



Community Health Assessment Presentation: North Central Region

Presented by Christopher O'Malley

Presented to North Central Region Community Leadership Team

County of San Diego, Health and Human Services Agency,
Public Health Services, Community Health Statistics Unit
Wednesday June 10, 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.

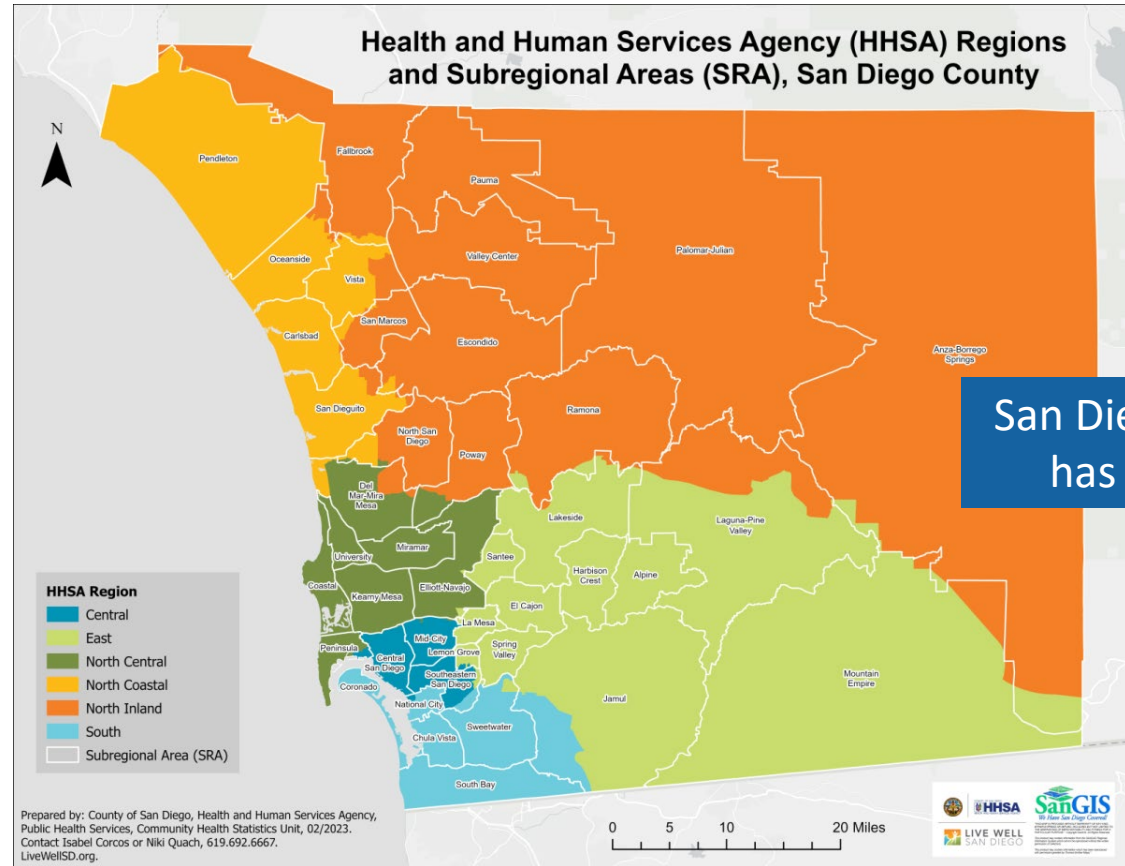
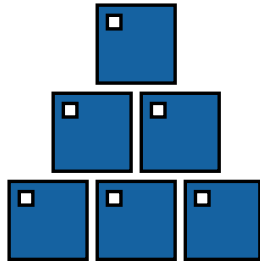
- Example: The rate of children injured due to motor vehicle crashes dropped from 321.9 per 100,000 to 295.2 per 100,000 after the implementation of the booster seat program.



What are subregional areas (SRAs)?



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



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.

Geographies

Types of Geographies

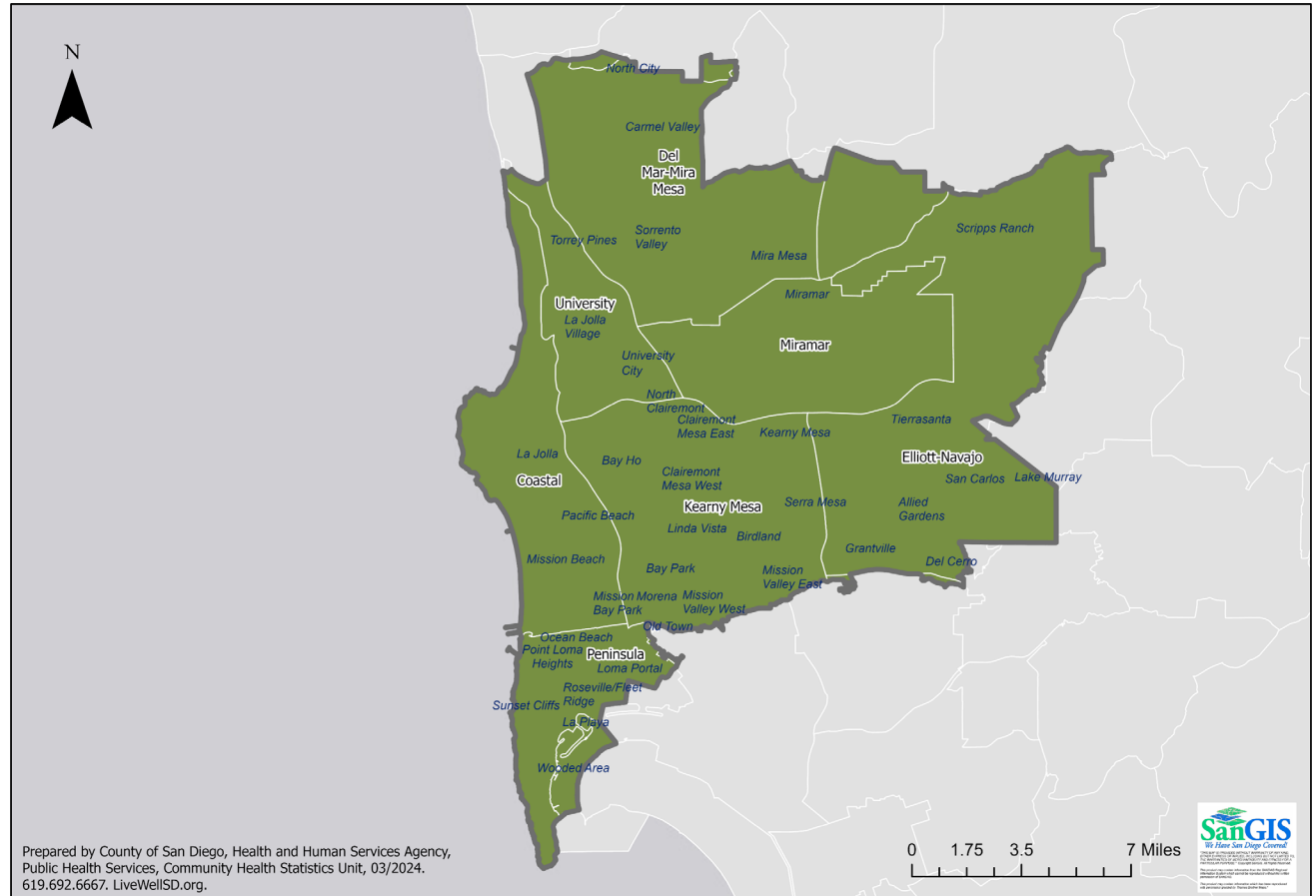
- Health and Human Services Agency Region
 - Six within San Diego County
- Subregional Area (SRA)
 - Seven within the North Central Region
 - Coastal
 - Del Mar-Mira Mesa
 - Elliott-Navajo
 - Kearny Mesa
 - Miramar
 - Peninsula
 - University



San Diego County Health and Human Services Agency North Central Region and Its Neighborhoods



LIVE WELL
SAN DIEGO





DID YOU KNOW?

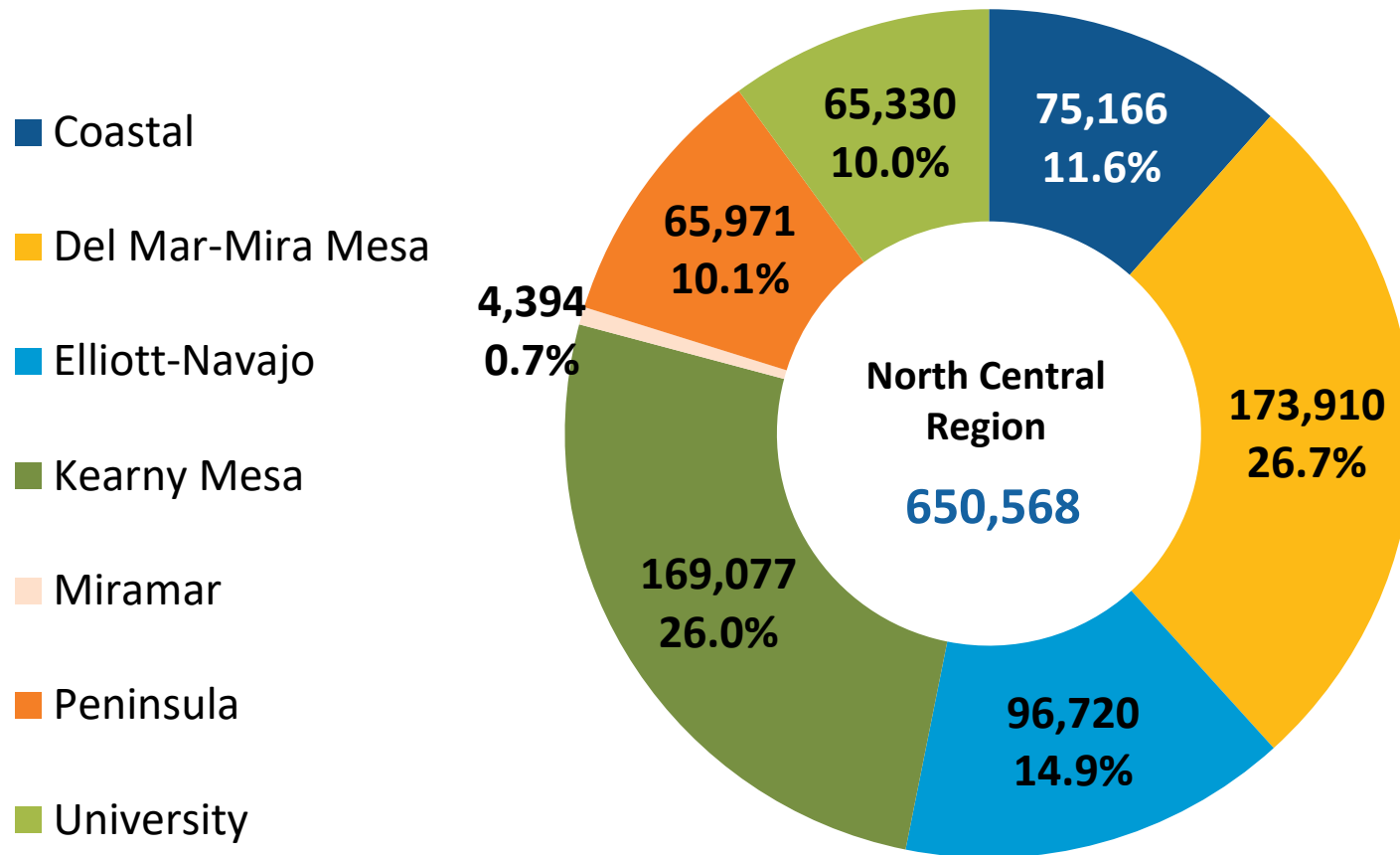


North Central Region had the largest proportion of population (19.8%) among HHSA Regions in 2024.

Population



North Central Region Population Distribution by Subregional Area (SRA), 2024



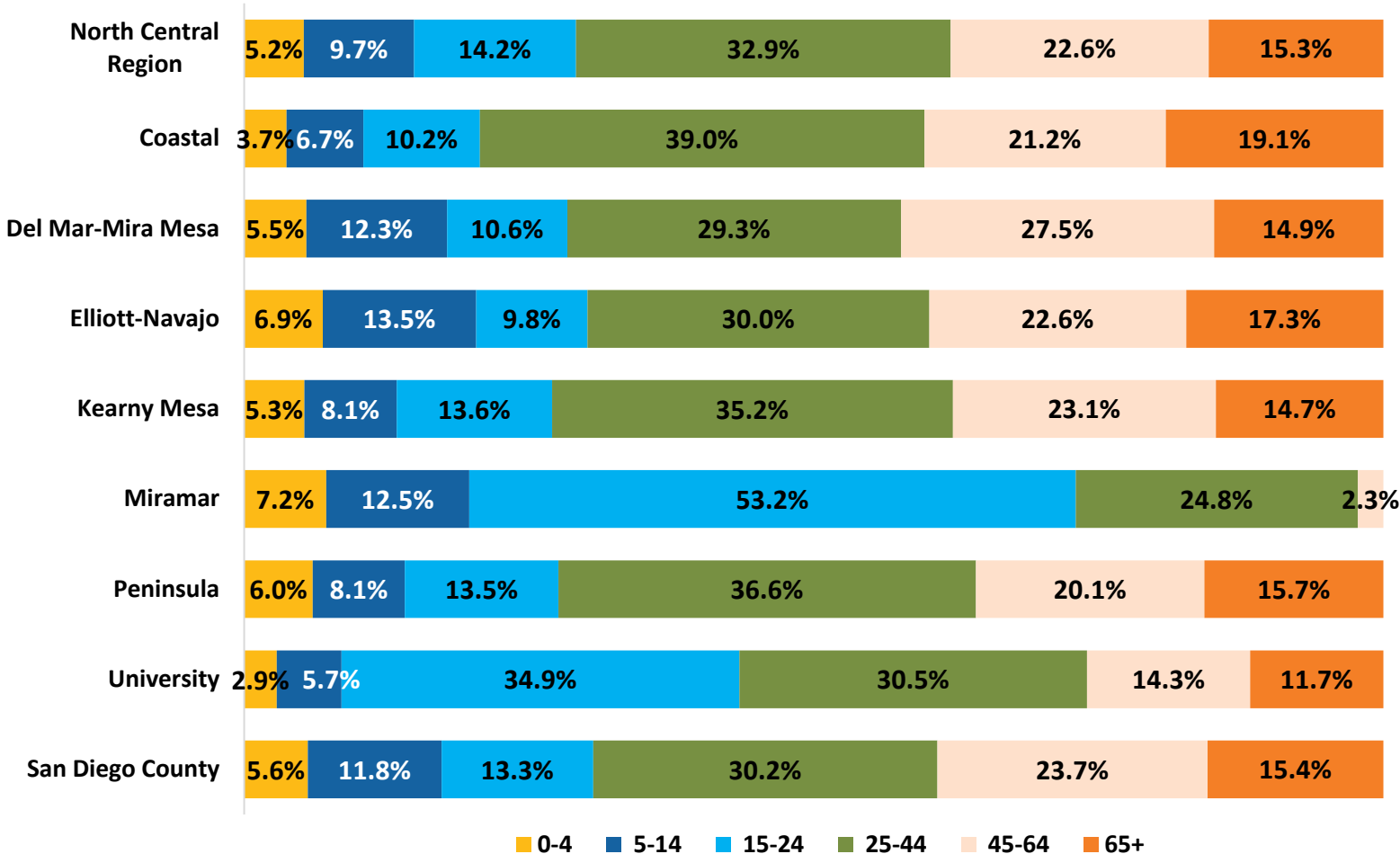
In 2024, North Central Region was home to 650,568 residents or 19.8% of San Diego County's population.

- In 2024, Del Mar-Mira Mesa SRA made up the largest proportion of North Central Region's population (26.7%), while Miramar SRA made up the smallest proportion (0.7%).
- The population living in University SRA increased by 11.5% between 2019 and 2024, the greatest increase among North Central Region SRAs.

Demographics: Age



Population by Age Group in North Central Region and its Subregional Areas (SRAs), 2024



In 2024, one-third (32.9%) of North Central Region residents were 25–44 years old.

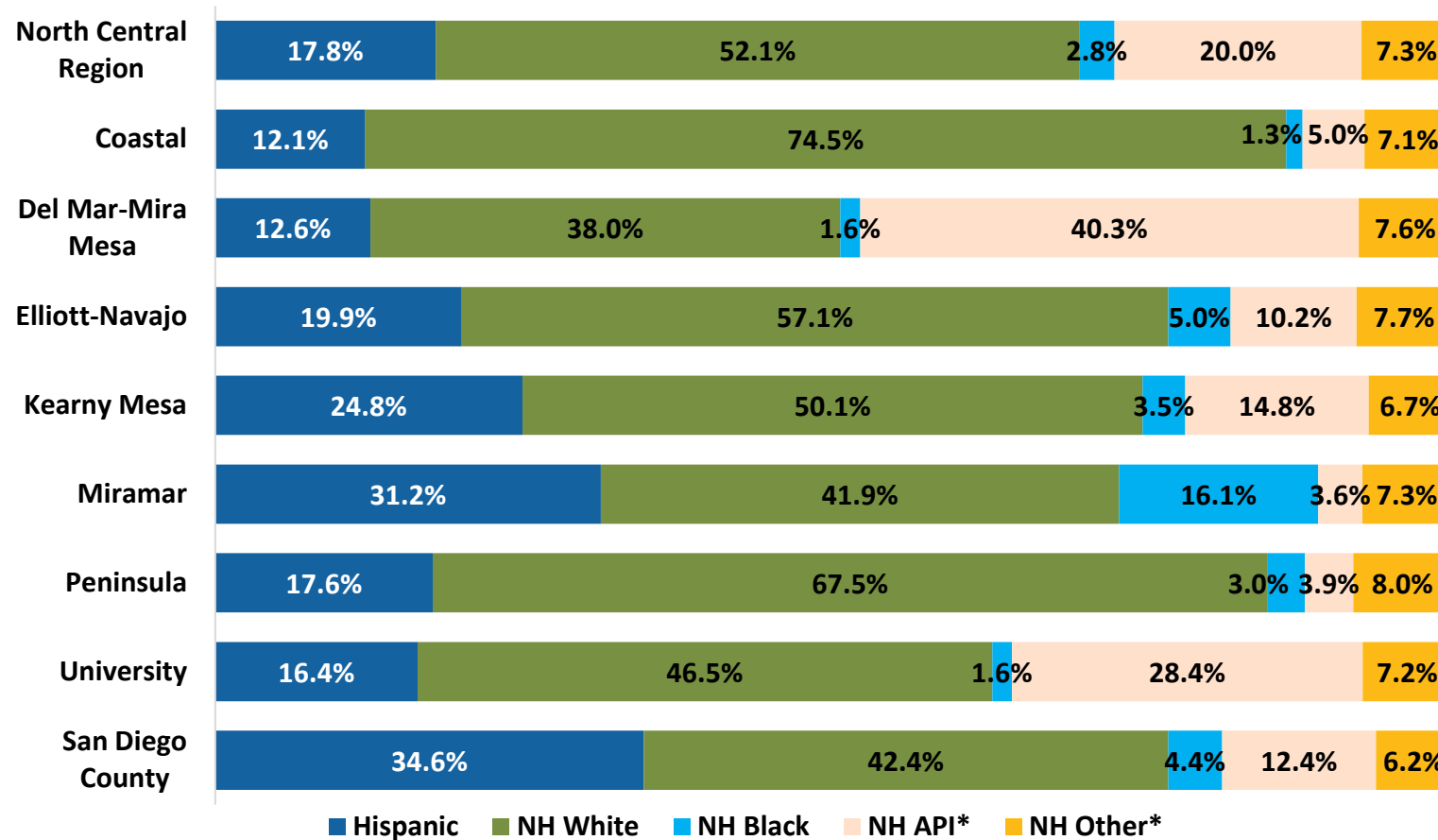
- In North Central Region and its SRAs, with the exception of Miramar SRA, children aged 4 and under made up the smallest proportion of the population.
- Miramar and University SRAs had the largest populations aged 15-24 and the smallest populations aged 65+.
- Between 2019 and 2024, North Central Region saw a 15% increase in the number of residents aged 65+.

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 North Central Region and its Subregional Areas (SRAs), 2024



In 2024, non-Hispanic (NH) White (52.1%) and Asian/Pacific Islander (API) (20.0%) residents made up 72.1% of North Central Region's population.

- Compared to other regions in 2024, North Central Region had the highest proportion of API residents (20.0%) and the lowest proportion of Hispanic residents (17.8%).
- Between 2019 and 2024, the number of Hispanic, NH API, and NH Other race/ethnicity residents increased in North Central Region, while the number of NH White and NH Black residents decreased.
- Del Mar-Mira Mesa SRA had the largest proportion of NH API residents (40.3%) in North Central Region and in San Diego County overall.

NH indicates non-Hispanic. *API: Asian Pacific/Islander. Other includes American Indian/Alaska Native (AIAN), two or more races, and/or other races.

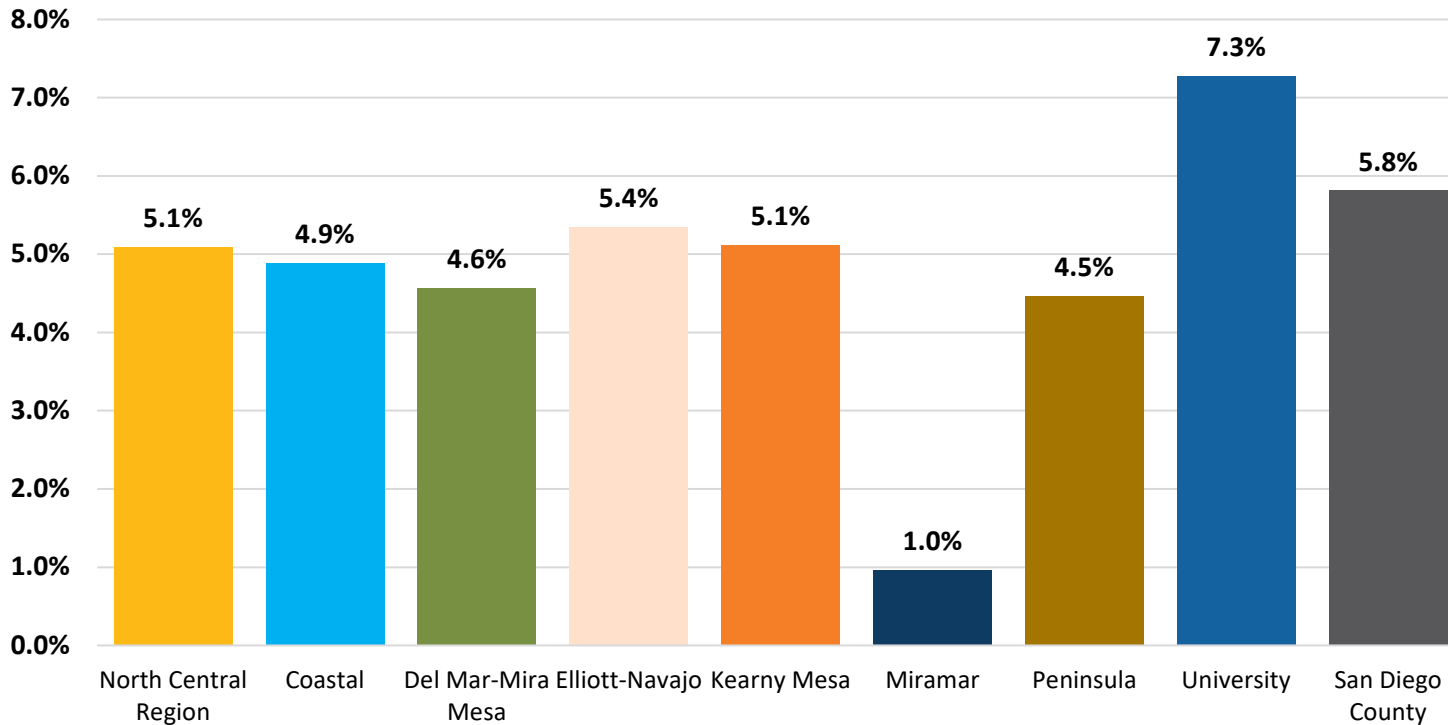
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table B03002; 2020-2024 American Community Survey 5-Year Estimates, Table B03002.

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

Demographics: Unemployment



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



Unemployment in North Central Region

- In North Central Region, the 5-year average percent of unemployed residents 16 years and older increased from 4.5% between 2015-2019 to 5.1% between 2020-2024.
- North Central Region had a lower 5-year average percent of unemployment than the county overall from 2020-2024.
- Among North Central Region communities, University SRA had the highest 5-year average percent of unemployment (7.3%) and Miramar SRA had the lowest (1.0%) between 2020-2024.

*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.



Among San Diego County HHSA Regions, North Central Region had the second highest life expectancy (84.2 years) in 2024.

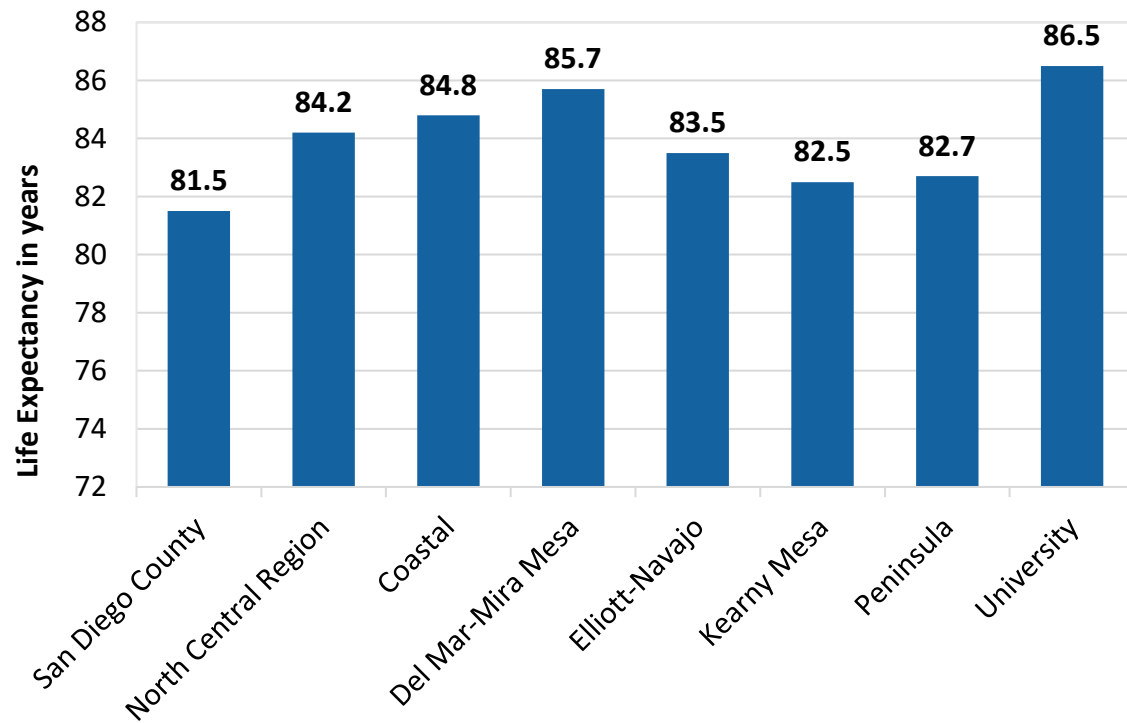


DID YOU KNOW?

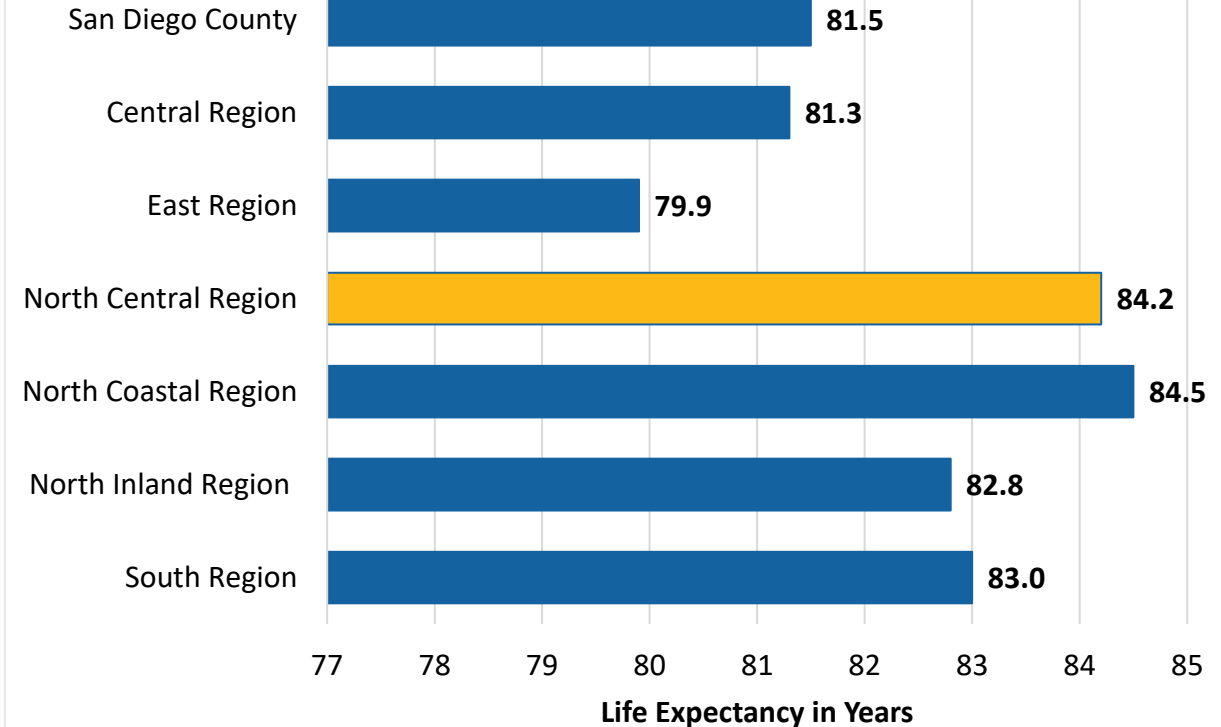
Life Expectancy



Life Expectancy in North Central Region and its Subregional Areas (SRAs), 2024



Life Expectancy in San Diego County by HHS Region, 2024



Miramar life expectancy is not available and not shown, censored due to variance in population size.

