



June 2022

Central Region

Health Status Report Summary

A report on the demographic and health information of San Diego County's Central Region





This page is
intentionally left blank.

Central Region Health Status Report Summary

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

June 2022

For additional information, contact:

Community Health Statistics Unit
3851 Rosecrans St.
San Diego, CA 92110
(619) 692-6667

www.SDHealthStatistics.com



Central Region Health Status Report Summary

Suggested Citation: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. (2022). *Central Region Health Status Report Summary*. Retrieved MM/DD/YY from www.SDHealthStatistics.com



TABLE OF CONTENTS

Introduction 1

Health Status Overview 2

Population Characteristics 3

Insurance, Access, and Utilization 7

Disability Status 9

Life Expectancy 10

Top 10 Leading Causes of Death..... 11

Non-Communicable (Chronic) Diseases 12

 3-4-50: Chronic Diseases..... 15

Communicable Diseases 17

Injury Indicators 20

Behavioral Health Indicators..... 23

Maternal and Child Health Indicators 26

Conclusion 28

INTRODUCTION

Central Region consists of three subregional areas (SRAs): Central San Diego, Mid-City, and Southeastern San Diego. This health status report summary provides the most current information on demographic characteristics, socioeconomic factors, and health concerns in Central Region and its SRAs.

The key segments of this report include:

- 1) **Demographic Characteristics:** This section includes an overview of the 2019 population characteristics (e.g., age, race/ethnicity, household income, health insurance coverage, disability status, etc.) for Central Region. Characteristics for SRAs are reported in comparison with Central Region and San Diego County.
- 2) **Mortality Measures:** This section includes a summary of the overall life expectancy for Central Region and its SRAs in 2019. Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. This section, additionally, lists the Top 10 Leading Causes of Death in 2019 for Central Region, outlining the relative burden of a specific cause of death compared to other causes.
- 3) **Health Outcomes:** This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following group of health conditions and indicators:
 - a) Non-Communicable (Chronic) Diseases,
 - b) Communicable Diseases,
 - c) Injury Indicators,
 - d) Behavioral Health Indicators, and
 - e) Maternal and Child Health Indicators.

For additional information, visit: www.SDHealthStatistics.com

Health Status Overview (2019): Central Region

**DEMOGRAPHIC
CHARACTERISTICS**

Population Characteristics

Income, Health Insurance,
Disability Status

MORTALITY MEASURES

HEALTH OUTCOMES

Non-Communicable
(Chronic) Diseases

Communicable Diseases

Injury Indicators

Behavioral Health
Indicators

Maternal and Child Health
Indicators

Population: 513,871 (15.5% of San Diego County population)
Age Distribution: Highest proportion consisted of individuals aged 25-44 years old (35.2%), followed by individuals aged 45-64 years old (21.9%)

Median Household Income: \$63,498
Population Below 200% Federal Poverty Level (FPL): 40.1%
Population with Health Insurance: 88.4%
Population with Disability: 10.4%

Overall Life Expectancy: 83.7 years

Top 5 Leading Causes of Death: Overall heart disease, Cancer, Stroke, Accidents/Unintentional injuries, Alzheimer's Disease

Highest Death Rate: Overall heart disease (126.6 per 100,000)
Highest ED Discharge Rate: Overall heart disease (2,092.2 per 100,000)
Highest Hospitalization Rate: Overall heart disease (1,007.7 per 100,000)

Highest Death Rate: Pneumonia (8.5 per 100,000)
Highest ED Discharge Rate: Urinary tract infection (790.3 per 100,000)
Highest Hospitalization Rate: Pneumonia (111.4 per 100,000)

Highest Death Rate: Poisoning (16.1 per 100,000)
Highest ED Discharge Rate: Falls (2,211.6 per 100,000)
Highest Hospitalization Rate: Falls (392.5 per 100,000)

Highest Death Rate: Alzheimer's disease and related dementias (ADRD) (52.4 per 100,000)
Highest ED Discharge Rate: Alcohol-related disorders (438.1 per 100,000)
Highest Hospitalization Rate: Alcohol-related disorders (57.1 per 100,000)

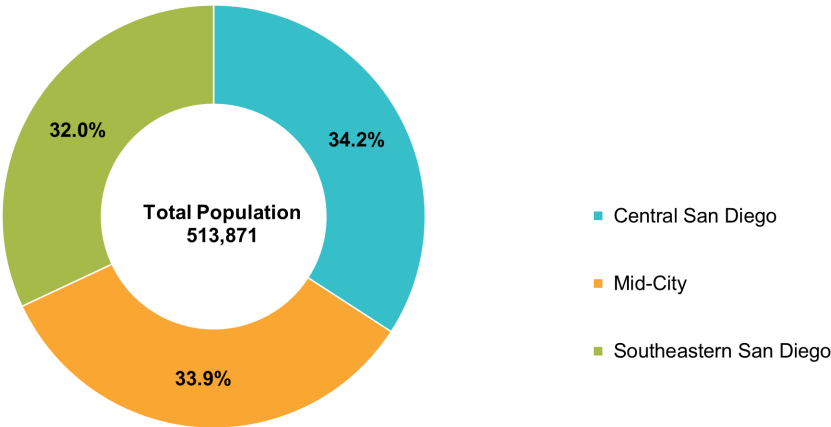
Total Live Births: 5,988
Preterm Births: 9.5%
Low Weight Births: 7.2%
Infant Mortality Rate: 3.3 per 1,000 total live births
Fetal Mortality Rate (2018): 4.5 per 1,000 live births plus fetal deaths

DEMOGRAPHIC CHARACTERISTICS

Population Characteristics

In 2019, Central Region was home to an estimated 513,871 residents, representing 15.5% of San Diego County’s population (3,316,073).

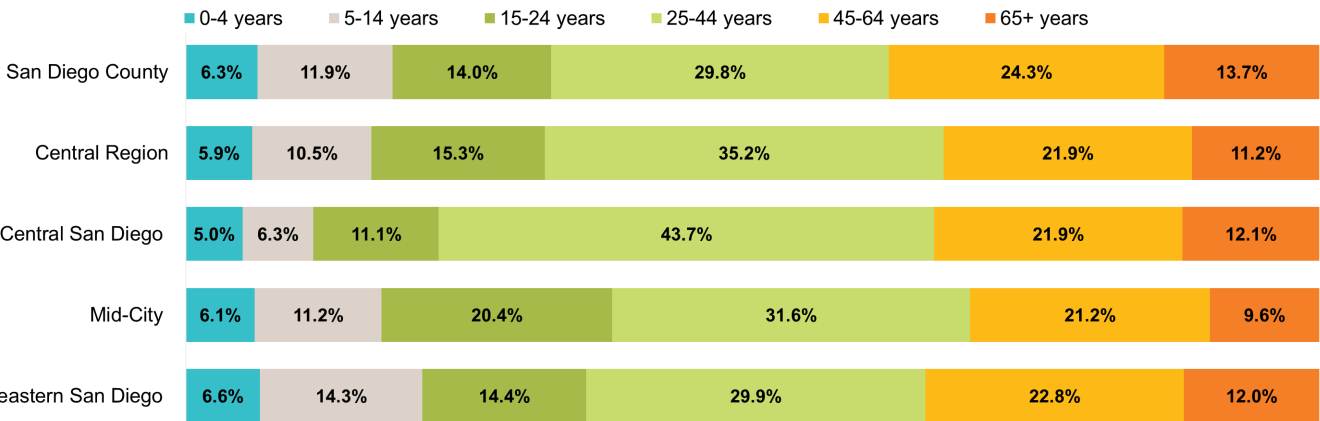
Central Region Population Distribution* by Subregional Areas, 2019



*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2015-2019 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, 2021.

Adults aged 25-44 years old constituted the highest proportion of Central Region residents (35.2%), followed by residents 45-64 years old (21.9%). Among Central Region subregional areas (SRAs), Central San Diego had the highest proportion of adults aged 25-44 years old (43.7%), followed by Mid-City (31.6%).

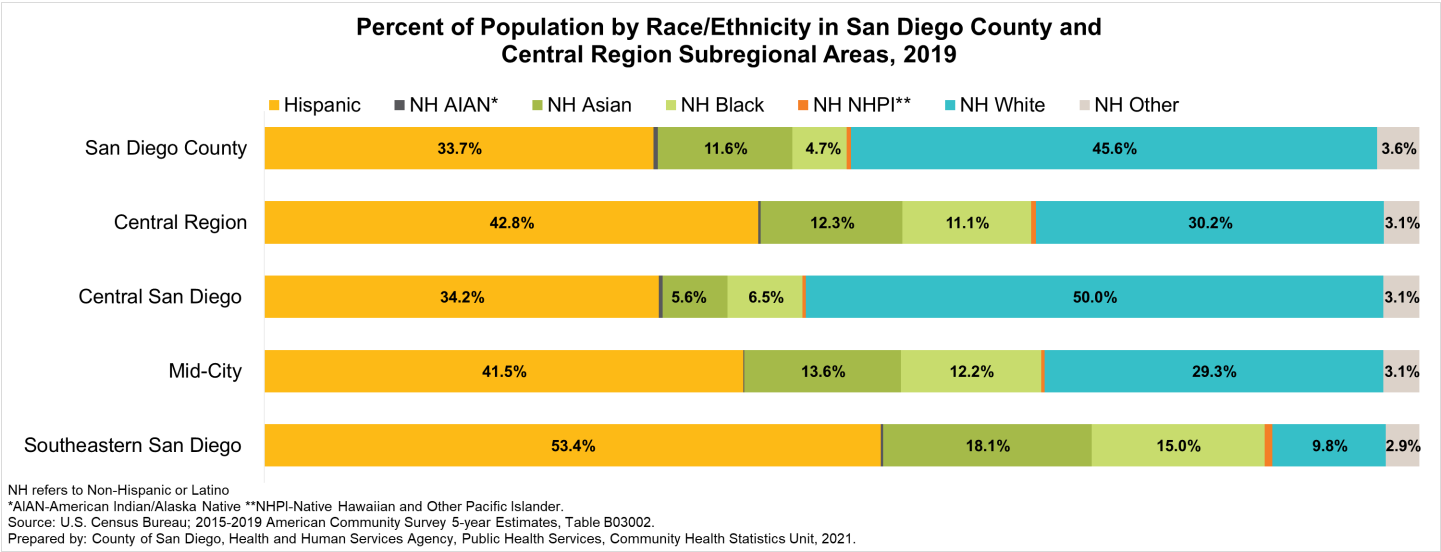
Percent* of Population by Age Group in San Diego County and Central Region Subregional Areas, 2019



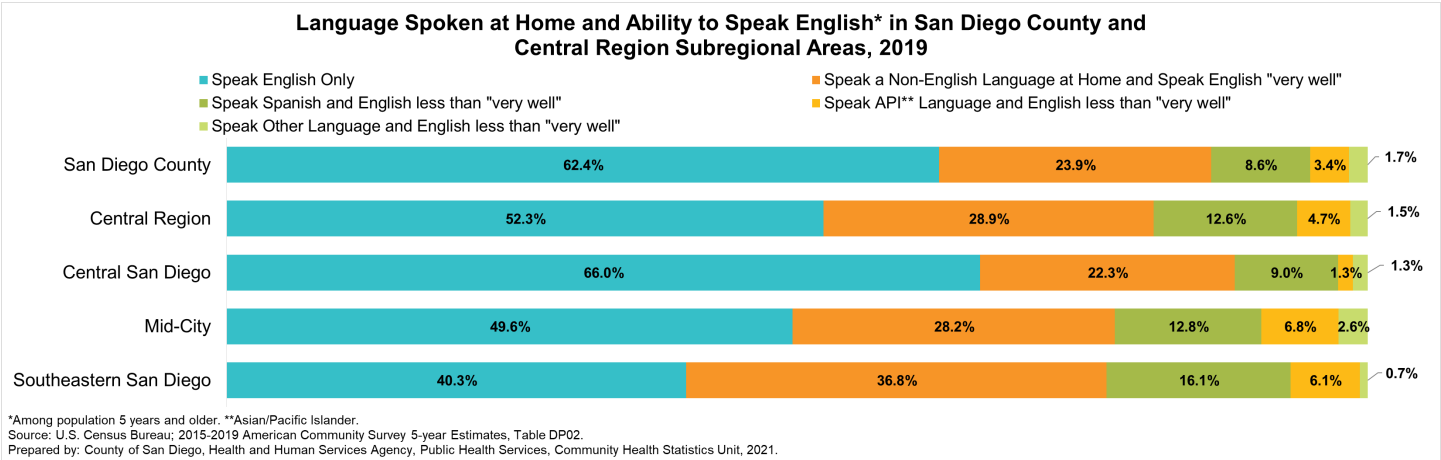
*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S0101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Central Region Health Status Report Summary

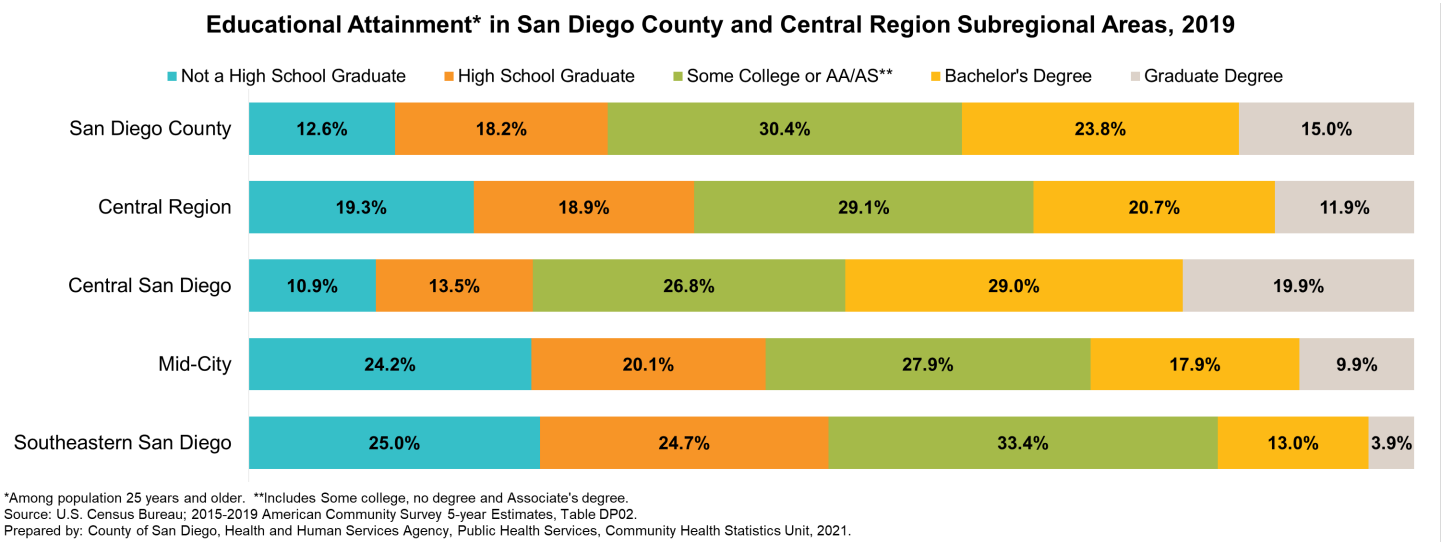
In 2019, residents in Central Region were primarily Hispanic (42.8%), followed by White (30.2%), Asian (12.3%), Black (11.1%), Native Hawaiian and Other Pacific Islander (0.4%), American Indian/Alaska Native (0.2%), and Other (3.1%). Among Central Region SRAs, Southeastern San Diego had the highest proportion of Hispanic residents (53.4%), while Central San Diego had the lowest proportion (34.2%). Similarly, Southeastern San Diego SRA had the highest proportion of Black residents (15.0%), while Central San Diego SRA had the lowest proportion (6.5%).



