



LIVE WELL
SAN DIEGO

Central Region Health Status Report Summary



March 2026

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*

March 2026

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

All materials in this document are in the public domain and may be reproduced and copied without permission. However, citation to source is appreciated.

Suggested citation: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. (2026). *Central Region Health Status Report Summary*. Retrieved MM/DD/YY from www.SDHealthStatistics.com.

Inquiries regarding this document may be directed to:

Community Health Statistics Unit
5530 Overland Ave, Ste. 210
San Diego, CA 92123
(619) 692-6667
www.SDHealthStatistics.com





Table of Contents

Section	Page #
Introduction	1
Health Status Overview	2
Demographic Characteristics	
Population Characteristics	3
Insurance, Access, and Utilization	8
Disability Status	10
Mortality Measures	
Life Expectancy	11
Leading Causes of Death	12
Health Outcomes	
Non-Communicable (Chronic) Diseases.....	13
3-4-50: Chronic Diseases	16
Communicable (Infectious) Diseases	18
Injury Indicators.....	20
Behavioral Health Indicators.....	23
Alzheimer’s Disease and Non-Alzheimer’s Dementia	26
Maternal and Child Health Indicators.....	27
Conclusion	30

PAGE INTENTIONALLY LEFT BLANK



LIVE WELL
SAN DIEGO



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 2023 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 2023. 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 2023 for Central Region, outlining the relative burden of a specific cause of death compared to other causes.
- 3) **Health Outcomes:** Deaths in this report refer to the underlying cause of death, except for COVID-19 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 Non-Alzheimer's Dementia, and
 - f) Maternal and Child Health Indicators.

HEALTH STATUS OVERVIEW (2023): CENTRAL REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 505,822

(15.4% of San Diego County's population)

Age Distribution:

- 0-4 years old (4.8%)
- 5-14 years old (9.8%)
- 15-24 years old (14.2%)
- 25-44 years old (37.1%)
- 45-64 years old (21.5%)
- 65+ years old (12.7%)

Median Household Income: \$85,465

Population Below 200% Federal Poverty Level (FPL): 32.5%

Population with Health Insurance: 90.9%

Population with Disability: 11.4%

Households Receiving Food Stamps/SNAP/CalFresh: 13.3%

MORTALITY MEASURES

Overall Life Expectancy: 80.4 years

Top 5 Leading Causes of Death:

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

LEADING HEALTH OUTCOMES

	Death Rate	Emergency Department (ED) Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	Overall Cancer 133.4 per 100,000	Overall Heart Disease 2,243.4 per 100,000	Overall Heart Disease 1,092.4 per 100,000
Communicable (Infectious) Diseases	COVID-19 (multiple cause of death) 13.7 per 100,000	Urinary Tract Infection 826.2 per 100,000	Pneumonia 107.0 per 100,000
Injury Indicators	Poisoning 49.8 per 100,000	Falls 2,312.9 per 100,000	Falls 525.0 per 100,000
Behavioral Health Indicators	All Drug Overdoses 48.2 per 100,000	Alcohol Use/Abuse/ Dependency 478.3 per 100,000	Alcohol Use/Abuse/ Dependency 98.6 per 100,000
Alzheimer's Disease	Alzheimer's Disease 25.4 per 100,000	Alzheimer's Disease (any mention) 54.7 per 100,000	Alzheimer's Disease (any mention) 78.7 per 100,000

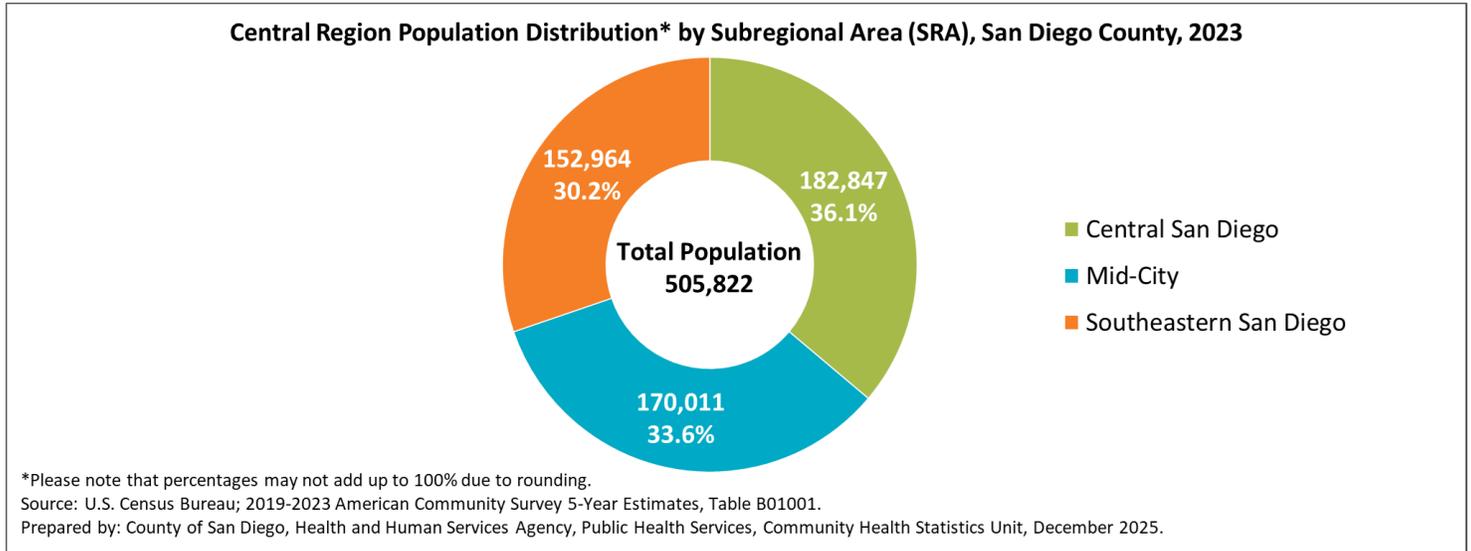
Maternal and Child Health Indicators

Total Live Births: 5,214	Preterm Births: 10.0% Low Weight Births: 8.0% Very Low Weight Births: 1.2% Teen Births: 0.9% Received Early Prenatal Care: 80.1%	Infant Mortality Rate (2022): 3.6 per 1,000 Total Live Births Fetal Mortality Rate: 5.0 per 1,000 Live Births and Fetal Deaths
------------------------------------	--	---

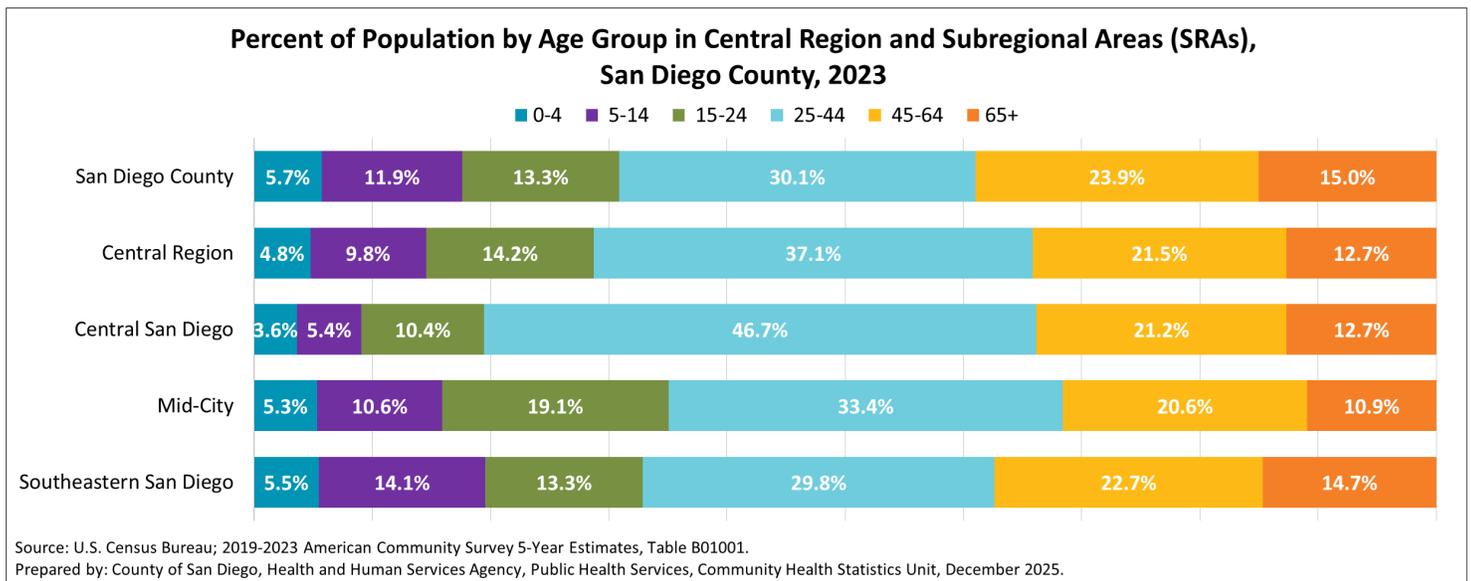
DEMOGRAPHIC CHARACTERISTICS

POPULATION CHARACTERISTICS

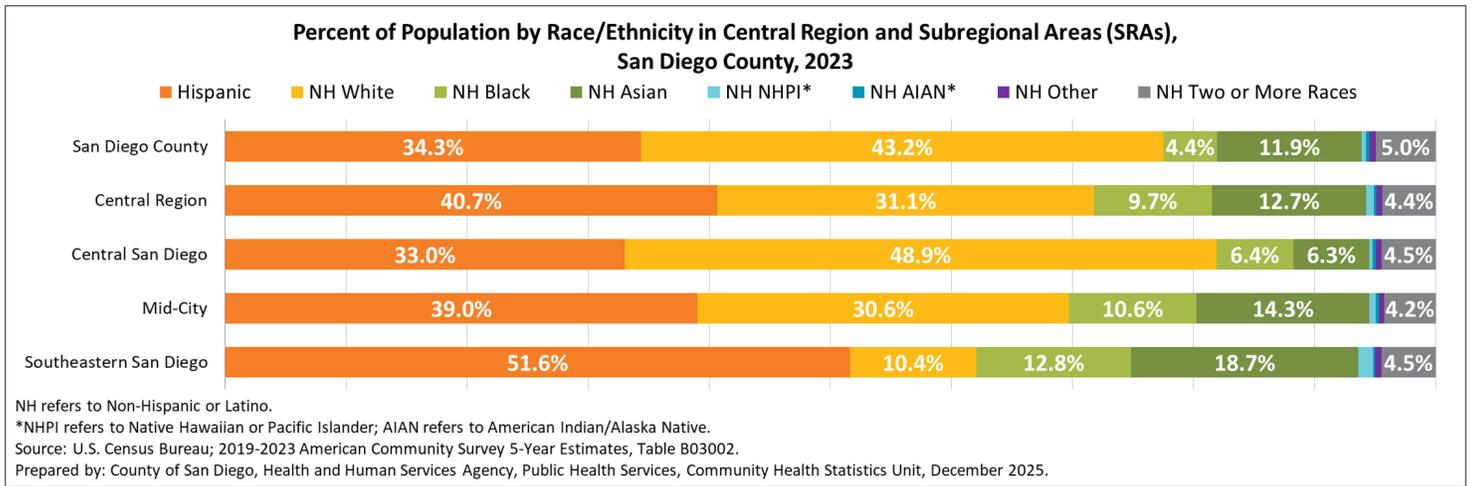
In 2023, Central Region was home to an estimated 505,822 residents, representing 15.4% of San Diego County’s population (3,282,782). Among Central Region subregional areas (SRAs), over a third of the residents lived in Central San Diego (36.1%).



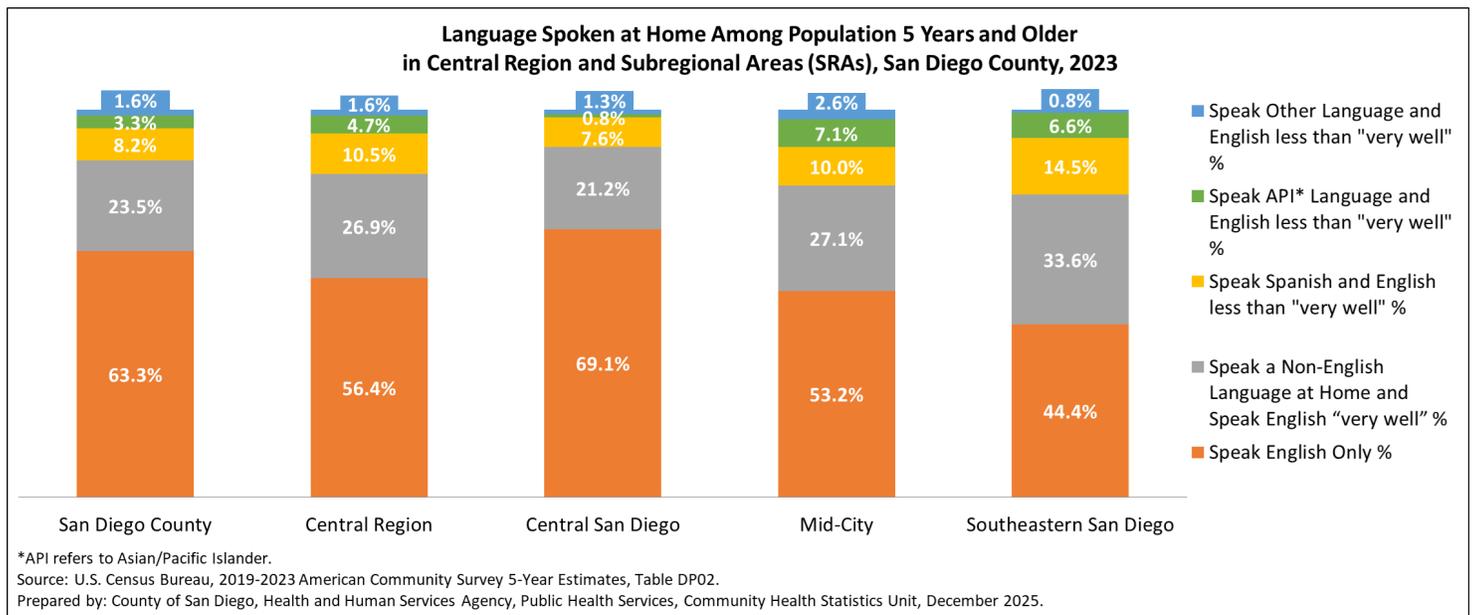
In 2023, adults aged 25-44 years old constituted the highest proportion of Central Region residents (37.1%), followed by residents aged 45-64 years old (21.5%). Among Central Region SRAs, Central San Diego had the highest proportion of residents aged 25-44 years old (46.7%), followed by Mid-City (33.4%) in 2023. In Central Region, Southeastern San Diego SRA had the highest proportion of older adult residents 65 years and older (14.7%) in 2023.



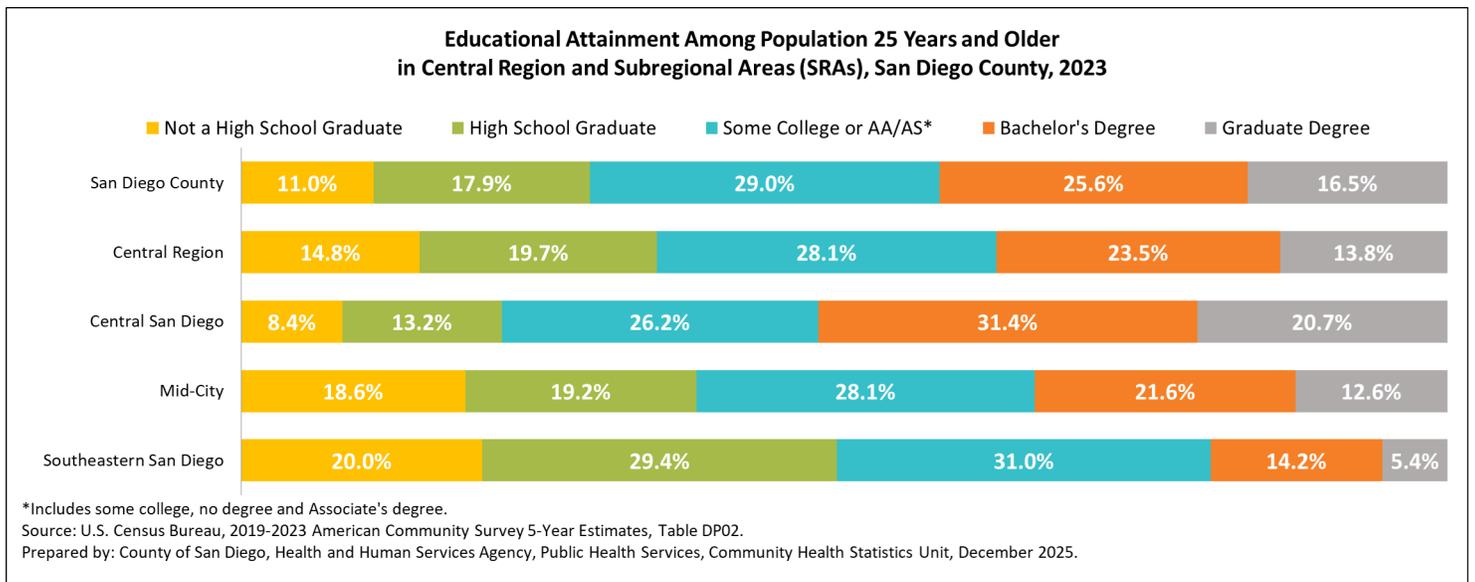
In 2023, residents in Central Region were primarily Hispanic (40.7%), followed by non-Hispanic (NH) White (31.1%), NH Asian (12.7%), NH Black (9.7%), NH two or more races (4.4%), NH Native Hawaiian or Pacific Islander (0.6%), NH Other (0.5%), and NH American Indian/Alaska Native (0.2%). Among Central Region SRAs, Central San Diego had the highest proportion of NH White (48.9%) residents than other Central Region SRAs in 2023. Compared to other Central Region SRAs, Southeastern San Diego had the highest proportions of Hispanic (51.6%), NH Asian (18.7%), NH Black (12.8%), and NH Native Hawaiian or Pacific Islander (1.2%) residents in 2023.



