



WASHINGTON STATE   
**BOARD OF HEALTH**

## 2024 STATE HEALTH REPORT



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## LETTER FROM THE BOARD CHAIR

June 28, 2024

Governor Jay Inslee  
Office of the Governor  
PO Box 40002  
Olympia, WA 98504-0002

Dear Governor Inslee:

I am pleased to present the Washington State Board of Health's 2024 State Health Report.

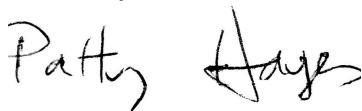
For this year's report, the Board developed a new community engagement process to help identify key issues to highlight. This included organizing two community panels consisting of representatives from both the western and eastern regions of Washington State. Panelists shared their knowledge, experiences, and stories, illustrating the impact of the current health system and public health policies on their communities and highlighting their health priorities.

Panelists discussed various programs and strategies they are using to address communities' most pressing needs. Staff also had one-on-one conversations with other community members to collect further input for the report. The Board intends to enhance community engagement and involvement with the State Health Report over the next two years as we monitor the progress on the issues identified in this report and initiate work for the subsequent report.

Among the many insights shared by community members, these conversations underscored that communities are re-envisioning care and service delivery to better meet diverse community needs. In Washington, we can build on these innovative efforts and initiatives, some of which are highlighted in this report. To genuinely re-envision care, we must improve service delivery by emphasizing equity, language accessibility, community-directed approaches, and culturally appropriate care, while providing adequate and sustainable support to advance this work. The Board is committed to advancing efforts to promote health equity and address systemic inequities that hinder communities' ability to thrive.

The COVID-19 pandemic imparted many critical lessons for public health, including the importance of a strong, nimble, and united public health system. Continued investments in public health will be essential to responding swiftly and equitably to ongoing and emerging public health crises.

Sincerely,



Patty Hayes, Chair

## ACKNOWLEDGMENTS

The Board would like to thank the community members who provided their expertise, feedback, and support for this report. Your contributions made this work possible. Thank you for helping us approach this work in a more community-oriented way.

This year, we embarked on a new community engagement process with community members to help identify key issues to highlight in this year's report. To create the 2024 report, staff set up two community panels, one in March and the other in April 2024, where panelists shared their knowledge, experience, and stories of how current public health policies impact their community and community health priorities. Panelists from the west and east sides of Washington State discussed programs and strategies they are using to meet community needs in topic areas of interest identified by the Board. Staff also had one-on-one talks with 26 community members to gather more ideas for the report.

The Board would like to thank the following individuals and organizations for contributing to this report. Please note that this isn't a complete list of contributors. Staff only included individuals or organizations with their permission.

Amanda Shi, MPA/MPH, Tubman Center for Health and Freedom

Anna Franklin, Maji Rising

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Dominique Horn, Southwest Accountable Community of Health

Joana Ramos, Co-Chair, Washington State Coalition for Language Access

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Sheena Birdtail, Executive to the CEO, NATIVE Project of Spokane

Stacia Lee, Asians for Collective Liberation

Stephaine Courtney and the Shades of Motherhood

Toni Lodge, CEO, NATIVE Project of Spokane

## EXECUTIVE SUMMARY

The Washington State Board of Health (Board) was established by the Washington State Constitution in 1889. Since then, the Board has monitored the public's health and served as a public forum to inform health policy. One way the Board accomplishes this is by making policy recommendations to the Washington State Governor's Office and Legislature through its State Health Report.

The Board has produced a biennial State Health Report since 1977. [RCW 43.20.100](#) requires the Board to create the report for the Governor's Office in even-numbered years. The report highlights suggestions for public health priorities and policy recommendations for the next biennium.

The 2024 State Health Report includes several topics and recommendations from past reports. While progress has been made in some areas, many issues have not been fully addressed in previous biennia. With the upcoming transition in the Governor's Office, leadership in state government, and the Legislature, the Board would like to highlight policies, initiatives, and investments enacted over the past biennia and areas of opportunity to advance the health of all Washingtonians into the next biennium and beyond. As such, this report will include updates on past report recommendations and identify policy initiatives and programs that should be retained, expanded, or established.

The Board has included the following topics and recommendations for its 2024 report:

### **Improve Data Equity in Washington State Through Data Reform. Recommendations include:**

- Continue to advocate for improvements in federal standards for interoperability and disaggregated demographic data collection. Ensure that agencies can comply with updated federal standards within the appropriate timelines.
- Direct and provide funding to state agencies, boards, and commissions to enhance interoperability of data systems to facilitate the collection, analysis, storage, protection, and reporting of uniform, disaggregated demographic data.
- Provide funding to the Office of Equity to lead a community-directed process aligned with Washington's pro-equity and anti-racism (PEAR) plan and playbook to develop enterprise-wide standards for the collection, analysis, storage, and protection of disaggregated demographic data, starting with race/ethnicity data.

### **Improve Healthcare Access and Increase the Availability of Culturally Appropriate Care. Recommendations include:**

- Continue to provide funding to expand current programs that provide access to health insurance for people who are income-eligible and at least 19 years of age, regardless of their immigration status.
- Remove systemic barriers to care, such as cost and limited provider networks, so that communities can access timely, culturally appropriate care.
- Consider options for coverage of Complementary and Alternative Medicine (CAM), including for traditional healthcare practices provided by qualifying providers at Indian Health Service (IHS) and Tribal facilities.

## **Re-envision the Quality of Care in Washington by Increasing Access to Community-Driven, Culturally and Linguistically Relevant Services. Recommendations include:**

- Follow the recommendations and feedback from the recent State Language Access Workgroup, including enhancing language accessibility in Washington by establishing a specialized Office of Language Access and a permanent public advisory body to increase language access in healthcare at the state level.
- Expand culturally and linguistically appropriate healthcare services, including—but not limited to—implementing Culturally and Linguistically Appropriate Services (CLAS) standards and federal non-discrimination in healthcare standards, requiring medical information translation, and increasing access to interpretation services at all points care.
- Advocate for the growth of a community-based workforce in the state, encompassing roles such as community health workers, peer navigators, recovery navigators, and more. Explore diverse public policy strategies to enable reimbursement for the community-based workforce’s services and ensure fair compensation. Ensure that community members in this workforce lead and direct this work.

## **Advance School Environmental Health in Washington. Recommendations include:**

- Prioritize the School Rule Review Technical Advisory Committee's findings and recommendations for updating statewide minimum environmental health and safety standards for schools. These findings and recommendations will be available by July 2025.
- Allocate state funds towards essential upgrades for school facilities and to address remediation issues, following the recommendations of the School Rule Review Committee, with particular emphasis on overburdened and underserved communities.
- Upon completion of the School Rule Review in July 2025, support the implementation plan and remove the proviso preventing the Board from implementing modernized school environmental health and safety rules.
- Provide funding for localized school environmental health programs.
- Continue investing in the upkeep and modernization of HVAC systems in K-12 schools to mitigate the spread of contaminants and infectious diseases.

## **Strengthen Investments in Washington’s Public Health System to Build a Modern and Responsive Public Health System. Recommendations include:**

- Prioritize continued and expanded foundational public health investments in the 2025-2027 biennium and future biennia to build a modern and responsive governmental public health system in Washington State. These investments ensure that the system can prevent, assess, and control communicable diseases, enhance environmental public health services, improve services over the life course, improve system competencies, and address inequities within the system.

**Decrease Use of Commercial Tobacco Products, With Special Attention to Flavored Vaping Products. Recommendations include:**

- Prohibit the sale of all flavored commercial tobacco products to the public to reduce the appeal and use of these products by youth and young adults and communities disproportionately impacted by tobacco industry marketing.

**Support Public Health Improvements to Mitigate Environmental Hazards and Promote Environmental Justice. Recommendations include:**

- Provide adequate funding to increase the capacity of public health agencies to improve education efforts for blood lead testing promotion, reporting, and linkages to follow-up care, particularly for people on Medicaid.
- Expand public health safeguards, such as establishing sanitary controls for commercially harvested crab, to protect Washingtonians from environmental hazards.
- Continue to provide funding to support environmental justice assessments and ensure communities disproportionately impacted by environmental justice issues, such as environmental racism, are centered in this work.

For this year’s report, the Board gathered community input and insights to help inform this work. We extend our gratitude to all the community groups and public health entities who took the time to meet with us, share their expertise, and discuss public health priorities and barriers they see in their communities. We have included community input wherever possible. Staff have also compiled a summary of community feedback to outline the key themes we heard and how we integrated community voice into the report. We still have a lot of work to do to incorporate more community voice and feedback into this report in the future.



**COMMUNITY  
RESPONSIVENESS SUMMARY**

## RECOMMENDATION 1:

### Improve Data Equity in Washington Through Data Reform

Data is an essential component of public health. Programs, funders, program managers, and community partners rely on data to allocate resources effectively. However, to be a useful tool, data must accurately reflect communities, incorporate considerations of personal privacy and data sovereignty, and prevent the misuse and misrepresentation of data that can harm communities and individuals. Data equity embodies social justice, inclusivity, and equity principles that guide data collection, interpretation, and distribution[1]. Data equity prompts reflection on how data can reinforce stereotypes and exacerbate inequities and encourages critical thinking about intentional efforts to prevent harm.

Disaggregated data, which break down information among key demographic categories like race, ethnicity, sex, income, disability, geographic location, and Veteran status, are indispensable for achieving health equity in Washington. Disaggregated data exposes inequities within and across groups, particularly those most impacted by racism, ableism, and other forms of systemic oppression. They also illuminate community health outcomes, revealing who accesses public health programs and whether services reach institutionally underserved and underrepresented communities.

Lack of disaggregated data collection exacerbates and perpetuates harm against the communities most affected by inequities. Both the Board and the Governor’s Interagency Council on Health Disparities (Council) have received feedback from communities expressing their frustration with erasure due to constraints in data collection and the biases, whether conscious or not, of those collecting data.

*“There is an intersection between data equity and language justice. [For example] data gathering tools often being available in certain languages limits how accurately collected ‘data’ can represent community needs.”*

“

*Washington community-based provider*

Health inequities persist when essential data demographics are misidentified, inaccurately reported, or left incomplete. This makes people invisible in data and perpetuates harm by obstructing access to culturally and linguistically appropriate care and related services, which impedes a person’s ability to thrive. To mitigate these issues, people should be able to self-report and select multiple demographic categories and sub-categories, promoting autonomy and accuracy. People should also have the choice of whether they share their personal information.

The Board recently learned from a community organization that talked about “genocide by data”[2] and how Indigenous people, especially Urban Indigenous communities, are often erased or undercounted in Census and other population data. Urban Indigenous communities account for roughly 70 percent of people who identify as American Indian and Alaska Native(AI/AN) in the U. S.[3]. Although not a new issue, the COVID-19 pandemic brought to light ongoing data genocide. The lack of disaggregated data for AI/AN people hindered

[1] Data.org. What is Data Equity, and Why Does it Matter? Data.org. No publication date. Accessed May 15, 2024.

[2] Urban Indian Health Institute (UIHI). Data Genocide of American Indians and Alaska Natives in COVID-19 Data. February 15, 2021. Accessed May 15, 2024. <https://www.uihi.org/projects/data-genocide-of-american-indians-and-alaska-natives-in-covid-19-data/>

[3] Urban Indian Health Institute (UIHI). Community Health profile, National Aggregate of Urban Indian Organization Service Areas. October 29, 2021. Accessed May 15, 2024. <https://www.uihi.org/download/community-health-profile-national-aggregate-of-urban-indian-organization-service-areas/>



public health responses and limited equitable policy and resource allocation[4].

Another recurring issue community members highlight is the tendency for agencies to lump diverse communities into a single, monolithic category during data collection efforts. For example, people from Filipino, Vietnamese, Indonesian, Japanese, Chinese, Lao, and other communities have been overlooked and marginalized when their experiences are homogenized under the broad data label of "Asian." In addition, health inequities caused by systemic racism are not seen in the Black community when there is a lack of data disaggregation among African American and Black immigrant communities. While race and ethnicity are socio-political constructs, communities' unique health challenges and experiences are overlooked when their data is lumped into a single category.

Communities have consistently asked agencies in Washington State to collect disaggregated data. However, agencies are limited in the data they can collect, working within the parameters of federal data standards. The Office of Management and Budget (OMB) established the minimum standards for collecting race and ethnicity data in 1997. This OMB standard consisted of two reporting categories for ethnicity (Hispanic or Latino, Not Hispanic or Latino) and five for race (American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander, and White). OMB encourages additional granularity where it is supported by sample size and if the additional detail can be aggregated back to the minimum standard set of race and ethnicity categories.

In its 2022 State Health Report, the Board recommended that the Governor and Legislature:

- Actively monitor and advocate for enhancements in federal standards regarding interoperability and disaggregated demographic data collection.

In early 2023, the OMB announced proposed revisions to its 1997 standards. The Governor's Office, along with Washington State agencies such as the Board, Council, Department of Health (Department), Health Benefit Exchange (Exchange), and the Office of Financial Management (OFM), and several community-based organizations submitted comments on the OMB's Initial Proposals for Updating Federal Race and Ethnicity Standards, known as Statistical Policy Directive Number 15 (SPD 15)[5]. OMB allowed public feedback on its proposal from January to April 2023.

