succession planning, farmland preservation is in jeopardy

##### *Sources of Vision Detail*

Expert
WCHD Environmental Health
WWU Behavioral Health Council
Pregnant and Parenting Services
Education Community
Bellingham 3 Public Forum on April 2
Social Services Community

## TOPIC: Healthy Environment

### VISION: Abundance and variety of safe and nutritional foods for all with a large percentage of food produced locally

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*E: VisionDetail The nutritional needs of every person are met in terms of quality and quantity for maintaining an optimal level of health*

#### *Issues related to Vision Detail*

- 1 Nationwide food availability is no longer a given
- 2 Reduction in the availability of endangered fish species (chinook & chinook salmon & searun cutthroat) results in less nutritional diversity in local food supplies
- 3 Not everyone has easy access to wholesome foods
- 4 Food bank resources do not usually include fresh fruits and vegetables
- 5 Migrant workers have long work hours and not enough access to nutritional food
- 6 Not all residents of Whatcom County have food security
- 7 Local fast food/short-order restaurants should serve health foods to meet consumer demand
- 8 No person should go hungry in Whatcom County
- 9 Currently there are too many processed foods

#### *Sources of Vision Detail*

Expert
WCHD Community Health
Seniors and Senior Advocate C
Developmental Disability Com
Emergency Preparedness Com
Sudden Valley Public Forum on
Ferndale Public Forum on May
Ferndale Public Forum on May
Environmental Health Commun
Medical Providers and Boards
Oral Health Community

## TOPIC: Healthy Environment

### VISION: Clean air to breath

#### *CommunityNotes:*

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**A: VisionDetail** *All eligible school buses in Whatcom County are retrofitted so that students are not exposed to diesel exhaust or particulate emissions*

#### **Issues related to Vision Detail**

- 1 Diesel is a known carcinogen and the most prevalent carcinogen in the atmosphere; diesel exhaust PM 2.5 (particulate matter) is very harmful.
- 2 The Ferndale School District runs biodiesel in all school buses because the PM 2.5 levels are much lower
- 3 School buses produce diesel exhaust; the cost of retrofitting a school bus is \$15,000-\$18,000 per vehicle

#### **Sources of Vision Detail**

Expert
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**B: VisionDetail** *Clean indoor air*

#### **Issues related to Vision Detail**

- 1 Indoor air quality problems in some homes; people sometimes get medical intervention but the environmental stimulus is not identified
- 2 Some buildings are poorly constructed and this allows mold to accumulate indoors. Mold is a trigger for asthma. Mold is sometimes difficult to get rid of and if it is in the walls demolition is required. Black mold growth can be a real issue in our climate.
- 3 As building efficiency/airtight standards increased, so did indoor air quality issues; a house built between 1979 and 1998 needs adequate positive ventilation
- 4 Improvements are needed in the measurement of air quality.

#### **Sources of Vision Detail**

Expert
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WCHD Environmental Health
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## TOPIC: Healthy Environment

### VISION: Clean air to breath

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#### *C: VisionDetail Clean outdoor air*

##### *Issues related to Vision Detail*

- 1 Air quality is declining and GBPSIAS international airshed indicators (air quality emissions from livestock) affect health and environmental biodiversity
- 2 Air pollutants include: (1) marine sources from bunker oil burned by ships moving through the Puget Sound, (2) diesel exhaust and particulate emissions from diesel exhaust; (3) agricultural ammonia excretions (white haze); (4) reactive nitrogen in the air (altering the ecosystem)
- 3 Wood smoke is an air pollutant (some PM 2.5) in some communities, such as Kendall in the Columbia Valley. Non-attainment for air quality standards in the winter months in this area. 4 monitors per year.
- 4 People are exposed more to ozone levels in the summertime whe more time is spent outside. There is no known "safe" level for ozone. Federal standards are inadequate.Clean, warm, sunnys days combined with moisture and high population and oil refineries are precursors to high ozone levels.
- 5 There are a few Bellingham communities that have air pollution problems when inversions produce concentrations of pollutants.
- 6 Ozone is a carcinogen, asthmatic trigger, impedes breathing and can stimulate heart disease
- 7 Emission control standards should be enforced and appropriate to protect our air
- 8 Improvements are needed in the measurement of air quality.
- 9 Air needs to be properly moniitored in the Pt. Roberts area due to "container port" sea traffic producing coal and sulfur dust and diesel emissions
- 10 Walking, running or biking without breathing CO2 emissions from gas engines is health for the body
- 11 Cars are needed that reduce the use of gasoline dependence; there is existing technology where cars run on air!
- 12 Citizens do not have adequate information readily available on what is being emitted into the air from oil refinery production

##### *Sources of Vision Detail*

Expert
WCHD Disease Response and
WCHD Environmental Health
Disease Control Community
Pregnant and Parenting Servic
Developmental Disability Com
Pt. Roberts Community
Emergency Preparedness Com
Foothills Public Forum on April
Fairhaven Public Forum on Apri
Blaine Public Forum on May 06
Ferndale Public Forum on May
WCHD Community Health
Environmental Health Commun
Medical Providers and Boards
Oral Health Community
Physical Activity Coalition

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#### *D: VisionDetail Cross-border partnership with Canada to address air pollution issues*

##### *Issues related to Vision Detail*

- 1 Health Officers for Vancouver, BC need to take the lead on air pollutants that impact Whatcom County

##### *Sources of Vision Detail*

Expert
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## TOPIC: Healthy Environment

### VISION: Excellent water quality and availability

*CommunityNotes:* City of Bellingham goal for 2009: Reverse the decline in Lake Whatcom water quality by 2015

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**A: VisionDetail** *Commercial and recreational shellfish beds are protected from contaminants*

**Issues related to Vision Detail**

- 1 The Drayton Harbor watershed has elevated fecal counts due to agricultural sources (fecal-coliform contaminants)
- 2 There have not been enough resources committed to solving the Drayton Harbor contamination issues. This results in continual closure of the beds based on rainfall events.
- 3 There are too many closures of shellfish areas because of contamination
- 4 The water-community ecosystem is a good barometer; the ability to harvest shellfish says a great deal about the health of our ecosystem

**Sources of Vision Detail**

Expert
WCHD Environmental Health
Environmental Health Commun

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**B: VisionDetail** *Cross-border cooperation to limit negative impacts on Whatcom and BC water supplies*

**Issues related to Vision Detail**

- 1 Water from the Frazier River flows South from Canada into Whatcom County, thus creating potential water quality issues that we have little control over (Abbotsford-Sumas International Aquifer Task Force). Chicken farming in the south of BC may impact Whatcom groundwater. The Sumas River flows north so we could also impact Abbotsford's water supplies.

**Sources of Vision Detail**

Expert
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## TOPIC: Healthy Environment

### VISION: Excellent water quality and availability

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#### *C: VisionDetail Protected and well-managed Lake Whatcom watershed*

##### *Issues related to Vision Detail*

- 1 Lake Whatcom is not a protected watershed and it serves 110,000 people
- 2 The health of Lake Whatcom is decreasing; what is the back-up plan if snow pack stops refilling the lake adequately?
- 3 Trihalomethanes (THMs) are a significant toxin found in the quality of drinking and surface water in the Lake Whatcom watershed
- 4 Reporting of water quality factors in the Lake Whatcom watershed are not adequate; additional information is needed
- 5 Additional water resource education and research is needed on how to safely provide appropriate levels of water treatment
- 6 The Growth Management Act is needed to protect Lake Whatcom from runoff and pollutants caused by overpopulation; drinking water is degraded
- 7 Boating on Lake Whatcom and the use of fertilizers in the watershed produces unacceptable contamination levels in Bellingham drinking water

##### *Sources of Vision Detail*

Expert
WCHD Environmental Health
WWU Behavioral Health Couns
Education Community
Education Community
Fairhaven Public Forum on Apri
Environmental Health Commun
Oral Health Community

## TOPIC: Healthy Environment

### VISION: Excellent water quality and availability

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#### *D: VisionDetail Safe and available surface, ground, and drinking water throughout the county*

##### *Issues related to Vision Detail*

- 1 Septic systems need to function properly in order to protect water supplies, particularly in sensitive areas such as the Lake Whatcom watershed and shellfish protection areas such as Drayton Harbor
- 2 Agricultural run-off produces nitrates and fecal coliform contaminants. This is a huge issue in agricultural areas of the county.
- 3 Whatcom County is in the top 1% of all counties in the United States for dairy production; cow refuse has negative impacts on water quality. North of Lynden there are 500 private community wells with above acceptable nitrate levels. This is a significant environmental exposure for rural residents.
- 4 Septic systems should not be placed in areas where there is agriculture and soils with high water tables.
- 5 Pathogens can contaminate fresh produce if the water irrigating crops is contaminated
- 6 Some e-coli has been found in sampled shallow ground water West and Northwest of Lynden. Is this representative of other parts of Whatcom County also?
- 7 A significant percentage of groundwater supplies have nitrate accumulation and some exceed federal standards
- 8 80% of controllable anthropomorphic sources of groundwater contamination are attributed to animal husbandry; education, outreach, and enforcement are needed in this area
- 9 Soil types are often not suitable for standard septic systems; there is a lack of awareness of this important issue
- 10 Alternatives need to be found to phosphorous sedimentation from fertilizers and other sources
- 11 Forestry education is needed to understand the impacts of forestry on water quality
- 12 Pesticides in storm water, ground and surface water are usually not at "acute" levels; pest management programs reduce impacts on water resources
- 13 Lake Whatcom, Lake Samish, the Nooksack River and ground water all needed to be protected from pollutants
- 14 An aggressive On Site Septic (OSS) system is needed to protect and restore our water resources
- 15 New regulations and better treatment and monitoring of stormwater needed
- 16 As the population of Whatcom County grows, the issue of safe and abundant water becomes more important
- 17 Septic system protection plans must be cost effective
- 18 Ideally, education and focus on personal responsibility should be encouraged prior to government intervention (septic systems)

##### *Sources of Vision Detail*

Expert
WCHD Disease Response and
Physical Activity Coalition
Disease Control Community
WWU Behavioral Health Couns
Pregnant and Parenting Servic
Education Community
Developmental Disability Com
Emergency Preparedness Com
Lynden Public Forum on April 2
Foothills Public Forum on April
Fairhaven Public Forum on Apri
Ferndale Public Forum on May
Bellingham 3 Public Forum on
Environmental Health Commun
Medical Providers and Boards
Oral Health Community

## TOPIC: Healthy Environment

### VISION: Excellent water quality and availability

- 19 Planning decisions should prioritize the importance of a clean water supply
- 20 Home owners consider low-water-useage landscaping alternatives, such as natural habitat
- 21 Water resources are limited
- 22 Water quality improvements are needed on Lummi Island; community/collaboratively owned water purifiers are needed
- 23 Not all regulations regarding water quality are strictly enforced

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#### *E: VisionDetail Water is available for all Whatcom residents*

##### *Issues related to Vision Detail*

- 1 Already there are discussions regarding water allocation: closing of watersheds, allotting of water based on availability; those who have senior water rights (granted by Department of Ecology) have a great deal of power; perhaps private wells will not be permitted in the near future because water allotments have already reached maximum
- 2 Climate changes may impact the ability of Lake Whatcom to provide water (currently 85,000 people get their drinking water from this source)

##### *Sources of Vision Detail*

WCHD Environmental Health
WCHD Community Health

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#### *F: VisionDetail Water quality is carefully monitored*

##### *Issues related to Vision Detail*

- 1 Canada is providing more consistent environmental monitoring than is being done in Washington State
- 2 New septic O&M regulations are aimed at protecting surface and ground water quality
- 3 There is concern that prescription drugs are contaminating our water supplies
- 4 Monitoring is need to track the amount of nitrates and heavy metals in our water supplies
- 5 The quality of bottled water needs to be properly monitored; is water in plastic bottles safe? Do we need to return to glass bottles?
- 6 Water in Lake Whatcom should be continuously monitored for contaminants; need policy for pharmaceutical disposal

##### *Sources of Vision Detail*

Expert
Disease Control Community
Lynden Public Forum on April 2
Physical Activity Coalition

## TOPIC: Healthy Environment

### VISION: Planning efforts support a built environment that fosters population health and reduces impacts on global

*CommunityNotes:* City of Bellingham goals for 2009: Encourage alternative transportation & Master plan urban villages

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**A: VisionDetail** *Full access is available to all Whatcom residents regardless of ability*

**Issues related to Vision Detail**

- 1 Full recreational opportunities should be available to individuals with disabilities
- 2 Sidewalks need "cutouts" for wheelchair access
- 3 Transportation options accommodate people with disabilities

**Sources of Vision Detail**

Developmental Disability Com

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**B: VisionDetail** *Green building technologies are utilized*

**Issues related to Vision Detail**

- 1 Tehnologies, such as wind power and other alternative energy sources, have fewer impacts on the environment
- 2 Green living is needed to minimize environmental impacts

**Sources of Vision Detail**

Education Community

Blaine Public Forum on May 06

Environmental Health Commun

## TOPIC: Healthy Environment

### VISION: Planning efforts support a built environment that fosters population health and reduces impacts on global

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**C: VisionDetail** *Health concerns are built into growth and development conversations and solutions.*

#### **Issues related to Vision Detail**

- 1 Currently, health impact analyses are not part of formal land use planning processes
- 2 Planning decisions that result in the loss of farmlands impact the ability to sustain local food supplies and thus impact population health
- 3 Outdoor lighting design provides efficient lighting at crosswalks but does not provide excessive lighting "pollution" through the neighborhood
- 4 There is a lack of health-focused planning
- 5 Paths and walking trails are built with safety in mind
- 6 A built environment is needed that supports healthy lifestyles
- 7 Cluster services near residences to encourage "active" transportation (walking, biking, etc.)
- 8 Healthy choices should be easy choices and choices that are encouraged by community design
- 9 Design is an essential feature in creating strong communities; strong communities create strong bonds and better mental health
- 10 Reduction of noise pollution should be an important aspect of the growth and development conversation
- 11 Lack of preparation for the impacts of global climate change; lack of attention to mitigating the causes of global climate change
- 12 Planning and permitting should be done with attention to health consequences

#### **Sources of Vision Detail**

Expert
WCHD Disease Response and
WCHD Environmental Health
WWU Behavioral Health Couns
Education Community
Emergency Preparedness Com
Fairhaven Public Forum on Apri
Blaine Public Forum on May 06
Bellingham 3 Public Forum on
Oral Health Community
Physical Activity Coalition

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**D: VisionDetail** *Indoor enviornments are constructed to foster the health of occupants*

#### **Issues related to Vision Detail**

- 1 Healthly indoor lightighting should be a component of the built indoor environments
- 2 Not all buildings provide access for the disabled
- 3 Consider ergonomics in building construction and indoor enviornments

#### **Sources of Vision Detail**

WCHD Community Health
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## TOPIC: Healthy Environment

### VISION: Planning efforts support a built environment that fosters population health and reduces impacts on global

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#### *E: VisionDetail Land uses are separated*

##### *Issues related to Vision Detail*

- 1 Concentrating populations in urban centers increases the cost-effectiveness of service delivery, such as EMT services. These services are much more costly when the population is spread out.
- 2 The Growth Management Act should be in place so that urban growth is centralized and resource lands are preserved
- 3 Incompatible land uses and inflexible land development regulation.

##### *Sources of Vision Detail*

Expert
Environmental Health Commun

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#### *F: VisionDetail Planning decisions are based on the Smart Growth Initiative, including: adopting urban village strategies, linking urban villages by mass transit, changes to parking space per housing unit regulations, and observation of energy efficiency standards*

##### *Issues related to Vision Detail*

- 1 We don't prioritize alternative to vehicular traffic; this is a roadblock to the development and proliferation of other modes of transportation
- 2 We don't even have adequate crosswalks; we need to develop respect and encouragement for foot traffic
- 3 Communities need to be re-designed to incorporate the self-contained/village model, including accessible resources--stores, etc.
- 4 More buildings should be constructed with an aim to achieve Leed certification at the "gold" or "silver" level
- 5 More planning needs to focus on sustaining the environment
- 6 More community centers (in Blaine, for instance) are needed for young people and families; these centers could provide parenting classes, positive activities for teens, apprenticeships.
- 7 City permitting processes need to be streamlined to encourage high density housing developments that have positive health impacts
- 8 Living options should more fully support health--more community and neighborhood village options should be available

##### *Sources of Vision Detail*

Expert
WCHD Disease Response and
WCHD Environmental Health
Seniors and Senior Advocate C
Blaine Public Forum on May 06
Bellingham 3 Public Forum on
Environmental Health Commun
Physical Activity Coalition

## TOPIC: Healthy Environment

**VISION: Planning efforts support a built environment that fosters population health and reduces impacts on global**

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*G: VisionDetail Planning solutions are tailored to meet both urban and rural needs*

### *Issues related to Vision Detail*

- 1 Currently, in the rural East County it is generally impractical to bike
- 2 Growth and development promotes both urban and city opportunities for physical activity

### *Sources of Vision Detail*

Expert

Physical Activity Coalition

## TOPIC: Healthy Environment

### VISION: Planning efforts support a built environment that fosters population health and reduces impacts on global

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*H: VisionDetail Public transportation is plentiful and of excellent quality*

#### *Issues related to Vision Detail*

- 1 Better public transit services are needed, especially to link rural areas to avoid rural isolation
- 2 Access to public transportation should be efficient and affordable; individuals traveling to and from Lummi Island should have ferry schedules meshing well with bus transportation on the mainland
- 3 As the population of Whatcom County rises, public transportation resources are stretched
- 4 The transportation infrastructure needs improvement
- 5 Fewer autos would have a positive impact on health; more cars on the roads use zero- to low-emissions technology to reduce emissions and carbon footprint
- 6 The Whatcom transit system should include adequate rural and urban components
- 7 Improved public transportation for outlying county areas
- 8 More late night public transportation to meet all needs
- 9 More frequent WTA routes are needed to the Sudden Valley area
- 10 Shuttles are needed to trailheads, farmer's markets, Mt. Baker ski area, cross-country ski-areas, etc.
- 11 Dial-a-Ride transportation is needed throughout the county
- 12 There are few disincentives (except the rising price of gas/diesel) to discourage auto use (fewer parking spaces, etc.)
- 13 Provide re-charging stations for electric vehicles
- 14 Car-share options are needed
- 15 Development should be transit oriented to reduce the need for private motor vehicle transportation

#### *Sources of Vision Detail*

Expert
WCHD Disease Response and
WCHD Environmental Health
WCHD Community Health
Physical Activity Coalition
WWU Behavioral Health Couns
Education Community
Developmental Disability Com
Emergency Preparedness Com
Sudden Valley Public Forum on
Foothills Public Forum on April
Fairhaven Public Forum on Apri
Blaine Public Forum on May 06
Ferndale Public Forum on May
Bellingham 3 Public Forum on
Bellingham 3 Public Forum on
Environmental Health Commun
Medical Providers and Boards
Pregnant and Parenting Wome
Oral Health Community
Behavioral Health Community

## TOPIC: Healthy Environment

### VISION: Planning efforts support a built environment that fosters population health and reduces impacts on global

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*I: VisionDetail Sidewalks, walking trails, and bike lanes are abundant countywide; trails are multi-modal and "trail decorum" is practiced to accommodate diverse trail uses*

#### ***Issues related to Vision Detail***

- 1 Children need safe routes to walk or bike to schools
- 2 There are differences between recreation and transportation trails.
- 3 There is a need to "balance user groups" in areas such as Boulevard Park and Arroyal Park: "Share the Trails Campaign"
- 4 There is a lack of safe bike lanes (Lakeway, Guide Meridian, for example)
- 5 Road/sidewalk design and bike lanes should be created to separate foot and cycle traffic from road traffic; safety features should include lighting and removal of view-blocking vegetation; focus on transit-friendly designs and connectivity
- 6 Cities should coordinate with school districts when designing safe routes to school
- 7 The current built environment does not suffice in creating health; a tight community that is connected by walking and biking patterned after eco-cities like the Amsterdam model is desirable
- 8 The built environment does not adequately support population health; communities should be built for walking/biking access patterned after eco-cities such as the Amsterdam model
- 9 Recognition of season bike constraints in Whatcom County
- 10 Preserve existing trails
- 11 More walkable spaces and trail systems, including waterfront walkways

#### ***Sources of Vision Detail***

Expert
WCHD Disease Response and
WCHD Environmental Health
WWU Behavioral Health Couns
Pregnant and Parenting Servic
Education Community
Foothills Public Forum on April
Fairhaven Public Forum on Apri
Blaine Public Forum on May 06
Ferndale Public Forum on May
Bellingham 3 Public Forum on
Bellingham 3 Public Forum on
WCHD Community Health
Social Services Community
Oral Health Community
Physical Activity Coalition

## TOPIC: Healthy Environment

### VISION: Planning efforts support a built environment that fosters population health and reduces impacts on global

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**J: VisionDetail** *Urban development, the siting of new schools, waterfront development, rural development and other big planning tasks are carried forward with priority consideration given to population health impacts*

