

*AS A LEADER  
AND PARTNER IN  
PUBLIC HEALTH, WE  
PROTECT, IMPROVE  
AND PROMOTE  
THE HEALTH AND  
WELL-BEING OF OUR  
COMMUNITIES.*

**FEDERAL FUNDING  
PRIORITIES:**

- Maternal and Child Health
- Chronic Diseases
- Emergency Preparedness

**WHAT WE DO:**

- Emergency Preparedness
- Vital Records
- Active Living
- Asthma
- Tobacco Control
- Immunization
- Maternal and Child Health
- Food Safety
- Communicable Disease Awareness



## Shared Health and Safety Priorities

Protecting the health and safety of our communities is a priority interest of our nation's leaders. Public health agencies are a critical aspect of this work, but the work of public health is not well known or understood, because it operates very much behind the scenes. It is not as visible as law enforcement or firefighting, but public health is just as vital to the safety and well-being of the community. Public health responds to outbreaks of diseases and controls their spread. These agencies inspect restaurants to ensure the food you eat is safe, while putting environmental controls in places to lessen threats to human health. Public health monitors the quality of vaccines used to immunize you and your family. This kind of work often goes unnoticed – unless it is not being done. Public health is working every day for a safer and healthier community.

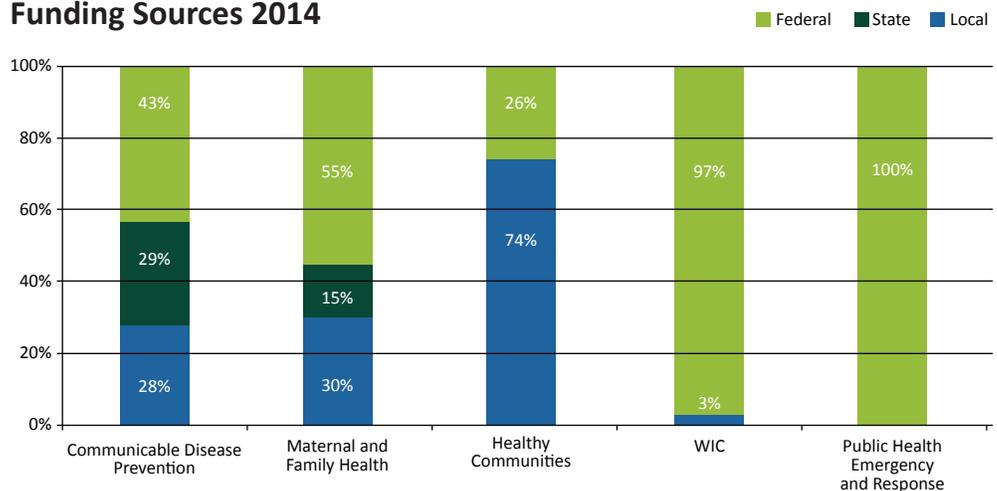
## Protecting Lives in Spokane

Spokane Regional Health District (SRHD) is the local public health agency serving Spokane County, Wash. SRHD is comprised of more than 200 employees who serve a population of nearly 500,000. In 2013, SRHD achieved national accreditation through the Public Health Accreditation Board. This process validates the responsiveness of SRHD staff and programs in meeting the health needs of residents and demonstrates increased accountability and credibility in how the agency operates.

## Funding This Work

Spokane Regional Health District leverages local, state and federal funding to provide the community with a variety of population-based services. The following chart shows funding sources in five significant programs provided by SRHD. Sufficient federal funding is essential to carrying out these activities and ensuring there are no serious gaps in our ability to safeguard public health and keep families, communities and the nation free from risk.

**Funding Sources 2014**





## Funding Priorities at the Federal Level

Investing in public health equals immediate savings to our health care system and our residents.

### Maternal, Infant and Early Childhood Home Visiting Program (MIECHV)

*Reauthorization needed in 2015, with particular need for a long-term commitment.*

Maternal, Infant, and Early Childhood Home Visiting supports pregnant women and families and helps parents of children from birth to age 5 access resources. These families develop the skills they need to raise children who are physically, socially and emotionally healthy and ready to learn.

Funds support evidence-based home visiting programs that are proven to be cost-effective strategies to improve child health.

- Prevent child injuries, child abuse, neglect, or maltreatment, and reduce emergency department visits
- Improve health and development
- Improve school readiness and achievement
- Improve family economic self-sufficiency
- Improve coordination and referrals for other community resources and supports

The Nurse Family Partnership program, provided by SRHD, has a benefit-to-cost ratio of \$2.77. Congress established its federal parent program in 2010 as a 5-year, \$1.5 billion investment. In March 2014, funding was extended only through March 2015.

