

Mira Mesa

Age Friendliness Assessment

USP 141A

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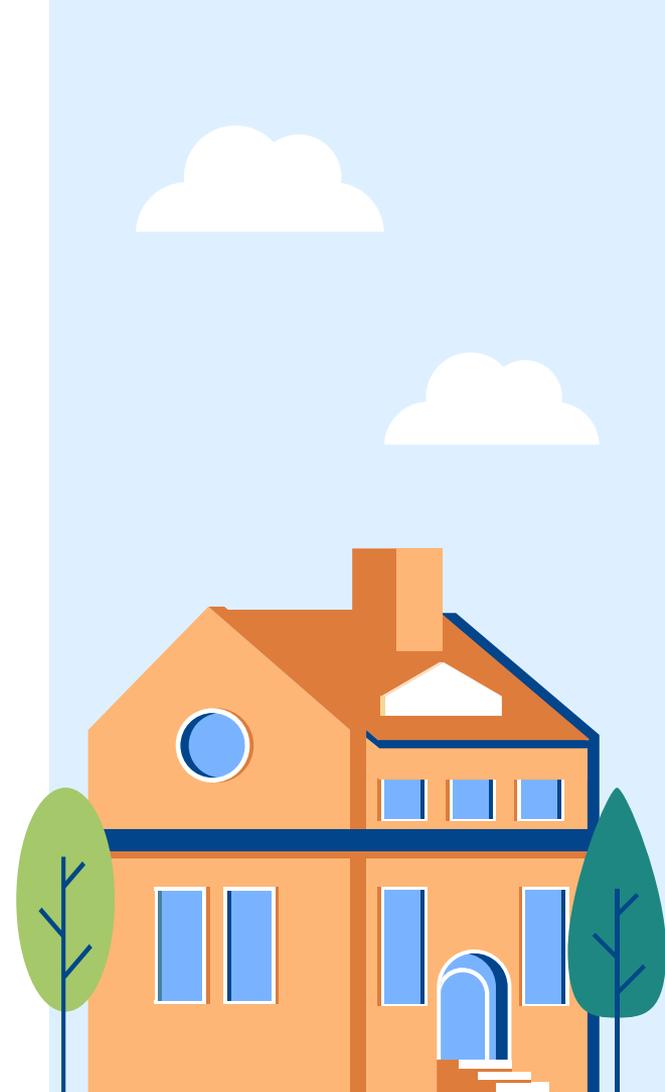
WHO Checklist

