

Community Health Needs Assessment

2023-2025



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Introduction

This Community Health Needs Assessment was compiled for Grays Harbor County Public Hospital District #1, dba Summit Pacific. Summit Pacific is a municipal corporation organized under chapter 70.44 RCW. It owns and operates a 40,000 square foot 10-bed Acute Care Hospital and three Medicare-certified Rural Health Clinics. Summit Pacific replaced its original facility and relocated to its existing location in 2013.

Summit Pacific is a vibrant and expanding public hospital district that operates a Critical Access Hospital with a level IV trauma designation, three rural healthcare clinics and a seven day a week urgent care clinic and the wellness center. Our vision is that “Through Summit Care, we will build the healthiest community in the Nation.” Our facilities are unique due to their size and accessibility. The patient experience and functional modalities are enhanced by the following key Summit Pacific attributes:

- Critical Access Hospital
- 24/7 Emergency Department
- Inpatient Acute Department
- Level II Cardiac Center
- Level III Stroke Center
- Level IV Trauma Care
- Three Rural Health Clinics
- Wellness Center

At Summit Pacific, we stabilize and provide advanced trauma life support to critically injured patients within our 10-bed Emergency Department (ED). If a higher-level trauma center is needed to provide the patient with the best care, we are equipped to transfer by ambulance or helicopter. Summit Pacific is essential for stabilization and has saved countless lives for heart attack and stroke victims as well as those with traumatic injuries.

Summit Pacific currently has a 10-bed Acute Care unit but is licensed for up to 25-beds. Part of the acute care program allows for a Skilled Nursing and Rehabilitation Program, where we care for patients who are recently out of surgery or recovering from illness who need a bit more recovery time before returning home.

In 2019 the campus was expanded with the addition of an award winning 60,000-square-foot Wellness Center funded by revenue bonds through USDA. This additional space has allowed us to dramatically increase access to primary care and preventive wellness services within our community.

Grays Harbor County currently ranks 37 out of 39 Washington counties for Health Outcomes (length and quality of life) and 36 in overall Health Factors on the *County Health Rankings and Roadmaps* compiled by the Robert Wood Johnson Foundation (RWJF). To address these challenges, Summit Pacific has passionately embraced the guiding principles of the Quadruple Aim – focusing on improving the health status of our community, redefining the patient experience, improving the work life of health care clinicians and staff, and creating a system of efficient and effective healthcare spend. Through identification of socioeconomic barriers that impact health, individual health needs assessment, and customization of the health care experience, Summit Pacific supports the residents of Grays Harbor County to achieve a state of health and wellness.

OUR MISSION

In partnership with our community, we passionately advance the health of all individuals with an emphasis on quality, access, and compassion.

OUR VISION

Through Summit Care, we will build the healthiest community in the Nation.

OUR VALUES

Passion – Respect – Integrity – Compassion – Excellence – Service

Community Description

Grays Harbor is a rural county in western Washington State, bordered by Jefferson County to the north, Mason and Thurston counties to the east, Pacific County to the south and the Pacific Ocean to the west. The county is 2,224 square miles and there are three major highways that run through Grays Harbor County: State Route 101 runs north/south along the coast and Highways 8 and 12 run east-west providing access to Interstate 5. Grays Harbor County Public Hospital District #1 covers the Eastern portion of the county, including the cities of Elma and McCleary.

Census Bureau statistics for 2021 list the population of Grays Harbor County at 76,841, a 1.6% increase from 2020 census. The median household income is \$50,665 compared to the national average of \$57,652. The population density of the county is 39.8 people per square mile resulting in a largely rural area. Just 88.7% of residents in Grays Harbor County aged 25 and older are high school graduates, compared to the state average of 90.8%. The average annual unemployment rate in Grays Harbor County has been on a decline year after year since 2010, when it reached 13.9%. In 2019, the figure was 7.2 percent. The pandemic brought a jump to 11.7 percent in 2020. As 2021 ended the annual rate of unemployment fell to 7.7 percent.

According to the United States Census Bureau 14.5% of the population in Grays Harbor live in Poverty compared to 10.2% in Washington state. The most recent report published in 2020 United Way ALICE report based on 2018 information states that 46% of Grays Harbor County households were living below the ALICE threshold. ALICE is an acronym for Asset, Limited, Income, Constrained and Employed – households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county (the ALICE Threshold). Combined, the number of ALICE and poverty-level households equals the total population struggling to afford their basic needs. This includes 45% of households of families with children, and 49% of senior households (65 & older). In McCleary, 38% of households fall below the ALICE threshold; in Elma, the number jumps to 44%.

