



# LIVE WELL SAN DIEGO

San Diego County's comprehensive initiative for **healthy**, **safe** and **thriving** communities

## BUILDING BETTER HEALTH

Improving the health of residents and supporting healthy choices

## LIVING SAFELY

Ensuring residents are protected from crime and abuse, neighborhoods are safe, and communities are resilient to disasters and emergencies

## THRIVING

Cultivating opportunities for all people and communities to grow, connect and enjoy the highest quality of life

In 2010, the County Board of Supervisors adopted *Live Well San Diego*, a 10-year plan to advance the health, safety and well-being of the region's more than 3 million residents. Based upon a foundation of community involvement, *Live Well San Diego* includes three components: *Building Better Health*, adopted on July 13, 2010; *Living Safely*, adopted on October 9, 2012; and *Thriving*, adopted on October 21, 2014.

*Live Well San Diego* is built on four strategic approaches:

### 1. BUILDING A BETTER SERVICE DELIVERY SYSTEM

Improve the quality and efficiency of County government and its partners in the delivery of services to residents, contributing to better outcomes for clients and results for communities

### 2. SUPPORTING POSITIVE CHOICES

Provide information and resources to inspire county residents to take action and responsibility for their health, safety and well-being

### 3. PURSUING POLICY & ENVIRONMENTAL CHANGES

Create environments and adopt policies that make it easier for everyone to live well, and encourage individuals to get involved in improving their communities

### 4. IMPROVING THE CULTURE WITHIN

Increase understanding among County employees and providers about what it means to live well and the role that all employees play in helping county residents live well



# PROGRESS THROUGH PARTNERSHIPS

*Live Well San Diego* involves everyone. Only through collective effort can meaningful change be realized in a region as large and diverse as San Diego County. The County's partners include cities and tribal governments; diverse businesses, including healthcare and technology; military and veterans organizations; schools; and community and faith-based organizations. Most importantly, *Live Well San Diego* is about empowering residents to take positive actions for their own health, safety and well-being.

Every County department is committed to playing an active role and coordinating the County's efforts to make the biggest impact. Annual reports highlight success stories of local communities, organizations and recognized partners who are making positive changes. These reports can be accessed on the *Live Well San Diego* website at <http://www.livewellsd.org/about/live-well-san-diego-materials/>. This website also includes resources for getting involved; best practice tools for organizations and recognized partners in every sector; and information about the *Live Well San Diego* Indicators, which measure our region's collective progress.

## TAKING ACTION

Taking collective action requires consistent and open communication. Making progress, maintaining momentum, and achieving true results and impacts require that partners regularly coordinate, collaborate and share. The County of San Diego serves as the backbone for the entire *Live Well San Diego* initiative, helping to mobilize, coordinate and facilitate action. Key County staff and a wide range of community partners coordinate through an integrated structure that includes five Regional Leadership Teams throughout the county supported by the County's Integration Leadership Team. Community members learn about efforts, contribute their ideas, and receive support through the **LiveWellSD.org** website, *Live Well San Diego* blog stories, and community events and summits throughout the region.

## RESULTS

How will progress be measured? The Top 10 *Live Well San Diego* Indicators have been identified to capture the overall well-being of residents in the county. These Indicators are part of a framework that allows the County to connect a wide array of programs and activities to measurable improvements in the health, safety and well-being of every resident. The complete framework is posted on the County of San Diego *Live Well San Diego* webpage: [http://www.sandiegocounty.gov/content/sd-c/live\\_well\\_san\\_diego/indicators.html](http://www.sandiegocounty.gov/content/sd-c/live_well_san_diego/indicators.html)

## NEXT STEPS

Initiatives in cardiovascular disease prevention, screening, and intervention; county-wide school-based monitoring and interventions to reduce obesity; and implementation of community and neighborhood based improvement plans to increase safe access to healthy food, physical activity and behavioral health services are among the many efforts currently underway by the County and community partners to achieve collective impact through the *Live Well San Diego* framework.

