LIVE WELL SAN DIEGO

Indicators

First 5 Commission of San Diego

November 4, 2013

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County of San Diego
Health and Human Services Agency

LIVE WELL SAN DIEGO

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Building Better Health

Living Safely

Thriving

LIVE WELL SAN DIEGO
1 VISION
of a Healthy, Safe and Thriving San Diego County
Living Safely, launched October 2012, focuses on three key outcomes:
1 Residents are protected from crime and abuse
2 Neighborhoods are safe to work, live and play
3 Communities are resilient to disasters and emergencies
3 COMPONENTS
to be rolled out over the long-term initiative
Building Better Health
Living Safely
Thriving
4 STRATEGIES
that encompass a comprehensive approach
Building a Better System
Supporting Positive Choices
Pursuing Policy & Environmental Changes
Improving the Culture Within
5 AREAS OF INFLUENCE
that capture overall well-being
HEALTH
KNOWLEDGE
STANDARD OF LIVING
COMMUNITY
SOCIAL
TOP 10 LIVE WELL SAN DIEGO INDICATORS
Life Expectancy
Quality of Life
Education
Unemployment Rate
Income
Security
Physical Environment
Built Environment
Vulnerable Populations
Community Involvement
that measure progress in achieving the vision for healthy, safe and thriving communities

10 INDICATORS TO CAPTURE COLLECTIVE IMPACT

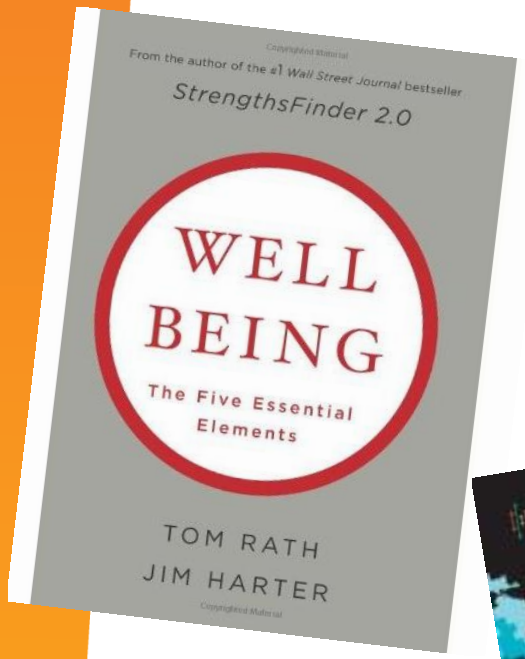
10 Key Indicators that:

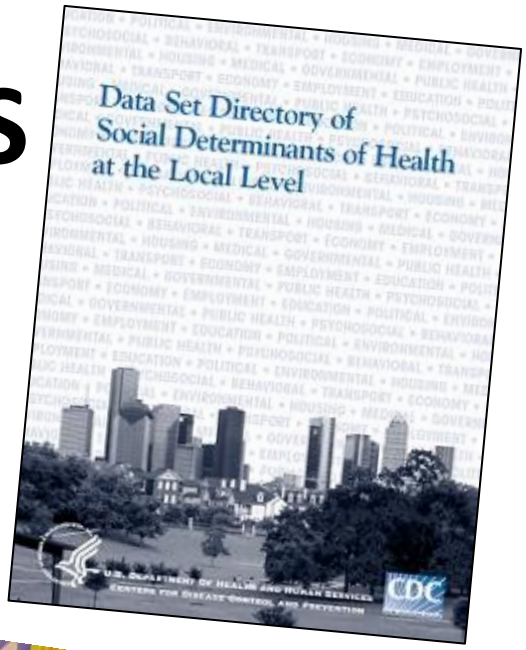
- ✓ Capture "***Live Well***" across the spectrum of all residents
- ✓ Drive us towards research and evidence-based practice for the **greatest impact** and **return on investment**
- ✓ Direct collective efforts among all key stakeholders

GUIDING PRINCIPLES FOR SELECTION OF INDICATORS

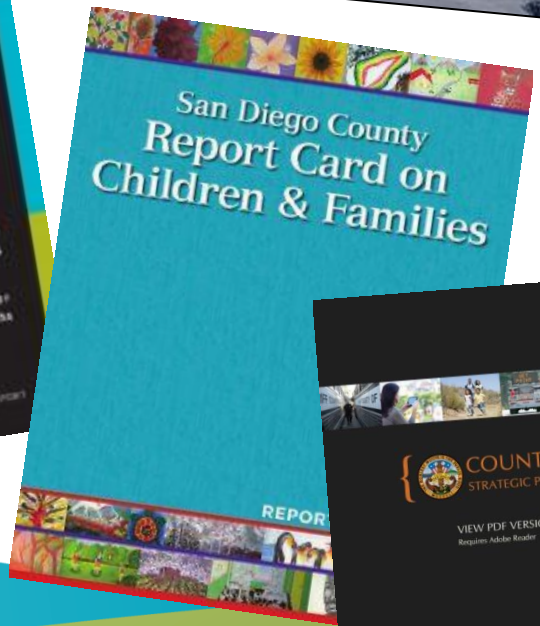
- ✓ Keep it simple: a few widely used and understood indicators that resonate
- ✓ Indicators that can be "sliced and diced" a number of ways
- ✓ Indicators that are comparable to other jurisdictions as well as areas and communities across our region

