

2025 COMMUNITY HEALTH ASSESSMENT



THURSTON COUNTY
WASHINGTON
SINCE 1852

Public Health &
Social Services

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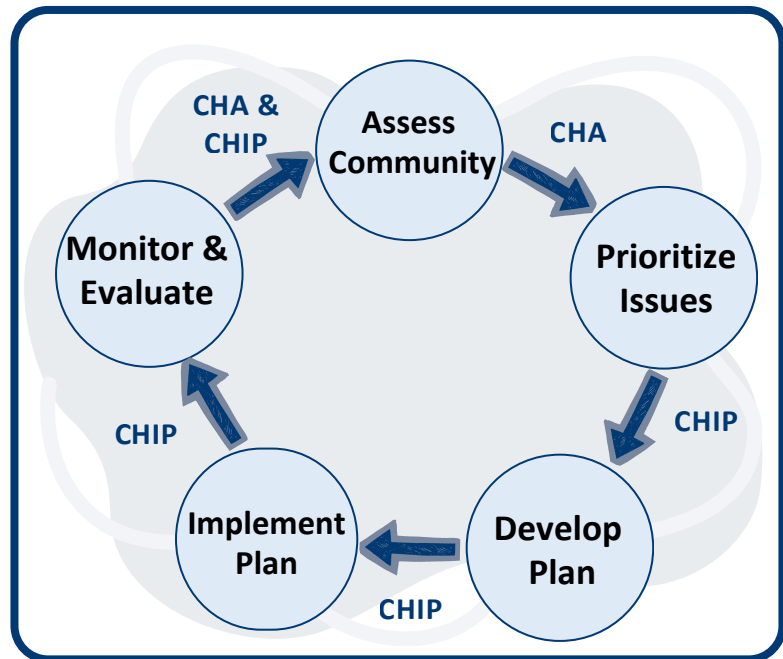
COMMUNITY HEALTH ASSESSMENT OVERVIEW

COMMUNITY INPUT,
PRIORITIES, CONCERNS,
& PERCEPTIONS

About the Community Health Assessment

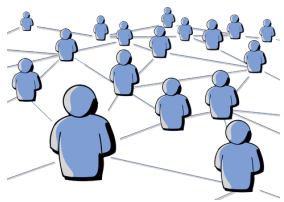
A **Community Health Assessment (CHA)** is a snapshot of our health in Thurston County. We combined community feedback with local data to understand what helps us stay healthy and what challenges we are facing. This assessment is the first step in creating a plan to improve health for everyone in our community.

The findings here highlight our biggest priorities and challenges.



This information will lead directly into our **Community Health Improvement Plan (CHIP)**, our roadmap for getting resources to those who need them most and working toward everyone having access to the care and support they need.

Shared Community Priorities



The 2025 Community Health Assessment (CHA) marks a new chapter for Thurston County Public Health & Social Services (TCPHSS). By doing a community-wide assessment, we wanted to make sure we truly understood health from the community's perspective.

Our work adds to the Community Health Needs Assessments already created by our local hospital systems. By working together, we found that we all share the same top concerns:

- Mental & Behavioral Health
- Access to Care
- Social Drivers of Health (like housing and food) that shape our health

Together, these reports give us a complete picture of community needs and provide a solid foundation for long-term planning and action. The Community Health Needs Assessments for Thurston County hospital systems can be accessed at www.thurstoncountywa.gov/health-data.

Community Input

From August through November 2025, we reached out to residents in Thurston County to hear their thoughts. We used a short, anonymous online assessment to make sure everyone had a chance to share their voice.

We asked residents to provide input on their priorities, concerns, and perceptions for a healthy community:

- **What makes a community healthy and improves your quality of life?**
- **What health problems have the biggest impact on you and your neighbors?**
- **Do you feel like your essential needs, like food and housing, are being met?**

Our goal was to understand what matters most to residents and the challenges they face every day. To reach as many people as possible, our community partners helped spread the word through social media and flyers.



Public Health & Social Services' staff attended **12** local community events, setting up tables to meet people where they were. Stations with iPads were provided, so residents could quickly take our online assessment right on the spot, and paper copies were ready for those who preferred them. To make sure everyone could participate, the assessment was available in both English and Spanish.

Board of Health members attended a few of the community events to connect with and encourage community members to share their voices. As a thank you for their time, we gave those who finished the assessment at in-person events items such as water bottles, first aid kits, cooling towels, and phone chargers.

Who Participated in the Assessment

This assessment reflects the voices of more than 1,800 Thurston County residents. For a community of our size, this large number of responses gives us a reliable picture of what our neighbors need across every part of the county.

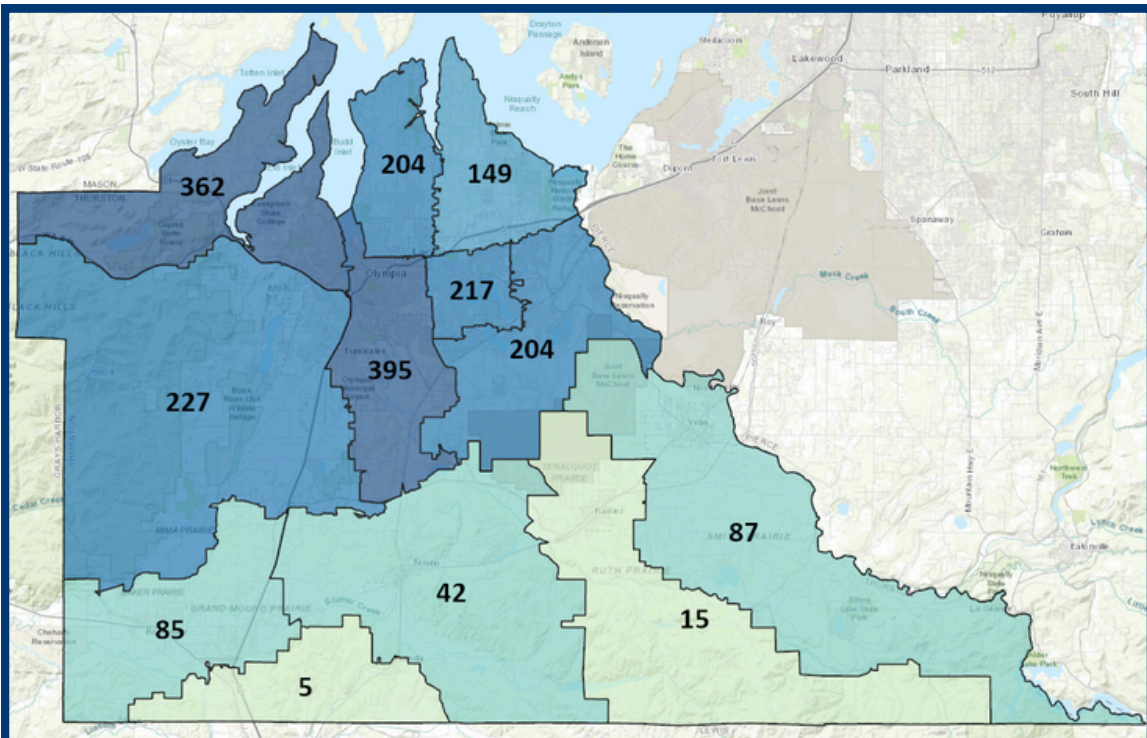
1,800+
Voices
Captured

Why You Can Trust This Data

- **A Strong Sample:** Because so many people participated, we can be highly confident that these findings truly represent the community's collective voice.
- **Diverse Representation:** We made sure to hear from people of all ages and income levels. Respondants closely matched the U.S. Census data for residents aged 25-44 and across multiple income levels.
- **Broad Reach:** By tracking participation by zip code, we ensured that every portion or corner of the county was included.

