COMMUNITY HEALTH ASSESSMENT PRESENTATION: EAST REGION

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Presented to East Region Leadership Team

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

May 18th, 2023

COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY PUBLIC HEALTH SERVICES

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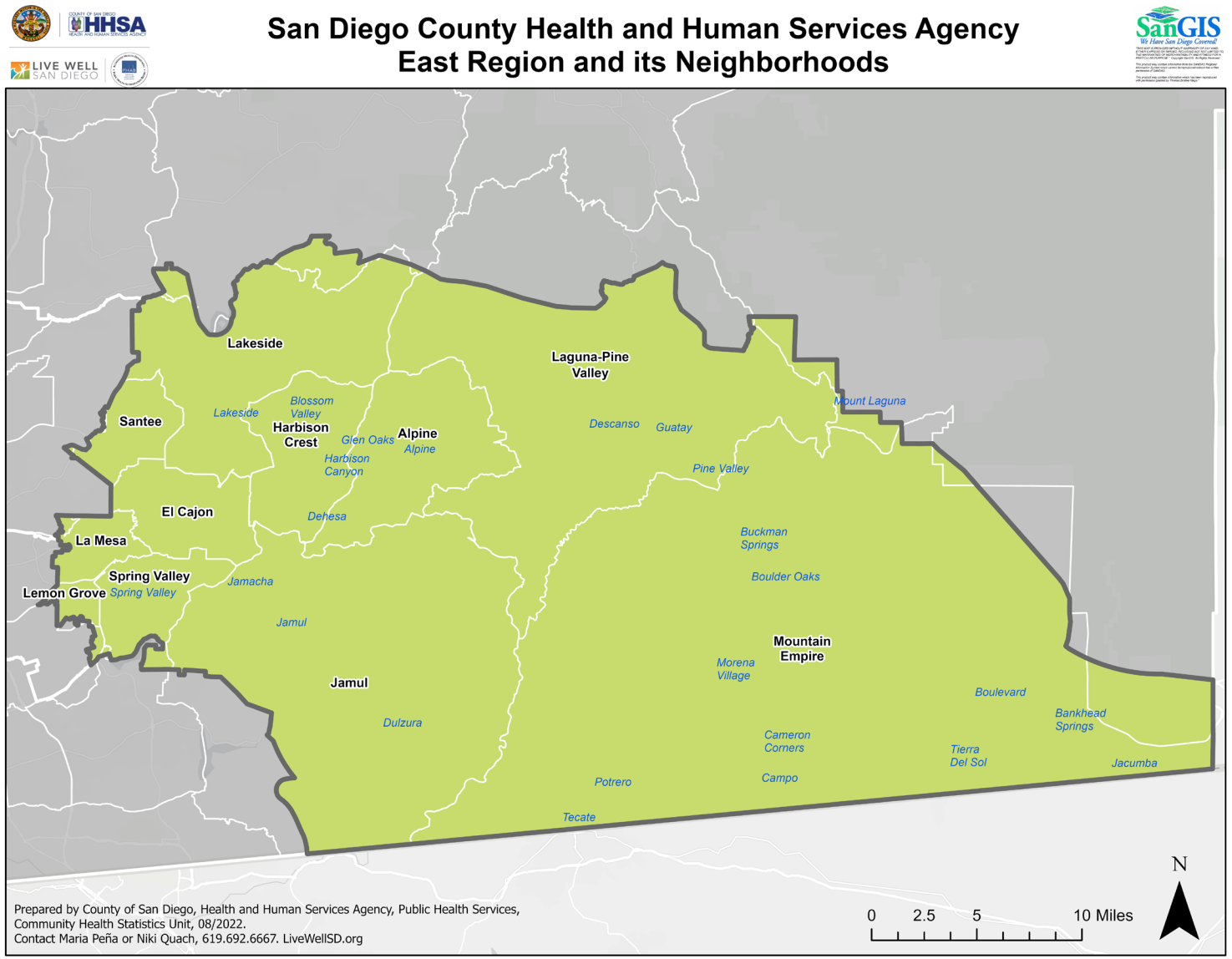
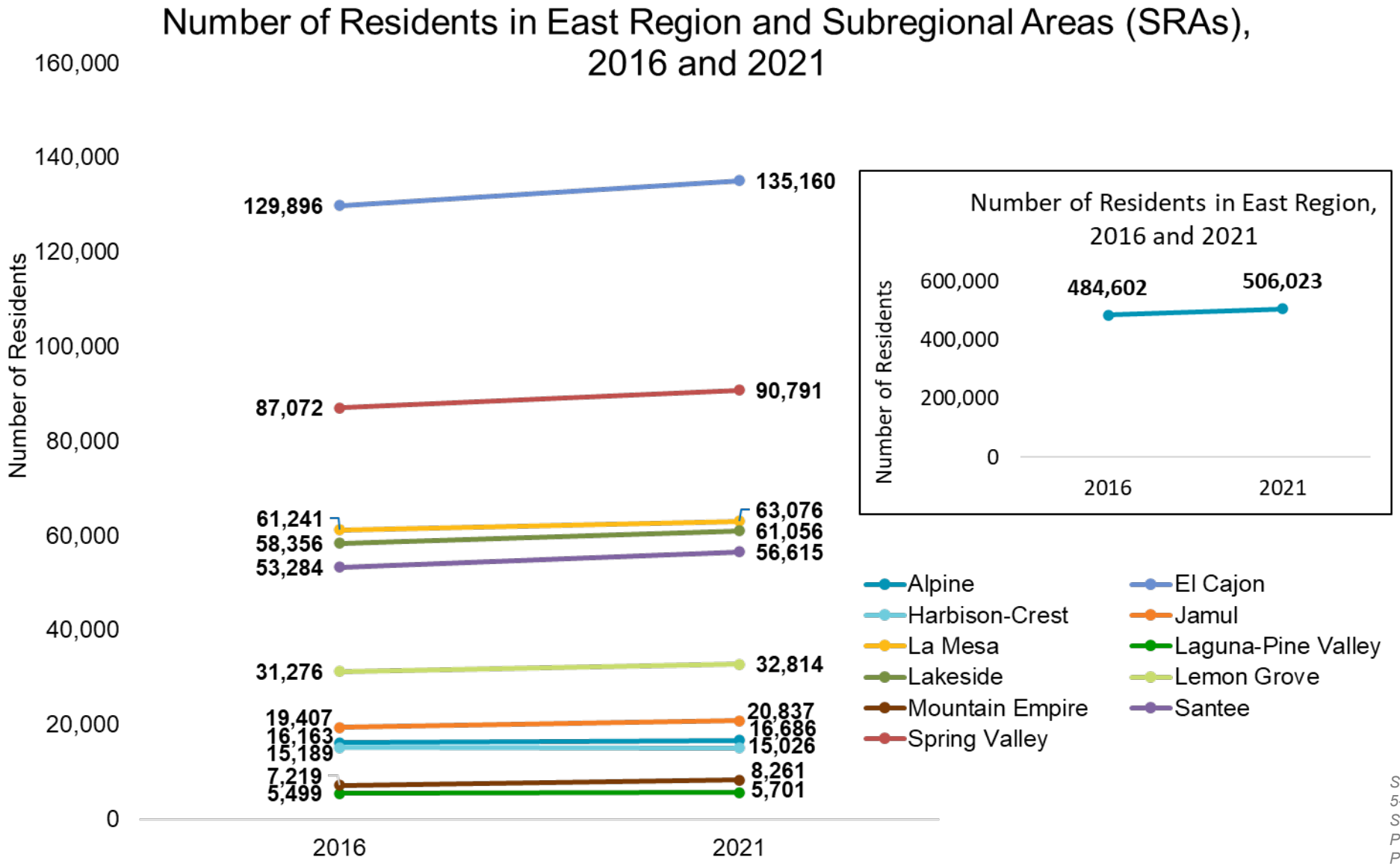
GEOGRAPHY

Subregional Areas (SRAs) in East Region:

- Alpine
- El Cajon
- Harbison-Crest
- Jamul
- La Mesa
- Laguna-Pine Valley
- Lakeside
- Lemon Grove
- Mountain Empire
- Santee
- Spring Valley



POPULATION

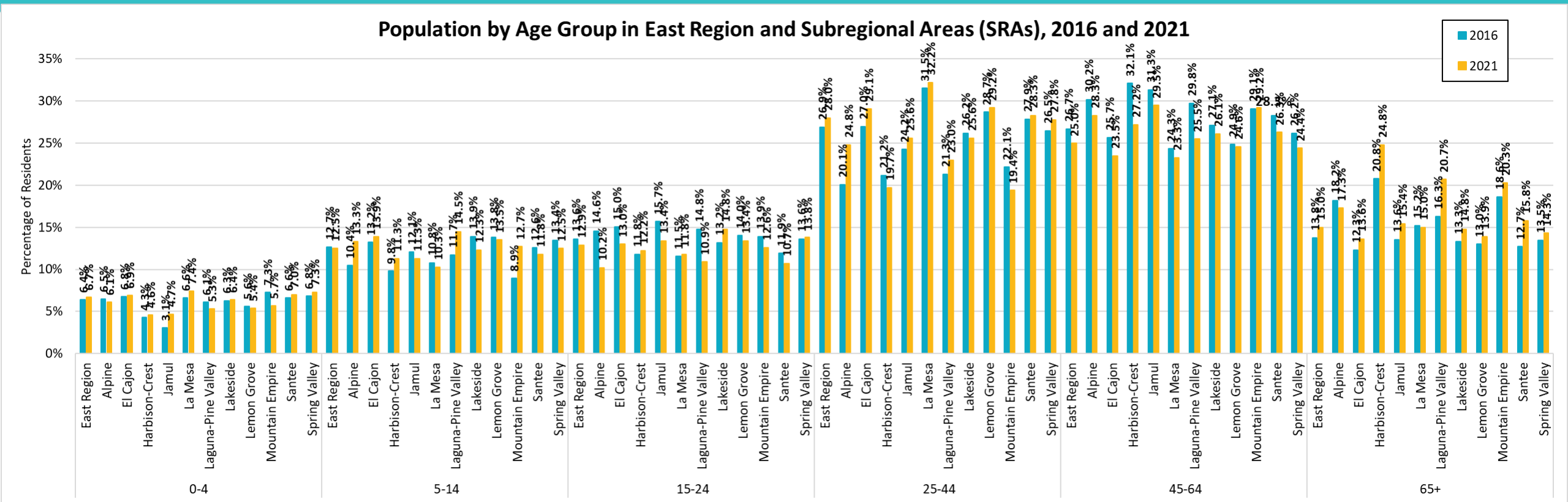


In 2021, East Region was home to 506,023 residents or 15.4% of San Diego County's population.

- Overall, the number of residents in East Region increased 4.4% between 2016 and 2021.
  - All SRAs in East Region, except Harbison-Crest SRA, experienced a population increase between 2016 and 2021, with Mountain Empire SRA experiencing the highest increase (14.4%).
  - Harbison-Crest SRA experienced a 1.1% population decrease between 2016 and 2021.

Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table B01001; 2017-2021 American Community Survey 5-Year Estimates, Table B01001.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

POPULATION BY AGE

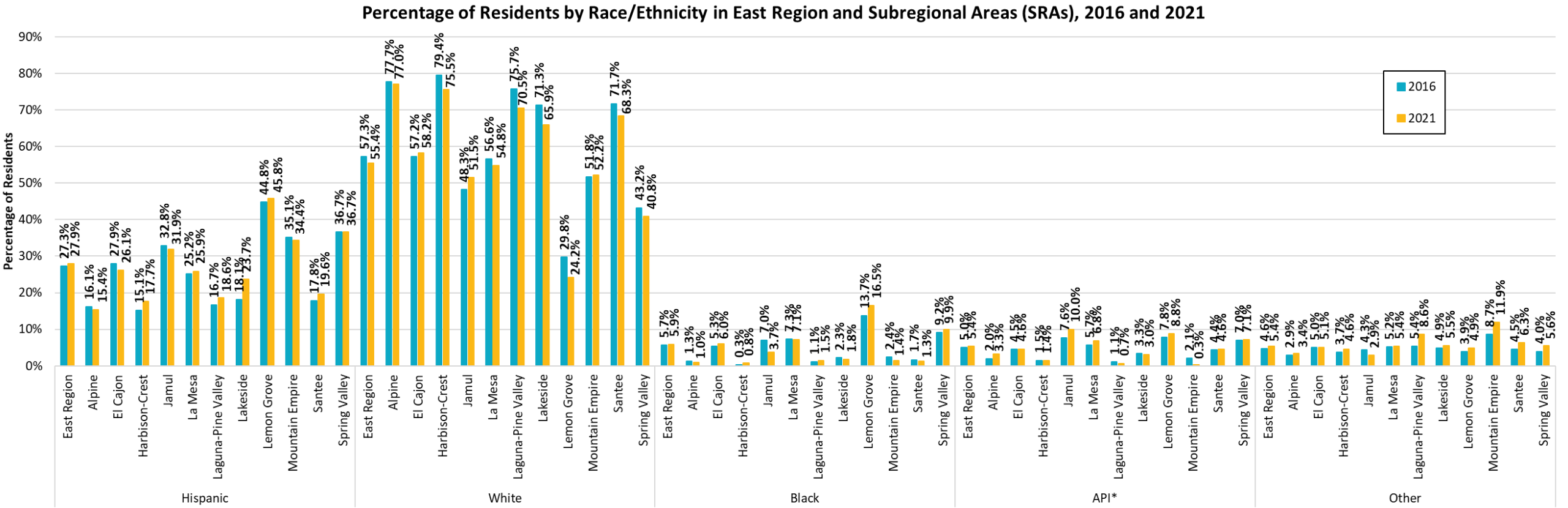


In 2021, nearly one-third (32.1%) of East Region residents were 0-24 year olds.

- Between 2016 and 2021, East Region and most of its communities had increases in the number of residents aged 25-44 and 65 years and older.
- Among the East Region SRAs, Alpine had the highest increase in the number of 25-44 year olds from 2016-2021.
- Laguna-Pine Valley SRA had the highest increase in the older resident population aged 65 years and older from 2016-2021.

Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table B01001; 2017-2021 American Community Survey 5-Year Estimates, Table B01001.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

POPULATION BY RACE/ETHNICITY



In 2021, Hispanic (27.9%) and non-Hispanic (NH) White (55.4%) residents made up 83% of East Region's population.

- Compared to other regions in 2021, East Region had the highest proportion of NH White residents at 55.4%.
- Between 2016-2021, the number of Hispanic, NH White, NH Black, NH API, and Other residents increased in East Region.

**Asian Pacific/Islander.*

Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table B01001; 2017-2021 American Community Survey 5-Year Estimates, Table B01001.

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

ECONOMIC AND EDUCATION DEVELOPMENT

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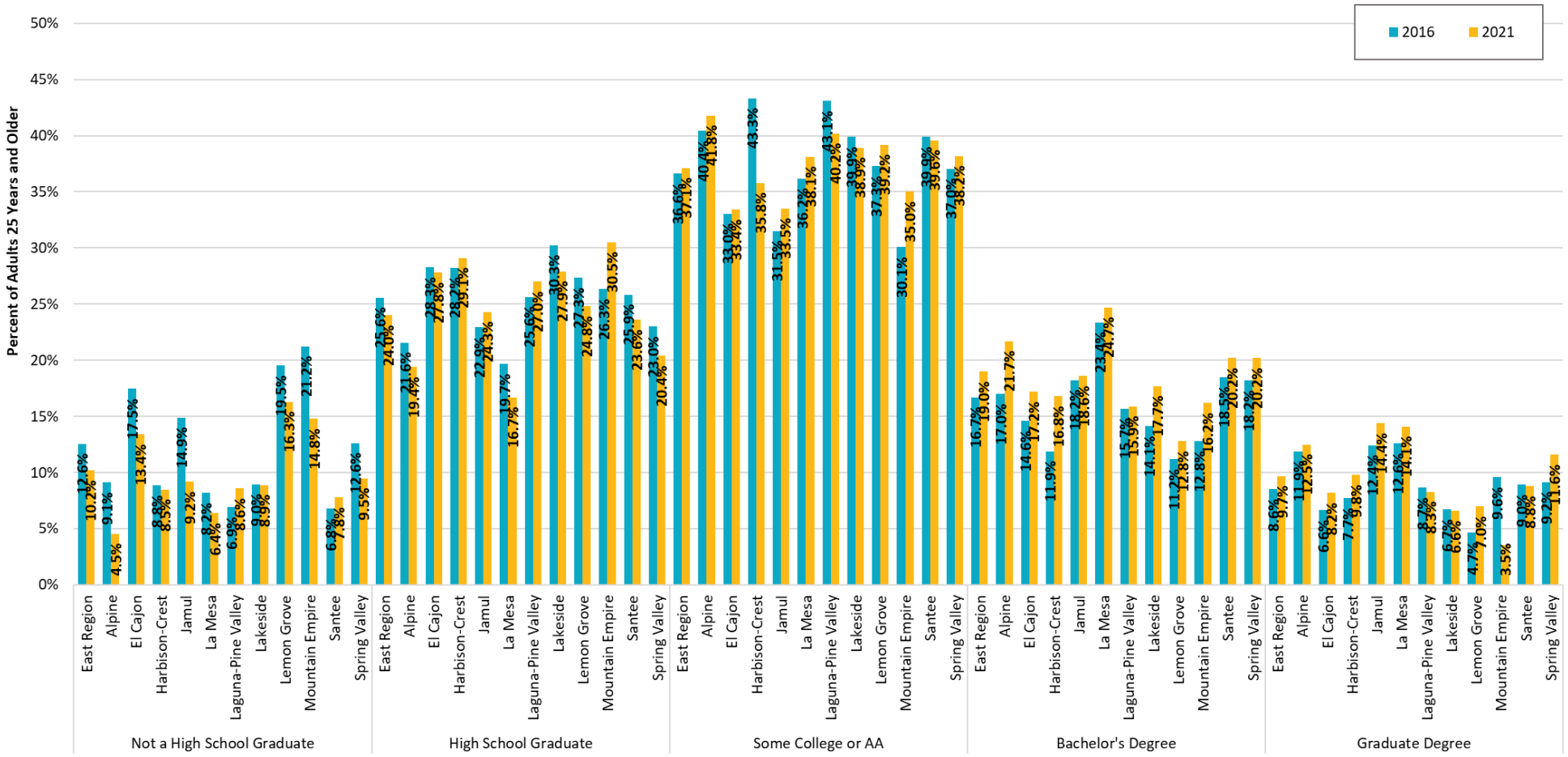
EDUCATIONAL ATTAINMENT

Percent of Adults 25 Years and Older by Educational Attainment in East Region and Subregional Areas (SRAs), 2016 and 2021



- In 2021, compared to other regions in the county, **East Region** had the highest percent of adults 25 years and older who completed some college or received their AA/AS degree.
- From 2016-2021, the percent of adults 25 years and older with a bachelor's degree or higher increased in **East Region and its SRAs**, except Mountain Empire and Laguna-Pine Valley.
- Among East Region communities, the proportion of adults 25 years and older with a bachelor's degree or higher was highest in **La Mesa** (38.8%) in 2021.

Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Tables DP02; 2017-2021 American Community Survey 5-Year Estimates, Tables DP02.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

2016						
Geography	Civilian employed population 16 years and over	Management, business, science, and arts occupations	Service occupations	Sales and office occupations	Natural resources, construction, and maintenance occupations	Production, transportation, and material moving occupations
East Region	**217,343**	**35.1%**	**19.6%**	**26.1%**	**9.8%**	**9.4%**
Alpine	7,802	40.5%	16.7%	24.8%	9.0%	8.9%
El Cajon	56,049	27.9%	24.3%	28.1%	9.1%	10.6%
Harbison-Crest	7,057	33.5%	17.5%	23.9%	16.6%	8.5%
Jamul	6,920	47.3%	10.5%	25.5%	9.0%	7.7%
La Mesa	29,719	44.9%	17.0%	23.5%	8.4%	6.2%
Laguna-Pine Valley	2,245	42.7%	24.2%	17.2%	9.9%	5.9%
Lakeside	28,080	33.1%	18.1%	26.3%	12.5%	10.0%
Lemon Grove	14,063	29.3%	21.6%	25.9%	11.8%	11.5%
Mountain Empire	2,114	29.0%	18.9%	26.4%	14.8%	10.9%
Santee	25,639	40.4%	14.9%	26.9%	8.5%	9.2%
Spring Valley	37,655	35.2%	20.5%	25.7%	8.7%	9.9%
San Diego County	**1,495,776**	**41.0%**	**19.6%**	**23.3%**	**7.7%**	**8.5%**

2021						
Geography	Civilian employed population 16 years and over	Management, business, science, and arts occupations	Service occupations	Sales and office occupations	Natural resources, construction, and maintenance occupations	Production, transportation, and material moving occupations
East Region	**231,058**	**37.3%**	**18.9%**	**23.2%**	**9.6%**	**11.0%**
Alpine	7,733	38.1%	19.0%	23.3%	9.7%	10.0%
El Cajon	60,489	32.6%	21.0%	25.3%	8.9%	12.3%
Harbison-Crest	6,081	40.8%	13.6%	20.3%	15.8%	9.6%
Jamul	7,813	54.8%	13.0%	18.5%	6.4%	7.3%
La Mesa	31,590	45.0%	17.7%	20.4%	7.3%	9.6%
Laguna-Pine Valley	2,384	32.8%	18.1%	22.9%	14.0%	12.2%
Lakeside	28,580	38.1%	18.2%	21.1%	12.0%	10.6%
Lemon Grove	15,021	27.1%	19.6%	26.8%	11.7%	14.8%
Mountain Empire	2,723	34.4%	15.8%	23.3%	18.6%	7.9%
Santee	26,226	40.6%	17.8%	22.7%	7.6%	11.2%
Spring Valley	42,418	36.0%	19.6%	24.1%	10.0%	10.3%
San Diego County	**1,572,927**	**44.3%**	**18.2%**	**20.3%**	**7.4%**	**9.8%**

LABOR FORCE BY OCCUPATIONS

In 2021, the occupations with the highest percent of employed persons 16 years and older in East Region and its communities were in *management, business, science, and arts.*

In East Region, the proportion of employed persons 16 years and older in *management, business, science, and arts* and the *production, transportation, and material moving* occupations increased between 2016 and 2021.

Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table DP03; 2017-2021 American Community Survey 5-Year Estimates, Table DP03.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

LABOR FORCE BY INDUSTRY

Top 5 Industry Types, 2016

Rank	Industry	East Region %
1	Educational services, and health care and social assistance	20.8%
2	Retail trade	13.0%
3	Professional, scientific, and management, and administrative and waste management services	12.2%
4	Arts, entertainment, and recreation, and accommodation and food services	11.5%
5	Construction	8.0%

Top 5 Industry Types, 2021

Rank	Industry	East Region %
1	Educational services, and health care and social assistance	21.9%
2	Retail trade*	12.2%
2	Professional, scientific, and management, and administrative and waste management services*	12.2%
3	Arts, entertainment, and recreation, and accommodation and food services	11.0%
4	Construction	8.4%
5	Manufacturing	7.2%

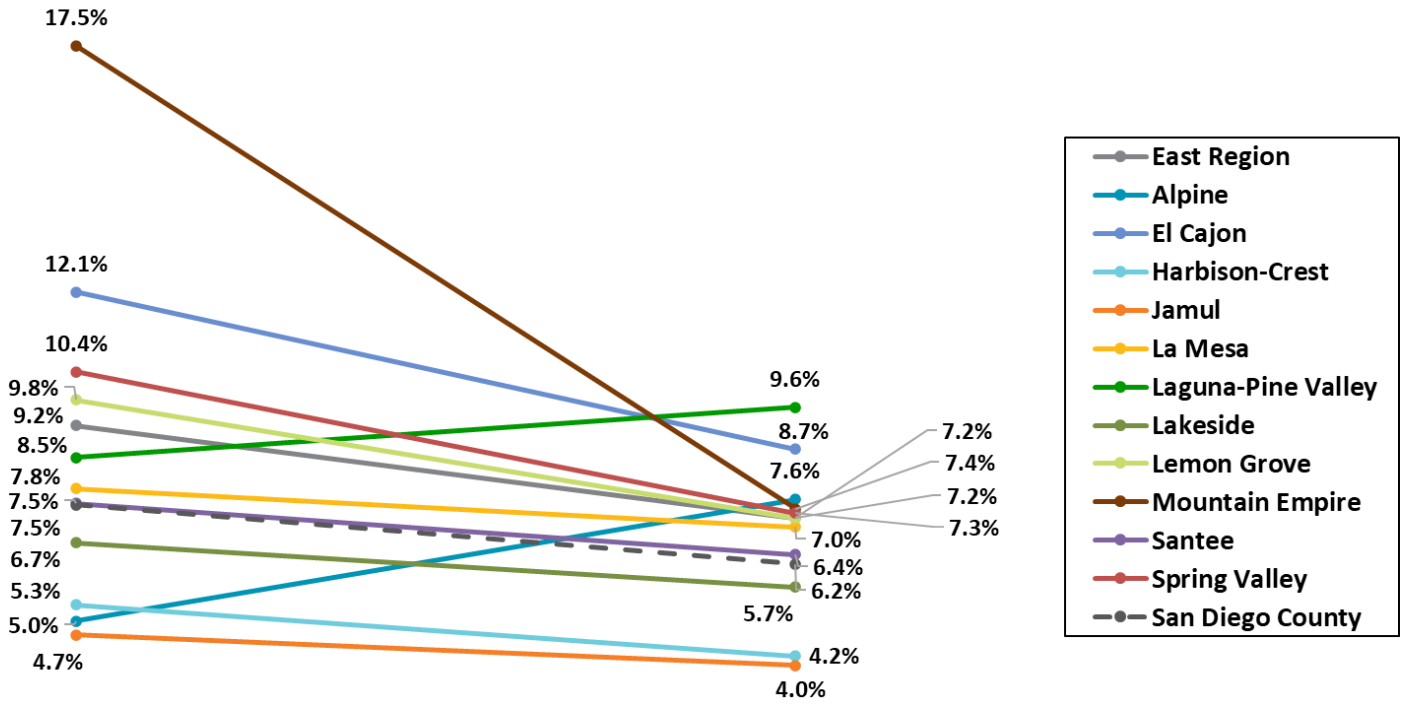
- The percent of workers in the *educational services, and health care and social assistance* industry increased in East Region between 2016 and 2021, from 20.8% in 2016 to 21.9% in 2021.
- The top 5 industry types in East Region generally did not change from 2016 to 2021.

**tied*

Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table DP03; 2017-2021 American Community Survey 5-Year Estimates, Table DP03.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

UNEMPLOYMENT

Average Percent of Unemployed*, 2012-2016 and 2017-2021



In East Region, the percent of unemployed residents 16 years and older decreased from 9.2% in 2016 to 7.2% in 2021.

- East Region had a higher percent of unemployment than the county overall from 2016-2021.
  - From 2016-2021, East Region and its SRAs, except Alpine and Laguna-Pine Valley, had a decrease in the percent of unemployment.
  - Between 2016 and 2021, the percent of unemployment decreased the most in Mountain Empire SRA.

*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; 2012-2016 American Community Survey 5-Year Estimates, Table DP03; 2017-2021 American Community Survey 5-Year Estimates, Table DP03.
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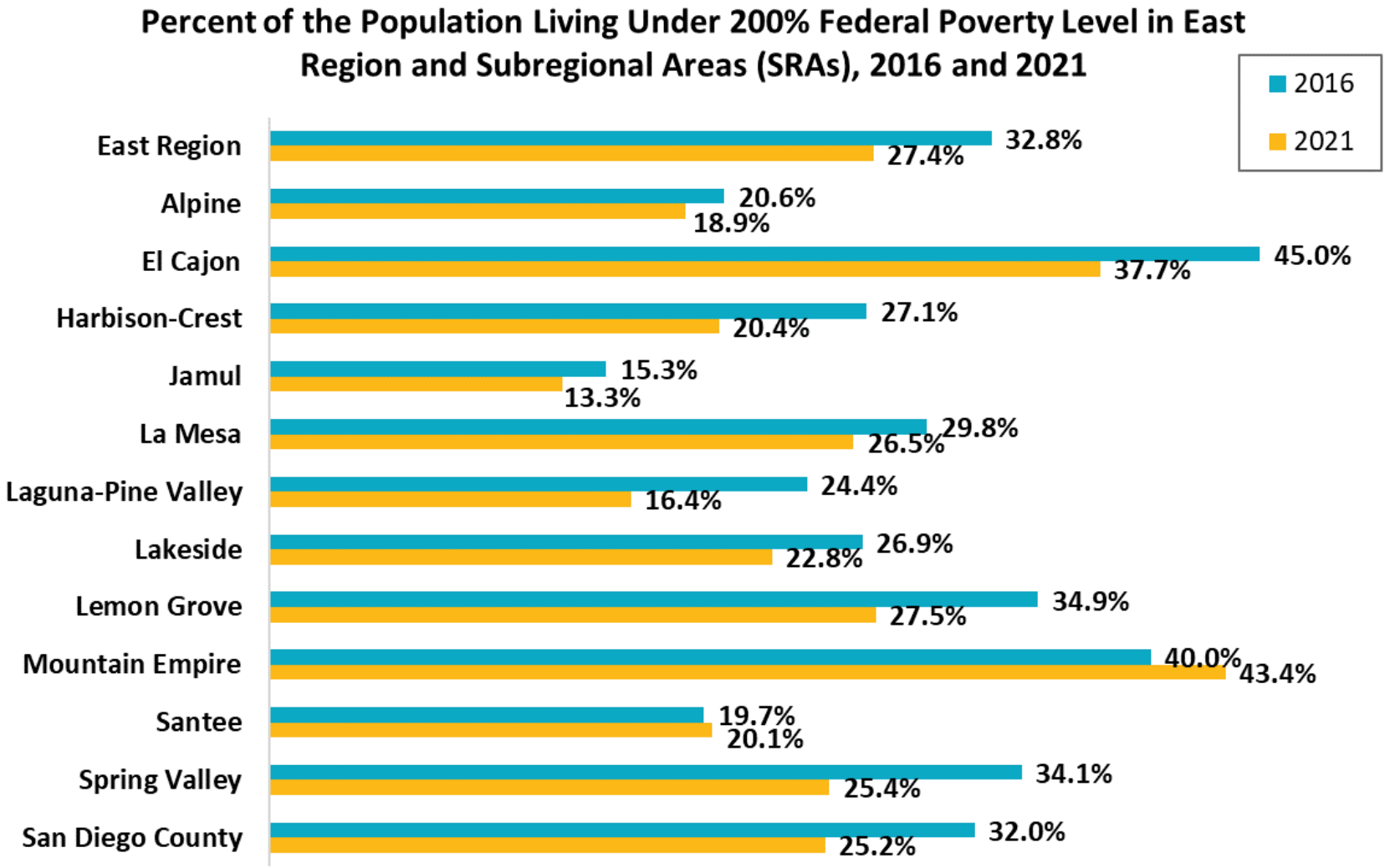
POVERTY



Poverty

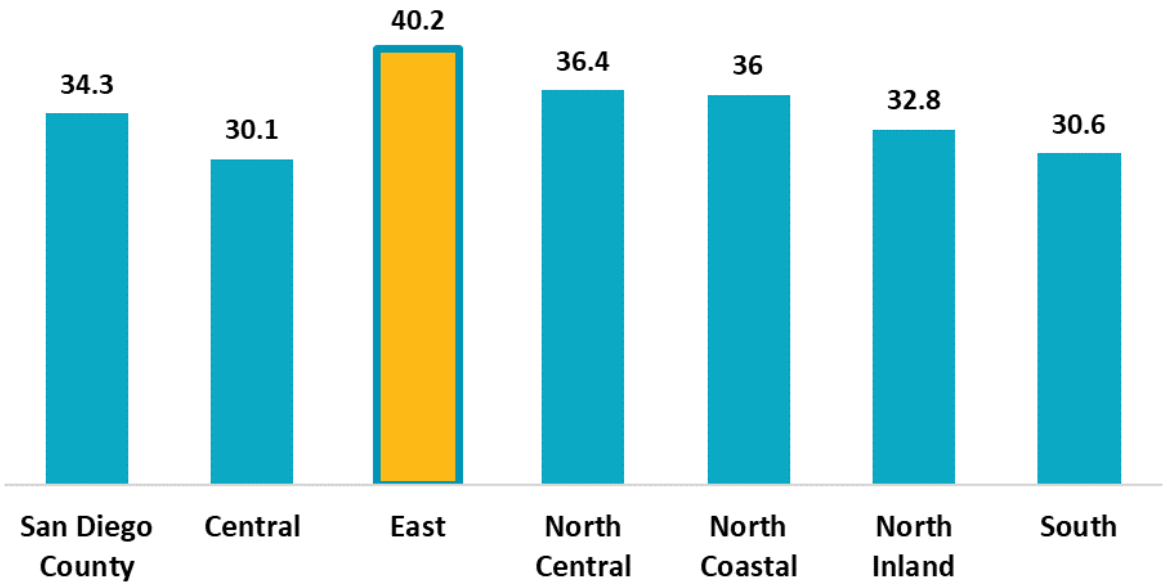
Between 2016 and 2021, proportion of population living below 200% FPL in East Region decreased from 32.8% to 27.4%.

- Compared to other SRAs in East Region, Mountain Empire and El Cajon had the highest proportion of population living below 200% FPL in 2021.
- Jamul SRA had the lowest proportion of population living below 200% FPL in 2021.

Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Tables B17024; 2017-2021 American Community Survey 5-Year Estimates, Tables B17024.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

FOOD INSECURITY

Food Insecurity Among Adults with Income Less than 200% Federal Poverty Level, 2017-2021



Percentage of Adults Food Insecure (Not Able to Afford Enough Food), East Region, 2017-2021*^

Year	Percent*^
2017	34.7*%
2018	42.2%
2019	39.6%
2020	58.1%
2021	26.4*%

- Over 40% of adults with income less than 200% FPL reported having an inability to afford enough food in East Region between 2017-2021.
- East Region had the highest proportion of adults with income less than 200% FPL reporting food insecurity compared to all other HHSA Regions in San Diego County between 2017-2021.

** = statistically unstable*
^Asked of adults whose income is less than 200% of the Federal Poverty Level
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2017-2021. Available at hhtp://ask.chis.ucla.edu. Exported on March 20, 2023 and May 9, 2023.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

HOUSING FOR ALL

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SELF-SUFFICIENCY

- This interactive tool helps to visualize the minimum wage required for self-sufficiency* based on the average amount spent on necessities in each Health and Human Services Agency (HHSA) region, subregional area (SRA), and San Diego County overall.
- Select household type to explore the differences in the income required to be economically self-sufficient.

Select household type

Use the drop-down filters to choose geography

Self-Sufficiency Standard* for San Diego County, 2021^

The self-sufficiency standard measures how much income is needed for a household of a certain composition to adequately meet their basic needs without public or private assistance.

This interactive tool helps to visualize the minimum wage required for self-sufficiency based on the average amount spent on basic necessities in each Health and Human Services Agency (HHSA) Region, subregional area (SRA), and San Diego County overall.*

Select household type to explore the differences in the income required to be economically self-sufficient:

- Single-Adult Household
- Household with 2 Adults
- Single Parent Household with 2 Children (1 Preschool-Age, 1 School-Age)
- Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age)

Select San Diego County/HHSA Region and subregional area (SRA) to explore the differences by geography:

San Diego County and HHSA Regions	Subregional Area (SRA)
San Diego County	Alpine

Self-Sufficiency* Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), 2021

The average minimum income required to be economically self-sufficient without public or private assistance (based on each adult working 40 hours per week).

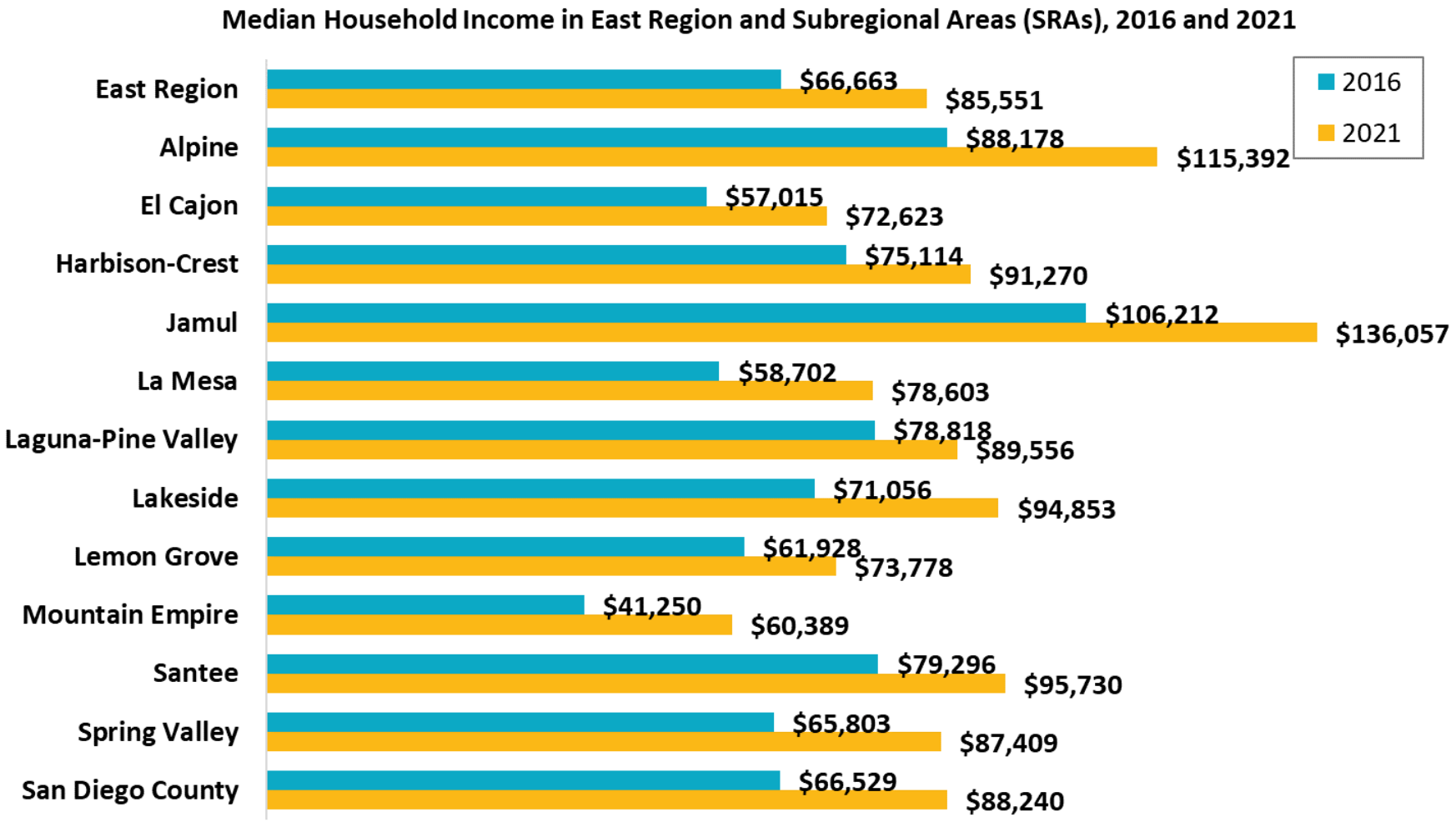
	San Diego County	Alpine SRA
Hourly (per adult)	$19.71	$21.04
Monthly	$6,832.37	$7,295.32
Annual	$81,988.42	$87,543.89

Monthly Contribution to Emergency Savings Fund

San Diego County	Alpine SRA
$131.46	$146.95

Annual Self-Sufficiency* Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), Alpine SRA, 2021

INCOME



Median Household Income

Between 2016 and 2021, the median household income in East Region increased from $66,663 in 2016 to $85,551 in 2021.

Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Tables DP03, DP04; 2017-2021 American Community Survey 5-Year Estimates, Tables DP03, DP04.
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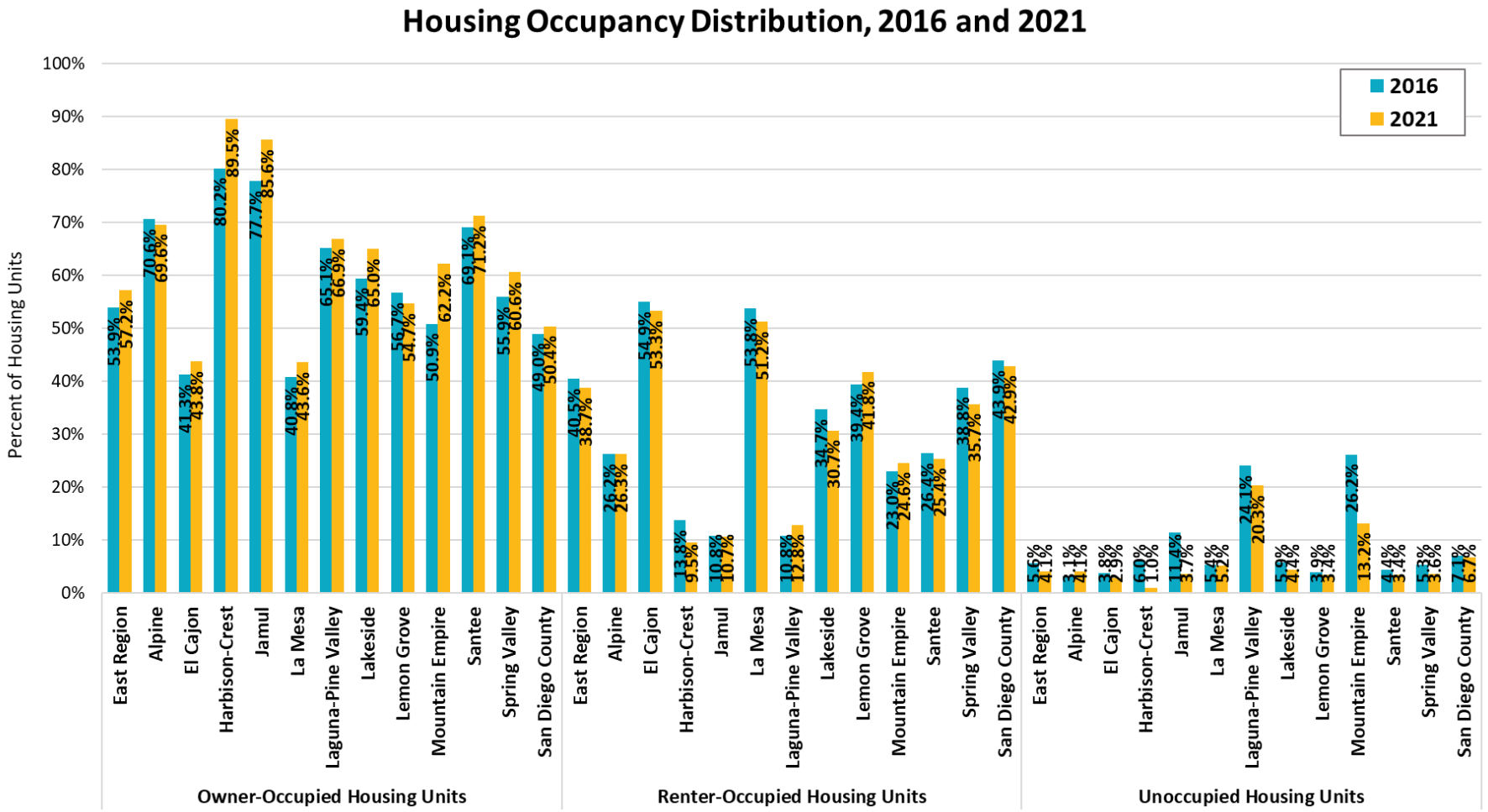
HOUSING CHARACTERISTICS



Geography	Median Rent (2016)	Median Rent (2021)
East Region	$ 1,425	$ 1,836
Alpine	$ 1,790	$ 2,402
El Cajon	$ 1,313	$ 1,620
Harbison-Crest	$ 1,544	$ 2,082
Jamul	$ 2,197	$ 2,517
La Mesa	$ 1,321	$ 1,782
Laguna-Pine Valley	$ 998	$ 1,957
Lakeside	$ 1,523	$ 1,876
Lemon Grove	$ 1,307	$ 1,605
Mountain Empire	$ 890	$ 793
Santee	$ 1,570	$ 2,139
Spring Valley	$ 1,442	$ 1,924
San Diego County	**$ 1,395**	**$ 1,842**

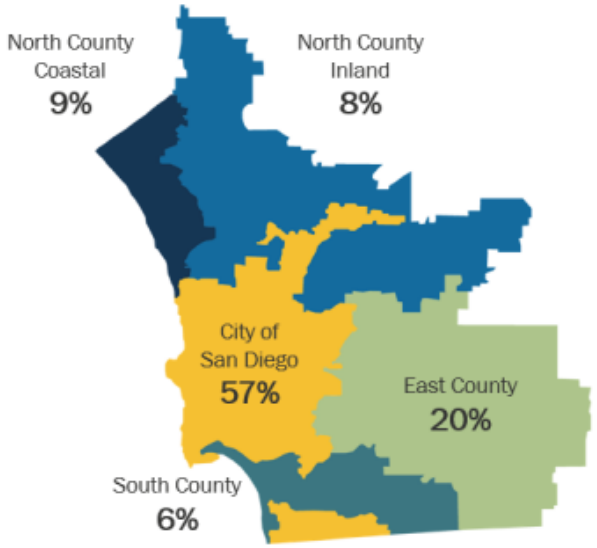
Geography	Median House Value (2016)	Median House Value (2021)
East Region	$ 392,013	$ 528,084
Alpine	$ 489,233	$ 645,500
El Cajon	$ 388,600	$ 503,800
Harbison-Crest	$ 378,433	$ 505,400
Jamul	$ 535,767	$ 752,850
La Mesa	$ 443,900	$ 591,060
Laguna-Pine Valley	$ 340,000	$ 434,450
Lakeside	$ 371,420	$ 520,858
Lemon Grove	$ 347,083	$ 451,886
Mountain Empire	$ 200,000	$ 290,650
Santee	$ 360,042	$ 499,643
Spring Valley	$ 388,061	$ 539,561
San Diego County	**$ 454,600**	**$ 627,200**

Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Tables S2503, DP04; 2017-2021 American Community Survey 5-Year Estimates, Tables S2503, DP04. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

2022 POINT-IN-TIME DATA

Region Breakdown

	% of the Region	Total Homeless Persons
City of San Diego	57%	4801
North County Inland	8%	697
North County Coastal	9%	745
South County	6%	493
East County	20%	1691



	Sheltered				2022 Unsheltered	2020 Unsheltered	2020-2022 Unsheltered Change
City	ES	TH	SH	Total	Total Unsheltered	Total Unsheltered	% Change
San Diego City	1,711	568	28	2,307	2494	2283	9.2%
Carlsbad	43	0	0	43	75	94	-20.2%
Chula Vista (Sweetwater)	41	62	0	103	206	212	-2.8%
Coronado	0	0	0	0	1	16	-93.8%
El Cajon	683	440	0	1,123	185	310	-40.3%
Encinitas (San Deiguito, Solana Beach & Del Mar)	25	12	0	37	76	47	61.7%
Escondido (NC Metro & Hidden Meadows)	150	14	8	172	182	264	-31.1%
Imperial Beach	0	0	0	0	25	16	56.3%
La Mesa	1	17	0	18	35	52	-32.7%
Lemon Grove	0	0	0	0	31	18	72.2%
National City	0	9	0	9	149	125	19.2%
Oceanside	78	118	0	196	318	242	31.4%
Poway	0	0	0	0	23	15	53.3%
San Marcos	0	0	0	0	12	8	50.0%
Santee	90	9	0	99	48	25	92.0%
Vista (Bonsall)	41	0	0	41	76	51	49.0%
Unincorporated	173**			173			
Alpine (Crest-Dehesa)	0	0	0	0	1	1	0.0%
Fallbrook	0	0	0	0	25	51	-51.0%
Lakeside	0	0	0	0	63	24	162.5%
Ramona	0	0	0	0	21	20	5.0%
Spring Valley (Casa de Oro)	0	0	0	0	60	97	-38.1%
TOTAL	**3,036**	**1,249**	**36**	**4,321**	**4,106**	**3,971**	

Source: Regional Taskforce for the Homeless. WeAllCount: 2022 San Diego Region. Available at: https://www.rtfhsd.org/wp-content/uploads/2022-San-Diego-Region-FINAL_05192022-1.pdf; Regional Taskforce for the Homeless. WeAllCount: 2022 San Diego Region Cities Sheltered and Unsheltered Breakdown. Available at: https://www.rtfhsd.org/wp-content/uploads/2022-San-Diego-Region-Cities-Sheltered-and-Unsheltered-Breakdown-FINAL_05182022.pdf

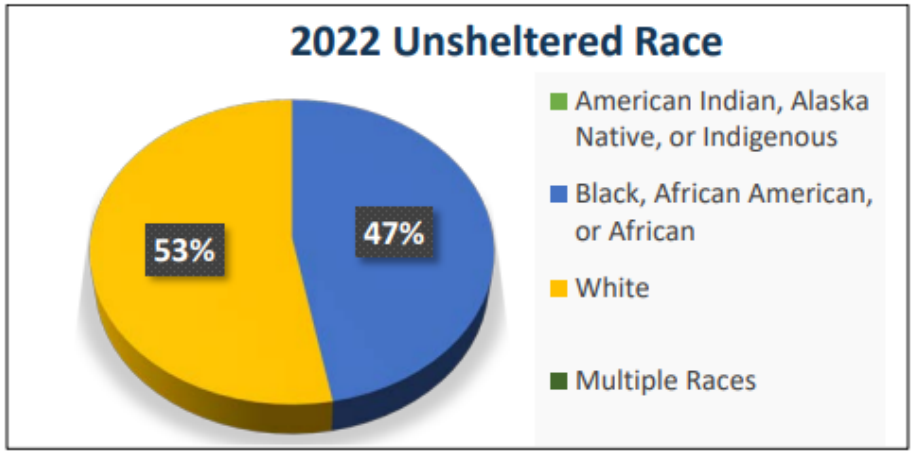
2022 POINT-IN-TIME DATA – CITY OF EL CAJON

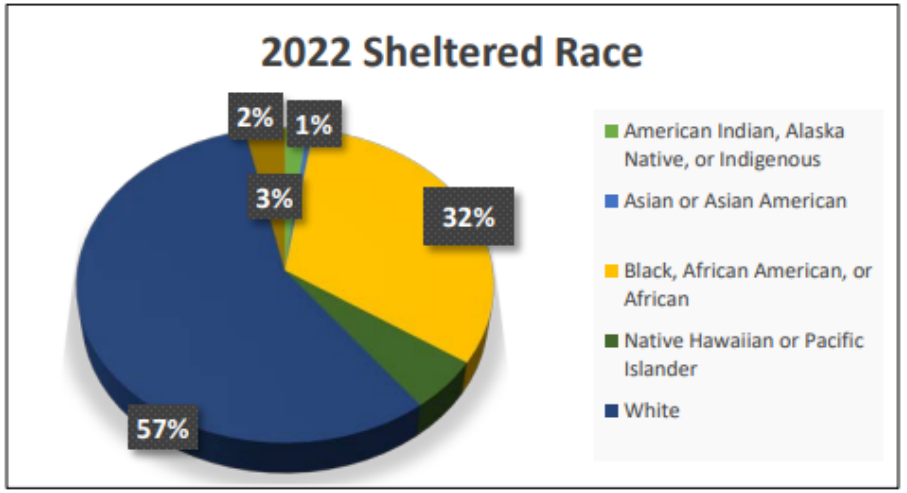
City of El Cajon			
Emergency Shelter	Safe Haven	Transitional Housing	Unsheltered
683	0	440	185
Total: 1,308			

Homeless Profile	% of Unsheltered Homeless	Total Homeless Persons	% Sheltered Persons	# Sheltered Persons
Veteran	8%	6	2%	28
Female	21%	40	53%	598
Families	3%	5	79%	884
Youth	6%	12	2&	18

Housing Inventory	Beds	Utilization
Emergency Shelter	739	92%
Safe Haven	0	-
Transitional Housing	491	90%
Permanent Supportive Housing	15	100%
Rapid Re-Housing	741	100%
Other Permanent Housing	0	-

Unsheltered vs. Sheltered Race, City of El Cajon, 2022





Source: Regional Taskforce for the Homeless. WeAllCount: 2022 City of El Cajon. Available at: https://www.rtfhsd.org/wp-content/uploads/2022-El-Cajon-City-Breakdown-1.pdf.

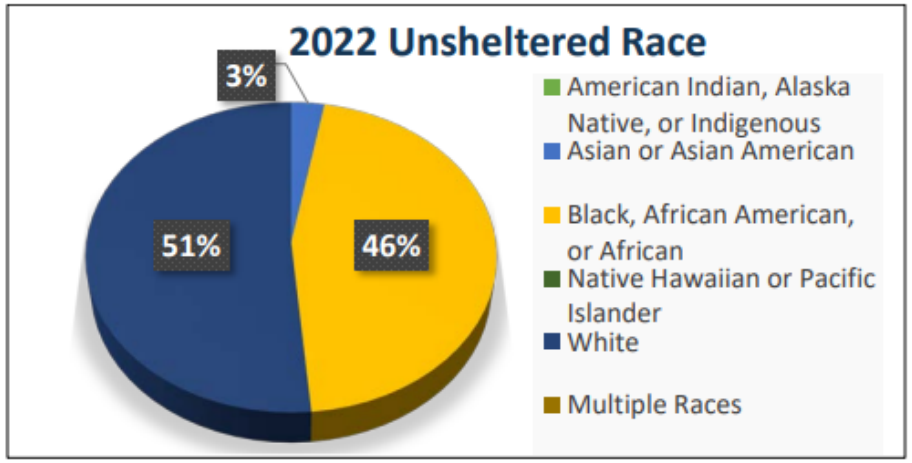
2022 POINT-IN-TIME DATA – CITY OF LA MESA

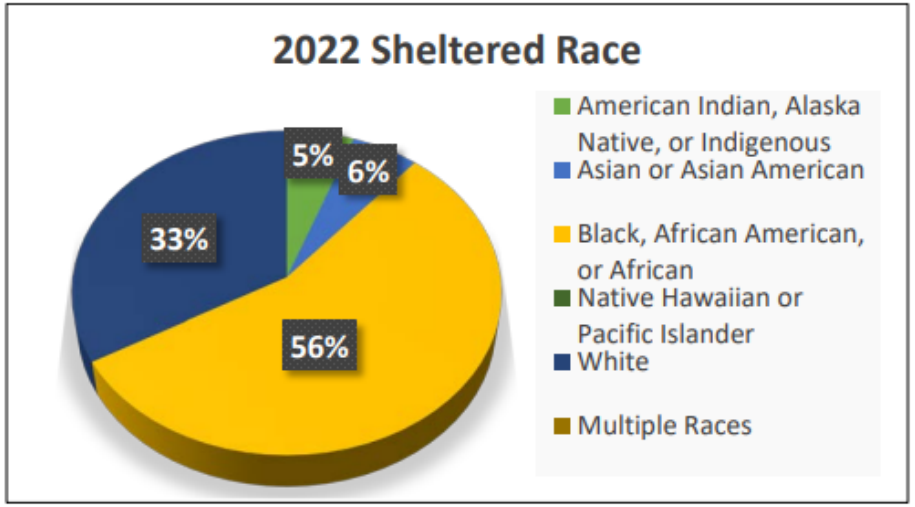
City of La Mesa			
Emergency Shelter	Safe Haven	Transitional Housing	Unsheltered
1	0	17	35
Total: 53			

Homeless Profile	% of Unsheltered Homeless	Total Homeless Persons	% Sheltered Persons	# Sheltered Persons
Veteran	8%	3	0%	0
Female	22%	8	-	-
Families	0%	0	0	0
Youth	0%	0	83%	15

Housing Inventory	Beds	Utilization
Emergency Shelter	4	25%
Safe Haven	0	-
Transitional Housing	30	57%
Permanent Supportive Housing	0	-
Rapid Re-Housing	19	100%
Other Permanent Housing	0	-

Unsheltered vs. Sheltered Race, City of La Mesa, 2022





Source: Regional Taskforce for the Homeless. WeAllCount: 2022 City of La Mesa. Available at: https://www.rtfhsd.org/wp-content/uploads/2022-La-Mesa-City-Breakdown-1.pdf.

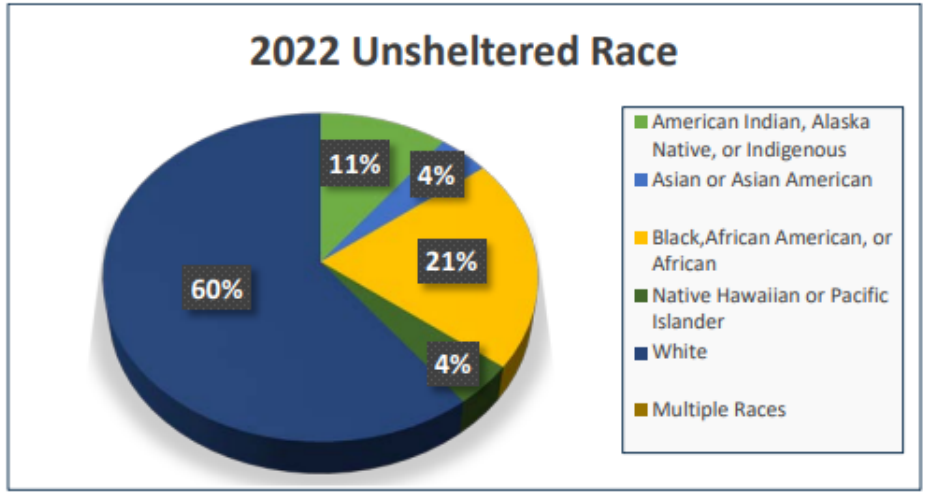
2022 POINT-IN-TIME DATA – CITY OF SANTEE

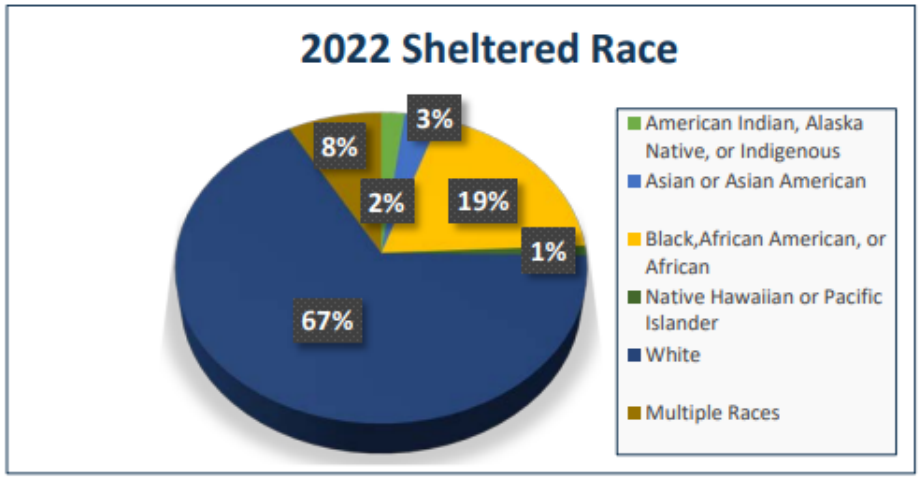
City of Santee			
Emergency Shelter	Safe Haven	Transitional Housing	Unsheltered
90	0	9	48
Total: 147			

Homeless Profile	% of Unsheltered Persons	# of Homeless Persons	% Sheltered Persons	# Sheltered Persons
Veteran	15%	7	4%	4
Female	17%	8	-	-
Families	0%	0	15%	15
Youth	23%	11	1%	1

Housing Inventory	Beds	Utilization
Emergency Shelter	92	98%
Safe Haven	-	-
Transitional Housing	9	100%
Permanent Supportive Housing	-	-
Rapid Re-Housing	62	100%
Other Permanent Housing	-	-

Unsheltered vs. Sheltered Race, City of Santee, 2022





Source: Regional Taskforce for the Homeless. WeAllCount: 2022 City of Santee. Available at: https://www.rtfhsd.org/wp-content/uploads/2022-City-of-Santee-City-Breakdown-1.pdf.

HOMELESSNESS

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY
PUBLIC HEALTH SERVICES

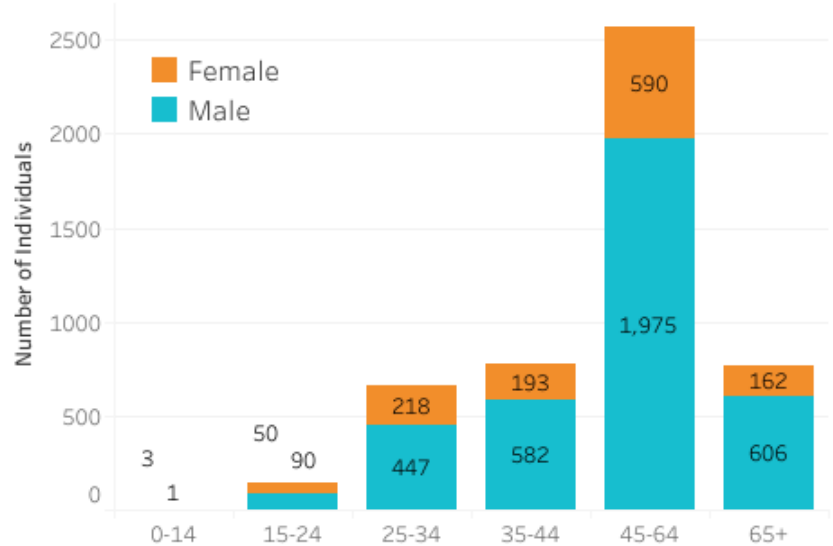
LIVE WELL SAN DIEGO

2020 Hospital Discharge Data for Persons Experiencing Homelessness

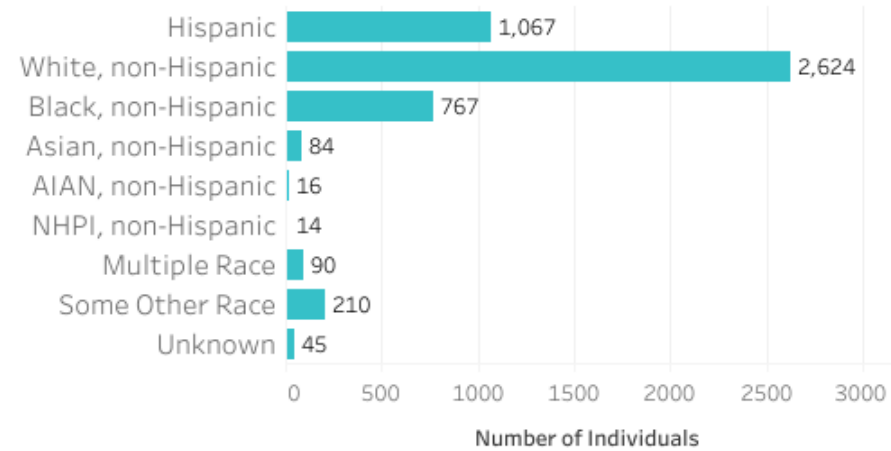
Number of Individuals Experiencing Homelessness Discharged from the Hospital	Total Number of Hospital Discharges Experiencing Homelessness	Average Number of Visits per Person
4,917	9,099	1.9

Median Age	Age Range
53	0 to 91 years old

Gender by Age



Race/Ethnicity



Preferred Language Spoken

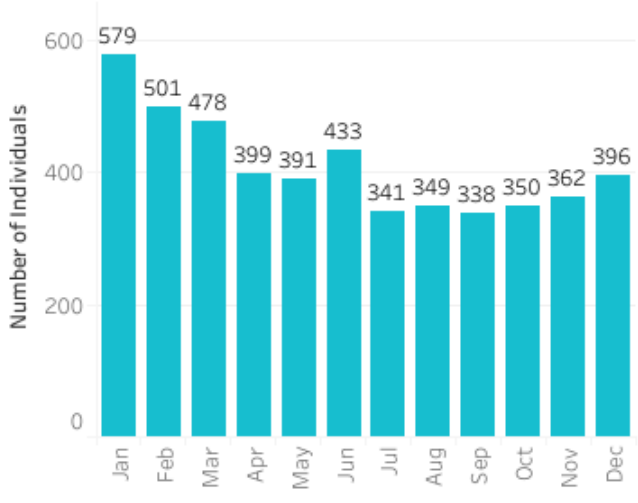
English	4,715
Spanish	187
Other	10
Unknown	4

Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. AIAN: American Indian/Alaska Native. NHPI: Native Hawaiian/Pacific Islander. Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2020. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2022.

2020 Hospital Discharge Data for Persons Experiencing Homelessness

Admittance Day of Week and Month

Sun	685
Mon	738
Tues	706
Wed	707
Thurs	692
Fri	700
Sat	689



Average Length of Stay: 7 days

Top 10 Primary Diagnoses

Septicemia	688
Skin and subcutaneous tissue infections	473
Alcohol-related disorders	226
Heart failure	216
Diabetes mellitus with complication	180
Poisoning by drugs, initial encounter	160
Traumatic brain injury (TBI); concussion, initial encounter	99
Fracture of the lower limb (except hip), initial encounter	98
Chronic obstructive pulmonary disease and bronchiectasis	83
Pneumonia (except that caused by tuberculosis)	78

Top 5 Facility Zipcodes

92103	2,489
91942	499
92123	405
92025	327
92056	233

Top 5 Expected Sources of Payment

Medi-Cal	3,454
Medicare	1,102
Self-Pay	146
Private Coverage	121
Other Government	81

Top 3 Patient Dispositions

Discharged to home or self care (routine discharge)	3,072
Discharged/transferred to skilled nursing facility (SNF) with Medicare certification in in anticipation of skilled care	813
Left against medical advice or discontinued care	421

Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2020. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2022.

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LIVE WELL SAN DIEGO

2020 Hospital Discharge Data for Persons Experiencing Homelessness

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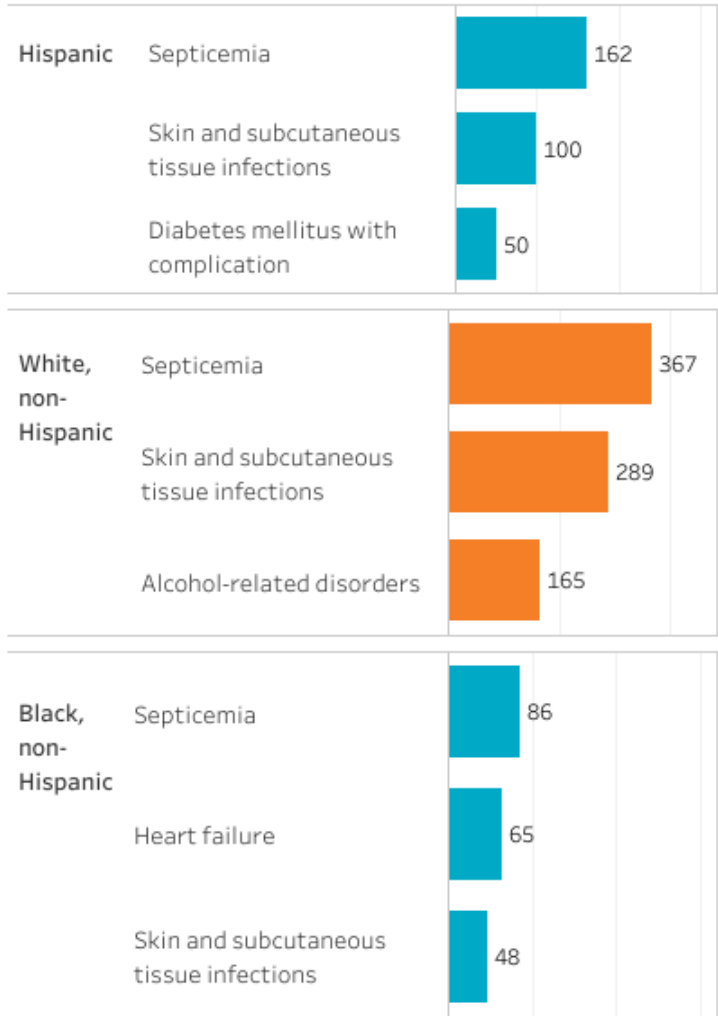
Pneumonia (except that caused by tuberculosis)	78

Top 10 Primary Diagnoses by Age Group**

	15-24	25-34	35-44	45-64	65+
Alcohol-related disorders		28	36	133	27
Chronic obstructive pulmonary disease and bronchiectasis				54	26
Diabetes mellitus with complication	8	12	31	102	27
Fracture of the lower limb (except hip), initial encounter	8	13	25	46	6
Heart failure			13	156	43
Pneumonia (except that caused by tuberculosis)		12	16	40	8
Poisoning by drugs, initial encounter	7	36	33	70	14
Septicemia	18	103	111	356	100
Skin and subcutaneous tissue infections	10	88	104	222	49
Traumatic brain injury (TBI); concussion, initial encounter	5	17	15	49	13

Top 3 Primary Diagnoses for 3 Most Common Race/Ethnicities*



Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. *Hispanic, Non-Hispanic White, and Non-Hispanic Black make up 91% of homeless individuals who presented to the emergency department (ED) in 2020. **Counts less than 5 were surpressed. Ages 0-14 had no top 10 diagnoses greater than 5. Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2020. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2022.

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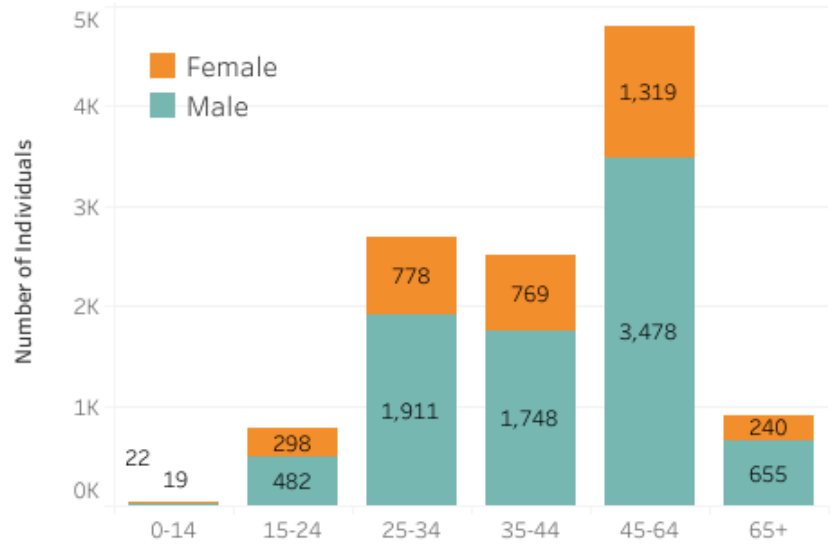
LIVE WELL SAN DIEGO

2020 Emergency Department Data for Persons Experiencing Homelessness

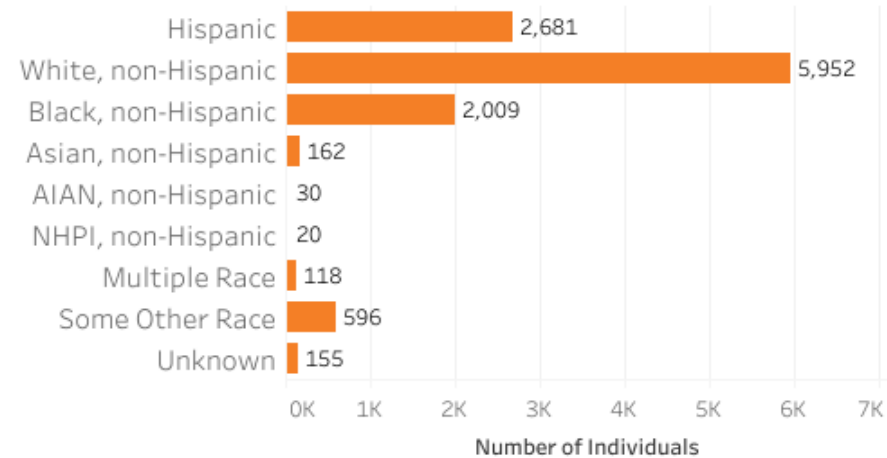
Number of Individuals Experiencing Homelessness Discharged from the ED	Total Number of ED Discharges Experiencing Homelessness	Average Number of Visits per Person
11,723	39,431	3.4

Median Age	Age Range
44	0 to 95 years old

Gender by Age*



Race/Ethnicity



Preferred Language Spoken

English	11,336
Spanish	321
Other	39
Unknown	25

Footnote: Additional discharges of the same individual were removed from the total. AIAN: American Indian/Alaska Native. NHPI: Native Hawaiian/Pacific Islander.
*Individuals with unknown gender or age are not included in count of gender by age.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2020. ..

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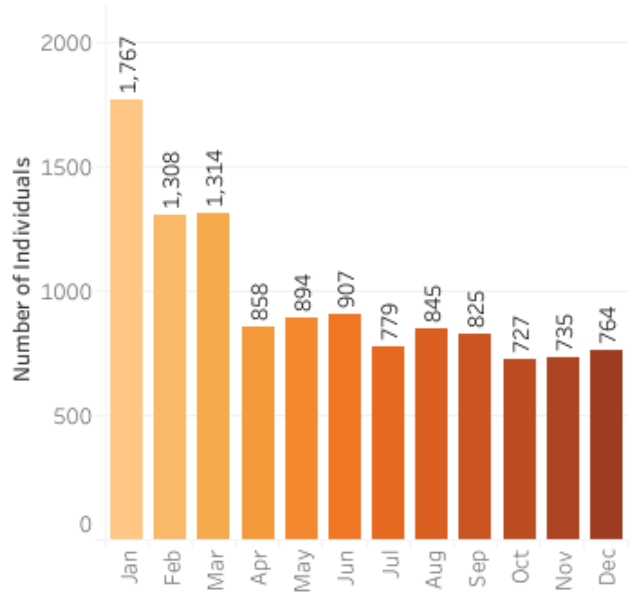
LIVE WELL SAN DIEGO

2020 Emergency Department Data for Persons Experiencing Homelessness

Service Day of Week and Month

Sun	1,515
Mon	1,674
Tues	1,673
Wed	1,767
Thur	1,761
Fri	1,682
Sat	1,651



Top 10 Primary Diagnosis Groups

Skin and subcutaneous tissue infections	802
Alcohol-related disorders	528
Suicidal ideation/attempt/intentional self-harm	527
Schizophrenia spectrum and other psychotic disorders	522
Musculoskeletal pain, not low back pain	440
Abdominal pain and other digestive/abdomen signs and symptoms	385
Superficial injury; contusion, initial encounter	382
Nonspecific chest pain	328
Stimulant-related disorders	285
Respiratory signs and symptoms	262

Top 5 Facility Zipcodes

92103	5,978
91942	1,619
92123	984
92025	773
92056	531

Top 5 Expected Sources of Payment

Medicaid (Medi-Cal)	8,087
Self Pay	1,208
Medicare Part B	1,208
Health Maintenance Organization (HMO)..	582
Health Maintenance Organization	159

Top 3 Patient Dispositions

Discharged to home or self care (routine discharge)	10,333
Left against medical advice or discontinued care	461
Discharged/Transferred to a psychiatric hospital or psychiatric distinctpart unit of a hospital	408

Footnote: Additional discharges of the same individual were removed from the total.

Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2020.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2022.

