

PUGET SOUND VITAL SIGNS

INDICATOR OVERALL LIFE SATISFACTION

This indicator measures the level of life satisfaction that residents in Puget Sound perceive. The overall life satisfaction indicator will enable better understanding of how trends in environmental health or recovery efforts are affecting overall human wellbeing.

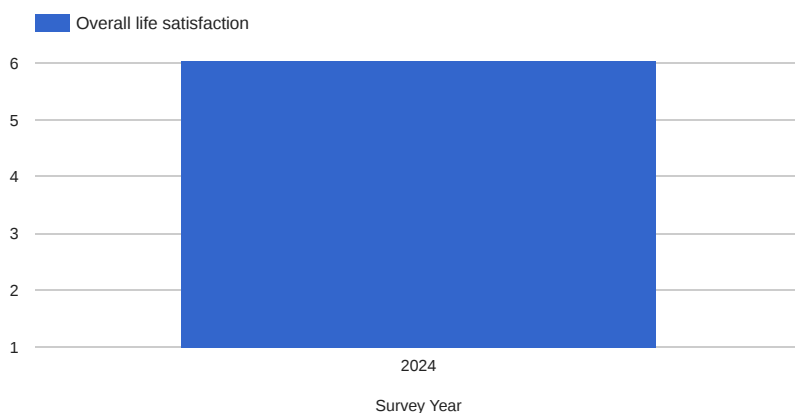
Indicator Progress



Target Status



Overall life satisfaction



Mean level of Life Satisfaction on a seven-point scale (where 1 is dissatisfied and 7 is satisfied).

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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Key Vital Sign Indicator Results

- We measure Life Satisfaction using standardized questions that ask people how satisfied they are with their life.
- The average Puget Sound respondent agrees that they are satisfied with their life, with an average 6.05 on a seven-point scale. This is higher than other regions of the United States, according to the [World Happiness Report](#).
- While we used two new metrics in 2024, there are no significant differences in the status of overall life satisfaction since 2018. See "causes for change" for data from 2018, 2020, and 2022.

CONTRIBUTING PARTNERS



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