



# Central Region

## Health Status Report Summary



SEPTEMBER 2023

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



# Central Region Health Status Report Summary

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

**September 2023**

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# INTRODUCTION

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

The key segments of this report include:

- 1) **Demographic Characteristics:** This section includes an overview of the 2021 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 2021. 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 2021 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 (Infectious) Diseases,
  - c) Injury Indicators,
  - d) Behavioral Health Indicators,
  - e) Alzheimer's Disease and Related Dementias, and
  - f) Maternal and Child Health Indicators.

# HEALTH STATUS OVERVIEW (2021): CENTRAL REGION

## DEMOGRAPHIC CHARACTERISTICS

**Population: 506,857**

(15.4% of San Diego County's population)

**Age Distribution:**

- 0-4 years old (5.2%)
- 5-14 years old (10.2%)
- 15-24 years old (14.7%)
- 25-44 years old (36.5%)
- 45-64 years old (21.6%)
- 65+ years old (11.8%)

**Median Household Income: \$73,726**

**Population Below 200% Federal Poverty Level (FPL): 35.1%**

**Population with Health Insurance: 89.7%**

**Population with Disability: 10.2%**

**Households Receiving Food Stamps/SNAP/CalFresh: 11.1%**

## MORTALITY MEASURES

**Overall Life Expectancy: 80.3 years**

**Top 5 Leading Causes of Death:**

- 1) Diseases of the Heart
- 2) Malignant Neoplasms (Cancers)
- 3) COVID-19
- 4) Accidents/Unintentional Injuries
- 5) Cerebrovascular Diseases (Strokes)

## LEADING HEALTH OUTCOMES

	Death Rate	Emergency Department (ED) Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	Overall Heart Disease 143.2 per 100,000	Overall Heart Disease 1,949.5 per 100,000	Overall Heart Disease 965.3 per 100,000
Communicable (Infectious) Diseases	Pneumonia 3.9 per 100,000	Urinary Tract Infection 667.6 per 100,000	Urinary Tract Infection 85.5 per 100,000
COVID-19	90.2 per 100,000	918.3 per 100,000	310.3 per 100,000
Injury Indicators	Poisoning 43.3 per 100,000	Falls 1,942.1 per 100,000	Falls 395.6 per 100,000
Behavioral Health Indicators	All Opioid Overdoses 32.3 per 100,000	Alcohol Related Disorders 353.4 per 100,000	Alcohol Related Disorders 66.7 per 100,000
Alzheimer's Disease and Related Dementias	62.9 per 100,000	25.5 per 100,000	18.2 per 100,000
Maternal and Child Health Indicators			
Total Live Births: 5,468	Preterm Births: 9.1% Low Weight Births: 7.5% Very Low Weight Births: 1.1% Teen Births: 0.5% Received Early Prenatal Care: 84.9%	Infant Mortality Rate (2020): 4.6 per 1,000 Total Live Births Fetal Mortality Rate: 5.3 per 1,000 Live Births and Fetal Deaths	

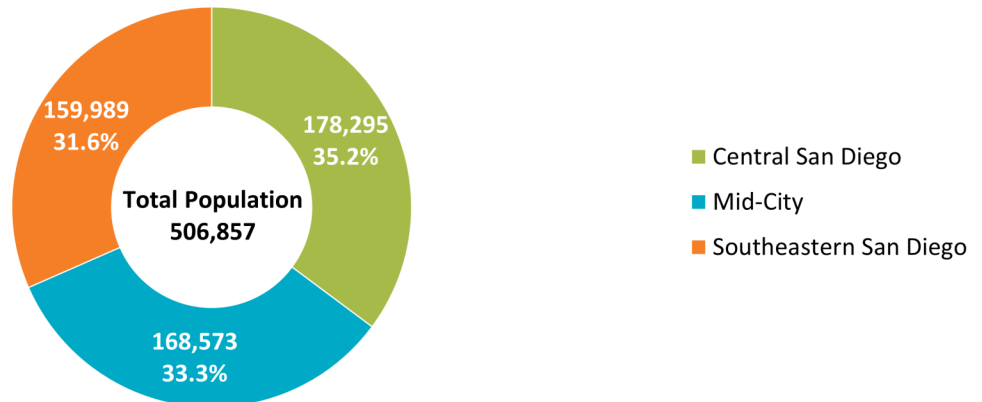


# DEMOGRAPHIC CHARACTERISTICS

## POPULATION CHARACTERISTICS

In 2021, Central Region was home to an estimated 506,857 residents, representing 15.4% of San Diego County's population (3,296,317). Among Central Region subregional areas (SRAs), over a third of residents resided in Central San Diego (35.2%).

Central Region Population Distribution\* by Subregional Area (SRA), San Diego County, 2021



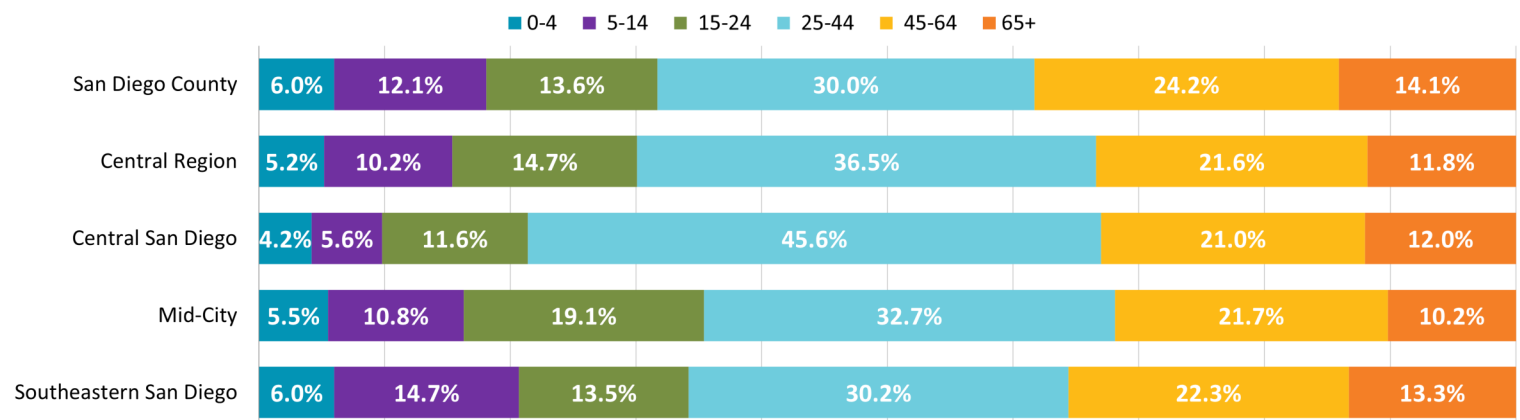
\*Please note that percentages may not add up to 100% due to rounding.

Source: U.S. Census Bureau; 2017-2021 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, September 2023.

In 2021, adults aged 25-44 years old constituted the highest proportion of Central Region residents (36.5%), followed by residents aged 45-64 years old (21.6%). Among Central Region SRAs, Central San Diego had the highest proportion of residents aged 25-44 years old (45.6%), followed by Mid-City (32.7%) in 2021. In Central Region, Southeastern San Diego SRA had the highest proportion of older adult residents 65 years and older (13.3%) in 2021.

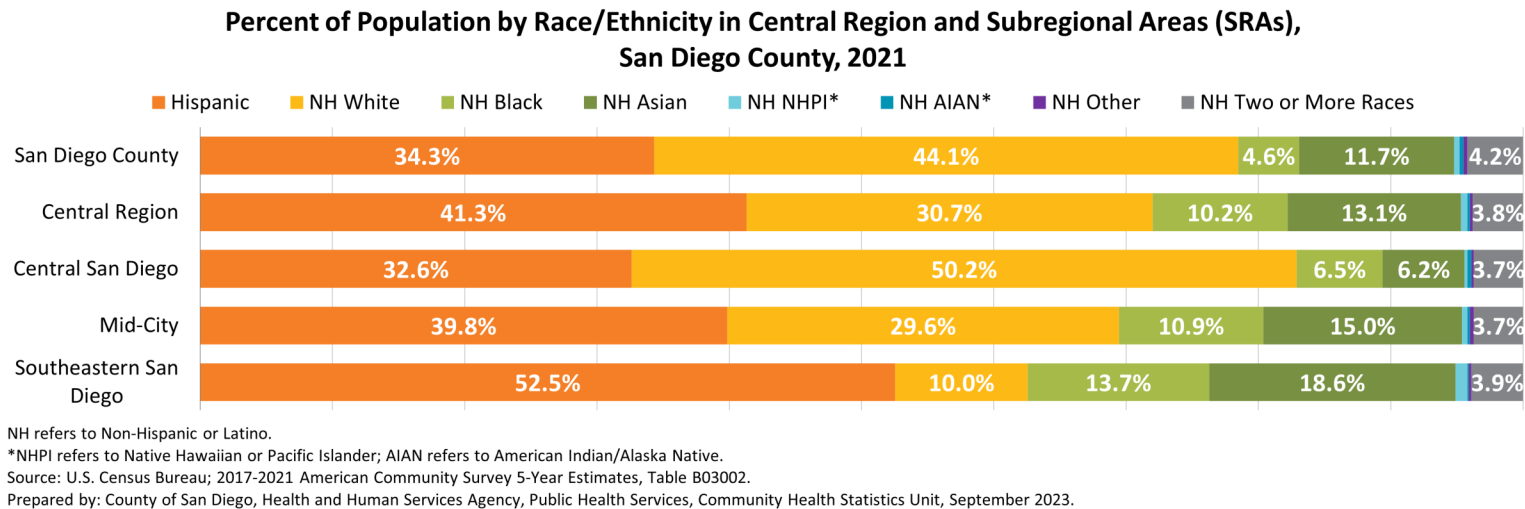
Percent of Population by Age Group in Central Region and Subregional Areas (SRAs), San Diego County, 2021



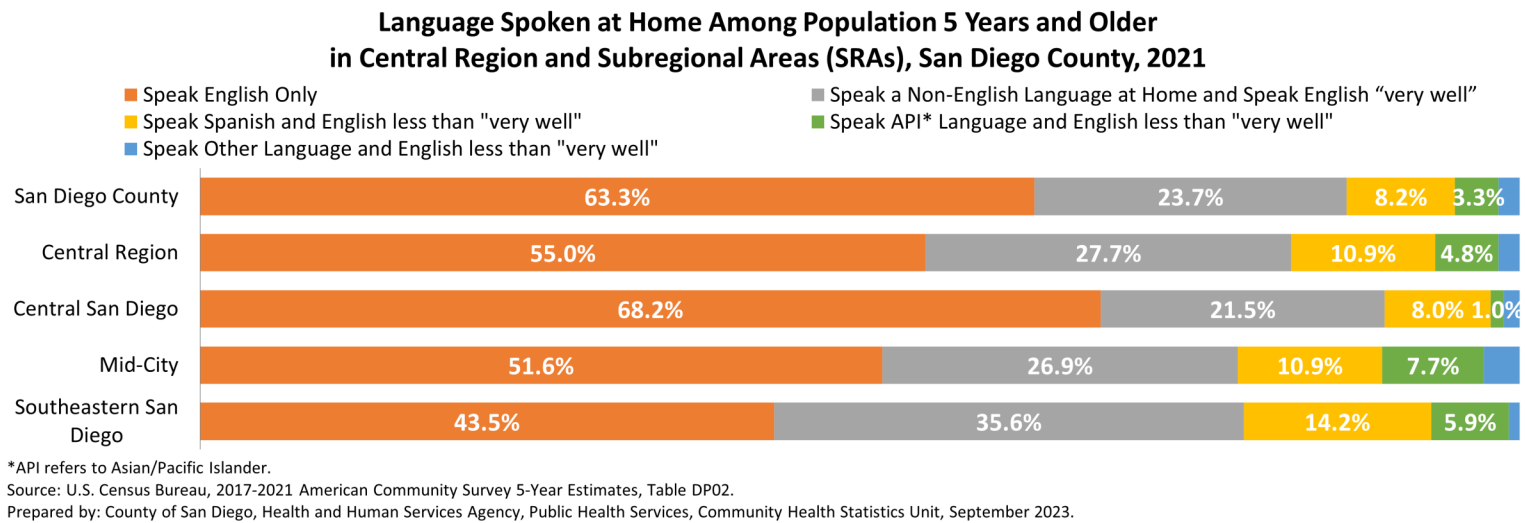
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B01001.

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

In 2021, residents in Central Region were primarily Hispanic (41.3%), followed by White (30.7%), Asian (13.1%), Black (10.2%), Native Hawaiian or Pacific Islander (0.5%), American Indian/Alaska Native (0.2%), and Other (0.2%). Among Central Region SRAs, Central San Diego had the highest proportions of White (50.2%) and American Indian/Alaska Native (0.3%) residents than all other Central Region SRAs in 2021. Compared to all other Central Region SRAs, Southeastern San Diego had the highest proportions of Hispanic (52.5%), Asian (18.6%), Black (13.7%), and Native Hawaiian or Pacific Islander (0.9%) residents in 2021.

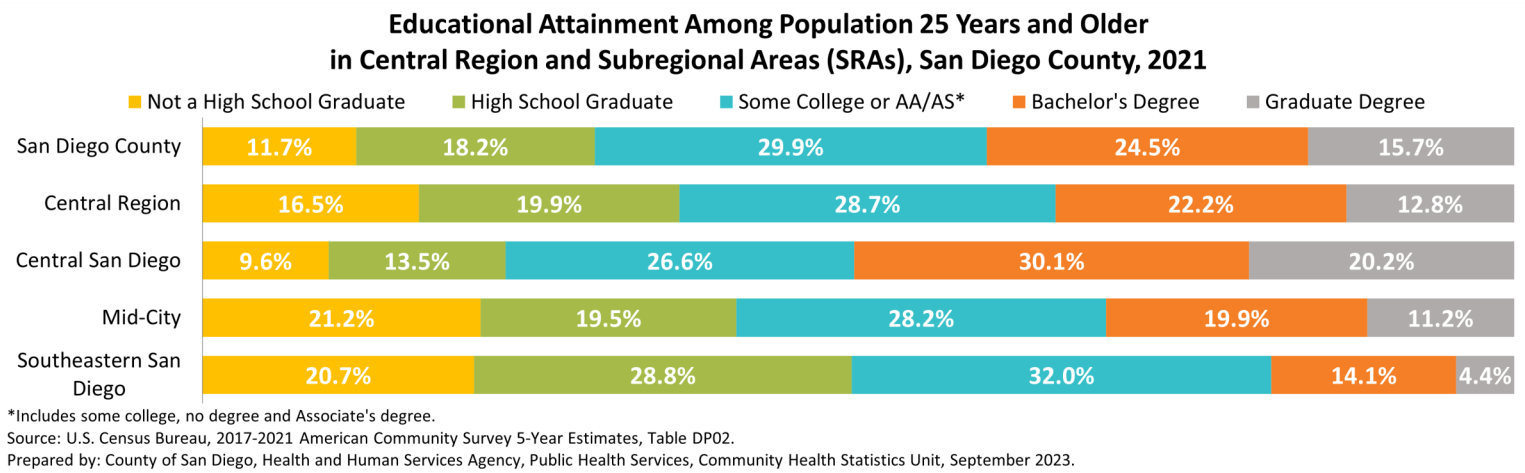


In 2021, over half of the population aged 5 years and older (55.0%) in Central Region, spoke only English at home. Over 1 out of every 4 residents (27.7%), aged 5 years and older, in Central Region spoke English “very well” and another language at home in 2021. Among Central Region SRAs, Central San Diego had the highest proportion of residents speaking only English at home (68.2%), while Southeastern San Diego had the lowest proportion (43.5%).

