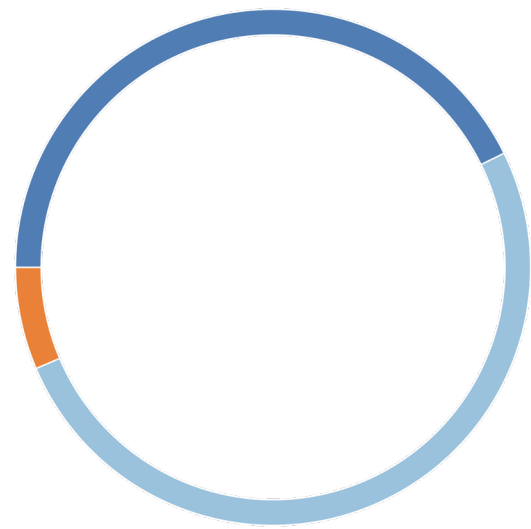




North Sound ACH

2025 Well-Being Report
Executive Summary



The North Sound Well-Being Survey

The North Sound Well-Being Survey was developed by a community of practice assembled in January 2024 with the goal of measuring well-being in the North Sound region. Over the course of that year the survey designed and piloted, with a full regional release January – April 2025. Surveys were collected in both digital and paper formats and were available in both English and Spanish.

The survey consisted of 20 questions, and asked for information regarding individual health and well-being, community well-being, financial well-being, and demographics including age, race/ethnicity, gender identity, sexual orientation, and geography.

685 responses were gathered, with analysis conducted from May-July 2025.

Special thanks to the following members of the North Sound Measuring Well-Being Community of Practice - whose efforts made this survey possible.

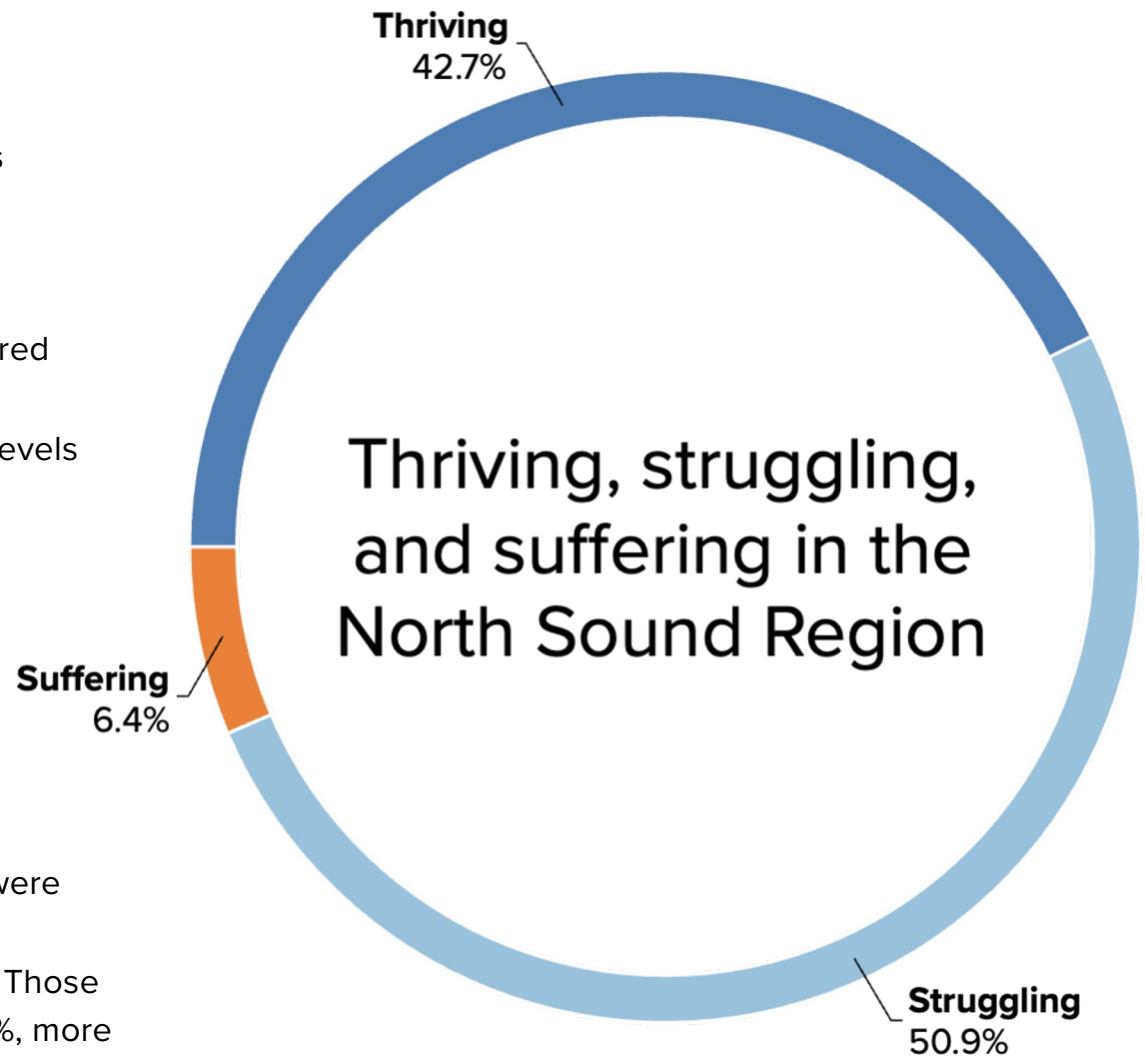
Cathy Assata	Center for Human Services
Diane Smith	WSU Skagit Extension
Elizabeth Ruth	United General District 304
Holly Southern	Orcas Island Community Resource Center
Sophie Timin	Orcas Island Community Resource Center
Jessica Burt	Providence
Joni Hensley	Health Ministries Network
Patty Nichols	Providence
Petra Karpsteinova	Mt Baker Planned Parenthood
Tanya Laskelle	Center for Human Services
Ashley Buerger	Road2Home
Eowyn Savela	Mt Baker Planned Parenthood
Monte Roulier	Community Initiatives
Stacy Wegley	Community Initiatives

