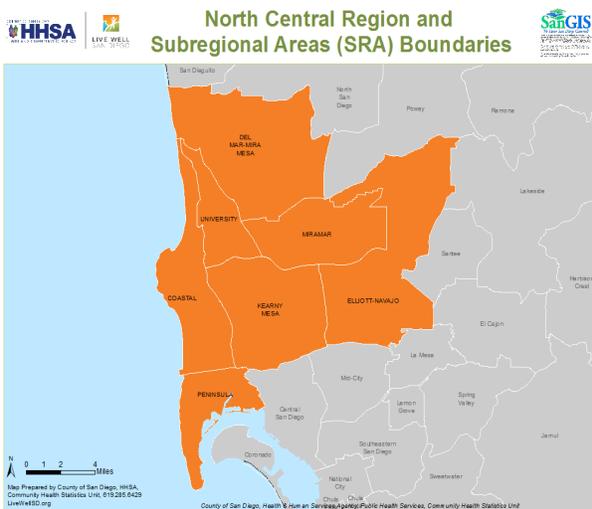


San Diego County Health Briefs

North Central Region, 2013



Non-Communicable (Chronic) Disease



Demographics ¹	North Central Region (%)	County (%)
Ages 0-14	15.7	19.2
Ages 15-24	16.7	16.0
Ages 25-44	31.5	28.0
Ages 45-64	23.5	24.6
Ages 65+	12.6	12.2
White	58.9	47.1
Black	2.9	4.2
Hispanic	14.9	33.4
Asian/Pacific Islander	18.8	11.4
Other	4.5	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	23.2	32.7

Health Outcomes ^{2, 3, 4}	North Central Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	588	95.1	3,404	107.9
Hospitalization	983	158.9	6,526	206.9
Emergency Department Discharge	148	23.9	1,046	33.2
Stroke				
Death	184	29.7	1,114	35.3
Hospitalization	1,051	169.9	6,611	209.6
Emergency Department Discharge	237	38.3	1,730	54.8
Diabetes				
Death	88	14.2	614	19.5
Hospitalization	448	72.4	4,415	140.0
Emergency Department Discharge	474	76.6	4,592	145.6
COPD				
Death	165	26.7	1,042	33.0
Hospitalization	374	60.5	3,050	96.7
Emergency Department Discharge	731	118.2	7,426	235.4
Asthma				
Death	5	0.8	35	1.1
Hospitalization	279	45.1	2,093	66.3
Emergency Department Discharge	1139	184.1	9,862	312.6
Cancer, All Causes				
Death	889	143.7	5,030	159.5

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

San Diego County Health Briefs

North Central Region, 2013



Access and Utilization ⁵	North Central Region (%)	County (%)
No Usual Source of Care (ages 18-64)	20.0	18.3
Uninsured All or Part of Year (ages 18-64)	23.1	27.8
Visited Emergency Room in the Past Year (ages 18-64)	13.7	14.7
Health Behaviors ⁵	North Central Region (%)	County (%)
Current Smoker (ages 18+)	14.8	13.4
Overweight/Obese (ages 18+)	49.9	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)	20.4	22.1
Binge Drinking in Past Year (ages 18+)	38.0	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	22.6	27.6
Ever Diagnosed with Diabetes (ages 18+)	5.7	8.5
Ever Diagnosed with Asthma (all ages)	11.7	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).

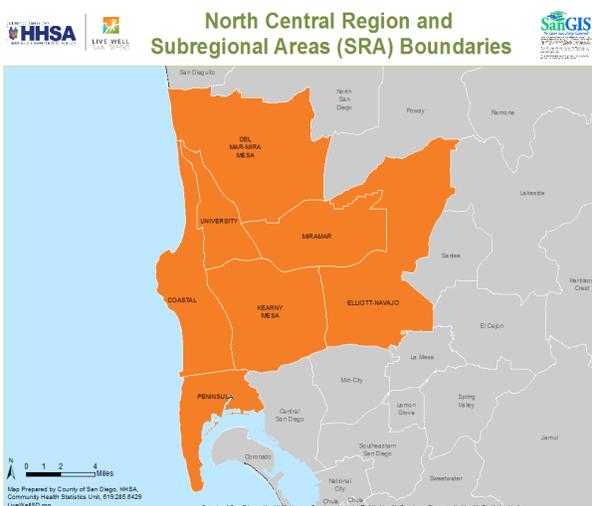
* Rates are per 100,000 population.

