

REGIONAL COMMUNITY HEALTH ASSESSMENT

*Washington State Olympic region –
Clallam, Jefferson, & Kitsap Counties*

2025

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Olympic
COMMUNITY *of* HEALTH

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Executive Summary

Olympic Community of Health (OCH) partnered with VillageReach to develop a regional health assessment that synthesizes findings from Community Health Assessments (CHAs), Community Health Needs Assessments (CHNAs), strategic planning documents, and the most recent publicly available indicators. This assessment highlights health needs shared across the Olympic region, which is comprised of Clallam, Jefferson, and Kitsap counties.

Across data sources, three regional priority areas consistently emerged: access to care, behavioral health, and housing stability.

- **Access to Care:** Despite relatively high insurance coverage in the region, meaningful access to care remains constrained by limited provider availability and service capacity. Two of the three counties are designated Health Professional Shortage Areas for both primary and dental care, reflecting persistent barriers to finding timely appointments and establishing routine care. These patterns indicate that coverage does not consistently translate into accessible or affordable care, particularly for youth, low-income residents, and Medicaid beneficiaries.
- **Behavioral Health:** Behavioral health remains a prominent concern across all counties. Adults report frequent poor mental health days, and youth continue to experience elevated levels of anxiety, depression, and suicidal ideation. Substance use—including alcohol, nicotine/vaping, marijuana, and opioids—contributes to preventable emergency visits, hospitalizations, and deaths. These patterns are shaped by system-level factors such as limited treatment capacity, stigma, and economic pressures.
- **Housing:** Housing affordability and availability challenges continue to affect community members' ability to stay housed, access care, and maintain overall well-being. Regional housing affordability indices illustrate significant barriers for both median-income and first-time buyers. Rising housing costs and limited rental availability contribute to instability that intersects with behavioral health, economic opportunity, and healthcare access.

These findings highlight the need for coordinated, multi-partner strategies that reflect local context, and build on the strengths of community partners. By synthesizing regional data and partner-led assessments, this summary provides a foundation for OCH, its network, and community partners to align future investments, identify shared priorities, and support collaborative action across the Olympic region.

The background of the page features a scenic landscape with a mountain range, a lake, and a forest. The mountains are in the foreground, with a lake in the middle ground, and a forested area in the background. The colors are muted, with shades of blue, green, and brown.

OLYMPIC REGION HEALTH ASSESSMENT

Methods

This synthesis drew on Community Health Assessments (CHAs) and Community Health Needs Assessments (CHNAs) from organizations in the Olympic region, which includes Clallam, Jefferson, and Kitsap Counties. Source documents varied in scope and methods. Data collection approaches included quantitative surveys; qualitative interviews, focus groups, workshops, and key informant surveys; and secondary analysis of state and national datasets.

CHAs and CHNAs reviewed for this regional assessment:

County	Organization	Document	Year
Clallam	Clallam County Health and Human Services	Clallam County Community Health Assessment	2022
	Forks Community Hospital	Community Health Needs Assessment	2023
	North Olympic Healthcare Network	Community Health Needs Assessment	2023
	Olympic Medical Center	Community Health Needs Assessment	2022
Jefferson	Jefferson County Public Health	Jefferson County Community Health Status Assessment - Quantitative Report	2019
		Jefferson County Health Survey Results	
Kitsap	Kitsap Public Health District	Kitsap County Community Health Assessment	2023
	Virginia Mason Franciscan Health - St. Michael Medical Center	Community Health Needs Assessment	2023
	Kitsap Community Resources	Community Needs Assessment	2023

VillageReach conducted all analysis and synthesis for this regional report with input provided by Olympic Community Health (OCH).

From each document, health focus areas were extracted and mapped in a table to show where they appeared across counties and organizations. These focus areas were then ranked based on frequency of mention to identify the top three cross-cutting priorities for the region:

1. **Access to Care**,
2. **Behavioral Health** (including mental health and substance use),
3. **Housing**.

For each of these priorities, all associated indicators were systematically pulled from the source documents, with documentation of the indicator definition, source, county, relevant population subgroups (where available), and whether the data came from primary sources or secondary datasets. Indicators were organized into sub-themes to highlight specific issues:

- Access-to-care indicators were grouped under insurance coverage, health care system capacity, and service utilization.
- Behavioral health indicators were grouped under mental health (status of well-being; crisis and safety; supports; and services) and substance use (trends in usage; and morbidity and mortality).
- Housing indicators were grouped under availability, affordability, and stability.

All extracted indicators and sub-themes were cross-checked against the source documents to ensure accuracy. Where available, indicators were supplemented with more recent data from publicly available sources, including:

- U.S. Census Bureau's American Community Survey (ACS),
- Behavioral Risk Factor Survey (BRFSS)
- Healthy Youth Survey (HYS)
- Washington State Health Care Authority,
- Washington State Department of Health datasets, and
- Other sources noted in the indicator tables and endnotes.

Regional averages were calculated across counties and compared to state averages where appropriate. Summaries were finalized and refined to provide a consolidated picture of health needs and priorities across the region.

Limitations:

This synthesis draws on previously completed CHAs, CHNAs, and publicly available datasets, which vary in data availability, publication years, and methodology. Not all indicators were available for all counties, and no new primary data collection was conducted; therefore, findings are grounded in the priorities and scope of existing assessments. Tribal health assessments were not included in this synthesis. Incorporating them in future updates would provide a more complete regional picture.

Regional Demographics

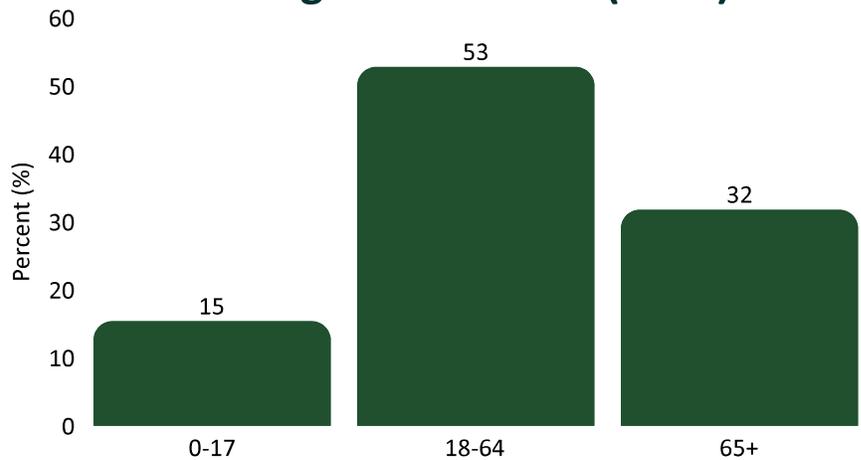


Population (2023)¹



388,988

Age Distribution (2023)¹



Race/Ethnicity (2023)¹



- White (Non-Hispanic)
- Black (Non-Hispanic)
- American Indian or Alaskan Native (AIAN)
- Asian
- Hispanic
- Native Hawaiian/Other Pacific Islander