OMB's proposal included consolidating race and ethnicity into one combined question, encouraging individuals to select multiple options to reflect their identity, and introducing Middle Eastern or North African as a new minimum category. Additionally, the proposal requires collecting additional details beyond the minimum required categories in most situations to facilitate further disaggregation of data when applicable and appropriate.

OMB released its updated standards in March 2024, which largely reflect the proposed changes from the original proposal[6]. Agencies must adhere to the new data collection standards outlined by the OMB by March 2029, five years after the publication notice.

[4] Urban Indian Health Institute (UIHI). Data Genocide of American Indians and Alaska Natives in COVID-19 Data. February 15, 2021. Accessed May 15, 2024. <https://www.uihi.org/projects/data-genocide-of-american-indians-and-alaska-natives-in-covid-19-data/>

[5] Office of Management and Budget (OMB). Initial Proposals For Updating OMB's Race and Ethnicity Statistical Standards. Federal Register. Published January 27, 2023. Accessed May 29, 2024. Chapter 246-101 WAC. Accessed May 15, 2024. <https://apps.leg.wa.gov/WAC/default.aspx?cite=246-101>

[6] Office of Management and Budget (OMB). Revisions to OMB's Statistical Policy Directive No. 15: Standards for Maintaining, Collecting, and Presenting Federal Data on Race and Ethnicity. Federal Register. Published March 29, 2024. Accessed May 15, 2024. <https://www.federalregister.gov/documents/2024/03/29/2024-06469/revisions-to-ombs-statistical-policy-directive-no-15-standards-for-maintaining-collecting-and>

While certain Washington State agencies are already collecting detailed disaggregated data, additional investments or direction from the Legislature may be required to accelerate this work and guarantee that state agencies can align with the updated federal standards within the designated timeframe.

Disaggregated data are only as good as the public health and governmental system's ability to receive and analyze them for meaningful use. Prioritizing interoperability, which allows systems to seamlessly share and exchange data across public health and governmental agency systems, is crucial. It is imperative to standardize the type of data collected and how it's utilized and shared among various public health agencies, community-based organizations, and programs.

The Board acknowledges the importance of simultaneously evaluating all health-related data systems at the agency level. Collaborating with community partners, other state agencies, federal counterparts, and Tribal entities is essential to determine the necessary steps toward harmonizing the collection and safeguarding of disaggregated demographic data across multiple sources. Agencies need to ensure they are collecting disaggregated data in the same way. The scale and complexity of this long-term, systemic endeavor underscores the need for data collection reform. Addressing systemic issues calls for systemic solutions.

The Board also recommended in 2022 that the Governor and Legislature act to:

- Provide funding to the Office of Equity to lead a community-centered process to develop enterprise-wide standards for collecting, analyzing, storing, and protecting disaggregated demographic data, starting with race/ethnicity data.
- Direct and provide funding to state agencies to enhance interoperability of data systems to facilitate the collection, analysis, storage, and protection of uniform, disaggregated demographic data.

Despite ongoing discussions among the Office of Equity and other state agencies regarding disaggregated data collection, the Legislature has not provided funding for these purposes.

Additionally, while several state agencies have undertaken initiatives related to data disaggregation, the level of investment remains insufficient. Further investments are imperative to advance these efforts effectively and ensure uniformity across agencies.

Disaggregated data represents a crucial stride towards achieving data equity in Washington. Further, democratizing data and allowing communities to use their data to mobilize for action and achieve transformative change in programs, policies, and services is a crucial step in dismantling existing structures of power and returning control of data to the people who allow it to exist. For instance, during a recent community interaction, a member expressed:

“

*"It's not that there's a lack of data; there's a lack of understanding of how to access this data."*

Accessing data can be challenging, particularly for smaller, community-based organizations. Several organizations and people that the Board recently connected with have voiced frustration over agencies often excluding them from data collection projects. Some of these projects have moved forward without community input or consultation. Agencies must ensure that communities can readily access their data and assist in cultivating community capacity to steer research and other programmatic initiatives.

# 1

## **The Board recommends the Governor and Legislature act to:**

- Continue to advocate for improvements in federal standards for interoperability and disaggregated demographic data collection. Ensure that agencies can comply with updated federal standards within the appropriate timelines.
- Direct and provide funding to state agencies, boards, and commissions to enhance interoperability of data systems to facilitate the collection, analysis, storage, protection, and reporting of uniform, disaggregated demographic data.
- Provide funding to the Office of Equity to lead a community-directed process aligned with Washington's pro-equity and anti-racism (PEAR) plan and playbook to develop enterprise-wide standards for the collection, analysis, storage, and protection of disaggregated demographic data, starting with race/ethnicity data.



## RECOMMENDATION 2:

### Improve Healthcare Access and Increase the Availability of Culturally Appropriate Care

While the number of insured people in Washington has increased in recent years<sup>[7]</sup>, affordability and coverage remain major concerns for many people<sup>[8]</sup>. A recent consumer healthcare survey found that approximately 4 in 5 adults in Washington are concerned about affording healthcare now or in the future, and over half of respondents have postponed or skipped medical services in the last year due to costs<sup>[9]</sup>. The survey also revealed that Black, Indigenous, and People of Color (BIPOC) respondents faced greater affordability challenges and were more likely to skip needed medical care due to distrust or feeling disrespected by healthcare providers compared to white respondents.

Access to healthcare is a key social determinant of health. However, inequities persist due to racism, geographic location, age, and social determinants of health like employment and income level<sup>[9]</sup>. Uninsured adults are less likely to receive preventive services for chronic conditions such as diabetes, cancer, and cardiovascular disease<sup>[10]</sup>. Additionally, dental services are the most common preventive care service adults report delaying due to cost<sup>[11]</sup>. Similarly, children without health insurance coverage are less likely to receive appropriate treatment for conditions like asthma or critical preventive services such as dental care, immunizations, and well-child visits that track developmental milestones<sup>[12]</sup>.

While insurance doesn't guarantee affordable, high-quality healthcare, studies show that health insurance enhances access to vital services such as primary care, recommended screenings, and prescription medications<sup>[13]</sup>. These are essential services for maintaining and enhancing positive health outcomes. Additionally, access to health insurance coverage promotes financial stability by reducing unexpected medical expenses for people and their loved ones.

*“Community members receiving services thought they were covered for all types of healthcare, only to find out they weren’t. The system is confusing.”*

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*Washington community-based provider*

[7] Kreidler, M. Washington State Office of the Insurance Commissioner. Report on the Number of Uninsured People in Washington State from 2014-2020.; 2021:30. Accessed July 16, 2024. <https://www.insurance.wa.gov/sites/default/files/documents/2021-uninsured-report.pdf>

[8] Altarum Healthcare Value Hub. Washington Residents Struggle to Afford High Healthcare Costs; Worry About Affording Healthcare in the Future; Support Government Action Across Party Lines. Published online November 2022. Accessed July 16, 2024. [https://www.healthcarevaluehub.org/application/files/9416/6845/7347/Hub-Altarum Data Brief No. 135 - Washington Healthcare Affordability.pdf](https://www.healthcarevaluehub.org/application/files/9416/6845/7347/Hub-Altarum%20Data%20Brief%20No.%20135%20-%20Washington%20Healthcare%20Affordability.pdf)

[9] Altarum Healthcare Value Hub. Washington Residents Bear Health Care Affordability Burdens Unequally; Distrust of/Disrespect by Health Care Providers Leads Some to Delay/Go Without Needed Care. Published August 2023. Accessed July 24, 2024.

<https://www.healthcarevaluehub.org/advocate-resources/publications/washington-residents-bear-health-care-affordability-burdens-unequally-distrust-disrespect-health-care-providers-leads-some-delay>

[10] U.S. Department of Health and Human Services (HHS) Healthy People 2030. Access to Health Services Literature Summary. Published online No date. Accessed July 16, 2024. <https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/access-health-services>

[11] Lopes L, Montero A, Presiado M, Hamel L. Americans’ Challenges with Health Care Costs. KFF. Published March 1, 2024. Accessed May 29, 2024. <https://www.kff.org/health-costs/issue-brief/americans-challenges-with-health-care-costs/>

[12] Yu J, Perrin JM, Hagerman T, Houtrow AJ. Underinsurance Among Children in the United States. *Pediatrics*. 2021;149(1):e2021050353. doi:10.1542/peds.2021-050353. Accessed July 16, 2024.

<https://publications.aap.org/pediatrics/article/149/1/e2021050353/183780/Underinsurance-Among-Children-in-the-United-States?autologincheck=redirected>

[13] Sommers Benjamin D., Gawande Atul A., Baicker Katherine. Health Insurance Coverage and Health — What the Recent Evidence Tells Us. *New England Journal of Medicine*. 2017;377(6):586-593. doi:10.1056/NEJMs1706645. Accessed May 15, 2024.

[https://www.nejm.org/doi/10.1056/NEJMs1706645?url\\_ver=Z39.88-2003&rft\\_id=ori:rid:crossref.org&rft\\_dat=cr\\_pub%20%20pubmed](https://www.nejm.org/doi/10.1056/NEJMs1706645?url_ver=Z39.88-2003&rft_id=ori:rid:crossref.org&rft_dat=cr_pub%20%20pubmed)

Washington State has consistently maintained one of the lowest uninsured rates nationwide, reaching a record low of 4.7 percent in 2022[14]. However, coverage varies significantly by county, and rising healthcare costs pose an ongoing challenge for many Washingtonians[15,16]. Furthermore, inequities due to racism persist. For example, while the uninsured rate for people who identified as Hispanic decreased from 2021 to 2022, the uninsured rate for Hispanics was approximately three times higher than people who identified as non-Hispanic[14]. Additionally, uninsured rates for 2022 were at least two times higher for people who identified as Black and four times higher for people who identified as American Indian and/or Alaska Native compared to people who identified as white.

With the end of the COVID-19 public health emergency (PHE) and Medicaid continuous coverage in 2023, the long-term impact on Washington State's uninsured remains uncertain. Data from the Washington Health Care Authority (HCA) shows that between May 2023 and April 2024, approximately 842,843 clients lost Apple Health coverage, including 400,997 clients who did not respond to renewal requests[17]. The highest disenrollments occurred between May 2023 and June 2023, with rates decreasing through April 2024[18]. This decline may suggest some people regained employer-sponsored insurance, found individual coverage through Washington Healthplanfinder, or now qualify for Medicare, though it remains too early to understand the long-term impacts. However, further strategies are needed to increase insurance affordability and coverage to ensure access to preventive and essential care.

In the 2022 State Health Report, the Board recommended the Governor and Legislature expand health insurance for people who are income eligible and aged 19 years or older, regardless of immigration status. A 2022 budget proviso directed the Exchange to submit an Affordable Care Act (ACA) waiver (section 1332), which the federal government approved in December 2022[19]. In November 2023, the Exchange launched an open enrollment period with expanded access to individual market health and dental plans. Under this expanded access, 23 percent of Washington's uninsured population is newly eligible to purchase a health plan on the Exchange, regardless of immigration status[20].

Additionally, in 2023, the Legislature allocated funding to the HCA to explore a Medicaid look-alike program for people with low incomes aged 19 or older, regardless of immigration status, who lacked access to other federally subsidized health coverage. This expansion of Washington Apple Health is set to begin in July 2024. Due to the available funding levels, enrollment will be limited to up to 13,000 enrollees. While these developments are promising, and the Board commends these recent expansion efforts, further investment is necessary.

[14] Yen W. Medicaid increase created all-time low for Washington's uninsured rate, but a reversal is emerging. Washington Office of Financial Management (OFM) (Research Brief No.114). February 2024. Accessed May 15, 2024.

<https://ofm.wa.gov/sites/default/files/public/dataresearch/researchbriefs/brief114.pdf>

[15] Prepared by Health Management Associates. Washington Office of the Insurance Commissioner (OIC) Preliminary Report on Health Care Affordability. Published online November 29, 2023. Accessed May 15, 2024. [https://www.insurance.wa.gov/sites/default/files/documents/oic-prelim-report-1201123-final\\_2.pdf](https://www.insurance.wa.gov/sites/default/files/documents/oic-prelim-report-1201123-final_2.pdf)

[16] Washington Office of Financial Management (OFM) Health Care Research Center. 2012-19 and 2021-22 County Uninsured Rates Chart Book: Washington State. Published online March 2024. Accessed May 16, 2024.

[https://ofm.wa.gov/sites/default/files/public/dataresearch/healthcare/healthcoverage/2012-22\\_County\\_Uninsured\\_Rates\\_Chart\\_Book.pdf](https://ofm.wa.gov/sites/default/files/public/dataresearch/healthcare/healthcoverage/2012-22_County_Uninsured_Rates_Chart_Book.pdf)

[17] Washington State Health Care Authority. Continuous Enrollment Unwind Data: Apple Health Data During the Unwind. Published online May 2024. Accessed July 16, 2024. <https://www.hca.wa.gov/assets/free-or-low-cost/apple-health-phe-unwind-enrollment-data.pdf>

[18] Washington State Health Care Authority. Monthly release of Apple Health (Medicaid) renewal data | Published online May 21, 2024. Accessed July 16, 2024. <https://www.hca.wa.gov/about-hca/news/announcements/monthly-release-apple-health-medicaid-renewal-data>

[19] Washington Health Benefit Exchange. Washington Section 1332 Waiver Application. Submitted May 13, 2022. Revised on June 1, 2022. <https://www.wahbexchange.org/content/dam/wahbe-assets/legislation/WA%20Section%201332%20Waiver%20Application-updated%206-8.pdf>

[20] Washington Health Benefit Exchange | Immigrant Health Coverage. No date. Accessed May 15, 2024.