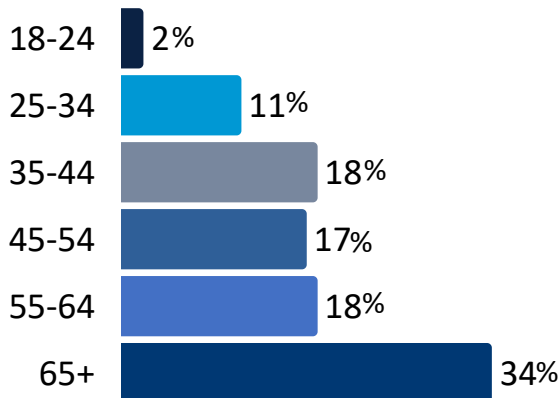
While some groups (like older adults 65+ and female residents) participated in higher numbers, we reached enough people in every group to make sure everyone's perspective was counted.

The map below shows how many people participated in each zip code. On the next page, you can see a more detailed look at the age, race, and background of the people who responded.

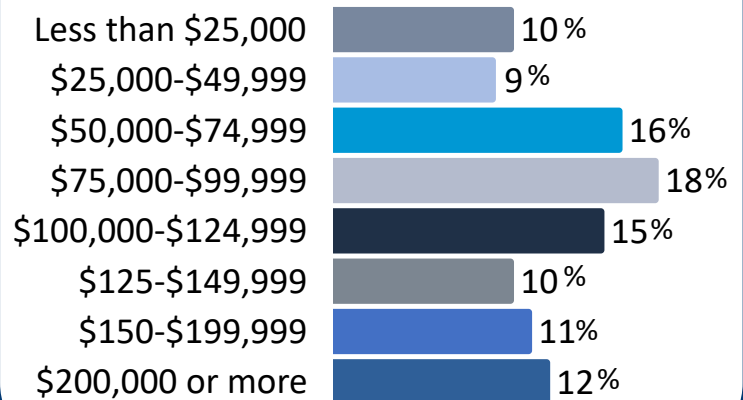


Demographic Breakdown of Participants

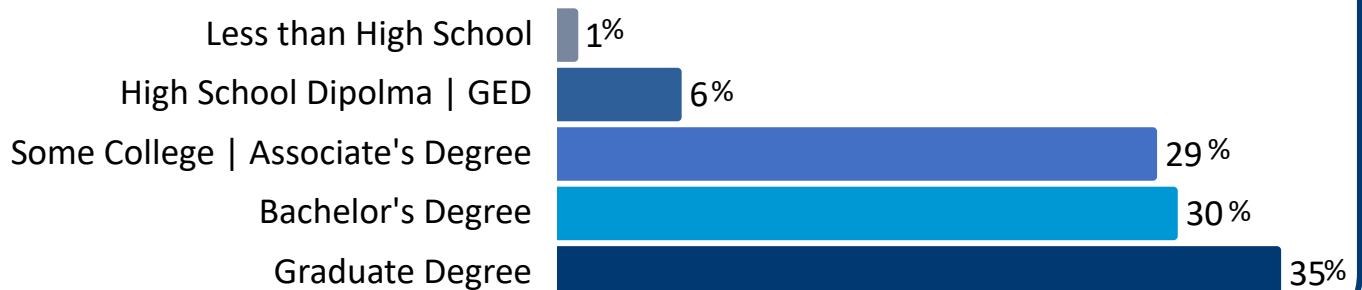
Age Ranges



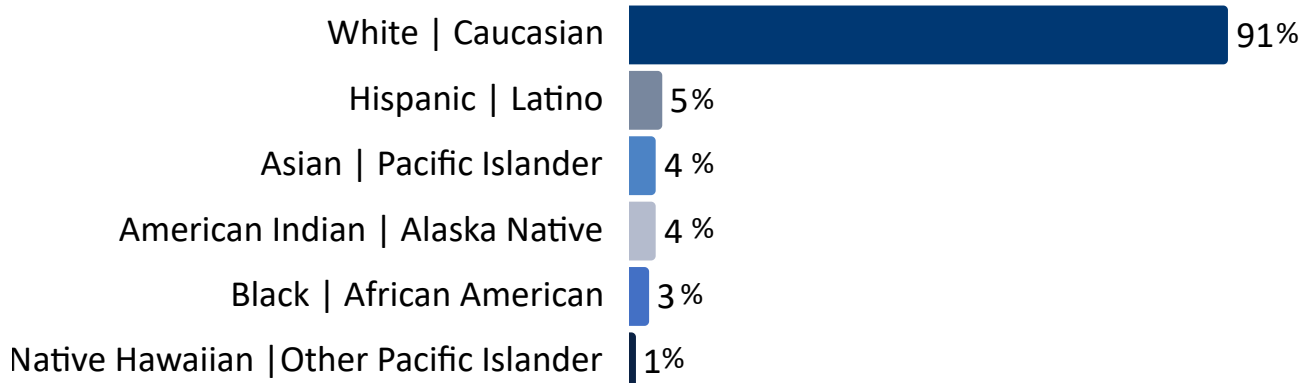
Income



Level of Education



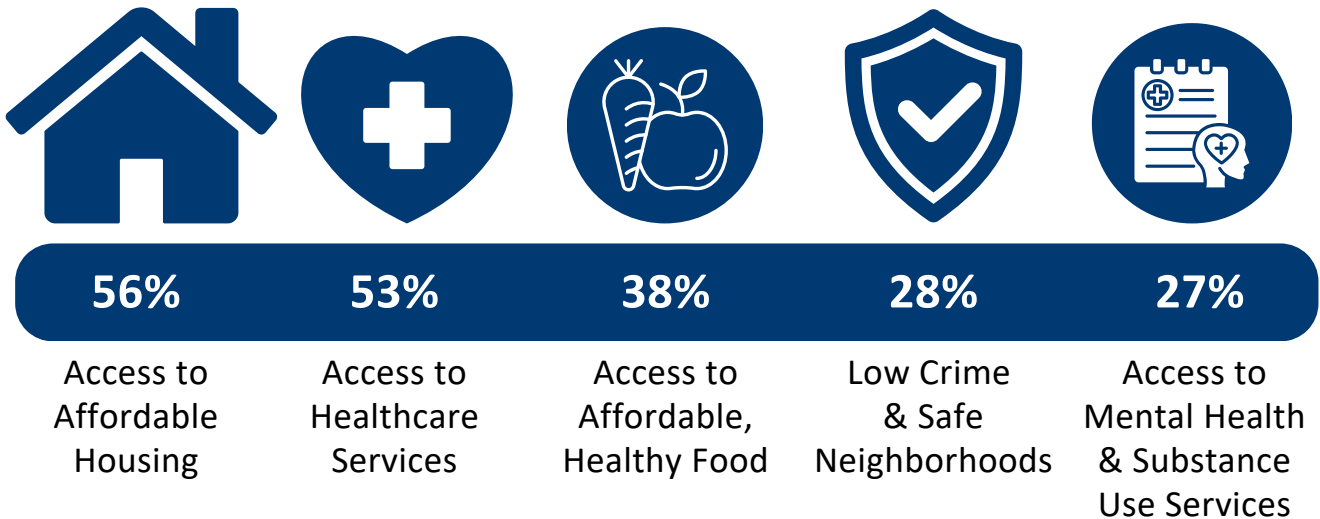
Race & Ethnicity



Source: TCPHSS Community Health Assessment

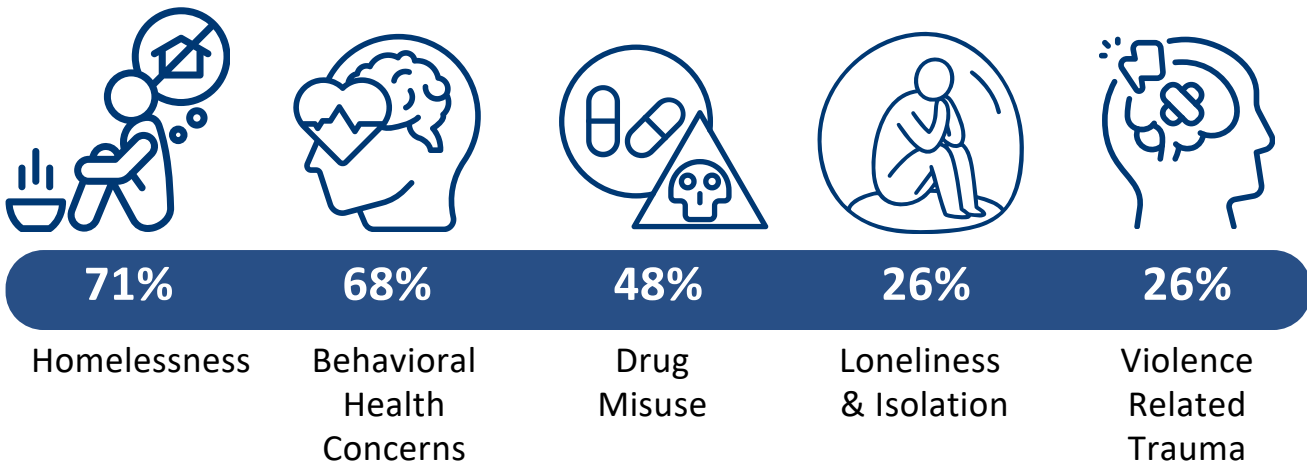
Community Priorities - What We Need

When we asked community members what would most improve their quality of life, the top answers were **affordable housing, accessible healthcare services, and access to affordable, healthy food**. Respondents also highlighted that they wanted to feel safer in their neighborhoods and needed better access to mental health and substance use services.



Community Concerns - What Worries Us

Respondents said their biggest concerns are **housing challenges, mental health, and drug misuse**. Isolation and interpersonal violence were the next highest. Overall, these responses show that when our neighbors struggle to find a safe place to sleep, affordable food, or mental health support, it affects the well-being of our entire community. These daily challenges are the real root causes that we must address together to build a healthier Thurston County.