#### **Issues related to Vision Detail**

- 1 Carbon generation increases global warming;
- 2 Reliance on motor vehicles is counterproductive to encouraging greater levels of physical activity to promote population health
- 3 Attention should be focused on energy efficiency in order to reduce environmental impacts
- 4 Opportunities need to be created for people to live close to work
- 5 The health & environmental impact of underlying zoning need greater consideration
- 6 Urbanizing around marine bays is a threat to water quality because of increased auto run-off, pet waste, etc.
- 7 More mixed use zoning so that people can live near work and shopping
- 8 Problems such as the fuel crisis will eventually encourage face-to-face villages
- 9 School-home distances are sometimes a barrier to students biking to school; school siting should consider how to facilitate safe modes of transportation for students
- 10 The waterfront should remain beautiful and accessible
- 11 More community centers are needed in rural areas
- 12 Community Center for the waterfront

#### **Sources of Vision Detail**

Expert
WCHD Disease Response and Physical Activity Coalition
WWU Behavioral Health Couns
Pregnant and Parenting Servic
Seniors and Senior Advocate C
Fairhaven Public Forum on Apri
Fairhaven Public Forum on Apri
Social Services Community
Environmental Health Commun
Medical Providers and Boards

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**K: VisionDetail** *Whatcom has an abundance of playgrounds and parks in all communities*

#### **Issues related to Vision Detail**

- 1 Parks and playgrounds are great community builders and we need more of them
- 2 Parks should be the center of the building community
- 3 A big park at 100 Acre Woods would provide increased recreational opportunities
- 4 More public meeting spaces are needed around Bellingham
- 5 Parks and greenspace are need in every community
- 6 Every neighborhood or housing complex should have an available playground for children

#### **Sources of Vision Detail**

Expert
Fairhaven Public Forum on Apri
Fairhaven Public Forum on Apri
Behavioral Health Community
Physical Activity Coalition

## TOPIC: Healthy Environment

### VISION: Respect for biodiversity prevails in human decision making processes

#### *CommunityNotes:*

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**A: VisionDetail** *Decisions that impact the environment are made with consideration of impacts on wildlife.*

#### ***Issues related to Vision Detail***

- 1 Judson Lake (west of Sumas) could be the "poster child" for toxic wildlife impacts
- 2 Rural lands have contributed to the hunting exposure of geese to lead. It is important to discuss wildlife health as well as human health
- 3 Fisheries should work to preserve crabs
- 4 Hearing birds and frogs is health for the mind; people need a multitude of opportunities to connect with nature--not just by traveling long distances but close to where they live and work
- 5 Healthy wetlands and waterways result in habitats for salmon and other species; once gone, we won't get this back at any price
- 6 Preservation of various species needed: salmon, orcas, owls and migratory birds

#### ***Sources of Vision Detail***

Expert
Fairhaven Public Forum on April
Environmental Health Commun

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**B: VisionDetail** *Wetlands and greenways are preserved*

#### ***Issues related to Vision Detail***

- 1 There has been a decrease in habitats (shorelines and uplands) that is tied to population density
- 2 More natural habitat should be preserved
- 3 Open spaces are preserved

#### ***Sources of Vision Detail***

WCHD Disease Response and
WCHD Environmental Health
Pregnant and Parenting Servic
Fairhaven Public Forum on April
Blaine Public Forum on May 06
Bellingham 3 Public Forum on
WCHD Community Health

## TOPIC: Healthy Environment

**VISION: Solid waste is reduced through conservation efforts and wastes are disposed of with minimal environmental**

### *CommunityNotes:*

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**A: VisionDetail** *Efforts to reduce solid waste focus on recycling, use of environmentally-friendly and recyclable materials, reduced packaging, and green materials for building*

#### **Issues related to Vision Detail**

- 1 Packing waste needs to be reduced; total volume of waste is up because of packaging
- 2 More environmentally-friendly behaviors and products are needed
- 3 Excessive consumption increases the waste "stream"
- 4 A ban is needed on plastics
- 5 We need to improve our use of resources so that we reduce the waste of finite resources

#### **Sources of Vision Detail**

WCHD Environmental Health
Blaine Public Forum on May 06
Bellingham 3 Public Forum on
WCHD Community Health
Environmental Health Commun

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**B: VisionDetail** *Garbage is legally disposed of and not allowed to accumulate on properties*

#### **Issues related to Vision Detail**

- 1 People are allowed to accumulate garbage on their properties in violation of land use regulations
- 2 Countywide there are only 3 compliance staff to enforce solid waste violations
- 3 There is approximately 50 years of landfill remaining in Whatcom County
- 4 Removal of blight properties and garbage is a huge issue in the Kendall area. On April 20, the Kendall Watch litter patrol found 20 dead rats and removed 660 pounds of litter and junk in 2 1/4 hours
- 5 Education is needed so that people understand how to keep their property clean and understand that garbage pick-up is mandatory not a choice

#### **Sources of Vision Detail**

Expert
Foothills Public Forum on April
Environmental Health Commun

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**C: VisionDetail** *There is a coordinated, partnership-based process for addressing solid waste violations*

#### **Issues related to Vision Detail**

- 1 The current response to solid waste violations is complaint driven rather than proactive or coordinated.
- 2 While enforcement paths give leverage in addressing solid waste violations, "partnership paths" provide desirable coordination of efforts

#### **Sources of Vision Detail**

Expert
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## TOPIC: Healthy Environment

### VISION: Very low levels of exposure to environmental toxins

#### CommunityNotes:

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**A: VisionDetail** *All medical wastes are disposed safely*

**Issues related to Vision Detail**

- 1 Safe medication disposal is needed

**Sources of Vision Detail**

Disease Control Community

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**B: VisionDetail** *Clean-up of Bellingham Bay sites has been completed*

**Issues related to Vision Detail**

- 1 Contaminated sites impact fish consumption

**Sources of Vision Detail**

Expert

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**C: VisionDetail** *Clean-up of contaminated sites is prioritized based on health impacts*

**Issues related to Vision Detail**

- 1 There are currently different clean-up standards for different sites. The "universe" of all sites is broken out (highest % of sites to lowest): (1) Contaminated sites; (2) Ranked sites (1-5); (3) Sites with a formal agreement with Department of Ecology; (4) Sites with legislation to make something happen; and (5) "Orphaned" sites or sites with impoverished owners or immediate health concerns.
- 2 Additional research is needed to thoroughly understand the health impacts of specific contaminated sites.
- 3 Old county landfills should be monitored: how many? Where are they? Who is responsible?
- 4 No more superfund sites in Whatcom County

**Sources of Vision Detail**

Expert

WWU Behavioral Health Couns

Foothills Public Forum on April

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**D: VisionDetail** *Contamination issues at the Swift Creek asbestos site have been resolved*

**Issues related to Vision Detail**

- 1 There is a natural slide of naturally occurring asbestos from Sumas Mountain flowing down Swift Creek. Concerns have been raised because of known impacts of asbestos on health and potential impacts on current residents.
- 2 Should dredging be continued at the Swift Creek site? Would dredgers be safe? A team is currently working on how could dredging be safely accomplished in 2009.
- 3 Materials dredged from the Swift Creek site have been used as land fill throughout the county and perhaps out-of-county

**Sources of Vision Detail**

Expert

## TOPIC: Healthy Environment

### VISION: Very low levels of exposure to environmental toxins

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**E: VisionDetail** *Farmers and farm workers and home workers are protected from the use of chemicals*

#### **Issues related to Vision Detail**

- 1 Farmers and Farm workers are at greater risk of pesticide impacts on health because of their close proximity to and continuous exposure to pesticide products
- 2 In terms of toxic-exposure, agricultural production has the potential for huge negative impacts on families
- 3 Pesticide exposure needs to be reduced in Whatcom agriculture, including the strategy of promoting local organic produce
- 4 A reduction is needed in the use of insecticides, herbicides and home lawn and garden chemicals

#### **Sources of Vision Detail**

Expert
WCHD Disease Response and
Bellingham 3 Public Forum on

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**F: VisionDetail** *Freedom from contaminants of air, water, food, etc.*

#### **Issues related to Vision Detail**

- 1 Shellfish are threatened with water is contaminated
- 2 Clean soil

#### **Sources of Vision Detail**

Education Community
Medical Providers and Boards

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**G: VisionDetail** *Noise in the environment is kept to a minimum*

#### **Issues related to Vision Detail**

- 1 Noise pollution should be reduced

#### **Sources of Vision Detail**

Fairhaven Public Forum on Apri
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**H: VisionDetail** *Toxins are reduced*

#### **Issues related to Vision Detail**

- 1 There is more pesticide accumulation in urban streams than rural; abuse by homeowners greater
- 2 Traffic increases result in more toxins released into the environment
- 3 There is a need to find healthy alternative to the use of chemicals
- 4 What are the health impacts of having two refineries and an aluminum melting plant in Whatcom County?

#### **Sources of Vision Detail**

Expert
Bellingham 3 Public Forum on

## TOPIC: Healthy Environment

### VISION: Very low levels of exposure to environmental toxins

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*I: VisionDetail Water rights issues are resolved amicably*

#### *Issues related to Vision Detail*

- 1 The Lummi Peninsula water is limited, as basin/reservoir is not adequately restored. All homes currently have a water allotment whether they are Lummi or non-Lummi residents. This is a growing issue on the horizon.

#### *Sources of Vision Detail*

Expert
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## TOPIC: Health Promotion

### VISION: An emphasis on health promotion & prevention first

#### *CommunityNotes:*

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#### **A: VisionDetail** *Communication partnerships to promote health*

##### **Issues related to Vision Detail**

- 1 The media needs a paradigm shift in their communication role with the public; the focus of the media should be the public good, this competes with advertising that does not encourage health
- 2 Better communication is needed to improve both prevention activities and all aspects of improving the public's health; networking is essential

##### **Sources of Vision Detail**

Pregnant and Parenting Servic
Ferndale Public Forum on May

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#### **B: VisionDetail** *Health promotion for low income women and children*

##### **Issues related to Vision Detail**

- 1 Transportation resources
- 2 No primary care provider
- 3 Coordination of care
- 4 Isolation/lack of support systems
- 5 Childcare access for support groups/educational sessions
- 6 Access for rural residents
- 7 Helping women get "activated" in their health and that of their children
- 8 Support empowerment/mentoring/contacts
- 9 Understanding of what constitutes healthy living

##### **Sources of Vision Detail**

Bellingham 1 Public Forum on
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#### **C: VisionDetail** *Individuals are motivated to stay healthy; health is a priority*

##### **Issues related to Vision Detail**

- 1 Health information needs to be more effectively distributed; there is a lack of information regarding free programs and help offered by the State, County or Community
- 2 There is lots of health-related information but it is not getting to the people! Distribution channels could include: phone tree (library lacks system), e-mail networks, media (print and electroni), and churches/religious venues, etc.

##### **Sources of Vision Detail**

Foothills Public Forum on April
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## TOPIC: Health Promotion

### VISION: An emphasis on health promotion & prevention first

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*D: VisionDetail Prevention and early intervention are practiced resulting in overall savings*

#### *Issues related to Vision Detail*

- 1 When preventive oral health care is weak or missing, then oral health care becomes emergency oral health care; this further weakens the availability of preventive services as resources are diverted to handle emergencies
- 2 People react to immediate health issues rather than focusing on preventive care
- 3 The first priority is to keep people healthy and out of the hospital
- 4 There is an increased focus at WWU on risk reduction and health promotion
- 5 The SUPPLY SENSITIVE CARE model focuses on "grouping" of specialty care and less focus on preventive care. Costs also tend to rise when this model dominates.
- 6 Health promotion is a luxury in the Disease Response and Control Division of Whatcom County Health Department; a lack of resources makes a pro-active focus very difficult
- 7 Prevention strategies are based on proven (evidence-based) best practices or model programs
- 8 Fluoride, Xylitol, and immunization are three tools to prevent dental caries
- 9 Funding needs to be directed toward prevention
- 10 Health insurance companies should offer health promotions, such as free gym memberships, etc.
- 11 Water fluoridation is needed to prevent dental caries
- 12 Prevention should focus on activities and social support
- 13 Increased awareness and more health education needed
- 14 Students and families need basic preventative and primary health services
- 15 A paradigm shift is needed to "PREVENTION FIRST!"
- 16 Additional prevention and early intervention resources are needed in Whatcom County, such as: call-in nurses (navigators) and a Central Assessment Center for all health-related issues; People need access to knowledge as well as services.

#### *Sources of Vision Detail*

Expert
WCHD Disease Response and Disease Control Community
Pregnant and Parenting Servic
Seniors and Senior Advocate C
Sudden Valley Public Forum on
Fairhaven Public Forum on Apri
Blaine Public Forum on May 06
Bellingham 3 Public Forum on
Oral Health Community
Behavioral Health Community
Physical Activity Coalition

## TOPIC: Health Promotion

### VISION: An emphasis on health promotion & prevention first

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**E: VisionDetail** *Preventive care and primary health care are so fabulous that there are few people use emergency rooms*

#### **Issues related to Vision Detail**

- 1 There are better models for primary preventive care. For instance, the Finish model for health care and preventive care has much to recommend it.
- 2 Less reliance on ER for primary care
- 3 Proper preventive care and early intervention could reduce 85 percent of emergency room visits

#### **Sources of Vision Detail**

Expert
Bellingham 3 Public Forum on Behavioral Health Community

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**F: VisionDetail** *Wellness programs are plentiful*

#### **Issues related to Vision Detail**

- 1 Health promotion programs are holistic and include a combination of nutrition and physical activity; for example: the Master Gardener & Composting programs through WSU require movement
- 2 Employers should be providing excellent employee wellness programs
- 3 Health promotion focuses on the importance of personal responsibility in staying well
- 4 A wellness focus is needed to replace the current focus on illness
- 5 Address health before sickness is present by using techniques such as Mindfulness Education, which develops such skills as: (1) attention and concentration; (2) emotional and cognitive awareness and understanding, (3) bodily awareness and coordination, and (4) interpersonal awareness and skills

#### **Sources of Vision Detail**

Expert
WWU Behavioral Health Couns
Emergency Preparedness Com
Bellingham 3 Public Forum on Medical Providers and Boards

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**G: VisionDetail** *Whatcom County invests in primary prevention and chronic disease management*

#### **Issues related to Vision Detail**

- 1 Chronic diseases, such as heart disease and diabetes can be prevented and/or managed to reduce the burden of disease on the individual, family, and society
- 2 At least as much emphasis should be placed on prevention as on treatment

#### **Sources of Vision Detail**

WCHD Disease Response and Behavioral Health Community
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## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

#### *CommunityNotes:*

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**A: VisionDetail** *Adolescents receive developmentally-appropriate parenting education on how to raise a healthy child*

**Issues related to Vision Detail**

- 1 Parent education should begin during Junior High
- 2 Parent education is provided early and at all ages and levels

**Sources of Vision Detail**

Pregnant and Parenting Servic
Medical Providers and Boards

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**B: VisionDetail** *All pregnant women receive timely and thorough prenatal and postnatal care.*

**Issues related to Vision Detail**

- 1 Access to prenatal care is a Lummi tribal issue
- 2 Access to prenatal care is sporadic for some women
- 3 Women enrolled in First Step who suffer from post-partum depression are left without adequate support when First Step services end two months after delivery.
- 4 Post-partum depression issues
- 5 Early treatment is needed for pregnant women; pregnancy can provide a window of opportunity
- 6 Provide breastfeeding education and promote breastfeeding to pregnant and post-partum women

**Sources of Vision Detail**

Expert
Pregnant and Parenting Servic
Education Community
Bellingham 1 Public Forum on
Pregnant and Parenting Wome

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**C: VisionDetail** *An effective and easy test is available to test for lead exposure in children*

**Issues related to Vision Detail**

- 1 Children specifically exposed to lead-based paint in older homes (and other exposures) need to be tested easily

**Sources of Vision Detail**

WCHD Disease Response and
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## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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#### *D: VisionDetail Children and youth have plentiful opportunities for positive alternative activities*

##### *Issues related to Vision Detail*

- 1 Safe youth-focused centers are needed in every community
- 2 High quality teen drop-in centers are needed; also, a facility for ages 18-21
- 3 Good, safe places for kids to play are located where people live for easy access
- 4 Students should have opportunities for involvement and mobilization to address numerous issues that impact healthy lifestyles

##### *Sources of Vision Detail*

Expert
Emergency Preparedness Com
Lynden Public Forum on April 2
Medical Providers and Boards
Behavioral Health Community

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#### *E: VisionDetail Children and youth have supportive relationships to maximize their potential*

##### *Issues related to Vision Detail*

- 1 The juvenile justice population is not connecting in terms of asset-focused relationship
- 2 We need a "rent-a-grandma" program so that children without grandparents nearby have an additional layer of support
- 3 There is not enough parent/child time; these types of opportunities need to be developed (for instance, Get' Movin' parent and child together time focused on physical activity)
- 4 Youth programs are sometimes vanishing for lack of parent volunteers; this is becoming a more common phenomena when parents are occupied working outside the home and do not have time to volunteer.
- 5 Children need accessible, positive role models and plentiful opportunities for socialization
- 6 Parents need an appropriate work-life balance to have quality time for children
- 7 Youth leadership development programs needed in schools

##### *Sources of Vision Detail*

Expert
WCHD Disease Response and
Pregnant and Parenting Servic
Education Community
Medical Providers and Boards

## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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**F: VisionDetail** *Children are free from oral health problems that impact their educational experience*

#### ***Issues related to Vision Detail***

- 1 Many students are in need of dental care for missing teeth, dental carries, and the impacts of tobacco use.
- 2 Access to comprehensive oral health care for children is not a given
- 3 Tooth decay is the leading health issue for children
- 4 Lack of medical/dental access for kids and families
- 5 Funding is needed for free dental exam programs in the schools

#### ***Sources of Vision Detail***

Expert
Education Community
Bellingham 1 Public Forum on
Lynden Public Forum on April 2
Oral Health Community

## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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*G: VisionDetail Children are our future and they are supported by a healthy start in life*

#### *Issues related to Vision Detail*

- 1 Rates of diabetes and obesity in children are too high; programs tailored to reducing overweight in children--such as Shapes--are needed to promote higher levels of physical activity and nutritional eating
- 2 Lack of health care coverage results in children who do not receive well child check-ups
- 3 All children are restrained by appropriate restraint systems while traveling in motor vehicles
- 4 Not all children are fully immunized because parents have the choice to opt out from vaccination.
- 5 Adults have better access to good nutrition; more attention needs to be paid to getting children appropriate food preparation and a balanced diet
- 6 Intensive drug marketing efforts send a mixed signal to adolescents who are being told to "say no to drugs"
- 7 We need a really great Early Childhood Education system, including excellent and affordable infant care
- 8 More social services are needed in the schools
- 9 Post-partum First Steps services end at two months; women suffering from post-partum depression, therefore, may not be getting the services they need
- 10 Conflict in the home should be reduced
- 11 Programs for children are holistic, paying attention to environmental factors, physical activity, nutrition, etc.
- 12 Adverse experiences in childhood are linked to poor outcomes later in life
- 13 Families need many forms of help and support to attain wellbeing
- 14 ALL children are nourished; zero tolerance for abuse or neglect
- 15 Lack of child care resources
- 16 Opportunities are needed to motivate youth to learn about and initiate healthy lifestyles
- 17 Our goal should be to have the "Healthiest Kids in the Nation"
- 18 Children should receive the support they need to be healthy and ready for school
- 19 Affordable and quality child care is needed in Whatcom County
- 20 Align Whatcom County with statewide "Kids Matter" standards

#### *Sources of Vision Detail*

Expert
WCHD Disease Response and Pregnant and Parenting Service
Education Community
Education Community
Bellingham 1 Public Forum on Bellingham 1 Public Forum on Foothills Public Forum on April
WCHD Community Health
Social Services Community
Environmental Health Community
Medical Providers and Boards

## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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**H: VisionDetail** *Children are protected from unsafe conditions that could lead to disability*

**Issues related to Vision Detail**

- 1 Repeat exposure to iPods and loud music can have a detrimental impact on children's hearing

**Sources of Vision Detail**

Lynden Public Forum on April 2

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**I: VisionDetail** *Children grow up tobacco free*

**Issues related to Vision Detail**

- 1 Some school districts are not seeing a reduction or increase but tobacco use is very consistent in terms of rates. Ongoing interventions are needed.

