

Group	Satisfied
Spokane	75%
Zone	74%
20-60 years old	65%
60+ years old	86%
Male	67%
Female	80%
Less than 4-year degree	76%
4-year degree or higher	71%
<\$50,000 income	78%
\$50,000+ income	67%



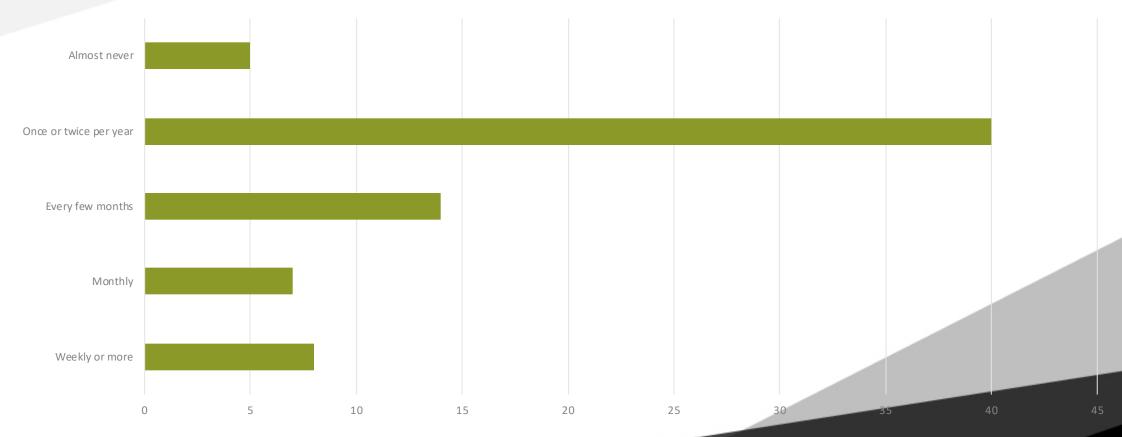








Parents: How often do you meet in person with teachers at your child's school?





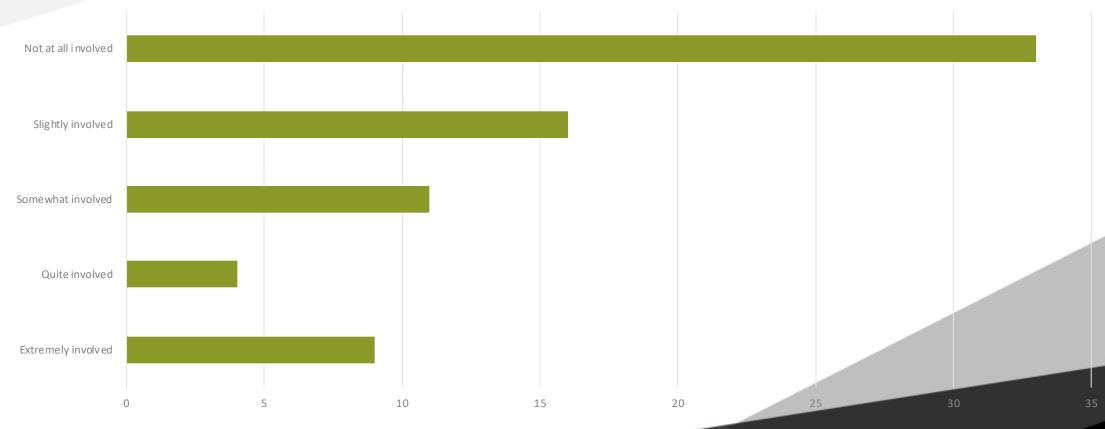








Parents: How involved with a parent group(s) at your child's school?





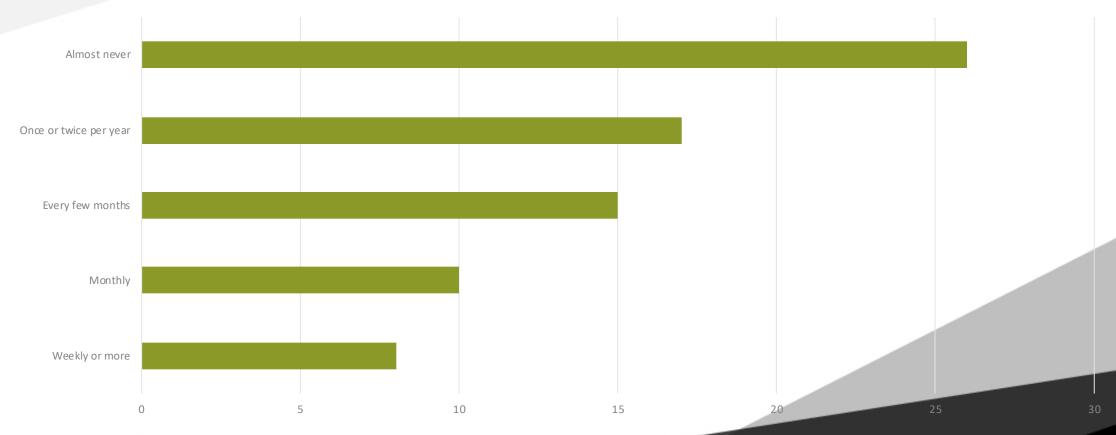








Parents: In the past year, how often have you discussed your child's school with other parents from the school?





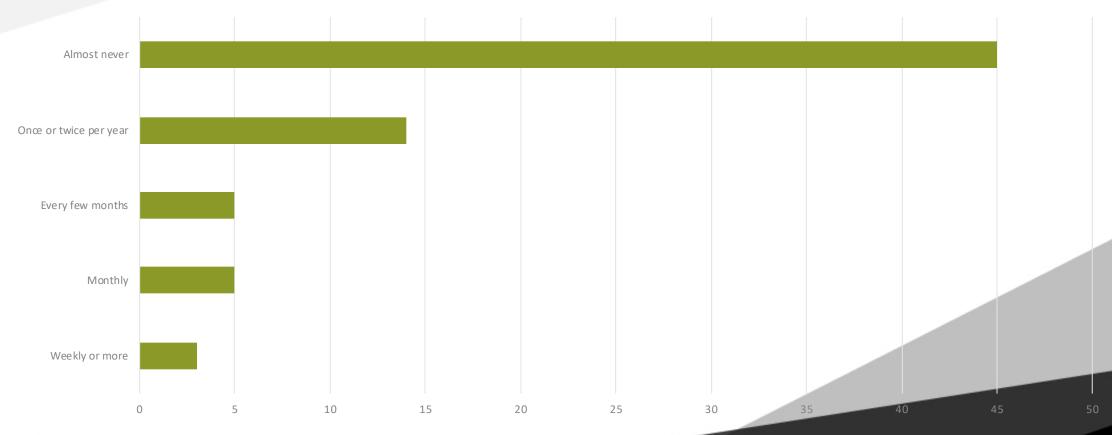








Parents: In the past year, how often have you helped out at your child's school?





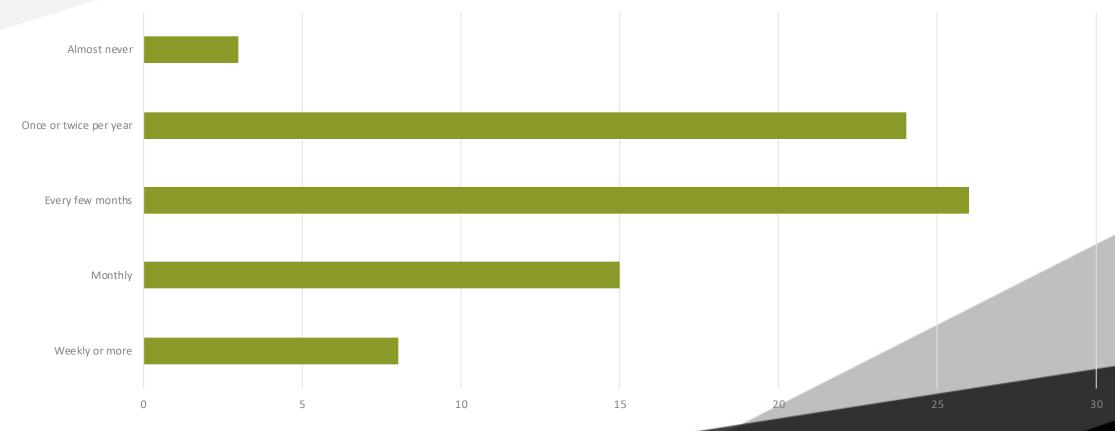








Parents: In the past year, how often have you visited your child's school?





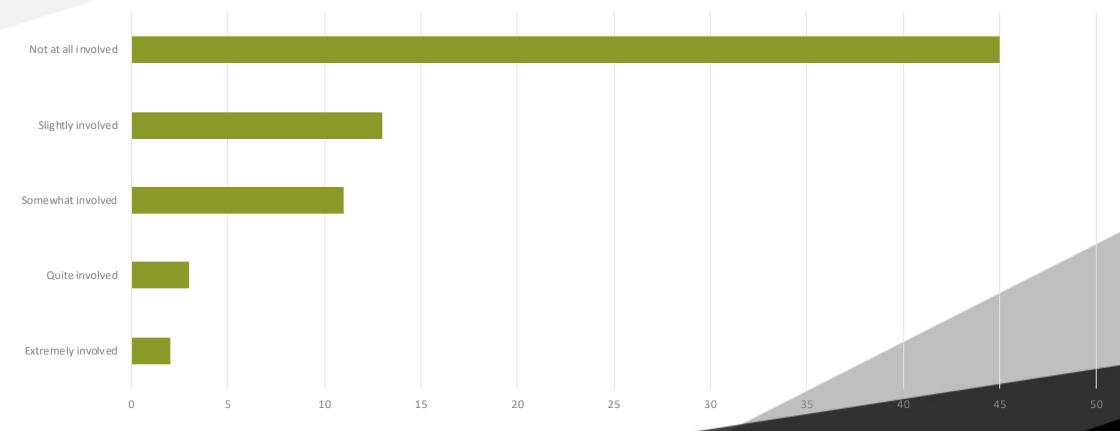








Parents: How involved have you been in fundraising efforts at your child's school?













Shaw Middle School Family Engagement Score

• 2.3

Increase by 0.1

Spokane Public Schools Engagement Score (Avg.)

• 2.2



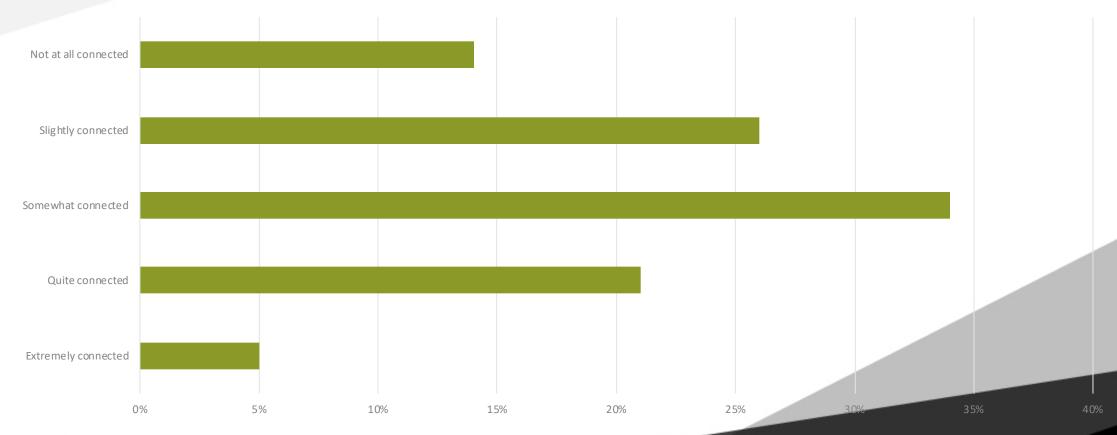








Students: How connected do you feel to the adults at your school?













Students: How well do people at your school understand you as a person?

Do not understand at all

Understand a little

Understand somewhat

Understand quite a bit

15%

20%





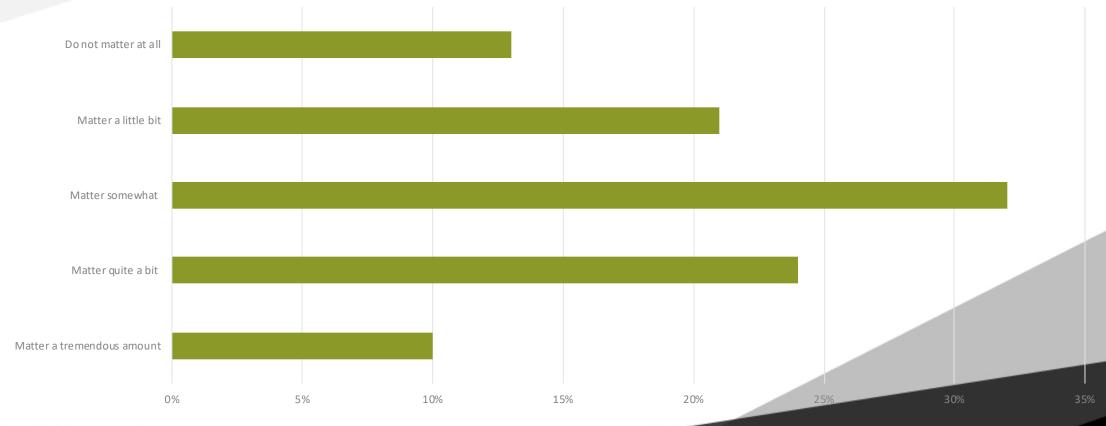


Completely understand





Students: How much do you matter to others at this school?





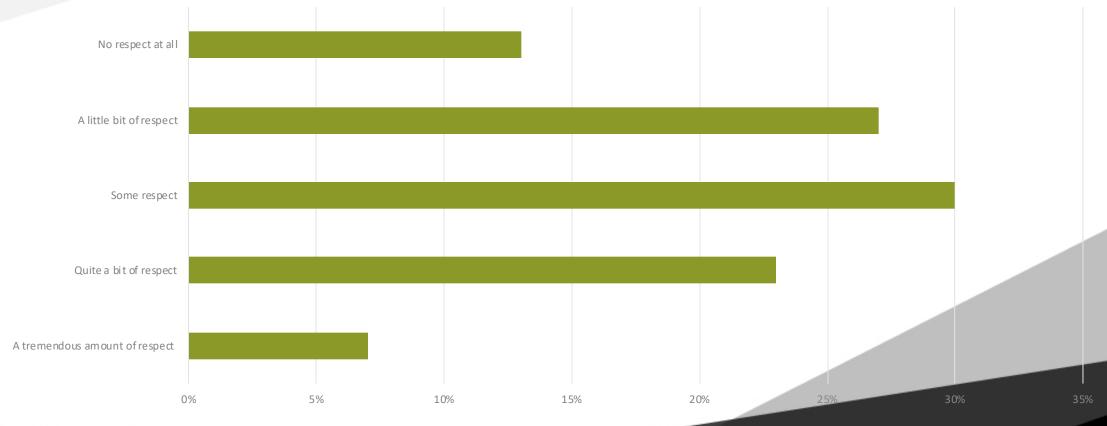








Students: How much respect do students in your school show you?





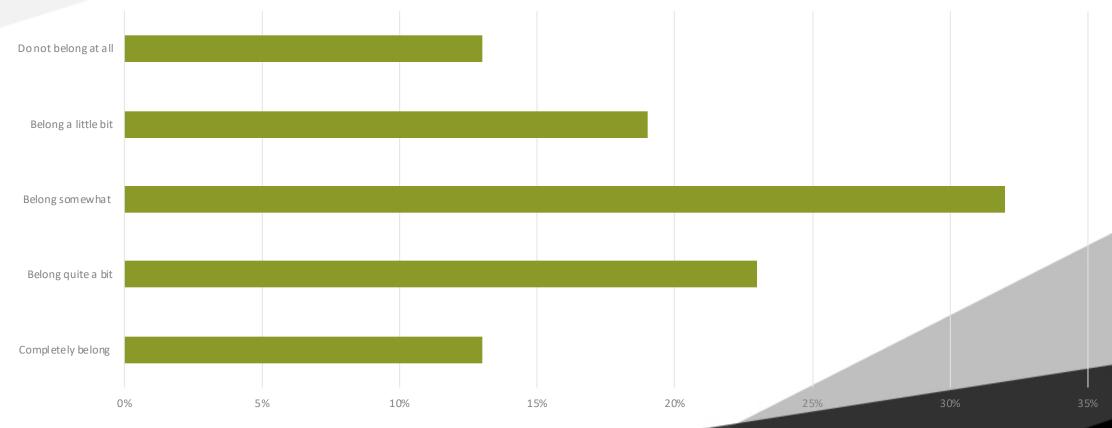








Students: Overall, how much do you feel like you belong at school?













Shaw Middle School Belonging Score

• 2.9

Spokane Public Schools Belonging Score (Avg.)

