

# LIVE WELL SAN DIEGO INDICATORS

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The *Live Well San Diego* Indicators are part of a framework of Indicators spanning five Areas of Influence that track progress toward one vision of a region that is Building Better Health, Living Safely and Thriving. The *Live Well San Diego* Indicators have been carefully selected with input gathered from community representatives. With this framework, the County can track whether or not collective efforts under *Live Well San Diego* are truly making a difference, as reflected in changes in one or more Indicators.



Look for these icons that display data for San Diego County compared to data for the State of California and the nation.

## Area of Influence: **HEALTH**

Enjoying good health and expecting to live a full life



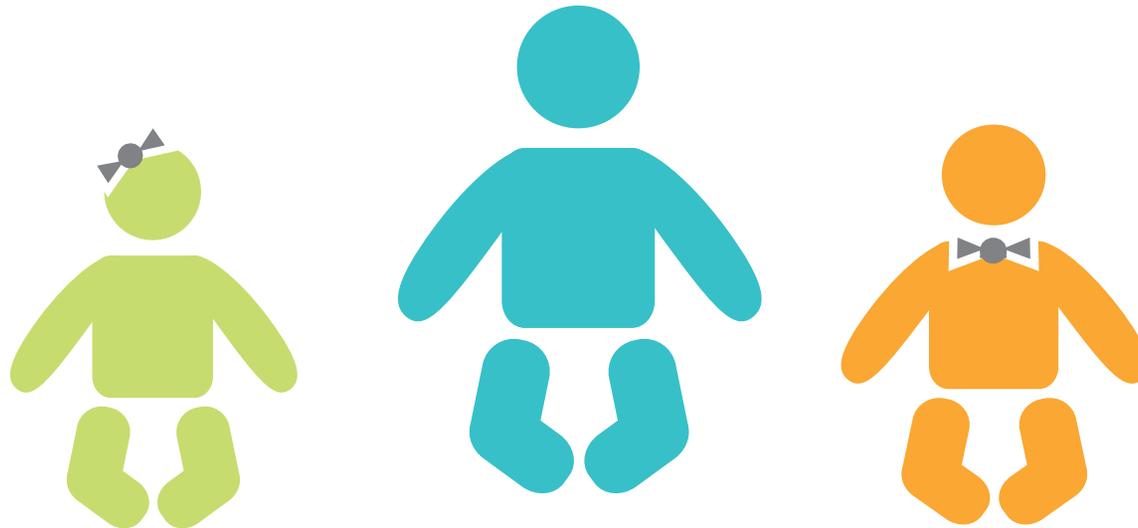
### Indicator: **Life Expectancy**



Life expectancy at birth is measured as the average number of years a baby born today is expected to live if current mortality patterns continue throughout his or her lifetime. Females born today are expected on average to live longer than males born today.

#### **AVERAGE LIFE EXPECTANCY FOR A BABY BORN TODAY**

**82.3** YEARS



**84.5** YEARS FOR FEMALES

**80.1** YEARS FOR MALES



**82.3**

**81.2**

**78.8**

YEAR 2013 (2012 CA)

## Area of Influence: **HEALTH**

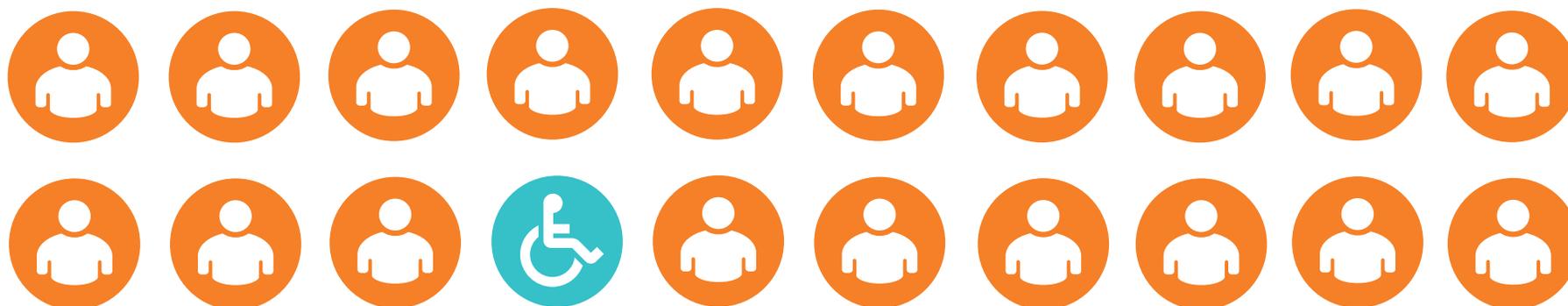
Enjoying good health and expecting to live a full life



