

Population Health Trust April Newsletter








Community Advisory Board to the Skagit County Board of Health

May 1, 2023

As the days warm and rows of tulips color the landscape, many of us are reminded of how fortunate we are to live in this area. While there is much to be grateful for, there is work to be done to ensure that all Skagitonians experience the same joys of living here.

To guide improvements in health for residents, many local agencies and organizations have adopted the [Vital Conditions for Well-being Framework](#). This framework advances a collaborative, cross-sector approach to improving health and well-being and helps identify where and how to invest in communities to yield better results over time. When vital conditions are widely shared and assured for everyone, more of us can thrive.



 <p>THRIVING NATURAL WORLD</p>	<p>Sustainable resources, contact with nature, freedom from hazards</p> <p>Clean air, water, soil; healthy ecosystems able to sustainably provide necessary resources; accessible natural spaces; freedom from the extreme heat, flooding, wind, radiation, earthquakes, pathogens</p>
 <p>BASIC NEEDS FOR HEALTH + SAFETY</p>	<p>Basic requirements for health and safety</p> <p>Nutritious food, safe drinking water; fresh air; sufficient sleep; routine physical activity; safe, satisfying sexuality and reproduction; freedom from trauma, violence, addiction and crime; routine care for physical and behavioral health</p>
 <p>HUMANE HOUSING</p>	<p>Humane, consistent housing</p> <p>Adequate space per person; safe structures; affordable costs; diverse neighborhoods (without gentrification, segregation, concentrated poverty); close to work, school, food, recreation, and nature</p>
 <p>MEANINGFUL WORK + WEALTH</p>	<p>Rewarding work, careers, and standards of living</p> <p>Job training/retraining; good-paying and fulfilling jobs; family and community wealth; savings and limited debt</p>
 <p>LIFELONG LEARNING</p>	<p>Continuous learning, education, and literacy</p> <p>Continuous development of cognitive, social, emotional abilities; early childhood experiences; elementary, high school, and higher education; career and adult education</p>
 <p>RELIABLE TRANSPORTATION</p>	<p>Reliable, safe, and accessible transportation</p> <p>Close to work, school, food, leisure; safe transport; active transport; efficient energy use; few environmental hazards</p>
 <p>BELONGING + CIVIC MUSCLE</p>	<p>Sense of belonging and power to shape a common world</p> <p>Social support; civic association; freedom from stigma, discrimination, oppression; support for civil rights, human rights; civic agency; collective efficacy; vibrant arts, culture, and spiritual life; equitable access to information; many opportunities for civic engagement (voting, volunteering, public work)</p>

COVID Recovery Plan and Vital Conditions Framework

Population Health Trust members reviewed the Vital Conditions Framework alongside the COVID Recovery Plan at a recent meeting. Released in 2022, the [COVID Recovery Plan](#) is the follow-up to our most recent [Community Health Assessment](#). It is intended to bring the community together in focused efforts that will help us deal with the pressures the pandemic placed—and continues to place—on individuals, families, organizations, and systems within our County. The plan includes the following overarching goals and strategies for the key areas impacting community health and wellness:



During the activity, members observed that all aspects of the COVID Recovery Plan can be linked to the Vital Conditions Framework. Synergy was found to be especially strong for goals related to behavioral health, housing, access to care, and economic and fiscal security.

Food Access and Resource Survey

The Trust is currently focusing on basic needs through the launch of a Food Security Workgroup. While information is available at the national and state levels, we lack data that helps us understand specifically which residents and geographies in Skagit County are most impacted by food insecurity. Having local data will allow for the development of goals and strategies specific to the needs of our community. To address this challenge, we will be administering a survey throughout the county during the month May.

We invite you to participate in the survey to provide feedback about your experiences. Thank you for your willingness to participate and help us better understand the needs of our community!

English

Spanish

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](#).

Population Health Trust

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