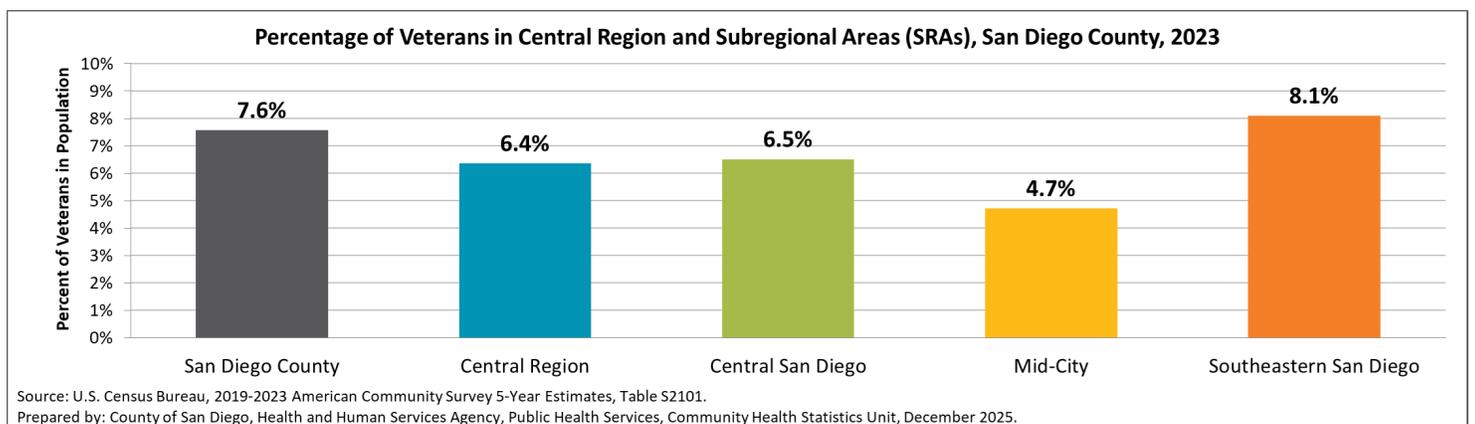
In 2023, over half (56.4%) of the population aged 5 years and older in Central Region spoke only English at home. Just over 1 in 4 residents (26.9%), aged 5 years and older, in Central Region spoke English “very well” and another language at home in 2023. Among Central Region SRAs, Central San Diego had the highest proportion of residents speaking only English at home (69.1%), while Southeastern San Diego had the lowest proportion (44.4%).



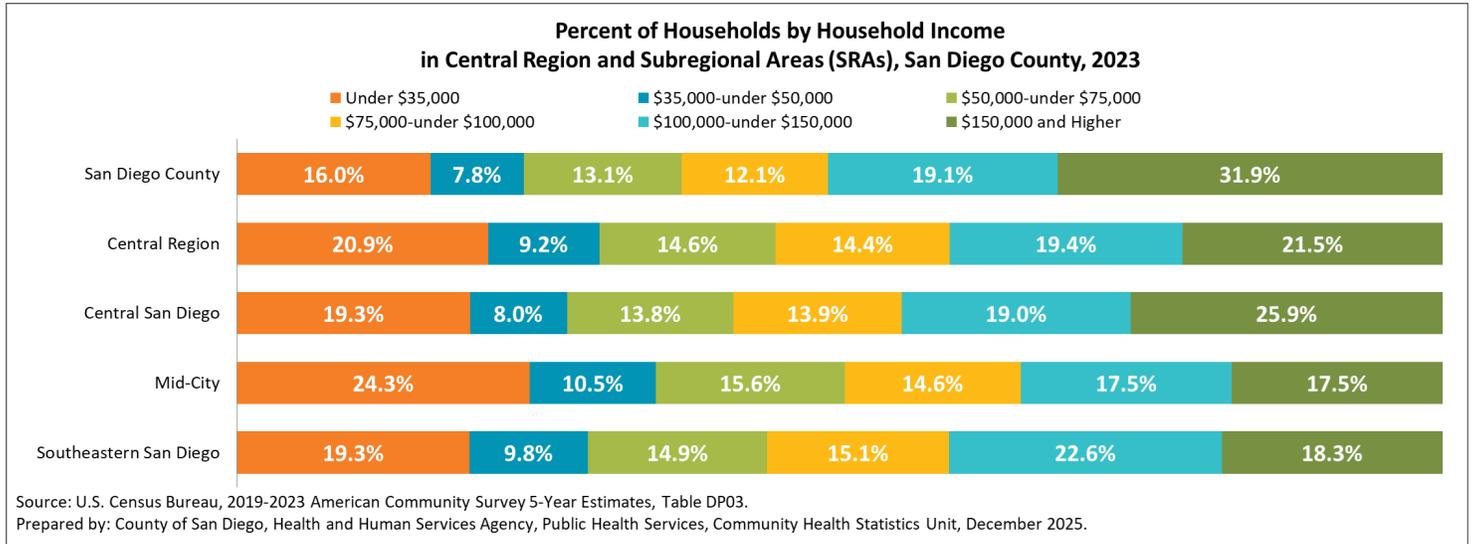
Educational attainment refers to the highest level of education completed in terms of the highest degree, or the highest level of schooling, completed for the population 25 years and older. In 2023, over 8 in every 10 adults (85.2%), aged 25 years and older, had at least a high school diploma or General Educational Diploma (GED), while over 1 in every 3 adults (37.4%) held a bachelor's or graduate degree in Central Region. In Central San Diego SRA, over half (52.2%) of adults 25 years and older had a bachelor's degree or higher in 2023. Among Central Region SRAs, Southeastern San Diego had the highest proportion of adults 25 years and older without a high school diploma (20.0%), followed by Mid-City (18.6%) in 2023.



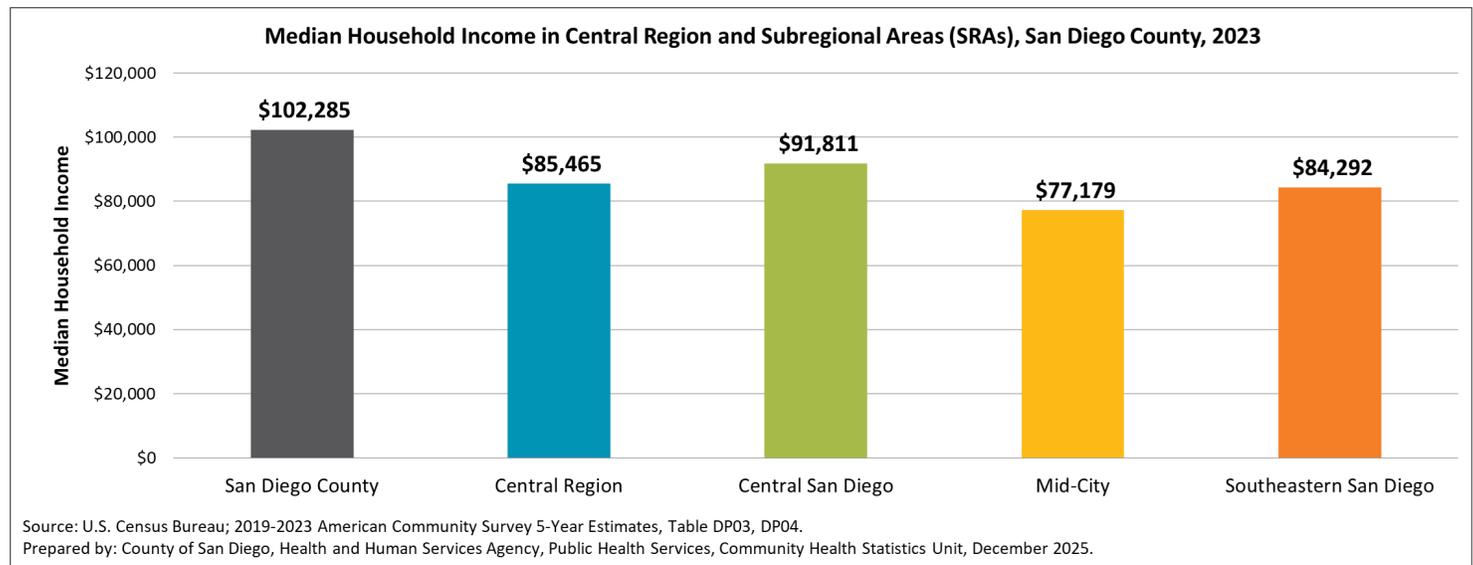
Veterans are civilians who have served officially or non-officially domestically or at war, for any amount of time, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who 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 2023, 6.4% of residents in Central Region were veterans. Among Central Region SRAs, Southeastern San Diego had the highest proportion of veterans (8.1%), followed by Central San Diego (6.5%).



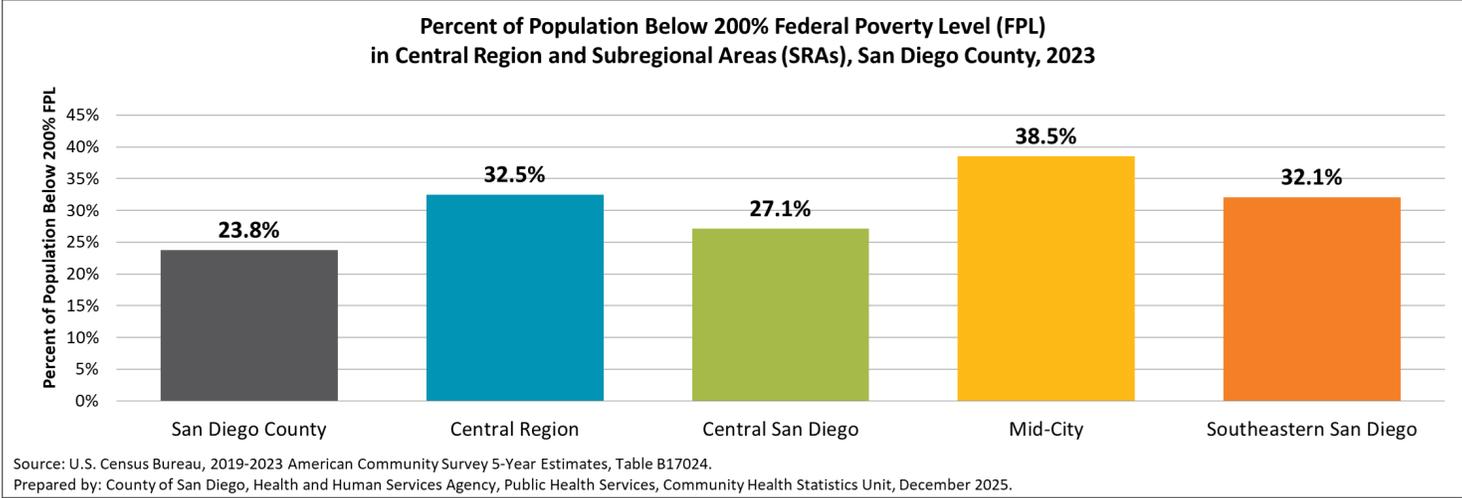
Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. In 2023, 1 in 5 households (20.9%) in Central Region had an annual income of less than \$35,000. Among Central Region SRAs, Mid-City had the highest proportion of households with an annual income of less than \$35,000 (24.3%) in 2023.



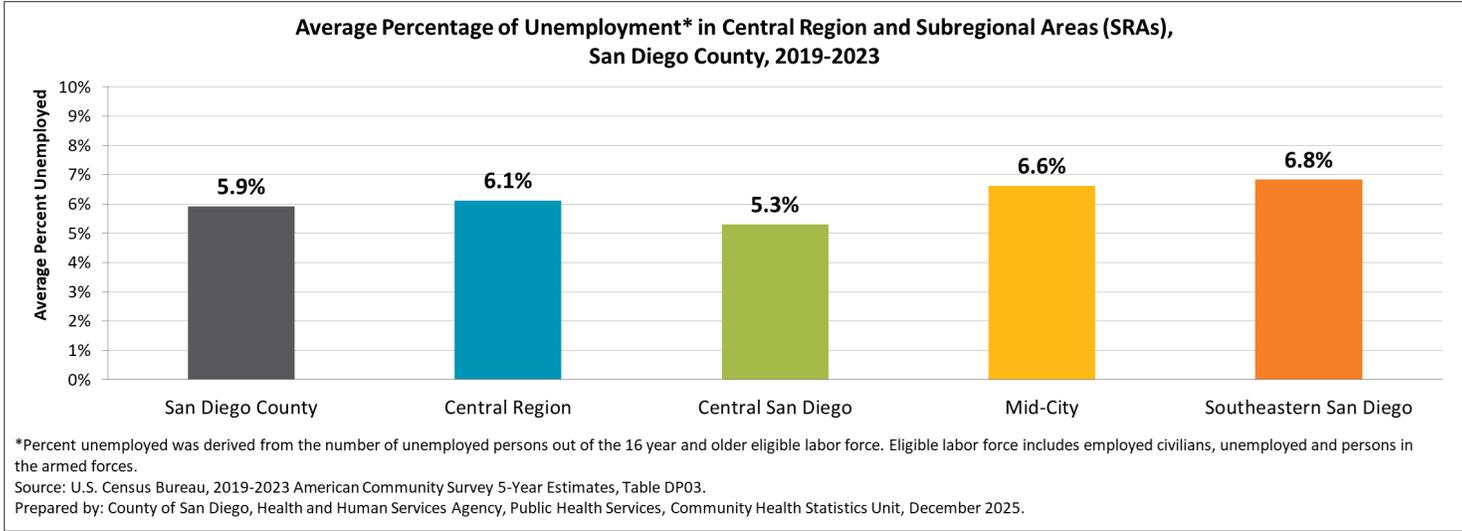
The median household income in Central Region was \$85,465 in 2023. Among Central Region SRAs, Mid-City had the lowest median household income (\$77,179), while Central San Diego had the highest median household income (\$91,811).



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, about 1 in every 3 residents (32.5%) lived below 200% FPL in 2023, which was higher than the proportion of residents living below 200% FPL in San Diego County (23.8%). Among Central Region SRAs, Mid-City had the highest proportion of residents (38.5%) living below 200% FPL, followed by Southeastern San Diego (32.1%). Among Health and Human Services Agency (HHSA) Regions, Central Region had the highest proportion of residents living below 200% FPL (32.5%) in 2023.

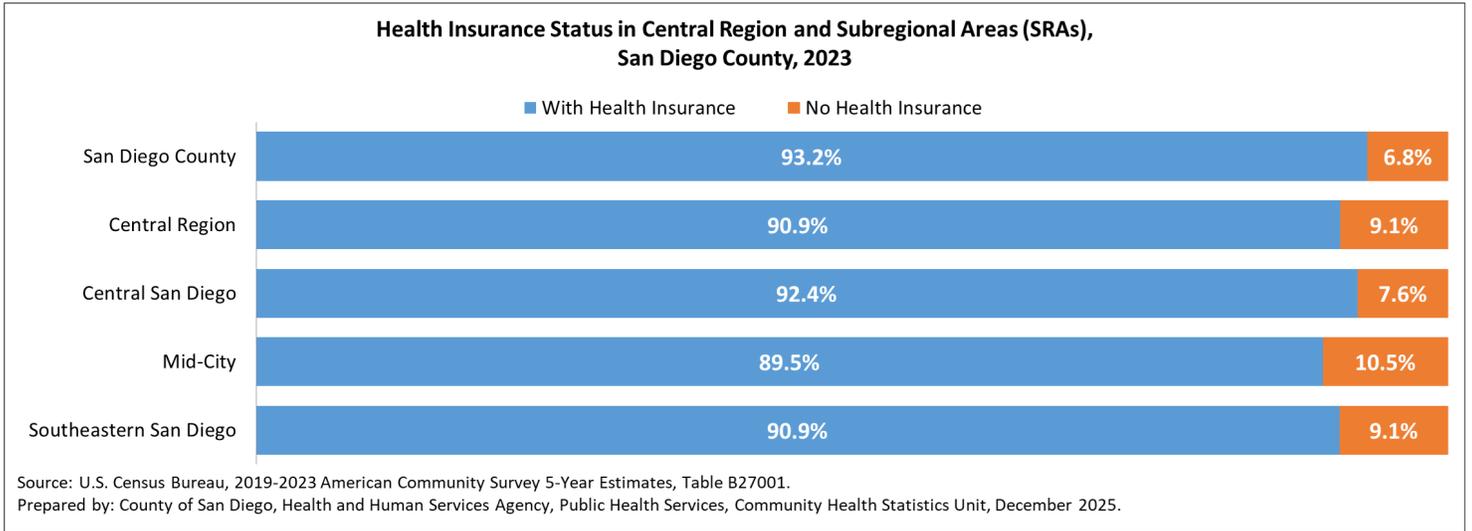


The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed persons, and persons in the armed forces. Between 2019-2023, the 5-year average unemployment rate in Central Region was 6.1%. Among Central Region SRAs, Southeastern San Diego had the highest 5-year average unemployment rate (6.8%), while Central San Diego had the lowest 5-year average unemployment rate (5.3%) between 2019-2023.

