



Population Health Trust December Newsletter

Community Advisory Board to the Skagit County Board of Health

December 2024

It is already December. Where has the year gone?! For many of us, this month is a time for celebration and some well-needed rest. While we are also looking forward to those things, we are spending some time gearing up for the 2025 Community Health Assessment (CHA).

For those unfamiliar with a CHA, every five years, the Population Health Trust engages in a process of collecting data about the health of our community. The collection of data is followed by a careful analysis of the findings to better understand health needs in Skagit. The final step is sharing the results with community members. Once a CHA has been finalized, the PHT engages in an additional process to develop a Community Health Improvement Plan (CHIP), a roadmap of sorts for addressing areas of concern.

At the most recent Trust meeting, Stacey Anderson, epidemiologist with Skagit County Public Health, provided members with an updated version of our “scorecard.” The PHT scorecard contains a list of over 40 indicators that provide an overview of health and wellbeing in Skagit County. The indicators are from several categories including, nutrition, access to healthcare, youth, housing, opioids, and maternal and child health. Data for the indicators is from 2016 to present which allows for a trendline, a way for us to see visually if something is improving or getting worse.

During her presentation, Stacey shared many areas of improved health in the community.

- [Percent of adults receiving a routine medical exam increased.](#)
- [Unemployment rate decreased.](#)
- [Rental vacancy rate increased.](#)

- [Opioid prescription rate decreased for all ages.](#)
- [Kindergarten readiness increased.](#)

While there are many areas where the health of our community is improving, there are some that we will continue to monitor.

- [Percent of adults who are overweight or obese has increased.](#)
- [Percent of our community experiencing food insecurity has increased.](#)
- [Fatal opioid overdoses rate has increased.](#)
- [Percent of children ages 3-4 enrolled in preschool has decreased.](#)
- [Percent of children entering kindergarten who are up to date on required vaccinations is below the recommended 95%.](#)

A review of the PHT scorecard is just one of the ways that we use data to improve health in Skagit. In the coming months, we will be reviewing assessments conducted by Trust partners along with additional data sources and engaging with community members to learn more about health and well-being throughout the county. There will be several points along the way where we will engage the broader community. If you are interested in hearing more about these opportunities, email Kristen at kekstran@co.skagit.wa.us and we will add you to the mailing list.

Additionally, if you would like to view the indicators referenced above, visit our [Skagit Trends](#) site. Once there you can find these and many more indicators (over 150!).

Thank you for your partnership in keeping Skagit County healthy!



The Population Health Trust was founded in 2015 and is the Community Advisory Board to the Skagit County Board of Health. For more information, check out our [website](#).

[Population Health Trust](#)

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