Sacramento Metro Area on the American Human Development Index

The Sacramento metro area has higher well-being levels than both the state of California and the nation as a whole on the American Human Development Index, a composite measure in the areas of health, education, and earnings. The Sacramento metro area is made up of Sacramento, El Dorado, Placer, and Yolo counties. Sacramento has a score of 5.66 (out of a total of 10) on the American Human Development Index, as compared with 5.09 for the U.S.

In the lineup with the other four largest major metropolitan areas in the state—which together are home to three-fourths of Californians—Sacramento is on par with LA and San Diego and well above Riverside-San Bernardino but considerably below the San Francisco metro area, which has an American HD Index of nearly 7. However, the distribution of well-being and access to opportunity in Sacramento is not shared evenly. One particularly striking finding in this analysis is that Asian American high school completion rates and earnings in Sacramento are considerably lower than those of Asian Americans in other big California cities.

Health in the Sacramento Metro Area:

- Life expectancy in the Sacramento metro area today is 79.4 years, two years less than average life expectancy in the San Francisco metro area, at 81.4 years.
- Life expectancy varies greatly by race and ethnicity. An Asian American baby born today in the Sacramento metro area can expect to outlive an African American baby by over eleven years. Asian Americans live an average of 84.6 years, Latinos 83.3, whites 79.1, and 73.2 years for African Americans.
Education in the Sacramento Metro Area:

Sacramento’s rate of high school completion among adults (13 percent) is higher than the state overall, with 19 percent of adults 25 and older in California not having ever graduated high school.

- Whites in the Capital Region have the best high-school completion with only 6 percent lacking a high school diploma or a GED, as compared with 13 percent of African Americans, 19 percent of Asian Americans, and 38 percent of Latinos.

- Asian Americans adults in Sacramento have the lowest high-school completion rates of Asian Americans in any major metro area in the state. Almost 1 in 5 never completed high school. However those Asian Americans who graduated from high school excel in higher education; almost 40 percent of Asian Americans in the Sacramento area have earned a 4-year college degree, compared to 33 percent of whites.

Earnings in the Sacramento Metro Area:

- The typical worker in the Sacramento metro area earns about $31,000 per year, a little more than the typical earnings for the state.

- Within the Sacramento metro area, median personal earnings—the annual wages and salaries of the typical worker—vary less by neighborhood area than they do in California’s other large metro areas. Earnings span from $44,000 in and around the community of Folsom to $27,000 in Yolo County.

- Median earnings for both Asian Americans and African Americans are lower in Sacramento than they are in any of the other four largest California metro areas. While the typical Asian American worker in San Diego earns about $36,000, Sacramento Asian Americans typically earn $7,000 less. African Americans in Los Angeles earn over $2,000 more than their counterparts in Sacramento.

- Earnings by race and ethnicity vary from whites, among whom typical earnings are about $36,000 to $21,000 for Latinos. See above for earnings of workers in the four major racial/ethnic groups.