

San Diego County Health Briefs

East Region, 2013



Access and Utilization ⁵	East Region (%)	County (%)
No Usual Source of Care (ages 18-64)	16.3	18.3
Uninsured All or Part of Year (ages 18-64)	18.3	27.8
Visited Emergency Room in the Past Year (ages 18-64)	**	14.7

Health Behaviors ⁵	East Region (%)	County (%)
Current Smoker (ages 18+)	13.5	13.4
Overweight/Obese (ages 18+)	61.3	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)	27.8	22.1
Binge Drinking in Past Year (ages 18+)	30.4	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	32.5	27.6
Ever Diagnosed with Diabetes (ages 18+)	5.9	8.5
Ever Diagnosed with Asthma (all ages)	10.4	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

East Region, 2013



Demographics ¹	East Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.0	16.0
Ages 25-44	25.5	28.0
Ages 45-64	27.0	24.6
Ages 65+	13.6	12.2
White	58.8	47.1
Black	5.2	4.2
Hispanic	26.7	33.4
Asian/Pacific Islander	4.7	11.4
Other	4.7	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	32.5	32.7

Communicable Disease

Health Outcomes ^{2, 3, 4, 5, 6, 7, 8}	East Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	17	3.6	206	6.5
Chronic Hepatitis C, Reported (2012)	276	58.7	2,588	82.3
AIDS Incidence	31	6.6	269	8.5
HIV Incidence	30	6.4	322	10.2
Chlamydia Reported, Underestimate‡	1,867	395.8	16,042	508.5
Gonorrhea Reported, Underestimate‡	293	62.1	2,865	90.8
Primary and Secondary Syphilis Reported	23	4.9	347	11.0
Deaths				
Influenza (Flu) and Pneumonia	52	11.0	334	10.6
Hospitalizations				
Influenza	153	32.4	783	24.8
Pneumonia	1,005	213.1	5,248	166.4
Emergency Department Discharges				
Influenza	684	145.0	4,598	145.8
Pneumonia	973	206.3	6,110	193.7
Health Behaviors & Related Health Factors	East Region (%)		County (%)	
Binge Drinking in Past Year (ages 18+) ⁹	30.4		34.5	
Has Ever Had Sex (High School Students) ¹⁰	**		36.6	
Has had Flu Vaccination in Past 12 Months (ages 18+) ⁹ (2014)	47.6		43.6	
Has had Flu Vaccination in Past 12 Months (ages 0-11) ⁹ (2014)	**		58.6	

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

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East Region, 2013



Access and Utilization ⁹	East Region (%)	County (%)
No Usual Source of Care (ages 18-64)	16.3	18.3
Uninsured All or Part of Year (ages 18-64)	18.3	27.8
Visited Emergency Room in the Past Year (ages 18-64)	**	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.

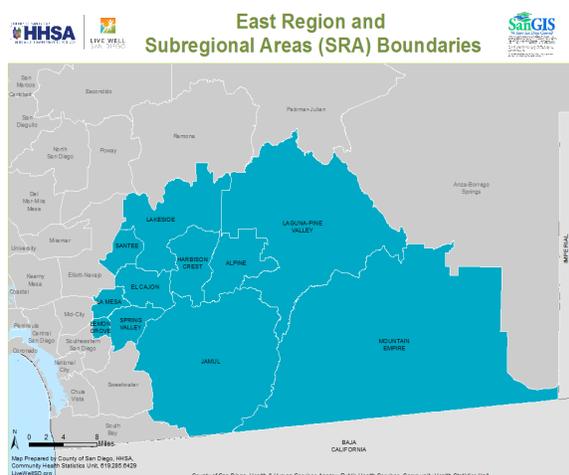
** Indicates statistically unstable estimate.

