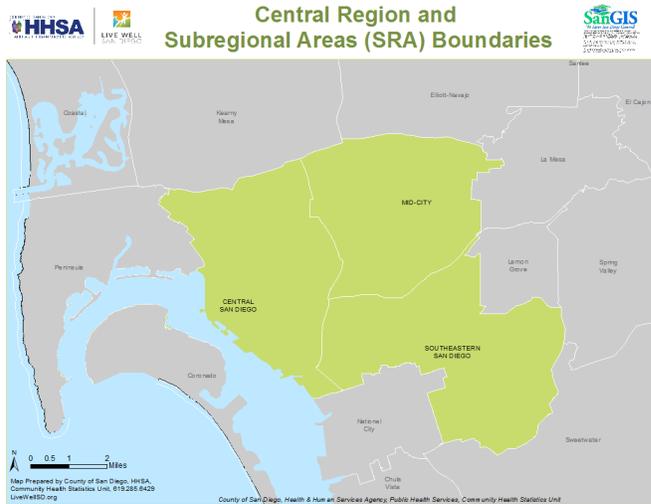


San Diego County Health Briefs

Central Region, 2013



Non-Communicable (Chronic) Disease



Demographics ¹	Central Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.9	16.0
Ages 25-44	33.3	28.0
Ages 45-64	22.5	24.6
Ages 65+	9.4	12.2
White	28.8	47.1
Black	10.3	4.2
Hispanic	44.1	33.4
Asian/Pacific Islander	13.4	11.4
Other	3.4	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	47.5	32.7

Health Outcomes ^{2, 3, 4}	Central Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	514	104.9	3,404	107.9
Hospitalization	1,022	208.5	6,526	206.9
Emergency Department Discharge	123	25.1	1,046	33.2
Stroke				
Death	153	31.2	1,114	35.3
Hospitalization	971	198.1	6,611	209.6
Emergency Department Discharge	265	54.1	1,730	54.8
Diabetes				
Death	84	17.1	614	19.5
Hospitalization	1,058	215.9	4,415	140.0
Emergency Department Discharge	1,208	246.5	4,592	145.6
COPD				
Death	140	28.6	1,042	33.0
Hospitalization	530	108.1	3,050	96.7
Emergency Department Discharge	1,821	371.6	7,426	235.4
Asthma				
Death	<5	§	35	1.1
Hospitalization	508	103.7	2,093	66.3
Emergency Department Discharge	2,693	549.5	9,862	312.6
Cancer, All Causes				
Death	592	120.8	5,030	159.5

For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs

Central Region, 2013



Access and Utilization ⁵	Central Region (%)	County (%)
No Usual Source of Care (ages 18-64)	10.7	18.3
Uninsured All or Part of Year (ages 18-64)	30.2	27.8
Visited Emergency Room in the Past Year (ages 18-64)	13.9	14.7

Health Behaviors ⁵	Central Region (%)	County (%)
Current Smoker (ages 18+)	10.0	13.4
Overweight/Obese (ages 18+)	63.9	57.4
Physically Active 1+ Hours Per Day in Past Week (ages 5-11)	**	28.2
Ate Fast Food 3 or More Times in Past Week (all ages)	25.3	22.1
Binge Drinking in Past Year (ages 18+)	35.9	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	31.7	27.6
Ever Diagnosed with Diabetes (ages 18+)	**	8.5
Ever Diagnosed with Asthma (all ages)	12.7	12.9

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.
2. Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.
3. Patient Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.
4. Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services; SANDAG, Current Population Estimates, released 10/2013.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

††Federal Poverty Level for 2013 (\$11,490 for single person, \$4,020 for each additional person, \$23,550 for four-person-family).

