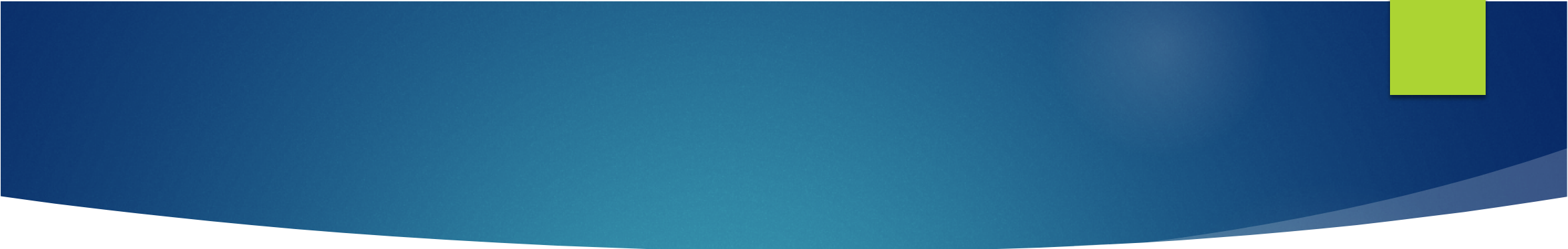




Blue Zones Activate Project: Grays Harbor County

2023



Summit Pacific Medical Center

Community Health Needs
Assessment
2023-2025

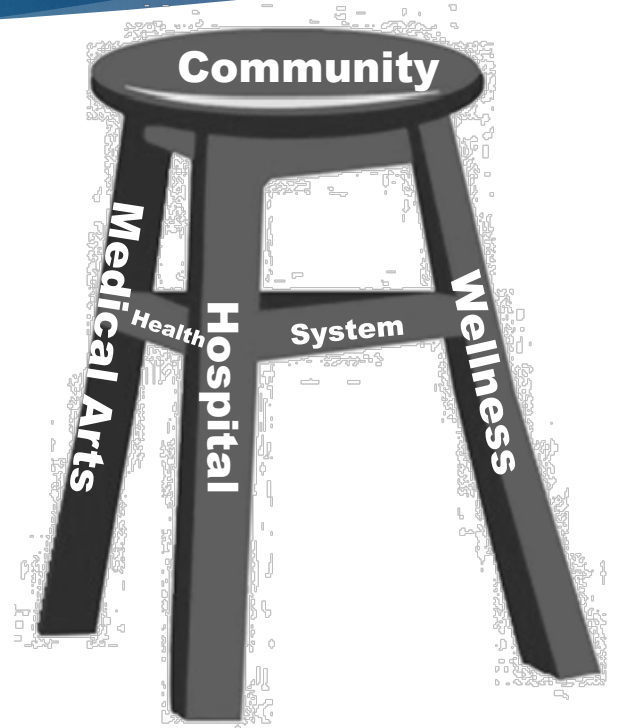
Josh Martin – CEO

Our Mission

