June 2022

East Region
Health Status Report Summary

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

COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

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East Region
Health Status Report Summary

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

June 2022

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INTRODUCTION

East Region consists of eleven subregional areas (SRAs): Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, and Spring Valley. This health status report summary provides the most current information on demographic characteristics, socioeconomic factors, and health concerns in East Region and its SRAs.

The key segments of this report include:

1) **Demographic Characteristics:** This section includes an overview of the 2019 population characteristics (e.g., age, race/ethnicity, household income, health insurance coverage, disability status, etc.) for East Region. Characteristics for SRAs are reported in comparison with East Region and San Diego County.
2) **Mortality Measures:** This section includes a summary of the overall life expectancy for East Region and its SRAs in 2019. Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. This section, additionally, lists the Top 10 Leading Causes of Death in 2019 for East Region, outlining the relative burden of a specific cause of death compared to other causes.
3) **Health Outcomes:** This section summarizes health-related information, such as rates of death, emergency department (ED) discharge, and hospitalization for the following groups of health conditions and indicators:
    a) Non-Communicable (Chronic) Diseases,
    b) Communicable Diseases,
    c) Injury Indicators,
    d) Behavioral Health Indicators, and
    e) Maternal and Child Health Indicators.

Health Status Overview (2019): East Region

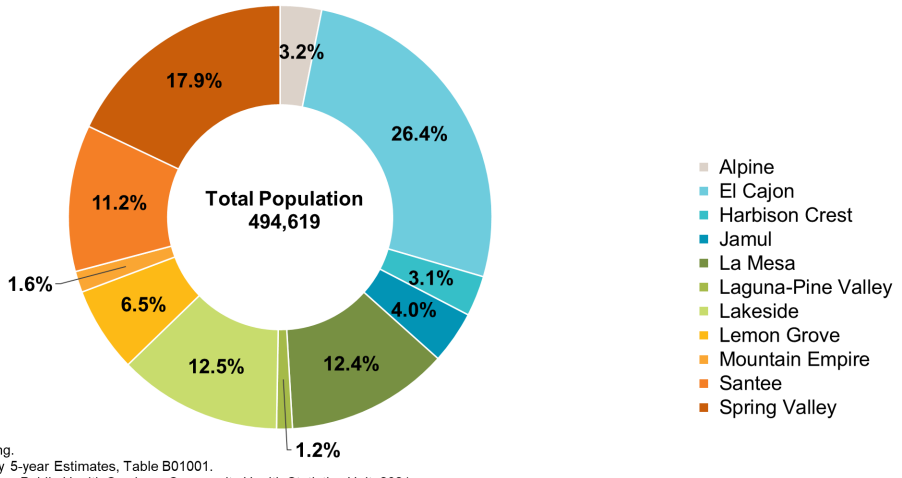
DEMOGRAPHIC CHARACTERISTICS Population Characteristics	**Population:** 494,619 (14.9% of San Diego County population) **Age Distribution:** Highest proportion consisted of individuals aged 25-44 years old (28.4%), followed by individuals 45-64 years old (25.5%)
Income, Health Insurance, Disability Status	**Median Household Income**: $77,796 **Population Below 200% Federal Poverty Level (FPL):** 29.4% **Population with Health Insurance:** 93.1% **Population with Disability:** 12.1%
MORTALITY MEASURES	**Overall Life Expectancy**: 80.4 years
	Top 5 Leading Causes of Death: Cancer, Diseases of the heart, Stroke, Chronic lower respiratory diseases, Accidents/Unintentional injuries
HEALTH OUTCOMES Non-Communicable (Chronic) Diseases	**Highest Death Rate:** Overall cancer (182.1 per 100,000) **Highest ED Discharge Rate:** Overall heart disease (2,475.5 per 100,000) **Highest Hospitalization Rate:** Overall heart disease (1,335.1 per 100,000)
Communicable Diseases	**Highest Death Rate**: Pneumonia (7.8 per 100,000) **Highest ED Discharge Rate:** Urinary tract infection (747.6 per 100,000) **Highest Hospitalization Rate:** Urinary tract infection (160.2 per 100,000)
Injury Indicators	**Highest Death Rate**: Poisoning (19.8 per 100,000) **Highest ED Discharge Rate:** Falls (2,486.0 per 100,000) **Highest Hospitalization Rate:** Falls (544.9 per 100,000)
Behavioral Health Indicators	**Highest Death Rate**: Alzheimer's disease and related dementias (ADRD) (106.2 per 100,000) **Highest ED Discharge Rate:** Alcohol-related disorders (289.9 per 100,000) **Highest Hospitalization Rate:** Alcohol-related disorders (81.2 per 100,000)
Maternal and Child Health Indicators	**Total Live Births**: 6,030 **Preterm Births:** 9.0% **Low Weight Births:** 6.9% **Infant Mortality Rate:** 2.8 per 1,000 total live births **Fetal Mortality Rate (2018):** 4.4 per 1,000 live births plus fetal deaths

DEMOGRAPHIC CHARACTERISTICS

Population Characteristics

In 2019, East Region was home to an estimated 494,619 residents, representing 14.9% of the San Diego County population (3,316,073).

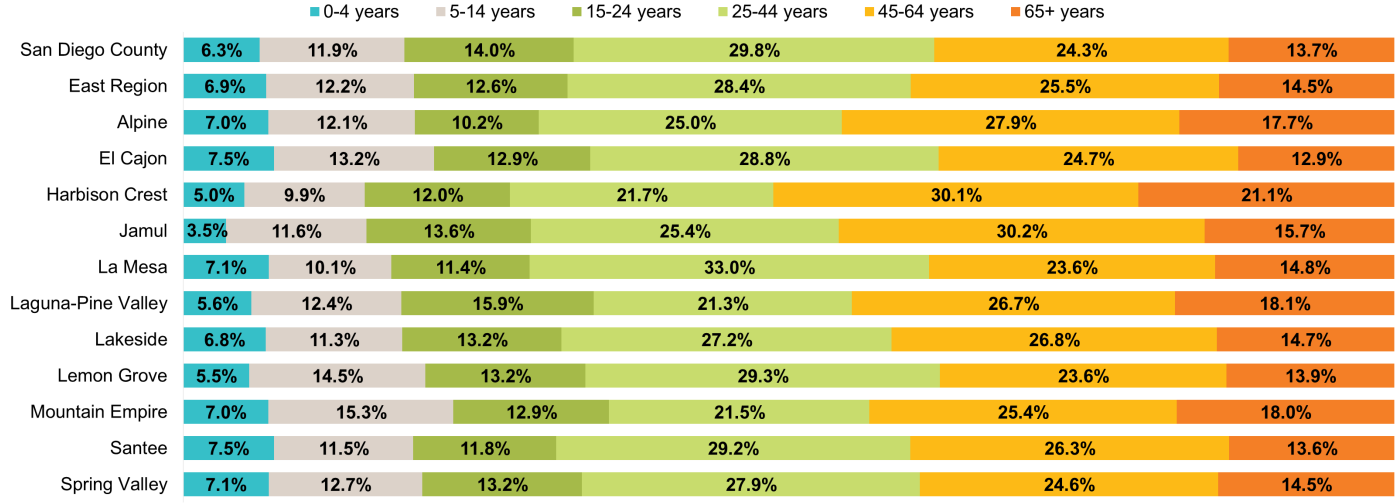
East Region Population Distribution* by Subregional Areas, 2019



*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2015-2019 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, 2021.

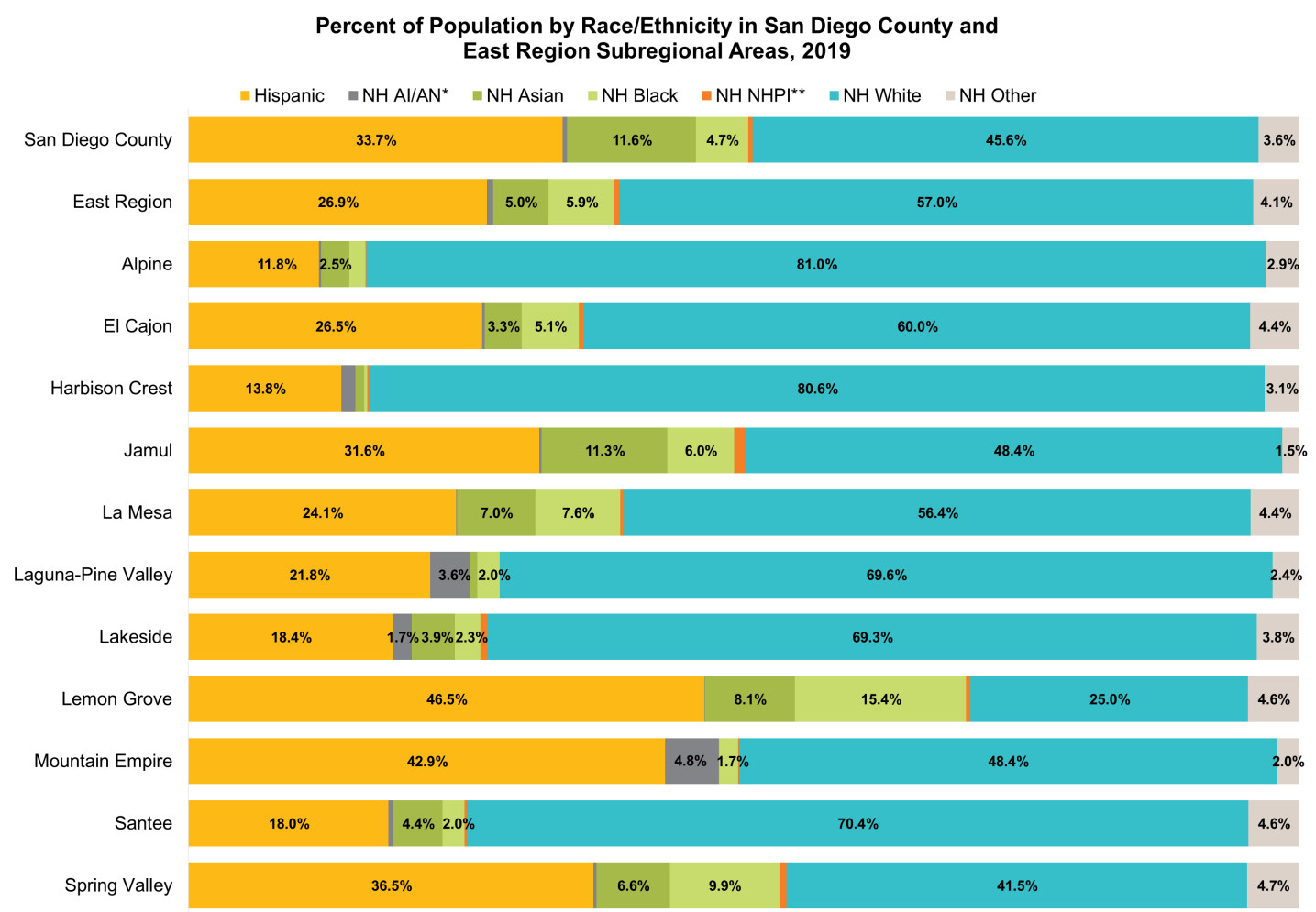
Adults aged 25-44 years old constituted the highest proportion of East Region residents (28.4%), followed by residents 45-64 years old (25.5%). Among East Region subregional areas (SRAs), La Mesa had the highest proportion of adults aged 25-44 years old (33.0%), followed by Lemon Grove (29.3%), and Santee (29.2%).

Percent of Population by Age Group in San Diego County and East Region Subregional Areas, 2019



Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S0101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

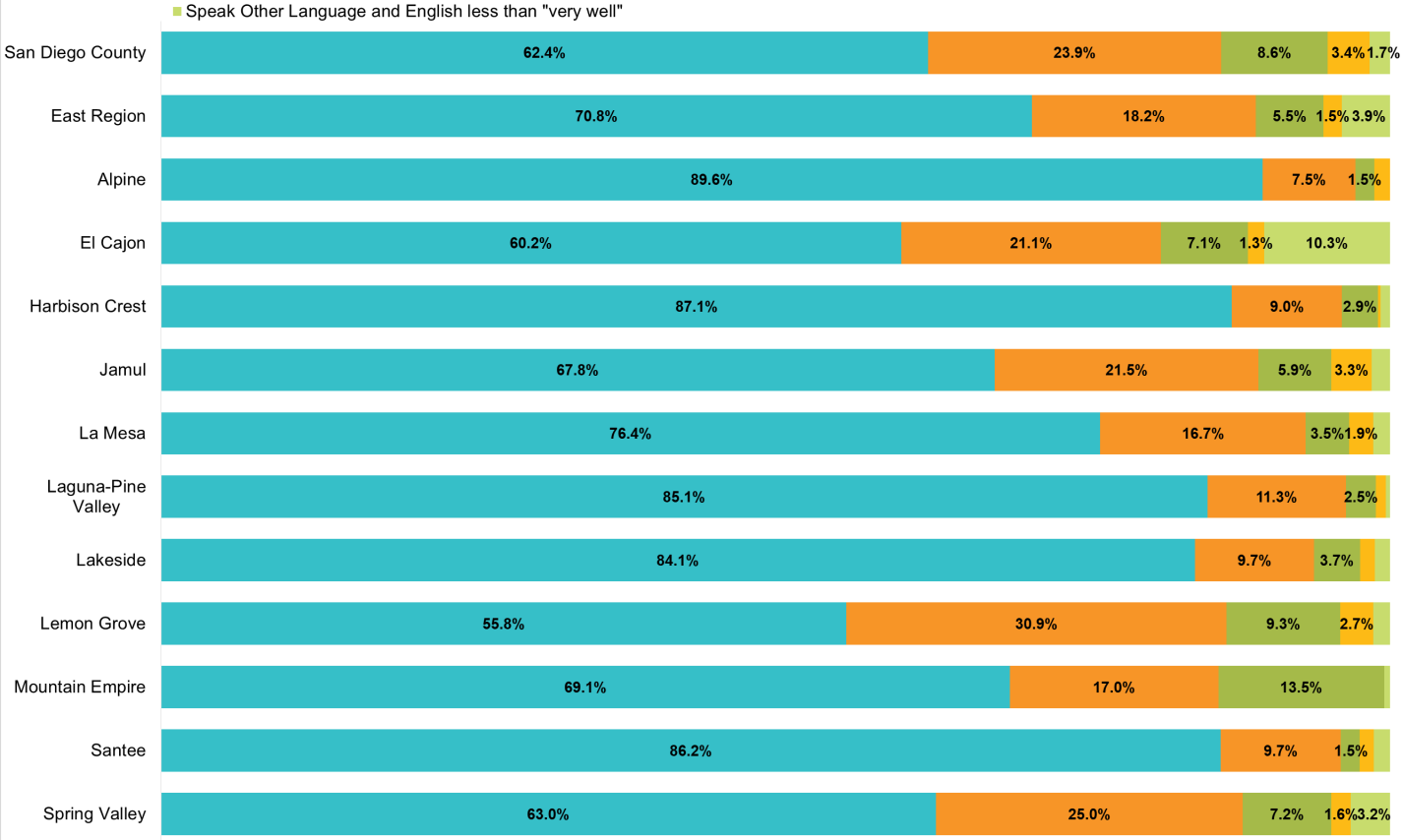
In 2019, residents in East Region were primarily White (57.0%), followed by Hispanic (26.9%), Black (5.9%), Asian (5.0%), American Indian/Alaska Native (0.5%), Native Hawaiian and Other Pacific Islander (0.5%), and Other (4.1%). Among East Region SRAs, Lemon Grove had the highest proportion of Hispanic residents (46.5%), while Alpine had the lowest proportion (11.8%). In 2019, Lemon Grove SRA had the highest proportion of Black residents (15.4%), while Harbison Crest SRA had the lowest proportion. (0.3%).



NH refers to Non-Hispanic or Latino
*AI/AN-American Indian/Alaska Native. **NHPI-Native Hawaiian and Other Pacific Islander.
Source: U.S. Census Bureau; 2015-2019 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, 2021.

In 2019, 7 out of 10 residents (70.8%), aged 5 years and older, in East Region spoke only English at home. Nearly 1 out of 5 residents (18.2%), aged 5 years and older, in East Region spoke English “very well” and another language at home. Among East Region SRAs, Alpine had the highest proportion of residents speaking only English at home (89.6%), while Lemon Grove had the lowest proportion (55.8%).