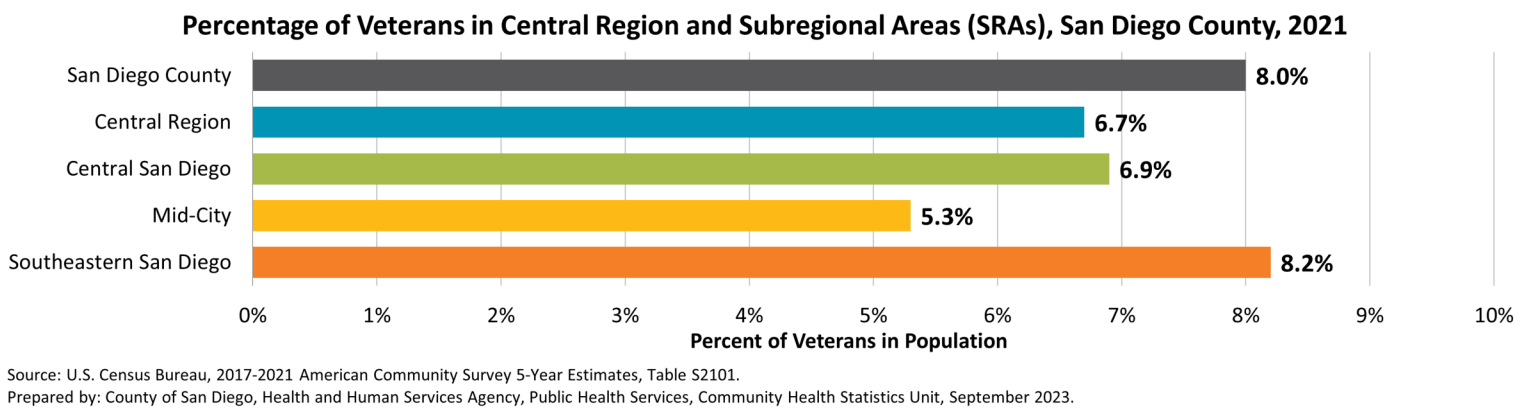




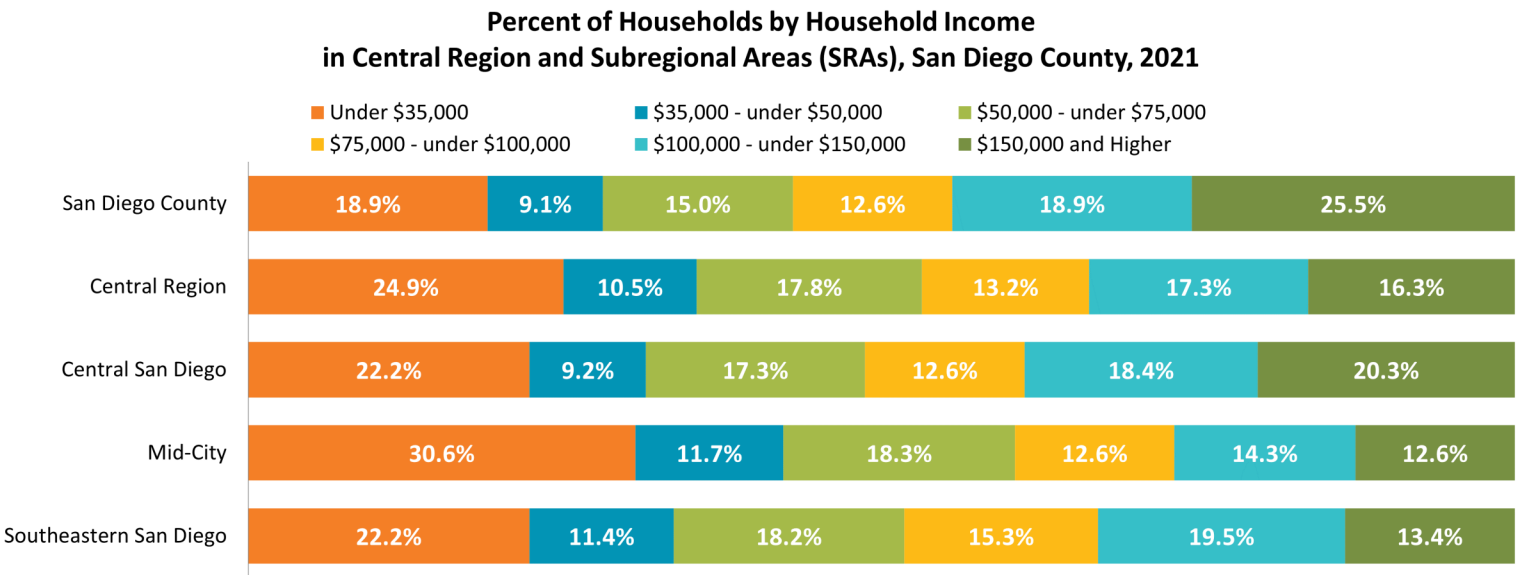
Educational attainment refers to the highest level of education completed in terms of the highest degree, or the highest level of schooling, completed for the population 25 years and older. In 2021, over 8 out of every 10 adults (83.6%), aged 25 years and older, had at least a high school diploma or General Educational Diploma (GED), while over 1 out of every 3 adults (35.0%) held a bachelor's or graduate degree in Central Region. Among Central Region SRAs, Mid-City had the highest proportion of adults 25 years and older without a high school diploma (21.2%), followed by Southeastern San Diego (20.7%) in 2021.



Veterans are civilians who have served officially or non-officially domestically or at war, for any amount of time, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who served in the National Guard or Reserves are classified as veterans only if they were ever called or ordered to active duty, not counting the 4-6 months for initial training or yearly summer camps. In 2021, 6.7% of residents in Central Region were veterans. Among Central Region SRAs, Southeastern San Diego had the highest proportion of veterans (8.2%), followed by Central San Diego (6.9%).

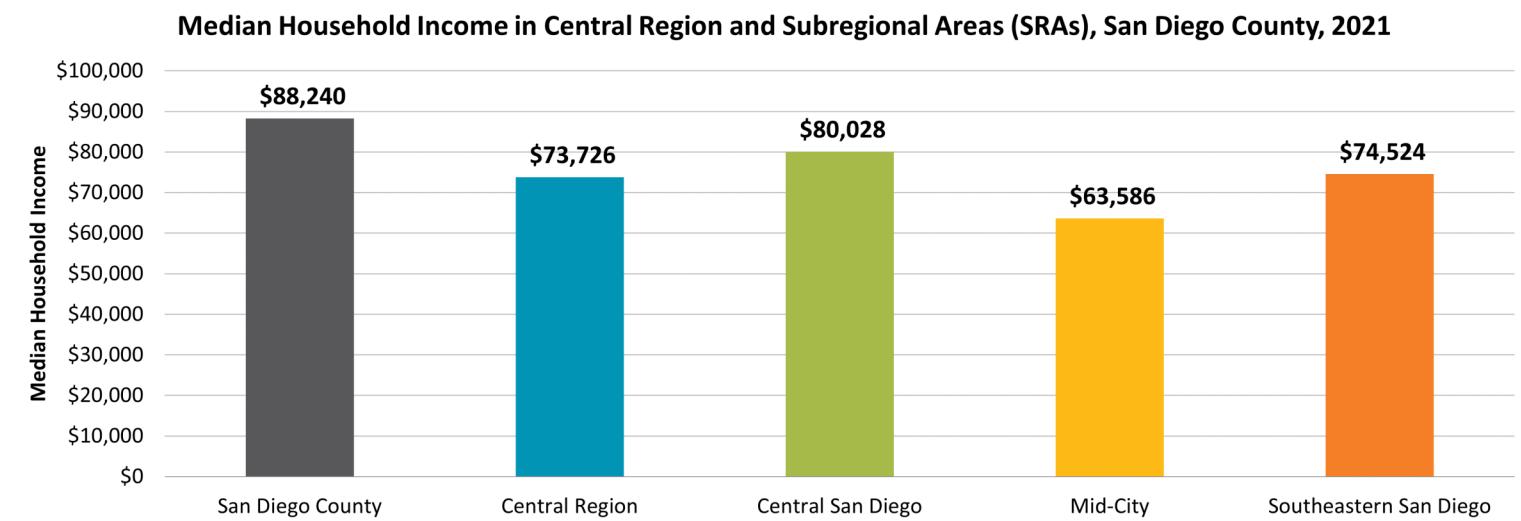


Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. Nearly 1 out of every 4 households (24.9%) in Central Region had an annual income of less than \$35,000. Among Central Region SRAs, Mid-City had the highest proportion of households with an annual income of less than \$35,000 (30.6%) in 2021.



Source: U.S. Census Bureau, 2017-2021 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, September 2023.

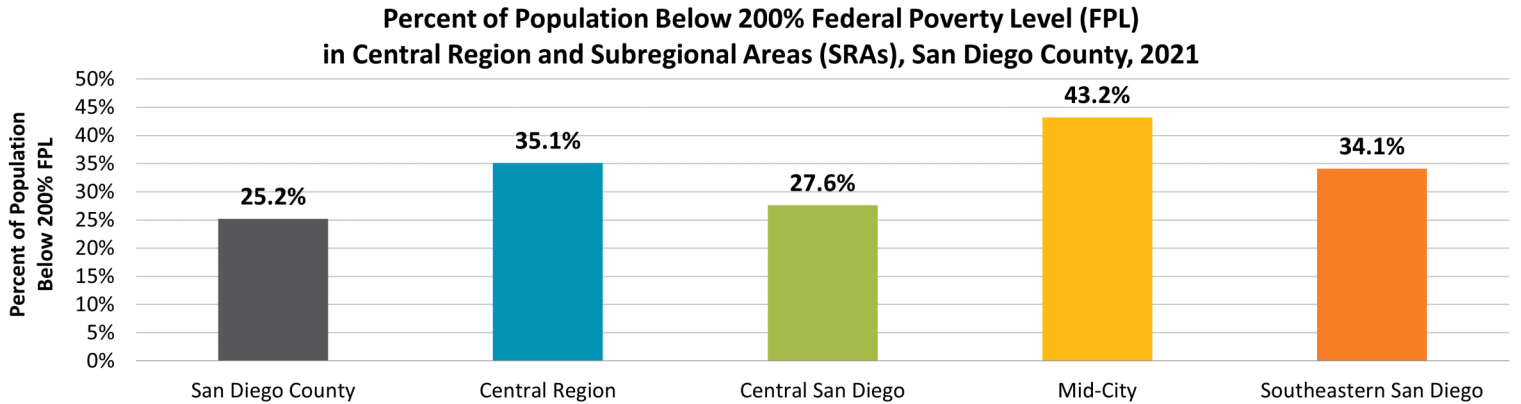
The median household income in Central Region was \$73,726 in 2021. Among Central Region SRAs, Mid-City had the lowest median household income (\$63,586), while Central San Diego had the highest median household income (\$80,028).



Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table DP03, DP04.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

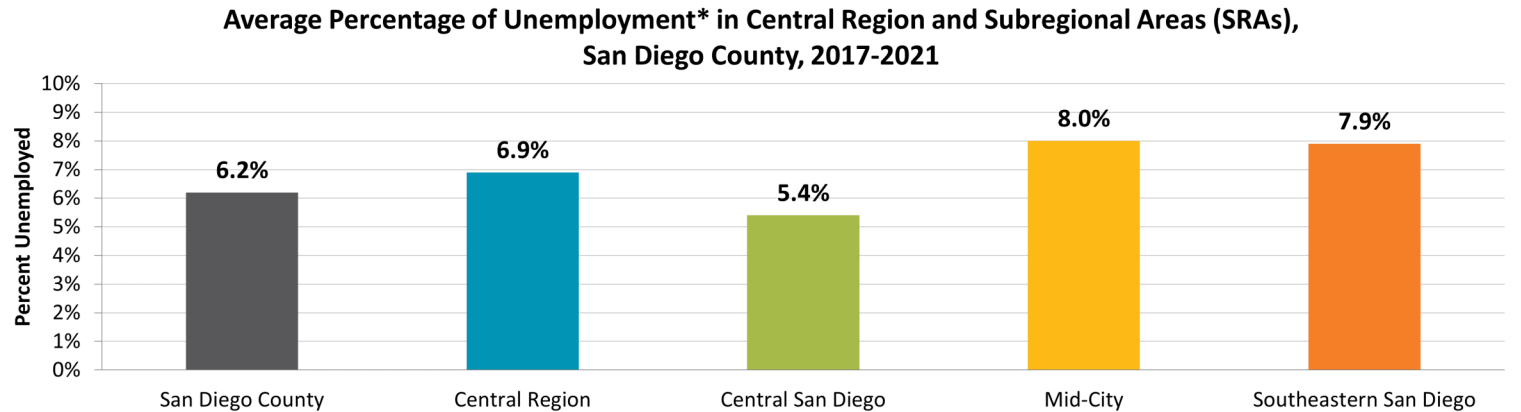


Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In Central Region, over 1 out of every 3 residents (35.1%) lived below 200% FPL in 2021, which was higher than the proportion of residents living below 200% FPL in San Diego County (25.2%). Among Central Region SRAs, Mid-City had the highest proportion of residents (43.2%) living below 200% FPL, followed by Southeastern San Diego (34.1%). Among Health and Human Services Agency (HHSA) Regions, Central Region had the highest proportion of residents living below 200% FPL (35.1%) in 2021.



Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B17024.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

The average 5-year percentage of unemployment 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 2017-2021, the 5-year average unemployment rate in Central Region was 6.9%. Among Central Region SRAs, Mid-City had the highest 5-year average unemployment rate (8.0%), while Central San Diego had the lowest 5-year average unemployment rate (5.4%) between 2017-2021.

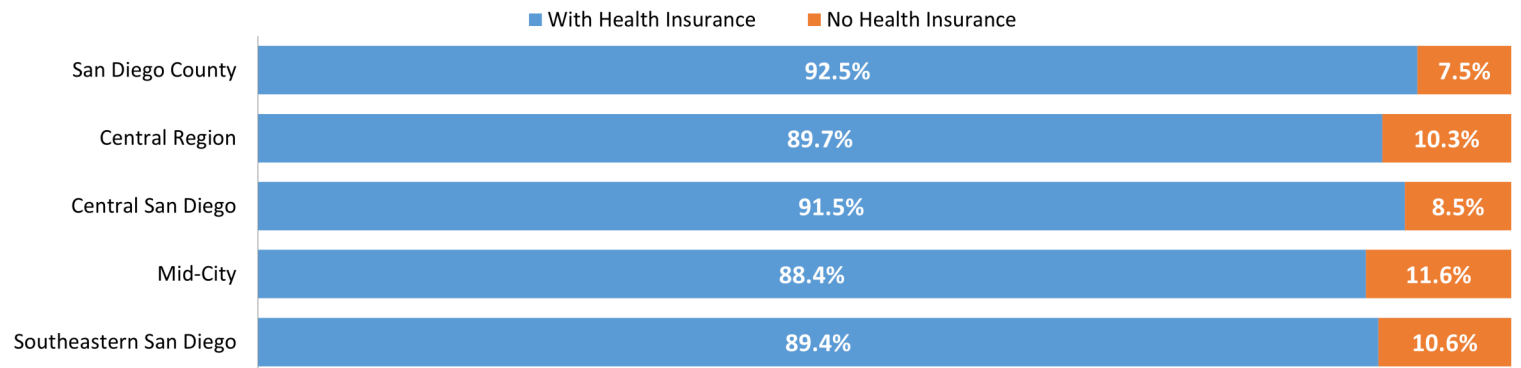


\*Percent unemployed was derived from the number of unemployed persons out of the 16 year and older eligible labor force. Eligible labor force includes employed civilians, unemployed and persons in the armed forces.  
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP03.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

## INSURANCE, ACCESS, AND UTILIZATION

In 2021, 89.7% of residents in Central Region were insured through private or public programs, while 10.3% 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 (11.6%), followed by Southeastern San Diego (10.6%). Among Health and Human Services Agency (HHSA) regions, Central Region had the highest proportion of uninsured residents (10.3%) in 2021.

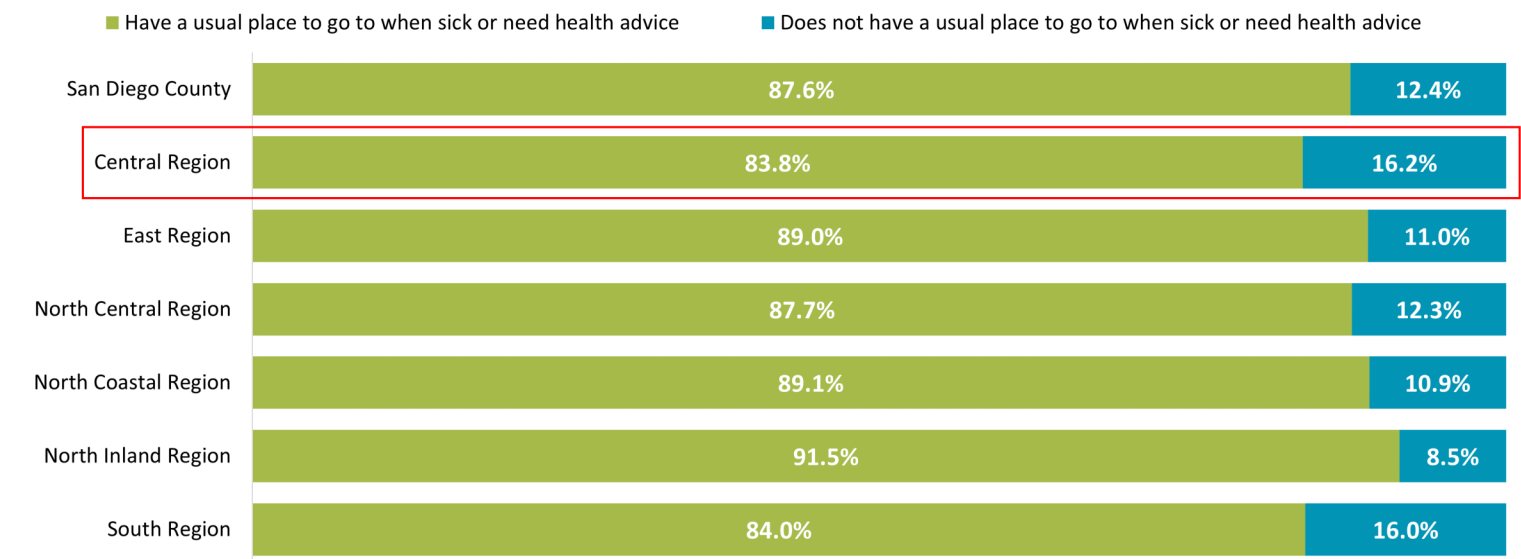
Health Insurance Status in Central Region and Subregional Areas (SRAs),  
San Diego County, 2021



Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B27001.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, over 8 out of every 10 residents (83.8%) in Central Region reported having a usual place to go when sick or needing health advice. However, Central Region residents were more likely to not have a usual place to go when sick or needing health advice (16.2%) than any other HHSA Region.

