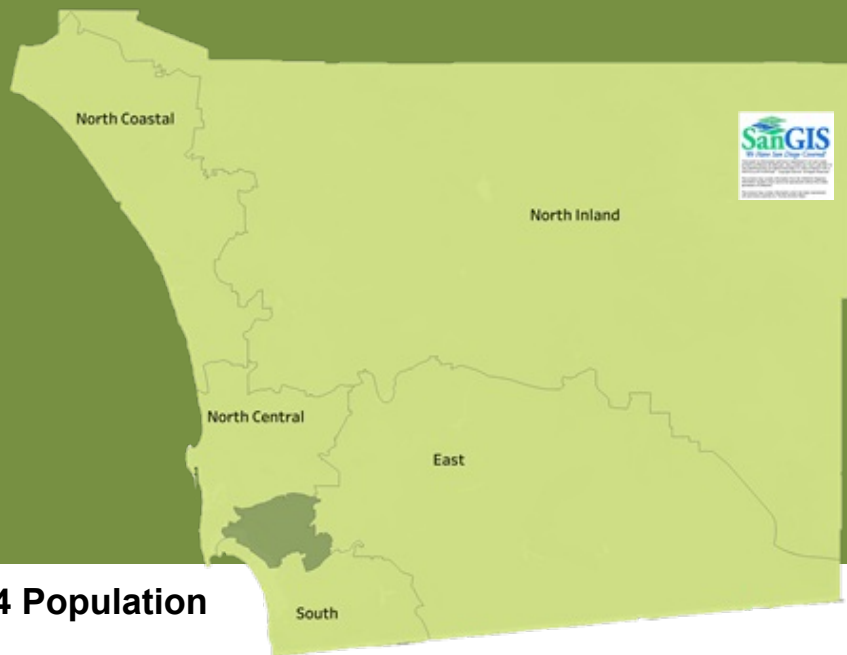




Central Region Health Briefs 2024

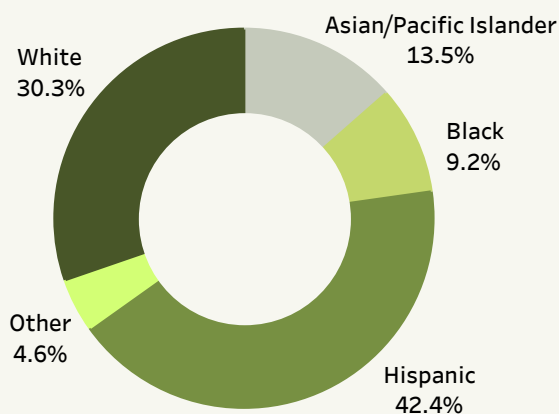
Community Health Snapshot

2024 Population

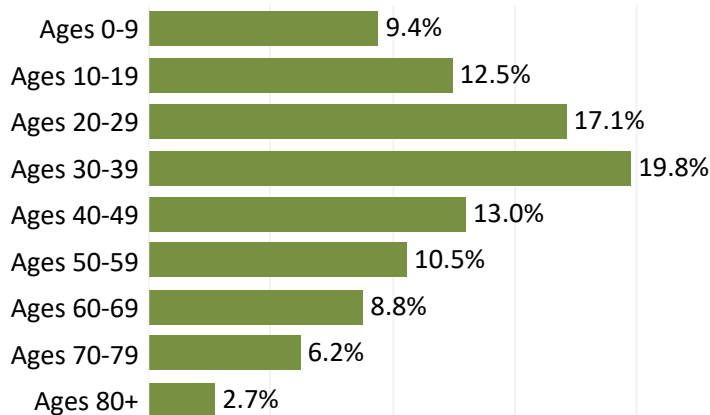
489,444

See list of zip codes in my region [here](#).

2024 Central Region Population by Race/Ethnicity



2024 Central Region Population by Age



**Leading Cause of Death
in 2024**
Cancer



**Leading Cause of Hospitalization
in 2024**
Heart Disease



**Leading Cause of Emergency
Department Discharge in 2024**
Unintentional Injuries



**Life Expectancy
in 2024**
81.3



**Percent of Population Living
Below 100% FPL (2024)**
15.4%



**Uninsured All or Part of the Year
(2022-2024)**
10.5%

The Central Region in San Diego County is located on the San Diego Bay and includes downtown San Diego and outlying urban communities, including North Park, College Area, Encanto, Paradise Hills, Barrio Logan, Hillcrest, Mission Hills, and University Heights. The population of Central Region is very ethnically, racially, and culturally diverse.

For more data and statistics, visit www.SDHealthStatistics.com.

