

Summary

The data in this report can be viewed as a midpoint in Washington Tribes' journey towards health and well-being for their communities. Tribes and tribal members have faced many historical injustices, and continue to experience inequities across many social and economic determinants of health. Despite these challenges, AI/AN in Washington have made considerable progress on key health measures. Teenage birth rates have declined since the 1990s. AI/AN mortality rates for heart disease, stroke, and homicide have also significantly decreased over time. Indian health clinics in Washington continue to work toward improving patient care, and have shown improvements across many clinical screening and disease management indicators.

However, AI/AN in Washington continue to face many health disparities. AI/AN infant mortality rates have increased since 1994, and the gap relative to NHW is growing over time. All-cause mortality rates for AI/AN are approximately 70% higher than the rates for NHW in the state. Heart disease, diabetes, and cancer pose heavy burdens for tribal communities. Unintentional injuries are also concerning, particularly among children and young adults. Motor vehicle crashes and accidental overdose are the leading contributors to unintentional injury deaths among AI/AN in Washington. Rates of suicide, binge drinking, and drug and alcohol associated deaths are higher among AI/AN than NHW.

Many of these health conditions are preventable. Programs aimed at encouraging healthy lifestyles are the best approach for addressing many of the health disparities experienced by AI/AN in Washington. Avoiding tobacco, getting regular physical exercise, eating a healthful diet, and maintaining a healthy body weight are key to preventing and managing heart disease and diabetes. These factors also protect against many types of cancer. Injury prevention efforts focused on motor vehicle safety and overdose prevention are particularly needed among youth. Mental health programs, including suicide prevention and campaigns targeting substance abuse, will have broad reaching effects across the spectrum of both community and personal health and well-being. Finally, being able to access affordable and quality healthcare close to home is key to maintaining good physical and mental health throughout life.

This report shows a baseline of where we stand today. It can also help Tribes plant the seeds for healthier AI/AN communities by showing the strong roots from which to grow, and uncovering the challenges that must be addressed.

Appendix I: Maps

The maps presented in this section show how mortality and hospitalization rates for AI/AN vary across the State of Washington. Lighter color indicates a lower rates, and darker color higher rates. Rates are shown by “health districts”, which mirror the healthcare/emergency preparedness regions defined by the Washington Emergency Management Division. Districts shown with diagonal lines across are those for which the AI/AN mortality rate was statistically significantly higher than the NHW rate in the district. Districts show as plain white are those for which there were fewer than five AI/AN deaths and thus the rates were not calculated.

Counties included in each district are:

District 1 (North): Whatcom, San Juan, Skagit, Island, Snohomish

District 2 (Northwest): Clallam, Jefferson

District 3 (West): Grays Harbor, Pacific, Ilwaco, Mason, Thurston, Lewis

District 4 (Southwest): Wahkiakum, Cowlitz, Clark, Skamania

District 5 (Peirce): Pierce

District 6 (Central): King

District 7 (North Central): Okanogan, Chelan, Douglas, Kittitas, Grant

District 8 (South Central): Yakima, Klickitat, Benton, Franklin, Walla Walla

District 9 (East): Ferry, Pend Oreille, Stevens, Lincoln, Spokane, Adams, Whitman, Columbia, Garfield, Asotin

Tribal lands are found in the following districts:

District 1: Lummi, Nooksack, Samish, Swinomish, Upper Skagit, Sauk-Suiattle, Stillaguamish, Tulalip

District 2: Makah, Lower Elwha, Jamestown S’Klallam, Port Gamble, Suquamish, Quileuete, Hoh

