DIRECTORS' MESSAGE

Greetings Community Members,

Truckee Meadows Tomorrow (TMT) and United Way of Northern Nevada and the Sierra (UWNNS) are excited to publish the first Community Progress Report for our Truckee Meadows community in fifteen years. The Community Progress Report is designed to present research and data on important community quality of life indicators.

This report provides statistics on safety, economics, health, education, environment, and population, as well as a more in-depth look at local mental health and housing.

Our belief is that access to this information leads to more awareness and understanding of some of the underlying issues and problems facing our community today. While this report will show various areas where improvement is needed, it also highlights the progress that has been made across priorities and other areas of concern. By realistically assessing the needs of our community, we can begin to identify the additional resources and collaborations needed to achieve sustainable community improvements.

Now more than ever, the need for community collaboration is clear. As COVID-19 swept through northern Nevada, the needs of our neighbors shifted faster than ever before. While organizations across the community immediately began addressing these needs and filling service gaps across our region, the existing issues many of our neighbors face on a ‘good day’ were magnified. Sustaining programs and increasing access to information and resources will continue to be crucial to effectively serve all in need. TMT and UWNNS have been at the forefront of community-wide awareness and impact for nearly 30 years.

This report is made possible by partners willing to stand by our side to create long-term positive impact and by a community dedicated to becoming the best it can be. With your support, we will continue to measure our progress, engage our community, and focus on our bright future.

Sincerely,

ERICA MIRICH
Chief Executive Officer
Truckee Meadows Tomorrow

KELLY STEVENS
Vice President, Community Impact
United Way of Northern Nevada and the Sierra

ACKNOWLEDGEMENTS

Thank you to the TMT and UWNNS Boards of Directors who supported the creation of this report.

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Michael McDonald, U.S. Bank
Tom Pfoh, Community Volunteer
Jeff Scott, Washoe County Library System
Will Stednick, Scheels
McKayla Stutz, Charles Schwab

Additional thanks to Erica Mirich and her team at PIVOT Creative & Consulting for providing creative and communications direction. Thank you for turning our text and data document into technicolor!
This report covers our performance on measures of community well-being in ten focus areas. However, we all know that everything is interconnected. How well our schools prepare students affects our region’s ability to attract high-quality business, which in turn impacts our support for protecting and preserving our natural environment and investment in the arts and culture of our community.

It is also important to note that we can also make a difference in these areas of focus. Many areas show improvement in response to specific programs, initiatives, and policy decisions. One person, one business, one agency, or one non-profit can make a difference.

You can take it further. Take a look at the work you are already doing to make our community a better place to live. When you add your efforts to those of others, we will begin to see real differences in our community.

TMT tracks more than 350 individual quality of life indicators via NevadaTomorrow.org, TMT’s Community Data Portal. Each year we update the numbers that reflect our community’s quality of life and how it is changing. Every year we ask, “How are we doing?” and “How do we know?” The region’s performance on our quality of life indicators is the “by the numbers” part of the answer.

But there is a lot more to the story.

In this report, you will find ten focused categories of indicators including Health & Wellness, Education & Lifelong Learning, and Natural Environment. We have grouped indicators into these focused areas to help you clearly understand and see trends. A steering committee of 12 community leaders helped TMT and UWNNS identify the 4-6 key data measures that best represent trends in our community. Each category has its own page that provides an overview and details of key indicators, as well as a link to additional data measures should you desire a deep dive into community data on our NevadaTomorrow.org Community Data Portal.

Each category page will give you the area’s performance in that category, as well as examples of organizations and individuals who are working to improve our scores. We hope you will see how you can contribute, too.

Again, TMT and UWNNS aim to identify the answers to the critical questions:

**HOW ARE WE DOING?**
**HOW DO WE MEASURE IT?**
**WHY IS IT IMPORTANT?**
**HOW DO WE IMPROVE?**

You can use this report to inspire you to action or to gain a better understanding of the areas that need the most work. Good data is an essential starting point for developing a successful plan of action to really move the needle toward a bright and healthy future for us all.
For many years Truckee Meadows Tomorrow published community wellbeing reports to present research and data on important community indicators. Though this type of report has not been published in more than ten years, TMT and UWNNS knew it was time to bring this publication back. Our community needs independent, vetted, and trusted data to help guide us towards a brighter future. This report provides statistics on safety, economics, health, education, population, as well as a more in-depth look at local mental health.

Our hope is that access to this information leads to better awareness and understanding of some of the underlying issues and problems facing our community today. While this report will show various areas where improvement is needed, it also highlights progress that has been made across priorities and other areas of concern. By realistically assessing the needs of our community, we can begin to identify the additional resources and collaborations needed to achieve sustainable community improvements.

Now more than ever, this need for community collaboration is abundantly clear. As COVID-19 swept through the Truckee Meadows community, the needs of our neighbors shifted faster than ever before. While organizations across the community immediately began addressing these needs and filling service gaps across the Truckee Meadows the existing issues many of our neighbors face on a “good day” were amplified. Sustaining programs, increased collaboration, and access to information and resources will continue to be crucial to effectively serve all in need.

TMT and UWNNS have both been at the forefront of community-wide awareness and impact for decades. This is made entirely possible by partners willing to stand by our side to create long-term positive impact, and by a community dedicated to becoming the best it can be. With your support, we will move forward toward our bright future.
COMMUNITY PARTNERS

TMT and UWNNS thank all of our community partners for believing in our vision and supporting our work as we plan for the next 50 years of improved quality of life for all northern Nevadans.

