Data Measures

Numbers tell you how many

Example: 25 children under age 15 in San Diego died of cancer in 2012.

**Percentages tell you a proportion of the whole**

Example: 90% of attendees who ate potato salad at a picnic experienced symptoms of food poisoning.

Rates tell you how many per a given population and allow you to compare year to year or group to group.

Example: The rate of children injured due to motor vehicle crashes dropped from 321.9 per 100,000 to 295.2 per 100,000 after the implementation of the booster seat program

What are subregional areas (SRAs)?

Subregional areas, SRAs, are aggregations of census tracts defined by SANDAG.[1]
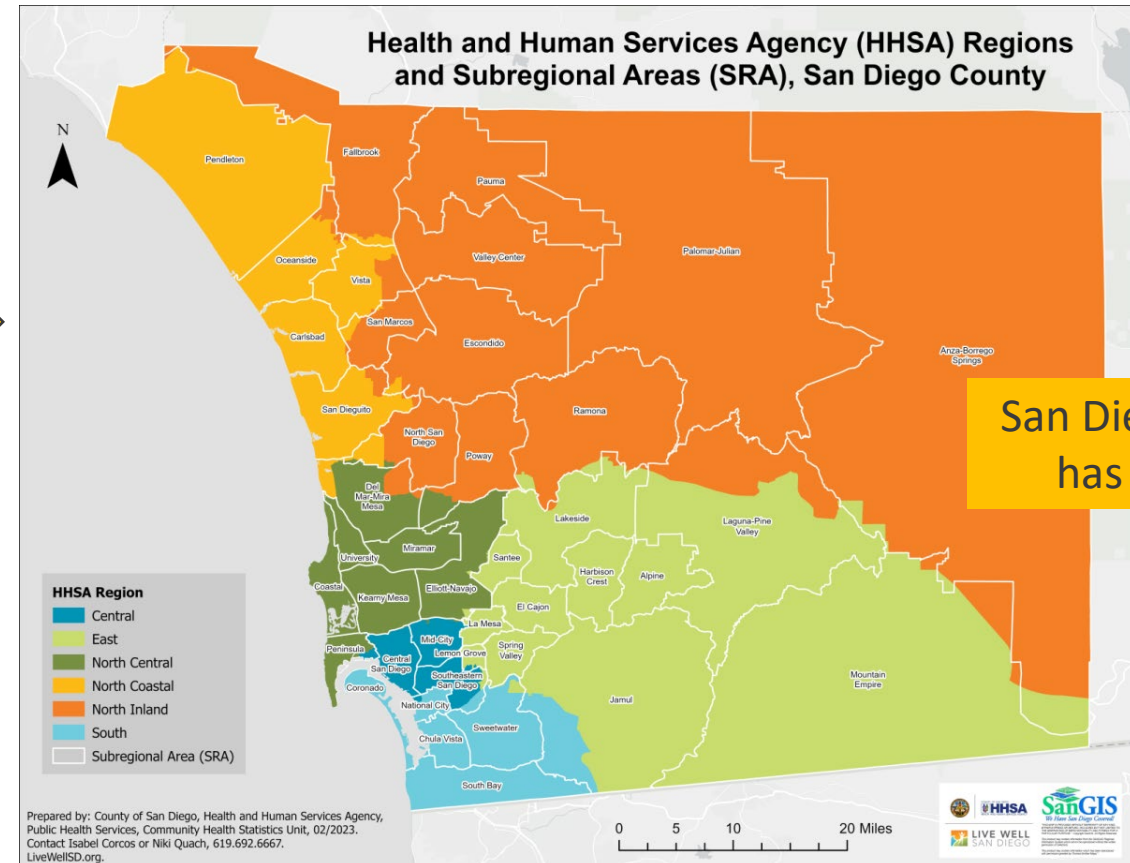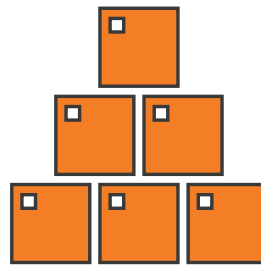

San Diego County has 41 SRAs

While the boundaries of many geographical areas, such as cities, change over time, SRA boundaries have remained essentially the same since their formation which allows for meaningful comparisons of time series information because identical areas are being compared.

Health and Human Services Agency (HHSA) Regions and Subregional Areas (SRA), San Diego County

HHSA Region
- Central
- East
- North Central
- North Coastal
- North Inland
- South
- Subregional Area (SRA)

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 02/2023. Contact Isabel Corcos or Niki Quach, 619.692.6667. LiveWellSD.org.

[1] SANDAG info. Demystifying Geographies: Peeling Back the Layers. May 2014. http://www.sandag.org/uploads/publicationid/publicationid_1853_17597.pdf (Accessed November 16, 2020).

