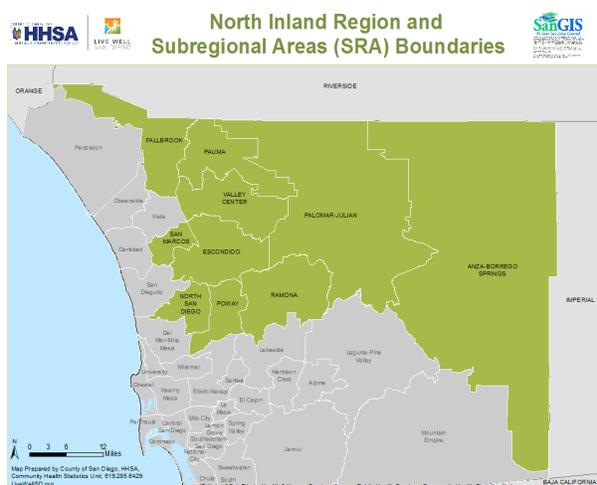


# San Diego County Health Briefs

## North Inland Region, 2013



### Non-Communicable (Chronic) Disease



Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	20.4	19.2
Ages 15-24	14.7	16.0
Ages 25-44	24.6	28.0
Ages 45-64	26.5	24.6
Ages 65+	13.8	12.2
White	53.3	47.1
Black	1.7	4.2
Hispanic	30.4	33.4
Asian/Pacific Islander	10.9	11.4
Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL) <sup>†</sup>	28.8	32.7

Health Outcomes <sup>2, 3, 4</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
<b>Coronary Heart Disease</b>				
Death	643	110.0	3,404	107.9
Hospitalization	1,126	192.6	6,526	206.9
Emergency Department Discharge	180	30.8	1,046	33.2
<b>Stroke</b>				
Death	229	39.2	1,114	35.3
Hospitalization	1,210	207.0	6,611	209.6
Emergency Department Discharge	331	56.6	1,730	54.8
<b>Diabetes</b>				
Death	116	19.8	614	19.5
Hospitalization	649	111.0	4,415	140.0
Emergency Department Discharge	715	122.3	4,592	145.6
<b>COPD</b>				
Death	225	38.5	1,042	33.0
Hospitalization	435	74.4	3,050	96.7
Emergency Department Discharge	964	164.9	7,426	235.4
<b>Asthma</b>				
Death	8	1.4	35	1.1
Hospitalization	283	48.4	2,093	66.3
Emergency Department Discharge	1,202	205.6	9,862	312.6
<b>Cancer, All Causes</b>				
Death	1,113	190.4	5,030	159.5

For more data and statistics, visit [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# San Diego County Health Briefs

## North Inland Region, 2013



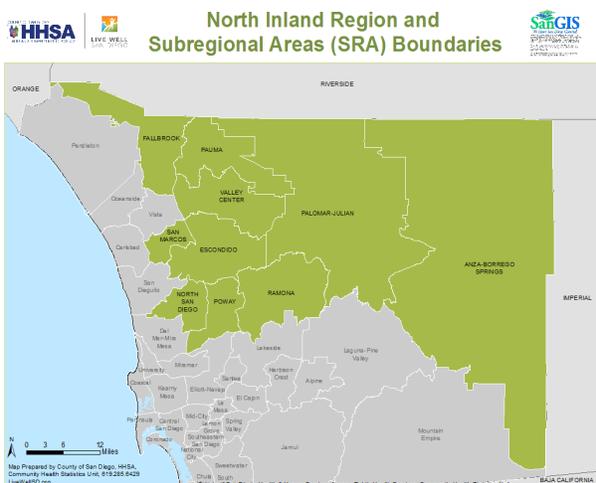
Access and Utilization <sup>5</sup>	North Inland Region (%)	County (%)
No Usual Source of Care (ages 18-64)	19.7	18.3
Uninsured All or Part of Year (ages 18-64)	30.8	27.8
Visited Emergency Room in the Past Year (ages 18-64)	17.0	14.7
Health Behaviors <sup>5</sup>	North Inland Region (%)	County (%)
Current Smoker (ages 18+)	19.6	13.4
Overweight/Obese (ages 18+)	58.6	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)	26.2	22.1
Binge Drinking in Past Year (ages 18+)	25.4	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	19.8	27.6
Ever Diagnosed with Diabetes (ages 18+)	12.1	8.5
Ever Diagnosed with Asthma (all ages)	12.2	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 Inland Region, 2013



Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	20.4	19.2
Ages 15-24	14.7	16.0
Ages 25-44	24.6	28.0
Ages 45-64	26.5	24.6
Ages 65+	13.8	12.2
White	53.3	47.1
Black	1.7	4.2
Hispanic	30.4	33.4
Asian/Pacific Islander	10.9	11.4
Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL) <sup>†</sup>	28.8	32.7

### Communicable Disease

Health Outcomes <sup>2, 3, 4, 5, 6, 7, 8</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	26	4.4	206	6.5
Chronic Hepatitis C, Reported (2012)	235	40.4	2,588	82.3
AIDS Incidence	<20	§	269	8.5
HIV Incidence	<20	§	322	10.2
Chlamydia Reported, Underestimate‡	1,647	281.8	16,042	508.5
Gonorrhea Reported, Underestimate‡	197	33.7	2,865	90.8
Primary and Secondary Syphilis Reported	16	2.7	347	11.0
<b>Deaths</b>				
Influenza (Flu) and Pneumonia	61	10.4	334	10.6
<b>Hospitalizations</b>				
Influenza	155	26.5	783	24.8
Pneumonia	1,032	176.6	5,248	166.4
<b>Emergency Department Discharges</b>				
Influenza	644	110.2	4,598	145.8
Pneumonia	1,024	175.2	6,110	193.7
<b>Health Behaviors &amp; Related Health Factors</b>				
Binge Drinking in Past Year (ages 18+) <sup>9</sup>	25.4		34.5	
Has Ever Had Sex (High School Students) <sup>10</sup>	**		36.6	
Has had Flu Vaccination in Past 12 Months (ages 18+) <sup>9</sup> (2014)	43.2		43.6	
Has had Flu Vaccination in Past 12 Months (ages 0-11) <sup>9</sup> (2014)	46.3		58.6	

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# San Diego County Health Briefs

## North Inland Region, 2013



Access and Utilization <sup>9</sup>	North Inland Region (%)	County (%)
No Usual Source of Care (ages 18-64)	19.7	18.3
Uninsured All or Part of Year (ages 18-64)	30.8	27.8
Visited Emergency Room in the Past Year (ages 18-64)	17.0	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.

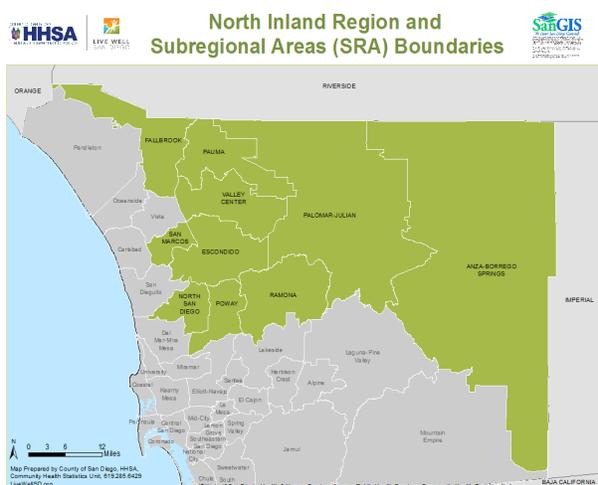
§ Rates note calculated for fewer than 20 events.

‡ 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 Inland Region, 2013



Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	20.4	19.2
Ages 15-24	14.7	16.0
Ages 25-44	24.6	28.0
Ages 45-64	26.5	24.6
Ages 65+	13.8	12.2
White	53.3	47.1
Black	1.7	4.2
Hispanic	30.4	33.4
Asian/Pacific Islander	10.9	11.4
Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL) <sup>†</sup>	28.8	32.7

### Maternal & Child Health

Health Outcomes <sup>2, 3, 4, 5</sup>	North Inland Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Live Births, % of County Births	7,950	18.2%	43,627	100.0%
Live Births to Girls, Ages 15-17, % of County births	93	1.2%	558	1.3%
Live Births with Early Prenatal Care, % of Known Prenatal Care	6,732	84.7%	36,940	84.8%
Live Births born Preterm, % of County births	643	8.1%	3,624	8.3%
Low Birth Weight Births, % of County births	466	5.9%	2,824	6.5%
Very Low Birth Weight Births, % of County births	64	0.8%	480	1.1%
Fetal Mortality Rate per 1,000 live births & fetal deaths (2011)	43	5.4	183	4.2
Infant Mortality, Rate per 1,000 live births	33	4.2	199	4.6
Child Restraint Use, % of MVO Injured <sup>††</sup> , Ages 0-5 (2012)	32	88.9%	121	94.5%

