CHELAN-DOUGLAS
HEALTH DISTRICT

Community Health Assessment

INJURY & VIOLENCE PREVENTION

2025

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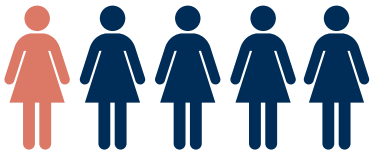
COMMUNITY PROFILE

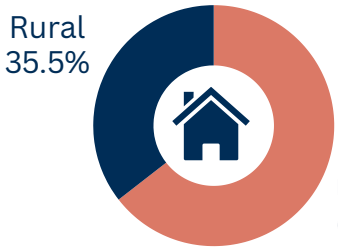
To put **injury and violence prevention** findings into context, it's important to consider the residents in Chelan and Douglas counties.

Chelan and Douglas counties encompass **7.1%** of the land in the state yet only contain **1.6%** of the total population.[1d,2d]

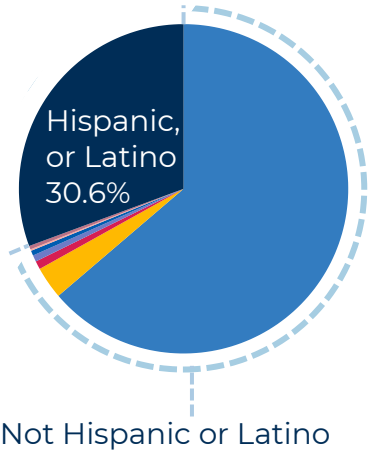
Indicators	Chelan	Douglas	WA State
Population[3d]	79,518	43,733	7,740,984
Median Age[6d,7d] White, not Hispanic Hispanic or Latino	49.1 25.0	47.9 25.1	43.3 25.8
Annual Household Income, Median[13d]	77K	72K	98K
Low-Income Population (<200% of Federal Poverty Level)[17d]	29%	27%	23%
No High School Diploma (Adults 25+)[23d]	15%	18%	8%



Nearly **one in five** people are disabled in our region[10d]



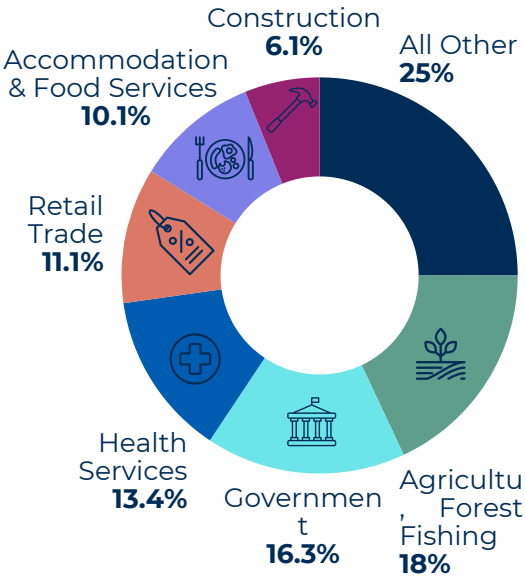
Spanish is spoken at home **2X** to **3X** more here compared to the state average.[9d]



Race for Non-Hispanic Population[3d]

- White, 63.7%
- Two+ Races, 3.2%
- Asian, 0.8%
- AIAN, 0.6% — American Indian & Alaska Native
- Black, 0.5%
- NHPI, 0.2% — Native Hawaiian & Pacific Islander
- Other Race, 0.3%

Top Industries[12d]



To see more community data, check out the demographics chapter.

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A CLOSER LOOK AT **INJURIES AND VIOLENCE**

Accidental and intentional injuries are among the **leading causes** of fatalities, or deaths, in Chelan and Douglas counties, as well across Washington State. These fatalities are often sudden, tragic and sometimes preventable - making injury and violence prevention a key public health priority.[1]

Accidents are the **third most common** cause of fatalities in our area and the state. Some of the most frequent accidents include falls, traffic accidents and unintentional drug overdoses.[1]

MOST COMMON CAUSES OF DEATH

RANKED BY AGE-ADJUSTED MORTALITY RATE, TOP INJURY-RELATED DEATHS HIGHLIGHTED, 2023[1]

	CHELAN-DOUGLAS	WASHINGTON STATE
1	Major Cardiovascular Diseases	Major Cardiovascular Diseases
2	Cancer	Cancer
3	Accidents	Accidents
4	Alzheimer's Disease	Alzheimer's Disease
5	Chronic Lower Respiratory Diseases	Chronic Lower Respiratory Diseases
6	Suicide	Diabetes
7	Diabetes	Suicide
8	Chronic Liver Disease & Cirrhosis	Chronic Liver Disease & Cirrhosis
9	Parkinson's Disease	COVID-19

ACCIDENTAL INJURIES

In 2023, accidental injuries resulted in **574 hospitalizations** and **79 deaths** in Chelan and Douglas counties. Of all accidental injury types, **falls** were the top cause of hospitalization, while **poisoning** due to drug overdose was the top cause of accidental injury death.[2a,3a]

TOP CAUSES: HOSPITALIZATION AND DEATH

ACCIDENTAL INJURY HOSPITALIZATIONS & DEATHS IN CHELAN AND DOUGLAS COUNTIES, RANKED BY AGE-ADJUSTED RATE (EXCLUDING "NOT SPECIFIED" & "OTHER"), 2023[2a,3a]