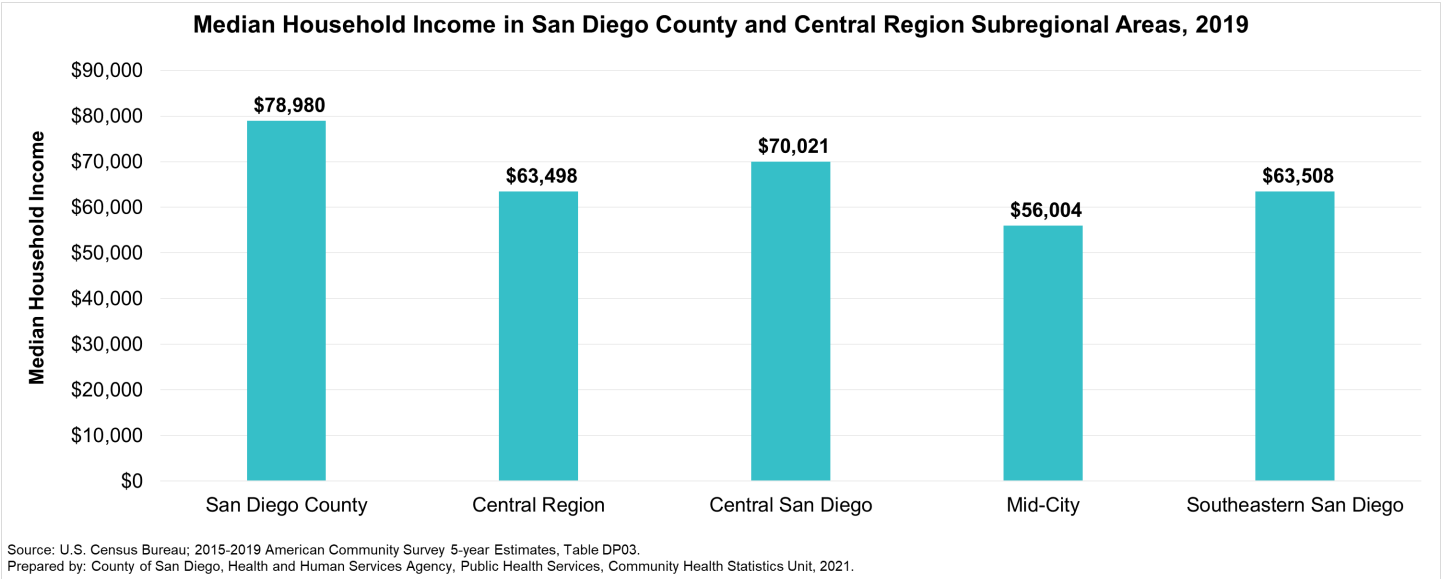
In 2019, over half of the population aged 5 years and older (52.3%), in Central Region, spoke only English at home. Over 1 out of 4 residents (28.9%), aged 5 years and older, in Central Region spoke English “very well” and another language at home. Among Central Region SRAs, Central San Diego had the highest proportion of residents speaking only English at home (66.0%), while Southeastern San Diego had the lowest proportion (40.3%).



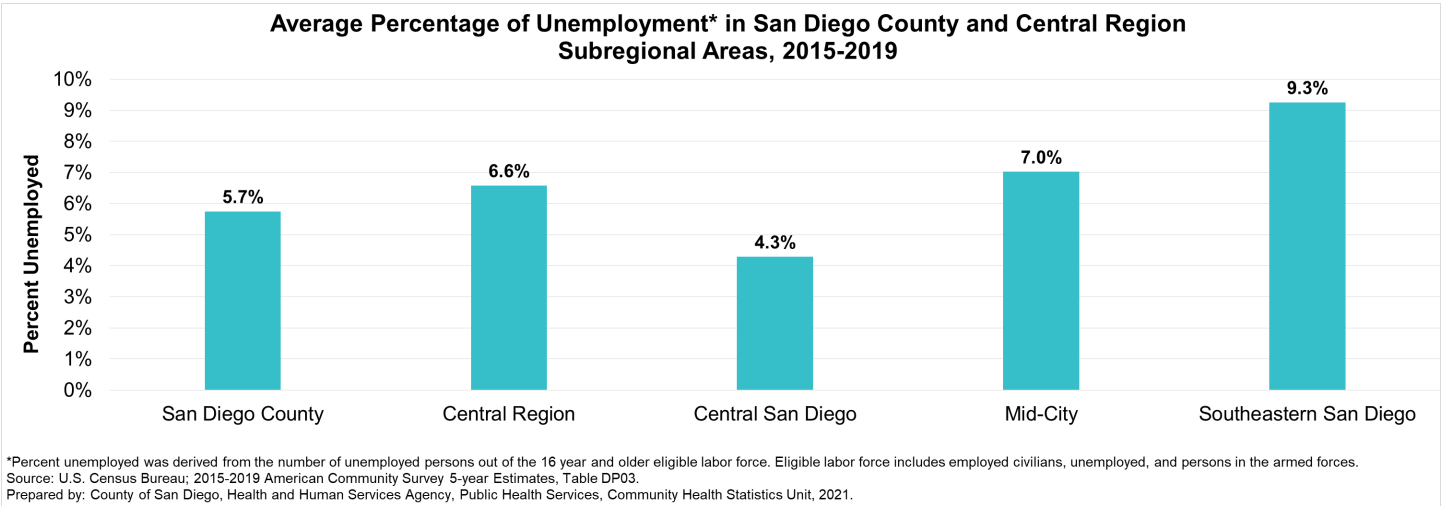
In 2019, 4 out of 5 adults (80.7%), aged 25 years and older, had at least a high school diploma, while nearly 1 out of 3 adults (32.6%), aged 25 years and older, held a bachelor’s or graduate degree in Central Region. Among Central Region SRAs, the proportion of adults 25 years and older without a high school diploma was highest in Southeastern San Diego (25.0%).



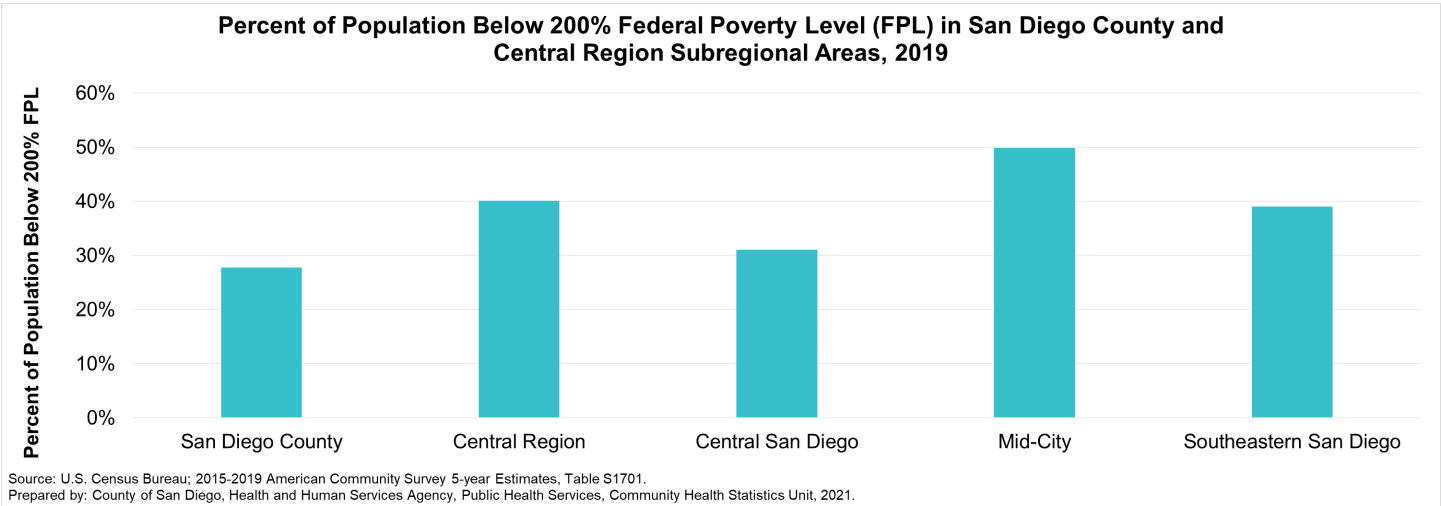
The median household income in Central Region was \$63,498 in 2019. Among Central Region SRAs, median household income was lowest in Mid-City (\$56,004), while Central San Diego SRA had the highest median household income (\$70,021).



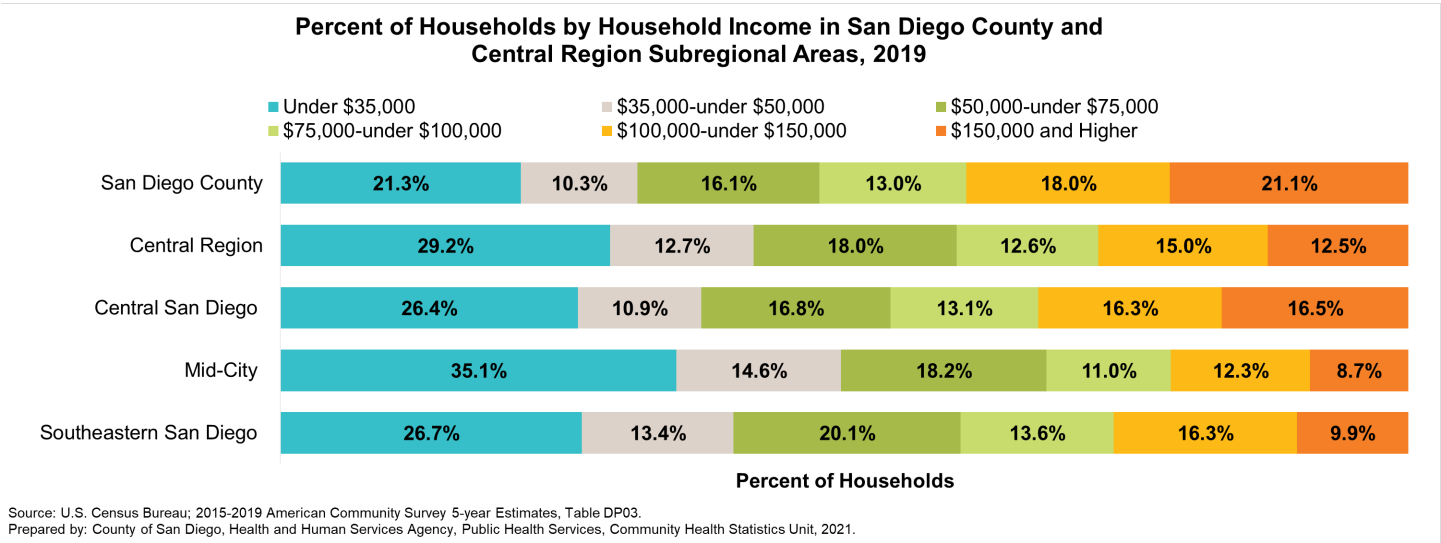
The percent unemployed was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed, and persons in the armed forces. Between 2015-2019, the 5-year average unemployment rate in Central Region was 6.6%. Among Central Region SRAs, Southeastern San Diego had the highest 5-year average unemployment rate (9.3%), while Central San Diego had the lowest 5-year average unemployment rate (4.3%).



Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2019, 2 out of every 5 residents (40.1%), in Central Region, lived below 200% FPL. Among Central Region SRAs, Mid-City had the highest proportion of residents (49.9%) living below 200% FPL, followed by Southeastern San Diego (39.1%). In 2019, the proportion of residents living below 200% FPL in Central Region was notably higher than San Diego County (40.1% vs 27.8%).

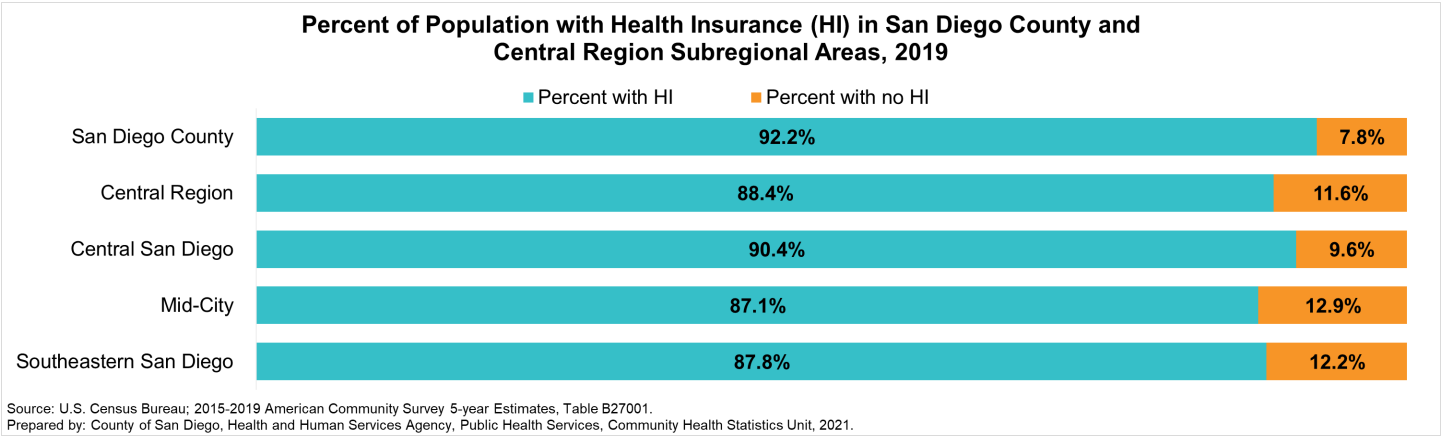


Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. Nearly 3 out of every 10 households (29.2%) in Central Region had an annual income of less than \$35,000. Among Central Region SRAs, Mid-City had the highest proportion of households with an annual income of less than \$35,000 (35.1%), while Central San Diego had the lowest proportion (26.4%).



