

# Community Themes & Strengths Data

## Kittitas County



### HEALTH OUTCOMES



- Major cardiovascular disease (CVD) is the highest cause of death in Kittitas County, 142 per 100,000 persons (2020)  
Physical activity prevents chronic diseases
- CVD is the #2 cause of hospitalization (2020)
  - Childbirth is the #1 cause of hospitalization

### HEALTH BEHAVIORS



- 80.9% of youth did not meet CDC physical activity requirements (2021)
- 28.9% of youth had 3 or more hours of screen time per day (2021)
- 42% of adults did not meet aerobic guidelines (2019)



### COMMUNITY NEED - Survey & Focus Group

\*Community input gathered Sep/Oct 2022, before fire at the Racquet & Recreation Center

What would improve the quality of life  
in our community?

- Indoor activities
- Parks, activities, recreation

What are the most important health  
concerns for children and youth in our  
community?

- Physical activity & nutrition
- Recreation

"More...activities, games here [Ellensburg] because sometimes they are in Yakima, in Cle Elum, on the other side... More [to do] in the snowy weather."

-Participant, Spanish  
focus group