2022 Community Progress Report Steering Committee:
Lt. Governor Kate Marshall
Mike Kazmierski, EDAWN
Annie Zucker, Renown Health
Jeremy Smith, Truckee Meadows Regional Planning Agency
Katie Naninni, NV Energy

Erin Dixon, Washoe County Health District
Julie Murray, Moonridge Group
Erica Mirich, Truckee Meadows Tomorrow
Michael Brazier, The Children’s Cabinet
Ashley Cabrera, UWNNS

Thank you to the members of the 2022 Community Progress Report Steering Committee. These volunteers dedicated valuable time to help identify and select the quality of life indicators you find in this report. Their charge was to choose 4-5 indicators for each focus area that collectively represent a sense of how we are doing as a community within each area. We thank them for their thoughtful insight.
 DEMOGRAPHICS

To get a true understanding of our community’s well-being, it is important to have a sense of who we are. The people who live here are down-to-earth and realistic. They possess a wealth of talent, energy, and dedication. They work hard, share a love of the beautiful environment we live in, and play hard. They lend a helping hand when disaster strikes.

While we can’t begin to tell you everything there is to know about the people who live here in the Truckee Meadows, we can give you a sense of who we are collectively.

<table>
<thead>
<tr>
<th>Population</th>
<th>County: Washoe</th>
<th>480,611 Persons</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>State: Nevada</td>
<td>3,176,325 Persons</td>
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<table>
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<tr>
<th>Percent Population Change: 2010 to 2022</th>
<th>County: Washoe</th>
<th>14.05%</th>
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<tbody>
<tr>
<td></td>
<td>State: Nevada</td>
<td>17.62%</td>
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<table>
<thead>
<tr>
<th>Families Below Poverty</th>
<th>County: Washoe</th>
<th>7,193 Families (6.12% of Families)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>State: Nevada</td>
<td>69,668 Families (9.07% of Families)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Families Below Poverty with Children</th>
<th>County: Washoe</th>
<th>5,296 Families (6.51% of Families)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>State: Nevada</td>
<td>50,690 Families (6.60% of Families)</td>
</tr>
</tbody>
</table>

POPULATION

Many of the indicators are reported on a per capita basis or rate per 1,000 population. The Regional Plan requires that long range planning in the Truckee Meadows be based on the “Consensus Forecast Population” numbers.

In general, Washoe County is maintaining the trend of strong and increasing growth. Nevada is one of the fastest growing states in the country with Las Vegas still leading the boom.

INCOME

For people in the lowest income levels, income in real dollars has been eroding over the past decade. In Washoe County, human service providers report that most of their clients are the working poor – those with jobs who still can’t make ends meet.

Our region has had proportionally fewer people in poverty than either the state or nation in each of the last three census reports. According to the 2020 census, in Washoe County 6.6% of families lived in poverty; in Nevada 9.26% of all people were in poverty.

We also see divergence in median household incomes when looked at in conjunction with race and ethnicity. The median household income in Washoe County is $70,987/year with Asians earning $78,053/year and African American/Black residents earning only $48,815/year. In every race/ethnic category residents of Washoe County earn more per year than residents of similar racial/ethnic backgrounds in the rest of the state.

Average Household Income by Race/Ethnicity

County: Washoe


INCOME

Average family size in Washoe County.

Population of Washoe County in 2022.

Increase in population from 2010 to 2022 in Washoe County.
**EDUCATIONAL ATTAINMENT**

Education is vital to a healthy community and to its quality of life. In Washoe County, 24% of residents earned a high school diploma then stopped their schooling. Approximately 25% earned some college credit but did not finish with a degree. 19% of residents earned a bachelor’s degree, 7.85% have earned a master’s degree while only 1.84% of residents have earned a doctorate degree.

Most students graduating from Universities in Washoe County, NV are White (5,127 and 61%), followed by Hispanic or Latino (1,843 and 21.9%), Asian (544 and 6.47%), and two or more races (399 and 4.75%).

The largest institutions of higher education in Washoe County, NV by number of degrees awarded are University of Nevada-Reno (5,093 and 59.3%), Truckee Meadows Community College (2,476 and 28.8%), and Sierra Nevada College (252 and 2.94%).

**RACE & ETHNICITY**

Washoe County, NV is home to a population of 478,000 people, from which 92% are US citizens. As of 2021, 13.6% of Washoe County, NV residents were born outside of the country (64,200 people).

In 2021, Washoe County’s population was approximately 3/4 White (73.4%) and 1/4 other races (26.3%). There are approximately three times more White (Non-Hispanic) residents (293,000 people) in Washoe County, NV than any other race or ethnicity. People who identify as Hispanic (both White Hispanic and non-White Hispanic) make up approximately 26% of Washoe County’s population.

**AGE**

The Consensus Forecast shows that children are expected to make a smaller percentage of the region’s population in the next 20 years. Seniors are expected to be one of the fastest growing segments of the population in the next 20 years, thanks in part to improved health care and advantageous tax structures for retirees.

In 2019, the median age of all people in Washoe County, NV was 38.6. Native-born citizens, with a median age of 36, were generally younger than foreign-born citizens, with a median age of 46. However, people in Washoe County, NV are getting getting older. In 2018, the average age of all Washoe County, NV residents was 38.
The percentage of obese adults is an indicator of the overall health and lifestyle of a community. Obesity increases the risk of many diseases and health conditions, including heart disease, type 2 diabetes, cancer, hypertension, stroke, liver and gallbladder disease, respiratory problems, and osteoarthritis. Being obese also carries significant economic costs due to increased healthcare spending and lost earnings.

Data sources vary for Nevada, but according to a recent report by the CDC, Nevada’s adult obesity rate was 28.7% which places our state the 14th heaviest in the nation. National obesity rates range from 24% (CO) to 39% (MS). More than half of the states in the U.S. still exceed the national “Healthy People 2020” target obesity rate of 30.5%. No state experienced a decrease in the last year reported.

Health insurance coverage is considered one of the best indicators of access to healthcare. Healthcare for the uninsured is a community-wide concern. Of special interest is the fact that there is significant racial inequity around health care access and rates of insured.

Medical costs in the United States are extremely high, so people without health insurance may not be able to afford medical treatment or prescription drugs. They are also less likely to get routine checkups and screenings, so if they do become ill, they will not seek treatment until the condition is more advanced and therefore more difficult and costly to treat. Many small businesses are unable to offer health insurance to employees due to rising health insurance premiums.

