Alzheimer's Disease and Non-Alzheimer's Dementia in San Diego County

COUNTY OF SAN DIEGO · HEALTH AND HUMAN SERVICES AGENCY

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Dementia is a general term for the loss of memory, problem-solving, and thinking abilities that interferes with daily life. Alzheimer's disease is the most common type of dementia.[1]
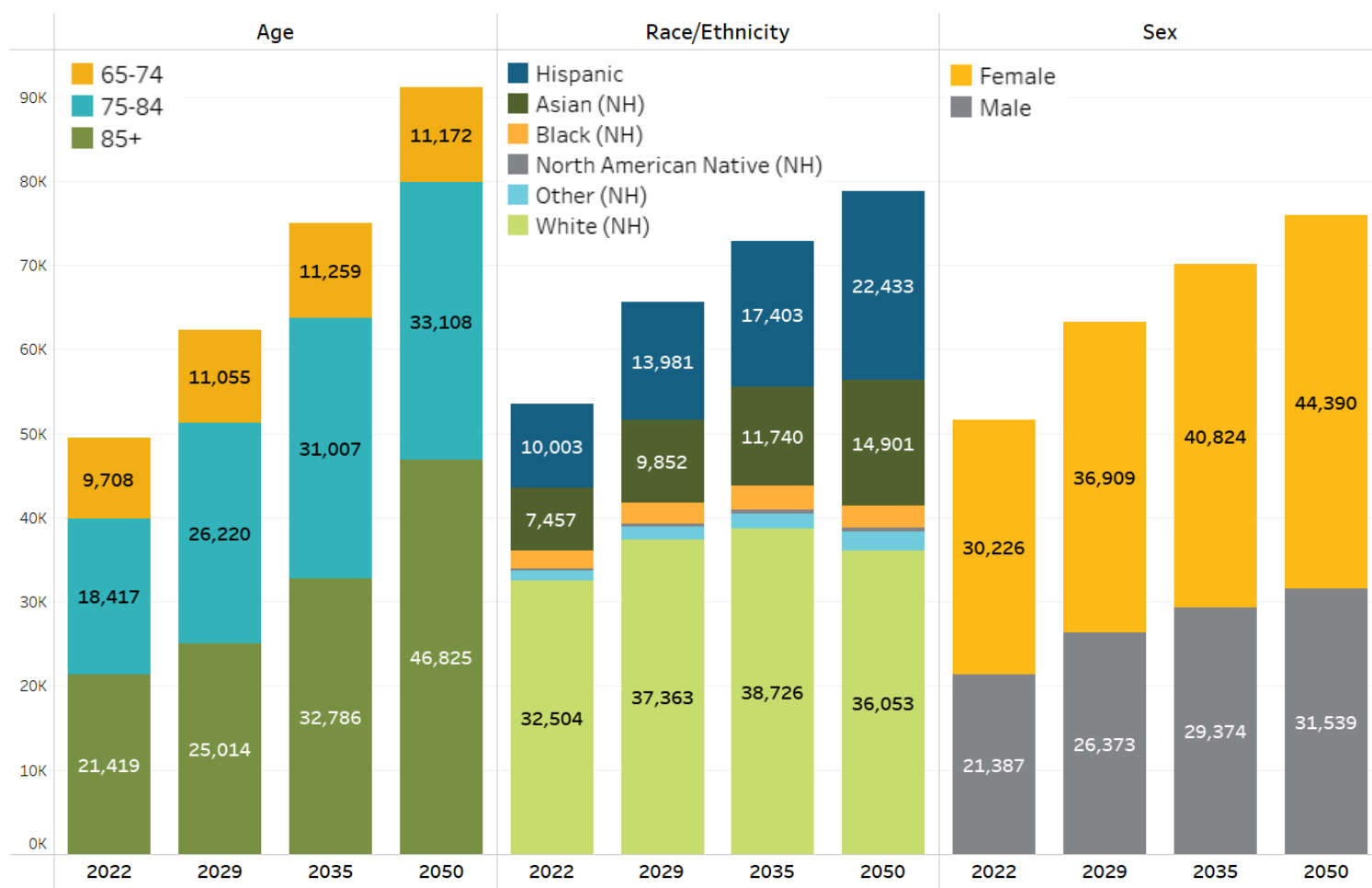
In 2022, Alzheimer's disease was the **6th leading cause of death** in San Diego County.[2]

