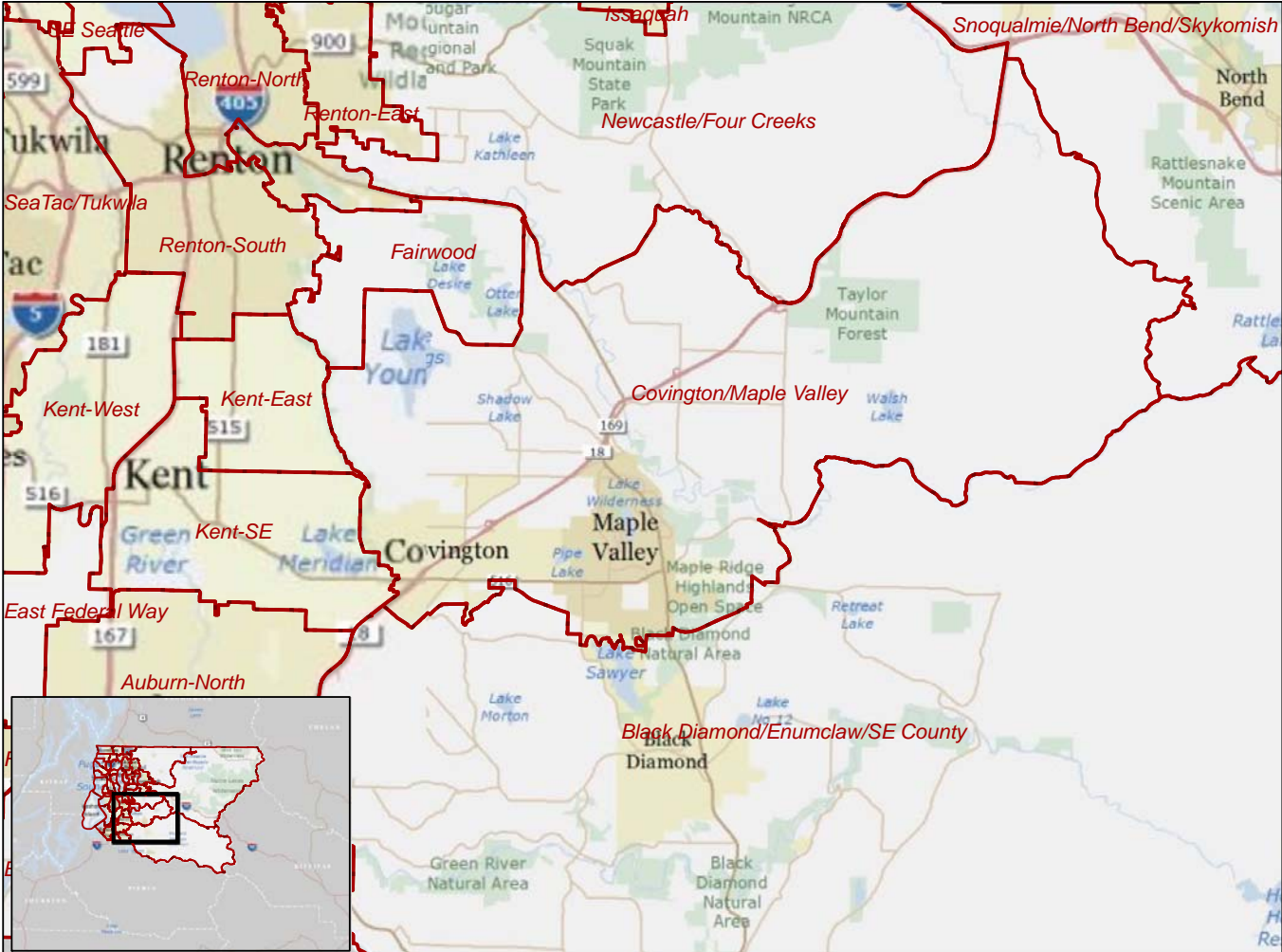




King County City Health Profile Covington/Maple Valley



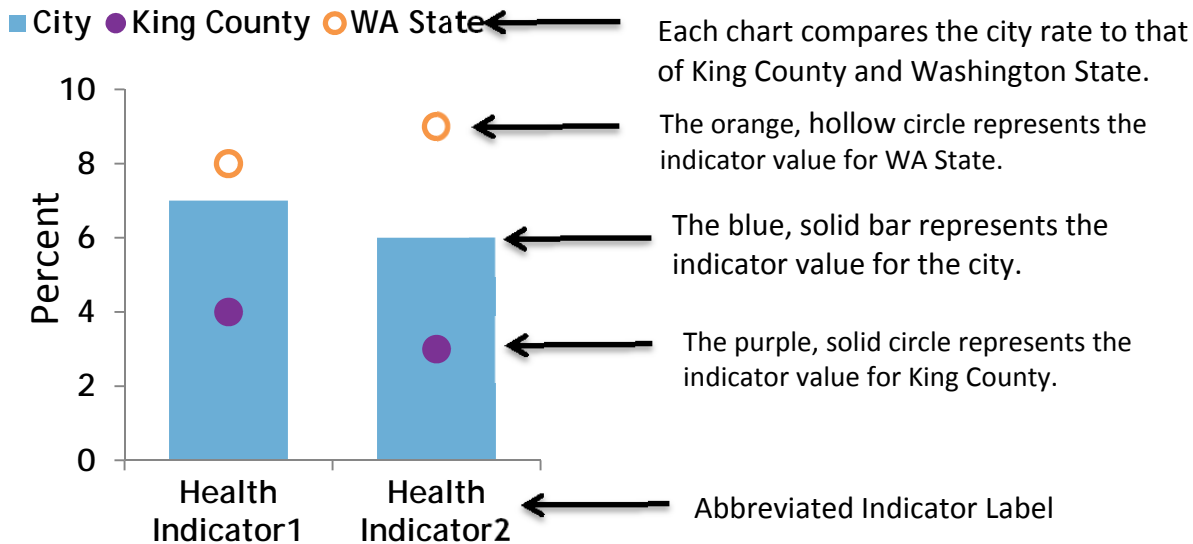
March, 2016 Update

Introduction

A city health profile is a public health report that provides information on health indicators and their determinants. The purpose of the report is to inform policy-makers, government agencies, and the public about population health at the local level. In this series of city health profiles, King County is divided into 26 areas. Some of these areas are a single city, some are a group of smaller cities, and some are unincorporated areas. For each of the 26 areas, the report includes seven sections:

- Demographics
- General health status
- Leading causes of death
- Health risk factors and chronic diseases
- Injury and violence-related mortality
- Maternal and infant health
- Access to care and preventive services

For each section, data are presented in a chart and a table. Below is a description on how to read the chart.



Indicator (2010-2014 averages)	City			KC	WA
	Pct	Rank	SIG	Pct	Pct
Health Indicator1 - full label	7	21	N	4	8
Health Indicator2 - full label	6	4	H	3	9

The table under each chart has more complete labels for the indicators in the chart. It also contains the actual indicator value for the city and a "rank" that ranks the city from worst (1) to best (26) in relation to other King County areas for which health profiles have been created. The "SIG" column in the table specifies whether or not the health indicator rate for the city is significantly higher than (H), significantly lower than (L), or not different from (N) the King County average. Significance in difference is not assessed if count is less than 5 and is denoted as "NA".

