

# Data Book: Washington State Community Health Assessment

Key Data Used for Thematic Review

SHIP Listening Session - Spokane

April 2, 2025



# Introduction

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This data book provides a comprehensive overview of the key health indicators shaping our state. It highlights population data, social determinants of health, health behaviors, and health outcomes, with a focus on disparities. This resource is designed to support informed discussions that will help identify themes. Themes across all three assessments will be presented to the SHIP alliance to help guide collaborative projects to health for Washingtonians.

# Population

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Overview of demographic trends, including age, race/ethnicity, income levels, and geographic distribution.

## **Key Data**

Population Estimates

Race & Ethnicity

Language Spoken

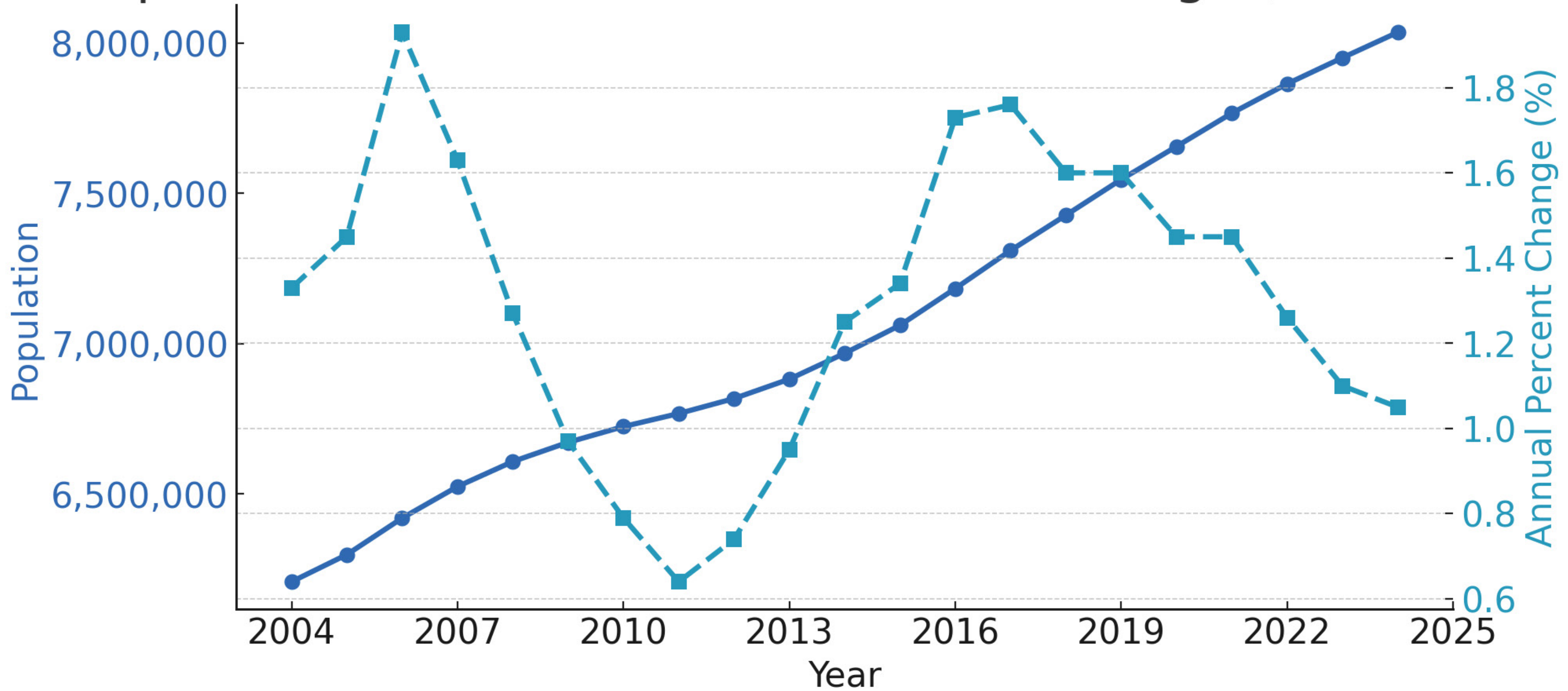
Age distribution

Gender

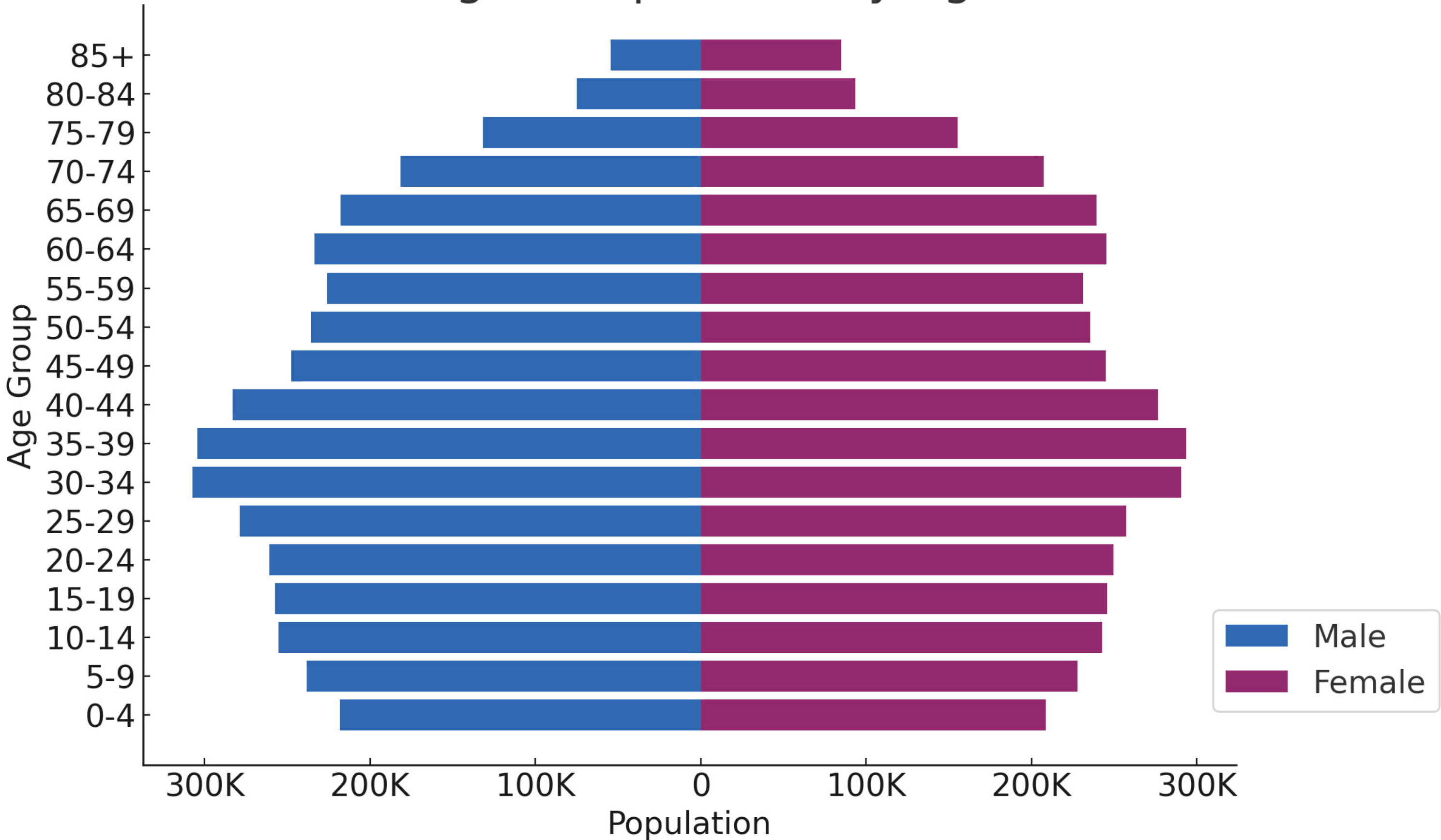
## **Discussion Questions:**

- How does our state's population compare to national trends?
- Are there shifts in demographics that might impact public health priorities?
- What communities are growing or underserved?

# Population Growth & Annual Percent Change (2004 - 2024)



# Distribution of Washington Population by Age and Gender, 2024



Source: Washington State Office of Financial Management, Population Estimates, 2024

# Washington State Age & Sex Distribution for Children & Young Adults, 2024

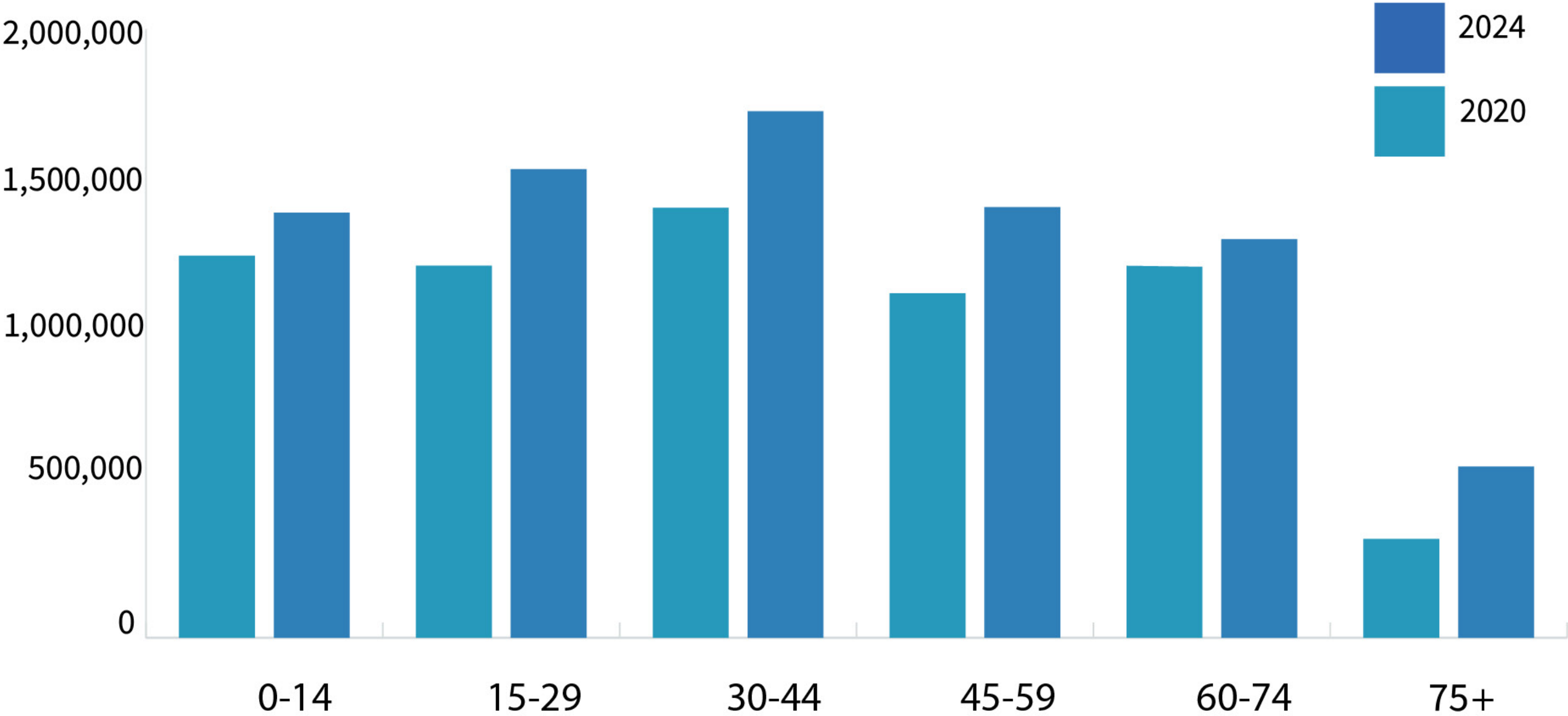
| Age Group | Total   | Male    | Female  |
|-----------|---------|---------|---------|
| 0         | 426,480 | 218,129 | 208,351 |
| 5-9       | 466,076 | 238,253 | 227,822 |
| 10-14     | 498,286 | 255,474 | 242,812 |
| 15-19     | 502,936 | 257,414 | 245,522 |
| 20-24     | 510,509 | 261,122 | 249,388 |
| 25-29     | 535,847 | 278,647 | 257,199 |

## Washington State Age and Sex Distribution for Seniors (75+years), 2024

| Age Group | Total   | Male    | Female  |
|-----------|---------|---------|---------|
| 75-79     | 286,967 | 131,707 | 155,260 |
| 80-84     | 168,185 | 74,868  | 93,317  |
| 85+       | 139,356 | 54,330  | 85,026  |



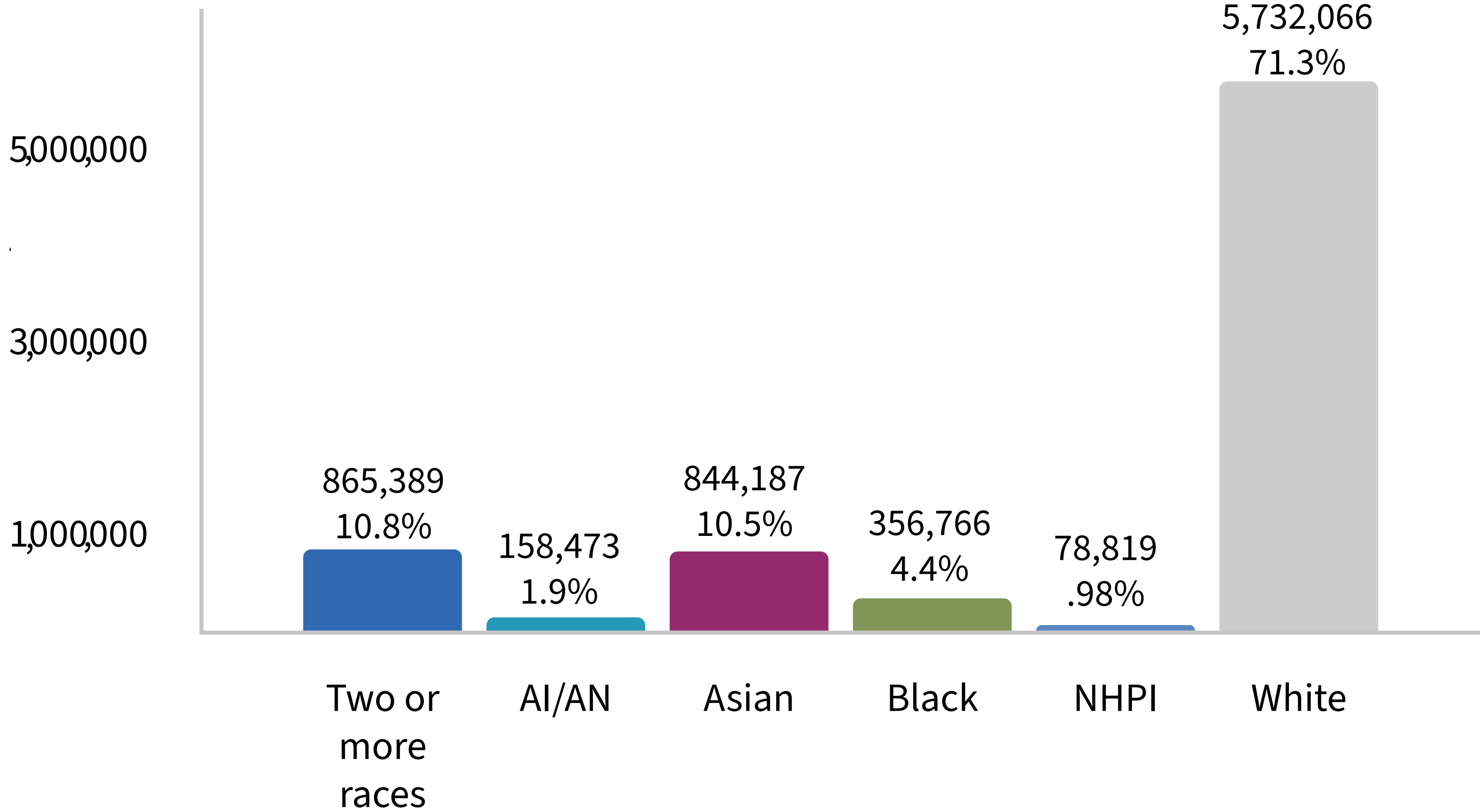
# Washington State Population Distribution by Age: 2020 and 2024



Source: Washington State Office of Financial Management, Population Estimates, 2024



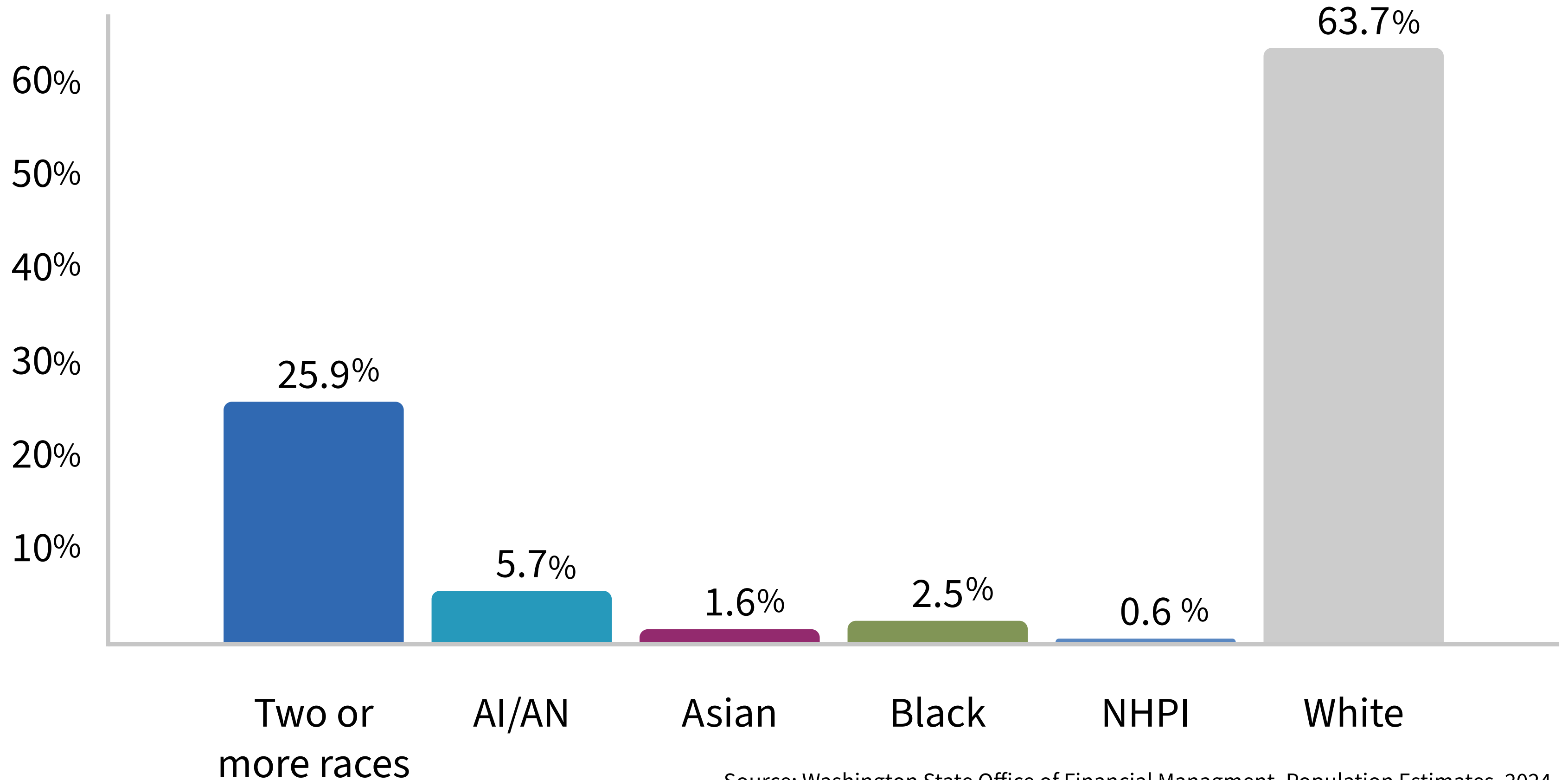
# Washington State Population by Race, 2024



In 2024, the Hispanic/Latino population was **17.5%** of the total state population.