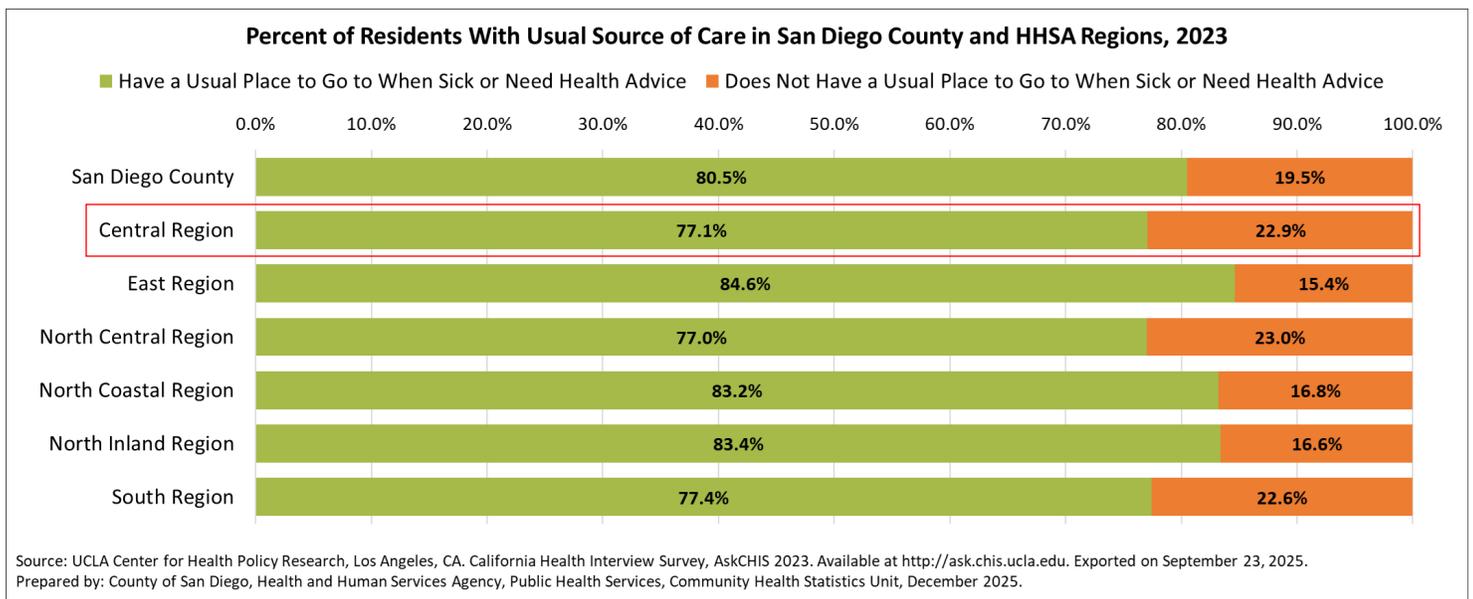


INSURANCE, ACCESS, AND UTILIZATION

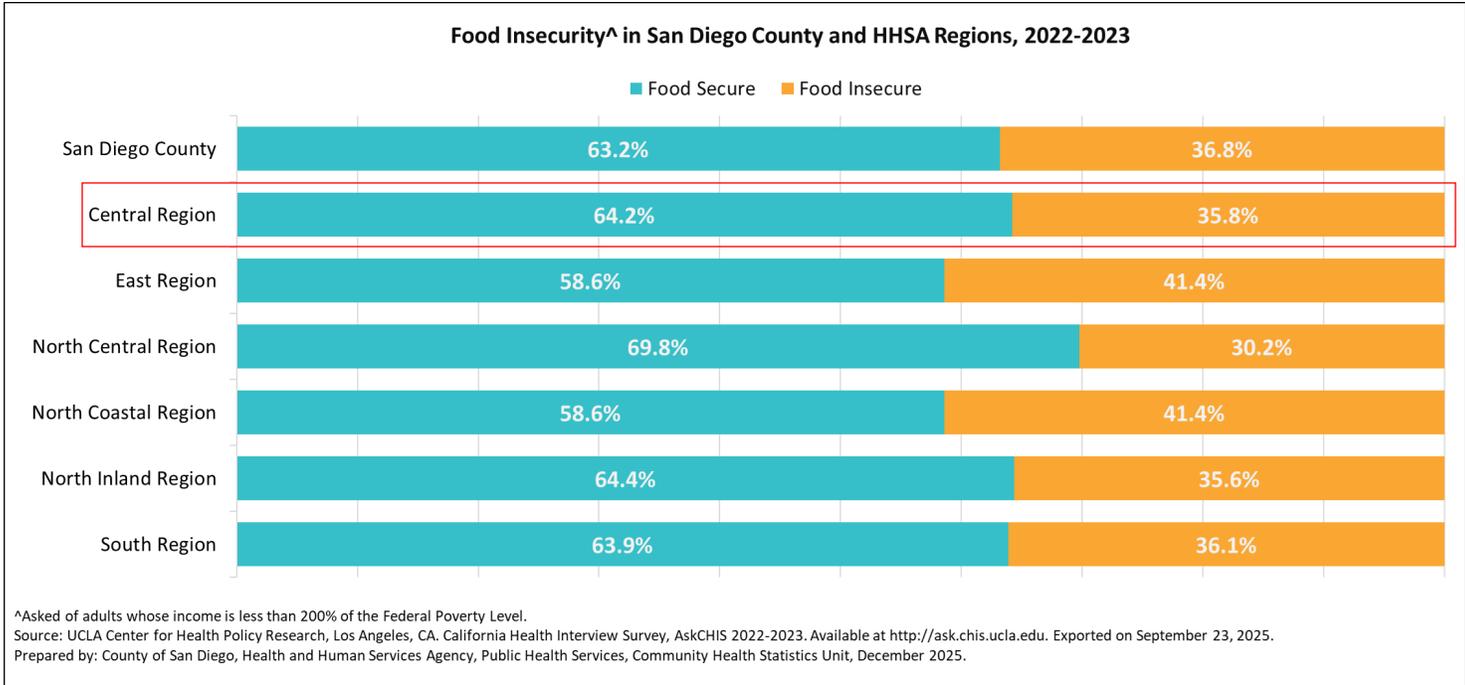
In 2023, 90.9% of residents in Central Region were insured through private or public programs, while 9.1% of residents did not have any health insurance coverage. Among Central Region subregional areas (SRAs), Mid-City had the highest proportion of residents without health insurance (10.5%), followed by Southeastern San Diego (9.1%). Among Health and Human Services Agency (HHS) regions, Central Region had the highest proportion of uninsured residents (9.1%) in 2023.



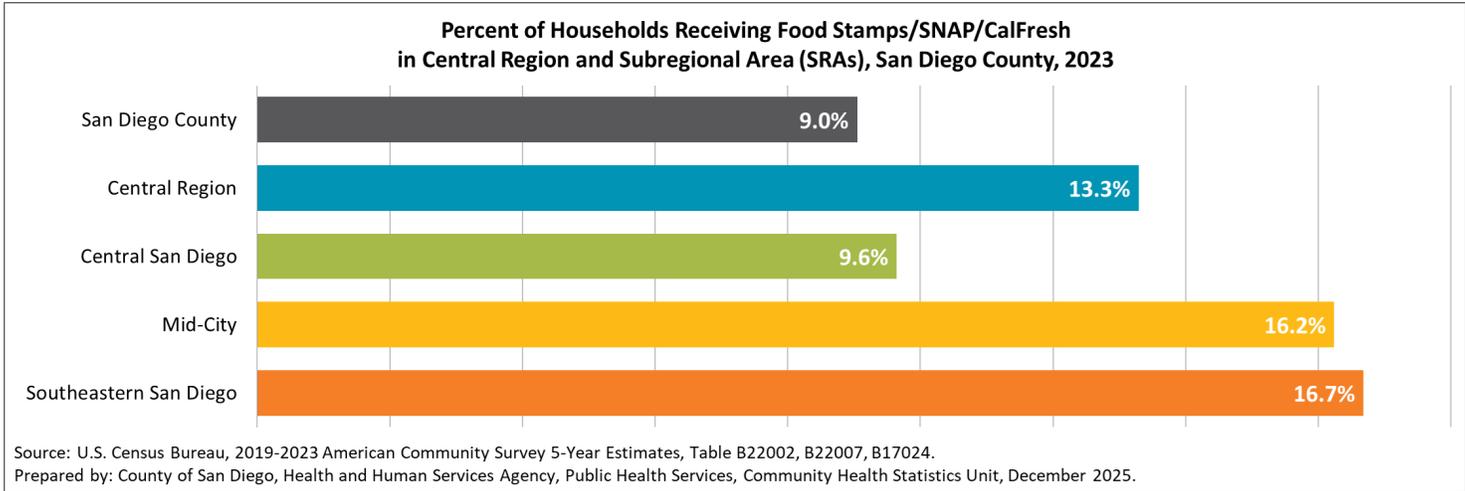
In 2023, over 3 in every 4 residents (77.1%) in Central Region reported having a usual place to go when sick or needing health advice. However, Central Region residents were more likely to not have a usual place to go when sick or needing health advice (22.9%) than residents of other HHS Regions, except North Central Region.



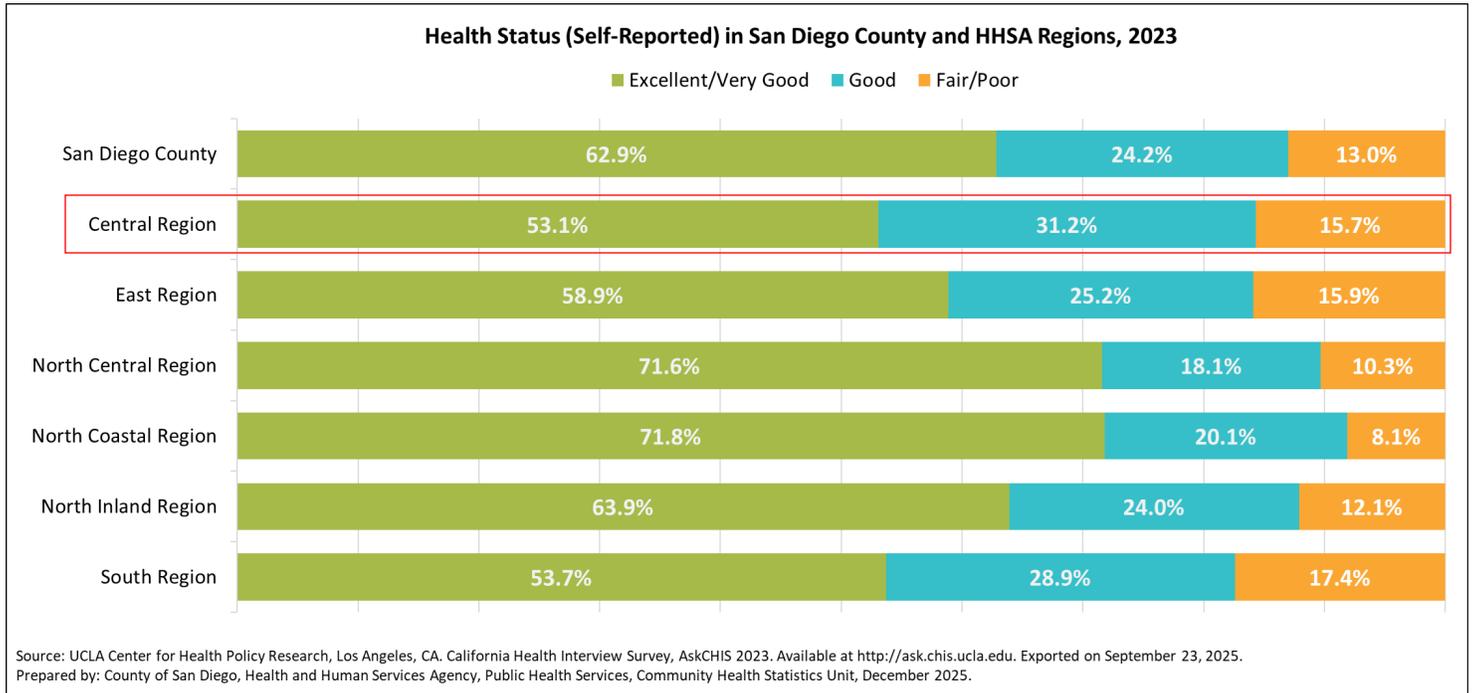
In Central Region, over 1 in every 3 adults (35.8%) with income less than 200% of the Federal Poverty Level (FPL) reported an inability to afford enough food from 2022-2023, a slightly lower proportion than San Diego County overall (36.8%). Among HHS Regions, Central Region had the third lowest proportion of adults with income less than 200% FPL reporting food insecurity from 2022-2023.



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 2023, 13.3% 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 (16.7%), followed by Mid-City (16.2%).

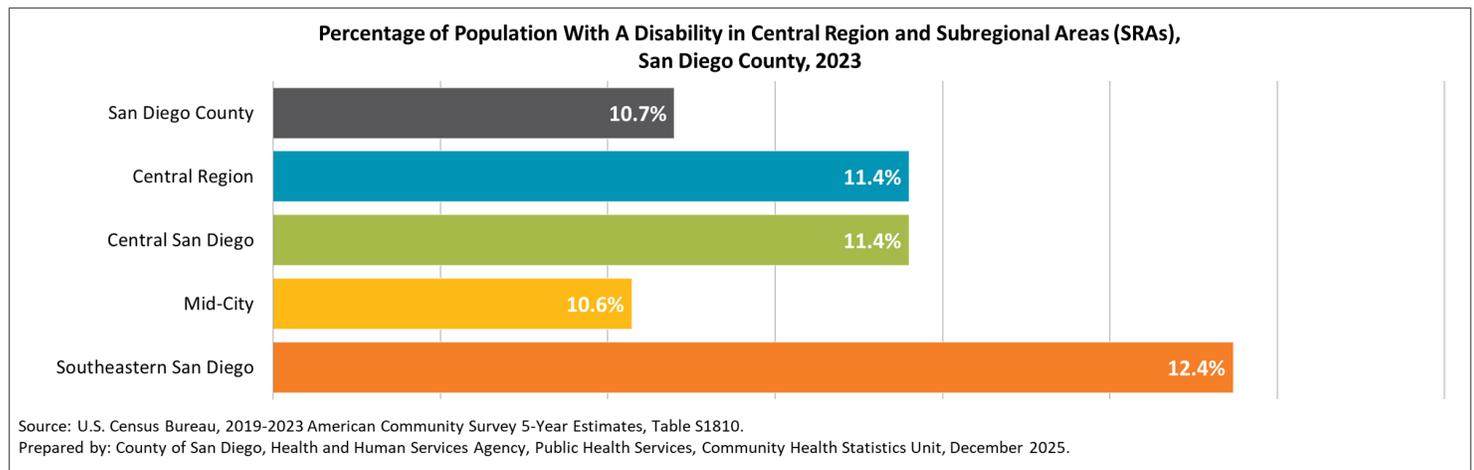


Among HHS Regions, Central Region had the lowest proportion of residents reporting excellent or very good health (53.1%) in 2023. However, Central Region had the highest percentage of residents reporting good health (31.2%), and it also had the third highest proportion of residents reporting fair or poor health (15.7%) among HHS Regions in 2023.



DISABILITY STATUS

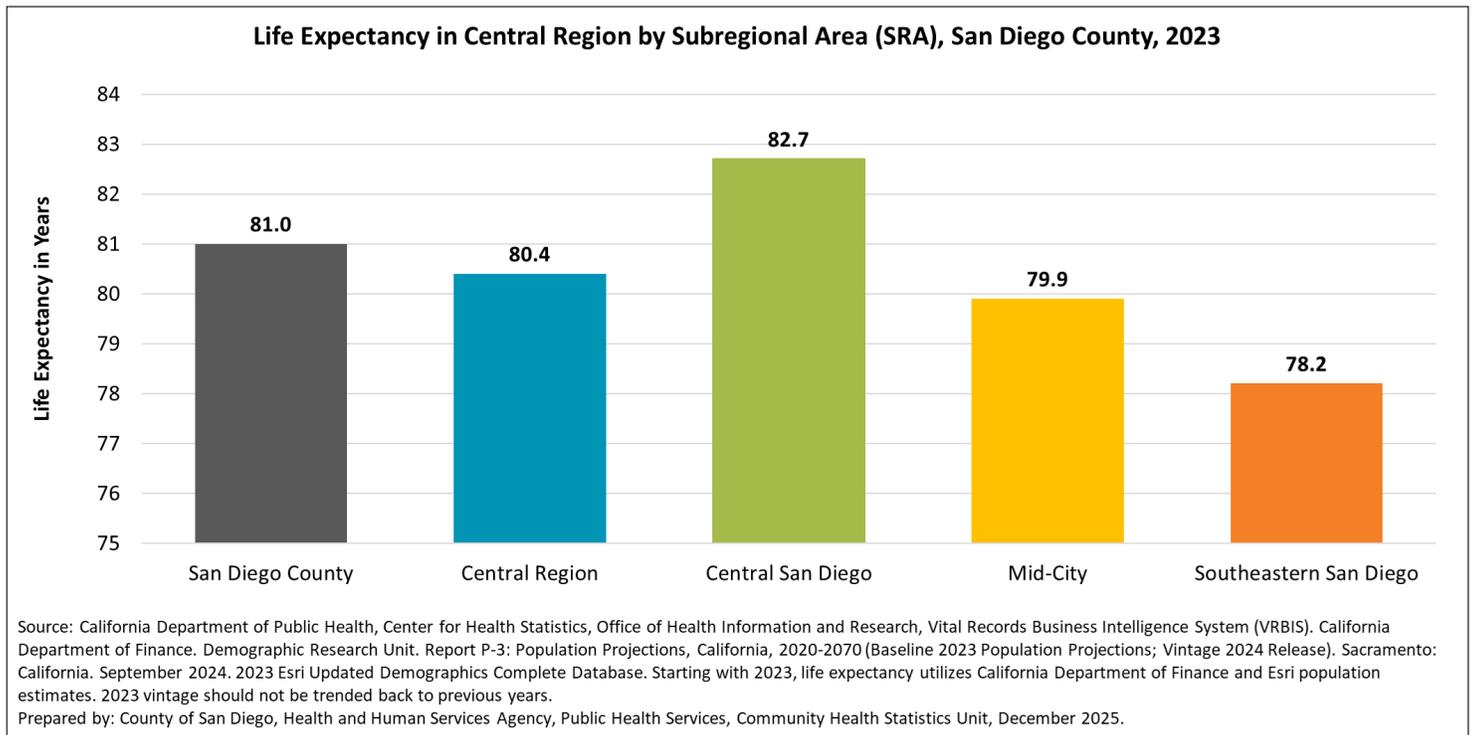
Disability is a dynamic concept that changes over time as one’s health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2023, 11.4% of Central Region residents reported having one or more disabilities. Among Central Region subregional areas (SRAs), Southeastern San Diego had the highest proportion of the population with a disability (12.4%), followed by Central San Diego (11.4%).