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



San Diego County Health Briefs

Central Region, 2024



Non-Communicable (Chronic) Disease



Leading Cause of
Non-Communicable
Death
Cancer



Leading Cause of
Non-Communicable
Hospitalization
Heart Disease



Leading Cause of
Non-Communicable
Emergency Department Discharge
Heart Disease

Non-Communicable Disease Health Outcome Rates (per 100,000) ^{1,2,3,4}

		Central Region		San Diego County	
		Count	Rate	Count	Rate
Coronary Heart Disease (CHD)	Death	326	66.6	2,287	69.0
	Hospitalization	789	161.2	5,482	165.4
	Emergency Department Discharge	284	58.0	2,206	66.5
Stroke	Death	184	37.6	1,589	47.9
	Hospitalization	1,090	222.7	7,135	215.2
	Emergency Department Discharge	566	115.6	4,413	133.1
Overall Heart Disease [^]	Death	611	124.8	4,706	141.9
	Hospitalization	5,349	1,092.9	36,332	1,095.9
	Emergency Department Discharge	11,931	2,437.7	76,079	2,294.7
Acute Myocardial Infarction	Death	71	14.5	524	15.8
	Hospitalization	520	106.2	3,586	108.2
	Emergency Department Discharge	169	34.5	1,366	41.2
Heart Failure	Death	94	19.2	831	25.1
	Hospitalization	1,440	294.2	8,618	259.9
	Emergency Department Discharge	823	168.1	4,745	143.1
Overall Hypertensive Diseases [~]	Death	135	27.6	1,129	34.1
	Hospitalization	2,105	430.1	12,159	366.7
	Emergency Department Discharge	2,289	467.7	13,939	420.4
Overall Cancer	Death	664	135.7	5,046	152.2
	Hospitalization	1,239	253.1	8,659	261.2
	Emergency Department Discharge	369	75.4	2,645	79.8
Alzheimer's Disease	Death	108	22.1	1,150	34.7
Alzheimer's Disease (any mention)	Hospitalization	425	86.8	3,462	104.4
	Emergency Department Discharge	384	78.5	3,454	104.2
Non-Alzheimer's Dementia	Death	146	29.8	1,626	49.0
Non-Alzheimer's Dementia (any mention)	Hospitalization	2,291	468.1	18,366	554.0
	Emergency Department Discharge	2,094	427.8	18,508	558.2

For more data and statistics, visit www.SDHealthStatistics.com.



San Diego County Health Briefs

Central Region, 2024



Non-Communicable (Chronic) Disease

Non-Communicable Disease Health Outcome Rates (per 100,000) Continued ^{1,2,3,4}

		Central Region		San Diego County	
		Count	Rate	Count	Rate
Diabetes	Death	157	32.1	948	28.6
	Hospitalization	1,192	243.5	5,951	179.5
	Emergency Department Discharge	1,583	323.4	7,338	221.3
COPD/Chronic Lower Respiratory Diseases	Death	91	18.6	823	24.8
	Hospitalization	383	78.3	1,936	58.4
	Emergency Department Discharge	819	167.3	3,802	114.7
Asthma	Death	NA	NA	22	0.7
	Hospitalization	306	62.5	1,626	49.0
	Emergency Department Discharge	1,761	359.8	8,109	244.6
Parkinson's Disease	Death	32	6.5	413	12.5
	Hospitalization	29	5.9	264	8.0
	Emergency Department Discharge	17	NA	204	6.2
Lupus and Connective Tissue Disorders	Hospitalization	40	8.2	327	9.9
	Emergency Department Discharge	34	6.9	218	6.6

Health Behaviors & Related Health Factors (2022-2024)⁵

Current Smoker (ages 18+)	Central Region	5.8%
	San Diego County	4.9%
Overweight/Obese (ages 18+)	Central Region	58.1%
	San Diego County	58.3%
Rated Overall Health as Fair or Poor (ages 18+)	Central Region	18.0%
	San Diego County	13.5%
Ever Diagnosed with High Blood Pressure (ages 18+)	Central Region	23.6%
	San Diego County	25.0%
Ever Diagnosed with Diabetes (ages 18+)	Central Region	7.7%
	San Diego County	8.3%
Ever Diagnosed with Asthma (ages 1+)	Central Region	14.2%
	San Diego County	14.4%

For more data and statistics, visit www.SDHealthStatistics.com.



Non-Communicable (Chronic) Disease

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
 3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
 4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
 5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), AskCHIS, 2022-2024. Extracted May 18, 2026.
- NA: Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.
- ^ Includes entire ICD-10-CM diagnosis chapter for diseases of the circulatory system.
- ~ Includes Primary Hypertension.