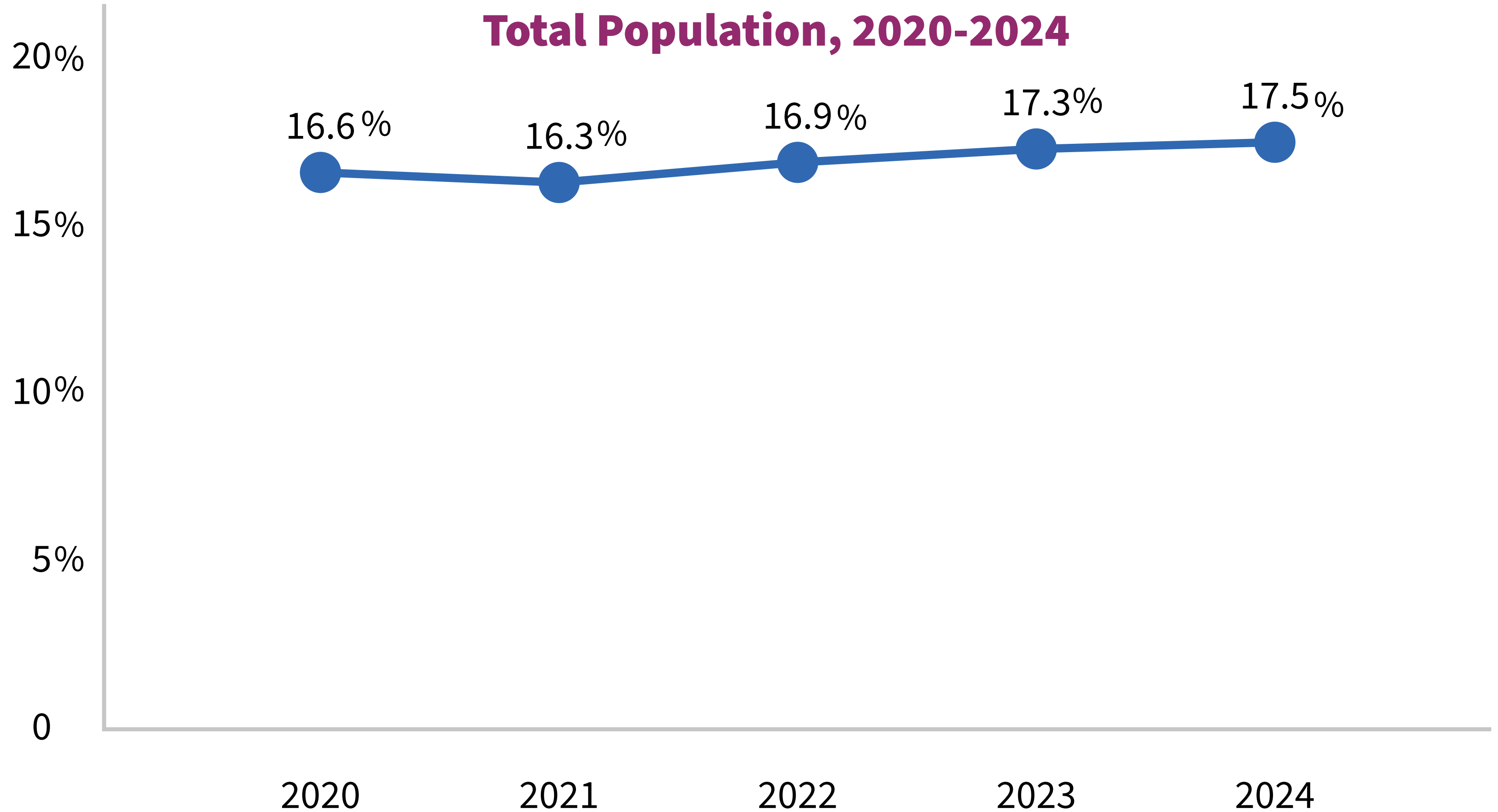
Source: Washington State Office of Financial Management, Population Estimates, 2024

# Percentage of Hispanic Population in Washington State Population by Race, 2024



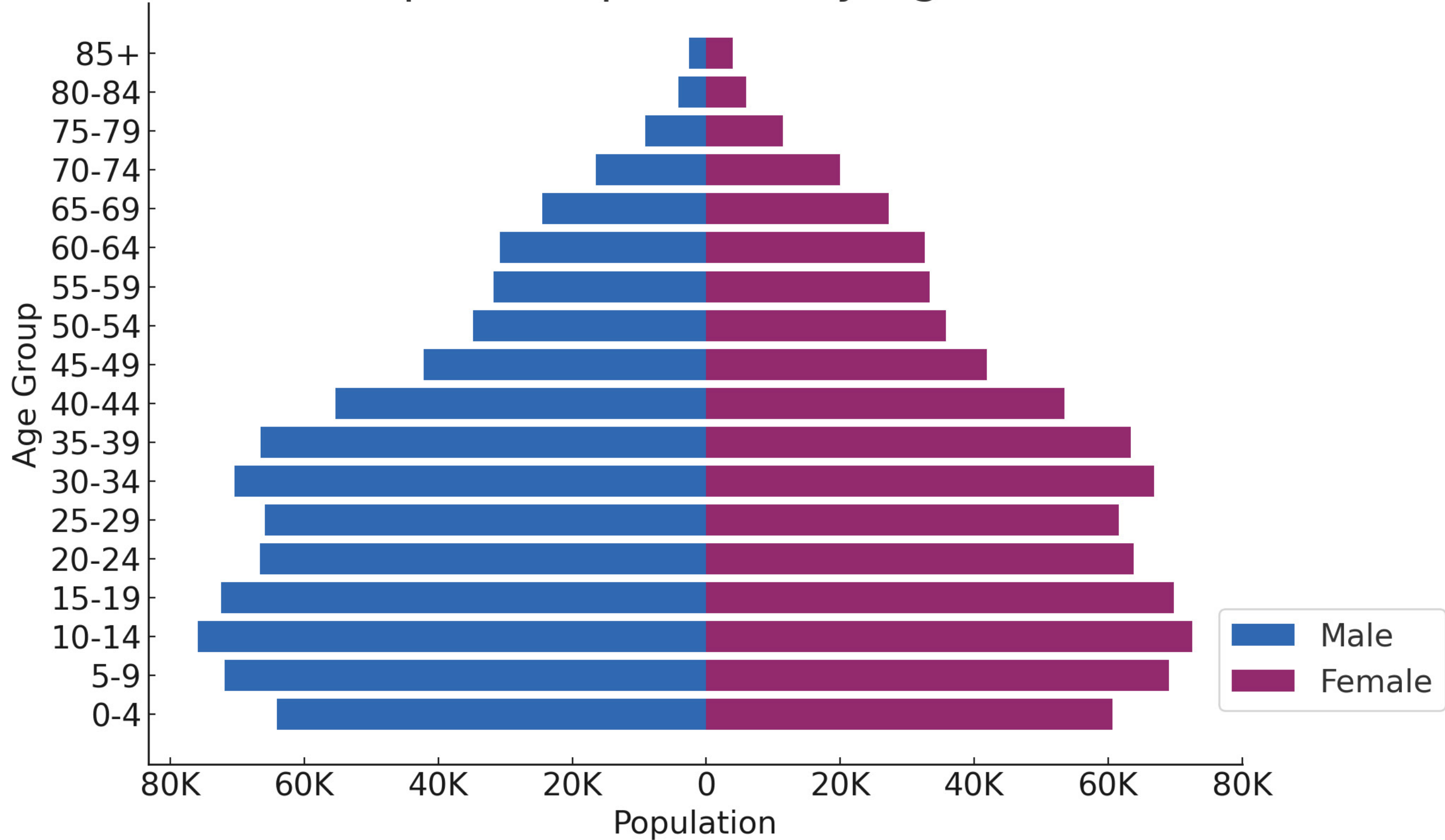
Source: Washington State Office of Financial Management, Population Estimates, 2024

# Population of Hispanic/Latino Origin as a Percentage of Total Population, 2020-2024



Source: Washington State Office of Financial Management, Population Estimates, 2024

# Distribution of Hispanic Population by Age and Gender, 2024



**Asians were the largest non-White racial group in 2024 with**

**10%**

**of the total state population**

## **Largest Ethnic Groups**

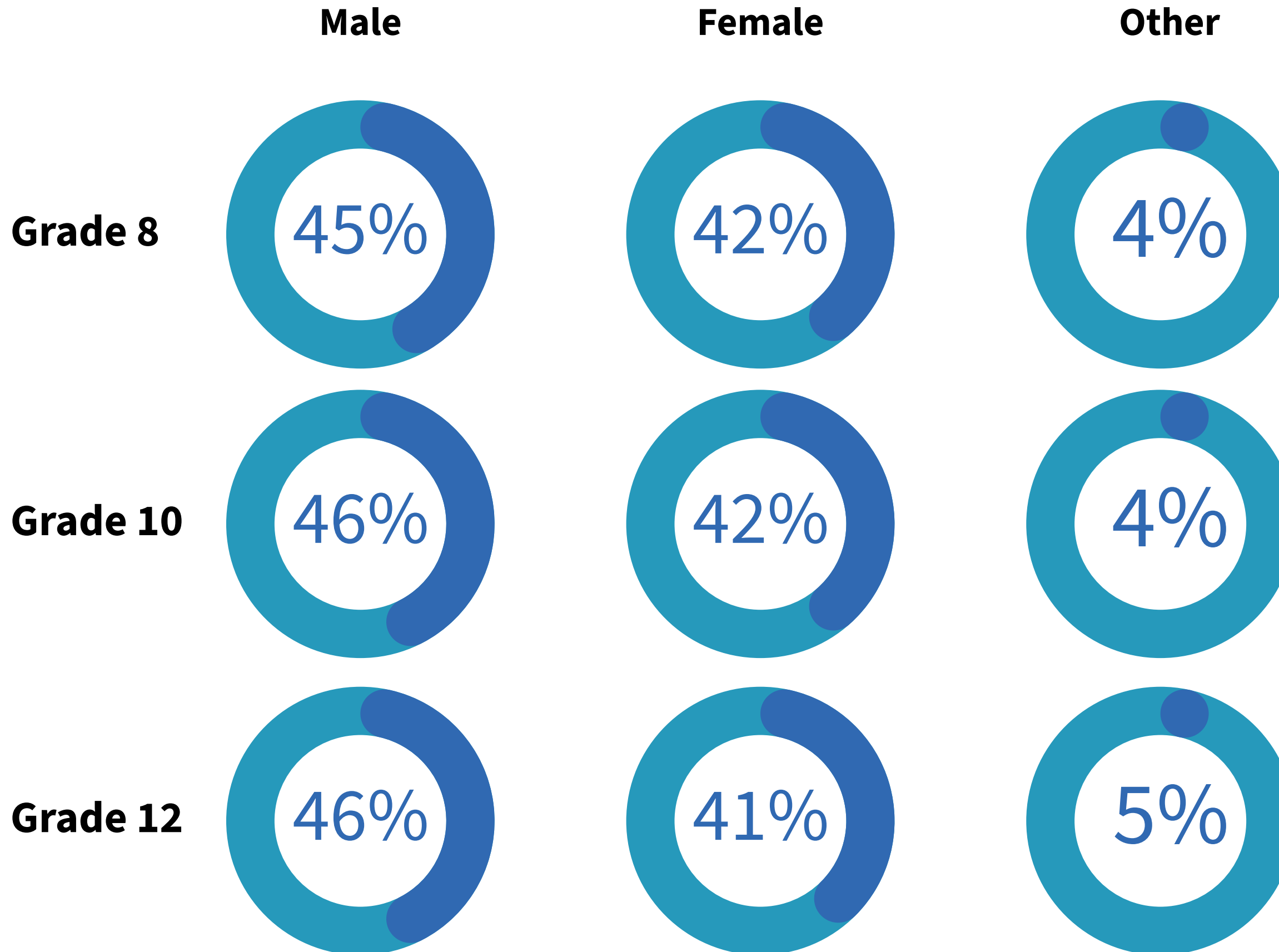
- Chinese
- Filipino
- Asian Indian
  - Korean
- Vietnamese
- Japanese

## Adult Gender Identity, 2023

| Category                        | Age-adjusted Proportion | Lower Confidence Interval | Upper Confidence Interval |
|---------------------------------|-------------------------|---------------------------|---------------------------|
| Transgender, yes male to female | .3%                     | .2%                       | .5%                       |
| Transgender, yes female to male | .2%                     | .1%                       | .4%                       |
| Gender non conforming           | .7%                     | .5%                       | .9%                       |
| Transgender, no                 | 98.7%                   | 98.5%                     | 98.9%                     |

Source: Behavioral Risk Factor Surveillance System, Washington State, 2023

# Youth Gender Identity by Grade , 2023



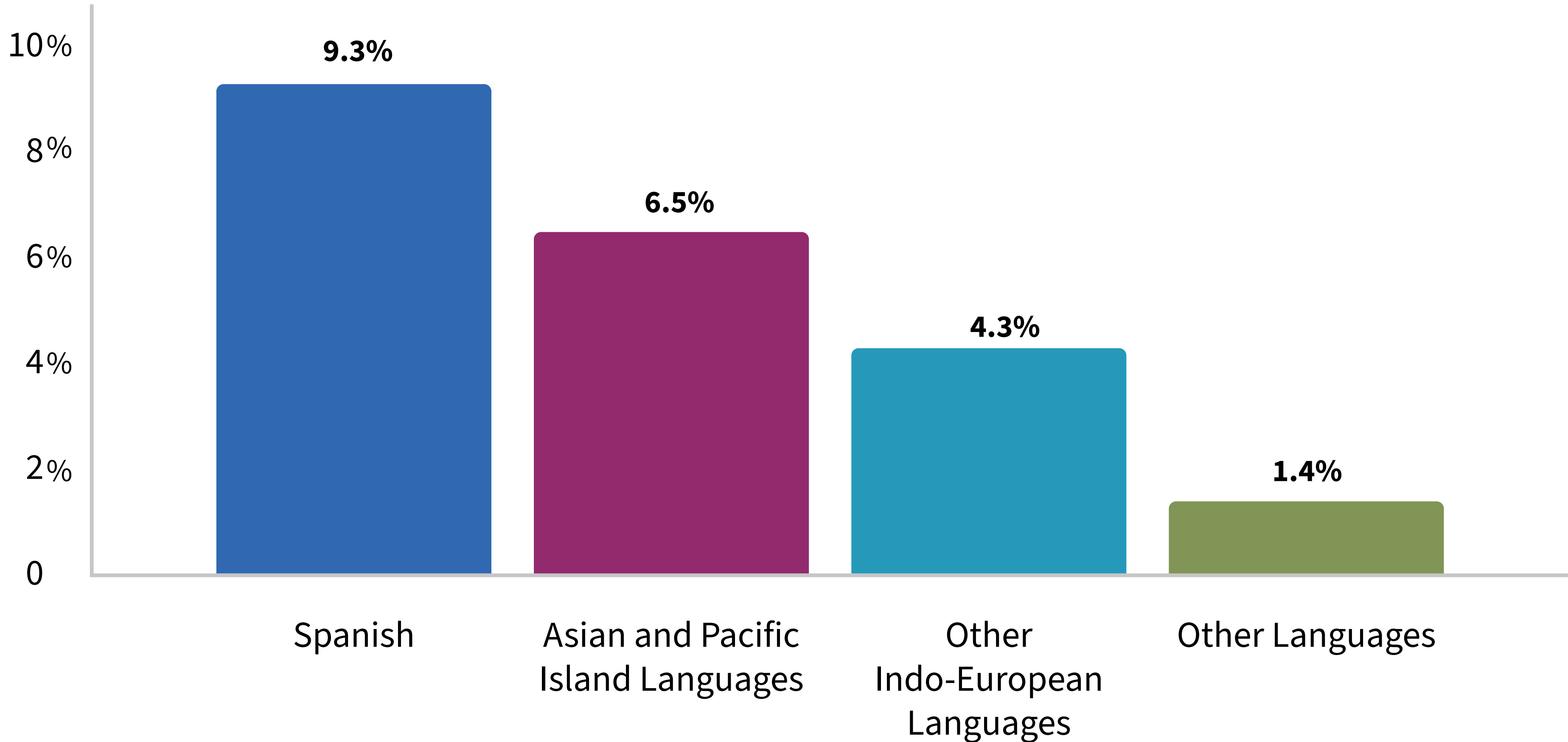


# 21.5%



**of Washingtonians  
speak a language other  
than English at home.**

# Washington State Language Spoken at Home, 2023



Source: U.S. Census Bureau, U.S. Department of Commerce. "Language Spoken at Home." American Community Survey, ACS 1-Year Estimates , 2023

## 2024 Estimates of Population with Limited English Proficiency (LEP) for Washington State: <10,000 Estimated Language Speakers

| Language          | % of Student Population | Average Household Size | Estimated # of Speakers |
|-------------------|-------------------------|------------------------|-------------------------|
| Spanish           | 13.56%                  | 3.28                   | 446,287                 |
| Russian           | 1.4%                    | 2.38                   | 27,168                  |
| Vietnamese        | .80%                    | 3.20                   | 25,702                  |
| Ukranian          | .71%                    | 2.66                   | 18,870                  |
| Chinese-Mandarin  | .56%                    | 2.68                   | 15,101                  |
| Arabic            | .42%                    | 3.18                   | 13,409                  |
| Somali            | .28%                    | 4.17                   | 11,755                  |
| Dari (Afganistan) | .29%                    | 3.00                   | 11,483                  |
| Marshallese       | .25%                    | 4.41                   | 10,884                  |

# Determinants of Health

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The impact of housing, education, income, food security, and transportation on health outcomes.

Key Data Points:

Percentage of households experiencing food insecurity

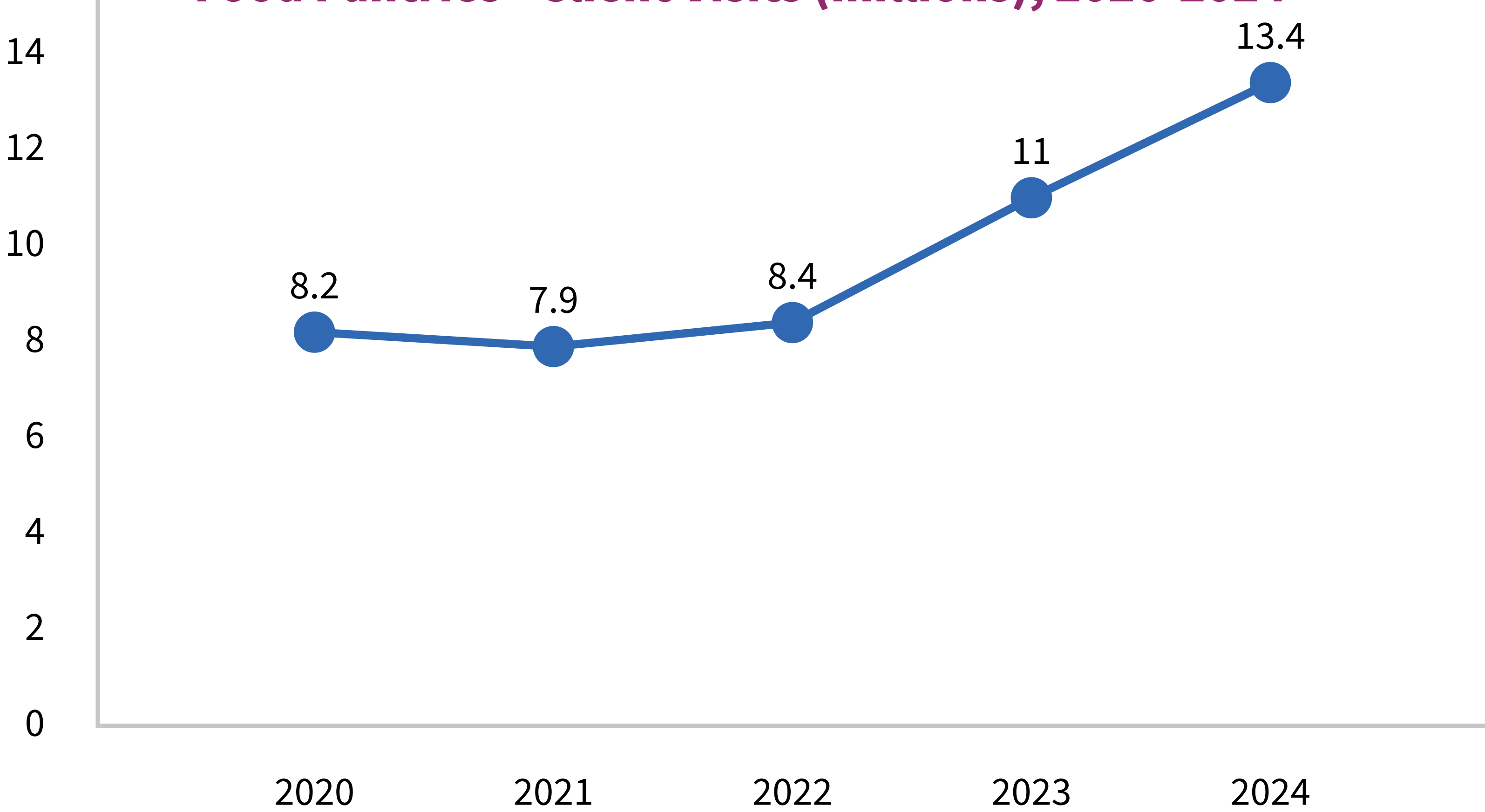
Income disparities by racial/ethnic group

Availability of affordable housing

**Discussion Questions:**

- How do social factors show up in health disparities?
- What policies could improve conditions that impact health?
- How does access to education influence long-term health outcomes?

