



HEALTH PROFILE:

A Statistical Description of the Health of the Population of the City of Monroe and East Sky Valley

July 5, 2021

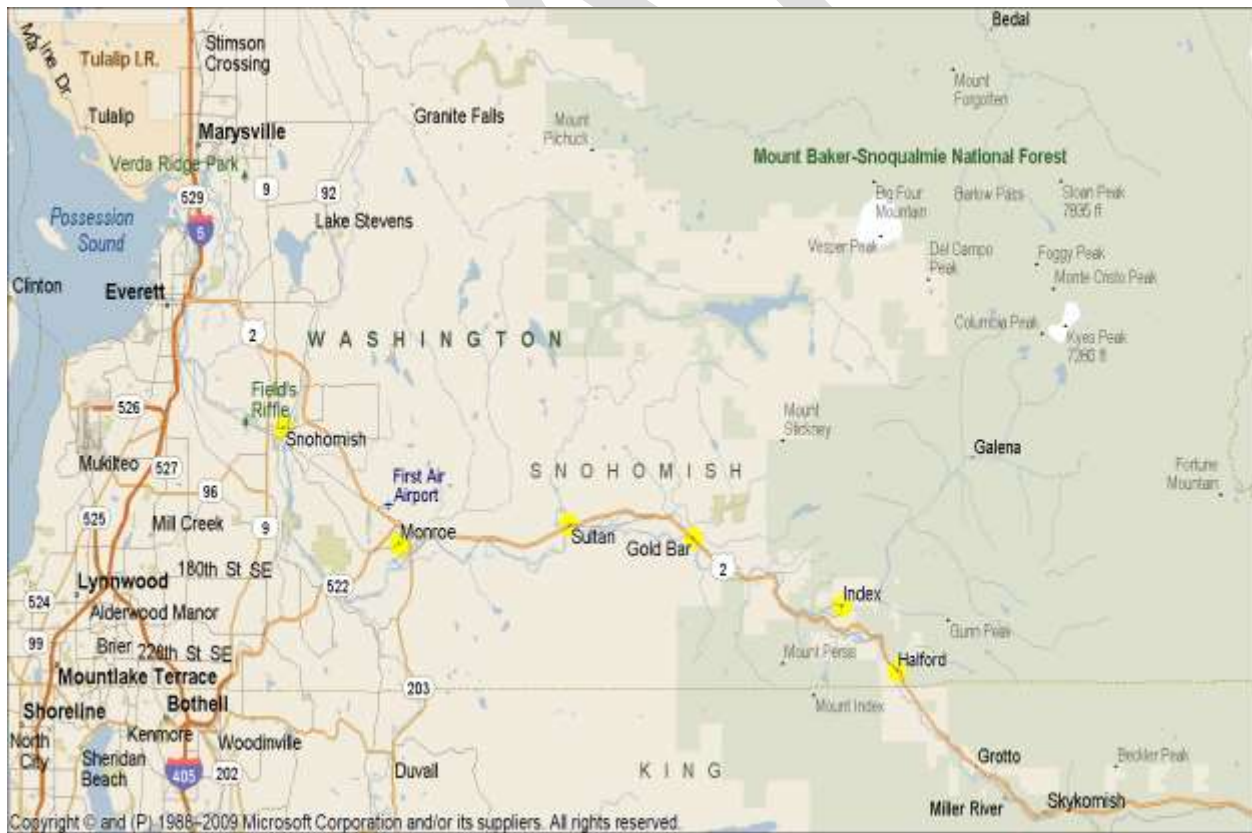


Figure 1. Map of Sky Valley, Washington centered around City of Monroe

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A health profile is a statistical summary of health status defined by access to services, health status, workforce, health behaviors, and health outcomes of the population. The data for Sky Valley is compared to all of Snohomish County, the State of Washington and the United States

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NOTE: Data is not available for all indicators for the City of Monroe /Sky Valley—displayed in gray shading.

