

CIVIC MUSCLE INDEX

Learn more about the Civic Muscle Index and how you can use it to grow stronger, more engaged communities.

PART 1: CIVIC MUSCLE **FRAMEWORK**

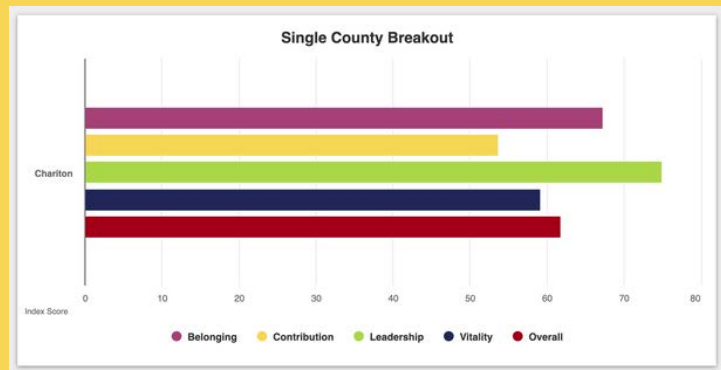
CIVIC MUSCLE DOMAINS	MEASURES
Belonging	• Home ownership • Not living alone • Engaged youth • Interaction indices • Residential stability • Faith-based organizations • Social associations
Contribution	• Nonprofit organizations • Voter participation • Census response rate • Civic participation • Labor force participation • Volunteerism and fundraising
Leadership	• Trust in community leaders • Trust in community members • Trust in local police
Vitality	• College-educated population • High school graduation • School funding adequacy • School test scores • Median household income • Employment rate + rate change • Crime-free neighborhoods • Living in a safe neighborhood • Access to childcare centers • Access to primary care doctors • Access to food stores • Access to high-speed internet • Access to libraries • Access to parks • Business creation

PART 2: CIVIC MUSCLE INDEX



The index standardizes the data behind each measure and uses methods like weighting and scoring to make analysis and comparisons easier.

The Civic Muscle Index can be used to highlight a county's strengths and identify opportunities for growth. The index works by combining measures that best represent belonging, contribution, leadership, and vitality to create actionable scores.

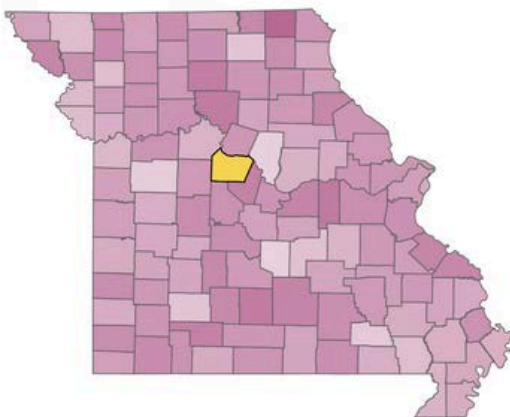


HOW TO USE THE CIVIC MUSCLE INDEX

1

View your county's overall index score and its scores for each of the four domains. Where are you doing well? Where do you need improvement?

Belonging Index Scores



How Strong is Belonging in Your Community?

Belonging scores are high when communities have youth who are engaged, a workforce that is stable, and neighborhoods that are welcoming. Low belonging scores indicate undesirable housing, low community engagement, and higher rates of loneliness.

