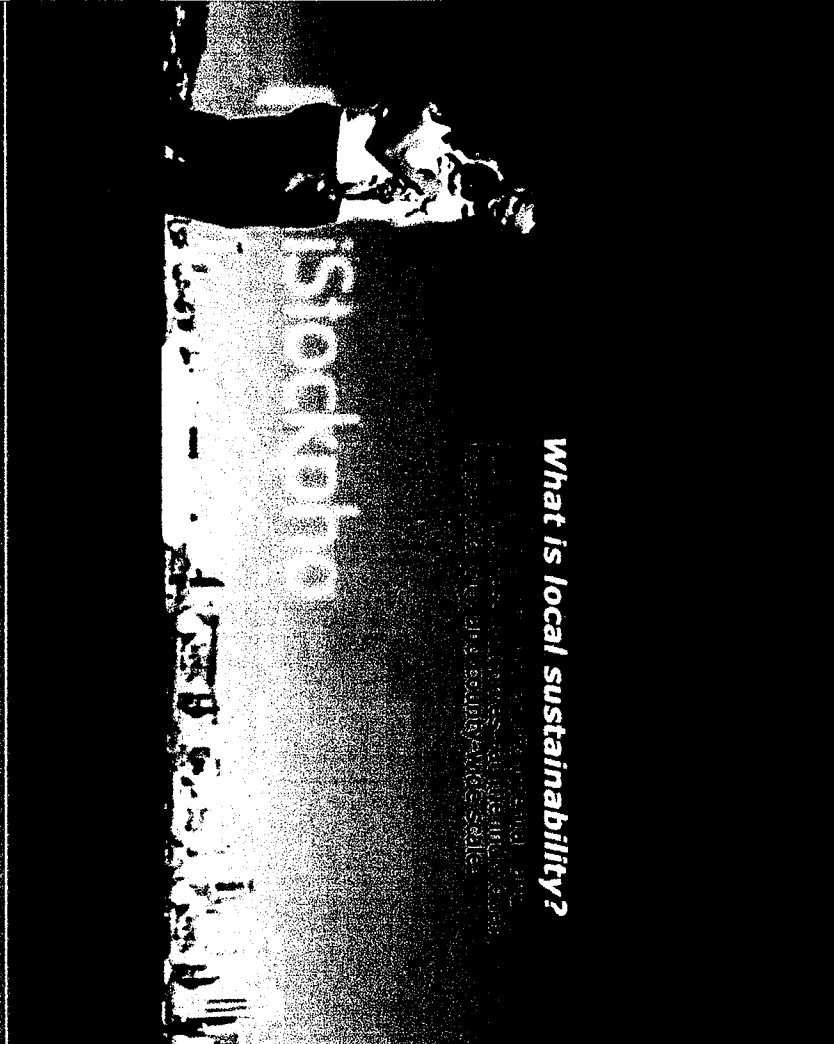




# LOCAL EYES SUSTAINABILITY

- Home
- My household
- Neighborhood
- County
- What can I do?
- Resources
- Stories
- About
- Feedback



**My Household**  
 How sustainable is my lifestyle compared with my neighbors, city and county averages?

**My Neighborhood**  
 Neighborhood sustainability profile and household comparison

**County**  
 King County sustainability profile

**What can I do?**  
 Local improvement options and their benefits



**King County**

YOUR LOGO HERE!

PARTNER LOGO

PARTNER LOGO

PARTNER LOGO

PARTNER LOGO

*Handout @ 5-12-09 PCC Mtg.  
 2009-0275*

You're In: Local Eyes>How Sustainable is my Household?

## How Sustainable is my Lifestyle?

Enter information below to find out how your sustainability profile compares to others in your neighborhood.

### 1 My household location

### My employment location or school

Enter your address or cross-street:

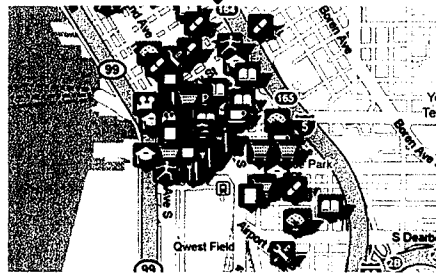
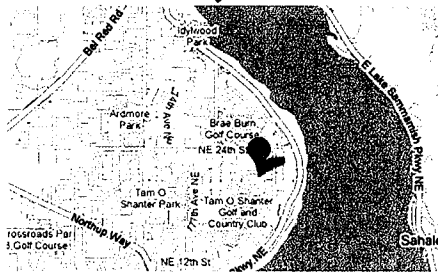
(Examples: "201 Jackson" or "2nd & Jackson"). Do not include any city name, state, zip code or punctuation. [More tips.](#)

2024 184th Av. NE

201 S Jackson St

SUBMIT

Commute distance: 14 Miles



### 2 My commute profile

Commute distance

14 Miles

Monthly parking cost at work or school

\$500

Miles per gallon of your primary vehicle

17

Commute pattern:

Select which method of commuting you do in an average work week. Be sure to include multiple types if you use a combination.