The “Healthy People 2020” national health target from the US Department of Health and Human Services is to decrease the proportion of people without health insurance to 0%.
According to Wikipedia, an annual report is a comprehensive report on a company’s activities throughout the preceding year. Annual reports are intended to give shareholders and other interested people information.

TMT tracked the leading cause of death in the past, and although the measure may not be as important as some other health metrics, the data does act as an early warning sign for certain diseases and associated behaviors. Understanding the causes of death helps residents assess health risks and allows the community to target education and prevention resources. Cause of death shows why the community is losing people who should still have productive years ahead of them.

When quality medical care is hard to find and needed coverage is unaffordable, it impacts health outcomes and overall individual, family, and community health and economics.

According to America’s Health Rankings, Nevada continues to rank 50th on per capita state funding dedicated to public health, including federal funding directed to Nevada—despite seeing increases in funding since 2016.

LEADING CAUSE OF DEATH

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ACCESS TO PRIMARY CARE PROVIDERS

Access to primary care providers increases the likelihood that community members will have routine checkups and screenings. Moreover, those with access to primary care are more likely to know where to go for acute treatment. Communities that lack a sufficient number of primary care providers typically have members who delay necessary care when sick and conditions can become more severe and complicated.

This indicator shows the primary care provider rate per 100,000 population. Primary care providers include practicing physicians specializing in general practice medicine, family medicine, internal medicine, and pediatrics.
Family income has been shown to affect a child’s well-being in numerous studies. Compared to their peers, children in poverty are more likely to have physical health problems including low birth weight and lead poisoning, and are also more likely to have behavioral and emotional problems. Children in poverty also tend to exhibit cognitive difficulties, as demonstrated in achievement test scores, and are less likely to complete basic education.

This indicator shows the percentage of people under the age of 18 who are living below the federal poverty level.

Children in Poverty

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Rent Burden

Spending a high percentage of household income on rent can create financial hardship, especially for lower-income renters. With a limited income, paying a high rent may not leave enough money for other expenses, such as food, transportation, and medical care. Moreover, high rent reduces the proportion of income a household can allocate to savings each month. In Washoe County, almost half of all renters are considered “rent burdened” and that number is higher for young adults (58%) and our seniors (60%).

This indicator shows the percentage of renters who are “rent burdened” - those spending 30% or more of their household income on rent. Rental costs are comprised of rent and utilities (electricity, gas, other fuels, water, and sewer).

26% Of people needing housing assistance who receive it.
46% Of renters who experience rent burden in Washoe County.
$64K The average salary for new jobs created in Washoe County, up from a low of $32,900 in 2014.
Housing Assistance

Not all housing units that are affordable are actually available to low income households. This indicator shows the percentage of housing assistance compared to the need for affordable units. Essentially, this means that only 26% of those in need are actually receiving assistance.

According to the Nevada Housing Division’s (NHD), Annual Housing Progress Report (AHPR), NRS 278 requires the NHD to maintain a statewide low-income housing database and AHPR using information compiled from jurisdiction reports. Clark and Washoe Counties are required to adopt a housing plan as a part of the jurisdiction’s master plan. The plan is required to inventory housing conditions, project future needs and demands, and to adopt strategies to provide for all forms of housing, including that which is affordable.

Housing Opportunity Index (HOI)

The HOI tells the percentage of homes sold in the area that would have been affordable to a family earning the local median income based on a standard mortgage criteria.

The National Association of Home Builders assumes that a family can afford to spend 28% of its gross income on housing. In addition to principal and interest, cost then also includes estimated property taxes and property insurance for the home. Mortgage insurance is not currently a component of the HOI. Including income and housing cost components, the HOI is the share of records in a metropolitan area for which the monthly income available for housing is at or above the monthly cost for that unit. While the Reno/Sparks MSA was in a very strong position from the 1990s through the early 2000s we have dropped significantly in recent years. Employers considering relocating their businesses to Northern Nevada factor housing costs into their economic decision making.

Homelessness

The number of people in our community experiencing homelessness has grown significantly over the past few years. One measure used to understand this issue is the national “point-in-time count.” This count attempts to track how many people are experiencing homelessness on a single night—typically taken in the last 10 days of January each year. Local entities are required to conduct the count and report their findings to the U.S. Department of Housing and Urban Development. According to recent data, about 1,605 people are experiencing homelessness in Washoe County. Though this number is high, it demonstrates an improvement over 2021.

While the Point-In-Time Count has its limitations, it is one of the ways communities across the nation attempt to put a finite number on this challenging issue.

Homelessness: Point-in-Time (PIT) Count

Source: Point in Time Count (2022)

Ratio of Assisted Households to Households in Need

Source: Nevada Housing Division (2020)

Homelessness Point-in-Time Count (PIT) Chart

Source: Nevada Housing Division (2022)

Housing Opportunity Index (HOI) Ranking

Metropolitan Statistical Area (MSA): Reno-Sparks

Source: National Association of Home Builders (2021)

HOUSING OPPORTUNITY INDEX (HOI)

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Source: Point in Time Count (2022)

Ratio of Assisted Households to Households in Need

Source: Nevada Housing Division (2020)

Housing Opportunity Index (HOI) Ranking

Metropolitan Statistical Area (MSA): Reno-Sparks

Source: National Association of Home Builders (2021)
ECONOMIC WELLBEING

Our region has experienced decades of growth. Job creation is strong and unemployment is low. In this situation it may be easy to feel that even the poorest families have the opportunity to get ahead. That may true for many but certainly is not reality for a large portion of our community.

The poverty rate for families in Washoe County may be lower than the national average but challenges with health insurance, housing costs, and childcare expenses impact many of our families and make opportunities for advancement hard to take advantage of or find.

EMPLOYMENT

The unemployment rate is a key indicator of the local economy. Unemployment occurs when local businesses are not able to supply enough appropriate jobs for local employees and/or when the labor force is not able to supply appropriate skills to employers. A high rate of unemployment has personal and societal effects. During periods of unemployment, individuals are likely to feel severe economic strain and mental stress. Unemployment is also related to access to health care, as many individuals receive health insurance through their employer. A high unemployment rate places strain on financial support systems, as unemployed persons qualify for unemployment benefits and food stamp programs.

