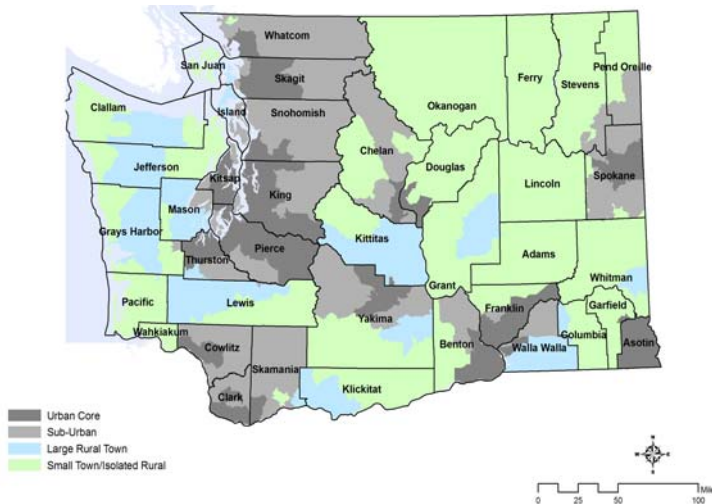


## Rural Washington: Closing Health Disparities (2010 Update)

The Department of Health (DOH) recently updated its state-wide rural health assessment. This included a systematic look at 27 indicators of communicable disease, chronic

### Rural and Urban Areas Based on RUCA Codes



For more information on the Rural-Urban Commuting Area (RUCA) codes, see [Guidelines for Using Rural-Urban Classification Systems for Public Health Assessment](#).

disease prevention, maternal and child health, and access to health care using the most recent two years of data. This update has one new indicator: child health insurance coverage.

These health indicators reflect those used by local health jurisdictions. They are consistent with local, state, and national measures.

The updated assessment identifies 14 indicators for which rural areas are doing less well than the state as a whole (statistically significant difference  $p < 0.05$ ).

Some of the variation could be explained by differences in age structure, gender, race, income, and education. For planning programs in rural areas, it is essential to know what health problems exist. Rural areas are:

### Higher than the state average for:

- percentage of adults who are overweight.
- percentage of adults who smoke.
- percentage of women who smoke cigarettes during their pregnancy.
- rate of teenage births.
- rate of children who are hospitalized due to unintentional injuries.
- percentage of adults who delay seeing a doctor due to cost.

### Lower than the state average for percentage of:

- adults who receive yearly dental care.
- adults with health insurance coverage.
- children with health insurance coverage.
- adults with a personal health care provider.
- adults age 50 and over who receive colorectal cancer screening.
- pregnant women who receive first trimester prenatal care.
- adults who report eating fruits and vegetables 5 or more times per day.
- women age 50 and over who receive breast cancer screening.

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## Rural Health Assessment Indicators

(Proportions of Population at Risk with Specified Health Conditions)

Indicators	Washington State	Large Rural Town	Small Town/ Isolated Rural
1- Adult Overweight/ Obese <i>BRFSS 2007-2008</i>	<b>61% *</b> (±< 1%)	<b>63% *</b> (±2%)	<b>65% *</b> (±2%)
2- Adult Cigarette Smoking <i>BRFSS 2007-2008</i>	<b>16%</b> (±< 1%)	<b>18%</b> (±2%)	<b>19%</b> (±2%)
3- Maternal Cigarette Smoking <i>Birth Certificates 2006-2007</i>	<b>10%</b> (±< 1%)	<b>14%</b> (±<1%)	<b>13%</b> (±<1%)
4- Teen Birth Rate <i>Birth Certificates 2006-2007</i>	<b>16 per 1,000</b> (±< 1 per 1,000)	<b>24 per 1,000</b> (± 2 per 1,000)	<b>25 per 1,000</b> (±2 per 1,000)
5- Childhood Unintentional Injury Hospitalization <i>CHARS 2007-2008</i>	<b>207 per 100,000</b> (±5 per 100,000)	<b>234 per 100,000</b> (±21 per 100,000)	<b>223 per 100,000</b> (±21 per 100,000)
6- Adults with Unmet Medical Need <i>BRFSS 2007-2008</i>	<b>12%</b> (±<1%)	<b>14%</b> (±2%)	<b>16%</b> (±2%)
7- Adult Dental Care <i>BRFSS 2008</i>	<b>73%</b> (±<1%)	<b>67%</b> (±3%)	<b>64%</b> (±3%)
8- Adults with Health Insurance <i>BRFSS 2007-2008</i>	<b>84%</b> (±<1%)	<b>80%</b> (±2%)	<b>73%</b> (±2%)
9- Children with Health Insurance <i>BRFSS 2008</i>	<b>95%</b> (±<1%)	<b>93%</b> (±3%)	<b>91%</b> (±3%)
10- Adults with a Personal Health Care Provider <i>BRFSS 2007-2008</i>	<b>79%</b> (±<1%)	<b>78%</b> (±2%)	<b>75%</b> (±2%)
11- Adult Preventive Cancer Screening—Colorectal <i>BRFSS 2008</i>	<b>68%</b> (±<1%)	<b>64%</b> (±3%)	<b>62%</b> (±2%)
12- First Trimester Prenatal Care <i>Birth Certificates 2006-2007</i>	<b>77% **</b> (±<1%)	<b>77% *</b> (±<1%)	<b>75% *</b> (±<1%)
13- Adult Fruit/Vegetable Consumption <i>BRFSS 2007</i>	<b>26%</b> (±<1%)	<b>26%</b> (±2%)	<b>23%</b> (±2%)
14- Adult Preventive Cancer Screening—Breast <i>BRFSS 2008</i>	<b>81%</b> (±<1%)	<b>77%</b> (±4%)	<b>74%</b> (±3%)

**Missing data:** \*\* 10%-19% missing data, \* 5% -10% missing data

**Key:**  Worse than Washington State (Statistically significant difference  $p < 0.05$ )

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