MORTALITY MEASURES

LIFE EXPECTANCY

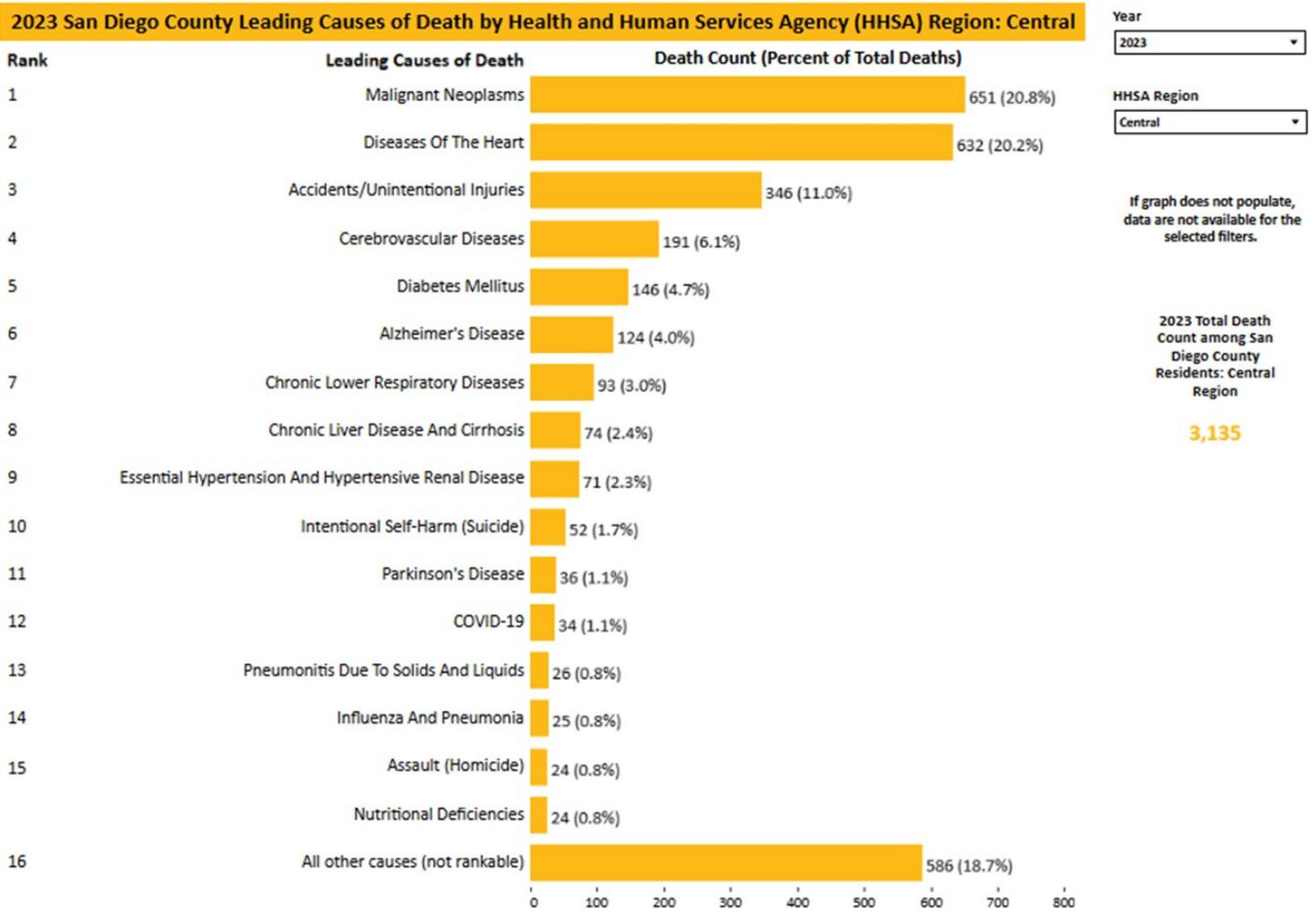
Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. In 2023, a baby born in Central Region had a life expectancy of 80.4 years, lower than in San Diego County (81.0 years) and the lowest life expectancy compared to other HHS Regions. In 2023, Central San Diego had a life expectancy of 82.7 years, which was higher than Central Region and San Diego County overall. Among Central Region SRAs, Southeastern San Diego had the lowest life expectancy (78.2 years), which was also the lowest life expectancy among all SRAs within San Diego County.



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 2023, there were 3,135 deaths in Central Region. Malignant neoplasms (cancer) were the number one leading cause of death in Central Region in 2023, followed by diseases of the heart. In Central Region, 4 out of the top 5 leading causes of death were non-communicable (chronic) diseases (cancer, heart disease, cerebrovascular disease (stroke), and diabetes).

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 for San Diego County residents and 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.

For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Leading Causes of Death.

Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

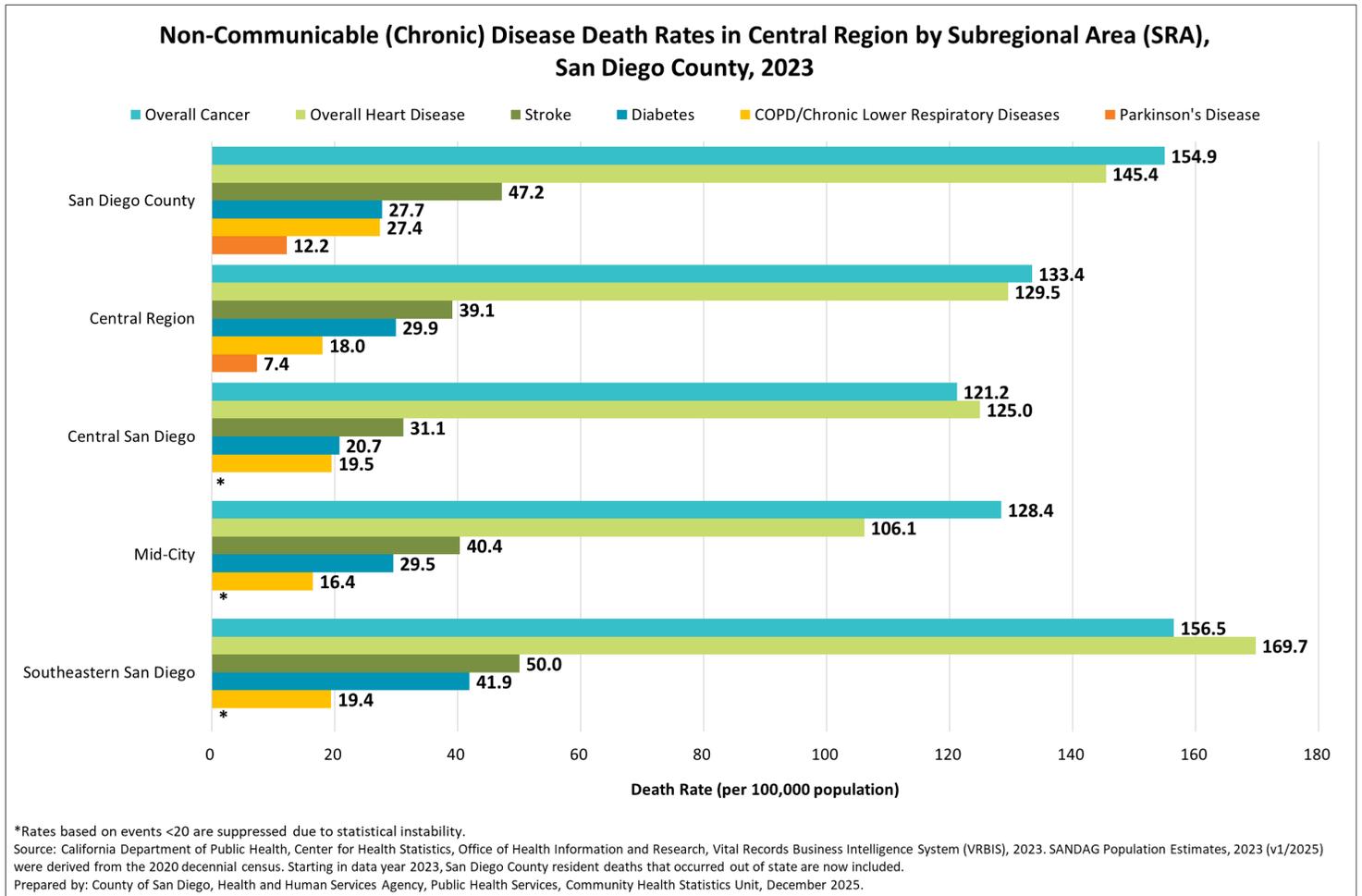
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2011-2023.

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

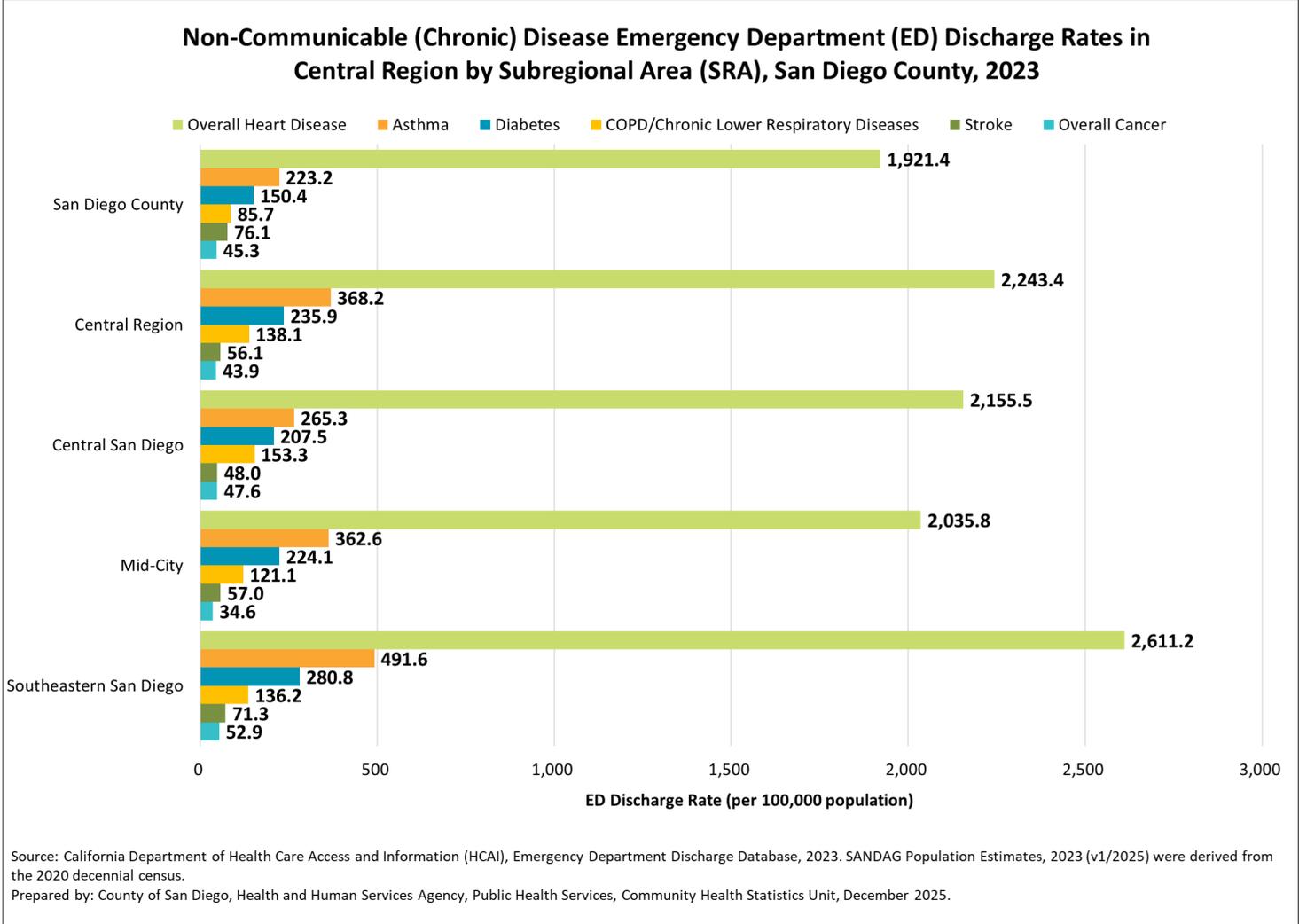
HEALTH OUTCOMES

NON-COMMUNICABLE (CHRONIC) DISEASES

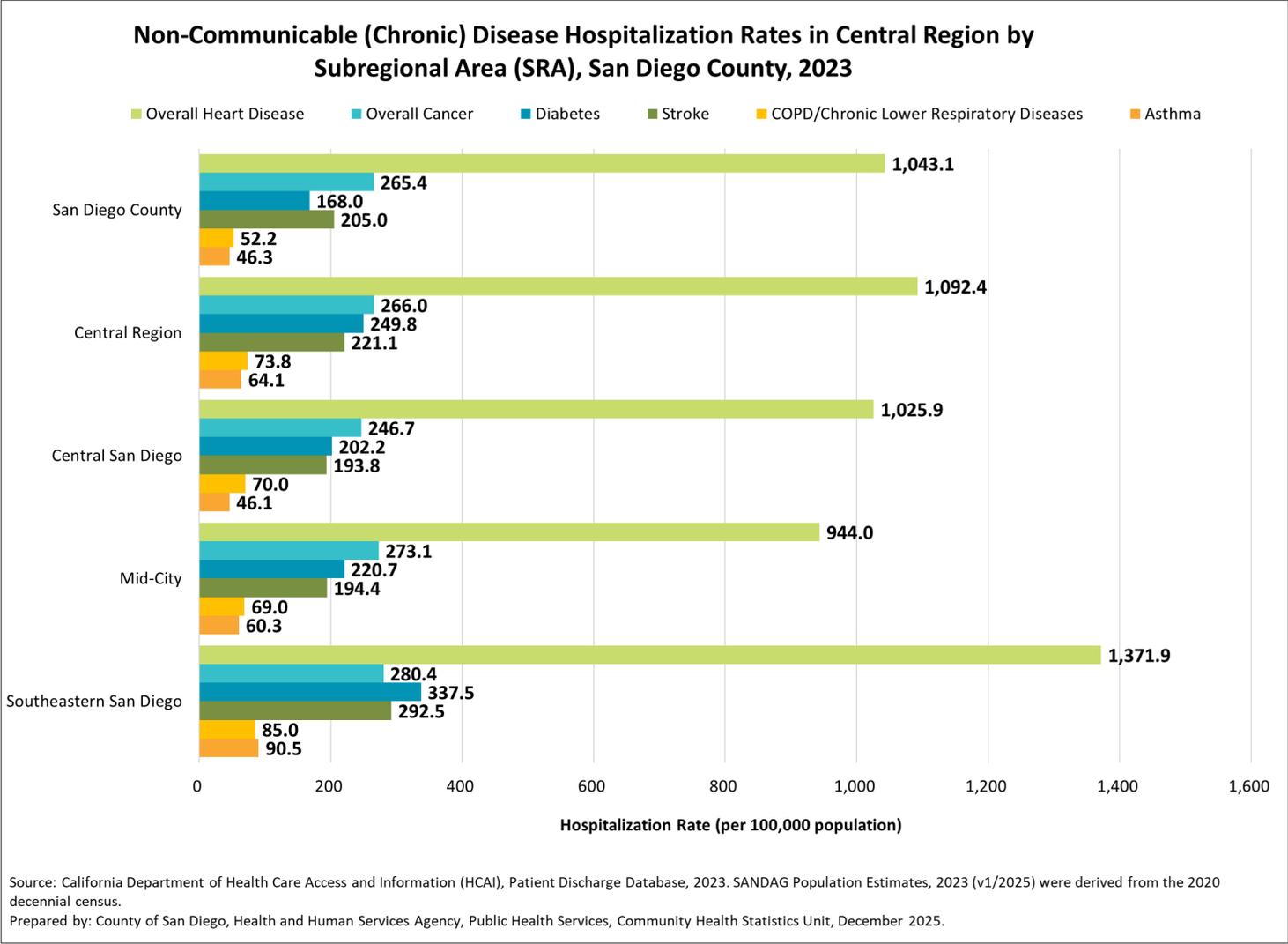
In Central Region, the highest death rates among non-communicable (chronic) diseases were due to overall cancer, followed by overall heart disease in 2023. In 2023, the death rates due to overall cancer, overall heart disease, stroke, and diabetes in Southeastern San Diego were higher than in San Diego County overall, and were also the highest death rates among Central Region SRAs. Among Health and Human Services Agency (HHSA) regions, Central Region had the lowest death rate due to overall cancer in 2023.