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

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

Leading Causes of Death



Leading Causes of Death^{1,2} Among San Diego County Residents in North Central Region, 2024

Rank	Leading Cause of Death	Death Count	%
1	Malignant Neoplasms	915	22.9%
2	Diseases Of The Heart	810	20.3%
3	Cerebrovascular Diseases	287	7.2%
4	Accidents/Unintentional Injuries	236	5.9%
5	Alzheimer's Disease	230	5.8%
6	Chronic Lower Respiratory Diseases	139	3.5%
7	Diabetes Mellitus	126	3.2%
8	Essential Hypertension And Hypertensive Renal Disease	96	2.4%
9	Parkinson's Disease	85	2.1%
10	Intentional Self-Harm (Suicide)	78	2.0%
11	Nutritional Deficiencies	48	1.2%
12	Chronic Liver Disease And Cirrhosis	47	1.2%
13	COVID-19	44	1.1%
14	Influenza And Pneumonia	37	0.9%
15	Pneumonitis Due To Solids And Liquids	32	0.8%
16	All other causes (not rankable)	780	19.5%
Total Deaths³	Total Deaths	3,990	100.0%

In 2024, there were **3,990** deaths among North Central Region residents.

- In 2024, **cancer** (malignant neoplasms) and **heart disease** were the cause of 43.2% of the deaths among North Central Region residents.
- In North Central Region, 9 out of the top 15 leading causes of death were due to **chronic disease** 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. ³ Deaths for specific demographics or geographic area may not equal the total deaths for San Diego County due to missing data. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Non-Communicable (Chronic) Disease

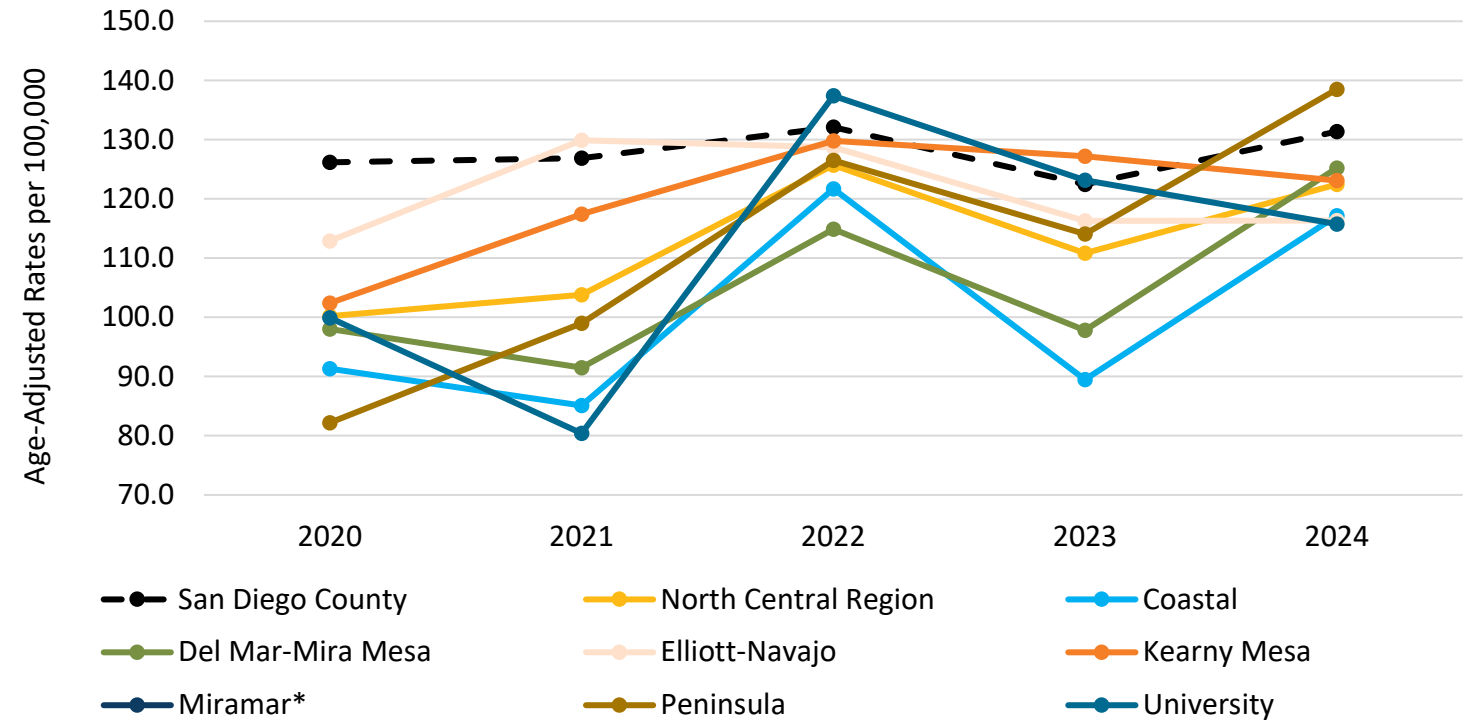


Leading Cause of Death: Cancer Death Rates, 2020-2024

From 2020-2024, the age-adjusted **death rate** due to **overall cancer** in **North Central Region** **increased** from 100.2 to 122.5 per 100,000 residents.

Among North Central Region SRAs, **Peninsula** had the **highest** age-adjusted **death rate** due to **overall cancer** (138.5 per 100,000) in 2024.

Age-Adjusted Death Rates due to **Overall Cancer** in North Central Region by Subregional Area (SRA), San Diego County, 2020-2024

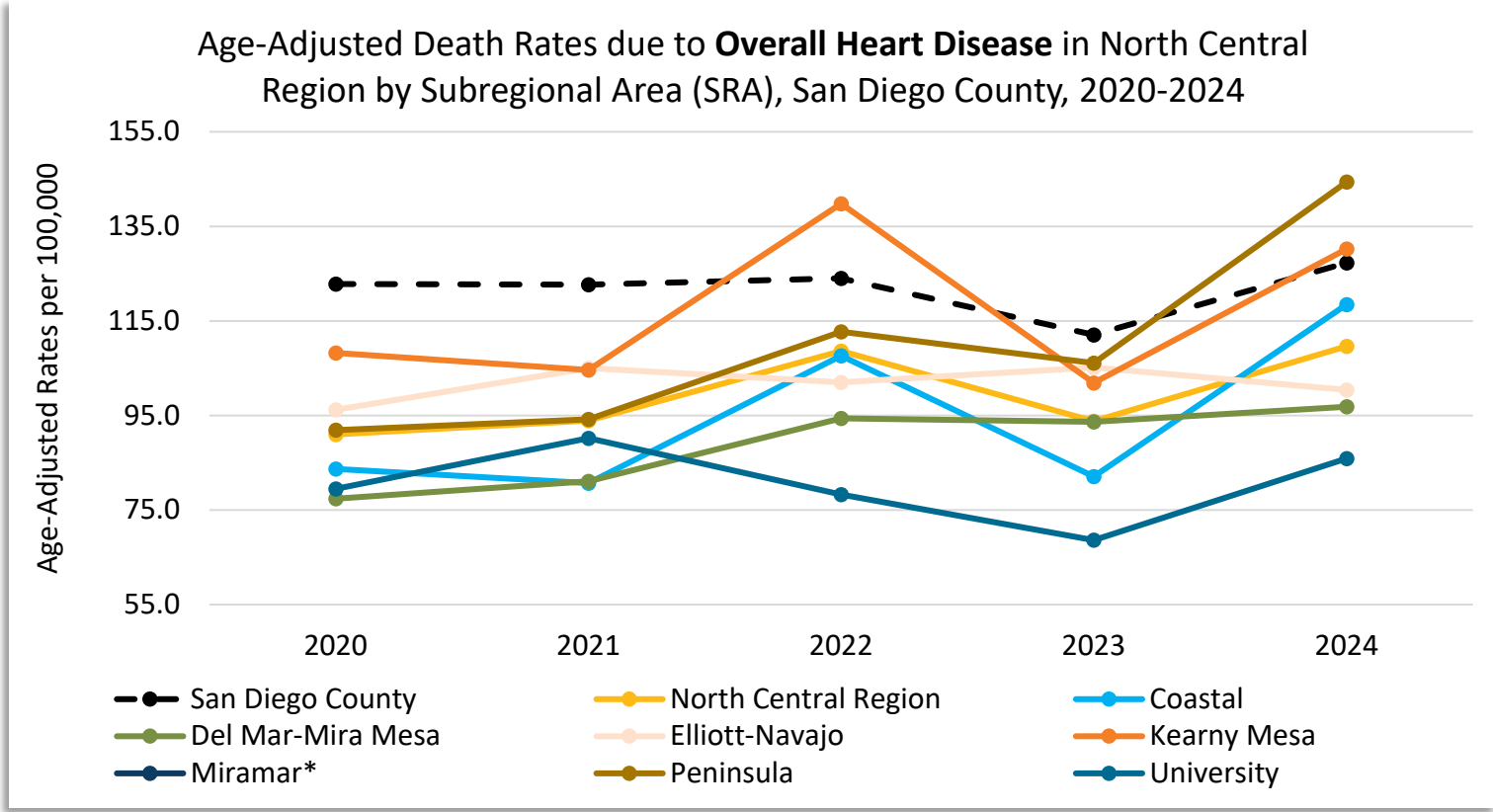


*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, 2020-2024 California Vital Records Business Intelligence System (VRBIS); 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) Disease



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



From 2020-2024, the age-adjusted **death rate** due to **overall heart disease** in **North Central Region increased** from 91.0 to 109.6 per 100,000 residents.

Among North Central Region SRAs, **Peninsula** had the **highest** age-adjusted **death rate** due to **overall heart disease** (144.4 per 100,000) in 2024.

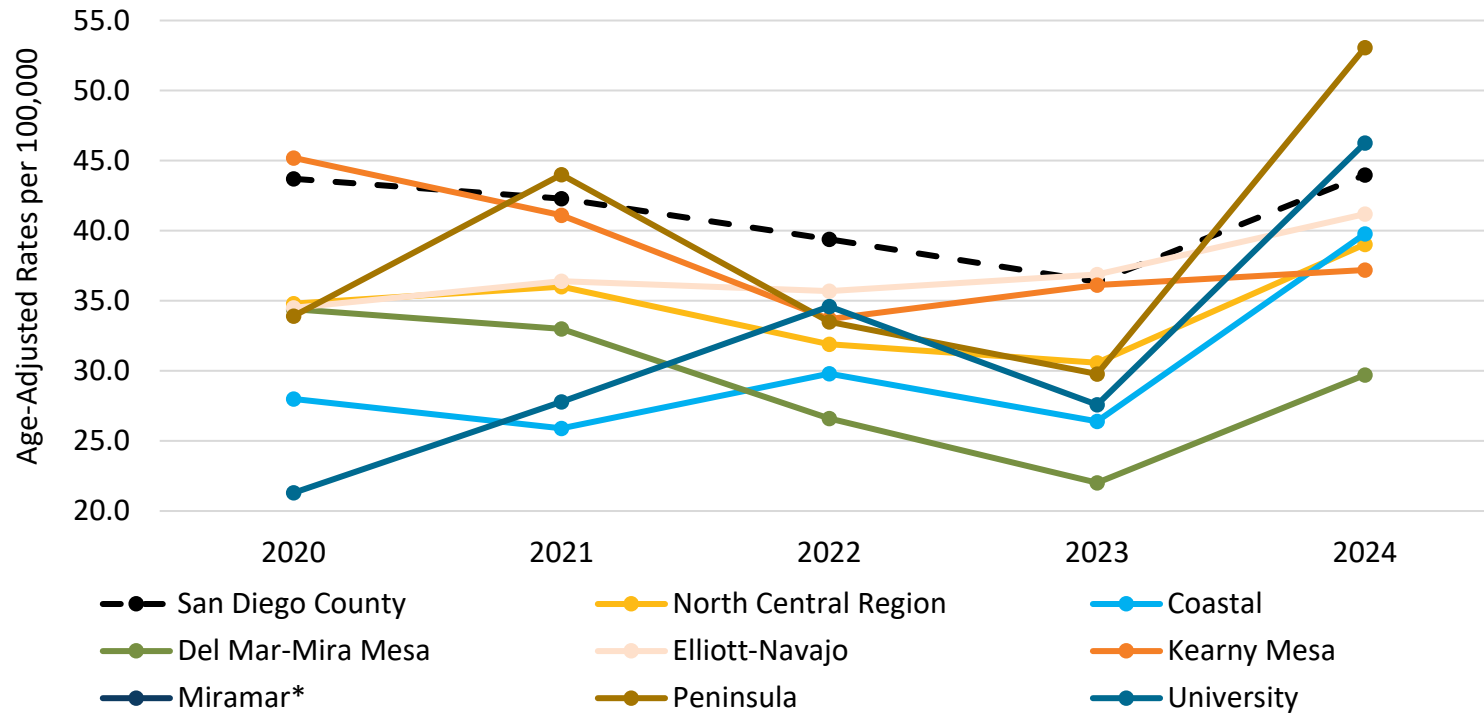
*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, 2020-2024 California Vital Records Business Intelligence System (VRBIS); 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) Disease



3rd Leading Cause of Death: Stroke Death Rates, 2020-2024

Age-Adjusted Death Rates due to **Stroke** in North Central Region by Subregional Area (SRA), San Diego County, 2020-2024



From 2020-2024, the age-adjusted **death rate** due to **stroke** in **North Central Region** **increased** from 34.8 to 39.0 per 100,000 residents.

Among North Central Region SRAs, **Peninsula** had the **highest** age-adjusted **death rate** due to **stroke** (53.1 per 100,000) in 2024. However, University SRA saw the greatest increase from 21.3 per 100,000 in 2020 to 46.3 per 100,000 in 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, 2020-2024 California Vital Records Business Intelligence System (VRBIS); 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.

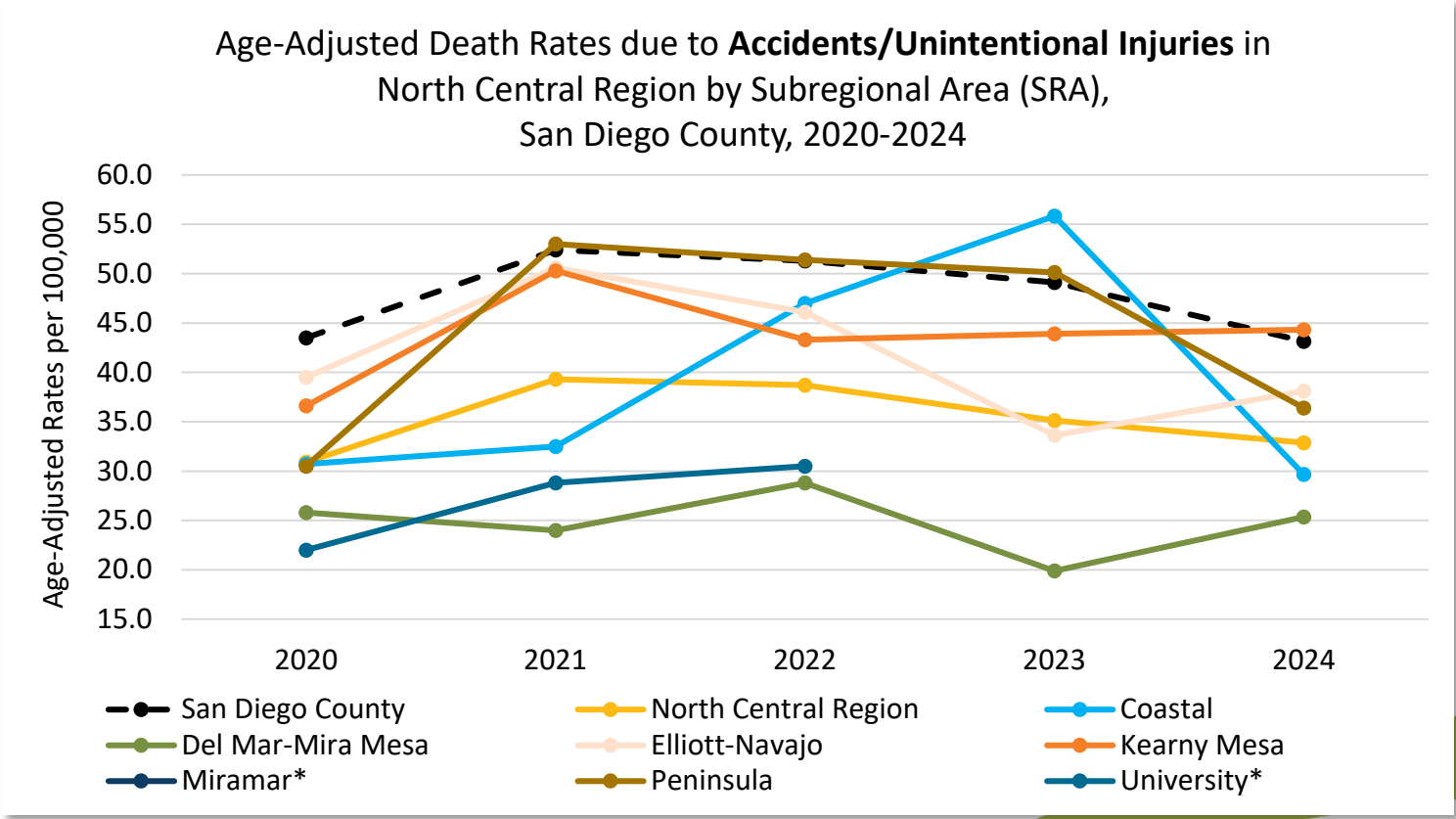
Non-Communicable (Chronic) Disease



4th Leading Cause of Death: Unintentional Injuries Death Rates, 2020-2024

From 2020-2024, the age-adjusted **death rate** due to **accidents/unintentional injuries** in **North Central Region** **increased** slightly from 30.9 to 32.9 per 100,000 residents.

Among North Central Region SRAs, **Kearny Mesa** had the **highest** age-adjusted **death rate** due to **accidents/unintentional injuries** (44.3 per 100,000) in 2024.

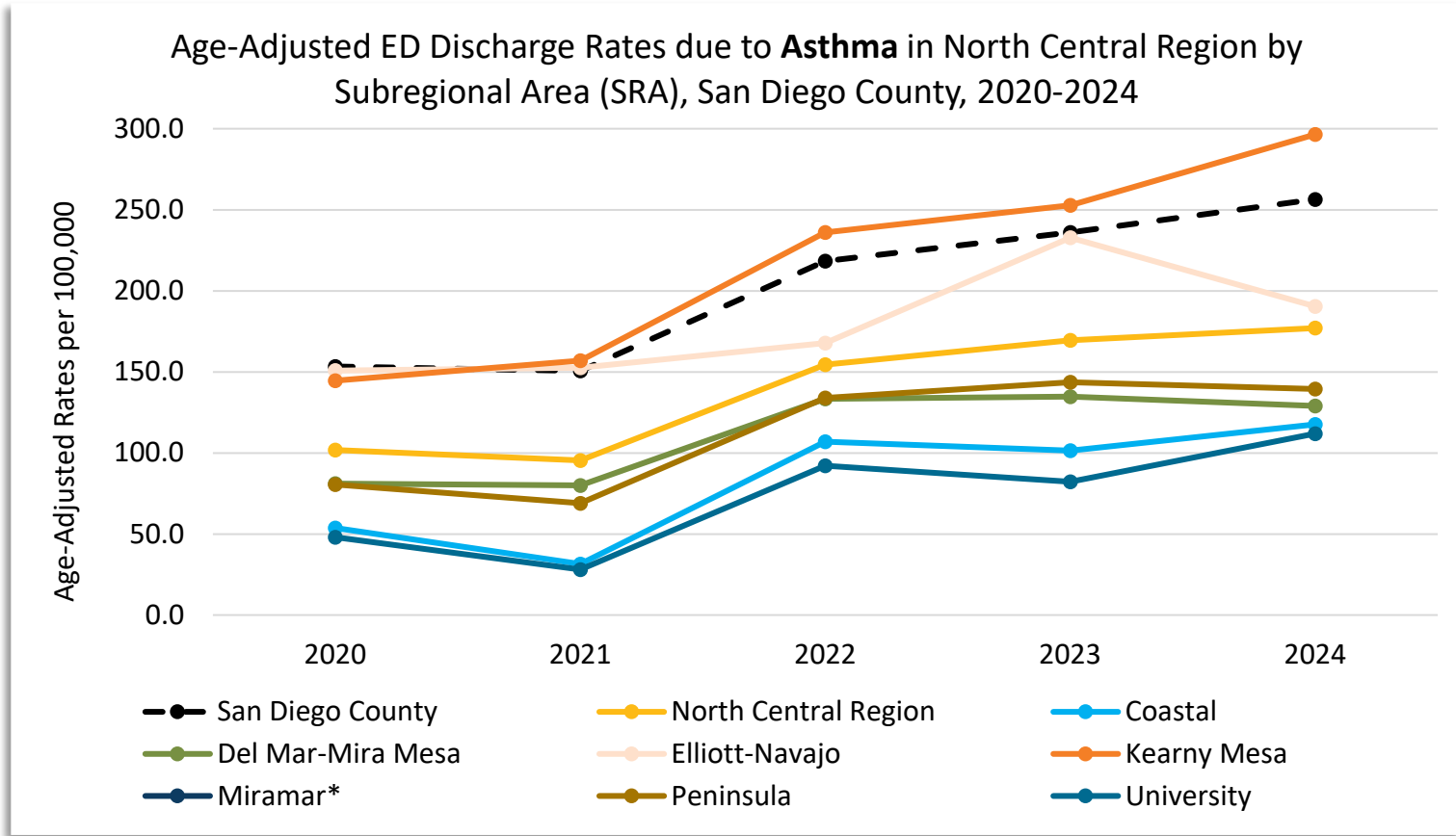


*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, 2020-2024 California Vital Records Business Intelligence System (VRBIS); 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) Disease



Emergency Department (ED) Discharge Rates, 2020-2024



From 2020-2024, the age-adjusted **emergency department (ED) discharge rate** due to **asthma** in North Central Region **increased** from 101.9 to 177.0 per 100,000 residents.

Among North Central Region SRAs, **Kearny Mesa** had the **highest** age-adjusted **ED discharge rate** due to **asthma** (296.5 per 100,000) in 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; 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.

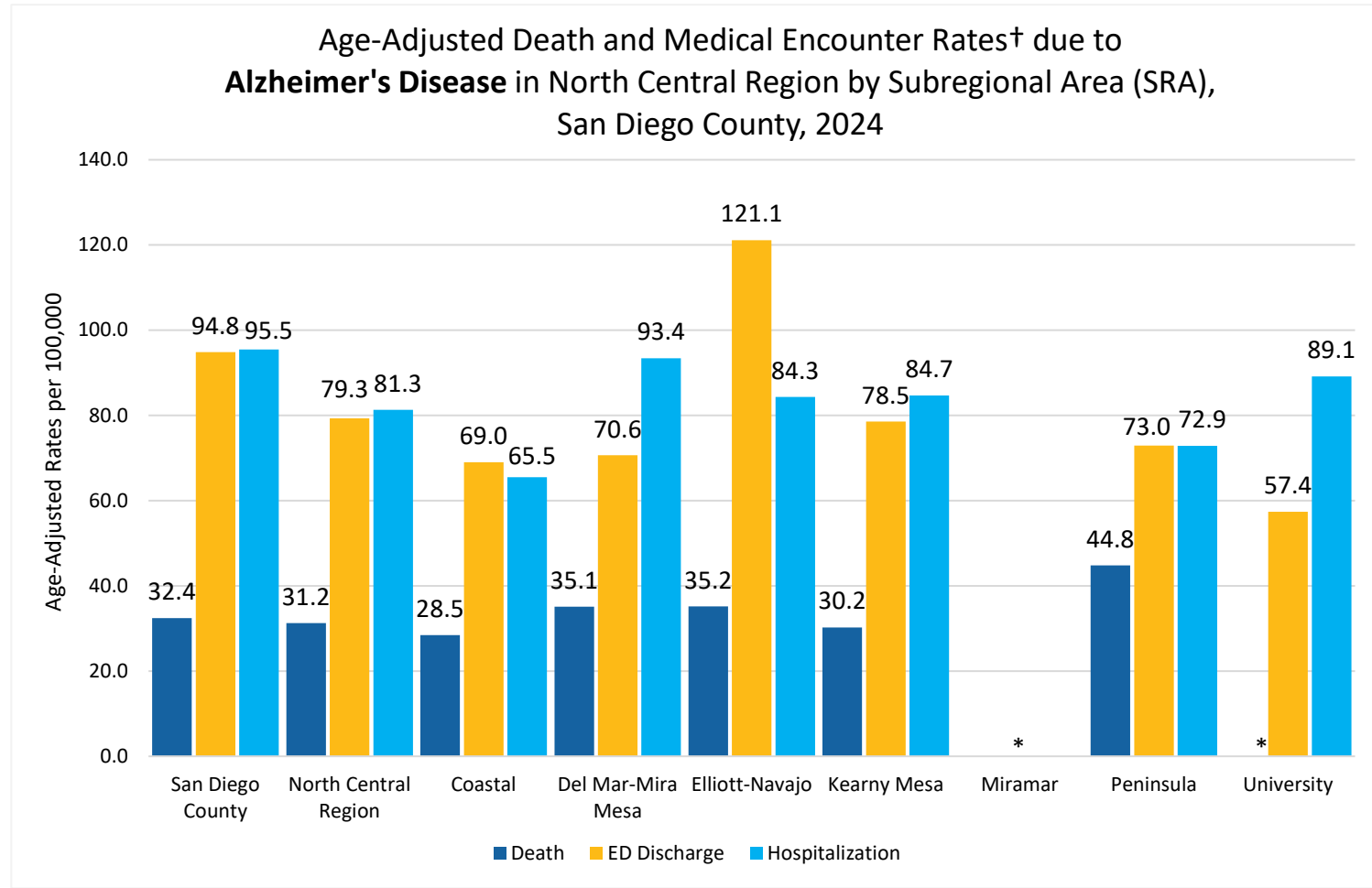
Alzheimer's Disease: Mortality and Morbidity



In 2024, the age-adjusted **death rate** due to Alzheimer's Disease in North Central Region was 31.2 per 100,000, slightly lower than San Diego County overall. Among North Central Region SRAs, Peninsula had the highest age-adjusted death rate due to Alzheimer's Disease (44.8 per 100,000 residents) in 2024.

In 2024, the age-adjusted **Emergency Department (ED) discharge rate** due to Alzheimer's Disease was lower in North Central Region (79.3 per 100,000) than in San Diego County overall. Among North Central Region SRAs, Elliott-Navajo had the highest age-adjusted ED discharge rate due to Alzheimer's Disease (121.1 per 100,000 residents) in 2024.

In 2024, the age-adjusted **hospitalization rate** due to Alzheimer's Disease in North Central Region (81.3 per 100,000) was lower than in San Diego County overall. Among North Central Region SRAs, Del Mar-Mira Mesa had the highest age-adjusted hospitalization rate due to Alzheimer's Disease (93.4 per 100,000 residents) 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 Healthcare Access and Information (HCAI), Emergency Department Discharge and Patient 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. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

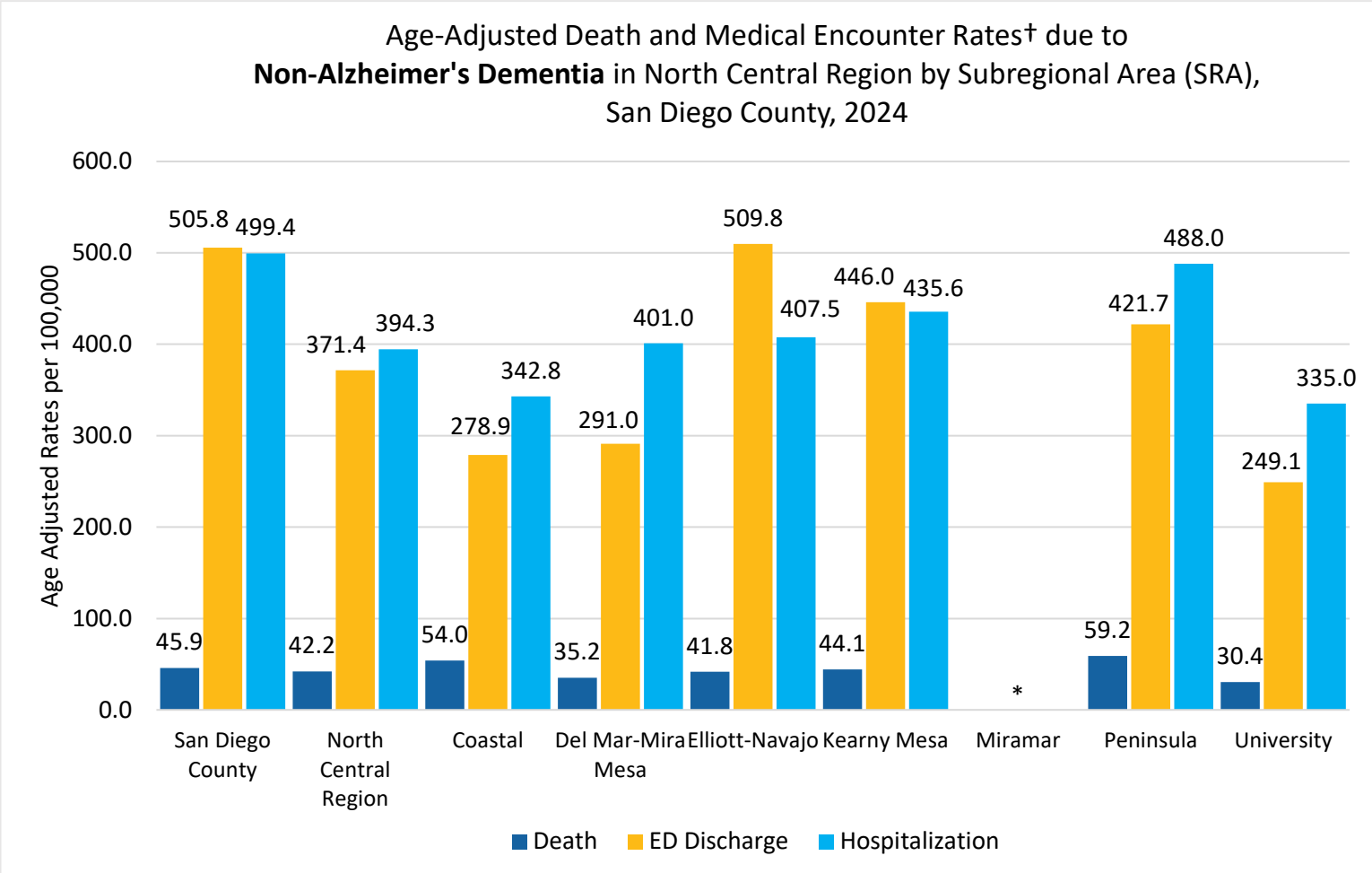
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Non-Alzheimer's Dementia: Mortality and Morbidity

In 2024, the age-adjusted **death rate** due to Non-Alzheimer's Dementia was slightly lower in North Central Region (42.2 per 100,000) than in San Diego County overall. Among North Central Region SRAs, Peninsula had the highest age-adjusted death rate due to Non-Alzheimer's Dementia (59.2 per 100,000 residents) in 2024.