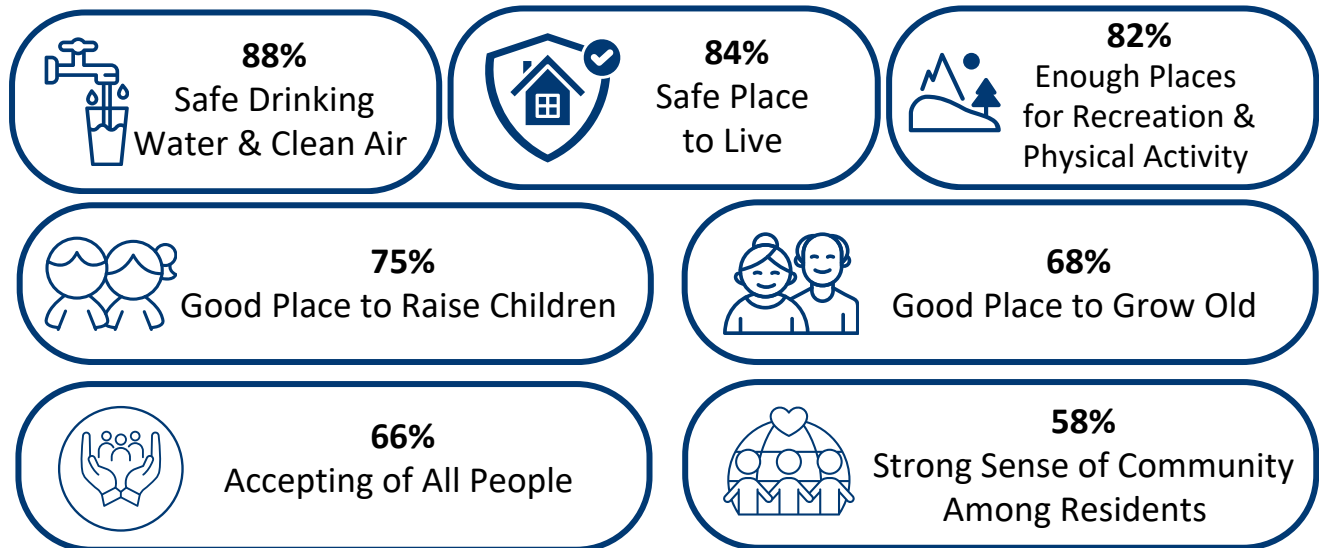


Source: TCPHSS Community Health Assessment

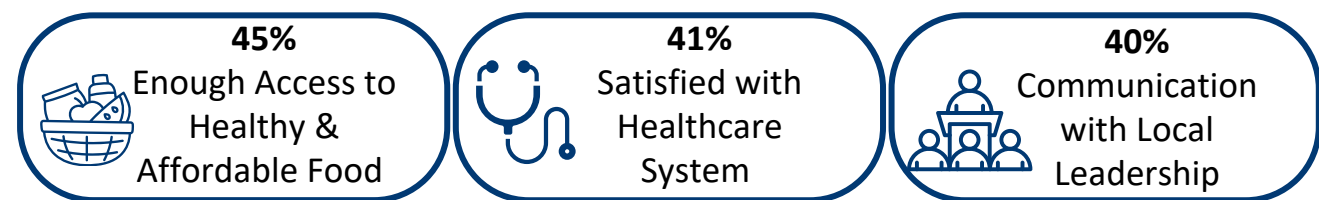
Community Perceptions - What We Value

To understand our community's vital signs, we asked neighbors to rank what matters most to their well-being. These **14 key statements** about the Social Drivers of Health determine a person's ability to live a healthy life. These are the non-medical factors, like having a safe home, a good job, and clean air. While many of us value our county as a place to live and raise a family, we know there is still work to be done to ensure everyone has the chance to thrive. We are listening to the concerns neighbors share about their financial future as we work to build a more supportive community for everyone.

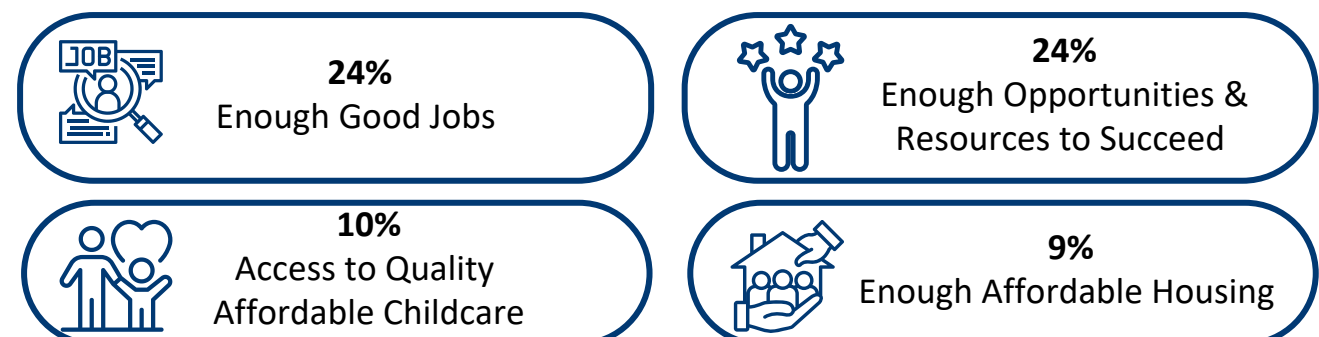
Where We Excel - Highest Agreement



Middle Ground - Mixed Opinions on Agreement



Areas for Improvement - Lowest Agreement



Source: TCPHSS Community Health Assessment

COMMUNITY HEALTH PRIORITY THEMES

Community Health Priority Themes

This section highlights the eight most important themes identified in our assessment. These priorities are based on respondents' ranking of top community priorities and concerns, supported by agreement statements on the Social Drivers of Health.

Each theme is supported by data (see Data Sources) to show why these issues need our attention now.

8 pressing health themes:



Affordable Housing & Homelessness



Healthcare Access & Affordability



Affordable & Healthy Food



Low Crime | Safe Neighborhoods



Mental & Behavioral Health



Substance Misuse



Loneliness & Social Support



Violence Related Trauma

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Affordable Housing & Homelessness



Over half of respondents ranked **Access to Affordable Housing** as the **number one priority** for improving our quality of life



Cost of Living: It is becoming harder for people to find affordable places to live in Thurston County. Rents increased by 3.5% between early 2023 and early 2025

Source: National Association of Realtors



Unstable Housing for Children: During the 2024-2025 school year, about 1,636 students did not have a stable place to call home

Source: Office of Superintendents of Public Instruction



Renters Under Pressure: Across Thurston County, nearly 1 in 4 renters spend half or more of their income on housing