**Sources of Vision Detail**

Expert

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**J: VisionDetail** *Children have no exposure or minimal exposure only to environmental toxins*

**Issues related to Vision Detail**

- 1 More data is needed to understand environmental exposures for children (such as through the ERNIE project)
- 2 Need higher levels of education regarding children's environmental exposure to potential toxins
- 3 Need to provide education to all contractor's on potential lead-based paint exposures during home renovations; need effective methods to get the word out

**Sources of Vision Detail**

Expert

WCHD Environmental Health

## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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**K: VisionDetail** *Children learn about food and nutrition through developmentally appropriate pathways*

#### ***Issues related to Vision Detail***

- 1 Immediate rewards are a huge factor for youth
- 2 Adult modeling of good nutrition is not always reliable; youth need a more formal nutrition education and/or opportunities to learn about nutrition in fun ways
- 3 Advertising provides a generally counter-productive view of food--negative nutrition
- 4 We are raising a generation of kids who do not place a high value on their health; this is evidenced by escalating rates of Type 2 Diabetes in youth
- 5 Experiential learning opportunities, such as school gardens, are needed to foster learning
- 6 Food served at school is healthy food
- 7 Nutrition is not currently be taught in our public schools; nutrition education should be compulsory and taught across the curriculum; re-vitalize home economics to include nutrition education
- 8 When schools profit from the sale of unhealthy food in vending machines, etc. this does not promote appropriate modeling of healthy lifestyles
- 9 Kids need to start thinking about food and sustainability by experiential learning methods, such as tours of local farms
- 10 School cooks should receive education in how to prepare and serve locally grown foods
- 11 Kids need to know how to read food labels
- 12 Promote nutritional changes for students and staff
- 13 Schools should look into serving organic foods
- 14 Students have opportunities to learn how to cook healthy foods and better quality foods are provided in the schools
- 15 Culturally-appropriate foods are available in public schools

#### ***Sources of Vision Detail***

Expert
Pregnant and Parenting Servic
Seniors and Senior Advocate C
Bellingham 1 Public Forum on
Lynden Public Forum on April 2
Fairhaven Public Forum on Apri
Bellingham 3 Public Forum on
Everson Public Forum on May

## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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#### *L: VisionDetail Children live in healthy families*

##### *Issues related to Vision Detail*

- 1 Children's health problems are compounded (and sometimes caused by?) the phenomena of fractured families.
- 2 Early childhood is a positive experience
- 3 More parents should be able to stay home during the early years of children's lives
- 4 Too much television viewing is unhealthy; parents need to carefully monitor and reduce passive screen time; create a balance between technology and social skills and activities
- 5 Every family needs maternity/parenting leave time and adequate vacation time to be able to spend quality time with children

##### *Sources of Vision Detail*

Expert
Education Community
Blaine Public Forum on May 06
Bellingham 3 Public Forum on
Oral Health Community

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#### *M: VisionDetail Children maintain a healthy weight through childhood and into their teen years and beyond.*

##### *Issues related to Vision Detail*

- 1 Many children are not provided with healthy food choices
- 2 Many children lack adequate levels of physical activity
- 3 Youth and teens need more recreational opportunities
- 4 Special programs are needed for children with weight issues, such as Dr. Troutman's program and activity programs for children and family, such as Bellingham Parks & Recreation's Get Movin' program
- 5 Access to junk food is too easy
- 6 There are not enough physical activity offerings for school-age children

##### *Sources of Vision Detail*

Expert
Physical Activity Coalition
Education Community
Lynden Public Forum on April 2
Sudden Valley Public Forum on
WCHD Community Health

## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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**N: VisionDetail** *Children with mental or behavioral health issues are identified early on and receive early intervention services; children at-risk are also identified and receive appropriate preventive services*

#### **Issues related to Vision Detail**

- 1 Over the past 4 years, Bellingham School District has had an increase in mental health issues in the primary (K-2 or K-3) population. The District receives 2-4 calls per day from the primary schools with a student identified with aggressive or acting out or sexualized behavior. There have consistently been 20 very difficult cases in 2006/07 and 2007/08.
- 2 Increased behavioral issues in school
- 3 Whatcom County needs children's crisis services
- 4 Many teenagers need education regarding drugs, alcohol, huffing, sex education, disease prevention, etc.

#### **Sources of Vision Detail**

Expert
Foothills Public Forum on April
Fairhaven Public Forum on April
Medical Providers and Boards
Behavioral Health Community

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**O: VisionDetail** *Children with Special Health Care Needs receive the services they and their families need, including respite care*

#### **Issues related to Vision Detail**

- 1 Adequate respite resources are needed, particularly for the parents of special health care need children
- 2 CSHCN parents receive the support they need: practical income support and respite care services
- 3 CSHCN families need childcare resources
- 4 There is a lack of respite and in-home support services for CSHCN
- 5 CSHCN need to be integrated in schools and throughout the community; teachers need to support providing integrated education
- 6 Services for CSHCN need to be extended beyond the ages birth-to-three years
- 7 In-home physical therapy, occupational therapy, and speech therapy are often needed by CSHCN families
- 8 Access to services is needed for women who have kids with disabilities

#### **Sources of Vision Detail**

WCHD Disease Response and
Pregnant and Parenting Service
Developmental Disability Com
Emergency Preparedness Com
Bellingham 3 Public Forum on
WCHD Community Health
Oral Health Community

## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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*P: VisionDetail Each Whatcom County school district has a Health Committee whose purpose is to assure that physical activity and nutrition standards are met; health committees are supported by community partners, such as WCHD and WCHC.*

#### *Issues related to Vision Detail*

- 1 Schools are impacted by limited time and resources and the need to focus on academic success; schools need partners to support efforts in the area of improving child health outcomes
- 2 Parents depend on schools to provide good nutrition during the school day; some parents would like to see even better or more diverse nutritional offerings, such as vegan items
- 3 Schools are uniquely positioned to promote farm-to-school nutrition and related activities
- 4 Home Economics is a perfect class in which schools can focus on a health curriculum
- 5 It is the business of schools to be knowledgeable about the health needs of children
- 6 Coordinate school health systems for staff and students, including a spectrum of services: nutritionists, physical therapy, etc.
- 7 Many challenges face the ability of schools to promote health, better nutrition, physical activity, and suppression of risky behaviors; Lack of capacity is a key challenge for coordinated school health
- 8 Recognition is needed of the connections between health and education/academic goal achievement; schools are driven by "academic" requirements.
- 9 Schools can look for ways to promote health, such as providing physical activity opportunities during lunch breaks

#### *Sources of Vision Detail*

Expert
Pregnant and Parenting Servic
Bellingham 1 Public Forum on
Sudden Valley Public Forum on
Pregnant and Parenting Wome
Physical Activity Coalition

## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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**Q: VisionDetail** *Family planning services so that every child is a welcome family member*

#### ***Issues related to Vision Detail***

- 1 It is very difficult to navigate paperwork to successfully apply for family planning services; very stringent federal guidelines.
- 2 Birth control costs have increased substantially; family planning eligibility allows STD testing at the time of a reproductive "Take Charge" health visit.
- 3 Costs for family planning services have gone up tremendously and reimbursement rates have gone down
- 4 Decrease rates of teen pregnancy
- 5 Provide sterilization to those seeking this service
- 6 Teach age-appropriate sex ed in the schools but begin earlier
- 7 Abstinence only education is not enough; teach the full spectrum of sex education
- 8 Sex education should be a requirement that is taught in high school during health classes--not just after-school programming

#### ***Sources of Vision Detail***

Expert
WWU Behavioral Health Couns
Education Community
Bellingham 3 Public Forum on
WCHD Community Health
Social Services Community
Pregnant and Parenting Wome

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**R: VisionDetail** *Foster kids and foster families receive the supoprt they need*

#### ***Issues related to Vision Detail***

#### ***Sources of Vision Detail***

Behavioral Health Community
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## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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**S: VisionDetail** *High quality early childhood education programs are abundantly available to Whatcom children*

#### **Issues related to Vision Detail**

- 1 Early childhood education--including Well Baby visits--should include a literacy component
- 2 Strong public support is needed for early childhood systems of care
- 3 Networking opportunities increase for early childhood services
- 4 Children are not all healthy and ready for school due to a lack of developmentally appropriate early childhood education; about 50% are not fully prepared to enter kindergarten
- 5 There is not enough available child care for sick children whose parents need to work
- 6 Employers could fill gaps in child care and early childhood education by providing on-site child care centers
- 7 Children who are ill need in-home or drop-off services
- 8 Early childhood experience focus on social and emotional IQ
- 9 Children should not have too much pressure put on them during kindergarten
- 10 Child care services are available for Spanish-speaking families

#### **Sources of Vision Detail**

Education Community
Bellingham 1 Public Forum on
Blaine Public Forum on May 06
Everson Public Forum on May

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**T: VisionDetail** *High school graduation rates approach 100%*

#### **Issues related to Vision Detail**

- 1 Current drop-out rates are too high

#### **Sources of Vision Detail**

WCHD Disease Response and
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**U: VisionDetail** *In-home services are provided based on family circumstances*

#### **Issues related to Vision Detail**

- 1 Mother-Baby home care program in danger of losing funding

#### **Sources of Vision Detail**

Pregnant and Parenting Servic
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## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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*V: VisionDetail Parents receive the formal and practical education and resources they need to nurture healthy children*

#### ***Issues related to Vision Detail***

- 1 Parents of all ages and income levels need education on how to raise healthy children.
- 2 Not all parents are well-informed about the reasons for childhood immunization
- 3 Parents are not always modeling the value of preventive care for their children
- 4 Small tribes can not always handle WIC and First Steps programs
- 5 WIC parents need access to parenting classes
- 6 The early childhood experience is essential and depends on good parenting
- 7 Encourage breast feeding; provide discreet opportunities for pumping breast milk in the workplace
- 8 Parents need an effective parent network in their school district
- 9 Evidence-based programs are needed to support parents in creating healthy environments for children, including environments that encourage bonding and attachment
- 10 Parents need education/communication regarding child safety
- 11 Parent education needs to be holistic with access through multiple channels: obstetricians, pediatricians, media, schools, PTA's, etc.
- 12 Health education resources are available countywide (rural availability and in-county)
- 13 All parents and prospective parents receive child development/cognitive growth education and social problem solving skills education throughout life
- 14 Family leave should be mandatory following the birth of a child and should include opportunities for enrichment programs
- 15 Fathers need social support groups
- 16 Pre-school parents need training regarding fevers, cuts, allergic reactions
- 17 Parent education should be expanded to include prevention techniques such as Mindfulness Education
- 18 Promote realistic views of womanhood
- 19 Parents need to know how to triage symptom for children and adults and need basic first aid training

#### ***Sources of Vision Detail***

Expert
WCHD Disease Response and Disease Control Community
Pregnant and Parenting Servic Pregnant and Parenting Servic Education Community
Developmental Disability Com
Bellingham 1 Public Forum on Sudden Valley Public Forum on
Blaine Public Forum on May 06
Bellingham 3 Public Forum on Bellingham 3 Public Forum on
WCHD Community Health
Medical Providers and Boards
Pregnant and Parenting Wome
Behavioral Health Community

## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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**W: VisionDetail** *Physical activity/recreational opportunities are provided to youth both during school, after school, and out-of-school*

#### **Issues related to Vision Detail**

- 1 Discretionary time is very important in discerning who we are; youth need to be provided with opportunities that develop a sense of community--something beyond your self
- 2 Many youth are house-bound and isolated, focused on the the "immediate rewardss" provided by technology
- 3 We are an "obnoxiously safe society"; this has a huge impact on play; well thought-out programming can create safe play opportunities
- 4 While there is a lot of programming available for kids, better communication is needed to promote programming to specific language communities
- 5 Provide more organized youth activities, such as Broadway Park
- 6 More "active" options needed for middle and high school students
- 7 Sports programs need more recognition and support of the valuable role they play in fostering physical activity for youth
- 8 Early access to education and programs to keep moving and active

#### **Sources of Vision Detail**

Expert
Seniors and Senior Advocate C
Bellingham 1 Public Forum on
Lynden Public Forum on April 2
Sudden Valley Public Forum on
Foothills Public Forum on April
Blaine Public Forum on May 06
Everson Public Forum on May
Medical Providers and Boards

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**X: VisionDetail** *Prepare young men for life*

#### **Issues related to Vision Detail**

- 1 More support is needed to transition young men into adulthood; mentoring/internships/apprenticeships programs would help with this

#### **Sources of Vision Detail**

Blaine Public Forum on May 06
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**Y: VisionDetail** *Public schools have full-time (1.0 FTE) Mental Health/Behavioral Health provider*

#### **Issues related to Vision Detail**

- 1 Schools should provide services for substance abuse and mental health

#### **Sources of Vision Detail**

Bellingham 1 Public Forum on
Behavioral Health Community
Physical Activity Coalition

## TOPIC: Health Promotion

### VISION: Healthy children and adolescents

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**Z: VisionDetail** *Public schools have full-time (1.0 FTE) nurses available at each school*

#### *Issues related to Vision Detail*

- 1 There are not enough nurses in our schools
- 2 There is a serious shortage of school nurses
- 3 More school-based health care, including behavioral and oral health, is needed

#### *Sources of Vision Detail*

WCHD Disease Response and Physical Activity Coalition Education Community Bellingham 1 Public Forum on WCHD Community Health Oral Health Community
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## TOPIC: Health Promotion

### VISION: Healthy senior citizens

#### *CommunityNotes:*

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**A: VisionDetail** *Caregivers for seniors have adequate support and respite services*

**Issues related to Vision Detail**

- 1 Caregiving in rural areas is often very challenging because of transportation and service barriers; few services available outside Bellingham
- 2 Caregiver networks and "cooperative" care should be increased
- 3 Caregiving can be very stressful

**Sources of Vision Detail**

Seniors and Senior Advocate C
Foothills Public Forum on April
Fairhaven Public Forum on April

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**B: VisionDetail** *Low rates of chronic disease, despite an aging population*

**Issues related to Vision Detail**

- 1 Generally, chronic disease rates trend upward as the percentage of a population in the over 65 category increases
- 2 Attention needs to be focused on preventing rates of dementia and providing respite care for those with dementia
- 3 It would be wonderful if seniors in 2020 were healthier than those in 2008

**Sources of Vision Detail**

WCHD Environmental Health
Seniors and Senior Advocate C
Sudden Valley Public Forum on

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**C: VisionDetail** *Multiple opportunities for physical activity are provided for seniors*

**Issues related to Vision Detail**

- 1 Physical activity is an important factor in mental health, in brightening the mental outlook
- 2 It is sometimes difficult to find physical activity service providers or instructors in rural areas; some of the rural areas, therefore, have limited offerings
- 3 Improvement are needed to the Pt. Roberts Senior Center
- 4 Improvements are needed to provide safe access for seniors
- 5 More sustainable programs modeled after Senior Weight-Training Program at Bellingham Senior Center

**Sources of Vision Detail**

Expert
WWU Behavioral Health Couns
Seniors and Senior Advocate C
Pt. Roberts Community
Ferndale Public Forum on May

## TOPIC: Health Promotion

### VISION: Healthy senior citizens

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#### *D: VisionDetail Senior citizens remain maintain healthy, on-going social relationships*

##### ***Issues related to Vision Detail***

- 1 Seniors are a growing segment of our demographic composition here in Whatcom County. As the population ages, greater attention and levels of services will be needed.
- 2 Many seniors are lonely and isolated (especially those who are quite elderly) and this has negative physical and behavioral health impacts
- 3 Better senior communities are needed that provide the kinds of support that seniors need
- 4 Social isolation contributes to poor health
- 5 Opportunities for connection 24/7: Senior Centers, 211 resouces, health information line, etc.
- 6 Many of our elderly are mentally and physically isolated.
- 7 Adopt-A-Grandparent program

##### ***Sources of Vision Detail***

Expert
Seniors and Senior Advocate C
Bellingham 1 Public Forum on
Foothills Public Forum on April
WCHD Community Health
Oral Health Community

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#### *E: VisionDetail Seniors have access to the health care they need, including medical, oral health, vision, hearing, behavioral health services, etc. without going without in other areas (nutrition, home heating, etc.).*

##### ***Issues related to Vision Detail***

- 1 Fixed costs have grown steadily for seniors/retirees. Basic needs have changed, such as a greater dependence on phone services. Perscription drugs costs have escalated. This impacts the ability of seniors to access health care.
- 2 Low income individuals bear a greater burden of costs
- 3 Specialty care is needed for seniors; there are no geriatric specialists in Whatcom County.Out-of-county travel is often required to see specialists.
- 4 Mental health issues of seniors need attention, especially as the baby boom generateion ages and services for seniors don't keep pace with the growing number of seniors
- 5 Health and wellness programming should be mandatory for ALL retirement homes
- 6 Northwest Regional Council (Area Agency on Aging) programs should be expanded
- 7 Whatcom County Health Department should play a greater role in providing referral and support services for seniors
- 8 Seniors in rural areas need support
- 9 Counseling services are needed by seniors

##### ***Sources of Vision Detail***

Expert
WWU Behavioral Health Couns
Seniors and Senior Advocate C
Foothills Public Forum on April
Medical Providers and Boards

## TOPIC: Health Promotion

### VISION: Healthy senior citizens

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**F: VisionDetail** *Seniors live independently for as long as possible*

**Issues related to Vision Detail**

- 1 Multiple housing options are provided for seniors so that each housing level provides the services seniors need to live independently for as long as possible
- 2 Qualified personnel are needed for homebound seniors
- 3 In-home food delivery is needed in Sudden Valley
- 4 Youth-centered culture must give way to a culture that supports the realities of a large proportion of seniors in our communities
- 5 More seniors with mental health issues should be supported in their homes

**Sources of Vision Detail**

Seniors and Senior Advocate C
Pt. Roberts Community
Sudden Valley Public Forum on
Fairhaven Public Forum on Apri

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**G: VisionDetail** *The nutritional needs of seniors are met for maintaining optimal health*

**Issues related to Vision Detail**

- 1 Seniors with fixed incomes sometimes make poor nutritional choices because fast food choices may be less expensive
- 2 One of the most important parts of Senior Centers is that people come for a nutritious, well-balanced and affordable lunch

**Sources of Vision Detail**

Expert
Bellingham 3 Public Forum on

## TOPIC: Health Promotion

### VISION: Plentiful opportunities for physical activity, including promotion of physical activities

#### CommunityNotes:

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**A: VisionDetail** *Abundant physical activity opportunities are available in all county schools throughout the school day as well as through afterschool hours*

#### **Issues related to Vision Detail**

- 1 Some schools have many opportunities for physical activity and some have few or none
- 2 It is important to have non-competitive as well as competitive physical activity opportunities for middle and high school students. Through the grades, fewer and fewer sports positions are available to kids as competition becomes more intense; intramural leagues and other types of offerings (yoga, walking classes, etc.) are needed.

#### **Sources of Vision Detail**

Expert
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**B: VisionDetail** *Most physical activity opportunities are free or affordable*

#### **Issues related to Vision Detail**

- 1 Viable programs may require funding; for instance, Girls on the Run is subsidized in Kendall; programs are subsidized in Blaine, Nooksack
- 2 Rural area physical activity programs fill up fast; more such programs, such as Girls on the Run (3rd-5th grades) in Kendall, are needed to meet the demand
- 3 Affordability is a huge factor for low-income parents
- 4 Low-income families need equal access to physical activity opportunities

#### **Sources of Vision Detail**

Expert
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Education Community
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Pregnant and Parenting Women
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**C: VisionDetail** *Neighborhoods work together to expand physical activity opportunities for residents*

#### **Issues related to Vision Detail**

- 1 A lack of resources may be an opportunity for neighbors to band together to enhance the neighborhood's physical activity infrastructure (small parks, playgrounds, trails, etc.)
- 2 Outdoor playgrounds are needed in every neighborhood

#### **Sources of Vision Detail**

Expert
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WCHD Disease Response and
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## TOPIC: Health Promotion

### VISION: Plentiful opportunities for physical activity, including promotion of physical activities

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**D: VisionDetail** *Opportunities for physical activities are available for every age group*

**Issues related to Vision Detail**

- 1 Lack of physical activity opportunities for all seniors; programs such as Silver Sneakers (subsidized by Group Health) are needed
- 2 Some youth are extremely active and some are super-sedentary
- 3 No physical activity outreach to seniors
- 4 Youth are asking for non-traditional types of activities that are less formalized and more spontaneous, such as: street luge, ultimate frisbee, and cricket pitch

**Sources of Vision Detail**

Expert

**E: VisionDetail** *Opportunities for physical activities are available in every area of the county*

**Issues related to Vision Detail**

- 1 Not all seniors have structured opportunities for physical activity
- 2 The farther you go from Bellingham the higher the barriers to exercise
- 3 Facilities need expansion or renovation in some areas of the county
- 4 There is a tendency to focus on urban-centered solutions; there needs to be a recognition that people in rural areas have different needs and opportunities for contributing to the health of the community
- 5 Ferndale has few recreational facilities
- 6 Physical activity/recreational opportunities should include the developmentally disabled community

**Sources of Vision Detail**

Expert

WCHD Disease Response and

Developmental Disability Com

Social Services Community

Pregnant and Parenting Wome

Oral Health Community

## TOPIC: Health Promotion

### VISION: Plentiful opportunities for physical activity, including promotion of physical activities

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#### **F: VisionDetail** *Physical activity is promoted countywide*

##### **Issues related to Vision Detail**

- 1 Employers need to promote employee exercise opportunities and community venues (fun runs, etc.) to increase physical activity
- 2 Opportunities for physical activity are not enough because even people who are devoted to physical activity sometimes find it difficult to keep active. The benefits of physical activity need to be taught and promoted.
- 3 Land-use planning incorporates a planning model that is not auto-dependent
- 4 People don't prioritize physical fitness as a high priority; this is an "I want it now" society
- 5 Physical activities need to be reasonable in cost, accessible, and non-intimidating
- 6 Opportunities for physical activity are promoted so that residents are knowledgeable about physical activity options
- 7 Physical activity opportunities should fit into daily life
- 8 Provide more bike lanes
- 9 Provide physical activity education

##### **Sources of Vision Detail**

Expert
WWU Behavioral Health Couns
Emergency Preparedness Com
Blaine Public Forum on May 06
Bellingham 3 Public Forum on
WCHD Community Health
Physical Activity Coalition

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#### **G: VisionDetail** *The percentage of county residents who can walk or bike to school or work increases annually*

##### **Issues related to Vision Detail**

- 1 New schools are sometimes sited so far out from current development that it makes it difficult for children to walk to school
- 2 Additional safe bike lanes and safe neighborhoods are needed for walking opportunities.

