

Profile of Alzheimer’s Disease and Other Dementias in San Diego County

Table of Contents

1. Alzheimer’s Disease and Other Dementias.....	1-2
2. Table 1. Estimates of Prevalence of Alzheimer’s Disease and Other Dementias by Subregional Area, 55 Years and Over, San Diego County, 2012-2030.....	3
3. Table 2. Number of Emergency Department or Hospital Discharged Patients with Any Mention of Alzheimer’s Disease and Other Dementias by Subregional Area, 55 Years and Over, San Diego County, 2030.....	4
4. Map 1. Population 55 Years and Over by Subregional Area in San Diego County, 2012.....	5
5. Map 2. Alzheimer’s Disease and Other Dementias Emergency Department or Hospital Discharged Patients, 55 Years and Over, by Subregional Area in San Diego County, 2012.....	6
6. Map 3. Rate of Alzheimer’s Disease and Other Dementias Emergency Department or Hospital Discharged Patients, 55 Years and Over, by Subregional Area in San Diego County, 2012.....	7
7. Table 3. 2012 Population by Age Group and Subregional Area, 55 Years and Over, San Diego County.....	8
8. Table 4. 2020 Population Projections by Age Group and Subregional Area, 55 Years and Over, San Diego County.....	9
9. Table 5. 2030 Population Projections by Age Group and Subregional Area, 55 Years and Over, San Diego County.....	10
10. End Notes and References.....	11



Profile of Alzheimer's Disease and Other Dementias in San Diego County

Alzheimer's Disease

- In 2012, Alzheimer's Disease was the third leading cause of mortality in San Diego County, accounting for 1,163 deaths^{A1, (1)}. Nationally, in 2011, Alzheimer's Disease was ranked as the sixth leading cause of death⁽²⁾.
- The risk of Alzheimer's Disease increases with age. It is estimated that 33% to 43% of those aged 85 years and over live with Alzheimer's Disease⁽³⁾. In San Diego County, residents aged 85 years and over constitute the fastest growing age group, which is projected to increase from 59,843 in 2012 to 84,048 by 2030^(4,5).

Definition of Alzheimer's Disease and Other Dementias

- Alzheimer's Disease is the most common form of dementia, but all dementias are characterized by a decline in thinking skills, memory loss, and reduced ability to perform everyday activities⁽³⁾. All people suffering from dementia need access to the same types of resources, such as caregivers and health care professionals trained in the treatment of dementia. Thus, the definition of Alzheimer's Disease was expanded to include Other Dementias as well.
- The definition of Alzheimer's Disease and Other Dementias was developed after consultation with local advocacy groups, subject matter experts within the County of San Diego, and review of publications and national standards for reporting Alzheimer's Disease and Other Dementias^(3, 6-7).
- The definition includes major causes of dementia such as Alzheimer's Disease, Frontotemporal Dementia, and Vascular Dementia. Other forms of dementia includes senility and Mild Cognitive Impairment^{A2}.

Prevalence of Alzheimer's Disease and Other Dementias

- Currently, 60,000 San Diegans are estimated to be living with Alzheimer's Disease or Other Dementias. This is a local estimate based on national and state prevalence estimates^(3,7). This number will increase as the rate of disease increases and the older adult population lives longer and increases in numbers.

Medical Encounter Data

- In 2012, there were 7,993 San Diego County residents age 55 years and over discharged from the Emergency Department (ED) with any mention of Alzheimer's Disease or Other Dementias (ADOD) in their medical record^{A3, A4, (8)}. Among these individuals, the most discharges from the ED by one person with any mention of ADOD was 42^{A3, A4, (8)}.
- In 2012, there were 11,425 San Diego County residents age 55 years and over discharged from the hospital with any mention of Alzheimer's Disease or Other Dementias (ADOD) in their medical record^{A3, (9)}. Among these individuals, the most discharges from the hospital by one person with any mention of ADOD was 12^{A3, (9)}.
- In 2012, there were 19,418 San Diego County residents age 55 years and over with any mention of Alzheimer's Disease or Other Dementias discharged from the ED or the hospital^{A5, (8-9)}. The number of people discharged reflects the burden on the healthcare and caregiving system in providing care to these individuals. The three San Diego County subregional areas



Profile of Alzheimer's Disease and Other Dementias in San Diego County

(SRAs) that had the highest number of people discharged were Chula Vista, Escondido, and Kearny Mesa (refer to Map 2 on page 6 for more information)⁽⁸⁻⁹⁾.

- In 2012, the rate of persons aged 55 years and over discharged from the ED or hospital with any mention of Alzheimer's Disease or Other Dementias was 2,696.4 per 100,000 people, or 2.7% of this population^{A3-A5, (4, 8, 9)}. This number reflects the risk per person within an area by accounting for the size of the 55 years and over population within the area. The three SRAs that had the largest risk per person were La Mesa, National City, and Chula Vista (refer to Map 3 on page 7 for more information)^(4, 8, 9).