Bus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rail	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bicycle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Car	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Mo	Tu	We	Th	Fr	Sa	Su

### 3 My individual activity, household and consumption profile (more)

Persons in household:

4

4

Average home energy cost (per month):

Electricity:

\$120

How?

\$60

Natural gas:

\$95

How?

\$65

Physical Activity:

Walking 20 min or more:

2

How?

2

Aerobic activity 20 min or more:

2

How?

2

Food:

Servings of meat consumed per week:

25

How?

15

Servings of local produce consumed per week:

2

How?

17

Consumption of Goods and Services:

Number of garments dry cleaned/month:

5

How?

5

Hours of jet travel per month:

0

How?

0

SUBMIT

How does my lifestyle compare?  
 Lifestyle to Neighborhood to County and National Averages

- Your neighborhood
- King County
- USA

# LOCAL EYES SUSTAINABILITY

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You're in: Local Eyes > My Neighborhood

## My neighborhood sustainability profile and household comparison

Enter your address to get a sustainability profile on your neighborhood.

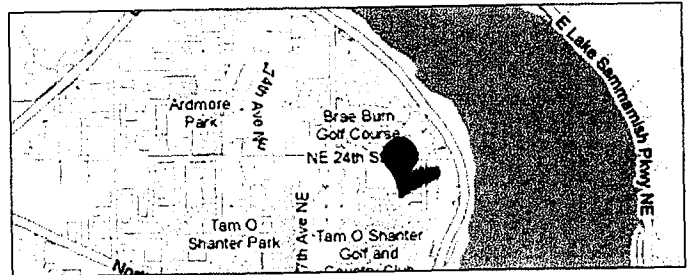
### 1 My Address

Enter your address or cross-street:

(Examples: "201 Jackson" or "2nd & Jackson"). Do not include any city name, state, zip code or punctuation. [More tips.](#)

2024 184th Av. NE, Redmond

SUBMIT



### NEIGHBORHOOD ENVIRONMENTAL CHARACTERISTICS

#### Climate Pollution Footprint

From transportation: 1.57 metric tons CO2/week

From household energy use: 2.15

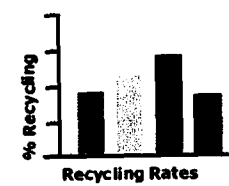
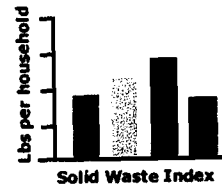
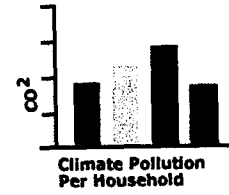
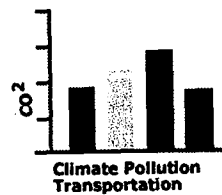
#### Waste Avoidance and Environmental Behaviors:

Disposal patterns: 85, high recycling rate

Avg. pounds solid waste disposed/house/week: 34

Percent solid waste recycled: 20%

### How Does My Neighborhood Compare? To City, County and National Averages



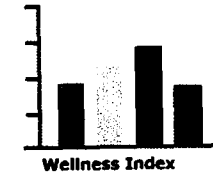
### SOCIAL EQUITY & HEALTH CHARACTERISTICS

#### Health Outcomes

Life expectancy: 71

Wellness index: 14

Racial diversity: 20% non-white

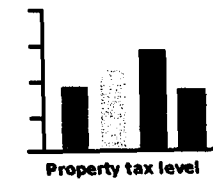
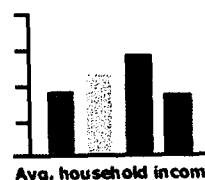


### ECONOMIC CHARACTERISTICS

#### Income and tax levels

Average household income: \$75,000

Property tax level: \$4,501



# LOCAL EYES SUSTAINABILITY

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You're in: Local Eyes > County