• 3.0

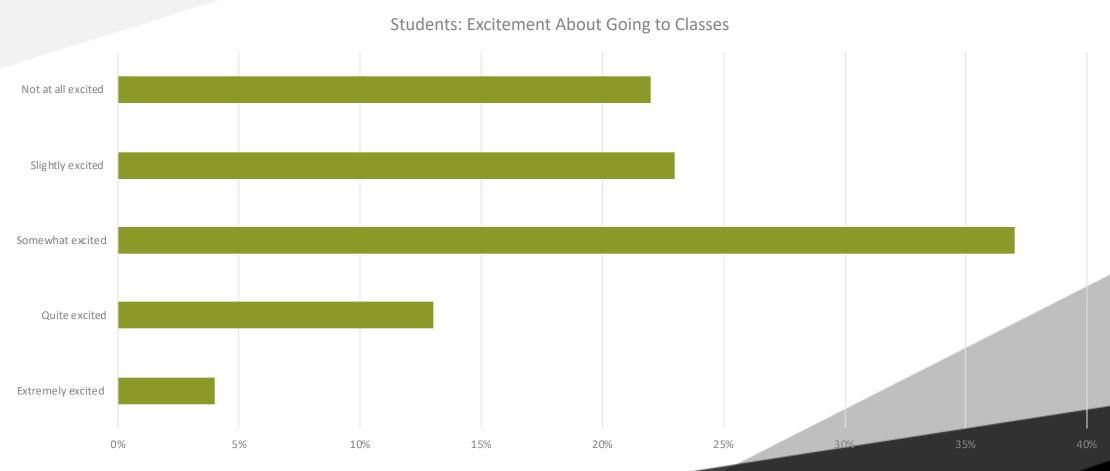






















Zone

Spokane County

Involvement, 2018

80.0

71.9

69.5

60.0

57.0

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Shaw Middle

School Protective Factor: Opportunities for Prosocial

Group	Look forward to future
Spokane	70%
Zone	66%
Male	66%
Female	66%
HS, GED, or Less	63%
Some college or tech	62%
4-year degree or higher	68%

In my school, students have lots of chances to help decide things like class activities and rules. There are lots of chances for students in my school to talk with a teacher one-on-one.

Teachers ask me to work on special classroom projects.

There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.

I have lots of chances to be part of class discussions or activities.





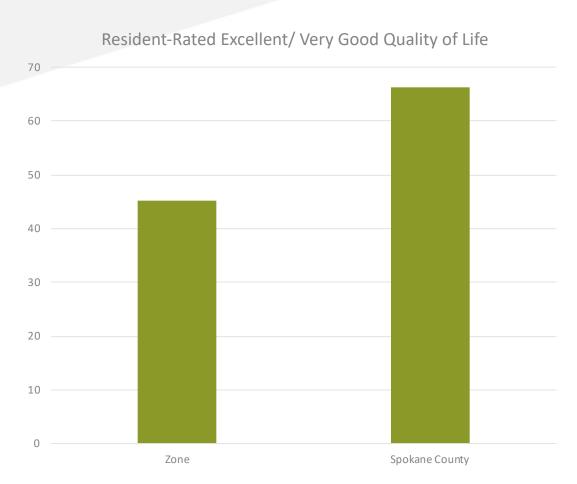


10.0





Garry Middle Rogers High



Group	Excellent/ Very Good QoL
Spokane	66%
Zone	45%
20-60 years old	33%
60+ years old	57%
Male	
Female	
HS, GED, or Less	
Some college or tech	
4-year degree or higher	

















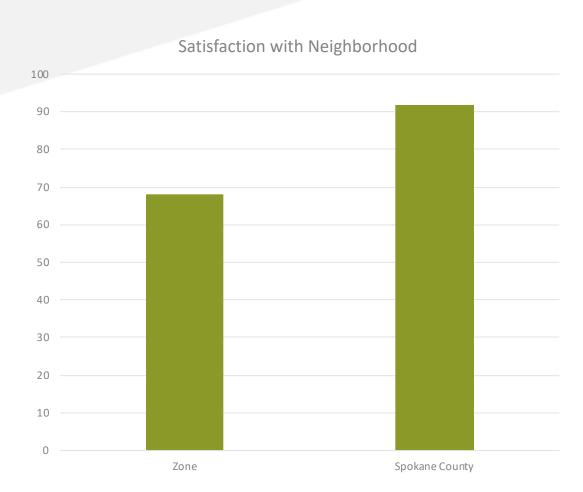












Group	Satisfied
Spokane	92%
Zone	68%
20-60 years old	63%
60+ years old	74%
Male	70%
Female	66%
Less than 4-year degree	69%
4-year degree or higher	67%
<\$50,000 income	70%
\$50,000+ income	65%



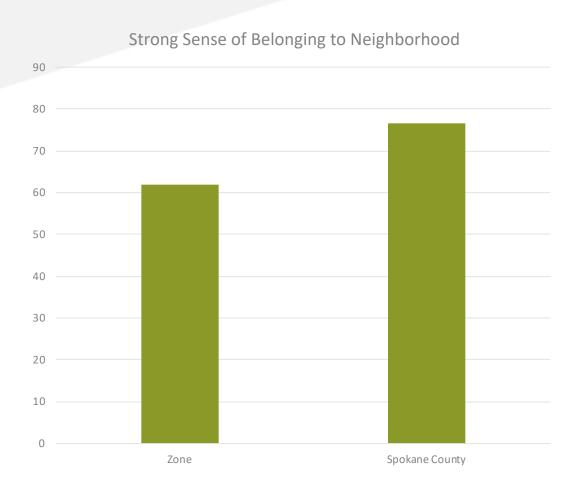












Group	Strong Sense Belonging
Spokane	77%
Zone	62%
20-60 years old	57%
60+ years old	67%
Male	65%
Female	58%
Less than 4-year degree	64%
4-year degree or higher	56%
<\$50,000 income	67%
\$50,000+ income	53%











Frequency uncomfortable or out of place in neighborhood or community because of ethnicity, culture, race, skin color, accent, or religion (QoL)

	Zone	Spokane
Never/ rarely	86%	91%
All/most/ some of the time	14%	9%













Participation in community activities (QoL)		
	Zone	Spokane
Volunteer for a community organization	44%	54%
Participate in political activities	28%	36%
Follow what local government is doing	91%	91%
Attend religious services	52%	60%
Participate in community events/ activities	72%	77%

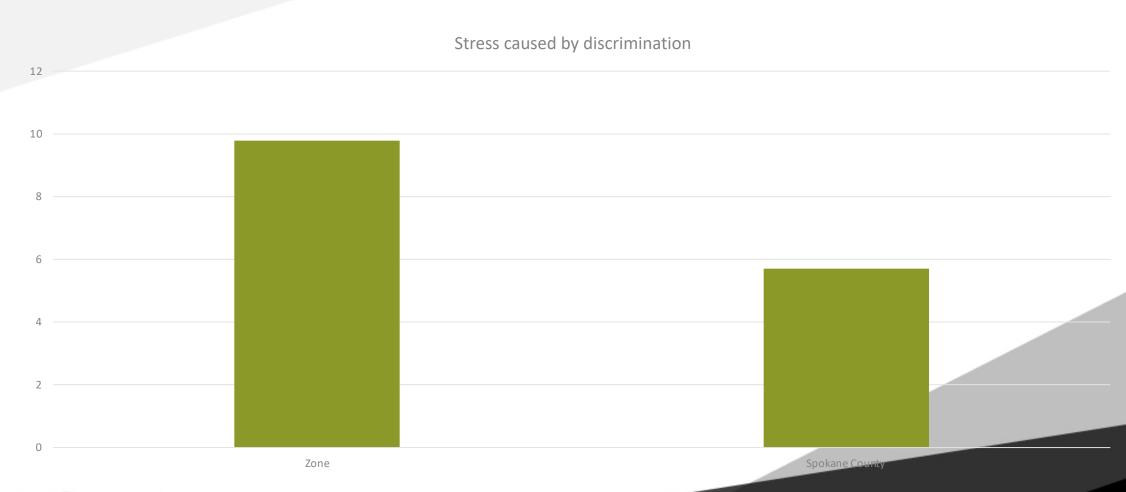




































Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem? (BRFSS 2016)

	Yes	No
Zone	10%	90%
Spokane	15%	85%











Days poor mental health in past 30 days (BRFSS 2016)			
	No days	1-13 days	14+ days
Zone	57%	28%	15%
Spokane	66%	24%	10%



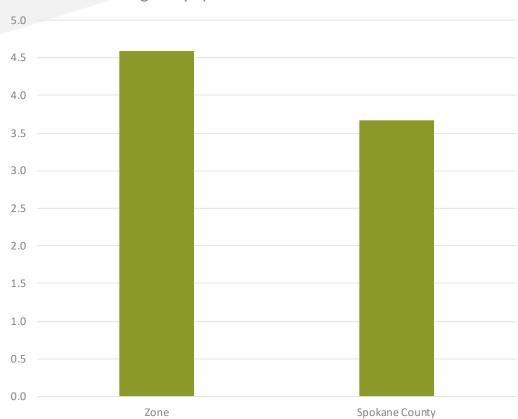








Average Days per Month Poor Mental Health



Group	Days Poor Mental Health	
Male	2.9	
Female	6.0	











Source: SRHD Quality of Life, 2017

Reasons did not receive mental health treatment or counseling (Zone, QoL)	
I could not afford the cost	8.3%
Some other reason or reasons	8.3%
My health insurance does not pay enough for mental health treatment or counseling	5.6%
I do not believe treatment or counseling is effective	5.6%
I was concerned that information I gave the counselor might not be kept confidential	4.2%
I was concerned that getting mental health treatment or counseling might have a negative effect on my job	2.8%
I did not know where to get services	2.8%
I was concerned that I might be committed to a psychiatric hospital	1.4%
I was concerned that I might have to take medication	1.4%
I did not need treatment	83.3%











Source: SRHD Quality of Life, 2017

Issues Causing Stress in Past 12 Months (QoL, very, somewhat, slightly stressful)			
	Zone	Spokane	
Financial concerns	70%	59%	
Health concerns (family member)	68%	65%	
Politics	62%	67%	
Concerns about my children	61%	60%	
Health concerns (my own)	59%	56%	
Other concerns about my family	59%	52%	

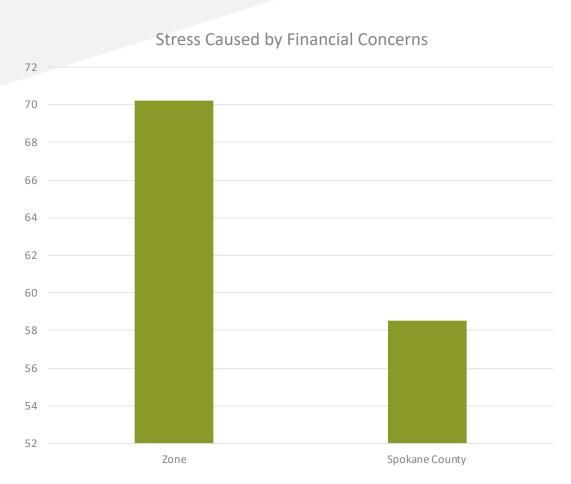












Group	Very/somewhat/slightly stressful
Spokane	59%
Zone	70%
20-60 years old	83%
60+ years old	57%
Male	60%
Female	78%

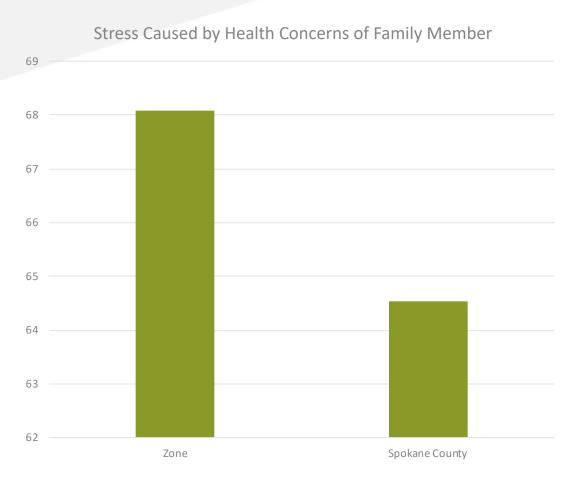












Group	Very/somewhat/slightly stressful
Spokane	65%
Zone	68%
20-60 years old	78%
60+ years old	58%

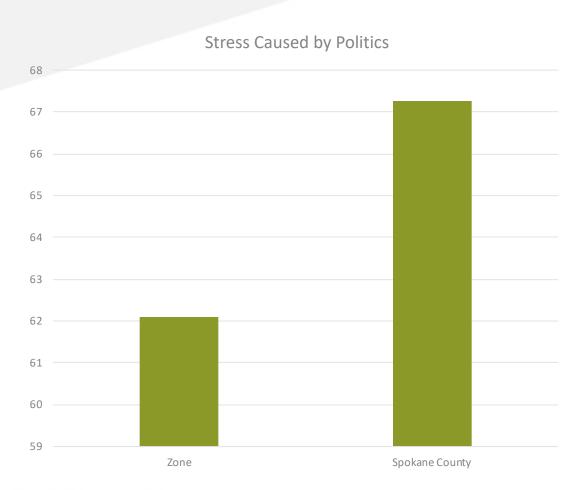












Group	Very/somewhat/slightly stressful
Spokane	67%
Zone	62%
Less than 4-year degree	55%
4-year degree or higher	78%
<\$50,000 income	55%
\$50,000+ income	74%

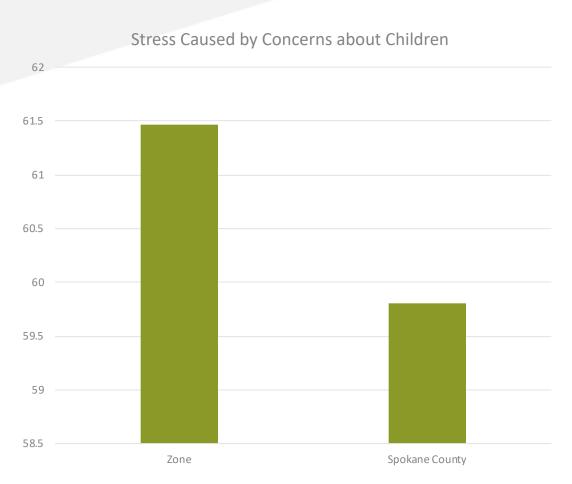












Group	Very/somewhat/slightly stressful
Spokane	60%
Zone	61%
20-60 years old	69%
60+ years old	51%













Group	Very/somewhat/slightly stressful
Spokane	56%
Zone	59%
<\$50,000 income	67%
\$50,000+ income	45%

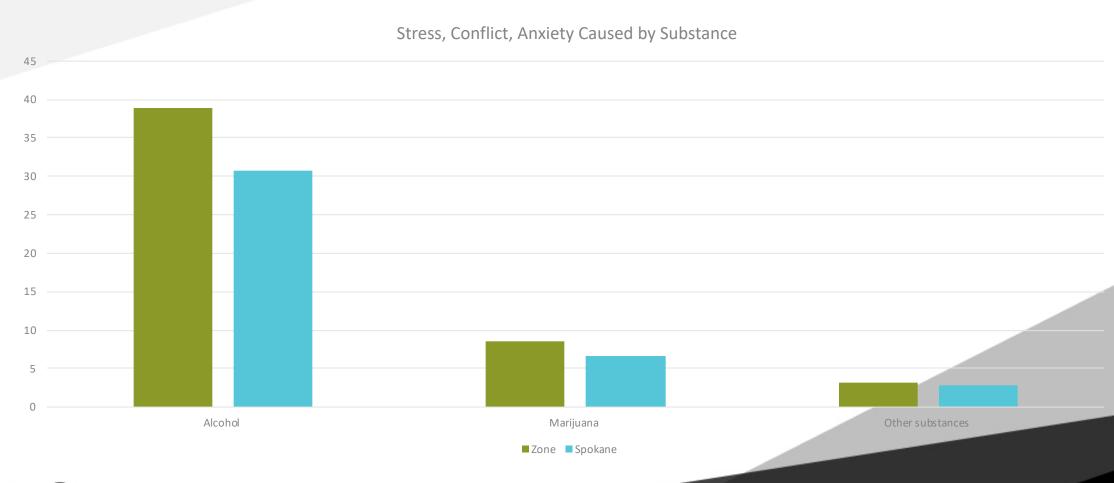












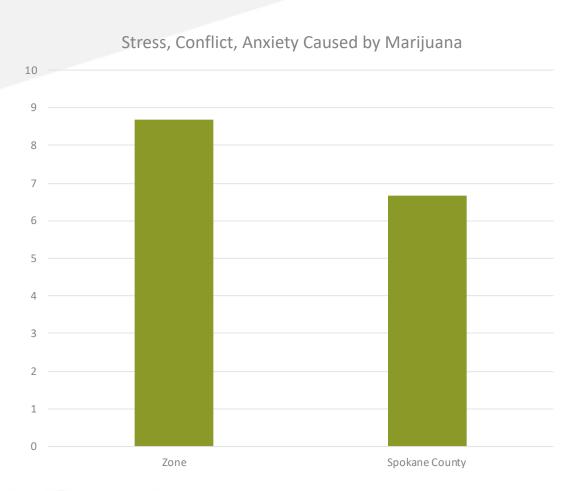












Group	At least once a year
Spokane	6.7%
Zone	8.7%
Male	2.4%
Female	14%
Less than 4-year degree	4.8%
4-year degree or higher	19%
<\$50,000 income	3.5%
\$50,000+ income	18.8%











Source: SRHD Quality of Life, 2017

Adult Access to Mental Health Services and Social Support

Social and Work Support (excellent/ very good rate aspects of life, QoL)		
	Zone	Spokane
Your relationship with your children	79%	85%
Your relationship with your spouse or partner	87%	86%
Your relationship with your extended family	52%	63%
Your personal financial situation	22%	46%
Your employment situation	55%	63%



