COUNTY OF SAN DIEGO

LIVE WELL SAN DIEGO

Central Region

Health Status Report Summary

NOVEMBER 2024

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

Accredited Health Department · PHAB Advancing Public Health Performance · Public Health Accreditation Board

Central Region
Health Status Report Summary

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

November 2024

This document was developed by the Community Health Statistics Unit of County of San Diego and is in support of *Live Well San Diego*.

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INTRODUCTION

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 Central Region and its SRAs.

The key segments of this report include:

1) **Demographic Characteristics:** This section includes an overview of the 2022 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 2022. 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 leading causes of death in 2022 for Central Region, outlining the relative burden of a specific cause of death compared to other causes.
3) **Health Outcomes:** Deaths on this report refer to the underlying cause of death, except for all opioid overdoses, chronic kidney disease, and traumatic brain injury which are multiple cause of death. Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for certain causes of external injury, which may appear anywhere in the medical record. This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following groups 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 (2022): CENTRAL REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 508,539
(15.5% of San Diego County's population)

Age Distribution:

- 0-4 years old (5.0%)
- 5-14 years old (9.9%)
- 15-24 years old (14.6%)
- 25-44 years old (36.7%)
- 45-64 years old (21.6%)
- 65+ years old (12.2%)

Median Household Income: $81,448

Population Below 200% Federal Poverty Level (FPL): 33.8%

Population with Health Insurance: 90.0%

Population with Disability: 11.0%

Households Receiving Food Stamps/SNAP/CalFresh: 12.0%

MORTALITY MEASURES

Overall Life Expectancy: 79.8 years

Top 5 Leading Causes of Death:

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

LEADING HEALTH OUTCOMES

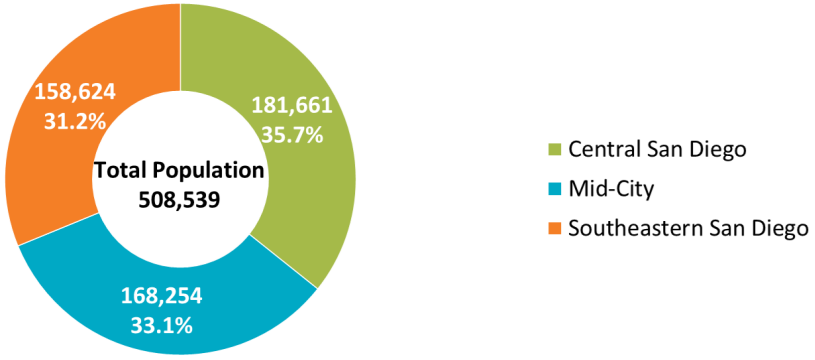
	Death Rate	Emergency Department (ED) Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	**Overall Heart Disease** 146.7 per 100,000	**Overall Heart Disease** 2,103.0 per 100,000	**Overall Heart Disease** 1,068.8 per 100,000
Communicable (Infectious) Diseases	**COVID-19** 35.8 per 100,000	**COVID-19** 1,240.7 per 100,000	**COVID-19** 188.1 per 100,000
Injury Indicators	**Poisoning** 41.8 per 100,000	**Falls** 2,182.4 per 100,000	**Falls** 462.3 per 100,000
Behavioral Health Indicators	**All Opioid Overdoses** 31.5 per 100,000	**Alcohol Related Disorders** 379.9 per 100,000	**Alcohol Related Disorders** 72.9 per 100,000
Alzheimer's Disease and Related Dementias	52.0 per 100,000	19.1 per 100,000	14.7 per 100,000

Maternal and Child Health Indicators		
Total Live Births: 5,539	**Preterm Births:** 9.2% **Low Weight Births:** 7.3% **Very Low Weight Births:** 1.1% **Teen Births:** 0.6% **Received Early Prenatal Care:** 80.5%	**Infant Mortality Rate (2021):** 4.0 per 1,000 Total Live Births **Fetal Mortality Rate:** 4.7 per 1,000 Live Births and Fetal Deaths

POPULATION CHARACTERISTICS

In 2022, Central Region was home to an estimated 508,539 residents, representing 15.5% of San Diego County's population (3,289,701). Among Central Region subregional areas (SRAs), over a third of residents resided in Central San Diego (35.7%).

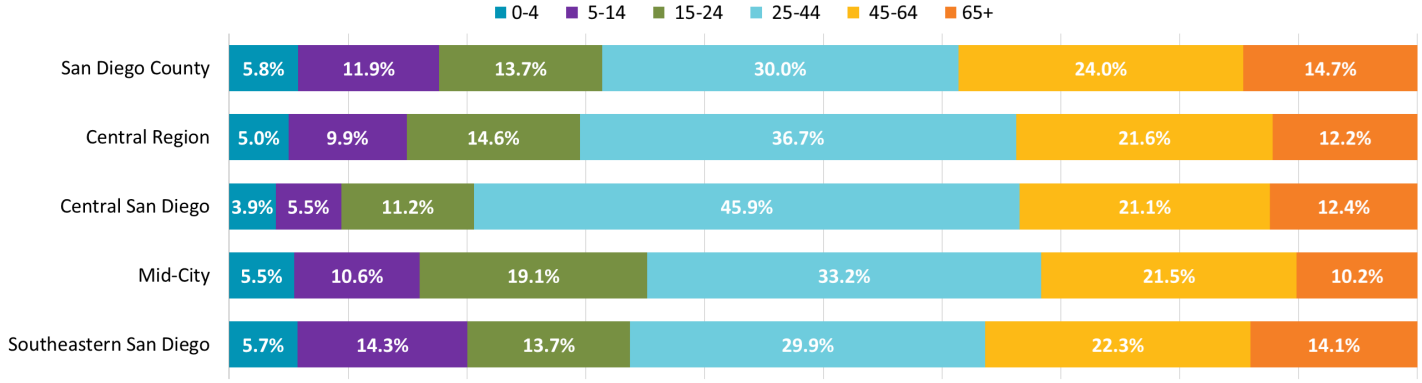
Central Region Population Distribution* by Subregional Area (SRA), San Diego County, 2022



*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2018-2022 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, November 2024.

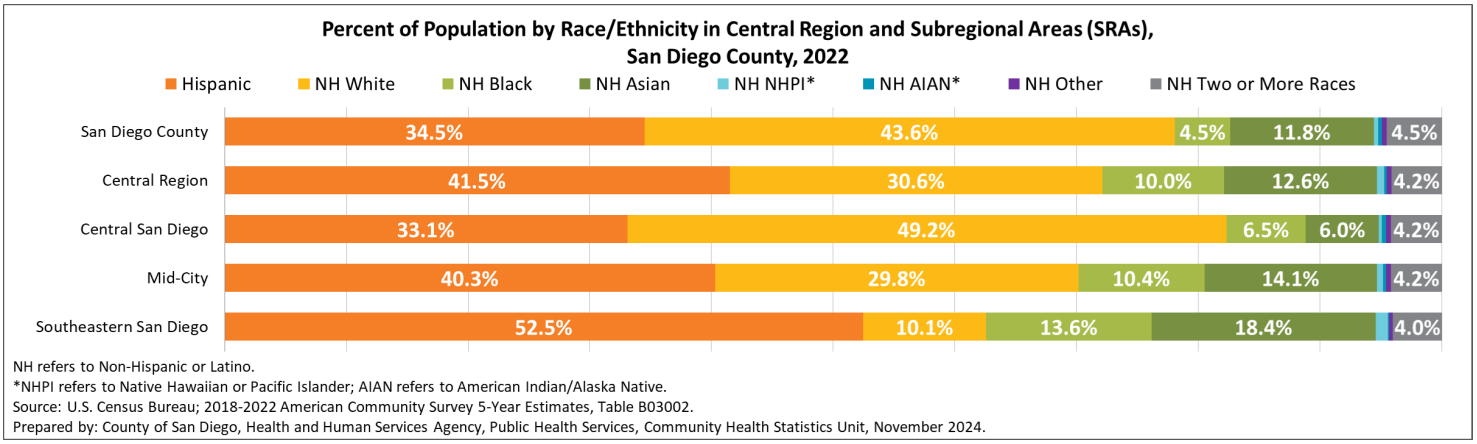
In 2022, adults aged 25-44 years old constituted the highest proportion of Central Region residents (36.7%), followed by residents aged 45-64 years old (21.6%). Among Central Region SRAs, Central San Diego had the highest proportion of residents aged 25-44 years old (45.9%), followed by Mid-City (33.2%) in 2022. In Central Region, Southeastern San Diego SRA had the highest proportion of older adult residents 65 years and older (14.1%) in 2022.

Percent of Population by Age Group in Central Region and Subregional Areas (SRAs), San Diego County, 2022



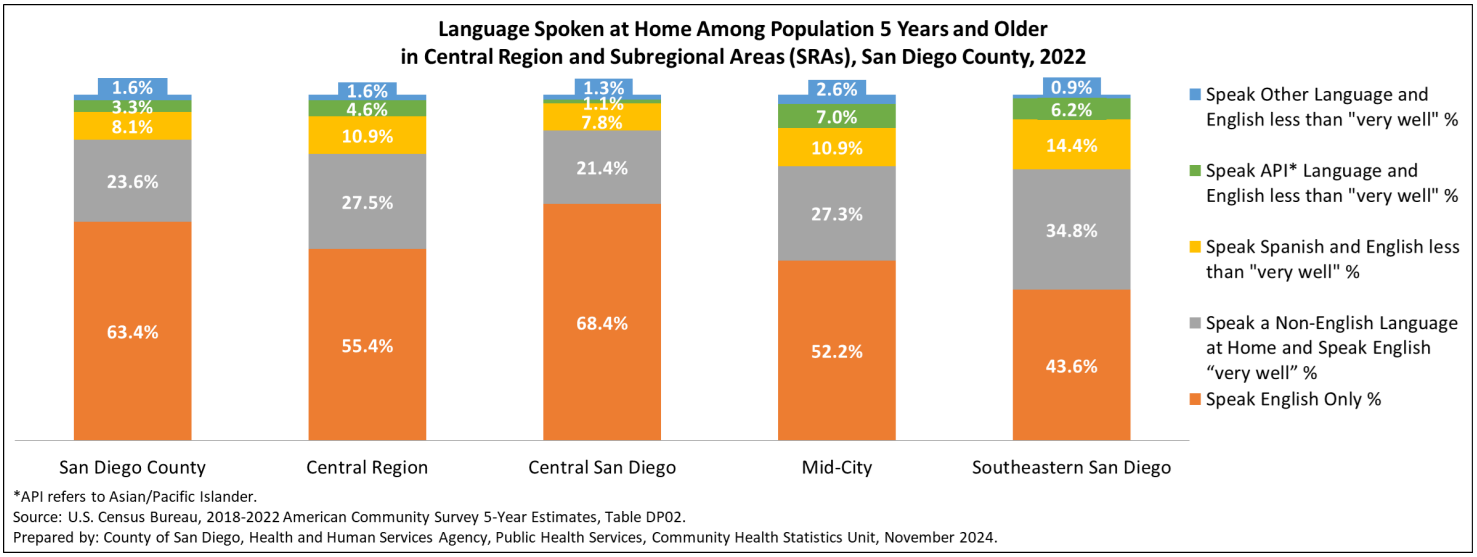
Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B01001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, residents in Central Region were primarily Hispanic (41.5%), followed by non-Hispanic (NH) White (30.6%), NH Asian (12.6%), NH Black (10.0%), NH Native Hawaiian or Pacific Islander (0.6%), NH American Indian/Alaska Native (0.2%), and NH Other (0.4%). Among Central Region SRAs, Central San Diego had the highest proportions of NH White (49.2%) and NH American Indian/Alaska Native (0.4%) residents than all other Central Region SRAs in 2022. Compared to all other Central Region SRAs, Southeastern San Diego had the highest proportions of Hispanic (52.5%), NH Asian (18.4%), NH Black (13.6%), and NH Native Hawaiian or Pacific Islander (1.0%) residents in 2022.



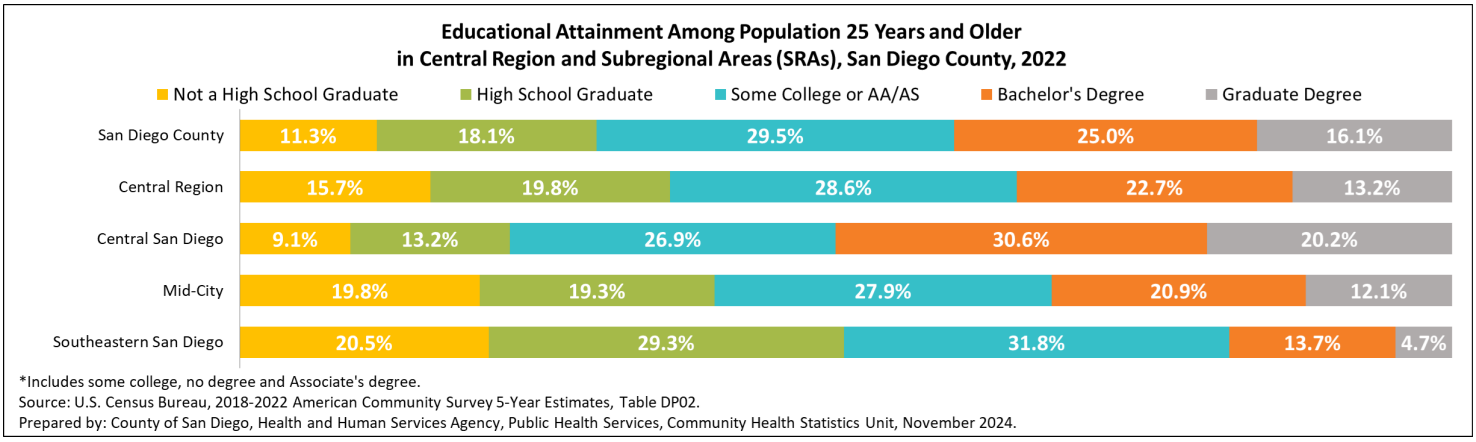
NH refers to Non-Hispanic or Latino.
*NHPI refers to Native Hawaiian or Pacific Islander; AIAN refers to American Indian/Alaska Native.
Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B03002.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, over half of the population aged 5 years and older (55.4%) in Central Region, spoke only English at home. Over 1 out of every 4 residents (27.5%), aged 5 years and older, in Central Region spoke English "very well" and another language at home in 2022. Among Central Region SRAs, Central San Diego had the highest proportion of residents speaking only English at home (68.4%), while Southeastern San Diego had the lowest proportion (43.6%).



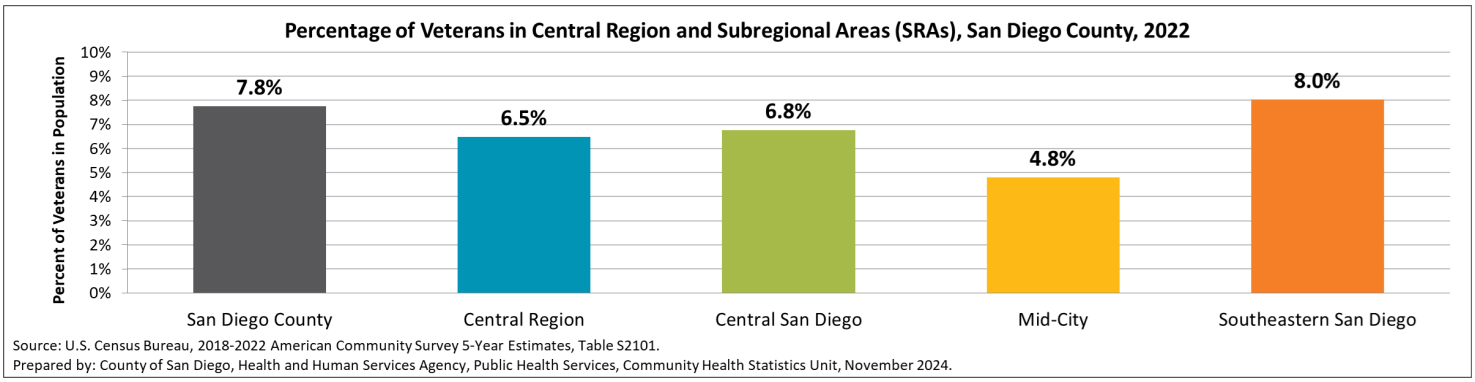
*API refers to Asian/Pacific Islander.
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

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 2022, over 8 out of every 10 adults (84.3%), 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 (35.9%) held a bachelor's or graduate degree in Central Region. Among Central Region SRAs, Southeastern San Diego had the highest proportion of adults 25 years and older without a high school diploma (20.5%), followed by Mid-City (19.8%) in 2022.



