



Community Health Assessment Presentation: East Region

Presented by Christopher O'Malley

Presented to East Region Community Leadership Team

County of San Diego, Health and Human Services Agency,
Public Health Services, Community Health Statistics Unit
Thursday June 18, 2026

[SANDIEGOCOUNTY.GOV/HHSA](https://sandiegocounty.gov/hhsa)

Data Measures



Numbers tell you how many.

- Example: 25 children under age 15 in San Diego died of cancer in 2012.

Percentages tell you a proportion of the whole.

- Example: 90% of attendees who ate potato salad at a picnic experienced symptoms of food poisoning.

Rates tell you how many per a given population and allow you to compare year to year or group to group.

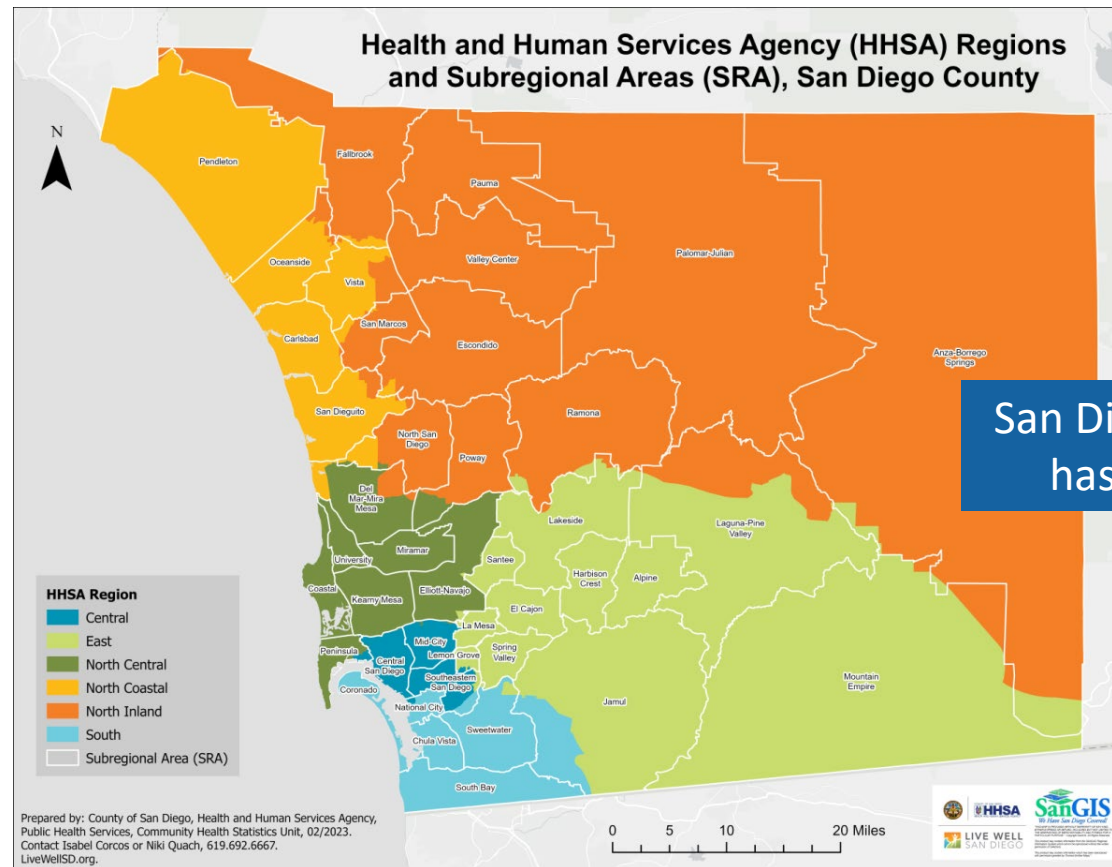
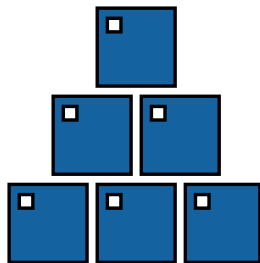
- Example: The rate of children injured due to motor vehicle crashes dropped from 321.9 per 100,000 to 295.2 per 100,000 after the implementation of the booster seat program.



What are subregional areas (SRAs)?



Subregional areas, SRAs, are aggregations of census tracts defined by SANDAG.



San Diego County has 41 SRAs



While the boundaries of many geographical areas, such as cities, change over time, SRA boundaries have remained essentially the same since their formation which allows for meaningful comparisons of time series information because identical areas are being compared.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 02/2023. Contact: Isabel Corcos or Niki Quach, 619.692.6667. LiveWellSD.org.

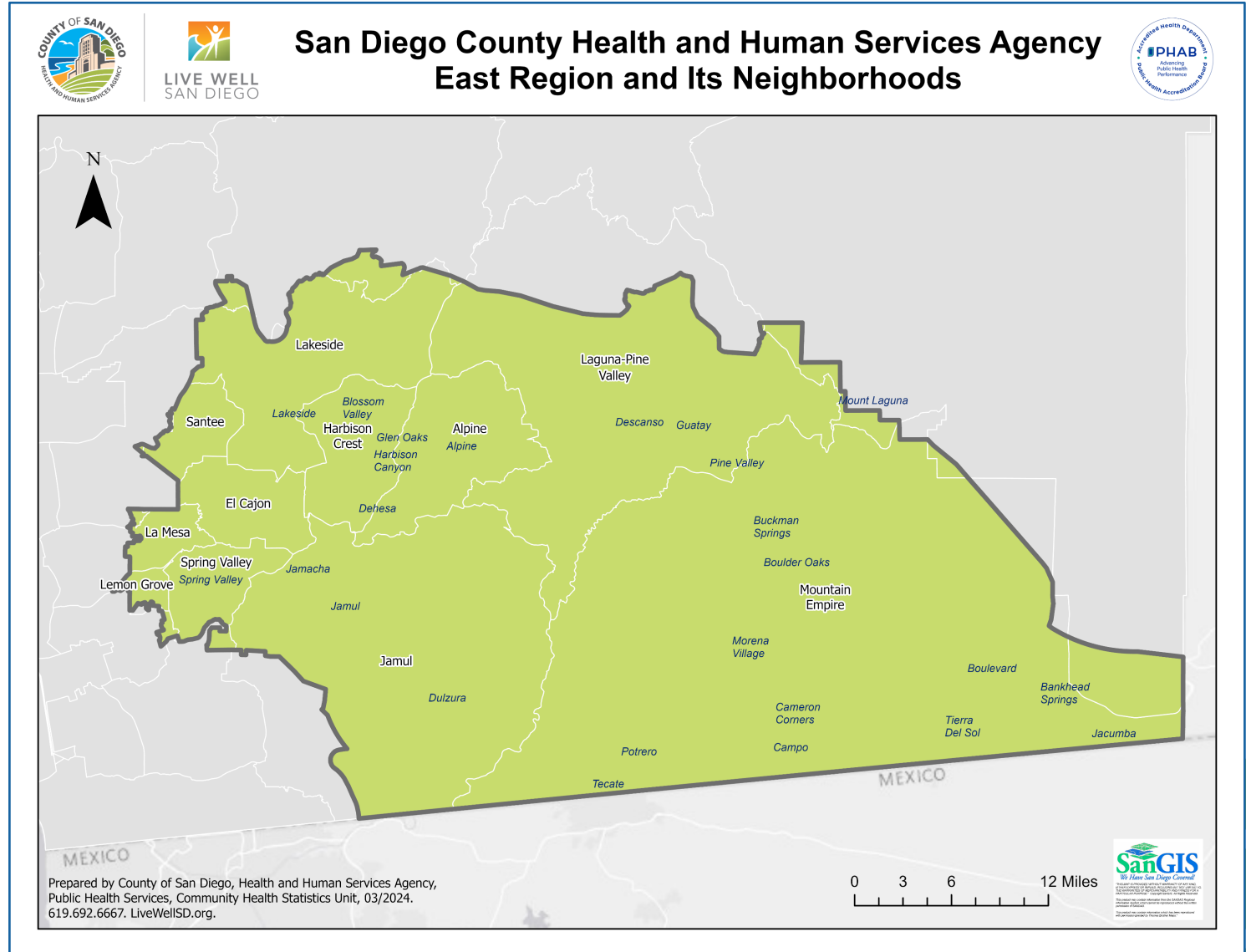
Geographies

Types of Geographies

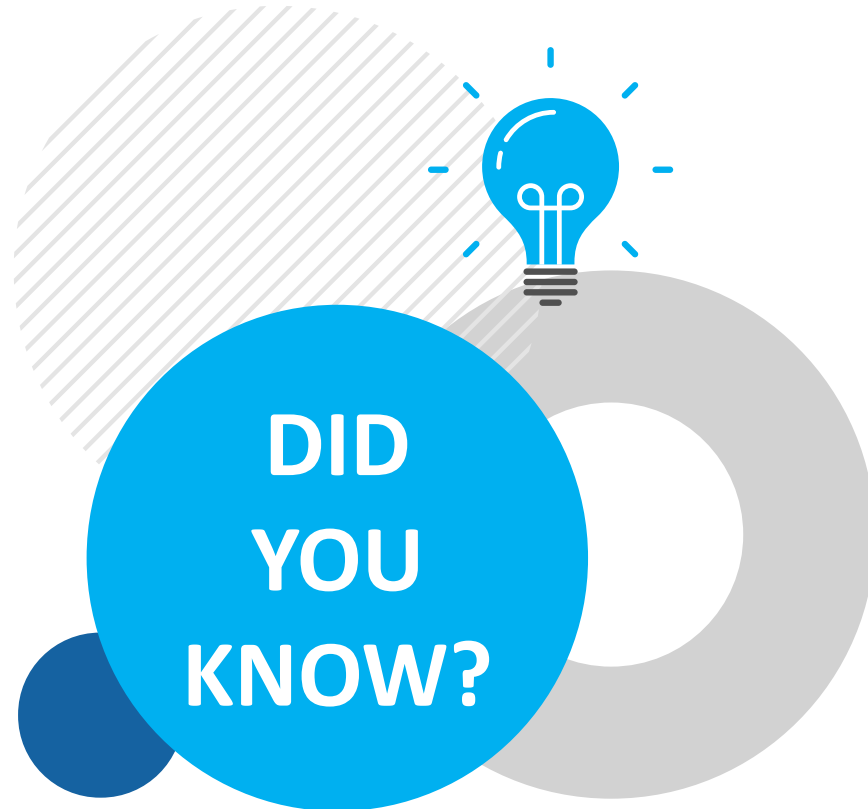
- Health and Human Services Agency Region
 - Six within San Diego County
- Subregional Area (SRA)
 - 11 within the East Region
 - Alpine
 - El Cajon
 - Harbison Crest
 - Jamul
 - La Mesa
 - La Mesa
 - Laguna-Pine Valley
 - Lakeside
 - Lemon Grove
 - Mountain Empire
 - Santee
 - Spring Valley



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DEMOGRAPHICS



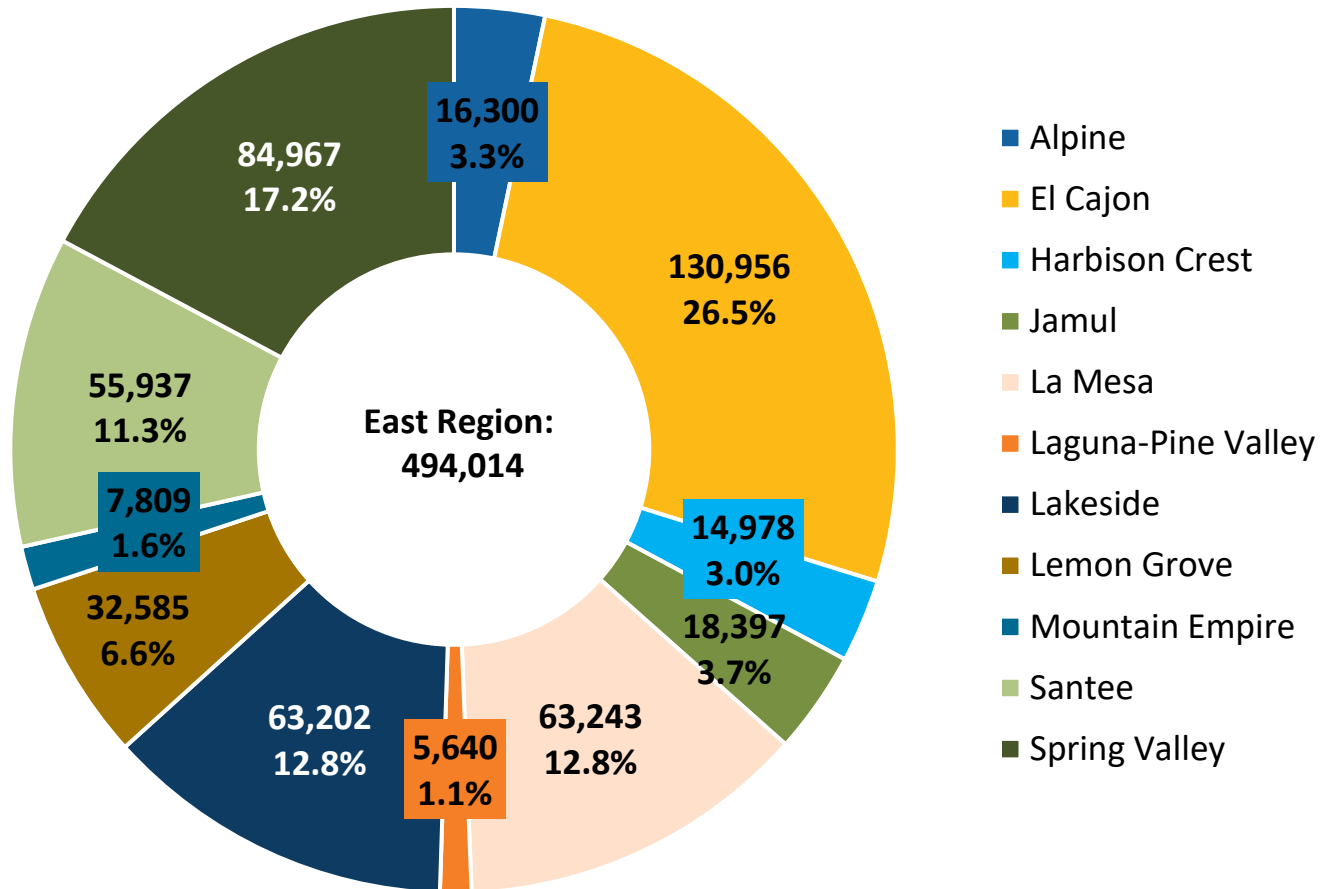
**Nearly half a million people
lived in East Region in
2024.**



Population



**East Region Population Distribution by Subregional Area (SRA),
2024**



In 2024, East Region was home to 494,014 residents or 15.0% of San Diego County's population.

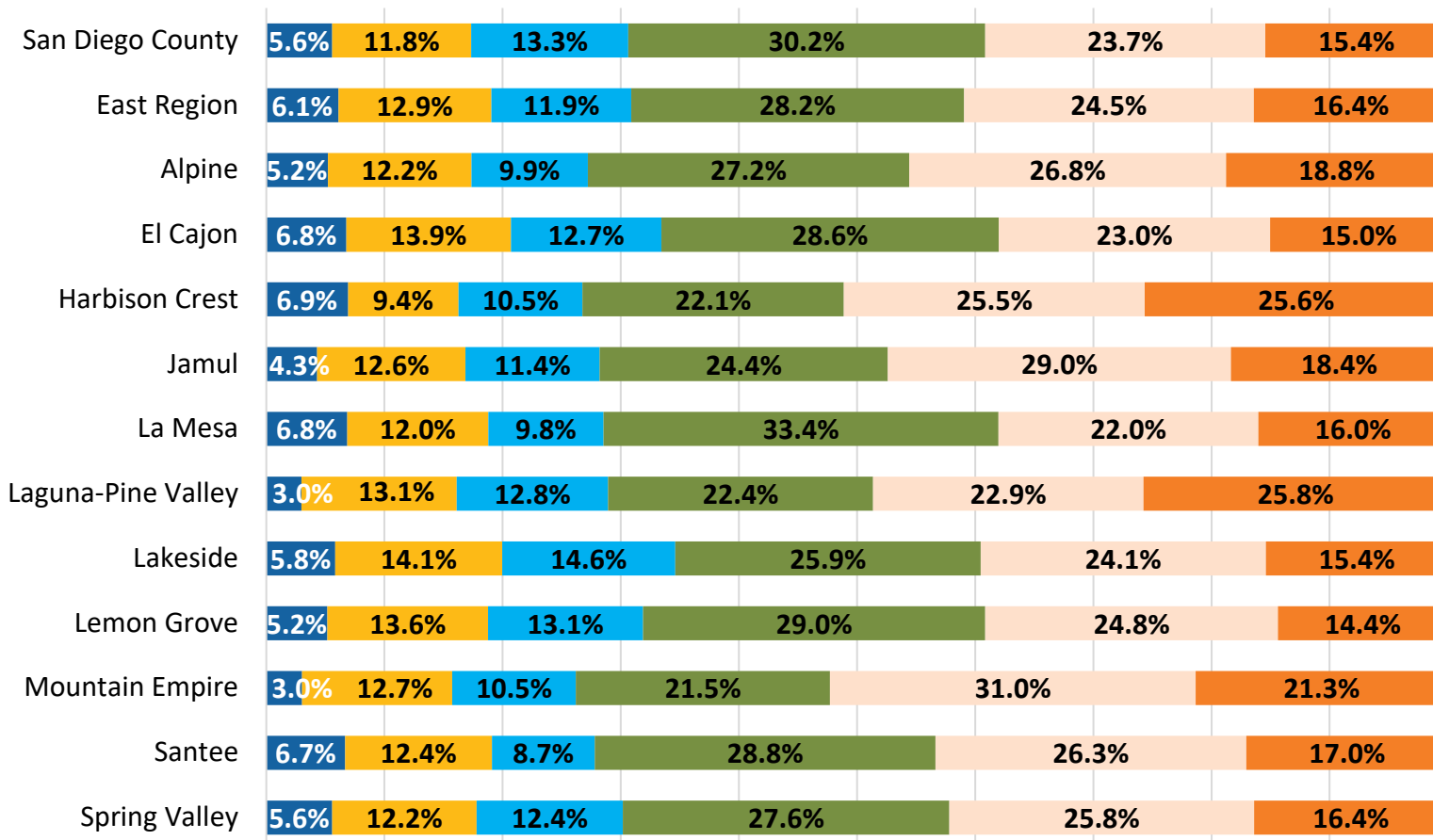
- In 2024, El Cajon SRA made up the highest proportion of East Region's population (26.5%), while Laguna-Pine Valley SRA made up the lowest proportion (1.1%).
- Jamul SRA experienced the greatest decrease in population in East Region (6.9%), between 2019 and 2024.

Demographics: Age



Percent of Residents by Age Group in East Region and its Subregional Areas (SRAs), 2024

■ 0-4 ■ 5-14 ■ 15-24 ■ 25-44 ■ 45-64 ■ 65+



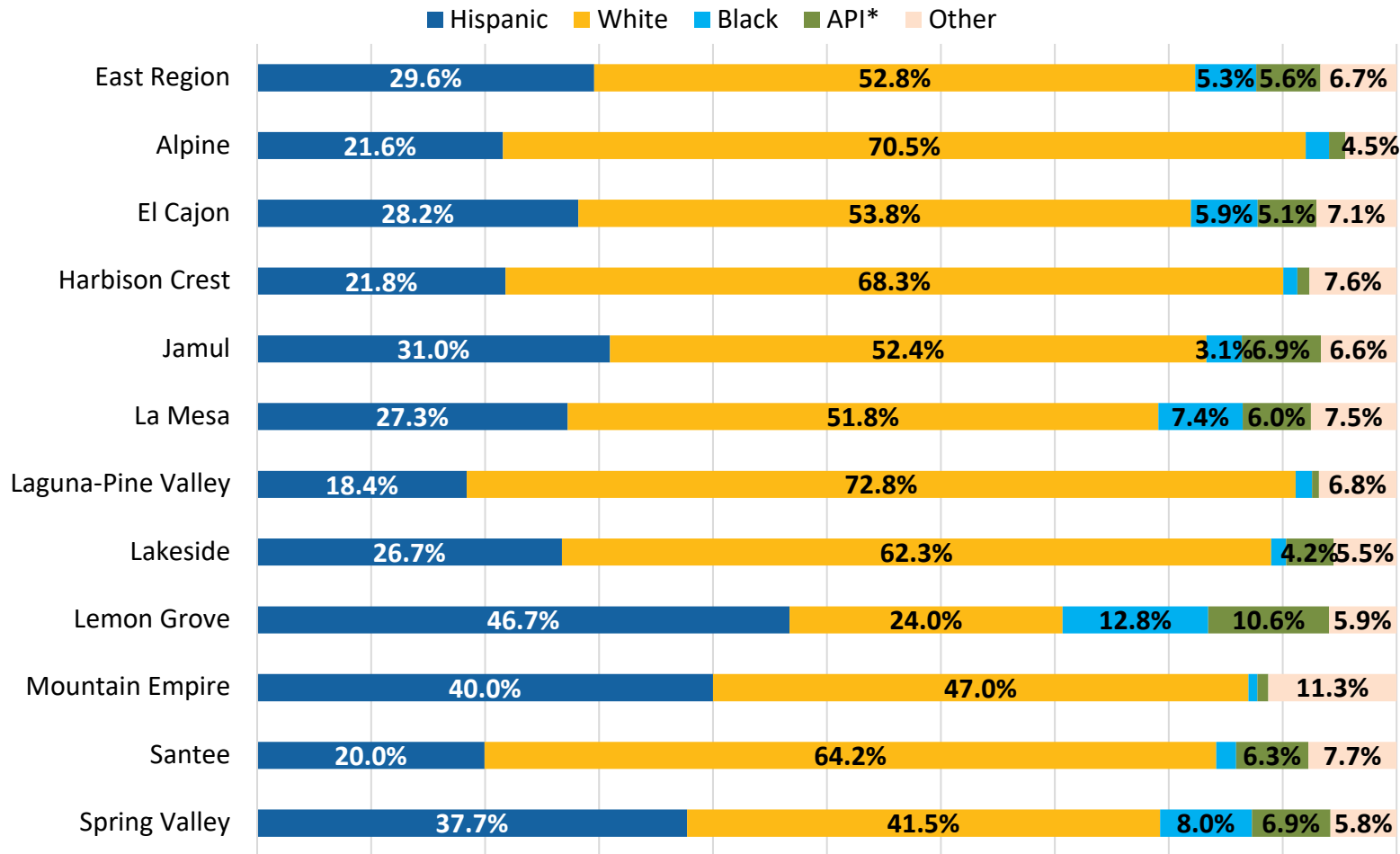
In 2024, over half (52.7%) of East Region residents were 25-64 years old.

- Between 2019 and 2024, East Region and its communities saw increases in the number of residents aged 65 years and older.
- Among East Region SRAs, Laguna-Pine Valley had both the highest proportion of residents aged 65 years and older in 2024 (25.8%) and the largest increase in this age group from 2019 to 2024 (+42%).
- One-third (33.4%) of La Mesa SRA residents were 25-44 years old, representing the highest proportion of this age group among East Region SRAs in 2024.

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table B01001; 2020-2024 American Community Survey 5-Year Estimates, Table B01001. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Demographics: Race/Ethnicity

Percent of Residents by Race/Ethnicity in East Region and its Subregional Areas (SRAs), 2024



In 2024, non-Hispanic (NH) White (52.8%) and Hispanic (29.6%) residents made up 82.4% of East Region's population.

- Between 2019 and 2024, East Region and its SRAs saw increases in the proportion of NH Other race/ethnicity residents.
- Among East Region SRAs, Jamul saw the highest increase in the proportion of NH Other race/ethnicity residents between 2019 and 2024.
- In 2024, Lemon Grove SRA had the highest proportion of Hispanic, NH Black and NH API residents in East Region.

*Asian Pacific/Islander.

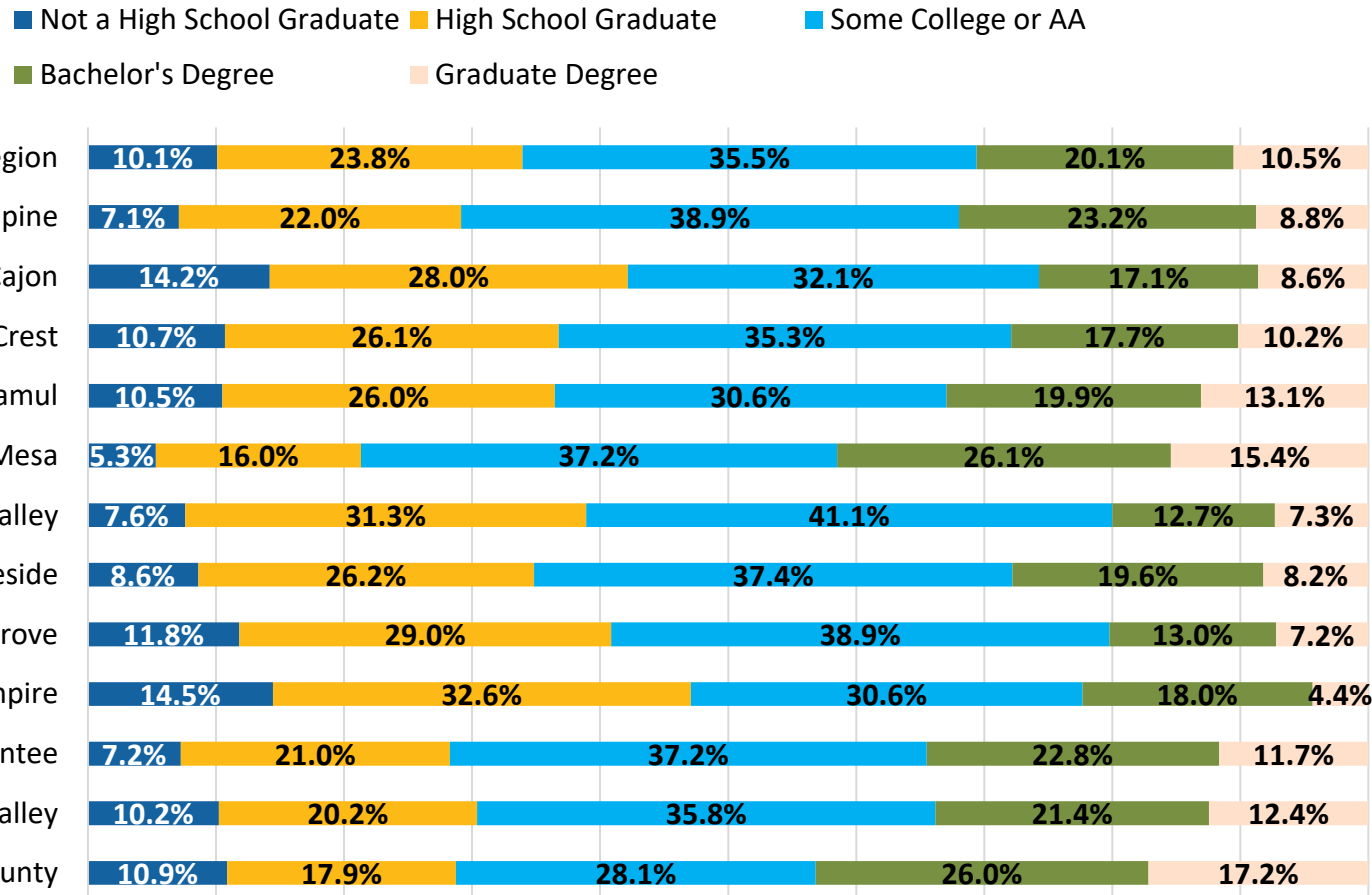
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table B03002; 2020-2024 American Community Survey 5-Year Estimates, Table B03002.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Demographics: Educational Attainment



Percent of Adults 25 Years and Older by Educational Attainment in East Region and its Subregional Areas (SRAs), 2024



Educational Attainment in East Region

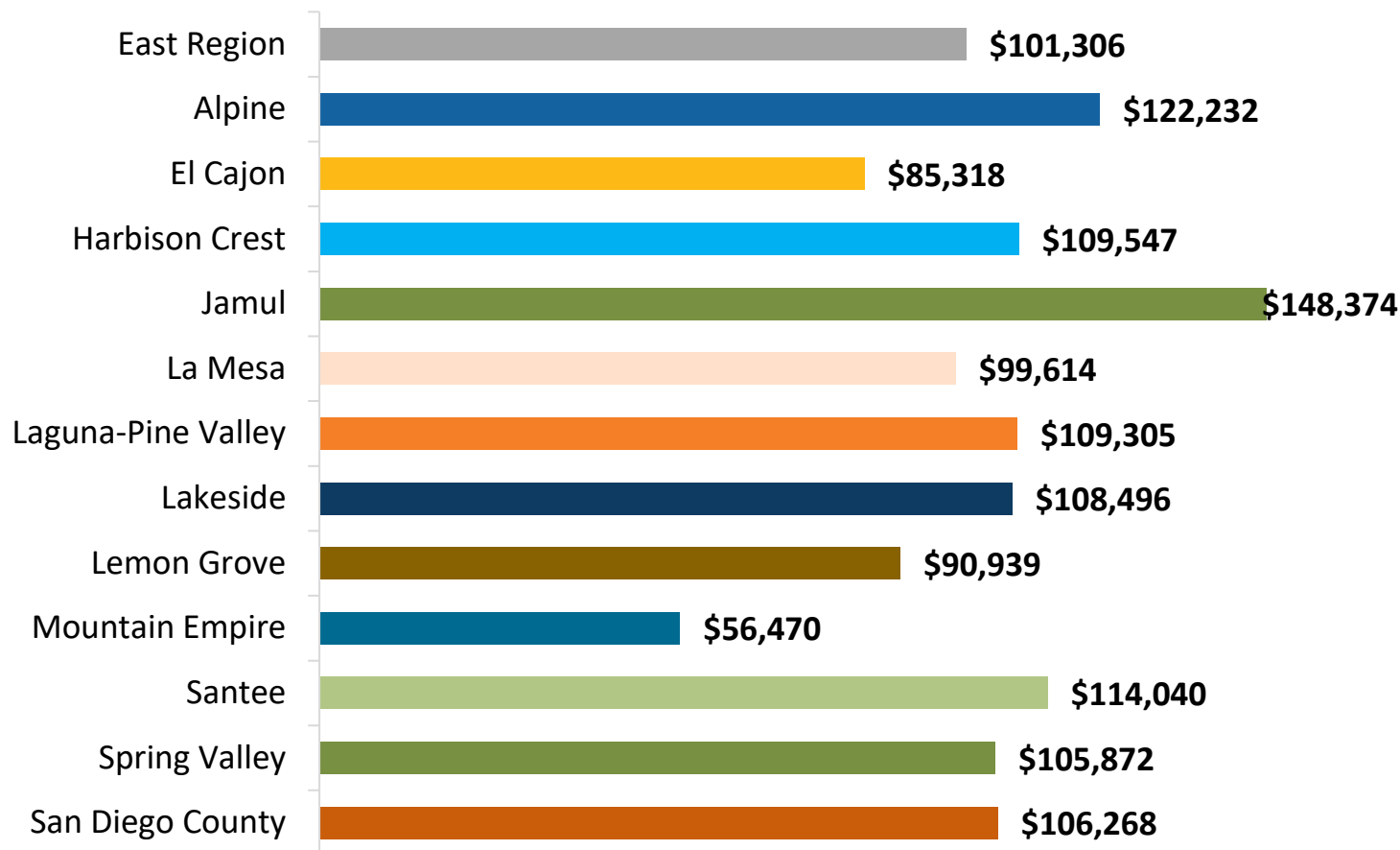
- Between 2019 and 2024, the percent of adults 25 years and older with a bachelor's degree or higher in East Region increased by 12%.
- Compared to other HHS regions in the county, East Region had the second lowest proportion of adults 25 years and older with a bachelor's degree or higher in 2024.
- Among East Region SRAs, Lakeside had the highest increase in the proportion of adults 25 years and older with a bachelor's degree or higher (+27%), followed by Harbison Crest (+25%), between 2019 to 2024.

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table DP02; 2020-2024 American Community Survey 5-Year Estimates, Table DP02. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Demographics: Income



Median Household Income in East Region and Subregional Areas (SRAs), 2024



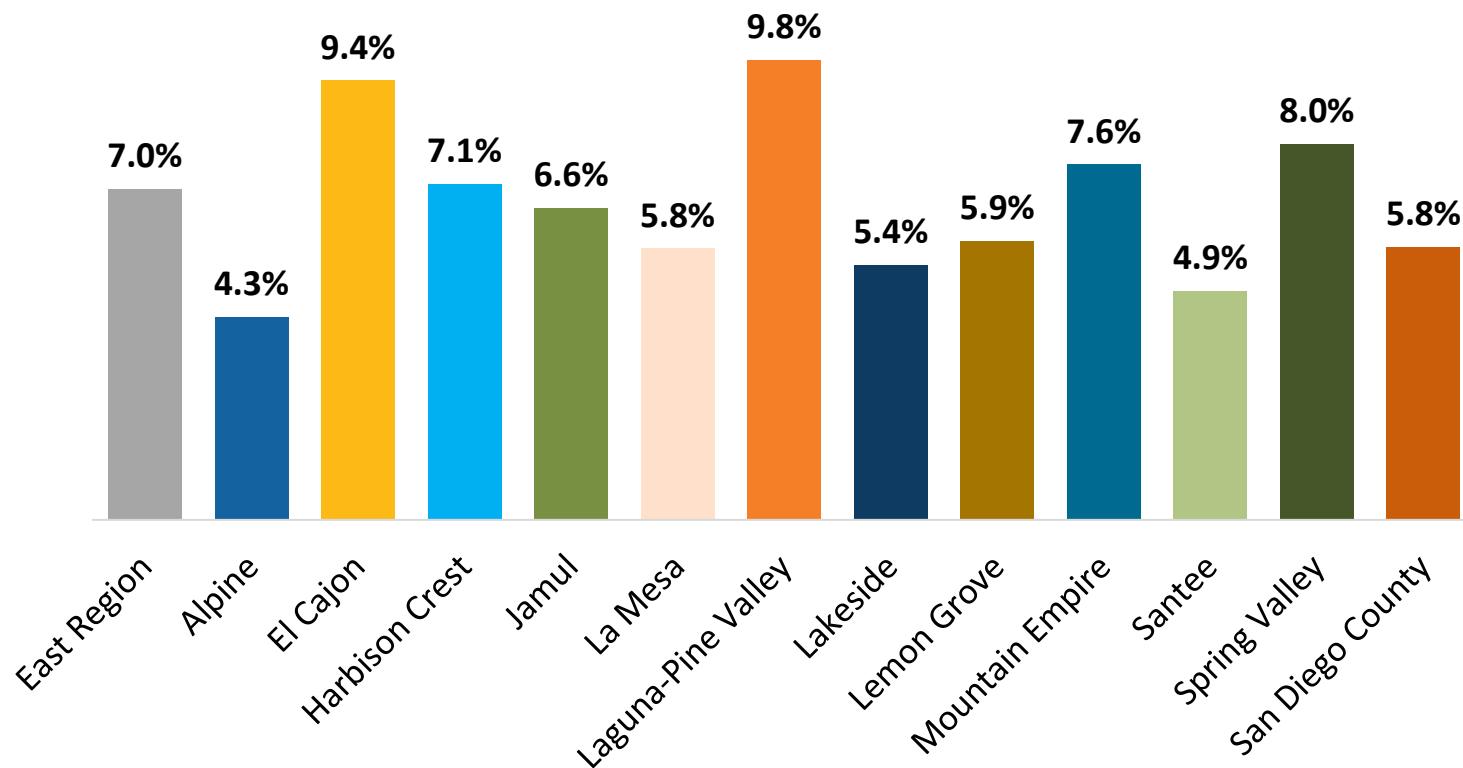
Median Household Income in East Region

- The median household income in East Region increased from \$77,796 in 2019 to \$101,306 in 2024.
- East Region had a lower median household income than San Diego County overall in 2024.
- Among East Region SRAs in 2024, Jamul and Alpine had the highest median household incomes while Mountain Empire had the lowest.

Demographics: Unemployment



Average Percent of Unemployment* in East Region and its Subregional Areas (SRAs), 2020-2024



Unemployment in East Region

- In East Region, the 5-year average percent of unemployed residents 16 years and older increased from 6.7% in 2019 to 7.0% in 2024.
- Among East Region SRAs, Laguna-Pine Valley had the highest 5-year average percent of unemployment (9.8%) while Alpine had the lowest in 2024 (4.3%).
- In 2024, El Cajon, Harbison Crest, Laguna-Pine Valley, Mountain Empire, and Spring Valley SRAs had higher 5-year average percents of unemployment than East Region and San Diego County overall.

*Percent unemployed was derived from the number of unemployed persons out of the 16 year and older eligible labor force. Eligible labor force includes employed civilians, unemployed, and persons in the armed forces.

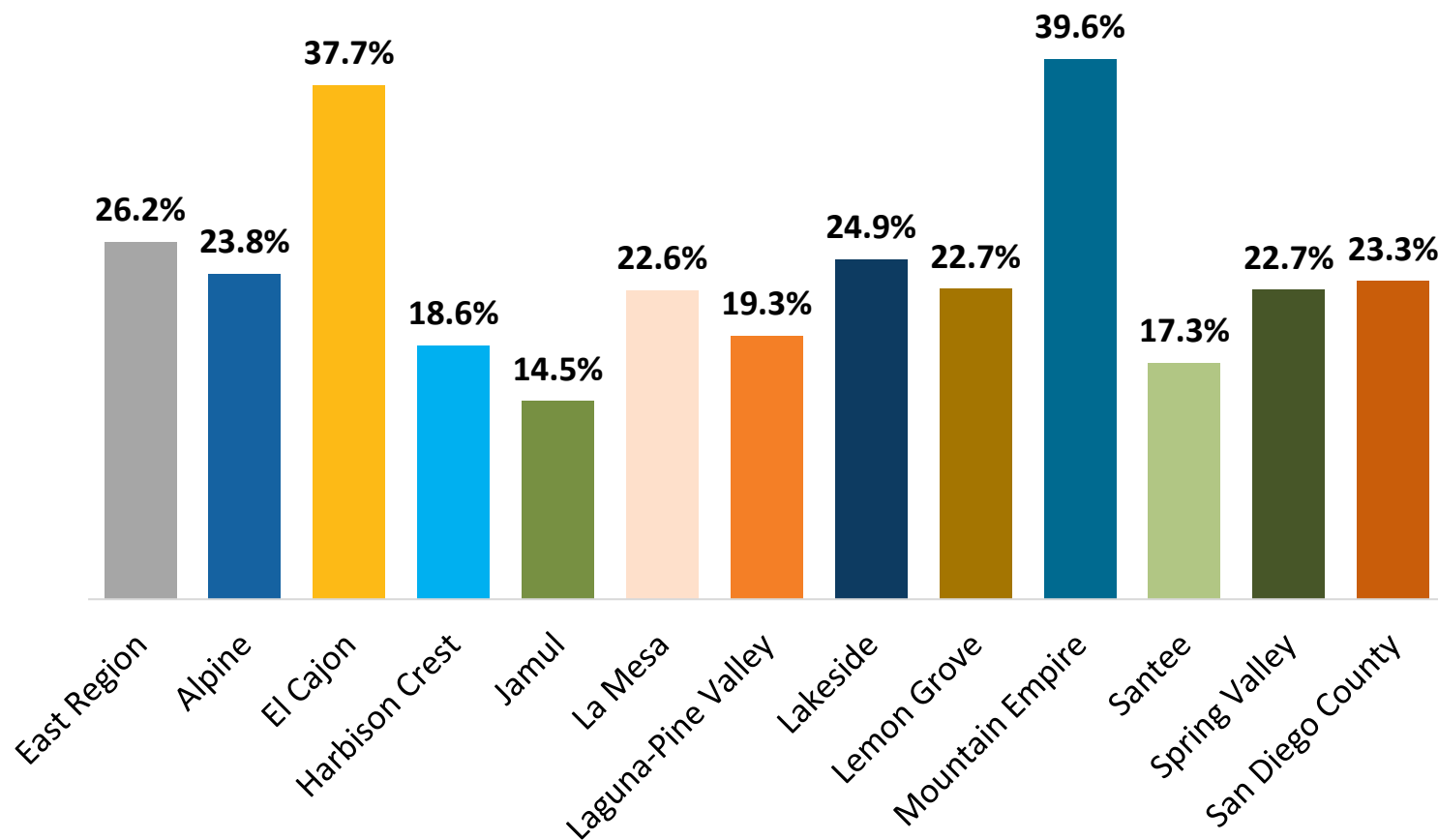
Source: U.S. Census Bureau, 2015-2019 American Community Survey 5-Year Estimates, Table DP03; 2020-2024 American Community Survey 5-Year Estimates, Table DP03.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Demographics: Poverty



Percent of the Population Living Under 200% Federal Poverty Level in East Region and its Subregional Areas (SRAs), 2024



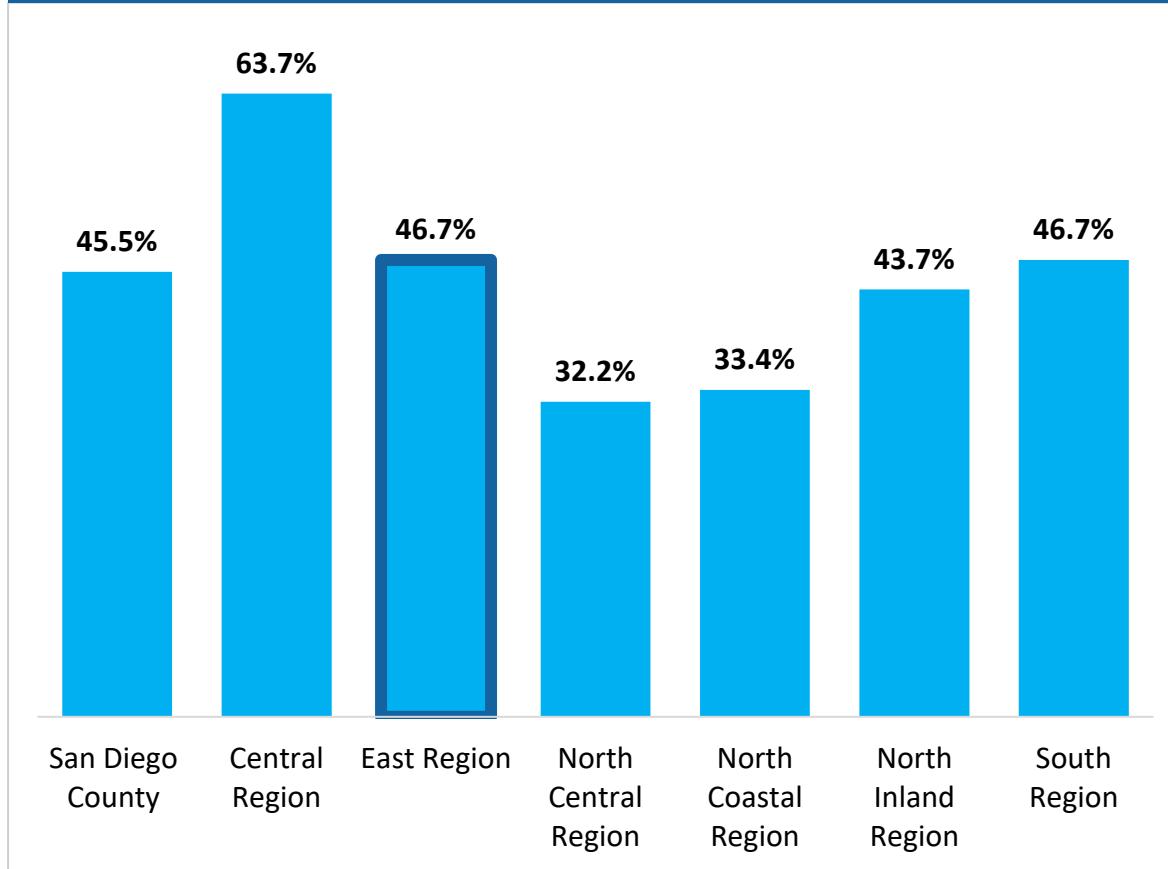
Poverty in East Region

- The percent of the population living below 200% FPL in East Region decreased by 11% from 2019 to 2024.
- Among East Region SRAs, El Cajon and Mountain Empire had higher percentages of the population living below 200% FPL than East Region and San Diego County overall in 2024.

