North Inland Region Health Briefs 2023
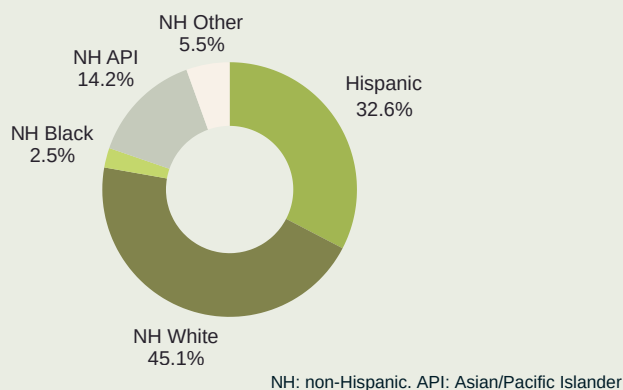
Community Health Snapshot
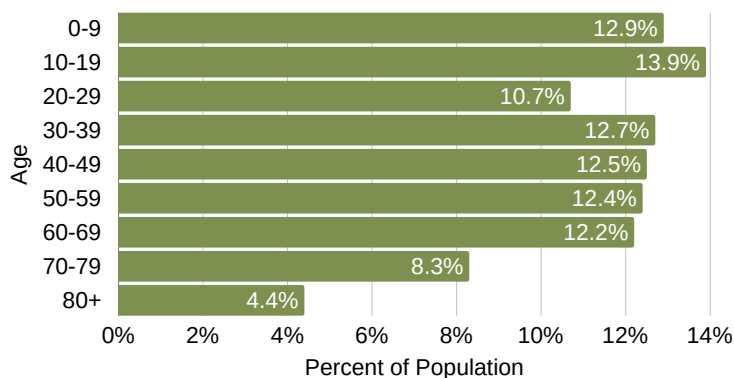
North Coastal

North Central · East

Central

South

2023 Population

607,938

See list of zip codes in my region **here.**

2023 North Inland Region Population by Race/Ethnicity

- NH Other 5.5%
- NH API 14.2%
- NH Black 2.5%
- NH White 45.1%
- Hispanic 32.6%

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

2023 North Inland Region Population by Age

Age	Percent of Population
0-9	12.9%
10-19	13.9%
20-29	10.7%
30-39	12.7%
40-49	12.5%
50-59	12.4%
60-69	12.2%
70-79	8.3%
80+	4.4%

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
82.1 years

Unsheltered Persons Experiencing Homelessness in 2025
378

Uninsured All or Part of the Year (2021-2023)
6.3%

The North Inland Region consists of four cities, including Escondido, Poway, San Marcos and the northern part of the City of San Diego, and dozens of smaller communities. The region's diversity can be attributed to this vast geographic expanse, which includes suburban areas, remote desert communities, historic mountain towns, rural homes and farms, and Indian reservations.

San Diego County Health Briefs
North Inland Region, 2023

Non-Communicable (Chronic) Disease

Demographics[1]	North Inland Region (%)	County (%)
Ages 0-9	12.9%	12.1%
Ages 10-19	13.9%	12.8%
Ages 20-29	10.7%	13.2%
Ages 30-39	12.7%	14.8%
Ages 40-49	12.5%	12.5%
Ages 50-59	12.4%	11.5%
Ages 60-69	12.2%	11.3%
Ages 70-79	8.3%	7.6%
Ages 80+	4.4%	4.1%
White	45.1%	43.3%
Black	2.5%	4.7%
Hispanic	32.6%	34.8%
Asian/Pacific Islander	14.2%	12.7%
Other	5.5%	4.6%
Population with income less than 100% Federal Poverty Level (FPL)†	8.8%	10.4%