In 2024, the age-adjusted **Emergency Department (ED) discharge rate** due to Non-Alzheimer's Dementia was lower in North Central Region (371.4 per 100,000) and its SRAs than in San Diego County overall, with the exception of Elliott-Navajo (509.8 per 100,000).

In 2024, the age-adjusted **hospitalization rate** due to Non-Alzheimer's Dementia was lower in North Central Region (394.3 per 100,000) and its SRAs than in San Diego County overall. Among North Central Region SRAs, Peninsula had the highest age-adjusted hospitalization rate due to Non-Alzheimer's Dementia (488.0 per 100,000 residents) 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 Healthcare Access and Information (HCAI), Emergency Department Discharge and Patient 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. 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.

In 2024, the leading cause of death among residents aged 10-19 in San Diego County was accidents/unintentional injuries.

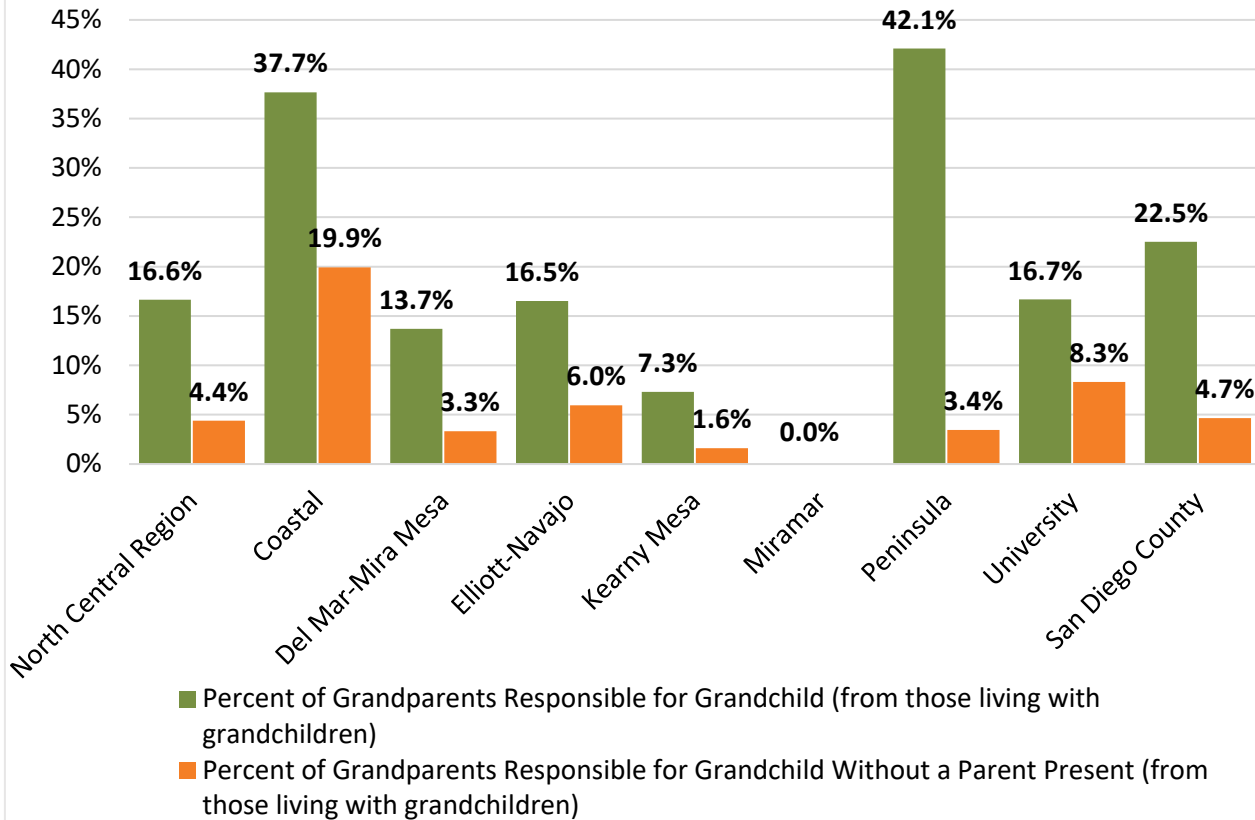


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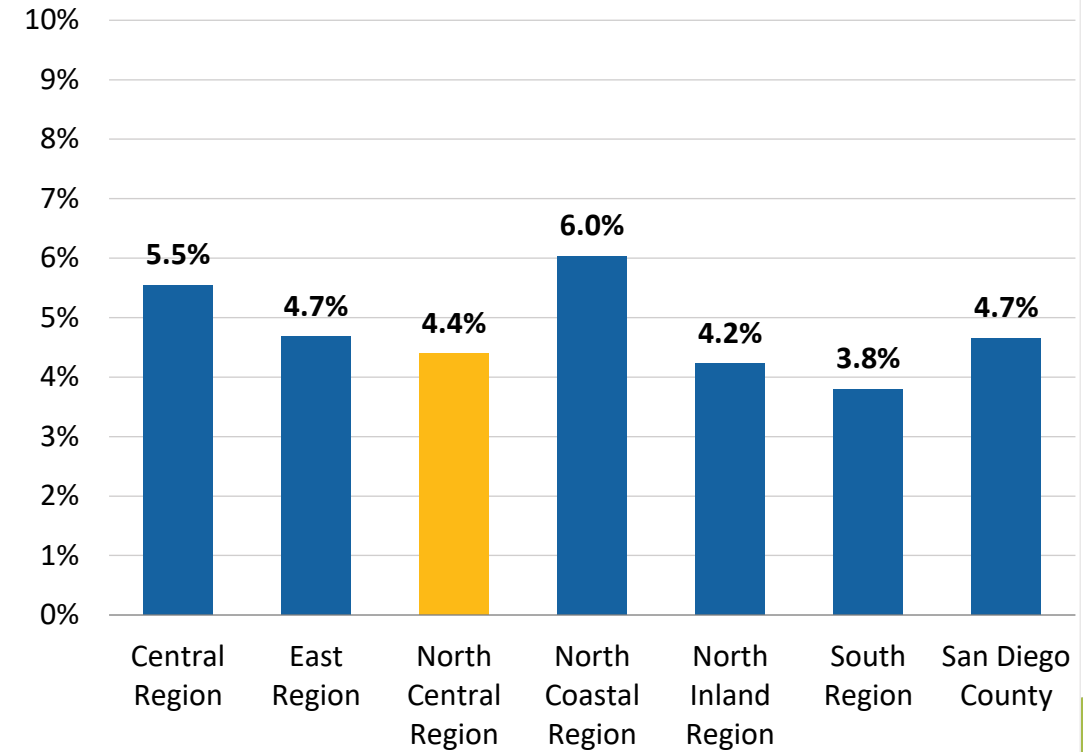
Grandparents Raising Grandchildren



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



Percent of Grandparent 30 Years and Older Raising Grandchild(ren)* Without Parent Present by HHS Region, 2024

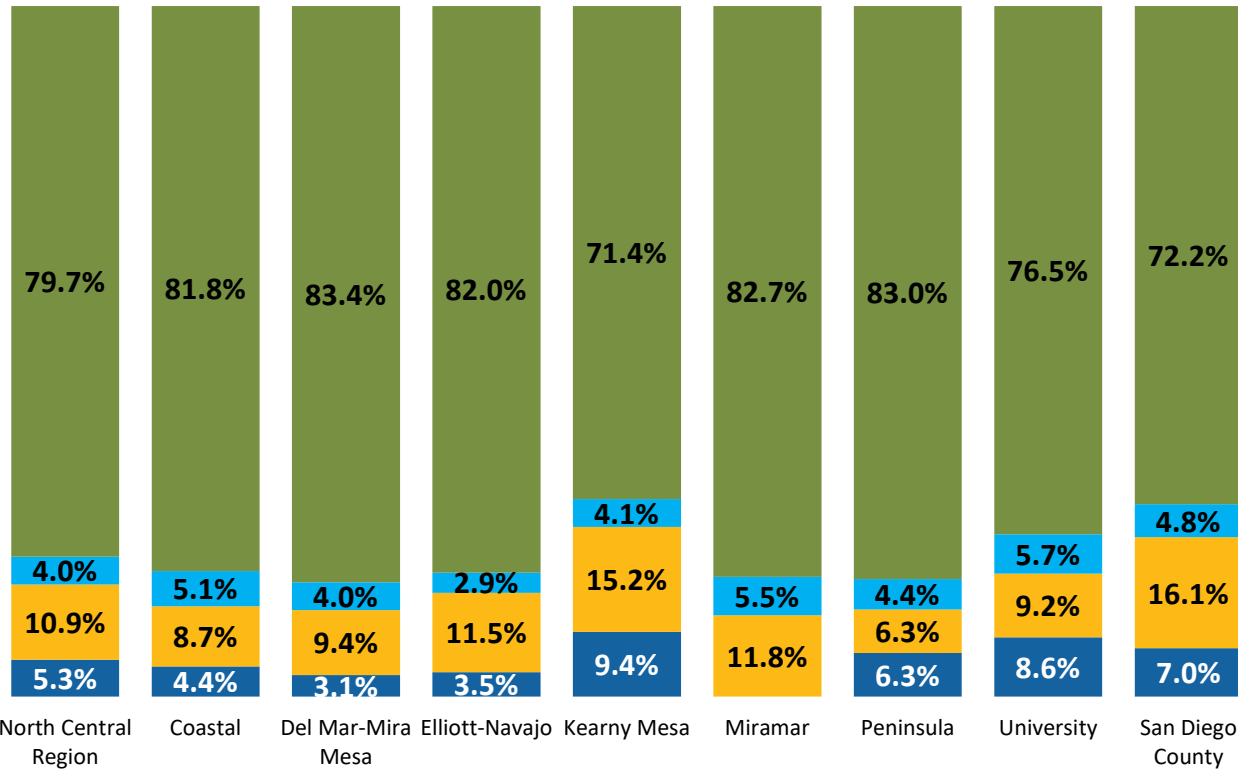


*Grandparent, 30 years or older, raising own grandchildren under 18 years in households out of total population 30 years and older.
 Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates, Table B10051.
 Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

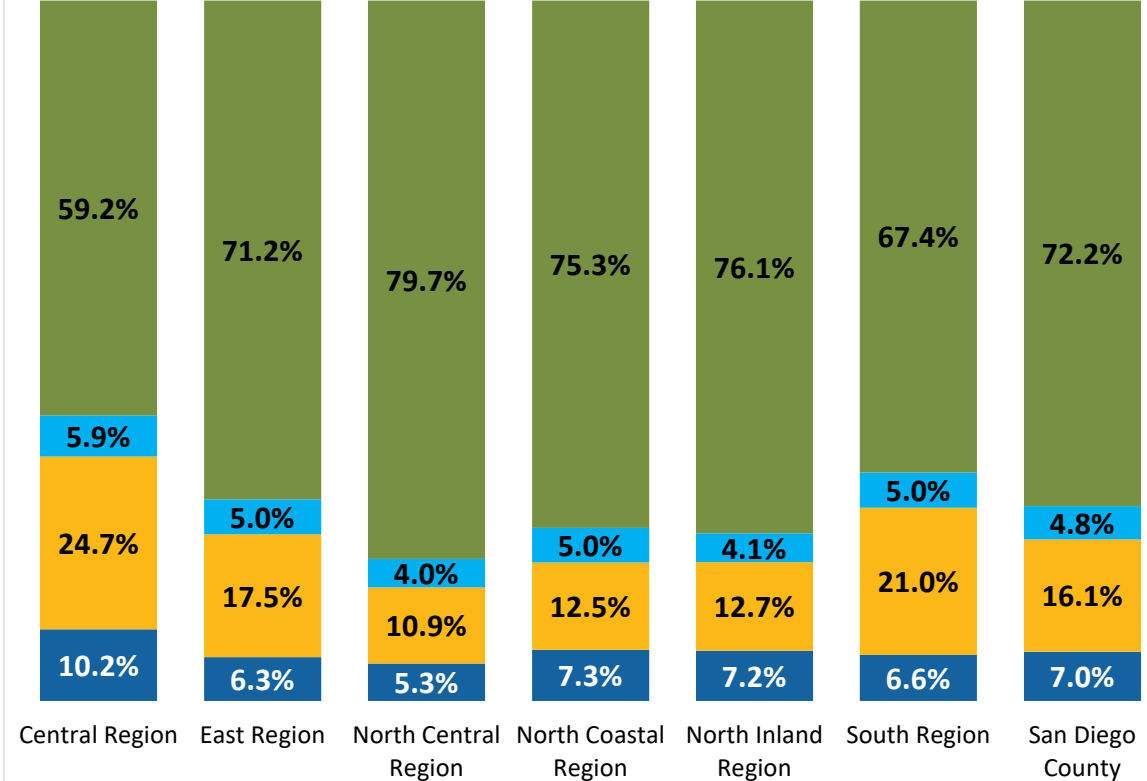
Household Types



Percentage of Children Under 18 Years in Households by Household Type in North Central Region and its Subregional Areas (SRAs), 2024



Percentage of Children Under 18 Years in Households by Household Type and HHS Region, 2024



■ Cohabiting Couple
■ Male Householder, No Spouse/Partner Present

■ Female Householder, No Spouse/Partner Present
■ Married-Couple

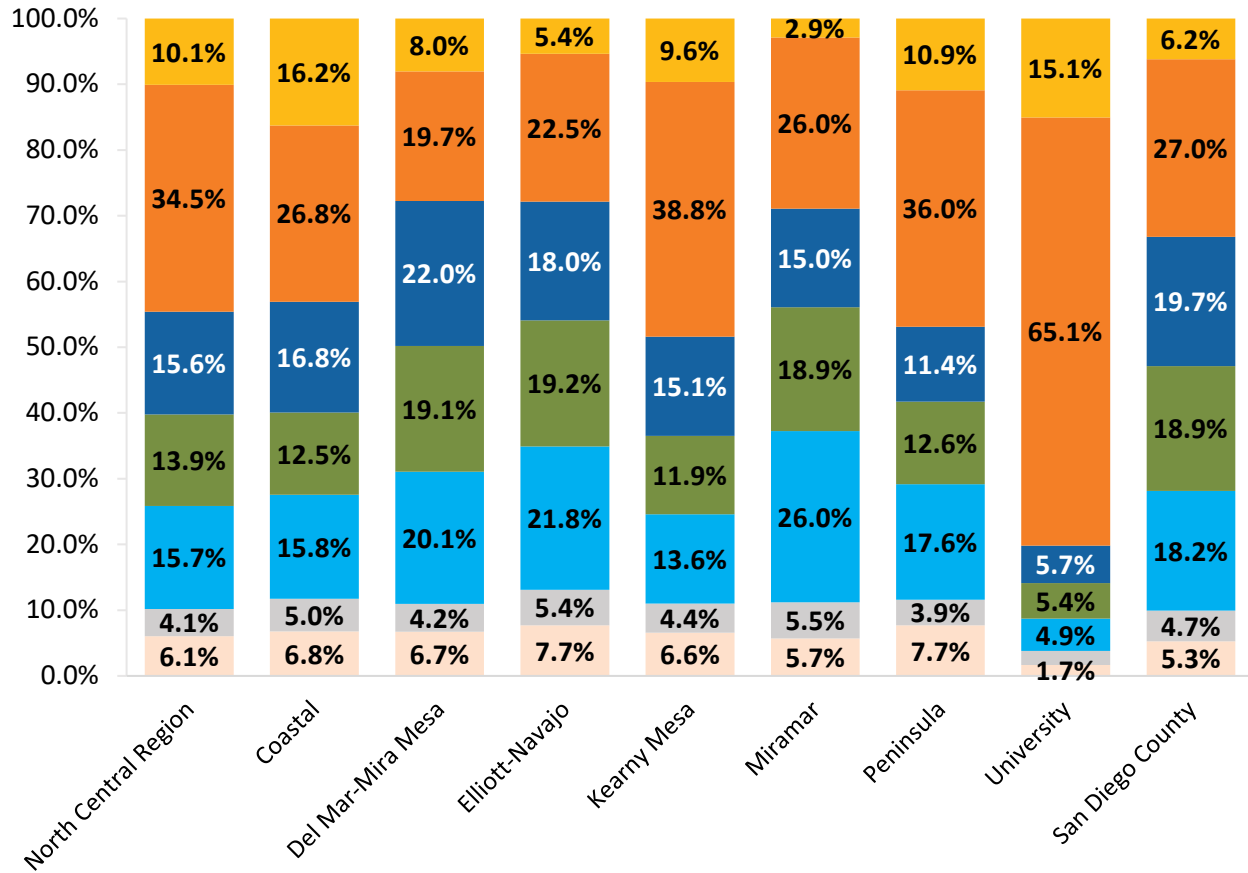
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates, Table B09005.

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

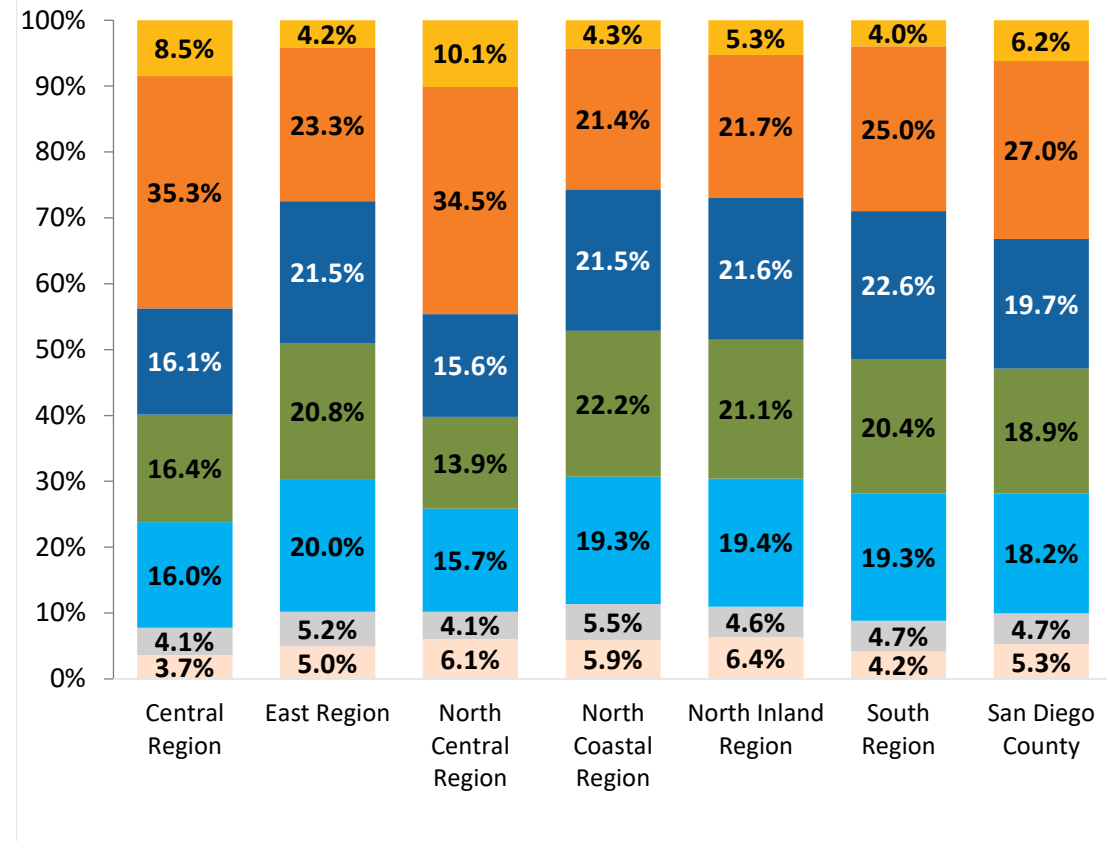
School Enrollment by Grade Level



School Enrollment by Grade level in North Central Region and its Subregional Areas (SRAs), 2024



School Enrollment by Grade Level, by HHS Region, 2024

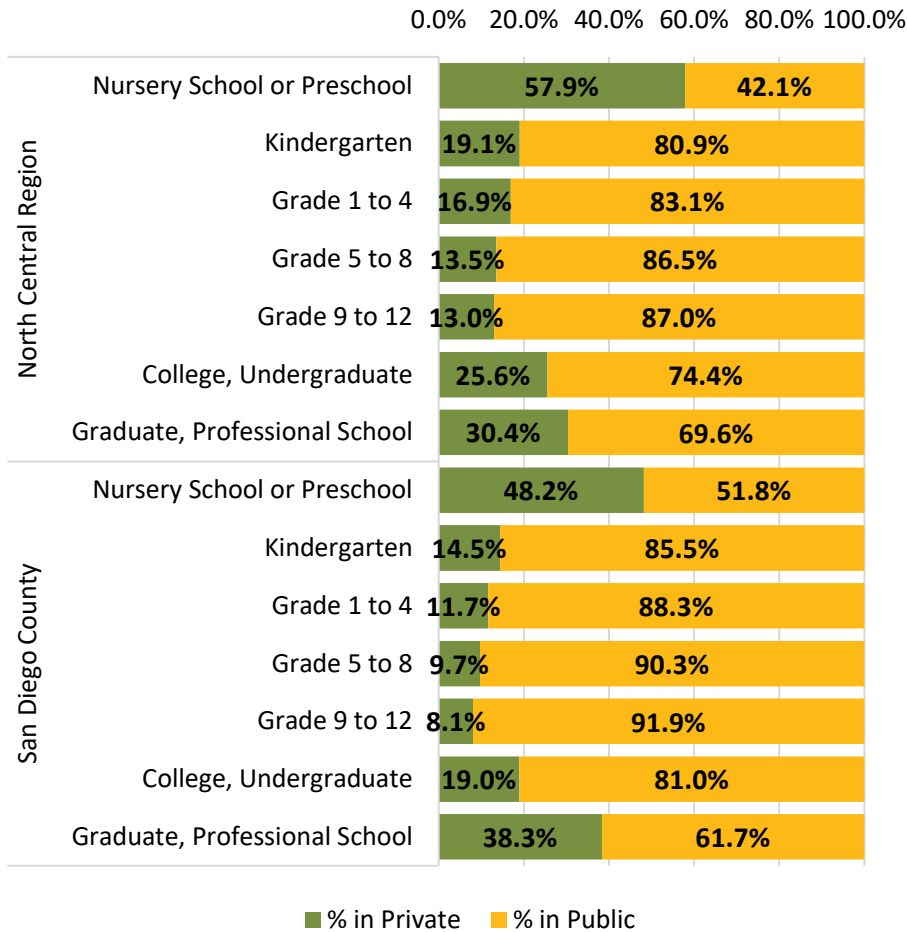


- Nursery School or Preschool
- Kindergarten
- Grade 1 to 4
- Grade 5 to 8
- Grade 9 to 12
- Graduate, Professional School
- College, Undergraduate

School Enrollment by Type



School Enrollment by Type of School, North Central Region, San Diego County, 2024



School Enrollment by Type of School, North Central Region, San Diego County, 2024

Geography	Nursery School or Preschool		Kindergarten		Grade 1 to 4		Grade 5 to 8		Grade 9 to 12		College, Undergraduate		Graduate, Professional School	
	% in Private	% in Public	% in Private	% in Public	% in Private	% in Public	% in Private	% in Public	% in Private	% in Public	% in Private	% in Public	% in Private	% in Public
North Central Region	57.9%	42.1%	19.1%	80.9%	16.9%	83.1%	13.5%	86.5%	13.0%	87.0%	25.6%	74.4%	30.4%	69.6%
Coastal	54.1%	45.9%	23.4%	76.6%	32.2%	67.8%	30.4%	69.6%	38.5%	61.5%	28.5%	71.5%	35.2%	64.8%
Del Mar-Mira Mesa	62.9%	37.1%	14.0%	86.0%	15.8%	84.2%	13.6%	86.4%	12.3%	87.7%	11.7%	88.3%	35.9%	64.1%
Elliott-Navajo	56.1%	43.9%	24.1%	75.9%	14.8%	85.2%	9.3%	90.7%	9.4%	90.6%	14.3%	85.7%	35.3%	64.7%
Kearny Mesa	46.6%	53.4%	16.4%	83.6%	12.6%	87.4%	10.4%	89.6%	9.9%	90.1%	36.8%	63.2%	30.4%	69.6%
Miramar	37.3%	62.7%	22.8%	77.2%	6.3%	93.7%	34.9%	65.1%	3.9%	96.1%	27.9%	72.1%	0.0%	100.0%
Peninsula	76.5%	23.5%	30.9%	69.1%	18.3%	81.7%	18.0%	82.0%	6.8%	93.2%	49.8%	50.2%	44.9%	55.1%
University	64.0%	36.0%	15.4%	84.6%	25.6%	74.4%	8.9%	91.1%	10.7%	89.3%	18.3%	81.7%	16.7%	83.3%
San Diego County	48.2%	51.8%	14.5%	85.5%	11.7%	88.3%	9.7%	90.3%	8.1%	91.9%	19.0%	81.0%	38.3%	61.7%

Child Opportunity Index

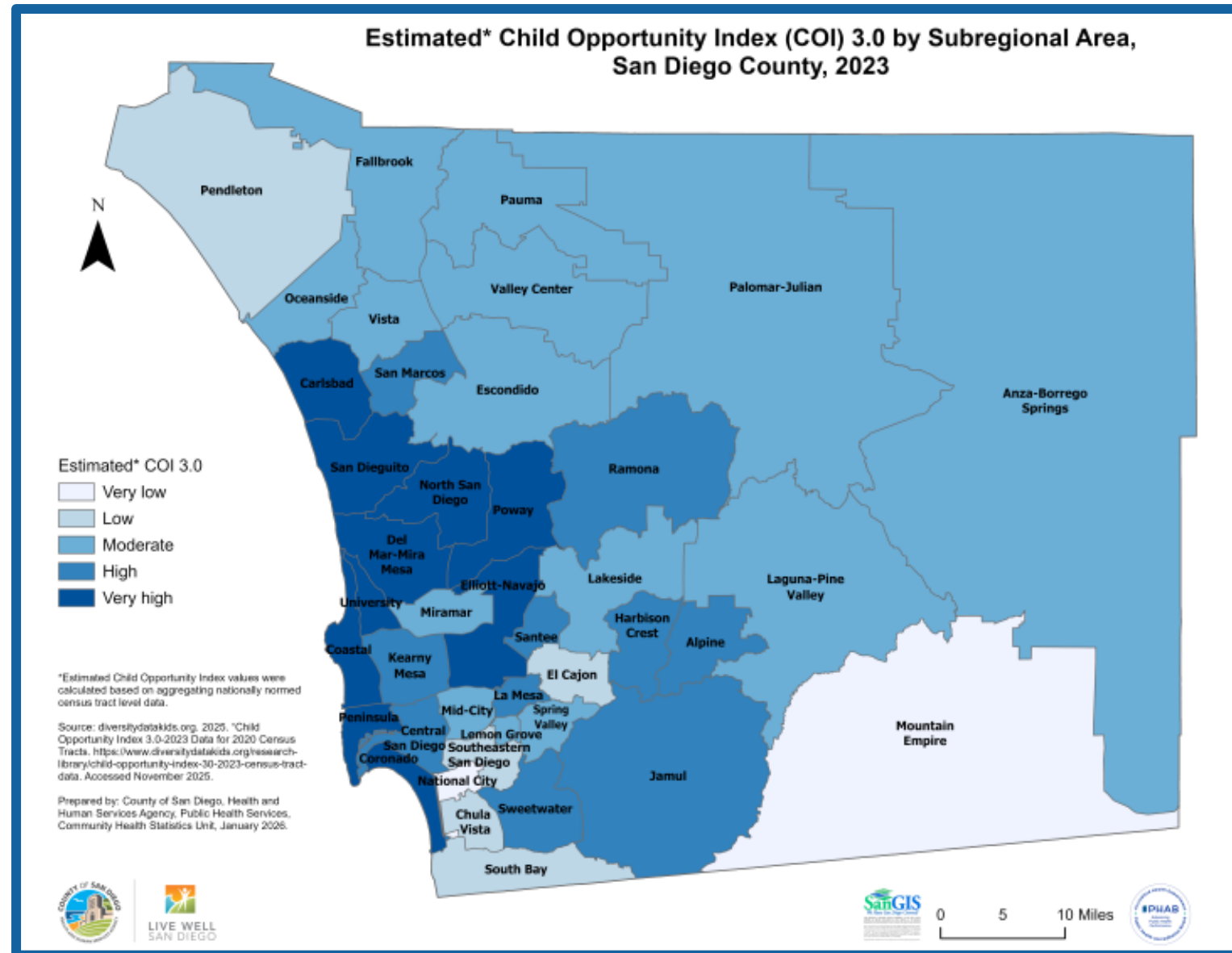
The Child Opportunity Index (COI) measures and maps the quality of resources and conditions that matter for children's healthy development in the neighborhoods where they live.

