



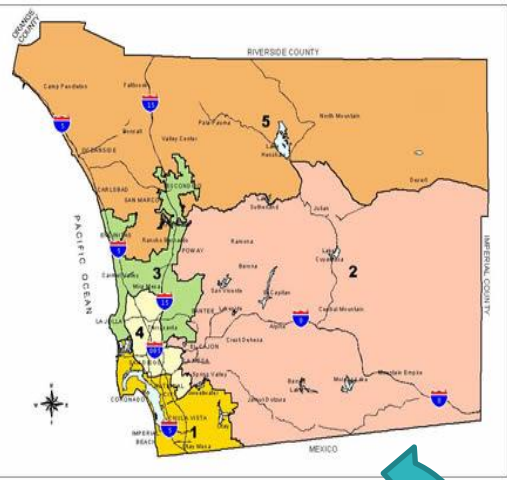
LIVE WELL SAN DIEGO METRICS

*Harmonizing and Humanizing Data
for Collective Impact*

July 30, 2015



SAN DIEGO DEMOGRAPHICS



- 4,261 square miles
(larger than 21 U.S. States; same size as Connecticut)
- 5th largest U.S. County, 2nd largest in CA
- 18 municipalities; 36 unincorporated towns
- 18 tribal nations
- 42 school districts
- 2013 Estimates - 3.1 million population
 - 48% White
 - 32% Latino
 - 11% Asian/PI
 - 4.7% African American
 - 0.5% American Indian
- Region is very diverse

•Over 100 languages
•Large military presence
•Largest refugee resettlement site in CA
•Busiest international border crossing in the world (San Ysidro/MX)





LIVE WELL SAN DIEGO

Building
Better
Health

Living
Safely

Thriving



Approved
July 2010



Access to quality care



Increased physical activity



Healthy eating



Stop tobacco use



Approved
October
2012



Residents are *protected*
from crime and abuse



Neighborhoods are *safe*
to live, work and play



Communities are *resilient*
to disaster and emergencies

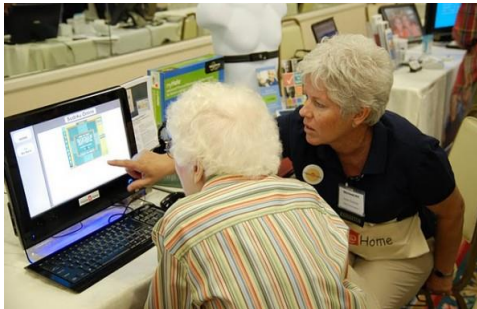


Approved
October
2014



Built and Natural Environment

- Transportation
- Built Environment & Neighborhoods
- Natural Environment
- Housing



Enrichment

- Civic Life
- Community Activities



Prosperity, Economy & Education

- Workforce/Education
- Economic Development

COMPREHENSIVE APPROACH



LIVE WELL SAN DIEGO is...



