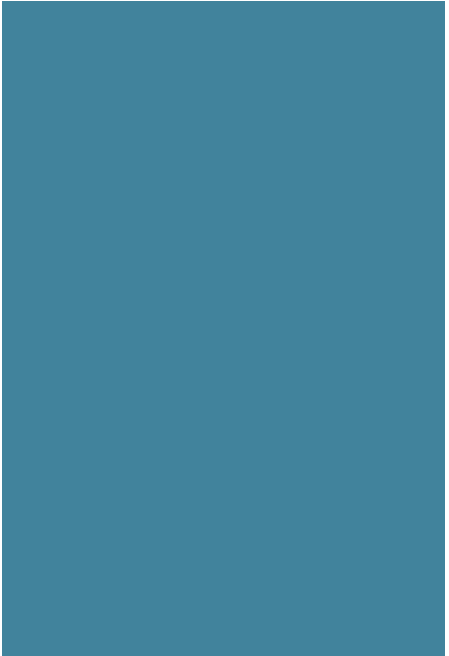
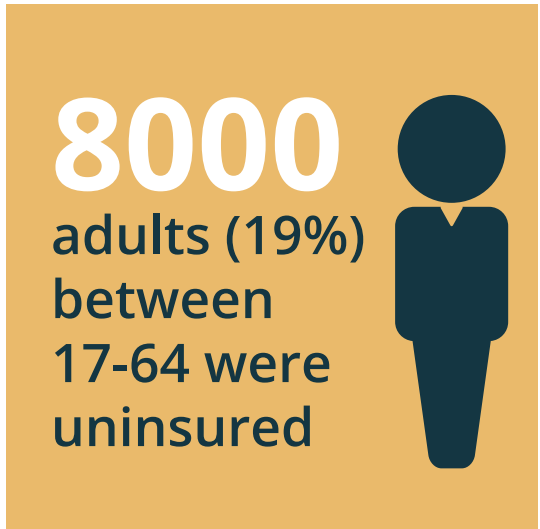
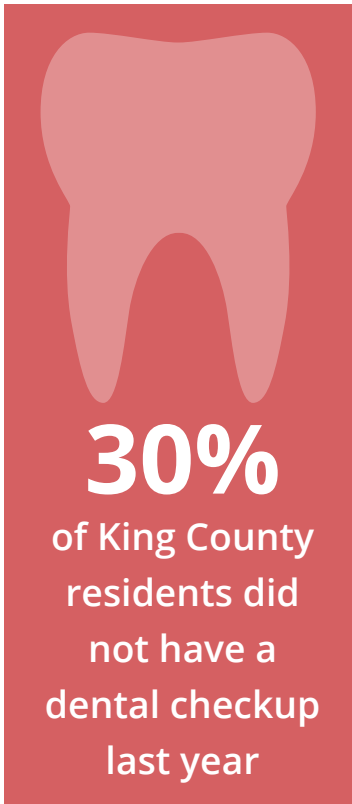
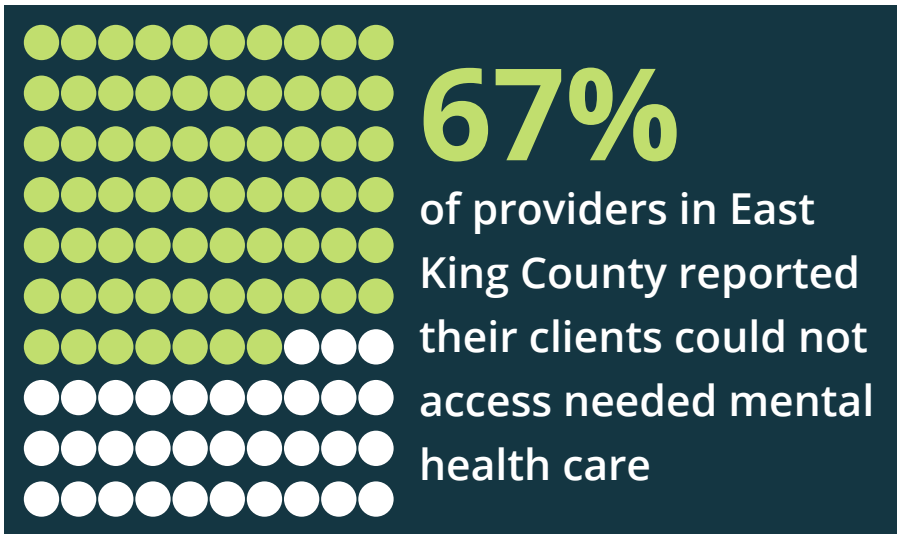