San Diego County Health Briefs

East Region, 2013



Maternal & Child Health



Demographics ¹	East Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.0	16.0
Ages 25-44	25.5	28.0
Ages 45-64	27.0	24.6
Ages 65+	13.6	12.2
White	58.8	47.1
Black	5.2	4.2
Hispanic	26.7	33.4
Asian/Pacific Islander	4.7	11.4
Other	4.7	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	32.5	32.7

Health Outcomes ^{2, 3, 4, 5}	East Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Live Births, % of County Births	6,439	14.8%	43,627	100.0%
Live Births to Girls, Ages 15-17, % of County births	79	1.2%	558	1.3%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,217	81.1%	36,940	84.8%
Live Births born Preterm, % of County births	567	8.8%	3,624	8.3%
Low Birth Weight Births, % of County births	438	6.8%	2,824	6.5%
Very Low Birth Weight Births, % of County births	85	1.3%	480	1.1%
Fetal Mortality Rate per 1,000 live births & fetal deaths (2011)	19	3.0	183	4.2
Infant Mortality, Rate per 1,000 live births	36	5.6	199	4.6
Child Restraint Use, % of MVO Injured ^{††} , Ages 0-5 (2012)	30	100.0%	121	94.5%
Access and Utilization ⁶	East Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	16.3		18.3	
Uninsured All or Part of Year (ages 18-64)	18.3		27.8	
Visited Emergency Room in the Past Year (ages 18-64)	**		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 18-64) (2011-2012)	**		2.4	
Children Age 6 and Under Currently on WIC	**		27.9	
Women with Children Under 7 or Are Pregnant on WIC	**		47.8	
Residents Under 200% FPL Receiving Food Stamps (all ages)	**		20.6	
Women Below 200% FPL (ages 18-64)	**		53.8	
Health Behaviors ⁶	East Region (%)		County (%)	
Adults Under 200% FPL Unable to Afford Enough Food	44.6		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)	56.8		45.9	

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

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East Region, 2013



Health Behaviors ⁶	East Region (%)	County (%)
Women with a High School Degree or Less Education (ages 25+) ⁶	30.2	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 (2014)	**	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).

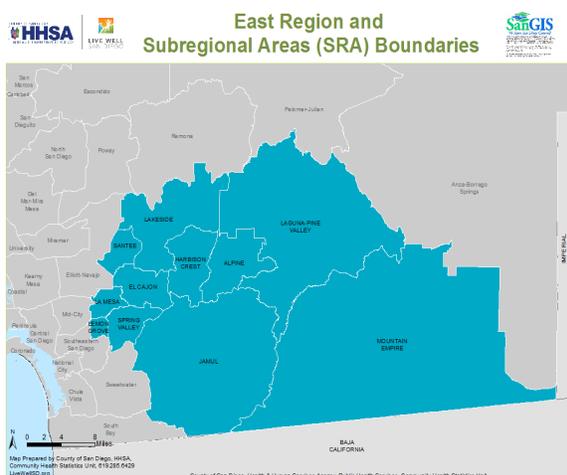
* Rates are per 1,000 population.

†† 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.

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East Region, 2013



Demographics ¹	East Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.0	16.0
Ages 25-44	25.5	28.0
Ages 45-64	27.0	24.6
Ages 65+	13.6	12.2
White	58.8	47.1
Black	5.2	4.2
Hispanic	26.7	33.4
Asian/Pacific Islander	4.7	11.4
Other	4.7	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	32.5	32.7