<https://www.wahbexchange.org/about-the-exchange/what-is-the-exchange/immigrant-health-expansion/>

Increasing coverage and making healthcare more affordable in Washington State is essential for breaking down access barriers. In addition, systemic issues like lack of understanding or respect for cultural beliefs, and care coverage that does not meet unique individual health needs also prevent access to care.

For example, many health insurance plans either do not cover or offer only limited coverage for complementary and alternative medicine (CAM) services like acupuncture, massage therapy, herbal medicine, and traditional or Indigenous healing practices[21,22].

*“Culture is part of the cure for what ails us.”*

*Urban Indian Health  
Organization Leader*

Between 2002 and 2012, rates of people who used acupuncture, chiropractic, and massage services increased, with the increase being most significant among people who are uninsured[23]. People with one or more chronic conditions and people who have had negative experiences with conventional medicine have also been found to have a higher prevalence of CAM use[24].

Additionally, among Black adults, CAM use was higher among people who reported experiencing racism in healthcare settings[25]. Research has revealed that more than one-third of Black and Latinx adults have reported experiencing discrimination in healthcare settings within the past year, either personally or through their family members[26]. Research has also shown that people who experience discrimination in healthcare settings, such as unfair treatment by providers or discrimination based on factors like ability to pay, insurance type, language proficiency, race, ethnicity, or gender, are more likely to use herbal medicines[27].

Several community-based organizations in Washington have stressed the significance of coverage for CAM during recent discussions with the Board. They also pointed out the existing gap in coverage and emphasized the critical need for more patient-centered and directed care.

In the 2022 State Health Report, the Board recommended that the Governor and Legislature require insurers to cover the cost of healthcare services used by Washington State communities, especially people impacted by racism and other forms of systemic oppression. These recommendations were based on recent studies conducted by the Tubman Center for Health and Freedom (TCHF). Below are examples of progress in these areas over the past biennium.

### **Require insurers to cover the cost of healthcare services utilized by Washington communities, including CAM.**

- Some health insurance plans in Washington State currently offer coverage for CAM, but the extent of this coverage varies significantly. While certain insurance plans cover specific

[21] Tubman Center for Health and Freedom. Washington State Health Insurance Plans Comparison Report. Published online January 2023.

Accessed May 29, 2024. <https://tubmanhealth.org/wp-content/uploads/2023/01/Health-Plans-in-WA-Report-January-2023.pdf>

[22] National Center for Complementary and Integrative Health (NCCIH). Paying for Complementary and Integrative Health Approaches. Last Updated May 2016. Accessed May 15, 2024. <https://www.nccih.nih.gov/health/paying-for-complementary-and-integrative-health-approaches>

[23] Falci L. Multiple Chronic Conditions and Use of Complementary and Alternative Medicine Among US Adults: Results From the 2012 National Health Interview Survey. *Prev Chronic Dis*. 2016;13. doi:10.5888/pcd13.150501

[24] Tangkiatkumjai M, Boardman H, Walker DM. Potential factors that influence usage of complementary and alternative medicine worldwide: a systematic review. *BMC Complementary Medicine and Therapies*. 2020;20(1):363. doi:10.1186/s12906-020-03157-2

[25] Shippee TP, Schafer MH, Ferraro KF. Beyond the barriers: Racial discrimination and use of complementary and alternative medicine among Black Americans. *Social Science & Medicine*. 2012;74(8):1155-1162. doi:10.1016/j.socscimed.2012.01.003

[26] Bleich SN, Zephyrin L, Blendon RJ. Addressing Racial Discrimination in US Health Care Today. *JAMA Health Forum*. 2021;2(3):e210192. doi:10.1001/jamahealthforum.2021.0192

[27] Thorburn S, Faith J, Keon KL, Tippens KM. Discrimination in health care and CAM use in a representative sample of U.S. adults. *J Altern Complement Med*. 2013;19(6):577-581. doi:10.1089/acm.2012.0586

services such as acupuncture, chiropractic care, or massage therapies, others may reimburse a broader range of CAM therapies or none at all[21,28].

- To date, one Managed Care Organization (MCO) in Washington State offers traditional Indian medicine as a value-added benefit[28]. However, the Centers for Medicaid and Medicare Services (CMS) has not worked out a reimbursement methodology for traditional healing services. This means each state approaches coverage in its own way while waiting for CMS to identify reimbursement mechanisms.
- CMS recently hosted a webinar in April 2024 to obtain advice and input on pending section 1115(a) demonstration proposals for Medicaid coverage and reimbursement for traditional healthcare practices provided by qualifying providers at Indian Health Service (IHS) and Tribal facilities. The webinar also provided an overview of four pending proposals from the states of Arizona, California, Oregon, and New Mexico, to cover traditional healthcare practices.

### **Employ healthcare providers from the communities they serve.**

- In the 2023-2025 budget, \$1 million of the workforce education investment account was provided for the Center for Indigenous Health to increase the number of American Indian and Alaska Native physicians practicing in Washington State.

### **Remove systemic barriers to care, such as cost and insufficient provider networks, so communities can access timely, culturally appropriate care.**

- During the 2023-2024 Legislative Sessions, a handful of bills were passed to address healthcare affordability. Some of these included:
  - Substitute Senate Bill 5986, which made it illegal for ground ambulance services to send surprise bills. The bill set up rules to protect people from getting unexpectedly high bills from ground ambulances. It also says that health insurance companies must cover the cost of taking someone to a behavioral health emergency service if they have a medical emergency.
  - Second Engrossed Substitute House Bill 1508, which directs the Health Care Cost Transparency Board (HCCTB) to conduct an annual survey of underinsurance among Washingtonians and a survey of insurance trends among employers and employees. It also requires the HCCTB to hold an annual public hearing to discuss and assess Washington State's healthcare costs.
  - Engrossed Substitute Senate Bill 5481 (also known as the Uniform Telehealth Act) aims to make it easier for people to access healthcare by increasing the use of telehealth. Among the bill's many provisions, it created fewer restrictions for providers and allows them to use telehealth with their patients as long as they maintain the standard level of care. It also allows more types of providers to treat patients using telehealth.
  - Second Engrossed Second Substitute Senate Bill 5580 will expand the income eligibility for Apple Health pregnancy and postpartum coverage to 210% of the federal poverty level (FPL) and improve supportive prenatal and perinatal services, with special attention to people with substance use disorders at the time of delivery.
  - Second Substitute Senate Bill 5581, which directs the Office of the Insurance Commissioner (OIC) to propose strategies for decreasing out-of-pocket expenses for maternity care services within privately regulated health plans in the state. OIC must submit a report to the Legislature by July 2024 detailing these strategies.

[21] Tubman Center for Health & Freedom. Washington State Health Insurance Plans. Published January 25, 2023. Accessed May 29, 2024. <https://tubmanhealth.org/washington-state-health-insurance-plans/>

[28] Washington State Health Care Authority (HCA). Personal Communication. April 2024.

- The Legislature also allocated funding to agencies to remove systemic barriers to care and to improve timely and culturally appropriate care. Examples include funding for:
  - The HCA to support hospitals or birthing centers in financial distress or at risk of limiting access to labor and delivery services due to a low volume of deliveries at the hospital through “one-time bridge grants.” To apply for this grant funding, facilities must meet certain criteria, including providing services to people enrolled in state or federal medical assistance programs.
  - Reimbursement of services provided by doulas for Apple Health clients. Before HCA implements this policy, CMS needs to approve a state plan amendment to reimburse for doula services. This work wouldn’t be possible without the advocacy from Doulas for All, a Queer, Trans, Black, Indigenous, and People of Color (QTBIPOC) led coalition spearheaded by Surge Reproductive Justice and other community-based organizations. This work is a great example of how state agencies can partner with community-led advocacy efforts to advance health and remove systemic barriers to care.
  - Funding to continue an HCA grant program that reimburses services for patients up to 18 years old who receive services from community health workers (CHWs) in primary care clinics. These clinics mainly serve pediatric patients enrolled in medical assistance under Chapter 74.09 RCW. Funding ends June 30, 2025.

Expanding insurance coverage and ensuring that coverage meets the unique needs of Washington State’s diverse communities are essential to improving the health and wellness of our residents and reducing health inequities.

## 2

### **The Board recommends the Governor and Legislature act to:**

- Continue to provide funding to expand current programs that provide access to health insurance for people who are income-eligible and at least 19 years of age, regardless of their immigration status.
- Remove systemic barriers to care, such as cost and limited provider networks, so communities can access timely, culturally appropriate care.
- Consider options for coverage of CAM, including for traditional healthcare practices provided by qualifying providers at Indian Health Service (IHS) and Tribal facilities.



## RECOMMENDATION 3:

### Re-envision the Quality of Care in Washington State by Improving Access to Community-Driven, Culturally and Linguistically Relevant Services

*"In the community we serve, we see a movement away from the health system overall due to distrust and fear. The health system does nothing to address their concerns. Their experiences often push them further away from the system due to lack of culturally appropriate care."*

*Washington community-based provider*

Adequate health insurance coverage alone cannot remove barriers to accessing healthcare and addressing health inequities in Washington State. Many social, economic, geographical, and cultural factors prevent people from accessing the care they need to maintain their health and improve their overall well-being. Examples include barriers to accessing care that is culturally and linguistically appropriate, experiencing racism and discrimination within the healthcare system and related systems of care, and limited access to health facilities in local communities.

Based on recent U.S. Census data, the population in Washington State is more racially and ethnically diverse than a decade ago. Between 2010 and 2020, Washington's diversity index increased by 10 percent, from roughly 45 to 55 percent<sup>[29]</sup>. Additionally, roughly 1 in 5 residents over age 5 report speaking a Language other than English (LOTE) at home marking an increase from previous years<sup>[30]</sup>. The population demographics of Washington are changing and are expected to continue to change, with similar trends available nationwide. Language and cultural understanding are crucial to a person's ability to access healthcare and receive quality care. Research has consistently demonstrated the persistent gap in providing culturally and linguistically appropriate care and its impact on equity and health outcomes<sup>[31,32]</sup>.

For example, people who speak a LOTE often encounter hurdles in accessing high-quality healthcare services. These obstacles can lead to delays in care, medical mistakes, which can lead to serious physical and emotional harm, and difficulties in comprehending and following provider instructions, among other issues<sup>[33,34,35]</sup>. Compared to English speakers, people who speak a LOTE are less likely to have a regular healthcare provider, visit a physician, and undergo screenings for blood pressure or cancer. They are also less likely to have health

[29] Bureau UC. Racial and Ethnic Diversity in the United States: 2010 Census and 2020 Census. Washington State Profile. Census.gov. Accessed July 24, 2024. <https://www.census.gov/library/visualizations/interactive/racial-and-ethnic-diversity-in-the-united-states-2010-and-2020-census.html>

[30] Migration Policy Institute. Washington State Language Data. No Date. Accessed May 15, 2024. <https://www.migrationpolicy.org/data/state-profiles/state/language/WA>

[31] Schiaffino MK, Ruiz M, Yakuta M, et al. Culturally and Linguistically Appropriate Hospital Services Reduce Medicare Length of Stay. *Ethn Dis.* 2020;30(4):603-610. doi:10.18865/ed.30.4.603

[32] Brach C, Fraser I. Reducing Disparities through Culturally Competent Health Care: An Analysis of the Business Case. *Qual Manag Health Care.* 2002;10(4): 15-28.doi: 10.1097/00019514-200210040-00005

[33] Twersky SE, Jefferson R, Garcia-Ortiz L, Williams E, Pina C. The Impact of Limited English Proficiency on Healthcare Access and Outcomes in the U.S.: A Scoping Review. *Healthcare (Basel).* 2024;12(3):364. doi:10.3390/healthcare12030364

[34] Foiles Sifuentes AM, Robledo Cornejo M, Li NC, Castaneda-Avila MA, Tjia J, Lapane KL. The Role of Limited English Proficiency and Access to Health Insurance and Health Care in the Affordable Care Act Era. *Health Equity.* 2020;4(1):509-517. doi:10.1089/heq.2020.0057

[35] Al Shamsi H, Almutairi AG, Al Mashrafi S, Al Kalbani T. Implications of Language Barriers for Healthcare: A Systematic Review. *Oman Med J.* 2020;35(2):e122. doi:10.5001/omj.2020.40

insurance and have lower incomes[34]. These barriers also extend to people who use sign languages. Deaf people often encounter obstacles in accessing care because most providers cannot offer communication access in American Sign Language (ASL) or other sign languages through qualified interpreters[36].

The Board believes communicating in one's preferred language is a fundamental human right. When people cannot communicate or access information or can only access poor-quality translations and interpretations, it harms their well-being. A provider cannot care for someone if they cannot communicate with them. Federal and state law requires meaningful access to language assistance for people, ensuring accurate, timely, and effective communication at no cost to the person[37,38]. However, the availability of such services within the Washington State healthcare system and beyond is limited. Despite a growing demand, there is an insufficient supply of qualified and certified interpreters in Washington State, including those proficient in spoken languages and ASL.