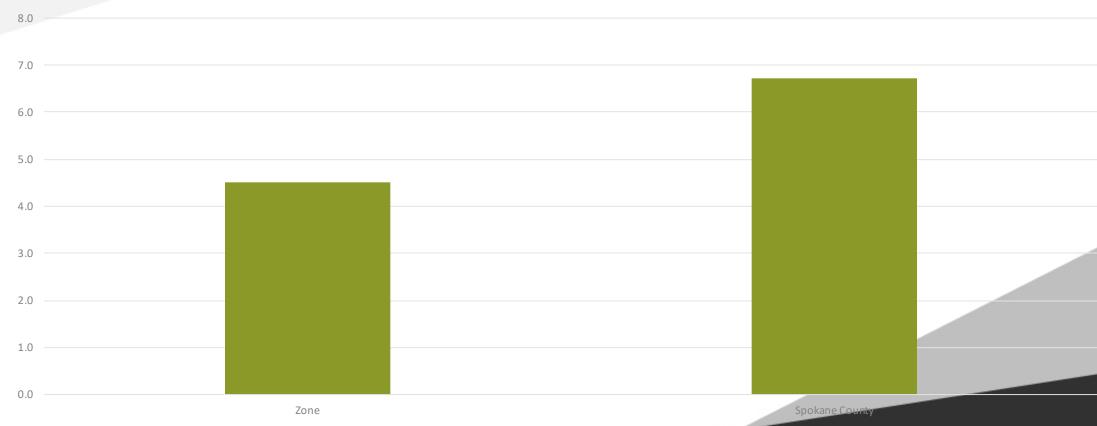








Average Number of Close Friends



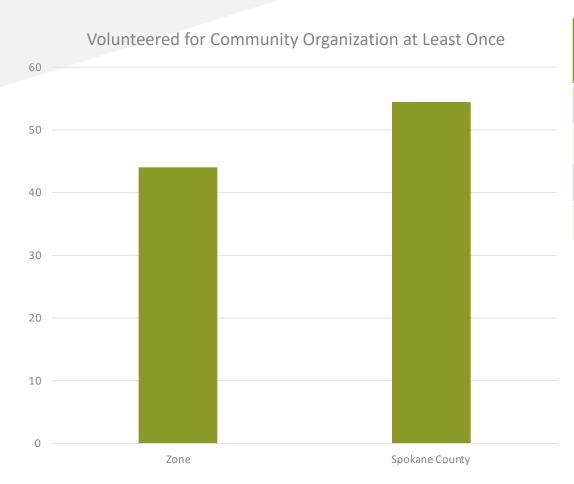












Group	At least once in past 12 months
Spokane	54%
Zone	44%
<\$50,000 income	36%
\$50,000+ income	59%



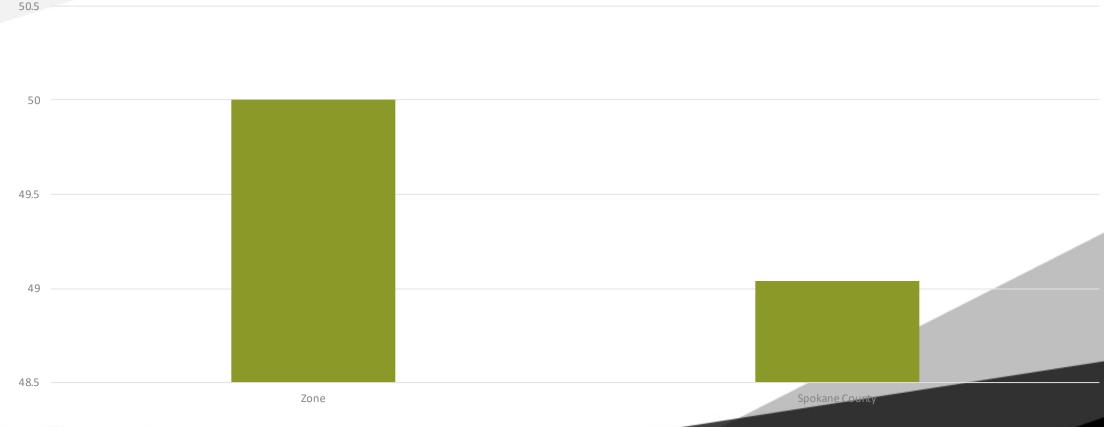








Provided Unpaid Care to Seniors Including Members of Your Family





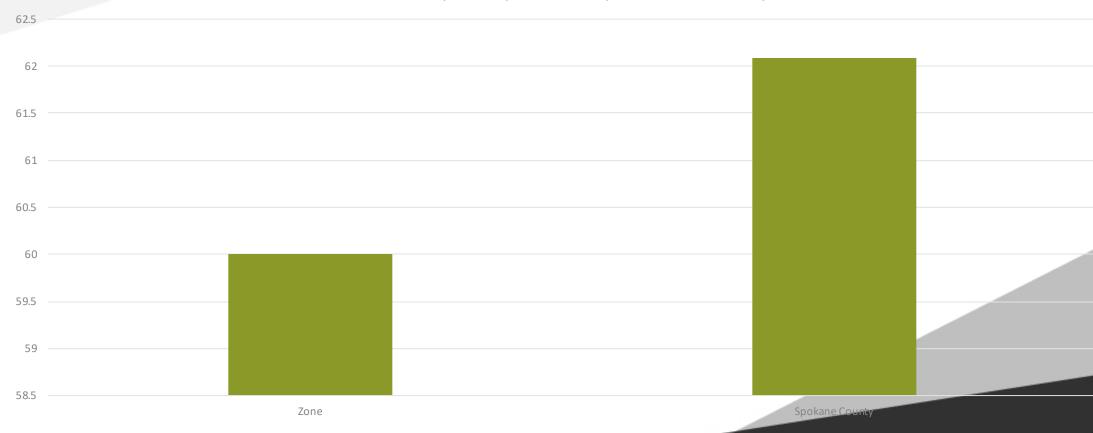








Provided Unpaid Help to Others Apart from Your Family





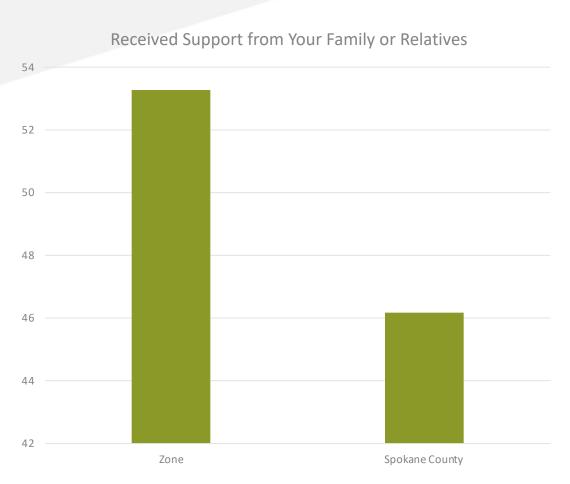












Group	Received support at least once in past 12 months
Spokane	46%
Zone	53%
20-60 years old	69%
60+ years old	35%

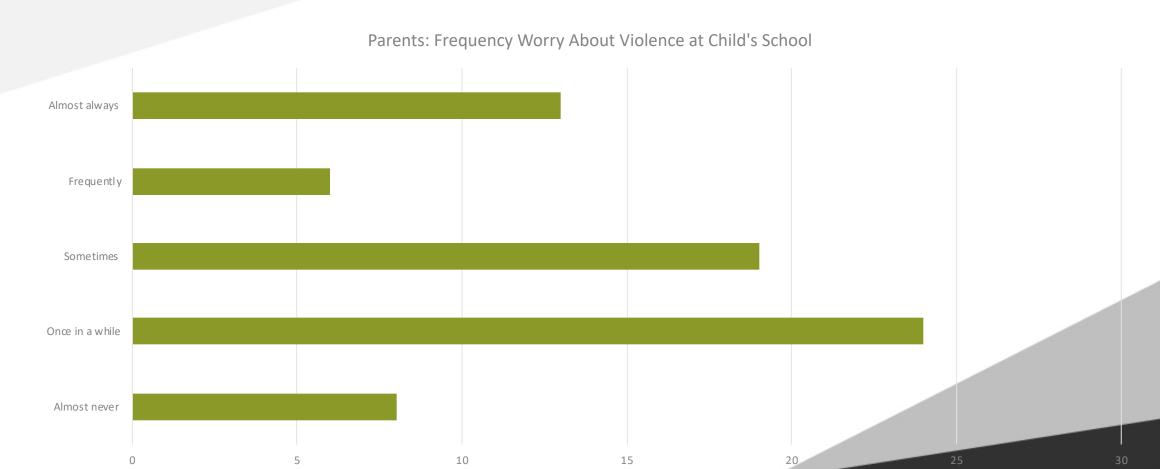












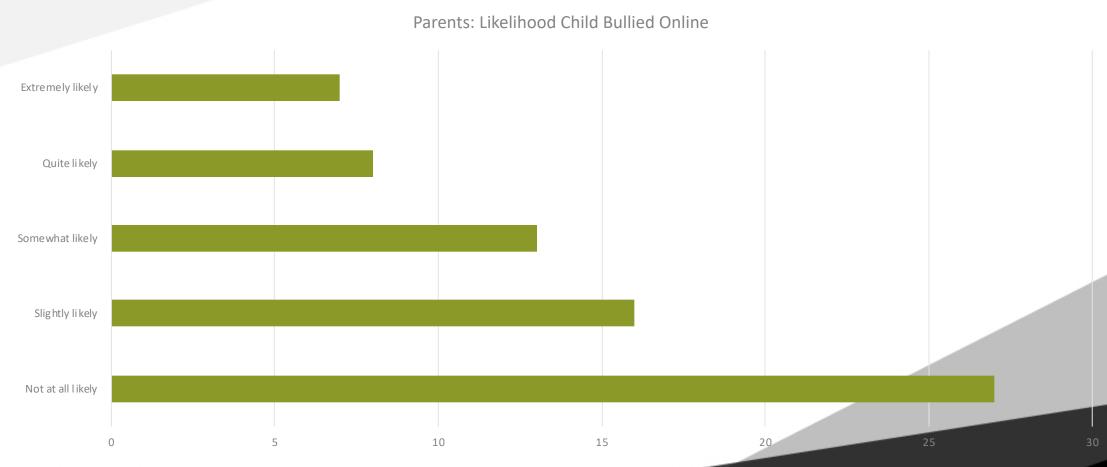












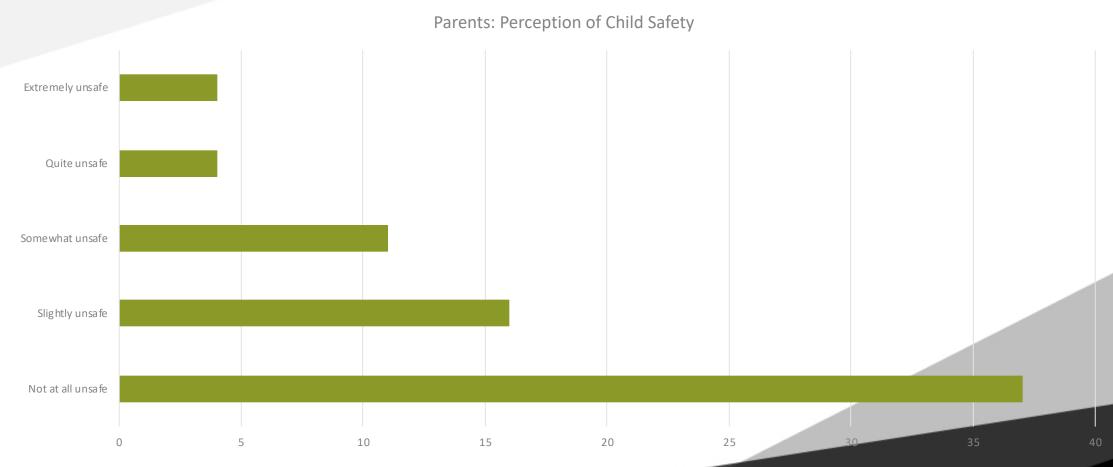














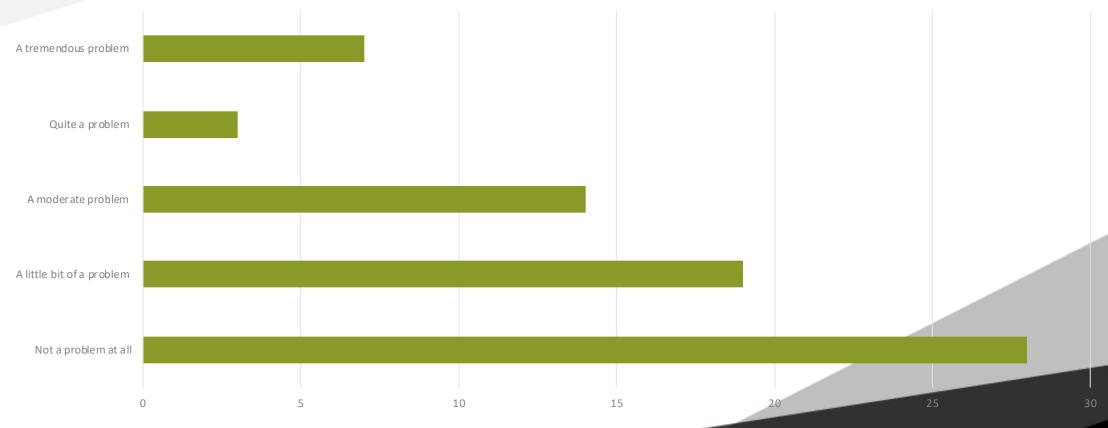












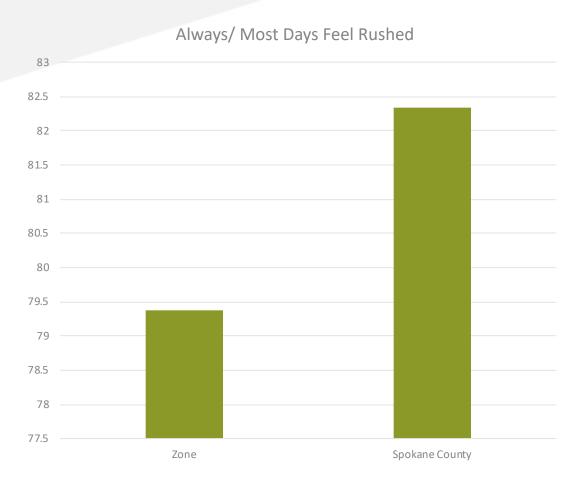












Group	Always/ Most Days Rushed
Spokane	82%
Zone	79%
20-60 years old	90%
60+ years old	70%
Male	72%
Female	87%













Groups	Percent Worse Off
Spokane	16%
Zone	29%
20-60 years old	37%
60+ years old	22%
<\$50,000 income	33%
\$50,000+ income	21%



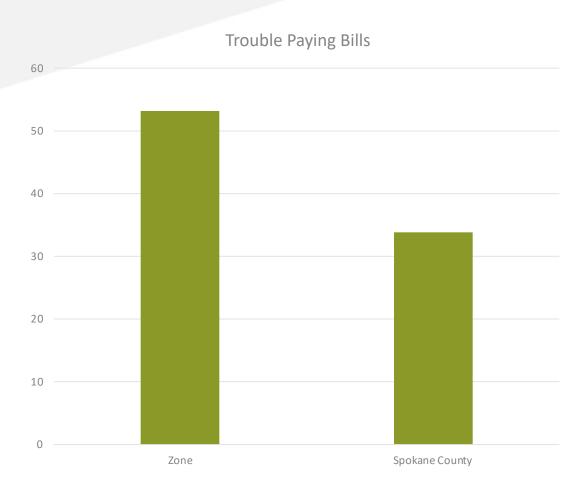












Group	Trouble Paying Bills
Spokane	34%
Zone	53%
20-60 years old	64%
60+ years old	42%
Male	44%
Female	62%
<\$50,000 income	63%
\$50,000+ income	41%

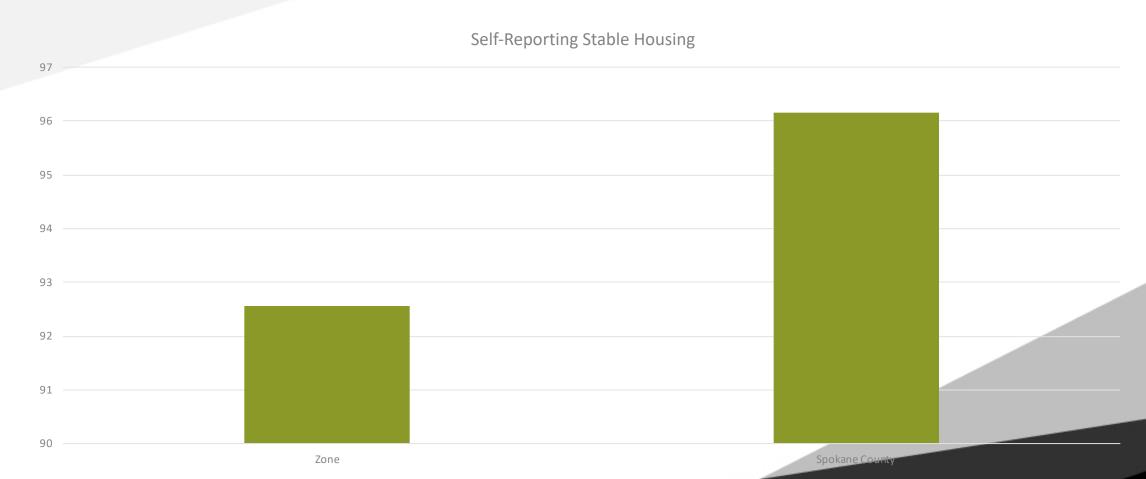






















Issues Causing Stress in Past 12 Months (QoL, very, somewhat, slightly stressful)		
	Zone	Spokane
Financial concerns	70%	59%
Health concerns (family member)	68%	65%
Politics	62%	67%
Concerns about my children	61%	60%
Health concerns (my own)	59%	56%
Other concerns about my family	59%	52%

