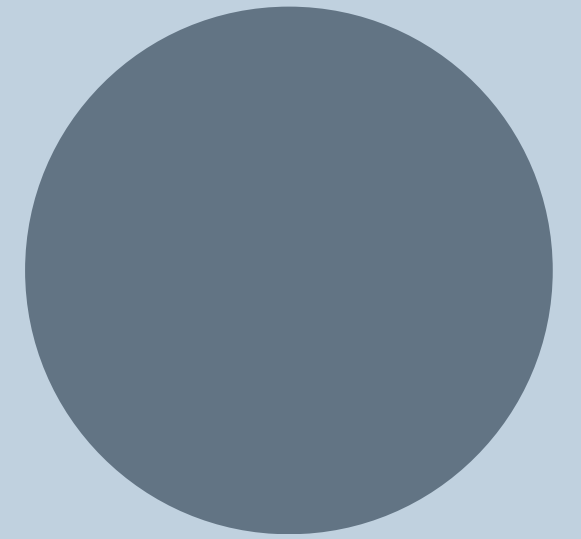
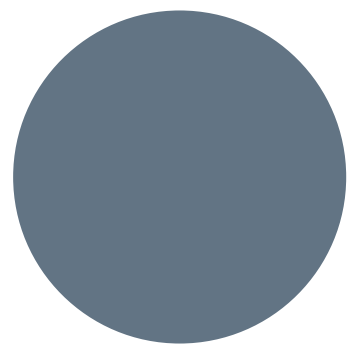

Small Wins

By Human Resources



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BACKGROUND

For our Small Wins project, we focused on common issues that affect thousands of people each year and provided local resources for significant challenges not only in Washington but across the U.S. These challenges include homelessness, food insecurity, mental health, and addiction. This focus is important because so many Americans fall victim to one or more of these critical social issues each year.

OUR FOCUS

Homelessness

Millions of Americans are homeless each year. Homelessness has been breaking the record each year since the COVID-19 pandemic.

Food Insecurity

47.9 million Americans (1 in 7 households) have experienced food scarcity each year. 8.3% of U.S households (11.1 million) fell into the low food security category (2024). 5.4% of households (7.2 million) fell into the very low food security category.

Mental Health

61.5 (23.4%) million adults in the U.S. have experienced any mental illness each year. About 14.6 (5.6%) million adults experience a serious mental illness. Young adults have the highest prevalence of mental illness at 33.2% (2024). Adults 50+ have a lower prevalence of 13.9%

Addiction

48.4 million U.S. citizens aged 12+ (16.8%) experienced a substance use disorder in 2024. 27.9 million people had an alcohol use disorder. 28.2 million with a drug use disorder. 7.7 million people who struggle with both.

OUR FOCUS (CONTINUED)

Homelessness

Rent is rising faster than income. Homelessness among families has risen to 39%. Nearly 4.2 million youth, teens, and young adults experience homelessness in a year, including 700,000 minors alone. Around 20% of the unhoused population are individuals 55+. The number of people 65+ experiencing homelessness is expected to triple by 2030.

Food Insecurity

Food scarcity affects some populations more than others. Black and Latinx household food insecurity rates rose above 20% (2024). Single parent households (especially ran by women) experienced high rates of food insecurity at 36.8%. Urban and rural area reached 16% which were significantly higher than suburban areas (11.9%).