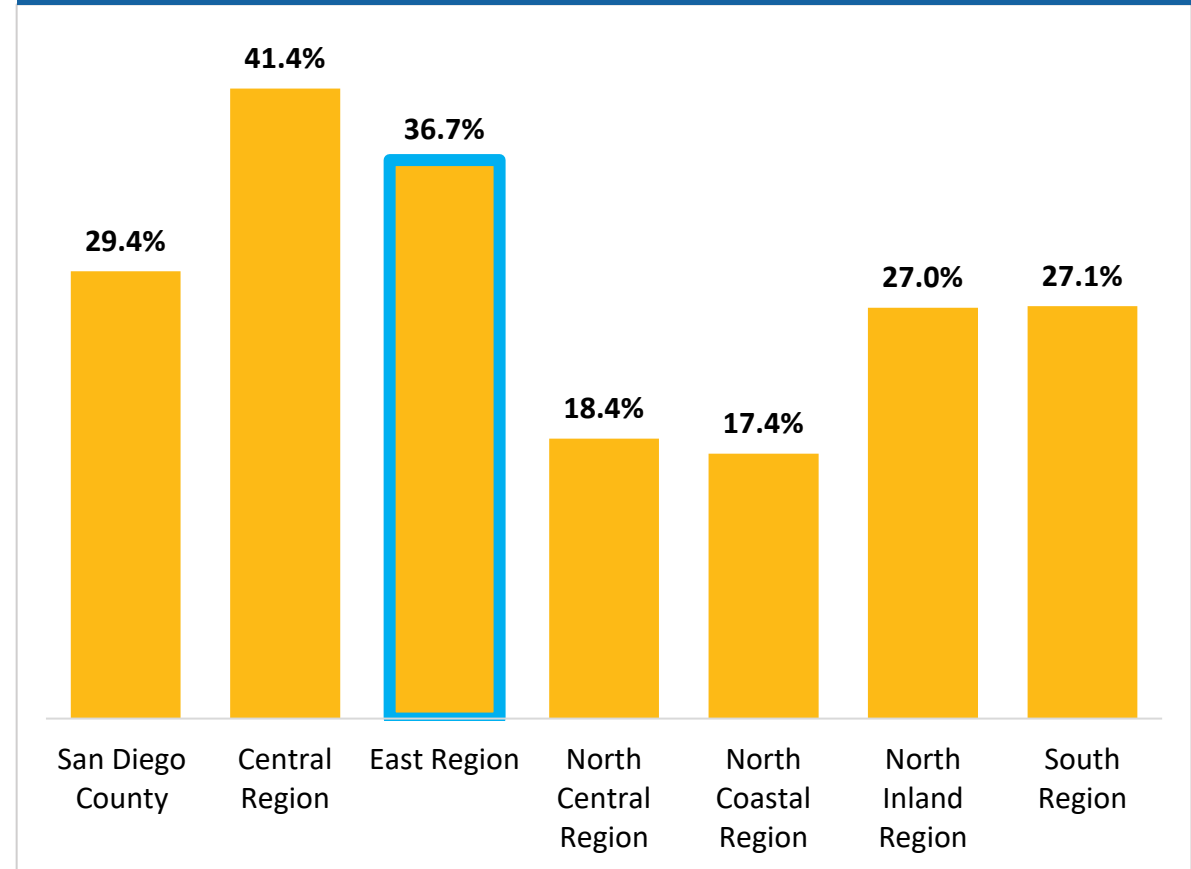
Food Insecurity & Food Stamps



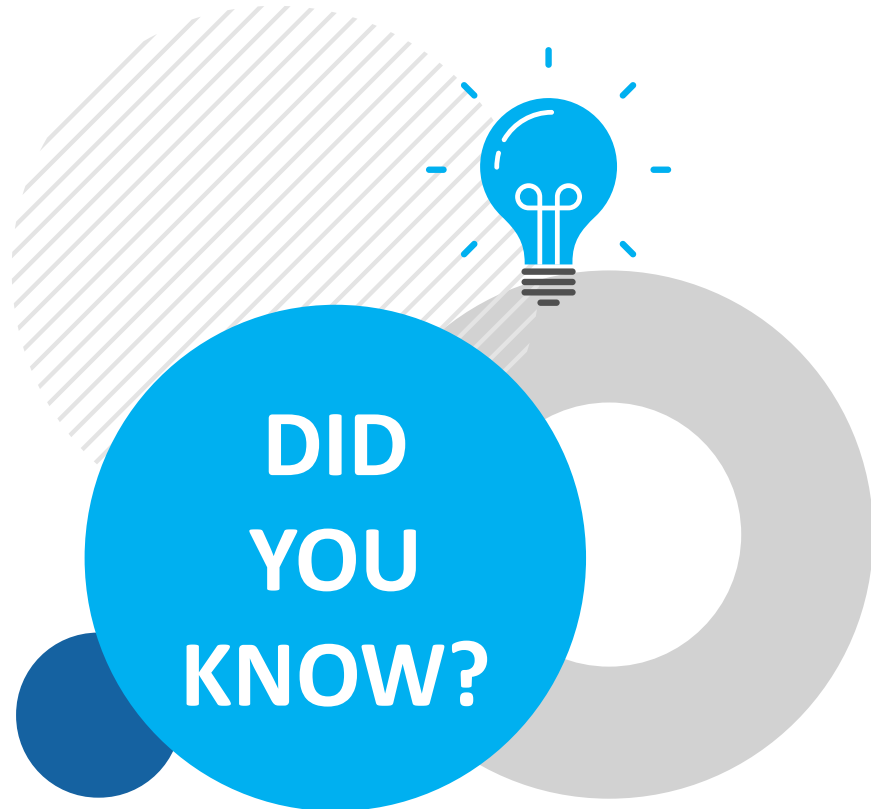
Food Insecurity Among Adults with Income Less than 200% Federal Poverty Level (FPL), San Diego County and HHS Regions, 2024



Population Currently Receiving Food Stamps Among Households at or Below 200% Federal Poverty Level by HHS Region, San Diego County, 2023-2024



HOUSING & HOMELESSNESS



In 2024, half of households in El Cajon subregional area (SRA) spent 30% or more of their household income on housing.

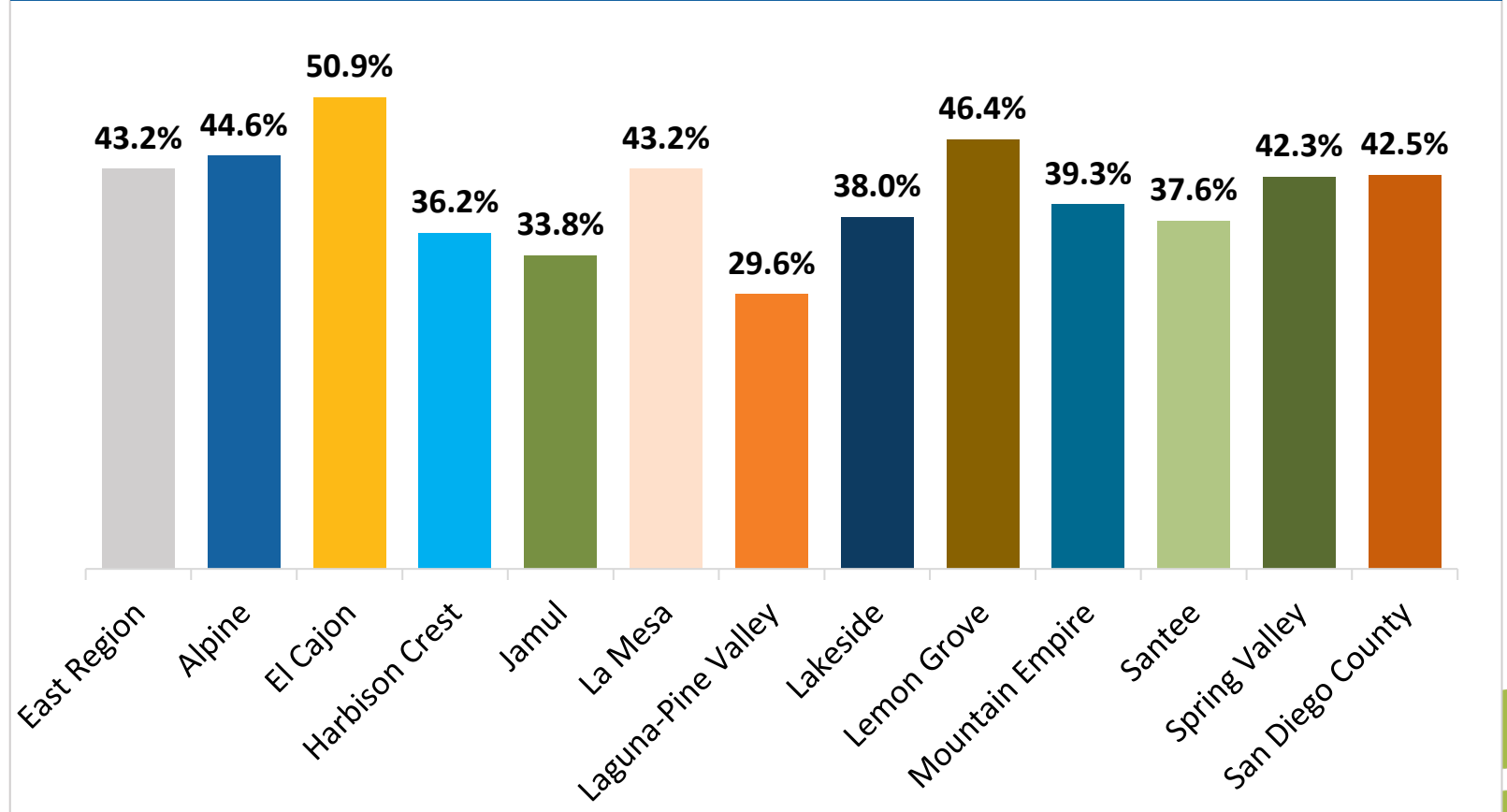
Housing Characteristics



Median Gross Rent and Median House Value, East Region and its Subregional Areas (SRAs), 2024

Geography	Median Gross Rent	Median House Value
East Region	\$ 2,159	\$ 722,612
Alpine	\$ 2,264	\$ 853,667
El Cajon	\$ 1,952	\$ 701,863
Harbison Crest	\$ 2,480	\$ 650,150
Jamul	\$ 2,523	\$ 974,050
La Mesa	\$ 2,189	\$ 795,293
Laguna-Pine Valley	\$ 2,684	\$ 593,700
Lakeside	\$ 2,015	\$ 688,925
Lemon Grove	\$ 2,053	\$ 673,900
Mountain Empire	\$ 2,061	\$ 372,750
Santee	\$ 2,435	\$ 723,936
Spring Valley	\$ 2,188	\$ 721,716
San Diego County	\$ 2,246	\$ 854,700

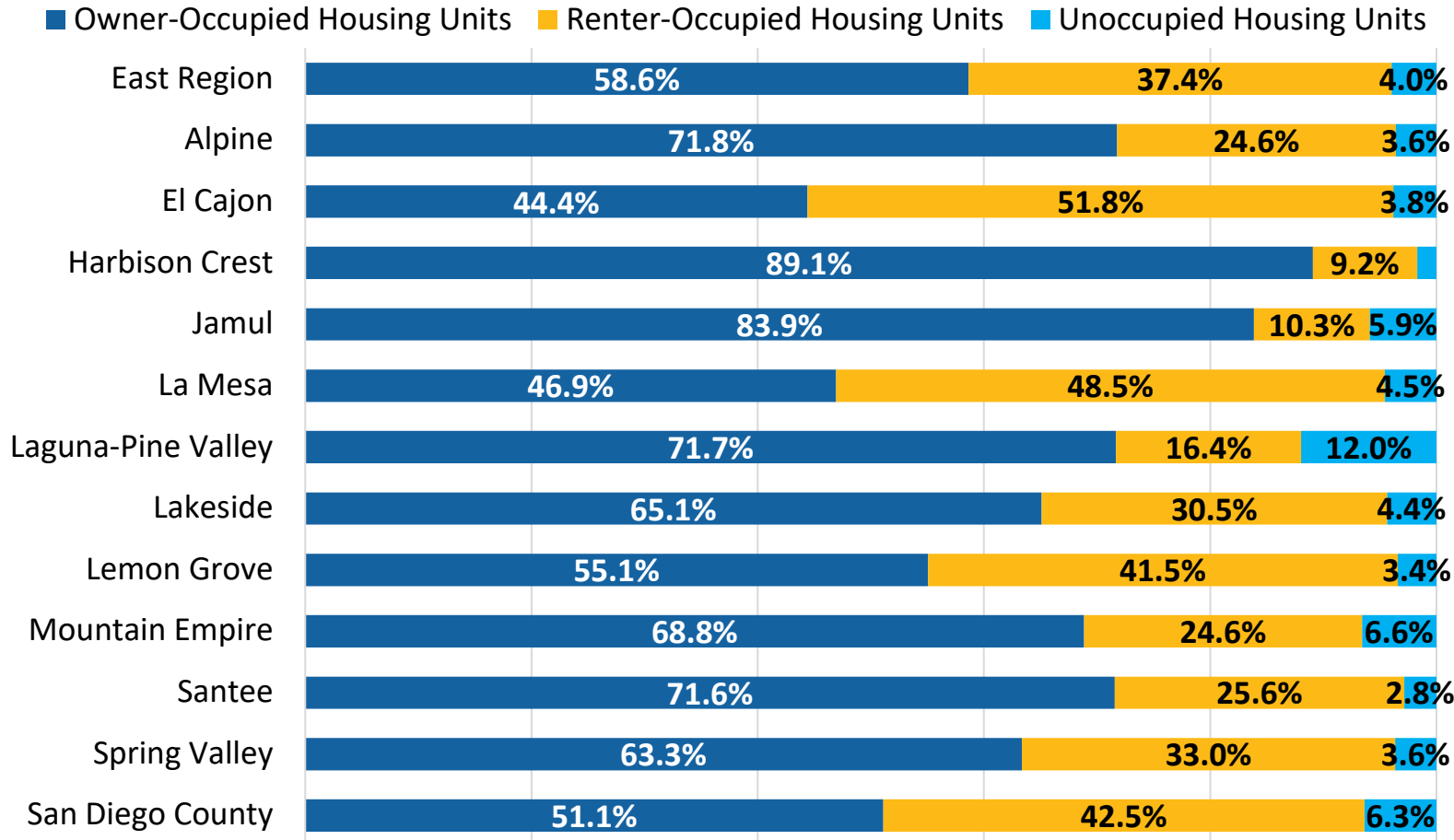
Percent of Households Spending 30%+ of Household Income on Monthly Housing Costs, East Region and its Subregional Areas (SRAs), 2024



Housing Characteristics



Housing Occupancy Distribution in East Region and its Subregional Areas (SRAs), 2024



Housing Occupancy in East Region

- The number of unoccupied housing units in East Region and its SRAs, except El Cajon, decreased from 2019 to 2024.
- Among East Region SRAs, Harbison Crest had the highest proportion of owner-occupied housing units (89.1%), El Cajon had the highest proportion of renter-occupied housing units (51.8%), and Laguna-Pine Valley had the highest proportion of unoccupied housing units (12.0%).

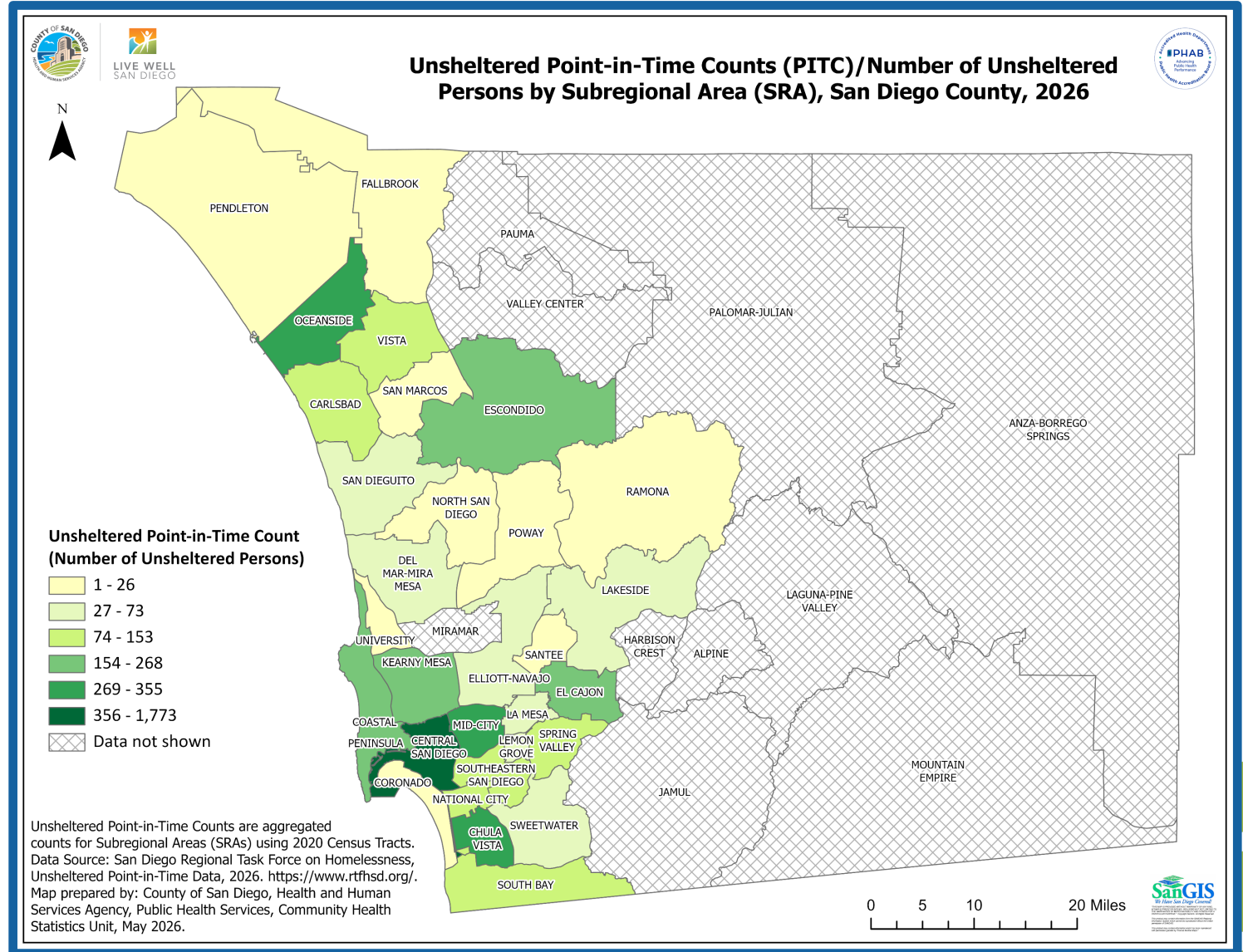
2026 Unsheltered Point-in-Time Counts

East Region reported **440** unsheltered persons in the 2026 Point-in-Time Count, representing the **second lowest total** among all HSA regions.

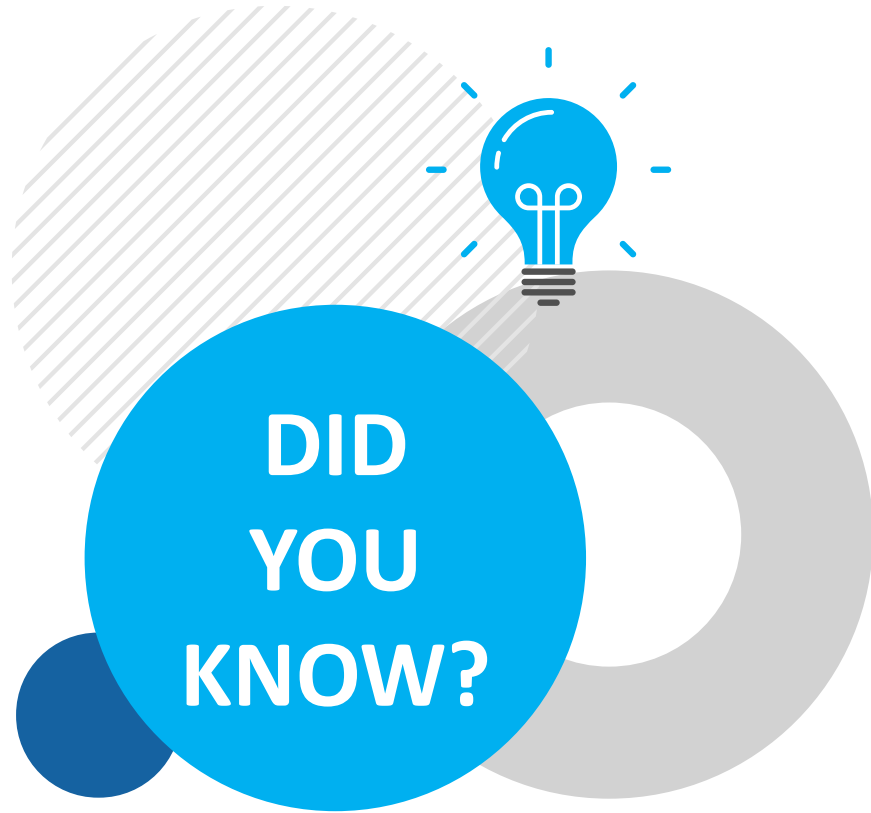
Among subregional areas (SRAs) in East Region, **El Cajon** had the **highest** number of unsheltered persons during the 2026 Point-in-Time Count (198), followed by **Spring Valley** (100).



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YOUTH



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KNOW?**

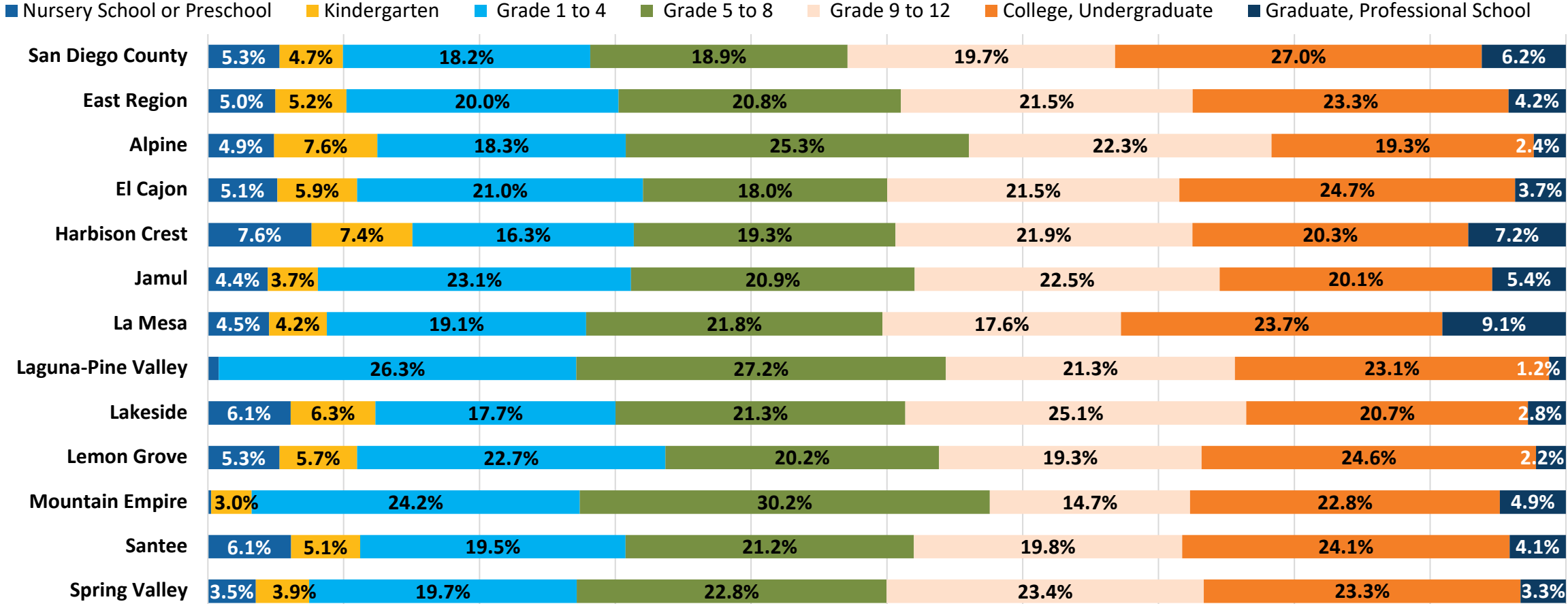
In 2024, over one-quarter of the East Region population 3 years and older who were enrolled in school were college students (undergraduate, graduate, or professional school).



School Enrollment by Grade Level



School Enrollment by Grade Level, East Region and its Subregional Areas (SRAs), 2024

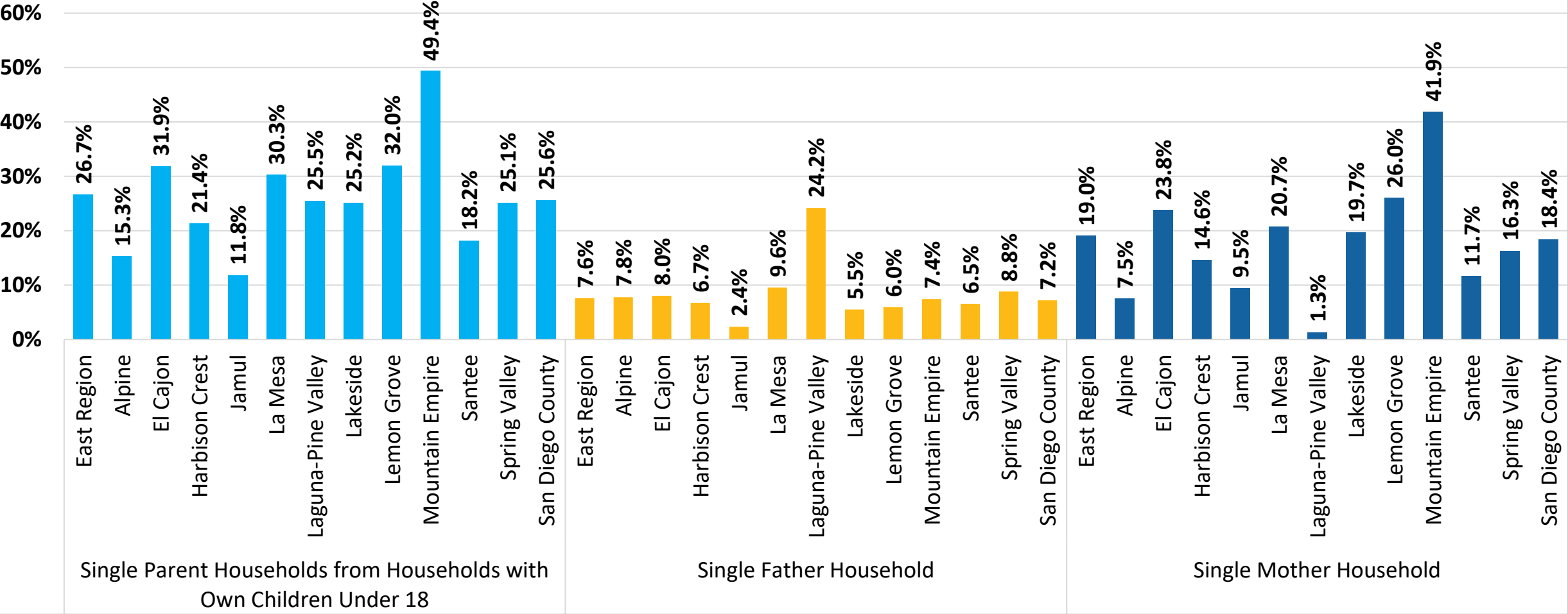


Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates, Table S1401.
 Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Single Parent Households



Single Parent Households* in East Region and its Subregional Areas (SRAs), 2024

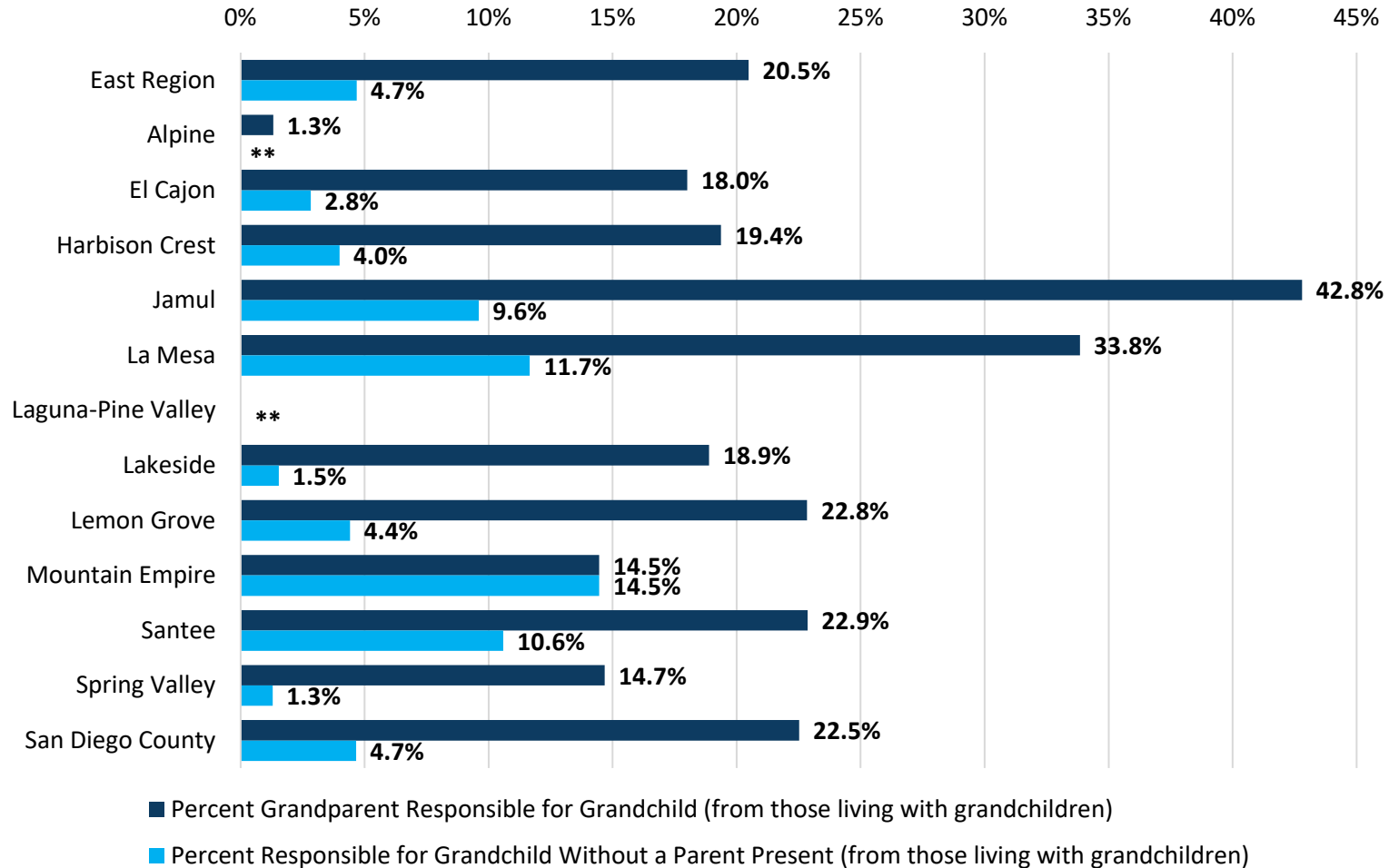


*The percentages are of households with children under 18 years of age, not out of all housing units.
 Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates, Table S1101.
 Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Grandparents Raising Grandchildren



Percent of Grandparents Raising Grandchild(ren)*, East Region and its Subregional Areas (SRAs), 2024



Grandparents Raising Grandchildren in East Region

- Among East Region SRAs in 2024, Jamul had the highest percent of grandparents raising grandchildren, with or without a parent present (42.8%).
- In 2024, Mountain Empire SRA had the highest percent of grandparents raising grandchildren without a parent present (14.5%).

*Grandparent, 30 years or older, raising own grandchildren under 18 years in households out of total population 30 years and older.

**Data not available for SRA

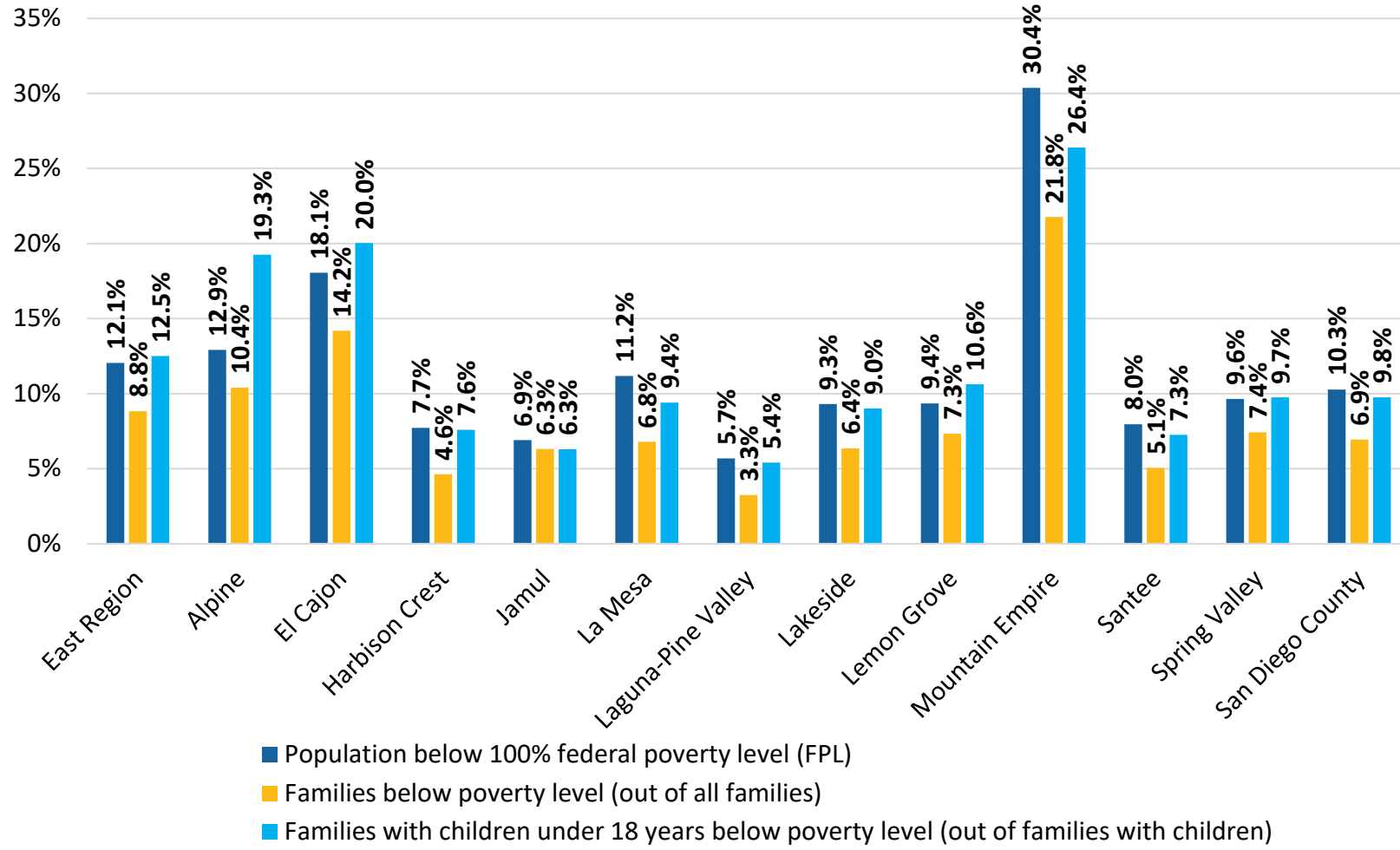
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates, Table B10051.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Family Poverty



Percent Below Poverty Level, East Region and Subregional Area (SRAs), 2024



Family Poverty in East Region

- In East Region, 12.5% of families with children under 18 were living below the Federal Poverty Level (FPL) in 2024, which was higher than the county overall.
- Among East Region SRAs, Mountain Empire had the greatest proportion of families with children under 18 living below the FPL in 2024 (26.4%).
- Additionally, Mountain Empire SRA had the highest proportion of the population living below 100% FPL (30.4%).