Individual Well-Being

Based on responses to the Cantril's Ladder questions in the survey, more than half of respondents were struggling, with 6.4% suffering and 42.7% thriving. Youth ages 18-24 showed the highest levels of struggling of any demographic group – 72.2% compared to the survey average of 50.9%. Those who identified as LGBTQIA+ also experienced higher than average levels of struggling.

Those who were suffering indicated lower levels of physical and mental health and were also less likely to report receiving adequate community support. Those who identified as Native American / American Indian reported levels of suffering at 15.4%, those who identified as male reported levels of suffering at 12.9%, and those who were 85 years old or more reported levels of suffering at 17.1% - more than double the survey average of 6.4%. Those identifying as gay reported levels of suffering at 26.7%, more than quadruple the survey average.

Individuals who were thriving tended to be cis-gender or heterosexual, though it should be noted that even among these populations there was a wide variety of thriving, struggling, and suffering responses. The highest consistent levels of thriving by demographic group came from those who were aged 45-54 and 55-64, at 47.7% and 47.0% respectively. Those who were thriving tended to report higher levels of physical and mental health, as well as community support and sense of self-purpose.



Individual Well-Being

Those who are more likely to be **thriving** are:



Straight / heterosexual



Gen-X (45-64 years old)



More likely to report receiving social and emotional support

Those who are more likely to be **struggling** are:



Youth (18-24 years old)



LGBTQ+



Hispanic / Latino(a)

Those who are more likely to be **suffering** are:



American Indian / Alaska Native



Seniors (65+)