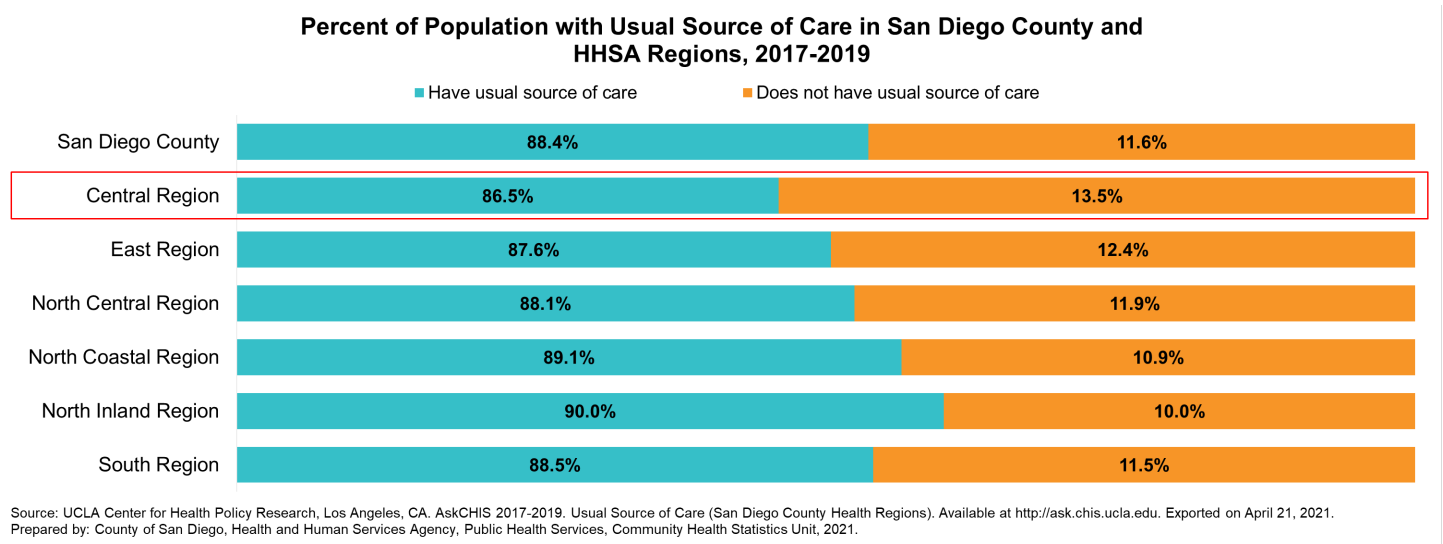
Insurance, Access, and Utilization

In 2019, 88.4% of residents in Central Region were insured through private or public programs, while 11.6% of residents did not have any health insurance coverage. Among Central Region subregional areas (SRAs), Mid-City had the highest proportion of residents without health insurance (12.9%), followed by Southeastern San Diego (12.2%). Among Health and Human Services Agency (HHSA) regions, Central Region had the highest proportion of uninsured residents (11.6%).

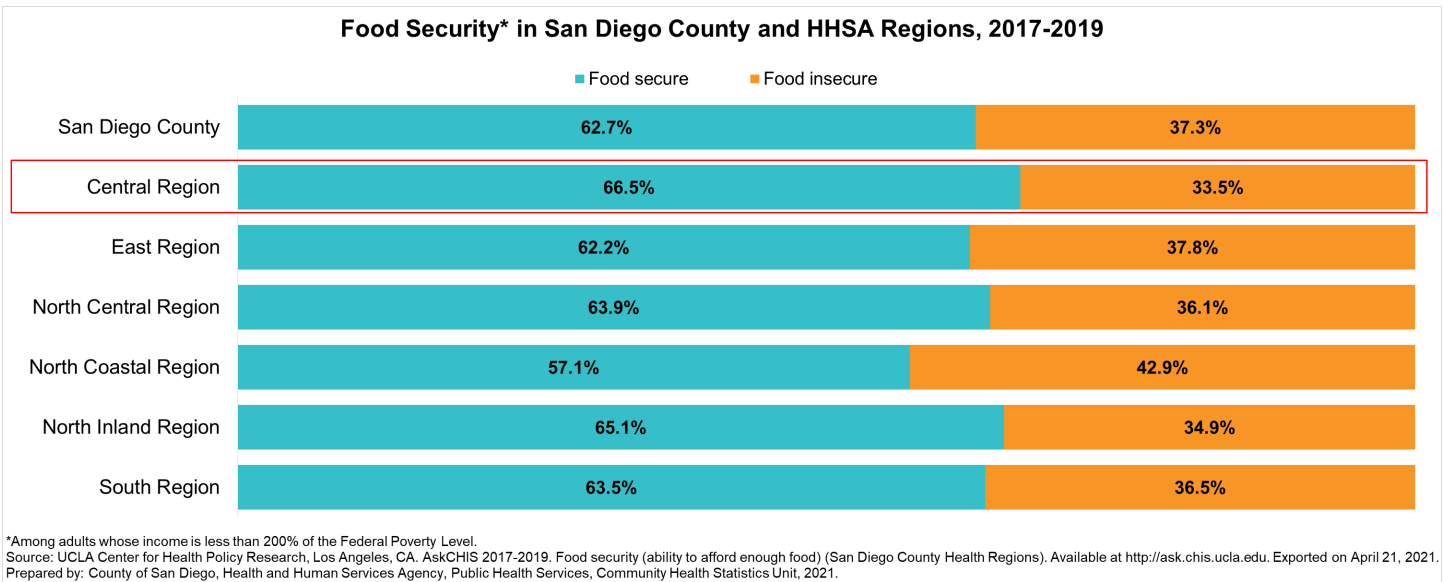


Central Region Health Status Report Summary

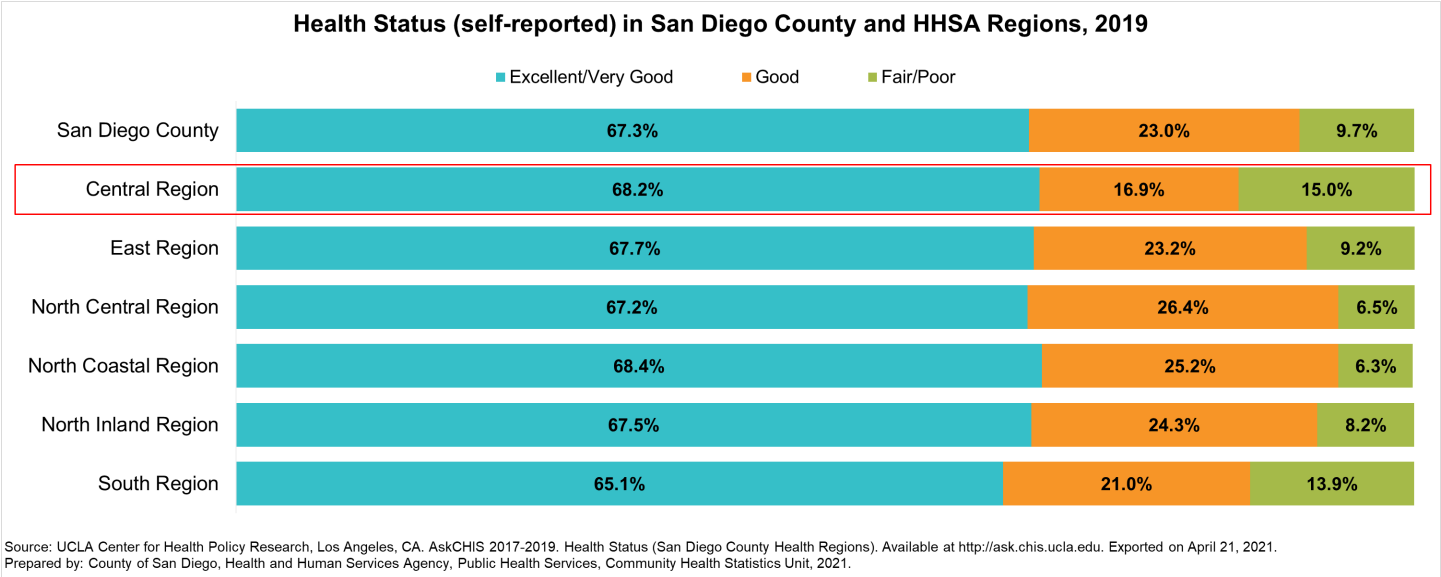
Between 2017-2019, nearly 9 out of every 10 residents (86.5%) in Central Region reported having a usual place to go when sick or needing health advice. However, Central Region residents were less likely to report having a usual place to go when sick or needing health advice than any other HHSA region.



Between 2017-2019, Central Region had the lowest proportion of adults, with income less than 200% of the Federal Poverty Level (FPL), reporting food insecurity, of all HHSA regions. However, 1 in 3 adults (33.5%), with income less than 200% FPL, reported an inability to afford enough food in Central Region.

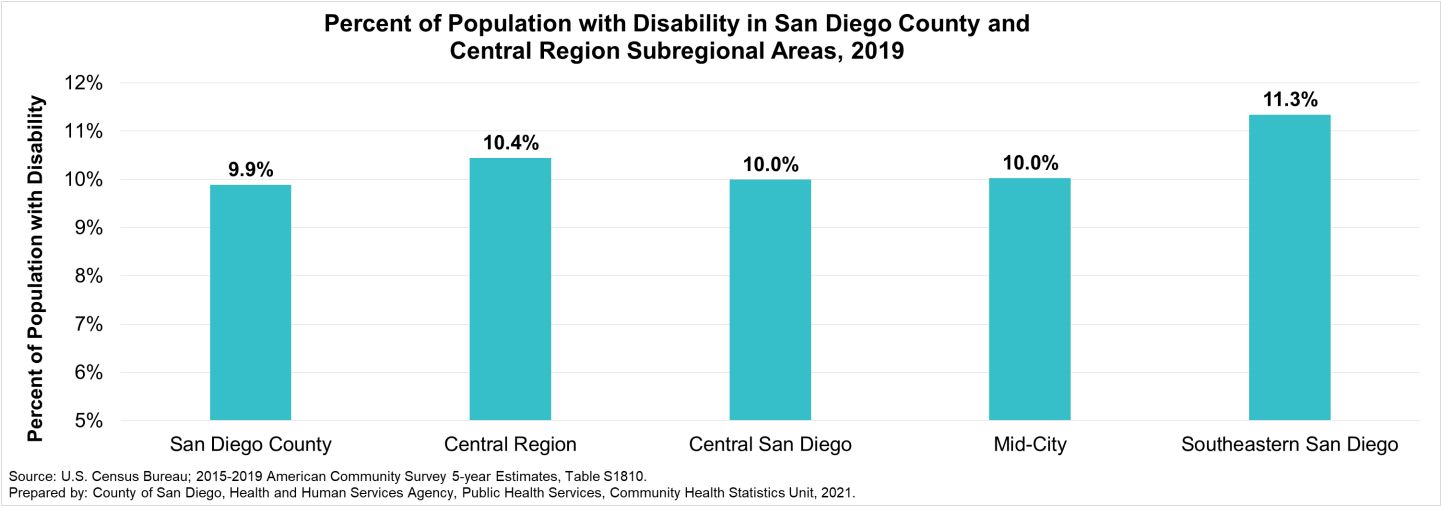


Among HHSA regions, Central Region had the highest proportion of residents (15.0%) reporting fair or poor health in 2019. However, nearly 7 out of 10 residents (68.2%) in Central Region reported excellent or very good health.



Disability Status

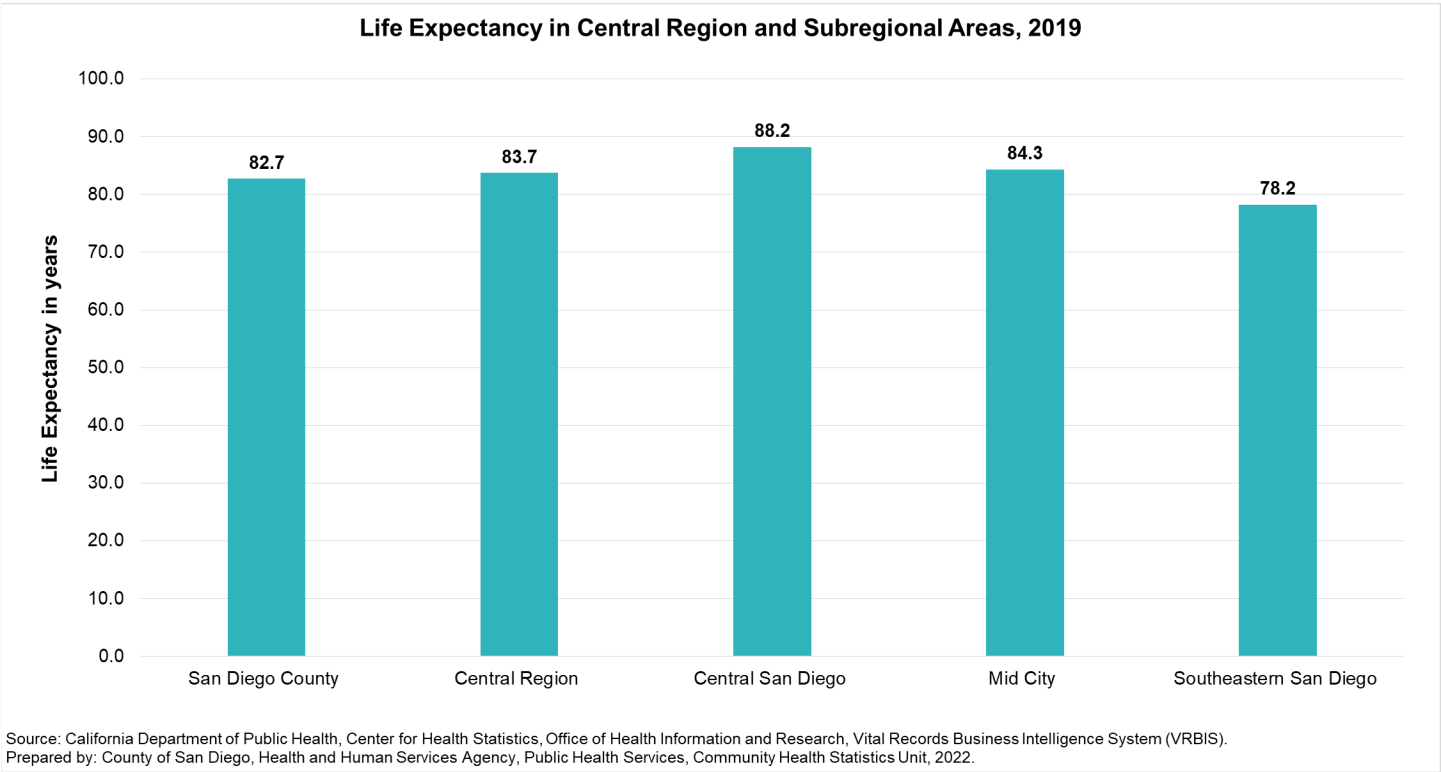
Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2019, 10.4% of Central Region residents reported having one or more disabilities. Among Central Region subregional areas (SRAs), Southeastern San Diego had the highest proportion of the population with a disability (11.3%), followed by Mid-City (10.0%) and Central San Diego (10.0%).