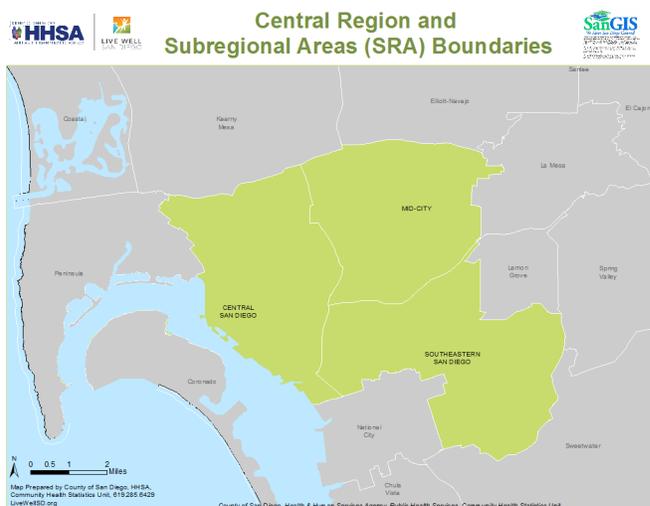
* Rates are per 100,000 population.

** Indicates statistically unstable estimate.

§ Rates not calculated for fewer than 5 events.

San Diego County Health Briefs

Central Region, 2013



Demographics ¹	Central Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.9	16.0
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Hispanic	44.1	33.4
Asian/Pacific Islander	13.4	11.4
Other	3.4	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	47.5	32.7

Communicable Disease

Health Outcomes ^{2, 3, 4, 5, 6, 7, 8}	Central Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	44	9.0	206	6.5
Chronic Hepatitis C, Reported (2012)	475	97.2	2,588	82.3
AIDS Incidence	111	22.6	269	8.5
HIV Incidence	165	33.7	322	10.2
Chlamydia Reported, Underestimate‡	3,895	794.8	16,042	508.5
Gonorrhea Reported, Underestimate‡	1,063	216.9	2,865	90.8
Primary and Secondary Syphilis Reported	198	40.4	347	11.0
Deaths				
Influenza (Flu) and Pneumonia	49	10.0	334	10.6
Hospitalizations				
Influenza	129	26.3	783	24.8
Pneumonia	820	167.3	5,248	166.4
Emergency Department Discharges				
Influenza	967	197.3	4,598	145.8
Pneumonia	967	197.3	6,110	193.7
Health Behaviors & Related Health Factors		Central Region (%)	County (%)	
Binge Drinking in Past Year (ages 18+) ⁹		35.9	34.5	
Has Ever Had Sex (High School Students) ¹⁰		**	36.6	
Has had Flu Vaccination in Past 12 Months (ages 18+) ⁹ (2014)		34.5	43.6	
Has had Flu Vaccination in Past 12 Months (ages 0-11) ⁹ (2014)		**	58.6	

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San Diego County Health Briefs

Central Region, 2013



Access and Utilization ⁹	Central Region (%)	County (%)
No Usual Source of Care (ages 18-64)	10.7	18.3
Uninsured All or Part of Year (ages 18-64)	30.2	27.8
Visited Emergency Room in the Past Year (ages 18-64)	13.9	14.7

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.
2. County of San Diego, Health & Human Services Agency, Tuberculosis Control Program, County TB Registry; SANDAG, Current Population Estimates, released 10/2013.
3. County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Services Branch, Communicable Disease Data; SANDAG, Current Population Estimates, released 10/2013.
4. County of San Diego, Health & Human Services Agency, HIV/AIDS Epidemiology Unit, HIV/AIDS Reporting System; SANDAG, Current Population Estimates, released 10/2013.
5. County of San Diego, Health & Human Services Agency, HIV, STD and Hepatitis Branch, Morbidity Database; SANDAG, Current Population Estimates, released 10/2013.
6. Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.
7. Patient Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.
8. Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services; SANDAG, Current Population Estimates, released 10/2013.
9. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013, 2014.
10. Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey (YRBS), 2013.

††Federal Poverty Level for 2013 (\$11,490 for single person, \$4,020 for each additional person, \$23,550 for four-person-family).

* Rates are per 100,000 population.