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

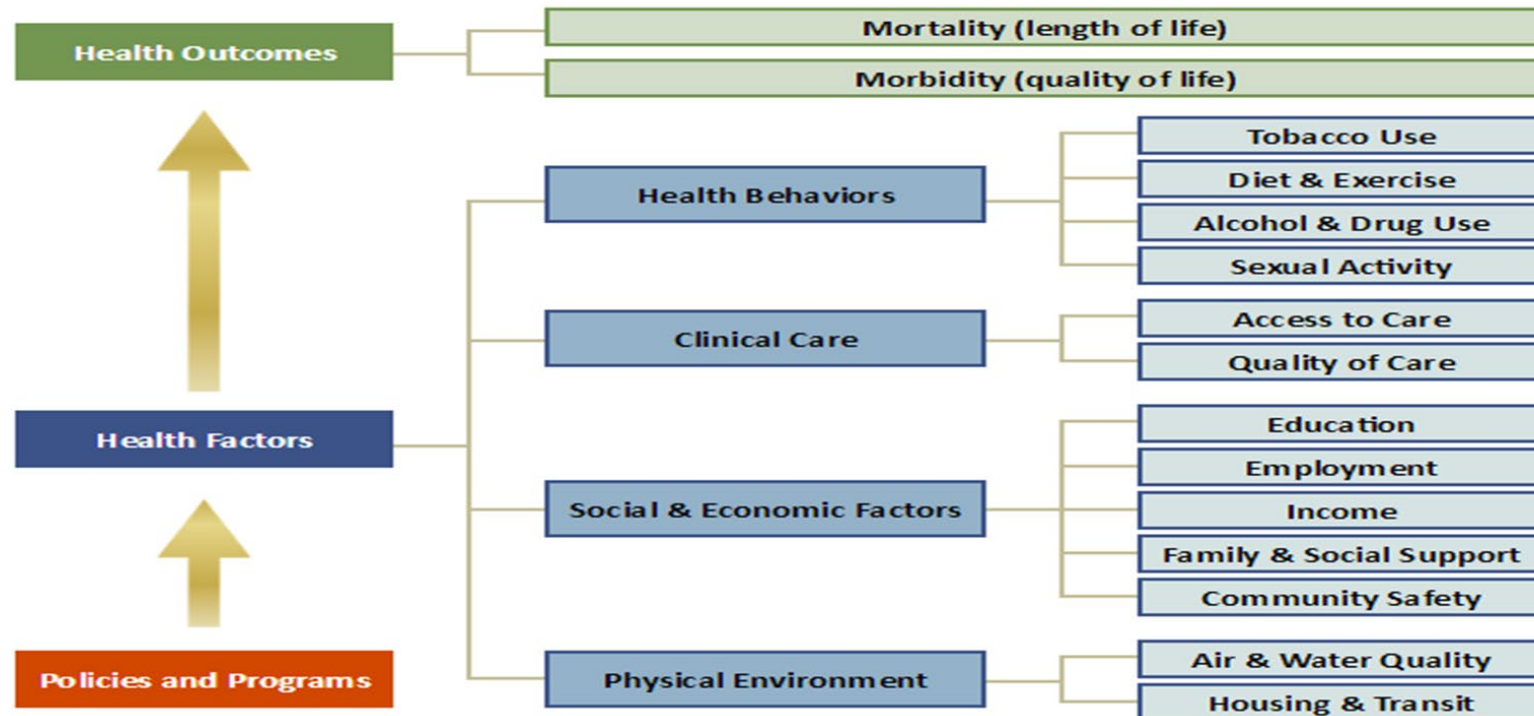
Our Vision

“Through SummitCare we will build the healthiest community in the Nation.”



System of Health and Wellbeing

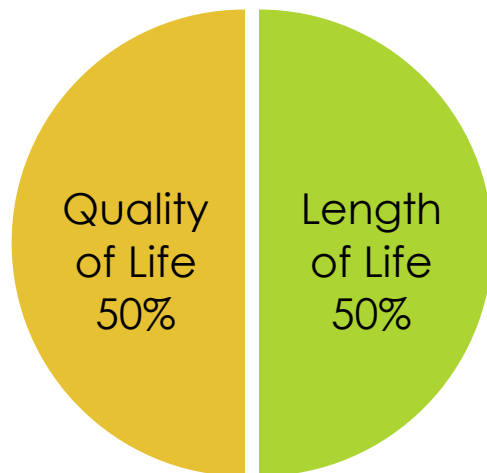
What influences the Health of a Community?