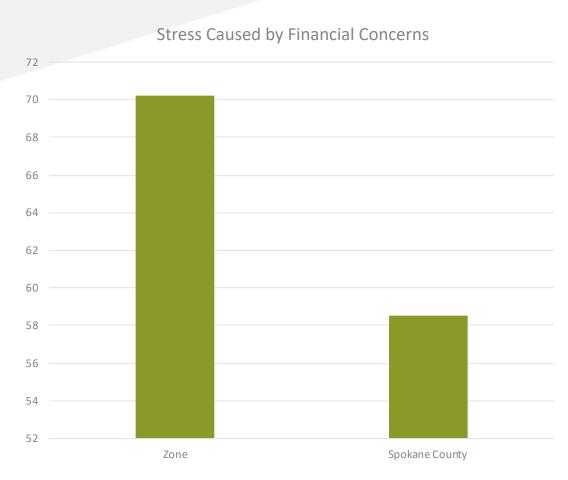












Group	Very/somewhat/slightly stressful
Spokane	59%
Zone	70%
20-60 years old	83%
60+ years old	57%
Male	60%
Female	78%

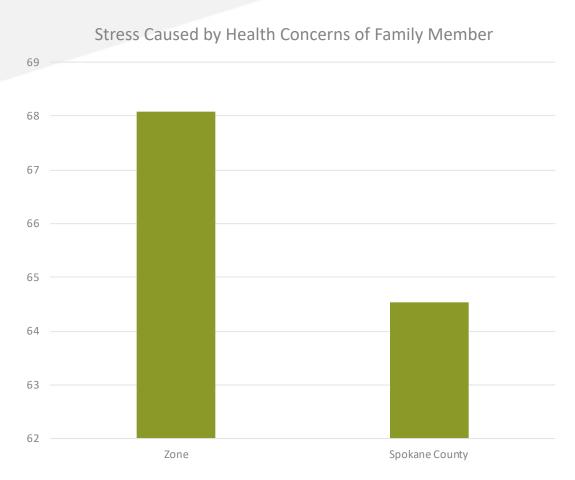












Group	Very/somewhat/slightly stressful
Spokane	65%
Zone	68%
20-60 years old	78%
60+ years old	58%

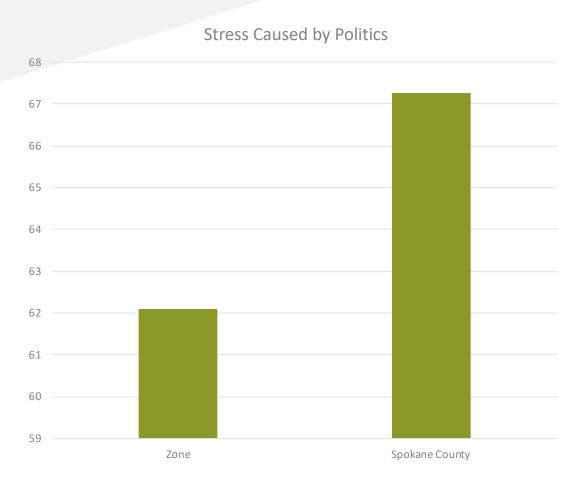












Group	Very/somewhat/slightly stressful
Spokane	67%
Zone	62%
Less than 4-year degree	55%
4-year degree or higher	78%
<\$50,000 income	55%
\$50,000+ income	74%



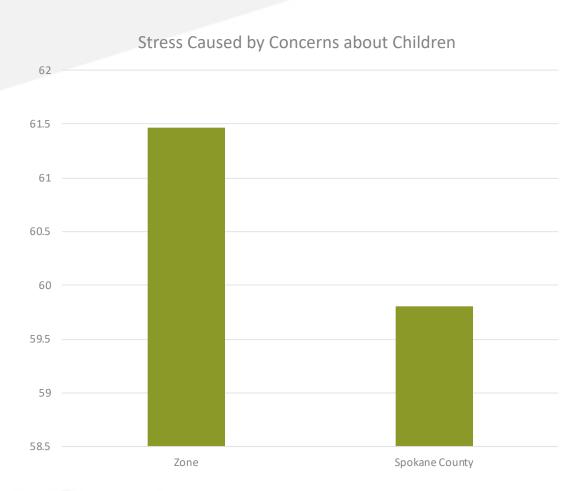












Group	Very/somewhat/slightly stressful
Spokane	60%
Zone	61%
20-60 years old	69%
60+ years old	51%

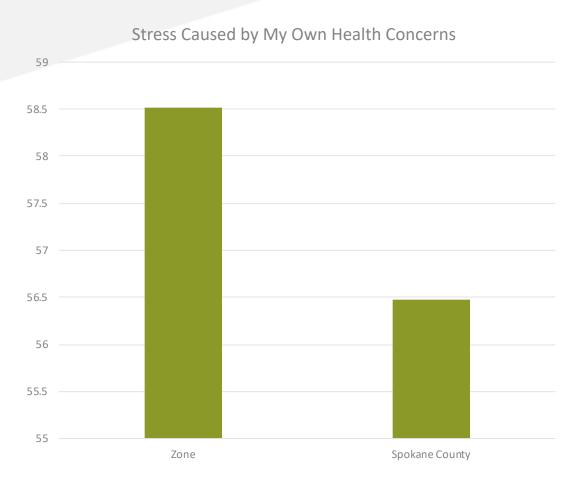












Group	Very/somewhat/slightly stressful
Spokane	56%
Zone	59%
<\$50,000 income	67%
\$50,000+ income	45%

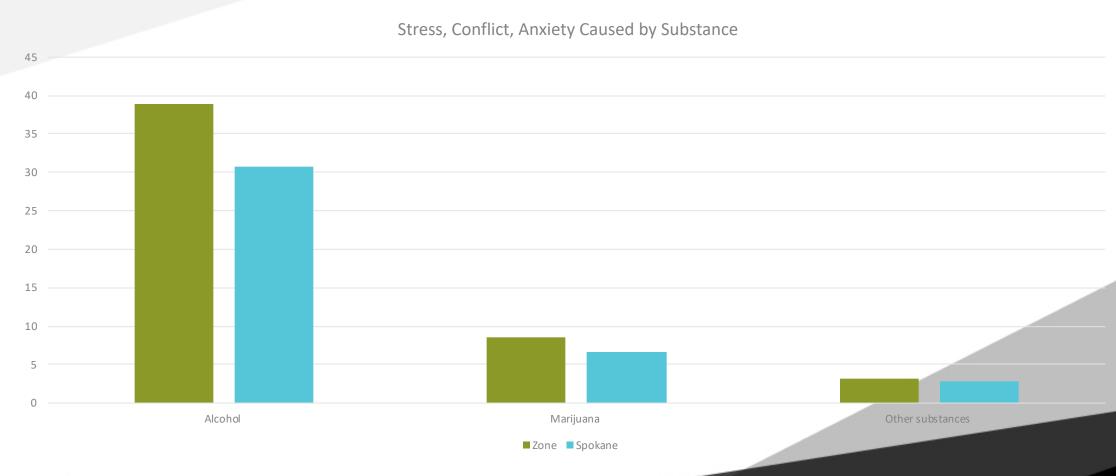














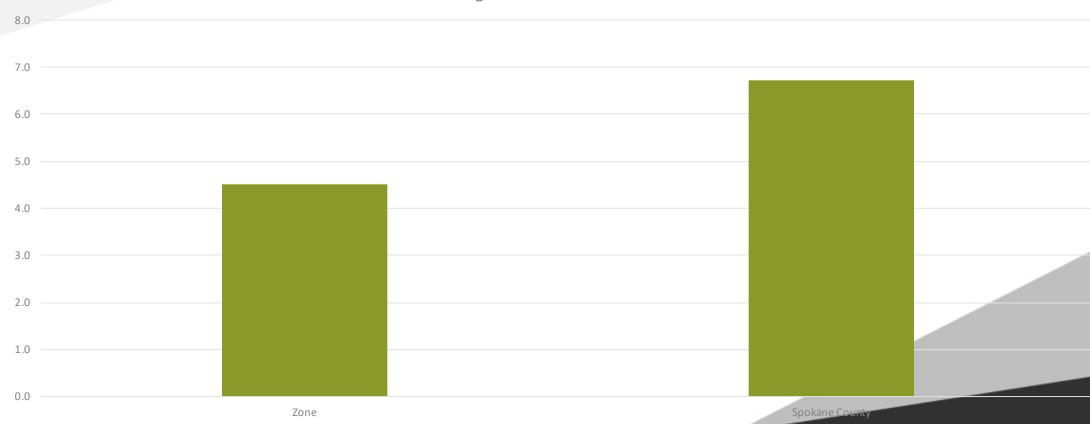






















Social and Work Support (excellent/ very good rate aspects of life, QoL)		
	Zone	Spokane
Your relationship with your children	79%	85%
Your relationship with your spouse or partner	87%	86%
Your relationship with your extended family	52%	63%
Your personal financial situation	22%	46%
Your employment situation	55%	63%

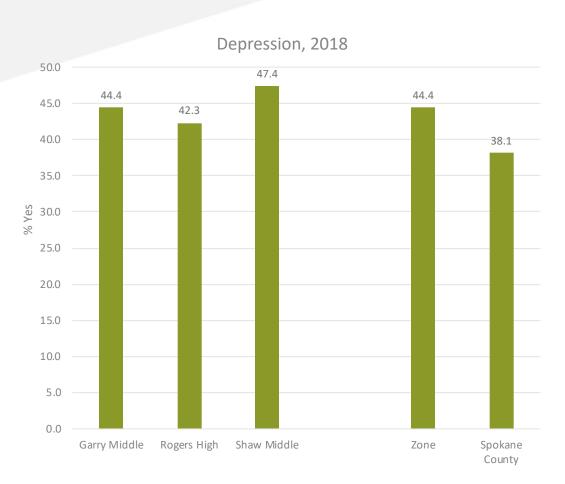












Group	Feeling Sad or Hopeless
Spokane	38%
Zone	44%
Male	31%
Female	55%
HS, GED or less	50%
Some college or tech	42%
4-year degree or higher	39%

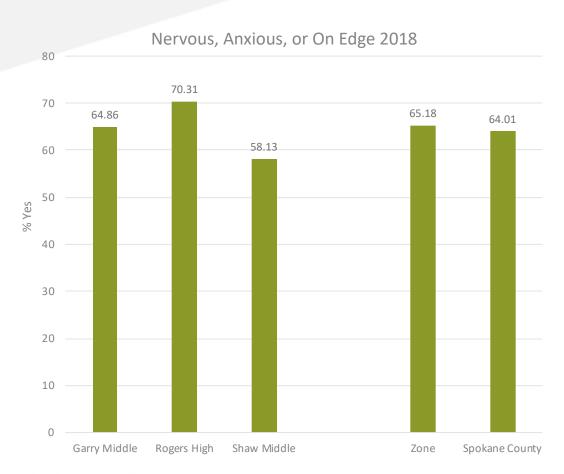












Group	Nervous, Anxious, or On Edge
Spokane	64%
Zone	65%
Male	54%
Female	74%
HS, GED, or Less	68%
Some college or tech	65%
4-year degree or higher	67%













Group	Freq. Worrying Past 2 weeks
Spokane	53%
Zone	59%
Male	45%
Female	70%
HS, GED, or Less	63%
Some college or tech	60%
4-year degree or higher	63%

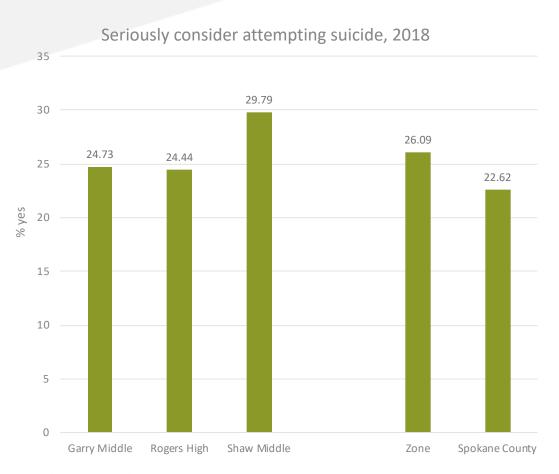












Group	Seriously Consider Suicide
Spokane	23%
Zone	26%
Male	19%
Female	32%
HS, GED, or Less	28%
Some college or tech	28%
4-year degree or higher	20%

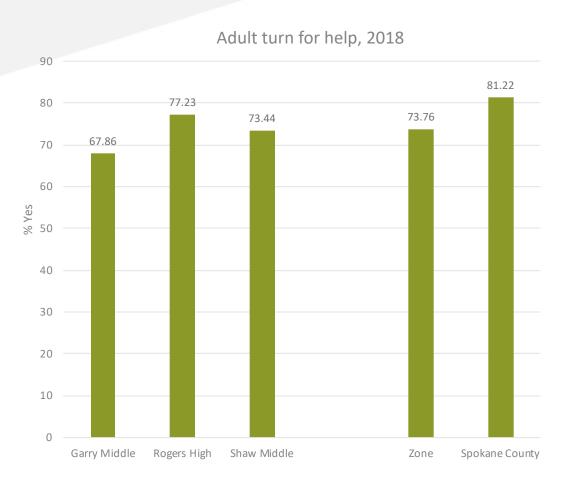












Group	Adult to Turn to for Help
Spokane	81%
Zone	74%
Male	80%
Female	71%
HS, GED, or Less	70%
Some college or tech	83%
4-year degree or higher	83%











If you feel sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn to for help?

	Zone	Spokane
Friend or peer	35%	37%
Parent/ guardian	28%	37%
Sibling or cousin	15%	17%
I don't have anyone	15%	9%
Teacher, counselor, other adult at school	13%	12%
Adult friend/ relative, not parent or guardian	9%	10%
Religious/ faith leader	3%	7%













If sad or hopeless, don't have anyone to talk to	
Spokane	9%
Zone	15%
Female	10%
Male	18%
HS, GED, or less	15%
Some college or tech	23%
4-year degree or higher	3%

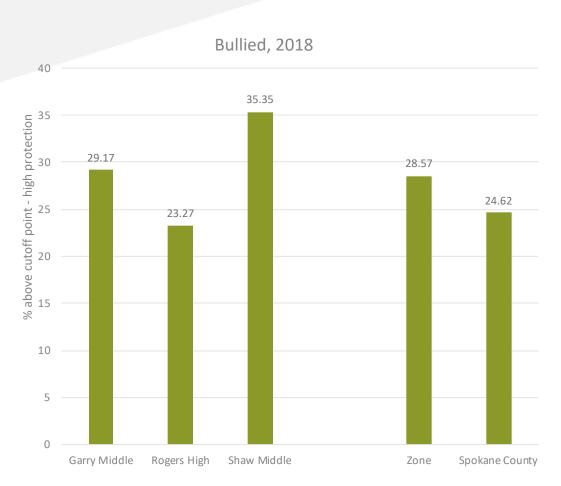












Group	Bullied
Spokane	25%
Zone	29%
Male	23%
Female	33%
HS, GED, or Less	28%
Some college or tech	29%
4-year degree or higher	24%



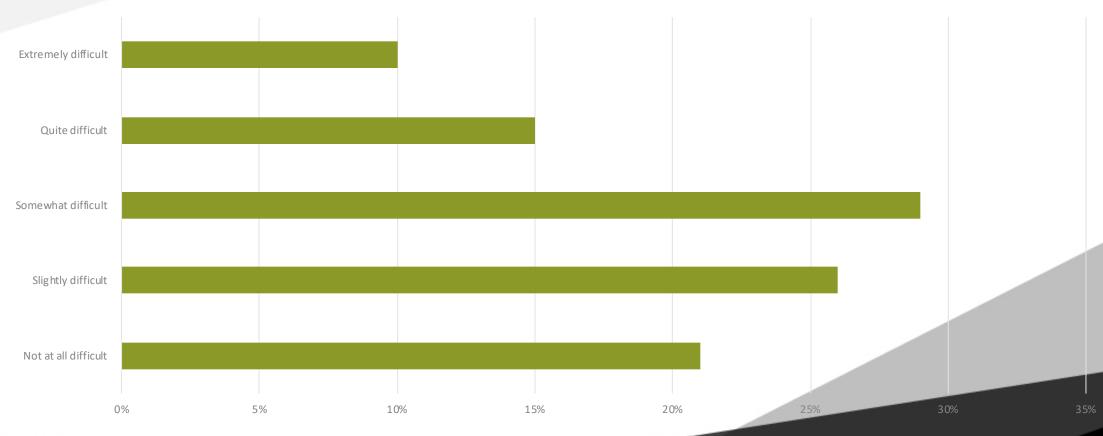








If a student is bullied in school, how difficult is it for him/ her to get help from an adult?





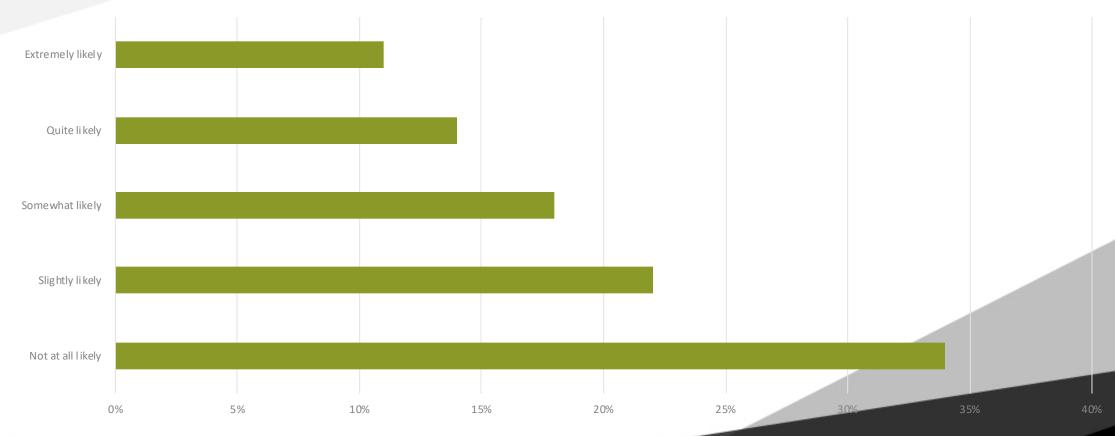








Students: How likely is it that someone from your school will bully you online?