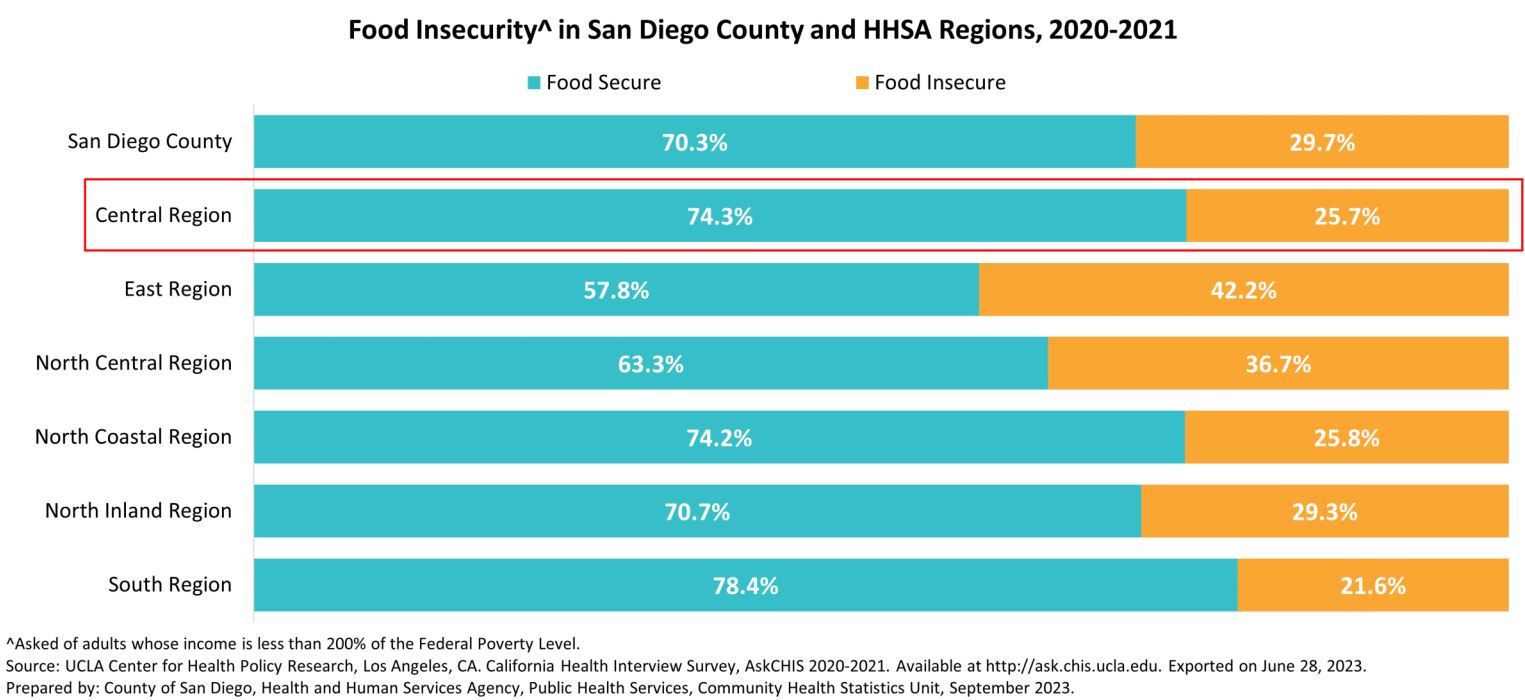
Percent of Residents with Usual Source of Care in San Diego County and HHSA Regions, 2021



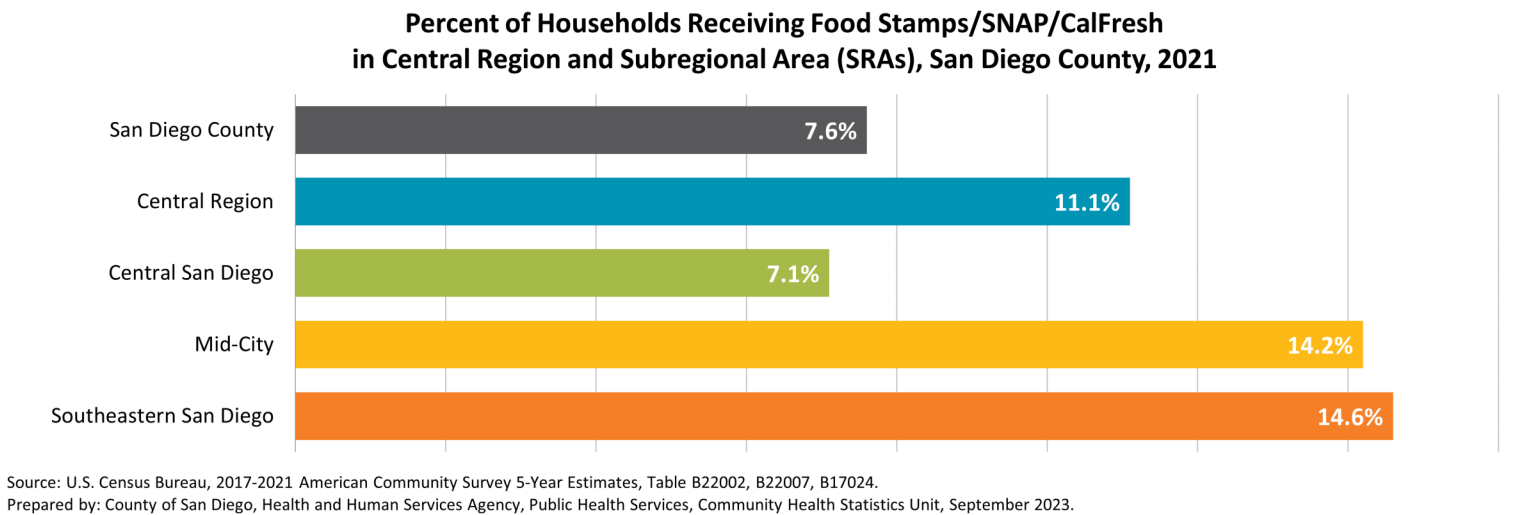
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2021. Available at <http://ask.chis.ucla.edu>. Exported on June 22, 2023.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.



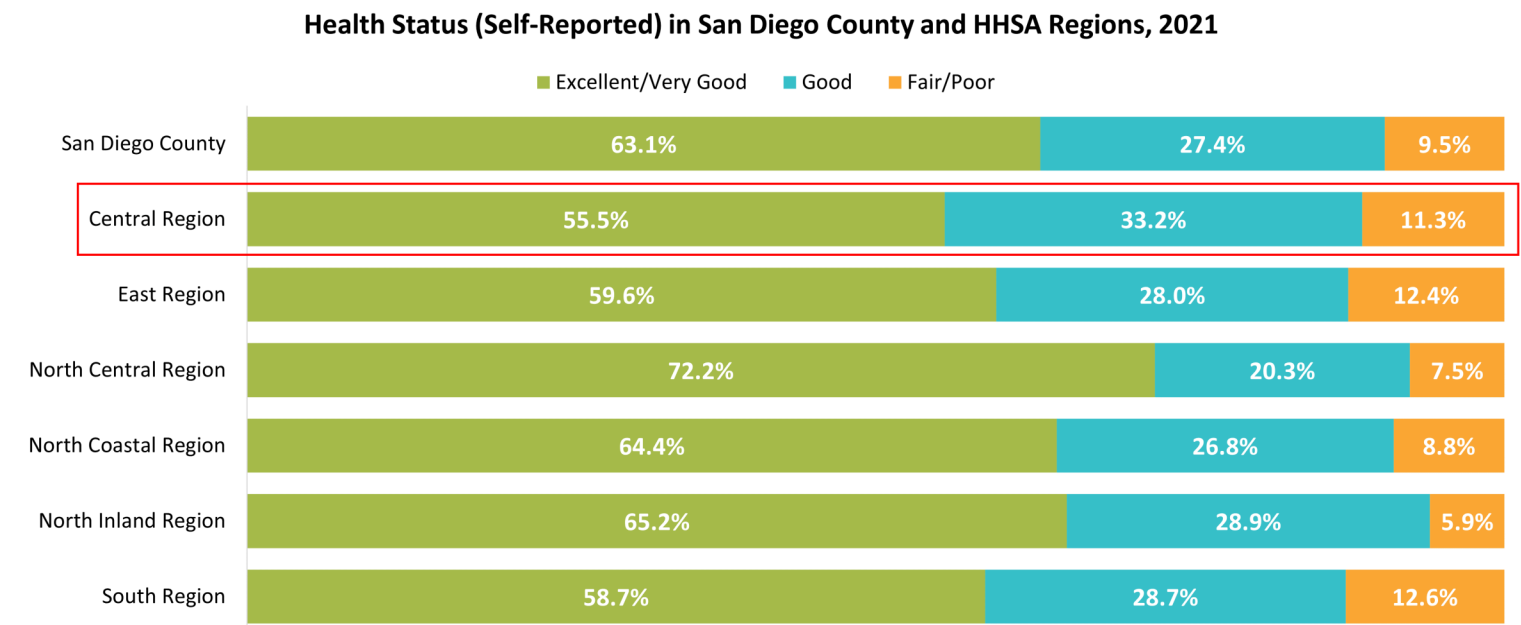
Among HHSA Regions, Central Region had the second lowest proportion of adults, with income less than 200% of the Federal Poverty Level (FPL), reporting food insecurity (25.7%) between 2020-2021. In Central Region, 1 out of every 4 adults (25.7%), with income less than 200% FPL, reported an inability to afford enough food.



Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, is a federally-funded program aimed to increase the potential of a nutritious diet in low-income households. In 2021, 11.1% of all households in Central Region reported receipt of SNAP. Among Central Region SRAs, Southeastern San Diego had the highest proportion of households who reported receipt of SNAP (14.6%), followed by Mid-City (14.2%).



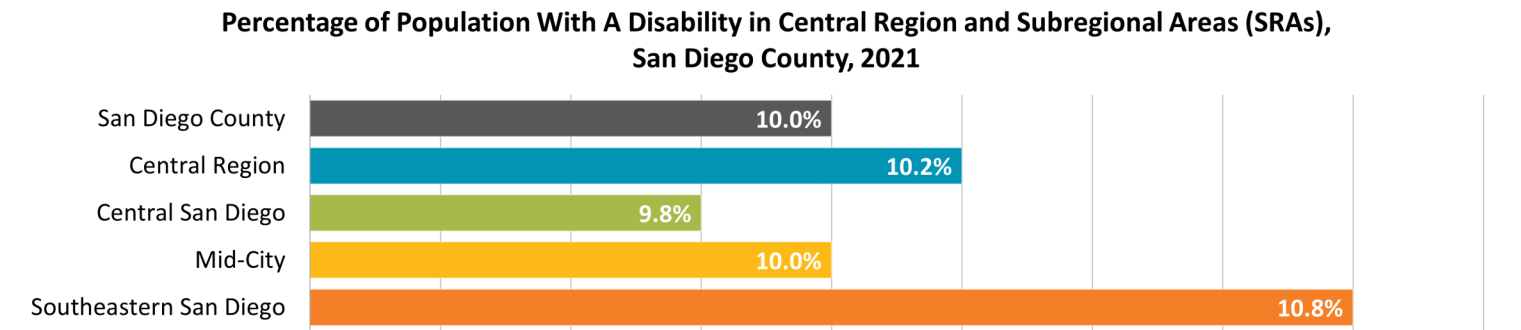
Among HHSA Regions, Central Region had the lowest proportion of residents (55.5%) reporting excellent or very good health in 2021. However, 1 out of every 3 residents (33.2%) in Central Region reported good health, which was the higher compared to all other HHSA Regions in 2021.



Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2021. Available at <http://ask.chis.ucla.edu>. Exported on June 22, 2023.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

## DISABILITY STATUS

Disability is a dynamic concept that changes over time as one’s health improves or declines, as technology advances, and as social structures adapt. 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 2021, 10.2% 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 (10.8%), followed by Mid-City (10.0%).

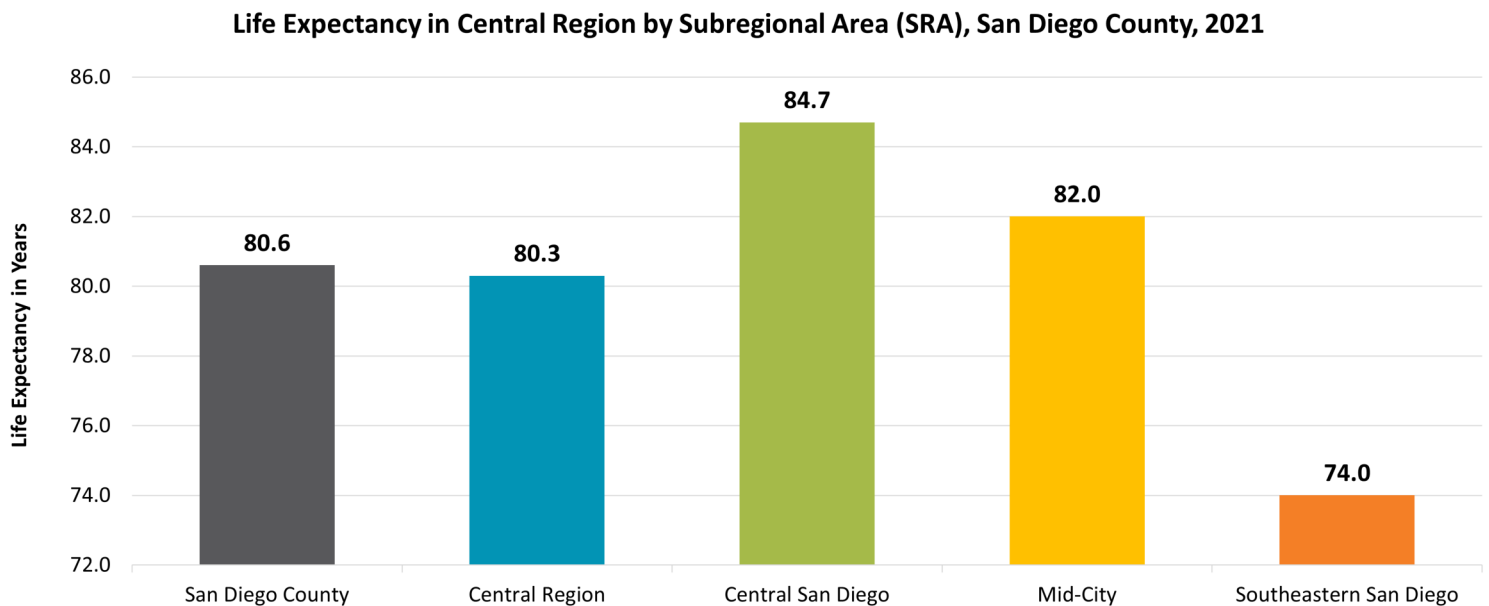


Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table S1810.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