Source: American Community Survey, 2024

Understanding Homelessness



Almost **1 in 4** respondents feel homelessness is the most serious health challenge facing our community

Source: TCPHSS Community Health Assessment

A 2026 count found **1,058 individuals** were experiencing homelessness in our county on a single night.

Of these individuals, **1 in 2** have been homeless for a long time (chronically homeless), and **4% identified themselves as veterans.**

Source: Thurston County Annual Point in Time Count

Seeking Help

 **1,300**

Between October 2024 and 2025, nearly 1,300 residents called the United Way 2-1-1 hotline specifically looking for housing assistance.

Source: United Way


Healthcare Access & Affordability

 Respondents ranked **Access to Healthcare** as the **second highest priority** for improving our quality of life

Access to health care means being able to get the right help at the right time to stay healthy. However, many people face barriers, like not having insurance, limited transportation, and not enough nearby providers and clinics.


Provider Availability


These numbers show how many neighbors share a single healthcare provider in our county



Primary Care: 1 physician per 1,140 neighbors
Mental Health: 1 provider per 160 neighbors
Dental Care: 1 dentist per 1,230 neighbors

Source: University of Wisconsin Population Health Institute - County Health Rankings & Roadmaps, 2022, 2023, 2025

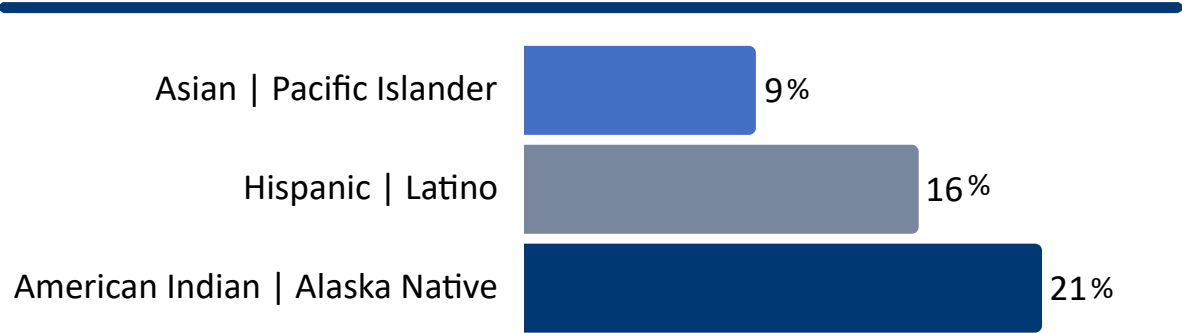
 **85%** of county residents have a regular doctor or clinic they visit

 **73%** of county residents had a dental visit in the last year

Source: Behavioral Risk Factor Surveillance System, 2024

Thurston County Residents without Health Insurance (19 - 64 years)


While the overall uninsured rate is at 7%, disparities exist across sub-populations:



Ethnicity	Uninsured Rate
Asian Pacific Islander	9%
Hispanic Latino	16%
American Indian Alaska Native	21%

Source: American Community Survey, 2020 - 2024: 5-year estimates

Because of these gaps in insurance, **Hispanic, American Indian, and Alaska Native** residents are more likely to skip obtaining medical care

Source: American Community Survey & Behavioral Risk Factor Surveillance System, 2024

Affordable & Healthy Food



Respondents ranked **Access to Affordable & Healthy Food** as the **third highest priority** for improving our quality of life

What is Food Insecurity?