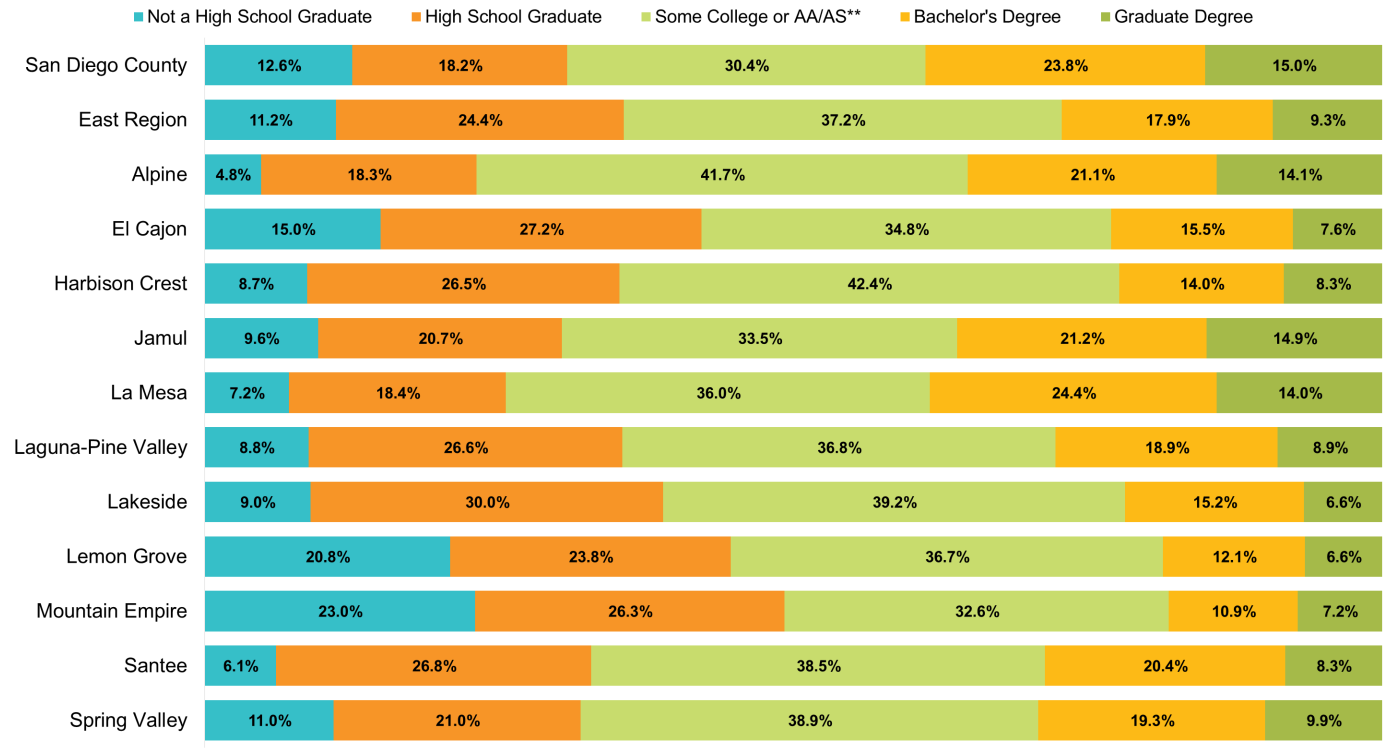
Language Spoken at Home and Ability to Speak English* in San Diego County and East Region Subregional Areas, 2019



*Among population 5 years and older. **Asian/Pacific Islander.
Source: U.S. Census Bureau; 2015-2019 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, 2021.

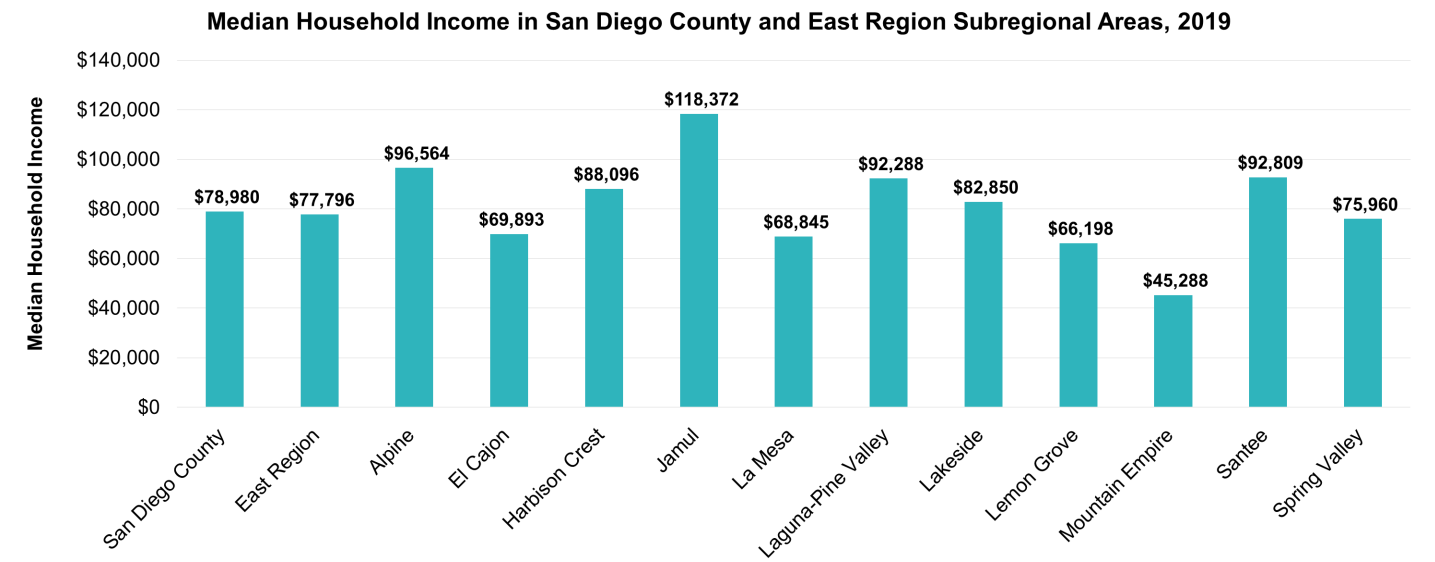
In 2019, nearly 9 out of 10 adults (88.8%), aged 25 years and older, had at least a high school diploma, while almost 3 out of 10 adults (27.2%), aged 25 years and older, held a bachelor's or graduate degree in East Region. Among East Region SRAs, Mountain Empire had the highest proportion of adults, aged 25 years and older, without a high school diploma (23.0%), while Alpine had the lowest proportion (4.8%).

Educational Attainment* in San Diego County and and East Region Subregional Areas, 2019



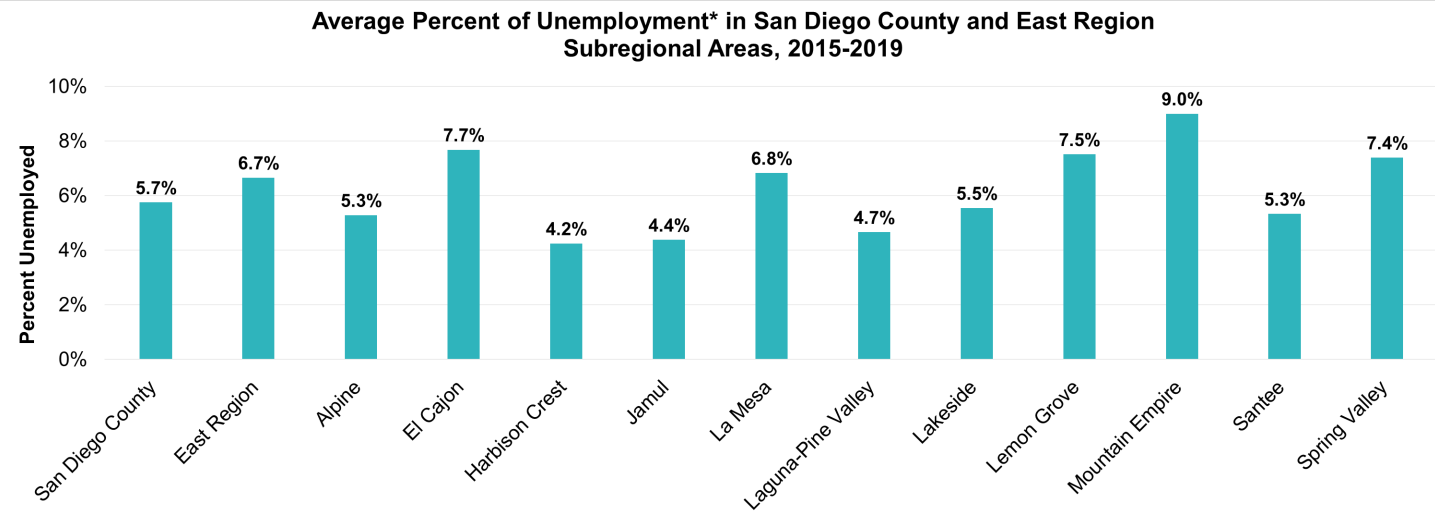
*Among population 25 years and older. **Includes Some college, no degree and Associate's degree.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

The median household income in East Region was $77,796 in 2019. Among East Region SRAs, Mountain Empire had the lowest median household income ($45,288), while Jamul had the highest median household income ($118,372).



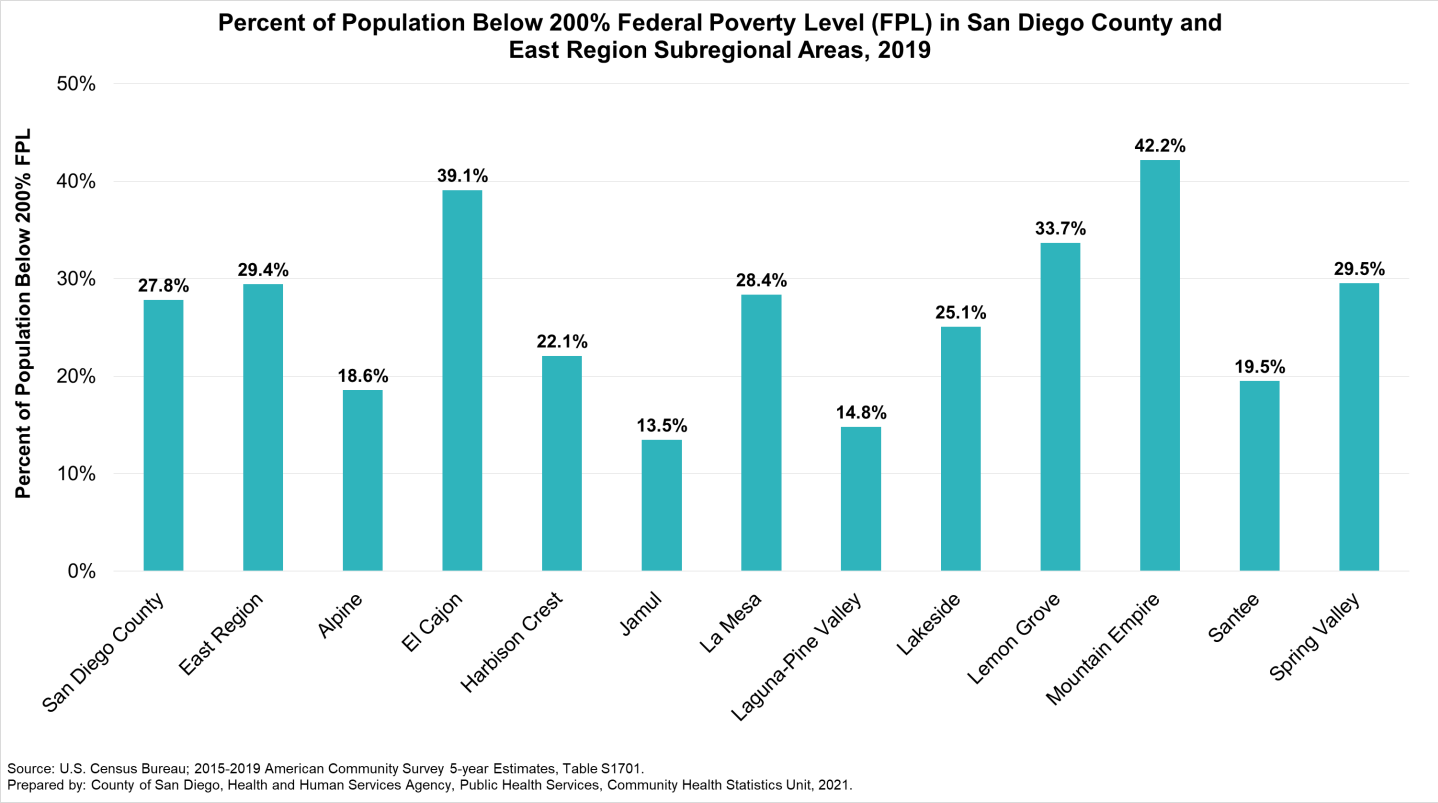
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

The percent unemployed was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed, and persons in the armed forces. Between 2015-2019, the 5-year average unemployment rate in East Region was 6.7%. Among East Region SRAs, Mountain Empire had the highest 5-year average unemployment rate (9.0%), while Harbison Crest had the lowest 5-year average unemployment rate (4.2%).



*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; 2015-2019 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, 2021.

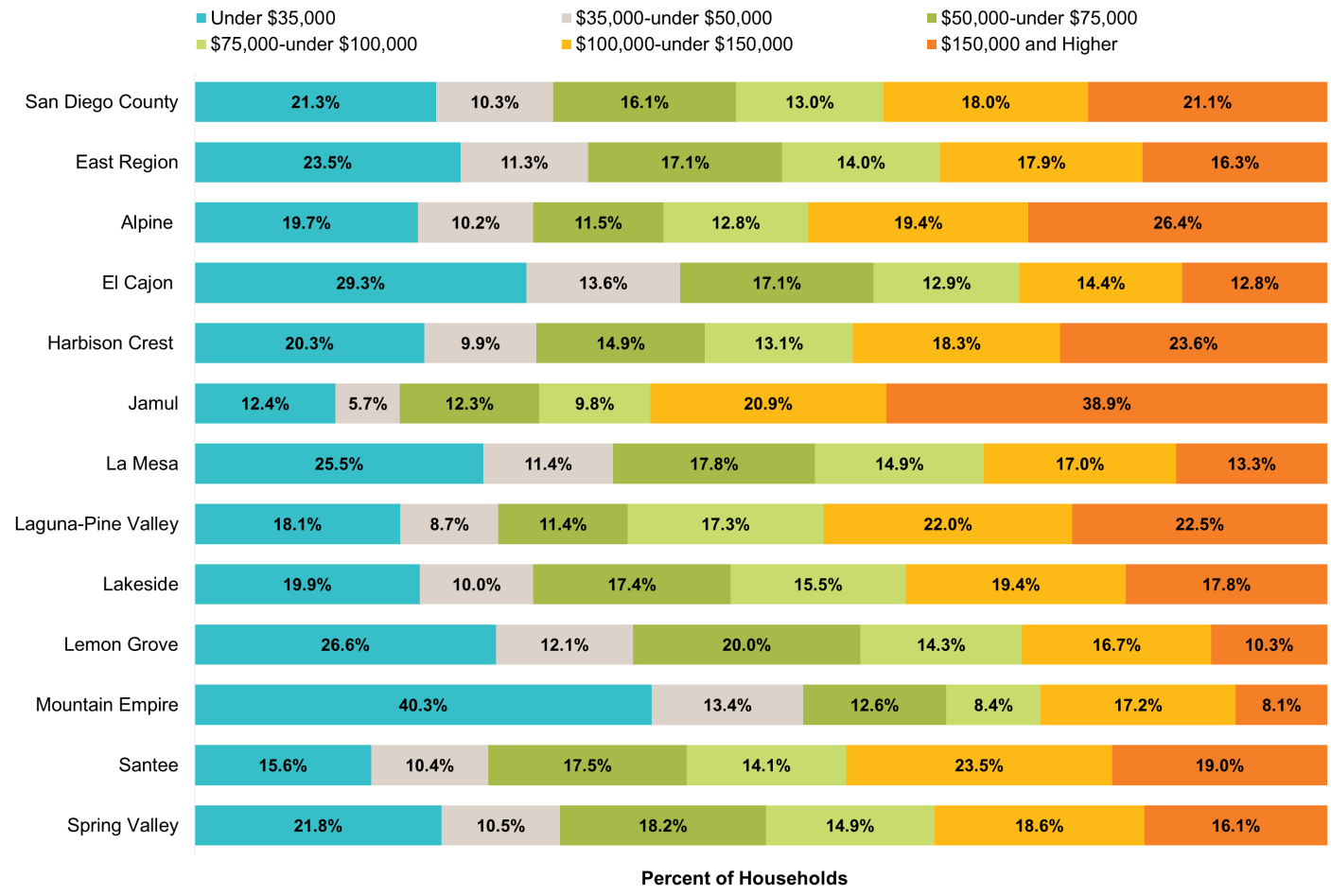
Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2019, nearly 3 out of 10 residents (29.4%), in East Region, lived below 200% FPL. Among East Region SRAs, Mountain Empire had the highest proportion of residents living below 200% FPL (42.2%), followed by El Cajon (39.1%). Furthermore, the proportion of residents living below 200% FPL in East Region was higher than San Diego County (29.4% vs 27.8%).



Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S1701.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

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 4 households (23.5%) in East Region had an annual income of less than $35,000. Among East Region SRAs in 2019, Mountain Empire had the highest proportion of households with an annual income of less than $35,000 (40.3%), while Jamul had the lowest proportion (12.4%).

Percent of Households by Household Income in San Diego County and East Region Subregional Areas, 2019

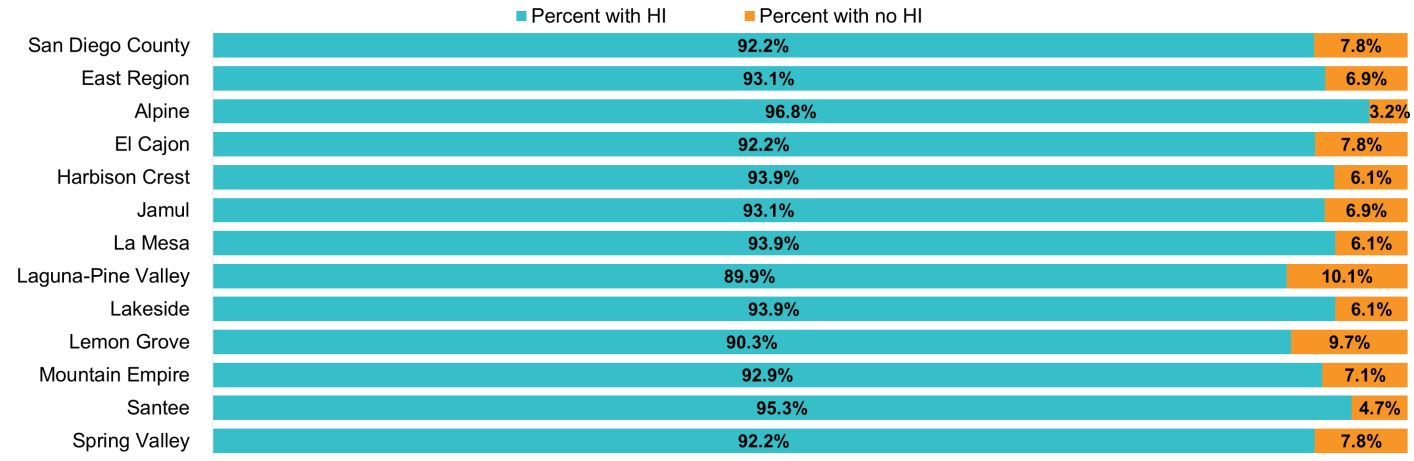


Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Insurance, Access, and Utilization

In 2019, 93.1% of residents in East Region were insured through private or public programs, while 6.9% of residents did not have any health insurance coverage. Among East Region subregional areas (SRAs), Laguna-Pine Valley had the highest proportion of residents without health insurance (10.1%), followed by Lemon Grove (9.7%).

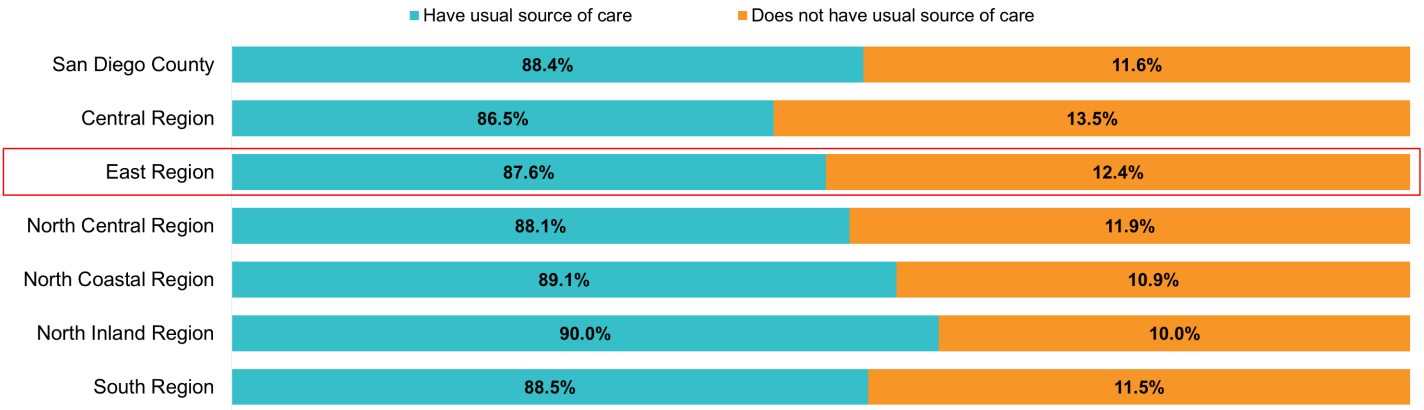
Percent of Population with Health Insurance (HI) in San Diego County and East Region Subregional Areas, 2019



Source: U.S. Census Bureau; 2015-2019 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, 2021.

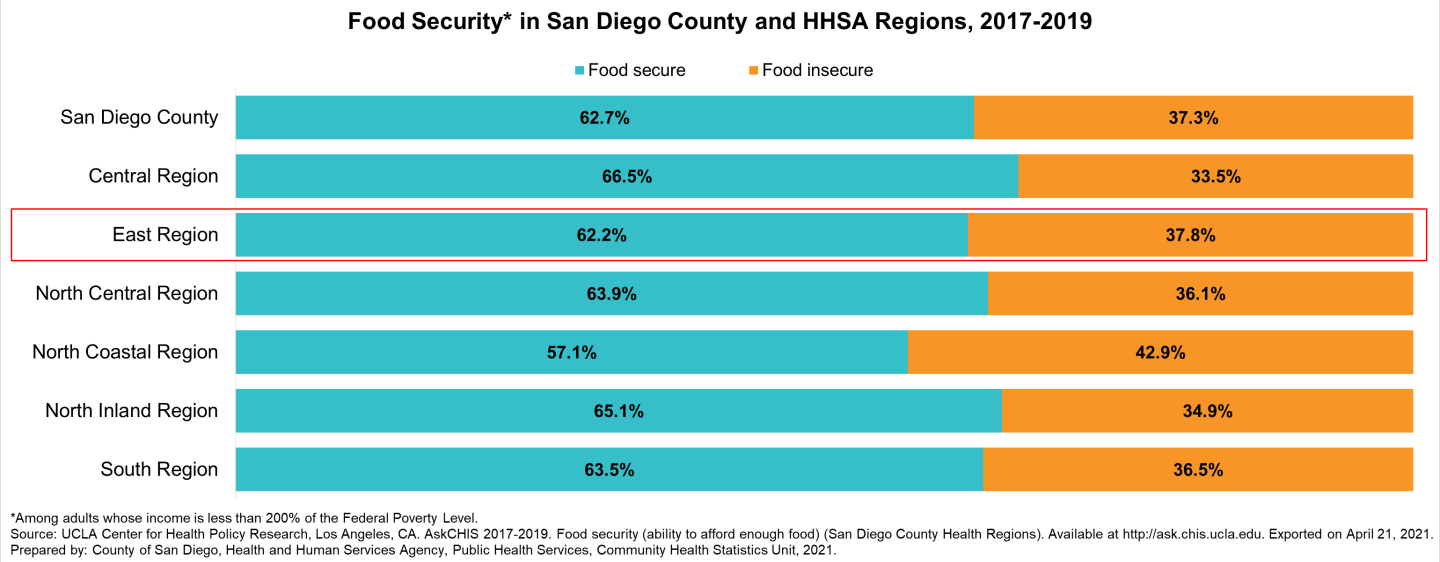
Residents in East Region were less likely to report having a usual place for health care, compared to other Health and Human Services Agency (HHSA) regions, except Central Region. However, nearly 9 out of 10 residents (87.6%) in East Region reported having a usual place to go when sick or needing health advice, between 2017-2019.

Percent of Population with Usual Source of Care in San Diego County and HHSA Regions, 2017-2019



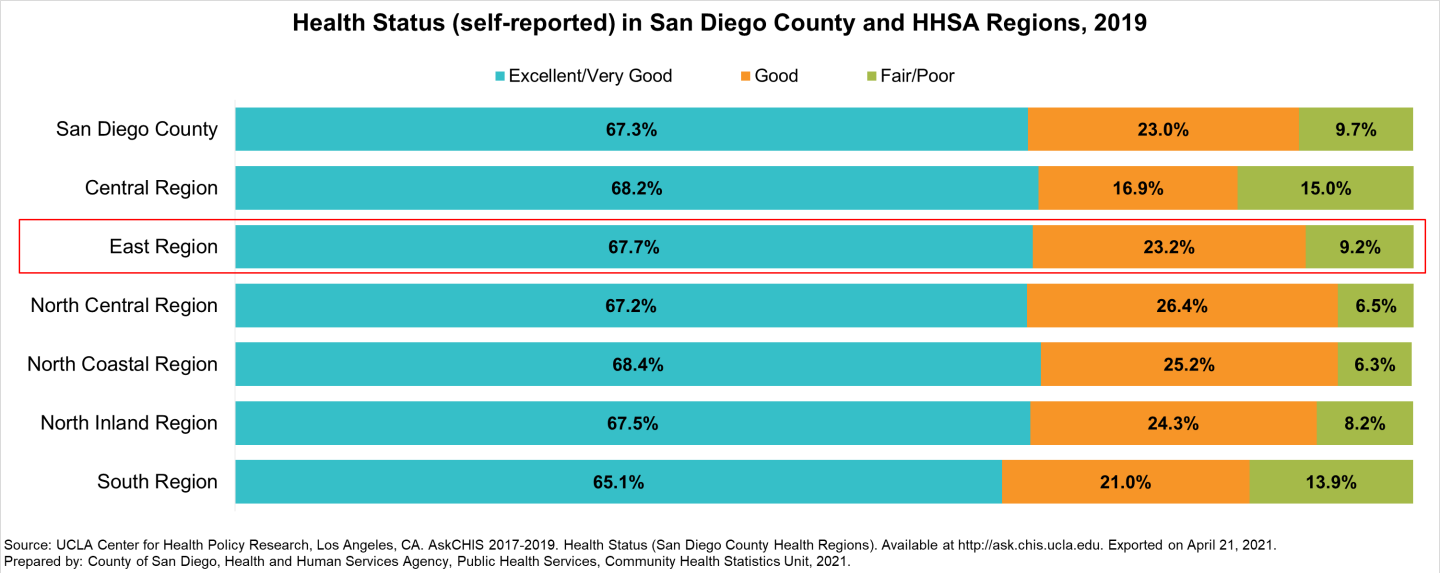
Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019. Usual Source of Care (San Diego County Health Regions). Available at http://ask.chis.ucla.edu. Exported on April 21, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Among HHSA regions, East Region had the second-highest proportion of adults, with income less than 200% of the Federal Poverty Level (FPL), reporting food insecurity (37.8%). On average, nearly 2 out of 5 adults (37.8%), with income less than 200% FPL, reported an inability to afford enough food in East Region, between 2017-2019.



*Among adults whose income is less than 200% of the Federal Poverty Level.
Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019. Food security (ability to afford enough food) (San Diego County Health Regions). Available at http://ask.chis.ucla.edu. Exported on April 21, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

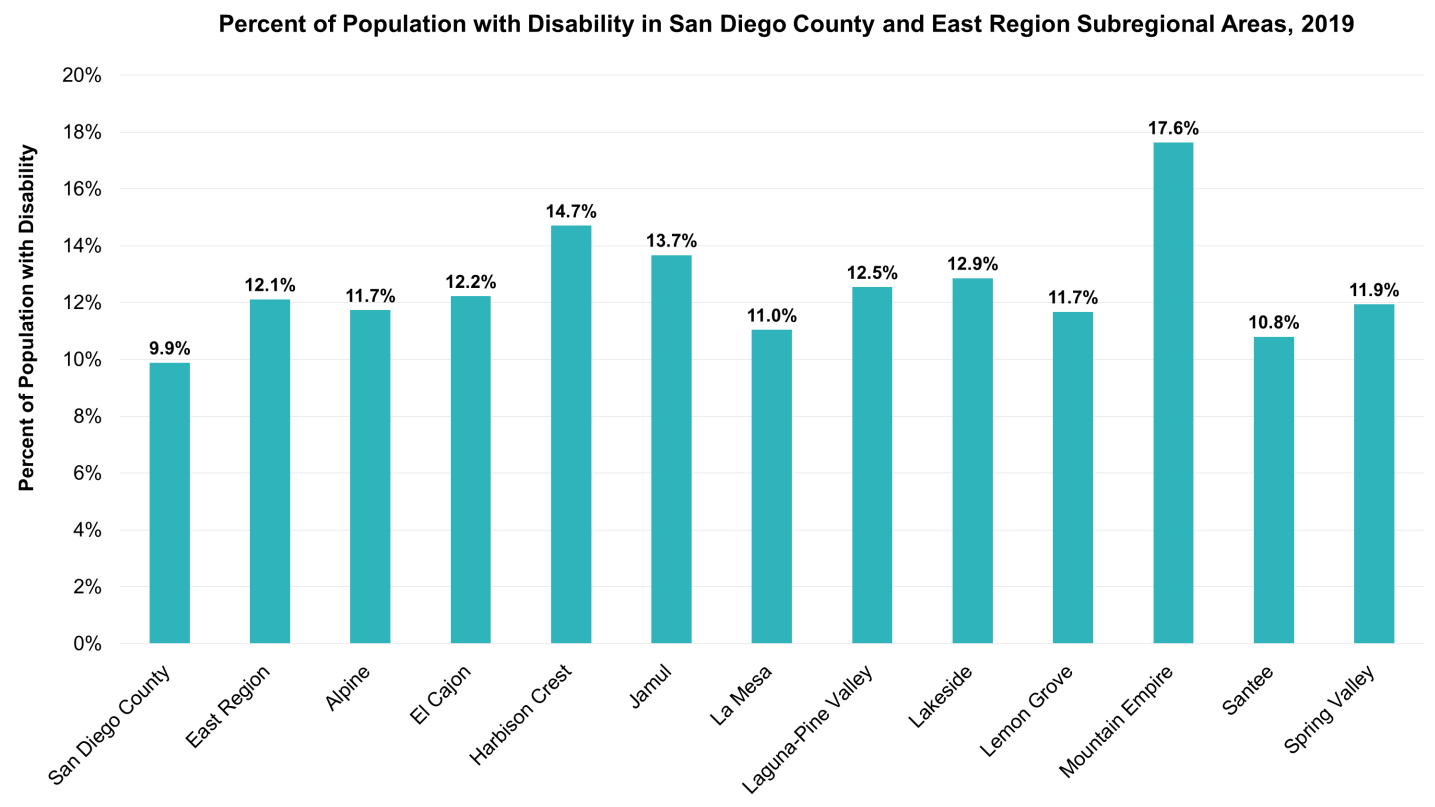
In 2019, over 2 out of 3 residents (67.7%) in East Region reported excellent or very good health. However, the proportion of residents in East Region reporting fair or poor health (9.2%) was higher than North Central, North Coastal, and North Inland Regions.



Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019. Health Status (San Diego County Health Regions). Available at http://ask.chis.ucla.edu. Exported on April 21, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Disability Status

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 2019, 12.1% of the East Region population reported having one or more disabilities. Among East Region subregional areas (SRAs), Mountain Empire had the highest proportion of the population with a disability (17.6%), followed by Harbison Crest (14.7%), while Santee had the lowest proportion (10.8%).