HOSPITALIZATION

# 1	# 2	# 3	# 4	# 5
Falls	Motor Vehicle Traffic	Struck by or Against*	Poisoning Drug	Over-exertion

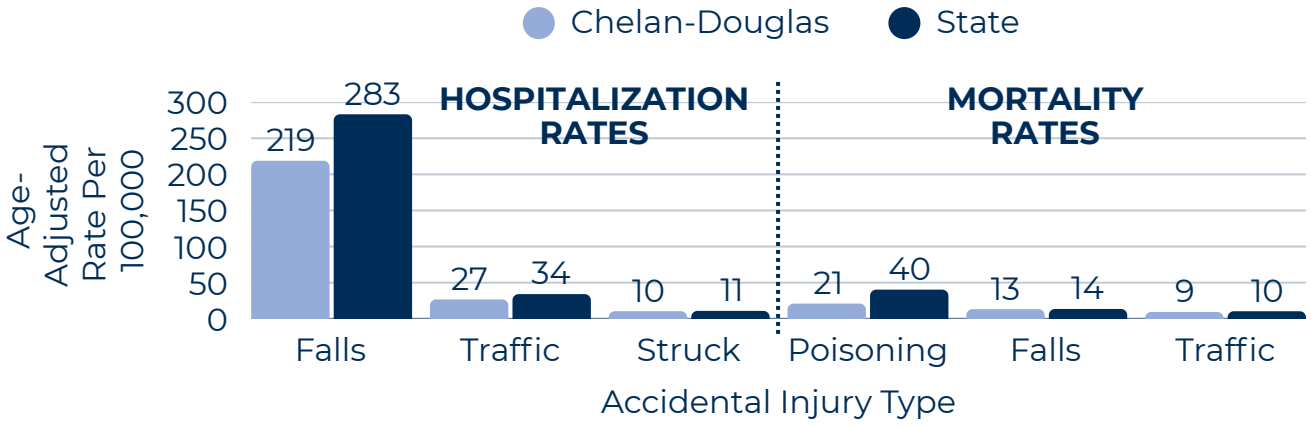
*Includes being struck by falling object/machinery or being caught, crushed or pinched in objects/machinery.

DEATH

# 1	# 2	# 3	# 4	# 5
Poisoning	Falls	Motor Vehicle Traffic	Drowning	Fire/Burn

ACCIDENT HOSPITALIZATION & DEATH RATES

CHELAN-DOUGLAS, AGE-ADJUSTED RATES PER 100,000 POPULATION, 2023[2a,3a]

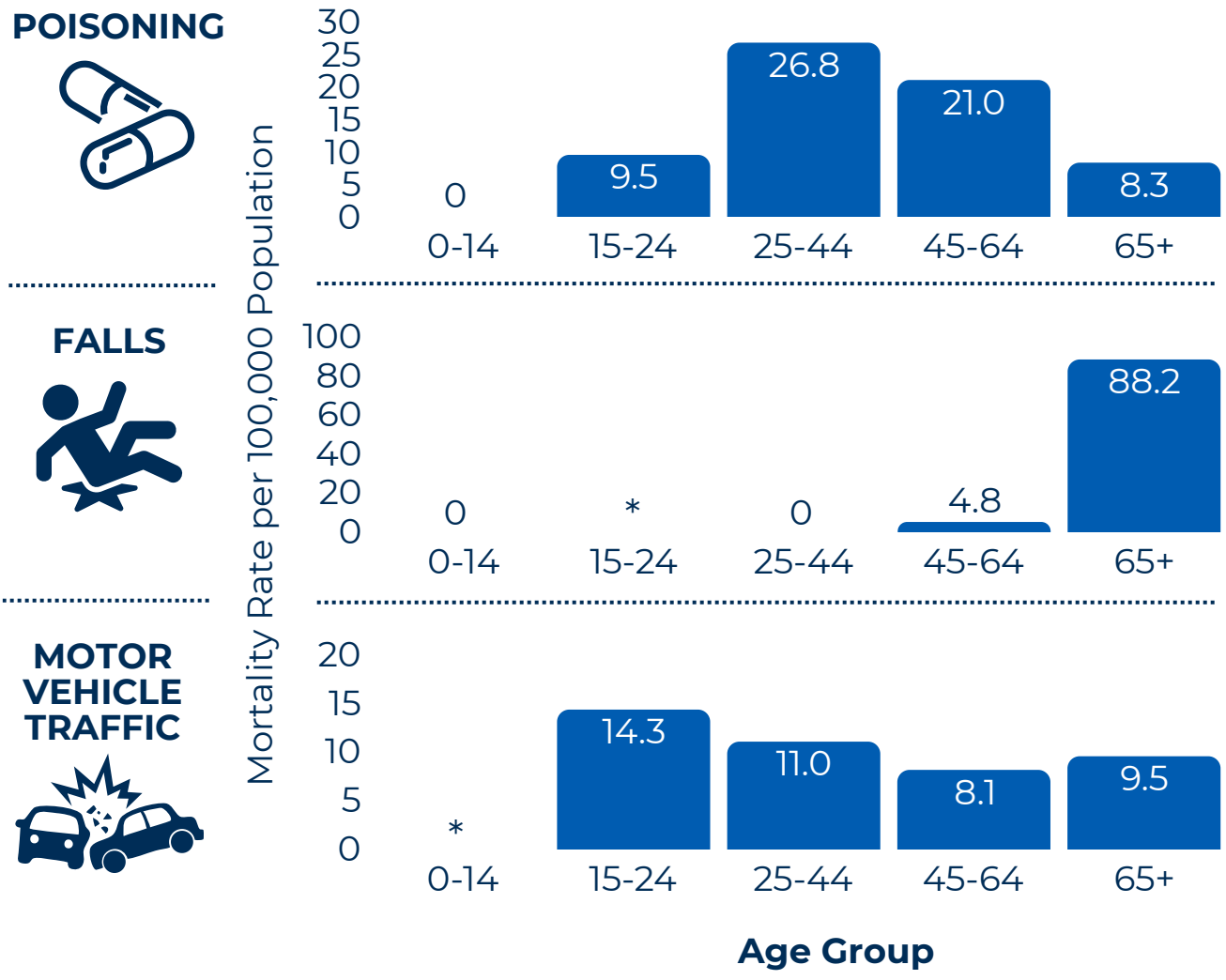


ACCIDENTAL INJURIES (CONTINUED)

Accidental injury risk varies by age. Older adults are more likely to experience **fatal falls**, while younger adults are more affected by **traffic crashes** and **poisoning** from accidental drug overdoses. [3b]

WHO IS MOST IMPACTED BY ACCIDENTAL INJURY DEATHS, BY AGE?