GEOGRAPHY

**San Diego County Health and Human Services Agency
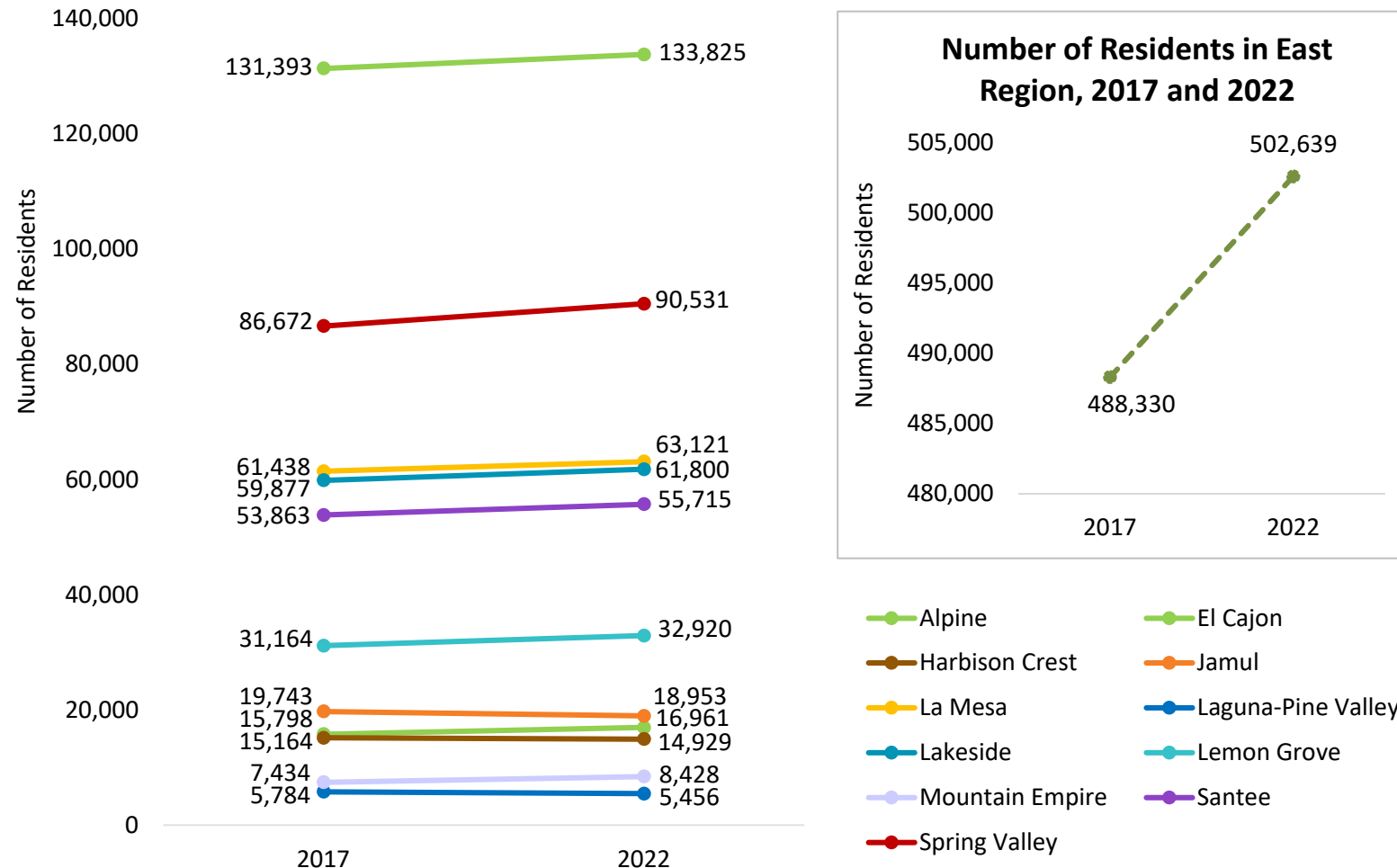East