

RANK  
10

# SAN DIEGO, CA

(San Diego-Carlsbad, CA MSA)

**Total Score = 65.6**

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

- Higher percentage of any physical activity or exercise in the last 30 days
- Higher percentage meeting CDC aerobic activity guidelines
- Lower percentage currently smoking
- Lower percentage obese
- Lower percentage with asthma
- Lower percentage with angina or coronary heart disease
- Higher percentage of parkland as city land area
- More acres of parkland per capita
- Higher percentage bicycling or walking to work
- Higher percentage within a 10 minute walk to a park
- More ball diamonds per capita
- More dog parks per capita
- Higher level of state requirement for Physical Education classes

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

- Higher percentage of days when mental health was not good during the past 30 days
- Higher death rate for diabetes
- Fewer farmers' markets per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita

**Description of San Diego-Carlsbad, CA MSA**

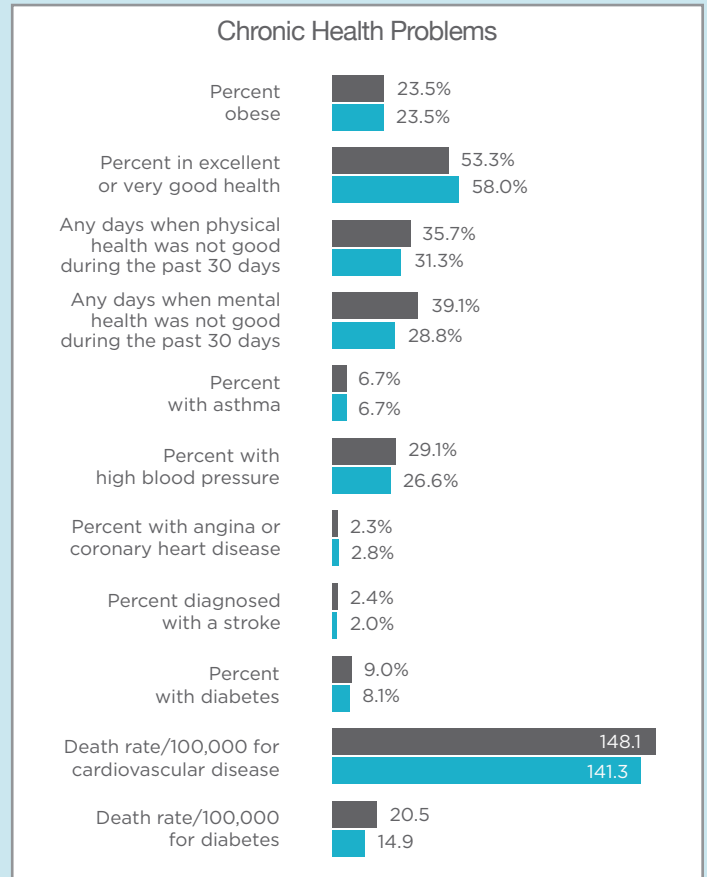
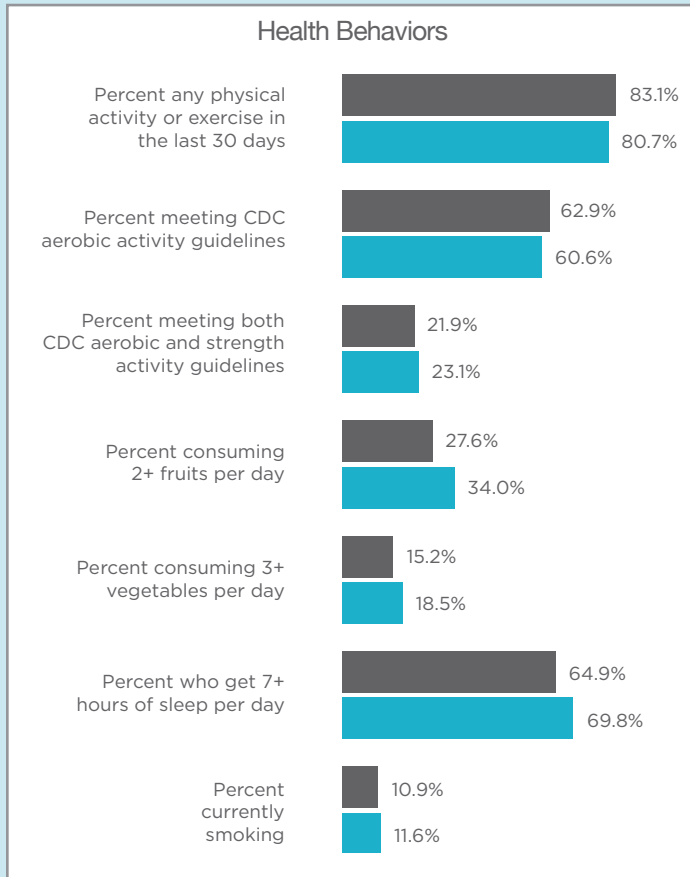
Population	3,299,521
Percent less than 18 years old	22.1%
Percent 18 to 64 years old	64.8%
Percent 65 years old and older	13.1%
Percent male	50.2%
Percent high school graduate or higher	86.6%
Percent White	70.8%
Percent Black or African American	5.1%
Percent Asian	11.7%
Percent Other Race	12.3%
Percent Hispanic/Latino	33.4%
Percent unemployed	6.9%
Median household income	\$67,320
Percent of households below poverty level	9.8%
Violent crime rate/100,000*	331.8
Percent with disability	10.1%

