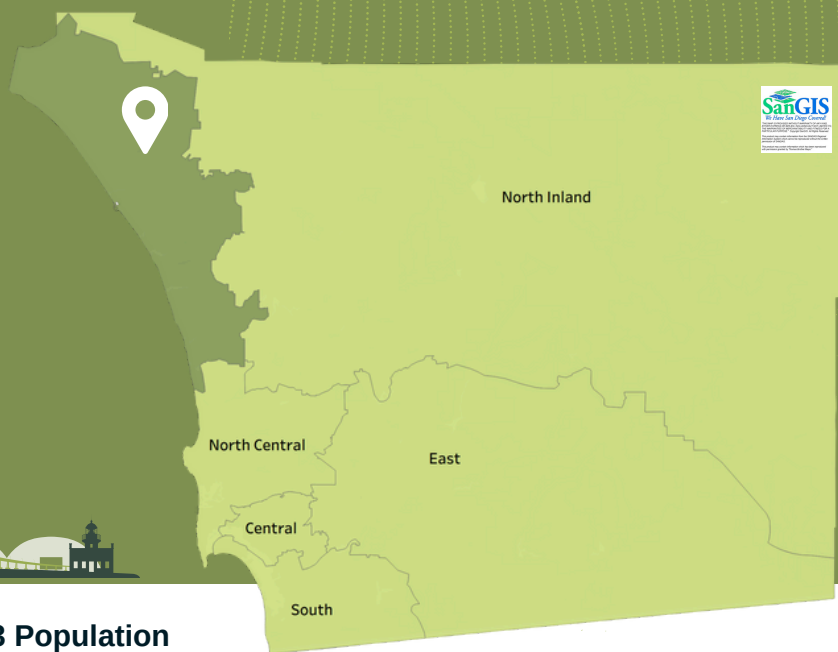




North Coastal Region Health Briefs 2023

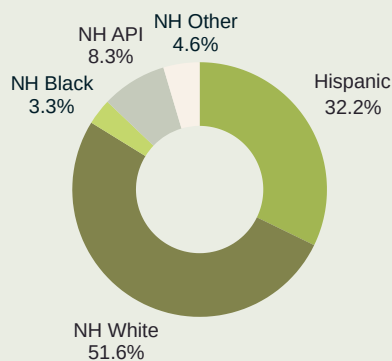
Community Health Snapshot



2023 Population
530,971

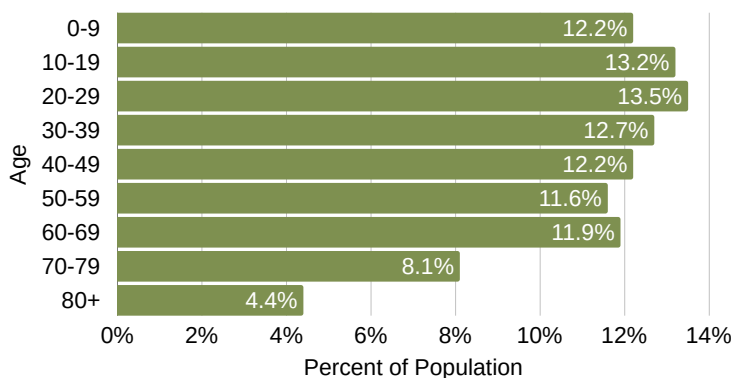
See list of zip codes in my region [here](#).

2023 North Coastal Region Population by Race/Ethnicity



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

2023 North Coastal Region Population by Age



Leading Cause of Death in 2023

Cancer



Leading Cause of Hospitalization in 2023

Heart Disease



Leading Cause of Emergency Department Discharge in 2023

Unintentional Injuries



Life Expectancy in 2023

83.4 years



Unsheltered Persons Experiencing Homelessness in 2025

655



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

11.6%

The North Coastal Region consists of six cities, including Carlsbad, Del Mar, Encinitas, Oceanside, Solana Beach and Vista. Over a dozen more communities stretch geographically from Del Mar in the south to the Orange County border in the north and east, to include Vista and Rancho Santa Fe. The US Marine Corps' largest installation, Camp Pendleton, is also located in the North Coastal Region.