An estimated **49,500 to 53,500** individuals aged 65+ were living with Alzheimer's disease or non-Alzheimer's dementia in San Diego County in 2022.[3]

By 2050, there could be **76,000 to 91,000** individuals in the county living with Alzheimer's disease or non-Alzheimer's dementia.[3]

Forecasted Prevalence of Alzheimer's Disease and Non-Alzheimer's Dementia [3]
Among San Diego County Residents Ages 65+, 2022-2050

Age

Year	65-74	75-84	85+
2022	9,708	18,417	21,419
2029	11,055	26,220	25,014
2035	11,259	31,007	32,786
2050	11,172	33,108	46,825

Race/Ethnicity

Legend: Hispanic, Asian (NH), Black (NH), North American Native (NH), Other (NH), White (NH)

Year	Hispanic	Asian (NH)	White (NH)
2022	10,003	7,457	32,504
2029	13,981	9,852	37,363
2035	17,403	11,740	38,726
2050	22,433	14,901	36,053

Sex

Year	Female	Male
2022	30,226	21,387
2029	36,909	26,373
2035	40,824	29,374
2050	44,390	31,539

NH: Non-Hispanic.

For the methodology behind these numbers and more information related to health among the older adult population, please see the Data on Older Adults section of www.SDHealthStatistics.com.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit and Aging & Independence Services.

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In 2022, there were an estimated **94,500 to 102,000 unpaid caregivers** of people with Alzheimer's disease or non-Alzheimer's dementia in San Diego County.[4]

Unpaid caregivers play a critical role in supporting people with Alzheimer's disease and non-Alzheimer's dementia. Often being family members or friends, caregivers juggle caregiving with careers and other responsibilities, leading to stress, burnout, and financial strain. Providing caregivers with resources and support services helps their well-being and strengthens their ability to provide quality care.

128.3 to 138.6 million hours of unpaid care[4]

Valued at **$3.0 to $3.3 billion**[4]

Among adults age 60+ in 2023,

- **35%** did not meet the recommended 150 minutes of weekly exercise.[6]
- **27%** were obese and an additional **39%** were overweight.[6]
- **26.8%** reported not being able to afford enough food, though **18.7%** received food stamps.[6]
- individuals experiencing food insecurity were **60%** more likely to have 2-3 chronic conditions.[7]
- **6.5%** currently smoke.[6]
- **11.3%** engaged in binge drinking in the past month.[6]
- **71.3%** had alcohol in the past 30 days.[6]
- **12%** had a hearing disability (among adults 65+).[8]

Risk factors associated with Alzheimer's disease and non-Alzheimer's dementia[5]

- Smoking
- Reduced physical activity
- Poor nutrition
- Obesity
- Alcohol use
- Hearing loss

Sources:
1. Centers for Disease Control and Prevention (CDC). (2024). About Alzheimer's. https://www.cdc.gov/alzheimers-dementia/about/alzheimers.html
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System. Rank is based on total number of deaths in each of the National Center for Health Statistics "rankable" categories.
3. Centers for Medicare and Medicaid Services (CMS), Fee-for-Service Medicare claims, 2020-2022. The prevalence and forecast were generated by applying CMS data to the San Diego Association of Governments (SANDAG) population growth forecasts.
4. Alzheimer's Association. (2025). 2025 Alzheimer's Disease Facts and Figures. https://www.alz.org/getmedia/ef8f48f9-ad36-48ea-87f9-b74034635c1e/alzheimers-facts-and-figures.pdf. California estimates were applied to San Diego County prevalence estimates.
5. Livingston, G. et al. (2024). Dementia prevention, intervention, and care: 2024 report of the Lancet Commission. The Lancet, 404(10452), 572-628. https://doi.org/10.1016/S0140-6736(24)01296-0
6. UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS, 2023. http://ask.chis.ucla.edu. Exported 2/27/2025.
7. Leung, C. W., et al. (2020). Food insecurity is associated with multiple chronic conditions and physical health status among older US adults. Preventive Medicine Reports, 20, 101211. https://doi.org/10.1016/j.pmedr.2020.101211
8. United States Census Bureau; 2019-2023 American Community Survey 5-Year Estimates, Table S1810.

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