



FALL 2015

SKAGIT COUNTY POPULATION HEALTH TRUST ADVISORY COMMITTEE

QUALITY OF LIFE SURVEY  
SOCIAL  
& ECONOMIC  
ENVIRONMENT  
SUMMARY REPORT

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# Acknowledgements

This report is part of a Community Health Assessment process supported by the Population Health Trust Advisory Committee which serves in an advisory role to the County's Board of Health. The Board of Health is represented by Commissioner Kenneth Dahlstedt, Commissioner Ron Wesen, and Commissioner Lisa Janicki.

The Trust volunteers are committed to improving health for all Skagit people and making recommendations to the Board of Health about emerging issues. Members represent diverse community sectors and perspectives and are in service to the community.

For more information about The Population Health Trust Advisory Committee please visit <http://www.skagitcounty.net/Departments/PHTAC>

Behavioral Health for All Ages (Substance Use Disorders, Mental Health, Development Disabilities)

- Margaret Rojas, Contracts Manager, North Sound Mental Health Administration

Medical Sector

- Michael Sharp, Director of Laboratory Services, Island Hospital
- Chris Johnston, PharmD, Peace Health United General Medical Center
- Connie Davis, Chief Medical Officer, Skagit Regional Health

Health Promotion, Prevention Services

- Diane Smith, Regional Food and Nutrition Specialist, WSU Extension
- Carol Hawk, Director, United General District #304

Social Services and Housing (Community Action, YMCA, etc)

- Bill Henkel, Executive Director, Community Action

Education (College, Schools)

- Karen Wanek, Associate Dean of Nursing, Skagit Valley College

Government (County, City, Departments, Commissioners, employees, Public Health)

- Lisa Janicki, Skagit County Commissioner
- Jennifer Johnson, Director, Skagit County Public Health

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- Colleen Pacheco, Special Populations Program Manager, Homeless Healthcare Assistance & MSFW Farmworker Promotores
- Doug Spingelt, Vice President of Operations, Sea Mar

Employers (Business, Chamber of Commerce, Economic Development)

- Terry Belcoe, CEO, North Coast Credit Union

Long Term Care (Seniors, Skilled Nursing Facilities, Any senior service)

- Tina Willett, Director of Nursing, Mira Vista Care Center

Environment (Parks, Streets, Food, Nutrition, Air, Water, Sanitation)

- Liz McNett Crowl, Outreach and Development, Skagit Regional Health

Criminal Justice (Judge, Attorney, Sheriff, Probation, Jail)

- Charlie Wend, Chief of Corrections, Skagit County Jail

#### Tribal Representation

- John Miller, Council Member, Samish Indian Nation

#### Health Plans

- Brian Burch, Regional Manager for Provider Relations, Group Health Cooperative

#### Information Services (Electronic Health Records, Internet, Web Specialist)

- Duncan West, Director of Business Development, Medical Information Network North Sound

#### Foundations (Philanthropy)

- Debra Lancaster, CEO, United Way

#### County Area Representatives

- Andrea Doll, community representative, West County
- Stephanie Morgareidge, East Skagit County Resource Center Coordinator, Community Action of Skagit County

#### Pharmacy

- Randy Elde, Pharmacist/Manager, Hilltop Pharmacy

#### Communications

- Kari Ranten, Director of Planning and Marketing, Skagit Regional Health

#### Emergency Medical Services

- Mark Raaka, Director, Emergency Medical Services

#### Public / Environmental Health

- Corinne Story, Environmental Public Health Manager, Skagit County Environmental Public Health

#### Public / Community Health

- Howard Leibrand, Medical Officer, Skagit County Public Health
- Jennifer Sass-Walton, Child & Family Health Manager

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#### **For more information about this report, please contact:**

David Jefferson, MSW

Community Health Analyst

Skagit County Public Health and Community Services

(360) 416-1545

[Davidj@co.skagit.wa.us](mailto:Davidj@co.skagit.wa.us)

# Description of the Survey and Analysis

## *Survey Purpose*

The Skagit County *Quality of Life Survey* was conducted as part of a broad community health assessment process for Skagit County, Washington.

The specific purpose of this survey was to capture perspectives on health challenges and perceived solutions from diverse individual members of the community. This information will complement other sources of information on community-wide population demographics and health status, as well as information from community leaders about opportunities for action to improve community health.

## *Survey Implementation*

The survey was modified from a proven Kitsap County survey, with additional ideas gleaned from Snohomish, Spokane and Benton-Franklin County surveys. It was further edited and modified by Skagit County Health Department staff in collaboration with a Population Health Trust Stakeholder group. The final instrument had 40 questions, including many with multiple response options or sub-parts. All but one response to this survey were quantitative.

This survey was available through a “SurveyMonkey” online survey program, and also as a printed paper survey. The printed version was translated into Spanish and distribution was led by Community Action in collaboration Sea Mar Community Health Centers.

The goal for recruitment was to obtain at least 750 surveys. To meet this goal, promotional activities included:

- A week long announcement was placed in the Skagit Valley Herald
- Posters and promotional office tents were sent to community organizations and libraries weeks prior to announcing the upcoming release
- All Population Health Trust members sent email announcements to their constituents several weeks prior to the survey
- The survey was posted on the County website and social media, and
- Several organizations re-posted on their websites

Promotional activities reached an estimated:

- More than 6,000 people by email
- More than 2,000 people through social media (Facebook, Twitter)
- More than 650 through meetings or in public settings
- More than 460 people through face-to-face distribution of paper copies (especially among disadvantaged populations)

The survey was promoted and data collected between June 21 and July 10, 2015. A total of 1,513 people participated.

## Methods for Analysis

The prevalence of different response options was reported throughout the report as percentages. These were done overall and by subgroups. A minimum of 50 respondents was required to report any results, to improve stability of estimates. When subgroups had fewer than 50 respondents, percentages were not reported and are noted with an “\*” throughout the report.

Chi-square tests were used to determine whether subgroups were significantly different from one another. Results were considered statistically significant if they reached the 95% confidence level ( $p\text{-value} < .05$ ). Data are interpreted in tables with the following symbols:

- indicates there are statistically significant differences that are “more positive” versus comparison groups (when measures have a desirable direction)
- ◐ indicates not significantly different from comparison groups (sometimes when groups are small, measured differences may be large but this symbol indicates they are not statistically significant in difference from the comparison group).
- indicates statistically significant differences that are “more negative” versus comparison groups (when measures have a desirable direction)

Groups were compared using a generally dichotomous approach as follows:

- Females and males were compared to each other
- Young adults (ages 18-29) were compared to other age groups overall (people 30 and older)
- Elders (ages 60+) were compared to other age groups overall (people under 60)
- The “Working Well” and “Struggling Families” defined groups were each compared with all other respondents (those not falling into the group, see first section of report for group definitions)
- Each race/ethnic group was compared to the remaining people in the group (e.g., Tribal community members were compared to all non-Tribal community members, Latinos were compared to non-Latinos, and whites were compared to non-whites)
- Skagit County Commissioner Districts were compared to each other (1 vs. 2, 1 vs. 3, and 2 vs. 3). Because this is a three-way comparison there are some footnotes for tables that describe which specifically were significant differences.

## Limitations

The results presented in this report are intended to contribute to a process of understanding the health and factors affecting health of people in Skagit County. The results should be considered as valuable contributions from a large set of people, but they may not apply to the entire community population or subgroups.

Every effort was made to support participation by large numbers of diverse community members, so that a variety of perspectives were included that would otherwise be absent (because it is not feasible for all community members to participate in the community assessment process). Because data were gathered using a convenience sample approach, rather than as the result of formal statistical sampling and study procedures, they are not generalizable to the entire community. Information from other sources such as the Census, Vital Statistics and public health surveillance system should be considered more reliable for describing overall characteristics of the Skagit County community.

More detail about the characteristics of survey participants is included as an Appendix in this report. This information is intended to help readers consider how results might be affected by participation patterns. Notably, participation was disproportionately higher among women and employed/well-educated community members (the “Working Well”). Readers should consider these influences when reviewing and interpreting results.

# The People

## Who participated in the survey?

- A total of 1,513 people participated in the survey
- As is typical for health assessments, more women than men participated (72% women, 26% men)
- Age groups were well-represented
  - 18% were adults under 29
  - 23% were 30-39
  - 17% were 40-49
  - 22% were 50-59
  - 20% were 60 or better
- Most had lived in the Skagit County area for a long time
  - 70% for 10 years or more
  - 5% for less than a year
- One-third had school-aged children in the home (34%)
- Most had at least some college education (75%) and most are employed (75%)
- Most were white non-Hispanic (76%)
- Many were classified as “living in poverty”<sup>1</sup> (37%)
- Most took the survey online (72%) but many took a paper version of the survey (28%)

## How do we use this information in terms of community planning?

We used this information to create some demographic “profiles” of key community groups. These profiles represent combinations of characteristics that may influence awareness, access or perceptions of different health-related factors.