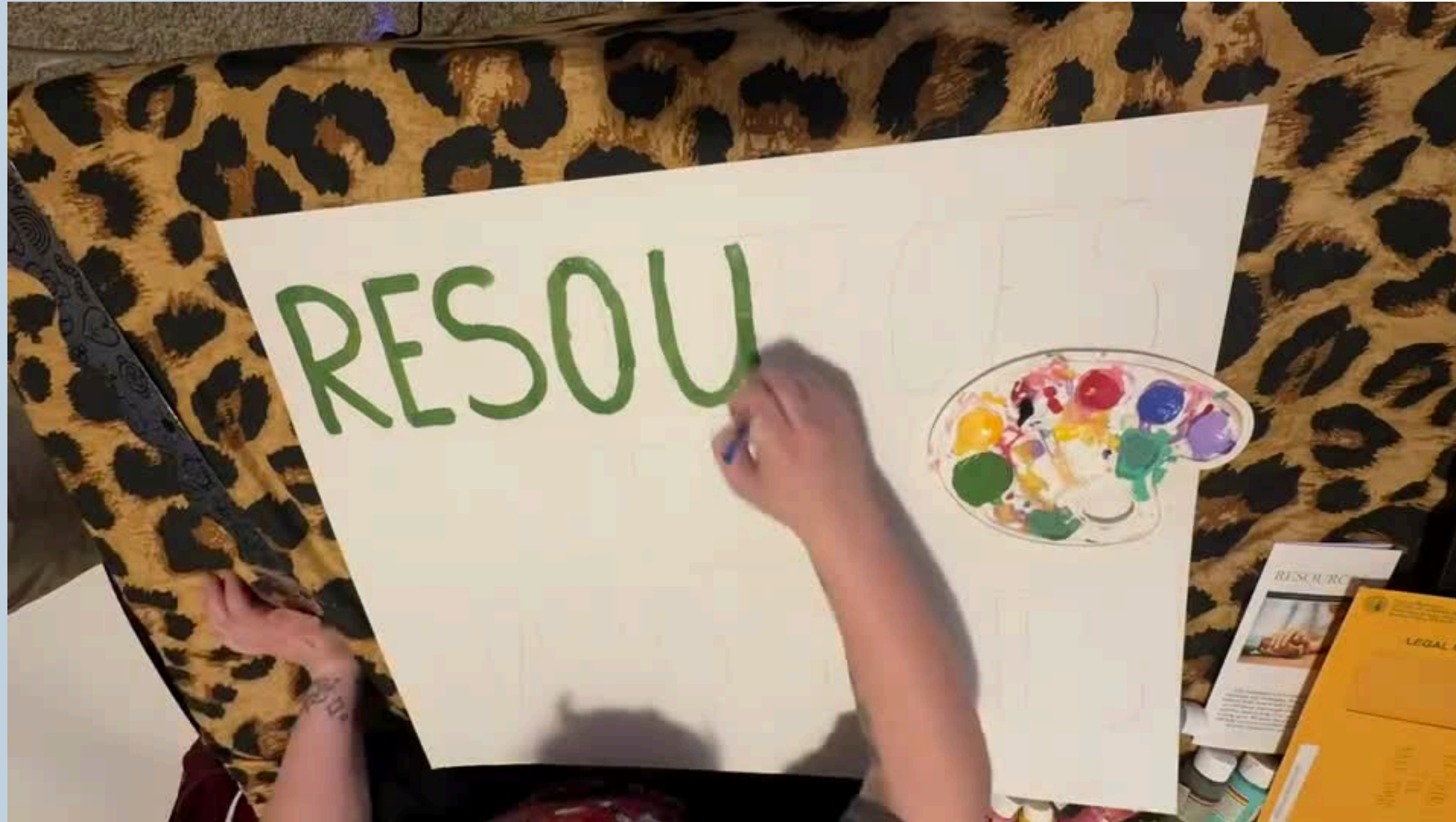
Mental Health

1 in 7 (16.5%) U.S. youth experience a mental health disorder each year (7.7 million children). Multiracial individuals report the highest rates of mental illness (35.5%). Anxiety (19.1%), depression (15.5%), PTSD (4.1%), bipolar (2.8%), schizophrenia (1.2%), are the most common mental health disorders.