District 3: Quinault, Skokomish, Squaxin Island, Chehalis, Shoalwater Bay

District 4: Cowlitz

District 5: Nisqually, Muckleshoot, Puyallup

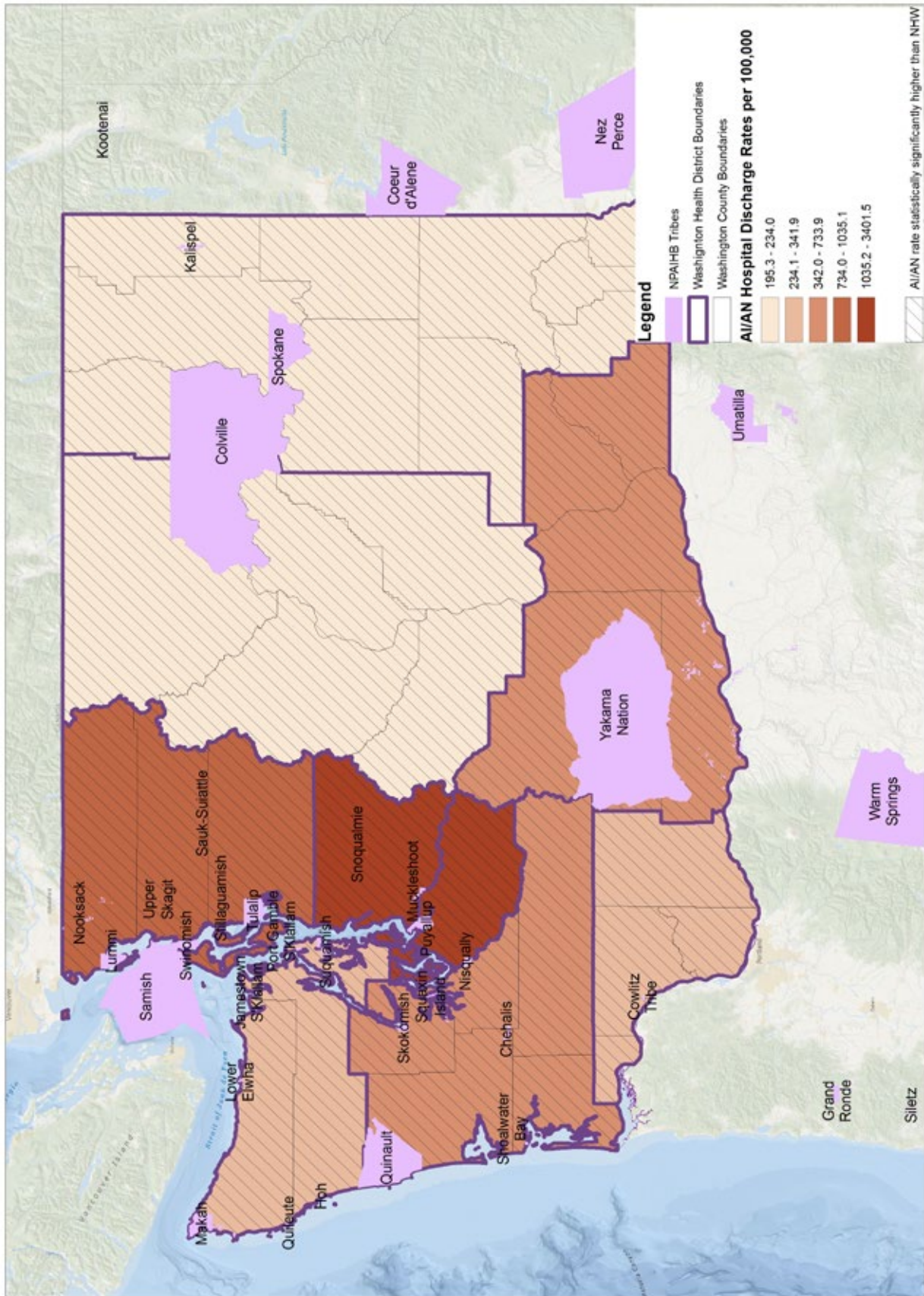
District 6: Snoqualmie

District 7: Colville

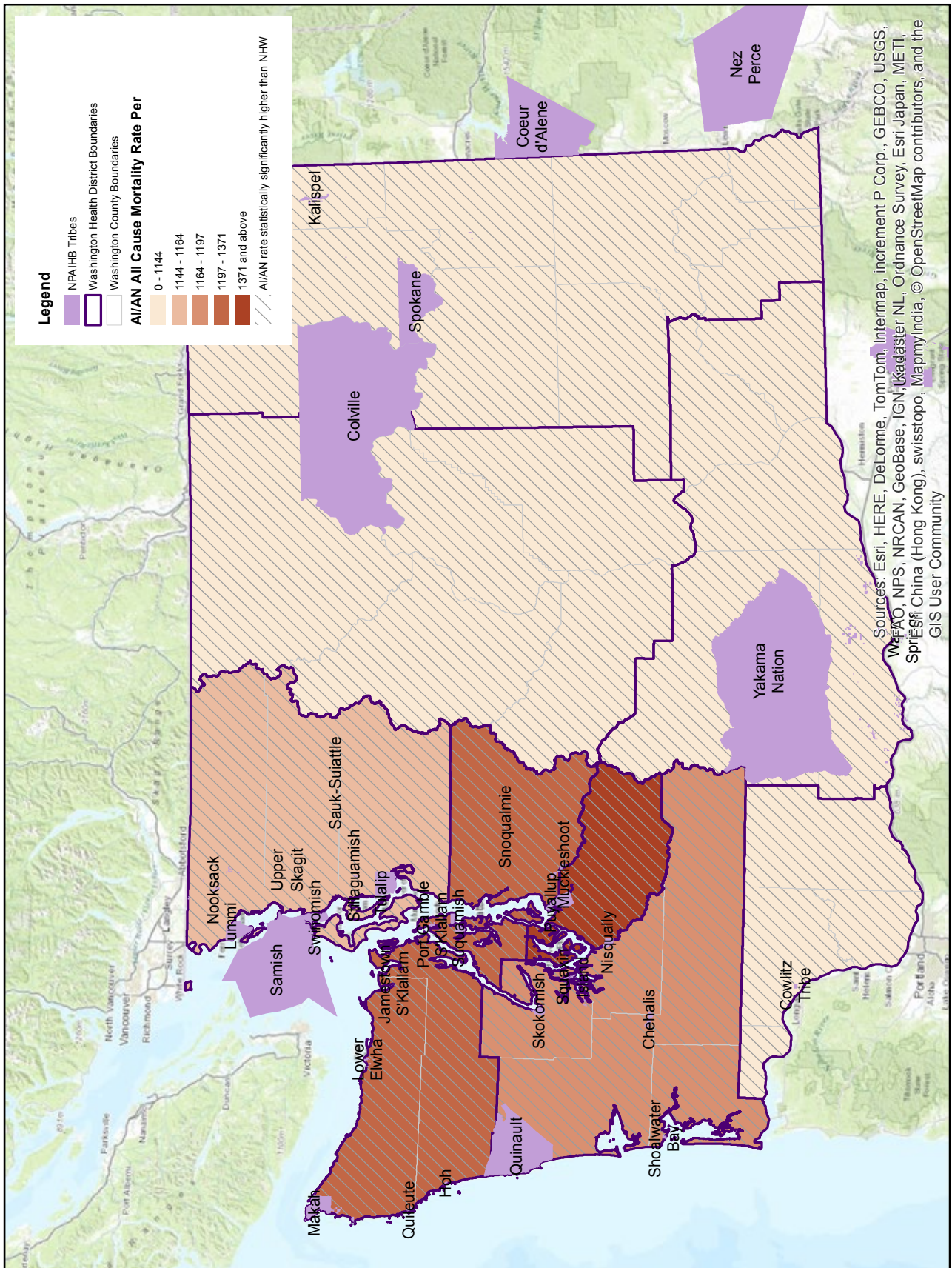
District 8: Yakama

District 9: Colville, Spokane, Kalispel

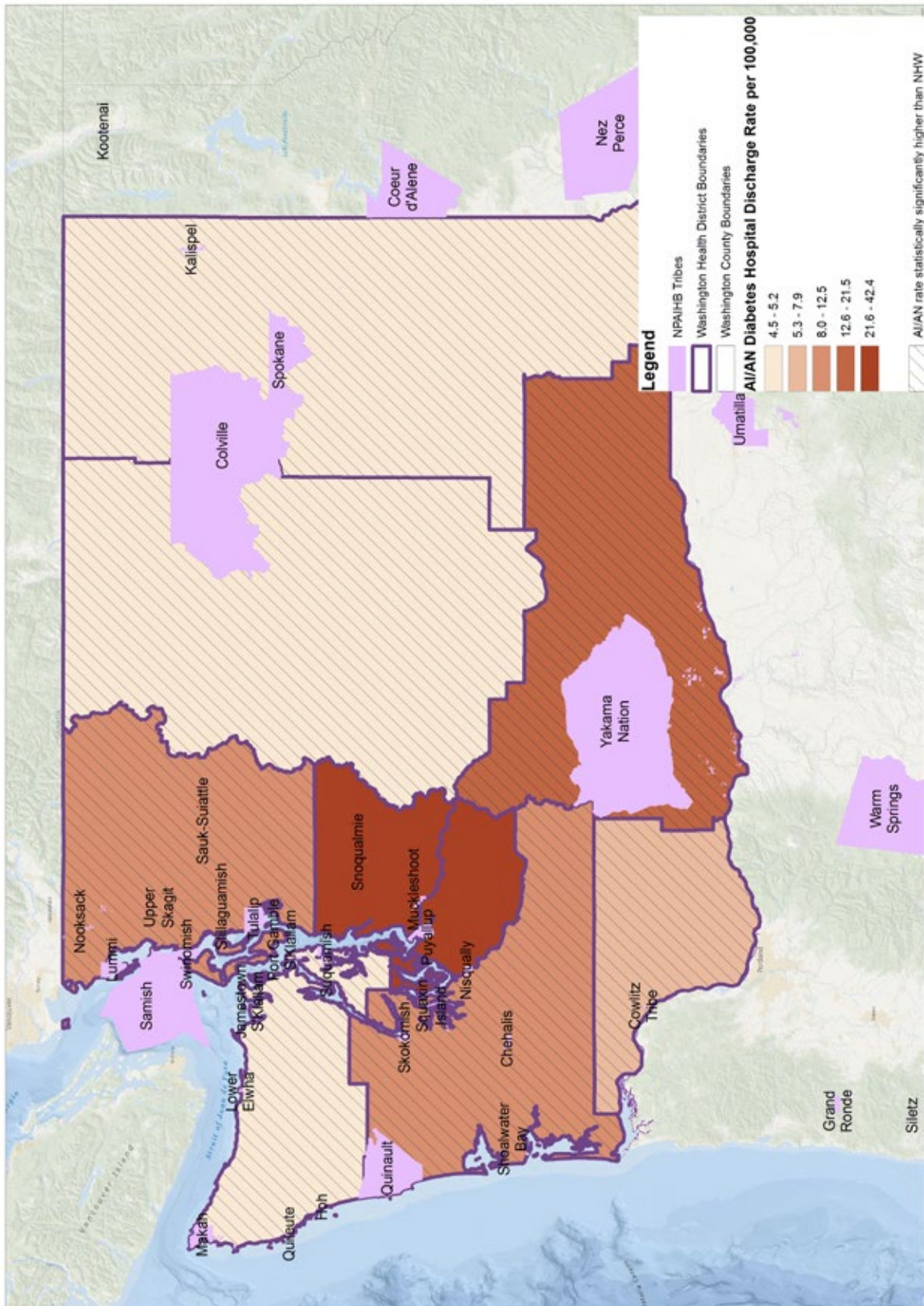
Map 1: AI/AN age-adjusted hospital discharge rates by health district, Washington, 2011.