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

North Coastal Region, 2023



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

Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-9	12.2%	12.1%
Ages 10-19	13.2%	12.8%
Ages 20-29	13.5%	13.2%
Ages 30-39	12.7%	14.8%
Ages 40-49	12.2%	12.5%
Ages 50-59	11.6%	11.5%
Ages 60-69	11.9%	11.3%
Ages 70-79	8.1%	7.6%
Ages 80+	4.4%	4.1%
White	51.6%	43.3%
Black	3.3%	4.7%
Hispanic	32.2%	34.8%
Asian/Pacific Islander	8.3%	12.7%
Other	4.6%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) ⁺	7.9%	10.4%

Health Outcomes ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	385	71.0	2,377	72.2
Hospitalization	732	135.0	5,523	167.9
Emergency Department Discharge	193	35.6	1,144	34.8
Stroke				
Death	254	46.8	1,552	47.2
Hospitalization	729	134.4	6,744	205.0
Emergency Department Discharge	372	68.6	2,504	76.1
Overall Heart Disease[^]				
Death	852	157.1	4,785	145.4
Hospitalization	4,353	802.8	34,323	1,043.1
Emergency Department Discharge	7,097	1,308.9	63,222	1,921.4
Acute Myocardial Infarction (Heart Attack)				
Death	97	17.9	565	17.2
Hospitalization	452	83.4	3,657	111.1
Emergency Department Discharge	73	13.5	499	15.2
Heart Failure				
Death	149	27.5	784	23.8
Hospitalization	947	174.7	8,013	243.5
Emergency Department Discharge	170	31.4	2,104	63.9

San Diego County Health Briefs

North Coastal Region, 2023



Non-Communicable (Chronic) Disease

Health Outcomes continued ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Overall Hypertensive Diseases~				
Death	169	31.2	1,110	33.7
Hospitalization	1,298	239.4	11,376	345.7
Emergency Department Discharge	994	183.3	9,559	290.5
Cancer, All Causes				
Death	915	168.7	5,098	154.9
Hospitalization	1,289	237.7	8,734	265.4
Emergency Department Discharge	210	38.7	1,490	45.3
Alzheimer's Disease				
Death	211	38.9	1,177	35.8
Hospitalization	\$	\$	\$	\$
Emergency Department Discharge	\$	\$	\$	\$
Non-Alzheimer's Dementia				
Death	261	48.1	1,515	46.0
Hospitalization	\$	\$	\$	\$
Emergency Department Discharge	\$	\$	\$	\$
Diabetes				
Death	105	19.4	911	27.7
Hospitalization	514	94.8	5,528	168.0
Emergency Department Discharge	484	89.3	4,950	150.4
COPD & Chronic Lower Respiratory Diseases				
Death	154	28.4	900	27.4
Hospitalization	112	20.7	1,718	52.2
Emergency Department Discharge	171	31.5	2,821	85.7
Asthma				
Death	\$	\$	23	0.7
Hospitalization	116	21.4	1,525	46.3
Emergency Department Discharge	500	92.2	7,345	223.2
Parkinson's Disease				
Death	97	17.9	401	12.2
Hospitalization	68	12.5	242	7.4
Emergency Department Discharge	20	3.7	130	4.0
Lupus and Connective Tissue Disorders				
Death	\$	\$	\$	\$
Hospitalization	45	8.3	315	9.6
Emergency Department Discharge	11	\$	141	4.3

San Diego County Health Briefs

North Coastal Region, 2023



Health Behaviors ⁵ (2021-2023)	North Coastal Region (%)	County (%)
Current Smoker (ages 18+)	4.1%	5.3%
Overweight/Obese (ages 18+)	57.6%	58.0%
Rated Overall Health as Fair or Poor (ages 18+)	9.6%	13.0%
Ever Diagnosed with High Blood Pressure (ages 18+)	26.3%	25.1%
Ever Diagnosed with Diabetes (ages 18+)	7.2%	8.4%
Ever Diagnosed with Asthma (ages 1+)	14.8%	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

North Coastal Region, 2023



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

Demographics ¹	North Coastal Region (%)	County (%)
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White	51.6%	43.3%
Black	3.3%	4.7%
Hispanic	32.2%	34.8%
Asian/Pacific Islander	8.3%	12.7%
Other	4.6%	4.6%
Population with income less than 100% Federal Poverty Level (FPL)+	7.9%	10.4%