Region and Its Neighborhoods**
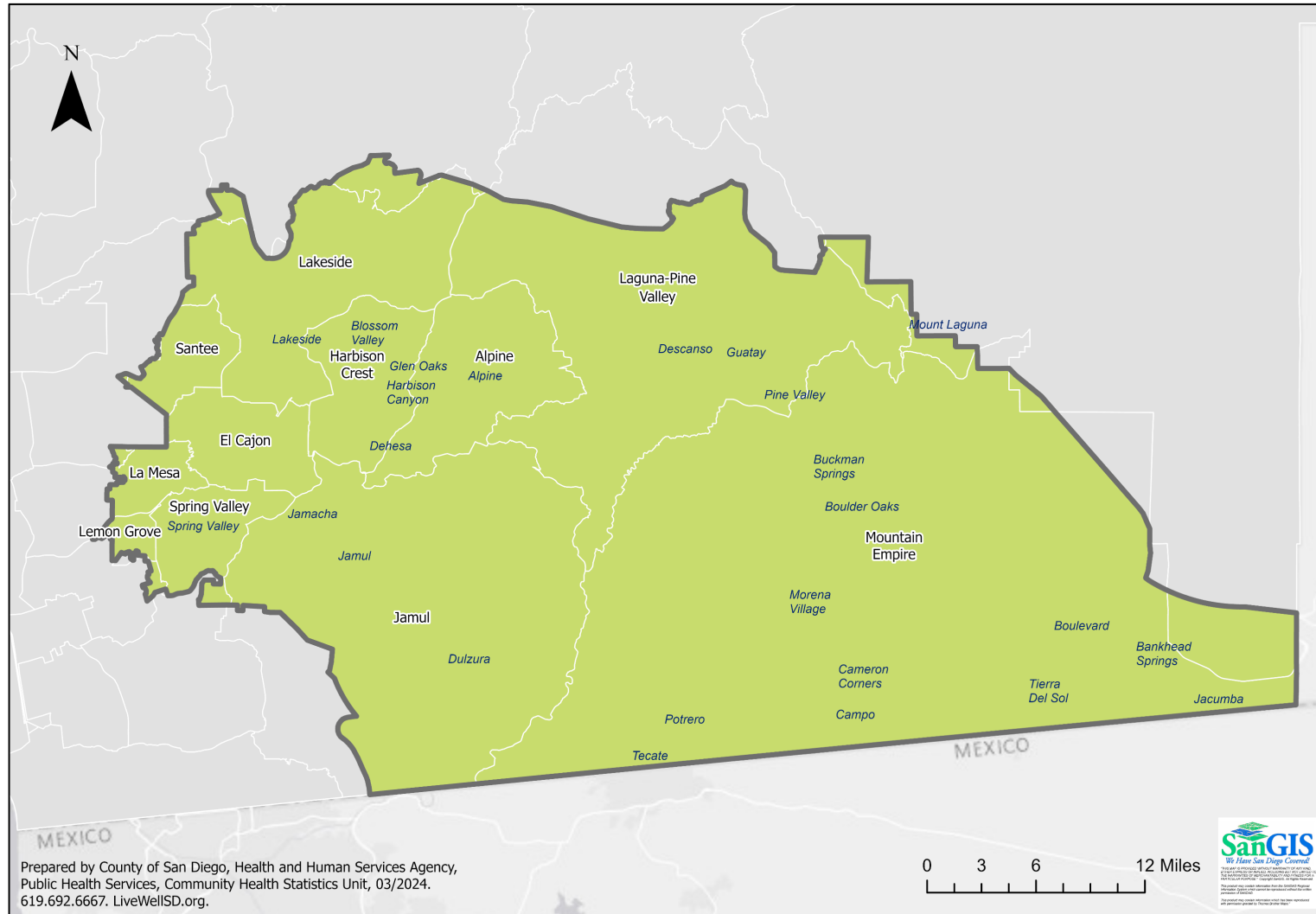
Subregional Areas (SRAs) in East Region:

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

Prepared by County of San Diego, Health and Human Services Agency,
Public Health Services, Community Health Statistics Unit, 03/2024.
619.692.6667. LiveWellSD.org.

POPULATION

Number of Residents in East Region and its Subregional Areas (SRAs), 2017 and 2022

Number of Residents (y-axis)

	2017	2022
Alpine	131,393	133,825
Spring Valley	86,672	90,531
La Mesa	61,438	63,121
Lakeside	59,877	61,800
Santee	53,863	55,715
Lemon Grove	31,164	32,920
Jamul	19,743	18,953
El Cajon	15,798	16,961
Harbison Crest	15,164	14,929
Mountain Empire	7,434	8,428
Laguna-Pine Valley	5,784	5,456

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

Number of Residents in East Region, 2017 and 2022

Number of Residents (y-axis)

	2017	2022
East Region	488,330	502,639

In 2022, East Region was home to 502,639 residents or 15.3% of San Diego County's population.
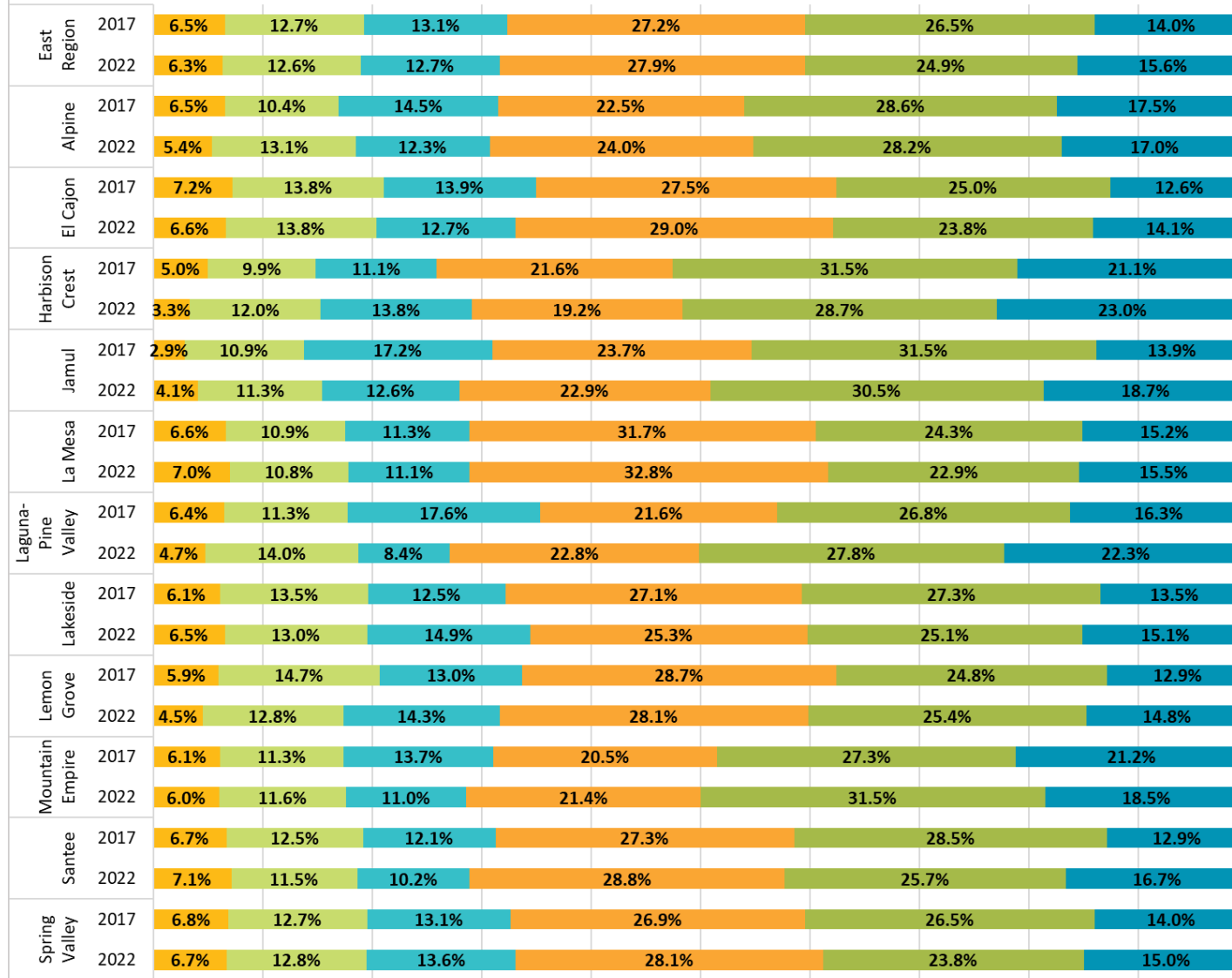
- Overall, the number of residents in East Region increased 2.9% between 2017 and 2022.

- All SRAs in East Region, except Harbison Crest, Jamul, and Laguna-Pine Valley, experienced a population increase between 2017 and 2022, with Mountain Empire SRA experiencing the highest increase (13.4%).

- Laguna-Pine Valley SRA experienced a 5.7% population decrease between 2017 and 2022.

POPULATION BY AGE

Percent of Residents by Age Group in East Region and its Subregional Areas (SRAs), 2017 and 2022

■ 0-4　■ 5-14　■ 15-24　■ 25-44　■ 45-64　■ 65+

SRA	Year	0-4	5-14	15-24	25-44	45-64	65+
East Region	2017	6.5%	12.7%	13.1%	27.2%	26.5%	14.0%
	2022	6.3%	12.6%	12.7%	27.9%	24.9%	15.6%
Alpine	2017	6.5%	10.4%	14.5%	22.5%	28.6%	17.5%
	2022	5.4%	13.1%	12.3%	24.0%	28.2%	17.0%
El Cajon	2017	7.2%	13.8%	13.9%	27.5%	25.0%	12.6%
	2022	6.6%	13.8%	12.7%	29.0%	23.8%	14.1%
Harbison Crest	2017	5.0%	9.9%	11.1%	21.6%	31.5%	21.1%
	2022	3.3%	12.0%	13.8%	19.2%	28.7%	23.0%
Jamul	2017	2.9%	10.9%	17.2%	23.7%	31.5%	13.9%
	2022	4.1%	11.3%	12.6%	22.9%	30.5%	18.7%
La Mesa	2017	6.6%	10.9%	11.3%	31.7%	24.3%	15.2%
	2022	7.0%	10.8%	11.1%	32.8%	22.9%	15.5%
Laguna-Pine Valley	2017	6.4%	11.3%	17.6%	21.6%	26.8%	16.3%
	2022	4.7%	14.0%	8.4%	22.8%	27.8%	22.3%
Lakeside	2017	6.1%	13.5%	12.5%	27.1%	27.3%	13.5%
	2022	6.5%	13.0%	14.9%	25.3%	25.1%	15.1%
Lemon Grove	2017	5.9%	14.7%	13.0%	28.7%	24.8%	12.9%
	2022	4.5%	12.8%	14.3%	28.1%	25.4%	14.8%
Mountain Empire	2017	6.1%	11.3%	13.7%	20.5%	27.3%	21.2%
	2022	6.0%	11.6%	11.0%	21.4%	31.5%	18.5%
Santee	2017	6.7%	12.5%	12.1%	27.3%	28.5%	12.9%
	2022	7.1%	11.5%	10.2%	28.8%	25.7%	16.7%
Spring Valley	2017	6.8%	12.7%	13.1%	26.9%	26.5%	14.0%
	2022	6.7%	12.8%	13.6%	28.1%	23.8%	15.0%

In 2022, nearly one-third (31.6%) of East Region residents were 0-24 years old.