Cooper County, MO

52.8

Belonging Score

HOW TO USE THE CIVIC MUSCLE INDEX

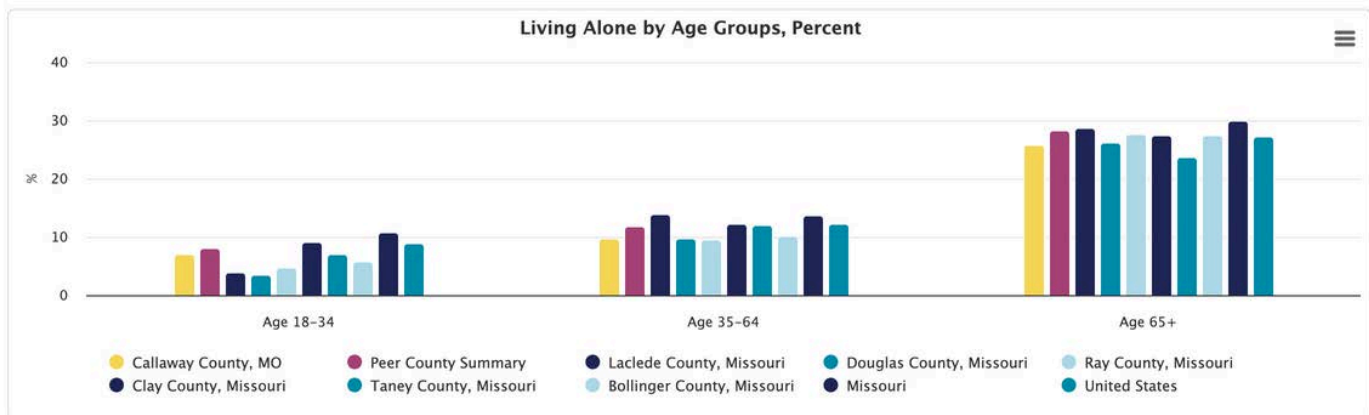
2

Create a full index report. Explore measures within each of the four domains. Where are you doing well? Where do you need improvement?

High-Performing Schools - HS Graduation	Adjusted Student Cohort	268	64,798
	Number of Diplomas Issued	255	58,600
	Cohort Graduation Rate	95.1%	90.4%
High-Performing Schools - School Funding Adequacy	Actual Spending Per Pupil	\$10,049	\$12,138
	Required Spending Per Pupil	\$14,227	\$13,129
	Gap between Actual and Required Spending	\$-4,178	\$-991
High-Performing Schools - Test Scores	Students with Valid Test Scores	236	61,834
	Students Scoring 'Proficient' or Better, Percent	46.2%	45.0%
	Students Scoring 'Not Proficient' or Worse, Percent	53.8%	55.2%
Median Household Income	Total Households	9,468	2,484,834
	Average Household Income	\$77,661	\$93,797
	Median Household Income	\$56,345	\$68,920

3

Dive deeper into measures that have data by demographics. Is one age group disproportionately affected? Can you identify any disparities across other demographics in your county?



4

Connect to Extension programs that can help you leverage your strengths and target civic muscle growth strategies.

Leadership Scores

Leadership Measures

Leadership Programs

Youth Empowerment Program

Youth Empowerment Program (YEP) is a cohort for teens in high school that focuses on learning leadership skills, public speaking, and community engagement. The program has tier one scholars (first years) and tier two scholars (second year).

[Learn More: Navigating Difference](#)

Neighborhood Leadership Fellows

The mission of Neighborhood Leadership Fellows (NLF) is to increase and amplify the voices of North St. Louis City and County residents at the civic decision-making tables in order to produce more equitable regional policies for neighborhoods.

[Learn More: Neighborhood Leadership Fellows](#)

Veteran R.E.A.D.S.

The Veteran R.E.A.D.S. Program harnesses the profound power of storytelling and story analysis to build resilience, enhance education, drive advocacy, foster meaningful dialogue, and promote service among veterans.

[Learn More: Veterans R.E.A.D.S.](#)

Missouri Good Neighbor Week

Signed into law in 2022, Missouri Good Neighbor Week encourages citizens of Missouri to "participate in events and activities to establish connections with their neighbors."

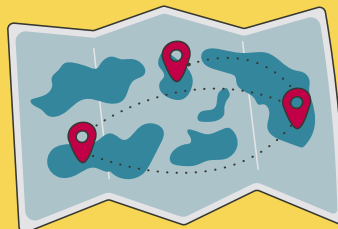
[Learn More: Good Neighbor Week](#)

PART 3: PEER COUNTIES

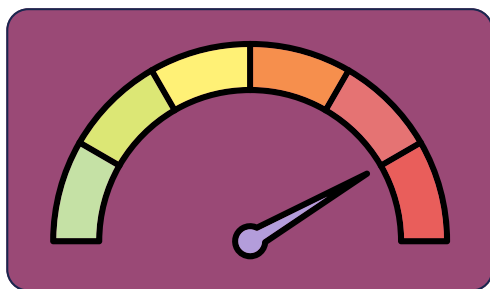


Peer counties are places that have similar types of people and environments.

