

Summary

Strengths

- Low economic hardship index score
- High voter participation
- Low prevalence of physical inactivity

Challenges

- High prevalence of frequent mental distress
- High prevalence of non-medical drug use
- Low prevalence of cancer screenings

Key Findings

Volunteerism

31%▲

from 25.0% to 32.8% of people age 16 and older between 2021 and 2023.

Avoided Care Due to Cost

27%▲

from 8.3% to 10.5% of adults between 2021 and 2024.

Drug Deaths

27%▲

from 35.0 to 44.5 deaths per 100,000 population between 2022 and 2023.

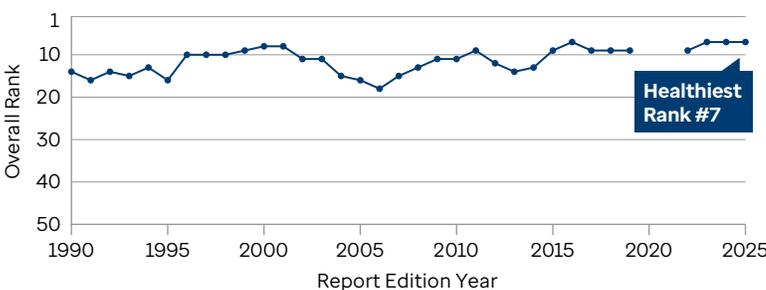
Excessive Drinking

8%▼

from 17.4% to 16.0% of adults between 2022 and 2024.

Trends

Annual Report Rank History



Spotlight Rural Health in Washington

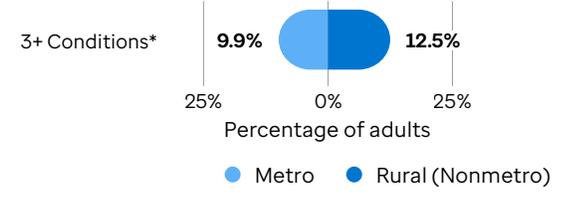
Rural Population in 2023

16.6%

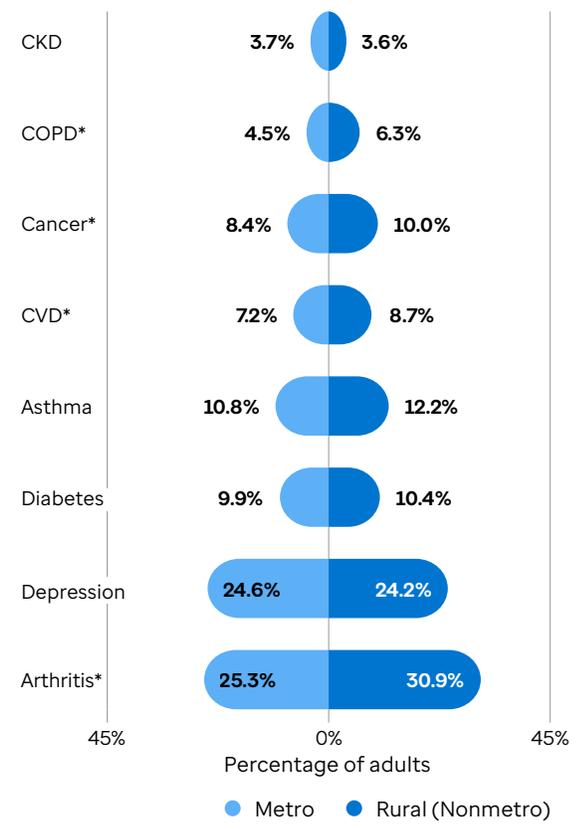
Source: U.S. Census Bureau, American Community Survey, 1-Year Dataset, 2023.

Multiple Chronic Conditions

Prevalence by Metropolitan Status in 2024



Components



*Significant based on 95% confidence intervals.
 Source: U.S. HHS, CDC, Behavioral Risk Factor Surveillance System, 2024.
 Notes: Order of conditions based on U.S. prevalence. CKD=chronic kidney disease, COPD=chronic obstructive pulmonary disease, CVD=cardiovascular diseases.