# MORTALITY MEASURES

## LIFE EXPECTANCY

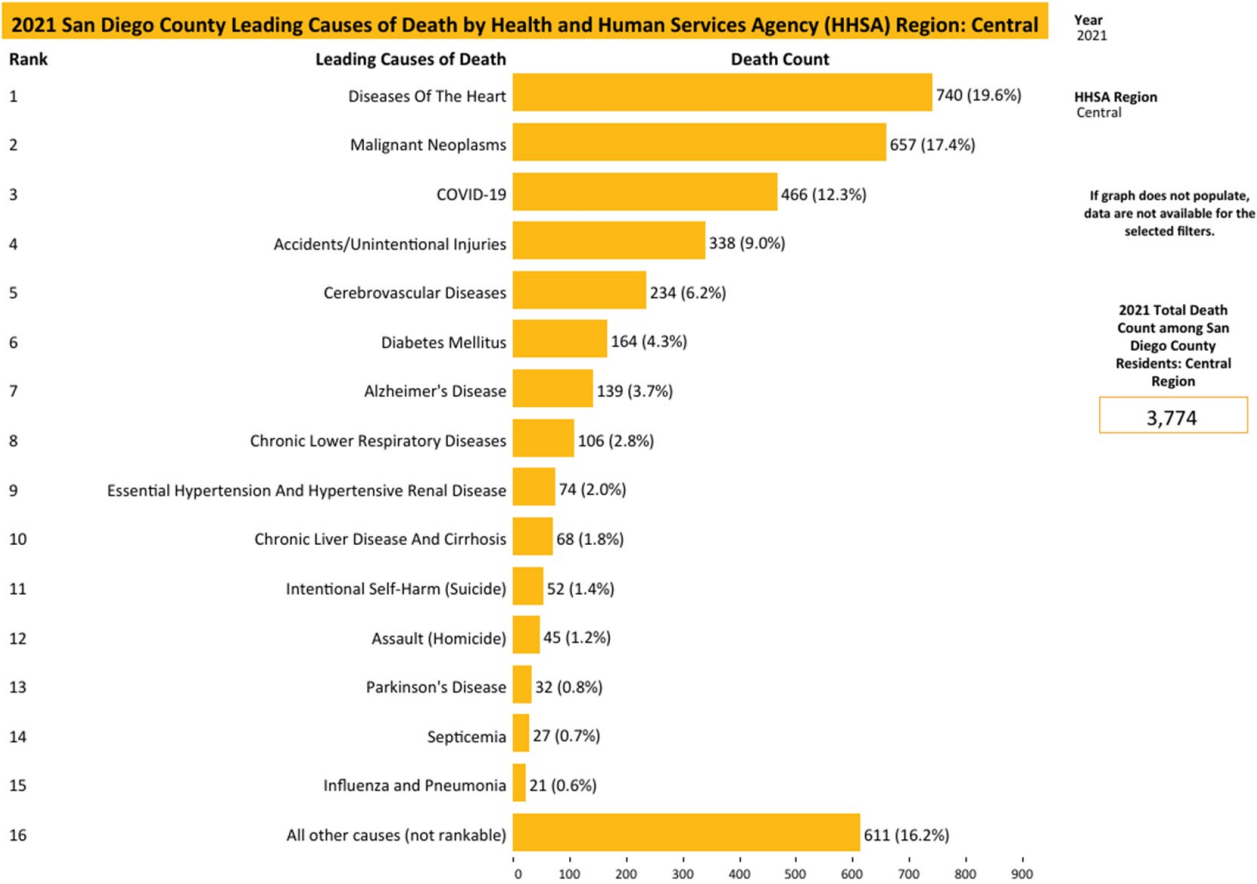
Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's Live Well San Diego vision for healthier, safer, and thriving communities. In 2021, a baby born in San Diego County had a life expectancy of 80.6 years, while a baby born in Central Region had a life expectancy of 80.3 years. All Central Region subregional areas (SRAs), except Southeastern San Diego, had higher life expectancies than Central Region and San Diego County in 2021.



Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

# 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 2021, diseases of the heart were the number one leading cause of death in Central Region, followed by malignant neoplasms (cancer). In Central Region, 3 out of the top 5 leading causes of death were non-communicable (chronic) diseases (heart disease, cancer, and stroke).



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 based on the San Diego County residents for their respective years.

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.

The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Leading Causes of Death.

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, January 2023.



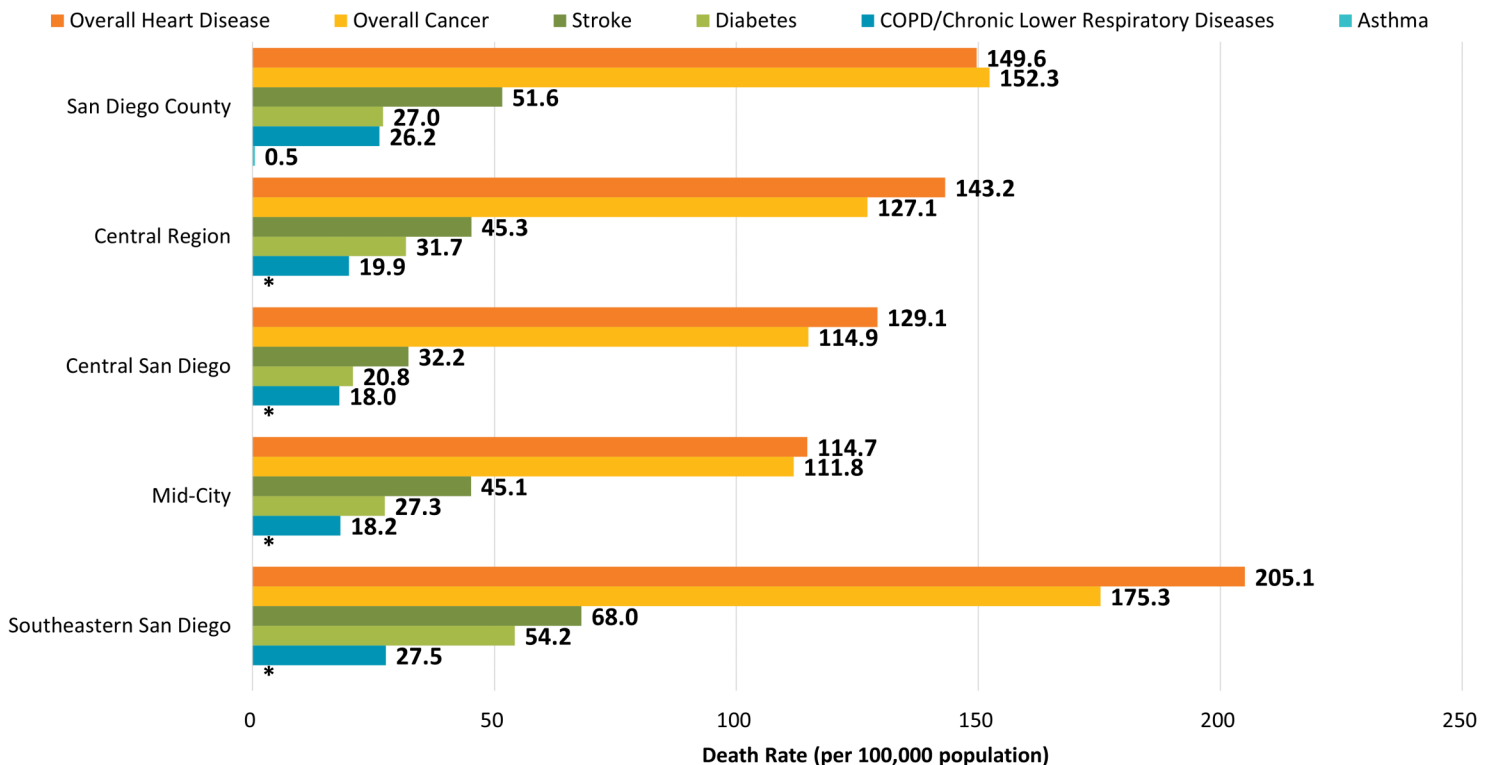


# HEALTH OUTCOMES

## NON-COMMUNICABLE (CHRONIC) DISEASES

In Central Region and its subregional areas (SRAs), the highest death rates among non-communicable (chronic) diseases were due to overall heart disease, followed by overall cancer in 2021. Among Central Region SRAs in 2021, Southeastern San Diego had the highest death rates from overall heart disease, overall cancer, stroke, diabetes, and chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases. In 2021, the death rate due to diabetes in Southeastern San Diego was two times higher than in San Diego County overall (54.2 per 100,000 versus 27.0 per 100,000). Among Health and Human Services Agency (HHSA) regions, Central Region had the lowest death rates due to overall cancer, stroke, and COPD/chronic lower respiratory diseases in 2021.

**Non-Communicable (Chronic) Disease Death Rates in Central Region  
by Subregional Area (SRA), San Diego County, 2021**

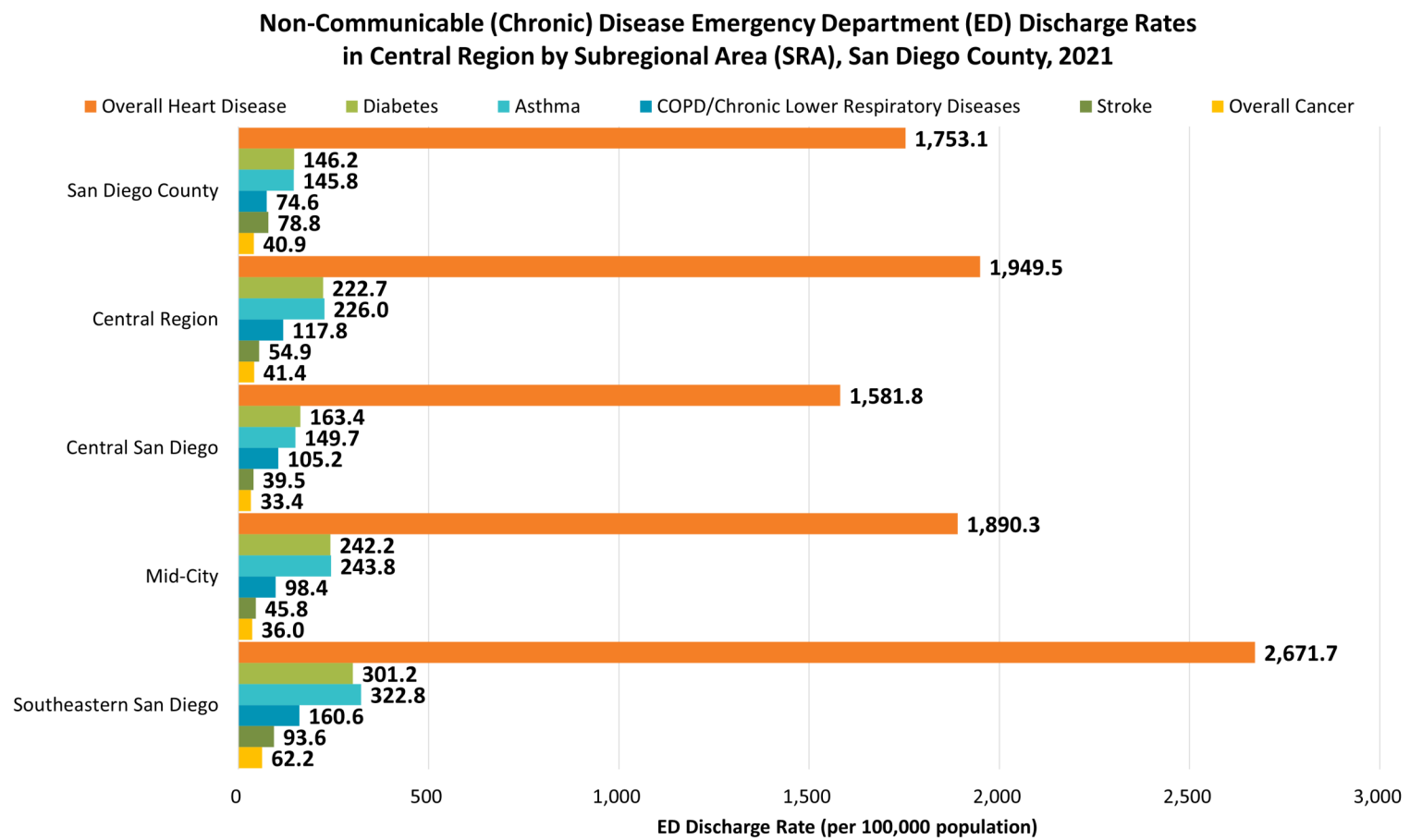


\*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

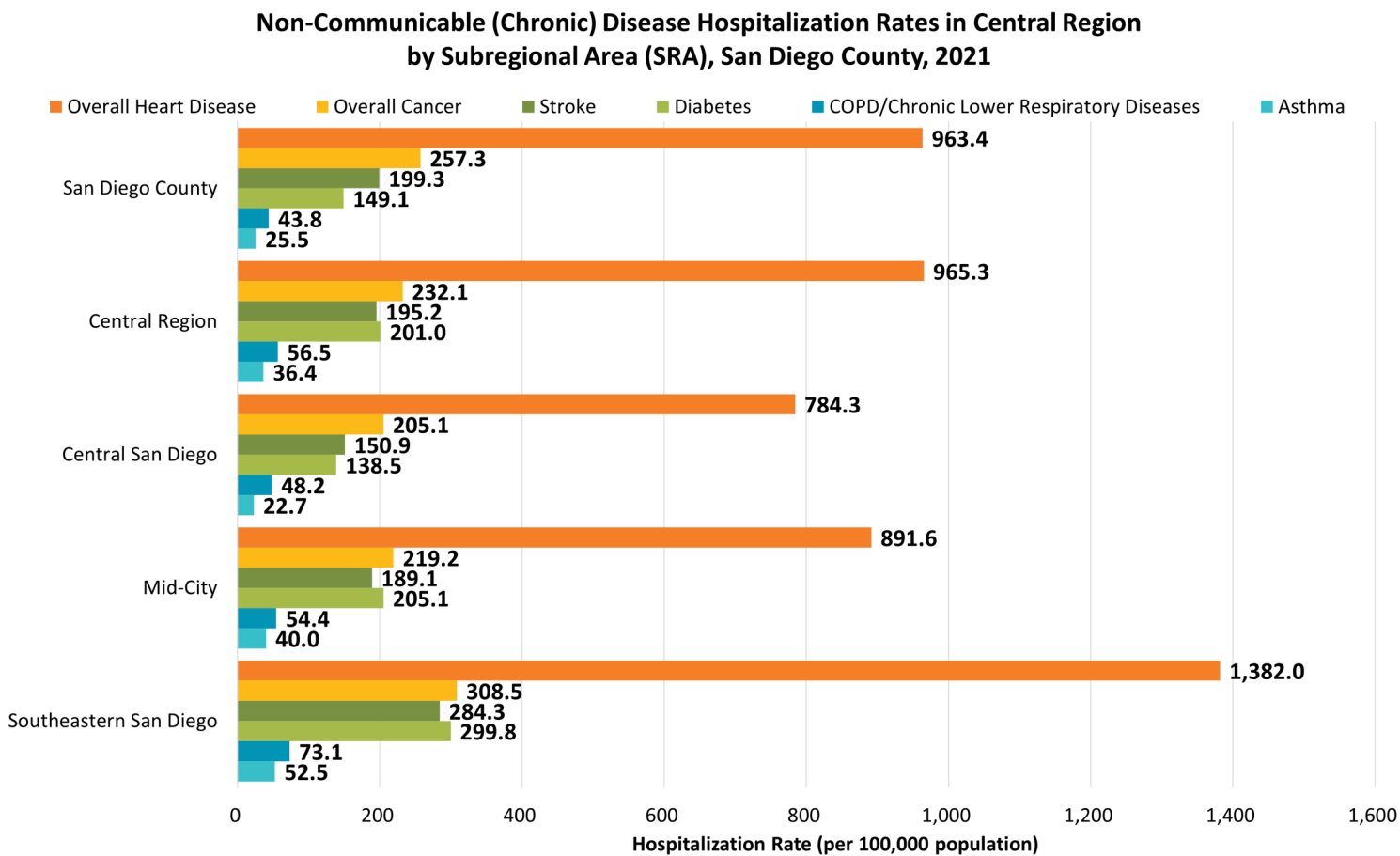
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among non-communicable (chronic) diseases in 2021, the highest emergency department (ED) discharge rates in Central Region, and its SRAs were due to overall heart disease. Among Central Region SRAs, Southeastern San Diego had the highest ED discharge rates from overall heart disease, diabetes, asthma, COPD/chronic lower respiratory diseases, stroke, and overall cancer. In 2021, the ED discharge rate due to stroke in Southeastern San Diego SRA was over two times higher than all other Central Region SRAs. In 2021, Central Region had the highest ED discharge rates due to asthma and diabetes compared to all other HHSA regions.



Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, the highest hospitalization rates among non-communicable (chronic) diseases were due to overall heart disease in Central Region and its SRAs. Among Central Region SRAs, in 2021, Southeastern San Diego had the highest ED discharge rates from overall heart disease, diabetes, asthma, COPD/chronic lower respiratory diseases, stroke, and overall cancer. In 2021, the hospitalization rates due to diabetes and asthma in Southeastern San Diego SRA were two times higher than in San Diego County overall.

