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## **How Hopeful is Thurston County? Data will answer the question by the end of 2018**

Olympia, Wash. – Research tells us that hope is the single best predictor of a person's ability to thrive and flourish. People who have hope are more productive at work, they are higher achievers, attain higher academic success and they are healthier, with lower rates of depression and PTSD.

In fact, researchers are able to define and measure the individual components of hope — at an individual-level, organizational-level and community-level.

In June, Hope Thurston will measure, analyze and establish a Thurston County "Hope Score." This data will inform the development of strategies to improve social determinants of health in alignment with the Thurston Thrives framework.

**About Hope Thurston:** Hope Thurston is an initiative to relate Hope Theory and science to the Thurston Thrives framework and community collective impact. We believe that the future can be better than the present, and that we have the ability to influence that outcome. Hope is a pathway to the goal of community wellness. We seek to understand the desire to thrive and develop strategies to improve hope within individuals and to build a thriving community.