

# Washington

State Health Department Website: [doh.wa.gov](http://doh.wa.gov)

WASHINGTON

## Summary

### Strengths:

- Low premature death rate
- Low percentage of low birthweight infants
- Low prevalence of insufficient sleep

### Challenges:

- High prevalence of non-medical drug use
- Low rate of high school graduation
- High prevalence of high-risk HIV behaviors

### Highlights:

#### FOOD INSECURITY

▼ **32%**

from 12.9% to 8.8% of households between 2013-2015 and 2018-2020

#### ADULTS WHO AVOIDED CARE DUE TO COST

▼ **23%**

from 11.5% to 8.9% between 2019 and 2020

#### DRUG DEATHS

▲ **19%**

from 13.7 to 16.3 deaths per 100,000 population between 2014 and 2019

Measures	Rating	State Rank	State Value	U.S. Value	
<b>SOCIAL &amp; ECONOMIC FACTORS*</b>					
<b>+++ 11 0.419 —</b>					
<b>Community and Family Safety</b>	Occupational Fatalities (deaths per 100,000 workers)	++++	5	3.2	4.2
	Public Health Funding (dollars per person)	+++	28	\$121	\$116
	Violent Crime (offenses per 100,000 population)	+++	20	294	379
<b>Economic Resources</b>	Economic Hardship Index (index from 1-100)	++++	11	26	—
	Food Insecurity (% of households)	++++	10	8.8%	10.7%
	Income Inequality (80-20 ratio)	++++	19	4.41	4.85
<b>Education</b>	High School Graduation (% of students)	+	42	81.1%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+	42	20.9	15.1
<b>Social Support and Engagement</b>	Adverse Childhood Experiences (% ages 0-17)	+++	15	13.8%	14.8%
	High-speed Internet (% of households)	++++	1	93.7%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	19	60	62
	Volunteerism (% ages 16+)	+++	25	34.6%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	6	66.7%	60.1%
<b>PHYSICAL ENVIRONMENT*</b>					
<b>+++ 20 0.156 —</b>					
<b>Air and Water Quality</b>	Air Pollution (micrograms of fine particles per cubic meter)	+	41	8.5	8.3
	Drinking Water Violations (% of community water systems)	++	34	0.5%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	29	4,295,574	—
	Water Fluoridation (% of population served)	++	34	63.9%	73.0%
<b>Housing and Transit</b>	Drive Alone to Work (% of workers ages 16+)	++++	5	70.9%	75.9%
	Housing With Lead Risk (% of housing stock)	+++	20	14.5%	17.6%
	Severe Housing Problems (% of occupied housing units)	++	35	16.8%	17.3%
<b>CLINICAL CARE*</b>					
<b>+++ 16 0.593 —</b>					
<b>Access to Care</b>	Avoided Care Due to Cost (% ages 18+)	+++	16	8.9%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++++	9	72.4	62.3
	Mental Health	++++	8	439.9	284.3
	Primary Care	++	29	257.5	252.3
	Uninsured (% of population)	++++	15	6.6%	9.2%
<b>Preventive Clinical Services</b>	Colorectal Cancer Screening (% ages 50-75)	+++	23	74.3%	74.3%
	Dental Visit (% ages 18+)	+++	11	69.3%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	27	76.1%	75.4%
	Flu Vaccination (% ages 18+)	+++	13	50.6%	47.0%
	HPV Vaccination (% ages 13-17)	+++	27	59.0%	58.6%
<b>Quality of Care</b>	Dedicated Health Care Provider (% ages 18+)	++	37	75.3%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	8	2,491	3,770
<b>BEHAVIORS*</b>					
<b>++++ 9 0.624 —</b>					
<b>Nutrition and Physical Activity</b>	Exercise (% ages 18+)	++++	7	25.9%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	16	8.7%	8.0%
	Physical Inactivity (% ages 18+)	++++	3	17.8%	22.4%
<b>Sexual Health</b>	Chlamydia (new cases per 100,000 population)	+++	18	496.3	551.0
	High-risk HIV Behaviors (% ages 18+)	+	43	6.3%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++	14	12.7	16.7
<b>Sleep Health</b>	Insufficient Sleep (% ages 18+)	++++	9	29.7%	32.3%
<b>Smoking and Tobacco Use</b>	Smoking (% ages 18+)	++++	6	11.5%	15.5%
<b>HEALTH OUTCOMES*</b>					
<b>+++ 12 0.391 —</b>					
<b>Behavioral Health</b>	Excessive Drinking (% ages 18+)	+++	24	17.2%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	29	13.7%	13.2%
	Non-medical Drug Use (% ages 18+)	+	41	13.5%	12.0%
<b>Mortality</b>	Premature Death (years lost before age 75 per 100,000 population)	++++	5	6,034	7,337
	Premature Death Racial Disparity (ratio)	++	38	1.9	1.5
<b>Physical Health</b>	Frequent Physical Distress (% ages 18+)	+++	19	9.3%	9.9%
	Low Birthweight (% of live births)	++++	2	6.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	8	1.7	2.1
	Multiple Chronic Conditions (% ages 18+)	+++	16	8.8%	9.1%
	Obesity (% ages 18+)	+++	7	28.0%	31.9%
<b>OVERALL</b>			<b>—</b>	<b>0.453</b>	<b>—</b>

\* Values derived from individual measure data. Higher values are considered healthier.  
 — Data not available, missing or suppressed.  
 For measure definitions, sources and data years, see the Appendix or visit [www.AmericasHealthRankings.org](http://www.AmericasHealthRankings.org).

Rating	Rank
++++	1-10
+++	11-20
++	21-30
+	31-40
	41-50