# Emergency Food Assistance Program (EFAP) - Yearly Data for Food Pantries - Client Visits (millions), 2020-2024



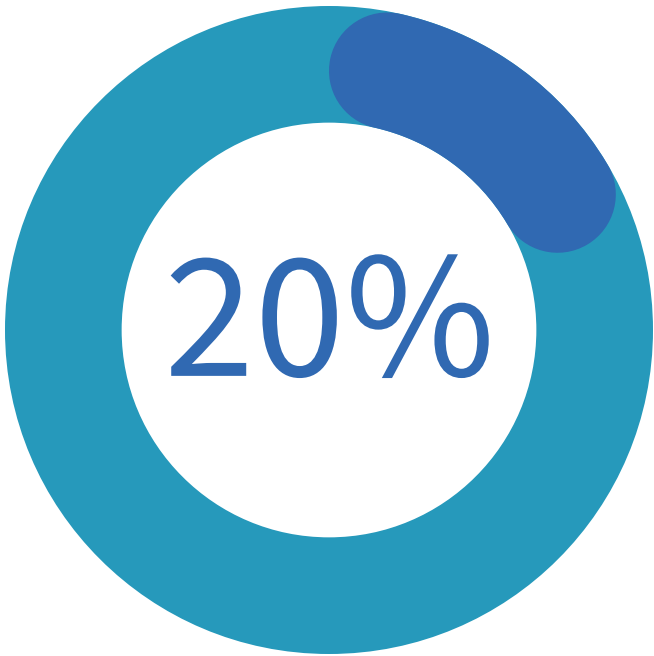
Source: Washington State Department of Agriculture. Emergency Food Assistance Program (EFAP) - Yearly Data for Food Pantries: State Fiscal Years 2014-2024, 2024.

**One in four  
Washington**

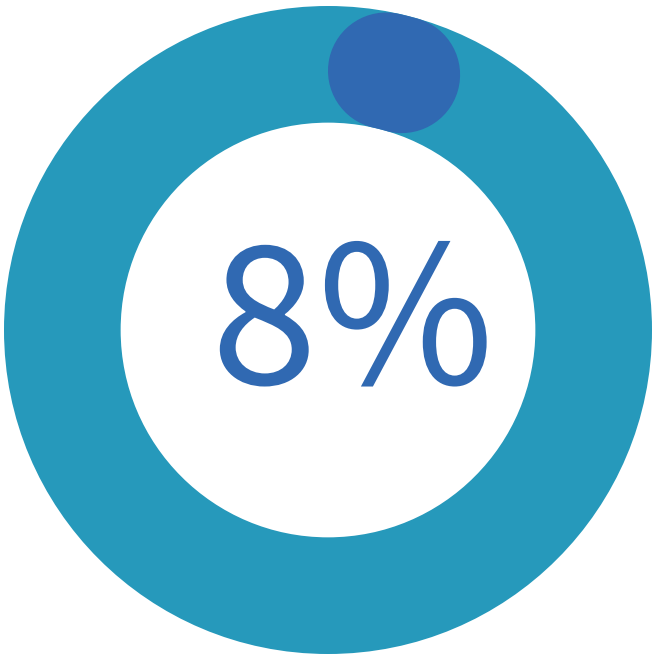


**residents visited a  
food pantry in 2024.**

# Broadband Access Gaps Across Income Levels, 2023



**Low-income households**  
**<\$20,000/year**



**Middle-income households**  
**\$20K-\$74.9K/year**



**Higher-income households**  
**\$75K+**

Source: U.S. Census Bureau, U.S. Department of Commerce. (2023). Types of Computers and Internet Subscriptions. American Community Survey, ACS 1-Year Estimates



**97.5%**  
**of households**  
**have access to a**  
**computing device.**

**10%**

**increase in**

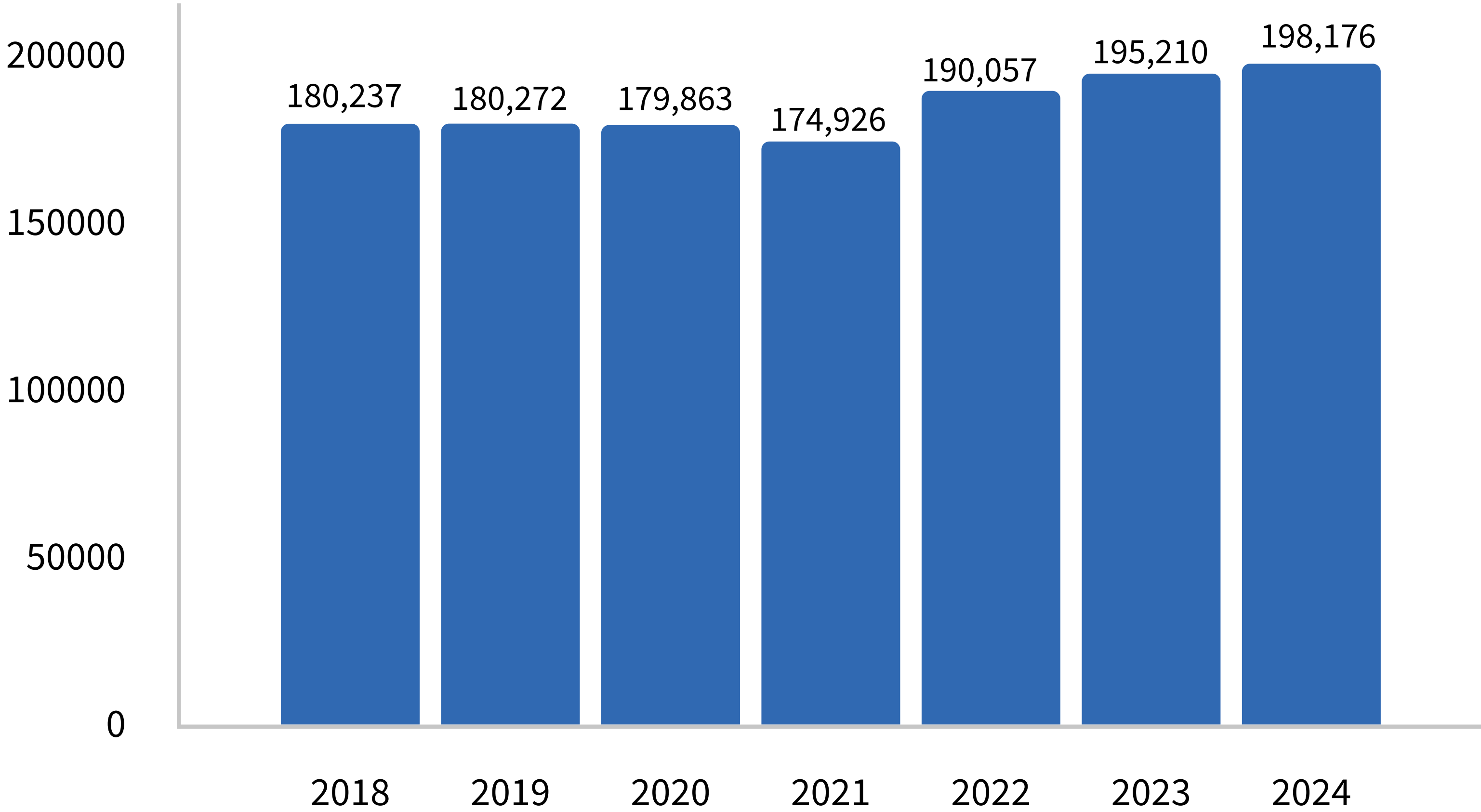


**homelessness and**

**unstably housed**

**individuals since 2018.**

# WA State Homeless and Unstably Housed Population, 2018-2024



Source: Washington State Department of Commerce and Office of Financial Management

**\$1,731**



**\$1,406**

**Median gross rent in  
Washington.**

**Median gross rent in  
the United States.**

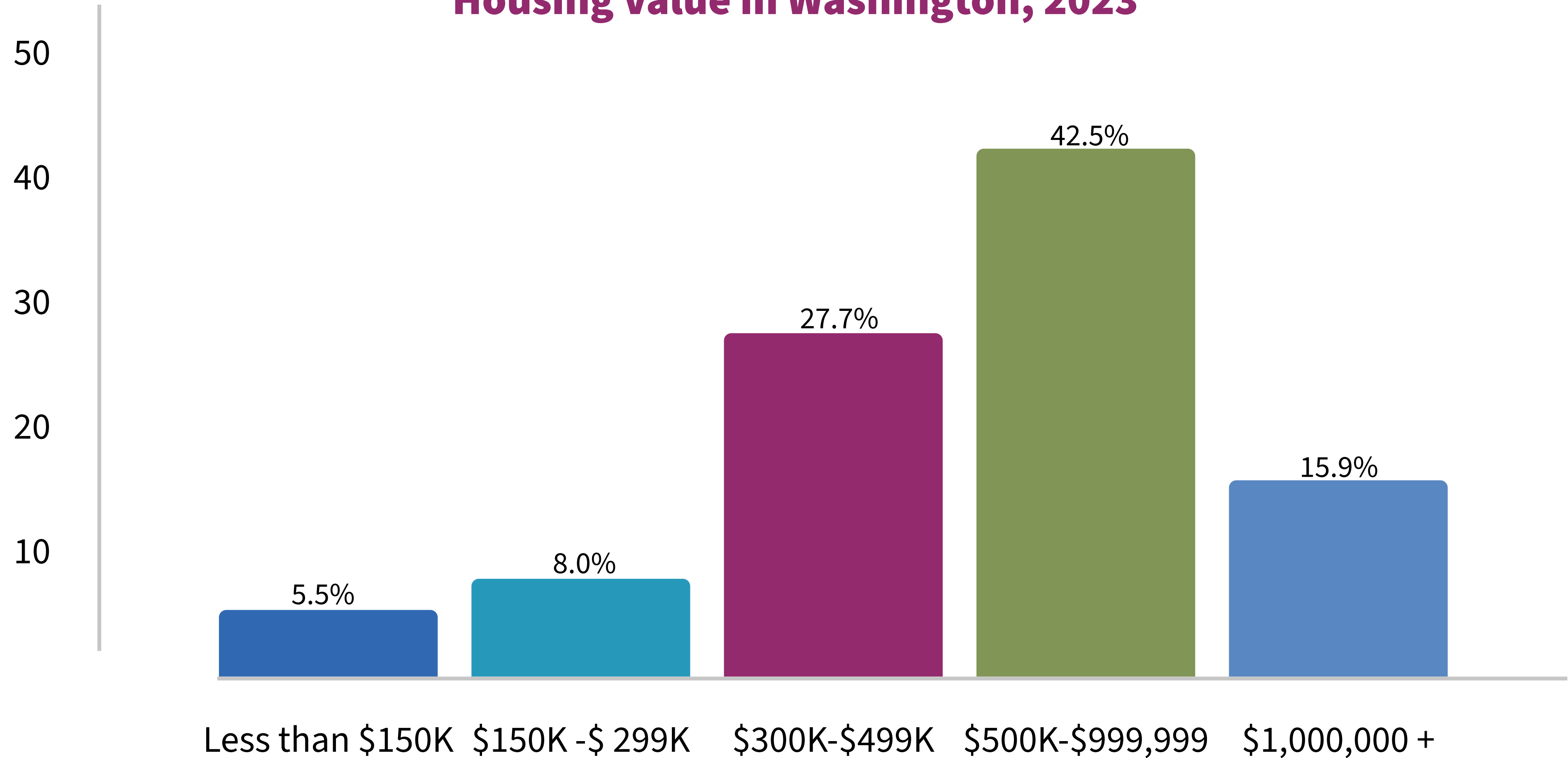
# 22%

**of renter households are  
extremely low income or  
make less than \$35,000 per  
year.**

**50.3%**

**of households devote  
more than 30% of their  
income to rent.**

# Housing Value in Washington, 2023





# Washington State Median Household Income Estimates by County: 1990 to 2024

\$100,000

\$80,000

\$60,000

\$40,000

\$20,000

0

\$33,417

\$38,997

\$44,120

\$50,004

\$55,466

\$63,449

\$80,319

\$97,970

1990

1995

2000

2005

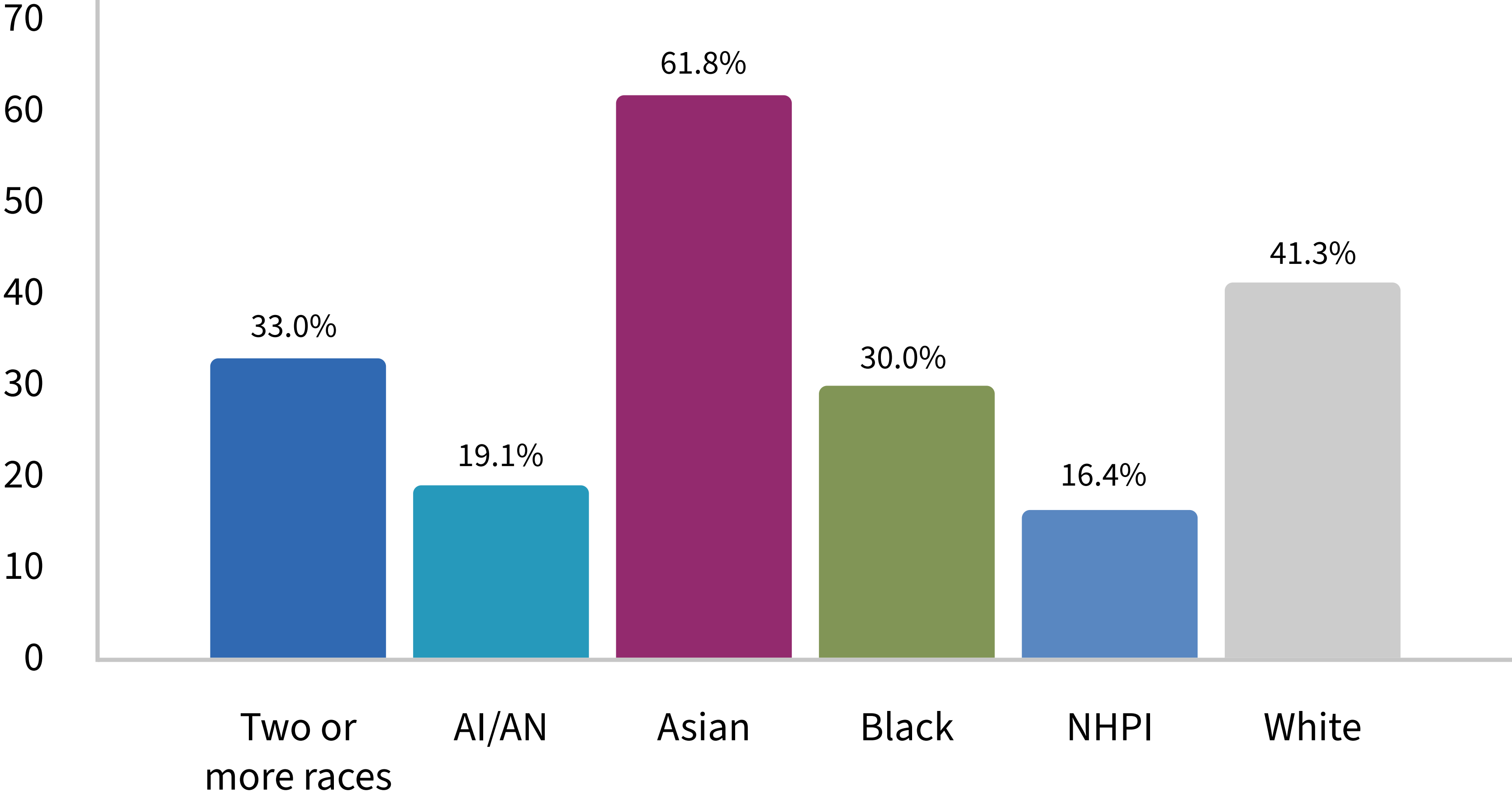
2010

2015

2020

2024

# Post-secondary Degree (Bachelors or higher) in Washington, 2023



Source: Census Bureau, U.S. Department of Commerce. "Educational Attainment." American Community Survey, ACS 1-Year Estimates Subject Tables, Table S1501, 2023

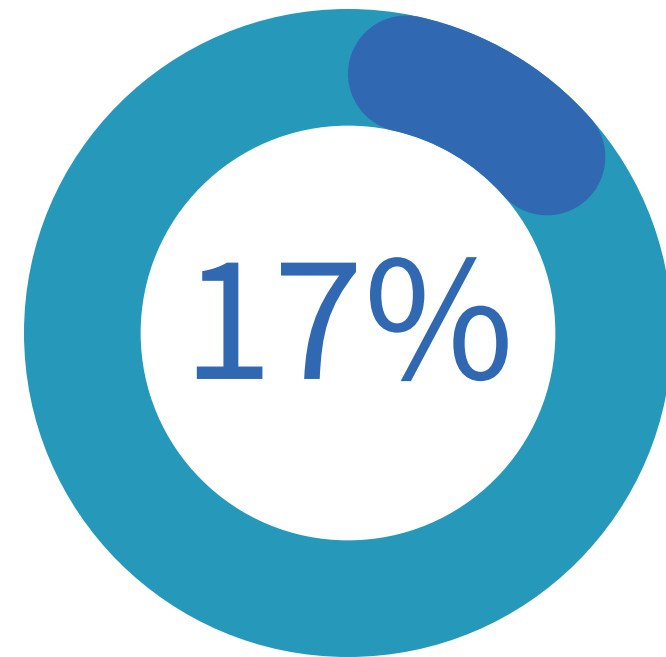
# 21.5%

of Hispanic or Latinos in  
Washington have a  
Bachelors degree or  
higher.