##### **Sources of Vision Detail**

Expert
Environmental Health Commun
Physical Activity Coalition

## TOPIC: Health Promotion

### VISION: Prevention of chronic disease and disability

#### *CommunityNotes:*

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**A: VisionDetail** *Deaths due to prostate cancer, breast cancer, and other cancers are on the decline*

#### **Issues related to Vision Detail**

- 1 There is an unusually high incidence of prostate cancer in Whatcom County
- 2 There are apparently high levels of incidence of breast cancer in this community
- 3 Whatcom County has high breast cancer rates
- 4 At least status quo for cancer rates
- 5 Education is needed to prevent melanomas

#### **Sources of Vision Detail**

Expert
WWU Behavioral Health Couns
Social Services Community
Medical Providers and Boards

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**B: VisionDetail** *Effective prevention education based on best practices/model programs/innovative programs is universally available for all age groups*

#### **Issues related to Vision Detail**

- 1 By improving health care prevention and offering routine healthcare check-ups, medical crises could be avoided
- 2 Consistent oral health messaging is needed to emphasize the importance of preventive care
- 3 Costs can be saved by modeling successful national programs
- 4 Preventative measures will eventually lessen the burdens and crises associated with disease and disability
- 5 Cures are needed for major chronic and communicable diseases

#### **Sources of Vision Detail**

Expert
WCHD Disease Response and
Bellingham 1 Public Forum on
Sudden Valley Public Forum on
Oral Health Community
Behavioral Health Community

## TOPIC: Health Promotion

### VISION: Prevention of chronic disease and disability

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#### *C: VisionDetail Implementation of best practices in injury and violence prevention*

##### *Issues related to Vision Detail*

- 1 Injury and violence prevention are primary health issues for the Lummi tribe
- 2 Car versus pedestrian accidents need to be prevented and/or impacts minimized
- 3 Free student driver's education is available in the schools
- 4 Lack of adequate motorist education regarding driving etiquette around cyclists
- 5 Water safety is taught and practiced to prevent water-related injuries

##### *Sources of Vision Detail*

Expert
Physical Activity Coalition
WWU Behavioral Health Couns
Medical Providers and Boards
Behavioral Health Community

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#### *D: VisionDetail Prevention education is provided for diseases that have a higher probability of occurring to residents of the Pacific Northwest*

##### *Issues related to Vision Detail*

- 1 Living in the Northern United States is an added risk factor for developing Multiple Sclerosis
- 2 Rates of autoimmune diseases are highest in the Pacific Northwest; these rates need to be lowered through research into causes and how to address these

##### *Sources of Vision Detail*

Sudden Valley Public Forum on
Social Services Community

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#### *E: VisionDetail Tobacco-related chronic disease conditions decrease*

##### *Issues related to Vision Detail*

- 1 It appears that many young people still smoke. Tobacco use generally seems to be prevalent
- 2 Tobacco use is the leading preventable cause of death

##### *Sources of Vision Detail*

Expert
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#### *F: VisionDetail Type 2 Diabetes is on a downward trend*

##### *Issues related to Vision Detail*

- 1 One in three children have Diabetes
- 2 Reduce youth obesity and diabetes rates
- 3 No more diabetes!

##### *Sources of Vision Detail*

Expert
Disease Control Community
Seniors and Senior Advocate C
Social Services Community

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## TOPIC: Health Promotion

### VISION: Promotion of healthy eating

#### *CommunityNotes:*

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**A: VisionDetail** *Individuals learn how to eat economically so that costs do not preclude eating well*

**Issues related to Vision Detail**

- 1 Costs may keep some people from eating well

**Sources of Vision Detail**

Expert
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**B: VisionDetail** *Individuals of all ages have abundant opportunities to learn about the nutritional content of food and the health impacts of eating a nutritionally sound diet*

**Issues related to Vision Detail**

- 1 There is a need to focus on the nutritional side of the obesity issue.
- 2 Nutrition education plays an important role in obesity prevention
- 3 Individuals need more guidance on how to buy healthy foods
- 4 There is not enough money to provide consumer education on healthy food choices
- 5 Food competence should be taught and valued, including: growing it, harvesting it, distributing it, preparing it, and enjoying it.

**Sources of Vision Detail**

Expert
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Disease Control Community
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Emergency Preparedness Com
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Fairhaven Public Forum on Apri
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Bellingham 3 Public Forum on
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Environmental Health Commun
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## TOPIC: Health Promotion

### VISION: Promotion of healthy eating

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**C: VisionDetail** *Nutritious foods are abundant, readily accessible, and promoted; non-nutritious foods are limited*

#### **Issues related to Vision Detail**

- 1 There is intense media pressure to buy unhealthy foods but proportionately little to promote consumption of healthy choices
- 2 Intense media pressure to buy unhealthy foods and lack of education
- 3 Oral health issues can severely impact the ability to be well; if you can't eat then you can't be healthy
- 4 Not everyone has access to fresh foods; rural access is one issue but the following are need: free and reduced lunches, community gardens food stamps, outreach, summer food program, food banks, meals on wheels at Senior Centers and a Seior Farmer's Market
- 5 Individuals need to be education regarding proper nutrition, so they can make healthy choices
- 6 Improvements are needed in school nutrition and there should be excellent nutritional choices available for all
- 7 Unhealthy snacks and desserts are discouraged
- 8 Promotion of nutritious food is done with clear, evidence-based messaging
- 9 Schools serve healthy lunch options and food that is locally produced
- 10 Unhealthy choices are too easy, too prominent in stores

#### **Sources of Vision Detail**

Expert
Emergency Preparedness Com
Fairhaven Public Forum on Apri
WCHD Community Health
Medical Providers and Boards
Oral Health Community
Physical Activity Coalition

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**D: VisionDetail** *The food & restaurant industries provide nutritional information to consumers and guests*

#### **Issues related to Vision Detail**

- 1 To eat nutritiously, people need to know what is in their food.
- 2 Healthy and affordable food is available at fast-food restaurants like McDonalds
- 3 Healthier grocery stores are needed in Whatcom County
- 4 Calories and other nutritional information should be easily seen on the menus of local restaurants (especially fast food restaurants)
- 5 Curernt food labeling practices are inadequate; all genetically-modified foods should be labeled as such

#### **Sources of Vision Detail**

Expert
Seniors and Senior Advocate C
Fairhaven Public Forum on Apri
Blaine Public Forum on May 06

## TOPIC: Health Promotion

### VISION: Residents are safe from injury

#### *CommunityNotes:*

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**A: VisionDetail** *Agricultural workers are protected from injury*

**Issues related to Vision Detail**

- 1 Very high rates of injury in agriculture

**Sources of Vision Detail**

Expert
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**B: VisionDetail** *Walkable/bikeable communities where pedestrians and cyclists have safe walking routes and bike lanes*

**Issues related to Vision Detail**

- 1 It would be wonderful to have a safe bike lane on Lakeway Drive in Bellingham
- 2 Driver education is needed to protect cyclists and pedestrians; everyone needs to understand the "rules of the road"
- 3 The vehicle-centered mindset creates an unfriendly environment for walkers and bikers
- 4 Safe routes to school needed, including extensive neighborhood sidewalks
- 5 Trees on sidewalks are sometimes a barrier
- 6 Sidewalk conditions need improvements in some areas
- 7 Not all forms of transportation are currently safe, including: walking, biking, riding in cars

**Sources of Vision Detail**

Expert
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Developmental Disability Com
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Bellingham 1 Public Forum on
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Ferndale Public Forum on May
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**C: VisionDetail** *Whatcom injury rates are low and trending downward*

**Issues related to Vision Detail**

**Sources of Vision Detail**

## TOPIC: Health Promotion

### VISION: Residents who are mentally healthy and drug-addiction free

#### CommunityNotes:

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**A: VisionDetail** *A successful Narcotics Use Task Force so that prescription medications are not abused*

**Issues related to Vision Detail**

- 1 The abuse of prescription drugs is a growing issue in our community.

**Sources of Vision Detail**

Expert

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**B: VisionDetail** *A successful pain task force (Project Access) so that those needing pain medication receive relief without becoming addicted or dealers*

**Issues related to Vision Detail**

- 1 Coordination and oversight is needed in the prescription of medications to those in pain

**Sources of Vision Detail**

Expert

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**C: VisionDetail** *An In-Patient Treatment Cener for Adolescent females*

**Issues related to Vision Detail**

- 1 SeaMar has the vision of unding a female only in-patient treatment center

**Sources of Vision Detail**

Expert

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**D: VisionDetail** *An optimal level of services at WWU for treatment of mental health issues*

**Issues related to Vision Detail**

- 1 Currently, there is a .5FT Psychiatrist at WWU; a 1.0 FT Psychiatrist is needed and two additional counselors. There has been an incredible growth in mental health issues in the past 3-4 years. Some students arrive at the college in "shakey" circumstances. Nine suicide attempts in recent quarter.

**Sources of Vision Detail**

Expert

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**E: VisionDetail** *An optimal level of substance abuse prevention and intervention services in all Whatcom County school districts*

**Issues related to Vision Detail**

- 1 The need for substance abuse prevention/intervention is spiraling up while the availability of these services is decreasing. This is reflected in Health Youth Survey data.
- 2 Resources, such as ALANON, need to be available countywide
- 3 Education is needed on drug impacts

**Sources of Vision Detail**

Expert

WWU Behavioral Health Couns

## TOPIC: Health Promotion

### VISION: Residents who are mentally healthy and drug-addiction free

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**F: VisionDetail** *Leisure time is valued in our community*

#### **Issues related to Vision Detail**

- 1 There is a lack of leisure time

#### **Sources of Vision Detail**

Expert
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**G: VisionDetail** *Low rates of substance abuse: alcohol, tobacco, Methamphetamine, abuse of prescription drugs, Heroin etc.*

#### **Issues related to Vision Detail**

- 1 Huge proportions of money available for dental care are spent treating individuals with "meth mouth"
- 2 Some addicts need methadone treatment and the nearest place to go currently is Arlington (50 miles away). As they recover, this can impact employment opportunities because of the need to travel for ongoing treatment.
- 3 Tobacco use causes more preventable deaths each year than any other single factor
- 4 Substance abuse impacts are a huge cost to society
- 5 Border traffic encourages drug dealing
- 6 The number one reason women leave transitional housing is failure to stop drug use
- 7 There are many adverse outcomes associated with drug addiction, including substance-related crimes.
- 8 Decrease rates of substance use/abuse
- 9 There are not enough facilities to treat substance abuse
- 10 Decrease Methamphetamine manufacturing and use in Whatcom County
- 11 De-tox and drug abuse prevention and treatment are not modeled for seniors
- 12 Tobacco rates are still high; tobacco cessation needed for those who are motivated to quit and to motivate those who are not
- 13 Lower rates of alcohol use are desirable; alcohol has impacts on traffic fatalities, suicides, domestic violence
- 14 Substance abuse drives up crime rates
- 15 To decrease substance abuse rates the underlying factors of drug use need to be addressed
- 16 Reduce heroin use in Whatcom County
- 17 Reduction of tobacco and alcohol use rates is essential

#### **Sources of Vision Detail**

Expert
WWU Behavioral Health Couns
Pregnant and Parenting Servic
Education Community
Seniors and Senior Advocate C
Emergency Preparedness Com
Emergency Preparedness Com
Blaine Public Forum on May 06
WCHD Community Health
Social Services Community
Medical Providers and Boards
Oral Health Community
Behavioral Health Community

## TOPIC: Health Promotion

### VISION: Residents who are mentally healthy and drug-addiction free

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#### *H: VisionDetail Promotion of suicide prevention*

##### *Issues related to Vision Detail*

- 1 Suicide is a reality in our county; this needs to be acknowledged as a first step to providing effective suicide prevention
- 2 Reduce suicides in Whatcom County

##### *Sources of Vision Detail*

WWU Behavioral Health Couns
Behavioral Health Community

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#### *I: VisionDetail Stress reduction education and behavioral health counseling resources are abundant and easily accessible*

##### *Issues related to Vision Detail*

- 1 Farm families experience a considerable amount of stress due to increasing economic stresses and the encroachment of residential developments adjacent to farm properties. Over the past several months at least two dairies that had been past from generation to generation went out of business in the Lynden area.
- 2 Farm workers experience stress because of language and other cultural barriers, low-income jobs, and (for some) the pressures associated with immigration status and "following the crops."
- 3 There is medical evidence that stress impacts the immune system; overwhelmed families often have no "downtime" and this impacts nutritional decisions
- 4 Prevention of depression is an important issue

##### *Sources of Vision Detail*

Expert
Education Community
Fairhaven Public Forum on Apri
WCHD Community Health

## TOPIC: Health Promotion

### VISION: Residents who are physically fit, including at a healthy weight

#### CommunityNotes:

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**A: VisionDetail** *Bellingham water is fluoridated to prevent dental caries*

**Issues related to Vision Detail**

- 1 More than any other factor, fluoride in our water would promote good oral health by preventing caries

**Sources of Vision Detail**

Oral Health Community

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**B: VisionDetail** *Both healthy eating and optimum levels of physical activity lower obesity rates and decrease the risk of many health issues, such as heart disease, stroke, and diabetes*

**Issues related to Vision Detail**

- 1 Obesity is caused in large part by poor nutrition and/or lack of adequate physical activity
- 2 Obesity is a huge issue

**Sources of Vision Detail**

Expert

Blaine Public Forum on May 06

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**C: VisionDetail** *Education is provided to prevent overweight and chronic disease*

**Issues related to Vision Detail**

- 1 The obesity issue is beginning to overwhelm the medical system
- 2 The impacts of obesity are huge and raise the risk for heart disease
- 3 Later onset of chronic disease rates
- 4 Some medical equipment is not designed to accommodate obese patients
- 5 American Indians generally have higher rates of diabetes
- 6 There is a prevalence of obesity in low-income families
- 7 Obesity is a huge issued connected to so many health conditions; it is very complicated but goes hand-in-hand with a sedentary lifestyle
- 8 A greater emphasis needs to be placed on obesity reduction
- 9 Weight loss support groups are needed in every area of the county, including the most isolated areas (the Foothills, for instance)
- 10 Obesity is one of the most important issues in Whatcom County
- 11 Nutrition education should be part of the effort to reduce obesity

**Sources of Vision Detail**

Expert

WCHD Environmental Health

Physical Activity Coalition

Education Community

Foothills Public Forum on April

Ferndale Public Forum on May

Oral Health Community

Behavioral Health Community

## TOPIC: Health Promotion

### VISION: Residents who are physically fit, including at a healthy weight

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**D: VisionDetail** *Obesity rates are low*

**Issues related to Vision Detail**

- 1 Obesity is a huge burden on society
- 2 Children spend too much time viewing television; this contributes increased obesity rates

**Sources of Vision Detail**

WCHD Disease Response and WCHD Community Health
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**E: VisionDetail** *Residents are motivated to get adequate levels of physical activity*

**Issues related to Vision Detail**

- 1 Those who are sedentary/inactive are difficult to motivate to exercise and maintain exercise commitments.
- 2 Weight gain is directly tied to inadequate levels of physical activity
- 3 People generally have too much "screen" time which decreases opportunities for physical activity

**Sources of Vision Detail**

Expert
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**F: VisionDetail** *The built environment supports opportunities for physical activity*

**Issues related to Vision Detail**

- 1 There is a deficit in our built environment; more sidewalks and playgrounds are needed, particularly in rural areas

**Sources of Vision Detail**

Expert
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## TOPIC: Health Care Delivery Systems

### VISION: Accessible health care for all

**CommunityNotes:** 6/11/07, the Whatcom Alliance for Healthcare Access convenes a Community Healthcare Forum to celebrate 4 1/2 years of achievement , update WAHA's strategic plan, and support broader community participation

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**A: VisionDetail** *Access to health care (medical and dental in particular) for rural schools*

**Issues related to Vision Detail**

- 1 Five of Whatcom's seven school districts are in rural areas and do not always have adequate health care access resources for students.
- 2 Schools sometimes depend on third party entitites for health-related services. This often creates a service lag time and creates transportation barriers when services are off site.

**Sources of Vision Detail**

Expert
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## TOPIC: Health Care Delivery Systems

### VISION: Accessible health care for all

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**B: VisionDetail** *All residents have access to health care services based on social justice principles*

#### **Issues related to Vision Detail**

- 1 65% of respondents of Prosperity Project respondents said that they or someone else in their household needed medical care and didn't get it. The top reasons why were: "cost too much" and "no insurance."
- 2 Currently there is not equity in terms of meeting basic health care needs; for instance, it is difficult for the "working poor" to access services if they don't qualify for Medicaid but also don't have medical insurance through their employer
- 3 When people do not have access to health care, the use of emergency (ER) care escalates
- 4 Residents between the ages of 18-29 often cannot afford health care, can not afford health care insurance, are no longer eligible for care under their parent's policies, and have not established the credit they need to pay for expensive medical procedures or even basic health maintenance check-ups, etc.; The highest rates of emergency room useage are in this age group.
- 5 Underserved populations (children in povety, homeless, etc.) need a health care delivery system that meets the needs of the underserved
- 6 Farm families are sometimes without access to health care
- 7 People 18-35 years of age are the ones that are most likely to be uninsured
- 8 Some tribal members are very concerned with health care access at St. Joseph Hospital
- 9 Substance abuse is related to health disparities; lack of education and poverty are tied to poor health
- 10 No one should be without a doctor because they are considered "undesirable."
- 11 Cultural barriers to service access include lack of adequate interpretation services, particularly for Ukranian-, Russian-, and Punjabi-speaking clients; SeaMar Community Health Clinic does not have a physician bi-lingual in Russian or Ukranian while the majority of staff are bi-lingual in English and Spanish. Also, there is no way to measure competency/skill level of interpretation.
- 12 There is a disproportionate (lower) use of services by Hispanic families, perhaps due to language or cultural barriers
- 13 The current health care "system" may be so broken that a complete revolution in health care is needed to provide access for all
- 14 There are inadequate mental health services for "the needy"
- 15 Health care, dental care, and mental health care should be universally available
- 16 Reduction of health disparities
- 17 Reduction of health disparities is needed for Hispanic immigrants

#### **Sources of Vision Detail**

Expert
WCHD Community Health
Disease Control Community
WWU Behavioral Health Couns
Seniors and Senior Advocate C
Developmental Disability Com
Developmental Disability Com
Fairhaven Public Forum on Apri
Bellingham 3 Public Forum on
Everson Public Forum on May
Everson Public Forum on May
Social Services Community
Medical Providers and Boards
Pregnant and Parenting Wome
Oral Health Community
Behavioral Health Community
Physical Activity Coalition

## TOPIC: Health Care Delivery Systems

### VISION: Accessible health care for all

- 18 Mental health services are not available all patients
- 19 Tribal health is underserved
- 20 It is unfair that those with Medicare do not have access to the same services as those on private pay insurance
- 21 Immigrants need to be connected with the community; language barriers should not stand in the way of access to services
- 22 Inmates should have access to full medical, mental health (including full-time psychiatrist), and chemical dependence services while in jail.
- 23 Rainbow Center services should be available without declaration of mental illness by participants
- 24 There are no health serices provided at the Lighthouse Mission
- 25 Wait times for services are too long for many patients
- 26 Language should not be a barrier to services; providers should use language interpreters, such as St. Joseph Language Line and Language Exchange; also, health materials and internet communication should be available in multi-language formats
- 27 Inequities in "advocacy status": some families with advocacy capacity and some without
- 28 Alternate settings for health care, such as more parish nurses in churches, health clinics at schools and senior centers
- 29 All county residents should have access to basic health care services; a definition of basic health care is needed
- 30 There is a lack of translation and advocacy services in the Spanish language
- 31 Spanish-speaking residents need to be involved in the dialogue process about the health care services they need

## TOPIC: Health Care Delivery Systems

### VISION: Accessible health care for all

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#### *C: VisionDetail Availability of oral health providers and access to oral health care*