- Between 2017 and 2022, East Region and most of its communities had increases in the number of residents aged 25-44 years and 65 years and older.

- Among East Region SRAs, Alpine had the highest increase in the percent of 25-44 year olds from 2017 to 2022.

- Laguna-Pine Valley SRA had the highest percent increase in the older adult population aged 65 years and older between 2017-2022.
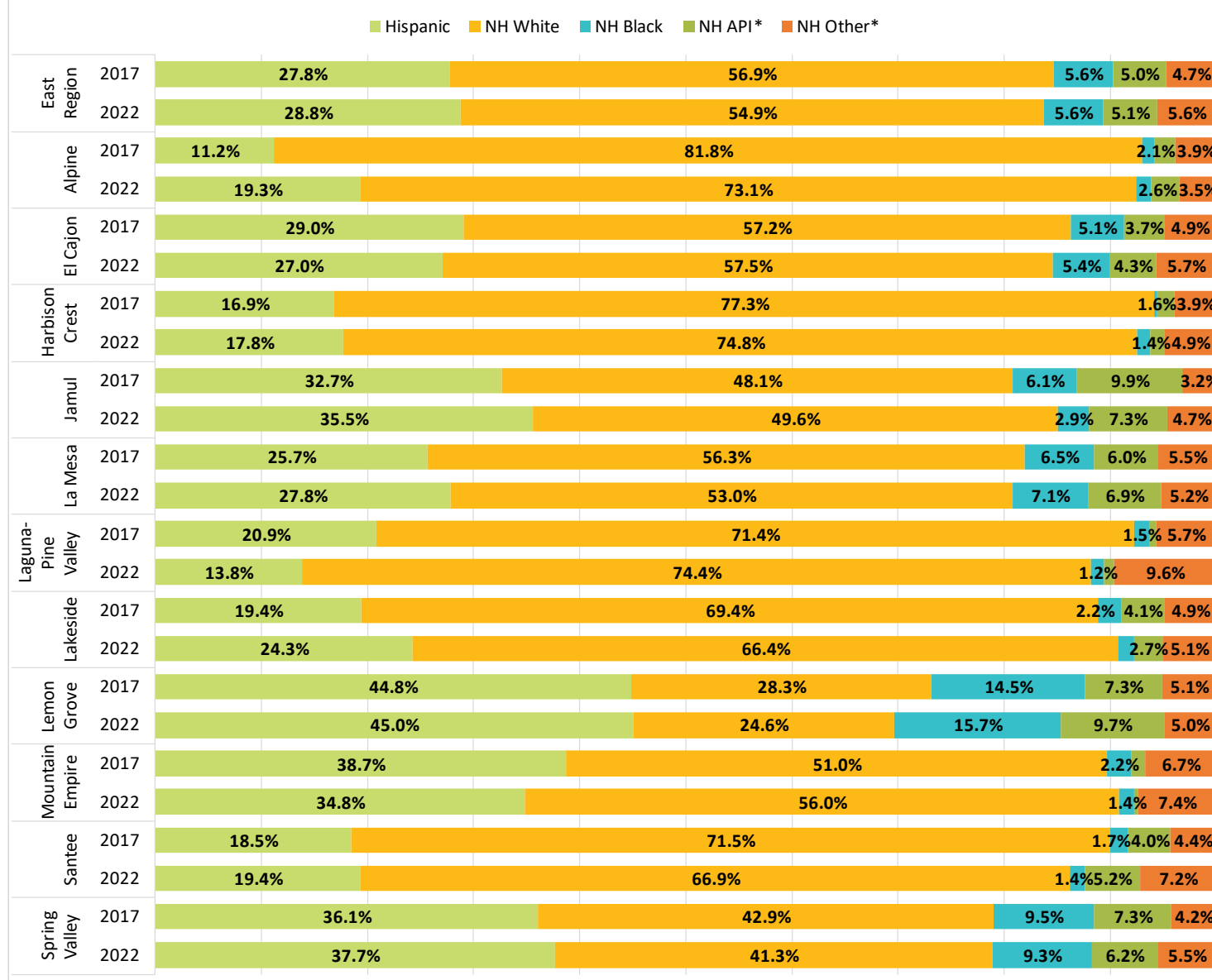
POPULATION BY RACE/ETHNICITY

