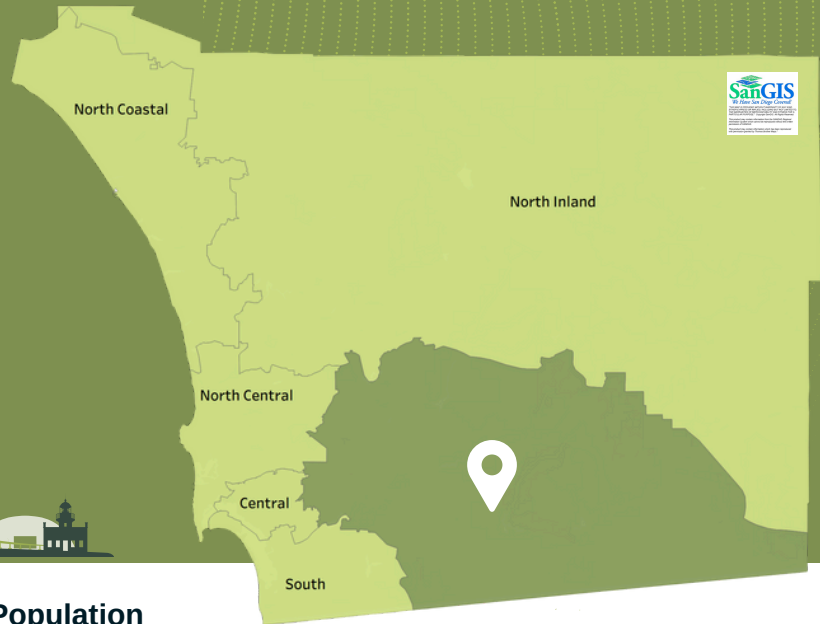




East Region Health Briefs 2023

Community Health Snapshot

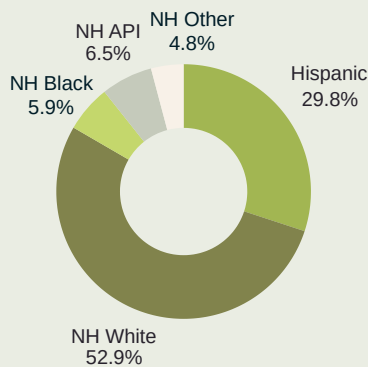


2023 Population

496,912

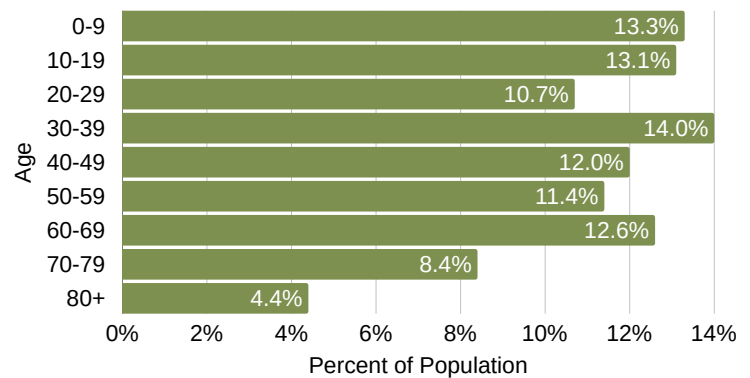
See list of zip codes in my region [here](#).

2023 East Region Population by Race/Ethnicity



NH: non-Hispanic. API: Asian/Pacific Islander

2023 East Region Population by Age



**Leading Cause of Death
in 2023**

Heart Disease



**Leading Cause of Hospitalization
in 2023**

Unintentional Injuries



**Leading Cause of Emergency
Department Discharge in 2023**

Unintentional Injuries



**Life Expectancy
in 2023**

80.6 years



**Unsheltered Persons Experiencing
Homelessness in 2025**

708



**Uninsured All or Part of the
Year (2021-2023)**

11.8%

The East Region of San Diego County is the second largest geographical area in the county, and includes the communities of El Cajon, Lemon Grove, Alpine, Spring Valley and Mountain Empire. East Region shares an international border with Mexico and borders Imperial County. East Region includes vast valleys, arid landscapes, and mountainous terrain. The East Region is comprised of incorporated and unincorporated areas, suburban and rural communities, and Indian reservations.