##### *Issues related to Vision Detail*

- 1 There are often long waiting lists of children needing oral health services; some children are being referred out-of-county; services need to be streamlined for easier access
- 2 Many adults are unable to access oral health services when needed
- 3 A large proportion of provided dental care is emergency dental care rather than preventive
- 4 There is need for a model where a high volume of DSHS patients can be seen in a quality and efficient manner (the Washington Dental Foundation is doing a statewide study of this due out in 2008)
- 5 Lummi children and the children of migrant workers have problems accessing oral health care
- 6 Whatcom County adults without dental insurance have traditionally accessed emergency oral health care at St. Joseph Hospital; now these adults are seen on a first-come, first-served basis at SeaMar and Interfaith
- 7 Most seniors do not have dental insurance: Whatcom County is pioneering an oral health care program (Smiles for Life) run by dental hygienists at Senior Centers per a new WA Senate bill
- 8 Dental care under Medicaid may require out-of-county travel to Skagit or beyond.
- 9 There isn't even one dentist in Whatcom County that takes Medicaid fee-for-service payment

##### *Sources of Vision Detail*

Expert
Pregnant and Parenting Servic
Lynden Public Forum on April 2
Medical Providers and Boards
Pregnant and Parenting Wome
Oral Health Community

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#### *D: VisionDetail Expanded para-transport for special needs riders*

##### *Issues related to Vision Detail*

- 1 Growing number of riders with disabilities

##### *Sources of Vision Detail*

Expert
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## TOPIC: Health Care Delivery Systems

### VISION: Accessible health care for all

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**E: VisionDetail** *Health care services are available in isolated, rural communities.*

#### **Issues related to Vision Detail**

- 1 Whatcom Community College at one time had satellite campuses in rural areas; services, including health services, need to be available in rural areas.
- 2 Many poor individuals lack adequate transportation to health care resources
- 3 The Nooksack Tribe pays for tribal members (priority for elderly) to have medical transportation
- 4 Interfaith plans to open a Community Health Center in the Kendall area in 2009; this helps rural clients and this "de-compressing" opens access for more patients in the Bellingham office. A satellite clinic was opened in Ferndale in 2008.
- 5 Emergency Medical Services are needed outside Bellingham's city limits
- 6 Birthing Centers are needed outside of Bellingham
- 7 Services in Whatcom County are too centralized in Bellingham
- 8 Blaine needs a health clinic and emergency care facility
- 9 Accessible local health care is needed

#### **Sources of Vision Detail**

Expert
Disease Control Community
Pregnant and Parenting Servic
Education Community
Blaine Public Forum on May 06
Social Services Community
Pregnant and Parenting Wome
Behavioral Health Community

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**F: VisionDetail** *Medicare/Medicaid patients have access to all specialty services*

#### **Issues related to Vision Detail**

- 1 Low Medicare reimbursement rates make it difficult or impossible for Medicare patients to access all health care services
- 2 Medicare patients lack providers, specialists in particular
- 3 Those who do take medical coupons are very overworked
- 4 Need expanded basic health eligibility to provide coverage to those who need it
- 5 Huge access problem for Medicare patients
- 6 Not all retirement facilities accept Medicaid

#### **Sources of Vision Detail**

Expert
WCHD Disease Response and
Disease Control Community
Pregnant and Parenting Servic
Education Community
Seniors and Senior Advocate C
Developmental Disability Com
Emergency Preparedness Com
Physical Activity Coalition

## TOPIC: Health Care Delivery Systems

### VISION: Accessible health care for all

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**G: VisionDetail** *Oral health care services are available in Bellingham and throughout the county*

#### **Issues related to Vision Detail**

- 1 It is often more difficult those outside of Bellingham to access oral health services
- 2 Many people do not have access to oral health care
- 3 Universal access to oral health care is important
- 4 Oral health services are needed in Whatcom County (not Everett) for those on government assistance

#### **Sources of Vision Detail**

Expert
WCHD Environmental Health
Developmental Disability Com
WCHD Community Health
Medical Providers and Boards
Oral Health Community

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**H: VisionDetail** *Physicians are reasonably compensated for Medicare/Medicaid patients and, therefore, continue to serve these patients*

#### **Issues related to Vision Detail**

- 1 Physicians are taking cuts each year in their pay and Congress puts a temporary waiver on this; in June 2008 this waiver runs out and physicians will take at 10% pay cut if Congress fails to act
- 2 Physicians are just not able to make a go of it by taking Medicare and Medicaid patients
- 3 Organizations like WAHA are doing their best of helping more people get health insurance but then by increasing demand for services, where's the supply of physicians?
- 4 Federal reimbursement rates for Medicare and Medicaid were set in the 1960's and Washington was penalized because of excellent efficiencies during that era.
- 5 The more physicians take Medicare the less likely they will take Medicaid
- 6 Some physicians are charging a surcharge (non-service fee) to take Medicare patients
- 7 You may be able to get Medicaid but will you be able to get a physician to see you?

#### **Sources of Vision Detail**

Expert
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**I: VisionDetail** *Residents have access to preventive care*

#### **Issues related to Vision Detail**

- 1 Not everyone has access to preventive care, including a healthy environment

#### **Sources of Vision Detail**

WCHD Disease Response and
Sudden Valley Public Forum on

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## TOPIC: Health Care Delivery Systems

### VISION: Accessible health care for all

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#### *J: VisionDetail Those needing prescribed medications have access to them*

##### *Issues related to Vision Detail*

- 1 Those who are on limited incomes sometimes do without medications or do without other essential services (utilities, food, etc.)
- 2 Access to medication for those with mental illness can be very slow due to long assessment wait times which delay diagnosis and the establishment of medical benefits.
- 3 Prescription should be available and affordable for low income people

##### *Sources of Vision Detail*

Expert
WWU Behavioral Health Couns
Foothills Public Forum on April

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#### *K: VisionDetail Transportation to health care resources for all ages*

##### *Issues related to Vision Detail*

- 1 Expanding roler of baby boomers (ages 10-20 years old)
- 2 Dramatic increase in need for para-transit for those 80 and over
- 3 WTA had 6% increase in para-transit ridership (2006-2007)
- 4 Growing number of WTA riders with mental illness needing para-transit
- 5 The Medicaid transportation program through the Northwest Regional Center is excellent for out-of-county medical appointments but it does not cover the needs of those who are not eligible or Medicaid.
- 6 Transportation for medical services between Bellingham and Pt. Roberts is particularly difficult; WTA van now only runs on Tuesdays with a "window" of in-town time of only 11 AM to 2 PM. Residents would like a foot ferry or plane services or a bridge built to connect Pt. Roberts to the mainland. WTA cut services because of low useage and lack of drivers; perhaps this could be re-examined in light of rising fuel costs that may encourage ridership; border wait times are a huge roadblock--need special lane.
- 7 Lack of accessibility to transportation services

##### *Sources of Vision Detail*

Expert
Pregnant and Parenting Servic
Pt. Roberts Community
Bellingham 3 Public Forum on
Behavioral Health Community

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#### *L: VisionDetail Veterans have access to health care through the Veteran's Administration*

##### *Issues related to Vision Detail*

- 1 There is a lack of access to VA/military services
- 2 Mental health care is virtually non-existent for veterans

##### *Sources of Vision Detail*

WWU Behavioral Health Couns
Oral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Accessible health care for all

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*M: VisionDetail WAHA continues to address access needs for all segments of the population.*

#### *Issues related to Vision Detail*

- 1 Having the Whatcom Alliance for Healthcare Access (WAHA) in Whatcom County is a huge plus not generally available in other Washington Counties.
- 2 There should be access to health care services for all in the county regardless of income or severity of the problem

#### *Sources of Vision Detail*

Expert

Behavioral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Affordable health care for all

#### *CommunityNotes:*

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**A: VisionDetail** *Affordable oral health insurance is available*

**Issues related to Vision Detail**

- 1 There is a huge need for oral health services, particularly for low income adults. If there's no credible insurance coverage it is very difficult for adults to access these services.
- 2 Most private practice dentists do not contract with the State to accept Medicaid patients because of low reimbursement rates.

**Sources of Vision Detail**

Expert

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**B: VisionDetail** *Costs that are reasonable for employers*

**Issues related to Vision Detail**

- 1 Need to seek alternate ways to cover escalating costs of health insurance coverage for employees
- 2 Provision of health care coverage is the primary health concern for employers
- 3 National government is prioritizing Defense over Domestic systems of care
- 4 Employers are dropping employee medical insurance because of escalating costs
- 5 The Nooksack Tribal Clinic in Everson is a huge financial loss for the tribe
- 6 Self-insured health care plans may work for some employers to keep employee health benefits up and costs down
- 7 There are many employers that are not able to offer medical or dental insurance
- 8 Small business employers need tax incentives to provide insurance for their employees
- 9 Provide incentives for farm owners to provide health insurance for farm workers

**Sources of Vision Detail**

Expert

WCHD Disease Response and  
Foothills Public Forum on April  
Ferndale Public Forum on May  
Everson Public Forum on May  
Social Services Community

## TOPIC: Health Care Delivery Systems

### VISION: Affordable health care for all

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**C: VisionDetail** *Everyone has an adequate level of affordable health care and health care insurance--perhaps a universal, single-payor system*

#### **Issues related to Vision Detail**

- 1 Uninsured health care costs are a significant problem
- 2 Our existing health care insurance system has a whopping 30% overhead
- 3 People arguing for a single payer system is one form of a revolutionary prescription for the US healthcare system (a radical departure from the way we are currently doing it). A more sub-actue revolutionary prescription would be those being made by the like of Colorado (formerly Oregon) Governor Kitzhaber who identifies the inadequacies of category-based public healthcare entitlements. Everything we are talking about in healthcare is simply a subset of a much larger social debate going on for which healthcare is one more strained aspect of our current society.
- 4 Non-working adults need access to private health-care insurance
- 5 A primary health issue for WWU students is a lack of health insurance, resulting in lack of specialty care and increased visits to the emergency room. Some institutions are requiring health insurance as a requirement of enrollment. One-third of WWU clinic patients are uninsured, thus limiting access to care. There is a \$60 fee per quarter for unlimited clinic visits. Approximately 60% of the enrolled students are seen in a nine-month period. Over college career of four years, 95% are seen.
- 6 The highest rate of uninsured are those in small businesses
- 7 Many residents lack dental health insurance and even those who have it still have high out-of-pocket expenses
- 8 Everyone should have health insurance and there is not enough affordable health insurance for working poor/middle class families
- 9 Affordable insurance should be available covering a wider range of services
- 10 A National Health Care System is needed
- 11 Free market health insurance should be available with competition between insureds rather than regulation of rates
- 12 Make health care universal through a national health system
- 13 WAHA needs to continue to education people on available options
- 14 Our current insurance system is not working; direct reimbursement may work better
- 15 Profit has to come out of the way health care is provided; everyone should have universal access to excellent care that is paid by the community
- 16 Those who are insured need knowledge of how insurance works
- 17 Whatcom County needs an Accessible/Affordable Health Plan for all that is comprehensive

#### **Sources of Vision Detail**

Expert
WCHD Disease Response and Physical Activity Coalition
Disease Control Community
WWU Behavioral Health Couns
Education Community
Seniors and Senior Advocate C
Pt. Roberts Community
Sudden Valley Public Forum on
Sudden Valley Public Forum on
Foothills Public Forum on April
Fairhaven Public Forum on Apri
Blaine Public Forum on May 06
Ferndale Public Forum on May
Bellingham 3 Public Forum on
Everson Public Forum on May
WCHD Community Health
Pregnant and Parenting Wome
Oral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Affordable health care for all

- 18 Young adults and those in the 200-400% of poverty level represent an important segment of the uninsured who need assistance accessing affordable care
- 19 Insurance should cover ALL health issues
- 20 Health insurance is needed for all, including Spanish-speaking residents; the process of acquiring insurance is often very slow and doesn't cover all needs in the end
- 21 Spanish-speaking farm workers need access to medical insurance

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#### *D: VisionDetail Individuals are able to afford the prescription drugs they need*

##### *Issues related to Vision Detail*

- 1 Pharmaceuticals are sometimes unattainable for low-income or uninsured folk
- 2 Interfaith Community Health Clinic is hoping to open a pharmacy on-site that has prices comparable with Canada.
- 3 Medications should be prescribed based on need and effectiveness, not cost
- 4 Prescription medications may be cost-prohibitive; for example, the cost for arthritis meds may be \$2,000 a month
- 5 A drug store is needed in the Foothills area (have you ever had an emergency and had to travel to Bellingham in the middle of the night?)

##### *Sources of Vision Detail*

Expert
Physical Activity Coalition
Foothills Public Forum on April
Behavioral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Affordable health care for all

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*E: VisionDetail Individuals can afford the health care they need*

#### *Issues related to Vision Detail*

- 1 Medication costs are out of reach for those who are uninsured (an asthma inhaler costs about \$500)
- 2 Health care is not affordable for all families, including the "working poor"; providing alternative funding streams
- 3 Rising transportation costs make it more difficult for individuals in rural areas to afford costs to and from appointments.
- 4 Medical status is highly related to poverty status
- 5 There are many uninsured individuals ages 19-29 who use the Emergency Room for one-stop health care shopping
- 6 The "triple mandate" for health care is: "quality," "access," and "affordability." It is relatively easy to get two out of three but it is really difficult to get all three. What people begin to disagree on is the definitions. "What do you mean by access and what do you mean by cost?" "Who affords that and how affordable is that?" "Who bears that cost?" Etc.
- 7 Women need affordable birth control so they can complete their education
- 8 It is almost impossible to find a provider who will perform a tubal ligation (sterilization procedure) on a Medicaid patient
- 9 Whatcom County tends to have specialty care "grouped" and this tends to raise overall rates; as Peace Health merges with private group practices, the free market has no comparison entity so prices tend to rise as choice is removed from the market. This also discourages insurance companies from staying in that particular market
- 10 Funding of services is a huge issue across the board; funding cuts result in fewer services; some types of services are underfunded
- 11 Affordable, comprehensive health care is needed for all
- 12 Medical services and supplies are only increasing; it is difficult to envision how care can become more affordable
- 13 Rising costs raise concerns regarding the financial stability of the health care system
- 14 Many people cannot afford deductibles and or insurance premiums (80 percent in Whatcom County do have health insurance)
- 15 Prices of specific medical items should be regulated to contain costs
- 16 An attitudinal shift is needed so that the health service delivery system is no longer based on profit motive; the incorporation of Madrona Medical into PeaceHealth is an example of how the profit motive must be shifted out of health care delivery
- 17 Fee-for-service is not appropriate for all

#### *Sources of Vision Detail*

Expert
Physical Activity Coalition
Disease Control Community
Pregnant and Parenting Servic
Seniors and Senior Advocate C
Developmental Disability Com
Emergency Preparedness Com
Lynden Public Forum on April 2
Sudden Valley Public Forum on
Ferndale Public Forum on May
Bellingham 3 Public Forum on
Social Services Community
Environmental Health Commun
Medical Providers and Boards
Pregnant and Parenting Wome
Behavioral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Affordable health care for all

- 18 Excellent insurance reimbursement rates are needed regardless of the type of service provided; reimbursement for children's developmental issues can be an issue
- 19 Adversarial relationships between insurance companies and insured individuals do not promote appropriate access to affordable health care
- 20 Fund fuller spectrum of services
- 21 Provider salaries are too high and contribute to health care affordability; provide flat salaries for providers
- 22 Childbirth costs are high but could be reduced by encouraging the use of the midwifery model (practiced in England, for example)

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#### *F: VisionDetail Individuals can afford the preventive and on-going oral health care they need*

##### *Issues related to Vision Detail*

- 1 According to the Whatcom Prosperity Project Report, Affordable Dental Care was more important than any other issue except housing (they tied at 65%) and was cited as the least available service (54%) for low-income respondents
- 2 Is there a disparity in the ability of low-income women to access birth control? The incidence of abortion is much higher on the East side/poor side of the county. Abortion is not a healthy birth control method.
- 3 Costs, particularly uninsured costs, often prohibit access to oral health services
- 4 Medicaid should pay for adult oral health care
- 5 Many middle income residents do not have oral health insurance.
- 6 People on fixed incomes have no way to pay for dental care.
- 7 Medicare does not pay for preventive care
- 8 Many insurance plans do not cover dental services

##### *Sources of Vision Detail*

Expert
WCHD Disease Response and Lynden Public Forum on April 2
Everson Public Forum on May
Pregnant and Parenting Wome
Oral Health Community

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#### *G: VisionDetail Medicare reimbursement rates are updated to reflect 21st Century realities in health care delivery*

##### *Issues related to Vision Detail*

- 1 Medicare reimbursement rates were set in the early 1960's. States with high cost efficiencies, such as Washington, were penalized with low reimbursement rates. This system has not been reformed in 44 years. The Medicaid program was established in 1964 with a passage of Title XIX of the Social Security Act and is jointly financed and administered by the Federal and state Governments.
- 2 Reimbursement rates must be increased

##### *Sources of Vision Detail*

Expert
Emergency Preparedness Com

## TOPIC: Health Care Delivery Systems

### VISION: Affordable health care for all

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**H: VisionDetail** *Whatcom citizens understand the power of their voice in transforming the health care delivery system*

**Issues related to Vision Detail**

- 1 Citizens may need to strike to change the for-profit mechanism (insurance companies, drug companies, etc.) that drives the health care crisis

**Sources of Vision Detail**

Expert

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**I: VisionDetail** *Young people transitioning to the adult world following graduation have transitional health coverage*

**Issues related to Vision Detail**

- 1 The transition from high school or college to being out on your own creates a period of vulnerability in terms of the ability to afford and, therefore, access health care
- 2 An estimated 25 percent of college students do not have medical insurance (based on National College Health Assessment survey)

**Sources of Vision Detail**

Expert

## TOPIC: Health Care Delivery Systems

### VISION: Comprehensive, quality health care for all

*CommunityNotes:* WAHA acts locally and advocates regionally and nationally; leads Communities Connect statewide coalition (n=23 counties)

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**A: VisionDetail** *Excellent alternative/holistic/wellness-oriented forms of care are accepted and available*

#### **Issues related to Vision Detail**

- 1 Provide doulas to minimize pregnancy-related medical costs. A doula is a non-medical assistant who provides physical, emotional and informed choice support in prenatal care, during childbirth and during the postpartum period.
- 2 Alternative/naturopathic forms of care should be available to patients.
- 3 The spectrum of health care should include practitioners trained in holistic methods and referrals to holistic practitioners
- 4 Holistic care would focus on both mental and physical health and it would be provided in one central location
- 5 DSHS clients need equal opportunities for naturopathic mental health treatment versus pharmaceutical treatment
- 6 Holistic care choices should include: chiropractic care, aqua therapy, counseling, acupuncture, naturopathic remedies, preventive methods (nutrition, etc.), message therapy, and animal therapy
- 7 Different methods work for different people
- 8 Access to physical activity is currently not seen as part of the health care system; free gym access should be a benefit of health insurance plans
- 9 Provide integrative/holistic medicine alternatives
- 10 Sometimes people are treated for their "disease" and not treated as an entire person.

#### **Sources of Vision Detail**

WCHD Disease Response and Disease Control Community Developmental Disability Com Bellingham 1 Public Forum on Ferndale Public Forum on May Bellingham 3 Public Forum on Pregnant and Parenting Wome Physical Activity Coalition
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## TOPIC: Health Care Delivery Systems

### VISION: Comprehensive, quality health care for all

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#### *B: VisionDetail Outstanding behavioral health care to address mental health and addiction issues*

##### *Issues related to Vision Detail*

- 1 There are many residents of Whatcom County who have behavioral/mental health issues. It is sometimes difficult, however, for them to get an assessment to establish the mental disability so that services can then be obtained. It would be a good idea to have more providers of mental health assessment services.
- 2 There is only one site where children can be seen for mental health services--Catholic Community Services. They have a contract to see children.
- 3 It is very difficult for uninsured adults to get mental health services. Whatcom Counseling Clinic will take adults with a disability if they have a special coupon for mental health services. This criteria is very narrow..
- 4 Methadone treatment services are needed in Whatcom County but this is politically difficult because having a treatment center in your community is not a popular thing to support. However, there may be more difficult problems in the long run NOT having one. The nearest methadone maintenance clinic is 50 miles away in Arlington (Snohomish County)/
- 5 Interfaith and Seamar community clinics are at capacity in the provision of mental health services.
- 6 Waiting times for someone with a mental health issue to get an appointment are sometimes four weeks out when the need for care is urgent; often, the client is gone before the appointment date arrives.
- 7 There are hundreds of places where you find excellence in cardiac care, where there are criteria and outcome and clear objective indicators for what is good but you can't do that in behavioral health
- 8 The infrastructure is not in place for behavioral health
- 9 Mental health issues make it generally difficult for people to function
- 10 The number one health issue at Interfaith is depression.
- 11 There is a huge amount of depression in the Nooksack Tribe, perhaps due to high levels of domestic abuse/child abuse and sexual violence against women
- 12 More funding is needed for drug and alcohol treatment; reimbursement rates for providers are not sufficient to cover costs
- 13 Drug and alcohol abuse is a primary health issue for the Lummi Tribe, as is mental health
- 14 The Triage Center has 10 beds for social de-tox; St. Joseph only has two beds (South Campus) for medical de-tox. ADATSA funding by Washington State only pays \$60/day and this is not adequate to fund additional beds for social de-tox. Currently, we need approximately 20-24 social de-tox beds and three more medical de-tox beds.
- 15 There is a lack of funding to address substance abuse issues for clients with a dual diagnosis (addiction issue and co-occurring mental illness).