Median Household Income (2019-2023)²



\$81,300

Unemployment Rate (2023)³



5%

Poverty Rate (2023)⁴



11%

Demographics

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Population	U.S. Census	2023	77,616	33,714	277,658	388,988	7,812,880
Under 18 years old	U.S. Census	2023	15.9%	11.0%	19.3%	15.4%	21.1%
18-64 years old	U.S. Census	2023	51.1%	46.9%	60.4%	52.8%	61.8%
65 years and older	U.S. Census	2023	33.0%	42.1%	20.3%	31.8%	17.1%
American Indian or Alaskan Native (AIAN)	U.S. Census	2023	5.7%	1.9%	1.8%	3.1%	2.0%
Asian	U.S. Census	2023	2.1%	2.2%	5.9%	3.4%	10.8%
Hispanic	U.S. Census	2023	7.0%	4.6%	9.6%	7.1%	14.6%
Native Hawaiian or Other Pacific Islander	U.S. Census	2023	0.2%	0.3%	1.0%	0.5%	0.9%
Black (Non-Hispanic)	U.S. Census	2023	0.9%	1.1%	2.9%	1.6%	4.2%
White (Non-Hispanic)	U.S. Census	2023	81.6%	87.4%	73.9%	81.0%	64.2%
Median Household Income	U.S. Census (SAIPE)	2019 - 2023	\$67,100	\$77,900	\$98,900	\$81,300	\$94,600
Unemployment Rate	US Dept of Labor	2023	5.2%	5.0%	4.1%	4.8%	4.1%
Poverty Rate	Data USA	2023	10.8%	12.6%	8.3%	10.6%	9.9%



End Notes - Demographics

1. U.S. Census Bureau, American Community Survey (ACS), accessed at data.census.gov
2. U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, accessed at <https://www.census.gov/data/datasets/2023/demo/saipe/2023-state-and-county.html>
3. US Department of Labor, Bureau of Labor Statistics, Local Area Unemployment Statistics (LAUS), Customized Tables, accessed at <https://www.bls.gov/data/home.htm>
4. Data USA, Country Profiles, accessed at <https://datausa.io/>



IDENTIFIED HEALTH NEEDS

The top-priority needs identified fell into three main themes:



ACCESS TO CARE



BEHAVIORAL HEALTH



HOUSING

Findings of key barriers and health needs for the Olympic region are discussed in the following sections and include quantitative data supplemented by qualitative data.



ACCESS TO CARE

Access to care is fundamental to community well-being. It means having timely, affordable, and appropriate medical, dental, behavioral, and preventive services available when people need them. Achieving true access requires sufficient providers across disciplines and the removal of logistical and financial barriers that keep people from seeking care. Ensuring equitable access strengthens prevention, supports early intervention, and promotes continuity of care throughout the lifespan.

Analysis of the Olympic region CHAs and CHNAs identified three common sub-themes related to access to care: **health insurance, health care system capacity, and service utilization**. Together, these themes capture the most consistent experiences in seeking and using health care services across counties.

HEALTH INSURANCE

What is the region's health insurance coverage?

As of 2022, uninsured rates in the region remain relatively low at 8%.¹

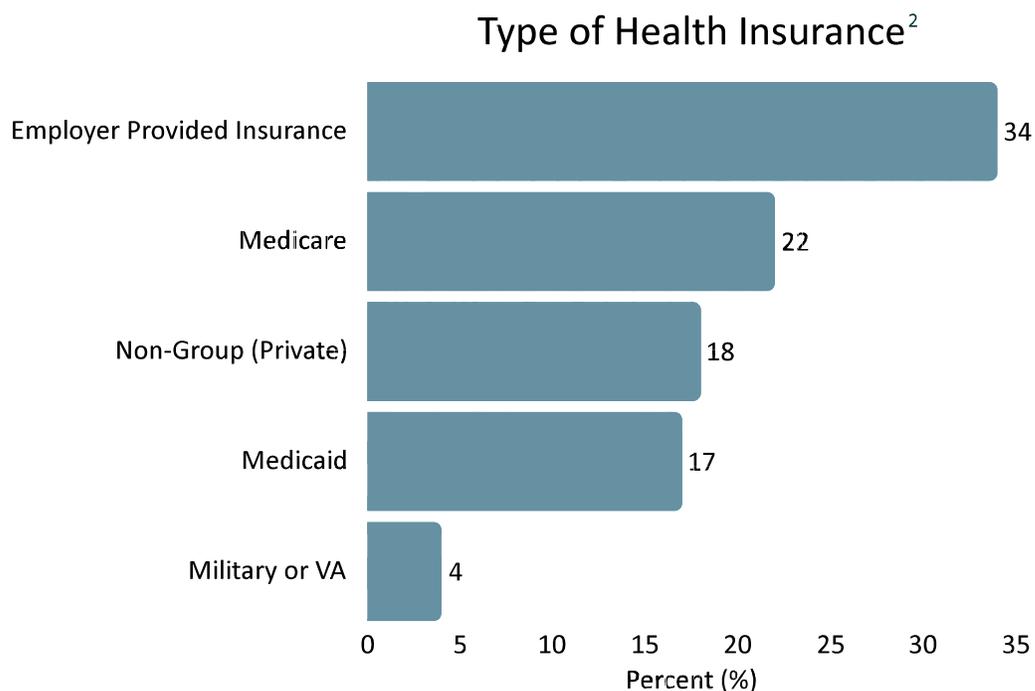
 **92%** of community members have some form of health insurance



8% of community members have **no** form of health insurance 

What is the region's health insurance landscape?

The region's insurance landscape reflects a mix of economic, demographic, and geographic realities: fewer community members with employer-sponsored coverage, a larger Medicare population, and higher reliance on private non-group plans.