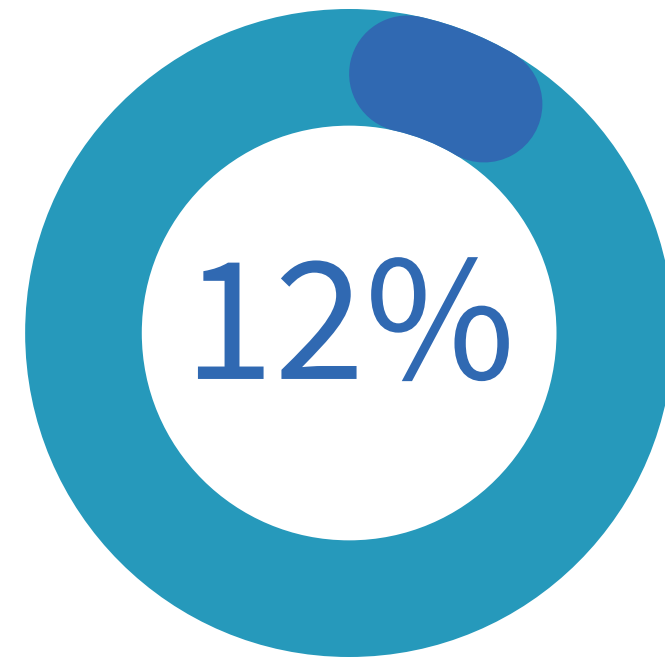


**Bachelor degree  
attainment for individuals  
age 25+ has increased from  
11.7% to 14.5% since 2018.**

## Post-Secondary Education Attainment Among Ages 18 to 24 years by Gender, 2023

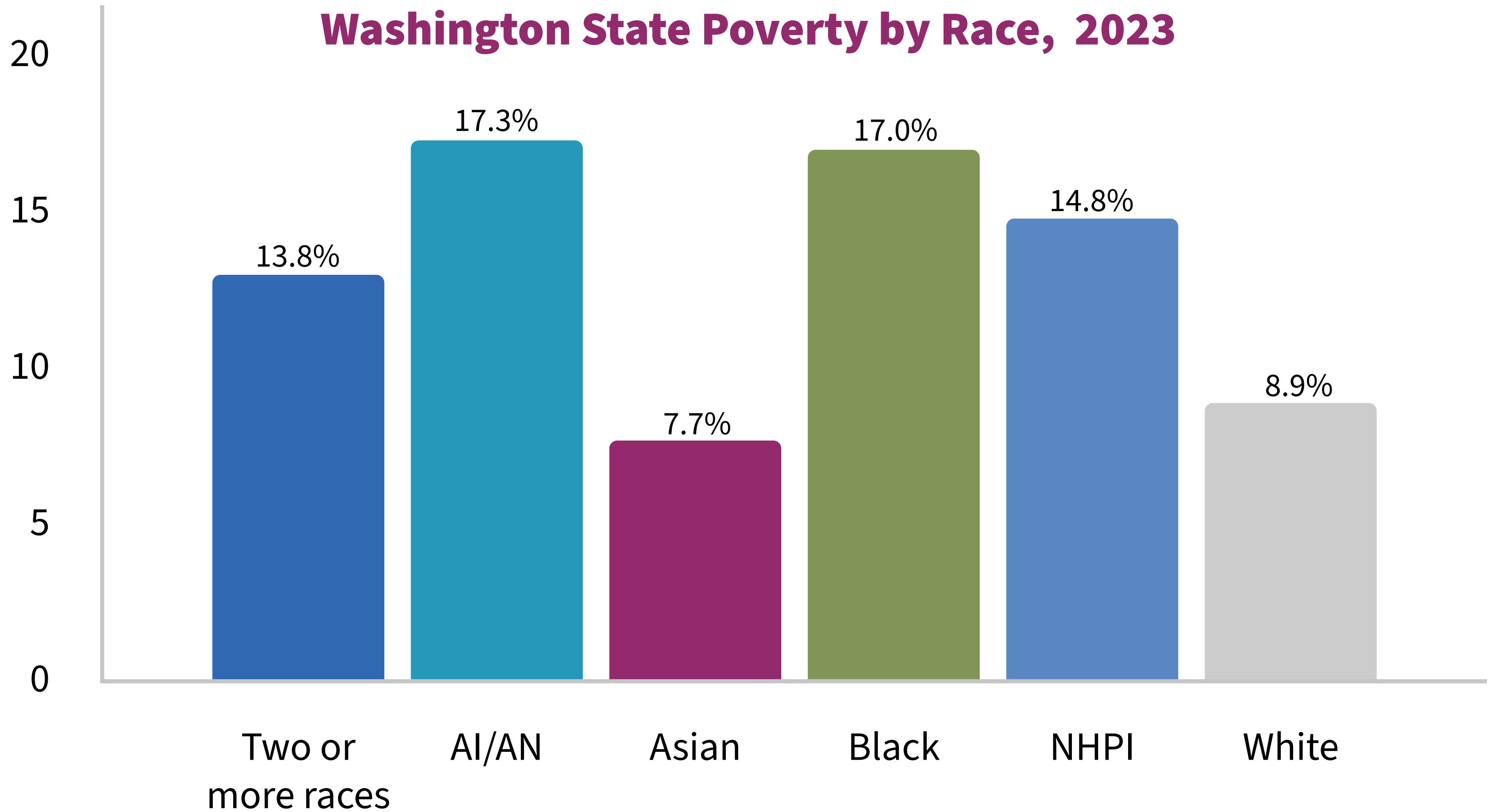


**Female**



**Male**

# Washington State Poverty by Race, 2023

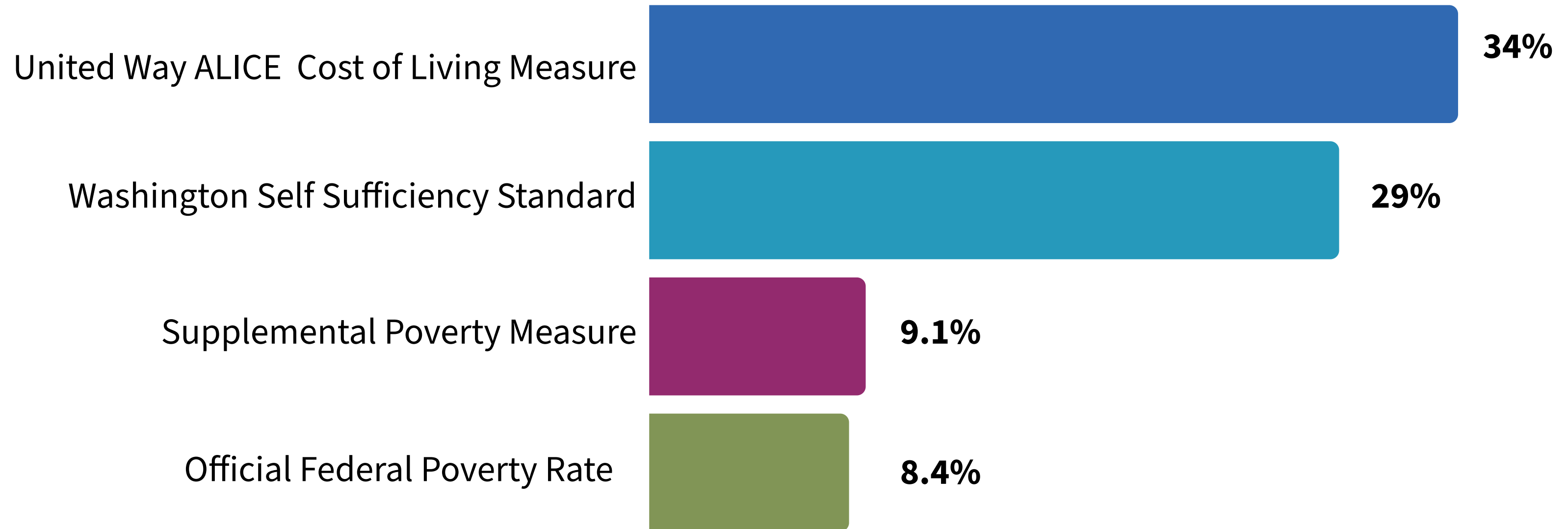


**15.2%**

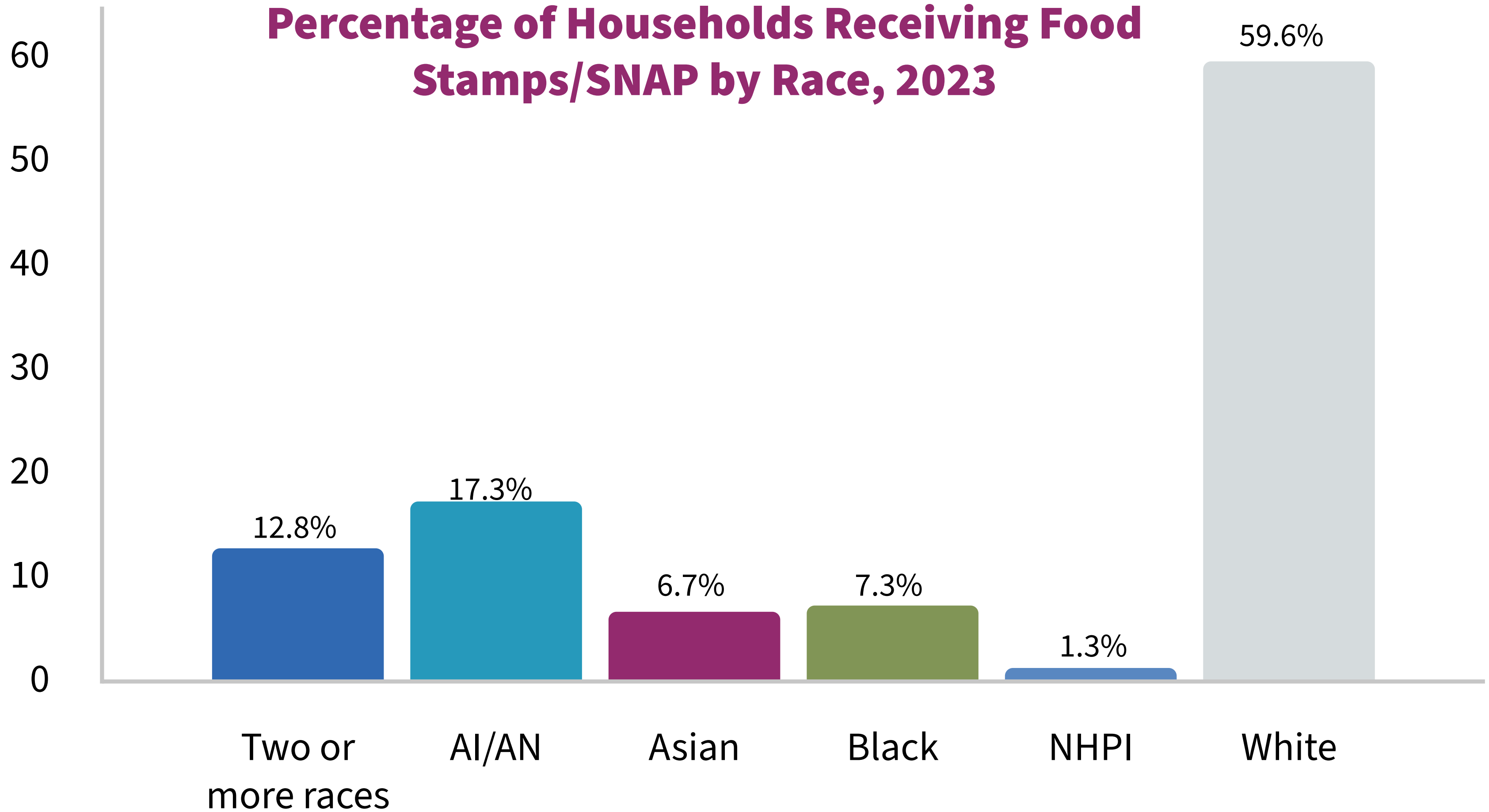
**of Hispanic or  
Latino households  
live in poverty.**



# Variation in Poverty Rates by Method of Calculation: Percentage Living in Poverty, 2022



## Percentage of Households Receiving Food Stamps/SNAP by Race, 2023



Source: U.S. Census Bureau, (2023), Food Stamps/Supplemental Nutrition Assistance Program (SNAP), American Community Survey, ACS 1-Year Estimates

**Hispanic or Latino  
individuals make up**

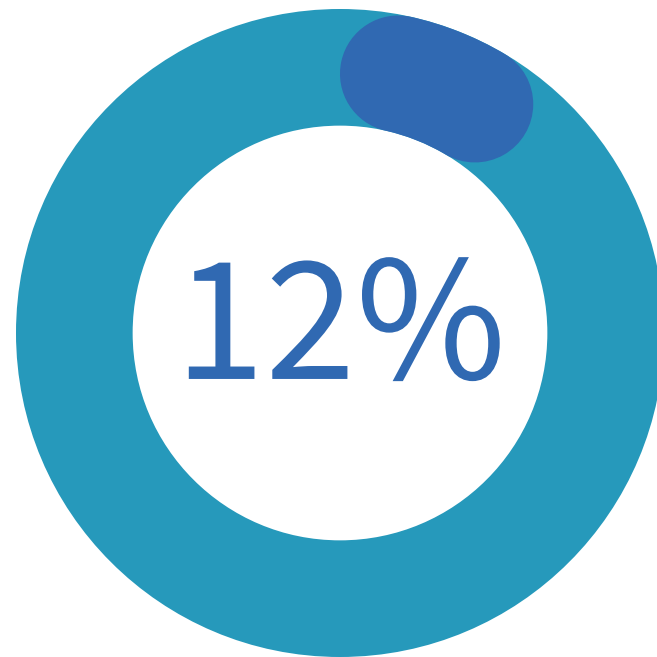
**16.9% of SNAP  
recipients in Washington  
State.**

**50 %**

**of households receiving  
SNAP benefits in**

**Washington State include  
one or more individuals  
with a disability.**

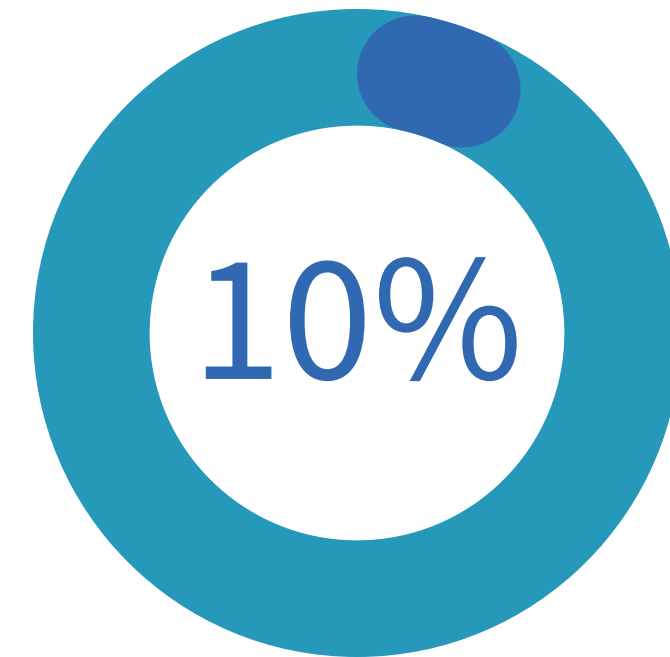
## Poverty Status by Age, 2023



**Children <18**

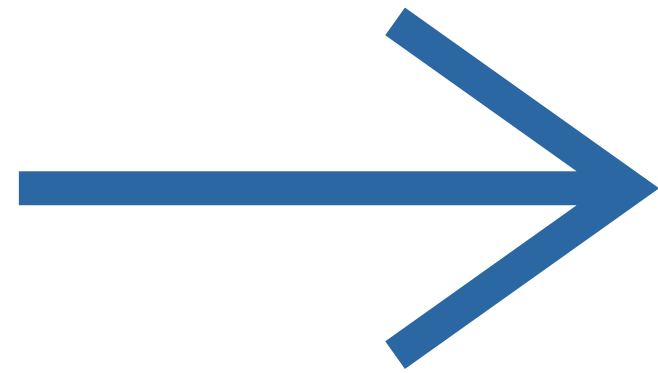


**Adults 18-64**



**Seniors (65+)**

# 6.26



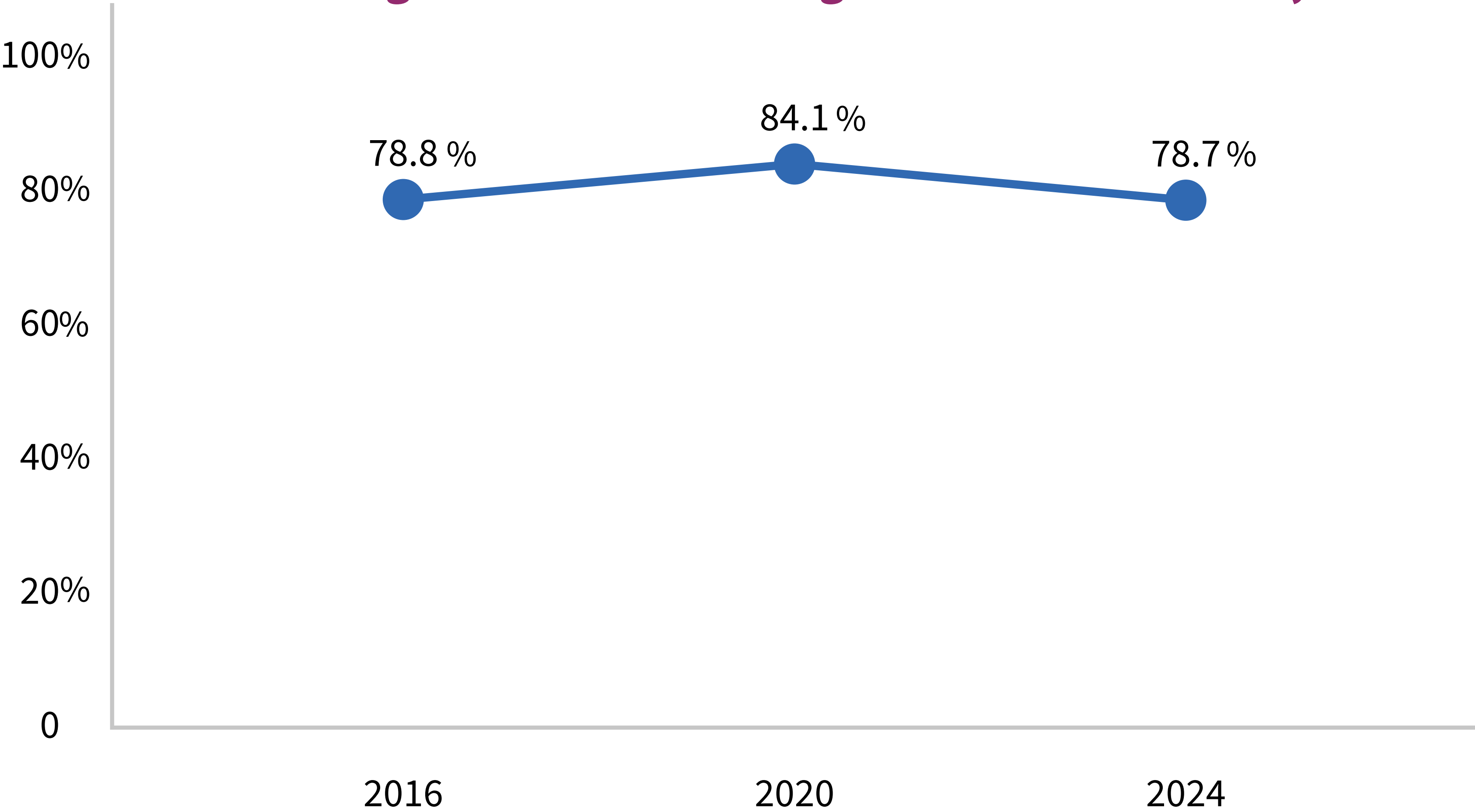
# 80%

million estimated  
voting-age  
population (VAP) in  
2024.

are  
registered to  
vote.

- Register
- Show up
- VOTE**

# Percent of Registered Voters Voting in Presidential Races, 2016-2024



Source: Washington Secretary of State. "Voter Participation Statistics." Washington Secretary of State

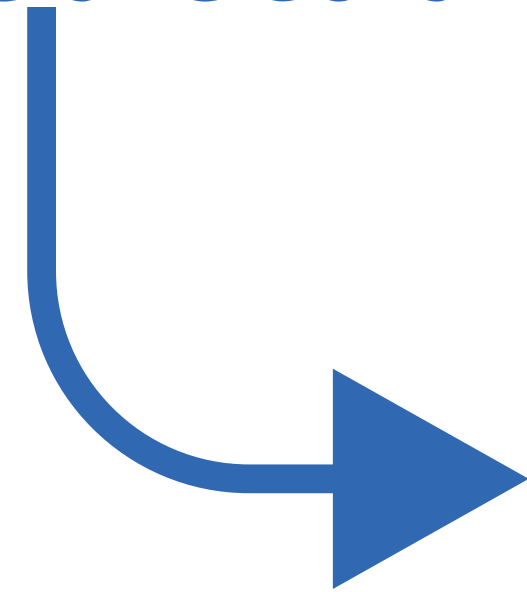
## Preschool and Pre-K Need and Supply, 2024

| Geography        | Total Served | Total Need | % Need Met |
|------------------|--------------|------------|------------|
| Washington State | -            | -          | 29%        |
| San Juan County  | 71           | 143        | 49.6%      |
| Garfield County  | 0            | 45         | 0.0%       |
| Yakima County    | 3243         | 8046       | 40.3%      |
| Clark County     | 1950         | 8144       | 23.9%      |



# 1,104,247

**total enrolled students** *(24-25 school year)*



# 72.7%

**attended at least 90% of  
school days.**  
*(23-24 school year)*

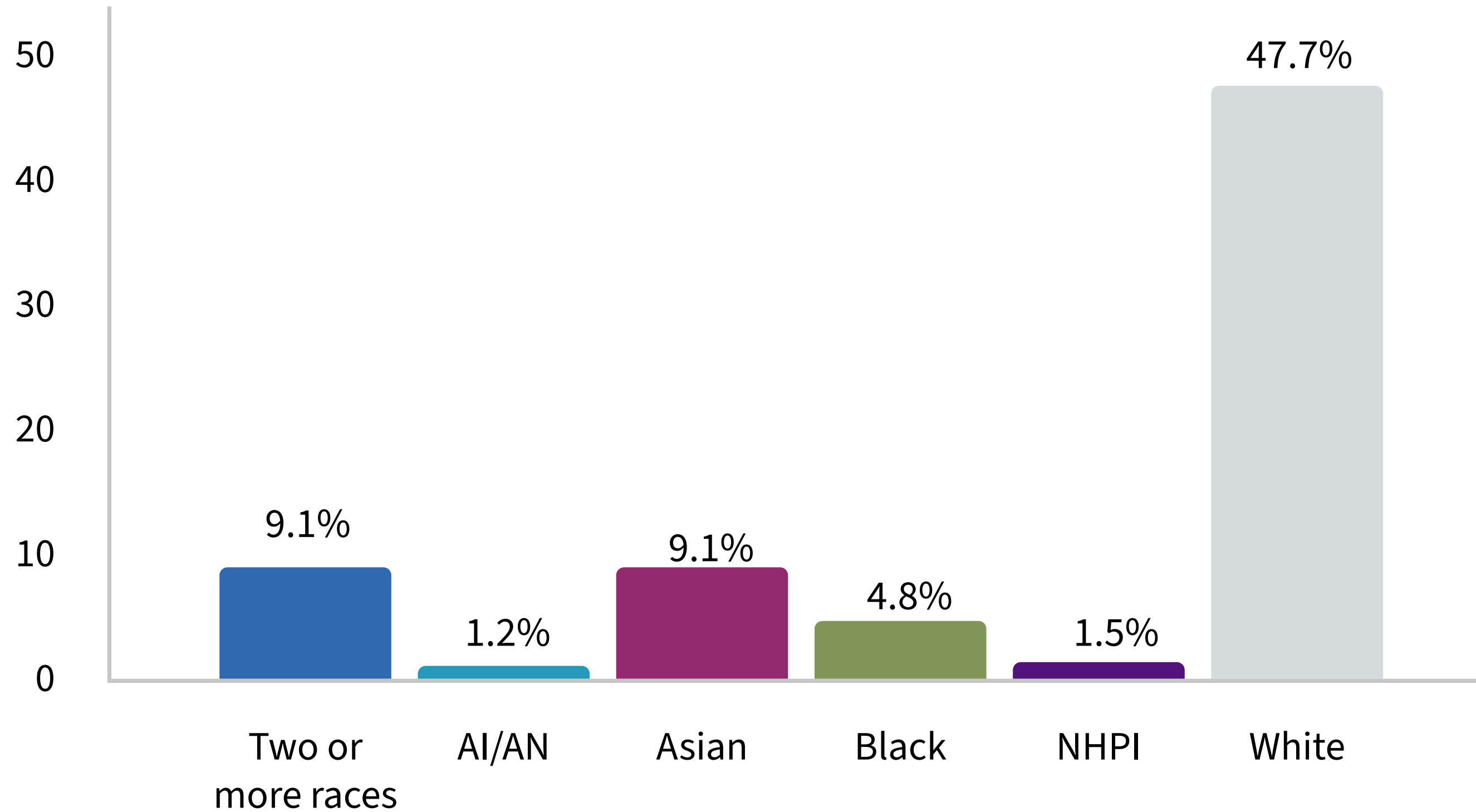
**82.8%**

**of students  
graduated  
in 4 years.**

***(23-24 school year)***



# Race & Ethnicity of Public School Student Population, 2024-2025 School Year



**26.6%**  
Hispanic/Latino  
of any race.

# 1,104,247

**total enrolled students** *(24-25 school year)*

**48.1% low income**

**14.8% English Language Learners**

**15.5% students with disabilities**

**7.6% highly capable learners**

# Health Behaviors

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Lifestyle choices and risk behaviors that affect health, including physical activity, diet, tobacco use, and substance use.