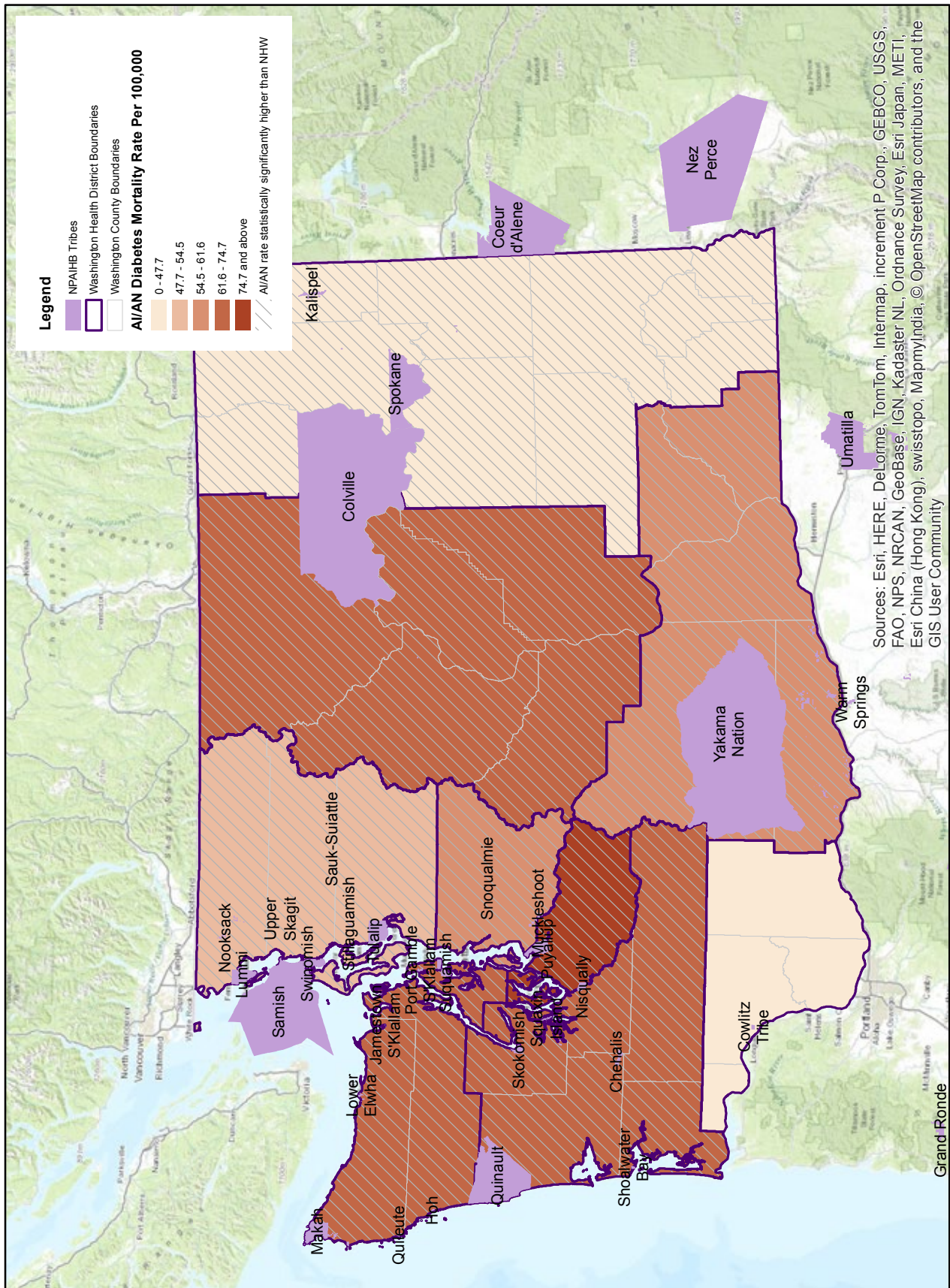
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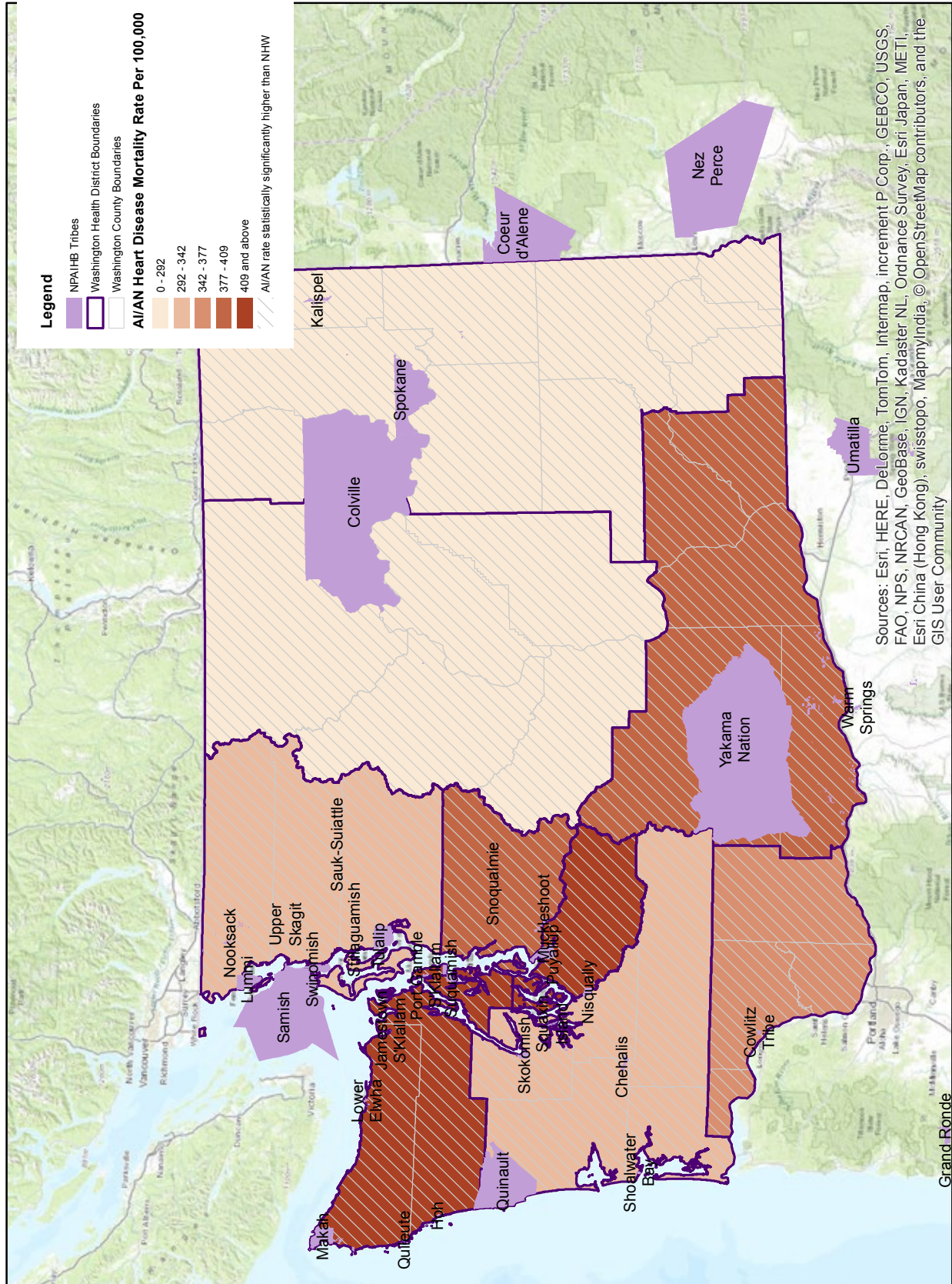
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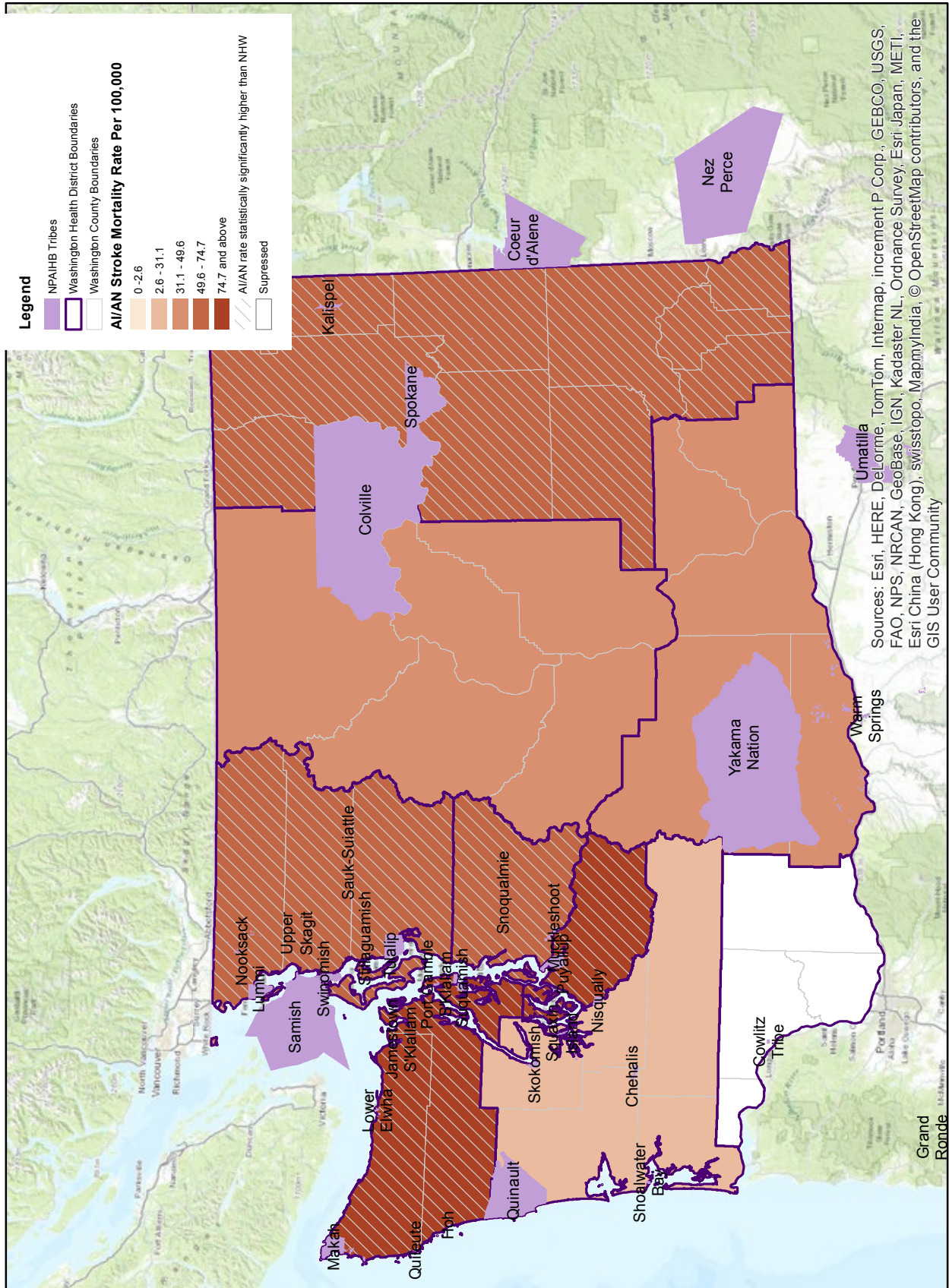