Grays Harbor County Health Rankings

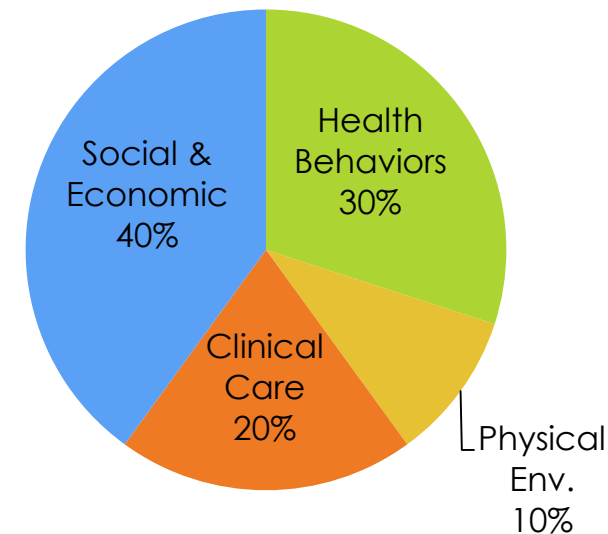
Health Outcomes – 37th

- ▶ “How healthy a county is”
 - ▶ Length of Life (50%) – 37th
 - ▶ Quality of Life (50%) – 34th



Health Factors – 38th

- ▶ “What influences the county”
 - ▶ Health Behaviors– 37th
 - ▶ Clinical Care– 34th
 - ▶ Social & Economic Factors– 36th
 - ▶ Physical Environment– 10th



Health Behaviors (30% of Overall Health Factor Score)

Rank: 37th

Focus Area (with % towards Health Factor Rank)	Grays Harbor County	Washington State	Difference
Adult smoking (10%)	19%	13%	6%
Adult obesity (5%)	36%	28%	8%
Food environment index (2%)	7.4	8.3	-.9
Physical inactivity (2%)	23%	19%	4%
Access to exercise opportunities (1%)	67%	79%	-12%
Excessive drinking (2.5%)	19%	16%	3%
Alcohol-impaired driving deaths (2.5%)	35%	33%	2%
Sexually transmitted infections (2.5%)	399.7	496.3	-96.6
Teen births (2.5%)	23	11	12

Source: County Health Rankings & Roadmaps, 2022

Clinical Care (30% of Overall Health Factor Score)

Rank: 34th

Focus Area (with % towards Health Factor Rank)	Grays Harbor County	Washington State	% Difference
Uninsured (5%)	10%	8%	2%
Primary care physicians (3%)	3000:1	1180:1	-
Dentists (1%)	1950:1	1200:1	-
Mental health providers (1%)	260:1	230:1	-
Preventable hospital stays (5%)	2844	2233	30%
Flu Vaccinations	43%	40%	3%
Mammography screening (2.5%)	34%	40%	-6%

Source: County Health Rankings & Roadmaps, 2022

Community Health Profile Facts

- ▶ The average life expectancy of Grays Harbor residents has increased by more than 2 years since 2000, but overall is 3.5 years less than other WA residents.
- ▶ 24% of Grays Harbor residents have a college or technical degree compared to 42% of WA State.
- ▶ While the state average has stayed level, local adults are reporting more poor mental health days than in previous years.
- ▶ More than 1 in 5 adults, including pregnant women, smoke.
- ▶ 27% of 10th graders report “seriously considering suicide”
- ▶ Substance abuse is prevalent and often co-occurs with mental health problems.

Why are We Here and why Blue Zones?

SUMMIT PACIFIC'S VISION:

"THROUGH SUMMIT CARE WE WILL BUILD THE
HEALTHIEST COMMUNITY IN THE NATION"



Seven vital Conditions that shape Health, Wealth, and Well-being

- ▶ **Basic needs for health and safety**, such as clean air and water, nutritious food, and a safe environment;
- ▶ **Meaningful work and wealth**, including employment, job training, and financial savings and security;
- ▶ **Humane housing**, such as safe structures; affordable costs; diverse neighborhoods; and proximity to work, school, and recreation;
- ▶ **Reliable transportation**, including efficiencies in time and energy use and opportunities for active transportation;

Seven vital Conditions that shape Health, Wealth, and Well-being Cont..

