



Child and Teen Health and Well-Being

A Brief on Health and Well-Being Outcomes Among the Population 0-17 Years in San Diego County



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MARCH 2026

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EXECUTIVE SUMMARY

CHILD AND TEEN HEALTH AND WELL-BEING

Health and Well-Being Outcomes Among the Population 0-17 Years in San Diego County

Demographics and Social Determinants of Health

In 2023, San Diego County residents aged 0-17 years constituted one-fifth of the total population (21.1%) and 51.2% of those under 18 years of age were males (355,870), 48.7% were females (338,299). In 2024, residents aged 0-17 years in San Diego County were primarily Hispanic (46.4%), followed by non-Hispanic (NH) White (31.2%), NH Asian/Pacific Islander (API) (9.2%), NH Other (9.8%), and NH Black (3.4%). In 2023, 96.2% of the civilian noninstitutionalized population aged 18 years and under were covered under health insurance in San Diego County. In 2023, among children in households for which poverty status was determined, 11.9% were below 100% federal poverty level in San Diego County. On average, between 2022-2024, 24.4% of teens (ages 12-17 years) reported likely having serious psychological distress during the past year in San Diego County. In 2023, among all Health and Human Services Agency (HHSA) regions, Central Region had the highest number of census tracts with very low levels of child opportunity and North Central Region had the highest number of census tracts with very high levels of child opportunity in San Diego County. During the 2024-2025 school year, the rate of chronic absenteeism was highest among Hispanic students (22.4%) followed by Black students (21.9%) in San Diego County. In 2024, 39.0% of the fourth-grade students in San Diego County public schools performed at or above the National Assessment of Educational Progress (NAEP) *Proficient* level on the reading assessment. In 2023-2024, among the reported kindergarten students, 92.7% had received all required immunizations in San Diego County. In 2024-2025, among all HHSA regions, Central Region had the highest count of students experiencing homelessness (5,855) accounting for 30.6% of the total count of students experiencing homelessness in San Diego County. A majority of the students experiencing homelessness were Hispanic (71.7%).

Health Outcomes (2023)

The leading causes of death among infants (<1 year of age) in San Diego County were due to congenital malformations, deformations, and chromosomal abnormalities; maternal complications of pregnancy affecting the newborn; disorders related to short gestation and low birth weight; and sudden infant death syndrome (SIDS). The leading causes of death among San Diego County residents aged 1-17 years were due to accidents (unintentional injuries), malignant neoplasms (cancer), and intentional self-harm (suicide). Among behavioral health conditions, suicide attempt/ideation/intentional self-harm, anxiety and fear-related disorders, and alcohol use/abuse/dependency contributed to the highest burden of emergency department (ED) discharges among San Diego County residents aged 0-17 years. The highest hospitalization rate among behavioral health conditions was due to suicide attempt/ideation/intentional self-harm among San Diego County residents aged 0-17 years. Among communicable (infectious) diseases, the highest rates of ED discharge among San Diego County residents aged 0-17 years were due to COVID-19, urinary tract infection, flu, and pneumonia. The highest rates of hospitalization in this age group were due to pneumonia, urinary tract infection, and COVID-19. Falls, motor vehicle injuries, and traumatic brain injury were the leading causes of injury-related ED discharges among San Diego County residents aged 0-17 years. The highest injury-related hospitalization rates in this age group were due to falls, poisoning, and traumatic brain injury. Among non-communicable (chronic) diseases, the highest rates of ED discharge among San Diego County residents aged 0-17 years were due to asthma and overall heart disease and the highest rates of hospitalization were due to asthma, diabetes, and overall heart disease.



Introduction

Health Equity is achieved when everyone has the opportunity to reach their highest health potential, no matter their demographic, social, economic, or environmental conditions. The Equity Framework includes the five Areas of Influence of the *Live Well San Diego* framework¹ and is expanded by including additional measures of Social determinants of Health (SDOH), which together impact health and well-being outcomes. This framework can be applied to one of our most vulnerable populations - children and teens.

The health of a community is determined by all members of the community, including children and teens. The health and well-being of children and teens depend on their ability to thrive not only physically but also emotionally and socially. The interconnectedness of social, emotional, and physical determinants of health has generational impact and is crucial for healthy children and healthy adults. A healthy childhood builds the foundation for optimal lifelong health.² Children are not tiny versions of adults; their growth and needs are unique as their physical, social and emotional capacities are actively developing.