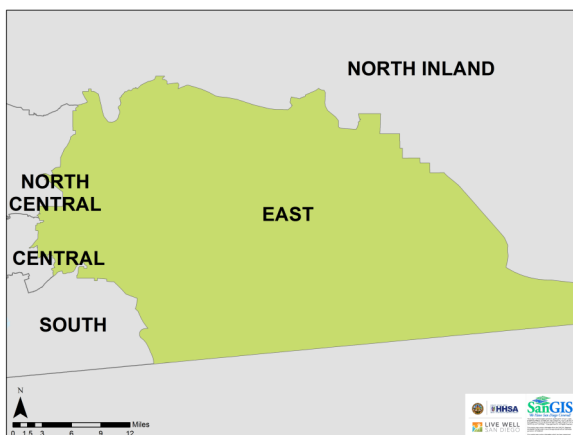
For more data and statistics, visit www.SDHealthStatistics.com.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2025.



San Diego County Health Briefs

East Region, 2023



See list of zip codes in my region [here](#).

Demographics ¹	East Region (%)	County (%)
Ages 0-9	13.3%	12.1%
Ages 10-19	13.1%	12.8%
Ages 20-29	10.7%	13.2%
Ages 30-39	14.0%	14.8%
Ages 40-49	12.0%	12.5%
Ages 50-59	11.4%	11.5%
Ages 60-69	12.6%	11.3%
Ages 70-79	8.4%	7.6%
Ages 80+	4.4%	4.1%
White	52.9%	43.3%
Black	5.9%	4.7%
Hispanic	29.8%	34.8%
Asian/Pacific Islander	6.5%	12.7%
Other	4.8%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	12.0%	10.4%

Health Outcomes ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	416	85.0	2,377	72.2
Hospitalization	1,095	223.7	5,523	167.9
Emergency Department Discharge	205	41.9	1,144	34.8
Stroke				
Death	270	55.2	1,552	47.2
Hospitalization	1,353	276.4	6,744	205.0
Emergency Department Discharge	482	98.5	2,504	76.1
Overall Heart Disease[^]				
Death	852	174.1	4,785	145.4
Hospitalization	7,213	1,473.8	34,323	1,043.1
Emergency Department Discharge	12,252	2,503.4	63,222	1,921.4
Acute Myocardial Infarction (Heart Attack)				
Death	94	19.2	565	17.2
Hospitalization	722	147.5	3,657	111.1
Emergency Department Discharge	91	18.6	499	15.2
Heart Failure				
Death	134	27.4	784	23.8
Hospitalization	1,674	342.0	8,013	243.5
Emergency Department Discharge	497	101.5	2,104	63.9

San Diego County Health Briefs

East Region, 2023



Non-Communicable (Chronic) Disease

Health Outcomes continued ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Overall Hypertensive Diseases~				
Death	225	46.0	1,110	33.7
Hospitalization	2,385	487.3	11,376	345.7
Emergency Department Discharge	1,925	393.3	9,559	290.5
Cancer, All Causes				
Death	837	171.0	5,098	154.9
Hospitalization	1,477	301.8	8,734	265.4
Emergency Department Discharge	259	52.9	1,490	45.3
Alzheimer's Disease				
Death	198	40.5	1,177	35.8
Hospitalization	\$	\$	\$	\$
Emergency Department Discharge	\$	\$	\$	\$
Non-Alzheimer's Dementia				
Death	295	60.3	1,515	46.0
Hospitalization	\$	\$	\$	\$
Emergency Department Discharge	\$	\$	\$	\$
Diabetes				
Death	174	35.6	911	27.7
Hospitalization	1,173	239.7	5,528	168.0
Emergency Department Discharge	907	185.3	4,950	150.4
COPD & Chronic Lower Respiratory Diseases				
Death	220	45.0	900	27.4
Hospitalization	516	105.4	1,718	52.2
Emergency Department Discharge	686	140.2	2,821	85.7
Asthma				
Death	\$	\$	23	0.7
Hospitalization	320	65.4	1,525	46.3
Emergency Department Discharge	1,532	313.0	7,345	223.2
Parkinson's Disease				
Death	74	15.1	401	12.2
Hospitalization	41	8.4	242	7.4
Emergency Department Discharge	24	4.9	130	4.0
Lupus and Connective Tissue Disorders				
Death	\$	\$	\$	\$
Hospitalization	46	9.4	315	9.6
Emergency Department Discharge	26	5.3	141	4.3