SHARED STRATEGIES



5 CONDITIONS OF COLLECTIVE IMPACT



Common Agenda

**Shared
Measurements**



- 1) Simple
- 2) Actionable
- 3) Sub-regional

**Mutually
Reinforcing
Activities**

**Continuous
Communication**

**Backbone
Organization**

MEASURING RESULTS



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

COLLECTIVE ACTION TO COMMUNITY IMPACT



Actions We Take Collectively Across Sectors

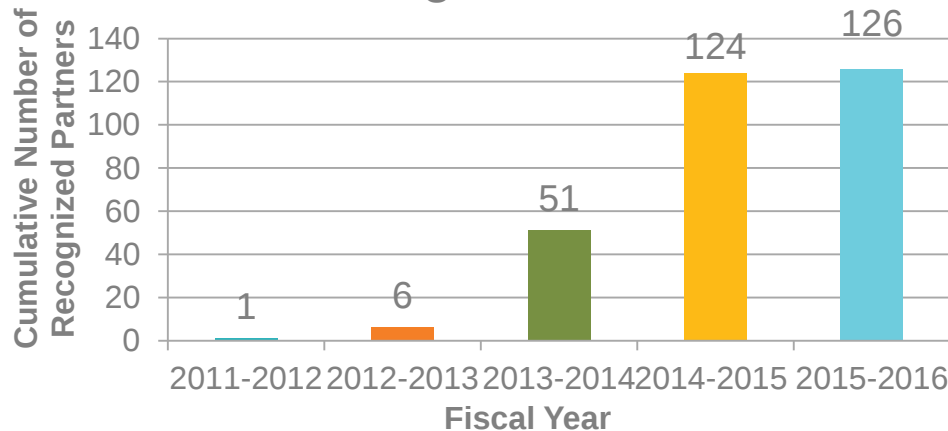


*Results We
Seek
for Community
Impact*

RECOGNIZED PARTNERS BY FISCAL YEAR AND SECTOR



Live Well San Diego Total Recognized Partners

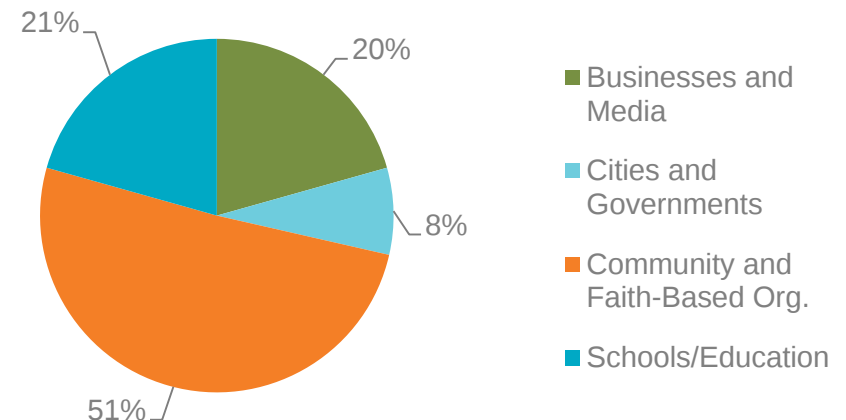


126
Recognized Partners
as of 07/17/2015

10 Cities – More than 2 million Residents

21 School Districts – Almost 323,000 Students

Live Well San Diego Partners by Sector through Present



BORDER HEALTH EQUITY TRANSPORTATION STUDY

Institute of Medicine Roundtable

July 30, 2015



Overview

- ◉ Project Summary
- ◉ Existing Conditions
- ◉ Final Recommendations
- ◉ Monitoring & Evaluation Plan
- ◉ Community Toolbox
- ◉ Story Map



Project Summary: Project Goals

- Identify built environment/mobility and health concerns and opportunities in San Ysidro
- Develop recommendations for addressing built environment/mobility and health issues in San Ysidro
- Provide a model planning document for use by other agencies



Health is a state of complete
physical, mental and social well-being
and not merely the absence of disease or infirmity