CHELAN-DOUGLAS, AGE-SPECIFIC MORTALITY RATES PER 100,000, 2017-2023 [3b]

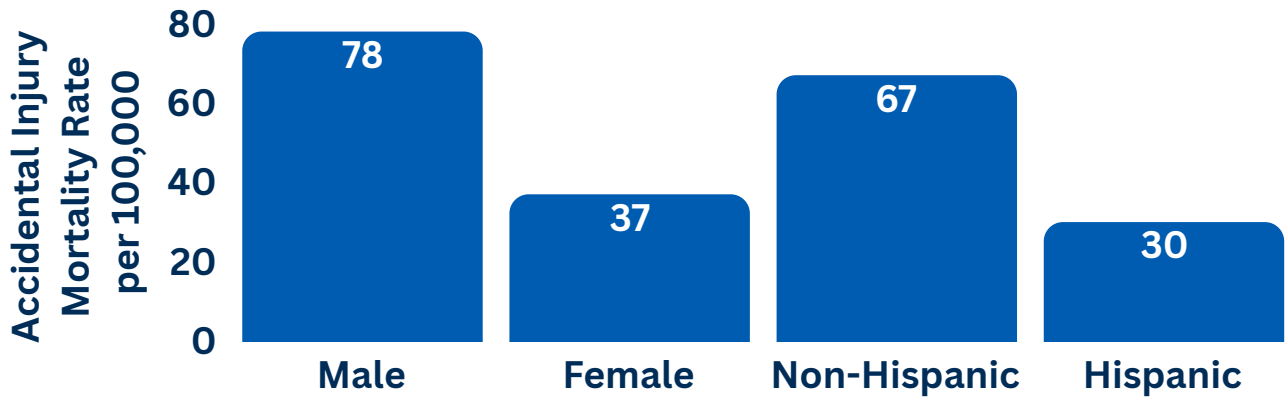


* This means that fewer than 10 deaths were recorded. When numbers are very small, rates are not shown because they can be misleading and may risk identifying individuals.

ACCIDENTAL INJURIES (CONTINUED)

WHO IS MOST AFFECTED BY ACCIDENTAL INJURY DEATHS?

CHELAN AND DOUGLAS COUNTIES, AGE-ADJUSTED RATE PER 100,000, 2021-2023 [3c,3d]



✓ Those who are **MALE** and **NOT HISPANIC or LATINO** experience higher rates of accidental injury deaths. [3c,3d]

INTENTIONAL INJURIES

Intentional injuries happen when someone is hurt on purpose, either by another person or by themselves. From 2021 to 2023, **suicide** was the **sixth leading cause of all fatalities** in Chelan and Douglas counties, and seventh in Washington State. Intentional injuries, like self harm and assault, often cause serious harm and lead to many hospital stays each year.[1,4]

TOP 3 CAUSES OF INTENTIONAL INJURY HOSPITALIZATIONS

RANKED BASED ON AGE-ADJUSTED HOSPITALIZATION RATES, 2019-2023 [4]

Intentional Injury Type	Chelan	Douglas	WA
Suicide - Poisoning (Drug)	**# 1**	**# 1**	**# 1**
Assault - Struck by/Against	**# 2**	***(not top 3)***	**# 3**
Suicide - Cut/Pierce	**# 3**	**# 2**	**# 2**
Suicide - Not Specified	***(not top 3)***	**# 3**	***(not top 3)***

SUICIDE

Suicides are one of the most common forms on intentional injury in our area. Males are most impacted, and rates vary by race.

270 lives were tragically lost to **suicide** in Chelan and Douglas counties between 2009 and 2023. Those most impacted? [5a,5b]

✓ **MALES, AMERICAN INDIAN & ALASKAN NATIVE**

✓ **MALES, WHITE NON-HISPANIC**

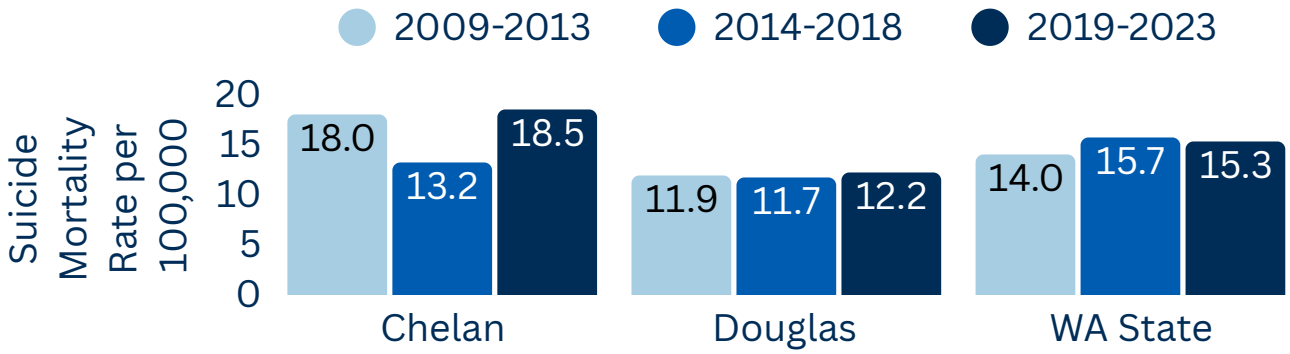
INTENTIONAL INJURIES (CONTINUED)

SUICIDE

From 2019 to 2023, the suicide mortality rate in Chelan County was 18.5 deaths per 100,000 population, compared to 12.2 deaths in Douglas County and 15.3 deaths in Washington State. [5a]

SUICIDE MORTALITY RATE

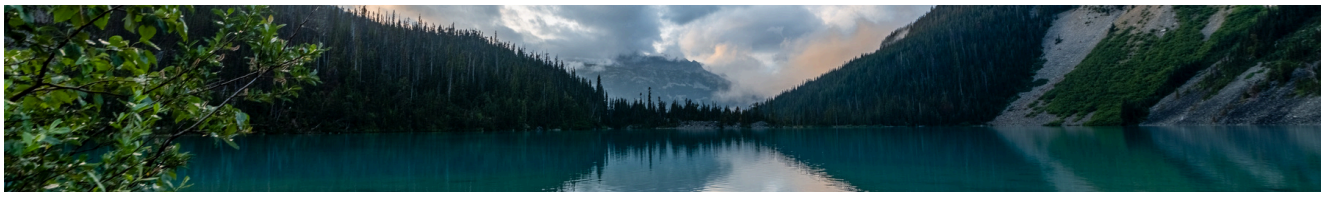
AGE-ADJUSTED RATE PER 100,000 POPULATION, 2009-2023 [5a]



YEARS LOST

5,046

From 2009–2023, suicide resulted in an estimated 5,046 years of potential life lost in Chelan–Douglas. Years of potential life lost measures how many years people would have lived if they had reached age 65. For example, a death at age 25 represents 40 years of life lost. [5c]



GET HELP NOW

Call or text **988** or chat online (https://chat.988lifeline.org/) to reach the Suicide and Crisis Lifeline for support. They are available 24/7 to help.

