

2024 Life Expectancy in San Diego County



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February 2026

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Introduction

Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. Life expectancy is a widely used indicator in evaluations to measure the capability to live a long and healthy life and reflects the overall mortality of a population. Evaluations, such as Blue Zones, Healthy People 2030, and County Health Rankings all measure life expectancy as an indicator for success.

This document is meant to provide data regarding life expectancy in San Diego County. This measure is presented here as the average number of years a person born a certain year is expected to live, given the current age-specific mortality rates applied to each age group of the current population.

Over time, the trends in life expectancy have experienced positive increases in the US and in San Diego County. In 1960, the US life expectancy at birth was 69.7 years.¹ The US life expectancy at birth has risen to 79.0 years in 2024 in part, due to improvements in public hygiene, childhood immunizations, and the increase in awareness in positive health behaviors.^{2,3} The same can be said in San Diego County. A baby born in 1990 in San Diego County was expected to live 77 years. The life expectancy has since risen to 81.5 years in 2024 in San Diego County.

While life expectancy is increasing across the board, there is variation in estimates by communities within the San Diego County region. People are less likely to live longer if they are economically disadvantaged, get little exercise and lack access to health care, but according to many studies, even accounting for these factors, geography matters.^{4,5} A baby born in San Diego County in 2024, has a life expectancy of 81.5 years, but within the county, there is currently a 8.5 year gap in life expectancy between some communities.

Although the overall U.S. average life expectancy at birth has been steadily increasing, there are differences in life expectancy between racial and ethnic groups. In addition, great variations in life expectancy exist worldwide. These variations are mostly caused by differences in public health infrastructure, distribution of wealth, medical care, and diet.⁵

The following page lists life expectancy by sex, race/ethnicity, geography, and overall for San Diego County.

2024 Life Expectancy in San Diego County Tables

San Diego County Overall: 81.5 Years

Sex	2024 Life Expectancy
Male	79.0
Female	84.0

Race/Ethnicity	2024 Life Expectancy
Asian	87.6
Black	75.2
Hispanic	82.3
White	80.7

Geography	2024 Life Expectancy
Central Region	81.3
Central San Diego	82.1
Mid-City	82.1
Southeastern San Diego	79.7
East Region	79.9
Alpine	79.5
El Cajon	80.0
Harbison Crest	NA
Jamul	NA
La Mesa	80.5
Laguna-Pine Valley	NA
Lakeside	79.2
Lemon Grove	78.7
Mountain Empire	NA
Santee	80.4
Spring Valley	79.8
North Central Region	84.2
Coastal	84.8
Del Mar-Mira Mesa	85.7
Elliott-Navajo	83.5
Kearny Mesa	82.5
Miramar	NA
Peninsula	82.7
University	86.5

Geography	2024 Life Expectancy
North Coastal Region	84.5
Carlsbad	85.5
Oceanside	81.7
Pendleton	NA
San Dieguito	86.1
Vista	82.2
North Inland Region	82.8
Anza-Borrego Springs	NA
Escondido	81.0
Fallbrook	82.2
North San Diego	85.9
Palomar-Julian	NA
Pauma	NA
Poway	83.7
Ramona	80.3
San Marcos	83.7
Valley Center	82.6
South Region	83.0
Chula Vista	82.3
Coronado	87.2
National City	82.2
South Bay	82.2
Sweetwater	84.5
San Diego County	81.5