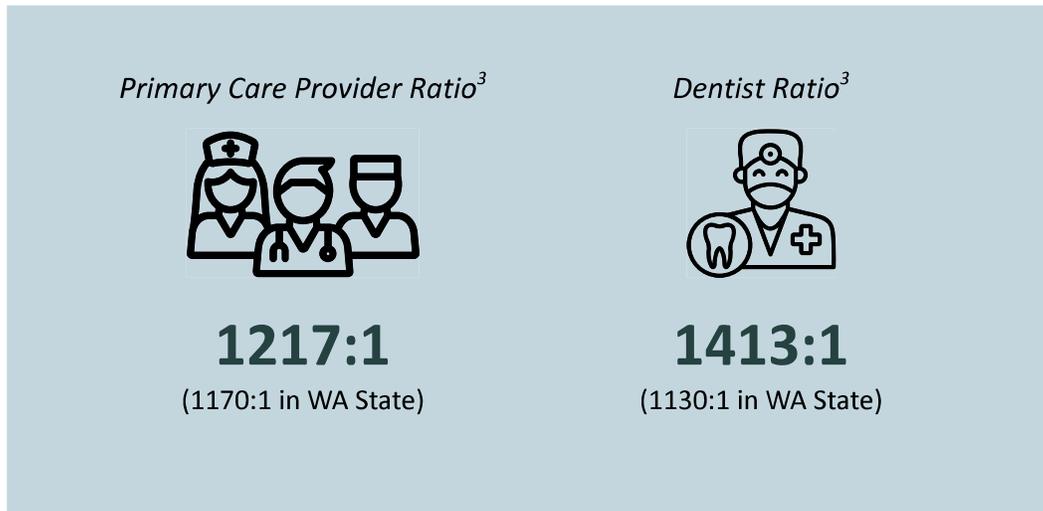
These patterns shape how community members interact with the health system, from the types of providers they can see to the affordability and timeliness of care. Understanding these dynamics is essential for designing strategies that improve access, especially for older adults, low-income families, and those with coverage that does not guarantee meaningful access to local services.

HEALTH CARE SYSTEM CAPACITY

Are providers available in the region?

Once insured, community members must be able to find providers who can deliver the care they need. Insurance alone does not guarantee access; community members also depend on the availability of primary care, dental care, and other essential services within a reasonable distance and timeframe. Provider capacity helps show how many clinicians are available for the population and how stretched those providers may be as they work to meet local demand.

Provider ratios quantify this relationship by measuring the number of community members per provider, offering a standardized way to understand how easily people can access primary and dental care within the region.



Additionally, two of the three counties in the region, Clallam and Jefferson, are designated **Health Professional Shortage Areas** for both primary care and dental care as of 2025.⁴

These numbers indicate a limited supply of providers relative to demand, meaning community members may face longer wait times, fewer new patient openings, and challenges establishing routine or preventive care.

“There aren’t enough providers. There aren’t enough providers that will take Medicaid. It’s difficult to be connected to the services that are identified as necessary.” - Community Leader

“Accessing primary care is very challenging... Primary care providers have limited panels and many are closed. Often providers are booked out and it is difficult to get an appointment.” - Health Provider

SERVICE UTILIZATION

Service utilization reflects how often community members use available health services and can indicate whether people are able to access care when they need it. These measures help show how effectively the local healthcare system is meeting the community's routine and preventive care needs.

Are community members using preventive & primary care services?

Preventive and primary care services provide consistent, general healthcare that supports day-to-day wellness and helps patients stay connected to a regular source of care. Examples include annual wellness visits, general physical exams, and other routine appointments that support ongoing health and continuity of care. Where relevant, the following indicators are presented by age group to show how adults and youth differ in their use of routine care.

Adults

Across the region, 67% of adults received a routine annual check-up in 2022, just below the 69% reported at the state level.⁵ This indicates that most adults maintain at least one yearly connection to a primary care provider.

In 2023, among adults over age 20 enrolled in Medicaid, 70% accessed preventive or ambulatory services, nearly identical to the state rate of 69%.⁶ Together, these indicators suggest that adult community members—and adult Medicaid beneficiaries in particular—are generally able to access routine and preventive care at relatively strong levels.

Youth

Youth engagement with routine care is notably lower - in 2023, 54% of youth received a physical exam in the past year, compared to 64% at the state level. This represents a decline from the region's 2021 level of 62%, showing that fewer young people are accessing annual physicals now than two years prior.⁷

Among Medicaid-enrolled youth ages 3–21, only 24% had at least one preventive or ambulatory visit in 2023, compared to 32% at the state level.⁶ This indicates that many children and adolescents enrolled in Medicaid are not receiving well-care or other routine visits.

Are community members using screening & early detection services?

Screening and early detection services help identify health conditions at an earlier, more treatable stage. Measures such as breast, cervical, and colorectal cancer screening show how often community members are accessing recommended preventive tests that support timely diagnosis and improve long-term health outcomes.

In 2023, screening and early detection participation varies across cancer types in the region, with some screening rates falling slightly below statewide levels and others aligning closely with or exceeding state patterns.

- *Breast cancer screening (ages 50–74)*: 41% of eligible women were screened (WA: 45%).⁶
- *Cervical cancer screening (ages 21–64)*: 47% of eligible women were screened (WA: 45%).⁶
- *Colorectal cancer screening (ages 50–75)*: 31% were screened (WA: 32%).⁶

Are community members using oral health services?

Oral health service utilization reflects how often community members are able to access routine dental care, an important component of overall health and well-being. Looking at dental visit patterns among adults and Medicaid beneficiaries provides insight into how different groups are engaging with these services.

- *Adult dental visits*: In 2022, 68% of adults reported a dental visit in the past year, slightly above the 67% reported at the state level.⁵
- *Medicaid dental service utilization*: 30% of Medicaid beneficiaries received at least one dental service within the reporting year (2023), compared to 37% at the state level.⁶

“Low-income patients have an impossible time accessing [dental care].” - Social Services Provider

“Very few dentists for low-income folks. Almost all dentistry is self-pay.” - Physican

These indicators show a contrast in oral health utilization across groups. While adult dental visit rates are slightly higher than the statewide average, dental service use among Medicaid beneficiaries is notably lower. This suggests that adults generally maintain regular dental care, while Medicaid enrollees face more barriers to accessing dental services.

ACCESS TO CARE

Health Insurance

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Uninsured Rate	U.S. Census (SAHIE)	2022	9%	8%	7%	8%	7%
Type - Employer Provided Insurance	U.S. Census	2023	31.1%	27.8%	43.1%	34.0%	50.6%
Type - Medicare	U.S. Census	2023	22.9%	29.6%	13.5%	22.0%	11.6%
Type - Medicaid	U.S. Census	2023	20.6%	16.4%	12.7%	16.6%	16.7%
Type - Non-Group (Private)	U.S. Census	2023	16.6%	19.6%	18.6%	18.3%	12.7%
Type - Military or VA	U.S. Census	2023	2.2%	2.5%	6.7%	3.8%	2.1%

ACCESS TO CARE- CONTINUED

Health Care System Capacity

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Provider Availability - Primary Care Providers	Area Health Resource File/American Medical Association	2022	1080:1	1120:1	1450:1	1217:1	1170:1
Provider Availability - Dentists	Area Health Resource File/American Medical Association	2023	1050:1	1980:1	1210:1	1413:1	1130:1
Health Professional Shortage Area	Health Resources and Services Administration	2025	Designated	Designated	Proposed for Withdrawal	--	--