HEALTH PROFILE OF CITY OF MONROE, WASHINGTON & SKY VALLEY

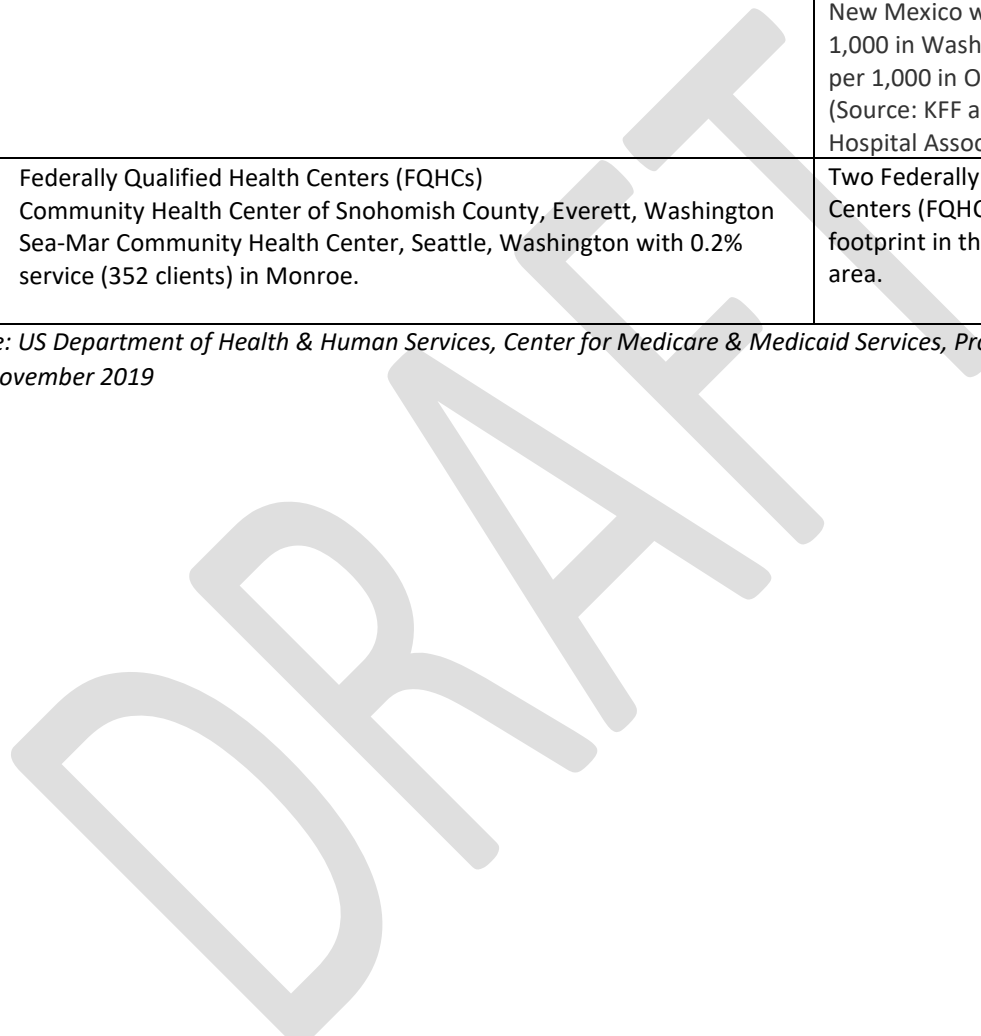
ACCESS	'TIMELY USE OF PERSONAL HEALTH SERVICES TO ACHIEVE THE BEST OUTCOME'					
Percent of Uninsured Population	AREA		PERCENT UNINSURED			
	City of Monroe & Sky Valley		5%			
	Snohomish County		6%			
	State of Washington		7%			
	United States		10%			
Ratio of Primary Care Physicians to Population, 2017	<ul style="list-style-type: none"> Ratio of Primary Care Physicians to Population, 2017 					
	AREA	TOTAL POPULATION	PRIMARY CARE PHYSICIANS	RATIO OF POPULATION TO PRIMARY CARE PROVIDERS		
	City of Monroe & Sky Valley	58,154	176	330:1		
	Snohomish County	748,088	412	1,900:1		
	State of Washington	6,949,743	5,887	1,180.4:1		
	United States	304,930,125	228,936	1,330:1		
Red font indicates a Barrier to Primary Care Health Access compared to County, State & U.S. ratios.						
Ratio of Population to Mental & Dental Health Providers, 2017	<ul style="list-style-type: none"> Mental Health Providers 413.8 per 100,000 					
	AREA	TOTAL POPULATION	RATIO OF POPULATION TO MENTAL HEALTH PROVIDERS	RATIO OF POPULATION TO DENTAL HEALTH PROVIDERS		
	City of Monroe & Sky Valley	58,154				
	Snohomish County	748,088	310:1	1,380:1		
	State of Washington	6,949,743	270:1	1,230:1		
	United States	304,930,125	400:1	1,450:1		
Source: University of Wisconsin Population Health Institute, County Health Rankings, 2017						
Lack of Consistent Source of Primary Medical Care	<ul style="list-style-type: none"> Do you have one person you think of as your personal doctor or health care provider? 					
	AREA	YES	MORE THAN ONE	NONE		
	City of Monroe & Sky Valley					
	Snohomish County	72.1%	6.7%	21.2%		
	State of Washington	69.3%	6.2%	24.5%		
U.S.	68.9%	6.6%	23.0%			
Frequency of Routine Physical Health Checkup	<ul style="list-style-type: none"> About how long has it been since you last visited a doctor for a routine checkup? 					
	AREA	LAST YEAR	LAST 2 YEARS	LAST 5 YEARS	OVER 5 YEARS	NEVER
	City of Monroe & Sky Valley					
	Snohomish County	74.5%	13.4%	6.1%	5.4%	0.6%
	State of Washington	71.6%	14.3%	7.4%	5.8%	1.0%
	U.S.	77.6%	10.7%	6.2%	5.5%	0.7%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2019.

HEALTH PROFILE OF CITY OF MONROE, WASHINGTON & SKY VALLEY

HEALTH WORKFORCE	NARRATIVE
<ul style="list-style-type: none"> • Hospitals (1) Evergreen Health – 27 beds, Monroe, Washington (2) Providence Regional – 514 beds, Everett, Washington 	<p>A report from the Kaiser Family Foundation, an independent health care research organization, shows Washington and Oregon are the only two states with fewer hospital beds per capita than New Mexico. There are 1.8 hospital beds per capita in New Mexico with 1.7 per 1,000 in Washington and 1.6 per 1,000 in Oregon (Source: KFF and American Hospital Association, 2019).</p>
<ul style="list-style-type: none"> • Federally Qualified Health Centers (FQHCs) (1) Community Health Center of Snohomish County, Everett, Washington (2) Sea-Mar Community Health Center, Seattle, Washington with 0.2% service (352 clients) in Monroe. 	<p>Two Federally Qualified Health Centers (FQHCs) have a small footprint in the Sky Valley area.</p>