MORTALITY MEASURES

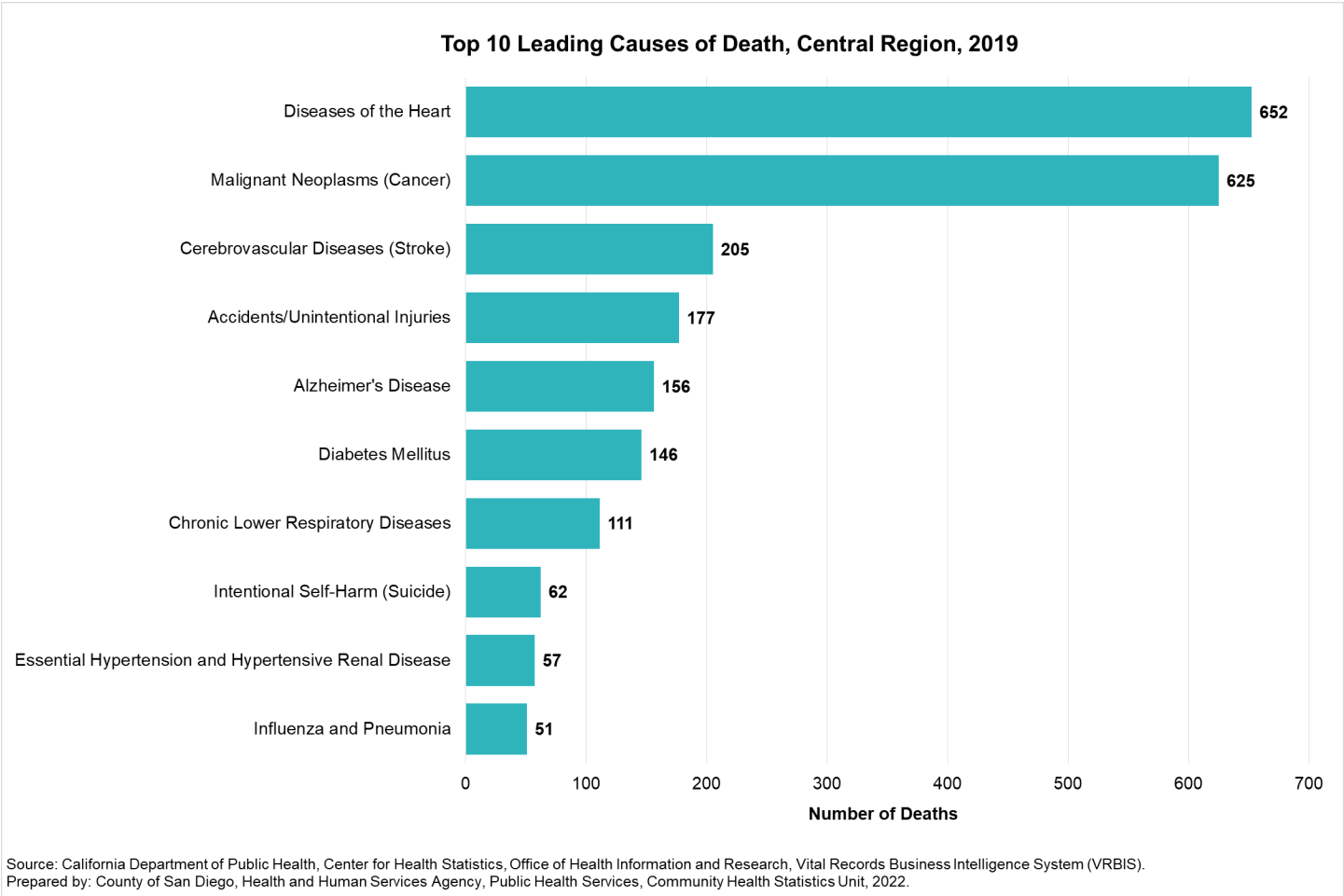
Life Expectancy

Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. In 2019, a baby born in San Diego County had a life expectancy of 82.7 years, while a baby born in Central Region had a life expectancy of 83.7 years. All Central Region subregional areas (SRAs), except Southeastern San Diego, had higher life expectancies than Central Region and San Diego County in 2019.



Top 10 Leading Causes of Death

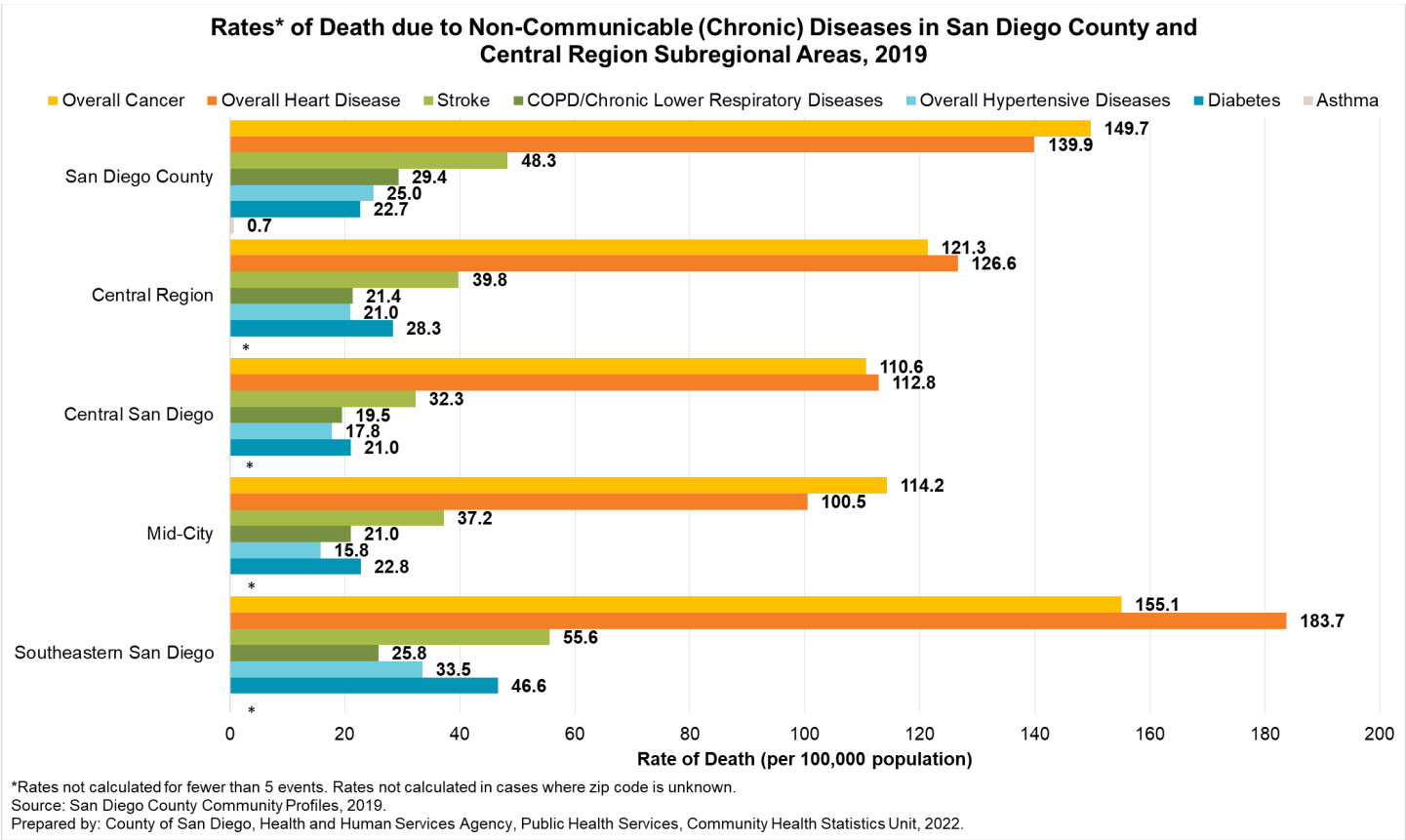
The Leading Causes of Death rankings represent the most frequently occurring causes of death. These rankings help assess the relative burden of a specific cause of death compared to all other causes. In 2019, the leading causes of death in Central Region were diseases of the heart, followed by cancer. In Central Region, 4 out of the top 5 leading causes of death were non-communicable (chronic) diseases (heart disease, cancer, stroke, and Alzheimer’s Disease).



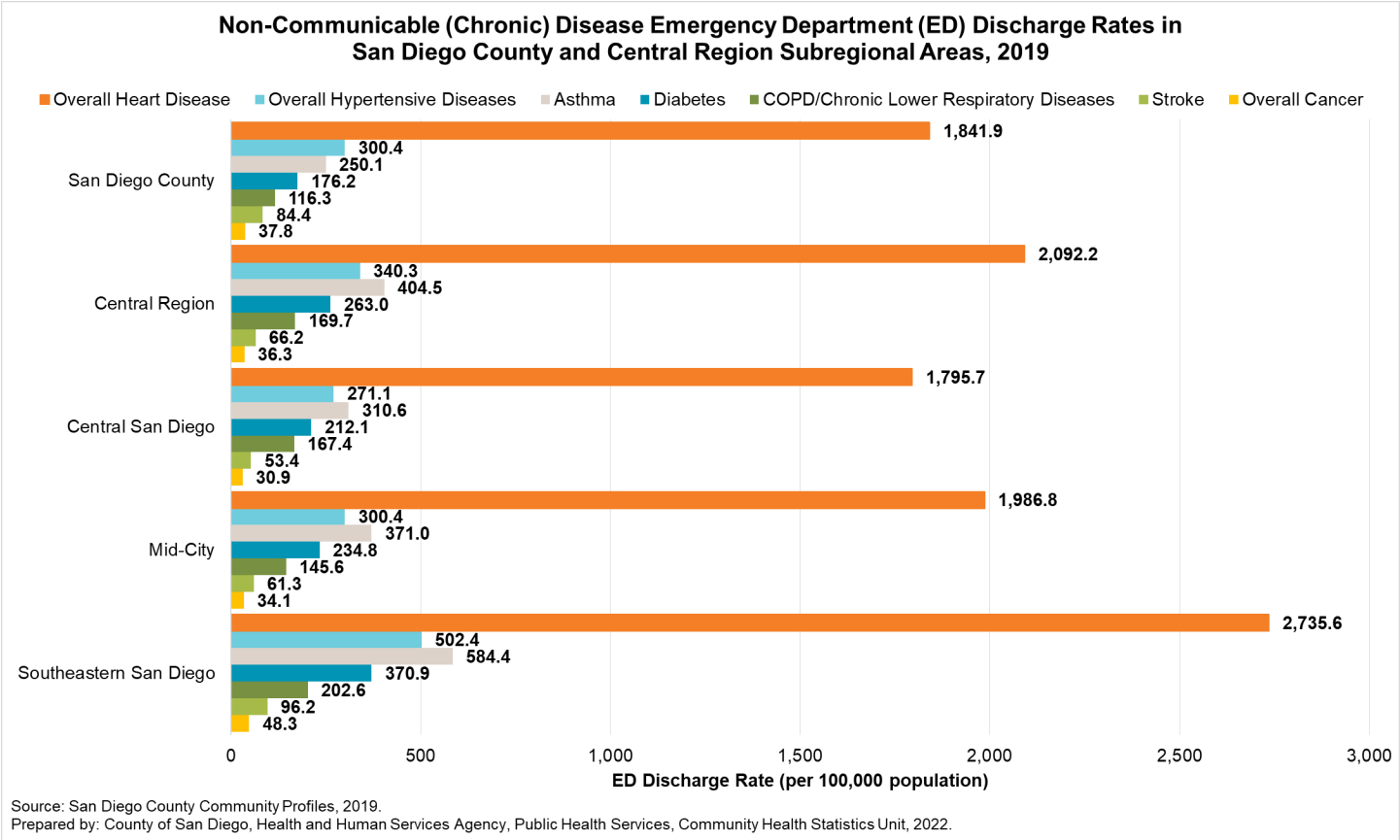
HEALTH OUTCOMES

Non-Communicable (Chronic) Diseases

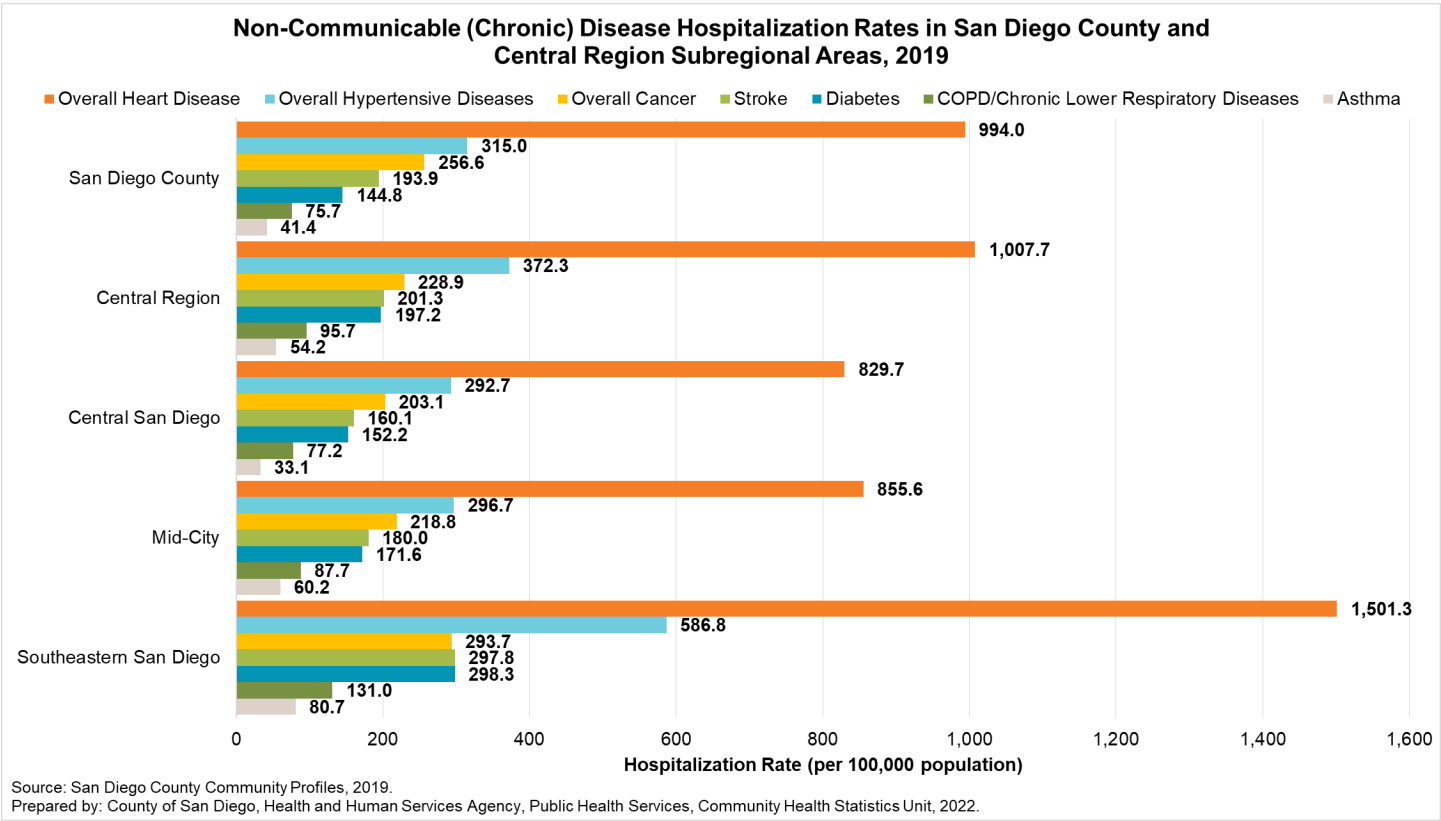
Among non-communicable (chronic) diseases in Central Region, the highest rate of death was due to overall heart disease (126.6 per 100,000), followed by overall cancer (121.3 per 100,000), in 2019. Among Central Region subregional areas (SRAs), Central San Diego and Southeastern San Diego had the highest rates of death due to overall heart disease, while Mid-City had the highest rate of death due to overall cancer. Among Health and Human Services Agency (HHSA) regions, Central Region had the lowest rate of death due to stroke (39.8 per 100,000).



Among non-communicable (chronic) diseases in 2019, the highest emergency department (ED) discharge rate was due to overall heart disease in Central Region and its SRAs. In 2019, Southeastern SRA had the highest ED discharge rate due to overall heart disease (2,735.6 per 100,000), which was higher than Central Region (2,092.2 per 100,000) and San Diego County overall (1,841.9 per 100,000). The second-highest ED discharge rate in Central Region and its SRAs was due to asthma. Compared to all other HHSA regions, Central Region had the highest ED discharge rate due to asthma (404.5 per 100,000).