### Prevention and Public Health Fund (PPHF)

*Protect this vital source of funding, for its intended purposes: to prevent chronic disease and reduce health care spending.*

PPHF is a part of an overall strategy to transform the health care system by focusing on prevention and health improvement at the root-cause level, leading to health care cost savings far above the fund's investment (\$29.8 billion in 5 years and \$158.1 billion in 10 years). The savings come from prevention efforts in key areas such as chronic disease. Chronic disease accounts for seven out of 10 deaths among Americans and 75 percent of the nation's health spending (\$2.5 trillion). Washington state received over \$47 million from the fund since 2010 and SRHD received over \$1 million. The health district wisely used these funds to make big gains (see bullets at right). But the fund is continually subject to use for federal purposes beyond its original intention or to cuts to reduce the deficit. In addition, its planned uses and funding streams are regularly restructured, which impairs public health's ability to strategically plan and sustain critical programs.

### Communicable Disease Preparedness and Response

*Increased funding is needed to bring public health to appropriate levels of capacity.*

A core function of public health is to address contagious (communicable) diseases. A strong public health system includes preparedness, laboratory capacity and infection control at the federal, state and local levels. Spokane Regional Health District works in coordination with partners at each of these levels, such as the U.S. Centers for Disease Control and Prevention, as part of this complex and vital system.

#### LOCALLY, PPHF FUNDS HAVE CONTRIBUTED TO:

- protecting 1,680 families in multi-unit housing from secondhand smoke
- 6,306 employees protected by smoke-free worksite campus policies
- 46 percent of local schools using smarter lunchroom design to promote healthy food choices
- 4,653 children enjoying more whole foods at childcare facilities
- 17,324 employees benefitting from healthier food options at work
- 55,262 linear feet of sidewalks and 14.36 miles of bike lanes added

# The Need

Investing in public health equals immediate savings to our health care system and our residents.

**Just some of the issues of concern in Spokane and the health district programs that are working to address them:**

Issue	Costs	SRHD Programs
Increase in obesity	<b>1 in 3 – the approximate number of adults in Spokane considered obese.</b> <sup>1</sup> The estimated annual medical cost burden of obesity is \$147 billion. <sup>2</sup> Breastfeeding for 9 months reduces a child's odds of becoming overweight by more than 30%. <sup>15</sup>	Healthy Communities Women, Infants & Children (WIC)
Unintentional deaths from prescription drug overdose	<b>61 – the number of deaths from unintentional poisonings, including prescription drug overdose, in Spokane in 2013.</b> <sup>3</sup> The growing use and abuse of long-acting pain killers like OxyContin has been a crucial factor in numerous unintentional deaths. Health care costs are 8.7 times higher for patients who abuse opioids vs. individuals that do not. <sup>4</sup>	Opioid Treatment Program Administration Staff
Youth tobacco use	<b>88% - the percent of smokers who start before the age of 18.</b> <sup>3</sup> \$289 billion – annual smoking-attributable economic costs in the United States. <sup>16</sup>	Healthy Communities Program
Pregnant smokers	<b>\$98,000 – the estimated hospital charges for an infant born not healthy</b> <b>\$3,000 – estimated hospital charges for a healthy infant.</b> <sup>6</sup> Sixteen percent of births in Spokane County are to women who smoke. These women are 50 percent more likely to have a preterm birth than women who do not smoke. <sup>7</sup>	Women, Infants & Children (WIC) Healthy Communities Program Nurse Family Partnership
Increase in sexually transmitted diseases	<b>2,037 cases of chlamydia and 329 cases of Gonorrhea in Spokane—with these numbers, Spokane surpasses the state's rate of increase.</b> <sup>8</sup> Gonorrhea cases increased 55 percent in 2013, putting Spokane in outbreak status. Direct medical costs associated with STDs in the United States are estimated at \$16.4 billion annually. <sup>9</sup>	HIV/AIDS and STD Program
Increase in chronic hepatitis C	<b>\$65 million – the cumulative lifetime cost for those diagnosed with chronic hepatitis C in Spokane last year.</b> The average lifetime cost for hepatitis C, in the absence of a liver transplant, has been estimated to be about \$100,000 for individual patients. <sup>10</sup> In 2013, 639 new chronic hepatitis C cases were reported in Spokane. <sup>11</sup>	HIV/AIDS and STD Program Epidemiology
Vaccine-preventable disease outbreaks	<b>4,918 – the number of whooping cough cases reported in Washington state in 2012.</b> <sup>12</sup> Whooping cough most commonly affects infants and young children and can be fatal, especially in babies less than 1 year of age. Whooping cough is just one of 28 vaccine-preventable diseases.	Epidemiology Immunization Outreach Women, Infants & Children (WIC)
Adverse Childhood Experiences	<b>21% of children in grades K-6 in Spokane have 2+ Adverse Childhood Experiences,</b> including abuse, neglect and household dysfunction. Children with 3+ ACEs are at significant risk for academic failure, health problems and severe concerns with school behavior. The annual cost of child maltreatment in the United States is over \$103 billion.	Nurse Family Partnership Weaving Bright Futures Early Intervention Neighborhoods Matter
Falls among people 65 years old and older	<b>\$32 million – cost of emergency department visits in Spokane for older adults who fell in 2011.</b> <sup>14</sup> Falls are the leading cause of hospitalizations due to injuries. In 2013, there were nearly five times as many hospitalizations due to falls among older adults than due to motor vehicle crashes for all ages combined. Nearly 1 in 3 older adults, 65 plus, fall at least once per year. <sup>1</sup>	Healthy Communities Program

