

2020 STANWOOD-CAMANO HEALTH & WELL BEING MONITOR

OVERVIEW

708  **PEOPLE TOOK THE SURVEY**

FROM ZIP CODES

98282 - Camano (40%)

98292 - Stanwood (44%)

Nearby zip codes (17%)

FUNDED AND ORGANIZED



A Stanwood-Camano community collaboration.

GOALS

1. Create a Well-being North star for Stanwood-Camano to improve community health and well-being.
2. Improve connection to local resources supporting individuals' social needs.
3. Improve community conditions that impact poverty.

OBJECTIVES

1. Establish baseline health and well-being levels of Stanwood-Camano and compare results to a countywide benchmark.
2. Measure community capacity and readiness to embark on new poverty-reduction initiatives.
3. Engage community in 2021-2022 to select and implement priorities to reduce poverty and improve health & well-being.
4. Evaluate progress and identify next steps.

CORE4™ Well-being Index Score

STANWOOD-CAMANO 2020

6.89

SNOHOMISH COUNTY 2020

6.99

Overall Score

The Stanwood-Camano score represents a high D, similar to countywide 2020 level of 6.99.

D+

This is a **"tale of two cities"** — Camano Island (98282) scored 7.3 (C); and Stanwood (98292) scored 6.7 (D).

Stanwood/Camano differences:

- ✘ Stanwood scored lower than Camano on every Core4 Well-being indicator: overall life satisfaction, satisfaction with physical health, satisfaction with mental/emotional health, and ratings of overall well-being.

SIX DIMENSIONS OF HEALTH: HIGHLIGHTS

Here's how Stanwood-Camano compared to countywide averages:



RELATIONSHIPS & SOCIAL CONNECTIONS

- ✘ At or above benchmark on 75% of indicators
- ✘ Higher sense of belonging and community efficacy
- ✘ Lower levels of reported discrimination



MENTAL & EMOTIONAL WELL-BEING

- ✘ At or above benchmark on 50% of indicators
- ✘ Higher perceived importance of spirituality
- ✘ Higher sense of purpose & meaning
- ✘ More poor mental health days/month



NEIGHBORHOOD & ENVIRONMENT

- ✘ At or above benchmark on all indicators
- ✘ Higher ratings of neighborhood quality



WORKLIFE, LEARNING & GROWTH

- ✘ Above benchmark on all indicators
- ✘ Camano - significantly higher work/job ratings and opps for learning & growth
- ✘ Somewhat lower acute employment & training gaps overall



SECURITY AND BASIC NEEDS

- ✘ At or above benchmark on all indicators
- ✘ Higher financial security
- ✘ Higher capacity to meet basic needs
- ✘ Still, 37% reporting inability to meet 1+ basic needs (example: 1 in 10 are food insecure)



PHYSICAL HEALTH

- ✘ At or above benchmark on 63% of indicators
- ✘ Higher prevalence of medical conditions
- ✘ More poor physical health days/month

MEASURING CAN-DO

We measure Can-DO™ in two ways: capacity to improve health & well-being; and ability to do more to influence individual and community well-being.

78% of respondents reported a capacity to improve their health and well-being (vs. 73% countywide).

34% said they could be doing a LOT more (significantly higher than countywide).

21% are highly confident they can influence community well-being generally.

At a community level, residents of Stanwood and Camano both reported higher overall levels of community efficacy than countywide, with Camano significantly higher.

FOCUS AREA RESULTS: POVERTY REDUCTION

This is a community at an inflection point.

Poverty is an issue: 54% have experienced poverty personally or through family/friend. Poverty is measurably affecting Stanwood-Camano well-being.

Attitudes & beliefs: Residents overwhelmingly connect poverty to greater life obstacles, vs. 'not working hard enough.'

Community responsibility: Respondents broadly agree poverty reduction is a *shared responsibility* of the local community, and local, state and federal governments.

Potential to succeed: 58% believe Stanwood-Camano could do "a lot more" or "almost eliminate poverty in our community."

Opportunities to improve: Only 1 in 4 report high access to local resources to improve well-being. Four in 10 are dissatisfied with current local resources.