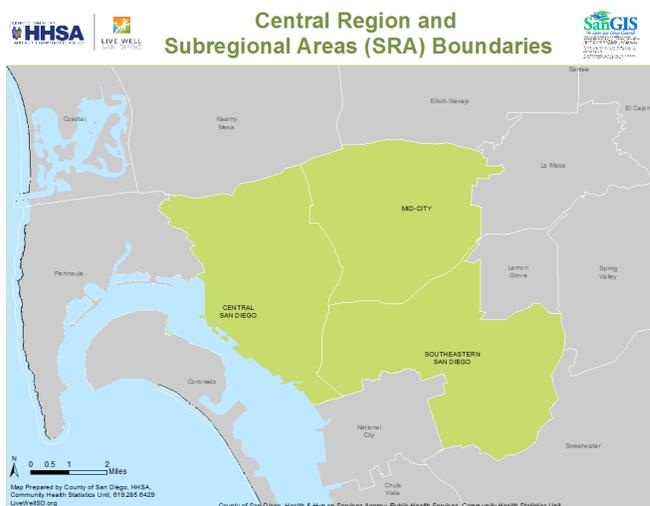
§ Rates note calculated for fewer than 20 events.

‡ Underestimate due to cases with unknown residence. Approximately 30% of chlamydia and gonorrhea cases have missing residence data each year.

** Indicates statistically unstable estimate.

San Diego County Health Briefs

Central Region, 2013



Demographics ¹	Central Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.9	16.0
Ages 25-44	33.3	28.0
Ages 45-64	22.5	24.6
Ages 65+	9.4	12.2
White	28.8	47.1
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Hispanic	44.1	33.4
Asian/Pacific Islander	13.4	11.4
Other	3.4	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	47.5	32.7

Health Outcomes ^{2, 3, 4, 5}	Central Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Live Births, % of County Births	6,992	16.0%	43,627	100.0%
Live Births to Girls, Ages 15-17, % of County births	132	1.9%	558	1.3%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,772	82.6%	36,940	84.8%
Live Births born Preterm, % of County births	621	8.9%	3,624	8.3%
Low Birth Weight Births, % of County births	500	7.2%	2,824	6.5%
Very Low Birth Weight Births, % of County births	95	1.4%	480	1.1%
Fetal Mortality Rate per 1,000 live births & fetal deaths (2011)	36	5.1	183	4.2
Infant Mortality, Rate per 1,000 live births	40	5.7	199	4.6
Child Restraint Use, % of MVO Injured ^{††} , Ages 0-5 (2012)	12	100.0%	121	94.5%
Access and Utilization ⁶	Central Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	10.7		18.3	
Uninsured All or Part of Year (ages 18-64)	30.2		27.8	
Visited Emergency Room in the Past Year (ages 18-64)	13.9		14.7	
Currently Receiving Supplemental Security Income (SSI)	**		5.0	
Currently Receiving TANF or CalWORKS (all ages, 300% of FPL)	**		4.5	
Currently Pregnant (ages 18-45) (2011-2012)	**		2.4	
Children Age 6 and Under Currently on WIC	**		27.9	
Women with Children Under 7 or Are Pregnant on WIC (2012)	**		47.8	
Residents Under 200% FPL Receiving Food Stamps (all ages)	22.5		20.6	
Women Below 200% FPL (ages 18-64)	39.2		53.8	
Health Behaviors ⁶	Central Region (%)		County (%)	
Adults Under 200% FPL Unable to Afford Enough Food	42.6		42.3	
Ate Fast Food 3 or More Times in Past Week (ages 2-17)	**		19.3	
Children Who Eat Less Than 5 Servings of Fruits and Vegetables Daily (ages 2-11) (2012)	33.7		45.9	

For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs

Central Region, 2013



Health Behaviors	Central Region (%)	County (%)
Women with a High School Degree or Less Education (ages 25+) ⁶	44.5	30.2
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages <6) ⁶	**	11.7
Agree or Strongly Agree that Adults Look Out for Children (ages 12-17) ⁶	**	**
More Than a Year Since Last Dental Visit (ages 2-11) ⁷	**	4.7
Delayed or Didn't Get Medical Care (ages 0-11) ⁶	**	**
Presence of an Adult at Least Some of the Time After School Hours (ages 12-17) ⁶	**	96.7
Has had Flu Vaccination in Past 12 Months (ages 0-11) ⁶	**	58.6

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.
2. Birth Statistical Master File (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Maternal, Child, and Family Health Services.
3. Fetal Death & Birth Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Maternal, Child, & Family Health Services.
4. Birth & Death Statistical Master File (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Maternal, Child, and Family Health Services.
5. Statewide Integrated Traffic Records System (SWITRS) Database, California Highway Patrol (CHP), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services.
6. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2011-2012, 2013, 2014.
7. Lucille Packard Foundation for Children's Health. Kidsdata.org, 2012.