San Diego County Health Briefs

Central Region, 2024



Communicable Disease



Leading Cause of
Communicable
Death
COVID-19



Leading Cause of
Communicable
Hospitalization
Urinary Tract Infection



Leading Cause of
Communicable
Emergency Department Discharge
Urinary Tract Infection

Communicable Disease Incidence Rates (per 100,000) ^{1,2}

	Central Region		San Diego County	
	Counts	Incidence Rate	Counts	Incidence Rate
Tuberculosis	55	11.2	247	7.5
Chlamydia Reported	4,056	828.7	16,414	495.1
Gonorrhea Reported	2,200	449.5	6,021	181.6
Primary and Secondary Syphilis Reported	288	58.8	711	21.4

Communicable Disease Health Outcome Rates (per 100,000) ^{3,4,5,6}

		Central Region		San Diego County	
		Count	Rate	Count	Rate
Death	COVID-19 (multiple cause of death)	51	10.4	384	11.6
	Influenza (flu) and Pneumonia	30	6.1	257	7.8
Hospitalization	Urinary Tract Infection	599	122.4	4,228	127.5
	COVID-19	297	60.7	2,314	69.8
	Influenza (flu)	97	19.8	721	21.7
	Pneumonia	569	116.3	4,107	123.9
Emergency Department Discharge	Urinary Tract Infection	4,613	942.5	26,873	810.6
	COVID-19	2,127	434.6	12,160	366.8
	Influenza (flu)	1,989	406.4	10,192	307.4
	Pneumonia	1,740	355.5	10,797	325.7

Health Behaviors & Related Health Factors (2024)⁷

Has had Flu Vaccination in Past 12 Months
(ages 18+)

Central Region

*

San Diego County

45.0%

San Diego County Health Briefs

Central Region, 2024



Communicable Disease

Sources

1. County of San Diego, Health and Human Services Agency, Tuberculosis Prevention and Care Branch, Report of Verified Case of Tuberculosis Database, 2024; SANDAG, Current Population Estimates, released v24/2025.
2. County of San Diego, Health and Human Services Agency, HIV, STD and Hepatitis Branch, Morbidity Database; SANDAG, Current Population Estimates, released v24/2025.
3. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
4. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
5. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
6. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
7. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey (BRFSS) Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2024.

*Indicates statistically unstable estimate or data are unavailable.



San Diego County Health Briefs

Central Region, 2024



Maternal and Child Health

Maternal and Child Health Outcomes ^{1,2}

	Central Region			San Diego County	
	Count	Percent of Region	Percent of County	Count	Percent
Live Births	5,248	100.0%	14.6%	36,036	100.0%
Live Births to Teens, Ages 15-17	36	4.5%	22.9%	157	2.6%
Live Births with Early Prenatal Care, % of Known Prenatal Care	4,190	80.6%	13.7%	30,522	85.5%
Live Births Born Preterm	486	9.3%	15.3%	3,176	8.8%
Low Birth Weight Births	410	7.8%	16.0%	2,560	7.1%
Very Low Birth Weight Births	73	1.4%	17.7%	412	1.1%

For additional maternal and child health outcomes, visit the County of San Diego Maternal, Child, and Family Health Services (MCFHS) Statistics webpage:

[MCFHS Statistics](#)

Health Behaviors & Related Health Factors (2022-2024)⁴

Adults Under 200% FPL Unable to Afford Enough Food	Central Region	45.1%
	San Diego County	39.7%
Rated Overall Health as Fair or Poor (18+)	Central Region	18.0%
	San Diego County	13.5%
Women with a High School Degree or Less Education (ages 25+)	Central Region	31.7%
	San Diego County	28.3%
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages 6 and under)	Central Region	*
	San Diego County	19.8%
Agree or Strongly Agree that People in Neighborhood can be Trusted (ages 12-17)	Central Region	*
	San Diego County	86.4%
No Dental Insurance Coverage in the Past Year (ages 3-11)	Central Region	*
	San Diego County	6.3%

For more data and statistics, visit www.SDHealthStatistics.com.



San Diego County Health Briefs Central Region, 2024



Maternal and Child Health

Sources

1. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2024.
2. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, 2024.
3. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files, 2023.
4. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.

*Indicates statistically unstable estimate or data are unavailable.