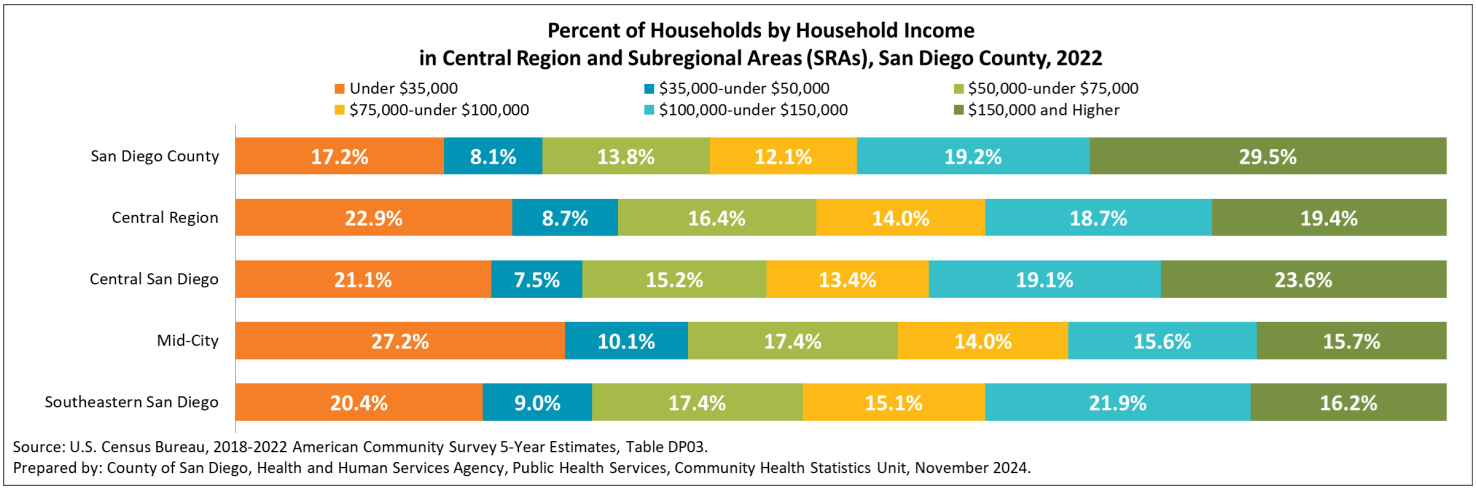
*Includes some college, no degree and Associate's degree.
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

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 2022, 6.5% of residents in Central Region were veterans. Among Central Region SRAs, Southeastern San Diego had the highest proportion of veterans (8.0%), followed by Central San Diego (6.8%).



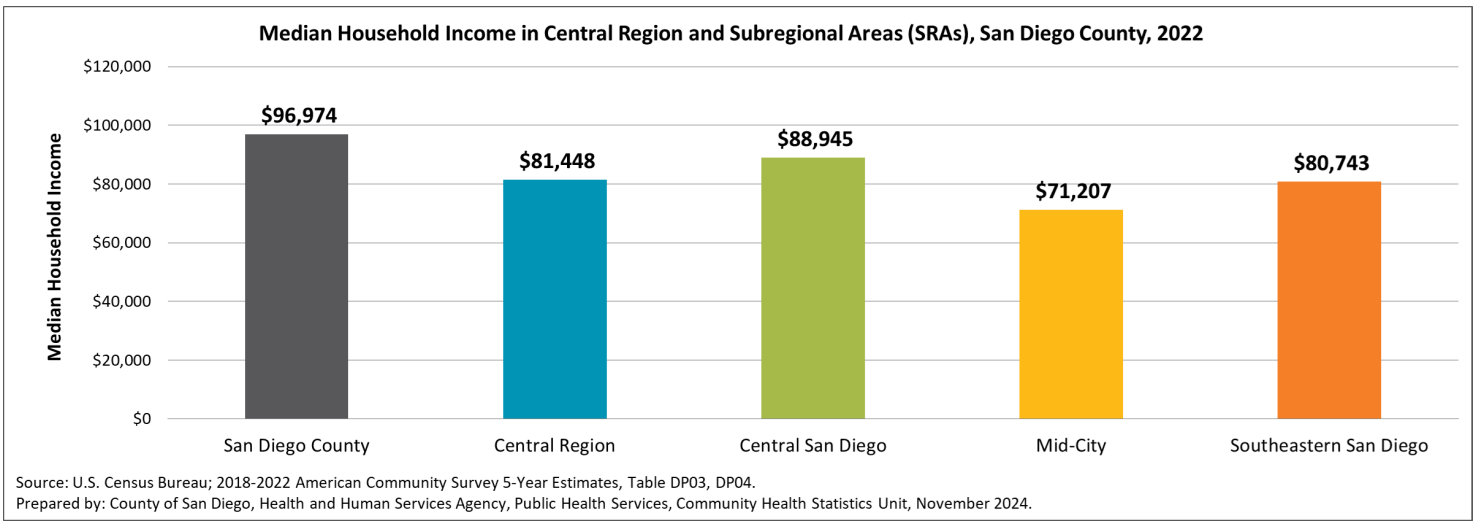
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table S2101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

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 (22.9%) 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 (27.2%) in 2022.



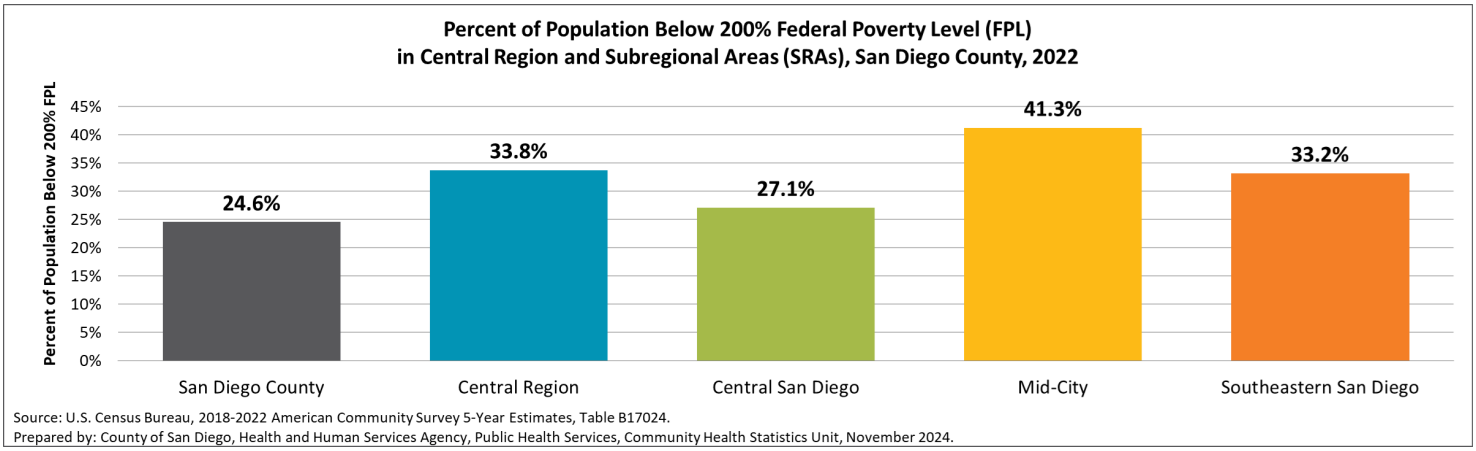
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

The median household income in Central Region was $81,448 in 2022. Among Central Region SRAs, Mid-City had the lowest median household income ($71,207), while Central San Diego had the highest median household income ($88,945).



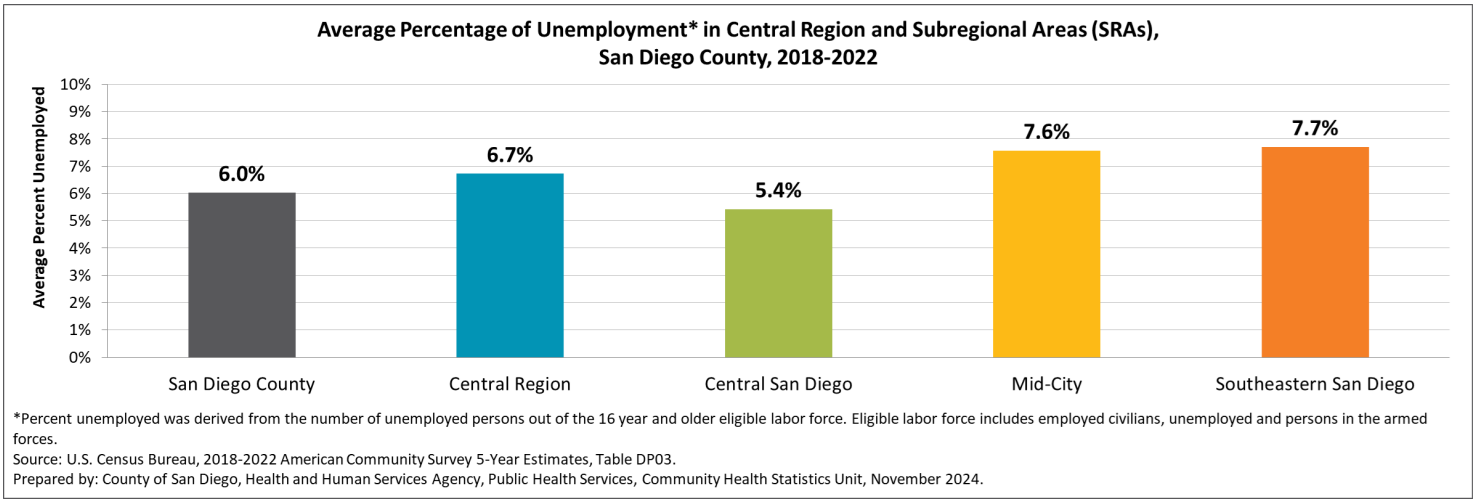
Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table DP03, DP04.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

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 (33.8%) lived below 200% FPL in 2022, which was higher than the proportion of residents living below 200% FPL in San Diego County (24.6%). Among Central Region SRAs, Mid-City had the highest proportion of residents (41.3%) living below 200% FPL, followed by Southeastern San Diego (33.2%). Among Health and Human Services Agency (HHSA) Regions, Central Region had the highest proportion of residents living below 200% FPL (33.8%) in 2022.



Source: U.S. Census Bureau, 2018-2022 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, November 2024.

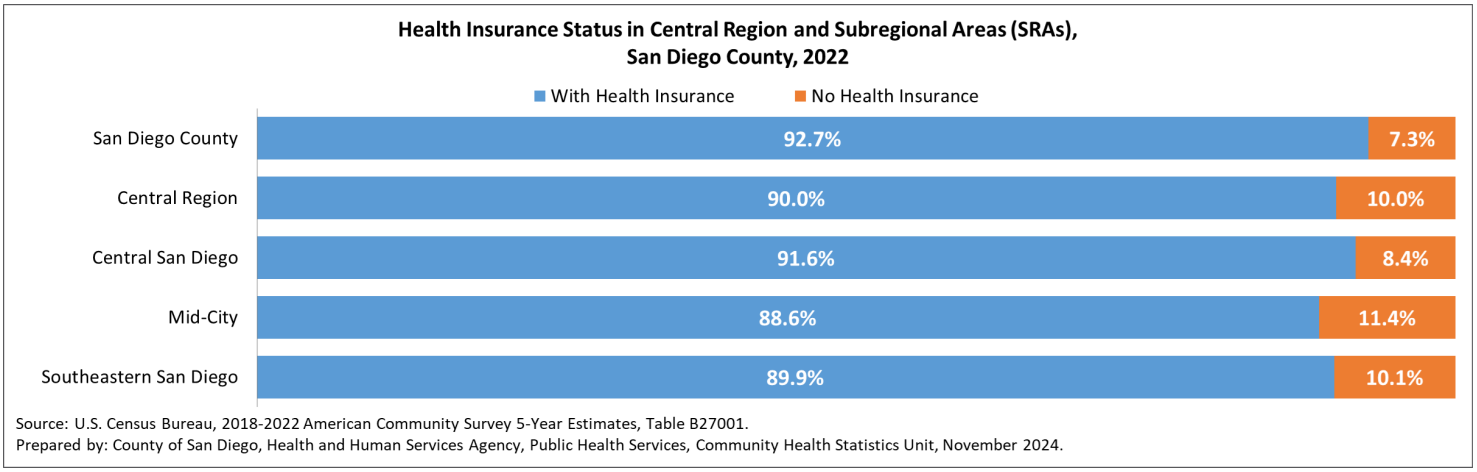
The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed persons, and persons in the armed forces. Between 2018-2022, the 5-year average unemployment rate in Central Region was 6.7%. Among Central Region SRAs, Southeastern San Diego had the highest 5-year average unemployment rate (7.7%), while Central San Diego had the lowest 5-year average unemployment rate (5.4%) between 2018-2022.



*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, 2018-2022 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, November 2024.

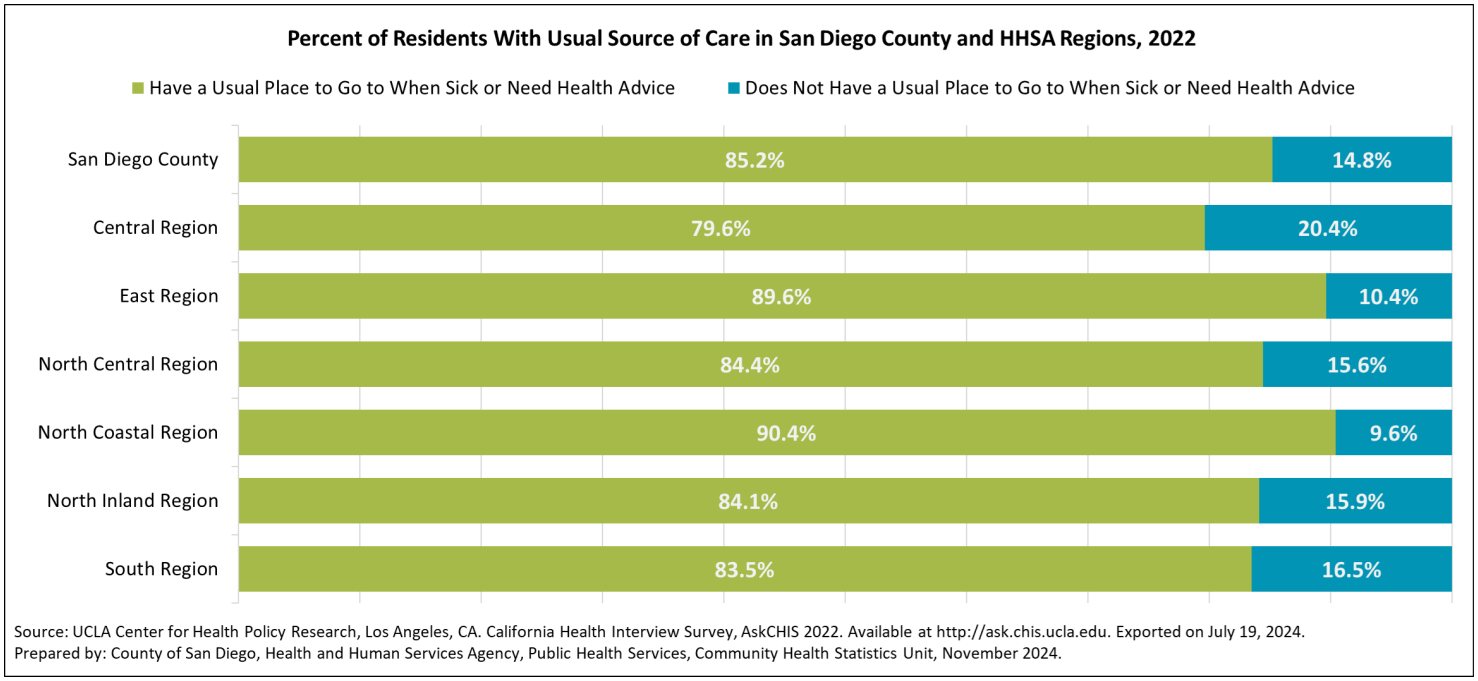
INSURANCE, ACCESS, AND UTILIZATION

In 2022, 90.0% of residents in Central Region were insured through private or public programs, while 10.0% 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 (11.4%), followed by Southeastern San Diego (10.1%). Among Health and Human Services Agency (HHSA) regions, Central Region had the highest proportion of uninsured residents (10.0%) in 2022.