†Federal Poverty Level for 2013 (\$11,490 for single person, \$4,020 for each additional person, \$23,550 for four-person-family).

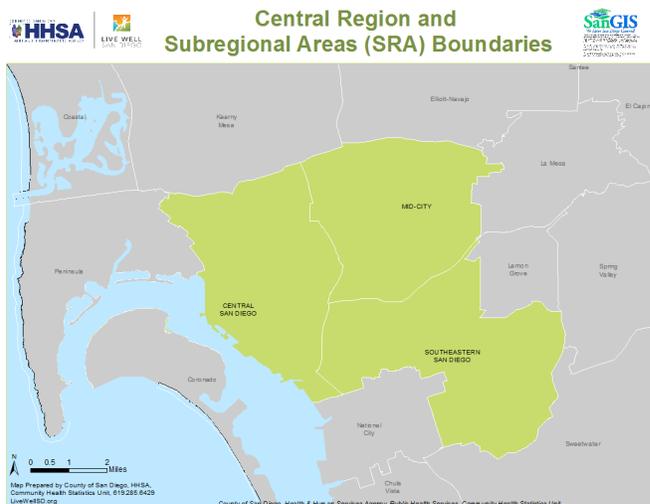
* Rates are per 1,000 population.

†† Child Restraint Use percentage is defined as the percentage of children ages 0-5 who are properly restrained as motor vehicle occupants (MVO) in crashes occurring on public roads where the status of restraint use was known. Data are by location of occurrence. The data come from the California Highway Patrol Statewide Integrates Traffic Records System.

** Indicates statistically unstable estimate.

San Diego County Health Briefs

Central Region, 2013



Demographics ¹	Central Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.9	16.0
Ages 25-44	33.3	28.0
Ages 45-64	22.5	24.6
Ages 65+	9.4	12.2
White	28.8	47.1
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Hispanic	44.1	33.4
Asian/Pacific Islander	13.4	11.4
Other	3.4	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	47.5	32.7

Injury

Health Outcomes ^{2, 3, 4, 5}	Central Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Unintentional Injury (All Causes)				
Deaths	152	31.0	1,015	32.2
Hospitalizations	4,174	851.7	22,454	711.8
Emergency Department Discharges	27,894	5,691.7	156,940	4,975.0
Fall-Related Injury				
Deaths	30	6.1	301	9.5
Hospitalizations	1,958	399.5	11,231	356.0
Emergency Department Discharges	9,461	1,930.5	56,458	1,789.7
Overdose/ Poisoning				
Deaths	92	18.8	471	14.9
Hospitalizations	570	116.3	2,473	78.4
Emergency Department Discharges	937	191.2	5,254	166.6
Motor Vehicle Injuries				
Deaths due to Motor Vehicle Crash (MVC) Injury	26	5.3	193	6.1
Hospitalizations due to MV Injury	650	132.6	2,800	88.8
Emergency Department Discharges due to MV Injury	3,055	623.4	16,014	507.6
Motor Vehicle Crash (MVC) Injuries (2012)	3,022	618.3	18,178	578.3
Alcohol-involved MVC Injuries (2012)	407	83.3	2,403	76.4
Drinking Drivers Involved in MV Crashes (2012)	245	50.1	1,547	49.2
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured ^{††} , Ages 6+ (2012)	1,260	96.2%	11,025	96.8%
Child Restraint Use, % of MVO Injured ^{†††} , Ages 0-5 (2012)	12	100.0%	121	94.5%