San Diego County Health Briefs

Central Region, 2024



Injury



Leading Cause of Injury
Death
Poisoning



Leading Cause of Injury
Hospitalization
Falls



Leading Cause of Injury
Emergency Department Discharge
Falls

Injury Health Outcome Rates (per 100,000) ^{1,2,3,4}

		Central Region		San Diego County	
		Count	Rate	Count	Rate
Unintentional Injuries (All Causes)	Death	259	52.9	1,521	45.9
	Hospitalization	4,340	886.7	27,382	825.9
	Emergency Department Discharge	33,057	6,754.0	193,903	5,848.6
Fall-Related Injury	Death	52	10.6	401	12.1
	Hospitalization	2,362	482.6	16,513	498.1
	Emergency Department Discharge	12,120	2,476.3	78,913	2,380.2
Poisoning	Death	167	34.1	753	22.7
	Hospitalization	412	84.2	1,978	59.7
	Emergency Department Discharge	1,163	237.6	5,853	176.5
Motor Vehicle Injuries	Death	33	6.7	300	9.0
	Hospitalization	507	103.6	2,666	80.4
	Emergency Department Discharge	3,990	815.2	20,943	631.7
Motor Vehicle Injuries to Pedestrian	Death	17	NA	98	3.0
	Hospitalization	107	21.9	353	10.6
	Emergency Department Discharge	211	43.1	852	25.7
Electric Bicycle (E-Bike) Injuries	Hospitalization	29	5.9	186	5.6
	Emergency Department Discharge	81	16.5	865	26.1
Assault	Death	26	5.3	97	2.9
	Hospitalization	263	53.7	962	29.0
	Emergency Department Discharge	2,402	490.8	8,896	268.3
Suicide (or Suicide Attempt/ Ideation/Intentional Self-Harm)	Death	54	11.0	377	11.4
	Hospitalization	130	26.6	628	18.9
	Emergency Department Discharge	1,654	337.9	7,801	235.3
Firearm-Related Injuries	Death	25	5.1	185	5.6
	Hospitalization	29	5.9	149	4.5
	Emergency Department Discharge	21	4.3	141	4.3

San Diego County Health Briefs

Central Region, 2024



Injury

Health Behaviors (2022-2024)⁵

Ever Seriously Thought About Committing Suicide (ages 18+)	Central Region	22.9%
	San Diego County	19.5%
Binge Drinking in the Past 30 days (ages 18+)	Central Region	26.4%
	San Diego County	20.1%

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
 3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
 4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
 5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.
- NA: Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.



San Diego County Health Briefs

Central Region, 2024



Behavioral Health



Leading Cause of Behavioral
Health Death
**Chronic Alcohol
Consumption**



Leading Cause of Behavioral
Health Hospitalization
**Alcohol Use/
Abuse/Dependency**



Leading Cause of
Behavioral Health Emergency
Department Discharge
Alcohol Use/Abuse/Dependency

Behavioral Health Outcome Rates (per 100,000) ^{1,2,3,4}

		Central Region		San Diego County	
		Count	Rate	Count	Rate
Schizophrenia	Hospitalization	110	22.5	312	9.4
	Emergency Department Discharge	1,044	213.3	3,774	113.8
	In-Patient Treatment	1,665	340.2	5,275	159.1
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)	Death	54	11.0	377	11.4
	Hospitalization	130	26.6	628	18.9
	Emergency Department Discharge	1,654	337.9	7,801	235.3
Mood Disorders	Hospitalization	57	11.6	209	6.3
	Emergency Department Discharge	583	119.1	2,566	77.4
	In-Patient Treatment	1,460	298.3	7,096	214.0
Depression	Hospitalization	41	8.4	137	4.1
	Emergency Department Discharge	352	71.9	1,572	47.4
	In-Patient Treatment	883	180.4	4,497	135.6
Acute Alcohol Poisoning	Death	NA	NA	37	1.1
Chronic Alcohol Consumption	Death	85	17.4	526	15.9
Alcohol Use/Abuse/Dependency~	Hospitalization	499	102.0	2,673	80.6
	Emergency Department Discharge	2,520	514.9	11,029	332.7
	In-Patient Treatment	229	46.8	1,389	41.9
Substance Use/Abuse/Dependency~	Hospitalization	89	18.2	279	8.4
	Emergency Department Discharge	1,002	204.7	3,914	118.1
	In-Patient Treatment	72	14.7	346	10.4
Opioid Use/Abuse/Dependency~	Hospitalization	47	9.6	107	3.2
	Emergency Department Discharge	400	81.7	1,472	44.4
	In-Patient Treatment	19	NA	125	3.8
Cannabis Use/Abuse/Dependency~	Hospitalization	NA	NA	25	0.8
	Emergency Department Discharge	80	16.3	493	14.9
	In-Patient Treatment	13	NA	33	1.0