Health Outcomes[2,3,4]	North Inland Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	466	76.8	2,377	72.2
Hospitalization	925	152.5	5,523	167.9
Emergency Department Discharge	308	50.8	1,144	34.8
Stroke				
Death	355	58.5	1,552	47.2
Hospitalization	1,038	171.2	6,744	205.0
Emergency Department Discharge	586	96.6	2,504	76.1
Overall Heart Disease^				
Death	959	158.1	4,785	145.4
Hospitalization	5,402	890.7	34,323	1,043.1
Emergency Department Discharge	10,990	1,812.1	63,222	1,921.4
Acute Myocardial Infarction (Heart Attack)				
Death	112	18.5	565	17.2
Hospitalization	629	103.7	3,657	111.1
Emergency Department Discharge	138	22.8	499	15.2
Heart Failure				
Death	172	28.4	784	23.8
Hospitalization	1,184	195.2	8,013	243.5
Emergency Department Discharge	332	54.7	2,104	63.9

Non-Communicable (Chronic) Disease

Health Outcomes continued [2, 3, 4]	North Inland Region		County	
	Number	Rate*	Number	Rate*
Overall Hypertensive Diseases~				
Death	210	34.6	1,110	33.7
Hospitalization	1,637	269.9	11,376	345.7
Emergency Department Discharge	1,575	259.7	9,559	290.5
Cancer, All Causes				
Death	1,024	168.8	5,098	154.9
Hospitalization	1,556	256.6	8,734	265.4
Emergency Department Discharge	296	48.8	1,490	45.3
Alzheimer's Disease				
Death	264	43.5	1,177	35.8
Hospitalization	§	§	§	§
Emergency Department Discharge	§	§	§	§
Non-Alzheimer's Dementia				
Death	320	52.8	1,515	46.0
Hospitalization	§	§	§	§
Emergency Department Discharge	§	§	§	§
Diabetes				
Death	145	23.9	911	27.7
Hospitalization	766	126.3	5,528	168.0
Emergency Department Discharge	795	131.1	4,950	150.4
COPD & Chronic Lower Respiratory Diseases				
Death	196	32.3	900	27.4
Hospitalization	234	38.6	1,718	52.2
Emergency Department Discharge	419	69.1	2,821	85.7
Asthma				
Death	§	§	23	0.7
Hospitalization	231	38.1	1,525	46.3
Emergency Department Discharge	906	149.4	7,345	223.2
Parkinson's Disease				
Death	71	11.7	401	12.2
Hospitalization	31	5.1	242	7.4
Emergency Department Discharge	27	4.5	130	4.0
Lupus and Connective Tissue Disorders				
Death	§	§	§	§
Hospitalization	51	8.4	315	9.6
Emergency Department Discharge	17	§	141	4.3

San Diego County Health Briefs
North Inland Region, 2023

Non-Communicable (Chronic) Disease

Health Behaviors[5] (2021-2023)	North Inland Region (%)	County (%)
Current Smoker (ages 18+)	4.5%	5.3%
Overweight/Obese (ages 18+)	55.9%	58.0%
Rated Overall Health as Fair or Poor (ages 18+)	11.6%	13.0%
Ever Diagnosed with High Blood Pressure (ages 18+)	25.1%	25.1%
Ever Diagnosed with Diabetes (ages 18+)	7.8%	8.4%
Ever Diagnosed with Asthma (ages 1+)	13.9%	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.
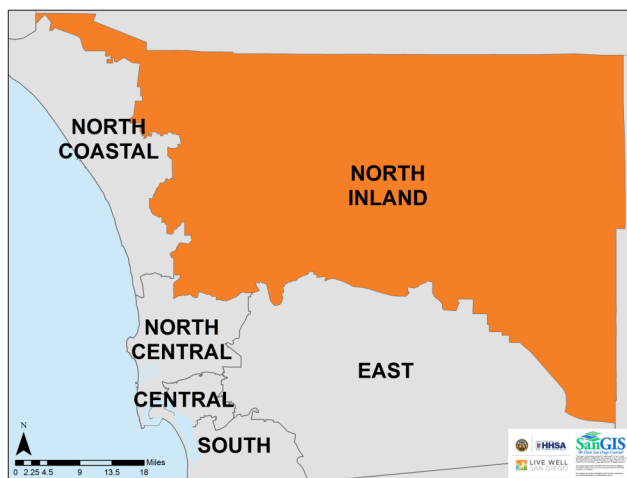
* Rates are per 100,000 population.

§ 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 Inland Region, 2023

Communicable Disease

See list of zip codes in my region **here**.