There is currently a lack of programs in Washington to train ASL interpreters to take the national certification exam. In response to this ongoing shortage, during the 2024 session, the Community Coalition for Washington State Interpreters and other groups advocated for the passage of Senate House Bill (SHB) 2221 as a budget proviso. Starting July 2024, the proviso directs the Office of the Deaf and Hard of Hearing within the Department of Social and Health Services (DSHS) to create a workgroup to study and find solutions for the shortage of qualified and certified ASL, ProTactile, and Trilingual Interpreters. The workgroup must report its findings and recommendations to the Governor and Legislature by June 30, 2025.

During the 2023 legislative session, the Legislature also directed DSHS to convene a language access workgroup. This workgroup examined interpretive service certification policies and programs for individuals who speak a LOTE and provided recommendations to the Legislature. Several workgroup participants noted that due to the tight timeframe, the group didn't have sufficient time to complete its work, particularly in discussing or identifying the next steps for its recommendations. However, the workgroup submitted its report with recommendations to the Legislature at the end of 2023[39].

One of their top recommendations was for Washington State to form a new state-centralized office to oversee all types of Language Access Professionals (LAPs). Additionally, the workgroup highlighted the existence of the Administrative Office of the Courts (AOC) Language Access and Interpreter Commission, which advises its court interpreter certification program. Proposing a similar permanent commission alongside a centralized language access office could offer another avenue to address interpreter access and availability challenges.

The workgroup's purpose was to address the lack of medical interpretation testing in Washington State and develop solutions to support the training and testing of healthcare interpreters moving forward. The language access workgroup report underscores the necessity for change to enhance language access for all Washingtonians.

[34] Foiles Sifuentes AM, Robledo Cornejo M, Li NC, Castaneda-Avila MA, Tjia J, Lapane KL. The Role of Limited English Proficiency and Access to Health Insurance and Health Care in the Affordable Care Act Era. *Health Equity*. 2020;4(1):509-517. doi:10.1089/heap.2020.0057

[36] National Association of the Deaf (NAD). Position Statement on Health Care Access For Deaf Patients. No date. Accessed May 15, 2024. <https://www.nad.org/about-us/position-statements/position-statement-on-health-care-access-for-deaf-patients/>

[37] U.S. Department of Health and Human Services (HHS). Limited English Proficiency (LEP). Published August 13, 2007. Content last reviewed April 15, 2024. Accessed May 15, 2024. <https://www.hhs.gov/civil-rights/for-individuals/special-topics/limited-english-proficiency/index.html>

[38] United States Department of Justice Civil Rights Division | Section V – Defining Title VI. Published December 11, 2015. Accessed May 29, 2024. <https://www.justice.gov/crt/fcs/T6manual5>

[39] Department of Social and Health Services (DSHS). Language Access Work Group Report to the Legislature.; 2023:253. Accessed May 16, 2024. <https://www.dshs.wa.gov/sites/default/files/ltc/documents/report%20Language%20Access%20Work%20Group%202023%20final.pdf>

Since the 1990s, the DSHS Language Testing and Certification (LTC) program has been responsible for certifying and providing interpreter services per the Reyes Consent Decree. Currently, DSHS LTC only has 1.5 full-time employees and is unable to complete the volume of testing needed by different state agencies, health care providers, and other services across the state to increase the number of medical interpreters to meet the needs of the expanding number of LOTE households[40]. The workgroup noted that the current program is outdated and requires modernization. No action has been taken on the workgroup's recommendations to date, and the interpreter shortage persists. Immediate action is needed to resolve this issue.

In its 2022 State Health Report, the Board proposed several recommendations to enhance culturally and linguistically appropriate health services, including:

- Allocating funding to establish a task force comprising public health, healthcare, community-based organizations, and relevant state agencies to assess and develop a baseline report on delivering culturally and linguistically appropriate healthcare services (CLAS) for communities served. It would also provide recommendations for improvement as needed.
- Expand culturally and linguistically appropriate healthcare services, including but not limited to prescription information translation and increased access to interpretation services for medical appointments and emergency room visits.

The Board is unaware of funding for these purposes over the last biennium from the Legislature. Additionally, while CLAS training is accessible to state agencies and health-related organizations, there is no standardized method for evaluating CLAS implementation in Washington State. The Board wants to continue to underscore the importance of assessing CLAS provision across the state's major healthcare systems, independent healthcare providers, public health clinics, community-based organizations, and others to enhance patient experience, improve health outcomes, and address health inequities.

Additional efforts are also needed to ensure that prescription information (and medical information in general) is translated and that interpretation services are available to everyone who needs them. A 2022 bill would have directed the Pharmacy Quality Assurance Commission (PQAC) to adopt rules for translating prescription labels and prescription information, but it failed to pass. However, PQAC has since started rulemaking to establish requirements for accessible prescription information, including provisions for vision impairments, print disabilities, and non-English speakers. This project is still in progress.

In April 2024, the U.S. Department of Health and Human Services issued a final rule under Section 1557 of the ACA to strengthen non-discrimination protections and advance civil rights in healthcare[41]. The updated provisions will take effect gradually, beginning in July 2024. Section 1557 is the non-discrimination clause within the ACA. It prevents discrimination based on race, color, national origin, sex, age, or disability in designated health programs or activities ("covered entities"), including those receiving Federal funds[42].

Under the final rule, all covered entities must display notices about civil rights under Section 1557 and provide information on free language assistance services and auxiliary aids in the top 15 languages spoken. While the rule sets minimum federal standards, states can adopt

[40] Washington State Department of Social and Health Services. SSB 5304 Language Access Work Group. Language Testing and Certification (LTC) Background and Timeline. Published online (no date). Accessed July 16, 2024. <https://www.dshs.wa.gov/office-of-the-secretary/ltc-background-timeline>

[41] U.S. Health and Human Services (HHS). HHS Issues New Rule to Strengthen Nondiscrimination Protections and Advance Civil Rights in Health Care | HHS.gov. Published April 26, 2024. Accessed May 15, 2024. <https://www.hhs.gov/about/news/2024/04/26/hhs-issues-new-rule-strengthen-nondiscrimination-protections-advance-civil-rights-health-care.html>

[42] U.S. Health and Human Services (HHS). Section 1557 Final Rule: Frequently Asked Questions. HHS.gov. Last Reviewed May 20, 2024. Accessed May 15, 2024. <https://www.hhs.gov/civil-rights/for-individuals/section-1557/faqs/index.html>

stricter requirements. The Washington Legislature should invest in promoting these protections, educating providers, and ensuring compliance.

The Board also learned about the quality of care and barriers to accessing care in recent panels and conversations with community representatives. Some of the key takeaways and feedback included:

- Washington State needs comprehensive, person-centered care models from infancy to end-of-life, emphasizing multi-generational wellness.
- There's a pressing need for sustainable funding structures in healthcare and social support systems to ensure long-term stability.
- Maternal and pregnant person healthcare in our state and nation faces significant challenges, particularly concerning access, quality, and affordability. These challenges are particularly acute in rural areas, where the viability of labor and delivery services is uncertain.
- Building trust is essential to encourage people to seek necessary healthcare, emphasizing the importance of establishing strong patient-provider relationships.
- We need to recognize the unique needs of diverse communities. A tailored, adaptable approach to healthcare delivery is necessary, moving away from a one-size-fits-all approach.
- Washington State must strive for a racially and culturally diverse healthcare workforce that mirrors the communities it serves. This workforce must also receive equitable compensation and have a reasonable caseload to ensure effective patient care.
- Community health workers play a vital role in bridging gaps in access to care, however, there is currently no statewide reimbursement or sustainable payment method for their services.
- Cultural practices are pivotal in promoting overall health and well-being.
- We must "heal our healers and nourish the strengths that already exist in communities."
- Generational trauma significantly impacts the physical and mental health of communities, which requires tailored interventions and support services.
- Providing services and support for people, whether through referrals or direct services, should be continued as long as someone needs it, especially during big life transitions (pregnancy and postpartum, substance recovery, etc.).
- Systemic racism, discrimination, stigma, and biases contribute to widespread mistrust in the healthcare system, often resulting in patients feeling unheard and discouraged from seeking care due to past negative experiences.
- Community-based providers encounter challenges as people they serve navigate between various resources and referrals, highlighting the need for improved coordination and strategic planning among care systems and community organizations.
- Racism remains a persistent public health crisis. The U.S. is grappling with an economic crisis and racism embedded in its systems, which contribute to poor health outcomes. Many individuals and families struggle to afford their basic needs, highlighting the urgency of addressing underlying causes to accurately assess and meet people's needs.

Throughout these discussions, the Board and staff learned about community successes and innovative projects aimed at better meeting local needs. A key theme was the importance of having a trusted advocate who reflects the community's values, culture, and language. Such advocates, like doulas, community health workers, or recovery navigators, play a vital role in ensuring quality care and access to culturally and linguistically appropriate services. Studies have shown that such community-centered professions effectively boost healthcare screening

rates, enhance access to primary care services, and lower healthcare costs[43,44,45]. They also contribute to preventing adverse health outcomes during pregnancy and postpartum and improving behavioral health outcomes for people in recovery[46,47,48].

Many programs with community health workers, navigators, and similar roles rely on grants or are piloted on a small scale, posing challenges for sustainable funding, equitable compensation, and professional development opportunities. However, ensuring sustainable funding and fair compensation for these roles is complex and requires careful and deliberate consideration to avoid inadvertently creating additional barriers for this community-based workforce to function effectively. Additionally, this work must be informed and directed by the community members on the ground doing this work.

In Washington State, significant progress has been made in improving pregnant person care and outcomes, largely due to the advocacy and leadership of the QTBIPOC doula workforce, along with support and investments from the Legislature. This advancement includes the integration of birth doula services into maternal care. In 2020, the Legislature tasked the HCA with identifying strategies to reimburse doula services through Medicaid, collaborating with the Department and other partners, and issuing recommendations to the Legislature.

Doulas and other community-led organizations strongly advocated for creating a voluntary credentialing program for doulas by the Department in 2022 and Medicaid reimbursement in 2024. These new Washington laws will enable doulas to bill Apple Health for their services directly, and the voluntary certification process will eventually allow doulas who want to be reimbursed for their services to receive Medicaid reimbursement[49]. The Doulas for All coalition wrote, lobbied, and passed the Engrossed Substitute House Bill (ESHB 1881) to establish birth doulas as a profession in Washington. This work illustrates the power of community-led organizing.

Washington State's healthcare system and care structures could re-envision its service delivery to better suit diverse community needs. To genuinely enhance access to care, Washington State must commit to reimaging service delivery, emphasizing language accessibility, community-driven approaches, culturally appropriate care, and providing adequate support and compensation for the workforce.

[43] Covert H, Sherman M, Miner K, Lichtveld M. Core Competencies and a Workforce Framework for Community Health Workers: A Model for Advancing the Profession. *Am J Public Health*. 2019;109(2):320-327. doi:10.2105/AJPH.2018.304737

[44] NIHCM Foundation. Community Health Workers: Their Important Role in Public Health. Published April 7, 2021. Accessed May 15, 2024. [https://nihcm.org/publications/community-health-workers-infographic?token=KerpDcCUePwwD\\_OqW25Yd6Obd4XRKz-B](https://nihcm.org/publications/community-health-workers-infographic?token=KerpDcCUePwwD_OqW25Yd6Obd4XRKz-B)

[45] Phillips E, Kaalund K, Farrar B, et al. Advancing Community Health Worker Models In Health System Reforms: Policy Recommendations From The RADx-UP Initiative. *Health Affairs Forefront*. doi:10.1377/forefront.20231208.803492

[46] Sobczak A, Taylor L, Solomon S, et al. The Effect of Doulas on Maternal and Birth Outcomes: A Scoping Review. *Cureus*. 2023;15(5):e39451. doi:10.7759/cureus.39451

[47] Scannell C. Voices of Hope: Substance Use Peer Support in a System of Care. *Subst Abuse*. 2021;15:11782218211050360. doi:10.1177/11782218211050360

[48] Kokorelias KM, Shiers-Hanley JE, Rios J, Knoepfli A, Hitzig SL. Factors Influencing the Implementation of Patient Navigation Programs for Adults with Complex Needs: A Scoping Review of the Literature. *Health Serv Insights*. 2021;14:11786329211033267. doi:10.1177/11786329211033267

[49] Washington State Health Care Authority (HCA). Methods to Secure Doula Reimbursement Approval from CMS, Report to the Legislature.; 2020:63. Accessed May 16, 2024. <https://www.hca.wa.gov/assets/program/doula-reimbursement-approval-CMS-20201123.pdf>

**The Board recommends the Governor and Legislature act to:**

- Follow the recommendations and feedback from the recent State Language Access Workgroup, including enhancing language accessibility in Washington by establishing a specialized Office of Language Access and a permanent public advisory body to increase language access in healthcare at the state level.
- Expand culturally and linguistically appropriate healthcare services, including—but not limited to—implementing Culturally and Linguistically Appropriate Services (CLAS) standards and federal non-discrimination in healthcare standards, requiring medical information translation, and increasing access to interpretation services at all points of care.
- Advocate for the growth of a community-based workforce in the state, encompassing roles such as community health workers, peer navigators, recovery coaches, and more. Explore diverse public policy strategies to enable reimbursement for their services and ensure fair compensation. Ensure that community members in this workforce lead and direct this work.