San Diego County Health Briefs

East Region, 2023



Health Behaviors ⁵ (2021-2023)	East Region (%)	County (%)
Current Smoker (ages 18+)	4.5%	5.3%
Overweight/Obese (ages 18+)	66.2%	58.0%
Rated Overall Health as Fair or Poor (18+)	15.4%	13.0%
Ever Diagnosed with High Blood Pressure (ages 18+)	30.2%	25.1%
Ever Diagnosed with Diabetes (ages 18+)	11.9%	8.4%
Ever Diagnosed with Asthma (ages 1+)	16.6%	14.2%

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). Population estimates were derived using the 2020 decennial census.
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023.
3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2023.
4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2023.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2021-2023. Accessed May 21, 2025.

† Source: U.S. Census Bureau; 2019-2023 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2023 (\$15,480 for single person, \$30,900 for four-person-family [2 adults with 2 related children under 18 years]) per the U.S. Census Bureau, "Poverty Thresholds," accessed from <https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html> on August 1, 2025.

* Rates are per 100,000 population.

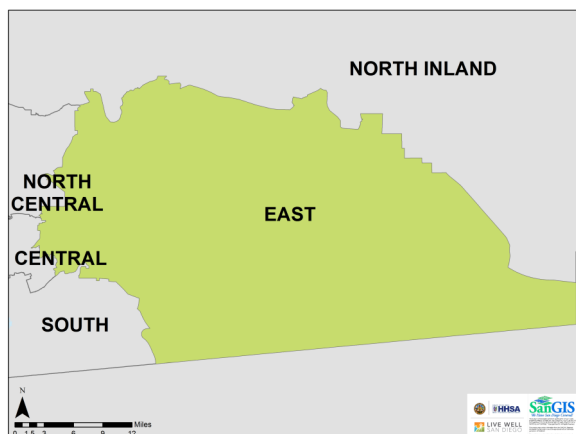
§ Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.

^ Includes entire ICD-10-CM diagnosis chapter for diseases of the circulatory system.

~ Includes Primary Hypertension.

San Diego County Health Briefs

East Region, 2023



See list of zip codes in my region [here](#).

Demographics ¹	East Region (%)	County (%)
Ages 0-9	13.3%	12.1%
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Asian/Pacific Islander	6.5%	12.7%
Other	4.8%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	12.0%	10.4%

Health Outcomes ^{2, 3, 4, 5, 6}	East Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	22	4.5	241	7.3
Chlamydia Reported	2,183	446.0	17,720	538.5
Gonorrhea Reported	730	149.2	6,651	202.1
Primary and Secondary Syphilis Reported	149	30.4	1,089	33.1
Deaths				
COVID-19 (multiple cause of death)	125	25.5	587	17.8
Influenza (Flu) and Pneumonia	25	5.1	212	6.4
Hospitalizations				
COVID-19	641	131.0	2,933	89.1
Influenza	65	13.3	365	11.1
Pneumonia	688	140.6	3,493	106.2
Emergency Department Discharges				
COVID-19	2,654	542.3	14,053	427.1
Influenza	1,103	225.4	5,007	152.2
Pneumonia	1,131	231.1	6,583	200.1
Health Behaviors & Related Health Factors ⁷ (2023)	East Region (%)		County (%)	
Has had Flu Vaccination in Past 12 Months (ages 18+)	—		45.7%	

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



San Diego County Health Briefs

East Region, 2023



Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). Population estimates were derived using the 2020 decennial census.
2. County of San Diego, Health and Human Services Agency, Tuberculosis Control Program, County TB Registry; SANDAG, Current Population Estimates, released 1/2025.
3. County of San Diego, Health and Human Services Agency, HIV, STD and Hepatitis Branch, Morbidity Database; SANDAG, Current Population Estimates, released 1/2025.
4. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023.
5. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2023.
6. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2023.
7. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey (BRFSS) Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2023.

