



Population Health Trust May Newsletter

Community Advisory Board to the Skagit County Board of Health

May 2025

The unofficial start of summer is upon us. Students across Skagit are counting down the days until the school year ends. While many kids are looking forward to sleeping in, spending time outdoors, and being rid of homework for a few months, we are using the summer months to take a data dive into youth health.

Early on in planning for the Community Health Assessment (CHA), Trust members expressed an interest in learning more about youth wellness. The Healthy Youth Survey (HYS) is a great starting place, and one that we use often, but for the CHA, we wanted to know more than just the numbers. To better understand youth wellness, we set out to hear from leaders in the community working directly with them. The goal of these conversations was to collect qualitative data that would enhance the quantitative, providing us with a richer story of youth wellness in Skagit.

Our initial plan was to conduct a series of focus groups, but like all the best laid plans, they often go awry. For us, it meant that instead of exclusively focus groups, we would be collecting data through panel presentations and key informant interviews, too. But by being flexible and open to using a variety of data collection methods, we were able to learn more about the needs of youth in our community.



Now that the data has been collected, we can turn our attention towards analysis. The plan is to use a process like that used for the access to care qualitative data. The first step is to transcribe the conversations, then the data is coded, assigning labels or numerical codes to different pieces of information. Once coding is complete, themes can be determined, telling us the story of youth wellness in Skagit. While we are not able to take a deep dive into every population and area of wellness, we look forward to sharing what we have learned about youth later this summer.

This is just one of many components to our CHA. As we continue to work through it, we will use this newsletter to share updates and opportunities to engage in the process.

Thank you for your partnership in keeping Skagit County healthy!



The Population Health Trust was founded in 2015 and is the Community Advisory Board to the Skagit County Board of Health. For more information, check out our [website](#).

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