** Indicates statistically unstable estimate.

§ Rates not calculated for fewer than 5 events.

San Diego County Health Briefs

North Central Region, 2013



Demographics ¹	North Central Region (%)	County (%)
Ages 0-14	15.7	19.2
Ages 15-24	16.7	16.0
Ages 25-44	31.5	28.0
Ages 45-64	23.5	24.6
Ages 65+	12.6	12.2
White	58.9	47.1
Black	2.9	4.2
Hispanic	14.9	33.4
Asian/Pacific Islander	18.8	11.4
Other	4.5	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	23.2	32.7

Communicable Disease

Health Outcomes ^{2, 3, 4, 5, 6, 7, 8}	North Central Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	21	3.4	206	6.5
Chronic Hepatitis C, Reported (2012)	160	26.0	2,588	82.3
AIDS Incidence	39	6.3	269	8.5
HIV Incidence	42	6.8	322	10.2
Chlamydia Reported, Underestimate‡	2,165	350.0	16,042	508.5
Gonorrhea Reported, Underestimate‡	379	61.3	2,865	90.8
Primary and Secondary Syphilis Reported	48	7.8	347	11.0
Deaths				
Influenza (Flu) and Pneumonia	73	11.8	334	10.6
Hospitalizations				
Influenza	118	19.1	783	24.8
Pneumonia	833	134.7	5,248	166.4
Emergency Department Discharges				
Influenza	744	145.1	4,598	145.8
Pneumonia	1,114	217.2	6,110	193.7
Health Behaviors & Related Health Factors ⁹	North Central Region (%)		County (%)	
Binge Drinking in Past Year (ages 18+)	38.0		34.5	
Has Ever Had Sex (High School Students) ¹⁰	**		36.6	
Has had Flu Vaccination in Past 12 Months (ages 18+) (2014)	47.1		43.6	
Has had Flu Vaccination in Past 12 Months (ages 0-11) (2014)	**		58.6	

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

San Diego County Health Briefs

North Central Region, 2013



Access and Utilization ⁹	North Central Region (%)	County (%)
No Usual Source of Care (ages 18-64)	20.0	18.3
Uninsured All or Part of Year (ages 18-64)	23.1	27.8
Visited Emergency Room in the Past Year (ages 18-64)	13.7	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

North Central Region, 2013



Health Behaviors	North Central Region (%)	County (%)
Women with a High School Degree or Less Education (ages 25+) ⁶	14.5	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 (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).

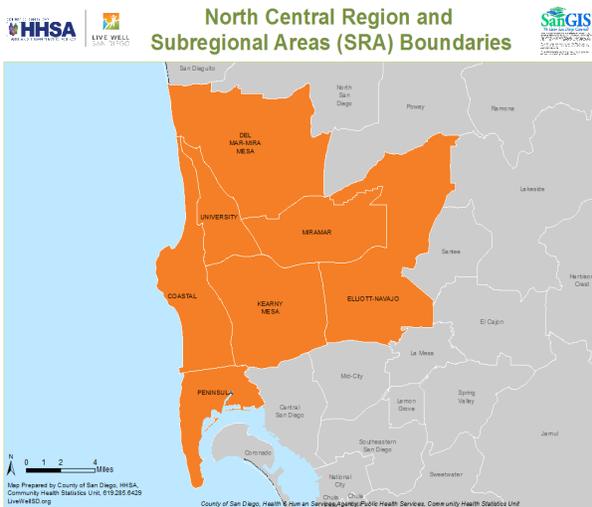
* Rates are per 1,000 population.

†† 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.

San Diego County Health Briefs

North Central Region, 2013



Demographics ¹	North Central Region (%)	County (%)
Ages 0-14	15.7	19.2
Ages 15-24	16.7	16.0
Ages 25-44	31.5	28.0
Ages 45-64	23.5	24.6
Ages 65+	12.6	12.2
White	58.9	47.1
Black	2.9	4.2
Hispanic	14.9	33.4
Asian/Pacific Islander	18.8	11.4
Other	4.5	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	23.2	32.7