Access and Utilization <sup>6</sup>	North Inland Region (%)	County (%)
No Usual Source of Care (ages 18-64)	19.7	18.3
Uninsured All or Part of Year (ages 18-64)	30.8	27.8
Visited Emergency Room in the Past Year (ages 18-64)	17.0	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 (2012)	**	47.8
Residents Under 200% FPL Receiving Food Stamps (all ages)	**	20.6
Women Below 200% FPL (ages 18-64)	**	53.8

Health Behaviors <sup>6</sup>	North Inland Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	40.7	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)	44.6	45.9

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# San Diego County Health Briefs

## North Inland Region, 2013



Health Behaviors	North Inland Region (%)	County (%)
Women with a High School Degree or Less Education (ages 25+) <sup>6</sup>	24.7	30.2
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages <6) <sup>6</sup>	**	11.7
Agree or Strongly Agree that Adults Look Out for Children (ages 12-17) <sup>6</sup>	**	**
More Than a Year Since Last Dental Visit (ages 2-11) <sup>7</sup>	**	4.7
Delayed or Didn't Get Medical Care (ages 0-11) <sup>6</sup>	**	**
Presence of an Adult at Least Some of the Time After School Hours (ages 12-17) (2012) <sup>6</sup>	**	96.7
Has had Flu Vaccination in Past 12 Months (ages 0-11) <sup>6</sup> (2014)	46.3	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 Database (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).

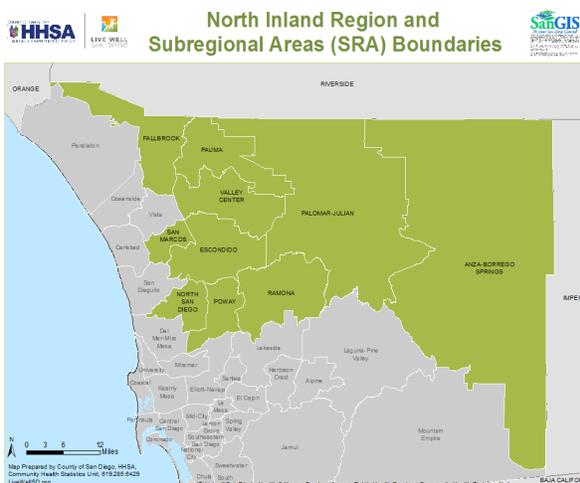
\* Rates are per 1,000 population.

†† 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 Integrated Traffic Records System.

\*\* Indicates statistically unstable estimate.

# San Diego County Health Briefs

## North Inland Region, 2013



Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	20.4	19.2
Ages 15-24	14.7	16.0
Ages 25-44	24.6	28.0
Ages 45-64	26.5	24.6
Ages 65+	13.8	12.2
White	53.3	47.1
Black	1.7	4.2
Hispanic	30.4	33.4
Asian/Pacific Islander	10.9	11.4
Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL) <sup>†</sup>	28.8	32.7

### Injury

Health Outcomes <sup>2, 3, 4, 5</sup>	North Inland Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
<b>Unintentional Injury (All Causes)</b>				
Deaths	193	33.0	1,015	32.2
Hospitalizations	3,829	655.1	22,454	711.8
Emergency Department Discharges	28,586	4,890.6	156,940	4,975.0
<b>Fall-Related Injury</b>				
Deaths	66	11.3	301	9.5
Hospitalizations	1,943	332.4	11,231	356.0
Emergency Department Discharges	10,367	1,773.6	56,458	1,789.7
<b>Overdose/ Poisoning</b>				
Deaths	79	13.5	471	14.9
Hospitalizations	344	58.9	2,473	78.4
Emergency Department Discharges	848	145.1	5,254	166.6
<b>Motor Vehicle Injuries</b>				
Deaths due to Motor Vehicle Crash (MVC) Injury	45	7.7	193	6.1
Hospitalizations due to MV Injury	395	67.6	2,800	88.8
Emergency Department Discharges due to MV Injury	2,980	509.8	16,014	507.6
Motor Vehicle Crash (MVC) Injuries (2012)	3,439	591.0	18,178	578.3
Alcohol-involved MVC Injuries (2012)	466	80.1	2,403	76.4
Drinking Drivers Involved in MV Crashes (2012)	305	52.4	1,547	49.2
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured <sup>††</sup> , Ages 6+ (2012)	2,427	96.8%	11,025	96.8%
Child Restraint Use, % of MVO Injured <sup>†††</sup> , Ages 0-5 (2012)	32	88.9%	121	94.5%