Trends in Alzheimer's Disease and Other Dementias

- By 2020, the percent of the population 55 years and over will increase by 33% in San Diego County^(4, 5). Alzheimer's Disease and Other Dementias prevalence is expected to increase by 30%, from 60,000 to 77,956^{A6, A7, (5)}. The areas that will be most impacted by this increase are Kearny Mesa, Central San Diego, and El Cajon (refer to Table 1 on page 3 for more information)^{A6, A7, (5)}.
- From 2020 to 2030, the percent of the population 55 years and over will increase by 20% in San Diego County. Alzheimer's Disease and Other Dementias prevalence is expected to increase by 20%, from 77,964 to 93,536^{A6, A7, (5)}. The areas that will be most impacted by this increase are Central San Diego, Kearny Mesa, and El Cajon (refer to Table 1 on page 3 for more information)^{A6, A7, (5)}.

Caregiving for People with Alzheimer's Disease and Other Dementias

- Currently, there are about 136,800 unpaid caregivers for an estimated 60,000 people with Alzheimer's Disease or Other Dementias in San Diego County^{A8, (3, 7)}.
- In 2013, caregivers for people with Alzheimer's Disease and Other Dementias in San Diego County provided nearly 156 million hours of unpaid care, with a value of \$1.94 billion^{A8, (3, 7)}.
- Caregivers of people with Alzheimer's Disease and Other Dementias often experience emotional stress and depression and have a difficult time managing their own health^(3, 7). In San Diego County, the health care costs to caregivers due to the physical and emotional impact of caregiving were approximately \$75.4 million in 2013^{A8, (3, 7)}.
- If nothing else changes, by 2030 there will be approximately 93,600 people aged 55 years and over with Alzheimer's Disease or Other Dementias in San Diego County^{A6, A7, (5)}. This would require 213,282 unpaid caregivers to provide nearly 242.8 million hours of care a year. The value of this care is estimated to be worth \$3.02 billion. The health care costs of unpaid caregivers will increase to \$117.6 million a year^{A9, (3, 5, 7)}.

County of San Diego Programs: Users with Alzheimer's Disease and Other Dementias

- Currently, 39 of the 100 Public Guardian clients have Alzheimer's Disease or Other Dementias¹⁰.
- In 2012, there were 262 mentions of Alzheimer's Disease or Other Dementias among 232 individual clients 55 years and over utilizing County of San Diego Behavioral Health Services programs¹¹.



Profile of Alzheimer's Disease and Other Dementias in San Diego County

Table 1. Estimates of Prevalence of Alzheimer's Disease and Other Dementias by Subregional Area, 55 Years and Over, San Diego County, 2012 - 2030 ^{A2-A7, (4-6, 8, 9)}			
	2012	2020	2030
San Diego County	60,000	77,956	93,536
Central	9,532	12,817	15,637
Central San Diego	3,193	4,958	6,424
Mid-City	3,136	3,698	4,227
Southeast San Diego	3,203	4,160	4,985
East	14,865	18,410	21,489
Alpine	339	426	555
El Cajon	3,702	4,460	5,322
Harbison Crest	2,811	3,236	3,684
Jamul	212	307	533
La Mesa	2,282	2,940	3,396
Laguna-Pine Valley	5	7	11
Lakeside	1,044	1,384	1,673
Lemon Grove	1,094	1,314	1,517
Mountain Empire	128	132	190
Santee	1,391	1,948	2,175
Spring Valley	1,858	2,255	2,433
North Central	8,730	12,913	15,432
Coastal	1,068	1,521	1,834
Del Mar-Mira Mesa	1,654	2,496	3,084
Elliott-Navajo	1,127	1,659	2,093
Kearny Mesa	3,369	5,122	6,003
Miramar	< 5	0	0
Peninsula	905	1,156	1,353
University	606	959	1,064
North Coastal	7,985	10,056	12,002
Carlsbad	1,622	2,294	2,710
Oceanside	2,532	3,170	3,920
Pendleton	< 5	0	0
San Dieguito	1,518	1,885	2,207
Vista	2,313	2,706	3,165
North Inland	10,538	13,078	15,374
Anza-Borrego Springs	88	84	113
Escondido	3,769	4,456	5,205
Fallbrook	717	792	1,049
North San Diego	2,180	3,027	3,376
Palomar-Julian	54	60	69
Pauma	48	46	66
Poway	1,420	1,792	1,994
Ramona	793	932	1,074
San Marcos	1,207	1,530	1,894
Valley Center	263	359	535
South	8,350	10,682	13,603
Chula Vista	2,912	3,328	4,131
Coronado	401	500	568
National City	2,188	2,487	3,093
South Bay	2,022	3,001	3,996
Sweetwater	827	1,366	1,815