For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs

Central Region, 2013



Injury

Health Outcomes ^{2, 3, 4, 5}	Central Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Pedestrian Injuries				
Deaths due to motor vehicle crashes (MVC)	14	2.9	42	1.3
Hospitalizations due to MVC	148	30.2	396	12.6
Emergency Department Discharges due to MVC	248	50.6	993	31.5
Injuries due to MVC (2012)	328	67.1	1,105	35.2
Assault				
Homicides	27	5.5	88	2.8
Hospitalizations	541	110.4	1,461	46.3
Emergency Department Discharges	2,118	432.2	7,278	230.7
Self-Inflicted Injuries				
Suicides	70	14.3	430	13.6
Hospitalizations	418	85.3	1,769	56.1
Emergency Department Discharges	406	82.8	2,666	84.5
Firearm-Related Injuries				
Deaths	40	8.2	219	6.9
Hospitalizations	45	9.2	159	5.0
Emergency Department Discharges	37	7.5	164	5.2
Access and Utilization⁶				
	Central Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	10.7		18.3	
Uninsured All or Part of Year (ages 18-64)	30.2		27.8	
Visited Emergency Room in the Past Year (ages 18-64)	13.9		14.7	
Health Behaviors⁶				
	Central Region (%)		County (%)	
Binge Drinking in Past Year (ages 18+)	35.9		34.5	
Ever Seriously Thought About Committing Suicide (ages 18+)	**		8.4	

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.
2. Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.
3. Patient Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.
4. Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services; SANDAG, Current Population Estimates, released 10/2013.
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6. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

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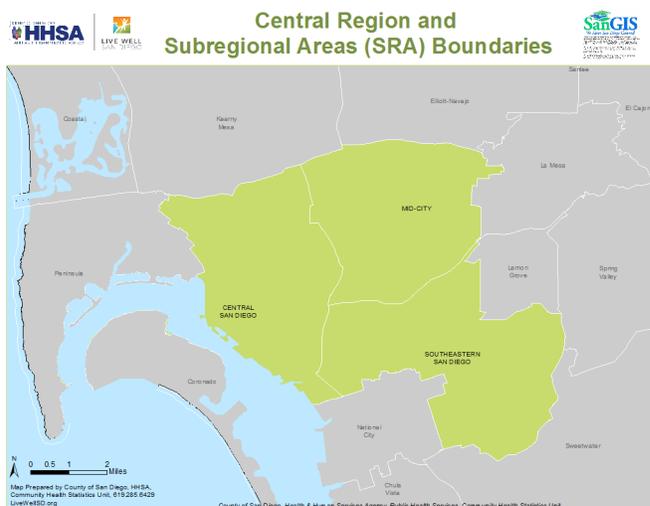
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San Diego County Health Briefs

Central Region, 2013



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Ages 0-14	19.0	19.2
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Hispanic	44.1	33.4
Asian/Pacific Islander	13.4	11.4
Other	3.4	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	47.5	32.7

Behavioral Health

Health Outcomes ^{2, 3, 4}	Central Region		County	
	Number	Rate*	Number	Rate*
Overdose/Poisoning				
Death	92	18.8	471	14.9
Hospitalization	570	116.3	2,473	78.4
Emergency Department Discharge	937	191.2	5,254	166.6
Suicide/Self-Inflicted Injury				
Death	70	14.3	430	13.6
Hospitalization	418	85.3	1,769	56.1
Emergency Department Discharge	406	82.8	2,666	84.5
Acute Alcohol-Related Disorder				
Hospitalization	441	90.0	2,084	66.1
Emergency Department Discharge	2,264	462.0	7,159	226.9
Chronic Alcohol-Related Disorder				
Hospitalization	163	33.3	902	28.6
Emergency Department Discharge	748	152.6	2,226	70.6
Acute Substance-Related Disorder				
Hospitalization	217	44.3	1,206	38.2
Emergency Department Discharge	599	122.2	2,484	78.7
Chronic Substance-Related Disorder				
Hospitalization	93	19.0	592	18.8
Emergency Department Discharge	53	10.8	190	6.0
Mood Disorders				
Hospitalization	2,167	442.2	10,618	336.6
Emergency Department Discharge	1,071	218.5	5,001	158.5