Service Utilization

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Adults - Routine Annual Check-Up	BRFSS	2022	66.8%	65.1%	69.0%	67.0%	69.4%

ACCESS TO CARE- CONTINUED

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Adults (>20) - Medicaid beneficiaries access to preventive/ ambulatory services	WA State Health Care Authority	2023	72.0%	71%	68%	70%	69%
Youth - Physical Exam in Past Year	Healthy Youth Survey	2023	55.7%	46.2%	60.5%	54.1%	64.0%
Child and adolescent access to well-care visits, Medicaid	WA State Health Care Authority	2023	20.0%	24.0%	29.0%	24.0%	32%
Female (50-74) Breast Cancer Screening	WA State Health Care Authority	2023	38.0%	38.0%	46.0%	41.0%	45.0%
Female (21-64) Cervical Cancer Screening	WA State Health Care Authority	2023	44.0%	50.0%	47.0%	47.0%	45.0%
Adults (50-75) Colorectal Cancer Screening	WA State Health Care Authority	2023	29.0%	32.0%	31.0%	31.0%	32.0%
Adult Dental Visit in Past Year	BRFSS	2022	64.1%	68.2%	70.3%	67.5%	67.3%
Utilization of Dental Services (Medicaid)	WA State Health Care Authority	2023	31.0%	28.0%	32.0%	30.0%	37.0%

End Notes - Access to Care

1. U.S. Census Bureau, Small Area Health Insurance Estimates (SAHIE) Program, accessed at <https://www.census.gov/data/datasets/time-series/demo/sahie/estimates-acs.html>
2. U.S. Census Bureau, American Community Survey (ACS), accessed at data.census.gov
3. Area Health Resources Files (AHRF) 2023-2024. US Department of Health and Human Services, Health Resources and Services Administration, Bureau of Health Workforce, accessed at <https://data.hrsa.gov/data/download>
4. U.S. Department of Health & Human Services, Health Resources & Services Administration, Health Professional Shortage Areas, HPSA Find, accessed at <https://data.hrsa.gov/tools/shortage-area/hpsa-find>
5. Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System (BRFSS), via PLACES, 2022, accessed at <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65>
6. Washington State Health Care Authority (HCA) Healthier Washington Measure Explorer & Trend Dashboard , 2023, accessed at <https://hca-tableau.watech.wa.gov/t/51/views/HealthierWashingtonDashboard/Measures?%3AisGuestRedirectFromVizportal=y&%3Aembed=y>
7. Washington State Department of Health, Washington State Office of the Superintendent of Public Instruction, Department of Social and Health Services, and the Liquor and Cannabis Board, Healthy Youth Survey (HYS), 2023, accessed at <https://www.askhys.net/SurveyResults/DataDashboard>



BEHAVIORAL HEALTH ---

Behavioral health is a vital part of a community's overall health, encompassing both mental well-being and substance use. Challenges in either area affect how individuals live, work, learn, and connect with others, influencing the health and stability of entire communities. Behavioral health outcomes reflect not only individual experiences but also broader structural and environmental conditions including housing stability, economic opportunities, transportation, culturally responsive care, and experiences of stigma and discrimination.

Mental health influences every aspect of daily life, shaping how people think, feel, and manage stress. When needs go unaddressed, conditions like depression, anxiety, and trauma can lead to emotional distress, strained relationships, and reduced quality of life. These conditions frequently intersect with social and structural inequities and co-occurring physical and behavioral health needs, all of which affect how and when people are able to access care.

Substance use, including the use of alcohol, tobacco, and drugs, also affects the region's health and safety. It contributes to preventable hospitalizations, injuries, and deaths, while often overlapping with mental health conditions. Substance use disorders are chronic, treatable conditions influenced by community-level stressors, trauma, economic pressures, and access to prevention and treatment services. Stigma, both structural and interpersonal, can further delay help-seeking and limit access to timely, evidence-based care.

Because behavioral health challenges manifest differently across life stages, the data in this section are disaggregated by adults and youth to illuminate distinct patterns of need, identify risk and protective factors, and inform targeted strategies that promote mental well-being and reduce substance-related harm throughout the region.

Across the CHAs and CHNAs reviewed for the Olympic region, two common sub-themes emerged within behavioral health:

- **Mental Health**
 - Status of Wellbeing
 - Crisis and Safety
 - Social and Emotional Supports
 - Services
- **Substance Use**
 - Substance Use Trends
 - Morbidity and Mortality

These themes reflect the most consistent behavioral health-related concerns identified across counties.

MENTAL HEALTH

Adults - Wellbeing, Crisis & Safety, Supports

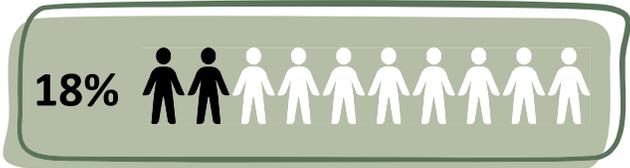
What is the state of adult mental wellbeing?

Adults in the Olympic region experience notable levels of mental health challenges. On average, community members report 5.7 poor mental health days each month¹, reflecting ongoing stress and emotional strain in daily life.

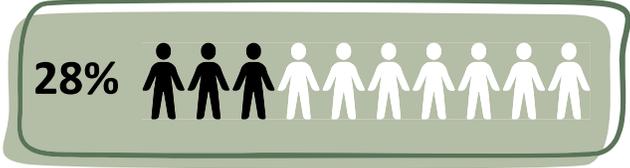
“Mental Health needs have soared since the beginning of the pandemic. We are seeing increased anxiety, depression, and difficulty managing stress overall.” - Health Provider

According to 2022 survey data:

Prevalence of depression²



Experiencing frequent mental distress (14+ days of poor mental health a month)¹



How are mental health crises affecting community members in the region?

Indicators related to self-harm and suicide show the most acute expression of behavioral health needs in the Olympic region. Between 2020 and 2024, around **5% of all injury-related hospitalizations were self-inflicted**. More strikingly, **22% of all injury-related deaths in the region were suicides**, compared to 17% statewide.³

Do adults feel supported in the region?

About one in four adults (26%) report lacking adequate social or emotional support in 2022¹, suggesting that strengthening community connection and social supports represents an important opportunity to improve overall mental well-being in the region.