Demographics[1]	North Inland Region (%)	County (%)
Ages 0-9	12.9%	12.1%
Ages 10-19	13.9%	12.8%
Ages 20-29	10.7%	13.2%
Ages 30-39	12.7%	14.8%
Ages 40-49	12.5%	12.5%
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Ages 80+	4.4%	4.1%
White	45.1%	43.3%
Black	2.5%	4.7%
Hispanic	32.6%	34.8%
Asian/Pacific Islander	14.2%	12.7%
Other	5.5%	4.6%
Population with income less than 100% Federal Poverty Level (FPL)†	8.8%	10.4%

Health Outcomes[2,3,4,5,6]	North Inland Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	24	4.0	241	7.3
Chlamydia Reported	2,125	350.4	17,720	538.5
Gonorrhea Reported	588	97.0	6,651	202.1
Primary and Secondary Syphilis Reported	80	13.2	1,089	33.1
Deaths				
COVID-19 (multiple cause of death)	104	17.1	587	17.8
Influenza (Flu) and Pneumonia	69	11.4	212	6.4
Hospitalizations				
COVID-19	468	77.2	2,933	89.1
Influenza	69	11.4	365	11.1
Pneumonia	792	130.6	3,493	106.2
Emergency Department Discharges				
COVID-19	2,179	359.3	14,053	427.1
Influenza	634	104.5	5,007	152.2
Pneumonia	1,149	189.5	6,583	200.1

Health Behaviors & Related Health Factors[7] (2023)	North Inland Region (%)	County (%)
Has had Flu Vaccination in Past 12 Months (ages 18+)	—	45.7%

San Diego County Health Briefs
North Inland 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.

   -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.

San Diego County Health Briefs
North Inland Region, 2023

Maternal & Child Health

See list of zip codes in my region **here**.

Demographics[1]	North Inland Region (%)	County (%)
Ages 0-9	12.9%	12.1%
Ages 10-19	13.9%	12.8%
Ages 20-29	10.7%	13.2%
Ages 30-39	12.7%	14.8%
Ages 40-49	12.5%	12.5%
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Ages 70-79	8.3%	7.6%
Ages 80+	4.4%	4.1%
White	45.1%	43.3%
Black	2.5%	4.7%
Hispanic	32.6%	34.8%
Asian/Pacific Islander	14.2%	12.7%
Other	5.5%	4.6%
Population with income less than 100% Federal Poverty Level (FPL)†	8.8%	10.4%

Health Outcomes[2,3,4]	North Inland Region			County	
	Number	% of Region	% of County	Number	(%)
Live Births	6,233	100.0%	17.5%	35,713	100.0%
Live Births to Teens, Ages 15-17	38	3.1%	22.4%	170	2.8%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,401	87.0%	17.8%	30,369	85.3%
Live Births Born Preterm	555	8.9%	17.4%	3,186	8.9%
Low Birth Weight Births	434	7.0%	17.4%	2,497	7.0%
Very Low Birth Weight Births	72	1.2%	18.8%	383	1.1%

Health Outcomes[3]	Number	Rate*	Number	Rate*
Infant Mortality, Rate per 1,000 live births	25	3.8	138	3.7

Health Behaviors[5] (2021-2023)	North Inland Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	35.4%	34.7%
Rated Overall Health as Fair or Poor (18+)	11.6%	13.0%
Women with a High School Degree or Less Education (ages 25+)	30.5%	28.5%
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages 6 and under)	14.3%	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

Maternal & Child Health

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.

-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 1,000 population.

** Indicates statistically unstable estimate.

San Diego County Health Briefs
North Inland Region, 2023

Injury

See list of zip codes in my region **here**.

