

# Community Health Needs Assessment 2019

Lewis County Community Health Services  
DBA Valley View Health Center

## Executive Summary

Lewis County Community Health Services, DBA Valley View Health Center (VVHC) is a Federally Qualified Health Center (FQHC), also known as a Community Health Center (CHC), providing quality integrated medical, dental, behavioral health and pharmacy services. VVHC started in 2004 and now has clinics in Lewis, Pacific and Thurston Counties. The Community Health Needs Assessment is completed every 3 years to guide our strategic plan and helps ground our activities to ensure we stay true to our charge as an FQHC and our mission; “To improve the health and well-being of the community by providing quality and compassionate health care services in a patient centered atmosphere, respecting individual and cultural diversity.”

Lewis and Pacific Counties are rural with limited public transportation options, severe shortages of health professionals, and are ranked in the bottom third of Washington State counties with respect to social determinants of health, behavioral risk factor, clinical care options and health outcomes. Thurston County is not classified as rural and ranks in the top third of Washington State counties with respect to social determinants of health, behavioral risk factor, clinical care options and health outcomes. However, there is a disparity between the Olympia-Lacey-Tumwater metro region and the rural parts of the county with respect to transportation and clinic care options.

Community feedback indicates the biggest concerns are access to care, especially local Primary Care and Specialist Provider shortages and transportation to health care; health care costs; quality of care; disease burden; lack of local social and support services, especially elder care; and substance use. The most desired local specialists include mental health/behavioral health, dental, Women’s Health and Ophthalmology and Optometry.

## Key Findings: Health Ranking, Health Factors and Health Outcomes

### County Health Rankings

#### Social Determinants of Health

Based on the conditions under which people are born, grow, live, work and play significantly influence the health of a community and its residents.

#### Behavioral Risk Factors

Based on those personal behaviors or patterns of behavior which strongly yet adversely affect health thus increase the chance of developing a disease, disability or syndrome.

#### Clinical Care

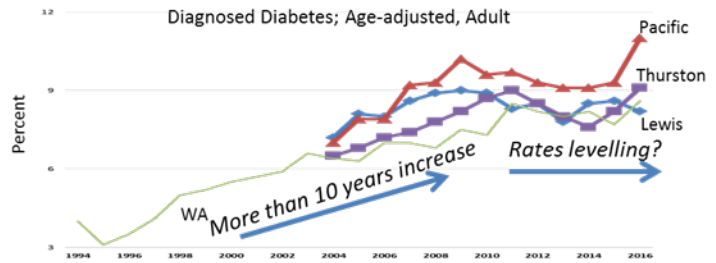
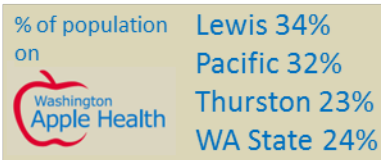
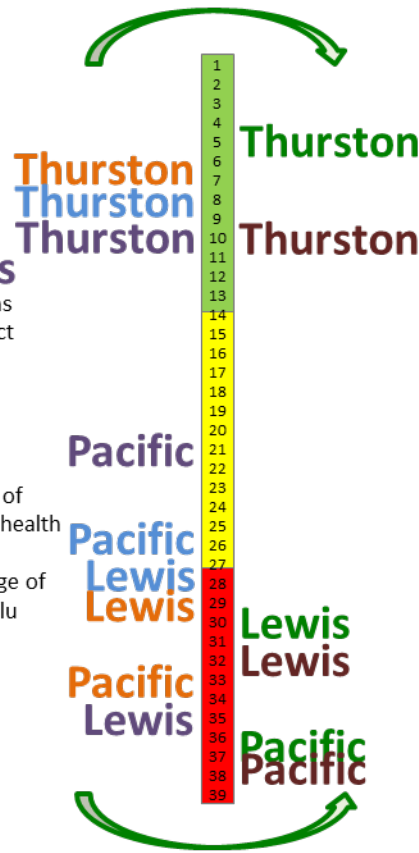
Based on the number of uninsured, the ratio of primary care providers, dentists, and mental health providers per population, the number of preventable hospital stays, and the percentage of those getting mammography screening and flu vaccinations.

