The Ocean Health Index establishes reference points for achieving widely accepted socio-ecological goals across 229 countries & territories. It evaluates whether these goals are being met and how well they are being achieved.

The index uses a score from 0 to 100, where higher scores indicate better ocean health. Each score is based on a combination of the success of achieving the individual goals and the relative importance of those goals for each country. The overall score is an average of the scores for all goals.

The goals include:
- Food Provision
- Artisanal Fishing Opportunities
- Natural Products
- Carbon Storage
- Coastal Protection
- Tourism & Recreation
- Coastal Livelihoods & Economies
- Sense of Place
- Clean Waters
- Biodiversity

The diagram above illustrates these goals with corresponding images.