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LIVE WELL SAN DIEGO

2020 Emergency Department Data for Persons Experiencing Homelessness

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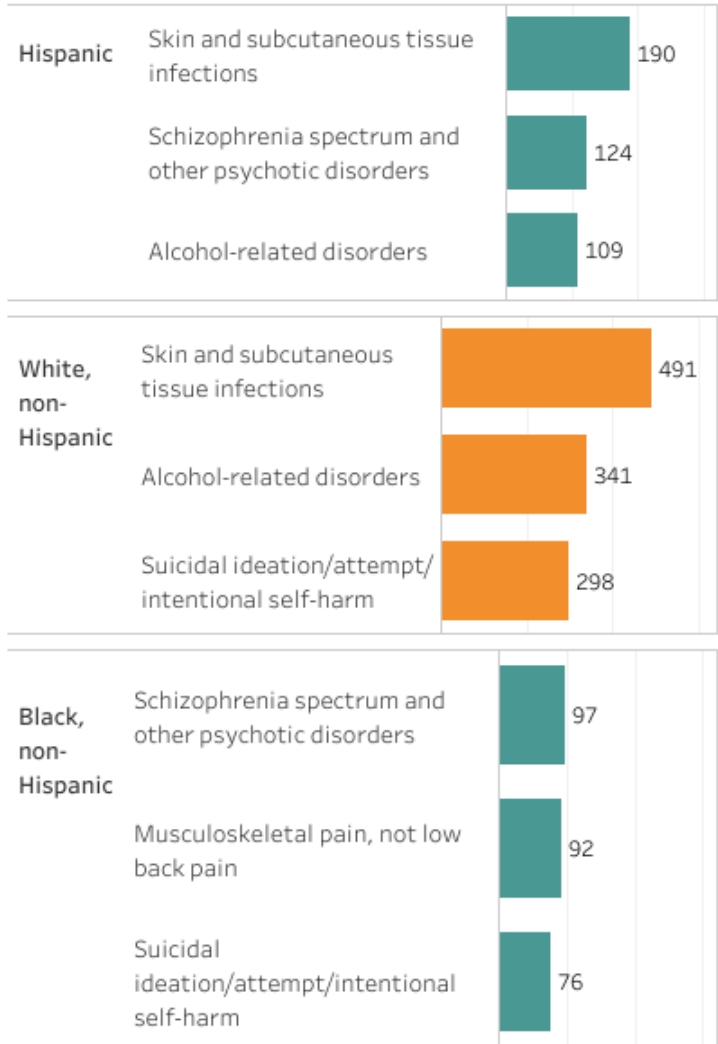
Respiratory signs and symptoms	262

Top 10 Primary Diagnosis Groups by Age Group**

	15-24	25-34	35-44	45-64	65+
Abdominal pain and other digestive/abdomen signs..	22	81	92	160	28
Alcohol-related disorders	8	91	101	279	48
Musculoskeletal pain, not low back pain	13	83	79	218	47
Nonspecific chest pain	12	50	58	174	33
Respiratory signs and symptoms	5	38	48	143	27
Schizophrenia spectrum and other psychotic disord..	45	164	144	154	15
Skin and subcutaneous tissue infections	39	220	214	301	27
Stimulant-related disorders	24	109	73	72	6
Suicidal ideation/attempt/intentional self-harm	60	149	126	179	13
Superficial injury; contusion, initial encounter	28	101	69	143	40

Top 3 Primary Diagnosis Groups for 3 Most Common Race/Ethnicities*



Footnote: Additional discharges of the same individual were removed from the total. *Hispanic, Non-Hispanic White, and Non-Hispanic Black make up 91% of homeless individuals who presented to the emergency department (ED) in 2020. **Counts less than 5 were surpressed. Ages 0-14 had no top 10 diagnoses greater than 5. Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2020. Prepared by: Count..

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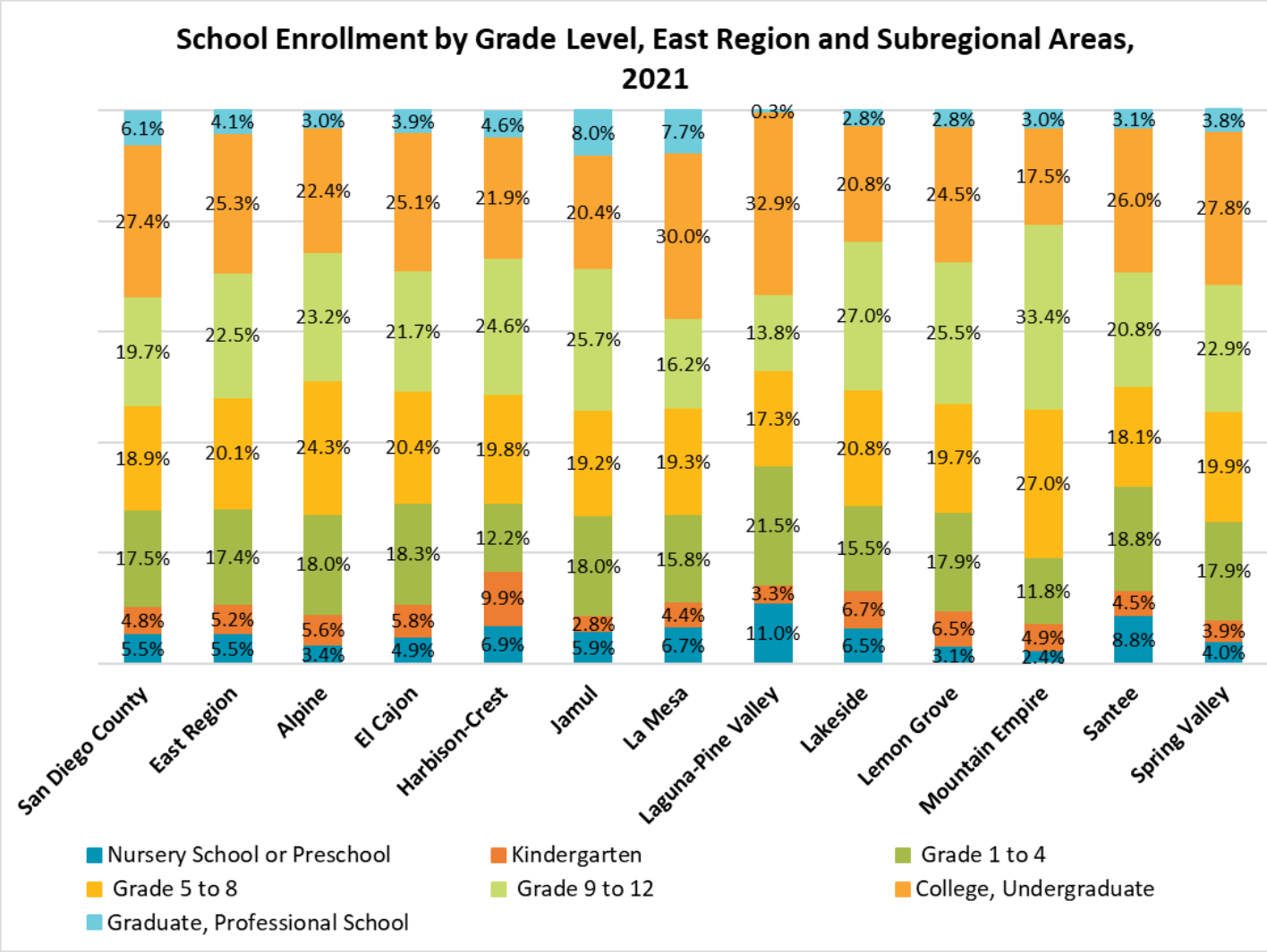
YOUTH

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY
PUBLIC HEALTH SERVICES

LIVE WELL SAN DIEGO

ACCREDITED HEALTH DEPARTMENT
PHAB
Advancing public health performance
PUBLIC HEALTH ACCREDITATION BOARD

SCHOOL ENROLLMENT BY GRADE LEVEL



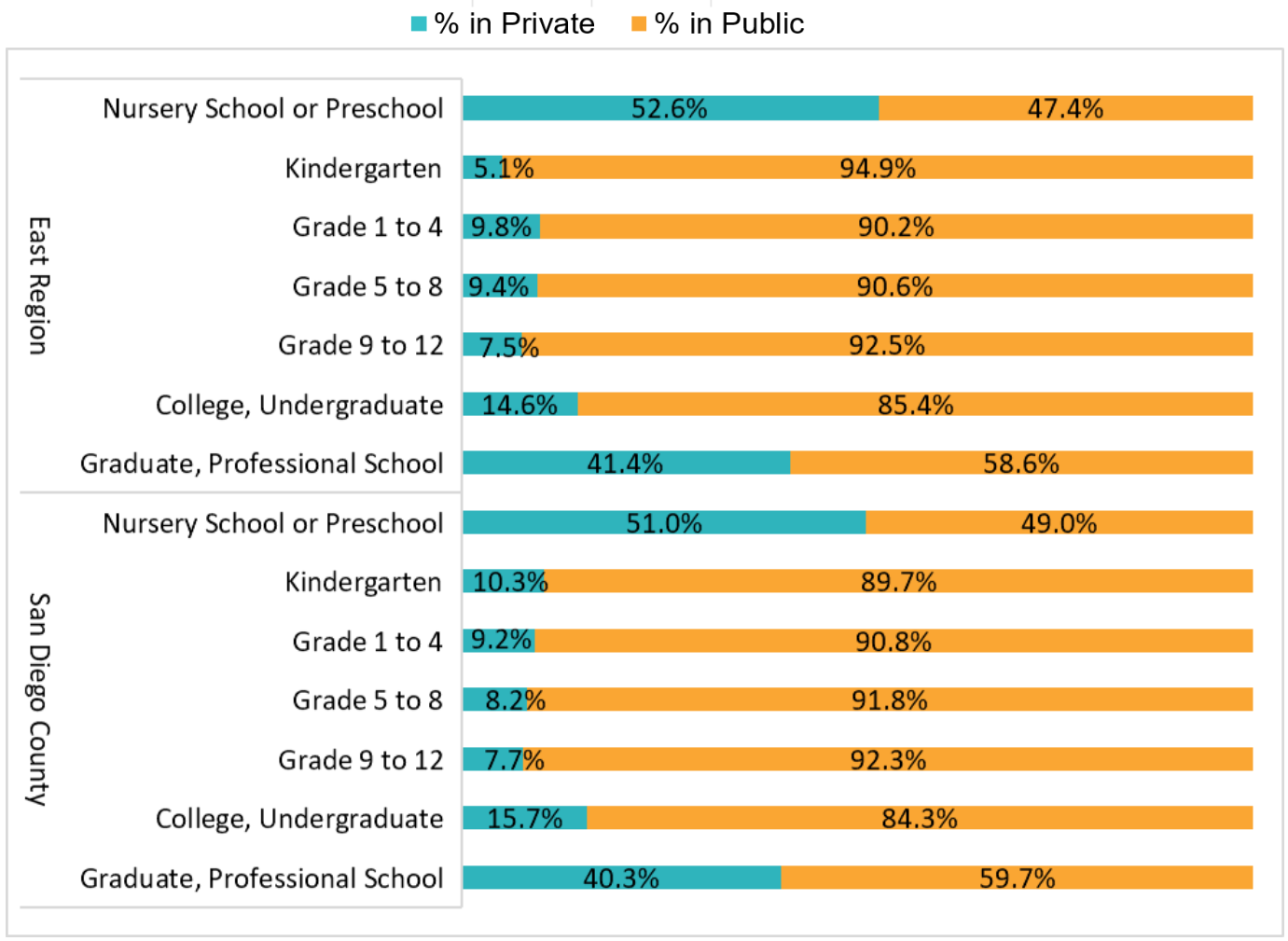
Number of Residents Aged 3+ Years Enrolled in School, East Region and Subregional Areas, 2021

Geography	Number
East Region	**129,804**
Alpine	3,816
El Cajon	37,167
Harbison-Crest	3,262
Jamul	5,302
La Mesa	14,600
Laguna-Pine Valley	1,344
Lakeside	15,583
Lemon Grove	8,601
Mountain Empire	2,060
Santee	13,661
Spring Valley	24,408
San Diego County	**845,160**

Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table S1401.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

SCHOOL ENROLLMENT BY TYPE

School Enrollment by Type of School, East Region, San Diego County, 2021

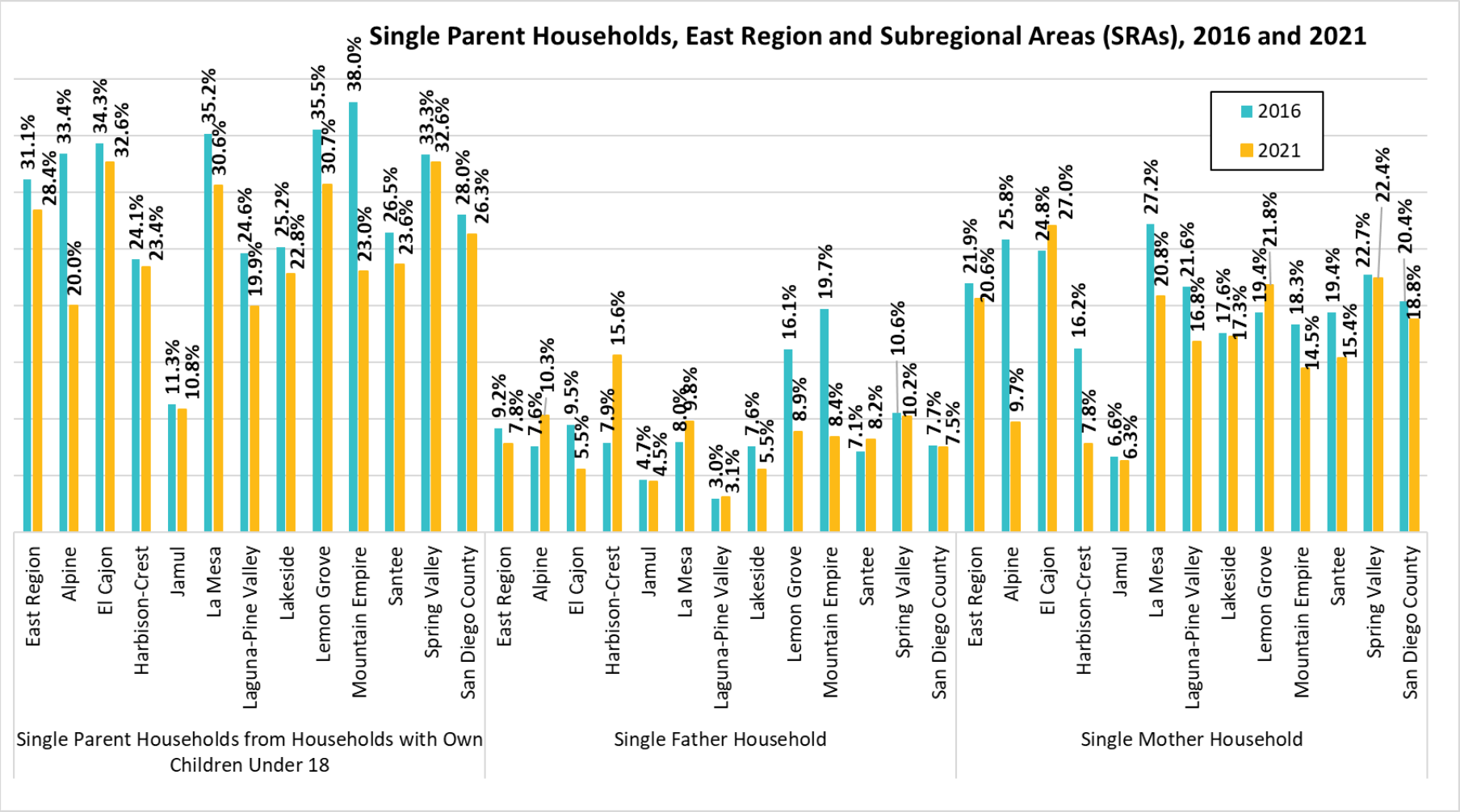


In 2021, the majority of East Region students were enrolled in public school in all grade levels, **except for nursery school and preschool students**.

Most **kindergarten and grade school students** in East Region attended public schools in 2021.

Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B14002.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

HOUSEHOLD TYPE



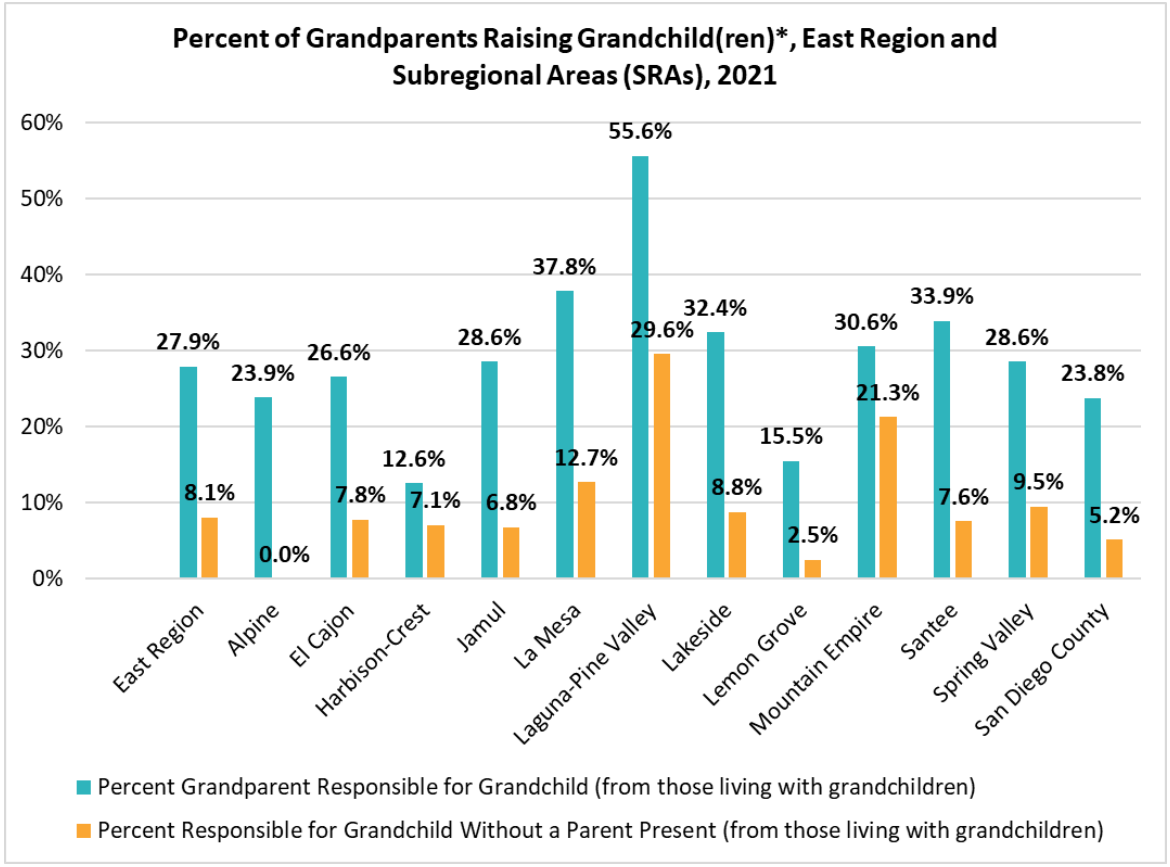
Among East Region SRAs, **El Cajon and Spring Valley** had the highest proportion of single parent households in 2021.

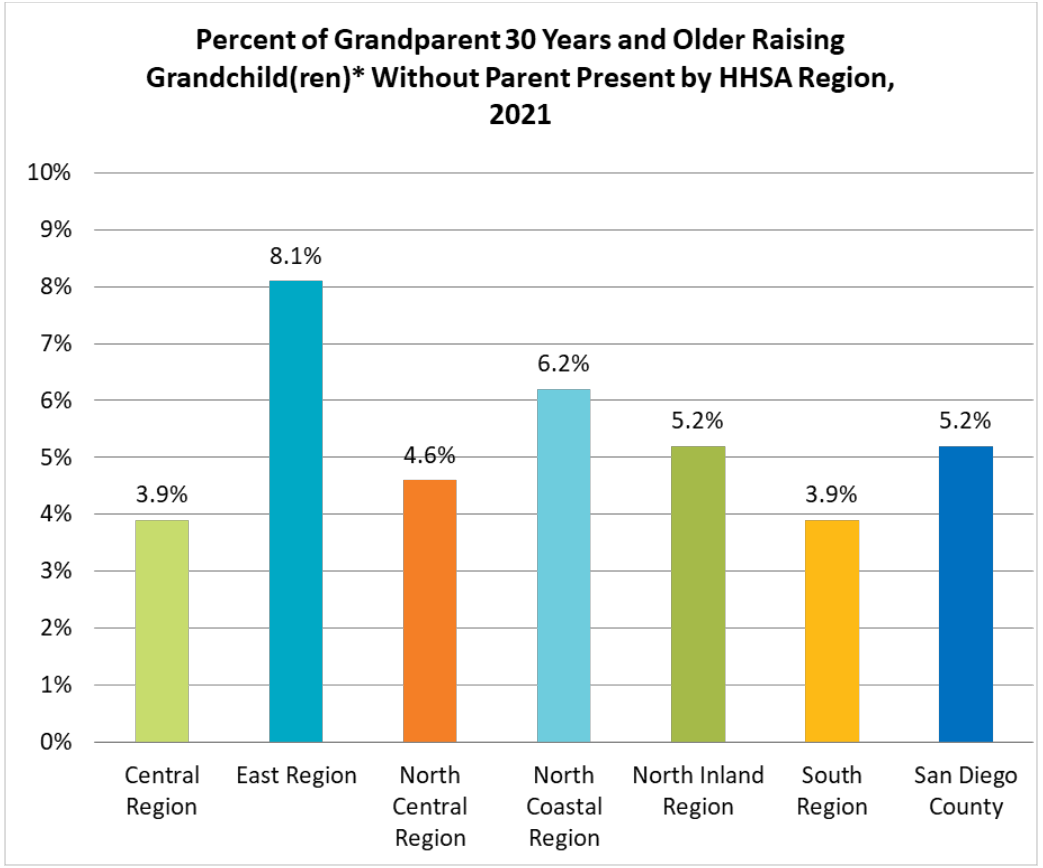
In 2021, **Harbison-Crest SRA** had the highest proportion of single father households.

In 2021, **El Cajon SRA** had the highest proportion of single mother households.

The percentages are of households with children under 18 years of age, not out of all housing units.
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table S1101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

GRANDPARENTS RAISING GRANDCHILDREN





- In 2021, East Region had the highest percent of grandparents raising grandchildren without a parent present compared to other regions and San Diego County overall.
- Laguna-Pine Valley SRA had the highest percent of grandparents raising grandchildren, with and without a parent present.

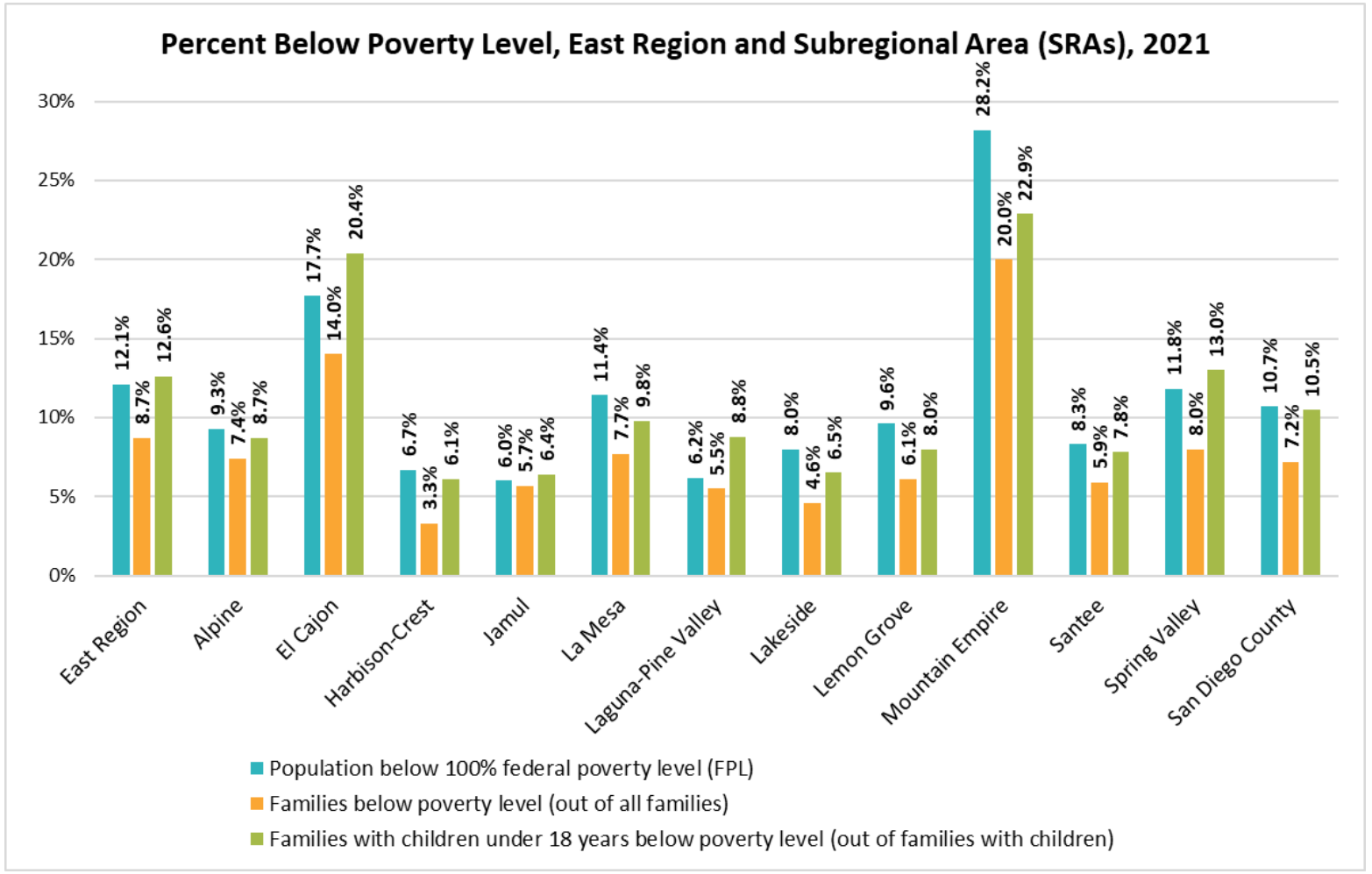
*Grandparent raising own grandchildren under 18 years in households out of households with grandparents living with grandparents.
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B10051.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

FAMILY POVERTY

In East Region, **12.6%** of families with children under 18 were living below the Federal Poverty Level (FPL) in 2021.

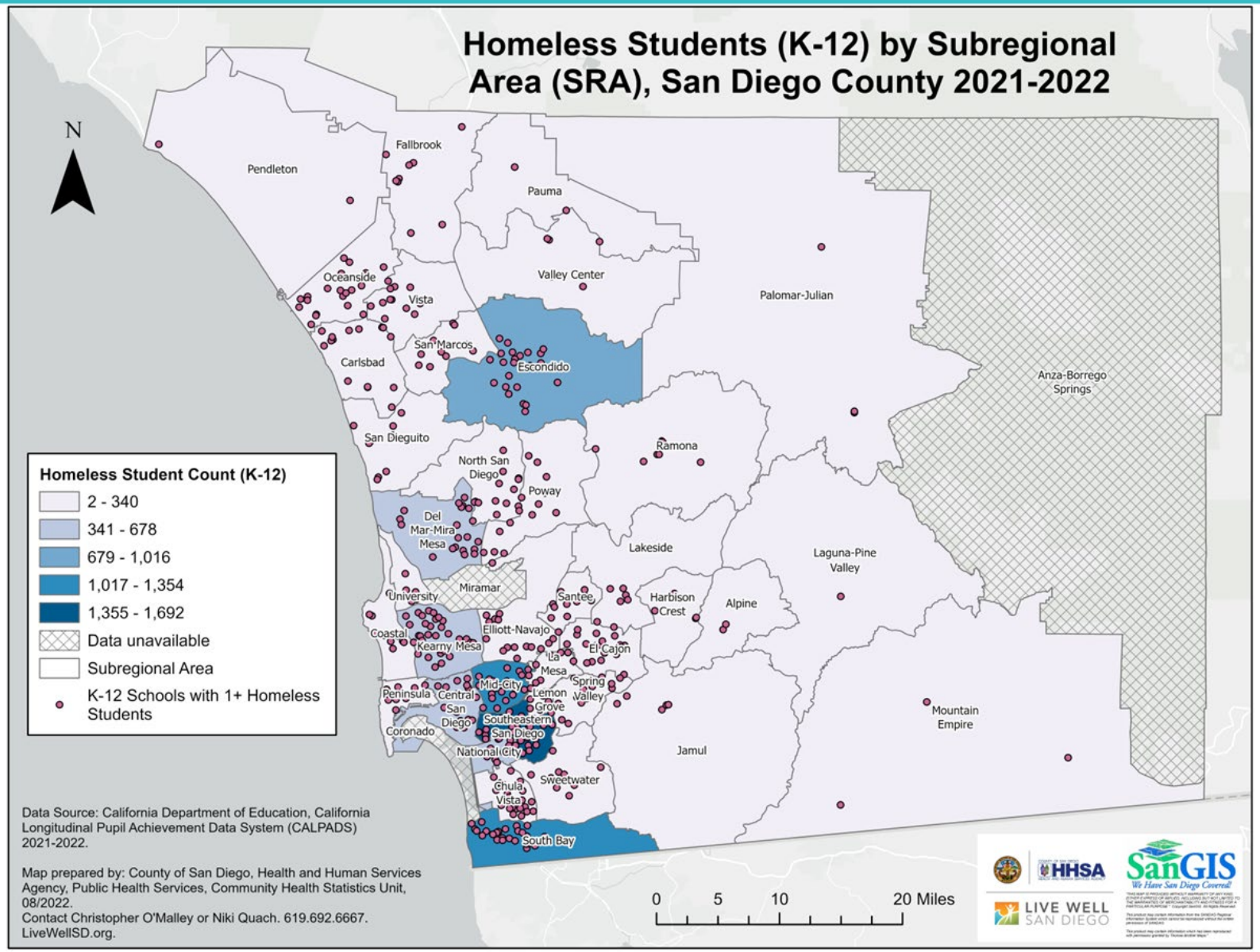
Among East Region SRAs, **Mountain Empire** had the greatest proportion of families with children under 18 living below the FPL (22.9%) in 2021.

In 2021, **Mountain Empire SRA** also had the highest proportion of population living below the FPL (28.2%) and proportion of families living below FPL (20.0%).

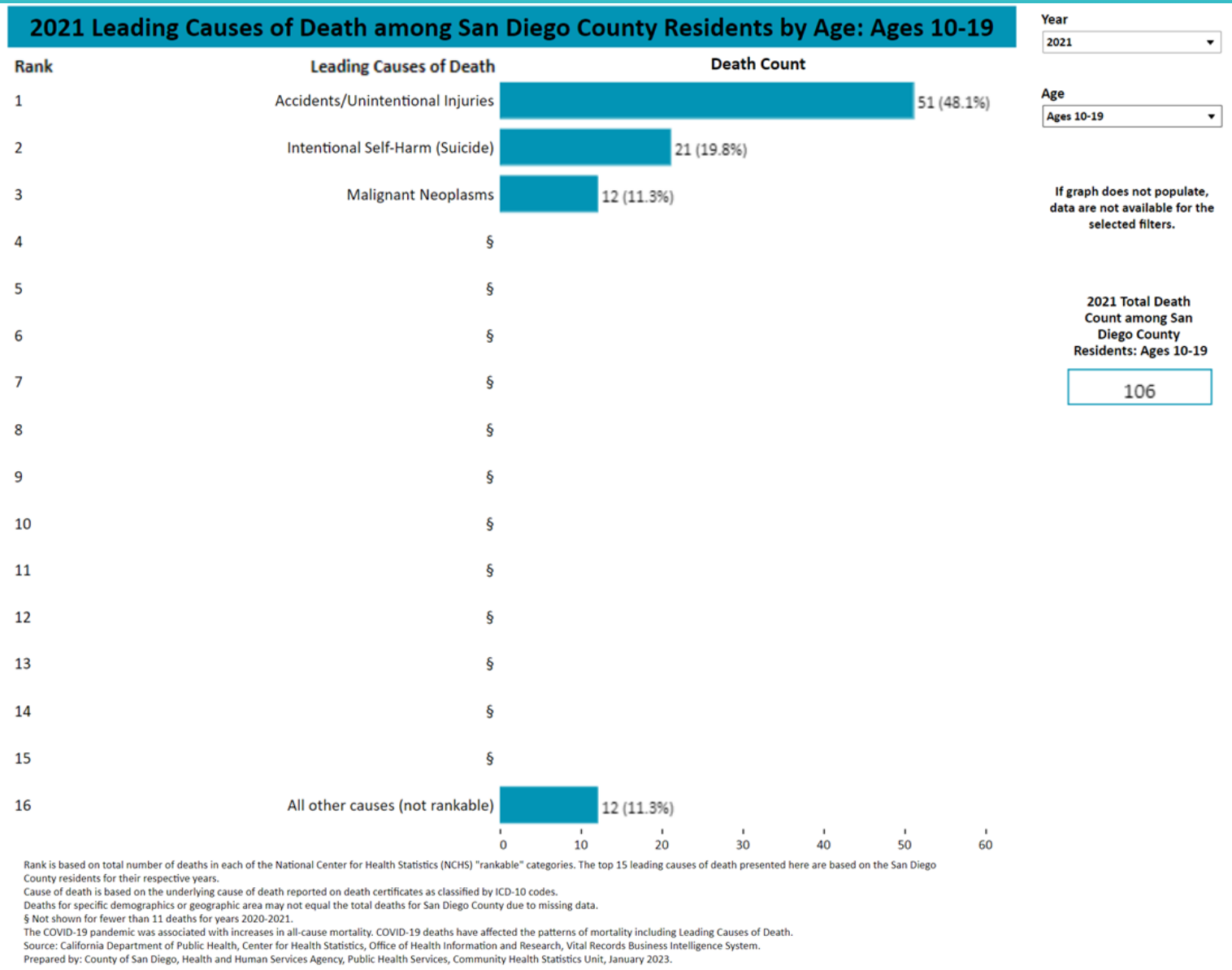


Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B17010.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

HOMELESS YOUTH



LEADING CAUSES OF DEATH – YOUTH

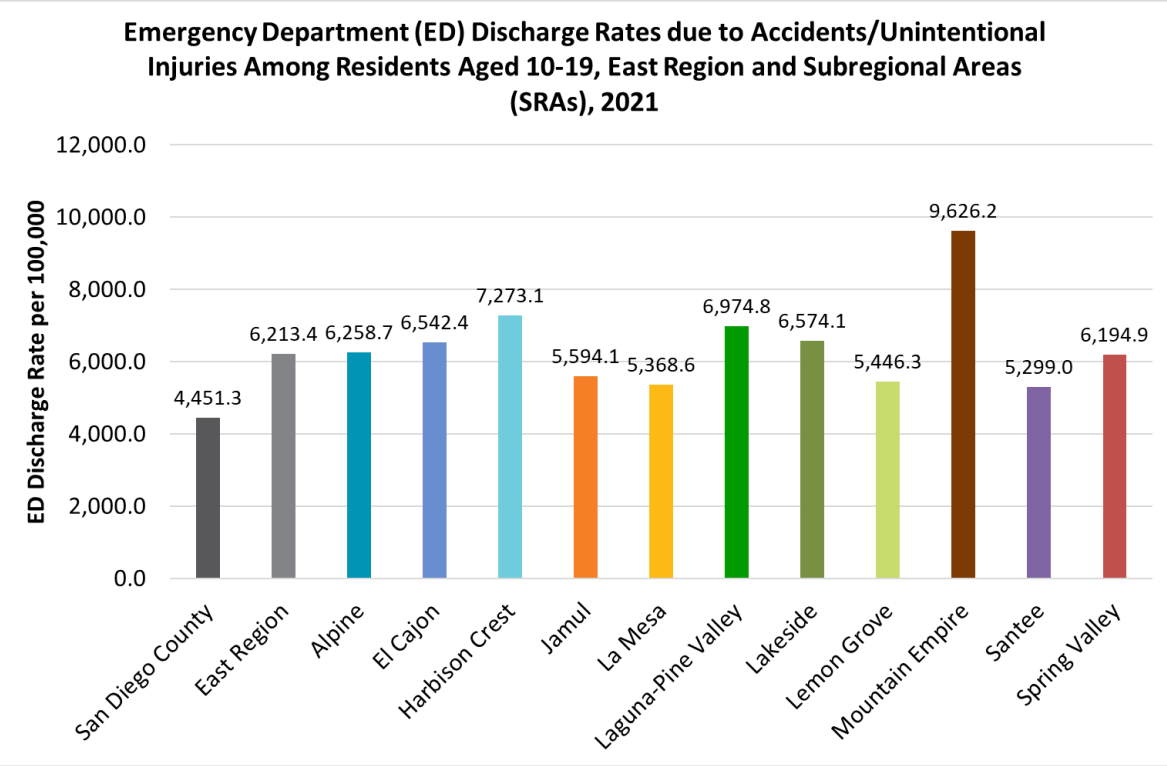


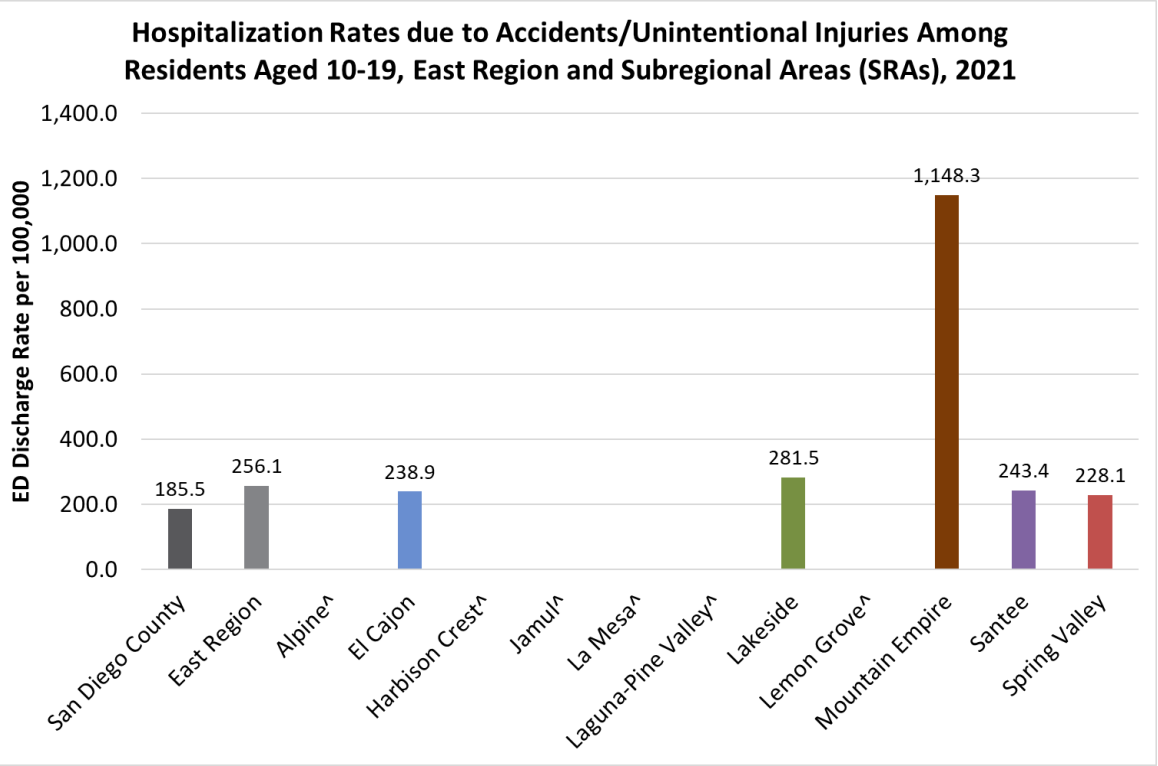
In 2021, the leading causes of death among residents aged 10-19 in San Diego County were:

- Accidents/Unintentional Injury
- Intentional self-harm/suicide
- Malignant neoplasms (cancer)

MEDICAL ENCOUNTERS - YOUTH

Accidents/Unintentional Injuries





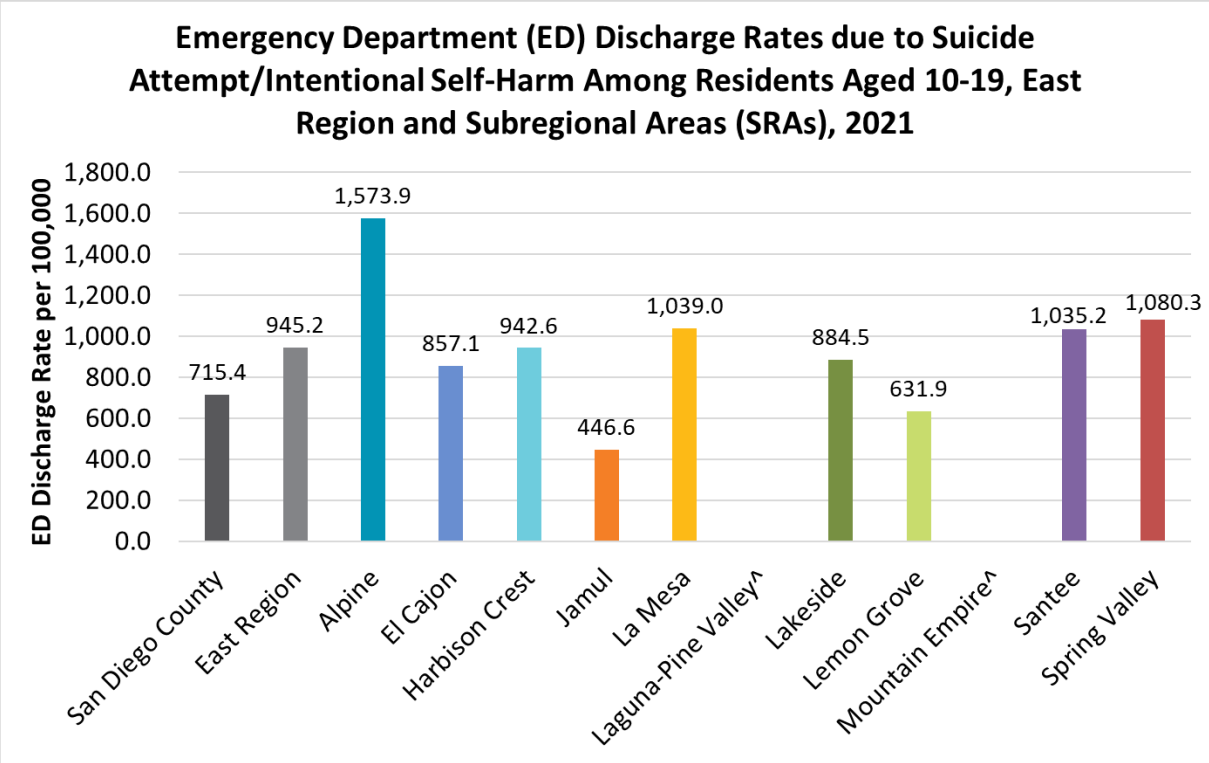
Among East Region SRAS, **Mountain Empire** had the highest ED discharge rate due to accidents/unintentional injuries among residents aged 10-19 in 2021.