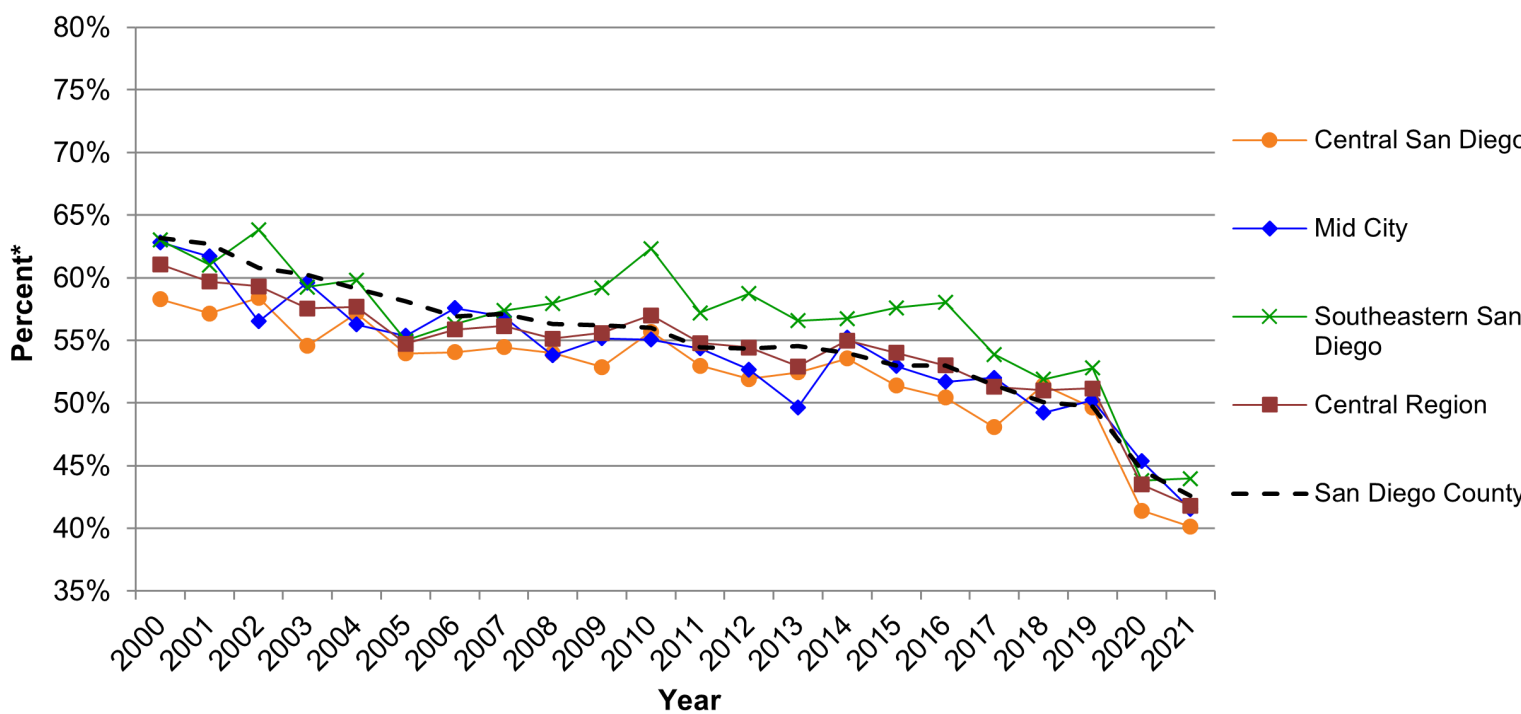


Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

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 result in 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 2021. In 2021, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 42% 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 2021.

3-4-50 Death† Percentages  
Among San Diego County Residents -  
Central Region, 2000-2021\*\*

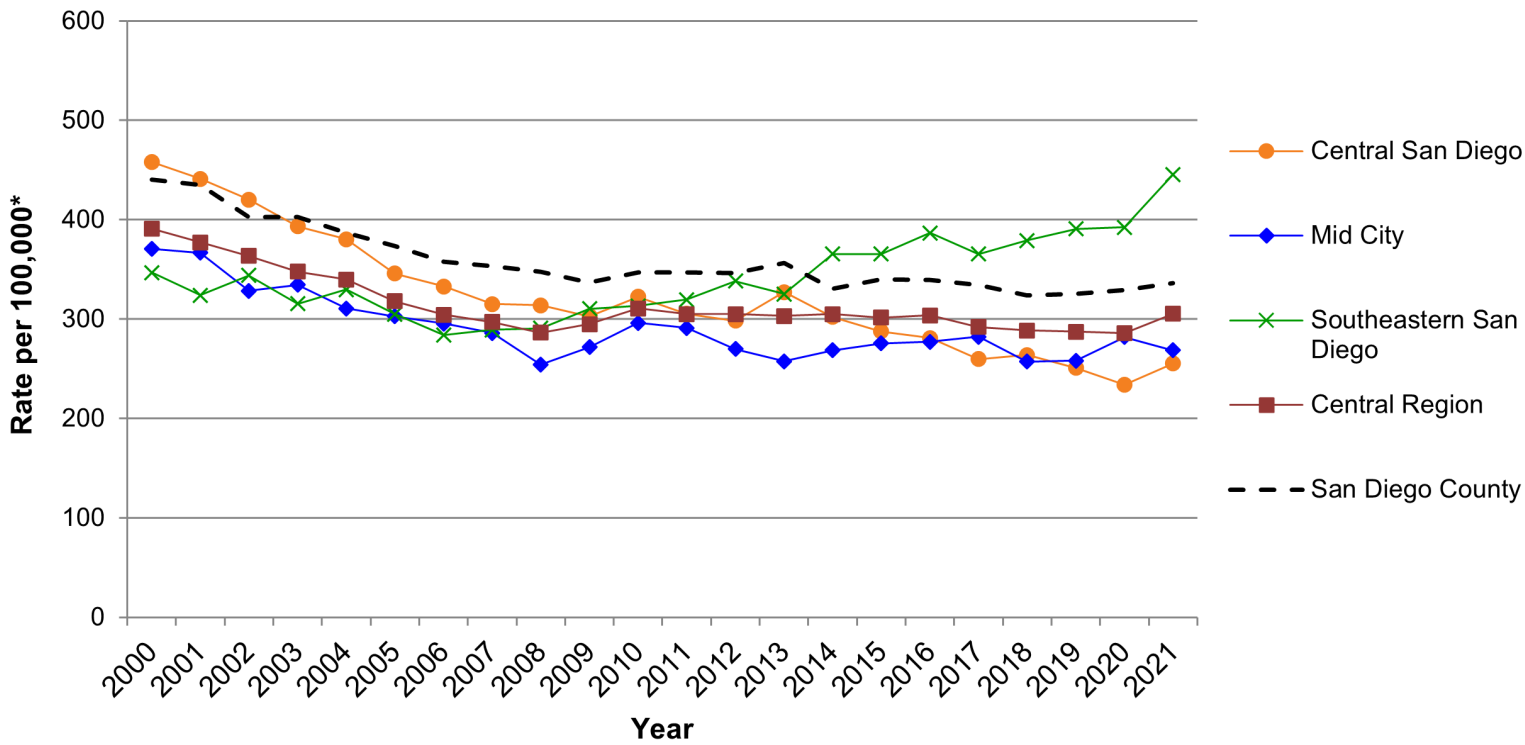


\*3-4-50 deaths as a percentage of all cause deaths.  
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).  
§Percents not calculated for fewer than 5 events for the years 2000 to 2019. Percents not calculated for fewer than 11 events for the years 2020 and 2021. Percents not calculated in cases where zip code is unknown.  
\*\*The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.  
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2021 California Vital Records Business Intelligence System (VRBIS). Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, April 2023.



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 2021. Southeastern San Diego SRA had the highest rate of death due to 3-4-50 chronic diseases in 2021 (increasing by 28.4% from 2000 to 2021), while Central San Diego had the lowest (decreasing by 44.3% from 2000 to 2021).

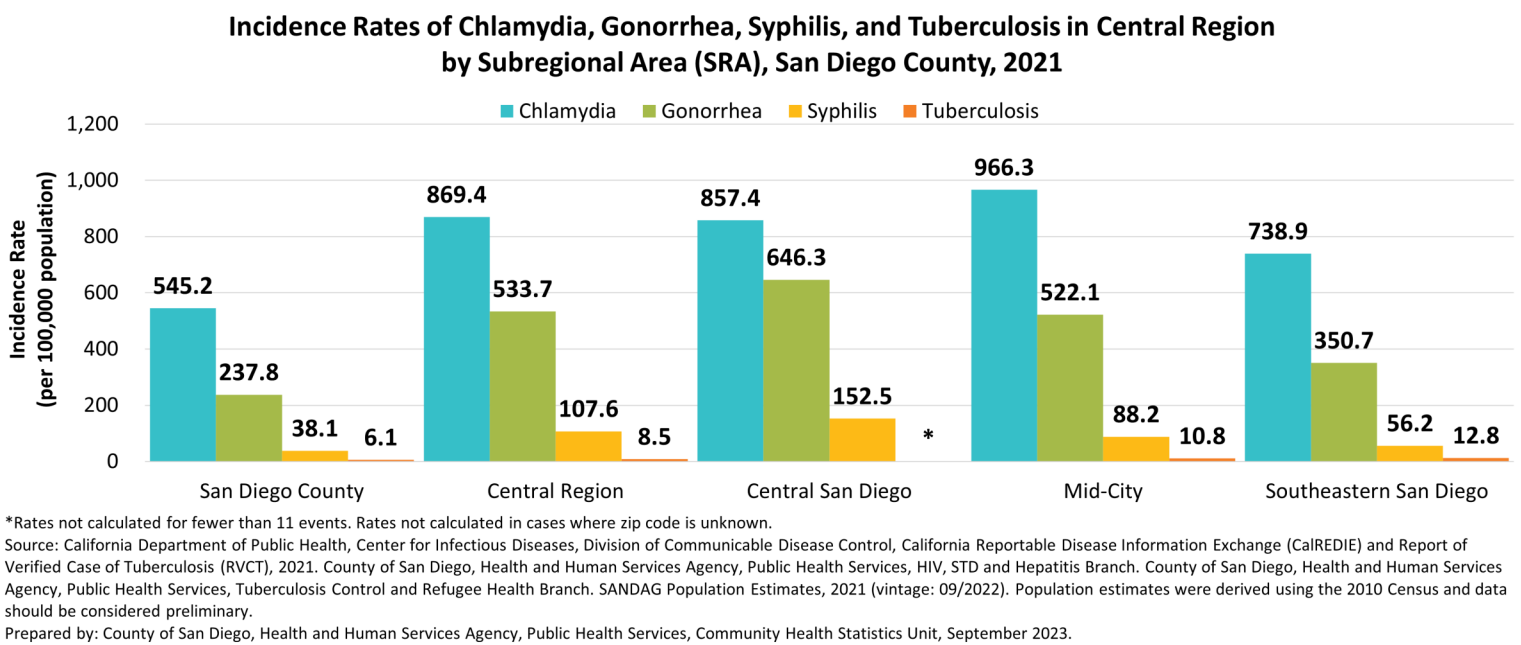
**3-4-50 Death† Rates  
Among San Diego County Residents -  
Central Region, 2000-2021\*\***



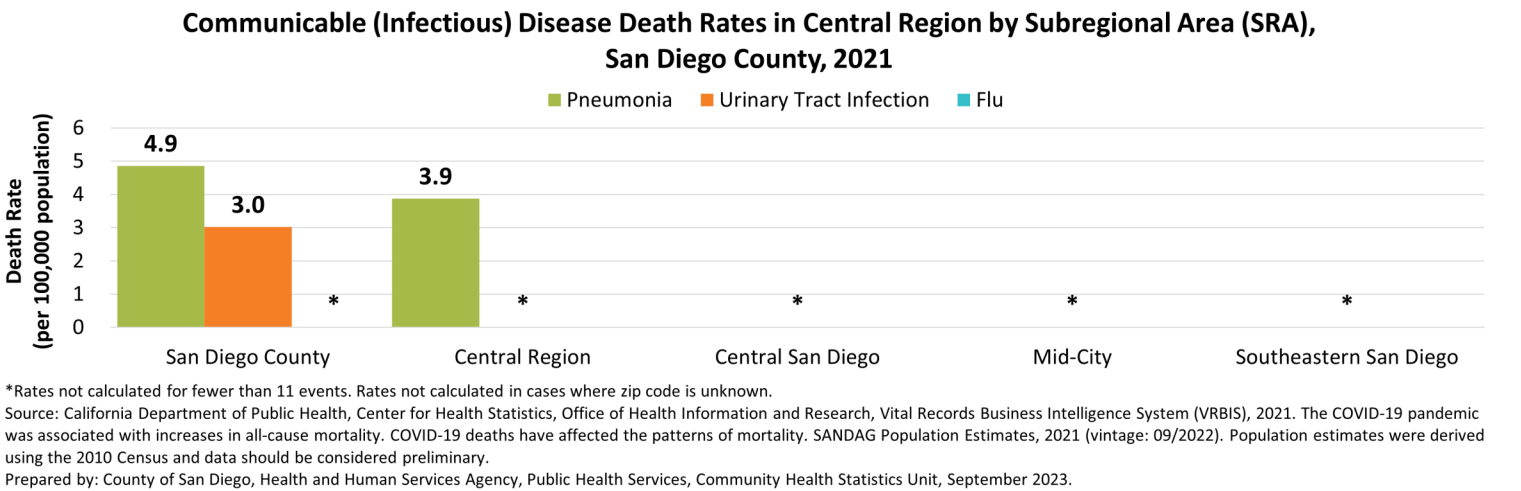
\*Rates per 100,000 population. Population estimates for 2020 and 2021 were derived using the 2010 Census and data should be considered preliminary.  
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).  
§Rates not calculated for fewer than 5 events for the years 2000 to 2019. Rates not calculated for fewer than 11 events for the years 2020 and 2021. Rates not calculated in cases where zip code is unknown.  
\*\*The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.  
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2021 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates.  
Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, April 2023.

## COMMUNICABLE (INFECTIOUS) DISEASES

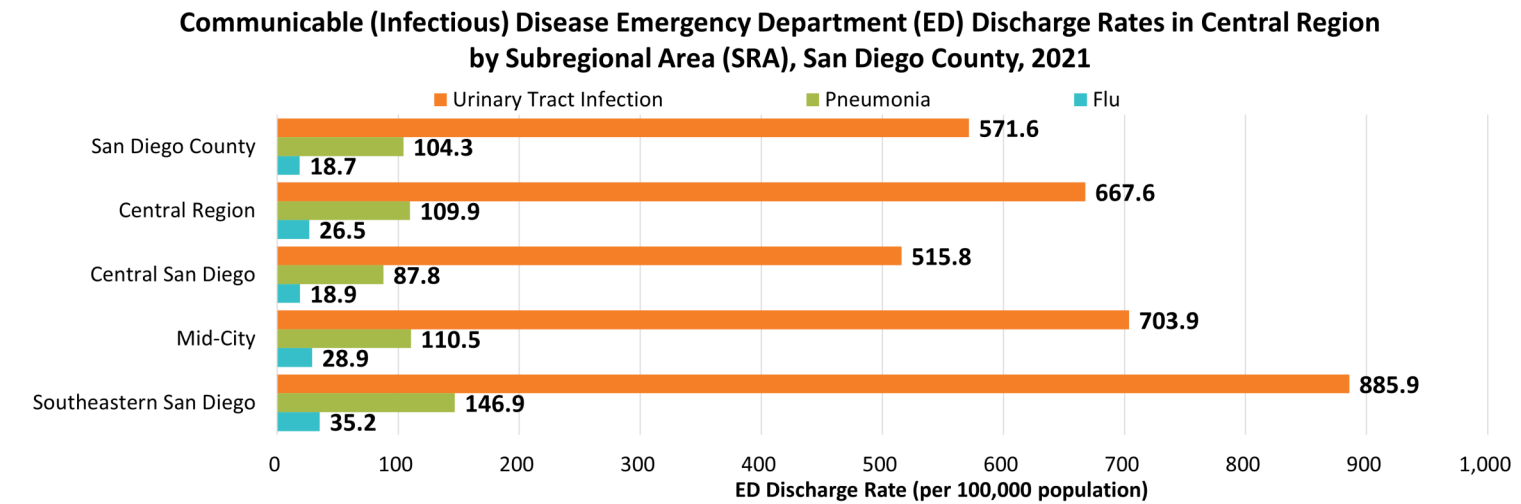
In 2021, the incidence rates of communicable (infectious) diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) in Central Region were higher than in San Diego County overall. In Central Region and its subregional areas (SRAs), the highest incidence rates among communicable (infectious) diseases were due to chlamydia in 2021. Among Central Region SRAs, Mid-City had the highest incidence rate of chlamydia (966.3 per 100,000), which was 1.8 times higher than San Diego County overall (545.2 per 100,000). In 2021, Central San Diego SRA had the highest incidence rates of gonorrhea (646.3 per 100,000) and syphilis (152.5 per 100,000), while Southeastern San Diego SRA had the highest incidence rate of tuberculosis (12.8 per 100,000).



In Central Region, the highest death rate among communicable (infectious) diseases was due to pneumonia in 2021.

