



LIVE WELL
SAN DIEGO

How We Will Measure Progress for *Live Well San Diego* FACT SHEET

About *Live Well San Diego*

In 2010, the Board of Supervisors launched an ambitious effort to improve the health and well-being of the San Diego region. The long-term vision calls for action in three phases: Building Better Health, adopted in 2010; Living Safely, adopted in 2012; and Thriving, which is being rolled out in 2014. *Live Well San Diego* is a comprehensive vision for working together toward improved health and well-being. It serves as the road map for the future, inspiring engagement, partnership, and action by individuals, families, neighborhoods and communities.

What Are We Measuring?

Live Well San Diego involves everyone—not just County government. It takes cities, schools, businesses, the military, community-based and faith-based organizations, working together to improve the quality of life for residents across the county of San Diego. It also takes each of us, as individual residents, to take action to improve our own lives. A new tool is needed to evaluate whether the collective efforts under *Live Well San Diego* are truly improving the well-being of the region.

The data presented here serve as a baseline. There is typically a two- to three-year lag before new data are available for most of these Indicators. This means that the data may only be current up to 2010 or 2011. All Indicators will be updated on an ongoing basis as new data become available. Over time, the Indicators will provide a way to demonstrate which actions contribute to progress, as reflected in changes in one or more Indicators.

Why 10 Indicators?

The *Live Well San Diego* Indicators are part of a framework that can be summarized as “10 – 5 – 1”: ten Indicators that span five Areas of Influence (health, knowledge, standard of living, community, and social) that reflect one Vision of *Live Well San Diego*. These 10 Indicators describe the areas that influence our ability to “live well.” These Indicators are the simplest way to capture what “living well” means in a way that is measurable.

In selecting the Indicators, and designing this framework, research was done to identify best practices and input was gathered from community representatives. The Indicators were identified based on principles of simplicity, availability of data, and whether these Indicators can be used to capture well-being across the life span of an individual—from children to adults to older adults.

What is an Area of Influence?

Most people would agree that to “live well” means much more than simply the absence of disease. The framework identifies five Areas of Influence that have an effect on or impact well-being. There are:

1. **Health:** Enjoying good health and expecting to live a full life
2. **Knowledge:** Learning throughout the lifespan
3. **Standard of Living:** Having enough resources for a quality life
4. **Community:** Living in a clean and safe neighborhood
5. **Social:** Helping each other to live well



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What is an Indicator?

There are 10 Indicators used to capture all Areas of Influence in a way that is measurable. Additional Indicators appear in an “Expanded Dashboard” to more fully capture what it means to “live well.”

Indicators provide a common point of reference by which comparisons can be made. Looking at San Diego County’s experience over time will be important in determining if our collective activities have made a difference. Also, San Diego County's experience compared with other jurisdictions—other counties, the State of California and the nation—can be determined using Indicators. Comparisons can also be made across regions and sub-regions within San Diego County.

It does not matter whether the population grows larger or smaller over time because percentages and rates can still be compared. For example, the number of people with a high school diploma in San Diego cannot be compared to the number of people with a high school diploma in the State or nation without considering the differences in the sizes of the population. However, the percentage of people with a high school diploma can be compared across San Diego county (by school district, city, region) as well as to other counties, the State, and the nation. The common point of reference is the number of people out of every 100 people that have a high school diploma—the percentage of people with a high school diploma.

How Will the Indicators Be Used?

The *Live Well San Diego* Indicators are part of a larger framework connecting a wide array of programs and activities to measurable improvements in the lives of San Diego county residents.¹ Behind every Indicator, a host of measures will be identified and monitored to capture “stories” about what we are doing individually and collectively to improve the well-being of our community.

To capture our progress, and to tell those “stories,” we will identify measures, actions and resources that contribute to improvement across all five Areas of Influence. This includes reporting the Indicators and underlying measures over time and by Health and Human Services Agency region and sub-regional areas, race/ethnicity, age and gender where data are available.

The framework will help us answer a number of questions, such as: Has the quality of life in San Diego County improved? What strategies or actions appear to have the biggest impact? Does progress vary by group or community? In what areas are we lagging and where should we focus our efforts? This tool will help us see what we can do together to make a difference in the lives of all residents of San Diego county.

To view more information about the Live Well San Diego Indicators and how we will measure progress go to:

http://www.sdcounty.ca.gov/hhsa/programs/sd/live_well_san_diego/indicators.html

For questions call 619/338-2895

¹ The initial design of the framework was received by the San Diego County Board of Supervisors at the October 30, 2012 Board presentation, “2011-2012 *Live Well, San Diego!* Report and Evaluation Framework.”