Among non-communicable (chronic) diseases in 2023, 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, diabetes, stroke, and overall cancer. In 2023, Central Region had the highest ED discharge rates due to diabetes (235.9 per 100,000) and asthma (368.2 per 100,000) compared to all other HHS regions, and Southeastern San Diego SRA had the highest ED discharge rates due to diabetes (280.8 per 100,000) and asthma (491.6 per 100,000) compared to all other SRAs within San Diego County.

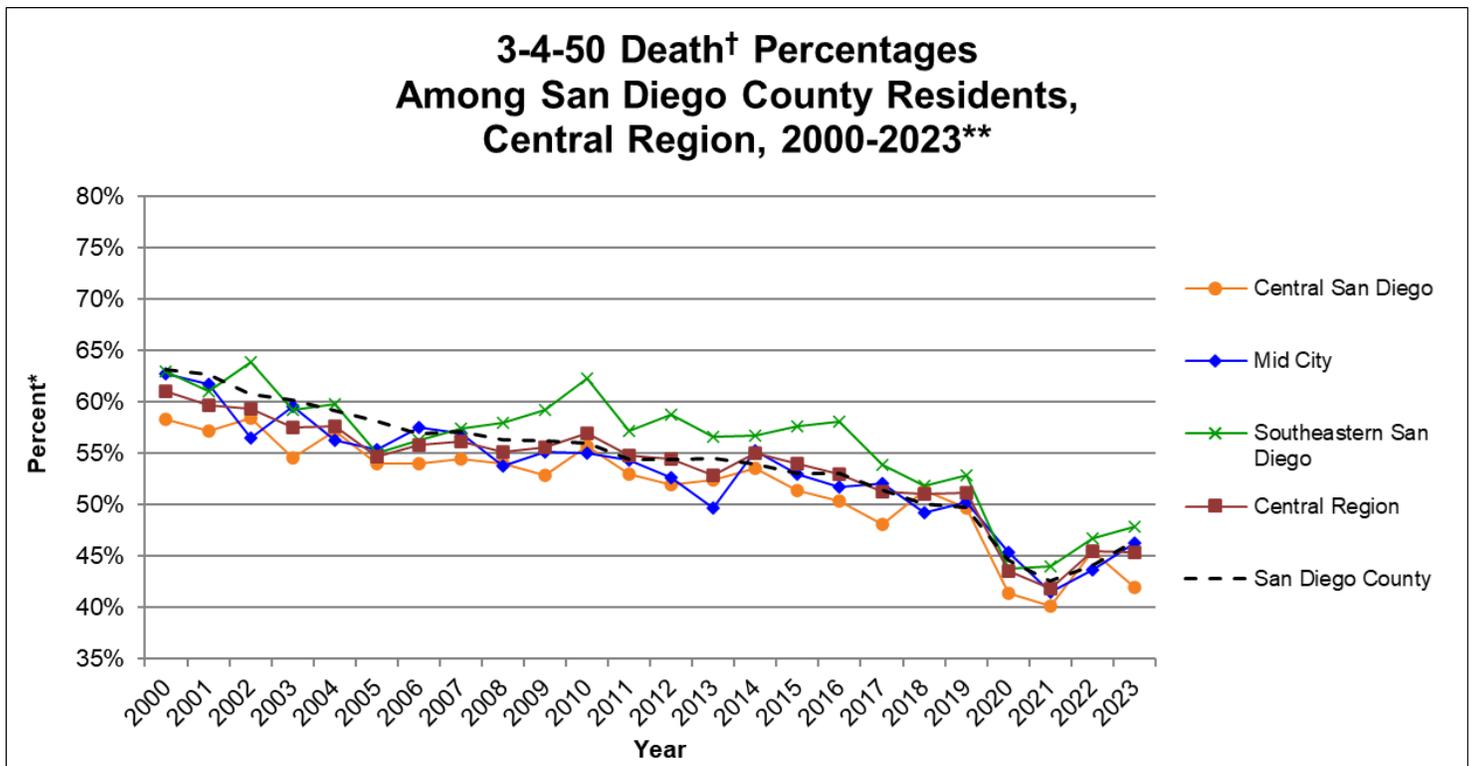


In 2023, the highest hospitalization rates among non-communicable (chronic) diseases were due to overall heart disease in Central Region and its SRAs. Among Central Region SRAs, Southeastern San Diego had the highest hospitalization rates from overall heart disease, overall cancer, diabetes, stroke, COPD/chronic lower respiratory diseases, and asthma. Additionally, Southeastern SRA had the highest hospitalization rate due to diabetes (337.5 per 100,000) compared to all other SRAs within San Diego County.



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 2023. In 2023, 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 (48%).



*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).

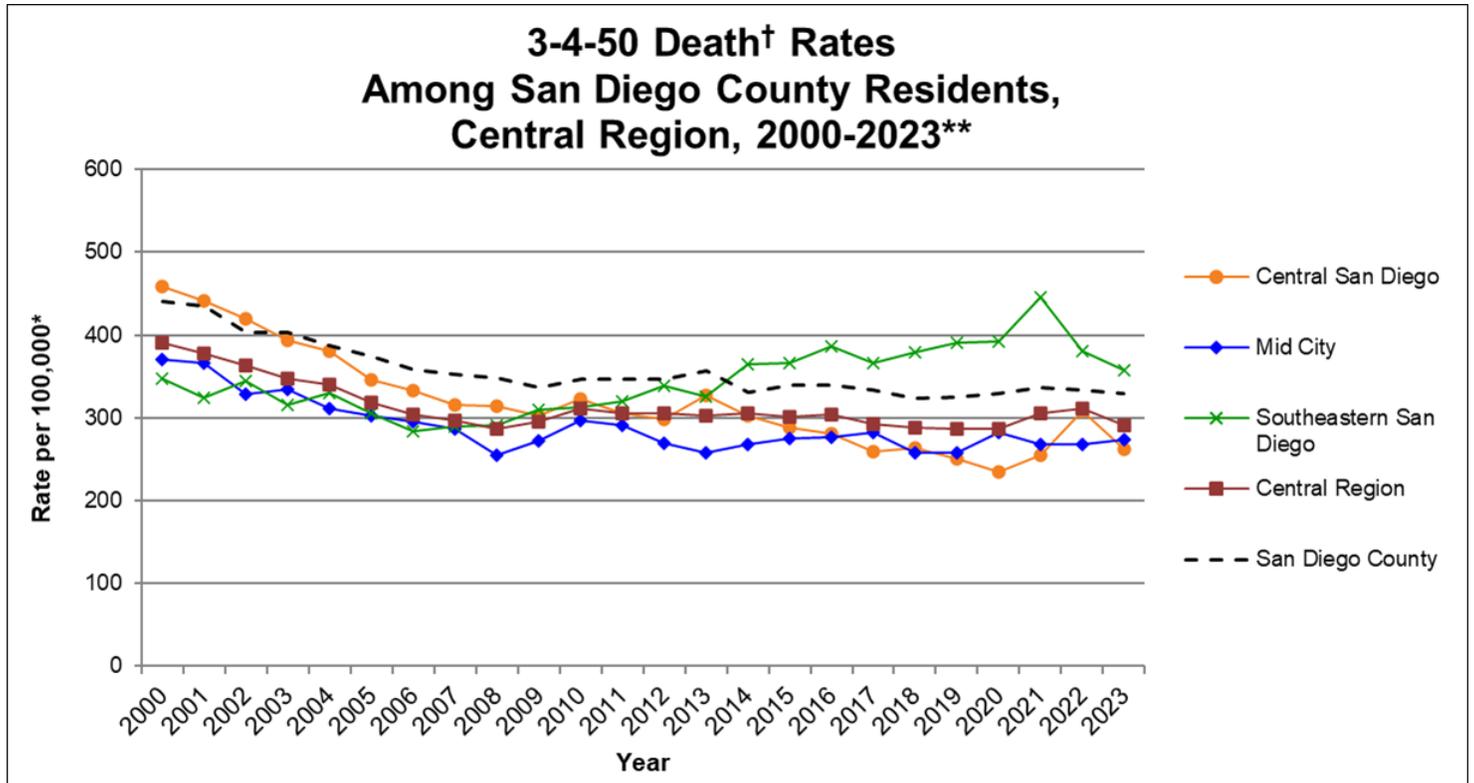
§Percents not calculated for fewer than 5 events for the years 2000 to 2019. Percents not calculated for fewer than 11 events for the years 2020-2023. Percents not calculated in cases where zip code is unknown.

**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, 2014-2023 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, December 2025.

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 2023. Southeastern San Diego SRA had the highest rate of death due to 3-4-50 chronic diseases in 2023 (358.0 per 100,000), while Central San Diego had the lowest (262.3 per 100,000).



*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 for fewer than 20 events starting with the year 2023. Rates not calculated in cases where zip code is unknown.

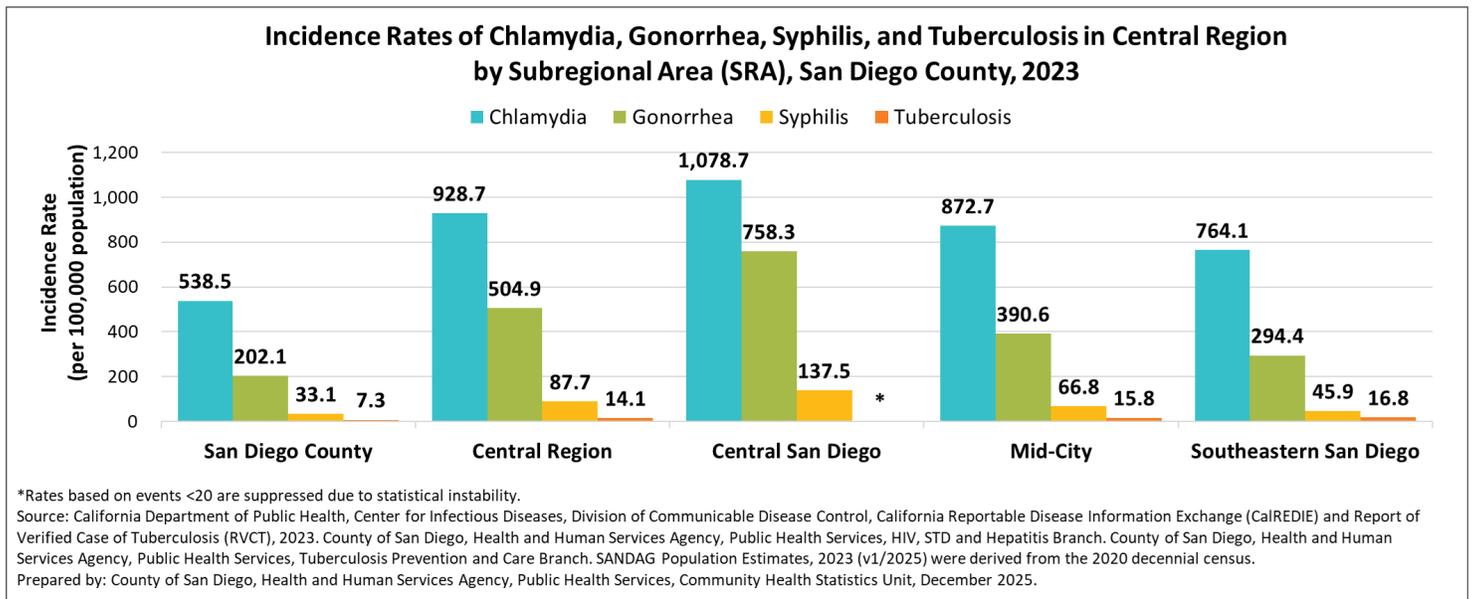
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2023 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates. Population Estimates for 2020-2021 were derived using the 2010 decennial census and data should be considered preliminary. 2022-2023 population estimates were derived from the 2020 decennial census.

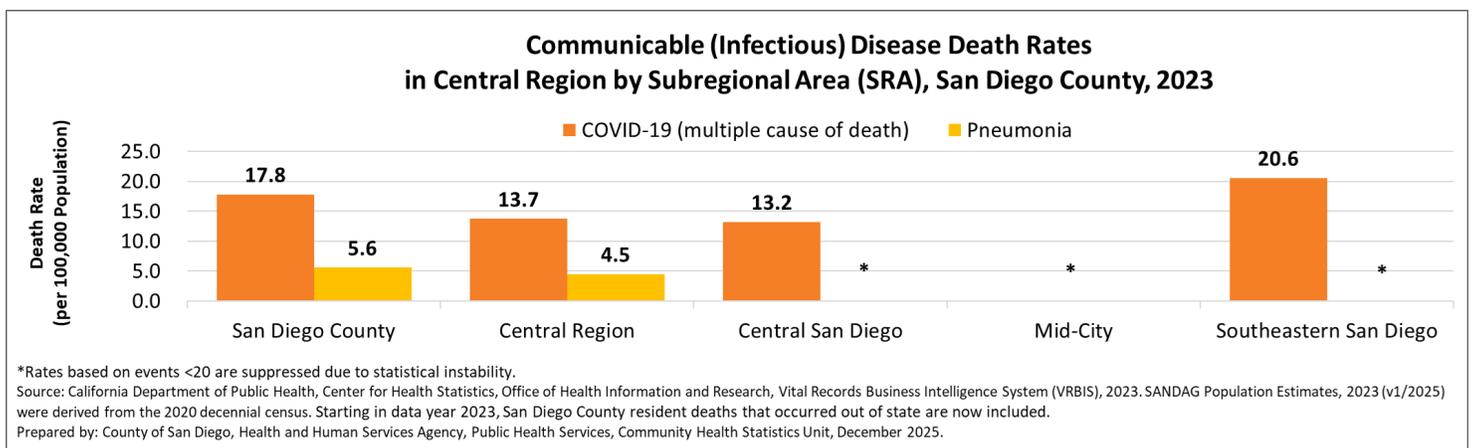
Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHS), Public Health Services (PHS), Community Health Statistics Unit, December 2025.

COMMUNICABLE (INFECTIOUS) DISEASES

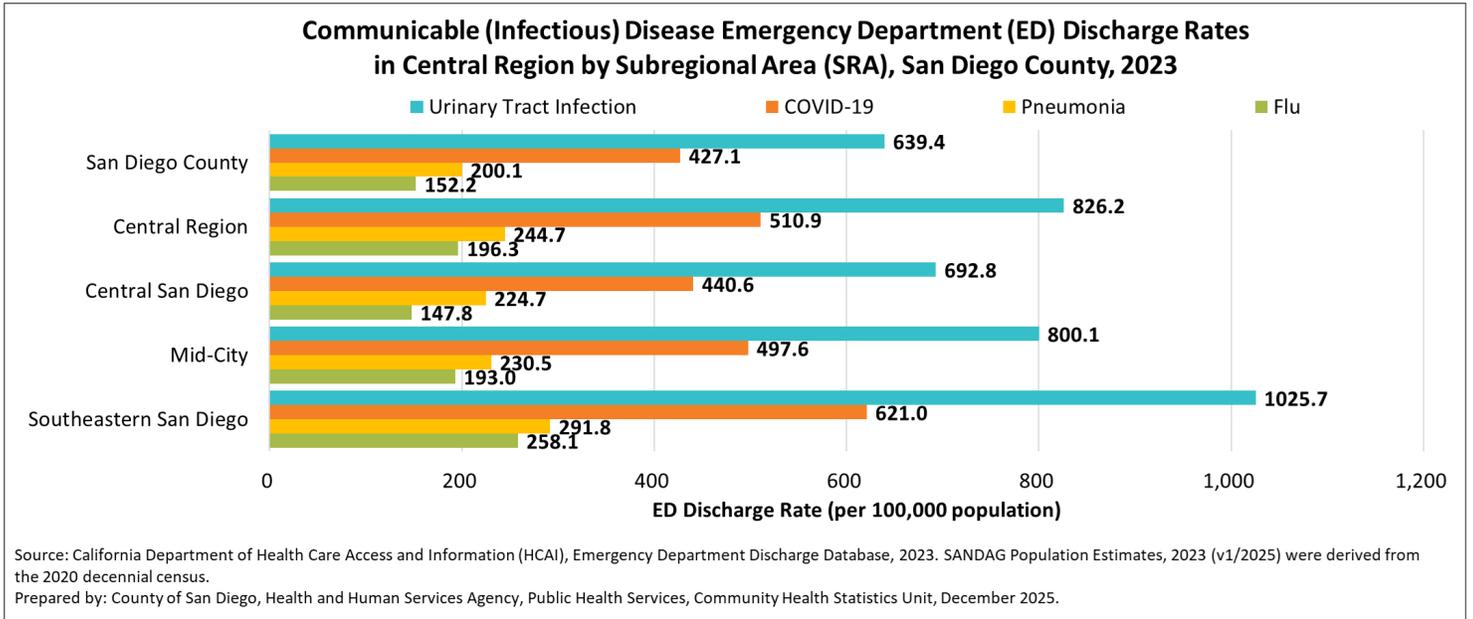
In 2023, the incidence rates of communicable (infectious) diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) in Central Region were higher than in San Diego County overall. In Central Region and its subregional areas (SRAs), the highest incidence rates among communicable (infectious) diseases were due to chlamydia in 2023. Among Central Region SRAs, Central San Diego had the highest incidence rate of chlamydia (1,078.7 per 100,000), which was two times higher than San Diego County overall (538.5 per 100,000). In 2023, Central San Diego SRA also had the highest incidence rates of gonorrhea (758.3 per 100,000) and syphilis (137.5 per 100,000), while Southeastern San Diego SRA had the highest incidence rate of tuberculosis (16.8 per 100,000).