Overall, the majority of Subregional Areas (SRAs) in North Central Region had a child opportunity index level of **high** or **very high**.

Among North Central Region SRAs, **Coastal** had the **highest** childhood opportunity index score (93.2), while **Miramamar** had the **lowest** (54.0).



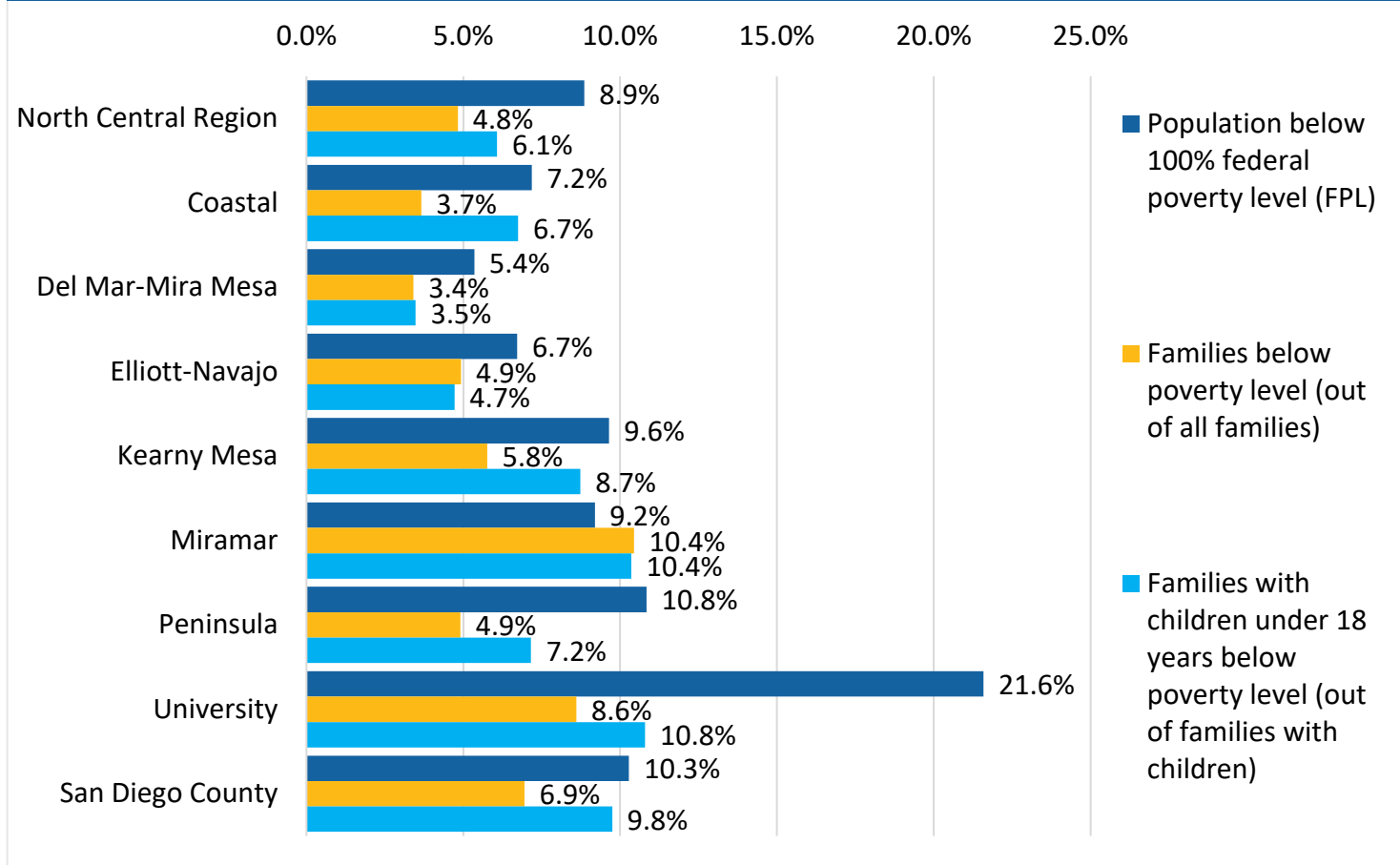
LIVE WELL
SAN DIEGO



Family Poverty



Percent Below Poverty Level, North Central Region, 2024



Poverty in North Central Region

- In North Central Region, 6.1% of families with children under 18 were living below the Federal Poverty Level (FPL) in 2024.
- Among North Central Region SRAs, University SRA had the greatest proportion of families with children under 18 living below the FPL (10.8%) in 2024.
- Among North Central Region SRAs, University SRA had the greatest proportion of population living below the FPL (21.6%) in 2024.

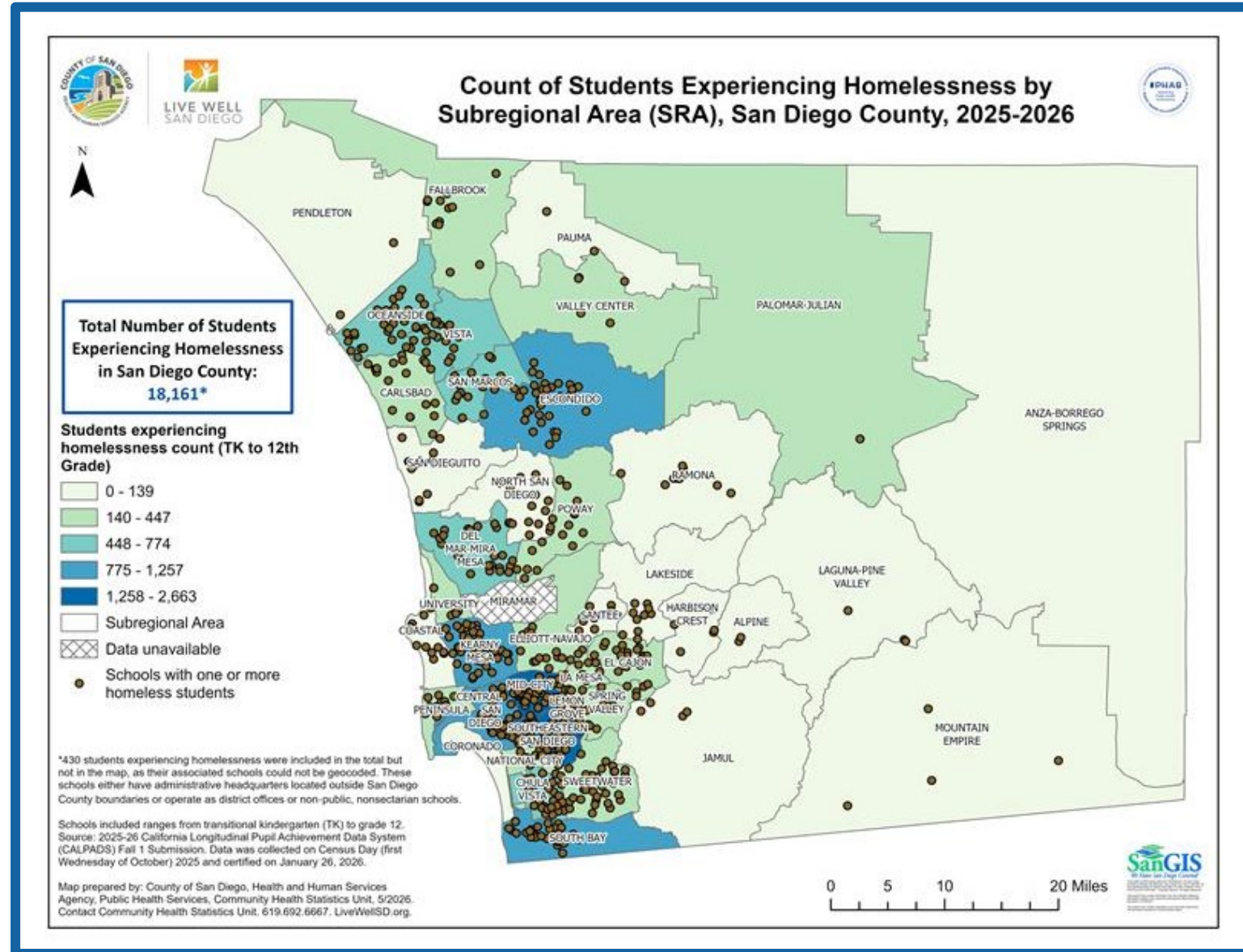
Youth Experiencing Homelessness



Overall, there were **2,674** homeless students reported by schools in North Central Region.

All SRAs within North Central Region (for which there were data) contain schools with at least one homeless student.

Among North Central Region SRAs, **Kearny Mesa (1,059)** and **Del Mar-Mira Mesa (774)** had the most homeless students, compared to the other SRAs within the region.



Leading Causes of Death



2024 Leading Causes of Death^{1,2} Among San Diego County Residents Aged 10-19

Rank	Leading Cause of Death	Death Count	%
1	Accidents/Unintentional Injuries	25	27.8%
2	Intentional Self-Harm (Suicide)	22	24.4%
3	Malignant Neoplasms	11	12.2%
	All other causes (not rankable)	32	35.6%
Total Deaths³	Total Deaths	90	100.0%

In 2024, there were **90** deaths among San Diego County residents aged 10-19.

- In 2024, the leading causes of death among residents aged 10-19 in San Diego County were:
 - Accidents/Unintentional Injuries
 - Intentional Self-Harm (Suicide)
 - Cancer (Malignant Neoplasms)

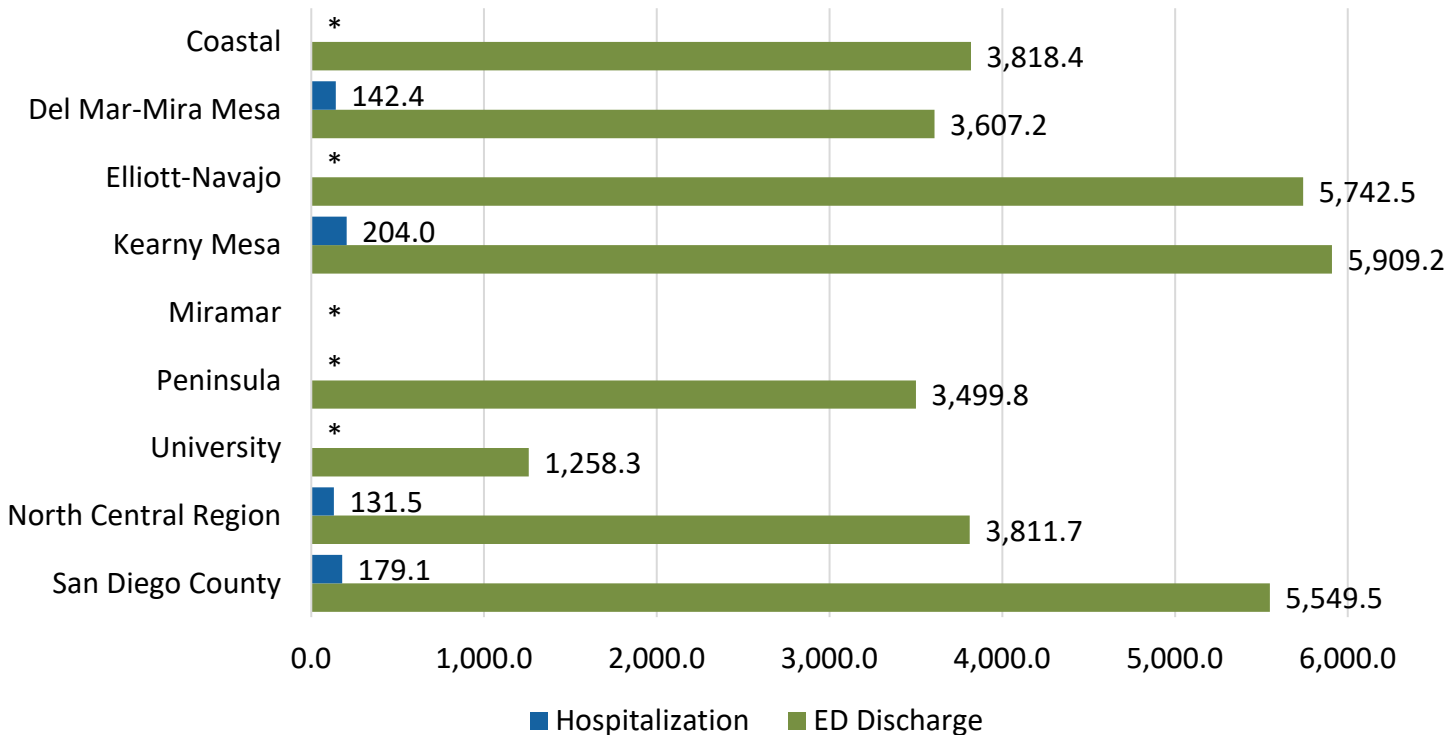
¹ Rank is based on the total number of deaths in each of the National Center for Health Statistics (NCHS) “rankable” categories. The top 3 leading causes of death presented here are for San Diego County residents for 2024.
² Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes. ³ Deaths for specific demographics or geographic area may not equal the total deaths for San Diego County due to missing data. Starting data year 2023, San Diego County resident deaths that occurred out of state are now included. Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System.
 Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Accidents/Unintentional Injuries Among Youth



Emergency Department (ED) Discharge and Hospitalization Rates, 2024

Emergency Department (ED) Discharge and Hospitalization Rates due to **Accidents/Unintentional Injuries** Among Youth Aged 10-19 in North Central Region by Subregional Area (SRA), San Diego County, 2024



In 2024, the **ED discharge** rates due to **accidents/unintentional injuries** among residents aged 10-19 in **North Central Region** and its SRAs were **lower** than the rate in San Diego County, with the exception of Kearny Mesa and Elliott-Navajo SRAs. Among North Central Region SRAs, **Kearny Mesa** had the **highest ED discharge** rate due to **accidents/unintentional injuries** among residents aged 10-19 (5,909.2 per 100,000) in 2024.

In 2024, the **hospitalization** rate due to **accidents/unintentional injuries** among residents aged 10-19 in **North Central Region** was **lower** than the rate in San Diego County, with the exception of Kearny Mesa SRA. Among North Central Region SRAs, **Kearny Mesa** had the **highest hospitalization** rate due to **accidents/unintentional injuries** among residents aged 10-19 (204.0 per 100,000) in 2024.

*Rates are suppressed for <20 events.
 Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2024. 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.

E-Bike Injuries



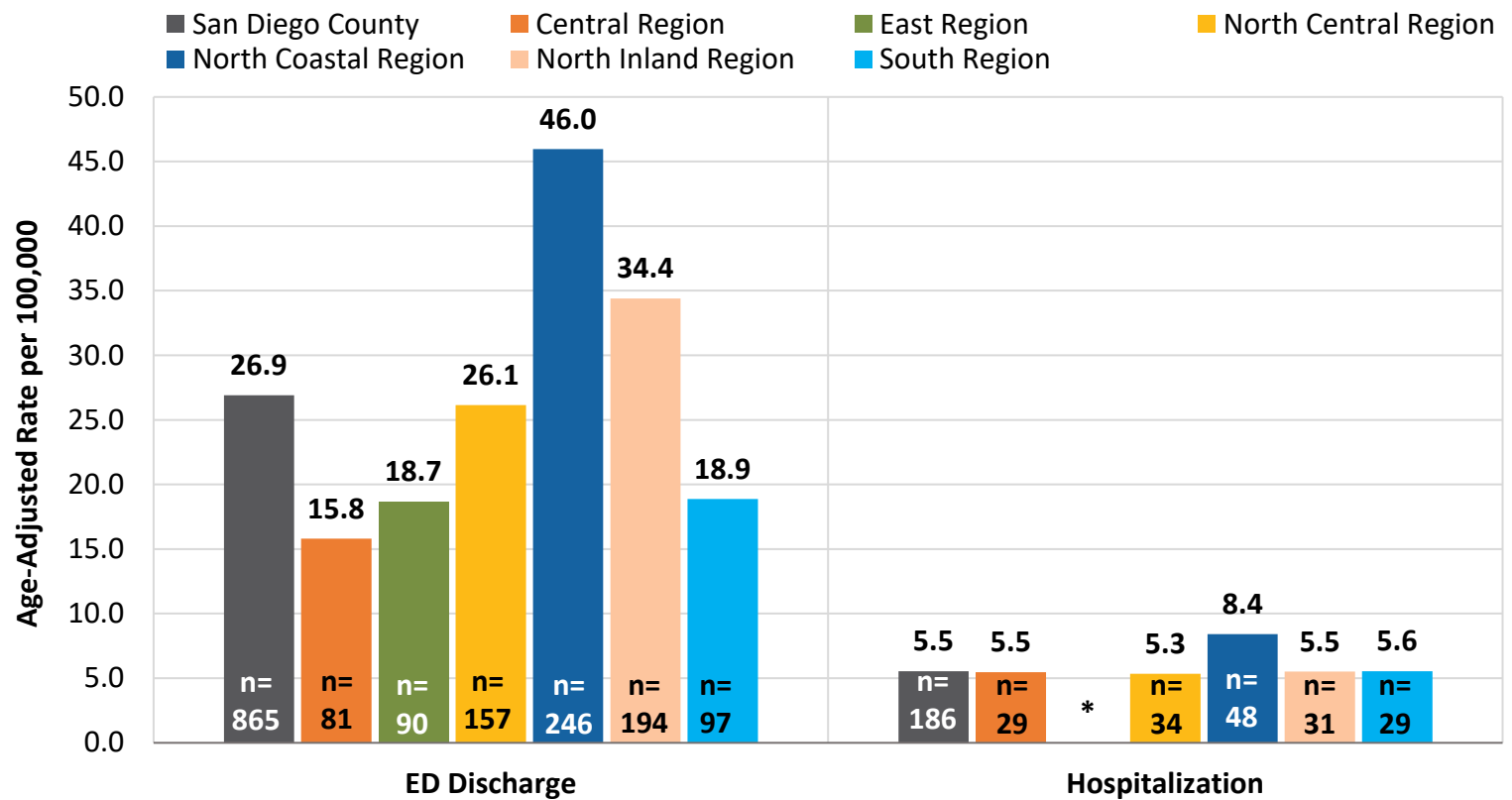
Emergency Department (ED) Discharge and Hospitalization Rates, 2024

Among electric bicycle (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 HHSAs 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 **Electric Bicycle (E-Bike) Injuries** in San Diego County and HHSAs Regions, 2024

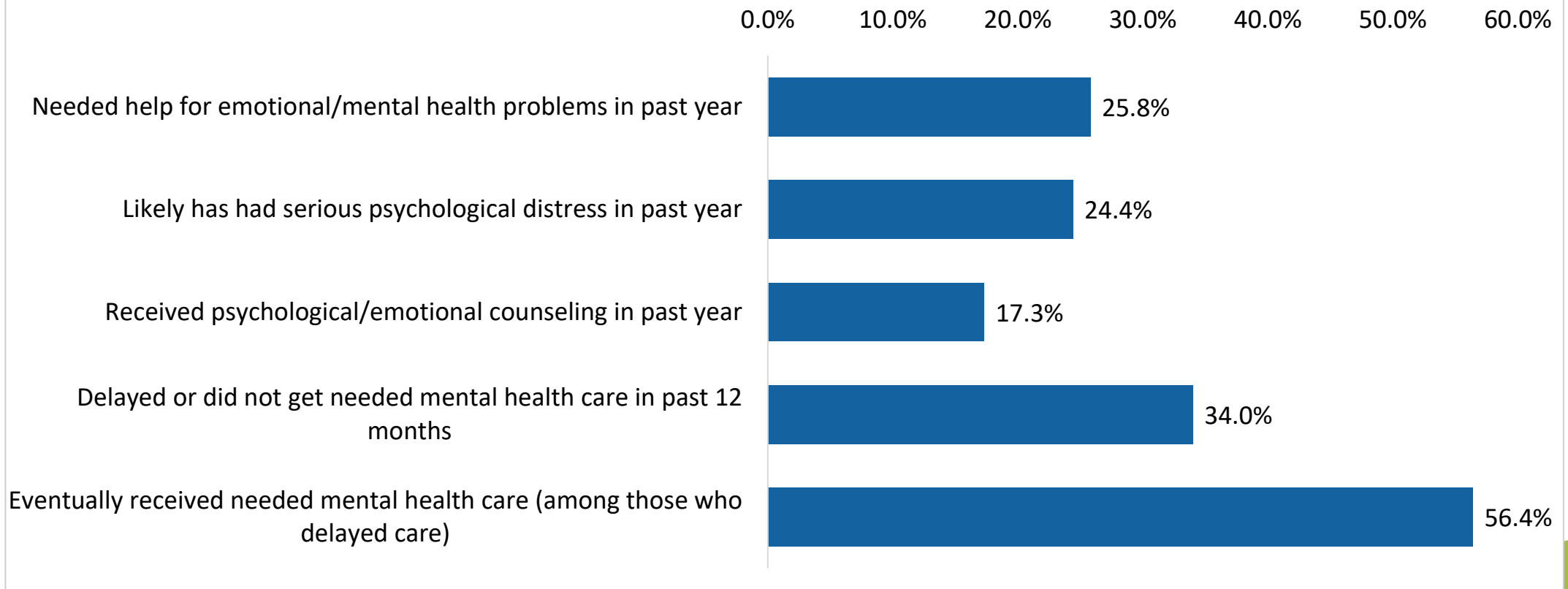


*Starting with data year 2022, rates based on events <20 are suppressed due to statistical instability.
 Data Sources: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2024. SANDAG Population Estimates, 2024 (v24/2025). 2024 estimates were derived from the 2020 decennial census. Age-adjusted rates are adjusted to 2000 U.S. Standard Population.
 Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

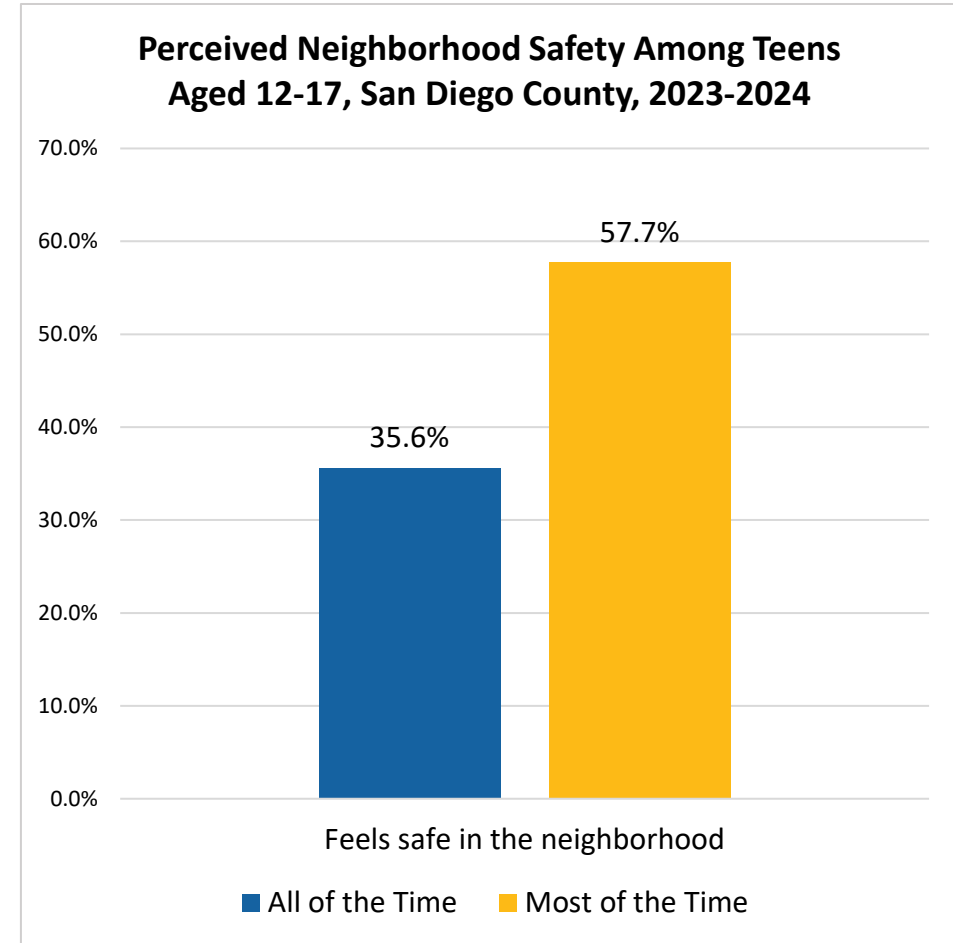
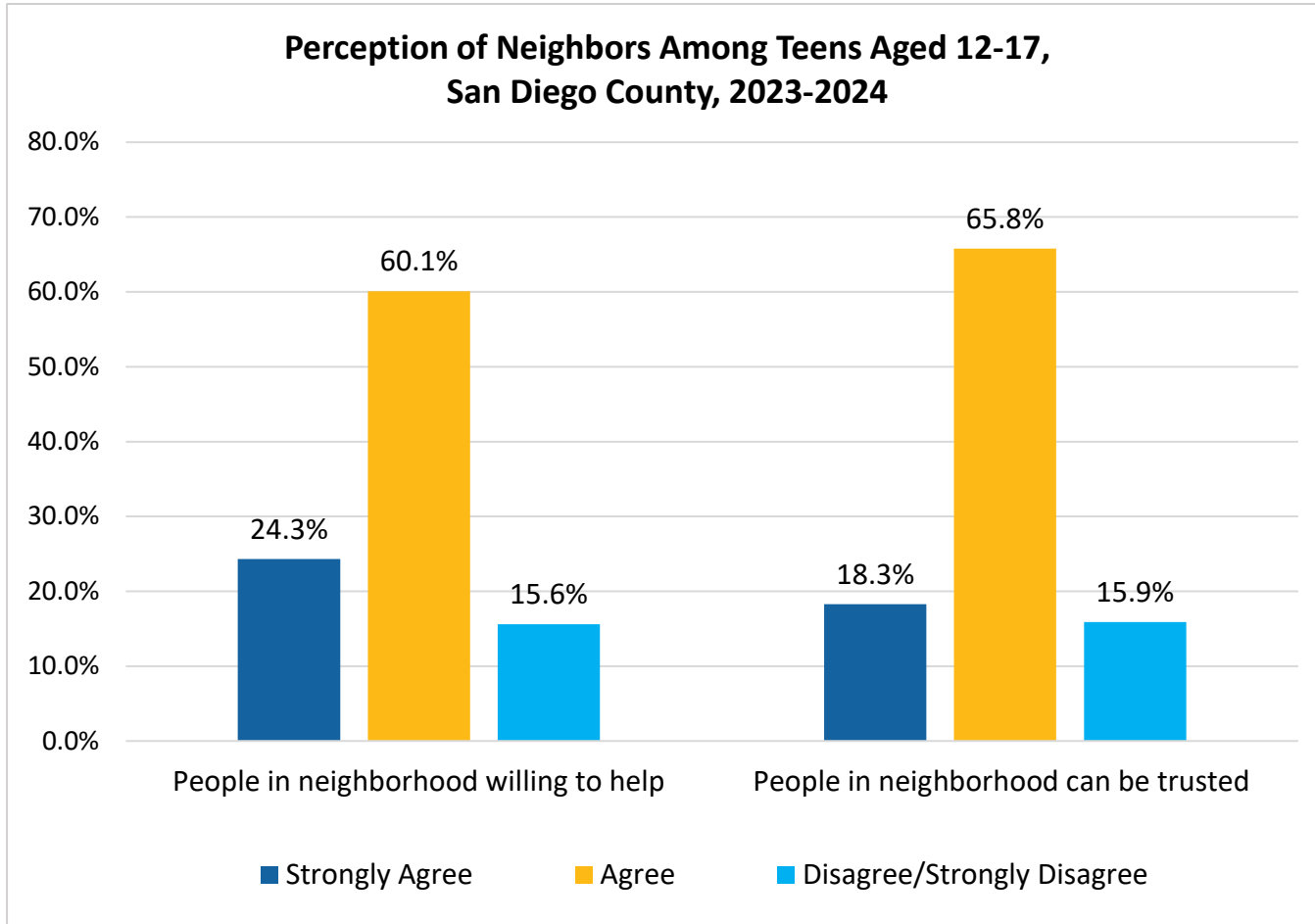
Mental Health - Teens



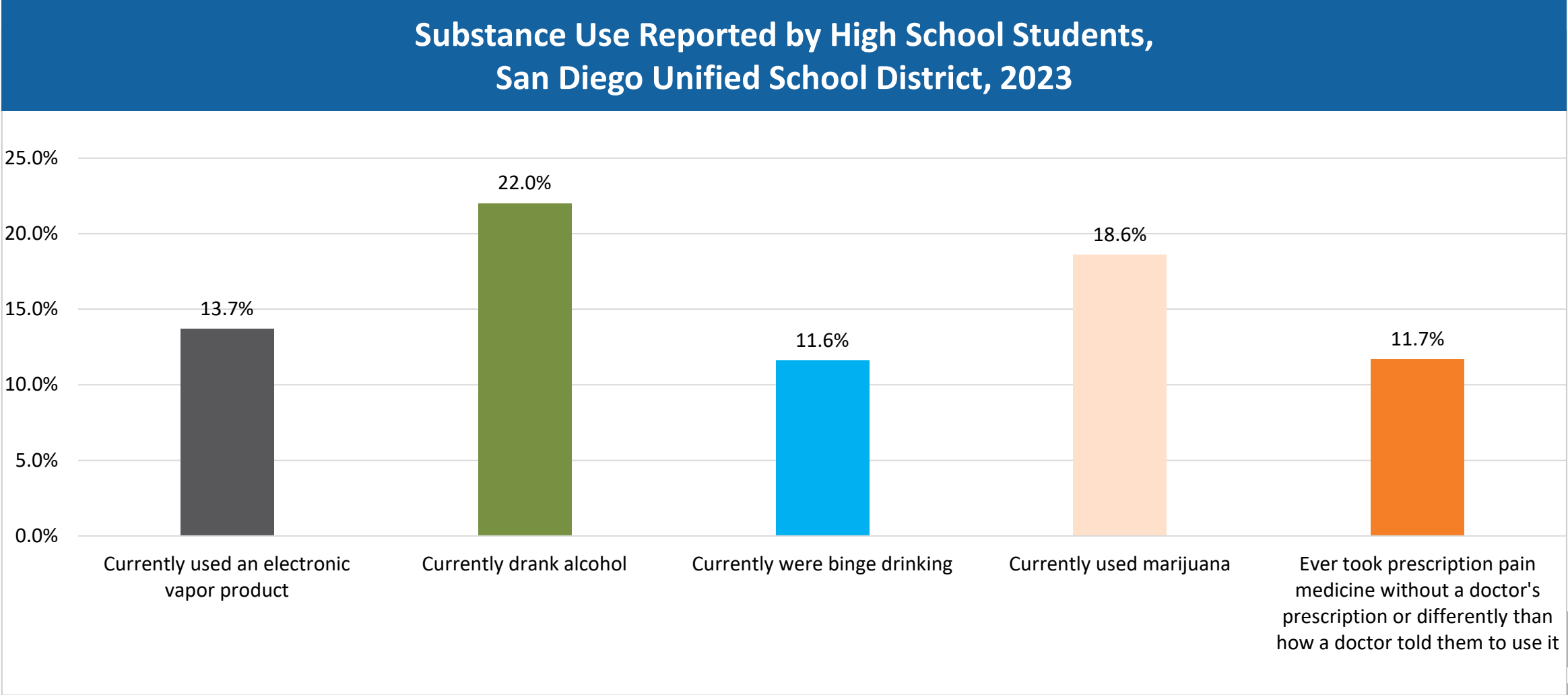
**Mental Health Survey Responses, Teens Ages 12-17,
San Diego County, 2023-2024**



