

# Basic Needs and Social Determinants of Wellbeing

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## Valued Conditions Expressed by King County Residents

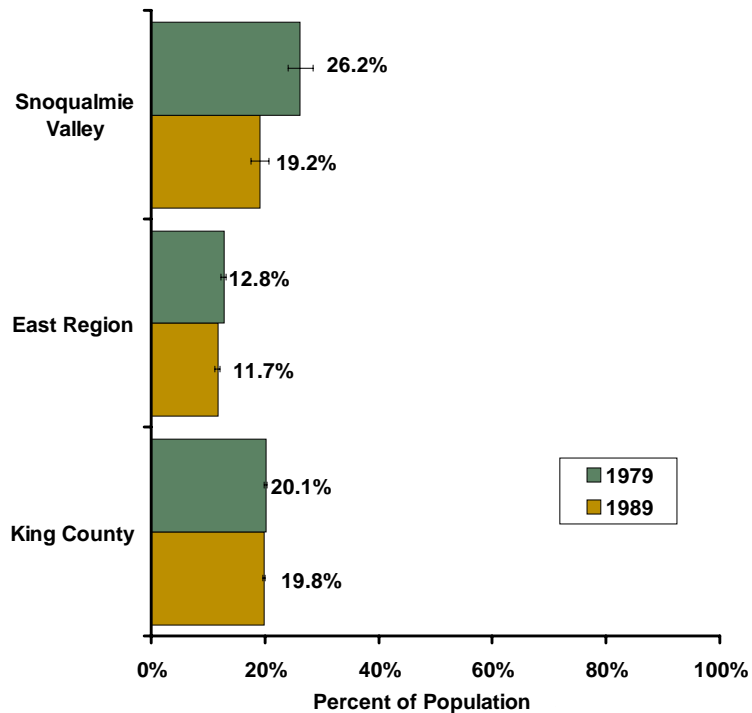
- *Everyone in the county has the basic necessities of living—nutritious food, adequate shelter and clothing.*
- *All people live in a quality residence and do not spend a high percentage of their income to do so. Low income people can find affordable housing in a variety of neighborhoods.*
- *Homelessness is reduced and homeless people are cared for.*
- *The potential of immigrants is recognized and they are supported to improve their English and to find jobs suitable to their skill, expertise, and experience.*
- *There is equitable distribution of incomes; the gap in wealth and income between the rich and poor people is narrowed.*
- *People earn a livable wage and there is less discrepancy between the average worker's income and that of the average chief executive.*
- *Everyone has sufficient informal social support—relationships through neighborhood interaction, work, communities of faith, common interests, etc.*
- *People are treated fairly in employment, housing and education.*
- *All people feel included in the larger community. No members of any group feel isolated (men, women, youth, the elderly, disabled, immigrants, ethnic/racial religious groups, gays and lesbians).*
- *There is respect for differences and no one is discriminated against socially in employment, housing or education due to race/ethnicity, age, religion, gender, disability, or sexual orientation.*

The valued conditions came from citizen opinion expressed as values and concerns in the telephone survey, focus groups, and in the civic and public forums. The valued conditions are expressed as "ideal" conditions—based on the vision of what residents want for themselves, their families and communities.

# Livable-Wage Income

Everyone needs enough income to pay for the basic necessities of daily living: shelter, food, clothing, and transportation. Without a livable-wage income, people suffer a lack of dignity and a variety of social and health problems. The livable-wage income indicator is defined as the percent of the population living in households with a total income that is less than twice the poverty level, as defined by the federal government. For a family of four, the livable wage income in 1989 was \$25,300.

**Percent of Population Living Below 200% of Federal Poverty Level  
Snoqualmie Valley, East Region & King County, 1979 and 1989**



- In 1989, almost one in five people in Snoqualmie Valley (19.2%) was living in a household without a livable-wage income. That figure was 11.7% in East Region, 19.8% in King County, 27.5% in Washington State, and 31.4% in the U.S. (data not shown).
- There was a significant decline in the number of people without a livable-wage income in Snoqualmie Valley from 1979 to 1989.

**Percent of Population Living Below 100% of Federal Poverty Level By Race/Ethnicity  
Snoqualmie Valley, East Region & King County, 1979 and 1989**

Place	White		African American		Native American		Asian/Pac. Islander		Hispanic	
	1979	1989	1979	1989	1979	1989	1979	1989	1979	1989
Snoqualmie Valley	8.4%	5.4%	NA	2.0%	0.0%	12.8%	52.9%	12.7%	34.5%	16.0%
East Region	4.2%	3.7%	11.0%	11.0%	4.2%	8.6%	13.9%	9.9%	8.0%	6.9%
King County	6.5%	6.1%	21.0%	22.3%	20.7%	25.7%	13.2%	15.2%	13.9%	14.9%

- Poverty by race and ethnicity is only reported at the 100% poverty level.
- Countywide, the proportion of African Americans, Native Americans, Asian American-Pacific Islanders, and Hispanics living in poverty increased from 1979 to 1989. That proportion decreased slightly for whites.
- Poverty rates among whites, Asian American-Pacific Islanders and Hispanics in East Region and Snoqualmie Valley declined from 1979 to 1989. Poverty rates among Native Americans increased. There were no African Americans in Snoqualmie Valley in 1979, according to the U.S. Census.

**Percent of Children Age 0-17 and All Persons  
Living Below 100% of Federal Poverty Level  
Snoqualmie Valley, East Region & King County  
1979 and 1989**

Place	All Ages		Children	
	1979	1989	1979	1989
Snoqualmie Valley	8.8%	5.6%	NA	6.3%
East Region	4.7%	4.2%	NA	5.0%
King County	7.7%	8.0%	NA	9.8%

- In 1979, the overall poverty rate in Snoqualmie Valley (8.8%) was higher than in the rest of East Region (4.7%) and in King County (7.7%).
- In the next ten years, poverty in Snoqualmie Valley declined while it increased in King County. By 1989 the poverty rates for all persons and children in Snoqualmie Valley and East Region were all lower than King County.

**Data Source, Definition, and Limitations**

Income and poverty data are from the 1980 and 1990 U.S. Census and are based on reported income from the previous year. The most recent year of comprehensive data available is 1989, but the 2000 census will provide more up-to-date information on poverty and livable wage incomes. Age and race breakdowns are not available for persons below 200% of FPL (Federal Poverty Level).

The federal poverty level is a threshold income limit that varies according to family size and composition and is adjusted each year. All persons living in a household with a total annual income below that threshold dollar amount are counted in the 100% poverty statistics. A livable wage is considered to be at least twice the poverty level income. The 200% poverty threshold in 1989 for a family of four was \$25,300, and for a single person over age 65, \$11,900. The same thresholds in 1998 were \$33,300 and \$15,600, respectively.

Persons of Hispanic ethnicity may also be counted in any of the race groups.

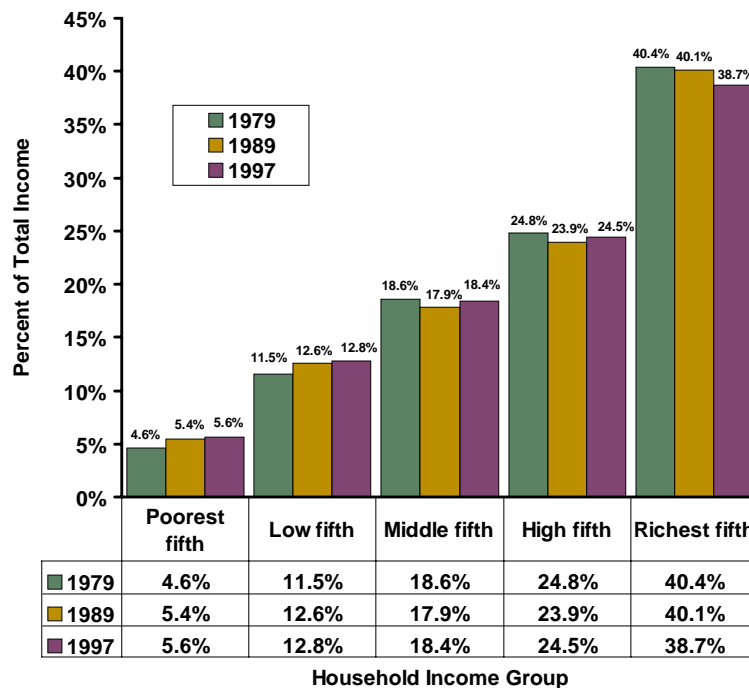
The geographic boundaries of King County, East Region and Snoqualmie Valley are defined by aggregating census tracts.

# Income Distribution

Recent research suggests that in addition to the social consequences of economic inequality—such as rising crime rates, social exclusion, and despair—the widening gap between rich and poor also has a detrimental effect on the health of the entire population. One indicator of economic inequality is income distribution, measured by the share of total income received by different fifths, or quintiles, of the total number of households in the population.

Total wealth is an even more important indicator of inequality because it includes the dollar value of all the assets of a household—bank accounts, stocks, bonds, life insurance, savings, mutual fund shares, houses, cars and appliances, pension rights—and excludes the liabilities and debts. Having wealth brings people security and social status. In turn, poor people may feel hopeless and without the power to change their family, neighborhood, and community circumstances.

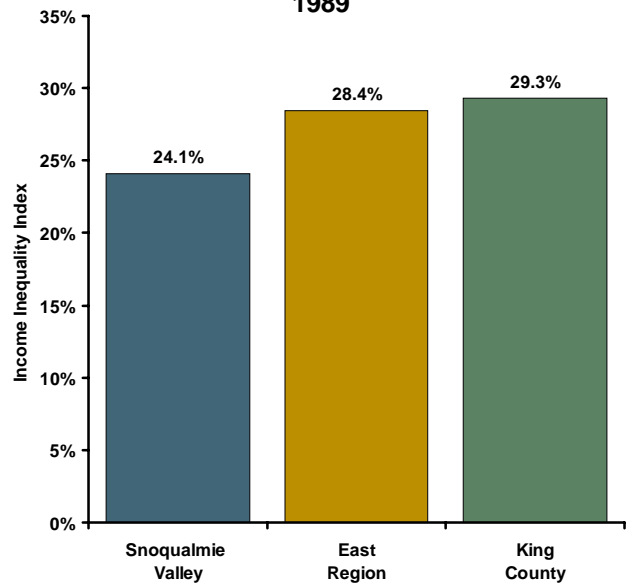
**Income Distribution Among Households in Snoqualmie Valley, 1979, 1989 & 1997**



- The income distribution in Snoqualmie Valley can be measured by the percentage of total income in one year earned by each fifth of the households, arranged by increasing income. Each income group has an equal number of households.
- Preliminary data from 1997 indicates that the richest 20% of Snoqualmie Valley households received 39% of the total income that year. The poorest 20% earned only 6% of the total income.
- The 1989 Snoqualmie Valley income distribution is similar to that for the county and the U.S. as a whole (data not shown). There appears to be greater income equality in Snoqualmie Valley than in either King County or the U.S., but the difference has not been evaluated for statistical significance.
- While no local wealth data are available, nationally, wealth inequality has always been substantially greater than income inequality. Between 1983 and 1989, the top fifth received more than 75% of the total increase in income and 99% of the increase in wealth.

- If income were evenly distributed across all households in an area, then each group representing 10% of the households would receive 10% of the total income. This is the basic assumption behind the calculation of the Income Inequality Index. This Index is a single number which approximates the share of total income that would have to be transferred from households with an income above the average to households with an income below the average for there to be perfect equity in the distribution of income. A higher index score means more disparity exists.
- The 1989 Income Inequality Index was 24.1% in Snoqualmie Valley, 28.4% in East Region, 29.3% in King County and 30.2% nationally.
- Statewide values for the Income Inequality Index range from 27.1 in New Hampshire to 34.1 in Louisiana.

**Income Inequality Index  
Snoqualmie Valley, East Region & King County  
1989**



**Median Household Income  
Snoqualmie Valley, East Region & King County  
1979, 1989 & 1997**

Place	1979	1989	1997
Snoqualmie Valley	\$20,300	\$37,600	\$60,700
East Region	\$26,400	\$46,100	\$72,600
King County	\$20,700	\$36,200	\$57,300

- The median income is the income level that separates the top and bottom half of all households.
- The 1989 median household income was \$28,900 in the U.S, \$31,200 in Washington State, \$36,200 in King County, \$46,100 in East Region, and \$37,600 in Snoqualmie Valley.
- Preliminary data for 1997 indicates that although the Snoqualmie Valley median household income is still lower than in the rest of East Region, it has been increasing relative to King County since 1979.

#### Data Source, Definition, and Limitations

Data are from the 1980 and 1990 U.S. Census and are based on reported income from the previous year. The geographic boundaries of King County and subregions are defined by aggregating census tracts. The 1997 Household Income Preliminary Estimates are from the Puget Sound Regional Council. National data on wealth inequality is from the *Survey of Consumer Finances*, 1983 and 1989. Statewide and national values for the Income Inequality Index are from Kennedy, Kawachi, and Prothrow-Stith (1996). "Income distribution and mortality: Cross sectional ecological study of the Robin Hood Index in the United States", *British Medical Journal*, 312, 1004-1007.

These data estimate the number of households in various income ranges. "Income" consists of pre-tax wages, interest, rental income, and other personal receipts, including government cash transfers. These figures do not include other types of income such as capital gains, employer-paid health insurance, or in-kind government assistance such as food stamps. Most of this non-money income is earned by the more affluent households. Furthermore, this indicator does not measure accumulated wealth such as property, savings, and other assets. Nor does it consider varying tax rates paid by the different income groups.

What we refer to here as the Income Inequality Index (also known as the Pietra ratio) is only one of several measures of income distribution in use. One of the limitations of using household income data to measure income distribution is that household income does not take into account the number of people who live in the household and depend on that income.

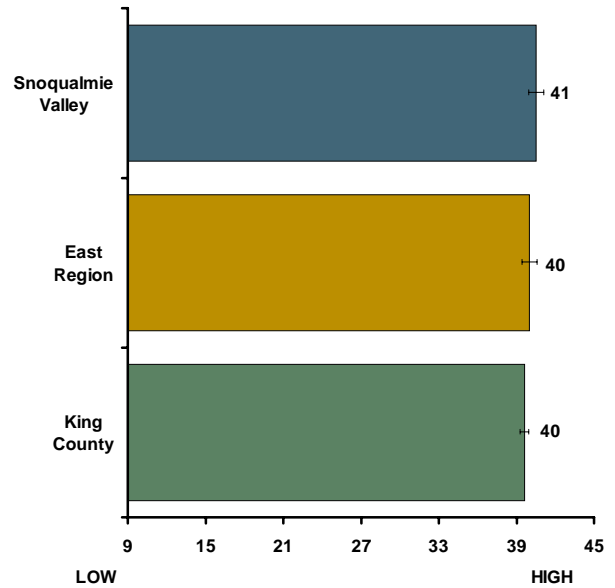
The geographic boundaries of King County, East Region and Snoqualmie Valley are defined by aggregating census tracts.

# Social Support

Social support helps give people the emotional and practical resources they need. Receiving affection, companionship, assistance, and information from family and friends makes people feel loved, esteemed, cared for, valued and secure. These factors have a protective effect on health and wellbeing.