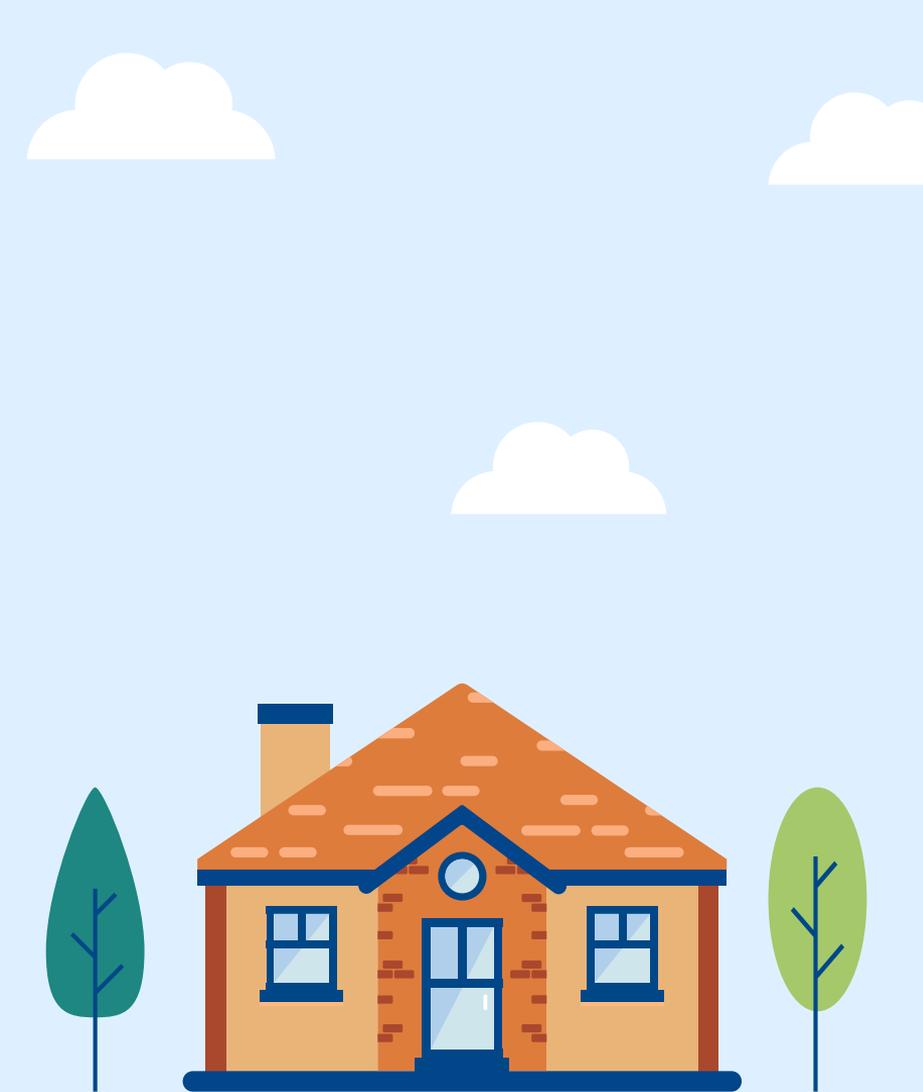
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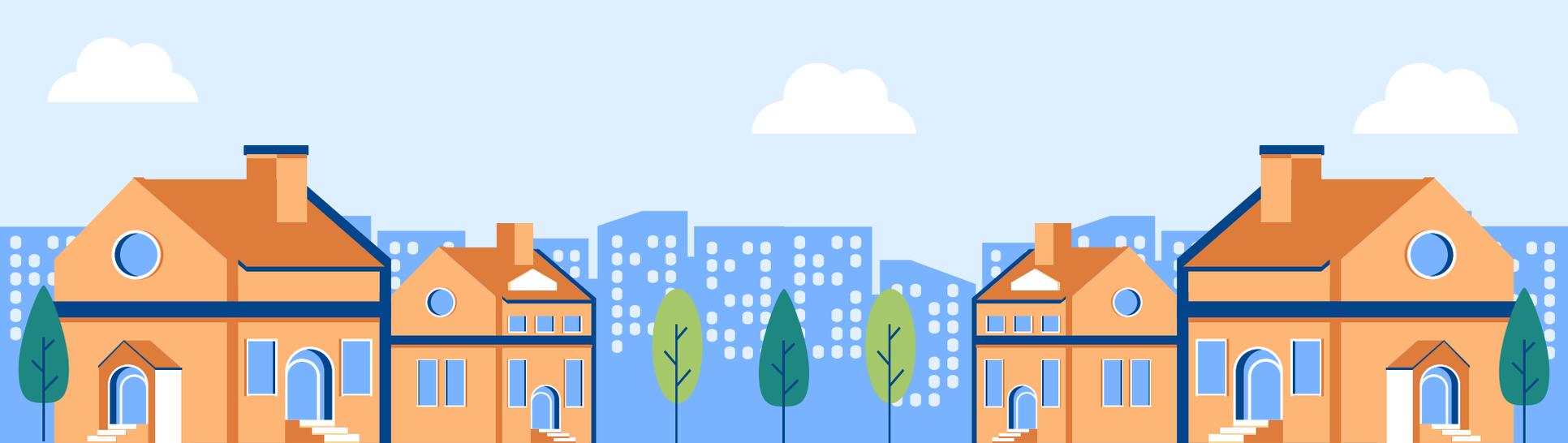
01

Neighborhood Context



Where is it located?

Mira Mesa is located in the north central portion of the City of San Diego, 16 miles north of downtown San Diego, between the Interstate 805 and Interstate 15 corridors. It is a relatively flat residential area with steep slopes on the west, mountain views, and several canyons. The name Mira Mesa translates to "Table View" in Spanish.