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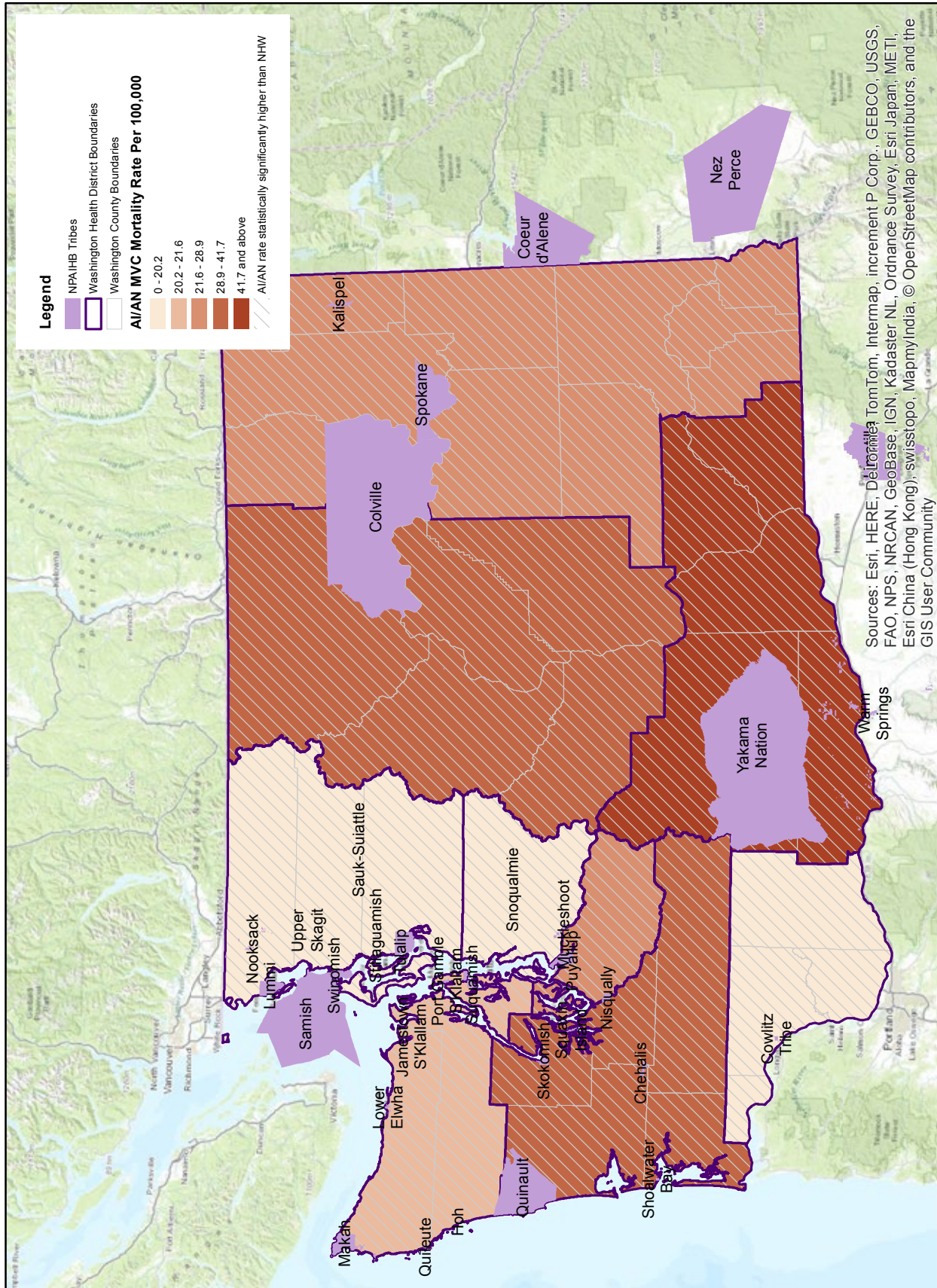
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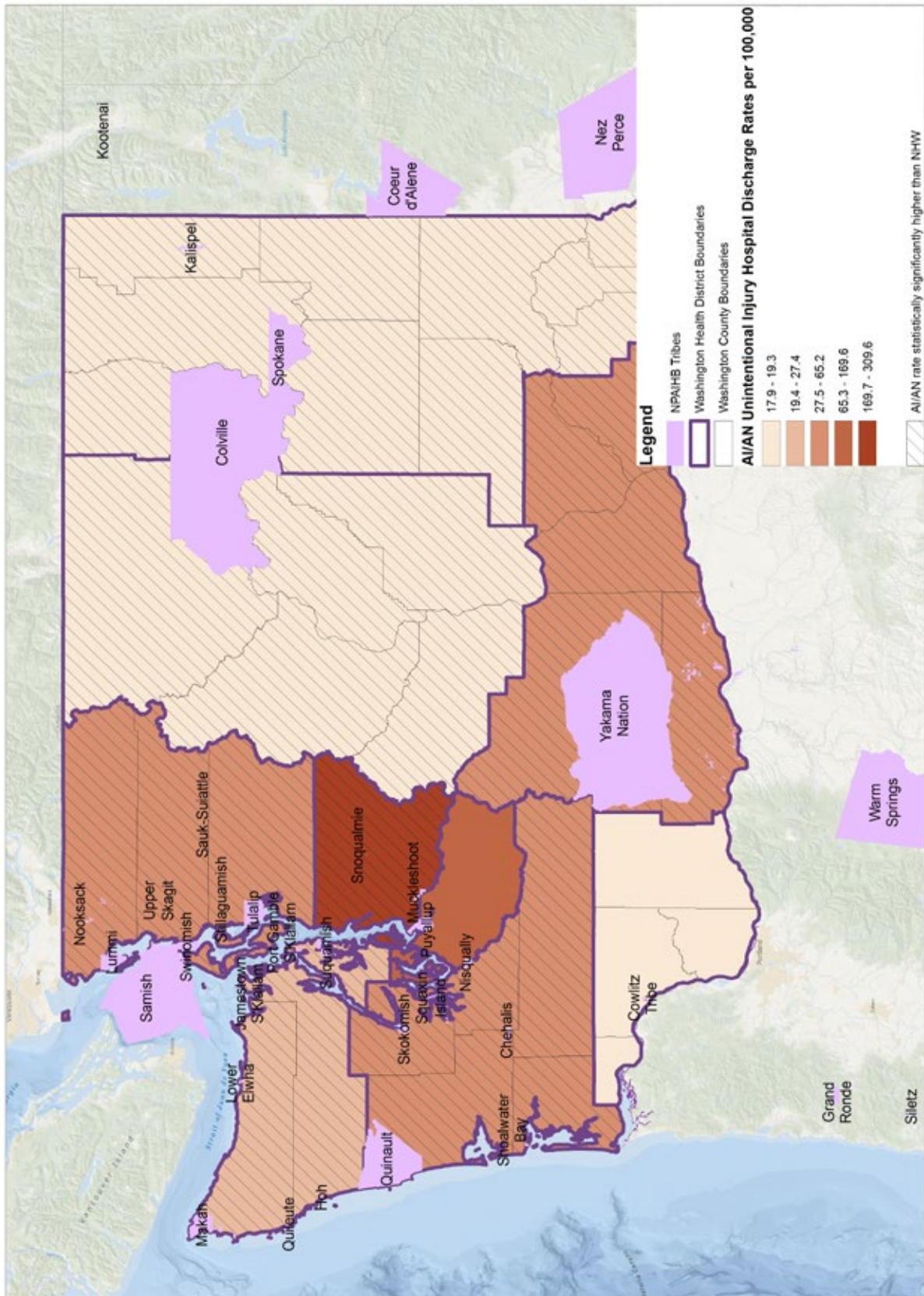
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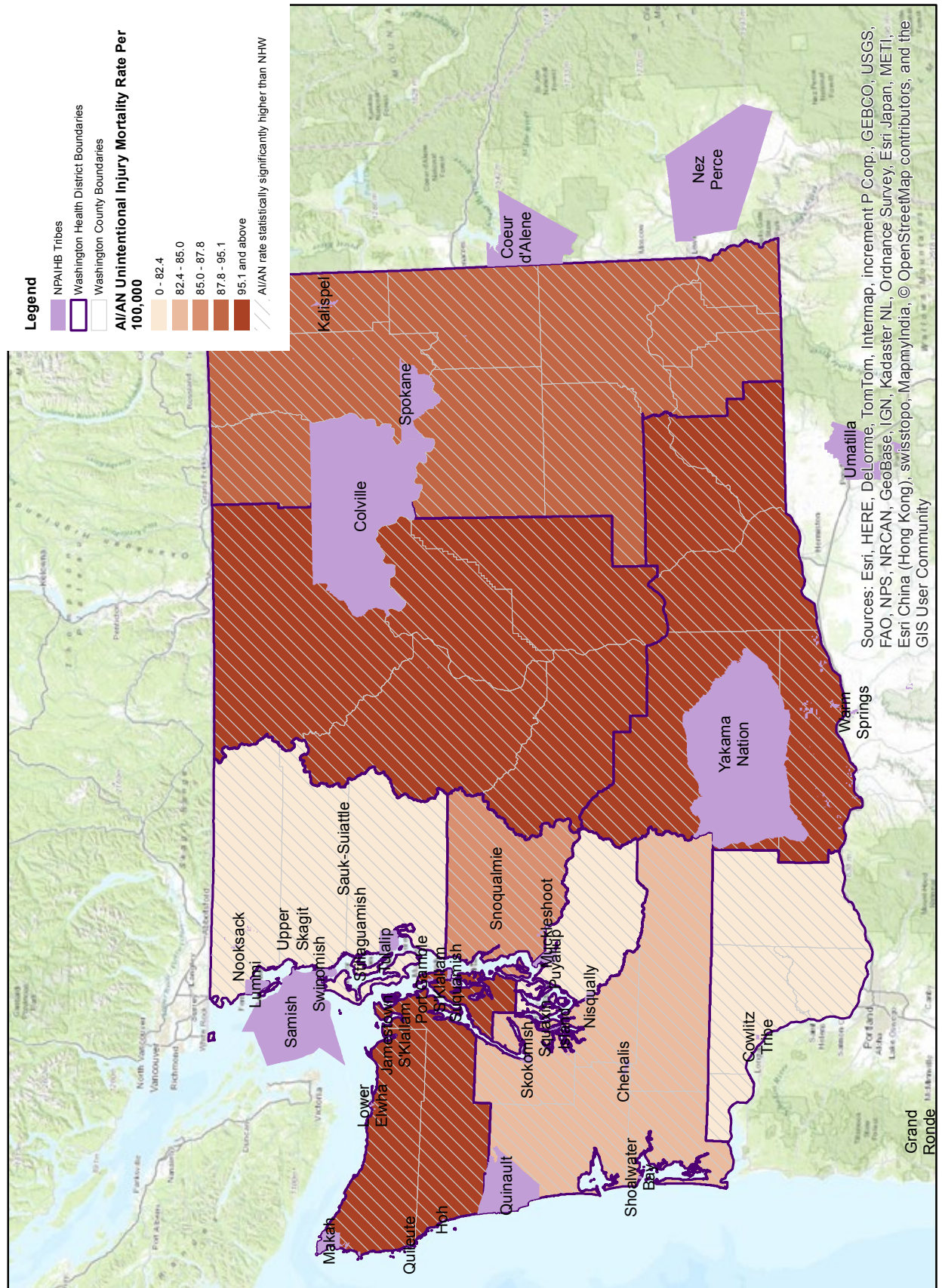