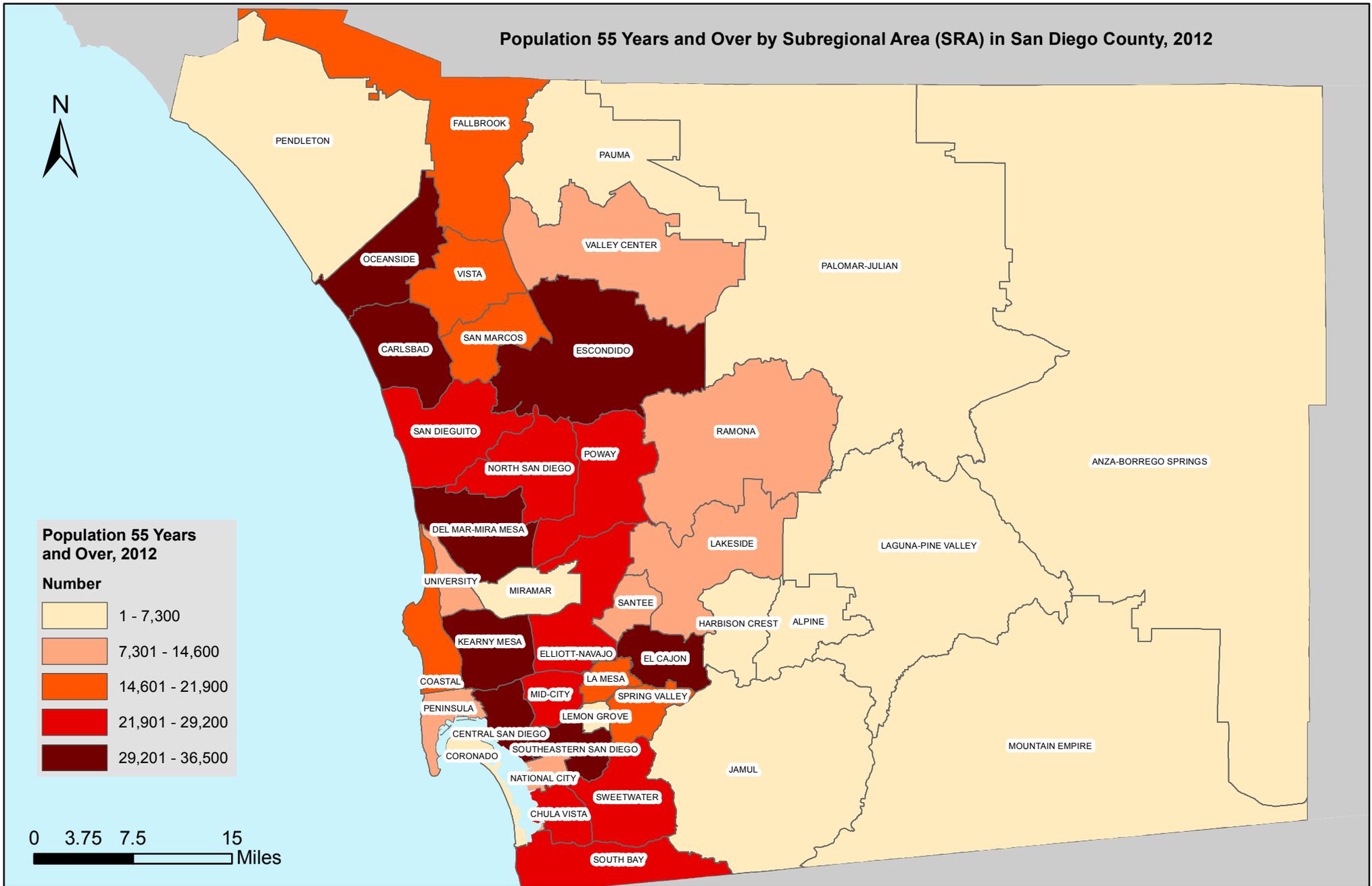
Profile of Alzheimer's Disease and Other Dementias in San Diego County

Table 2. Number of Emergency Department or Hospital Discharged Patients with Any Mention of Alzheimer's Disease and Other Dementias by Subregional Area, 55 Years and Over, San Diego County, 2012 - 2030^{A2-A7, (4-6, 8, 9)}