Health Outcomes ^{2, 3, 4, 5, 6}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	20	3.7	241	7.3
Chlamydia Reported	2,413	445.0	17,720	538.5
Gonorrhea Reported	604	111.4	6,651	202.1
Primary and Secondary Syphilis Reported	83	15.3	1,089	33.1
Deaths				
COVID-19 (multiple cause of death)	88	16.2	587	17.8
Influenza (Flu) and Pneumonia	40	7.4	212	6.4
Hospitalizations				
COVID-19	350	64.5	2,933	89.1
Influenza	40	7.4	365	11.1
Pneumonia	360	66.4	3,493	106.2
Emergency Department Discharges				
COVID-19	1,255	231.5	14,053	427.1
Influenza	461	85.0	5,007	152.2
Pneumonia	730	134.6	6,583	200.1
Health Behaviors & Related Health Factors⁷ (2023)				
	North Coastal 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 North Coastal 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

North Coastal Region, 2023



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Demographics ¹	North Coastal Region (%)	County (%)
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Hispanic	32.2%	34.8%
Asian/Pacific Islander	8.3%	12.7%
Other	4.6%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	7.9%	10.4%

Health Outcomes ^{2, 3,4}	North Coastal Region			County	
	Number	% of Region	% of County	Number	(%)
Live Births	5,919	100.0%	16.6%	35,713	100.0%
Live Births to Teens, Ages 15-17	20	2.0%	11.8%	170	2.8%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,235	88.7%	17.2%	30,369	85.3%
Live Births Born Preterm	468	7.9%	14.7%	3,186	8.9%
Low Birth Weight Births	355	6.0%	14.2%	2,497	7.0%
Very Low Birth Weight Births	51	0.9%	13.3%	383	1.1%
Health Outcomes ³	Number	Rate*		Number	Rate*
Infant Mortality, Rate per 1,000 live births	27	4.3		138	3.7
Health Behaviors ⁵ (2021-2023)		North Coastal Region (%)		County (%)	
Adults Under 200% FPL Unable to Afford Enough Food		36.8%		34.7%	
Rated Overall Health as Fair or Poor (ages 18+)		9.6%		13.0%	
Women with a High School Degree or Less Education (ages 25+)		20.5%		28.5%	
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages 6 and under)		24.3%		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

North Coastal 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

North Coastal Region, 2023



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

Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-9	12.2%	12.1%
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Ages 30-39	12.7%	14.8%
Ages 40-49	12.2%	12.5%
Ages 50-59	11.6%	11.5%
Ages 60-69	11.9%	11.3%
Ages 70-79	8.1%	7.6%
Ages 80+	4.4%	4.1%
White	51.6%	43.3%
Black	3.3%	4.7%
Hispanic	32.2%	34.8%
Asian/Pacific Islander	8.3%	12.7%
Other	4.6%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	7.9%	10.4%

Health Outcomes ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Unintentional Injury (All Causes)				
Death	259	47.8	1,756	53.4
Hospitalization	3,578	659.9	30,905	939.2
Emergency Department Discharge	16,972	3,130.1	171,793	5,221.0
Fall-Related Injury				
Death	86	15.9	429	13.0
Hospitalization	2,333	430.3	15,992	486.0
Emergency Department Discharge	7,507	1,384.5	69,176	2,102.3
Poisoning				
Death	124	22.9	977	29.7
Hospitalization	176	32.5	2,315	70.4
Emergency Department Discharge	444	81.9	5,750	174.7
Motor Vehicle Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	47	8.7	291	8.8
Hospitalizations due to MV Injury Collision	318	58.6	2,512	76.3
Emergency Department Discharges due to MV Injury Collision	1,568	289.2	18,918	574.9

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



San Diego County Health Briefs

North Coastal Region, 2023



Injury

Health Outcomes continued ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Pedestrian Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	§	§	82	2.5
Hospitalizations due to MV Injury Collision	33	6.1	355	10.8
Emergency Department Discharges due to MV Injury Collision	59	10.9	744	22.6
Assault				
Homicide	§	§	82	2.5
Hospitalization	87	16.0	1,010	30.7
Emergency Department Discharge	530	97.7	7,949	241.6
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)				
Death	58	10.7	363	11.0
Hospitalization	57	10.5	612	18.6
Emergency Department Discharge	714	131.7	7,528	228.8
Firearm-Related Injuries				
Death	29	5.3	215	6.5
Hospitalization	18	§	183	5.6
Emergency Department Discharge	§	§	145	4.4
Health Behaviors⁵(2021-2023)				
	North Coastal Region (%)		County (%)	
Ever Seriously Thought About Committing Suicide (ages 18+)	17.2%		18.9%	
Binge Drinking Past 30 Days (ages 18+)	23.4%		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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San Diego County Health Briefs