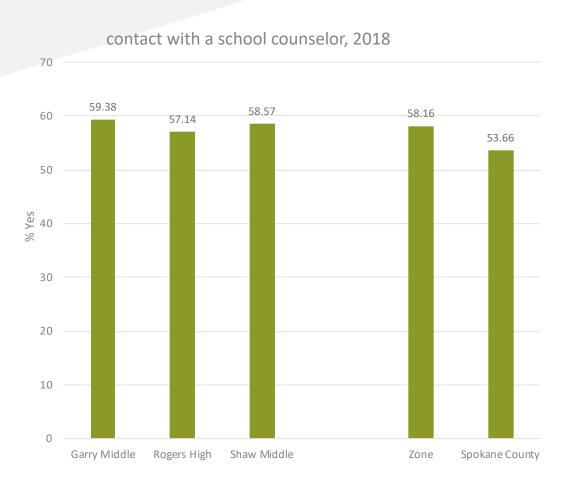












Group	Contact with Counselor
Spokane	54%
Zone	58%
Male	49%
Female	66%
HS, GED, or Less	57%
Some college or tech	69%
4-year degree or higher	56%

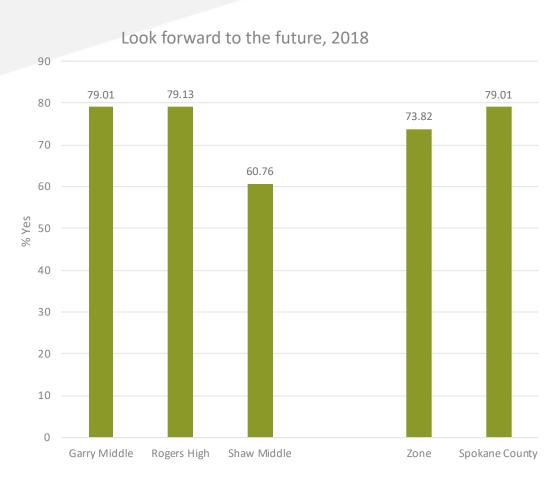












Group	Look forward to future
Spokane	79%
Zone	74%
Male	70%
Female	78%
HS, GED, or Less	75%
Some college or tech	82%
4-year degree or higher	73%



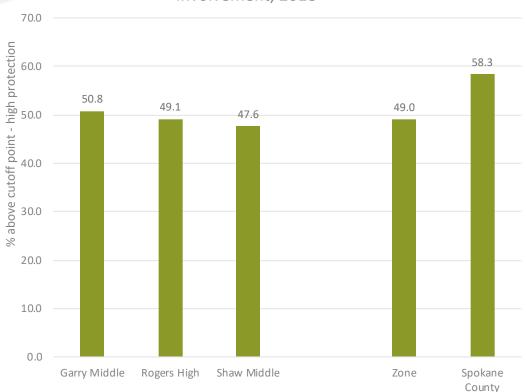








Family Protective Factor: Opportunities for Prosocial Involvement, 2018



Group	Family Prosocial involvement
Spokane	58%
Zone	49%
Male	52%
Female	47%
HS, GED, or Less	43%
Some college or tech	52%
4-year degree or higher	66%

If I had a personal problem, I could ask my mom or dad for help. My parents give me lots of chances to do fun things with them.

My parents ask me what I think before most family decisions affecting me are made.



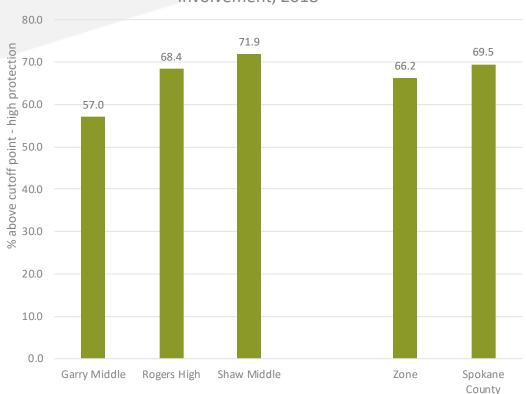








School Protective Factor: Opportunities for Prosocial Involvement, 2018



Group	School Prosocial Involvement
Spokane	70%
Zone	66%
Male	66%
Female	66%
HS, GED, or Less	63%
Some college or tech	62%
4-year degree or higher	68%

In my school, students have lots of chances to help decide things like class activities and rules. There are lots of chances for students in my school to talk with a teacher one-on-one. Teachers ask me to work on special classroom projects.

There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.

I have lots of chances to be part of class discussions or activities.



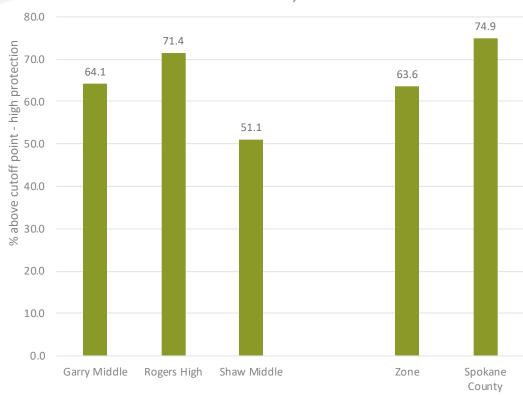








Community Protective Factor: Opportunities for Prosocial Involvement, 2018



Group	Community Prosocial Involvement
Spokane	75%
Zone	64%
Male	63%
Female	63%
HS, GED, or Less	66%
Some college or tech	78%
4-year degree or higher	83%

There are adults in my neighborhood or community I could talk to about something important. Which of the following activities for people your age are available in your community? Sports teams and recreation

Which of the following activities for people your age are available in your community? Scouts, Camp Fire, 4-H Clubs, or other service clubs

Which of the following activities for people your age are available in your community? Boys and Girls Club, YMCA, or other activity clubs

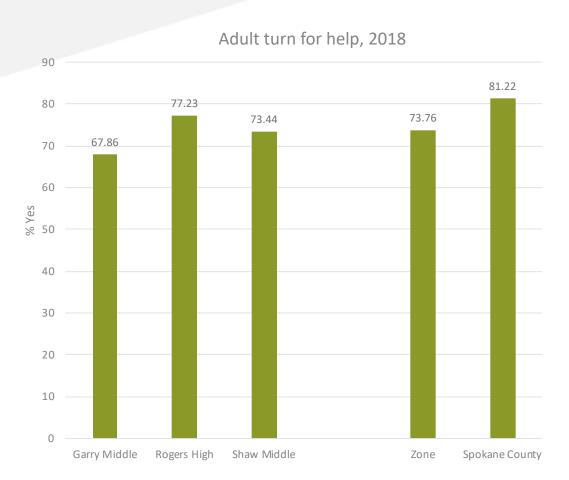












Group	Adult to Turn to for Help
Spokane	81%
Zone	74%
Male	80%
Female	71%
HS, GED, or Less	70%
Some college or tech	83%
4-year degree or higher	83%











If you feel sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn to for help?

	Zone	Spokane
Friend or peer	35%	37%
Parent/ guardian	28%	37%
Sibling or cousin	15%	17%
I don't have anyone	15%	9%
Teacher, counselor, other adult at school	13%	12%
Adult friend/ relative, not parent or guardian	9%	10%
Religious/ faith leader	3%	7%













If sad or hopeless, don't have anyone to talk to	
Spokane	9%
Zone	15%
Female	10%
Male	18%
HS, GED, or less	15%
Some college or tech	23%
4-year degree or higher	3%



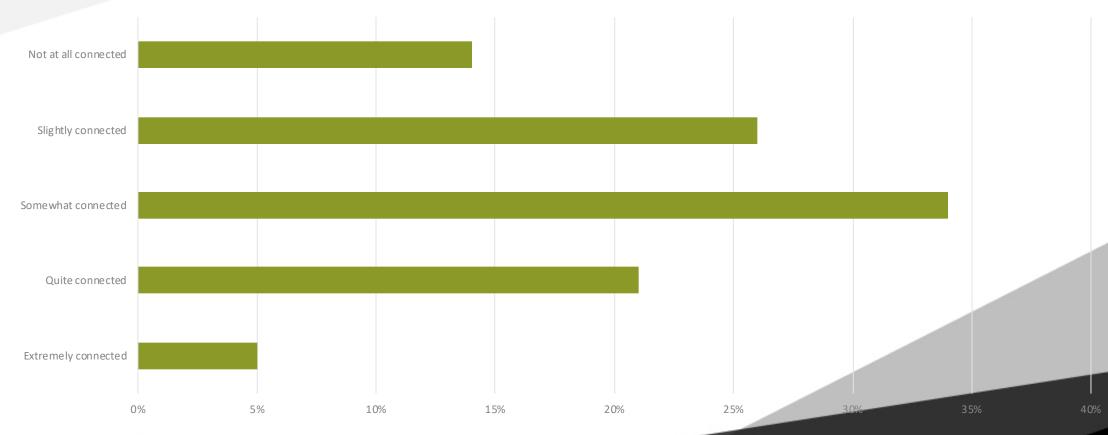














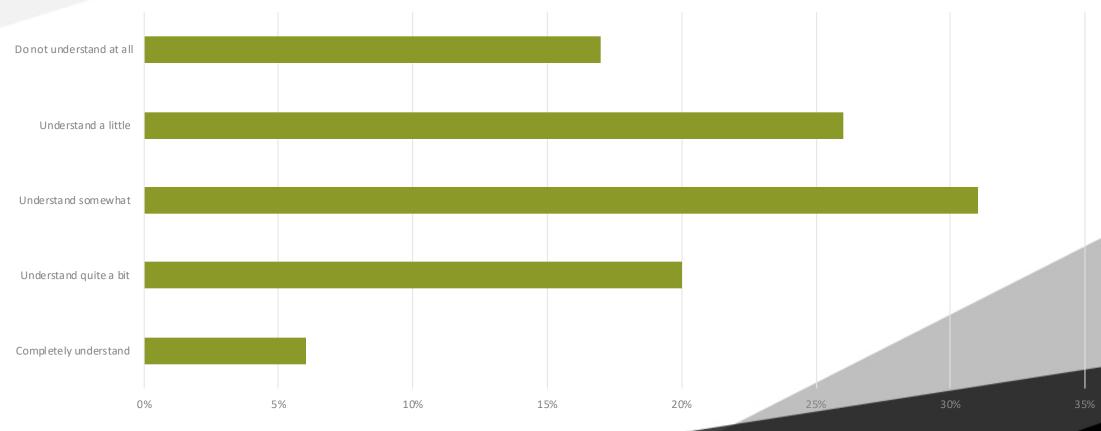














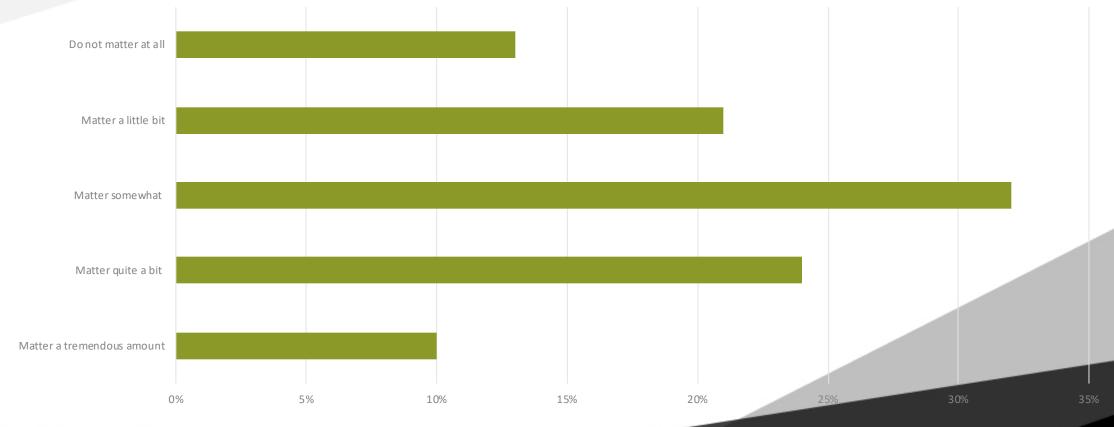








Students: How much do you matter to others at this school?





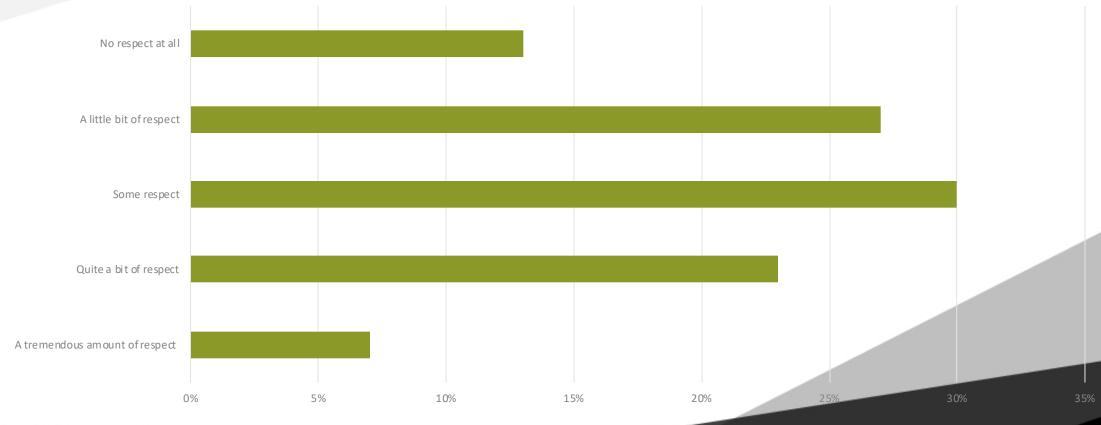








Students: How much respect do students in your school show you?





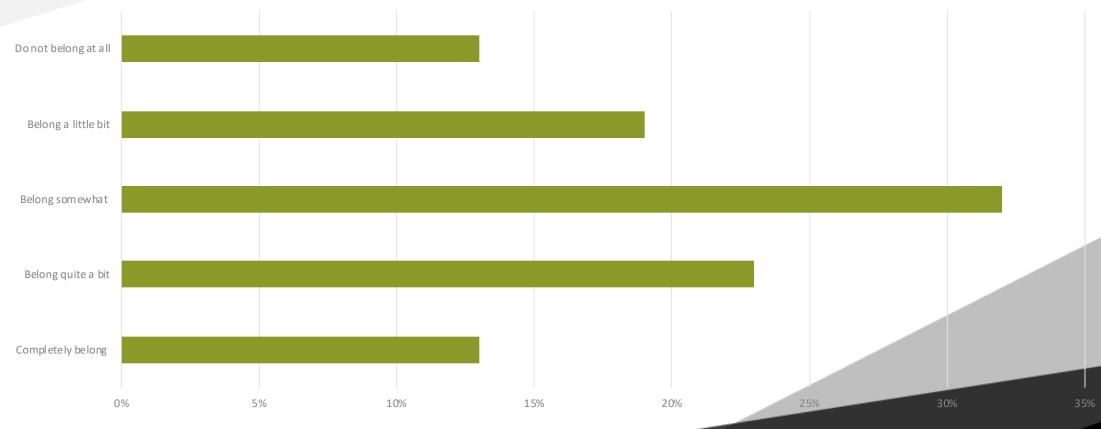








Students: Overall, how much do you feel like you belong at school?













Shaw Middle School Belonging Score

• 2.9

Spokane Public Schools Belonging Score (Avg.)