**Average Level of Social Support  
Snoqualmie Valley, East Region &  
King County, 1999**

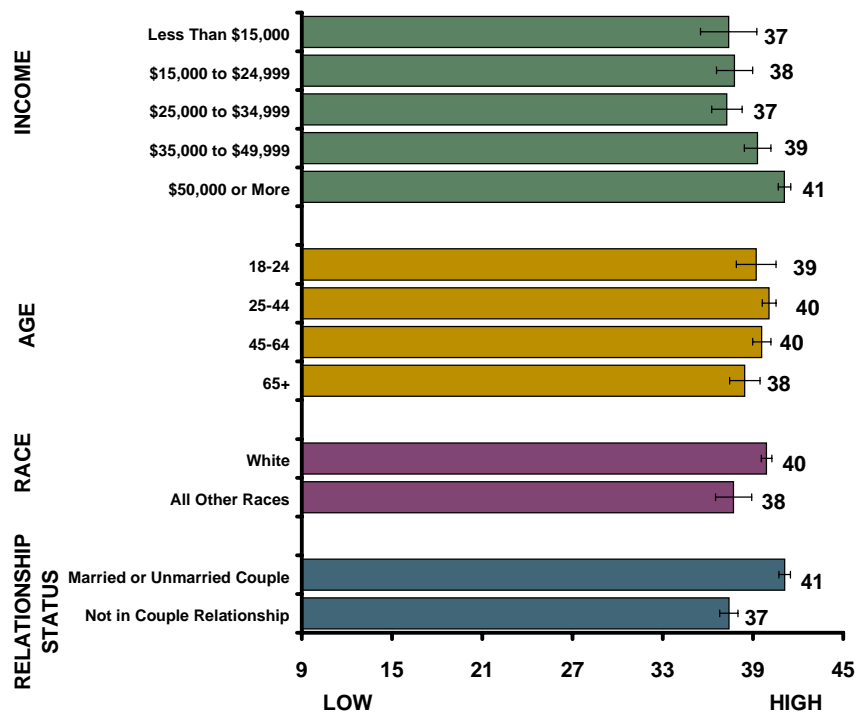
- Social support was measured by asking people 9 questions about specific types of social support they believe they can rely on. Answers to the 9 questions were added to create a social support scale with a possible score between 9 (Low) and 45 (High).
- The average (mean) social support score for adults in Snoqualmie Valley was 41, not significantly higher than in East Region and King County where the average was 40.



**Percent of Adults Who Have Specific Supports “All of the Time”  
Snoqualmie Valley, East Region & King County, 1999**

How often is each of the following kinds of support available to you if you need it?	Snoqualmie Valley	East Region	King County
someone to help you if you were confined to bed	55%	51%	50%
someone to take you to the doctor if you needed it	70%	68%	65%
someone who shows you love and affection	80%	79%	77%
someone to confide in or talk about yourself or your problems	75%	68%	69%
someone who hugs you	76%	71%	69%
someone to get together with for relaxation	63%	61%	61%
someone to help with daily chores if you were sick	60%	55%	55%
someone to turn to for suggestions about how to deal with a personal problem	69%	64%	62%
someone to love and make you feel wanted	78%	74%	71%

## Average Level of Social Support By Income, Age, Race, and Relationship Status King County, 1999



- In King County, people with incomes of \$50,000 or more have higher levels of support than people with lower incomes.
- Older residents (age 65 years and older) experience less social support than young people age 25 to 44 years.
- People who are white have more social support than people of other races.
- People who live in a couple (either married or unmarried) have more social support than others who are separated, divorced, widowed or never married.

### Data Source, Definition, and Limitations

The social support measures are from the King County Community Health Survey, 1999, which used social support questions from the short version of the Medical Outcomes Study Social Support Survey (Cathy Sherbourne and Anita Stewart, 1991). These items measure perceived social support of various types: a) emotional support, love, and empathy, b) instrumental or tangible support, c) information, guidance, or feedback, d) appraisal support, which helps the person evaluate herself, and e) companionship in leisure and recreational activities.

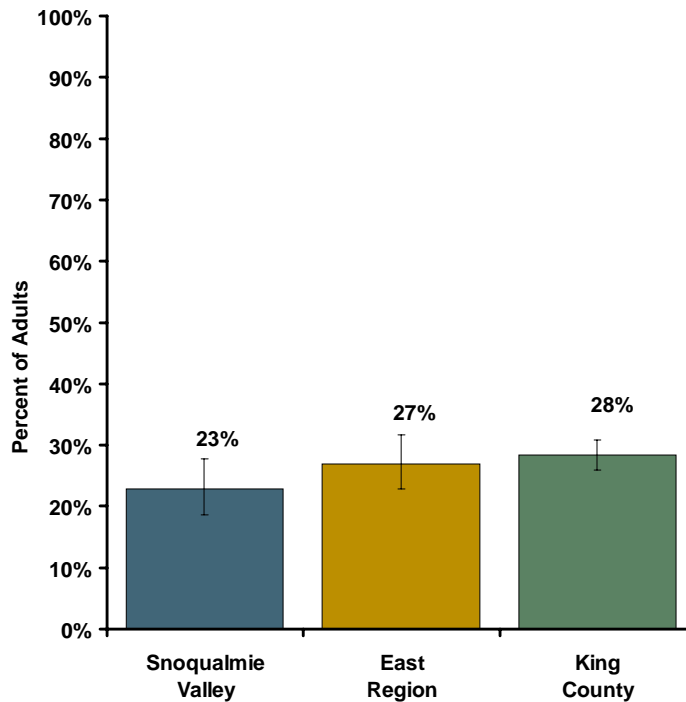
The limitations of an English-only telephone survey include the following: a) people who do not have a telephone are missed, b) people who do not speak English do not participate, c) people who have less education and lower incomes tend to be underrepresented.



# Freedom From Discrimination

Discrimination is unjust and can impact health and cost lives. One indicator of discrimination is people’s reports of recent treatment that is perceived as unfair, based on gender, age, race or color, ethnic background, language, socioeconomic position, social class, sexual orientation, religion, or disability. A second indicator is the number of hate crimes reported by police.

**Percent of Adults Who Experienced Any Discrimination in Past Year Snoqualmie Valley, East Region & King County, 1999**



- Discrimination was measured by asking Snoqualmie Valley adults age 18 and older several questions about whether, in the past year, they had “experienced discrimination, been prevented from doing something or been hassled or made to feel inferior by someone else because of race, etc.” in one or more settings.
- 23% of Snoqualmie Valley adults reported that they experienced some type of discrimination in the past year.
- In King County as a whole, more African Americans, Native Americans, Asian American-Pacific Islanders (41% for these groups combined) experienced discrimination in the past year compared to whites (27%) (data not shown).
- More females (32%) experienced discrimination in the past year than males (24%) (data not shown).
- More young people age 18-24 (46%) than older people (31 % for ages 25-44, 26% for ages 45-64 and 11% for 65 and above) experienced discrimination.

**Percent of Adults Who Experienced Discrimination in the Past Year in Specific Settings  
Snoqualmie Valley, East Region & King County, 1999**

Have you experienced discrimination, been prevented from doing something or been hassled or made to feel inferior by someone else in any of the following settings:	Snoqualmie Valley	East Region	King County
at school?	3%	2%	3%
getting a job?	2%	5%	4%
at work?	7%	10%	11%
at home?	1%	2%	3%
getting medical care?	5%	5%	5%
getting housing?	2%	3%	2%
getting a loan?	2%	3%	4%
applying for social services or public assistance?	2%	1%	2%
on the street or in a public setting?	9%	12%	13%
from the police or in the courts?	5%	5%	5%
in your family?	3%	3%	3%
in any other setting?	1%	2%	2%

- In Snoqualmie Valley, public settings (9%) and work settings (9%) were the most common places for these acts of discrimination to occur.
- 7% reported discrimination in getting medical care and 5% from the police or in court.

**Of Adults Experiencing Discrimination  
in Past Year, Percent Who Specify Type of Discrimination  
Snoqualmie Valley, East Region & King County, 1999**

Do you believe that the act of discrimination was based on your:	Snoqualmie Valley	East Region	King County
gender (being male or female)?	36%	29%	33%
race or color?	6%	16%	19%
socioeconomic position or social class?	23%	17%	19%
age?	10%	17%	16%
sexual orientation?	2%	8%	7%
disability?	7%	6%	7%
ethnic background or country of origin?	5%	7%	6%
religion?	< 1%	2%	4%
language or accent?	0%	3%	3%
other?	3%	1%	2%

- For each setting asked about in the survey, respondents were asked if they believed that act of discrimination (in setting) was based on their gender, race or color, age, or other factors as seen in the table above.
- The most common type of discrimination experienced in the past year was based on gender. Of Snoqualmie Valley adults experiencing discrimination in the past year, 36% said they believed that it was because of their gender and 23% because of their social class. Of all King County adults experiencing discrimination, 33% said it was based on gender and 19% on race and 19% on class.
- Discrimination based on race, socioeconomic position, and age were the next most commonly experienced types of discrimination or unfair treatment.

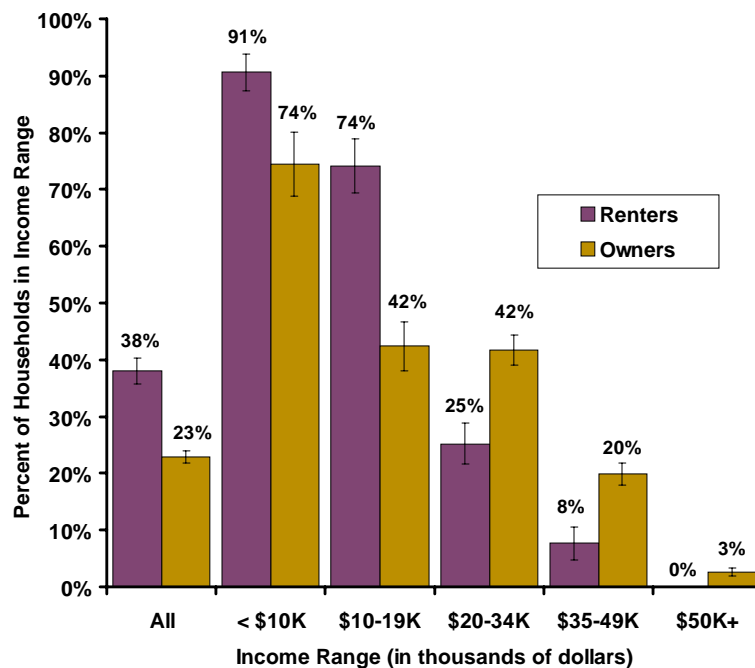
**Data Source, Definition, and Limitations**

The discrimination measures are from the King County Community Health Survey, 1999, which used questions on unfair treatment adapted from questions in the CARDIA Study IV (Nancy Krieger). A limitation of self reported experiences of discrimination is that people's interpretations of "discrimination" and "unfair" may not be the same. The limitations of a telephone survey include the following: a) people who do not have a telephone are missed, b) people who do not speak English are not included, c) people who have less education and lower incomes tend to be underrepresented.

# Affordable Housing

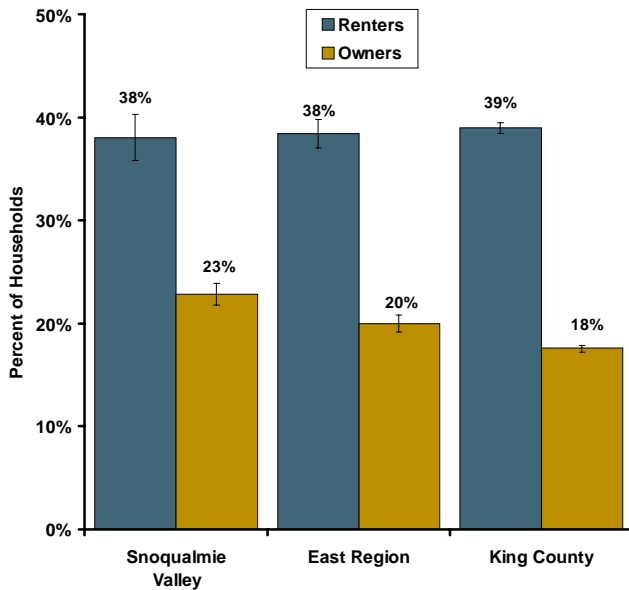
Lack of adequate and affordable housing is a significant problem, especially for low income families. Families that have to pay a high percentage of their income for shelter will have little left over for other basic necessities, such as clothing and utilities. The ability of low and moderate income families to find affordable housing can be measured by the percent of income spent on housing costs.

**Percent of Households By Income Range That Paid 30% or More of Their Income for Housing Costs Snoqualmie Valley, 1989**



- In general, the lower a household’s income is, the more likely residents are to pay 30% or more of their income on housing costs. This is true for renters as well as homeowners. Low income households that pay a high percentage of their income on housing are at greater risk for becoming homeless.
- In Snoqualmie Valley, 38% of renters and 23% of homeowners paid at least 30% of their incomes for housing in 1989.

**Percent of Households That Paid 30% or More  
of Their Income for Housing Costs  
Snoqualmie Valley, East Region & King County  
1989**



- A greater percentage of home owners in Snoqualmie Valley paid a high percentage of their income on housing (23%) than in East Region (20%) and King County (18%).
- There is little difference between the three regions in terms of the percentage of renters paying 30% or more of their income on housing.

**Data Source, Definition, and Limitations**

1989 income range and housing cost data are from 1990 U.S. Census. For renters, housing costs include monthly rent, utilities and fuels. For owners, housing costs include mortgage payments, real estate taxes, insurance, utilities, and fuels. They also include monthly condominium and mobile home costs.

The geographic boundaries of King County, East Region and Snoqualmie Valley are defined by aggregating census tracts.

# Positive Development through Life Stages

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Developmental Assets/Risk and Protective Factors in Youth	23
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Participation in Life-Enriching Activities	27

## Valued Conditions Expressed by King County Residents

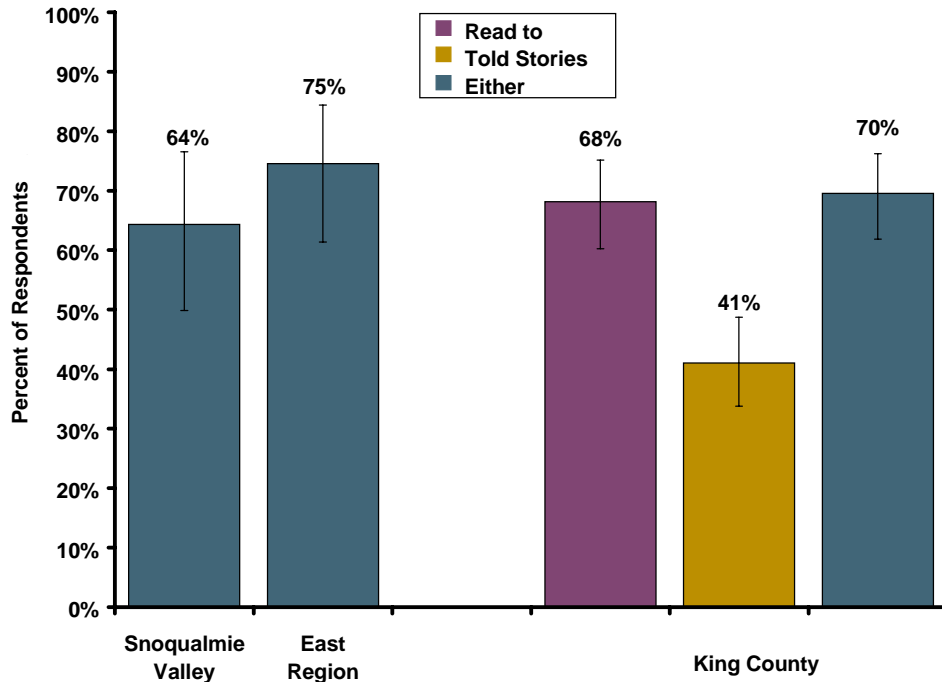
- *Parents have adequate time to provide love, nurturing and stimulation to children. They are explicit in teaching values and provide role models for resolving conflict.*
- *Business and corporations are “family and community friendly.” For example, no forced overtime, flexible work schedules, family and medical leave, paternity and maternity leave.*
- *People create a balanced daily lifestyle with adequate time for interaction with families, friends, for leisure activities, and for volunteer activities in the community.*
- *Children are ready to learn and prepared for the social environment of schools (through early childhood education, childcare and preschool experiences.)*
- *Quality daycare is available for all who need it.*
- *Every young person is connected to family, school, and a community group and has a sense of belonging.*
- *Adults interact comfortably with youth and communicate that they care and are supportive. Parents, teachers and other adults express clear guidelines and high expectations of the youth they interact with.*
- *Middle and high school graduates are socially competent and resilient young people. (Teachers develop relationships with students and show that they care.)*
- *Young people belong to youth organizations and school clubs where adult and peer friendships and support are strong. Gang membership has no appeal.*
- *Children and youth do well academically.*
- *People and communities are supportive of public schools.*
- *Elders frequently interact with family, friends and neighbors and are active in community projects and interest groups and participate in intergenerational activities.*
- *Elders have the daily care they need as they progress in age.*
- *People continue to learn at all ages.*
- *People actively participate in community based arts and cultural events: attend museums, performances, participate in arts organizations, study music, art, and literature, and make music and art, individually and together. Children are engaged in music and art.*
- *Communities support the involvement of youth in activities that benefit others and the community at large. Children learn basic morals of human life and are involved in serving others. Parents and teachers reinforce basic values of respect, responsibility, caring for others, stewardship of environment, tolerance, sharing).*
- *People make more decisions based on the welfare of other people and the environment.*
- *People have sources of spiritual growth and renewal.*

The valued conditions came from citizen opinion expressed as values and concerns in the telephone survey, focus groups, and in the civic and public forums. The valued conditions are expressed as “ideal” conditions—based on the vision of what residents want for themselves, their families and communities.