Source: US Department of Health & Human Services, Center for Medicare & Medicaid Services, Provider of Services File. November 2019



HEALTH PROFILE OF CITY OF MONROE, WASHINGTON & SKY VALLEY

SELF-REPORTED HEALTH STATUS			NARRATIVE																					
<ul style="list-style-type: none"> Overall Health Status, Self-Reported <table border="1"> <thead> <tr> <th>AREA</th> <th>GOOD HEALTH</th> <th>FAIR OR POOR HEALTH</th> </tr> </thead> <tbody> <tr> <td>City of Monroe & Sky Valley</td> <td></td> <td></td> </tr> <tr> <td>Snohomish County</td> <td>86.9%</td> <td>13.1%</td> </tr> <tr> <td>State of Washington</td> <td>83.8%</td> <td>16.2%</td> </tr> <tr> <td>U.S.</td> <td>82.0%</td> <td>18.0%</td> </tr> </tbody> </table>			AREA	GOOD HEALTH	FAIR OR POOR HEALTH	City of Monroe & Sky Valley			Snohomish County	86.9%	13.1%	State of Washington	83.8%	16.2%	U.S.	82.0%	18.0%	<p>The self-reported overall health status for Snohomish County is better than that of the State of Washington or the U.S.</p>						
AREA	GOOD HEALTH	FAIR OR POOR HEALTH																						
City of Monroe & Sky Valley																								
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<ul style="list-style-type: none"> Poor Physical Health, Self-Reported, Days in Prior Month <table border="1"> <thead> <tr> <th>DAYS WHEN PHYSICAL HEALTH NOT GOOD</th> <th>CITY OF MONROE & SKY VALLEY</th> <th>SNOHOMISH COUNTY</th> <th>STATE OF WASHINGTON</th> <th>UNITED STATES</th> </tr> </thead> <tbody> <tr> <td>Zero days</td> <td></td> <td>61.6%</td> <td>59.9%</td> <td>63.1%</td> </tr> <tr> <td>1-13 days</td> <td></td> <td>28.6%</td> <td>27.9%</td> <td>24.6%</td> </tr> <tr> <td>14 days+</td> <td></td> <td>9.8%</td> <td>12.2%</td> <td>12.6%</td> </tr> </tbody> </table>			DAYS WHEN PHYSICAL HEALTH NOT GOOD	CITY OF MONROE & SKY VALLEY	SNOHOMISH COUNTY	STATE OF WASHINGTON	UNITED STATES	Zero days		61.6%	59.9%	63.1%	1-13 days		28.6%	27.9%	24.6%	14 days+		9.8%	12.2%	12.6%	<p>Self-reported physical health status for Snohomish County is worse, as noted in red font, at 1-13 days than the State of Washington which is worse than that reported nationwide. At 14 days+, it is better than for either comparator.</p>	
DAYS WHEN PHYSICAL HEALTH NOT GOOD	CITY OF MONROE & SKY VALLEY	SNOHOMISH COUNTY	STATE OF WASHINGTON	UNITED STATES																				
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DAYS WHEN MENTAL HEALTH NOT GOOD	CITY OF MONROE & SKY VALLEY	SNOHOMISH COUNTY	STATE OF WASHINGTON	UNITED STATES																				
Zero days		57.9%	58.7%	61.4%																				
1-13 days		29.8%	27.7%	25.0%																				
14 days+		12.3%	13.6%	13.8%																				
<ul style="list-style-type: none"> Poor Dental Health, Self-Reported: "Have you visited the dentist or dental clinic within the past year for any reason?" <table border="1"> <thead> <tr> <th>AREA</th> <th>YES</th> <th>NO</th> </tr> </thead> <tbody> <tr> <td>City of Monroe & Sky Valley</td> <td></td> <td></td> </tr> <tr> <td>Snohomish County</td> <td>73.1%</td> <td>26.9%</td> </tr> <tr> <td>State of Washington</td> <td>69.2%</td> <td>30.8%</td> </tr> <tr> <td>U.S.</td> <td>67.6%</td> <td>32.4%</td> </tr> </tbody> </table>			AREA	YES	NO	City of Monroe & Sky Valley			Snohomish County	73.1%	26.9%	State of Washington	69.2%	30.8%	U.S.	67.6%	32.4%	<p>Self-reported dental health access is much better for Snohomish County than for the State of Washington or for the United States.</p>						
AREA	YES	NO																						
City of Monroe & Sky Valley																								
Snohomish County	73.1%	26.9%																						
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Source: [Behavioral Risk Factor Surveillance System \(BRFSS\)](#), 2019