##### *Sources of Vision Detail*

Expert
WCHD Disease Response and
WWU Behavioral Health Couns
Pregnant and Parenting Servic
Education Community
Developmental Disability Com
Emergency Preparedness Com
Bellingham 1 Public Forum on
Lynden Public Forum on April 2
Fairhaven Public Forum on Apr
Bellingham 3 Public Forum on
WCHD Community Health
Social Services Community
Medical Providers and Boards
Pregnant and Parenting Wome
Oral Health Community
Behavioral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Comprehensive, quality health care for all

- 16 Suboxone is a new opiate blocker (alternate to methadone). Some providers are talking about establishing a Suboxone Clinic. The Medical Society has a task force to explore this. Dr. Horn on the Lummi Reservation started a Suboxone Clinic. It was so successful that he had threats from dealers and has since moved off the Lummi Reservation.
- 17 An outpatient addiction clinic is needed
- 18 There are three issues regarding the provision of behavioral health services: (1) timely access, (2) continuity of services, and (3) provider consistency.
- 19 Early intervention is essential for behavioral issues; therefore, counselors are needed on school campuses and more counselor training is needed
- 20 Access to services for the mentally ill might be expedited if SSI eligibility was streamlined
- 21 Mental health services should be on par with other types of health care and universally accessible
- 22 Centralized care at Triage Center with clinician who can prescribe medications; availability of medical services at Triage Center also
- 23 Trained mental health professionals are needed in the ER and in Police Departments; police officers should have Critical Incident Training
- 24 Mental health counseling and case management available for those who need it
- 25 Quarterly communication between mental health and behavioral health communities
- 26 There is need of a mental health facility that provides a full spectrum of care, including follow-up for people leaving treatment
- 27 Qualified mental health professionals are needed within Police Department at all times
- 28 Available services are well-publicized so that those needing the services or family/friends know how to access the services; services are of no use if people don't know about them
- 29 80% of the jail population has mental health issues
- 30 A psychiatric emergency room is needed
- 31 Availability of counseling services for WWU Students
- 32 Less stigma for mental health services via education
- 33 Parity for mental health services and prompt payment to mental health providers
- 34 Continuity of care for students following a mental health stay at St. Joseph Hospital
- 35 Local crisis services/local phone number (not 800#)
- 36 An appropriate level of services should be provided for those with a dual diagnosis (substance abuse and mental health diagnosis); provide both in-patient and out-patient care

## TOPIC: Health Care Delivery Systems

### VISION: Comprehensive, quality health care for all

- 37 Health care plans need to cover substance abuse prevention and treatment
- 38 Too little access to information and services regarding substance abuse
- 39 Lack of information and services for mental health; more funding needed for mental health and related education
- 40 Faster access to mental health professionals/reduced wait times
- 41 Identification of who needs help in order to keep them and society safe
- 42 Funding is needed; passing the Hargrove Tax Initiative (1/10 of 1% sales tax) would provide needed financial support to improve mental health in Whatcom County

## TOPIC: Health Care Delivery Systems

### VISION: Comprehensive, quality health care for all

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#### *C: VisionDetail Outstanding medical health care*

##### *Issues related to Vision Detail*

- 1 One of the newer debates around health care is the idea of value. People have an increasing sense of urgency that they, and society for that matter, need to get better value from the health care system. Then there is another debate: reform vs. revolution. Depending on how one sees the adequacy or the inadequacy of the current healthcare system, people prescribe to either a reform-minded approach (essentially the system is good enough, we just need to reform it) versus those who would argue that the system is so fundamentally flawed that we need to start over.
- 2 Chronic pain management services are very limited. Whatcom County lacks a treatment center. It is estimated that 3 of 5 patients need a higher level of pain management.
- 3 Excessive patient loads can be detrimental to access to care and quality (approximately 15-20 minutes allotted per patient at Sea Mar). The patient-to-doctor ratio is currently 3,000 to 1. Increasing mid-level staff can limit the range of services offered to patients. Also, Medicaid contractual obligations must be met.
- 4 The number of patients who become addicted to chronic pain medication is a huge issue
- 5 Individuals need prevention, chronic disease management, and access to care when needed.
- 6 The Community Health Centers provide an excellent model of a socialized medicine system that has been working in our county for the last 35 years. The model decreases disparities, lowers costs, and provides excellent outcomes.
- 7 The standard of care in the hospital needs to be excellent; health care quality, in general excellent as well as affordable
- 8 There are too many medications that are prescribed for patients without adequate review of potential cross-over effects
- 9 Increasing population density impacts the availability of health care services and all services
- 10 Overuse of hospital emergency room care is symptomatic of other problems in the delivery of health care; not all walk-in clinics are available to all insureds and urgent care businesses are not open most evenings. Urgent care clinics should be open 24 hours per day.
- 11 Medical care should be consistent, compassionate, and of a high quality
- 12 Pt. Roberts needs an x-ray machine and technician and physical therapy services; also: glucose/cholesterol testing and diabetes education
- 13 Focus on early diagnosis
- 14 Hours of access to urgent care medical services need to be expanded to cover the 24-hour day
- 15 Comprehensive student health services needed at WWU (physical, mental, oral health)
- 16 A comprehensive range of birthing services are needed which include midwifery care

##### *Sources of Vision Detail*

Expert
WCHD Disease Response and
WCHD Environmental Health
Disease Control Community
WWU Behavioral Health Couns
Developmental Disability Com
Pt. Roberts Community
Bellingham 1 Public Forum on
Foothills Public Forum on April
Bellingham 3 Public Forum on
WCHD Community Health
Environmental Health Commun
Medical Providers and Boards
Pregnant and Parenting Wome
Oral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Comprehensive, quality health care for all

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#### *D: VisionDetail Outstanding oral health care for both children and adults*

##### *Issues related to Vision Detail*

- 1 Lack of affordable dental care, especially for high-end services such as crowns, root canals, etc.
- 2 Water fluoridation is the number one most effective preventive public health measure (per CDC literature and reports) as far as dental caries but the Bellingham fluoridation initiative was defeated by a relatively slim margin; dental sealants are the second best public health practice for preventing dental disease
- 3 Poor oral health has a negative impact on employability: low-income working poor have a difficult time scheduling dental appointments within the work day; those who are in dental pain are distracted from work;
- 4 Dental disease has a negative effect on overall health
- 5 Lack of consistently available adult dental services; sporadic "windows of opportunity" to access care (such as Donated Adult Dental program--DAD) rather than stable availability of oral health services.
- 6 Those who are struggling to create a stable life for themselves--those who have had significant problems with drug addiction or other life issues--need jobs to get on the right track and missing or decayed teeth can impact employment opportunities.
- 7 Prison or jail is one of the few places low-income adults can get dental work done; huge proportions of dental money are spent on individuals with "meth mouth."
- 8 Seniors need water fluoridation because as gums recede root carries form along the gum line; fluoridation can prevent this
- 9 Poor oral health can negatively impact a child's school education due to missed classes
- 10 Adults are particularly neglected in terms of oral health care; even those with insurance can only afford a limited amount of work done
- 11 It may be more difficult to get good nutrition for individuals with missing teeth
- 12 One of the biggest service gaps in Whatcom County is in the provision of oral health care
- 13 Poor appointment "show" rates by low-income oral health clients further discourage private dentists from taking on more patients because they are paid on a fee-for-services basis. This is why the Donated Dentistry program is so popular--there is no worry about no shows.
- 14 Although a City of Bellingham water flouridation measure failed to pass by a narrow
- 15 Flouride is needed in City of Bellingham waters because it is a cost-effective means to prevent dental disease
- 16 Medicaid does not cover all dental services
- 17 Affordable coverage and high deductibles are major issues in the provision of oral health care

##### *Sources of Vision Detail*

Expert
Education Community
Emergency Preparedness Com
Bellingham 1 Public Forum on
Lynden Public Forum on April 2
Foothills Public Forum on April
Everson Public Forum on May
WCHD Community Health
Social Services Community
Medical Providers and Boards
Oral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Comprehensive, quality health care for all

- 18 Interfaith can only serve about 25% of their patients to provide oral health care; hoping that new grant fundin will provide a higher leel of adult oral health services
- 19 Untreated caries is a huge issue
- 20 It would be excellent if hygienists could provide a wider range of care
- 21 Additional pediatriac dental providers are needed
- 22 Dental care starts early and continues consistently through life
- 23 Primary medical care providers provide oral health information and screening
- 24 Need better oral health screening
- 25 Untreated cavities have a temendous impact on diet and self-esteem

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#### *E: VisionDetail Outstanding services are available for those with developmental disabilities*

##### *Issues related to Vision Detail*

- 1 Care needs to be integrated so those with developmental disabilities are not isolated; an integrated care model is desiriable
- 2 Federal dollars for developmental disability services are shrinking
- 3 People with developmental disabilities who are living with aging parents will need more support soon
- 4 Service eligibility requirements are too strict
- 5 More advocates for the developmentally disabled needed to guide through the service provider system
- 6 The medical community is not providing the services needed by the developmentally disabled community

##### *Sources of Vision Detail*

Developmental Disability Com
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#### *F: VisionDetail Outstanding vision and hearing care*

##### *Issues related to Vision Detail*

- 1 Universal healthcare would include vision and hearing care

##### *Sources of Vision Detail*

Expert
Bellingham 1 Public Forum on

## TOPIC: Health Care Delivery Systems

### VISION: Comprehensive, quality health care for all

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*G: VisionDetail Physicians and other healthcare practitioners available in primary care and all specialties*

#### *Issues related to Vision Detail*

- 1 Obstetrics is an "on-the-edge" specialty in Whatcom; routine obstetrical care is easy to locate but not specialty care; portions of the population have difficulty obtaining pre-natal care based on income level or lack of insurance coverage
- 2 Physician manpower is stressed
- 3 Access to specialists is a huge problem
- 4 More physicians are needed who are able to see individuals with mental health and substance abuse issues.. Typical office settings do not always work well for clients who are un-medicated.
- 5 Even losing one key provider--such as a pediatric dentist or an obstetrician--can have tremendous impacts on the availability of key services
- 6 A full representation of all specialties is needed to provide care for Medicare and Medicaid patients
- 7 It is difficult to get Dermatology specialty care in Whatcom County; long wait times
- 8 There is a need for programs such as WAHA's Bridge assistance program. This program works well for case managing specialty care assistance by looking at an individual's financial status and basing fees on this; can discount services down to 10% of service fees. This has worked well with St. Joseph Hospital.
- 9 Physician recruitment and retention is an essential component to providing health care access
- 10 An adequate work force of primary care physicians is needed to support the medical home model
- 11 There are very few incentives to attract physicians to Whatcom County and the disincentive of a high cost of living
- 12 High priority physician needs: Primary care (ill-definted)--family physicians and internists, OBGYN, and general surgeons
- 13 All group practices have non-competing clauses and therefore physicians who leave these practices leave the community entirely
- 14 There is a shortage of nurses and mid-wives; everyone should have the choice of a midwife and certified midwives should be able to practice at St. Joseph Hospital
- 15 High malpractice insurance rates have a negative impact on healthcare provider retention
- 16 More healthcare providers are needed in the county and more funding for training health care providers
- 17 Provide accessible nursing programs to train a supply of nurses for Whatcom County

#### *Sources of Vision Detail*

Expert
WCHD Disease Response and Disease Control Community
Pregnant and Parenting Servic Education Community
Seniors and Senior Advocate C Developmental Disability Com
Sudden Valley Public Forum on Ferndale Public Forum on May
Everson Public Forum on May
WCHD Community Health
Social Services Community
Pregnant and Parenting Wome
Oral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Comprehensive, quality health care for all

- 18 It is impossible to provide adequate services for those on Medicare or Medicaid with the current poor reimbursement rates.
- 19 Pediatric specialists are needed in a variety of settings; local services preferable
- 20 Access to maternity care providers plus OB providers (spectrum of services needed): OB's for high-risk pregnancies and midwives for others
- 21 Multiple birthing options should be available to all
- 22 High malpractice insurance rates drive some physicians away from practicing medicine
- 23 Sufficient health care providers for Gerontology

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#### *H: VisionDetail Provide end-of-life care that allows death with dignity*

##### *Issues related to Vision Detail*

- 1 People should have excellent end-of-life care so they have the opportunity of death with dignity. Hospice, end-of-life care is inadequate if palliative care (pain management) is not available. Medicare, under its current incarnation, does not recognize palliative care, although they cover "extreme measures," such as life support even when these heroic measures have little value. "Do the things that you should do (palliative care) versus the things that you can do (heroic measures).
- 2 Additional hospice care resources needed

##### *Sources of Vision Detail*

Expert
Seniors and Senior Advocate C
Medical Providers and Boards

## TOPIC: Health Care Delivery Systems

### VISION: Comprehensive, quality health care for all

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#### *I: VisionDetail Quality of health care services is excellent for immigrant communities*

##### *Issues related to Vision Detail*

- 1 Non-English speaking immigrants need the same level of quality care as all other residents but this does not always occur.
- 2 Fraudulent medical insurance plans are sometimes marketed to the immigrant community
- 3 911 services are often difficult to understand for non-English speaking residents
- 4 Many immigrants cannot read in English or Spanish
- 5 A higher level of bilingual resources is needed to assist non-English language communities to navigate the health care system
- 6 Bilingual resources are needed, such as more bilingual translators/advocates and a list of recommended health care providers and facilities that have bilingual staff available
- 7 WCHD, churches, employers, etc. need to work together to improve basic health care services for immigrants and access to affordable services
- 8 More and better bilingual health care providers needed; wait times are long
- 9 More public forums are needed where immigrants can offer their opinions so that people will realize what is needed and take action; "those in power truly listen and give us what we need."
- 10 Immigrant communities need education to prevent dental caries
- 11 Dental care should not be a luxury and braces are needed to correct crooked teeth

##### *Sources of Vision Detail*

Everson Public Forum on May

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#### *J: VisionDetail Training opportunities are provided for health care providers*

##### *Issues related to Vision Detail*

- 1 Mental health and behavioral health education is available for medical providers
- 2 Medical providers have more education about people with developmental and mental disabilities
- 3 Medical professionals and providers need to understand specific treatments for those who have developmental disabilities
- 4 There is an insufficient number of medical doctors with knowledge of mental health and pharmacology access issues
- 5 More funding is needed to train health care professionals; also: more buildings, clinical sites, facilities, equipment, and scholarships

##### *Sources of Vision Detail*

Education Community  
Developmental Disability Com  
Lynden Public Forum on April 2  
Behavioral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Coordinated health care

**CommunityNotes:** (1) St. Joseph Hospital and WWU launch Critical Junctures Institute in 2008 to find the best ways for patients to take charge of their own health care; (2) Robert Wood Johnson Pursuing Perfection grant received 2002--project focused on improved access to care, increased patient self-management and satisfaction, and a decrease in medication errors associated with care at different points in the health care system.

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#### **A: VisionDetail** *A medical home for every patient*

##### **Issues related to Vision Detail**

- 1 The rise of specialty care has been a factor in the decline of patient's feeling they have a medical home
- 2 People use the ER because they do't have a medical home; ER use for ages 19-29 is up
- 3 As the population has increased in Whatcom County, it has become increasingly difficult to find primary care physicians for all SeaMar Community Health Center clients. Trying to limit the number of patients per doctor per day moves scheduling of care further out.
- 4 The medical home model supports PREFERENCE sensitive care based on an advocacy role for the primary care physician and the importance of informed patient decision making and consent processes. PREFERENCE SENSITIVE CARE is the ability of patients to make informed decisions based on truly unbiased input.
- 5 Patients are not always open and honest with primary physician; some need "auxiliary services for "sensitive issues" such as STDs and mental health
- 6 Access to care is improved when each individual has a medical home; the emrgency route to services isn't working

##### **Sources of Vision Detail**

Expert
WCHD Disease Response and Disease Control Community
Pregnant and Parenting Servic
Medical Providers and Boards

## TOPIC: Health Care Delivery Systems

### VISION: Coordinated health care

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**B: VisionDetail** *A coordinated system which produces more efficiencies based on citizen-/patient-input regarding system priorities*

#### **Issues related to Vision Detail**

- 1 Patients are demanding more and more services because they are available
- 2 The State of Oregon embarked on a fairly revolutionary idea of acknowledging right up front that each state has finite resources. They then appealed to legislators and citizens to enter into a series of public debates to deduce from those debates of these finite resources how to allocate and engage the citizenry to deduce what are their urgencies and priorities and then to apply those state resources allocated to health care toward those priorities.
- 3 Another debate is healthcare as commodity versus healthcare as social public good. The problem with a free marketplace approach (healthcare as commodity) is that it tends to concentrate wealth and provide services only to those who can afford it Healthcare for the public good uses a rational construction that that allocates finite resources to the greatest good and asks the question "how can we do this better?"
- 4 The two traditional approaches to deriving value out of complex systems is simply failing based on the empirical evidence that healthcare cost expenditures are spiraling out of control. Neither the marketplace, on the one hand, nor government regulation are able to constrain the escalation of healthcare cost and the allocation of finite resources to such a degree that it is crippling businesses and their competitiveness in the global economy on the one hand and it is simply inadequate to the satisfaction of patients, citizens, healthcare providers, and legislators on the other.
- 5 The 5 R's should be respected in all health care decisions: (1) RIGHT Provider, (2) RIGHT Place, (3) RIGHT Time, (4) RIGHT Patient, and (5) to get the RIGHT Outcome. It is very difficult to meet these criteria with oral health even though the human body is a totality of care.
- 6 System delivery is broken, fundamentally flawed.
- 7 It is difficult to navigate the complex system of care
- 8 More individuals need to use "The Shared Care Plan" to keep a record of personal health information so that it is available to healthcare providers if needed. This simple tool empowers individuals to take charge of personal care and that of minor children and other family dependents. See online at <http://www.sharedcareplan.org>
- 9 We currently have a "backwards" compensation system in health care when there is a quota system that encourages quantity of procedures over quality and reasonableness of procedures;
- 10 Education is needed so that patients understand how the healthcare delivery system works
- 11 Advocacy or case management is needed for a smooth transition through the system; Pursuing Perfection; patient experiences a connected system
- 12 More public understanding about the economics of health care and health care policy is needed
- 13 Systems don't work well; "Health Care Navigators" are needed

#### **Sources of Vision Detail**

Expert
WCHD Disease Response and Disease Control Community
WWU Behavioral Health Couns
Pregnant and Parenting Servic Education Community
Foothills Public Forum on April
Ferndale Public Forum on May
Bellingham 3 Public Forum on
Everson Public Forum on May
Medical Providers and Boards
Oral Health Community
Behavioral Health Community
Physical Activity Coalition

## TOPIC: Health Care Delivery Systems

### VISION: Coordinated health care

- 14 Malpractice/tort reform needed
- 15 A centralized web-based network is needed for health records
- 16 HIPPA law produces too much paperwork
- 17 HIPPA law (Health Insurance Portability & Accountability Act of 1996) is unnecessary and creates an added level of paperwork and communication requirements; HIPAA can also be a barrier to collaboration
- 18 Critical thinking is an important component to the creation of a health care delivery and health promotion system that works in the best interests of all
- 19 The St. Joseph Hospital and Madrona Medical merger creates uncertainties for patients regarding doctor care, doctor availability, and costs
- 20 Continuity of care is essential
- 21 Innovative technologies, such as Child Profile, can be used to support improvements in care
- 22 The more complicated the health system the less likely that individuals will take personal responsibility for decisions
- 23 Centralized services needed (L:ummi model)
- 24 Highly expensive technological medical solutions are overused
- 25 One coordinated systems is needed that treats the entire person: look at the person's health overall rather than in fragments
- 26 Non-English speakers often have difficulties navigating the process of basic insurance

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#### *C: VisionDetail Dentists and hygienists assist patients in prioritizing oral health needs*

##### *Issues related to Vision Detail*

- 1 When oral health issues are extensive, patients need assistance from oral health professionals in prioritizing needs so that care does not become overwhelming

##### *Sources of Vision Detail*

Expert
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## TOPIC: Health Care Delivery Systems

### VISION: Coordinated health care

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#### *D: VisionDetail Excellent Physician-Provider-Patient communication systems*

##### *Issues related to Vision Detail*

- 1 The Hinet system provides a framework to created a more connected health care system; this could be a springboard for a more comprehensive communication system
- 2 The health care delivery system information infrastructure needs to be improved
- 3 Communication needs to be improved over the health care spectrum: facilities--providers--patients
- 4 Need deliberate and systematic communication, the more so as health care is fragmented.
- 5 Advanced Directives are published but not followed through
- 6 There is sometimes a lack of consistency for Mental Health patients--too many providers and lack of efficiency at some agencies
- 7 Greater collaboration needed between mental health and physical health providers
- 8 Improved communication is needed between doctors and patients
- 9 There is often a communication gap between providers and patients

##### *Sources of Vision Detail*

Expert
Disease Control Community
Developmental Disability Com
Fairhaven Public Forum on Apri
Behavioral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Coordinated health care

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*E: VisionDetail Mental health and substance abuse services are coordinated to meet the needs of Whatcom County residents*