This report is produced by the Assessment, Policy Development & Evaluation Unit at Public Health – Seattle & King County. For more information and updates, please contact data.request@kingcounty.gov

Demographics

	Covington/Maple Valley		King County	WA State
	Number	%	%	%
Population Estimates 2014 ¹				
Total Population 2014	57,339			
Age 0 -17	16,185	28.2	21.2	22.8
Age 18-24	3,868	6.7	8.8	9.5
Age 25-44	15,806	27.6	31.3	26.9
Age 45-64	16,130	28.1	26.6	26.7
Age 65+	5,349	9.3	12.2	14.0
White	48,439	84.5	70.7	81.2
Black/African American	1,655	2.9	6.6	3.9
American Indian/Alaska Native	453	0.8	1.0	1.8
Asian	3,428	6.0	15.6	7.7
Native Hawaiian/Pacific Islander	266	0.5	0.9	0.7
Multiple Race	3,098	5.4	5.1	4.7
Hispanic/Latino*	4,187	7.3	9.7	12.2
ACS estimates for 2010-2014 ²				
No high school diploma	#	4.7	7.9	9.8
Less than college degree	#	67.9	52.9	67.7
Below 100% poverty	#	6.7	11.8	13.5
Below 200% Poverty	#	14.1	24.4	30.3
Foreign-born	#	8.0	21.0	13.3
Non-English speaking at home [^]	#	10.2	26.4	18.8
Pay≥30% household income on rent	#	51.6	47.9	50.6
Unemployed	#	7.7	7.2	8.8
Not in labor force	#	33.7	35.4	40.9
Largest Asian ethnic groups ³				
	Number	% of Asian		
Filipino	904	27.2	14.8	17.6
Korean	760	22.9	9.4	12.2
Chinese	470	14.2	23.8	19.5
Asian_Indian	405	12.2	17.7	14.0
Japanese	267	8.0	6.9	7.1