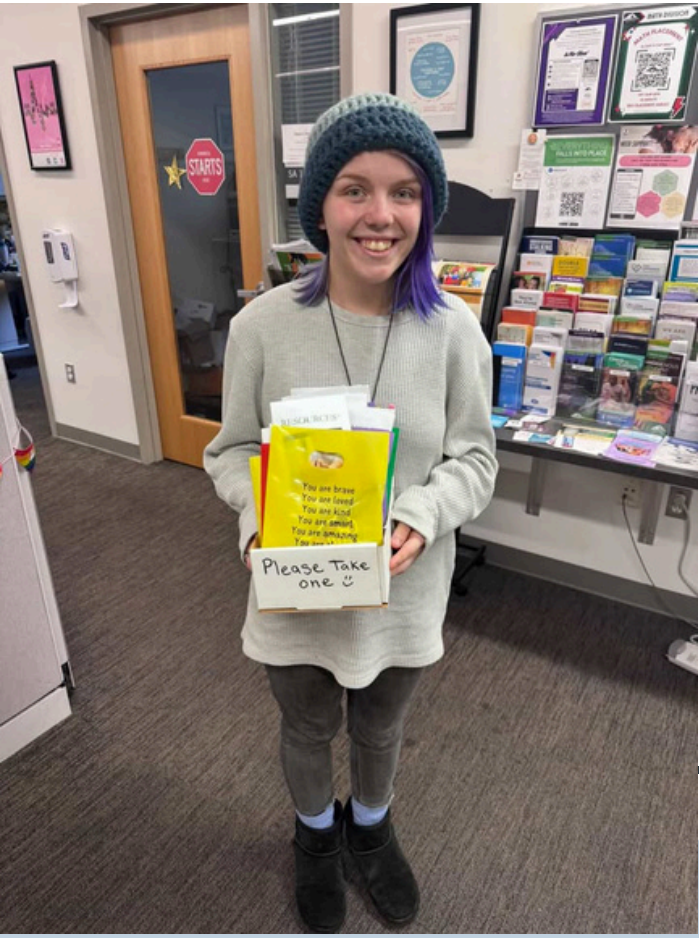
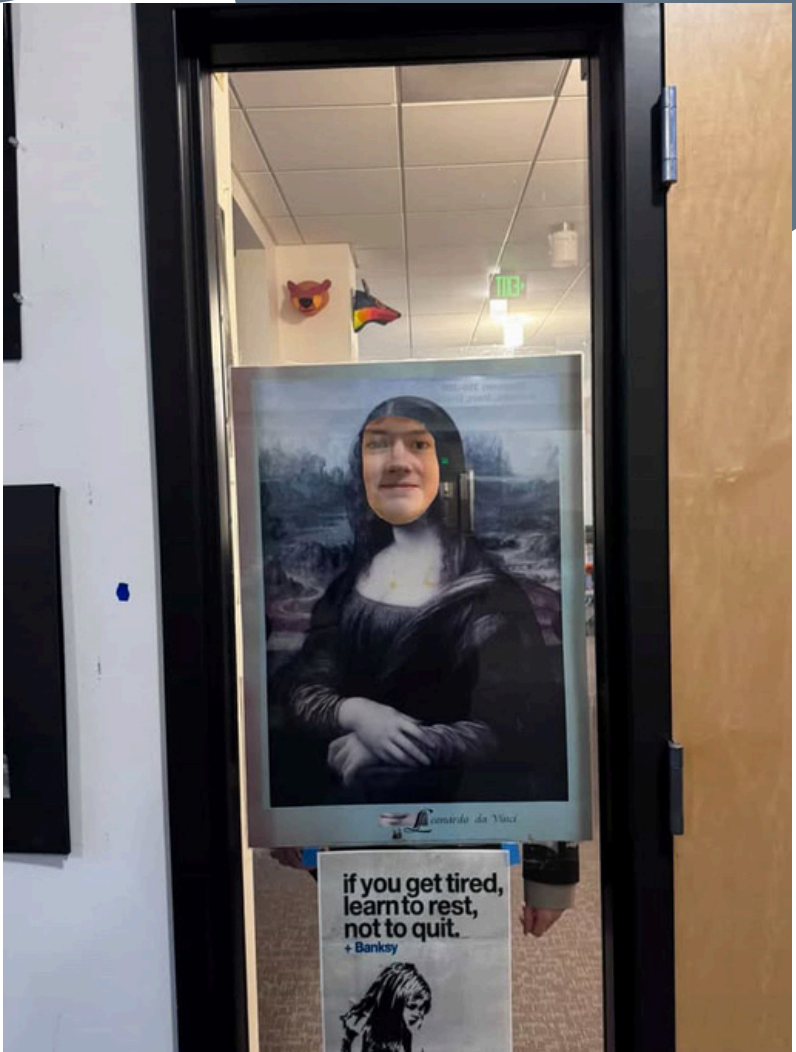
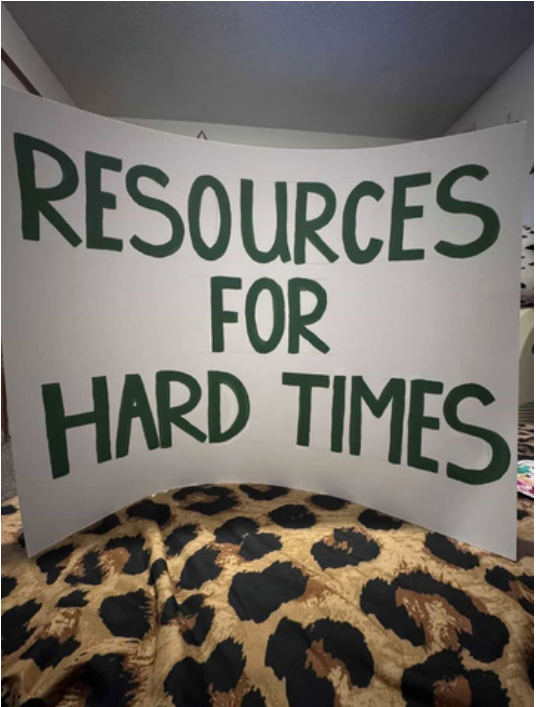
Addiction