# Parent/Guardian Involvement in Child's Learning

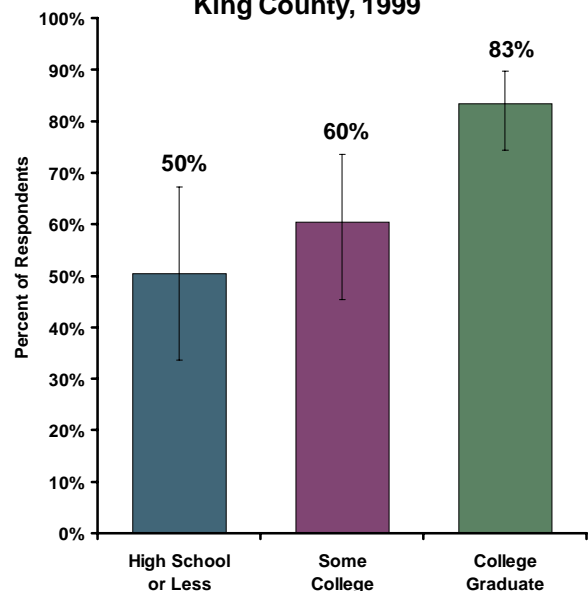
Reading to young children promotes language development and, later on, reading comprehension and overall success in school. Reading stories and/or telling stories in any language assists young children to be prepared for school.

**Percent of Respondents with Children Age 2-5 Years Who Were Read to or Told Stories Every Day By a Family Member Snoqualmie Valley, East Region & King County, 1999**



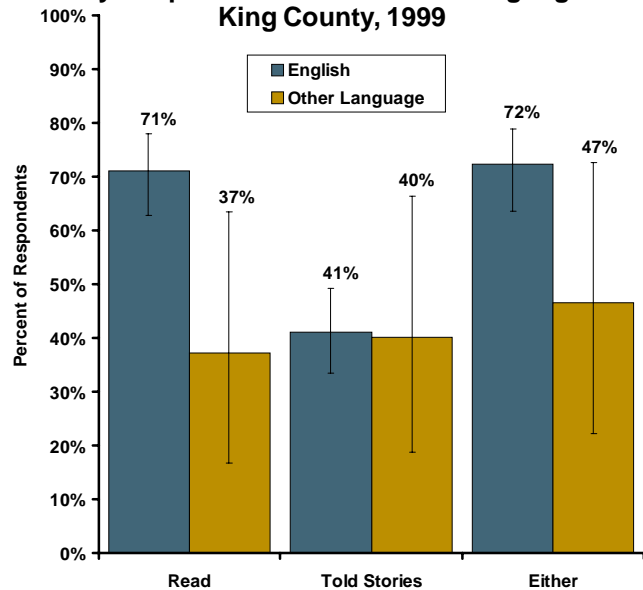
- In Snoqualmie Valley, 64% of respondents with children age 2 to 5, reported that family members read aloud or told stories to their child every day in the last week (see chart above).
- In King County, 70% of respondents with children age 2-5 years said their children were either read to or told stories everyday.
- In King County, children in households in which respondents have graduated from college are more likely to have been read to everyday than those in homes in which respondents have less education.

**Percent of Respondents with Children Ages 2-5 Years Who Were Read to Every Day, By Respondent's Education King County, 1999**

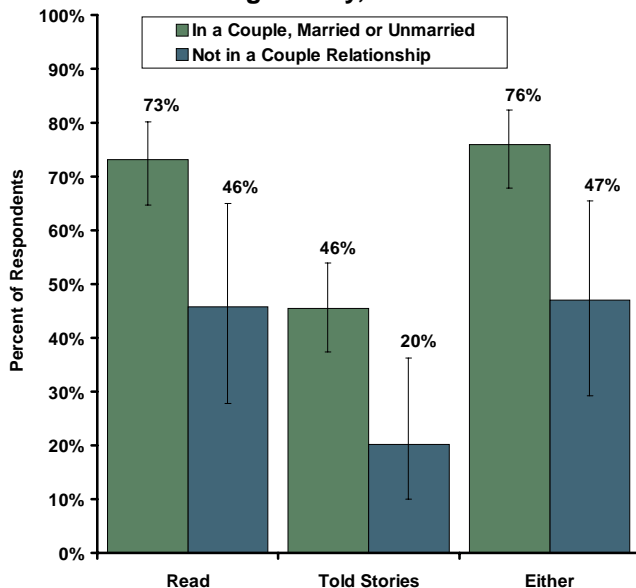


- In King County, respondents in households in which English is the first language may be more likely to read to their children every day than those in homes where another language is the primary language. This difference, however, was only marginally significant at the 90% confidence level and future surveys will need to look at this issue more closely. These surveys should also consider reasons as to why this difference might exist to determine what factors (e.g., availability of reading materials in other languages, literacy levels, etc.) are important.
- In the present survey (administered only in English) language was not a factor in whether children were told stories every day or not.

**Percent of Respondents with Children Age 2-5 Years Who Were Read to or Told Stories Every Day By Respondent/Parent's First Language King County, 1999**



**Percent of Respondents with Children Age 2-5 Years Who Were Read to or Told Stories Every Day By Relationship Status of Respondent/Parent King County, 1999**



- In King County households with children age 2-5 years with respondents who are living as couples, whether married or not, were more likely to read or tell stories to their children every day than households with parents who are divorced, widowed, separated, or never married.

### Data Source, Definition, and Limitations

Local data are from the King County Community Health Survey, 1999. National data are from the U.S. Department of Education, National Center for Educational Statistics, National Household Education Survey.

The survey questions were as follows: 1) Thinking about your child ages 2-5 years, how many times have you or someone in your family read to your child in the past week? And 2) Still thinking about your child ages 2-5 years, how many times have you or someone in your family told a story to your child the past week? Response options for both questions were: Not at all, once or twice, 3 or more times, or every day.

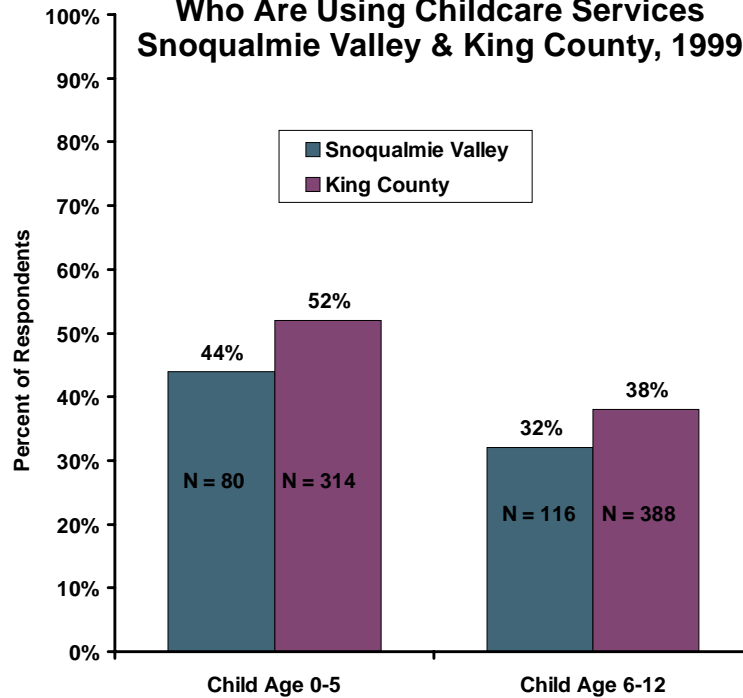
The limitations of an English-only telephone survey include the following: a) people who do not have a telephone are missed, b) people who do not speak English do not participate, c) people who have less education and lower incomes tend to be underrepresented.



# Quality, Affordable Childcare

During the first five years of life, the crucial brain development that will affect later learning takes place. Increasing numbers of preschool age children are spending time in the care of a child-care provider other than with their parents. It is, therefore, important that this childcare provide language, stimulation and support.

**Percent of Respondents With Children (Birth to Age 12) Who Are Using Childcare Services Snoqualmie Valley & King County, 1999**



- In a 1999 survey, 44% of Snoqualmie Valley households and 52% of King County households with a child under the age of 6 reported that they were using some type of childcare. From the table, note that out of all households using childcare for a child under age 6, over half were using a licensed or certified type of care facility.
- Among Snoqualmie Valley and King County households with school-age children between age 6 and 12, 32% and 38% respectively, reported using childcare services of various types. Approximately one out of three of these households were using some kind of organized childcare facility or program. Most of the others who said they were using childcare reported use of informal after school activities, such as music, dance, art instruction and sports programs.

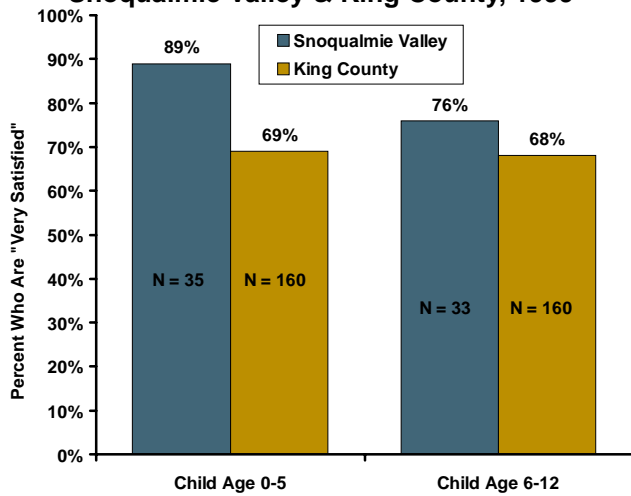
**Percent of Parents/Guardians Using Childcare By Type of Childcare Service Snoqualmie Valley & King County, 1999**

Child Birth to Age 5	Snoq. Valley		King County	
	Num.	%	Num.	%
Licensed child care center	9	28%	54	36%
Licensed child care family home	4	13%	20	10%
Non-relative provider in home (as in "nanny" or "baby-sitter")	6	19%	30	17%
Relative	6	19%	21	16%
Certified preschool	1	3%	13	7%
Child care in a friend's or neighbor's house (non-licensed)	3	9%	8	6%
Headstart/ECEAP program	0	0%	4	4%
Church/mosque/temple program	0	0%	2	1%
Program for children with developmental delays or disabilities	0	0%	0	0%
Other	3	9%	8	4%
Total:	32	100%	160	100%

Child Age 6-12	Snoq. Valley		King County	
	Num.	%	Num.	%
Before and/or after school care in a licensed child care center	4	11%	29	19%
Parks and Recreation program	3	9%	17	10%
Before and/or after school care in a licensed family home	4	11%	4	1%
Boy's and Girl's Club program	3	9%	9	6%
Other	21	60%	100	64%
Total:	35	100%	160	100%

**Percent of Parents/Guardians Using Childcare Who are "Very Satisfied" with Childcare Services Snoqualmie Valley & King County, 1999**



- Of the 124 households with children birth to age 12 that were not using childcare, 18 reported that they had wanted to use child-care services but had not been able to obtain care.
- Location was the most common reason reported for not being able to get childcare.

- The majority of parents are very satisfied with the childcare their child receives. Almost 90% of Snoqualmie Valley parents/guardians with a child age birth through 5 years said they were very satisfied and over three-fourths of those with a child age 6-12 years using childcare services reported that they were very satisfied with the care.

**Parents/Guardians Not Using Childcare Who Wanted But Could Not Get Childcare Services and Why, Snoqualmie Valley, 1999**

	Number	Percent
Not using childcare	124	
Not using childcare and unable to get it	18	
Reasons for being unable to get:		
Affordability/cost	3	16%
Quality of care	2	11%
Location of care	10	53%
Hours/ flexibility	0	0%
Special needs (disability)	0	0%
Other	3	21%
Total	18	100%

- Regarding the cost of childcare in King County, rates vary according to the age of the child and the type of provider. According to the Child Care Resources 1998 database of all licensed facilities in King County, the highest cost is for infant care centers (averaging \$ 750 a month). The lowest cost is for school-age care in family childcare homes (averaging \$303 a month).
- Rates also vary slightly depending on the area of the county. East King County has the highest rates while those in South King County tend to be the lowest.
- In a 1996 study (Brandon and Plotnick) of childcare issues, it was reported that childcare typically costs over 25% of income for low-income families in Washington State. With King County childcare costs higher than the statewide average, one might expect that low-income families in King County have to pay an even higher proportion of their income for childcare. Fortunately, childcare subsidies are available from the State, the City of Seattle Comprehensive Childcare Program, and the King County Child Care Program.

**Data Source, Definition, and Limitations**

Use of and satisfaction with childcare services are measured in the 1999 King County Community Health Survey, a random digit dial telephone survey. Of the total number of households participating, the number of households that had children ages birth to 12 present was 702. Of these, 320 reported that they used some type of childcare.

The limitations of an English-only telephone survey include the following: a) people who do not have a telephone are missed, b) people who do not speak English do not participate, c) people who have less education and lower incomes tend to be underrepresented.

Affordability information is from Richard Brandon and Robert Plotnick, "Welfare, Work and Child Care in Washington State," April 1996, from 1997 Washington Kids Count, and from "Child Care in King County: 1999," Child Care Resources.

# Developmental Assets/Risk & Protective Factors In Youth

Developmental assets are building blocks that children and adolescents need to grow up competent, caring, and healthy. When present, these assets not only nurture valued behaviors, but also protect young people from risk-taking behaviors.

Protective factors are the same as assets. Both terms describe elements of a social environment that should be in place if a young person is to develop in a positive direction. Decades of research have shown that a number of protective factors are associated with decreased likelihood of health risk behaviors, including alcohol, tobacco, and other drug abuse, violence and delinquent behaviors.

