

SAN DIEGO, CA

(San Diego-Carlsbad-San Marcos, CA MSA)

COUNTIES

San Diego

Ranking: Total Score = 63.3; Rank = 13

STRENGTHS/ADVANTAGES

- Lower percentage of households below poverty level
- Higher percent physically active at least moderately
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent currently smoking
- Lower percent obese
- Lower percent with asthma
- Lower percent with angina or coronary heart disease
- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- Higher percent of city land area as parkland
- More acres of parkland per capita
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More dog parks per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES

- Higher percent of days when mental health was not good during the past 30 days
- Lower percent using public transportation to work
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita

DESCRIPTION OF SAN DIEGO-CARLSBAD-SAN MARCOS, CA MSA

	San Diego MSA	U.S. Value	MSA Average	MSA Range
Population	3,053,793	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.2%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.4%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	11.4%	12.9%	11.8%	7.9% – 17.2%
Percent male	50.2%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	85.4%	85.3%	86.7%	77.6% – 92.5%
Percent White	73.9%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	5.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	10.3%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	10.8%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	31.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$60,231	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	8.5%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	424.3	429.4		
Percent with disability	9.4%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 69.9; Rank = 9

	San Diego MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.9%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	58.1%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	28.9%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	11.9%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	21.6%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	58.4%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	38.8%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	7.1%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.6%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.2%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	174.3	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	18.6	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	83.4%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 57.2; Rank = 17

(note: most of these data were available only for the main city in the MSA)

	San Diego	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	22.7%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	36.1	18.9	2.3 – 94.1
Farmers' markets/1,000,000	16.0	14.8	1.0 – 41.0
Percent using public transportation to work	3.1%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.4%	2.8%	1.2% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.2	2.0	0.3 – 5.7
Dog parks/10,000	1.2	0.9	0.0 – 5.7
Park playgrounds/10,000	1.8	2.3	0.9 – 4.8
Golf courses/100,000	0.6	1.0	0.0 – 5.0
Park units/10,000	3.4	4.2	1.2 – 10.9
Recreation centers/20,000	1.0	1.1	0.1 – 2.6
Swimming pools/100,000	1.0	3.1	0.6 – 9.2
Tennis courts/10,000	1.4	2.1	0.8 – 6.9
Park-related expenditures per capita	\$120	\$101.5	\$12.0 – \$259.0
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	87.3	93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level