Demographics[1]	North Inland Region (%)	County (%)
Ages 0-9	12.9%	12.1%
Ages 10-19	13.9%	12.8%
Ages 20-29	10.7%	13.2%
Ages 30-39	12.7%	14.8%
Ages 40-49	12.5%	12.5%
Ages 50-59	12.4%	11.5%
Ages 60-69	12.2%	11.3%
Ages 70-79	8.3%	7.6%
Ages 80+	4.4%	4.1%
White	45.1%	43.3%
Black	2.5%	4.7%
Hispanic	32.6%	34.8%
Asian/Pacific Islander	14.2%	12.7%
Other	5.5%	4.6%
Population with income less than 100% Federal Poverty Level (FPL)†	8.8%	10.4%

Health Outcomes[2,3,4]	North Inland Region		County	
	Number	Rate*	Number	Rate*
Unintentional Injury (All Causes)				
Death	307	50.6	1,756	53.4
Hospitalization	4,544	749.2	30,905	939.2
Emergency Department Discharge	30,520	5,032.4	171,793	5,221.0
Fall-Related Injury				
Death	91	15.0	429	13.0
Hospitalization	2,745	452.6	15,992	486.0
Emergency Department Discharge	12,913	2,129.2	69,176	2,102.3
Poisoning				
Death	129	21.3	977	29.7
Hospitalization	272	44.8	2,315	70.4
Emergency Department Discharge	915	150.9	5,750	174.7
Motor Vehicle Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	71	11.7	291	8.8
Hospitalizations due to MV Injury Collision	393	64.8	2,512	76.3
Emergency Department Discharges due to MV Injury Collision	3,226	531.9	18,918	574.9

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

Injury

Health Outcomes continued[2, 3, 4]	North Inland Region		County	
	Number	Rate*	Number	Rate*
Pedestrian Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	19	§	82	2.5
Hospitalizations due to MV Injury Collision	31	5.1	355	10.8
Emergency Department Discharges due to MV Injury Collision	102	16.8	744	22.6
Assault				
Homicide	16	§	82	2.5
Hospitalization	98	16.2	1,010	30.7
Emergency Department Discharge	962	158.6	7,949	241.6
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)				
Death	64	10.6	363	11.0
Hospitalization	99	16.3	612	18.6
Emergency Department Discharge	1,133	186.8	7,528	228.8
Firearm-Related Injuries				
Death	45	7.4	215	6.5
Hospitalization	20	3.3	183	5.6
Emergency Department Discharge	15	§	145	4.4

Health Behaviors[5] (2021-2023)	North Inland Region (%)	County (%)
Ever Seriously Thought About Committing Suicide (ages 18+)	14.8%	18.9%
Binge Drinking in Past 30 Days (ages 18+)	14.4%	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.

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.

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San Diego County Health Briefs
North Inland Region, 2023

See list of zip codes in my region **here**.

Behavioral Health

Demographics[1]	North Inland Region (%)	County (%)
Ages 0-9	12.9%	12.1%
Ages 10-19	13.9%	12.8%
Ages 20-29	10.7%	13.2%
Ages 30-39	12.7%	14.8%
Ages 40-49	12.5%	12.5%
Ages 50-59	12.4%	11.5%
Ages 60-69	12.2%	11.3%
Ages 70-79	8.3%	7.6%
Ages 80+	4.4%	4.1%
White	45.1%	43.3%
Black	2.5%	4.7%
Hispanic	32.6%	34.8%
Asian/Pacific Islander	14.2%	12.7%
Other	5.5%	4.6%
Population with income less than 100% Federal Poverty Level (FPL)†	8.8%	10.4%

Health Outcomes[2,3,4]	North Inland Region		County	
	Number	Rate*	Number	Rate*
Schizophrenia				
Hospitalization	13	§	257	7.8
Emergency Department Discharge	619	102.1	3,775	114.7
In-Patient Treatment Facility Discharge	453	74.7	4,849	147.4
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)				
Death	64	10.6	363	11.0
Hospitalization	99	16.3	612	18.6
Emergency Department Discharge	1,133	186.8	7,528	228.8
Mood Disorders				
Hospitalization	17	§	144	4.4
Emergency Department Discharge	468	77.2	2,554	77.6
In-Patient Treatment Facility Discharge	862	142.1	6,673	202.8
Depression				
Hospitalization	11	§	88	2.7
Emergency Department Discharge	277	45.7	1,681	51.1
In-Patient Treatment Facility Discharge	551	90.9	4,205	127.8
Alcohol Use/Abuse/Dependency				
Hospitalization	385	63.5	2,322	70.6
Emergency Department Discharge	1,119	184.5	8,620	262.0
In-Patient Treatment Facility Discharge	193	31.8	1,508	45.8