Alcohol: 27.9 million people (9.7%)
Stimulants: 4.3 million people
Marijuana: 20.6 million people
Opioids: 4.8 million people (1.7%)
Illicit drugs overall: 73.6 million people (25.5%)
Teenagers: 2 million (7.8%) had a substance use disorder.
Young adults: 9.71 million (25.9%) had a substance use disorder.
Adults: 37.3 million (16.4%) had a substance use disorder. (2024)

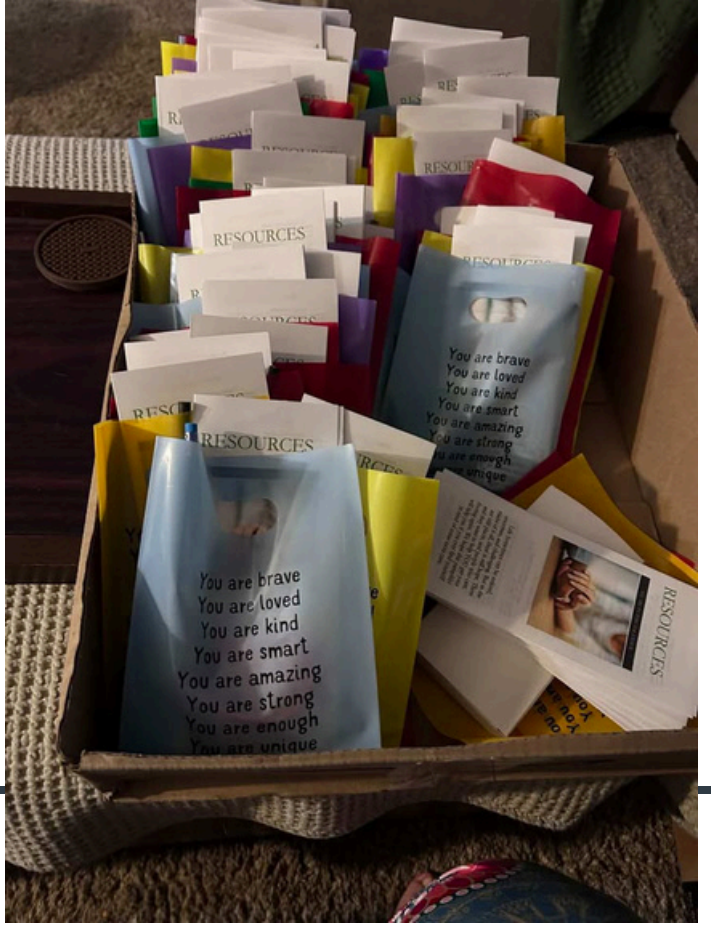
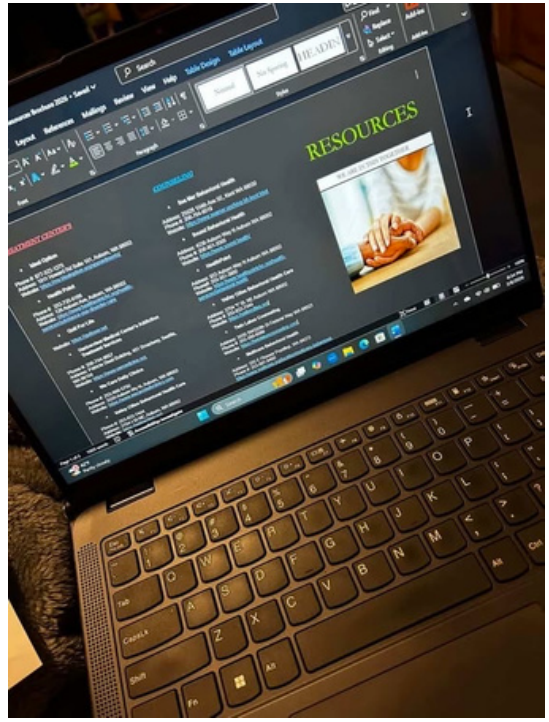
Our Work