† Source: U.S. Census Bureau; 2019-2023 American Community Survey 5-Year Estimates, Table B17024.

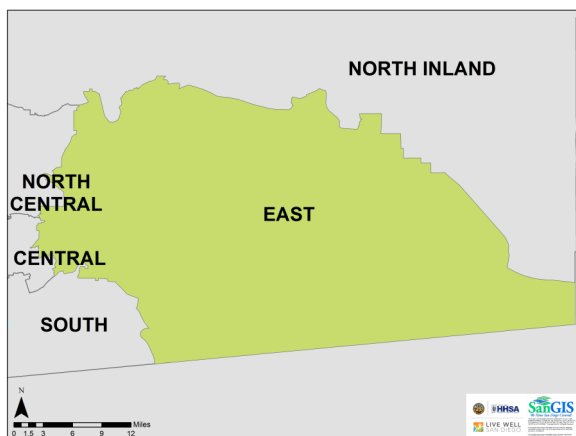
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— Data are unavailable.

San Diego County Health Briefs

East Region, 2023



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Other	4.8%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	12.0%	10.4%

Health Outcomes ^{2, 3, 4}	East Region			County	
	Number	% of Region	% of County	Number	(%)
Live Births	5,819	100.0%	16.3%	35,713	100.0%
Live Births to Teens, Ages 15-17	22	2.4%	12.9%	170	2.8%
Live Births with Early Prenatal Care, % of Known Prenatal Care	4,994	86.0%	16.4%	30,369	85.3%
Live Births Born Preterm	539	9.3%	16.9%	3,186	8.9%
Low Birth Weight Births	415	7.1%	16.6%	2,497	7.0%
Very Low Birth Weight Births	67	1.2%	17.5%	383	1.1%

Health Outcomes ³	Number	Rate*	Number	Rate*
Infant Mortality, Rate per 1,000 live births (2022)	24	3.9	138	3.7

Health Behaviors ⁵ (2021-2023)	East Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	36.4%	34.7%
Rated Overall Health as Fair or Poor (18+)	15.4%	13.0%
Women with a High School Degree or Less Education (ages 25+)	34.2%	28.5%
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages 6 and under)	**	18.6%
Agree or Strongly Agree that People in Neighborhood can be Trusted (ages 12-17)	**	84.3%
No Dental Insurance Coverage in the Past Year (ages 3-11)	**	6.0%

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



San Diego County Health Briefs

East Region, 2023



Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). Population estimates were derived using the 2020 decennial census.
2. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2023.
3. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, 2023.
4. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files, 2022.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2021-2023. Accessed May 21, 2025.

† Source: U.S. Census Bureau; 2019-2023 American Community Survey 5-Year Estimates, Table B17024.

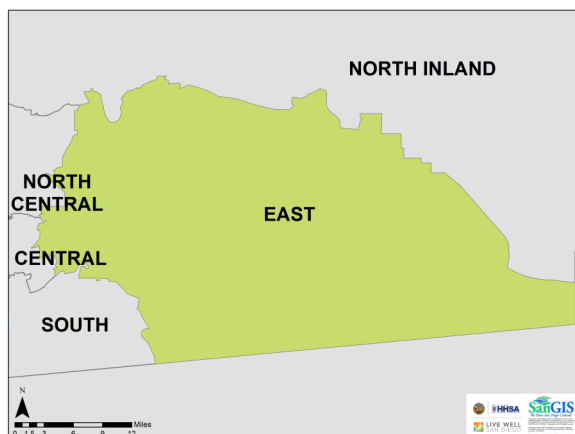
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* Rates are per 1,000 population.