Youth - Wellbeing, Crisis & Safety, Supports

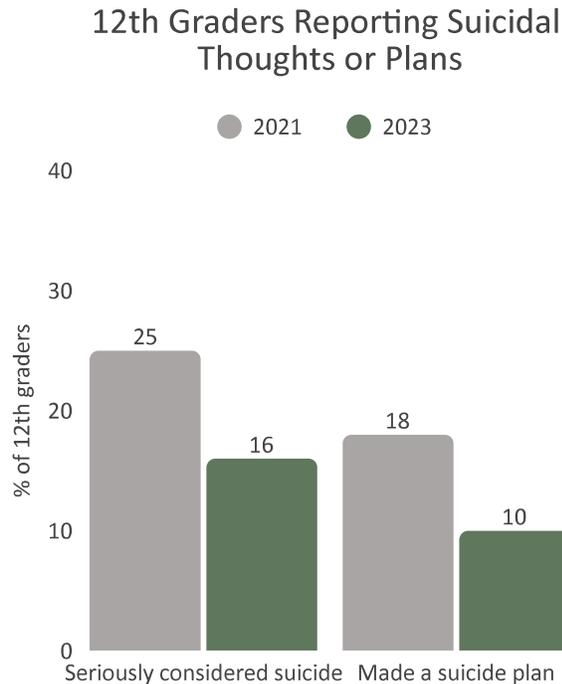
What is the state of youth mental wellbeing?

“*I am particularly concerned about youth mental health and the ability for families to access support for the increase in socio-emotional problems that children are experiencing.*” -
Community Leader

Youth in the Olympic region continue to face mental health challenges, but increasing awareness and open conversations about emotional well-being represent important steps forward.

In 2023, **37% of 12th-grade students reported experiencing depressive feelings** in the past year, and **38% showed symptoms consistent with generalized anxiety disorder**.⁴ While these numbers reflect ongoing stress and emotional strain, they also suggest that more young people are identifying and naming their mental health needs, an important foundation for early support and prevention.

How are mental health crises affecting youth?

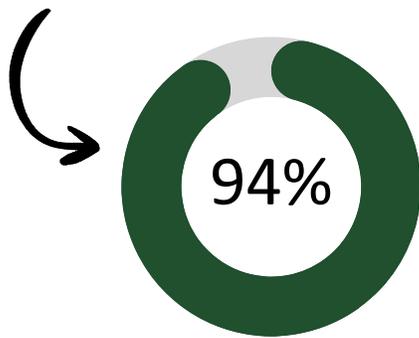


In 2023, 16% of 12th-grade students reported seriously considering suicide and 10% said they had made a suicide plan.⁴ While these figures highlight the emotional distress many young people experience, **both measures have shown improvement over time** suggesting that prevention efforts and awareness initiatives may be making a positive impact, though continued investment in crisis response and accessible mental health services remains essential to sustain progress.

Suicide attempts among youth remain a serious concern in the region. Complete regional data are only available for 2021, when 8.3% of 12th-grade students reported attempting suicide. In 2023, data were available for Kitsap and Clallam counties, where the combined rate was 9.2%, compared to 8.6% in 2021 for those same counties.⁴ While these partial data suggest a slight increase in suicide attempts, differences in data completeness limit regional trend comparisons.

Does the region's youth feel connected and supported?

In 2023, most young people in the region reported having at least one trusted adult to turn to when they feel sad or hopeless, a protective factor that supports resilience and recovery. However, 6% of youth said they lacked such support, underscoring the need to strengthen relationships between youth and caring adults in schools, families, and communities.⁴



Youth who have an adult to turn to when sad or hopeless



Youth who learned about suicide prevention from school

Schools can also play a critical role in reaching youth. About 50% of 12th graders reported in 2023 hearing or seeing information from their school about suicide prevention.⁴ While this reflects meaningful outreach, it also shows that half of students did not receive this information, highlighting an important opportunity to strengthen school-based prevention efforts.

Services

Are mental health services available in the region?

Access to mental health care is limited across the Olympic region. In 2024, the region had an average ratio of 187 community members for every 1 mental health provider (187:1), compared to 180:1 statewide, indicating fewer providers available per person.⁵ As of 2025, all three counties are also designated as **Mental Health Provider Shortage Areas**, each scoring 18 out of 26 (with higher scores indicating more severe shortages).⁶ These designations highlight significant workforce constraints that can make it difficult for community members to find timely care.

“I probably spent a couple hours on at least three different days calling, leaving messages, researching, going online, and looking at who took our healthcare, and then checking reviews. And I mean probably 6 to 8 hours at least just for a counselor for my son.”

- Community Member

“I mean, some places just don’t even have a wait list. The wait list is so long that they closed the wait list. And that’s for mental health, therapy, everything.”

- Community Member

Are people able to access services when needed?

Among community members age six and older who are Medicaid beneficiaries and had a mental health service need identified in the past two years, 55% received at least one qualifying service during the 2023–2024 measurement year.⁷ Thus, just over half of community members in need received at least one mental health service. This level of service utilization suggests that many people with mental health needs may not be connected to care, likely reflecting the provider shortages, limited appointment availability, and other access barriers present across the region.

SUBSTANCE USE

This section summarizes substance use and substance use disorders among adults and youth, organized by tobacco/nicotine products, alcohol, and illicit or non-prescribed drugs.

Adults Substance Use Trends

How is the region's adult population affected by substance use?

Adult substance use remains a part of the behavioral health landscape in the Olympic region. In 2022, about 1 in 9 adults currently smoke cigarettes, a rate similar to the statewide average (10%).¹ Binge drinking affects about 1 in 5 adults, slightly higher than the statewide rate (17%).²



11% of adults are current cigarette smokers¹



19% of adults engage in binge drinking²

Youth Substance Use Trends

How is the region's youth population affected by nicotine and cannabis use?

Youth (12th grade) substance use remains a concern in the Olympic region, with 2023 rates of cigarette, vaping, and marijuana use* all higher than statewide averages.

Current cigarette smokers⁴



6%

(5% in WA state)

Current e-cig/vape smokers⁴



18%

(14% in WA state)

Current marijuana users⁴



20%

(16% in WA state)

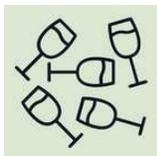
**Marijuana use is included in the smoking section; however, youth may use marijuana in multiple forms, including inhaled, vaped, or ingested products.*

How is the region's youth affected by alcohol use?

Alcohol use remains present among youth in the Olympic region with rates similar to that of Washington State. In 2023, about 1 in 5 youth reported drinking at least one alcoholic beverage in the past 30 days, and roughly 1 in 10 youth engaged in binge drinking during that same period. These patterns show that alcohol continues to be a commonly used substance among young people in the region.



21% of 12th grade youth are current alcohol drinkers⁴



10% of 12th grade youth engage in binge drinking⁴



How is the region's youth affected by illicit or non-prescribed drug use?