BEST PRACTICES





Blue Zones®



County Health Rankings
Mobilizing Action Toward Community Health
countyhealthrankings.org

Healthy People 2020
www.healthypeople.gov

CHIS california health interview survey

First 5 San Diego

LIVE WELL SAN DIEGO

MEASURING RESULTS

Areas of Influence	Definition	Top 10 Indicators
	Enjoying good health and expecting to live a full life	Life Expectancy Quality of Life
	Learning throughout the lifespan	Education
	Having enough resources for a quality life	Unemployment Rate Income
	Living in a clean and safe neighborhood	Security Physical Environment Built Environment
	Helping each other to live well	Vulnerable Population Community Involvement

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COLLECTIVE ACTION TO COMMUNITY IMPACT

Actions We Take Collectively Across Sectors

- County Government
- Health Providers
- Community & Faith-Based Organizations
- Business
- Schools
- Law Enforcement and Courts
- Military
- Other Local Jurisdictions

Results We Seek or Community Impact

Behavior Changes in Population
- Short Term: w/in 3 years

Risk Factor Changes in Population
- Mid-Term: w/in 7 years

Outcome Changes in Population
- Long Term: w/in 10 years

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COLLECTIVE ACTION TO COMMUNITY IMPACT

HEALTH

Actions We Take

HHSA

- Process CalFresh applications timely → CalFresh enrollment → Eat healthy food

LUEG

- Conduct Park Maintenance → Recreational activities → Increase Physical Activity

CBO

- Conduct CalFresh outreach → Nutrition education training → Eat healthy food

Business

- Initiate worksite wellness program → Employee participation → Increase Physical Activity

Schools

- Initiate Farm-to-School Procurement → Student served fresh produce → Eat healthy food

Other local jurisdictions

- Add health element to general plan → Walking & biking safety → Increase Physical Activity

Results We Seek

Population Outcomes

Short Term: w/in 3 years	Mid-Term: w/in 7 years	Long Term: w/in 10 years
Improved Diet and Exercise	Decreased Obesity	Decreased Deaths 3-4-50

LIFE EXPECTANCY

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FIRST 5: COLLECTIVE ACTION TO COMMUNITY IMPACT

HEALTH

Actions We Take

Results We Seek

Healthcare Access (HCA) → **Provides health insurance enrollment services** → **Enrolled 14,940 children and pregnant women**

Developmental Screening Programs → **Provides early identification & treatment for children** → **Screened 13,558 children & referred 4,972 for treatment**

Oral Health Initiative (OHI) → **Provides oral health services and preventative education** → **Screened 31,045 children and pregnant women**

Population Outcomes

Short Term: **Access To Health Care** → **Mid-Term:** **Disease Prevention** → **Long Term:** **Decreased Deaths 3-4-50**

