

METRIC	Beach Cities 2020 Total	Beach Cities 2017 Total	Beach Cities 2015 Total	Beach Cities Change Since 2015
COUNT (Unweighted)	505	1200	996	
WELL-BEING 5 / WELL-BEING INDEX COMPOSITE	68.3	65.8	65.9	2.4
Step of the ladder you personally feel you stand at this time?	7.7	7.5	7.6	0.1
Step you think you will stand about five years from now?	8.6	8.2	8.3	0.3
Life Evaluation Thriving score	77.0	67.1	72.2	4.8
Life Evaluation Struggling score	22.4	31.5	26.6	-4.2
Life Evaluation Suffering score	0.6	1.3	1.2	-0.6
% smiled or laughed a lot*		81.9	83.4	
% experienced enjoyment	83.4	90.7	86.3	-2.9
% with worry	34.5	33.1	30.7	3.8
% with sadness*		15.0	13.3	
% with stress	49.4	43.3	41.4	8.0
% experienced happiness*		91.2	91.9	
PHYSICAL WELL-BEING SCORE	69.3	66.1	65.5	3.8
Physical Thriving score	57.3	43.1	43.5	13.8
Physical Struggling score	40.2	52.5	49.8	-9.6
Physical Suffering score	2.5	4.4	6.7	-4.2
How often do you use drugs or medication (including prescription drugs) which affect your mood or help you relax?				
% Almost Every Day		14.8	14.1	
% Never		64.0	65.0	
% with physical pain	15.4	19.2	16.4	-1.0
% with 2+ days of poor health keeping you from usual activities	19.8	20.7	18.5	1.3
% with high blood pressure (lifetime)	22.7	19.2	20.6	2.1
% with high cholesterol (lifetime)	26.4	19.6	22.2	4.2
% with diabetes (lifetime)	4.7	5.3	5.2	-0.5
% with depression (lifetime)	15.4	13.7	13.2	2.2
% with heart attack (lifetime)	2.1	1.2	1.3	0.8
% with asthma (lifetime)		11.1	11.6	
% with cancer (lifetime)	8.9	9.3	9.6	-0.7
Healthcare provider limits ability to exercise (% yes)		7.7	8.8	
Little interest or pleasure in doing things				
% 1 (Not at all)	59.7	74.5	77.9	-18.2
% 4 (Nearly every day)	4.9	6.6	6.5	-1.6
Your physical health is near-perfect				
% 4+5 (Agree)	53.2	64.1	61.8	-8.6
% 1+2 (Disagree)	19.0	12.3	13.0	6.0
In the last seven days, you have felt active and productive every day.				
% 4+5 (Agree)	59.7	70.9	72.3	-12.6
% 1+2 (Disagree)	11.2	8.6	8.0	3.2
A doctor would say that you do a great job of managing your health.*				
% 4+5 (Agree)		70.9	68.6	

METRIC	Beach Cities 2020 Total	Beach Cities 2017 Total	Beach Cities 2015 Total	Beach Cities Change Since 2015
% 1+2 (Disagree)		8.1	7.9	
You always feel good about your physical appearance.				
% 4+5 (Agree)	64.0	56.9	56.1	7.9
% 1+2 (Disagree)	5.7	12.1	11.7	-6.0
How many alcoholic drinks do you have in a typical week?*				
Mean (code 15: use 20 as top value)		3.6	4.9	
% None		34.3	29.6	
% 1-6		45.3	42.1	
% 7+		20.1	28.0	
Do you smoke? (% Yes)	6.2	6.8	8.9	-2.7
What type of tobacco product/s do you use?*				
% Cigarettes		5.2	7.6	
% Cigars		1.1	1.1	
% Pipe		0.3	0.7	
% Smokeless Tobacco		1.1	1.8	
% who ate healthy all day	66.9	66.0	66.7	0.2
% who exercised for 30+ minutes 3+ days in last week	72.4	65.5	65.8	6.6
% who had 5+ servings of fruits and vegetables 4+ days in last week	60.8	63.6	62.5	-1.7
% Obese	11.2	13.6	12.1	-0.9
% Overweight	31.2	31.3	38.7	-7.5
Above Normal Weight	42.4	44.9	50.8	-8.4
% Normal Weight	56.0	52.2	47.5	8.5
COMMUNITY WELL-BEING SCORE	70.9	66.3	67.3	3.6
Community Thriving score	59.2	47.7	51.5	7.7
Community Struggling score	38.3	45.5	41.6	-3.3
Community Suffering score	2.5	6.8	6.9	-4.4
You can't imagine living in a better community than the one you live in today.*				
% 4+5 (Agree)		59.5	62.7	
% 1+2 (Disagree)		16.2	17.1	
The city or area where you live is a perfect place for you.				
% 4+5 (Agree)	84.0	76.6	78.7	5.3
% 1+2 (Disagree)	4.3	7.7	5.4	-1.1
You are proud of your community (or the area where you live).				
% 4+5 (Agree)	78.7	76.4	78.5	0.2
% 1+2 (Disagree)	4.5	7.2	6.8	-2.3
You always feel safe and secure.				
% 4+5 (Agree)	86.7	87.7	87.8	-1.1
% 1+2 (Disagree)	3.7	3.7	3.2	0.5
The house or apartment that you live in is ideal for you and your family.*				
% 4+5 (Agree)		73.5	74.8	
% 1+2 (Disagree)		9.2	9.5	