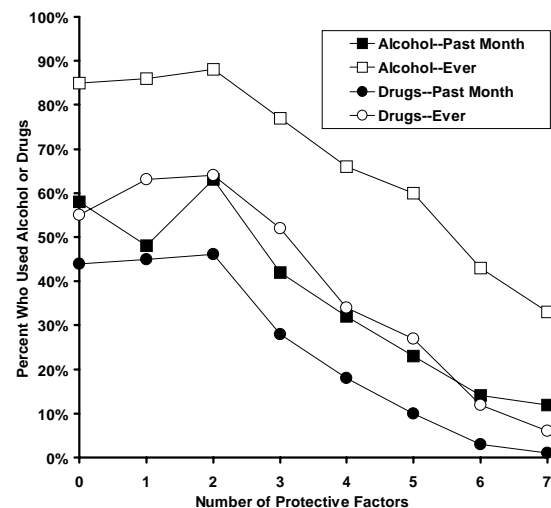
**Percent of Students Who Reported They Experience Specific Protective Factors Snoqualmie Valley School District and Select King County Public Schools, 1998**

	Protective Factors	Snoqualmie Valley			Selected King County Schools		
		6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade
Community	Rewards for conventional involvement*	66%	46%	41%	62%	47%	38%
	Opportunities for community involvement	72%	72%	65%	72%	75%	72%
School	Opportunities for positive involvement	84%	68%	63%	78%	66%	64%
	Rewards for conventional involvement	72%	46%	43%	66%	46%	37%
Peer-Individual	Belief in the moral order*	88%	62%	61%	84%	67%	65%
	Social skills	82%	60%	59%	81%	66%	63%
	Religiosity*	50%	44%	46%	45%	48%	44%

\* "Rewards for conventional involvement"—young people are recognized and rewarded for their contributions; "Belief in the moral order"—young people generally prescribe to a belief in what is "right" or "wrong"; Religiosity—frequency with which youth attend religious services.

- The table above shows the proportion of Snoqualmie Valley School District and King County youth who reported having community, school, and peer-individual protective factors in their lives. Fewer 10th graders reported having certain protective factors than 6th graders.
- The more protective factors King County youth have in their lives, the less likely they are to use alcohol and drugs. The same relationship is found statewide, though not shown here.

**The Relationship Between the Number of Protective Factors and Alcohol/Drug Use Select King County Public Schools, 1998**

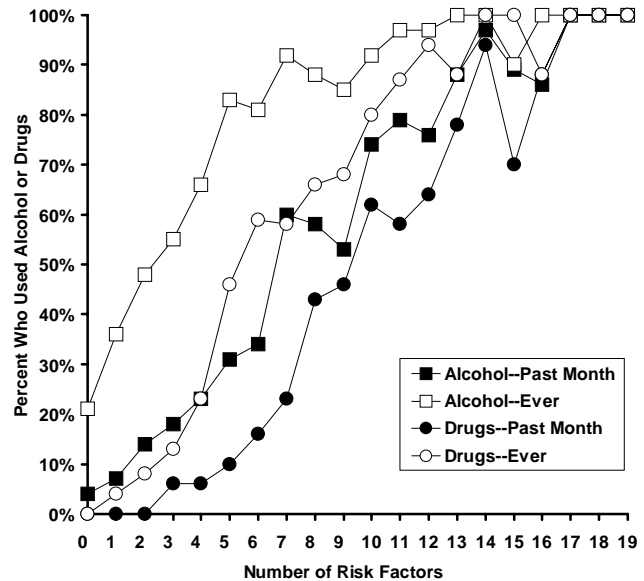


**Percent of Students Who Reported They Experience Specific Risk Factors  
Snoqualmie Valley School District and Select King County Public Schools, 1998**

	Risk Factors	Snoqualmie Valley			Selected King County Schools		
		6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade
Community	Low neighborhood attachment	10%	24%	31%	19%	23%	29%
	Community disorganization	3%	8%	4%	7%	7%	5%
	Personal transition and mobility	9%	13%	10%	19%	16%	17%
	Community transition and mobility	25%	29%	25%	31%	30%	28%
	Laws and norms favorable to drug use	11%	32%	54%	12%	27%	41%
	Perceived availability of drugs, gangs, handguns	10%	44%	70%	13%	39%	64%
School	Academic failure	19%	21%	29%	15%	18%	23%
	Little commitment to school	18%	38%	42%	17%	33%	41%
Peer-Individual	Rebelliousness	9%	32%	24%	14%	23%	22%
	Early initiation of problem behavior	18%	47%	66%	25%	39%	58%
	Impulsiveness	6%	21%	15%	12%	14%	13%
	Antisocial behavior	4%	14%	18%	5%	9%	14%
	Attitudes favorable towards antisocial behavior	4%	16%	12%	5%	11%	9%
	Attitudes favorable towards alcohol/other drug use	2%	19%	29%	5%	16%	24%
	Perceived risk of alcohol and other drug use	14%	24%	34%	18%	25%	30%
	Interaction with antisocial peers	5%	18%	23%	8%	18%	21%
	Friends use of drugs	14%	49%	72%	20%	48%	68%
	Sensation seeking	30%	45%	51%	27%	40%	46%
Rewards for anti-social involvement	23%	40%	56%	25%	47%	50%	

**The Relationship Between the Number of Risk Factors and Alcohol/Drug Use  
Select King County Public Schools, 1998**

- “Risk factors” are the opposite of protective factors. They are conditions or events in life that may push youth towards risky decisions and behaviors and then harmful health outcomes, such as violent behaviors and alcohol abuse.
- The table above shows the percent of Snoqualmie Valley School District and King County students who have specific risk factors in their lives. More 10th grade students than 6th grade students report some of these risk factors but not all.
- The more risk factors King County youth have in their lives, the more likely they are to use alcohol and drugs. The same relationship is found statewide (data not shown).



**Data Source, Definition, and Limitations**

In 1998, the Washington State Survey of Adolescent Health Behavior was carried out with a representative sample for Washington State. Many King County schools that were not drawn into the state sample carried out the same survey, resulting in a local King County sample that may or may not be representative of the actual student population. Local results are from 6th, 8th and 10th graders in 68 schools in 11 of King County’s 19 school districts, including: Auburn, Federal Way, Highline, Lake Washington, Renton, Riverview, Seattle (one middle school), Shoreline, Snoqualmie Valley, Tahoma, and Vashon Island. Approximately 3,400 6th grade, 2,900 8th grade and 2,300 10th grade students participated.

# Academic Achievement

State standards are provided in reading, writing, communication, mathematics, social science, and the arts. These standards are called Essential Academic Learning Requirements. In order to graduate from high school in the future, students must meet these essential learning requirements.

If a student does not graduate from high school, the career outlook for that person is bleak. High school dropouts earn significantly less on average than those students who finish high school and go on to at least some college.

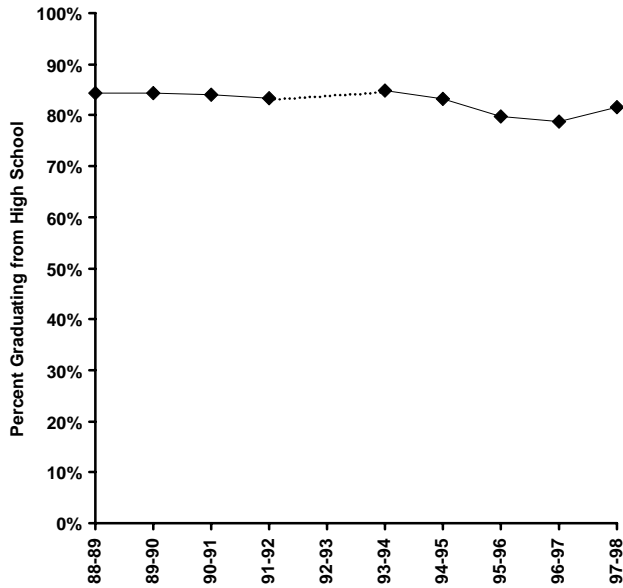
**Percent of 4th Grade Public School Students Who Met State Standards  
By School District, King County, 1997-2000**

School District	Math				Reading				Writing				Listening			
	1997	1998	1999	2000	1997	1998	1999	2000	1997	1998	1999	2000	1997	1998	1999	2000
Auburn	24%	34%	35%	38%	51%	58%	61%	67%	35%	31%	35%	38%	62%	75%	70%	66%
Bellevue	36%	44%	58%	63%	65%	68%	73%	77%	59%	52%	51%	57%	74%	78%	80%	75%
Enumclaw	22%	35%	37%	34%	60%	63%	66%	66%	47%	38%	24%	31%	66%	74%	77%	64%
Federal Way	22%	31%	35%	43%	53%	55%	60%	67%	53%	42%	29%	43%	64%	72%	70%	64%
Highline	20%	25%	29%	28%	42%	46%	52%	57%	43%	33%	24%	29%	58%	62%	64%	58%
Issaquah	38%	51%	63%	67%	68%	76%	78%	85%	69%	63%	52%	66%	79%	83%	88%	81%
Kent	NA	27%	38%	42%	NA	53%	58%	65%	NA	36%	33%	44%	NA	71%	67%	65%
Lake Washington	36%	47%	55%	57%	65%	75%	77%	80%	61%	50%	56%	57%	74%	82%	86%	80%
Mercer Island	58%	66%	78%	79%	76%	87%	93%	93%	72%	55%	67%	75%	84%	89%	94%	88%
Northshore	35%	50%	58%	62%	67%	76%	76%	82%	60%	49%	48%	58%	74%	83%	83%	77%
Renton	18%	35%	40%	64%	48%	58%	62%	72%	50%	41%	39%	52%	62%	73%	74%	79%
Riverview	33%	42%	39%	52%	63%	70%	69%	75%	40%	58%	46%	46%	75%	78%	81%	73%
Seattle	*	35%	36%	44%	*	52%	56%	64%	*	40%	39%	41%	*	68%	66%	65%
Shoreline	34%	53%	61%	65%	58%	73%	79%	84%	59%	45%	46%	58%	68%	81%	85%	78%
Skykomish	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Snoqualmie Valley	22%	46%	47%	61%	59%	75%	72%	78%	46%	43%	42%	54%	75%	85%	81%	80%
Tahoma	27%	44%	45%	59%	58%	69%	69%	80%	56%	48%	47%	45%	70%	82%	78%	76%
Tukwila	8%	22%	29%	24%	30%	47%	57%	46%	33%	28%	29%	36%	41%	64%	63%	47%
Vashon Island	37%	46%	50%	57%	65%	70%	75%	85%	45%	43%	33%	40%	76%	76%	83%	78%
Washington State Total	21%	31%	37%	42%	48%	56%	59%	66%	43%	37%	33%	39%	62%	71%	71%	65%

\* Scores are not reported where there are fewer than 5 students.  
NA = Not Available.

- Except for listening, Snoqualmie Valley 4th grade students have shown improved scores with each year since 1997.
- Riverview School District 4th graders show progress between 1999 and 2000 in math, reading, and writing.
- Higher percentages of Snoqualmie Valley and Riverview 4th graders are meeting the standards than the Washington State total. Yet other districts in King County are doing better than Snoqualmie Valley and Riverview.

### High School Graduation Rates in King County Two Year Rolling Averages, 1988-1998



### High School Graduation Rates By School District, King County, 1997-1998

School District	October 1997 Grade 12 Enrollment	June 1998 Graduation Percent
Auburn	811	85.6%
Bellevue	1,280	76.6%
Enumclaw	294	93.2%
Federal Way	1,345	80.1%
Highline	1,349	64.1%
Issaquah	719	89.2%
Kent	1,561	85.0%
Lake Washington	2,037	78.5%
Mercer Island	303	93.7%
Northshore	1,440	89.3%
Renton	652	92.5%
Riverview	145	96.6%
Seattle	3,354	81.5%
Shoreline	818	77.6%
Skykomish	10	70.0%
Snoqualmie Valley	298	87.9%
Tahoma	322	86.0%
Tukwila	160	69.4%
Vashon Island	119	79.8%
King County	17,017	81.6%

- Public high school graduation rates were stable at around 84% from 1988-1994. In 1996, however, King County's graduation rate dropped to 79.7% and in 1997 to 78.8%. By 1998, it had increased to 81.6%.
- In 1998, Snoqualmie Valley's graduation rate was 88% and Riverview's was 97%. The range among King County school districts was a low of 64% to a high of 97%.

#### Data Source, Definition, and Limitations

Data on the percent of students who met state standards is from the Washington Assessment of Student Learning, Office of the Superintendent of Public Instruction.  
See Web site at: <http://www.k12.wa.us/assessment/>. Graduation rates are from Dropout Rates and Graduation Statistics by County and School District, Office of the Superintendent of Public Instruction.  
See Web site at: <http://www.k12.wa.us/infoserv>.

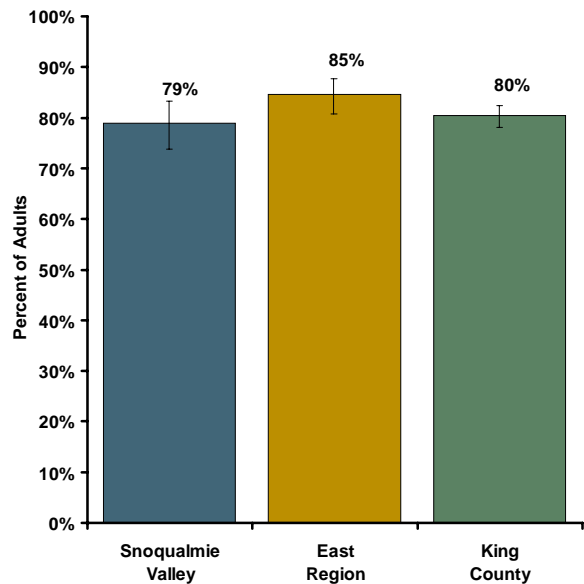
The graduation rate is the percent of students who graduate out of the number of 12th grade students enrolled in the fall of that academic year. It does not account for students who move or transfer to another district.

# Participation in Life-Enriching Activities

We need a balance between work and leisure. Taking time to study and participate in the cultural, spiritual, athletic and community service pursuits we enjoy helps to relieve the pressures of day-to-day life and develops our full potential as human beings.

- Participation in Life-Enriching Activities was measured in a survey of adults. Respondents reported how actively they had participated in 7 different types of activities during the past 30 days. The number of these activities was added up for each respondent.
- In Snoqualmie Valley 79% of adults were “very active” or “somewhat active” in at least three different activities. This percentage is not significantly lower than East Region (85%) or King County (80%).
- The three most popular types of activity were focused around: 1) literature, drama, language, 2) learning about a new issue of interest, and 3) art, crafts, gardening, carpentry (see details in table below).