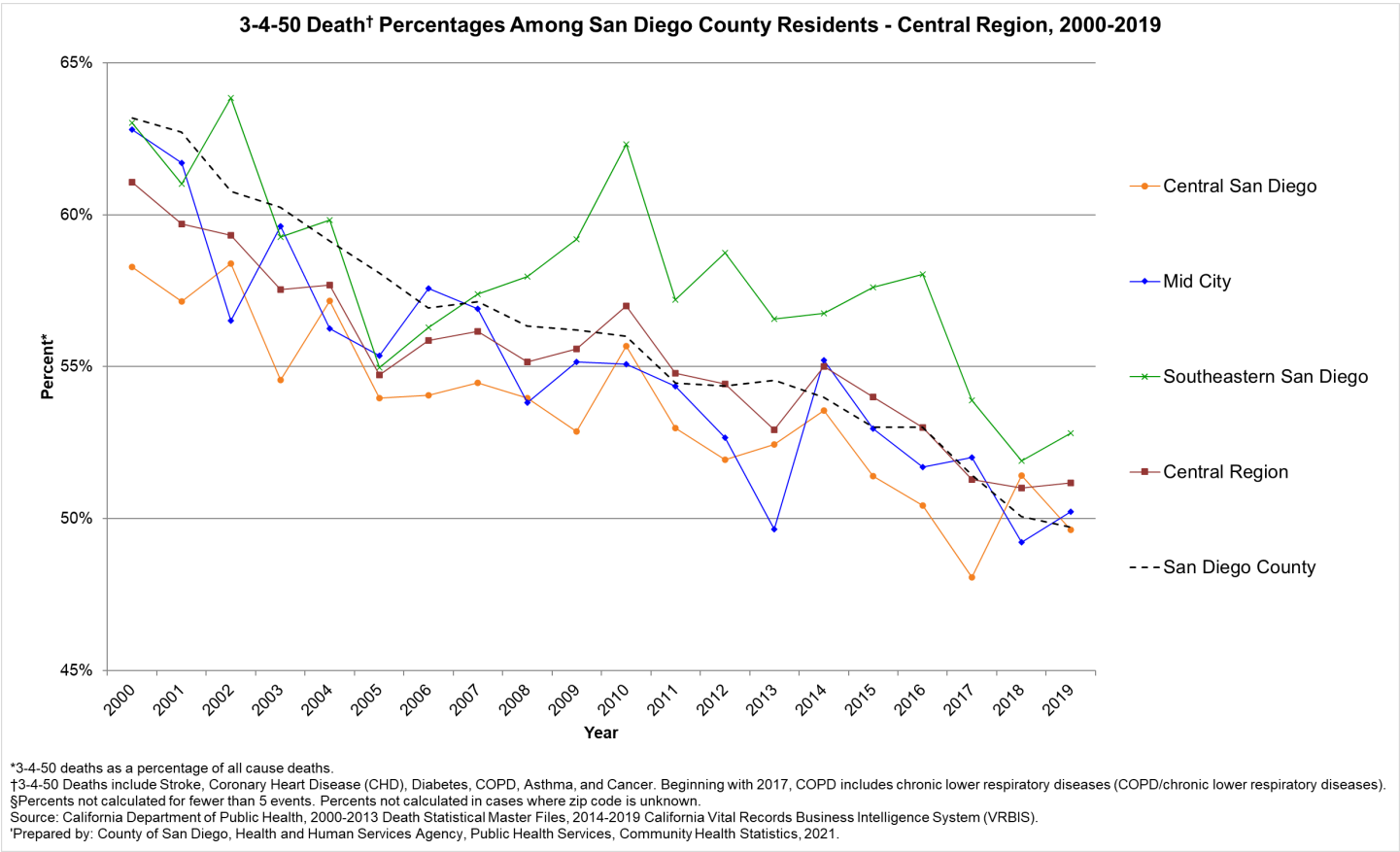


Among non-communicable (chronic) diseases in 2019, the highest hospitalization rate was due to overall heart disease in Central Region and its SRAs. Among Central Region SRAs, Southeastern San Diego had the highest hospitalization rate due to overall heart disease (1,501.3 per 100,000), which was higher than Central Region (1,007.7 per 100,000) and San Diego County overall (994.0 per 100,000). In 2019, the second-highest hospitalization rate was due to overall hypertensive diseases in Central Region and its SRAs. Among Central Region SRAs, Southeastern San Diego had a higher hospitalization rate due to overall hypertensive diseases (586.8 per 100,000) than Central Region (372.3 per 100,000) and San Diego County overall (315.0 per 100,000).

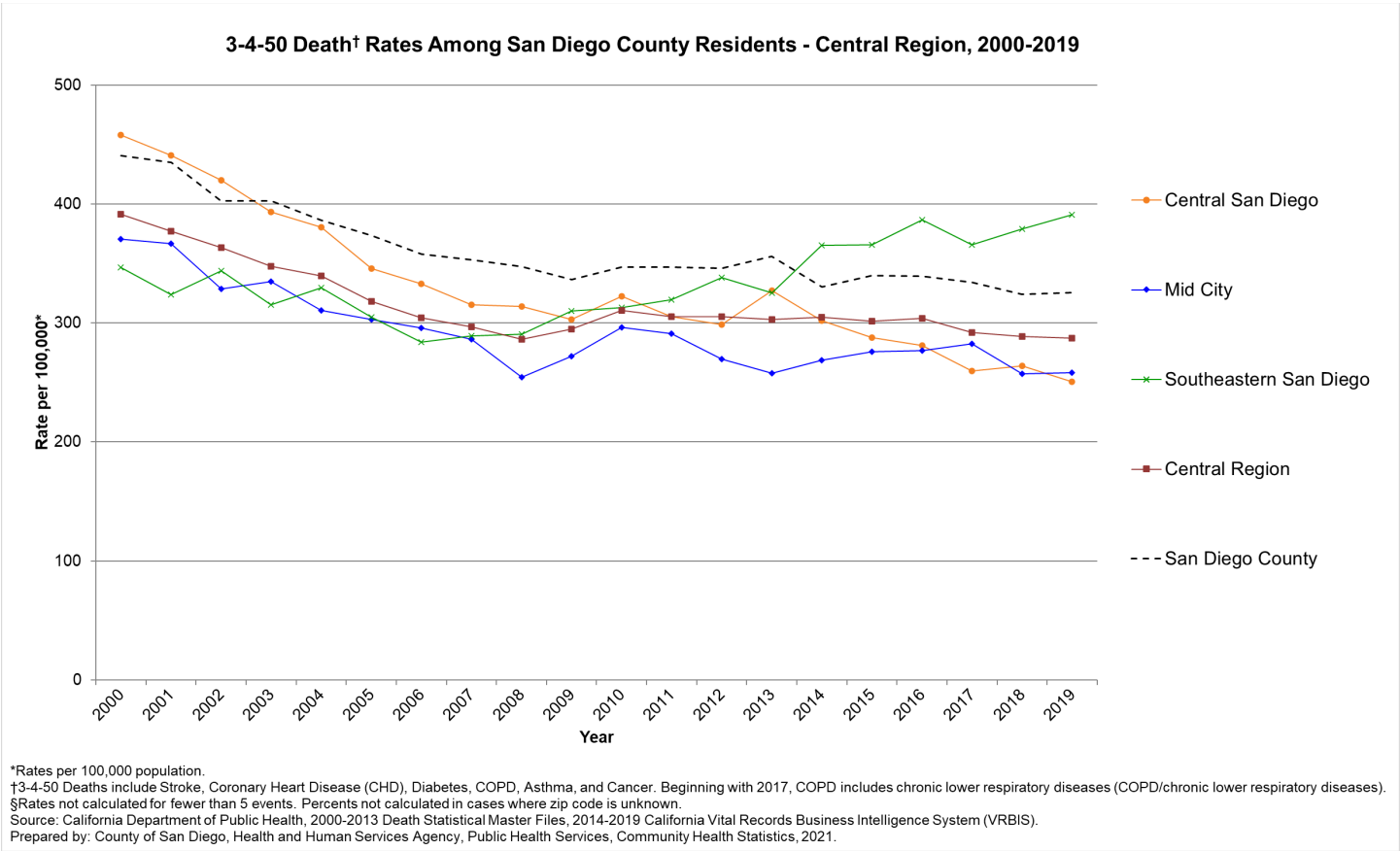


3-4-50: Chronic Diseases

Three behaviors (poor diet, physical inactivity, and tobacco use) contribute to four chronic diseases (cancer, heart disease and stroke, type 2 diabetes, and lung diseases such as asthma) that cause over 50% of all deaths worldwide. Overall, the percentage of deaths due to 3-4-50 chronic diseases decreased in Central Region from 2000 to 2019. In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 51% of all deaths in Central Region. Among Central Region subregional areas (SRAs), Southeastern San Diego had the highest percentage of deaths due to 3-4-50 chronic diseases from 2007 to 2019.

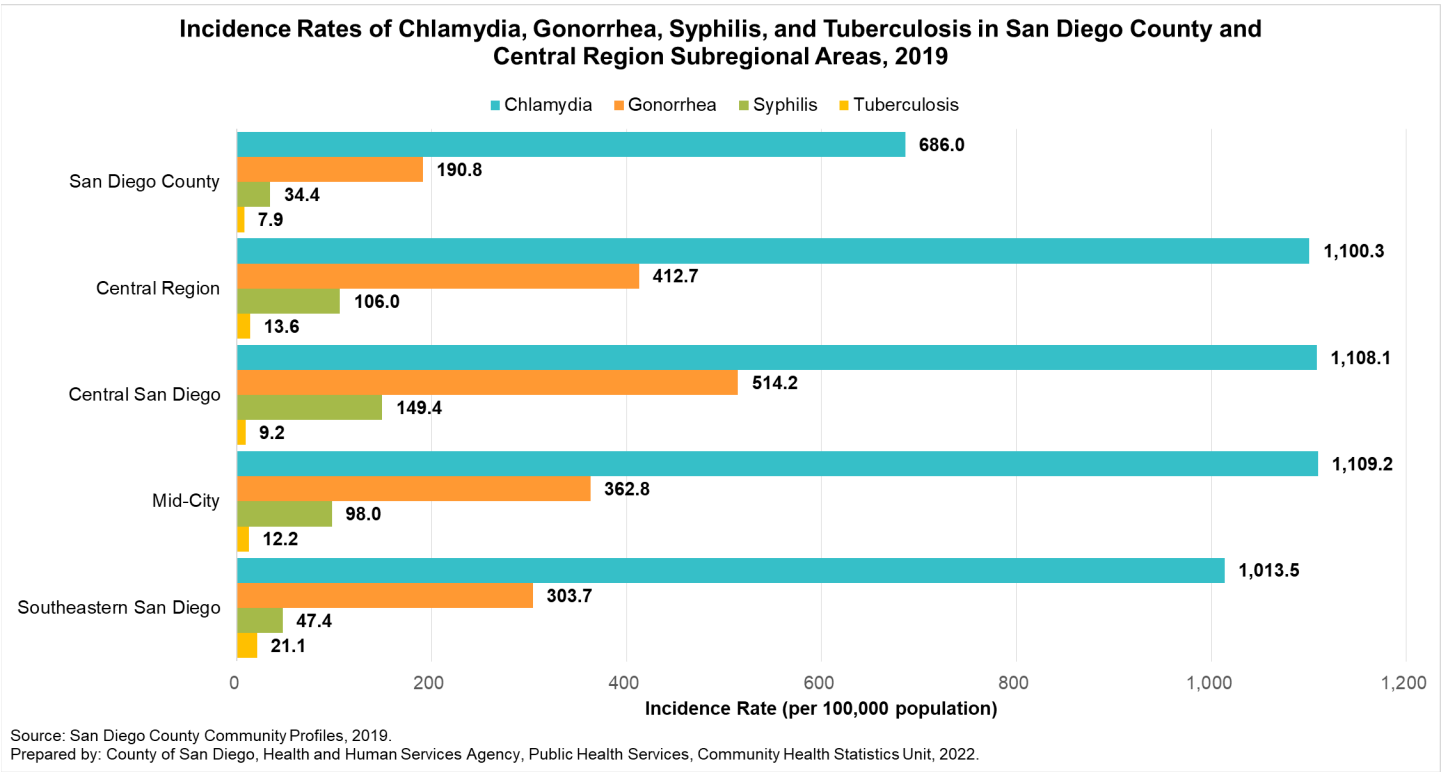


Overall, the rates of death due to 3-4-50 chronic diseases decreased in Central Region and its SRAs, except for Southeastern San Diego, from 2000 to 2019. Southeastern San Diego had the highest rate of death due to 3-4-50 chronic diseases in 2019 (increasing by 12.7% from 2000 to 2019), while Central San Diego had the lowest (decreasing by 45.3% from 2000 to 2019).

