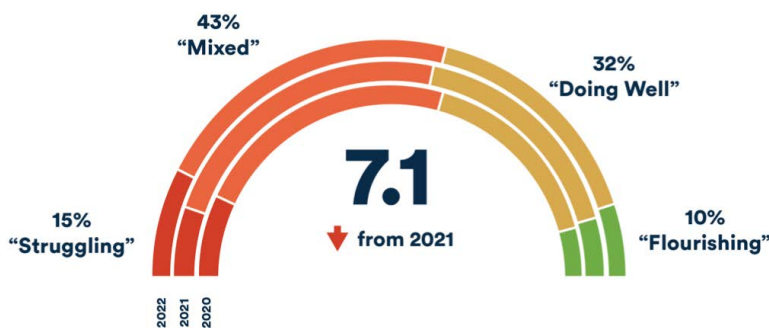


2022 SNOHOMISH COUNTY HEALTH & WELL BEING MONITOR™

OVERVIEW

536  **PEOPLE TOOK THE SURVEY**
IN ZIP CODES REPRESENTING 
SNOHOMISH COUNTY

2022 SNOHOMISH COUNTY CORE4 INDEX SCORE



WHAT IS THE HEALTH & WELL-BEING MONITOR?

Each year, Providence Institute for a Healthier Community conducts a survey representing the 800,000+ residents in Snohomish County. The survey is called the Countywide Health and Well-being Monitor.

HOW DOES IT HELP?

- ✓ A standard measure of health and well-being for our county
- ✓ Defined by residents
- ✓ Monitor & report changes annually at EOA
- ✓ Provides local insights
- ✓ Helps inform 3-year Community Health Needs Assessment process and hospital requirement

MY COMMUNITY HEALTH & WELL-BEING MONITORS

Smaller communities are also invited to host their own surveys - called the My Community Health and Well-Being Monitor.

[Learn more here.](#)

OVERALL SCORE

SNOHOMISH COUNTY 2022

7.1

SNOHOMISH COUNTY 2021

7.3

[Learn more about the monitor measures.](#)

Overall Score Snohomish County's score represents a **low C**, below the 2021 countywide level of 7.3.

C-

After a 2021 bounce-back from the Covid well-being cliff in 2020, well-being scores have backslid, falling near to the 2020 pandemic year mean.

THE DIFFERENCE WAS CAUSED BY:

- ✗ Lower overall satisfaction with mental and emotional well-being.
- ✗ Lower self-reported life satisfaction and overall well-being.

SIX DIMENSIONS OF HEALTH COMPARED TO 2021



MENTAL & EMOTIONAL WELL-BEING

Well-being Predictor Percentage: 73%

- ✗ All indicators down: poor and debilitating health days, sense of purpose and meaning and importance of spirituality and religion.



WORK, LEARNING & GROWTH

Well-being Predictor Percentage: 52%

- ✗ Lower levels of high job satisfaction and more worries about job loss.
- ✓ Slightly improved perceived needs for education/training.
- ✗ Opportunities for learning & growth backslid.



RELATIONSHIPS & SOCIAL CONNECTIONS

Well-being Predictor Percentage: 55%

- ✗ Lower sense of belonging and community efficacy.
- ✓ Quality of relationships & number of days getting together with friends held steady
- ✗ Reported discrimination rose by 4%. Well-being scores are lower among those experiencing discrimination.



SECURITY AND BASIC NEEDS

Well-being Predictor Percentage: 45%

- ✗ Utilities, housing, food, and transportation security all declined.
- ✗ Higher rates of financial insecurity
- ✗ Higher rates of medical condition and lower healthcare access
- Most common needs are access to medical care, education, and utilities.



NEIGHBORHOOD & ENVIRONMENT

Well-being Predictor Percentage: 31%

- ✗ Slightly less satisfied overall and neighborhood quality is rated even lower for kids and growing old.



PHYSICAL HEALTH

Well-being Predictor Percentage: 59%

- ✗ Gaps in exercise, nutrition, poor and debilitating health days.
- ✓ Hours of sleep increased slightly.
- ✗ More report special conditions that require care



PANDEMIC IMPACTS

Self-reported infections have increased and deaths have decreased, but impacts of isolation, working from home, children at home, job issues and housing continue.

MEASURING CAN-DO

We measure “Can-Do™ in two ways — belief in ability to do more as individuals, and belief in ability to influence community well-being.

23%

of respondents reported they believed they could be doing a LOT MORE to improve their health (vs. 24% in 2021)

41%

said they could be doing a little more (vs. 46% in 2021)

36%

said they could be doing No MORE (vs. 30% in 2021)

As a community, benchmarks are down with two-thirds believing they cannot influence community decisions.

Big story: both individual and community reserves are down. The stretch is telling and many well-being indicators have fallen this year.

GOOD NEWS, BETTER NEWS

All dimensions have a powerful influence on well-being and they are inter-related. Improvements in any dimension is likely to influence other areas.

MENTAL & EMOTIONAL HEALTH

- » most influential determinant of overall well-being
- » help develop a sense of purpose and meaning
- » encourage growing relationships with other people
- » provide opportunities for learning and growth

PHYSICAL HEALTH

- » 2nd most influential
- » most influenced by daily exercise
- » also, strongly related to emotional well-being, sense of purpose and meaning, and a good job

RELATIONSHIPS & SOCIAL CONNECTIONS

- » strong predictor of overall emotional well-being
- » help residents feel like part of a community/ belonging
- » ensure that resident’s basic needs are met

[To learn about other dimensions, click here.](#)