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# San Diego County Health Briefs

## North Inland Region, 2013



### Injury

Health Outcomes <sup>2, 3, 4, 5</sup>	North Inland Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
<b>Pedestrian Injuries</b>				
Deaths due to motor vehicle crashes (MVC)	9	1.5	42	1.3
Hospitalizations due to MVC	41	7.0	396	12.6
Emergency Department Discharges due to MVC	138	23.6	993	31.5
Injuries due to MVC (2012)	115	19.8	1,105	35.2
<b>Assault</b>				
Homicides	12	2.1	88	2.8
Hospitalizations	132	22.6	1,461	46.3
Emergency Department Discharges	854	146.1	7,278	230.7
<b>Self-Inflicted Injuries</b>				
Suicides	81	13.9	430	13.6
Hospitalizations	271	46.4	1,769	56.1
Emergency Department Discharges	519	88.8	2,666	84.5
<b>Firearm-Related Injuries</b>				
Deaths	45	7.7	219	6.9
Hospitalizations	26	4.4	159	5.0
Emergency Department Discharges	32	5.5	164	5.2
<b>Access and Utilization<sup>6</sup></b>				
	North Inland Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	19.7		18.3	
Uninsured All or Part of Year (ages 18-64)	30.8		27.8	
Visited Emergency Room in the Past Year (ages 18-64)	17.0		14.7	
<b>Health Behaviors<sup>6</sup></b>				
	North Inland Region (%)		County (%)	
Binge Drinking in Past Year (ages 18+)	25.4		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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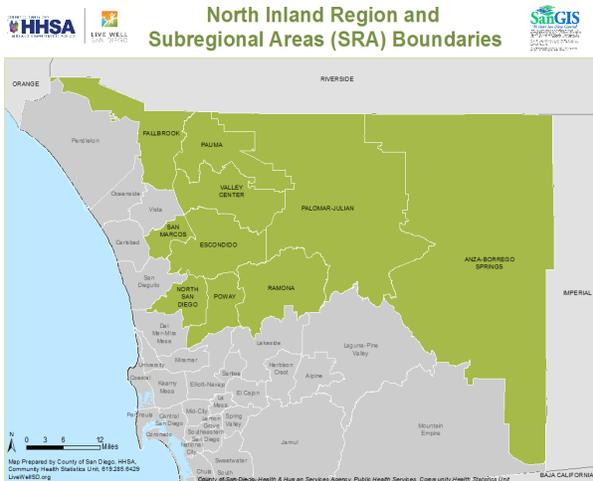
†† Active Restraint Use percentage is defined as those ages 6 years and older who were injured in motor vehicle crashes (MVC) occurring on public roads where the status of active restraint use was known. Data are by location of occurrence. The data come from the California Highway Patrol Statewide Integrates 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 Inland Region, 2013



Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	20.4	19.2
Ages 15-24	14.7	16.0
Ages 25-44	24.6	28.0
Ages 45-64	26.5	24.6
Ages 65+	13.8	12.2
White	53.3	47.1
Black	1.7	4.2
Hispanic	30.4	33.4
Asian/Pacific Islander	10.9	11.4
Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL) <sup>†</sup>	28.8	32.7

### Behavioral Health

Health Outcomes <sup>2, 3, 4</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
<b>Overdose/Poisoning</b>				
Death	79	13.5	471	14.9
Hospitalization	344	58.9	2,473	78.4
Emergency Department Discharge	848	145.1	5,254	166.6
<b>Suicide/Self-Inflicted Injury</b>				
Death	81	13.9	430	13.6
Hospitalization	271	46.4	1,769	56.1
Emergency Department Discharge	519	88.8	2,666	84.5
<b>Acute Alcohol-Related Disorder</b>				
Hospitalization	339	58.0	2,084	66.1
Emergency Department Discharge	1,140	195.0	7,159	226.9
<b>Chronic Alcohol-Related Disorder</b>				
Hospitalization	134	22.9	902	28.6
Emergency Department Discharge	313	50.6	2,226	70.6
<b>Acute Substance-Related Disorder</b>				
Hospitalization	253	43.3	1,206	38.2
Emergency Department Discharge	383	65.5	2,484	78.7
<b>Chronic Substance-Related Disorder</b>				
Hospitalization	92	15.7	592	18.8
Emergency Department Discharge	21	3.6	190	6.0
<b>Mood Disorders</b>				
Hospitalization	1,897	324.5	10,618	336.6
Emergency Department Discharge	852	145.8	5,001	158.5

