

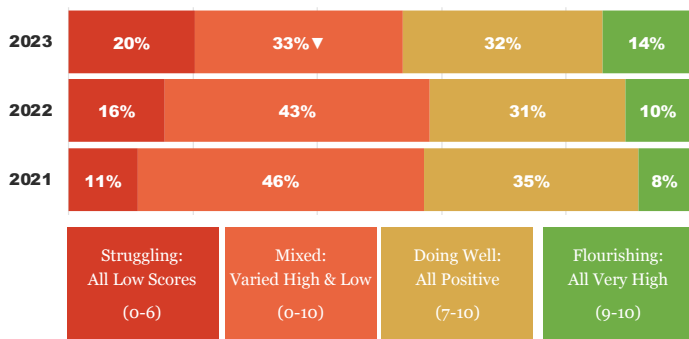
# 2023 SNOHOMISH COUNTY HEALTH & WELL BEING MONITOR™

## OVERVIEW

**696**  **PEOPLE TOOK THE SURVEY**

IN ZIP CODES REPRESENTING   
**SNOHOMISH COUNTY**

## 2023 WELL-BEING SEGMENTS



## 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 HWBM

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 2023

**6.9**

### SNOHOMISH COUNTY 2022

**7.0**

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

### Overall Score

**D+**

Snohomish County's score represents a **high D**, below the 2022 countywide level of 7.0.

Much of the backsliding that we saw in 2022, after initial pandemic recovery in 2021, continues in all Core4 areas, with the biggest drop this year in physical health satisfaction.

## THE DIFFERENCE WAS CAUSED BY:

- ✗ Lower overall satisfaction with physical health satisfaction and overall well-being.
- ✗ Slightly lower satisfaction with mental and emotional well-being and overall life satisfaction.

# SIX DIMENSIONS OF HEALTH COMPARED TO 2022



## MENTAL & EMOTIONAL WELL-BEING

- Emotional Health are Purpose and Meaning are stable after drop in 2022. **#2 & #4 Impact on Overall Well-being respectively.**
- Religion and Spirituality bounced back after a significant decrease in 2022, but remains lower than other indicators.



## WORK, LEARNING & GROWTH

- Work satisfaction is slightly down overall, and significantly down for those rating moderate satisfaction. Most rate low (38%). Opportunities for learning & growth are also slightly down. **#5 & #7 Impact on Overall Well-being respectively.**
- Of those who reported needs, education needs increased to 3 in 10 and job insecurity remains.



## RELATIONSHIPS & SOCIAL CONNECTIONS

- Relationship satisfaction shows some strain, slightly down from last year. **#3 Impact on Overall Well-being.**
- Community belonging and community efficacy improved but remain low.
- Reported discrimination improved slightly, with discrimination reported less frequently.



## SECURITY AND BASIC NEEDS

- Ability to meet basic needs is down. **#6 Impact on Overall Well-being.** Almost all needs increased. Most significant increases in education, childcare and personal safety.
- Financial security decreases from last year remain, with half rating low.
- 50% reported basic need worries. Most common worries are: education, access to healthcare, utilities, job and food.



## NEIGHBORHOOD & ENVIRONMENT

- Neighborhood satisfaction is stable, after decline in 2022.
- Ratings of community as a good place to raise kids has improved significantly.
- Ratings of community as a good place to grow old is stable but remains low.



## PHYSICAL HEALTH

- The state of physical health ratings continue to need improvement: most rate low (38%). **#1 Impact on Overall Well-being.**
- Slight recovery in exercise and nutrition behaviors.



## PANDEMIC IMPACTS

Significant shifts in perceived impact of Coronavirus; impact and severity down, but impacts still felt by most

## 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.

**31%** of respondents reported they believed they could be doing a LOT MORE to improve their health (vs. 23% in 2022, a significant increase)

**42%** said they could be doing a little more (vs. 41% in 2022)

**27%** said they could be doing No MORE (vs. 36% in 2022)

Community Efficacy has also improved from last year's low. Although most still report low, significantly fewer reported low ability to influence their community.

**Big story:** both individual and community reserves have increased with individual reserves showing more improvement since the pandemic; community capacity may follow.

## 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. However, there are key indicators in some areas that do carry a greater impact.

### PHYSICAL HEALTH

- » 1st most impactful indicator
- » Strongly related to satisfaction with work/job & financial security.
- » Greatly influenced by exercise.
- » Also, supported by sense of purpose and meaning and opportunities for learning & growth.

### MENTAL & EMOTIONAL HEALTH

- » 2nd & 4th most impactful indicators.
- » Help develop a sense of purpose and meaning.
- » Encourage sense of community/belonging, growing relationship satisfaction, and improving neighborhood quality.
- » Provide opportunities for learning and growth, support job satisfaction and financial security.

### RELATIONSHIPS & SOCIAL CONNECTIONS

- » 3rd most impactful indicator.
- » Strongly related to purpose and meaning,
- » community belonging, quality of neighborhood, and religion or spirituality.
- » Provide opportunities for learning and growth, and support job satisfaction.