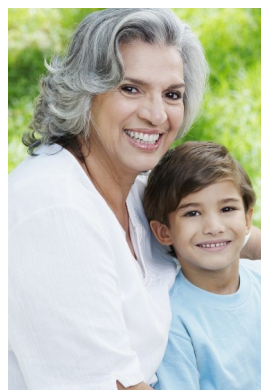
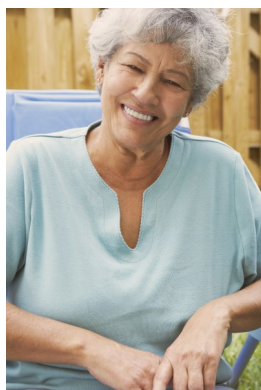


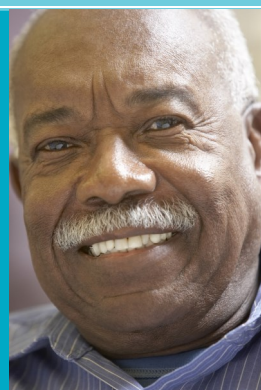


3-4-50:

CHRONIC DISEASE HEALTH DISPARITIES IN SAN DIEGO COUNTY - Age Subset



January 2017



Chapter 3: Age

The population of San Diego County has a diverse age distribution. In 2013, approximately 19% of residents were 14 years old or younger, 16% were between 15 to 24 years old, 28% fell within the 25 to 44 year old age group, and 25% were between 45 to 64 years old.¹ In addition, San Diego is home to a growing senior population, with 12% of San Diegans aged 65 years and older.

Although older age groups tend to be affected more by chronic disease, each age group is impacted by different health outcomes and health-related behaviors.

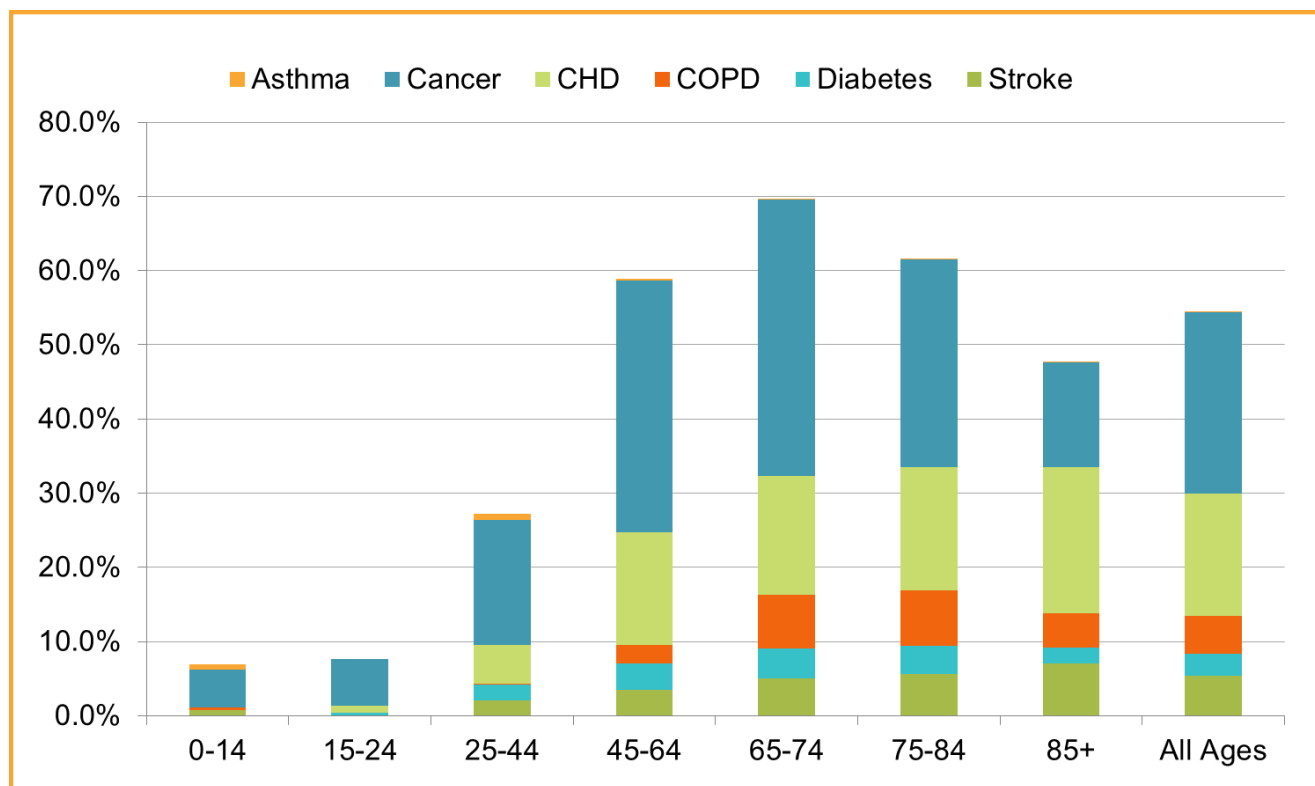
In 2013²:

- A lower percentage of seniors aged 65 years and older (77.7%) reported being in good, very good, or excellent health, compared to the county overall (85.9%).
- Compared to other age groups, the 45 to 64 year old age group had the highest percentage of individuals who were overweight or obese, at 66.2%.
- San Diegans between the ages of 15 to 24 years old had the highest percentage of individuals who reported ever being diagnosed with asthma.
- A significantly greater percentage of residents within the 25 to 44 year old age group were current smokers (17.8%) compared to the county overall.



This chapter analyzed 3-4-50 health indicators which aim to identify the greatest burden of 3-4-50 chronic diseases facing different age groups in San Diego County.

1. San Diego Association of Governments, Data Warehouse. 2013 Population Estimates. <http://datawarehouse.sandag.org> (Accessed September 4, 2015).
2. UCLA Center for Health Policy Research, 2013 California Health Interview Survey, “AskCHIS,” <http://www.chis.ucla.edu> (Accessed September 4, 2015).

Figure 5. Percentages* of 3-4-50 Deaths in San Diego County by Age, 2013

*3-4-50 deaths as a percentage of all cause deaths.

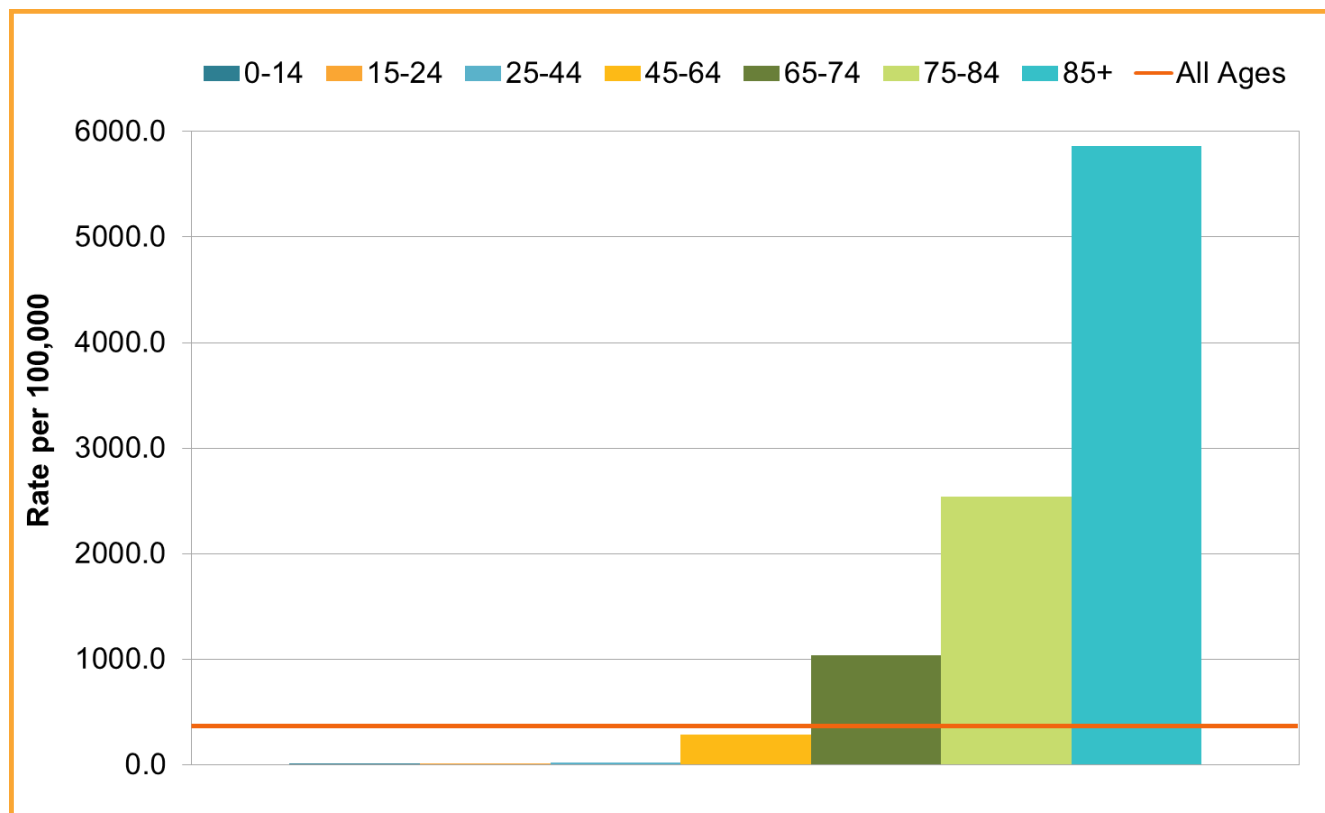
§Percents not calculated in cases where zip code is unknown.

Source: Death Statistical Master Files (CA DPH), County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Branch; SANDAG, Current Population Estimates, 10/2013.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 2015.

As seen in Figure 5:

- In 2013, San Diegans aged 45 to 64, 65-74, and 75-84 had higher 3-4-50 chronic disease death percentages compared to the county overall (55%), at 59%, 70%, and 62%, respectively.
- San Diegans younger than 15 years old, between 15 to 24 years old, and within the 25 to 44 year old age group had 3-4-50 death percentages lower than the county overall, at 7%, 8%, and 27%, respectively.
- Cancer accounted for the greatest percentage of chronic disease deaths across all age groups, with the exception of the 85 years and older group, which had a greater percentage of CHD deaths.

Figure 6. 3-4-50† Death Rates in San Diego County by Age, 2013

†3-4-50 Deaths include Stroke, Coronary Heart Disease (CHD), Diabetes, COPD, Asthma, and Cancer.

§Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.