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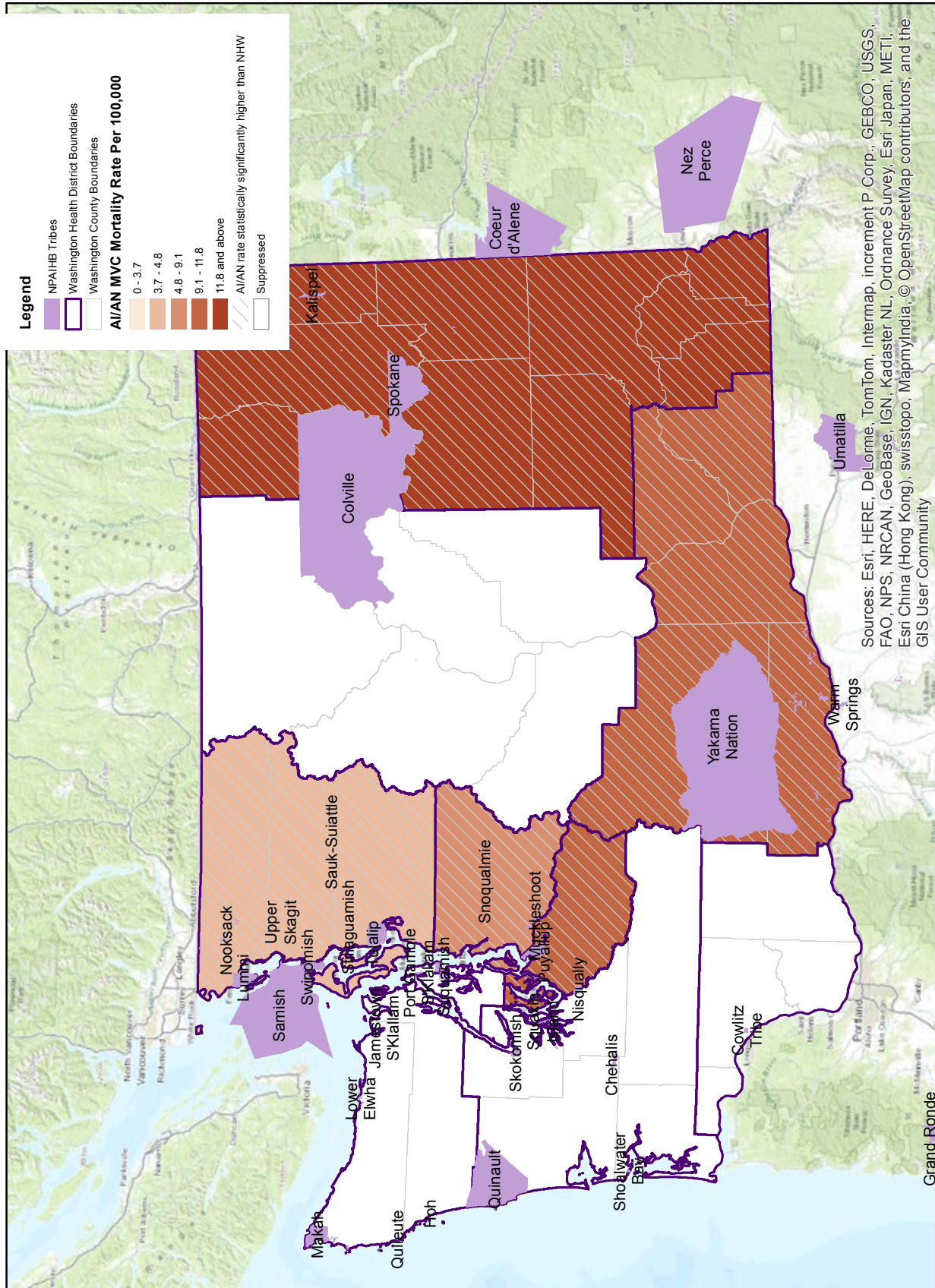
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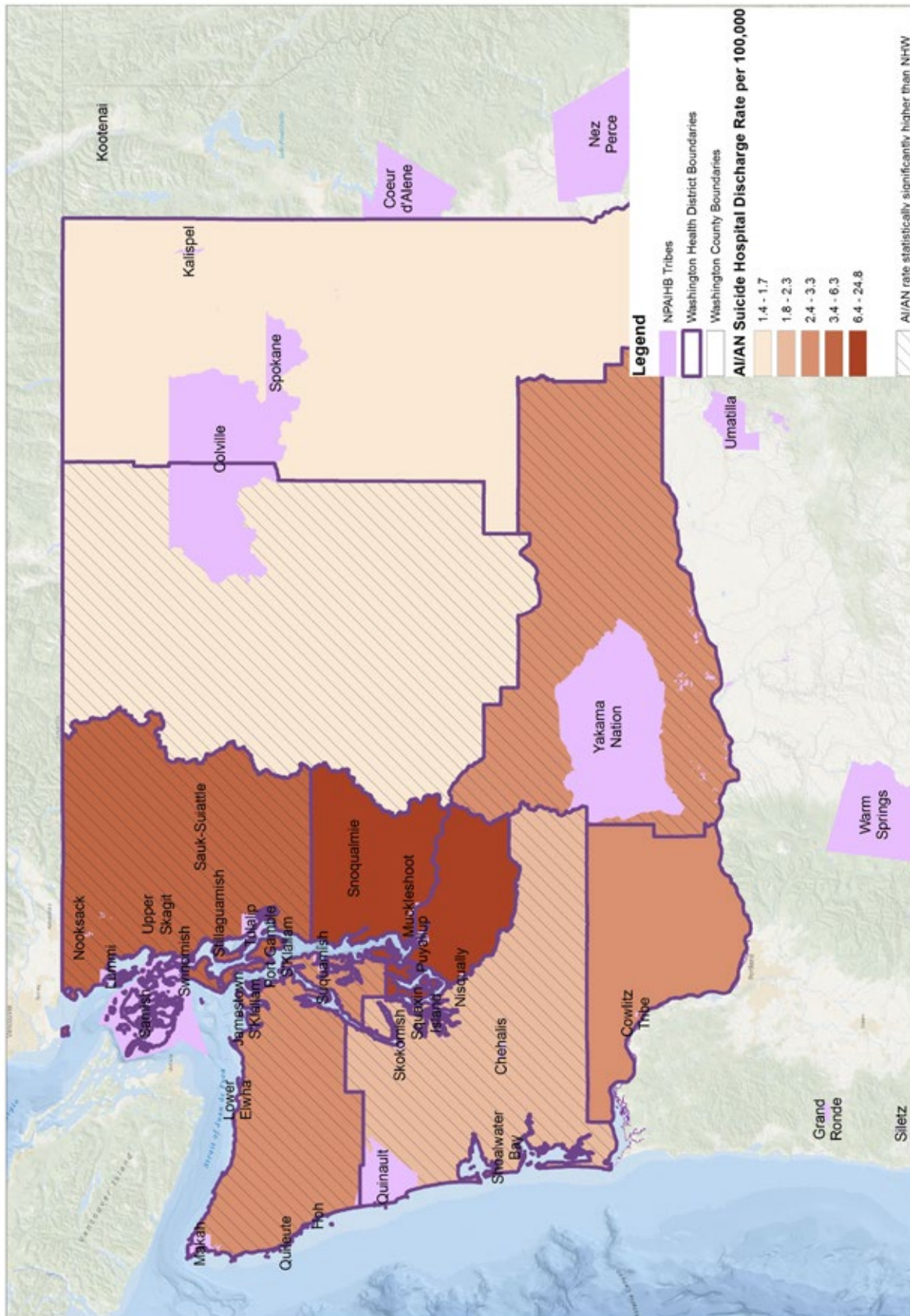