• 3.0



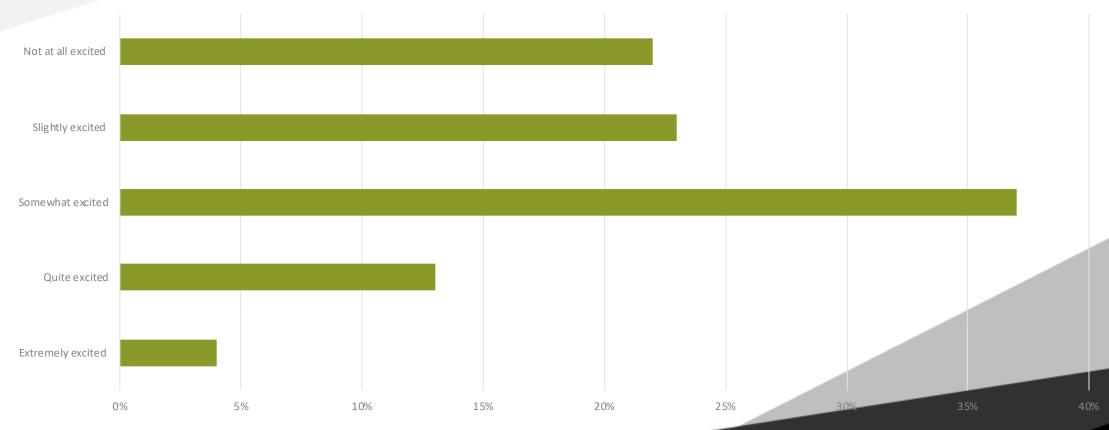












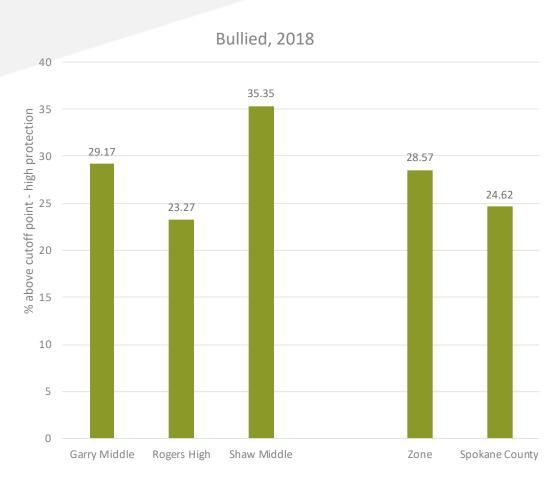












Group	Bullied
Spokane	25%
Zone	29%
Male	23%
Female	33%
HS, GED, or Less	28%
Some college or tech	29%
4-year degree or higher	24%



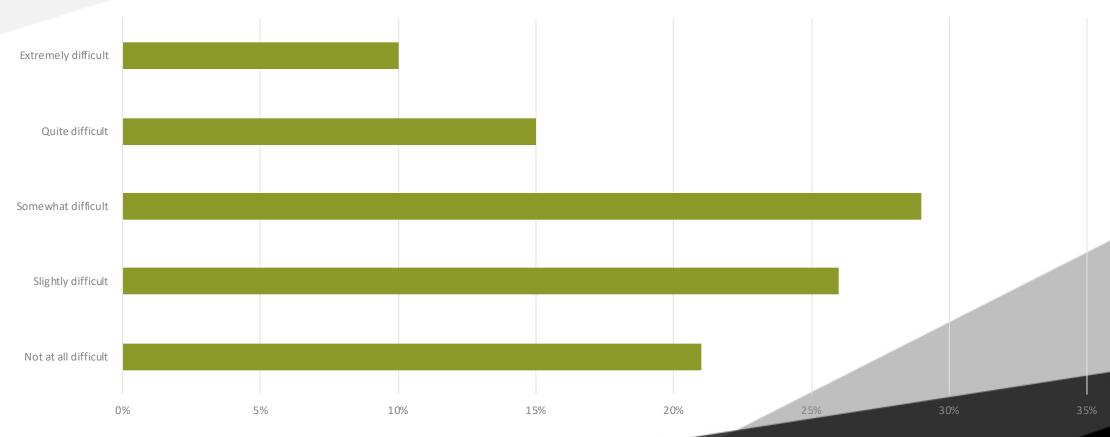








If a student is bullied in school, how difficult is it for him/ her to get help from an adult?





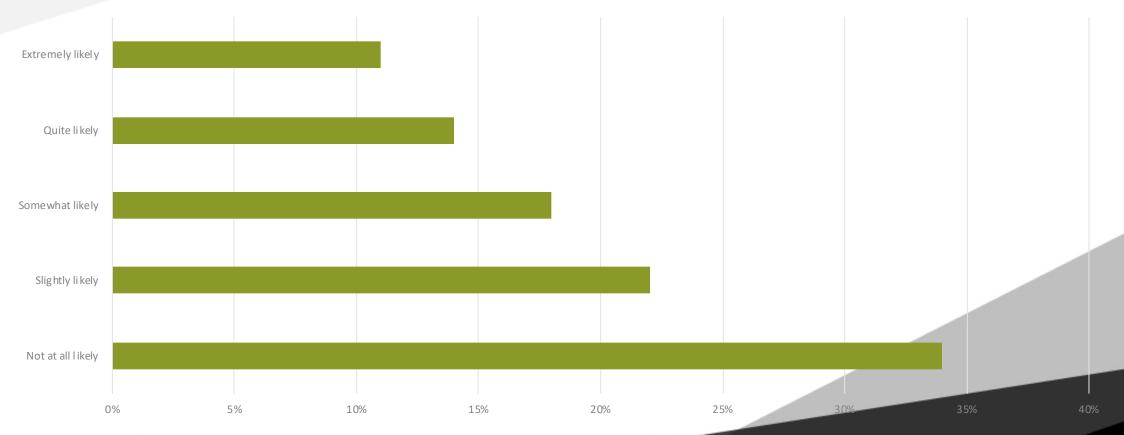








Students: How likely is it that someone from your school will bully you online?





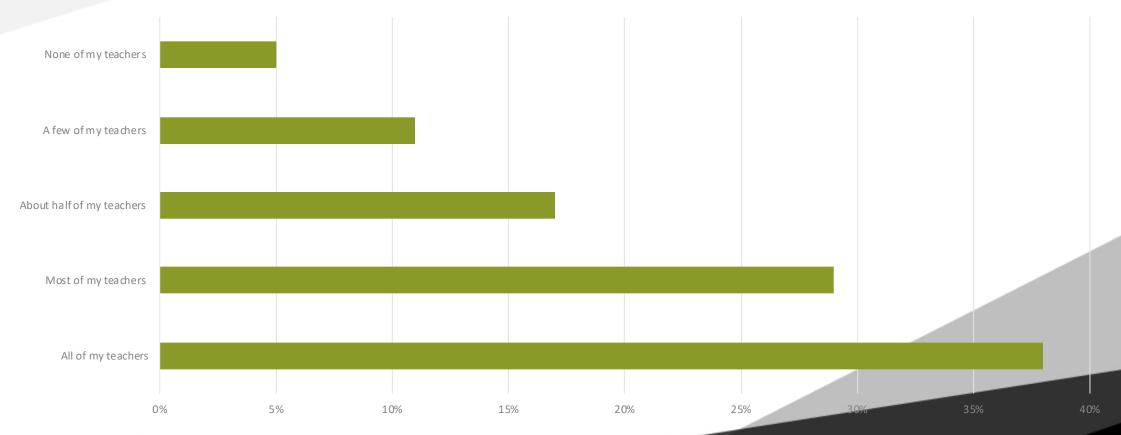














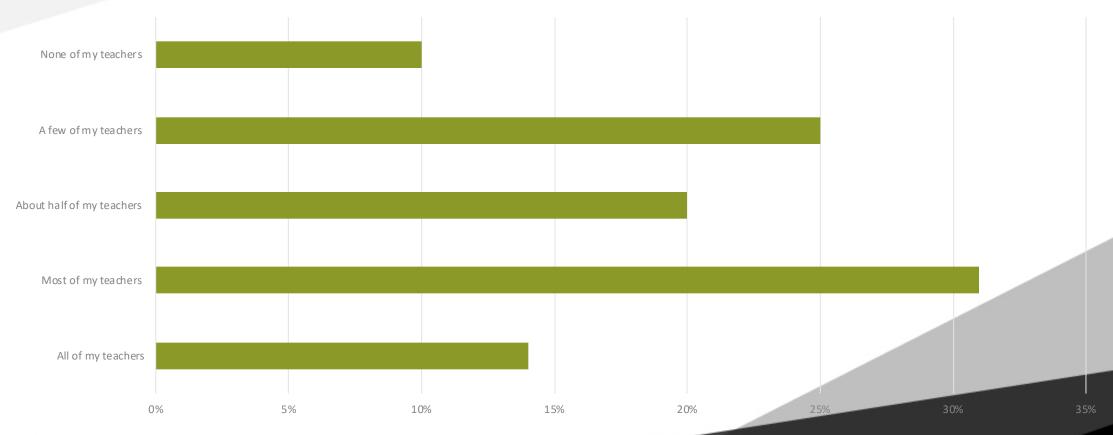








Students: When your teachers ask how are you doing, how many of them are really interested?





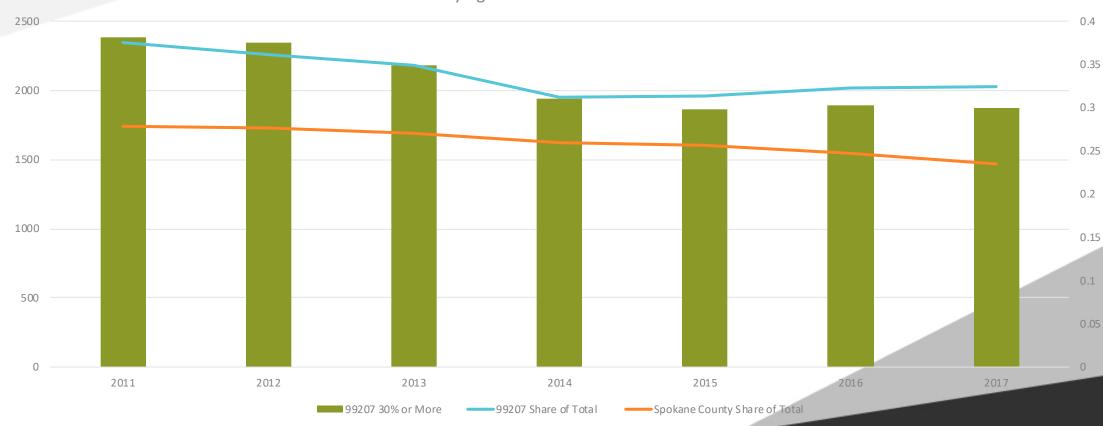








Total and Share of Homeowners Paying 30% or More of Their Household Income for Shelter Costs





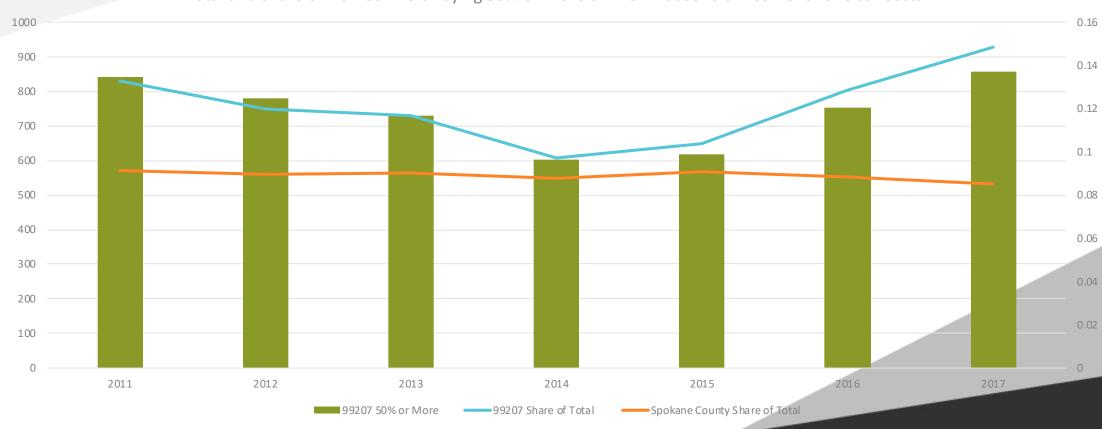














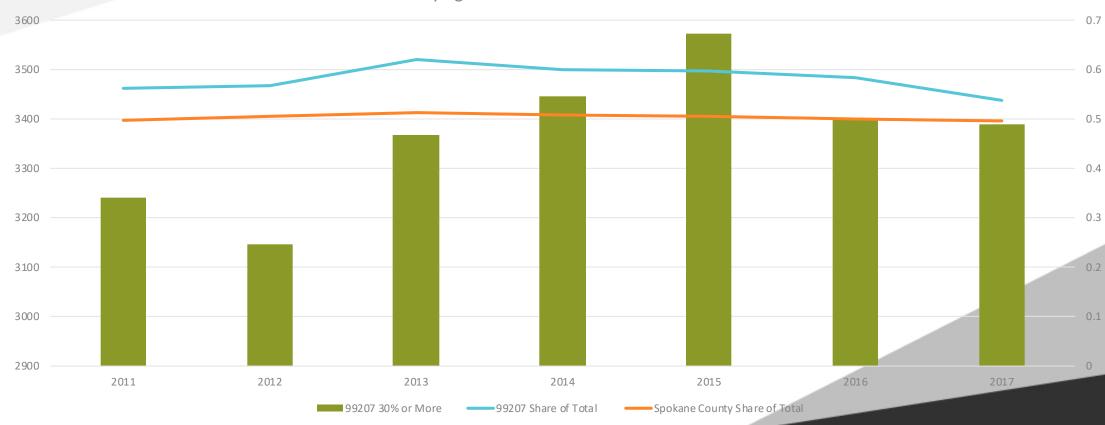
















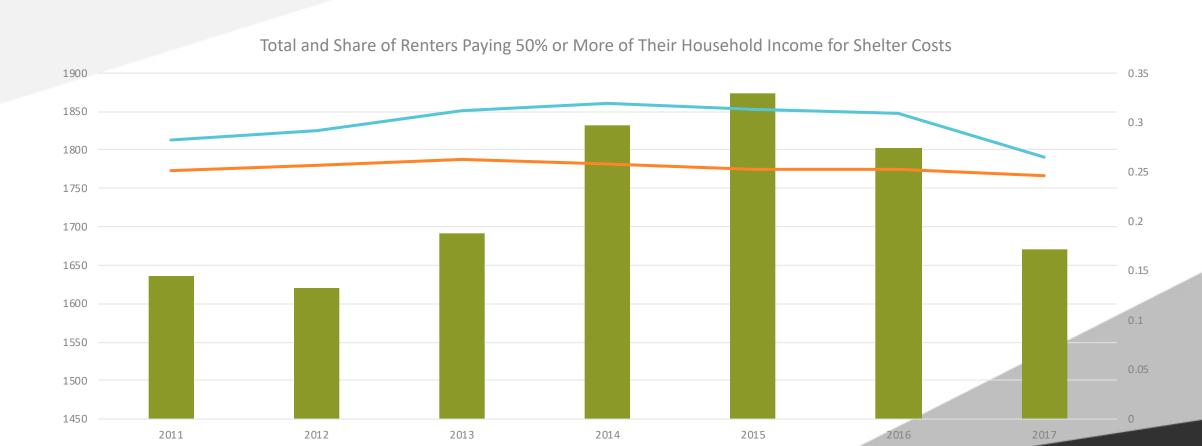






Spokane County Share of Total

Access to Affordable and Safe Housing



99207 Share of Total

99207 50% or More

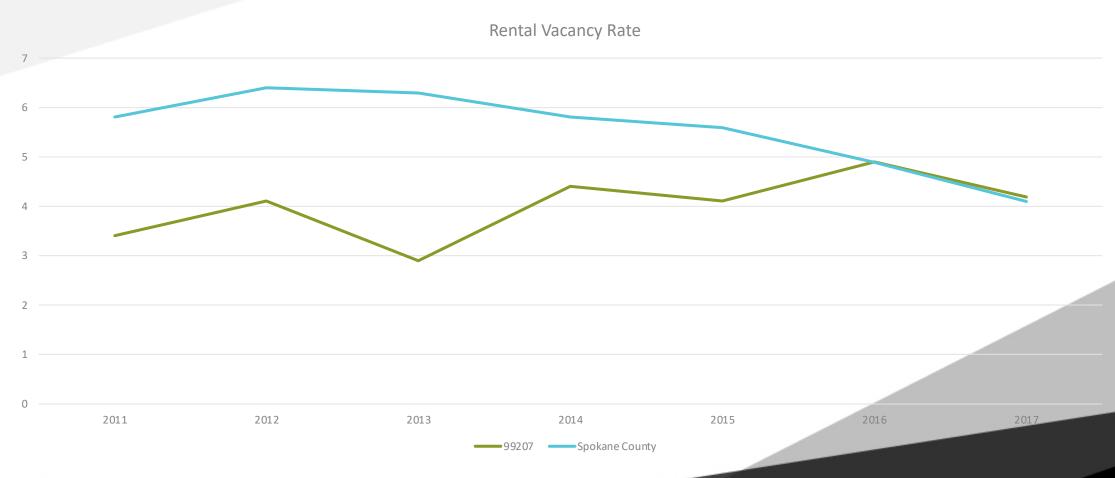












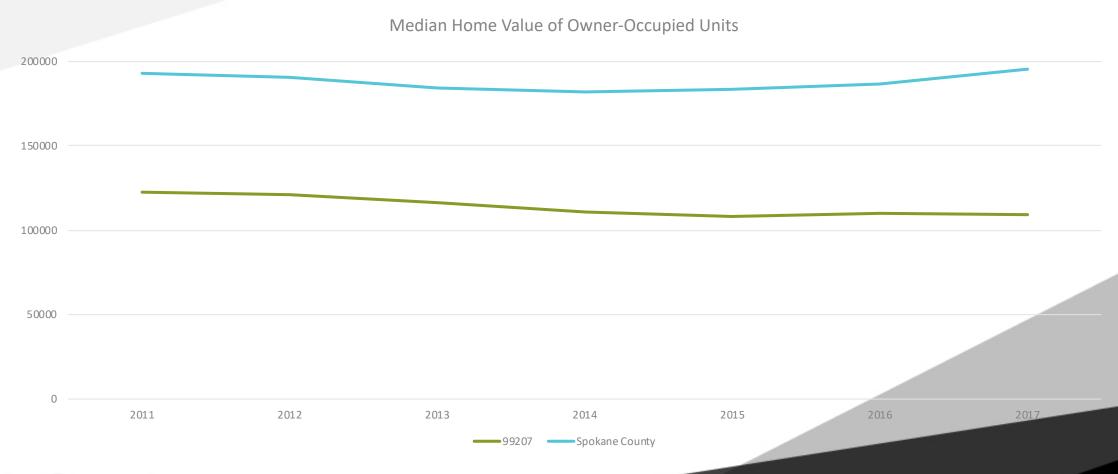












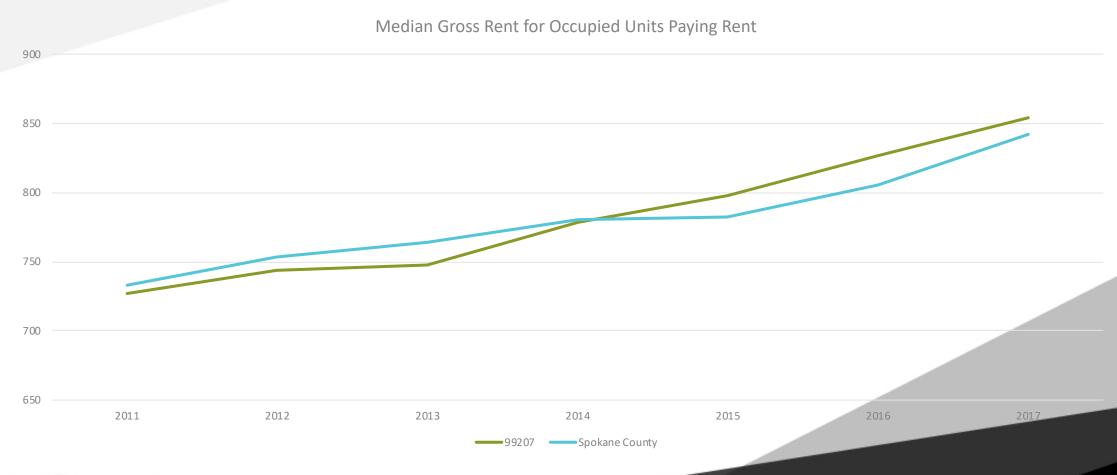






















Housing Wage Gap: Difference Between Renters Median Household Income & Income Needed to Afford Median Gross Rent