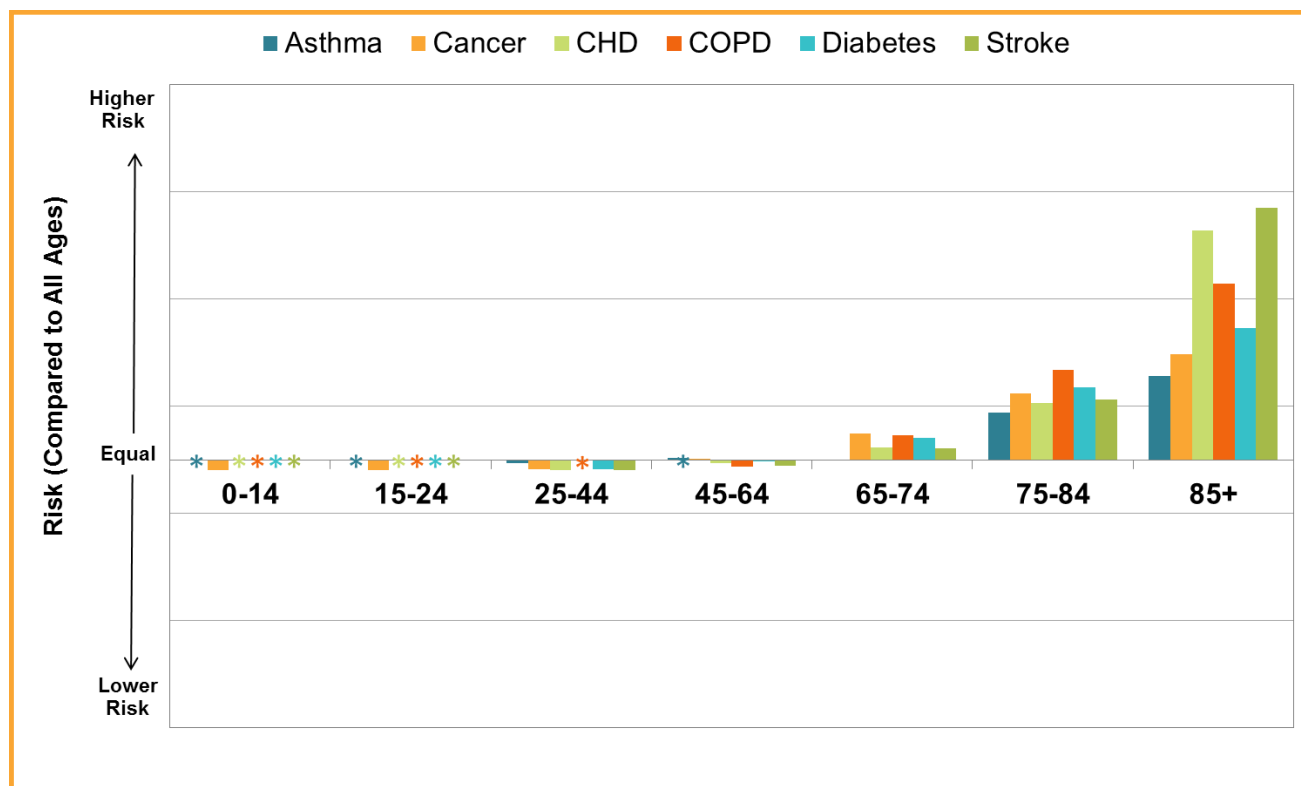
Source: Death Statistical Master Files (CA DPH), County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Branch: SANDAG, Current Population Estimates, 10/2013.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 2015.

As seen in Figure 6:

- In San Diego County in 2013, the 3-4-50 chronic disease death rates for individuals younger than 15 years old, between 15 to 24 years old, and within the 25-44 year old age group were significantly lower than the county's 3-4-50 chronic disease death rate (356.3 per 100,000), at 3.1, 3.4, and 25.1 per 100,000, respectively.
- However, seniors aged 65 years and older had much higher 3-4-50 chronic disease death rates compared to the county overall. Specifically, San Diegans aged 85 years and older had the highest 3-4-50 chronic disease death rate (5,862.8 per 100,000) compared to all other age groups.

Figure 7. Risk of 3-4-50+ Outcomes Compared to All Ages by Age Group, 2013



* Risk was not calculated for fewer than 5 events.

†3-4-50 Deaths include Stroke, Coronary Heart Disease (CHD), Diabetes, COPD, Asthma, and Cancer.

Source: Death Statistical Master Files (CA DPH), County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Branch: SANDAG, Current Population Estimates, 10/2013.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 2015.

As seen in Figure 7:

- The risk of 3-4-50 chronic disease death increased with increasing age.
- Notably, seniors aged 85 years and older were at the highest risk of 3-4-50 chronic disease death for all six diseases (asthma, cancer, CHD, COPD, diabetes, stroke).
- Compared to all other ages, San Diegans aged 85 years and older were 9 times more likely to die from asthma, over 10 times more likely to die from cancer, diabetes, or COPD, and over 20 times more likely to die from stroke or CHD.
- Individuals younger than 65 years old were at a lower risk of 3-4-50 chronic disease death compared to the county overall.