	2012	2020	2030
San Diego County	19,418	23,840	31,909
Central	2,359	3,121	4,190
Central San Diego	792	1,268	1,890
Mid-City	799	884	1,007
Southeast San Diego	768	969	1,293
East	4,055	4,786	6,644
Alpine	117	147	228
El Cajon	1,008	1,134	1,564
Harbison Crest	565	681	965
Jamul	100	151	290
La Mesa	958	1,144	1,509
Laguna-Pine Valley	5	8	12
Lakeside	260	340	491
Lemon Grove	282	291	383
Mountain Empire	43	55	86
Santee	324	437	607
Spring Valley	393	397	509
North Central	3,278	4,350	5,926
Coastal	537	640	870
Del Mar-Mira Mesa	495	748	1,073
Elliott-Navajo	579	713	985
Kearny Mesa	1,076	1,475	1,978
Miramar	< 5	0	0
Peninsula	285	380	528
University	305	394	491
North Coastal	3,068	3,655	4,538
Carlsbad	782	1,056	1,418
Oceanside	1,034	1,277	1,718
Pendleton	< 5	0	0
San Dieguito	618	628	464
Vista	634	694	939
North Inland	3,619	4,352	5,859
Anza-Borrego Springs	37	44	63
Escondido	1,203	1,314	1,709
Fallbrook	318	341	494
North San Diego	848	1,111	1,447
Palomar-Julian	11	16	23
Pauma	14	24	37
Poway	426	487	649
Ramona	162	193	285
San Marcos	496	657	879
Valley Center	104	166	274
South	3,039	3,576	4,753
Chula Vista	1,212	1,278	1,636
Coronado	214	280	355
National City	579	625	786
South Bay	689	904	1,273
Sweetwater	345	490	703



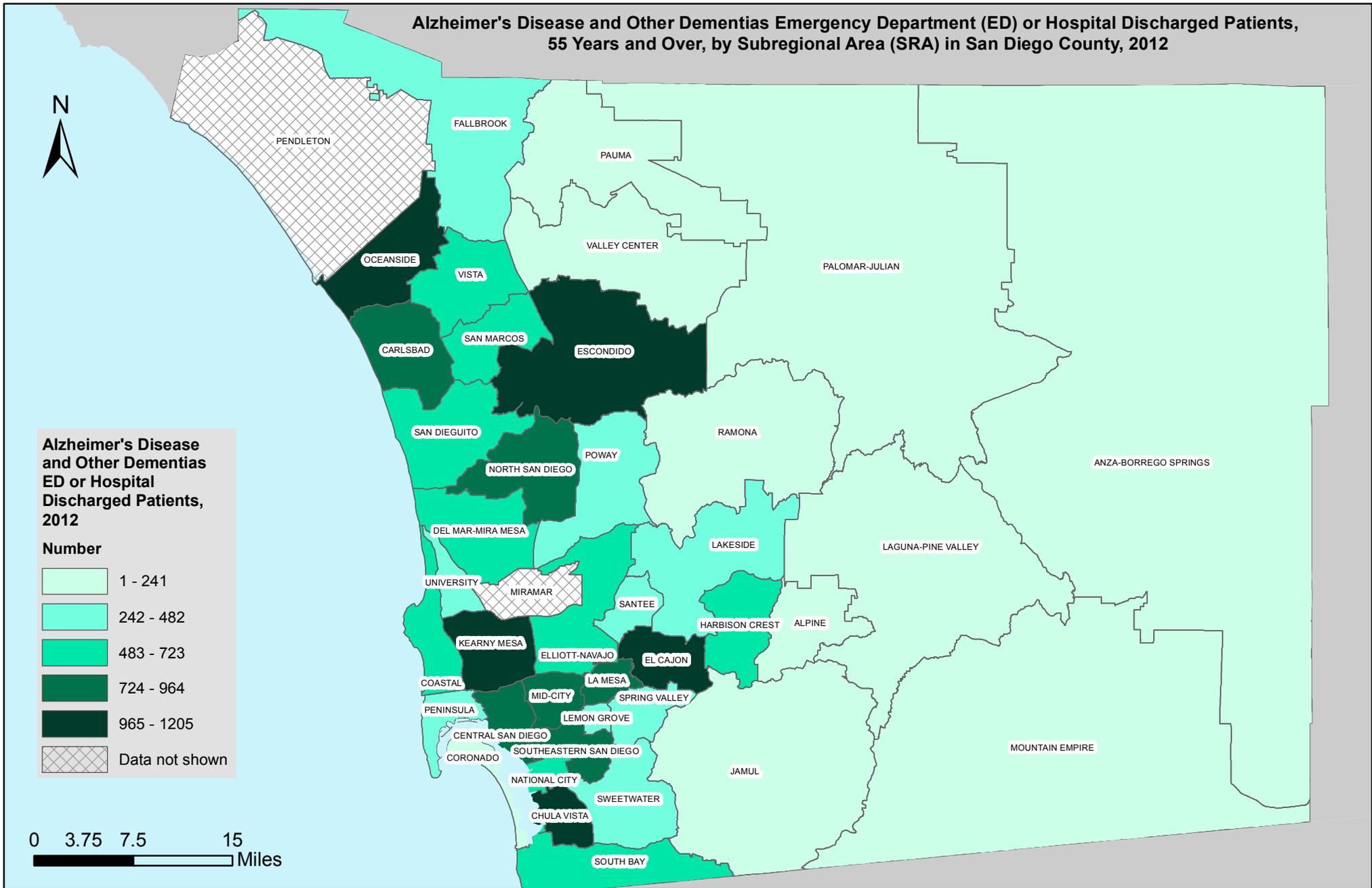
Population 55 Years and Over by Subregional Area (SRA) in San Diego County, 2012



