



Healthy Living

Community Health Assessment Priority Two: Mason County citizens enjoy a healthy lifestyle.

Rationale: Individual decisions have profound effects on the quality and longevity of life. Health choices such as diet and exercise impact the risk for chronic diseases such as diabetes, obesity, and stroke. These chronic conditions are preventable causes of premature death and/or disability. In a healthy community, the healthy choices should be the easy choices.

Moving Mason Forward Goals

Mason County residents experience long, healthy lives

The health status of an individual can be measured by the years of potential life lost before age 75 (YPLL-75) where every death occurring before the age of 75 contributes to the total number of years of potential life lost. (1)

Health Status of Mason County Residents by selected measures (1)

Measure	2011	2012	2013	2014	2015	2016	2017
Mason County YPLL-75	8,422	7,832	7,114	7,114	7,619	7,600	7,500
Premature Death County Health Ranking	34th	29th	28th	28th	32nd	33nd	31st
WA State YPLL-75	5,915	5,862	5,709	5,709	5,506	5,500	5,500

Another important indicator of health is health-related quality of life (HRQoL). A population's quality of life is measured by self-reported health status, based upon response to the question, "In general, would you say that your health is excellent, very good, good, fair or poor?" The County Health Rankings reports the percent of adults who rate their health as 'fair' or 'poor.' (1)

Percent of Population Rated HRQoL as "Good,' Very Good,' and Excellent Health Status (1)

Area	2011	2012	2013	2014	2015	2016	2017
Mason County	83%	81%	81%	82%	82%	85%	84%
Washington	87%	87%	86%	86%	86%	87%	86%

Mason County residents experience healthy weights

Deaths associated with poor health behaviors such as obesity, poor diet or lack of physical activity contribute to premature deaths, as well as chronic diseases that result in poor health days. (1)

Percent of Mason County Subpopulations that are Living with Unhealthy Weights (based upon BMI).

Population	2010	2011	2012	2013	2014	2015	2016	2017
Mason County Adults (1)	32%	32%	33%	31%	-	-	-	31%*
Mason County 8 th Graders (2)	18%	-	17%	-	13%	-	30%	-
Mason County 10 th Grader (2)	12%	-	17%	-	14%	-	35%	-
Mason County 12 th Graders (2)	17%	-	17%	-	17%	-	32%	-
Mason County Toddler** (WIC) (4)	-	-	-	15%	10%	16%	12%	-
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Washington State Adults (1)	29%	26%	26%	27%	-	-	-	27%*
Washington 8 th Graders (2)	11%	-	10%	-	9%	-	27%	-
Washington 10 th Grader (2)	10%	-	10%	-	10%	-	27%	-
Washington State 12 th Graders (2)	11%	-	10%	-	11%	-	30%	-
Washington Toddler** (WIC) (4)	-	-	-	10%	6%	12%	12%	-

NOTE: A dash indicates that data were not collected that year.

*Data should not be compared to prior years due to changes in methods.

**Percent of WIC children ages 2-4 with a Body Mass Index (BMI) greater than or equal to the 95th percentile.

Mason County residents consume the recommended levels of fruits and vegetables

The USDA recommendations include 5 servings of vegetables and fruits per day, comprising half one's plate. The nutrients in vegetables are critical to good health, and a diet rich in vegetables and fruits may reduce risks for stroke, cancer, heart diseases, and type-2 diabetes. (5)

Percent of Mason County Youth Consuming Recommended Fruits and Vegetables Serving (2)

Population	Mason 2014	Mason 2016	WA 2016
8 th Graders	28%	25%	23%
10 th Graders	17%	21%	20%
12 th Graders	18%	25%	19%

Mason County residents participate in the recommended amount of physical activity

Physical inactivity is attributed to 11% of premature deaths in the US. Inadequate levels of physical activity are associated with many diseases including type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality, independent of obesity. (1)

Percent of Mason County Subpopulations Not Meeting Recommended Levels of Daily Physical Activity

Population	2012	2013	2014	2015	2016	2017
Mason County Adults (2)	24%	22%	-	-	-	22%*
Mason County 6 th Graders (3)	46%	-	72%	-	78%	-
Mason County 8 th Graders (3)	31%	-	63%	-	69%	-
Mason County 10 th Grader (3)	45%	-	78%	-	72%	-
Mason County 12 th Graders (3)	58%	-	73%	-	75%	-
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Washington State Adults (2)	19%	17%	-	-	-	17%*
Washington 6 th Graders (3)	42%	-	71%	-	72%	-
Washington 8 th Graders (3)	44%	-	69%	-	70%	-
Washington 10 th Grader (3)	49%	-	76%	-	76%	-
Washington 12 th Graders (3)	53%	-	79%	-	79%	-

NOTE: The County Health Rankings measures adults who have no physical activity, while the Healthy Youth Survey reports youth who are NOT meeting recommended levels of physical activity (i.e. 60 minutes of physical activity 7 days a week.)