Food insecurity means not having enough money or resources to buy the food needed for a healthy life. While it affects people in every corner of our county, it hits some neighbors harder, including children and single-parent families, people of color, immigrants, older adults, people living with disabilities, and residents in both under-resourced rural and urban communities.

A Snapshot of Local Need



1 in 8 people in our county do not have a reliable source of food

Source: Feeding America, 2023

Many families use programs like SNAP (formerly known as food stamps) to help stretch their grocery budget and buy healthy options

14% of Thurston County residents received SNAP benefits in 2024

Source: Research and Data Analysis Division, Washington State Department of Social and Health Services, 2026, & Community Outcomes and Risk Evaluation Information System

43% nearly half of the children in our local public schools qualify for free or reduced-price lunch

Source: University of Wisconsin Population Health Institute, County Health Rankings & Roadmaps, 2022-2023

Why is it Hard to Eat Healthy?

For many, the biggest hurdles are high grocery prices and a lack of reliable transportation to get to grocery stores



The Food Environment Index looks at how easy it is for people to find and afford healthy food based on where they live and how much they earn

Thurston County scored **8.2 out of 10** on the Food Environment Index

This is higher than the national average of 7.4

Source: University of Wisconsin Population Health Institute, County Health Rankings & Roadmaps, 2022

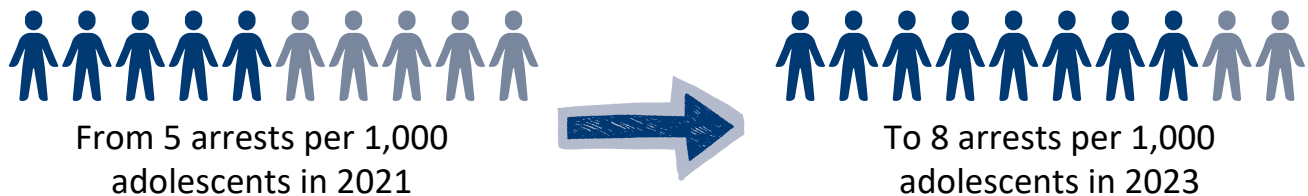
Low Crime | Safe Neighborhoods

 Respondents ranked **Low Crime & Safe Neighborhoods** as the **forth highest priority** for improving our quality of life

Feeling safe where you live is a major part of your health and is recognized as a key Social Driver of Health. When our neighborhoods are safe, it is easier for all of us to stay active, get the resources we need, and maintain good mental health.

Juvenile Arrests (Ages 10 - 17)

Juvenile arrests increased from 2021 to 2023



Adult Violent Crime Arrests (Ages 18+)

Adult Violent Crime arrests in Thurston County are **higher** than the rest of the state



Property Crime in Thurston County increased from 2021 to 2023

Since 2021, the arrest rate for property crimes rose from **3 to 5 per 1,000 residents**

Source: Research and Data Analysis Division, Washington State Department of Social and Health Services, 2026, & Community Outcomes and Risk Evaluation Information System

Safe Neighborhoods Continued

Traffic Safety



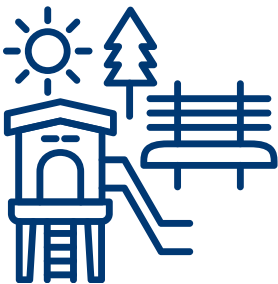
121 traffic fatalities in Thurston County from 2020 through 2024

Roughly, **1 in 5** of these deaths involved people walking or riding bicycles

Nearly **half** of our neighbors see traffic safety as one of the biggest risks to our community's health

Sources: WA Traffic Safety Commission Data & WA Traffic Safety Commission Statewide Traffic Survey

Access to Parks



Parks are essential for exercise, clear thinking, and bringing neighbors together

About **half** of Thurston County residents live close to a park

Source: University of Wisconsin Population Health Institute, County Health Rankings & Roadmaps, 2024

Air & Water Quality

The quality of our air and water directly impacts our respiratory health. Safe neighborhoods provide a clean environment that protects our most vulnerable neighbors, including children and older adults



Thurston County had **332 days** of "good" air quality in 2025

In 2025, **4 lakes** in Thurston County experienced harmful algal blooms, which can release airborne toxins that irritate the respiratory system, especially in sensitive people



Source: Olympic Region Clean Air Agency 2025 & Washington State Toxic Algae Freshwater Algae Bloom Monitoring Program, 2025

Mental & Behavioral Health





Respondents ranked **Access to Mental Health and Substance Use Services** as the **fifth-highest priority** for improving our quality of life

Mental health is about how we think, feel, and manage our emotions. It includes common experiences like depression and anxiety. **Behavioral health** includes the way our actions affect our well-being, like alcohol and drug use, and serious challenges like suicide or overdose.

Suicide

9th  Suicide is the 9th-ranked cause of death in our county

53  In 2023, we lost 53 neighbors to suicide

3x  Men in Thurston County die by suicide at nearly 3 times the rate of women

Source: WA Death Certificate Data & Behavioral Risk Factor Surveillance System, 2024

Mental Health

30% of Thurston County adults have been told by a provider they have depression



21% of adults reported experiencing poor mental health for two weeks or more in a single month

Source: Behavioral Risk Factor Surveillance System, 2024

Trauma & Resilience

Our American Indian and Alaska Native neighbors are **2.5 times** more likely to experience high rates of psychological distress compared to the general population, largely due to historical trauma and ongoing discrimination



However, for many, staying connected to tradition and community acts as a powerful safety net. These deep roots help protect against stress and are the foundation for healing and resilience in our county

Source: National Bureau of Economic Research, 2021, & National Center for Health Statistics

Youth Mental & Behavioral Health

Mental health is health. It is the foundation that allows our young people to grow into healthy adults, physically, mentally, and socially. While many young people in our community are struggling, certain groups of students are facing much higher rates of depression and thoughts of suicide.

Youth Depression & Suicide: Who is Most Affected?



