

METRIC	TOTAL	HERMOSA BEACH	MANHATTAN BEACH	REDONDO BEACH
COUNT (Unweighted)	1200	187	350	663
WELL-BEING 5 / WELL-BEING INDEX COMPOSITE	65.8	65.2	67.3	65.2
Step of the ladder you personally feel you stand at this time?	7.5	7.5	7.6	7.4
Step you think you will stand about five years from now?	8.2	8.3	8.1	8.2
Life Evaluation Thriving score	67.1	72.1	71.1	64.1
Life Evaluation Struggling score	31.5	27.4	26.6	34.8
Life Evaluation Suffering score	1.3	0.5	2.4	1.1
% smiled or laughed a lot	81.9	84.4	80.2	82.0
% experienced enjoyment	90.7	94.5	91.7	89.2
% with worry	33.1	37.7	36.9	30.3
% with sadness	15.0	17.0	16.9	13.7
% with stress	43.3	38.4	45.7	43.6
% experienced happiness	91.2	93.0	90.8	90.9
PHYSICAL WELL-BEING SCORE	66.1	65.3	67.6	65.6
Physical Thriving score	43.1	43.9	49.9	39.9
Physical Struggling score	52.5	51.2	45.9	55.8
Physical Suffering score	4.4	4.9	4.2	4.3
How often do you use drugs or medication (including prescription drugs) which affect your mood or help you relax?				
% Almost Every Day	14.8	12.6	17.2	14.4
% Never	64.0	66.3	63.6	63.5
% with physical pain	19.2	22.6	19.7	18.1
% with 2+ days of poor health keeping you from usual activities	20.7	20.6	21.7	20.3
% with high blood pressure (lifetime)	19.2	22.6	22.6	16.8
% with high cholesterol (lifetime)	19.6	26.0	17.4	18.9
% with diabetes (lifetime)	5.3	6.6	5.8	4.7
% with depression (lifetime)	13.7	13.7	16.9	12.2
% with heart attack (lifetime)	1.2	0.6	1.9	1.1
% with asthma (lifetime)	11.1	14.3	8.8	11.2
% with cancer (lifetime)	9.3	11.0	10.9	8.2
Healthcare provider limits ability to exercise (% yes)	7.7	7.6	8.8	7.2
Little interest or pleasure in doing things				
% 1 (Not at all)	74.5	73.7	71.4	76.1
% 4 (Nearly every day)	6.6	5.9	7.6	6.3
Your physical health is near-perfect				
% 4+5 (Agree)	64.1	62.6	68.6	62.5
% 1+2 (Disagree)	12.3	17.9	10.7	11.6
In the last seven days, you have felt active and productive every day.				
% 4+5 (Agree)	70.9	71.1	71.0	70.7
% 1+2 (Disagree)	8.6	10.5	9.0	8.0
A doctor would say that you do a great job of managing your health.				
% 4+5 (Agree)	70.9	63.3	73.2	71.9
% 1+2 (Disagree)	8.1	11.1	5.9	8.3
You always feel good about your physical appearance.				
% 4+5 (Agree)	56.9	54.3	57.1	57.4
% 1+2 (Disagree)	12.1	14.7	13.5	10.9
How many alcoholic drinks do you have in a typical week?				
Mean (code 15: use 20 as top value)	3.6	4.6	4.0	3.2
% None	34.3	33.0	30.8	36.2
% 1-6	45.3	36.6	47.4	46.7
% 7+	20.1	30.4	21.8	16.6
Do you smoke? (% Yes)	6.8	8.5	4.2	7.5
What type of tobacco product/s do you use?				
% Cigarettes	5.2	5.5	3.5	5.8
% Cigars	1.1	2.5	0.1	1.1
% Pipe	0.3	1.3	0.0	0.2
% Smokeless Tobacco	1.1	1.9	2.1	0.5
% who ate healthy all day	66.0	68.5	74.5	61.5
% who exercised for 30+ minutes 3+ days in last week	65.5	64.9	70.3	63.6

