

2025 Community Health Needs Assessment

For 31 years, Healthy York Coalition has proudly worked alongside community partners, united by shared goals, to support and strengthen the health of York County. Together, we listen to our neighbors and learn from one another to understand the county's health needs — reflected in the Community Health Needs Assessment (CHNA). The 2025 CHNA highlights both the challenges and the opportunities that impact the 457,051 people who call York County home.

Healthy York Coalition assesses health needs, convenes community partners and facilitates action to drive progress toward better health for all.



Demographics

Residential population **457,051**

Median household income **\$79,183**

Poverty rate **8.4%**

Median age **41.0***

County health ranking **31st**
in state

* Higher than state and national medians



Scan to view the full report or visit wellspan.org/CHNA

Summary of Findings

The 2025 CHNA paints a picture of the health of our community and identifies concerning trends across York County. The data show that health issues in York County are strongly associated with obesity and associated health indicators, including lack of physical activities and poor mental health.



Housing affordability remains a challenge, with the median home value over \$220,700, a 43% increase since 2022.



Most residents report being affected by poor mental health.



Economic disparities persist: People of color have a significantly lower median household income.



71% of residents are considered obese or overweight.



15% of residents do not believe vaccines are generally safe, a barrier to preventative care.



Most children lack access to high-quality pre-K (12.5%).



Health issues related to physical environment, including poor air quality, are significant.



82% of residents are not getting the recommended physical activity.

Indicator	2011	2014	2017	2022	2025	Trends
Did not exercise 30 minutes on five days in past week	79%	83%	84%	82%	82%	
One or more days with depressive symptoms in past two weeks	61%	59%	64%	65%	73%	
BMI: Overweight and Obese	66%	68%	72%	73%	71%	
Experienced any symptoms of not getting enough sleep				71%	68%	
Stressed about money worries				44%	52%	
At least one day physical health was not good in past month	39%	39%	45%	45%	52%	
At least one day mental health was not good in past month	45%	38%	40%	46%	51%	
No strength training in past month	60%	56%	53%	61%	51%	
Ever experienced trauma					49%	
Stressed about recent loss of a loved one				38%	34%	
Did not participate in physical activities or exercise in past month	20%	24%	26%	37%	32%	
Economic hardships (one or more)	39%	36%	37%	27%	31%	
Has a high-deductible health plan			25%	23%	31%	
Used marijuana one or more days in past month				17%	24%	
Has not seen a dentist in past year	24%	26%	27%	25%	24%	
Binge drinking behavior	15%	16%	19%	14%	16%	
Poor or fair health	14%	17%	16%	16%	16%	
No routine check-up with doctor in past 12 months	31%	26%	24%	27%	15%	
Does not believe vaccines are generally safe and effective				13%	15%	
Experienced a reduction in pay				13%	15%	
Does not get needed social and emotional support	8%	7%	7%	10%	14%	
Skipped or reduced meals				11%	13%	
Experienced any unfair treatment b/c of race, ethnicity or cultural background				12%	13%	
Needs help reading health materials at least occasionally				16%	12%	
Does not have a personal physician	12%	12%	16%	12%	11%	
Did not receive health care in past year because of cost	12%	13%	12%	9%	10%	
No health insurance any time during past year (ages 18-64)		18%	14%	9%	10%	
PHQ-8 current depression indicator – currently depressed	9%	9%	13%	10%	9%	
Adult smoking (% current smokers)	22%	24%	19%	15%	8%	
Fell behind paying rent or mortgage				5%	8%	
Ate fast food three or more days in past week		14%	14%	12%	7%	
Used illegal drugs in past year		5%	7%	4%	6%	
Adult e-cigarette vaping (% current vapers)			6%	4%	5%	
Uninsured (% of pop. under age 65 without health insurance)		11%	10%	5%	5%	
Did not receive health care because of a lack of transportation		7%	6%	4%	3%	

The 2025 Community Health Needs Assessment was completed in partnership with WellSpan Health. Thank you to WellSpan Health for their continued support of Healthy York Coalition.



Get Involved

The CHNA data suggests opportunities to address challenges and opportunities that impact our community. We need your help to make a difference – contact us to get involved!

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