- World Health Organization



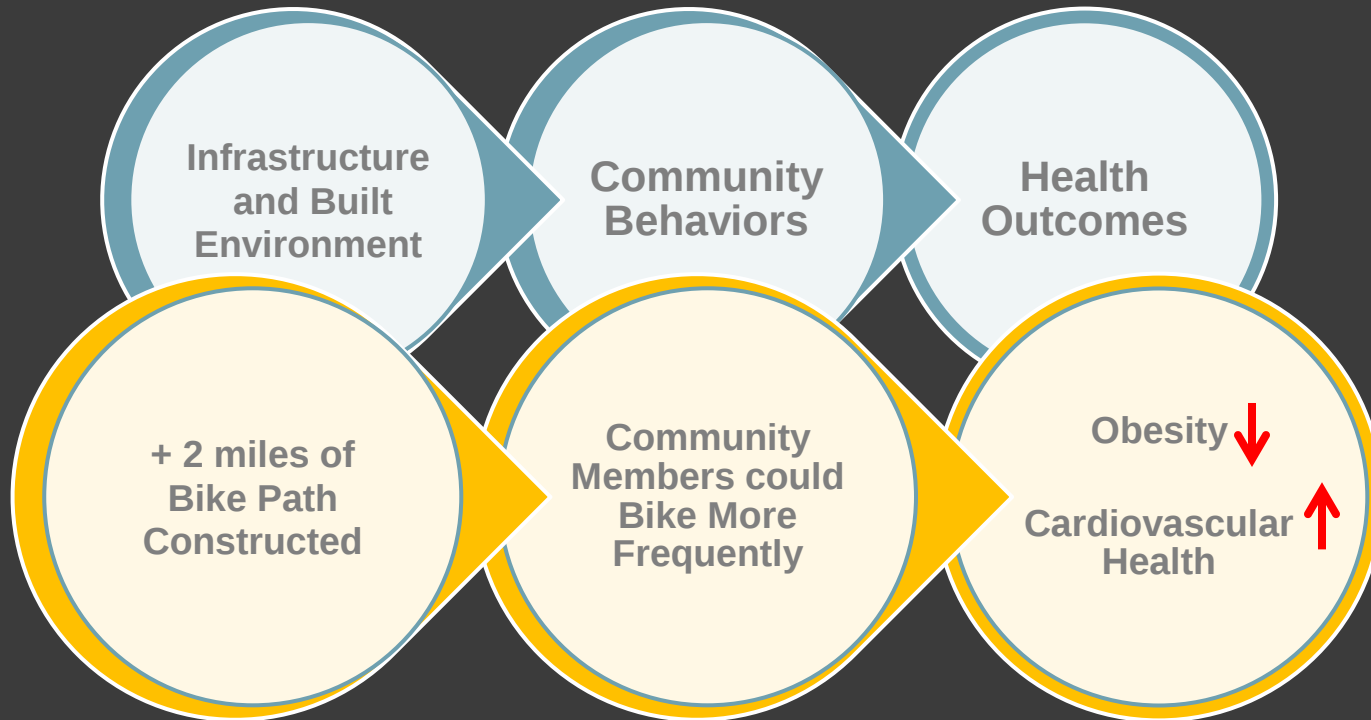
Factors Responsible for Group Health



Health Status is determined by:

- 1) *genetics: 20%-30%*
- 2) *health care: 10%*
- 3) *social, economic, environmental conditions, and behavior: 60%-70%*

Understanding Transportation-Health Relationships



Transportation systems affect our health in many ways.

Project Summary: Existing Conditions

Analysis #1: Mobility & Built Environment Factors

Compared *mobility/built environment factors* at the census block group level for San Ysidro and the City of San Diego

Factors Analyzed

- Transportation Systems
- Access to Physical Activity Amenities
- Traffic-Related Safety
- Access to Social Support Services
- Access to Healthy Food
- Crime Rates
- Demographics

Analysis #2: Health Factors

Compared *health data* by sub-regional area (SRA) for the South Bay SRA and the County of San Diego

Factors Analyzed

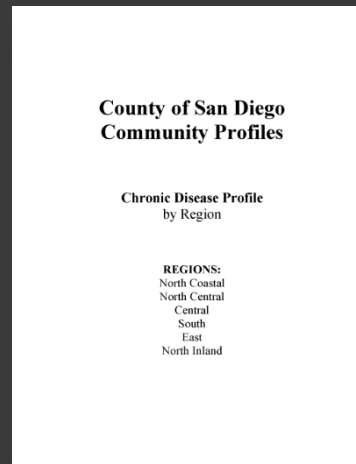
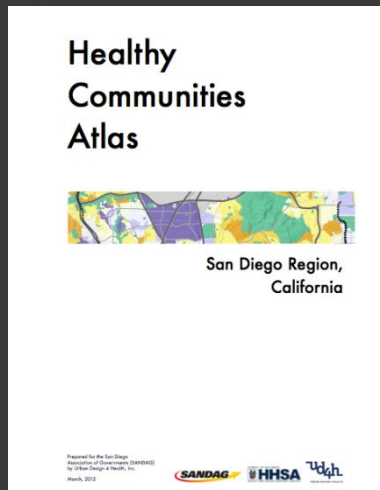
- Coronary Heart Disease
- Motor Vehicle Injury
- Psychological Disorder
- Chronic Obstructive Pulmonary Disease
- Substance Abuse
- Asthma
- Cyclist Injury
- Pedestrian Injury
- Diabetes
- Cancer
- Stroke

Analysis #3: Partial Correlations Analysis

Assesses the significance, direction and strength of the relationship between mobility/built environment factors and health