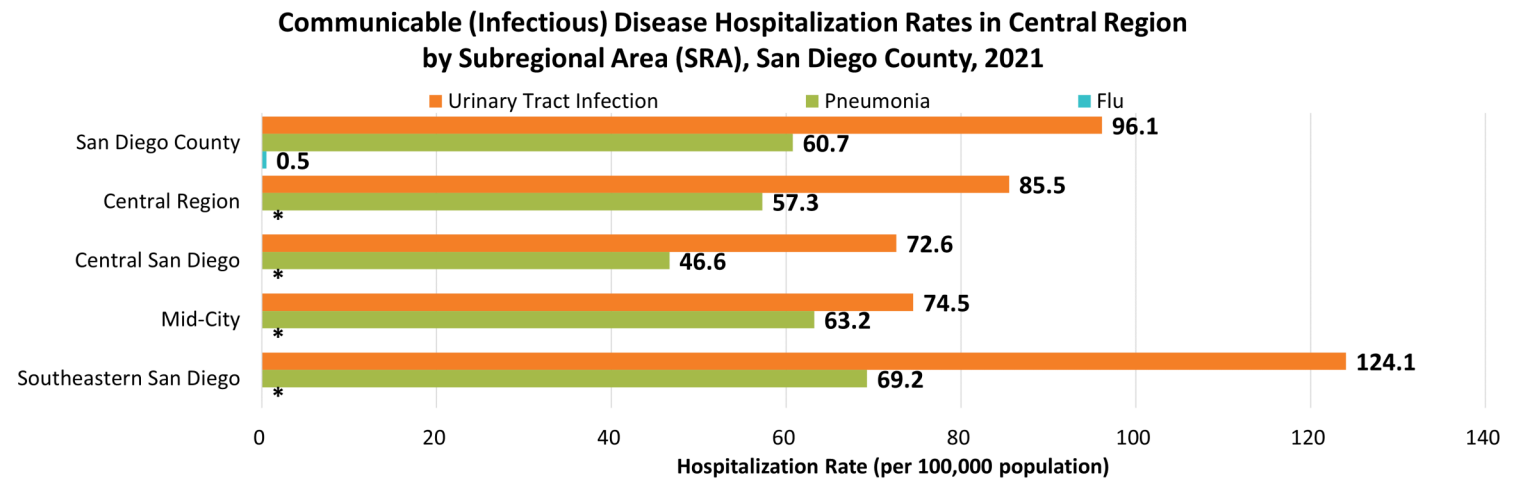


In 2021, the emergency department (ED) discharge rates of communicable (infectious) diseases (flu, urinary tract infection, and pneumonia) in Central Region and its SRAs, except Central San Diego, were higher than in San Diego County overall. Among communicable (infectious) diseases in Central Region and its SRAs, the highest ED discharge rate was due to urinary tract infection in 2021. Among Central Region SRAs, Southeastern San Diego had the highest ED discharge rates of communicable (infectious) diseases (flu, urinary tract infection, and pneumonia) in 2021.



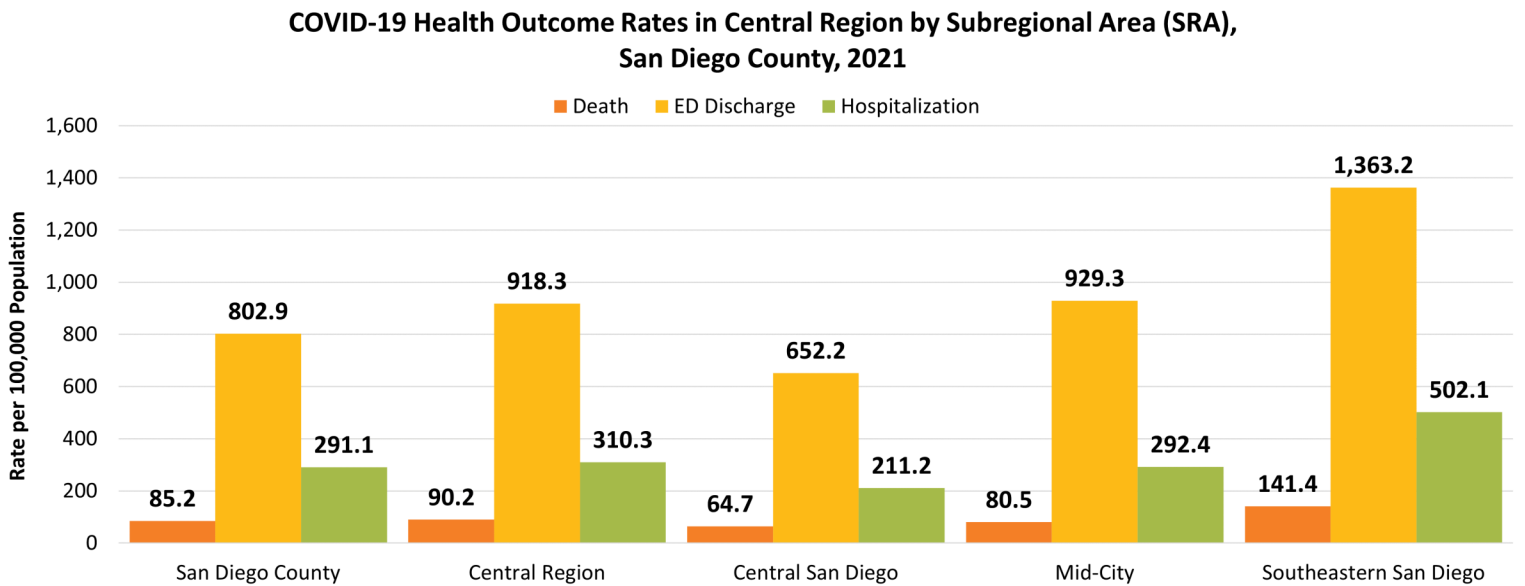
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among communicable (infectious) diseases in Central Region and its SRAs, the highest hospitalization rates were due to urinary tract infection in 2021. Among Central Region SRAs, Southeastern San Diego had the highest hospitalization rate due to urinary tract infection (124.1 per 100,000), which was also higher than the rates in Central Region (85.5 per 100,000) and San Diego County overall (96.1 per 100,000).



\*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.  
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, the death, ED discharge, and hospitalization rates due to COVID-19 in Central Region and its subregional areas (SRAs) were higher than in San Diego County overall. Among Central Region SRAs, Southeastern San Diego had the highest death rate due to COVID-19 (141.4 per 100,000), while Central San Diego had the lowest (64.7 per 100,000). Similarly, Southeastern San Diego SRA had the highest ED discharge rate due to COVID-19 (1,363.2 per 100,000), while Central San Diego SRA had the lowest (652.2 per 100,000). Moreover, Southeastern San Diego SRA had the highest hospitalization rate due to COVID-19 (502.1 per 100,000), while Central San Diego SRA had the lowest (211.2 per 100,000) in 2021.



Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

Most recent COVID-19 data are available from the Epidemiology and Immunization Services Branch (EISB) at:  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV/status/COVID19\\_Cases\\_Hospitalizations\\_Deaths\\_by\\_Demographics.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/status/COVID19_Cases_Hospitalizations_Deaths_by_Demographics.html).

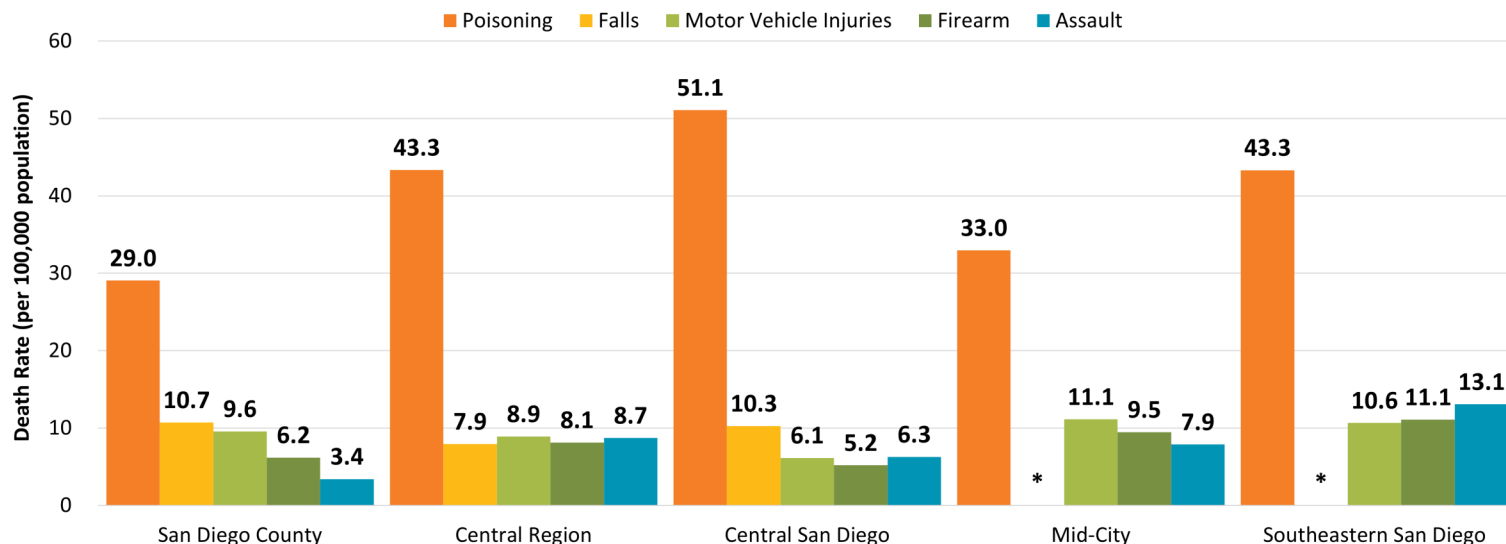
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

## INJURY INDICATORS

Among Health and Human Services Agency (HHS) regions, Central Region had the highest death rate due to assault (8.7 per 100,000) and poisoning (43.3 per 100,000) in 2021. In Central Region and its SRAs, the highest death rates among injury indicators were due to poisoning in 2021. Among Central Region SRAs, Central San Diego had the highest death rates due to falls (10.3 per 100,000) and poisoning (51.1 per 100,000). Moreover, Mid-City SRA had the highest death rate due to motor vehicle injuries in 2021. Among injury indicators in 2021, Southeastern San Diego SRA had a death rate nearly four times higher than San Diego County overall.



### Injury Death Rates in Central Region by Subregional Area (SRA), San Diego County, 2021



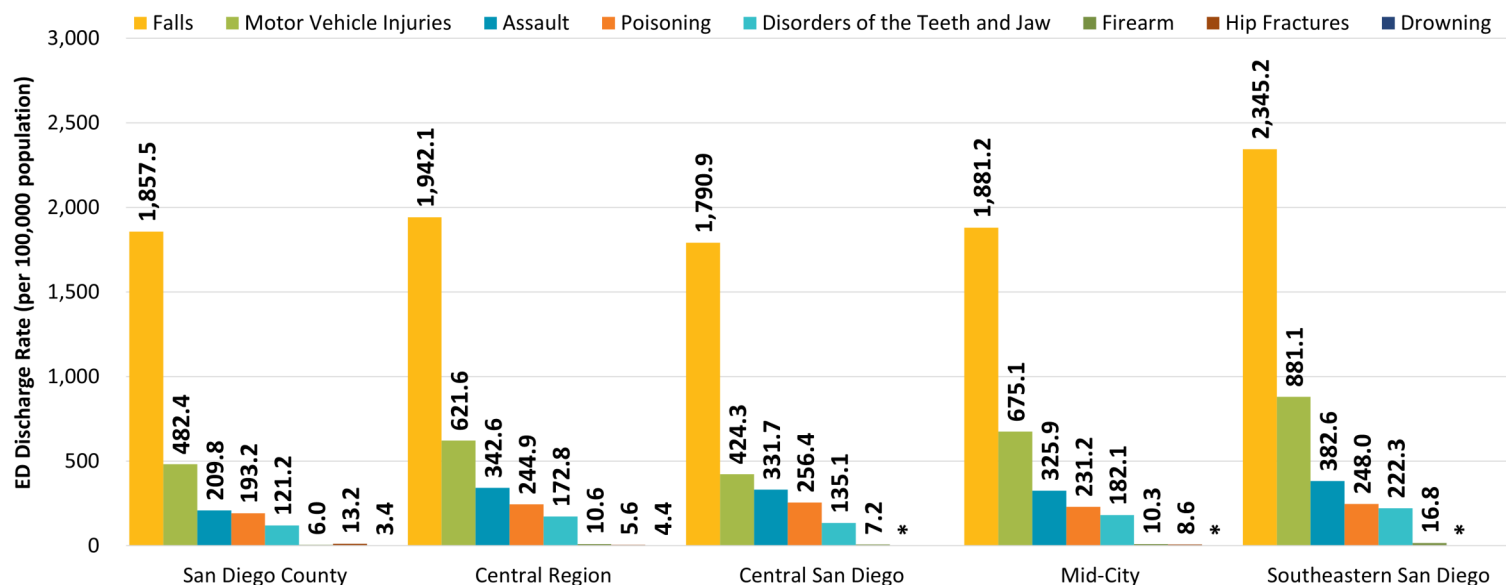
\*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

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

In 2021, the highest emergency department (ED) discharge rates among injury indicators were due to falls in Central Region and its SRAs. Among Central Region SRAs, Central San Diego had the highest ED discharge rate due to poisoning, while Mid-City had the highest ED discharge rate due to hip fractures. In 2021, Southeastern San Diego SRA had the highest ED discharge rate due to firearms compared to all other SRAs in San Diego County. Among HHSA regions, Central Region had the highest ED discharge rate due to assault, drowning, firearm, and poisoning in 2021.