This indicator describes civilians, 16 years of age and over, who are unemployed as a percent of the Washoe County civilian labor force.

SALARIES FOR NEW JOBS

Employment growth with salaries above the regional average enhances the attractiveness of the region, making it more affordable for residents to be self-sufficient while contributing to a healthy economy, and easier for employers to recruit needed workforce.

This indicator looks at the average salary of new job growth is an indicator of the region’s ability to attract new companies in target sectors.

$553K

The median new home sale price in 2021. This is up from $158,000 in 2011.

$64K

The average salary for new jobs created in Washoe County, up from a low of $32,900 in 2014.
COST OF LIVING

The Cost of Living Index compares living costs (such as housing, transportation, utilities, groceries, and healthcare) for the typical middle-class family. Comparing our costs with cities around the country is often a first step for companies considering relocating to our region.

Keeping living costs close to the national average indicates the region’s affordability for families and helps economic development organizations bring quality jobs to the region as companies compare our costs with other urban areas around the country.

The Cost of Living (COL) Index compares relative consumer living costs (such as housing, transportation, utilities, groceries, and healthcare) for the typical middle-class family. The average for all participating places equals 100. The COL Index does not measure inflation price changes over time.

HOME PRICES

Housing is usually a family’s largest expense, but costs rise dramatically when families live farther away from the area they work and shop, or satisfy other needs such as childcare and healthcare. While median income in the region hasn’t increased significantly, local home prices have more than doubled in the last two decades, forcing more homeowners outside the region, further straining infrastructure needs.

AIRPORT TRAFFIC

Infrastructure to move goods and passengers plays as important a role as regional roads and rail transport. Passenger numbers and cargo poundage continue to annually increase. Aviation provides the only worldwide transportation network, which makes it essential for local, regional, national and global business and tourism. It plays a vital role in facilitating economic growth, particularly in developing communities.

This indicator looks at the passenger and cargo traffic at the Reno-Tahoe International Airport.
EDUCATION & LIFELONG LEARNING

Education is a critical element in our community’s quality of life. Our vision for the future is a world-class education system that is challenging and diverse enough to encourage the highest levels of student and faculty achievement, works in partnership with families and the community, and provides life-long learning opportunities.

A thriving education system is essential to a healthy family system— and the opposite is true too. Healthy families ensure that students are ready to learn.

PER-PUPIL EXPENDITURE

Per-pupil expenditures allow comparisons between years, necessary for formula funding. All taxpayers lose unless our education system is adequately funded to ensure student success throughout their lives. Supporting quality education with tax dollars is critical unless alternative funding sources are tapped. And although quality education is not guaranteed through state funding, the fact remains that there is no such thing as free education.

According to the US Census Bureau, in 2020 the national average per pupil expenditure was $12,612. That same year, New York spent $24,040 per pupil, or about 2.5x the amount spent per student in Nevada.

This indicator looks at the total per-pupil expenditures (not including state or district sponsored charter school data) as reported in Annual Reports of Accountability by WCSD.

HIGHER EDUCATION

For many people, having a bachelor’s degree is the key to a better life. The college experience develops social and cognitive skills and allows learning about a wide range of subjects, people, cultures, and communities. Having a degree also opens up career opportunities in a variety of fields, and is often a prerequisite for higher-paying jobs. It is estimated that college graduates earn about $1 million more per lifetime than their non-graduate peers.

This indicator shows the percentage of people aged 25 years and over who have earned a bachelor’s degree or higher.

$9,653
The per pupil expenditure for WCSD in 2021. This is far less than the national average of $12,756.

30%
Of people in Washoe County have earned a higher education degree.

82%
The graduation rate for WCSD in 2021 - this is down from a high of 86% in 2019. The COVID-19 pandemic is a suspected variable.
According to Wikipedia, an annual report is a comprehensive report on a company's activities throughout the preceding year. Annual reports are intended to give shareholders and other interested people information.

A benefit of belonging to the Smarter Balanced Assessment Consortium is the ability to measure Nevada and WCSD against other member states and districts. The chart to the right shows how our district and state compare to other states in the consortium. While we will continually strive toward higher performance and to outperform other states, it is encouraging to note that WCSD students outperform or align closely with other students, as a whole.

This indicator demonstrates how WCSD compares in proficiency to other states.

According to the Washoe County School District’s www.wcsddata.net site, “WCSD’s Class of 2021 saw a District graduation rate of 82 percent, with 4,062 students earning their diploma in 2021.”

Why is graduation so important? The graduation milestone provides a launching pad for many opportunities, including college, other postsecondary education, highly skilled careers, and military service.

The economic and societal benefits of graduation have been shown by many economists who estimate that the net benefit to taxpayers ranges from $77K to $127K per graduate. In WCSD, this would conservatively translate to a benefit of more than $60M over the past 5 years. In addition, high school graduates earn at least 50% more than high school dropouts in lifetime income, and unemployment rates are double for high school dropouts vs graduates.”
NATURAL ENVIRONMENT

Quality of life includes air and water that are clean and accessible to everyone. It means that we can enjoy the diverse and beautiful lands, plants, and animals that make our Truckee Meadows so desirable and that varied land uses support many different types of active outdoor lifestyles.

Ask anyone living in the Truckee Meadows what they love most about this area and chances are that they will mention northern Nevada’s stunning mountain vistas, abundant rivers and creeks, sweeping vistas, and the ability to get out and enjoy these resources in quick measure. Typically, our natural environment ranks in the top three reasons why people live, work, play, and stay in the Truckee Meadows.

Physical Environment Ranking

The physical environment includes the parts of where we live and work (e.g., homes, buildings, streets, and parks). The environment influences a person’s level of physical activity and ability to have healthy lifestyle behaviors. For example, inaccessible or nonexistent sidewalks or walking paths increase sedentary habits. These habits contribute to obesity, cardiovascular disease, and diabetes. Other factors that contribute to healthy lifestyle behaviors are access to grocery stores and farmer’s markets, recreation facilities, and the presence of a clean and safe physical environment.