Neighborhood Safety – Teens



Substance Use – Teens

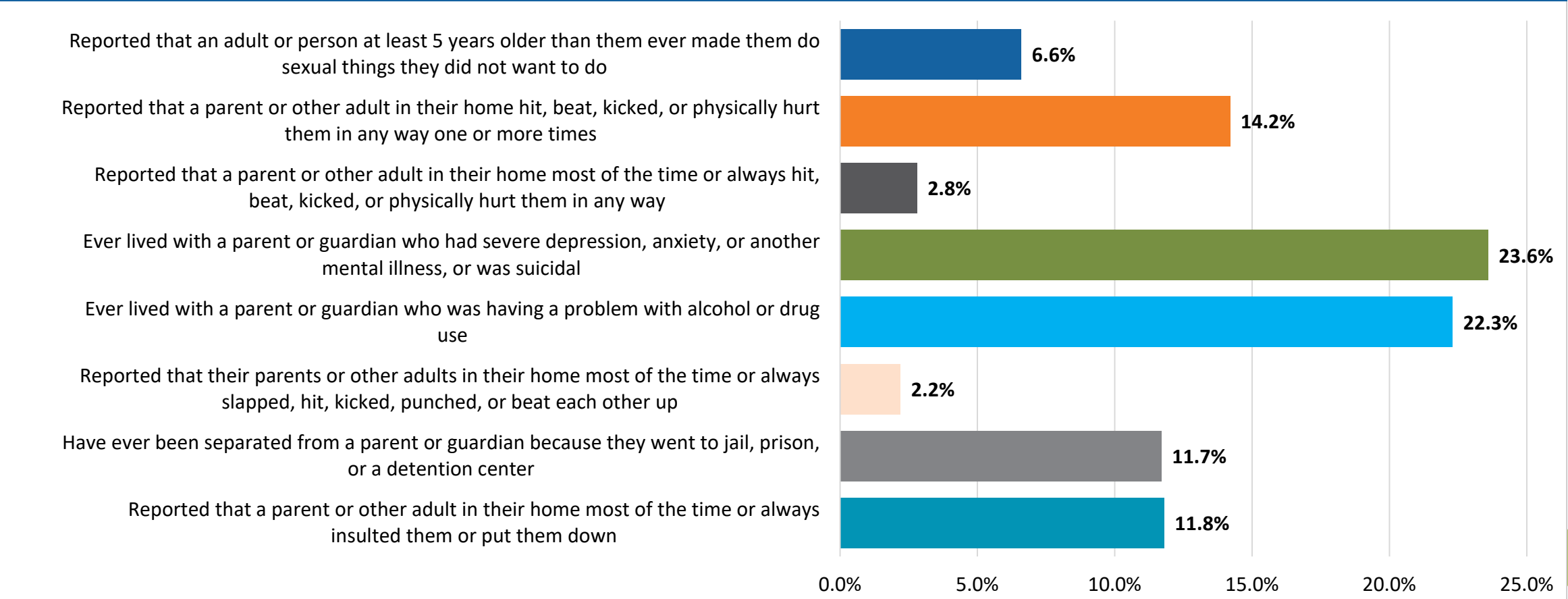


Source: Centers for Disease Control and Prevention. 2023 High School Youth Risk Behavior Surveillance System (YRBSS), San Diego Unified School District. Accessed May 2, 2025.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.

Adverse Childhood Experiences – Youth



Adverse Childhood Experiences (ACEs) Reported by High School Students, San Diego Unified School District, 2023



Source: Centers for Disease Control and Prevention. 2023 High School Youth Risk Behavior Surveillance System (YRBSS), San Diego Unified School District. Accessed May 2, 2025.
 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
- Available for San Diego Unified as a whole, or individual schools
- Tracks metrics such as graduation rate, chronic absenteeism, suspension rate, and academic performance
- <https://www.caschooldashboard.org/>





DID YOU KNOW?

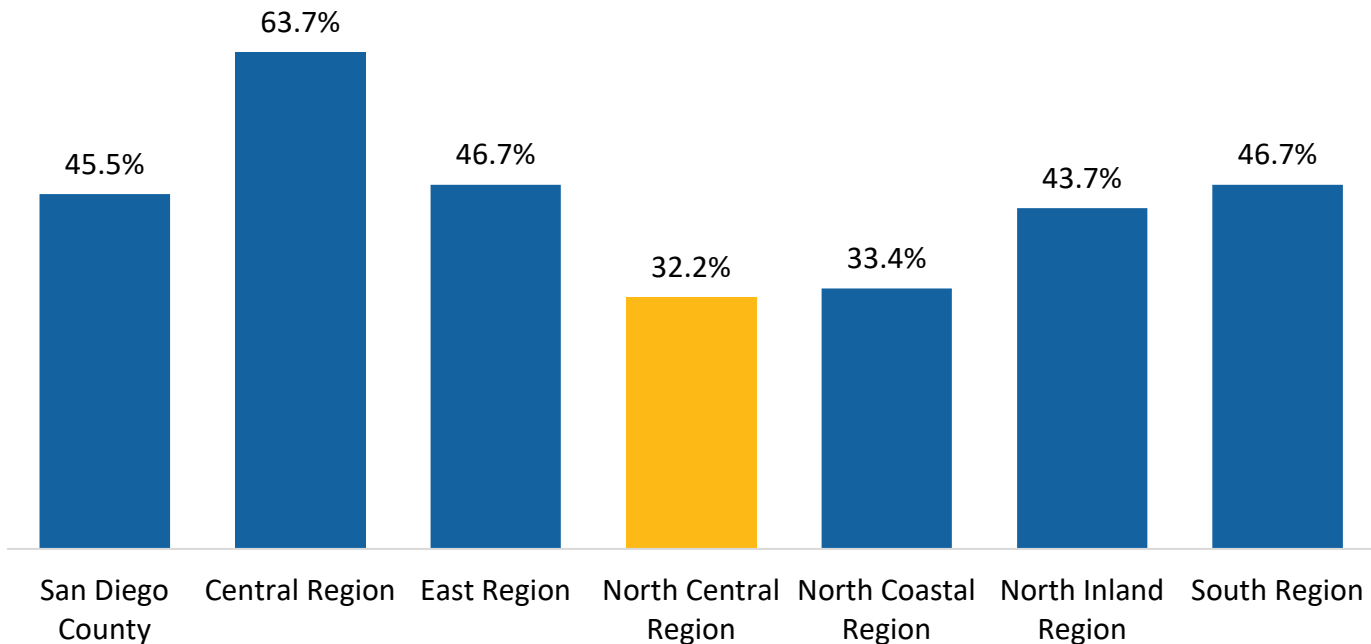


In 2024, about 1 in 3 adults with income less than 200% Federal Poverty Level (FPL) reported experiencing food insecurity in North Central Region.

Food Insecurity



Food Insecurity Among Adults with Income Less than 200% Federal Poverty Level by HHS Region, San Diego County, 2024



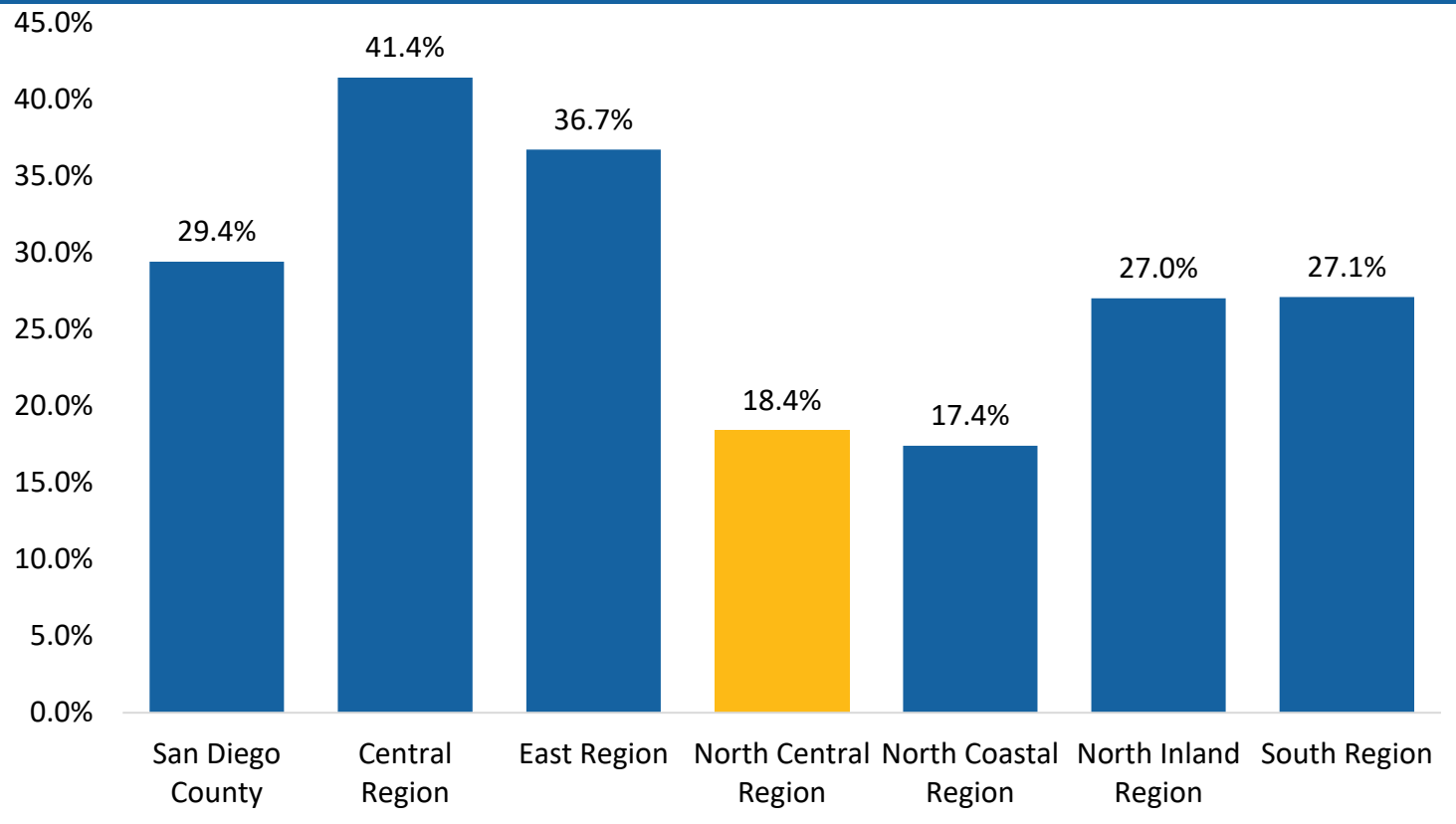
Food Insecurity in North Central Region

- In 2024, about 1 in 3 adults (32.2%) with income less than 200% Federal Poverty Level (FPL) reported having an inability to afford enough food in North Central Region.
- North Central Region had the lowest proportion of adults with income less than 200% FPL reporting food insecurity compared to all other HHS Regions in San Diego County in 2024.

Food Stamps



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



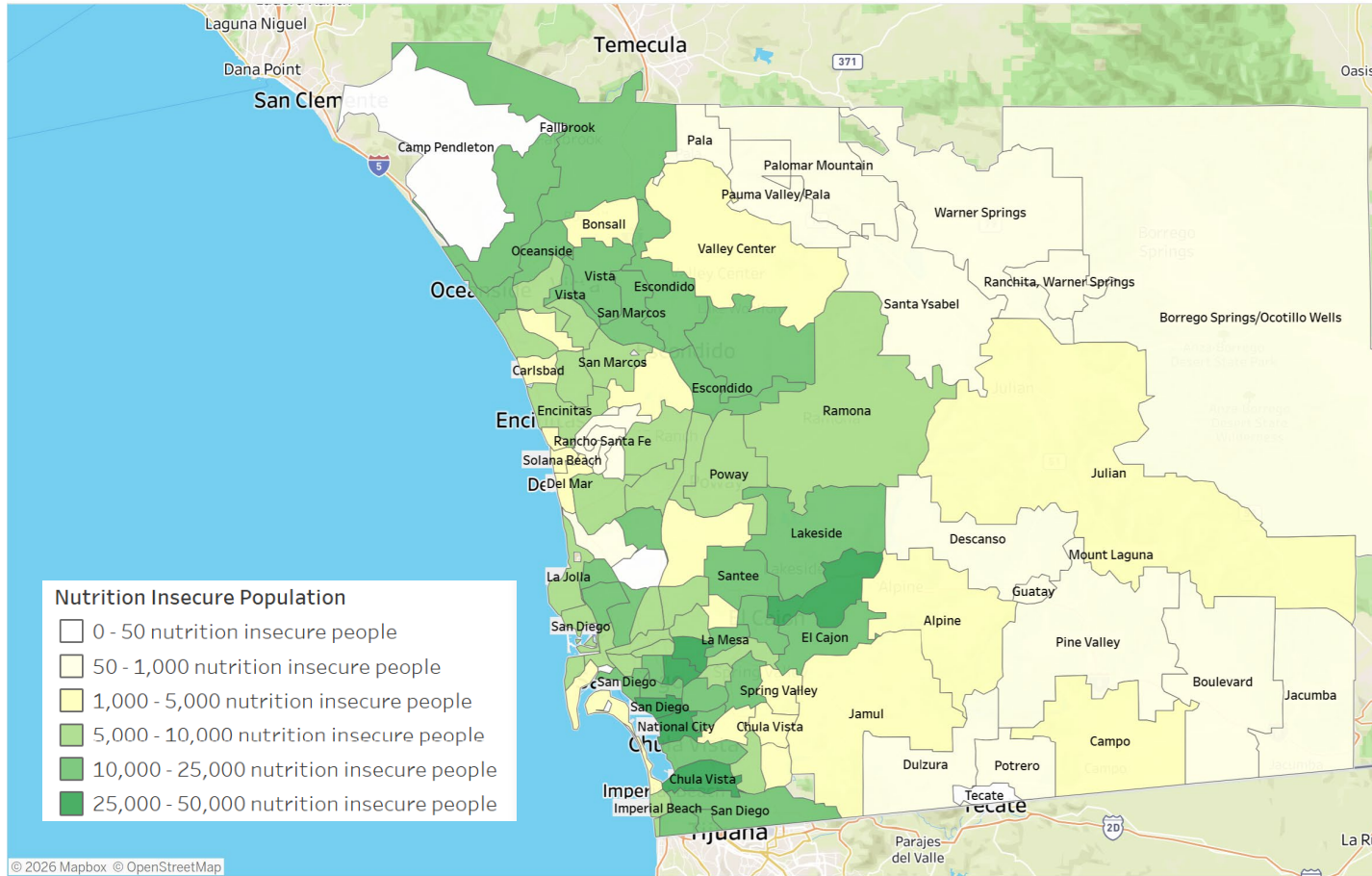
Food Stamps in North Central Region

- On average, nearly 1 in 5 households (18.4%) with income at or below 200% FPL reported receiving food stamps in North Central Region between 2023-2024.
- North Central Region had the second lowest proportion of households with income at or below 200% FPL that reported receiving food stamps from 2023-2024.

Hunger Coalition Data



Nutrition Insecure Population by Zip Code



- In December 2025, San Diego Hunger Coalition estimated more than 25% of the population in San Diego County were nutrition insecure, meaning they lived in a household without sufficient income to purchase three healthy meals per day.
- <https://www.sdhunger.org/research>
- Nutrition Insecurity & Missing Meals
 - Nutrition Insecurity Rates
 - State of Nutrition Security in San Diego County: Before, During and beyond the COVID-19 Crisis



Behavioral Health

Among North Central Region SRAs,
Kearny Mesa had the highest
age-adjusted death rate due to any
substance overdoses in 2024.

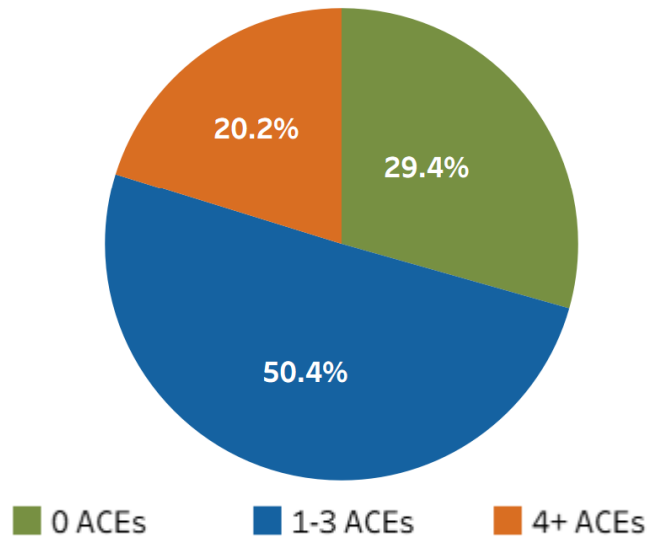


DID YOU KNOW?

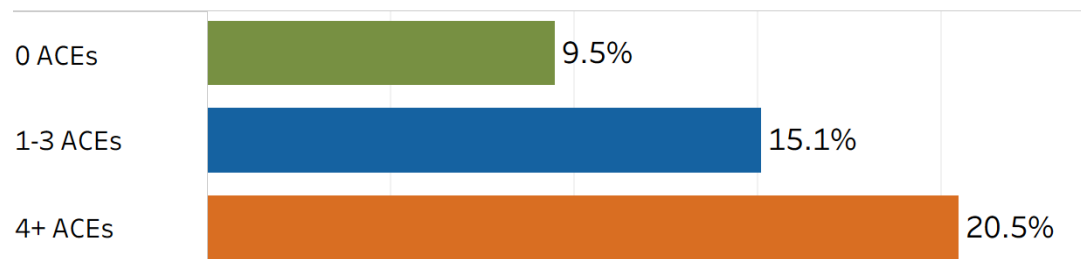
Adverse Childhood Experiences (ACEs) Reported by Adults



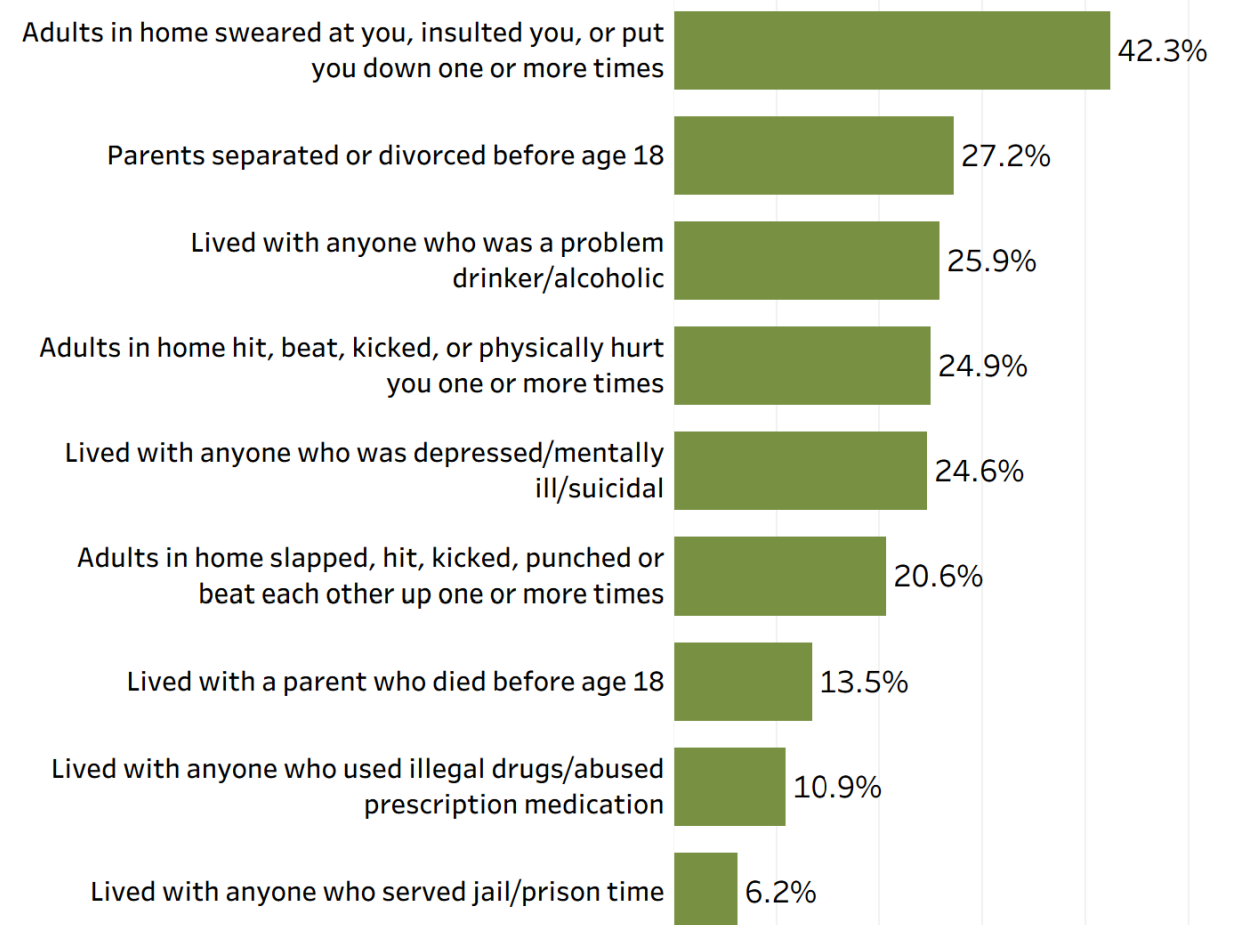
Distribution of ACEs Score in San Diego County, 2023-2024



Percentage of Population that Reported Health as Fair or Poor by ACEs Score, 2023-2024



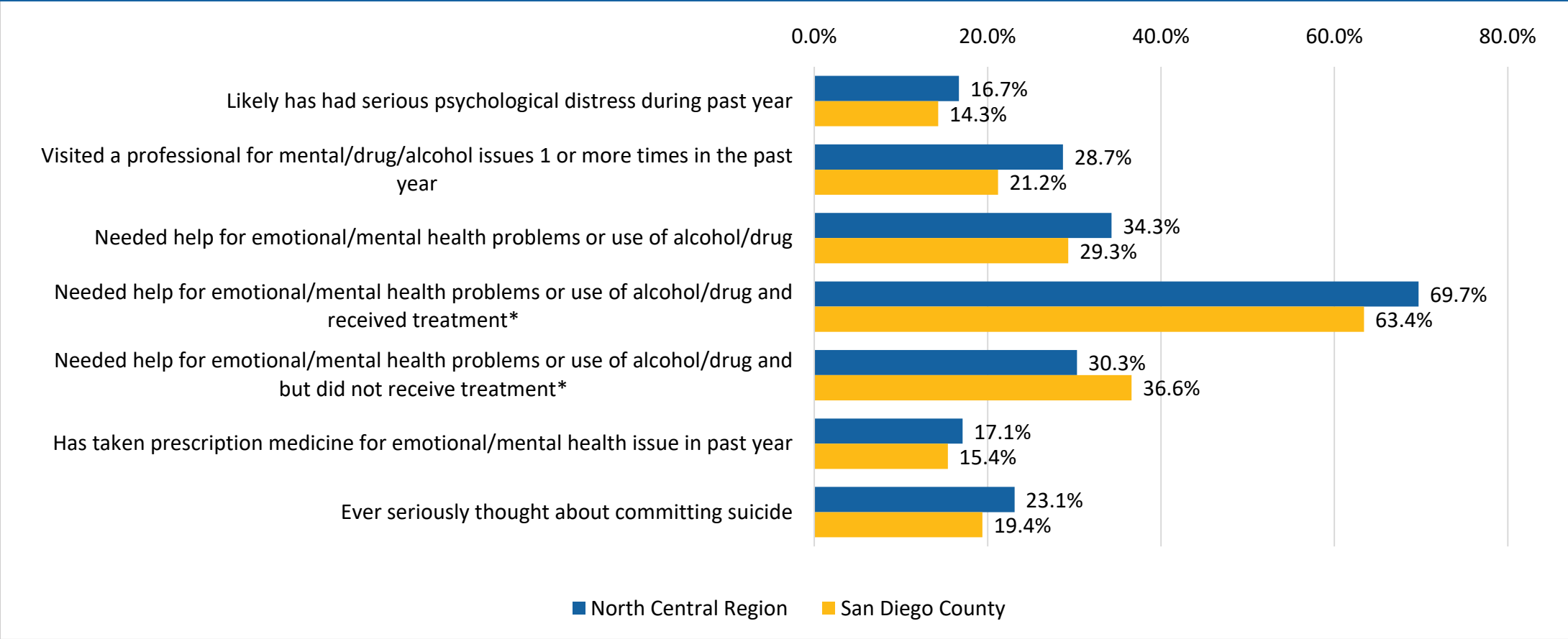
Prevalence of Types of ACEs in Adults, San Diego County, 2023-2024



Survey Data – Adults



Mental and Emotional Health Among Adults in North Central Region, San Diego County, 2024



*Among those who needed help for emotional/mental health problems or use of alcohol/drug.

Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2024. Available at <http://ask.chis.ucla.edu>. Exported on April 1, 2026.

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

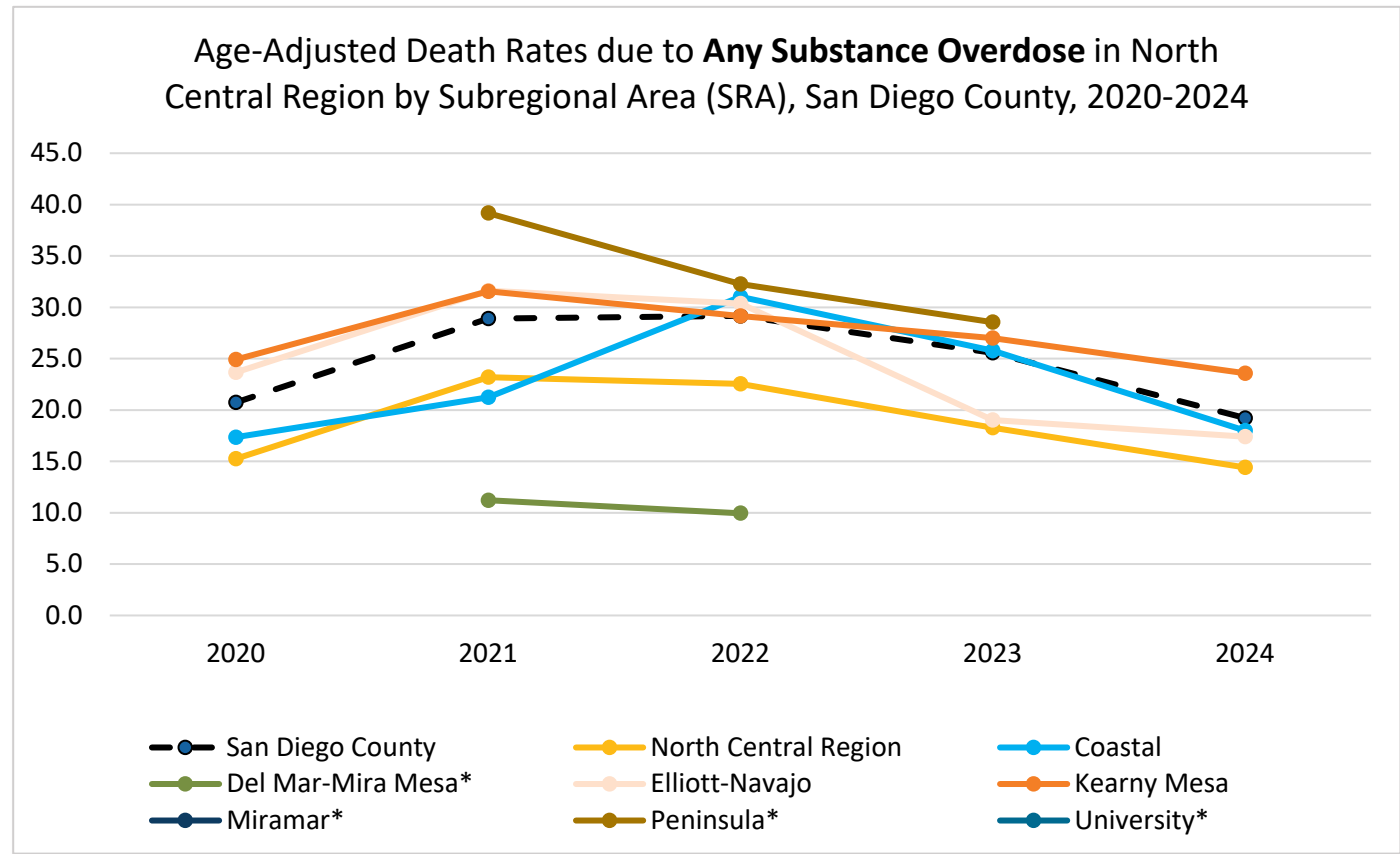
Behavioral Health Outcomes



Any Substance Overdoses Death Rates, 2020-2024

From 2020-2024, the age-adjusted **death rate** due to **any substance overdoses** in **North Central Region decreased** from 15.3 to 14.4 per 100,000 residents.