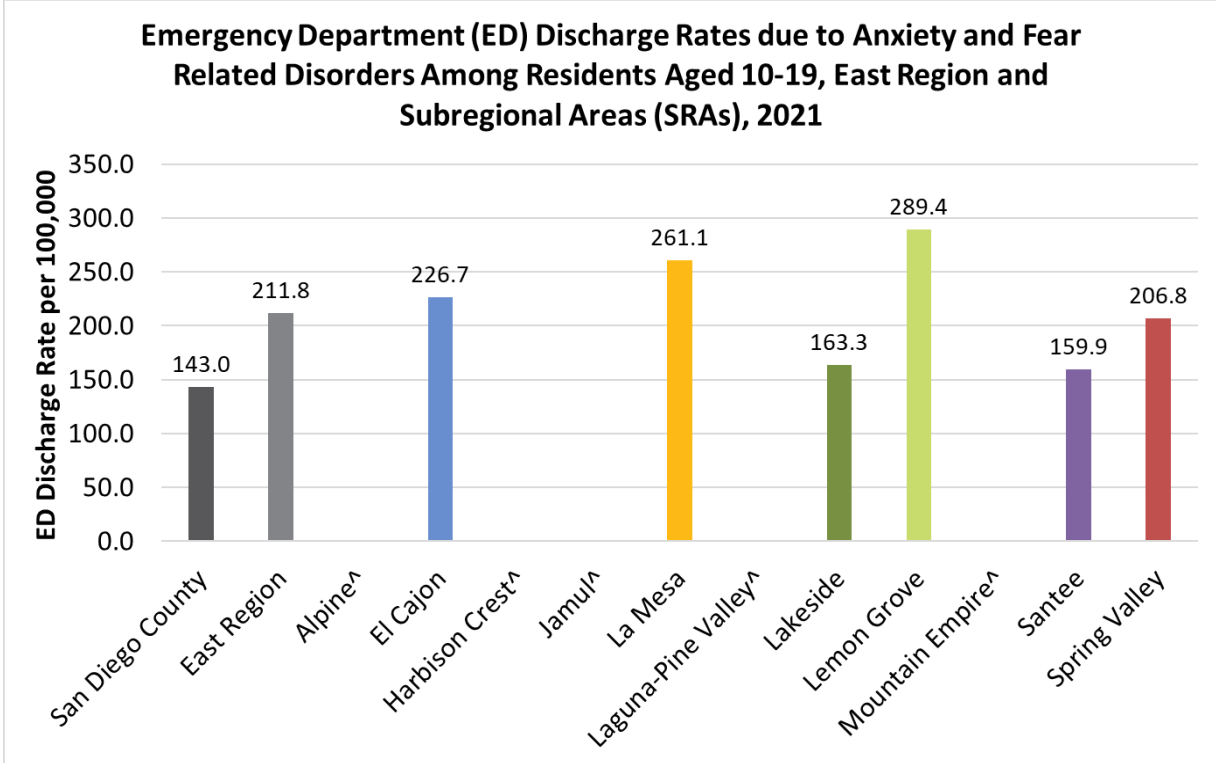
Mountain Empire SRA had the highest hospitalization rate due to accidents/unintentional injuries among residents aged 10-19 in 2021.

^Rates not calculated for fewer than 11 events.
Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2021. San Diego Association of Governments (SANDAG) Population estimates, 2021. 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

MEDICAL ENCOUNTERS - YOUTH

Mental and Behavioral Health





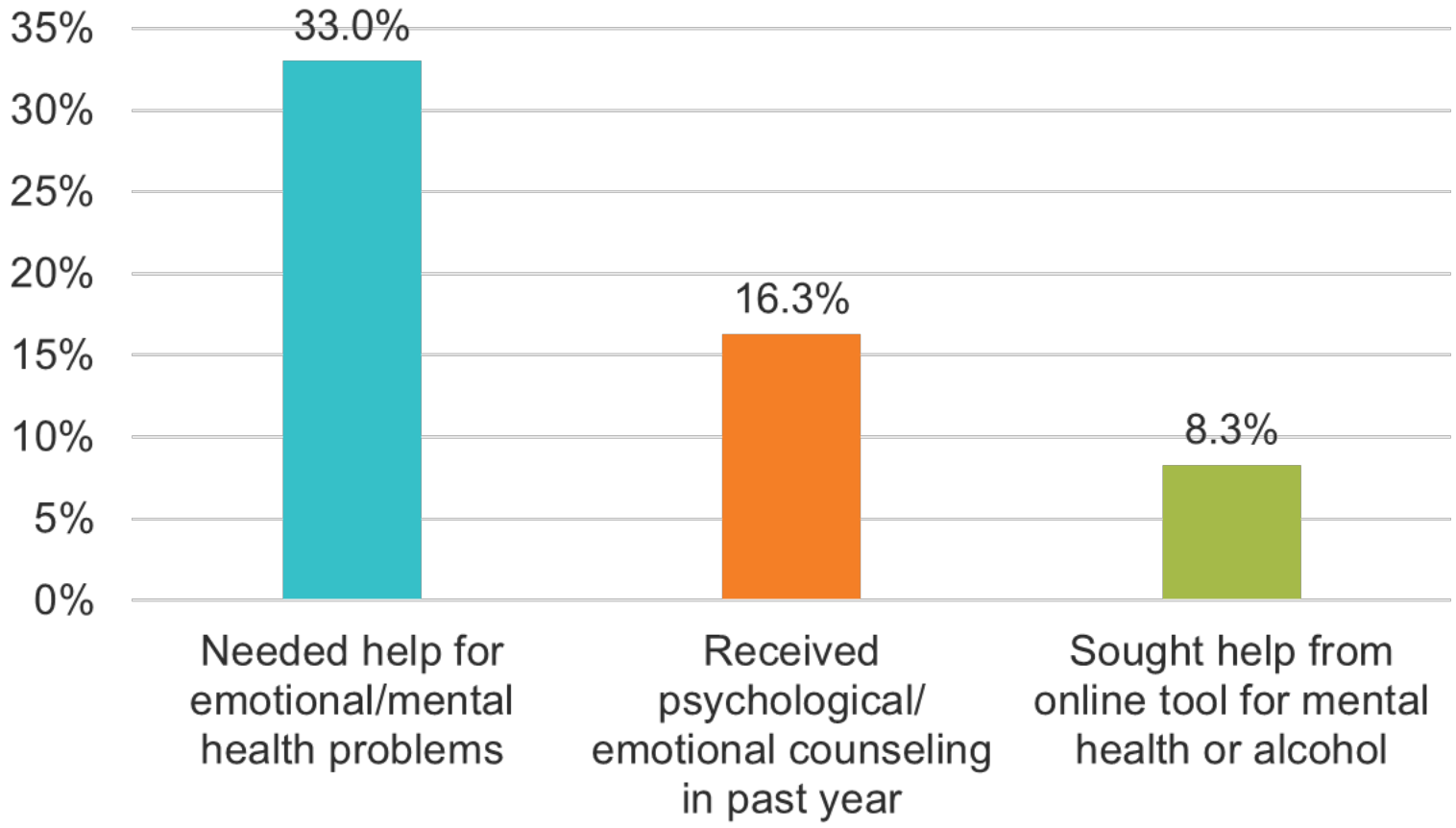
Among East Region SRAS, **Alpine** had the highest ED discharge rate due to suicide attempt/intentional self-harm among residents aged 10-19 in 2021.

Lemon Grove SRA had the highest ED discharge rate due to anxiety and fear related disorders among residents aged 10-19 in 2021.

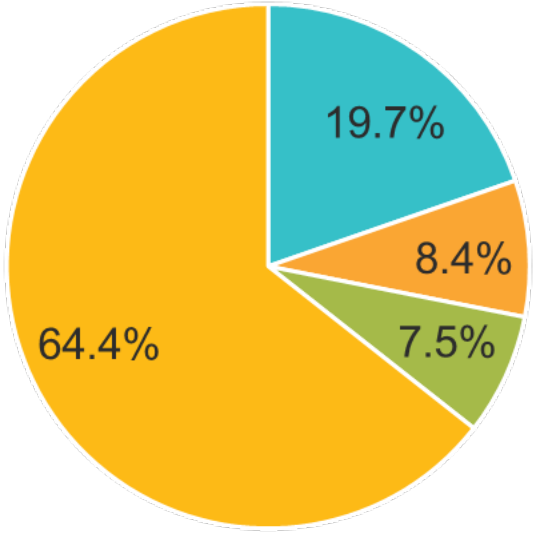
^Rates not calculated for fewer than 11 events.
Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2021. San Diego Association of Governments (SANDAG) Population estimates, 2021. 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

MENTAL HEALTH - TEENS

Mental Health Survey Responses, Teens ages 12-17, San Diego County, 2020-2021



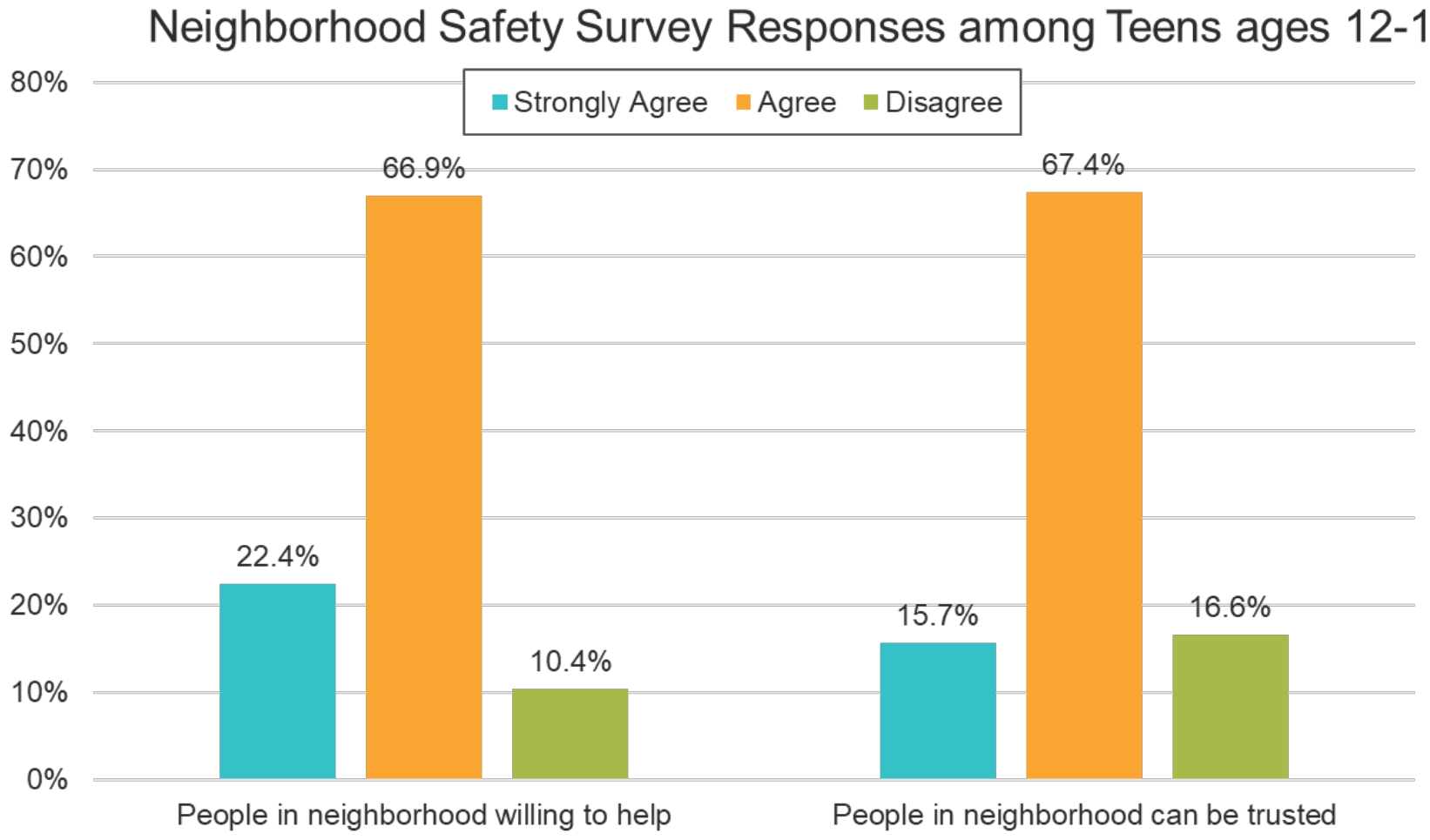
Main reasons for not getting help online, Teens* ages 12-17, San Diego County, 2020-2021

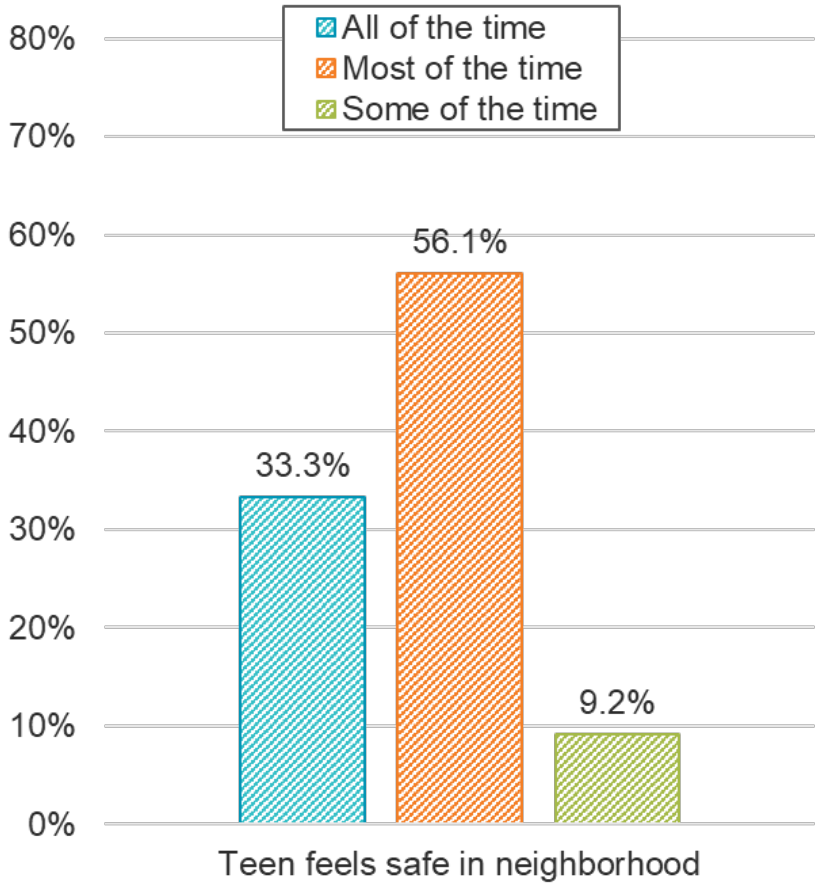


*Asked of adolescents who felt they might need to see professional for mental health in past year and did not seek help from online tool.

Source: UCLA Center for Health Policy Research. 2020-2021 California Health Interview Survey. http://www.ask.chis.ucla.edu. Accessed April 10, 2023.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

NEIGHBORHOOD SAFETY - TEENS

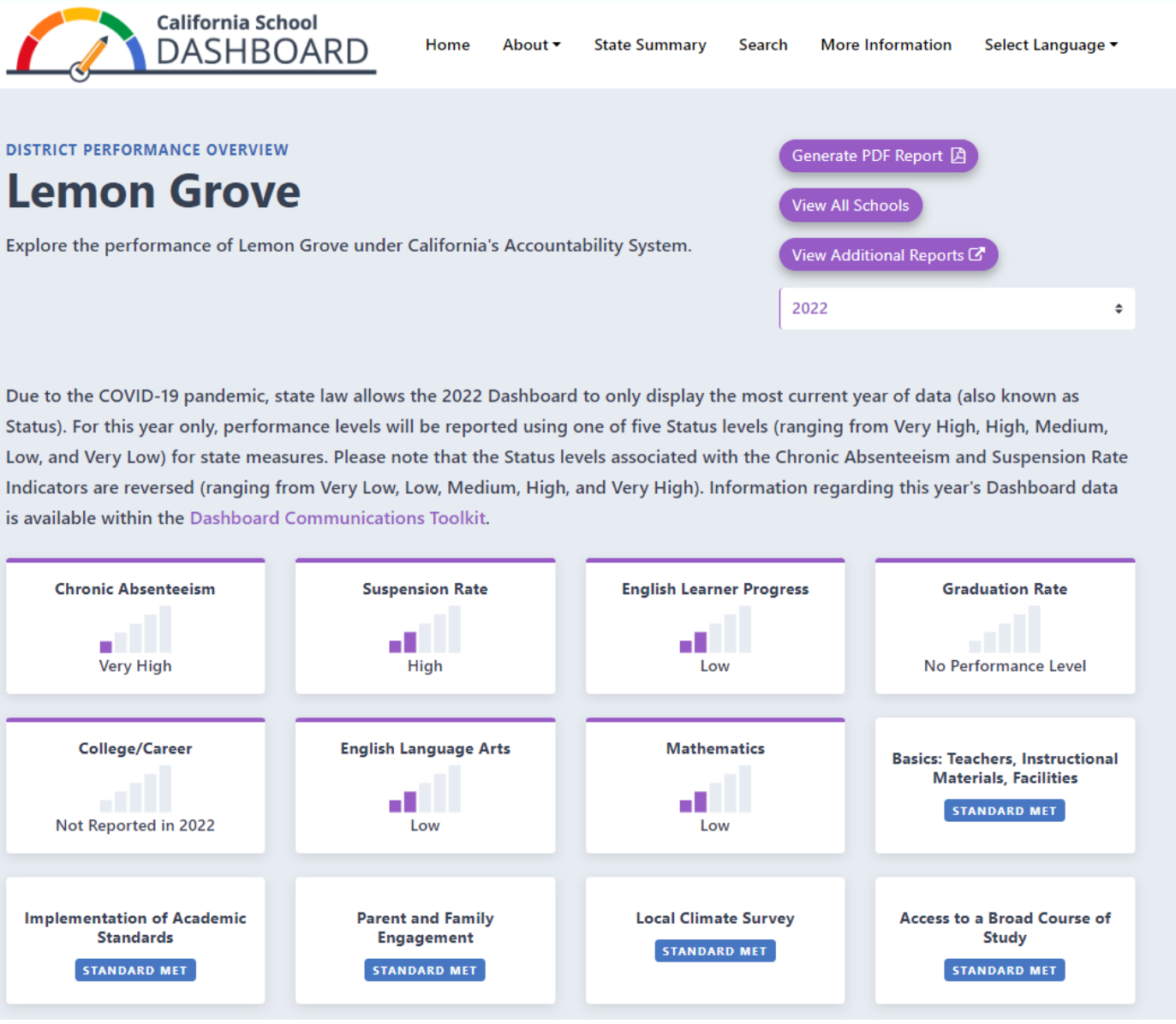




Source: UCLA Center for Health Policy Research. 2020-2021 California Health Interview Survey. http://www.ask.chis.ucla.edu. Accessed April 10, 2023.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

CALIFORNIA SCHOOL DASHBOARDS

- Compares school districts or individual school performance to state measures
- Available for school districts in East Region (Santee School District, Lakeside Union School District, Lemon Grove School District, and more) as a whole, or individual schools
- Tracks metrics such as graduation rate, chronic absenteeism, suspension rate, and academic performance
- https://www.caschooldashboard.org/



Self-Sufficiency Standard* for San Diego County, 2021^

The self-sufficiency standard measures how much income is needed for a household of a certain composition to adequately meet their basic needs without public or private assistance.

This interactive tool helps to visualize the minimum wage required for self-sufficiency based on the average amount spent on basic necessities in each Health and Human Services Agency (HHSA) Region, subregional area (SRA), and San Diego County overall.*

Select household type to explore the differences in the income required to be economically self-sufficient:

- ○ Single-Adult Household
- ○ Household with 2 Adults
- ○ Single-Parent Household with 2 Children (1 Preschool-Age, 1 School-Age)
- ◉ Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age)

Select San Diego County/HHSA Region and subregional area (SRA) to explore the differences by geography:

San Diego County and HHSA Regions	Subregional Area (SRA)
East Region	Alpine

Self-Sufficiency* Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), 2021

The average minimum income required to be economically self-sufficient without public or private assistance (based on each adult working 40 hours per week).

	East Region	Alpine SRA
Hourly (per adult)	$18.79	$21.04
Monthly	$6,512.92	$7,295.32
Annual	$78,155.00	$87,543.89

Monthly Contribution to Emergency Savings Fund

East Region	Alpine SRA
$120.77	$146.95

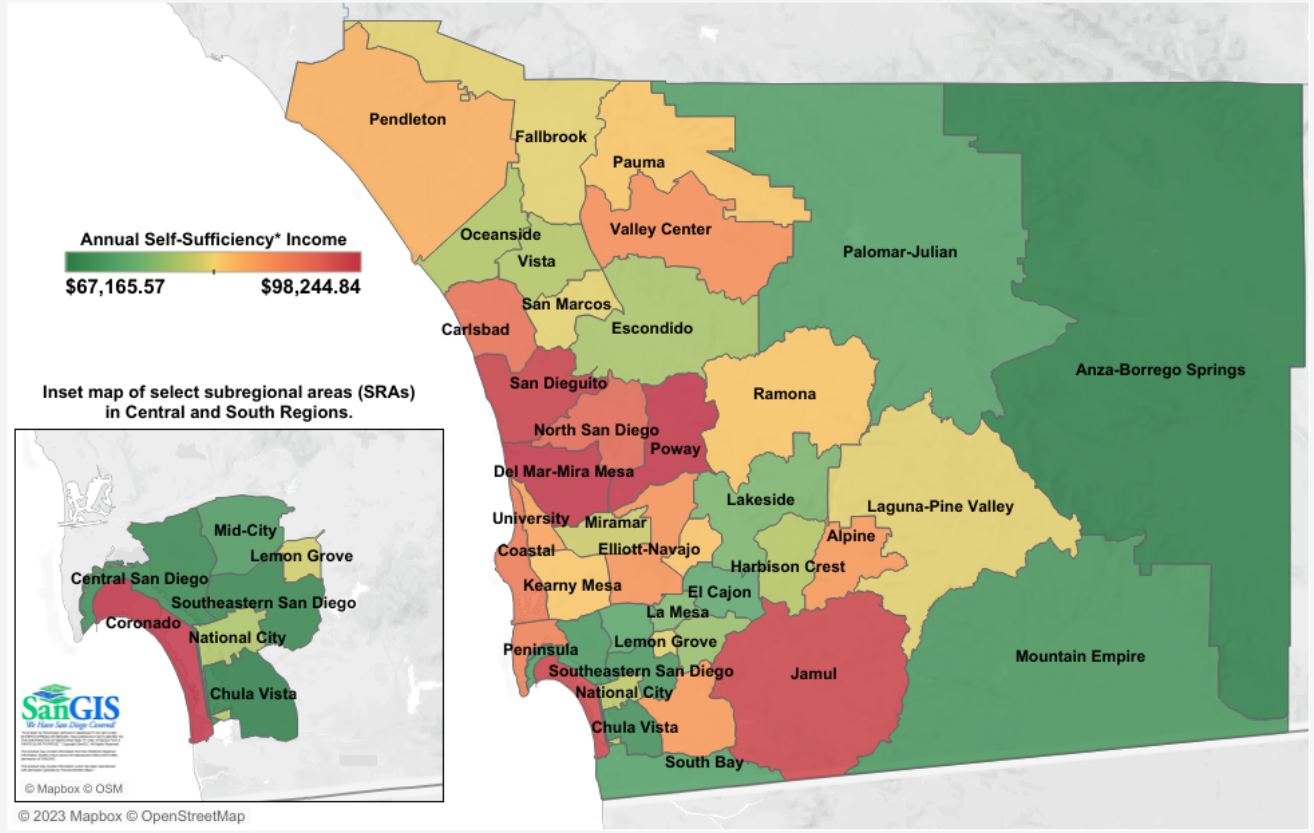
Annual Self-Sufficiency* Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), Alpine SRA, 2021

Monthly Expenses for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), 2021

The average amount spent per month by expense type to meet basic necessities without public or private assistance.

	East Region	Alpine SRA
Housing	$1,734.04	$2,371.67
Transportation	$1,219.60	$1,416.58
Childcare	$1,259.55	$963.75
Food	$926.00	$926.00
Healthcare	$528.03	$649.02
Taxes	$686.70	$763.81
Miscellaneous	$566.72	$632.70
Child Care Tax Credit	($48.17)	($47.81)
Child Tax Credit	($173.07)	($206.03)
Earned Income Tax Credit	($186.47)	($174.37)

Annual Self-Sufficiency* Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age) by Subregional Area (SRA), San Diego County, 2021 *(Hover the cursor over the SRAs in the map to view interpretation)*



*The Self-Sufficiency Standard measures how much income is needed for a household of a certain composition to adequately meet their basic needs without public or private assistance. (http://www.selfsufficiencystandard.org/). ^Estimates based on the most recent data available. See the San Diego County Self-Sufficiency Standard Brief on www.SDHealthStatistics.com for detailed information on methodology.

Sources

Household with 2 adult, 2 children; Single parent household with 2 children: The Family Needs Calculator for California 2021. Center for Women's Welfare and the Insight Center for Community Economic Development. https://insightcced.org/family-needs-calculator/. Health care expenditure: 2021 Community Analyst ESRI Medical Expenditures. Average amount spent on health care. Accessed October 2021. California 2019 CHIP (Children's Health Insurance Program) Fact Sheet. Housing: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table B25105. U.S. Department of Housing and Urban Development, 2021 Fair Market Rents (40th Percentile Rents), HUD's Office of Policy Development and Research (PD&R), https://www.huduser.gov/portal/datasets/fmr.html#2021_query. Child care cost: The YMCA of San Diego County. 2021 Average cost of child care in San Diego by zip code. https://www.ymcasd.org/community-support/childcare-resource-service/family-resources/choosing-child-care/cost-child-care. Accessed November 2021. Transportation cost: The Housing and Transportation Affordability Index, The Center for Neighborhood Technology (CNT). https://htaindex.cnt.org/. Accessed November 2021. Tax data: Internal Revenue Service. Individual Income Tax Statistics—2019 ZIP Code Data (SOI). https://www.irs.gov/statistics/soi-tax-stats-individual-income-tax-statistics-2019-zip-code-data-soi. Accessed October 2021.

Single adult household; Household with 2 adults: The Family Needs Calculator for California 2021. Center for Women's Welfare and the Insight Center for Community Economic Development. https://insightcced.org/family-needs-calculator/. Health care expenditure: 2021 Covered California Data, 2021 Products by Zip Code. https://hbex.coveredca.com/data-research/. 2015-2019 American Community Survey 5-Year Estimates, Table S0101. Average annual dollars spent out of pocket per person on medical care in 2019, PolicyMap and Quantitative Innovations. Accessed December 2021. Housing: U.S. Department of Housing and Urban Development, 2021 Fair Market Rents (40th Percentile Rents), HUD's Office of Policy Development and Research (PD&R), https://www.huduser.gov/portal/datasets/fmr.html#2021_query. Accessed December 2021.Transportation cost: The Housing and Transportation Affordability Index, The Center for Neighborhood Technology (CNT). https://htaindex.cnt.org/. Accessed November 2021. 2015-2019 American Community Survey 5-Year Estimates, Table B19215.