Illicit drug use among youth in the Olympic region is relatively uncommon but still present. In 2023, about 3% of 12th graders reported using illegal drugs in the past 30 days. Additionally, about 2% of youth reported using prescription painkillers such as Vicodin, OxyContin, or Percocet to get high in the past month.⁴

While these percentages represent a smaller share of youth compared to alcohol, vaping, or marijuana use, they still signal meaningful risk. Early misuse of illegal drugs or prescription painkillers can increase the likelihood of long-term substance use disorders and other health impacts, particularly when combined with limited access to youth-specific treatment.

“There is no inpatient YOUTH substance abuse treatment center on the Olympic Peninsula...Difficult on families due to extra travel time and expense (gas) - and on the family member seeking treatment as it limits time with family and friends during recovery.”
– Community Leader

Morbidity & Mortality

How does substance use contribute to the region's morbidity?

The Olympic region continues to experience a substantial burden of substance-related harm that shows up in emergency and hospital settings. In 2024, the emergency department visit rate for any drug-related cause was 457 per 100,000 community members⁸, indicating frequent acute encounters tied to substance use.

Hospitalizations related to overdoses also remained elevated in 2024:

- **Non-fatal drug overdose hospitalization rate is 71 per 100,000,⁹**
- **Opioid-specific non-fatal overdose hospitalization rate is 26 per 100,000.⁹**

These rates are all higher than statewide averages, suggesting that substance use is contributing to more frequent and severe health emergencies in the region. Together, these indicators highlight the ongoing need for harm reduction, treatment access, and community-based supports to prevent overdoses and reduce substance-related health impacts.



How does substance use contribute to the region's mortality?

Substance use contributes to a meaningful share of overall deaths in the Olympic region, illustrating the broad impact substance use has on community health and mortality.

15% of all deaths are related to alcohol or drugs (2023)³

Alcohol plays a notable role in premature death:

- In 2022, the alcohol-related death rate was 25.8 per 100,000 community members³
- From 2019-2023, 37% of traffic fatalities involved alcohol impairment¹⁰, highlighting risks that extend beyond individual use to community safety and well-being.

Drug-related mortality is also a significant concern:

Overdose Cause	Death rate (2021-2023) ¹¹
Any drug	39 per 100,000
Opioids specifically	30 per 100,000

The overdose death rates signal the severity of substance-related harm. Opioids accounting for a large portion of these deaths underscores the ongoing and deadly impact of opioid use across the region.

Together, these indicators show that substance use, particularly alcohol and opioids, continues to drive preventable deaths, reinforcing the need for coordinated prevention, harm reduction, and treatment approaches.

BEHAVIORAL HEALTH

Mental Health - Status of Wellbeing

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Adults - Avg. # of poor mental health days per month	BRFSS	2022	5.8	5.8	5.5	5.7	5.4
Adults - Experiencing frequent mental distress	BRFSS	2022	19.0%	18.0%	17.0%	18.0%	17.0%
Adults - Prevalence of depression	BRFSS	2022	29.3%	27.2%	27.0%	27.8%	26.1%
Youth (12 th grade) - Generalized Anxiety Disorder	Healthy Youth Survey	2023	40.7%	33.3%	38.9%	37.6%	36.4%
Youth (12 th grade) - Experiencing depressive feelings	Healthy Youth Survey	2023	35.9%	38.8%	35.7%	36.8%	32.4%

BEHAVIORAL HEALTH - CONTINUED

Mental Health - Crisis & Safety

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Adults - Injury Hospitalizations that were Self-Inflicted	WA State Department of Health, Community Health Assessment Tool (CHAT)	2020-2024	4.6%	3.1%	5.2%	4.3%	5.0%
Adults - Injury Deaths that were Suicides	WA State Department of Health, Community Health Assessment Tool (CHAT)	2020-2024	20.1%	23.2%	21.5%	21.6%	17.4%
Youth (12 th grade) - Contemplation of Suicide	Healthy Youth Survey	2023	17.4%	12.8%	19.0%	16.4%	15.3%
Youth (12 th grade) - Plan to Attempt Suicide	Healthy Youth Survey	2023	11.7%	2.9%	14.1%	9.6%	11.8%
Youth (12 th grade) - Attempted Suicide	Healthy Youth Survey	2021	9.2%	7.7%	8.0%	8.3%	6.7%

BEHAVIORAL HEALTH - CONTINUED

Mental Health - Supports

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Adults - Lack of Social and Emotional Support	BRFSS	2022	28.0%	24.0%	28.0%	26.7%	28.0%
Youth (12 th grade) - Have No Adult to Turn to When Depressed	Healthy Youth Survey	2023	13.0%	7.1%	11.7%	10.6%	12.8%
Youth (12 th grade) - Learned About Suicide Prevention at School	Healthy Youth Survey	2023	41.4%	50.0%	58.8%	50.1%	52.2%

Mental Health - Services

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Mental Health Provider Ratio	CMS, National Provider Identifier	2024	200:1	170:1	190:1	187:1	180:1

BEHAVIORAL HEALTH - CONTINUED

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Mental Health Providers Shortage Area	Health Resources and Services Administration (HRSA)	2025	18	18	18	18	N/A
Mental Health Service Rate	Washington Healthcare Authority, Healthier WA Dashboard	2023-2024	56%	53%	57%	55.33%	54%

Substance Use - Trends

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Adult - Current Cigarette Smokers	BRFSS	2022	13%	11%	9%	11.0%	10%
Adult - Binge Drinking	BRFSS	2022	19%	19%	19.5%	19.17%	17.2%
Youth (12 th grade) - Current Cigarette Smoking	Healthy Youth Survey	2023	6.30%	7.40%	4.40%	6.03%	4.60%
Youth (12 th grade) - Current e-Cigarette /Vape Use	Healthy Youth Survey	2023	19.8%	18.8%	15.9%	18.17%	13.6%

BEHAVIORAL HEALTH - CONTINUED

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Youth (12 th grade) - Current Marijuana Use	Healthy Youth Survey	2023	20.0%	23.2%	18.0%	20.4%	16.3%
Youth (12 th grade) - Current Alcohol Drinking	Healthy Youth Survey	2023	18.3%	25.9%	17.9%	20.7%	18.4%
Youth (12 th grade) - Binge Drinking	Healthy Youth Survey	2023	12.3%	11.1%	8.1%	10.2%	8.7%
Youth (12 th grade) - Current Illegal Drug Use	Healthy Youth Survey	2023	0.80%	7.70%	1.90%	3.47%	2.90%
Youth (12 th grade) - Current Painkiller Use (to get high)	Healthy Youth Survey	2023	1.80%	3.80%	1.40%	2.33%	1.70%

Substance Use - Morbidity & Mortality

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Emergency Department Visits per 100,000 (any drug)	Rapid Health Information Network (RHINO)	2024	616	470	285	457	344