Behavioral Health

Health Outcomes continued[2, 3, 4]	North Inland Region		County	
	Number	Rate*	Number	Rate*
Alcohol-Related Deaths				
Deaths due to Acute Alcohol Poisoning	§	§	34	1.0
Deaths due to Chronic Alcohol Consumption	87	14.3	556	16.9
Substance Use/Abuse/Dependency~				
Hospitalization	21	3.5	252	7.7
Emergency Department Discharge	417	68.8	3,676	111.7
In-Patient Treatment Facility Discharge	65	10.7	430	13.1
Opioid Use/Abuse/Dependency~				
Hospitalization	§	§	107	3.3
Emergency Department Discharge	161	26.5	1,414	43.0
In-Patient Treatment Facility Discharge	29	4.8	195	5.9
Cannabis Use/Abuse/Dependency~				
Hospitalization	§	§	18	§
Emergency Department Discharge	85	14.0	490	14.9
In-Patient Treatment Facility Discharge	§	§	29	0.9
All Opioid Overdoses^				
Multiple Cause of Death	83	13.7	659	20.0
All Drug Overdoses^				
Underlying Cause of Death	122	20.1	924	28.1

Mental Health Behaviors & Related Health Factors[5] (2021-2023)	North Inland 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+)	7.4%	7.9%
Emotions Severely Impaired Social Life in Past Year (ages 18+ with moderate to severe psychological distress in past year)	10.3%	12.9%
Emotions Severely Impaired Work in Past 12 Months (ages 18-70)	8.7%	10.1%
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year)	58.2%	56.8%
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	16.4%	19.6%
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/ Mental Health Issues in Past Year (ages 18+)	10.4%	12.0%
Ever Seriously Thought About Committing Suicide (ages 18+)	14.8%	18.9%

San Diego County Health Briefs
North Inland Region, 2023

Behavioral Health

Substance Abuse Health Behaviors & Related Health Factors[5] (2021-2023)	North Inland Region (%)	County (%)
Ever Tried Marijuana or Hashish (ages 18+)	44.5%	53.0%
Binge Drinking in Past 30 Days (ages 18+)	14.4%	20.6%
Binge Drinking in Past 30 Days (ages 12-17)	—	6.1%

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. 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
North Inland Region, 2023

Environmental Health

See list of zip codes in my region here.

Demographics[1]	North Inland Region (%)	County (%)
Ages 0-9	12.9%	12.1%
Ages 10-19	13.9%	12.8%
Ages 20-29	10.7%	13.2%
Ages 30-39	12.7%	14.8%
Ages 40-49	12.5%	12.5%
Ages 50-59	12.4%	11.5%
Ages 60-69	12.2%	11.3%
Ages 70-79	8.3%	7.6%
Ages 80+	4.4%	4.1%
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Asian/Pacific Islander	14.2%	12.7%
Other	5.5%	4.6%
Population with income less than 100% Federal Poverty Level (FPL)†	8.8%	10.4%

Health Outcomes (‡) [2,3,4]	North Inland Region		County	
	Number	Rate*	Number	Rate*
Asthma				
Death	§	§	23	0.7
Hospitalization	231	38.1	1,525	46.3
Emergency Department Discharge	906	149.4	7,345	223.2
Coronary Heart Disease				
Death	466	76.8	2,377	72.2
Hospitalization	925	152.5	5,523	167.9
Emergency Department Discharge	308	50.8	1,144	34.8
Cancer, All Causes				
Death	1,024	168.8	5,098	154.9
Hospitalization	1,556	256.6	8,734	265.4
Emergency Department Discharge	296	48.8	1,490	45.3
COPD & Chronic Lower Respiratory Diseases				
Death	196	32.3	900	27.4
Hospitalization	234	38.6	1,718	52.2
Emergency Department Discharge	419	69.1	2,821	85.7
Diabetes				
Death	145	23.9	911	27.7
Hospitalization	766	126.3	5,528	168.0
Emergency Department Discharge	795	131.1	4,950	150.4