## **Key Data Points:**

Percentage of adults and youth engaging in regular physical activity

Rates of smoking and vaping among youth and adults

Alcohol and substance use trends

## **Discussion Questions:**

- What trends in health behaviors are most concerning?
- How can public health campaigns influence behavior change?
- What local programs have been successful in reducing risky behaviors?

# Smoking and drinking related health behaviors during the past month (Adults)

|                           |                          |                        |                          |
|---------------------------|--------------------------|------------------------|--------------------------|
| 6%                        | 9%                       | 43%                    | 17%                      |
| Responded current smoking | Reported E-cigarette use | Reported marijuana use | Indicated binge drinking |

# Smoking and drinking related health behaviors during the past month (Youth)

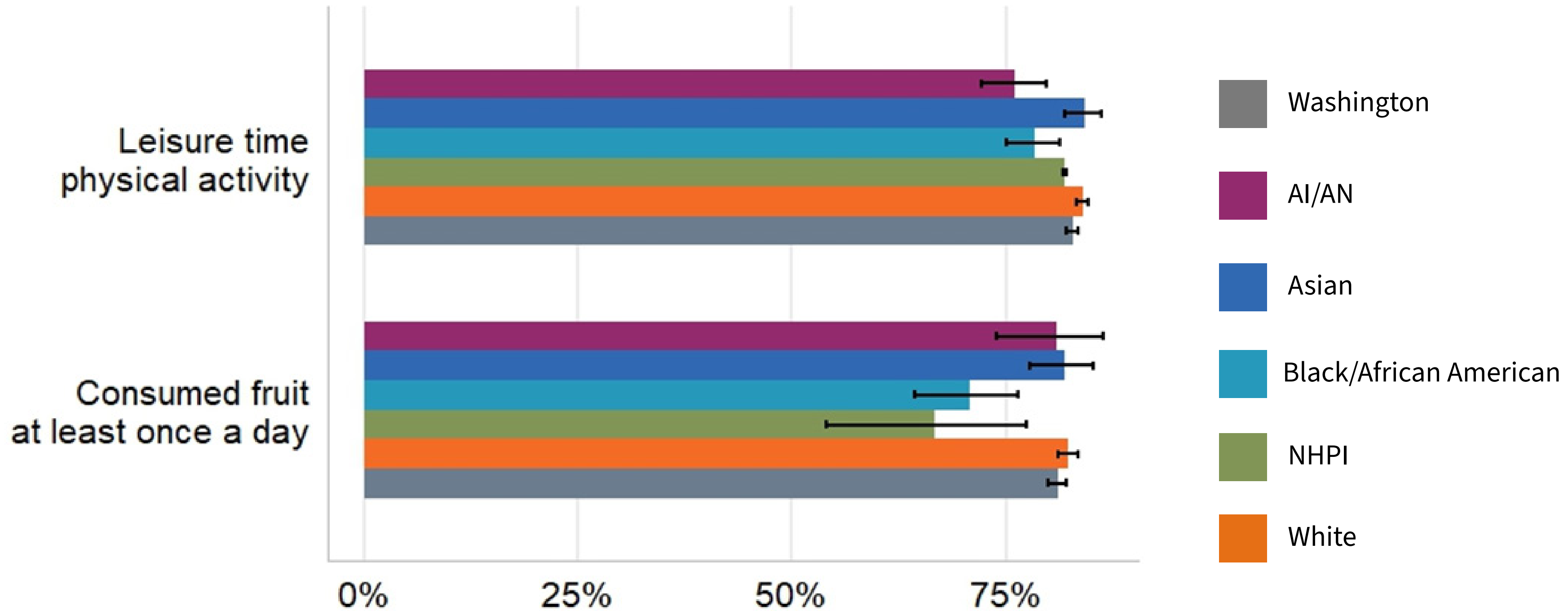
|                           |                          |                        |                          |
|---------------------------|--------------------------|------------------------|--------------------------|
| 2%                        | 8%                       | 9%                     | 4%                       |
| Responded current smoking | Reported E-cigarette use | Reported marijuana use | Indicated binge drinking |

## Exercise and healthy eating during the past month (Adults)

|   |  |   |
|---|--|---|
| 83%   | 81%  | 63%   |
| reported having any leisure time physical activity. | reported consuming vegetables at least once a day. | reported consuming fruit at least once a day. |



# Age-adjusted Proportion of Physical Activity and Habits by Race in Washington State (2023)



Source: Behavioral Risk Factor Surveillance System, Washington State, 2021, 2023

# Exercise and healthy eating during the past month (Youth)

|   |   |                                     |
|---|---|-------------------------------------|
| 25%   | 25%   | 43%                                 |
| reported having at least 60 minutes of physical activity per day. | reported consuming fruits and vegetables at least once a day. | reported eating breakfast that day. |

## Traffic Safety (Adults)

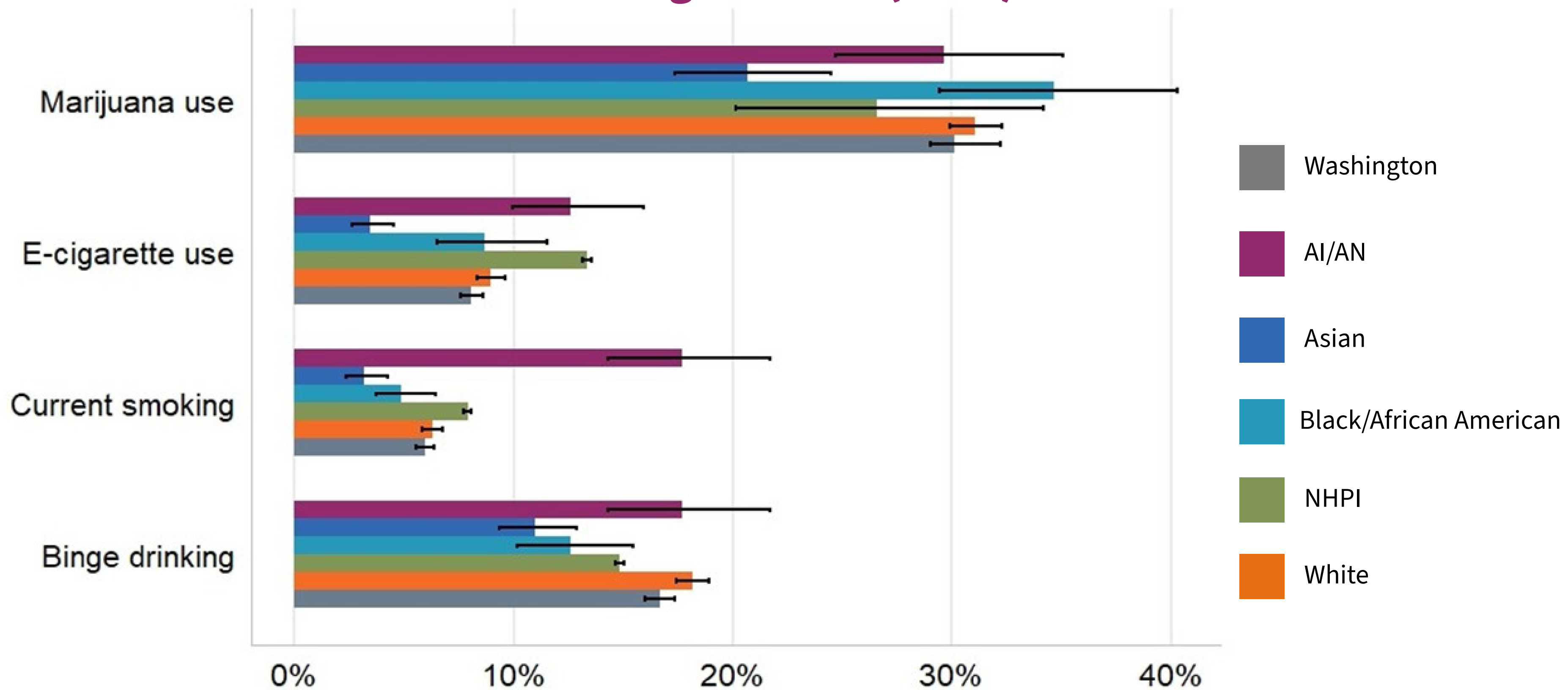
86%

reported wearing seatbelt while driving or riding in a car.

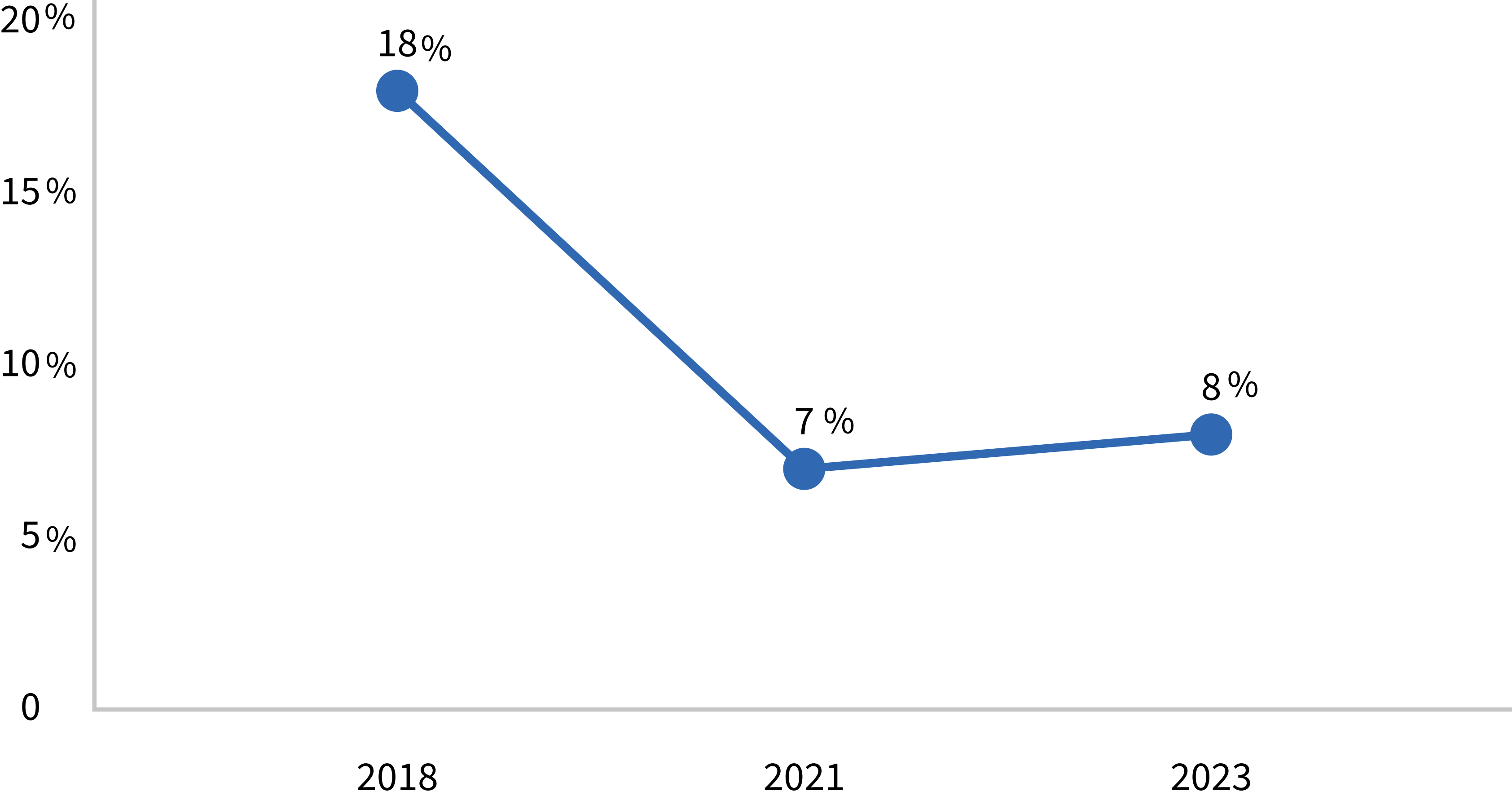
1%

reported driving after they had too much drink.

# Age-adjusted Proportion of Substance Use by Race in Washington State (2023)

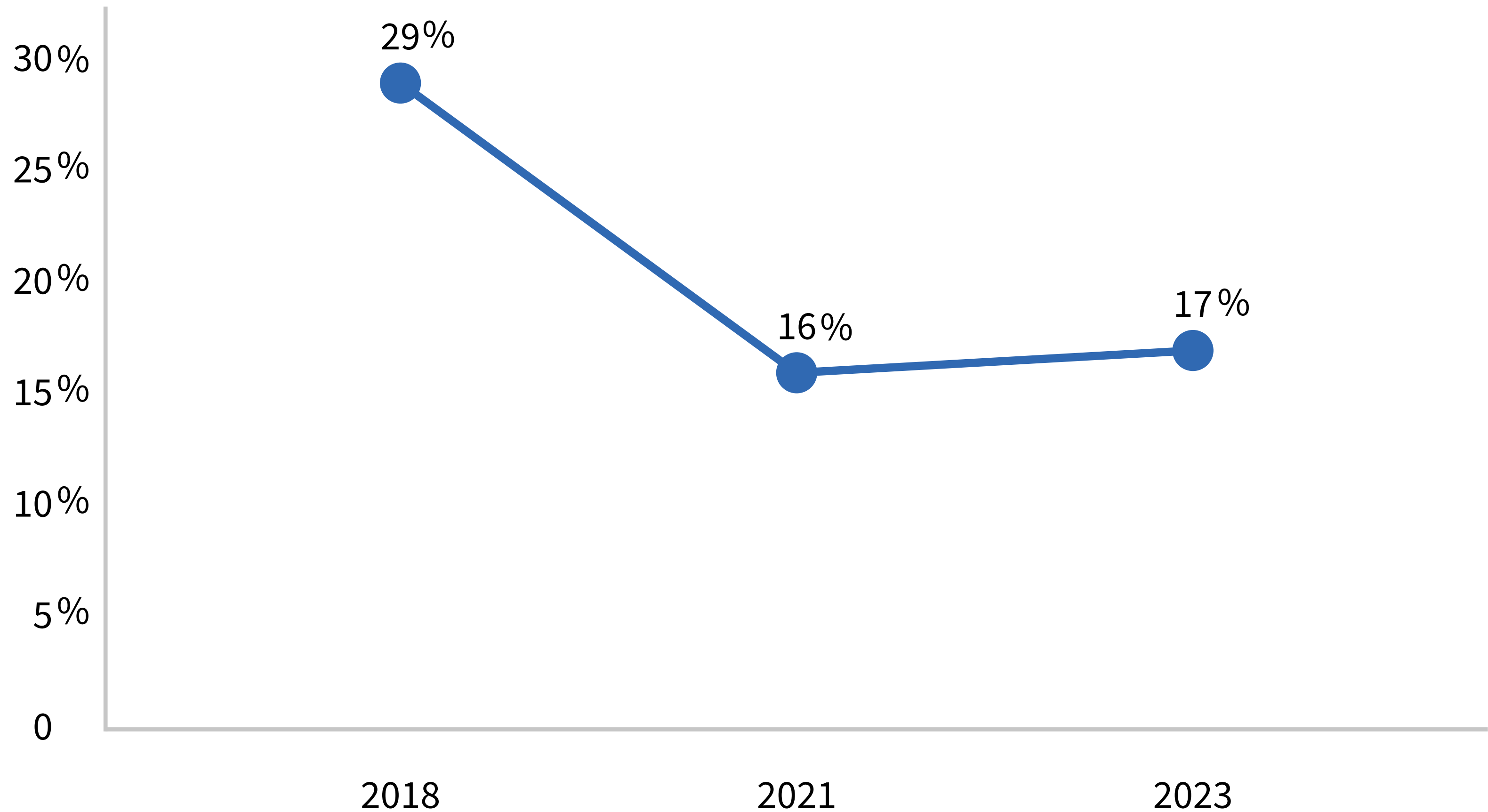


# Current Marijuana Among 10th Graders, 2018-2023

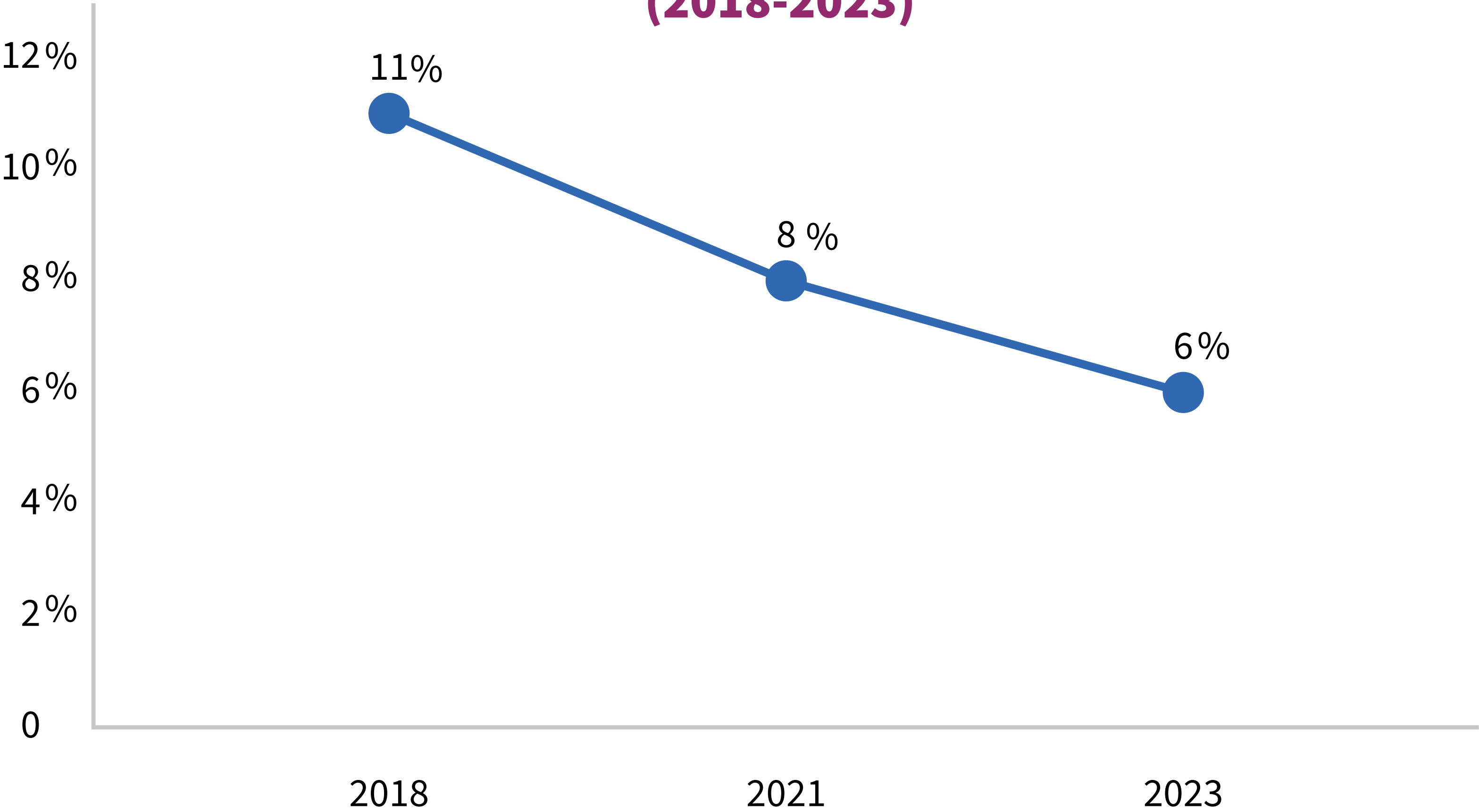


Source: Washington State Department of Health, Washington State Healthy Youth Survey, State Report, 2023.