History of Mira Mesa

- Mira Mesa was originally not a living community, but a place for the Army and Navy. After WWII, there was a housing crisis, which, along with mass producing homes, led to a housing boom.
- Due to the mass production of houses, schools and police stations were not able to keep up with the rapid population growth, leaving it hard for people to access certain amenities and goods
 - Ex: (“If you wanted a Coke, you went to Poway.”).
- Mira Mesa is a multicultural area, home to various ethnic groups that identify as Filipino, Hispanic, Vietnamese, African American, and Caucasian
 - Tract housing historically tends to force many ethnic groups to assimilate and let go of their traditions but for some groups like Filipinos, were able to maintain strong ties to their ethnic backgrounds
- 1980s: a boom in commercial development

military housing site → a thriving residential and commercial hub



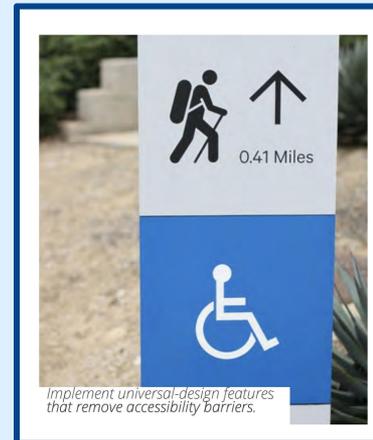
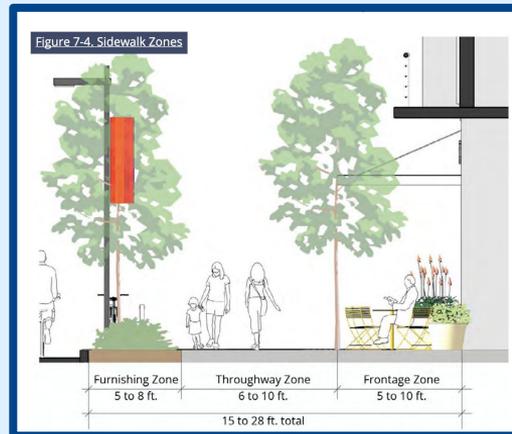
Current Context

- Currently, Mira Mesa is continuously evolving and expanding with new schools, parks, and recreational facilities.
- Nearby areas creating technology and research companies (e.g. Sorrento Valley), bring traffic and further interest to Mira Mesa.
 - What was once a military housing site is now a thriving residential and commercial hub!