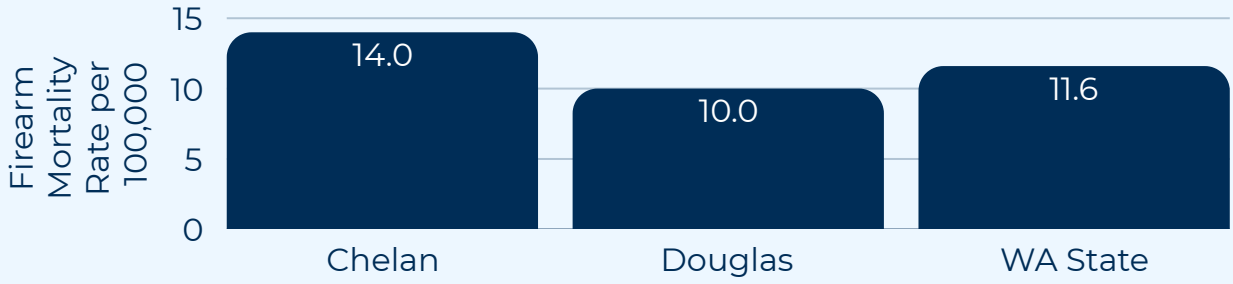
FIREARM DEATHS

Firearm-related fatalities are a **serious concern** in Chelan and Douglas counties. Between 2019-2023, firearms were involved in **78 deaths** in our areas. Deaths were attributed to the following causes: [6a]

SELF-INFLICTED	UNINTENTIONAL	ASSAULT	OTHER OR UNDETERMINED
62	0	12	4

FIREARM-RELATED MORTALITY RATE

AGE-ADJUSTED RATE PER 100,000 POPULATION, 2019-2023 [6b]



LOADED & UNLOCKED FIREARM AT HOME

PERCENTAGE OF ALL ADULTS SURVEYED REPORTING HAVING A LOADED AND UNLOCKED FIREARM IN THEIR HOME, 2022 [7]

CHELAN	DOUGLAS	WA STATE
8.0%	6.5%	4.4%

In Chelan County, the firearm-related death rate appears higher than the state average. Also, a greater proportion of surveyed adults reported keeping a loaded, unlocked gun at home. Although these are not statistically significant differences, **unsecured and loaded firearms are known to increase the risk of accidental shootings and suicide.** [6b,7,8]

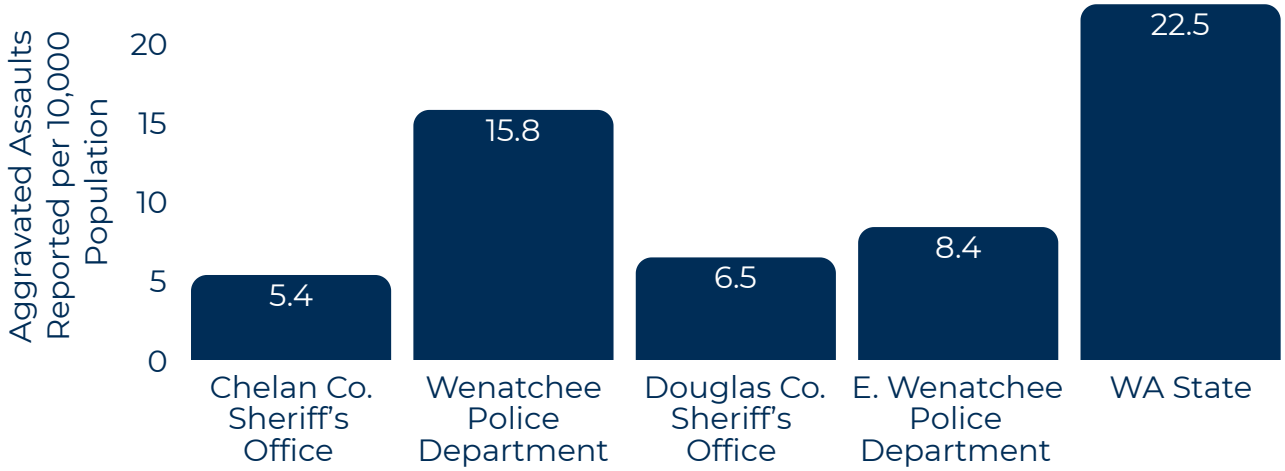
INTENTIONAL INJURIES (CONTINUED)

ASSAULT

Assault is an unlawful attempt to inflict harm on another person while **aggravated assault** describes the most severe type of assault, most commonly an intentional act to inflict harm using a firearm or deadly weapon. In Chelan and Douglas counties, there were **114** aggravated assaults reported to law enforcement in 2024.[9]

AGGRAVATED ASSAULTS

RATE OF AGGRAVATED ASSAULT REPORTS PER 10,000 POPULATION BY LAW ENFORCEMENT JURISDICTION IN CHELAN AND DOUGLAS COUNTIES, 2024 [9]



In Chelan and Douglas counties, the aggravated assault rate is **LOWER** than the Washington State average.[9]

When an assault leads to someone's death, it becomes one of the most serious outcomes of an intentional injury.

INTENTIONAL INJURIES (CONTINUED)

ASSAULT FATALITIES

The number of deaths resulting from assaults in Chelan and Douglas counties is **lower than the Washington State average**. However, each death deeply impacts local families, the wider community and erodes our sense of safety. [10a]

LIVES LOST:

31 lives were tragically lost due to assaults in Chelan and Douglas counties between 2014 and 2023. [10a]

YEARS LOST:

923 years of potential life were lost by those who died, assuming they had lived to 65 years of age. [10b]

INTENTIONAL INJURIES (CONTINUED)

SEXUAL AND INTIMATE PARTNER VIOLENCE

Sexual violence includes any sexual act done without consent. Such acts can cause long-term physical and emotional harm.

In Washington State, an estimated **2.5 million men and women** have experienced **contact sexual violence** in their lifetime. This includes being kissed, touched, or forced into sexual acts without consent.[11]

About 1 in 3 Washington men and 3 in 5 Washington women have been victims of sexual violence.[11]

AN ESTIMATED
101,517 men in Washington State have been **raped at least once** during their lifetime (national estimate).[11]

7X more women in Washington report being raped at least once during their lifetime compared to men in Washington.[11]

YOU ARE NOT ALONE.