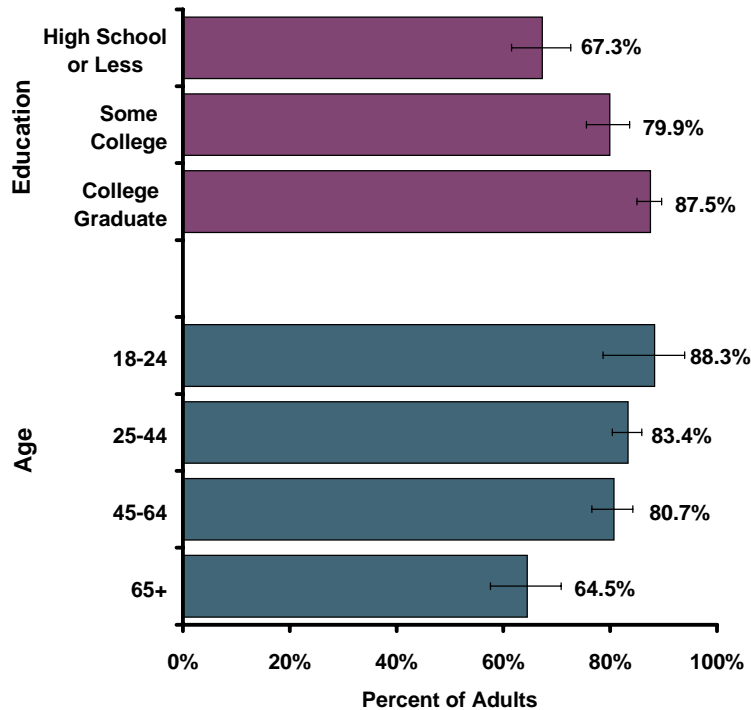
**Percent of Adults Who Are “Very or Somewhat” Active In Three or More Life-Enriching Activities Snoqualmie Valley, East Region & King County, 1999**



**Percent of Adults Who Are “Very or Somewhat” Active in Specific Life-Enriching Activities Snoqualmie Valley, East Region & King County, 1999**

In the past 30 days, how actively have you participated in:	Snoqualmie Valley	East Region	King County
...some type of music or dance (singing, playing a musical instrument, dancing, attending concerts or dance events)?	42%	51%	45%
...things like writing, reading books, participating in a book club, studying another language, attending plays or participating in a theater group?	76%	78%	76%
...a type of art or craft as a hobby, not simply as a daily routine (such as painting, ceramics, photography, sculpting, sewing, cooking, gardening, carpentry, woodworking, auto repair, other mechanics)?	62%	57%	59%
...individual or team sports or outdoor recreation activities (such as hiking, boating, playing tennis, soccer, golf, etc., but not including watching these on television)?	54%	56%	50%
...spiritual or religious activities (such as meditating, attending church, temple or mosque)?	46%	54%	49%
...community service or helping others (volunteering, coaching, mentoring, political organizing)?	53%	50%	50%
...learning about an issue you are interested in by taking a class, doing research or studying information available in the library, on the internet or from other sources?	65%	76%	72%

**Percent of Adults Who Are "Very or Somewhat" Active  
In Three or More Life-Enriching Activities, By Education and Age  
King County, 1999**



- In King County, people who have higher levels of education participate more actively in life enriching activities than those with less education.
- Older residents aged 65 years and older are less active than younger people.

**Data Source, Definition, and Limitations**

The life-enriching activity measures are from the King County Community Health Survey, 1999.

The limitations of an English-only telephone survey include the following: a) people who do not have a telephone are missed, b) people who do not speak English do not participate, c) people who have less education and lower incomes tend to be underrepresented.



# Safety and Health

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Infant Mortality	37
Teen Births	39
Stress	41
Youth Tobacco and Alcohol Use	43

## Valued Conditions Expressed by King County Residents

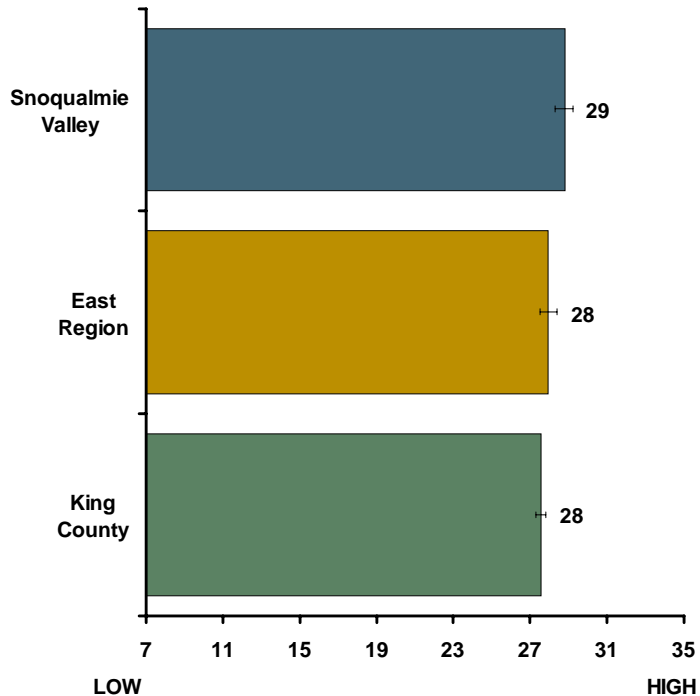
- *People are comfortable to walk freely on the streets and in parks of their neighborhoods at any time of day or night. There is respect for other people's property. The police have a known, regular, and friendly presence in neighborhoods and other areas and are quick to respond to calls. People trust that fire and police and emergency personnel will offer excellent protection.*
- *There are no violent acts, gunshots, drug trade or prostitution on the streets or in neighborhoods and schools.*
- *Family members and friends resolve conflicts in a peaceful manner (domestic violence and child abuse are prevented by the presence of positive adult role models, supportive friends, neighbors and relatives).*
- *Babies and children are healthy and have adequate nutrition, immunization and well-child check-ups.*
- *People maintain healthy personal lifestyles with regard to nutrition, exercise, and drugs and alcohol.*
- *Youth do not use substances or engage in early or unsafe sexual behavior.*
- *Everyone receives quality medical and dental treatment in a timely manner (everyone is covered by health care insurance for physical, mental, dental, vision, and alternative care services; people receive treatment from providers who are sensitive to cultural differences; the elderly and disabled are provided health care in their neighborhoods and homes; people receive immediate and quality treatment for drug and alcohol abuse).*

The valued conditions came from citizen opinion expressed as values and concerns in the telephone survey, focus groups, and in the civic and public forums. The valued conditions are expressed as "ideal" conditions—based on the vision of what residents want for themselves, their families and communities.

# Perceived Neighborhood Safety

Feeling safe and secure at home, work, and play is basic to people's sense of wellbeing.

**Average Level of Perceived Neighborhood Safety  
Snoqualmie Valley, East Region & King County, 1999**

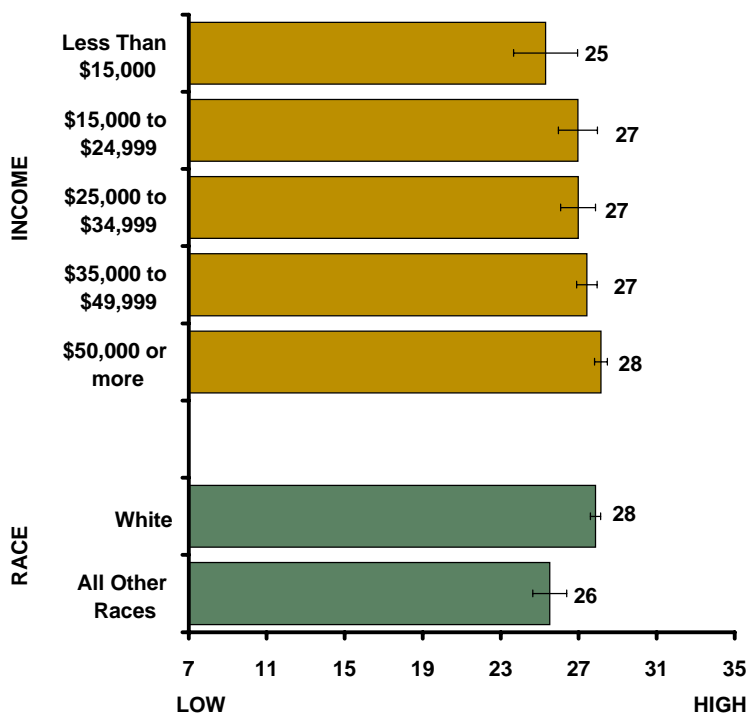


- Adults were asked 7 questions about how often they worry about specific safety threats. Answers to these questions were added into a perceived safety scale with a possible score between 7 (Low) and 35 (High). A score of 7 means frequent worry and a score of 35 means no worry.
- The average (mean) score for adults in Snoqualmie Valley was 29. This is significantly higher than the average for King County, but not significantly different from the East Region.
- The higher percentages in the table below indicate where more people are concerned about specific safety threats. Between 15% and 22% worry about children's safety in the neighborhood and at school.

**Percent of Adults Who Worry About Safety All of the Time or Often  
Snoqualmie Valley, East Region & King County, 1999**

I'm going to read a list of things people sometimes worry about in their neighborhood. For each one, please tell me whether you worried about it over the last 12 months:	Snoqualmie Valley	East Region	King County
...your physical safety in your neighborhood?	4%	3%	5%
...children's safety in your neighborhood?	21%	15%	18%
...your physical safety in your home?	4%	4%	5%
...children's safety at school?	16%	16%	22%
...being robbed or having your home broken into?	4%	6%	10%
...being hit, pushed or slapped by someone you know?	1%	2%	1%
...being physically attacked by someone you don't know?	2%	2%	4%

**Average Level of Safety Felt, By Income and Race  
King County, 1999**



■ In King County, people with incomes of \$50,000 and higher feel safer in their neighborhoods than those with incomes of less than \$15,000.

■ People who are white feel safer than people of other races.

### Data Source, Definition, and Limitations

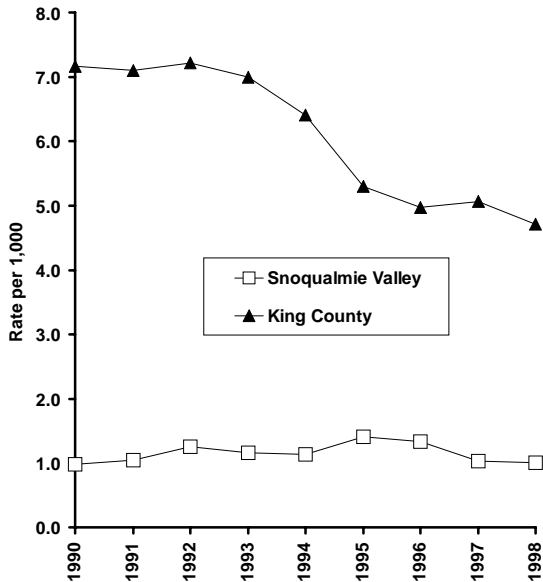
The safe neighborhood measures are from the King County Community Health Survey, 1999, which adapted questions on stressors and worries from the Eastside Village Healthy Worker Community Health Survey (Amy Schultz et al., University of Michigan).

The limitations of an English-only telephone survey include the following: a) people who do not have a telephone are missed, b) people who do not speak English do not participate, c) people who have less education and lower incomes tend to be underrepresented.

Crime

Crime takes a toll on the health of our communities through loss of life, fear for physical safety, property damage, disintegration of community cohesion, diversion of public resources from social services, and incarceration. The FBI Crime Rate is a basic indicator of the level of serious crime. It includes eight major violent and property offenses, chosen both for their severity and frequency of occurrence.

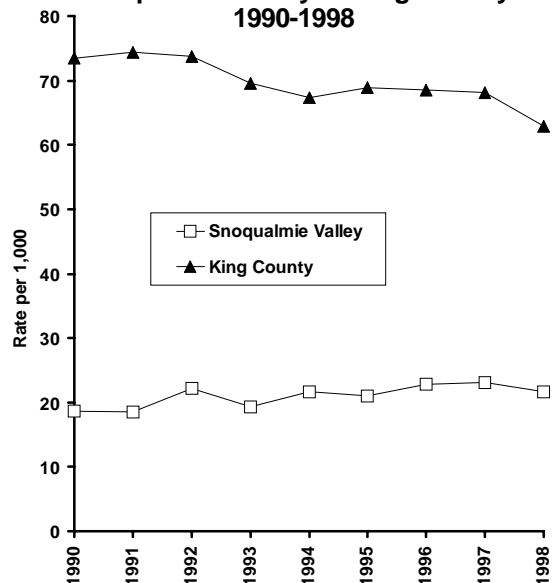
**Rate of All Major Violent Crime  
Snoqualmie Valley & King County  
1990-1998**



- The overall crime rate increase in Snoqualmie Valley is primarily driven by increasing property crimes. In 1998, the property crime rate (shown at right) was still lower in Snoqualmie Valley (21.7 per 1,000) than in King County (62.9 per 1,000) although the rate has been decreasing countywide since 1988. Major property crimes include burglary, larceny/theft, motor vehicle theft, and arson.
- Most of the increase in Snoqualmie Valley property crime is from an increase in larceny/theft. From 1990 to 1998, larceny/theft has consistently accounted for the majority of property crimes in both Snoqualmie Valley and King County.

- The overall crime rate (not shown) is the total of four major violent crimes and four major property crimes. The overall crime rate in Snoqualmie Valley has increased significantly since 1990 while the rate in King County has declined (chart not shown). In 1998, the Snoqualmie Valley crime rate (22.7 per 1,000) was still substantially lower than in the county (67.6 per 1,000) and the state (57.2 per 1,000).
- As shown to the left, the rate of major violent crime in Snoqualmie Valley decreased by 29% between 1995 (1.4 per 1,000) and 1998 (1.0 per 1,000). The decline reflects the trend in King County where violent crime rates have been falling since 1985. Major violent crimes include murder and non-negligent homicide, forcible rape, robbery, and aggravated assault.
- The robbery and aggravated assault rates in Snoqualmie Valley are significantly lower than those of King County. In recent years, however, the rate of rape in Snoqualmie Valley has not been significantly lower than King County's (data not shown).
- Seventeen murders occurred in Snoqualmie Valley from 1990 to 1998.

**Rate of All Major Property Crime  
Snoqualmie Valley & King County  
1990-1998**



- The map shows the area covered by the crime data reported for this indicator relative to the Snoqualmie Valley region. Data for the cities and the unincorporated area were collected by different reporting systems and then added together. Because King County Police Department Patrol Districts do not match the boundaries of Snoqualmie Valley, these data include the population immediately to the west of Snoqualmie Valley.

### **Area Covered By Crime Data Compared to Snoqualmie Valley Network Area**

#### **Data Source, Definition, and Limitations**

The number of major violent and property crimes committed in Snoqualmie Valley was calculated by summing data for the cities of Duvall, Carnation, Snoqualmie, North Bend, and other selected regions of east King County. For most years, city data are reported by the local law enforcement agency to the Washington Association of Sheriffs and Police Chiefs and published annually in the Uniform Crime Reports (UCR). The King County Sheriff's Office's Annual Police Services Report reports data for all of unincorporated King County (and for contract cities that do not report separately in a particular year) by precinct sub-units called Patrol Districts. The sum of the city data and the patrol district data reported here covers a geographic area approximately equal to the Snoqualmie Valley census tracts plus census tracts 322.03, 322.04, 322.05, 322.06, 323.02, 323.04, 323.05.

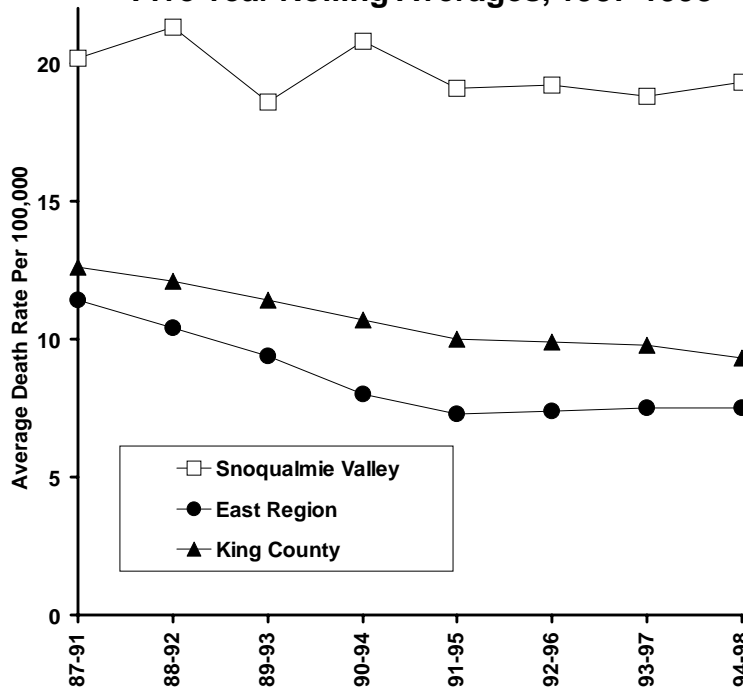
Consistent with FBI national crime reporting methods, the crime rate is calculated as the sum of the eight major violent and property crimes divided by the total population. The crime rate does not distinguish between offenses of varying severity. All major crimes that occurred in Snoqualmie Valley and were reported to law enforcement authorities are counted. The perpetrators and victims may or may not be residents of Snoqualmie Valley.