*Data should not be compared to prior years due to changes in methods.

Mason County infants experience a healthy start because they are breastfed

Breastfeeding provides important health benefits for both mothers and infants. Infants that are breastfed tend to be more resistant to disease and infections early in life. Children that are breastfed can be at lower risk for diseases such as juvenile diabetes, multiple sclerosis, heart disease, and cancer before the age of 15. Mothers are less likely to develop osteoporosis later in life and have a lower risk of breast, uterine and ovarian cancer. (6).

Breastfeeding Initiation Rates for Select Populations

Program	2013	2015
WIC - Shelton (4)	82%	84%
WIC – North Mason (4)	48%	88%
Nurse Family Partnership	87%	100%
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Washington State (4)	87.7%	-
Healthy People 2020 Goal (7)	82%	82%

Breastfeeding Rates at 6 months for Select Populations

Program	2013	2015
WIC - Shelton (4)	43%	41%
WIC – North Mason (4)	48%	50.6%
Nurse Family Partnership	25%	60%
Washington State (4)	46.4%	-
Healthy People 2020 Goal (7)	61%	61%

Factors That Inform Outcomes

Access to Affordable Food – Food Insecurity

Households who experience income insufficiency usually supplement their budgets by participating in various programs. The County Health Rankings project measure a county's 'Food Environment Index.' This index is based upon 1) percentage (est) of low-income population who live more than 10 miles from a full-service grocery store and 2) food insecurity – the percentage of population who did not have access to a reliable source of food during the past year. In 2017, Mason County's 'Food Environment Index' was 7.7, compared to 7.6 for the state as a whole. (1)

Participation Rates in Various Food Supplement Programs

Area	2013	2014	2015	2016	2017
Mason County Free and Reduced Meal Programs (8)	61%	62%	62%	62%	59%
Mason County SNAP – Basic Food (9)	25%	25%	25%	25%	-
WA Free and Reduced Meal Programs (8)	46%	46%	45%	44%	43%
WA SNAP – Basic Food (9)	21%	21%	20%	19%	-

Health Impacts of Life Choices

Many factors contribute to health ranging from genetics, environmental exposure, personal behavior and access to health care. Scientific research has shown that there is a short list of 'actual' causes of death. These actual causes are linked to the greatest number of deaths and primarily involve personal lifestyle choices. (10)

Actual causes of death:

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| <ul style="list-style-type: none"> • Tobacco use and exposure • Poor diet • Physical inactivity • Alcohol consumption • Infectious agents | <ul style="list-style-type: none"> • Toxic agents • Motor vehicles • Firearms • Risky sexual behavior • Illicit drug use |
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Top 10 Leading Causes of Death, 2012-2016 (5-Year Estimates) (12)

Cause of Death	Mason County		WA
	Age-adjusted death rate	Rank	Age-adjusted death rate
Cancer	170.8	1 st	156.5
Cardiovascular Disease	138.5	2 nd	137.8
Accidents	52.1	3 rd	40.0
Chronic Lower Respiratory Disease	47.4	4 th	39.2
Alzheimer's	33.3	5 th	44.0
Stroke	32.4	6 th	35.0
Diabetes	20.1	7 th	21.7
Suicide	18.6	8 th	14.9
Chronic Liver Disease and Cirrhosis	16.4	9 th	11.6
Influenza and Pneumonia	9.9	10 th	10.1

NOTE: Rates per 100,000

Risk Factors for Chronic Conditions

Diet and exercise influence one risk for various chronic diseases including diabetes and heart disease. Many of these behaviors are established in childhood.