Measures | Washington

		State Rank	State Value	U.S. Value
Social & Economic Factors		5	0.769	
Community and Family Safety	Firearm Deaths (Deaths per 100,000 population)*	18	13.5	14.0
	Homicide (Deaths per 100,000 population)	20	4.9	6.7
	Occupational Fatalities (Deaths per 100,000 workers)	1	2.8	4.2
	Public Health Funding (Dollars per person)	17	\$139	\$124
Economic Resources	Economic Hardship Index (Index from 1-100)	7	28	–
	Food Insecurity (% of households)	7	9.5%	12.2%
	Income Inequality (80:20 ratio)	27	4.60	4.85
Education	Fourth Grade Reading Proficiency (% of public school students)	16	32.0%	30.5%
	High School Completion (% of adults age 25+)	18	92.3%	89.9%
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	6	12.3%	14.1%
	High-Speed Internet (% of households)	1	96.1%	94.6%
	Residential Segregation - Black/White (Index from 0-100)	16	60	–
	Volunteerism (% of population age 16+)	19	32.8%	28.3%
	Voter Participation (% of U.S. citizens age 18+)	10	64.9%	58.8%
Physical Environment		12	0.487	
Air and Water Quality	Air Pollution (Micrograms of fine particles per cubic meter)	19	7.7	8.8
	Drinking Water Violations (Average violations per community water system)	15	1.8	2.5
	Water Fluoridation (% of population served by community water systems)	33	64.4%	72.3%
Climate and Health	Climate Policies (Number out of four policies)	1	4	–
	Renewable Energy (% of total electricity generated)*	3	68.5%	21.9%
Housing and Transit	Homelessness (People per 10,000 population)*	44	39.6	22.6
	Housing Cost Burden (% of households)*	39	33.5%	32.0%
	Housing With Lead Risk (% of housing stock)	21	13.3%	16.1%
	Severe Housing Problems (% of occupied housing units)	37	16.5%	16.8%
Clinical Care		9	0.708	
Access to Care	Avoided Care Due to Cost (% of adults)	18	10.5%	11.5%
	Dental Care Providers (Providers per 100,000 population)	8	77.2	66.3
	Mental Health Providers (Providers per 100,000 population)	6	593.0	362.6
	Primary Care Providers (Providers per 100,000 population)	31	288.4	291.4
	Uninsured (% of total population)	19	6.5%	8.2%
Preventive Clinical Services	Cancer Screenings (% of adults ages 40-75)	30	63.6%	64.5%
	Childhood Immunizations (% of 3-year birth cohort)	9	72.4%	66.9%
	Dental Visit (% of adults)	7	71.0%	67.5%
	Flu Vaccination (% of adults)	8	46.1%	41.3%
	HPV Vaccination (% of adolescents ages 13-17)	6	71.8%	62.9%
Quality of Care	Dedicated Health Care Provider (% of adults)	28	83.6%	83.9%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries age 18+)	7	1,866	2,768
Behaviors		8	0.800	
Nutrition and Physical Activity	Exercise (% of adults)	9	31.8%	30.4%
	Fruit and Vegetable Consumption (% of adults)	9	9.0%	7.4%
	Physical Inactivity (% of adults)	4	17.4%	21.8%
Sexual Health	Chlamydia (Cases per 100,000 population)	9	354.4	492.2
	High-Risk HIV Behaviors (% of adults)	23	5.5%	5.6%
	Teen Births (Births per 1,000 females ages 15-19)	13	9.7	13.1
Sleep Health	Insufficient Sleep (% of adults)	9	32.4%	35.5%
Smoking and Tobacco Use	E-Cigarette Use (% of adults)	18	7.6%	8.0%
	Smoking (% of adults)	4	7.9%	11.6%
Health Outcomes		16	0.239	
Behavioral Health	Drug Deaths (Deaths per 100,000 population)*	43	44.5	31.4
	Excessive Drinking (% of adults)	14	16.0%	17.0%
	Frequent Mental Distress (% of adults)	33	16.3%	15.6%
	Non-Medical Drug Use (% of adults)	48	22.6%	16.8%
Mortality	Premature Death (Years lost before age 75 per 100,000 population)	17	7,357	7,862
	Premature Death Racial Disparity (Ratio of highest rate to white rate)	40	2.4	1.9
Physical Health	Frequent Physical Distress (% of adults)	23	12.8%	13.0%
	Low Birth Weight (% of live births)	4	7.0%	8.6%
	Low Birth Weight Racial Disparity (Ratio of highest rate to white rate)	8	1.7	2.1
	Multiple Chronic Conditions (% of adults)	15	10.1%	11.3%
	Obesity (% of adults)	13	31.5%	34.2%
Overall		7	0.606	

Visit AmericasHealthRankings.org for the full list of [measures](#), [source details](#) and [methodologies](#).

* Unweighted measure that does not contribute to a state's Overall Rank.
 – Data are not available, missing or suppressed.