North Coastal Region, 2023



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

Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-9	12.2%	12.1%
Ages 10-19	13.2%	12.8%
Ages 20-29	13.5%	13.2%
Ages 30-39	12.7%	14.8%
Ages 40-49	12.2%	12.5%
Ages 50-59	11.6%	11.5%
Ages 60-69	11.9%	11.3%
Ages 70-79	8.1%	7.6%
Ages 80+	4.4%	4.1%
White	51.6%	43.3%
Black	3.3%	4.7%
Hispanic	32.2%	34.8%
Asian/Pacific Islander	8.3%	12.7%
Other	4.6%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	7.9%	10.4%

Health Outcomes ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Schizophrenia				
Hospitalization	13	\$	257	7.8
Emergency Department Discharge	262	48.3	3,775	114.7
In-Patient Treatment Facility Discharge	330	60.9	4,849	147.4
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)				
Death	58	10.7	363	11.0
Hospitalization	57	10.5	612	18.6
Emergency Department Discharge	714	131.7	7,528	228.8
Mood Disorders				
Hospitalization	15	\$	144	4.4
Emergency Department Discharge	232	42.8	2,554	77.6
In-Patient Treatment Facility Discharge	759	140.0	6,673	202.8
Depression				
Hospitalization	\$	\$	88	2.7
Emergency Department Discharge	150	27.7	1,681	51.1
In-Patient Treatment Facility Discharge	485	89.4	4,205	127.8
Alcohol Use/Abuse/Dependency				
Hospitalization	314	57.9	2,322	70.6
Emergency Department Discharge	836	154.2	8,620	262.0
In-Patient Treatment Facility Discharge	222	40.9	1,508	45.8

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



San Diego County Health Briefs

North Coastal Region, 2023



Health Outcomes continued ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Alcohol-Related Deaths				
Deaths due to Acute Alcohol Poisoning	§	§	34	1.0
Deaths due to Chronic Alcohol Consumption	107	19.7	556	16.9
Substance Use/Abuse/Dependency~				
Hospitalization	20	3.7	252	7.7
Emergency Department Discharge	250	46.1	3,676	111.7
In-Patient Treatment Facility Discharge	47	8.7	430	13.1
Opioid Use/Abuse/Dependency~				
Hospitalization	12	§	107	3.3
Emergency Department Discharge	85	15.7	1,414	43.0
In-Patient Treatment Facility Discharge	25	4.6	195	5.9
Cannabis Use/Abuse/Dependency~				
Hospitalization	§	§	18	§
Emergency Department Discharge	28	5.2	490	14.9
In-Patient Treatment Facility Discharge	§	§	29	0.9
All Opioid Overdoses^				
Multiple Cause of Death	85	15.7	659	20.0
All Drug Overdoses^				
Underlying Cause of Death	115	21.2	924	28.1

Mental Health Behaviors & Related Health Factors ⁵ (2021-2023)	North Coastal Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	12.4%	15.6%
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	5.1%	7.9%
Emotions Severely Impaired Social Life in Past Year (ages 18+ with moderate to severe psychological distress in past year)	10.2%	12.9%
Emotions Severely Impaired Work in Past 12 Months (ages 18-70)	9.1%	10.1%
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year)	47.1%	56.8%
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	19.9%	19.6%
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)	11.0%	12.0%
Ever Seriously Thought About Committing Suicide (ages 18+)	17.2%	18.9%

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San Diego County Health Briefs

North Coastal Region, 2023



Substance Abuse Health Behaviors & Related Health Factors ⁵ (2021-2023)	North Coastal Region (%)	County (%)
Ever Tried Marijuana or Hashish (ages 18+)	60.9%	53.0%
Binge Drinking Past 30 Days (ages 18+)	23.4%	20.6%
Binge Drinking in Past 30 Days (ages 12-17)	—	6.1%

Sources

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

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— Data are unavailable.

~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

North Coastal Region, 2023



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Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-9	12.2%	12.1%
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Other	4.6%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	7.9%	10.4%

Health Outcomes (±) ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Asthma				
Death	\$	\$	23	0.7
Hospitalization	116	21.4	1,525	46.3
Emergency Department Discharge	500	92.2	7,345	223.2
Coronary Heart Disease				
Death	385	71.0	2,377	72.2
Hospitalization	732	135.0	5,523	167.9
Emergency Department Discharge	193	35.6	1,144	34.8
Cancer, All Causes				
Death	915	168.7	5,098	154.9
Hospitalization	1,289	237.7	8,734	265.4
Emergency Department Discharge	210	38.7	1,490	45.3
COPD & Chronic Lower Respiratory Diseases				
Death	154	28.4	900	27.4
Hospitalization	112	20.7	1,718	52.2
Emergency Department Discharge	171	31.5	2,821	85.7
Diabetes				
Death	105	19.4	911	27.7
Hospitalization	514	94.8	5,528	168.0
Emergency Department Discharge	484	89.3	4,950	150.4