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

COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

MENTAL AND BEHAVIORAL HEALTH

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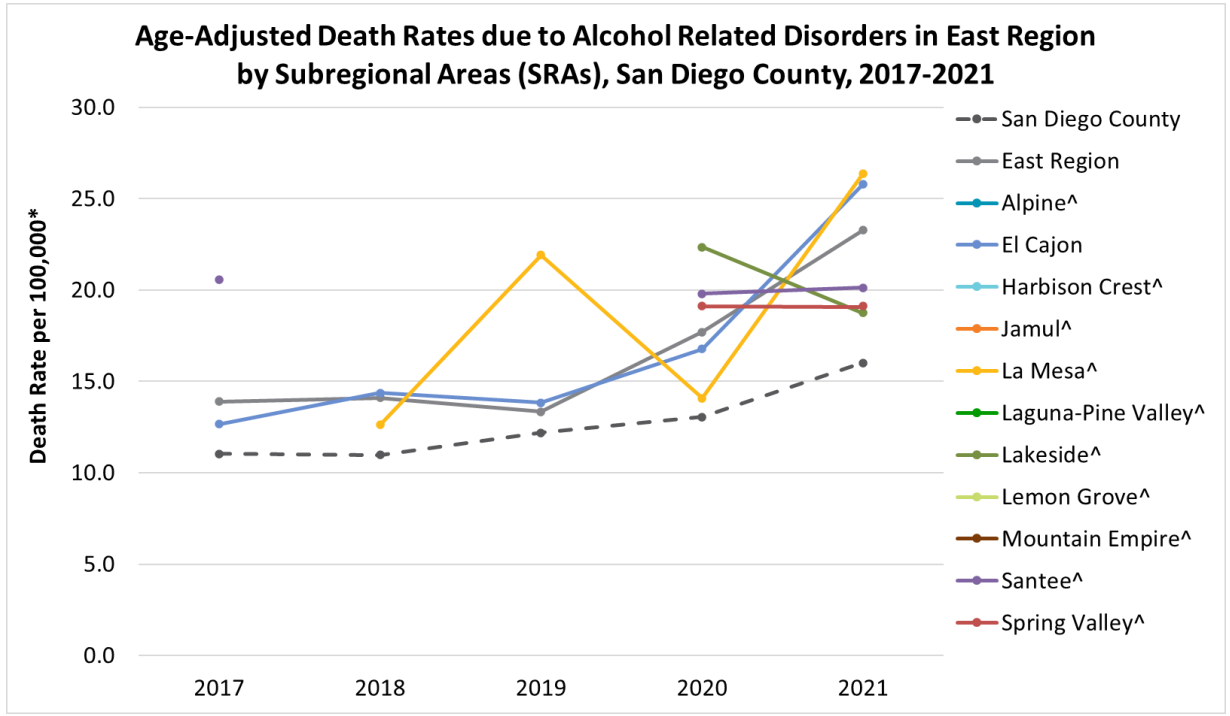
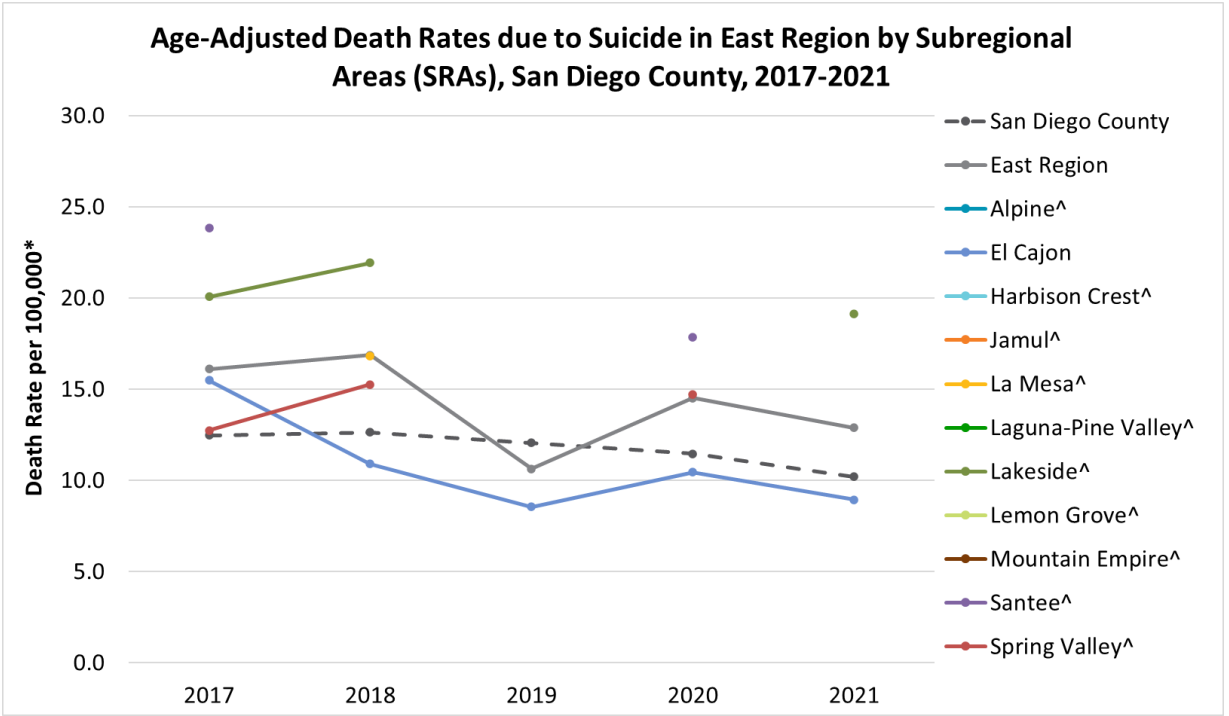
BEHAVIORAL HEALTH INDICATORS – DEATH RATES, 2017-2021



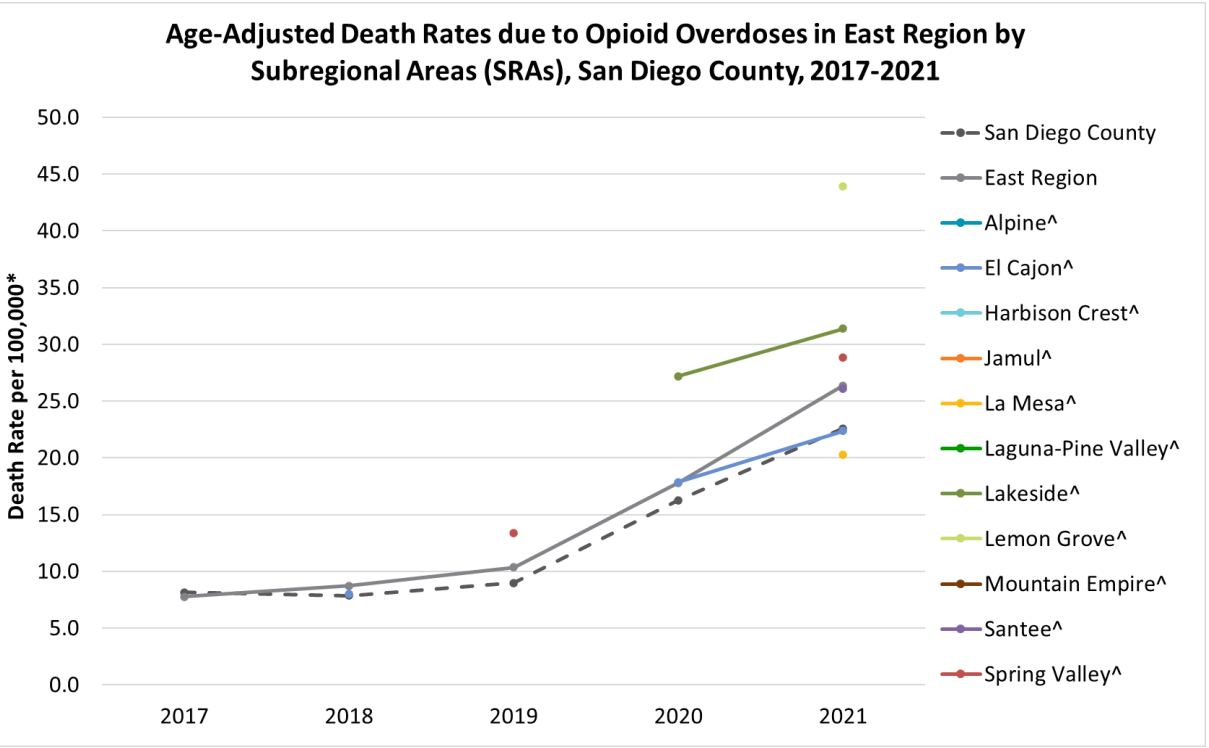


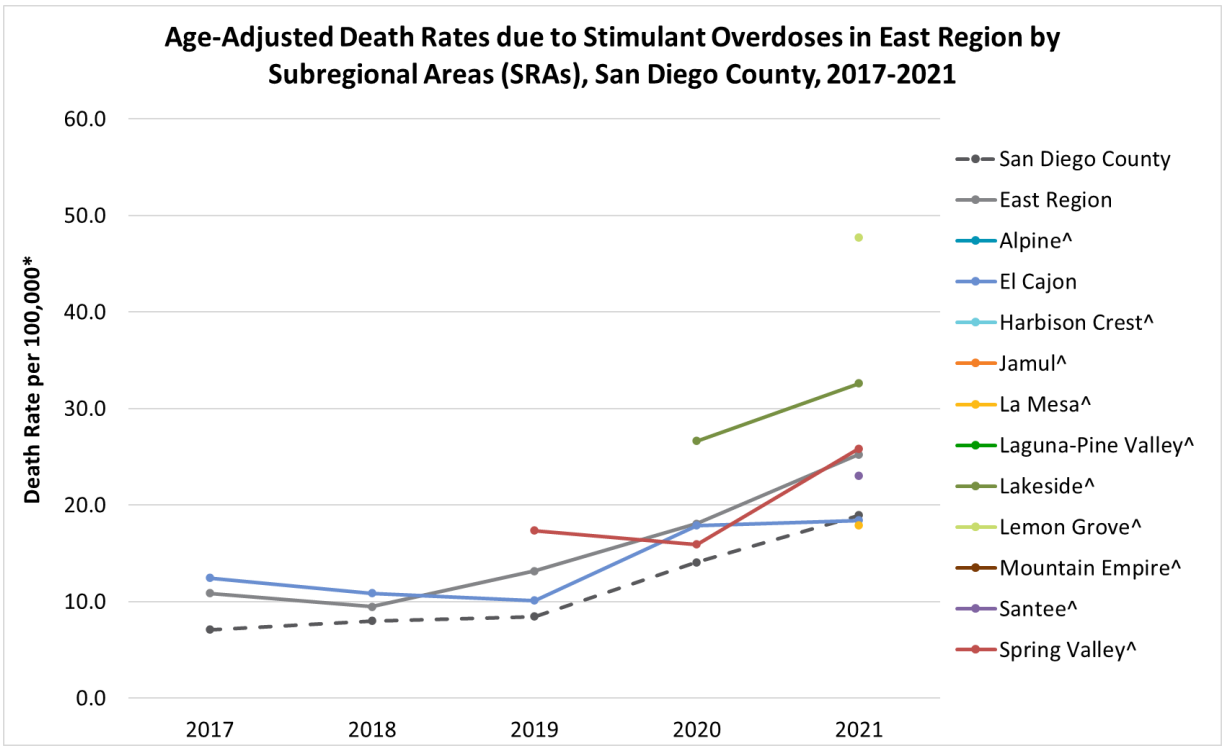
From 2017-2021, the age-adjusted death rate due to alcohol related disorders in East Region **increased 67.6%**.

The age-adjusted death rate due to suicide in East Region **decreased 20.0%** from 2017-2021.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Source: California Department of Public Health, 2017-2021 California Vital Records Business Intelligence System (VRBIS); SANDAG Population Estimates.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

BEHAVIORAL HEALTH INDICATORS – DEATH RATES, 2017-2021



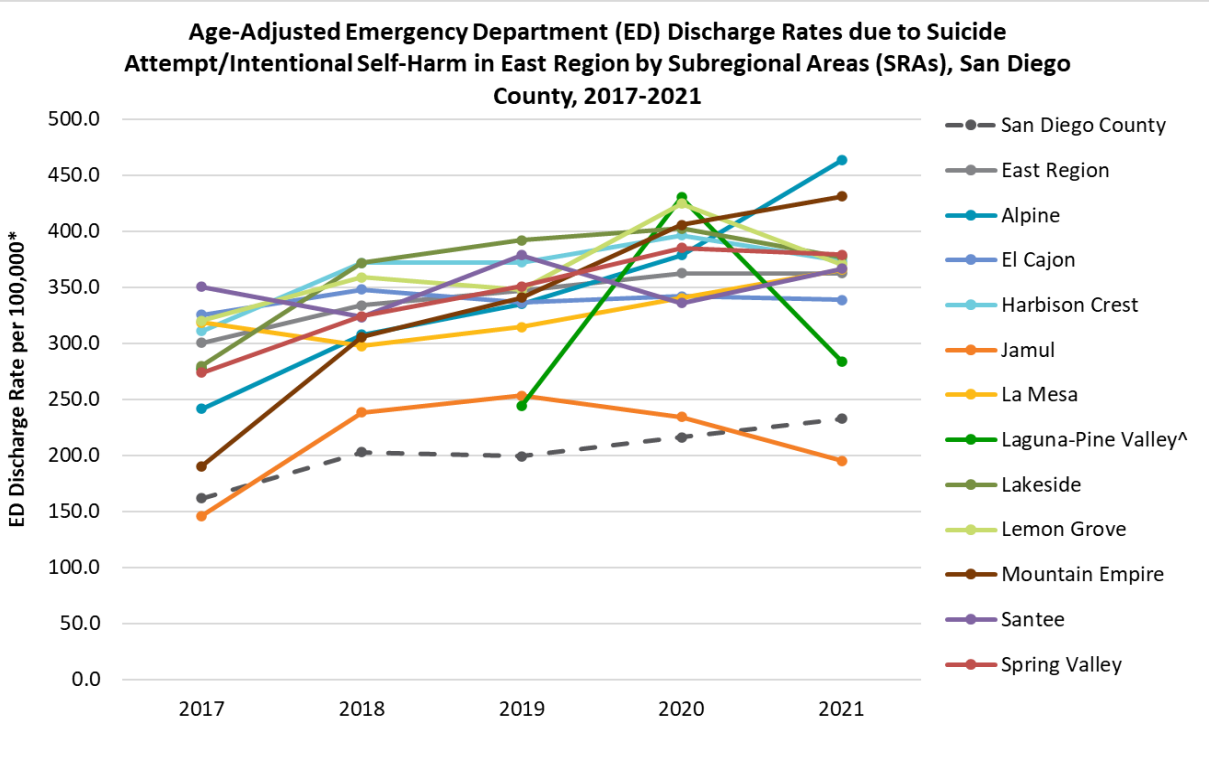


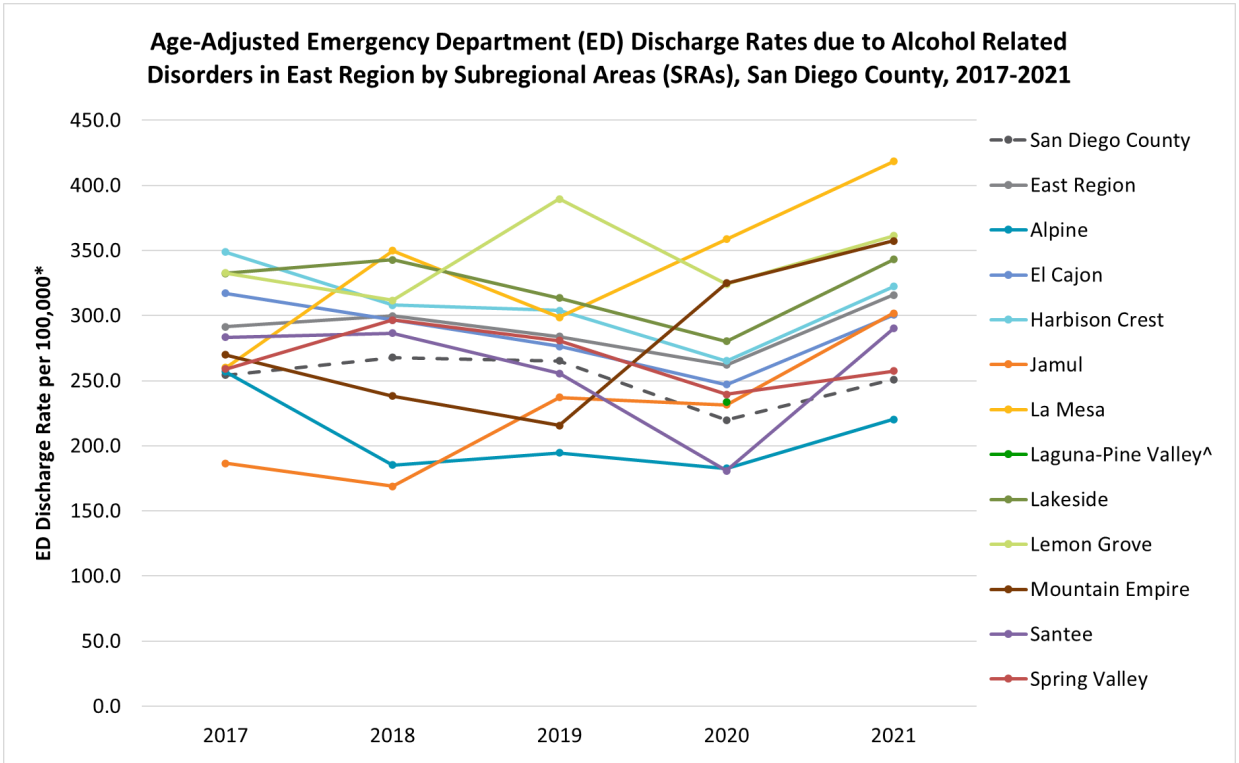
From 2017-2021, the age-adjusted death rate due to opioid overdoses in East Region **increased 240.0%**.

The age-adjusted death rate due to stimulant overdoses in East Region **increased 132.4%** from 2017-2021.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Source: California Department of Public Health, 2017-2021 California Vital Records Business Intelligence System (VRBIS); SANDAG Population Estimates.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

BEHAVIORAL HEALTH INDICATORS – ED DISCHARGE RATES, 2017-2021



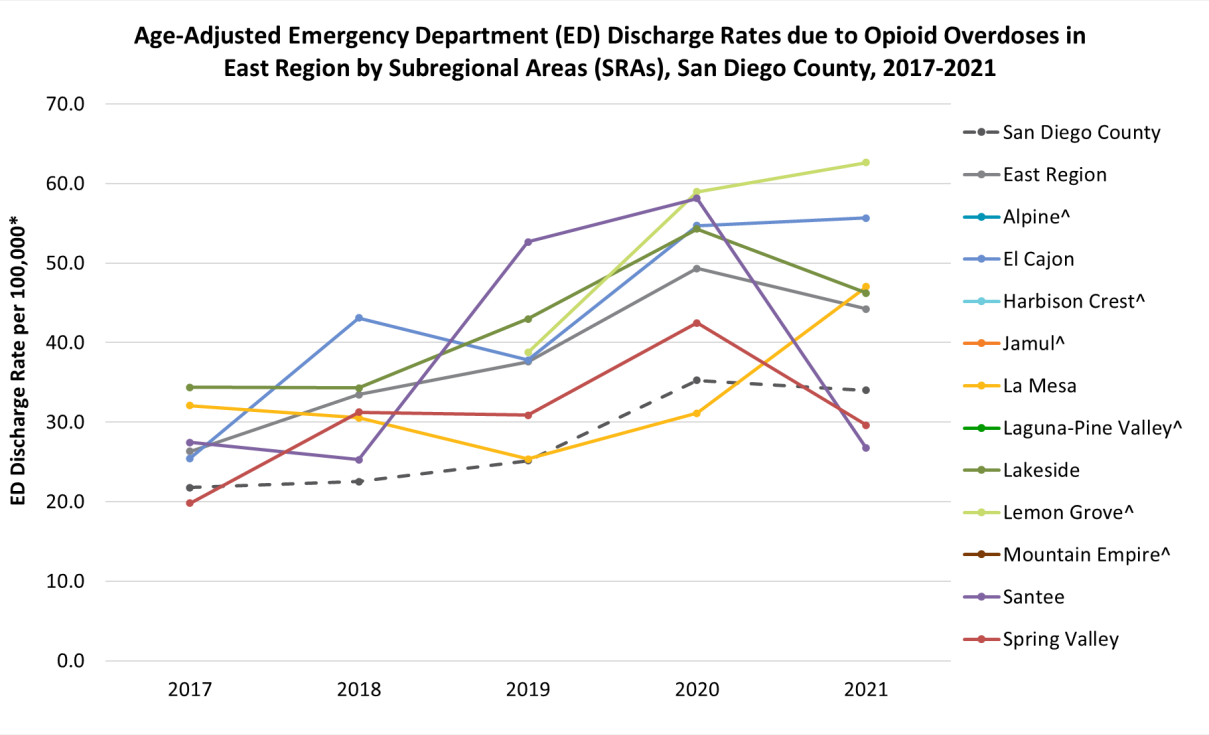


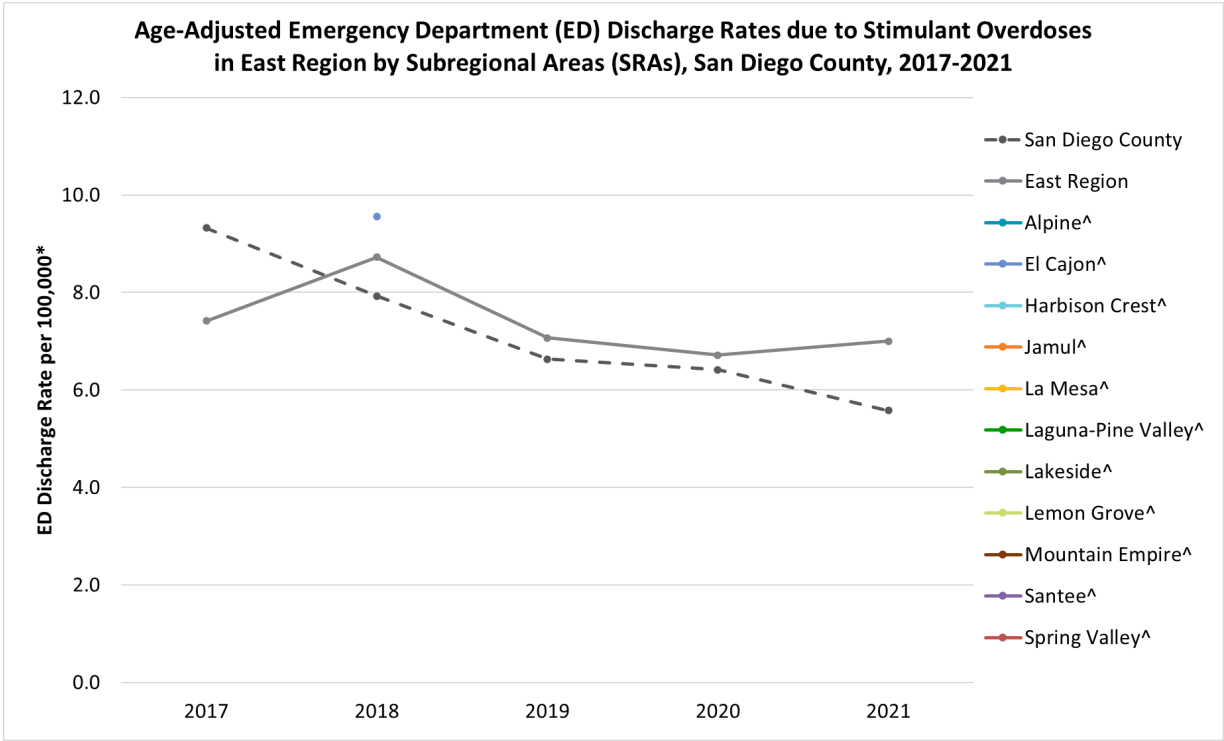
From 2017-2021, the age-adjusted ED discharge rates due to suicide attempt/intentional self-harm increased in **East Region and its SRAs.**

Among East Region SRAs, **Jamul** had the greatest increase in the age-adjusted ED discharge rate due to alcohol related disorders (61.8%) from 2017-2021.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Sources: California Office of Statewide Health Planning and Development (OSHPD), Emergency Department Discharge Database and Patient Discharge Database, 2017-2019; California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2020-2021. San Diego Association of Governments (SANDAG) Population estimates, 2017-2021. 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

BEHAVIORAL HEALTH INDICATORS – ED DISCHARGE RATES, 2017-2021



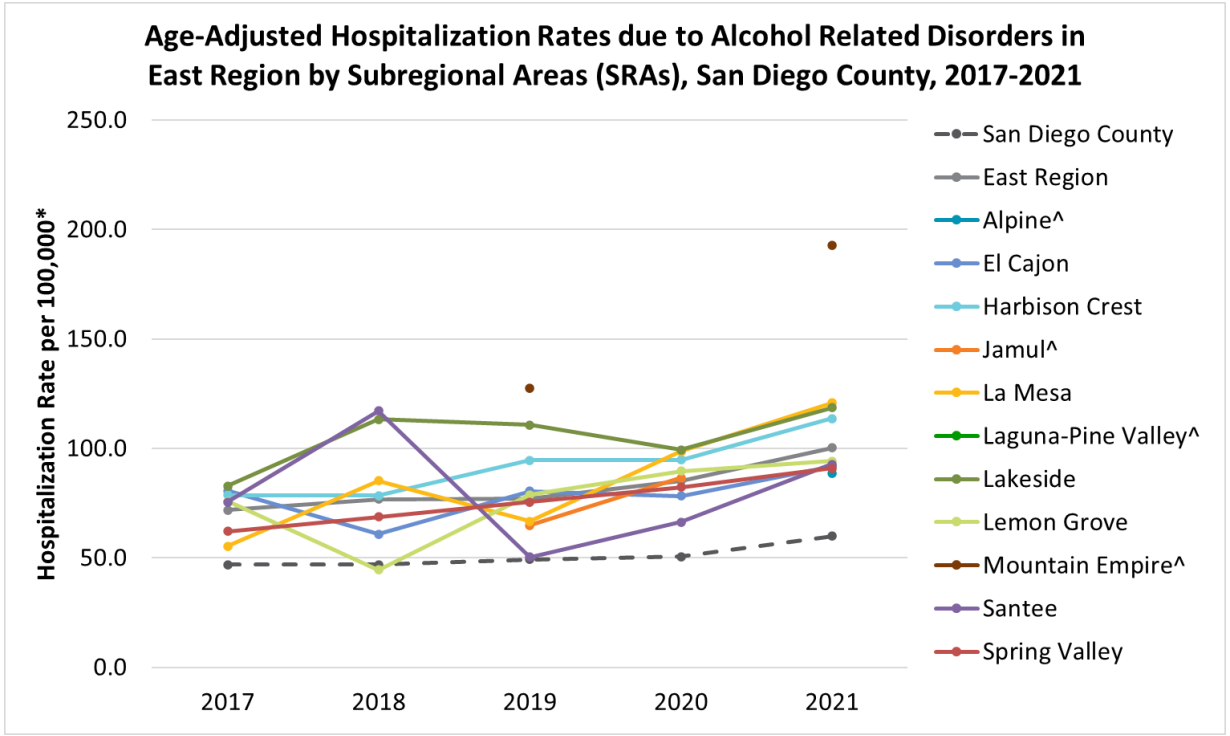


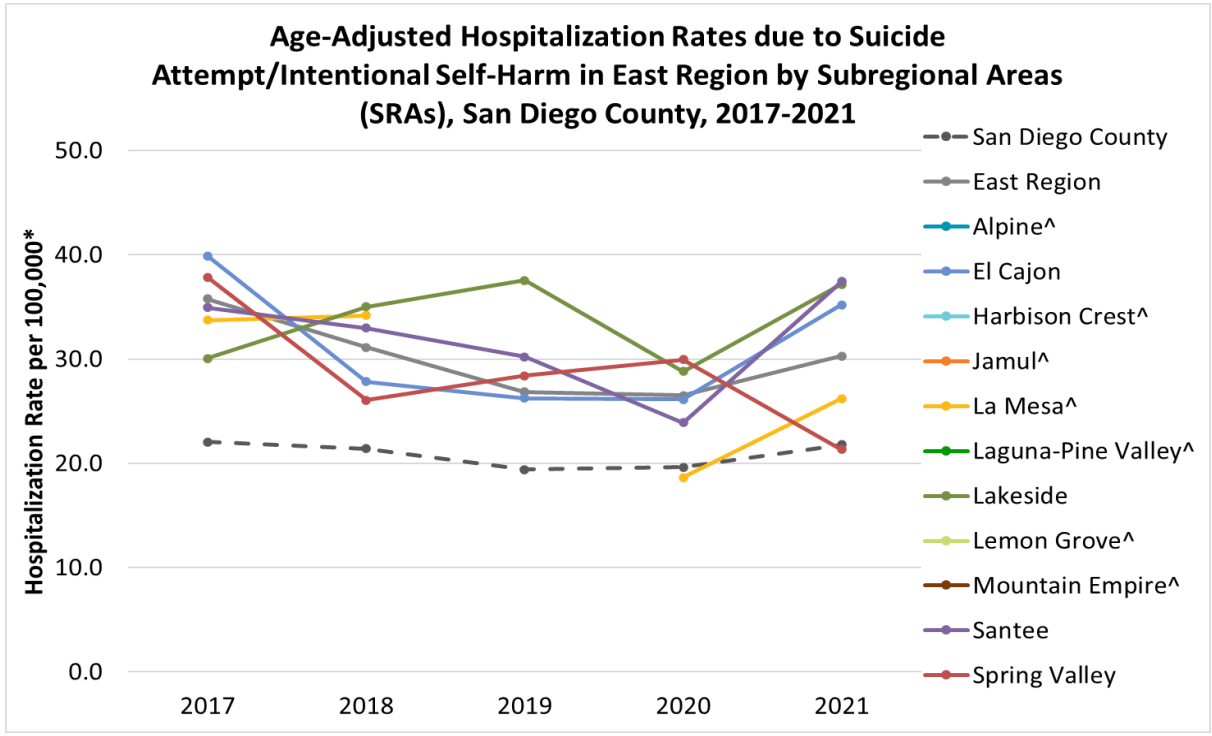
From 2017-2021, **East Region, El Cajon SRA, and Lakeside SRA,** had higher age-adjusted ED discharge rates due to opioid overdoses than the overall county rate.

There was a **5.6% decrease** in the age-adjusted ED discharge rate due to stimulant overdoses in East Region from 2017-2021.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Sources: California Office of Statewide Health Planning and Development (OSHPD), Emergency Department Discharge Database and Patient Discharge Database, 2017-2019; California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2020-2021. San Diego Association of Governments (SANDAG) Population estimates, 2017-2021. 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

BEHAVIORAL HEALTH INDICATORS – HOSPITALIZATION RATES, 2017-2021



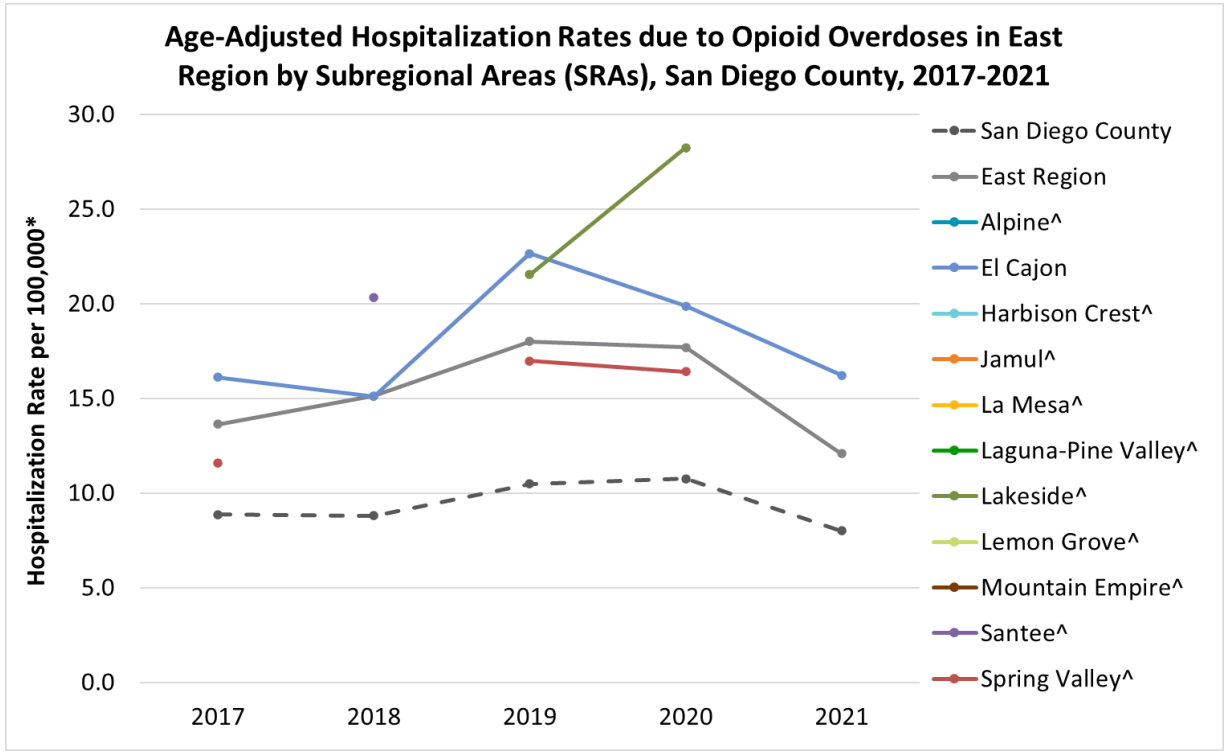


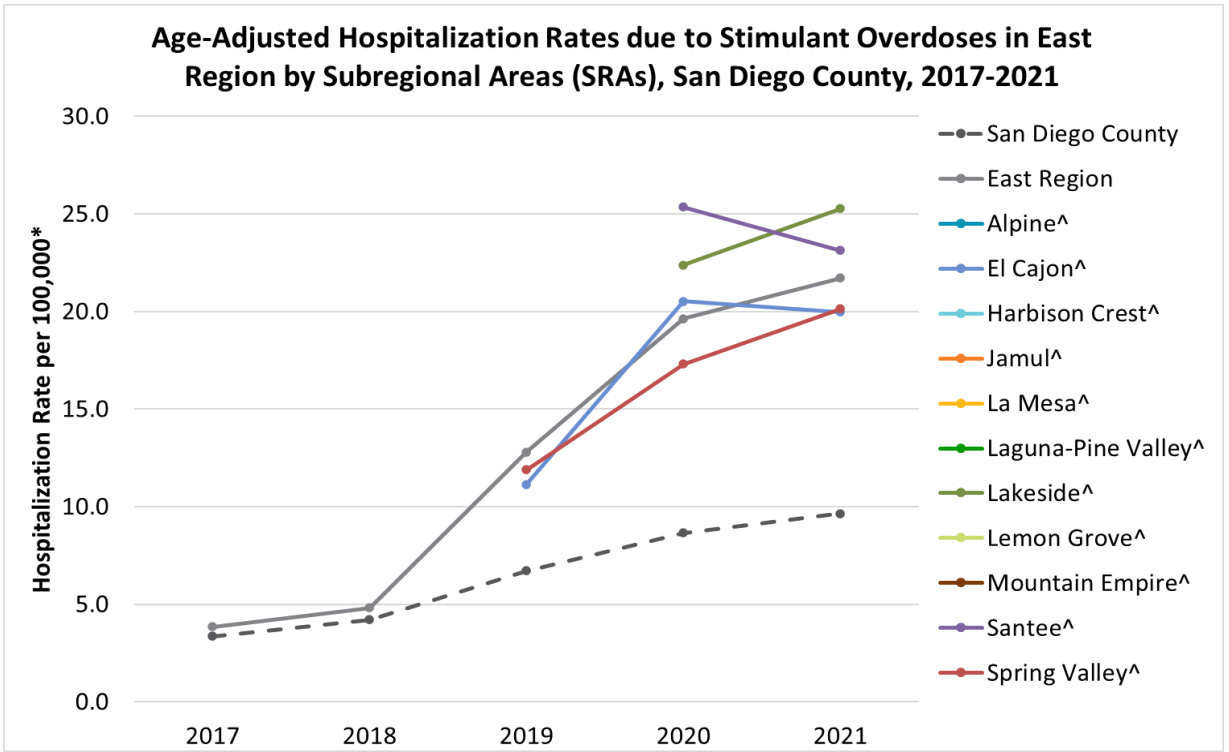
Among East Region SRAs, **La Mesa** had the highest age-adjusted hospitalization rate increase due to alcohol related disorders (118.3%) from 2017-2021.

From 2017-2021, the age-adjusted hospitalization rates due to suicide attempt/intentional self-harm decreased in East Region and its SRAs, **except Lakeside and Santee**.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Sources: California Office of Statewide Health Planning and Development (OSHPD), Emergency Department Discharge Database and Patient Discharge Database, 2017-2019; California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2020-2021. San Diego Association of Governments (SANDAG) Population estimates, 2017-2021. 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

BEHAVIORAL HEALTH INDICATORS – HOSPITALIZATION RATES, 2017-2021





From 2017-2021, the age-adjusted hospitalization rates due to opioid overdoses in East Region decreased **11.3%**.

There was a **5.7-fold increase** in the age-adjusted hospitalization rate due to stimulant overdoses in East Region from 2017-2021.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Sources: California Office of Statewide Health Planning and Development (OSHPD), Emergency Department Discharge Database and Patient Discharge Database, 2017-2019; California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2020-2021. San Diego Association of Governments (SANDAG) Population estimates, 2017-2021. 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

HEALTH AND WELLBEING

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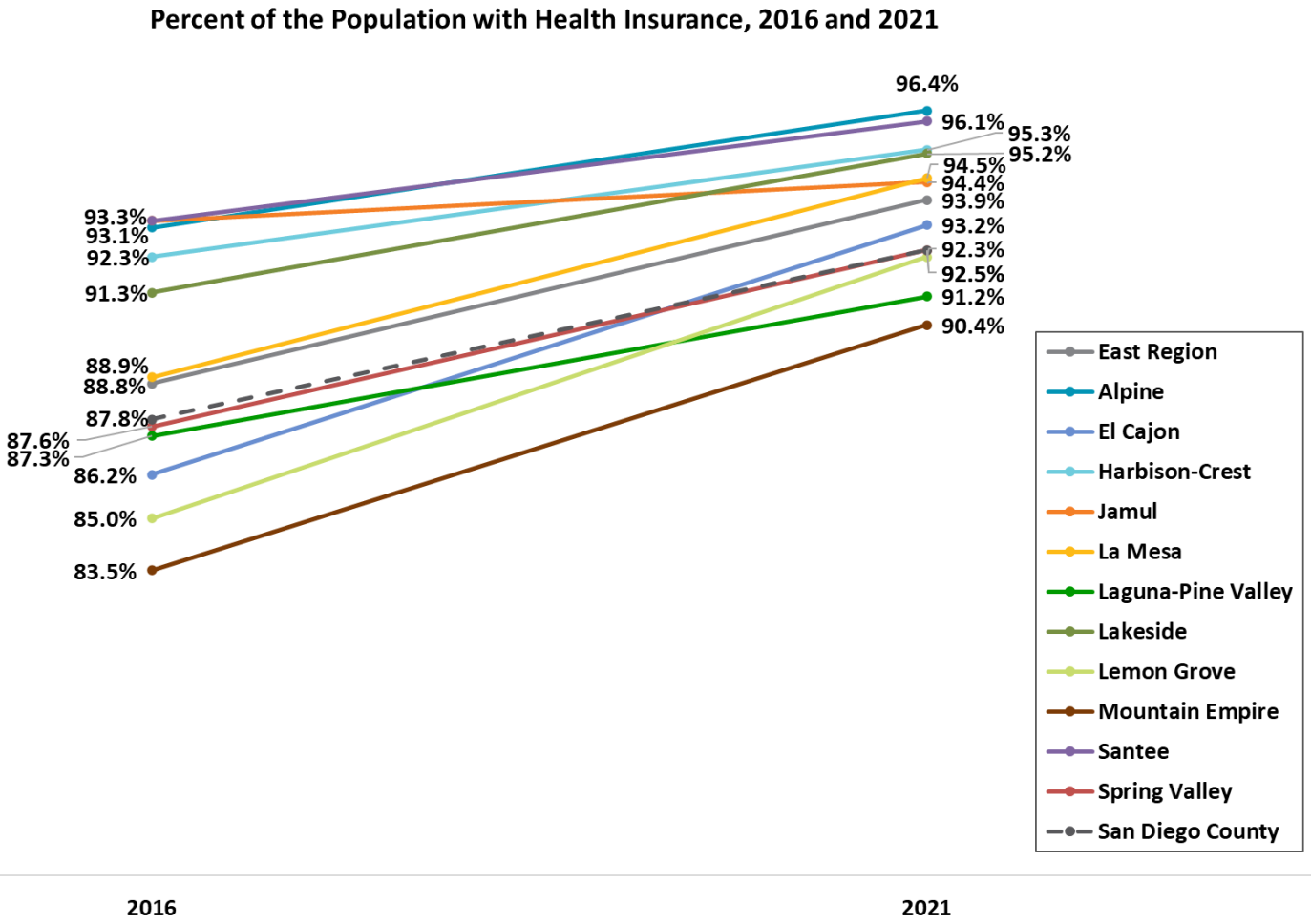
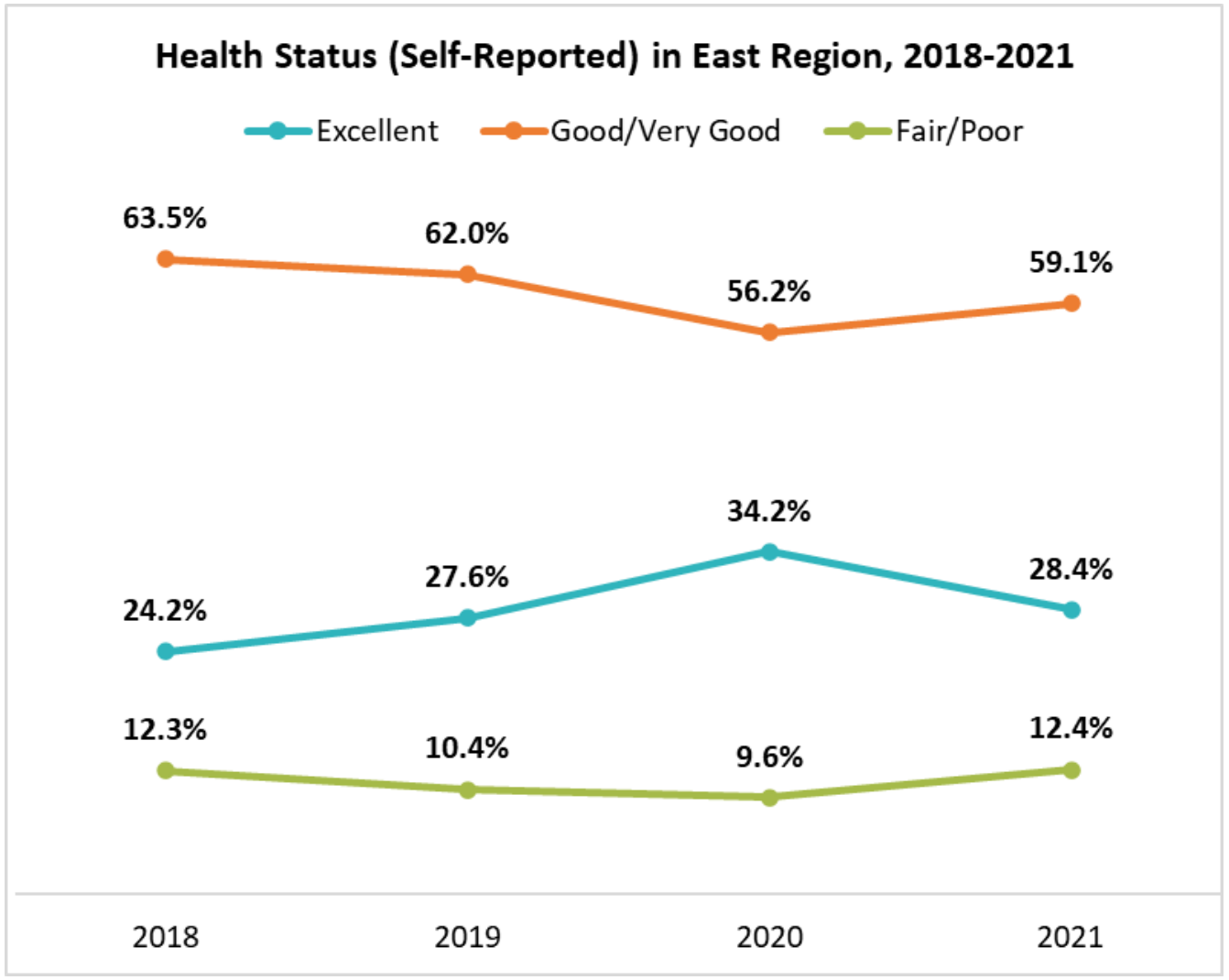
HEALTH INSURANCE



- In 2016 and 2021, East Region had a **higher** proportion of residents with health insurance than the county overall.
- The proportion of residents with health insurance **increased** between 2016 and 2021 for East Region and all its SRAs.
- Among East Region communities, **Lemon Grove SRA** had the highest increase in the proportion of residents with health insurance from 2016 to 2021.
- As of 2021, **Mountain Empire SRA** has the lowest proportion of residents in East Region with health insurance coverage.

Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table B27001; 2017-2021 American Community Survey 5-Year Estimates, Table B27001.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

HEALTH STATUS AND USUAL SOURCE OF CARE



Percent of Residents with Usual Place to go When Sick or in Need of Health Advice, 2018-2021

Year	Percent
2018	87.3*%
2019	91.9%
2020	86.3%
2021	89.0%

Health Status

- **1 in 8 East Region residents** self-reported their health status as fair/poor in 2021.
- The percentage of East Region residents reporting good/very good health decreased from 63.5% in 2018 to 59.1% in 2021.

Usual Place of Care

- In 2021, **89% of residents** in East Region reported having a usual place to go when sick or in need of health advice.

** = statistically unstable*

Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2018-2021. Available at hhtp://ask.chis.ucla.edu. Exported on May 9, 2023.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

DISABILITY

Number and Percent of Residents with any type of disability, East Region and Subregional Areas (SRAs), 2016 and 2021

Geography	Any disability, 2016 #	Any disability, 2016 %	Any disability, 2021 #	Any disability, 2021 %
East Region	**60,182**	**12.7%**	**62,306**	**12.6%**
Alpine	2,252	14.0%	1,709	10.3%
El Cajon	17,048	13.3%	17,195	12.9%
Harbison-Crest	2,402	15.9%	2,704	18.1%
Jamul	1,726	10.9%	2,022	11.5%
La Mesa	6,926	11.6%	6,935	11.3%
Laguna-Pine Valley	722	14.0%	665	12.1%
Lakeside	7,025	12.1%	8,272	13.7%
Lemon Grove	4,073	13.1%	4,052	12.6%
Mountain Empire	1,611	23.3%	1,602	20.8%
Santee	5,525	10.8%	6,878	12.6%
Spring Valley	10,872	12.7%	10,272	11.5%
San Diego County	**310,902**	**9.9%**	**317,384**	**10.0%**

- The percent of residents with a disability in East Region had relatively no change from 12.7% in 2016 to 12.6% in 2021.
- **1 in 8 residents in East Region** reported having a disability in 2021.

Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table S1810; 2017-2021 American Community Survey 5-Year Estimates, Table S1810.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2023.

MORTALITY MEASURES

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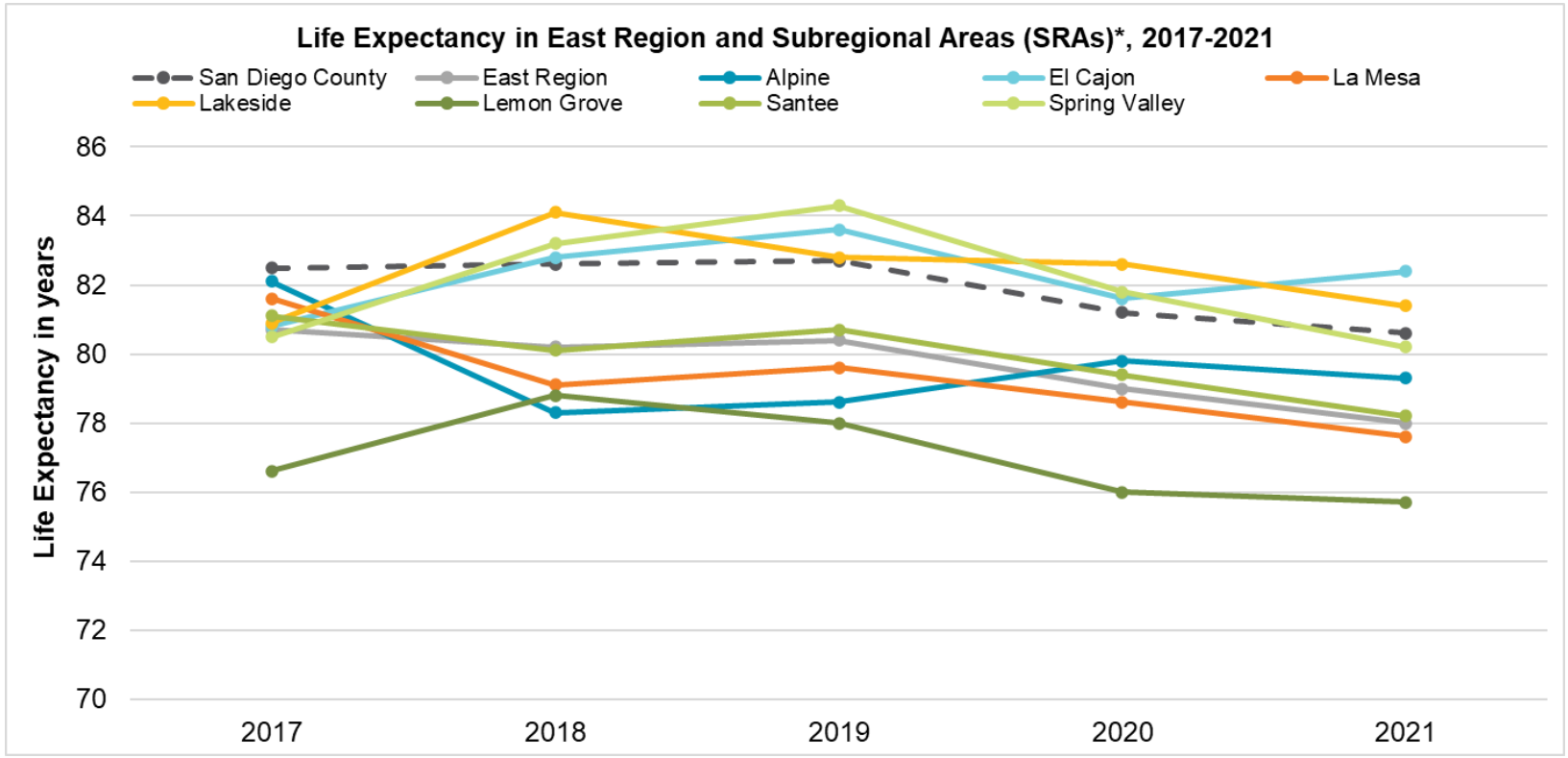
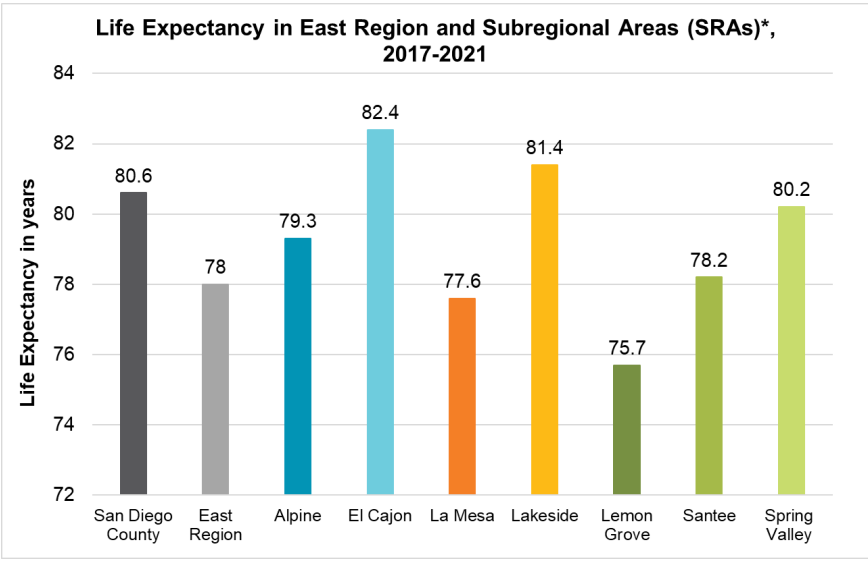
LIFE EXPECTANCY



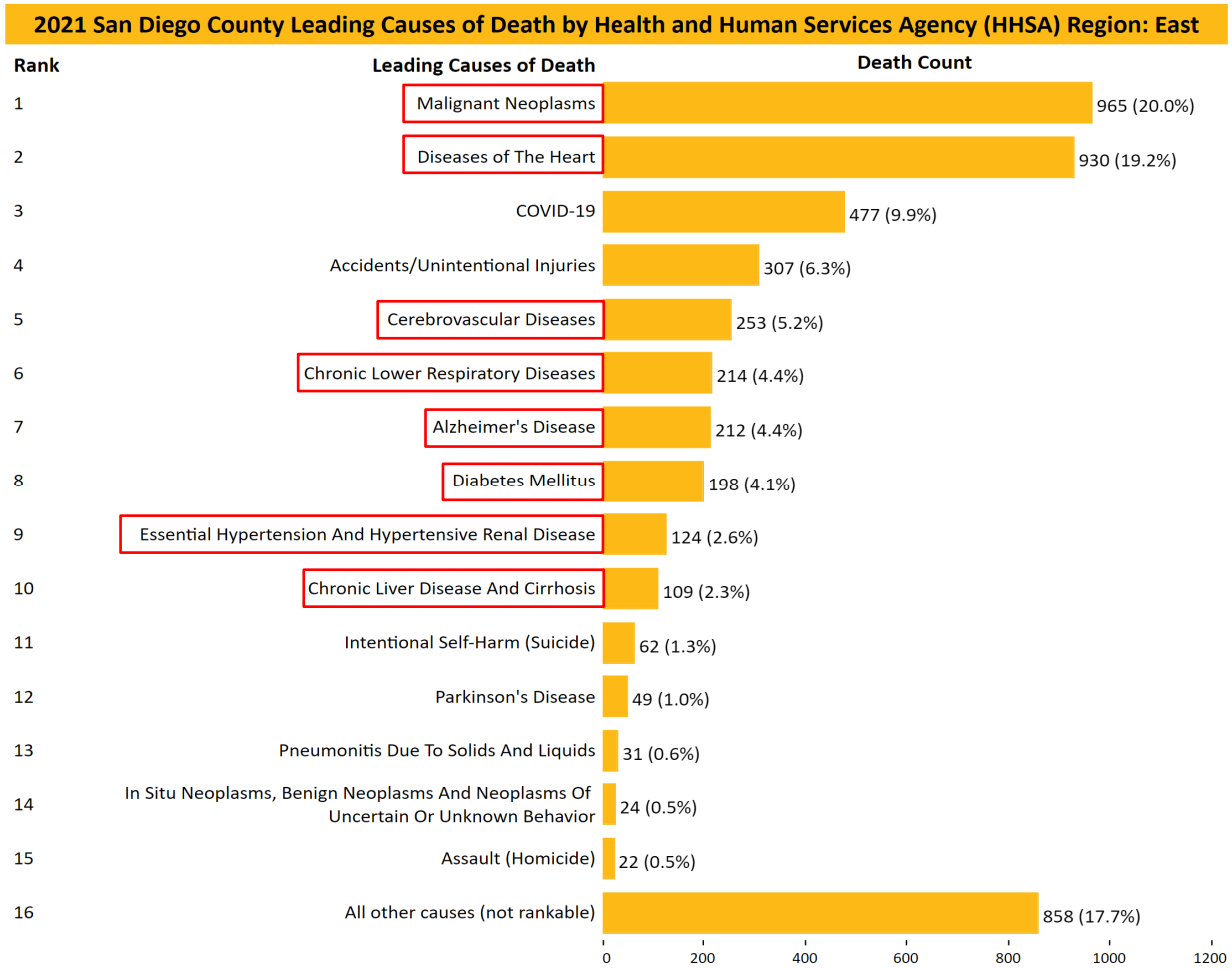


All East Region SRAs, **except El Cajon and Lakeside**, had a decrease in life expectancy from 2017-2021.

In 2021, all SRAs in East Region, **except La Mesa and Lemon Grove**, had higher life expectancies than East Region.

*Only SRAs with life expectancies are displayed on graph.
Source: California Department of Public Health, 2017-2021 California Vital Records Business Intelligence System (VRBIS); SANDAG Population Estimates.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

LEADING CAUSES OF DEATH



Year
2021

HHSA Region
East

If graph does not populate, data are not available for the selected filters.

2021 Total Death Count among San Diego County Residents: East Region

4,835

In 2021, there were **4,835** deaths among East Region residents.

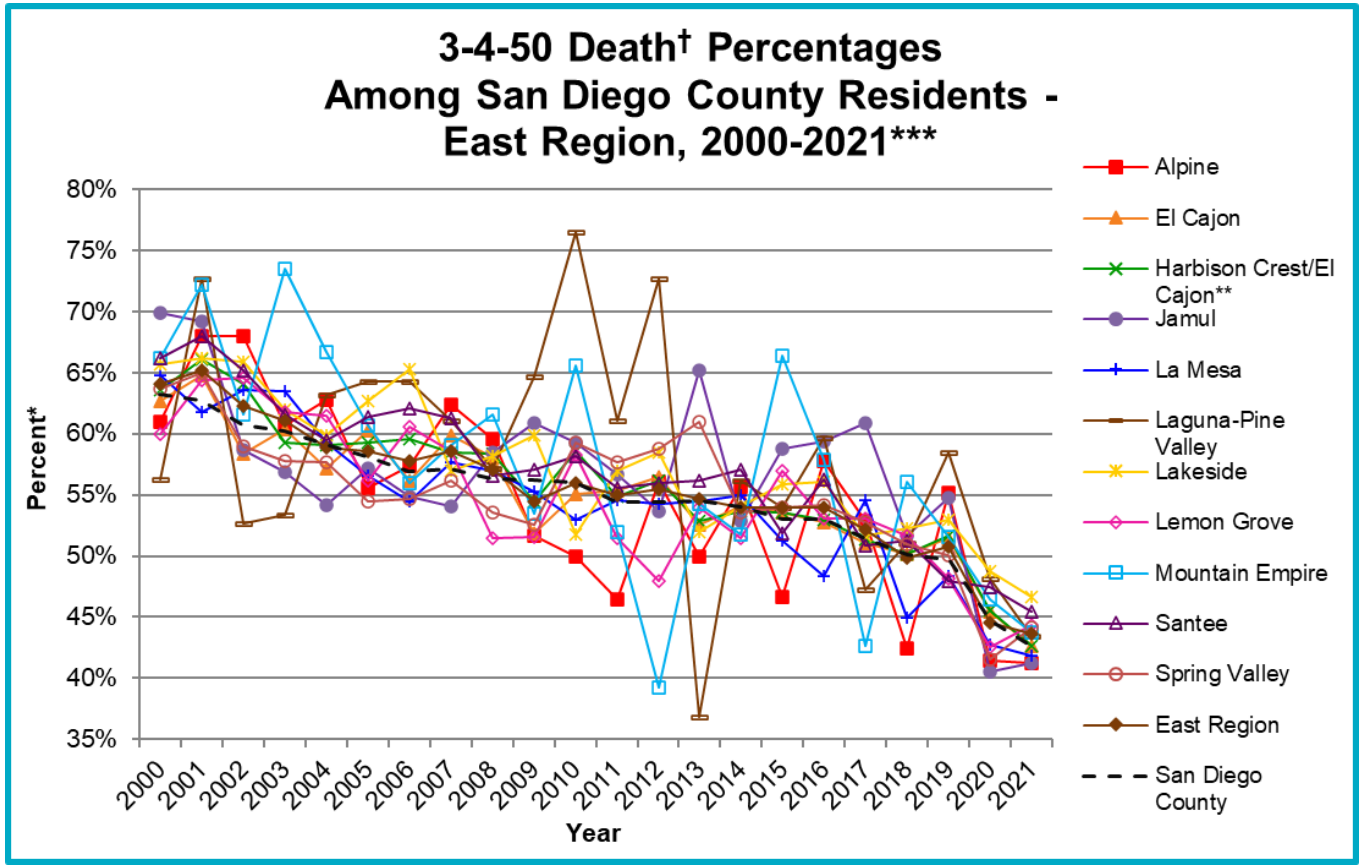
In 2021, **malignant neoplasms (cancer)** were the number one leading cause of death in East Region.

In East Region, **8** out of the top 10 leading causes of death were due to chronic diseases in 2021.

Rank is based on total number of deaths in each of the National Center for Health Statistics (NCHS) "rankable" categories. The top 15 leading causes of death presented here are based on the San Diego County residents for their respective years.
Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes.
Deaths for specific demographics or geographic area may not equal the total deaths for San Diego County due to missing data.
The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Leading Causes of Death.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, January 2023.

3-4-50: CHRONIC DISEASE DEATHS

PERCENTAGES, TREND 2000-2021



The proportion of deaths due to 3-4-50 chronic diseases in **East Region** decreased from 64% in 2000 to 44% in 2021.

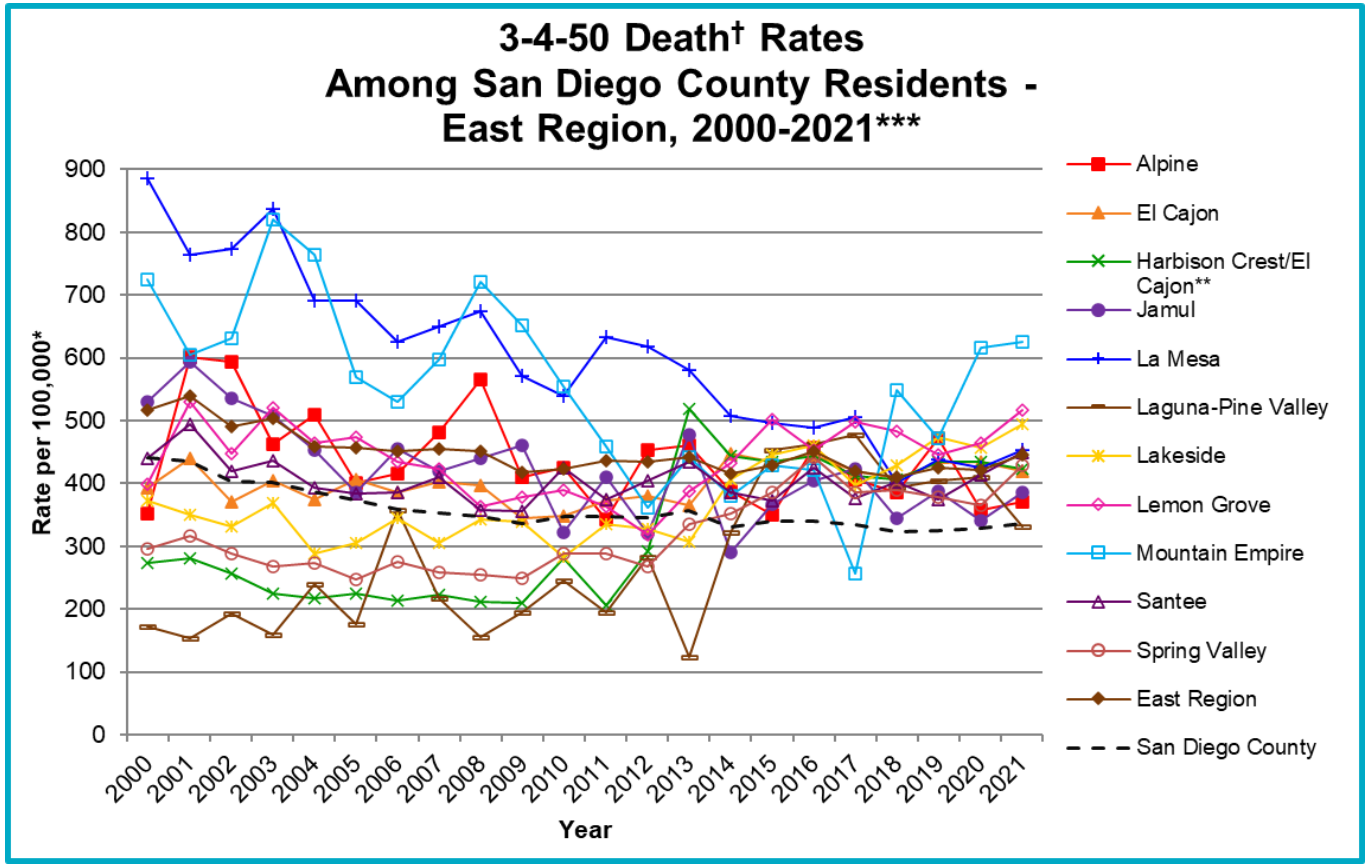
Among the East Region SRAs, **Lakeside** had the highest percentage of deaths due to 3-4-50 chronic diseases (47%) in 2021.

Despite a decrease, 3-4-50 chronic diseases accounted for **44%** of all deaths in East Region in 2021.

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

3-4-50: CHRONIC DISEASE DEATHS

RATES, TREND 2000-2021



The 3-4-50 chronic disease death rate in **East Region** decreased from 517.7 per 100,000 in 2000 to 446.4 per 100,000 in 2021.

Among the East Region SRAs, **Mountain Empire** had the highest death rate due to 3-4-50 chronic diseases (624.6 per 100,000) in 2021.

Overall, 3-4-50 chronic diseases death rates have decreased in the East Region and its SRAs, **except Alpine, El Cajon, Harbison Crest/El Cajon, Laguna-Pine Valley, Lakeside, Lemon Grove, Santee, and Spring Valley SRAs**, where the rates increased from 2000 to 2021.

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

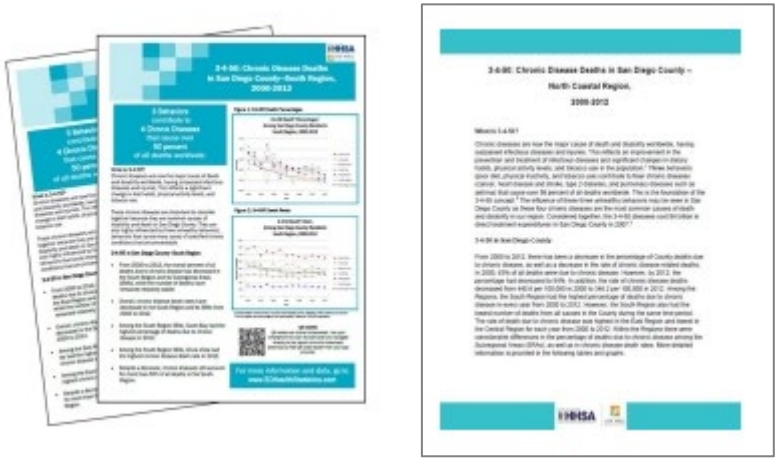
3-4-50: CHRONIC DISEASE DEATHS

The proportion of deaths due to 3-4-50 chronic diseases in San Diego County decreased from 63% in 2000 to 43% in 2021.

Improve your health by…

- Walking at least 30 minutes every day.
- Eating healthy foods (5 servings of fruits and vegetables).
- Not smoking.

www.sdhealthstatistics.com



NON-COMMUNICABLE (CHRONIC) DISEASES

COUNTY OF SAN DIEGO
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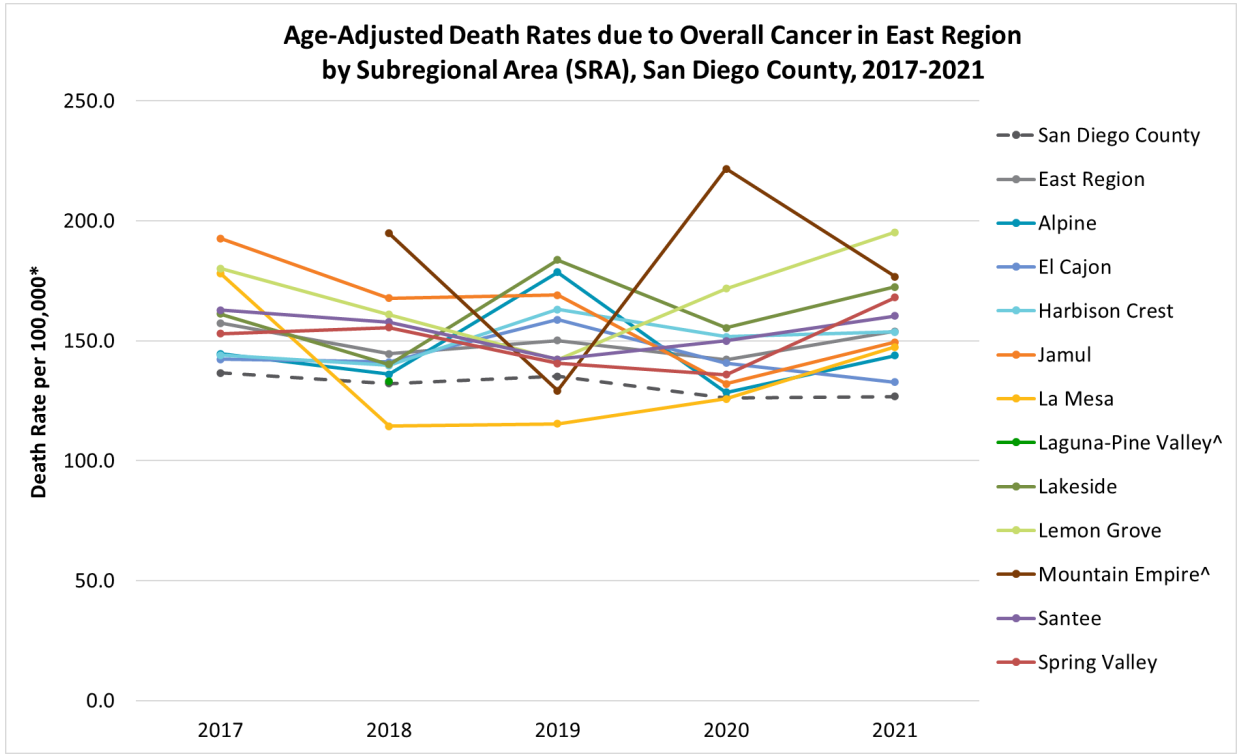
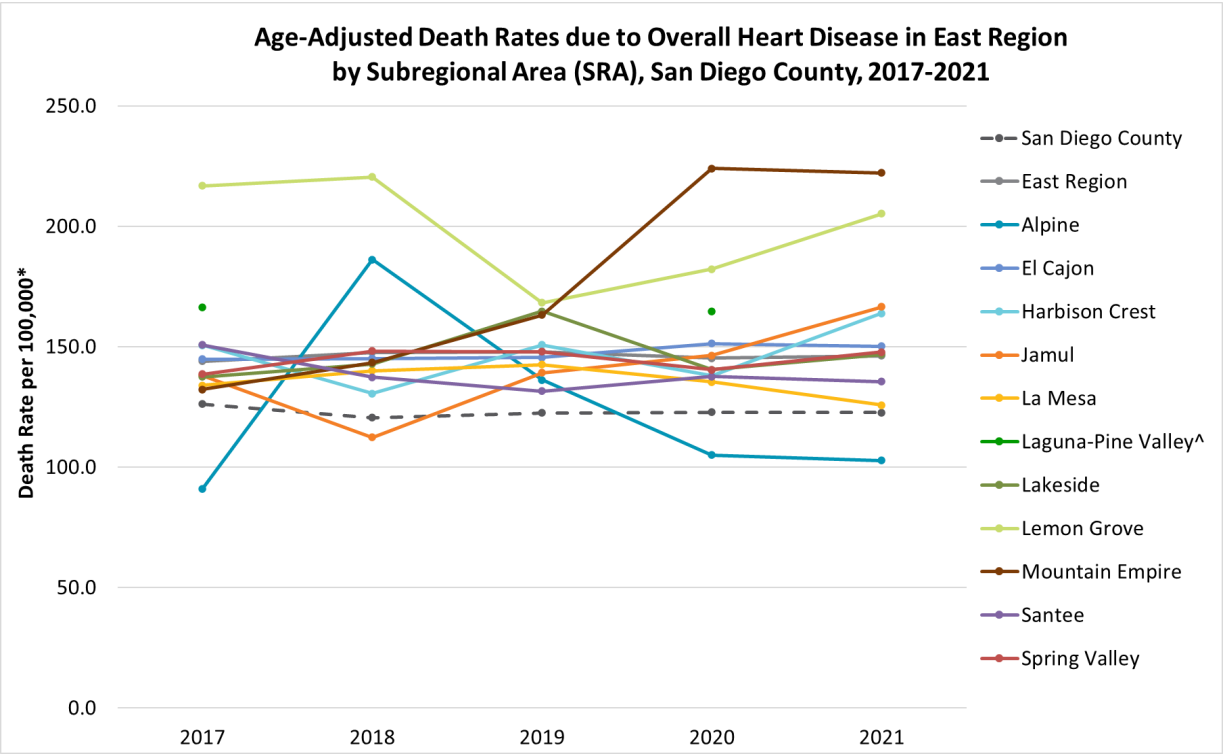
NON-COMMUNICABLE (CHRONIC) DISEASES -DEATH RATES, 2017-2021



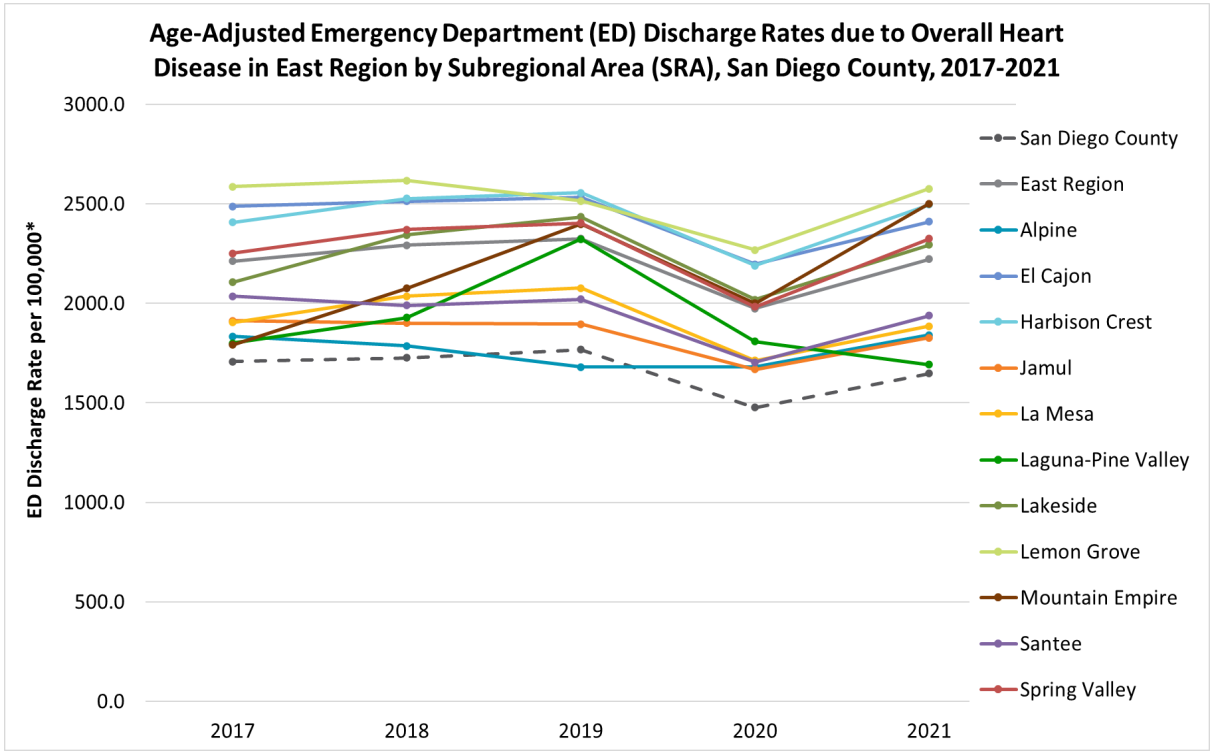


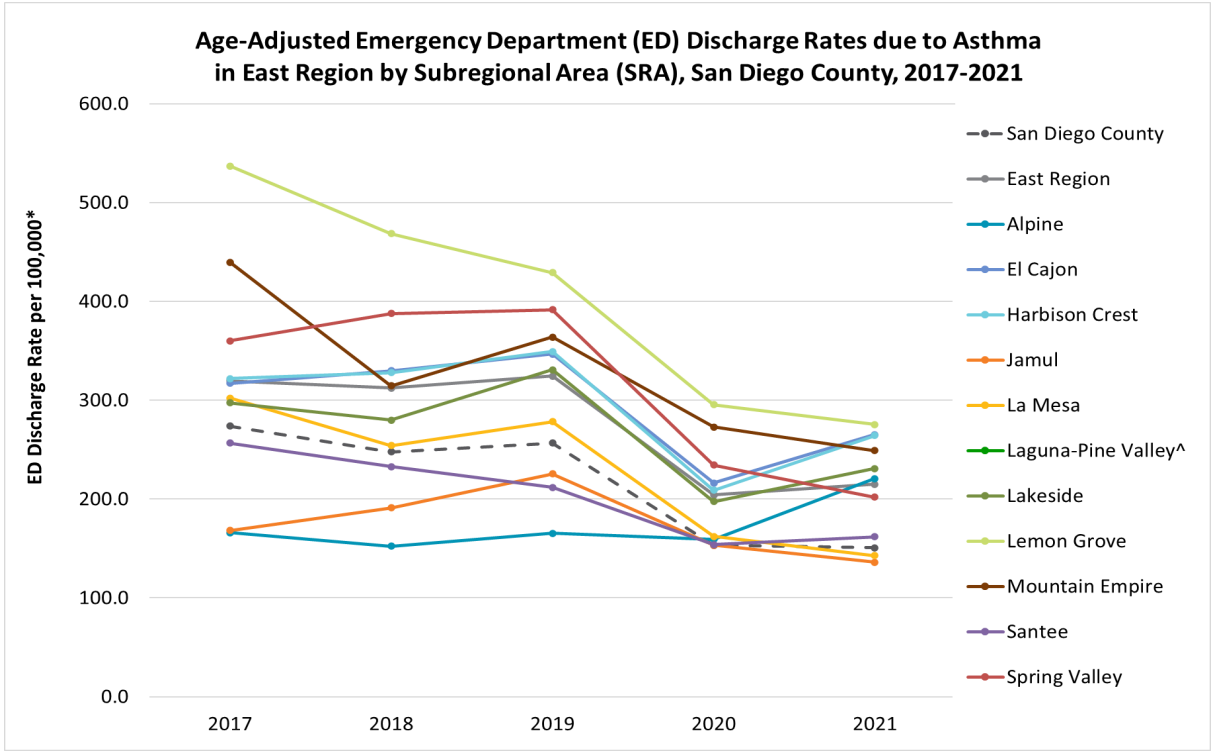
The age-adjusted death rates due to overall cancer decreased in East Region and all its SRAs, **except Harbison Crest, Lakeside, Lemon Grove and Spring Valley**, from 2017-2021.