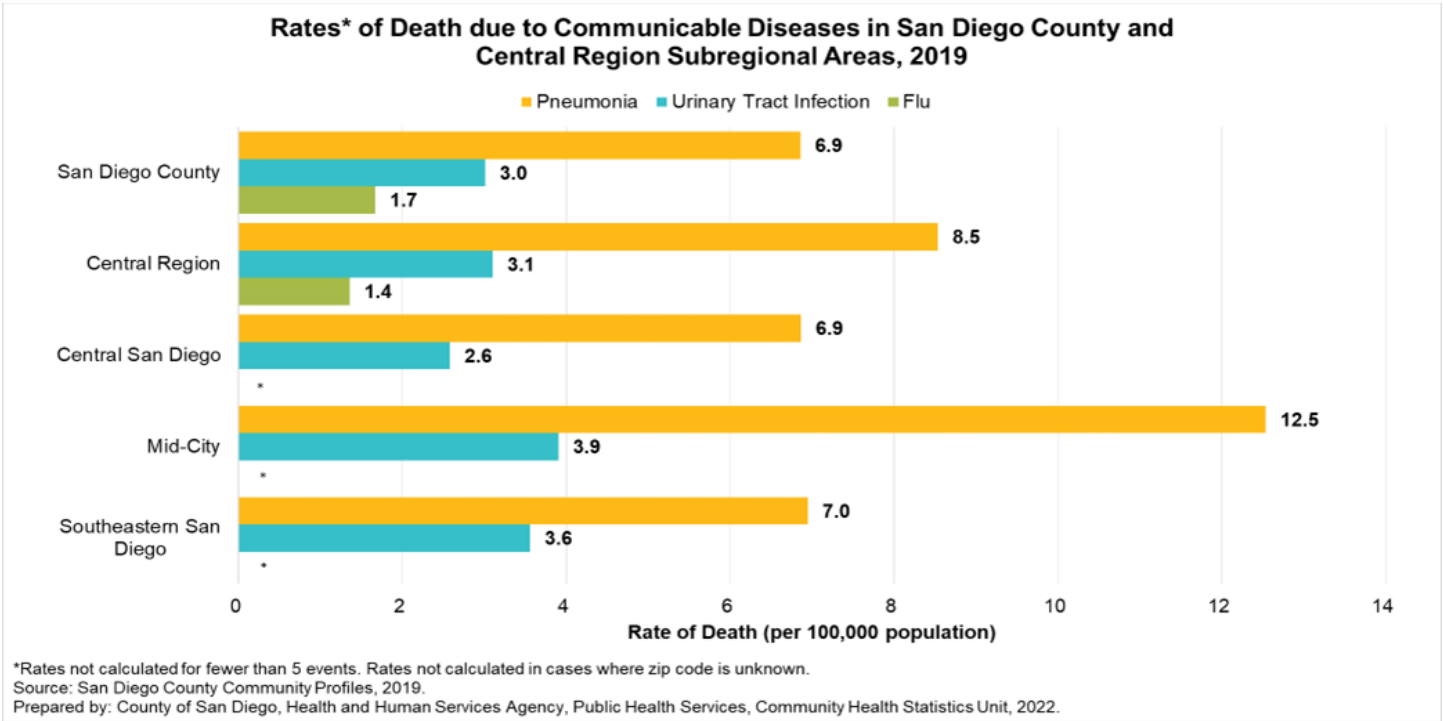


Communicable Diseases

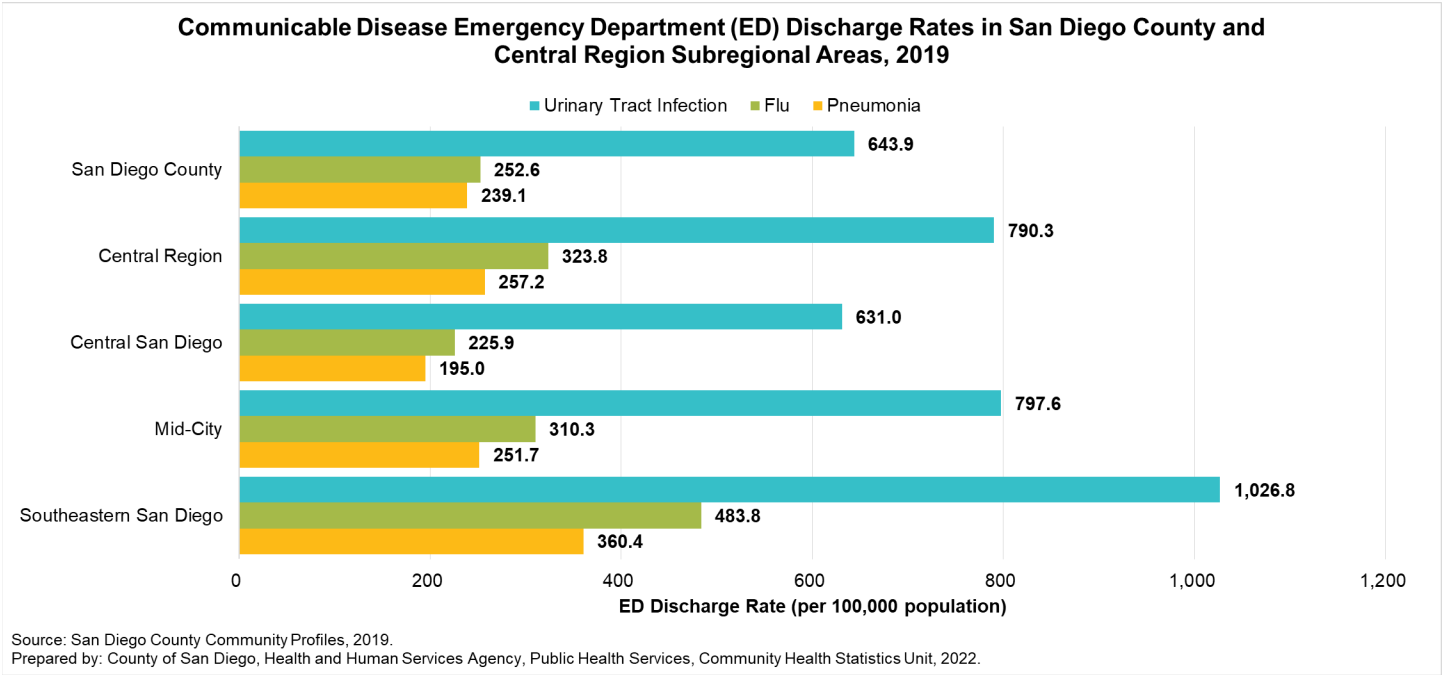
In 2019, the incidence rates of communicable diseases (chlamydia, gonorrhea, syphilis, and tuberculosis), in Central Region were higher than San Diego County overall. Among Central Region subregional areas (SRAs), the incidence rate of chlamydia in Mid-City (1,109.2 per 100,000) was higher than the incidence rate of chlamydia in Central Region (1,100.3 per 100,000) and San Diego County overall (686.0 per 100,000). In 2019, the incidence rate of gonorrhea in Central San Diego SRA (514.2 per 100,000) was higher than Central Region (412.7 per 100,000) and San Diego County overall (190.8 per 100,000).



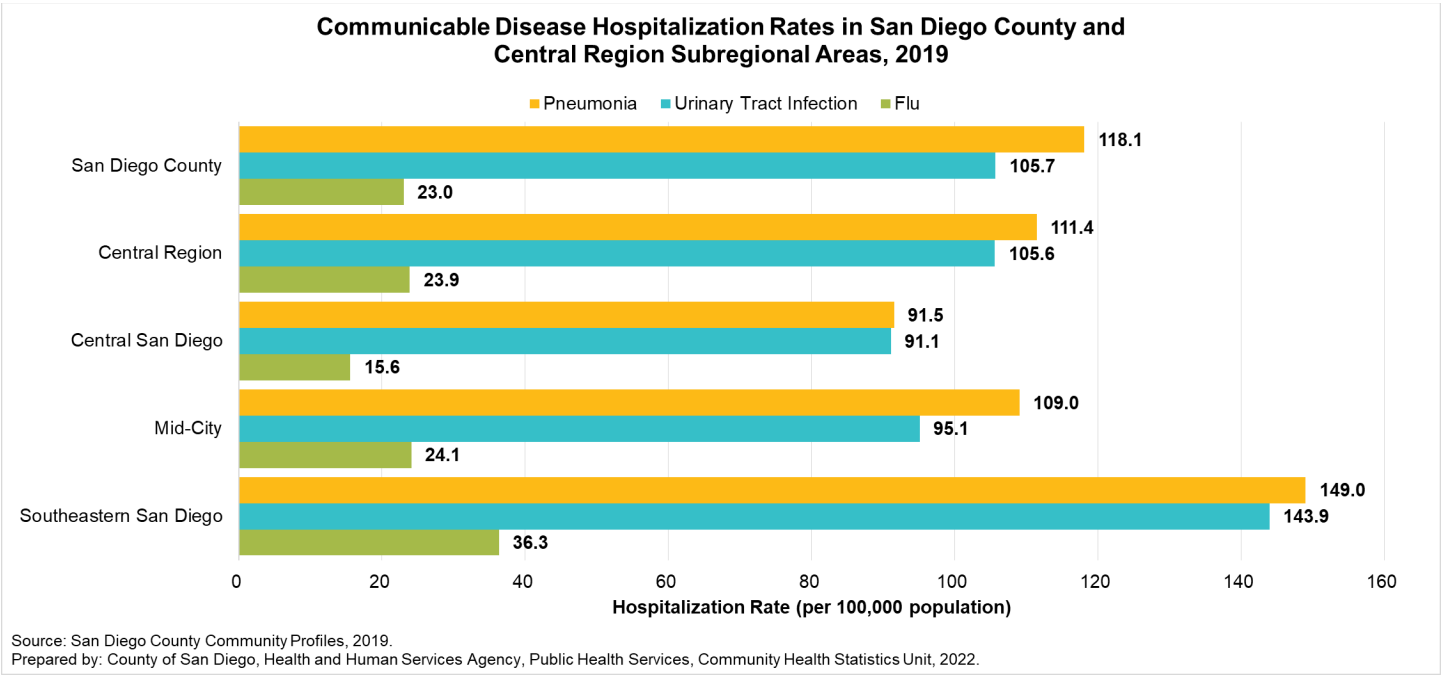
In 2019, among communicable diseases in Central Region, the highest rate of death was due to pneumonia (8.5 per 100,000). Among Central Region SRAs, Mid-City had the highest rate of death due to pneumonia (12.5 per 100,000), while Central San Diego had the lowest (6.9 per 100,000). Among Health and Human Services Agency (HHSA) regions, Central Region had the highest rate of death due to pneumonia.



Among communicable diseases, the highest emergency department (ED) discharge rate was due to urinary tract infection in Central Region (790.3 per 100,000) and its SRAs. Moreover, Central Region had the second-highest ED discharge rate due to urinary tract infections among HHSA regions in 2019. Among communicable diseases, the second-highest ED discharge rate was due to flu in Central Region (323.8 per 100,000) and its SRAs.

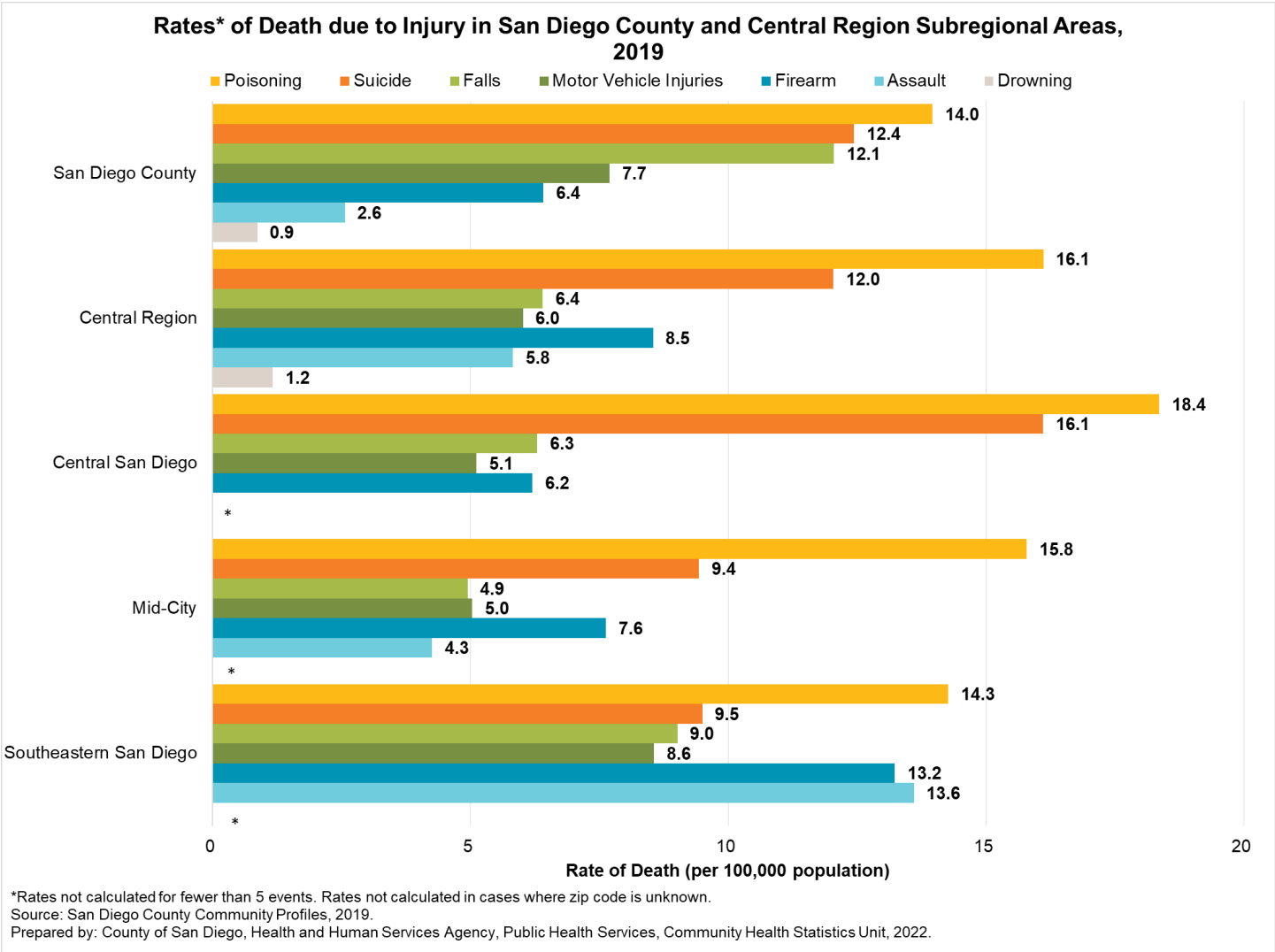


In 2019, the highest hospitalization rate was due to pneumonia in Central Region (111.4 per 100,000) and its SRAs. Among Central Region SRAs, Southeastern San Diego had the highest rate of hospitalization due to pneumonia (149.0 per 100,000), while Central San Diego had the lowest (91.5 per 100,000).