Peer counties are determined using demographics like total population, age, income, and rurality.



HOW TO USE PEER COUNTIES



PEER COUNTIES CAN HELP:

- understand benchmarks and set goals
- identify successful local strategies
- learn about new ideas and opportunities
- discover community partners

1

View your county's peer counties. Are they nearby or far away? Explore the domain scores for your peer counties. Which counties have the most similar scores across the four domains?

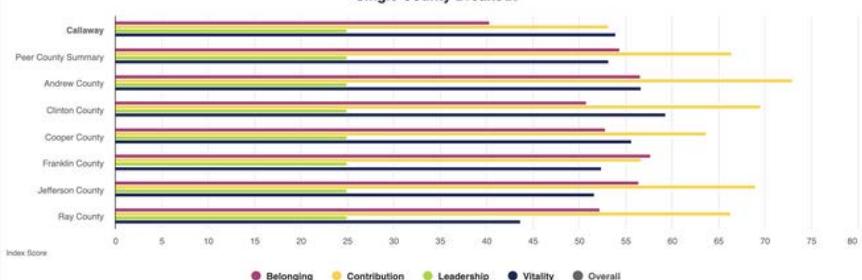
Peer Counties for Callaway County, MO



Peer Counties for Callaway County, MO

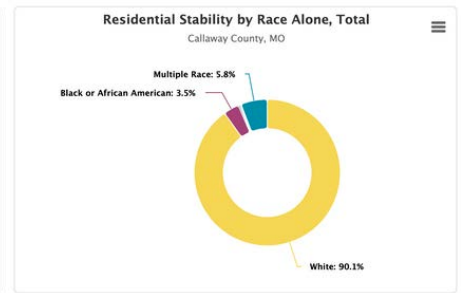
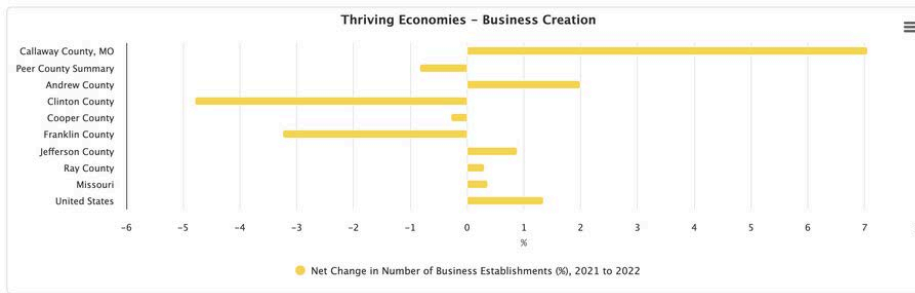
- Andrew County
- Clinton County
- Cooper County
- Franklin County
- Jefferson County

Single County Breakout



2

Create a full peer county report. Explore measures within each of the four domains for your peer counties. Where are they doing well? What can you learn from them?



PART 4: WELL-BEING AND LIFE SATISFACTION



Thriving communities are the goal of all civic muscle work.

If we build civic muscle in our counties, overall measures of well-being will improve:



Mentally healthy days



Physically healthy days



General health



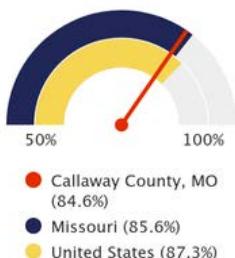
Life expectancy

HOW TO USE THE WELL-BEING MEASURES

1

Review the Well-Being Measures annually. Use these measures to set long-term planning goals and track impact year-to-year.

Percentage of Adults Age 18+ With Fewer than 14 Days of Poor Physical Health



Percentage of Adults With Infrequent Poor Physical Health Days, 2018–2022 (Crude)