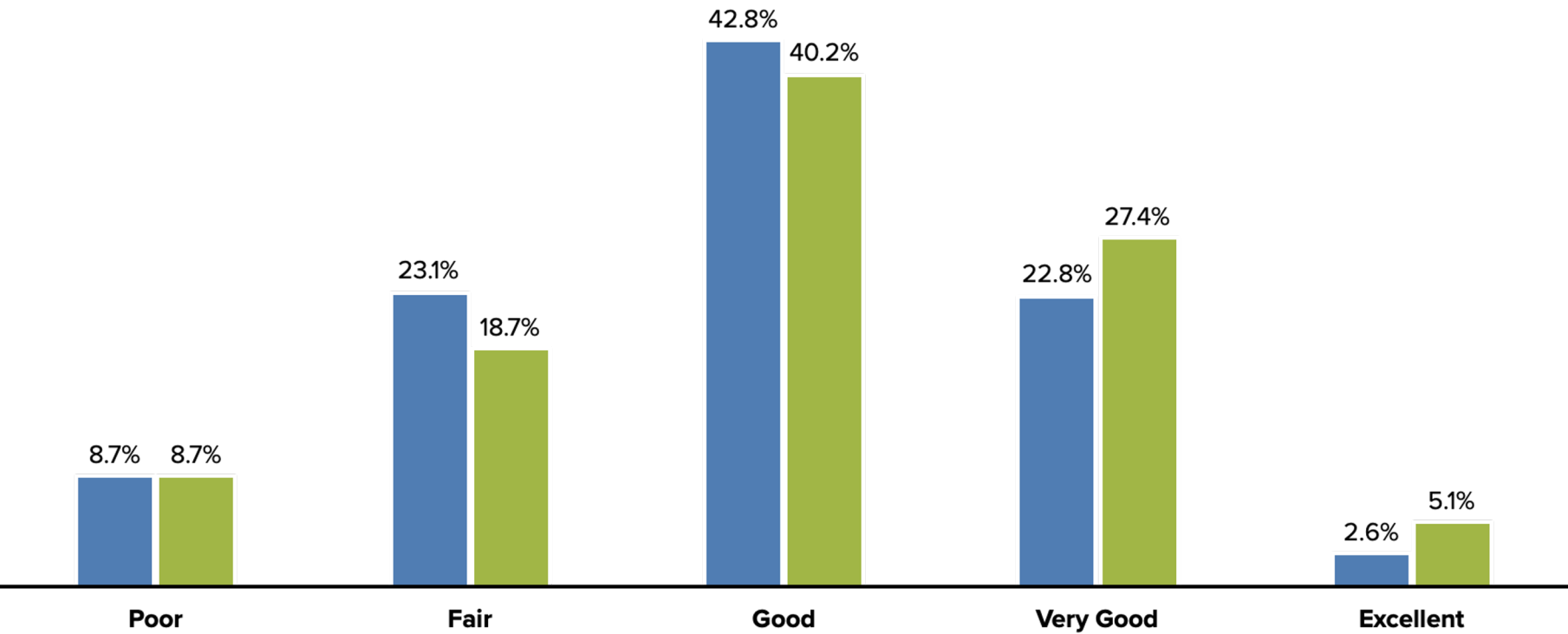
More likely to report poor physical or mental health

Community Well-Being

When asked about the well-being of their communities, respondents were most likely to report a 'good' status (the middle of the scale) both when thinking about the present and the future. In general, the older the respondent was the better they perceived their community's well-being to be, and the less they expected change. On the other hand, those in the age ranges 25-34 and 35-44 had the lowest perception of their community's well-being but expected the greatest positive change in the future. The exception to these trends were youth age 18-25, who had low perceptions of community well-being and did not expect meaningful movement toward the positive in the future.

How would you rate the well-being of your community?