This indicator shows the ranking of the county’s physical environment according to the County Health Rankings. The ranking is based on a summary composite score calculated from the following measures: daily fine particulate matter, drinking water violations, severe housing problems, driving alone to work, and long commute while driving alone.

WATER CONSUMPTION

With less than 7.5" of rainfall per year, using our limited resource wisely is crucial. Efficient water consumption and conservation are key to ensuring water resources into the future. A “living river” system helps improve Truckee River water quality for many uses from drinking water to recreation to wildlife habitat.

Water demand is dependent upon residential household use, commercial use in the production of goods and services, and irrigation (dependent upon landscaping and weather). As the region grows, the population, housing units and landscaping drive residential demand, the largest component of Truckee Meadows Water Authority (TMWA) system use. According to the 2008-2030 Water Resource Plan, TMWA expects to meet projected retail water use through 2030, but conservation measures will play a larger role as drought years continue.

The number of EPA violations for drinking water in Washoe County last year.

The amount of park acreage per 1,000 people in Washoe County. The recommended number is 10.5 acres/1,000 people.

Physical environment ranking; an index based on air quality, housing, carpooling, sidewalk access, open space, and recreation. On a scale of 1-18 (1 being “healthiest”).
**PARKS ACREAGE**

The National Parks & Recreation Association recommends 10 acres of community parks and 20 acres of regional parks per 1,000 population. Washoe County has less than half that amount.

Access to parks provides opportunities for outdoor activities and healthy living during all seasons. The Truckee Meadows Regional Plan promotes an integrated open space and greenways network linking parks, bike- and pedestrian-ways, trails and neighborhood facilities.

This indicator shows acres of parkland available for every 1,000 residents in the cities of Reno and Sparks, and all of Washoe County. The National Recreation Planning Association recommends a total of 6.25 to 10.50 acres of parkland be available for every 1,000 residents.

**DROUGHT**

Droughts have many consequences for health. Droughts can reduce air quality and compromise the health of people with certain medical conditions, such as asthma, by increasing the amount of airborne particles, including pollen and smoke. Additionally, drought increases the risk of people catching the fungal infection, Valley Fever, and increases transmittal of diseases spread by insects, such as West Nile virus. Further, reduced rainfall can limit the growing season for farmers and also create conditions that damage crops, which can increase food prices or cause shortages of certain healthy foods.

This indicator shows the number of weeks per year in which there was moderate drought or worse according to the U.S. Drought Monitor.

**AIR QUALITY**

One key indicator of quality of life is air quality. The region’s air quality affects the health of our more vulnerable citizens and impacts an active outdoor lifestyle important for tourism and attracting young professionals to the region.

The National Ambient Air Quality Standards measure the region’s air quality affecting our health and outdoor lifestyle, important for tourism and attracting young professionals to the region. We often think of wildfires being the leading cause of air pollution but this indicator is also influenced by the following:

- Weather (e.g., high wind and blowing dust)
- Vehicle miles traveled
- Congestion
- Public transportation
- Alternative transportation
- Smoke from wildfires, controlled burns, or fireplaces
- Industries
- How often the roads are sanded
LAND USE & INFRASTRUCTURE

The land use choices we make are a blueprint for our community’s design. Our vision of the future provides effective infrastructure that enables all of us to work, raise our families, and educate our children in a safe, clean, and prosperous way. Community infrastructure attracts tourists as well as high paying jobs. Our region will foster sustainable development that meets the needs of present generations without impairing the future generations’ ability to meet their own needs.

A respect for the environment helps maximize the use of land and infrastructure. Involved neighborhoods are essential for a thriving community. Smart land use and high quality infrastructure are essential if we are to achieve our vision of a robust economy, world-class education, and safe community.

COMMUTE TIMES

Lengthy commutes cut into workers’ free time and can contribute to health problems such as headaches, anxiety, and increased blood pressure. Longer commutes require workers to consume more fuel which is both expensive for workers and damaging to the environment.

This indicator shows the average daily travel time to work in minutes for workers 16 years of age and older.

MEANS OF MOBILITY

Access to affordable and reliable modes of transportation, plus alternative and active transit, indicates an effective transportation system with diverse options critical to our economy, traffic congestion, and environment.

The 2035 Regional Transportation Plan set a 10% performance target for alternative mode share use by 2035 in the transit service area. The previous 2030 plan set non-auto mode split goals of 3% by 2012; 4% by 2020; and 6% by 2030. In the future, it would be interesting to identify the percentage of residents who live within 1/4 mile of an RTC public transportation bus stop and ride the bus to work, since 78% of workers over 16 years and older drove to work alone in 2018.

This indicator looks at the types of transportation used to get to work in Washoe County.

The average commute time in minutes for workers in Washoe County.

The food equity ranking in 2021, up from 7.3 in 2015. Zero represents the worst rank and 10 is best.

Of people commute via car, down from 78% in 2016.
Access to parks and playgrounds provides opportunities for outside activities, play opportunities, and healthy living during all seasons.

Parks and recreation have three values that make them essential services to communities:
1. Economic value
2. Health and environmental benefits
3. Social importance

Just as water, sewer, and public safety are considered essential public services, parks are vitally important to establishing and maintaining the quality of life in a community, ensuring the health of families and youth, and contributing to the economic and environmental well-being of a community and a region. There are no communities that pride themselves on their quality of life, promote themselves as a desirable location for businesses to relocate, or maintain that they are environmental stewards of their natural resources without having a robust, active system of parks and recreation programs for public use and enjoyment.

The number of parks has remained relatively constant for the last 20+ years, despite the fact that our regional population has grown tremendously. By not adding more park acreage we are losing ground on this important community resource. In fact, according to the National Recreation and Park Association, Washoe County should have 210 based on our population, more than double our current number.

This indicator shows the number of parks and playgrounds, including major/regional parks, community/neighborhood parks, and playgrounds in Washoe County.

