Community of Focus: Springbrook

Communities of Focus is Tacoma-Pierce County Health Department's effort to improve health in areas with some of the poorest health outcomes in the county. Springbrook is 1 of 6 Communities of Focus.

Help share Springbrook’s story.
You are the experts on your community. What matters to you may make a difference in your community’s health.

First people
The Steilacoom Tribe were the first people to live in Springbrook.

Who lives here?
About 4,300 people live in Springbrook. It is a community of working families, African Americans and immigrants. Most families rent their homes. Some residents are working hard to keep their homes.

Local leaders
Many groups make Springbrook a great place to live. Springbrook Connections is one of the most active. They host programs that help families. They also create a space for community members to come together.

Learn more at springbrookconnections.com. You can find Springbrook Connections on Facebook or email them at springbrookconnections@gmail.com.

Strengths and assets
Springbrook cares about housing, food, health and mobility.

Springbrook Park is the central place where things happen.

In 2018, Springbrook focused on improving 3 issues in their community. With funding from the Health Department:

• 871 families ate 12 free meals.
• 1,800 pounds of fruits and vegetables were harvested from community gardens.
• 40 kids enjoyed a summer day camp at Springbrook Park.

What do the data say?
Obesity, diabetes, asthma and smoking rates are lower in Springbrook than in Pierce County and Washington.

Two health indicators—teen pregnancy and low birth weights—are higher in Springbrook than in Pierce County and Washington.

Source: Washington Department of Health

Health starts where we live, learn, work, play and pray.

• What makes Springbrook a good place to live?
• What would make Springbrook a better place to live?

Together we can make Springbrook the best place to live!

Learn more at tpchd.org/springbrook. Email us at healthequity@tpchd.org.