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# San Diego County Health Briefs

## North Inland Region, 2013



### Behavioral Health

Mental Health Behaviors & Related Health Factors	North Inland Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+) <sup>5</sup>	**	7.5
Likely Has Had Serious Psychological Distress During Past Month (ages 18+) <sup>5</sup>	**	2.9
Felt so sad or Hopeless Almost every day for 2+ weeks During Past Year They Stopped Doing Some Usual Activities (High School Students) <sup>6</sup>	**	29.6
Emotions Severely Impaired Social Life in Past 12 Months (ages 18+) <sup>5</sup>	**	9.0
Emotions Severely Impaired Work in Past 12 Months (ages 18+) <sup>5</sup>	**	5.0
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress) <sup>5</sup>	**	56.1
Saw Any healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+) <sup>5</sup>	**	13.0
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+) <sup>5</sup>	17.2	13.1
Received Psychological/Emotional Counseling in Past Year (ages 12-17) <sup>5</sup>	**	**
Ever Seriously Thought About Committing Suicide (ages 18+) <sup>5</sup>	**	8.4
Substance Abuse Health Behaviors & Related Health Factors	North Inland Region (%)	County (%)
Binge Drinking in Past Year (ages 18+) <sup>5</sup>	25.4	34.5
Ever Tried Marijuana (High School Students) <sup>6</sup>	**	40.5
Ever Had an Alcoholic Drink (ages 12-17) <sup>5</sup>	**	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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6. Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey (YRBS), 2013.

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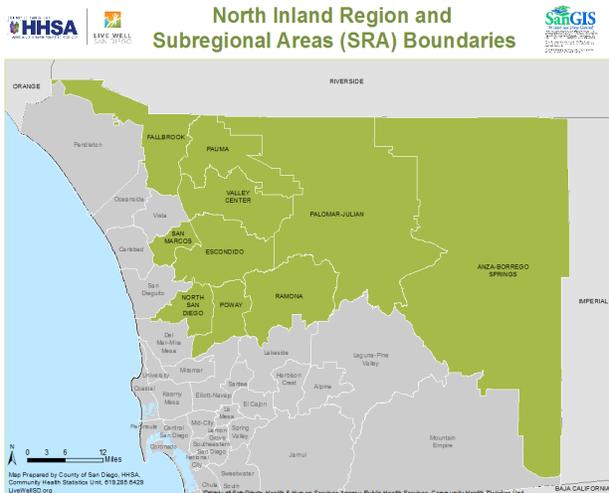
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# San Diego County Health Briefs