Percent of Residents by Race/Ethnicity in East Region and its Subregional Areas (SRAs), 2017 and 2022

Legend: Hispanic | NH White | NH Black | NH API* | NH Other*

SRA	Year	Hispanic	NH White	NH Black	NH API*	NH Other*
East Region	2017	27.8%	56.9%	5.6%	5.0%	4.7%
East Region	2022	28.8%	54.9%	5.6%	5.1%	5.6%
Alpine	2017	11.2%	81.8%		2.1%	3.9%
Alpine	2022	19.3%	73.1%		2.6%	3.5%
El Cajon	2017	29.0%	57.2%	5.1%	3.7%	4.9%
El Cajon	2022	27.0%	57.5%	5.4%	4.3%	5.7%
Harbison Crest	2017	16.9%	77.3%		1.6%	3.9%
Harbison Crest	2022	17.8%	74.8%		1.4%	4.9%
Jamul	2017	32.7%	48.1%	6.1%	9.9%	3.2%
Jamul	2022	35.5%	49.6%	2.9%	7.3%	4.7%
La Mesa	2017	25.7%	56.3%	6.5%	6.0%	5.5%
La Mesa	2022	27.8%	53.0%	7.1%	6.9%	5.2%
Laguna-Pine Valley	2017	20.9%	71.4%		1.5%	5.7%
Laguna-Pine Valley	2022	13.8%	74.4%		1.2%	9.6%
Lakeside	2017	19.4%	69.4%	2.2%	4.1%	4.9%
Lakeside	2022	24.3%	66.4%		2.7%	5.1%
Lemon Grove	2017	44.8%	28.3%	14.5%	7.3%	5.1%
Lemon Grove	2022	45.0%	24.6%	15.7%	9.7%	5.0%
Mountain Empire	2017	38.7%	51.0%		2.2%	6.7%
Mountain Empire	2022	34.8%	56.0%		1.4%	7.4%
Santee	2017	18.5%	71.5%	1.7%	4.0%	4.4%
Santee	2022	19.4%	66.9%	1.4%	5.2%	7.2%
Spring Valley	2017	36.1%	42.9%	9.5%	7.3%	4.2%
Spring Valley	2022	37.7%	41.3%	9.3%	6.2%	5.5%

> In 2022, Hispanic (28.8%) and non-Hispanic White (54.9%) residents made up nearly 84% of East Region's population.

- Compared to other regions in 2022, East Region had the highest proportion of NH White residents at 54.9%.

- Between 2017 and 2022, the percentage of Hispanic, NH API and NH Other residents increased In East Region.

- NH Other residents had the greatest increase in the percent of residents in East Region between 2017 and 2022.

NH indicates non-Hispanic.
*Asian Pacific/Islander. Other includes American Indian/Alaska Native (AIAN), two or more races, and/or other races.
Source: U.S. Census Bureau; 2013-2017 American Community Survey 5-Year Estimates, Table B03002; 2018-2022 American Community Survey 5-Year Estimates, Table B03002.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

Economic and Education Development

County of San Diego — Health and Human Services Agency

Live Well San Diego

EDUCATIONAL ATTAINMENT

Percent of Adults 25 Years and Older by Educational Attainment in East Region and Subregional Areas (SRAs), 2017 and 2022
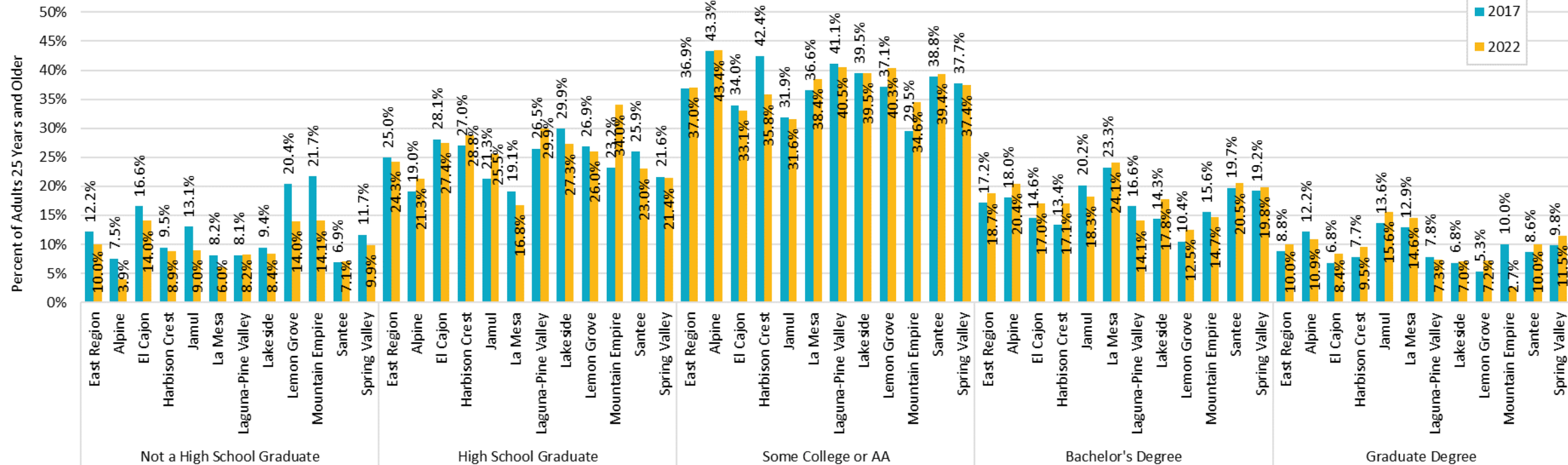
In 2022, compared to other regions in the county, East Region had the highest percent of adults 25 years and older who completed some college or received their AA/AS degree.