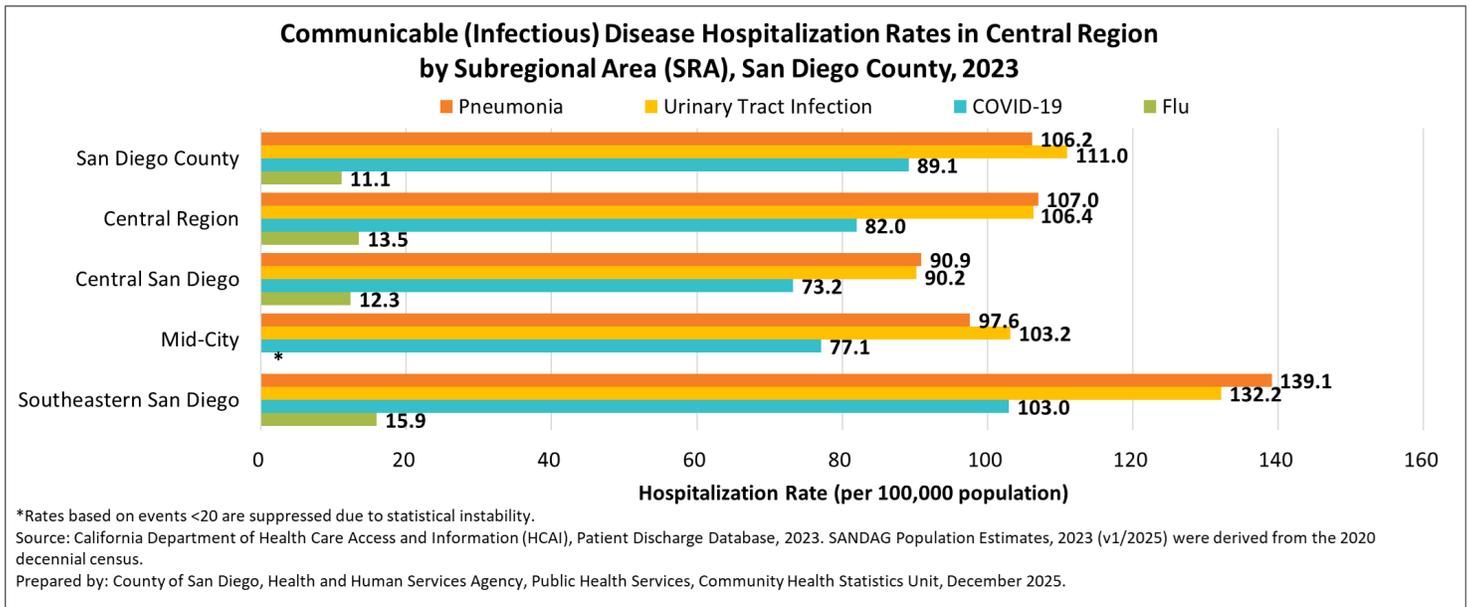
In Central Region, the highest death rate among communicable (infectious) diseases was due to COVID-19 (13.7 per 100,000 residents), followed by pneumonia (4.5 per 100,000) in 2023.



In 2023, the emergency department (ED) discharge rates of communicable (infectious) diseases, including COVID-19, flu, urinary tract infection, and pneumonia, were higher in Central Region and its SRAs, except Central San Diego, 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 2023. Among Central Region SRAs, Southeastern San Diego had the highest ED discharge rates of COVID-19, flu, urinary tract infection, and pneumonia in 2023.

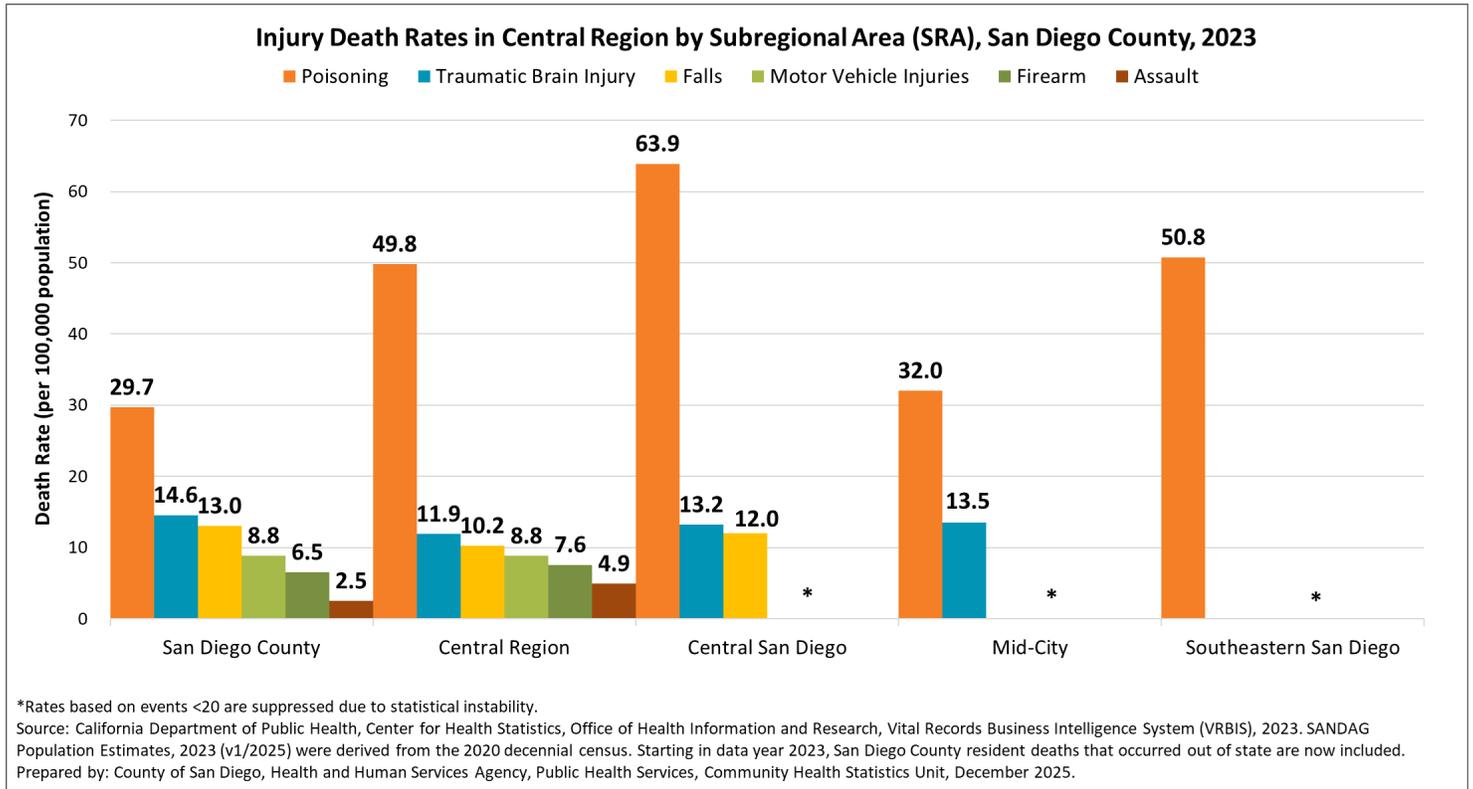


Among communicable (infectious) diseases in Central Region and its SRAs, except Mid-City SRA, the highest hospitalization rates were due to pneumonia in 2023. Among Central Region SRAs, Southeastern San Diego had the highest hospitalization rates of COVID-19, flu, urinary tract infection, and pneumonia in 2023.

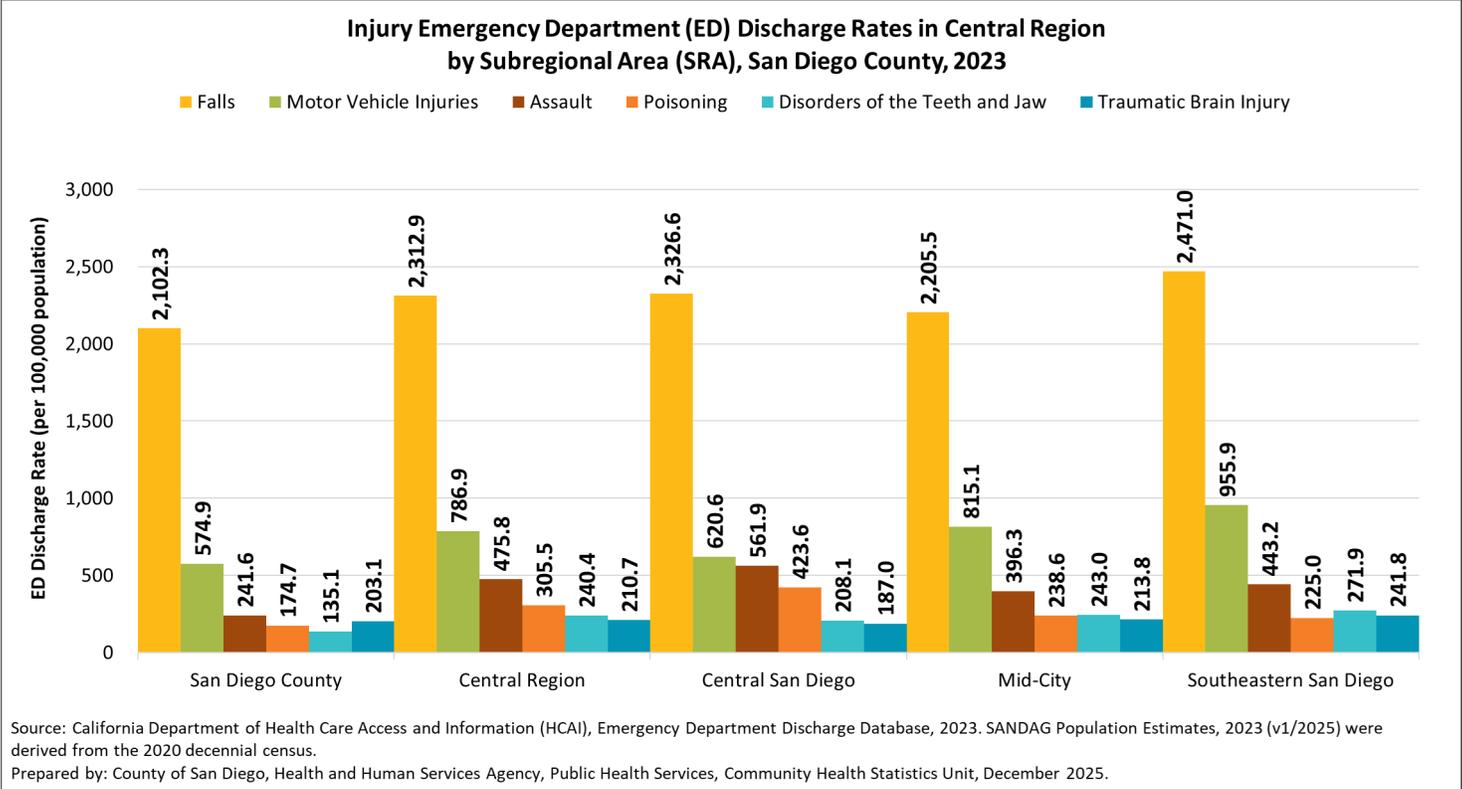


INJURY INDICATORS

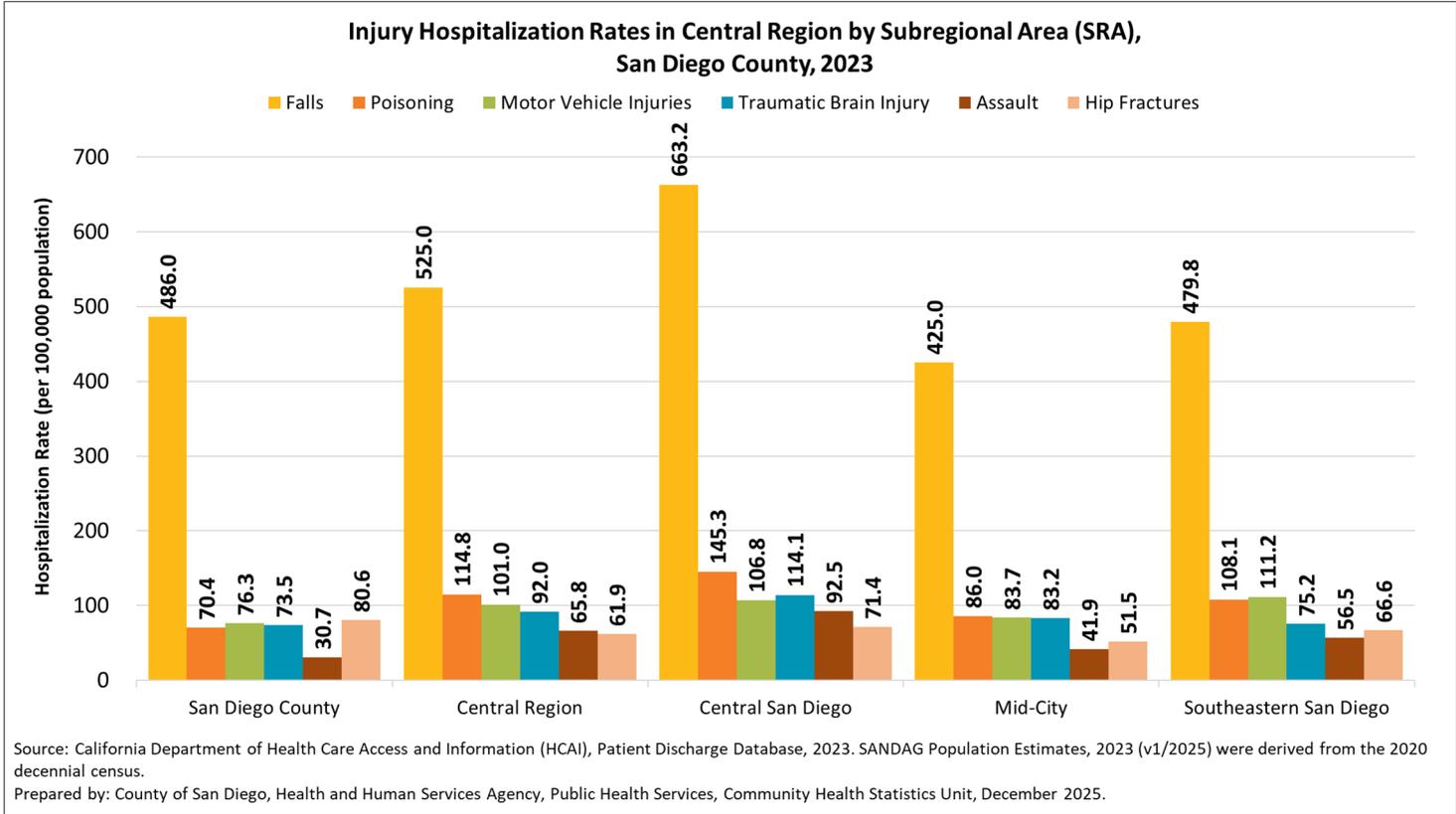
Among Health and Human Services Agency (HHS) regions, Central Region had the highest death rates due to assault (4.9 per 100,000) and poisoning (49.8 per 100,000) in 2023. In Central Region and its SRAs, the highest death rate among injury indicators was due to poisoning in 2023. Among Central Region SRAs, Central San Diego had the highest death rate due to poisoning (63.9 per 100,000).



In 2023, 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 rates due to assault (561.9 per 100,000) and poisoning (423.6 per 100,000), while Southeastern San Diego had the highest ED discharge rates due to falls (2,471.0 per 100,000), motor vehicle injuries (955.9 per 100,000), disorders of the teeth and jaw (271.9 per 100,000), and traumatic brain injury (241.8 per 100,000). Among HHS regions, Central Region had the highest ED discharge rates due to assault, poisoning, and disorders of the teeth and jaw in 2023.