** Indicates statistically unstable estimate.

San Diego County Health Briefs

East Region, 2023



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Demographics ¹	East Region (%)	County (%)
Ages 0-9	13.3%	12.1%
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Hispanic	29.8%	34.8%
Asian/Pacific Islander	6.5%	12.7%
Other	4.8%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	12.0%	10.4%

Health Outcomes ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Unintentional Injury (All Causes)				
Death	280	57.2	1,756	53.4
Hospitalization	7,741	1,581.7	30,905	939.2
Emergency Department Discharge	33,620	6,869.3	171,793	5,221.0
Fall-Related Injury				
Death	73	14.9	429	13.0
Hospitalization	2,970	606.8	15,992	486.0
Emergency Department Discharge	13,572	2,773.1	69,176	2,102.3
Poisoning				
Death	148	30.2	977	29.7
Hospitalization	570	116.5	2,315	70.4
Emergency Department Discharge	961	196.4	5,750	174.7
Motor Vehicle Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	50	10.2	291	8.8
Hospitalizations due to MV Injury Collision	490	100.1	2,512	76.3
Emergency Department Discharges due to MV Injury Collision	3,882	793.2	18,918	574.9

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



San Diego County Health Briefs

East Region, 2023



Injury

Health Outcomes continued ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Pedestrian Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	17	§	82	2.5
Hospitalizations due to MV Injury Collision	68	13.9	355	10.8
Emergency Department Discharges due to MV Injury Collision	135	27.6	744	22.6
Assault				
Homicide	11	§	82	2.5
Hospitalization	182	37.2	1,010	30.7
Emergency Department Discharge	1,489	304.2	7,949	241.6
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)				
Death	63	12.9	363	11.0
Hospitalization	120	24.5	612	18.6
Emergency Department Discharge	1,734	354.3	7,528	228.8
Firearm-Related Injuries				
Death	42	8.6	215	6.5
Hospitalization	35	7.2	183	5.6
Emergency Department Discharge	25	5.1	145	4.4
Health Behaviors⁵ (2021-2023)				
	East Region (%)		County (%)	
Ever Seriously Thought About Committing Suicide (ages 18+)	20.2%		18.9%	
Binge Drinking in Past 30 Days (ages 18+)	16.7%		20.6%	

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). Population estimates were derived using the 2020 decennial census.
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023.
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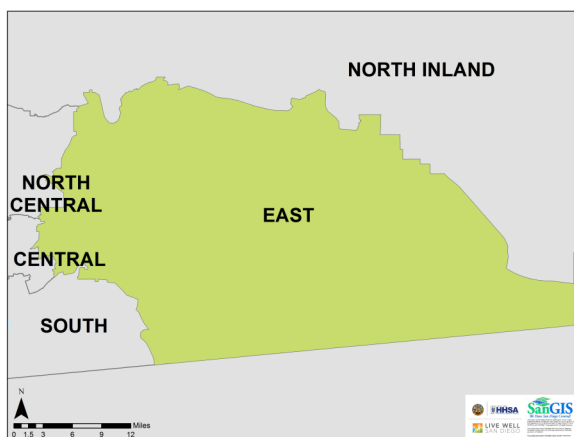
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San Diego County Health Briefs

East Region, 2023



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Demographics ¹	East Region (%)	County (%)
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Ages 80+	4.4%	4.1%
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Other	4.8%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	12.0%	10.4%