LIFE EXPECTANCY

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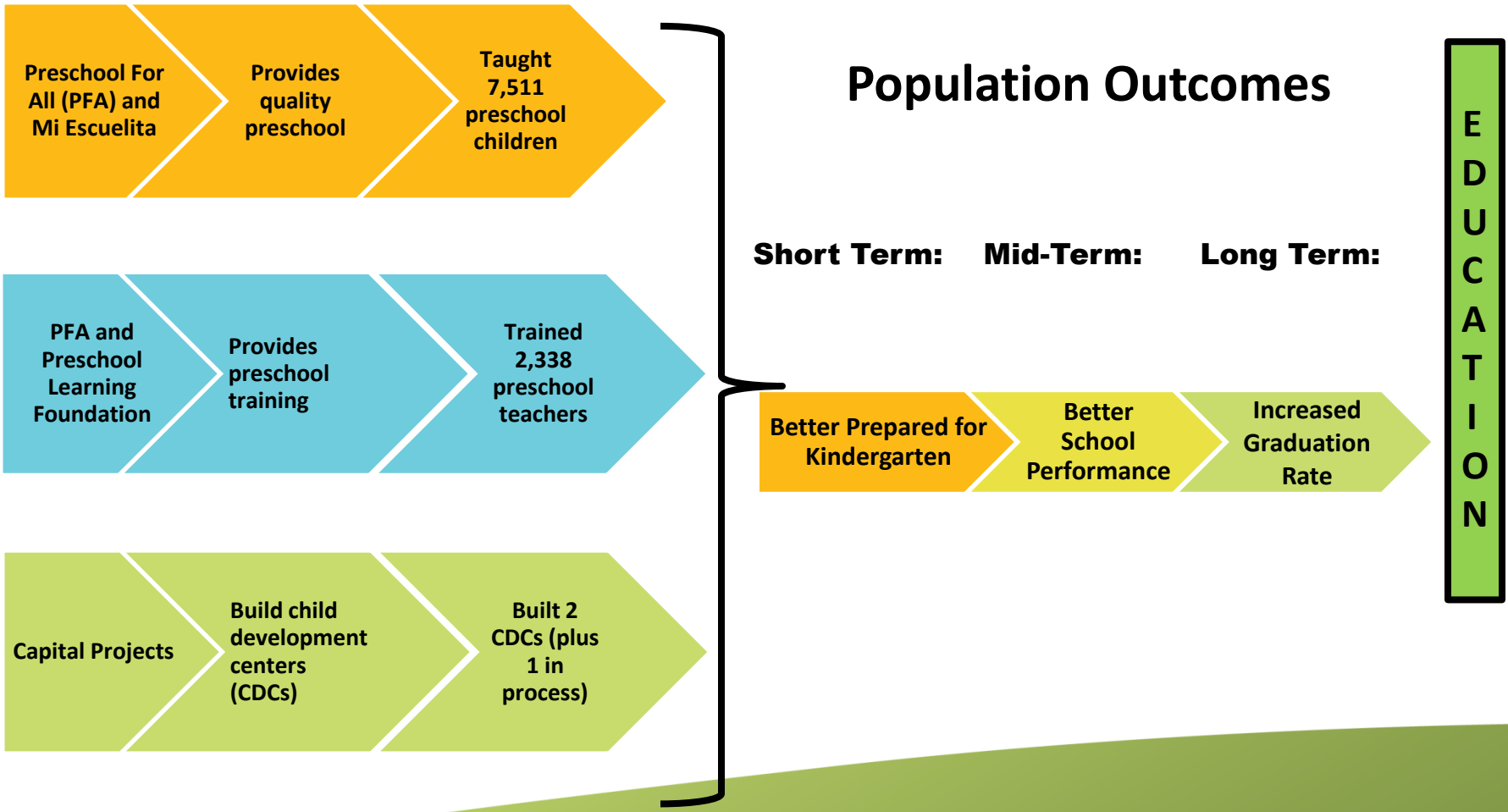
KNOWLEDGE

FIRST 5: COLLECTIVE ACTION TO COMMUNITY IMPACT

Actions We Take

Results We Seek



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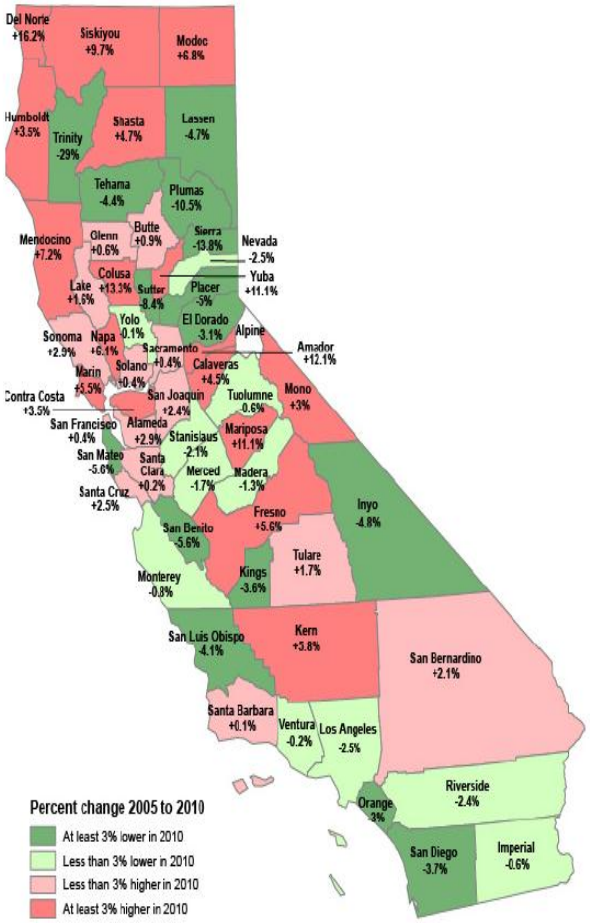
STORIES

The Indicators help give context for how different approaches collectively influence the health, safety and quality of life of residents and communities

LIVE WELL
SAN DIEGO

Encouraging Trends: 10 Years of Obesity Prevention Work



Between 2005 and 2010, the percentage of our children that are overweight or obese **decreased 3.7%** in San Diego County—the biggest decline out of all Southern California counties.

Source: A Patchwork of Progress: Changes in Overweight and Obesity Among Children 5th, 7th and 9th Graders, 2005-10, November 2011, UCLA Center for Health Policy Research and California Center for Public Health Advocacy.

NEXT STEPS

- ✓ Top 10 Indicators are featured on the new LiveWellSD.org website which went live on October 22, 2013 (baseline data)
  - ✓ Comparison data for State, the nation, and by community is available
  - ✓ Static maps of Indicator data by community
- ✓ Tools are available and continue to be developed for use by community partners (i.e. how their actions have impact)

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