1 in 3 girls reported experiencing depression, which is much higher than the rate for boys, at about **1 in 5**

Nearly **1 in 2** students who identify as **Gay, Lesbian, or Bisexual** experienced depression. This is significantly higher than their heterosexual peers, where about **1 in 4** reported feeling this way

Seriously Considered Attempting Suicide



1 in 7 girls



1 in 9 boys

LGBTQIA+ 3x Students who identify as **Gay, Lesbian, or Bisexual** are three times more likely to struggle with thoughts of suicide (**30%**) compared to their heterosexual peers (**10%**)

We use a specific model to understand how our youth are doing. It looks at Risk Factors (things that make problems more likely) and Protective Factors (things that help prevent problems from starting)

Challenges Our Youth Face - Risk Factors

32% of our 10th graders are at risk for academic failure

12% of our 10th graders feel they live in homes where they need clearer rules or consistent support from their families



What Keeps Our Youth Strong - Protective Factors

78% report having strong opportunities to get involved with their families, which helps them feel valued and supported

82% state that there are sports, clubs, or other activities available

62% report they participate in after-school activities

Source: Healthy Youth Survey, 2025

Substance Misuse

Substance misuse is a serious public health challenge that includes the misuse of illegal drugs as well as the misuse of legal substances like alcohol and tobacco.

122 

people died from a drug overdose in Thurston County in 2024. That is roughly **1 death for every 2,533 neighbors**

Most Common Substances Involved in Fatal Overdoses in 2024

Fentanyl (or other synthetic opioids)
Over **9 in 10** opioid deaths involved fentanyl:
77 of 85 deaths

Using Multiple Drugs

85% of all drug deaths involved multiple substances. **104 out of 122** people who died had used a mix of drugs, most commonly fentanyl mixed with stimulants like methamphetamine.

Source: Opioid and Drug Use Data Dashboard WA State Department of Health & WA Death Certificate Data, 2024

Thurston County Adult (18+) Substance Misuse

Excessive Drinking

Nearly **1 in 7** adults report binge or heavy drinking



Source: BRFSS, 2024

Alcohol-Impaired Driving

Almost **1 in 3** motor vehicle crash deaths in the county involve alcohol

Source: University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps, 2022

Tobacco Use



1 in 10 adults in the county smoke cigarettes

Source: BRFSS, 2024

Thurston County Youth Substance Misuse (10th Graders)

Our youth are leading the way in healthy living. A majority of our students are choosing to stay focused, clear-headed, and substance free

94% reported not using cannabis in the past month

93% reported not using alcohol in the past month

92% reported not using an electronic cigarette, e-cig, vape, or dab pen in the past month

Source: Healthy Youth Survey, 2025

Finding Help & Support

2,563 adults **18+** in 2024 received state-funded alcohol or drug services, including detox, assessment, and treatment



156 young people (**10-17**) received state-funded alcohol or drug services

Source: Research and Data Analysis Division, WA State Department of Social and Health Services, 2026, & Community Outcomes and Risk Evaluation Information System, 2024

Loneliness & Social Support

Loneliness and a lack of social and emotional connections are a public health crisis. Building community connections is one of our best tools for staying healthy.

Thurston County Youth Loneliness (10th Graders)

Bullying and harassment are the main reasons our young people feel sad, isolated, and lonely

	2023	2025	
Reported being bullied at school	19%	18%	stable
Reported being bullied due to race/ethnicity	14%	3%	decreased



25% of students with a **disability** reported being bullied in the past 30 days



Opportunities for Youth Connection

Nearly **3 out of every 4** students agree that their community provides them with meaningful ways to get involved, like sports, clubs, or volunteering

Source: Healthy Youth Survey, 2025

Thurston County Adult (18+) Loneliness



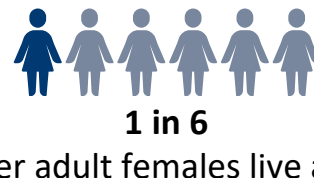
Source: American Community Survey, 2024



40% of adults reported that they always, usually, or sometimes feel lonely, which is notably higher than the statewide average of 36%

Source: Behavioral Risk Factor Surveillance System, 2022

Thurston County Older Adults (65+) Loneliness



Does not include those living in group homes, such as nursing homes

Source: American Community Survey, 2024

Violence Related Trauma

Violence has long-lasting effects on health. The stress from child abuse, domestic violence, or community violence can build up over time, raising the risk of depression, post-traumatic stress disorder (PTSD), chronic disease, and even early death. Reducing exposure to violence is one of the most effective ways to protect the safety and strength of our community.

Stressful Childhood Experiences

Difficult or stressful events during childhood (often called **Adverse Childhood Experiences or ACEs**) can shape a person's health for their entire life

16% of youth in 10th grade have experienced **4 or more** stressful childhood experiences



Girls are nearly **twice as likely** to say they have had **4 or more** of these stressful childhood experiences compared to boys



In 2024, Thurston County had **2,579** reports of suspected child abuse and neglect from Child Protective Services

Source: Risk Protection Profile for Substance Abuse Prevention, WA Department of Social & Health Services & Healthy Youth Survey, 2025

Child Abuse & Neglect (Ages 0 - 17)



Thurston County - 40 cases per 1,000 children
Washington State - 35 cases per 1,000 children

Domestic Violence

1,998 Thurston County residents were affected by domestic violence in 2024



Thurston County - 7 offenses per 1,000 people
Washington State - 9 offenses per 1,000 people

Firearm-Related Deaths

170 deaths from firearms occurred between 2020-2024

138 of those deaths were due to suicide

Source: Risk Protection Profile for Substance Abuse Prevention, WA Department of Social & Health Services, Injury & Violence Data Dashboard, WA Department of Health, & Healthy Youth Survey, 2025



THURSTON COUNTY DEMOGRAPHICS

Thurston County Demographics

309,100 people live in Thurston County, making up 4% of Washington State's population. Gender is **51%** females and **49%** males. 

69% White | Caucasian

11% Hispanic or Latino

7% Asian | Pacific Islander

4% Black | African American

1% American Indian | Alaska Native



4 out of **5** respondents report being in **good, very good, or excellent health**



2,990 babies were born in **2024**



2,754 deaths in **2024**
Cancers & Cardiovascular Disease were the leading causes of death



15% of residents have some type of **disability**



32 people **experience homelessness** for every 10,000 residents



80 years is the average **life expectancy**

Compared to the State Average, Thurston County:

Veterans



Thurston County **13%**
Washington State **8%**

Increasing Diversity



Our County's Hispanic population has seen a **63%** growth from 2010 to 2020

Education



More Thurston County students graduate high school compared to the Washington state average. Once they graduate, local students continue their education at rates similar to the rest of Washington



Sources: American Community Survey, Behavioral Risk Factors Surveillance Survey, WA State Center Death Certificate Data, U.S. Census Bureau, Decennial Census, 2010-2020, & the Office of Superintendent of Public Instruction