2020-2022 CHNA Review

Summit Pacific is committed to understanding and addressing the health needs of the East Grays Harbor County community, as evidenced by its vision to *“build the healthiest community in the Nation.”* This commitment is demonstrated by many years of growth and development of healthcare services and programs, including expanded primary care, pharmacy, laboratory and radiology services, a new hospital in 2013, new clinic in McCleary in 2016 and Wellness Center in 2019.

Additionally, as an early adopter of advanced payment models like Accountable Care Organization and Value-Based Care contracts, Summit Pacific has dedicated significant resources toward the prevention of disease and advancement of wellness, which will ultimately reduce healthcare spend and benefit the community for generations.

A review of the District’s 2020-2022 CHNA and CHNA Implementation Plan and actions taken to-date validates that significant progress is being made with regard to:

Encouraging Healthy Behaviors & Improving Health Literacy and Nutrition

In 2019, Summit Pacific opened a 60,000 square-foot Wellness Center. This center continues to serve as a hub of wellness that encourages and supports overall health and well-being. Unfortunately, the 2020 Covid-19 pandemic limited our ability to offer the full range of community programs and services the facility was designed to offer. However, with pandemic restrictions decreasing in 2022, the Wellness Center has again resumed offering community education, support groups, and healthy eating options. Our campus fitness trail has expanded to now offer additional walking paths to encourage physical activity for the community as well as a “Story Trail” as a partnership with Timberland Library to promote youth literacy. We host many community groups in our meeting spaces to facilitate community engagement, welcoming our community into our healing environment.

Summit Pacific has a yearly Peak Health Wellness Fair that provides different vendors and free health screenings for our community members. Other community events include a bike ride and a golf outing.

Although small, some health measures have shown slight improvement in Grays Harbor County with the percentage of the community with diabetes falling from 12% in 2019 to 10% in 2022. Obesity rates also fell slightly, going from 37% of our population in 2019 to 36% in 2022 according to www.countyhealthrankings.org.

Clinical Care

Summit Pacific has been successful in recruiting new providers to the district. Improved access is reflected in the strong improvement in the Robert Wood Johnson Foundation's County health ranking for Clinical Care, which showed Grays Harbor County improving to 34th in 2022, up from 37th of all Washington Counties in 2018.

To further address the shortage of providers, Summit Pacific developed a Family Medicine Residency Program. In 2020 the Residency welcomed its inaugural class of residents and has continued to welcome a new class of residents each year. This program provides much-needed rural training opportunities. It is also expected to directly improve the local provider shortage, as providers commonly choose to practice in the community where they complete their training. There are six residents in the Summit Family Medicine Residency Program for 2022, and we anticipate our inaugural class will graduate and enter the workforce in June 2023.

Additionally, our ambulatory clinics are piloting a Nurse Practitioner Fellowship model that allows newly graduated and licensed nurse practitioners an opportunity to gradually build their practice and rotate through multiple Summit Pacific locations before settling into their final clinic home. Our initial class in this program is underway, with completion and full-time entry into primary care anticipated in summer of 2023.

Many patients in our area forgo routine colonoscopies due to barriers to access. In response Summit Pacific's Medical Center PMC is increasing specialty care access through the addition of Gastroenterology services. These services went live for clinic visits in July of 2021 and began serving our community with endoscopy procedures in September 2021. The program will expand to full-time, from part-time operations in October 2022 to serve the community need. Summit Pacific hopes to see this program enhance access and improve the health of our community through early detection of colorectal cancers and other diseases.

Summit Pacific has offered a Medical Assistant Apprenticeship Program beginning in 2022. This is a 12-month program that prepares students to take the Certified Clinical Medical Assistant (CCMA) test through the National Health Care Association. It has been approved by

the state of Washington as an equivalent to an MA-C program at a community or technical college. The first candidate will have 2000 hours of one-on-one, hands-on training with their MA coach, learning all skills necessary to become a certified MA.

Between 2020-2022 Summit Pacific's Medical Center has added four primary care physicians and two Behavioral health providers. Summit Pacific's Medical Center has also added two Gastroenterology specialists, with plans for other specialists being put on hold during the COVID pandemic.

For Summit Pacific Wellness Clinic, the wait time for new patient visits is 53 days out and for existing patient routine visits are about 50 days out. For Summit Pacific's Medical Center new patient wait time is 115 days out and for existing patient routine visits its about 25 days out.

Addressing Substance Abuse & Mental Health Issues

Summit Pacific continues to operate an open access Medication Assisted Treatment (MAT) clinic. Summit Pacific is directly addressing the opioid crisis and expanding access to care for this underserved population. The clinic has received grants to help assist with harm reduction and overdose prevention. In recognition of the high-quality care delivered by the MAT clinic, the team was selected as the 2020 Every Day Extraordinary Quality Award from the Washington State Hospital Association.