Health Care to be as Physically and Mentally Fit as Possible



Goal #4

Health Care to be as Physically and Mentally Fit as Possible

This chapter includes data about:

- Health indicators, medical coverage and access to care
- Dental care
- Substance abuse
- Mental health

This chapter discusses these topics as they pertain to the broader community. For more information about how this goal area relates to specific populations (Older Adults, Refugees and Immigrants, People with Disabilities, School-Aged Children and Youth, and Veterans) within our community, please see their respective chapters.

Key Findings

- Under the health care plans made available after the Affordable Care Act, many vulnerable people now have coverage who were uninsured before ACA. However, coverage does not automatically translate into positive health outcomes, as many cannot access medical, vision, dental, or mental health services.
- Like many places across the country, King County is seeing sharp increases in the use and abuse of heroin and prescription opiates. Demand for heroin and prescription opiate addiction treatment has outpaced supply.
- Lack of accessible dental care remains a problem for the Bellevue community: service providers, consumers, and residents all identify it as a major health issue, often exacerbated because the Affordable Care Act does not mandate provision of dental insurance.

Health Indicators, Medical Coverage and Access to Care

Public Health Seattle King County and the Washington State Department of Health track a number of health indicators to identify a community's general health. A city health profile is a public health report that provides information on health indicators and their determinants. The purpose of the report is to inform policy-makers, government agencies, and the public about population health at the local level. Some of these indicators include life expectancy, access to health care, and late or no prenatal care. Overall, the City of Bellevue's ratings on the majority of these types of indicators show a greater level of overall health and well-being for its residents compared to King County and Washington State.¹

Until the passage of the ACA, there were primarily two public programs that provided health insurance coverage services to eligible individuals in Washington State: Medicaid (federal and state) and Basic Health (state). When people are uninsured, they typically use the emergency department (ED) of a local hospital for healthcare, which is extremely expensive. Many patients

cannot pay these bills, so they apply for what is called “charity care” from the hospital, which may pay for a portion of their bills (from 20% to 100%).