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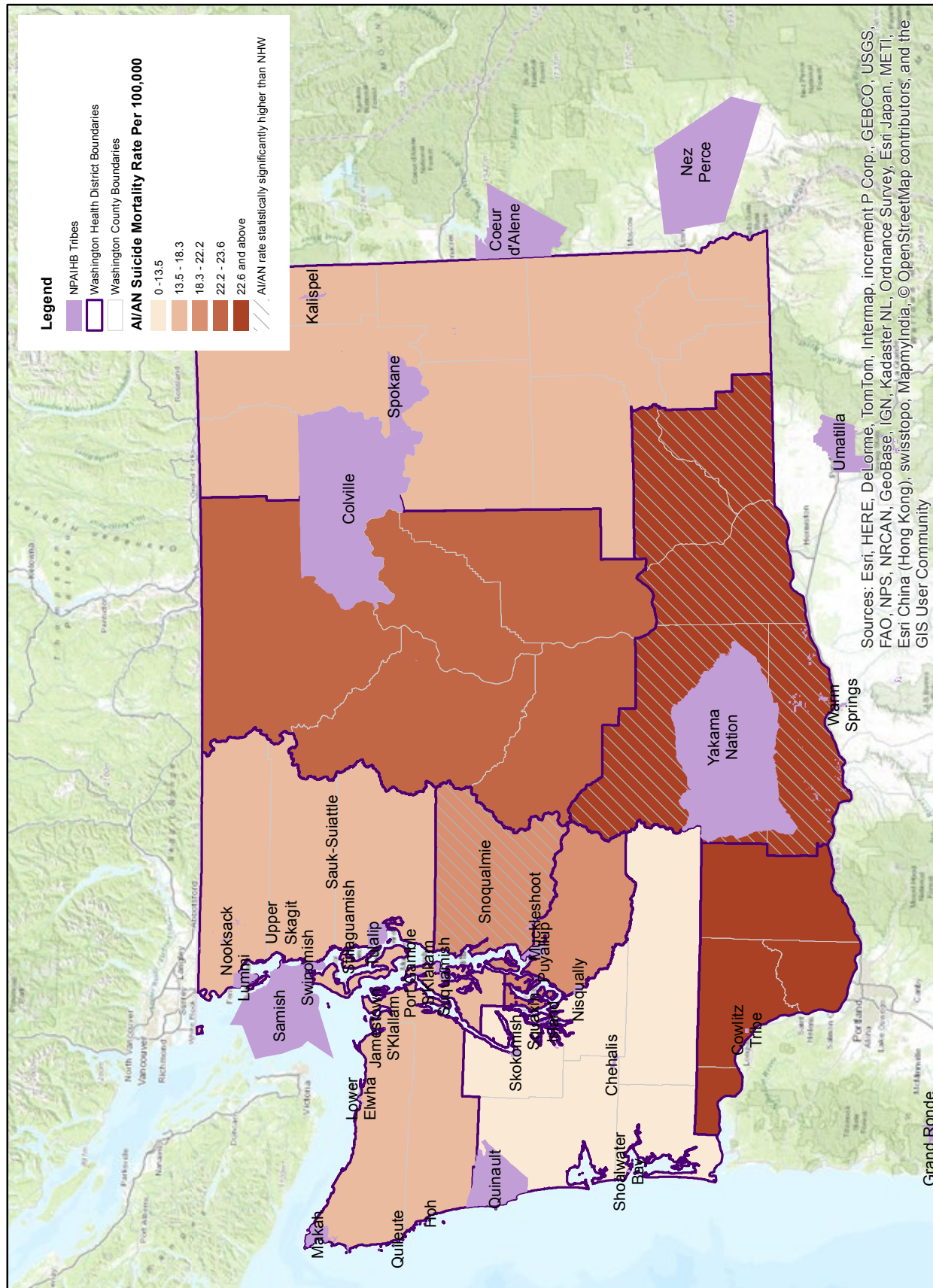
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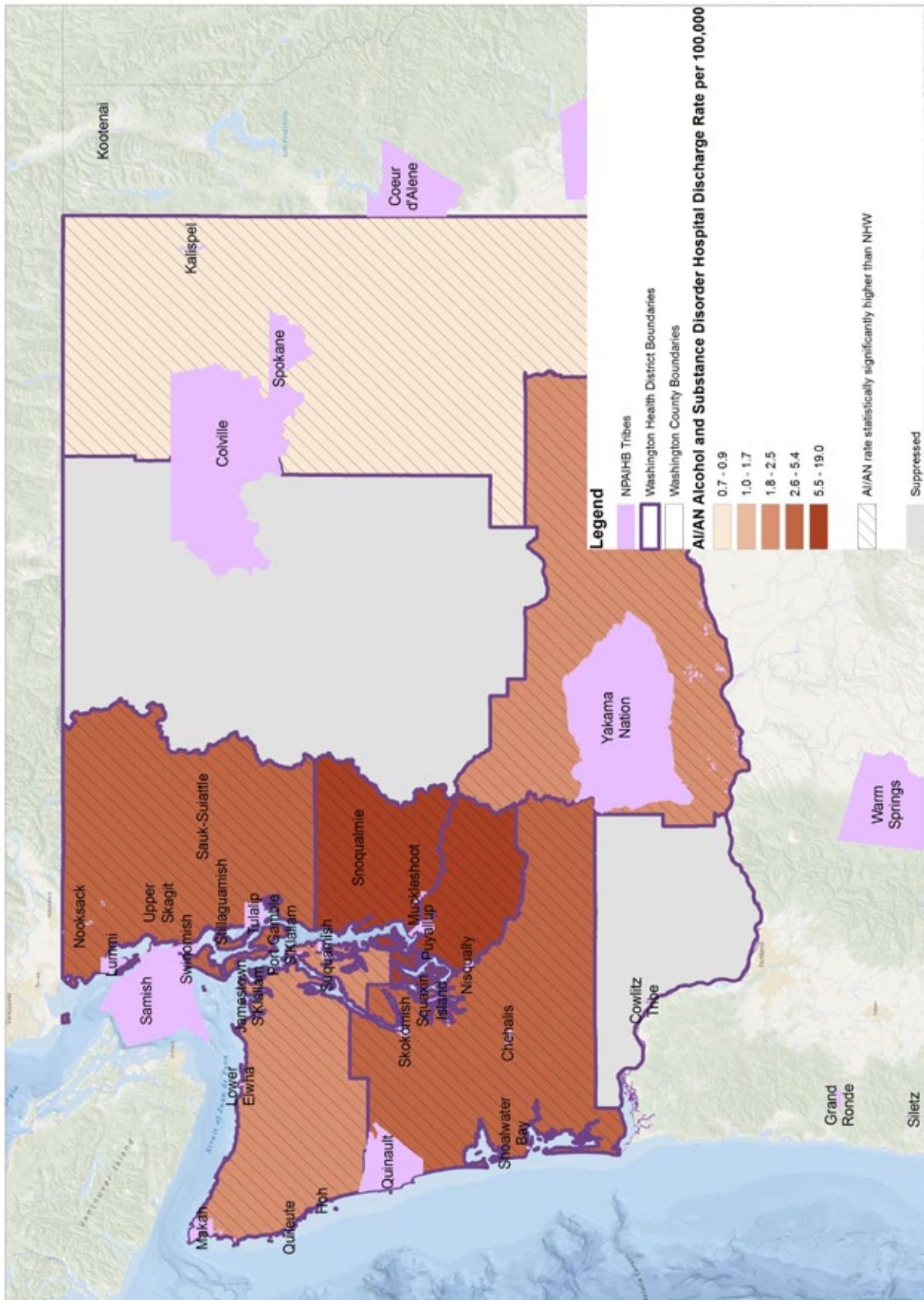
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Appendix II: Life Tables