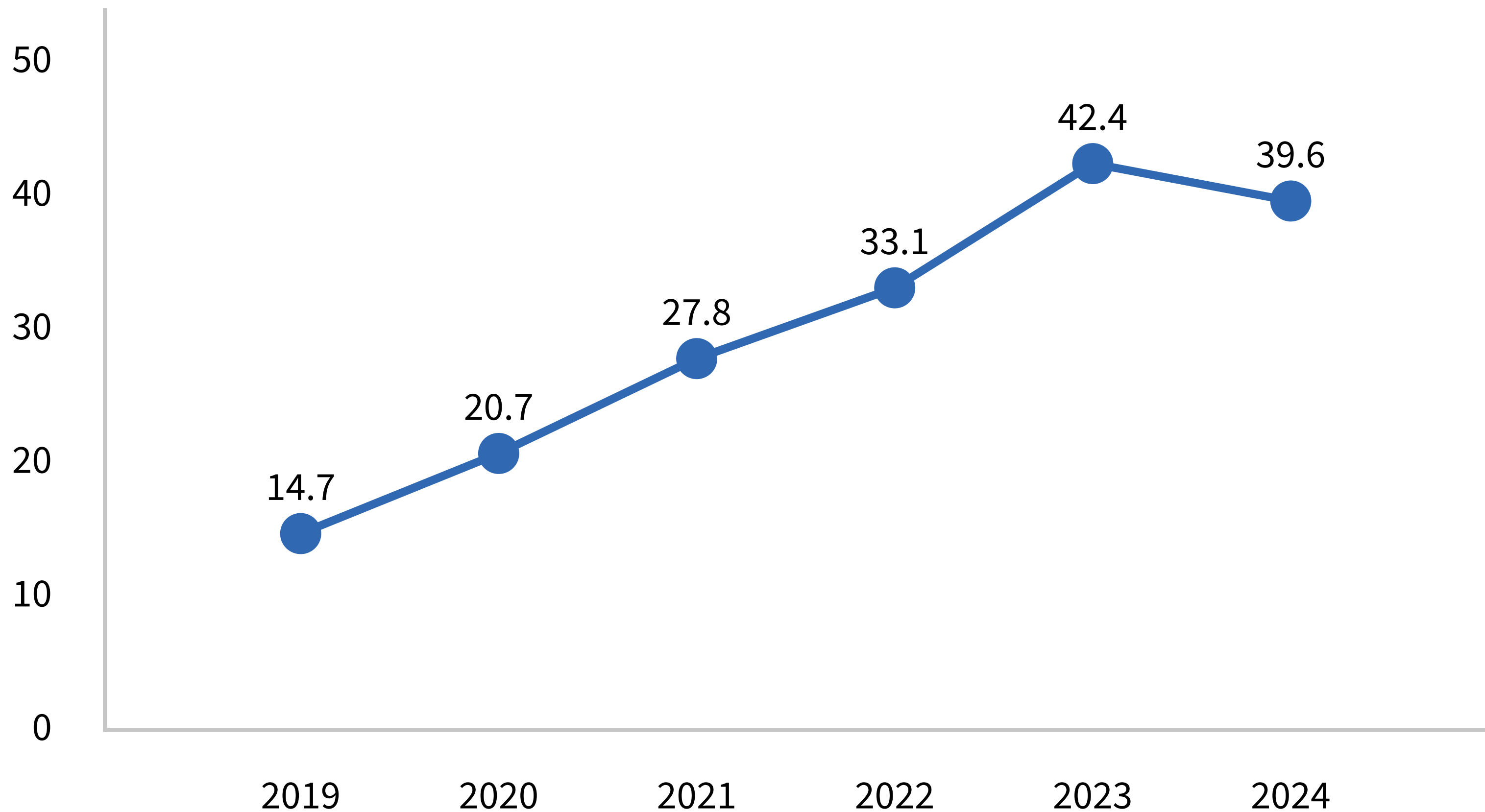
# Lifetime Marijuana Among 10th Graders, 2018-2023



# Missed School due to Feeling Unsafe in School Among 10th Graders (2018-2023)



# Unintentional Drug Overdose Death Rate (per 100,000 persons) 2019-2024



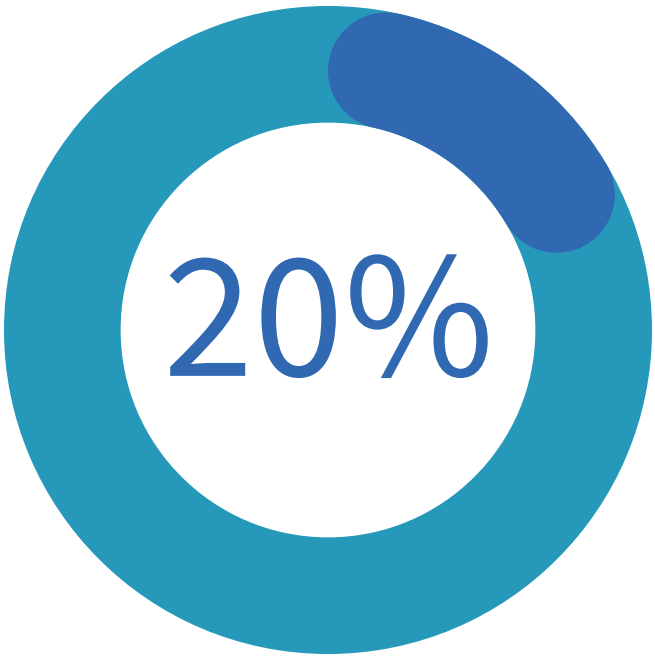
Source: the Centers for Disease Control and Prevention National Vital Statistics System (NVSS) 2024



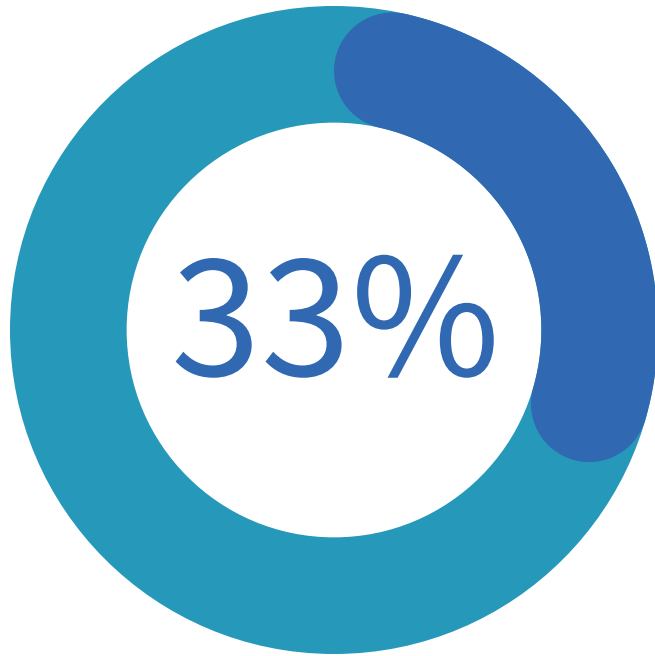
# Gender Identity & Reporting Feeling Unsafe During School, 2023



**Male**



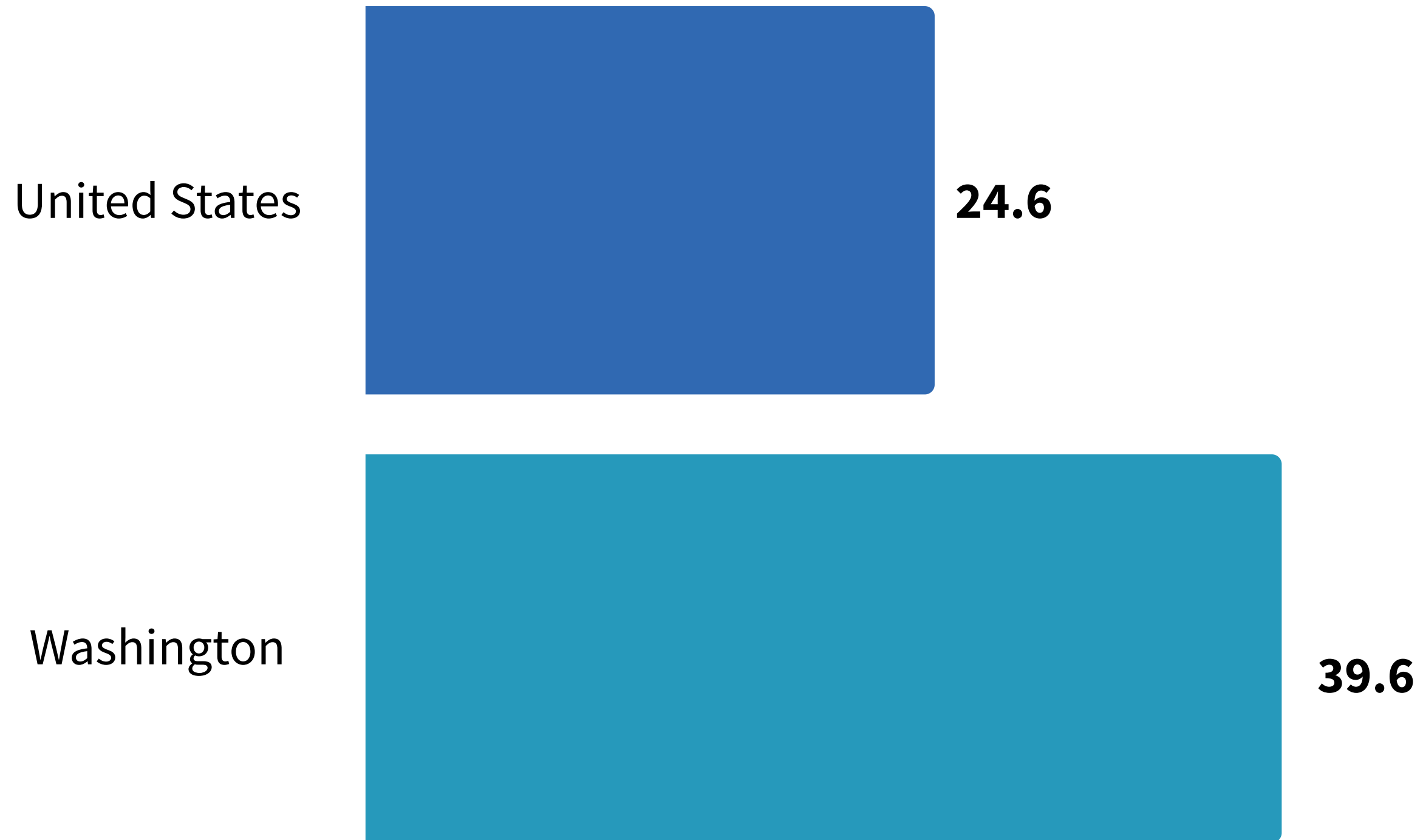
**Female**



**Transgender**

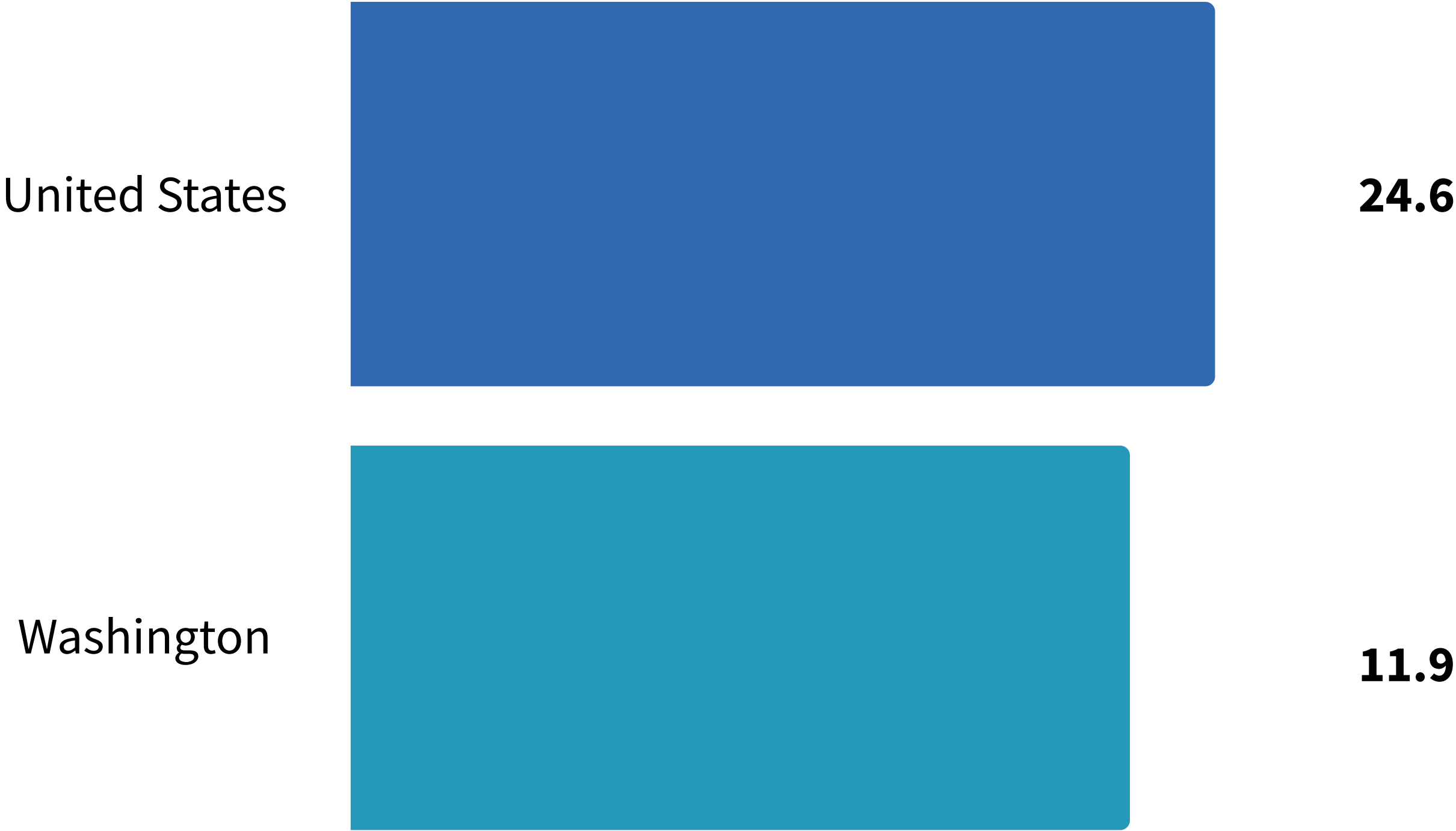
Source: Washington State Department of Health, Washington State Healthy Youth Survey, State Report, 2023.

# Unintentional Drug Overdose Death Rate (per 100,000 persons) Washington State and the United States, 2023



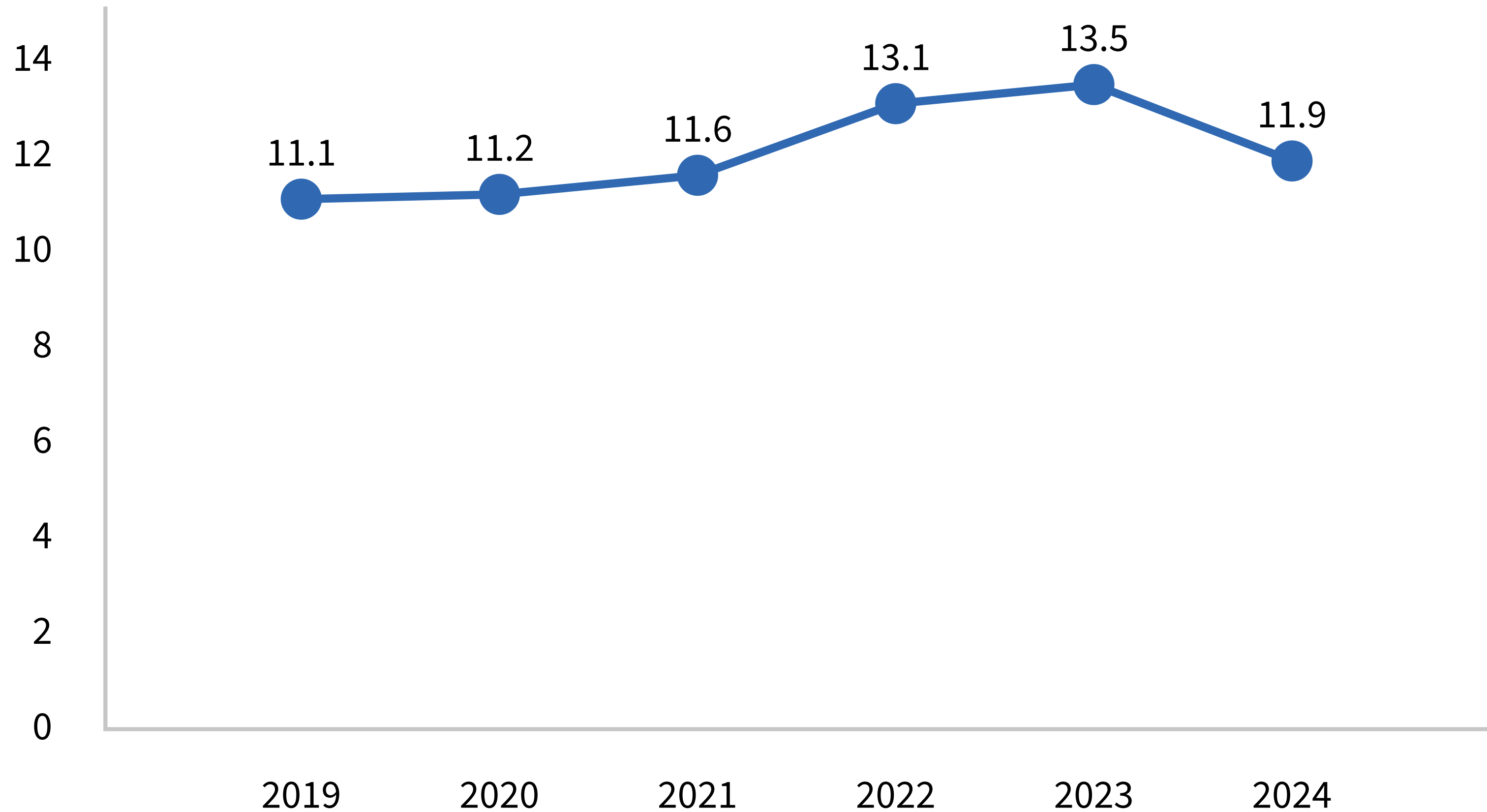
Source: the Centers for Disease Control and Prevention National Vital Statistics System (NVSS) 2024

# All Firearm Injury Death Rate by Geography, (per 100,000 persons) Washington State and the United States



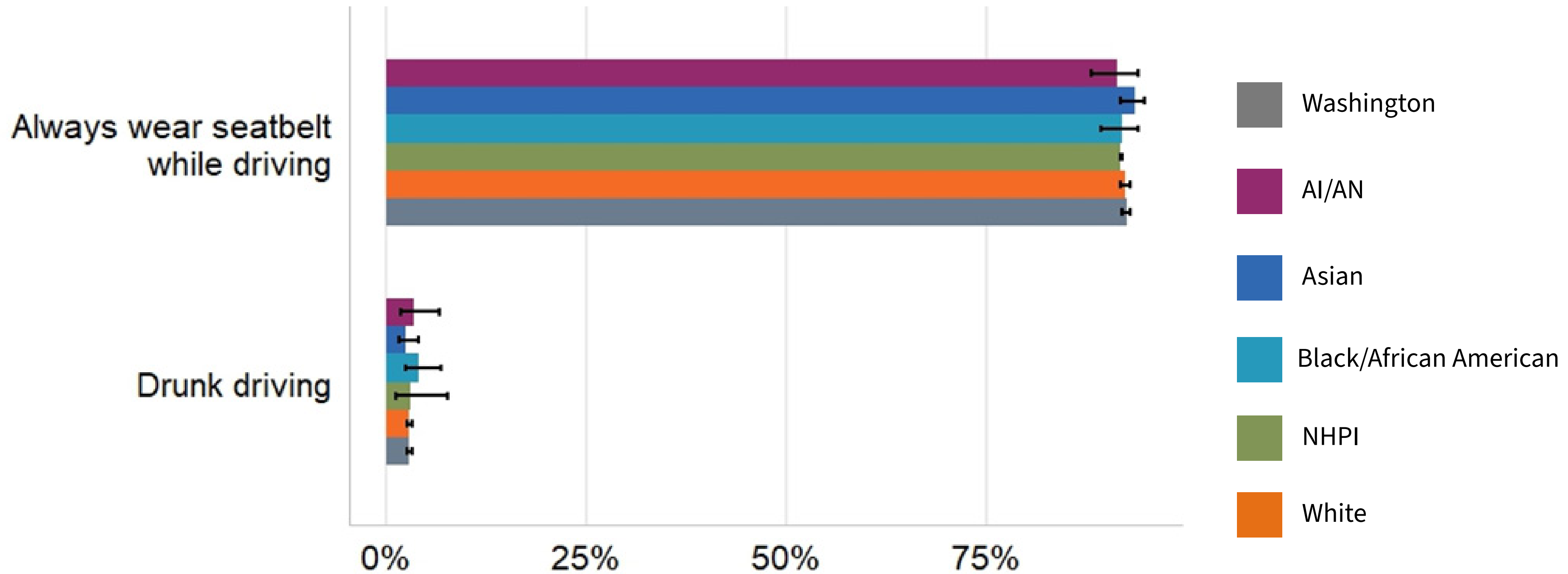
Source: the Centers for Disease Control and Prevention National Vital Statistics System (NVSS) 2024

# All Firearm Injury Death Death Rate (per 100,000 persons) 2019-2024



Source: the Centers for Disease Control and Prevention National Vital Statistics System (NVSS) 2024

# Age-adjusted Proportion of Traffic Safety by Race in Washington State (2023)



Source: Behavioral Risk Factor Surveillance System, Washington State, 2023

# Health Outcomes

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Key health indicators including chronic diseases, maternal and child health, and mortality rates.