## RECOMMENDATION 4:

### Advance School Environmental Health and Safety in Washington

[RCW 43.20.050 \(2\)\\_\(d\)](#) requires the Board to adopt environmental health and safety rules for K-12 schools in Washington State. These rules have existed since the 1960s and were last updated between 2004 and 2009. These revisions were initiated in response to significant public comments highlighting concerns that the rules, [chapter 246-366 WAC](#), Primary and Secondary Schools, were outdated. Recognizing the need to align with contemporary scientific understanding and safety standards, revisions were undertaken to address critical areas such as indoor air quality (IAQ), clean drinking water standards, and the safety of facilities like playgrounds and laboratories. In July 2009, the Board adopted an updated set of rules, [chapter 246-366A WAC](#), Environmental Health and Safety Standards for Primary and Secondary Schools. These amended rules ensure schools across the state have the same safety standards to protect students from getting sick or injured.

Before the Board could implement these updated rules, that same year, the Legislature put a budget proviso in place to suspend chapter 246-366A WAC due to concerns about the costs of implementing these revised standards. The proviso reads:

*“The Department of Health and the State Board of Health shall not implement any new or amended rules pertaining to primary and secondary school facilities until the rules and a final cost estimate have been presented to the legislature, and the legislature has formally funded implementation of the rules through the omnibus appropriations act or by statute.”*

Since the 2009-2011 biennium, every state operating budget has included this proviso preventing the implementation of chapter 246-366A WAC. However, during the 2024 legislative session, the Legislature introduced an additional proviso (Section 222, subsection 159, page 492) within the supplemental operating budget<sup>[50]</sup>. This proviso directs the Board to initiate a comprehensive review and formulate new proposed rules to establish minimum standards for environmental health and safety in schools by June 30, 2025.

The proviso also directs collaboration between the Board, Department, and a multi-disciplinary advisory committee to complete this work. Additionally, the Board must conduct a fiscal analysis in partnership with the Office of the Superintendent of Public Instruction (OSPI) regarding the draft proposed language recommendations, implementation recommendations, and an environmental justice assessment with the Department. The Board must work with partners to develop and provide a report with recommendations on sections or subject areas of the proposed rules with the greatest health and safety benefits for students and the order in which they should be implemented.

Updating the Board’s School Environmental Health and Safety Rules is essential for schools to ensure safe conditions for all students and staff. The 2024 proviso provides an opportunity for the Board and key partners to review these rules thoroughly to address vital environmental considerations, such as IAQ and the impacts of climate change on school facilities. Once the updated proposed rules and implementation recommendations become available, it will be

[50] Engrossed Substitute Senate Bill 5950. Chapter 376, Laws of 2024. 68th Legislature, 2024 Regular Session. Operating Budget, 2023-2025 Supplemental. <https://lawfilesexst.leg.wa.gov/biennium/2023-24/Pdf/Bills/Session%20Laws/Senate/5950-S.SL.pdf?q=20240416134323>

imperative for the Legislature to prioritize the removal of the original budget proviso, commit to fulfilling the recommendations outlined in the report, and allocate sufficient funding to support these efforts.

Every student deserves to attend a school that is built, maintained, and operated to ensure a healthy and safe learning environment. Research shows that a healthy school environment improves attendance, academic performance, and reduces sickness from respiratory illnesses and asthma[51,52,53]. Unfortunately, not all students in Washington State have equal access to maintained and updated learning facilities.

During the 2023-2024 school year, 295 public school districts served 1,098,997 students, and approximately 546 private schools served 81,962 students in Washington State[54,55,56]. Students spend about 1,300 hours in school yearly, not including after-school activities[57]. With so much time spent in schools, students should be protected from exposure to allergens, pollutants, chemicals, and other suboptimal classroom conditions, like poor ventilation, lighting, and temperature control. Children and youth are particularly vulnerable to contaminants and changes in the environment in school facilities compared to adults, as they are still growing and developing[58]. Students bear the disproportionate impact of unhealthy school environments, and these impacts are amplified by racial and economic inequities, which further drive health inequities[59].

IAQ has a profound influence on student health and academic performance. Ventilation rates in most schools fall below recommended standards. A 2020 study by the U.S. Government Accountability Office (GAO) revealed that 41 percent of school districts nationwide require updates or replacements for their HVAC systems in at least half of their school buildings[51]. If left unaddressed, these issues can lead to IAQ problems, such as mold, building material degradation, and uncomfortable or dangerous temperatures. Such IAQ issues in school settings can worsen asthma, cause sleepiness, nausea, headaches, eye, nose, throat, and skin irritation, and ultimately hinder students' focus and learning ability[60].

[51] The 21st Century School Fund, Inc., the International WELL Building Institute pbc, and the National Council on School Facilities. 2021 State of Our Schools, America's PK-12 Public School Facilities.; 2021:84. Accessed May 16, 2024. [https://www.21csf.org/uploads/pub/SOOS-IWBI2021-2\\_21CSF+print\\_final.pdf](https://www.21csf.org/uploads/pub/SOOS-IWBI2021-2_21CSF+print_final.pdf)

[52] Sadrizadeh S, Yao R, Yuan F, et al. Indoor air quality and health in schools: A critical review for developing the roadmap for the future school environment. *Journal of Building Engineering*. 2022;57:104908. doi:10.1016/j.jobe.2022.104908

[53] US Environmental Protection Agency (EPA). Evidence from Scientific Literature about Improved Academic Performance. Published October 20, 2014. Accessed May 15, 2024. <https://www.epa.gov/iaq-schools/evidence-scientific-literature-about-improved-academic-performance>

[54] Office of the Superintendent of Public Instruction (OSPI). About School Districts. No Publication Date. Accessed May 16, 2024. <https://ospi.k12.wa.us/about-ospi/about-school-districts>

[55] Office of the Superintendent of Public Instruction (OSPI). Report Card - Washington State Report Card. No Publication Date. Accessed May 16, 2024. <https://tableau.ospi.k12.wa.us/t/Public/views/OnePager/OnePager>

[56] Washington State Board of Education (SBE). Private Schools. No Publication Date. Accessed May 16, 2024. <https://www.sbe.wa.gov/our-work/private-schools>

[57] Washington State Board of Education (SBE). Instructional Hours. No Publication Date. Accessed May 16, 2024. [https://www.sbe.wa.gov/faqs/instructional\\_hours](https://www.sbe.wa.gov/faqs/instructional_hours)

[58] Ferguson A, Penney R, Solo-Gabriele H. A Review of the Field on Children's Exposure to Environmental Contaminants: A Risk Assessment Approach. *International Journal of Environmental Research and Public Health*. 2017;14(3):265. doi:10.3390/ijerph14030265

[59] Center on Budget and Policy Priorities. America's School Infrastructure Needs a Major Investment of Federal Funds to Advance an Equitable Recovery. Published May 17, 2021. Accessed May 16, 2024. <https://www.cbpp.org/research/state-budget-and-tax/americas-school-infrastructure-needs-a-major-investment-of-federal>

[60] United States Government Accountability Office (GAO). K-12 Education, School Districts Frequently Identified Multiple Building Systems Needing Updates or Replacements, Report to Congressional Addresses.; 2020:130. Accessed May 15, 2024. <https://www.gao.gov/assets/710/707517.pdf>



The COVID-19 pandemic and climate change have only reinforced the importance of school environmental health and safety, especially the need for good IAQ and proper ventilation.

In January 2024, Board staff convened an expert technical panel of IAQ specialists representing local, state, and national organizations. Panelists provided education on IAQ, how IAQ has evolved over time, and plans or efforts their organization is engaged in to help improve IAQ. Some key takeaways included<sup>[61]</sup>:

- Improving IAQ is vital for community health and requires a comprehensive approach beyond ventilation. Key principles include minimizing indoor emissions, controlling moisture to prevent issues such as mold, ensuring proper ventilation, and protecting against outdoor pollutants.
- Recent shifts in focus on IAQ stem from factors like COVID-19, climate-related issues such as extreme heat and wildfires, and the push for energy-efficient buildings to reduce carbon emissions. While outdoor air quality is regulated, standardized IAQ standards are lacking, especially for public buildings.
- Buildings, especially school facilities, need adequate filtration and cooling systems. Many schools and buildings in the Pacific Northwest were not originally constructed with air conditioning. People traditionally relied on natural ventilation. Climate change is increasing the need for cooling systems in schools.
- Proper design and maintenance of HVAC systems are crucial for IAQ, and filters rated MERV-13 or higher are recommended to effectively remove airborne germs.
- Efforts to enhance IAQ should prioritize tackling challenges in vulnerable and underserved communities, including children in educational settings, older adults, and individuals impacted by systemic issues such as environmental racism.

Climate change and respiratory illnesses impact every student in Washington State. Many communities struggle to pass bonds or levies needed for school facility remediation, maintenance, and updates. Students learning in these communities lack guaranteed access to clean air quality in their classrooms. These inequities disproportionately affect low-income students, students of color, and students in rural communities or communities with fewer resources, worsening existing environmental injustices.

While enhancing IAQ in Washington State requires a multifaceted approach, investing in HVAC systems in K-12 schools is paramount. In the 2022 State Health Report, the Board recommended that the Governor and Legislature take action to prioritize funding for K-12 school HVAC system maintenance and necessary upgrades to minimize the transmission of contaminants and communicable diseases. In the 2024 capital budget, the Legislature allocated about \$40 million to OSPI for projects to improve IAQ and ensure equitable clean air access in classrooms. This funding will particularly benefit districts facing financial constraints, assisting them in repairing and replacing HVAC and air delivery systems.

Approximately \$30 million of the above allocation is made possible by the Climate Commitment Act (CCA). If the CCA is repealed in November, these funds will expire before their intended implementation on January 1, 2025, requiring an alternative funding source for school HVAC upgrades.

Schools are a community hub that provides shelter from adverse weather events and wildfire smoke. Protecting the health and safety of students, faculty, and administrators is key to protecting the broader community. Ensuring our state's minimum standards for school

[61] Bernard, N., Kemperman, B., McTigue, E., Omura, B., Vander May, E. Indoor Air Quality (IAQ) Panel. Presented at: Washington State Board of Health January 2024 Meeting; January 10, 2024; Tumwater, Washington. Accessed May 15, 2024. <https://sboh.wa.gov/meetings/meeting-information/meeting-information/materials/2024-01-10>

environmental health and safety are current and reflect the best possible science is critical to equitably identifying and addressing common environmental causes of injuries and illnesses in Washington schools in a rapidly changing climate.

## 4

### **The Board recommends the Governor and Legislature act to:**

- Upon completion of the School Rule Review in July 2025, prioritize the School Rule Review Technical Advisory Committee's findings and recommendations for updating statewide minimum environmental health and safety standards for schools.
- Upon completion of the School Rule Review in July 2025, allocate state funds towards essential upgrades for school facilities and to address remediation issues, following the recommendations of the School Rule Review Committee, with particular emphasis on overburdened and underserved communities.
- Upon completion of the School Rule Review in July 2025, support the implementation plan and remove the proviso preventing the Board from implementing modernized school environmental health and safety rules.
- Continue investing in the upkeep and modernization of HVAC systems in K-12 schools to mitigate the spread of contaminants and infectious diseases.



## RECOMMENDATION 5:

### Strengthen Investments in Washington’s Public Health System to Build a Modern and Responsive Public Health System

Washington State has a fundamental responsibility to protect the public’s health<sup>[62]</sup>. The governmental public health system, comprised of the Board, Department, local health jurisdictions (LHJs), and sovereign Tribal governments, has a critical and unique public safety role focused on protecting and improving the health of families and communities. As a system, we work to help people live healthier, longer lives. When our people are healthier, the economic health and vitality of our communities are improved.

Washington’s governmental public health system provides unique services to communities across the state. The public relies on and expects this system to promptly detect and contain disease outbreaks, safeguard our food and water supplies, support pregnant person and child health, prevent injuries, and collaborate with community partners to strategize, prioritize, and execute services that address local needs effectively and efficiently. The state must continue to endorse and allocate funds for Foundational Public Health Services (FPHS) to establish a fully functioning and modernized public health system that can provide these services in every community.

In 2018, representatives from the governmental public health system conducted a statewide baseline FPHS assessment report to evaluate the current implementation and functionality of FPHS, project the costs and funding required for complete implementation, and identify services that could benefit from possible new service delivery models<sup>[63]</sup>. The baseline assessment determined that no foundational program or capability was fully or significantly implemented across the system. The report also identified a gap of \$225 million annually needed to implement FPHS in Washington State fully<sup>[64]</sup>. Notably, Tribes were not included in the baseline assessment as they were engaged in a Tribally driven process to define the FPHS delivery framework, costs, and gap analysis.

Sustained, regular investment in FPHS since 2018 has generally increased the availability of these services across the Washington State governmental public health system over the six years it has received funding<sup>[64]</sup>. In recent biennia, the Legislature has allocated funds toward FPHS infrastructure with historic investments during the 2023-2025 biennium. Even with these increasing investments, a funding gap still exists. Current appropriations only meet 72 percent of the funding required to fully implement public health services across Washington State.