OUR WORK



Our Work

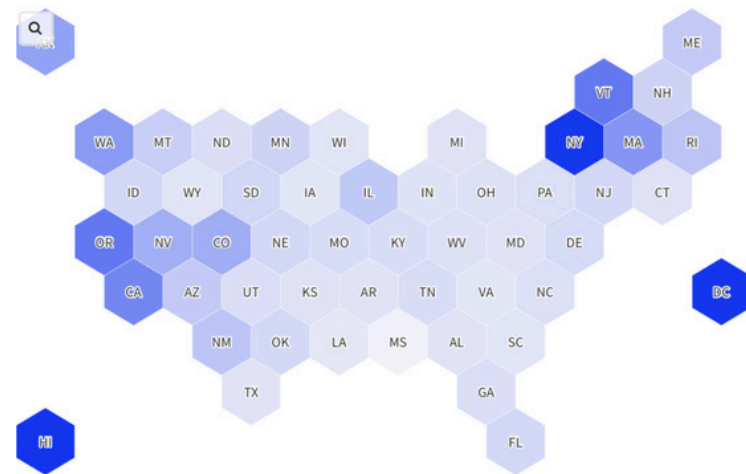


ADDITIONAL STATISTICS

How Many Americans Are Experiencing Homelessness?

Rate of homelessness per 100,000 residents

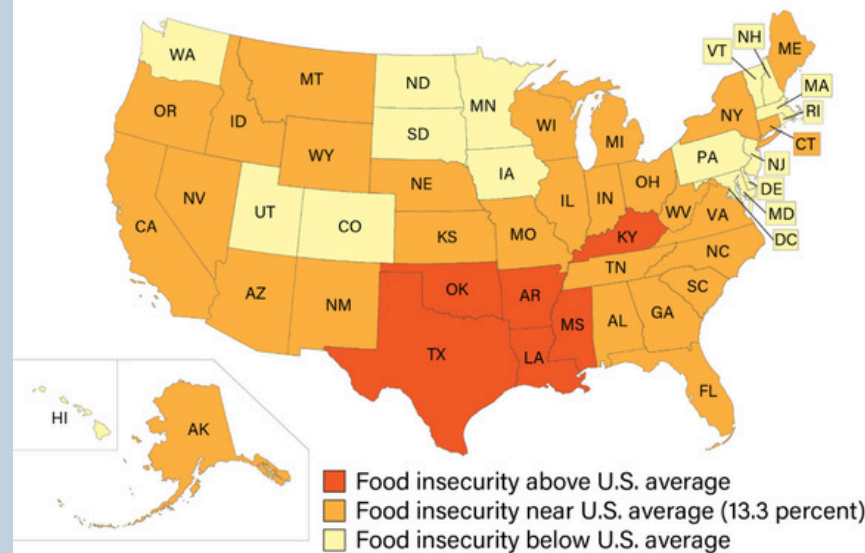
Less homelessness 35 805 More homelessness