¹ Data source: Washington State Office of Financial Management, Forecasting Division, single year intercensal estimates 2001-2014, January, 2015.

² Data source: American Community Survey, 2010-2014 ACS 5 Year Summary Files.

³ The percentages are based on ACS 2010-2014 data. The numbers are calculated using the percentage times the 2014 OFM population estimate for the Asian alone, non-Hispanic group.

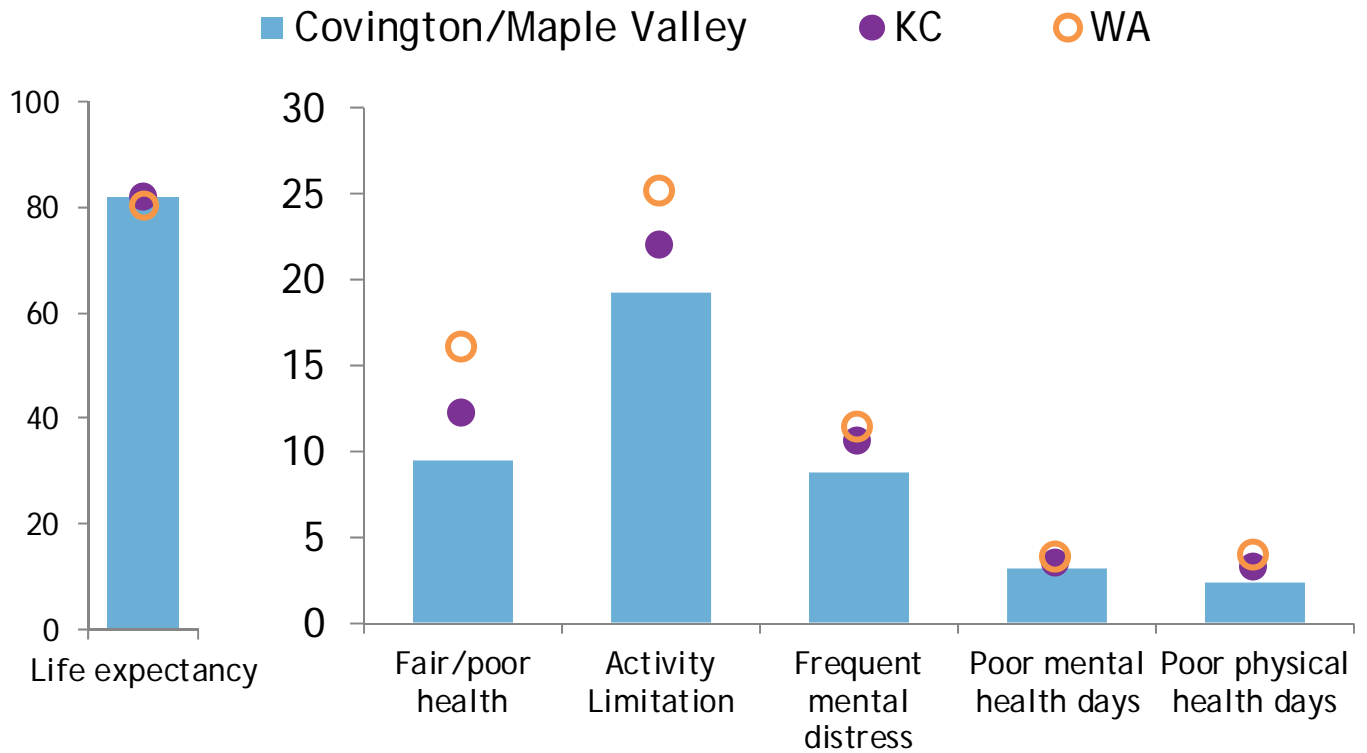
#Counts from the American Community Survey are not shown because of their potential large sampling error.