From 2017-2021, **Mountain Empire** had the greatest increase in the age-adjusted death rates due to overall heart disease (68.0%) compared to all other SRAs in East Region.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Source: California Department of Public Health, 2017-2021 California Vital Records Business Intelligence System (VRBIS); SANDAG Population Estimates.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

NON-COMMUNICABLE (CHRONIC) DISEASES – ED DISCHARGE RATES, 2017-2021



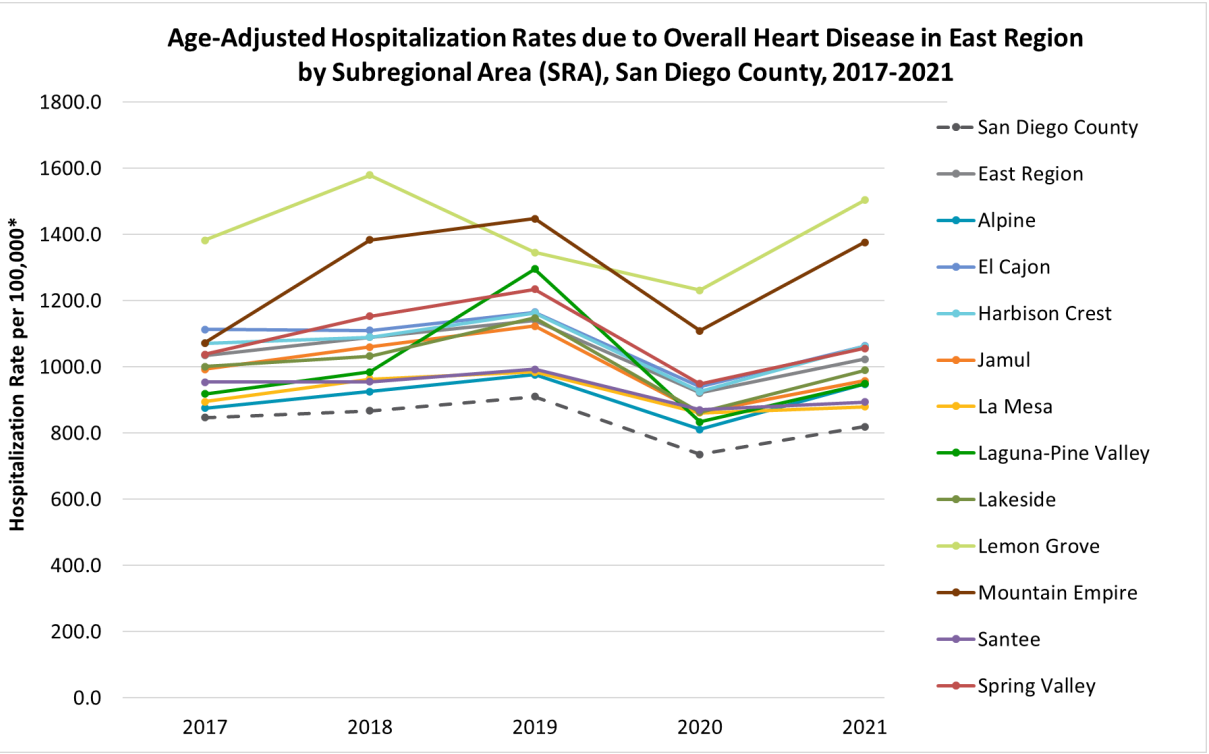


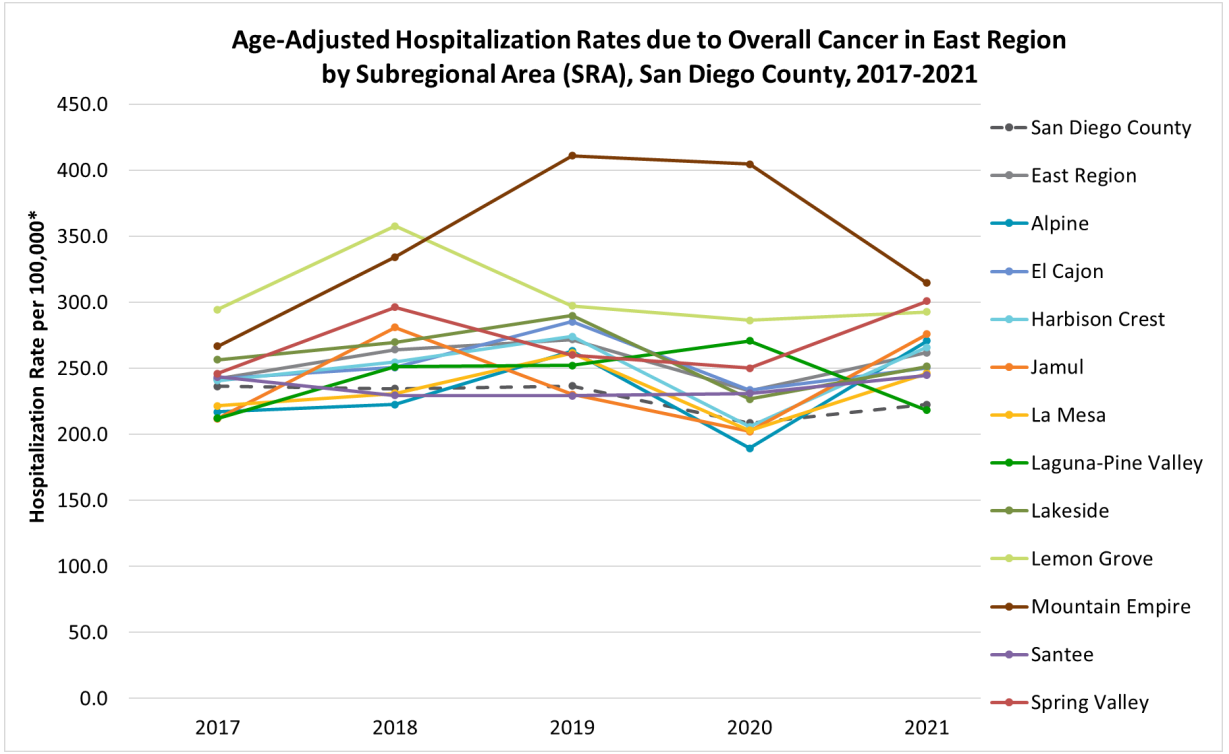
Among East Region SRAS, from 2017-2021, **Mountain Empire** had the greatest increase in the age-adjusted ED discharge rates due to overall heart disease (39.6%).

The age-adjusted ED discharge rates due to asthma decreased in East Region and all its SRAs, **except Alpine**, from 2017-2021.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Sources: California Office of Statewide Health Planning and Development (OSHPD), Emergency Department Discharge Database and Patient Discharge Database, 2017-2019; California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2020-2021. San Diego Association of Governments (SANDAG) Population estimates, 2017-2021. 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

NON-COMMUNICABLE (CHRONIC) DISEASES – HOSPITALIZATION RATES, 2017-2021



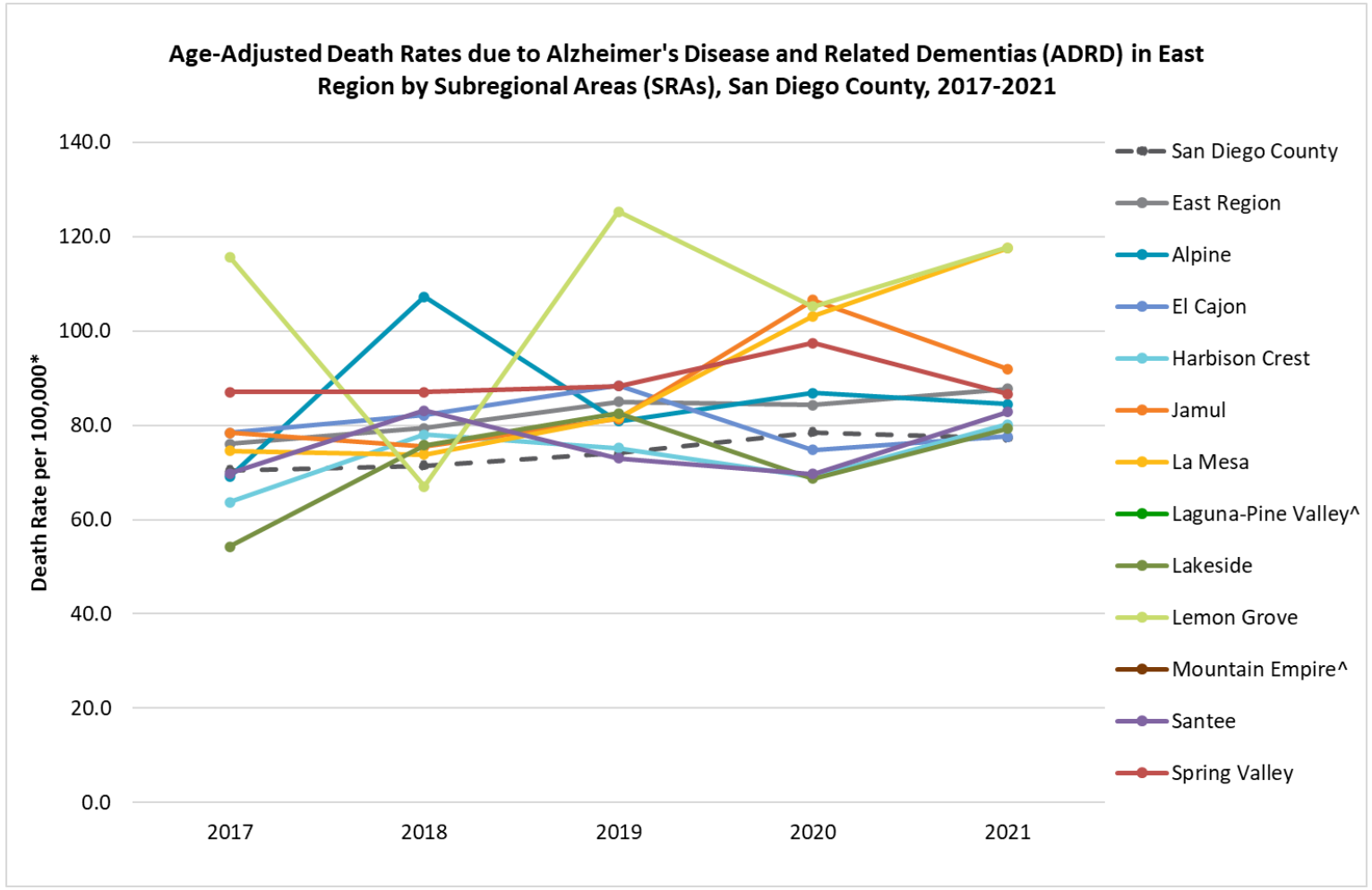


Among East Region SRAs, **Mountain Empire** had the greatest increase in age-adjusted hospitalization rates due to overall heart disease (28.3%) from 2017-2021.

From 2017-2021, the age-adjusted hospitalization rates due to overall cancer increased in East Region and all its SRAs, **except Lakeside and Lemon Grove**.

*Age-adjusted rates per 100,000 residents.
Sources: California Office of Statewide Health Planning and Development (OSHPD), Emergency Department Discharge Database and Patient Discharge Database, 2017-2019; California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2020-2021. San Diego Association of Governments (SANDAG) Population estimates, 2017-2021. 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

ALZHEIMER'S DISEASE AND RELATED DEMENTIAS (ADRD) – DEATH RATES, 2017-2021



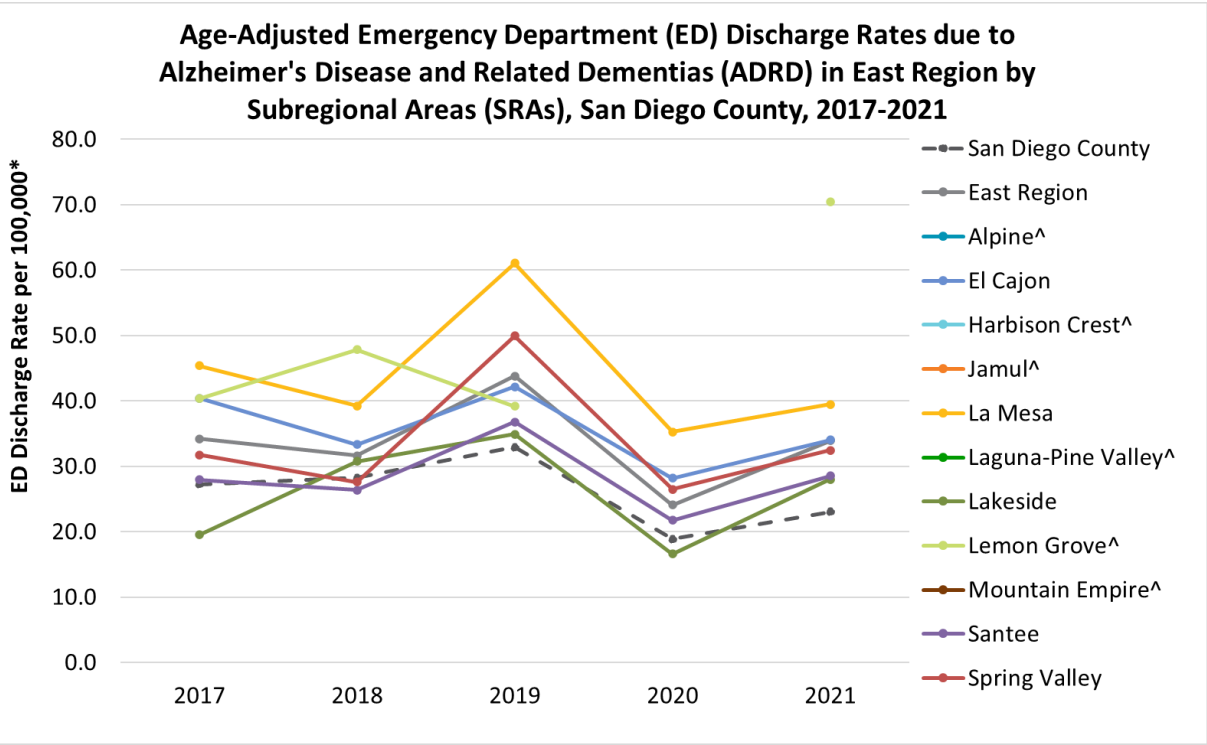
La Mesa SRA had the greatest increase in age-adjusted death rates to due Alzheimer's Disease and Related Dementias (ADRD) (57.7%) from 2017-2021.

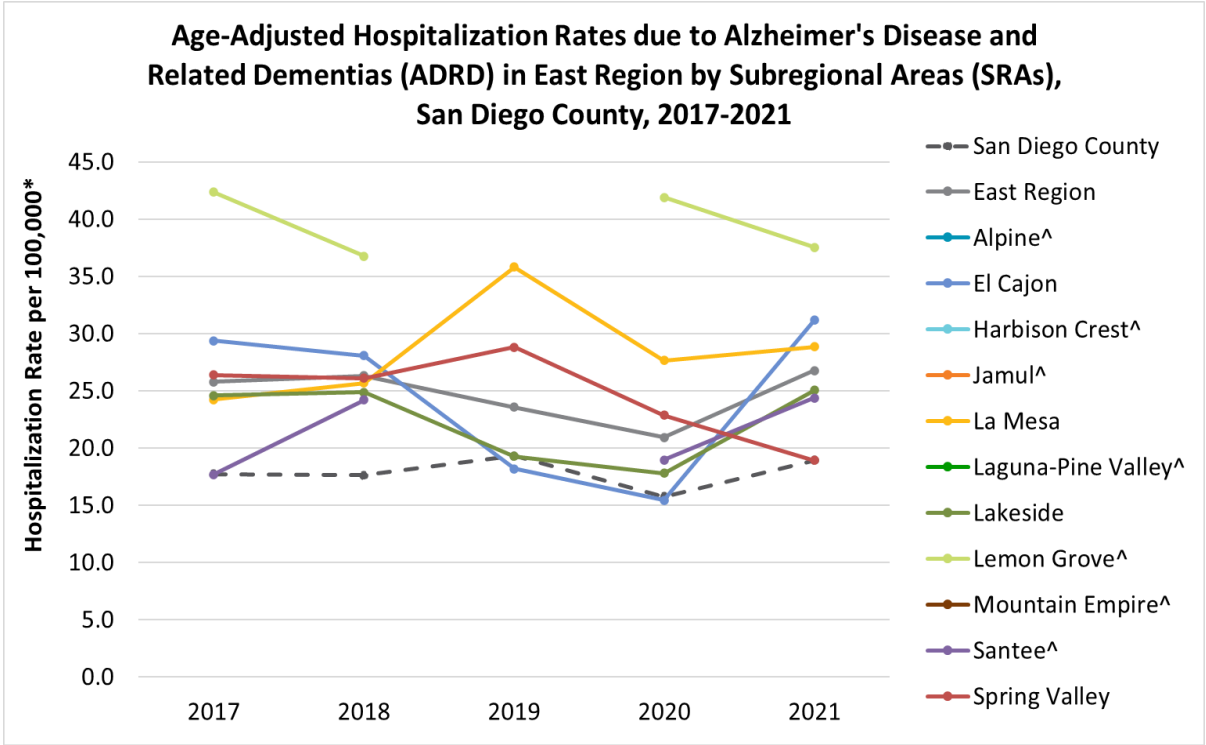
From 2017-2021, age-adjusted death rates due to ADRD in East Region and most of its SRAs were generally **higher** compared to the death rates in San Diego County overall.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Source: California Department of Public Health, 2017-2021 California Vital Records Business Intelligence System (VRBIS); SANDAG Population Estimates.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

ALZHEIMER'S DISEASE AND RELATED DEMENTIAS (ADRD) – ED DISCHARGE AND HOSPITALIZATION RATES, 2017-2021

LIVE WELL SAN DIEGO





Among East Region SRAs, **Lemon Grove** had the highest increase in the age-adjusted ED discharge rate due to ADRD (74.6%) from 2017-2021.

The age-adjusted hospitalization rates due to ADRD increased in East Region and its SRAs, **except Lemon Grove and Spring Valley**, from 2017-2021.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Sources: California Office of Statewide Health Planning and Development (OSHPD), Emergency Department Discharge Database and Patient Discharge Database, 2017-2019; California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2020-2021. San Diego Association of Governments (SANDAG) Population estimates, 2017-2021. 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

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COMMUNICABLE (INFECTIOUS) DISEASES

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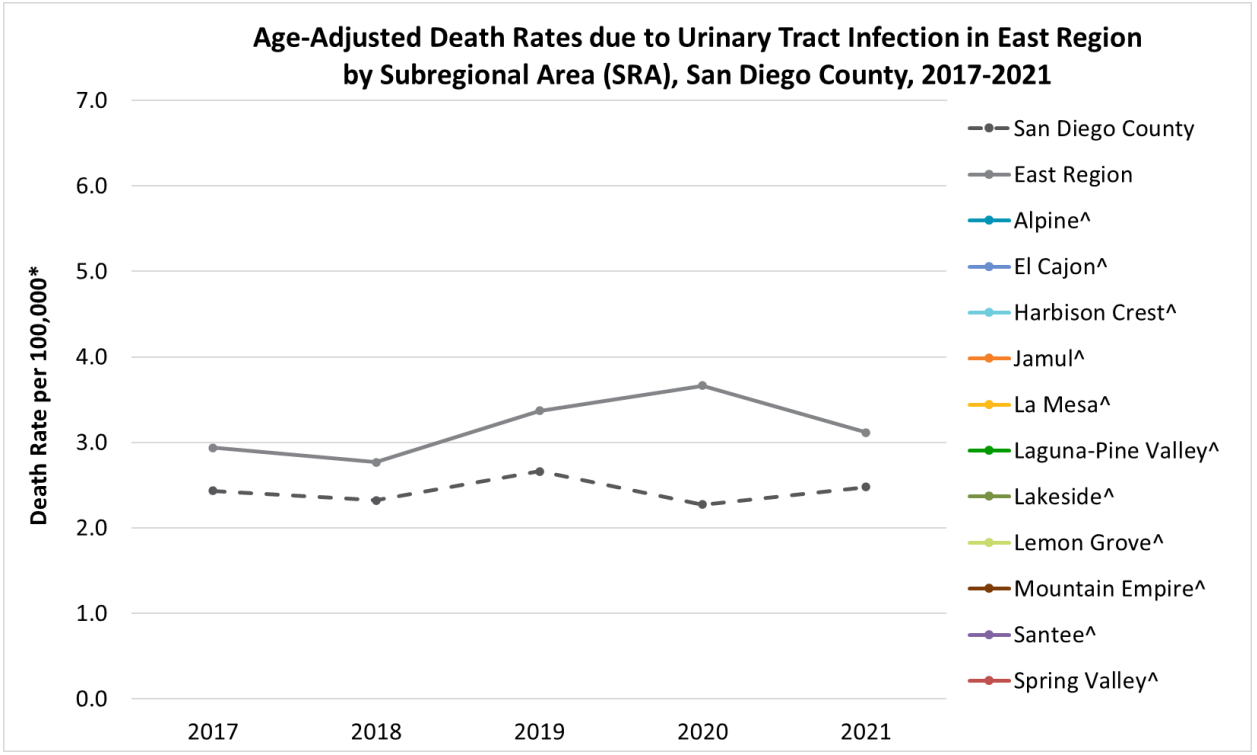
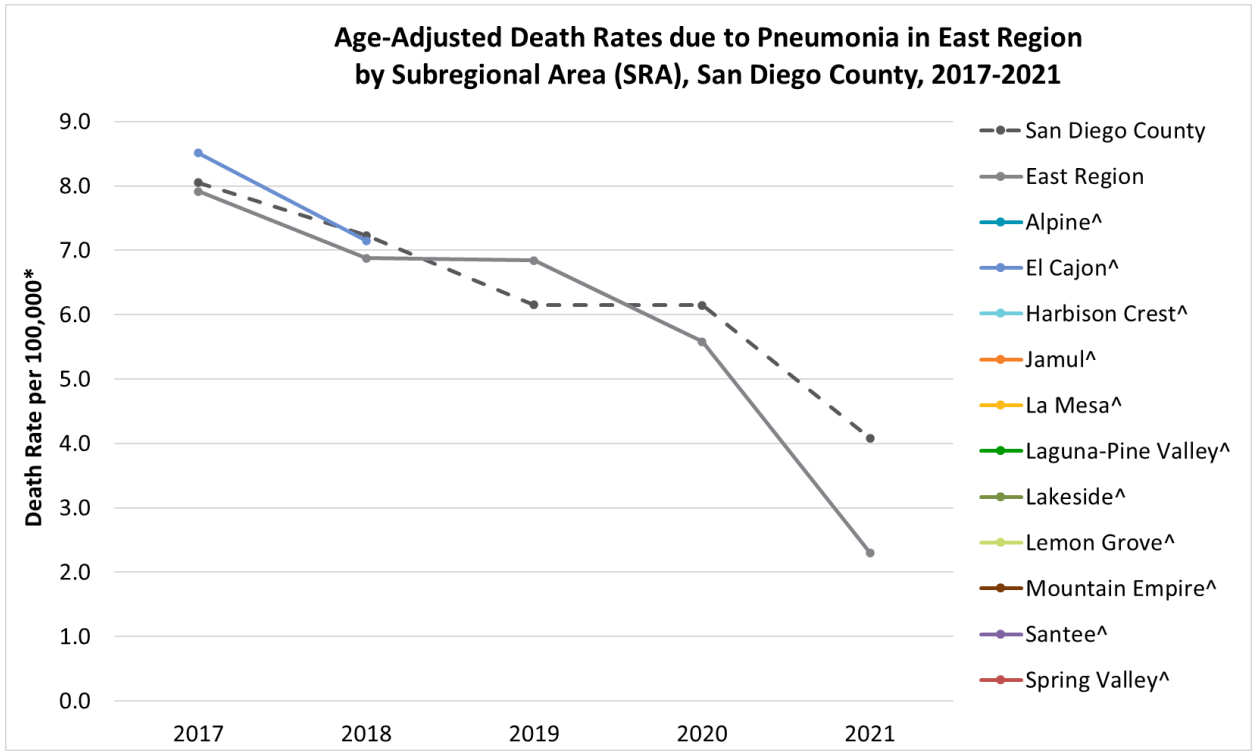
COMMUNICABLE (INFECTIOUS) DISEASES - DEATH RATES, 2017-2021



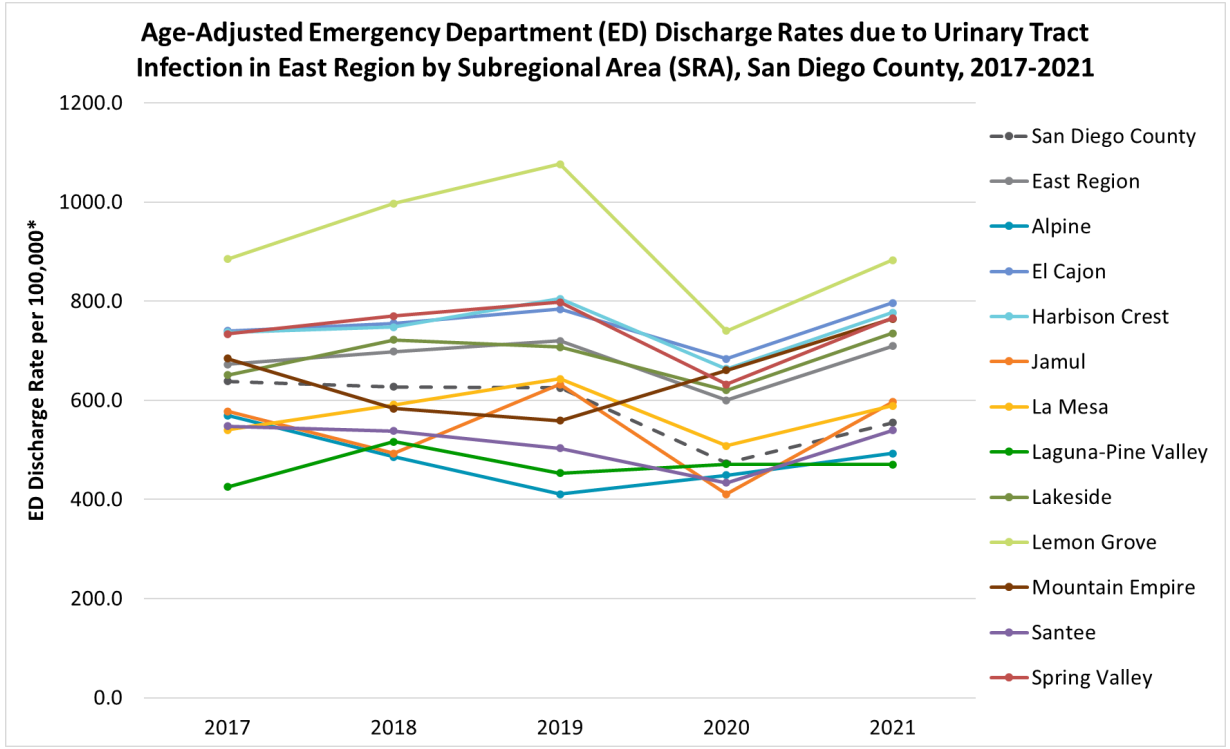


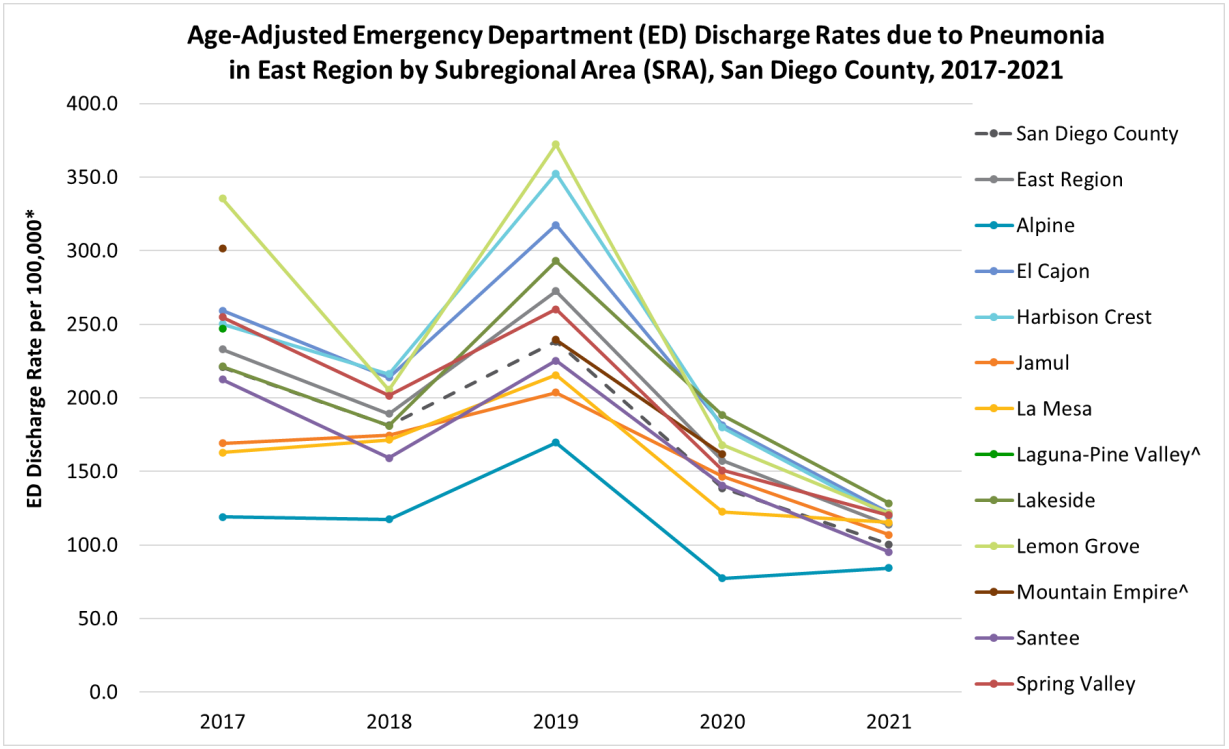
From 2017-2021, **East Region** had higher age-adjusted death rates due to urinary tract infections than San Diego County overall.

There was a **70.9% decrease** in the age-adjusted death rate due to pneumonia in East Region from 2017-2021.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Source: California Department of Public Health, 2017-2021 California Vital Records Business Intelligence System (VRBIS); SANDAG Population Estimates.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

COMMUNICABLE (INFECTIOUS) DISEASES – ED DISCHARGE RATES, 2017-2021



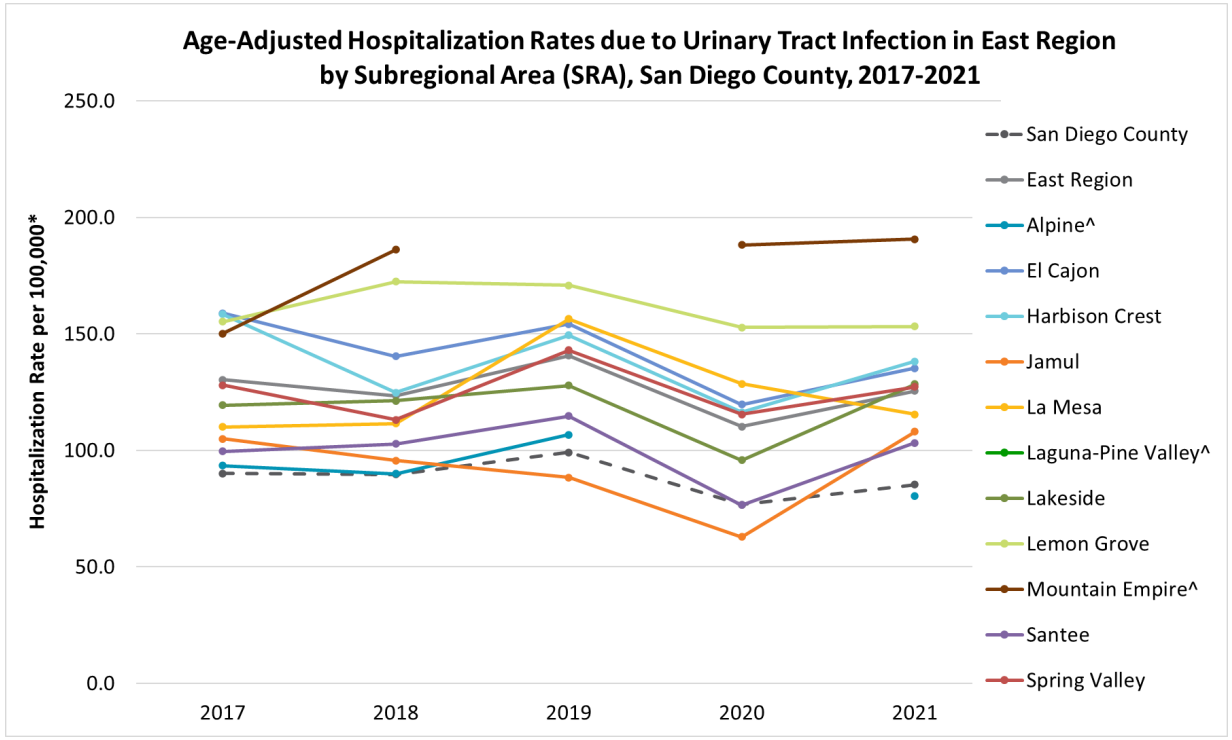


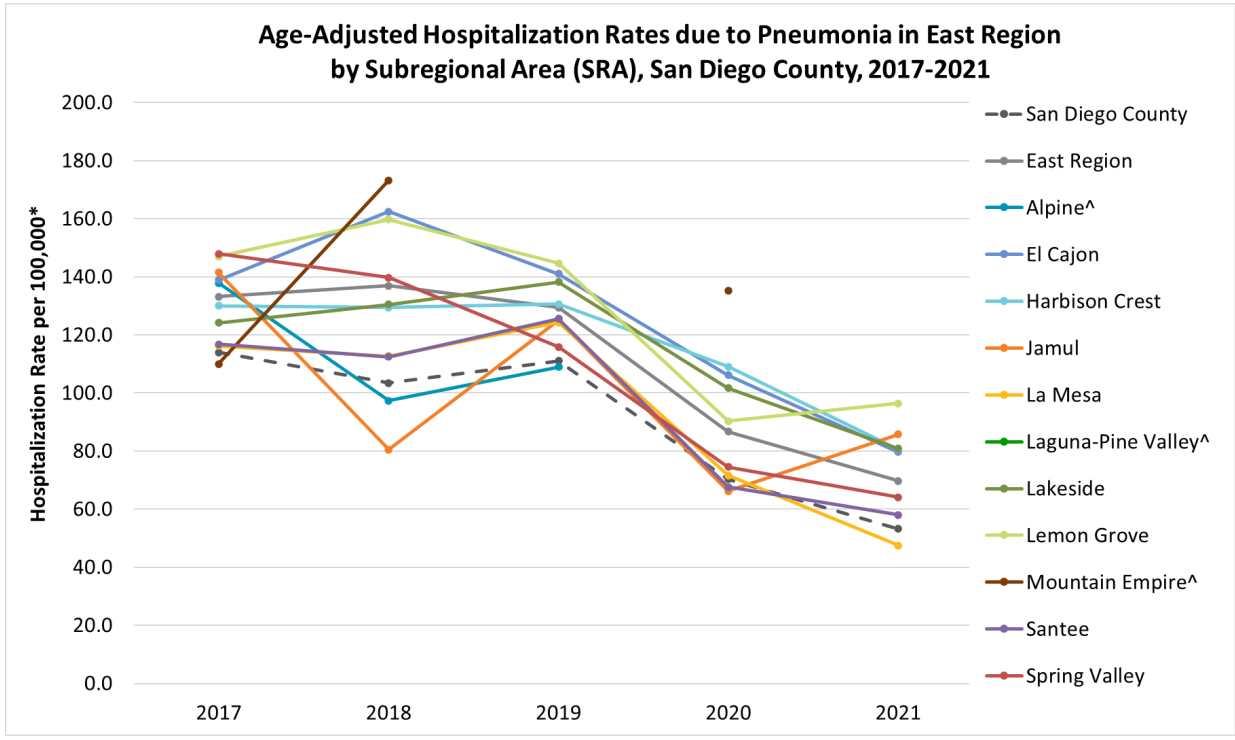
Among East Region SRAs, **Alpine** had the greatest decrease of age-adjusted ED discharge rates due to urinary tract infection (13.5%) from 2017-2021.

From 2017-2021, the age-adjusted ED discharge rates due to pneumonia decreased in **East Region and its SRAs**.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Sources: California Office of Statewide Health Planning and Development (OSHPD), Emergency Department Discharge Database and Patient Discharge Database, 2017-2019; California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2020-2021. San Diego Association of Governments (SANDAG) Population estimates, 2017-2021. 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

COMMUNICABLE (INFECTIOUS) DISEASES – HOSPITALIZATION RATES, 2017-2021





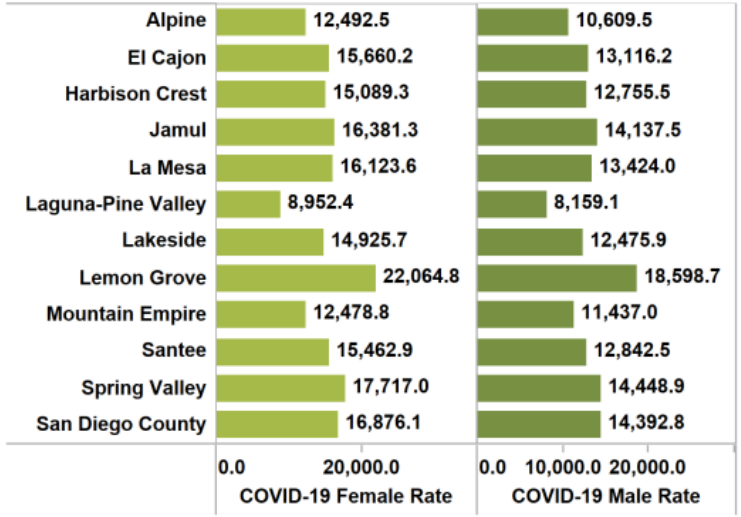
Among East Region SRAs, **Mountain Empire** had the greatest increase in age-adjusted hospitalization rates due to urinary tract infection (27.0%) from 2017-2021.

Among East Region SRAs, **La Mesa** had the greatest decrease in age-adjusted hospitalization rates due to pneumonia (59.1%) from 2017-2021.