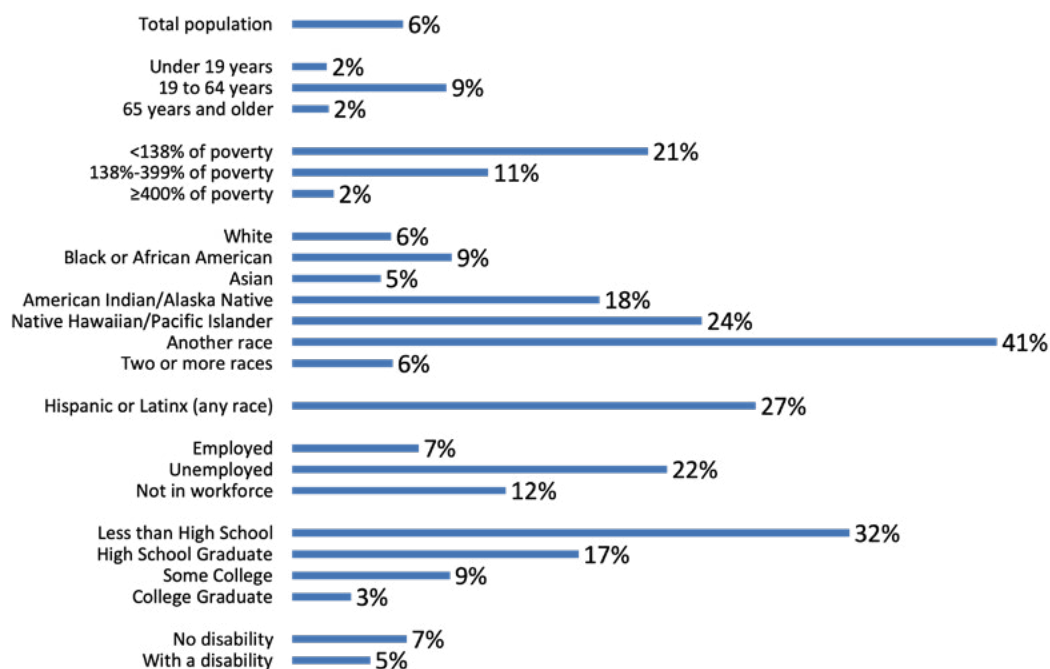
Community Voice

- Affordability of medical care and medical insurance was a significant community and household concern for phone/online survey respondents. Forty-five percent of survey respondents rated lack of affordable medical insurance as a major/moderate community problem. Forty-four percent of survey respondents rated lack of affordable medical care as a major/moderate community problem.
- In the phone/online survey, not being able to pay for medical insurance was a problem for 12% of households. Not being able to get medical insurance was a problem for 11% of households, a statistically significant increase from 7% in 2017.
 - The ability to pay for doctor bills was a problem for 12% of households.
 - Medical/billing issues was the second highest issue for which residents sought help (23%); 34% reported they were not able to find it.
- In the provider survey, International Community Health Services (ICHS) reported an increase in the number of uninsured patients from 2017 to 2018, from 467 to 544. With the end of the individual mandate of the ACA and continuing challenges to the ACA itself, they anticipate this number will continue to grow in the future.
- Thirty-eight percent of provider survey respondents report that their clients need health care but cannot access it.

Prevalence

- In 2017, approximately 6% of Bellevue residents were uninsured, compared with 7% across King County. Approximately 8,000 adults between the ages of 19 and 64 were uninsured (an uninsured rate of approximately 9%) while only 2% of children (under age 19) and older adults (over age 65) were uninsured.²

Figure 1. Uninsured Bellevue Residents (2017)



Source: U.S. Census Bureau³

- Across Bellevue, between 7% (West Bellevue) and 16% (Central Bellevue) of adults report they could not take care of their medical needs due to cost (Northeast Bellevue and South Bellevue were both 10%). Each of these percentages is statistically consistent with the overall King County value of 13%.⁴

Service Trends

- As of June 2019, more than 1.8 million Washingtonians are enrolled in Medicaid programs, including nearly 550,000 in Medicaid expansion. About 230,000 King County residents are enrolled in Medicaid programs, including 130,000 in Medicaid expansion.⁵
- There was an increase in hospitals reporting charity care data for the first time since 2013. Washington hospitals reported \$772 million in charity care charges in FY 2017.⁶
- HealthPoint serves low-income adults, children and youth, many of whom are homeless or in transitional housing. By June 2019, HealthPoint had already provided medical care to 555 Bellevue residents in that year. In 2017 and 2018, the organization served, on average, approximately 900 Bellevue residents for the entire year.⁷
- In 2018, Eastgate Public Health Center served 1,216 clients in Parent Child Health, which includes First Steps Maternity Support Services and Infant Case Management, and Children with Special Health Care Needs. Eastgate WIC, the Special Supplemental Nutrition Program for Women, Infants, and Children, served 1,826 pregnant and post-pregnant individuals and children 0-5 years.⁸
- SeaMar Community Health Centers is a Federally Qualified Health Center that provides medical, dental and behavioral health services. In the Bellevue clinic, the focus is medical and behavioral health. Client's income are typically at or below 200% of the Federal Poverty Level. In 2015-2016, SeaMar served about 4,000 Bellevue residents.⁹

Dental Care

Those who have the least access to preventative services and dental treatments have greater rates of oral disease. Similar to broader health access issues, oral health access is strongly tied to educational level, race and ethnicity, and income.¹⁰ Dental decay is the most common chronic disease of childhood, impacting the ability to eat, talk, smile, pay attention and learn in school, which can have costly long-term adverse effects.¹¹ The Affordable Care Act does not require dental care for adults, though plans can be found for children in the Washington Health Plan Finder.

Two barriers to people accessing needed health and human services are lack of affordable health care and that counseling and mental health services are not readily available for low income individuals.