*Persons of Hispanic/Latino ethnicity can be of any race.

[^]Speaking a language other than English at home.

General Health Status

The World Health Organization defines health as the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. In this section, we present data on life expectancy and self-reported health status to describe the general health status of the residents.



Indicators	Rate	Rank	Sig	KC	WA
Life expectancy at birth (year)	82.0	14	N	81.8	80.3
Self-reported general health is fair or poor (%)	9	18	N	12.2	16.0
Limited in any way in any activities (%)	19	21	N	22.0	25.1
Had 14+ bad mental health days in past 30 days (%)	9	18	N	10.5	11.4
Days mental health not good in past 30 days (mean)	3	14	N	3.5	3.8
Days physical health not good in past 30 days (mean)	2	24	N	3.2	3.9

Except for life expectancy, the general health status indicators are for adults age 18+.

Data year: Life expectancy: 2010-2014. General health status: (1) area and KC=2010-2014; (2) WA=2011-2014.

Rank: ranking among the 26 King County areas from worst (1) to best (26).

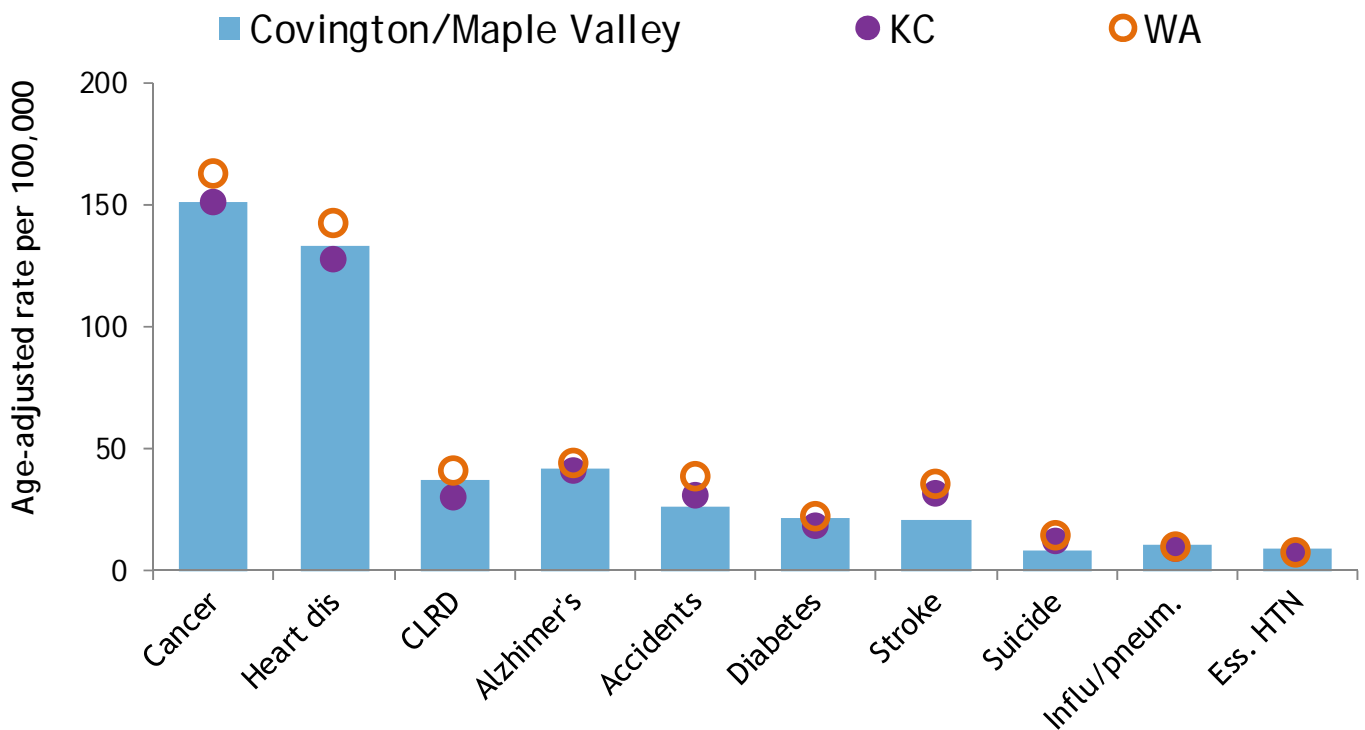
KC: the King County rate; WA: the Washington State Rate.

SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

Data sources: Death certificate and the Behavioral Risk Factor Surveillance System (BRFSS), Washington State Department of Health, Center for Health Statistics.

Leading Causes of Death

This section presents the top 10 leading causes of death.



Indicators	Rate	Count	Rank	Sig	KC	WA
Cancer	151.3	320	14	N	150.5	162.5
Heart disease	133.1	240	11	N	127.2	142.3
Chronic lower respiratory disease (CLRD)	37.6	67	8	N	29.7	40.8
Alzheimer's disease	41.6	60	14	N	41.1	44.0
Accidents and external causes	26.0	55	18	N	30.7	38.4
Diabetes mellitus	21.9	41	8	N	18.3	21.9
Stroke	21.1	36	26	L	31.4	35.5
Suicide	8.3	23	26	N	12.1	14.4
Influenza and pneumonia	11.0	17	10	N	8.9	9.6
Essential hypertension	8.8	14	7	N	7.4	7.5

Rate: age-adjusted rate per 100,000, 2010-2014 average.

Count: five-year total deaths.

Rank: ranking among the 26 King County areas from worst (1) to best (26).

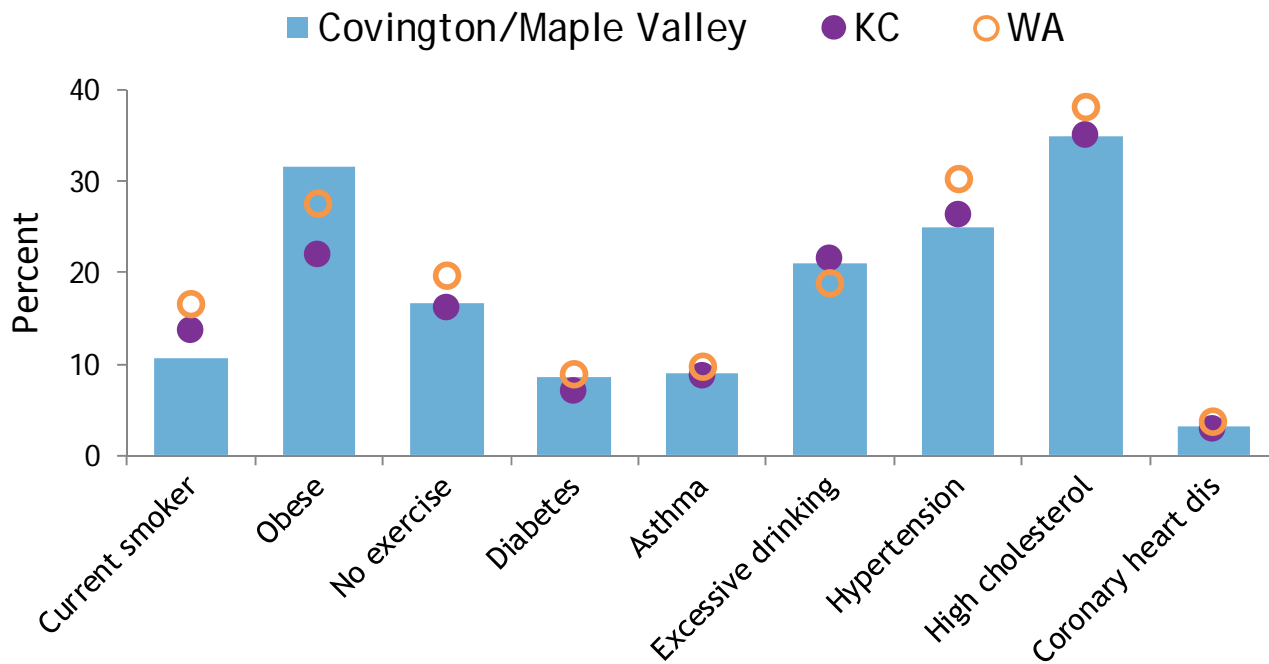
SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

KC: the King County rate; WA: the Washington State Rate.

Data source: Death certificate data, Washington State Department of Health, Center for Health Statistics.