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



San Diego County Health Briefs

North Coastal Region, 2023



Environmental Health

Health Outcomes (±) ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Depression				
Hospitalization	\$	\$	88	2.7
Emergency Department Discharge	150	27.7	1,681	51.1
In-Patient Treatment Facility Discharge	485	89.4	4,205	127.8
Heat Illness/Injury				
Hospitalization	\$	\$	41	1.2
Emergency Department Discharge	\$	\$	158	4.8
Air Quality ⁵ (2019-2023)	North Coastal 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)	0.063		—	
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)	North Coastal Region		County	
Feels Safe in the Neighborhood All or Most of the Time (among adults 18+)	93.7%		89.9%	
Agree or Strongly Agree that People in the Neighborhood can be Trusted (among adults 18+)	84.1%		82.3%	
Agree or Strongly Agree that People in the Neighborhood are Willing to Help (among adults 18+)	85.0%		83.9%	
Agree or Strongly Agree that there is a Nearby Park or Playground that is Safe During the Day (children ages 1+)	**		91.8%	
Percent of Population Living within 1/4 mile from Park or Community Space (2022)	51.9%		62.3%	
Rate of Recreational Facilities per 100,000 People (2022)	—		24.3	
Percent of Population using Public Transportation to Work (2022)	1.2%		2.2%	
Percent of Population with Travel Time to Work over 60 Minutes (2022)	8.9%		6.8%	

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San Diego County Health Briefs

North Coastal Region, 2023



Climate Change ⁵ (2021-2023)	North Coastal Region (%)	County (%)
Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+) (2023)	46.8%	47.3%
Mental Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+) (2023)	27.0%	25.4%
Physical Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+) (2023)	21.4%	22.4%
Property or Finances Harmed by Extreme Weather-Related event in Past 2 Years (among adults 18+) (2021-2022)	**	1.9%
Climate Change Makes you Nervous/Depressed/Stressed (among teens ages 12-17)	46.3%	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.

† 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.

** Indicates statistically unstable estimate.

— Data are unavailable.

(‡) 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

North Coastal Region, 2023



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

Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-9	12.2%	12.1%
Ages 10-19	13.2%	12.8%
Ages 20-29	13.5%	13.2%
Ages 30-39	12.7%	14.8%
Ages 40-49	12.2%	12.5%
Ages 50-59	11.6%	11.5%
Ages 60-69	11.9%	11.3%
Ages 70-79	8.1%	7.6%
Ages 80+	4.4%	4.1%
White	51.6%	43.3%
Black	3.3%	4.7%
Hispanic	32.2%	34.8%
Asian/Pacific Islander	8.3%	12.7%
Other	4.6%	4.6%
Population with income less than 100% Federal Poverty Level (FPL) [†]	7.9%	10.4%

Access and Utilization ² (2021-2023)	North Coastal Region (%)	County (%)
No Usual Source of Care (ages 18-64)	17.3%	20.2%
Visited Emergency Room in the Past Year (ages 18-64)	14.6%	15.8%
Had a Routine Check-Up with a Doctor in Past Year (adults 18+)	69.5%	66.1%
Had Difficulty Finding Specialty Care (asked of adults who needed specialty care)	17.2%	17.5%
Delayed or Didn't get Other Medical Care (all ages)	14.8%	15.7%
Delayed or Didn't get Prescription Medicine (all ages)	7.2%	9.0%
Insurance ² (2021-2023)	North Coastal Region (%)	County (%)
Uninsured All or Part of Year (ages 18-64)	11.6%	9.9%
Covered by Medi-Cal (all ages)	11.0%	19.4%
Insurance Not Accepted by General Doctor in Past Year (adults 18+ with health insurance)	4.4%	4.6%

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San Diego County Health Briefs

North Coastal Region, 2023



Medical Debt ² (2021-2023)	North Coastal Region (%)	County (%)
Ever Had Problems Paying for Self or Household Family's Medical Bills in the Past Year (adults 18+)	8.0%	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)	31.3%	37.2%
Public Program Participation ² (2021-2023)	North Coastal Region (%)	County (%)
Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	5.0%	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)	28.5%	29.4%
Women Below 200% FPL (ages 18-64)	22.4%	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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