An assault is aggravated if it involves the use of a weapon or means likely to produce death or serious injury.

# Motor Vehicle Injuries And Deaths

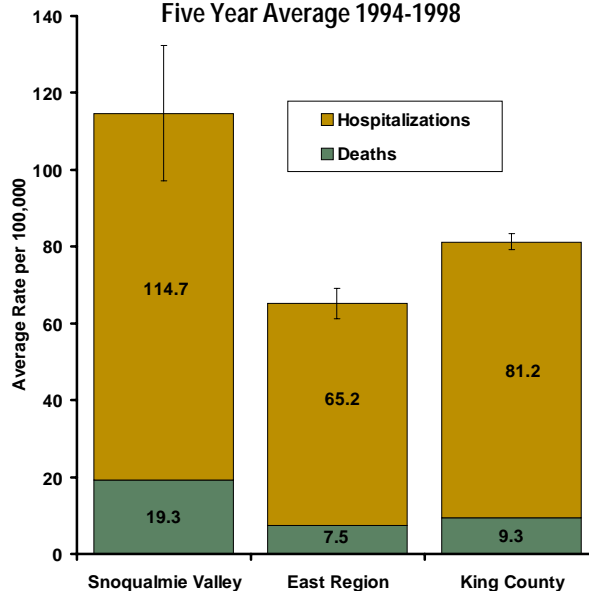
Many injuries from motor vehicle crashes are preventable. Through education, mandating the use of seat belts, tougher laws against drunk driving, and engineering, we have seen a decline in the rate of death from motor vehicle crashes in recent years. The level of motor vehicle crash-related injuries is measured by deaths and hospital admissions.

**Age-Adjusted Motor Vehicle Crash Death Rates  
Snoqualmie Valley, East Region & King County  
Five Year Rolling Averages, 1987-1998**

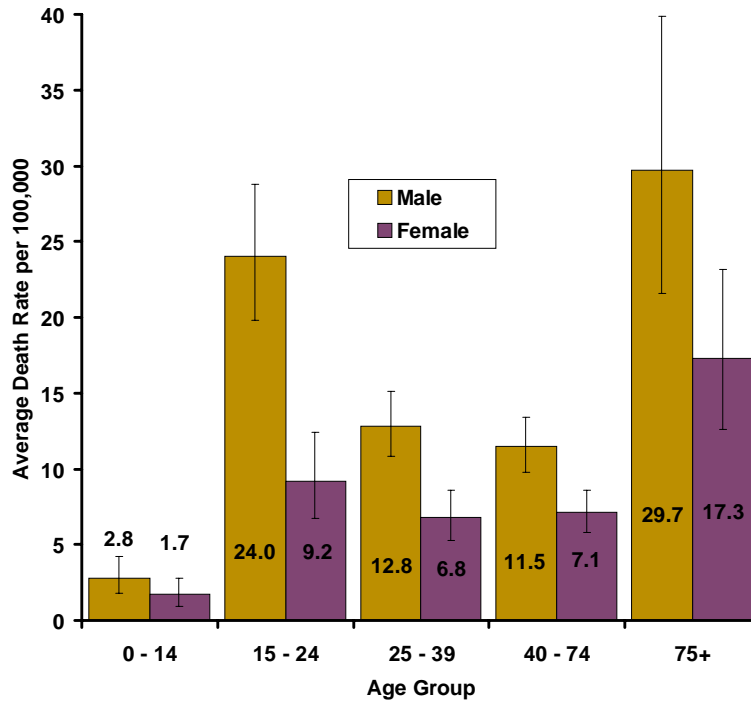


- Both death and hospitalization rates from motor vehicle crashes have declined over the last decade in King County and East Region (only death rates shown above).
- In Snoqualmie Valley there has been no significant change in death rates over the time period shown. Hospitalization rates in Snoqualmie Valley have declined since 1989.
- Both death and hospitalization rates in Snoqualmie Valley remain consistently higher than in King County as a whole.
- From 1994 to 1998, an average of 5.2 Snoqualmie Valley residents were killed each year, and an average of 35.6 were hospitalized as a result of motor vehicle crashes.
- These numbers reflect motor vehicle crashes involving residents, but not necessarily those occurring in Snoqualmie Valley.

**Age-Adjusted Motor Vehicle Crash  
Hospitalization and Death Rates  
Snoqualmie Valley, East Region & King County  
Five Year Average 1994-1998**



## Motor Vehicle Crash Death Rate, By Age & Gender King County, Five Year Average, 1994-1998



- Rates of motor vehicle-related injuries and deaths among King County residents vary significantly by both age and gender.
- From 1994 to 1998, the groups with the highest death rates were young males age 15-24 and males age 75 and older.
- Death rates among women are consistently lower than among men in all age groups (although the difference is not statistically significant in the youngest and oldest age groups).
- Hospitalization rates for motor vehicle-related injuries follow the same age and gender patterns.

### Data Source, Definition, and Limitations

Death certificate and hospital discharge data are from the Washington State Department of Health, Center for Health Statistics. Hospitalization data can only be coded to zip codes, while death data are coded to census tracts. As a result, the geographic boundary definitions for King County, East Region and Snoqualmie Valley are slightly different for the hospitalization analysis than they are for deaths.

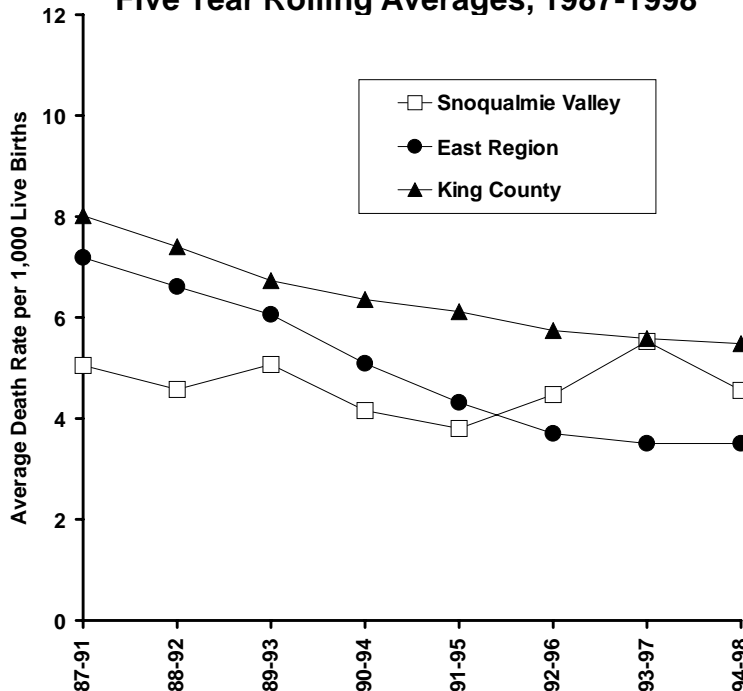
These two indicators are not necessarily a reflection of overall traffic safety in King County. Death and hospitalization data are coded by residence of the victim, rather than the place where the accident occurred. Residents of other counties who are injured in an accident in King County are not counted here. In addition, hospitalization discharge data do not capture minor injuries treated at the scene or in the ER without admission to the hospital.



# Infant Mortality

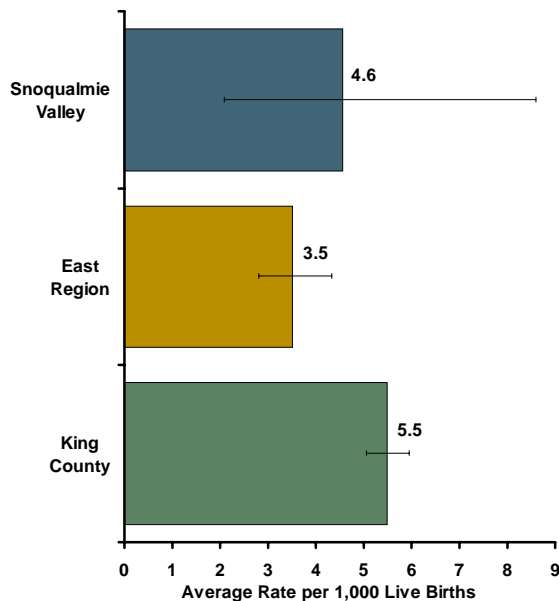
Infant death reflects the health of pregnant women and infants, as well as the availability of intensive medical care for infants. The infant death rate is the number of deaths of infants under one year of age per 1,000 live births in a given year.

**Infant Death Rates in Snoqualmie Valley, East Region & King County  
Five Year Rolling Averages, 1987-1998**

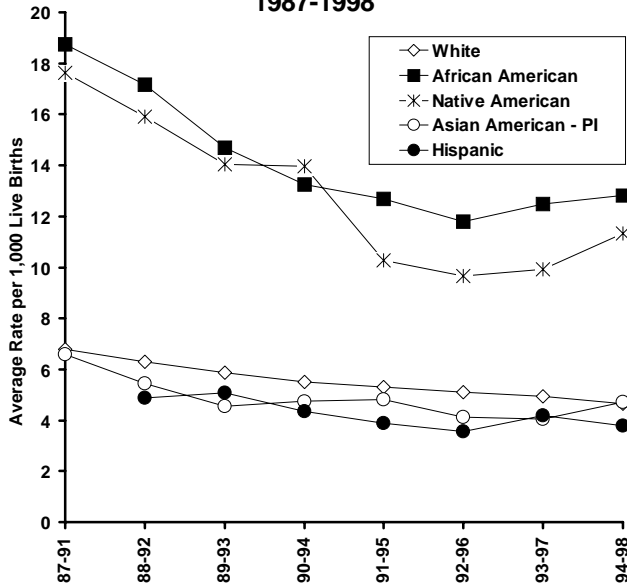


- In 1998, there were fewer than 5 deaths of infants under one year of age in Snoqualmie Valley, 20 in East Region, and 111 total in King County.
- Infant death rates have declined steadily since the early 1980s in King County, in Washington state, and nationally as well.
- Infant death rates in East Region have declined since 1987.
- There have been fewer than 5 infant deaths in Snoqualmie Valley almost every year since 1987. No significant trends in the infant death rate can be determined.
- The average infant death rate from 1994-1998 was significantly lower in East Region (3.5 per 1,000 live births) than in King County as a whole (5.5 per 1,000 live births).

**Infant Death Rates in Snoqualmie Valley,  
East Region & King County  
Five Year Average, 1994-1998**



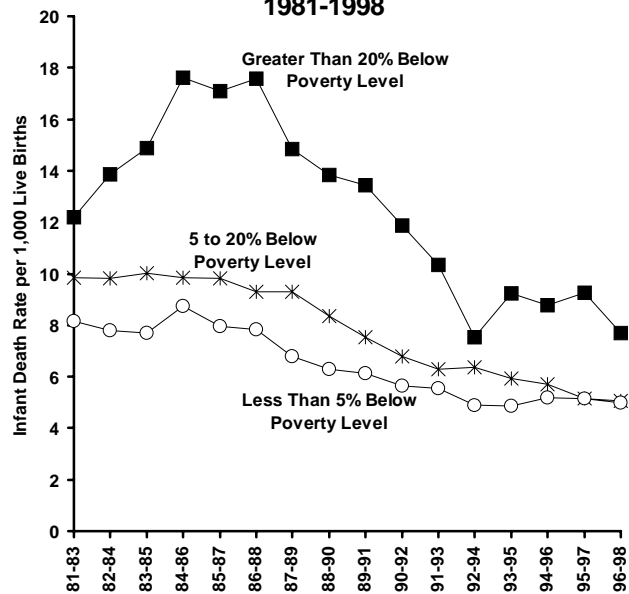
**Infant Death Rate By Race/Ethnicity  
King County, Five Year Rolling Averages  
1987-1998**



- Disparities in infant death rates by level of neighborhood poverty have been decreasing since about 1986. In that year, infant death rates in high poverty areas of King County began to decline dramatically.
- Infant mortality rates in areas with less than 5% and 5-20% of the population living below the poverty level have been declining since 1981.
- The average infant death rate between 1996 and 1998 was higher among children born to women less than 20 years old than to women older than 20 (data not shown).

- King County trends in infant death rates for the smaller race and ethnic populations are difficult to evaluate because the actual number of deaths is so small. For example, the apparent decline in rates among Native Americans between 1987 and 1998 is not statistically significant because there are generally 5 or fewer infant deaths per year in this group. This is also true for Hispanics.
- However, since 1987 there has been a significant decrease in the rates for whites and African Americans. The declining trend among African Americans has levelled off in recent years. The rate among Asian American-Pacific Islanders has not changed significantly since 1987.
- Infant death rates among African Americans and Native Americans remain higher than the rates for other groups.

**Infant Death Rate By Poverty Level  
King County, Three Year Rolling Averages  
1981-1998**



**Data Source, Definition, and Limitations**

Linked Birth and Death Certificate data are from the Washington State Department of Health, Center for Health Statistics. The geographic boundaries of King County, East Region and Snoqualmie Valley are defined by aggregating census tracts.

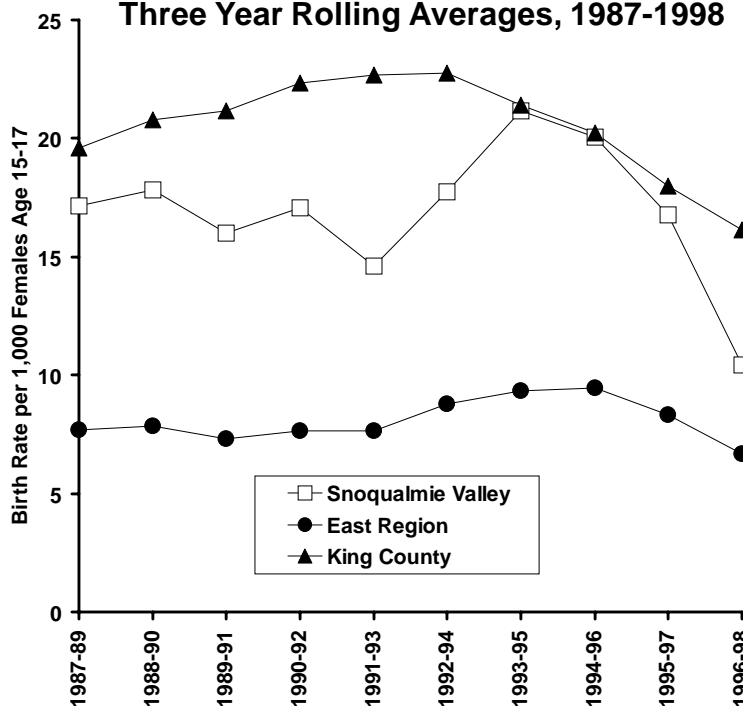
The infant mortality rate is the number of live-born infants who die before their first birthday in a given year, for every 1,000 infants born live in that year.