Among North Central Region SRAs, **Kearny Mesa** had the **highest** age-adjusted **death rate** due to **any substance overdoses** (23.6 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.

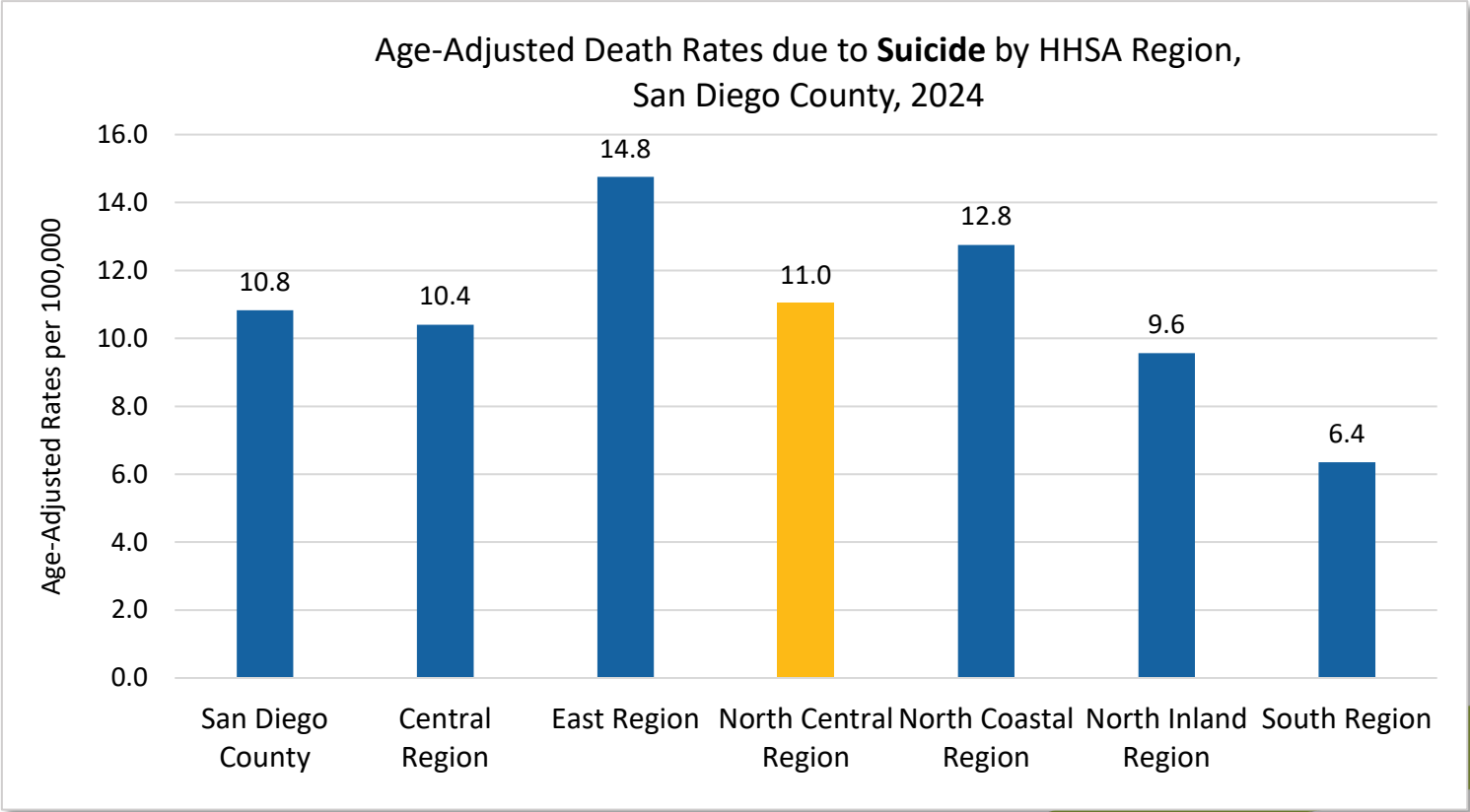
Behavioral Health Outcomes



Suicide Death Rates, 2020-2024

In 2024, the age-adjusted **death rate** due to **suicide** in **North Central Region** was **11.0 per 100,000**.

The **death rate** due to **suicide** in **North Central Region** was slightly **higher** than in San Diego County overall and the **third highest** rate compared to all HHS Regions.



Data sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 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. 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.

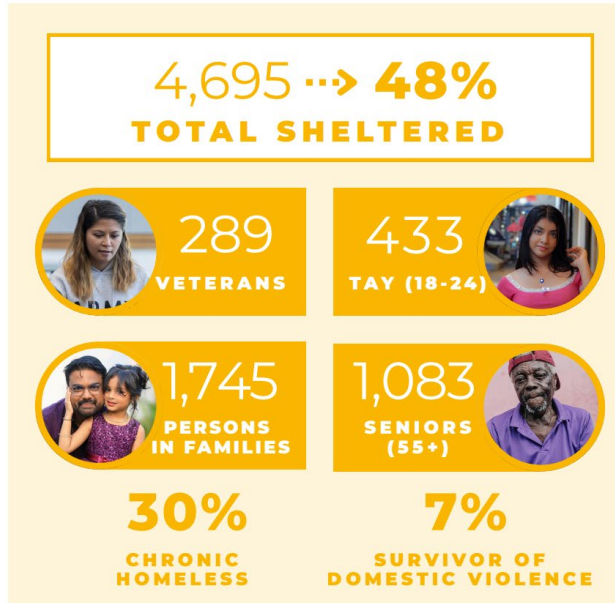
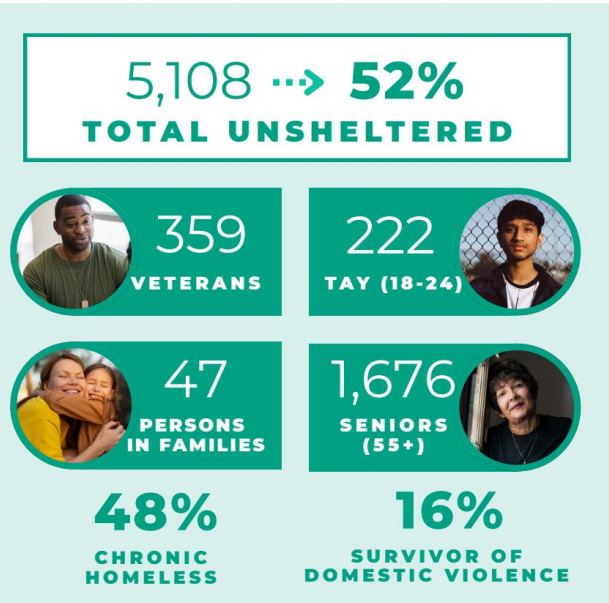


DID YOU KNOW?

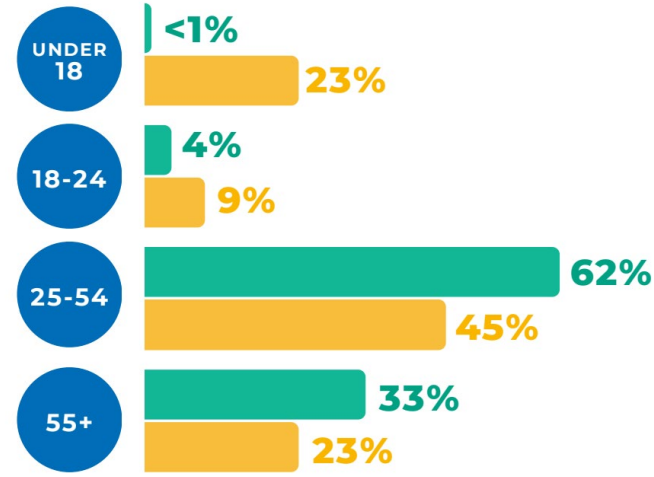
In 2026, North Central Region had the 2nd largest unsheltered persons population among HHSA Regions.



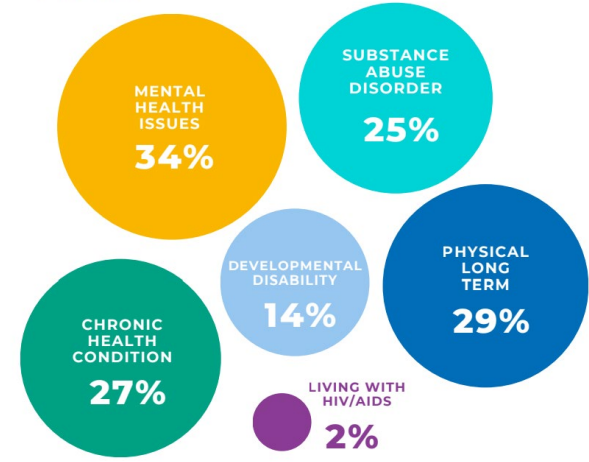
2026 Point-in-Time Data



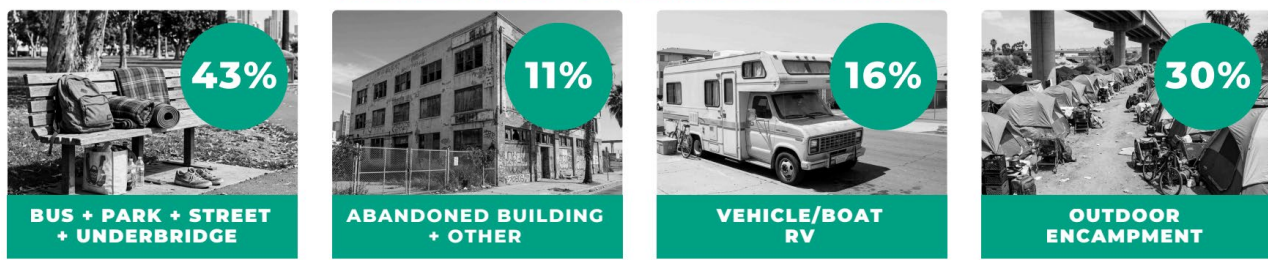
AGE RANGE ● Unsheltered ● Sheltered



UNSHELTERED DISABILITY TYPES



UNSHELTERED SLEEPING LOCATIONS



UNSHELTERED CIRCUMSTANCES



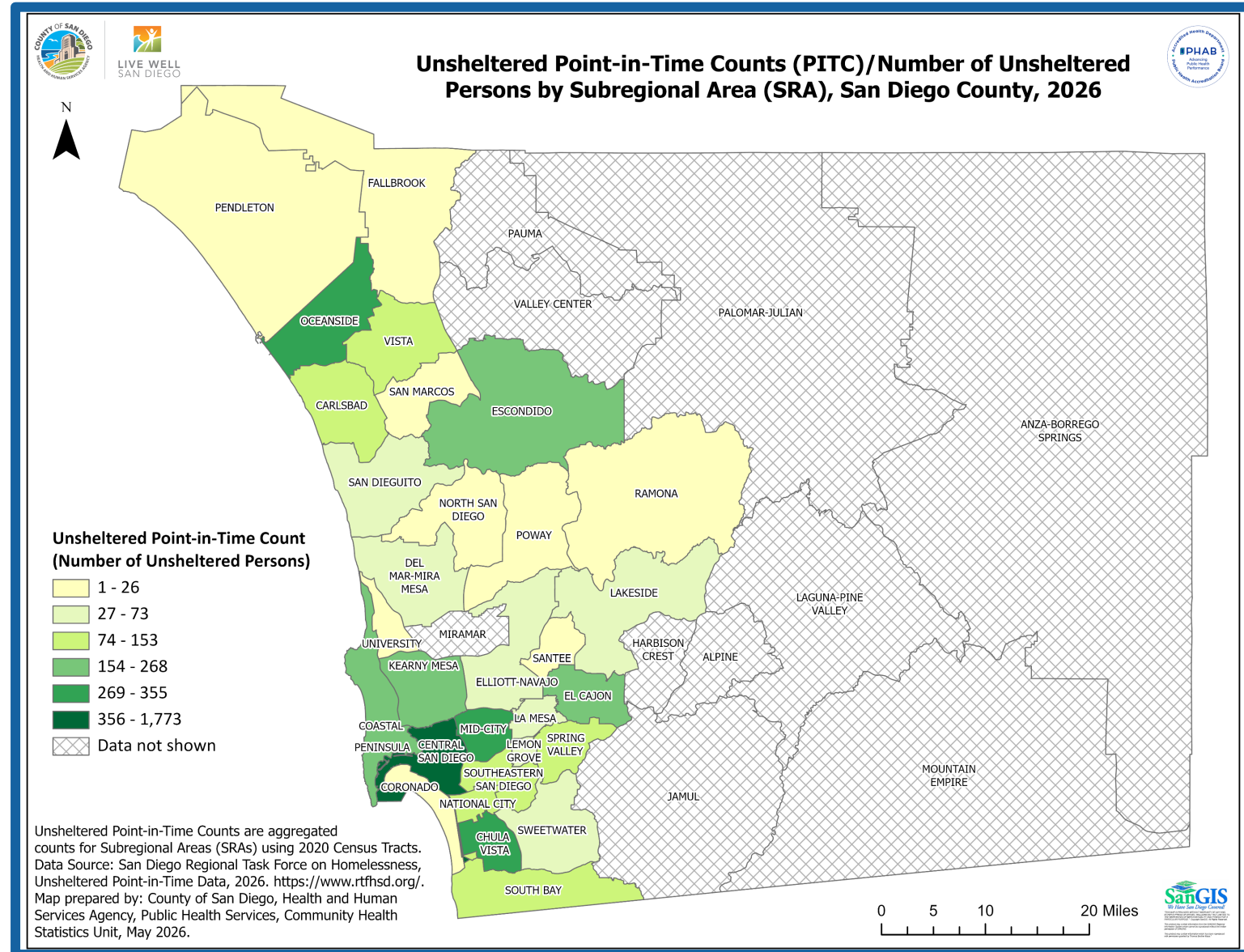
Sources: Regional Taskforce for the Homeless. 2026 San Diego County Regional Data Breakdown. Available at https://www.rtfhsd.org/wp-content/uploads/2026/05/2026-PIT-COUNTY-Summary_Final.pdf.

2026 Point-in-Time Data



In 2026, there were **769** unsheltered persons experiencing homelessness in North Central Region, the 2nd largest unsheltered persons population among HHS Regions.

Among North Central Region SRAs, **Kearny Mesa** had the largest population of unsheltered persons (268).

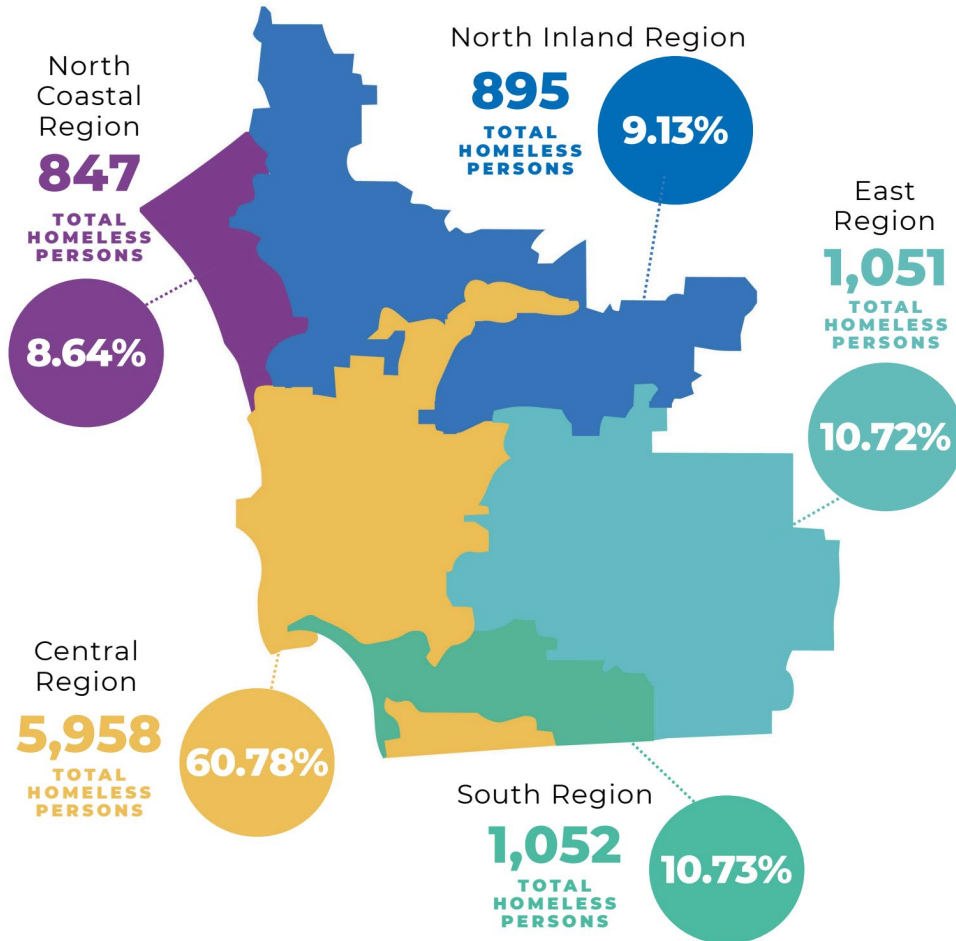


2026 Point-in-Time Data



Regional Breakdown

SHELTERED + UNSHELTERED



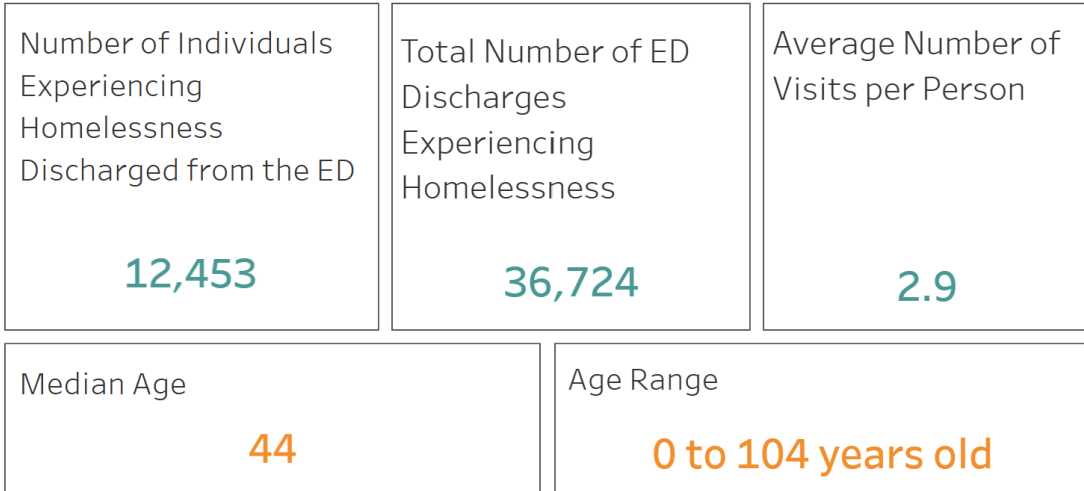
2026 PITC-Regional and Cities Breakdown

Region	City	2026 Sheltered				2026 Unsheltered	2025 Unsheltered	2025-26 Unsheltered Change
		ES	TH	SH	Total	Total Unsheltered	Total Unsheltered	% Change
Central Region	San Diego City	2292	462	72	2826	3132	3,354	-6.6%
North Coastal Region	Carlsbad	61	0	0	61	110	101	8.9%
	Oceanside	109	87	11	207	362	318	13.8%
	Encinitas (San Dieguito, Solana Beach & Del Mar)	35	8	0	43	64	91	-29.7%
South Region	Coronado	0	0	0	0	2	1	100%
	National City	168	13	0	181	149	135	10.3%
	Chula Vista (Sweetwater)	295	45	0	340	355	470	-24.5%
	Imperial Beach	0	0	0	0	25	17	47.1%
East Region	El Cajon	268	284	0	552	208	344	-39.5%
	La Mesa	36	3	0	39	39	52	-25%
	Lemon Grove	0	0	0	0	55	110	-50%
	Santee	14	0	0	14	19	53	-64.1%
	Lakeside*	0	0	0	0	34	47	-27.7%
	Spring Valley (Casa de Oro)*	0	0	0	0	91	106	-14.1%
North Inland Region	Escondido (NC Metro & Hidden Meadows)	230	44	7	281	271	307	-11.7%
	Vista (Bonsall)	89	44	0	133	157	144	9%
	Poway	0	0	0	0	3	9	-66.7%
	Fallbrook*	18	0	0	18	17	16	6.2%
	San Marcos	0	0	0	0	7	30	-76.7%
	Ramona*	0	0	0	0	8	9	-11.1%
TOTAL					4,695	5,108	5,714	-10.6%

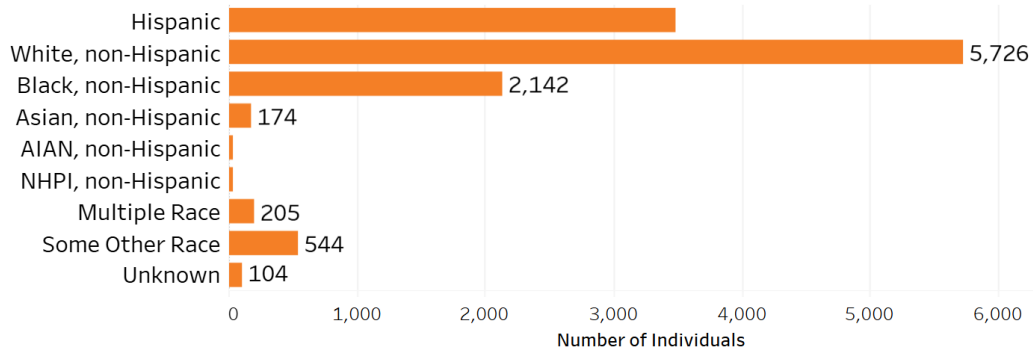
*Regions with an asterisk represent unincorporated regions.

Sources: Regional Taskforce for the Homeless. 2026 San Diego County Regional Data Breakdown. Available at https://www.rtfhsd.org/wp-content/uploads/2026/05/2026-PIT-COUNTY-Summary_Final.pdf. Regional Taskforce for the Homelessness. 2026 PITC Regional and Cities Breakdown. Available at: <https://www.rtfhsd.org/wp-content/uploads/2026/05/2026-PIT-Regional-and-Cities-Breakdown.pdf>

2023 Emergency Department Discharge Data for Persons Experiencing Homelessness



Race/Ethnicity



AIAN: American Indian/Alaska Native; NHPI: Native Hawaiian/Pacific Islander

Top 10 Primary Diagnosis Groups

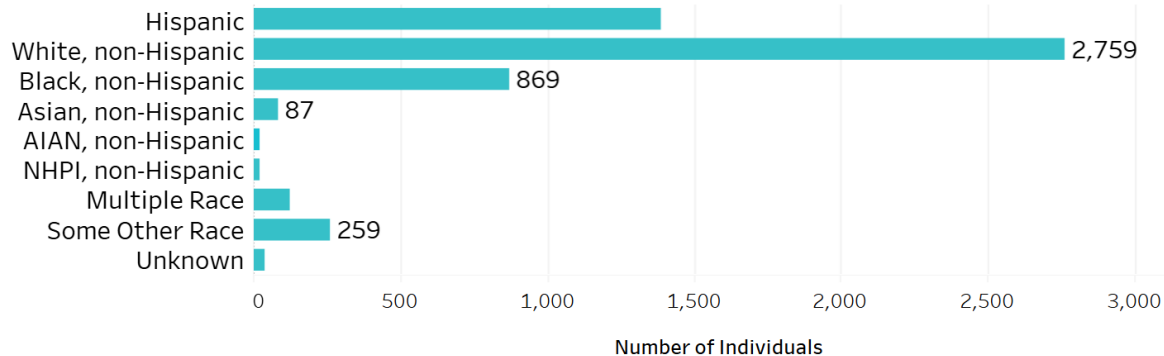
Skin and subcutaneous tissue infections	837
Musculoskeletal pain, not low back pain	535
Alcohol-related disorders	510
Abdominal pain and other digestive/abdomen signs and symptoms	481
Superficial injury; contusion, initial encounter	469
Suicidal ideation/attempt/intentional self-harm	461
Schizophrenia spectrum and other psychotic disorders	426
Nonspecific chest pain	395
Poisoning by drugs, initial encounter	348
Open wounds to limbs, initial encounter	263

2023 Hospital Discharge Data for Persons Experiencing Homelessness



Number of Individuals Experiencing Homelessness Discharged from the Hospital	Total Number of Hospital Discharges Experiencing Homelessness	Average Number of Visits per Person
5,572	10,175	1.8
Median Age	Age Range	
54	0 to 96 years old	

Race/Ethnicity



AIAN: American Indian/Alaska Native; NHPI: Native Hawaiian/Pacific Islander

Top 10 Primary Diagnoses

Septicemia	848
Skin and subcutaneous tissue infections	474
Heart failure	292
Alcohol-related disorders	255
Diabetes mellitus with complication	201
Poisoning by drugs, initial encounter	192
Chronic obstructive pulmonary disease and bronchiectasis	89
Fracture of the lower limb (except hip), initial encounter	85
Traumatic brain injury (TBI); concussion, initial encounter	80
Respiratory failure; insufficiency; arrest	76

2023 Mortality Data for Persons Experiencing Homelessness



Deaths Among Persons Experiencing Homelessness in San Diego County, 2023

Deaths Among Persons Experiencing Homelessness by Age, San Diego County*, 2023

Age Group	Count	% of Total
Ages 0-9	§	§
Ages 10-19	§	§
Ages 20-29	12	5.0%
Ages 30-39	42	17.5%
Ages 40-49	48	20.0%
Ages 50-59	50	20.8%
Ages 60-69	64	26.7%
Ages 70-79	19	7.9%
Ages 80 Plus	§	§

Deaths Among Persons Experiencing Homelessness by Sheltered Status, San Diego County*, 2023

Sheltered Status	Count	% of Total
Sheltered	31	12.9%
Unsheltered	201	83.8%

Deaths Among Persons Experiencing Homelessness by Sex, San Diego County*, 2023

Sex	Count	% of Total
Female	50	20.8%
Male	189	78.8%

Deaths Among Persons Experiencing Homelessness by Race/Ethnicity, San Diego County*, 2023

Race/Ethnicity	Count	% of Total
Hispanic	51	21.3%
NH API	§	§
NH Black	28	11.7%
NH Other	§	§
NH White	150	62.5%

Top 3 Leading Causes of Death^{1 2} Among Persons Experiencing Homelessness, San Diego County, 2023

Rank	Underlying Cause of Death	%	Count
1	Accidents/Unintentional Injuries	53.8%	129
2	Diseases Of The Heart	9.2%	22
3	Malignant Neoplasms	5.0%	12
	All other causes (not rankable)	32.1%	77

¹ Rank is based on total number of deaths in each of the National Center for Health Statistics (NCHS) "rankable" categories. The top 3 leading causes of death presented here are based on deaths that occurred in San Diego for their respective years.

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

Deaths for specific demographics or geographic area may not equal the total deaths for San Diego County due to missing data.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2023.

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

*Tables contains deaths that occurred in San Diego County.

§ Not shown for fewer than 11 deaths.

NH: Non-Hispanic. API: Asian/Pacific Islander.

Source: California Department of Public Health, Centers for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2023.