HEALTH PROFILE OF CITY OF MONROE, WASHINGTON & SKY VALLEY

HEALTH BEHAVIORS			NARRATIVE															
<ul style="list-style-type: none"> Alcohol Consumption, Heavy Alcohol Consumption <table border="1"> <thead> <tr> <th>AREA</th> <th>ADULT POPULATION</th> <th>% OF ADULTS REPORTING EXCESSIVE DRINKING</th> </tr> </thead> <tbody> <tr> <td>City of Monroe & Sky Valley</td> <td>44,255</td> <td>16.82%</td> </tr> <tr> <td>Snohomish County</td> <td>814,901</td> <td>17.11%</td> </tr> <tr> <td>State of Washington</td> <td>7,535,591</td> <td>17.11%</td> </tr> <tr> <td>United States</td> <td>327,167,434</td> <td>19.17%</td> </tr> </tbody> </table> <p><i>Source for Sky Valley:</i> 2016 Health Profile for Cities of Sultan, Snohomish and Monroe/Sky Valley area.</p>			AREA	ADULT POPULATION	% OF ADULTS REPORTING EXCESSIVE DRINKING	City of Monroe & Sky Valley	44,255	16.82%	Snohomish County	814,901	17.11%	State of Washington	7,535,591	17.11%	United States	327,167,434	19.17%	<p>This indicator is defined as 2 or more drinks for men/women or 1 or more drinks per day over the past 30 days.</p> <p>The City of Monroe/Sky Valley is better than the figures for Snohomish County, which is equal to the State of Washington and all are better than that reported nationwide.</p>
AREA	ADULT POPULATION	% OF ADULTS REPORTING EXCESSIVE DRINKING																
City of Monroe & Sky Valley	44,255	16.82%																
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<ul style="list-style-type: none"> Binge Drinking <table border="1"> <thead> <tr> <th>AREA</th> <th>ADULT POPULATION</th> <th>% BINGE DRINKING IN PAST 30 DAYS</th> </tr> </thead> <tbody> <tr> <td>City of Monroe & Sky Valley</td> <td>44,255</td> <td>12.8%</td> </tr> <tr> <td>Snohomish County</td> <td>814,901</td> <td>14.6%</td> </tr> <tr> <td>State of Washington</td> <td>7,535,591</td> <td>15.9%</td> </tr> <tr> <td>United States</td> <td>327,167,434</td> <td>16.9%</td> </tr> </tbody> </table>			AREA	ADULT POPULATION	% BINGE DRINKING IN PAST 30 DAYS	City of Monroe & Sky Valley	44,255	12.8%	Snohomish County	814,901	14.6%	State of Washington	7,535,591	15.9%	United States	327,167,434	16.9%	<p>Similarly, binge drinking, defined as a drinking episode of 5 or more drinks for men and 4 or more drinks for women within a 2-hour period, is lower than that of Snohomish County, the State of Washington or the United States.</p>
AREA	ADULT POPULATION	% BINGE DRINKING IN PAST 30 DAYS																
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United States	327,167,434	16.9%																
<ul style="list-style-type: none"> Tobacco Consumption, Current Smokers, Age 18+, 2019 <table border="1"> <thead> <tr> <th>AREA</th> <th>POPULATION AGE 18+</th> <th>% OF ADULT CURRENT SMOKERS</th> </tr> </thead> <tbody> <tr> <td>City of Monroe & Sky Valley</td> <td>44,255</td> <td>10.8%</td> </tr> <tr> <td>Snohomish County</td> <td>814,901</td> <td>10.0%</td> </tr> <tr> <td>State of Washington</td> <td>7,535,591</td> <td>12.7%</td> </tr> <tr> <td>United States</td> <td>327,167,434</td> <td>16.0%</td> </tr> </tbody> </table> <p><i>Source for Sky Valley:</i> 2016 Health Profile for Cities of Sultan, Snohomish and Monroe/Sky Valley area.</p>			AREA	POPULATION AGE 18+	% OF ADULT CURRENT SMOKERS	City of Monroe & Sky Valley	44,255	10.8%	Snohomish County	814,901	10.0%	State of Washington	7,535,591	12.7%	United States	327,167,434	16.0%	<p>Tobacco consumption is specifically defined as current smoking by adults, age 18 or older.</p> <p>This indicator is almost identical for the City of Monroe/Sky Valley as Snohomish County. The State of Washington has a higher rate and the United States figure is much higher.</p>
AREA	POPULATION AGE 18+	% OF ADULT CURRENT SMOKERS																
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<ul style="list-style-type: none"> Physical Inactivity <table border="1"> <thead> <tr> <th>AREA</th> <th>POPULATION AGE 20+</th> <th>% OF ADULTS REPORTING NO LEISURE TIME PHYSICAL ACTIVITY</th> </tr> </thead> <tbody> <tr> <td>City of Monroe & Sky Valley</td> <td>40,800</td> <td>17.0%</td> </tr> <tr> <td>Snohomish County</td> <td>602,792</td> <td>17.0%</td> </tr> <tr> <td>State of Washington</td> <td>5,593,032</td> <td>16.0%</td> </tr> <tr> <td>United States</td> <td>243,068,284</td> <td>22.1%</td> </tr> </tbody> </table> <p><i>Source for Sky Valley:</i> 2016 Health Profile for Cities of Sultan, Snohomish and Monroe/Sky Valley area.</p>			AREA	POPULATION AGE 20+	% OF ADULTS REPORTING NO LEISURE TIME PHYSICAL ACTIVITY	City of Monroe & Sky Valley	40,800	17.0%	Snohomish County	602,792	17.0%	State of Washington	5,593,032	16.0%	United States	243,068,284	22.1%	<p>Self-reported physical inactivity is defined as 'no leisure time physical activity' within the past week prior to the Survey (Behavioral Risk Factor Surveillance System).</p> <p>The City of Monroe and Sky Valley area are slightly higher than the percent reported for the State of Washington but lower than the nationwide percentage.</p>
AREA	POPULATION AGE 20+	% OF ADULTS REPORTING NO LEISURE TIME PHYSICAL ACTIVITY																
City of Monroe & Sky Valley	40,800	17.0%																
Snohomish County	602,792	17.0%																
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Source: Centers for Disease Control & Prevention, National Center for Chronic Disease Prevention & Promotion, 2017.