Health risk factors and chronic diseases

Health risk factors are behaviors and characteristics that make people more likely to develop disease. Awareness of these risk factors may enable people to make healthy choices about their activities, habits, and diets. Some risk factors, like hypertension and high cholesterol, are also chronic conditions that should be monitored by a healthcare provider, and if treated, may be able to be prevented or reversed. The prevalence of coronary heart disease, diabetes, and asthma among adults are also presented in this section.



Indicators	Percent	Rank	Sig	KC	WA
Current smoker	11	17	N	13.6	16.5
Obese (BMI >= 30)	32	6	H	22.0	27.5
Did not participate in any physical activity	17	12	N	16.2	19.7
Have been told to have diabetes	9	11	N	7.0	8.8
Have current asthma	9	10	N	8.7	9.7
Excessive alcohol consumption	21	6	N	21.5	18.8
Ever been told to have high blood pressure	25	19	N	26.3	30.2
Have high blood cholesterol	35	17	N	34.9	38.1
Had coronary heart disease or heart attack	3	11	N	2.9	3.7

Note: unless specified, data are for adults age 18+ for 2010-2014.

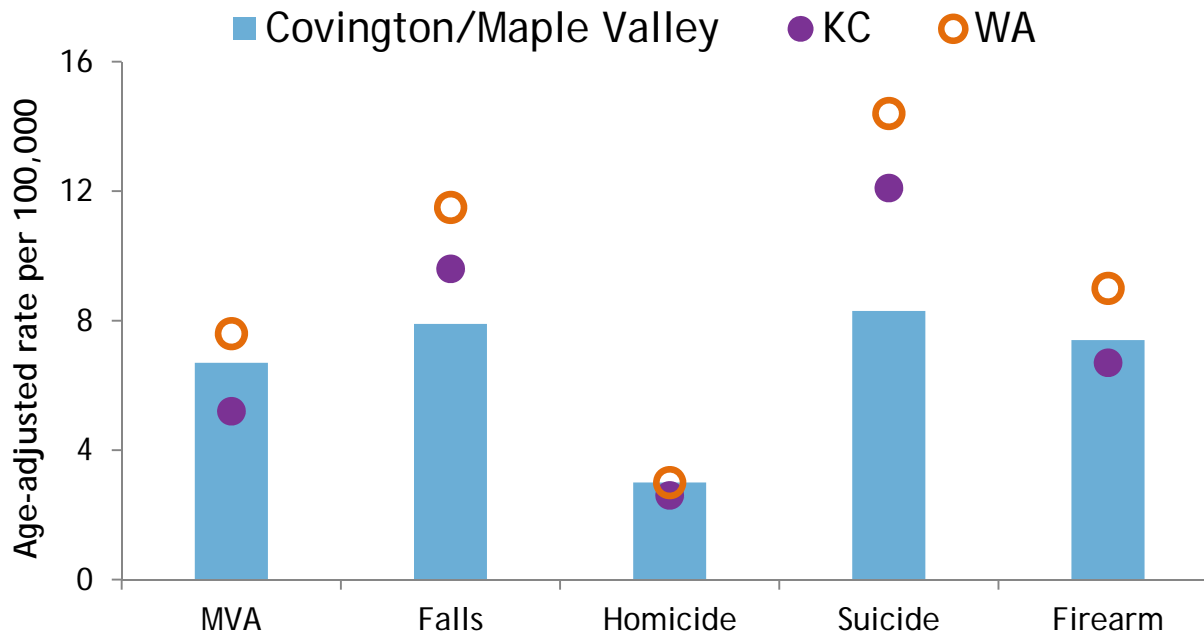
Rank: ranking among the 26 King County areas from worst (1) to best (26).

SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

Data source: the Behavioral Risk Factor Surveillance System (BRFSS), Washington State Department of Health, Center for Health Statistics.

Injury and violence-related mortality

Injury is a leading cause of death, disability, and hospitalization. Many unintentional and intentional injuries are potentially preventable. For example, death from motor vehicle accidents can be reduced through education, mandating the use of seatbelts, tougher laws against drunk driving and distracted driving, and engineering.