If you or someone you know has been impacted by sexual or intimate partner violence, there is free confidential help:

Washington Statewide Sexual Assault Hotline
1-888-998-6423
Available 24/7 for crisis support and referrals

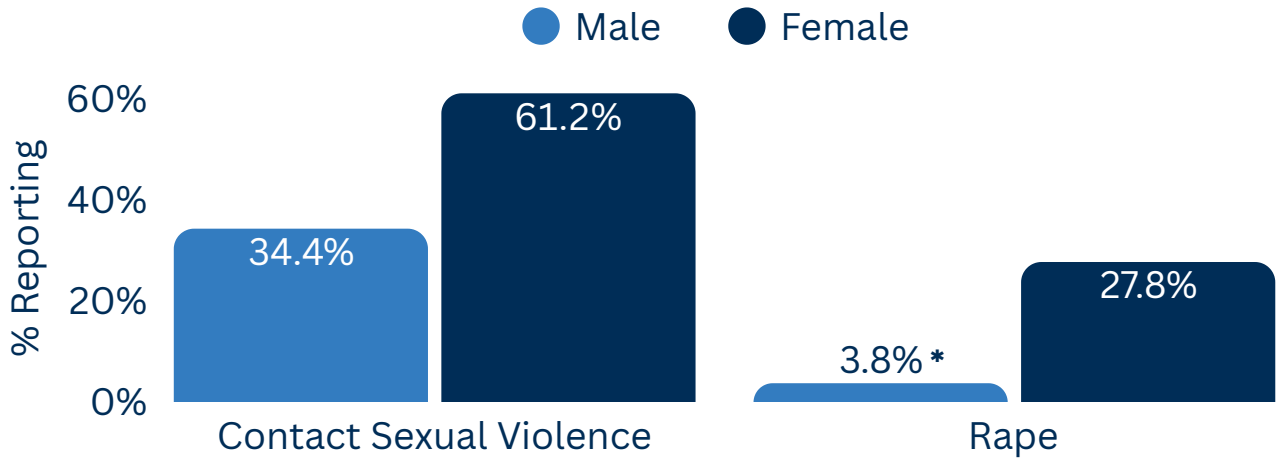
In an emergency, call 911.

INTENTIONAL INJURIES (CONTINUED)

SEXUAL AND INTIMATE PARTNER VIOLENCE

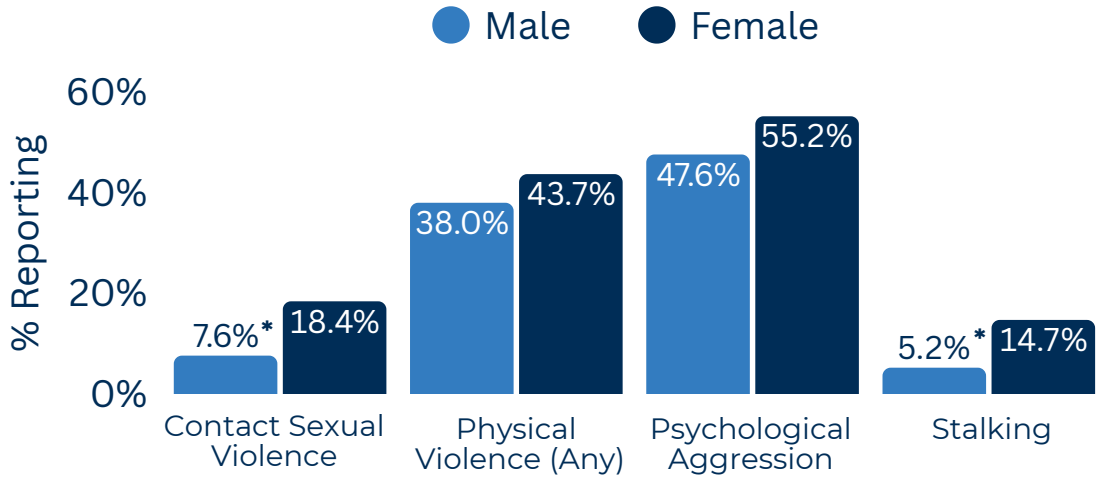
SEXUAL VIOLENCE AND RAPE IN WASHINGTON

PERCENT OF WASHINGTON ADULTS SURVEYED WHO HAVE EXPERIENCED SEXUAL VIOLENCE OR RAPE (COMPLETED OR ATTEMPTED), 2016-2017[11]



INTIMATE PARTNER VIOLENCE IN WASHINGTON

PERCENT OF WASHINGTON ADULTS SURVEYED WHO HAVE EXPERIENCED INTIMATE PARTNER VIOLENCE, 2016-2017[11]



Intimate partner violence is abuse or aggression that occurs in a romantic relationship

*Washington State data not available, estimate based on national average from survey results.

INTENTIONAL INJURIES (CONTINUED)

SEXUAL AND INTIMATE PARTNER VIOLENCE

VIOLATION OF NO CONTACT AND PROTECTION ORDERS IN CHELAN AND DOUGLAS COUNTIES

VIOLATIONS REPORTED AND ASSOCIATED RATES PER 10,000 POPULATION BY JURISDICTION (DOES NOT INCLUDE UNREPORTED), 2024[9]

CHELAN COUNTY

186 REPORTS

22.6 RATE PER 10,000

DOUGLAS COUNTY

73 REPORTS

16.2 RATE PER 10,000

RAPE IN CHELAN AND DOUGLAS COUNTIES

RAPES REPORTED AND ASSOCIATED RATES PER 10,000 POPULATION BY JURISDICTION (DOES NOT INCLUDE UNREPORTED), 2024[9]

	Chelan County		Douglas County	
Agency	Sheriff's Office	Wenatchee Police Dept.	Sheriff's Office	East Wenatchee Police Dept.
# Reports	10	16	1	5
Population	46,260	36,040	30,710	14,240
Rate per 10,000	2.2	4.4	0.3	3.5
	Total: 26 Reports, 3.2 per 10,000		**Total:** 6 Reports, 1.3 per 10,000	

CHILDREN
ADVERSE CHILDHOOD EXPERIENCES

Children are especially vulnerable to injury and violence. Early experiences, including abuse, neglect, or household challenges, also known as Adverse Childhood Experiences (ACEs) can have long-lasting effects on their health and well-being. In this section, we look at which children are most impacted by ACEs and why prevention and early support matters.

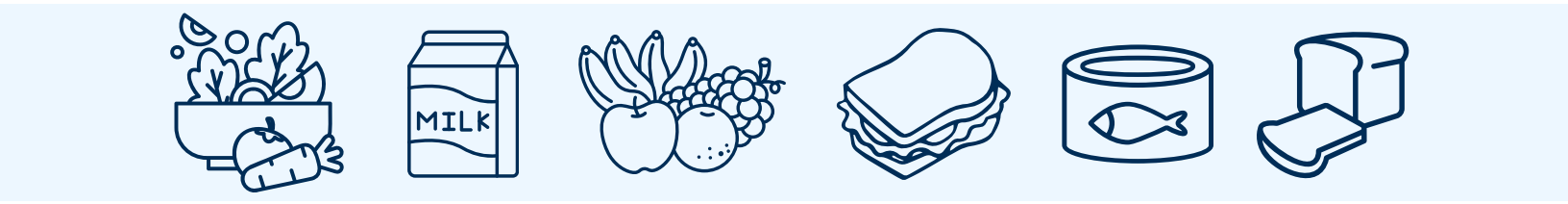
WHICH STUDENT ATTRIBUTES ARE MOST ASSOCIATED WITH HAVING 4+ ACES?