**Readers should recall the dichotomous nature of these comparisons in the report: sometimes an estimate may be marked with the symbol for “more positive” or “more negative” despite not looking very different from that overall average.** This is because the symbols indicate difference from the comparison group.

- **Working Well** - 43% (523) are employed, have some college education, have medical insurance and an income of \$50,000 or more per year
- **Struggling Families** – 11% (143) have school-aged children in the home, are below the poverty threshold,<sup>1</sup> and said they were unable to access essentials at least sometime during the past year (food, clothes, housing or medication)
- **Young Adults** – 18% (233) are under 30
- **Elders** – 20% (253) are ages 60 or better
- **Tribal community members** – 4% (52) identified as American Indian or Alaska Native, alone or in combination with another race
- **Latinos** – 6% (69) said they were Hispanic, but not Indigenous Mexican
- **Indigenous Mexicans** – 10% (119) said they were Indigenous Mexicans, not Hispanics – from Mexico and may speak an indigenous language instead of Spanish
- **Skagit County Commissioner Districts 1,2,3** – 21% said they were from District 1 (Anacortes, Fidalgo Island, La Conner, Bayview, Bow, Edison, and north to the Whatcom County line), 45% from District 2 (Mount Vernon, Conway, and south to the Snohomish County line), and 34% from District 3 (Burlington, Sedro-Woolley, and all of eastern Skagit County).

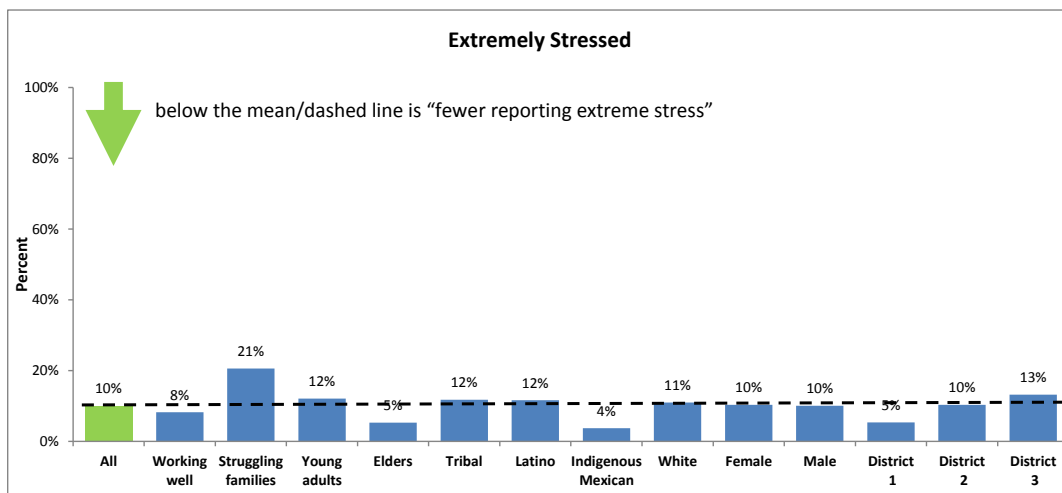
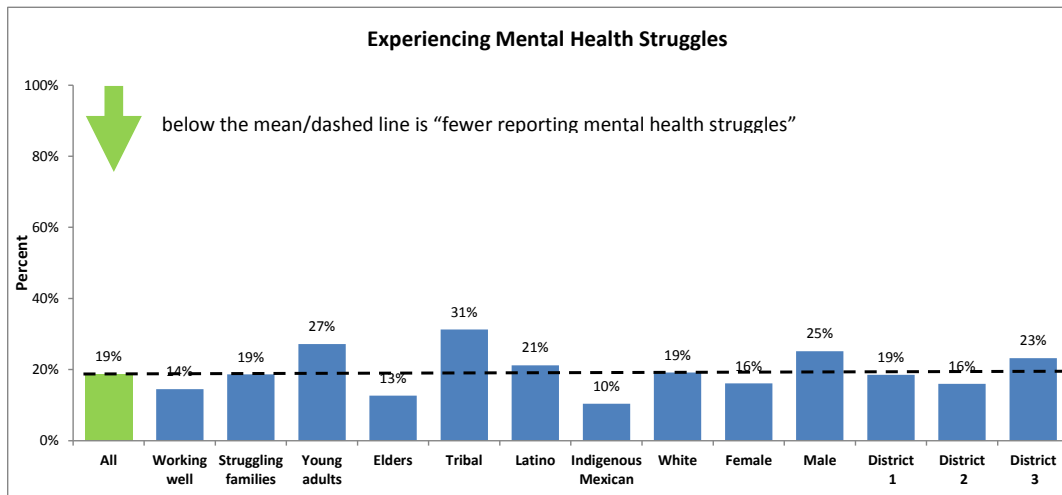
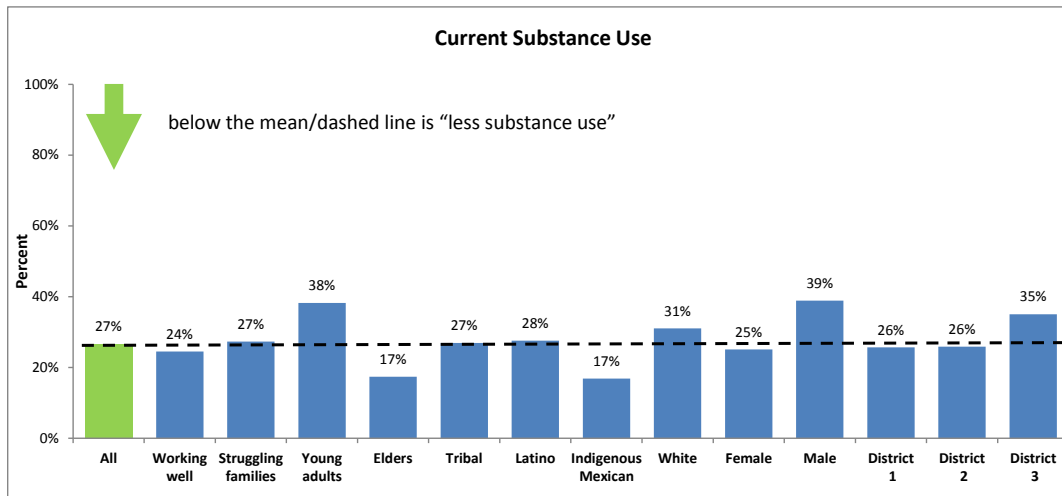
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<sup>1</sup> Annual household income and number of household members were applied to federal poverty level guidelines. We classified “poverty” as 150% of the federal guidelines. As an example, this means that a family of 4 people has an annual household income of \$36,375 or less.

Detailed descriptions and numbers of people within these groups are included in the Appendix.

## What do we know about their General Health?

Our community groups reported different experiences with common life challenges that can affect health: Current substance use, Current mental health struggles, and Extreme stress. Notably, although some groups may say they have fewer challenges (such as the Working Well), they represent a large portion of the total population and consequently are important to consider in community planning.





# Income and Poverty

## Income

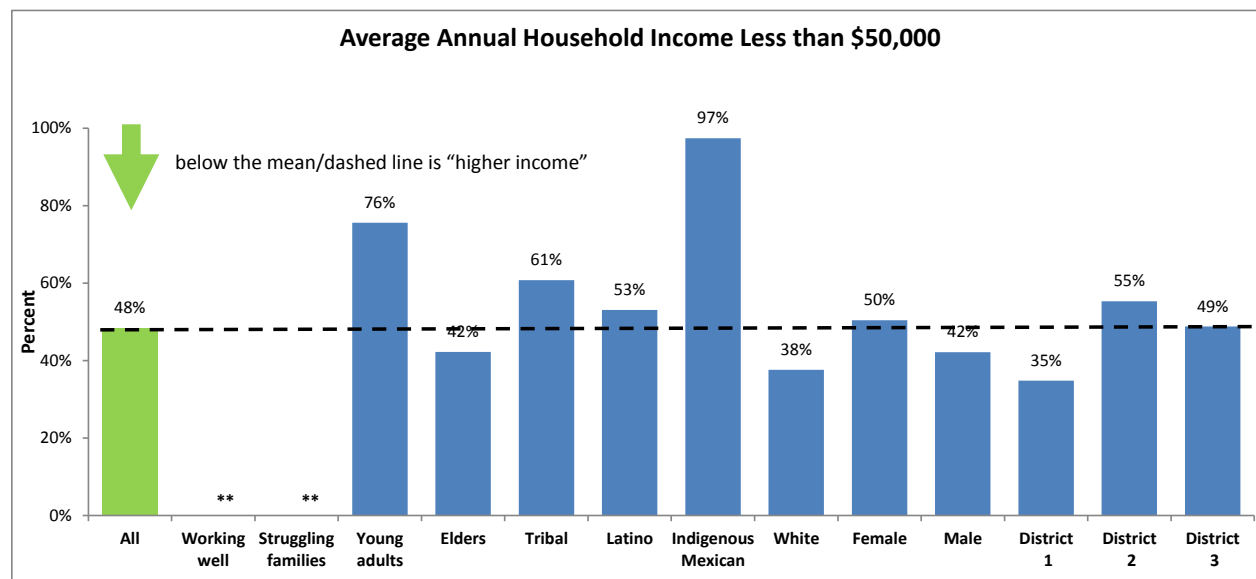
The following average annual household income levels were reported by survey respondents:

- 26% at less than \$25,000
- 23% between \$25,000 and \$50,000
- 18% between \$50,000 and \$75,000
- 17% between \$75,000 and \$100,000
- 17% at more than \$100,000

Our community groups reported differences in average annual incomes.