Indicators	Rate	Count	Rank	Sig	KC	WA
Motor vehicle accidents (MVA)	6.7	14	11	N	5.2	7.6
Falls	7.9	14	19	N	9.6	11.5
Homicide	3.0	8	10	N	2.6	3.0
Suicide	8.3	23	26	N	12.1	14.4
Firearm	7.4	19	12	N	6.7	9.0

Rate: age-adjusted rate per 100,000, 2010-2014 average.

Count: five-year total deaths.

Rank: ranking among the 26 King County areas from worst (1) to best (26).

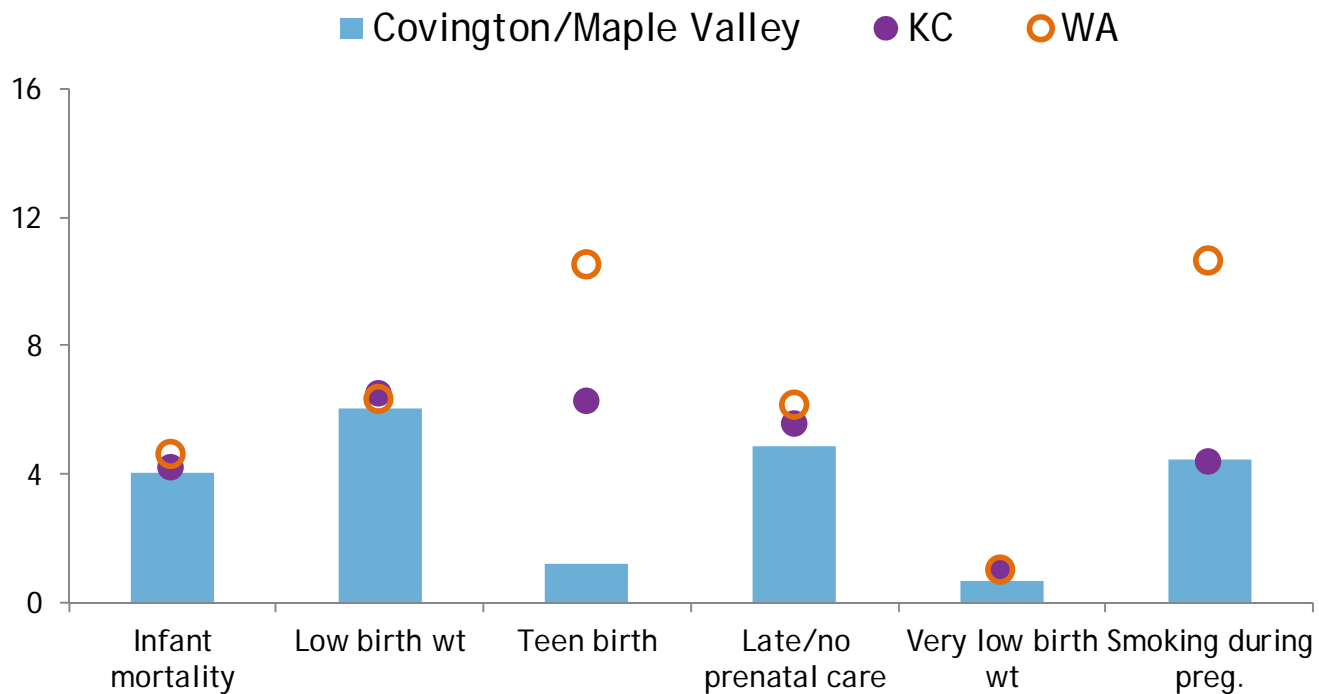
SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

KC: the King County rate; WA: the Washington State Rate.

Data source: Death certificate data, Washington State Department of Health, Center for Health Statistics.

Maternal and child health

Planning for a healthy pregnancy and a healthy baby begins before conception, through healthy lifestyle and nutrition choices. Once pregnant, getting early and regular prenatal care is an important step to have a healthy pregnancy and to decrease the incidence of maternal and prenatal morbidity and mortality.



Indicators	Rate	Count	Rank	Sig	KC	WA
Infant mortality per 1,000 live births	4.0	10	15	N	4.2	4.6
Low birth weight (<2500 g)/100 births	6.1	150	17	N	6.5	6.3
Adolescent birth rate per 1,000 females 15-17	1.2	9	24	L	6.3	10.5
Late or no prenatal care/100 births	4.9	114	15	N	5.5	6.1
Very low birth weight (<1500 g)/100 births	0.7	17	22	N	1.0	1.0
Smoking during pregnancy/100 births	4.4	110	14	N	4.4	10.6

Rate: 2010-2014 average rate.

