

# 2018 Jackson & Josephine Counties Community Health Assessment

## Data Highlights in Substance Use, Mental Health, Housing, & Parenting/Life Skills

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### Substance Use

#### *Secondary data highlights:*

- ~ 1 in 3 11<sup>th</sup> graders report current alcohol consumption (Fig. 11, p. 20)
- ~ 1 in 6 11<sup>th</sup> graders report current binge drinking (Fig. 12, p. 20)
- Difference worth noting: Jackson County has higher rates of alcohol use by 11<sup>th</sup> graders compared to both Josephine County and the state of Oregon (Fig. 11, p. 20)
- Difference worth noting: Alcohol-induced mortality rate in Josephine County is 1.5x higher than in Jackson County (Appendix Table 67, p. 88)
- Difference worth noting: ~ 1 in 4 adults in Josephine County report current cigarette use. This is higher than Jackson County and higher than the state. (Fig. 13, p. 21)
- Marijuana use among youth in the region is higher than Oregon as a whole. ~ 1 in 4 11<sup>th</sup> graders report current marijuana use. (Fig. 16, p. 22)
- Rate of discharges per 100,000 population for hospital stays related to substance use is higher in the region compared to Oregon across all substances (the one exception is opioids in Josephine) – includes alcohol, cannabis, stimulants, hallucinogens, opioids (in Jackson), and drug-induced mental disorders (Appendix Table 92, p. 93)
- The good news: Binge drinking, any current alcohol use, and current use of prescription drugs without a doctor's orders among 11<sup>th</sup> graders all decreased between 2012 and 2016 (Fig. 11 & 12, p. 20; Fig. 17, p.23)

#### *Community voice highlights:*

- Substance use was the #3 issue identified by community survey respondents as a top health issue impacting the community (selected by ~ 6 in 10 respondents) (Fig. 7, p. 17)
- > 7 in 10 respondents considered the following to be of "high concern" (Fig. 8, p. 18):
  - Methamphetamine use
  - Opioid use
  - Drug use among youth
- > 5 in 10 respondents also noted the following to be of "high concern" (Fig. 8, p. 18):
  - Alcohol use among youth
  - Marijuana use among youth
- > 5 in 10 provider respondents reported substance abuse services as lacking in the community (Fig. 20, p. 25)

- Substance use was frequently mentioned in focus groups as a top community health concern. Discussion highlighted opioids, methamphetamine, and the co-occurrence of substance use and mental illness.
- The impact of the marijuana industry on the community was also a topic widely discussed in focus groups. Participants had a positive view of the economic impact on the area, but expressed concerns about impacts on land and housing prices, environmental health concerns, and widespread use of marijuana among youth and adults.

## Mental Health

### *Secondary data highlights:*

- Over 1 in 4 adults report ever having a depression diagnosis (higher than national rates) (Fig. 32, p.35)
- A substantial number of youth have indicators of mental health issues (Fig. 33-35, p. 35-36)
  - > 3 in 10 11<sup>th</sup> graders in the region report signs of depression
  - > 1 in 6 11<sup>th</sup> graders 11<sup>th</sup> graders report seriously considering suicide
  - Both indicators are showing an increasing trend over time in Josephine County
- The suicide rate in the region is higher than rates seen nationally and across the state as a whole (Fig 36, p. 36)
  - In 2017, Josephine County's suicide rate was 1.5 times higher than the state
  - In 2015, Josephine was 2.2 times higher and Jackson was 1.9 times higher than the national rate
- Good news: Ratios of population to mental health providers have improved from 2015 to 2017 and in Josephine ratios are better compared to Oregon (Fig. 37, p. 38)
- Difference worth noting: Jackson County has less favorable ratios of population to mental health providers compared to the state and Josephine (Fig. 37, p. 38)

### *Community voice highlights:*

- Mental health and stress was (Fig. 30, p. 33; and HRiA community survey data summary document):
  - The # 3 issue identified by community (non-provider) respondents as having the largest impact on them/their family (1 of 3 community respondents)
  - The #1 issue identified by providers as having the largest impact on their patients/clients (almost 7 out of 10 providers)
- Over half of community respondents indicated that mental health and stress was a top health issue impacting their community. (Fig. 30, p. 33)
- Over half of all survey respondents identified these specific populations to be of major concern: homeless, veterans, low-income families and individuals, and middle- and high school-age youth. Access to mental health care services was also identified as a major concern by over half of survey respondents. (Fig. 31, p. 34)
  - Not in the CHA itself but in the survey summary document: over half of all respondents (53%) also indicated that “mental health and social isolation for older adults” to be of high concern – this didn’t get included in the CHA under mental

health because it was asked as a specific issue related to aging, which didn't make the top 6 priority issues

- Mental health care services was the #3 health/social service noted by survey respondents to be lacking in the community (> 50% of respondents) (Fig. 38, p. 38 and Survey summary document)
- Focus groups noted that depression and anxiety were prevalent across the age spectrum, with youth experiencing stress due to trauma at home and peer pressure, working-age adults experiencing stress related to high cost of living and raising a family, and seniors experiencing stress due to isolation. The limited availability of mental health providers as well as the stigma associated with seeking care were also highlighted.

