

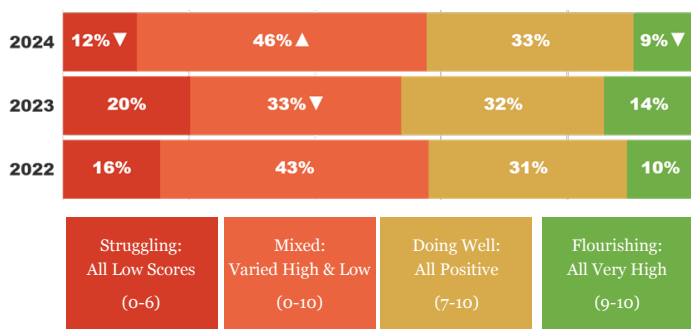
# 2024 SNOHOMISH COUNTY HEALTH & WELL BEING MONITOR™

## OVERVIEW

**686**  **PEOPLE TOOK THE SURVEY**

IN ZIP CODES REPRESENTING   
**SNOHOMISH COUNTY**

## 2024 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 2024

**7.0**

### SNOHOMISH COUNTY 2023

**6.9**

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

### Overall Score

**C-**

Snohomish County's score represents a **low C**, slightly above the 2023 countywide level of 6.9.

All Core-4 indicators were up versus last year's lows. However, indicators remain low versus pre-pandemic levels. Physical health remains behind other measures.

### THE DIFFERENCE WAS CAUSED BY:

- ✓ Better overall satisfaction with physical health and life satisfaction.
- ✓ Similar or slightly better satisfaction with mental and emotional well-being and overall well-being satisfaction.

# SIX DIMENSIONS OF HEALTH COMPARED TO 2023



## MENTAL & EMOTIONAL WELL-BEING

- ✔ Emotional Health are Purpose and Meaning are slightly better, with more rating moderate versus last year. **#2 & #3 Impact on Overall Well-being respectively.**
- ✘ Religion and Spirituality down slightly and continues to trend down overall.



## WORK, LEARNING & GROWTH

- ✔ Work satisfaction is stable, with more moderate ratings this year. Most rate low (36%). Opportunities for learning & growth are also stable after a drop last year. **#6 & #8 Impact on Overall Well-being.**
- ✔ Of those who reported needs, education needs remains the highest need and job insecurity held steady as the fourth named need.



## RELATIONSHIPS & SOCIAL CONNECTIONS

- ✔ Relationship satisfaction remains steady after last year's dip. More report moderate ratings. **#5 Impact on Overall Well-being.**
- ✘ Community belonging and community efficacy declined after positive gains last year.
- ✔ Reported discrimination was similar to last year, with discrimination reported less frequently.



## SECURITY AND BASIC NEEDS

- ✔ Ability to meet basic needs improved slightly. 44% still report low levels. **#7 Impact on Overall Well-being.**
- ✔ Financial security moved towards more moderate ratings, with most (44%) rating low. **#4 Impact on Overall Well-being (first time in the top 5).**
- ✔ 39% reported at least one basic need (vs. 50% last year). Top five needs have remained the same: education, access to healthcare, utilities, job and food.



## NEIGHBORHOOD & ENVIRONMENT

- ✔ Neighborhood satisfaction showed more moderate ratings but improved overall.
- ✔ Ratings of community as a good place to raise kids and community as a good place to grow old remained stable, but with less moderate ratings. Most people rate community as a good place to grow old low (44%).



## PHYSICAL HEALTH

- ✘ The state of physical health ratings continue to need improvement: most rate moderate (43%). **#1 Impact on Overall Well-being again.**
- ✔ Better habits in exercise and nutrition behaviors continue from last year.



## PANDEMIC IMPACTS

Overall perceived impact and severity like last year, 36% report current impacts. Impact varies by well-being levels. Severity gaps widen, with struggling reporting the higher rates of lasting impact.

## 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.

**29%** of respondents reported they believed they could be doing a LOT MORE to improve their health (vs. 31% in 2023)

**46%** said they could be doing a little more (vs. 42% in 2023)

**25%** said they could be doing No MORE (vs. 27% in 2023)

Community Efficacy has trended down. Most still report low and significantly more report less ability to influence their community.

**Big story:** slight improvement in individual capacity but less confidence in ability to have an impact on community.

## 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 state of mental & emotional health.
- » Greatly influenced by exercise.
- » Also, supported by financial security, opportunities to access healthcare/information and relationship satisfaction.

### MENTAL & EMOTIONAL HEALTH

- » 2nd most impactful indicators.
- » Impacted by Purpose and Meaning.
- » Most influenced by physical health.
- » Strongly related to growing relationships with others.
- » Also supported by healthcare/information and opportunities for learning and growth.

### SENSE OF PURPOSE AND MEANING

- » 3rd most impactful indicator.
- » Impacted by Mental & Emotional Health.
- » Highly impacted by work or job satisfaction.
- » Strongly related to relationship satisfaction & community belonging.
- » Also supported by importance of religion and spirituality.