Child Opportunity Index

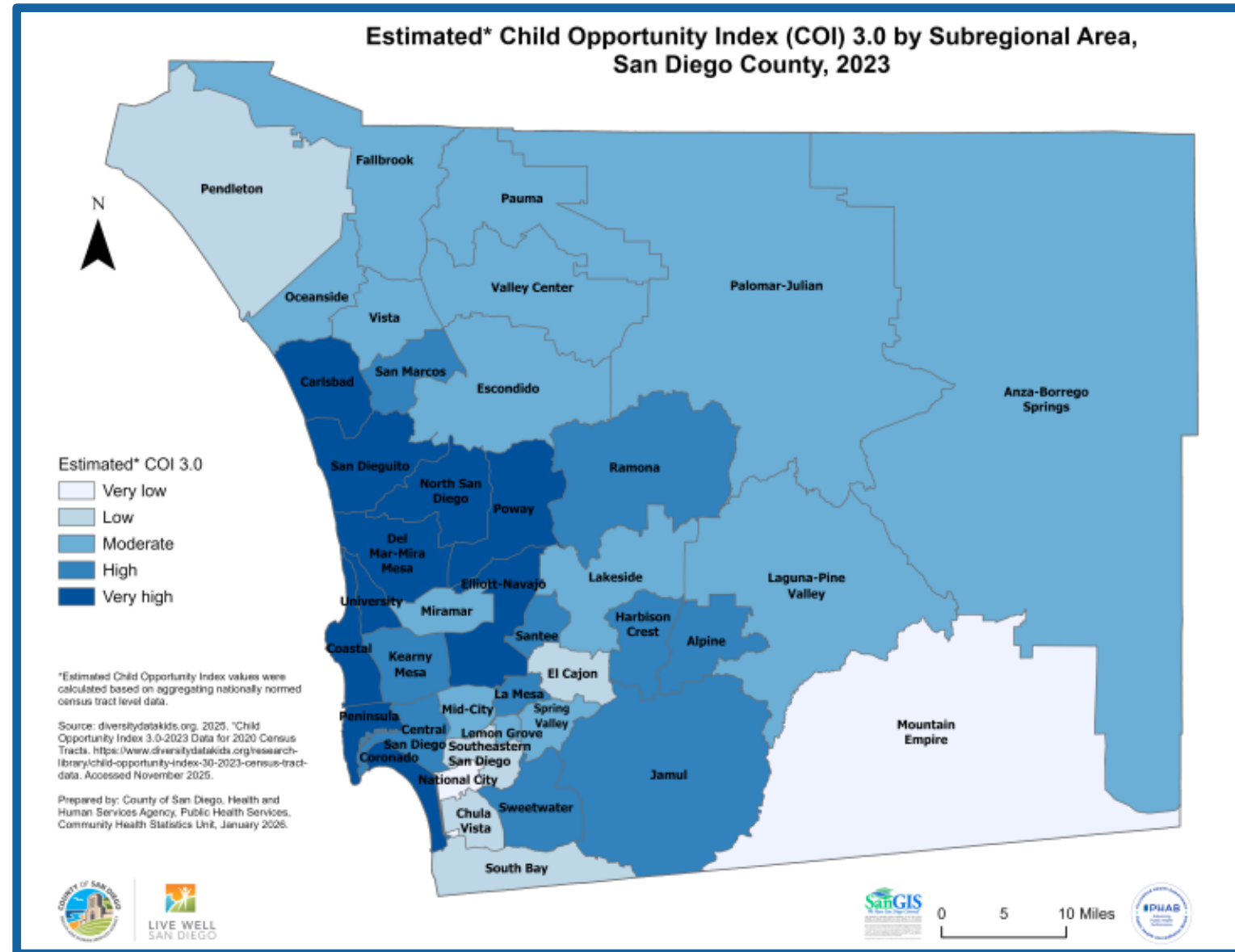
The Child Opportunity Index (COI) measures and maps the quality of resources and conditions that matter for children's healthy development in the neighborhoods where they live.

Five out of 11 Subregional Areas (SRAs) in East Region had a child opportunity index level of **high**, while **4 out of 11** had a COI level of **moderate** in 2023.

In 2023, **Mountain Empire** had the **second lowest** (19.5) child opportunity index compared to all SRAs in San Diego County.



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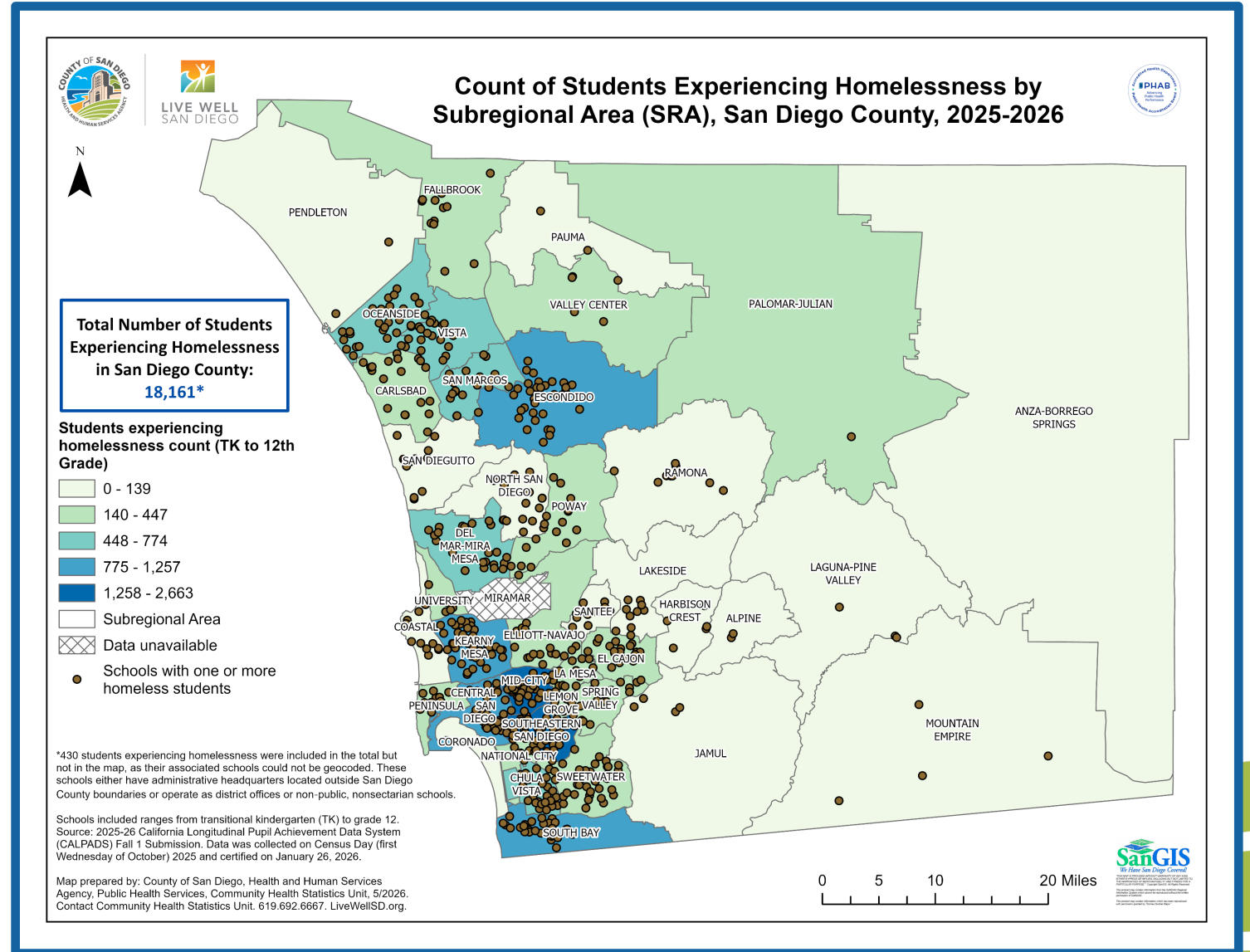


Youth Experiencing Homelessness

Overall, there were **1,604** students experiencing homelessness reported by schools in **East Region** for the school year 2025-26, which made up **8.8%** of students experiencing homelessness in San Diego County.

East Region had the **lowest** number of students experiencing homelessness in the school year 2025-26 compared to other HHSA regions in the county.

Among East Region SRAs, **El Cajon** (447) had the **highest** number of students experiencing homelessness in the school year 2025-26 while **Laguna-Pine Valley** had the **lowest** (10).

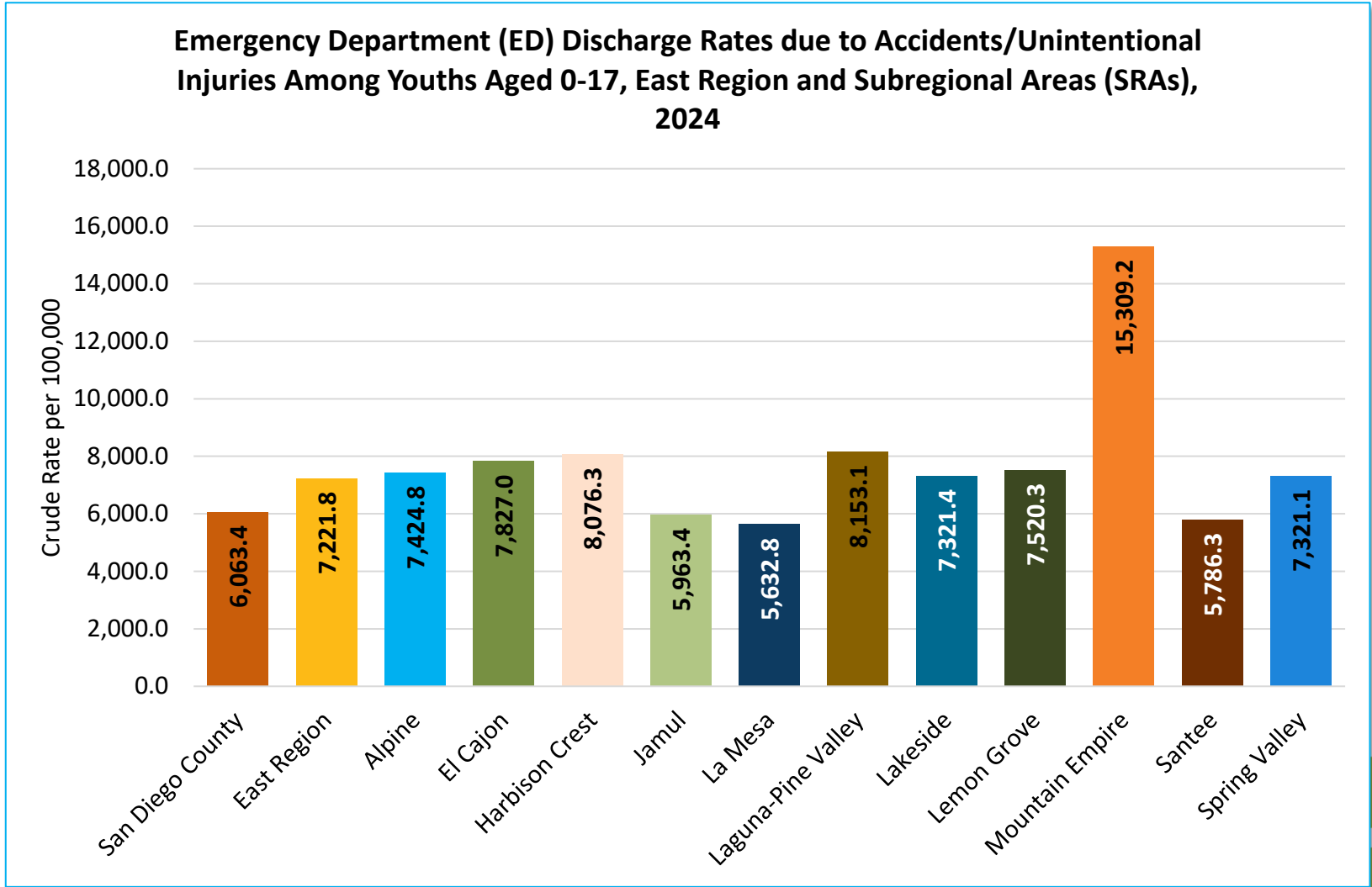


Accidents/Unintentional Injuries - Youth



Youths aged 0-17 in East Region and its SRAs, except Jamul, La Mesa, and Santee, had ED discharge rates due to **accidents/unintentional injuries** that were **higher** than the county overall in 2024.

Among East Region SRAs, **Mountain Empire** had the **highest** ED discharge rate due to **accidents/unintentional injuries** (15,309.2 per 100,000) among youths aged 0-17 in 2024.



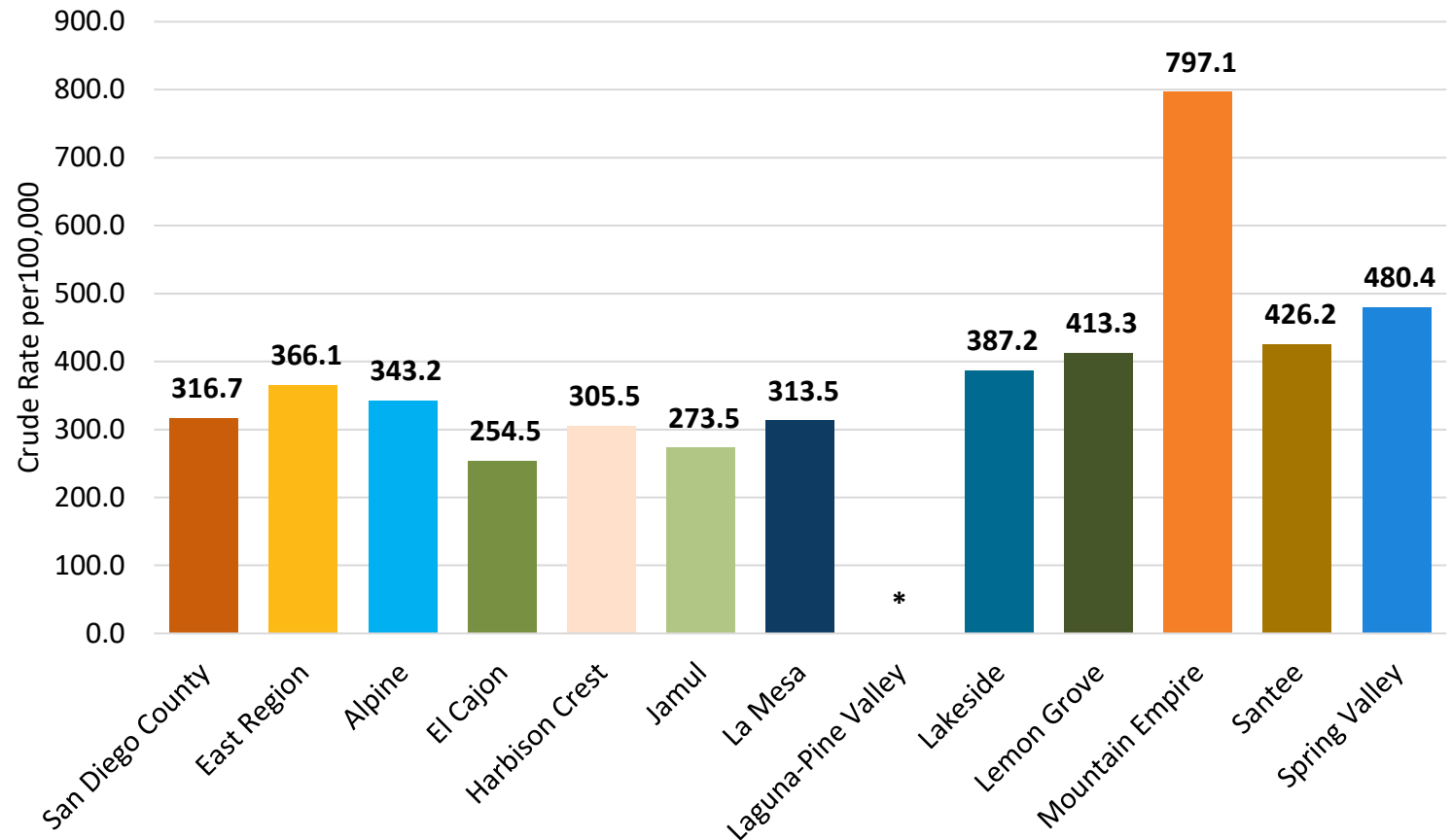
Data sources: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2024. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). 2024 estimates were derived from the 2020 decennial census. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Behavioral Health - Youth

In 2024, the ED discharge rate due to **suicide attempt/ideation/intentional self-harm** among youths aged 0-17 in East Region (366.1 per 100,000) was **higher** than the county overall.

Among East Region SRAs, **Mountain Empire** had the **highest ED discharge rate due to suicide attempt/ideation/intentional self-harm** (797.1 per 100,000) among youths aged 0-17 in 2024.

Emergency Department (ED) Discharge Rates due to Suicide Attempt/Ideation/Intentional Self-Harm Among Youths Aged 0-17, East Region and Subregional Areas (SRAs), 2024

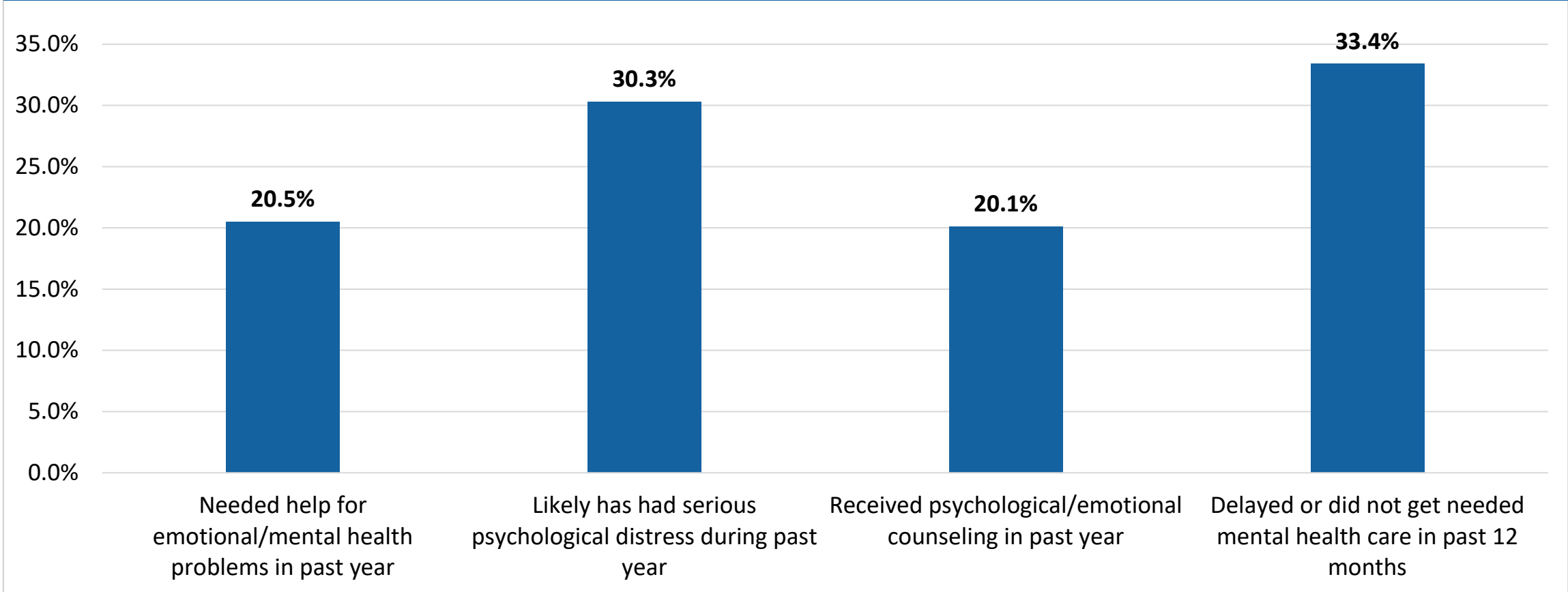


*Starting with data year 2022, rates based on events <20 are suppressed due to statistical instability.
 Data sources: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2024. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). 2024 estimates were derived from the 2020 decennial census.
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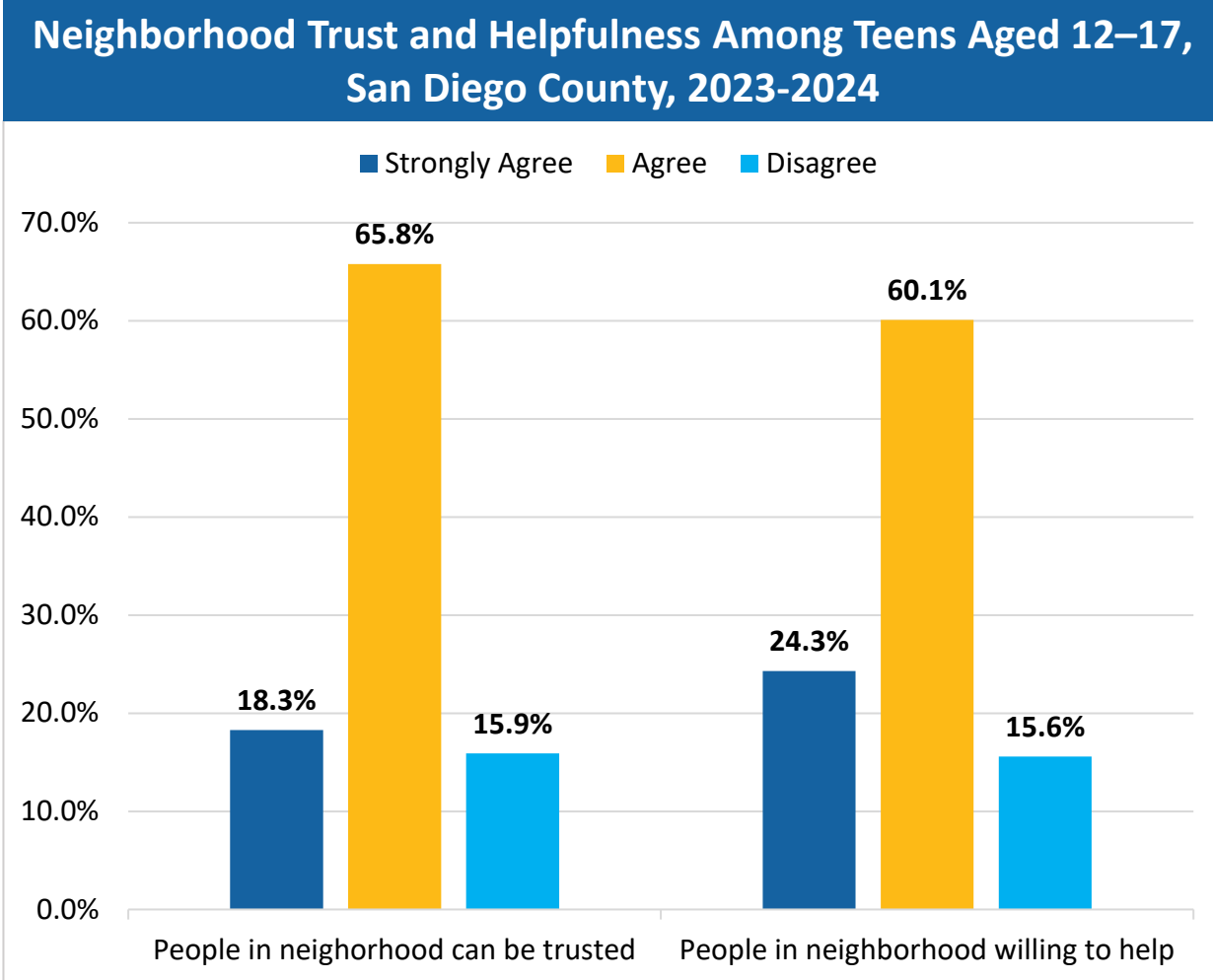
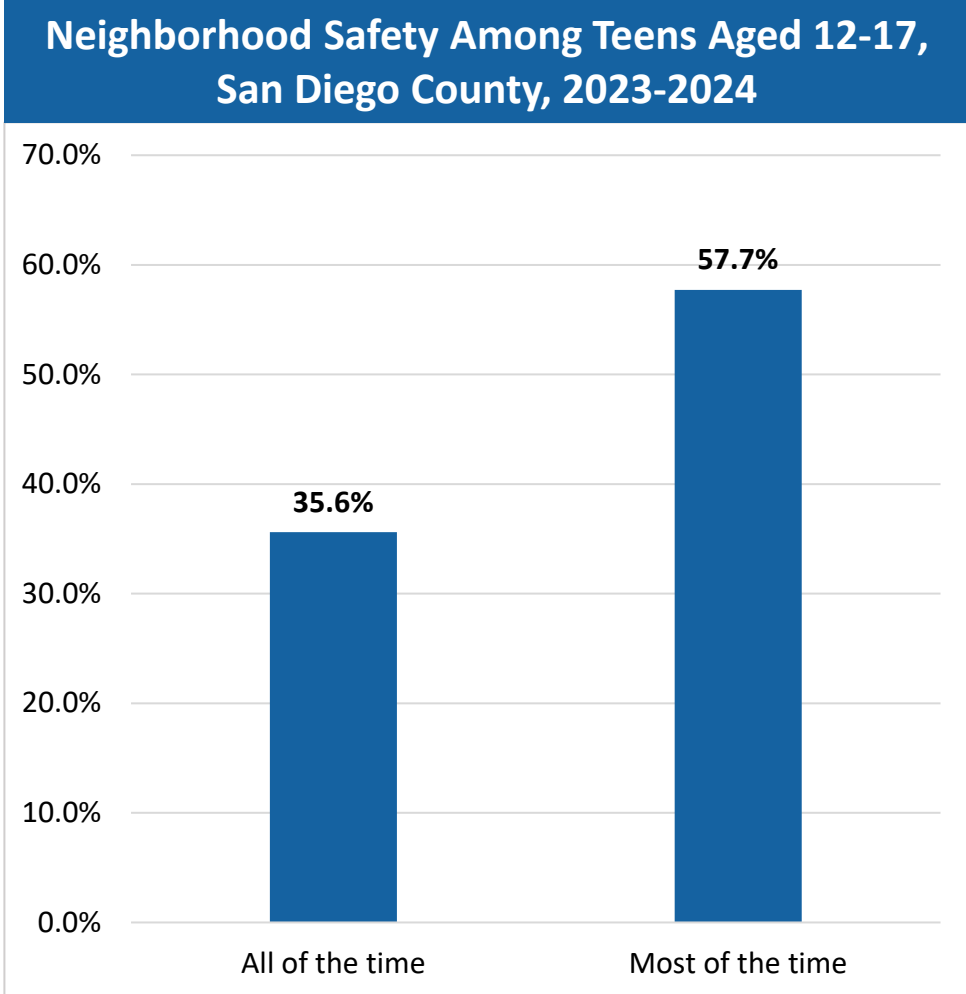
Mental Health – Teens



Mental Health Survey Responses Among Teens Aged 12-17,
San Diego County, 2024



Neighborhood Safety and Support – Teens

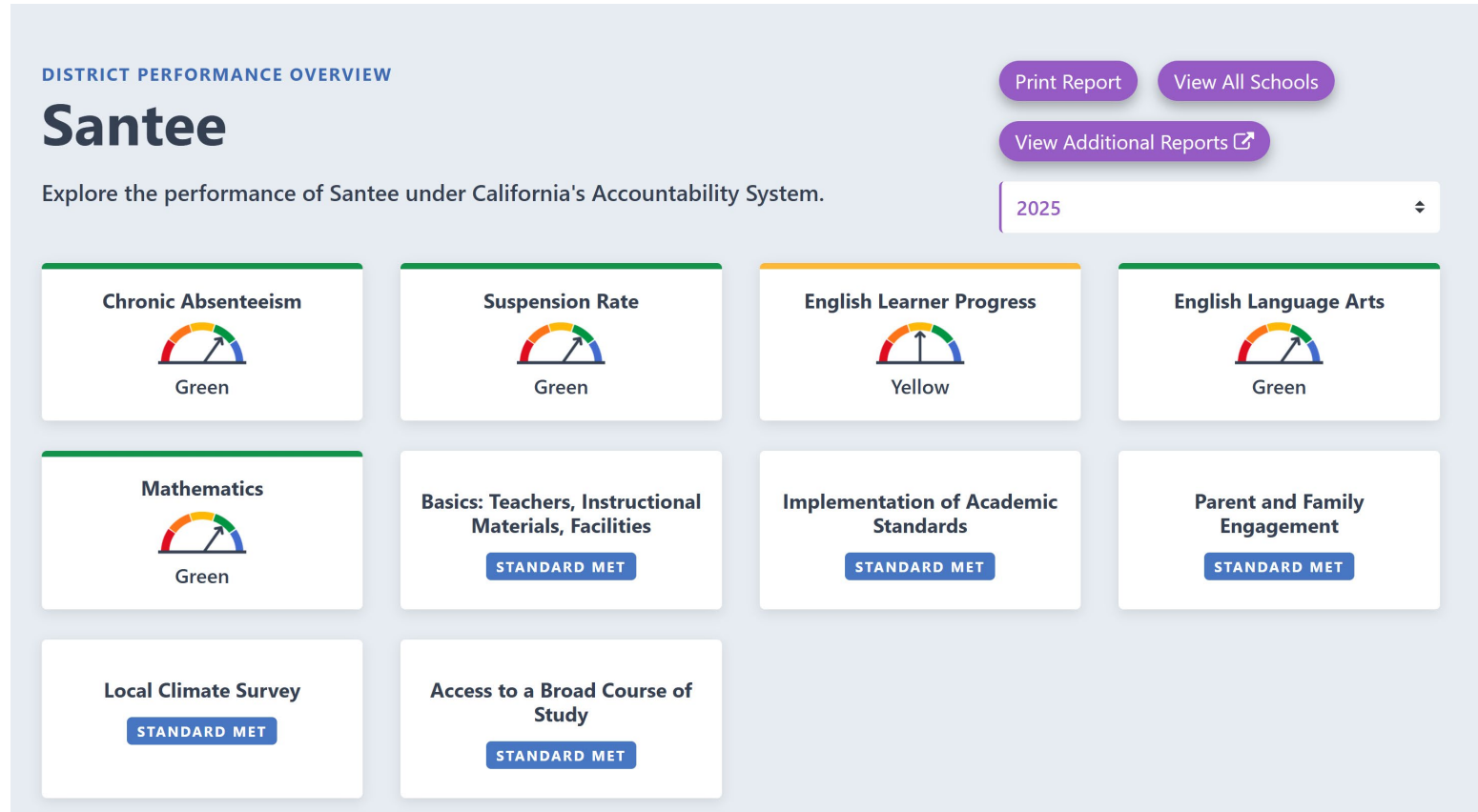


Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2023-2024. Available at <http://ask.chis.ucla.edu>. Exported on May 5, 2026. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

California Schools Dashboard



- Compares school districts or individual school performance to state measures
- Tracks metrics such as graduation rate, chronic absenteeism, suspension rate, and academic performance
- <https://www.caschooldashboard.org/>



Child and Teen Health and Well-Being Dashboard



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Scan or click the QR code to access the dashboard

Child and Teen Health and Well-Being Dashboard

Health and Well-Being Outcomes among the Population 0-17 years of age in San Diego County

Navigation

Please click the images to navigate.

- Demographics
- Social Determinants of Health
- Education and Immunization
- Homelessness
- Mortality
- Morbidity Outcomes

About the dashboard

Child and Teen Health and Well-Being

Health of a community is determined by all members of the community, including children and teens. The health and well-being of children and teens depend on their ability to thrive not only physically but also emotionally and socially. The interconnectedness of social, emotional, and physical determinants of health has generational impact and is crucial for healthy children and healthy adults. A healthy childhood builds the foundation for optimal lifelong health. Children are not tiny versions of adults; their growth and needs are unique as their physical, social and emotional capacities are actively developing.

Prevention and early intervention are effective in reducing long-term negative outcomes: for example, timely vaccinations, good nutrition and safe environments deliver lasting benefits and yield cost-savings for families and society. Because children cannot always advocate for their own health, it is our responsibility to provide resources through an equity and social justice lens. Monitoring child and teen health indicators enables us to assess the local health policies designed to enhance the health outcomes. These insights will, in turn, guide the implementation of optimal interventions that support healthy development into adulthood.

This dashboard focuses on:

- 1) Demographics
- 2) Social determinants of health (SDOH)
 - a. SDOH indicators
 - b. California Strong Start Index (CASSI)
 - c. Child Opportunity Index (COI) 3.0
- 3) Education and immunization indicators
- 4) Homelessness
- 5) Mortality
- 6) Morbidity outcomes

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit
County of San Diego, Health and Human Services Agency, Child and Family Well-Being - Policy and Program Support
January 2026.

Inquiries regarding this dashboard may be directed to:
PHS.CHSU.HHSA@csdcounty.ca.gov
www.scdhealthstatistics.com

Scan or click the QR code to access the Child and Teen Health and Well-Being Dashboard.

Child and Teen Health and Well-Being Dashboard

Health and Well-Being Outcomes among the Population 0-17 years of age in San Diego County

Home Page | Demographics | Social Determinants of Health | Education and Immunization | Homelessness | Mortality | Morbidity Outcomes

Demographics, Ages 0-17 years, San Diego County

Total Population (All ages), 2023: 3,282,782

Proportion of Population, Ages 0-17 years, by Race/Ethnicity, 2024

- Hispanic: 48.4%
- NI White: 31.3%
- NI Black: 3.4%
- NI APF: 9.2%
- NI Other: 8.7%

Female Population, Ages 0-17 years, 2023: 338,299

Male Population, Ages 0-17 years, 2023: 355,870

In 2023, in San Diego County:

- One-fifth of the total population (21.1%) were under 18 years old.
- 51.2% of those under 18 years of age were males and 48.7% were females.
- Male population under 18 years of age constituted 10.6% and female population under 18 years of age constituted 10.3% of the total population.

Child and Teen Health and Well-Being Dashboard

Health and Well-Being Outcomes among the Population 0-17 years of age in San Diego County

Home Page | Demographics | Social Determinants of Health | Education and Immunization | Homelessness | Mortality | Morbidity Outcomes

Education and Immunization

Non-Stability Rate by Race and Ethnicity* San Diego County, 2024-2025

- Hispanic: 18.5%
- White: 7.7%
- Black: 6.9%
- APF: 6.9%
- Other: 6.9%

Immunization among Kindergarten, San Diego County, 2024-2025

- All required immunizations: 90.7%
- 3 or more of Diphtheria, Tetanus and Pertussis (DTaP) vaccine (3 doses are acceptable) at least 1 dose was received on or after the fourth birthday: 84.1%
- 4 or more of Polio vaccine (3 doses are acceptable) at least 1 dose was received on or after the fourth birthday: 84.9%
- 3 or more of Hepatitis B (Hep B) vaccine: 86.4%
- 2 doses of Measles, Mumps and Rubella (MMR) vaccine or two doses of Measles, two doses of Mumps, and one dose of Rubella vaccine, separately or combined, on or after 1 year: 84.8%
- 2 or more of Varicella (Var) vaccine: 84.4%

Healthy People 2030 Resolving Priority Objectives

Objective	San Diego County (2024)	Target
Increase the proportion of 4th-graders with reading skills at or above the proficient level	41.9%	39.0%
Increase the proportion of 8th-graders with reading skills at or above the proficient level	37.0%	37.0%

Child and Teen Health and Well-Being Dashboard

Health and Well-Being Outcomes among the Population 0-17 years of age in San Diego County

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Mortality

Leading Causes of Death among Infants (1 year of age), San Diego County, 2023

- 1 Congenital malformations, deformations, and chromosomal abnormalities: 28
- 2 Neonatal affected by maternal complications of pregnancy: 15
- 3 Disorders related to short gestation and low birth weight, not elsewhere classified: 12
- 4 Sudden infant death syndrome: 12

Infant Mortality, San Diego County, 2022

3.7 per 1,000 live births

Sudden Unexplained Infant Death, San Diego County, 2019-2021

34.4 per 100,000 births

Leading Causes of Death, Ages 1-17 years, San Diego County, 2023

- 1 Accidents (unintentional injuries): 28
- 2 Malignant neoplasms (cancer): 13
- 3 Intentional self-harm (suicide): 13

Child Mortality (Ages 1-17 years), San Diego County, 2023

9.0 per 100,000

Advanced Mortality (Ages 10-19 years), San Diego County, 2023

20.6 per 100,000

Child and Teen Health and Well-Being Dashboard

Health and Well-Being Outcomes among the Population 0-17 years of age in San Diego County

Home Page | Demographics | Social Determinants of Health | Education and Immunization | Homelessness | Mortality | Morbidity Outcomes

Social Determinants of Health, Ages 0-17 years, San Diego County

Overall Child Opportunity Index (COI) 3.0 by Census Tract (Nationally normed), San Diego County, 2023

High (score: 75.00)

Low (score: 60.00)

Child Opportunity Index (COI) 3.0

The Child Opportunity Index (COI) measures and maps the quality of resources and conditions that matter for children's healthy development in the neighborhoods where they live. The COI is a composite index comprised of three domains: education, health and environment, and social and economic. The education domain includes the following subdomains: early childhood education, elementary education, secondary and post-secondary education, and educational resources. The health and environment domain includes the following subdomains: pollution, healthy housing, and green resources. The social and economic domain includes the following subdomains: employment, economic resources, concentrated socioeconomic inequality, housing resources, social resources, and wealth. The COI directly identifies geographic neighborhood conditions experienced by children.

Please click on a census tract to see the map in a new interpretation.

Census Tract 178-25

Navy Island Region

County: 0153

Countywide Score: 72

Overall Child Opportunity Index 3.0: Very High

Nationally Normed Score: 97/100

Child and Teen Health and Well-Being Dashboard

Health and Well-Being Outcomes among the Population 0-17 years of age in San Diego County

Home Page | Demographics | Social Determinants of Health | Education and Immunization | Homelessness | Mortality | Morbidity Outcomes

Morbidity Outcomes, Ages 0-17 years, San Diego County, 2023

Count of Students experiencing Homelessness by Subregional Area (SRA), San Diego County, 2024-2025

- North Region: 5,615 (30.4%)
- East Region: 2,818 (16.2%)
- North Central Region: 2,752 (15.4%)
- South Central Region: 2,882 (16.3%)
- South Region: 3,396 (19.3%)

Students experiencing Homelessness - Enrollment (Cumulative) by Race and Ethnicity, San Diego County, 2024-2025

- Hispanic: 83%
- White: 14%
- Black: 1%
- APF: 1%
- Other: 1%

Students experiencing Homelessness - Enrollment (Cumulative) by District Type, San Diego County, 2024-2025

- Temporarily Disenrolled: 76%
- Temporarily Sifters: 7.4%
- Homelessness: 8.2%
- Temporarily Unenrolled: 9.9%

Child and Teen Health and Well-Being Dashboard

Health and Well-Being Outcomes among the Population 0-17 years of age in San Diego County

Home Page | Demographics | Social Determinants of Health | Education and Immunization | Homelessness | Mortality | Morbidity Outcomes

Morbidity Outcomes, Ages 0-17 years, San Diego County, 2023

Health Condition Group: Asthma

Morbidity Outcomes due to Asthma, Ages 0-17 years, San Diego County, 2023

Morbidity Outcome (per 100,000)	Ages 0-17	Total
ED* Discharge Rate	410.4	223.2
Hospitalization Rate	126.6	46.3

Rates are per 100,000 population. Data includes only rates and adjusted by age, if age or race/ethnicity outcomes do not apply. Data are not available for unclassified health conditions.

Asterisks indicate rates for the population, usually children, aged 0-17 years, divided by a population of 100,000 people. Rates for 100,000 people. 100-199 cases would be reported.

Health Condition Group: Asthma

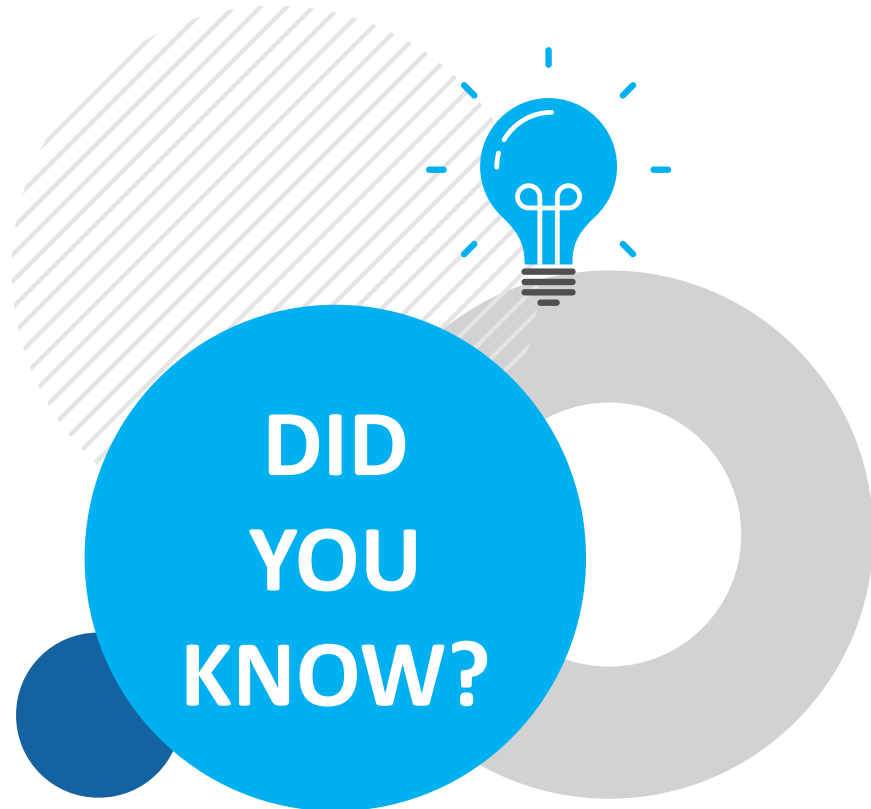
Morbidity Outcome (per 100,000)	Ages 0-17	Total
ED* Discharge Rate	410.4	223.2
Hospitalization Rate	126.6	46.3

The Child and Teen Health and Well-Being dashboard focuses on: Demographics, Social determinants of health indicators, California Strong Start Index (CASSI), Child Opportunity Index (COI) 3.0, Education and immunization indicators, Homelessness, Mortality and morbidity outcomes.