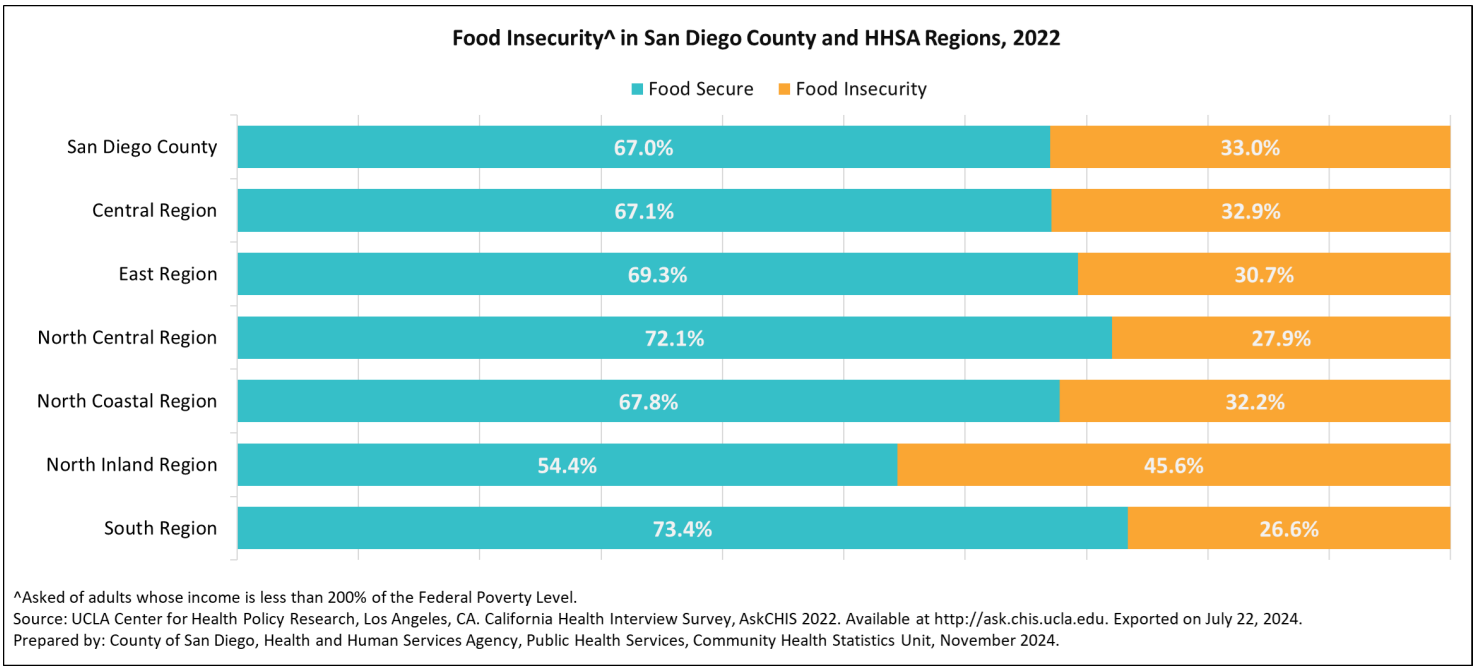
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table B27001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, 8 out of every 10 residents (79.6%) 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 (20.4%) than any other HHSA Region.



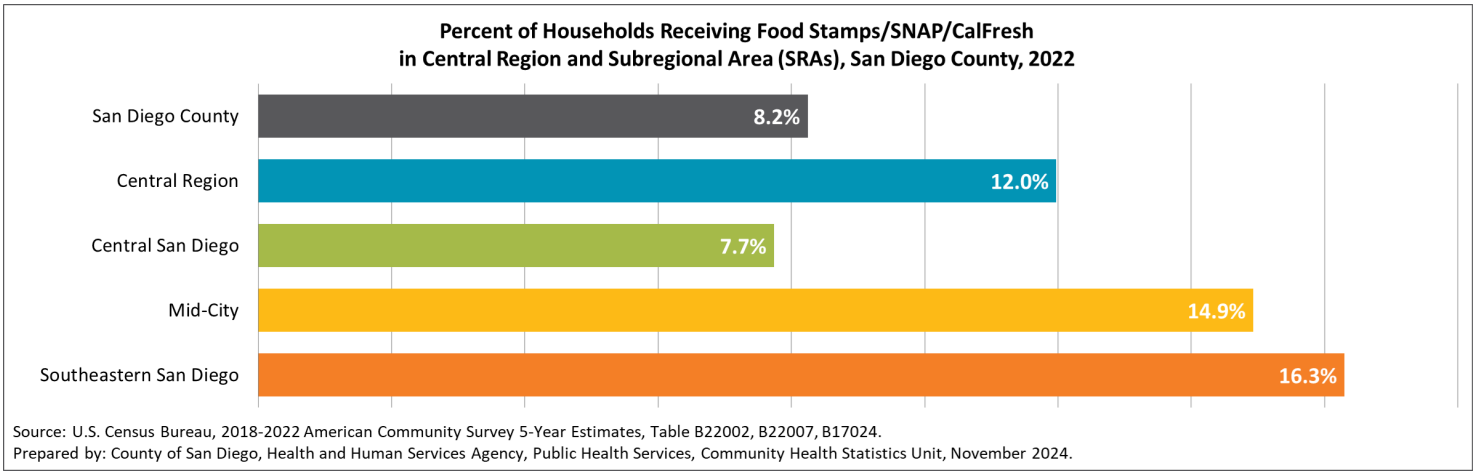
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022. Available at http://ask.chis.ucla.edu. Exported on July 19, 2024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Among HHSA Regions, Central Region had the second highest proportion of adults, with income less than 200% of the Federal Poverty Level (FPL), reporting food insecurity (32.9%) in 2022. In Central Region, 1 out of every 3 adults (32.9%), with income less than 200% FPL, reported an inability to afford enough food.



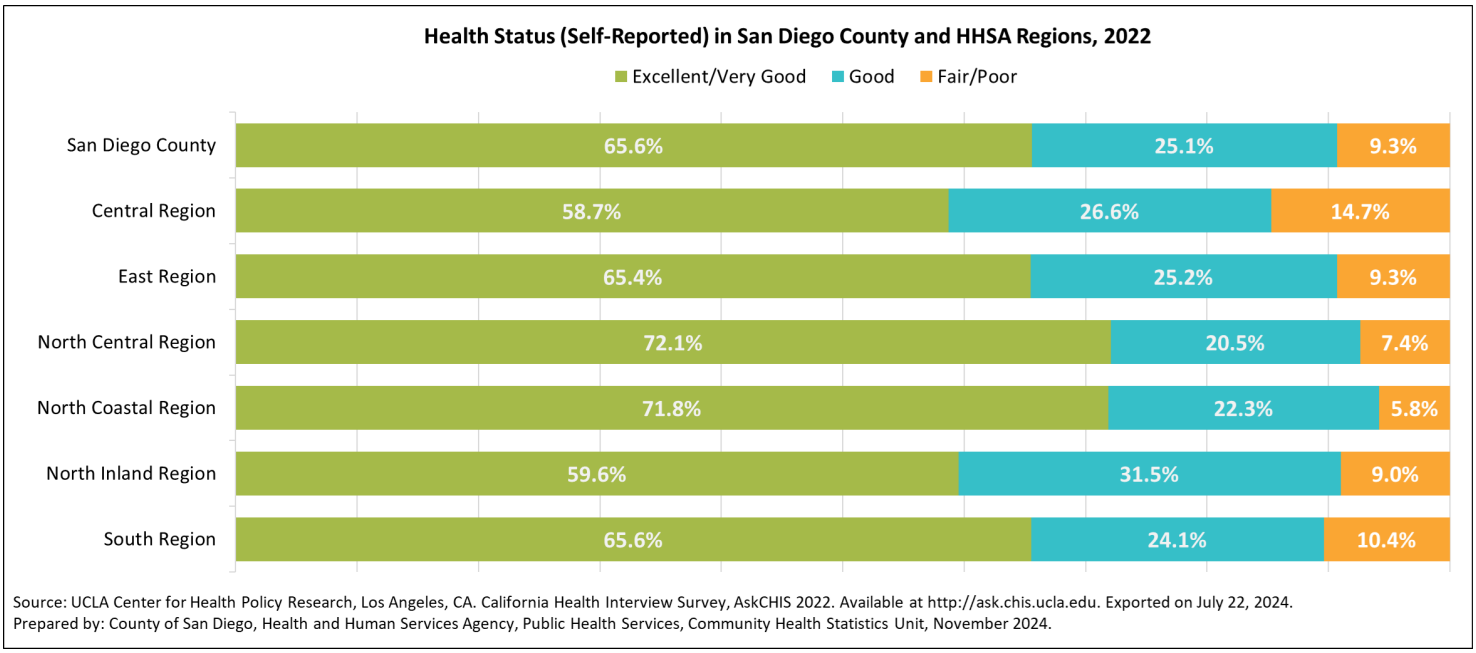
^Asked of adults whose income is less than 200% of the Federal Poverty Level.
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022. Available at http://ask.chis.ucla.edu. Exported on July 22, 2024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

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 2022, 12.0% 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 (16.3%), followed by Mid-City (14.9%).



Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table B22002, B22007, B17024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

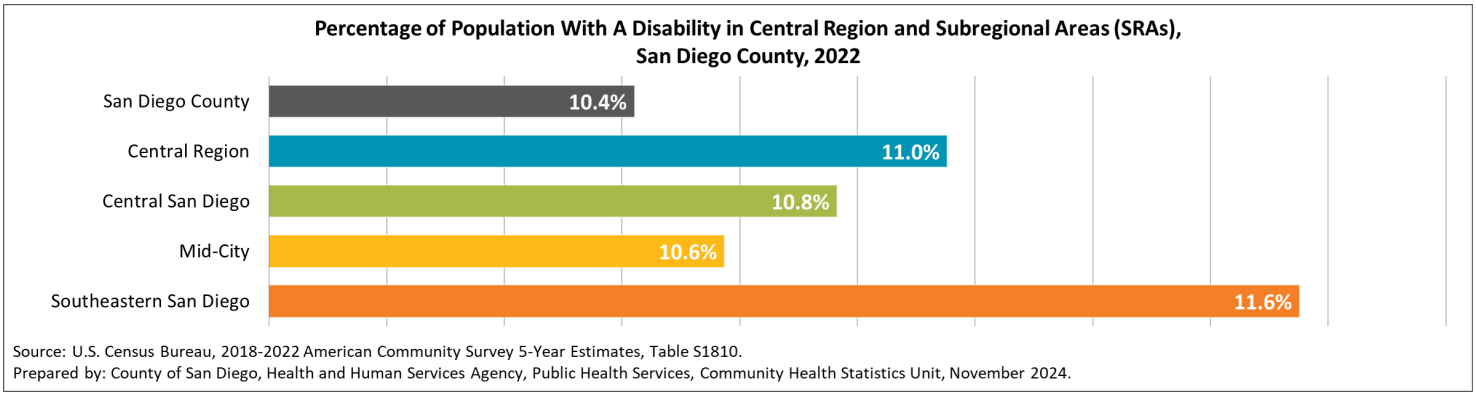
Among HHSA Regions, Central Region had the lowest proportion of residents (58.7%) reporting excellent or very good health in 2022. Although Central Region had a higher percentage of residents reporting good health (26.6%) compared to most regions, it also had the highest proportion of residents reporting fair or poor health (14.7%).



Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022. Available at http://ask.chis.ucla.edu. Exported on July 22, 2024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

DISABILITY STATUS

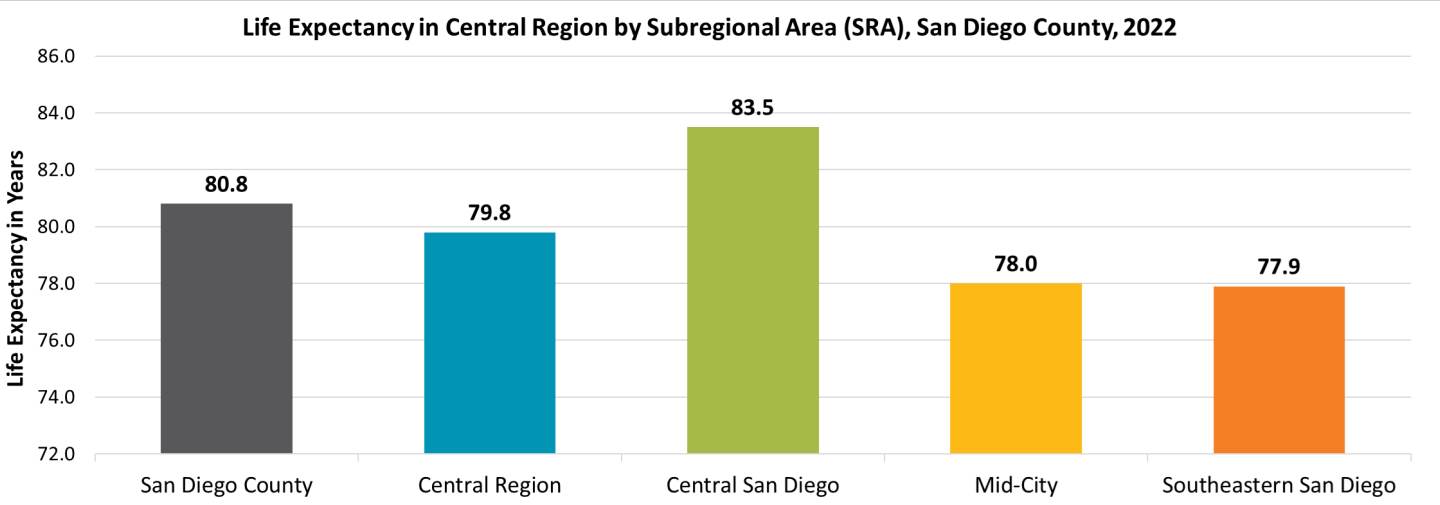
Disability is a dynamic concept that changes over time as one's health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2022, 11.0% 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 (11.6%), followed by Central San Diego (10.8%).



Source: U.S. Census Bureau, 2018-2022 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, November 2024.

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 2022, a baby born in San Diego County had a life expectancy of 80.8 years, while a baby born in Central Region had a life expectancy of 79.8 years. In 2022, Central San Diego had a life expectancy of 83.5, which was higher than Central Region and San Diego County. Additionally, it surpassed other subregional areas, including Mid-City (78.0) and Southeastern San Diego (77.9).