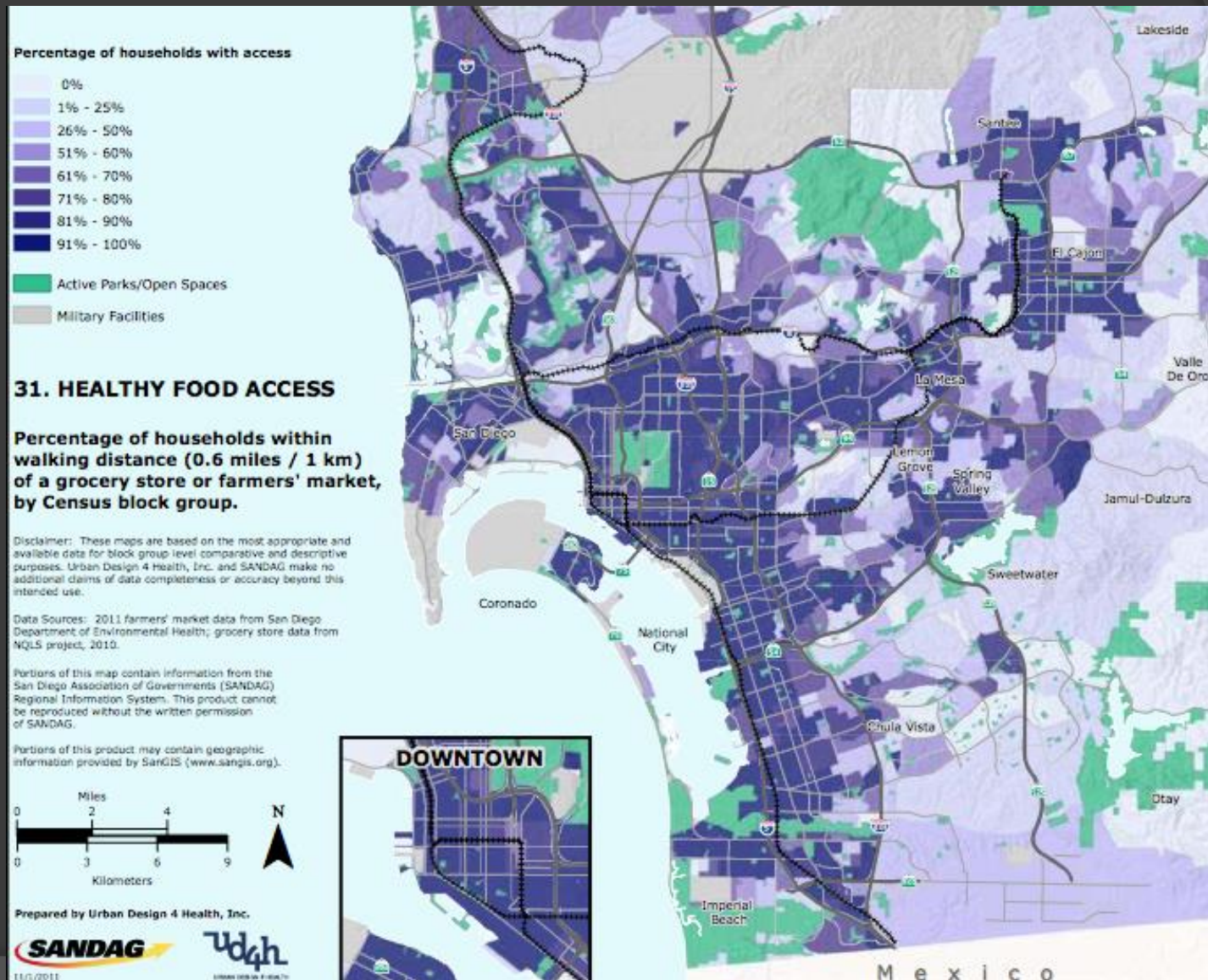
Existing Conditions

- ① Identified *built environment/mobility and health* factors
 - 1. Previous San Ysidro Studies and Planning Documents
 - 2. Community Workshop #1 Input
 - 3. Comparison of San Ysidro and San Diego Health and Mobility Data
 - a. County of San Diego Health and Human Services Community Profiles
 - b. SANDAG Healthy Communities Atlas



Workshop #1 tree exercise

Healthy Communities Atlas (SANDAG, 2012)