HEALTH OUTCOMES				
• Birth Outcomes				
OUTCOME	CITY OF MONROE & SKY VALLEY	SNOHOMISH COUNTY	STATE OF WASHINGTON	U.S.
Birth Rate (live births/1,000)	11.5	12.9	11.6	11.4
Teen Birth Rate (15-19)	12.2	13.4	12.7	16.7
% Women receiving prenatal care in first trimester	80.2%	79.6%	78.9%	77.6%
% Births to women reported smoking while pregnant	9.2%	7.8%	8.1%	6.5%
% Live births occurring pre-term (under 37 weeks)	9.5%	9.2%	8.4%	10.2%
% Low-Birth Weight Births	5.3%	6.1%	6.4%	8.3%
% High-Birth Weight Births	14.6%	12.1%	12.2%	12.5%
Infant Mortality Rate per 1,000 live births	1.5	3.6	4.1	5.9

Source: Washington State Department of Health, Center for Health Statistics (CHS), Birth Certificate Data, 2019 & Centers for Disease Control & Prevention, National Center for Health Statistics/National Vital Statistics System, 2019.

NARRATIVE: Three indicators, displayed in red font, are worse than the percentages reported for Birth Outcomes at the County, State and National levels.

- (1) Percentage of Births to women reporting smoking while pregnant: much higher than the national rate, and higher than the County or State percentage.
- (2) Live Births occurring pre-term (37 weeks versus full-term of 40 weeks): slightly higher for the City of Monroe/Sky Valley than for Snohomish County and State of Washington but lower than the national percentage.
- (3) Percentage of high-birth weights: This indicator typically represents gestational diabetes or obesity in the pregnant mother. **This indicator is significantly higher for the City of Monroe/Sky Valley** than at the other three levels.

MENTAL HEALTH		
<ul style="list-style-type: none"> National ranking of Washington State to the United States for Mental Health 		
MEASURE OF MENTAL HEALTH	WASHINGTON	
Access (to insurance, treatment, providers)	25	
Adult mental health	46	
Youth mental health	43	
Prevalence of Mental Illness	48	
Overall	31	
Source: <i>Mental Health America, 2019</i>		
<ul style="list-style-type: none"> Measures that comprise above Rankings 		
ACCESS	ADULT	YOUTH
1. Adults with AMI who Did Not Receive Treatment	1. Adults with Any Mental Illness (AMI)	1. Youth with At Least One Major Depressive Episode (MDE) in the Past Year
2. Adults with AMI Reporting Unmet Need	2. Adults with Substance Use Disorder in the Past Year	2. Youth with Substance Use of Disorder in the Past Year
3. Adults with AMI who are Uninsured	3. Adults with Serious Thoughts of Suicide	3. Youth with Severe MDE
4. Adults with MH Disability who Could Not See a Doctor Due to Costs	4. Adults with AMI who are Uninsured	4. Youth with MDE who Did Not Receive Mental Health Services
5. Youth with MDE who Did Not Receive Mental Health Services	5. Adults with AMI who Did Not Receive Treatment	5. Youth with Severe MDE who Received Some Consistent Treatment
6. Youth with Severe MDE who Received Some Consistent Treatment	6. Adults with AMI Reporting Unmet Need	6. Children with Private Insurance that Did Not Cover Mental or Emotional Problems
7. Children with Private Insurance that Did Not Cover Mental or Emotional Problems	7. Adults with Disability Who Could Not See a Doctor Due to Costs	7. Students Identified with Emotional Disturbance for an Individualized Education Program.
8. Students Identified with Emotional Disturbance for an Individualized Education Program		
<ul style="list-style-type: none"> Mental Health (Average number of mentally unhealthy days reported in past 30 days (age-adjusted), 2017 		
AREA	AVERAGE POOR MENTAL HEALTH DAYS	
City of Monroe & Sky Valley	4.3 days	
Snohomish County	3.7 days	
State of Washington	4.1 days	
U.S.	4.0 days	
Source: <i>Behavioral Risk Factor Surveillance System (BRFSS), 2019.</i>		

NARRATIVE: While the area (Sky Valley, Snohomish County) rank among the healthiest overall (Snohomish County is ranked #7 among the 39 counties in the State of Washington and the State ranks # in the U.S.), it ranks poorly for mental health status. Mental illness includes a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Any mental illness includes persons who have mild mental illness, moderate mental illness, and serious mental illness.

SUBSTANCE USE				
• Drug Overdose Deaths (Number of drug poisoning deaths per 100,000 population), 2016-2018				
DEATHS	CITY OF MONROE & SKY VALLEY	SNOHOMISH COUNTY	STATE OF WASHINGTON	UNITED STATES
# of drug poisoning deaths per 100,000	12	423	1,259	70,630
Rate of deaths per 100,000 population Due to drug overdose	20.6	15	15.8	22
<i>Source: National Center for Health Statistics, 2016-2018</i>				
• Alcohol-Impaired driving deaths, 2014-2018 (% of driving deaths with alcohol involved)				
TYPE	CITY OF MONROE & SKY VALLEY	SNOHOMISH COUNTY	STATE OF WASHINGTON	UNITED STATES
% of deaths while driving involving alcohol	24%	22%	22%	30%
<i>Source: Fatality Analysis Report System (FARS), 2014-2018</i>				

NARRATIVE: The two substance use measures are both mortality driven, with limited substance use disorder data included in the national ranking (Adult metric #4 in prior table). Both mortality measures are troubling for the City of Monroe /Sky Valley compared to Snohomish County and the State of Washington.