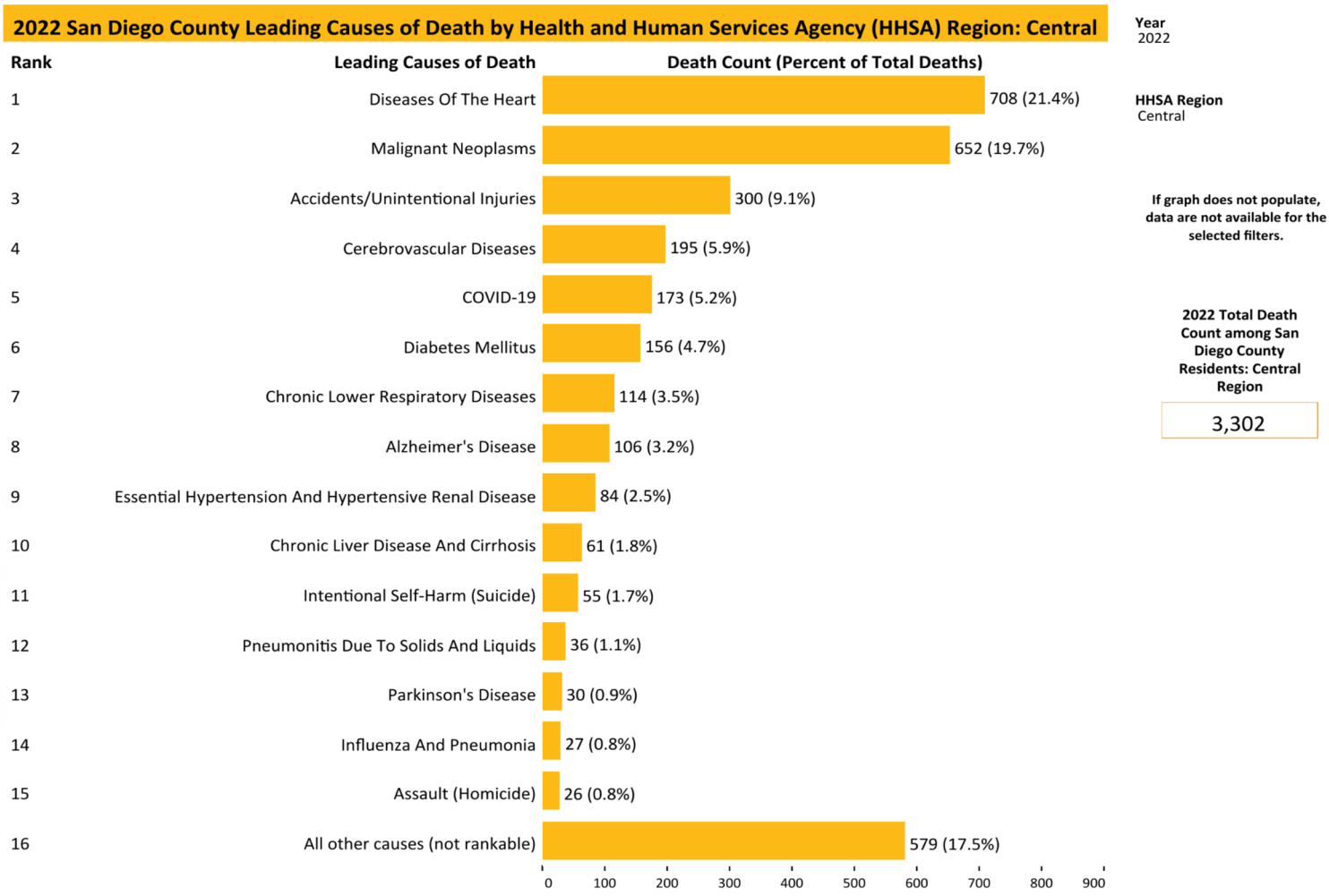


Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022.
SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Life Expectancy.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

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 2022, 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).

LEADING CAUSES OF DEATH AMONG SAN DIEGO COUNTY RESIDENTS

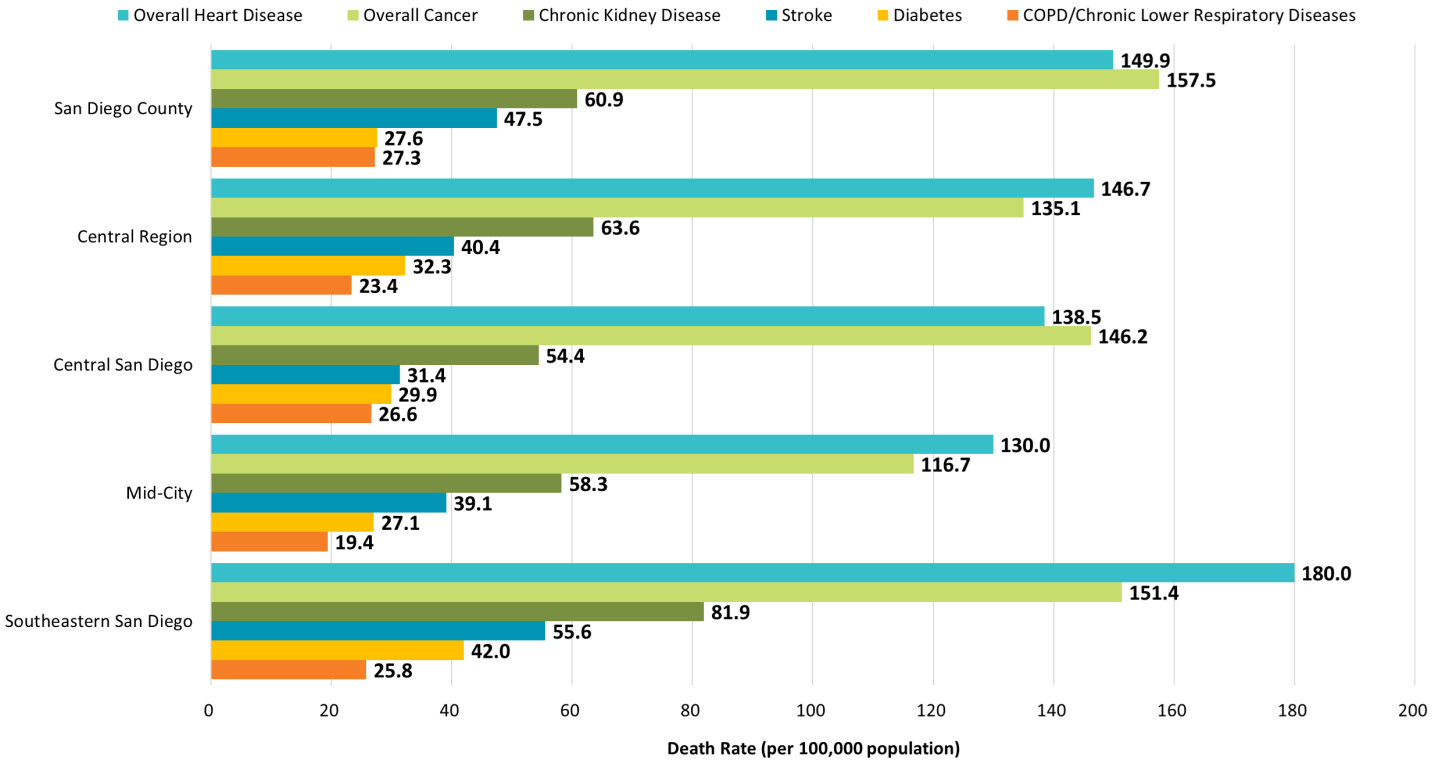


Rank is based on total number of deaths in each of the National Center for Health Statistics (NCHS) "rankable" categories. The top 15 leading causes of death presented here are based on the San Diego County residents for their respective years.
Cause of death is based on the underlying cause of death 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 2024.

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 2022. Among Central Region SRAs in 2022, Southeastern San Diego had the highest death rates from overall heart disease, overall cancer, chronic kidney disease, stroke, and diabetes. In 2022, the death rate due to diabetes in Southeastern San Diego was higher than in San Diego County overall (42.0 per 100,000 versus 27.6 per 100,000). Among Health and Human Services Agency (HHSA) regions, Central Region had the lowest death rate due to overall cancer in 2022.

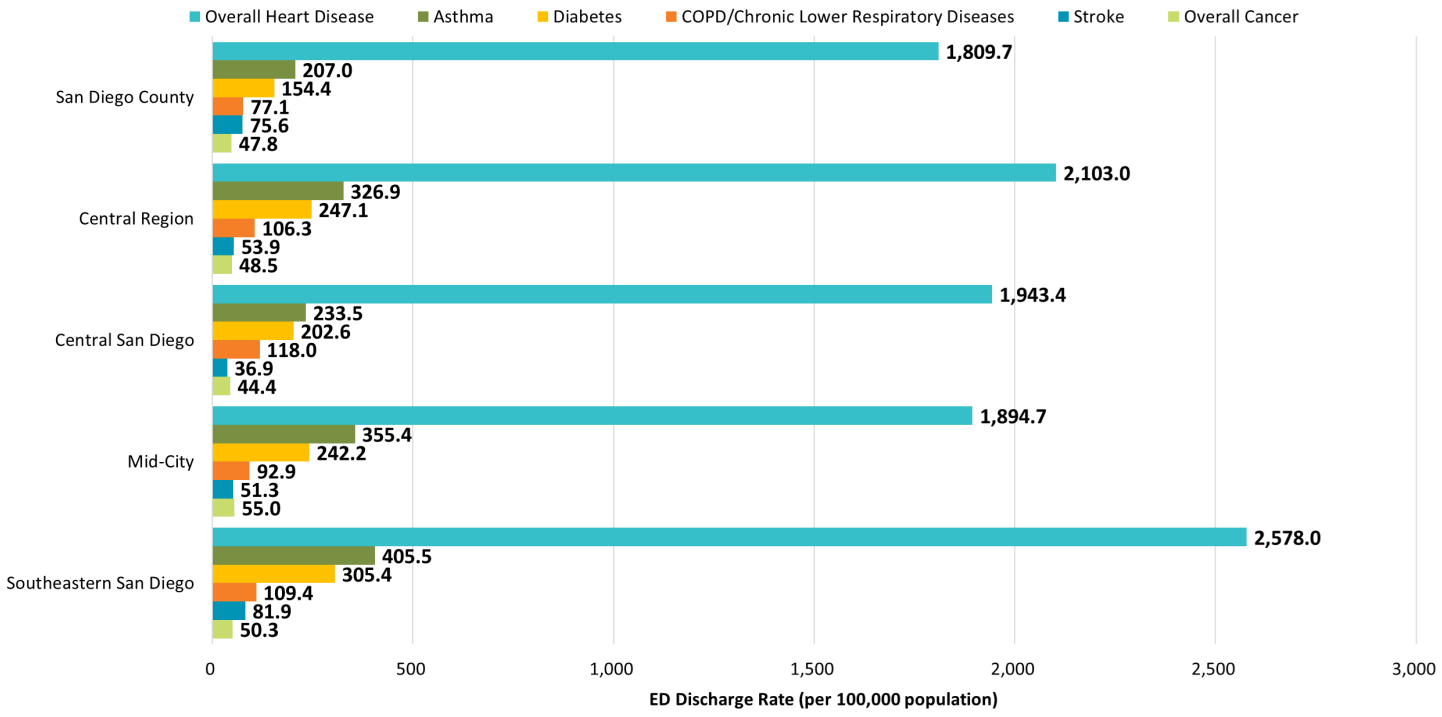
Non-Communicable (Chronic) Disease Death Rates in Central Region by Subregional Area (SRA), San Diego County, 2022



Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

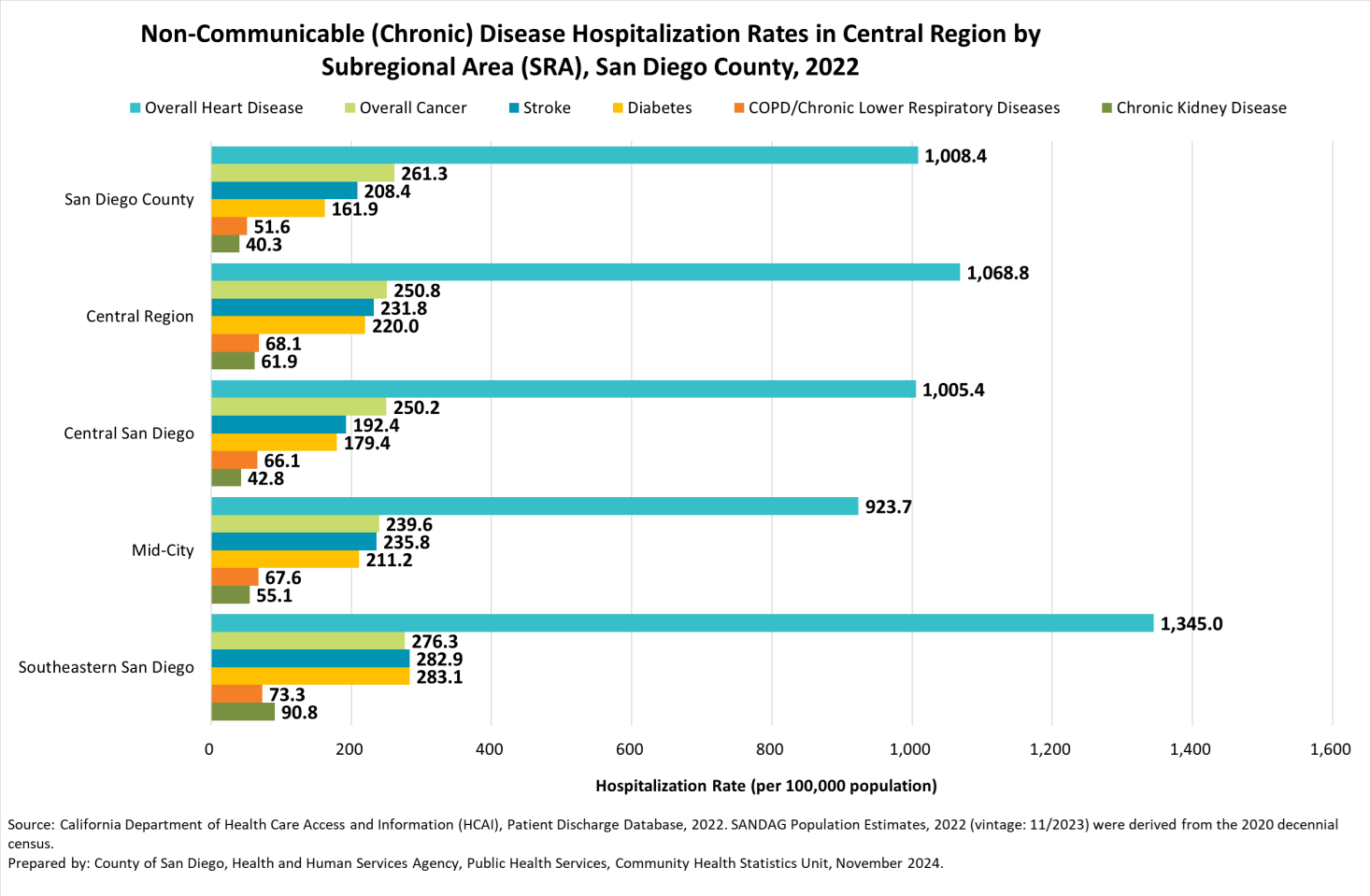
Among non-communicable (chronic) diseases in 2022, the highest emergency department (ED) discharge rates in Central Region and its SRAs were due to overall heart disease. Among Central Region SRAs, Southeastern San Diego had the highest ED discharge rates from overall heart disease, diabetes, asthma, and stroke. In 2022, the ED discharge rate due to stroke in Southeastern San Diego SRA was higher than all other Central Region SRAs. In 2022, Central Region had the highest ED discharge rates due to asthma and diabetes compared to all other HHSA regions.