#### Health Outcomes

Based on how long people live and how healthy people feel while alive, rates of premature death, those with poor or fair health, the number of days with poor physical or mental health days, and the number of babies born with low birthweight.

#### Premature Death

Based on every death occurring before the age of 75 is premature and contributes to the total number of years of potential life lost.

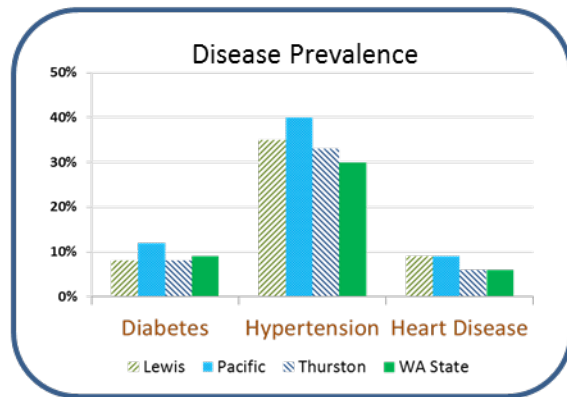


#### HealthCare Provider Shortage

**1 PCP** for ~1,000 in Thurston, WA state and top US  
 ~2,000 in Lewis  
 ~4,000 in Pacific

**1 Dentist** for ~1,500 Lewis, Thurston, WA State and top US  
 ~3,000 Pacific

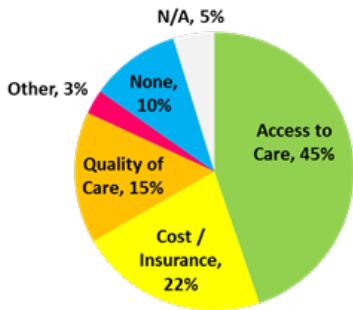
**1 MHP** for ~300-400 Lewis, Pacific, Thurston, WA State and top US



**Key Findings: Community Themes and Strengths**

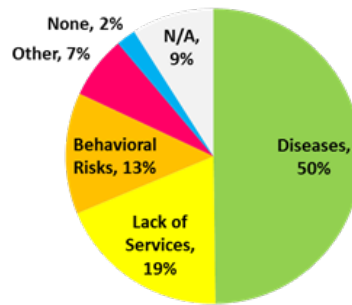
**Biggest Challenge in Receiving Health Care:**

**Q1. All Surveys**



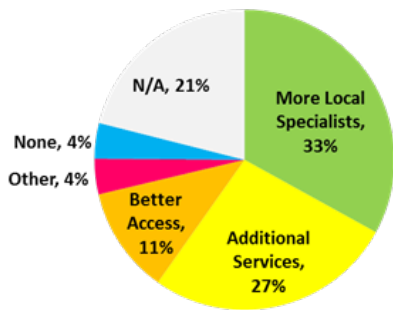
**Health Problems Seen in Community:**

**Q2. All Surveys**



**Healthcare Service Wish:**

**Q3. All Surveys**



**Community Health Issues:**



**57%** of surveyed community said lack of health-related services is biggest issue

- #1 Substance Use Disorder Treatment
- #2 Transportation to Health Care
- #3 **More Local Specialists Needed**
- #4 Elder/Shut-in/Home Care

- #1 Mental Health
- #2 Women's/OBGYN
- #3 Dental
- #4 Unspecified
- #5 Primary Care (PCP)
- #6 Ophthalmology/Optometry

- VVHC Patients want:**
- #1 Dental
  - #2 Ophthalmology/Optometry
  - #3 Primary Care (PCP)
  - #4 Mental Health (MHP)
  - #5 Neurology
  - #6 Radiology