Injury

Health Outcomes ^{2, 3, 4, 5}	North Central Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Unintentional Injury (All Causes)				
Deaths	183	29.6	1,015	32.2
Hospitalizations	3,865	624.8	22,454	711.8
Emergency Department Discharges	23,925	3,867.8	156,940	4,975.0
Fall-Related Injury				
Deaths	62	10.0	301	9.5
Hospitalizations	2,092	338.2	11,231	356.0
Emergency Department Discharges	8,711	1,408.2	56,458	1,789.7
Overdose/ Poisoning				
Deaths	77	12.4	471	14.9
Hospitalizations	314	50.8	2,473	78.4
Emergency Department Discharges	828	133.9	5,254	166.6
Motor Vehicle Injuries				
Deaths due to Motor Vehicle Crash (MVC) Injury	33	5.3	193	6.1
Hospitalizations due to MV Injury	429	69.4	2,800	88.8
Emergency Department Discharges due to MV Injury	2,297	371.3	16,014	507.6
Motor Vehicle Crash (MVC) Injuries (2012)	3,930	638.9	18,178	578.3
Alcohol-involved MVC Injuries (2012)	549	89.3	2,403	76.4
Drinking Drivers Involved in MV Crashes (2012)	354	57.6	1,547	49.2
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured ^{††} , Ages 6+ (2012)	1,889	96.8%	11,025	96.8%
Child Restraint Use, % of MVO Injured ^{†††} , Ages 0-5 (2012)	11	100.0%	121	94.5%

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

San Diego County Health Briefs

North Central Region, 2013



Injury

Health Outcomes ^{2, 3, 4, 5}	North Central Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Pedestrian Injuries				
Deaths due to motor vehicle crashes (MVC)	7	1.1	42	1.3
Hospitalizations due to MVC	48	7.8	396	12.6
Emergency Department Discharges due to MVC	140	22.6	993	31.5
Injuries due to MVC (2012)	209	34.0	1,105	35.2
Assault				
Homicides	13	2.1	88	2.8
Hospitalizations	148	23.9	1,461	46.3
Emergency Department Discharges	910	147.1	7,278	230.7
Self-Inflicted Injuries				
Suicides	87	14.1	430	13.6
Hospitalizations	247	39.9	1,769	56.1
Emergency Department Discharges	392	63.4	2,666	84.5
Firearm-Related Injuries				
Deaths	49	7.9	219	6.9
Hospitalizations	24	3.9	159	5.0
Emergency Department Discharges	14	2.3	164	5.2
Access and Utilization⁶				
	North Central Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	20.0		18.3	
Uninsured All or Part of Year (ages 18-64)	23.1		27.8	
Visited Emergency Room in the Past Year (ages 18-64)	13.7		14.7	
Health Behaviors⁶				
	North Central Region (%)		County (%)	
Binge Drinking in Past Year (ages 18+)	38.0		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.
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.

†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.

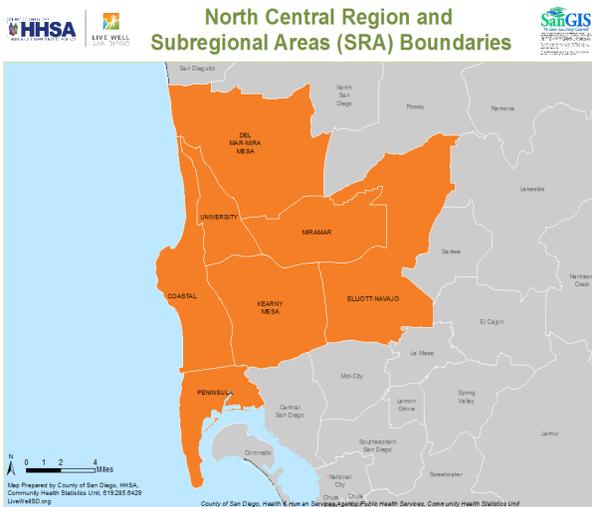
†† Active Restraint Use percentage is defined as those ages 6 years and older who were injured in motor vehicle crashes (MVC) occurring on public roads where the status of active restraint use was known. Data are by location of occurrence. The data come from the California Highway Patrol Statewide Integrates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

North Central Region, 2013



Demographics ¹	North Central Region (%)	County (%)
Ages 0-14	15.7	19.2
Ages 15-24	16.7	16.0
Ages 25-44	31.5	28.0
Ages 45-64	23.5	24.6
Ages 65+	12.6	12.2
White	58.9	47.1
Black	2.9	4.2
Hispanic	14.9	33.4
Asian/Pacific Islander	18.8	11.4
Other	4.5	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	23.2	32.7