	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3
Annual household income less than \$50,000	48%	**	**	◐	○	●	◐	●	○	●	○	○	●	◐

\*\* The definition of “Working well” and “Struggling families” includes income, so results are not presented for these groups.



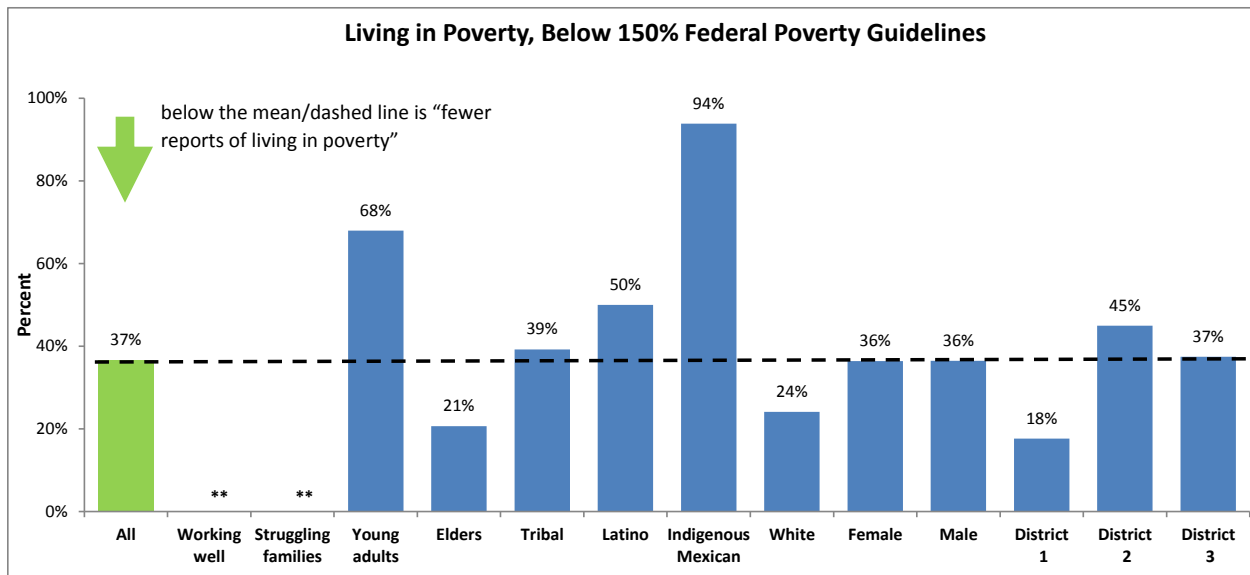
## Poverty

Federal Poverty Guidelines are issued annually by the U.S. Department of Health & Human Services, calculated based on income and the number of people in a household (see the footnote on page 6 for more information.) About 37% of survey respondents reported that they are “living in poverty,” that is below the 150% Federal Poverty Guidelines.

Our community groups\*\* reported different levels of living in poverty.

	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3
Living at 150% of federal poverty level or below	37%	**	**	●	○	◐	●	●	○	◐	◐	○	●	●

\*\* The definition of “Working well” and “Struggling families” includes income, so results are not presented for these groups.



## Not Enough Money for Essentials

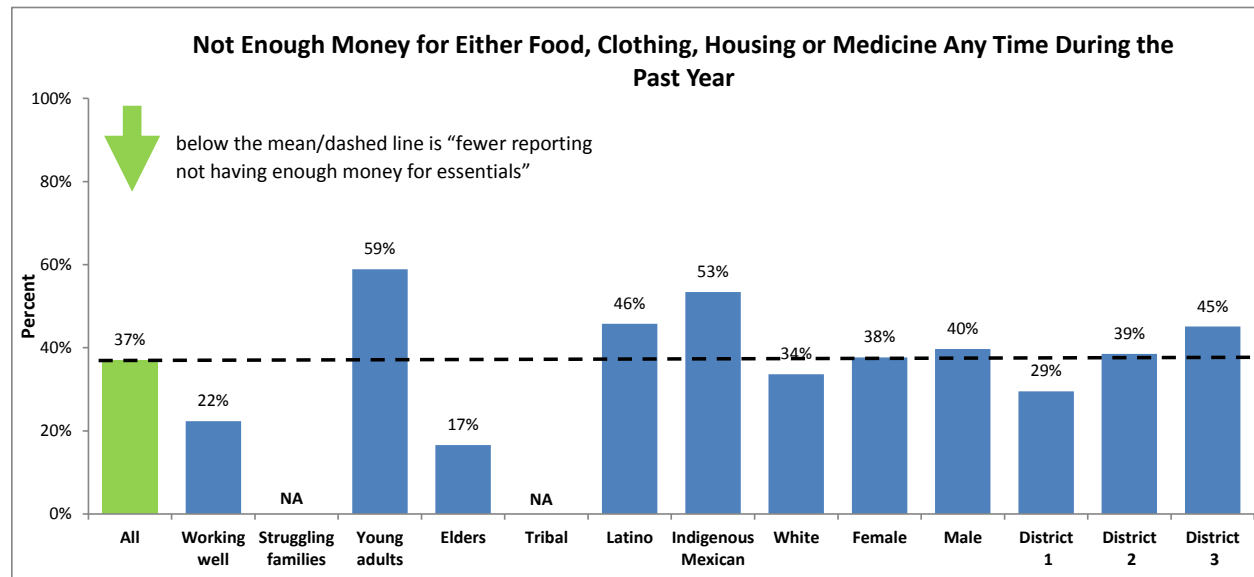
Respondents reported if they did not have enough money to pay for essentials such as food, clothing, housing and medicine at any time in the past year.

Our community groups reported different levels of not having enough money to pay for any essentials at any time during the past year.

	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3
○ = less of a concern vs. comparison group														
◐ = similar														
● = more of a concern vs. comparison group														
Not enough money for food	32%	○	**	●	○	*	◐	●	○	◐	◐	○	●	●
Not enough money for clothing	30%	○	**	●	○	*	◐	◐	○	◐	◐	○	○	●
Not enough money for housing	29%	○	**	●	○	*	◐	●	○	◐	◐	○	○	●
Not enough money for medicine	31%	○	**	●	○	*	◐	●	○	◐	◐	○	◐	●
Not enough money for any of essentials – food, clothing, housing or medicine	37%	○	**	●	○	*	◐	●	○	◐	◐	○	●	●

\*\* The definition of “Struggling families” includes not enough for essentials, so results are not presented for these groups.

\*NA – results were suppressed due to small numbers, there were fewer than 50 participants in the group.



## Income & Poverty - Top Challenges & Desired Changes to Improve Wellness

When asked to identify the top three changes they would make to improve health and well-being in Skagit County:

- About 8% of respondents selected “less poverty.”
- Some of our community groups (Struggling families, Indigenous Mexicans, Females, Males, and District 3) selected “less poverty” as one of the three changes they would make.

The survey included a question about the top five biggest personal/family day-to-day challenges:

- About 42% of respondents selected “income” and 12% selected “meeting basic needs” in their top five challenges.
- All of our community groups selected “income” as one of their three most common challenges.

The survey also included a question about the biggest challenges for seniors:

- Among Elders (those 60 years and older), about 59% selected “living on a fixed income”
- About 38% selected “cost of needed assistance/care” as one of their biggest challenges.

To see how these challenges and changes rank among other topics, see page 26.