## **Key Data Points:**

Rates of diabetes, heart disease, and cancer

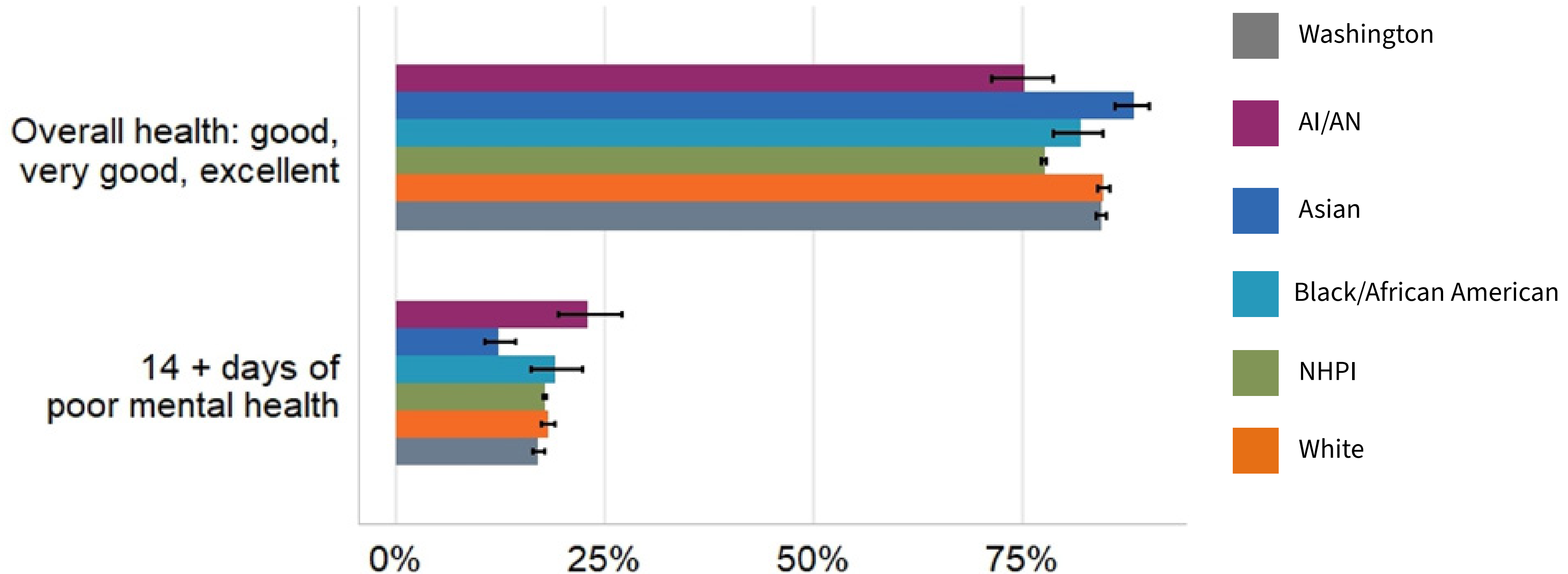
Mortality Rates

Maternal and infant mortality disparities

## **Discussion Questions:**

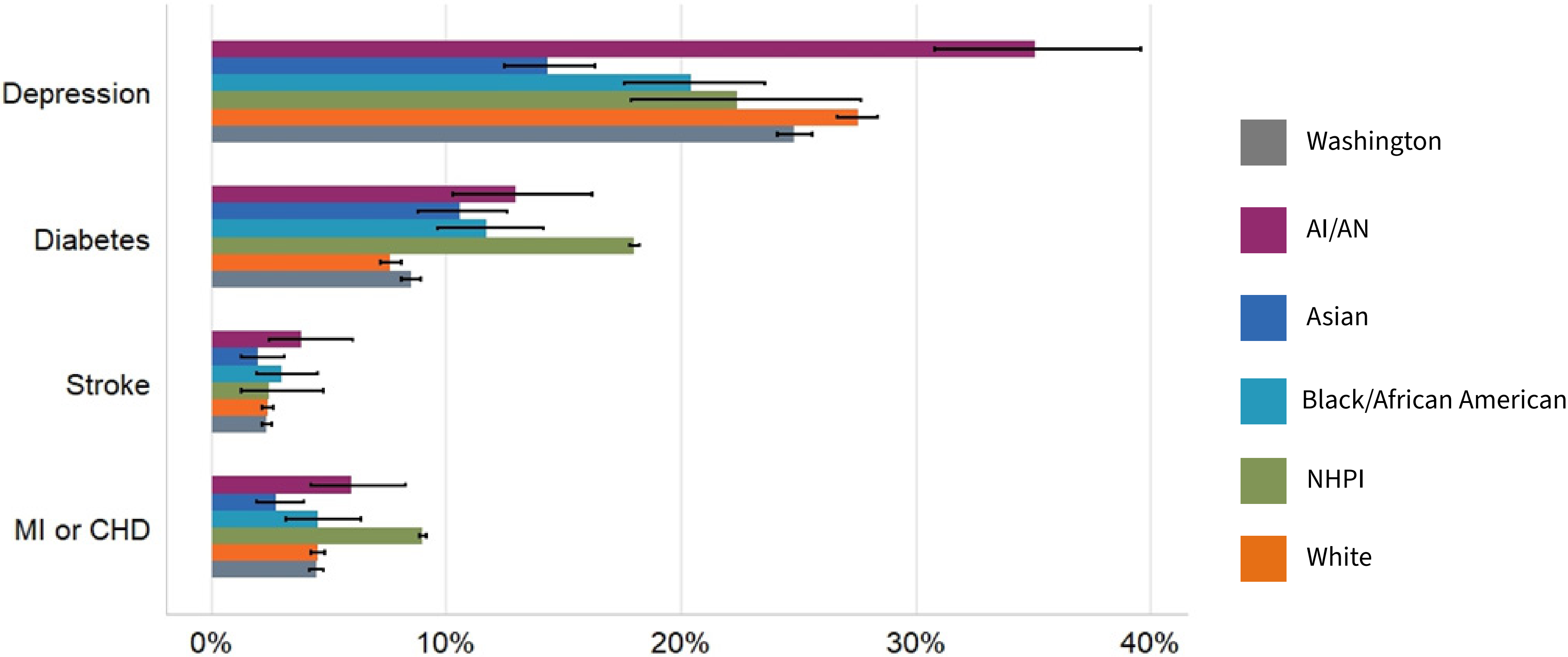
- What trends in health outcomes stand out the most?
- How do these health outcomes vary across racial, economic, or geographic lines?

# Age-adjusted Proportion of Quality of Life by Race in Washington State (2023)



Source: Behavioral Risk Factor Surveillance System, Washington State, 2023

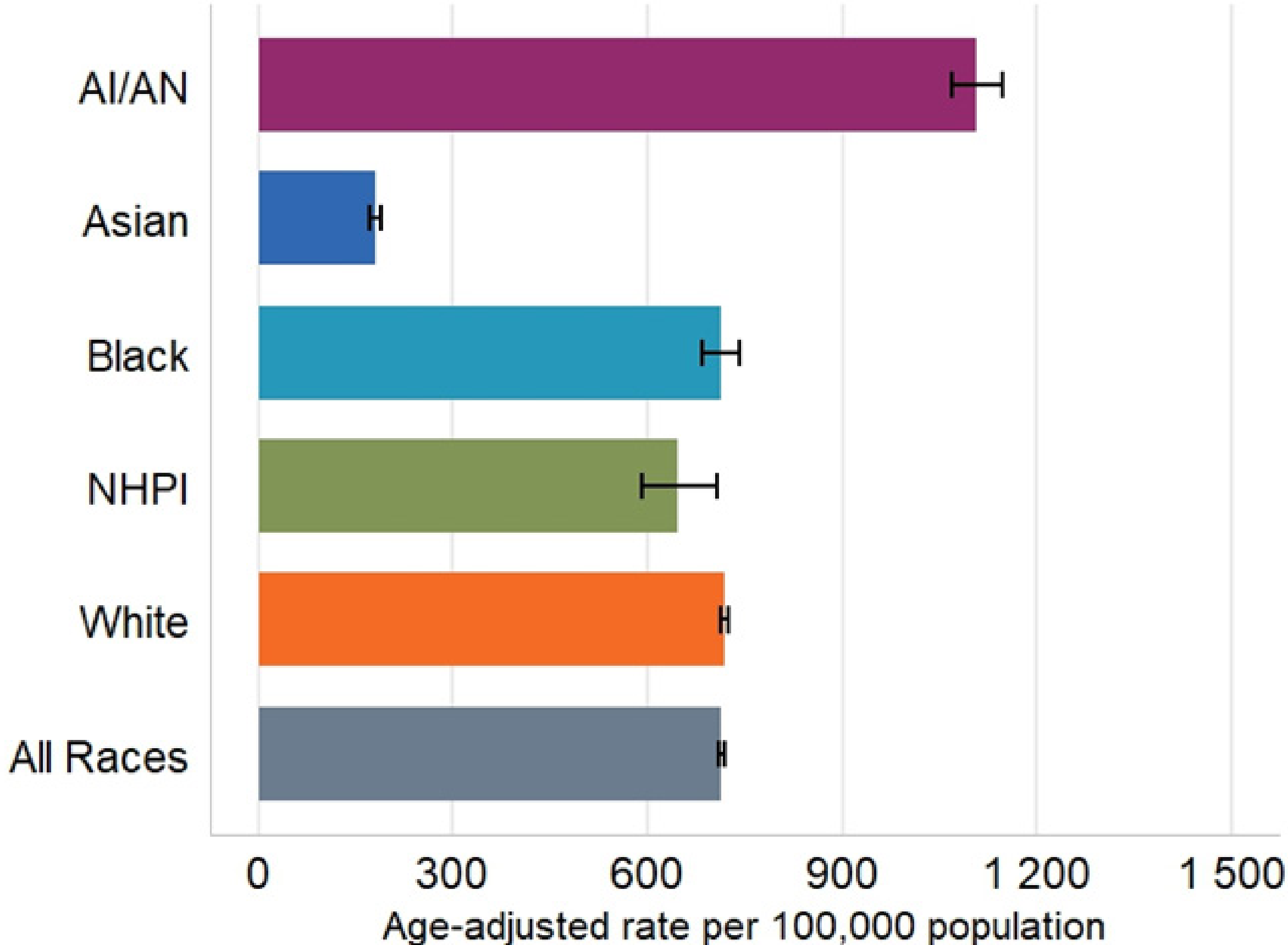
# Age-adjusted Proportions of Chronic Diseases by Race in Washington , (2023)



Source: Behavioral Risk Factor Surveillance System, Washington State, 2023. Note: MI or CHD = Myocardial Infraction or Coronary Heart Disease



# All-cause Mortality Rates by Race (2023)



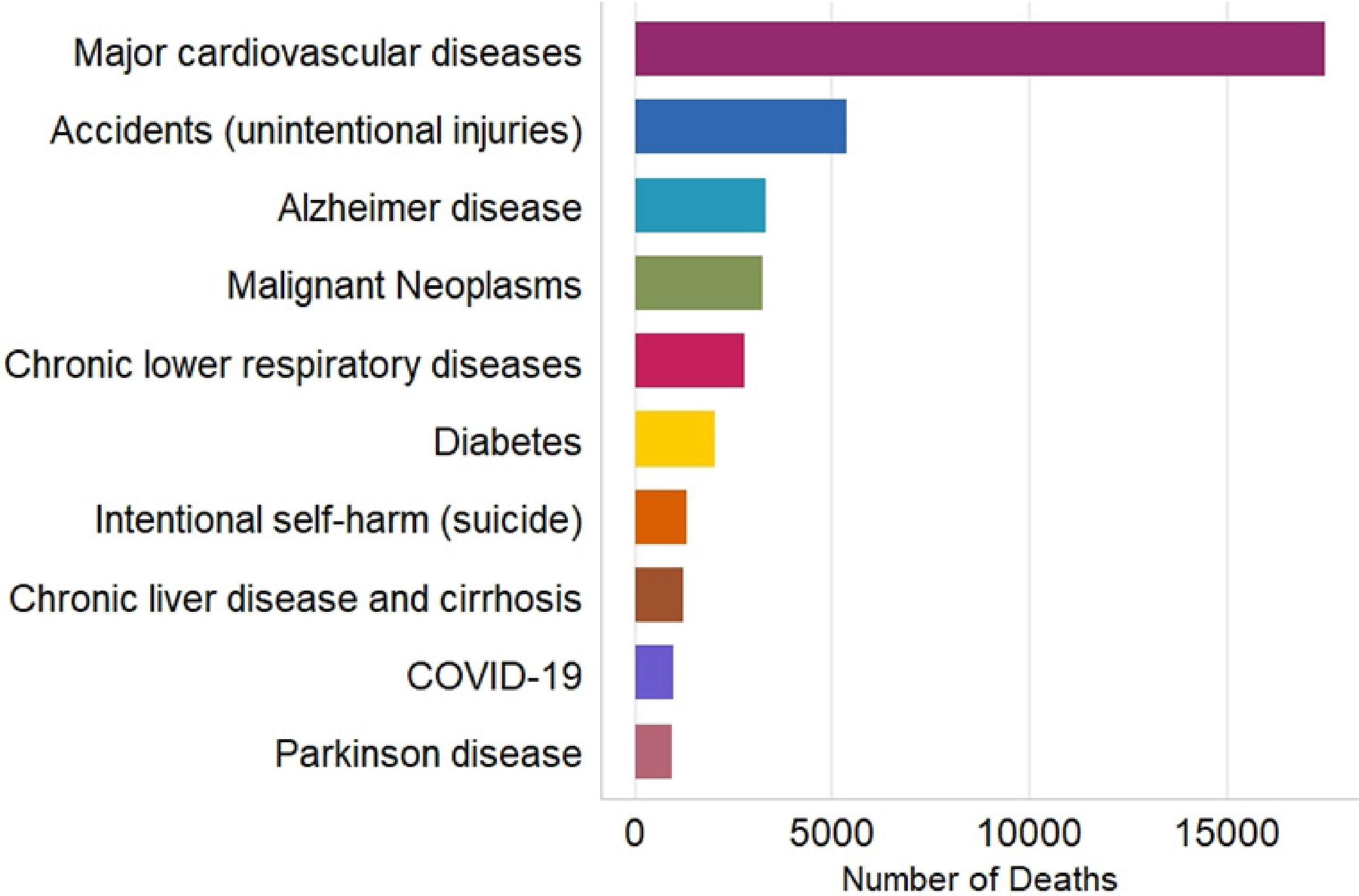
Source: Washington State Vital Statistics, 2023 & Office of Financial Management's small area demographic estimates (SADE), 2023  
Age-adjustment by using 2000 Census standard population

**In 2023, there were 67,512 deaths in Washington, the simple majority (59,315) were White. Adjusted for population, the majority of deaths were in the AI/AN population.**

## Leading Cause of Death Among All Races in Washington State, 2023

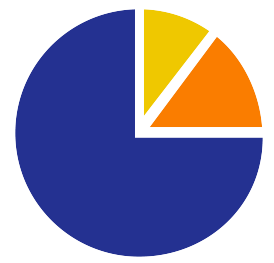
|   | ICD Code for Cause of Death                              | Death Count | Percent |
|---|--|-------------|---------|
| 1 | I00 - I78: Major cardiovascular diseases                 | 17,460      | 41.2%   |
| 2 | V01 - X59, Y85 - Y86: Accidents (unintentional injuries) | 5,349       | 12.6%   |
| 3 | G30: Alzheimer disease                                   | 3,336       | 7.90%   |

# Top 10 causes of death among Washingtonians, All Races (2023)

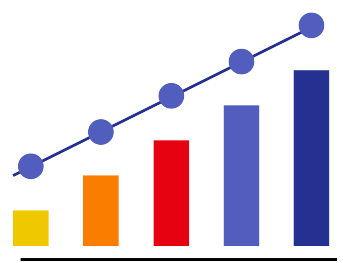


Source: Washington State Vital Statistics, 2023

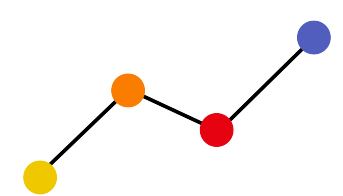
# Cause of death can be different across racial groups.



Chronic liver disease and cirrhosis cause more death in Asians.

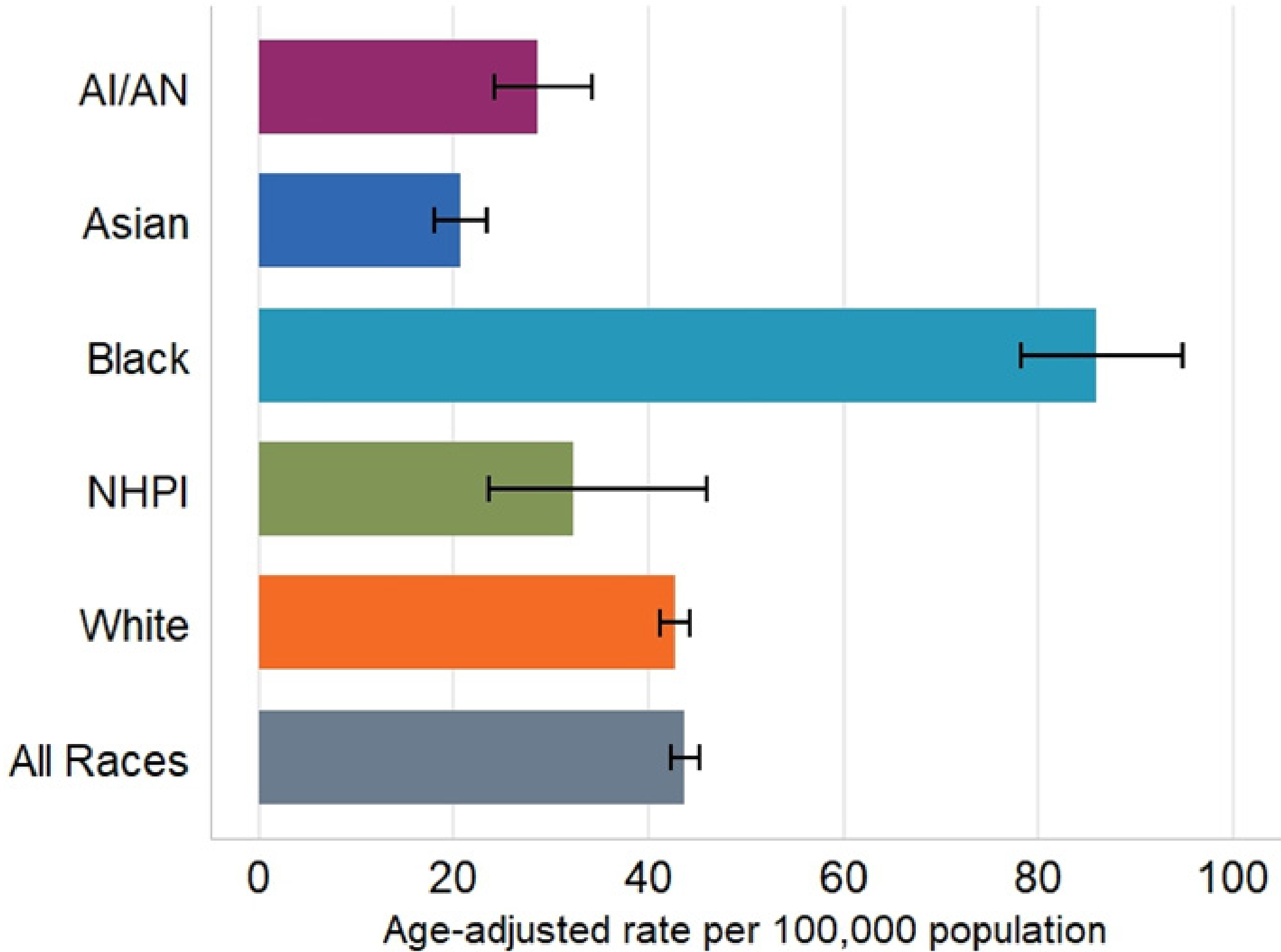


Diabetes causes more death in the NHPI population.



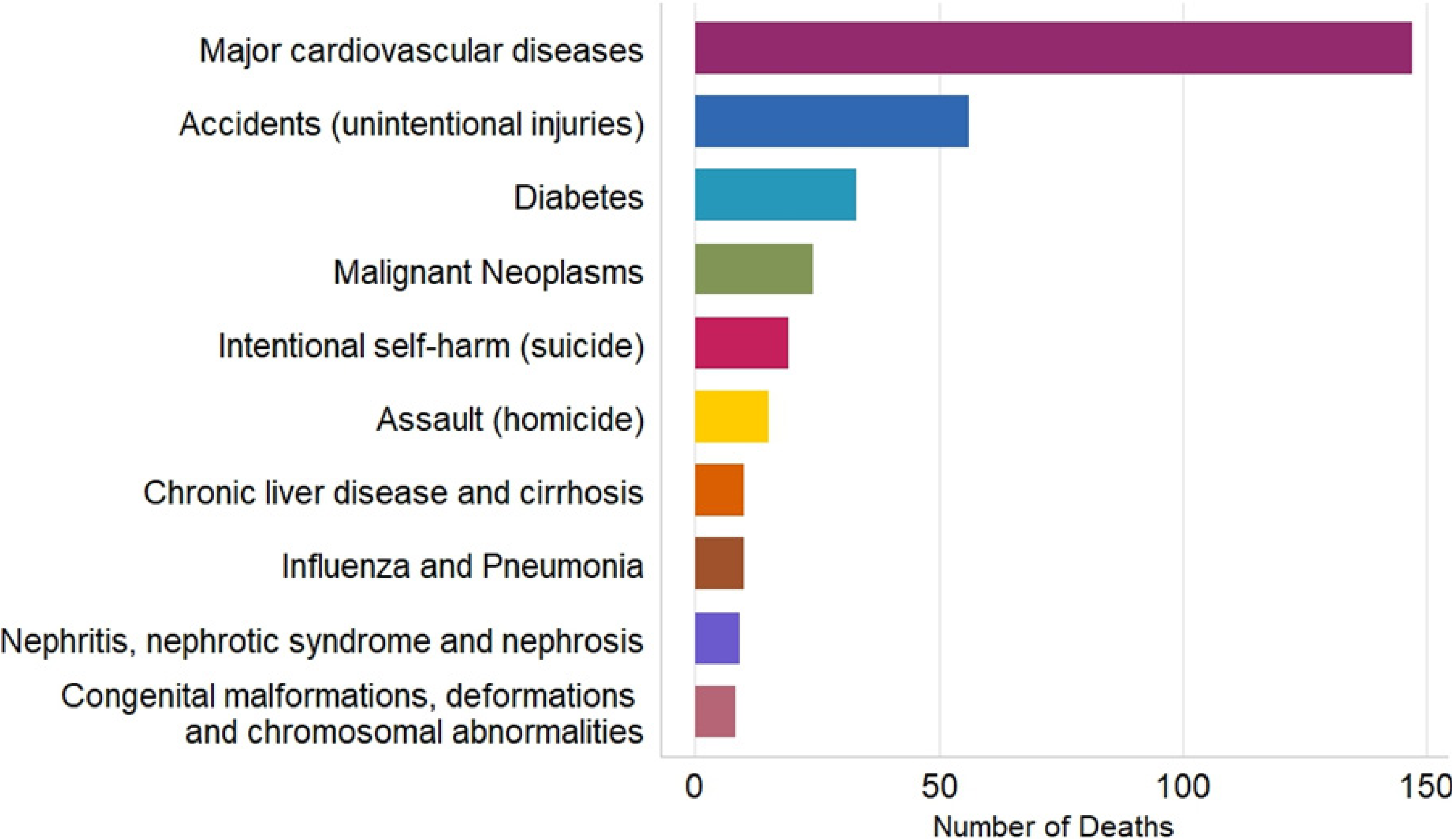
Cancer causes more deaths in the Black/African American population.