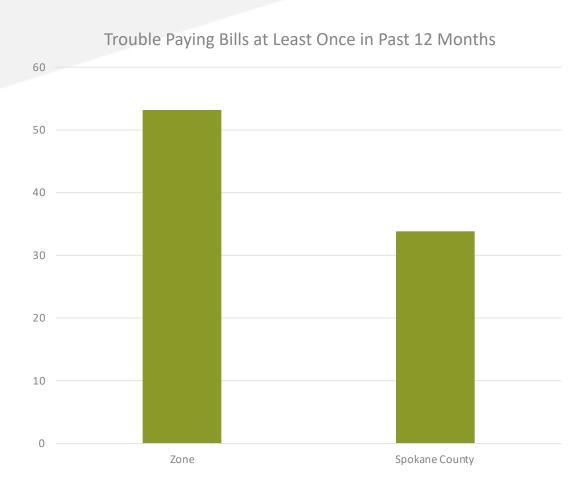












Trouble Paying Bills at Least Once in 12 Months
34%
53%
64%
42%
62%
44%
67%
45%











Self-Reported Fairly or Very Unstable Housing Situation





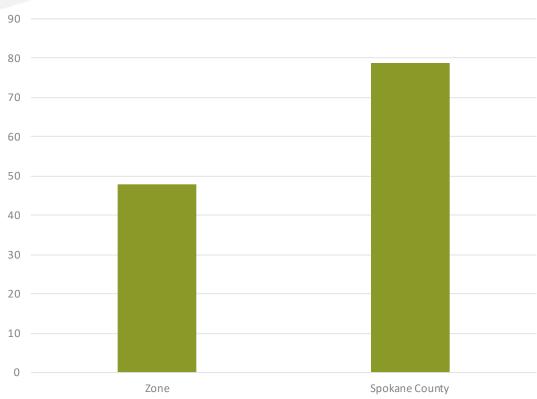












Group	Very/somewhat Safe
Spokane	79%
Zone	48%
20-60 years old	37%
60+ years old	60%



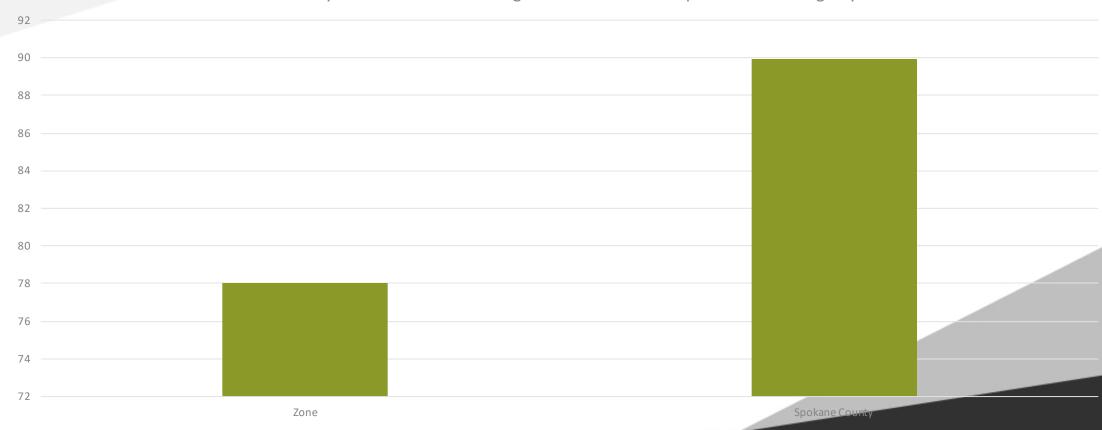








Feel Very or Somewhat Safe Using Local Park or Green Space Alone During Day















Group	Very/somewhat Safe
Spokane	13.9%
Zone	13.5%
<\$50,000 income	18%
\$50,000+ income	6%











The Zone

Access to Safe and Affordable Housing

Youth with unstable housing sitatution 12% 10% 10% 8% 7% 6% 4% 4% 3% 3% 2%

Shaw Middle





0%

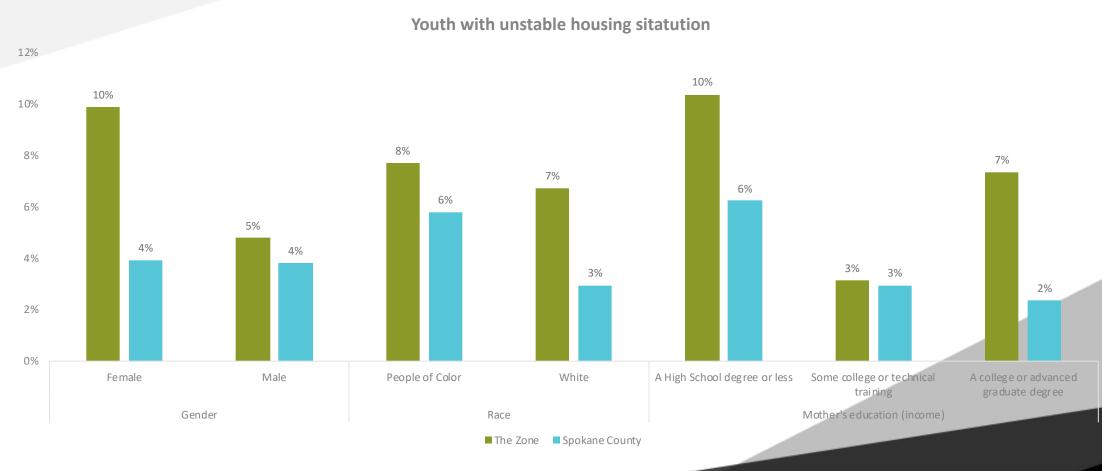






Garry Middle

Rogers High





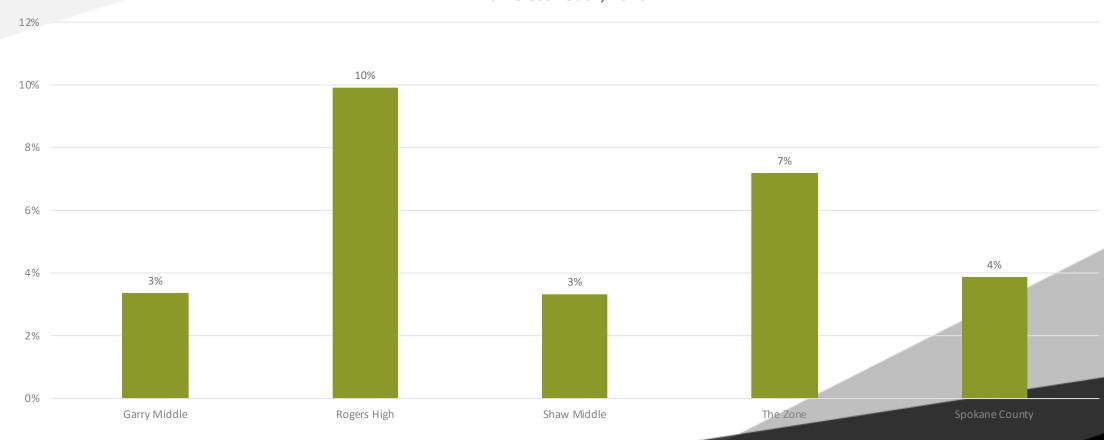








Homeless Youth, 2016



















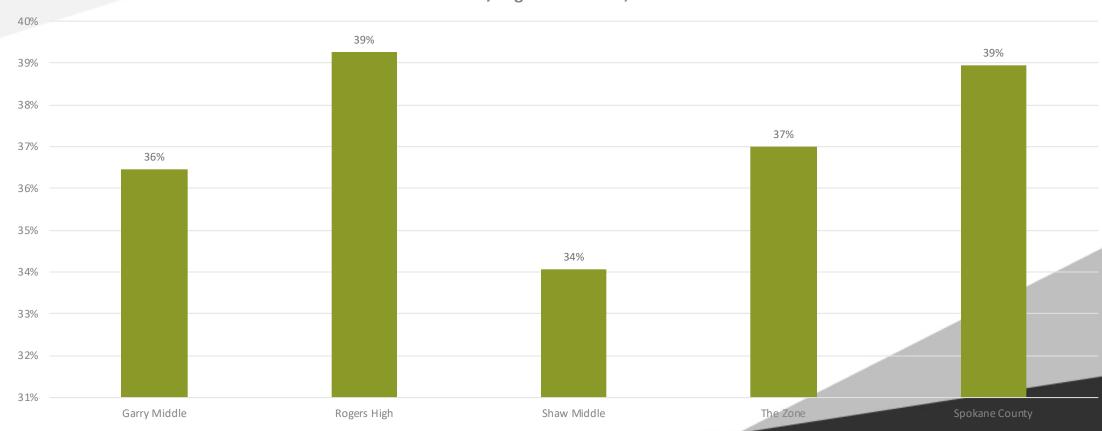






Access to Healthy Foods

Fruit/Vegetable Intake, 2018





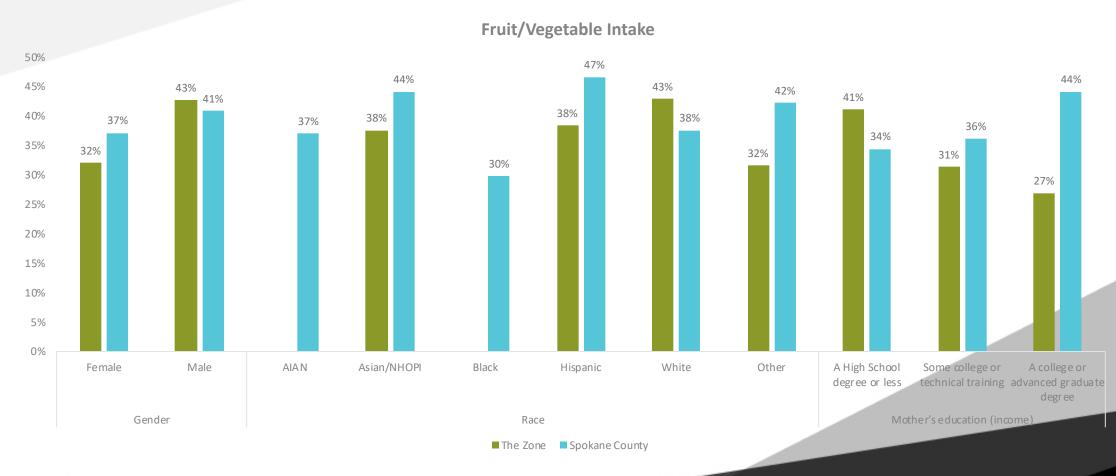








Access to Healthy Foods





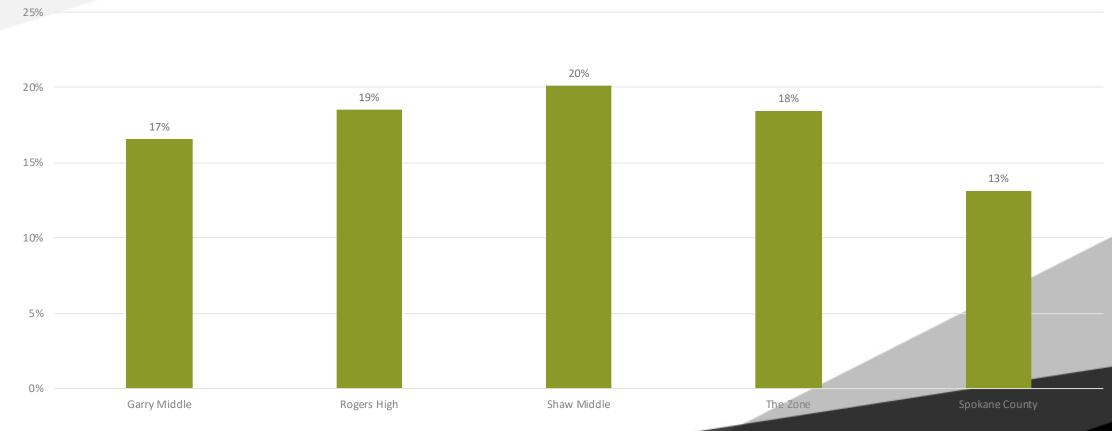








Food Insecurity, 2018



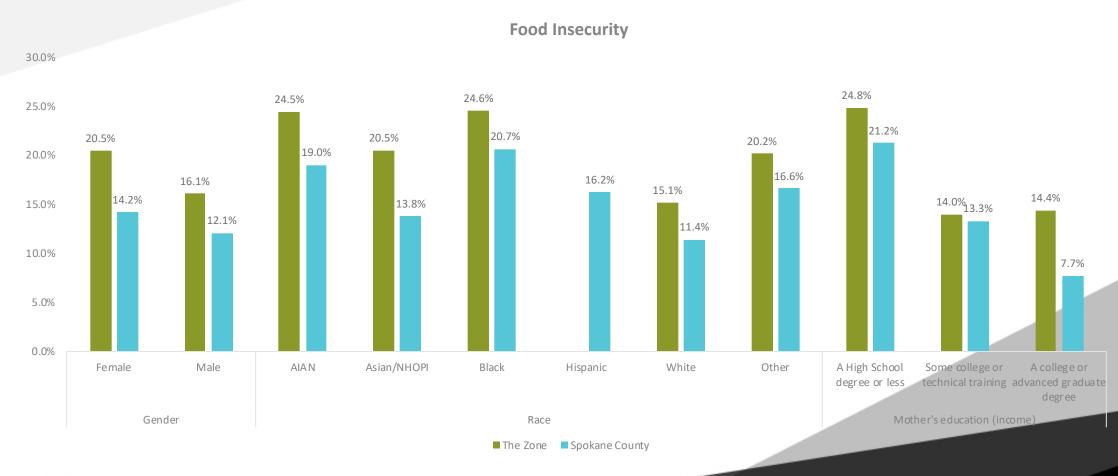
















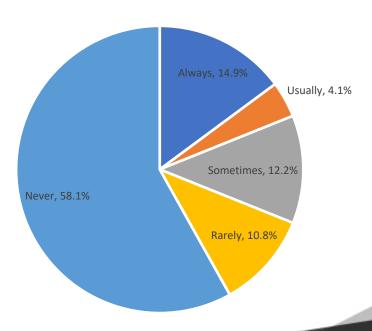






How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals?

Zone, 2014, 2017





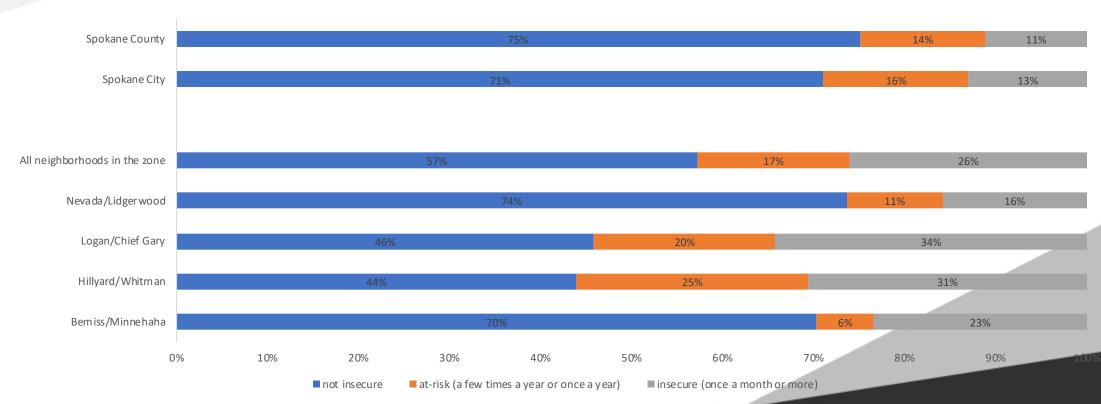








How often in the past 12 months did you have to cut meal size or skip meals because there wasn't enough money for food?