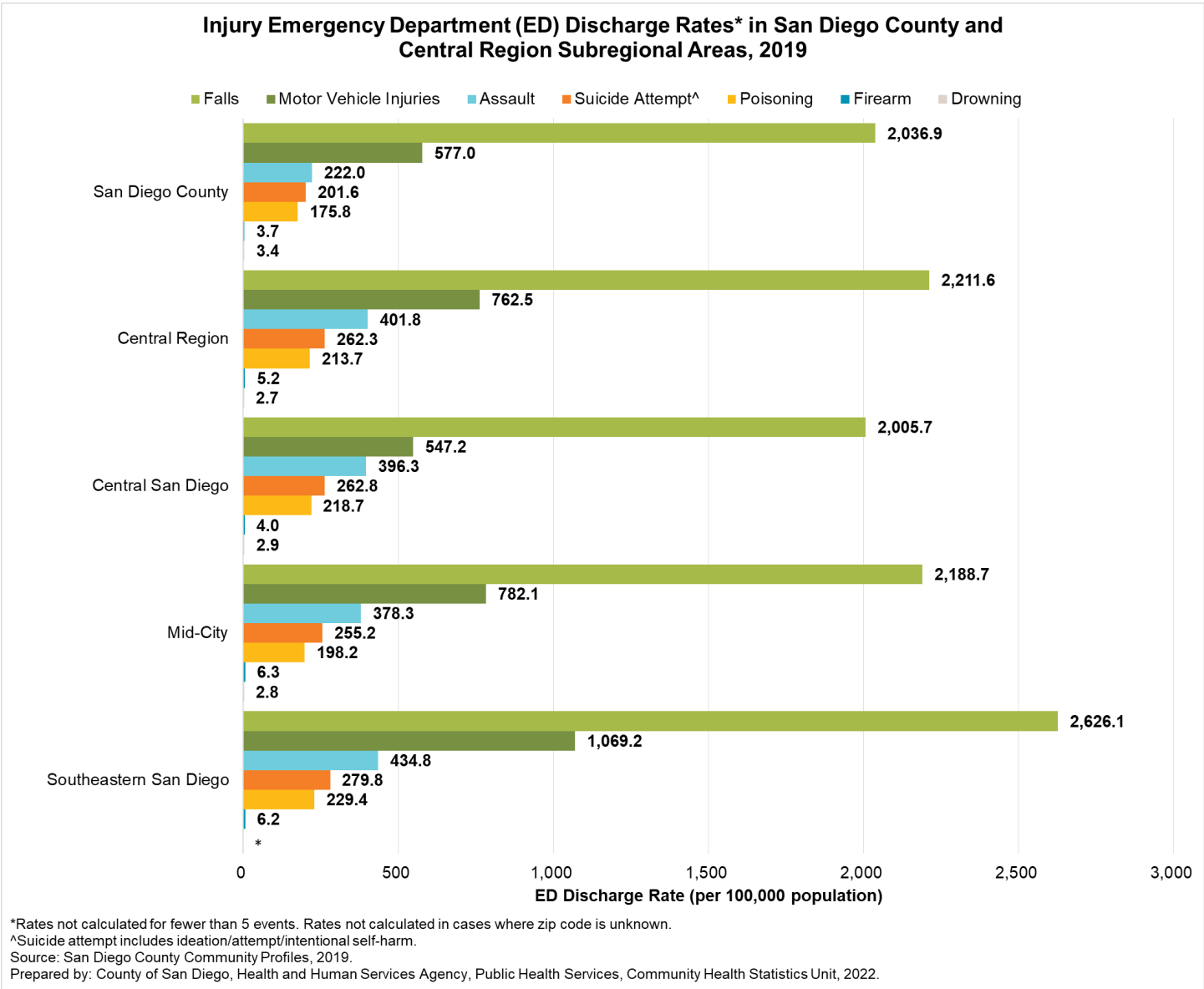


Injury Indicators

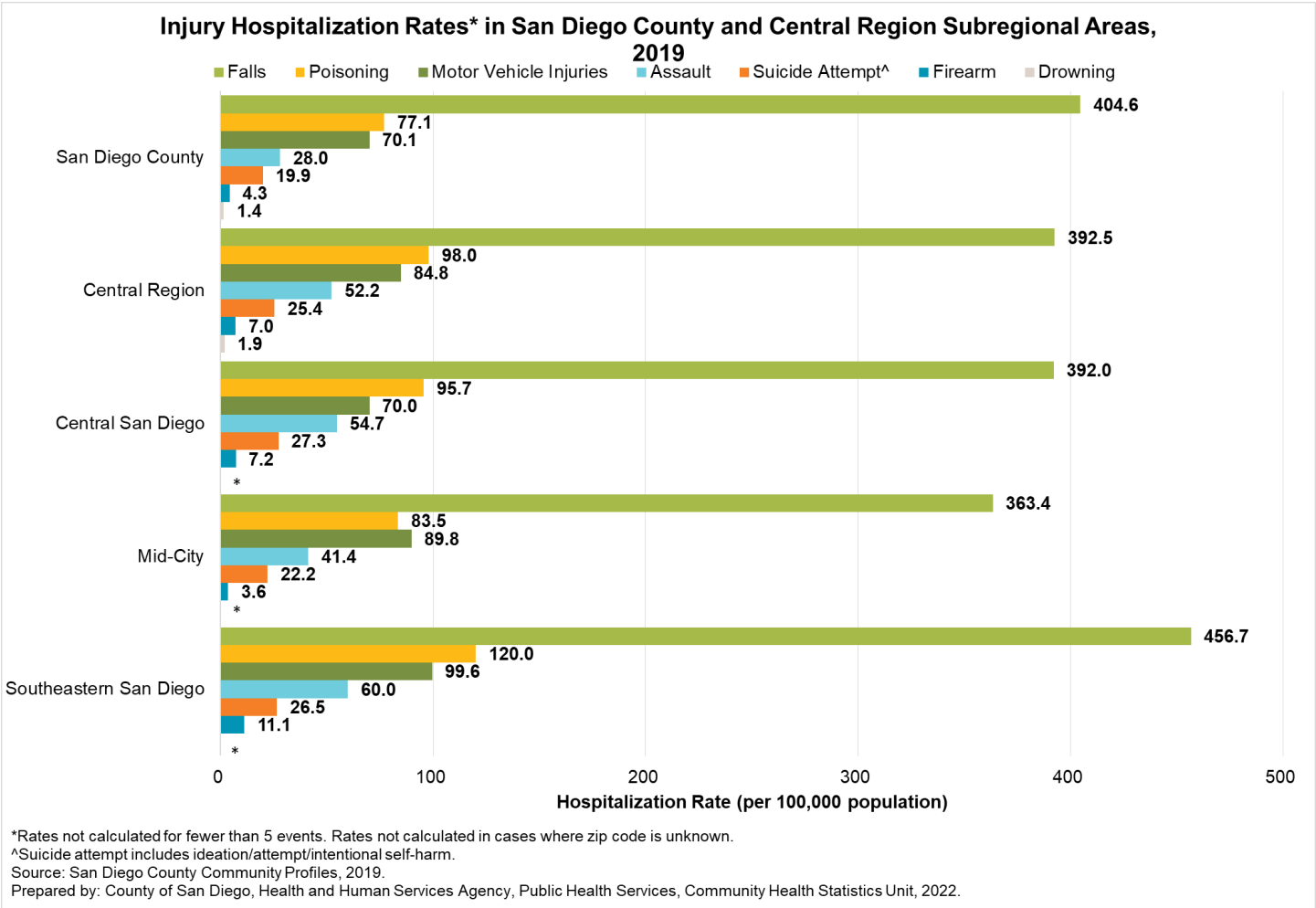
Among injuries in Central Region and its subregional areas (SRAs), the highest rate of death was due to poisoning (16.1 per 100,000 population) in 2019. The rates of death due to poisoning in Central Region and its SRAs were higher than San Diego County overall. Among Central Region SRAs, Central San Diego had the highest rate of death due to poisoning (18.4 per 100,000), while Southeastern San Diego had the lowest (14.3 per 100,000). In 2019, the second-highest rate of death was due to suicide in Central Region and its SRAs, except Southeastern San Diego. Among Central Region SRAs, Central San Diego had the highest rate of death due to suicide (16.1 per 100,000), which was higher than Central Region (12.0 per 100,000), and San Diego County overall (12.4 per 100,000). Among Central Region SRAs, Southeastern San Diego had the highest rate of death due to assault (13.6 per 100,000), which was higher than Central Region (5.8 per 100,000) and San Diego County overall (2.6 per 100,000).



Among injuries, the highest emergency department (ED) discharge rate was due to falls in Central Region and its SRAs. Among Central Region SRAs, Southeastern San Diego had the highest ED discharge rate due to falls (2,626.1 per 100,000), which was higher than the ED discharge rates in Central Region (2,211.6 per 100,000) and San Diego County overall (2,036.9 per 100,000). In 2019, among injuries, the second-highest ED discharge rate was due to motor vehicle injuries in Central Region and its SRAs. Among Health and Human Services Agency (HHSA) regions, Central Region had the highest ED discharge rate due to poisoning as well as the second-highest ED discharge rate due to motor vehicle injuries.

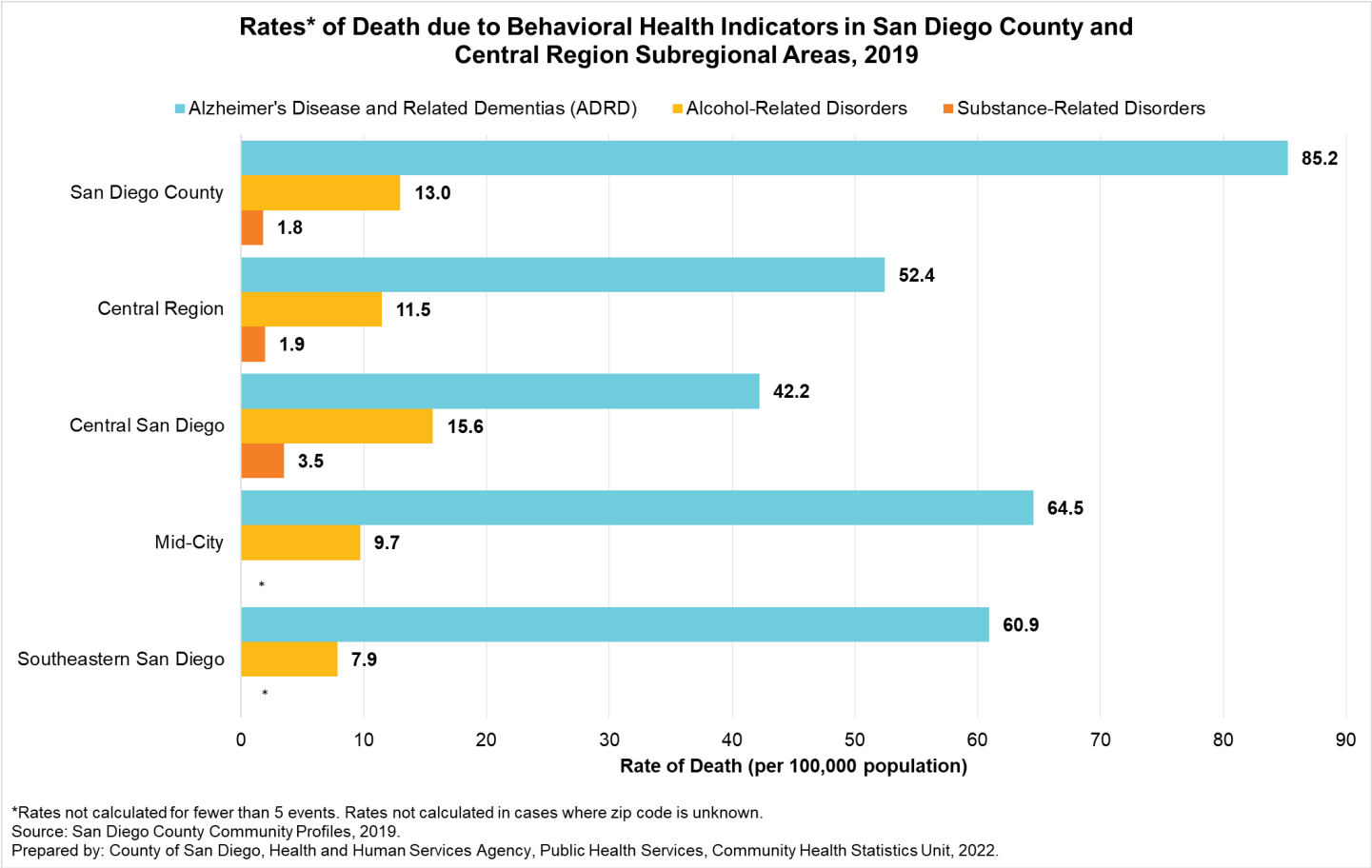


Among injuries, the highest hospitalization rates in Central Region and its SRAs were due to falls. Among Central Region SRAs, Southeastern San Diego had the highest hospitalization rate due to falls (456.7 per 100,000), which was higher than the hospitalization rates in Central Region (392.5 per 100,000), and San Diego County overall (404.6 per 100,000). In 2019, among injuries, the second-highest hospitalization rates were due to poisoning in Central Region and its SRAs, except Mid-City, where motor vehicle injuries were the second-highest hospitalization rate. Among HHSA regions, Central Region had the second-highest hospitalization rates for poisoning, motor vehicle injuries, and suicide attempts.

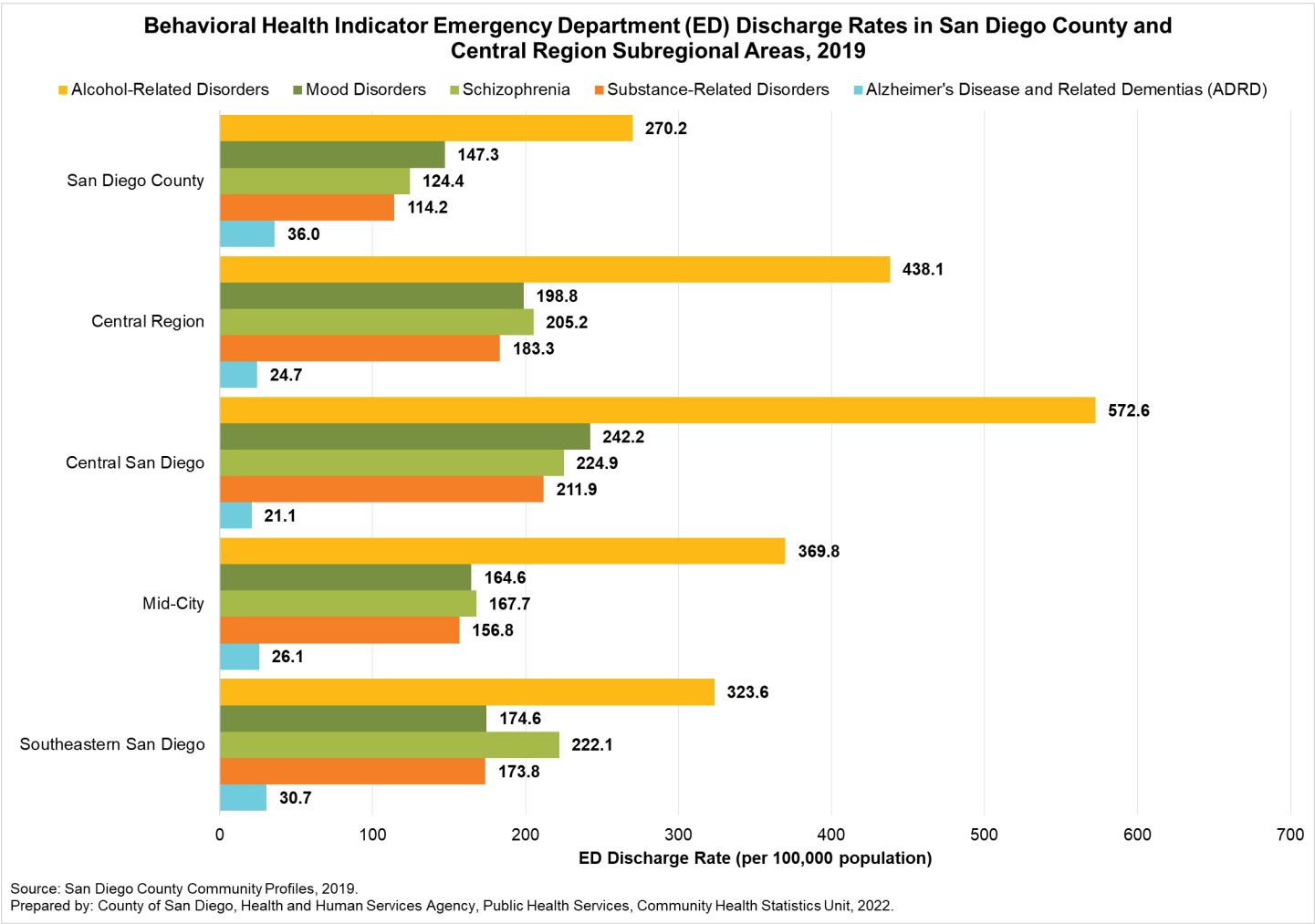


Behavioral Health Indicators

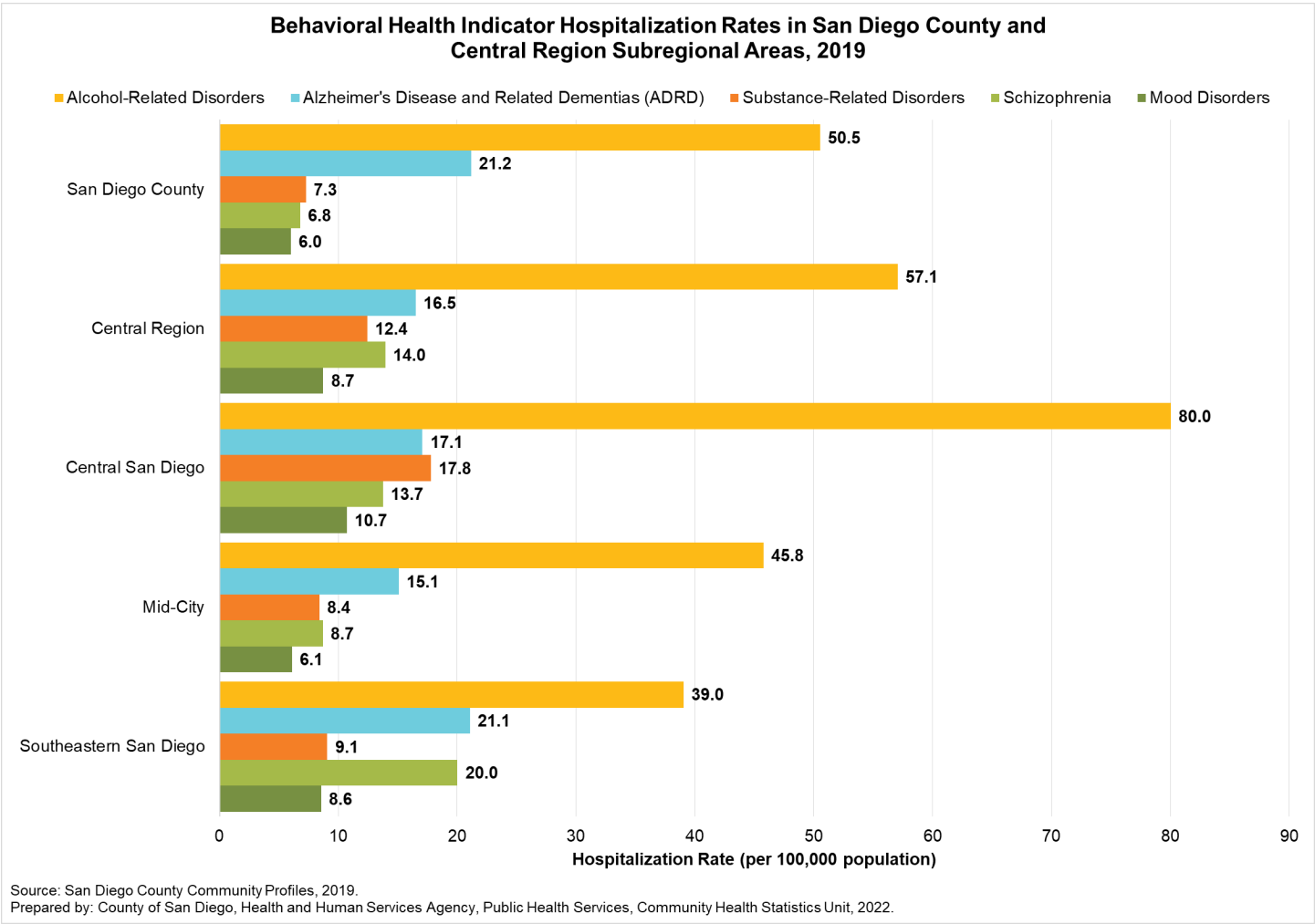
Among behavioral health indicators, the highest rate of death was due to Alzheimer’s disease and related dementias (ADRD) in Central Region and its subregional areas (SRAs) in 2019. Among Central Region SRAs, Mid-City had the highest rate of death due to ADRD (64.5 per 100,000), which was higher than Central Region (52.4 per 100,000).