- ▶ **A thriving natural world**, such as a healthy environment and green spaces, and protections from such threats as heat and wind;
- ▶ **Life-long learning**, including literacy and numeracy skills, quality early child education, elementary and high school education, and access to career and adult education; and
- ▶ **Belonging and civic muscle**, conveying a sense of inclusion and the power to influence the policies and practices that shape the world.

BZ Assessment- GHC- Summer 2021

Key Themes:

- Well-being index score low
- Lack of County-Wide shared vision
- Competing interests/municipalities
- Limited Resources
- Competing interest for limited resources = diminishing returns
- Feelings that nothing will change so why try
- Some may resist or even oppose change
- East vs. West
- Lack pride and sense of hopelessness

BZ Assessment- GHC- Summer 2021

1st step to increase community pride/purpose :

- Bring together leadership to commit to shared initiatives
- Accountability and involvement
- Demonstrate partnership
- Small and incremental wins
- Share and celebrate wins
- Create ownership within community
- Reinforce through repetition



BLUE ZONES®

ACTIVATE

Activate Overview for Grays Harbor County

March 2023

Backed by research of the original blue zones - rare longevity hotspots where people thrive into their 100's – we help people live better, longer.

By optimizing our human-made surroundings for sustainable well-being improvement - we transform communities.