Scan or click the QR code to access the Child and Teen Health and Well-Being Dashboard.

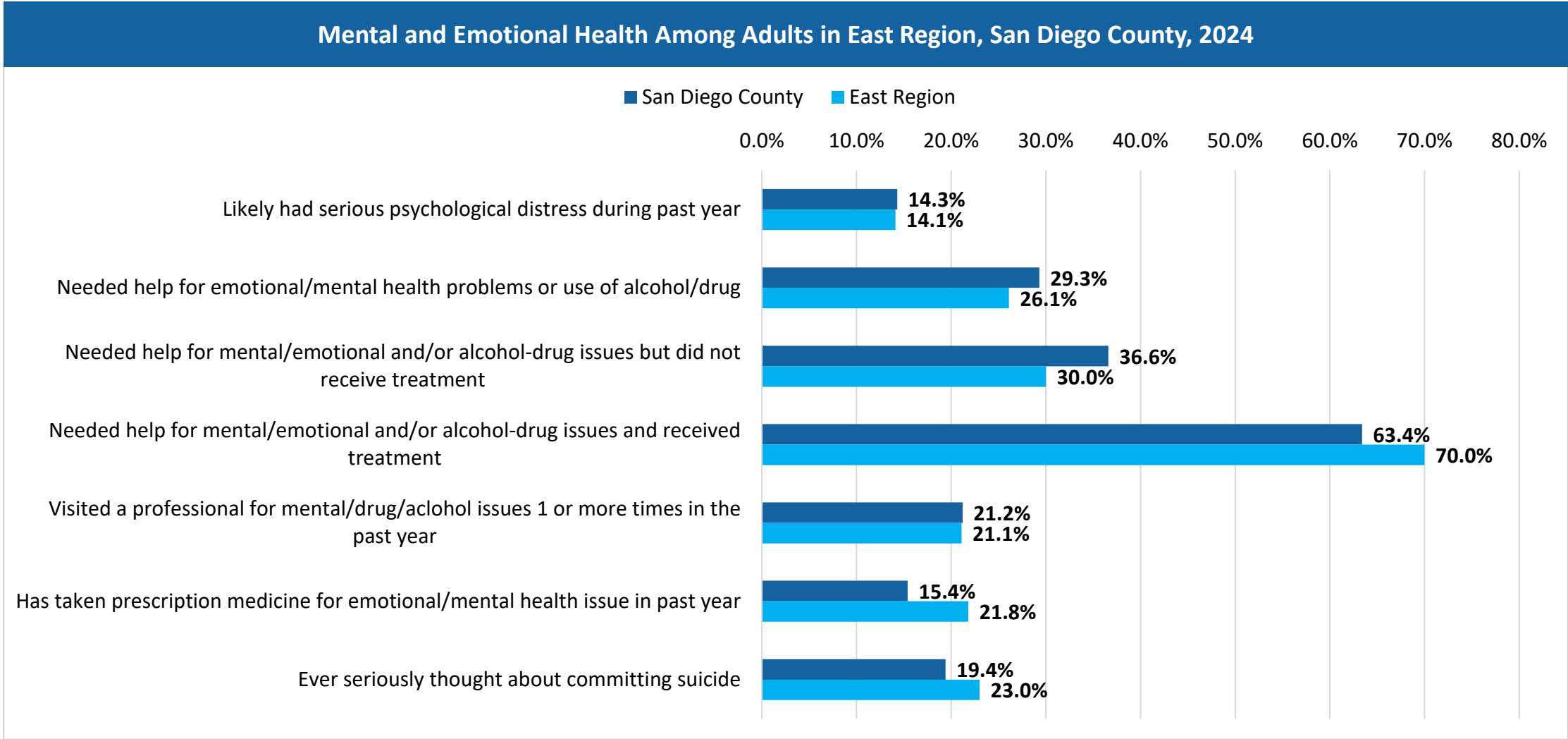
BEHAVIORAL HEALTH



In 2024, 14.1% of adults in East Region likely had serious psychological distress in the past year.



Mental Health – Adults



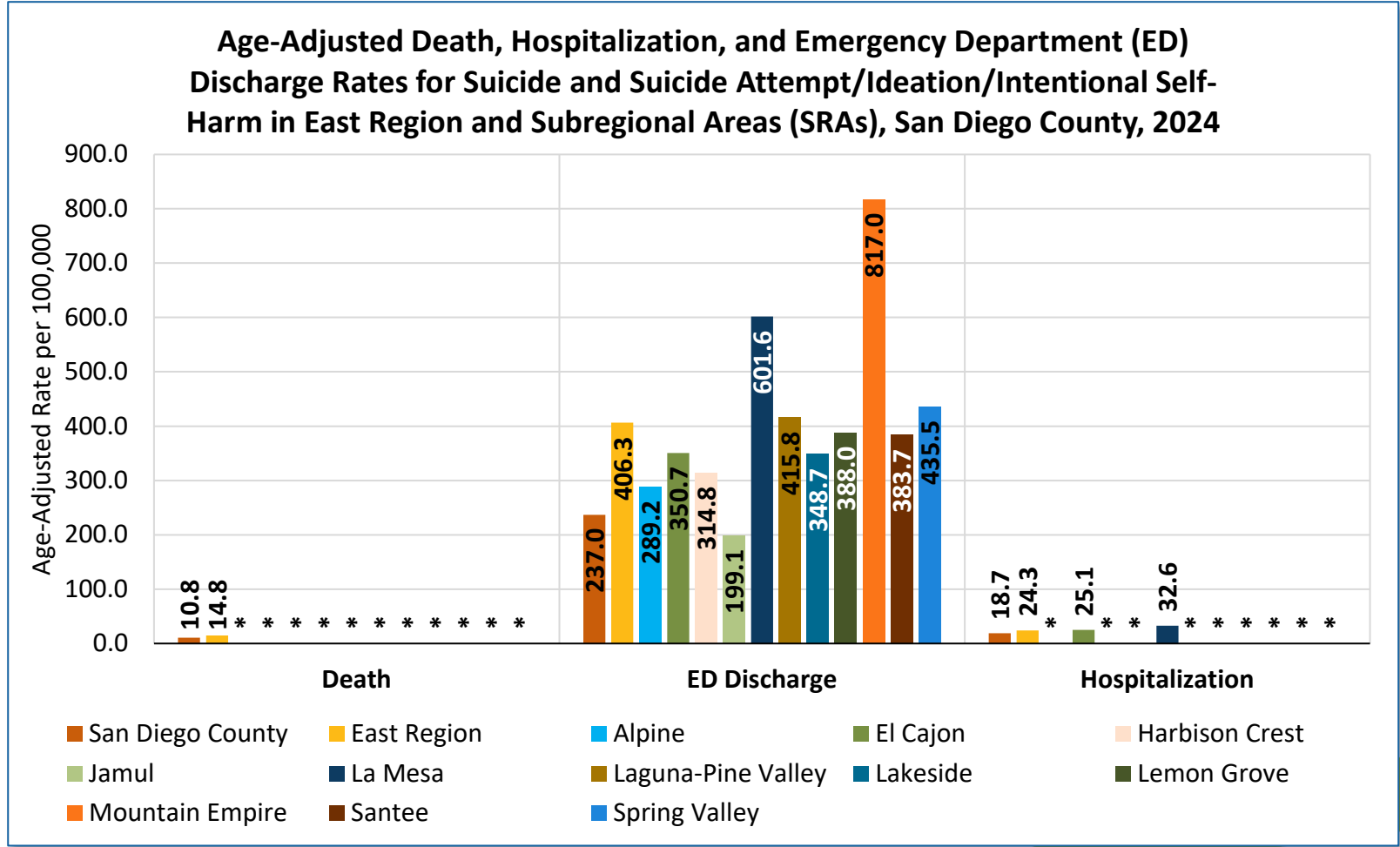
Suicide and Suicide Attempt/Ideation/Intentional Self-Harm



In 2024, the age-adjusted **death rate** due to **suicide** in East Region was 14.8 per 100,000, which was **1.4 times higher** than San Diego County overall.

In 2024, the age-adjusted **ED discharge rate** due to **suicide attempt/ideation/intentional self-harm** in East Region (406.3 per 100,000) was **1.7 times higher** than in San Diego County overall. Among East Region SRAs, **Mountain Empire** had the **highest** age-adjusted **ED discharge rate** due to **suicide attempt/ideation/intentional self-harm** (817.0 per 100,000) in 2024.

In 2024, the age-adjusted **hospitalization rate** due to **suicide attempt/ideation/intentional self-harm** in East Region (24.3 per 100,000) was **1.3 times higher** than in San Diego County overall. Among East Region SRAs, **La Mesa** had the **highest** age-adjusted **hospitalization rate** due to **suicide attempt/ideation/intentional self-harm** (32.6 per 100,000) in 2024.



*Starting with data year 2022, rates based on events <20 are suppressed due to statistical instability.
 Data sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024. California Department of Health Care Access and Information (HCAI), Patient Discharge Database and Emergency Department Discharge Database, 2024. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). 2024 estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
 Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Any Substance Overdose – Death

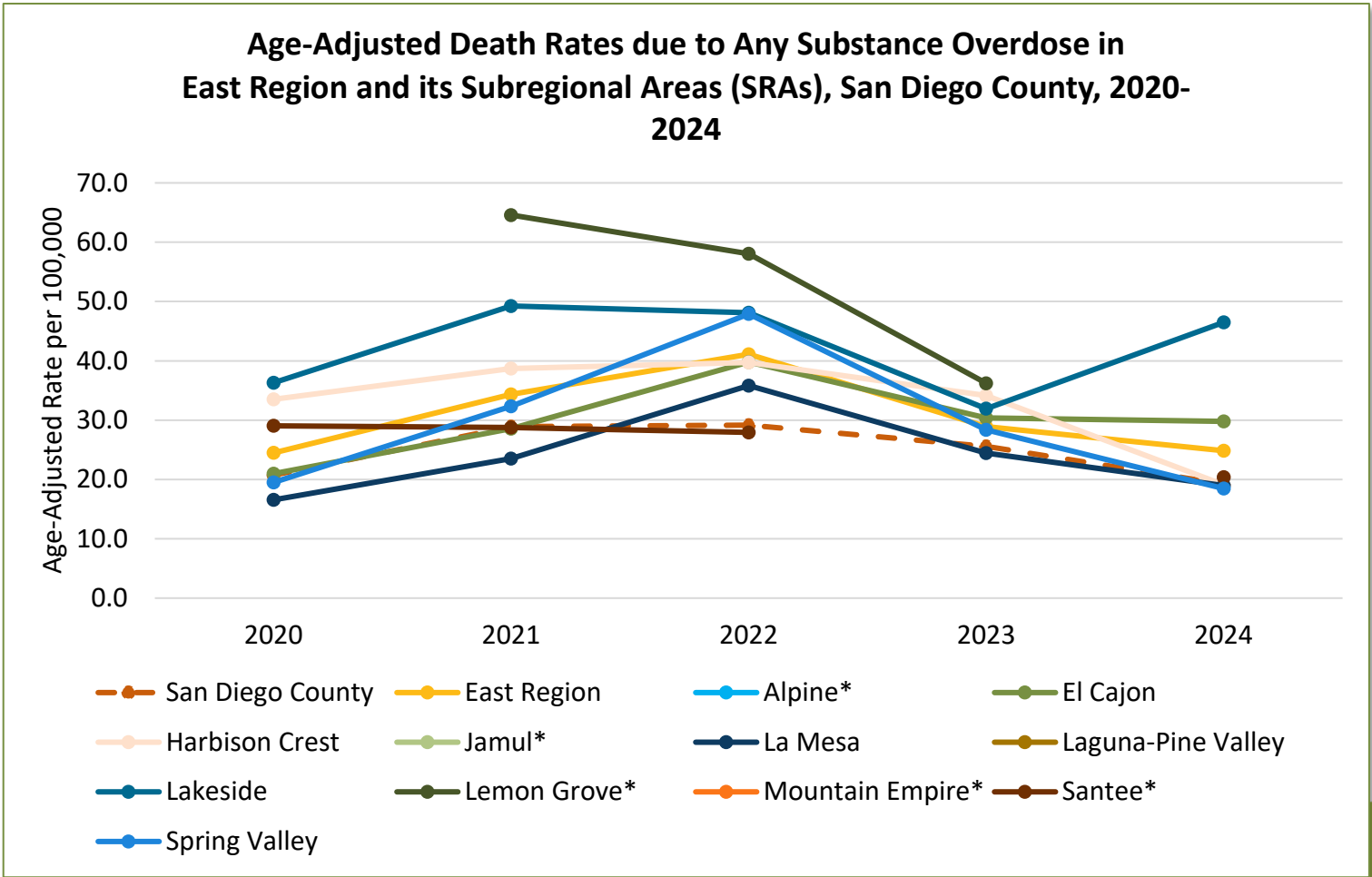


Death Rates, 2020-2024

East Region consistently experienced **higher** age-adjusted **death rates** due to **any substance overdose** than the county overall from 2020-2024.

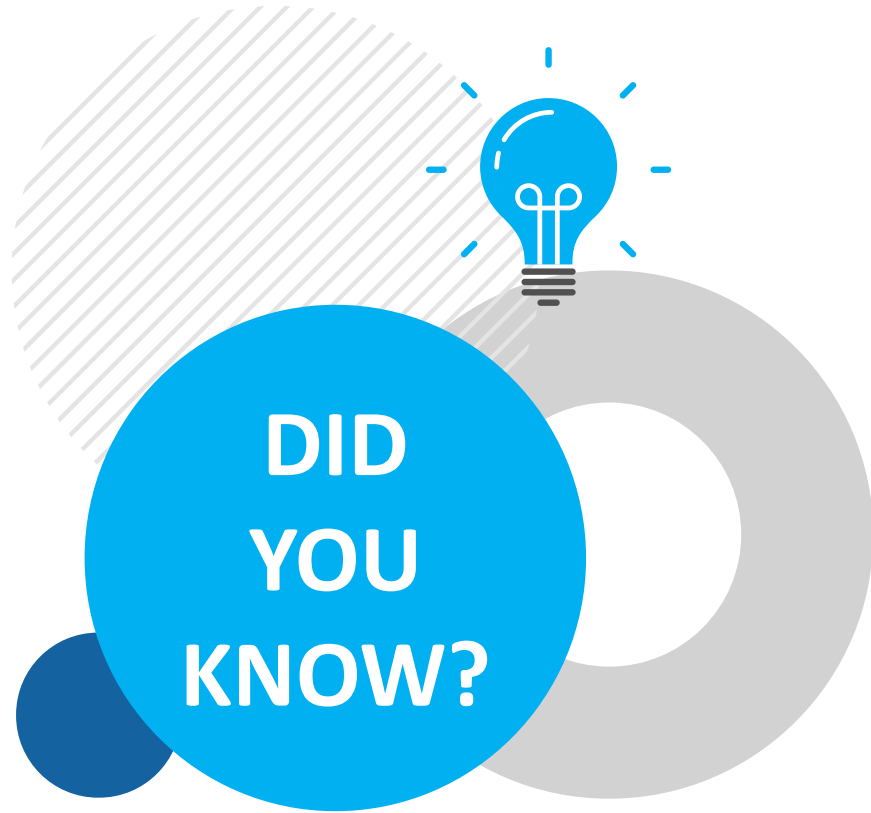
Among East Region SRAs, **El Cajon** had the **highest increase** in the age-adjusted **death rate** due to **any substance overdose** (+42%) from 2020-2024.

Among East Region SRAs, **Lakeside** had the **highest** age-adjusted **death rate** due to **any substance overdose** (46.5 per 100,000) in 2024.



Note: Data are for San Diego County regardless of residence. Place of residence at the time of death is used as the primary geographic indicator; when this is unavailable, the injury ZIP code is used as a proxy.
 Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, 2020-2024 California Vital Records Business Intelligence System (VRBIS). County of San Diego, Health and Human Services Agency, Public Health Services, Epidemiology and Immunizations Services Branch, Overdose Surveillance and Response Program. SANDAG Population Estimates, 2020, 2021 (v09/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). Age-adjusted rates are adjusted to 2000 U.S. Standard Population.
 Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

HEALTH AND WELL-BEING

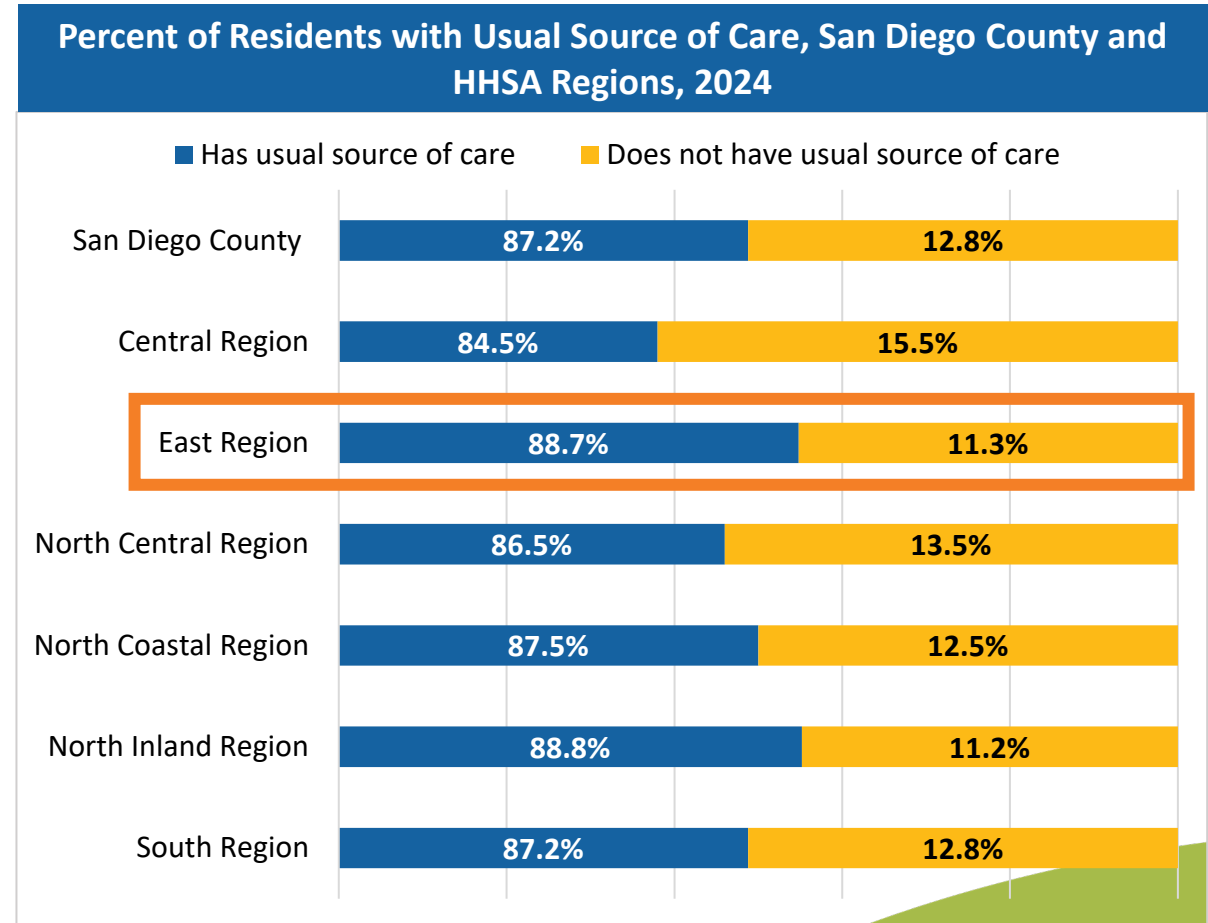
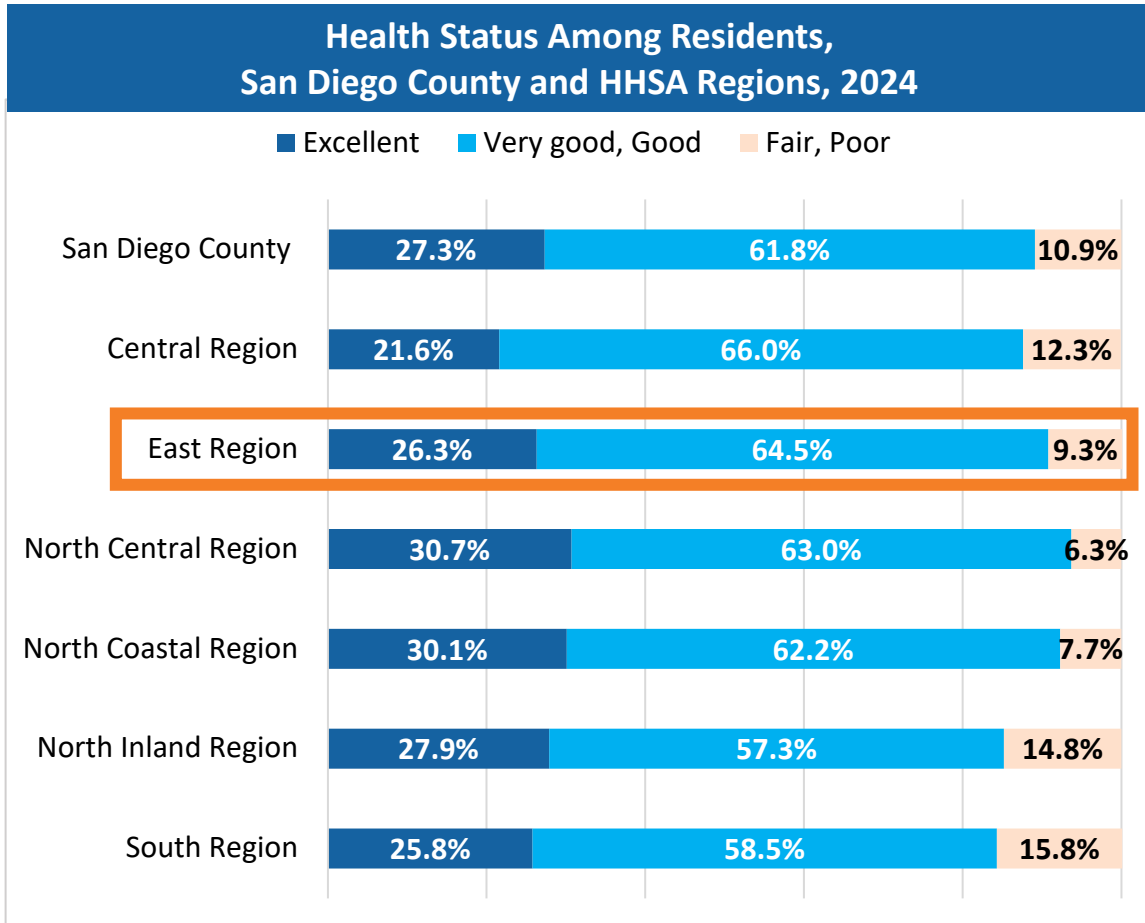


In East Region, 9.3% of residents reported fair or poor health status in 2024.





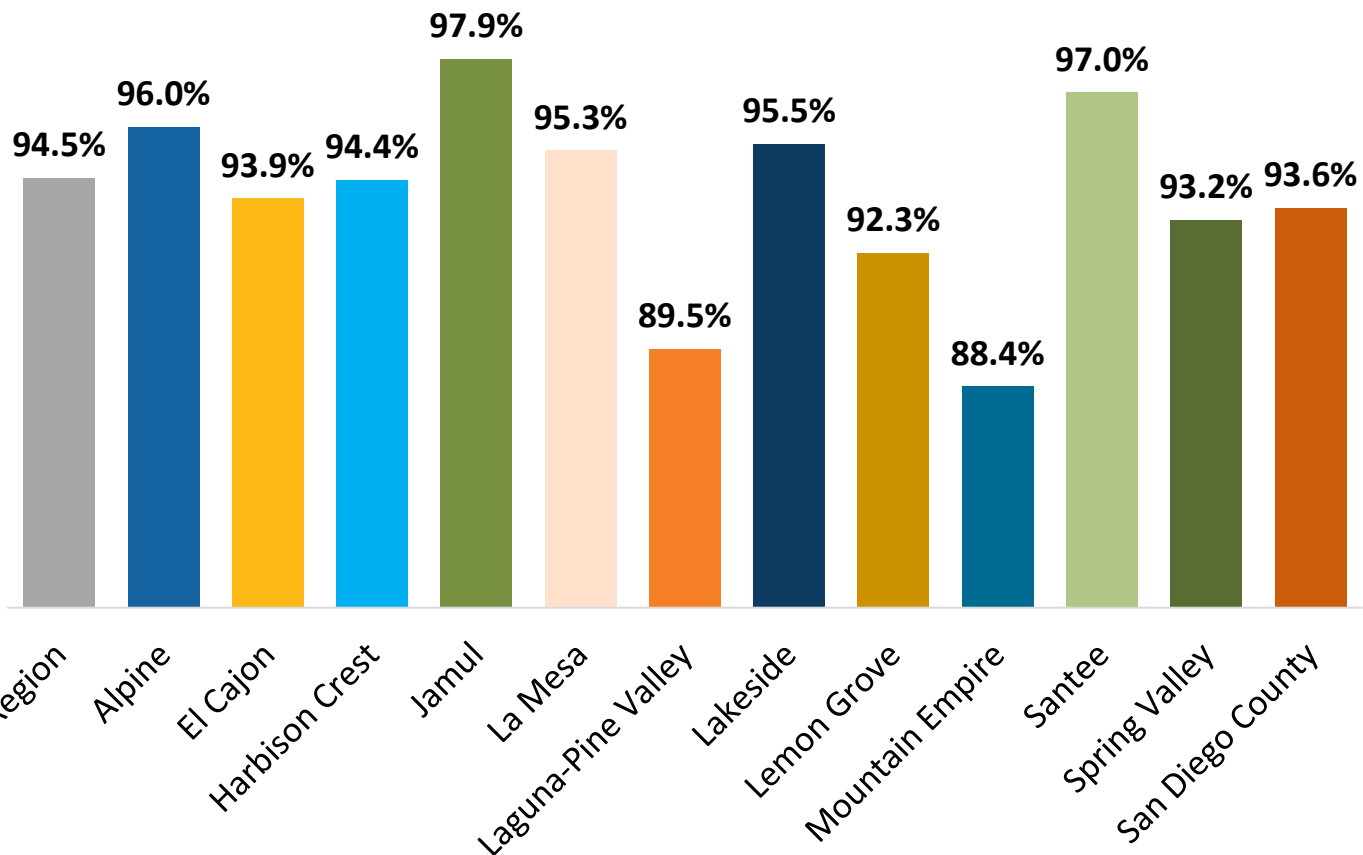
Health Status & Usual Source of Care



Health Insurance



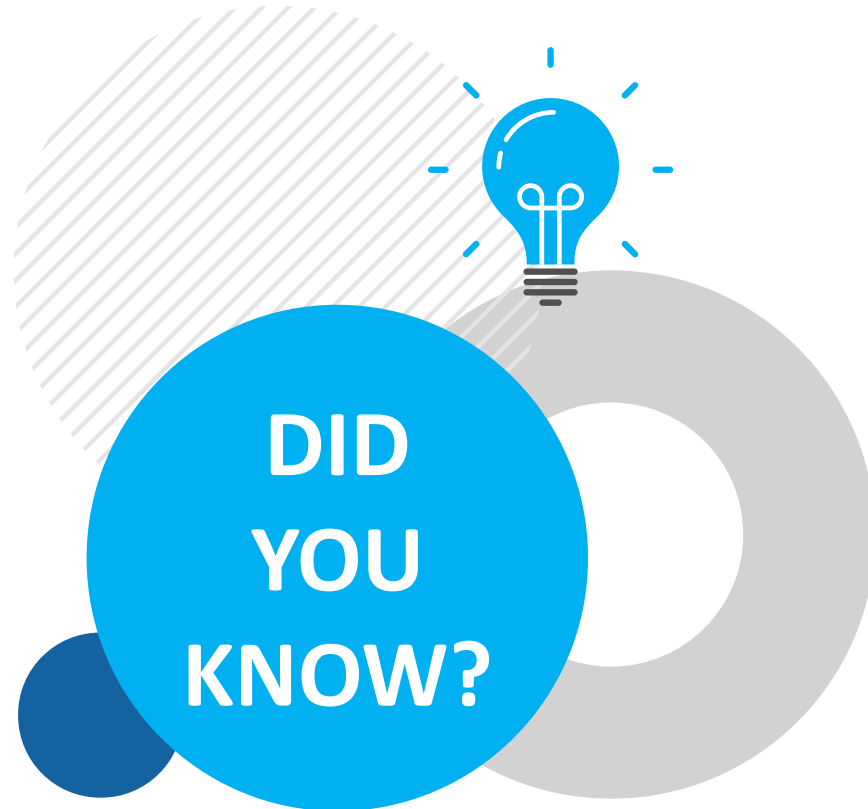
Percent of the Population with Health Insurance in East Region and its Subregional Areas (SRAs), 2024



East Region residents were more likely to have health insurance compared to the overall county in 2024.

- Among East Region SRAs, Jamul and Santee had the highest proportion of residents with health insurance while Mountain Empire and Laguna-Pine Valley had the lowest in 2024.
 - 11.6% of Mountain Empire residents and 10.5% of Laguna-Pine Valley residents did not have health insurance in 2024.

MORTALITY

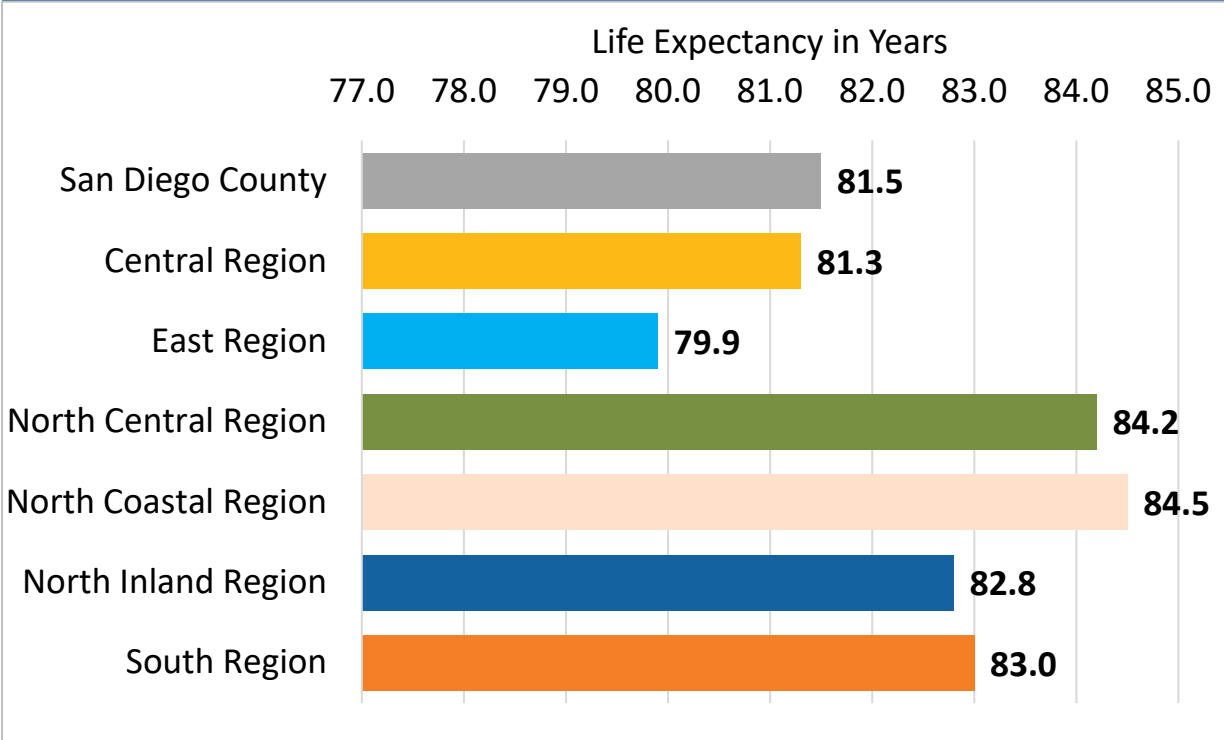


East Region residents had a life expectancy of 79.9 years in 2024.

Mortality - Life Expectancy

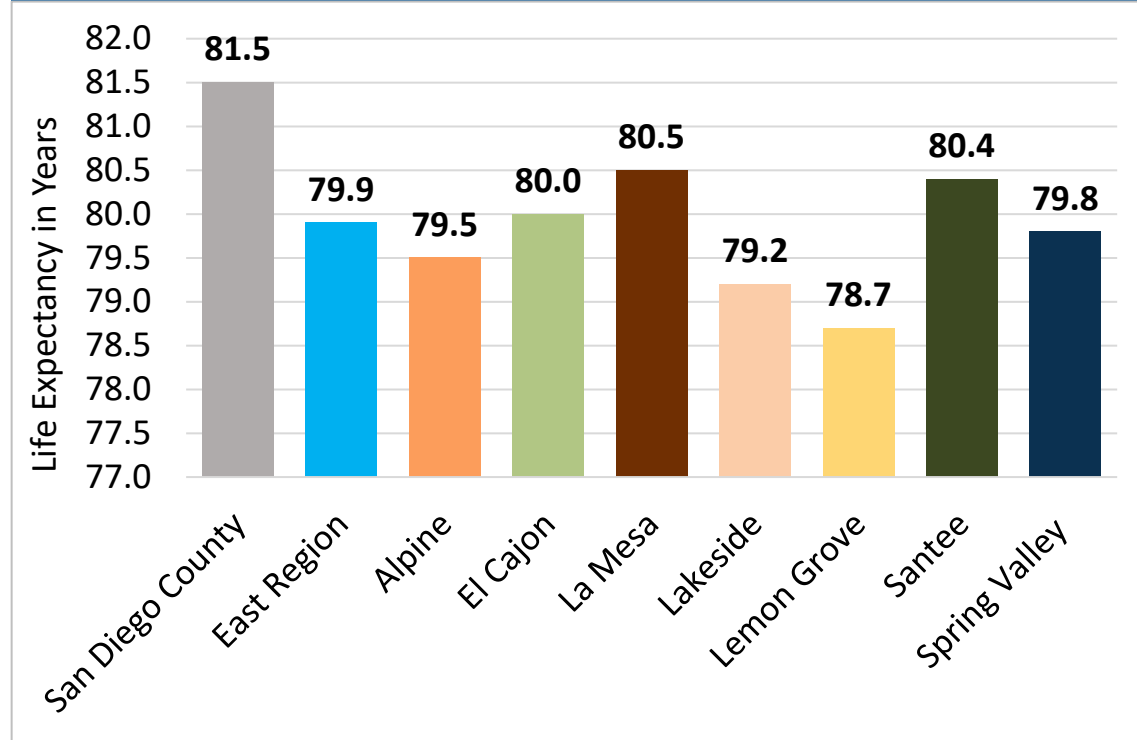


Life Expectancy in San Diego County by HHS Region, 2024



Among HHS Regions, East Region had the lowest life expectancy of 79.9 years in 2024.

Life Expectancy in East Region and Subregional Areas (SRAs)*, 2024



Among East Regions SRAs, La Mesa and Santee had the highest life expectancies while Lemon Grove had the lowest.

*Only SRAs with life expectancies are displayed on graph.

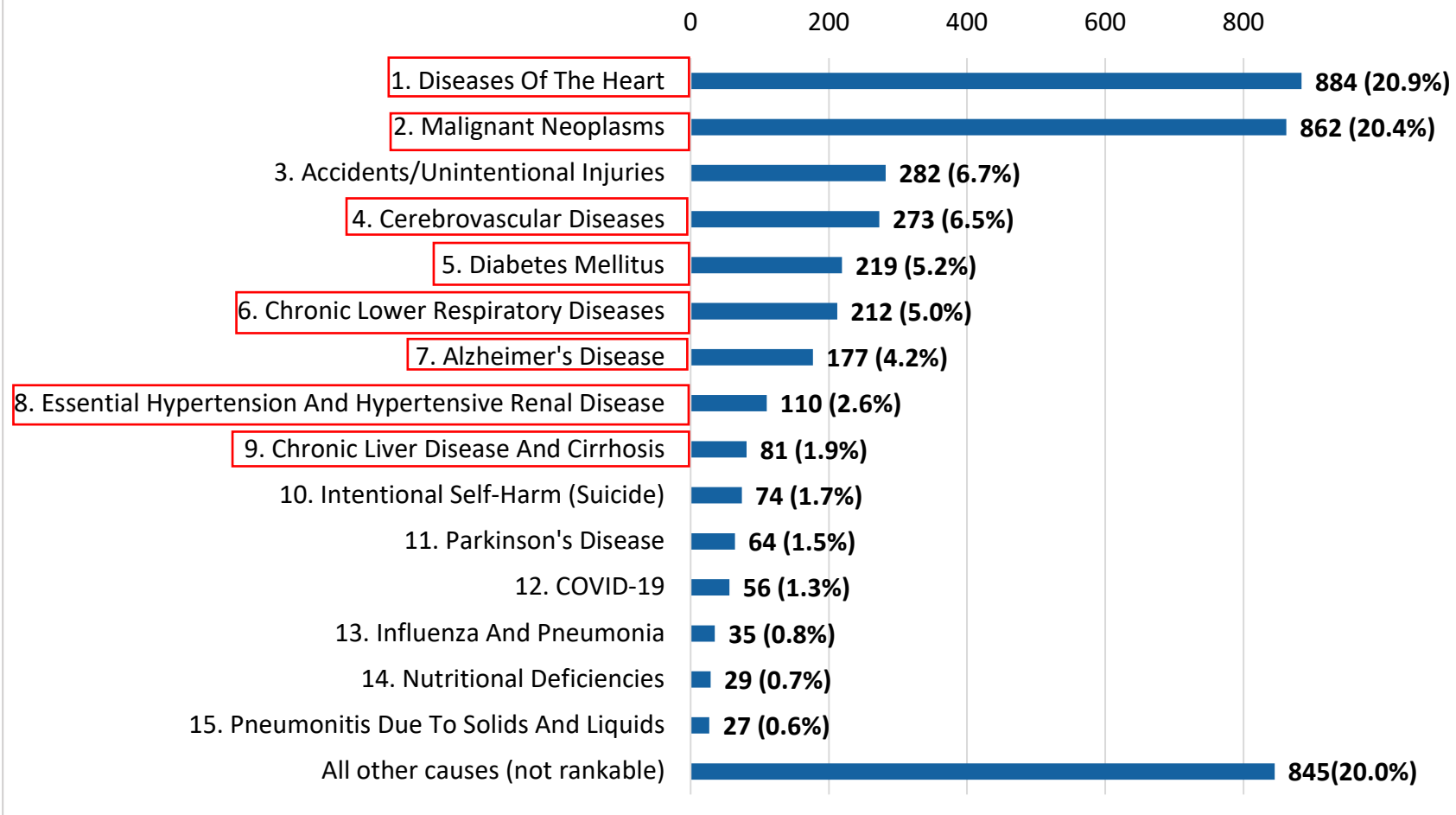
Data Sources: State of California, California Department of Public Health, Vital Records Business Intelligence System (VRBIS), California Comprehensive Death File, 2024, created on September 15, 2025. California Department of Finance. Demographic Research Unit. Report P-3: Population Projections, California, 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.

Mortality - Leading Causes of Death



2024 Leading Causes of Death^{1,2} Among San Diego County Residents by HHS

Region: East Region



In 2024, there were 4,230 deaths among East Region residents.

- In 2024, **diseases of the heart** were the number one leading cause of death in East Region.
- In East Region, 8 out of the 10 leading causes of death were due to **chronic diseases** in 2024.

¹ 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 for San Diego County residents for 2024.

² Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes.

Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

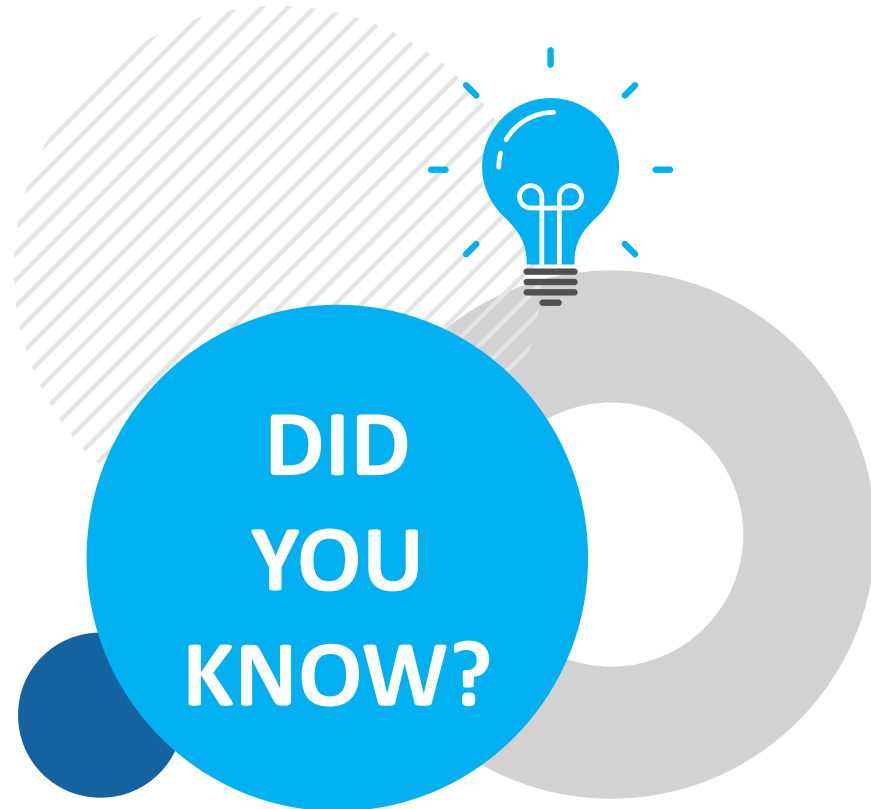
Source: State of California, California Department of Public Health, Vital Records Business Intelligence System (VRBIS), California Comprehensive Death File, 2024, created on September 15, 2025.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2025.

Contact 619.692.6667. https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/

LiveWellSD.org.

HEALTH OUTCOMES



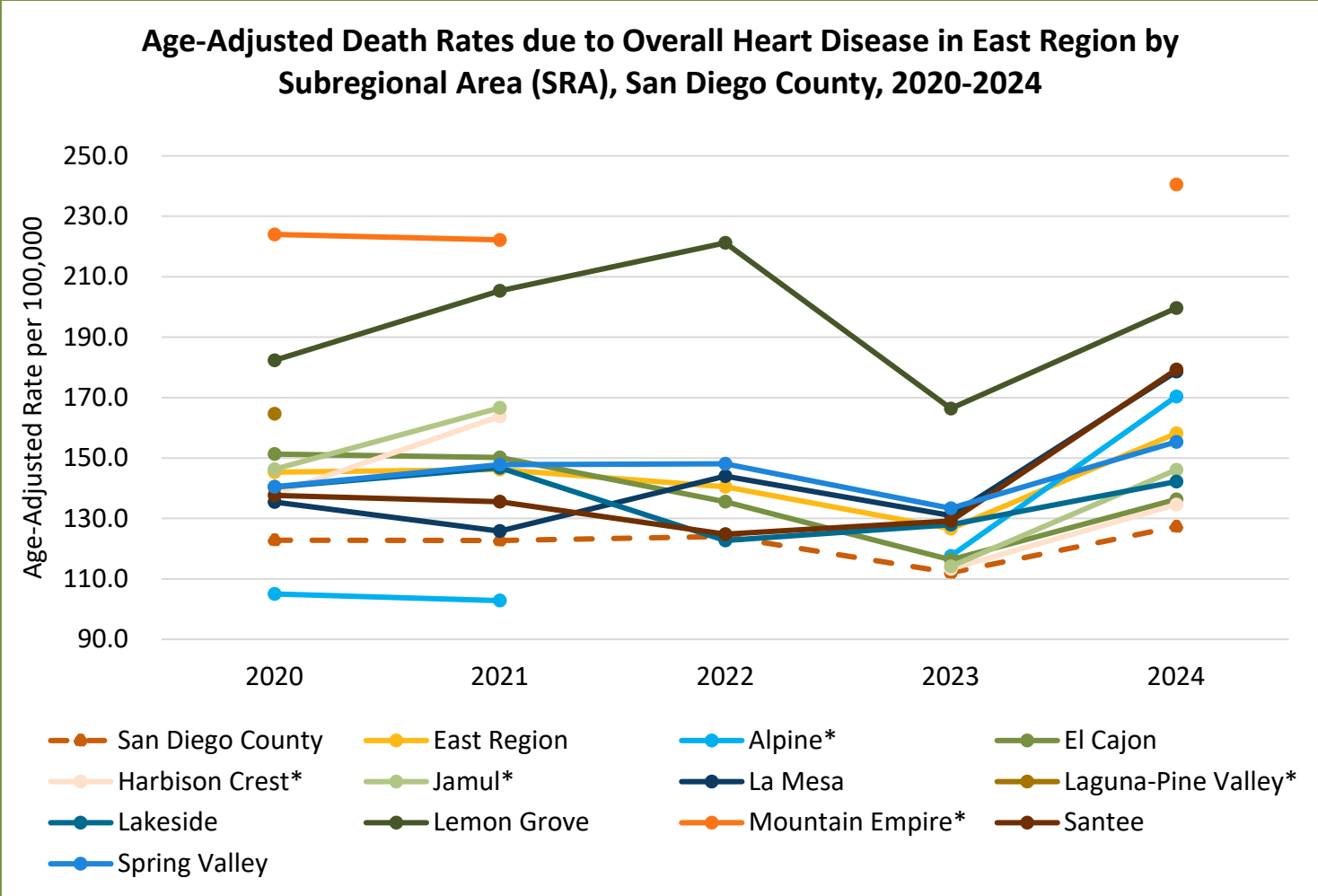
**Among East Region SRAs,
Lemon Grove and Mountain
Empire faced disproportionate
rates for many health
conditions in 2024.**

Non-Communicable (Chronic) Diseases

**Leading Cause of Death:
Heart Disease
Death Rates, 2020-2024**

East Region and its SRAs had **higher** age-adjusted death rates due to **overall heart disease** than the county overall in 2024.

Among East Region SRAs, **Mountain Empire** had the **highest** age-adjusted death rate due to **overall heart disease** (240.5 per 100,000) in 2024, which was **1.9 times higher** than the county overall (127.3 per 100,000).



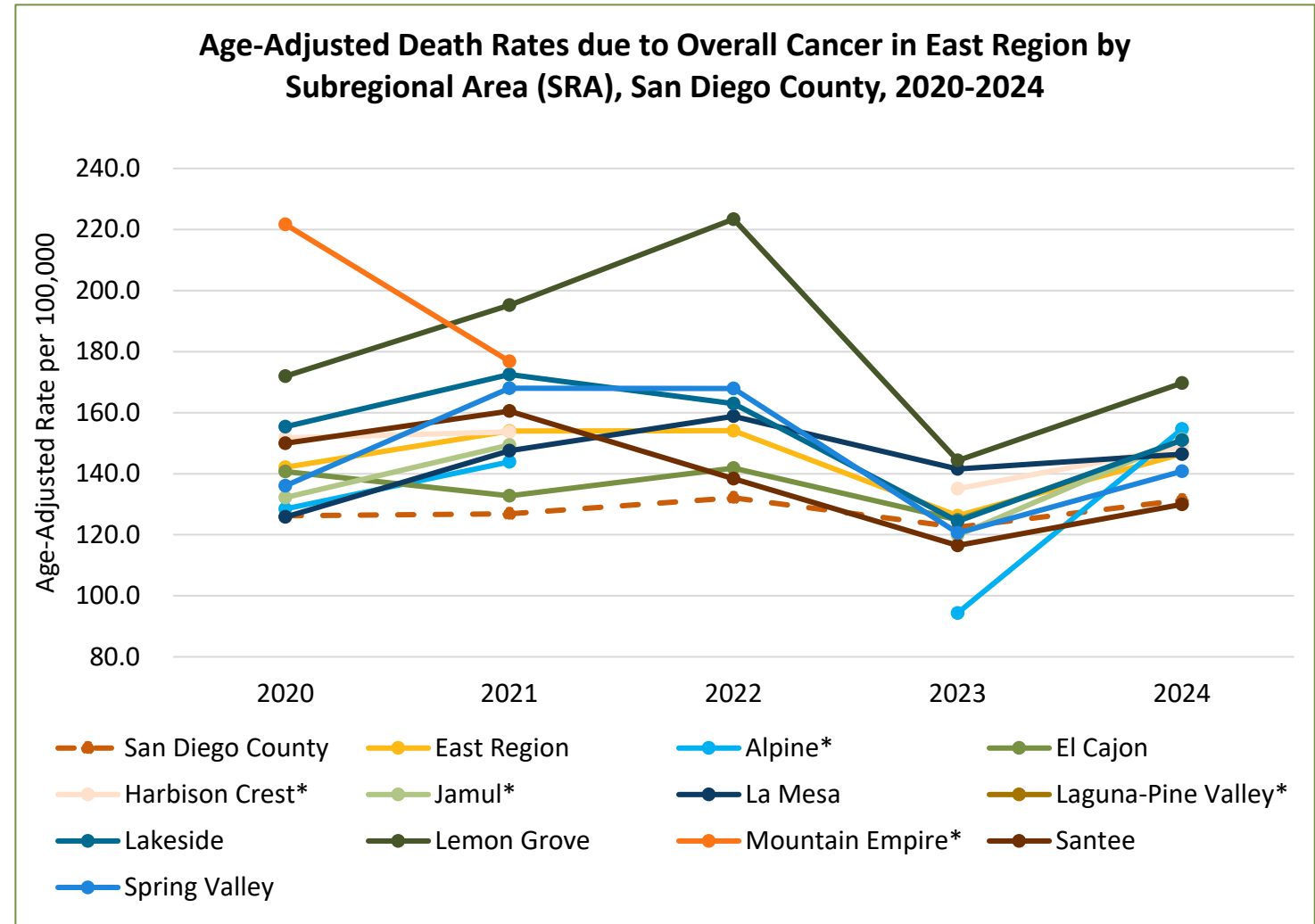
*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, 2020-2024 California Vital Records Business Intelligence System (VRBIS); San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v09/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population. For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
 Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Non-Communicable (Chronic) Diseases

2nd Leading Cause of Death: Cancer Death Rates, 2020-2024

East Region had **higher** age-adjusted **death rates** due to **overall cancer** than the county overall in from 2020-2024.

Among East Region SRAs, **Lemon Grove** had the **highest** age-adjusted **death rate** due to **overall cancer** (169.6 per 100,000) in 2024, which was **1.3 times higher** than the county overall (131.4 per 100,000).



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, 2020-2024 California Vital Records Business Intelligence System (VRBIS); San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v09/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population. For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
 Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Non-Communicable (Chronic) Diseases

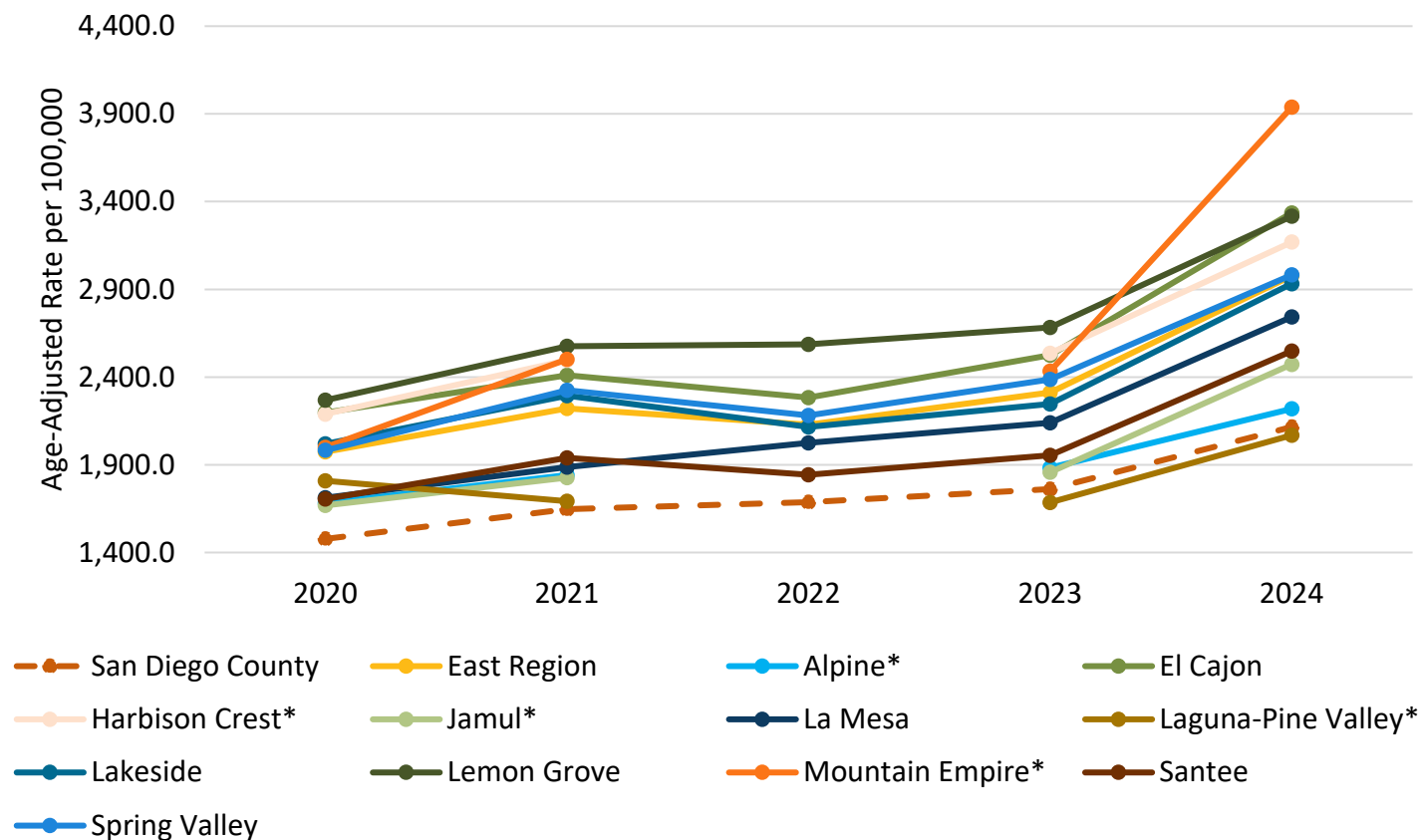
Leading Cause of ED Discharge: Heart Disease ED Discharge Rates, 2020-2024

From 2020-2024, the age-adjusted **ED discharge rate** due to **overall heart disease** in **East Region** **increased by 51%** from 1,974.0 to 2,977.1 per 100,000 residents.

East Region and its SRAs, except Laguna-Pine Valley, had **higher age-adjusted ED discharge rates** due to **overall heart disease** than the county overall from 2020-2024.

Among East Region SRAs, **Mountain Empire** experienced the **highest increase** in the age-adjusted **ED discharge rate** due to **overall heart disease**, with the rate nearly **doubling** from 2020-2024.

Age-Adjusted Emergency Department (ED) Discharge Rates due to Overall Heart Disease in East Region by Subregional Area (SRA), San Diego County, 2020-2024



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

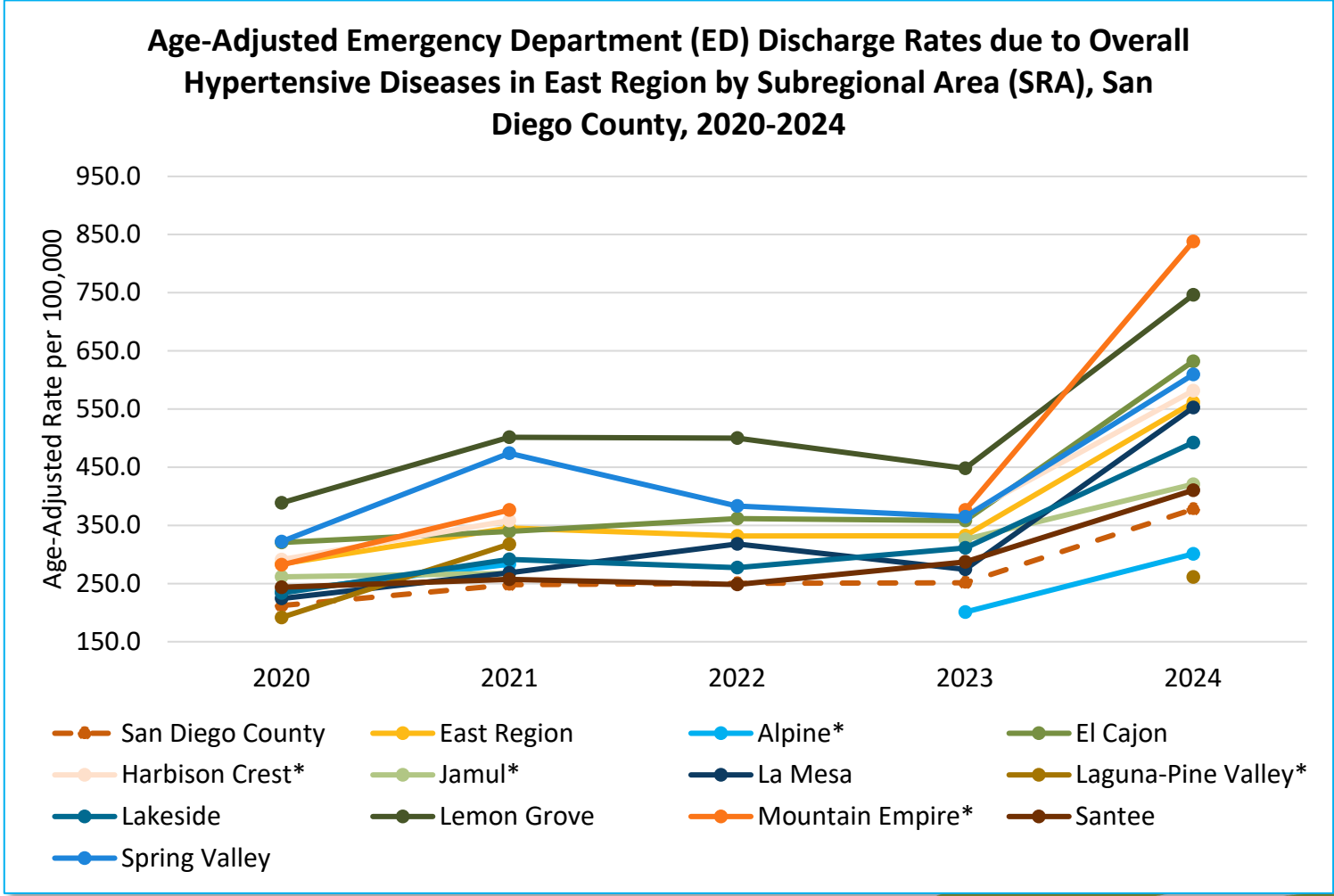
Non-Communicable (Chronic) Diseases

2nd Leading Cause of ED Discharge: Hypertensive Diseases ED Discharge Rates, 2020-2024

The age-adjusted ED discharge rates due to **overall hypertensive diseases** in East Region and its SRAs **increased** from 2020-2024.

The age-adjusted ED discharge rate due to **overall hypertensive diseases** in East Region nearly **doubled** from 2020-2024, increasing from 283.7 to 561.4 per 100,000 residents.

Among East Region SRAs, **Mountain Empire** experienced the **highest increase** in the age-adjusted ED discharge rate due to **overall hypertensive diseases**, with the rate nearly **tripling** from 2020-2024.



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.
 Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Non-Communicable (Chronic) Diseases

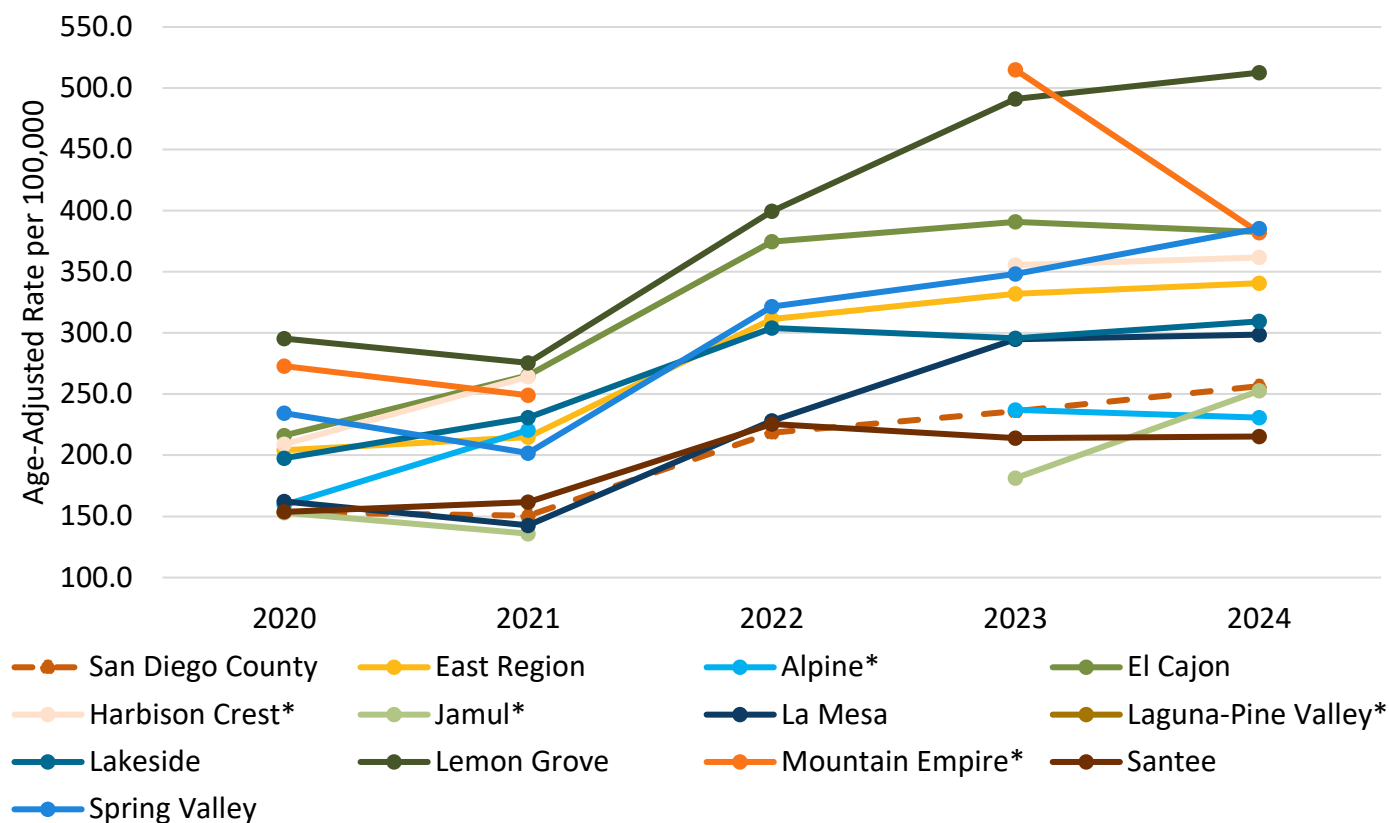
Notable Condition: Asthma ED Discharge Rates, 2020-2024

The age-adjusted ED discharge rates due to **asthma** in East Region and its SRAs **increased** from 2020-2024.

From 2020-2024, the age-adjusted ED discharge rate due to **asthma** in East Region **increased by 67%** from 204.1 to 340.6 per 100,000 residents.

Among East Region SRAs, **La Mesa** experienced the **highest increase** in the age-adjusted ED discharge rate due to **asthma** (+84%) from 2020-2024.

Age-Adjusted Emergency Department (ED) Discharge Rates due to Asthma in East Region by Subregional Area (SRA), San Diego County, 2020-2024



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Non-Communicable (Chronic) Diseases

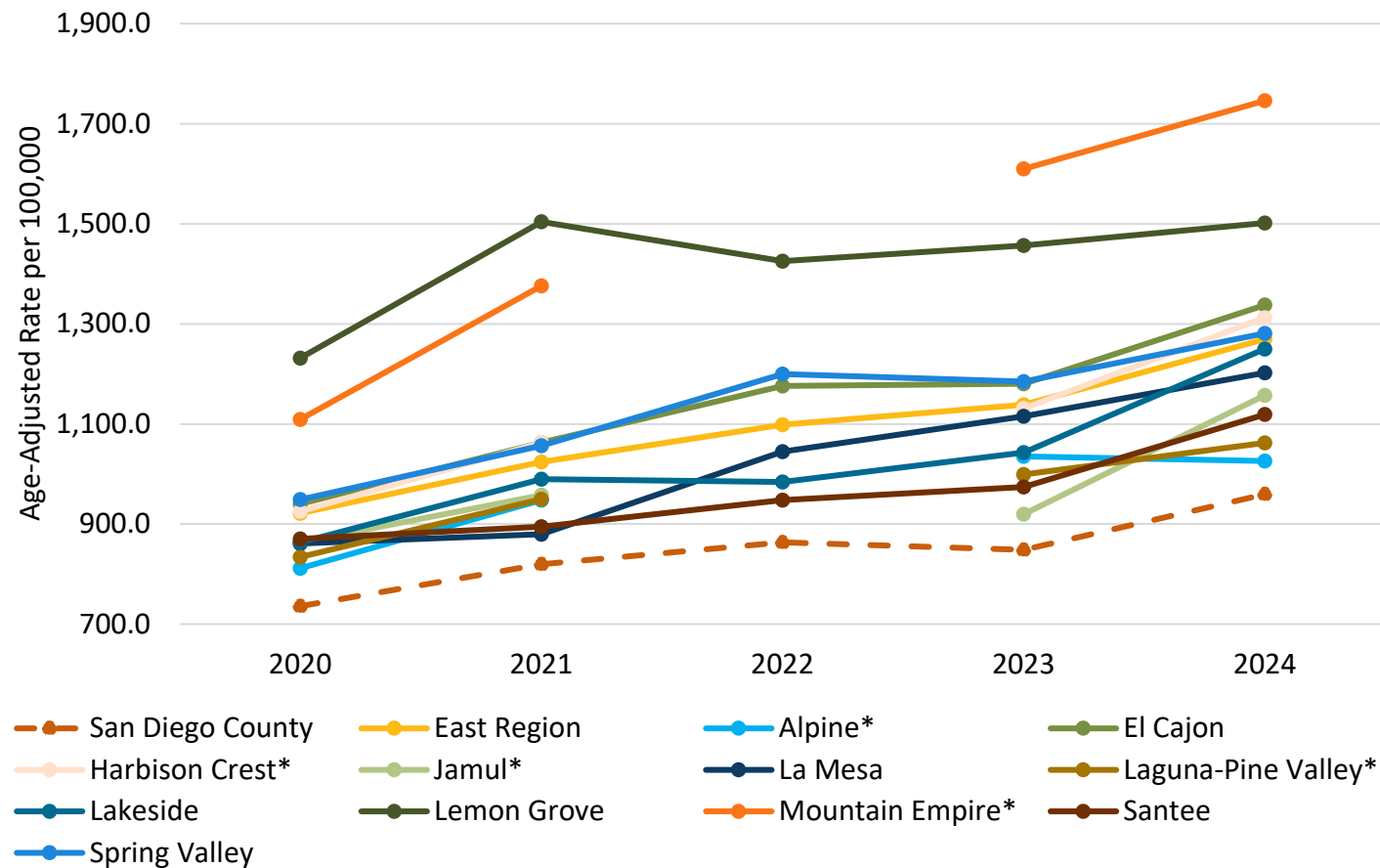
Leading Cause of Hospitalization: Heart Disease Hospitalization Rates, 2020-2024

From 2020-2024, the age-adjusted hospitalization rates due to **overall heart disease** in East Region and its SRAs **increased**, consistently remaining higher than the overall county rate.

Among East Region SRAs, **Mountain Empire** had the **highest** age-adjusted hospitalization rates due to **overall heart disease** from 2023-2024.

Additionally, **Mountain Empire SRA** experienced the **highest increase** in the age-adjusted hospitalization rate due to **overall heart disease** (+57%) from 2020-2024.

Age-Adjusted Hospitalization Rates due to Overall Heart Disease in East Region by Subregional Area (SRA), San Diego County, 2020-2024



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

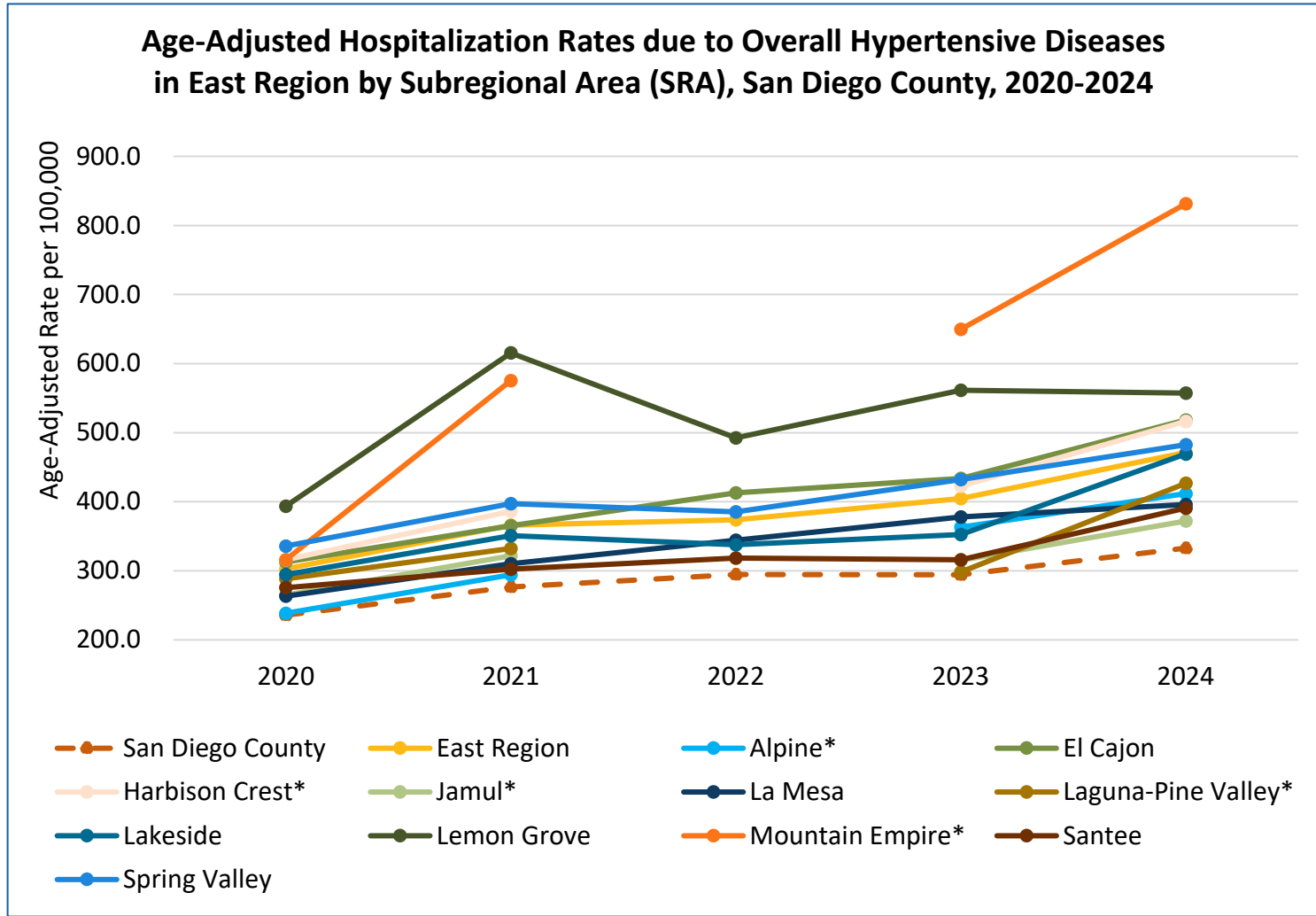
Non-Communicable (Chronic) Diseases

2nd Leading Cause of Hospitalization: Hypertensive Diseases Hospitalization Rates, 2020-2024

From 2020-2024, the age-adjusted **hospitalization rates** due to **overall hypertensive diseases** in **East Region and its SRAs increased**, consistently **remaining higher** than the overall county rate.

From 2020-2024, the age-adjusted **hospitalization rate** due to **overall hypertensive diseases** in **East Region increased by 56%** from 302.9 to 471.3 per 100,000 residents.

Among East Region SRAs, **Mountain Empire experienced the highest increase** in the age-adjusted **hospitalization rate** due to **overall hypertensive diseases**, with the rate nearly **tripling** from 2020-2024.



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.
 Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Alzheimer's Disease: Mortality and Morbidity

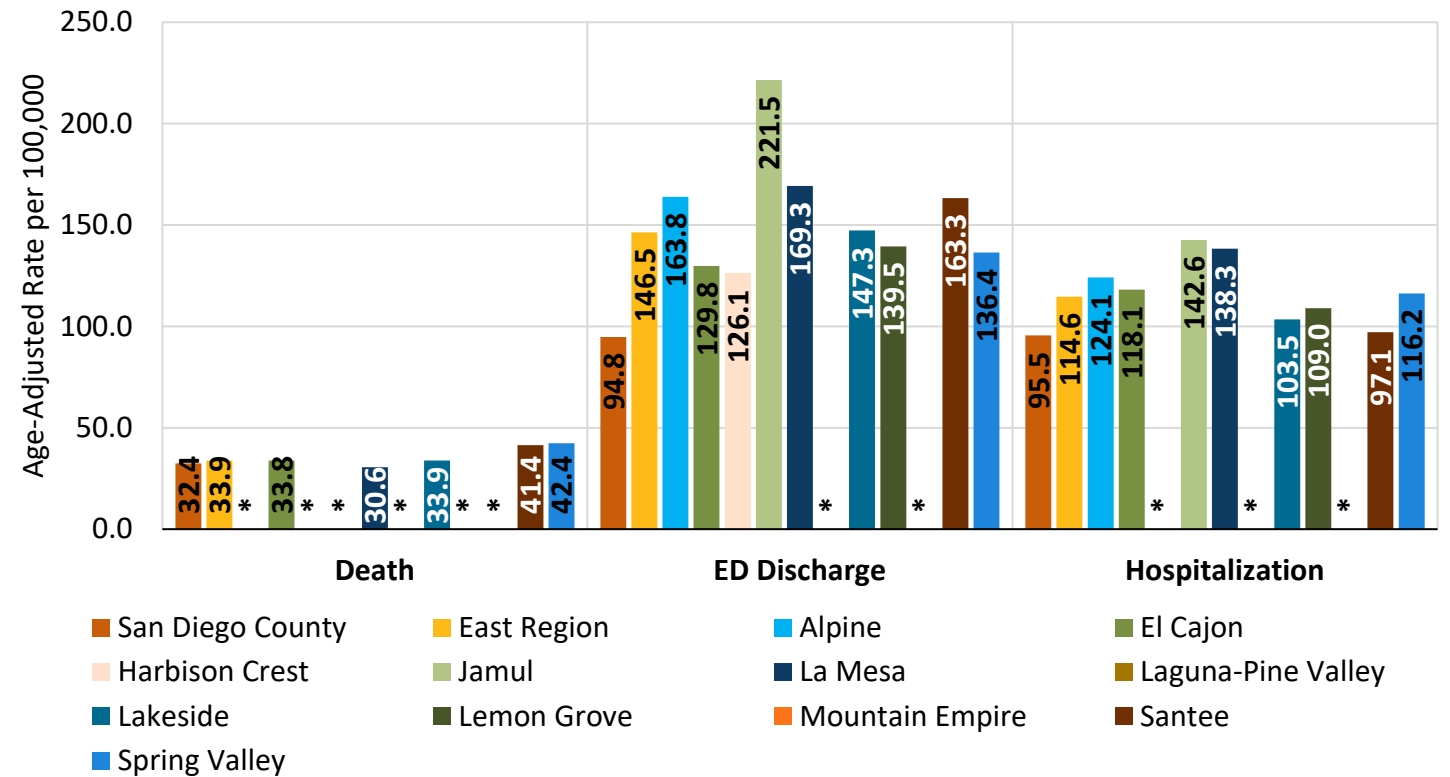


In 2024, the age-adjusted **death rate** due to **Alzheimer's Disease** in East Region was **33.9 per 100,000**, slightly **higher** than San Diego County overall. Among East Region SRAs, **Spring Valley** had the highest age-adjusted death rate due to Alzheimer's Disease (42.4 per 100,000) in 2024.

In 2024, the age-adjusted **ED discharge rate** due to **Alzheimer's Disease** in East Region (146.5 per 100,000) was **1.5 times higher** than in San Diego County overall. Among East Region SRAs, **Jamul** had the highest age-adjusted ED discharge rate due to Alzheimer's Disease (221.5 per 100,000) in 2024.

In 2024, the age-adjusted **hospitalization rate** due to **Alzheimer's Disease** in East Region (114.6 per 100,000) was **1.2 times higher** than in San Diego County overall. Among East Region SRAs, **Jamul** had the highest age-adjusted hospitalization rate due to Alzheimer's Disease (142.6 per 100,000) in 2024.

Age-Adjusted Death, Hospitalization, and Emergency Department (ED) Discharge Rates† for Alzheimer's Disease in East Region and Subregional Areas (SRAs), San Diego County, 2024



† Death rates are from the underlying cause of death, while hospitalization and emergency department rates include any mention of the diagnosis in the medical record

*Starting with data year 2022, rates based on events <20 are suppressed due to statistical instability.

Data sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024. California Department of Health Care Access and Information (HCAI), Patient Discharge Database and Emergency Department Discharge Database, 2024. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). 2024 estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

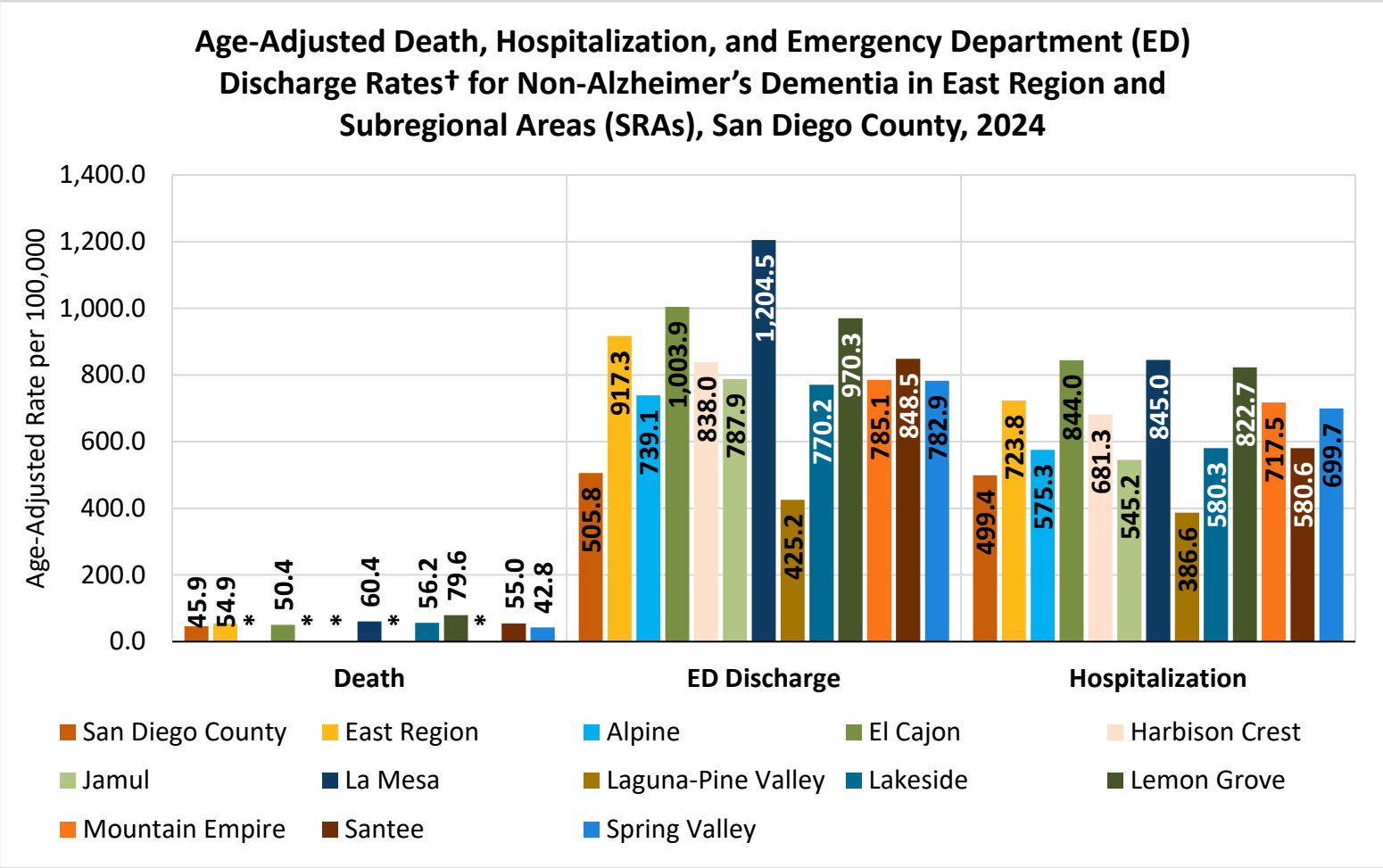
Non-Alzheimer's Dementia: Mortality and Morbidity



In 2024, the age-adjusted **death rate** due to **non-Alzheimer's Dementia** in East Region was 54.9 per 100,000, which was **higher** than San Diego County overall. Among East Region SRAs, **Lemon Grove** had the highest age-adjusted death rate due to non-Alzheimer's Dementia (79.6 per 100,000) in 2024.