PERCENT OF ALL 10TH GRADERS SURVEYED IN CHELAN COUNTY (DATA FOR DOUGLAS COUNTY SUPPRESSED DUE TO LOW RESPONSE RATES), 2023 [12]

Food Insecure	**64.5%**	of students who are food insecure have 4+ ACEs, compared to 9.8% of those who are not food insecure
Disabled (mobility-related)	**56.5%**	of students with **mobility-related disabilities** have 4+ ACEs, compared to 13.9% of those who do not
Not Heterosexual	**41.7%**	of students who are not heterosexual have 4+ ACEs, compared to 12.7% of those who are heterosexual
Migrant	**28.9%**	of students who are migrants have 4+ ACEs, compared to 15.3% of those who are non-migrant
Mostly C Grades	**26.3%**	of C-grade students have 4+ ACEs, compared to 11.4% for A-grade students
Poor Family Management*	**25.4%**	of students at high risk of poor family management have 4+ ACEs, compared to 7.7% of those at low risk
Female	**23.2%**	of female students have 4+ ACEs, compared to 9.6% of male students

*Poor family management risk factors include (a) parent(s) not knowing location of child, who they are with or noticing if they came home late, (b) family not having clear rules, including about drug and alcohol use, and (c) parent(s) unaware if child drank alcohol, carried a gun or skipped school without their permission.

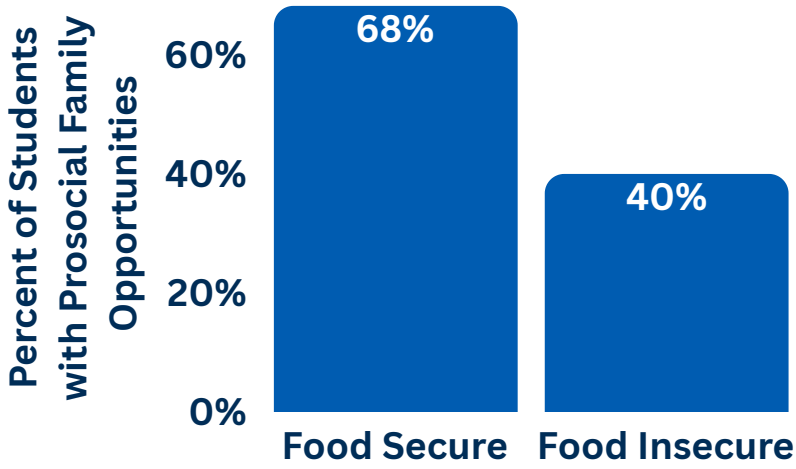
CHILDREN
ADVERSE CHILDHOOD EXPERIENCES (CONTINUED)



PERCENT OF STUDENTS WITH PROSOCIAL FAMILY OPPORTUNITIES, BY FOOD ACCESS

PERCENT OF 10TH GRADERS SURVEYED IN CHELAN COUNTY, 2023 [12]

Prosocial family opportunities are activities or experiences that families can do together that build positive relationships, support, and a sense of belonging. **Food insecure** means not having consistent access to healthy food.



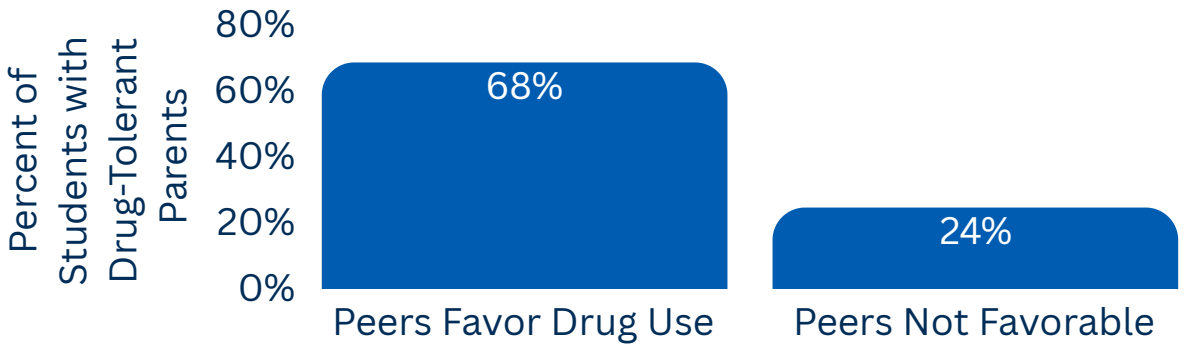
Students who are food secure are less likely to have 4+ ACEs and more likely to have prosocial family opportunities, such as being able to ask a parent for help, having access to fun family opportunities or being consulted on family decisions.

CHILDREN
ADVERSE CHILDHOOD EXPERIENCES (CONTINUED)

Students with peers that favor using drugs tend to have drug-tolerant parents or be from families at high risk of poor family management

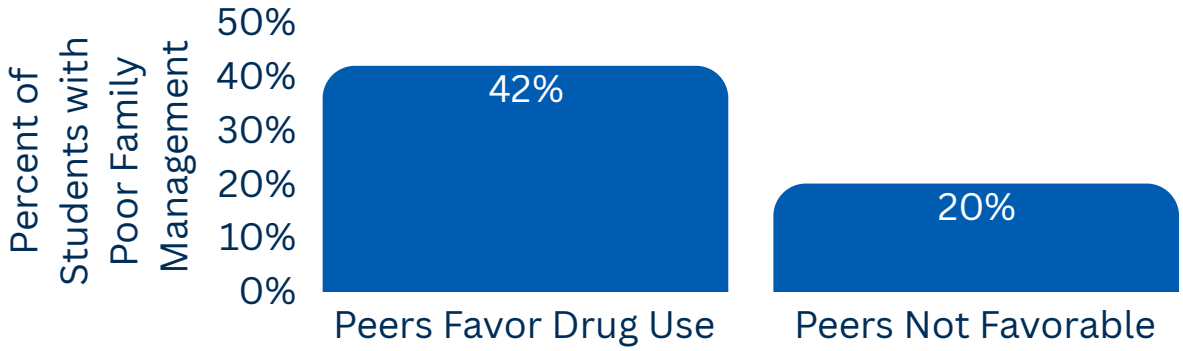
PERCENT OF STUDENTS WITH DRUG-TOLERANT PARENTS, BY PEER ATTITUDES TO DRUGS

PERCENT OF 10TH GRADERS SURVEYED IN CHELAN COUNTY, 2023 [12]