San Ysidro to City Comparison Mobility & Built Environment Factors

Category/Factor	San Ysidro	City of San Diego	San Ysidro – City Difference
Transportation System			
Percent of Households within 500 feet of Transportation-Related Air Pollution Source (Air Pollution)	41.3 percent	12.0 percent	+++
Arterial Roadway Miles per Acre (High Volume Arterials)	7.3 miles/acre	8.4 miles/acre	–
Average VMT per Acre (Traffic Density)	33.1 VMT/acre	46.2 VMT/acre	–
Physical Activity Environments			
Transportation Infrastructure Support Index (Transit Service, Trail Access, Sidewalk Coverage)	0.694	0.273	++
Walkability Index (Retail, Land Use Mix, Residential Density, Intersection Density)	-0.729	0.625	---
Youth Physical Activity Support (Trail Access, Sidewalks, Elementary School Access)	0.567	0.249	++
Physical Activity Inhibitors (Traffic Density, High Volume Arterials, Vacant Parcels, Property Crime, Violent Crime)	0.144	0.001	+++
Safety			
Pedestrian Safety (Pedestrian Collisions, Traffic Density, High Volume Arterials, Sidewalks)	0.191	0.030	+++
Cyclist Safety (Cyclist Collisions, Traffic Density, Arterial Density)	0.033	-0.034	+++
Youth Traffic Safety (Access to Parks, Schools, Daycare, Cyclist Collision, Pedestrian Collisions, Traffic Density, Arterial Density, Sidewalks)	0.149	-0.001	+++
Access to Amenities			
Park Access	80.9 percent	66.9 percent	+
Library Access	25.8 percent	19.9 percent	+
Elementary Schools Access	55.8 percent	50.1 percent	+
Health Care Facility Access	31.6 percent	16.4 percent	++
Crime Rates			
Average Annual Violent Crime per 1,000 population	12.3	7.5	++
Average Annual Property Crime per 1,000 population	7.9	5.6	++

Source: Healthy Communities Atlas, 2012; Chen Ryan Associates; February 2014

South Bay SRA to the Region Comparison

Health Factors

Potential Environmental Influence on Health Outcome	Health Outcome	South Bay SRA	San Diego Region	Percent Difference (South Bay relative to the Region)
Direct Effect	Pedestrian Injury	0.35	0.29	+13.7 percent
	Cyclist Injury	0.23	0.29	-15.5 percent
Long-Term Effect	Asthma	4.10	3.09	+17.8 percent
	Diabetes	2.05	1.36	+25.1 percent
	Chronic Obstructive Pulmonary Disease (COPD)	3.71	2.70	+20.1 percent
	Cancer	1.29	1.64	-17.0 percent
Community-Level Effect	Psychological Disorder	0.71	1.06	-28.4 percent
	Substance Abuse	0.47	0.66	-23.1 percent
	Crime Injury	0.19	0.27	-24.1 percent

Source: County of San Diego Health and Human Services Agency Community Health Statistics, 2010;
Chen Ryan Associates; February 2014

*Emergency Room Discharges per
1,000 people by SRA*

Categorizing Mobility/Built Environment Effects on Health

- ④ *Partial Correlations Analysis* showed which mobility/built environment factors had the strongest and most consistent effect on health
- ④ Categorize mobility/built environment variables into three tiers based on strength and consistency of relationship to health

Tier 1 and 2

Mobility/Built Environment Factors

Tier 1 Mobility/Built Environment Factors

- Percent of Households within 500 Feet of a Transportation-Related Air Pollution Source
- Sidewalks
- Pedestrian Safety (Measure of Pedestrian Collisions, Traffic Volume Density, and Sidewalk Coverage)
- Youth Safety (Measure of Access to Parks, Schools, and Daycare; Cyclist and Pedestrian Safety)