San Diego County Health Briefs

Central Region, 2024



Behavioral Health

Mental Health and Related Health Factors (2022-2024)⁵

Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	Central Region	18.4%
	San Diego County	14.5%
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	Central Region	9.5%
	San Diego County	7.0%
Emotions Severely Impaired Social Life in Past Year (ages 18+)	Central Region	16.0%
	San Diego County	11.9%
Emotions Severely Impaired Work in Past 12 Months (ages 18-70)	Central Region	12.7%
	San Diego County	9.1%
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year)	Central Region	57.1%
	San Diego County	55.3%
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	Central Region	21.8%
	San Diego County	21.4%
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)	Central Region	15.7%
	San Diego County	13.2%
Ever Seriously Thought About Committing Suicide (ages 18+)	Central Region	22.9%
	San Diego County	19.5%

Substance Abuse Health Behaviors and Related Factors (2022-2024)⁵

Binge Drinking in Past 30 Days (ages 12-17)	Binge Drinking in the Past 30 days (ages 18+)	Ever Tried Marijuana or Hashish (18+)
		61.9%
		52.5%
	26.4%	
	20.1%	
*		
5.8%		
Central Region	Central Region	Central Region
San Diego County	San Diego County	San Diego County

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
 3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
 4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
 5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.
- NA: Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.
- ~Use/Abuse/Dependency conditions contain specific abuse, dependence, and use ICD-10 codes.
- *Indicates statistically unstable estimate or data are unavailable.



San Diego County Health Briefs

Central Region, 2024



Environmental Health

Environmental Health Outcome Rates (‡) (per 100,000) ^{1,2,3,4}

		Central Region		San Diego County	
		Count	Rate	Count	Rate
Asthma	Death	NA	NA	22	0.7
	Hospitalization	306	62.5	1,626	49.0
	Emergency Department Discharge	1,761	359.8	8,109	244.6
Coronary Heart Disease (CHD)	Death	326	66.6	2,287	69.0
	Hospitalization	789	161.2	5,482	165.4
	Emergency Department Discharge	284	58.0	2,206	66.5
Overall Cancer	Death	664	135.7	5,046	152.2
	Hospitalization	1,239	253.1	8,659	261.2
	Emergency Department Discharge	369	75.4	2,645	79.8
COPD/Chronic Lower Respiratory Diseases	Death	91	18.6	823	24.8
	Hospitalization	383	78.3	1,936	58.4
	Emergency Department Discharge	819	167.3	3,802	114.7
Diabetes	Death	157	32.1	948	28.6
	Hospitalization	1,192	243.5	5,951	179.5
	Emergency Department Discharge	1,583	323.4	7,338	221.3
Depression	Hospitalization	41	8.4	137	4.1
	Emergency Department Discharge	352	71.9	1,572	47.4
	In-Patient Treatment	883	180.4	4,497	135.6
Heat Illness/Injury	Hospitalization	14	NA	70	2.1
	Emergency Department Discharge	42	8.6	340	10.3

Air Quality (2019-2024)⁵

	Central Region	San Diego County
3-Year average of the 98th percentile of collected samples for a 24 hr standard (particulate matter 2.5) (2019)	24.70	*
Average of Ozone Concentration of the 4th high 8-hr intervals over a 3 year period (2019)	0.06	*
Percent of Days that Air Quality was Rated as Unhealthy for Sensitive Populations (2024)	*	13.1%