In 2024, the age-adjusted **ED discharge rate** due to **non-Alzheimer's Dementia** in East Region (917.3 per 100,000) was **1.8 times higher** than in San Diego County overall. Among East Region SRAs, **La Mesa** had the highest age-adjusted ED discharge rate due to non-Alzheimer's Dementia (1,204.5 per 100,000) in 2024.

In 2024, the age-adjusted **hospitalization rate** due to **non-Alzheimer's Dementia** in East Region (723.8 per 100,000) was **1.4 times higher** than in San Diego County overall. Among East Region SRAs, **La Mesa** and **El Cajon** had the highest age-adjusted hospitalization rates due to non-Alzheimer's Dementia (845.0 per 100,000 and 844.0 per 100,000, respectively) in 2024.



† Death rates are from the underlying cause of death, while hospitalization and emergency department rates include any mention of the diagnosis in the medical record

*Starting with data year 2022, rates based on events <20 are suppressed due to statistical instability.

Data sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024. California Department of Health Care Access and Information (HCAI), Patient Discharge Database and Emergency Department Discharge Database, 2024. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). 2024 estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

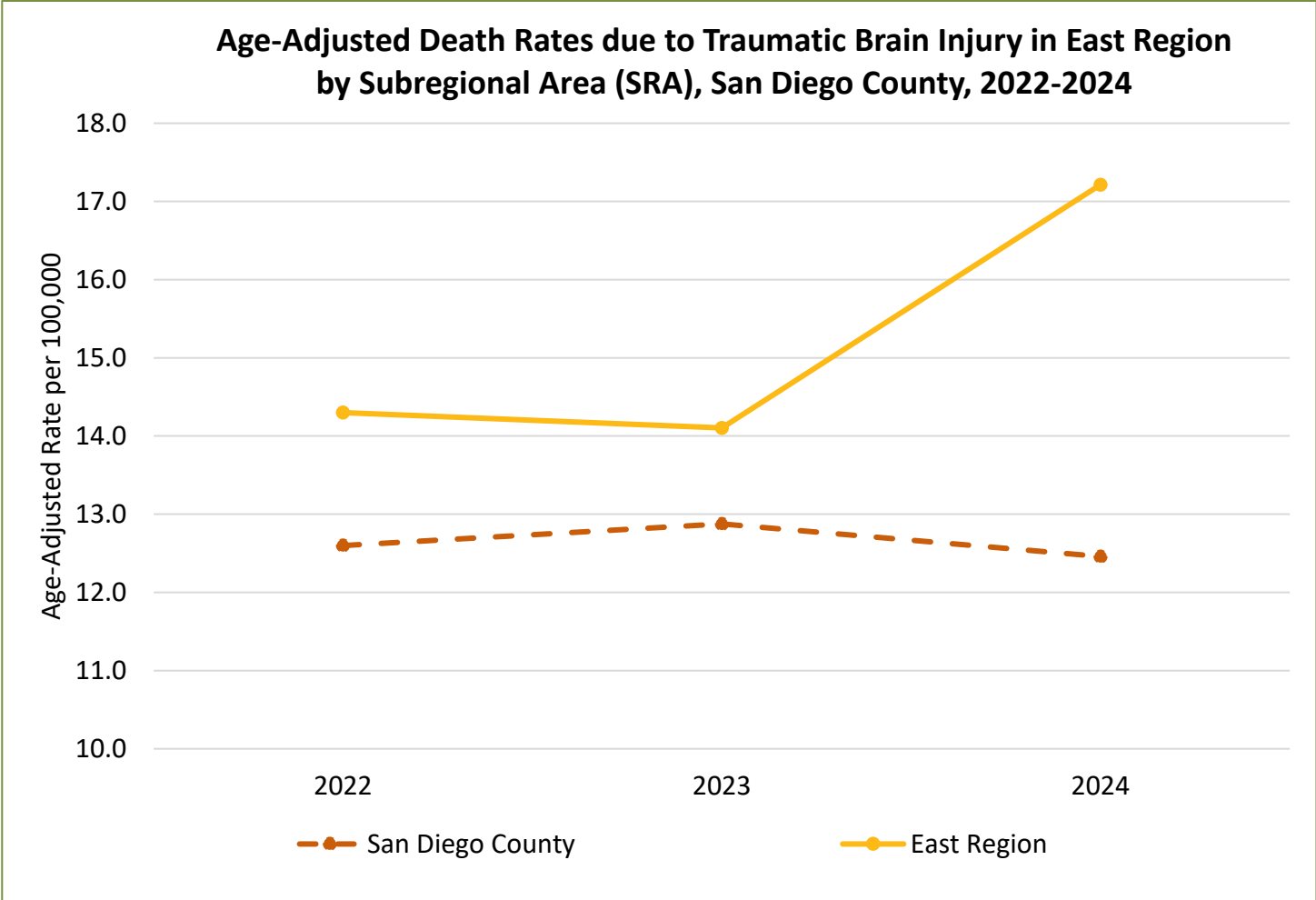
Injury Outcomes



Leading Cause of Death: Traumatic Brain Injury Death Rates, 2022-2024

From 2022-2024, the age-adjusted **death rate** due to **traumatic brain injury** in **East Region** **increased by 20%** from 14.3 to 17.2 per 100,000 residents.

East Region had **higher** age-adjusted **death rates** due to **traumatic brain injury** than the county overall from 2022-2024.



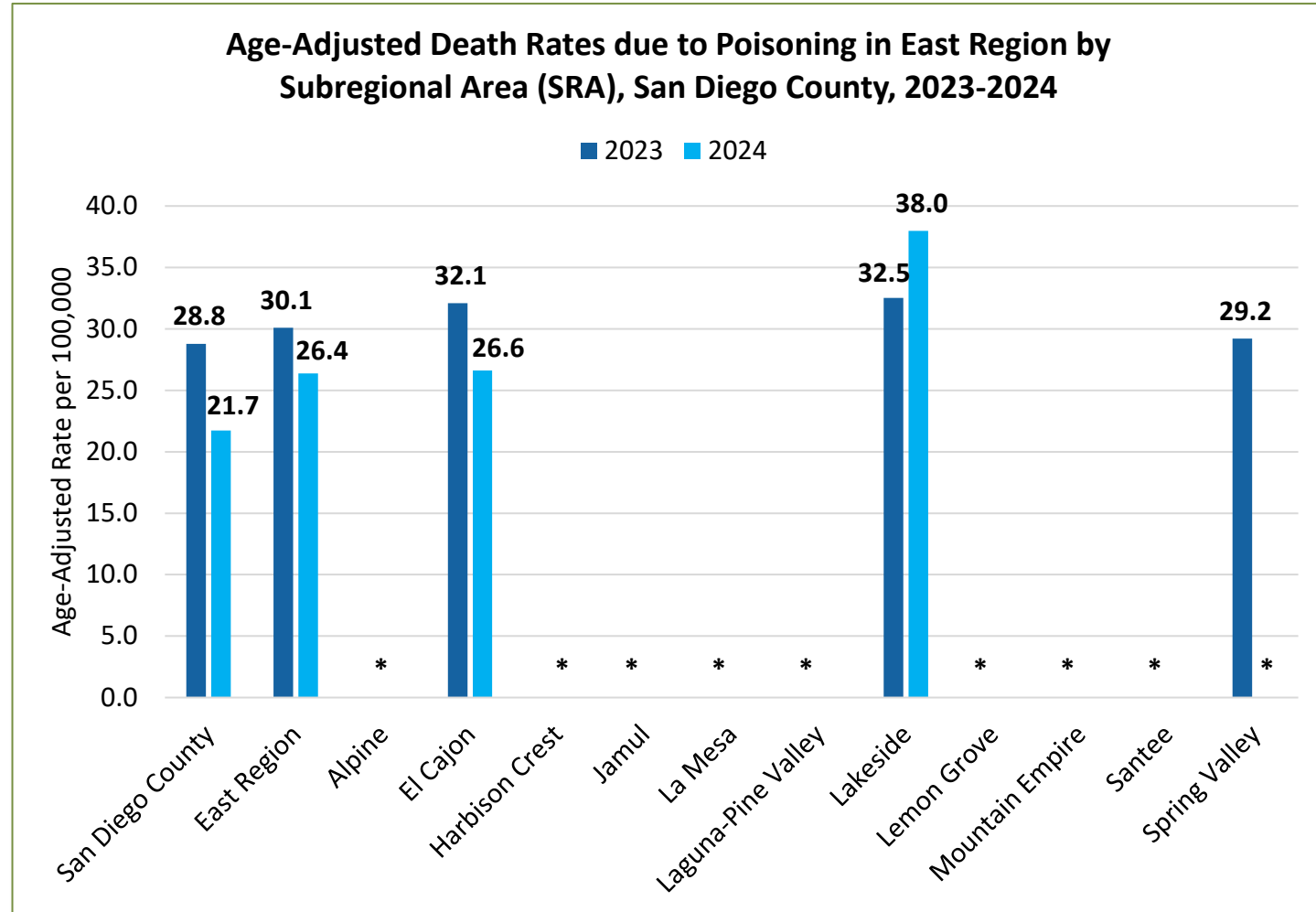
*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, 2022-2024 California Vital Records Business Intelligence System (VRBIS); San Diego Association of Governments (SANDAG) Population Estimates, 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population. For data year 2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Injury Outcomes

2nd Leading Cause of Death: Poisoning Death Rates, 2023-2024

From 2023-2024, the age-adjusted **death rate** due to **poisoning** in **East Region decreased** from 30.1 to 26.4 per 100,000 residents but **remained higher** than the county overall.

Among East Region SRAs, **Lakeside** had the **highest** age-adjusted **death rates** due to **poisoning** (38.0 per 100,000) in 2024, which was **1.8 times higher** than the county overall.



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, 2023-2024 California Vital Records Business Intelligence System (VRBIS); San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025), 2024 (v24/2025). 2023 and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
 Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Injury Outcomes



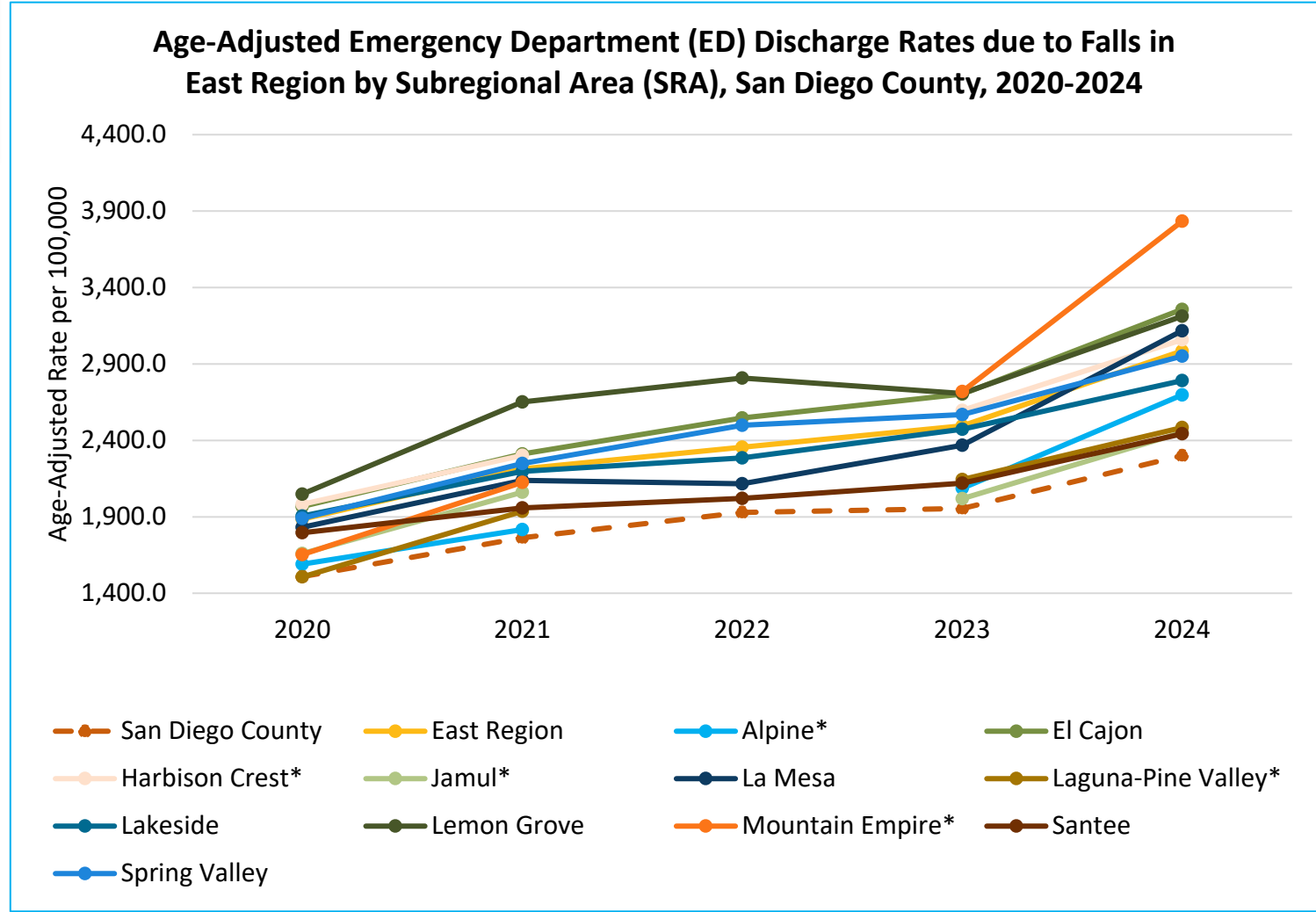
Leading Cause of ED Discharge: Falls

ED Discharge Rates, 2020-2024

The age-adjusted ED discharge rates due to **falls** in East Region and its SRAs **increased** from 2020-2024.

East Region and its SRAs, except Laguna-Pine Valley, had **higher** age-adjusted ED discharge rates due to **falls** than the county overall from 2020-2024.

Among East Region SRAs, **Mountain Empire** experienced the **highest increase** in the age-adjusted ED discharge rate due to **falls**, which **doubled** from 2020-2024.



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.
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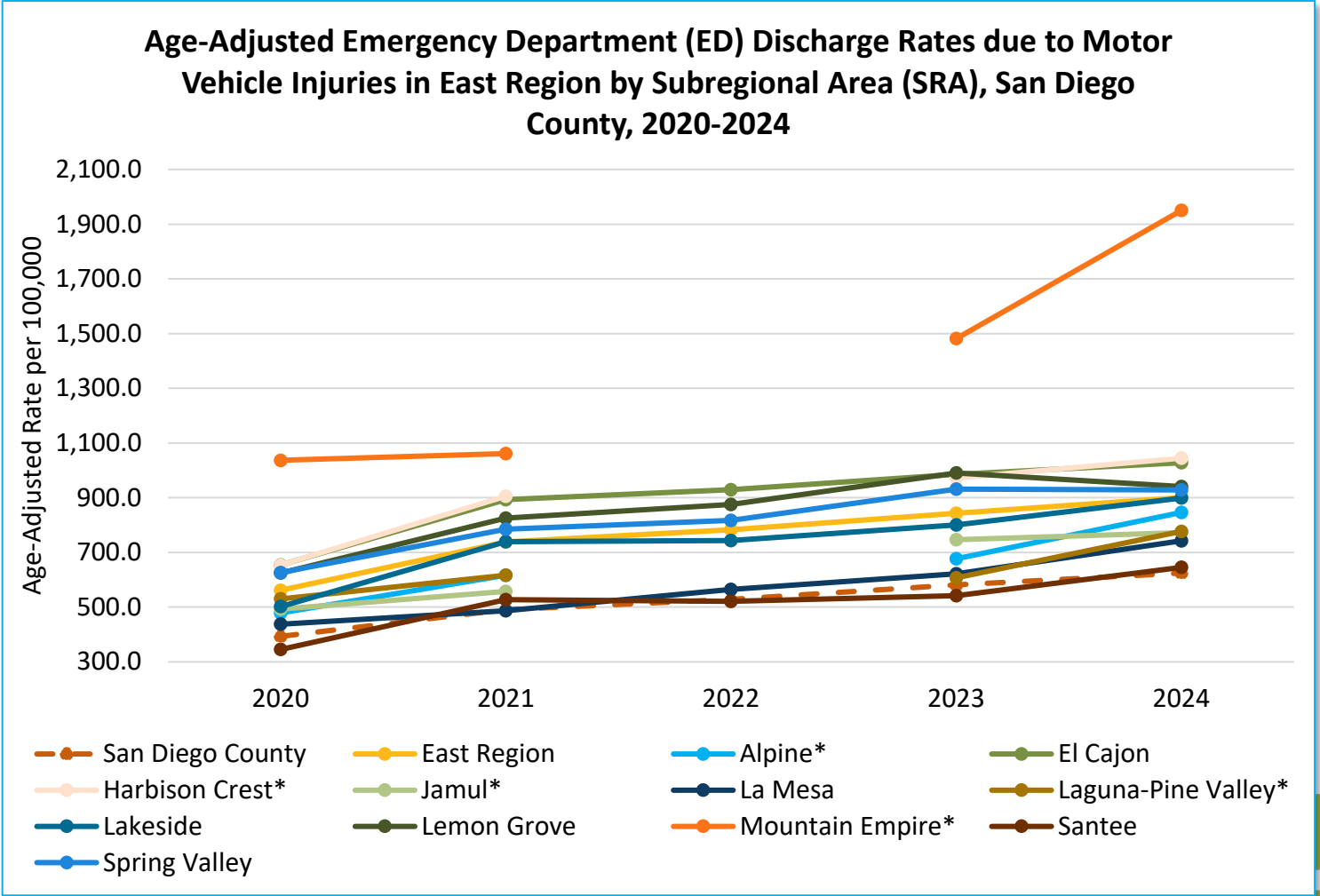
Injury Outcomes

2nd Leading Cause of ED Discharge: Motor Vehicle Injuries ED Discharge Rates, 2020-2024

The age-adjusted ED discharge rates due to **motor vehicle injuries** in East Region and its SRAs **increased** from 2020-2024.

Among East Region SRAs, **Mountain Empire** experienced the **highest increase** in the age-adjusted ED discharge rate due to **motor vehicle injuries**, with the rate nearly **doubling** from 2020-2024.

Additionally, **Mountain Empire** had the **highest** age-adjusted ED discharge rate due to **motor vehicle injuries** (1,950.4 per 100,000) in 2024, which was **3.1 times higher** than the county overall.



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.
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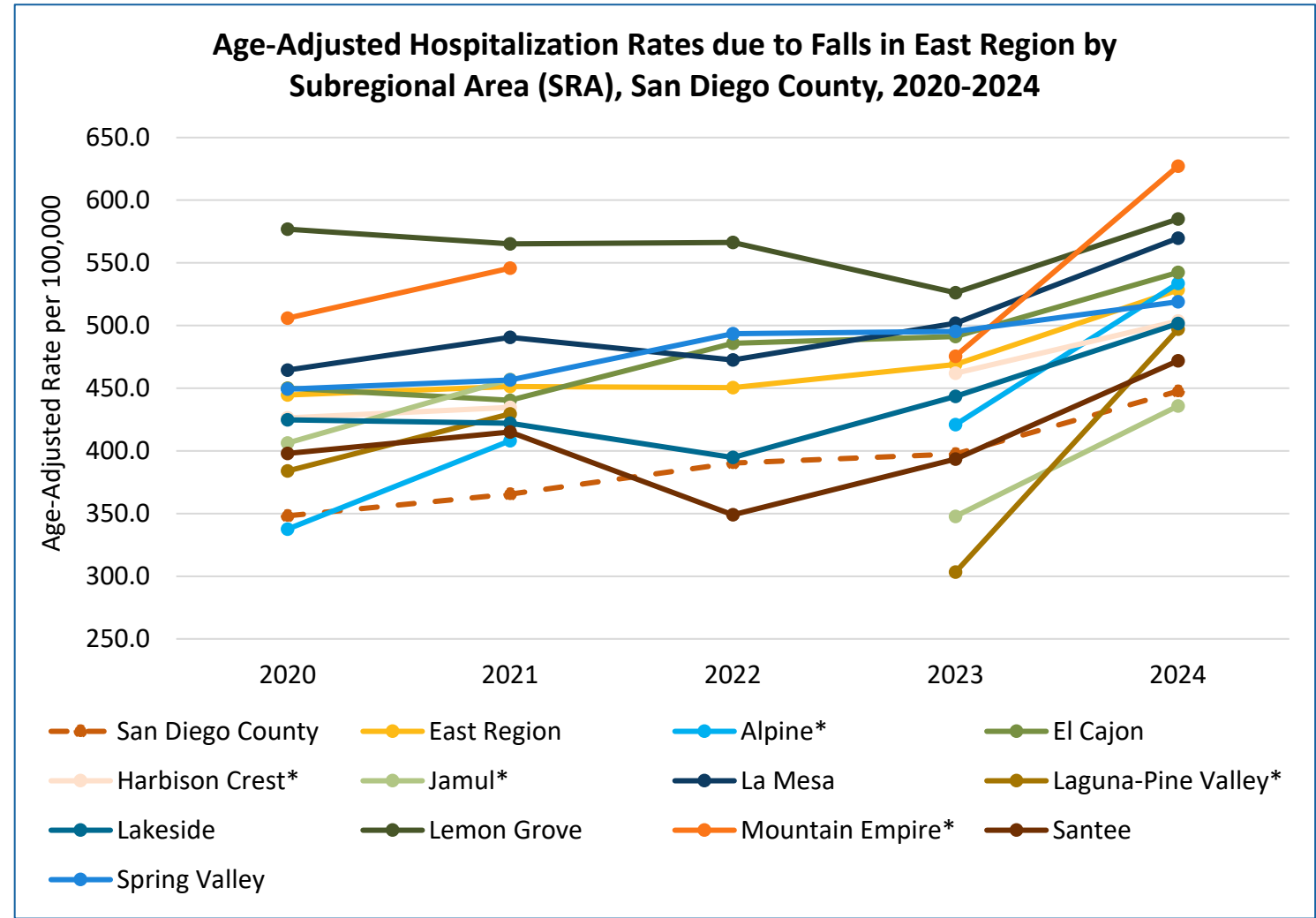
Injury Outcomes

Leading Cause of Hospitalization: Falls Hospitalization Rates, 2020-2024

The age-adjusted hospitalization rates due to falls in East Region and its SRAs increased from 2020-2024.

Among East Region SRAs, Lemon Grove had the highest age-adjusted hospitalization rates due to falls from 2020-2023 while Mountain Empire had the highest rate in 2024.

Among East Region SRAs, Alpine experienced the highest increase in the age-adjusted hospitalization rate due to falls (+58%) from 2020-2024.



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.
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Injury Outcomes

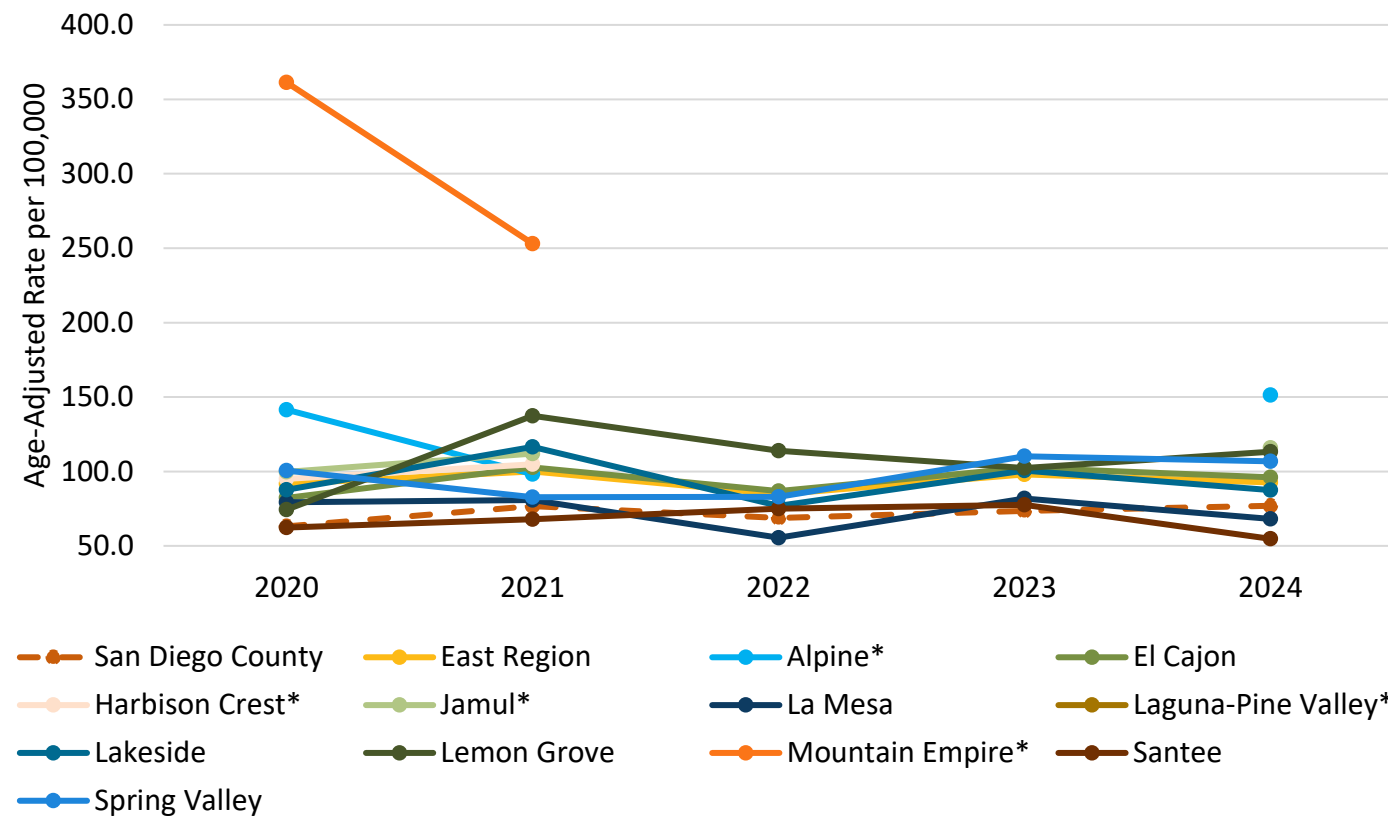
2nd Leading Cause of Hospitalization: Motor Vehicle Injuries Hospitalization Rates, 2020-2024

From 2020-2024, East Region had **higher** age-adjusted **hospitalization rates** due to **motor vehicle injuries** than the county overall.

Among East Region SRAs, **Lemon Grove** had the **highest increase** in the age-adjusted **hospitalization rate** due to **motor vehicle injuries** (+53%) from 2020-2024.

Alpine had the **highest** age-adjusted **hospitalization rate** due to **motor vehicle injuries** (151.3 per 100,000) compared to other SRAs in East Region in 2024.

Age-Adjusted Hospitalization Rates due to Motor Vehicle Injuries in East Region by Subregional Area (SRA), San Diego County, 2020-2024



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
Data Sources: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Injury Outcomes

Notable Condition

Electric Bicycle (E-Bike) Injuries

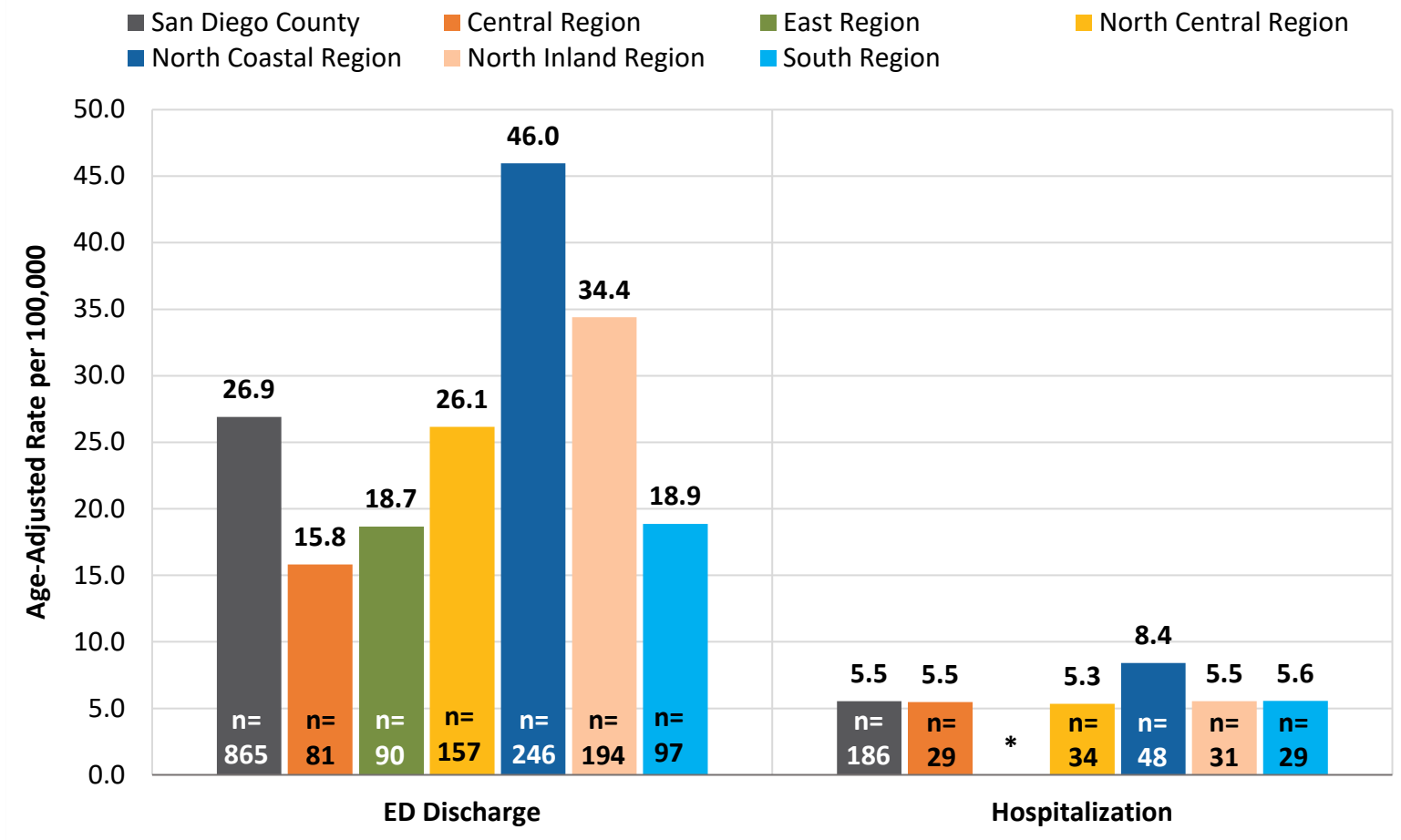
Emergency Department Discharge and Hospitalization Rates, 2024

Among e-bike injuries in **San Diego County** in 2024, the rate of age-adjusted **emergency department (ED) discharge** was 26.9 per 100,000 residents and the rate of age-adjusted **hospitalization** was 5.5 per 100,000.

Among the HHS Regions, **North Coastal Region** had the **highest** age-adjusted **ED discharge and hospitalization rates** for **e-bike injury** in 2024.

There were **865 ED discharges** due to e-bike injuries in San Diego County in 2024; **437, or 51%, of these discharges were among 10-19-year-olds.**

Age-Adjusted Emergency Department Discharge and Hospitalization Rates for E-Bike Injuries in San Diego County and HHS Regions, 2024

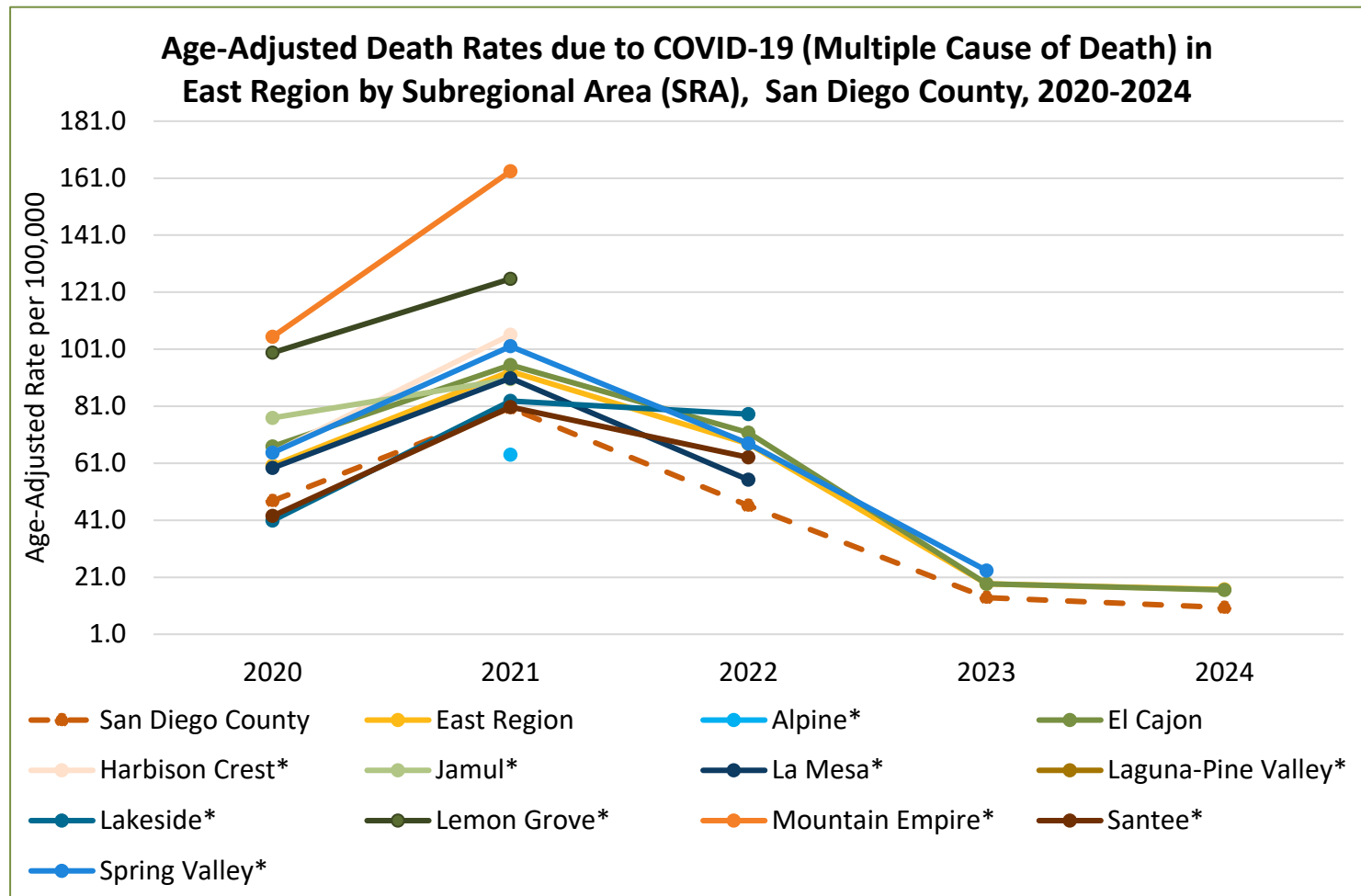


*Starting with data year 2022, rates based on events <20 are suppressed due to statistical instability.
 Data Sources: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2024. SANDAG Population Estimates, 2024 (v24/2025). 2024 estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.
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Communicable (Infectious) Diseases

**Leading Cause of Death:
COVID-19 (Multiple Cause of Death)
Death Rates, 2020-2024**

Although the **age-adjusted death rate** due to **COVID-19** in East Region **decreased by 72%** from 2020-2024, the age-adjusted rate was still **higher** than the county overall during this period.

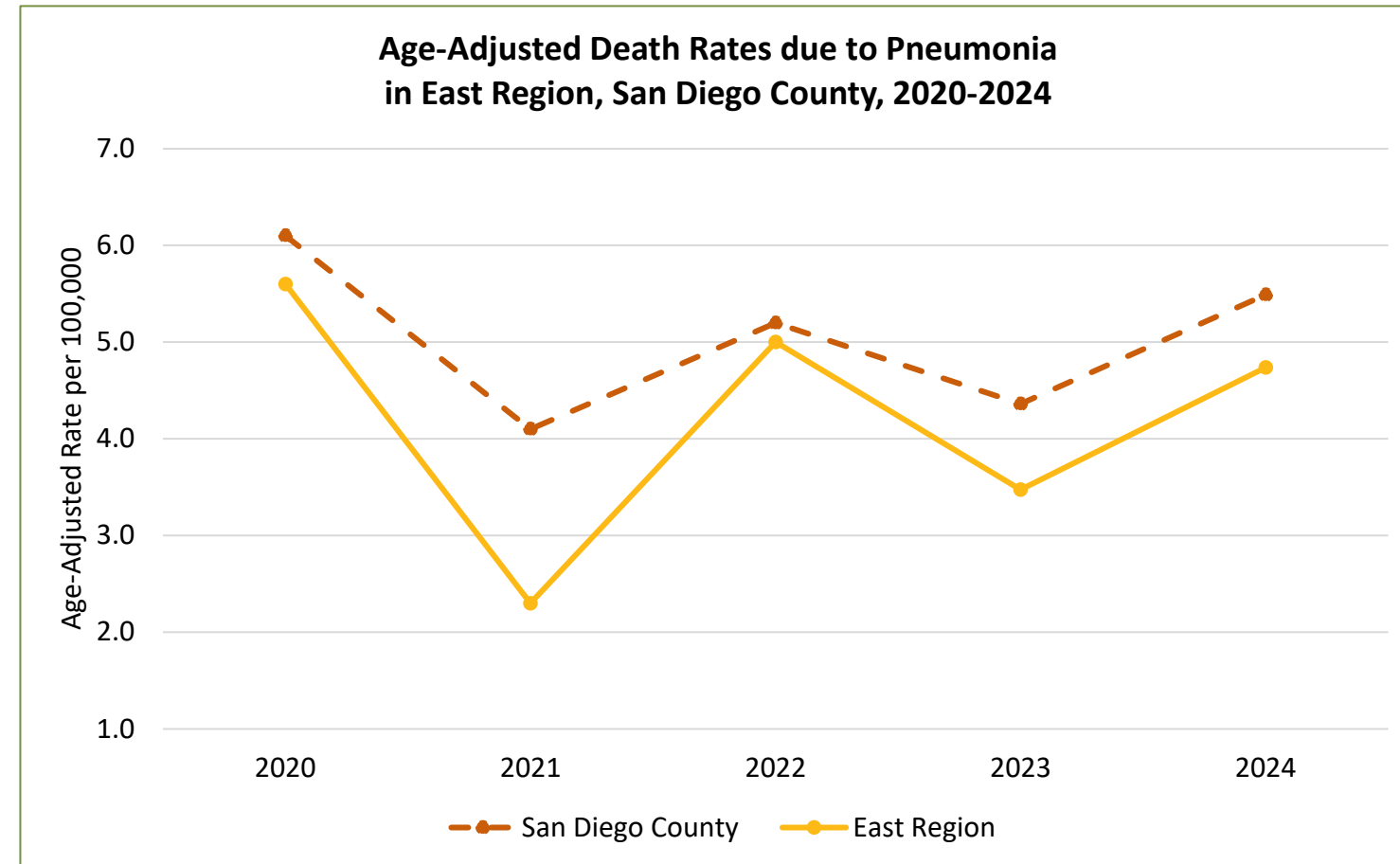


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 Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, 2020-2024 California Vital Records Business Intelligence System (VRBIS); San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v09/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population. For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
 Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Communicable (Infectious) Diseases

2nd Leading Cause of Death: Pneumonia Death Rates, 2020-2024

The **age-adjusted death rate** due to **pneumonia** in East Region **decreased by 15%** from 2020-2024 and remained **lower** than the county overall during this period.