For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs

Central Region, 2013



Behavioral Health

Mental Health Behaviors & Related Health Factors	Central Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+) ⁵	**	7.5
Likely Has Had Serious Psychological Distress During Past Month (ages 18+) ⁵	**	2.9
Felt Sad or Hopeless Almost every day for 2+ weeks During Past Year so they Stopped Doing Some Usual Activities (High School Students) ⁶	**	29.6
Emotions Severely Impaired Social Life in Past 12 Months (ages 18+) ⁵	**	9.0
Emotions Severely Impaired Work in Past 12 Months (ages 18+) ⁵	**	5.0
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress) ⁵	**	56.1
Saw Any healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+) ⁵	12.2	13.0
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+) ⁵	7.7	13.1
Received Psychological/Emotional Counseling in Past Year (ages 12-17) ⁵	**	**
Ever Seriously Thought About Committing Suicide (ages 18+) ⁵	**	8.4
Substance Abuse Health Behaviors & Related Health Factors	Central Region (%)	County (%)
Binge Drinking in Past Year (ages 18+) ⁵	35.9	34.5
Ever Tried Marijuana (High School Students) ⁶	**	40.5
Ever Had an Alcoholic Drink (ages 12-17) ⁵	**	22.1

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.
2. Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.
3. Patient Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.
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*Rates are per 100,000 population.

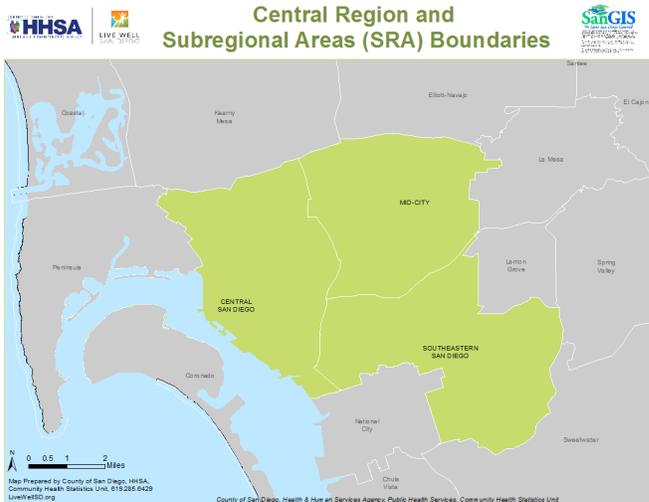
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San Diego County Health Briefs

Central Region, 2013

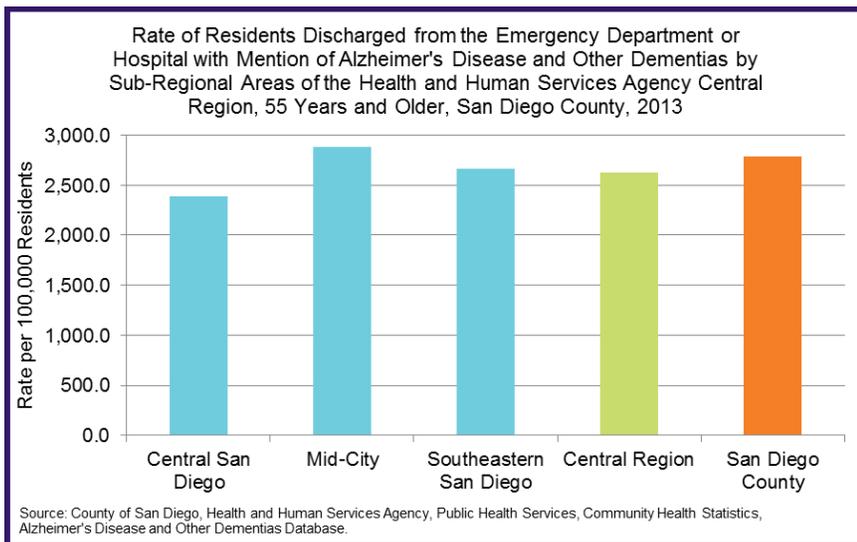


Demographics ¹	Central Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.9	16.0
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Ages 45-64	22.5	24.6
Ages 65+	9.4	12.2
White	28.8	47.1
Black	10.3	4.2
Hispanic	44.1	33.4
Asian/Pacific Islander	13.4	11.4
Other	3.4	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	47.5	32.7