1. WA State Department of Health, Behavioral Risk Factor Surveillance System

2. 32 Finkelstein, E.A., Trogon, J.G., Cohen, J.W., & Dietz, W. (2009). Annual medical spending attributable to obesity: Payer and service-specific estimates. Health Affairs. W822-W831.

3. WA State Department of Health, Death Certificates, 2013.

4. Ruetsch C. Empirical view of opioid dependence. Journal of Managed Care Pharmacy 16(1, Supplement B): s9-s13, 2010

5. U.S. Department of Health and Human Services. Preventing Tobacco Use Among Youth and Young Adults Report: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2012.

6. WA State Department of Health, Center for Health Statistics, Community Hospital Discharge Data 2013

7. WA State Department of Health, Tobacco Prevention and Control, Spokane County Tobacco Use Statistics, July 23, 2010

8. WA State Department of Health, Sexually Transmitted Disease Profile; Spokane County. 2013.

# Points of Pride

When tasked with such important goals as protecting and improving the health and well-being of all people in Spokane County, it is paramount that we share our successes.

## A few of our recent achievements:

### To protect our youth, we...

- ♦ **Empowered parents to screen their babies and kids for developmental delays** through *Ask Now, Babies and Kids Can't Wait* campaign. The campaign informs parents of age-appropriate developmental milestones and equips them with needed information to better advocate for their children to assure they are adequately screened and can access needed services in a timely manner.
- ♦ **Increased access to whole foods within child care facilities** by training and testing healthier methods and procedures in 56 facilities, representing roughly 4,653 children.
- ♦ **Improved parenting and increased family resilience** by embedding two public health nurses within four schools, where they work directly with families who have been significantly impacted by ACEs.

### To protect our families, we...

- ♦ **Addressed inequities and disparities at the neighborhood level** through Neighborhoods Matter program. This program shows a \$4.07 return on investment and received the National Association of Cities and Counties Health Officials (NACCHO) Model Practice Award in 2012.
- ♦ **Served over 695 first-time low-income mothers and 571 children** through Nurse Family Partnership program. Families served are demonstrating improved birth outcomes, improved health, improved self-efficacy and improved school readiness.
- ♦ **Increased to 550 the number of children with special health care needs who can access services locally** - by revamping Infant Toddler Network program and working collaboratively with five primary providers.
- ♦ **Served over 26,000 WIC nutrition program clients** — provided nutrition education, breastfeeding support, help finding health care, and assistance in purchasing healthy foods at local farmers' markets and grocery stores.
- ♦ **Protected 1,680 families in multi-unit housing from secondhand smoke** through policy work. Thirty-eight percent of these families live in affordable housing units.

### To protect our community from infectious disease, we...

- ♦ **Inspected over 4,000 food establishments** in Spokane County to help prevent the spread of food-borne illnesses like *E. coli* and salmonella infections.
- ♦ **Investigated over 1,000 reported communicable disease cases** to mitigate the spread of disease and assure appropriate treatment and follow up.
- ♦ **Served over 100 HIV/AIDS clients**, assisting them with referrals to health care specialists, locating support groups and help finding medical insurance and housing.
- ♦ **Investigated over 900 new STD cases**, providing sexual health education and assistance to prevent further transmission and long-term health consequences.
- ♦ **Inspected over 450 water recreational facilities** in Spokane County to help prevent drowning, illnesses and injuries.

Most numbers are within a one-year period for the most recent data available unless otherwise stated.

9. Centers for Disease Control, April Features, April is STD Awareness Month, April 2010.

10. National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention, Division of STD Prevention

11. Public Health Improvement Partnership, Activities & Services Inventory, Summary of 2009 Results

12. WA State Department of Health, Pertussis (whooping cough) 2013 Summary.

13. Healthy Smile, Healthy Life: Improving Oral Health in Spokane County, a report published by the Spokane Regional Health District, October 2010.

14. Inland Northwest Health Services Meditech data, Spokane

15. Research to Practice Series, No. 4; July 2007 – NCCDPHP; CDC

16. U.S. Department of Health and Human Services. —The Health Consequences of Smoking 50 Years of Progress: Atlanta, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed November 16, 2014]