Prevalence of Select Unhealthy Habits among Students, Mason County 2016 (2)

Health Behavior/Issue	6 th Graders	8 th Graders	10 th Graders	12 th Graders
Do not meet recommendations for physical activity	78%	69%	72%	75%
3+ hours of screen time daily	50%	64%	55%	51%
Less than 5 servings of fruits or vegetables daily	-	75%	79%	75%
Does not usually eat dinner with family	29%	34%	44%	44%
Daily consumption of sweeten drinks	-	7%	6%	3%
Missed breakfast	26%	48%	48%	41%

Prevalence of Select Unhealthy Habits among Students, Washington 2016 (2)

Health Behavior/Issue	6 th Graders	8 th Graders	10 th Graders	12 th Graders
Do not meet recommendations for physical activity	72%	70%	76%	79%
3+ hours of screen time on School Days	47%	56%	57%	55%
Less than 5 servings of fruits or vegetables daily	-	77%	80%	81%
Does not usually eat dinner with family	22%	35%	40%	49%
Daily consumption of sweeten drinks	-	3%	4%	4%
Missed breakfast	19%	34%	40%	45%

NOTE: Physical activity recommendation is 60 minutes of physical activity 7 days a week.

Prevalence of Selected Risk Factors for Chronic Health Conditions among Adults 18+, 2016 (12)

Health Behavior/Issue	Mason 2012	Mason 2016	WA 2012	WA 2016
Diagnosed with diabetes	7%	8%	8%	9%
Diagnosed as obese	28%	48%	27%	28%
No leisure physical activity	18%	23%	19%	17%
Current cigarette smoking	22%	23%	17%	14%

NOTE: Obesity is defined as BMI of 30.0 +
Leisure Physical Activity is any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise during past month
Current smoker includes individuals who smoke everyday or only some days

Chronic Diseases and Conditions

Chronic diseases are the leading cause of death and disability. These diseases are rarely curable by medicine, vaccine or other health care approaches. Though some chronic diseases are genetically determined, many are largely preventable.

Comparison of Death Rates from Selected Chronic Diseases among Adults 18+, 2016 (11)

Area	Cancer	Diabetes	Heart Disease	Liver Disease	Stroke
Mason County	159.7	13.5	141.9	12.0	24.9
Washington	151.0	20.7	135.2	11.0	35.7

NOTE: Rate per 100,000
 Cancer = all forms of cancer
 Heart Disease = Coronary Heart Disease
 Liver Disease = Chronic Liver Disease and Cirrhosis includes alcohol and non-alcohol related death.

Prevalence of Selected Chronic Health Conditions among Adults 18+, 2012-2016 (12)

Area	Asthma	Coronary Heart Disease, Myocardial Infraction	COPD, Emphysema, Bronchitis	Diabetes	Obesity
Mason County	9%	6%	9%	8%	36%
Washington	10%	5%	6%	8%	27%

NOTE: Asthma is based on the determination of a health care professional, includes only individuals who currently have asthma. Those previously diagnosis, for example when they were a child but do not have the condition now, are excluded.
Diabetes is based on the determination of a health care professional, includes Type I, Type II and Gestational Diabetes.
Obesity is based on a BMI (body mass index) of 30.0+ derived from self-reported height and weight.

- (1) County Health Rankings, University of Wisconsin. <http://www.countyhealthrankings.org>
- (2) Healthy Youth Survey. Department of Health, WA State. <https://www.askhys.net/>
- (3) Community Health Assessment Tool – CHAT. Birth Risk Factors
- (4) WIC Annual Summary Reports. Department of Health.
<http://www.doh.wa.gov/DataandStatisticalReports/HealthBehaviors/WIC>
- (5) Five daily servings of fruits and veggies enough for health benefit. Harvard School of Public Health.
<http://www.hsph.harvard.edu/news/hsph-in-the-news/five-daily-servings-of-fruits-and-veggies-enough-for-health-benefit/>
- (6) Breastfeeding Report Card, 2016. Centers for Disease Control and Prevention.
<https://www.cdc.gov/breastfeeding/data/reportcard.htm>
- (7) Healthy People 2020. Office of Disease Prevention and Health Promotion.
<https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives>
- (8) Washington State Report Card, Office of the Superintendent of Public Instruction.
<http://reportcard.ospi.k12.wa.us/Summary.aspx?groupLevel=District&schoolId=1&reportLevel=State&year=2016-17>
- (9) Client Count and Service Cost, Department of Social and Human Services, WA State.
<http://clientdata.rda.dshs.wa.gov/Home/ShowReport2?reportMode=0>
- (10) "Actual Causes of Death in the United States, 2000." Journal of the American Medical Association, vol. 29. 2004.
- (11) Community Health Assessment Tool – CHAT. Mortality Tables.
- (12) Community Health Assessment Tool – CHAT. Behavioral Risk Factor Surveillance System (BRFSS)

Questions about the data can be directed to

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