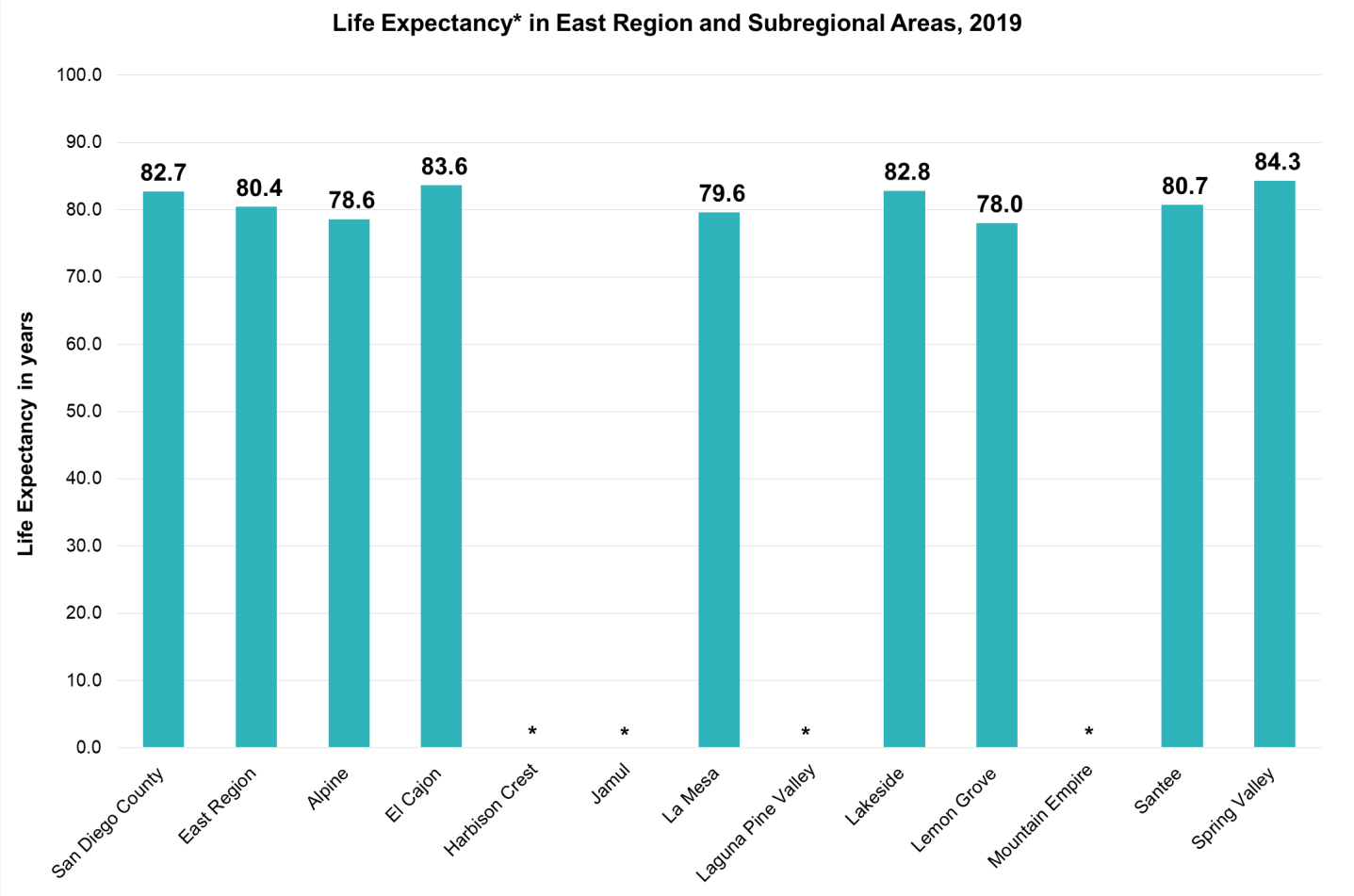


Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S1810.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

MORTALITY MEASURES

Life Expectancy

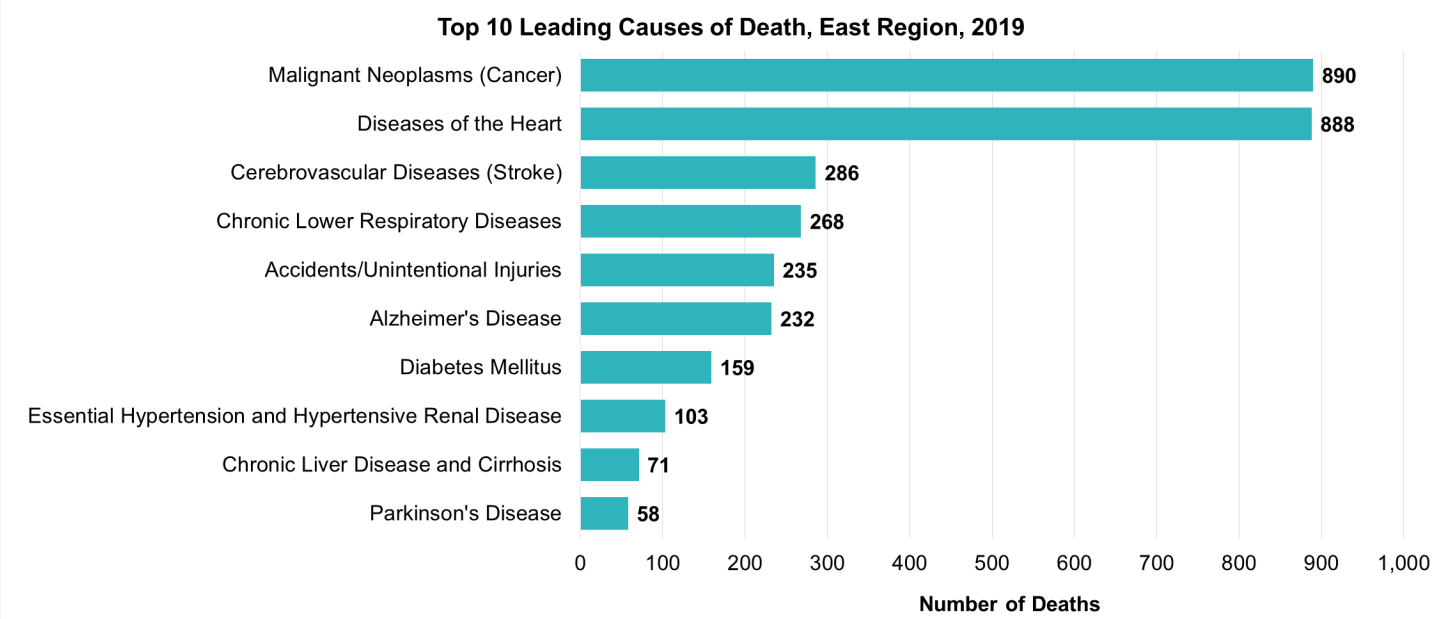
Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. In 2019, a baby born in San Diego County had a life expectancy of 82.7 years, while a baby born in East Region had a life expectancy of 80.4 years. Among East Region subregional areas (SRAs), Spring Valley had the highest life expectancy (84.3 years), followed by El Cajon (83.6 years).



*Subregional areas for which life expectancy data was not available are not shown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Top 10 Leading Causes of Death

The Leading Causes of Death rankings represent the most frequently occurring causes of death. These rankings help in assessing the relative burden of a specific cause of death, compared to all other causes. In 2019, the leading cause of death in East Region was cancer, followed by diseases of the heart. In East Region, 4 out of the top 5 leading causes of death in East Region were non-communicable (chronic) diseases (cancer, heart disease, stroke, and chronic lower respiratory diseases).



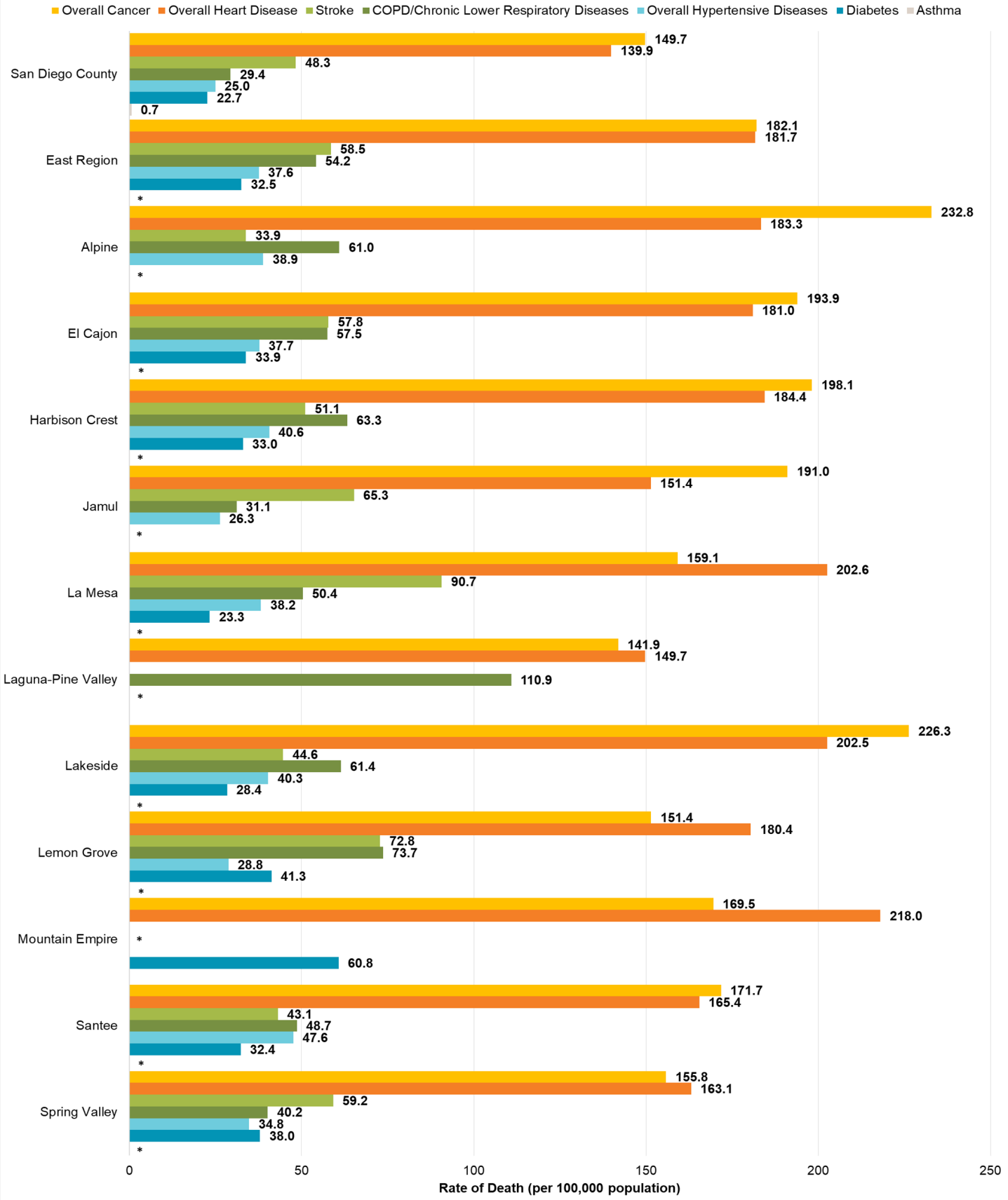
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

HEALTH OUTCOMES

Non-Communicable (Chronic) Diseases

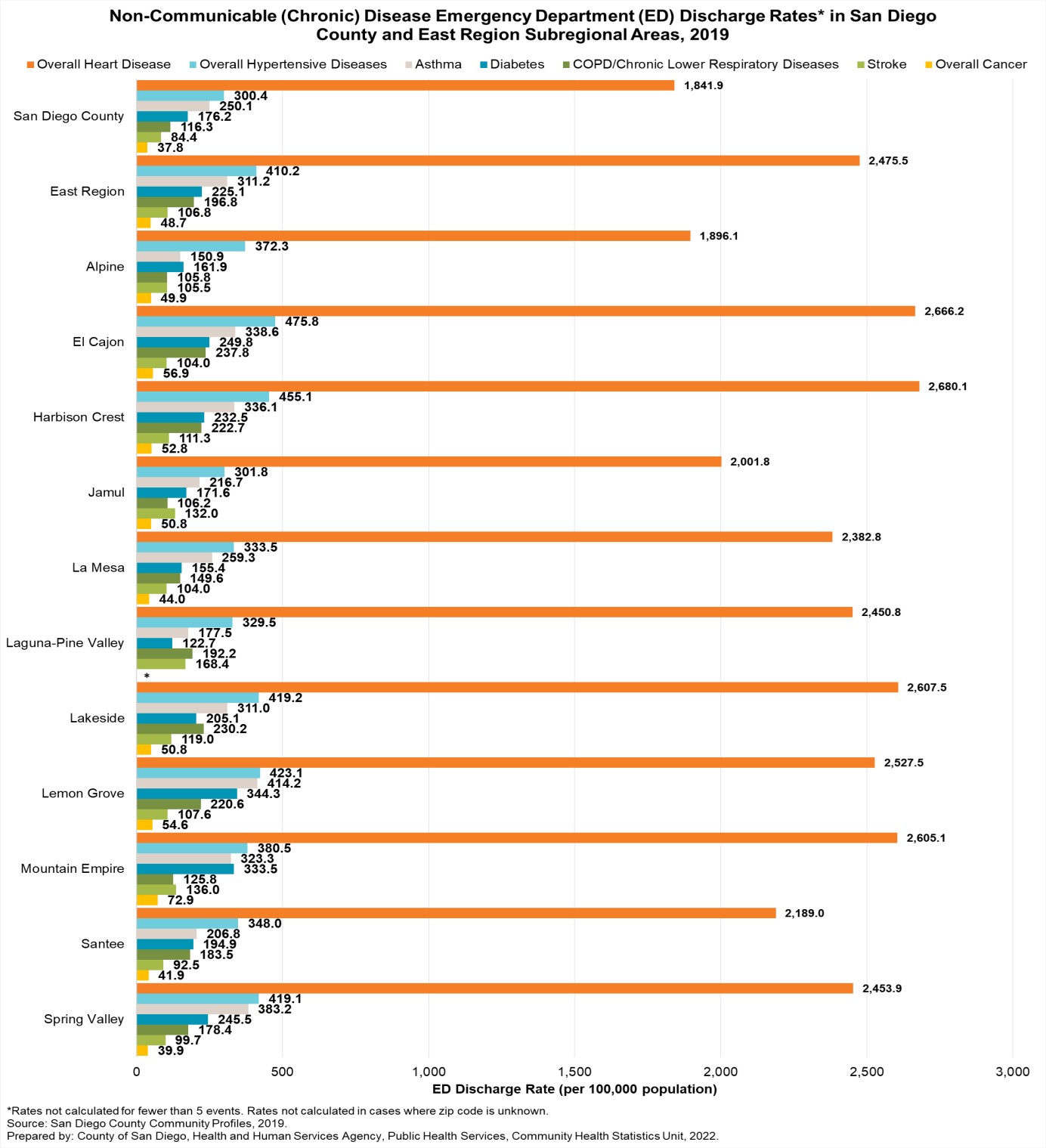
Among non-communicable (chronic) diseases in East Region, the highest rate of death was due to overall cancer, followed by overall heart disease, in 2019. Among East Region subregional areas (SRAs), Alpine had the highest rate of death due to overall cancer (232.8 per 100,000), which was higher than East Region (182.1 per 100,000) and San Diego County overall (149.7 per 100,000). Among East Region SRAs, Mountain Empire had the highest rate of death due to overall heart disease (218.0 per 100,000), which was higher than East Region (181.7 per 100,000) and San Diego County overall (139.9 per 100,000). In 2019, the rate of death due to chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases was notably higher in Laguna-Pine Valley SRA (110.9 per 100,000) than East Region (54.2 per 100,000) and San Diego County overall (29.4 per 100,000).