# Employment

## Employment Status

The following categories of employment were reported by survey respondents:

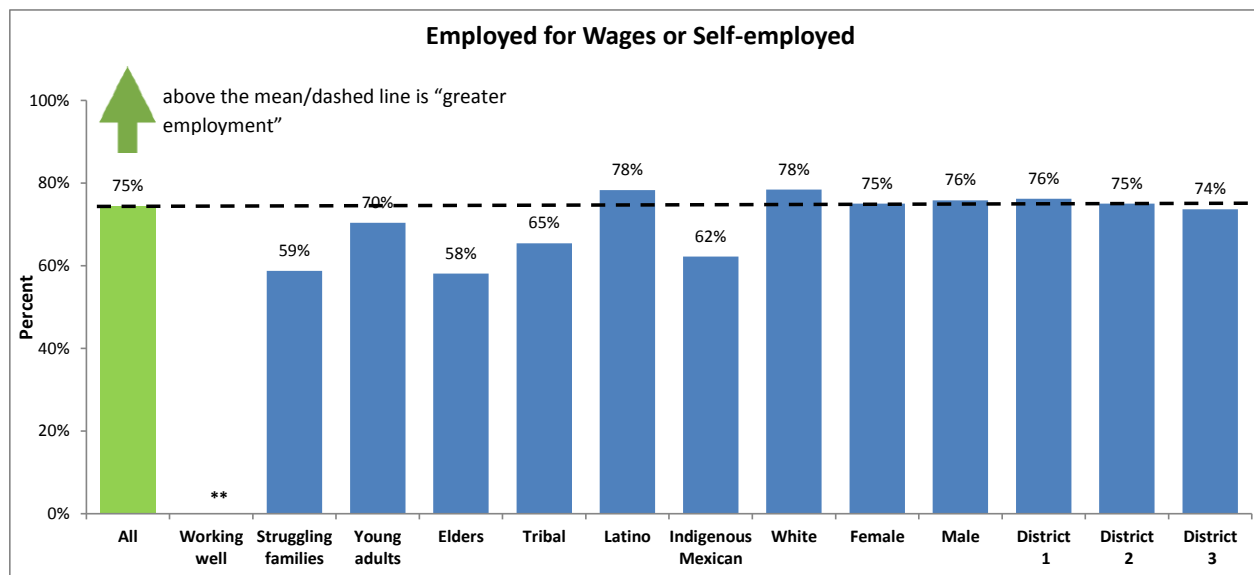
- 69% were employed for wages
- 9% were self-employed
- 3% were out of work for 1 year or more
- 2% were out of work for less than a year
- 4% were homemakers
- 2% were students
- 8% were retired
- 6% were unable to work

Our community groups\*\* reported different levels of employment, which includes employed for wages and self-employed.

	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3
Employed (for wages or self-employed)	75%	**	●	●	●	○	○	●	○	○	○	○	○	○

○ = more employed vs. comparison group  
 ○ = similar  
 ● = fewer employed vs. comparison group

\*\* The definition of "Working well" includes employment, so results are not presented for this group.



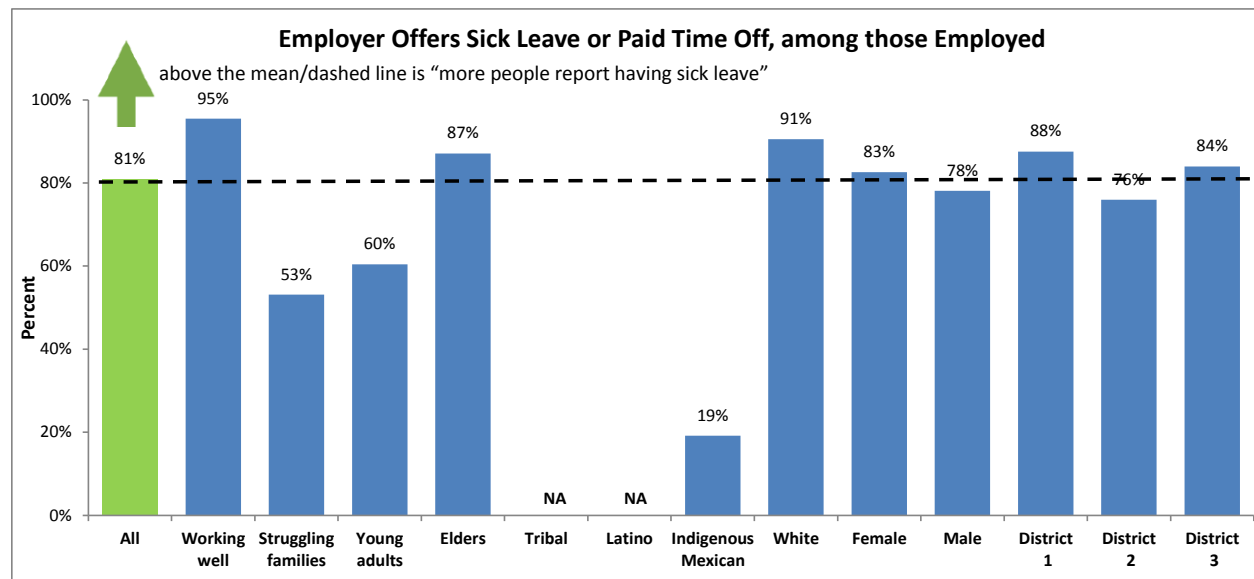
## Employer Support: Paid Sick Leave, Ability to Stay Home When Sick

Among those employed for wages, 81% of respondents get sick leave or paid time off.

Some of our community groups reported different levels of having sick leave or paid time off.

	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3
Have paid sick leave or time off	81%	○	●	●	◐	*	*	●	○	◐	◐	○	●	○

\*NA – results were suppressed due to small numbers, there were fewer than 50 participants in the group as question was only asked among those who were employed for wages (total n=912).



Among those who can’t stay home when they need to, the most common reasons reported were that there is “no one to cover their position if they are gone” (27%); they “can’t afford to stay home” (25%); and they “believe in going to work unless I am told by my doctor or employer to stay home” (23%).

## Employment - Top Challenges & Desired Changes to Improve Wellness

When asked to identify the top three changes they would make to improve health and well-being in Skagit County:

- About 23% of respondents selected “more/better jobs”
- Most of our community groups (Working well, Struggling families, Young adults, Elders, Tribal members, Females, Males, and Districts 1, 2 and 3) selected “more/better jobs” as one of the three most common changes they would make.

The survey included a question about the top five biggest personal/family day-to-day challenges.

- About 22% of respondents selected “employment” as one of their top five challenges.
- Some of our community groups (Struggling families, Young adults and Indigenous Mexicans) selected “employment” as one of their three most common challenges.

To see how these challenges and changes rank among other topics, see page 26.

# Education

## Education Status

The following categories of education were reported by survey respondents:

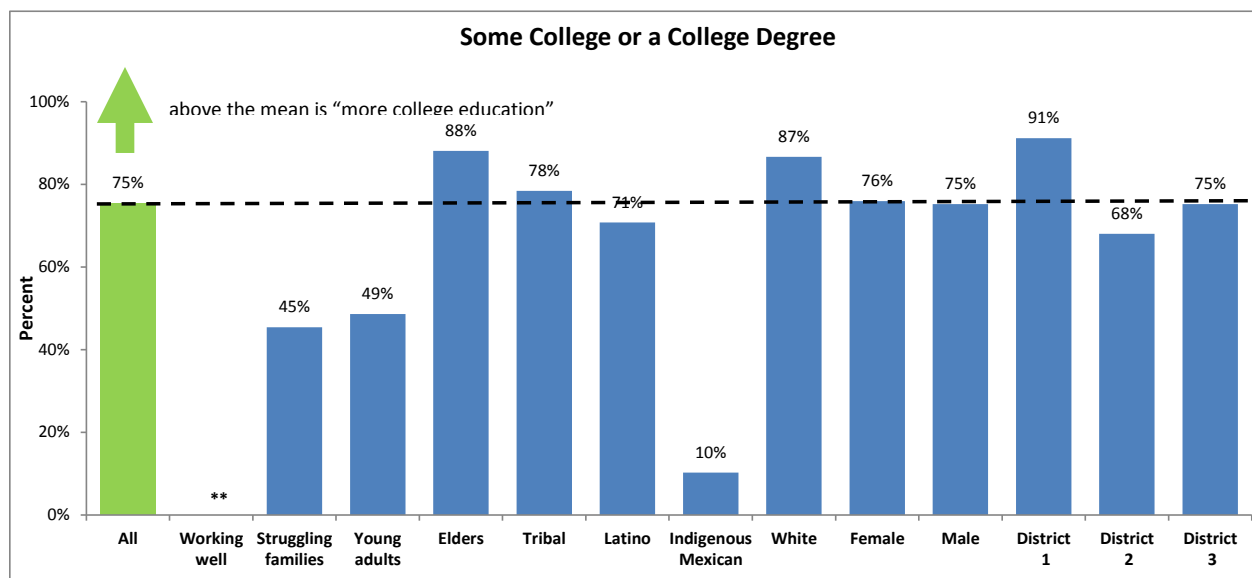
- 46% had some education
- 29% graduated from high school or had a GED
- 13% had some college
- 12% had a college degree

Some of our community groups\*\* reported different levels of education.

