

PUGET SOUND VITAL SIGNS

INDICATOR NATURE-BASED RECREATION

This indicator tracks participation in nature-based recreation in the Puget Sound region during winter, spring, fall and summer seasons. Recreational activities tracked are limited to those within the scope of Puget Sound recovery and include both passive and active recreational activities, such as wildlife-watching, fishing, bicycling, boating, and swimming.

Indicator
Progress



Target Status



Target

No targets are currently set for this indicator.

Data Source

Oregon State University Human
Dimensions Lab

[Human Wellbeing Vital Signs
Survey 2024 Summary Report](#)

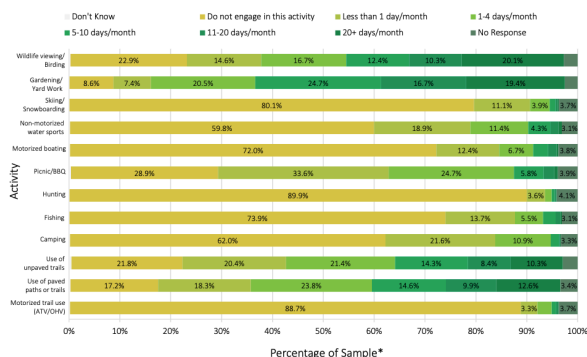
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Last Updated

08/04/2025

Indicator: Nature Based Recreation Spring Recreation (about March-May)



We measure outdoor activity in Puget Sound for 11-12 activities across five frequency options over two seasons. Chart shows the 2024 survey results for spring recreation. Percentages less than 3% are not labeled.

Key Vital Sign Indicator Results

- About 82% of respondents engaged in some sort of outdoor activity at least five days per month.
- Only about 2% of respondents said they did not engage in any outdoor activity provided.
- The most frequent activities in all years and seasons were gardening/yardwork, followed by the use of paved and unpaved paths or trails for walking, running, and biking.
- There have been no statistically significant differences between the frequency of any activities since 2018.

CONTRIBUTING PARTNERS



TO LEARN MORE ABOUT THE VITAL SIGNS VISIT: vitalsigns.pugetsoundinfo.wa.gov OR CONTACT: vitalsigns@psp.wa.gov