### Injury Emergency Department (ED) Discharge Rates in Central Region by Subregional Area (SRA), San Diego County, 2021

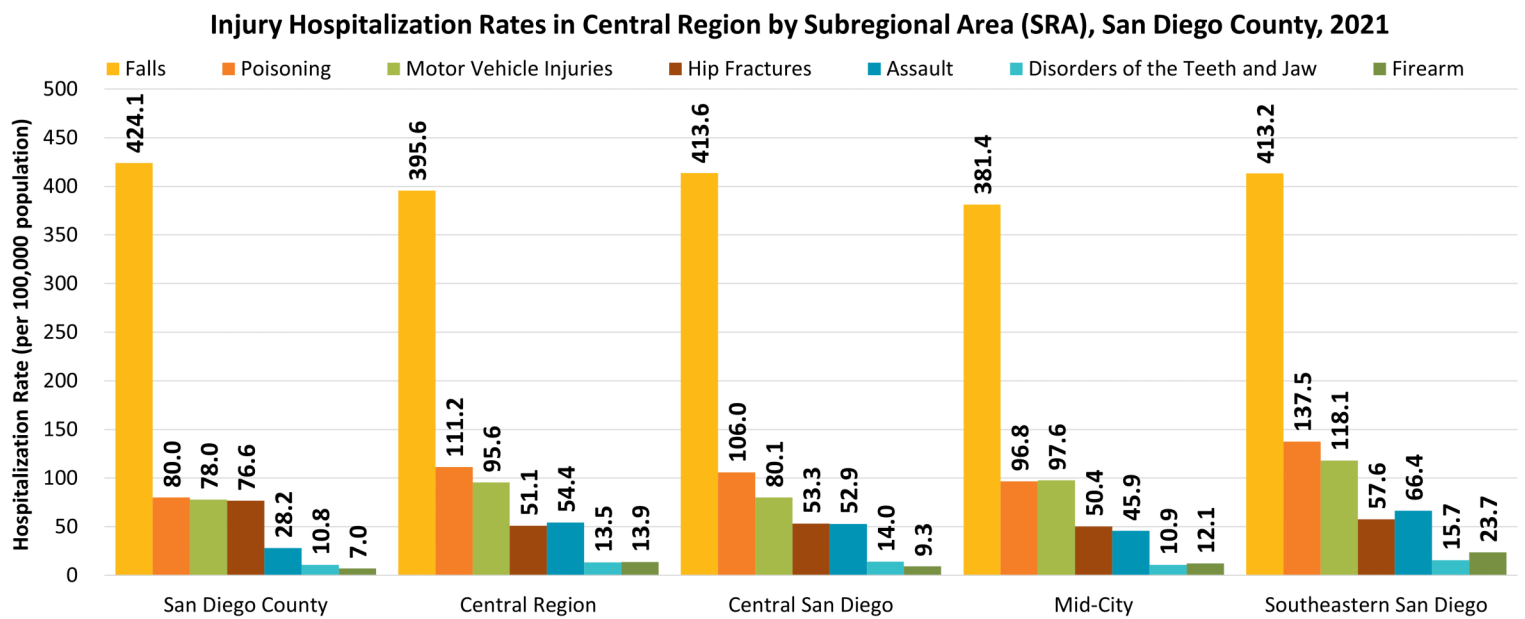


\*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

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

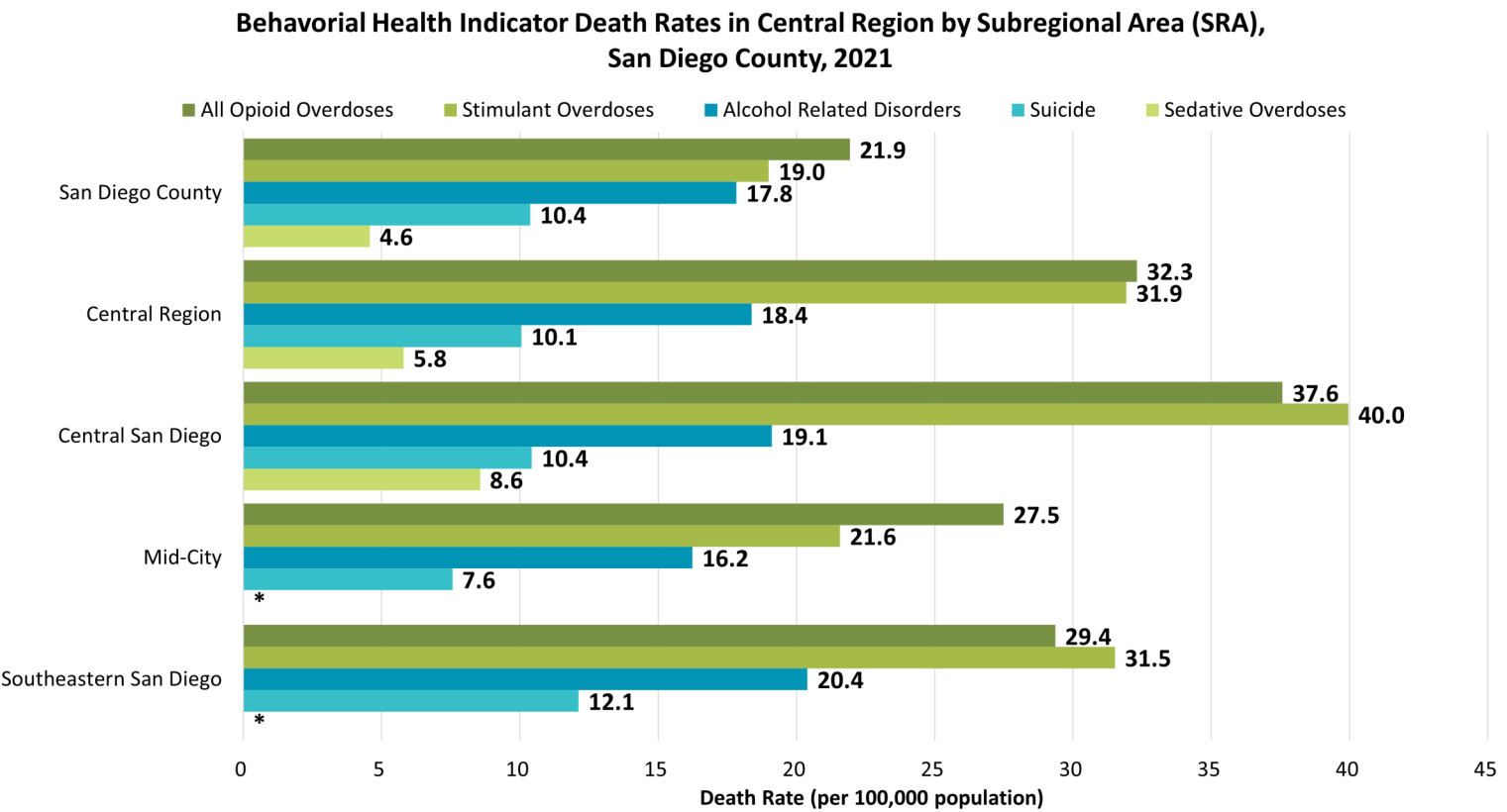
In Central Region and its SRAs, the highest hospitalization rates among injury indicators were due to falls in 2021. Among Central Region SRAs, Central San Diego had the highest hospitalization rate due to falls (413.6 per 100,000), which was also higher than in Central Region (395.6 per 100,000). In 2021, Southeastern San Diego SRA had the highest hospitalization rate due to firearms compared to all other SRAs in San Diego County. Among HHSA regions, Central Region had the highest hospitalization rates due to assault, disorders of the teeth and jaw, and firearms in 2021.



Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

# BEHAVIORAL HEALTH INDICATORS

Among Health and Human Services Agency (HHS) regions, Central Region had the highest death rates due to all opioid overdoses (32.2 per 100,000) and stimulant overdoses (31.9 per 100,000) among behavioral health indicators in 2021. Among Central Region subregional areas (SRAs), Central San Diego had higher death rates due to all opioid overdoses, stimulant overdoses, and sedative overdoses than Central Region and San Diego County overall. Furthermore, in Central Region, Southeastern San Diego SRA had the highest death rate due to alcohol related disorders (20.4 per 100,000), followed by Central San Diego SRA (19.1 per 100,000) in 2021. Similarly, Southeastern San Diego SRA had the highest death rate due to suicide (12.1 per 100,000), followed by Central San Diego SRA (10.4 per 100,000) in Central Region in 2021.



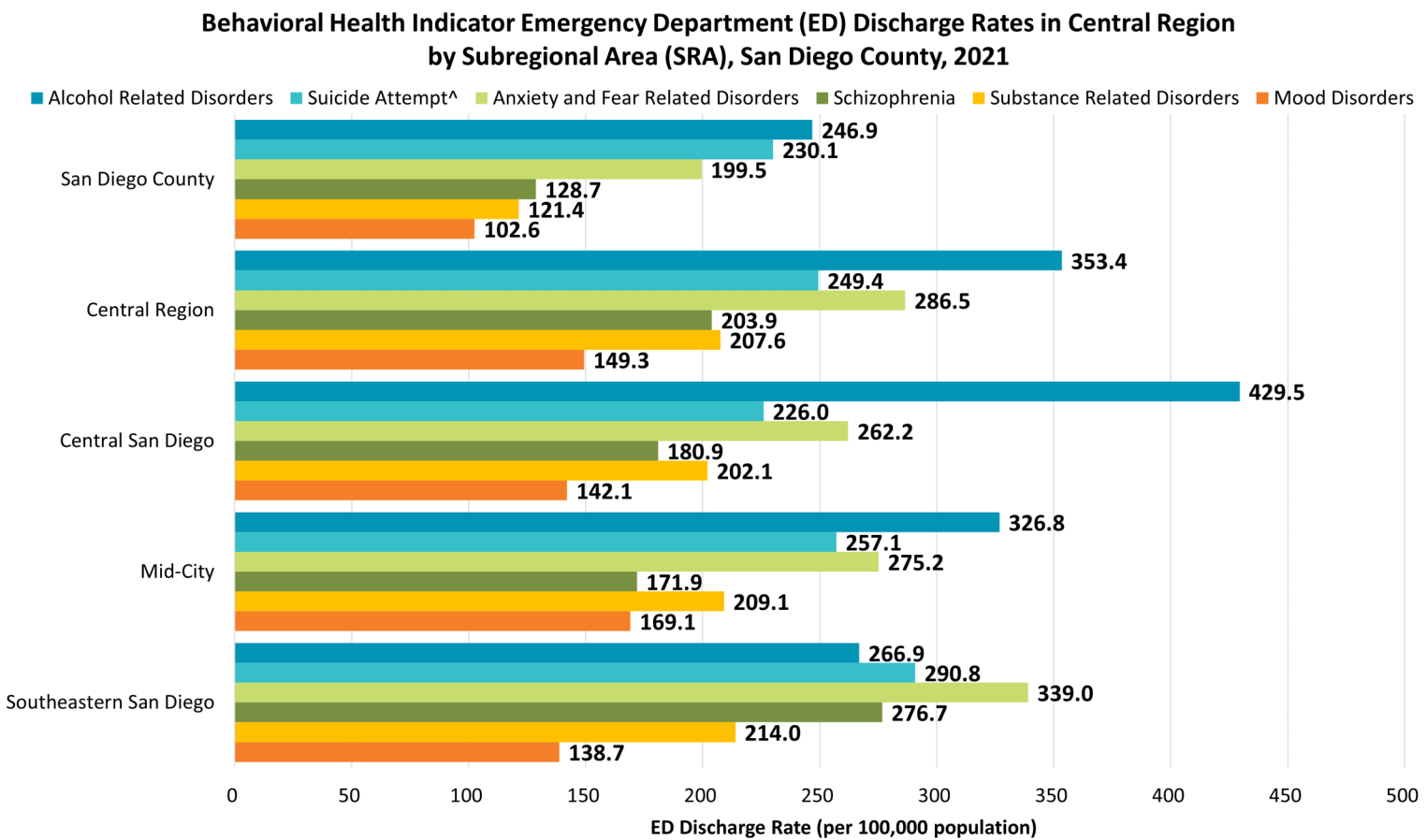
Beginning with data year 2021, the “All Opioid Overdoses” indicator is an expansion of the “Opioid Overdoses” indicator that includes specific synthetic narcotic ICD-10cm codes (fentanyl, tramadol, other synthetic narcotics) in addition to the general codes, to reflect morbidity more broadly. Mortality is the same for both indicators due to no changes in ICD-10 mortality codes.

\*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

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

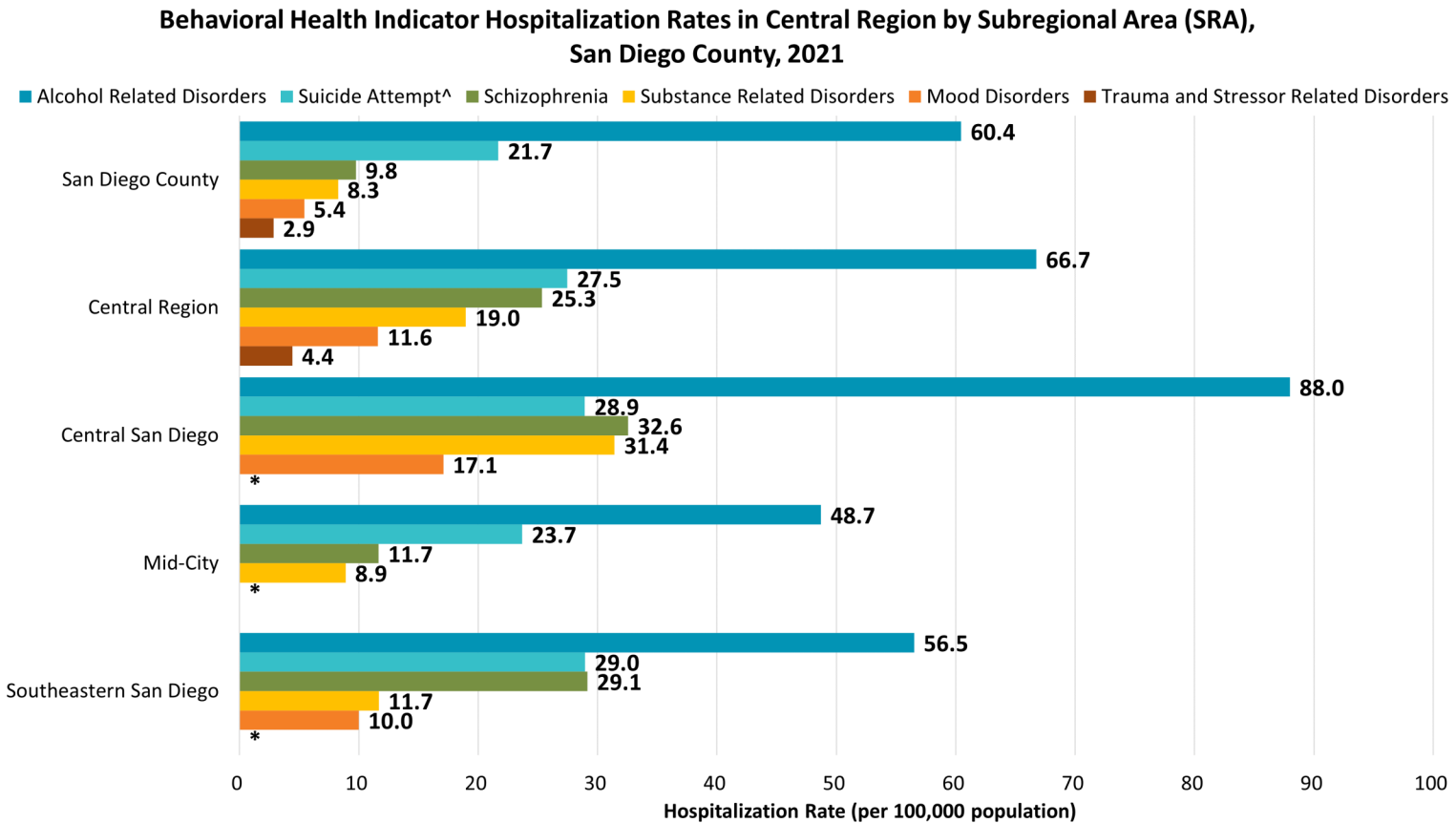
In 2021, Central Region had the highest emergency department (ED) discharge rates due to alcohol related disorders, anxiety and fear related disorders, mood disorders, schizophrenia, and substance related disorders compared to all other HHSA regions. Among behavioral health indicators in 2021, the highest ED discharge rate was due alcohol related disorders in Central Region (353.4 per 100,00), which was higher than the ED discharge rate in San Diego County overall (246.9 per 100,00). Among Central Region SRAs, Central San Diego had the highest ED discharge rate due to alcohol related disorders (429.5 per 100,000), followed by Mid-City (326.8 per 100,000) in 2021. Among Central Region SRAs, Southeastern San Diego had the highest ED discharge rates due to anxiety and fear related disorders, schizophrenia, substance related disorders, and suicide attempt in 2021. Additionally, the ED discharge rate due to schizophrenia in Southeastern San Diego SRA was over two times higher than the ED discharge rate in San Diego County overall.



<sup>^</sup>Suicide Attempt includes ideation/attempt/intentional self-harm.  
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.



In Central Region and its SRAs, the highest hospitalization rates among behavioral health indicators were due to alcohol related disorders in 2021. Among Central Region SRAs, Central San Diego had the highest hospitalization rate due to alcohol related disorders (88.0 per 100,000), which was higher than the hospitalization rate in Central Region (66.7 per 100,000) and San Diego County overall (60.4 per 100,000). In 2021, the hospitalization rate due to substance related disorders in Central San Diego SRA (31.4 per 100,000) was nearly four times higher than in San Diego County overall (60.4 per 100,000). Moreover, the hospitalization rates due to schizophrenia and mood disorders in Central Region were over two times higher than in San Diego County. In Central Region and its SRAs, the hospitalization rates due to a suicide attempt were higher than in San Diego County overall.

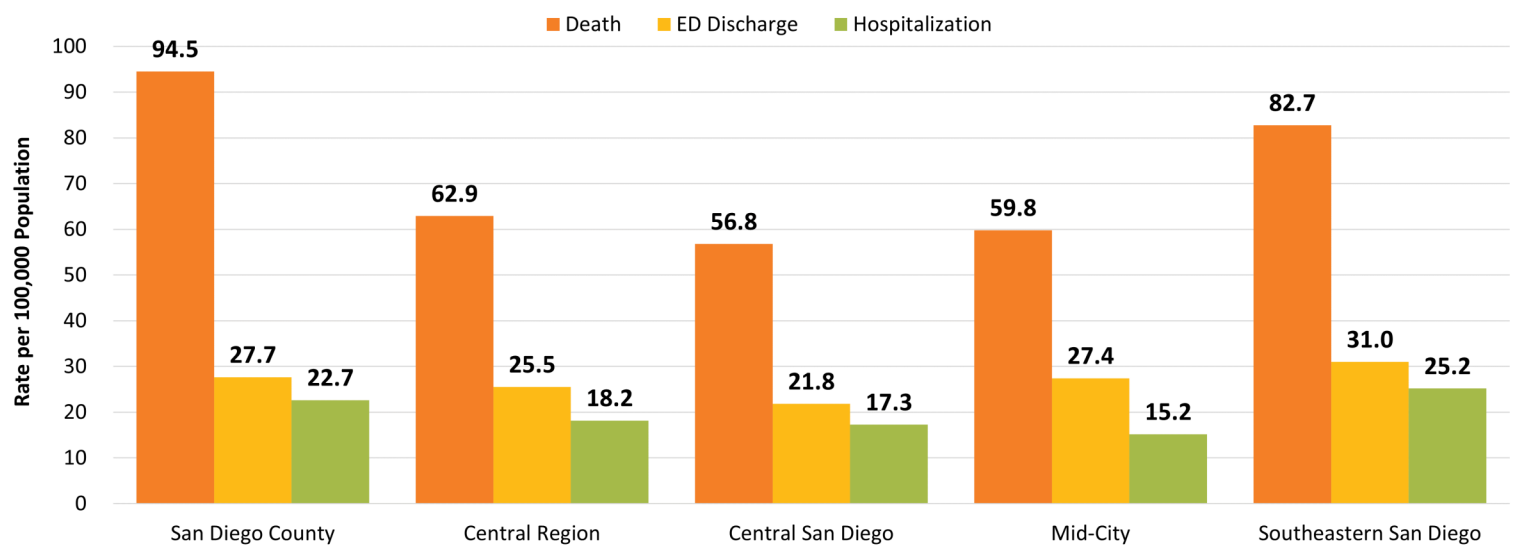


\*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.  
^Suicide Attempt includes ideation/attempt/intentional self-harm.  
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

# ALZHEIMER’S DISEASE AND RELATED DEMENTIAS

In 2021, the rates of death, emergency department (ED) discharge, and hospitalization due to Alzheimer's Disease and Related Dementias (ADRD) were lower in Central Region than in San Diego County overall. Among Central Region subregional areas (SRAs), Southeastern San Diego had the highest death rate due to ADRD (82.7 per 100,000), which was also higher than the death rate in Central Region (62.9 per 100,000) in 2021. Additionally, Southeastern San Diego SRA had higher emergency department (ED) discharge and hospitalization rates due to ADRD than Central Region and San Diego County overall. Among Health and Human Services Agency (HHS) regions, Central Region had the lowest death rate and the second lowest hospitalization rate due to ADRD in 2021.