Source: 2024 Annual Homelessness Assessment Report, U.S. Department of Housing and Urban Development, U.S. Census

Washington
 Total people unhoused: 31,554
 People experiencing homelessness per capita: 396 (2024)

Prevalence of food insecurity, average 2022-2024

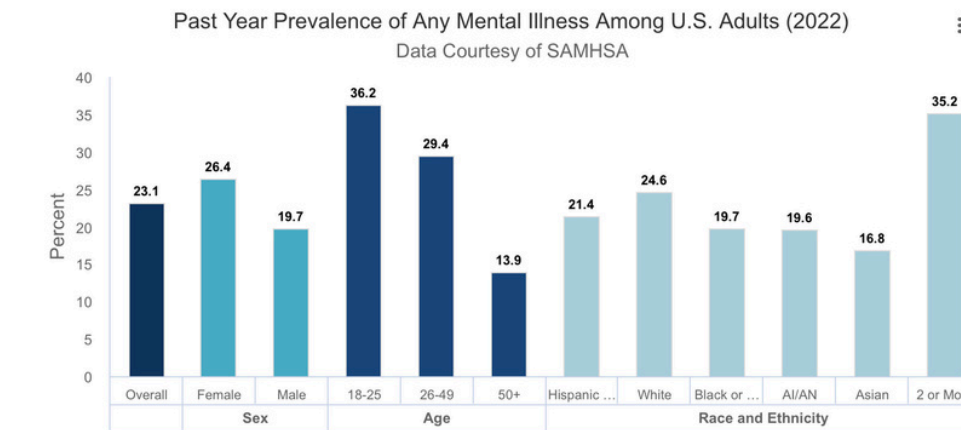


Note: States that are categorized as near U.S. average have prevalence rates not statistically significantly different from the U.S. average.

Source: USDA, Economic Research Service using data from U.S. Department of Commerce, Bureau of the Census, 2022, 2023, and 2024 Current Population Survey Food Security Supplements.

Most of the U.S. suffers from food insecurity (2022-2024)

Figure 1

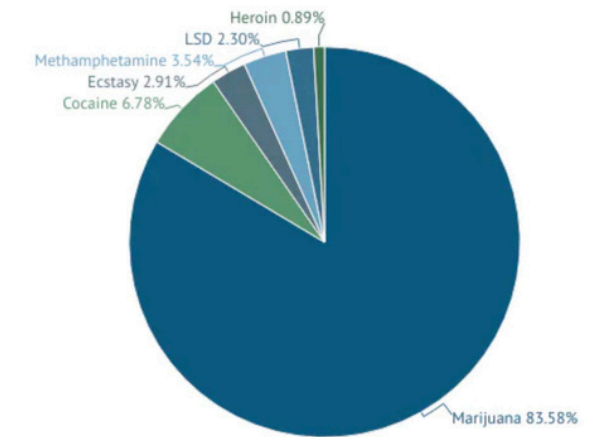


*Persons of Hispanic origin may be of any race; all other racial/ethnic groups are non-Hispanic. AI/AN = American Indian / Alaskan Native

**Note: Estimates for the Native Hawaiian / Other Pacific Islander group are not reported in the above figure due to low precision of data collection in 2022.

Those who are female, 18-25, multi race have the highest % of mental illness in the U.S. (2022)

U.S. Illicit Drug Use in 2023



National Center for Drug Abuse Statistics source: Substance Abuse and Mental Health Services Administration

Marijuana is the most used drug among youth and adults in 2023

Substance	% Using	
	Youth 12-17	Adults 18+
Marijuana	11.2%	22.9%
Opioids	2.2%	3.2%
Prescription pain medication	2.2%	3.1%
Prescription stimulants	0.9%	1.4%
LSD	1.0%	11.6%
Cocaine	0.2%	1.9%
Prescription sedatives	0.3%	0.4%
Methamphetamines	0.2%	1.0%
Heroin	0.1%	2.4%

Substance Usage Rates per Age Group in 2023

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**Thank
You**