- Overall, the percent of adults 25 years and older with a bachelor's degree or higher increased in East Region and its SRAs from 2017 to 2022, except in Laguna-Pine Valley and Mountain Empire. The percentage of adults 25 years and older with a bachelor's degree or higher remained relatively the same in Jamul SRA.

- Among East Region communities, the proportion of adults 25 years and older with a bachelor's degree or higher was highest in La Mesa SRA (38.7%) in 2022.

LABOR FORCE BY OCCUPATIONS

2017					
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	222,113	35.8%	19.5%	25.6%	9.7%	9.4%
Alpine	7,745	41.0%	16.0%	23.9%	11.2%	7.9%
El Cajon	57,225	28.9%	23.9%	27.4%	9.5%	10.4%
Harbison Crest	7,163	36.5%	17.1%	23.4%	13.8%	9.2%
Jamul	7,244	50.6%	11.6%	23.8%	8.2%	5.7%
La Mesa	29,512	46.0%	15.6%	24.1%	7.7%	6.5%
Laguna-Pine Valley	2,546	34.8%	23.5%	24.7%	11.9%	5.1%
Lakeside	28,982	33.4%	18.0%	26.7%	11.8%	10.1%
Lemon Grove	13,968	29.7%	21.8%	24.5%	11.8%	12.2%
Mountain Empire	2,173	28.0%	19.3%	25.9%	17.7%	9.2%
Santee	26,249	38.7%	16.3%	26.8%	8.4%	9.8%
Spring Valley	39,306	36.8%	21.1%	24.1%	8.5%	9.5%
San Diego County	**1,536,073**	**41.3%**	**19.6%**	**23.0%**	**7.6%**	**8.4%**

2022					
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	229,563	37.7%	18.7%	22.6%	9.5%	11.5%
Alpine	7,749	38.6%	20.6%	22.1%	7.7%	11.0%
El Cajon	59,964	31.7%	20.8%	24.9%	9.3%	13.3%
Harbison Crest	6,107	41.1%	13.2%	22.5%	14.3%	8.8%
Jamul	7,412	52.8%	13.6%	18.5%	7.2%	7.9%
La Mesa	31,797	46.0%	18.7%	19.7%	6.5%	9.2%
Laguna-Pine Valley	2,186	37.0%	19.6%	14.6%	15.0%	13.8%
Lakeside	28,269	39.2%	18.5%	19.4%	11.6%	11.3%
Lemon Grove	15,188	30.2%	18.6%	25.9%	11.3%	14.0%
Mountain Empire	3,384	30.1%	14.9%	23.1%	19.9%	11.9%
Santee	26,146	43.8%	16.4%	21.1%	7.8%	10.9%
Spring Valley	41,361	35.1%	18.8%	24.7%	10.1%	11.2%
San Diego County	**1,574,825**	**45.4%**	**17.9%**	**19.6%**	**7.2%**	**9.8%**

- In 2022, 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 2017 and 2022.

LABOR FORCE BY INDUSTRY

Top 5 Industry Types, 2017

| Rank	Industry	East Region %
1	Educational services, and health care and social assistance	21.1%
2	Retail trade	12.9%
3	Professional, scientific, and management, and administrative and waste management services	12.2%
4	Arts, entertainment, and recreation, and accommodation and food services	11.3%
5	Construction	8.0%

Top 5 Industry Types, 2022

Rank	Industry	East Region %
1	Educational services, and health care and social assistance	21.7%
2	Professional, scientific, and management, and administrative and waste management services	12.7%
3	Retail trade	11.8%
4	Arts, entertainment, and recreation, and accommodation and food services	10.3%
5	Construction	8.7%

- The percent of workers in the *retail trade* industry decreased in East Region between 2017 and 2022, from 12.9% in 2017 to 11.8% in 2022.

- The top 5 industry types in East Region did not change from 2017 to 2022.