Rates* of Death due to Non-Communicable (Chronic) Diseases in San Diego County and East Region Subregional Areas, 2019



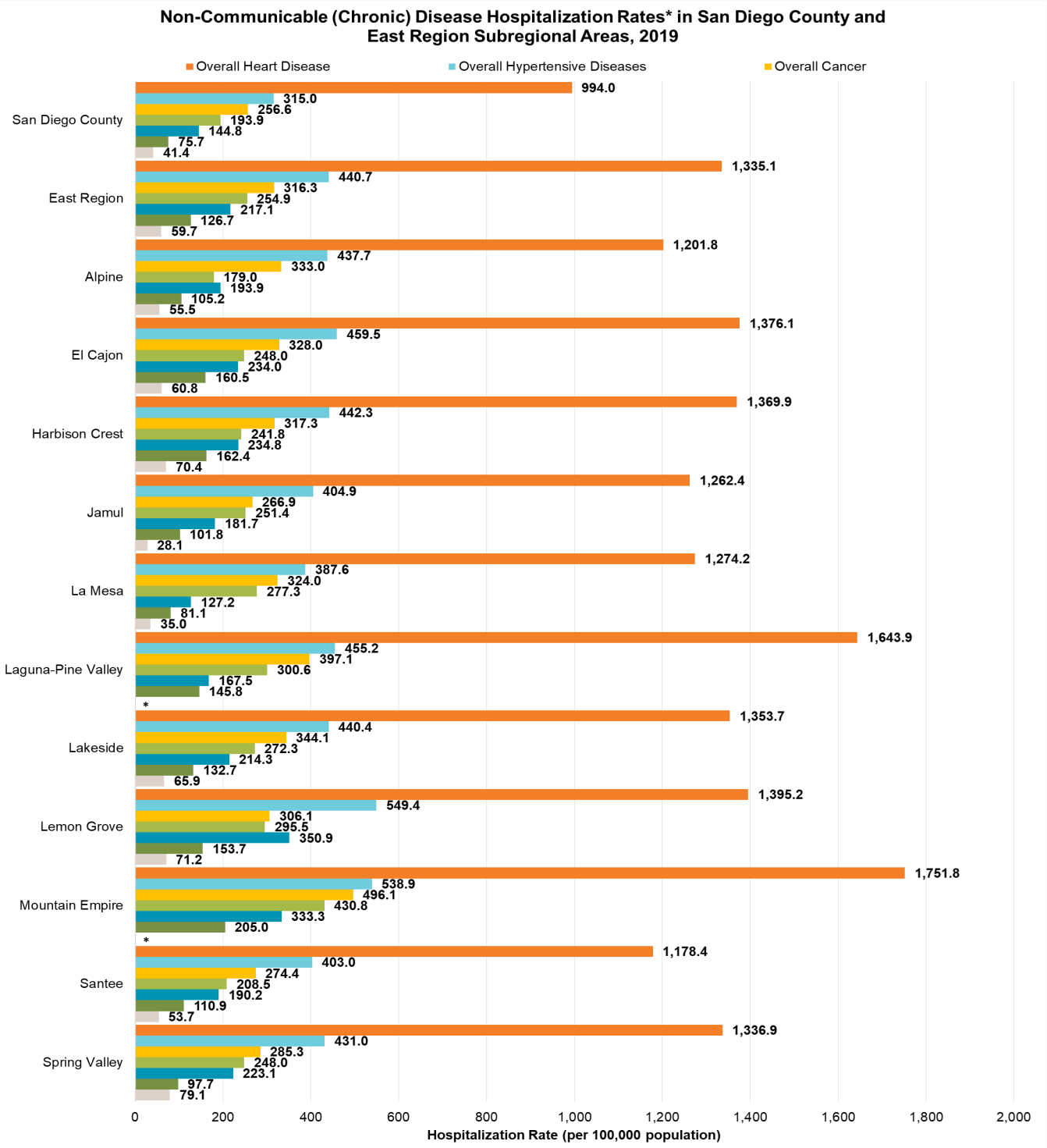
*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among non-communicable (chronic) diseases in 2019, the highest emergency department (ED) discharge and hospitalization rates were due to overall heart disease in East Region and its SRAs. Moreover, the second-highest ED discharge and hospitalization rates were due to overall hypertensive diseases in East Region and its SRAs.



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among East Region SRAs, Lemon Grove had the highest ED discharge (344.3 per 100,000) and hospitalization rates (350.9 per 100,000) due to diabetes. In 2019, Laguna-Pine Valley SRA had the highest ED discharge rate due to stroke (168.4 per 100,000), while Mountain Empire SRA had the highest hospitalization rate due to stroke (430.8 per 100,000).

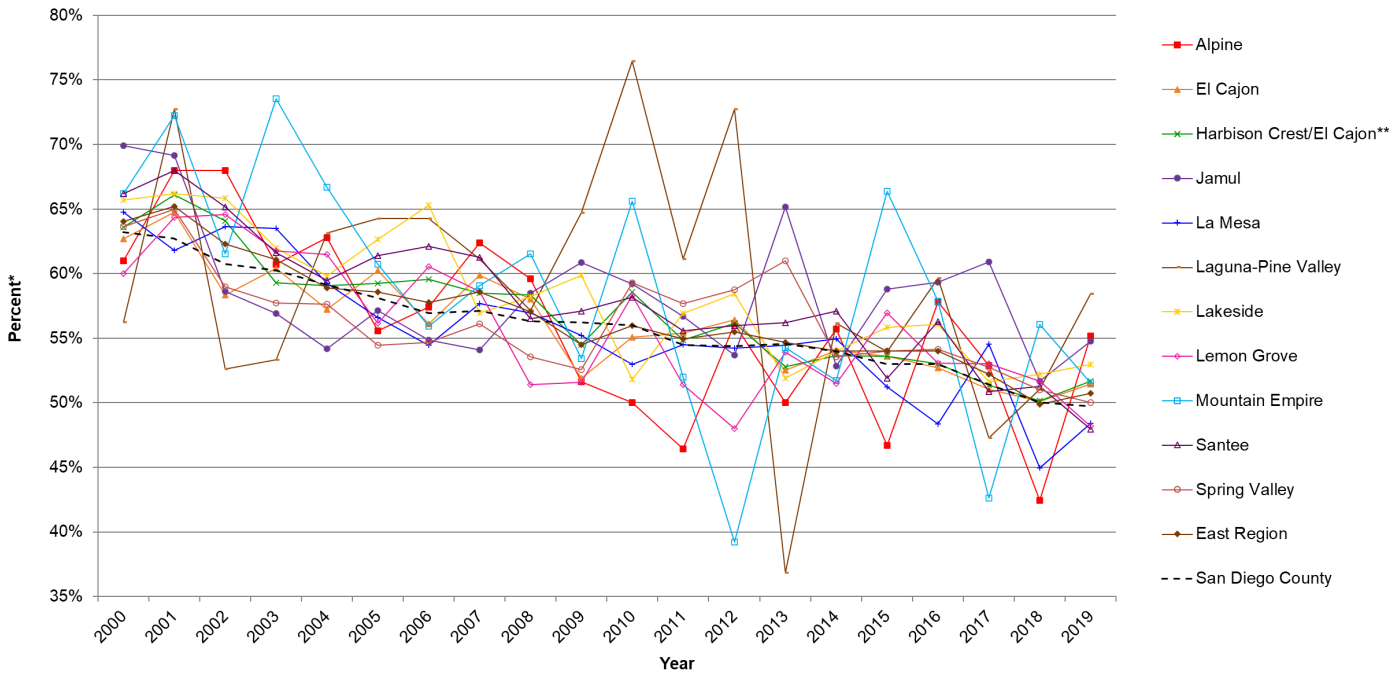


*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

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 cause over 50% of all deaths worldwide. Overall, the percentage of deaths due to 3-4-50 chronic diseases decreased in East Region from 2000-2019. In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 50% of all deaths in East Region. In 2019, Laguna-Pine Valley subregional area (SRA) had the highest percentage of deaths due to 3-4-50 chronic diseases (58%) in East Region.

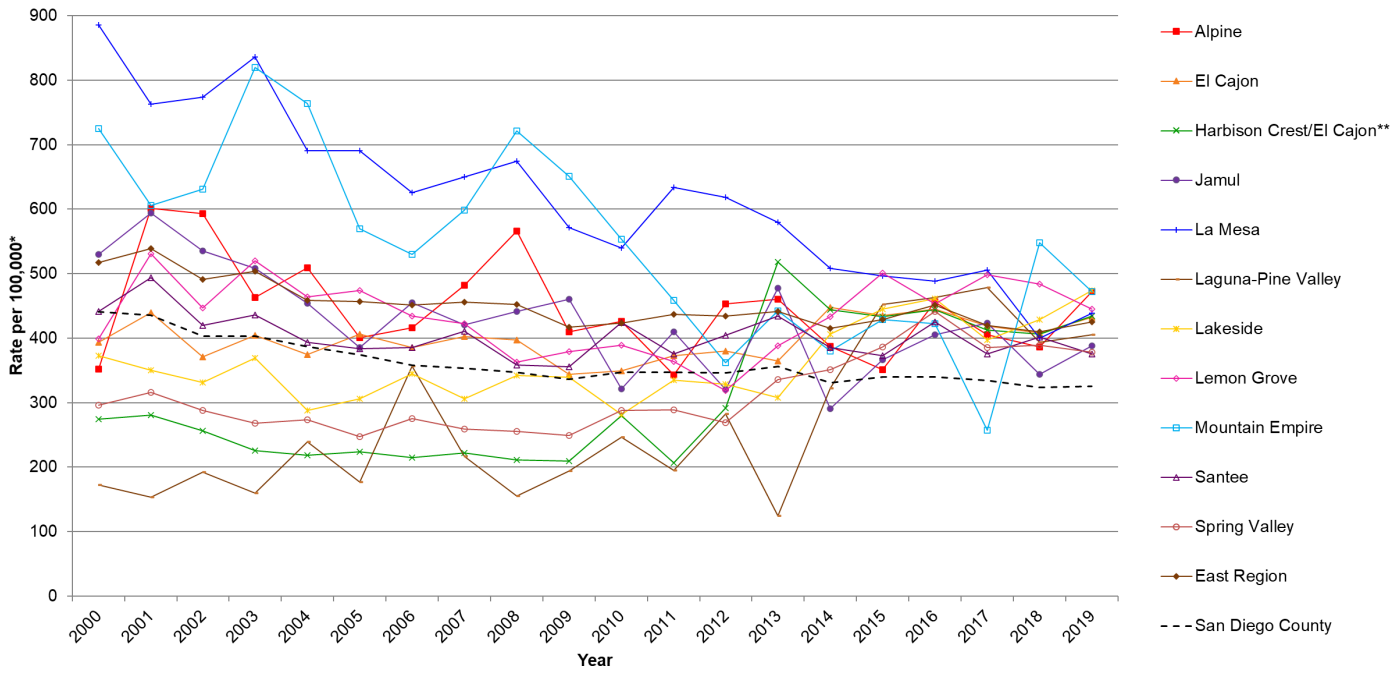
3-4-50 Death† Percentages Among San Diego County Residents - East Region, 2000-2019



*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).
**Harbison Crest/El Cajon is an aggregation of the Harbison Crest and El Cajon SRAs. Due to geographic limitations, the Harbison Crest SRA is not shown alone. See the Data Guide for more information.
§Percents not calculated for fewer than 5 events. Percents not calculated in cases where zip code is unknown.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2019 California Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, 2021.

Overall, the rate of death due to 3-4-50 chronic diseases decreased in East Region and its SRAs from 2000 to 2019. However, the rates of death due to 3-4-50 chronic diseases increased in Alpine, El Cajon, Harbison-Crest/El Cajon, Laguna-Pine Valley, Lakeside, Lemon Grove, and Spring Valley SRAs from 2000 to 2019. Among East Region SRAs, Lakeside had the highest rate of death due to 3-4-50 chronic diseases (474.3 per 100,000) in 2019.

3-4-50 Death† Rates Among San Diego County Residents - East Region, 2000-2019

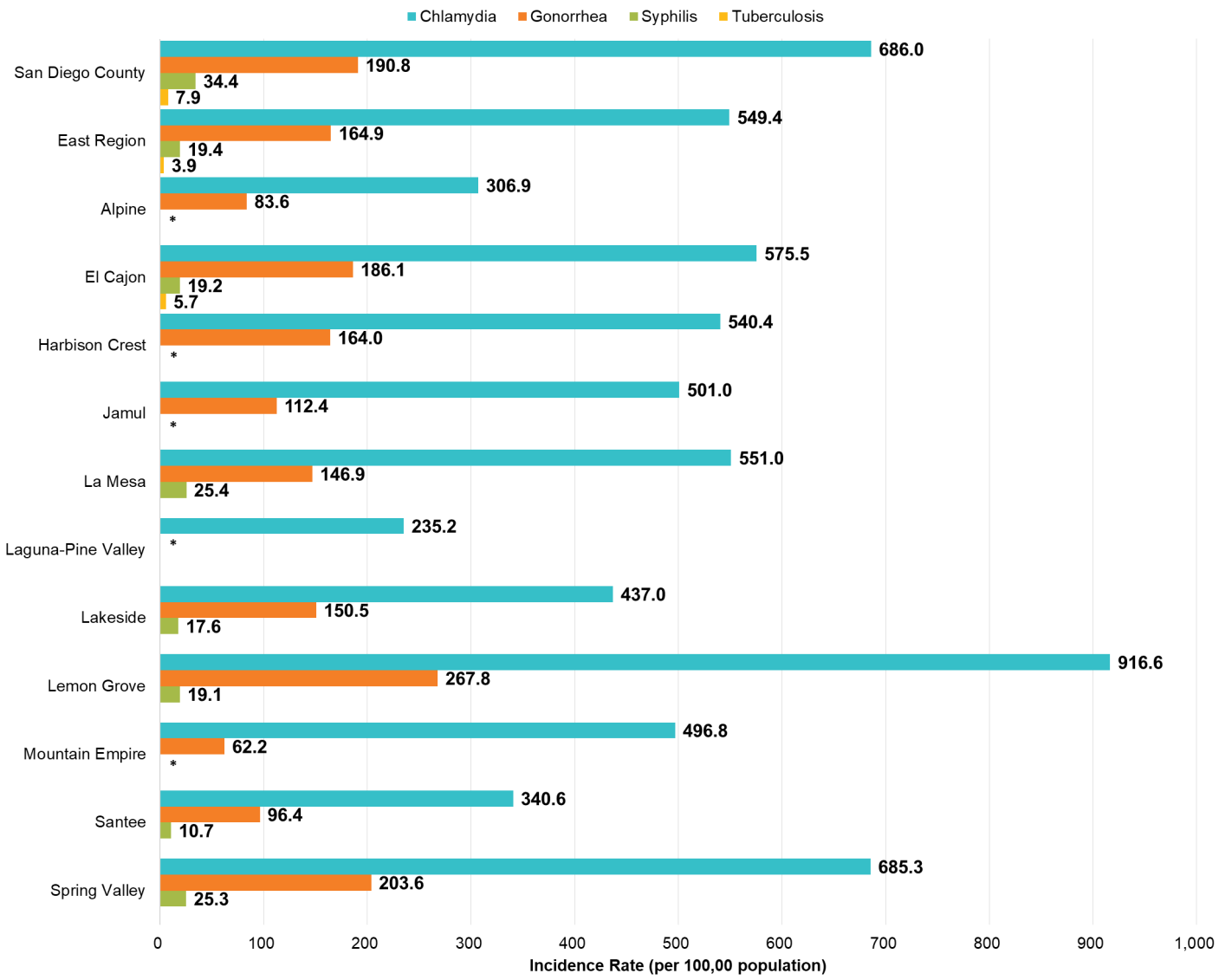


*Rates per 100,000 population.
†3-4-50 Deaths include Stroke, Coronary Heart Disease (CHD), Diabetes, COPD, Asthma, and Cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
**Harbison Crest/El Cajon is an aggregation of the Harbison Crest and El Cajon SRAs. Due to geographic limitations, the Harbison Crest SRA is not shown alone. See the Data Guide for more information.
§Rates not calculated for fewer than 5 events. Percents not calculated in cases where zip code is unknown.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2019 California Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, 2021.

Communicable Diseases

In 2019, the incidence rates of communicable diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) in East Region were lower, compared to San Diego County overall. However, among East Region subregional areas (SRAs), Lemon Grove had the highest incidence rate of chlamydia (916.6 per 100,000), which was higher than East Region (549.4 per 100,000) and San Diego County overall (686.0 per 100,000). Similarly, among East Region SRAs, Lemon Grove had the highest incidence rate of gonorrhea (267.8 per 100,000), which was higher than East Region (164.9 per 100,000) and San Diego County overall (190.8 per 100,000).