PERCENT OF STUDENTS WITH POOR FAMILY MANAGEMENT, BY PEER ATTITUDES TO DRUGS

PERCENT OF 10TH GRADERS SURVEYED IN CHELAN COUNTY, 2023 [12]

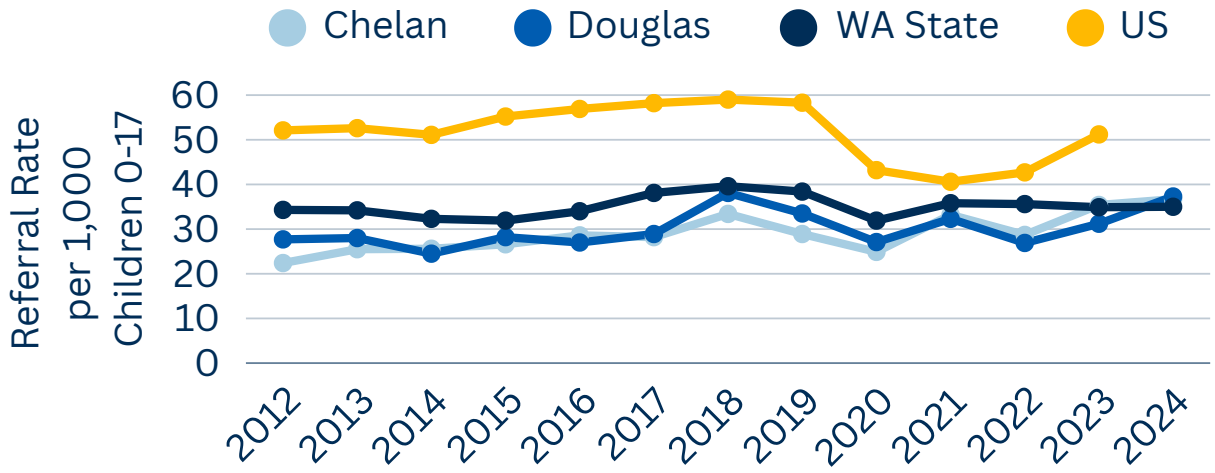


CHILDREN
INJURY & VIOLENCE

Children in our region are affected by many forms of harm, both at home and in the community. Each year, DSHS accepts referrals for about **800 children** who are **victims of abuse or neglect** in Chelan and Douglas counties. Many children are also hospitalized for injuries from accidents or intentional harm. These numbers show the importance of prevention and early support to keep kids safe. [13]

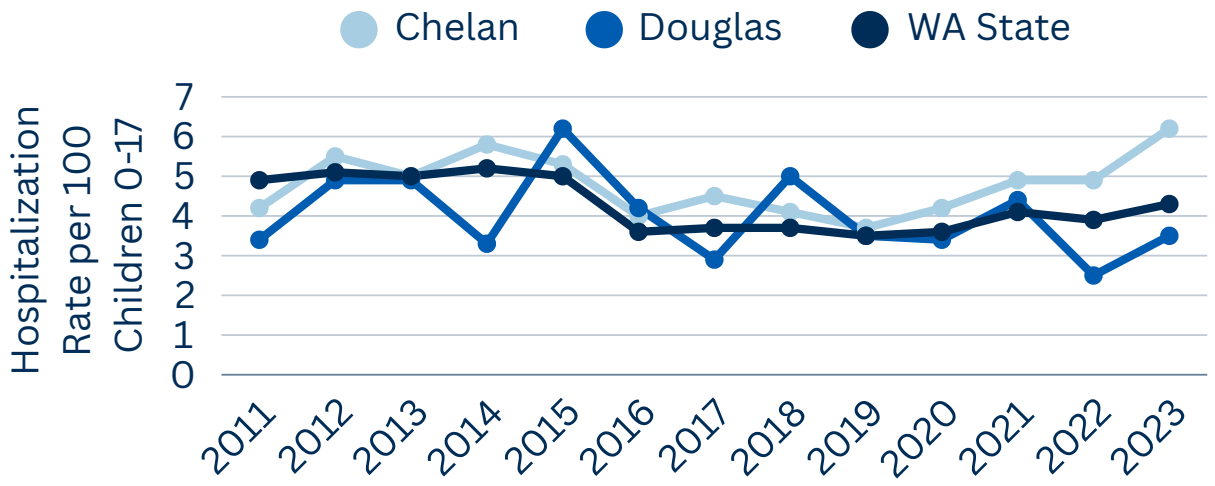
CHILD ABUSE AND NEGLECT REFERRALS

REFERRAL RATE PER 1,000 CHILDREN, BIRTH TO 17 YEARS OLD, 2012-2024 [13]



CHILD INJURY & ACCIDENT HOSPITALIZATIONS

HOSPITALIZATION RATE PER 100 CHILDREN, BIRTH TO 17 YEARS OLD, 2011-2023 [13]



CHILDREN
INJURY & VIOLENCE (CONTINUED)

Child fatalities are rare, but when they do happen, they are tragic. From 1997 to 2024, **92 children died from injuries** in Chelan and Douglas counties. Many of these deaths could have been **prevented**. By understanding the risks and prevention strategies, communities, caregivers, and leaders can work together to keep kids safe so they can become healthy thriving adults. [14]

TOP CAUSES OF INJURY DEATH IN CHILDREN

RANKED BY TOTAL NUMBER OF CHILD DEATHS FROM BIRTH TO 17 YEARS OLD, CHELAN-DOUGLAS, 1997-2024 [14]

Rank	Cause	Deaths
# 1	Motor Vehicle Traffic	30
# 2	Suffocation	13
# 3	Firearm	11
# 4	Drowning	<10
# 5	Poisoning	<10
# 6	Fire or Burn	<10