BEHAVIORAL HEALTH - CONTINUED

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Non-Fatal Drug Overdose Hospitalization Rate per 100,000 (any drug)	CHARS	2024	91.39	50.38	71.46	71.08	65.45
Non-Fatal Opioid Overdose Hospitalization Rate per 100,000	CHARS	2022-2024	31.25	26.95	19.62	25.94	23.76
Alcohol- or drug-related deaths as proportion of all deaths	WA DOH Center for Health Statistics	2023	15.7%	14.4%	16.2%	15.4%	18.4%
Alcohol-Related Death Rate per 100,000	WA DOH Center for Health Statistics	2022	30.1	31.7	15.6	25.80	18.1
Alcohol Impaired Driving Deaths	Fatality Analysis Reporting System (FARS)	2019-2023	48%	24%	39%	37%	32%
Drug Overdose Deaths per 100,000 (any drug)	DOH Death Registry	2021-2023	60.65	30.95	26.25	39.28	34.55
Opioid Specific Overdose Deaths per 100,000	DOH Death Registry	2021-2023	44.44	23.8	20.88	29.71	27

End Notes - Behavioral Health

1. Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System (BRFSS), via County Health Rankings, accessed at <https://www.countyhealthrankings.org/health-data/county-health-rankings-measures>
2. Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System (BRFSS), via PLACES, 2022, accessed at <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65>
3. Washington State Department of Health, Center for Health Statistics, Community Health Assessment Tool (CHAT), 2020- 2024, accessed at <https://doh.wa.gov/data-and-statistical-reports/washington-tracking-network-wtn/injury/dashboard>
4. Washington State Department of Health, Washington State Office of the Superintendent of Public Instruction, Department of Social and Health Services, and the Liquor and Cannabis Board, Healthy Youth Survey (HYS), 2023, accessed at <https://www.askhys.net/SurveyResults/DataDashboard>
5. CMS, National Provider Identifier Downloadable File via County Health Rankings, accessed at <https://www.countyhealthrankings.org/health-data/community-conditions/health-infrastructure/clinical-care/mental-health-providers?year=2025>
6. U.S. Department of Health & Human Services, Health Resources & Services Administration, Health Professional Shortage Areas, HPSA Find, accessed at <https://data.hrsa.gov/tools/shortage-area/hpsa-find>
7. Washington State Health Care Authority (HCA) Healthier Washington Measure Explorer & Trend Dashboard , 2023, accessed at <https://hca-tableau.watech.wa.gov/t/51/views/HealthierWashingtonDashboard/Measures?%3AisGuestRedirectFromVizportal=y&%3Aembed=y>
8. Rapid Health Information NetWOrk (RHINO) via WA State DOH Opioid and Drug Use Data Dashboard, accessed at <https://doh.wa.gov/data-and-statistical-reports/washington-tracking-network-wtn/opioids/overdose-dashboard>
9. Comprehensive Hospital Abstract Reporting System (CHARS) via WA State DOH Opioid and Drug Use Data Dashboard, accessed at <https://doh.wa.gov/data-and-statistical-reports/washington-tracking-network-wtn/opioids/overdose-dashboard>
10. National Highway Traffic Safety Administration, Fatality Analysis Reporting System (FARS) via County Health Rankings, accessed at <https://www.countyhealthrankings.org/health-data/community-conditions/health-infrastructure/health-promotion-and-harm-reduction/alcohol-impaired-driving-deaths?year=2025>
11. Washington State Department of Health, Center for Health Statistics, Death Certificate Data File, accessed at <https://www.dshs.wa.gov/ffa/research-and-data-analysis/county-and-state>

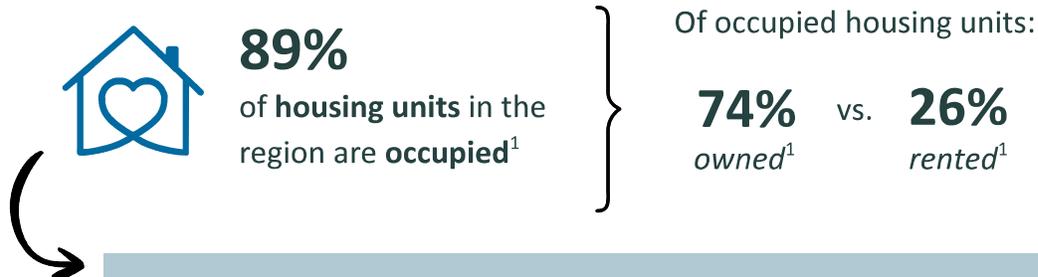
HOUSING

Housing is a cornerstone of health. Safe, stable, and affordable housing shapes nearly every aspect of well-being—from exposure to environmental hazards, to stress and financial strain, to the stability needed for education, employment, and social connection. When housing is insecure, overcrowded, unsafe, or unaffordable, the ripple effects are profound: higher risks of chronic disease, injury, and mental health challenges, and greater barriers to accessing consistent health care. Conversely, access to quality housing provides a foundation for healthier lives and stronger communities, making it one of the most powerful social determinants of health.

Across the CHAs and CHNAs reviewed for the Olympic region, three common sub-themes emerged within housing: **availability**, **affordability**, and **instability**. These themes reflect the most consistent housing-related concerns identified across counties.

HOUSING AVAILABILITY

Are housing units in the region occupied?



An 89% occupancy rate (11% vacancy) in the Olympic region in 2023 indicates slightly less housing utilization than Washington State overall (92.6% occupied)¹, suggesting that while most units are in use, a higher share of local vacancies may not align with community housing needs.

This imbalance in owning vs. renting highlights both the stability of long-term homeowners and the relative scarcity of rental housing, which can create challenges for lower-income households, young adults, and others who rely on the rental market.

What types of housing units are present in the region?

The housing stock in the region is dominated by stand-alone homes (2023):

76% of housing units are single-unit structures¹

While this reflects a traditional ownership pattern, it also limits the diversity of housing types—such as multi-family units, townhomes, or apartments—that could expand options for renters, young adults, and lower-income households.

“When I’m on 305 going through Poulsbo where they’re building another bank, another business, another for profit, [I’m wondering], “Where is our housing on that level?”...we don’t need another bank. We don’t need another gas station. We need housing for the people.” - Community Member

What are the median housing costs in the region?



\$568,067

median house price²

\$1,381

median gross rent¹

As of 2024, housing costs in the Olympic region point to significant affordability challenges. Both rental and ownership options remain out of reach for many households, particularly when compared to local wages. These indicators highlight how affordability is a key driver of housing insecurity, even when units are available.

HOUSING AFFORDABILITY

Are houses considered affordable in the region?

