



HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

Verdant Health Commission

Working Better Together

November 18, 2015

George Kosovich



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Agenda

- About Verdant
- Data from South Snohomish County
- Three Messages:
 1. Place Matters
 2. System Complexity a Barrier
 3. Access to Healthcare Challenges
- Opportunities



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South Snohomish County





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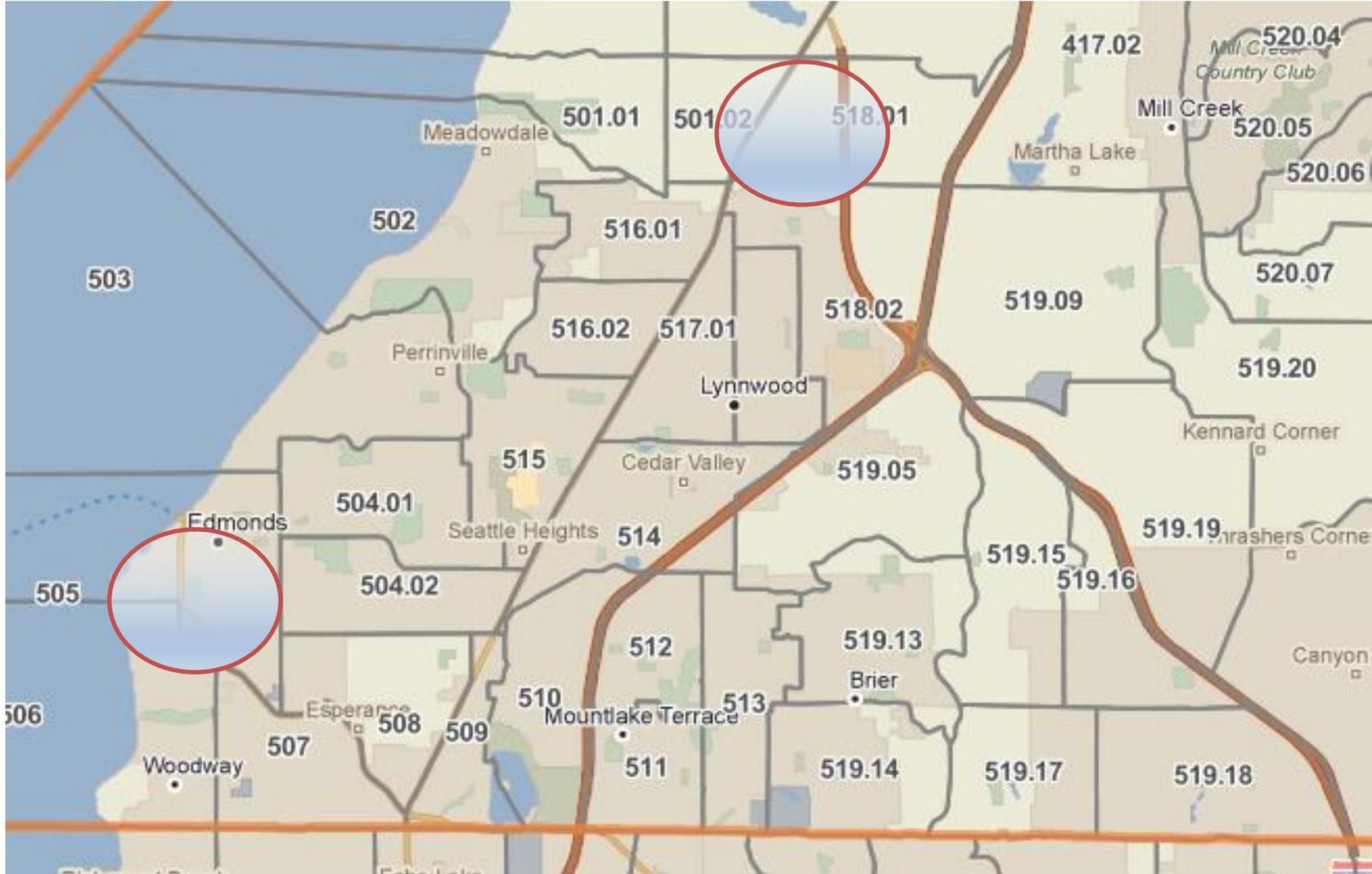
1. Place and demography matters