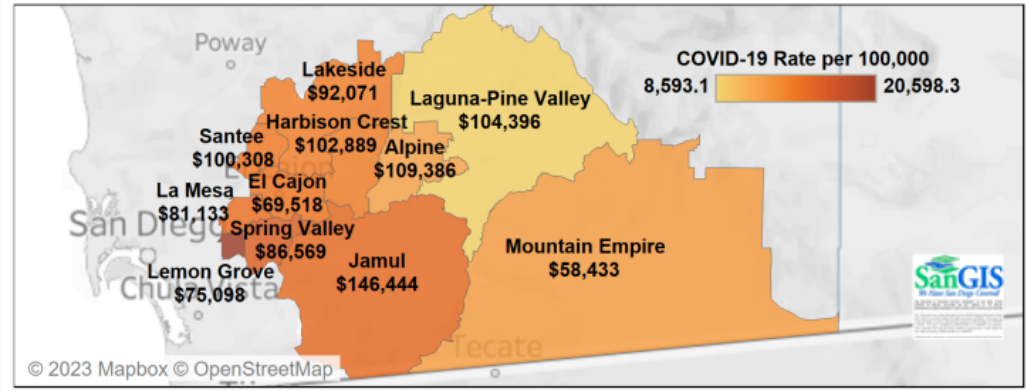
*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Sources: California Office of Statewide Health Planning and Development (OSHPD), Emergency Department Discharge Database and Patient Discharge Database, 2017-2019; California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2020-2021. San Diego Association of Governments (SANDAG) Population estimates, 2017-2021. 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

SAN DIEGO COUNTY CUMULATIVE COVID-19 RATE* PER 100,000 RESIDENTS BY EAST REGION SUB-REGIONAL AREAS^ (DATA THROUGH JANUARY 1, 2022 - DECEMBER 31, 2022)

COVID-19 RATE BY SEX, EAST REGION SUB-REGIONAL AREAS



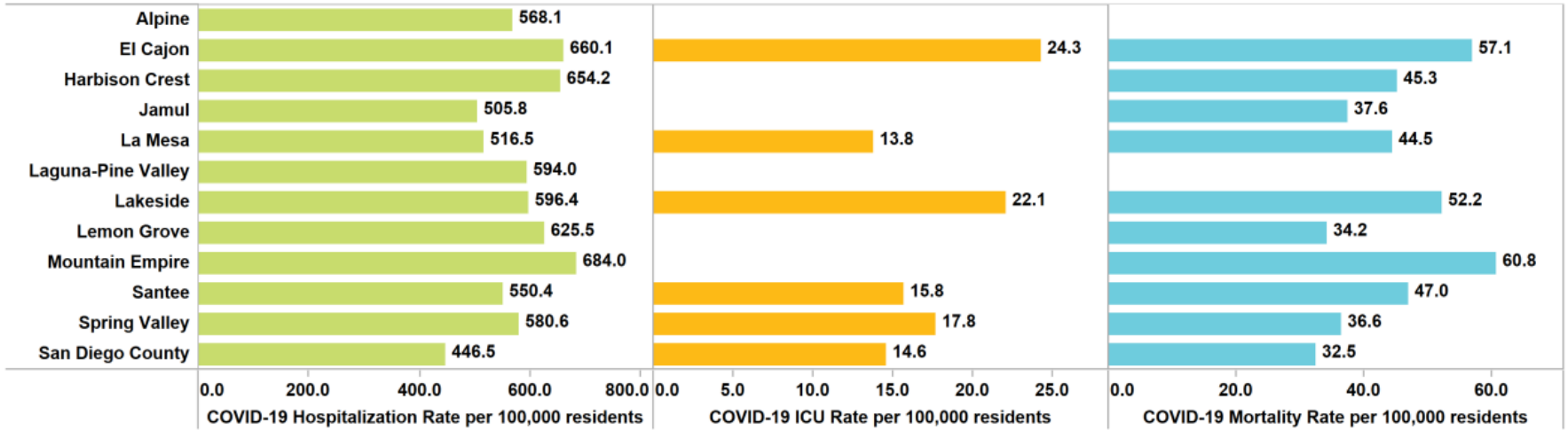
SAN DIEGO COUNTY COVID-19 RATE BY EAST REGION SUB-REGIONAL AREAS (MEDIAN HOUSEHOLD INCOME IN DOLLARS)



Median household income source: ESRI Community Analyst, 2022. *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 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.

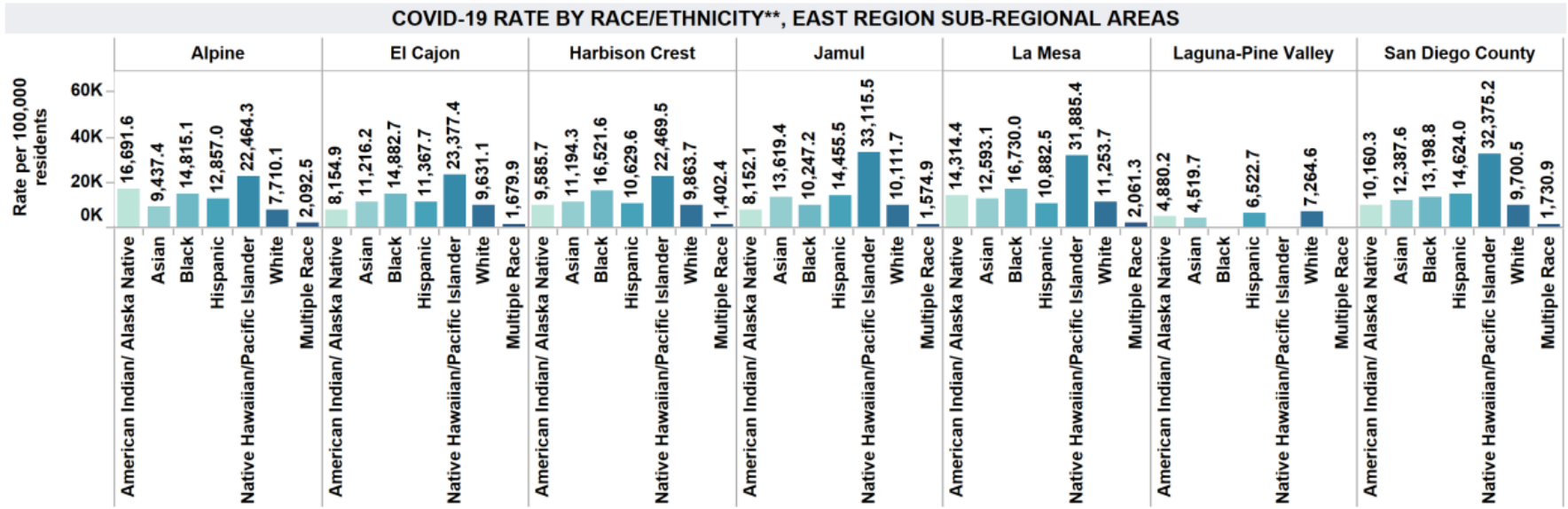
Health equity is achieved when "every person has the opportunity to 'attain his or her full health potential' and no one is disadvantaged from achieving this potential because of social position or other socially determined circumstances." -Centers for Disease Control and Prevention

COVID-19 HOSPITALIZATION, ICU & MORTALITY RATES BY EAST REGION SUB-REGIONAL AREAS

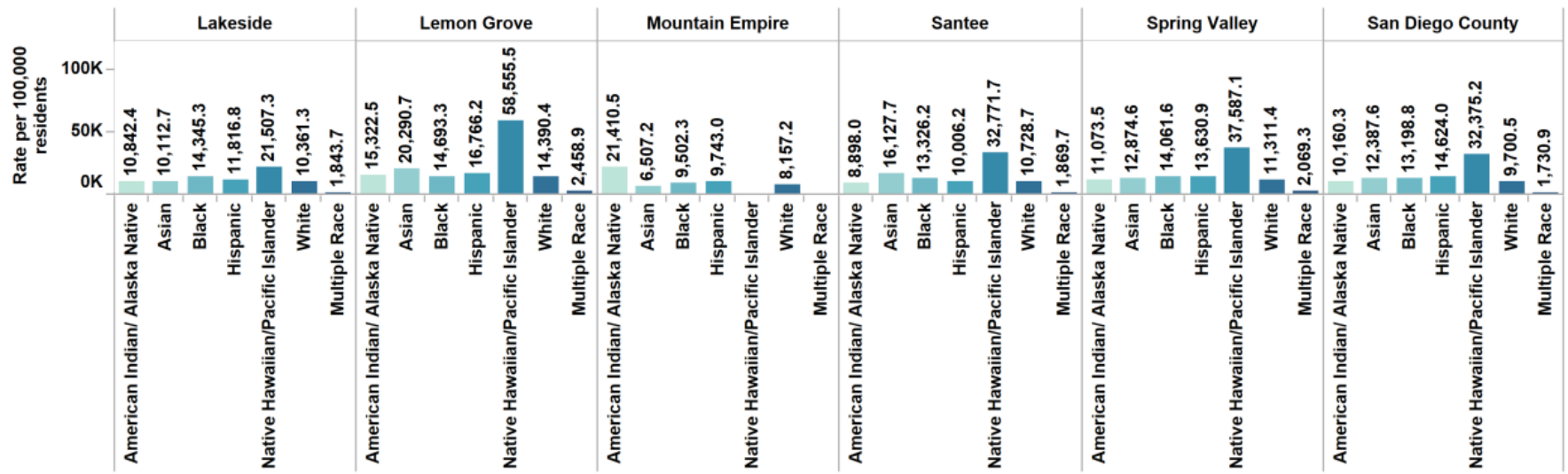


Data through 1/1/2022-12/31/2022. Data are preliminary and subject to change. *More information may become available as individual case investigations are completed. ^SRA of residence, which may not be location of exposure, only cases with known zip code are included in rate calculation. Data source: San Diego County Communicable Disease Registry.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 1/27/2023.

SAN DIEGO COUNTY CUMULATIVE COVID-19 RATE* PER 100,000 RESIDENTS BY EAST REGION SUB-REGIONAL AREAS^ (DATA THROUGH JANUARY 1, 2022 - DECEMBER 31, 2022)



*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 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.



**Persons of Hispanic/Latino ethnicity may belong to any race group. All categories except Hispanic/Latino include persons for whom race is known but ethnicity is non-Hispanic or unknown. Data through 1/1/2022-12/31/2022. Data are preliminary and subject to change. More information may become available as individual case investigations are completed. ^SRA of residence, which may not be location of exposure, only cases with known zip code are included in rate calculation. Data source: San Diego County Communicable Disease Registry.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 1/27/2023.

INJURY

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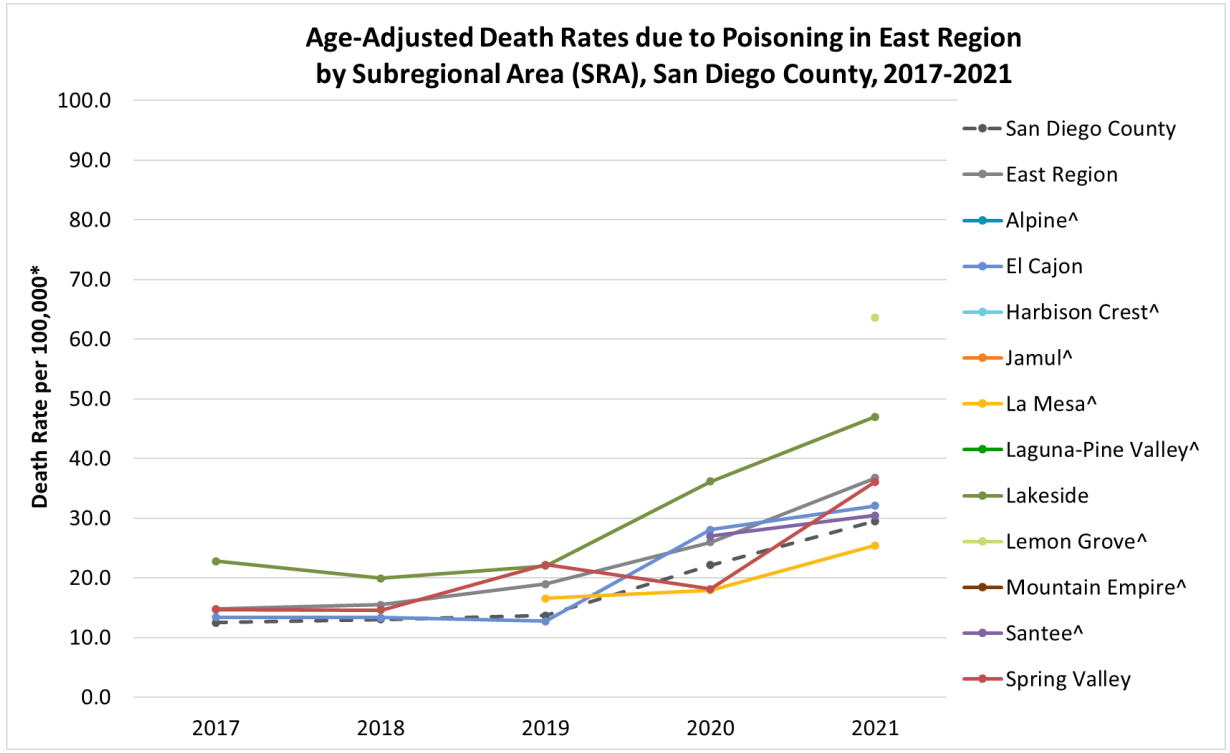
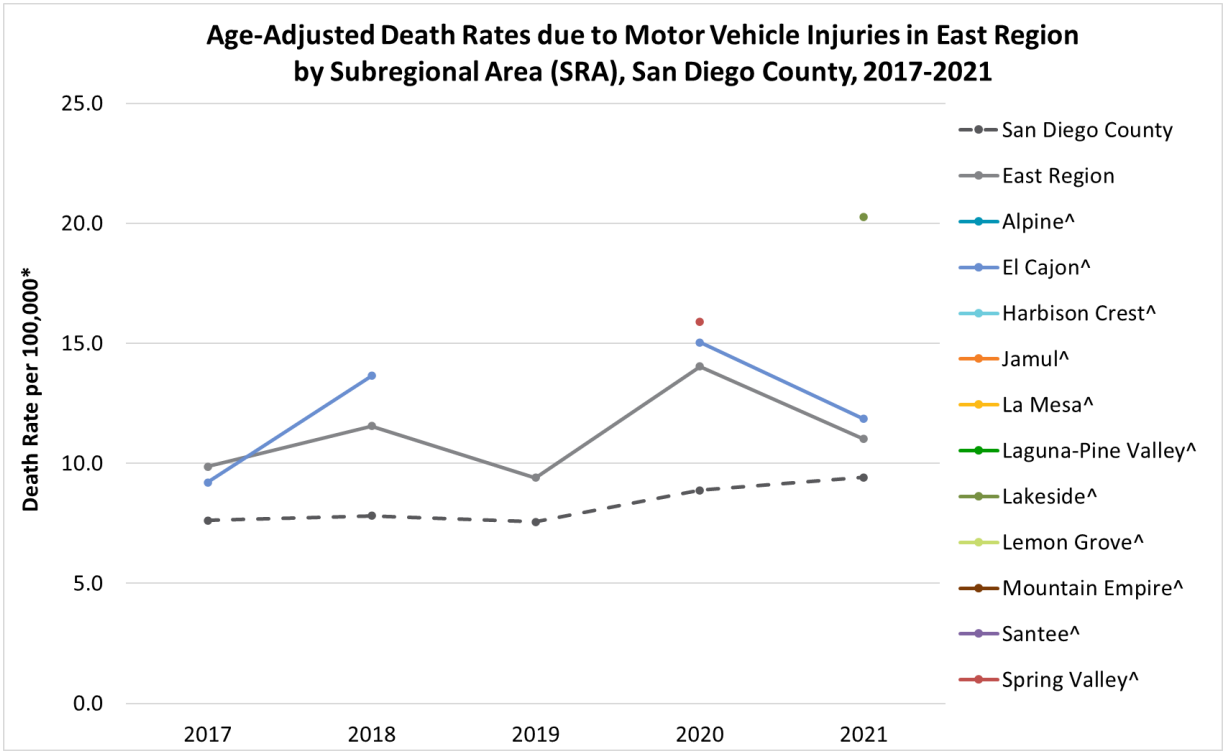
INJURY – DEATH RATES, 2017-2021



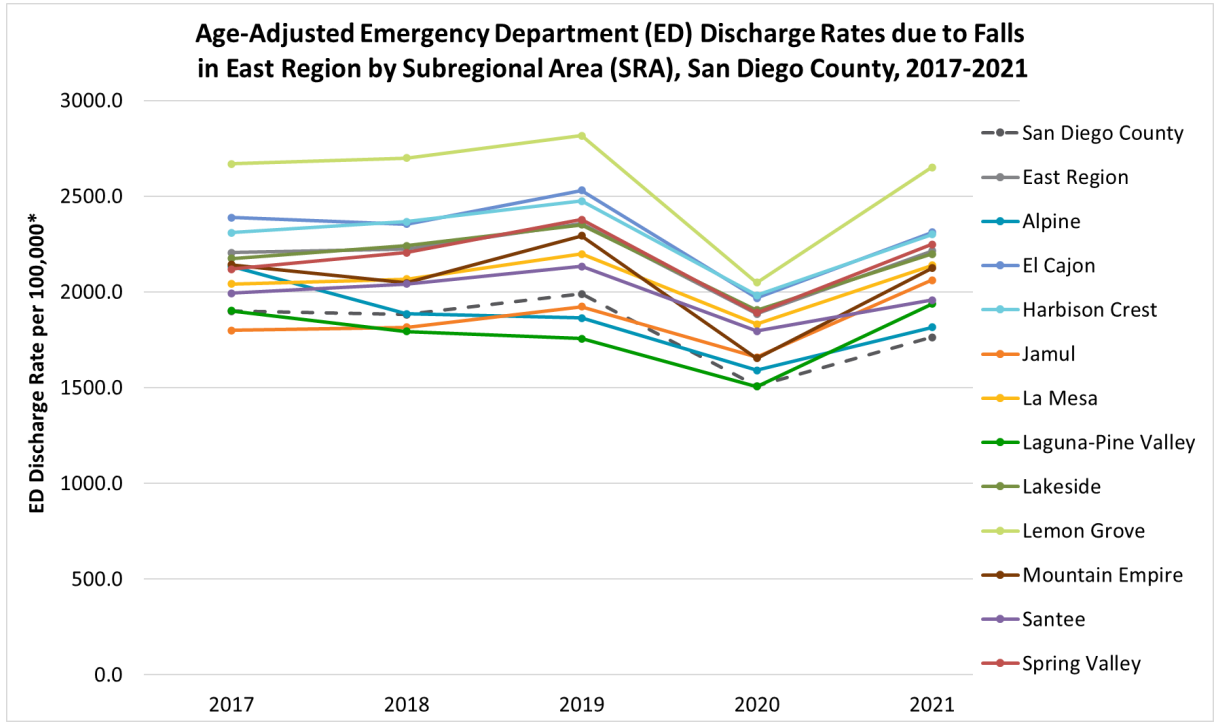


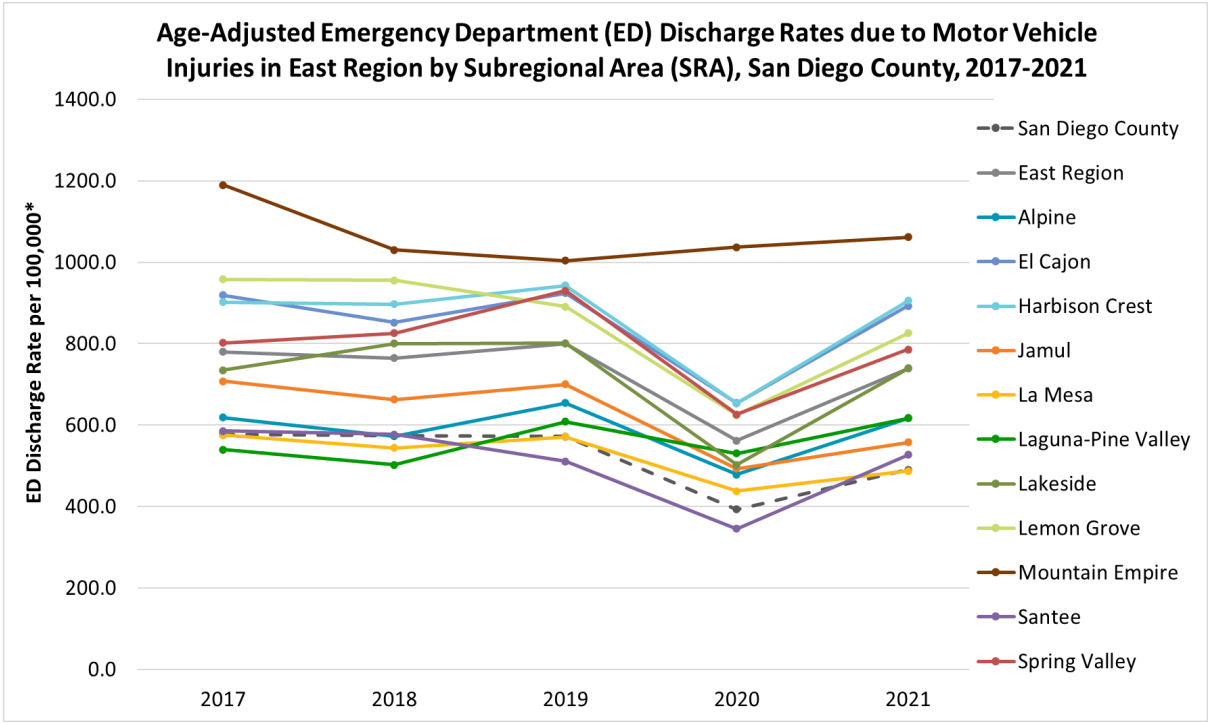
Among East Region SRAs, **Spring Valley** had the greatest increase in the age-adjusted death rate due to poisoning (145.6%) from 2017-2021.

From 2017-2021, the age-adjusted death rate due to motor vehicle injuries in East Region **increased 11.8%**.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Source: California Department of Public Health, 2017-2021 California Vital Records Business Intelligence System (VRBIS); SANDAG Population Estimates.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

INJURY – ED DISCHARGE RATES, 2017-2021



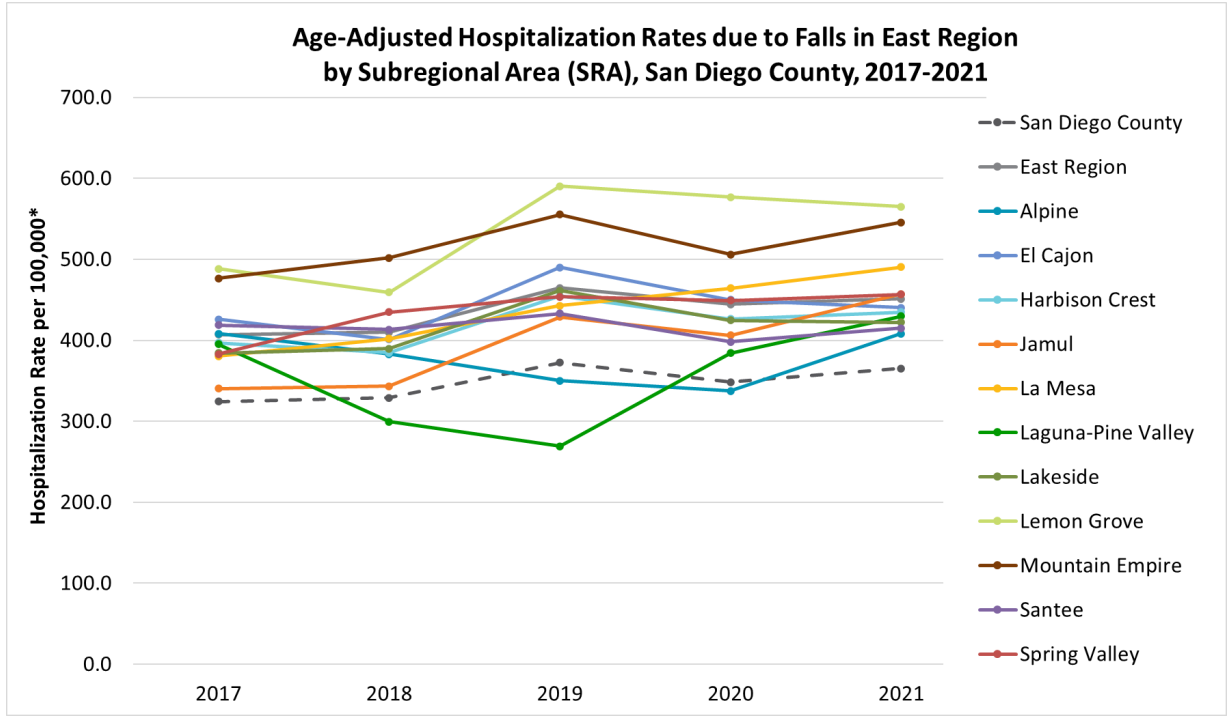


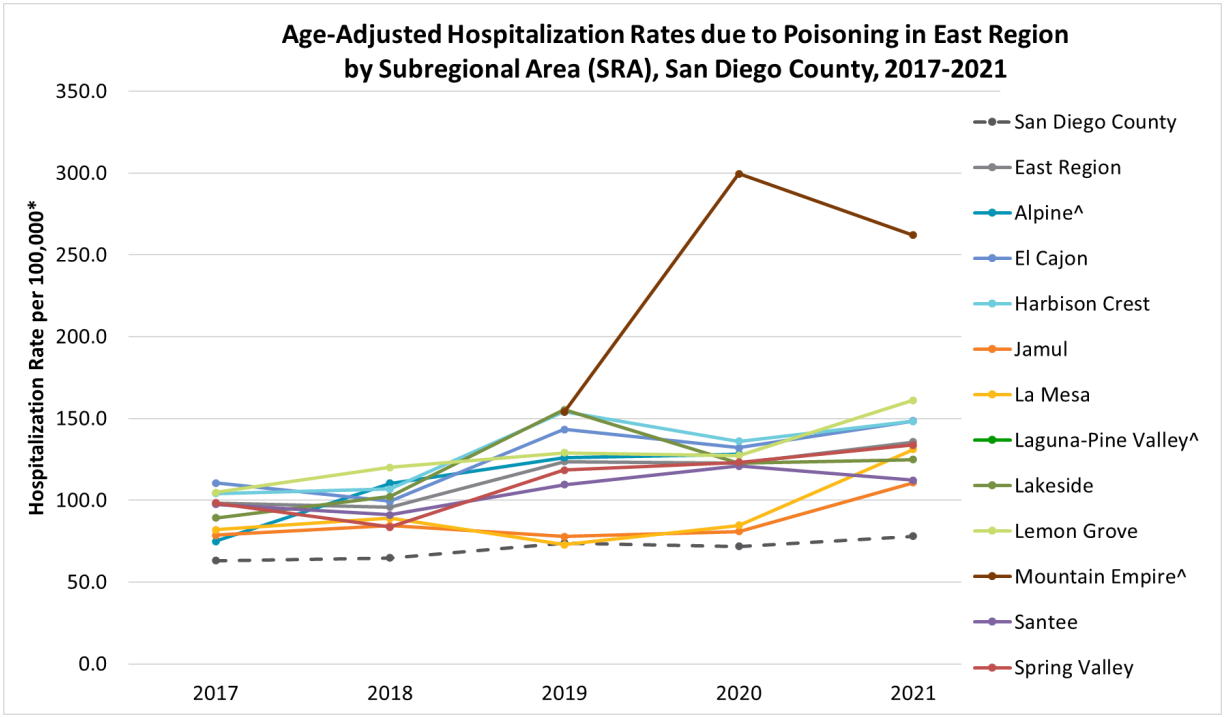
Among East Region SRA, **Alpine** had the greatest decrease in the age-adjusted ED discharge rate due falls (14.8%) from 2017-2021.

From 2017-2021, **Jamul SRA** had the greatest decrease in the age-adjusted ED discharge rate due to motor vehicle injuries (21.1%).

*Age-adjusted rates per 100,000 residents.
Sources: California Office of Statewide Health Planning and Development (OSHPD), Emergency Department Discharge Database and Patient Discharge Database, 2017-2019; California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2020-2021. San Diego Association of Governments (SANDAG) Population estimates, 2017-2021. 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

INJURY – HOSPITALIZATION RATES, 2017-2021





From 2017-2021, the age-adjusted hospitalization rates due to falls increased in East Region and its SRAs, **except Santee.**

The age-adjusted hospitalization rates due to poisoning increased in **East Region and its SRAs** from 2017-2021, with **Mountain Empire** having the highest rates in 2020-2021.

*Age-adjusted rates per 100,000 residents.
^Rates not calculated for fewer than 5 events for the years 2017 to 2019. Rates not calculated for fewer than 11 events for the years 2020 to 2021.
Sources: California Office of Statewide Health Planning and Development (OSHPD), Emergency Department Discharge Database and Patient Discharge Database, 2017-2019; California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2020-2021. San Diego Association of Governments (SANDAG) Population estimates, 2017-2021. 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2023.

CHSU PRODUCTS

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY
PUBLIC HEALTH SERVICES

LIVE WELL SAN DIEGO

ACCREDITED HEALTH DEPARTMENT
PHAB
Advancing public health performance
PUBLIC HEALTH ACCREDITATION BOARD

HEALTH DASHBOARDS

Community Profiles
(by Region or Municipality)

Select a geography.

Select a lens of health equity.

Filter by condition and outcome.

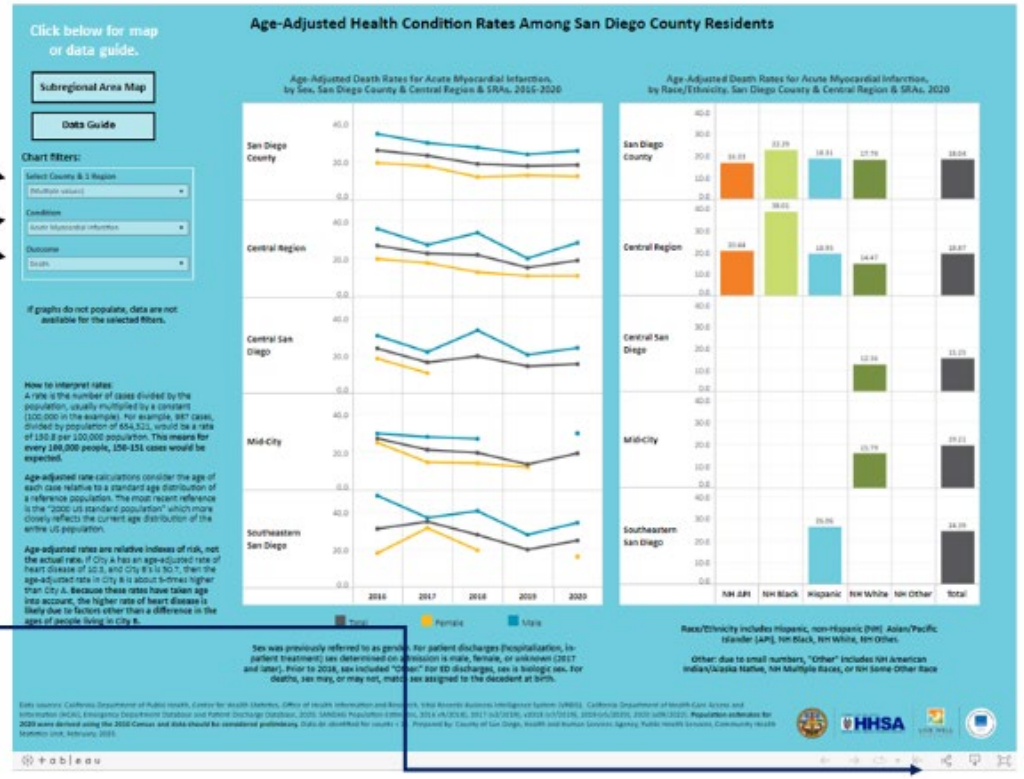
Share or download.

Community Profile Age-Adjusted Trends
(by Region or Municipality)

Select geography.

Filter by condition and outcome.

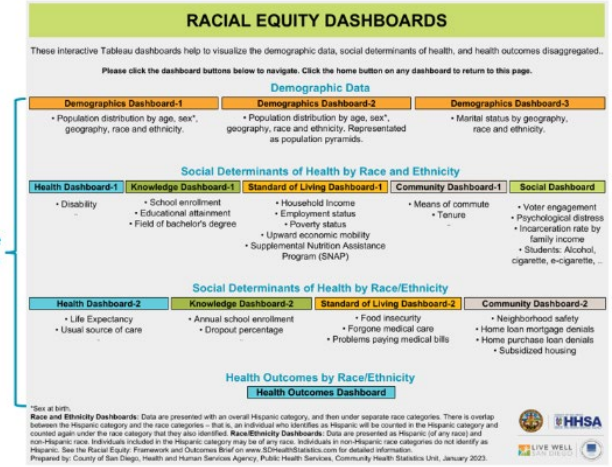
Share or download.



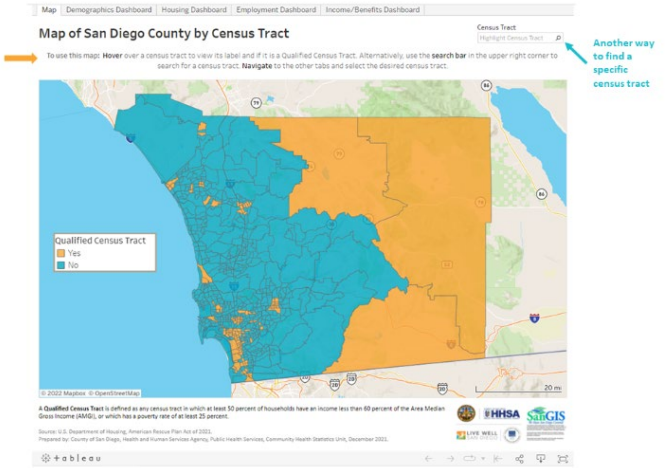
HEALTH EQUITY DASHBOARDS

Racial Equity Dashboard

Click the colored dashboard buttons on the home page to navigate to different dashboards



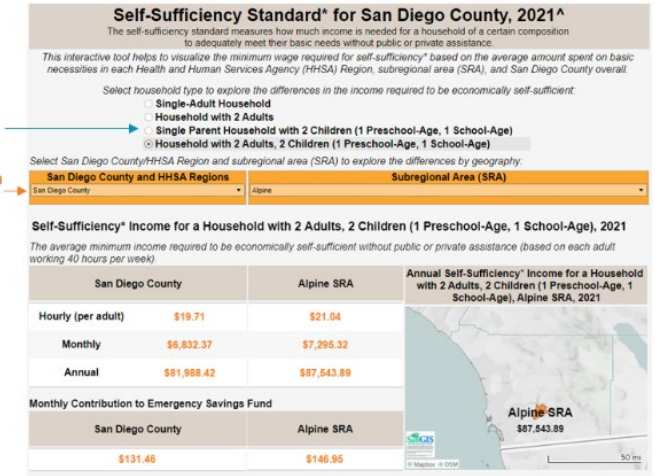
Socioeconomic Disparities Dashboard



Self-Sufficiency Dashboard

Select household type

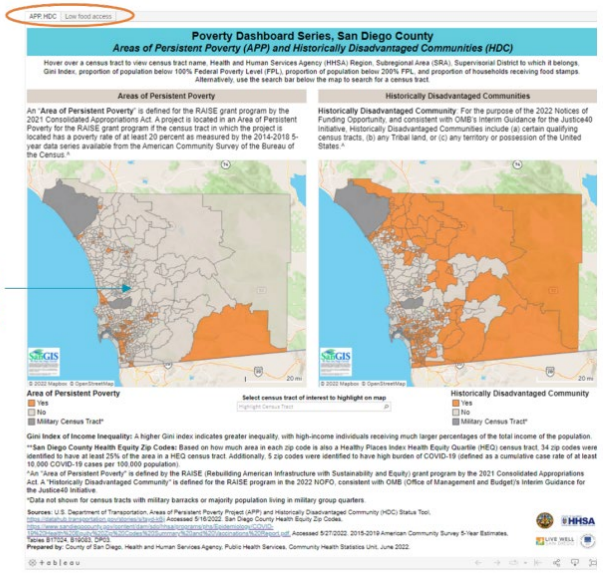
Use the drop-down filters to choose geography



Poverty Dashboard

Select tabs to navigate between topics

Hover the cursor over the census tracts in the map to view



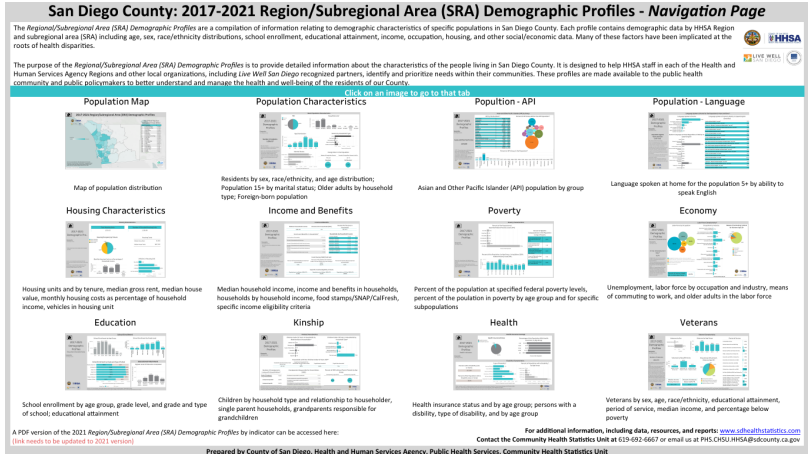
DEMOGRAPHIC PROFILES

PDF

Available for:

- Regions and Subregional Areas
- Supervisorial Districts
- Cities and the Unincorporated Area

Interactive Tableau Dashboards



Available for:

- Regions and Subregional Areas
- Supervisorial Districts
- Cities and the Unincorporated Area
- Census Tracts

Questions?

For more information, including data, resources and reports, from Public Health Services:
www.SDHealthStatistics.com

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On May 17, 2016, the County of San Diego Health and Human Services Agency Division of Public Health Services received accreditation from the Public Health Accreditation Board.