

# SAN DIEGO Data Trend Report 2009-2013

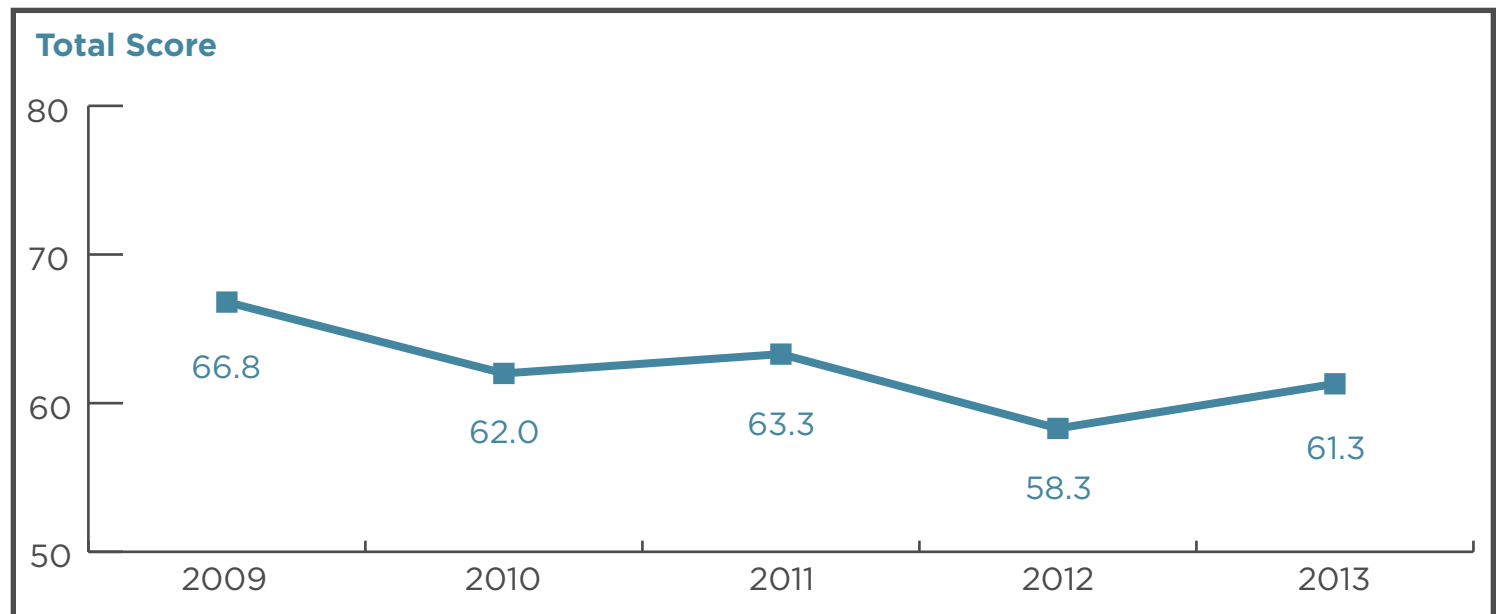
(San Diego-Carlsbad-San Marcos, CA)

San Diego's total score has ranked among the top 20 metropolitan areas since 2009. Strengths include a high number of acres of parkland, a high percent of city land area as parkland, as well as a high amount of park-related expenditures per capita.

## Top four improvements since 2009:

- \* The number of farmers' markets per 1,000,000 increased from 8.4 to 15.9.
- \* The percent with asthma decreased from 9.1% to 7.1%.
- \* The death rate per 100,000 for cardiovascular disease decreased from 204.2 to 162.3.
- \* The death rate per 100,000 for diabetes decreased from 22.2 to 19.1.

Total Score						
Measure	2009	2010	2011	2012	2013	% Change 2009-2013
Total Score	66.8	62.0	63.3	58.3	61.3	-8.2%
Total Ranking	8	13	13	16	14	



Anthem Blue Cross Foundation



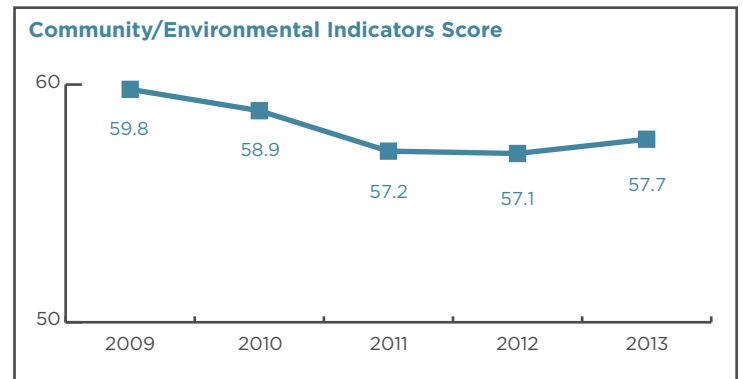
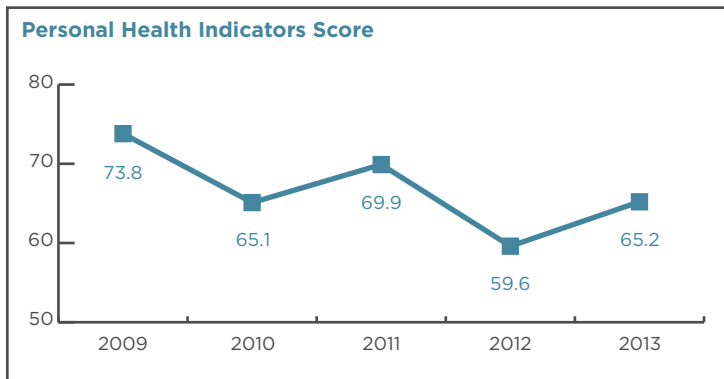
AMERICAN COLLEGE OF SPORTS MEDICINE  
of SPORTS MEDICINE  
[www.acsm.org](http://www.acsm.org)