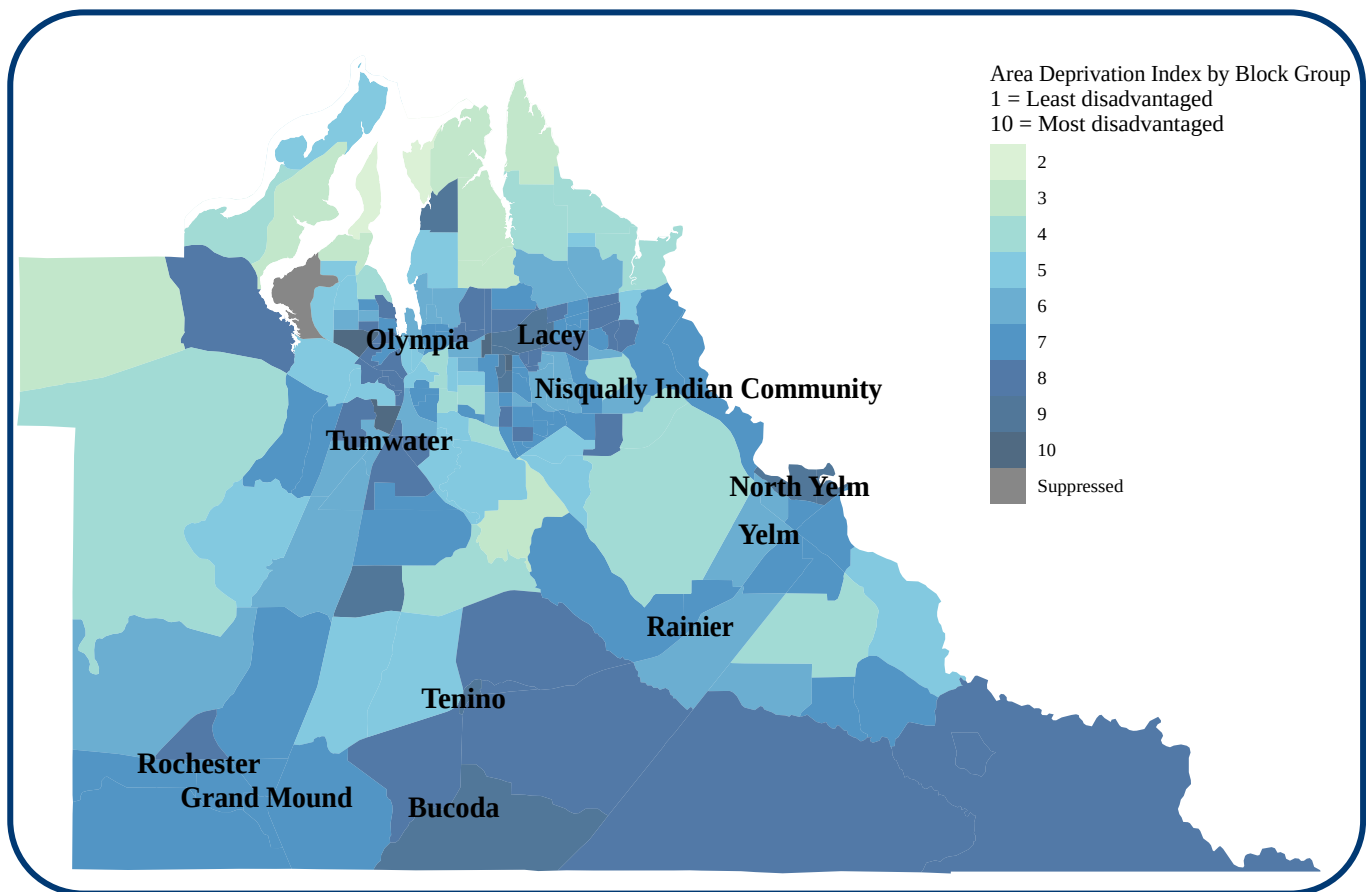
Understanding Neighborhood Challenges in Thurston County

The map below, showing the **Area Deprivation Index (ADI)**, helps us see which neighborhoods face more daily struggles from things like low income, fewer educational opportunities, or difficulty finding stable housing. These challenges can affect people’s health and well-being, leading to more doctor visits, higher rates of heart disease, and shorter life expectancy.

To understand the levels of hardship across Thurston County, neighborhoods are grouped into 10 levels (deciles).

- **Lighter Green:** These areas have more access to resources like jobs, good housing, and education.
- **Darker Blue:** These areas face the highest levels of economic and social challenges and may need more community support to improve health and quality of life.
















Note: The gray suppressed area is Evergreen State College, which isn’t scored because many students live in campus housing.



Source: The Neighborhood Atlas & Area Deprivation Index, 2023

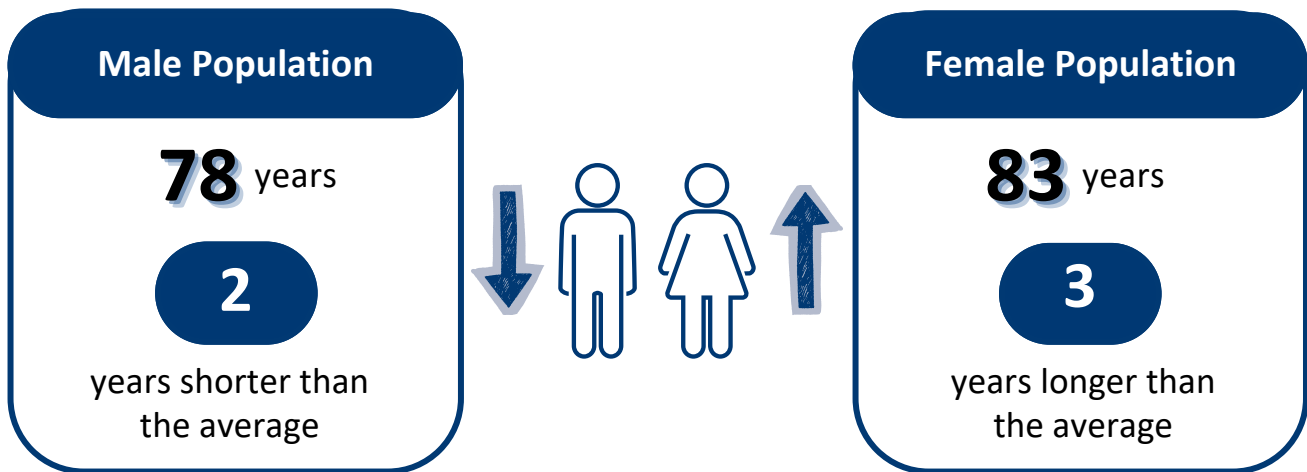
Leading Causes of Death

Top 3 Leading Causes of Death by Age Group, 2020 - 2024

	Age 1 - 14	Age 15 - 24	Age 25 - 44	Age 45 - 64	Age 65+
1	 Accidents	 Accidents	 Accidents	 Cancers	 Cancers
2	 Cancers	 Suicide	 Suicide	 Heart Disease	 Heart Disease
3	 Suicide	 Cancers	 Cancers	 Accidents	 Alzheimer's Disease

Life Expectancy & Premature Deaths

Life Expectancy in 2024 among Thurston County residents was:



Average = 80 years | Same as WA State

Source: Washington State Department of Health, Center for Health Statistics, Death Certificate Data

DATA SOURCES



Quantitative Data Sources

To help shape the 2025 Thurston County Community Health Assessment, a comprehensive review of existing data from the following sources was completed. See brief explanations provided below.