### Indicator: **Quality of Life**

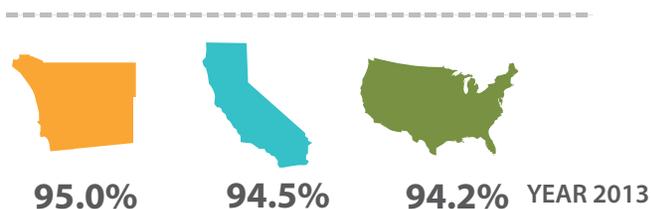


Quality of life is measured as the percentage of the population sufficiently healthy to live independently. The ability to live independently has a positive impact on physical, mental, emotional, and social well-being.



**1** IN **20** PEOPLE NEEDS HELP WITH DAILY LIVING\*

\*Needing help with daily living is defined as having a physical, mental or emotional condition that impacts a person's ability to live independently.



# Area of Influence: KNOWLEDGE

Learning throughout the lifespan



## Indicator: Education

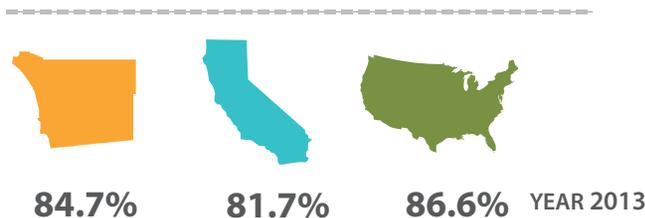


Education is measured as the percentage of the population with a high school diploma or equivalent. Education has a beneficial influence on a variety of economic, social and psychological factors which impact the health and well-being of a population.



**5** IN **6** STUDENTS  
GRADUATE FROM HIGH SCHOOL

**2** IN **6** STUDENTS GO ON  
TO GET A BACHELOR'S DEGREE



# Area of Influence: **STANDARD OF LIVING**

Having enough resources for a quality life



## Indicator: **Unemployment Rate**



Unemployment rate is measured as the percentage of the total labor force that is unemployed. The rate of unemployment has a strong negative influence on the financial health and overall well-being of a population.

### 10.3% OF PEOPLE IN THE TOTAL LABOR FORCE ARE UNEMPLOYED



Adults **without** a high school diploma have an unemployment rate of

**11.8%**



Adults with a **high school diploma** have an unemployment rate of

**11.4%**



Adults with a **bachelor's degree or higher** have an unemployment rate of

**5.6%**



**10.3%**



**11.5%**



**9.7%** YEAR 2013

# Area of Influence: **STANDARD OF LIVING**

Having enough resources for a quality life

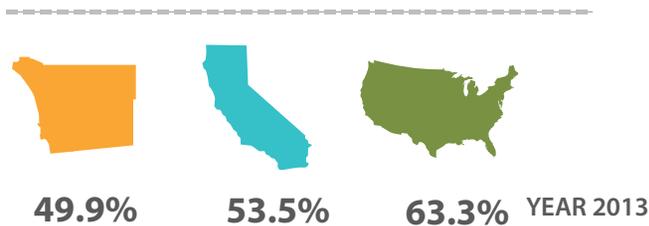


## Indicator: **Income**



Income is measured as the percentage of the population spending less than 1/3 of income on housing. Households who spend more than 1/3 of household income for housing may have difficulty paying for necessities such as food, transportation or medical care.

**1** IN **2** HOUSEHOLDS SPENDS MORE THAN **1/3** OF INCOME ON HOUSING



## Area of Influence: **COMMUNITY**

Living in a clean and safe environment



### Indicator: **Security/Crime Rate**



Security/crime rate is measured as the number of crimes per 100,000 people. Crime, including violent and property crimes, can have a significant impact on well-being of the population and contributes to premature death and disability, poor mental health, and lost productivity.

**2,138.7** TOTAL CRIMES REPORTED PER **100,000** RESIDENTS



**6** OUT OF **7** CRIMES  
ARE PROPERTY CRIMES

**1** OUT OF **7** CRIMES  
IS A VIOLENT CRIME



2,138.7



2,837.2



2,961.6 YEAR 2014



## Area of Influence: **COMMUNITY**

Living in a clean and safe environment



### Indicator: **Built Environment/Distance to Park**



Built environment/distance to park is measured as the percentage of the population living within a half mile of a park. Access to parks and recreation services has been shown to have positive health impacts, including the physical, social, and mental aspects of health.