[62] RCW 43.70.512, Public health system—Foundational public health services—Intent. Accessed May 16, 2024.

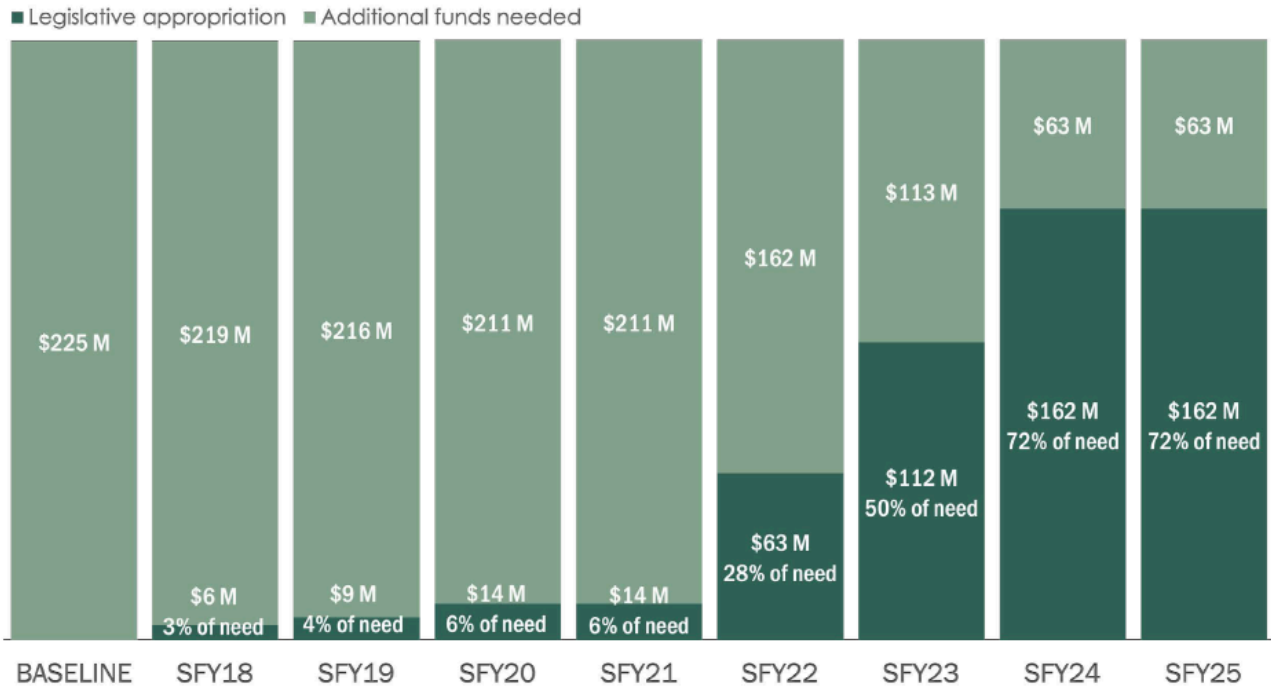
<https://app.leg.wa.gov/RCW/default.aspx?cite=43.70.512>

[63] Berk Consulting. Washington State Public Health Transformation Assessment Report.; 2018:91. Accessed May 15, 2024.

<https://wsalpho.app.box.com/s/j5d2xon6w25oj31q0gwr1qy6xqn2io4o>

[64] Rede Group. Foundational Public Health Services in Washington, State Fiscal Year 2023 (SFY 2023) Investment Report.; 2024:99. Accessed May 15, 2024. <https://wsalpho.app.box.com/s/u6yf26ckjvthkfcckph9ldkpgqrcwst>

## FPHS State Fiscal Year (SFY) Investments and Gaps in Funding (in millions)



Source: Washington FPHS State Fiscal Year 2023 Investment Report (DOH-810-017, January 2024)

As part of the 2017-2019 biennial budget, the Legislature initially invested \$15 million to modernize and stabilize the system. A portion of the funds appropriated by the Legislature were invested in new service delivery models by funding four shared service demonstration projects<sup>[65]</sup>. These projects focused on sharing staff, expertise, and technology across LHJs to deliver specific FPHS in communicable disease and assessment.

In the 2019-2021 biennial budget, the Legislature allocated an additional \$28 million for FPHS<sup>[66]</sup>. “Fund first” FPHS services were prioritized, including communicable disease, environmental public health, assessment (e.g., epidemiology, disease surveillance, and community health assessment), and their corresponding capabilities. These investments strengthened the governmental public health system, which allowed the system to pivot and rapidly respond to the COVID-19 pandemic. The COVID-19 pandemic illustrated the importance of a fully funded, functional, and nimble public health system. While investments funded critical improvements that helped the public health system respond to COVID-19, chronic underfunding of FPHS resulted in the system continuing to play catch-up in response to the global pandemic.

In the 2021-2023 biennial budget, the Legislature appropriated \$175 million for FPHS, marking a substantial increase compared to previous biennia. This investment expanded the capacity and services provided by the governmental public health system. Examples included environmental public health data, planning, land use, and inspections; cross-cutting capabilities such as information technology, emergency preparedness, surveillance, and community partnership building; communicable disease data, planning, and investigations; public health lab investments; and promoting immunizations. First-time FPHS funds were also provided to Tribes and Urban Indian Health programs (\$4.2 million). These resources were

[65] Berk Consulting for the Washington State Association of Local Health Officials (WSALPHO) and the Washington State Department of Health. Service Delivery Demonstration Projects Year 1 Evaluation, Case Studies and Lessons Learned.; 2019:48. Accessed May 15, 2024.

[https://www.phf.org/resourcestools/FPHS%20%20WA%20Documents/2019\\_FPHS\\_Shared\\_Services\\_Demonstration\\_Projects\\_Year\\_1\\_Evaluation.pdf](https://www.phf.org/resourcestools/FPHS%20%20WA%20Documents/2019_FPHS_Shared_Services_Demonstration_Projects_Year_1_Evaluation.pdf)

[66] Rede Group. Foundational Public Health Services in Washington, State Fiscal Year 2021 (SFY 2021) Investment Report.; 2023:49. Accessed May 15, 2024. <https://wsalpho.app.box.com/s/52cvz4k0tvqaotvare33mmiglmnbw5wv>

channeled into key areas, including pandemic response initiatives, community health assessments, policy formulation and planning, and the establishment of a Tribal Public Health Training Program.

During the current biennium, the governmental public health system has directed investments from the Legislature across all FPHS program areas and capabilities, with notable advancements in areas with longer investment histories<sup>[67]</sup>. A significant portion of FPHS funds are allocated to agencies to provide programs and services within all of the FPHS Definitions. Each agency is empowered to prioritize where and how to use these funds to maximize equitable, effective, and efficient delivery of FPHS in every community in Washington. This adaptable funding model fosters innovation and allows agencies to tailor services to better meet the needs of their communities.

Investments in FPHS, initially through one-time funding and later through sustained support, represent significant progress. Ensuring stable and reliable funding for FPHS is paramount for the governmental public health system to swiftly respond to emerging public health crises like the COVID-19 pandemic, measles outbreaks, and the ongoing opioid and fentanyl epidemics. However, even with historic investments by the Legislature, more is needed to fund FPHS, modernize the system, and fully safeguard the public's health.

## 5

### **The Board recommends the Governor and Legislature act to:**

- Prioritize continued and expanded foundational public health investments in the 2025-2027 biennium and future biennia to build a modern and responsive governmental public health system in Washington State. These investments ensure that the system can prevent, assess, and control communicable diseases; enhance environmental public health services; improve services over the life-course; improve system competencies; and address inequities within the system.

[67] Rede Group. Foundational Public Health Services in Washington, State Fiscal Year 2023 (SFY 2023) Investment Report.; 2024:99. Accessed May 15, 2024. <https://wsalpho.app.box.com/s/u6yf26ckjbvthkfcckph9ldkpgqrcwst>

## RECOMMENDATION 6:

### Decrease Use of Commercial Tobacco Products, With Special Attention to Flavored Vaping Products

Commercial tobacco<sup>[68]</sup> products remain the primary cause of preventable diseases, disabilities, and deaths in Washington, with 1 in 5 deaths attributed to tobacco-related illnesses annually<sup>[69]</sup>. Every year, approximately 8,300 Washingtonians will lose their lives to smoking, excluding deaths from secondhand smoke exposure. Additionally, 1,800 young people in Washington State will start smoking daily, perpetuating the public health problem of nicotine use and dependence in our communities.

Beyond the profound health consequences, commercial tobacco use also has striking economic costs. In Washington State, healthcare costs associated with smoking add up to \$2.8 billion each year<sup>[69]</sup>. The Board recognizes that all forms of commercial tobacco products, including combustible tobacco products, vaporized nicotine products with electronic devices, and smokeless tobacco, harm people's health, and effects only worsen with long-term use.

While overall smoking rates have declined over the past decade in Washington State, an uptick in e-cigarette use among youth and young adults threatens to reverse progress in declining rates of commercial tobacco use. Further, smoking rates remain high in certain communities due to aggressive marketing by the tobacco industry.

Youth and young adults younger than age 18 years are far more likely to start using tobacco than adults. Nearly 9 out of 10 adults who smoke started before the age of 18<sup>[70]</sup>. The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders. The nicotine in vapor products can also prime young brains for tobacco use and dependence on other drugs<sup>[71]</sup>. Preventing youth initiation of tobacco and other nicotine use is critical to stem the tide of tobacco-related mortality, morbidity, and economic costs.

Although the overall use of commercial tobacco products among middle and high school students has declined in recent years, the popularity of e-cigarettes, especially flavored ones, has increased. Over the past decade, e-cigarettes have consistently been the preferred commercial tobacco product among middle and high school students<sup>[70]</sup>. Data from the Washington Healthy Youth Survey (HYS), conducted biennially in schools statewide, revealed significant increases in e-cigarette use among 8th, 10th, and 12th graders from 2016 to 2018.

[68] A note terminology: "Commercial tobacco" includes any products containing tobacco and/or nicotine produced and marketed by the tobacco industry. This includes cigarettes, electronic cigarettes (e-cigarettes), cigars, hookah, smokeless tobacco, and other oral nicotine products. It's important to note that commercial tobacco does not include traditional tobacco, which holds cultural and ceremonial significance for certain Indigenous communities. It's crucial to recognize and respect the distinction between commercial tobacco and traditional tobacco, and to honor the use of traditional tobacco in its cultural context.

[69] Washington State Department of Health. Tobacco and Vapor Products Data and Reports. No Publication Date. Accessed May 16, 2024. <https://doh.wa.gov/data-statistical-reports/health-behaviors/tobacco>

[70] Centers for Disease Control (CDC) and Prevention. Tobacco Free. Youth and Tobacco Use. Centers for Disease Control and Prevention. Published November 2, 2023. Accessed May 29, 2024. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm)

[71] Centers for Disease Control (CDC) and Prevention. E-Cigarette Use Among Youth. Smoking and Tobacco Use. Published May 17, 2024. Accessed May 29, 2024. <https://www.cdc.gov/tobacco/e-cigarettes/youth.html>

Usage rose from 6 to 10 percent among 8th graders, 13 to 21 percent among 10th graders, and 20 to 30 percent among 12th graders during this period<sup>[72]</sup>.

Findings from the 2021 and 2023 HYS data indicate that e-cigarette use rates have declined since 2018. However, rates remain high among middle and high school students, with variations observed across different communities. HYS findings underscore that communities reporting the highest rates of youth tobacco use often mirror those disproportionately affected by tobacco-related health issues later in life, indicating ongoing inequities in commercial tobacco use trends<sup>[72,73]</sup>.

In recent years, disposable e-cigarettes have increased in popularity, claiming almost half the industry market share<sup>[74]</sup>. Their affordability, high nicotine content, and availability in enticing flavors like fruit and candy drive their popularity among youth. The lack of comprehensive regulations at both state and federal levels has allowed companies to rapidly evolve these products, making them more affordable, addictive, and appealing to young consumers.

In response to requests from Legislators, Board staff have conducted several Health Impact Reviews (HIRs) over time on bills that would increase regulations for commercial tobacco products, including flavored products. Findings from these reviews have consistently shown evidence suggesting that prohibiting the sale of flavored vapor products will likely reduce the initiation and use of these products among youth and young adults.

Furthermore, despite efforts by Congress and others, some flavored products, such as menthol cigarettes, remain on the market. The Board supports the Food and Drug Administration's (FDA) proposal to ban menthol as a characterizing cigarette flavor as described in Docket No. FDA-2021-N-1349. As stated in the proposed rule, research indicates that limiting the availability of flavored tobacco products prevents youth tobacco use<sup>[75]</sup>. In 2009, Congress banned the use of characterizing flavors (excluding tobacco and menthol) in cigarettes due to their appeal to young people. While overall smoking rates declined after the passage of the law, the use of menthol cigarettes increased, suggesting that the remaining flavor still attracts youth and adults<sup>[76]</sup>.

Although the FDA initially announced its intention to prohibit menthol in cigarettes in April 2022, the agency has faced delays in acting. In October 2023, the FDA sent the final rules to the OMB for review<sup>[77]</sup>. However, as of May 2024, no action has been taken. In response to this inaction, a coalition of civil rights and medical organizations filed a lawsuit against the FDA in April 2024<sup>[78]</sup>.

