

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