Source: SANDAG, Current Population Estimates, 10/2012.
 Maps/Analysis by County of San Diego, Emergency Medical Services
 Contact Maria Peña, Leslie Ray 619.285.6249. Map Date: June 2014



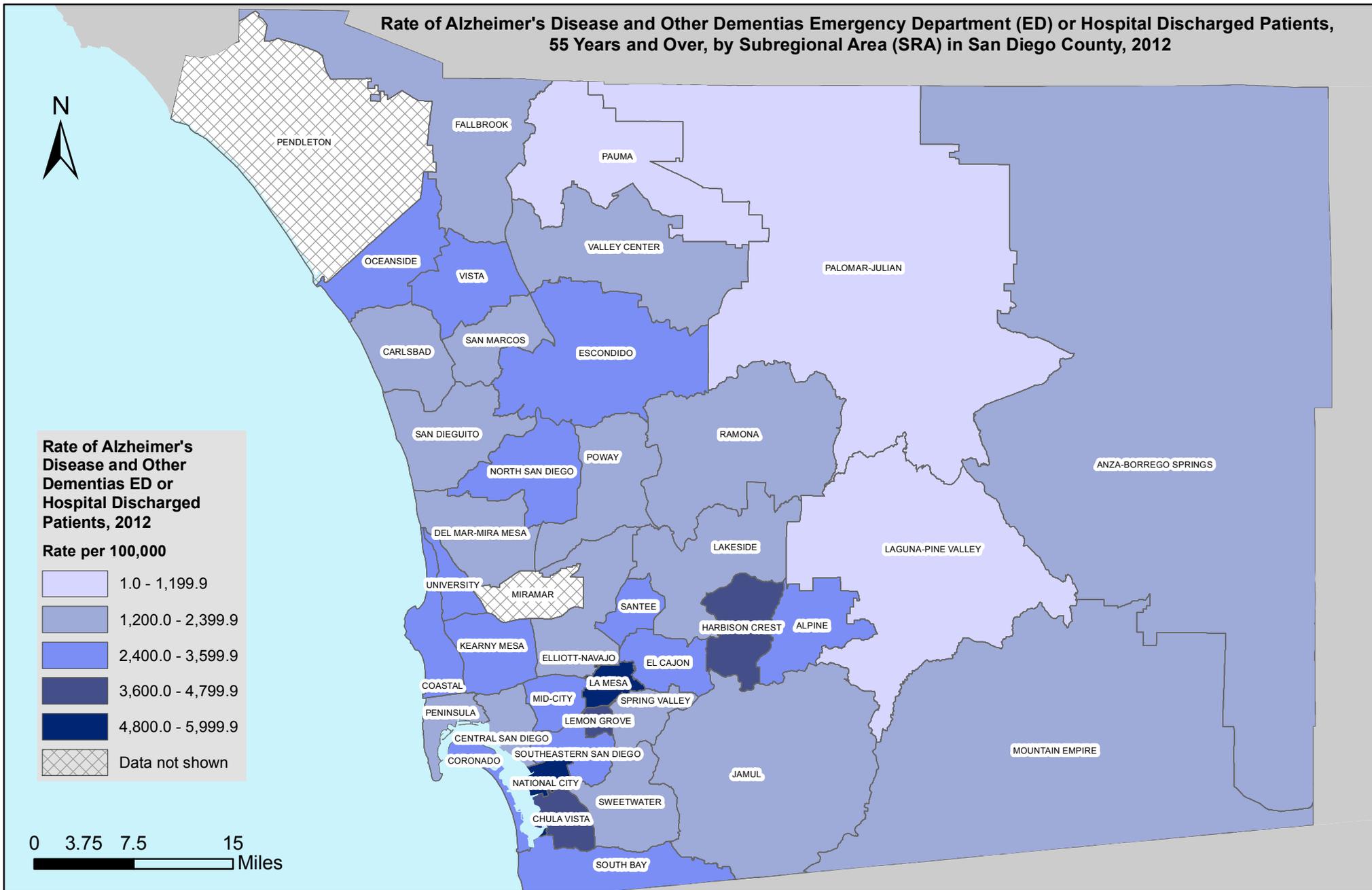
Alzheimer's Disease and Other Dementias Emergency Department (ED) or Hospital Discharged Patients, 55 Years and Over, by Subregional Area (SRA) in San Diego County, 2012