~Key Informant Interview,
St. Louise Catholic Church

Community Voice

- Thirty-six percent of phone/online survey respondents rated lack of affordable dental care as a major/moderate community problem.
- Fifty-six percent of provider survey respondents report that their clients need dental services but cannot access them.
- Six percent of Bellevue residents in the phone/online survey report seeking help with dental issues, bills, and insurance coverage.
- In the consumer survey, 32% of respondents rated not being able to pay for dentist bills as a major or moderate problem.

Prevalence

In 2015 (the most recent year for which data are available), between 22% (Central Bellevue) and 32% (West Bellevue) of adults reported they did not receive a dental checkup in the last year (Northeast Bellevue was 31%). Only 10% of South Bellevue residents have not had a checkup in the last year, the only Bellevue region that statistically differs from King County's overall average of 30%.¹²

Service Trends

- The Eastgate Public Health Center runs a dental clinic; in 2018 they provided dental care to 210 individuals experiencing homelessness.¹³
- HealthPoint serves low-income adults, children and youth, many of who are homeless or in transitional housing. By June 2019, HealthPoint had already provided dental care to 313 Bellevue residents in that year. In 2017 and 2018, the organization provided dental services to, on average, approximately 480 Bellevue residents for the entire year.¹⁴
- International Community Health Services (ICHS) is a Federally Qualified Health Center (FQHC) that provides health services, including dental, to underserved populations in King County. By June 2019, ICHS had already provided dental care to 236 Bellevue residents in that year. In 2017 and 2018, the organization provided dental services to, on average, approximately 485 Bellevue residents for the entire year.¹⁵

There are limited dental options, even with insurance. Adults are not able to get the preventative dental care they need, and it often turns into a large issue that costs way more.

~Key Informant Interview,
Family Connections Center

Substance Abuse

In most individuals, dependency begins slowly and grows until their life becomes progressively unmanageable. Left untreated, the negative outcomes associated with substance abuse are numerous, ranging from more frequent arrests to long-term health challenges. However, substance abusers who recognize that they need treatment and can take the steps to receive it are much more likely to engage in behaviors that are positive in the long term.

Community Voice

Thirty-eight percent of survey respondents rated drug abuse as a major/moderate community problem. Twenty percent rated alcoholism as a major/moderate community problem.

Prevalence

- Drug and alcohol use caused the deaths of 415 King County residents in 2018—up from 379 in 2017. In 2017-18, 49% of drug and alcohol caused deaths in King County occurred in Seattle. The estimated rates of drug and alcohol-caused deaths were higher in SeaTac/Tukwila (32.8 per 100,000), Seattle (26.9 per 100,000), and Auburn (26.7 per 100,000). The Bellevue rate was 10.5 per 100,000.¹⁶
- Most overdoses involve multiple types of drugs. Deaths involving both an opioid and a stimulant, such as cocaine or methamphetamine, increased from 45 in 2009 to 130 in 2018 in King County. Overall, methamphetamine-involved deaths increased sharply over the last decade, from 21 in 2009 to 163 in 2018.¹⁷
- In King County, overdoses disproportionately affect men, twice as often as women. Despite constituting less than 1% of the King County population, 16% of overdoses were among persons experiencing homelessness. The estimated rate of drug and alcohol-caused deaths was 22% higher among Blacks and 400% higher among American Indian/Alaskan Native than among Whites.¹⁸
- In 2018, there were 12 overdose deaths in Bellevue. As of September 2019, there were 9 overdose deaths in Bellevue.¹⁹
- Across Bellevue, between 16% (Northeast Bellevue) and 21% (West Bellevue) of adults reported binge drinking in the past 30 days (Central and South Bellevue were both 17% and 18%, respectively). Each of these percentages is statistically consistent with the overall King County value of 20%.²⁰
- In 2017 (the most recent year for which data is available), approximately 8% of Bellevue adults reported smoking cigarettes every day or most days. This number was statistically consistent with King County's overall average of 11%.²¹