Non-Communicable (Chronic) Disease Emergency Department (ED) Discharge Rates in Central Region by Subregional Area (SRA), San Diego County, 2022



Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

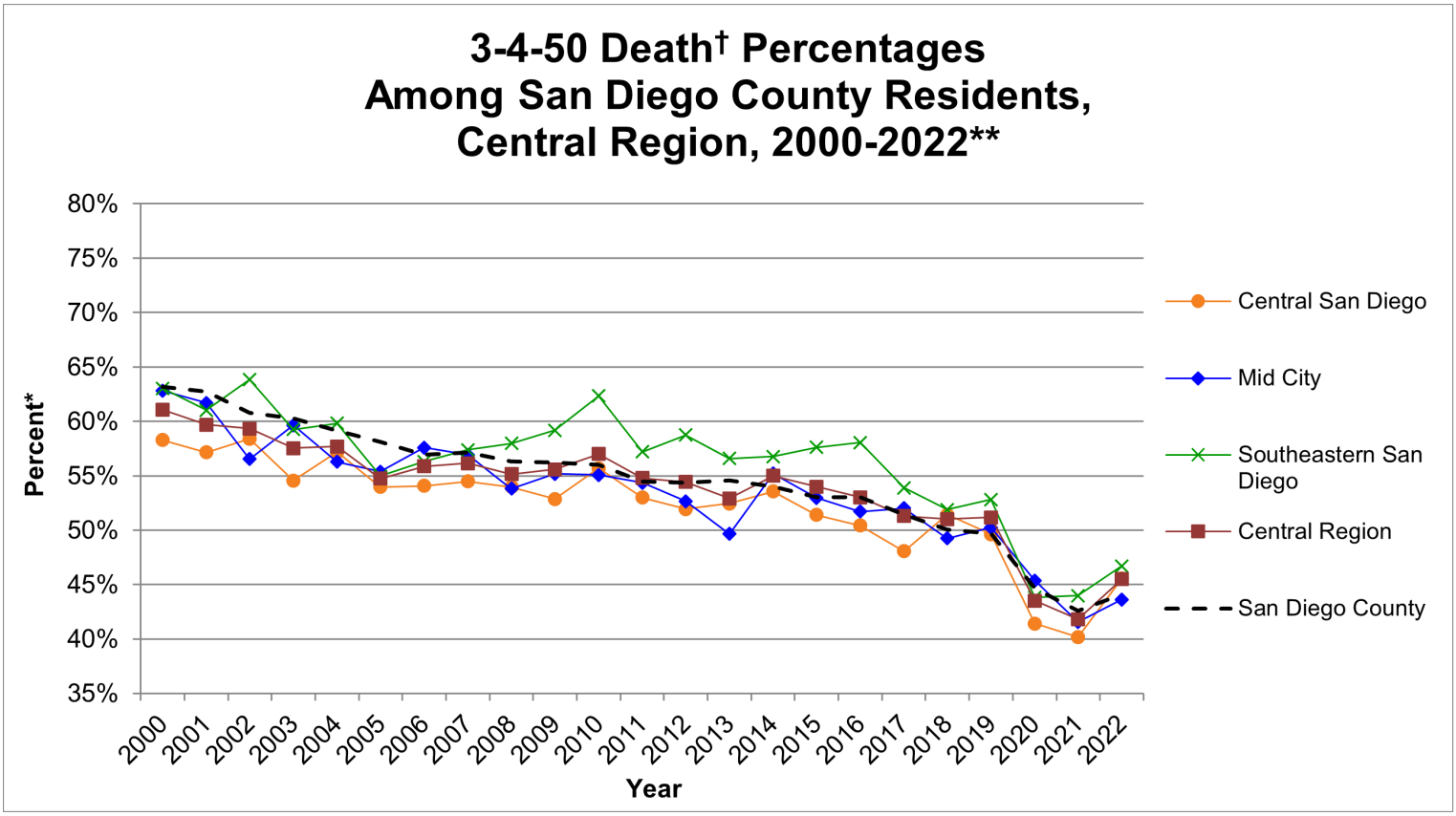
In 2022, the highest hospitalization rates among non-communicable (chronic) diseases were due to overall heart disease in Central Region and its SRAs. Among Central Region SRAs, in 2022, Southeastern San Diego had the highest hospitalization rates from overall heart disease, overall cancer, stroke, diabetes, COPD/chronic lower respiratory diseases, and chronic kidney disease. In 2022, the hospitalization rates due to stroke, diabetes, COPD/chronic lower respiratory diseases, and chronic kidney disease in Mid-City SRA were higher than in San Diego County overall.



Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

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 2022. In 2022, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 45% 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.



*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).

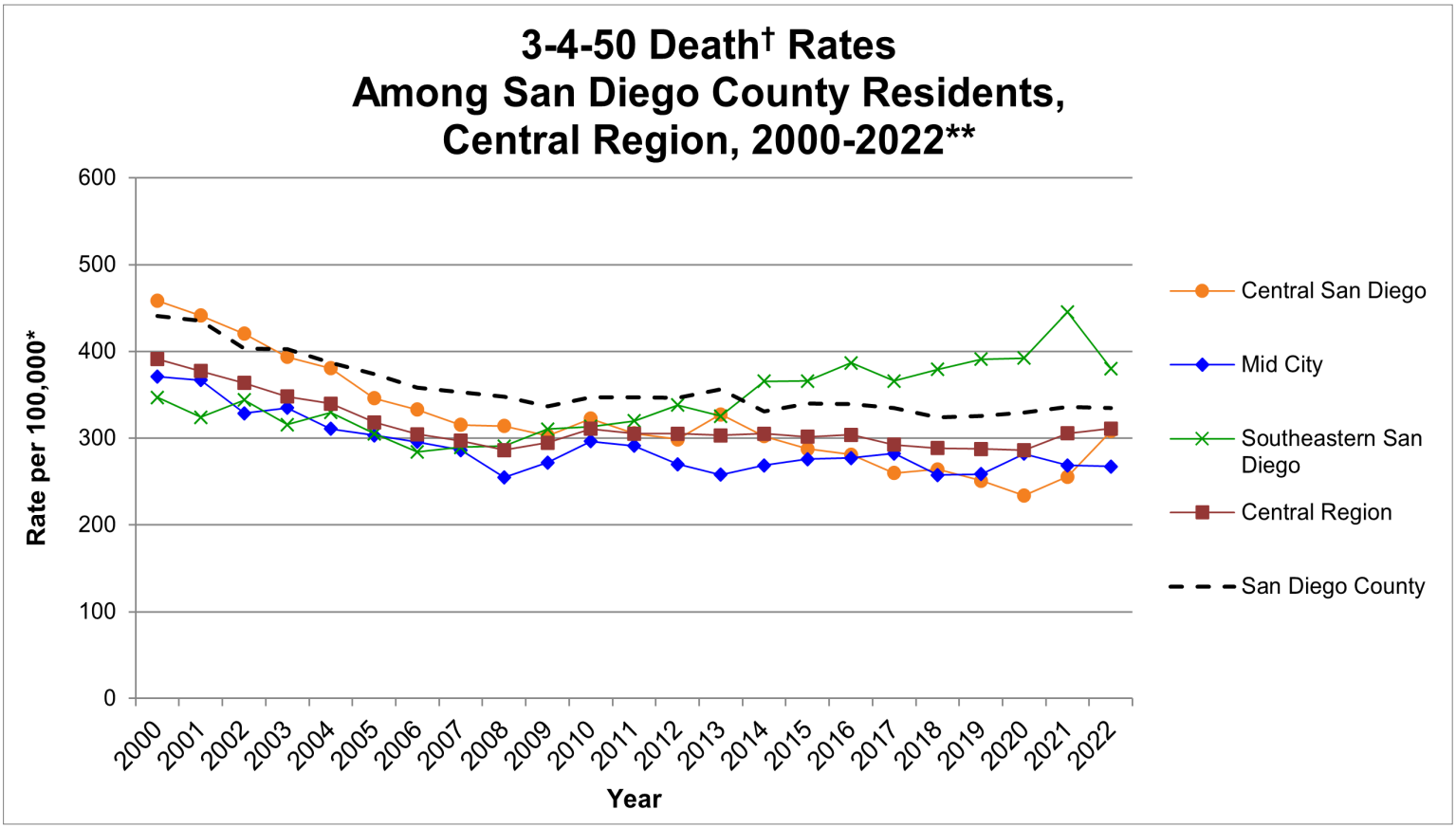
§Percents not calculated for fewer than 5 events for the years 2000 to 2019. Percents not calculated for fewer than 11 events for the years 2020-2022. Percents not calculated in cases where zip code is unknown.

**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, 2014-2022 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, January 2024.

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 2022. Southeastern San Diego SRA had the highest rate of death due to 3-4-50 chronic diseases in 2022 (increasing by 9.6% from 2000 to 2022), while Central San Diego had the lowest (decreasing by 32.7% from 2000 to 2022).



*Rates per 100,000 population.

†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).

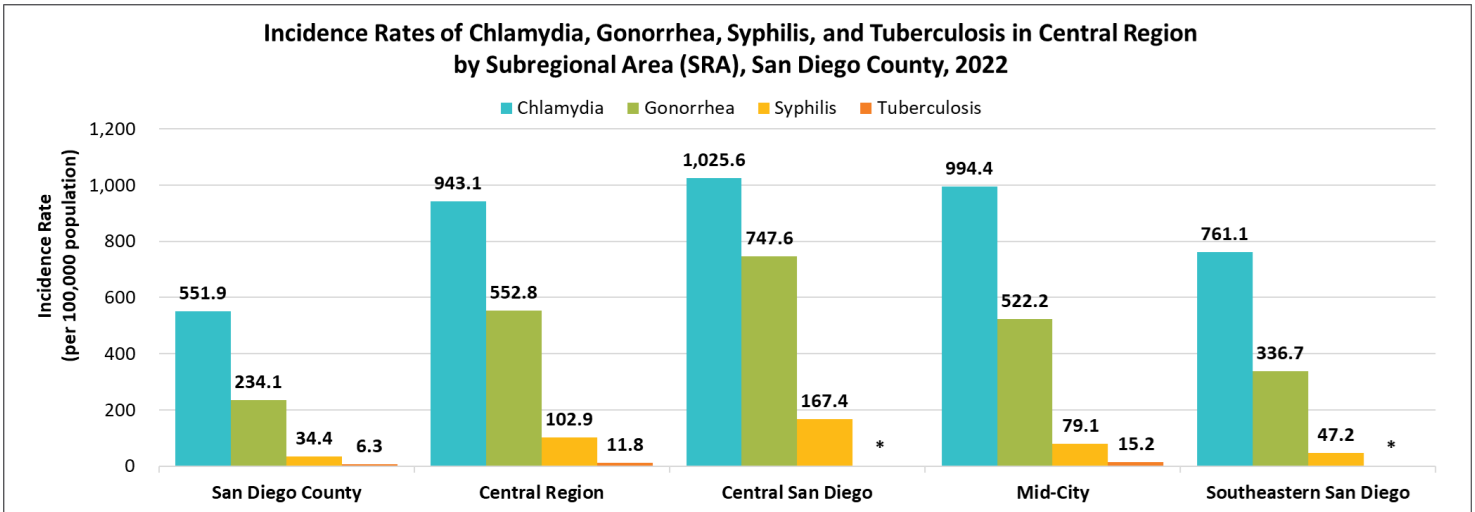
§Rates not calculated for fewer than 5 events for the years 2000 to 2019. Rates not calculated for fewer than 11 events for the years 2020-2022. Rates not calculated in cases where zip code is unknown.

**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, 2014-2022 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates. Population estimates for 2020 and 2021 were derived using the 2010 decennial census and data should be considered preliminary. 2022 population estimates were derived from the 2020 decennial census.
Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, January 2024.

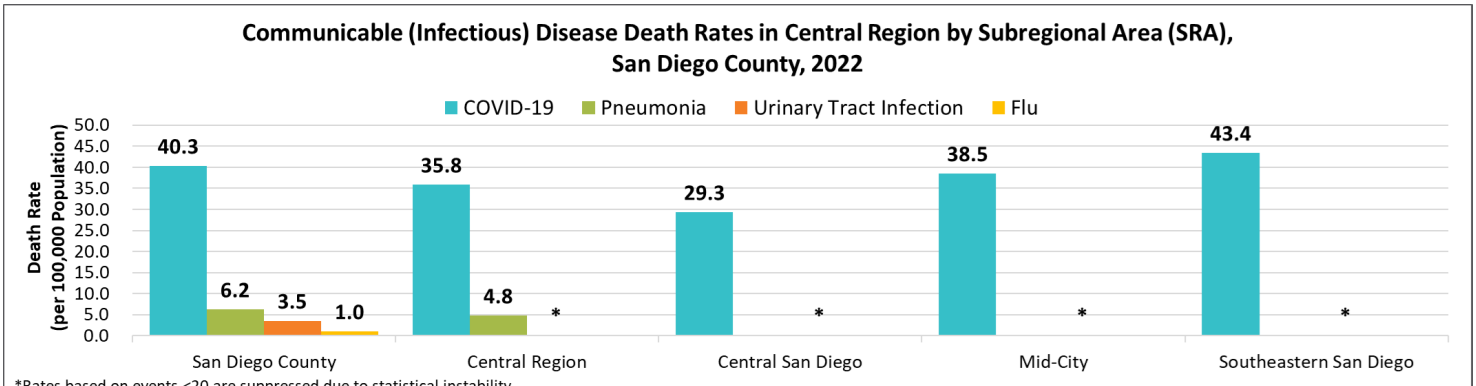
COMMUNICABLE (INFECTIOUS) DISEASES

In 2022, 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 2022. Among Central Region SRAs, Central San Diego had the highest incidence rate of chlamydia (1,025.6 per 100,000), which was nearly two times higher than San Diego County overall (551.9 per 100,000). In 2022, Central San Diego SRA also had the highest incidence rates of gonorrhea (747.6 per 100,000) and syphilis (167.4 per 100,000), while Mid-City SRA had the highest incidence rate of tuberculosis (15.2 per 100,000).



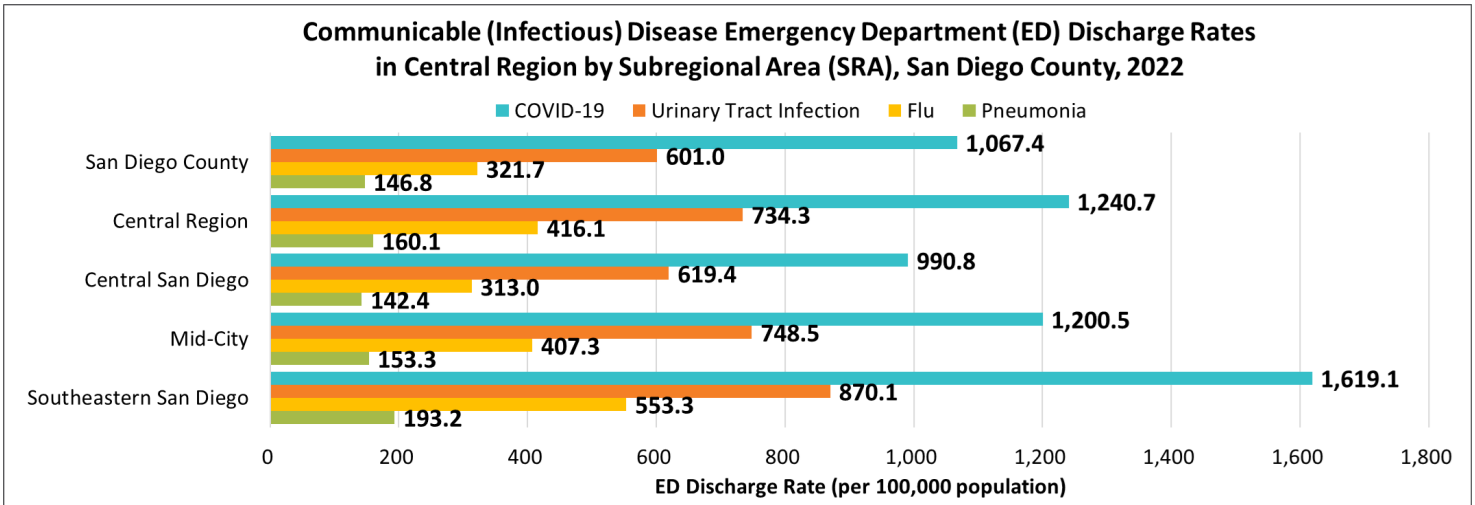
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Infectious Diseases, Division of Communicable Disease Control, California Reportable Disease Information Exchange (CalREDIE) and Report of Verified Case of Tuberculosis (RVCT), 2022. County of San Diego, Health and Human Services Agency, Public Health Services, HIV, STD and Hepatitis Branch. County of San Diego, Health and Human Services Agency, Public Health Services, Tuberculosis Control and Refugee Health Branch. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In Central Region, the highest death rate among communicable (infectious) diseases was due to COVID-19 (35.8 per 100,000), followed by pneumonia (4.8 per 100,000) in 2022.