Injury

Health Outcomes ^{2, 3, 4, 5}	East Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Unintentional Injury (All Causes)				
Deaths	192	40.7	1,015	32.2
Hospitalizations	3,995	846.9	22,454	711.8
Emergency Department Discharges	28,007	5,937.3	156,940	4,975.0
Fall-Related Injury				
Deaths	49	10.4	301	9.5
Hospitalizations	1,944	412.1	11,231	356.0
Emergency Department Discharges	9,959	2,111.2	56,458	1,789.7
Overdose/ Poisoning				
Deaths	94	19.9	471	14.9
Hospitalizations	536	113.6	2,473	78.4
Emergency Department Discharges	1,044	221.3	5,254	166.6
Motor Vehicle Injuries				
Deaths due to Motor Vehicle Crash (MVC) Injury	36	7.6	193	6.1
Hospitalizations due to MV Injury	450	95.4	2,800	88.8
Emergency Department Discharges due to MV Injury	2,894	613.5	16,014	507.6
Motor Vehicle Crash (MVC) Injuries (2012)	2,645	562.8	18,178	578.3
Alcohol-involved MVC Injuries (2012)	326	69.4	2,403	76.4
Drinking Drivers Involved in MV Crashes (2012)	219	46.6	1,547	49.2
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured ^{††} , Ages 6+ (2012)	2,027	97.0%	11,025	96.8%
Child Restraint Use, % of MVO Injured ^{†††} , Ages 0-5 (2012)	30	100.0%	121	94.5%

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East Region, 2013



Injury

Health Outcomes ^{2, 3, 4, 5}	East Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Pedestrian Injuries				
Deaths due to motor vehicle crashes (MVC)	5	1.1	42	1.3
Hospitalizations due to MVC	51	10.8	396	12.6
Emergency Department Discharges due to MVC	154	32.6	993	31.5
Injuries due to MVC (2012)	143	30.4	1,105	35.2
Assault				
Homicides	14	3.0	88	2.8
Hospitalizations	222	47.1	1,461	46.3
Emergency Department Discharges	1,367	289.8	7,278	230.7
Self-Inflicted Injuries				
Suicides	67	14.2	430	13.6
Hospitalizations	297	63.0	1,769	56.1
Emergency Department Discharges	647	137.2	2,666	84.5
Firearm-Related Injuries				
Deaths	38	8.1	219	6.9
Hospitalizations	27	5.7	159	5.0
Emergency Department Discharges	38	8.1	164	5.2
Access and Utilization⁶				
	East Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	16.3		18.3	
Uninsured All or Part of Year (ages 18-64)	18.3		27.8	
Visited Emergency Room in the Past Year (ages 18-64)	**		14.7	
Health Behaviors⁶				
	East Region (%)		County (%)	
Binge Drinking in Past Year (ages 18+)	30.4		34.5	
Ever Seriously Thought About Committing Suicide (ages 18+)	12.0		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.
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), 2013.

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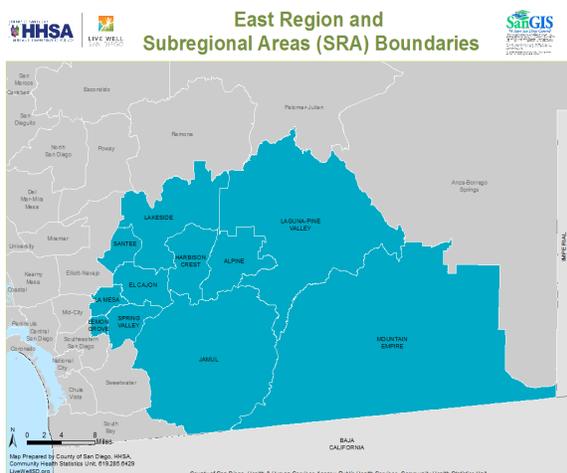
†† Active Restraint Use percentage is defined as those ages 6 years and older who were injured in motor vehicle crashes (MVC) occurring on public roads where the status of active restraint use was known. Data are by location of occurrence. The data come from the California Highway Patrol Statewide Integrates Traffic Records System.

††† 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.