Food Equity

A lack of access to healthy foods is a significant barrier to healthy eating habits. Low-income and underserved areas often have limited numbers of stores that sell healthy foods. People living farther away from grocery stores are less likely to have access to healthy food options on a regular basis and thus more likely to consume foods which are readily available at convenience stores and fast food outlets. Food insecurity, defined as limited availability or uncertain ability to access nutritionally adequate foods, is associated with chronic health problems including diabetes, heart disease, high blood pressure, hyperlipidemia, obesity, and mental health issues including major depression.

The food environment index combines two measures of food access: the percentage of the population that is low-income and has low access to a grocery store, and the percentage of the population that did not have access to a reliable source of food during the past year (food insecurity). The index ranges from 0 (worst) to 10 (best) and equally weights the two measures.
PUBLIC SAFETY

Even of all the other elements of quality of life are in place, it doesn’t mean much if we don’t feel safe and secure in our own community. A sense of well-being depends on our ability to find jobs, get around easily, and to be secure at work, home, school, and at play. Our vision for the future includes a stable community, a healthy economy, and strong families. Security is critical to economic development and tourism.

Economic health contributes to a stable community. Education and recreation opportunities keep young people engaged. Land use design and infrastructure planning can contribute to our collective safety and health. Security is essential if we are to achieve our vision of a world-class education system, excellent public services, and a growing economy.

CRIME INDEX

The Crime Index reported in the FBI’s Uniform Crime Reporting (UCR) program is the most commonly used measure of crime and is a consistent sample that allows for national comparisons of crime rates per 1,000 population. Not all crimes are brought to the attention of the police. Also, some serious crimes, such as kidnapping, occur infrequently. Therefore, UCR limits the reporting of offenses known to the eight selected crime classifications because they are the crimes most likely to be reported and most likely to occur with sufficient frequency to provide an adequate basis for comparison by law enforcement and use as social indicators.

The Crime Index has been modified many times since first published in 1960, mainly because larceny-theft makes up almost 60% of reported crime, and thus the sheer volume of those offenses overshadow more serious but less frequently committed offenses.

This indicator measures crime rate per 1,000 of population. The UCR program collects Part I violent crime and property crime offenses that are serious by nature and/or volume, including murder and non-negligent manslaughter, forcible rape, robbery, aggravated assault, burglary, larceny-theft, motor vehicle theft, and arson.

13-14
The age for juveniles most likely to run into trouble with law enforcement.

44%
Of Washoe County middle schoolers experienced zero Adverse Childhood Experiences.

25.7
The current crime index, which is significantly improved from 46.7 in 2004.
ADVERSE CHILDHOOD EXPERIENCES

Preventing Adverse Childhood Experiences (ACEs) and early trauma is a potential key to helping children and adults thrive.

Children who experience traumatic events or environments can develop challenges in their lives. Without a healthy adult to support them, they may experience toxic stress and encounter chronic health conditions like depression, asthma, or diabetes.

Of the Nevada teens surveyed to look for Adverse Childhood Experiences (such as sexual, physical or verbal abuse, or living in a household with other unsafe factors) 44% report having no experiences. 25% report having one experience and 31% report having experienced 2 or more.

The CDC’s Vital Signs/ACEs report represents a milestone in our collective understanding of the overall health and socioeconomic impact of ACEs in this country and what can be done to prevent them.

- **Takeaway #1**: ACEs are common—probably more common than you think—nationwide nearly 61% of all respondents experienced at least one type of ACEs. Additionally, nearly one in six respondents (16%) reported four or more types of ACEs.

- **Takeaway #2**: The effects of ACEs add up over time and impact our health and life outcomes. The more types of adversities you experience, the higher your risk of experiencing poor health outcomes, like depression, overweight/obesity, and cardiovascular disease. You are also more likely to engage in health risk behaviors, such as smoking and heavy drinking and to experience poor socioeconomic outcomes, such as unemployment. For example, odds of depression were five times higher among adults with high levels of ACEs exposure v. those reporting no ACEs exposure.

- **Takeaway #3**: Preventing ACEs could help prevent poor health and life outcomes. At least five of the top ten leading causes of death are associated with ACEs. Preventing ACEs could potentially result in:
  - 44% reduction in depression
  - 26% reduction in COPD
  - 24% reduction in heavy drinking
  - Almost 13% reduction in coronary heart disease, the leading cause of death in the US

- **Takeaway #4**: ACEs are preventable. Creating the conditions for safe, stable, nurturing relationships for children, families, and entire communities is fundamental to preventing ACEs.

2019 NEVADA MIDDLE SCHOOL
YOUTH RISK BEHAVIOR SURVEY - ACES SPECIAL REPORT

Total Surveyed: 5,305 middle school students across Nevada

*Students with no ACE scores were excluded.

- **Ever Physically Forced to Have Sex:**
  - YES: 4.6%
  - NO: 95.4%

- **Ever Been Hit, Beaten, Kicked, or Physically Hurt by an Adult:**
  - YES: 15.1%
  - NO: 84.9%

- **Sometime, Mostly, or Always Have Been Sworn At, Insulted By, or Put Down by an Adult:**
  - YES: 34.3%
  - NO: 65.7%

- **Ever Seen Adults in Their Home Slap, Kick, Punch, or Beat Each Other:**
  - YES: 16.2%
  - NO: 83.8%

- **Ever Lived with Someone Who Was Depressed, Mentally Ill, or Suicidal:**
  - YES: 22.2%
  - NO: 77.8%

- **Ever Lived With Someone Who Was a Problem Drinker, Alcoholic, or Abused Drugs:**
  - YES: 23.2%
  - NO: 76.8%

ACE Scores: 0: 44.4%, 1: 24.8%, 2: 15.9%, 3+: 15%

DOMESTIC VIOLENCE

Domestic violence is a learned and preventable behavior that uses fear and a form of oppression that foster violence and the abuse of power over other people. Victims of domestic violence cross racial and ethnic, socio-economic and gender lines. The cost of domestic violence to society includes emergency shelter and housing, healthcare, survivor assistance, approximately one-third of all police response time, and millions of dollars of paid workdays lost annually.
BEHAVIORAL HEALTH

Health and wellness are fundamental to community prosperity. A healthy community embraces all areas of health—both physical and behavioral. Behavioral health encompasses areas of mental health and substance use. Our vision of a healthy future focuses on healthy behavior and prevention. These allow people to celebrate and live life to the fullest. Access to behavioral health care encourages the best health outcomes for all in Northern Nevada.