**1** IN **2** PEOPLE LIVES WITHIN A **HALF MILE** OF A PARK



50.0%



58.0%



36.8%

YEAR 2010\*\*\*

\*\*\*Due to data constraints, we are unable to update this Indicator from our original source. Considered a relevant Indicator by national standards in measuring population health and well-being, we are seeking alternative data sources to provide the most current data available.

# Area of Influence: SOCIAL

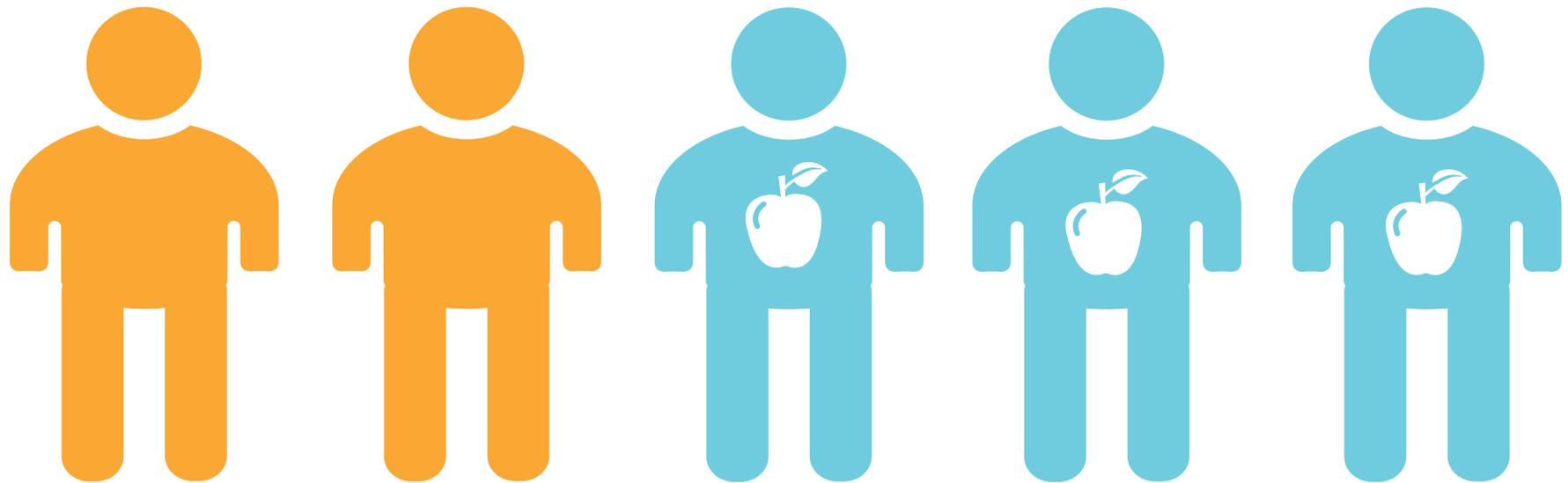
Helping each other to live well



## Indicator: Vulnerable Populations/Food Insecurity

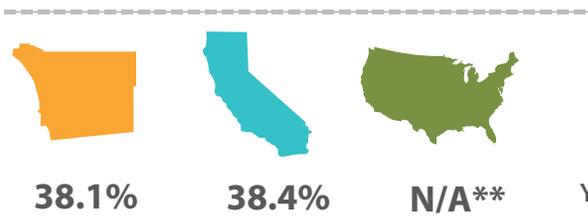


Food insecurity is measured as the percentage of the low income\* population who have been unable to purchase enough food on a regular basis. Food insecurity affects not only current health, but also physical, mental, and social development.



**2 IN 5** PEOPLE WITH LOW-INCOME\* EXPERIENCES FOOD INSECURITY

\*Low-income is 200% or below the Federal Poverty Level (FPL)



\*\*N/A means there is no comparable national data available.

## Area of Influence: **SOCIAL**

Helping each other to live well



### Indicator: **Community Involvement/Volunteerism**



Volunteerism is measured as the percentage of the population who volunteer.

Volunteering creates a meaningful, positive impact on the community and benefits the volunteers themselves.



**1** IN **4** PEOPLE ON AVERAGE VOLUNTEERS

APPROXIMATELY **147** HOURS PER YEAR



26.9%



24.3%



25.4% YEAR 2013

# HOW CAN I MAKE AN IMPACT?

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The *Live Well San Diego* vision of a region that is Building Better Health, Living Safely and Thriving involves everyone - not just County government - working together. This includes cities, schools, businesses, health care organizations, military and veterans organizations, and faith-based and community organizations, as well as residents taking action to improve their own lives.

For full descriptions of each *Live Well San Diego* Indicator and links to current data, visit [LiveWellSD.org/make-an-impact/](http://LiveWellSD.org/make-an-impact/)