Alzheimer's Disease and Related Dementias (ADRD) Health Outcome Rates  
in Central Region by Subregional Area (SRA), San Diego County, 2021



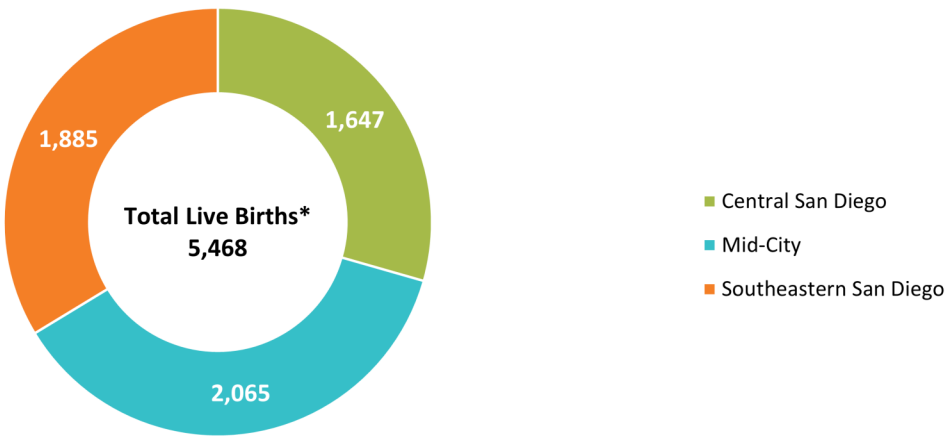
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

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

# MATERNAL AND CHILD HEALTH INDICATORS

In 2021, there were 5,468 total live births in Central Region, which represented 14.6% of the total live births in San Diego County (37,436). In 2021, nearly 2 out of every 5 live births (37.8%) in Central Region were in Mid-City subregional area (SRA).

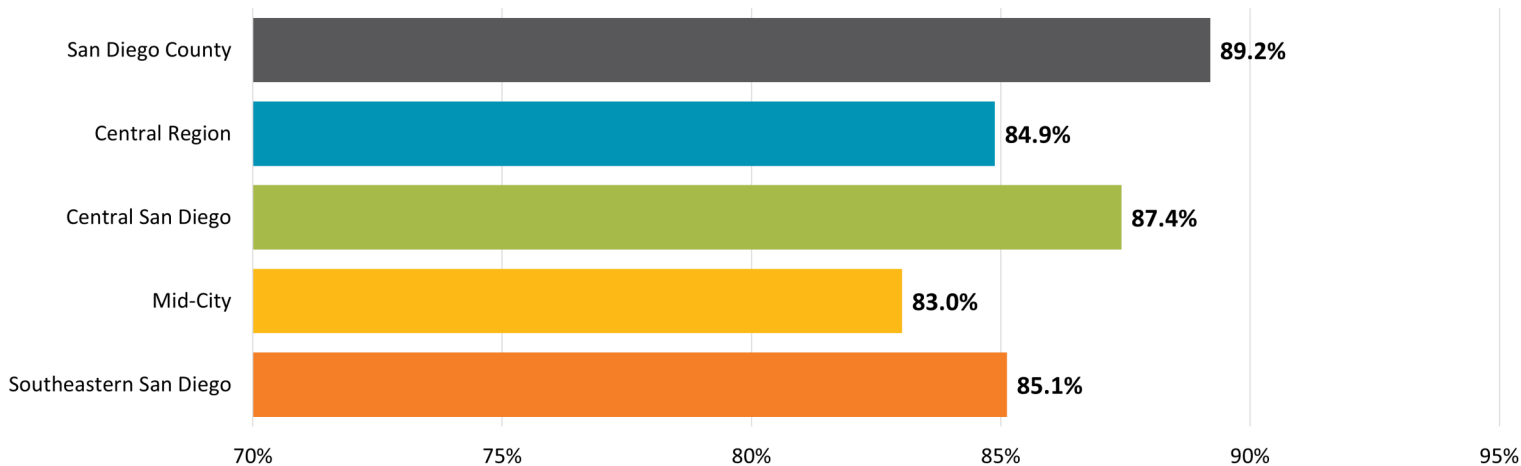
Distribution of Live Births in Central Region by Subregional Area (SRA), San Diego County, 2021



\*Total live births in subregional areas (SRAs) may not add up to the regional total live births due to allocation.  
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

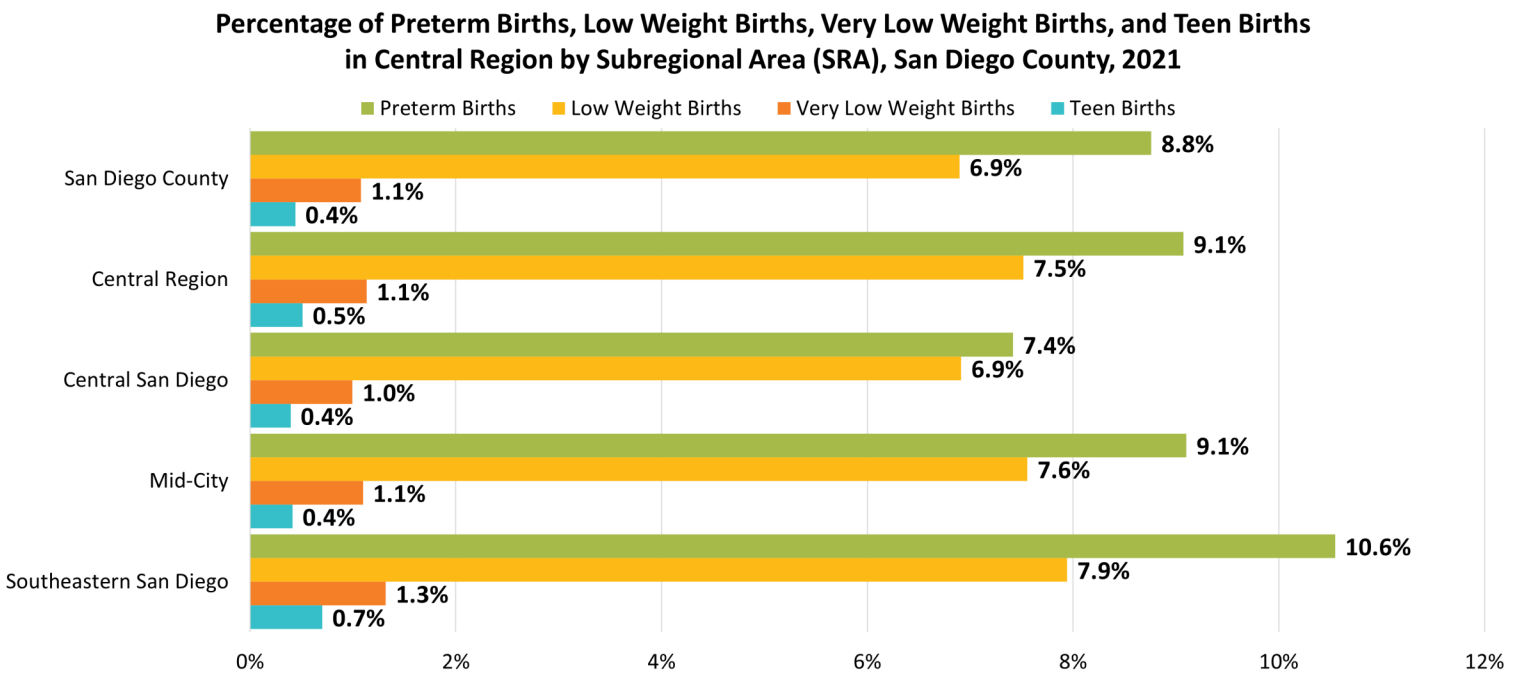
Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In 2021, the proportion of mothers who received early prenatal care in Central Region (84.9%) was lower than in San Diego County overall (89.2%). Among Central Region SRAs, Mid-City had the lowest proportion of births that received early prenatal care (83.0%), followed by Southeastern San Diego (85.1%).

Percentage of Early Prenatal Care Among Births in Central Region by Subregional Areas (SRAs), San Diego County, 2021



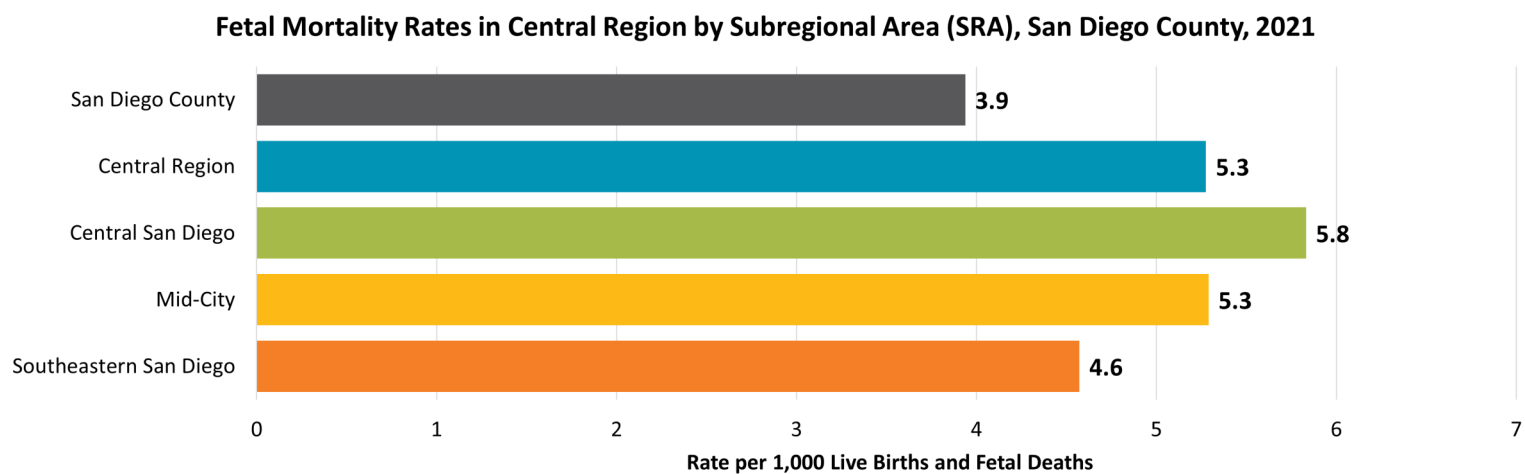
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2021, the proportion of preterm births in Central Region (9.1%) was higher than in San Diego County overall (8.8%). Among Central Region SRAs, Southeastern San Diego had the highest proportion of preterm births (10.6%), while Central San Diego had the lowest (7.4%). A baby with a birth weight less than 2,500 g (approximately 5 lbs., 8 oz.) is considered to have low birth weight, while a baby with a birth weight less than 1,500 g (approximately 3 lbs., 5 oz.) is classified as very low birth weight. In Central Region, the proportion of low weight births (7.5%) was higher than in San Diego County (6.9%), while the proportion of very low weight births (1.1%) was similar to that in San Diego County overall (1.1%). Among Central Region SRAs, Southeastern San Diego had the highest proportion of low weight births (7.9%), followed by Mid-City (7.6%). In 2021, Southeastern San Diego SRA had the highest proportion of very low weight births (1.3%), followed by Mid-City SRA (1.1%). The percentage of teen births (aged 15-17 years) out of all live births in a specific area is referred to as the teen birth percentage. In 2021, the proportion of teen births in Southeastern San Diego SRA (0.7%) was higher than in Central Region (0.5%) and San Diego County overall (0.4%).



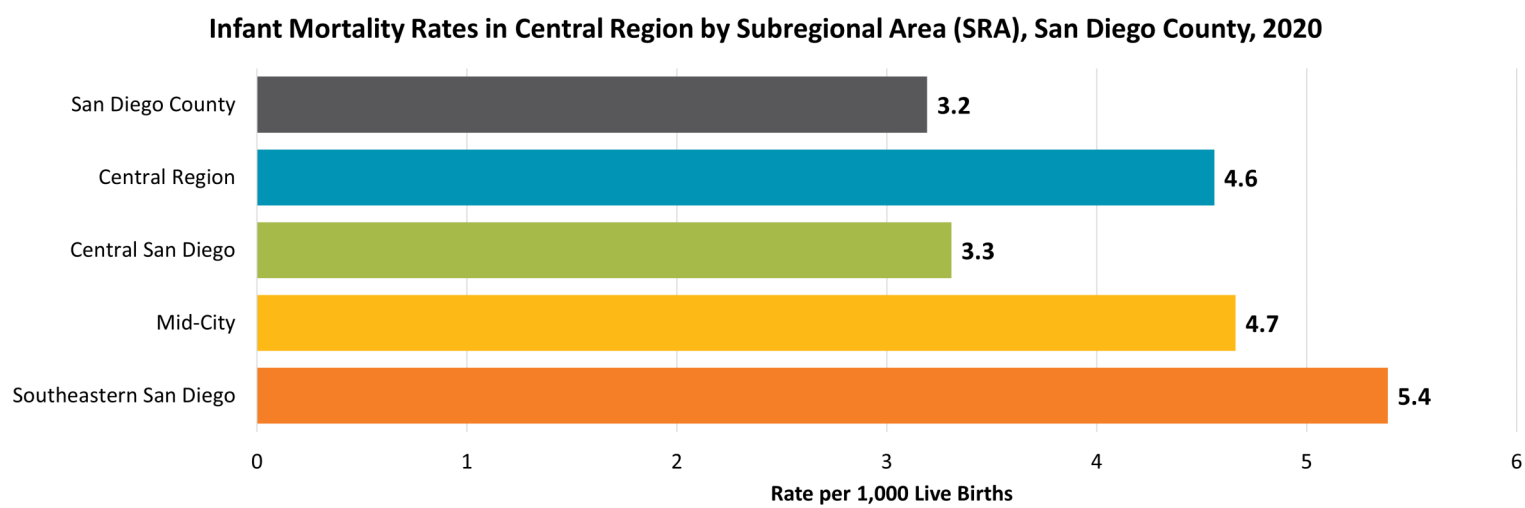
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2021, the fetal mortality rate in Central Region (5.3 per 1,000 live births and fetal deaths) was higher than in San Diego County overall (3.9 per 1,000 live births and fetal deaths). Among Central Region SRAs, Central San Diego had the highest fetal mortality rate (5.8 per 1,000 live births and fetal deaths), followed by Mid-City (5.3 per 1,000 live births and fetal deaths).



Sources: VRBIS: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2021. Cohort file: State of California, Department of Public Health, California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Infant mortality refers to an infant's death before one year of age. In 2020, the infant mortality rate in Central Region (4.6 per 1,000 live births) was lower than in San Diego County overall (3.2 per 1,000 live births). Among Central Region SRAs, Southeastern San Diego had the highest infant mortality rate (5.4 per 1,000 live births), which was 1.7 times higher than in San Diego County overall (3.2 per 1,000 live births).



Sources: State of California, Department of Public Health, California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files, 2020. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.



## 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. Below is a summary of the demographic characteristics, socioeconomic factors, and health concerns in Central Region and its SRAs.

### Demographic Characteristics

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- In 2021, Central Region was the fourth most populous region, representing 15.4% of San Diego County's population.
- In San Diego County, Central Region had the highest proportion of residents aged 25-44 years (36.5%) in 2021.

### Socioeconomic Factors

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- In 2021, Central Region had the lowest median household income (\$73,726) and the highest proportion of residents living below 200% of the Federal Poverty Level (FPL) (35.1%) in San Diego County.

### Health Outcomes

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- In 2021, the emergency department (ED) discharge and hospitalization rates among behavioral health and injury indicators in Central Region were among the highest compared to all other HHSA regions.
- Among Central Region SRAs, Southeastern San Diego had the highest death, ED discharge, and hospitalization rates among several health conditions and indicators.

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.