§ Data not shown for for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
 *Source: Patient Discharge Database (CA OSHPD), Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; Long term care facilities, Office of Statewide Health Planning and Development (OSHPD),
 Note: Data reflects unique individuals discharged from either the hospital or emergency department in 2012.
 Maps/Analysis by County of San Diego, Emergency Medical Services
 Contact Maria Peña, Leslie Ray 619.285.6249. Map Date: June 2014



Rate of Alzheimer's Disease and Other Dementias Emergency Department (ED) or Hospital Discharged Patients, 55 Years and Over, by Subregional Area (SRA) in San Diego County, 2012



§ Data not shown for for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
 *Source: Patient Discharge Database (CA OSHPD), Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; Long term care facilities, Office of Statewide Health Planning and Development (OSHPD), SANDAG, Current Population Estimates, 10/2012.
 Note: Data reflects unique individuals discharged from either the hospital or emergency department in 2012.

Maps/Analysis by County of San Diego, Emergency Medical Services
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Profile of Alzheimer's Disease and Other Dementias in San Diego County

Table 3. 2012 Population by Age Group and Subregional Area, 55 Years and Over, San Diego County⁴

	55-64	65-74	75-84	85 and Over	55 and Over
San Diego County	348,096	195,292	116,917	59,843	720,148
Central	48,062	24,555	13,733	6,254	92,604
Central San Diego	17,052	9,171	4,999	2,318	33,540
Mid-City	14,520	7,100	3,876	2,075	27,571
Southeast San Diego	16,490	8,284	4,858	1,861	31,493
East	58,807	32,496	18,749	9,701	119,753
Alpine	2,274	1,392	695	317	4,678
El Cajon	14,170	8,251	4,981	2,361	29,763
Harbison Crest	2,658	1,474	902	361	5,395
Jamul	2,629	1,361	579	208	4,777
La Mesa	7,196	4,082	2,867	2,094	16,239
Laguna-Pine Valley	1,096	591	217	132	2,036
Lakeside	7,302	3,861	2,056	857	14,076
Lemon Grove	3,511	1,801	1,084	645	7,041
Mountain Empire	1,207	786	399	182	2,574
Santee	6,653	3,599	1,907	869	13,028
Spring Valley	10,111	5,298	3,062	1,675	20,146
North Central	66,362	39,130	24,346	12,228	142,066
Coastal	7,847	6,118	3,985	2,558	20,508
Del Mar-Mira Mesa	19,764	9,759	4,099	1,534	35,156
Elliott-Navajo	10,867	7,111	4,825	2,268	25,071
Kearny Mesa	16,509	9,267	7,016	3,352	36,144
Miramar	9	4	0	0	13
Peninsula	6,966	3,768	2,234	1,360	14,328
University	4,400	3,103	2,187	1,156	10,846
North Coastal	57,750	32,031	19,780	11,537	121,098
Carlsbad	15,255	9,395	6,162	3,609	34,421
Oceanside	17,365	9,667	6,359	2,963	36,354
Pendleton	119	46	22	2	189
San Dieguito	14,482	7,657	3,965	2,974	29,078
Vista	10,529	5,266	3,272	1,989	21,056
North Inland	70,669	41,151	23,417	12,991	148,228
Anza-Borrego Springs	831	809	538	207	2,385
Escondido	17,517	9,519	5,507	3,162	35,705
Fallbrook	6,479	4,688	2,732	1,339	15,238
North San Diego	13,254	7,273	4,195	2,660	27,382
Palomar-Julian	1,320	1,006	438	197	2,961
Pauma	931	487	237	116	1,771
Poway	12,279	6,564	3,405	1,827	24,075
Ramona	5,168	2,507	1,216	581	9,472
San Marcos	9,102	5,891	3,888	2,358	21,239
Valley Center	3,788	2,407	1,261	544	8,000
South	46,446	25,929	16,892	7,132	96,399
Chula Vista	11,670	7,036	5,176	2,480	26,362
Coronado	2,442	1,697	1,193	650	5,982
National City	5,401	2,810	2,237	877	11,325
South Bay	13,163	7,281	4,460	1,595	26,499
Sweetwater	13,770	7,105	3,826	1,530	26,231



Profile of Alzheimer's Disease and Other Dementias in San Diego County

Table 4. 2020 Population Projections by Age Group and Subregional Area, 55 Years and Over, San Diego County⁵