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, 2020-2024 California Vital Records Business Intelligence System (VRBIS); San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v09/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population. For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
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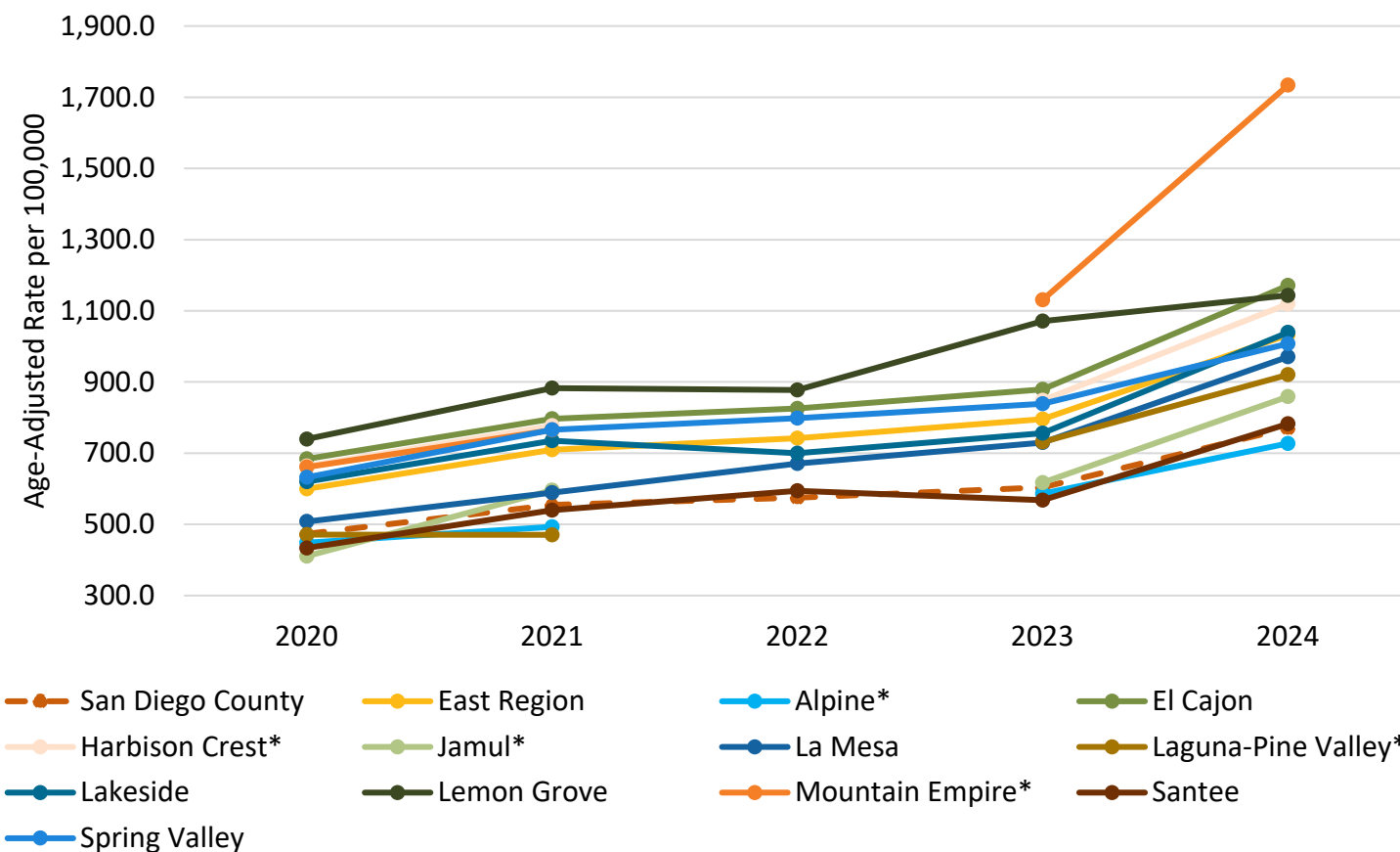
Communicable (Infectious) Diseases

Leading Cause of ED Discharge: Urinary Tract Infection ED Discharge Rates, 2020-2024

The age-adjusted ED discharge rates due to **urinary tract infection** in East Region and its SRAs **increased** from 2020-2024.

Among East Region SRAs, **Mountain Empire** experienced the **highest increase** in the age-adjusted ED discharge rate due to **urinary tract infection**, with the rate nearly **tripling** from 2020-2024.

Age-Adjusted Emergency Department (ED) Discharge Rates due to Urinary Tract Infection in East Region, San Diego County, 2020-2024



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.

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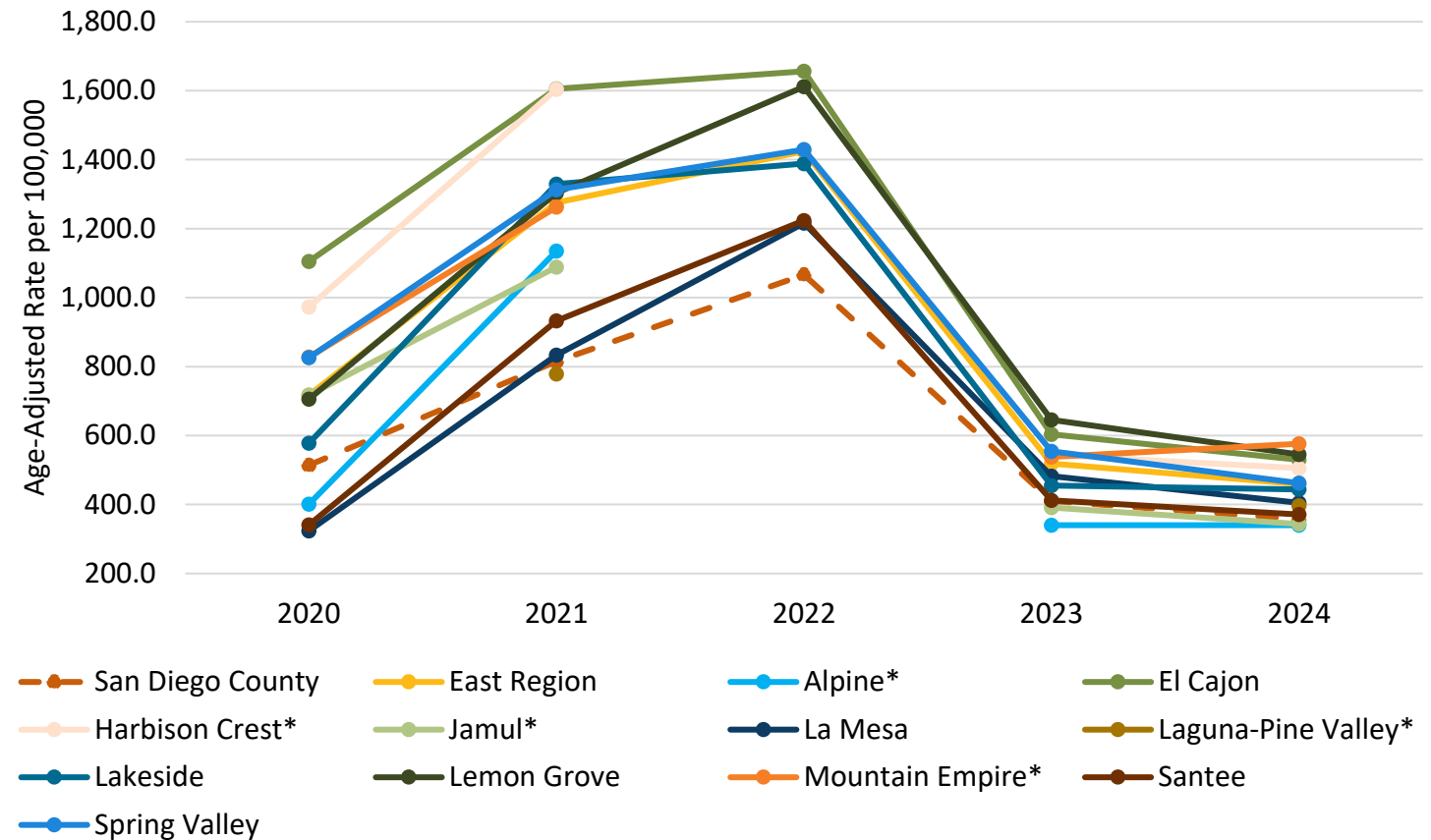
Communicable (Infectious) Diseases

2nd Leading Cause of ED Discharge: COVID-19
ED Discharge Rates, 2020-2024

The age-adjusted ED discharge rates due to **COVID-19** in East Region and its SRAs, except La Mesa and Santee, **decreased** from 2020-2024.

Among East Region SRAs, **El Cajon and Jamul** experienced the **highest decrease** in the age-adjusted ED discharge rate due to **COVID-19** (-52%) from 2020-2024.

Age-Adjusted Emergency Department (ED) Discharge Rates due to COVID-19 in East Region, San Diego County, 2020-2024



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.
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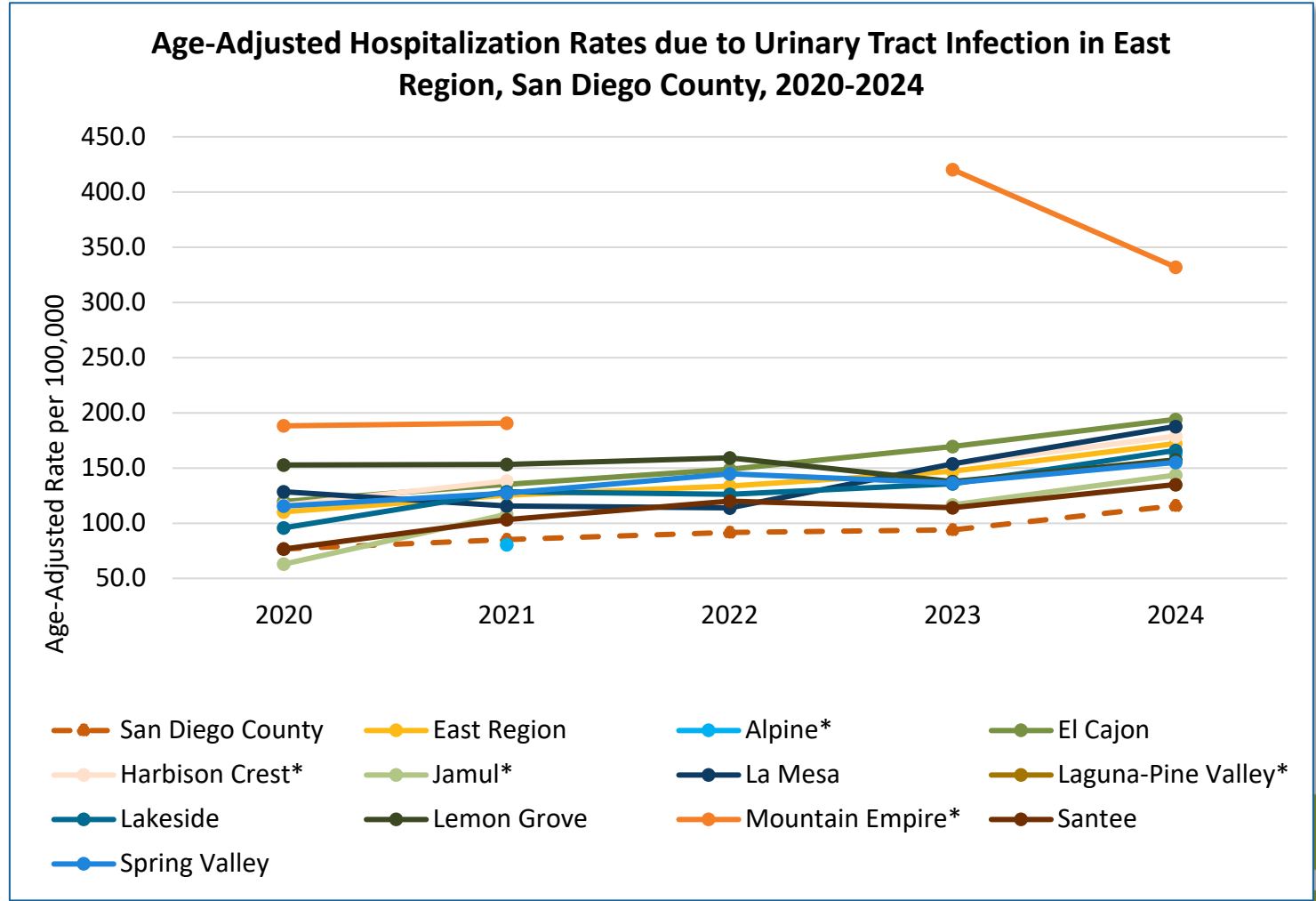
Communicable (Infectious) Diseases

Leading Cause of Hospitalization: Urinary Tract Infection Hospitalization Rates, 2020-2024

The age-adjusted hospitalization rates due to **urinary tract infection** in East Region and its SRAs **increased** from 2020-2024.

Among East Region SRAs, **Mountain Empire** had the **highest** age-adjusted hospitalization rates due to **urinary tract infection** in 2024.

Among East Region SRAs, **Jamul** experienced the **highest increase** in the age-adjusted hospitalization rate due to **urinary tract infection**, with the rate **doubling** from 2020-2024.



*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2020-2024; San Diego Association of Governments (SANDAG) Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025), 2024 (v24/2025). 2020 and 2021 population estimates were derived using the 2010 Census. 2022, 2023, and 2024 population estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.
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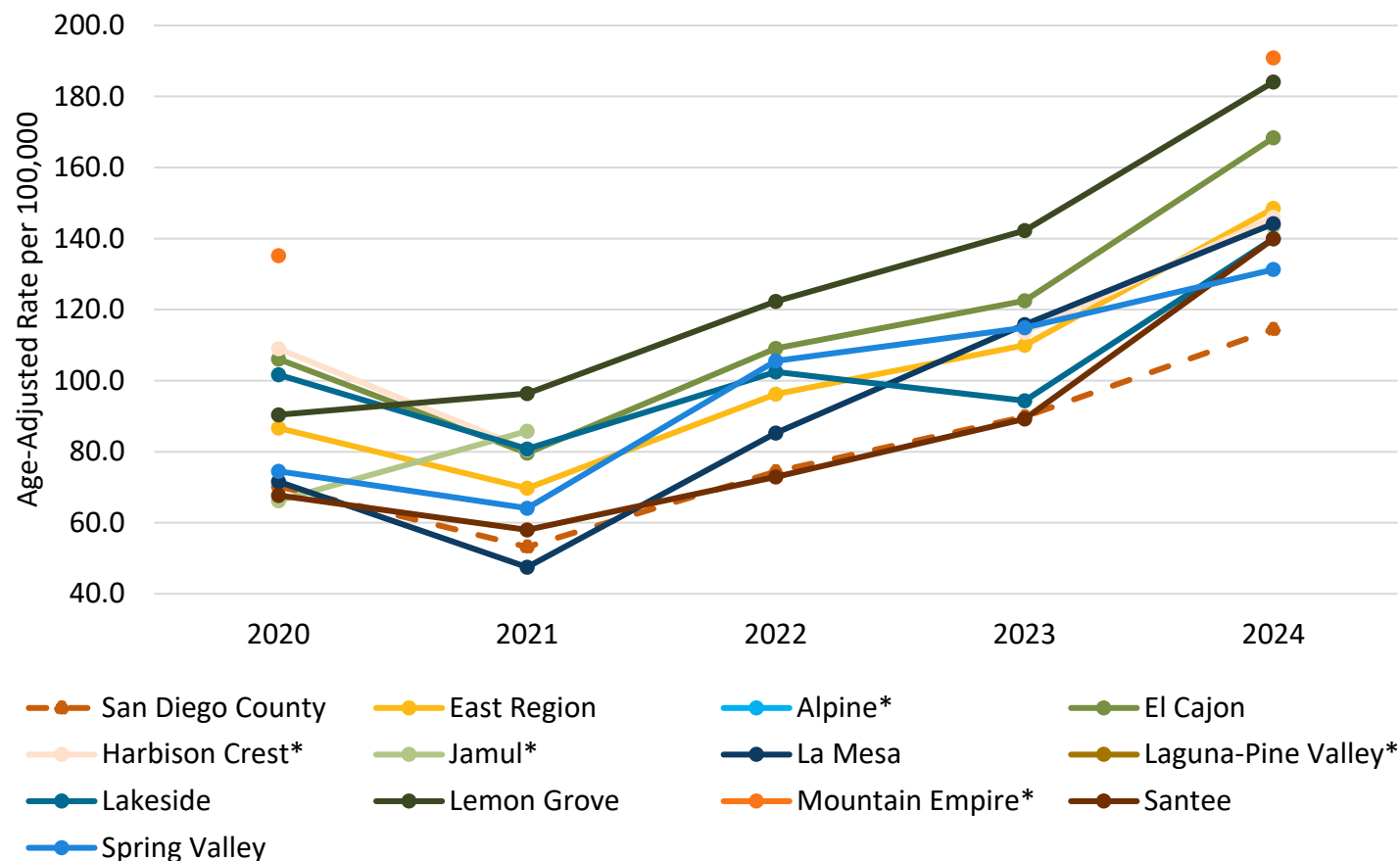
Communicable (Infectious) Diseases

2nd Leading Cause of Hospitalization: Pneumonia Hospitalization Rates, 2020-2024

The age-adjusted hospitalization rates due to **pneumonia** in East Region and its SRAs **increased** from 2020-2024.

Among East Region SRAs, **Jamul** experienced the **highest increase** in the age-adjusted hospitalization rate due to **pneumonia**, with the rate **doubling** from 2020-2024.

Age-Adjusted Hospitalization Rates due to Pneumonia in East Region, San Diego County, 2020-2024



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Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

EAST REGION



Public Health Services: Capturing Climate Adaptation and Resilience Efforts in CHAs and CEPs

Adrienne Anderson & Alondra Estrada-Lam

Public Health Services

Health & Human Services Agency

County of San Diego



Air Pollution & Increasing Allergens

Asthma, allergies, cardiovascular and respiratory diseases

Degraded Living Conditions & Social Inequities

Exacerbation of racial and health inequities and vulnerabilities, loss of employment

Extreme Heat

Heat-related illness and death, cardiovascular failure

Changes In Vector Ecology

Lyme disease, West Nile Virus, hantavirus, malaria, encephalitis

Drought

Water supply impacts, dust storms, Valley Fever

Food System Impacts

Malnutrition, food insecurity, higher food prices, foodborne illness

Environmental Degradation

Forced migration, civil conflict, loss of jobs and income

Severe Weather & Floods

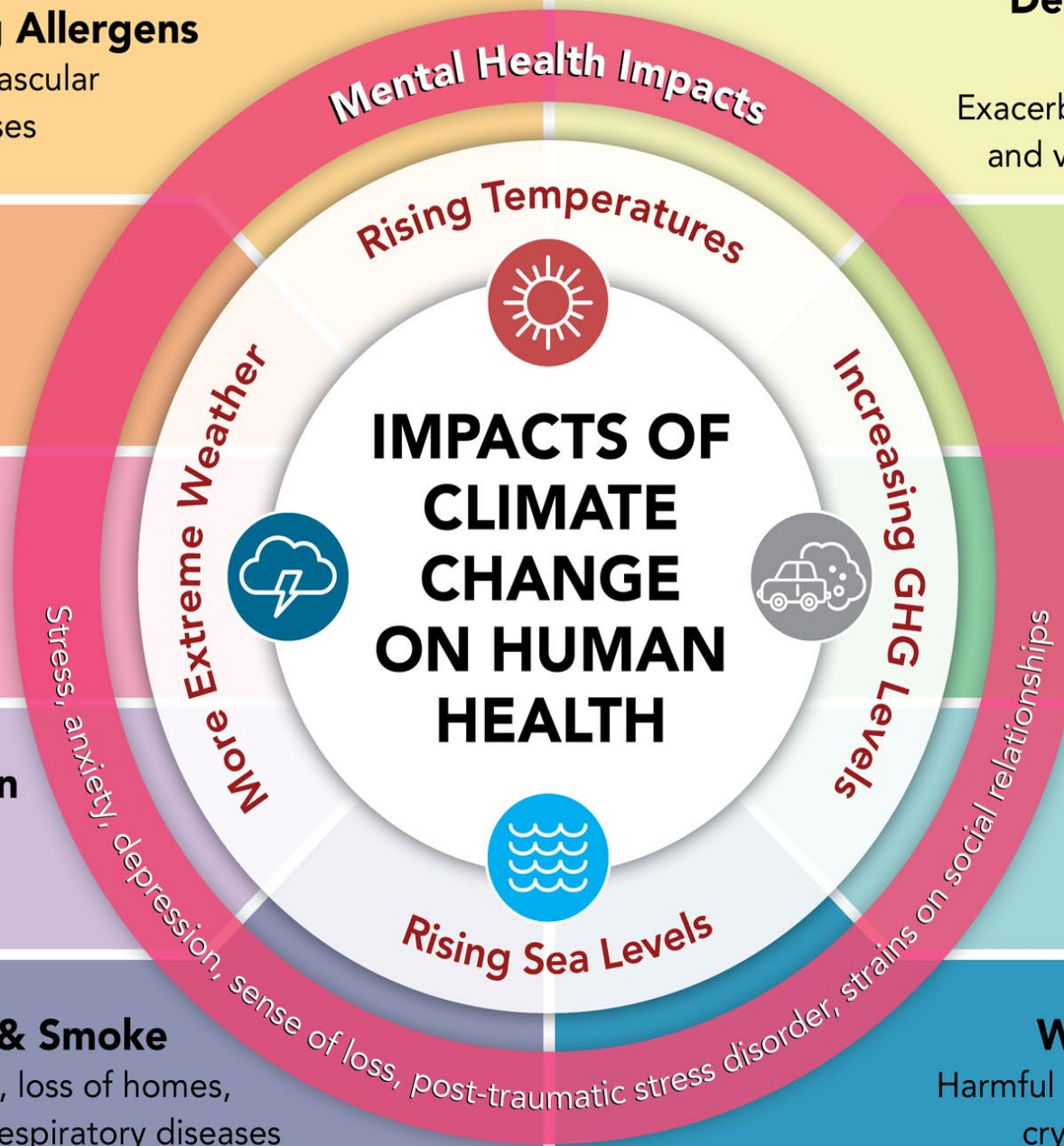
Injuries, fatalities, loss of homes, indoor fungi and mold

Wildfires & Smoke

Injuries, fatalities, loss of homes, cardiovascular and respiratory diseases

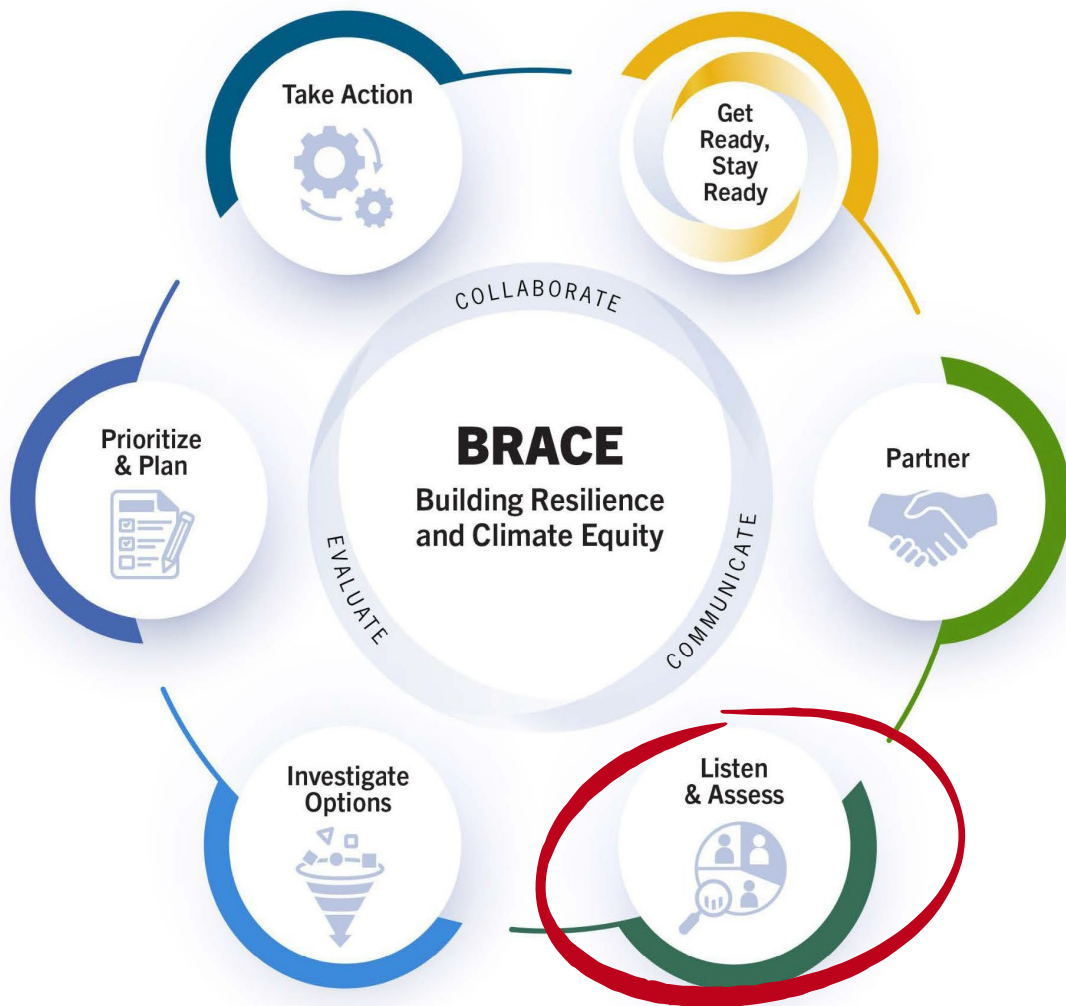
Water Quality Impacts

Harmful algal blooms, campylobacteriosis, cryptosporidiosis, leptospirosis

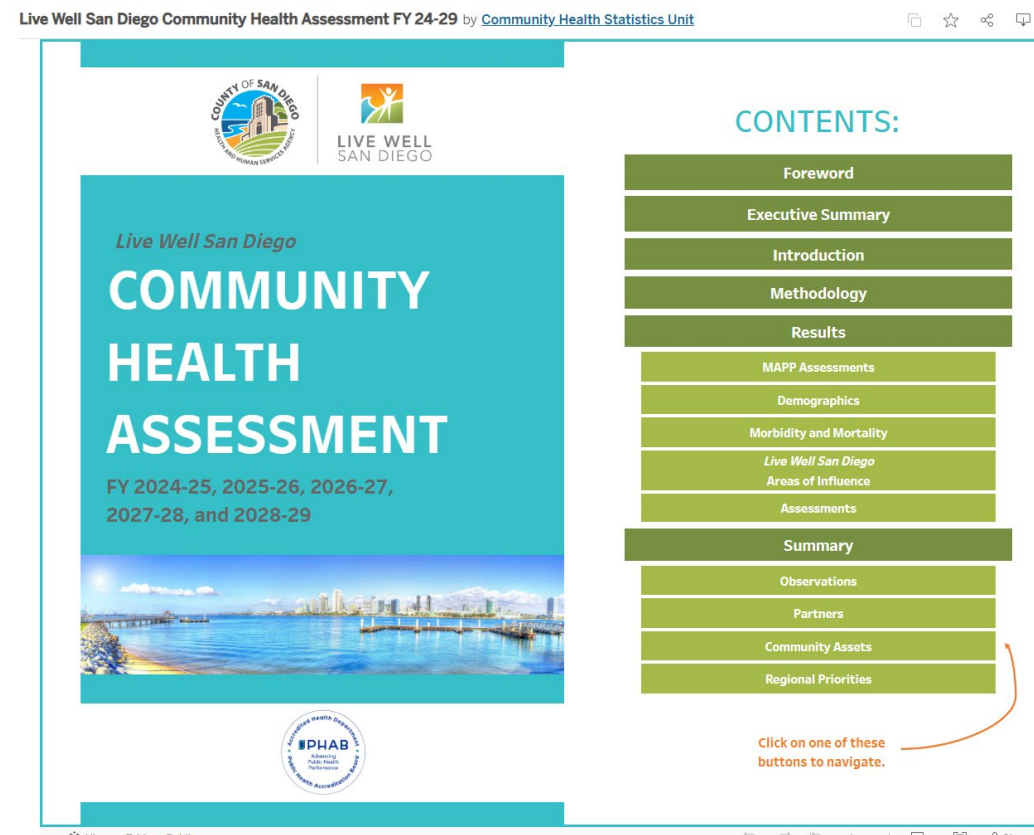


(Adapted from CDC; J. Patz)

BRACE: Public Health Approach to Climate Action



Listen and Assess through Community Health Assessment



<https://www.apha.org/topics-and-issues/climate-health-and-equity/brace>

- [Community Health Assessments](#)
- [Community Health Enrichment Plans](#)

Climate Integration in FY2024-2029 Community Health Assessment



RESULTS

- **Live Well San Diego Areas of Influence → Community**
 1. Population Health and the Environmental Dashboard
- **Assessments → Community**
 1. Climate Change and Health Profile Report: San Diego County
 2. County of San Diego Vulnerability Adaptation and Assessment Report
 3. Environmental and Climate Justice: San Diego Region
 4. Indicators of Climate Change in California

SUMMARY

- **Observations → Climate Topic**
 1. Air quality
 2. Warming and heat related illness
- × **Regional Priorities: Climate not called out explicitly**

Assessments

Overview	Health	Knowledge	Standard of Living	Community	Social														
Climate Change and Health Profile Report: San Diego County																			
Neil Maizlish, et al																			
<p>In San Diego County, climate change poses significant health risks due to environmental hazards like extreme heat, wildfires, and sea level rise. The image contained here shows projections in environmental factors by the year 2100. These environmental hazards will exacerbate the already existing social determinants of health (below) and adaptive capacity of the systems of the County.</p> <p>As of 2010, 20.1% of the county's population (620,849 residents) lived in fire hazard zones of moderate to high severity, and 2,964 residents lived in coastal areas at risk of a 100-year flood. Moreover, with an additional 55 inches of sea level rise, 8,050 residents could potentially be affected. In 2012, about 43% of adults (1,009,403 individuals) reported one or more chronic health conditions, and 14% reported having been diagnosed with asthma. Obesity affected 22% of adults, and about 9% of residents aged 5 years and older had a mental or physical disability. An annual average of 206 heat-related emergency room visits occurred between 2005-2010. Vulnerable groups in 2010 included 203,423 children under the age of 5 years and 351,425 adults aged 65 years and older. Moreover, 58,369 people lived in institutional settings like nursing homes. In 2010, 81,644 outdoor workers were at increased risk of heat illness. Notably, 8% of households did not have a proficient English speaker, 15% of adults had less than a high school education, and 12% of the population had incomes below the poverty level. Furthermore, 65% of residents did not live within half a mile of frequent public transit, and 47% of households lacked air conditioning.</p>																			
Assessment Image 27: Projected Climate Impacts by 2100.																			
<table border="1"> <thead> <tr> <th></th> <th>Ranges</th> </tr> </thead> <tbody> <tr> <td>Temperature Change 1990-2100</td> <td>January increase in average temperatures: 1°F to 2.5°F by 2050 and 5°F to 6°F by 2100 July increase in average temperatures: 3°F to 4°F by 2050 and 5°F to 10°F by 2100 with larger increases projected inland.</td> </tr> <tr> <td>Precipitation</td> <td>Low-lying coastal areas will lose up to 2 inches by 2050 and 3 to 5 inches by 2090, while high elevations will see a drop of 4 to 5 inches by 2050 and 8 to 10 inches by 2090.</td> </tr> <tr> <td>Sea Level rise</td> <td>By 2100, sea levels may rise up to 66 inches, posing considerable threats to coastal areas. As a result of sea level rise, 40 percent more land in San Diego County will be vulnerable to 100-year floods.</td> </tr> <tr> <td>Heat Wave</td> <td>Coastal and inland areas can expect 3 to 5 more heat waves by 2050 and 12 to 14 by 2100 in most areas of the region.</td> </tr> <tr> <td>Snowpack</td> <td>March snowpack in the San Gabriel Mountains will decrease from the 0.7-inch level in 2010 to zero by the end of the century.</td> </tr> <tr> <td>Wildfire Risk</td> <td>Slight increases expected in a few coastal mountainous areas such as Fallbrook. Otherwise, little change is projected.</td> </tr> </tbody> </table>							Ranges	Temperature Change 1990-2100	January increase in average temperatures: 1°F to 2.5°F by 2050 and 5°F to 6°F by 2100 July increase in average temperatures: 3°F to 4°F by 2050 and 5°F to 10°F by 2100 with larger increases projected inland.	Precipitation	Low-lying coastal areas will lose up to 2 inches by 2050 and 3 to 5 inches by 2090, while high elevations will see a drop of 4 to 5 inches by 2050 and 8 to 10 inches by 2090.	Sea Level rise	By 2100, sea levels may rise up to 66 inches, posing considerable threats to coastal areas. As a result of sea level rise, 40 percent more land in San Diego County will be vulnerable to 100-year floods.	Heat Wave	Coastal and inland areas can expect 3 to 5 more heat waves by 2050 and 12 to 14 by 2100 in most areas of the region.	Snowpack	March snowpack in the San Gabriel Mountains will decrease from the 0.7-inch level in 2010 to zero by the end of the century.	Wildfire Risk	Slight increases expected in a few coastal mountainous areas such as Fallbrook. Otherwise, little change is projected.
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Precipitation	Low-lying coastal areas will lose up to 2 inches by 2050 and 3 to 5 inches by 2090, while high elevations will see a drop of 4 to 5 inches by 2050 and 8 to 10 inches by 2090.																		
Sea Level rise	By 2100, sea levels may rise up to 66 inches, posing considerable threats to coastal areas. As a result of sea level rise, 40 percent more land in San Diego County will be vulnerable to 100-year floods.																		
Heat Wave	Coastal and inland areas can expect 3 to 5 more heat waves by 2050 and 12 to 14 by 2100 in most areas of the region.																		
Snowpack	March snowpack in the San Gabriel Mountains will decrease from the 0.7-inch level in 2010 to zero by the end of the century.																		
Wildfire Risk	Slight increases expected in a few coastal mountainous areas such as Fallbrook. Otherwise, little change is projected.																		
Source: Maizlish N, English D, Chan J, Dervin K, English P. Climate Change and Health Profile Report: San Diego County. Sacramento, CA: Office of Health Equity, California Department of Public Health; 2017. Accessed May 2023.																			

Community Health Assessments

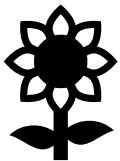
East Region: Current Priorities



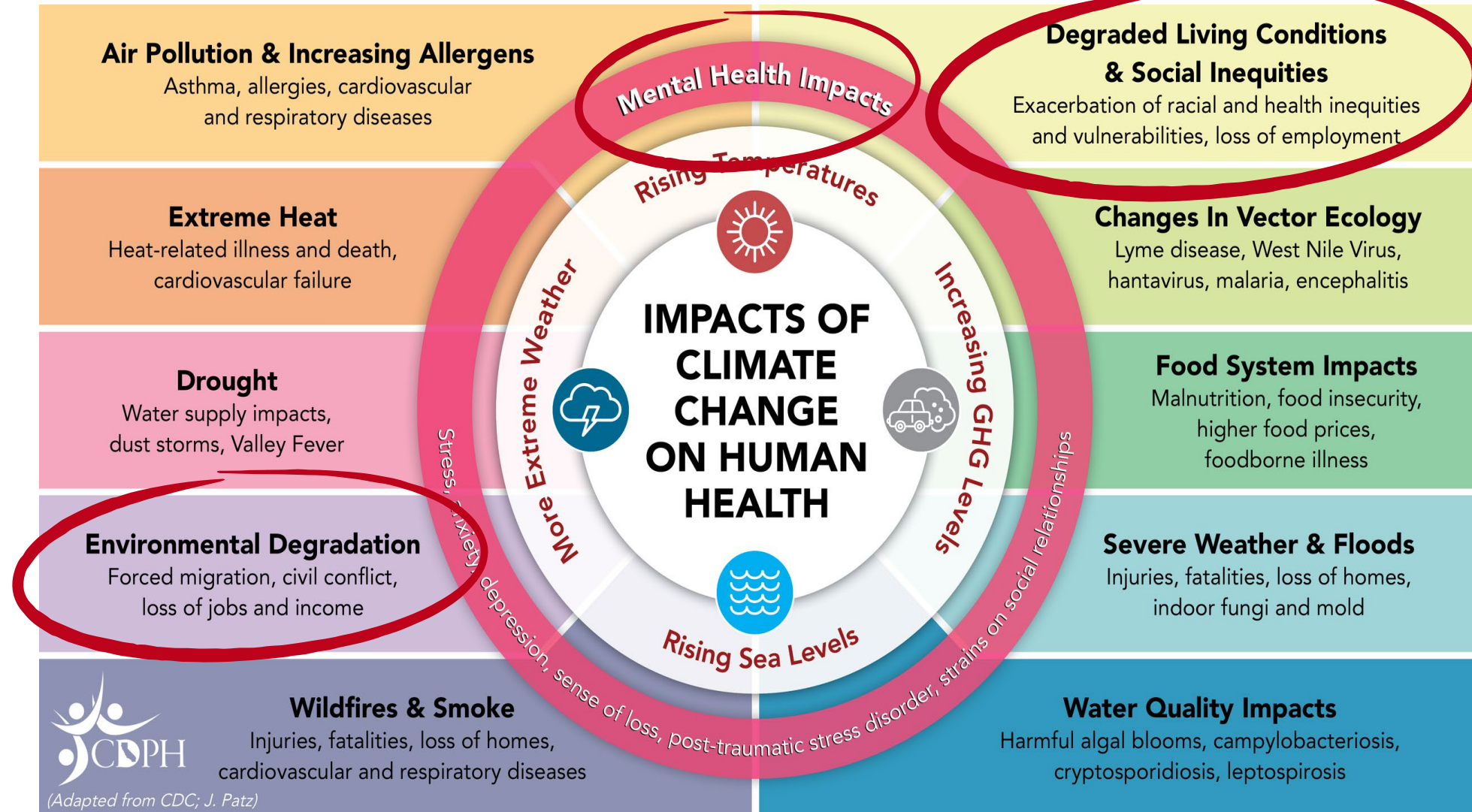
Youth & Families



Mental Health



Thriving Communities



(Adapted from CDC; J. Patz)

Air Pollution & Increasing Allergens

Asthma, allergies, cardiovascular and respiratory diseases

Degraded Living Conditions & Social Inequities

Exacerbation of racial and health inequities and vulnerabilities, loss of employment

Extreme Heat

Heat-related illness and death, cardiovascular failure

Changes In Vector Ecology

Lyme disease, West Nile Virus, hantavirus, malaria, encephalitis

Drought

Water supply impacts, dust storms, Valley Fever

Food System Impacts

Malnutrition, food insecurity, higher food prices, foodborne illness

Environmental Degradation

Forced migration, civil conflict, loss of jobs and income

Severe Weather & Floods

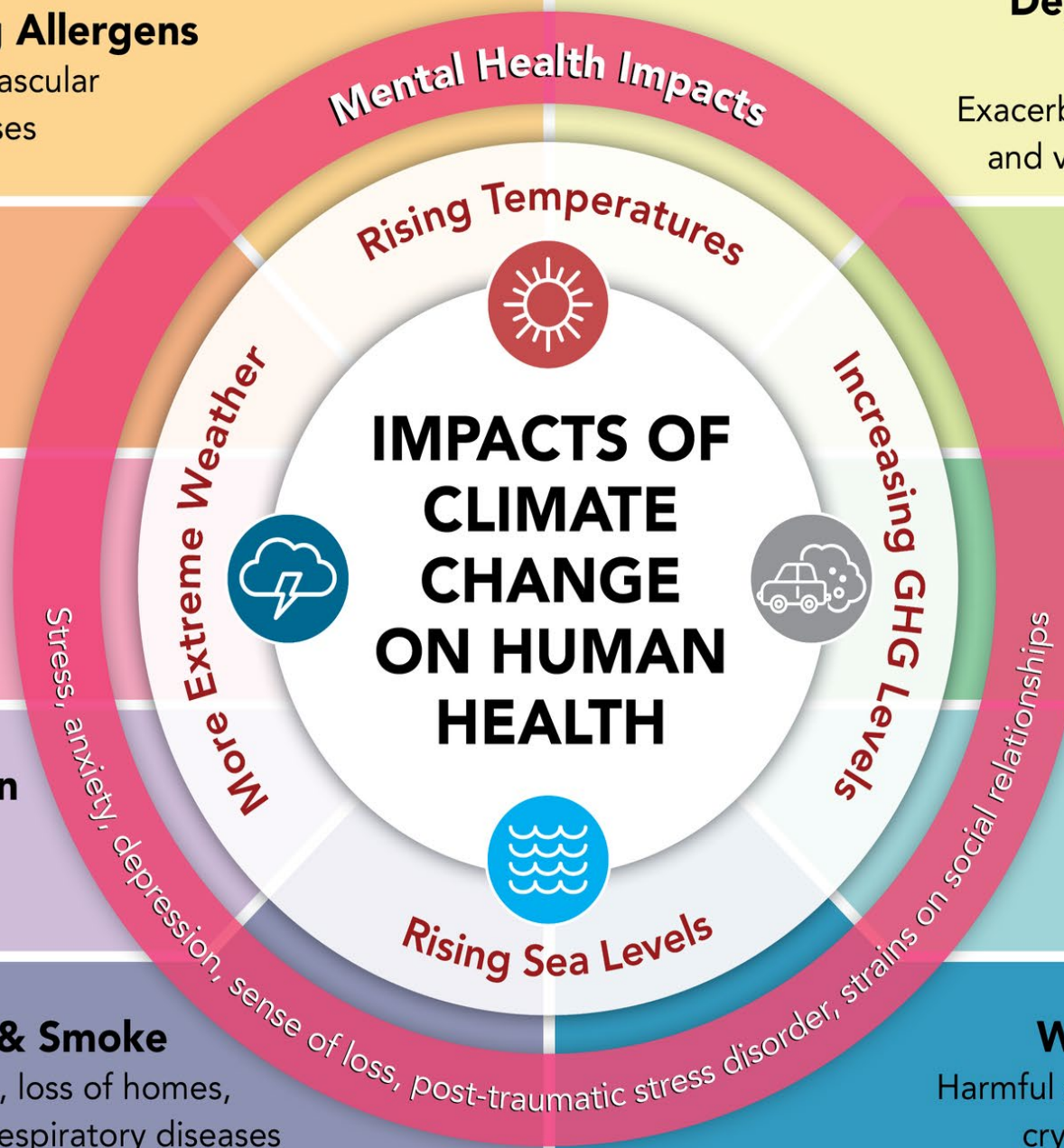
Injuries, fatalities, loss of homes, indoor fungi and mold

Wildfires & Smoke

Injuries, fatalities, loss of homes, cardiovascular and respiratory diseases

Water Quality Impacts

Harmful algal blooms, campylobacteriosis, cryptosporidiosis, leptospirosis



(Adapted from CDC; J. Patz)

Thank you!



