

Introducing the
LIVE WELL SAN DIEGO INDICATORS

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 healthy, safe and thriving San Diego County. The *Live Well San Diego* Indicators have been carefully selected with input gathered from community representatives. With this new 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

81.5 YEARS



83.6 YEARS FOR FEMALES

79.3 YEARS FOR MALES



Indicator: Quality of Life

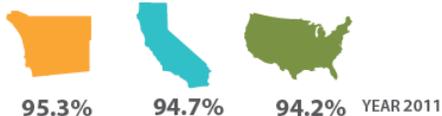


Quality of life is measured as the percentage of the population sufficiently healthy to live independently. The ability to live independently has a positive impact on physical, mental, emotional, and social well-being.



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



84.3%



81.1%



85.9% YEAR 2011

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.

9.1% OF PEOPLE IN THE TOTAL LABOR FORCE ARE UNEMPLOYED



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

13.7%



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

8.7%



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

4.0%



9.1%



10.1%



8.7%

YEAR 2011

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



48.9%



50.2%



60.2%

YEAR 2011

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.

2,430.3 TOTAL CRIMES
REPORTED PER **100,000** RESIDENTS



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

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



2,430.3



2,994.9



3,295.0

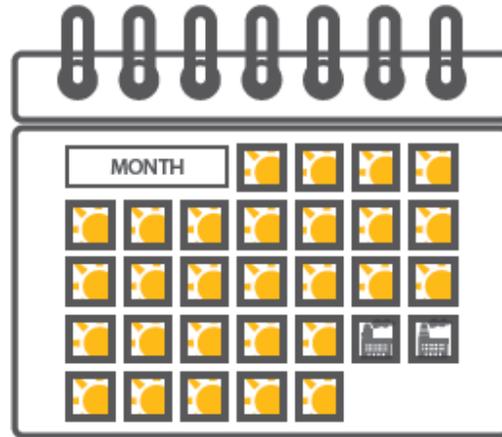
YEAR 2011

Indicator: Physical Environment/Air Quality



Physical environment/air quality is measured as the ratio of days that air quality is rated unhealthy. Air pollution affects more people than any other pollutant. Lower levels of air pollution in a region correlate with better respiratory and cardiovascular health of the population.

2 OUT OF **30** DAYS
AIR QUALITY IS RATED POORLY



6.8%



12.5%

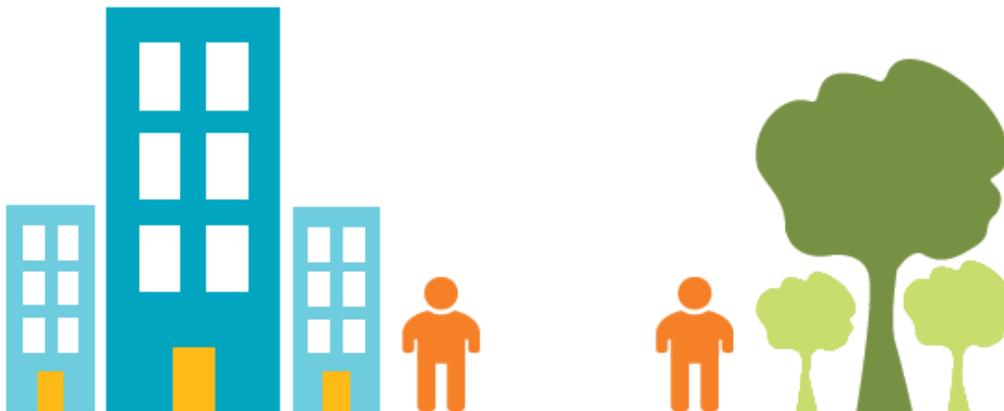


10.4% YEAR 2010

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

Area of Influence: SOCIAL

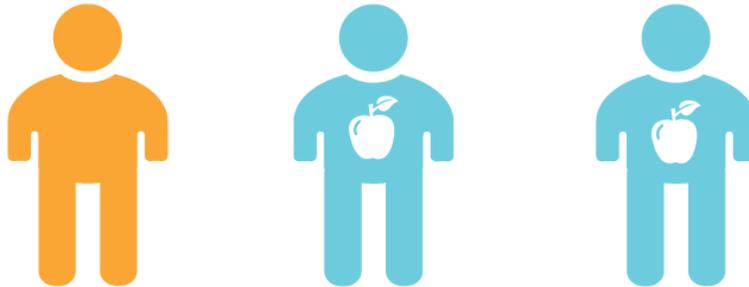
Helping each other to live well



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.



1 IN **3** PEOPLE WITH LOW-INCOME* EXPERIENCES FOOD INSECURITY

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



35.1%

40.4%

N/A** YEAR 2009

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

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 **3** PEOPLE ON AVERAGE VOLUNTEERS

APPROXIMATELY **101** HOURS PER YEAR



31.1%

25.7%

26.8% YEAR 2011

HOW CAN I MAKE AN IMPACT?

Live Well San Diego is an ambitious long-term plan that 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 http://www.sdcounty.ca.gov/hhsa/programs/sd/live_well_san_diego/indicators.html