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Demographics ¹	East Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.0	16.0
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Ages 65+	13.6	12.2
White	58.8	47.1
Black	5.2	4.2
Hispanic	26.7	33.4
Asian/Pacific Islander	4.7	11.4
Other	4.7	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	32.5	32.7

Behavioral Health

Health Outcomes ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Overdose/Poisoning				
Death	94	19.9	471	14.9
Hospitalization	536	113.6	2,473	78.4
Emergency Department Discharge	1,044	221.3	5,254	166.6
Suicide/Self-Inflicted Injury				
Death	67	14.2	430	13.6
Hospitalization	297	63.0	1,769	56.1
Emergency Department Discharge	647	137.2	2,666	84.5
Acute Alcohol-Related Disorder				
Hospitalization	389	82.5	2,084	66.1
Emergency Department Discharge	816	173.0	7,159	226.9
Chronic Alcohol-Related Disorder				
Hospitalization	185	39.2	902	28.6
Emergency Department Discharge	360	76.3	2,226	70.6
Acute Substance-Related Disorder				
Hospitalization	240	50.9	1,206	38.2
Emergency Department Discharge	454	96.2	2,484	78.7
Chronic Substance-Related Disorder				
Hospitalization	108	22.9	592	18.8
Emergency Department Discharge	33	7.0	190	6.0
Mood Disorders				
Hospitalization	2,022	428.7	10,618	336.6
Emergency Department Discharge	938	198.9	5,001	158.5

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Behavioral Health

Mental Health Behaviors & Related Health Factors	East Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+) ⁵	10.6	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	11.5	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	15.2	13.0
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/ Mental Health Issues in Past Year (ages 18+) ⁵	16.5	13.1
Received Psychological/Emotional Counseling in Past Year (ages 12-17) ⁵	**	**
Ever Seriously Thought About Committing Suicide (ages 18+) ⁵	12.0	8.4
Substance Abuse Health Behaviors & Related Health Factors	East Region (%)	County (%)
Binge Drinking in Past Year (ages 18+) ⁵	30.4	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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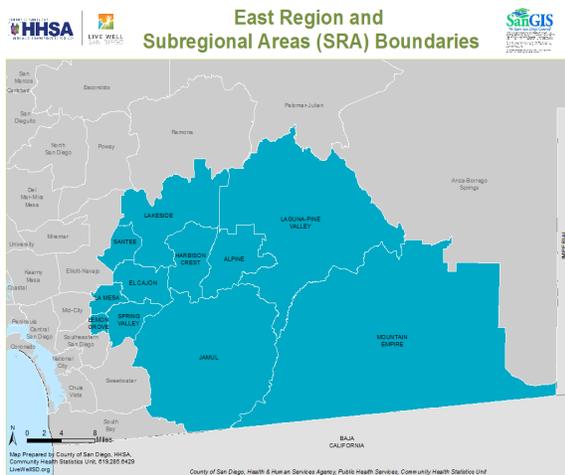
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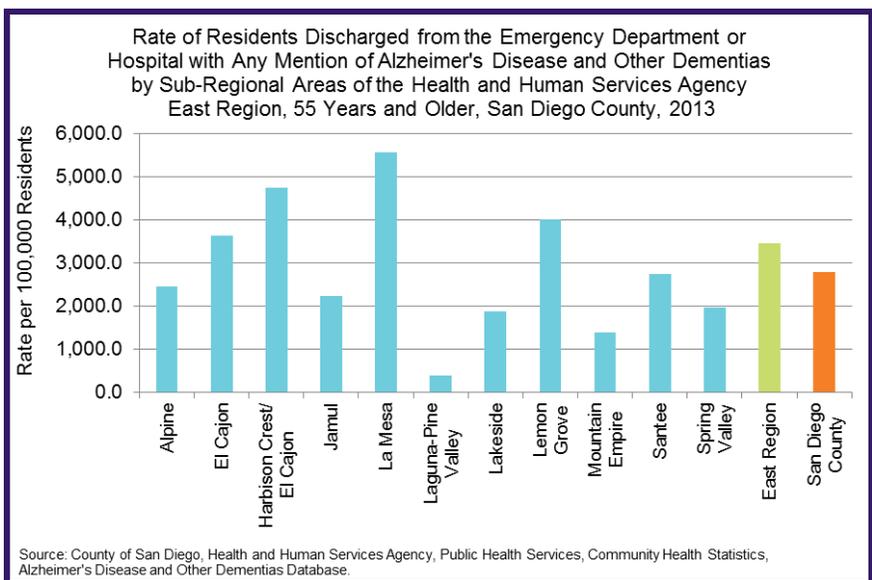