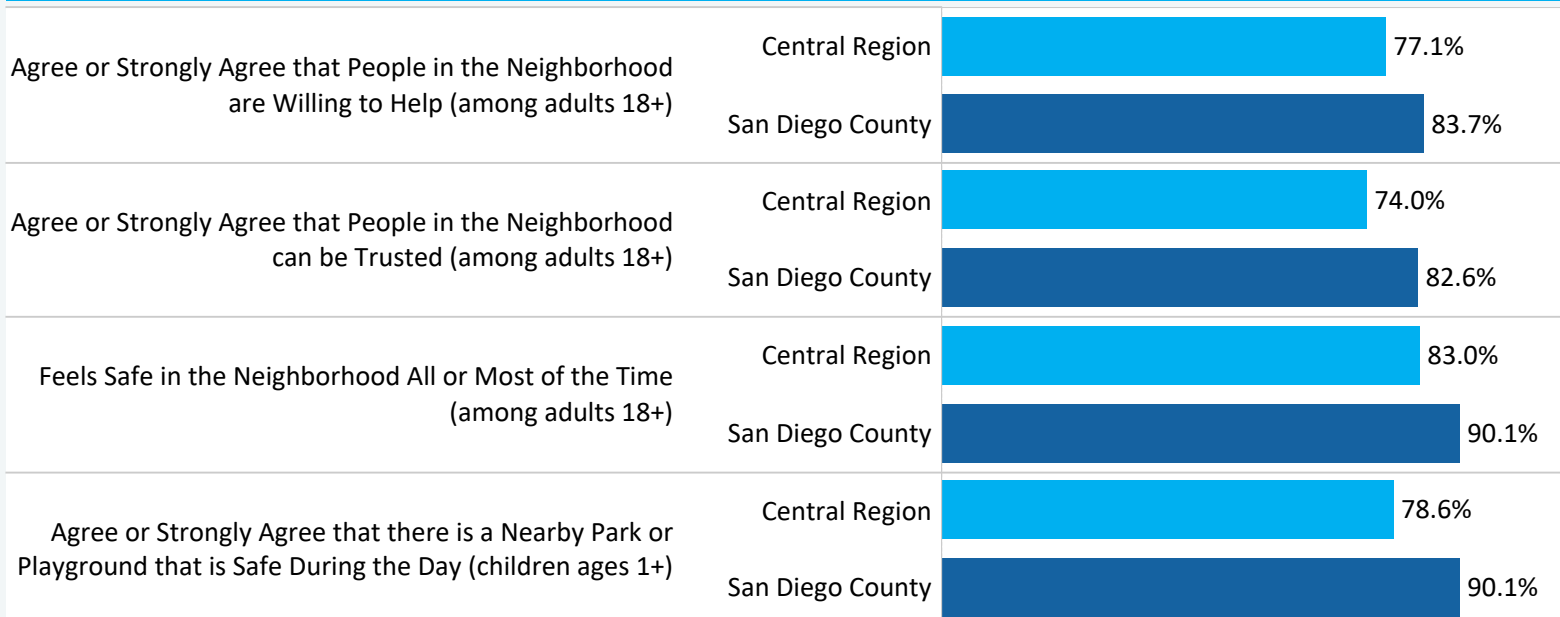
San Diego County Health Briefs

Central Region, 2024

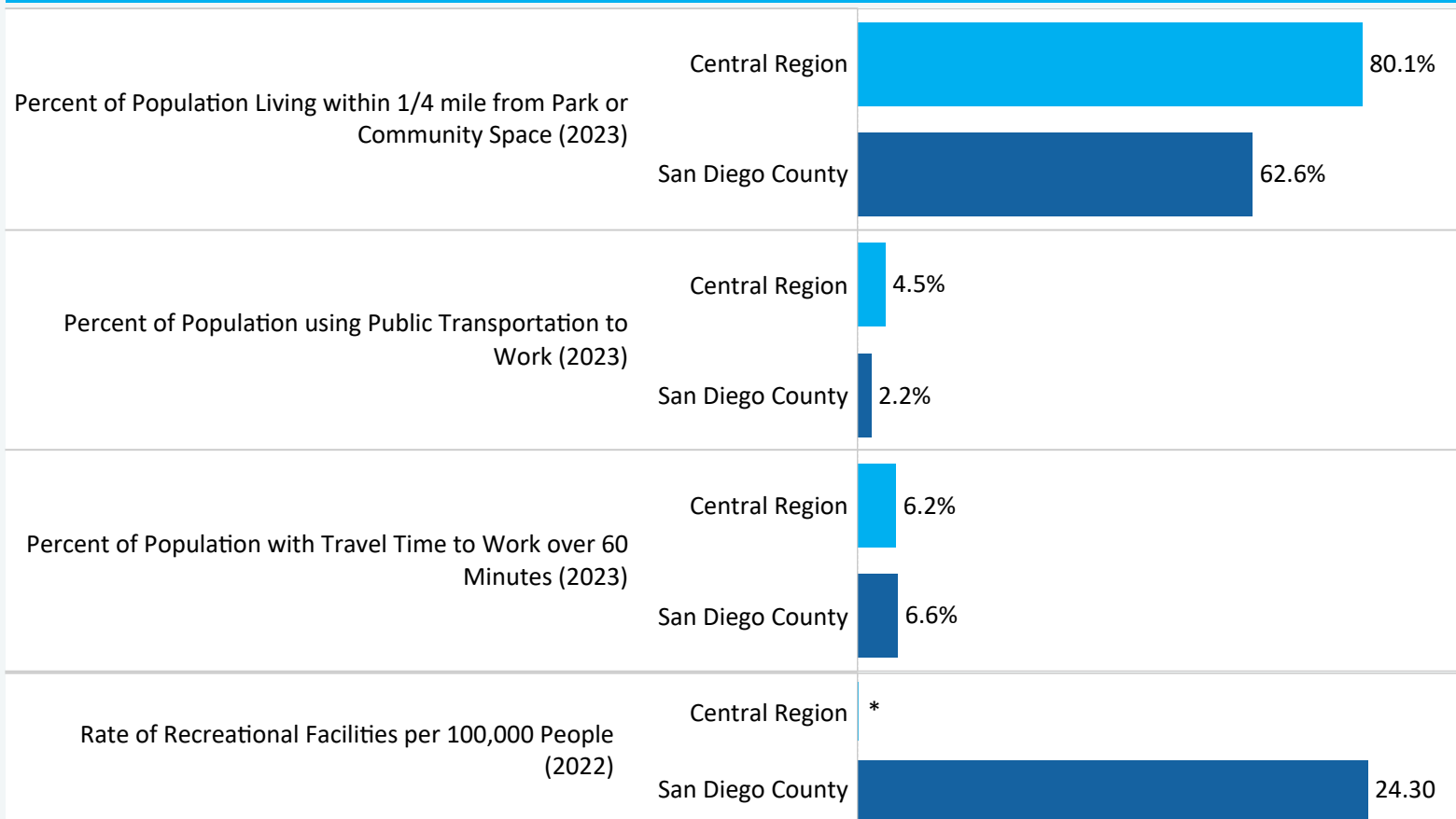


Environmental Health

Neighborhood (2022-2024)⁶



Place of Residence (2022-2023)⁵



San Diego County Health Briefs

Central Region, 2024



Environmental Health

Climate Change (2022-2024)⁶

Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+) (2023-2024)	Central Region	45.4%
	San Diego County	44.5%
Mental Health was Affected by Extreme Weather-Related event in Past 2 Years (among adults 18+) (2023-2024)	Central Region	11.0%
	San Diego County	9.4%
Physical Health was Affected by Extreme Weather-Related event in Past 2 Years (among adults 18+) (2023-2024)	Central Region	11.3%
	San Diego County	8.3%
Climate Change Makes you Nervous/Depressed/Stressed (among teens ages 12-17)	Central Region	*
	San Diego County	37.9%

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
 3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
 4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
 5. Live Well San Diego, Built Environment, 2025. Accessed May 18, 2026.
<https://www.livewellsd.org/i-want-to/learn-more/data-indicators/built-environment>
 6. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.
- NA: Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.
- *Indicates statistically unstable estimate or data are unavailable.

(‡) The health outcomes included in this section are known to be associated with environmental hazards and climate change. Overall, exposure to air pollutants, such as PM_{2.5} and ozone, are associated with increased risk of or complications of asthma, cancer, COPD, diabetes, depression, and heart disease.