Poverty level groupings are based on annual household income reported in the 1990 U.S. Census, and these groupings represent the proportion of residents living below the federal poverty limit at that time. For a family of four in 1989, the poverty threshold was \$12,674; for a single person over age 65, it was \$5,947.

# Teen Births

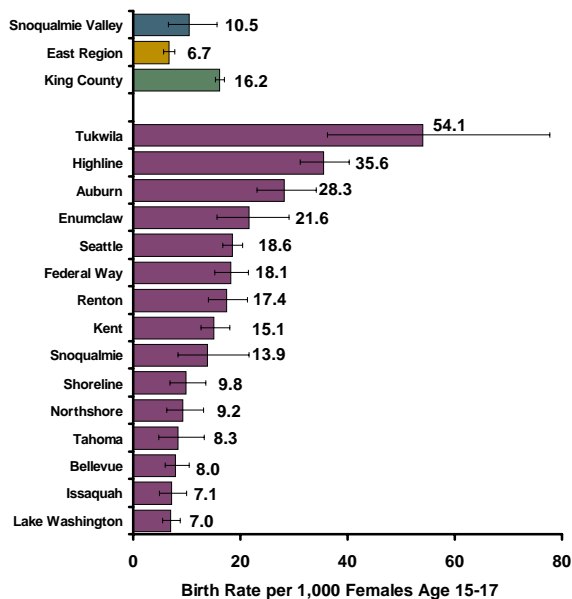
Infants born to mothers under age 18 have increased risk of death and low birthweight. Both the mother and the child tend to have fewer educational, economic, and social opportunities. The younger the mother, the more likely such problems will occur. Teen birth rates are calculated as the number of births to girls age 15-17 relative to the total number of girls in that age group.

**Birth Rates Among Females Age 15-17  
Snoqualmie Valley, East Region & King County  
Three Year Rolling Averages, 1987-1998**



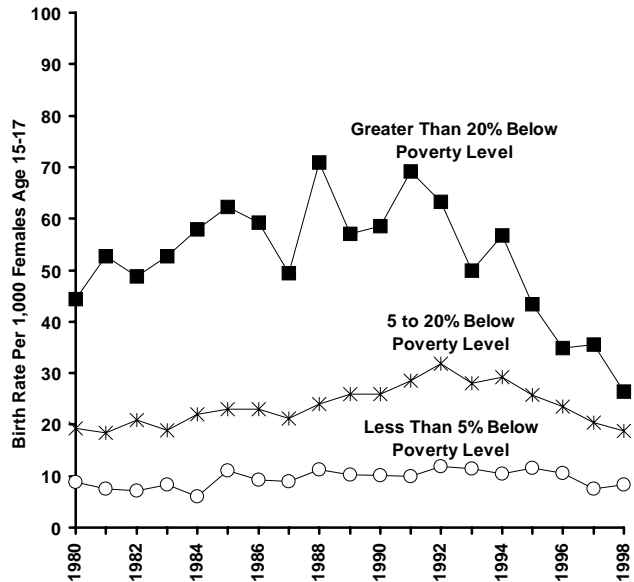
- Birth rates to girls age 15-17 declined from 1995 to 1998 in Snoqualmie Valley and East Region. Teen birth rates have been declining since 1992 in King County.
- From 1996-1998, the average teen birth rate was 10.5 per 1,000 in Snoqualmie Valley, 6.7 per 1,000 in East Region, and 16.2 per 1,000 in King County.
- By school district, only the teen birth rates in Tukwila (54.1 per 1,000), Highline (35.6), and Auburn (28.3) were significantly higher than in Snoqualmie (13.9) during the same time period.
- Vashon, Mercer Island, Riverview and Skykomish School Districts are not shown because of the small number of teen births.

**Birth Rates Among Females  
Age 15-17, By School District  
King County Three Year Average, 1996-1998**

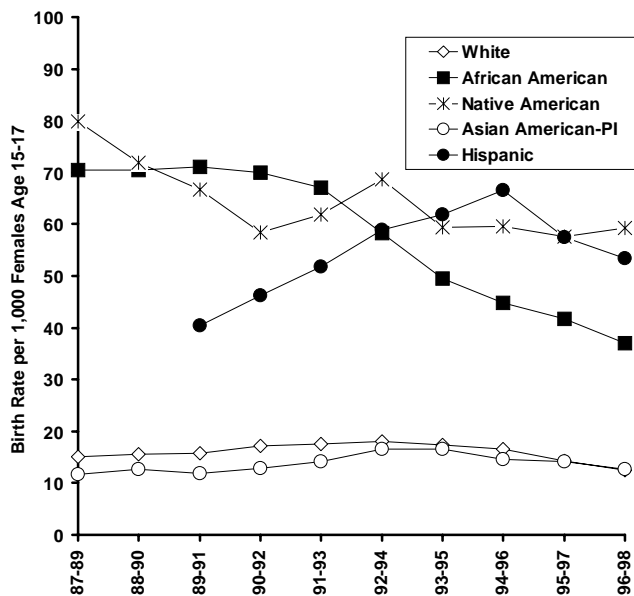


- King County birth rates among teenage girls in high-poverty neighborhoods are significantly greater than in neighborhoods with lower poverty. Since 1980, the birth rates to teens living in areas where more than 20% of the residents live in poverty have ranged from 3 to 10 times higher than teens living in areas where less than 5% of residents live in poverty.
- Although this disparity has decreased in recent years, the 1998 rate in high poverty areas was still nearly 3 times higher than the rate for girls living in the low poverty areas.
- Teen birth rates for all three levels have been decreasing since 1992.

**Birth Rates Among Females Age 15-17 By Poverty Level, King County, 1980-1998**



**Birth Rates Among Females Age 15-17 By Race/Ethnicity, King County, Three Year Rolling Averages, 1987-1998**



- In King County teenage birth rates have been declining since the early 1990s among African Americans, Native Americans, Asian American-Pacific Islanders, and whites (although the decline in Native Americans is not statistically significant).
- The rate has increased significantly among Hispanics since 1989 (see data note below).
- Average teen birth rates from 1996-1998 were highest among Native Americans (59.3 per 1,000), followed by Hispanics (53.3), African Americans (37.1), Asian American-Pacific Islanders (12.7), and whites (12.6). However, the differences between the rates for Native Americans and Hispanics, and between Asian American-Pacific Islanders and whites were not statistically significant.

**Data Source, Definition, and Limitations**

Data on the number of live births in King County is collected through birth certificate records by the Washington State Department of Health, Center for Health Statistics. For this indicator, only maternal age is considered. Data on the age of the father is under-reported on birth certificate records.

Poverty level groupings are based on annual household income reported in the 1990 U.S. Census, and these groupings represent the proportion of residents living below the Federal poverty limit at that time. For a family of four in 1989, the poverty threshold was \$12,674; for a single person over age 65, it was \$5,947.

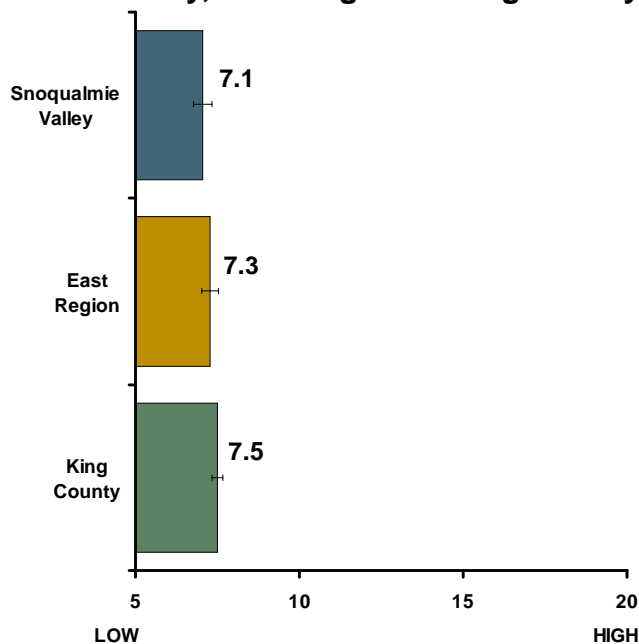
Information on Hispanic ethnicity of the mother was not collected reliably on birth certificates before 1989. Because collection of this data is relatively recent, the number of Hispanic births may be artificially growing as more people adjust to reporting this information on the birth certificate. It is possible that the number of Hispanic adolescents in the County is underestimated; this would also produce an erroneously high rate.

The geographic boundaries of King County, East Region, Snoqualmie Valley, school districts, and the high, medium and low poverty areas are defined by aggregating census tracts. The school district boundary definitions used in this report are currently under review.

# Stress

Social psychological and economic circumstances can cause stress. Continuing anxiety, insecurity, low self-esteem, social isolation and lack of control over work and home life have powerful effects on health by “turning on” biological stress responses too often and for too long.

**Average Level of Stress  
Snoqualmie Valley, East Region & King County, 1999**



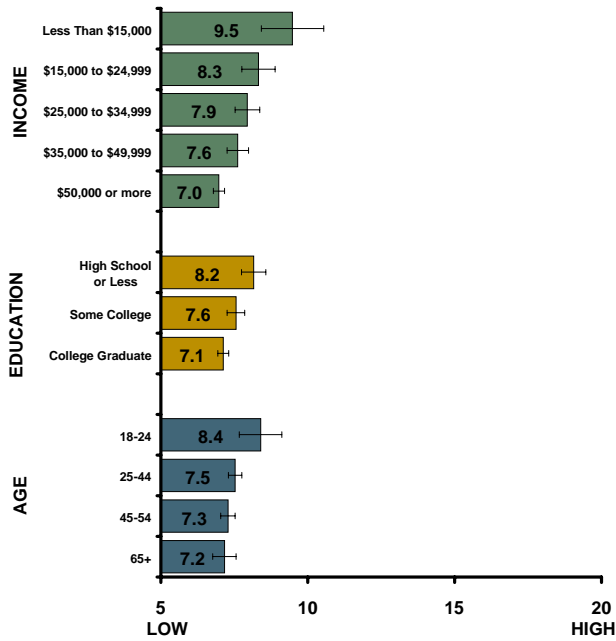
- Stress was measured by asking adults 4 questions about how often they have experienced certain symptoms of stress in the past 30 days. Answers to these 4 questions were added to create a perceived stress scale with a possible score between 5 (Low) and 20 (High).
- The average (mean) stress score for adults in Snoqualmie Valley was 7.1--barely but significantly lower than in King County.
- The four questions used to make up the stress scale are in the table below. Between 6% and 22% of Snoqualmie Valley adults reported having feelings that are interpreted as stressful “very often” or “fairly often” in the past 30 days.

**Percent of Adults Who Report  
Confidence in Handling Stress "Very or Fairly" Often  
Snoqualmie Valley, East Region & King County, 1999**

In the past 30 days, how often have you felt:	Snoqualmie Valley	East Region	King County
that you were unable to control the important things in your life?	11%	8%	10%
confident about your ability to handle your personal problems?*	87%	88%	87%
that things were going your way?*	78%	76%	75%
difficulties were piling up so high that you could not overcome them?	6%	7%	7%

\* answers were reversed for the scale.

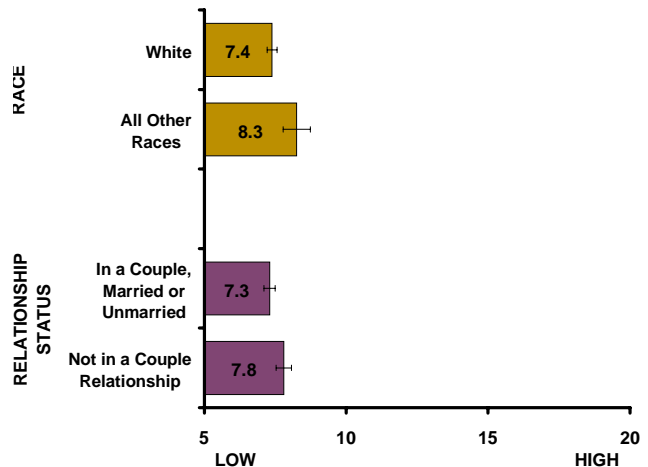
**Average Level of Stress,  
By Income, Education, and Age, King County,  
1999**



- In King County, people who have incomes above \$50,000 experience lower levels of stress than people with lower incomes.
- College graduates experience less stress than people with less education.
- Older residents (aged 65 years and older) experience less stress than young adults ages 18-24 years.

- In King County, people who are white experience less stress than people of other races.
- People who have a couple relationship (either married or unmarried) experience less stress than others who are separated, divorced, widowed or never married.
- The differences presented in the text above are statistically significant at the 95% confidence interval.

**Average Level of Stress, By Race and  
Relationship Status, King County, 1999**



**Data Source, Definition, and Limitations**

The stress measures are from the King County Community Health Survey, 1999, which used the shortened (telephone) version of the Perceived Stress Scale (Sheldon Cohen).

The limitations of an English-only telephone survey include the following: a) people who do not have a telephone are missed, b) people who do not speak English do not participate, c) people who have less education and lower incomes tend to be underrepresented.

# Youth Tobacco & Alcohol Use

**Cigarette smoking is a major risk factor for a variety of serious illnesses such as heart disease and lung cancer. Alcohol misuse increases the risk of motor vehicle crashes, chronic liver disease, and problems in personal relationships.**

**Percent of Public School 12th Grade Students Who Smoked Cigarettes in the Past 30 Days 1991-1999**

	1991	1992	1993	1995	1998	1999
Snoqualmie Valley School District	27%	-	28%	22%	33%	-
Seattle School District	21%	-	24%	33%	-	29%
King County*	-	-	-	22%	-	34%
Washington State	-	22%	-	24%	29%	35%
United States	28%	28%	30%	34%	35%	35%

\* The schools participating in the King County survey are not the same schools each survey year (1995, 1999). A dash (-) indicates that no survey was conducted that year.

- The most recent local surveys indicate that 33% of Snoqualmie Valley (1998) and 29% of Seattle (1999) public school 12th grade students smoked cigarettes in the previous 30 days. These two school districts have participated regularly enough to have trend information, while other King County districts have not.
- Approximately 80% of tobacco use occurs for the first time among youth aged less than 18 years (data not shown).
- Recent cigarette smoking among 12th grade students has increased statewide and nationally through the 1990s.

**Percent of Public School 10th Grade Students  
Who Report Binge Drinking in the Past 2 Weeks  
1992-1999**

	1992	1993	1995	1998	1999
Snoqualmie Valley School District	-	22%	21%	23%	-
Seattle School District	-	24%	22%	-	22%
King County* **	-	-	22%	24%	23%
Washington State**	18%	-	22%	28%	28%
United States	-	23%	24%	24%	26%

\* The schools participating in the King County survey are not the same schools each survey year (1995, 1998, 1999).

\*\* The 1999 figures for King County and Washington State are based on 30 days, not a 2 week period.

A dash (-) indicates that no survey was conducted that year.

- In 1998, 23% of Snoqualmie Valley 10th grade students reported binge drinking in the past two weeks.
- Binge drinking among 10th grade students has been increasing statewide and nationally since the early 1990s.
- Binge drinking has been increasing among students in other grades as well (data not shown).
- Binge drinking is more prevalent in male students than in females students (data not shown).

**Percent of Public School 12th Grade Students  
Who Drank Alcohol in the Past 30 Days  
1991-1999**

	1991	1992	1993	1995	1998	1999
Snoqualmie Valley School District	-	-	56%	35%	54%	-
Seattle School District	55%	-	51%	46%	-	44%
King County*	-	-	-	40%	-	51%
Washington State	-	52%	-	45%	52%	49%
United States	54%	51%	51%	51%	52%	51%

\* The schools participating in the King County survey are not the same schools each survey year (1995, 1999).