## North Inland Region, 2013

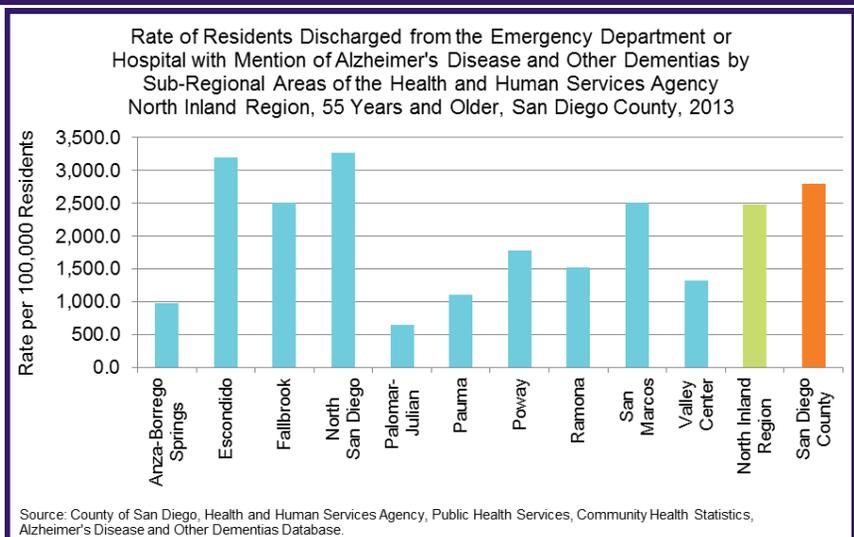


Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	20.4	19.2
Ages 15-24	14.7	16.0
Ages 25-44	24.6	28.0
Ages 45-64	26.5	24.6
Ages 65+	13.8	12.2
White	53.3	47.1
Black	1.7	4.2
Hispanic	30.4	33.4
Asian/Pacific Islander	10.9	11.4
Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL) <sup>†</sup>	28.8	32.7

Health Outcomes <sup>2, 3, 4</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
<b>ADOD</b>				
Death	344	58.9	1,551	49.2
Hospitalization	176	30.1	905	28.7
Emergency Department Discharge	151	25.8	768	24.3

### Alzheimer's Disease and Other Dementias in North Inland Region

- In 2013, 62,000 San Diegans age 55 years and older were living with ADOD.
- In 2013, North Inland had the second highest proportion of residents living with ADOD compared to other HHSa regions.
- In 2013, over one in six San Diego County residents age 55 years and older discharged from the hospital or emergency department (ED) with a mention of ADOD lived in the North Inland Region.
- In 2013, one in three North Inland Region residents discharged from the ED or hospital with any mention of ADOD lived in Escondido.

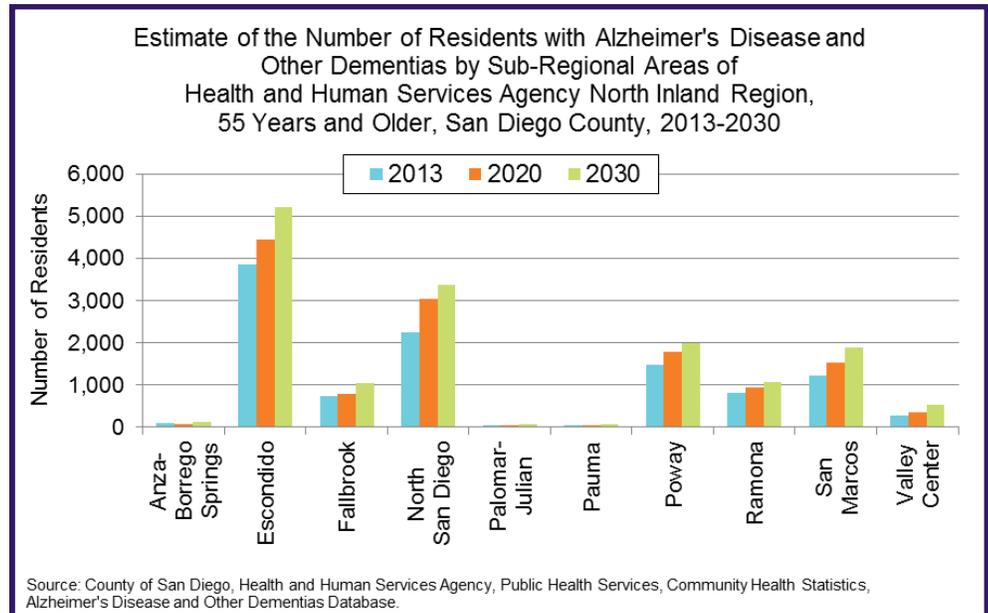


# San Diego County Health Briefs

## North Inland Region, 2013



- By 2030, 15,400 North Inland Region residents age 55 years and older, are expected to have ADOD. This will account for 16.4% of the county's 55 years and older ADOD population that year.
- Escondido and North San Diego are expected to have one of the highest proportions of 55 years and older residents living with ADOD by 2030.



- In 2030, an estimated 33.9% of North Inland Region residents age 55 years and older with ADOD will be living in Escondido and an additional 22.0% will be living in North San Diego.

Health Behaviors <sup>5</sup>	North Inland Region (%)	County (%)
Current Smoker (ages 18+)	19.6	13.4
Overweight/Obese (ages 18+)	58.6	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)	26.2	22.1
Binge Drinking in Past Year (ages 18+)	25.4	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	19.8	27.6
Ever Diagnosed with Diabetes (ages 18+)	12.1	8.5

### Sources

- Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.
- 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.
- 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.
- 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.
- 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.