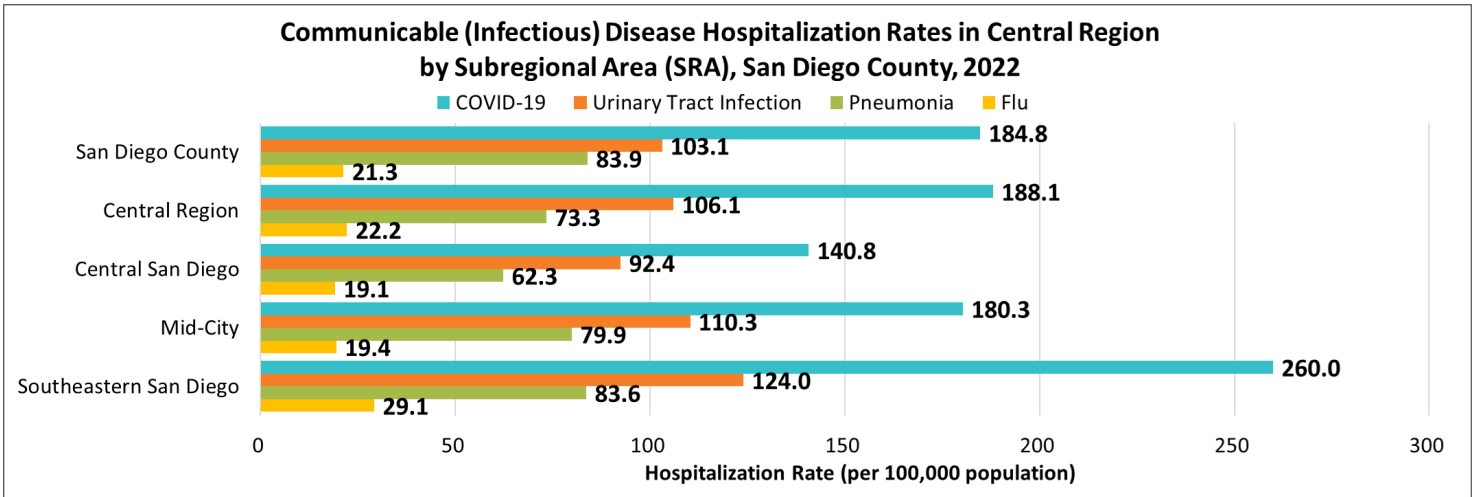
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, the emergency department (ED) discharge rates of communicable (infectious) diseases, COVID-19, 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 COVID-19 in 2022. Among Central Region SRAs, Southeastern San Diego had the highest ED discharge rates of communicable (infectious) diseases (COVID-19, flu, urinary tract infection, and pneumonia) in 2022.



Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

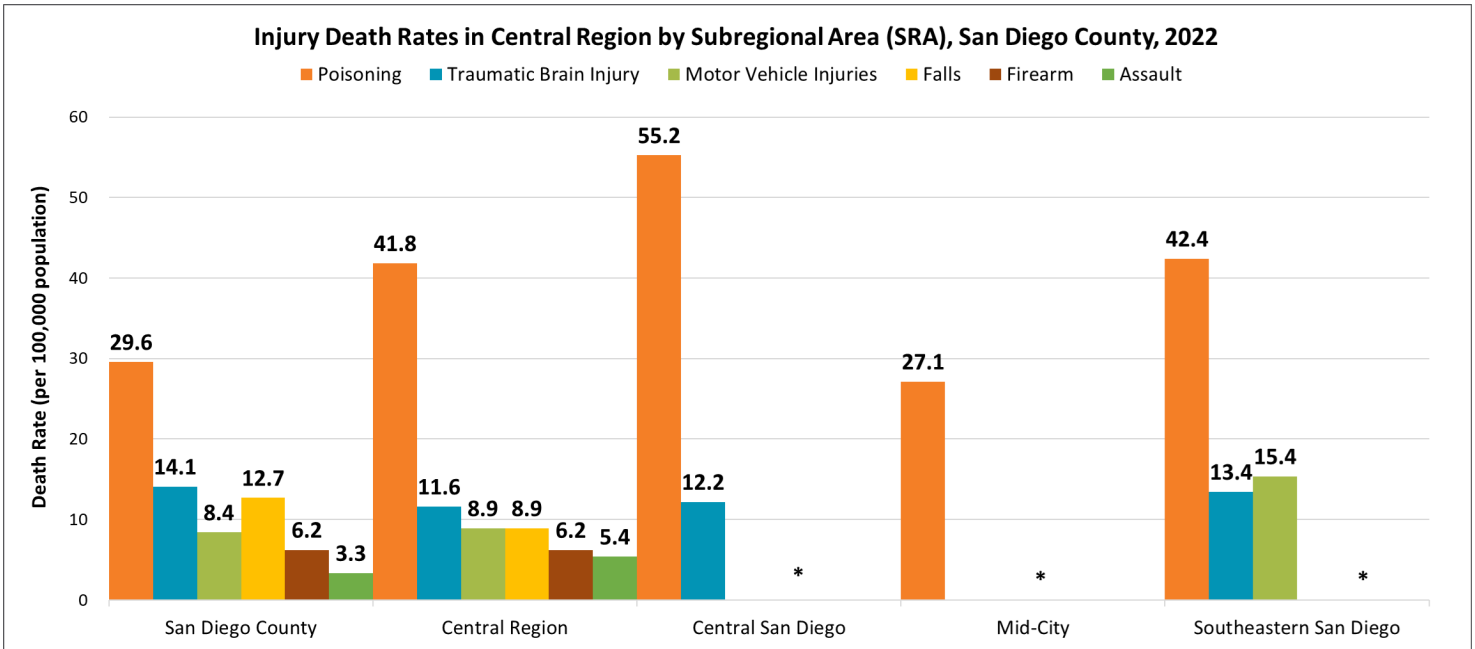
Among communicable (infectious) diseases in Central Region and its SRAs, the highest hospitalization rates were due to COVID-19 in 2022. Among Central Region SRAs, Southeastern San Diego had the highest hospitalization rate due to COVID-19 (260.0 per 100,000), which was also higher than the rates in Central Region (188.1 per 100,000) and San Diego County overall (184.8 per 100,000).



Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

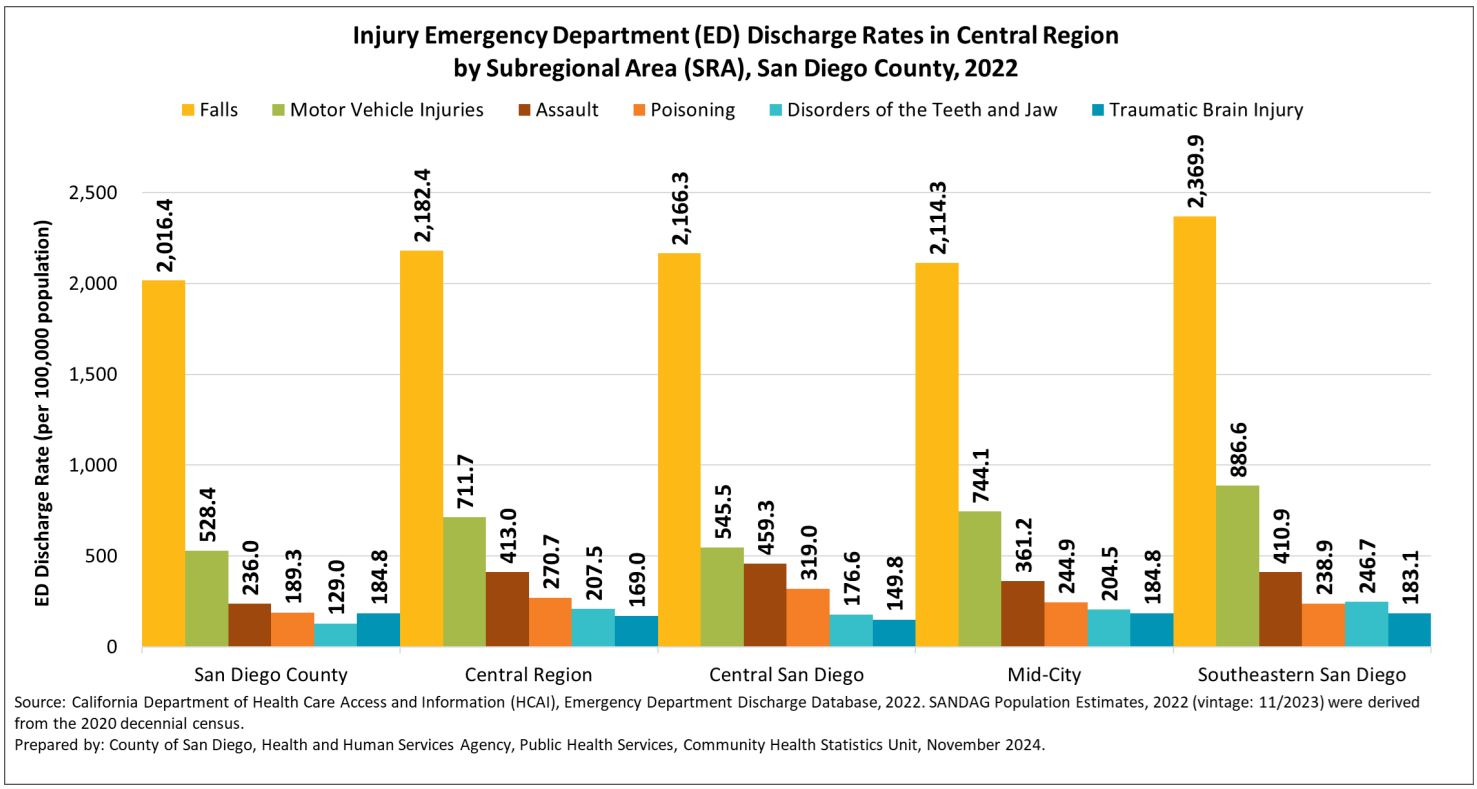
INJURY INDICATORS

Among Health and Human Services Agency (HHSA) regions, Central Region had the highest death rates due to assault (5.4 per 100,000) and poisoning (41.8 per 100,000) in 2022. In Central Region and its SRAs, the highest death rate among injury indicators was due to poisoning in 2022. Among Central Region SRAs, Central San Diego had the highest death rate due to poisoning (55.2 per 100,000). Among injury indicators in 2022, Southeastern San Diego SRA had a higher death rate due to motor vehicle injuries compared to Central Region and San Diego County.



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

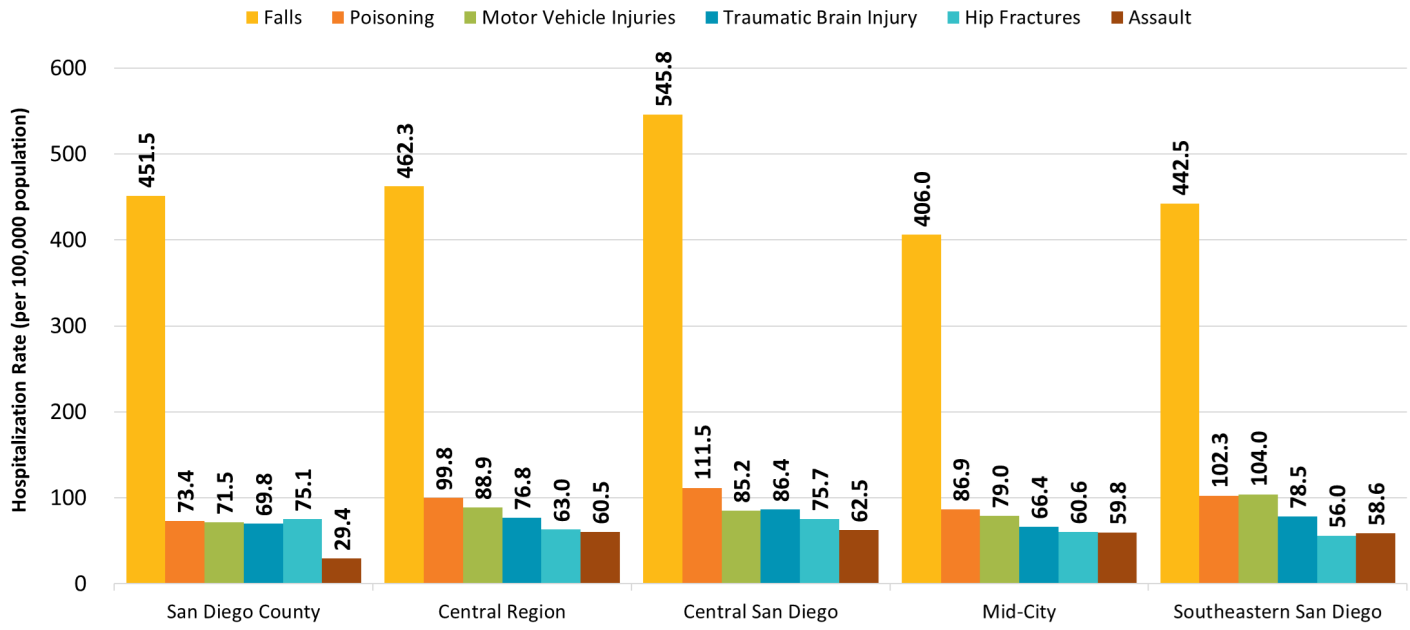
In 2022, the highest emergency department (ED) discharge rates among injury indicators were due to falls in Central Region and its SRAs. Among Central Region SRAs, Central San Diego had the highest ED discharge rate due to poisoning, while Southeastern San Diego SRA had the highest ED discharge rate due to disorders of the teeth and jaw. Among HHSA regions, Central Region had the highest ED discharge rates due to assault, poisoning, and disorders of the teeth and jaw in 2022.



Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In Central Region and its SRAs, the highest hospitalization rates among injury indicators were due to falls in 2022. Among Central Region SRAs, Central San Diego had the highest hospitalization rate due to falls (545.8 per 100,000), which was also higher than in Central Region (462.3 per 100,000). In 2022, Southeastern San Diego SRA had the highest hospitalization rate due to motor vehicle injuries compared to all other Central Region SRAs. Among HHSA regions, Central Region had the highest hospitalization rates due to assault and motor vehicle injuries in 2022.