# Drug-related Mortality Rates by Race (2023)



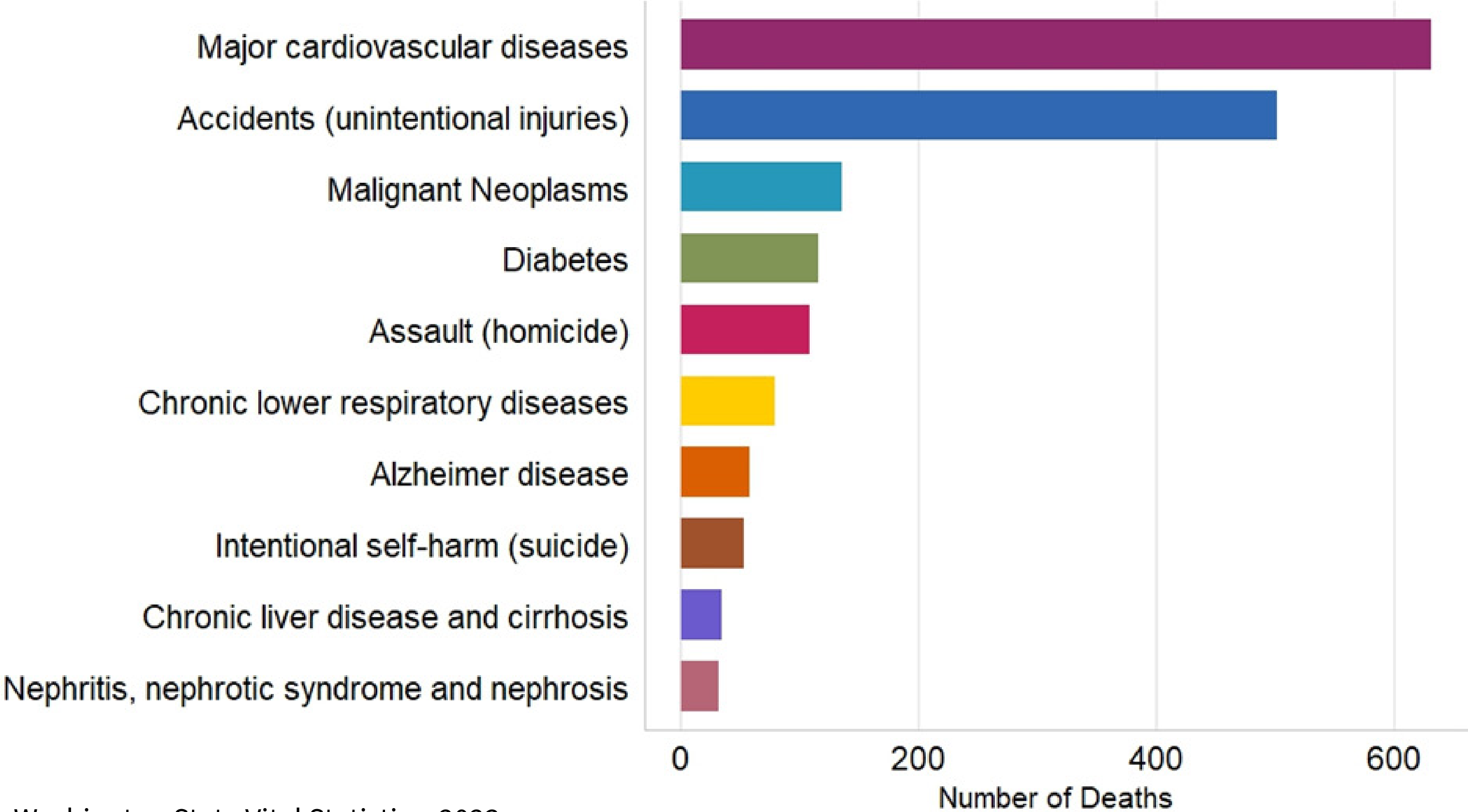
Source: Washington State Vital Statistics, 2023

# Top 10 causes of death among Native Hawaiians/Pacific Islanders (2023)



Source: Washington State Vital Statistics, 2023

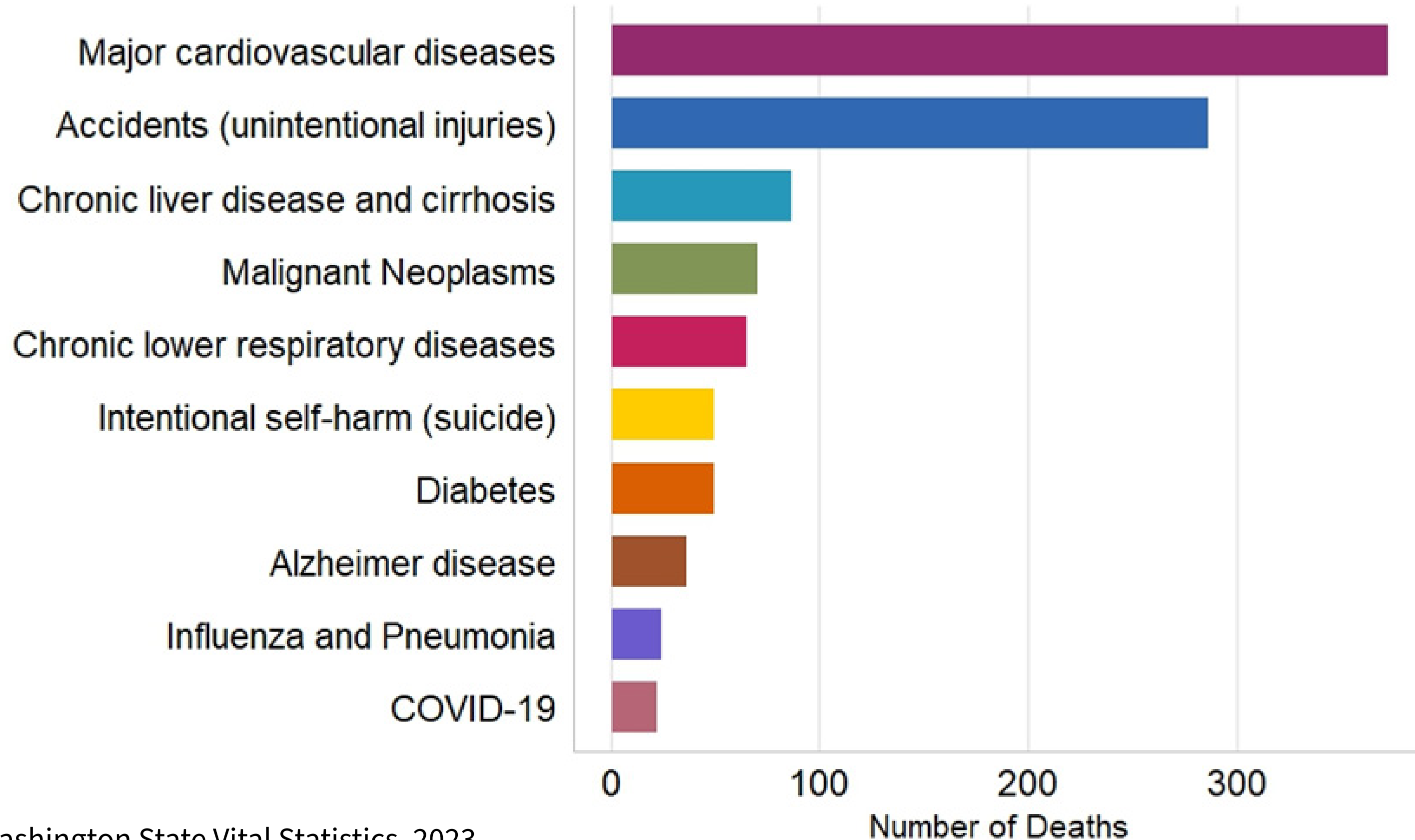
# Top 10 causes of death among Black/African Americans (2023)



Source: Washington State Vital Statistics, 2023

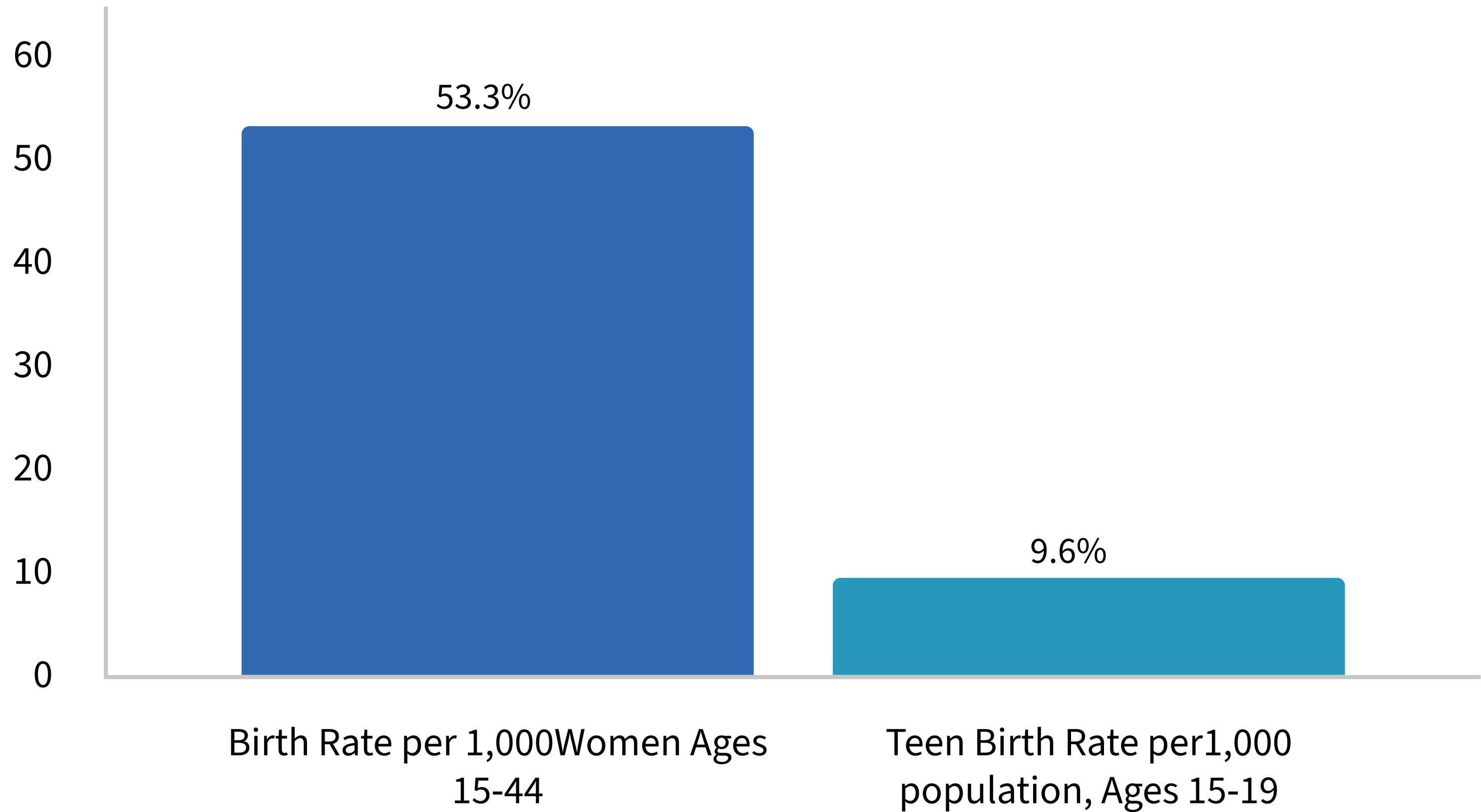


## Top 10 causes of death among Asians (2023)



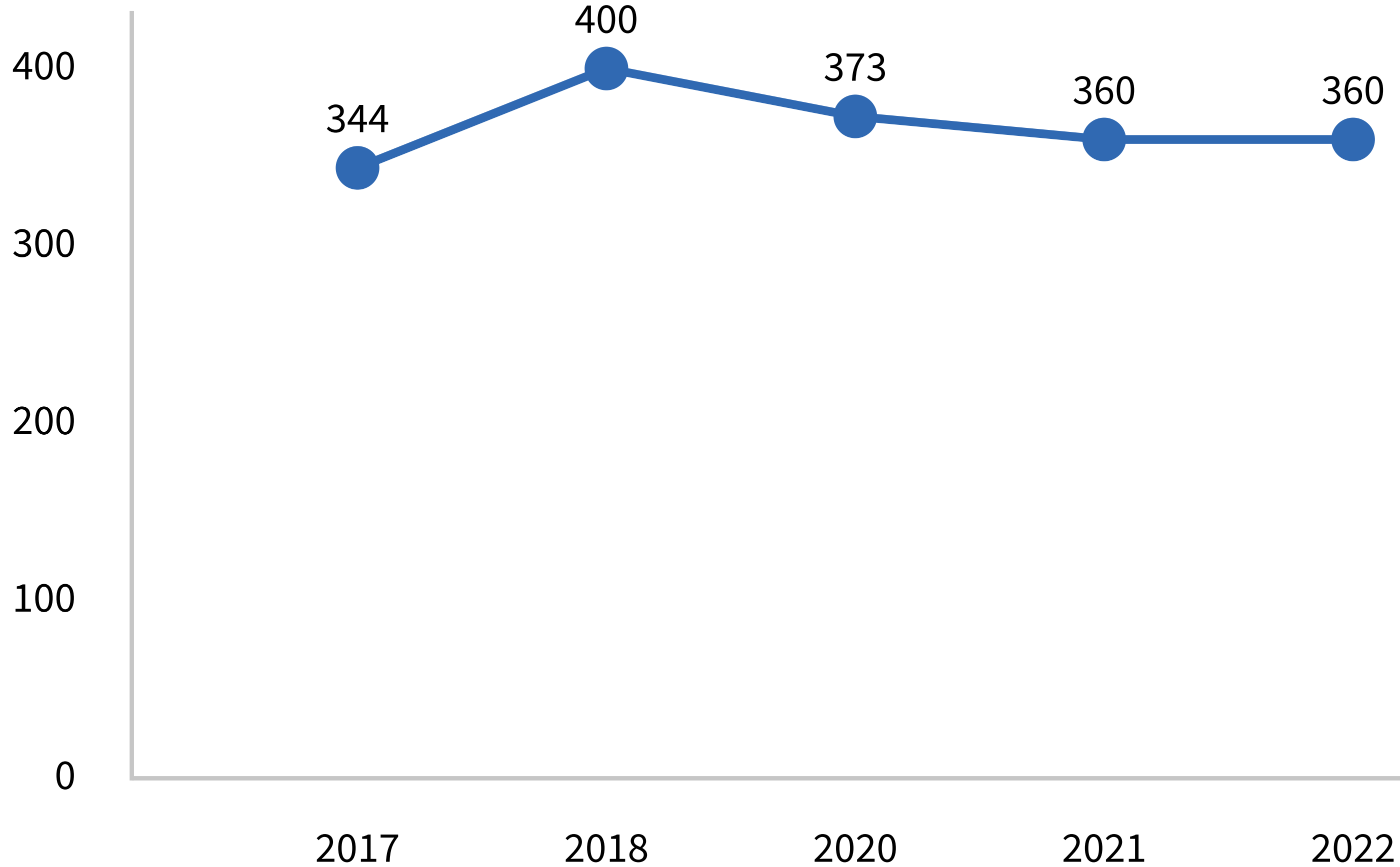
Source: Washington State Vital Statistics, 2023

# Washington State Birth Rates for Women and Teens, 2022



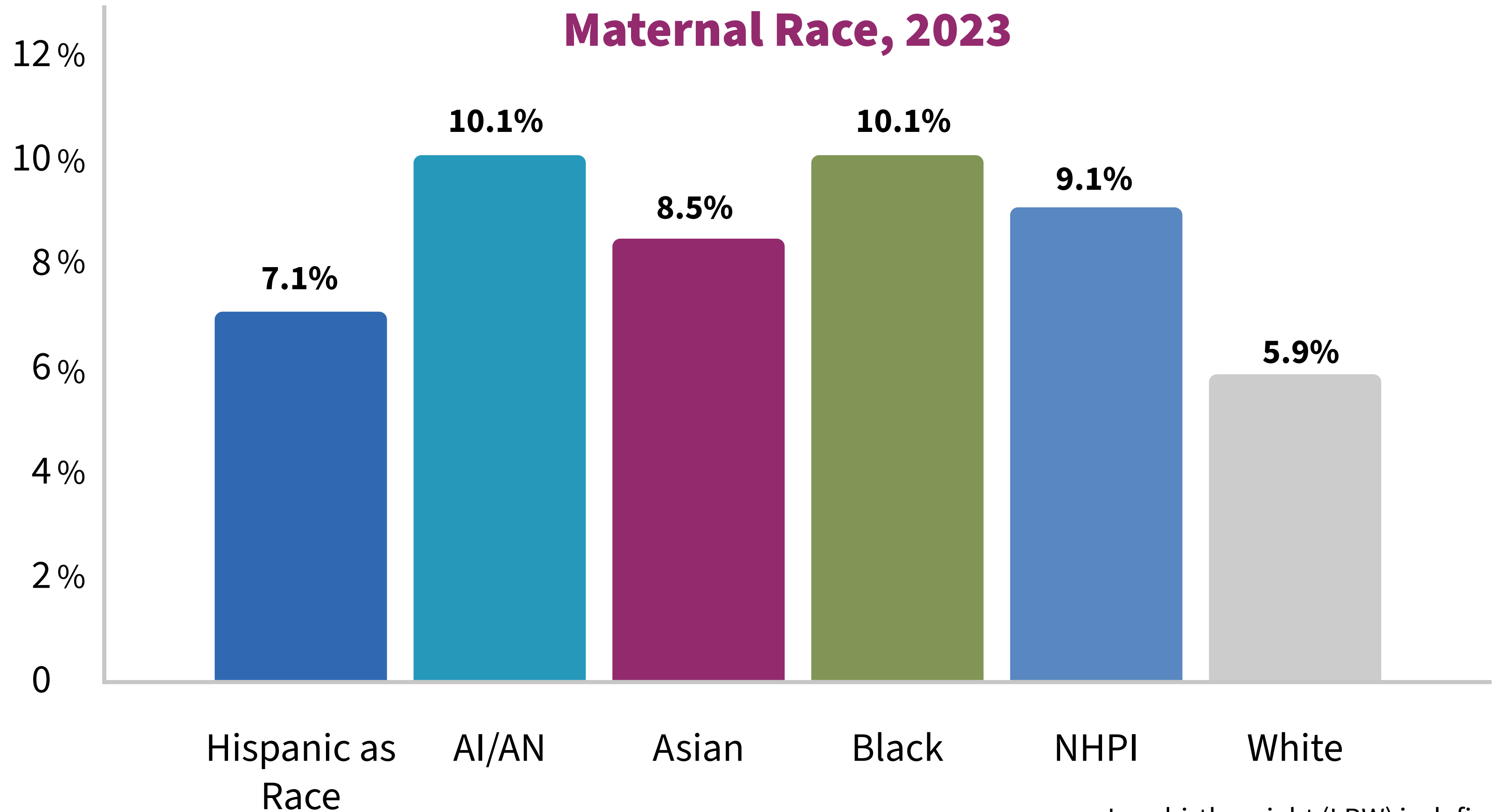
Source: CDC, National Vital Statistics Reports: Births: Final Data for 2022.

# Washington State Infant Death Counts, 2017-2022



Source: Washington State Department of Health, Center For Health Statistics, Infant Death Data, 1990-2022.

# Birth Risk Factor: Percent Births There are "Low Weight" by Maternal Race, 2023



Low birth weight (LBW) is defined as a birth weight of less than 2,500 grams (5 pounds, 8 ounces)



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