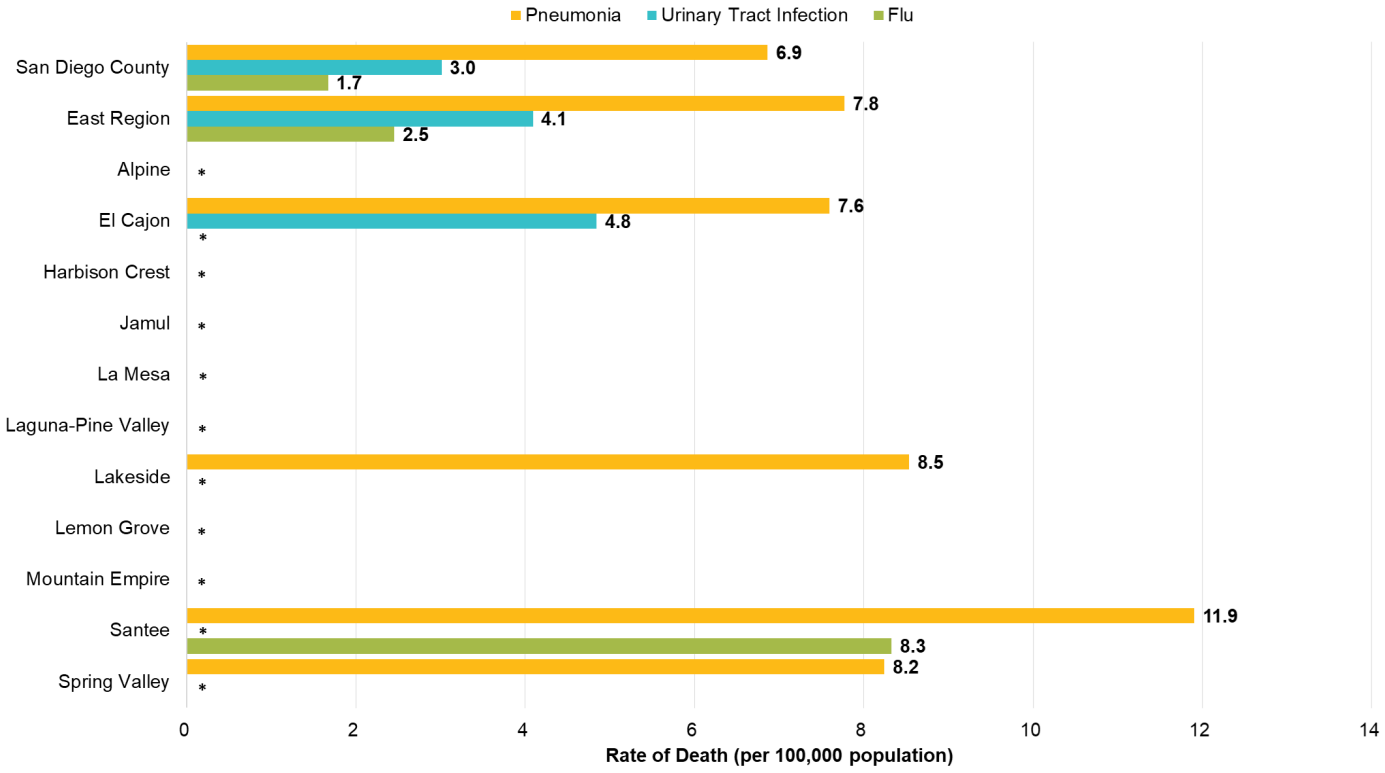
Incidence Rates* of Chlamydia, Gonorrhea, Syphilis, and Tuberculosis in San Diego County and East Region Subregional Areas, 2019



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

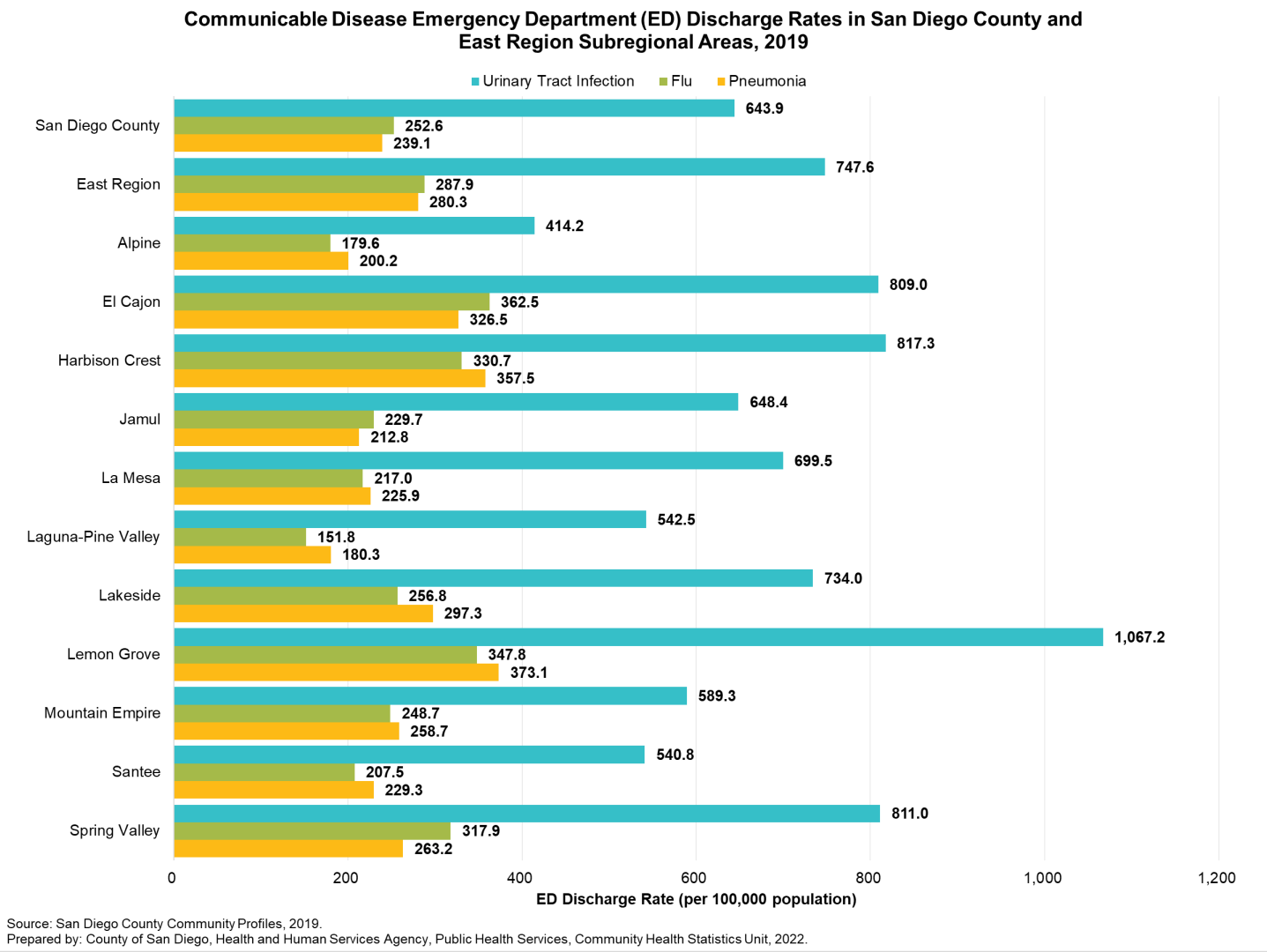
In 2019, the highest rate of death was due to pneumonia in East Region and its SRAs. Among East Region SRAs, Santee had the highest rate of death due to pneumonia (11.9 per 100,000), which was higher than East Region (7.8 per 100,000) and San Diego County overall (6.9 per 100,000).

Rates* of Death due to Communicable Diseases in San Diego County and East Region Subregional Areas, 2019



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.

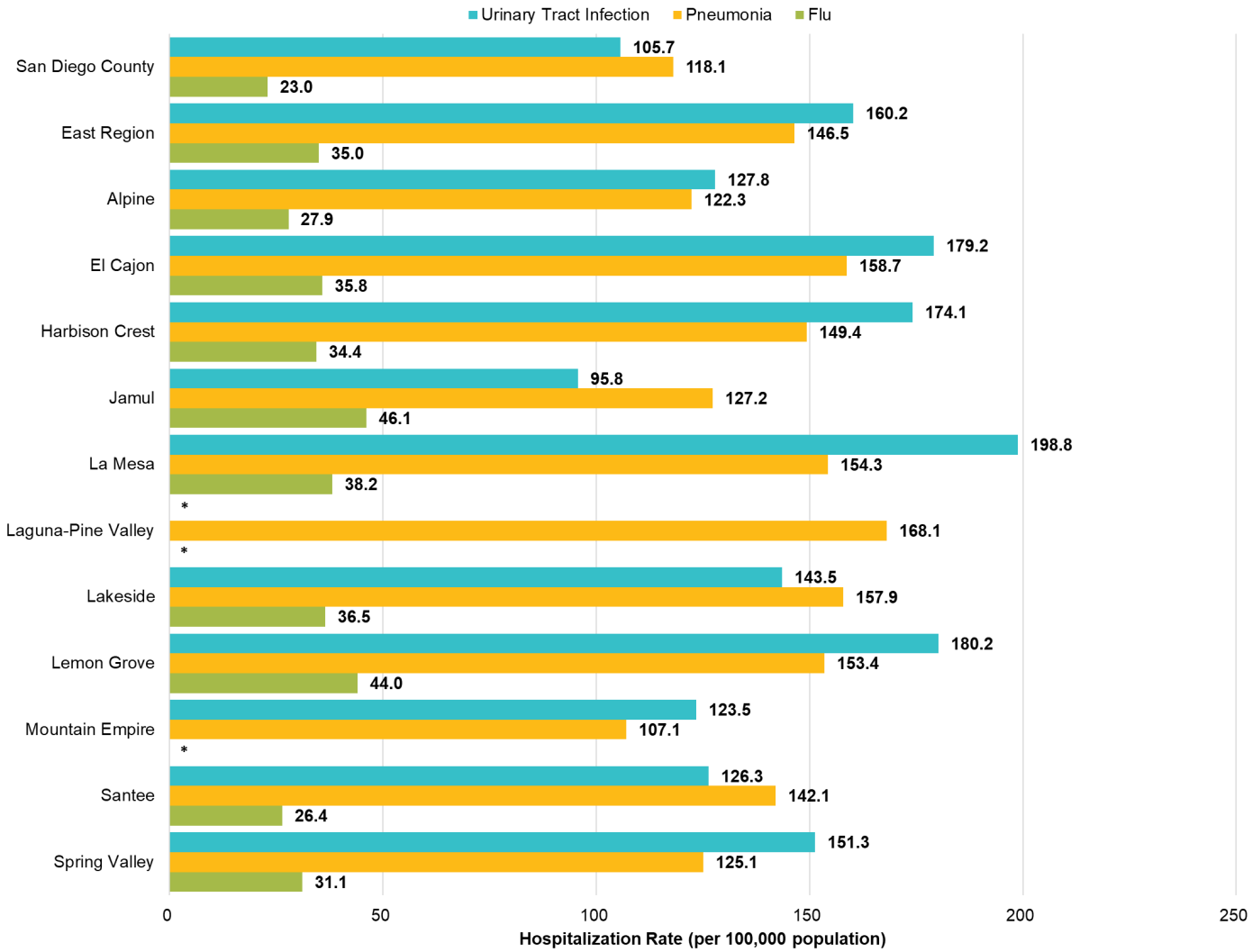
Among communicable diseases in 2019, the highest emergency department (ED) discharge rate was due to urinary tract infections in East Region and its SRAs. Among East Region SRAs, Lemon Grove had the highest ED discharge rate due to urinary tract infections (1,067.2 per 100,000), which was higher than East Region (747.6 per 100,000) and San Diego County overall (643.9 per 100,000). In 2019, El Cajon SRA had the highest ED discharge rate due to flu (362.5 per 100,000), which was higher than East Region (287.9 per 100,000) and San Diego County overall (252.6 per 100,000). Moreover, Lemon Grove SRA had the highest ED discharge rate due pneumonia (373.1 per100,000), which was higher than East Region (280.3 per 100,000) and San Diego County overall (239.1 per 100,000).



Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among communicable diseases in East Region, the highest hospitalization rate was due to urinary tract infections (160.2 per 100,000). In 2019, La Mesa, Lemon Grove, El Cajon, and Harbison Crest SRAs had higher hospitalization rates due to urinary tract infections than East Region and San Diego County overall. Among East Region SRAs, Laguna-Pine Valley had the highest hospitalization rate due to pneumonia (168.1 per 100,000), which was higher than East Region (146.5 per 100,000) and San Diego County overall (118.1 per 100,000).

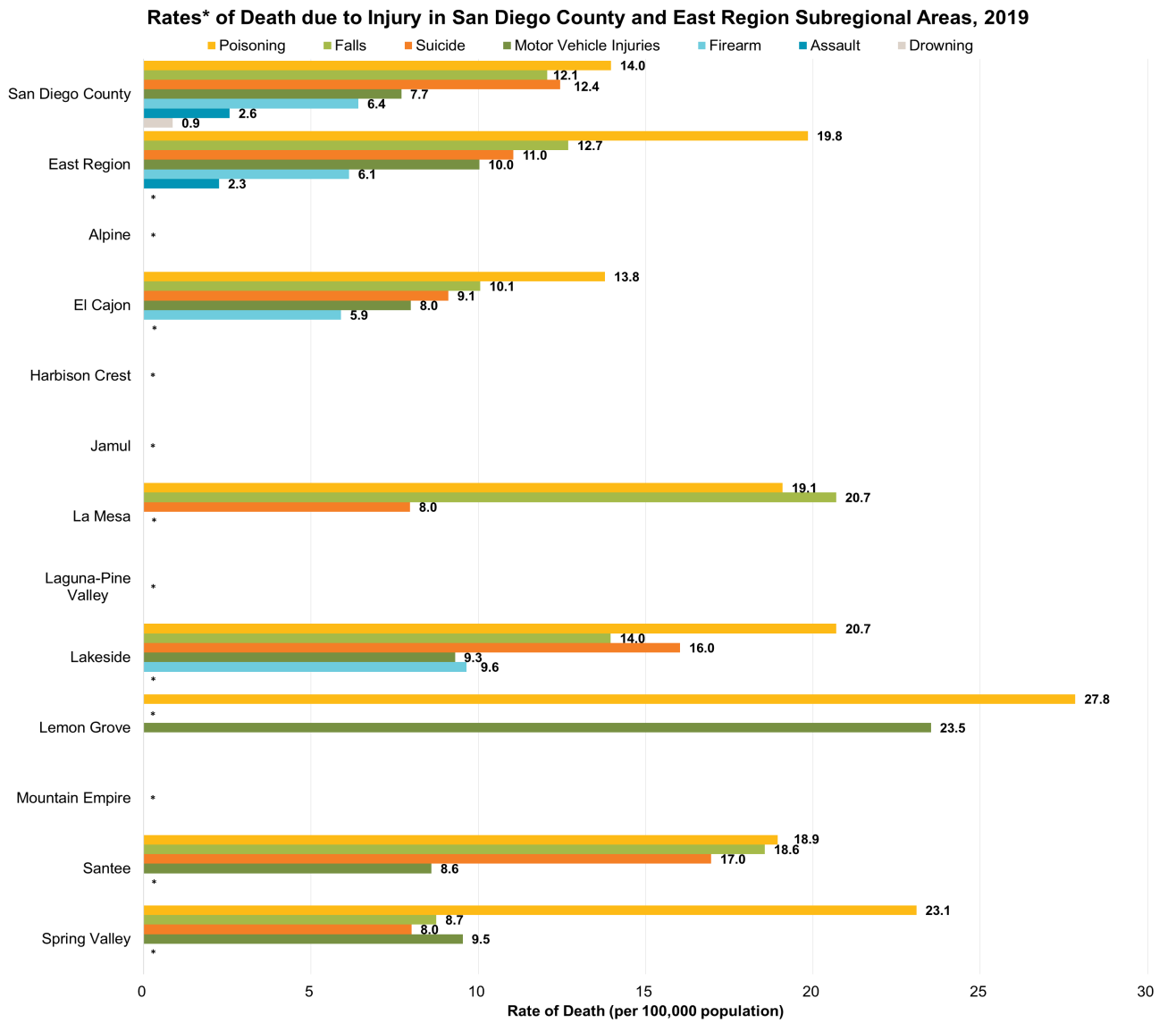
Communicable Disease Hospitalization Rates* in San Diego County and East Region Subregional Areas, 2019