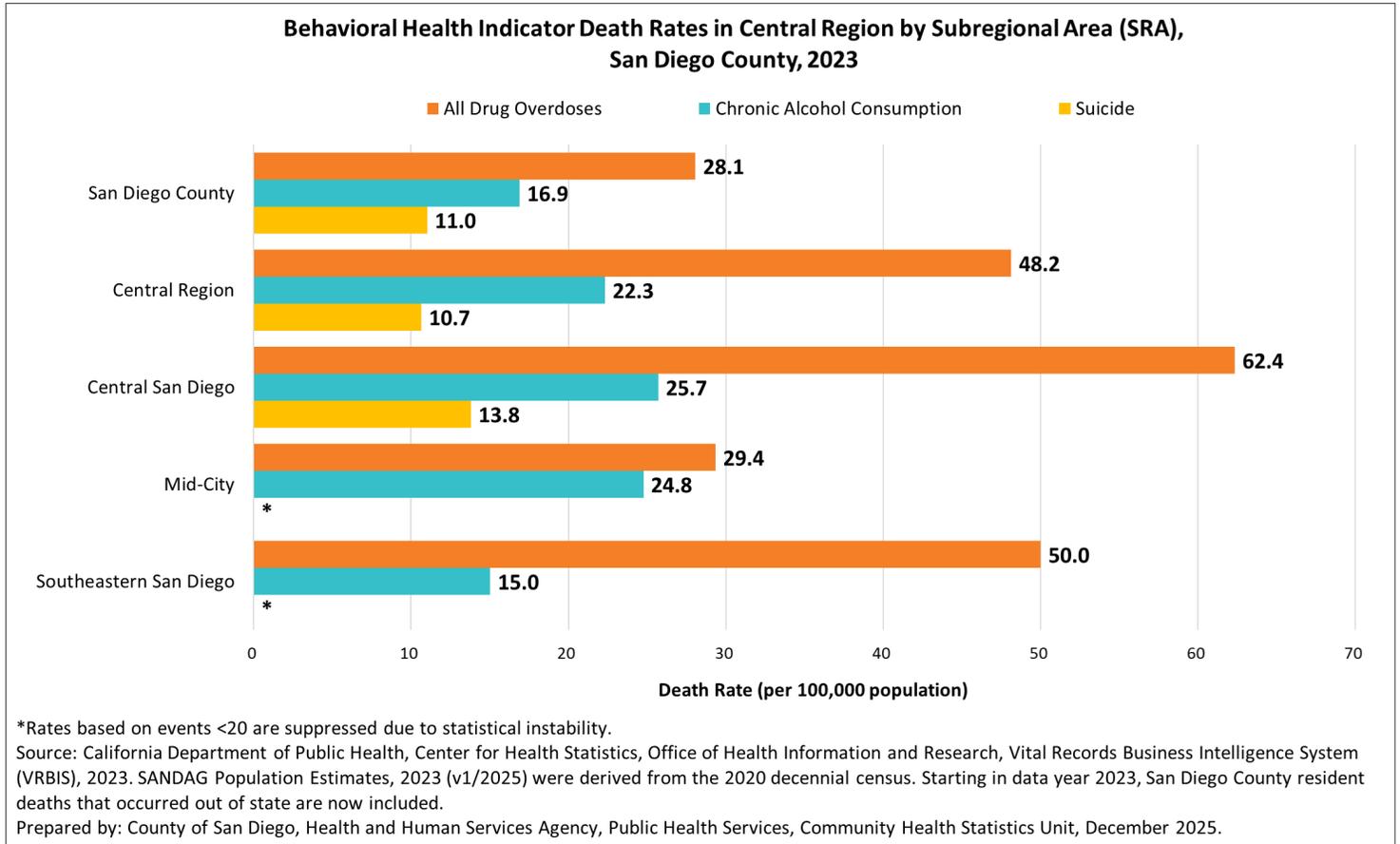


In Central Region and its SRAs, the highest hospitalization rates among injury indicators were due to falls in 2023. Among Central Region SRAs, Central San Diego had the highest hospitalization rate due to falls (663.2 per 100,000), poisoning (145.3 per 100,000), traumatic brain injury (114.1 per 100,000), assault (92.5 per 100,000), and hip fractures (71.4 per 100,000), which were also higher than in Central Region. Additionally, Southeastern San Diego SRA had the highest hospitalization rate due to motor vehicle injuries compared to all other Central Region SRAs in 2023. Among HHS regions, Central Region had the highest hospitalization rates due to assault and motor vehicle injuries in 2023.

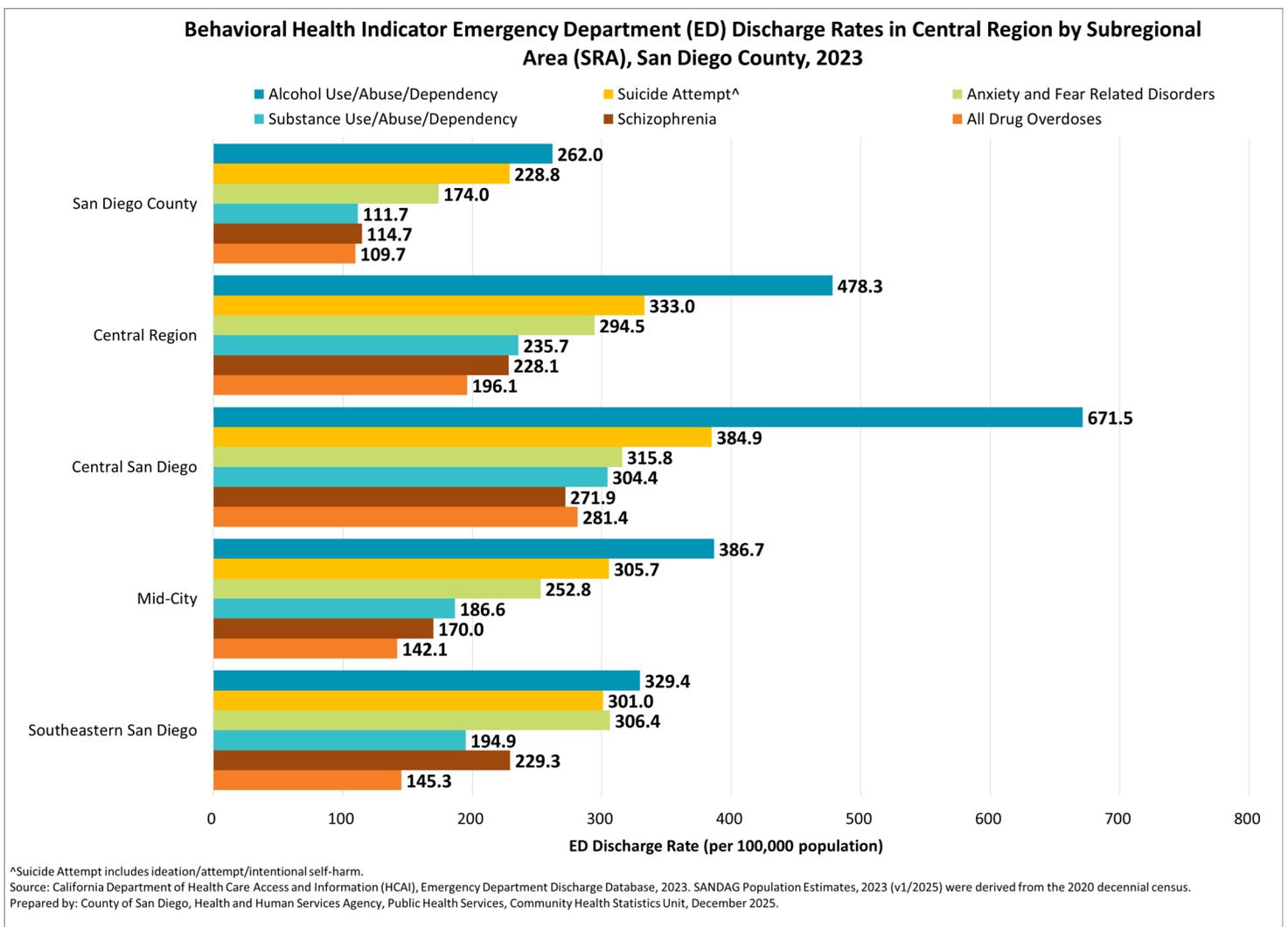


BEHAVIORAL HEALTH INDICATORS

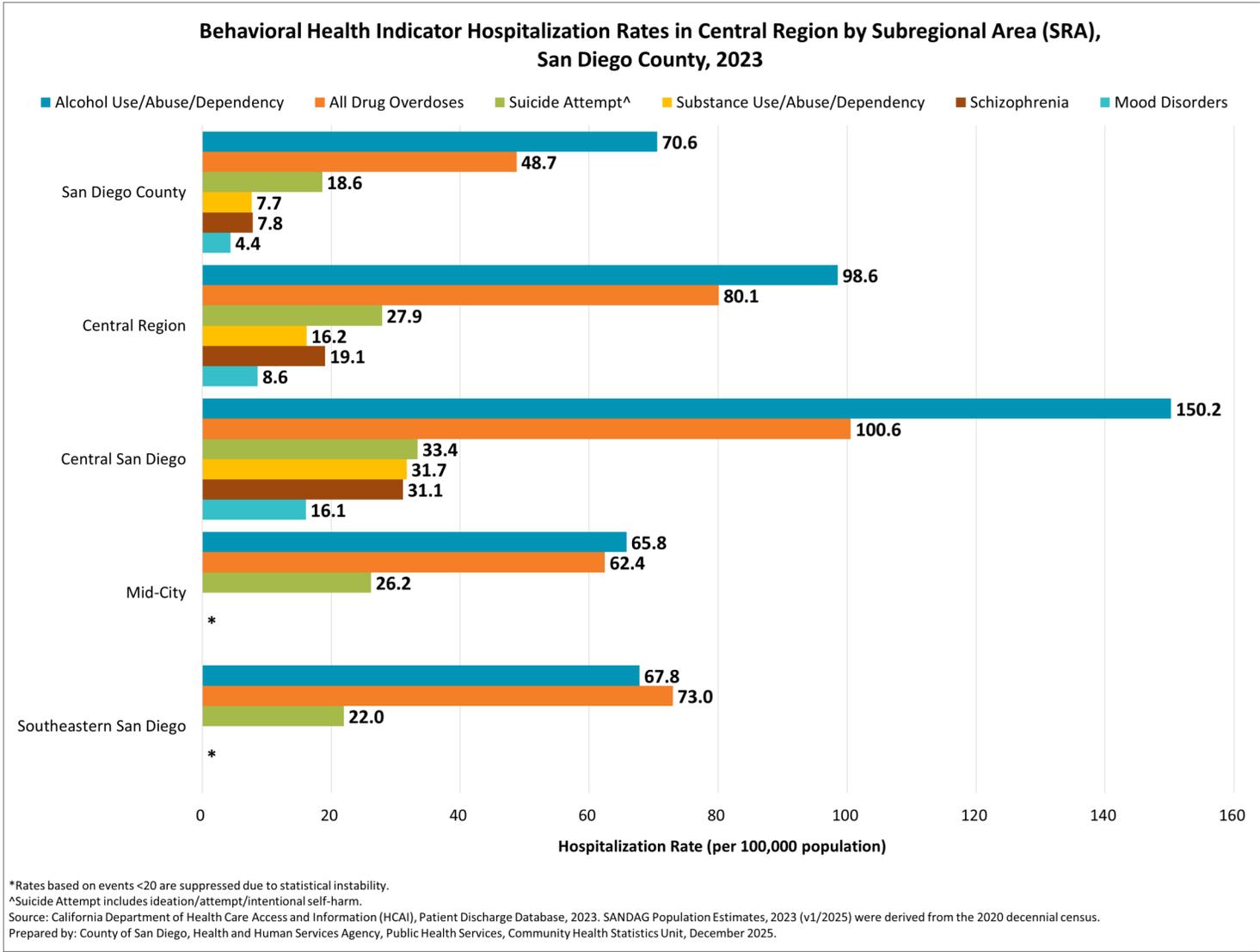
Among the Health and Human Services Agency (HHS) regions, Central Region had the highest death rate due to all drug overdoses (48.2 per 100,000) in 2023. Among Central Region subregional areas (SRAs), Central San Diego had the highest death rates due to all drug overdoses (62.4 per 100,000), chronic alcohol consumption (25.7 per 100,000), and suicide (13.8 per 100,000), which were also higher than Central Region and San Diego County overall. Additionally, Central San Diego SRA had the highest death rate due to all drug overdoses compared to all SRAs in San Diego County in 2023.



In 2023, Central Region had the highest emergency department (ED) discharge rates due to alcohol use/abuse/dependency, all drug overdoses, schizophrenia, and substance use/abuse/dependency compared to all other HHS regions. Among Central Region subregional areas (SRAs), Central San Diego had the highest ED discharge rates due alcohol use/abuse/dependency (671.5 per 100,000), suicide attempt/ideation/intentional self-harm (384.9 per 100,000), anxiety and fear-related disorders (315.8 per 100,000), substance use/abuse/dependency (304.4 per 100,000), schizophrenia (271.9 per 100,000), and all drug overdoses (281.4 per 100,000) in 2023, which were higher than Central Region and San Diego County overall. Additionally, Central San Diego SRA had the highest ED discharge rates for all drug overdoses, substance use/abuse/dependency, and alcohol use/abuse/dependency compared to all SRAs in San Diego County in 2023.

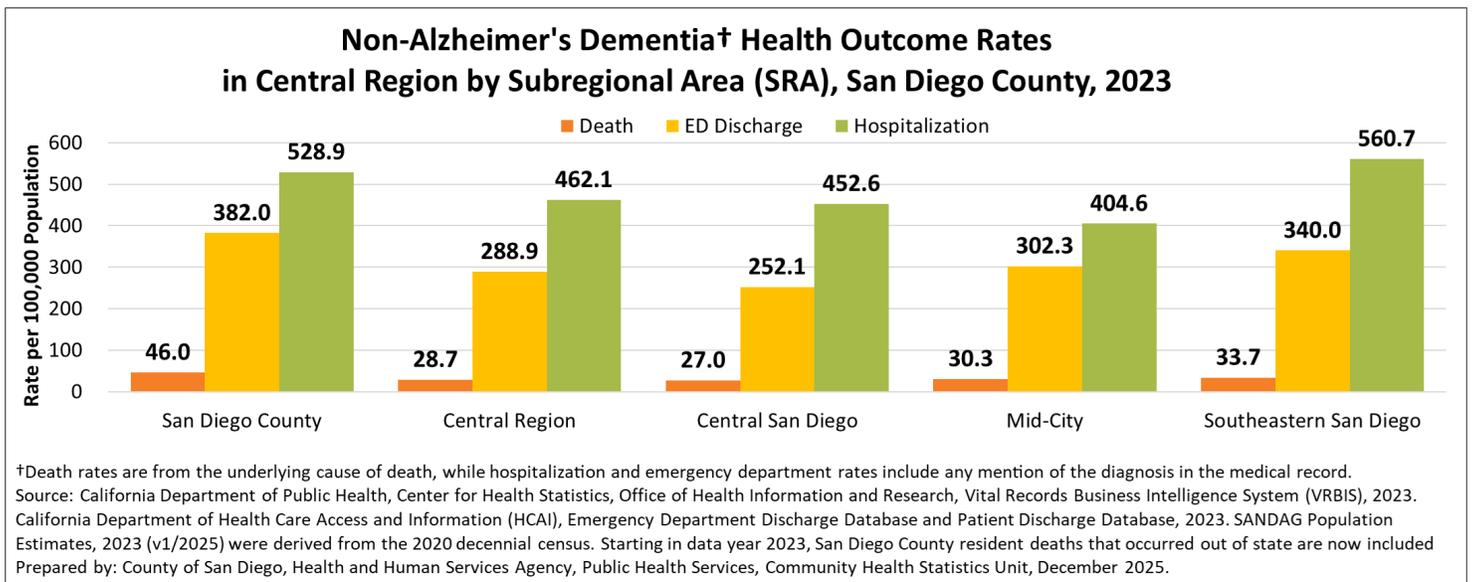
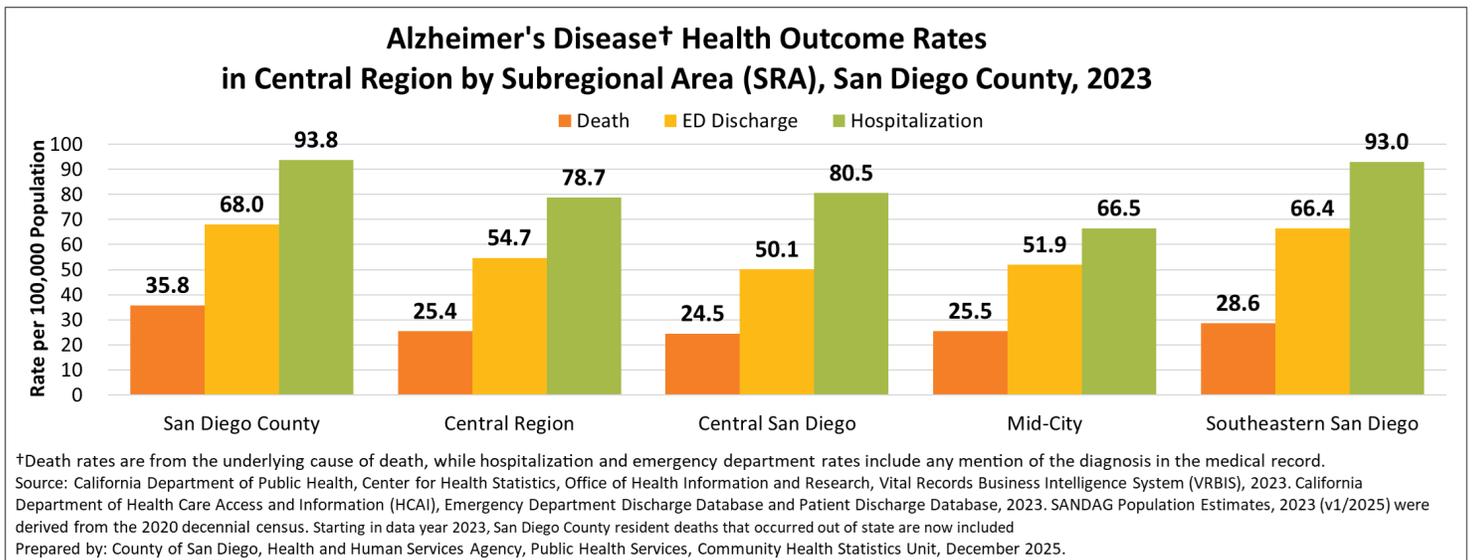


In 2023, among behavioral health indicators, Central Region had the highest hospitalization rates for all drug overdoses, mood disorders, schizophrenia, substance use/abuse/dependency, and suicide attempt/ideation/intentional self-harm compared to all other HHS regions. Among Central Region subregional areas (SRAs), Central San Diego had the highest hospitalization rates for alcohol use/abuse/dependency (150.2 per 100,000), all drug overdoses (100.6 per 100,000), suicide attempt/ideation/intentional self-harm (33.4 per 100,000), substance use/abuse/dependency (31.7 per 100,000), schizophrenia (31.1 per 100,000), and mood disorders (16.1 per 100,000). Additionally, Central San Diego SRA had the highest hospitalization rates due to alcohol use/abuse/dependency, substance use/abuse/dependency, schizophrenia, and mood disorders compared to all SRAs in San Diego County in 2023.