Additionally, supporting dedicated and caring doctors, nurses, and caregivers who are at the heart of our healthcare system and are a key piece of the behavioral health puzzle is essential for progress.

MENTAL HEALTH PROVIDER RATE

Though Nevada consistently ranks near the bottom of all states for investments in mental health (47th, according to Mental Health America), the silver lining is that the number of mental health care providers is on the rise. In fact, Washoe County has approximately 50% more mental health providers per 100,000 than the rate for the entire state, 327 providers per 100,000 population for Washoe versus 219 providers per 100,000 population for Nevada.

This indicator shows the mental health provider rate in providers per 100,000 population. Mental health providers include psychiatrists, psychologists, licensed clinical social workers, counselors, and advanced practice nurses specializing in mental health care.

AMOUNT SPENT ON ALCOHOL

Drinking alcohol has immediate physiological effects on all tissues of the body, including those in the brain. Alcohol is a depressant that impairs vision, coordination, reaction time, judgment, and decision-making, which may in turn lead to harmful behaviors. According to the CDC, excessive alcohol use, either in the form of heavy drinking (drinking more than 15 drinks per week on average for men or more than eight drinks per week on average for women) or binge drinking (drinking more than five drinks during a single occasion for men or more than four drinks during a single occasion for women), can lead to increased risk of health problems, such as liver disease and unintentional injuries. Alcohol abuse is also associated with a variety of other negative outcomes, including employment problems, legal difficulties, financial loss, family disputes, and other interpersonal issues.

This indicator shows the dollar amount spent in 2021 on alcoholic beverages per customer. This includes beer, wine, whiskey, and other alcoholic beverages purchased for home and away from home.

$785

The average amount spent on alcohol in Washoe County per consumer unit.

4.9

Average number of days of mental distress experienced by adults in Washoe County.

327

The number of mental health care providers (per 100,000) in Washoe County, up from 220 in 2014.
Suicide rates are a marker for mental health. Nevadans commit suicide at a rate that continues to be almost twice the national average. Suicide is one of the data measures likely impacted by economic and health risk factors. According to recent data, Washoe County residents committed suicide at a rate of 20.3/100,000 people in 2019. This number is significantly higher than the national rate of 14/100,000 people and double the Healthy People 2020 target of 10 deaths/100,000 people. The pandemic exacerbated the feelings of loneliness and isolation for many in the Truckee Meadows. The rate of depression and anxiety among our teens also is on the rise. According to the Youth Risk Behavior Survey results, almost 10% of Washoe County teens reported actually attempting suicide in the past 12 months, compared to 8.9% of teens across the state.

The Healthy People 2030 national health target is to reduce the suicide rate to 12.8 deaths per 100,000 population. This indicator shows the age-adjusted death rate per 100,000 population due to suicide.

**SUICIDE**

Suicide among young people continues to be a serious problem in the United States. Suicide is the third leading cause of death in people between the ages of 15 and 24 and the overall eleventh leading cause of death in the United States. Males are four times more likely to die from suicide than females, but females are more likely to attempt suicide. In addition to deaths by suicide, there are an estimated 16 attempted suicides for every suicide committed. Research shows that most people who commit suicide have a diagnosable mental illness or substance abuse disorder. It is important to note that Native American youth are at significant increased risk for suicide.

This indicator shows the percentage of high school students who have attempted to commit suicide during the 12 months prior to the survey. Please note that this data is from the most recent Youth Behavior Risk Survey in 2019. Data from the 2021 survey should be published in mid-2022.

**YOUTH MENTAL HEALTH**

Human behavior contributes strongly to health outcomes. A majority of preventable deaths and illnesses in the United States are directly caused by human behaviors such as smoking, risky sexual behaviors, and unhealthy diets. Behavior modification depends on many structural and environmental factors as well as individual motivation and education.

This indicator shows the ranking of the county in overall health behaviors according to the County Health Rankings. The ranking is based on a summary composite score calculated from the following measures: adult smoking, adult obesity, physical inactivity, access to exercise opportunities, excessive drinking, alcohol-impaired driving deaths, sexually transmitted infections, teen births, and a food environment index.
CIVIC & NEIGHBORHOOD ENGAGEMENT

Being connected to, invested in, and belonging to the community is the essence of democracy. Social responsibility and stewardship for the future of one’s community changes how we feel about where we live and changes how we feel about ourselves.

When those who live, work and play in the Truckee Meadows are engaged civic participants, quality of life for all improves. We welcome and aim to provide a voice to the full diversity of perspectives, ages, genders, orientations, cultures, races and ethnicities who call the Truckee Meadows home. When we all are invested in our community, our collective future is bright.

CONNECTIVITY

Owning a computing device and being able to access the Internet can be useful for maintaining one’s health. Healthcare consumers can obtain data regarding physicians and hospitals in their area. Those with chronic diseases can find information on how to manage their illness. Individuals can also learn best practices regarding wellness, fitness, and diet to maintain their health.

This indicator shows the percentage of people in households that have an internet subscription.

VOTING IN WASHOE COUNTY

Voting is one of the most fundamental rights of a democratic society. Exercising this right allows a nation to choose elected officials and hold them accountable. Voting ensures that all citizens have the opportunity to voice their opinions on issues such as the use of tax dollars, civil rights, and foreign policy. By voting, individuals shape their communities and influence the next generation of society. A high level of turnout indicates that citizens are involved in and interested in who represents them in the political system.

This indicator shows the percentage of registered voters who voted in the 2020 presidential election.

19.2%

Annual growth in corporate statewide volunteer hours.

32M

Estimated corporate statewide volunteer hours.

