

COUNTY OF SAN DIEGO - LIVE WELL SAN DIEGO TOP 10 INDICATORS & AREAS OF INFLUENCE

Live Well San Diego is regional vision adopted by the San Diego County Board of Supervisors in 2010 that aligns the efforts of County government, community partners and individuals to help all San Diego County residents be healthy, safe, and thriving. Collective efforts to promote well-being in the region are measured through the *Live Well San Diego* Top 10 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

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 to other jurisdictions—other counties, the State of California and the nation. Comparisons can also be made across regions and sub-regions within San Diego County.

How are the Indicators being used?

Through collective impact, 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.

Want to learn more?

Indicators Pyramid with Indicators:

www.sandiegocounty.gov/content/dam/sdc/live_well_san_diego/indicators/Indicators_Cover_Sheet.pdf

Indicators Dashboard and Data Portal:

www.LiveWellSD.org/content/livewell/home/data-results/indicators-dashboard-and-data-portal.html

General Live Well San Diego:

www.LiveWellSD.org

Videos:

Meet Sandi: <https://www.youtube.com/watch?v=q1jLkWXybYE&t=53s>

Collective Impact: <https://www.youtube.com/watch?v=pzmMk63ihNM>



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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 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.