Health Outcomes ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Schizophrenia				
Hospitalization	54	11.0	257	7.8
Emergency Department Discharge	847	173.1	3,775	114.7
In-Patient Treatment Facility Discharge	1,083	221.3	4,849	147.4
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)				
Death	63	12.9	363	11.0
Hospitalization	120	24.5	612	18.6
Emergency Department Discharge	1,734	354.3	7,528	228.8
Mood Disorders				
Hospitalization	20	4.1	144	4.4
Emergency Department Discharge	428	87.4	2,554	77.6
In-Patient Treatment Facility Discharge	1,230	251.3	6,673	202.8
Depression				
Hospitalization	§	§	88	2.7
Emergency Department Discharge	298	60.9	1,681	51.1
In-Patient Treatment Facility Discharge	776	158.6	4,205	127.8
Alcohol Use/Abuse/Dependency				
Hospitalization	503	102.8	2,322	70.6
Emergency Department Discharge	1,583	323.4	8,620	262.0
In-Patient Treatment Facility Discharge	248	50.7	1,508	45.8

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



San Diego County Health Briefs

East Region, 2023



Behavioral Health

Health Outcomes continued ^{2, 3, 4}		East Region		County	
		Number	Rate*	Number	Rate*
Alcohol-Related Deaths					
Deaths due to Acute Alcohol Poisoning		\$	\$	34	1.0
Deaths due to Chronic Alcohol Consumption		112	22.9	556	16.9
Substance Use/Abuse/Dependency~					
Hospitalization		49	10.0	252	7.7
Emergency Department Discharge		766	156.5	3,676	111.7
In-Patient Treatment Facility Discharge		93	19.0	430	13.1
Opioid Use/Abuse/Dependency~					
Hospitalization		12	\$	107	3.3
Emergency Department Discharge		350	71.5	1,414	43.0
In-Patient Treatment Facility Discharge		56	11.4	195	5.9
Cannabis Use/Abuse/Dependency~					
Hospitalization		\$	\$	18	\$
Emergency Department Discharge		95	19.4	490	14.9
In-Patient Treatment Facility Discharge		\$	\$	29	0.9
All Opioid Overdoses^					
Multiple Cause of Death		101	20.6	659	20.0
All Drug Overdoses^					
Underlying Cause of Death		144	29.4	924	28.1
Mental Health Behaviors & Related Health Factors⁵ (2021-2023)			East Region (%)	County (%)	
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)			14.8%	15.6%	
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)			7.2%	7.9%	
Emotions Severely Impaired Social Life in Past Year (ages 18+ with moderate to severe psychological distress in past year)			13.6%	12.9%	
Emotions Severely Impaired Work in Past 12 Months (ages 18-70)			9.4%	10.1%	
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year)			49.4%	56.8%	
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)			19.7%	19.6%	
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)			12.6%	12.0%	
Ever Seriously Thought About Committing Suicide (ages 18+)			20.2%	18.9%	
Substance Abuse Health Behaviors & Related Health Factors⁵ (2021-2023)			East Region (%)	County (%)	
Ever Tried Marijuana or Hashish (ages 18+)			54.9%	53.0%	
Binge Drinking in Past 30 Days (ages 18+)			16.7%	20.6%	
Binge Drinking in Past 30 Days (ages 12-17)			—	6.1%	

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San Diego County Health Briefs East Region, 2023



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1. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). Population estimates were derived using the 2020 decennial census.
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5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2021-2023. Accessed May 21, 2025.

† Source: U.S. Census Bureau; 2019-2023 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2023 (\$15,480 for single person, \$30,900 for four-person-family [2 adults with 2 related children under 18 years]) per the U.S. Census Bureau, "Poverty Thresholds," accessed from <https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html> on August 1, 2025.

*Rates are per 100,000 population.

— Data are unavailable.

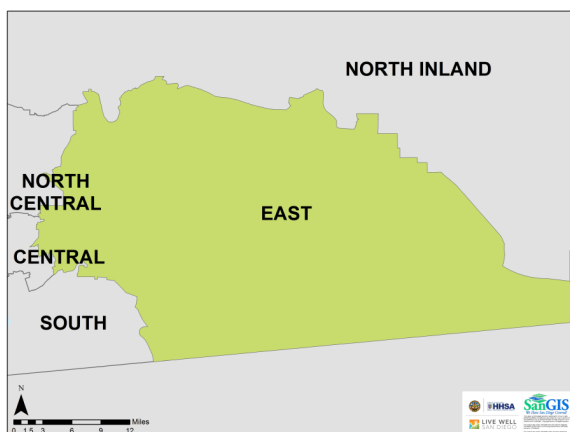
§ Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.