Abridged Life Tables for American Indians and Alaska Natives of the Northwest, 2008-2010

Age Interval	Mortality rate per 1,000		Probability of dying between ages x to x+n	Number surviving to age x	Number dying between ages x to x+n	Person-years lived between ages x to x+n	Total number of person-years lived above age x	Expectation of life at age x		
	m _{l x}	q _{l x}						l _{l x}	T _{l x}	e _{l x}
Both Sexes, Washington										
Birth to 1 year	7.99	0.012	100,000	1,161	99,036	7,140,007	71.40	70.90	71.90	
1-4	0.48	0.002	98,839	188	394,909	7,040,971	71.24	70.75	71.72	
5-9	0.31	0.002	98,651	150	492,869	6,646,062	67.37	66.89	67.85	
10-14	0.33	0.002	98,502	167	492,167	6,153,194	62.47	61.99	62.95	
15-19	0.95	0.005	98,335	465	490,622	5,661,027	57.57	57.09	58.05	
20-24	2.01	0.010	97,870	982	486,928	5,170,404	52.83	52.36	53.30	
25-29	2.05	0.010	96,887	987	481,932	4,683,477	48.34	47.88	48.80	
30-34	2.21	0.011	95,900	1,062	476,971	4,201,545	43.81	43.37	44.25	
35-39	2.53	0.013	94,838	1,191	471,310	3,724,574	39.27	38.84	39.70	
40-44	5.21	0.026	93,647	2,415	462,309	3,253,264	34.74	34.32	35.16	
45-49	6.62	0.033	91,233	2,979	449,411	2,790,955	30.59	30.19	30.99	
50-54	9.60	0.047	88,254	4,157	431,352	2,341,544	26.53	26.15	26.91	
55-59	12.89	0.063	84,098	5,264	407,533	1,910,192	22.71	22.36	23.07	
60-64	17.01	0.082	78,834	6,432	377,939	1,502,659	19.06	18.73	19.39	
65-59	23.50	0.114	72,402	8,284	343,436	1,124,720	15.53	15.23	15.84	
70-74	42.24	0.193	64,118	12,380	290,967	781,284	12.19	11.91	12.46	
75-79	60.11	0.268	51,738	13,856	225,922	490,317	9.48	9.25	9.70	
80-84	110.66	0.431	37,882	16,335	147,201	264,394	6.98	6.80	7.15	
85+	183.86	1.000	21,547	21,547	117,193	117,193	5.44	5.31	5.57	