Ongoing efforts to expand and integrate mental health services include the addition of a Psychiatric-Mental Health Nurse Practitioner (PMHNP) and Licensed Mental Health Counselor (LMHC) in the primary care clinic as well as renovations to a new facility to expand the clinic's capacity to meet community needs.

Grays Harbor County has high rates of mental illness and substance use. Summit Pacific's strategies to improve mental health include increasing the number of behavioral health providers and support staff and supporting community and regional efforts to expand access to behavioral health services. Summit Pacific also has a goal of increasing access to its Medication Assisted Treatment Team (MAT) program by increasing the number of MAT waived providers. MAT provides support services for individuals with substance abuse disorder and offers Suboxone, Vivitrol and other support medications to help clients accomplish their goals related to substance reduction and abstinence. 12 out of 14 of Summit Pacific's adult/full spectrum primary care providers and the residency program are waived to

provide Suboxone to eligible patients. The MAT clinic had 306 patients in 2019 for a total of 1720 visits, in 2021 they had 153 patients with a total of 2516 visits. As of September 2022, Summit Pacific Medical Center, has had 84 patients with 3467 total visits.

In 2021 Summit Pacific Medical Center created the East County Crisis Response Team which has grown to 36 members across the community in 2022. The team's current focus is to provide a youth program for East County youth, giving them a safe place to go for the resources they may need.

Grays Harbor Opioid Consortium is a diverse group of invested partners (Summit Pacific Medical Center included) with a vision to influence healthy and safe lifestyle for the residents of Grays Harbor County. They provide compassionate and equitable opportunities that will prevent and reduce opioid use disorder (OUD) and substance use disorder (SUD), improve health behaviors through education, environment, food security, employment, and harm reduction, with increased access to all social determinants of health services. Current projects are community contracted transportation services for treatment, recovery, primary care, and legal services.

2023-2025 CHNA Process and Methods

Summit Pacific's 2023-2025 Community Needs Health Assessment (CHNA) was developed over several months, using internal and external data and community feedback.

Data was compiled, reviewed, and interpreted by the Summit Pacific Care Administration departments. Where possible, data was collected specific to the district, and where not, Grays Harbor County level data was used.

Primary Data Sources

- U.S. Census Bureau
<https://www.census.gov/quickfacts/graysharborcountywashington>
- U.S. Bureau of Labor Statistics
<https://data.bls.gov/lausmap/showMap.jsp;jsessionid=8DE3ABE5D80E3E3677FA2B4073A1A5CF>
- County Health Rankings & Roadmaps 2022 Robert Wood Johnson Foundation
- United Way ALICE Report – Washington
https://www.dropbox.com/s/lbwkwhmcnIcvte7/18UW_ALICE_ReportCountyPages_Wash_8.16.18.pdf?dl=0
- Grays Harbor County Public Health & Social Services
<http://www.healthych.org/>
- Washington State Employment Security Department
<https://esd.wa.gov/>
- U.S. Department of Health and Human Services
<https://www.hhs.gov/>

- Washington State Department of Health
<http://www.doh.wa.gov/Portals/1/Documents/5500/GHS-HOSP2014.pdf>

Health Factors Data and Statistics

Life expectancy in Grays Harbor is 3.5 years less than the rest of Washington and a review of the Robert Wood Johnson Foundation’s *2022 County Health Rankings & Roadmaps* for Washington State shows that Grays Harbor County currently ranks 37 out of 39 counties for overall health outcomes. There are many factors contributing to this overall ranking, including health behaviors, nutrition, clinical care, social & economic factors, and physical environment.

Name	Measure	2012	2013	2014	2015	2016	2017	2018	2019	2020	Ranking Change 2011-2020
Health Outcomes	Mortality and Morbidity	36	36	36	36	34	35	35	36	37	↓-1
Length of Life	Premature death	33	37	37	35	36	35	36	36	37	↓-4
Quality of Life	Poor or fair health, Poor physical health days, Poor mental health days, Low birthweight	34	33	36	33	29	30	33	33	34	→0
Health Factors	Health Factors	39	39	38	38	38	36	36	35	36	↑3
Clinical Care	Uninsured adults, primary care providers rate, preventable hospital stays, diabetic screenings	37	38	37	38	39	35	34	26	34	↑3
Health Behaviors	Adult smoking, adult obesity, binge drinking, motor vehicle crash deaths, Chlamydia, Teen Birth Rate	38	38	37	38	39	38	38	38	37	↑1
Social and Economic Factors	High school graduation rate, college degrees, children in poverty, income inequality, inadequate social support	38	39	39	38	38	33	36	35	36	↑2

Source: County Health Rankings 2022 Robert Wood Johnson Foundation

Health Behaviors

Grays Harbor County ranks low when it comes to health behaviors (37/39) Grays Harbor County has higher rates of smoking and obesity and lower rates of physical activity compared to other counties.