Mira Mesa Community Plan

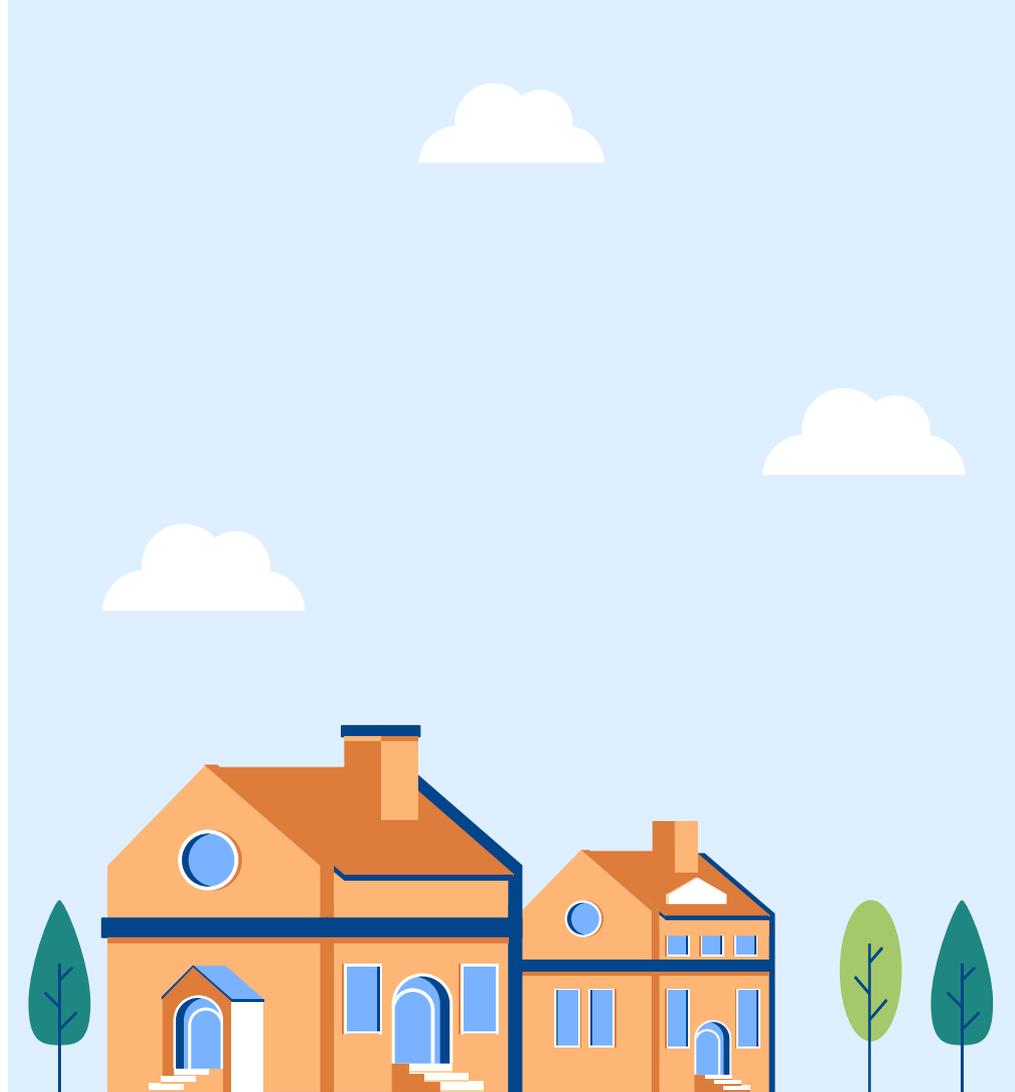
- The Mira Mesa Community Plan, adopted in 2022, outlines the city's vision and plan for development of the Mira Mesa area.
- The plan's goal is to establish a clean, safe, and healthy community that nurtures the well-being of its residents.
- To encourage active and healthy lifestyles, the city plan prioritizes the development of comfortable neighborhoods designed for walking and biking.
 - Safe access to schools, parks, jobs, services, and amenities is a key consideration, ensuring that residents can easily engage in these essential aspects of their daily lives.