	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3	
○ = more education vs. comparison group															
◐ = similar															
● = less education vs. comparison group															
Have any college education	75%	**	●	●	○	◐	◐	●	○	◐	◐	○	●	◐+	

\*\* The definition of "Working well" includes education, so results are not presented for this group.

† District 3 was more likely to have any college compared to District 2, but less likely to have any college compared to District 1.



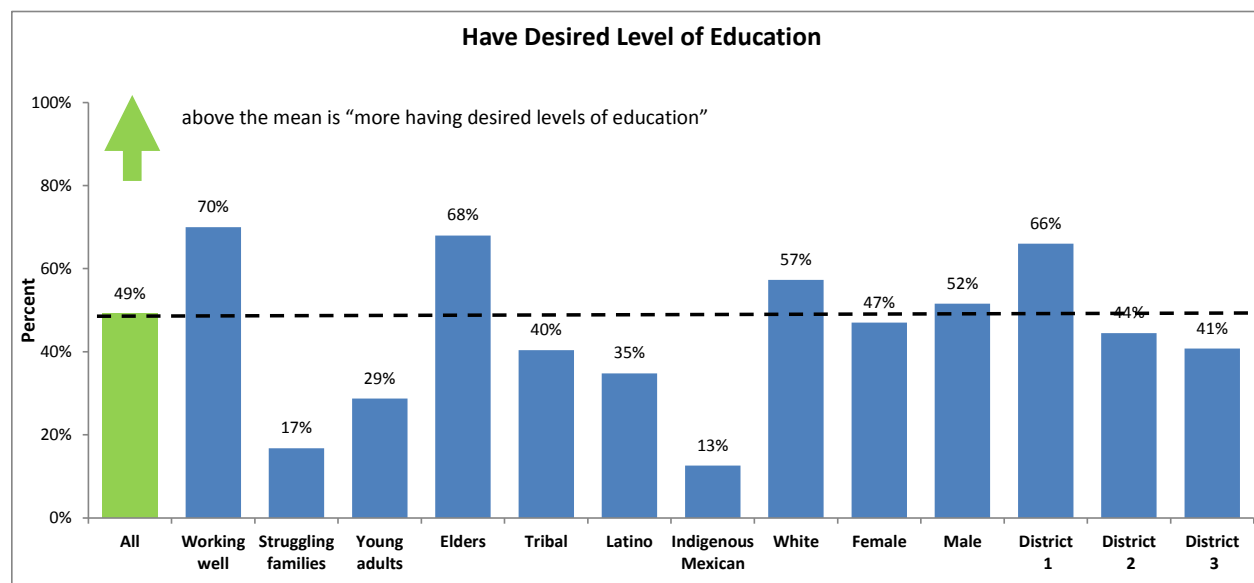


## Desired Education Level

In addition to education status, the survey asked a question about barriers respondents encountered in achieving their desired level of education. About 49% of respondents reported that they had the education level they want.

Some of our community groups reported different levels of having the education they desired.

	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3
○ = more have desired level of education vs. comparison group														
◐ = similar														
● = fewer have desired level of education vs. comparison group														
Have desired level of education	49%	○	●	●	○	◐	●	●	○	◐	◐	○	●	●



The main reason for not having the education they desired was that it was “too expensive” (52%). Other reasons for not having their desired education were “no time” (25%); “too old” (16%); “don’t know what to study” (10%), and what they want to study “isn’t available locally” (9%).

## Education - Top Challenges & Desired Changes to Improve Wellness

When asked to identify the top three changes they would make to improve health and well-being in Skagit County:

- About 12% of respondents selected “higher level of education among all residents” and 10% selected “more kids graduating from high school.”

The survey included a question about the top five biggest personal/family day-to-day challenges.

- About 13% of respondents selected “education.”

The survey included a question about the biggest challenges for parent/caregivers of young children (ages 0 to 5).

- Among those with school age children, about 49% selected “cost of childcare.”
- About 19% selected “lack of free, full-day kindergarten” in their biggest challenges.

The survey also included a question about the biggest challenges for high school age children.

- Among those with school age children, about 20% selected “staying in school.”
- About 17% selected “lack of quality education” among their biggest challenges.

To see how these challenges and changes rank among other topics, see page 26.

# Housing

The survey did not ask a question specifically about housing status, but “more affordable housing” was identified as a needed change to improve health and well-being in Skagit County.

- About 28% of respondents selected “more affordable housing” as one the top three changes they would make.
- Almost all of our community groups (Struggling families, Young adults, Elders, Tribal members, Indigenous Mexicans, Whites, Females, Males, and Districts 1, 2 and 3) selected “more affordable housing” as one of the three most common changes they would make.

The survey included a question about the top five biggest personal/family day-to-day challenges.

- About 16% of respondents selected “housing” as one of their top five challenges.
- Among our community groups, Indigenous Mexicans selected “housing” as their biggest challenge (43%).

The survey also included a question about the biggest challenges for seniors.

- Among Elders (those 60 years and older), about 27% selected “housing.”
- About 42% selected “support to age in place (live independently)” in their biggest challenges.

To see how these challenges and changes rank among other topics, see page 26.

A question was also asked about not having enough money for essentials like housing. See results presented on page 10.

# Safety and Violence

The survey did not ask a question specifically about housing status, but “safe communities/less violence” was identified as a needed change to improve health and well-being in Skagit County.

- About 14% of respondents selected “safe communities/less violence” as one the top three changes they would make.

The survey included a question about the top five biggest personal/family day-to-day challenges.

- About 8% of respondents selected “safety” as a top personal challenge.

The survey included a question about the biggest challenges for high school age children.

- Among respondents with school age children, about 49% selected “bullying” in their biggest challenges.

The survey also included a question about the biggest challenges for seniors.

- Among Elders (those 60 years and older), about 17% selected “safety outside the home” in their biggest challenges.

Respondents were asked about how satisfied they were with their neighborhood.

- About 39% were satisfied with “feeling safe using local park or green space alone during the day.”
- About 21% were satisfied with the “ability to walk alone at night.”

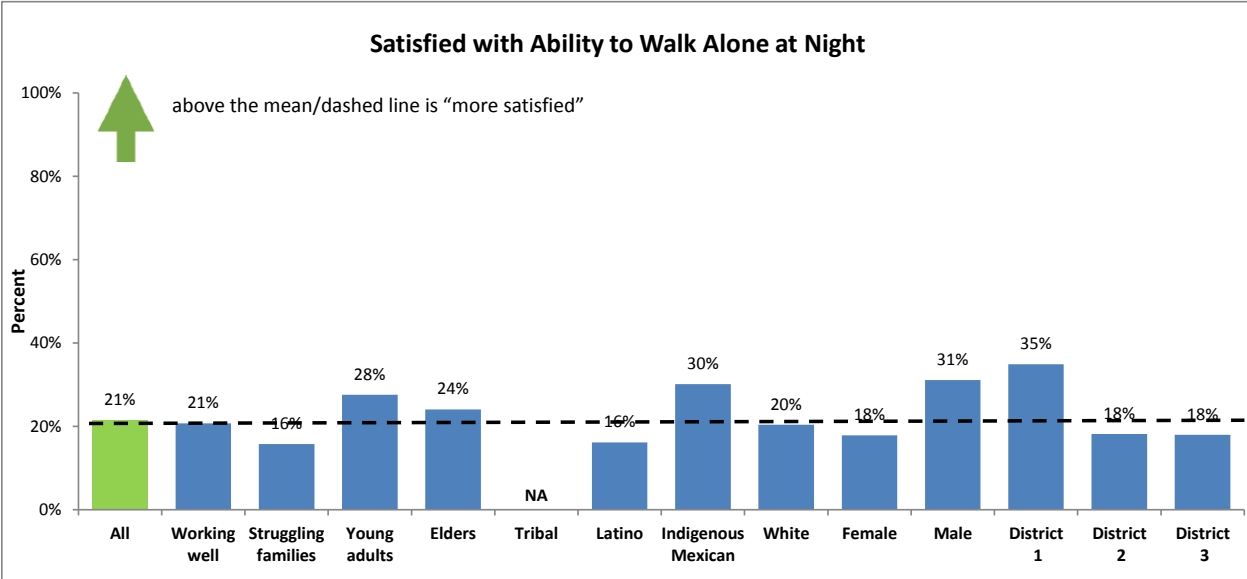
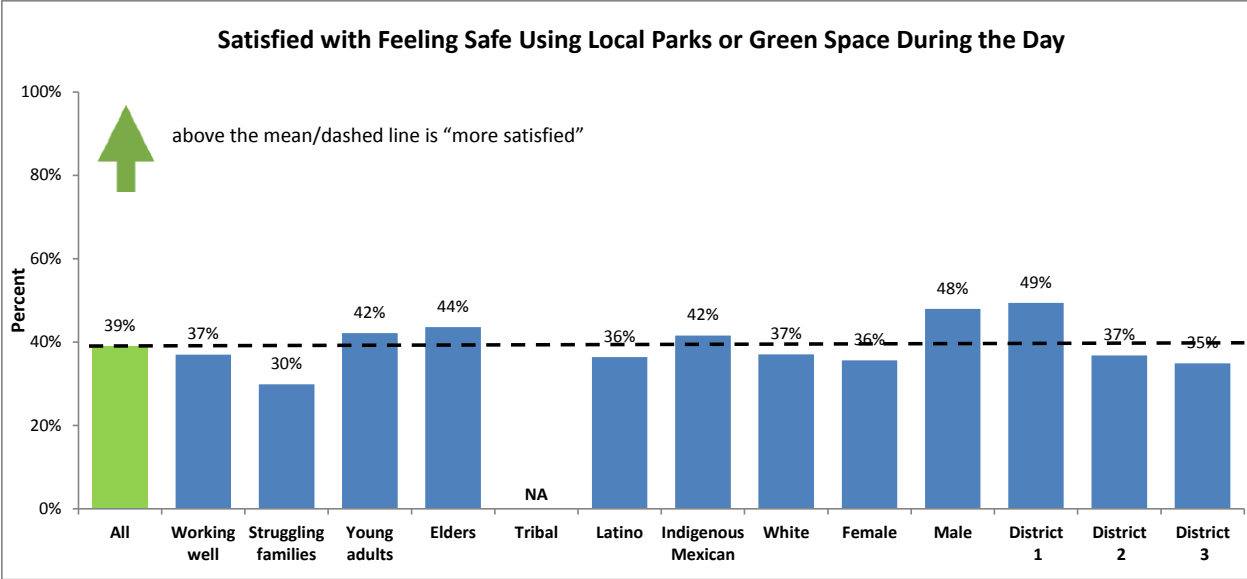
## Satisfaction with Neighborhood Safety