### Safe & Affordable Housing

The supply of affordable housing does not meet the need among Jackson County residents, particularly renters, resulting in housing insecurity, homelessness, and stress. High housing cost burden affects the ability to afford food, child care, and medical care among other things.

#### *Secondary data highlights:*

- A high percentage of households in the region are housing-cost burdened, spending 30% or more of their household income on housing costs. Renters are especially affected. Housing burden in the region is higher than what is seen nationally and across the state (Fig. 24, p. 28)
  - ~ 6 in 10 renter-occupied households
  - ~ 4 in 10 owner-occupied with mortgage households
- The proportion of students K-12 who are homeless in the region is ~ double that of the state as a whole (Fig. 27, p. 31)
  - Notable: large increase in % students reporting homelessness in Josephine County between 2016 and 2017
- Over 1 in 5 households in the region have at least one severe housing problem (incomplete kitchen facilities, incomplete plumbing facilities, more than 1.5 people per room, or cost burden > 50%) (Fig. 26, p. 30)
- Equity issue (geographical; Not in a current figure but will be in maps once they are added): While the whole region is impacted by this issue (even the least impacted census tract has at least a quarter of households spending  $\geq 30\%$  of their income on housing costs), some are more impacted than others. The most severely impacted census tracts are in Grants Pass, central Medford, and central Ashland. Over half of households in census tracts 1, 2.01, 2.02, 5.02, 19, 3605, and 3607.01 spend  $\geq 30\%$  of their income on housing costs.
- Median household income in the region is substantially lower compared to state/national median income, especially in Josephine, while median housing costs are substantially similar (Fig. 41, p. 40 & 23, p. 28)
  - Jackson County median income is almost \$9,000/year less than US median and \$7000/year less than Oregon median. Median housing costs for renters is only \$650/year less than US median and \$550 less than Oregon median. Median housing

costs for owners with a mortgage is \$600 less than US median and \$1500 less than Oregon median.

- Josephine County median income is approximately \$17,500/year less than US median and \$15,400/year less than Oregon median. Median housing costs for renters is only \$1,380/year less than US median and \$1,300 less than Oregon median. Median housing costs for owners with a mortgage is \$2,000 less than US median and \$2,850 less than Oregon median.

*Community voice highlights:*

- ~ 3 out of 4 community survey respondents identified affordable housing as a top issue impacting the community. This was the #1 issue impacting the community identified in the survey. (Fig. 21, p. 27)
- [Not included in the CHA document, but noted in the JRHA CHA Community Survey data highlights document distributed by HRiA to the Steering Committee: 62% of respondents identified homelessness as a top issue impacting the community. This was the #2 issue identified]
- Equity issue: non-White and low-income respondents were more likely to report affordable housing as a top issue impacting them/their family. (narrative around Fig 21, p. 26)
- 8 in 10 (4 in 5) community survey respondents considered housing costs and issues associated with renting to be of “high concern” (Fig. 25, p. 29)
- > 6 in 10 respondents considered housing costs and issues associated with home ownership to be of “high concern” (Fig. 25, p. 29)
- Affordable housing was the top issue that emerged from focus group discussions with community members and interviews with key stakeholders. Discussions tied the high demand for housing to an inability for renters to request repairs and improvements in housing quality and safety. Housing was also identified as a root cause for health care access issues as high housing costs makes it difficult to recruit medical and other professionals to the area.

Parenting and Life Skills (Childhood Trauma, Parenting, and Family Resiliency)

High poverty, substance use, and mental health issues all produce circumstances that are traumatic to children. The cycle of trauma can continue when these children become adults and have children of their own without any personal experience with good parenting or stable and loving homes.

*Secondary data highlights:*

- Child abuse and neglect rates in the region are higher than the rate for Oregon overall (Fig. 56, p. 49)
- Large numbers of 11<sup>th</sup> graders in the region report adverse childhood experiences (Fig. 57-63, p. 50-53)
  - > 1 in 3 report living with someone who is/was a problem drinker or alcoholic

- ~ 1 in 4 report living with someone who uses street drugs
- ~ 4 in 10 report living with a household member who is/was depressed or mentally ill
- > 1 in 10 report ever feeling that they had no one to protect them (in Josephine this is approaching 2 in 10)
- > 1 in 3 adult Medicaid members in the region report 4+ ACEs (Appendix Table 4, p. 75)

*Community voice highlights:*

- Focus group participants discussed the challenges facing parents as they raise children in the region, including parents' limited knowledge and skills for parenting, stigma associated with asking for help, and perceived downstream consequences for the health and wellbeing of children and the community overall.
- Focus group participants noted that families in the region are not as connected with each other or their communities as would be helpful to support parents and children.