Rank: ranking among the 26 King County areas from worst (1) to best (26).

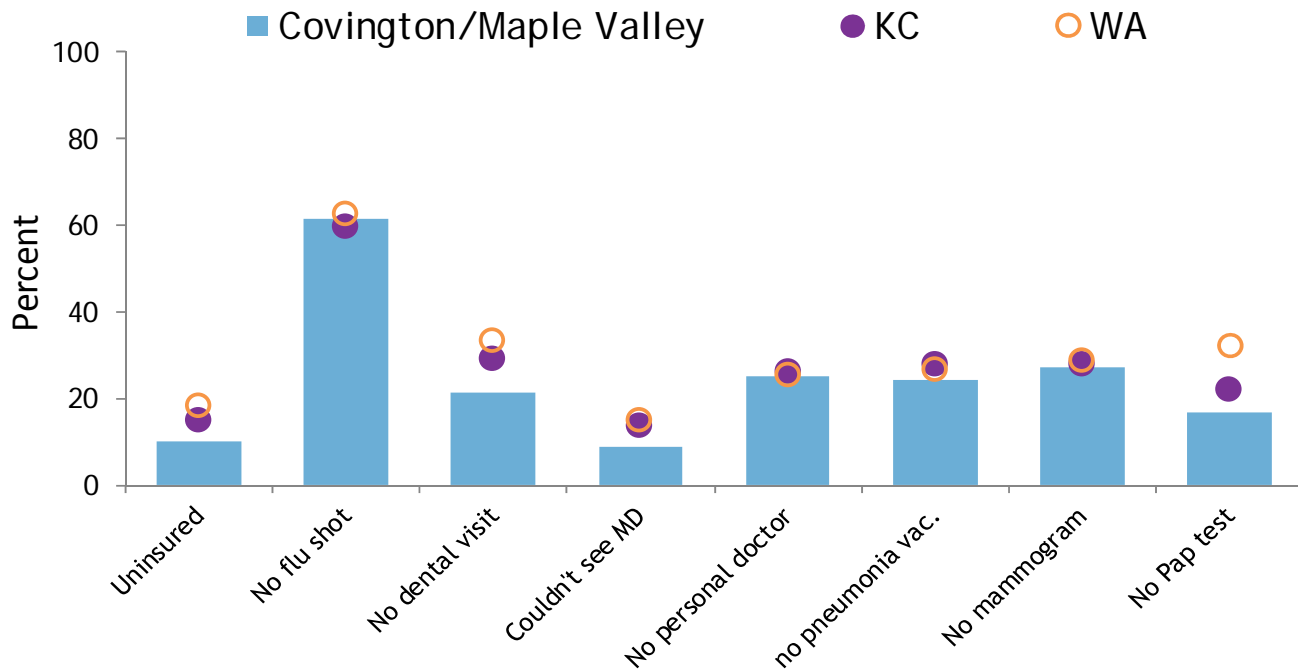
Count: five-year total numbers.

SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

Data sources: Birth Certificate and linked infant birth-death certificate data, Washington State Department of Health.

Access to care and preventive services

Having access to adequate and timely health care and receiving recommended preventive services prevent or lessen illness and improve quality of life.



Indicators	Rate	Rank	Sig	KC	WA
Uninsured (Age 18-64)*	10	19	-	15.0	18.1
Did not have a flu shot during the past year	62	9	N	59.7	62.5
No dental visit during the past year	21	21	N	28.9	33.1
Could not see a doc 1+ times in past year due to cost	9	22	N	13.7	15.0
Does not have a personal doctor	25	12	N	26.2	25.5
Never had pneumonia vaccination (age 65+)	24	17	N	27.8	26.6
No mammogram within 2 years (age 50-74)	27	14	N	27.7	28.6
No Pap test within 3 years, age 21-65	17	23	N	22.1	32.1

Note: unless specified, data are for adults age 18+ for 2010-2014.

Rank: ranking among the 26 King County areas from worst (1) to best (26).

SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

Data source: the Behavioral Risk Factor Surveillance System (BRFSS), WA State Department of Health, Center for Health Statistics.

*The uninsured rate, if available, is based on the American Community Survey, 5-year average, 2010-2014.