



2020 LIVE WELL SAN DIEGO 10-YEAR IMPACT REPORT EXECUTIVE SUMMARY

A DECADE OF HEALTHY, SAFE, AND THRIVING COMMUNITIES

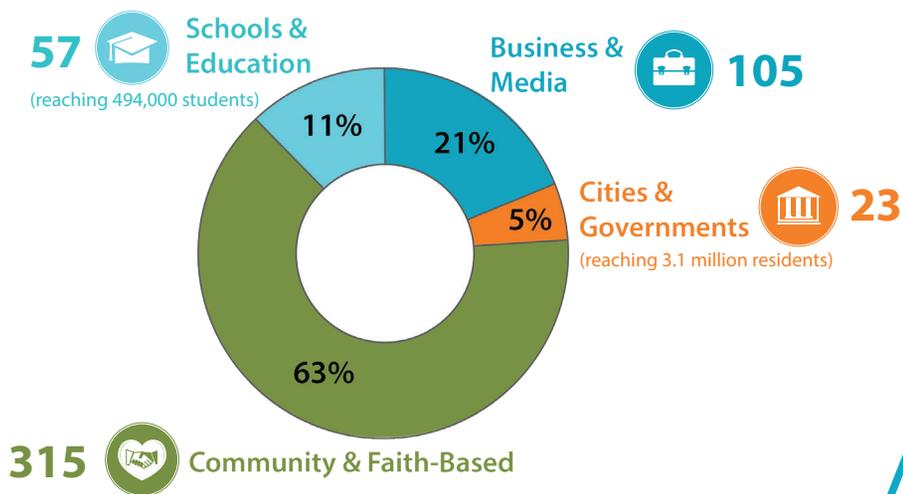
The *Live Well San Diego* vision began ten years ago with the goal of improving wellness for all 3.3 million residents living in San Diego County. Developed over the course of two years, through a robust community and stakeholder engagement process, the vision was a response to a startling statistic that found that throughout the nation and locally three behaviors (poor nutrition, lack of physical activity and tobacco use) were contributing to four diseases (heart disease/stroke, cancer, type-2 diabetes and respiratory conditions) that resulted in over 50% of the deaths in San Diego County (also known as 3-4-50).

Since it was initiated with the approval of the San Diego County Board of Supervisors on July 13, 2010, the vision has grown into a collective impact movement that is creating a better quality of life for all residents. As of December 3, 2020, **500 Recognized Partners have committed to the vision**, so that wherever you live, work, play or pray, an organization or individual is nearby working to improve your well-being and the health of your community.

During the past decade, efforts in support of the vision have driven a 12% reduction in the percentage of deaths associated with preventable health threats (2007-2019).

The full 2020 10-Year Impact Report can be found online and includes success stories and incredible impacts that partners have accomplished together over the past decade. Read the full report at LiveWellSDAnnualReport.org.

PERCENT DISTRIBUTION OF PARTNERS BY SECTOR



500 PARTNERS



Efforts in support of the *Live Well San Diego* vision



3-4-50 Chronic Disease

Over the last ten years, *Live Well San Diego* Partners have **reduced the percentage of deaths associated with preventable health threats by 12%** (2007-2019). By working to decrease preventable disease-related deaths (3-4-50), the *Live Well San Diego* vision has provided the foundation to improve the social and economic conditions that impact health and wellness and increase neighborhood safety while engaging residents in their community.

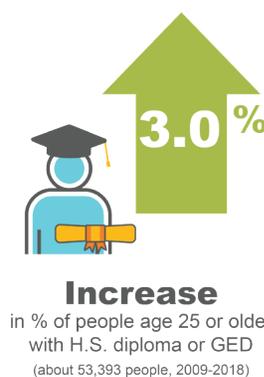
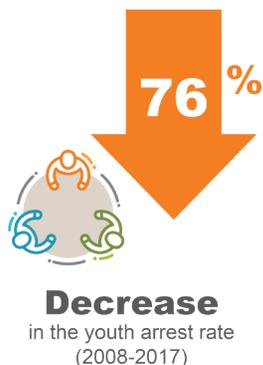


Heart Attacks

Be There San Diego, a coalition of patients, communities, healthcare systems and organizations, **reduced heart attacks in San Diego County by 22%** (2011-2016) through their Heart Attack & Stroke Free Zone, Southeastern San Diego Cardiac Disparities Project and Accountable Communities for Health workgroups.

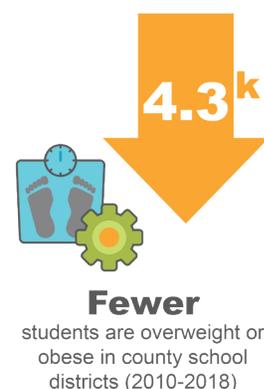
Crime & Security

Neighborhood safety and security have a significant impact on an individual's ability to thrive. Exposure to crime and violence has been shown to have negative impacts on a person's overall quality of life, including their physical and mental health and even how involved they are in their community. Crime rates in San Diego have been declining since 2010 thanks to the concerted effort of local law enforcement agencies and community partners who have **reduced the overall crime rate in San Diego County by 26%** and **the youth arrest rate by 76%**.



Live Well Schools

Live Well Schools is a collaboration of community partners, led by the County of San Diego. A key strategy of Live Well Schools is to build and strengthen the relationships between schools, districts, and community partners so that they can work together to address the impacts that physical and mental health and absenteeism have on academic performance and overall quality of life.