## King County Sustainability Profile

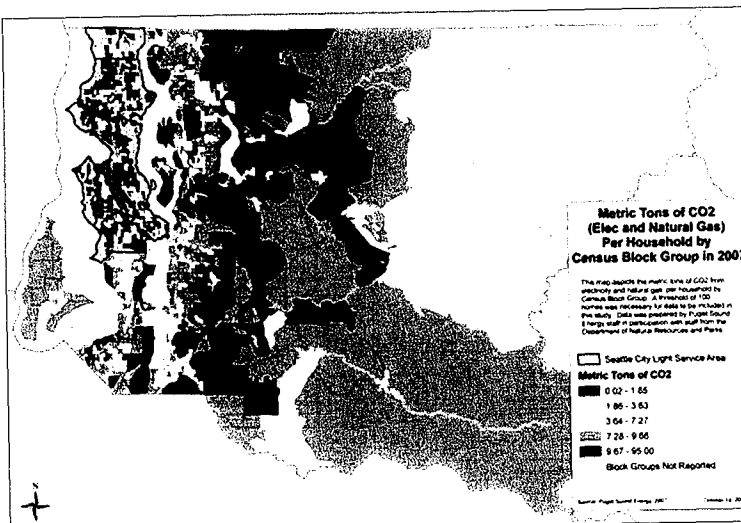
Enter information below to find out how your sustainability profile compares to others in your neighborhood.

### Select different views of King County's sustainability profile

#### Environment

Select county views

Climate pollution from household

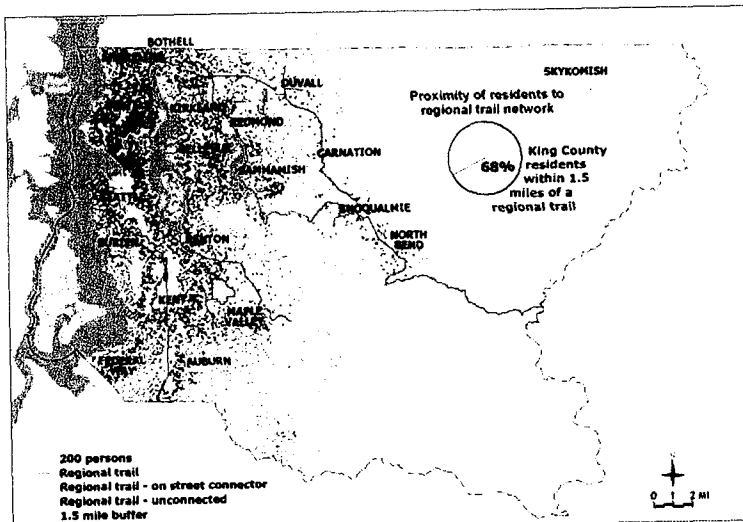


Climate pollution from household

#### People/health/wellness

Select county views

Regional trail access

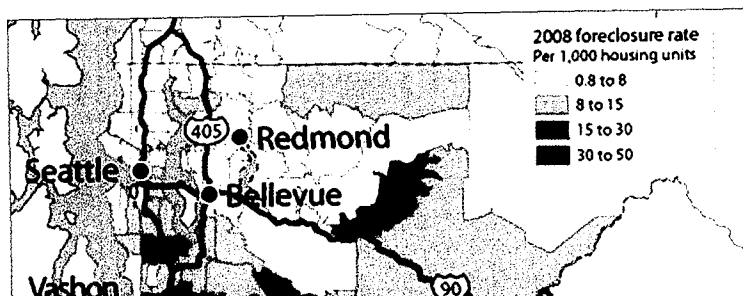


Regional trail access

#### Economics

Select county views

Foreclosures rates



You're in: Local Eyes > Local Resources

### Local Resources

How do you want to localize and lighten up? Opportunities for sustainable improvements may be found either near your home or workplace. Use the mapping function below to identify these options.