■ Now ■ Five years

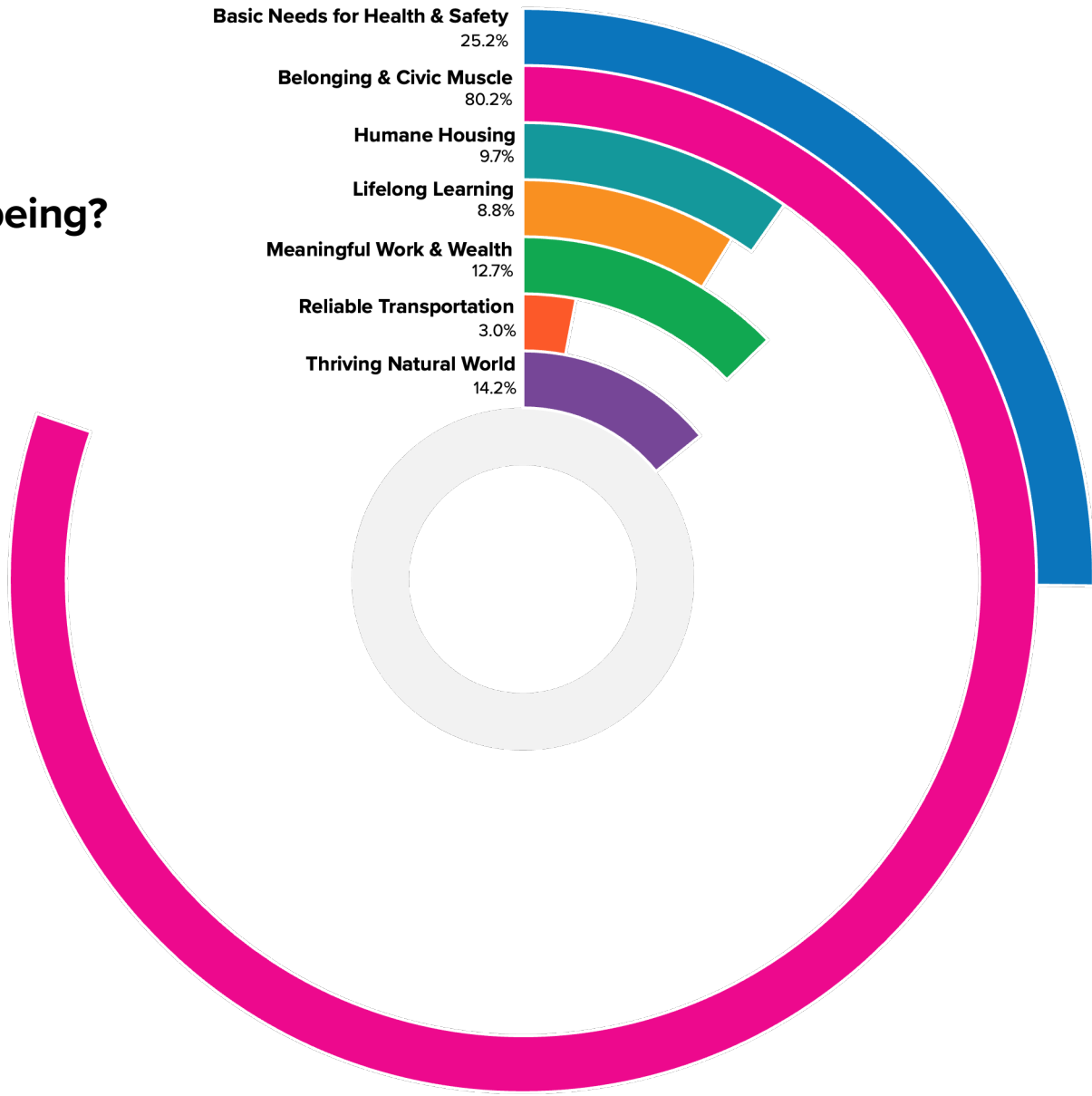


Community Well-Being

In open response questions, respondents identified *community values*, *social support*, and *access to care* as the top contributors to their community’s well-being. The top barriers to community well-being that were identified were *financial instability*, *politics*, and *limited social support*.

What contributes to community well-being?

	Thriving	Struggling	Suffering	Survey Average
Basic Needs for Health & Safety	26.6%	24.2%	23.5%	25.2%
Belonging & Civic Muscle	82.7%	79.6%	64.7%	80.2%
Humane Housing	8.0%	10.9%	11.8%	9.7%
Lifelong Learning	7.2%	10.9%	2.9%	8.8%
Meaningful Work & Wealth	12.7%	13.2%	8.8%	12.7%
Reliable Transportation	3.8%	2.3%	2.9%	3.0%
Thriving Natural World	15.2%	13.2%	14.7%	14.2%





This report was compiled from
May 2025 - July 2025
from data gathered in the
2025 North Sound Well-Being Survey.

Read the full report [here](#).

For questions please reach out to
Team@NorthSoundACH.org