	55-64	65-74	75-84	85 and Over	55 and Over
San Diego County	434,953	309,111	142,662	70,425	957,151
Central	60,782	39,038	17,537	8,208	125,565
Central San Diego	25,040	15,964	7,410	3,872	52,286
Mid-City	15,968	10,043	4,452	2,045	32,508
Southeast San Diego	19,774	13,031	5,675	2,291	40,771
East	68,746	48,489	21,629	10,546	149,410
Alpine	2,638	2,078	799	409	5,924
El Cajon	15,694	12,147	5,446	2,445	35,732
Harbison Crest	2,723	2,159	944	458	6,284
Jamul	3,428	2,117	833	329	6,707
La Mesa	8,477	6,598	3,605	2,294	20,974
Laguna-Pine Valley	1,160	769	311	224	2,464
Lakeside	8,312	6,110	2,515	1,069	18,006
Lemon Grove	4,115	2,502	1,269	497	8,383
Mountain Empire	1,037	802	406	293	2,538
Santee	8,905	5,877	2,394	1,146	18,322
Spring Valley	12,257	7,330	3,107	1,382	24,076
North Central	91,801	70,970	31,746	14,913	209,430
Coastal	11,487	10,218	4,911	2,786	29,402
Del Mar-Mira Mesa	28,222	16,572	5,502	2,408	52,704
Elliott-Navajo	14,832	13,003	6,154	2,455	36,444
Kearny Mesa	22,188	18,819	9,799	4,006	54,812
Miramar	2	0	0	0	2
Peninsula	7,800	5,880	2,802	1,829	18,311
University	7,270	6,478	2,578	1,429	17,755
North Coastal	69,105	48,531	24,923	12,671	155,230
Carlsbad	20,053	15,330	8,820	4,596	48,799
Oceanside	19,349	14,387	7,716	3,577	45,029
Pendleton	36	28	3	0	67
San Dieguito	18,121	11,063	4,523	2,601	36,308
Vista	11,546	7,723	3,861	1,897	25,027
North Inland	81,739	58,834	27,253	15,764	183,590
Anza-Borrego Springs	698	788	468	303	2,257
Escondido	19,356	13,888	5,840	3,237	42,321
Fallbrook	6,453	5,885	2,914	1,392	16,644
North San Diego	18,043	11,519	5,412	3,391	38,365
Palomar-Julian	1,303	1,208	600	334	3,445
Pauma	750	412	245	244	1,651
Poway	14,898	9,639	3,787	1,946	30,270
Ramona	5,739	3,598	1,502	650	11,489
San Marcos	10,453	8,215	4,704	3,315	26,687
Valley Center	4,046	3,682	1,781	952	10,461
South	62,780	43,249	19,574	8,323	133,926
Chula Vista	12,393	9,577	5,212	2,522	29,704
Coronado	2,710	2,788	1,322	911	7,731
National City	5,660	4,061	2,316	886	12,923
South Bay	19,415	12,622	5,457	1,997	39,491
Sweetwater	22,602	14,201	5,267	2,007	44,077



Profile of Alzheimer's Disease and Other Dementias in San Diego County

Table 5. 2030 Population Projections by Age Group and Subregional Area, 55 Years and Over, San Diego County⁵