Demographics ¹	East Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.0	16.0
Ages 25-44	25.5	28.0
Ages 45-64	27.0	24.6
Ages 65+	13.6	12.2
White	58.8	47.1
Black	5.2	4.2
Hispanic	26.7	33.4
Asian/Pacific Islander	4.7	11.4
Other	4.7	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	32.5	32.7

Health Outcomes ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
ADOD				
Death	307	65.1	1,551	49.2
Hospitalization	192	40.7	905	28.7
Emergency Department Discharge	144	30.5	768	24.3

Alzheimer's Disease and Other Dementias in East Region

- In 2013, 62,000 San Diegans age 55 years and older were living with ADOD.
- In 2013, one in five San Diego County residents age 55 years and older discharged from the hospital or emergency department (ED) with a mention of ADOD lived in East Region.
- In 2013, the rate of East Region residents age 55 years and older with a mention of ADOD in their discharge from the ED or hospital was 3,444.4 per 100,000, which was higher than the county overall.



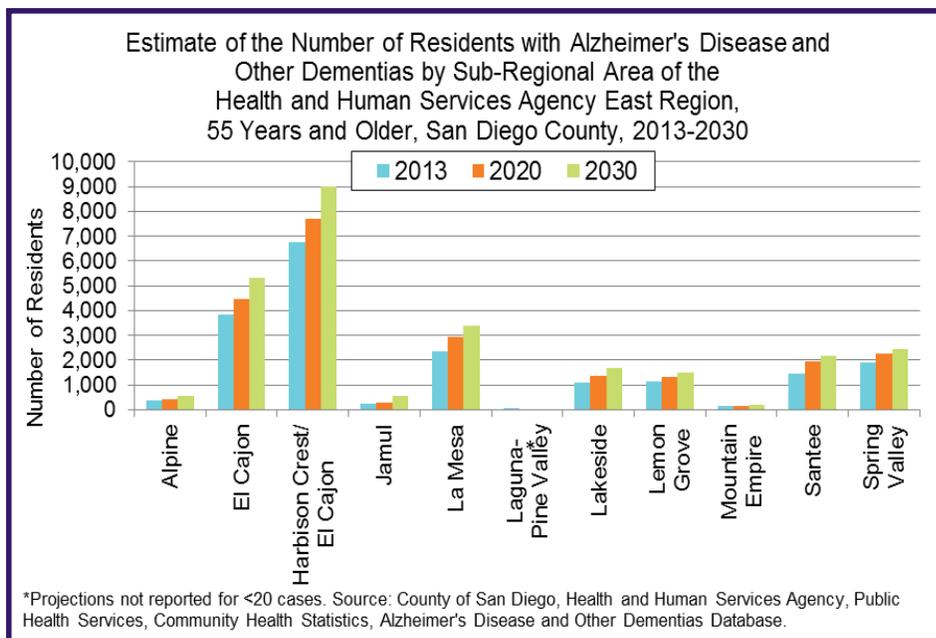
Source: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, Alzheimer's Disease and Other Dementias Database.

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- By 2030, East Region will have the largest proportion of residents living with ADOD in San Diego County.
- One in four East Region residents living with ADOD lived in El Cajon in 2013. This trend is expected to continue through 2030.
- East Region's 55 years and older ADOD population will continue to account for nearly a quarter of the entire 55 years and older ADOD population in San Diego County in 2030.



- The large population of residents living with ADOD in East Region poses a challenge to both the health care and life care systems and networks in the area.

Health Behaviors ⁵	East Region (%)	County (%)
Current Smoker (ages 18+)	13.5	13.4
Overweight/Obese (ages 18+)	61.3	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)	27.8	22.1
Binge Drinking in Past Year (ages 18+)	30.4	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	32.5	27.6
Ever Diagnosed with Diabetes (ages 18+)	5.9	8.5

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