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

# ACSM American Fitness Index<sup>®</sup> Components

Personal Health Indicators – Score = 72.9; Rank = 9

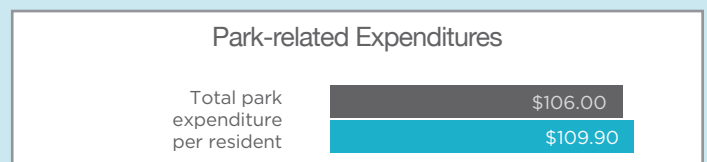
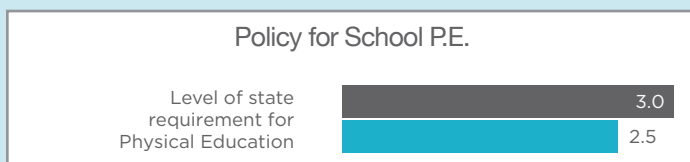
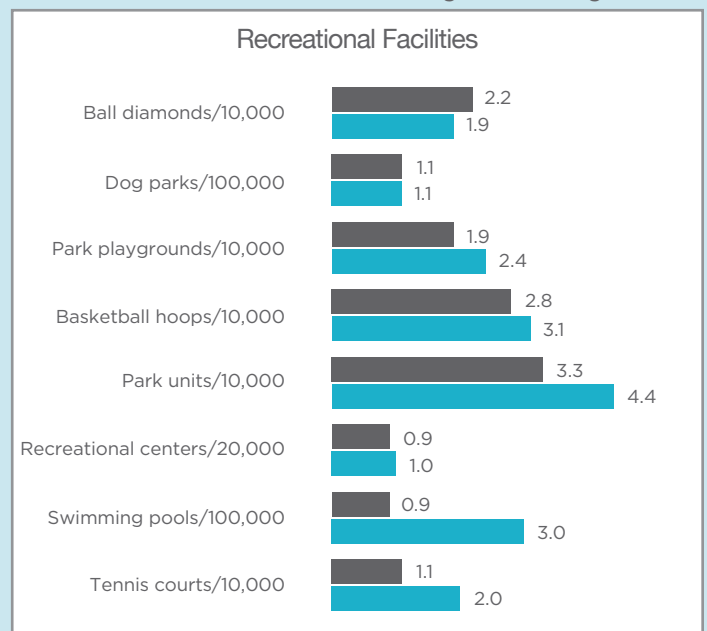
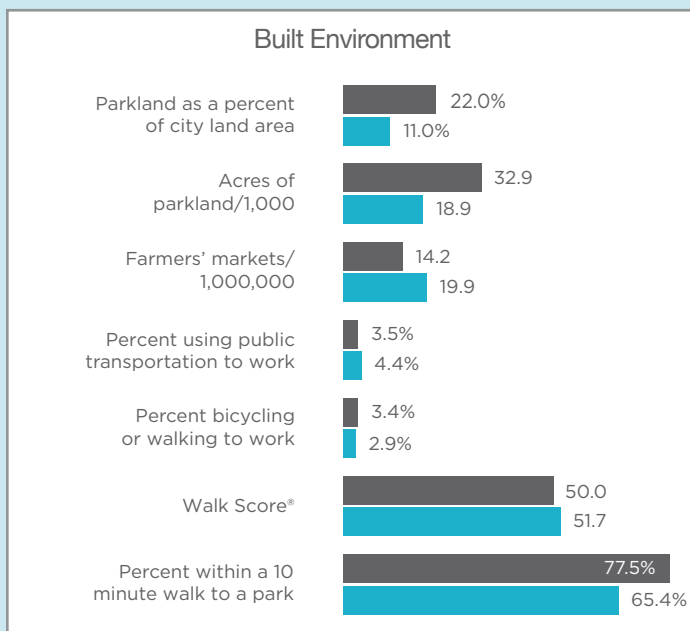
San Diego Target Goal\*



Community/Environmental Indicators – Score = 56.7; Rank = 22

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

San Diego Target Goal\*\*



\*The target goal for the Personal Health Indicators was the 90th percentile from the most recent three years, 2015 to 2017. For the newly added personal health indicators the target goals were 90% of the 2017 values.  
 \*\*The target goal for the Community/Environmental Indicators was the MSA average for 2015 to 2017. New or recently changed community indicators target goals were an average of the 2017 values.