% who had 5+ servings of fruits and vegetables 4+ days in last week	63.6	58.5	64.1	64.7
% Obese	13.6	16.5	10.9	14.0
% Overweight	31.3	30.4	31.2	31.6
% Above Normal Weight	44.9	46.9	42.1	45.6
% Normal Weight	52.2	52.2	52.6	52.1
COMMUNITY WELL-BEING SCORE	66.3	67.0	67.8	65.5
Community Thriving score	47.7	49.7	52.8	44.9
Community Struggling score	45.5	43.0	42.5	47.5
Community Suffering score	6.8	7.3	4.7	7.5
You can't imagine living in a better community than the one you live in today.				
% 4+5 (Agree)	59.5	65.6	64.3	55.7
% 1+2 (Disagree)	16.2	18.4	14.2	16.4
The city or area where you live is a perfect place for you.				
% 4+5 (Agree)	76.6	74.3	79.5	75.9
% 1+2 (Disagree)	7.7	3.1	9.4	8.1
You are proud of your community (or the area where you live).				
% 4+5 (Agree)	76.4	74.9	79.7	75.3
% 1+2 (Disagree)	7.2	7.4	5.1	8.1
You always feel safe and secure.				
% 4+5 (Agree)	87.7	87.8	92.3	85.6
% 1+2 (Disagree)	3.7	5.0	1.6	4.4
The house or apartment that you live in is ideal for you and your family.				
% 4+5 (Agree)	73.5	71.3	82.8	70.1
% 1+2 (Disagree)	9.2	11.5	5.3	10.3
In the last 12 months, you have received recognition for helping to improve the city or area where you live.				
% 4+5 (Agree)	18.1	18.4	22.3	16.1
% 1+2 (Disagree)	70.2	66.9	67.2	72.4
% Satisfied with the city or area where you live	95.4	94.3	96.5	95.2
FINANCIAL WELL-BEING SCORE	68.8	68.9	71.9	67.4
Financial Thriving score	56.5	53.4	63.3	54.3
Financial Struggling score	31.5	30.5	27.3	33.6
Financial Suffering score	12.0	16.1	9.3	12.1
Not enough money to buy food (% Yes)	6.7	7.8	6.3	6.6
Not enough money for healthcare (%Yes)				
You have enough money to do everything you want to do.				
% 4+5 (Agree)	58.2	58.9	64.0	55.5
% 1+2 (Disagree)	19.9	20.5	15.4	21.8
In the last seven days, you have worried about money.				
% 4+5 (Agree)	27.4	27.4	25.1	28.4
% 1+2 (Disagree)	56.4	60.8	59.0	54.1
Compared to the people you spend time with, you are satisfied with your standard of living.				
% 4+5 (Agree)	79.4	74.1	85.8	78.0
% 1+2 (Disagree)	6.8	9.9	4.5	7.0
SOCIAL WELL-BEING SCORE	62.2	60.0	64.4	61.8
Social Thriving score	39.2	36.0	43.5	38.2
Social Struggling score	46.1	44.4	45.3	46.9
Social Suffering score	14.7	19.6	11.2	15.0
Your relationship with your spouse, partner, or closest friend is stronger than ever.				
% 4+5 (Agree)	77.3	73.1	79.3	77.5
% 1+2 (Disagree)	9.1	10.5	7.1	9.6
Your friends and family give you positive energy every day.				
% 4+5 (Agree)	75.8	68.9	79.9	75.8
% 1+2 (Disagree)	7.2	10.8	5.6	7.0
You always make time for regular trips or vacations with friends and family.				
% 4+5 (Agree)	59.8	64.3	62.3	57.5
% 1+2 (Disagree)	19.7	19.8	18.5	20.2

Someone in your life always encourages you to be healthy.				
% 4+5 (Agree)	71.8	67.3	72.3	72.8
% 1+2 (Disagree)	13.7	17.6	13.2	13.0
PURPOSE WELL-BEING SCORE	60.3	58.6	61.5	60.1
Purpose Thriving score	33.5	32.8	33.2	33.8
Purpose Struggling score	50.2	43.5	54.3	50.2
Purpose Suffering score	16.3	23.7	12.5	16.1
There is a leader in your life who makes you enthusiastic about the future.				
% 4+5 (Agree)	51.1	46.0	50.1	52.9
% 1+2 (Disagree)	29.4	30.7	30.6	28.5
You like what you do every day.				
% 4+5 (Agree)	80.3	76.7	81.9	80.6
% 1+2 (Disagree)	5.4	8.2	5.5	4.5
In the past 12 months, you have reached most of your goals.				
% 4+5 (Agree)	53.5	54.6	54.2	52.9
% 1+2 (Disagree)	15.9	18.2	12.2	17.0
You get to use your strengths to do what you do best every day.				
% 4+5 (Agree)	70.6	69.1	70.1	71.2
% 1+2 (Disagree)	9.2	14.7	7.6	8.5
You learn or do something interesting every day.				
% 4+5 (Agree)	72.0	69.5	76.0	71.0
% 1+2 (Disagree)	8.7	9.8	7.1	9.1
Have you visited a dentist in the last 12 months? (% Yes)	80.7	84.4	81.3	79.4
Do you have health insurance coverage?				
% 1 (Yes)	96.1	95.0	96.8	96.0
% 2 (No)	3.8	5.0	2.8	4.0
Do you have a personal doctor? (% Yes)	85.5	90.2	85.6	84.3
% with high blood pressure (current via full base)	13.4	17.3	14.9	11.7
% with high cholesterol (current via full base)	11.5	12.4	10.4	11.8
% with depression (current via full base)	6.2	1.4	4.5	8.2
% with asthma (current via full base)	4.7	6.0	3.5	4.9
% with cancer (current via full base)	2.4	2.1	4.1	1.8