SAN DIEGO, CA

(San Diego-Carlsbad, CA MSA)

Total Score = 64.1 Rank = 10

Areas of Excellence (at or better than target goal):

- Higher percent meeting CDC aerobic activity guidelines
- Higher percent meeting both CDC aerobic and strength activity guidelines
- Higher percent consuming 2+ fruits per day
- Higher percent consuming 3+ vegetables per day
- Lower percent currently smoking
- Lower percent with asthma
- Lower death rate for cardiovascular disease
- Higher percent of city land area as parkland
- More acres of parkland per capita
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- Higher percent of population within a 10 minute walk to a park
- More ball diamonds per capita
- More dog parks per capita
- More recreation centers per capita
- Higher park-related expenditures per capita
- Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):

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

Description of San Diego-Carlsbad, CA MSA

Population	3,263,431
Percent less than 18 years old	22.3%
Percent 18 to 64 years old	65.0%
Percent 65 years old and older	12.7%
Percent male	50.3%
Percent high school graduate or higher	86.6%
Percent White	70.9%
Percent Black or African American	5.0%
Percent Asian	11.6%
Percent Other Race	12.5%
Percent Hispanic/Latino	33.2%
Percent unemployed	4.6%
Median household income	$66,192.00
Percent of households below poverty level	10.7%
Violent crime rate/100,000*	325.2
Percent with disability	9.7%

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

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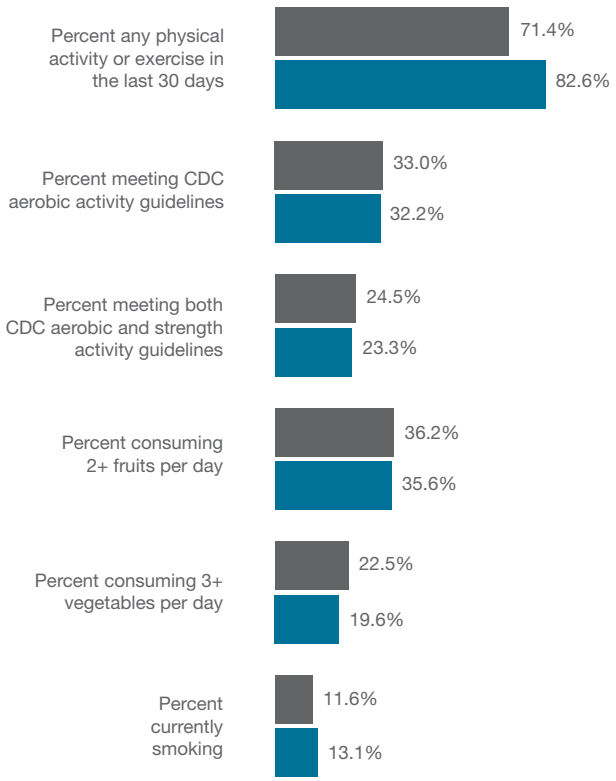
ACSM American Fitness Index® Components

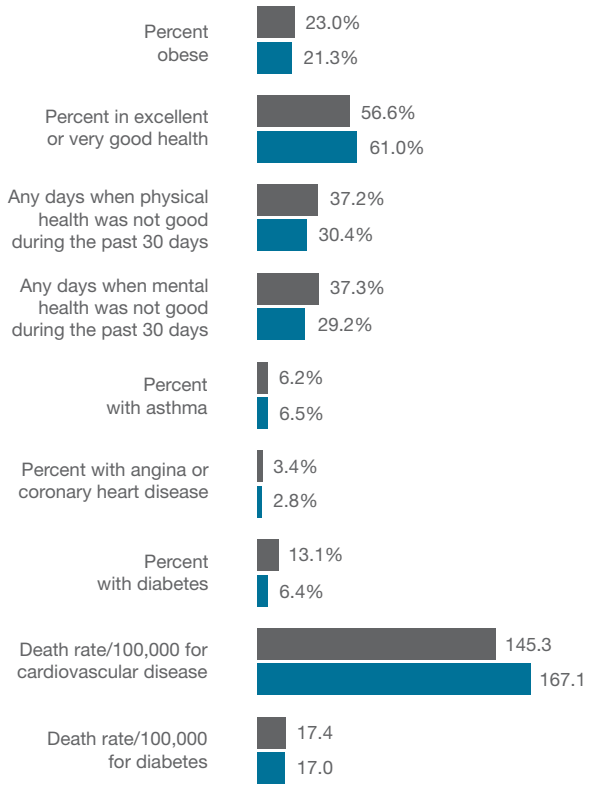
Personal Health Indicators – Score = 70.8; Rank = 10

San Diego | Target Goal*

Health Behaviors



Chronic Health Problems

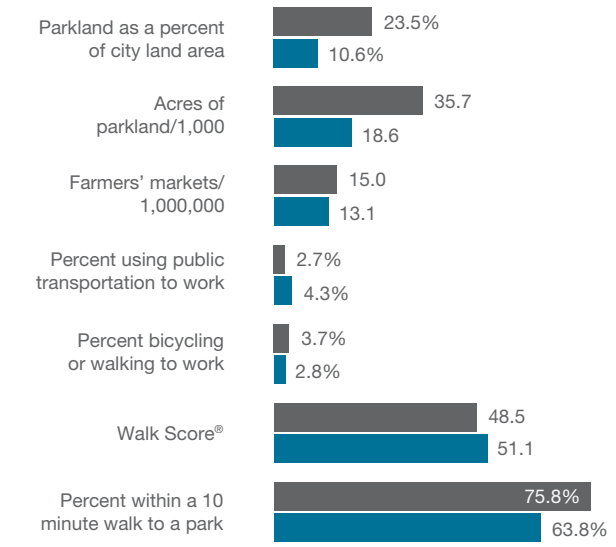


Community/Environmental Indicators – Score = 57.6; Rank = 23

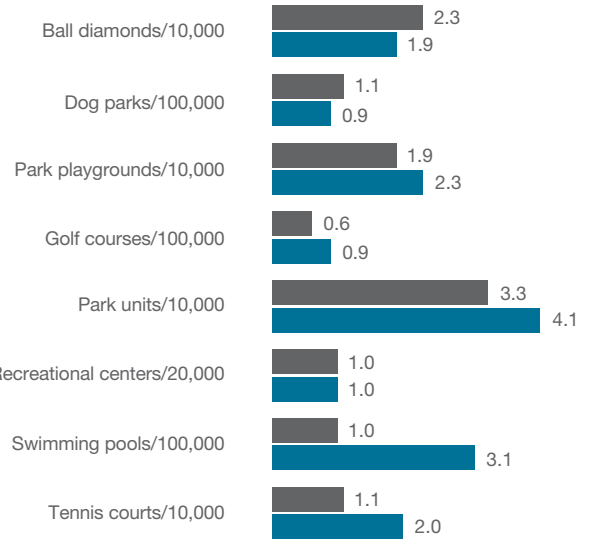
(note: most of these data were available only for the main city in the MSA)

San Diego | Target Goal**

Built Environment



Recreational Facilities



Policy for School P.E.****

Park-related Expenditures

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.