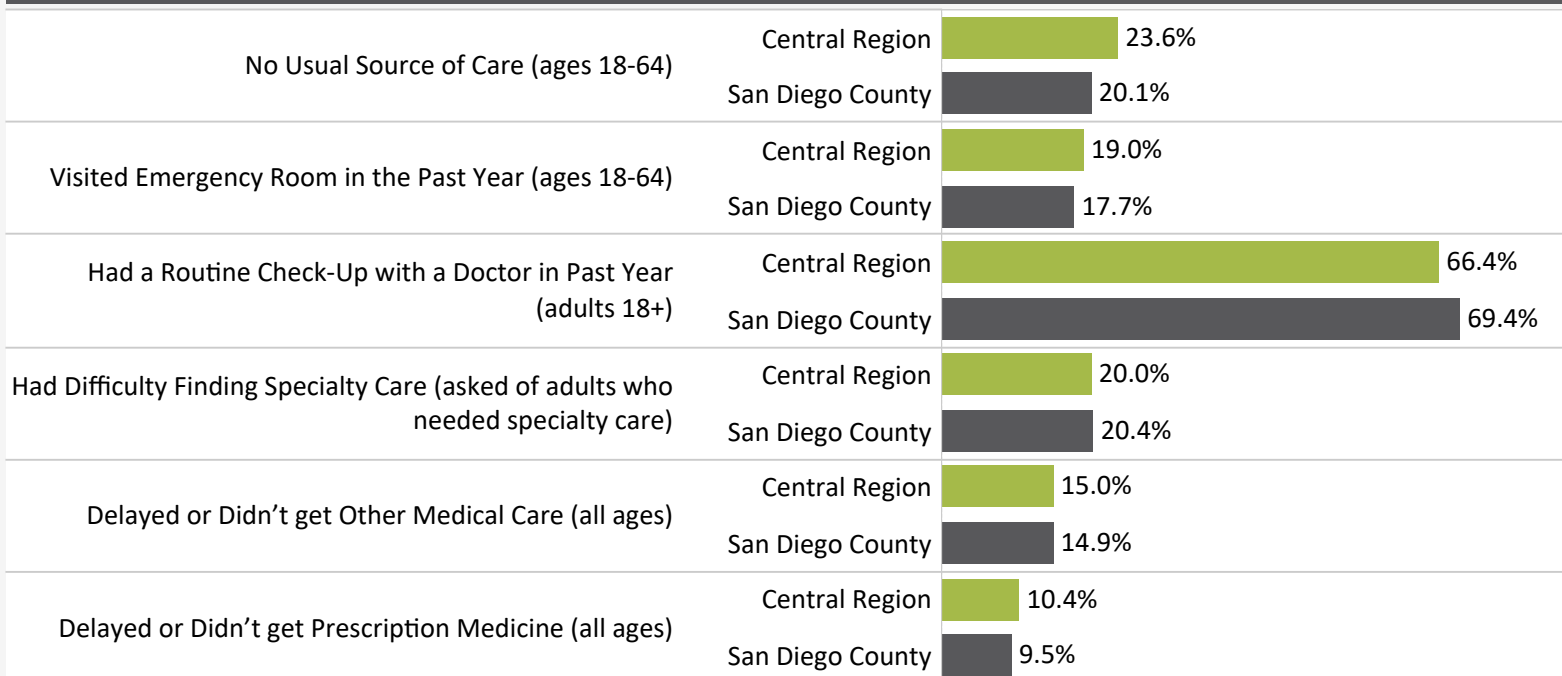
San Diego County Health Briefs

Central Region, 2024

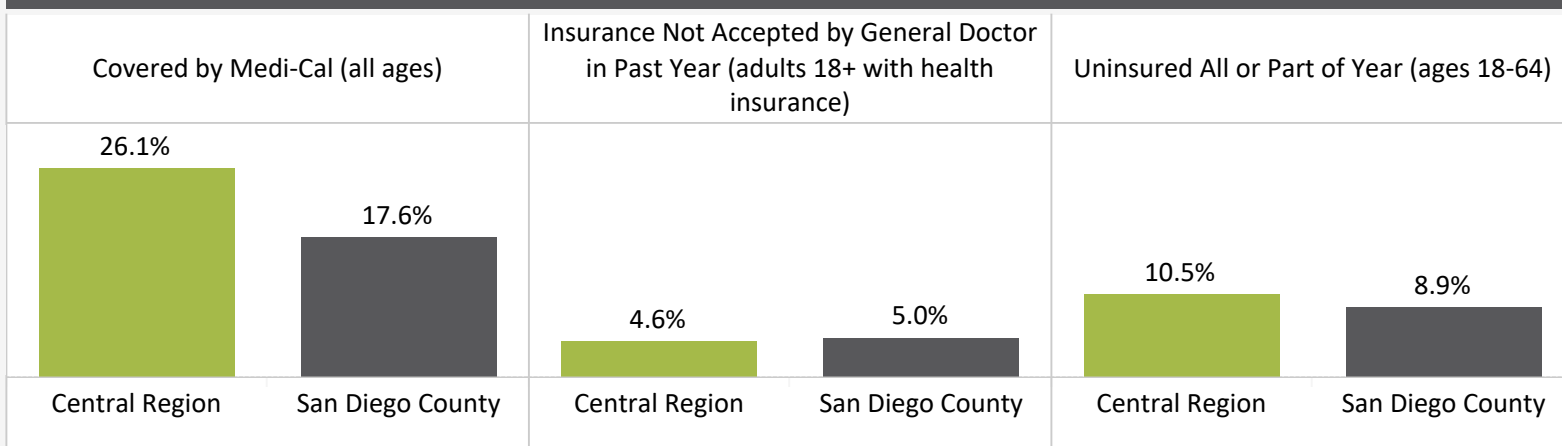


Access to Care

Access and Utilization (2022-2024)¹



Insurance (2022-2024)¹



Medical Debt (2022-2024)¹



San Diego County Health Briefs

Central Region, 2024



Access to Care

Public Program Participation (2022-2024)¹

Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	Central Region	*	
	San Diego County		11.4%
Currently Receiving TANF or CalWORKS (all ages, up to 200% FPL)	Central Region	*	
	San Diego County		9.3%
Children Age 6 and Under Currently on WIC (up to 200% FPL)	Central Region	*	
	San Diego County		46.2%
Residents Receiving Food Stamps (all ages, up to 200% FPL)	Central Region		35.2%
	San Diego County		29.3%
Women Below 200% FPL (ages 18-64)	Central Region		35.4%
	San Diego County		27.1%

Sources

1. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.

*Indicates statistically unstable estimate or data are unavailable.