18.5%

Increase in presidential election turnout from 2004 (68.2%) to 2020 (86.7%).
According to the Moonridge Philanthropy Group and Applied Analysis’ 2020 Corporate Giving Report, “The top issues identified by respondents as the most pressing facing Nevada were also the areas that received the greatest amount of financial support from the corporate community. Leading the way this year was the health and social services category which includes homeless services and affordable housing. The industry received an average of nearly 36 percent of respondents’ financial contributions. Education was the second-most supported cause, with roughly 22 percent of average contributions allocated to K-12 and higher education.

Of this, K-12 education initiatives received nearly 16 percent of total contributions, while higher education received roughly 6 percent. Other categories receiving significant support were community infrastructure (7 percent), civic and public affairs (6 percent), and arts and culture (5 percent). In total, 63 percent of respondents noted that their total contributions increased at least slightly from the prior year, while just 11 percent reported a decrease in social investments during the year.”

Regarding volunteerism, the 2020 Corporate Giving Report states, “Employees play an important role in corporate social investment strategies. Volunteer programs established by companies can have positive impacts for the community, the company and their employees. Participating in volunteer activities can be a deeply rewarding experience and can provide the opportunity for teambuilding among company employees. Participation can also improve job satisfaction and instill the feeling that the work employees are doing is making a positive impact in their community.”

In 2019, approximately 82 percent of respondents indicated that their company has some sort of volunteer program, a dramatic increase from 2018 when just 57 percent of respondents indicated that they have an established volunteer program. Of those companies with established volunteer programs, 26 percent reported that at least 50 percent of their employees participated in one or more of their volunteer programs during the past year.

In total, survey respondents reported that their employees spent over 210,000 hours volunteering in the community during 2019, an estimated average of 2.6 hours per employee. Applied statewide, this would equate to 3.2 million volunteer hours spent in the community, up from an estimated 2.7 million in the prior year. Employees are a high priority in Nevada companies’ social investment and hopefully this is a trend that continues into the future.
WHO WE ARE

Truckee Meadows Tomorrow is the independent, trusted organization that gathers, manages and shares quality of life data to inform and foster positive change in the community.

We provide stakeholders in northern Nevada, and across the state, the data needed to improve community health and affect social change.

OUR MISSION IS TO ENHANCE OUR QUALITY OF LIFE BY PROVIDING ACCURATE, TIMELY, AND OBJECTIVE DATA AS THE BASIS FOR COMMUNITY ENGAGEMENT AND DIALOGUE.

In 1989, Truckee Meadows Tomorrow (TMT) was crafted out of an Economic Development Authority of Western Nevada (EDAWN) committee in response to research showing quality of life as the major reason businesses relocated to the region.

TMT started as an “organization of organizations,” whose members helped spread the idea at the grassroots level that indicators could be used to measure the region’s quality of life in relation to the impacts of growth.

The original partnering organizations included Truckee Meadows Regional Planning Agency, EDAWN, Washoe Medical Center (now Renown Health) and the Washoe Education Association.

For almost three decades, Truckee Meadows Tomorrow has collaborated with business owners, policy-makers, educators, nonprofits, community leaders and residents across Washoe County and the surrounding region to define measurable and actionable indicators to monitor how we’re doing as a community at preserving and enhancing our quality of life. Tracking the indicators over time allows TMT to measure how our residents live, learn, work, recreate, raise families, and care for themselves and others. Reporting on the community’s well being transforms the data into real “stories”—where we’ve been, are now, want to go, and how we can get there.

Our NevadaTomorrow.org Community Data Exchange Tool is the data hub for metrics & performance measures, providing comprehensive, unbiased, and non-partisan data about the region and the state of Nevada. Accessing the data hub is the catalyst to rally collaborative opportunities for positive outcomes. Additionally, engaging the community helps all residents understand the important role the indicators play in our region now and in the future.

Now almost 30 years later, TMT remains a vital player in our community by providing accurate, timely, and objective data needed to prioritize, address, and advocate for quality of life issues.
WHO WE ARE

Since 1942, United Way of Northern Nevada and the Sierra (UWNNS) has been investing in our region by bringing people together to give, advocate, and volunteer. We believe that it takes the entire community to make change happen.

OUR MISSION IS TO UNITE COMMUNITIES TO IMPROVE LIVES.

OUR VISION IS TO CREATE OPPORTUNITIES FOR CHILDREN, FAMILIES, AND INDIVIDUALS TO REALIZE THEIR FULL POTENTIAL.

UWNNS is a “collective impact” organization committed to listening to our northern Nevada community. We believe that it takes the entire community to make change happen, and when we come together to put our resources to work, we can solve our most pressing issues and create opportunities for a better life for all.

Our organization serves a unique role in providing a place where local nonprofits, businesses, elected officials, and community members who are passionate about an issue can come together and explore solutions on behalf of the community. With our partnerships, we look for lasting solutions, raise awareness surrounding our most pressing issues, and promote social and policy change to help strengthen northern Nevada families.

OUR VALUES

Growth Mindset: We lead with a growth mindset. We are focused on constant improvement and expanding our impact in our community.

Diversity, Equity, and Inclusion: We respect the dignity, uniqueness, and intrinsic worth of every individual, and we engage them in finding sustainable solutions to social issues in northern Nevada. We are committed to being an equity-focused organization and disrupting disparities that exist in our community.

Integrity and Transparency: We hold ourselves to high ethical and moral standards in conducting UWNNS’s business. We are committed to being diligent stewards of the resources invested by our donors in our efforts. We will conduct ourselves with the highest integrity while ensuring transparency in our actions and decisions.

Innovation and Adaptability: We relentlessly pursue innovative solutions to our community’s most pressing issues and adapt to changing conditions in our communities. We aren’t afraid to think creatively to solve a problem.

Collaboration: We convene and lead our community to solve our community’s most pressing issues.

Gratitude: We show authentic appreciation of our supporters and each other. UWNNS is about the people.
Truckee Meadows Tomorrow & United Way of Northern Nevada and the Sierra know you need comprehensive, unbiased data to achieve your goals. We hope this report provides you with the information you seek and kick-starts community conversations that will help make our collective future bright!