~Related Disorders groups contain specific abuse, dependence, use, and poisoning ICD-10 codes.

^Drug overdose deaths represent only a small proportion of the overall burden of drug misuse, dependence, and overdose.

San Diego County Health Briefs

East Region, 2023



See list of zip codes in my region [here](#).

Demographics ¹	East Region (%)	County (%)
Ages 0-9	13.3%	12.1%
Ages 10-19	13.1%	12.8%
Ages 20-29	10.7%	13.2%
Ages 30-39	14.0%	14.8%
Ages 40-49	12.0%	12.5%
Ages 50-59	11.4%	11.5%
Ages 60-69	12.6%	11.3%
Ages 70-79	8.4%	7.6%
Ages 80+	4.4%	4.1%
White	52.9%	43.3%
Black	5.9%	4.7%
Hispanic	29.8%	34.8%
Asian/Pacific Islander	6.5%	12.7%
Other	4.8%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	12.0%	10.4%

Health Outcomes (±) ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Asthma				
Death	\$	\$	23	0.7
Hospitalization	320	65.4	1,525	46.3
Emergency Department Discharge	1,532	313.0	7,345	223.2
Coronary Heart Disease				
Death	416	85.0	2,377	72.2
Hospitalization	1,095	223.7	5,523	167.9
Emergency Department Discharge	205	41.9	1,144	34.8
Cancer, All Causes				
Death	837	171.0	5,098	154.9
Hospitalization	1,477	301.8	8,734	265.4
Emergency Department Discharge	259	52.9	1,490	45.3
COPD & Chronic Lower Respiratory Diseases				
Death	220	45.0	900	27.4
Hospitalization	516	105.4	1,718	52.2
Emergency Department Discharge	686	140.2	2,821	85.7
Diabetes				
Death	174	35.6	911	27.7
Hospitalization	1,173	239.7	5,528	168.0
Emergency Department Discharge	907	185.3	4,950	150.4

San Diego County Health Briefs

East Region, 2023



Health Outcomes (±) ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Depression				
Hospitalization	\$	\$	88	2.7
Emergency Department Discharge	298	60.9	1,681	51.1
In-Patient Treatment Facility Discharge	776	158.6	4,205	127.8
Heat Illness/Injury				
Hospitalization	11	\$	41	1.2
Emergency Department Discharge	39	8.0	158	4.8
Air Quality ⁵ (2019-2023)	East Region		County	
Percent of Days that Air Quality was Rated as Unhealthy for Sensitive Populations (2023)	—		5.5%	
Average of Ozone Concentration of the 4th High 8-hr Intervals over a 3 Year Period (2019)	—		—	
3-Year Average of the 98th Percentile of Collected Samples for a 24 hr Standard (Particulate Matter 2.5) (2019)	—		—	
Place of Residence ^{5, 6} (2021-2023)	East Region		County	
Feels Safe in the Neighborhood All or Most of the Time (among adults 18+)	89.0%		89.9%	
Agree or Strongly Agree that People in the Neighborhood can be Trusted (among adults 18+)	80.8%		82.3%	
Agree or Strongly Agree that People in the Neighborhood are Willing to Help (among adults 18+)	83.1%		83.9%	
Agree or Strongly Agree that there is a Nearby Park or Playground that is Safe During the Day (children ages 1+)	85.9%		91.8%	
Percent of Population Living within 1/4 mile from Park or Community Space (2022)	53.5%		62.3%	
Rate of Recreational Facilities per 100,000 People (2022)	—		24.3	
Percent of Population using Public Transportation to Work (2022)	1.6%		2.2%	
Percent of Population with Travel Time to Work over 60 Minutes (2022)	7.7%		6.8%	