ALZHEIMER'S DISEASE AND NON-ALZHEIMER'S DEMENTIA

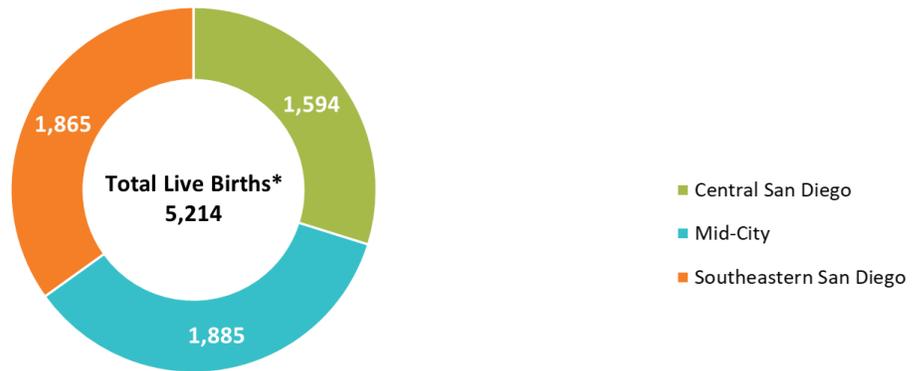
In 2023, the rates of death due to Alzheimer's disease and non-Alzheimer's dementia were lower in Central Region than in San Diego County overall. Additionally, the rates of emergency department (ED) discharge and hospitalization due to any mention of Alzheimer's disease and any mention of non-Alzheimer's dementia were lower in Central Region than in San Diego County overall. Among Central Region subregional areas (SRAs), Southeastern San Diego had the highest death rates due to Alzheimer's disease and non-Alzheimer's dementia, and the highest ED discharge and hospitalization rates due to any mention of Alzheimer's disease and any mention of non-Alzheimer's dementia, which were also higher than the rates in Central Region in 2023. Among Health and Human Services Agency (HHS) regions, Central Region had the lowest death rates due to Alzheimer's disease and non-Alzheimer's dementia, and the lowest ED discharge and hospitalization rates due to any mention of Alzheimer's disease in 2023.



MATERNAL AND CHILD HEALTH INDICATORS

In 2023, there were 5,214 total live births in Central Region, which represented 14.6% of the total live births in San Diego County (35,713). In 2023, over 1 out of every 3 live births (36.1%) in Central Region were in Mid-City subregional area (SRA).

Distribution of Live Births in Central Region by Subregional Area (SRA), San Diego County, 2023



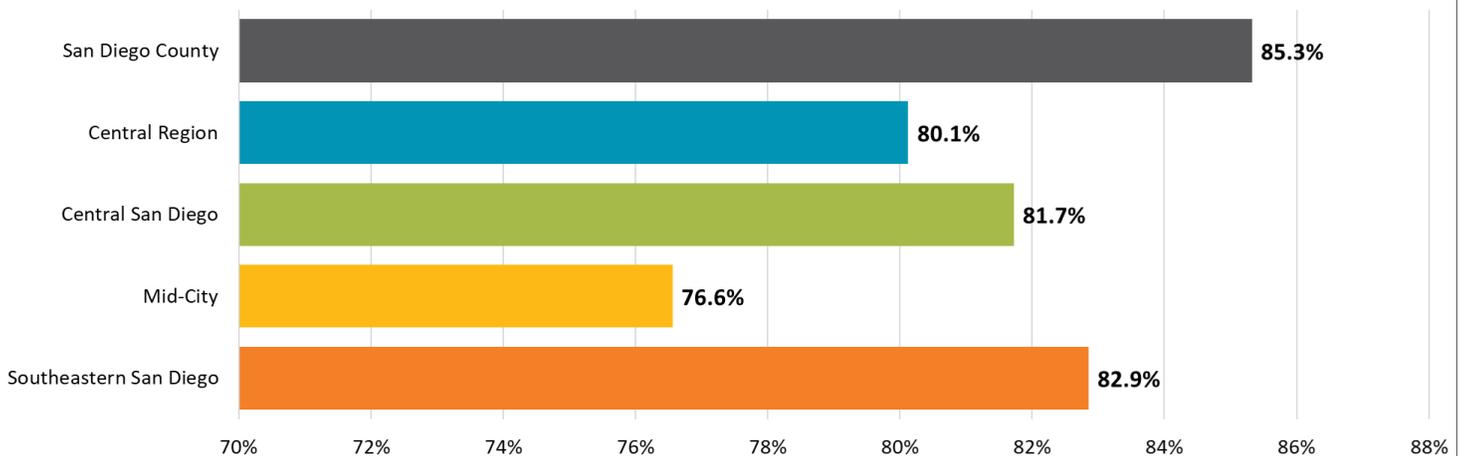
*Total live births in subregional areas (SRAs) may not add up to the regional total live births due to allocation.

Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2023. 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, December 2025.

Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In 2023, the proportion of mothers who received early prenatal care in Central Region (80.1%) was lower than in San Diego County overall (85.3%). Among Central Region SRAs, Mid-City had the lowest proportion of births that received early prenatal care (76.6%), followed by Central San Diego (81.7%).

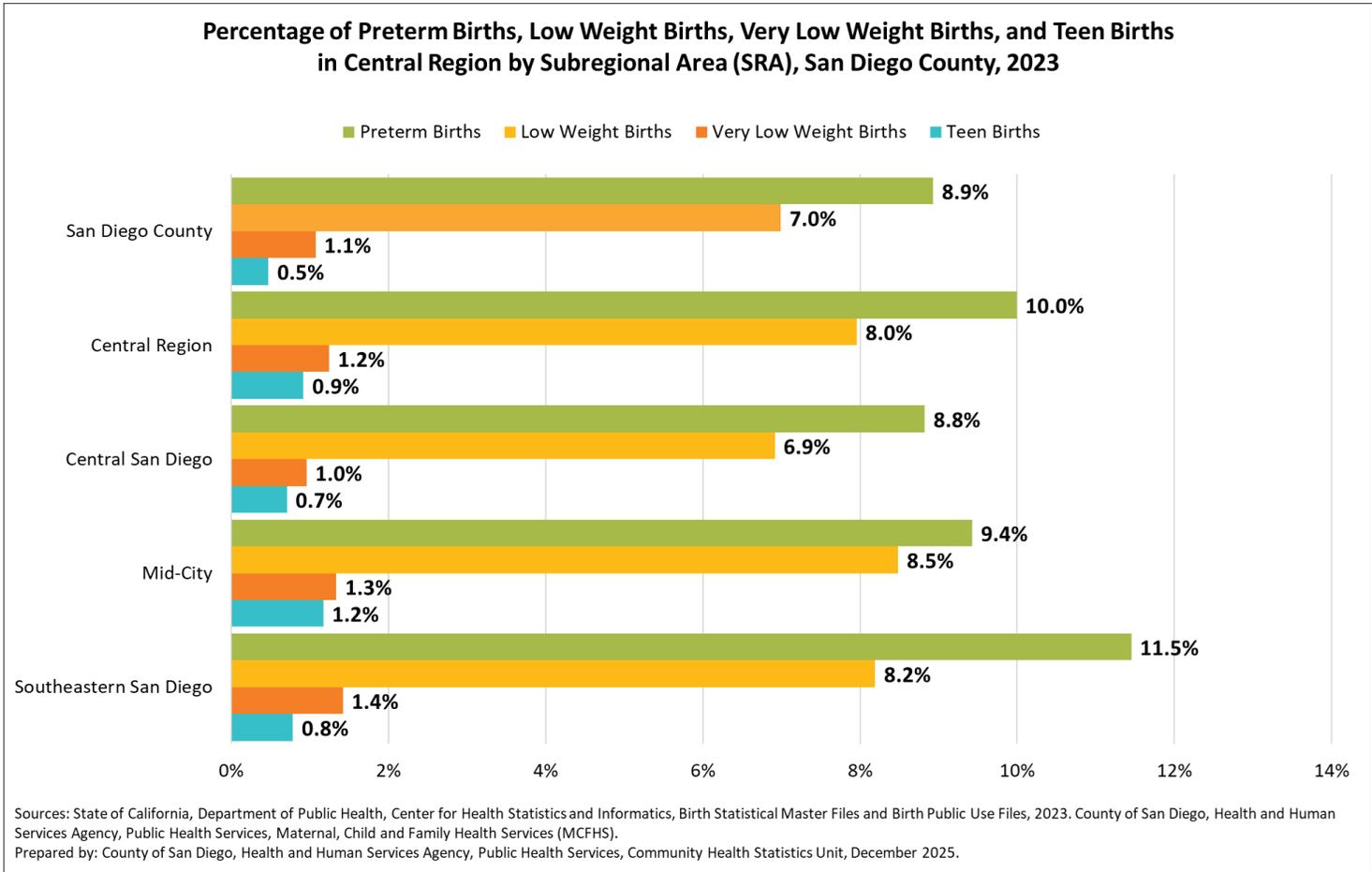
Percentage of Early Prenatal Care Among Births in Central Region and Subregional Areas (SRAs), San Diego County, 2023



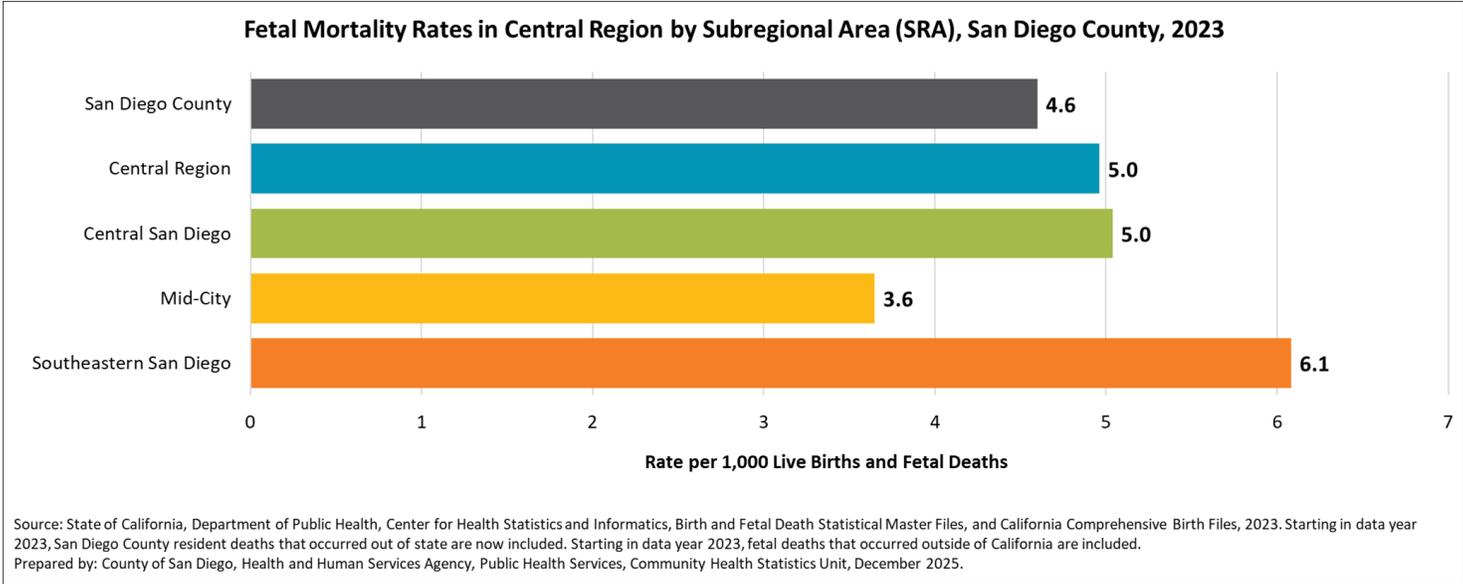
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2023. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).

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

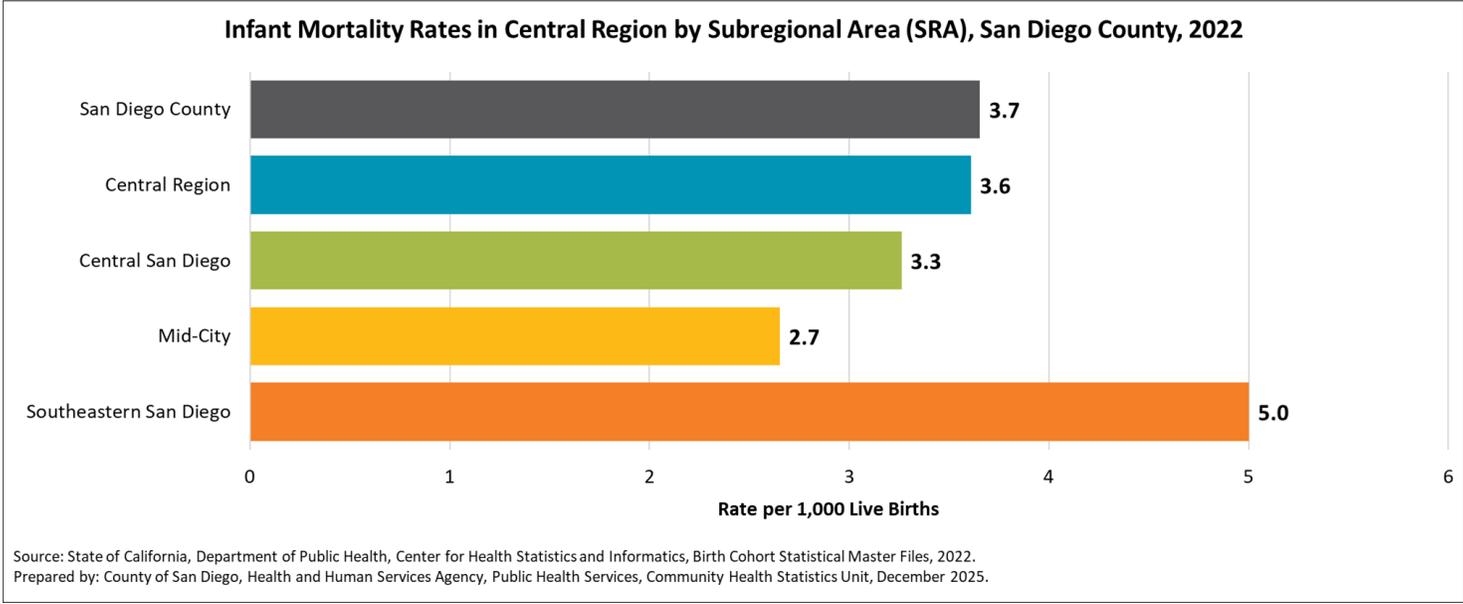
Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2023, the proportion of preterm births in Central Region (10.0%) was higher than in San Diego County overall (8.9%). Among Central Region SRAs, Southeastern San Diego had the highest proportion of preterm births (11.5%), while Central San Diego had the lowest (8.8%). 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 (8.0%) was higher than in San Diego County (7.0%), while the proportion of very low weight births (1.2%) was similar to that in San Diego County overall (1.1%). Among Central Region SRAs, Mid-City had the highest proportion of low weight births (8.5%), and Southeastern San Diego had the highest proportion of very low weight births (1.4%). 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 2023, the proportion of teen births in Mid-City SRA (1.2%) was higher than in Central Region (0.9%) and San Diego County overall (0.5%).



Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2023, the fetal mortality rate in Central Region (5.0 per 1,000 live births and fetal deaths) was higher than in San Diego County overall (4.6 per 1,000 live births and fetal deaths). Among Central Region SRAs, Southeastern San Diego had the highest fetal mortality rate (6.1 per 1,000 live births and fetal deaths).



Infant mortality refers to an infant's death before one year of age. In 2022, the infant mortality rate in Central Region (3.6 per 1,000 live births) was similar to San Diego County overall (3.7 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 higher than in Central Region (3.6 per 1,000 live births) and San Diego County overall (3.7 per 1,000 live births).



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 2023, 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 (37.1%) in 2023.

Socioeconomic Factors

- In 2023, Central Region had the lowest median household income (\$85,465) and the highest proportion of residents living below 200% of the Federal Poverty Level (FPL) (32.5%) in San Diego County.

Health Outcomes

- In 2023, 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 non-communicable and communicable health conditions and indicators, while Central San Diego had the highest death, ED discharge, and hospitalization rates due to several behavioral health 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.