Community Input & Prioritization of Needs

Summit Pacific is governed by a publicly elected Board of Commissioners. The Commissioners' ongoing role is to ensure that the district serves the needs and interests of the community. The Commissioners set strategic priorities for the district and provide input on both short and long-term strategic planning.

In addition to monthly public board meetings, Summit Pacific periodically holds open Community Forums to share information, and to collect feedback from the community.

Summit Pacific's leadership team develops a one to five-year strategic plan annually. This work is completed over multiple work sessions, with input from commissioners, executives, directors, managers, and staff. The Community Health Needs Assessment is referenced throughout this process. Ultimately the strategic plan is presented at a public board meeting and formally approved by the Board of Commissioners.

In November of 2022, two community sessions will convene specifically to provide input on community health needs. At these sessions, health rankings and other related information will be reviewed, priorities discussed, and the community's input will be solicited. This information will be considered in the final preparation of Summit Pacific's 2023-2025 Community Health Needs Assessment.

Selected Priorities

After reviewing the data and trends and with careful consideration of the district's resources, mission and vision, the Summit Pacific Board of Commissioners and executive leadership selected to stay focused on the following priorities for 2023-2025:

1. Health Behaviors: Support Healthy Lifestyle
 - a. Reduce the occurrence of nutrition-related chronic disease and obesity
 - b. Improve mental health status and reduce the rate/impacts of substance abuse

2. Clinical Care: Healthcare Access and Utilization

- a. Increase access to primary care, behavioral healthcare, and specialty care

3. Built Environment: Social, Economic & Physical Environment

- a. Address socio-economic and physical environment issues to support a healthy and vibrant community

These priorities will be the focus of the district’s 2023-2025 Community Health Needs Assessment Implementation Plan.

Health Behaviors: Support Healthy Lifestyle			
Issue	Needs	Strategies	Measures
Grays Harbor County ranks low in healthy behaviors related to nutrition and has high incidence of diabetes.	Increased understanding of the impact that diet has on overall health, awareness of healthy alternatives, access to nourishing foods, and food preparation skills.	Provide education around food storage and preservation, menu planning and meal preparation. Expand medical nutrition programming.	<ul style="list-style-type: none"> • Rate of diabetes. • Obesity rates. • County ranking on nutrition-related behaviors. • Number of nutrition classes and class participants. • Number of patients receiving medical nutrition counseling/support.
Grays Harbor County has high rates of mental illness and substance abuse.	Increase access to behavioral health and substance abuse treatment options; reduce the stigma associated with such care to encourage and support those in need to see and/or continue treatment.	<p>Increase the number of behavioral health providers and support staff.</p> <p>Increase care coordination services for behavioral health patients.</p> <p>Support community and regional efforts to expand access to behavioral health services.</p> <p>Increase access for the MAT program; increase the number of MAT waived providers.</p> <p>Operationalize a Behavioral Health Clinic</p> <p>East County Behavioral Crisis</p> <p>Exploring access with development of mental health clinic</p>	<ul style="list-style-type: none"> • Number of empaneled behavioral health patients. • Rate of ED visits related to behavioral health and/or substance abuse. • Number of patients treated in MAT clinic. • Number of providers MAT waived.

Clinical Care: Healthcare Access and Utilization

Issue	Challenge	Strategies	Measures
Healthcare Access: timely access to the right level of care.	Shortage of primary care and mental health providers in Grays Harbor County. ED/Acute Access, Outpatient Specialty	Increase the number of primary care and behavioral health providers. Explore ways to support dental care services. Successfully recruit students for a Rural Family Medicine Residency program. Increase partnerships with specialty clinics and providers. Master Facility Project to include expanding Acute Care, Imaging and ED services	<ul style="list-style-type: none"> • Number of employed primary care and mental health providers. • Number of empaneled patients. • Wait time for new patient visits. • Wait time for existing patient routine visits. • Recruit physician students for residency program.

Built Environment: Social & Economic Factors and Physical Environment

Issue	Challenge	Strategies	Measures
Social, economic, and physical environment factors are drivers of overall health and well-being.	High rates of poverty, and shortage of housing impact the health and vitality of the community; solutions require input and involvement of many.	Work with community members and partners to build a shared vision for health and well-being that will lead to measurable improvement in health factors in District #1. Explore the possibility of a Blue Zones (or other similar program) project for Grays Harbor County. Partnership with the City of Elma and City of McCleary regarding community planning	<ul style="list-style-type: none"> • Number of partners and community members involved and actively engaged in this work. • Improvement in Overall County Health Ranking.