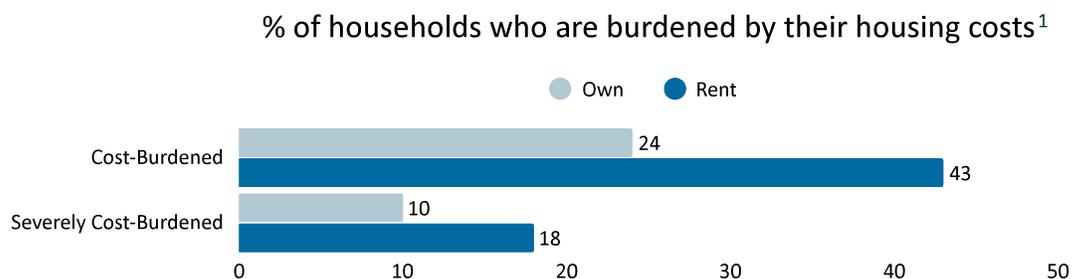
The Housing Affordability Index (HAI) shows whether the average family in Washington can afford to buy a typical home. A score of 100 means a family could buy a median-priced home while keeping housing costs below one-quarter of their income. Scores below 100 mean families would have to spend more of their income on housing, making it harder to afford.

Type of buyer	HAI (2024) ²
Median income buyer	65.1
First time buyer	46.5

Housing is out of reach for many families in the Olympic region. With a regional average HAI of 65.1 for median-income buyers, the typical household must spend well above the affordable threshold to purchase a median-priced home. For first-time buyers, affordability is even more strained: an HAI of 46.5 indicates that lower incomes and lack of equity make entering the housing market especially difficult.² These scores, well below 100, underscore how both established and aspiring homeowners face significant barriers to affordability, with first-time buyers at the greatest disadvantage.

Are housing costs burdening households in the region?

A household is considered **cost-burdened** when more than 30% of its income goes toward housing expenses such as rent, mortgage payments, and utilities. Being cost-burdened often means families have less money left for food, transportation, health care, and other essentials. Households are considered **severely cost-burdened** when over 50% of their income is spent on housing, leaving very little for other basic needs and increasing the risk of instability or hardship.



In 2023, housing costs place a much heavier burden on renters than owners in the Olympic region:

- Nearly one in four homeowners (24%) spend more than 30% of their income on housing, with 10% severely cost-burdened.¹
- In contrast, close to half of renters (43%) are cost-burdened and nearly one in five (18%) are severely cost-burdened.¹

This gap highlights how renters—who often have lower incomes and fewer housing options—face the greatest financial strain, leaving them more vulnerable to housing instability and its downstream impacts on health and well-being.



HOUSING STABILITY

Are individuals in the region able to access and maintain a stable housing status?

Point-in-time counts in 2023 show that housing instability is a significant challenge in the Olympic region. On average, **2,153 people are experiencing homelessness**, translating to a **rate of 16 per 1,000 community members**.³ This high prevalence underscores the extent of housing instability in the region- reflecting not just the lack of permanent housing, but also the downstream effects of limited affordability and availability that leave many community members without stable shelter.

HOUSING

Housing Availability

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Occupied Housing Units	U.S. Census	2023	89.8%	83.5%	93.0%	88.8%	92.6%
Vacant Housing Units	U.S. Census	2023	10.2%	16.5%	7.0%	11.2%	7.4%
Owner Occupied Housing Units	U.S. Census	2023	72.8%	79.7%	70.1%	74.2%	63.9%
Renter Occupied Housing Units	U.S. Census	2023	27.2%	20.3%	29.9%	25.8%	36.1%
Single Unit Structures	U.S. Census	2023	74.4%	78.9%	74.9%	76.1%	66.6%
Median Gross Rent	U.S. Census	2023	\$1,110	\$1,291	\$1,741	\$1,381	\$1,682
Median House Prices	Washington Center for Real Estate Research	2024	\$503,500	\$647,500	\$553,200	\$568,067	\$648,600

HOUSING- CONTINUED

Housing Affordability

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Cost-Burdened Households (30+%) - Owned	U.S. Census	2023	22%	28.1%	21.6%	23.90%	22.5%
Cost-Burdened Households (30+%) - Rented	U.S. Census	2023	45.30%	36.20%	48%	43.17%	44.9%
Cost-Burdened Households (50+%) - Owned	U.S. Census	2023	9.3%	13.9%	7.8%	10.3%	8.9%
Cost-Burdened Households (50+%) - Rented	U.S. Census	2023	18.9%	13.7%	22.3%	18.3%	21.4%
Housing Affordability Index - Median Income Buyer	WA Center for Real Estate Research	2024	55.5	53.3	86.6	65.1	67.5
Housing Affordability Index - First Time Buyer	WA Center for Real Estate Research	2024	39.6	38.0	61.8	46.5	48.2

HOUSING- CONTINUED

Housing Stability

Indicator	Data Source	Year	Clallam	Jefferson	Kitsap	Reg Avg	WA State
Point In Time Homelessness Count	Washington State Dept of Commerce	2023	1,393	481	4,584	2,152.7	--
Rate of Homelessness per 1,000 community members	Washington State Dept of Commerce	2023	18.0%	14.4%	16.3%	16.3%	--



End Notes - Housing

1. U.S. Census Bureau, American Community Survey (ACS), accessed at data.census.gov
2. WA Center for Real Estate Research, University of Washington, accessed at <https://wcrer.be.uw.edu/>
3. Washington State Department of Commerce, Annual Point in Time Count Results, 2023 via WA State DOH Housing and Homelessness Dashboard, accessed at <https://doh.wa.gov/data-and-statistical-reports/washington-tracking-network-wtn/housing-and-homelessness-data>

Conclusion

The findings across access to care, behavioral health, and housing illustrate interconnected challenges shaped by structural conditions, workforce shortages, geographic barriers, and rising affordability pressures. These issues do not operate in isolation; they reinforce one another and contribute to unequal opportunities for community members to maintain health and well-being. Despite these challenges, the region benefits from strong community partnerships, established prevention efforts, and continued commitment from local agencies to improve health outcomes.

Moving forward, the Olympic region will benefit from strategies that strengthen prevention, expand timely access to services, and address the social and structural factors that shape health. Continued collaboration across counties, Tribal partners, community organizations, and healthcare systems will be essential for advancing equity and promoting long-term community resilience.

Regional Opportunities for Action

1.

Strengthen & Coordinate Access to Care Across Sectors

Support cross-county collaboration to expand preventive services, improve care coordination, and address transportation and geographic barriers that affect timely access, especially for youth and Medicaid-enrolled community members.

2.

Expand Behavioral Health Prevention & Treatment Capacity

Invest in community-based behavioral health supports, youth-focused services, crisis response pathways, and stigma reduction efforts while strengthening the regional behavioral health workforce.

3.

Promote Housing Stability as a Health Priority

Support efforts across partners to increase housing affordability, prevent displacement, and integrate housing-related supports with behavioral health and care coordination services.