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Health Outcomes (‡) [2, 3, 4]	North Inland Region		County	
	Number	**Rate***	**Number**	**Rate***
Depression				
Hospitalization	11	§	88	2.7
Emergency Department Discharge	277	45.7	1,681	51.1
In-Patient Treatment Facility Discharge	551	90.9	4,205	127.8
Heat Illness/Injury				
Hospitalization	§	§	41	1.2
Emergency Department Discharge	42	6.9	158	4.8

Air Quality [6] (2019-2023)	North Inland 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)	0.076	—
3-Year Average of the 98th Percentile of Collected Samples for a 24 hr Standard (Particulate Matter 2.5) (2019)	17.2	—

Place of Residence [5, 6] (2021-2023)	North Inland Region	County
Feels Safe in the Neighborhood All or Most of the Time (among adults 18+)	92.1%	89.9%
Agree or Strongly Agree that People in the Neighborhood can be Trusted (among adults 18+)	87.4%	82.3%
Agree or Strongly Agree that People in the Neighborhood are Willing to Help (among adults 18+)	89.8%	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)	40.5%	62.3%
Rate of Recreational Facilities per 100,000 People (2022)	—	24.3
Percent of Population using Public Transportation to Work (2022)	0.8%	2.2%
Percent of Population with Travel Time to Work over 60 Minutes (2022)	7.4%	6.8%

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Environmental Health

Climate Change[5] (2021-2023)	North Inland Region (%)	County (%)
Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+) (2023)	58.0%	47.3%
Mental Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+) (2023)	23.7%	25.4%
Physical Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+) (2023)	18.4%	22.4%
Property or Finances Harmed by Extreme Weather-Related event in Past 2 Years (among adults 18+) (2021-2022)	2.3%	1.9%
Climate Change Makes you Nervous/Depressed/Stressed (among teens ages 12-17)	42.0%	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.

† 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.

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See list of zip codes in my region **here**.

Demographics[1]	North Inland Region (%)	County (%)
Ages 0-9	12.9%	12.1%
Ages 10-19	13.9%	12.8%
Ages 20-29	10.7%	13.2%
Ages 30-39	12.7%	14.8%
Ages 40-49	12.5%	12.5%
Ages 50-59	12.4%	11.5%
Ages 60-69	12.2%	11.3%
Ages 70-79	8.3%	7.6%
Ages 80+	4.4%	4.1%
White	45.1%	43.3%
Black	2.5%	4.7%
Hispanic	32.6%	34.8%
Asian/Pacific Islander	14.2%	12.7%
Other	5.5%	4.6%
Population with income less than 100% Federal Poverty Level (FPL)†	8.8%	10.4%

Access and Utilization[2] (2021-2023)	North Inland Region (%)	County (%)
No Usual Source of Care (ages 18-64)	18.5%	20.2%
Visited Emergency Room in the Past Year (ages 18-64)	15.3%	15.8%
Had a Routine Check-Up with a Doctor in Past Year (adults 18+)	63.8%	66.1%
Had Difficulty Finding Specialty Care (asked of adults who needed specialty care)	11.0%	17.5%
Delayed or Didn't get Other Medical Care (all ages)	12.7%	15.7%
Delayed or Didn't get Prescription Medicine (all ages)	7.2%	9.0%

Insurance[2] (2021-2023)	North Inland Region (%)	County (%)
Uninsured All or Part of Year (ages 18-64)	6.3%	9.9%
Covered by Medi-Cal (all ages)	16.5%	19.4%
Insurance Not Accepted by General Doctor in Past Year (adults 18+ with health insurance)	**	4.6%

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Access to Care

Medical Debt[2] (2021-2023)	North Inland Region (%)	County (%)
Ever Had Problems Paying for Self or Household Family's Medical Bills in the Past Year (adults 18+)	8.3%	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)	39.5%	37.2%

Public Program Participation[2] (2021-2023)	North Inland Region (%)	County (%)
Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	**	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)	23.9%	29.4%
Women Below 200% FPL (ages 18-64)	26.0%	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.

† 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.

** Indicates statistically unstable estimate.