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

Self-Sufficiency



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

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 (HHSA) 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/HHSA Region and subregional area (SRA) to explore the differences by geography:

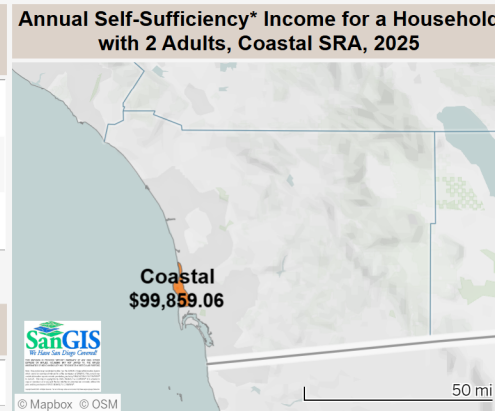
San Diego County and HHSA Regions	Subregional Area (SRA)
North Central Region	Coastal

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
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
\$168.62	\$177.68



Select household type

Use the drop-down filters to choose geography

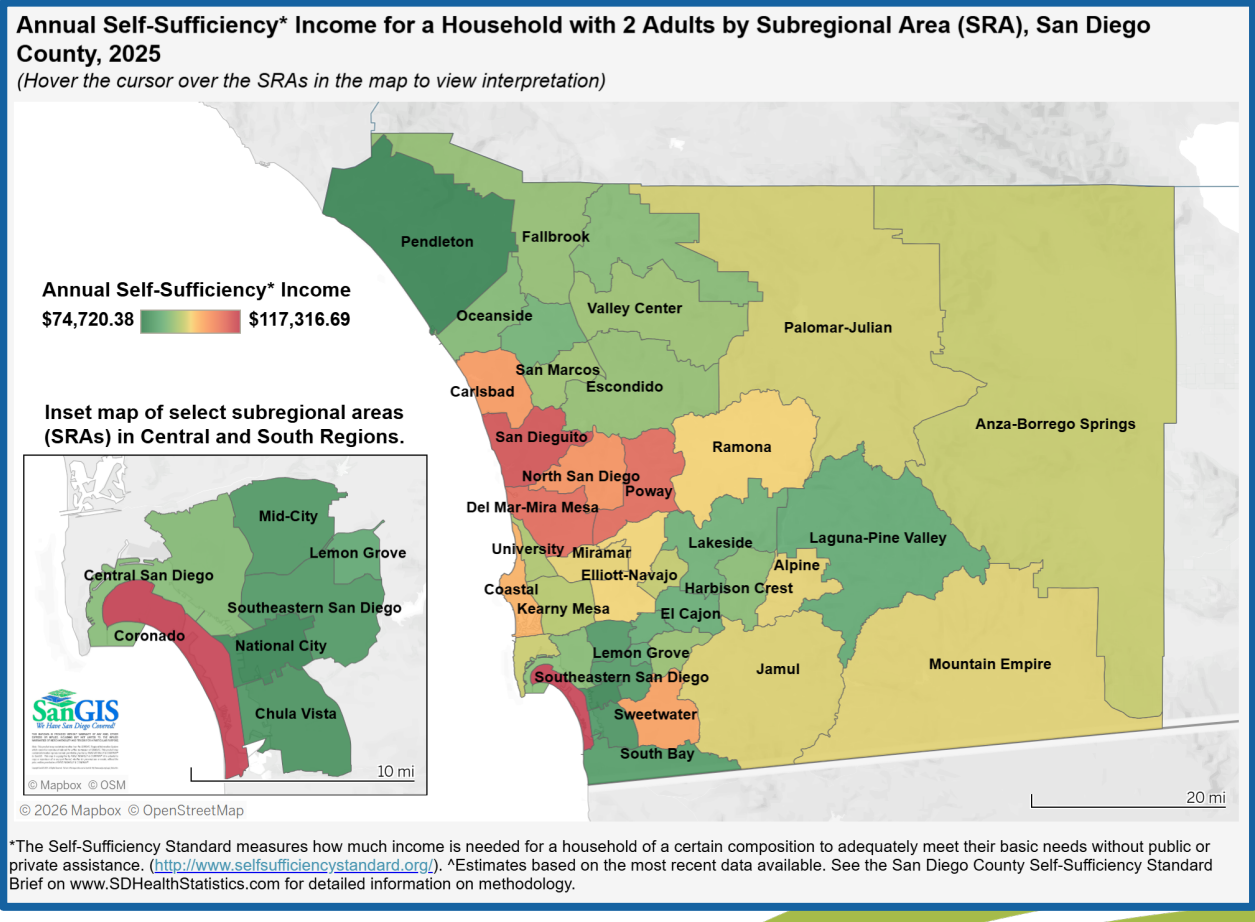
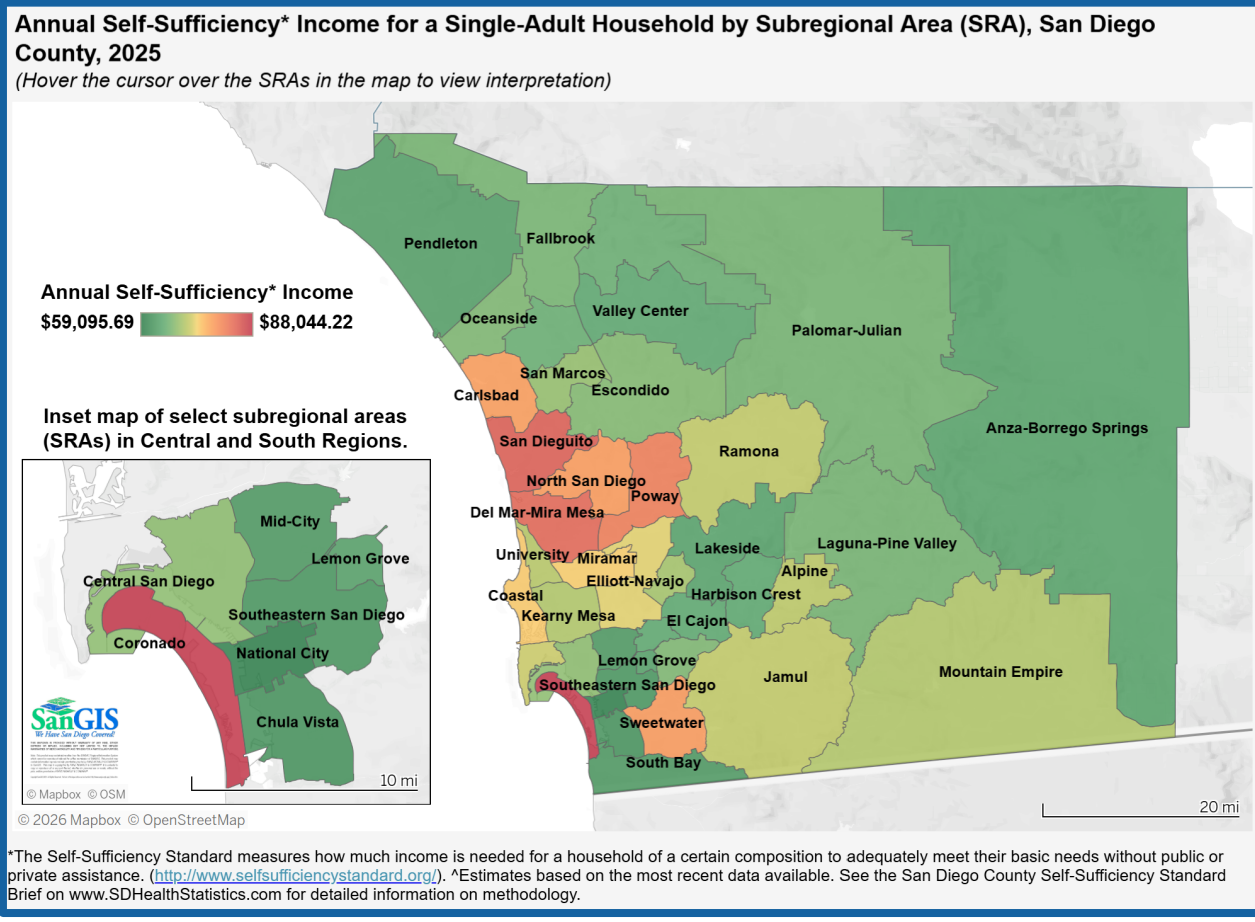
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- Select household type to explore the differences in the income required to be economically self-sufficient.

Self-Sufficiency



Single-Adult Household

Household with 2 Adults



*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. (<http://www.selfsufficiencystandard.org/>). *Estimates based on the most recent data available. See the San Diego County Self-Sufficiency Standard Brief on www.SDHealthStatistics.com for detailed information on methodology.

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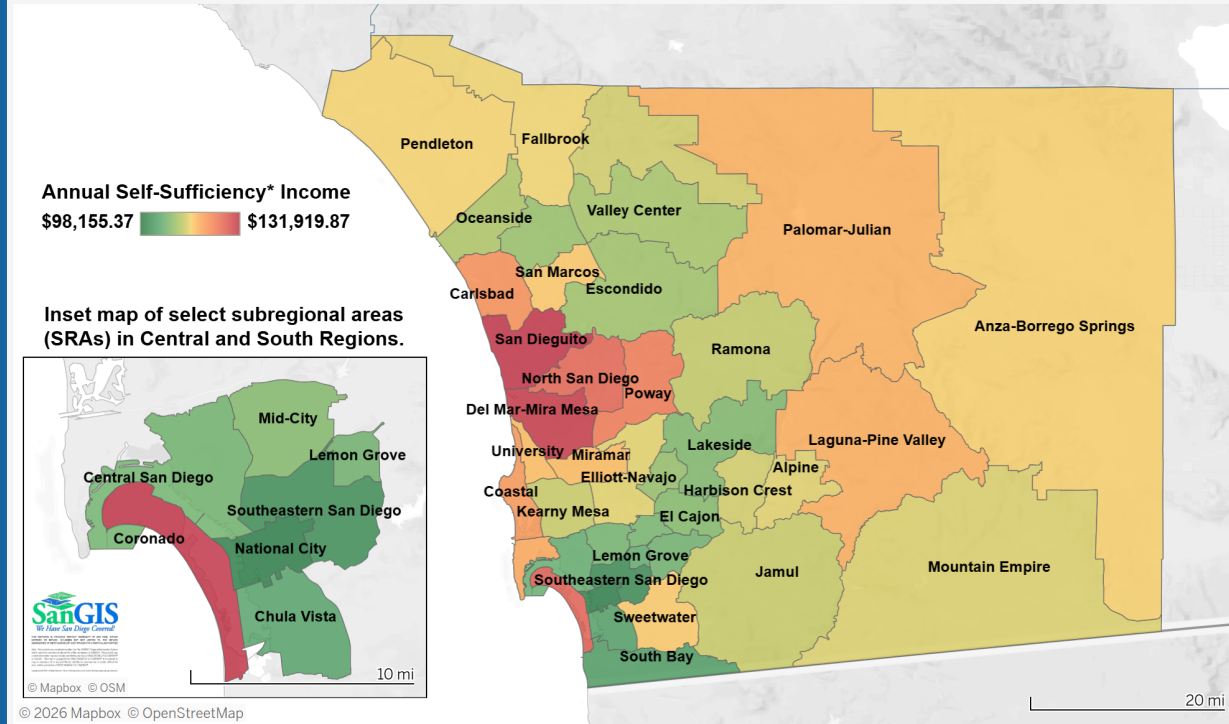
Self-Sufficiency



Household with 2 Adults, 2 Children

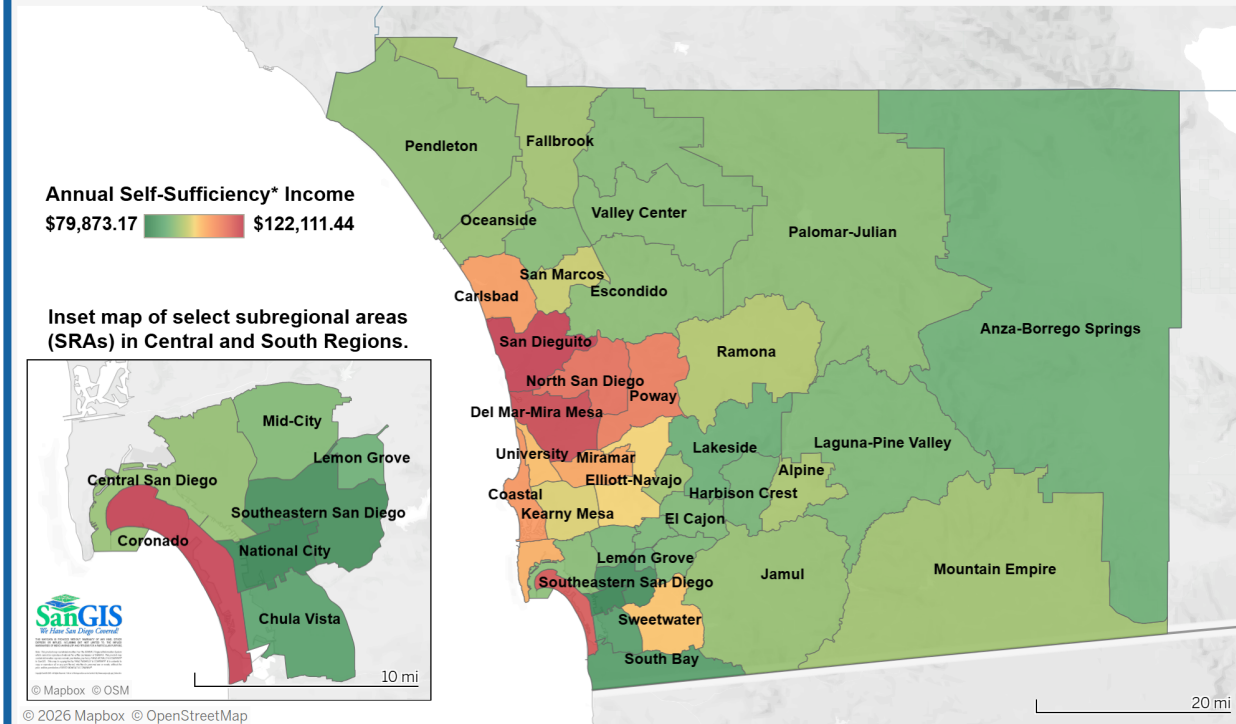
Household with Single Adult, 2 Children

Annual Self-Sufficiency* Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age) by Subregional Area (SRA), San Diego County, 2025
 (Hover the cursor over the SRAs in the map to view interpretation)



*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. (<http://www.selfsufficiencystandard.org/>). ^Estimates based on the most recent data available. See the San Diego County Self-Sufficiency Standard Brief on www.SDHealthStatistics.com for detailed information on methodology.

Annual Self-Sufficiency* Income for a Single-Parent Household with 2 Children (1 Preschool-Age, 1 School-Age) by Subregional Area (SRA), San Diego County, 2025
 (Hover the cursor over the SRAs in the map to view interpretation)

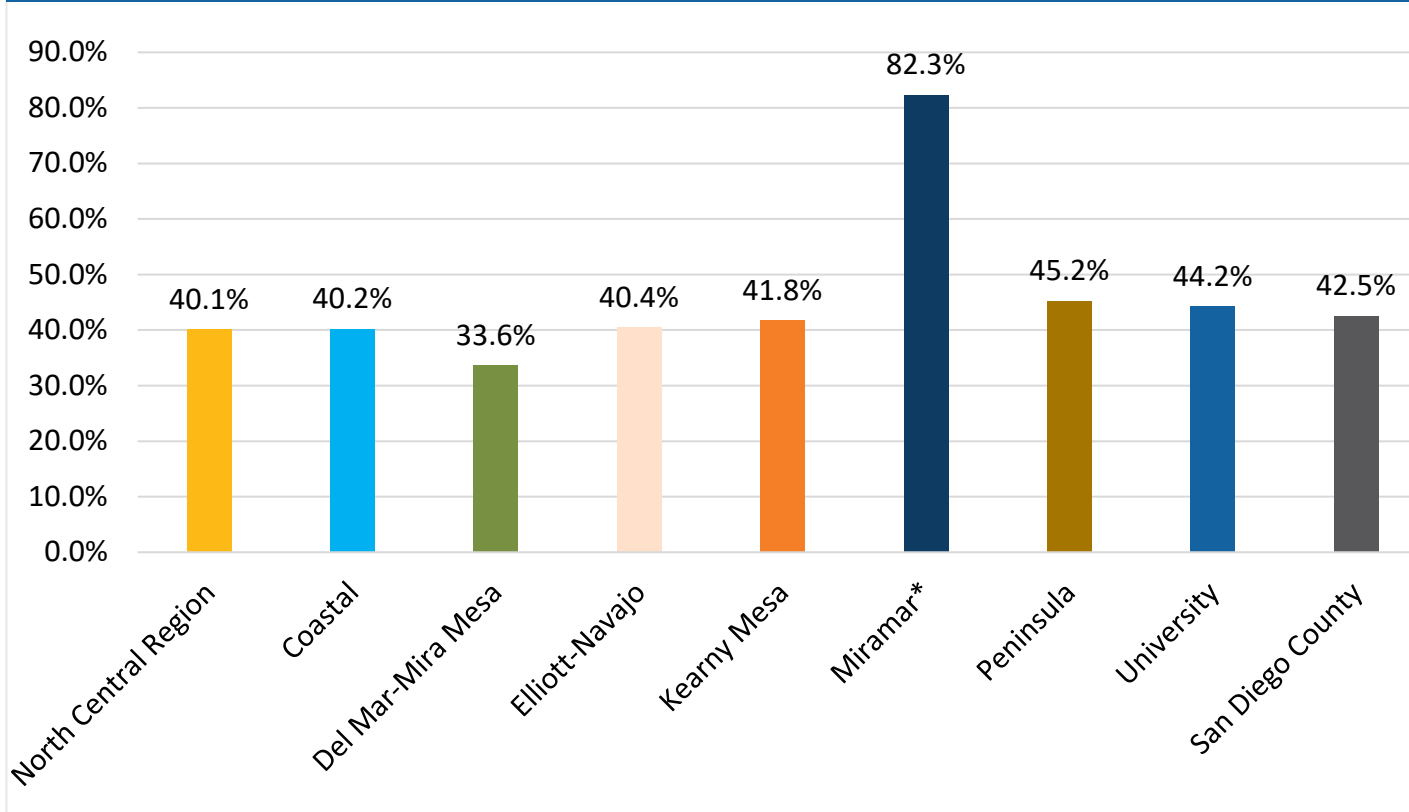


*The Self-Sufficiency Standard measures how much income is needed for a household of a certain composition to adequately meet their basic needs without public or private assistance. (<http://www.selfsufficiencystandard.org/>). ^Estimates based on the most recent data available. See the San Diego County Self-Sufficiency Standard Brief on www.SDHealthStatistics.com for detailed information on methodology.

Income Spent on Housing



Proportion of Households Spending 30 Percent or More of Household Income on Housing in North Central Region and its Subregional Areas (SRAs), 2024



Income Spent on Housing in North Central Region

- In 2024, 2 in 5 households in North Central Region spent 30% or more of their household income on housing.
- Among North Central Subregional Areas (SRAs), excluding Miramar, Peninsula (45.2%) had the highest proportion of households that spent 30% or more of their household income on housing in 2024, followed by University (44.2%).

*Military census tract includes a substantial military group quarters population, a special population with unique demographics, needs, and resources.

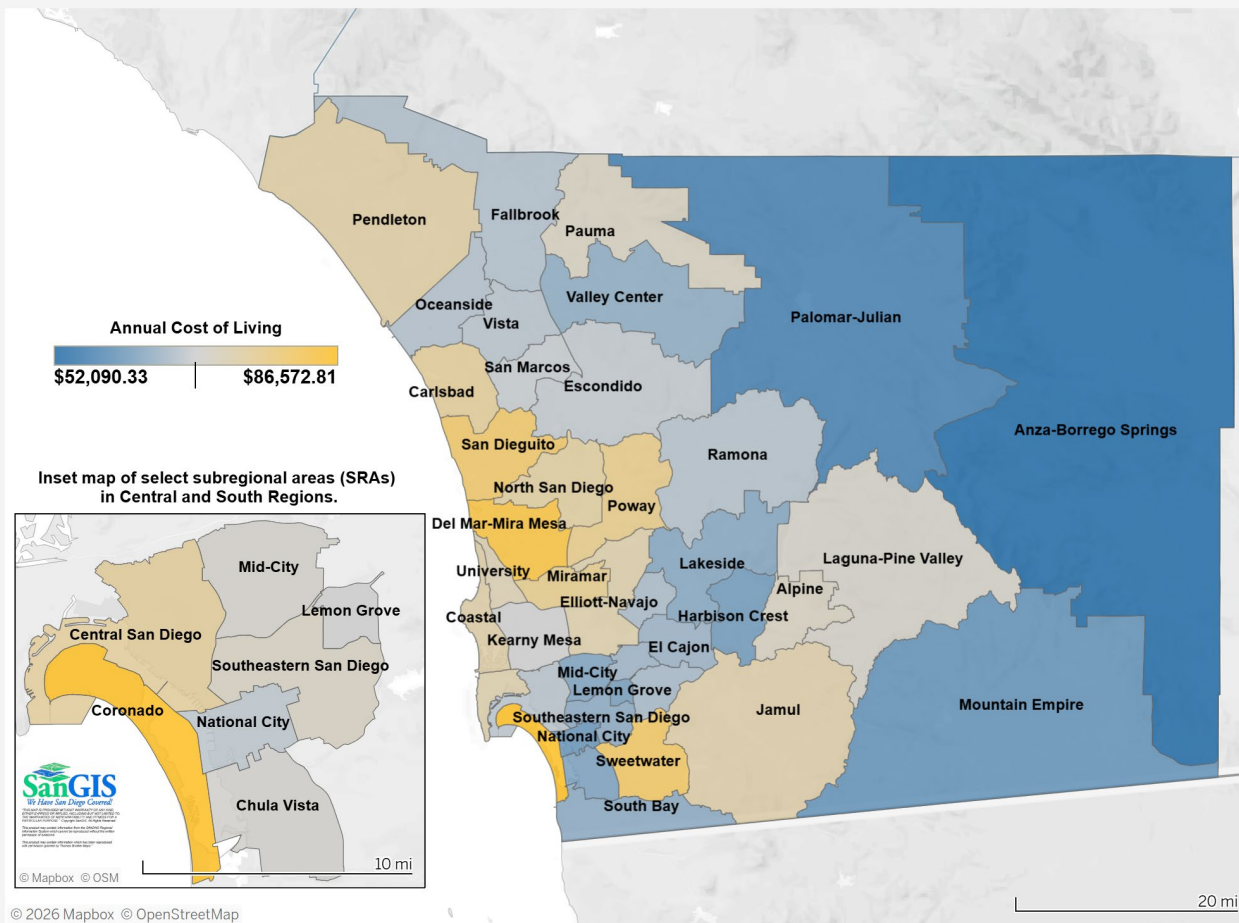
Source: U.S. Census Bureau, 2020-2024 American Community Survey 5-Year Estimates, Table S2503.

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

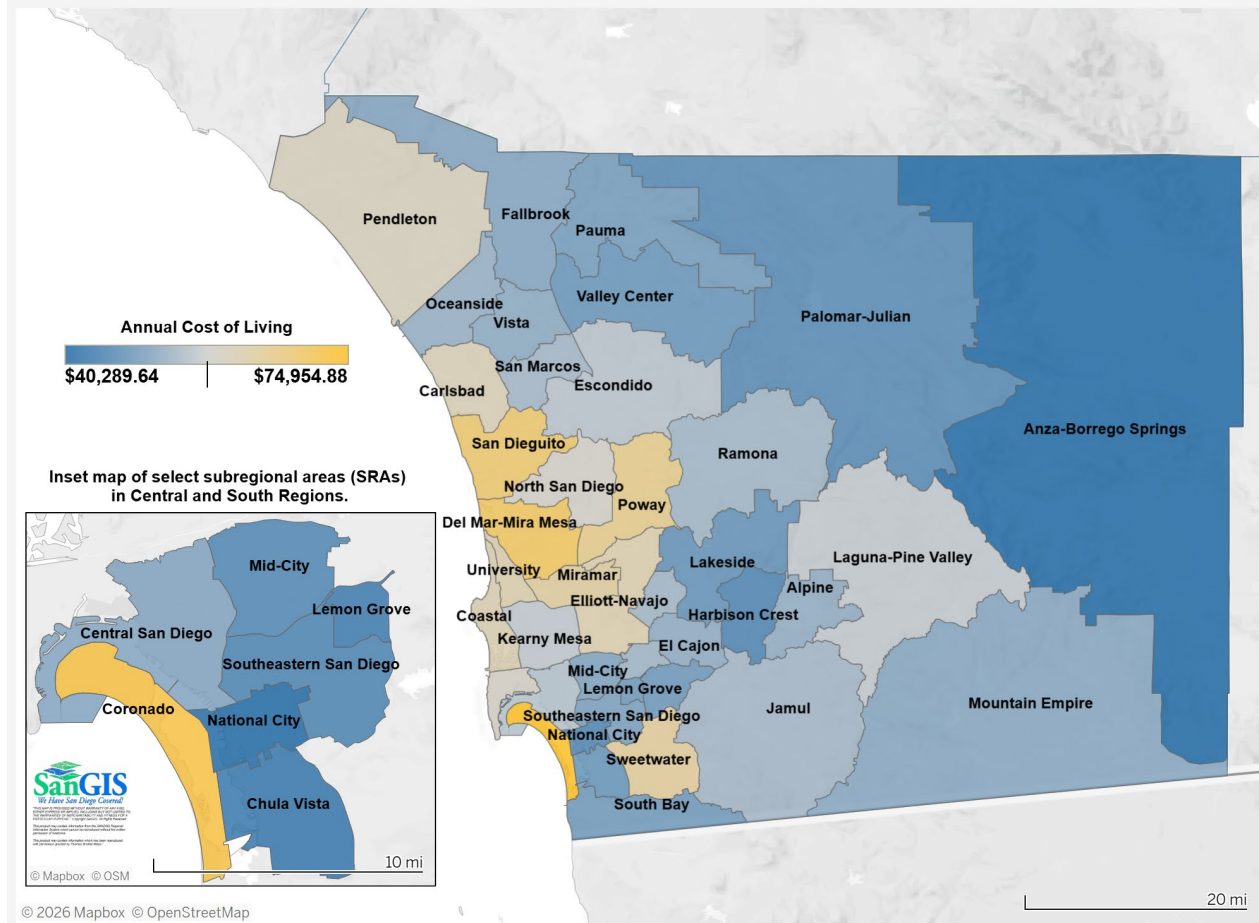
Cost of Living for Older Adults



Estimated Annual Cost of Living* for an Older Adult Couple, Renter-Occupied Household by Subregional Area (SRA), San Diego County, 2025 (Hover the cursor over the SRAs in the map to view interpretation)



Estimated Annual Cost of Living* for a Single Older Adult, Renter-Occupied Household by Subregional Area (SRA), San Diego County, 2025 (Hover the cursor over the SRAs in the map to view interpretation)

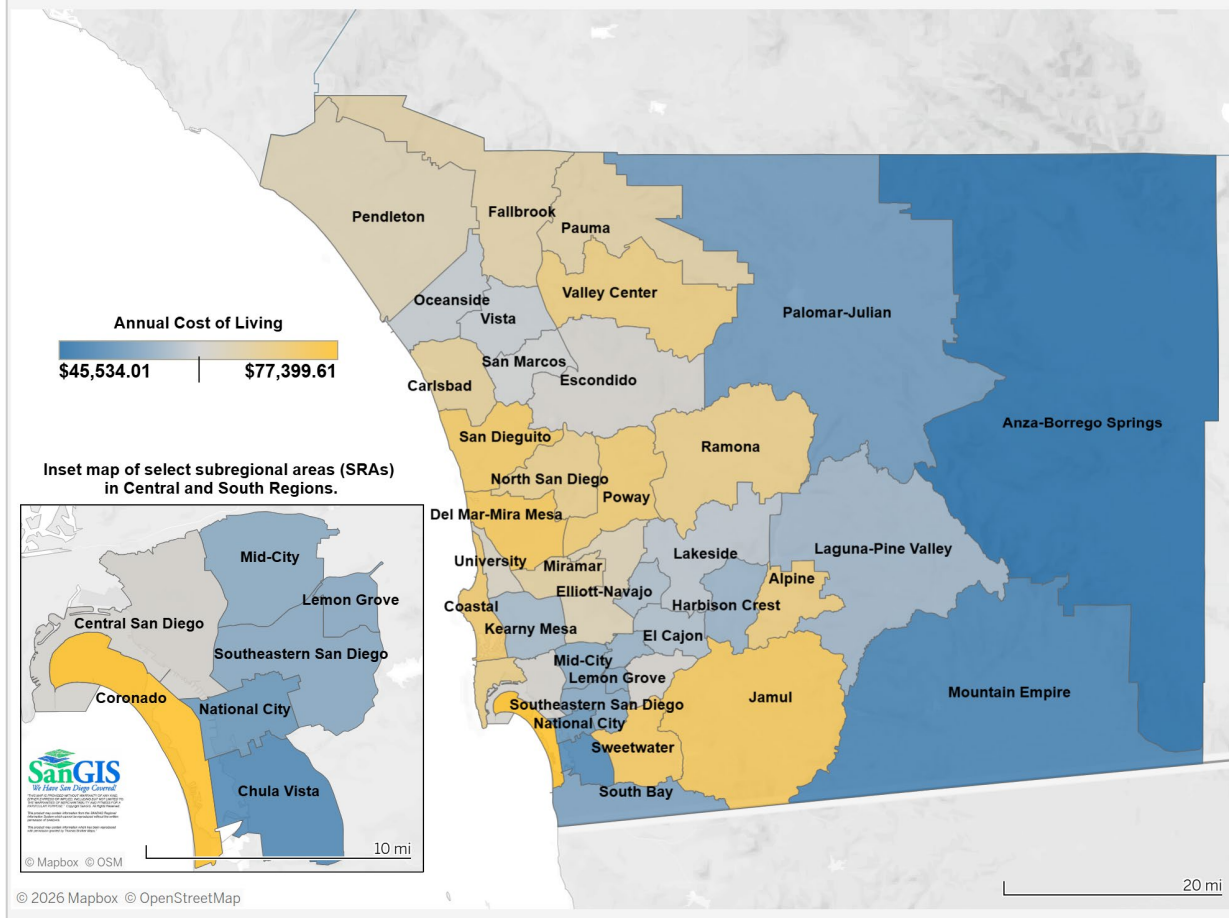


*Estimates based on the most recent data available. See the Cost of Living for Older Adults, San Diego County, 2025 Brief on www.SDHealthStatistics.com for detailed information on methodology.