02

Demographics





~80,000
residents



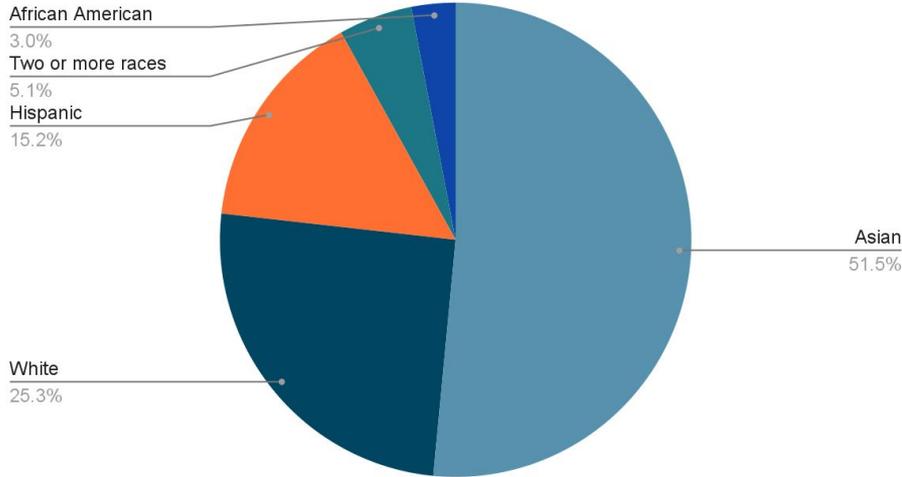
within 10,700 acres of land



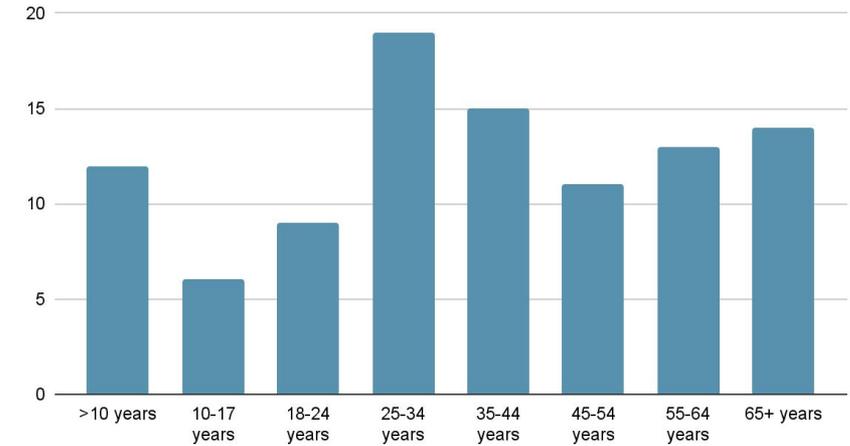
DEMOGRAPHIC CHARTS



Race



Age



DEMOGRAPHIC CHARTS

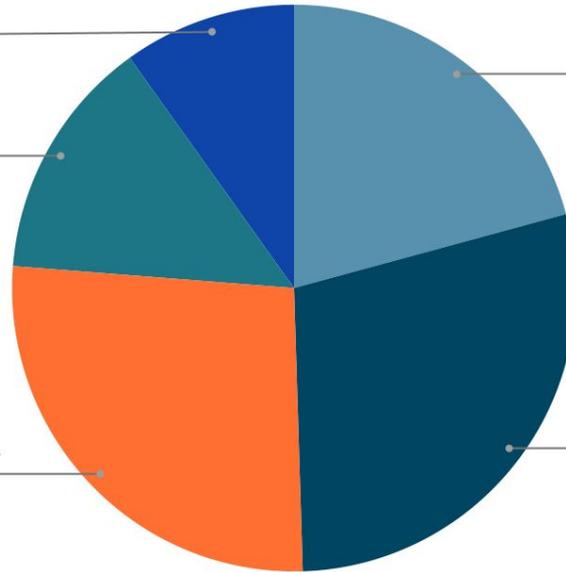


Education Levels

Less than High School
9.9%

High School Diploma
13.9%

Some kind of college or
26.7%



Master's Degree
20.8%

Bachelor's Degree
28.7%





\$124,459

Average Household Income

\$578,558

Median Home Price

\$2,407

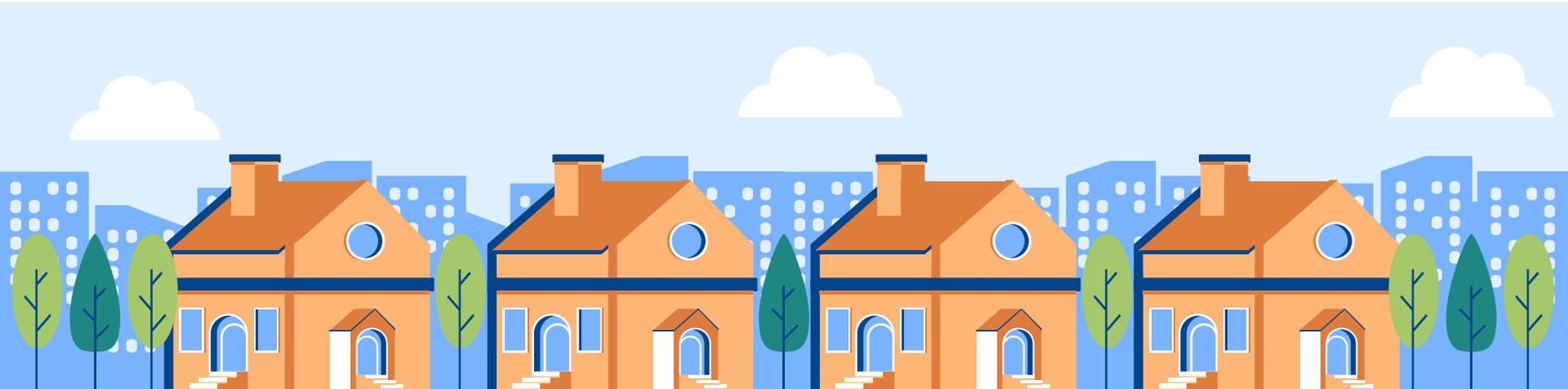


Average Cost of Rent per Month

03

W.H.O. Checklist

Does Mira Mesa satisfy the W.H.O. age-friendly criteria?



