

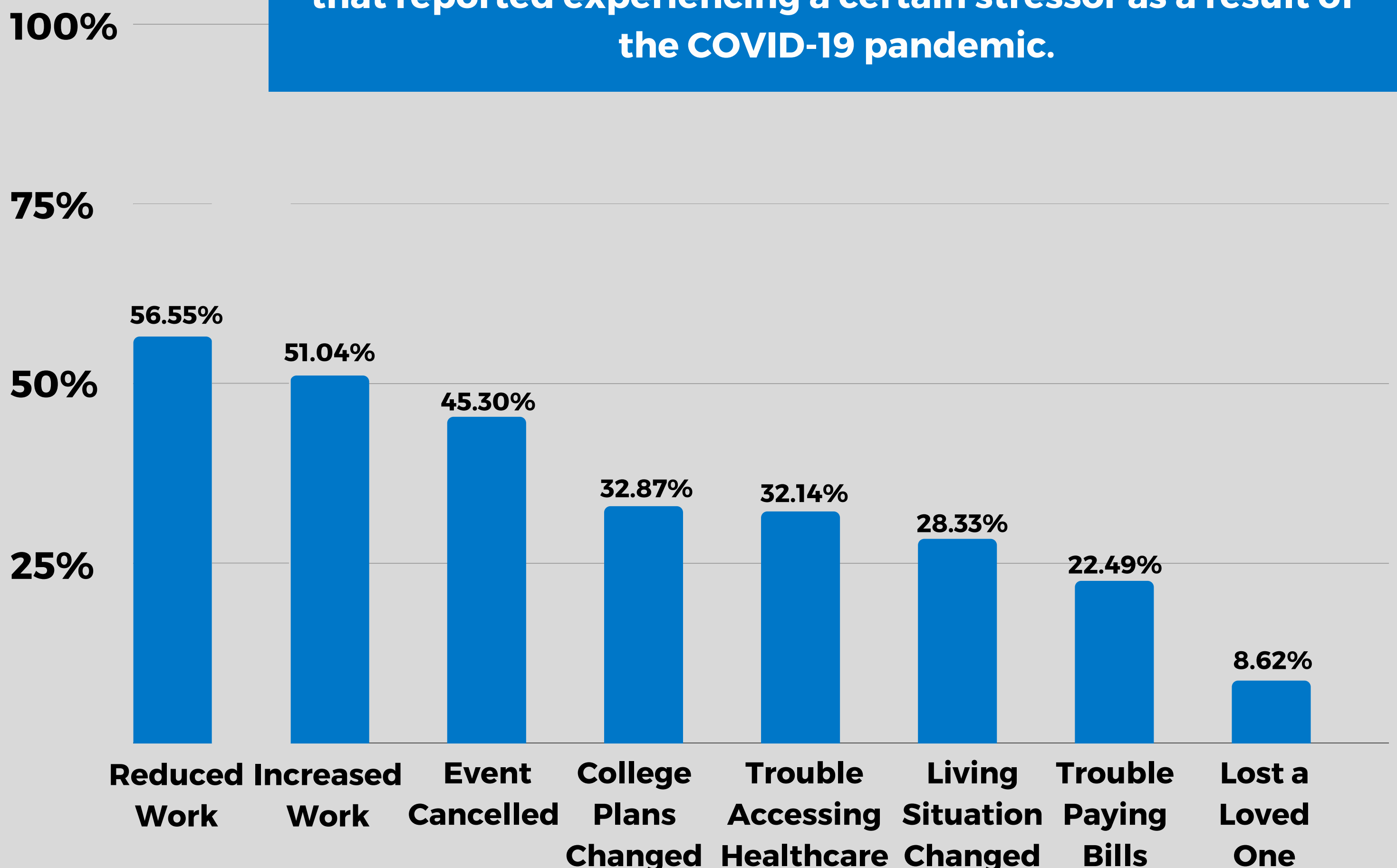
How are Washington young adults impacted by COVID-19?

BACKGROUND

Data collected through the Centers for Disease Control and Prevention’s “Household Pulse Survey” showed that 18-29 year olds reported more symptoms associated with depression and with anxiety than any other age group during the COVID-19 pandemic. In the **Washington Young Adult Health Survey**, we asked **18-25 year olds** in Washington what stressors they experienced during this challenging time (more info [here](#)).

RESULTS

The graph below shows the percentage of 18-25 year olds that reported experiencing a certain stressor as a result of the COVID-19 pandemic.



MAIN POINTS

Young adults are experiencing changes in work, trouble accessing healthcare, trouble paying bills or changes in living situations. These experiences may be related to increased financial stress for young adults.

Young adults are also experiencing challenges that may interfere with a crucial period of identity development in their life, including having an important life event cancelled, having college plans change, and losing a loved one.

HOW CAN I USE THIS INFORMATION?

YOUNG ADULTS

For those struggling with ways to cope with stress, consider online support options or reaching out to loved ones in your community. Young adults can utilize an online resource called '[CheckInWithYourself](#)' to receive tailored coping strategies.

PARENTS

EDUCATORS

POLICY MAKERS

Not only is it important to consider how young adults are impacted by specific challenges, but it's important to note that some young adults are experiencing multiple challenges at once. Parents, educators and policy makers could consider ways they can help young adults in their community cope with stress and alleviate financial stressors.

A total of 1,756 participants from 2021 are included for the purpose of this brief. To ensure data were as representative as possible, post-stratification weights were applied to data, and unweighted findings were similar to weighted findings. The **Washington Young Adult Health Survey** is funded by the **Division of Behavioral Health & Recovery** in **Washington's Health Care Authority**.

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