Respondents that they were “satisfied” with specific aspects of their neighborhood safety.

Some community groups reported different levels of satisfaction with their neighborhood.

	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3
○ = more satisfied vs. comparison group ◐ = similar ● = less satisfied vs. comparison group														
Feeling safe using local park or green space alone during the day	39%	◐	●	◐	◐	*	◐	◐	◐	●	○	○	●	●
Ability to walk alone at night	21%	◐	◐	○	◐	*	●	◐	◐	●	○	○	●	●

\*NA – results were suppressed due to small numbers, there were fewer than 50 participants.



To see how these safety-related challenges and changes rank among other topics, see page 26.

# Emergency Preparedness

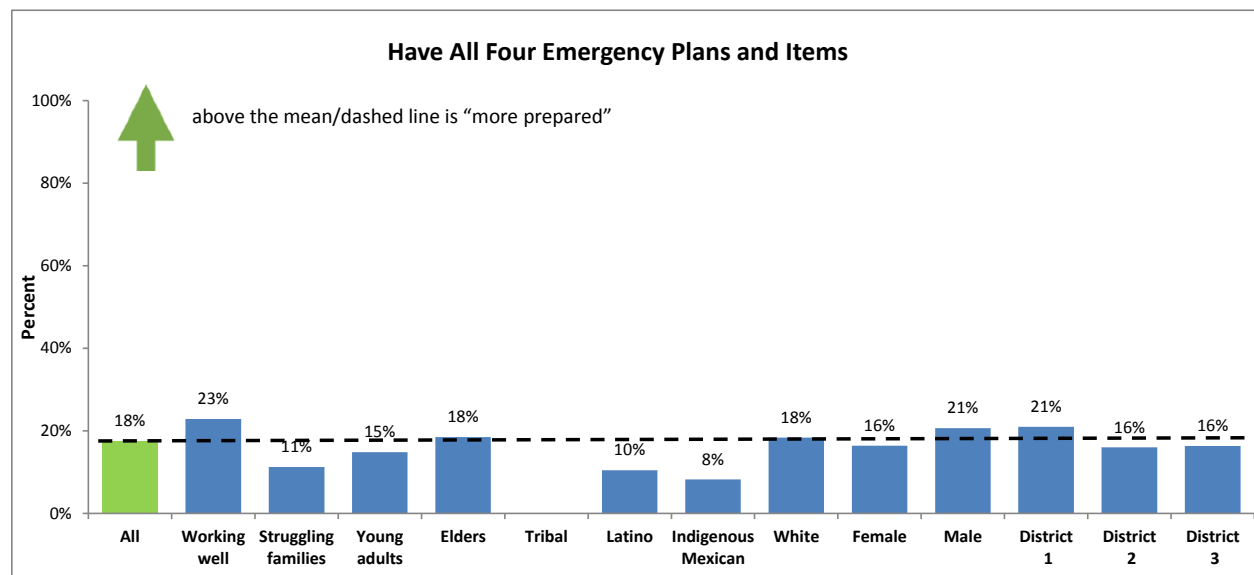
## Emergency Planning and Supplies

Respondents were asked if they had the following plans/items in case of an emergency.

Some of our community groups reported different levels of emergency planning.

	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3
A family meeting place	39%	○	◐	◐	◐	*	●	◐	◐	●	○	◐	◐	◐
A home emergency kit	43%	○	●	◐	◐	◐	●	●	○	●	○	○	●	●
A plan to communicate during emergency	37%	◐	◐	◐	◐	○	◐	◐	○	●	○	◐	◐	◐
A radio (battery, crank or solar)	48%	○	●	●	○	◐	●	●	○	◐	◐	○	●	●
Have all 4 emergency plans/items	18%	○	◐	◐	◐	*	◐	●	◐	◐	◐	◐	◐	◐

\*NA – results were suppressed due to small numbers, there were fewer than 50 participants.



## Emergency Information

Respondents were asked where they most likely turn for information (other than the TV) if their community experienced an emergency:

- 51% said internet
- 24% said radio (battery, crank or solar)
- 10% said community center, faith center or gathering place
- 7% said call center phone number
- 4% said “other” including family or word of mouth
- 4% said they did not know
- 1% selected multiple sources