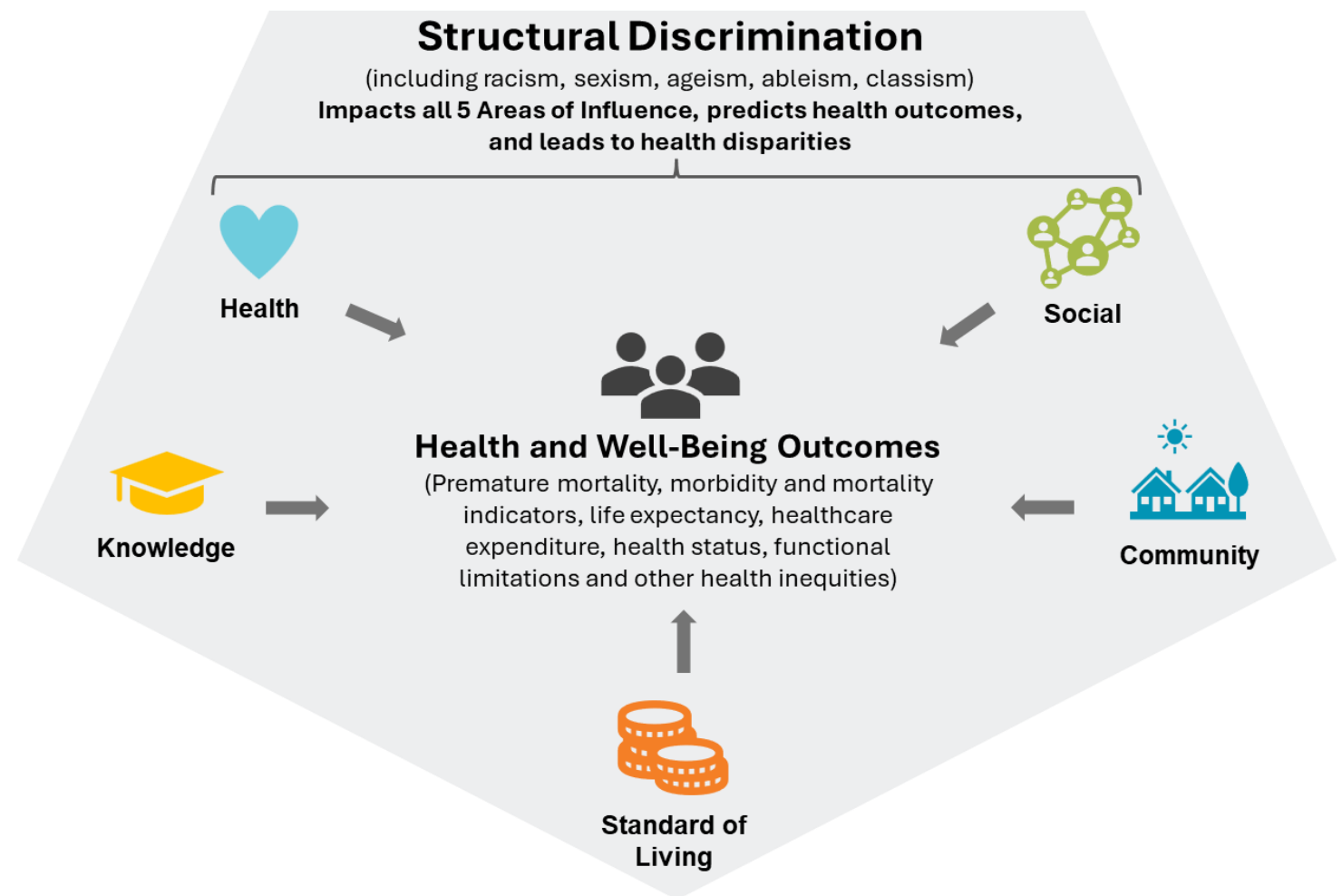
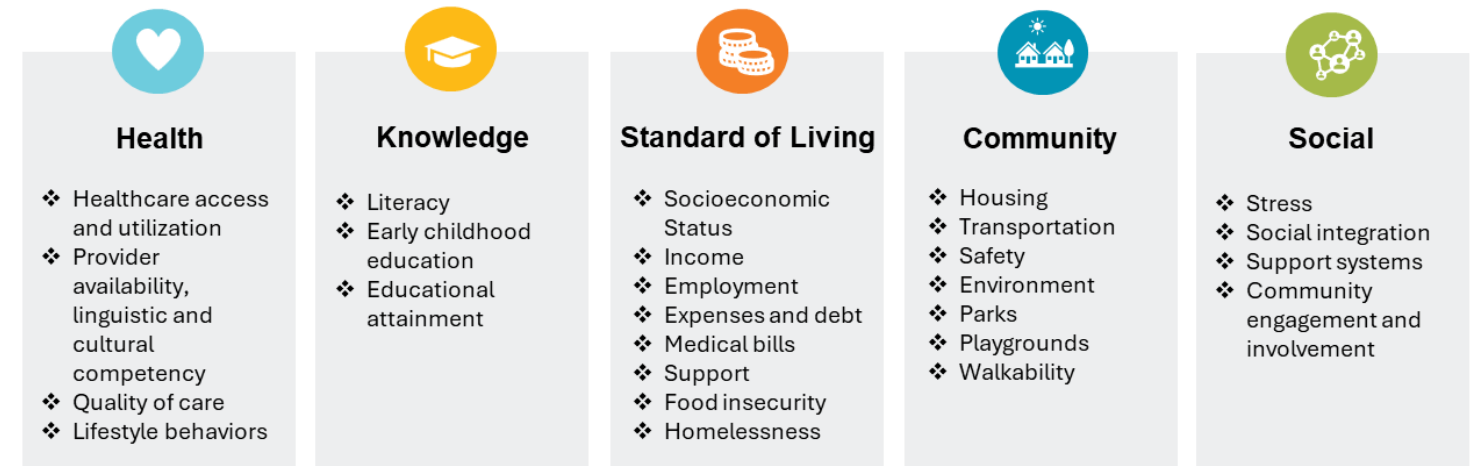
Prevention and early intervention are effective in reducing long-term negative outcomes: for example, timely vaccinations, good nutrition and safe environments deliver lasting benefits and yield cost-savings for families and society. Because children cannot always advocate for their own health, it is our responsibility to provide resources through an equity and social justice lens. Monitoring child and teen health indicators enables us to assess the local health policies designed to enhance health outcomes.³ These insights will, in turn, guide the implementation of optimal interventions that support healthy development into adulthood.

The *Child and Teen Health and Well-Being* brief focuses on:

1. Demographics
2. Social determinants of health (SDOH)
 - SDOH indicators
 - California Strong Start Index (CASSI)
 - Child Opportunity Index (COI) 3.0
3. Education and immunization indicators
4. Homelessness
5. Mortality
6. Morbidity outcomes

EQUITY FRAMEWORK FOR SAN DIEGO COUNTY

SOCIAL DETERMINANTS OF HEALTH UNDER THE FIVE AREAS OF INFLUENCE



DEMOGRAPHICS AND SOCIAL DETERMINANTS OF HEALTH



DEMOGRAPHICS

POPULATION⁴

In 2023, San Diego County was home to a total population of 3,282,782 and those aged 0-17 years constituted one-fifth of the total population (21.1%).

RACE/ETHNICITY⁵

In 2024, residents aged 0-17 years in San Diego County were primarily Hispanic (46.4%), followed by non-Hispanic (NH) White (31.2%), NH Asian/Pacific Islander (API) (9.2%), NH Other (9.8%), and NH Black (3.4%).

SEX⁴

In 2023, 51.2% of those under 18 years of age were males (355,870) and 48.7% were females (338,299) in San Diego County. In 2023, the male and female populations under 18 constituted 10.8% and 10.3% of the total population, respectively.

SOCIAL DETERMINANTS OF HEALTH

CHILDCARE⁵

On average, from 2022-2024, children (ages 0-11 years) in San Diego County who had childcare arrangements for ten or more hours per week had the following types of childcare: about one-quarter (24.0%) attended a childcare center, 14.5% stayed with a grandparent or other family member, 6.5% were cared for by a non-family member in his or her home, 5.7% attended preschool or a nursery school, and 4.1% were cared for in their own home by a non-family member. Over two-fifths (44.2%) reported another source of childcare or more than one source of childcare.

DENTAL VISITS⁵

On average, from 2022-2024, over 4 in 5 children (ages 3-11 years) had their last dental visit within the last six months (83.1%) in San Diego County. Additionally, among children (ages 3-11 years), 4.0% had their last dental visit over a year ago and 2.2% had never been to a dentist. Among teens (ages 12-17 years) during that same time frame, while 81.0% had their last dental visit within the last six months, 7.9% reported their last dental visit occurring over a year ago.