Eight Domains for age-friendly criteria

1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Respect and Social Inclusion
5. Civic participation and Employment
6. Social participation
7. Community and health services
8. Communication and information





Outdoor Spaces And Buildings



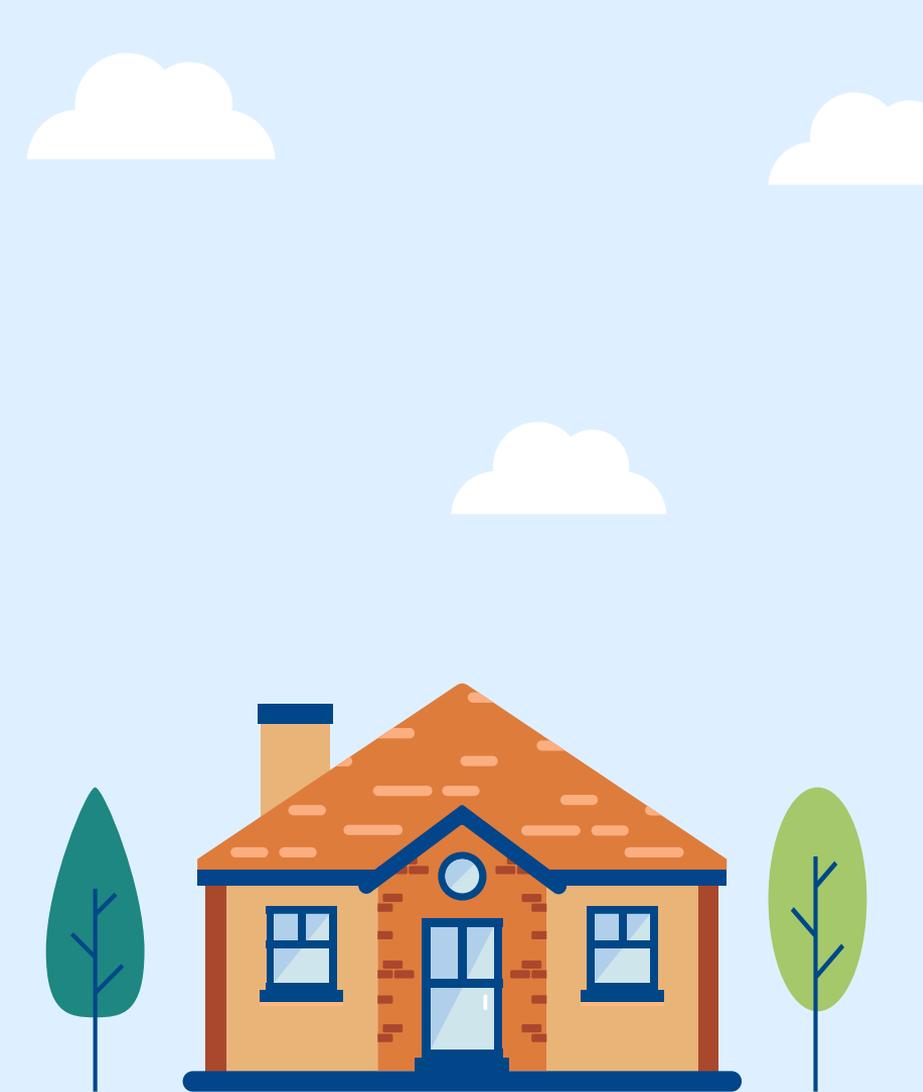
- Mira Mesa had many parks and recreation spaces for residents to exercise and engage with family as well as friends
- The Mira Mesa Community Park had plenty of grassy areas and dog paths, newly built playgrounds for children, many tables and benches, drinking fountains, and clean public restrooms



Respect and Social Inclusion

- Over the weekend, we saw numerous families spend time with each other at the park (parents with children, children with grandparents, entire families)
 - Gathered together to celebrate a birthday, barbeque, or watch a sports game





04

Observations and Analysis



Surprising Discoveries

- Many families were out and about on a rainy day. The area that received the most traffic was the H-Mart Plaza, where many stores and businesses were located.
- While we were exploring the neighborhood, we saw a few very peculiar houses that featured unique statues and decorations.
 - One house in particular, had their parrot in a cage outside in the front yard.
- When we visited the parks, we noticed that the the bathrooms were relatively clean and lacked signs of vandalism.
 - This suggests that community members value their public space.