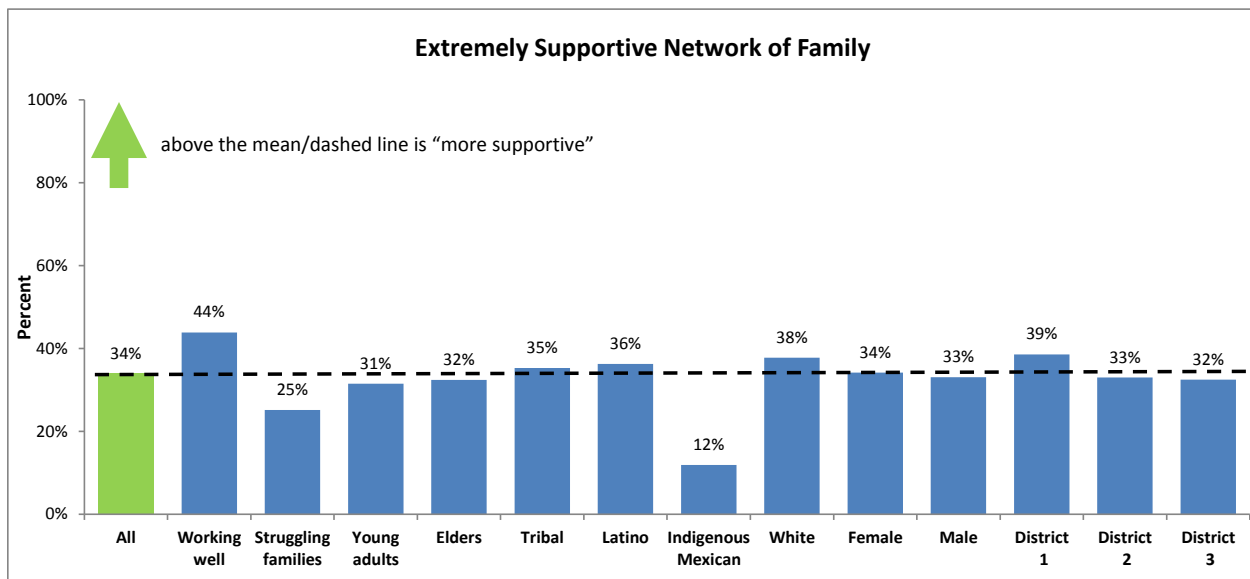
# Social Support

## Supportive Network of Friends, Family and Community Members

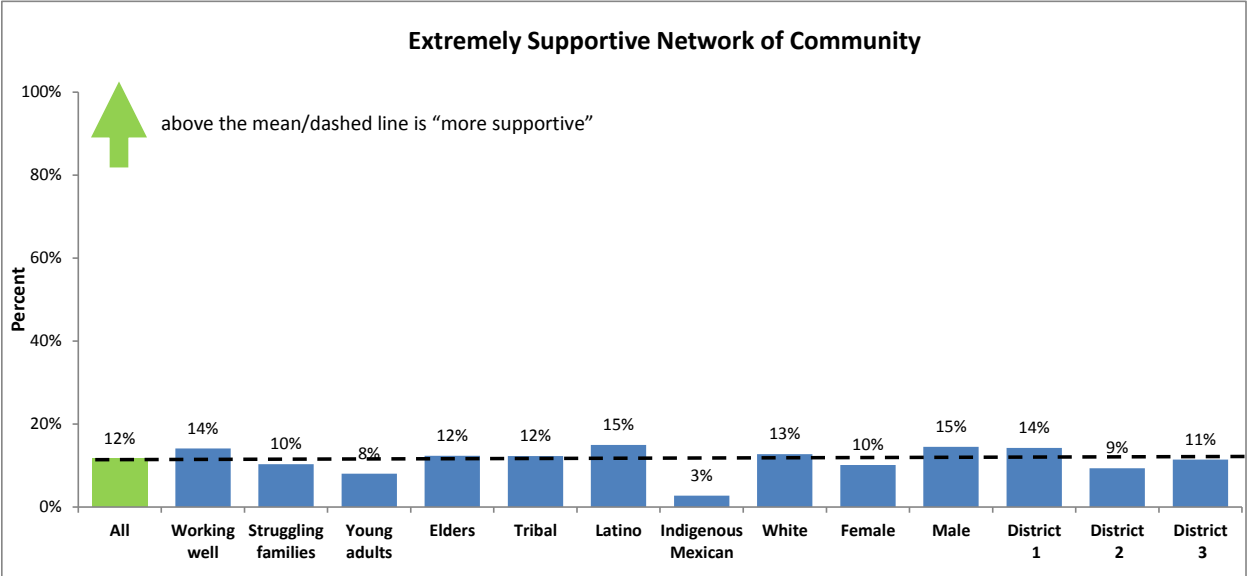
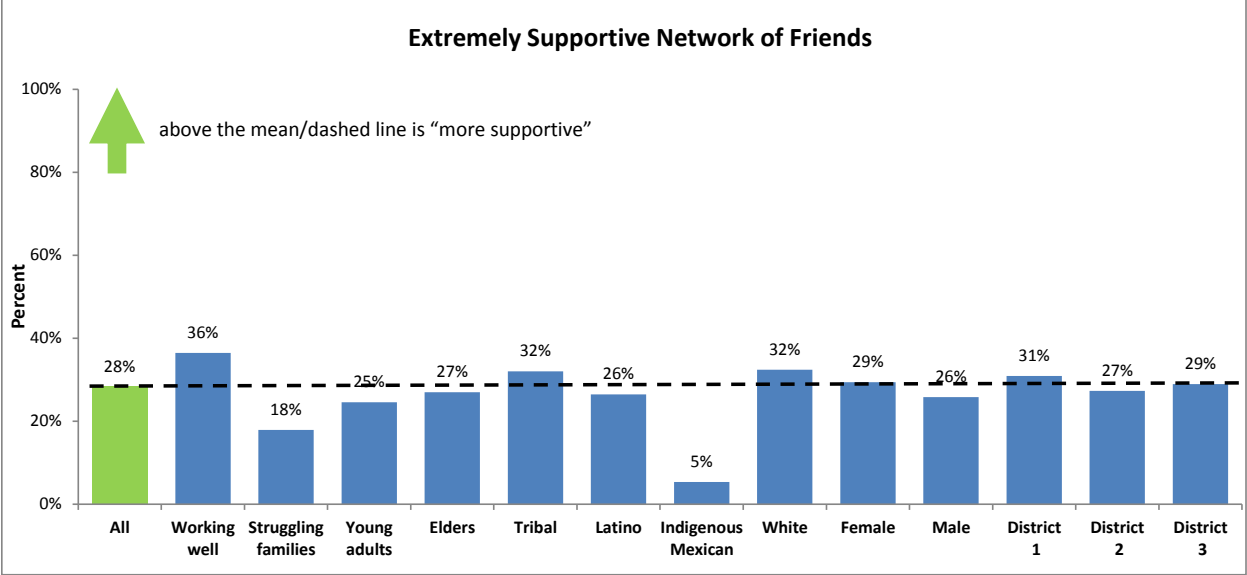
Respondents were asked how supported they felt by their family, their friends and the community.

Some of our community groups reported different levels of supportive networks.

	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3
○ = more support vs. comparison group														
◐ = similar														
● = less support vs. comparison group														
Family extremely supportive	34%	○	●	◐	◐	◐	●	◐	○	◐	◐	◐	◐	◐
Friends extremely supportive	28%	○	●	◐	◐	◐	●	◐	○	◐	◐	◐	◐	◐
Community extremely supportive	12%	○	◐	◐	◐	◐	●	◐	◐	●	○	○	●	◐







## Shared Feeling of Community Pride

About 28% of respondents reported community members have a shared feeling of pride and responsibility for what happens in their community.

- The demographic groups most likely to report community pride/responsibility were Elders (42%), the Working well (35%) and Males (29%).
- Those least likely to report community pride/responsibility were Indigenous Mexicans, (8%), Young adults (10%) and Struggling families (12%).

## Social Support - Top Challenges & Desired Changes to Improve Wellness

When asked to identify the top three changes they would make to improve health and well-being in Skagit County:

- About 10% of respondents selected “stronger sense of community” as an improvement.

The survey included a question about the top five biggest personal/family day-to-day challenges.

- About 10% of respondents selected “social support” as a top personal challenge.

The survey also included a question about the biggest challenges for caregivers/parents of young children (those ages 0 to 5).

- Among those with school age children, about 15% selected “lack of community support” in their biggest challenges.

The survey also included a question about the biggest challenges for seniors.

- Among Elders (those 60 years and older), about 49% selected “social isolation/being lonely” in their biggest challenges.

To see how these challenges and changes rank among other topics, see page 26.

# Appendix A: Overall Ranking of Top Desired Changes and Challenges

Respondents were asked to select the top three things they would change to improve health and well-being in Skagit County and were asked four questions about the top challenges that specific groups face. Desired changes and challenges are presented in most sections of this report, but are also presented here to show each issue ranks among the other changes and challenges.

Among our community groups, a check is used designate the most common changes or challenges that were selected by that group.

## Top 3 Changes to Improve Health and Well-being in Skagit County

Topic	✓ = selected as group's 3 most common changes														Included in the Following Report Sections
	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3	
More affordable housing	28%		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	Social & Economic, Physical Environment
More/better jobs	23%	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	Social & Economic
Better access to affordable health care	20%		✓		✓			✓			✓		✓		Health Care Access & Quality
Less poverty	18%							✓		✓				✓	Social & Economic
More parks and/or bike paths	17%	✓							✓						Physical Environment, Health Behaviors
Better access to affordable mental health care	16%	✓										✓			Health Care Access & Quality, Health Behaviors
More opportunities for physical activity	16%						✓								Physical Environment, Health Behaviors
More healthy food	15%			✓			✓								Physical Environment, Health Behaviors

Topic	✓ = selected as group's 3 most common changes													Included in the Following Report Sections	
	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2		District 3
Safe communities/less violence	14%					✓									Social & Economic, Physical Environment, Health Behaviors
Better access to affordable dental care	14%														Health Care Access & Quality
Higher level of education among all residents	12%														Social & Economic
Better access to affordable child care	10%														
Stronger sense of community	10%														Social & Economic
More kids graduating from high school	10%						✓								Social & Economic
More public transportation options	9%														
More help with stress and/or emotional trauma	8%														Health Care Access & Quality, Health Behaviors
Better access to affordable substance abuse treatment	7%														Health Care Access & Quality, Health Behaviors
Parenting help for parents of young children	7%														
Less discrimination	7%														
Fewer unplanned pregnancies	7%														
Healthier environment (air, water)	6%														Physical Environment
Child/elder abuse or neglect	4%														
Less alcohol and/or substance use	0%														Health Care Access & Quality, Health Behaviors