METRIC	Beach Cities 2020 Total	Beach Cities 2017 Total	Beach Cities 2015 Total	Beach Cities Change Since 2015
In the last 12 months, you have received recognition for helping to improve the city or area where you live.				
% 4+5 (Agree)	17.6	18.1	15.9	1.7
% 1+2 (Disagree)	64.1	70.2	67.9	-3.8
% Satisfied with the city or area where you live*		95.4	94.0	
FINANCIAL WELL-BEING SCORE	76.1	68.8	69.3	6.8
Financial Thriving score	71.9	56.5	52.0	19.9
Financial Struggling score	20.9	31.5	38.0	-17.1
Financial Suffering score	7.2	12.0	10.0	-2.8
Not enough money to buy food (% Yes)	2.7	6.7	4.9	-2.2
Not enough money for healthcare (%Yes)			5.3	-5.3
You have enough money to do everything you want to do.				
% 4+5 (Agree)	61.5	58.2	58.7	2.8
% 1+2 (Disagree)	16.6	19.9	17.8	-1.2
In the last seven days, you have worried about money.				
% 4+5 (Agree)	26.4	27.4	26.7	-0.3
% 1+2 (Disagree)	59.0	56.4	55.5	3.5
Compared to the people you spend time with, you are satisfied with your standard of living.				
% 4+5 (Agree)	79.2	79.4	84.6	-5.4
% 1+2 (Disagree)	7.2	6.8	4.1	3.1
SOCIAL WELL-BEING SCORE	64.7	62.2	62.3	2.4
Social Thriving score	47.5	39.2	41.3	6.2
Social Struggling score	41.2	46.1	44.4	-3.2
Social Suffering score	11.3	14.7	14.3	-3.0
Your relationship with your spouse, partner, or closest friend is stronger than ever.				
% 4+5 (Agree)	66.0	77.3	77.6	-11.6
% 1+2 (Disagree)	12.7	9.1	8.2	4.5
Your friends and family give you positive energy every day.				
% 4+5 (Agree)	76.6	75.8	74.9	1.7
% 1+2 (Disagree)	6.4	7.2	7.9	-1.5
You always make time for regular trips or vacations with friends and family.				
% 4+5 (Agree)	55.3	59.8	60.2	-4.9
% 1+2 (Disagree)	25.9	19.7	20.6	5.3
Someone in your life always encourages you to be healthy.				
% 4+5 (Agree)	72.9	71.8	75.1	-2.2
% 1+2 (Disagree)	6.2	13.7	10.6	-4.4
PURPOSE WELL-BEING SCORE	61.0	60.3	60.6	0.4
Purpose Thriving score	36.6	33.5	32.6	4.0
Purpose Struggling score	54.1	50.2	54.4	-0.3
Purpose Suffering score	9.3	16.3	13.0	-3.7
There is a leader in your life who makes you enthusiastic about the future.				

METRIC	Beach Cities 2020 Total	Beach Cities 2017 Total	Beach Cities 2015 Total	Beach Cities Change Since 2015
% 4+5 (Agree)	52.6	51.1	53.3	-0.7
% 1+2 (Disagree)	31.8	29.4	26.7	5.1
You like what you do every day.				
% 4+5 (Agree)	65.2	80.3	82.0	-16.8
% 1+2 (Disagree)	6.4	5.4	5.2	1.2
In the past 12 months, you have reached most of your goals.				
% 4+5 (Agree)	46.8	53.5	55.2	-8.4
% 1+2 (Disagree)	18.1	15.9	16.9	1.2
You get to use your strengths to do what you do best every day.				
% 4+5 (Agree)	82.3	70.6	67.7	14.6
% 1+2 (Disagree)	5.8	9.2	12.0	-6.2
You learn or do something interesting every day.				
% 4+5 (Agree)	60.1	72.0	71.3	-11.2
% 1+2 (Disagree)	10.8	8.7	9.0	1.8
Have you visited a dentist in the last 12 months? (% Yes)	82.2	80.7	82.6	-0.4
Do you have health insurance coverage?				
% 1 (Yes)	96.0	96.1	96.0	0.0
% 2 (No)	4.0	3.8	3.8	0.2
Do you have a personal doctor? (% Yes)	83.8	85.5	86.8	-3.0
% with high blood pressure (current via full base)	12.5	13.4	16.3	-3.8
% with high cholesterol (current via full base)	12.6	11.5	14.7	-2.1
% with depression (current via full base)	7.3	6.2	6.8	0.5
% with cancer (current via full base)	2.6	2.4	2.2	0.4