DISABILITIES				
<ul style="list-style-type: none"> Population with any Disability 				
AREA	TOTAL POPULATION	POPULATION WITH A DISABILITY	% POPULATION WITH A DISABILITY	
City of Monroe & Sky Valley	58,154	8,781	15.1%	
Snohomish County	788,537	92,729	11.76%	
State of Washington	7,293,096	924,708	12.68%	
U.S.	319,706,872	40,335,099	12.62%	
Source: U.S. Census Bureau, American Community Survey, 2015-2019 by Census Tract.				
<ul style="list-style-type: none"> Population with Disability by Percent of Population by Type 				
TYPE	CITY OF MONROE & SKY VALLEY	SNOHOMISH COUNTY	STATE OF WASHINGTON	UNITED STATES
Hearing	9.2%	9.0%	8.7%	9.1%
Vision	15.2%	15.1%	15.1%	15.4%
Cognitive/Emotional	33.2%	31.7%	26.2%	27.9%
Ambulatory	19.2%	19.4%	20.0%	20.9%
Self-Care	8.2%	8.5%	9.4%	10.6%
Independent Living	15.0%	16.3%	20.6%	16.1%
TOTAL DISABILITIES	8,781	92,729	924,708	40,335,099
% TOTAL DISABILITIES	15.1%	11.8%	12.7%	12.6%
<ul style="list-style-type: none"> Population with Disability by Percent of Population 				
TYPE	CITY OF MONROE & SKY VALLEY	SNOHOMISH COUNTY	STATE OF WASHINGTON	UNITED STATES
Hearing	2.0%	1.9%	2.2%	2.3%
Vision	3.9%	3.9%	3.9%	3.6%
Cognitive/Emotional	7.9%	7.5%	6.4%	5.1%
Ambulatory	4.7%	4.8%	4.9%	6.8%
Self-Care	2.0%	2.1%	2.4%	2.6%
Independent Living	4.2%	4.5%	5.1%	5.6%
TOTAL DISABILITIES	8,781	92,729	924,708	40,335,099
% TOTAL DISABILITIES	15.1%	11.8%	12.7%	12.6%

Source: www.disabilitystatistics.org/StatusReports/2018

NARRATIVE: The population of the City of Monroe has a higher percentage reporting ‘any disability’ than that at the County, State or National levels. The City of Monroe/Sky Valley has a high (15.1%) of total population reporting ‘any disability’, significantly higher than the County, State or Nation.

By type of disability, the highest percentage, similar to that of the other three comparators, is for cognitive/emotional disability which equates with mental health or neurocognitive issues.

This rate is higher for the City of Monroe/Sky Valley than for Snohomish County, the State of Washington or the United States. **It is the only disability by type that is significantly higher, as noted in red font.** By percent of population, it is also the only type of disability that is higher compared to the County, State or Country.

HEALTH PROFILE OF CITY OF MONROE, WASHINGTON & SKY VALLEY

CLINICAL CARE & PREVENTION				NARRATIVE	
<ul style="list-style-type: none"> Cancer Screening by women age 35 and older 				<p>The low rate of recent mammograms (American Cancer Society recommends every year for women age 35-54 and every other year for women 55 and over), is slightly lower for the City of Monroe and Sky Valley region and for Snohomish County.</p>	
AREA	ELIGIBLE POPULATION	ELIGIBLE FEMALES WITH RECENT MAMMOGRAM	% ELIGIBLE FEMALES WITH RECENT MAMMOGRAM		
City of Monroe & Sky Valley	13,922	4,038	29%		
Snohomish County	217,053	60,775	28%		
State of Washington	1,992,404	597,721	30%		
U.S.	89,200,056	33,004,020	37%		
<ul style="list-style-type: none"> Colorectal Cancer Screening, Age 50-75 that had a Colonoscopy in past 10 years, 2018 				<p>Colorectal screening defined as a Colonoscopy in the past 10 years for the age group between 50 and 75, is near equivalent at the County, State & National levels.</p>	
AREA	YES	NO			
City of Monroe & Sky Valley					
Snohomish County	63.1%	36.9%			
State of Washington	64.2%	35.8%			
U.S.	64.3%	35.7%			
<ul style="list-style-type: none"> Prostate Cancer Screening: Men aged 40+ who have had a PSA test in past 2 years, 2018 				<p>Prostate Cancer screening defined as a Prostate-Specific Antigen (PSA) test for men over 40 in the past 2 years is better for Snohomish County than at the State or National levels.</p>	
AREA	YES	NO			
City of Monroe & Sky Valley					
Snohomish County	25.5%	74.5%			
State of Washington	26.4%	73.6%			
U.S.	33.2%	66.8%			
<ul style="list-style-type: none"> Diabetes Management for Medicare Enrollees (Annual A1c blood test) 				<p>This indicator reports the % of diabetic patient with a hemoglobin A1c test in the past year.</p> <p>The rate of this blood test measuring the 3-month average of blood glucose for diabetics, is better for Snohomish County compared to the State or Nation.</p>	
AREA	MEDICARE ENROLLEES	MEDICARE ENROLLEES WITH DIABETES	MEDICARE ENROLLEES WITH DIABETICS WITH ANNUAL A1C		% MEDICARE ENROLLEES WITH DIABETES WITH ANNUAL A1C
City of Monroe & Sky Valley					
Snohomish County	41,502	3,925	3,471		88.5%
State of Washington	610,922	56,474	48,900		86.6%
U.S.	26,937,083	2,919,457	2,501,671	85.7%	