#### *Issues related to Vision Detail*

- 1 There is some disconnect between service provider perceptions of client needs and what the folks living in poverty say. For instance, service providers saw mental health and counseling and substance abuse as highly important and low availability and people living in poverty found those to be of mid-level importance but high availability (Prosperity Project data)
- 2 Clients with mental health issues need to be seen in settings that can accommodate disruptive behaviors and address both mental health and health needs simultaneously.
- 3 Systemic solutions to issues surrounding mental illness are needed rather than solutions that only address the needs of special subgroups (incarcerated) or that are reactionary solutions rather than proactive, well thought-out solutions.
- 4 More transitional/short-term and long-term/in-patient beds are needed for those with mental health issues and those needing chemical dependency treatment.
- 5 Coordination of care between drug and alcohol and mental health and the hospital is needed
- 6 The question needs to be answered as to who is the best to care for behavioral health needs of Whatcom County residents? How do you measure if you are doing well? Current measures are not always appropriate: length of stay and re-admission are poor measures for behavioral health. Maybe a longer stay is better than a short stay if it prevents a suicide.
- 7 Behavioral health is currently an unfunded mandate
- 8 Incarceration of the mentally ill isn't the appropriate solution but individuals often do not meet the criteria for hospitalization and end up in jail or on the streets
- 9 Virtually every family has someone in their family with a mental illness

#### *Sources of Vision Detail*

Expert

Behavioral Health Community

## TOPIC: Health Care Delivery Systems

### VISION: Coordinated health care

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**F: VisionDetail** *Patient-centered care where patients are informed and make decisions based on the welfare of all*

#### **Issues related to Vision Detail**

- 1 Education is needed on appropriate use of health care services, such as use of emergency rooms
- 2 Individuals need access to any and all personal health records, which may be in the possession of a variety of record holders--insurance companies, health care providers, data managers, etc.
- 3 Individuals should feel secure about any and all health records; that they are held in confidence and that no others have access.
- 4 Patients need to be informed regarding the costs and benefits of their health care choices and how individual decisions impact the finite dollars available for health care for all citizens. The choice of an inexpensive procedure is sometimes the best choice when quality of care is preserved.
- 5 Patients should be given accurate information and the opportunity to opt for or opt out of a procedure (PREFERENCE sensitive care model)
- 6 The patient should be the nexus point for health care so that every effort is made to put information in the hands of the patients. This is the idea behind the SHARED CARE PLAN which involves an electronic interface system. This provides consistency of records. The focus of this systems is on "coordination of care" and a "medical home" for every patient.
- 7 Education is needed to inform consumers of health services with the desired outcomes of improving health care decision making and health outcomes
- 8 How can individuals make good decisions when they are bombarded with intensive drug marketing ads?
- 9 Patient care would improve if patients could carry their health care records via a computer chip; unfortunately, putting records on a portable computer device is currently not acceptable because of concerns regarding computer viruses, etc.
- 10 A Resource Directory of all health care services would be helpful to those seeking care
- 11 Less reliance on government to solve problems and more personal responsibility for solutions
- 12 Individuals need health information technology in order to take responsibility for personal health; health technology tracking should include diet and nutritional analysis, age-specific health guides/guidance, easy access to information on the Internet, and easy access to emergency information
- 13 Better patient education
- 14 Patients must take the initiative for their own health rather than waiting for someone else to do it
- 15 Patient confidentiality is of paramount importance
- 16 It is very stressful when practitioners are held responsible for "other's" behaviors--stressful for mental health providers

#### **Sources of Vision Detail**

Medical Providers and Boards
Expert
WCHD Disease Response and Disease Control Community
WWU Behavioral Health Couns
Education Community
Seniors and Senior Advocate C
Developmental Disability Com
Emergency Preparedness Com
Bellingham 1 Public Forum on
Fairhaven Public Forum on April
Blaine Public Forum on May 06
Blaine Public Forum on May 06
Ferndale Public Forum on May
Medical Providers and Boards
Pregnant and Parenting Women
Oral Health Community
Physical Activity Coalition

## TOPIC: Health Care Delivery Systems

### VISION: Coordinated health care

- 17 Prioritize proactive health care strategies and incentives for healthy living
- 18 Greater personal responsibility for health

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#### *G: VisionDetail Physicians who are champions of their patients*

##### *Issues related to Vision Detail*

- 1 Unbiased opinions regarding care options are most likely to come from the primary care physician because they have nothing to gain by "selling" a procedure. Model 1: PREFERENCE sensitive care is based on truly informed patients and truly informed consent. The primary care physician is in an excellent position to advocate and help the patient understand his/her options. Model 2: SUPPLY sensitive care is driven by the availability of a medical procedure. If there are lots of orthopedists, there is a large supply of orthopedic procedures available and lots of offers of procedures, such as hip replacements.

##### *Sources of Vision Detail*

Expert
Behavioral Health Community

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#### *H: VisionDetail Systems of care connect healthcare promotion/prevention and delivery/treatment systems.*

##### *Issues related to Vision Detail*

- 1 Working in isolation is not going to resolve complex problems that involve multiple partners
- 2 Safety nets are needed to make sure that everyone has the basic level of health services needed
- 3 A multi-disciplinary approach is needed to health promotion, disease prevention, and provision of health services
- 4 Intergenerational care should be recognized as an important component of systems of care
- 5 Funding fragmentation should be changed

##### *Sources of Vision Detail*

Expert
Bellingham 3 Public Forum on
Behavioral Health Community

## TOPIC: Health Care Delivery Systems

VISION: Outstanding emergency preparedness, response, and recovery to environmental incidents and disasters

### *CommunityNotes:*

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**A: VisionDetail** *Emergency preparedness is woven realistically into the fabric of daily life.*

#### ***Issues related to Vision Detail***

- 1 There is a need to balance the main "charge" of education with emergency preparedness.
- 2 Teachers and other "front line" staff are typically not sent to emergency preparedness training.
- 3 Every citizen needs resources in-home resources to survive a disaster
- 4 Every citizen has a disaster preparedness kit, plan, and skills
- 5 Stashes of supplies for emergency are needed throughout the county: beds, gloves, medicine
- 6 Law enforcement staff need haz mat suits that fit specific needs
- 7 Realistic assessments of most likely disaster to drive supply/purchasing decisions

#### ***Sources of Vision Detail***

Expert
Emergency Preparedness Com

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**B: VisionDetail** *Infrastructure is in place to accommodate large numbers of people in a disaster*

#### ***Issues related to Vision Detail***

- 1 The hospital would need to accommodate a potentiall very large number of people in a disaster
- 2 Preparedness needed for population influxes if a disaster hits a nearby metropolitan area
- 3 Better integration with the Amerian Red Cross

#### ***Sources of Vision Detail***

Emergency Preparedness Com
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## TOPIC: Health Care Delivery Systems

### VISION: Outstanding emergency preparedness, response, and recovery to environmental incidents and disasters

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#### *C: VisionDetail Training in emergency preparedness is up-to-date*

##### *Issues related to Vision Detail*

- 1 The "edge" is gradually lost in emergency training.
- 2 Rural fire districts may be vulnerable because of reliance on a volunteer system
- 3 Every middle school student should receive CPR and First Aid education; repeated at the high school level
- 4 Local public health efforts are integrated into statewide Emergency Management Planning efforts
- 5 Medical personnel understand how to care for a large number of people in a disaster
- 6 Adequate funding needed for EMS preparedness
- 7 911 and Emergency Medical Services are used properly
- 8 Increased utilization of COAD (Community Organizations Active in Disasters)

##### *Sources of Vision Detail*

Expert
Emergency Preparedness Com
Social Services Community

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#### *D: VisionDetail Whatcom County is prepared for impacts of the 2010 Winter Olympics*

##### *Issues related to Vision Detail*

- 1 Are we prepared for the 2010 Olympics?

##### *Sources of Vision Detail*

WCHD Environmental Health
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**TOPIC: Health Care Delivery Systems**

**VISION: The health care delivery system is able to provide an outstanding level of care for our aging population**

*CommunityNotes:*

## TOPIC: Health Care Delivery Systems

**VISION: The health care delivery system is able to provide an outstanding level of care for our aging population**

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**A: VisionDetail** *A health care delivery system that meets the health promotion and care needs of an aging population*

### ***Issues related to Vision Detail***

- 1 Care provision for the elderly is a real need; some seniors can't afford health care services
- 2 The Nooksack Tribe would like to develop a home for their elders
- 3 There is a need for more adult family homes
- 4 Some seniors are leaving Whatcom County due to a lack of Medicare services
- 5 "Fee-for-service" Medicare patients have difficulty getting primary and specialized care
- 6 Patients with "Medicare" and "Medicaid" have a dual burden; reimbursement rates limit access
- 7 There is no board-certified geriatric specialist in Whatcom County; some physicians have experiential expertise
- 8 Affordable senior oral health services are needed because Medicare does not pay for oral health services
- 9 Seniors need advocates (or training family members) to help them navigate the health care delivery system
- 10 Seniors need access to prescription drugs without having to make difficult choices (food vs. medication, for example)
- 11 Seniors need access to mental health services
- 12 Seniors need better services, better access, and better planning
- 13 Wellness Center in Pt. Roberts but no physician
- 14 Seniors need home services and access to alternative health approaches
- 15 Information needs to be provided so that seniors are in a position to make informed choices
- 16 Care givers need free and accessible support groups, including respite care to attend support groups and transportation and meeting space, especially in rural areas
- 17 A medication-based health care system is problematic for the elderly
- 18 Adequate transportation is essential for seniors
- 19 More opportunities are needed for seniors to have a voice in what they would like to see for the health care delivery system

### ***Sources of Vision Detail***

Expert
Seniors and Senior Advocate C
Developmental Disability Com
Pt. Roberts Community
Bellingham 1 Public Forum on
Foothills Public Forum on April
Fairhaven Public Forum on April
Ferndale Public Forum on May
Bellingham 3 Public Forum on
Medical Providers and Boards
Pregnant and Parenting Women

## TOPIC: Health Care Delivery Systems

**VISION:** The health care delivery system is able to provide an outstanding level of care for our aging population

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**B: VisionDetail** *Geriatric and rhumatology specialists are available in Whatcom County*

**Issues related to Vision Detail**

- 1 Geriatric and rhumatology exeptrts are underrepreseted in Whatcom County; these specialties are needed to meet the current and future needs of older patients
- 2 Gerontology services should be more accessible for seniors

**Sources of Vision Detail**

Expert
Seniors and Senior Advocate C

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**C: VisionDetail** *Long-term care solutions are available for older adults*

**Issues related to Vision Detail**

- 1 Solutions are needed to provide long-term care for those needing it

**Sources of Vision Detail**

Oral Health Community
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**D: VisionDetail** *Low-tech communication options for seniors or assistance to access the benefits of health-related technolgy*

**Issues related to Vision Detail**

- 1 The on-line Shared Care Plan idea is great but seniors are not always computer savvy

**Sources of Vision Detail**

WCHD Disease Response and
---------------------------

## TOPIC: Communicable Disease Prevention

VISION: Food is safe for human consumption

*CommunityNotes:*

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**A: VisionDetail** *Reduced incidence of noroviruses*

**Issues related to Vision Detail**

- 1 Food safety, including proper food handling, impacts the spread of noroviruses; this category of viruses causes gastroenteritis (acute stomach distress).

**Sources of Vision Detail**

WCHD Environmental Health
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## TOPIC: Communicable Disease Prevention

VISION: Outstanding emergency preparedness, response, and recovery to pandemic and communicable diseases

### CommunityNotes:

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**A: VisionDetail** *Adequate CD notification (ALERT or alternate system) and safety precautions to protect WTA operators/drivers and emergency response personnel*

**Issues related to Vision Detail**

- 1 WTA drivers are required to transport those with communicable diseases without adequate notification
- 2 CD notification of public transit workers is inadequate
- 3 Masks and gloves are not routinely used by WTA operators
- 4 Everyone understands and implements proper handwashing and coughing protocols

**Sources of Vision Detail**

Expert
Emergency Preparedness Com

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**B: VisionDetail** *Communication and safety policies and protocols are documented and available to community partners regarding communicable disease outbreaks*

**Issues related to Vision Detail**

- 1 In the recent Norwalk epidemic emergency response personnel did not receive timely notification of the outbreak when they responded to the 911 call
- 2 The crisis communication piece of emergency response needs to be strengthened
- 3 Excellent communication between county agencies during disasters
- 4 Documentation and education on the spread of potential disease, such as the Noro Virus are needed so that in the event of an outbreak response times are shortened and appropriate

**Sources of Vision Detail**

Expert
Emergency Preparedness Com

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**C: VisionDetail** *Countywide medical provider training for emergency response*

**Issues related to Vision Detail**

- 1 There isn't enough concrete action in terms of disaster planning; this needs to translate to prepare physicians
- 2 Whatcom County is vulnerable to a number of potential emergency response situations: eruption of Mt. Baker, a tsunami, flooding, earthquake, etc.

**Sources of Vision Detail**

Expert
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## TOPIC: Communicable Disease Prevention

### VISION: Outstanding emergency preparedness, response, and recovery to pandemic and communicable diseases

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**D: VisionDetail** *Emergency medical providers are funded to respond to underserved populations*

**Issues related to Vision Detail**

- 1 There is an enormous expense incurred by emergency medical providers who are called on to "fill in the gap" with emergency response services for underserved populations
- 2 Many 911 calls are minor medical requests rather than emergency needs (some who is cold, for example)

**Sources of Vision Detail**

Expert

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**E: VisionDetail** *Emergency response planning is collaborative*

**Issues related to Vision Detail**

- 1 Need to break the paradigm that public health is the sole stakeholder in responding to communicable disease outbreaks
- 2 WCHD should be better integrated into the overall Emergency Management environment

**Sources of Vision Detail**

Expert

Emergency Preparedness Com

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**F: VisionDetail** *Emergency response plans are operationalized and practiced and perfected*

**Issues related to Vision Detail**

- 1 The Nooksack Clinic has put together an emergency preparedness plan but this needs to be funded
- 2 More emergency response simulations are needed; "very disappointed in emergency preparedness"
- 3 All partners understand how to keep EMS staff safe in times of emergency

**Sources of Vision Detail**

Expert

WCHD Environmental Health

Emergency Preparedness Com

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**G: VisionDetail** *Infrastructure is in place for pandemic flu outbreaks*

**Issues related to Vision Detail**

- 1 The public need to be informed how and when to "shelter in place"
- 2 Infrastructures that foster overcrowding (jails, for example) must be accounted for in responding to disease outbreaks

**Sources of Vision Detail**

Emergency Preparedness Com

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**H: VisionDetail** *Neighborhood Associations are trained in and practice emergency preparedness building neighbor-to-neighbor support networks in the event of an emergency*

**Issues related to Vision Detail**

**Sources of Vision Detail**

Expert

## TOPIC: Communicable Disease Prevention

### VISION: Outstanding emergency preparedness, response, and recovery to pandemic and communicable diseases

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**I: VisionDetail** *Public transportation riders use safety precautions to protect transit workers and other riders from communicable diseases*

**Issues related to Vision Detail**

- 1 Concern that WTA drivers with contracts communicable diseases

**Sources of Vision Detail**

Expert

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**J: VisionDetail** *Schools adequately prepared to respond in the event of a pandemic or other public health emergency*

**Issues related to Vision Detail**

- 1 It is difficult for schools to give an adequate amount of attention to emergency preparedness and response: "We've only scratched the surface."
- 2 Management of CD outbreaks is a primary health issue at WWU; example: rubella/measles outbreak in 1995. In 1995, the National Guard came in and administered 8,000 vaccinations in three days.

**Sources of Vision Detail**

Expert

## TOPIC: Communicable Disease Prevention

### VISION: Outstanding prevention of communicable diseases

#### *CommunityNotes:*

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#### **A: VisionDetail** *Best practices in communicable disease prevention are practiced countywide*

##### **Issues related to Vision Detail**

- 1 Not all food handling establishments are employing best practices to prevent the spread of communicable diseases: (1) Handwashing education and monitoring, including handwashing demonstrations should be a part of employee orientations, particularly in the food industry; (2) Provide sanitizing cart wipes and hand-sanitizing wipes for guests; (3) Insitute an employee illness-reporting policy; (4) Exclude ill food workers and ill children from child care facilities; (5) Employee food handling policies and procedures consistent with 2005 FDA Code.
- 2 Physicians are often overwhelmed and may not be up-to-date on the latest communicable disease prevention/control information; are healthcare providers getting the updatedi information? Is training adequate? Public health lacks the resoures to go out into the field to do this education adquately
- 3 Additional resources are needed to have a full-spectrum of services available for disease prevention through public health
- 4 There is a rising tide of burgeoning diseases--West Nile virus for example
- 5 There should be a central hub for communicable disease in the county; those in rural areas feel isolated from the Health Department
- 6 Basic hygiene skills should be taught and practiced
- 7 65 percent of disease is caused by 25 percent of the population
- 8 Social isolation during illness should be implemented: Children should not go to school when they are ill; adults should not go to work when they are ill

##### **Sources of Vision Detail**

Expert
WCHD Disease Response and
WCHD Environmental Health
Disease Control Community
Education Community
Medical Providers and Boards

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#### **B: VisionDetail** *Childhood and teen immunizations rates are 100 percent or close to 100 percent*

##### **Issues related to Vision Detail**

- 1 Not all children are immunized for communiabile diseases
- 2 Growing opposition to immunization based on proposed autism/immunization link
- 3 Resistance to HPV immunization
- 4 The public has concerns that there are possible toxins in vaccines

##### **Sources of Vision Detail**

Expert
Disease Control Community
Bellingham 3 Public Forum on
WCHD Community Health

## TOPIC: Communicable Disease Prevention

### VISION: Outstanding prevention of communicable diseases

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**C: VisionDetail** *Ongoing prevention and surveillance to maintain low levels of disease in the community*

#### **Issues related to Vision Detail**

- 1 There is uncertainty as to what communicable disease will be next; very difficult to make predictions
- 2 There should be an adequate level of public health nurses to address communicable disease outbreaks and potential outbreaks
- 3 The current disease surveillance system is more reactive than pro-active; adequate surveillance systems can be very costly; DRC is passive except for active influenza surveillance because it is a state requirement (October-May)
- 4 A great deal of surveillance relies on the school nurses, so if there are not enough nurses in the schools this may impact surveillance
- 5 Jail conditions-such as overcrowding--can facilitate the spread of communicable diseases, such as MRSA (methicillin-resistant Staphylococcus aureus)
- 6 Infectious disease can spread due to homelessness

#### **Sources of Vision Detail**

Expert
WCHD Disease Response and Social Services Community

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**D: VisionDetail** *Scientific, research-based education is available to healthcare practitioners and the public on immunization needs*

#### **Issues related to Vision Detail**

- 1 Much of the information available on immunizations is not based on reliable sources

#### **Sources of Vision Detail**

WCHD Disease Response and
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**E: VisionDetail** *The community is protected from the spread of MRSA (methicillin-resistant Staphylococcus aureus)*

#### **Issues related to Vision Detail**

- 1 Health care consumers needs access to data on MRSA in health care facilities--hospital, labs, offices, etc. MRSA infection is caused by Staphylococcus aureus bacteria — often called "staph." MRSA stands for methicillin-resistant Staphylococcus aureus. It's a strain of staph that's resistant to the broad-spectrum antibiotics commonly used to treat it. MRSA can be fatal.
- 2 We need education and regulation to reduce the use of prophylactic antibiotic drug use--in animal production, normal cleaning agents, etc.
- 3 MRSA and other infectious diseases are on the rise

#### **Sources of Vision Detail**

Expert
Education Community

## TOPIC: Communicable Disease Prevention

### VISION: Outstanding prevention of communicable diseases

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**F: VisionDetail** *The disease burden from Hepatitis C is reduced*

#### **Issues related to Vision Detail**

- 1 There is currently no vaccine to prevent Hepatitis C
- 2 High prevalence of Hepatitis C; factors into chronic disease rates
- 3 Many currently infected individuals were infected years ago before the blood supply was protected

#### **Sources of Vision Detail**

WCHD Disease Response and

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**G: VisionDetail** *Vaccination programs that provide adequate protection against communicable diseases*

#### **Issues related to Vision Detail**

- 1 The mumps vaccine has a high rate of failure
- 2 All children and adults should have up-to-date immunizations
- 3 Tdap boosters are needed
- 4 Pertussis boosters are needed; this is currently being promoted individually; Medicaid pays up to \$80 for the short-course Zithromax and \$15.00 for the long-course Erythromycin per family member prophylaxis
- 5 A high rate of immunization compliance is needed to prevent communicable diseases
- 6 Increase flu vaccination rates for those with highest exposures and/or highest risk

#### **Sources of Vision Detail**

Expert  
WCHD Disease Response and  
WCHD Community Health  
Disease Control Community  
WWU Behavioral Health Couns

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**H: VisionDetail** *Western Washington University provides a 4-year Bachelor of Science in Nursing degree*

#### **Issues related to Vision Detail**

- 1 We need a readily available supply of nurses for our community; having a local nursing program would help