DISABILITY⁴

In 2023, 3.6% of the residents aged 0-17 years in San Diego County were disabled.

DRINKING⁵

On average, from 2022-2024, 5.8% of teens (ages 12-17 years) reported binge drinking in the past month in San Diego County.

FIRST 5 CALIFORNIA “KIT FOR NEW PARENTS”⁵

On average, from 2022-2024, 34.3% of parents with children (5 years or under) reported having knowledge about the First 5 California “Kit for New Parents” and of those, 58.7% has received the kit in San Diego County.

GRANDPARENTS RESPONSIBLE FOR GRANDCHILDREN⁴

In 2023, in San Diego County, among grandparents 60 years or older living with their own grandchildren under 18 years of age in households, 19.3% were financially responsible for food, shelter, clothing, day care, etc., for any or all of their grandchildren with or without a parent present.

HEALTH INSURANCE⁴

In 2023, 96.2% of the civilian noninstitutionalized population aged 18 years and under were covered under health insurance in San Diego County.

HEALTH STATUS⁵

On average, from 2022-2024, the majority of residents aged 0-17 years reported excellent or very good health (82.2%), while 14.5% reported good health and 3.3% reported fair or poor health in San Diego County.

HOUSEHOLD TENURE⁴

In 2023, among residents under 18 years in occupied housing units, 53.3% lived in owner-occupied units and 46.7% lived in renter-occupied units in San Diego County.

HOUSEHOLD TYPE⁴

In 2023, 72.5% of residents under the age of 18 lived with their married parents (married-couple family household), 19.7% lived with single mothers (female householder, no spouse present), and 7.1% lived with single fathers (male householder, no spouse present) in San Diego County.

POVERTY⁴

In 2023, among children in households for which poverty status was determined, 11.9% were below 100% federal poverty level in San Diego County.

PSYCHOLOGICAL DISTRESS AND PSYCHOLOGICAL/EMOTIONAL COUNSELING⁵

On average, from 2022-2024, 24.4% of teens (ages 12-17 years) reported likely having serious psychological

distress during the past year in San Diego County. On average, between 2022-2024, 13.0% of children (ages 4-11 years) and 18.5% of teens (ages 12-17 years) reported receiving psychological/emotional counseling in the past year in San Diego County.

PUBLIC ASSISTANCE AND SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)/FOOD STAMPS (HOUSEHOLDS WITH ANNUAL INCOME LESS THAN OR EQUAL TO 200% OF THE FEDERAL POVERTY LEVEL)⁴

In 2023, among children under 18 years in households, 19.6% received public assistance (supplemental security income (SSI), cash public assistance income, or food stamps) in San Diego County. Additionally, in 2023, among children under 18 years in households, 46.4% received food stamps in San Diego County.

SCHOOL ENROLLMENT⁴

In 2023, 90.4% of children aged 3-17 years in households were enrolled in school in San Diego County.

DEMOGRAPHICS AND SOCIAL DETERMINANTS OF HEALTH



CALIFORNIA STRONG START INDEX (CASSI)⁶

The California Strong Start Index indicators or assets include: family (legal parentage established at birth, born to non-teen parents, born to parents with at least a high school diploma), health (healthy birthweight, absence of congenital anomalies, abnormalities, or complications at birth), service (access to and receipt of timely prenatal care, receipt of nutritional services if eligible, hospital with high percentage of births with timely prenatal care), and financial (ability to afford and access healthcare, born to a parent with a college degree, born to parents with employment history). These twelve assets are the basis of the score and the absence or presence of each asset is scored as 0 or 1 with the final score ranging from 0-12. In 2023, the average CASSI score for San Diego County overall was

8.9. Level 1 category (fewer than 8 assets) indicates limited foundational resources at birth. In 2023, 45 census tracts in San Diego County had an average CASSI score of less than 8. The majority of the tracts with a CASSI score of less than 8 were located in Central Region (64.4%). Census tract 27.07 in Mid-City subregional area (SRA) in Central Region had the lowest average CASSI score of 7.0, compared to all other census tracts in San Diego County in 2023.

CHILD OPPORTUNITY INDEX (COI) 3.0⁷

"The Child Opportunity Index measures and maps the quality of resources and conditions that matter for children's healthy development in the neighborhoods where they live."⁷ The COI is a composite index comprised of three domains: education, health and

environment, and social and economic. The education domain includes the following subdomains: early childhood education, elementary education, secondary and post-secondary education, and educational resources. The health and environment domain includes the following subdomains: pollution, healthy environments, safety-related resources, and health resources. The social and economic domain includes the following subdomains: employment, economic resources, concentrated socioeconomic inequity, housing resources, social resources, and wealth. The COI helps identify disparities in neighborhood conditions experienced by children. The levels of COI include: very low, low, moderate, high, and very high (scores ranging from 0-100). In 2023, the overall COI for San Diego County was high with a score of 75. In 2023, while

36.7% and 23.0% of the census tracts in San Diego County had high and very high levels of child opportunity respectively, 12.1% and 9.6% of the census tracts in San Diego County had low and very low levels of child opportunity respectively based on nationally-normed scores. In 2023, among HHS regions, Central Region had the highest number of census tracts with very low levels of child opportunity and North Central Region had the highest number of census tracts with very high levels of child opportunity in San Diego County. In 2023, based on nationally-normed estimates, census tract 27.07 (Mid-City SRA) in Central Region had the lowest child opportunity score compared to all census tracts in San Diego County. Additionally, 4 out of the 5 census tracts with the lowest child opportunity scores were located in Central Region.

Census Tract Count by Child Opportunity Index 3.0 Levels (nationally normed) and HHS Regions, San Diego County, 2023

Geography	Very Low	Low	Moderate	High	Very High
San Diego County	71	89	137	169	270
Central Region	27	9	40	20	28
East Region	13	14	31	44	9
North Central Region	0	0	9	33	109
North Coastal Region	3	20	22	21	47
North Inland Region	7	17	20	33	54
South Region	21	29	15	18	23

Source: diversitydatakids.org. 2025. Child Opportunity Index 3.0-2023 Data for 2020 Census Tracts. <https://www.diversitydatakids.org/research-library/child-opportunity-index-30-2023-census-tract-data>. Accessed November 2025.

EDUCATION AND IMMUNIZATION



EDUCATION

TOTAL ENROLLMENT⁸

In San Diego County, the majority of the students (from transitional kindergarten [TK] to grade 12) were Hispanic (49.3%), followed by White (27.6%) and Asian/Pacific Islander (API) (10.8%) based on the data collected on Census day (first Wednesday of October 2024).