Environmental Health

San Diego County Health Briefs

East Region, 2023



Climate Change ⁶ (2021-2023)	East Region (%)	County (%)
Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+) (2023)	58.4%	47.3%
Mental Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+) (2023)	20.0%	25.4%
Physical Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+) (2023)	18.6%	22.4%
Property or Finances Harmed by Extreme Weather-Related Event in Past 2 Years (among adults 18+) (2021-2022)	2.2%	1.9%
Climate Change Makes you Nervous/Depressed/Stressed (among teens ages 12-17)	39.0%	38.1%

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). Population estimates were derived using the 2020 decennial census.
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023.
3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2023.
4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2023.
5. Live Well San Diego, Built Environment, 2024. Accessed July 28, 2025. <https://www.livewellsd.org/i-want-to/learn-more/data-indicators/built-environment>
6. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2021-2023. Accessed May 21, 2025.

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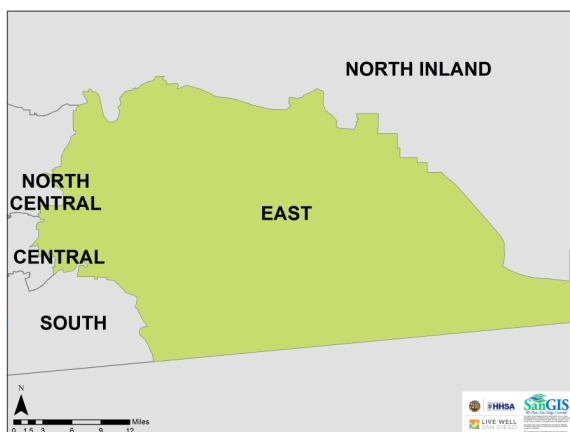
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(‡) The health outcomes included in this section are known to be associated with environmental hazards and climate change. Overall, exposure to air pollutants, such as PM2.5 and ozone, are associated with increased risk of or complications of asthma, cancer, COPD, diabetes, depression, and heart disease.

San Diego County Health Briefs

East Region, 2023



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Hispanic	29.8%	34.8%
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Other	4.8%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	12.0%	10.4%

Access and Utilization ² (2021-2023)	East Region (%)	County (%)
No Usual Source of Care (ages 18-64)	17.9%	20.2%
Visited Emergency Room in the Past Year (ages 18-64)	20.8%	15.8%
Had a Routine Check-Up with a Doctor in Past Year (adults 18+)	70.0%	66.1%
Had Difficulty Finding Specialty Care (asked of adults who needed specialty care)	18.9%	17.5%
Delayed or Didn't get Other Medical Care (all ages)	17.1%	15.7%
Delayed or Didn't get Prescription Medicine (all ages)	11.4%	9.0%
Insurance ² (2021-2023)	East Region (%)	County (%)
Uninsured All or Part of Year (ages 18-64)	11.8%	9.9%
Covered by Medi-Cal (all ages)	21.2%	19.4%
Insurance Not Accepted by General Doctor in Past Year (adults 18+ with health insurance)	4.3%	4.6%
Medical Debt ² (2021-2023)	East Region (%)	County (%)
Ever Had Problems Paying for Self or Household Family's Medical Bills in the Past Year (adults 18+)	8.7%	8.5%
Ever Unable to Pay for Basic Necessities due to Medical Bills (asked of adults 18+ who have had problems paying for self or household's medical bills)	36.1%	37.2%

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



San Diego County Health Briefs

East Region, 2023



Public Program Participation ² (2021-2023)	East Region (%)	County (%)
Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	9.6%	11.6%
Currently Receiving TANF or CalWORKS (all ages, up to 200% FPL)	**	8.4%
Children Age 6 and Under Currently on WIC (up to 200% FPL)	**	49.6%
Residents Receiving Food Stamps (all ages, up to 200% FPL)	31.1%	29.4%
Women Below 200% FPL (ages 18-64)	25.0%	28.2%

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). Population estimates were derived using the 2020 decennial census.
 2. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2021-2023. Accessed May 21, 2025.
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** Indicates statistically unstable estimate.