Tier 2 Mobility/Built Environment Factors

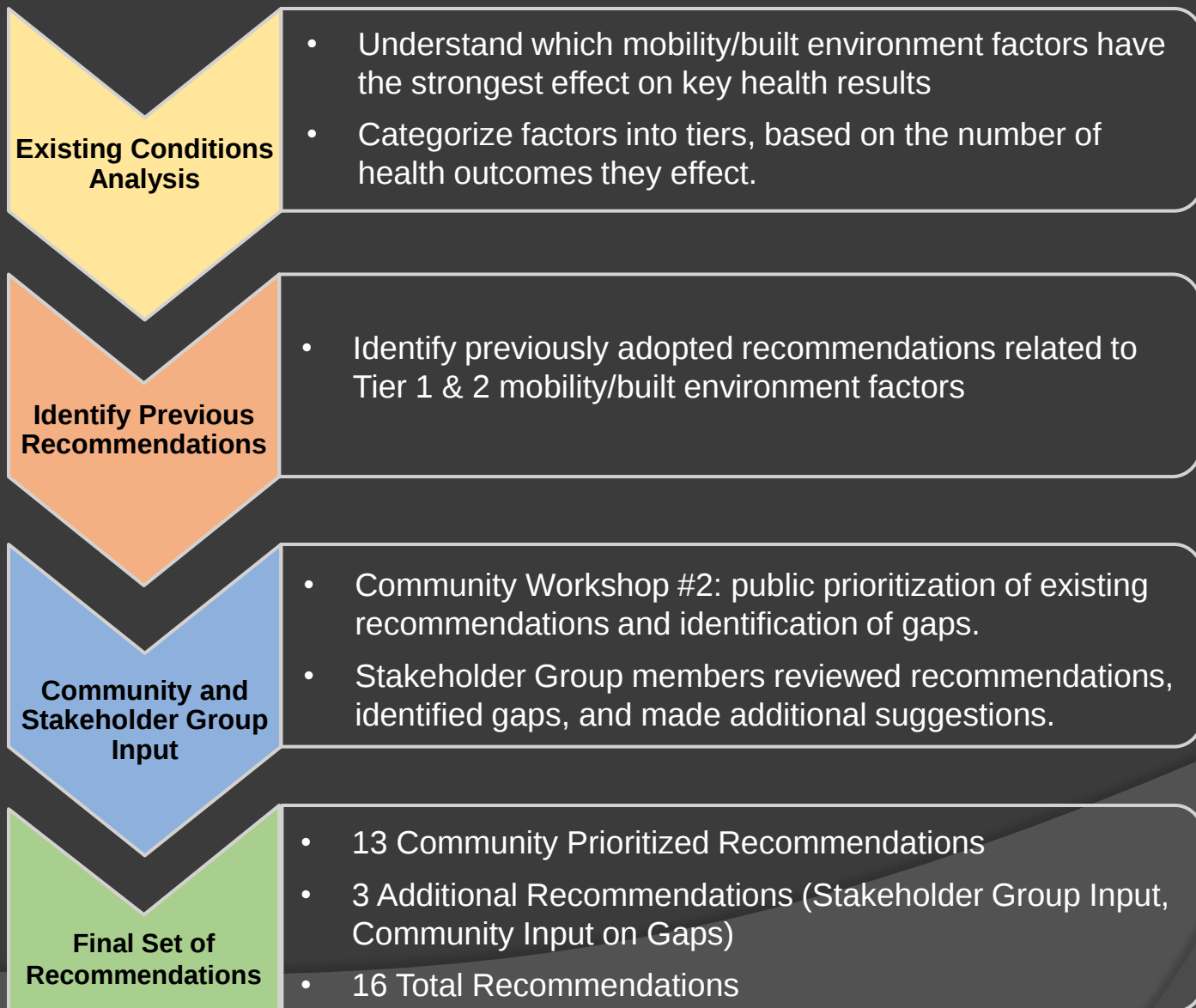
- Trail Access
- Transportation Support (Measure of Transit Service and Sidewalk Coverage)
- Youth Physical Activity Support (Measure of Park, Trail, and Elementary School Access)
- Park Access

Recommendations

- ◎ Recommendations presented at Workshop #2 included:
 - 12 Pedestrian Improvements
 - 14 Bike Improvements
 - 12 Park and Trail Access Improvements
 - 8 Transit Access Improvements
 - 10 Youth Safety Improvements (related to safety of students)
- ◎ Community Workshop #2 Participants Identified 13 Priority Improvements
- ◎ Stakeholder Group Members and City Staff Identified 3 Additional Improvements to Supplement the 13 Prioritized Recommendations