COHORT GRADUATION RATE⁸

During the 2024-2025 school year, the 4-year cohort graduation rate from high school was 86.3% for San Diego County overall. Asian/Pacific Islander students had the highest graduation rate (94.3%) and Black students had the lowest graduation rate (80.0%).

CHRONIC ABSENTEEISM RATE⁸

Students were determined to be chronically absent if they were eligible to be considered chronically absent at the selected level during the academic year and they were absent for 10% or more of the days that they were expected to attend.⁹ During the 2024-2025 school year, the rate of chronic absenteeism in San Diego County was 17.5%. The rate of chronic absenteeism was highest among Hispanic students (22.4%) followed by Black students (21.9%) in San Diego County.

NON-STABILITY RATE⁸

The stability rate report provides a total count of cumulatively enrolled students with an enrollment start date on or after July 1 and on or before June 30 (adjusted cumulative enrollment). “Students are determined to have a stable enrollment during the academic year if the enrollment record is a minimum of 245 consecutive calendar days at the same school without a disqualifying exit.”¹⁰ The students without stable enrollment are identified as part of the non-stability count. During the 2024-2025 school year, the non-stability rate in San Diego County was 9.5%. The highest non-stability rate was among Black students (18.0%), which was twice the rate for San Diego County overall.

SUSPENSION RATE⁸

During the 2024-2025 school year, the suspension rate was 2.3% in San Diego County. Black students had highest suspension rate of 5.0%, which was over twice the rate for San Diego County overall.

READING PROFICIENCY¹¹

The Healthy People 2030 objective under child and adolescent development focuses on increasing the proportion of 4th-graders with reading skills at or above the proficient level with a target of 41.5%.¹² In 2024, 39.0% of the fourth-grade students in San Diego County public schools performed at or above the National Assessment of Educational Progress (NAEP) *Proficient* level on the reading assessment.

IMMUNIZATION

KINDERGARTENERS¹³

The “Kindergarten Immunization Assessment, 2023-2024” report published by the California Department of Public Health (CDPH) summarizes the immunization rates among kindergarteners (including transitional kindergarteners) in the 2023-2024 school year. The status of “received all required immunizations” includes the following doses: 5 or more of Diphtheria, Tetanus and Pertussis (DTaP) vaccine (4 doses are acceptable if at least 1 dose was received on or after the fourth birthday); 4 or more of Polio vaccine (3 doses are acceptable if at least 1 dose was received on or after the fourth birthday); 2 doses of Measles, Mumps and Rubella (MMR) vaccine or 2 doses of Measles, 2 doses of Mumps, and 1 dose of Rubella vaccine, separately or combined, on or after the first birthday; 3 or more of Hepatitis B (Hep B) vaccine; and 2 or more of Varicella (Var) vaccine. In 2023-2024, in San Diego County, the immunization status was reported for 48,838 kindergarten students. Among the reported kindergarten students, 92.7% had received all required immunizations in San Diego County. In 2023-2024, the completion rates for specific immunization series among kindergarteners were: 94.1% for DTaP, 94.4% for Varicella, 94.9% for Polio, 94.8% for MMR, and 96.4% for Hepatitis B.

HOMELESSNESS



STUDENTS EXPERIENCING HOMELESSNESS

TOTAL COUNT (2024-2025)¹⁴

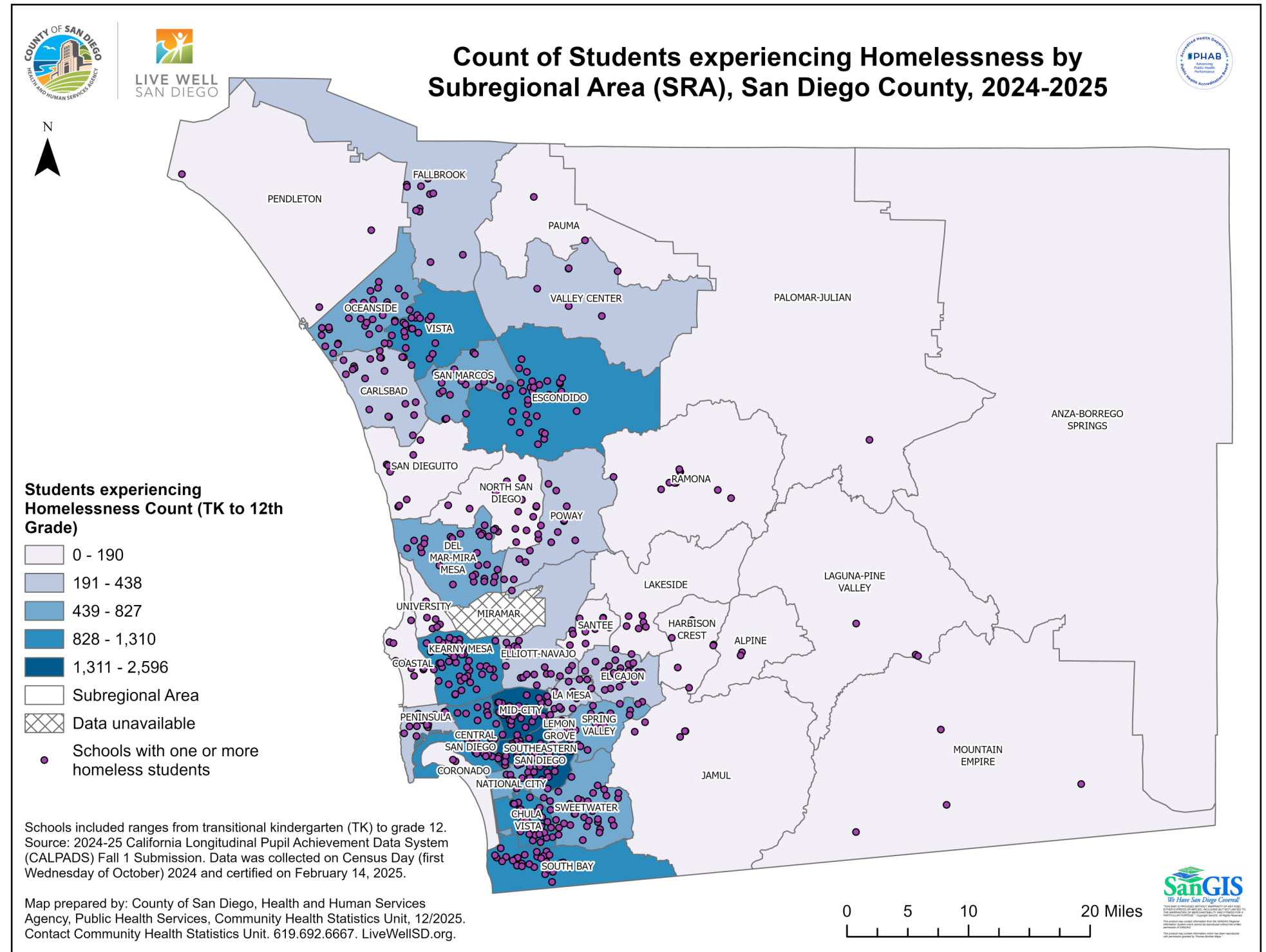
Based on the 2024-25 California Longitudinal Pupil Achievement Data System (CALPADS) data collected on the census day in October 2024, there were 19,136 students experiencing homelessness (transitional kindergarten to grade 12) in San Diego County. Among all Health and Human Services Agency (HHS) regions, Central Region had the highest count of students experiencing homelessness (5,855) accounting for 30.6% of the total count of students experiencing homelessness in San Diego County. Among all subregional areas (SRAs) in San Diego County, Southeastern San Diego SRA in Central Region had the highest count of students experiencing homelessness (2,596), followed by South Bay SRA (1,279) in South Region, Escondido SRA (1,125) in North Inland Region, and Kearny Mesa SRA (1,102) in North Central Region in San Diego County.