	55-64	65-74	75-84	85 and Over	55 and Over
San Diego County	423,443	398,368	241,156	84,048	1,147,015
Central	63,348	53,681	29,023	9,449	155,501
Central San Diego	26,921	23,203	13,800	4,993	68,917
Mid-City	16,453	12,935	6,193	1,853	37,434
Southeast San Diego	19,974	17,543	9,030	2,603	49,150
East	65,708	62,759	37,589	12,939	178,995
Alpine	2,626	2,879	1,546	569	7,620
El Cajon	15,482	15,705	9,513	2,967	43,667
Harbison Crest	2,485	2,785	1,694	593	7,557
Jamul	4,242	3,605	1,889	556	10,292
La Mesa	7,434	7,961	5,929	2,644	23,968
Laguna-Pine Valley	1,119	1,029	579	294	3,021
Lakeside	7,637	7,785	4,483	1,380	21,285
Lemon Grove	4,002	3,288	1,996	524	9,810
Mountain Empire	1,167	1,156	774	428	3,525
Santee	8,038	7,414	4,207	1,425	21,084
Spring Valley	11,476	9,152	4,979	1,559	27,166
North Central	85,326	88,959	54,137	18,047	246,469
Coastal	10,101	12,468	8,495	3,393	34,457
Del Mar-Mira Mesa	28,054	22,173	10,093	3,109	63,429
Elliott-Navajo	13,151	16,025	10,474	2,965	42,615
Kearny Mesa	21,023	23,636	16,124	4,718	65,501
Miramar	2	0	0	0	2
Peninsula	6,925	7,402	4,952	2,284	21,563
University	6,070	7,255	3,999	1,578	18,902
North Coastal	63,589	60,423	42,110	15,095	181,217
Carlsbad	17,066	18,344	14,840	5,467	55,717
Oceanside	18,837	18,330	12,851	4,161	54,179
Pendleton	36	28	3	0	67
San Dieguito	16,080	13,870	7,991	3,254	41,195
Vista	11,570	9,851	6,425	2,213	30,059
North Inland	77,688	73,945	46,380	19,027	217,040
Anza-Borrego Springs	797	1,045	797	405	3,044
Escondido	19,108	17,173	9,371	3,636	49,288
Fallbrook	6,562	7,697	5,141	1,769	21,169
North San Diego	15,740	13,588	8,891	3,909	42,128
Palomar-Julian	1,189	1,563	1,054	438	4,244
Pauma	941	672	476	365	2,454
Poway	13,145	11,758	6,424	2,328	33,655
Ramona	5,586	4,785	2,772	875	14,018
San Marcos	10,228	10,166	7,760	3,875	32,029
Valley Center	4,392	5,498	3,694	1,427	15,011
South	67,784	58,601	31,917	9,491	167,793
Chula Vista	12,759	12,415	8,078	2,759	36,011
Coronado	2,193	3,225	2,132	1,037	8,587
National City	6,335	5,575	3,561	857	16,328
South Bay	22,118	17,950	9,048	2,370	51,486
Sweetwater	24,379	19,436	9,098	2,468	55,381



Profile of Alzheimer's Disease and Other Dementias in San Diego County

End Notes

- A1. Rank is based on total number of deaths in each of the National Center for Health Statistics (NCHS) "rankable" categories. The top 15 leading causes of death presented here are based on the county-wide rank among San Diego County residents in 2012. Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes. ICD-10 code for Alzheimer's Disease is G30.
- A2. ICD-9 codes used to define Alzheimer's Disease and Other Dementias (ADOD): 331.0, 046.1, 331.82, 331.1, 333.4, 331.83, 331.5, 332, 290.4, 294.0, 294.1, 331.2, 331.7, 290.0, 290.1, 290.2, 290.3, 294.2, 294.8, 797.
- A3. Any mention of Alzheimer's Disease or Other Dementias (ADOD) in a medical record refers to review of the 25 diagnosis fields within a medical record to find if any of the identified ICD-9 codes are reported in any of the 25 fields.
- A4. Emergency department (ED) discharges refers to patients who were treated in the ED and then either discharged home or to another facility, such as a skilled nursing facility or a rehabilitation unit. Patients who were treated in the ED and then admitted into a hospital for further treatment and care are not included in this database.
- A5. The numbers of unique individuals discharged from the emergency department (ED) or hospital were summed to provide an estimate of total number of unique users with Alzheimer's Disease or Other Dementias (ADOD). However, it is not possible to distinguish the individuals with discharges from the ED and the hospital in the same year and therefore are counted twice.
- A6. The distribution of individuals discharged from the emergency department (ED) and hospital with any mention of Alzheimer's Disease or Other Dementias (ADOD) in 2012 was applied to the county-wide estimate of 60,000 individuals with ADOD to estimate the prevalence of residents currently living with ADOD by subregional area.
- A7. The 2012 to 2020 percent change for the 55-64, 65-74, 75-84, and 85 years and over age group populations of San Diego County and subregional areas (SRAs) was applied to the 2012 Alzheimer's Disease and Other Dementia (ADOD) prevalence estimates for the county and SRAs to obtain the 2020 ADOD prevalence estimates. This was repeated using the 2020 to 2030 population projections to obtain the 2030 ADOD prevalence estimates. The same methodology was applied to the 2012 emergency department and hospital discharged individuals to obtain estimates for 2020 and 2030.
- A8. Estimates for California's number of unpaid caregivers to people with Alzheimer's Disease and Other Dementias (ADOD), number of hours of provided care, value of the unpaid care, and health care costs to caregivers were adjusted to represent San Diego County's proportion of the California estimate of residents living with ADOD.
- A9. The percent change in prevalence of San Diego County residents living with Alzheimer's Disease and Other Dementias (ADOD) from 2012 to 2030 was applied to the current estimates for San Diego County's unpaid caregivers, hours of unpaid care, value of the care, and the health care costs to unpaid caregivers.

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Profile of Alzheimer’s Disease and Other Dementias in San Diego County

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For more information, visit www.SDHealthStatistics.com, or contact Leslie Ray at Leslie.Ray@sdcounty.ca.gov.