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

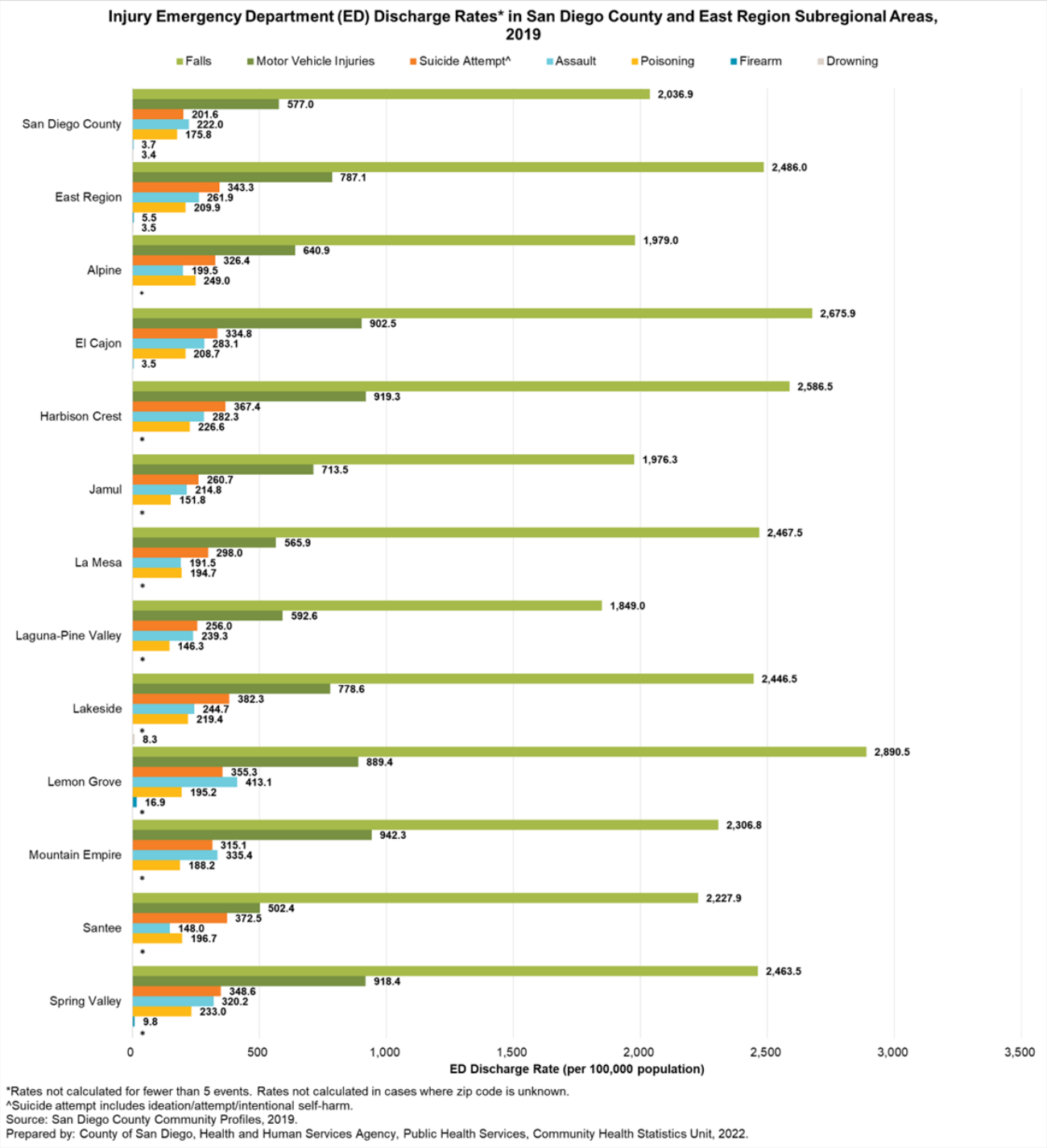
Injury Indicators

Among injuries, the highest rate of death was due to poisoning in East Region. In 2019, East Region had the highest rate of death due to poisoning compared to all other Health and Human Services Agency (HHSA) regions. Among East Regions subregional areas (SRAs), Lemon Grove had the highest rate of death due to poisoning (27.8 per 100,000), which was higher than East Region (19.8 per 100,000) and San Diego County overall (14.0 per 100,000). Moreover, among East Region SRAs, Lemon Grove had the highest rate of death due to motor vehicle injuries (23.5 per 100,000), which was higher than East Region (10.0 per 100,000) and San Diego County overall (7.7 per 100,000). In 2019, Santee SRA had the highest rate of suicide (17.0 per 100,000), which was higher than East Region (11.0 per 100,000) and San Diego County overall (12.4 per 100,000).



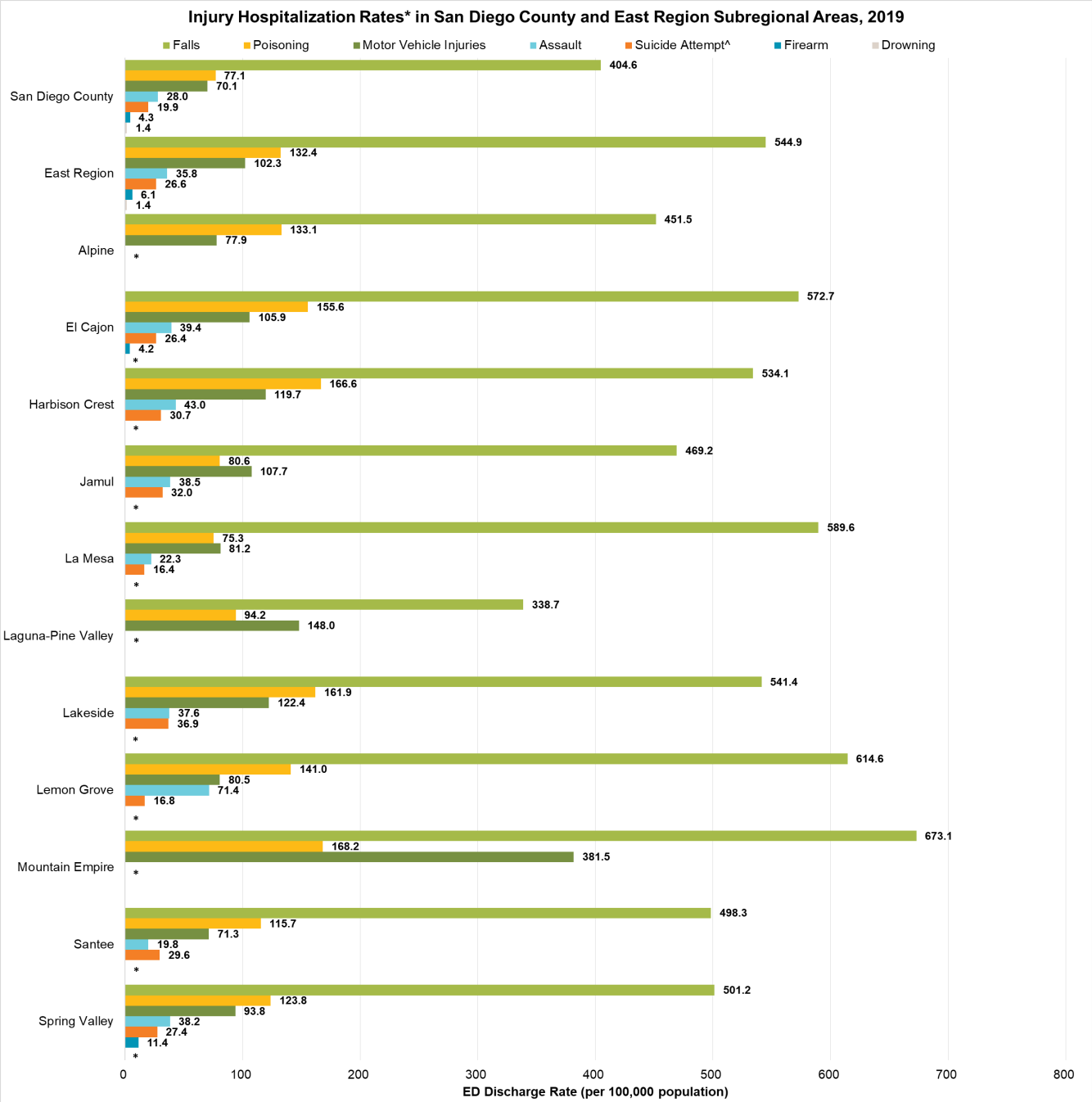
*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among injures, the highest emergency department (ED) discharge rate was due to falls in East Region and its SRAs in 2019. Among East Region SRAs, Lemon Grove had the highest ED discharge rate due to falls (2,890.5 per 100,000), followed by El Cajon (2,675.9 per 100,000). In East Region, the second-highest ED discharge rate was due to motor vehicle injuries. Among East Region SRAs, Mountain Empire had the highest ED discharge rate due to motor vehicle injuries (942.3 per 100,000), followed by Harbison Crest (919.3 per 100,000).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
^Suicide attempt includes ideation/attempt/intentional self-harm.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

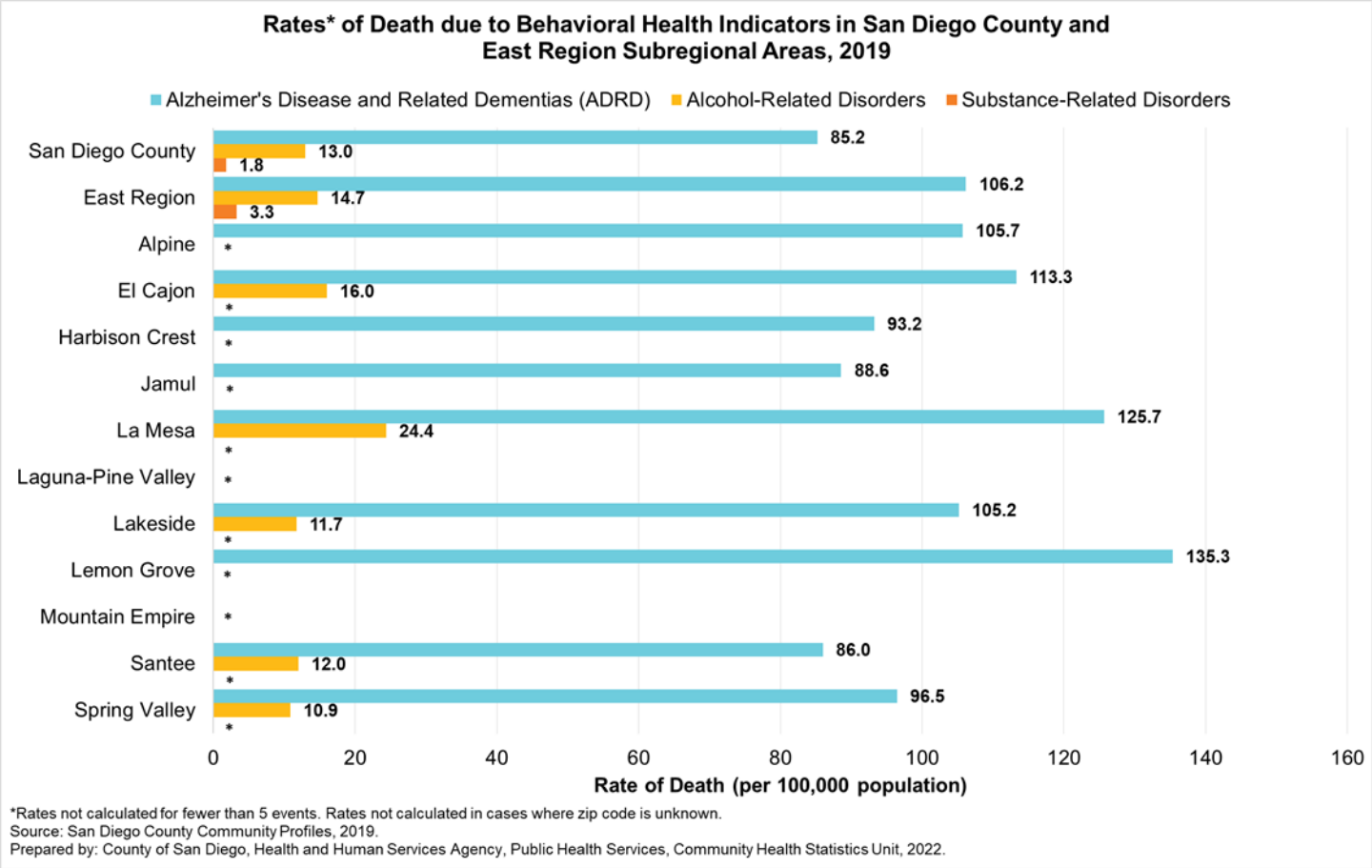
Among injures, the highest hospitalization rate was due to falls in East Region and its SRAs. Among East Region SRAs, Mountain Empire had the highest hospitalization rate due to falls (673.1 per 100,000), followed by Lemon Grove (614.6 per 100,000). In 2019, the second-highest hospitalization rate was due to poisoning in East Region and its SRAs, except Jamul, La Mesa, Laguna-Pine Valley, and Mountain Empire, where motor vehicle injuries had the second-highest hospitalization rate among injuries.



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
^Suicide attempt includes ideation/attempt/intentional self-harm.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

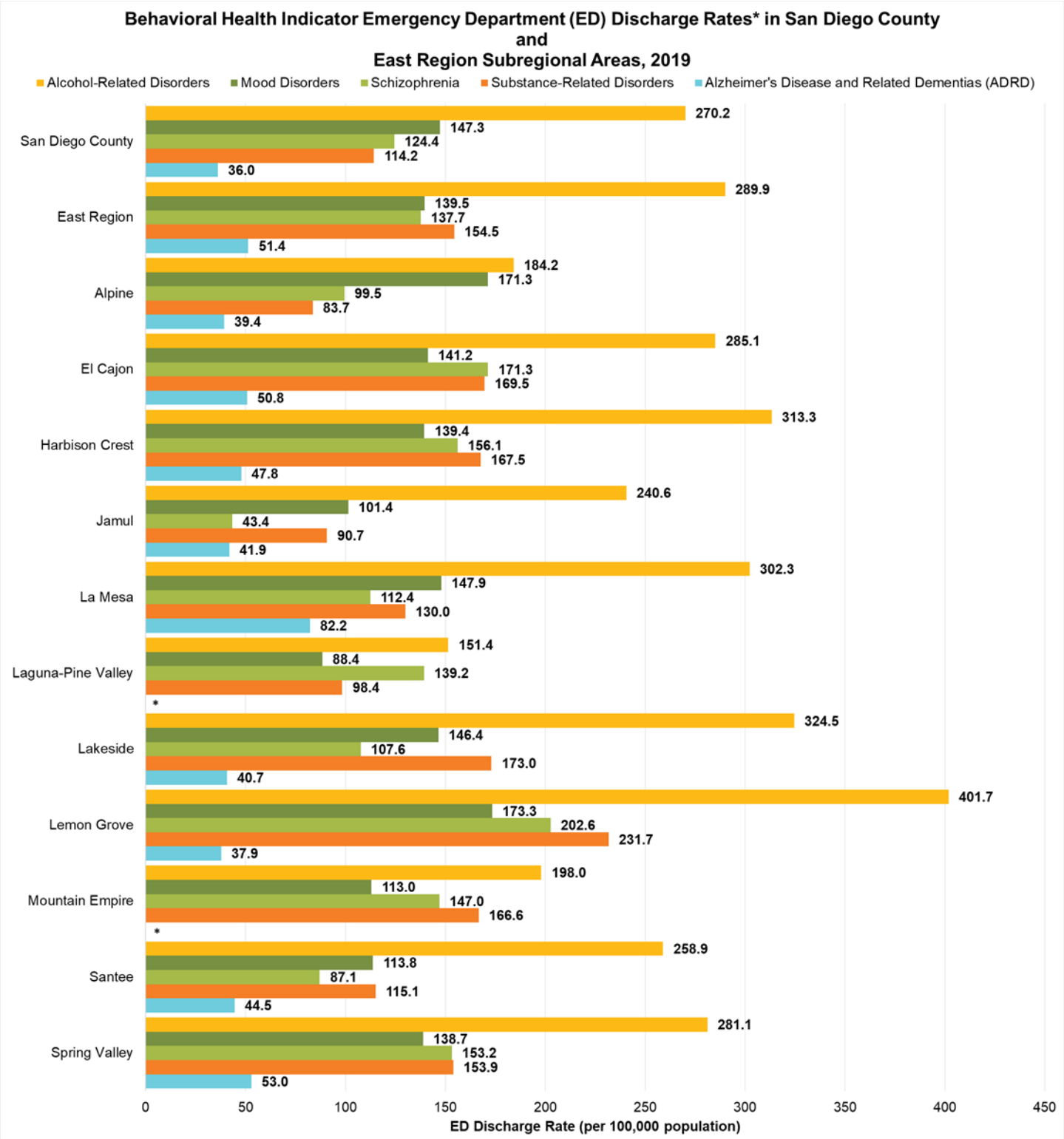
Behavioral Health Indicators

In 2019, among behavioral health indicators, the highest rate of death was due to Alzheimer's disease and related dementias (ADRD) in East Region and its subregional areas (SRAs). Among East Region SRAs, Lemon Grove had the highest death rate due to ADRD (135.3 per 100,000), which was higher than East Region (106.2 per 100,000) and San Diego County overall (85.2 per 100,000).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

