



Population Health Trust April Newsletter

Community Advisory Board to the Skagit County Board of Health

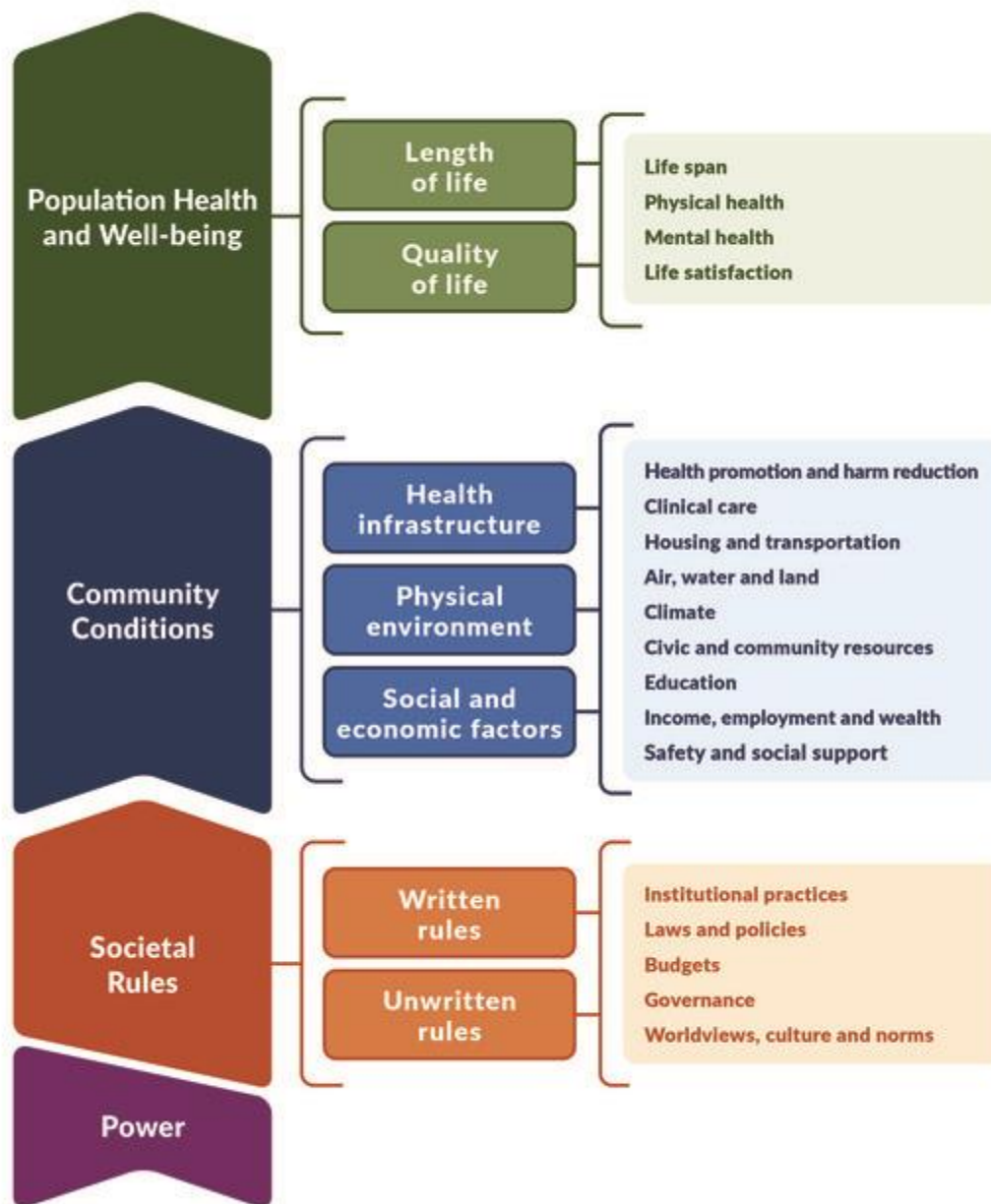
April 2025

EVERYONE'S Health Matters!

Ensuring everyone in Skagit has an opportunity for good health, and a sense of welcome and belonging.

Access to safe and affordable housing, jobs that pay a living wage, high-quality education, and reliable transportation systems are some of the critical conditions that help individuals and communities thrive. It's not just the ability to access health care that keeps us healthy; it's our physical environments and social and economic factors that contribute to health and length of life. Individuals are only as healthy as the health of their overall community.

Societal laws, policies, and power shape these crucial community conditions. People with power create, modify, and influence many factors that determine who has access to community conditions (such as jobs, housing, health insurance, schools, etc.) that make it possible for a population to thrive.



University of Wisconsin Population Health Institute Model of Health © 2025

A significant example of this occurred during the pandemic. The Population Health Trust conducted a [community health needs assessment](#) to understand health strengths and concerns as well as COVID-19's impacts on health. We heard about wide-scale interruption and disconnection from essential services and programs. We learned about critical needs for housing, behavioral health and health services, child care, education, and access to food. We also learned that

disparities between community members were bigger than we thought. Populations such as individuals with behavioral health conditions, Veterans, Hispanic/Latino families, LGBTQ+ community members, individuals experiencing developmental disabilities, seniors, families with young children and youth had greater barriers to health.

Today, these populations are at even greater risk for poor health outcomes. At the Population Health Trust, we are committed to creating a healthier and more equitable community where all have a fair and just opportunity for healthy living. We strive for a community free of health inequities that are systemic, avoidable, and/or unjust. This requires the elimination of barriers to good health that arise from poverty, race, gender, and other factors that marginalize people and groups within our community. It also requires valuing all individuals and populations equally and ensuring everyone feels a sense of belonging.

Please join us in working to ensure that all Skagitonians are able to reach their fullest health potential.

Thank you for your partnership in keeping Skagit County healthy!



The Population Health Trust was founded in 2015 and is the Community Advisory Board to the Skagit County Board of Health. For more information, check out our [website](#).

Population Health Trust

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