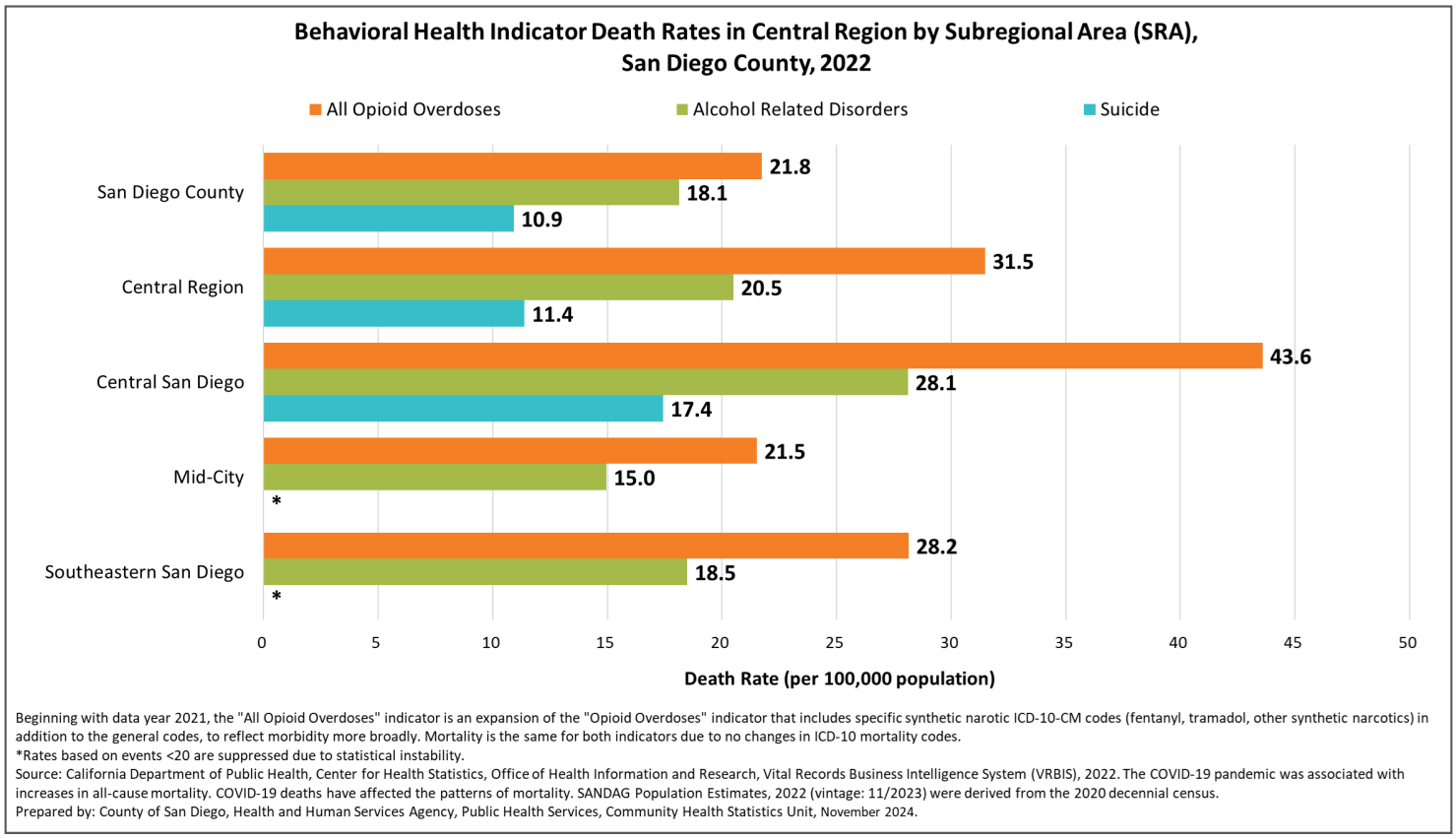
Injury Hospitalization Rates in Central Region by Subregional Area (SRA), San Diego County, 2022



Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

BEHAVIORAL HEALTH INDICATORS

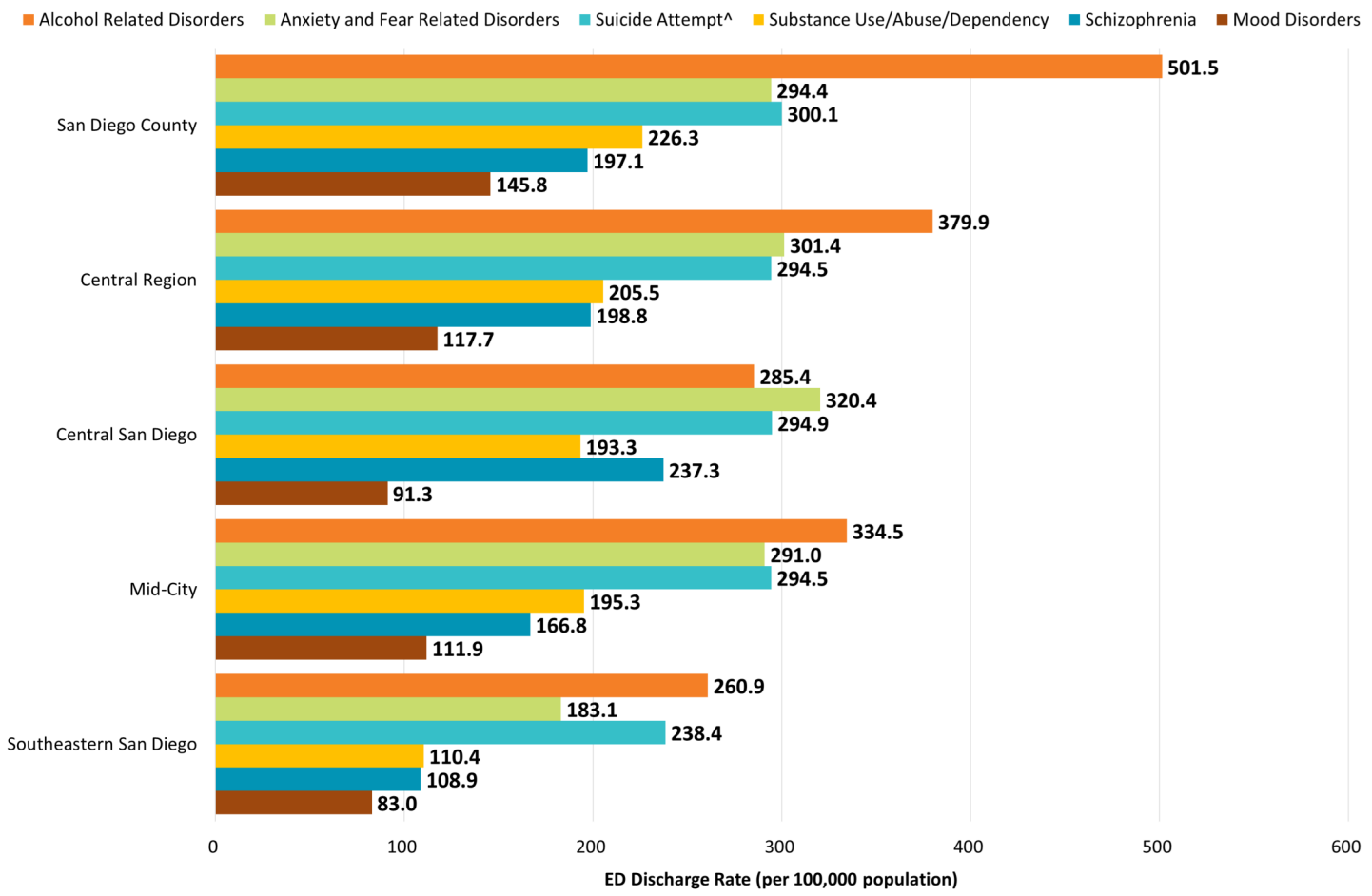
Among the Health and Human Services Agency (HHSA) regions, Central Region had the highest death rate due to all opioid overdoses (31.5 per 100,000) in 2022. Among Central Region subregional areas (SRAs), Central San Diego had higher death rates due to all opioid overdoses (43.6 per 100,000), alcohol-related disorders (28.1 per 100,000), and suicide (17.4 per 100,000) than Central Region and San Diego County overall. Furthermore, in Central Region, Southeastern San Diego SRA had the second highest death rate due to alcohol related disorders (18.5 per 100,000), followed by Mid-City SRA (15.0 per 100,000) in 2022.



Beginning with data year 2021, the "All Opioid Overdoses" indicator is an expansion of the "Opioid Overdoses" indicator that includes specific synthetic narotic ICD-10-CM 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 based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, 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 use/abuse/dependency compared to all other HHSA regions. Among Central Region subregional areas (SRAs) in 2022, Central San Diego had a higher ED discharge rate for anxiety and fear-related disorders (320.3 per 100,000) compared to both Central Region (301.4 per 100,000) and San Diego County overall (294.4 per 100,000). Mid-City SRA had the highest ED discharge rate due to alcohol-related disorders (334.5 per 100,000), followed by Central San Diego (285.4 per 100,000). Additionally, Central San Diego had the highest ED discharge rates among Central Region SRAs for anxiety and fear-related disorders, schizophrenia, and suicide attempt/ideation/intentional self-harm in 2022.

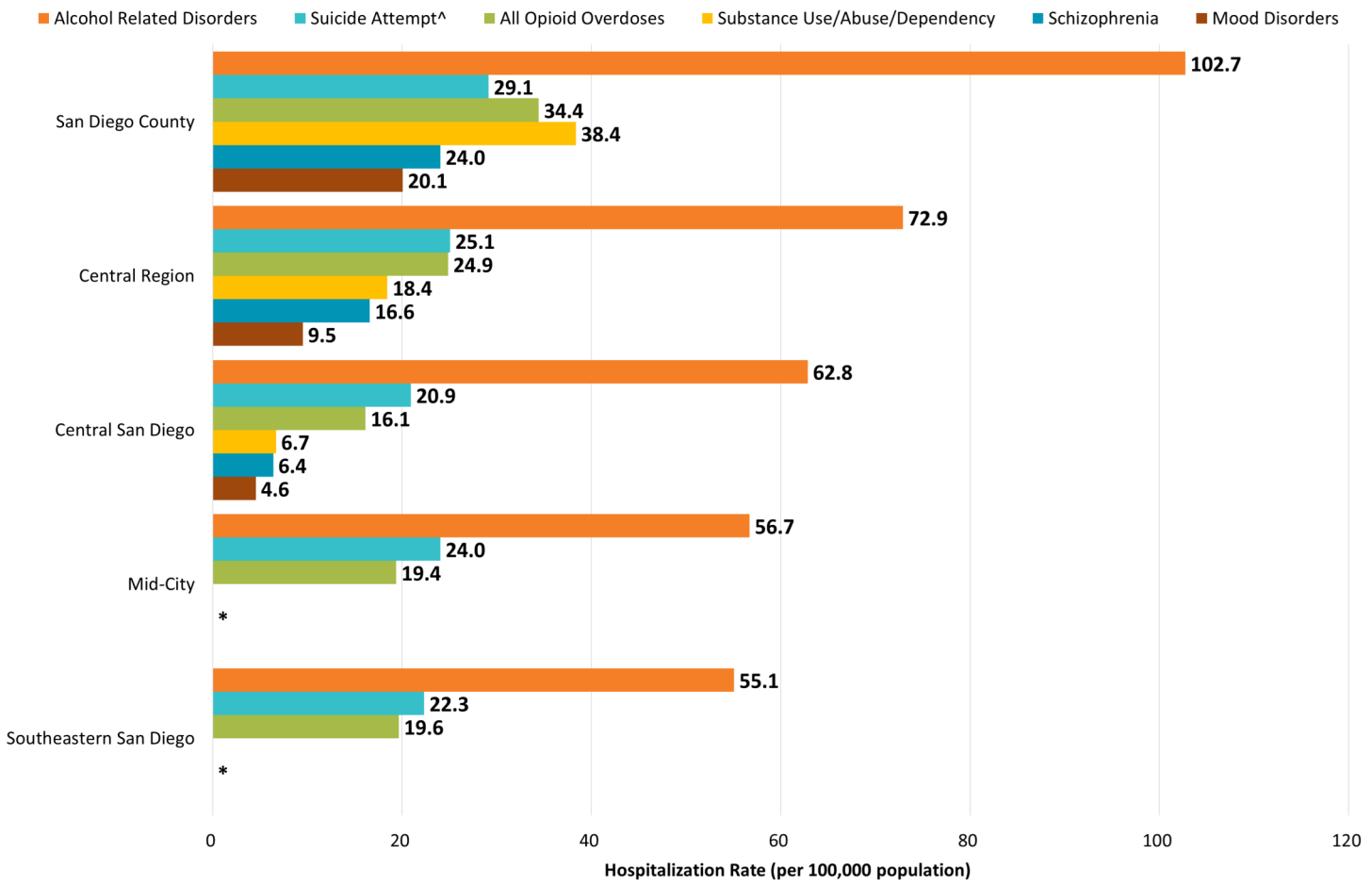
Behavioral Health Indicator Emergency Department (ED) Discharge Rates in Central Region by Subregional Area (SRA), San Diego County, 2022



^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, among behavioral health indicators, Central Region had the highest hospitalization rates for suicide attempt/ideation/intentional self-harm, all opioid overdoses, substance use/abuse/dependency, schizophrenia, and mood disorders compared to all other HHSA regions. Among Central Region subregional areas (SRAs), Central San Diego had the highest hospitalization rates for alcohol-related disorders (62.8 per 100,000), followed by Mid-City SRA (56.7 per 100,000) and Southeastern San Diego SRA (55.1 per 100,000). Additionally, Mid-City SRA had the highest hospitalization rate for suicide attempt/ideation/intentional self-harm among Central Region SRAs. Southeastern San Diego SRA had the highest hospitalization rate for all opioid overdoses (19.6 per 100,000) compared to the other SRAs in Central Region.

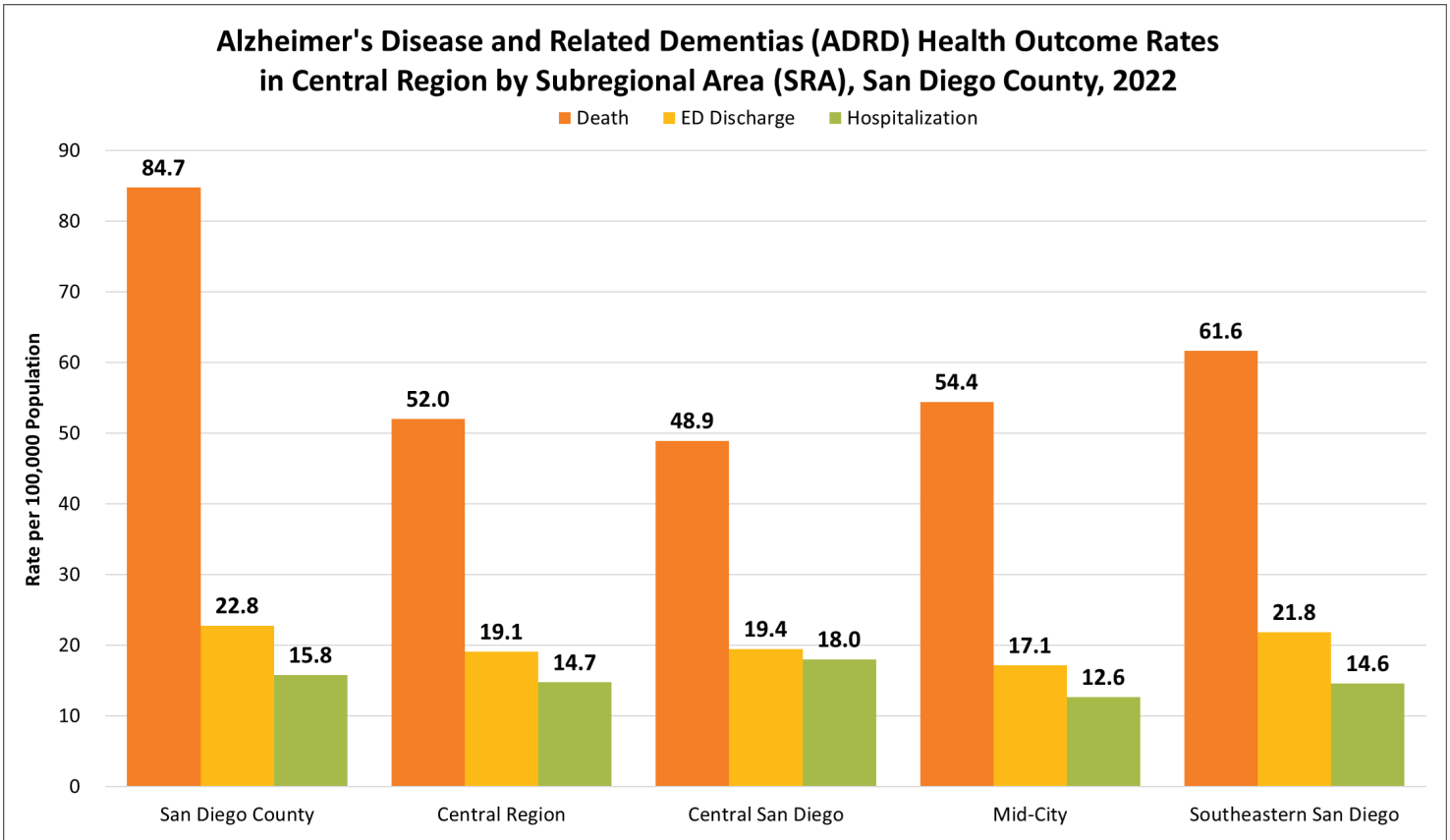
Behavioral Health Indicator Hospitalization Rates in Central Region by Subregional Area (SRA), San Diego County, 2022



*Rates based on events <20 are suppressed due to statistical instability.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

In 2022, 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 (61.6 per 100,000), which was also higher than the death rate in Central Region (52.0 per 100,000) in 2022. Additionally, Southeastern San Diego SRA had a higher ED discharge rate due to ADRD than Central Region and its other SRAs. Among Health and Human Services Agency (HHSA) regions, Central Region had the lowest death rate due to ADRD in 2022.