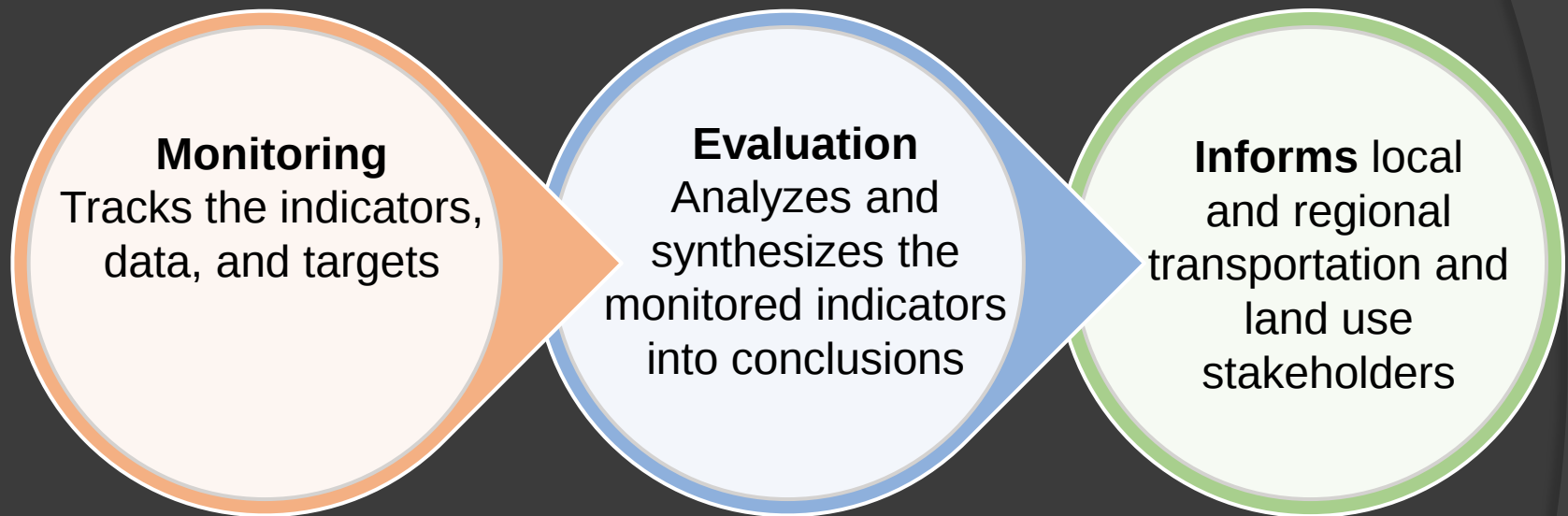


Identifying and Prioritizing Recommendations



Monitoring & Evaluation Plan

● What are we trying to accomplish?



● Evaluation & Monitoring are Complementary

- Allows for meaningful conclusions to be drawn from the data
- Used to inform local and regional transportation and land use stakeholders

Workshop #3 Goals

- Present a Summary of the Project and the Final Recommendations for San Ysidro
- Community Toolbox
- Hear Community Member Suggestions for Additional Tools



Community Toolbox

◉ San Ysidro Community Planning Group

- Provide input on development projects, general or community plan amendments, zoning/land use decisions, and public facilities
- Meetings are held the third Monday of every month at 5:30 at the San Ysidro School District Education Center Board Room

Community Toolbox

◉ Casa Familiar Promotoras

- Active Group of Community Leaders that help improve community members' health and wellbeing
- Promotoras & Promotores are trained to instruct groups of 10-20 adults in 10 healthy lifestyle classes including:
 - Exercise
 - Sleep
 - Emotional Health
 - Self-esteem
 - Community Advocacy
 - Healthy Eating
 - Weight Control
 - Family Communication
 - Depression
 - Disaster Preparedness
- The Promotoras are considering Safety Lighting along pedestrian corridors and Park Audits as their next community projects



Final Recommendations

16 Recommendations included:

- Pedestrian Improvements
- Bike Improvements
- Park and Trail Access Improvements
- Transit Access Improvements
- Youth Safety Improvements (related to safety of students)



Study Outcomes

- Air Quality Monitoring Station installed at San Ysidro Port of Entry
- Recommendations incorporated into San Ysidro Community Plan
- Resource for future funding opportunities
- Web page, fact sheet, story map and final report available for use in future planning efforts

sandag.org/borderhealthequitystudy

BORDER HEALTH EQUITY TRANSPORTATION STUDY



"FIRST GLIMPSE" PROJECT: A RE-FOCUS ON HEALTH PLANNING



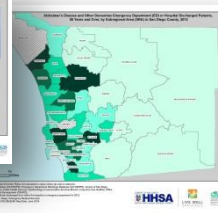
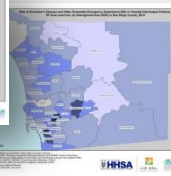
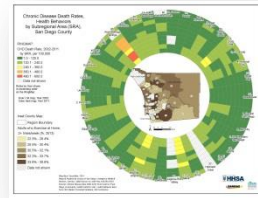
Upstream
Subregional



Downstream
Subregional



Revisited
Priorities



Region	Health Priority Areas					
	Active Living	Healthy Eating	Health Care Access	Behavioral Healthy/ Substance Use	Safety/ Violence	Other
Central		•	•	•	•	**
East	•	•		•		
North Central	•		•	•		
North County	•	•		•		
South	•		•		•	



DISCUSSION