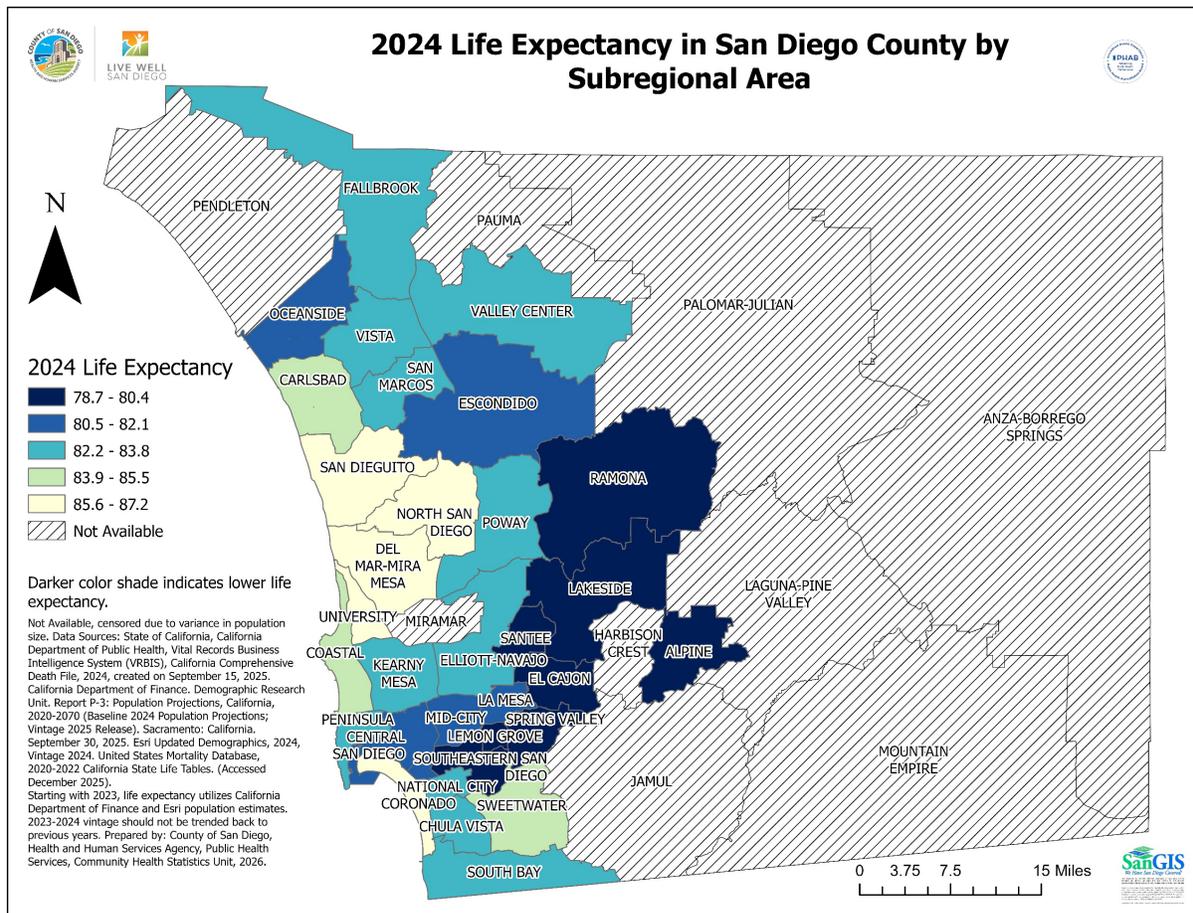
NA: Not Available, censored due to variance in population size. Data Sources: State of California, California Department of Public Health, Vital Records Business Intelligence System (VRBIS), California Comprehensive Death File, 2024, created on September 15, 2025. California Department of Finance. Demographic Research Unit. Report P-3: Population Projections, California, 2020-2070 (Baseline 2024 Population Projections; Vintage 2025 Release). Sacramento: California. September 30, 2025. Esri Updated Demographics, 2024, Vintage 2024. United States Mortality Database, 2020-2022 California State Life Tables. (Accessed December 2025). Starting with 2023, life expectancy utilizes California Department of Finance and Esri population estimates. 2023-2024 vintage should not be trended back to previous years. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Key Findings

Life Expectancy by Sex and Race/Ethnicity

A baby born in San Diego County in 2024, had a life expectancy of 81.5 years. San Diego County’s life expectancy was comparable to California (81.2 years) and higher than the United States (79.0 years).^{2,6} In 2024, the life expectancy of females (84.0 years) was 5 years longer than males (79.0 years) in San Diego County. By race/ethnicity, there was over a decade gap between Asian residents who had the highest life expectancy (87.6 years) and Black residents (75.2 years) who had the lowest life expectancy.

Subregional Area Life Expectancy Map



Within the county, there was a variation in life expectancy estimates by communities, with a life expectancy gap of 8.5 years between Lemon Grove subregional area (SRA) who had the lowest life expectancy (78.7 years) and Coronado SRA (87.2 years) who had the highest life expectancy.

Life Expectancy by Health and Human Services Agency (HHS) Region

Among Health and Human Services Agency (HHS) Regions, North Coastal Region had the highest life expectancy (84.5 years) and East Region had the lowest life expectancy (79.9 years) in 2024. North Coastal Region's life expectancy was 3 years higher and East Region's life expectancy was 1.6 years lower than San Diego County's life expectancy.

CENTRAL REGION

In Central Region, Central San Diego and Mid-City SRAs had the highest life expectancy (82.1 years) and Southeastern San Diego SRA had the lowest life expectancy (79.7 years) in 2024.

EAST REGION

In 2024, La Mesa had the highest life expectancy (80.5 years) followed by Santee (80.4 years) among East Region SRAs. Additionally, Lemon Grove SRA had the lowest life expectancy in East Region and among all other SRAs in San Diego County.

NORTH CENTRAL REGION

All SRAs in North Central Region had a higher life expectancy than San Diego County overall in 2024. Among North Central Region SRAs, Kearny Mesa had the lowest life expectancy (82.5 years) while University had the highest life expectancy (86.5 years).

NORTH COASTAL REGION

Although all SRAs had a higher or similar life expectancy than San Diego County overall, there was still a 4.4-year life expectancy difference within North Coastal Region SRAs in 2024. Specifically, among North Coastal Region SRAs, Oceanside had the lowest life expectancy (81.7 years) and San Dieguito had the highest life expectancy (86.1 years).

NORTH INLAND REGION

In 2024, Ramona had the lowest life expectancy (80.3 years) and North San Diego had the highest life expectancy (85.9 years) among North Inland Region SRAs.

SOUTH REGION

Coronado SRA had the highest life expectancy in South Region and compared to all SRAs in San Diego County with a life expectancy of 87.2 years. South Bay SRA and National City SRA both had the lowest life expectancy of 82.2 years.

Methods

Life expectancies are constructed by taking death rates from the population in question and calculating abridged life tables. The probability of surviving to certain ages can be calculated from the life table. Life expectancy estimates in this document may differ from state and federal life expectancy estimates. Additionally, starting in data year 2023, population estimates utilized to estimate life expectancy, changed from San Diego Association of Governments (SANDAG) to California Department of Finance and Esri population estimates. 2023-2024 life expectancy should not be trended back to previous years.

For more detailed information on how we calculate life expectancy, please contact the Community Health Statistics Unit at www.sdhealthstatistics.com.

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