Blue Zones Longevity Hot Spots

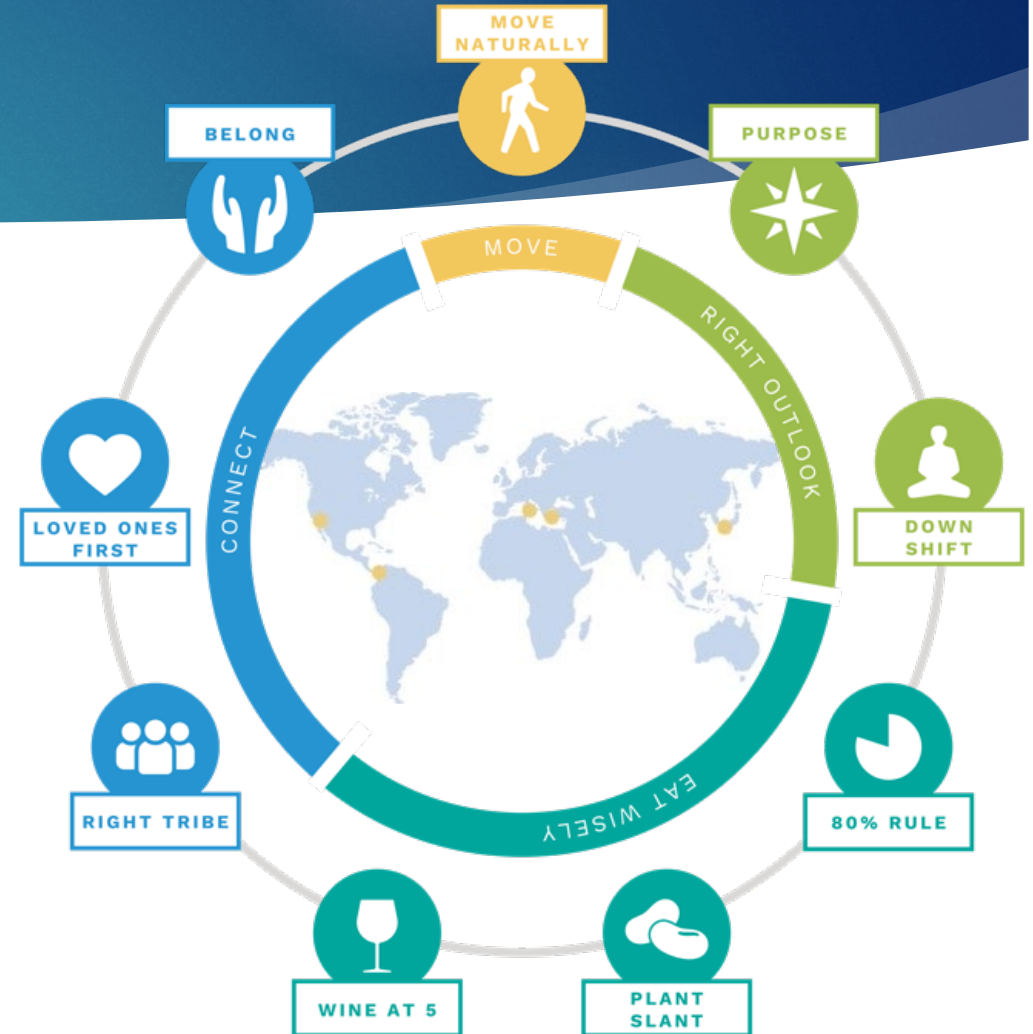


Blue Zones – Solution Model

POWER 9®

Lifestyles of all Blue Zones residents shared **nine commonalities**.

We call these characteristics the **Power 9**.





**optimizing
our man-made surroundings
for sustainable
well-being improvement**

Blue Zones – Solution Model

LIFE RADIUS®

Almost all Americans spend 90% of their lives within 20 miles of home. We call this the **LIFE RADIUS**.

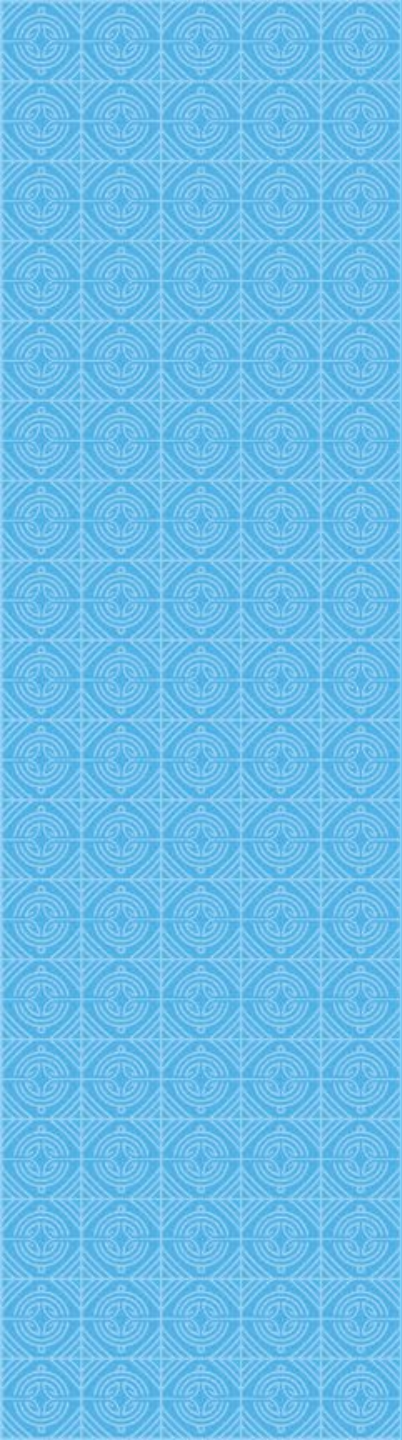
That's where we focus—implementing *permanent* and *semi-permanent* changes to where people spend the majority of their waking lives.

At homes, schools, worksites, grocery stores, restaurants, and faith-based organizations.

We make healthy choices easier—even unavoidable.

Where you spend your time and **who you spend it with** is the intervention that transforms well-being.





Activate Overview

Blue Zones Activate Value Proposition

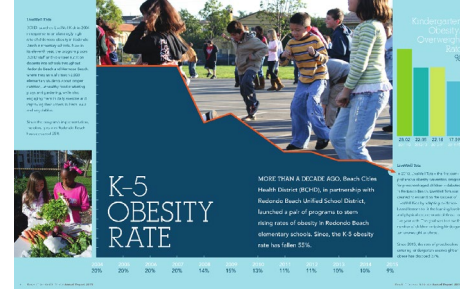
Tangibly jumpstart the transformation of a community to position it for a future Blue Zones Project