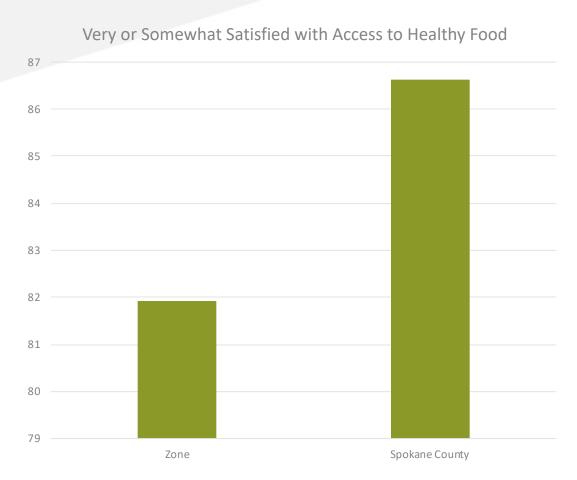












Group	Very/somewhat Satisfied
Spokane	87%
Zone	82%
20-60 years old	73%
60+ years old	91%





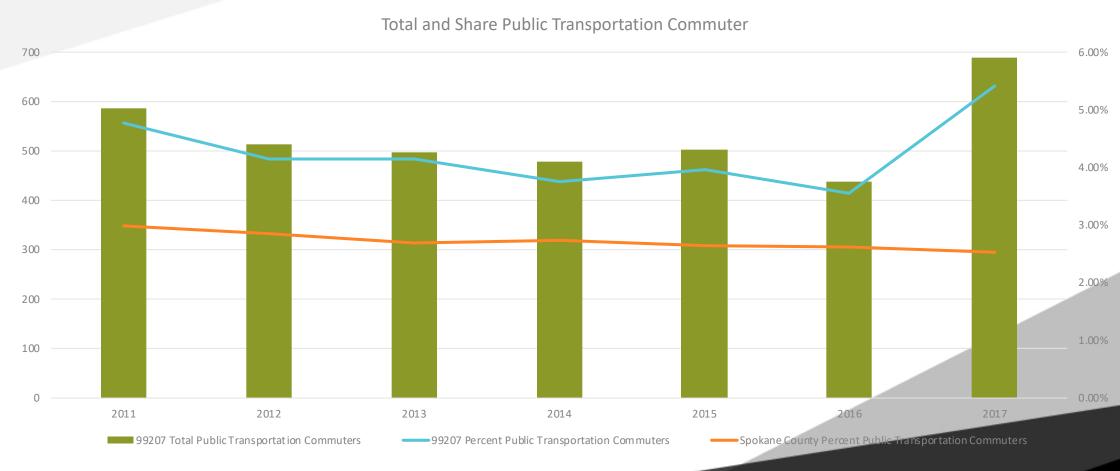














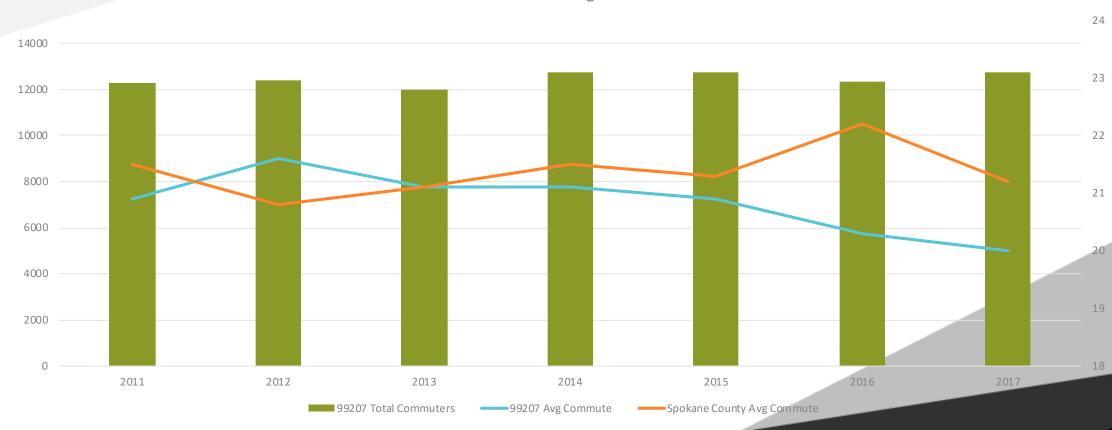








Total Commuters and Average Time of Commute



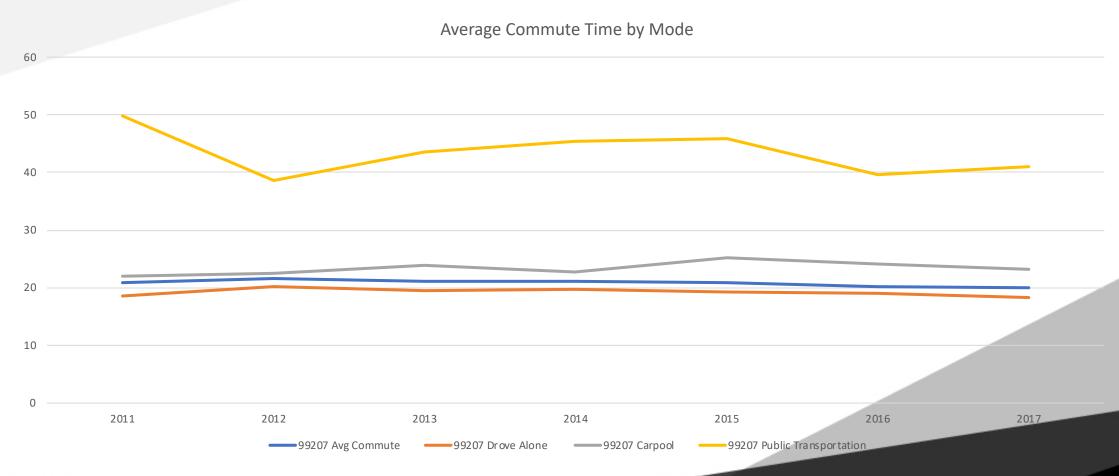












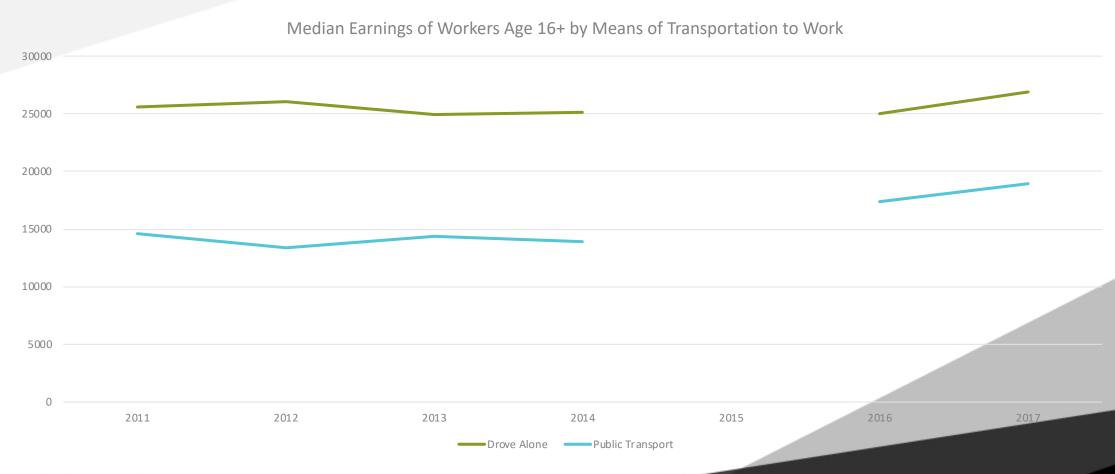














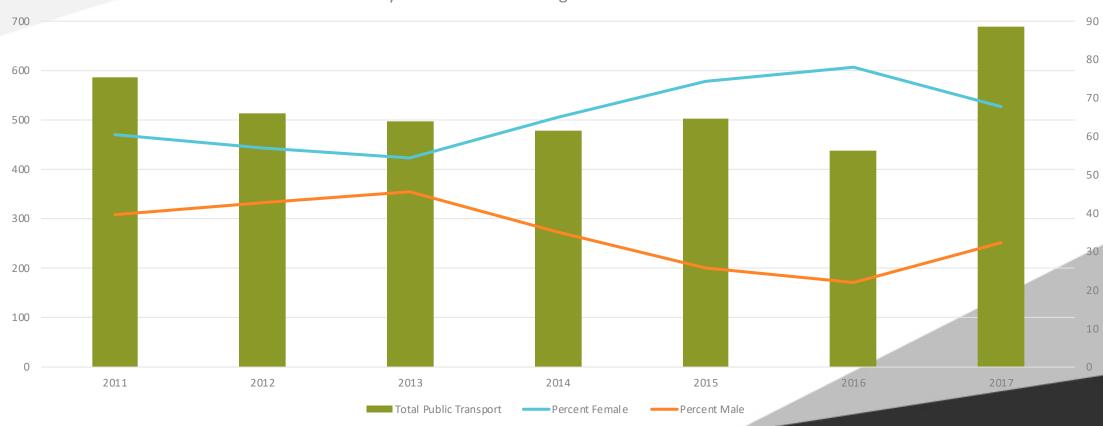












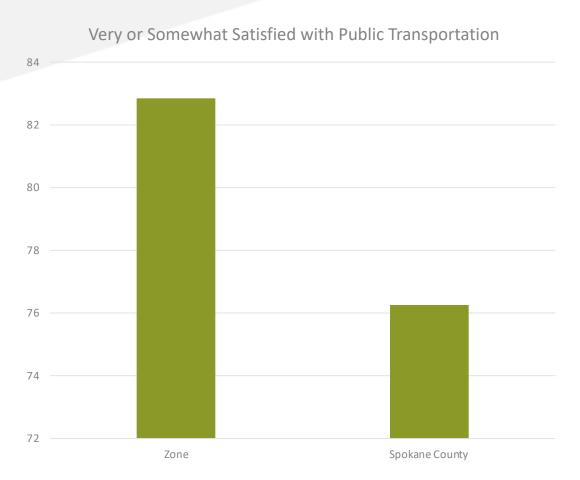












Group	Very/ Somewhat Satisfied
Spokane	76%
Zone	83%
20-60 years old	83%
60+ years old	85%
Female	81%
Male	88%
<4 year degree	81%
4 year degree or higher	84%
<\$50,000 income	79%
\$50,000+ income	88%

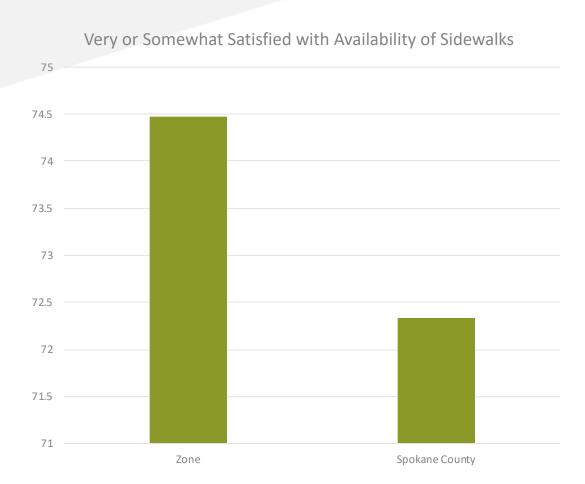












Group	Very/ Somewhat Satisfied
Spokane	72%
Zone	74%
20-60 years old	67%
60+ years old	86%
Female	73%
Male	79%
<4 year degree	75%
4 year degree or higher	77%
<\$50,000 income	78%
\$50,000+ income	72%



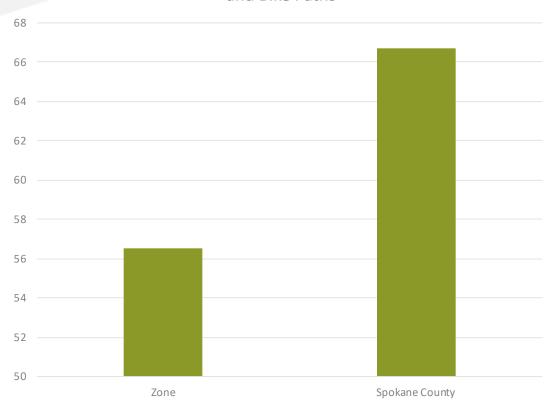












Group	Very/ Somewhat Satisfied
Spokane	67%
Zone	57%
20-60 years old	44%
60+ years old	71%
Female	58%
Male	56%
<4 year degree	63%
4 year degree or higher	46%
<\$50,000 income	63%
\$50,000+ income	50%



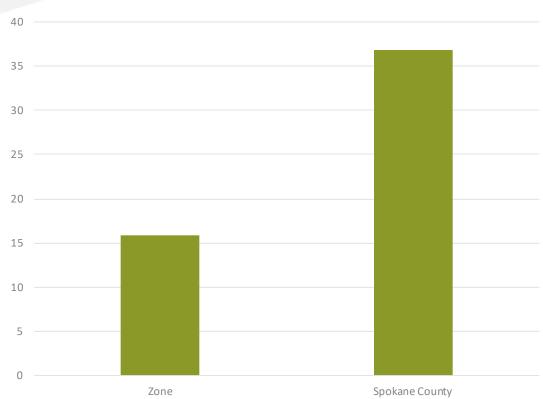












Group	Very/ Somewhat Satisfied
Spokane	37%
Zone	16%
20-60 years old	13%
60+ years old	20%
Female	20%
Male	12%
<4 year degree	14%
4 year degree or higher	22%
<\$50,000 income	12%
\$50,000+ income	24%



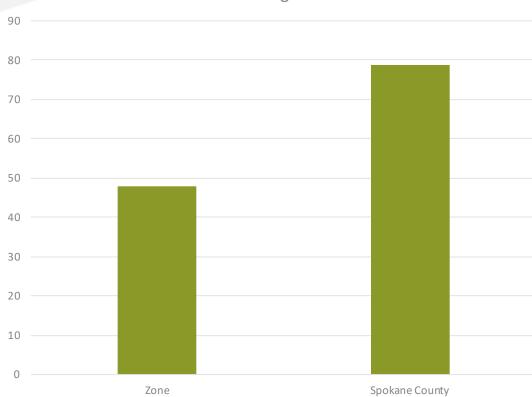












Group	Very/somewhat Safe
Spokane	79%
Zone	48%
20-60 years old	37%
60+ years old	60%



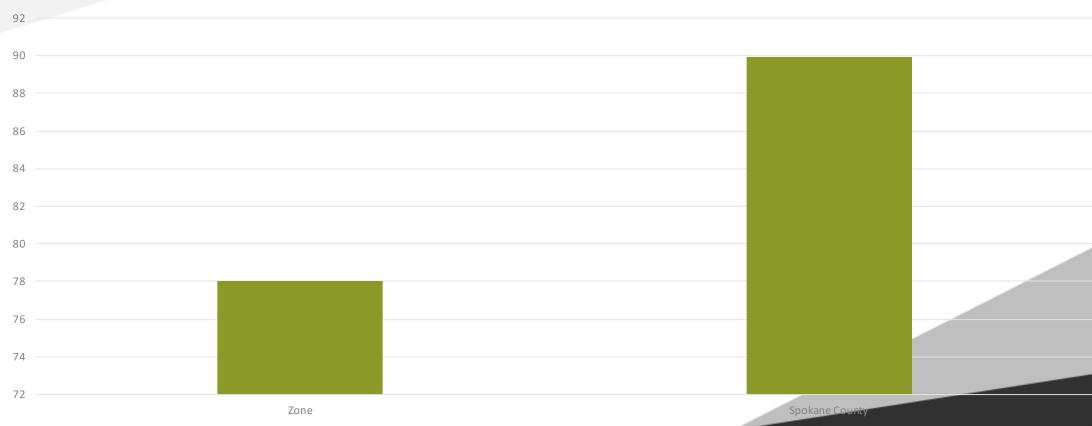














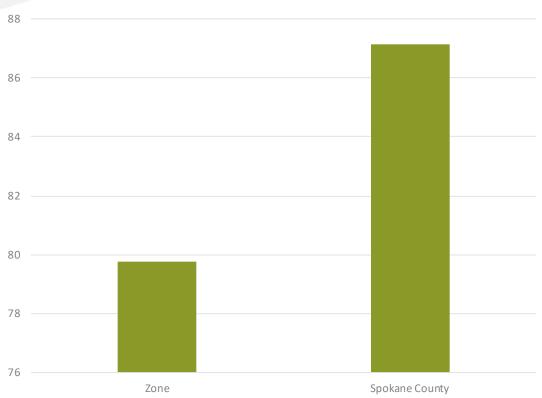












Group	Very/ Somewhat Satisfied
Spokane	87%
Zone	80%
20-60 years old	71%
60+ years old	88%
Female	77%
Male	83%
<4 year degree	84%
4 year degree or higher	68%
<\$50,000 income	86%
\$50,000+ income	67%



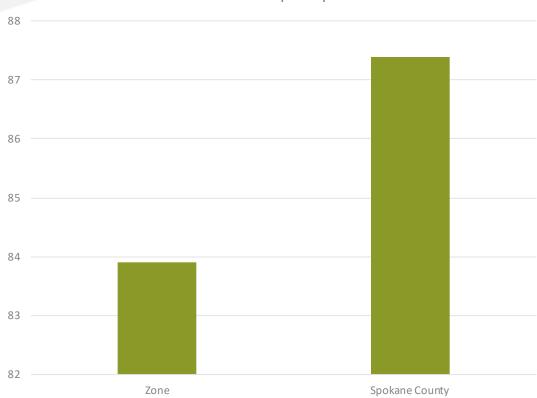








Very or Somewhat Satisfied with Quality of Park System, Trails and Open Space



Group	Very/ Somewhat Satisfied
Spokane	87%
Zone	84%
<4 year degree	90%
4 year degree or higher	72%
<\$50,000 income	91%
\$50,000+ income	74%