Service Trends

- Demand for heroin and prescription opiate addiction treatment in King County has outpaced supply; treatment admissions for heroin were up 101% between 2010 and 2014, leaving more than 150 people on treatment waitlists each day.²²
- According to the WA Recovery Help-Line website, there are 15 locations that provide medications for Opioid Use Disorder (MOUD) in Bellevue. These include non-profit agencies such as THS as well as some private medical groups. There are 6 sites in Bellevue that provide Rapid Access (within 24-72 hours) for buprenorphine, methadone or naltrexone.²³
- Between April and December of 2016 (the most recent data available), 9,583 adults and 672 youth in King County received some sort of substance use disorder treatment service.²⁴
- Therapeutic Health Services (THS) provides intensive outpatient drug and alcohol treatment. By June 2019, THS had already provided substance abuse treatment to 196 Bellevue residents for that year. In 2017 and 2018, the organization provided substance abuse

services to, on average, approximately 202 Bellevue residents for the entire year.²⁵

- The number of adults receiving state funded alcohol or drug treatment is lower in Bellevue (3.36 per 1,000 adults) compared to the rest of the State (12.95 per 1,000 adults).²⁶

Mental Health

Individuals with mental health issues experience disruption in their ability to think, feel, and relate to others, and this often results in changes in daily functioning. Fortunately, treatment for mental illness, often a combination of psychosocial support and medication, can be effective. In the United States, the National Institute for Mental Health (NIMH) reports that between 70 and 90 percent of individuals experience a significant reduction in symptoms and improved quality of life after engaging in mental health treatment services.²⁷

Community Voice

- In the phone/online survey, not being able to pay for mental health counseling was a problem for 8% of households. Not having access to mental health counseling was a problem for 5% of households.
- Sixty-seven percent of provider survey respondents report that their clients need mental health care but cannot access it.
- In the phone/online survey, mental health counseling was the top issue for which residents sought help (47%); 17% reported not being able to find it.

Prevalence

- About 20% of adults in the U.S. experience mental illness every year. Similarly, approximately 20% of youth age 13 to 18 experiences a mental illness each year.²⁸
- Across King County, people in households making less than \$15,000 per year were over four times more likely to have frequent distress than those in households making \$75,000 per year or more (26% and 6%, respectively).²⁹
- Across Bellevue, between 5% (West Bellevue) and 9% (South Bellevue) of adults report frequent mental distress over a given month (Central and Northeast were 7% and 8%, respectively). Each of these percentages is statistically consistent with the overall King County value of 10%.³⁰
- The hospitalization rate from suicide attempts for people in East King County was 33.9 per 100,000, which includes 838 admissions. This was lower than the King County average of 36.8.³¹
- Between 2011 and 2015, there were 70 suicides in Bellevue. Across Bellevue, the suicide rate ranged from 6.6 per 100,000 (South Bellevue) to 12.5 per 100,000 (Central), with rates of 9.6 per 100,000 and 11.4 per 100,000 in West and Northeast Bellevue, respectively. Each of these percentages is statistically consistent with the overall King County value of 12.2 per 100,000.³²

- Many individuals with complex social and health issues regularly interact with the King County Jail system, in part due to an inability to effectively engage with fragmented health and human services systems. For example, nearly all people with 4 or more annual bookings in King County jail were found to have a mental health indicator.³³

Service Trends

- Crisis Clinic provides a 24-Hour Crisis Line. In 2017, the 24-Hour Crisis Line responded to more than 7,500 calls from Bellevue residents.³⁴
- In 2016, 7,024 people received crisis stabilization services. Since 2014, these services have increased noticeably for adults (17%) and older adults (23%) due to expansion of the mobile crisis team and crisis diversion interim teams.³⁵
- Between October 1, 2015 and September 30, 2016, a total of 6,620 East King County residents (or 16% of individuals served countywide) received at least one MIDD-funded service. MIDD strategies serving the most Eastside residents were: Youth Suicide Prevention Trainings (4,577 served), Older Adults in Primary Care (702 served), Mental Health Treatment (268 served), Children's Crisis Outreach (240 served), Collaborative School-Based Care (119 served), and Domestic Violence Mental Health Services (103 served).³⁶
- The King County behavioral health organization provided mental health services to nearly 56,000 people in 2016, a 13% increase over 2014. Of more than 47,000 clients served through outpatient care, 27% were children; 60% were adults; and 13% were older adults. About 9% were homeless and 21% presented with co-occurring disorders, which is someone experiencing mental illness and substance use disorder simultaneously.³⁷

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