#### **Sources of Vision Detail**

WCHD Disease Response and

## TOPIC: Communicable Disease Prevention

### VISION: Outstanding prevention of sexually transmitted diseases

#### *CommunityNotes:*

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**A: VisionDetail** *Available STD testing and follow-up for both men and women*

**Issues related to Vision Detail**

- 1 The number of women qualifying for STD testing becomes narrower and narrower; the sliding fee scale disqualifies many.
- 2 Providing HPV vaccinations prevents more expensive procedures later
- 3 Not everyone has access to STD protection or birth control
- 4 Those who have had STD's should have follow-up care
- 5 Universal testing could have major impacts on STD rates

**Sources of Vision Detail**

Expert
WCHD Disease Response and Disease Control Community

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**B: VisionDetail** *Funding is available for prevention and treatment of STDs*

**Issues related to Vision Detail**

- 1 A full-service STD clinic (including outreach) is needed in Whatcom County
- 2 Prevention and treatment strategies are available for all STDs
- 3 Paid professionals/health promoters are available for home visits
- 4 Make subsidies available for HPV vaccine

**Sources of Vision Detail**

Disease Control Community
WWU Behavioral Health Couns

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**C: VisionDetail** *STD rates decline*

**Issues related to Vision Detail**

- 1 Lower WWU student STD rates

**Sources of Vision Detail**

Disease Control Community
WWU Behavioral Health Couns

## TOPIC: Communicable Disease Prevention

### VISION: Outstanding prevention of sexually transmitted diseases

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*D: VisionDetail* *Whatcom County public schools provide accurate information on sexually transmitted disease and uniform information regarding birth control*

#### *Issues related to Vision Detail*

- 1 Not all public schools provide the same STD or birth control instruction; some schools teach abstinence only and some provide information on condoms, non-abstinence forms of birth control, etc.
- 2 A broader sex education curriculum should be available in the schools, including a comprehensive STD curriculum. Techniques that may be effective would include peer-to-peer education and real life scenarios

#### *Sources of Vision Detail*

WCHD Disease Response and Pregnant and Parenting Wome
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## TOPIC: Across All Topics

### VISION: Affordable housing is available to all Whatcom County residents

*CommunityNotes:* City of Bellingham goal for 2009: Increase the supply of affordable housing

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**A: VisionDetail** *Prevention of homelessness is emphasized*

***Issues related to Vision Detail***

- 1 The best approach would be to prevent homelessness, rather than provide housing once someone is already homeless
- 2 Approaches are needed that keep the unemployed from becoming the unemployed homeless
- 3 Providing support services where low income housing services are available might help prevent homelessness

***Sources of Vision Detail***

WCHD Community Health
WWU Behavioral Health Couns
Environmental Health Commun
Behavioral Health Community

## TOPIC: Across All Topics

### VISION: Affordable housing is available to all Whatcom County residents

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**B: VisionDetail** *Safe and affordable housing is available for all*

#### *Issues related to Vision Detail*

- 1 Homelessness and housing affordability are issues; there is a need for more low-income housing
- 2 There is a need for safer low-income neighborhoods
- 3 More affordable retirement homes needed
- 4 As the population ages, housing should be age-appropriate in terms of size, location, and accessibility (transportation)
- 5 Sanitary conditions are needed by those who are currently homeless or transient
- 6 Targeted housing with wraparound or integrated services
- 7 More "intergenerational" housing options needed
- 8 Need transition to a vibrant downtown and affordable housing where existing infrastructure is utilized fully

#### *Sources of Vision Detail*

WWU Behavioral Health Couns
Pregnant and Parenting Servic
Pregnant and Parenting Servic
Education Community
Seniors and Senior Advocate C
Developmental Disability Com
Emergency Preparedness Com
Fairhaven Public Forum on Apri
Fairhaven Public Forum on Apri
Bellingham 3 Public Forum on
WCHD Community Health
Social Services Community
Oral Health Community
Behavioral Health Community

## TOPIC: Across All Topics

### VISION: Affordable housing is available to all Whatcom County residents

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*C: VisionDetail Short-term, long-term, and transitional housing is available when needed*

#### *Issues related to Vision Detail*

- 1 There is a gap in the availability of shelter for those in transition
- 2 Safe places are needed for homeless kids
- 3 Short-term housing could include a tent city or homeless shelter; availability is key
- 4 Wait times for HUD housing are too long
- 5 Resources are needed to provide shelter for the homeless
- 6 A variety of shelter options are needed to address the needs of single men and women, families with children, single parents with children of either sex, homeless teens, etc.
- 7 Transitional, multi-family housing for seniors that provides independence and enough variety to meet diverse needs
- 8 Support systems are available for homeless youth

#### *Sources of Vision Detail*

WCHD Disease Response and
WCHD Environmental Health
Pregnant and Parenting Servic
Seniors and Senior Advocate C
Social Services Community
Environmental Health Commun
Behavioral Health Community

## TOPIC: Across All Topics

### VISION: Education, in general, and health education, in particular, are fostered in Whatcom County

*CommunityNotes:* Map Your Health Neighborhood project sponsored by a Robert Wood Johnson grant

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**A: VisionDetail** *Education should include a moral component*

**Issues related to Vision Detail**

- 1 Value is placed on social and emotional intelligences in providing education
- 2 Education is valued and supported through acceptance of school taxes and levies
- 3 Educational approaches value and address social and emotional, as well as intellectual modalities

**Sources of Vision Detail**

WWU Behavioral Health Couns
Oral Health Community
Physical Activity Coalition

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**B: VisionDetail** *Health is promoted through public education*

**Issues related to Vision Detail**

- 1 Individuals need to know about water quality and water conservation
- 2 Education is needed also to provide information to businesses on pollution prevention
- 3 Health promotion should focus on individual education and personal responsibility
- 4 Health education should focus on changing individual behaviors
- 5 More education is needed about domestic violence
- 6 More education and awareness of major health issues is needed
- 7 Motivation is needed to inspire people to want to live healthy lives; this benefits everyone
- 8 The importance of personal responsibility is taught at all levels of the education system
- 9 Schools are supported in efforts to provide health education and experiential education (nutritious meals, physical activity opportunities)
- 10 College students need more health education
- 11 Schools need to be funded for non-academics

**Sources of Vision Detail**

WCHD Environmental Health
Physical Activity Coalition
WWU Behavioral Health Couns
Pregnant and Parenting Servic
Emergency Preparedness Com
Emergency Preparedness Com
WCHD Community Health
Social Services Community
Environmental Health Commun
Medical Providers and Boards

## TOPIC: Across All Topics

### VISION: Education, in general, and health education, in particular, are fostered in Whatcom County

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**C: VisionDetail** *Health education is interwoven in all learning experiences from cradle to grave*

#### **Issues related to Vision Detail**

- 1 Children need to learn about health and have health-promoting experiences from early on through adulthood
- 2 Health education is on-going for all
- 3 Social marketing campaigns are needed and they should include providers
- 4 Cooperative living education is needed from birth

#### **Sources of Vision Detail**

Physical Activity Coalition
Disease Control Community
Pregnant and Parenting Servic
Seniors and Senior Advocate C
Medical Providers and Boards
Oral Health Community

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**D: VisionDetail** *The high school graduation rate is 95 percent or above*

#### **Issues related to Vision Detail**

- 1 Current drop-out rates are too high

#### **Sources of Vision Detail**

WCHD Environmental Health
Education Community

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**E: VisionDetail** *Whatcom high school graduates have abundant post-high school educational opportunities*

#### **Issues related to Vision Detail**

- 1 Post-high school secondary education should be affordable for all students who want to continue their education
- 2 Many students are not prepared to go on to college

#### **Sources of Vision Detail**

Education Community
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## TOPIC: Across All Topics

### VISION: Improved and improving social and economic determinants of health

*CommunityNotes:* Whatcom Coalition for Health Communities convenes a Prosperity Summit in 2007

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**A: VisionDetail** *"Healthy Lifestyles" and "Healthy Systems" are fostered*

**Issues related to Vision Detail**

- 1 Consideration is paid to how systems impact individual health outcomes
- 2 More "Healthy Lifestyle" education is needed
- 3 Economic development decisions are made with a focus on health consequences
- 4 Create coordinated systems that reduce the "silo effect" when services are compartmentalized
- 5 Community services are targeted to multiple age ranges
- 6 Schools are included in the community vision for health

**Sources of Vision Detail**

Expert
Developmental Disability Com
Social Services Community
Behavioral Health Community

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**B: VisionDetail** *Diversity is valued in our community*

**Issues related to Vision Detail**

- 1 There should be no stigma if someone has a disability.
- 2 Those with a mental illness are treated with respect and mental illness is no longer criminalized
- 3 Employment opportunities are available for those with disabilities
- 4 There needs to be an inclusive vision that recognizes that developmental disabilities and physical disabilities are real, common, and part of who we are
- 5 Recreational activities are integrated to include those with and those without developmental and physical disabilities
- 6 Less hate and discrimination
- 7 Acceptance, appreciation, integration, respect for diverse cultures is needed in Whatcom County

**Sources of Vision Detail**

WWU Behavioral Health Couns
Education Community
Developmental Disability Com
Expert
Behavioral Health Community

## TOPIC: Across All Topics

### VISION: Improved and improving social and economic determinants of health

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*C: VisionDetail Efforts to improve social and economic factors in Whatcom County are based on sound data*

#### ***Issues related to Vision Detail***

- 1 People living at or slight below 125% of the poverty level identify affordable dental care, affordable medical care, housing, and living wage jobs as having low availability and high importance according to Prosperity Project data.
- 2 Homelessness is a tremendous challenge for the City of Bellingham, as are substance abuse and mental health issues related to homelessness
- 3 Workers need to be paid living wages
- 4 Lower rates of domestic violence and sexual assault and more rural access needed for victims of domestic violence
- 5 Lower rates of gang activitiy
- 6 Mediation should be the primary means of conflict resolution
- 7 Some mber of low-income families are leaving the county because they can't afford to live here
- 8 Recognition of external factors that drive people to move to Whatcom Couty from elsewhere and how this migration impacts efforts to improve social and economic conditions
- 9 Poverty has impacts on children's ability to learn
- 10 The number one cuase of bankruptcy is the inability to pay for health care costs
- 11 Why are we trying to attract an aging population? If we do so, then efforts to improve social and economic conditions will need to focus on an aging population and exactly what that entails
- 12 The middle class needs to be strengthened so there we don't become a society of those who have and those who don't
- 13 Improvements in job availability should not come at the expense of the environment

#### ***Sources of Vision Detail***

Expert
WCHD Community Health
Education Community
Emergency Preparedness Com
Bellingham 1 Public Forum on
Sudden Valley Public Forum on
Fairhaven Public Forum on Apri
Blaine Public Forum on May 06
Ferndale Public Forum on May
Bellingham 3 Public Forum on
Social Services Community
Oral Health Community

## TOPIC: Across All Topics

### VISION: Improved and improving social and economic determinants of health

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*D: VisionDetail Every resident of Whatcom County has enough resources to support health; resources include (but are not limited to): housing, financial resources, social relationship, spiritual resources, education, etc.*

#### *Issues related to Vision Detail*

- 1 Living below the poverty level isn't necessarily a negative in and of itself. It's at what point are enough resources scarce? Than it's at that point where whatever resources you have are not enough that there is a crisis. It broadens our view to see people at even higher income levels shen enough resources are taken away. It means no one is really immune.
- 2 Homelessness makes positive health outcomes very difficult
- 3 Families without access to the Energy Assistance Program have less access to good nutrition and higher rates of hospital use. Higher costs for energy result in less money for food and the use of less head--resulting in higher rates of illness, especially in infants
- 4 Social services are not always adequate to meet tribal needs
- 5 Most health issues are related to poverty.
- 6 Social isolation is an important issue, especially for youth and seniors; fewer opportunities to make supportive connections
- 7 Healthy social relationships are essential for young families; homes that are in conlict often result in huge ripple effects on health
- 8 Everyone needs a secure retirement
- 9 Regulations sometimes prohibit seniors from living with families; seniors are not allowed to put their subsidized housing money toward these living situations
- 10 Zoning sometimes prevents living situations that foster community; for instance, the prevention of having a "mother-in-law" unit where a senior or young person in transition could live near a family
- 11 Individuals should not be forced to make a decision between medication or food
- 12 Neighborhood interactions is inadequate and neighbors need to support neighbors, such as by providing respite care for one another
- 13 My church, religion, and spiritual practices are health for the soul
- 14 Self-reported health outcomes are directly related to income level; low income=poor health outcomes
- 15 Neighbors support neighbors and pratice The Golden Rule: "Do unto others as you would have others do unto you."
- 16 Whatcom County is a safe place to live

#### *Sources of Vision Detail*

Expert
Physical Activity Coalition
Disease Control Community
WWU Behavioral Health Couns
Pregnant and Parenting Servic
Education Community
Seniors and Senior Advocate C
Developmental Disability Com
Sudden Valley Public Forum on
Fairhaven Public Forum on Apri
WCHD Community Health
Social Services Community
Behavioral Health Community

## TOPIC: Across All Topics

### VISION: Improved and improving social and economic determinants of health

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#### *E: VisionDetail Residents of Whatcom County work for a liveable wage*

##### ***Issues related to Vision Detail***

- 1 Not all employees earn a liveable wage
- 2 Work force development is needed
- 3 Poverty impacts everything
- 4 Better job preparation is needed at younger ages
- 5 Subsidies are needed for those with an inadequate income
- 6 Not all farm workers make enough money to support the needs of their families

##### ***Sources of Vision Detail***

WCHD Disease Response and  
Physical Activity Coalition  
WWU Behavioral Health Couns  
Education Community  
Fairhaven Public Forum on Apri  
Blaine Public Forum on May 06  
Everson Public Forum on May  
WCHD Community Health  
Oral Health Community

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#### *F: VisionDetail The community understands and employs an asset-based perspectives of acknowledging current community assets and building new ones (such, as civil dialogue) to address complicated issues*

##### ***Issues related to Vision Detail***

- 1 Land use conflicts are often very personal and result in discordant and uncivil dialogue
- 2 Resources and money is limited
- 3 Poor use of existing resources should be remedied by organizing business support for volunteerism, supporting coalitions and informal collaborations, filling in provider training gaps.
- 4 Government can supply basic services but a strong community is needed to address complex or emergent issues
- 5 Blaine has stayed ahead by being behind
- 6 We need to learn to use available resources for problem solving; originality is key

##### ***Sources of Vision Detail***

Expert  
WCHD Environmental Health  
Emergency Preparedness Com  
Blaine Public Forum on May 06  
Ferndale Public Forum on May  
WCHD Community Health

## TOPIC: Across All Topics

### VISION: Improved and improving social and economic determinants of health

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#### *G: VisionDetail The justice system is restorative*

##### *Issues related to Vision Detail*

- 1 Jails should be restorative instead of punitive
- 2 A "Mental Health" Court is needed
- 3 Effective treatment is needed for pedophiles
- 4 Education and positive role models needed in sexual abuse, abuse situations

##### *Sources of Vision Detail*

WWU Behavioral Health Couns
Behavioral Health Community

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#### *H: VisionDetail Whatcom residents are not isolated into fragmented communities by demographic distinctions*

##### *Issues related to Vision Detail*

- 1 Intercommunity bonds could be fostered by valuing and utilizing civic services and venues: pools, art centers, museums, parks

##### *Sources of Vision Detail*

Developmental Disability Com
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## TOPIC: Across All Topics

**VISION: People who have the will and commitment and resources to work to realize their visions for health**

### *CommunityNotes:*

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**A: VisionDetail** *"Activation" opportunities so that people get to the action stage in addressing issues*

#### ***Issues related to Vision Detail***

- 1 Apathy is a barrier that must be overcome so that people feel empowered to take action and make a difference
- 2 Complacency should be replaced by problem solving training and action
- 3 Broad citizen engagement is needed from the neighborhood level to countywide
- 4 Citizens need to work to pass the 0.1 percent sales tax for mental health services
- 5 We need to act collectively as a community and advocate for our health but people are sometimes separated by ideologies; facilitators are needed to help find common ground and overcome barriers
- 6 Healthier tenant/landlord relationships are needed to solve health issues related to housing
- 7 Keep the focus on the vision--the desired outcome and re-visit it often
- 8 The Health Department needs a more integrated role in the community
- 9 Some are afraid to "shake the world/community" when that's exactly what's needed
- 10 Corporations and businesses are sometimes excluded from change efforts; they need to be brought into the process to hear what the community has to say.

#### ***Sources of Vision Detail***

Expert
WCHD Environmental Health
Disease Control Community
WWU Behavioral Health Council
Education Community
Seniors and Senior Advocate C
Physical Activity Coalition
Lynden Public Forum on April 2
Fairhaven Public Forum on April
Ferndale Public Forum on May
Behavioral Health Community

## TOPIC: Across All Topics

### VISION: People who have the will and commitment and resources to work to realize their visions for health

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**B: VisionDetail** *An informed populace who are aware of ways to impact government processes (for instance, what votes are coming up in the legislature)*

#### **Issues related to Vision Detail**

- 1 More individuals need to be aware of how to impact legislative processes
- 2 Distrust of government
- 3 Parent groups need to learn how to lobby legislators; they also need advocacy training
- 4 Government remains accessible even with population growth
- 5 There needs to be less "screen" time/TV viewing and more conversation time
- 6 Education and public campaign needed on how to get a state or national healthcare program that provides access for all
- 7 More legislation is needed that support health
- 8 There is a lack of buy-in by policymakers
- 9 Basic health care is too connected to politics
- 10 Higher student voter registration and participation is highly desirable
- 11 Trying to legislate change with penalties/deterrents rather than education/policy initiatives (better approach)

#### **Sources of Vision Detail**

Expert
WCHD Environmental Health
Disease Control Community
WWU Behavioral Health Counc
Fairhaven Public Forum on April
Blaine Public Forum on May 06
WCHD Community Health
Behavioral Health Community

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**C: VisionDetail** *Change efforts are focused at the systems level to impact population health by increasing the opportunities for individuals to make healthy choices.*

#### **Issues related to Vision Detail**

- 1 Whatcom County providers and community members and advocates are really good about working together in trying to find solutions. It's just that answers aren't always easy and whatever the answers are require resources. There are many challenges ahead of us in finding the resources and continuing to work to make it better.
- 2 Long-term impacts of planning efforts should be considered, such as the "Legacy Project"--looking out 100 years into the future
- 3 Strong communities have strong social connections
- 4 Funding decisions consider the "whole family", "systems-level" services, and "whole individual" services
- 5 The role of Public Health is the intermediary between people and the health-related services they need

#### **Sources of Vision Detail**

Expert
Disease Control Community
Pregnant and Parenting Service
Seniors and Senior Advocate C
Developmental Disability Com
Environmental Health Commun
Physical Activity Coalition

## TOPIC: Across All Topics

### VISION: People who have the will and commitment and resources to work to realize their visions for health

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**D: VisionDetail** *Data collection and reporting supports decision making and action*

**Issues related to Vision Detail**

- 1 Adequate measurement and consistent data collection are needed to know where to act and how to act to impact issues
- 2 Proper tracking of health-related outcomes promotes decision making; use outcome-based tracking systems, such as the OMAHA System

**Sources of Vision Detail**

Disease Control Community
WCHD Community Health

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**E: VisionDetail** *Physician autonomy to have a personal voice aside from their employer if they are part of a large organization*

**Issues related to Vision Detail**

- 1 As more and more physicians become employees their individual voice is often lost

**Sources of Vision Detail**

Expert
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**F: VisionDetail** *Plentiful opportunities are available for public dialogue about how to improve the public's health*

**Issues related to Vision Detail**

- 1 More opportunities are needed for public discussions about solutions to the obesity problem
- 2 The Comprehensive Health Plan and re-evaluation of the plan is based on an ongoing citizen input process
- 3 More partnerships are needed between agencies--YMCA, Red Cross, schools, etc.
- 4 Dialogue should address how to make smart decisions when fewer funding resources may be available: how to do more for less
- 5 The Health Department needs to provide strong leadership in the promotion of the public's health; the county should be clear on goals to bring all organizations, businesses, and agencies together to accomplish the goal
- 6 Cross-border partnerships are ongoing
- 7 Better communication is needed between planners, builders, community organizations, faith-based organizations, etc.
- 8 A strong and clear vision is needed to impact the public's health: every patient safe, evidence-based care, compassionate care, and "every time needed" care; keep in mind what the community wants this to look like

**Sources of Vision Detail**

Expert
Disease Control Community
Disease Control Community
Pregnant and Parenting Serviv
Sudden Valley Public Forum on
Ferndale Public Forum on May
Bellingham 3 Public Forum on
Physical Activity Coalition

## TOPIC: Across All Topics

**VISION: People who have the will and commitment and resources to work to realize their visions for health**

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*G: VisionDetail Youth are provided with leadership opportuntiiies*

### *Issues related to Vision Detail*

- 1 More involvement by youth is needed in local government
- 2 Youth need to feel part of the process and solution to health-related issues

### *Sources of Vision Detail*

Pregnant and Parenting Servic
Blaine Public Forum on May 06