A dash (-) indicates that no survey was conducted that year.

- Recent alcohol use among 12th grade students (in the past 30 days) has been around 50% locally, statewide, and nationally throughout the past decade.
- In 1998, over half (54%) of Snoqualmie Valley 12th grade students reported drinking alcohol in the past month.

**Data Source, Definition, and Limitations**

Local and state data on youth use of tobacco and alcohol are from the Washington State Survey of Adolescent Health Behaviors, the Washington Youth Risk Behavior Survey, and the Seattle Teen Health Risk Survey. National data are from Monitoring the Future Study, University of Michigan.



# Community Strength

Summary of Valued Conditions	46
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## Valued Conditions Expressed by King County Residents

- *Everyone feels included; no one is isolated. Neighbors know each other's names and get together often. A lot of talk between neighbors.*
- *People show respect for and interest in others who are of different ages, educational, social and ethnic backgrounds.*
- *Neighbors depend on each other: borrowing and lending, watching out for each other's children, homes, gardens, and pets. There is trust.*
- *People organize within the community/neighborhood: block watches, neighborhood directories and associations.*
- *People invest in the community: keeping it clean, organizing mentoring and other youth development activities, supporting public parks, libraries, community centers.*
- *People are informed and engaged in their community: volunteering, staying aware and well-informed of community issues, planning and attending community events.*
- *People are active participants in community events and the political process. They believe that what they do can make a difference in community life.*
- *Organizations and individuals provide financial support for the arts: music and arts programs in schools, public art in communities.*
- *People enjoy artwork and music: buy recordings and artwork of local musicians and artists and purchase books from locally-owned bookstores.*
- *People honor and show interest in the cultural/religious heritage of others.*
- *People share their common heritage and interests: language, religious observance or cultural practice. They have opportunities to gather with people who are like them.*
- *People of different generations frequently interact and do things together.*
- *Immigrants receive assistance to improve their knowledge of English. Immigrants are empowered in other ways—training, involvement in community organizations, etc.*
- *The impact of development and environmental degradation is not disproportionately felt by poor communities (the siting of and regulations for airports, freeways, landfills, toxic waste dumps, etc., is carried out so that health and economic impacts are not disproportionately felt by poor communities).*
- *Communities retain natural surroundings.*
- *There are many public places, well-maintained, for recreational use.*
- *People walk, bicycle or bus in order to obtain most of their daily needs.*
- *People trust in the police and courts to give fair treatment. Justice is delivered regardless of race/ethnicity, income, gender, religion, age, sexual orientation.*
- *There is diversity in neighborhoods: elderly and single people living among families, single family dwellings among multi-family dwellings; shops among residences, low cost housing among higher cost housing.*

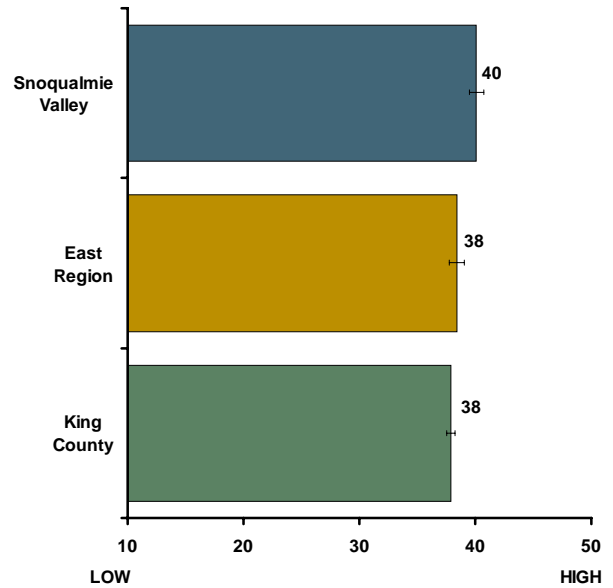
The valued conditions came from citizen opinion expressed as values and concerns in the telephone survey, focus groups, and in the civic and public forums. The valued conditions are expressed as "ideal" conditions—based on the vision of what residents want for themselves, their families and communities.

# Neighborhood Social Cohesion

**Social cohesion refers to mutual trust among neighbors combined with willingness to intervene on behalf of the common good. There is evidence that rates of violence are lower in neighborhoods with higher social cohesion.**

- Social cohesion was measured by asking adults in a survey 5 questions about levels of trust in their neighborhood and 5 questions about the likelihood that their neighbors could be counted on to intervene in various problem situations. Answers to these 10 questions were added to create a social cohesion scale with a possible score between 10 (Low) and 50 (High).
- The average (mean) social cohesion score of 40 for adults in Snoqualmie Valley was significantly higher than for adults in East Region and King County.
- The scale items for which Snoqualmie Valley residents reported high cohesion are seen in the table below.

**Average Level of Neighborhood Social Cohesion  
Snoqualmie Valley, East Region & King County, 1999**

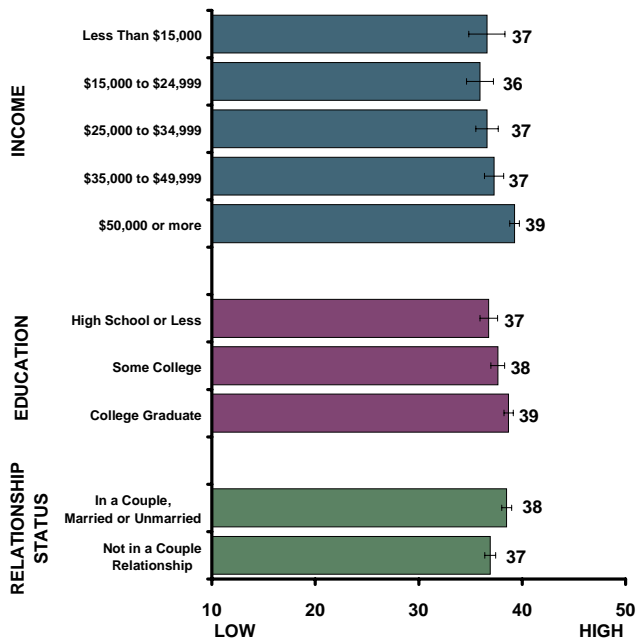


**Percent of Adults Who See High Social Cohesion (Trust and Control)  
In Their Neighborhoods, Snoqualmie Valley, East Region & King County, 1999**

How strongly do you agree or disagree with the following statements:	Percent Answering Strongly Agree or Agree		
	Snoqualmie Valley	East Region	King County
This is a close-knit neighborhood.	64%	55%	55%
People in this neighborhood can be trusted.	87%	77%	79%
People around here are willing to help their neighbors.	91%	82%	81%
People in this neighborhood do not share the same values (reversed for scale).	17%	16%	20%
People in this neighborhood generally don't get along with each other (reversed for scale).	4%	6%	6%

Would you say it is very likely, likely, unlikely, or very unlikely that your neighbors could be counted on to intervene or do something if:	Percent Answering Very Likely or Likely		
	Snoqualmie Valley	East Region	King County
children were skipping school and hanging out in the neighborhood?	72%	65%	61%
children were spray-painting graffiti on something in the neighborhood?	92%	89%	85%
children were showing disrespect to an adult?	68%	62%	59%
a fight broke out in front of their house?	88%	83%	81%
the fire station closest to their home was threatened with budget cuts?	73%	65%	64%

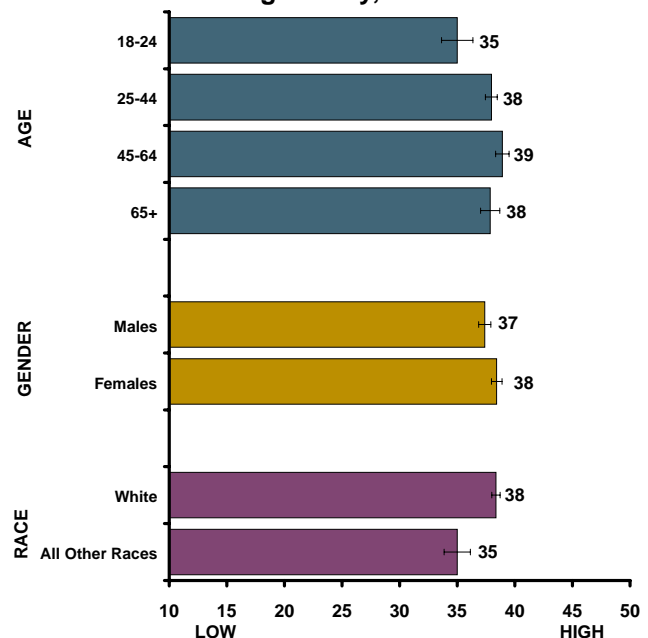
### Average Level of Neighborhood Social Cohesion By Income, Education, and Relationship Status King County, 1999



- In King County, people with incomes of \$50,000 or higher report higher levels of social cohesion in their neighborhoods.
- People who have completed college report higher levels of cohesion than others with less education.
- People who have a couple relationship (either married or unmarried) see higher social cohesion than those who are separated, divorced, widowed or never married.

- In King County, people who are in the youngest age group (18-24 years), see less social cohesion in their neighborhoods than older residents.
- People who are white see more neighborhood social cohesion than people of other races. It is important to note that this measure is based on neighborhood level perceptions of cohesion and not cohesion within cultural or ethnic groups.

### Average Level of Neighborhood Social Cohesion By Age, Gender, and Race King County, 1999



#### Data Source, Definition, and Limitations

The neighborhood social cohesion measures are from the King County Community Health Survey, 1999, which used questions on trust and informal social control from the study, "Neighborhoods and Violent Crime: A Multilevel Study of Collective Efficacy" (Robert J. Sampson, Stephen W. Raudenbush, and Felton).

All of the differences presented in text are statistically significant at 95% confidence interval.

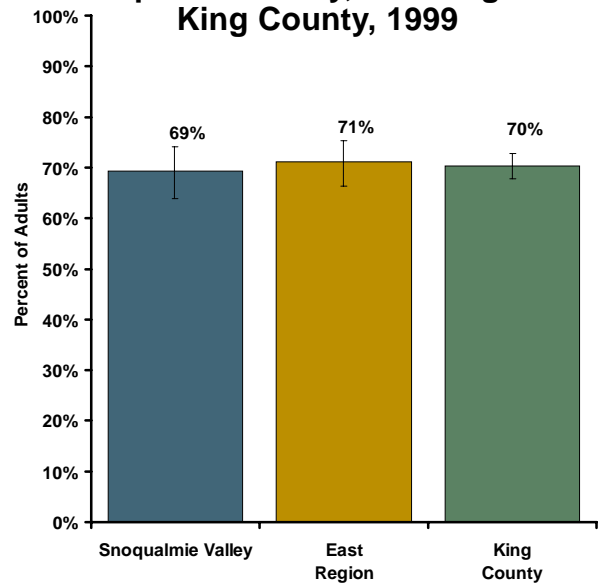
The limitations of an English-only telephone survey include the following: a) people who do not have a telephone are missed, b) people who do not speak English do not participate, c) people who have less education and lower incomes tend to be underrepresented.

# Involvement In Community Organizations

Communities are strong when many people are engaged in activities that benefit more than themselves as individuals. Working together for the common good of neighborhoods, faith communities, schools or a political cause creates civic responsibility and a sense of reciprocity.

- Involvement in Community Organizations was measured by asking adults how actively they had participated in 4 different types of activities in the past 12 months. The number of these activities was added for each respondent.
- In Snoqualmie Valley, 69% of adults were “very active” or “somewhat active” in at least one activity. This percentage is not significantly lower than that for East Region or King County.
- Looking below at the 4 types of organizations, 30% of Snoqualmie Valley adults were very active or somewhat active in a neighborhood organization and in a parent-teacher organization. Over 40% were very active or somewhat active in a religious or spiritual group and in a political, civic, arts, or youth development organization (see table below).

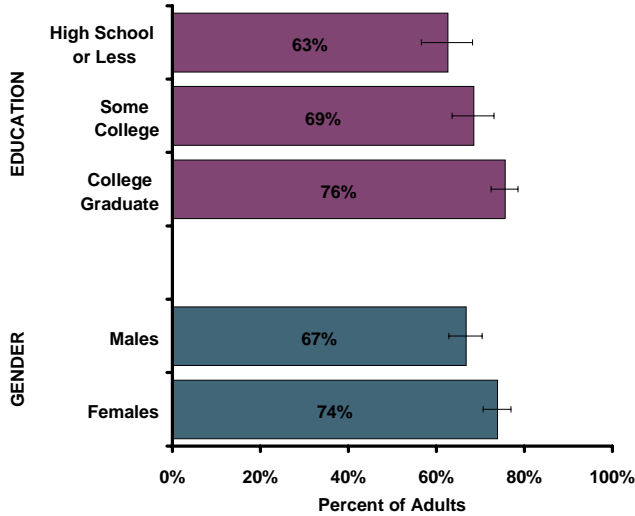
**Percent of Adults Who are “Very or Somewhat” Active in One or More Community Organizations  
Snoqualmie Valley, East Region & King County, 1999**



**Percent of Adults Who Are “Very or Somewhat” Active In Specific Community Organizations  
Snoqualmie Valley, East Region & King County, 1999**

In the past 12 months, how active have you been in:	Snoqualmie Valley	East Region	King County
a neighborhood organization or block club (any type of group that exists for people right in your neighborhood)?	29%	24%	23%
an organization in the larger community, such as a political group, a civic club such as Rotary or Kiwanis, a youth group such as the Scouts or youth sports, an arts group or others?	42%	41%	39%
a parent-teacher organization?	30%	24%	24%
a religious group or congregation?	43%	46%	43%

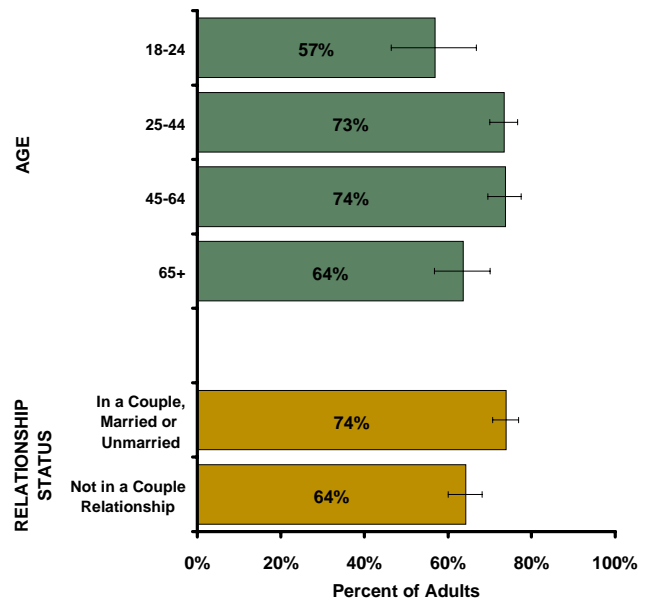
**Percent Adults Who Are “Very or Somewhat” Active in One or More Community Organizations By Education and Gender King County, 1999**



- In King County, more people who have completed college are involved in community organizations than those with less education.
- More women are involved than men.

- In King County, young adults age 18-24 years are less active than middle age residents.
- More people who are part of a couple (either married or not) are actively involved in community organizations than people who are separated, divorced, widowed, or never married.

**Percent Adults Who Are “Very or Somewhat” Active in One or More Community Organizations By Age and Relationship Status King County, 1999**



**Data Source, Definition, and Limitations**

The involvement in community organizations measures are from the King County Community Health Survey, 1999.

The limitations of an English-only telephone survey include the following: a) people who do not have a telephone are missed, b) people who do not speak English do not participate, c) people who have less education and lower incomes tend to be underrepresented.