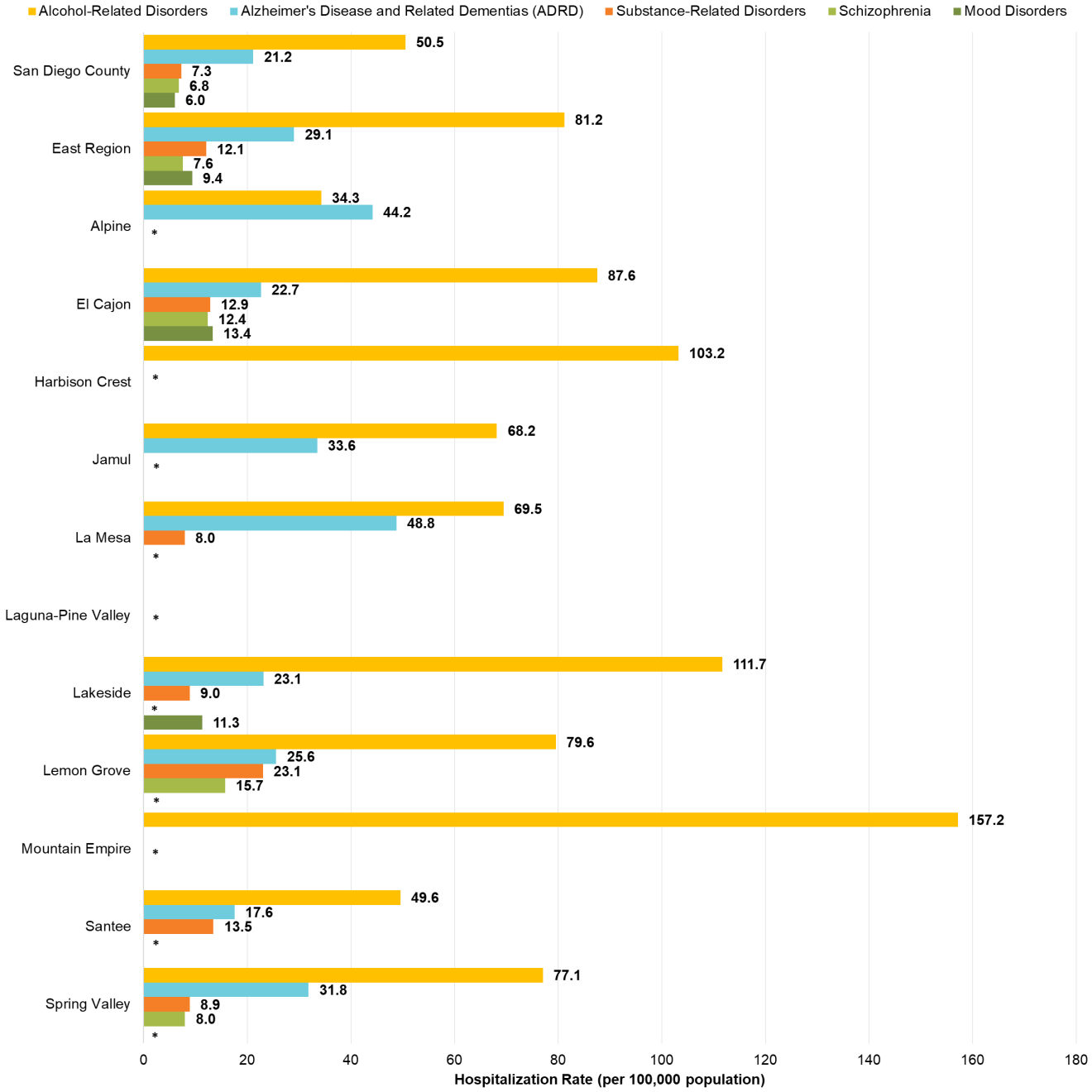
Among behavioral health indicators, the highest emergency department (ED) discharge rate was due to alcohol-related disorders in East Region and its SRAs. In 2019, Lemon Grove SRA had the highest ED discharge rate due to alcohol-related disorders (401.7 per 100,000), which was higher than East Region (289.9 per 100,000) and San Diego County overall (270.2 per 100,000). Moreover, among East Region SRAs, Lemon Grove had the highest ED discharge rate due to substance-related disorders (231.7 per 100,000), which was higher than East Region (154.5 per 100,000) and San Diego County overall (114.2 per 100,000).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

In 2019, the highest hospitalization rate was due to alcohol-related disorders in East Region and its SRAs, except Alpine, where the highest hospitalization rate was due to Alzheimer's disease and related dementias (ADRD) (44.2 per 100,000). Among East Region SRAs, Mountain Empire had the highest hospitalization rate due to alcohol-related disorders (157.2 per 100,000), which was higher than East Region (81.2 per 100,000) and San Diego County overall (50.5 per 100,000).

Behavioral Health Indicator Hospitalization Rates* in San Diego County and East Region Subregional Areas, 2019

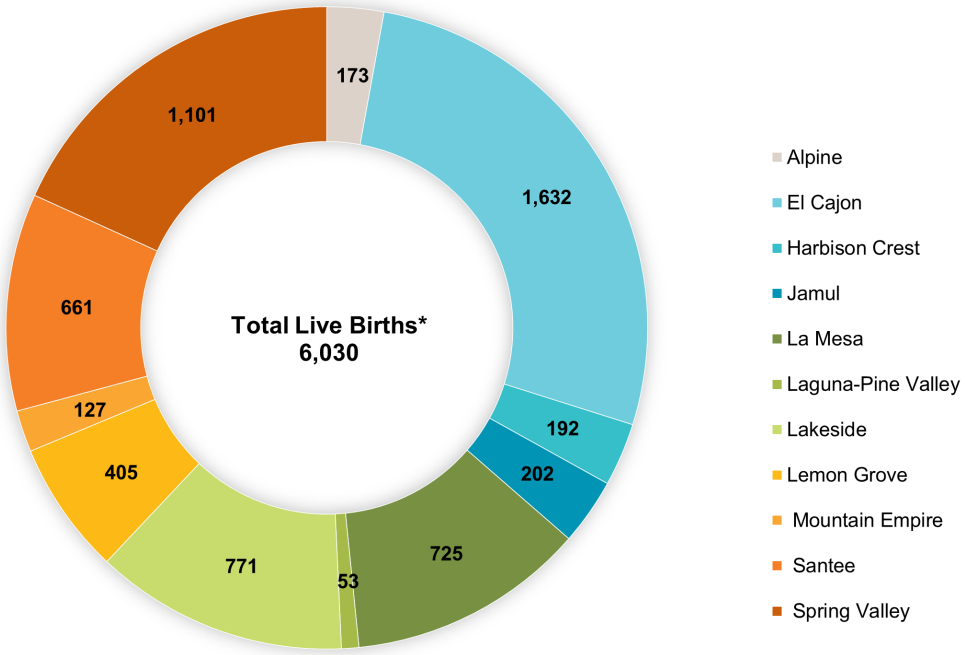


*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Maternal and Child Health Indicators

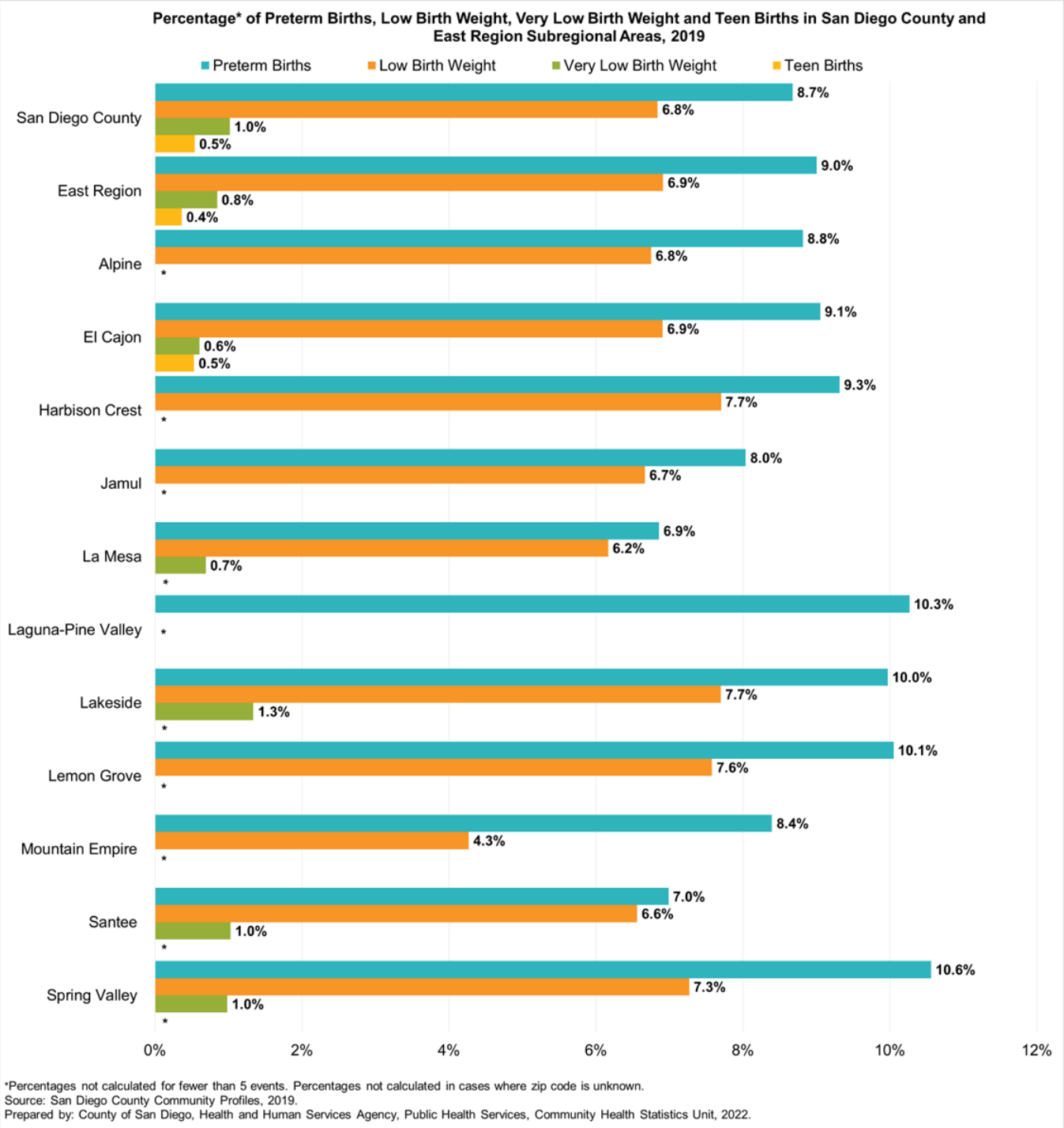
In 2019, there were 6,030 total live births in East Region, which represented 15.7% of the total live births in San Diego County (38,445).

Distribution of Live Births in East Region by Subregional Areas, 2019



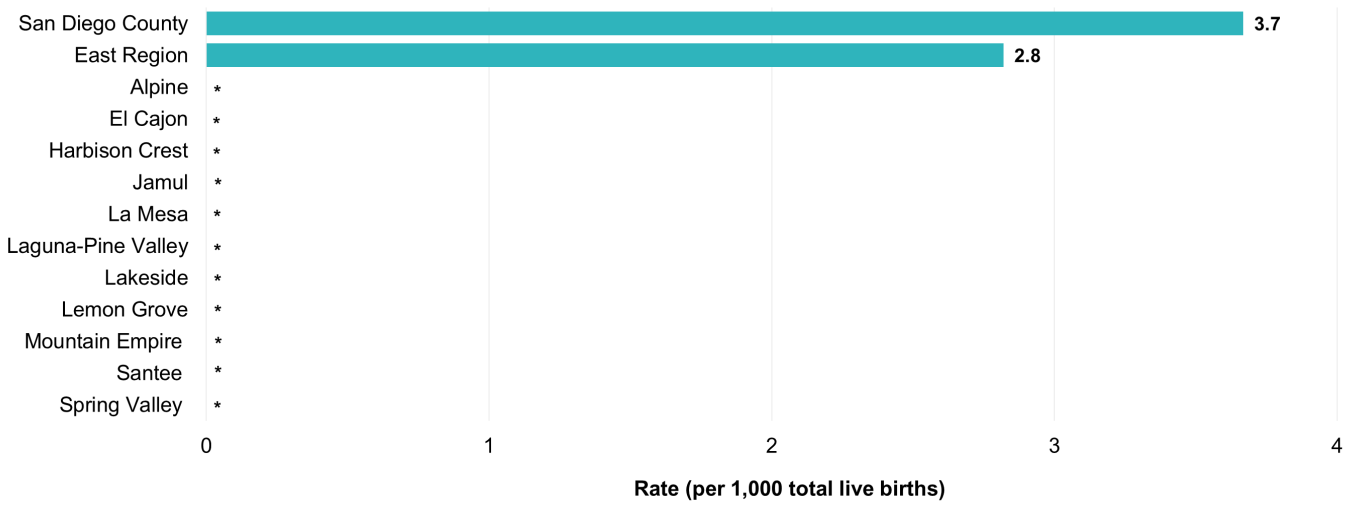
*Total live births in subregional areas (SRAs) may not add up to the regional total live births due to allocation..
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

In 2019, 9.0% of the live births in East Region were preterm births, while 6.9% of the live births were low weight births. Among East Region subregional areas (SRAs), Spring Valley had the highest proportion of preterm births (10.6%), followed by Laguna-Pine Valley (10.3%) and Lemon Grove (10.1%). Among all live births in East Region, Harbison Crest SRA and Lakeside SRA had the highest proportion of infants with low birth weight (7.7%), while Mountain Empire SRA had the lowest proportion (4.3%).



In 2019, East Region had a lower infant mortality rate (2.8 per 1,000 total live births) than San Diego County overall (3.7 per 1,000 total live births).

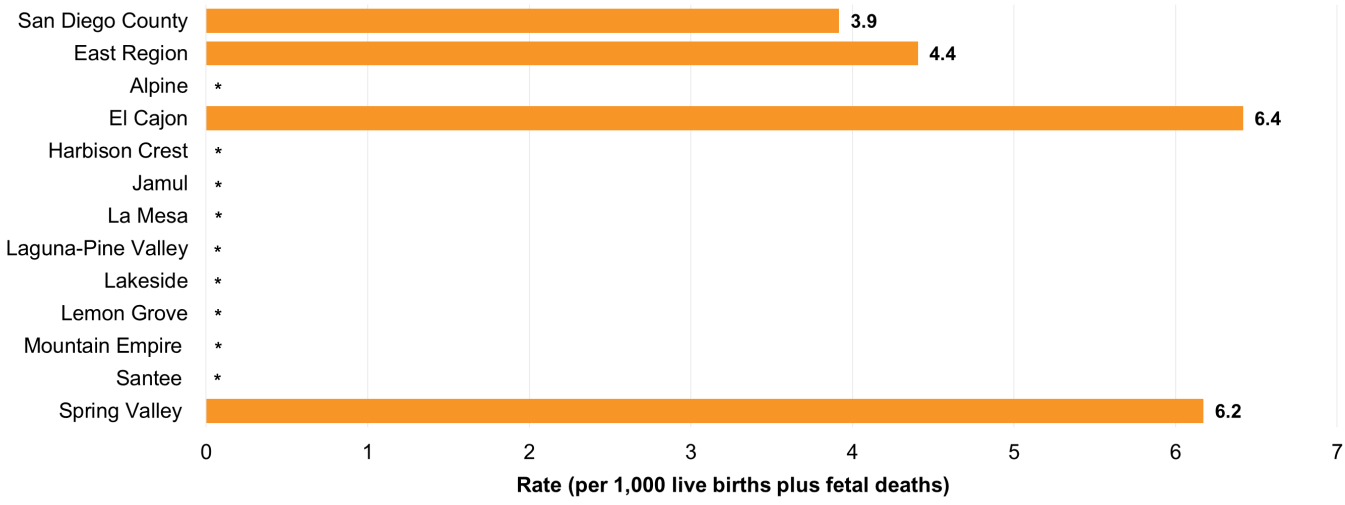
Infant Mortality Rates* in San Diego County and East Region Subregional Areas, 2019



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

In 2018, East Region had a higher fetal mortality rate (4.4 per 1,000 live births plus fetal deaths) than San Diego County overall (3.9 per 1,000 live births plus fetal deaths). Moreover, the fetal mortality rate in El Cajon (6.4 per 1,000 live births plus fetal deaths) and Spring Valley (6.2 per 1,000 live births plus fetal deaths) SRAs were higher than East Region and San Diego County overall.

Fetal Mortality Rates* in San Diego County and East Region Subregional Areas, 2018



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2018.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

CONCLUSION

The East Region Health Status Report Summary provides descriptive information on demographic and socioeconomic characteristics, as well as morbidity/mortality rates for various health conditions. 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 potentially contribute to the overall health and well-being of East Region.

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Living Safely

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Live Well San Diego focuses on creating an environment that encourages all San Diego County residents to live healthy, safe, and thriving lives.