Source: Centers for Disease Control & Prevention, National Center for Health Statistics, 2018

CHRONIC HEALTH CONDITIONS					
CANCER	● Have you ever been told that you have cancer?				
	AREA	YES	NO		
	City of Monroe & Sky Valley				
	Snohomish County	6.7%	93.3%		
	State of Washington	7.6%	92.4%		
	U.S.	7.3%	92.7%		
	● Have you ever been told that you have skin cancer?				
	AREA	YES	NO		
	City of Monroe & Sky Valley				
	Snohomish County	5.4%	94.6%		
State of Washington	6.3%	93.7%			
U.S.	6.6%	93.4%			
CARDIAC	● Have you ever been told that you have angina or coronary heart disease?				
	AREA	YES	NO		
	City of Monroe & Sky Valley				
	Snohomish County	2.7%	97.3%		
	State of Washington	3.4%	96.6%		
	U.S.	3.9%	96.1%		
	● Have you ever been told that you had a heart attack?				
	AREA	YES	NO		
	City of Monroe & Sky Valley				
	Snohomish County	2.5%	97.5%		
State of Washington	3.6%	96.4%			
U.S.	4.3%	95.7%			
COPD	● Have you ever been told that you have Chronic Obstructive Pulmonary Disease (COPD)?				
	AREA	YES	NO		
	City of Monroe & Sky Valley				
	Snohomish County	3.8%	96.2%		
	U.S.	6.5%	93.5%		
DIABETES	● Have you ever been told that you have Diabetes?				
	AREA	YES	YES: Pregnancy Related	NO: Pre-Diabetes or Borderline	NO
	City of Monroe & Sky Valley				
	Snohomish County	8.1%	1.2%	1.6%	89.1%
	State of Washington	9.4%	1.2%	1.7%	87.8%
	U.S.	10.7%	1.0%	1.9%	86.0%

NARRATIVE: All chronic conditions for the four self-reported diseases are better for Snohomish County than that of the State of Washington or the United States.

CHRONIC HEALTH CONDITIONS			NARRATIVE	
DEPRESSION	<ul style="list-style-type: none"> Mental Health: "Have you ever been told that you have a form of depression?" 		The self-reported rate of depression is slightly lower for Snohomish County than that of the State of Washington, but slightly higher than for the United States.	
	AREA	YES		NO
	City of Monroe & Sky Valley			
	Snohomish County	23.1%		76.9%
	State of Washington	24.2%		75.8%
U.S.	19.9%	80.1%		
Source: Behavioral Risk Factor Surveillance System (BRFSS), 2019				
<ul style="list-style-type: none"> Hospitalizations – Preventable Conditions 			This indicator reports preventable hospitalizations for Medicare beneficiaries for ten common conditions. The rate for Snohomish County and the State of Washington are significantly better than for the U.S., as noted in green font .	
AREA	MEDICARE BENEFICIARIES	PREVENTABLE HOSPITALIZATIONS, RATE PER 100,000		
City of Monroe & Sky Valley				
Snohomish County	53,485	2,928/100,000		
State of Washington	781,396	2,976/100,000		
U.S.	33,648,235	4,624/100,000		
TEN CONDITIONS RELATED TO PREVENTABLE CONDITIONS				
1. Diabetes with short-term complications 2. Diabetes with long-term complications 3. Uncontrolled Diabetes 4. Diabetes with lower extremity amputation 5. Chronic Obstructive Pulmonary Disease		6. Asthma 7. Hypertension 8. Heart Failure 9. Bacterial pneumonia 10. Urinary Tract Infection		

Source: Centers for Medicare & Medicaid Services, Mapping Disparities Tool, 2017 & Washington State Department of Health, Center for Health Statistics, 2017.

NARRATIVE: The comparatively better health status, as displayed for the prior chronic health conditions is further seen in Vital Statistics research displayed on the next page.

Life Expectancy at birth is 1.8 years longer for residents of the City of Monroe/Sky Valley than for all Snohomish County as noted in **green font**.

Age-Adjusted Mortality as defined as deaths/100,000 population is also lower for the City of Monroe/Sky Valley than for Snohomish County.

Total Years of Potential Life Lost as defined as number of years lost due to death before age 65, is significantly lower (good) than that reported for all Snohomish County residents.

Areas of concern are in the detail by Cause of Death with problem (higher than for the County, State or Nation) noted in **red font**.

Specific concerns are for Cardiac Disease, Chronic Lower Respiratory Disease, Diabetes, and Suicide, as noted in **red font**.

Areas that are better than the comparators include death by Cancer, Alzheimer’s Disease and Influenza or Pneumonia, as noted in **green font**.