**1**

#### Enter your addresses for home and work.

Enter your address or cross-street:

(Examples: "201 Jackson" or "2nd & Jackson"). Do not include any city name, state, zip code or punctuation. [More tips.](#)

#### My household location

2024 184th Av. NE

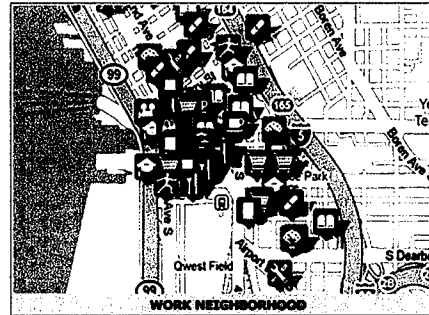
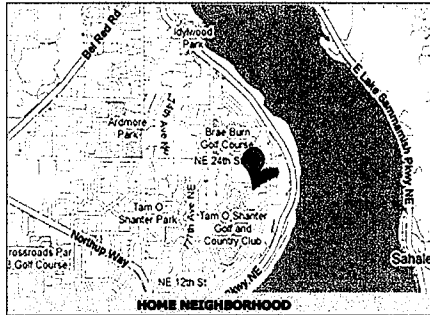
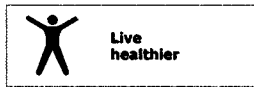
#### My employment location

201 S Jackson St

**2**

#### Neighborhood Resources

Click one or more of your sustainability preferences:



**Tangerine Thai**  
 425-372-1212  
 1402 186th Ave NE, Redmond  
 Discount on Thursdays, vegetarian specials!

**3**

#### Regional Resources



#### Lighten your footprint



King County's Natural Yard Care Program  
 City of Redmond's Environmental Program



#### Live healthier



#### Save money

Eco-consumer  
 Puget Sound Energy Conservation Tips



#### Combined benefits

# LOCAL EYES SUSTAINABILITY

Home My household Neighborhood County What can I do? Resources Stories About Feedback

You're in: Local Eyes>What can I do?

## What can I do?

Regional and neighborhood options to save money, localize, lighten your footprint, and live healthier. Calculate the benefits of potential lifestyle improvements.

### How you can Localize and Lighten Up

Options for improvement

#### Commuting

##### Reduce Carbon Footprints with Commute Alternatives

When it comes to traveling, avoiding the car is maybe the best way to reduce carbon emissions. Public transportation, biking or walking are potential alternatives. If none of these options are available and you have to use a car to get around, there are still several things you can do to cut down on CO2. If you're looking for a new or used car, do some research to determine the most fuel-efficient vehicle you can afford.



##### Tips on How to Green Up Your Ride

- [Basic travel options](#)
- [Commuter Cafe](#)
- [Ridesharing](#)
- [Bike map](#)
- [In Motion](#)
- [Be green tips](#)

#### Resources

**Metro Trip planner**  
Try out Metro's trip planner to save money on your commute.



Bus schedules by  route number

#### Food Consumption



##### Sustainable lifestyle and fast food

Grabbing a fast food meal once in awhile when you're traveling or when your schedule is tight won't have much of an effect on your health. But if fast food is a regular part of your diet, you might want to consider the health ramifications.

- [What are healthy food choices?](#)
- [9 Steps to a Healthy Diet](#)
- [Facts about the Nutrition Facts Label: What the numbers mean to you](#)
- [5 A Day - The Color Way](#)

**Puget Sound Fresh**  
Cut down your carbon impact, eat healthier, and support your local farmers by eating local fresh foods.



#### Recreation/Exercise

This one's a no-brainer. When you exercise, you burn calories. The more intensely you exercise, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but activity you accumulate throughout the day helps you burn calories, too.



##### Physical activity in King County

- [Why is physical activity important?](#)
- [Children and youth](#)
- [Get active your way](#)
- [2006 Health of King County Report](#)
- [Working to Increase physical activity in King County](#)
- [King County Physical Activity Coalition](#)
- [Physical activity for older adults](#)



**Find a Park near you**  
Enter your address and find a King County Park near you.

#### Home



Reduce your energy consumption at home to reduce your carbon footprint. ... Reduce heat loss in your home. The picture below illustrates some of the main causes of heat loss in a typical house and provides some suggestions on how this can be reduced.

##### Within your home try to:

- [Reduce the use of electrical appliances](#)
- [When replacing appliances, try to buy appliances which use less power and have a good energy rating](#)
- [Turn things off when not in use](#)
- [Replace standard light bulbs with their low energy equivalents](#)
- [Reduce water consumption](#)
- [Reduce paper consumption](#)
- [Food waste can now go in the compost](#)

**Walk Score** View full map  
100 out of 100



Grocery: Chicken Valli 0.01 Mi  
Restaurants: Three G 0.01 Mi  
Coffee: Moxieville 0.02 Mi