- ◀ Proven on-ramp to a Blue Zones Project
- ◀ Creating awareness and engagement
- ◀ Activating citizen leadership and volunteer base
- ◀ Changing the built environment including a Marquee (demonstration) Project
- ◀ Improving food systems including a Marquee (demonstration) Project
- ◀ Securing more funding for expansion and sustainability
- ◀ Raise the community profile



Small Community Albert Lea, Minnesota 13 Years

- **49% decrease in medical claims cost** for city workers.
- **2.9 years added** to life spans within one year of participating in the Blue Zones Project.
- **48% increase in tourism** since 2012.
- **Jump to 34th place** in Minnesota County Health Rankings (previously 68 out of 87 counties)



Mid-Size Community Beach Cities, California 10 Years

- **55% drop in childhood obesity** rates at Redondo Beach K-5 schools.
- **15% drop in overweight/obese** adults.
- **10% increase** in exercise.
- **17% drop** in smoking.
- **12% rise** in Life Evaluation.
- **\$72M in medical cost and lost productivity savings.**



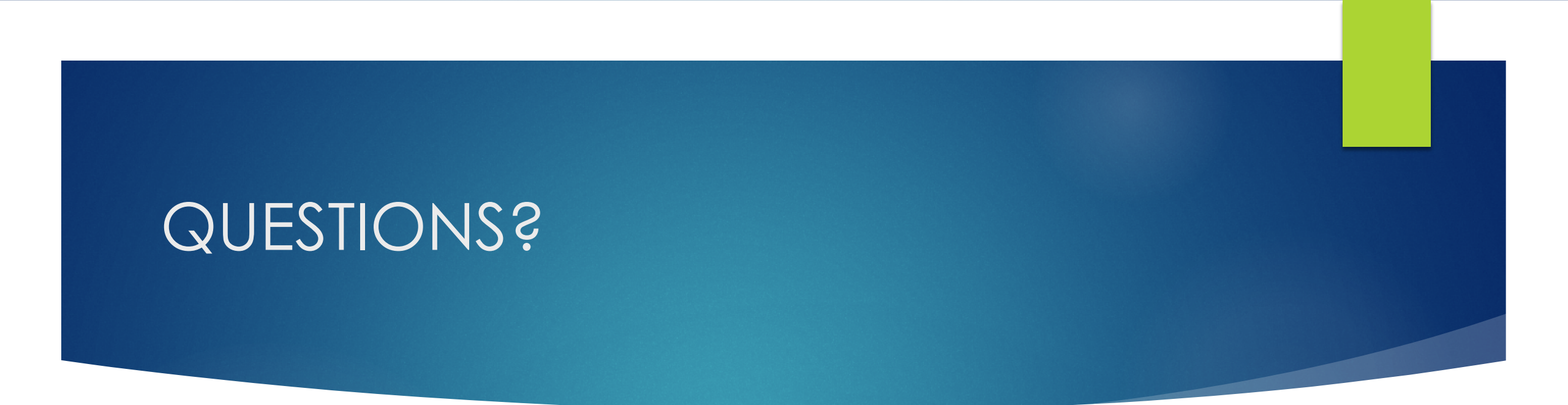
Large Community Fort Worth, Texas 8 Years

- **31% decrease in smoking**, reducing smoking rate to 13.5%
- **Nine-point increase** in residents who exercise at least 30 minutes three or more days of the week, now at 62%.
- Overall 2018 Well-Being Index score rose to 62.5, **a gain of 3.7 points or 6%** since 2014.



Large Employer NCH Healthcare System 6 Years

- **A 4.9 point jump** in overall well-being among employees.
- **54% decrease in healthcare expenditures** over six years.
- **\$27 million reduction in self-insured medical claims.**
- **Nearly 60%** of all employees pledged participation.
- **40% decline** in lost work days due to injury.



QUESTIONS?

CHRIS FRYE

EXECUTIVE DIRECTOR – ACTIVATE GRAYS HARBOR

CHRISTOPHER@BLUEZONES.COM