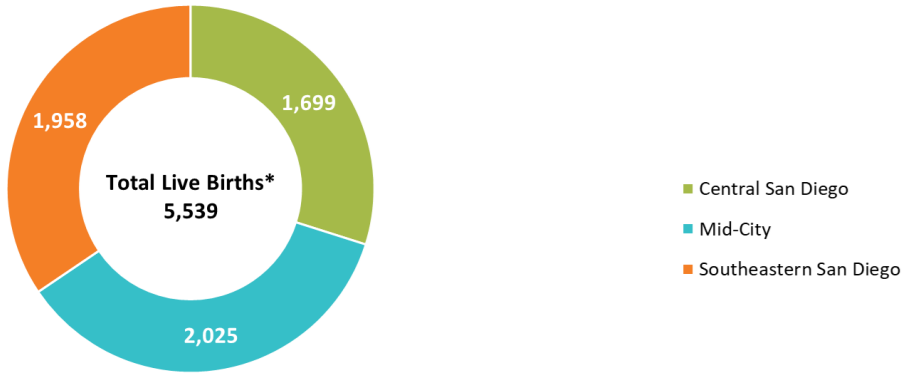


Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

MATERNAL AND CHILD HEALTH INDICATORS

In 2022, there were 5,539 total live births in Central Region, which represented 14.7% of the total live births in San Diego County (37,753). In 2022, nearly 2 out of every 5 live births (36.6%) in Central Region were in Mid-City subregional area (SRA).

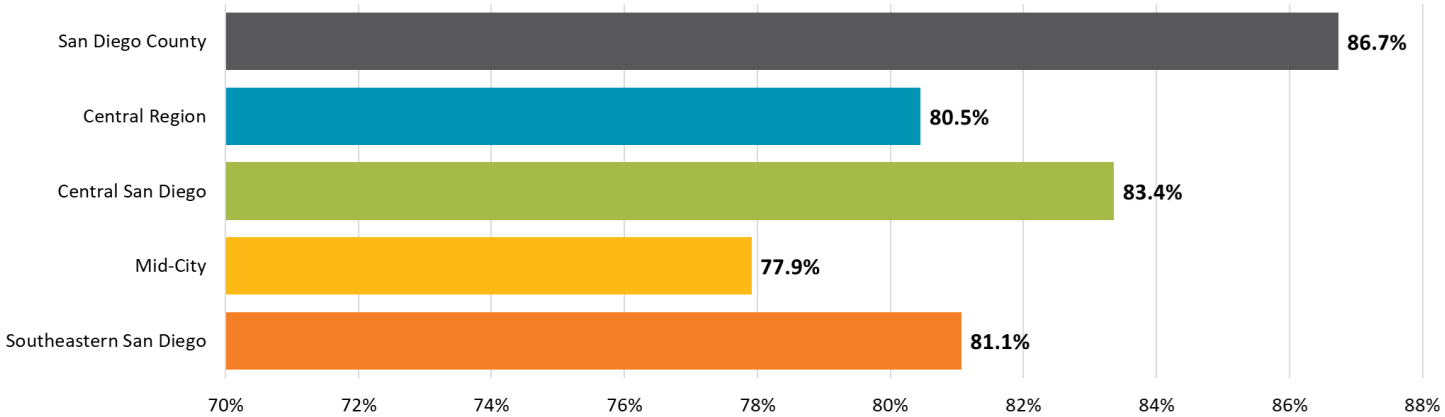
Distribution of Live Births in Central Region by Subregional Area (SRA), San Diego County, 2022



*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, 2022. 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, November 2024.

Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In 2022, the proportion of mothers who received early prenatal care in Central Region (80.5%) was lower than in San Diego County overall (86.7%). Among Central Region SRAs, Mid-City had the lowest proportion of births that received early prenatal care (77.9%), followed by Southeastern San Diego (81.1%).

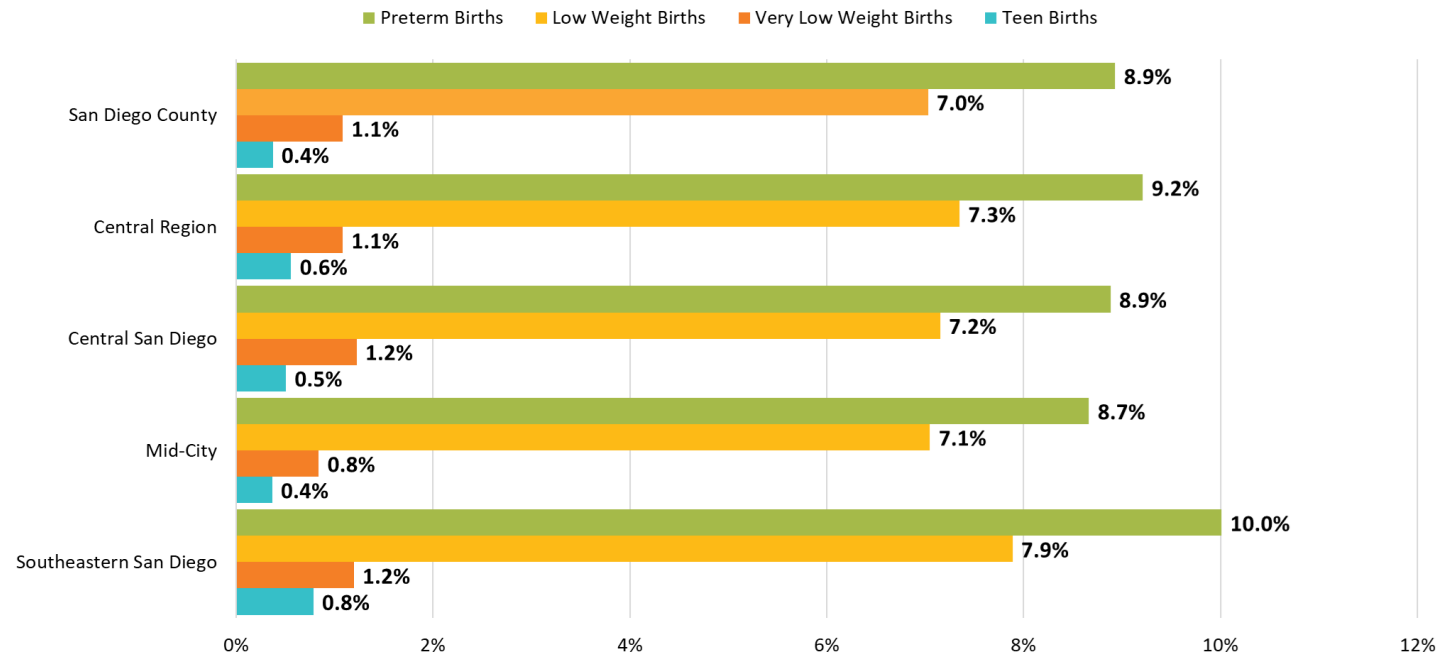
Percentage of Early Prenatal Care Among Births in Central Region and Subregional Areas (SRAs), San Diego County, 2022



Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2022. 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, November 2024.

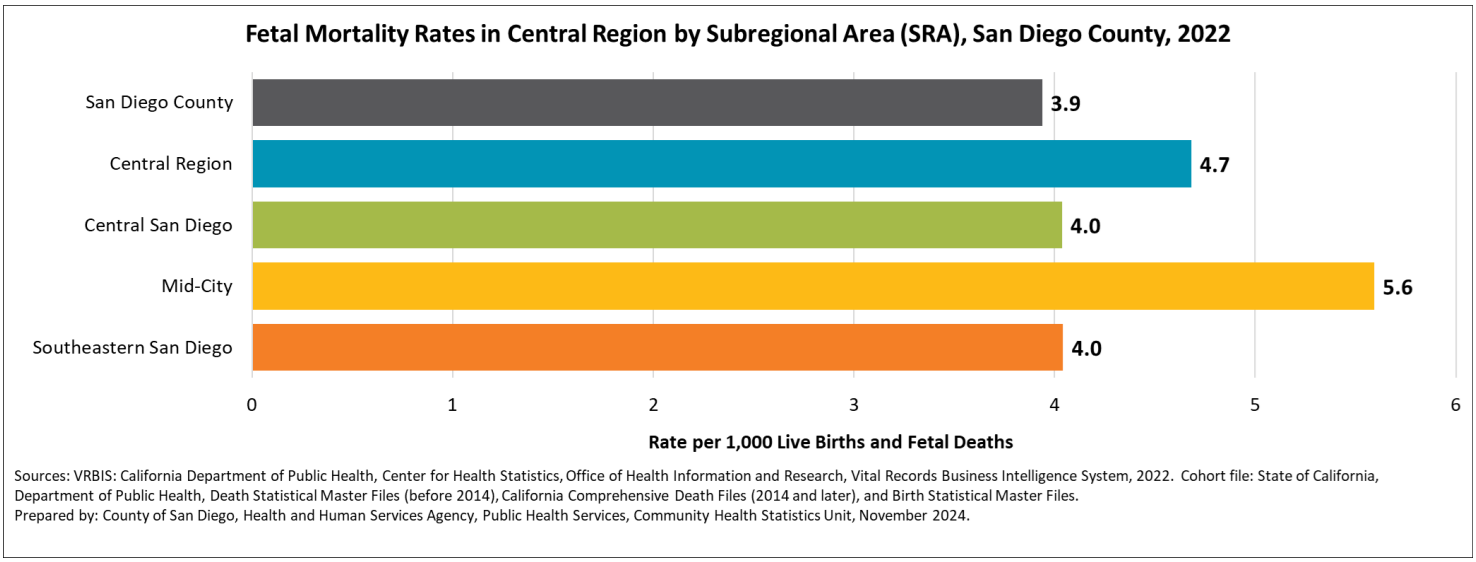
Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2022, the proportion of preterm births in Central Region (9.2%) was higher than in San Diego County overall (8.9%). Among Central Region SRAs, Southeastern San Diego had the highest proportion of preterm births (10.0%), while Mid-City had the lowest (8.7%). 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 (7.3%) was higher than in San Diego County (7.0%), 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%). In 2022, Southeastern San Diego SRA and Central San Diego SRA had the highest proportion of very low weight births (1.2%) compared to all other Central Region SRAs. 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 2022, the proportion of teen births in Southeastern San Diego SRA (0.8%) was higher than in Central Region (0.6%) and San Diego County overall (0.4%).

Percentage of Preterm Births, Low Weight Births, Very Low Weight Births, and Teen Births in Central Region by Subregional Area (SRA), San Diego County, 2022



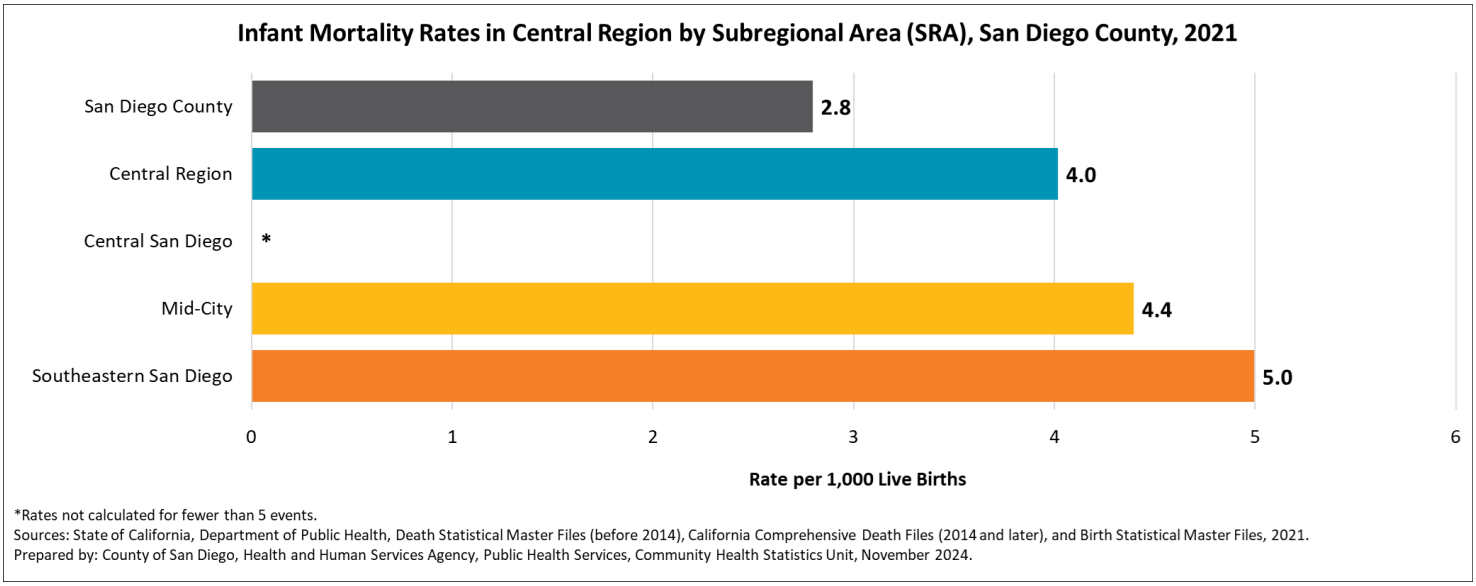
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2022. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2022, the fetal mortality rate in Central Region (4.7 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, Mid-City had the highest fetal mortality rate (5.6 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, 2022. Cohort file: State of California, Department of Public Health, Death Statistical Master Files (before 2014), California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Infant mortality refers to an infant's death before one year of age. In 2021, the infant mortality rate in Central Region (4.0 per 1,000 live births) was higher than in San Diego County overall (2.8 per 1,000 live births). Among Central Region SRAs, Southeastern San Diego had the highest infant mortality rate (5.0 per 1,000 live births), which was 1.8 times higher than in San Diego County overall (2.8 per 1,000 live births).



*Rates not calculated for fewer than 5 events.
Sources: State of California, Department of Public Health, Death Statistical Master Files (before 2014), California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

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

- In 2022, Central Region was the fourth most populous region, representing 15.5% of San Diego County's population.
- In San Diego County, Central Region had the highest proportion of residents aged 25-44 years (36.7%) in 2022.

Socioeconomic Factors

- In 2022, Central Region had the lowest median household income ($81,448) and the highest proportion of residents living below 200% of the Federal Poverty Level (FPL) (33.8%) in San Diego County.

Health Outcomes

- In 2022, 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.