

Profile of a Typical Rural Resident

In comparison to the State population as a whole, a rural resident tends to:

- *Live either along the Pacific Coast or in Eastern Washington.*
- *Be poorer.*
- *Be older.*
- *Be sicker*, and more likely to be:
 - Overweight or obese.
 - Hospitalized more often.
- *Have a harder time getting health care:*
 - Less likely to have health care coverage.
 - More likely to delay a medical visit due to cost.
 - Less likely to have an annual dental visit.
 - Less likely to be screened for cervical, breast, and colorectal cancers.

Policy Implications

It is crucial to encourage:

- Creation of family-wage jobs in rural areas
- Implementation of health policies and programs that specifically target geographic, economic, and infrastructure barriers.
- Community-based outreach for healthy behaviors and chronic disease management.

Demographic Characteristics	Rural	Urban
Population (2008)	1,065,684	5,597,997
Percent Washington's Land	~60%	~40 %
Percent Population Ages 65 and Over (2008)	16%	12%
Per-capita Income (2007 Dollars)	\$29,632	\$42,831
Poverty Rate (2008)	15%	11%

Health Outcomes (2007-2008)	Small Town/ Isolated Rural	Large Rural Town	Sub-Urban	Urban Core
Adults who are overweight or obese	63% (±2%)	65% (±2%)	63% (±2%)	61% (±1%)
Hospitalization Rates (per 100,000 pop.)*	11,369 per 100,000	11,278 per 100,000	10,694 per 100,000	10,710 per 100,000
Adults with Health Insurance	73% (±2%)	79% (±2%)	84% (±6%)	85% (±1%)
Adults with Unmet Medical Needs	16% (±2%)	14% (±2%)	12% (±1%)	11% (±1%)
Adult Dental Care	64% (±3%)	67% (±3%)	71% (±3%)	75% (±1%)
Adults with a Personal Health Care Provider	75% (±2%)	78% (±2%)	80% (±2%)	79% (±1%)
Colorectal Cancer Screening (ages 50+)	62% (±2%)	64% (±3%)	66% (±3%)	68% (±1%)
Breast Cancer Screening (ages 50 +)	74% (±2%)	77% (±4%)	79% (±3%)	82% (±1%)

* Hospitalization Rates are calculated for 2006-2007