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## Personal Health Indicators

Measure	2009	2010	2011	2012	2013	% Change 2009-2013	GOAL
<b>Personal Health Indicators Score</b>	<b>73.8</b>	<b>65.1</b>	<b>69.9</b>	<b>59.6</b>	<b>65.2</b>	<b>-11.7%</b>	
<b>PHI Rank</b>	<b>7</b>	<b>15</b>	<b>9</b>	<b>16</b>	<b>12</b>		
% any physical activity last 30 days	79.1%	78.4%	79.9%	81.0%	79.6%	+0.6%	82.6%
% physically active	53.3%	53.3%	58.1%	58.1%	58.1%	+9.0%	54.4%
% 5+ fruits / veggies	31.0%	31.0%	28.9%	28.9%	28.9%	-6.8%	29.0%
% currently smoking	15.0%	14.5%	11.9%	13.0%	13.0%	-13.3%	13.1%
% obese	23.1%	23.5%	21.6%	26.1%	24.1%	+4.3%	21.3%
% in excellent / very good health	60.4%	54.3%	58.4%	57.6%	55.0%	-8.9%	61.0%
Days physical health not good, last 30 days	30.0%	34.3%	35.2%	36.5%	37.2%	+24.0%	30.4%
Days mental health not good, last 30 days	34.9%	37.1%	38.8%	34.6%	39.4%	+12.9%	29.2%
% with asthma	9.1%	8.1%	7.1%	7.7%	7.1%	-22.0%	6.5%
% angina or coronary heart disease	2.5%	3.4%	2.6%	4.1%	5.1%	+104.0%	2.8%
% with diabetes	7.8%	8.0%	8.2%	8.9%	9.9%	+26.9%	6.4%
Death rate, 100,000 for cardiovascular disease	204.2	185.9	174.3	172.0	162.3	-20.5%	167.1
Death rate, 100,000 for diabetes	22.2	22.2	18.6	19.5	19.1	-14.0%	17.0
% with health insurance	85.5%	83.3%	83.4%	82.3%	83.9%	-1.9%	91.2%



## Community/Environmental Indicators

Measure	2009	2010	2011	2012	2013	% Change 2009-2013	GOAL
<b>Community / Environmental Indicators Score</b>	<b>59.8</b>	<b>58.9</b>	<b>57.2</b>	<b>57.1</b>	<b>57.7</b>	<b>-3.5%</b>	
<b>C/EI Rank</b>	<b>13</b>	<b>15</b>	<b>17</b>	<b>16</b>	<b>17</b>		
Parkland as % of city land area	21.9%	21.9%	22.7%	22.8%	22.6%	+3.2%	10.6%
Acres of parkland per 1,000	36.2	35.9	36.1	36.3	35.9	-0.8%	18.6
Farmers' markets per 1,000,000	8.4	15.0	16.0	15.4	15.9	+89.3%	13.1
% using public transportation to work	3.6%	3.4%	3.1%	3.3%	3.0%	-16.7%	4.3%
% bicycling or walking to work	3.4%	3.9%	3.4%	3.6%	3.4%	0.0%	2.8%
Ball diamonds per 10,000	2.3	2.3	2.2	2.2	2.2	-4.3%	1.9
Dog parks per 10,000	1.2	1.3	1.2	1.2	1.2	0.0%	0.9
Park playgrounds per 10,000	1.8	1.8	1.8	1.8	1.8	0.0%	2.3
Golf courses per 10,000	0.6	0.6	0.6	0.6	0.6	0.0%	0.9
Park units per 10,000	3.5	3.5	3.4	3.4	3.4	-2.9%	4.1
Recreation centers per 20,000	1.0	1.0	1.0	1.0	1.0	0.0%	1.0
Swimming pools per 100,000	1.0	1.0	1.0	1.0	1.0	0.0%	3.1
Tennis courts per 10,000	1.5	1.4	1.4	1.4	1.4	-6.7%	2.0
Park-related expenditures per capita	\$122	\$124	\$120	\$117	\$106	-13.1%	\$101.80
Level of state-required PE	3	3	3	3	3	0.0%	2.5
Number of primary care providers per 100,000	121.3	87.9	87.3	86.4	86.2	-28.9%	105.6