PREVENT CHILD INJURY

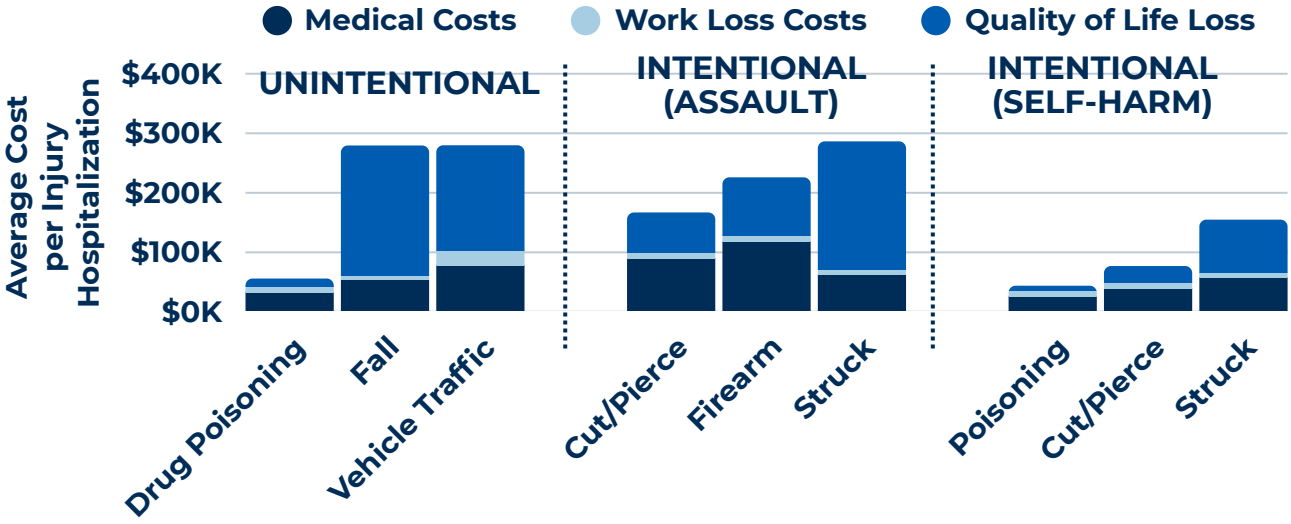
www.preventchildinjury.org

FINANCIAL BURDEN
INJURY AND VIOLENCE

The cost of injury and violence extends well beyond pain, grief and loss. Injuries and violence often result in a **significant financial burden** for those who have been hurt. Such losses can have serious and lasting impacts on community members and their families.

COST PER INJURY - HOSPITALIZATION

AVERAGE COST PER PERSON INJURED AND HOSPITALIZED IN THE U.S. IN THOUSANDS OF DOLLARS, BY INJURY, 2020 [15]



COST FOR SELECT INJURY HOSPITALIZATIONS IN CHELAN AND DOUGLAS COUNTIES

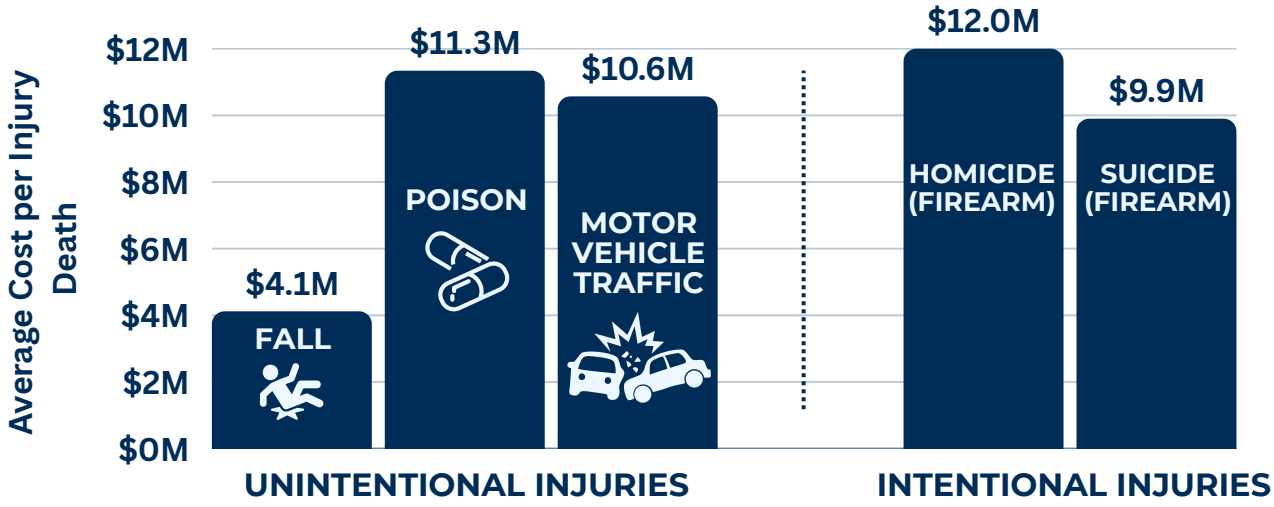
ESTIMATED COST BASED ON 2020 U.S. AVERAGE ESTIMATED COST PER INCIDENCE (INCLUDES MEDICAL, WORK LOSS, QUALITY OF LIFE LOSS COSTS)[15, 2a]

Cause of Unintentional Injury Hospitalization	Estimated Cost Per Incidence	# Incidences (2023)	Total Cost
Drug Poisoning	$55,308	**12**	**$664K**
Fall	$279,499	**390**	**$109M**
Motor Vehicle Traffic	$279,850	**37**	**$10M**

FINANCIAL BURDEN
INJURY AND VIOLENCE (CONTINUED)

COST PER INJURY - DEATH

AVERAGE COST PER PERSON INJURED AND KILLED INCLUDING MEDICAL EXPENSES AND VALUE OF STATISTICAL LIFE LOST, U.S. ESTIMATE IN MILLIONS OF DOLLARS, BY INJURY, 2020 [16]



When younger people die accidentally, they lose more years of life compared those who are older. Because people who die from poisoning and motor vehicle traffic accidents are younger, on average, they have a higher value of statistical life lost.

COST FOR SELECT INJURY DEATHS IN CHELAN AND DOUGLAS COUNTIES

ESTIMATED COST BASED ON 2020 U.S. AVERAGE ESTIMATED COST PER INCIDENCE (INCLUDES MEDICAL EXPENSES AND VALUE OF STATISTICAL LIFE LOST) [16, 3a]

Cause of Unintentional Injury Death	Estimated Cost Per Incidence	# Incidences (2023)	Total Cost
Fall	$4.1M	**23**	**$94M**
Poisoning	$11.3M	**26**	**$294M**
Motor Vehicle Traffic	$10.6M	**12**	**$127M**

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