2022 SNOHOMISH COUNTY HEALTH & WELL BEING MONITOR™

OVERVIEW

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.

Learn more about the monitor measures.
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

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.

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.

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.