HEALTH PROFILE OF CITY OF MONROE, WASHINGTON & SKY VALLEY

MORTALITY				
<ul style="list-style-type: none"> Life Expectancy at Birth 				
AREA	Life Expectancy at Birth (in years)	Age-Adjusted Mortality (deaths/100,000)	Total Years of Potential Life Lost relative to Age 65 (years/100,000)	
City of Monroe & Sky Valley	82.1	599	2,629	
Snohomish County	80.3	690.6	3,259	
<ul style="list-style-type: none"> Top Ten Causes of Death (Rate of deaths per 100,000 population) 				
CAUSE OF DEATH	CITY OF MONROE & SKY VALLEY	SNOHOMISH COUNTY	STATE OF WASHINGTON	U.S.
Cardiovascular Disease	192.1	190.5	134.8	161.5
Cancer	130.6	157.8	143.4	146.2
Unintentional Injuries	48.9	43.2	43.4	49.3
Alzheimer's Disease	26.9	45.4	42.2	29.8
Cerebrovascular Accident/Stroke	36.0	34.0	35.0	37.0
Chronic Lower Respiratory Disease	41.2	40.6	33.9	38.2
Diabetes	29	25.6	20.5	21.6
Suicide	16.3	16.3	15.9	13.9
Chronic Liver Disease & Cirrhosis	8.2	9.8	12.3	11.9
Influenza & Pneumonia	3.8	9	10	12.3
<ul style="list-style-type: none"> Top Ten Causes of Death (Percent of Total Deaths) 				
CAUSE OF DEATH	CITY OF MONROE & SKY VALLEY	SNOHOMISH COUNTY	STATE OF WASHINGTON	U.S.
Cardiovascular Disease	29.8%	27.3%	20.3%	23.1%
Cancer	22.4%	23.6%	22.2%	21.0%
Unintentional Injuries	9.2%	6.6%	6.1%	6.1%
Chronic Lower Respiratory Disease	6.8%	5.6%	6.5%	5.5%
Stroke	5%	6%	5.3%	5.3%
Diabetes	4.4%	3.8%	3.2%	3.1%
Alzheimer's Disease	3.7%	6%	6.5%	4.3%
Suicide	3.4%	2.6%	2.3%	1.7%
Chronic Liver Disease & Cirrhosis	2.4%	1.7%	1.7%	1.7%
Kidney Disease (ESRD)	1%	1.6%	0.8%	1.8%
Influenza & Pneumonia	0.68%	1.3%	1.8%	1.7%
<ul style="list-style-type: none"> Percent of YPLL relative to age 65 (Years of Potential Life Lost) 				
CAUSE OF DEATH	CITY OF MONROE & SKY VALLEY	SNOHOMISH COUNTY	STATE OF WASHINGTON	U.S.
Cardiovascular Disease	16.6%	11.9%	15.1%	15.2%
Cancer	16.2%	18.4%	18%	17.8%
Unintentional Injuries	29.4%	23.1%	22%	17.8%
Alzheimer's Disease	0%	0.08%	0.02%	0.09%
Chronic Lower Respiratory Disease	0.66%	2.3%	2.1%	1.2%
Stroke	0.5%	0.4%	0.7%	1.0%
Diabetes	0.88%	2.3%	2.5%	2.1%
Suicide	12.8%	12.4%	13.1%	12.6%
Chronic Liver Disease & Cirrhosis	3.7%	3.2%	3.2%	3.4%
Influenza & Pneumonia	1.2%	1%	1.1%	0.9%

Source: Washington State Department of Health, Center for Health Statistics, Death Certificate Data, 2019 & Centers for Disease Control & Prevention, MMWR, 2018.

TECHNICAL NOTES

Population Estimates: Population data are counts of the number of people living in a defined geographic area by selected demographic characteristics. For the City of Monroe and Sky Valley, these are typically counted by census tract.

Access: The timely use of personal health services to achieve the best outcome (Institute of Medicine).

Health Center Penetration: Ratio of the population served by a federally qualified health center to the population with household incomes below 200% of the Federal Poverty Level (FPL). Health Center penetration is capped at a value of one.

Life Expectancy at Birth: The average number of years projected for a person born today if observed mortality rates are unchanged over the course of their life.

Age-Adjusted Mortality: The number of deaths per 100,000 people per year assuming that each SHRA had the same number of people in each age group. Age adjustment is used so that an SHRA with a proportionally larger number of older people—more likely to die because of their age—does not show a relatively higher mortality rate.

Years of Potential Life Lost (YPLL): The number of years lost due to death before age 65.

Leading Causes of Death: The top 10 causes of death accounting for the highest number of deaths.

Birth Rate: Total number of live births per 1,000 persons.

Teen Birth Rate: Live births to females ages 15-19 years of age per 1,000 females, 15-19 years of age

Infant Mortality Rate: Number of infant deaths (less than one year of age) divided by the total number of live births.

Premature Birth: Birth before the start of the 37th week of pregnancy out of normal 40-week pregnancy.

Low Birthweight Babies: Babies weighing less than 2,500 grams at birth (under 5 pounds, 8 ounces).

Very Low Birthweight Babies: Babies weighing less than 1,500 grams at birth (under 3 pounds, 5 ounces).

High Birthweight Babies: Babies weighing more than 4,000 grams at birth (8 pounds, 13 ounces).

Very High Birthweight Babies: Babies weighing more than 4,500 grams at birth (9 pounds, 15 ounces)

LIMITATIONS

This report contains data on a select set of health indicators. Not all data are available at the census-tract or zip-code level. Those indicators for which data is available at the County, State and National levels are noted with the City of Monroe & Sky Valley row shaded in gray.