What We Learned



- The population makeup connects back to its deep roots with military base housing. For example, Filipinos on active duty in the Navy brought their families to Mira Mesa to obtain more affordable housing
 - Accounts for the prominent Filipino population
- Community engagement is a common and popular practice.
 - Lots of flyers posted around bulletin boards advertising opportunities and events.



05

Recommendations





To promote and sustain an age-friendly, inclusive neighborhood, we recommend:

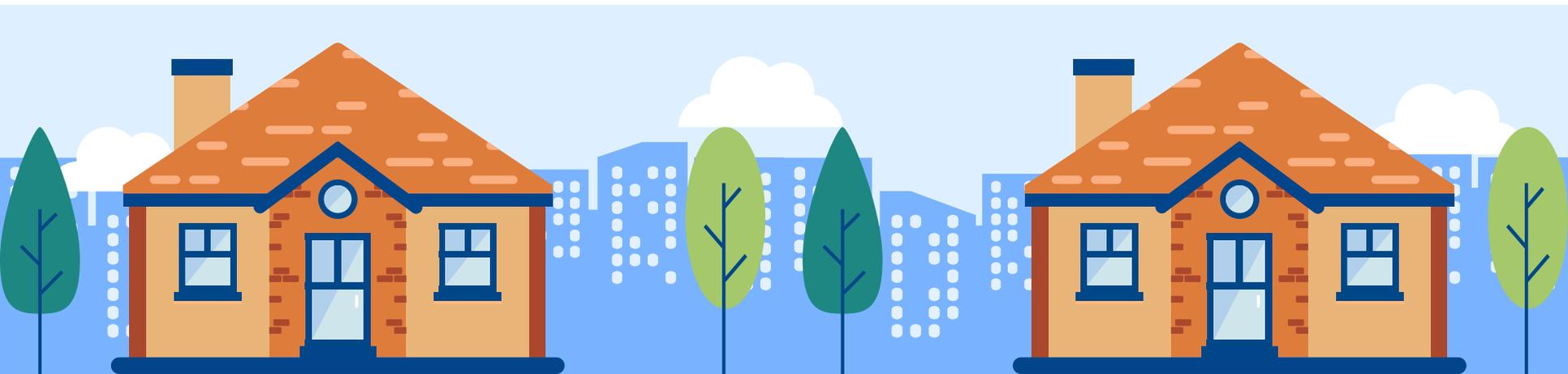
- A change in infrastructure for sidewalks in particular
 - Sidewalks were wide enough without many cracks but crossing times should be extended.
 - Better street lighting, more bike lanes, and more bus stops near community parks.
 - More ramps and elevators in the large plazas to make them accessible for handicapped folks.
- The Mira Mesa city plan intends to expand its public transportation network by designing more bicycle lanes, bus lanes, and implementing sky ways (aerial cableways) to decrease traffic.
- Increase pedestrian crosswalks of all classes (I-IV) and universal design features to remove accessibility barriers.
- Develop more parks near areas of employment or urban villages so it is more accessible.



Works Cited

Pasco, Gian Paolo. "Mira Mesa: The Black Sheep of San Diego." ArcGIS StoryMaps, Esri, 15 Dec. 2020, storymaps.arcgis.com/stories/57064502a8064e318e18d50b47355716.

Taylor, Scott. "9 Reasons Why Mira Mesa San Diego Is a Great Place to Live in 2024: 2025." San Diego Real Estate Hunter, 29 Feb. 2024, www.sandiegorealestatehunter.com/blog/8-reasons-why-mira-mesa-san-diego-great-place-live/#history-and-development.





THANKS!

DO YOU HAVE ANY QUESTIONS?



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