CUMULATIVE ENROLLMENT BY RACE AND ETHNICITY (2024-2025)⁸

Based on the 2024-25 California Department of Education cumulative data collected in the academic year (July 1 to June 30), the majority of the students experiencing homelessness in San Diego County were Hispanic (71.7%). Additionally, 8.9% of the students experiencing homelessness in San Diego County were Black, 8.0% were White, and 5.4% were Asian/Pacific Islander.

CUMULATIVE ENROLLMENT BY DWELLING TYPE (2024-2025)⁸

Based on the 2024-25 California Department of Education cumulative data collected in the academic year (July 1 to June 30), the majority of the students experiencing homelessness in San Diego County were temporarily doubled-up (80.5%). While 7.4% of the students experiencing homelessness in San Diego County were in temporary shelters, 6.2% were in hotels/motels and 5.9% were temporarily unsheltered.



MORTALITY



LEADING CAUSES OF DEATH

INFANTS (<1 YEAR OF AGE)¹⁵

In 2023, the leading causes of death among infants (<1 year of age) in San Diego County were due to congenital malformations, deformations, and chromosomal abnormalities; maternal complications of pregnancy affecting the newborn; disorders related to short gestation and low birth weight; and sudden infant death syndrome (SIDS).

AGES 1-17 YEARS¹⁵

In 2023, the leading causes of death among San Diego County residents aged 1-17 years were due to accidents (unintentional injuries), malignant neoplasms (cancer), and intentional self-harm (suicide).

MORTALITY

INFANT MORTALITY (<1 YEAR OF AGE)¹⁶

In 2022, the mortality rate among infants under one year of age was 3.7 per 1,000 live births in San Diego County.

SUDDEN UNEXPECTED INFANT DEATH (SUID)¹⁷

From 2019-2021, the rate for sudden unexpected infant death was 34.4 per 100,000 births in San Diego County.

CHILD MORTALITY (AGES 1-9 YEARS)¹⁸

From 2021-2023, the child mortality rate (ages 1-9 years) was 9.0 per 100,000 in San Diego County.

ADOLESCENT MORTALITY (AGES 10-19 YEARS)¹⁹

In 2023, the adolescent mortality rate (ages 10-19 years) was 20.6 per 100,000 in San Diego County.

Leading Causes of Death among Infants (<1 year of age), San Diego County, 2023

Rank	Leading Causes of Death	Count
1	Congenital malformations, deformations, and chromosomal abnormalities	28
2	Newborn affected by maternal complications of pregnancy	15
3	Disorders related to short gestation and low birth weight, not elsewhere classified	12
4	Sudden infant death syndrome	12

Leading Causes of Death, Ages 1-17 years, San Diego County, 2023

Rank	Leading Causes of Death	Count
1	Accidents (unintentional injuries)	28
2	Malignant neoplasms (cancer)	13
3	Intentional self-harm (suicide)	13

Sources: Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality 2018-2023 on CDC WONDER Online Database, released in 2024. Data are from the Multiple Cause of Death Files, 2018-2023, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10-expanded.html> on Oct 13, 2025. State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child, and Family Health Services (www.sdmcfhs.org), 5/9/2025. California Department of Public Health, Center for Family Health, Maternal, Child and Adolescent Health Division, Sudden Unexpected Infant Death Dashboard, Last Modified March 2025. go.cdph.ca.gov/SUIDDashboard; Child Mortality Dashboard, Last Modified July 2025. go.cdph.ca.gov/Child-Mortality-Dashboard; Adolescent Mortality Dashboard, Last Modified July 2025. go.cdph.ca.gov/Adolescent-Mortality-Dashboard.

MORBIDITY OUTCOMES



BEHAVIORAL HEALTH²⁰

Among behavioral health conditions, suicide attempt/ideation/intentional self-harm, anxiety and fear-related disorders, and alcohol use/abuse/dependency contributed to the highest burden of emergency department (ED) discharges among San Diego County residents aged 0-17 years in 2023. The highest hospitalization rate among behavioral health conditions was due to suicide attempt/ideation/intentional self-harm among San Diego County residents aged 0-17 years. The highest in-patient treatment rate among behavioral health conditions was due to mood disorders among San Diego County residents aged 0-17 years.

ANXIETY AND FEAR-RELATED DISORDERS

In 2023, the second highest ED discharge rate among behavioral health conditions was due to anxiety and fear-related disorders among residents aged 0-17 years (47.8 per 100,000).

DEPRESSION

In 2023, the second highest in-patient treatment rate among behavioral health conditions was due to depression among residents aged 0-17 years (153.4 per 100,000) and accounted for one of the top 5 rates of ED discharge in this age group (32.3 per 100,000)

MOOD DISORDERS

In 2023, the highest in-patient treatment rate among behavioral health conditions was due to mood disorders among residents aged 0-17 years (193.5 per 100,000) and accounted for one of the top 5 rates of ED discharge in this age group (40.8 per 100,000).

SUICIDE ATTEMPT/IDEATION/INTENTIONAL SELF-HARM

Among behavioral health conditions, suicide attempt/ideation/intentional self-harm was the leading cause of ED discharge (342.6 per 100,000) and hospitalization (16.8 per 100,000) among San Diego County residents aged 0-17 years in 2023. Specifically, the ED discharge rate due to suicide attempt/ideation/intentional self-harm among this age group was 1.5 times higher than the corresponding county rate.

