**AREAS OF INFLUENCE**

- **HEALTH**: Enjoying good health and expecting to live a full life.
- **KNOWLEDGE**: Learning throughout the lifespan.
- **STANDARD OF LIVING**: Having enough resources for a quality life.
- **COMMUNITY**: Living in a clean and safe neighborhood.
- **SOCIAL**: Helping each other to live well.

**TOP 10 LIVE WELL SAN DIEGO INDICATORS**

**LIFE EXPECTANCY**
Measure of length of life expected at birth and describes the overall health status of a population.

**QUALITY OF LIFE**
Percent of population that is sufficiently healthy to be able to live independently.

**EDUCATION**
Percent of the population with a High School diploma or equivalent. Education has a positive influence on a variety of economic, social and psychological factors which impact the health and well-being of a population.

**UNEMPLOYMENT RATE**
Percent of the total labor force ages 16 and over that is unemployed and actively seeking employment. Unemployment has a strong negative influence on the financial health and overall well-being of the population. Unemployment is also linked to an increased risk of poor health outcomes, including higher mortality rates.

**INCOME**
Percent of the population spending less than 1/3 of their household income on housing. Sufficient income to cover basic living costs has a positive influence on the overall financial health and well-being of the community.

**SECURITY**
Measured as the rate of property and violent crimes per 100,000 people. Crime can have a significant impact on the well-being of the population and contributes to premature death and disability, poor mental health and lost productivity.

**PHYSICAL ENVIRONMENT**
Percent of days that air quality is rated as unhealthy. The quality of the community’s physical environment greatly impacts the health and well-being of the population.

**BUILT ENVIRONMENT**
Percent of the population living within a half mile of a park. Access to parks can influence choices to engage in physical activity and community involvement which has been shown to have positive impacts on well-being.

**VULNERABLE POPULATIONS**
Percent of the population who have experienced food insecurity. The inability to afford enough food on a regular basis, including access to healthier foods essential for good nutrition, impacts the health and well-being of the population.

**COMMUNITY INVOLVEMENT**
Percent of residents who volunteer. Volunteering can benefit the physical and mental health of the population, as well as creating a more interconnected community.

To learn more, visit [LiveWellSD.org/data-results](http://LiveWellSD.org/data-results)