



Additional Information about the
Live Well San Diego
Physical Environment Indicator



THE PHYSICAL ENVIRONMENT

The **Physical Environment** refers to the external surroundings and conditions in which we live and which influence a person's health. The physical environment comprises all the different factors of nature, including air, trees, natural vegetation, lakes, and the ocean.

The quality of the community's physical environment greatly impacts the health and well-being of the population. The quality of air and water are important to health; poor air quality can be particularly detrimental to vulnerable populations. So is exposure to disease-causing organisms, to loud noise, and to radiation from the sun and other sources. Negative consequences of air pollution include: decreased lung function, chronic bronchitis, asthma and other adverse pulmonary effects. Being aware of potential risk in your physical environment can help you protect your health. If you have daily information about the air's condition and how polluted it might be, you can plan outdoor activities accordingly to reduce associated health effects.

Communities can help promote healthy and safe physical environments by:

- Increasing bicycling and walking for transportation and pleasure
- Establishing community design standards for clean and safe environments
- Establishing protocols to assess community health and wellness and other amenities

Live Well San Diego Indicators for the physical environment currently include 'Air Quality' as one of the Top 10 Indicators, and four *Live Well San Diego* Expanded Indicators measuring other air and water quality standards. The links below will direct you to data and resources that will give you a more comprehensive picture of the physical environment in San Diego County.

Find Answers to Your Questions about San Diego County's Physical Environment:



[County of San Diego's Air Pollution Control District Website](#)

My question is...

Here's where I can find answers...

Special Note: Some files may be large and may take a few minutes to upload to your computer.

What is an air quality complaint, and how do I file one?

[Air Quality Nuisance Complaint Program](#)

Where can I find information about California's drought and tips for conserving water?

[California Water Resources](#)

Where can I find information about what San County is doing to protect public health & safeguard the quality of the environment?

[San Diego County Department of Environmental Health](#)

Where can I find information about the links between environmental exposures to chemicals & the effect on health?

[The Links Between Exposure To Chemicals & Health Effects](#)

Where can I learn about environmental programs in the region?

[SANDAG Environmental Programs & Projects](#)