COMMUNICABLE (INFECTIOUS) DISEASES²⁰

In 2023, the highest ED discharge rates for communicable (infectious) diseases among San Diego County residents aged 0-17 years were due to COVID-19, urinary tract infection, flu, and pneumonia. The highest rates of hospitalization in this age group were due to pneumonia, urinary tract infection, and COVID-19.

COVID-19

Among infectious diseases, the highest rate of ED discharge was due to COVID-19 (342.6 per 100,000) among San Diego County residents aged 0-17 years in 2023. Among infectious diseases, COVID-19 accounted for one of the top 3 rates of hospitalization among San Diego County residents aged 0-17 years in 2023, with a rate of 21.8 per 100,000.

FLU

In 2023, the ED discharge rate due to flu among residents aged 0-17 years in San Diego County was 229.6 per 100,000, which was 1.5 times higher than the overall county rate (152.2 per 100,000).

PNEUMONIA

Among infectious diseases, pneumonia was the leading cause of hospitalization for San Diego County residents aged 0-17 years, with a rate of 49.3 per 100,000 in 2023.

URINARY TRACT INFECTION

In 2023, urinary tract infection had the second highest rates of ED discharge (254.8 per 100,000) and hospitalization (29.3 per 100,000) among infectious diseases for 0-17-year-old residents in San Diego County.

INJURY²⁰

In 2023, falls, motor vehicle injuries, and traumatic brain injury were the leading causes of injury-related ED discharges among San Diego County residents aged 0-17 years. The highest injury-related hospitalization rates in this age group were due to falls, poisoning, and traumatic brain injury.

FALLS

Among injury indicators, falls caused the highest rates of ED discharge (2,191.6 per 100,000) and hospitalization (70.9 per 100,000) for San Diego County residents aged 0-17 years in 2023.

MOTOR VEHICLE INJURIES

Motor vehicle injuries had the second highest ED discharge rate (284.6 per 100,000) among injury indicators in San Diego County residents aged 0-17 years in 2023.

POISONING

In 2023, poisoning had the second highest hospitalization rate (28.6 per 100,000) and the highest in-patient treatment rate (6.9 per 100,000) among injury indicators for 0-17-year-old residents in San Diego County.

TRAUMATIC BRAIN INJURY

In 2023, traumatic brain injury had the third highest rates of ED discharge (272.1 per 100,000) and hospitalization (18.8 per 100,000) among injury indicators for 0-17-year-old residents in San Diego County.

MATERNAL AND CHILD HEALTH²⁰

CONGENITAL ANOMALIES

In 2023, the rates of ED discharge (18.3 per 100,000) and hospitalization (114.0 per 100,000) due to congenital anomalies among those aged 0-17 years were 2.3 and 3.1 times higher, respectively, than the countywide rates.

NON-COMMUNICABLE (CHRONIC) DISEASES²⁰

Among non-communicable (chronic) diseases, the highest rates of ED discharge among San Diego County residents aged 0-17 years were due to asthma and overall heart disease in 2023. Among chronic diseases, asthma, diabetes, and overall heart disease contributed to the highest rates of hospitalization among 0-17-year-olds in San Diego County.

ASTHMA

Asthma caused the highest rates of ED discharge (410.4 per 100,000) and hospitalization (126.6 per 100,000) due to chronic diseases among San Diego County residents aged 0-17 years in 2023. The rates of ED discharge and hospitalization due to asthma among ages 0-17 years were 1.8 and 2.7 times higher, respectively, than the corresponding countywide rates for all ages.

DIABETES

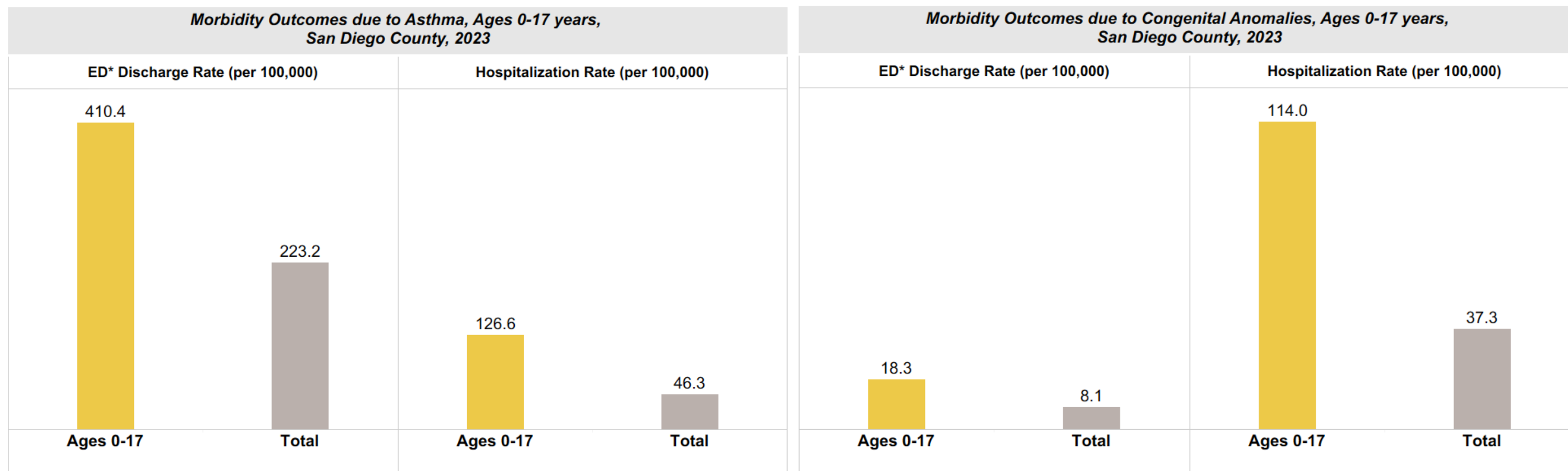
Among chronic diseases, diabetes accounted for one of the top 3 rates of ED discharge and hospitalization among San Diego County residents aged 0-17 years in 2023, with rates of 14.1 per 100,000 and 30.2 per 100,000, respectively.

OVERALL CANCER

Among chronic diseases, overall cancer accounted for one of the top 5 rates of hospitalization among San Diego County residents aged 0-17 years in 2023, with a rate of 19.4 per 100,000.

OVERALL HEART DISEASE

Overall heart disease accounted for the second highest rate of ED discharge (346.7 per 100,000) and third highest rate of hospitalization (29.3 per 100,000) due to chronic diseases among San Diego County residents aged 0-17 years in 2023.