Behavioral Health

Health Outcomes ^{2, 3, 4}	North Central Region		County	
	Number	Rate*	Number	Rate*
Overdose/Poisoning				
Death	77	12.4	471	14.9
Hospitalization	314	50.8	2,473	78.4
Emergency Department Discharge	828	133.9	5,254	166.6
Suicide/Self-Inflicted Injury				
Death	87	14.1	430	13.6
Hospitalization	247	39.9	1,769	56.1
Emergency Department Discharge	392	63.4	2,666	84.5
Acute Alcohol-Related Disorder				
Hospitalization	425	68.7	2,084	66.1
Emergency Department Discharge	1,233	199.3	7,159	226.9
Chronic Alcohol-Related Disorder				
Hospitalization	211	34.1	902	28.6
Emergency Department Discharge	313	50.6	2,226	70.6
Acute Substance-Related Disorder				
Hospitalization	219	35.4	1,206	38.2
Emergency Department Discharge	287	46.4	2,484	78.7
Chronic Substance-Related Disorder				
Hospitalization	122	19.7	592	18.8
Emergency Department Discharge	25	4.0	190	6.0
Mood Disorders				
Hospitalization	1,690	273.2	10,618	336.6
Emergency Department Discharge	616	99.6	5,001	158.5

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

San Diego County Health Briefs

North Central Region, 2013



Behavioral Health

Mental Health Behaviors & Related Health Factors	North 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	11.8	13.0
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+) ⁵	14.4	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	North Central Region (%)	County (%)
Binge Drinking in Past Year (ages 18+) ⁵	38.0	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.
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.
6. 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.

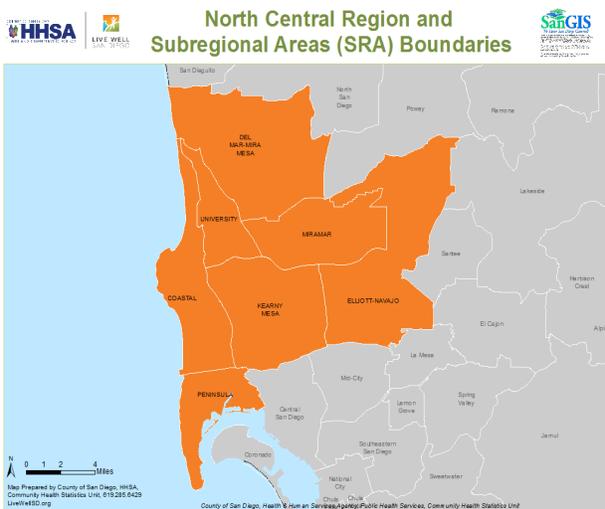
§ Rates not calculated for fewer than 5 events.

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San Diego County Health Briefs

North Central Region, 2013

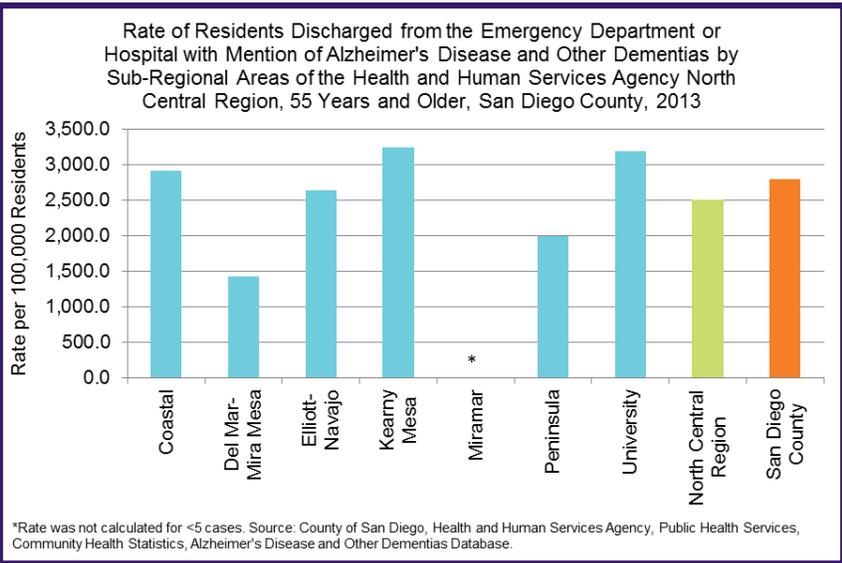


Demographics ¹	North Central Region (%)	County (%)
Ages 0-14	15.7	19.2
Ages 15-24	16.7	16.0
Ages 25-44	31.5	28.0
Ages 45-64	23.5	24.6
Ages 65+	12.6	12.2
White	58.9	47.1
Black	2.9	4.2
Hispanic	14.9	33.4
Asian/Pacific Islander	18.8	11.4
Other	4.5	3.8
Households with income less than 200% Federal Poverty Level (FPL) [†]	23.2	32.7

