

# 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 2022 Summary Report

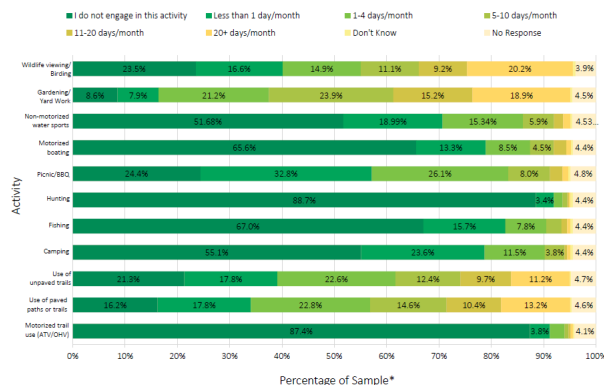
Indicator Lead

Kelly Biedenweg  
[Kelly.Biedenweg@oregonstate.edu](mailto:Kelly.Biedenweg@oregonstate.edu)  
Oregon State University

Last Updated

08/08/2023

### Summer Recreation (about June-September)



We measure outdoor activity in Puget Sound for 11-12 activities across five frequency options over two seasons. Chart shows the 2022 survey results for summer recreation (about June through September). Percentages less than 3% are not labeled.

## Key Vital Sign Indicator Results

- The most frequent activities in 2022 were gardening/yardwork, and the use of paved and unpaved paths or trails for walking, running, and biking.
- There were no significant differences between the frequency of any summer activity between 2018 and 2022.
- During the winter months, the most frequently engaged activities were the use of paved and unpaved paths or trails for walking, running, and biking. See [Interpretation of Results](#) for more details on winter activities.
- The average frequency of hunting declined between 2018 and 2022.

## CONTRIBUTING PARTNERS



TO LEARN MORE ABOUT THE VITAL SIGNS VISIT: [vitalsigns.pugetsoundinfo.wa.gov](https://vitalsigns.pugetsoundinfo.wa.gov) OR CONTACT: [vitalsigns@psp.wa.gov](mailto:vitalsigns@psp.wa.gov)