- Our community is not homogenous
- Significant differences exist by neighborhood and by ethnic group



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Five miles apart





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Five miles apart

	In Edmonds	North-99
% of residents living below poverty	6.2%	18.5%
Median Age - Years	57.6	30.4
Owner Occupied Homes	94%	24%
% of Households that are single parent	3.3%	9.9%
% of Households that moved into current unit within last 5 years (2005 or later)	38.6%	81.4%

“Inequities in health arise because of the circumstances in which people grow, live, work, and age, and the systems put in place to deal with illness. ...the conditions in which people live and die are, in turn, shaped by political, social, and economic forces.”

Social Determinants of Health Initiative



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2. The complexity of service systems is a barrier for both providers and clients



“It is hard to learn the language and the landscape.”

Provider

“If it takes 6-8 months to get in, its not emergency shelter.”

Previously homeless mom

I think when they were making these programs; I don't think they understood what happens to put it all together. You know what I mean?

Teen at Cocoon House



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3. Cost of care and a lack of insurance are the greatest obstacles for adults seeking care

Insurance

- 17% of residents under 65 did not have health insurance – ranging from 4% to 20% depending on neighborhood.
- 31-34% had no dental insurance

“At times we don’t go to the doctor because we actually don’t have the \$25.”

Spanish-speaking parent

Cash

- Even middle class seniors find copays prohibitive when they or their spouse frequent care
- There is no sliding scale the very poor can afford.



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Gaps in Insurance





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Voice of Community

Providers:

- Bring diverse communities together & offer healthy activities
- Collaboration across agencies – a connected team leads to client success
- Gather providers together for sharing of information and breaking down of silos

Residents:

- Affordable activities for children and youth
- Place for “innocent fun”
- Time with grandchildren and family



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Opportunities

- Improve services that reach people where they are:
 - Programs integrated with schools/colleges
 - Community Paramedic
 - Enhance Wellness at Edmonds Senior Center
- Flexibility to serve people before they are in crisis
- Evidence-based prevention services
- Bringing community members together



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Verdant Community Wellness Center



- 2-1-1 Community Resource Advocate
- Insurance Enrollment (WAHA)
- Classes/Workshops
- Trainings/Meetings/Community Use
- Flexible Plug-and-Play Work Space



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Thank You

More Information: www.verdanthealth.org

george.kosovich@verdanthealth.org

425-582-8600

Economic Security and Health in Older Adults

Martha Peppones MS, RDN, CSG
Nutrition and Social Services Director
Senior Services of Snohomish County



Risk factors for poor health in older adults

- Living alone
 - More likely to live in economic insecurity
- Advanced age
 - 75% of Medicare beneficiaries had 2 or more chronic conditions
 - 36% had 4 or more chronic conditions
- Poverty
 - Rates alert us to absolute destitution
 - But what about meeting basic needs?

Elder Economic Security Standard Index

- Income required to meet basic needs and age in place
- Expenses include:
 - Housing
 - Food
 - Minimal transportation
 - Health care
 - Basic household expenses

- Nearly half of all Washington retired seniors have incomes that **do not** provide economic security
 - 53% of single households
 - 66% of elder renters
 - 56% of single, elder women
 - Higher rates for elders of color

Impact of economic insecurity on health

- 1 in 5 older Americans say they skipped doctor visits, switched to cheaper medications, or avoided meds altogether because expense too high
- Increased mortality rates
- Increased rates of stroke, progressive chronic kidney disease, other chronic conditions
- Smaller social networks
- Greater risk of depression
- Lower health-related quality of life

Jack – Case Study

Wrap-Up

Discussion Questions

- What is working?
- What are some areas that you need to learn more about?

For Report Out:

What is the most pressing issue/need that we should address?