Health Outcomes ^{2, 3, 4}	North Central Region		County	
	Number	Rate*	Number	Rate*
ADOD				
Death	264	42.7	1,551	49.2
Hospitalization	192	31.0	905	28.7
Emergency Department Discharge	138	22.3	768	24.3

Alzheimer's Disease and Other Dementias in North Central Region

- In 2013, 62,000 San Diegans age 55 years and older were living with ADOD.
- Compared to other HHS regions, North Central Region had the second highest population of residents age 55 years and older, yet the lowest proportion of those living with ADOD.
- Approximately 18% of the county's age 55 years and older who were discharged from the ED or hospital with any mention of ADOD were North Central Region residents .
- Compared to the county, North Central Region had a lower rate of discharge from the ED or hospital with any mention of ADOD among its 55 years and older residents .



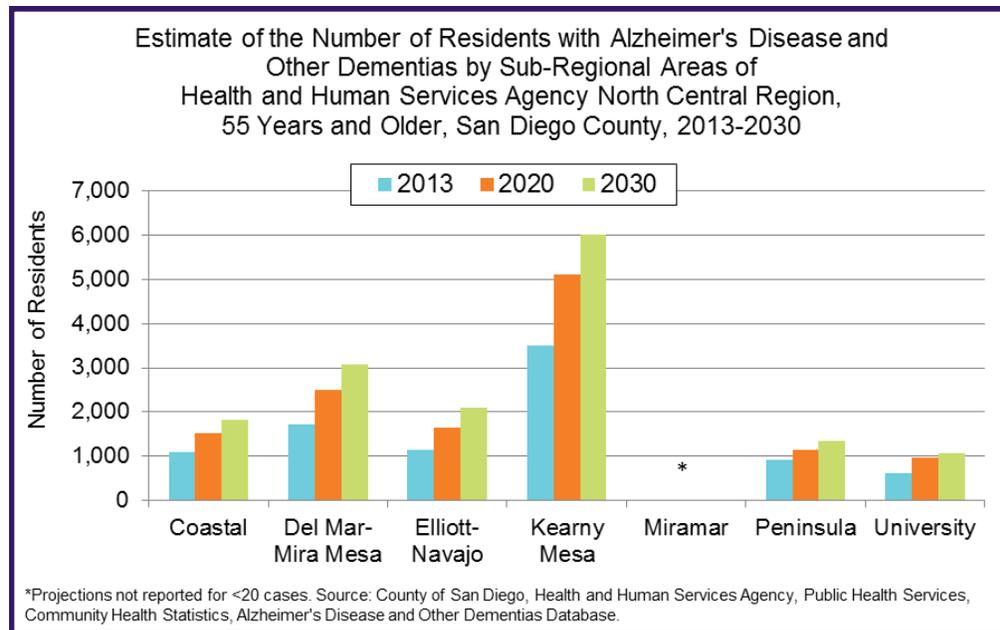
*Rate was not calculated for <5 cases. Source: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, Alzheimer's Disease and Other Dementias Database.

San Diego County Health Briefs

North Central Region, 2013



- By 2030, there will be an estimated 15,400 North Central Region residents 55 and older, living with ADOD, a 72% increase between 2013 and 2030.
- Kearny Mesa is expected to continue to account for nearly 40% of the number of 55 years and older residents living with ADOD in North Central Region by 2020 and 2030.
- Kearny Mesa will account for the largest proportion of ED and hospital discharges in 2030.



Health Behaviors ⁵	North Central Region (%)	County (%)
Current Smoker (ages 18+)	14.8	13.4
Overweight/Obese (ages 18+)	49.9	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)	20.4	22.1
Binge Drinking in Past Year (ages 18+)	38.0	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	22.6	27.6
Ever Diagnosed with Diabetes (ages 18+)	5.7	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.
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