## 5 Biggest Personal Day-to-Day Challenges

Topic	✓ = selected as group's 5 most common challenges															Included in the Following Report Sections
	All	Working well	Struggling families	Young adults	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3		
Stress	49%	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	Health Care Access & Quality	
Time	44%	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		
Income	42%	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	Social & Economic	
Physical activity	36%	✓			✓	✓	✓			✓	✓	✓	✓	✓	Physical Environment, Health Behaviors	
Healthy food	22%	✓					✓				✓				Physical Environment, Health Behaviors	
Employment	22%		✓	✓		✓		✓		✓			✓		Social & Economic	
Health problems	20%				✓							✓		✓	Health Care Access & Quality	
Housing	16%		✓	✓				✓							Social & Economic, Physical Environment	
Child care	14%		✓					✓								
Education	13%														Social & Economic	
Meeting basic needs	12%														Social & Economic	
Health care access	10%							✓							Health Care Access & Quality	
Social support	10%														Social & Economic	
Mental health	10%														Health Care Access & Quality, Health Behaviors	
Elder care	9%															
Transportation	9%															
Safety	8%														Social & Economic, Physical Environment, Health Behaviors	
Single parenting	6%															
Pollution	6%														Physical Environment	
Legal problems	4%															
Alcohol or drug use	4%														Health Care Access & Quality, Health Behaviors	

## Biggest Challenges for Parents with Young Children

Topic	✓ = selected as group's 5 most common challenges			Included in the Following Report Sections
	All	With School Age Children	Without School Age Children	
Cost of child care	49%	✓	✓	Social & Economic
Single parenting	30%	✓	✓	
Quality child care	29%	✓	✓	
Child care options	27%	✓	✓	
Lack of awareness of available community resources	24%	✓	✓	
Lack of education/information about parenting	21%			
Lack of free, full-day kindergarten	19%			Social & Economic
Lack of information about child health/development	18%			
Lack of medical, mental health or dental providers for their children	17%			Health Care Access & Quality
Transportation	16%			Physical Environment
Lack of community support	15%			Social & Economic
Lack of opportunities to meet other parents	13%			
Lack of family activities	13%			
Lack of information about kindergarten preparation	10%			

## Biggest Challenges for High School Age Youth

Topic	✓ = selected as group's 5 most common challenges			Included in the Following Report Sections
	All	With School Age Children	Without School Age Children	
Bullying	46%	✓	✓	Social & Economic
Substance use	49%	✓	✓	Health Care Access & Quality, Health Behaviors
Abuse or misuse of technology (texting, internet, games, etc.)	40%	✓	✓	Health Behaviors
Unhealthy or unstable home life	40%	✓	✓	Health Care Access & Quality
Lack of involved, supportive, positive role models	33%		✓	
Maintaining emotional health	32%	✓		Health Care Access & Quality, Health Behaviors
Pressure to succeed	26%			Health Care Access & Quality, Health Behaviors
Maintaining physical health	25%			Physical Environment, Health Care Access & Quality, Health Behaviors
Lack of afterschool or extracurricular activities	24%			Physical Environment, Health Behaviors
Suicidal thoughts or attempts	20%			Health Care Access & Quality, Health Behaviors
Staying in school	20%			Social & Economic
Lack of quality education	17%			Social & Economic
Lack of transportation	10%			

## Biggest Challenges for Seniors

Topic	✓ = selected as group's 5 most common challenges			Included in the Following Report Sections
	All	Elders - 60 or Older	Under Age 60	
Living on a fixed income	49%	✓	✓	Social & Economic
Social isolation/being lonely	41%	✓	✓	Social & Economic, Health Care Access & Quality, Health Behaviors
Managing health problems	38%	✓	✓	Health Care Access & Quality
Cost of needed assistance/care	38%	✓	✓	Social & Economic
Support to age in place (live independently)	30%	✓	✓	Social & Economic, Physical Environment
Transportation	28%			
Getting good health care	25%			Health Care Access & Quality
Housing	22%			Social & Economic, Physical Environment
Quality senior care	21%			
Food	19%			Physical Environment, Health Behaviors
Lack of recreational or social activities	15%			Physical Environment, Health Behaviors
Safety outside the home	14%			Social & Economic, Physical Environment, Health Behaviors



# Appendix B: Participant Summary

Characteristics of the 1,513 total survey participants are summarized here. Readers might use this information to consider how the responses reported in the survey could be biased by the characteristics of the respondents. For example, more women than men took the survey (73% vs. 27%). This was true for all subgroups as well (e.g., 82% of participants in the “struggling families” group were women vs. 18% men), so the impact of having more female respondents should be somewhat consistent in all subgroups as well as overall.

Survey Respondents by Community Groups  % (number)	All	% (number) within each row group who belong to other groups													
		Working well	Struggling families	Young adults	Middle aged	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3
All	100% (1513)	43% (523)	11% (143)	18% (233)	62% (808)	20% (253)	4% (52)	6% (69)	10% (119)	79% (958)	73% (957)	27% (347)	21% (265)	45% (560)	34% (417)
<b>Income and Employment<sup>2</sup></b>															
Working well	43% (523)	-	-	7% (39)	74% (386)	19% (97)	3% (14)	5% (24)	0% (2)	91% (469)	70% (368)	30% (155)	25% (124)	41% (203)	33% (163)
Struggling families	11% (143)	-	-	24% (35)	74% (106)	1% (2)	6% (7)	11% (14)	24% (29)	56% (69)	82% (115)	18% (26)	7% (10)	48% (66)	45% (62)
<b>Age</b>															
Young adults (18-29)	18% (233)	18% (39)	15% (35)	-	-	-	4% (8)	9% (18)	25% (51)	63% (129)	77% (176)	23% (53)	12% (27)	54% (121)	34% (76)
Middle aged (30-59)	62% (808)	50% (386)	14% (106)	-	-	-	4% (31)	6% (47)	8% (58)	80% (608)	73% (585)	27% (221)	20% (149)	45% (346)	35% (268)
Elders (60+)	20% (253)	42% (97)	1% (2)	-	-	-	5% (12)	2% (4)	2% (6)	88% (214)	73% (185)	27% (68)	35% (85)	36% (87)	30% (72)
<b>Race/Ethnicity</b>															

<sup>2</sup> See “methods” section for definitions of these subgroups

Survey Respondents by Community Groups  % (number)	All	% (number) within each row group who belong to other groups														
		Working well	Struggling families	Young adults	Middle aged	Elders	Tribal	Latino	Indigenous Mexican	White	Female	Male	District 1	District 2	District 3	
Tribal	4% (52)	28% (14)	14% (7)	16% (8)	61% (31)	24% (12)	-	-	-	-	63% (32)	37% (19)	37% (18)	31% (15)	33% (16)	
Latino	6% (69)	38% (24)	21% (14)	26% (18)	68% (47)	6% (4)	-	-	-	-	75% (52)	25% (17)	12% (8)	64% (43)	24% (16)	
Indigenous Mexican	10% (119)	2% (2)	25% (29)	44% (51)	50% (58)	5% (6)	-	-	-	-	67% (78)	33% (39)	4% (5)	57% (67)	39% (46)	
White	79% (958)	51% (469)	7% (69)	14% (129)	64% (608)	23% (214)	-	-	-	-	75% (715)	25% (241)	25% (229)	40% (361)	35% (314)	
<b>Gender</b>																
Female	73% (957)	41% (368)	13% (115)	19% (176)	62% (585)	20% (185)	4% (32)	6% (52)	9% (78)	80% (715)	-	-	21% (190)	43% (397)	36% (328)	
Male	27% (347)	48% (155)	8% (26)	16% (53)	65% (221)	20% (68)	6% (19)	5% (17)	12% (39)	74% (241)	-	-	23% (75)	50% (160)	27% (87)	
<b>Commissioner District</b>																
District 1	21% (265)	49% (124)	4% (10)	10% (27)	57% (149)	33% (85)	7% (18)	3% (8)	2% (5)	88% (229)	72% (190)	28% (75)	-	-	-	
District 2	45% (560)	39% (203)	12% (66)	22% (121)	62% (346)	16% (87)	3% (15)	9% (43)	14% (67)	73% (361)	71% (397)	29% (160)	-	-	-	
District 3	34% (417)	42% (163)	15% (62)	18% (76)	64% (268)	17% (72)	4% (16)	4% (16)	11% (46)	78% (314)	79% (328)	21% (87)	-	-	-	
<b>Survey administration</b>																
Online	72% (1,090)	58% (512)	5% (47)	11% (104)	66% (598)	22% (203)	4% (36)	5% (44)	0% (3)	90% (811)	75% (685)	25% (230)	27% (237)	40% (342)	33% (283)	
Paper	28% (423)	3% (11)	25% (96)	33% (129)	54% (210)	13% (50)	5% (16)	8% (25)	36% (116)	46% (147)	70% (272)	30% (117)	7% (28)	57% (218)	35% (134)	