*Emergency Department

Rates are per 100,000 population. Data includes crude rates not adjusted for age. If one or more morbidity outcomes do not populate, data are not available for the selected health condition.

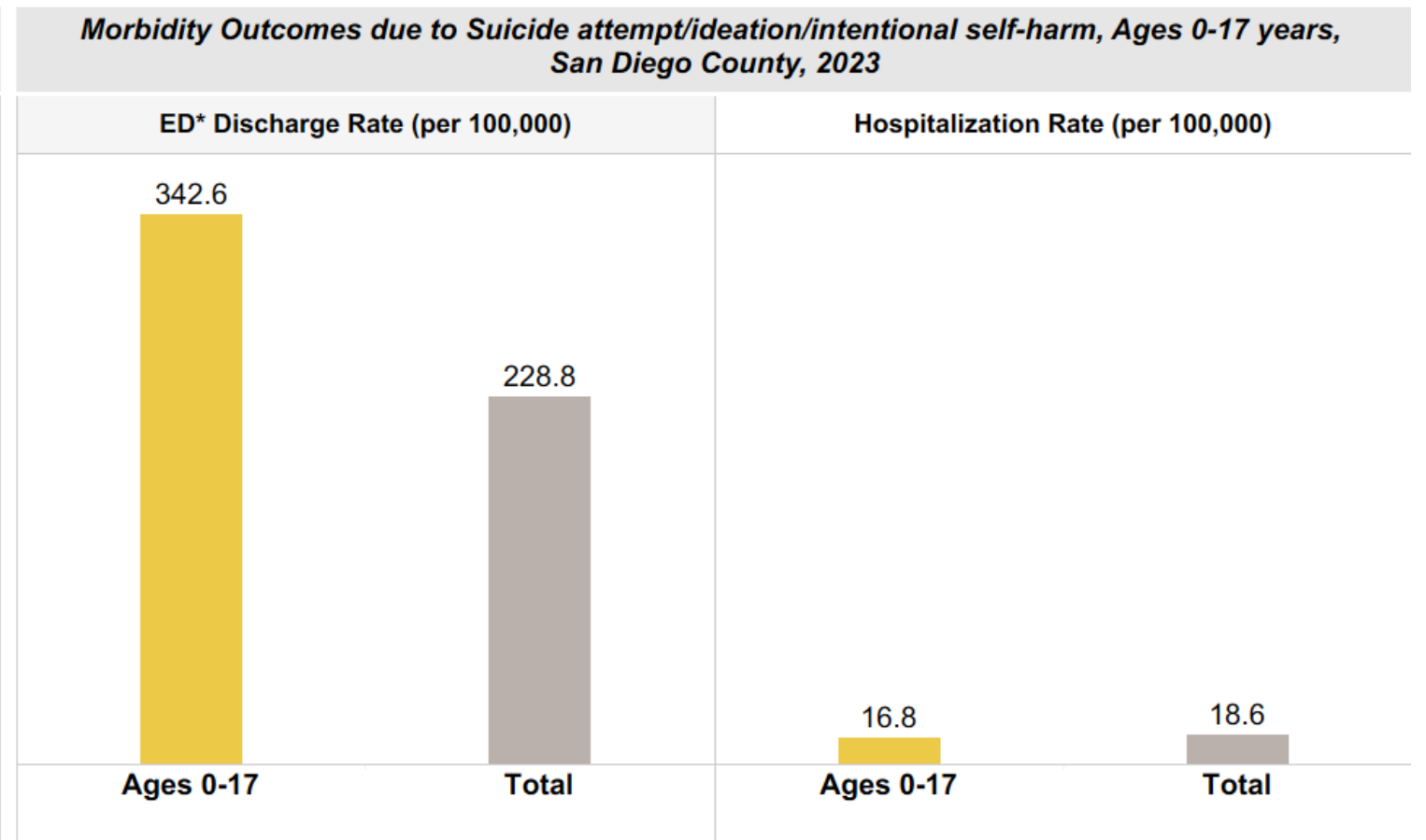
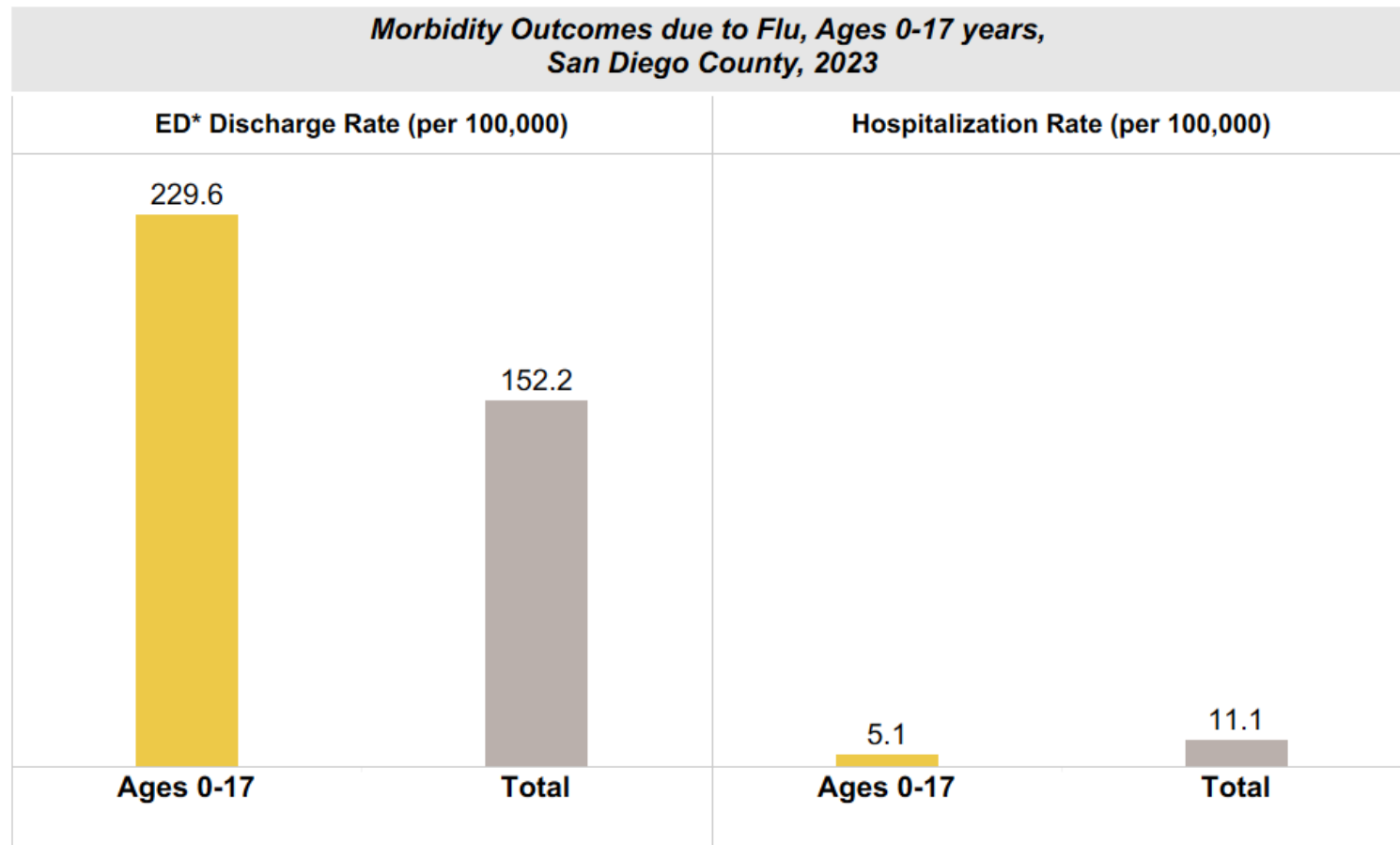
How to interpret a rate:

A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the following example). For example, 987 cases, divided by a population of 654,321, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150-151 cases would be expected.

Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge and Patient Discharge Database, 2023. SANDAG Population Estimates, (v1/2025). 2023 population estimates were derived from the 2020 decennial census. Events <11 and all rates based on events <20 are suppressed.

Prepared in December 2025 by:

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



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Rates are per 100,000 population. Data includes crude rates not adjusted for age. If one or more morbidity outcomes do not populate, data are not available for the selected health condition.

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

County of San Diego, Health and Human Services Agency, Child and Family Well-Being, Policy and Program Support.

Appendix. Emergency Department (ED) Discharge Rates (per 100,000), San Diego County, 2023

Condition	Ages 0-17	Total (all ages)	Condition	Ages 0-17	Total (all ages)
Behavioral Health			Injury		
Suicide attempt/ideation/intentional self-harm	342.6	228.8	Unintentional Injuries	5,387.0	5,221.0
All Drug Overdoses	107.6	109.7	Falls	2,191.6	2,102.3
Anxiety and Fear Related Disorders	47.8	174.0	Motor Vehicle Injuries	284.6	574.9
Alcohol Use/Abuse/Dependency	44.9	262.0	Traumatic Brain Injury	272.1	203.1
Mood Disorders	40.8	77.6	Assault	183.8	241.6
Depression	32.3	51.1	Poisoning	162.0	174.7
Substance Use/Abuse/Dependency	21.5	111.7	Disorders of the Teeth and Jaw	69.1	135.1
Neurodevelopmental Disorders	14.5	8.1	Motor Vehicle Injuries to Pedalcyclist	28.5	23.2
Schizophrenia	13.8	114.7	Motor Vehicle Injuries to Pedestrian	18.4	22.6
Trauma and Stressor Related Disorders	13.6	14.9	Drowning	6.2	2.5
Cannabis Use/Abuse/Dependency	13.6	17.2	Maternal and Child Health		
Acute Alcohol Poisoning	6.5	14.9	Congenital Anomalies	18.3	8.1
Impulse and Conduct Disorders	4.5	3.2	Non-Communicable (Chronic) Diseases		
All Opioid Overdoses	4.2	40.4	Asthma	410.4	223.2
Communicable (Infectious) Diseases			Overall Heart Disease	346.7	1,921.4
COVID-19	342.6	427.1	Diabetes	14.1	150.4
Urinary Tract Infection	254.8	639.4	Overall Hypertensive Diseases	3.4	290.5
Flu	229.6	152.2			
Pneumonia	216.6	200.1			

Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2023. SANDAG Population Estimates, (v1/2025). 2023 population estimates were derived from the 2020 decennial census. Events <11 and all rates based on events <20 are suppressed.

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

Appendix. Hospitalization Rates (per 100,000), San Diego County, 2023

Condition	Ages 0-17	Total (all ages)
Behavioral Health		
All Drug Overdoses	25.3	48.7
Suicide attempt/ideation/intentional self-harm	16.8	18.6
Trauma and Stressor Related Disorders	3.1	3.3
Communicable (Infectious) Diseases		
Pneumonia	49.3	106.2
Urinary Tract Infection	29.3	111.0
COVID-19	21.8	89.1
Flu	5.1	11.1
Injury		
Unintentional Injuries	299.0	939.2
Falls	70.9	486.0
Poisoning	28.6	70.4
Traumatic Brain Injury	18.8	73.5
Assault	17.9	30.7
Motor Vehicle Injuries	16.7	76.3
Disorders of the Teeth and Jaw	9.6	10.9
Motor Vehicle Injuries to Pedestrian	4.1	10.8
Firearm	3.8	5.6
Maternal and Child Health		
Congenital Anomalies	1,114.0	37.3

Condition	Ages 0-17	Total (all ages)
Non-Communicable (Chronic) Diseases		
Asthma	126.6	46.3
Diabetes	30.2	168.0
Overall Heart Disease	29.3	1,043.1
Overall Cancer	19.4	265.4
Lupus and Connective Tissue Disorders	9.4	9.6
Leukemia	6.8	13.0
Brain Cancer	5.1	9.1
Heart Failure	3.4	243.5
Stroke	3.0	205.0
Overall Hypertensive Diseases	2.8	345.7

Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2023. SANDAG Population Estimates, (v1/2025). 2023 population estimates were derived from the 2020 decennial census. Events <11 and all rates based on events <20 are suppressed.

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

Appendix. In-Patient Treatment Rates (per 100,000), San Diego County, 2023

Condition	Ages 0-17	Total (all ages)
Behavioral Health		
Mood Disorders	193.5	202.8
Depression	153.4	127.8
Trauma and Stressor Related Disorders	14.4	10.2
Schizophrenia	12.5	147.4
Neurodevelopmental Disorders	11.8	3.3
Impulse and Conduct Disorders	9.5	2.3
Anxiety and Fear Related Disorders	4.1	2.9
Injury		
Poisoning	6.9	7.5
Unintentional Injuries	3.4	13.0
Assault	3.0	1.7

Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2023. SANDAG Population Estimates, (v1/2025). 2023 population estimates were derived from the 2020 decennial census. Events <11 and all rates based on events <20 are suppressed.

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

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