CI = 95% confidence interval

Note that age-specific mortality rates are based on small numerators in some cases, and are not recommended for use in analyses without standard errors.

Life Tables

Abridged Life Tables for American Indians and Alaska Natives of the Northwest, 2008-2010

Age Interval	Mortality rate per 1,000 x to x+n	Probability of dying between ages x to x+n	Number surviving to age x	Number dying between ages x to x+n	Person-years lived between ages x to x+n	Total number of person-years lived above age x	Expectation of life at age x		
							Lower CI	Upper CI	
x to x+n	m x	q x	l x	d x	L x	T x	e x	e x	
Male AI/AN, Washington									
Birth to 1 year	9.49	0.012	100,000	1,161	99,036	6,957,914	69.58	68.87	70.28
1-4	0.57	0.002	98,839	225	394,851	6,858,879	69.39	68.71	70.08
5-9	0.17	0.001	98,613	81	492,842	6,464,027	65.55	64.87	66.22
10-14	0.40	0.002	98,533	202	492,231	5,971,185	60.60	59.93	61.27
15-19	1.24	0.006	98,331	595	490,542	5,478,954	55.72	55.05	56.39
20-24	2.91	0.014	97,735	1,415	485,407	4,988,412	51.04	50.38	51.70
25-29	2.74	0.014	96,321	1,305	478,188	4,503,005	46.75	46.12	47.38
30-34	2.74	0.014	95,016	1,308	472,059	4,024,817	42.36	41.75	42.97
35-39	2.95	0.015	93,708	1,371	465,539	3,552,758	37.91	37.33	38.50
40-44	5.33	0.026	92,337	2,431	455,766	3,087,220	33.43	32.87	34.00
45-49	6.94	0.034	89,906	3,074	442,384	2,631,454	29.27	28.73	29.81
50-54	11.03	0.054	86,832	4,687	423,208	2,189,069	25.21	24.69	25.73
55-59	15.56	0.075	82,145	6,190	395,817	1,765,861	21.50	21.01	21.98
60-64	20.37	0.098	75,955	7,420	361,275	1,370,044	18.04	17.59	18.48
65-69	28.10	0.136	68,535	9,312	321,812	1,008,769	14.72	14.32	15.12
70-74	43.94	0.201	59,223	11,917	268,384	686,957	11.60	11.25	11.95
75-79	70.56	0.311	47,306	14,726	202,953	418,574	8.85	8.56	9.14
80-84	113.71	0.439	32,580	14,291	125,939	215,621	6.62	6.40	6.84
85+	203.94	1.000	18,289	18,289	89,683	89,683	4.90	4.74	5.07

CI = 95% confidence interval

Note that age-specific mortality rates are based on small numerators in some cases, and are not recommended for use in analyses without standard errors.

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							Lower CI	Upper CI	Upper CI	
x to x+n	m _l /x	q _l /x	l _l /x	d _l /x	L _l /x	T _l /x	e _l /x	e _l /x	e _l /x	
Female AI/AN, Washington										
Birth to 1 year	6.334	0.012	100,000	1,161	99,036	7,323,572	73.24	72.53	73.94	
1-4	0.374	0.001	98,839	146	394,971	7,224,536	73.09	72.41	73.78	
5-9	0.452	0.002	98,692	225	492,909	6,829,566	69.20	68.52	69.88	
10-14	0.262	0.001	98,468	131	492,089	6,336,657	64.35	63.68	65.02	
15-19	0.653	0.003	98,336	318	490,715	5,844,568	59.43	58.77	60.10	
20-24	1.057	0.005	98,018	514	488,620	5,353,853	54.62	53.96	55.28	
25-29	1.337	0.007	97,504	650	485,996	4,865,234	49.90	49.25	50.55	
30-34	1.669	0.008	96,854	810	482,260	4,379,237	45.21	44.58	45.85	
35-39	2.119	0.011	96,044	1,021	477,430	3,896,978	40.57	39.95	41.20	
40-44	5.095	0.025	95,023	2,391	469,205	3,419,548	35.99	35.38	36.59	
45-49	6.314	0.031	92,632	2,885	456,790	2,950,343	31.85	31.27	32.43	
50-54	8.279	0.041	89,747	3,640	439,831	2,493,553	27.78	27.24	28.33	
55-59	10.385	0.051	86,106	4,354	419,443	2,053,722	23.85	23.33	24.37	
60-64	13.841	0.067	81,752	5,481	394,763	1,634,279	19.99	19.50	20.48	
65-59	19.091	0.094	76,272	7,144	365,366	1,239,516	16.25	15.80	16.71	
70-74	40.703	0.186	69,128	12,850	314,112	874,150	12.65	12.24	13.06	
75-79	52.419	0.235	56,278	13,222	249,004	560,038	9.95	9.62	10.29	
80-84	108.405	0.423	43,056	18,204	168,469	311,034	7.22	6.95	7.49	
85+	174.320	1.000	24,852	24,852	142,565	142,565	5.74	5.54	5.93	

CI = 95% confidence interval

Note that age-specific mortality rates are based on small numerators in some cases, and are not recommended for use in analyses without standard errors.

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Community Health Profile Feedback Questionnaire

We hope you found this report useful, but we know it isn't perfect! Your feedback is important to make sure future versions better meet your community's needs. Please take a moment to complete the following questionnaire. If you prefer, you can also complete the same survey online at www.surveymonkey.com/s/D38NS9G. To return the form you can mail it to NPAIHB at 2121 SW Broadway, Suite 300 Portland OR 97201. You can also fax it to 503-416-3265 or scan and email to ideanw@npaihb.org

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Q2. Which best describes your position or role?

- Tribal council member or other tribal leader
- Tribal health director
- Clinic staff
- Grant writer
- Researcher
- Other (please specify): _____

Q3. Overall, how useful did you find this report?

- Not at all useful
- Somewhat useful
- Very useful
- Extremely useful

Q4. Which section did you find **the most** useful?

- Demographics
- Maternal & Child Health
- Mortality
- Diabetes
- Cardiovascular Disease & Stroke
- Cancer
- Injury & Violence
- Mental Health & Suicide
- Substance Abuse
- Communicable Diseases
- Healthy Lifestyles, Healthy Environments
- Access to Care

Q5. How easy or difficult was it for you to understand this report?

- Extremely difficult to understand
- Somewhat difficult to understand
- Somewhat easy to understand
- Extremely easy to understand

Q6. What would have made it easier to understand?

Q7. How will you use the information in this report?

- Grants
- Program planning
- Financial allocation planning
- Presentations
- Manuscripts
- Advocacy
- Not sure
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Q8. Do you have any other comments or questions?

If you would like a staff person to respond to your questions or comments, please share your contact information below:

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Thank you for your feedback!



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