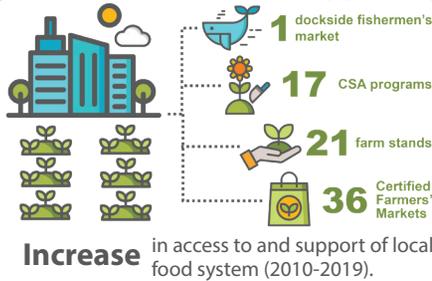


One area where partners have worked to make progress is around childhood obesity. Declining trends over time show **4,300 fewer students across San Diego County school districts are overweight or obese** (2010-2018).

have driven incredible impacts:

Food System Initiative

Community partners are improving the local food system by increasing access to healthy and affordable food, supporting the local food economy and food supply chain, and protecting our natural resources through the support of small-scale farmers and sustainable farming practices.



Homelessness

The Regional Taskforce on the Homeless conducts an annual Point-in-Time Count in January - a physical count of all people experiencing homelessness who are living in emergency shelters, transitional housing, safe havens and on the street, vehicles, encampments or parks on a single night. In 2014, hundreds of community members came together to count 8,506 people experiencing homelessness, while 2020 counts showed 7,658 people, a **reduction of 10% in the number of homeless persons living in San Diego County.**



Opportunity Youth

Workforce development is a method of improving the local economy by removing the barriers that might be in place for particular groups and devising strategies to remove those barriers through policy and systemic changes, as well as skills development and training.

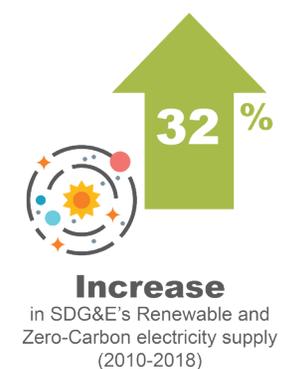
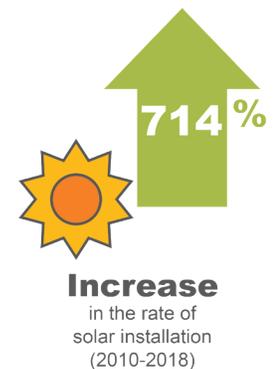
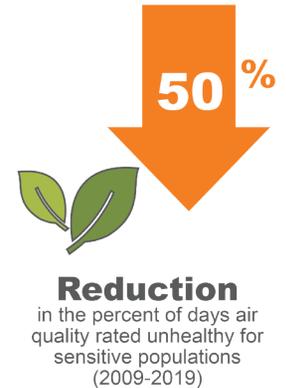
Opportunity Youth are young adults ages 16-24 who are not in school and are not working - they are both seeking opportunity in the job market and offering an opportunity for local organizations to invest in them. Partners have already seen positive outcomes from their efforts to connect these youth to future career paths, including a **17% decrease in the youth disconnection rate** (youth not in school or working).



Sustainability & Climate

Outdoor environments, from beaches and wetlands to mountains and deserts, play a key role in living well in San Diego County. Keeping these spaces accessible and thriving requires input and action from individuals, organizations, and government agencies throughout the region to address these factors and advance climate resilience and adaptation solutions.

Over the past decade, San Diego County saw a **50% reduction in the percent of days air quality was rated unhealthy**, a **21% increase in miles of available bikeways**, and turned to more sustainable renewable energy to ensure future San Diegans can continue to access and enjoy the environmental diversity throughout our communities.



MEASURING PROGRESS: *Live Well San Diego* Top 10 Indicators

Progress toward the *Live Well San Diego* vision is measured across a person's lifespan within 5 Areas of Influence and 10 *Live Well San Diego* Indicators which define what it means to live well in San Diego County. As more residents improve their health, safety and economic status, there are more opportunities for people to grow, connect and thrive.

Status	Indicator: Measure	U.S.	CA	SD	Trend Data
HEALTH - ENJOYING GOOD HEALTH AND EXPECTING TO LIVE A FULL LIFE					
●	Life Expectancy: Length of life expected at birth in years	78.7	U	82.6	
●	Quality of Life: Percent of the population sufficiently healthy to live independently (not including those who reside in nursing homes or other institutions)	97.1%	97.5%	94.9%	
KNOWLEDGE - LEARNING THROUGHOUT THE LIFESPAN					
●	Education: Percent of population ages 25 and over with at least a High School Diploma or Equivalent	87.7%	82.9%	86.5%	
STANDARD OF LIVING - HAVING ENOUGH RESOURCES FOR A QUALITY LIFE					
●	Unemployment Rate: Percent of the total labor force that is unemployed (2019 ESRI Community Analyst current year, data is not seasonally adjusted)	13.0%	15.7%	15.5%	
●	Income: Percent of population spending less than 1/3 of income on housing	68.4%	58.7%	56.9%	
COMMUNITY - LIVING IN A CLEAN AND SAFE NEIGHBORHOOD					
●	Security-Overall Crime Rate: Number of crimes per 100,000 people (all crimes, including violent and property)	2745.1	2946.0	2032.6	
●	Physical Environment-Air Quality: Percent of days that air quality was rated as unhealthy for sensitive populations	0.8%	4.6%	6.8%	
●	Built Environment-Distance To Park: Percent of population living within a quarter mile of a park or community space	U	U	61.6%	
SOCIAL - HELPING EACH OTHER TO LIVE WELL					
●	Vulnerable Populations-Food Insecurity: Percent of population with income of 200 percent or less of the federal poverty level, who have experienced food insecurity	U	39.1%	37.6%	
●	Community Involvement-Volunteerism: Percent of population who volunteer	30.3%	25.4%	25.5%	

- Moving in the right direction
- Moving in the wrong direction

Note: The most current local data, that has state and national comparison data is reported. U = unavailable.

To view data at a sub-regional or sub-area level, visit www.LiveWellSD.org/data-results.