Behavioral Risk Factor Surveillance System (BRFSS)

The nation's largest ongoing telephone health survey, collecting state-level data on health behaviors, chronic conditions, and risk and protective factors about individual adults. The CDC, state, and local health departments use BRFSS data to monitor trends and guide public health programs and policies. www.doh.wa.gov/data-and-statistical-reports/data-systems/behavioral-risk-factor-surveillance-system-brfss

County Health Rankings & Roadmap

Provides annual data showing how social, economic, and environmental factors shape health in nearly every U.S. County. The Rankings offer a clear snapshot of community conditions and health outcomes, along with tools and evidence-based strategies to support local action and improve health equity. Communities use this resource to identify priorities, track trends, and guide planning for better health. See rankings at: www.countyhealthrankings.org

Healthy Youth Survey (HYS)

The Washington State Healthy Youth Survey is a biennial, anonymous survey of 6th to 12th graders that provides local-level data on youth health, risk behaviors, mental health, and social protective and risk factors. We focus on 10th-grade responses in this report, as this age group traditionally has the highest participation rates and a better understanding of survey questions. They are also at a key stage where health behaviors are emerging, making their responses useful for early prevention. Special note for HYS 2021: Because of COVID-19 and changes in how the survey was administered, comparisons to years before 2021 should be made with caution. The one-year delay also means a different student cohort was surveyed than originally planned. www.askhys.net/

National Association of Realtors

A private trade organization involved in all aspects of residential and commercial real estate. Provided data on the median house price in WA State and Thurston County since 2020. www.nar.realtor/research-and-statistics/housing-statistics/county-median-home-prices-and-monthly-mortgage-payment

Office of Superintendent of Public Instruction (OSPI)

Provides data on enrollment, graduation, and drop-out rates, academic performance, student homelessness, and eligibility for free and reduced-price meals (FRL). www.ospi.k12.wa.us/data-reporting/data-portal

Olympic Region Clean Air Agency (ORCAA)

Local government agency charged with regulatory and enforcement authority for air quality issues. www.orcaa.org/

The Neighborhood Atlas and Area Deprivation Index (ADI)

The Neighborhood Atlas hosts the Area Deprivation Index (ADI), a scientifically validated measure of the adverse social exposome (i.e., neighborhood disadvantage) that can be used to evaluate and improve factors that impact health across populations. www.neighborhoodatlas.medicine.wisc.edu/

U.S. Census and American Community Survey (ACS)

An ongoing U.S. Census Bureau survey that collects yearly data on population, housing, and economic characteristics. It supplements the 10-year Census, and each address is selected for the survey no more than once every five years. www.census.gov/programs-surveys/acs/

Washington State Department of Commerce, Point-in-Time Count (PIT)

The Homeless Housing and Assistance Act (ESSHB 2163-2005) requires counties to conduct an annual point-in-time count of sheltered and unsheltered homeless residents (RCW 43.185C.030), following HUD guidelines. www.commerce.wa.gov/homelessness-response/planning-and-reporting/pit-count/

Washington State Department of Health (DOH)

DOH maintains statewide vital records—including births, deaths, fetal deaths, marriages, and divorces—as well as data on hospitalizations, life expectancy, and cancer incidence. These data are available to local health jurisdictions through the Community Health Assessment Tool (CHAT). www.doh.wa.gov/public-health-provider-resources/public-health-system-resources-and-services/chat

Washington State Department of Health, Opioid and Drug Overdose Data Dashboard: Public dashboard that reports deaths, hospitalizations, and EMS responses related to drug and opioid overdoses. Data are available through the Washington Tracking Network's Overdose Dashboard www.doh.wa.gov/data-and-statistical-reports/washington-tracking-network-wtn/opioids

Washington State Department of Social and Human Services (DSHS)

DSHS's Facilities, Finance, and Analytics Administration (FFA) produces time-series data on substance use, related risk factors, and county and school district trends. These data are published in the Risk and Protection Profiles for Substance Abuse Prevention for Washington State and its Communities. www.dshs.wa.gov/ffa/research-and-data-analysis/community-risk-profiles

Washington Traffic Safety Commission (WTSC)

Collects statewide fatal crash data, including person-level and crash-level details, driver behaviors, contributing factors, and demographic information. Their dashboards present trends, maps, and county-level patterns to help track key traffic safety issues across Washington. www.wtsc.wa.gov/dashboards/

GLOSSARY



Glossary

Social Drivers of Health (pages 4, 9, & 11) are the conditions in the environments where people are born, live, learn, work, and age that affect a wide range of health and quality of life outcomes.

Property Crimes (page 16) include all crimes involving burglary, larceny-theft, motor vehicle theft, and arson.

Juvenile Arrests (page 16) include criminal homicide, forcible rape, robbery, aggravated assault, burglary, larceny, motor vehicle theft, and arson, plus others, including forcible and non-forcible sex offenses, fraud, kidnapping, and drug violations.

Violent Crimes (page 16) include all crimes involving criminal homicide, forcible rape, robbery, and aggravated assault. The rate of adult violent crime arrests is currently 12% higher than the rest of the state.

Risk and Protective Factors (page 19) come from a public health model developed at the University of Washington to understand what increases or reduces the likelihood of youth experiencing problems. Risk Factors are things that make problems more likely. Protective factors are things that help prevent problems. Learn more at: www.ospi.k12.wa.us/sites/default/files/2023-08/risk-and-protective-factors-hys.pdf

Binge Drinking (page 20) is defined as 5 or more drinks for men, or 4 or more for women, in one sitting.

Heavy Drinking (page 20) is defined as consuming 15 or more drinks per week for men and 8 for women.

A smoker (page 20) is defined as someone whose smoked at least 100 cigarettes in their life and still smokes either every day or sometimes.

Opportunities for Youth Connection (page 21) are chances youth people to take part in positive, meaningful activities in their community, such as volunteering, clubs, sports, cultural programs, or neighborhood events. These opportunities help youth feel connected, supported, and valued. Learn more at: www.ospi.k12.wa.us/sites/default/files/2023-08/risk-and-protective-factors-hys.pdf

Washington Healthy Youth Survey Adverse Childhood Experiences ACEs (page 22) is a way of measuring stressful or harmful experiences a young person may face while growing up. Higher ACE scores mean more early-life stress, which can affect health and well-being over time. Learn more at: www.askhys.net/HYS/GetDocument?path=Reports&fileName=HYS_Interpretive-Guide_ACEs_2021_FINAL_1_13_22.pdf

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www.thurstoncountywa.gov/community-health-assessment