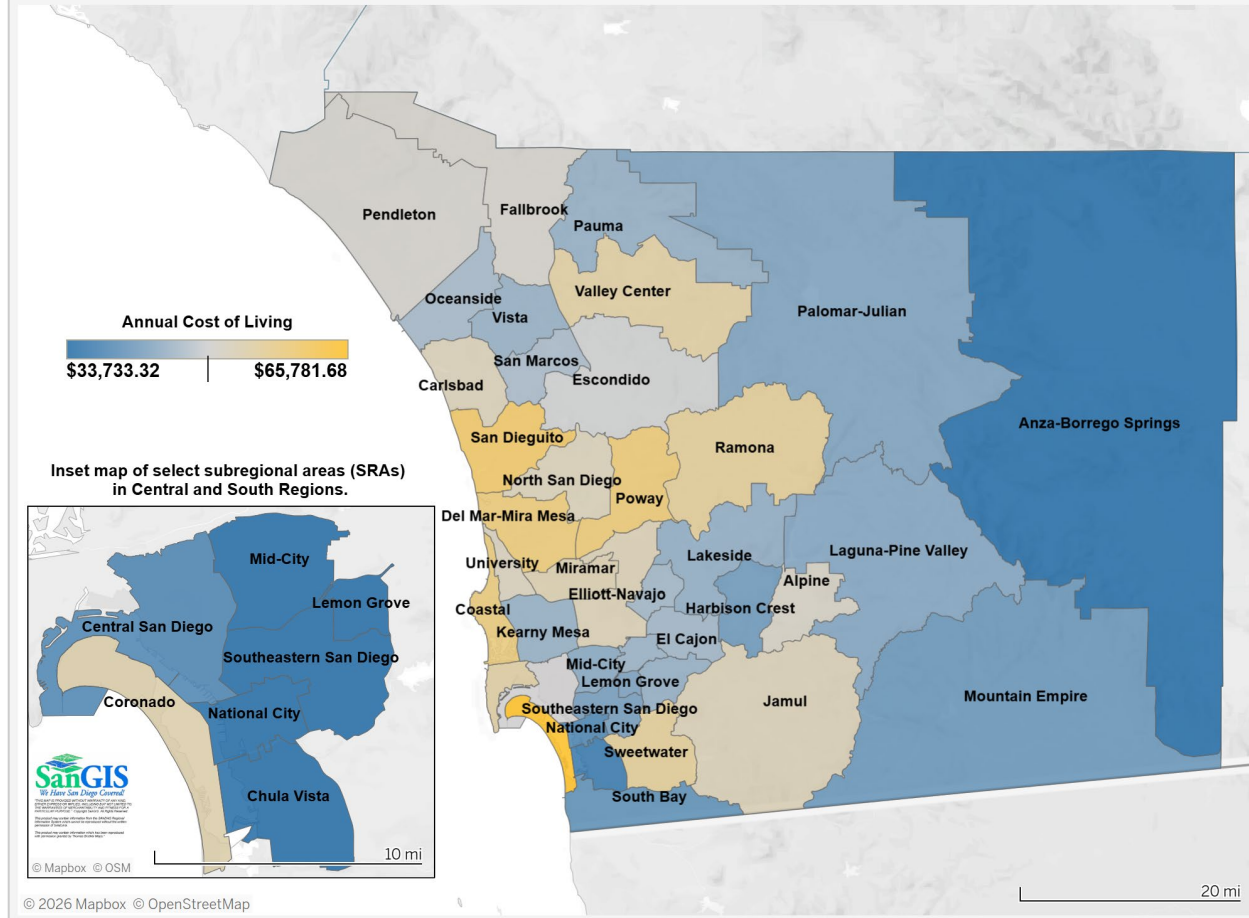
Cost of Living for Older Adults



Estimated Annual Cost of Living* for an Older Adult Couple, Owner-Occupied Household by Subregional Area (SRA), San Diego County, 2025 (Hover the cursor over the SRAs in the map to view interpretation)



Estimated Annual Cost of Living* for a Single Older Adult, Owner-Occupied Household by Subregional Area (SRA), San Diego County, 2025 (Hover the cursor over the SRAs in the map to view interpretation)



*Estimates based on the most recent data available. See the Cost of Living for Older Adults, San Diego County, 2025 Brief on www.SDHealthStatistics.com for detailed information on methodology.

NORTH CENTRAL REGION



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

Adrienne Anderson & Gayla Novotney

Public Health Services

Health & Human Services Agency

County of San Diego

SANDIEGOCOUNTY.GOV

June 10, 2026



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

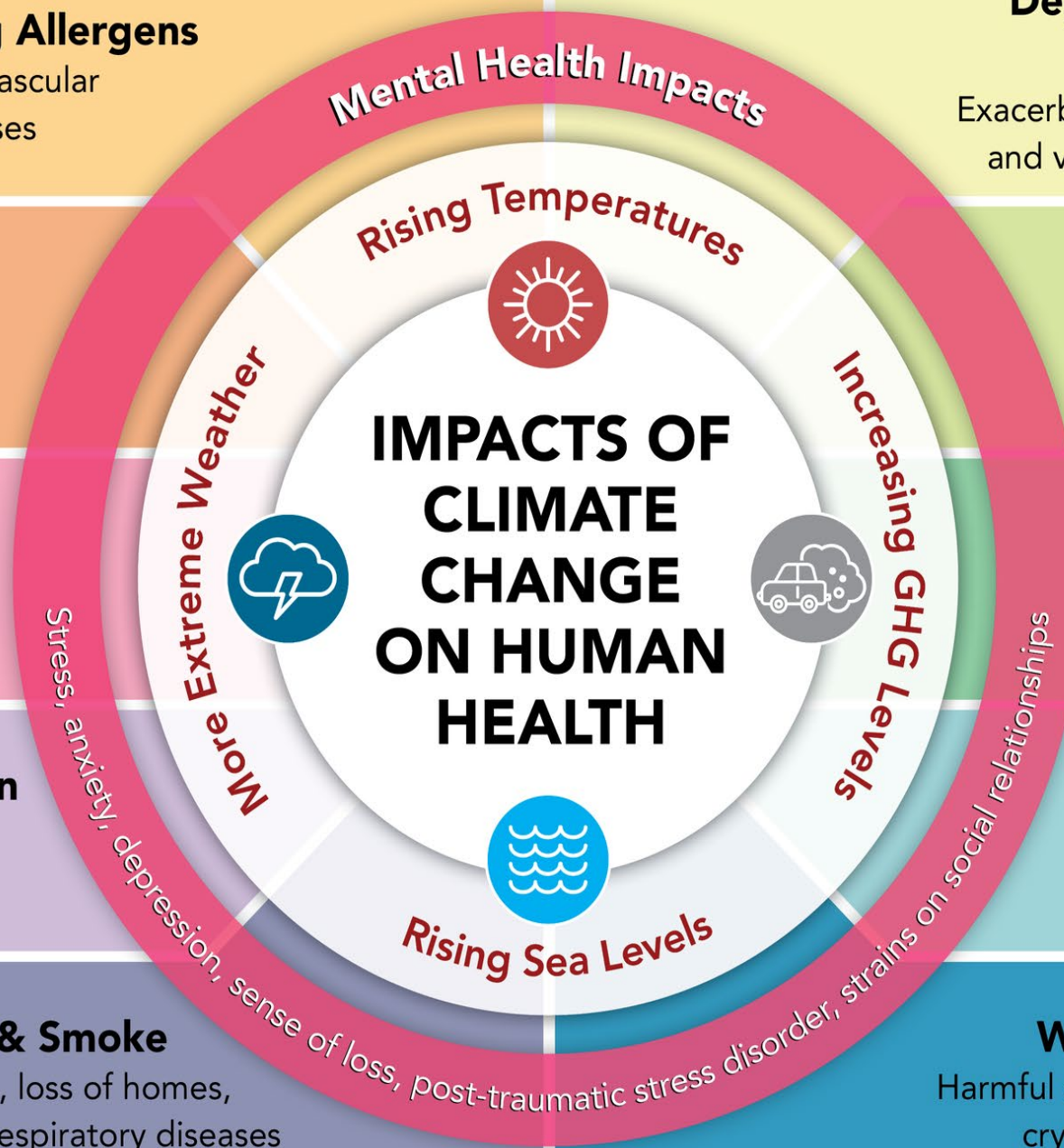
Injuries, fatalities, loss of homes, indoor fungi and mold

Wildfires & Smoke

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

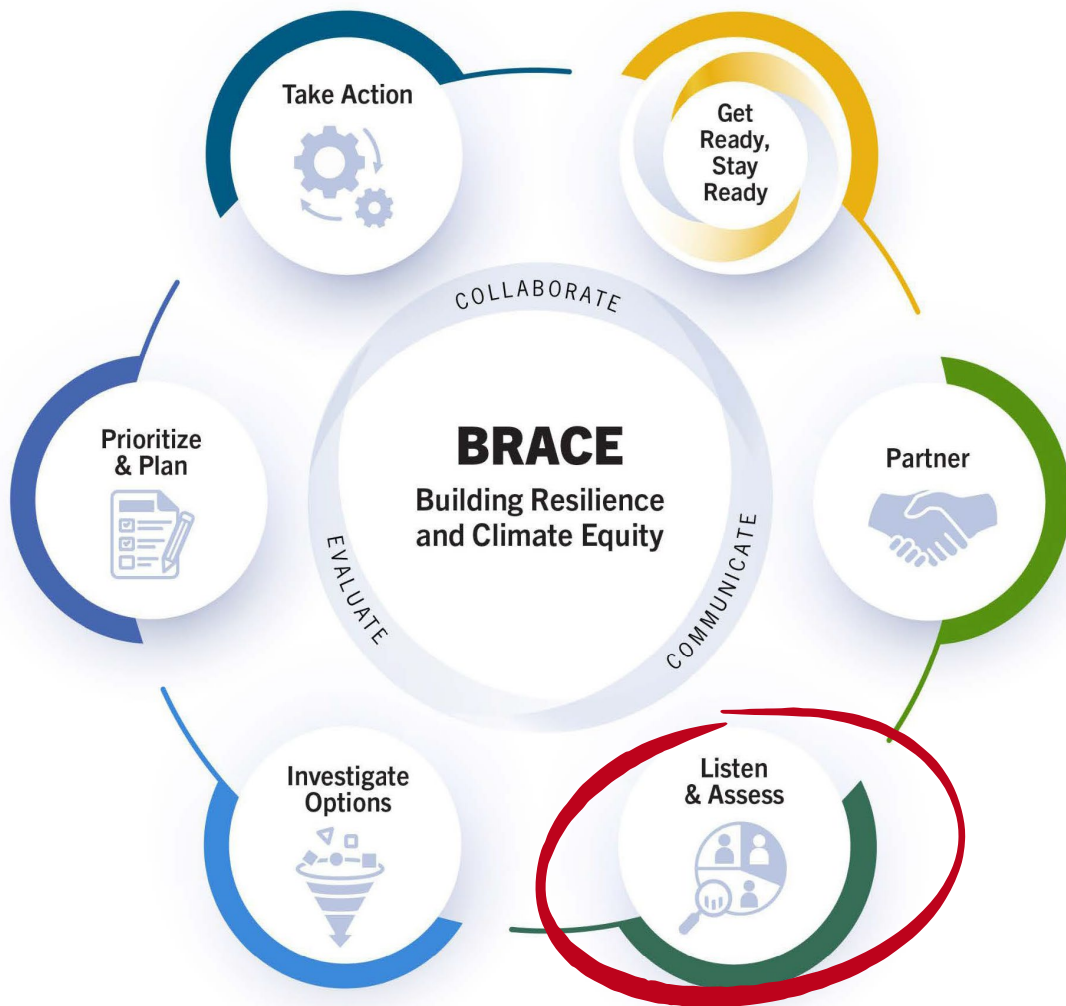
Water Quality Impacts

Harmful algal blooms, campylobacteriosis, cryptosporidiosis, leptospirosis

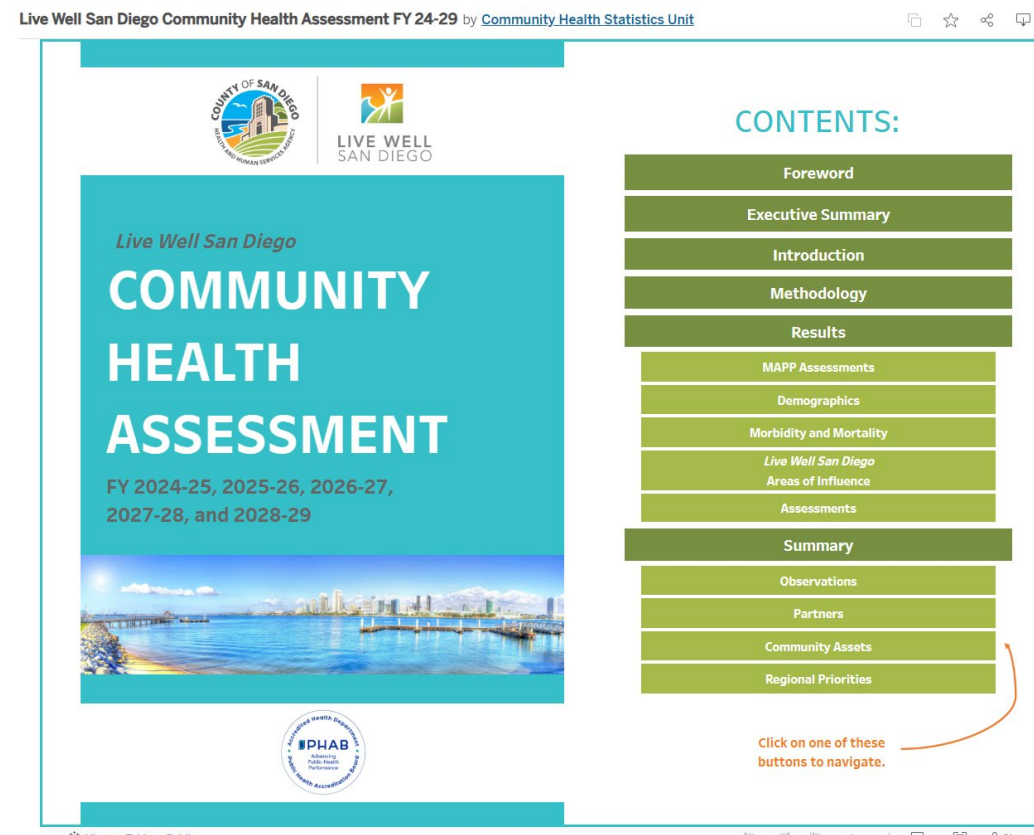


(Adapted from CDC; J. Patz)

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**

Live Well San Diego
Community Health Assessment
2024-2029

Assessments

Overview | Health | Knowledge | Standard of Living | **Community** | Social

Climate Change and Health Profile Report: San Diego County
Neil Maizlish, et al

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.

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.

Assessment Image 27: Projected Climate Impacts by 2100.

	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.

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

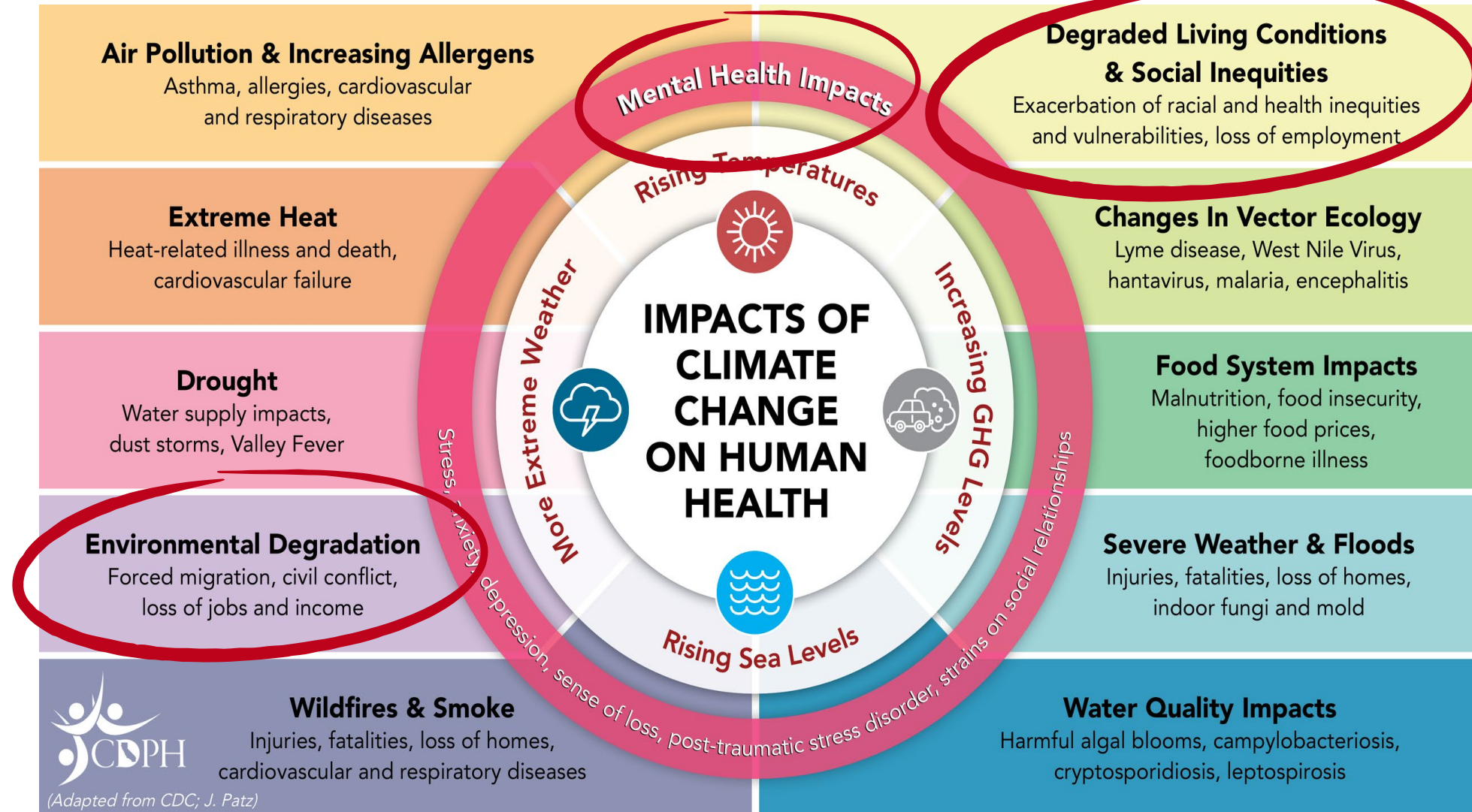
North Central Region: Current Priorities




Homelessness


Mental Health


Education



(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

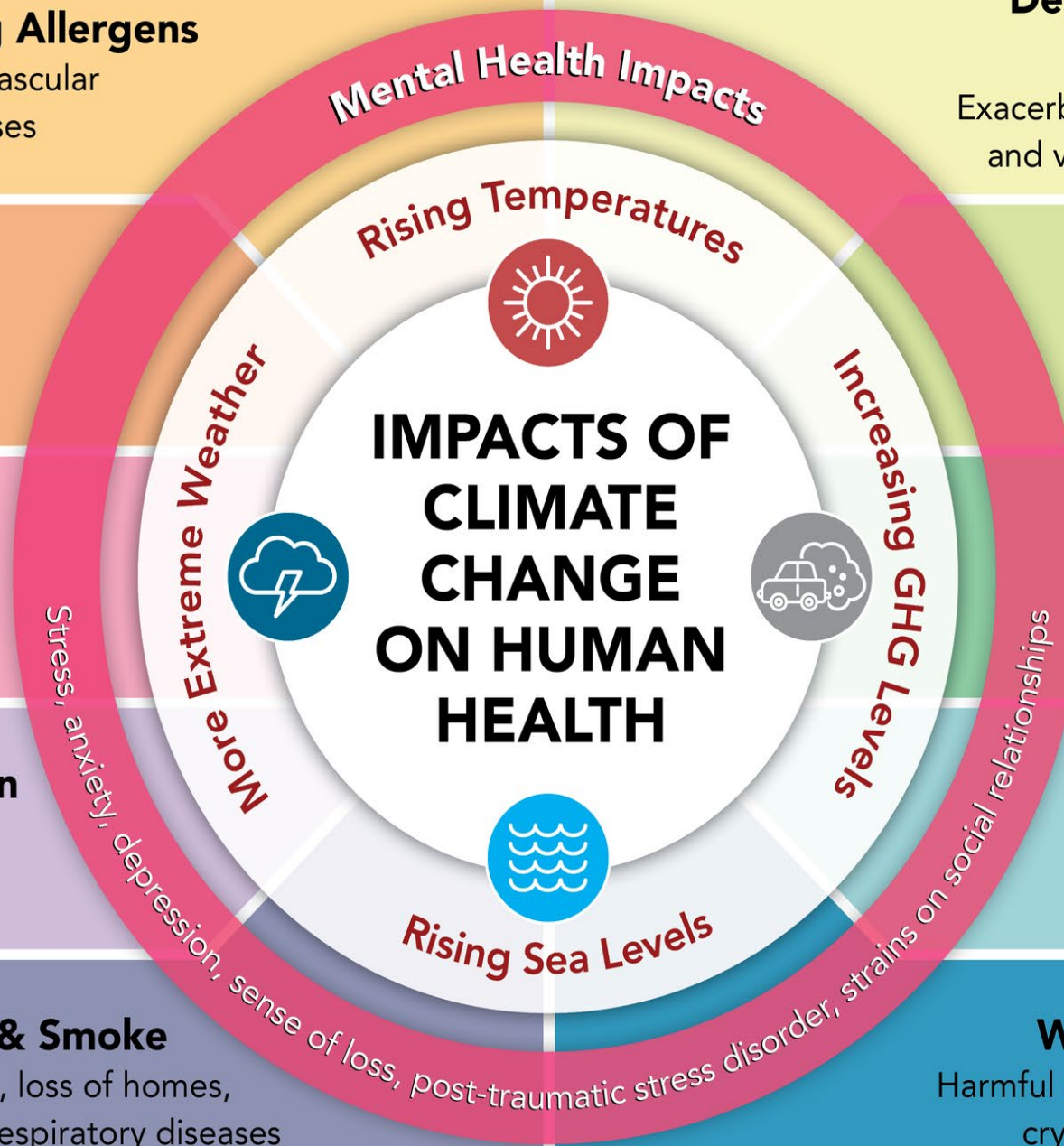
Injuries, fatalities, loss of homes, indoor fungi and mold

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)



Summary

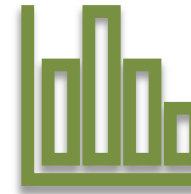
Key Takeaways



In North Central Region...



In North Central Region, the 5-year average percent of **unemployment increased** from 2019 to 2024.



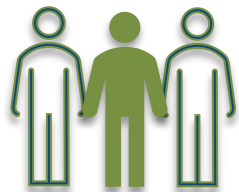
North Central Region had the **2nd highest life expectancy** of the 6 HHS Regions at 84.2 years in 2024.



In 2024, **2 in 5** households in North Central Region spent **30% or more** of their household income on **housing**.



On average, about **1 in 3** adults with income less than 200% FPL **experienced food insecurity** in 2024.



From 2023-2024, more than **1 in 4** teens reported needing help for **emotional or mental health** problems.



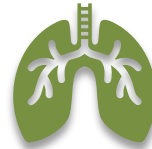
In 2024, **cancer** and **heart disease** were the cause of **43.2%** of the **deaths** among North Central Region residents.

Key Takeaways



North Central Region Subregional Areas (SRAs)

Kearny Mesa SRA...



Faced a **disproportionate burden of chronic disease** compared to North Central Region overall.



Had the **largest** number of **students experiencing homelessness** in the 2025-2026 school year, with a count of 1,059.



Had the **lowest life expectancy** of all North Central Region SRAs in 2024.

Del Mar-Mira Mesa SRA...



Had the **second largest** number of **students experiencing homelessness** in the 2025-2026 school year, with a count of 774.





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)

2024 San Diego County Community Morbidity Profiles:
San Diego County Overall and Health and Human Services Agency (HHSA) Regions

Select lens of health equity: All Lenses of Health Equity | Age | Sex | Geography | Race/Ethnicity

Health Condition Rate by Lenses of Health Equity

Filter by County or Region: San Diego County

Filter by Condition: Colorectal Cancer

Filter by Outcome: Hospitalization

Race/Ethnicity (rate per 100,000 residents)

Race/Ethnicity	Rate per 100,000 residents
Hispanic	27.7
NH White	36.7
Other Race	38.4

Sex* (rate per 100,000 residents)

Sex	Rate per 100,000 residents
Female	38.4
Male	38.4

Socioeconomic Status

2024 Median Household Income: San Diego County \$104,594

2024 San Diego County Community Mortality Profiles:
San Diego County Overall and Health and Human Services Agency (HHSA) Regions

Select lens of health equity: All Lenses of Health Equity | Age | Sex | Geography | Race/Ethnicity

Mortality Rates by Lenses of Health Equity

Filter by County or Region: San Diego County

Filter by Condition: Motor Vehicle Injuries

Race/Ethnicity (rate per 100,000 residents)

Race/Ethnicity	Rate per 100,000 residents
Hispanic	10.6
NH White	8.4
NH Black	24.9
NH API	**
NH Other	9.0
Total Rate	9.0

Sex* (rate per 100,000 residents)

Sex	Rate per 100,000 residents
Female	3.7
Male	14.5
Total Rate	9.0

Socioeconomic Status

2024 Median Household Income: San Diego County \$104,594

Age (rate per 100,000 residents)

Age Group	Rate per 100,000 residents
Age 0-9	15.8
Age 10-19	10.0
Age 20-29	7.8
Age 30-39	10.1
Age 40-49	14.3
Age 50-59	8.8
Age 60-69	**
Age 70-79	9.0
Age 80+	9.0
Total Rate	9.0

* 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, (v24/2025). Events <11 are suppressed. Median household income source: Ertl Business Analyst, 2024. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, April 2026.

Age-Adjusted Morbidity Rates Among San Diego County Residents, 2022-2023

Choose County & 1 Region: San Diego County, Central Region SRAs, East Region SRAs, North Inland Region SRAs, North Central Region SRAs, North Coastal Region SRAs, South Region SRAs

Condition: Overall Heart Disease, Outcome: Hospitalization

Age-Adjusted Hospitalization Rates (per 100,000) for Overall Heart Disease, by Sex, San Diego County & Central Region SRAs, 2022 & 2023

Geography	Year	Rate per 100,000 residents		
		Female	Male	Total
San Diego County	2022	692.3	1,057.0	863.6
	2023	678.5	1,035.7	848.2
Central Region	2022	799.7	1,217.2	1,001.7
	2023	802.8	1,158.3	979.6
Central San Diego	2022	694.1	1,089.3	881.0
	2023	657.5	995.9	834.0
Mid-City	2022	800.9	1,219.9	988.4
	2023	784.0	1,144.6	957.5
Southeastern San Diego	2022	927.4	1,459.6	1,179.1
	2023	1,002.0	1,450.8	1,212.8

How to interpret rates: A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the example). For example, 987 cases, divided by population of 654,321, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150-151 cases would be expected.

Age-adjusted rate calculations consider the age of each case relative to a standard age distribution of a reference population. The most recent reference is the "2000 US standard population" which more closely reflects the current age distribution of the entire US population.

Age-adjusted rates are relative indexes of risk, not the actual rate. If City A has an age-adjusted rate of heart disease of 10.3, and City B's is 50.7, then the age-adjusted rate in City B is about 5-times higher than City A. Because these rates have taken age into account, the higher rate of heart disease is likely due to factors other than a difference in the ages of people living in City B.

Note: ED: Emergency department. For hospitalization, and in-patient treatment, sex determined on admission is male, female, or unknown (2017 and later). Prior to 2016, sex included "Other". For ED discharges, sex is biologic sex.

**Starting with data year 2022, all rates based on events <20 are suppressed due to statistical instability. Events lower than 11 are suppressed.

Data sources: California Department of Health Care Access and Information (HCAI), Emergency Department Database and Patient Discharge Database 2022, 2023. San Diego Association of Governments (SANDAG) Population Estimates, 2022 (v11/2023) 2023 (v1/2025). Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, June 2025.

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	Percentage
Male	48.8%
Female	51.2%

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

Marital Status	Percentage
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
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%	13.8%
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

Family Type	Percentage
Single, never married	31.3%
Married with kids	32.2%
Single with kids	22.3%
Married with no kids	14.2%

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

Marital Status	Percentage
Separated, divorced, widowed, other	15.0%
Never married	24.4%
Married with kids	24.4%
Married with no kids	36.0%

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

Educational Attainment	Percentage
No schooling or high school or less	43.5%
Some college	29.9%
Some college	31.9%
College or higher	24.6%
College or higher	40.3%

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?
 - 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. 2. California Health Interview Survey, CHIS, 2020 Adult Core Questionnaire, July 31, 2021. 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.

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

Goal 3: Inclusion & Equity

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

Goal 1: Housing

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

Goal 4: Caregiving

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

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

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.



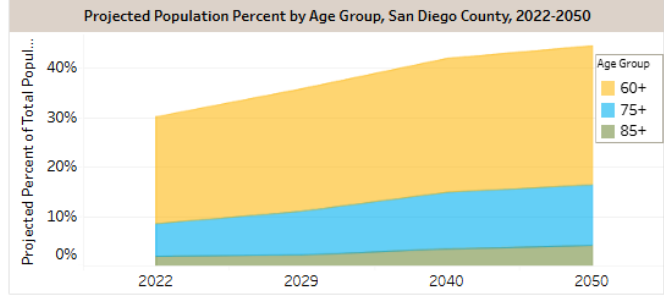
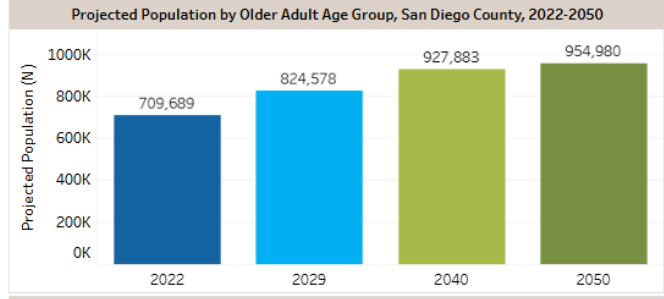
Home Demographics Goal 1: Housing Goal 2: Health Reimagined Goal 3: Inclusion & Equity

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+



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

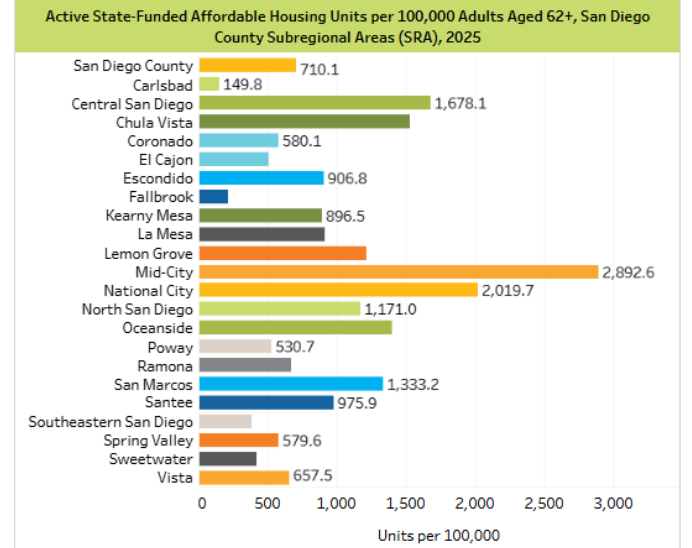
Home Demographics Goal 1: Housing Goal 2: Health Reimagined Goal 3: Inclusion & Equity

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



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

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

A PDF version of the 2024 Census Tract 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

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, an orange banner contains the text "County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit" and "April 2026", along with the PHAD logo.

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

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.