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Summary

Key Takeaways



In East Region...



The percent of East Region residents 25+ years with a **bachelor's degree or higher** **increased by 12%** from 2019 to 2024.



The percent of East Region residents who were living **below 200% FPL** **decreased by 11%** from 2019 to 2024.



Almost **half of adults with income less than 200% FPL** in East Region were **unable to afford enough food** in 2024.



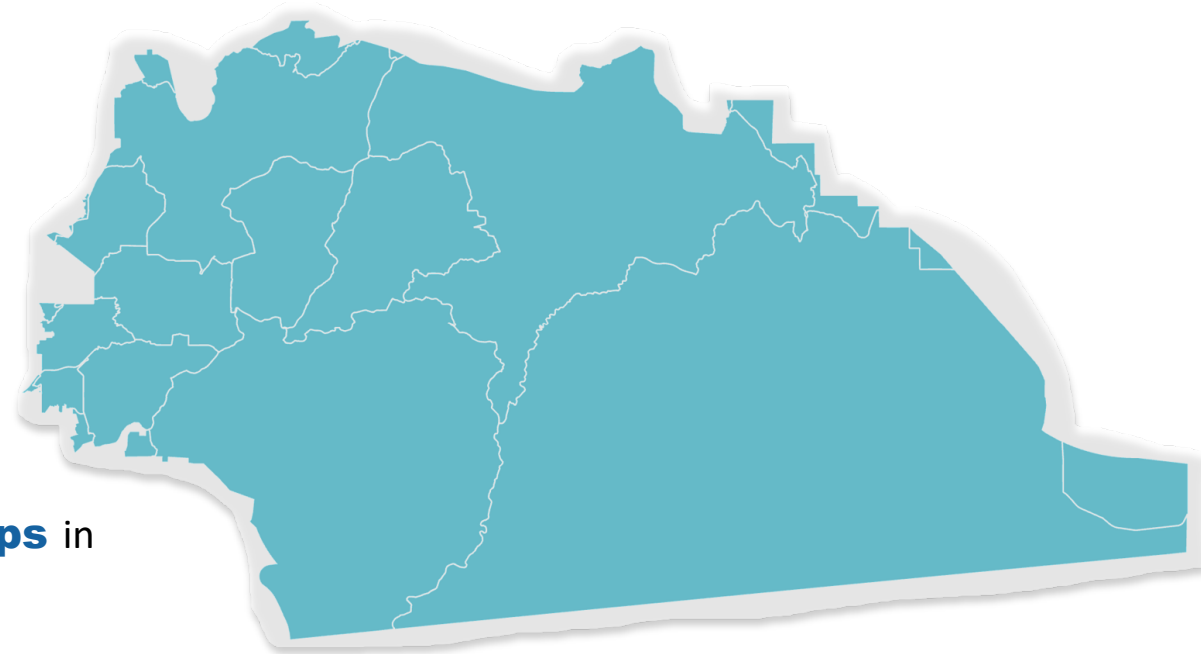
Over **1 in 3 households with income at or below 200% FPL** reported receiving **food stamps** in East Region between 2023-2024.



Over **2 in 5 of households** in East Region were **spending over 30% of their household income on monthly housing costs** in 2024.



In East Region, **El Cajon SRA** had the **highest** number of **unsheltered persons experiencing homelessness** in 2026 and the **highest** number of **students experiencing homelessness** in the 2025-2026 school year.



Key Takeaways



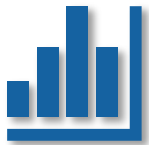
In East Region...



The **life expectancy** in East Region was **79.9 years** in 2024, which was **lower** than the life expectancy in San Diego County overall and the lowest among all HHSAs regions.



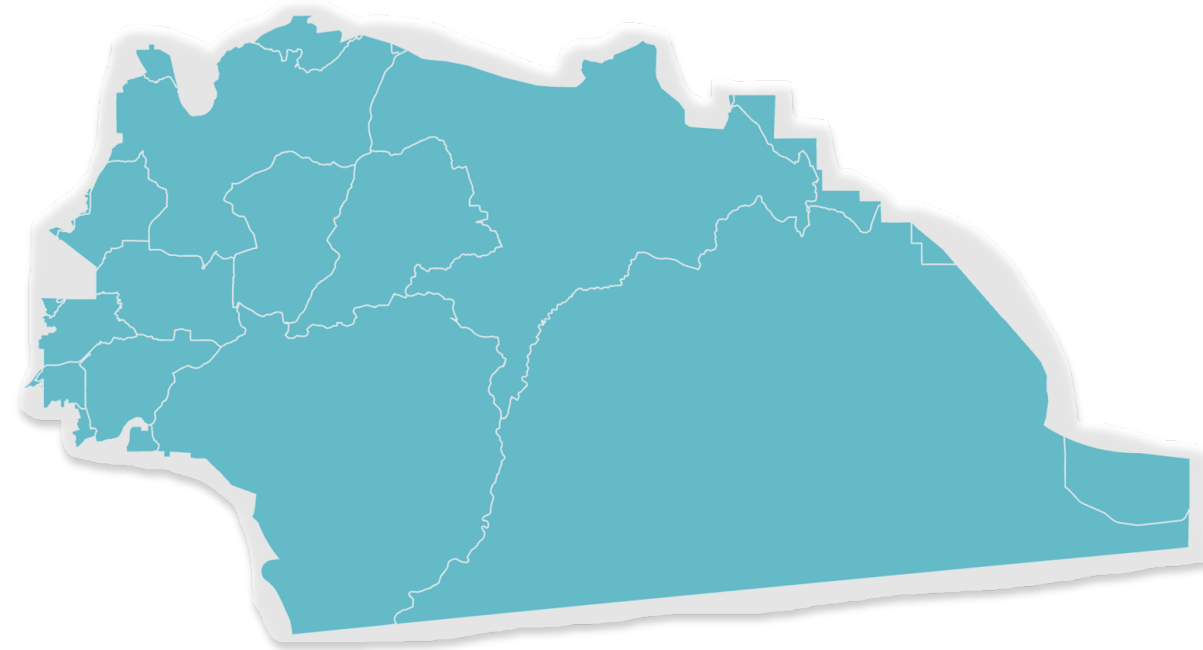
In 2024, **8** out of the **10 leading causes of death** in East Region were due to **chronic diseases**, with **heart disease** as the leading cause of death.



Mountain Empire and Lemon Grove SRA faced **disproportionate mortality and morbidity age-adjusted rates** of **chronic diseases** compared to other East Region SRAs from 2020 to 2024.



Lemon Grove SRA and Mountain Empire SRA faced **disproportionate morbidity age-adjusted rates** due to **injuries** compared to other East Region SRAs from 2020 to 2024.





CHSU Products

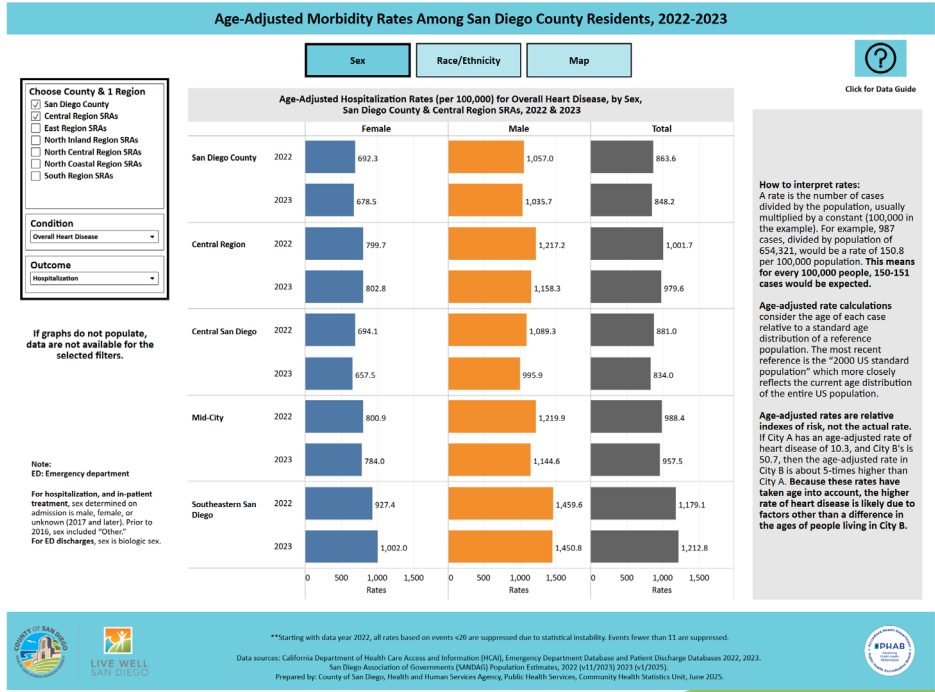
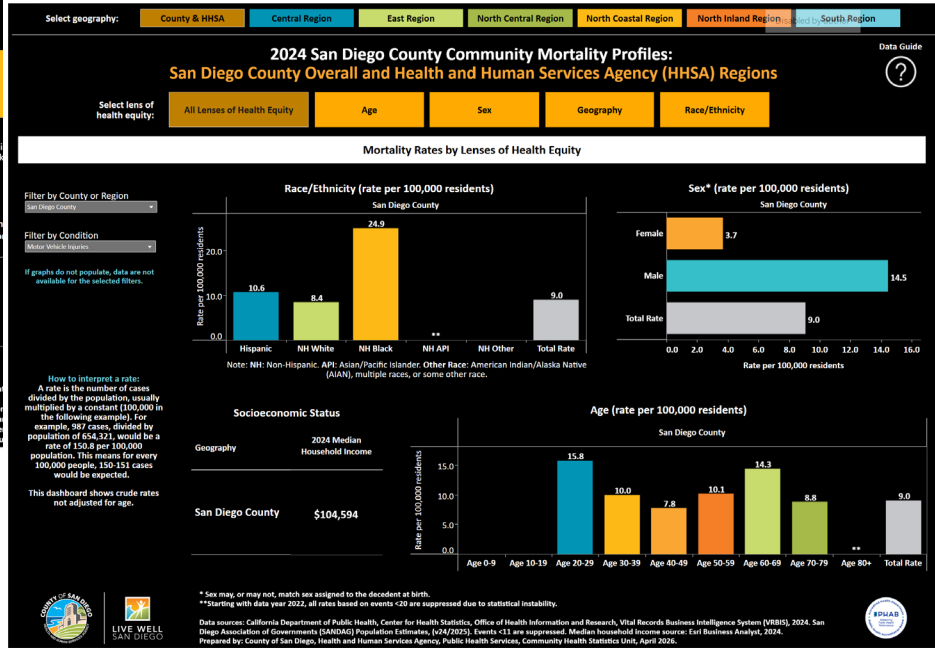
Health Dashboards



LIVE WELL
SAN DIEGO

Community Morbidity and Mortality Profiles (by Region or Municipality)

Community Profile Age-Adjusted Trends (by Region or Municipality)



* Sex may, or may not, match sex assigned to the decedent at birth.
**Starting with data year 2022, all rates based on events <20 are suppressed due to statistical instability.
Data sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024. San Diego Association of Governments (SANDAG) Population Estimates, (x2/2025). Events <11 are suppressed. Median household income source: ERI Business Analyst, 2024. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, April 2026.

Health Dashboards



LIVE WELL
SAN DIEGO

Small Populations Dashboards

Childhood Experiences Dashboard

The American Indian/Alaska Native Population in San Diego County

Demographics | Death and Medical Encounters | Health and Well-Being | Healthcare Access and Utilization

Demographics Among the American Indian/Alaska Native Population, 2019-2023

From 2019 to 2023, there were **97,692** American Indian/Alaska Natives (AIAN) in San Diego County. The AIAN population makes up nearly **3%** of San Diego County's total population.

Population by Age, San Diego County, 2019-2023

Age Group	American Indian/Alaska Native San Diego County Overall	San Diego County Overall
Age 0-17	20.4%	24.4%
Age 18-24	11.6%	10.3%
Age 25-39	10.3%	10.3%
Age 40-64	11.1%	10.3%
Age 65+	16.2%	20.0%

The Non-Hispanic Native Hawaiian/Pacific Islander Population in San Diego County

Demographics | Mortality and Morbidity

Demographics, 2017-2021

On average, there were **14,522** non-Hispanic Native Hawaiian/Pacific Islanders (NH NHPis) in San Diego County from 2019 to 2021. The non-Hispanic Native Hawaiian/Pacific Islander (NH NHPi) population makes up **0.44%** of San Diego County's total population.

Population by Sex, San Diego County, 2017-2021

Sex	Population
Male	48.8%
Female	51.2%

Marital Status (15+), San Diego County, 2017-2021

Marital Status	Population
Separated, divorced, widowed, other	23.7%
Never married	34.8%
Married	41.4%

The Non-Hispanic Asian Population in San Diego County

Demographics | Mortality and Morbidity | Health and Well-Being | Healthcare Access and Utilization

Demographics Among the Non-Hispanic Asian Population, 2019-2021

On average, there were **352,805** non-Hispanic Asians in San Diego County from 2019 to 2021. The non-Hispanic Asian population makes up **10.6%** of San Diego County's total population.

Population by Age, San Diego County, 2019-2021

Age Group	Non-Hispanic Asian San Diego County Overall	San Diego County Overall
0-11 Years	16.6%	16.6%
12-17 Years	6.6%	8.2%
18-39 Years	32.5%	37.3%
40-64 Years	25.6%	27.6%
65+ Years	11.0%	15.2%

The Non-Hispanic Native Hawaiian/Pacific Islander Population by Health Insurance Coverage, San Diego County, 2017-2021

Does not have health insurance coverage: 5.9%

Has health insurance coverage: 94.1%

Population by Annual Household Income (18+), San Diego County, 2019-2021

Annual Household Income	Non-Hispanic Asian San Diego County Overall	San Diego County Overall
Up to \$20,000	13.3%	11.9%
\$20,001 to \$40,000	11.7%	11.7%
\$40,001 to \$60,000	9.6%	17.0%
\$60,001 to \$80,000	12.8%	10.6%
\$80,001 to \$100,000	11.3%	13.8%
\$100,001 to \$120,000	11.1%	11.1%
Greater than \$120,000	41.0%	35.0%

The American Indian/Alaska Native Population by Sex, San Diego County, 2019-2023

Male: 54.9% | Female: 45.1%

The American Indian/Alaska Native Population by Sexual Orientation, San Diego County, 2019-2023

Lesbian, Gay, Bisexual, Queer, or other: 18.8% | Straight: 81.2%

The American Indian/Alaska Native Population by Family Type, San Diego County, 2019-2021

Single, never married: 31.3% | Married with kids: 32.2% | Married with no kids: 22.9% | Single with kids: 13.6%

The American Indian/Alaska Native Population by Marital Status (18+), San Diego County, 2019-2021

Separated, divorced, widowed, other: 15.0% | Single, never married: 24.4% | Married with kids: 24.4% | Married with no kids: 36.2%

The Non-Hispanic Native Hawaiian/Pacific Islander Population by Educational Attainment (25+), San Diego County, 2017-2021

No schooling or high school or less: 43.5%

Some college: 29.9%

College or higher: 24.6%

Population by Annual Household Income (18+), San Diego County, 2019-2021

Annual Household Income	Non-Hispanic Asian San Diego County Overall	San Diego County Overall
Up to \$20,000	13.3%	11.9%
\$20,001 to \$40,000	11.7%	11.7%
\$40,001 to \$60,000	9.6%	17.0%
\$60,001 to \$80,000	12.8%	10.6%
\$80,001 to \$100,000	11.3%	13.8%
\$100,001 to \$120,000	11.1%	11.1%
Greater than \$120,000	41.0%	35.0%

Childhood Experiences in San Diego County

Navigation | About ACEs and PCEs | Prevalence | Demographics | Behavioral Health | Place of Residence/Volunteering | ACEs and Health | Data Dictionary

What are Adverse Childhood Experiences and Positive Childhood Experiences?

Adverse Childhood Experiences (ACEs) are potentially traumatic experiences that occur before the age of 18. ACEs range from physical and sexual abuse to household challenges experienced by parents, caregivers, or other adults living with the child. Current research indicates that experiencing a higher number of ACEs is associated with chronic health conditions, mental illness, and health risk behaviors. Preventing childhood adversity could decrease the overall burden of disease across the United States. Currently, ACEs are measured through a variety of surveys. The data provided in the ACEs dashboard series are from the Behavioral Risk Factor Surveillance System (BRFSS), 2019-2021 and the California Health Interview Survey (CHIS), (2021-2022).

Positive Childhood Experiences (PCEs) are defined as having supportive and nurturing environments in childhood, such as strong peer relationships, supportive school environments, or safe neighborhoods. Research has indicated that PCEs are strongly associated with improved mental and physical health in adulthood. Further, PCEs may have protective effects against adverse health and well-being outcomes in adulthood among adults who were exposed to ACEs.

Calculated ACE Scores from BRFSS

Total ACE scores were calculated by summing the total ACEs each respondent was exposed to before the age of 18. Exposure was included in the ACE score if the individual responded "yes" or "at least once" to the following questions:

- Did you live with anyone who:
 - Was depressed, mentally ill, or suicidal?
 - Was a problem drinker or an alcoholic?
 - Used illegal street drugs or who abused prescription medications?
 - Served time or who was sentenced to serve time in a prison, jail, or other correctional facility?
- Were your parents separated or divorced?
- How often did your parents or adults in your home ever:
 - slap, hit, kick, punch or beat each other up?
 - hit, beat, kick, or physically hurt you in any way?
 - ever reenter at you, insult you, or put you down?
- Did you feel that no one in your family loved you or thought you were special? (Asked only in data year 2021)
- Did you feel that you didn't have enough to eat, dirty clothes, or no one to protect or care for you? (Asked only in data year 2021)

The following questions were combined to be one sexual abuse category: How often did anyone at least 5 years older than you or an adult: Ever touch you sexually? Try to make you touch them sexually? (Asked only in data year 2020) Force you to have sex? (Asked only in data year 2020)

Total possible ACE score: 11

Calculated ACE Scores from CHIS

Total ACE scores were calculated by summing the total ACEs each respondent was exposed to before the age of 18. Exposure was included in the ACE score if the individual responded "yes" or "at least once" to the following questions:

- Did you live with anyone who:
 - Was depressed, mentally ill, or suicidal?
 - Was a problem drinker or an alcoholic?
 - Used illegal street drugs or who abused prescription medications?
 - Served time or who was sentenced to serve time in a prison, jail, or other correctional facility?
- Were your parents separated or divorced?
- How often did your parents or adults in your home ever:
 - slap, hit, kick, punch or beat each other up?
 - hit, beat, kick, or physically hurt you in any way?
 - ever reenter at you, insult you, or put you down?
 - ever reenter at you, insult you, or put you down?
- How often did anyone at least 5 years older than you or an adult:
 - Ever touch you sexually?
 - Try to make you touch them sexually?
 - Force you to have sex?

Total possible ACE score: 11

Calculated PCE Scores from CHIS

The PCE data provided in this dashboard are from the California Health Interview Survey (CHIS), 2021-2022.

Total PCE scores were calculated by summing the total PCEs each respondent was exposed to before the age of 18. Exposure was included in the PCE score if the individual responded "all of the time" or "most of the time" to the following questions:

Now, looking back before you were 18 years of age how often did you...

- Feel able to talk to family about feelings?
- Feel family stood by you during difficult times?
- Feel safe and protected by an adult in your home?
- Have at least 2 non-parent adults who took genuine interest?
- Feel supported by friends?
- Feel a sense of belonging at high school?
- Enjoy participating in community traditions?

Total possible PCE score: 7

Data Sources: 1. Roadmap for Resilience: The California Surgeon General's Report on Adverse Childhood Experiences, Toxic Stress, and Health. Office of the California Surgeon General, 2020. DOI: 10.48193/PEAM002.2. Jaime La Charita, Mian M. Dubowitz, et al. Specific domains of positive childhood experiences (PCEs) associated with improved adult health: A nationally representative study. SSM Population Health, 2023;24:101558-101558. 3. California Health Interview Survey, CHIS, 2021-2022 Adult Core Questionnaire, July 31, 2023. 4. California Department of Public Health, California Behavioral Risk Factor Surveillance System (BRFSS) SAS Dataset Documentation and Technical Report, February 2023. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2024.

Health Equity Dashboards



Racial Equity Dashboard

RACIAL EQUITY DASHBOARD

The Racial Equity Dashboard helps to visualize demographic data, social determinants of health (SDOH), and health outcomes disaggregated by race/ethnicity or race and ethnicity.

Please click the dashboard buttons to navigate. Click the home button (🏠) on any dashboard to return to this page.

Demographic Data

Population Distribution

- Population distribution by race/ethnicity
- Population distribution by age, sex, at birth, geography, race and ethnicity

Population Distribution Pyramids

- Population distribution by age, sex at birth, geography, race and ethnicity. Represented as population pyramids

Marital Status

- Marital status by geography, race and ethnicity

Social Determinants of Health by Race and Ethnicity

Health

- Disability
- Health insurance

Knowledge

- School enrollment
- Educational attainment
- Field of bachelor's degree

Standard of Living

- Employment status
- Household income
- Poverty status
- Supplemental Nutrition Assistance Program (SNAP)

Community

- Means of commute
- Tenure
- Homelessness

Social Determinants of Health by Race/Ethnicity

Health

- Life expectancy
- Usual source of care
- Finding primary care

Knowledge

- Annual school enrollment
- Dropout percentage

Standard of Living

- Food insecurity
- Forgone medical care
- Problems paying medical bills

Community

- Neighborhood safety and trust
- Home purchase loan denials
- Subsidized housing

Social

- Voter engagement
- Volunteer work
- Jail incarceration
- Psychological distress
- Students: Alcohol and drug use, bullying, depression

Health Outcomes by Race/Ethnicity

Health Outcomes

See the Racial Equity Framework and Outcomes Brief on www.SDHealthStatistics.com for detailed information.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

LGBTQ Dashboards

Lesbian, Gay, Bisexual, Transgender, and Queer Youth in San Diego County

About the Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Youth Population

About LGBTQ Health and Well-Being

Individuals who identify as lesbian, gay, bisexual, transgender, or queer (LGBTQ) are diverse and include people of all demographic backgrounds, and frequently have intersecting identities. Members of the LGBTQ community are at increased risk for a number of poor health and well-being outcomes compared to heterosexual and cisgender people as a result of social and structural inequities. This dashboard provides data on some health and well-being issues and inequities that affect the LGBTQ community.

The lived experiences and needs of the LGBTQ population vary by their intersecting identities, including sexual orientation, gender, age, and race/ethnicity. Research has indicated that health and well-being outcomes and health behaviors may vary significantly by specific sexual orientation and gender identities that exist within the community. Recent data from the California Healthy Kids Survey (CHKS) have provided an opportunity to produce health and well-being outcomes disaggregated by sexual orientation and gender identity for San Diego County youth. This data may help to identify and address the unique health and well-being concerns for each of the sexual orientation and gender identity groups.

Important Terminology:

Sexual Orientation

Sexual orientation refers to a person's emotional, sexual, and/or relational attraction towards other people. Heterosexuality, or straight, is used to identify those who are attracted to individuals of a different sex than their own sex. The terms used in this dashboard are defined below:

Lesbian
A person who self-identifies as having an emotional, sexual, and/or relational attraction to other women.

Gay
A man who self-identifies as having an emotional, sexual, and/or relational attraction to other men.

Bisexual
A person who self-identifies as having emotional, sexual, and/or relational attraction to the same or different sex, or to more than one gender.

Queer
In this dashboard, queer is used to describe individuals who may identify as lesbian, gay, bisexual, or another sexual identity within the LGBTQ community, queer is frequently used as an umbrella term to describe individuals in the LGBTQ community, including transgender and other people and individuals on the margins of the community. Queer can be considered an umbrella term when referring to issues and experiences affecting the many groups under this umbrella. Because it is still used to describe lesbian, gay, bisexual, and transgender people, those who do not identify as queer are urged to use the term with caution, or not at all.

Gender Identity

Gender identity refers to a person's internal sense of being male, female or something else. Gender identity can be the same as or different than their sex assigned at birth. Gender identity is not related to sexual orientation. The term used to describe gender identity in this dashboard is defined below:

Transgender
An umbrella term used to describe the people whose gender identity and/or expression is different from that typically associated with their assigned sex at birth.

Nonbinary
Individuals who do not identify their gender as male or female. Other terms to describe this identity include genderqueer, genderfluid, gender creative, etc.

Cisgender
A person whose gender identity matches their assigned sex at birth.

To learn more about the data included in this dashboard, visit the [About the Data](#) section.

Data Sources: Centers for Disease Control and Prevention (CDC), about LGBT Health, <https://www.cdc.gov/genderdiversity/>; Kaiser Family Foundation (KFF), <https://www.kff.org/health-policy/issue-brief/2022/04/2022-04-20-what-is-transgender-identity/>; American Psychological Association (APA), <https://www.apa.org/health/2015/07/01/transgender-identity>; California Department of Education, California Healthy Kids Survey (CHKS), 2022-2023. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Poverty Dashboard Series

Poverty Dashboard

Dashboard #1 in the Poverty Dashboard Series
Area Deprivation Index, Income Inequality, Housing Affordability, and Food Insecurity

Area Deprivation Index by Census Block Group, San Diego County

Area Deprivation Index: A scientifically validated measure of the adverse social exposure (neighborhood disadvantage) that can be used to evaluate and improve factors that impact health across populations. The ADEI ranks neighborhoods by adverse social exposure in a region of interest (e.g., at the state or national level), taking into account factors related to income, education, employment, and housing quality.[1]

Area Deprivation Index Rankings by Census

Poverty Dashboard
Dashboard #2 in the Poverty Dashboard Series
Family and Child Poverty, Deep Poverty, Housing, and Employment

Proportion of families with children living below poverty level, 2023

This dashboard focuses on visualizing data on the proportion of families with children living below poverty level by census tract in San Diego County. Hover over a census tract to view information.

Proportion of families with children living below poverty level, 2023

United States: 13.5%	California: 12.2%	San Diego County: 9.8%
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Proportion of families with children living below poverty level by census tract, San Diego County, 2023

Self-Sufficiency Dashboard

Self-Sufficiency Standard* for San Diego County, 2025^A

The self-sufficiency standard measures how much income is needed for a household of a certain composition to adequately meet their basic needs without public or private assistance.

This interactive tool helps to visualize the minimum wage required for self-sufficiency* based on the average amount spent on basic necessities in each Health and Human Services Agency (HHS) Region, subregional area (SRA), and San Diego County overall.

Select a household type to explore the differences in the income required to be economically self-sufficient:

- Household with 2 Adults
- Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age)
- Single-Adult Household
- Single-Parent Household with 2 Children (1 Preschool-Age, 1 School-Age)

Select San Diego County/HHS Region and subregional area (SRA) to explore the differences by geography:

San Diego County and HHS Regions: North Central Region | Coastal | Subregional Area (SRA): Coastal

Self-Sufficiency* Income for a Household with 2 Adults, 2025

The average minimum income required to be economically self-sufficient without public or private assistance (based on each adult working 40 hours per week).

	North Central Region	Coastal SRA	Annual Self-Sufficiency* Income for a Household with 2 Adults, Coastal SRA, 2025
Hourly (per adult)	\$23.25	\$24.00	
Monthly	\$8,061.24	\$8,321.59	
Annual	\$96,734.83	\$99,859.06	

Monthly Contribution to Emergency Savings Fund

	North Central Region	Coastal SRA
Monthly	\$168.62	\$177.68

Socioeconomic Disparities Dashboard

Socioeconomic Disparities in San Diego County

Qualified Census Tracts | Under 200% FPL | Difficult Development Areas

What are Qualified Census Tracts?

The American Rescue Plan Act of 2021 (ARPA) began defining select census tracts as Qualified Census Tracts based on income and poverty measures. Specifically, a Qualified Census Tract is defined as any census tract in which at least 50 percent of households have an income less than 60 percent of the Area Median Income, or which has a poverty rate of at least 25 percent.

Qualified Census Tracts in San Diego County, 2026

There are 129 Qualified Census Tracts in San Diego County. This means **17.5%** of census tracts in the county meet the criteria.

To see areas which are most affected by poverty, navigate to the "Under 200% FPL" dashboard.

Poverty Dashboard

Dashboard #3 in the Poverty Dashboard Series
Poverty and Health

Health Outcomes in San Diego County by Socioeconomic Status*, 2023

Age-Adjusted Rates of Hospitalization (per 100,000) due to Overall Heart Disease by Socioeconomic Status* and Subregional Areas, San Diego County, 2023

Select Health Condition Group: Non-Communicable

Select Health Condition: Overall Heart Disease

Select Outcome: Hospitalization

Highlight Subregional Area: Highlight Subregional Area

Age-Adjusted Rate per 100,000: 345.7 | 1 of 110

Larger and darker bubbles indicate higher rates of death. If SRA do not populate, data are not available for the selected filters.

Minority and Nonelderly SRA include a substantial military group quarters population, a special population with unique demographics, needs, and resources. Data centered to preserve distribution of values data in the map.

Aging Dashboard



Home Demographics Goal 1: Housing Goal 2: Health Reimagined Goal 3: Inclusion & Equity

County of San Diego Aging Dashboard

Background:
The Aging Dashboard is modeled after California's Master Plan for Aging (MPA), which outlines five bold goals to support and empower California's aging population. The purpose of the County of San Diego Aging Dashboard is to serve as a centralized source of data on older adults in San Diego County. Unless otherwise noted, all indicators reflect information specific to adults aged 60 and older.

Click on the buttons below to navigate to each section:

Demographics

- Population by Age Group
- Population Projections
- Sexual Orientation
- Age by Municipality
- English Proficiency

Goal 3: Inclusion & Equity

- Medicare
- Language
- Race/Ethnicity
- Perceptions of Neighborhood Support

Goal 1: Housing

- Fair Market Rent
- Housing Tenure
- Affordable Housing Units
- Aging in Place

Goal 4: Caregiving

- Family & Friend Caregivers
- Home Health & Personal Care Aide Wages
- Home Health & Personal Care Aide Employment

Goal 2: Health Reimagined

- Alzheimer's Disease & Non-Alzheimer's Dementia
- Organizations Serving Older Adults
- Mental Health Professional Visits
- Psychological Distress
- Licensed RCFEs & SNFs
- Disability Data
- Life Expectancy
- Falls
- Dental Data
- Mortality Data

Goal 5: Affording Aging

- Income Distribution
- Income Sources
- Food Security
- Labor Force & Unemployment
- Cost of Living
- Poverty
- Homelessness
- Long Term Care

View on Tableau Public

Home Demographics Goal 1: Housing Goal 2: Health Reimagined Goal 3: Inclusion & Equity

County of San Diego Aging Dashboard

Demographics

Population by Age Group Race/Ethnicity & Sexual Orientation Language & English Proficiency Population Projections Age by Municipality

Filter by Age Group: 60+

Projected Population by Older Adult Age Group, San Diego County, 2022-2050

Year	Projected Population (N)
2022	709,689
2029	824,578
2040	927,883
2050	954,980

Projected Population Percent by Age Group, San Diego County, 2022-2050

Age Group: 60+, 75+, 85+

Source: SANDAG Series 15 Regional Forecast, San Diego County. Available at <https://www.sandag.org/>
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, October 2025.

View on Tableau Public

Home Demographics Goal 1: Housing Goal 2: Health Reimagined Goal 3: Inclusion & Equity

County of San Diego Aging Dashboard

Goal 1: Housing

Housing Fair Market Rent Affordable Housing - County Affordable Housing - State Aging In Place

Filter by Age Group: 62+ Filter by Status: Active

Active State-Funded Affordable Housing Units per 100,000 Adults Aged 62+, San Diego County Subregional Areas (SRA), 2025

Subregional Area (SRA)	Units per 100,000
San Diego County	710.1
Carlsbad	149.8
Central San Diego	1,678.1
Chula Vista	580.1
Coronado	580.1
El Cajon	906.8
Escondido	906.8
Fallbrook	896.5
Kearny Mesa	896.5
La Mesa	2,892.6
Lemon Grove	2,892.6
Mid-City	2,019.7
National City	2,019.7
North San Diego	1,171.0
Oceanside	530.7
Poway	530.7
Ramona	1,333.2
San Marcos	1,333.2
Santee	975.9
Southeastern San Diego	579.6
Spring Valley	579.6
Sweetwater	657.5
Vista	657.5

Note: Funding may be in combination with County of San Diego funding for some properties.
Source: California State Treasurer, California Tax Credit Allocation Committee, Project Mapping, List of Projects, August 2025.
Rates calculated using San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, October 2025.

View on Tableau Public



The Aging Dashboard follows the California Master Plan for Aging (MPA), focusing on: Demographics, Housing, Health and Mortality, Inclusion and Equity, Caregiving, and Affording Aging.

Demographic Profiles



Demographic Profiles

San Diego County: 2020-2024 Region/Subregional Area (SRA) Demographic Profiles

The *Regional/Subregional Area (SRA) Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data by HHS Region and subregional area (SRA) including age, sex, race/ethnicity distributions, school enrollment, educational attainment, income, occupation, housing, and other social/economic data. Many of these factors have been implicated at the roots of health disparities.

The purpose of the *Regional/Subregional Area (SRA) Demographic Profiles* is to provide detailed information about the characteristics of the people living in San Diego County. It is designed to help HHS staff in each of the Health and Human Services Agency Regions and other local organizations, including *Live Well San Diego* recognized partners, identify and prioritize needs within their communities. These profiles are made available to the public health community and public policymakers to better understand and manage the health and well-being of the residents of our County.

San Diego County: 2020-2024 City Demographic Profiles

The *City Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data for municipalities (incorporated cities) and the unincorporated area including age, sex, race/ethnicity distributions, school enrollment, educational attainment, income, occupation, housing, and other social/economic data. Many of these factors have been implicated at the roots of health disparities.

The purpose of the *City Demographic Profiles* is to provide detailed information about the characteristics of the people living in San Diego County. It is designed to help HHS staff in each of the Health and Human Services Agency Regions and other local organizations, including *Live Well San Diego* recognized partners, identify and prioritize needs within their communities. These profiles are made available to the public health community and public policymakers to better understand and manage the health and well-being of the residents of our County.

Click on the images to navigate.

Population Map	Population Characteristics	Population - API	Population - Language
Map of population distribution	Residents by sex, race/ethnicity, and age distribution; Population 15+ by marital status; Older Adults by household type; Foreign-born population	Asian and Other Pacific Islander (API) population by group	Language spoken at home for the population 5+ by ability to speak English
Housing Characteristics	Income and Benefits	Poverty	Economy
Housing units and by tenure, median gross rent, median house value, monthly housing costs as percentage of household income, vehicles in housing unit	Median household income, income and benefits in households, households by household income, food stamps/SNAP/CalFresh, specific income eligibility criteria	Percent of the population at specified federal poverty levels, percent of the population in poverty by age group and for specific subpopulations	Unemployment, labor force by occupation and industry, means of commuting to work, and older adults in the labor force
Education	Kinship	Health Insurance and Disability	Veterans
School enrollment by age group, grade level, and grade and type of school; educational attainment	Children by household type and relationship to householder, single parent households, grandparents responsible for grandchildren	Health insurance status and by age group; persons with a disability, type of disability, and by age group	Veterans by sex, age, race/ethnicity, educational attainment, period of service, median income, and percentage below poverty

A PDF version of the 2024 City Demographic Profiles by indicator can be accessed [here](#).

For additional information, including data, resources, and reports: www.sdhhsstatistics.com
 Contact the Community Health Statistics Unit at 619-692-6667 or email us at PHS.CHSU.HHSA@sdcounty.ca.gov

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit

2020-2024 Supervisorial District Demographic Profiles

The *Supervisorial District Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data for each of the five supervisorial districts including age, sex, race/ethnicity distributions, school enrollment, educational attainment, income, occupation, housing, and other social/economic data. Many of these factors have been implicated at the roots of health disparities.

The purpose of the *Supervisorial District Demographic Profiles* is to provide detailed information about the characteristics of the people living in San Diego County. It is designed to help the Board of Supervisors and other local organizations, including *Live Well San Diego* recognized partners, identify and prioritize needs within their communities. These profiles are made available to the public health community and public policymakers to better understand and manage the health and well-being of the residents of our County.

San Diego County: 2020-2024 Census Tract Demographic Profiles

The *Census Tract Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data by census tract including age, sex, race/ethnicity distributions, school enrollment, educational attainment, income, occupation, housing, and other social/economic data. Many of these factors have been implicated at the roots of health disparities.

The purpose of the *Census Tract Demographic Profiles* is to provide detailed information about the characteristics of the people living in San Diego County. It is designed to help HHS staff in each of the Health and Human Services Agency Regions and other local organizations, including *Live Well San Diego* recognized partners, identify and prioritize needs within their communities. These profiles are made available to the public health community and public policymakers to better understand and manage the health and well-being of the residents of our County.

Click on the images to navigate.

Population Map	Population Characteristics	Population - API	Population - Language
Map of population distribution	Residents by sex, race/ethnicity, and age distribution; Population 15+ by marital status; Older adults by household type; Foreign-born population	Asian and Other Pacific Islander (API) population by group	Language spoken at home for the population 5+ by ability to speak English
Housing Characteristics	Income and Benefits	Poverty	Economy
Housing units and by tenure, median gross rent, median house value, monthly housing costs as percentage of household income, vehicles in housing unit	Median household income, income and benefits in households, households by household income, food stamps/SNAP/CalFresh, specific income eligibility criteria	Percent of the population at specified federal poverty levels, percent of the population in poverty by age group and for specific subpopulations	Unemployment, labor force by occupation and industry, means of commuting to work, and older adults in the labor force
Education	Kinship	Health Insurance and Disability	Veterans
School enrollment by age group, grade level, and grade and type of school; educational attainment	Children by household type and relationship to householder, single parent households, grandparents responsible for grandchildren	Health insurance status and by age group; persons with a disability, type of disability, and by age group	Veterans by sex, age, race/ethnicity, educational attainment, period of service, median income, and percentage below poverty

For additional information, including data, resources, and reports: www.sdhhsstatistics.com
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Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit

Interactive Tableau Dashboards available for:

- Census Tracts
- Regions and Subregional Areas
- Supervisorial Districts
- Cities and the Unincorporated Area

Demographic profiles in PDF format available for:

- Regions and Subregional Areas
- Supervisorial Districts
- Cities and the Unincorporated Area

2024 MENA Profile



The cover of the report features the County of San Diego and Live Well San Diego logos at the top left. The title "2024 San Diego County Middle Eastern and North African Population by Ancestry and Place of Birth" is centered in orange text. Below the title is a photograph of a diverse group of people in traditional Middle Eastern and North African attire. At the bottom, there is an orange banner with the text "County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit" and "April 2026". A small PHAD logo is also present in the bottom left corner of the banner.

The **MENA Profile** explores the Middle Eastern and North African (MENA) population by ancestry and place of birth in lieu of a direct method to estimate this population.

Data is available by region, subregional area, municipality, and supervisorial district.

Scan the QR code to access the latest version of the **MENA Profile!**



Regional and Population Data



Regional Data



- Community Health Assessment Presentations
- Health Briefs
- Health Status Reports

Maps and Spatial Data



- Disease and Injury Atlases
- Maps:
 - Healthy Places Index
 - Economic Hardship Index
 - Walkability Index

Population and Health



- Population Health and the Environment
 - Brief and Dashboard
- Water Quality

Maps and Spatial Data



- Chronic Disease Prevalence and Health Behaviors
- Disease Information Packets
 - Fact Sheet, Descriptive Summary, Slide Set, and Critical Pathway



THANK YOU

For more information, including data, resources and reports, from Public Health Services:

www.SDHealthStatistics.com

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The Public Health Services department, County of San Diego Health and Human Services Agency, has maintained national public health accreditation, since May 17, 2016, and was re-accredited by the Public Health Accreditation Board on August 21, 2023.