[72] Washington State. Washington State Healthy Youth Survey (HYS) Commercial Tobacco Product Use Fact Sheet, 2023 Data, Grades 6-12. Published online February 2024. Accessed May 15, 2024. <https://www.askhys.net/SurveyResults/FactSheets>

[73] Centers for Disease Control (CDC) and Prevention. Health Disparities Related to Commercial Tobacco and Advancing Health Equity: An Overview. Tobacco - Health Equity. Published May 2, 2024. Accessed May 30, 2024. <https://www.cdc.gov/tobacco-health-equity/about/index.html>

[74] Diaz MC, Silver NA, Bertrand A, Schillo BA. Bigger, stronger and cheaper: growth in e-cigarette market driven by disposable devices with more e-liquid, higher nicotine concentration and declining prices. Tobacco Control. Published online August 3, 2023. doi:10.1136/tc-2023-058033

[75] Federal Register. Tobacco Product Standard for Menthol in Cigarettes. Published May 4, 2022. Accessed May 30, 2024. <https://www.federalregister.gov/documents/2022/05/04/2022-08994/tobacco-product-standard-for-menthol-in-cigarettes>

[76] Courtemanche CJ, Palmer MK, Pesko MF. Influence of the Flavored Cigarette Ban on Adolescent Tobacco Use. American Journal of Preventive Medicine. 2017;52(5):e139-e146. doi:10.1016/j.amepre.2016.11.019

[77] U.S. General Services Administration (GSA). Office of Information and Regulatory Affairs. Office of Management and Budget. Tobacco Product Standard for Characterizing Flavors in Cigars. Final Rule. Reginfo.gov. RIN 0910-A128. Published October 13, 2023. Accessed May 15, 2024. <https://www.reginfo.gov/public/do/eoDetails?rrid=341267>

[78] African American Tobacco Control Leadership Council, Action on Smoking and Health (ASH), and National Medical Association v. U.S. Department of Health and Human Services, Food and Drug Administration, and Center for Tobacco Products. Complaint. U.S. District Court, Northern District of California. Filed April 2, 2024. Accessed May 15, 2024. <https://ash.org/wp-content/uploads/2024/04/2024.04.02-1-Complaint.pdf>

The tobacco industry also aggressively targets its marketing to certain communities. For example, while menthol products account for about a third of U.S. tobacco sales, they are disproportionately marketed in Black communities, as well as marketed to youth, women, and LGBTQ+ communities[79,80]. For decades, commercial tobacco companies have strategically and aggressively targeted the Black community with menthol cigarettes, including increased advertising in predominantly Black neighborhoods and publications and appropriating cultural elements in their marketing. Additionally, they have also intentionally marketed their products to LGBTQ+ communities by sponsoring Pride and other community events and contributing funding to local and national LGBTQ+ and HIV/AIDS organizations[81].

The widespread availability of flavored tobacco products and the tobacco industry's targeted marketing practices raise significant health equity and social justice concerns. Therefore, the Board believes that prohibiting the sale of flavored commercial tobacco products is essential to protect the health and well-being of people in Washington State, particularly those disproportionately impacted by tobacco industry marketing. Local governments are constrained by preemption from implementing flavor bans in their jurisdictions. Therefore, the Legislature needs to take action to protect future generations from a lifetime of nicotine dependence.

## 6

### **The Board recommends the Governor and Legislature act to:**

- Prohibit the sale of all flavored commercial tobacco products to reduce the appeal and use of these products by youth and young adults and other communities disproportionately impacted by tobacco industry marketing.

[79] Centers for Disease Control and Prevention. Improving Tobacco-Related Health Disparities. Smoking and Tobacco Use. Published May 8, 2024. Accessed May 15, 2024. <https://www.cdc.gov/tobacco/tobacco-features/health-equity.html>

[80] Centers for Disease Control and Prevention. Menthol Tobacco Products. Smoking and Tobacco Use. Published May 7, 2024. Accessed May 15, 2024. <https://www.cdc.gov/tobacco/menthol-tobacco/index.html>

[81] Centers for Disease Control and Prevention. Pride Month. Smoking and Tobacco Use. Published May 20, 2024. Accessed May 30, 2024. <https://www.cdc.gov/tobacco/tobacco-features/pride-month.html>



## RECOMMENDATION 7:

### Support Public Health Improvements to Mitigate Environmental Hazards and Promote Environmental Justice

The Board understands that opportunities for better health begin where we live, learn, work, and play. Environmental public health plays a pivotal role in protecting the well-being of communities by addressing the complex interactions between human health and the environment[82,83]. Environmental factors profoundly influence health outcomes; from the air we breathe to the water we drink and the spaces we inhabit. Understanding and mitigating environmental hazards are essential for preventing disease, promoting health equity, and ensuring sustainable development.

Today, awareness of the importance of environmental public health only grows as we confront escalating challenges such as climate change, pollution, aging and degrading infrastructure, and other emerging issues. Moreover, the environmental health field actively works to rectify and prevent further environmental injustices. There's growing momentum in the field to address and raise awareness about the environmental harms that have disproportionately affected communities of color across the U.S. — a long-standing concern these communities have voiced for decades[84].

Lead exposure remains a critical environmental health concern and an environmental justice issue, particularly within the built environment, where it remains a prevalent environmental contaminant. Sources of lead exposure include chipping paint, contaminated soil, and contaminated drinking water at homes, schools, and outdoor areas[85]. While anyone can be affected by prolonged exposure to lead, young children, especially those six years old and younger, are particularly vulnerable to its effects[86]. The Centers for Disease Control (CDC) acknowledges that there is no safe, detectable level of lead for children[87].

Even minimal exposure to lead can cause serious harm to a child's health and long-term development, as their bodies absorb more lead than adults, and their brains and nervous systems are more susceptible to its damaging effects. The risk of lead exposure is also not the same for all children, largely due to the enduring effects of systemic racism in the U.S., such as redlining policies[88]. Research indicates that elevated blood lead levels are more common among children from low-income neighborhoods, immigrant and refugee families, and Black and Latino communities. Children living in housing built before 1978 are also more

[82] American Public Health Association. Environmental Health. No Publication Date. Accessed May 15, 2024. <https://www.apha.org/topics-and-issues/environmental-health>

[83] Centers for Disease Control and Prevention. National Center for Environmental Health. Agency for Toxic Substances and Disease Registry. What is Environmental Public Health? Published April 22, 2014. Accessed May 15, 2024.

<https://blogs.cdc.gov/yourhealthyenvironment/2014/04/22/what-is-environmental-public-health/>

[84] U.S. Environmental Protection Agency. Environmental Justice. Published November 3, 2014. Accessed May 15, 2024.

<https://www.epa.gov/environmentaljustice>

[85] Washington State Department of Health. Community and Environment, Contaminants; Lead. No Publication Date. Accessed May 15, 2024.

<https://doh.wa.gov/community-and-environment/contaminants/lead>

[86] Centers for Disease Control and Prevention. Lead (Pb) Toxicity: What Are Possible Health Effects from Lead Exposure? | Environmental Medicine | ATSDR. Published May 25, 2023. Accessed May 30, 2024. [https://www.atsdr.cdc.gov/csem/leadtoxicity/physiological\\_effects.html](https://www.atsdr.cdc.gov/csem/leadtoxicity/physiological_effects.html)

[87] Centers for Disease Control and Prevention (CDC). CDC Updates Blood Lead Reference Value. Childhood Lead Poisoning Prevention. Published May 28, 2024. Accessed May 30, 2024. <https://www.cdc.gov/lead-prevention/php/news-features/updates-blood-lead-reference-value.html>

[88] Child Trends. Redlining has left many communities of color exposed to lead. Published February 13, 2018. Accessed May 15, 2024.

<https://www.childtrends.org/publications/redlining-left-many-communities-color-exposed-lead>

at risk for lead exposure. Most children with elevated blood lead levels do not look or act sick. A blood test is the only way to tell if a child has been exposed to lead[89].

In December 2023, the Office of the Washington State Auditor (Auditor) presented its findings from a performance audit on lead testing for children enrolled in Medicaid[90]. The audit revealed that Washington State tested a smaller proportion of children compared to other western states. The Auditor's report also outlines recommendations for the Department and the HCA to improve testing rates in Washington State.

During a recent presentation to the Board, the Department emphasized the necessity of various measures to enhance lead prevention efforts[91]. These include increasing lead testing promotion, improving engagement among healthcare providers and communities, and increasing educational initiatives. Targeted case management and swift responses upon identifying children with elevated blood lead levels are also crucial. Increased funding is vital to improving education and case management efforts at the local public health level.

Currently, each LHJ operates based on available resources, resulting in inequities in follow-up services and support for children with elevated blood lead levels, depending on their geographical location in Washington. While the Department offers guidance and fills gaps upon LHJ requests, a uniform, statewide approach is needed to eliminate such inequities. Identifying sources of lead exposure can inform prevention actions. Notably, no funds have been allocated to LHJs to address elevated blood lead levels at this time.

Climate change is profoundly reshaping the natural environment, introducing new environmental health hazards, and intensifying existing challenges. A recent United Nations (UN) International Panel on Climate Change report highlights that rising temperatures, heightened CO2 levels, shifting rainfall patterns, and more frequent extreme weather events will create conditions that will support the increase and spread of diseases, pollutants, invasive species, and biotoxins in water ecosystems[92].

Warming surface water temperatures in the Pacific Northwest create optimal conditions for harmful algal blooms (HABs) and other biotoxins to thrive, creating significant food safety concerns and endangering the health and availability of shellfish, and threatening the livelihood of fishing communities. In recent years, the algae that produce Diarrhetic Shellfish Poisoning toxins has been detected at unsafe levels in Washington State's marine waters, and people have become sick after eating shellfish contaminated with these toxins[93].

This poses a disproportionate risk for communities reliant on shellfish, especially those for whom shellfish are dietary staples deeply ingrained in cultural and traditional practices and for fishing communities. Shellfish constitute First Foods for some Tribes in Washington, serving

[89] Washington State Department of Health. Community and Environment, Contaminants; Lead. No Publication Date. Accessed May 15, 2024. <https://doh.wa.gov/community-and-environment/contaminants/lead>

[90] Office of the Washington State Auditor, Pat McCarthy. Lead Testing for Children Enrolled in Medicaid, Performance Audit.; 2023:70. Accessed May 15, 2024. [https://sao.wa.gov/sites/default/files/audit\\_reports/PA\\_Lead\\_Testing\\_for\\_Children\\_Enrolled\\_in\\_Medicaid\\_ar-1033619\\_1.pdf](https://sao.wa.gov/sites/default/files/audit_reports/PA_Lead_Testing_for_Children_Enrolled_in_Medicaid_ar-1033619_1.pdf)

[91] Department of Health Office of Environmental Public Health Sciences, Healthy Homes and Communities. Childhood Lead Poisoning Prevention Programs. Presented at: Washington State Board of Health Meeting August 2023; August 9, 2023. Accessed May 15, 2024. [https://sboh.wa.gov/sites/default/files/2023-08/Tab07a-SBOH%20Lead%20Program\\_7.20.2023\\_pFinal\\_0.pdf](https://sboh.wa.gov/sites/default/files/2023-08/Tab07a-SBOH%20Lead%20Program_7.20.2023_pFinal_0.pdf)

[92] Duchenne-Moutien RA, Neetoo H. Climate Change and Emerging Food Safety Issues: A Review. *Journal of Food Protection*. 2021;84(11):1884-1897. doi:10.4315/JFP-21-141

[93] Washington State Department of Health. Diarrhetic Shellfish Poisoning (DSP). No Publication Date. Accessed May 15, 2024. <https://doh.wa.gov/community-and-environment/shellfish/recreational-shellfish/illnesses/biotoxins/diarrhetic-shellfish-poisoning>

as vital components of their heritage and sustenance<sup>[94,95]</sup>. Shellfish are also crucial in supporting Tribal livelihoods, ensuring food security and sovereignty, providing essential dietary nutrients, and contributing to the broader marine ecosystem, which also has cultural significance<sup>[96]</sup>.

In 2023, at the Legislature's request, Board staff completed an HIR on Substitute House Bill (SHB) 1010, Concerning the sanitary control of shellfish. The bill's intent was to address a gap in state law by allowing the regulation of commercial crab fisheries in Washington State to strengthen public health protections against marine biotoxins. The bill would have directed the Board to adopt rules regulating commercial crab harvesting, tracking, and recalls for biotoxin contamination. Additionally, it would have granted the Department authority to regulate commercially harvested crab for biotoxin contamination.

The HIR highlighted that SHB 1010 would improve public health safeguards related to biotoxin contamination in commercially harvested Dungeness crab, which would likely prevent negative health outcomes and reduce inequities for people who consume Dungeness crab commercially harvested in Washington State<sup>[97]</sup>. It may also increase opportunities for commercial Dungeness crab fisheries to remain open during biotoxin contamination events, which would likely improve economic, social, cultural, mental, and emotional outcomes and reduce inequities for commercial crabbers and fishing communities.