Among behavioral health indicators, the highest emergency department (ED) discharge rate was due to alcohol-related disorders in Central Region and its SRAs. Among Central Region SRAs, Central San Diego had the highest ED discharge rate due to alcohol-related disorders (572.6 per 100,000), which was higher than Central Region (438.1 per 100,000) and San Diego County overall (270.2 per 100,000). In 2019, Central Region had the highest ED discharge rate for alcohol-related disorders compared to all other Health and Human Services Agency (HHSA) regions. In 2019, the second-highest ED discharge rate was due to schizophrenia (205.2 per 100,000) in Central Region and its SRAs, except for Central San Diego.

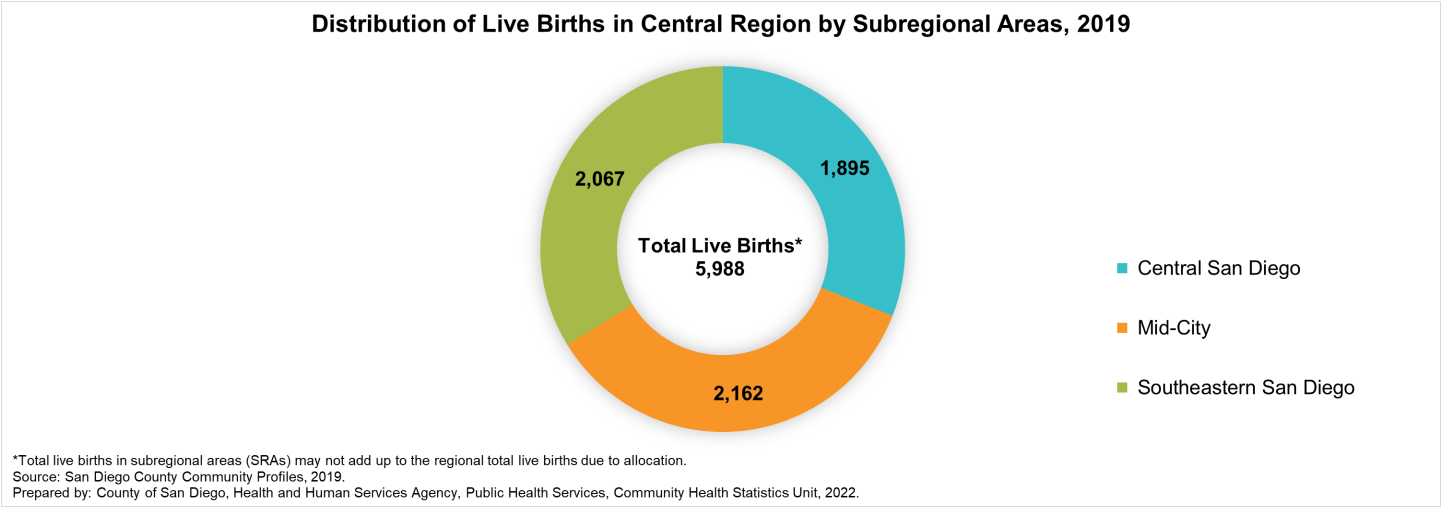


Among behavioral health indicators, the highest hospitalization rate was due to alcohol-related disorders in Central Region and its SRAs. Among Central Region SRAs, Central San Diego had the highest hospitalization rate due to alcohol-related disorders (80.0 per 100,000), which was higher than Central Region (57.1 per 100,000) and San Diego County overall (50.5 per 100,000). In 2019, among behavioral health indicators, the second-highest hospitalization rate was due to Alzheimer’s disease and related dementias (ADRD) in Central Region and its SRAs, except Central San Diego where substance-related disorders had the second-highest hospitalization rate. In 2019, Central Region had the highest hospitalization rate due to substance-related disorders compared to all other HHSA regions.

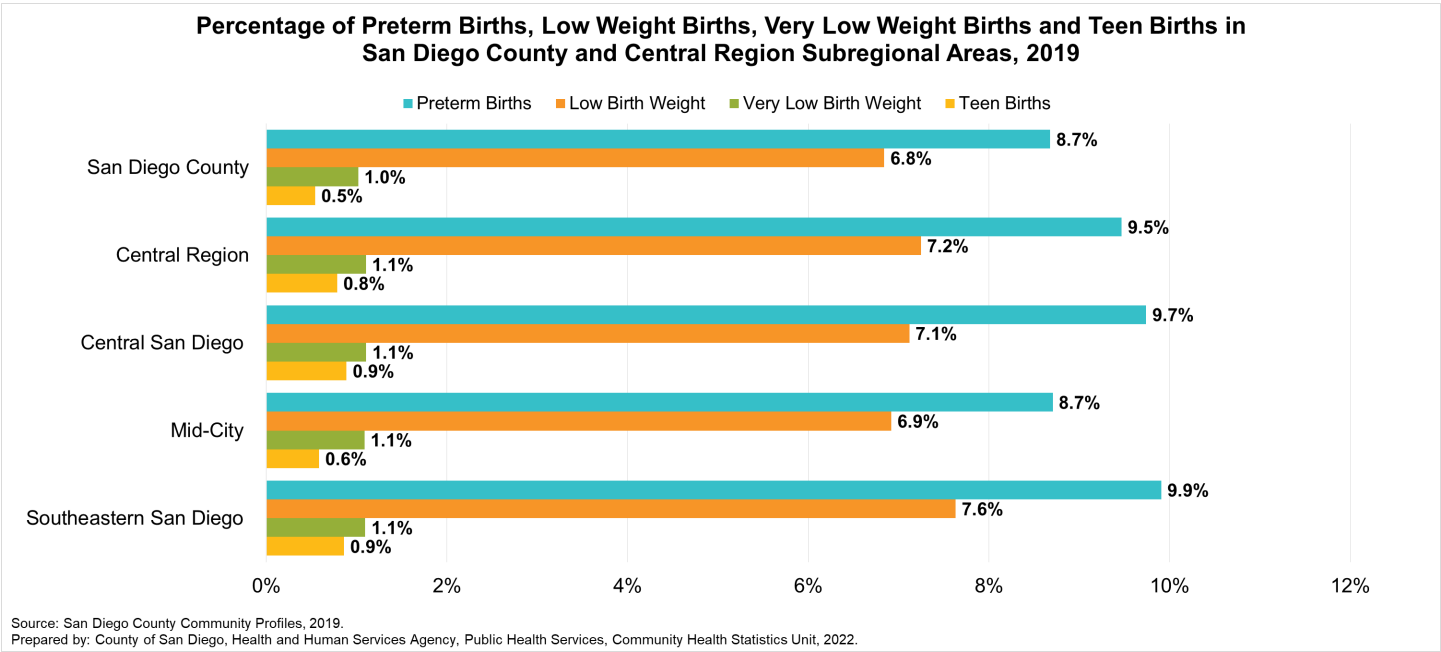


Maternal and Child Health Indicators

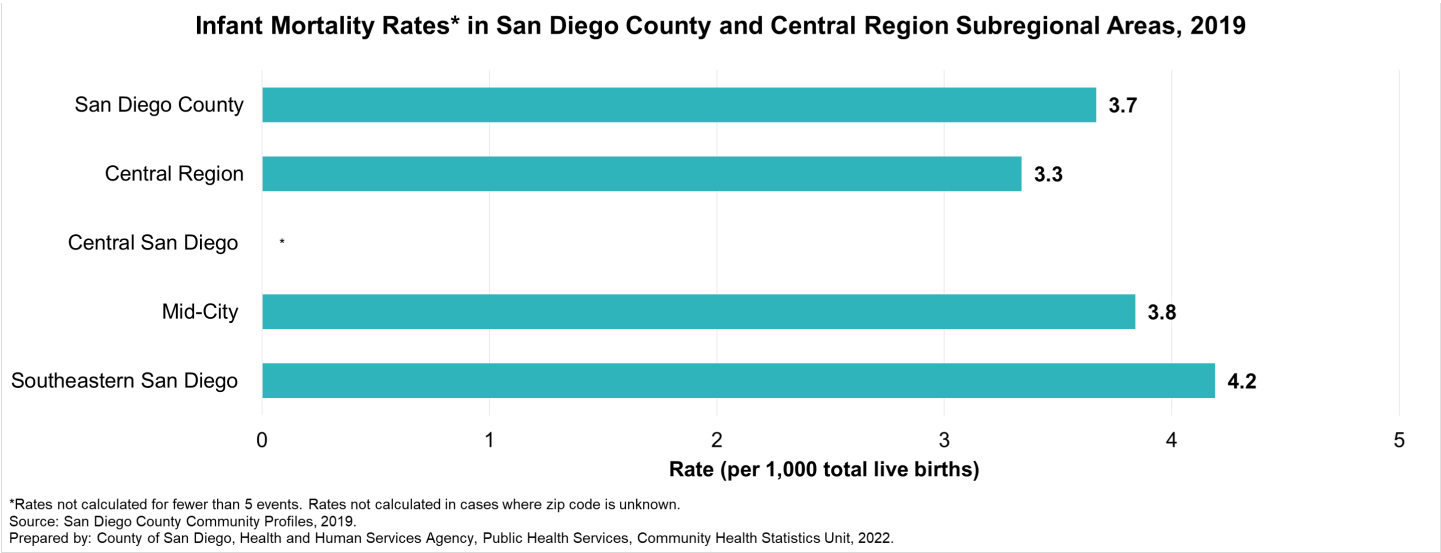
In 2019, there were 5,988 total live births in Central Region, which represented 15.6% of the total live births in San Diego County (38,445).



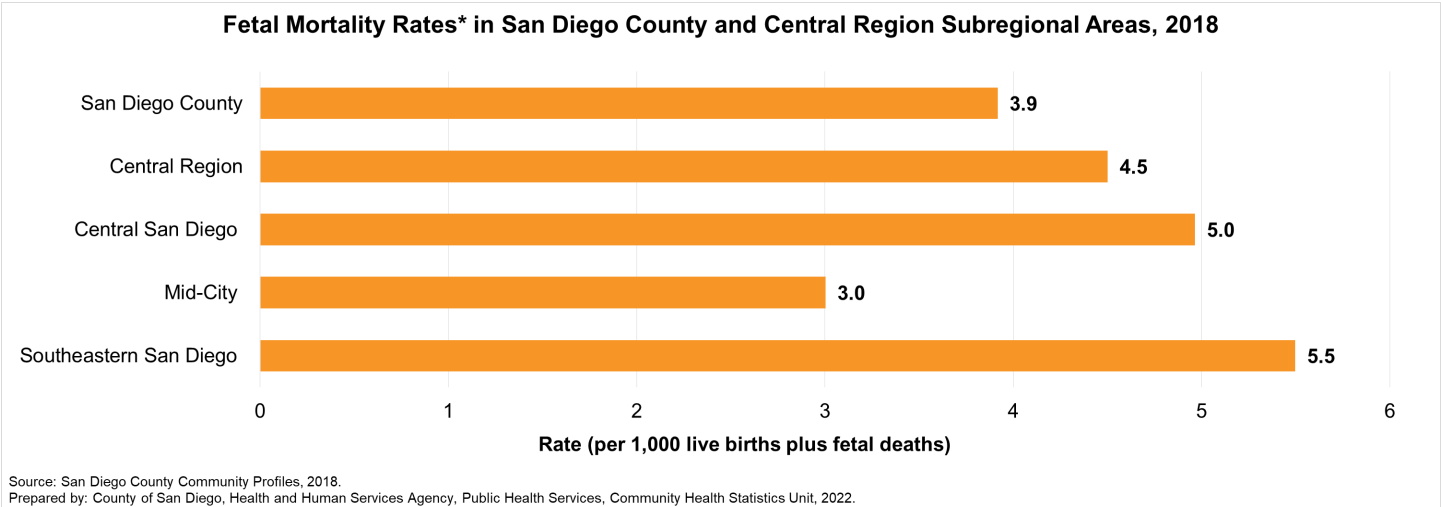
In 2019, 9.5% of live births in Central Region were preterm births, and 7.2% of live births were low weight births. Among Central Region subregional areas (SRAs), the proportion of preterm births was highest in Southeastern San Diego (9.9%), followed by Central San Diego (9.7%). Similarly, among all live births in Central Region, Southeastern San Diego SRA had the highest proportion of infants with low birth weight (7.6%), followed by Central San Diego SRA (7.1%).



In 2019, Central Region had a lower infant mortality rate than San Diego County overall. Among Central Region SRAs, Southeastern San Diego (4.2 per 1,000 total live births), and Mid-City (3.8 per 1,000 total live births), had higher infant mortality rates than Central Region (3.3 per 1,000 total live births), and San Diego County overall (3.7 per 1,000 live births).



In 2018, Central Region had a higher fetal mortality rate than San Diego County overall. Among Central Region SRAs, Southeastern San Diego (5.5 per 1,000 live births plus fetal deaths) and Central San Diego (5.0 per 1,000 live births plus fetal deaths), had higher fetal mortality rates than Central Region (4.5 per 1,000 live births plus fetal deaths), and San Diego County overall (3.9 per 1,000 live births plus fetal deaths).



CONCLUSION

The Central Region Health Status Report Summary provides descriptive information on demographic and socioeconomic characteristics, as well as morbidity/mortality rates for various health conditions. This information can be used by both Health and Human Services Agency (HHSA) internal as well as external stakeholders, such as local community organizations, in the process of identifying evidence-based decisions to inform health policy by assessing the health status and factors that may contribute to the overall health and well-being of Central Region.



Live Well San Diego focuses on creating an environment that encourages all San Diego County residents to live healthy, safe, and thriving lives.