Health Outcomes ^{2, 3, 4}	Central Region		County	
	Number	Rate*	Number	Rate*
ADOD				
Death	154	31.4	1,551	49.2
Hospitalization	99	20.2	905	28.7
Emergency Department Discharge	87	17.8	768	24.3

Alzheimer's Disease and Other Dementias in Central Region

- In 2013, 62,000 San Diegans age 55 years and older were living with ADOD.
- In 2013, one in eight San Diego county 55 years and older residents in lived in Central Region.
- Within Central Region, Mid-City had the least number of residents age 55 years and older discharged from a hospital or ED with any mention of ADOD. However, it had the highest discharge rates of any mention of ADOD compared to the other Central Region communities.

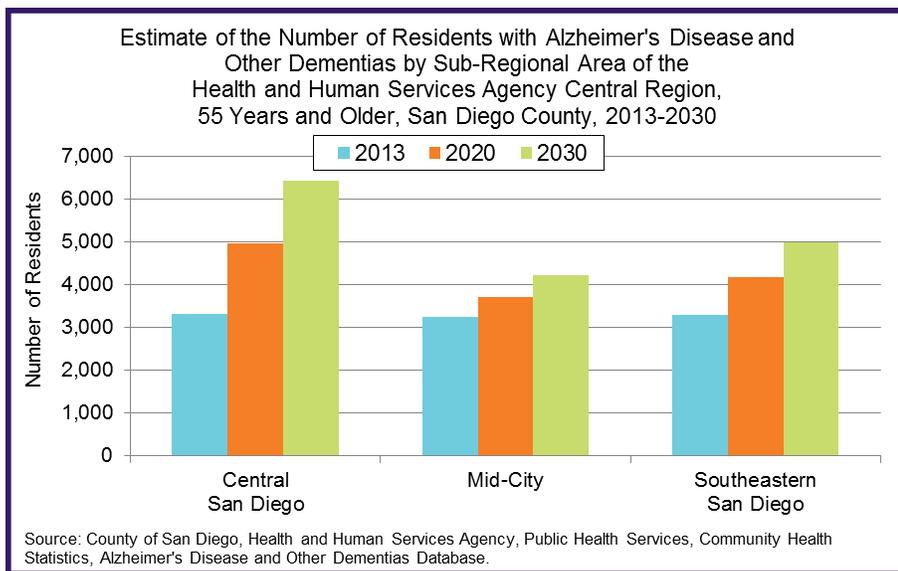


San Diego County Health Briefs

Central Region, 2013



- Central Region had the third highest proportion of residents living with ADOD compared to other HHS Regions in 2013.
- By 2030, there will be an estimated 15,600 Central Region residents 55 and older, living with ADOD, a 58.9% increase between 2013 and 2030.
- Among Central Region communities, the number of residents 55 years and older living with ADOD in Central San Diego is expected to increase by 94% by 2030.
- By 2030, nearly 75% of residents 55 years and older with ADOD in Central Region will live in the Central San Diego and Southeastern San Diego communities.



Health Behaviors ⁵	Central Region (%)	County (%)
Current Smoker (ages 18+)	10.0	13.4
Overweight/Obese (ages 18+)	63.9	57.4
Physically Active 1+ Hours Per Day in Past Week (ages 5-11)	**	28.2
Ate Fast Food 3 or More Times in Past Week (all ages)	25.3	22.1
Binge Drinking in Past Year (ages 18+)	35.9	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	31.7	27.6
Ever Diagnosed with Diabetes (ages 18+)	**	8.5

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.
2. Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.
3. Patient Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.
4. Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services; SANDAG, Current Population Estimates, released 10/2013.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

†Federal Poverty Level for 2013 (\$11,490 for single person, \$4,020 for each additional person, \$23,550 for four-person-family).

*Rates are per 100,000 population.

§ Rates not calculated for fewer than 5 events.

** Indicates statistically unstable estimate.