*“Racism and classism [intersect] within environmental justice and climate change. Often, interstate highways, large development projects, airports, locations for landfills, factories, etc. disproportionately impacts neighborhoods that have been historically communities of color. And when new apartment buildings, light rail stations, and ‘infrastructure improvements’ come to neighborhoods these communities are not consulted.”*

“

*Washington community-based provider*

The impacts of climate change on marine ecosystems underscore the urgent need for proactive measures to safeguard the public's health and protect coastal communities' livelihoods. These concerns also extend beyond marine ecosystems; climate change will impact every part and everyone in Washington State in some way. Mitigating the impacts of climate change remains a high priority for the Board, and the Board supports legislative efforts aimed at protecting communities from the effects of climate change.

The passage of the Healthy Environment for All (HEAL) Act in 2021 marked a monumental step toward addressing environmental and health inequities among communities of color and

[94] Frohne L. First Foods: How Native people are preserving the natural nourishment of the Pacific Northwest. The Seattle Times. Published July 10, 2022. Accessed May 15, 2024. <https://projects.seattletimes.com/2022/first-foods-native-people-pacific-northwest-preserving/>

[95] NASA Jet Propulsion Laboratory, California Institute of Technology. How is climate change impacting shellfish in the ocean? – JPL Earth Science. Published May 16, 2022. Accessed May 15, 2024. <https://earth.jpl.nasa.gov/news/28/how-is-climate-change-impacting-shellfish-in-the-ocean/>

[96] Lee MJ, Henderson SB, Clermont H, Turna NS, McIntyre L. The health risks of marine biotoxins associated with high seafood consumption: Looking beyond the single dose, single outcome paradigm with a view towards addressing the needs of coastal Indigenous populations in British Columbia. *Heliyon*. 2024;10(5):e27146. doi:10.1016/j.heliyon.2024.e27146

[97] Washington State Board of Health. Health Impact Review (HIR) on Substitute House Bill (SHB) 1010. Published November 17, 2023. Accessed May 15, 2024. [https://sboh.wa.gov/sites/default/files/2023-11/HIR-2024-03-SHB%201010\\_0.pdf](https://sboh.wa.gov/sites/default/files/2023-11/HIR-2024-03-SHB%201010_0.pdf)

low-income households in Washington State<sup>[98]</sup>. It was the first law of its kind in the state to create a coordinated state agency approach to environmental justice. The HEAL Act created the Environmental Justice Council and created obligations for seven state agencies to integrate environmental justice into agency decision-making, policy, and practice, as well as specific provisions to update and maintain the Washington Tracking Network's Environmental Health Disparities Map. Other agencies may opt-in to the obligations.

The Board supports ongoing and increased funding to implement the HEAL Act and support additional environmental justice efforts across state agencies. Such actions are necessary to prevent further environmental injustices and ensure communities live in safe, healthy environments.

## 7

### **The Board recommends the Governor and Legislature act to:**

- Provide adequate funding to increase the capacity of public health agencies to improve education efforts for blood lead testing promotion, reporting, and linkages to follow-up care, particularly for people on Medicaid.
- Expand public health safeguards, such as establishing sanitary controls for commercial crabbing, to protect Washingtonians from environmental hazards.
- Continue to provide funding for environmental justice efforts in Washington, such as state agency environmental justice assessments, and ensure those disproportionately impacted by environmental justice issues, such as environmental racism, are centered in this work.

[98] Washington State Department of Health. Environmental Justice. No Publication Date. Accessed May 15, 2024. <https://doh.wa.gov/community-and-environment/health-equity/environmental-justice>

## APPENDIX A: List of Acronyms and Abbreviations

Affordable Care Act (ACA)  
American Sign Language (ASL)  
Centers for Disease Control and Prevention (CDC)  
Centers for Medicaid and Medicare Services (CMS)  
Climate Commitment Act (CCA)  
Complementary and Alternative Medicine (CAM)  
Community Health Worker (CHW)  
Culturally and Linguistically Appropriate Services (CLAS)  
Department of Health (Department)  
Department of Social and Health Services (DSHS)  
Food and Drug Administration (FDA)  
Foundational Public Health Services (FPHS)  
Governor's Interagency Council on Health Disparities (Council)  
Health Benefit Exchange (Exchange)  
Health Impact Review (HIR)  
Healthy Youth Survey (HYS)  
Heating Ventilation and Air Conditioning (HVAC)  
Indian Health Service (IHS)  
Indoor Air Quality (IAQ)  
Kindergarten through 12th Grade (K-12)  
Language Access Professionals (LAPs)  
Language Other Than English (LOTE)  
Local Health Jurisdictions (LHJs)  
Office of Management and Budget (OMB)  
Office of the Superintendent of Public Instruction (OSPI)  
Queer, Trans, Black, Indigenous, and People of Color (QTBIPOC)  
Revised Code of Washington (RCW)  
Washington Administrative Code (WAC)  
Washington Health Care Authority (HCA)  
Washington State Board of Health (Board)

## APPENDIX B:

### 2024 State Health Report (SHR) Community Responsiveness Summary

#### Overview:

The mission of the Washington State Board of Health (Board) is to provide statewide leadership in developing and promoting policies to prevent disease and improve and protect public health for all people in Washington. This requires engaging with communities most affected by health policies and health inequities. Guided by the principle "Nothing about us, without us," Board Members and staff connected with community members through panels and one-on-one discussions while creating the 2024 State Health Report. Discussions focused on people's experiences with the current public health and healthcare systems, barriers to accessing care, and health priorities in their communities.

Board Members and staff learned a lot from conversations with community members. These conversations underscored that communities are resilient and innovative. Many are re-envisioning and changing the way organizations work and provide care.

Unfortunately, we couldn't include everything we learned in the final report. Below is a summary of the key themes and insights we heard in our conversations with community members and whether we've included this information in the report. Please note that this summary isn't an exhaustive list of everything we heard and learned from community members.

The Board plans to improve community engagement and involvement with the State Health Report over the next two years. We will monitor progress on the issues identified in the 2024 report as we initiate work for the next report. These important lessons from community members will also guide the Board's other efforts to improve and protect public health. The content below highlights the themes and insights we included in the final report in **blue text**.

## Key Themes and Community Insights

### Systemic Barriers to Accessing Quality and Culturally Relevant Care

- **Intersecting Crises of Racism and Income Inequality:** Families struggle to afford basic needs, which negatively affects their health. Systemic racism remains embedded in care systems, contributing to poor health outcomes. It also leads to widespread mistrust in these systems, deterring people from seeking care. It is crucial to address these underlying inequities that cause adverse health outcomes.
- **Inaccessibility of the Healthcare System:** The healthcare system is often confusing, with families facing unexpected bills and having difficulty navigating insurance coverage.
- **Coverage and Costs of Care:** High healthcare costs and lack of coverage are significant concerns for communities.
- **Healthcare System Reform:** Urgent changes are needed, including longer appointment times, better integration with community services, and anti-racist training for providers and staff. Sustainable funding structures are also necessary.

- **Issues with Medical Interpretation:** Inadequate language interpretation services can lead to traumatic experiences for patients.
- **Language Access:** Appointments and medical information should be available in patients' preferred languages, with language interpretation services at all points of care.
- **Cultural Humility and Understanding:** Healthcare providers must respect and create environments that support their patients' cultures and practices.
- **Diverse Workforce Development:** It is essential to train and recruit healthcare providers who reflect their patients' cultural and linguistic backgrounds.
- **Issues of Accessibility and Availability:** There is inequitable access and availability of health and public health clinics across Washington.
- **CHW and CAM Medicaid Coverage:** Community health workers (CHWs) and other community-based roles are vital for connecting communities with healthcare systems. Medicaid should reimburse CHW services. Medicaid should also cover complementary and alternative medicine so communities can access modalities and care methods aligned with their needs and care goals.
- **Culture as Medicine:** Cultural practices are crucial for healing and addressing inequities, particularly in Black and Indigenous communities.
- **Whole-Person and Patient-Centered Care:** Holistic care models addressing physical, mental, emotional, and spiritual well-being across generations are essential.
- **Welcoming and Safe Clinical Environments:** Creating safe spaces in healthcare settings is essential for delivering culturally appropriate and patient-centered care.

## Data Equity and Health Inequities

- **Self-Identification and Accurate Representation:** Individuals should have the choice to self-identify their race, ethnicity, and culture in data collection to ensure accurate representation and avoid harmful misidentification.
- **Lack of Data Disaggregation and Community Erasure:** Lack of data disaggregation erases communities and/or makes them feel invisible in datasets. Many communities note they are undercounted in data like the Census, masking health inequities and community needs.
- **Community-Led Data Efforts:** Communities should lead data collection, analysis, and reporting efforts. If not community-led, agencies should support community involvement at every stage.

- **Qualitative Data and the Importance of Lived Experience:** Personal stories and lived experiences are crucial for understanding community needs and inequities.
- **Turning Data into Action:** Data must lead to actionable outcomes that benefit communities. Continuous data analysis and proper measurement and reporting are vital for accountability.
- **Mistrust in Data Collection:** Historical harm causes deep mistrust in data collection efforts. Ensuring transparency and proper data use are crucial.

## Environmental and Community Health

- **Environmental Racism:** Pollution and large infrastructure projects often negatively impact communities of color. These communities need to be consulted and involved in decision-making. Agencies should hire and consult BIPOC community members to represent and make decisions for their neighborhoods.
- **Climate Change Impacts:** Climate change in Washington is causing displacement and health issues, including poor air quality from wildfire smoke, extreme heat threatening vulnerable populations, and flooding leading to mold build-up.
- **Lead Poisoning Screening for Children:** Regular lead poisoning screenings should be part of medical check-ups for infants and young children.
- **Climate Change Impacts on Tribes:** Tribes have long noticed how climate change affects their lands and ways of life, such as changes to their cultural foods and waters.

## Support for Pregnant People and People with Substance Use Disorders

- **Increased Support in Healthcare:** People benefit from having community advocates, like doulas and recovery coaches, to help them voice their needs and navigate healthcare. More broadly, these professions provide invaluable psychological, physical, social, and spiritual support in complex, hard-to-navigate care settings.
- **Substance Use Disorder and Pregnancy:** Many pregnant people with substance use disorders don't get enough support or information during delivery. Babies are sometimes treated with medications like methadone without their parent's knowledge. We need more education on care models like "eat, sleep, console".
- **Holistic Services:** Services should be holistic, providing not just medical treatment, but also support for employment, transportation, and mental health, tailored to each person's needs.



- **Building Relationships:** Strong, trusting relationships and understanding between people with substance use disorders, service providers, and law enforcement are crucial for effective support and recovery.
- **Recovery Coach Model:** Recovery coaches help individuals create personalized plans based on their specific needs and goals, fostering a supportive recovery environment.
- **Addressing Root Causes:** Substance use disorders can be a result of early childhood trauma and stress. Preventing future substance use means addressing and treating root causes early on.

## Additional Themes and Learnings

- **Listening to Pregnant People:** Many pregnant people, especially pregnant people of color, feel that their concerns are not taken seriously by healthcare providers.
- **Fragile Maternal Healthcare:** Maternal healthcare in Washington and the U.S. is inadequate, especially in rural areas with limited services. Pregnant people face big challenges in accessing quality and affordable care.
- **Nurse-Family Partnerships (NFPs):** Public health programs like Nurse-Family Partnerships provide essential pregnancy and parenting home-visiting support. A few Washington local health jurisdictions, such as Tacoma-Pierce County, are using this nursing-led model to train a team of CHWs to provide culturally appropriate and personalized care to Black and African American community members. This innovative and evidence-based model aims to reduce upstream factors that prevent access to care.
- **Tribal Land and Green Projects:** Green energy projects like wind turbines and solar panels are done on Tribal lands without consulting the Tribes, risking harm to Tribes' autonomy, cultural sites, and lands.
- **Barriers to Child Development Checks and Early Support:** Access to these services is difficult, with community organizations working to improve pathways.
- **Power Dynamics and Communication in Clinical Settings:** Patients often feel unable to question providers due to power dynamics in clinical settings. Patients' silence during an appointment doesn't mean they understand what is being said or happening. Enhance provider awareness of these power dynamics and ensure they are meeting their patients' needs.
- **Generational Trauma:** Generational trauma impacts mental and physical health and must be addressed in healthcare models.
- **Importance of Youth Engagement:** Young people are the future and must be included in community engagement and education efforts.

## ACCESSIBILITY AND THE AMERICANS WITH DISABILITIES ACT (ADA)

- The Washington State Board of Health (Board) is committed to providing information and services that are accessible to people with disabilities. We provide reasonable accommodations, and strive to make all our meetings, programs, and activities accessible to all persons, regardless of ability, in accordance with all relevant state and federal laws.
- Our agency, website, and online services follow the Americans with Disabilities (ADA) standards, Section 508 of the Rehabilitation Act of 1973, Washington State Policy 188, and Web Content Accessibility Guidelines (WCAG) 2.0, level AA. We regularly monitor for compliance and invite our users to submit a request if they need additional assistance or would like to notify us of issues to improve accessibility.
- We are committed to providing access to all individuals visiting our agency website, including persons with disabilities. If you cannot access content on our website because of a disability, have questions about content accessibility or would like to report problems accessing information on our website, please call (360) 236-4110 or email [wsboh@sboh.wa.gov](mailto:wsboh@sboh.wa.gov) and describe the following details in your message:
  - The nature of the accessibility needs
  - The URL (web address) of the content you would like to access
  - Your contact information

We will make every effort to provide you the information requested and correct any compliance issues on our website.