UNEMPLOYMENT

5-Year Average Percent of Unemployment*, 2013-2017 and 2018-2022
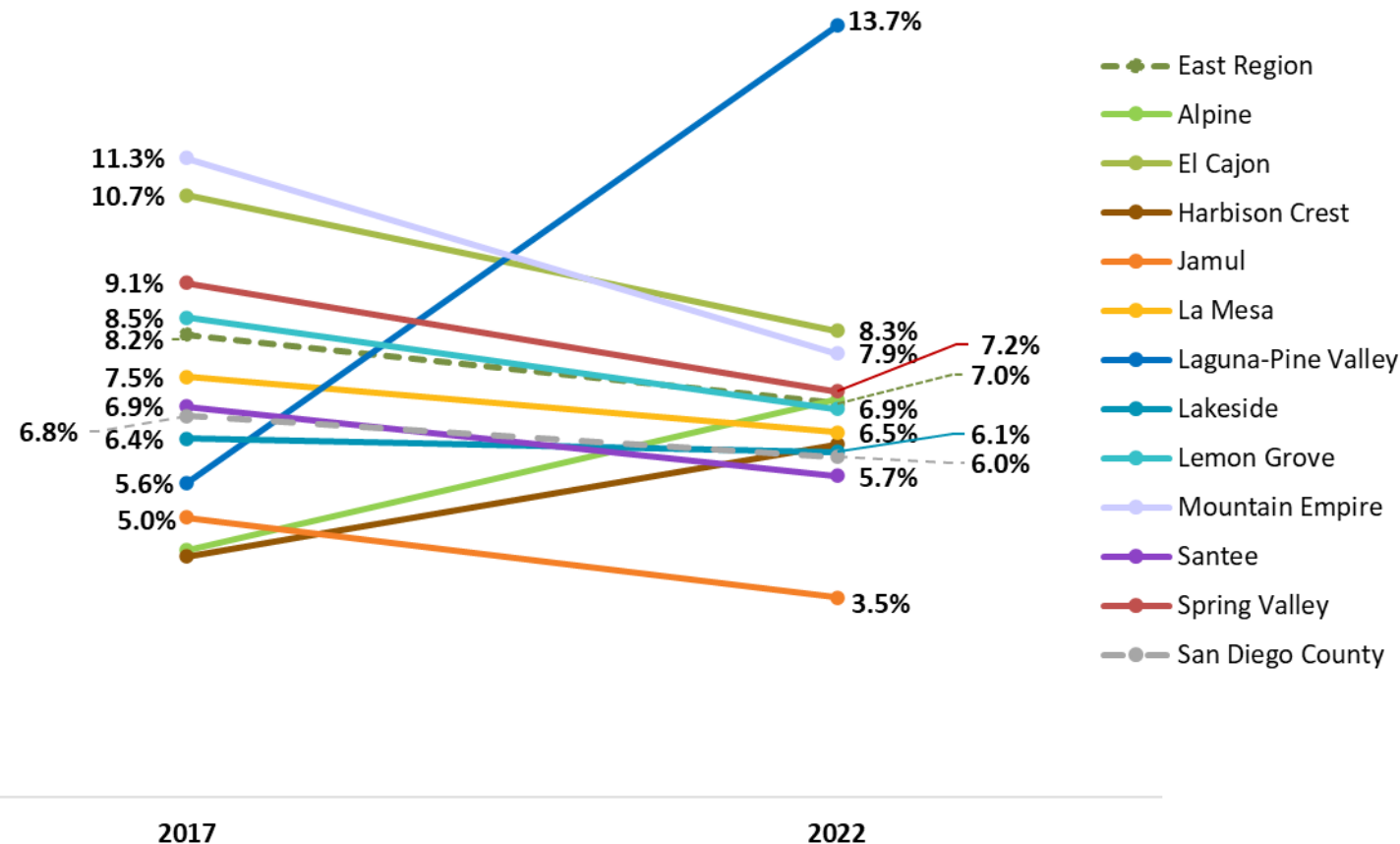
In East Region, the 5-year average percent of unemployed residents 16 years and older decreased from 8.2% in 2017 to 7.0% in 2022.

- East Region had a higher 5-year average percent of unemployment than the county overall in 2017 and 2022.

- From 2017 to 2022, East Region and its SRAs, except Alpine, Harbison Crest, and Laguna-Pine Valley, had a decrease in the 5-year average percent of unemployment.

- Between 2017 and 2022, Mountain Empire had the highest decrease in the 5-year average percent of unemployment.

POVERTY

Percent of the Population Living Under 200% Federal Poverty Level in East Region and Subregional Areas (SRAs), 2017 and 2022

SRA	2017	2022
East Region	31.5%	27.0%
Alpine	16.6%	21.1%
El Cajon	44.0%	37.1%
Harbison Crest	24.3%	18.6%
Jamul	14.1%	12.1%
La Mesa	29.1%	25.9%
Laguna-Pine Valley	21.0%	19.8%
Lakeside	24.9%	25.3%
Lemon Grove	35.8%	25.6%
Mountain Empire	41.3%	39.3%
Santee	19.4%	19.2%
Spring Valley	31.7%	24.3%
San Diego County	30.7%	24.6%
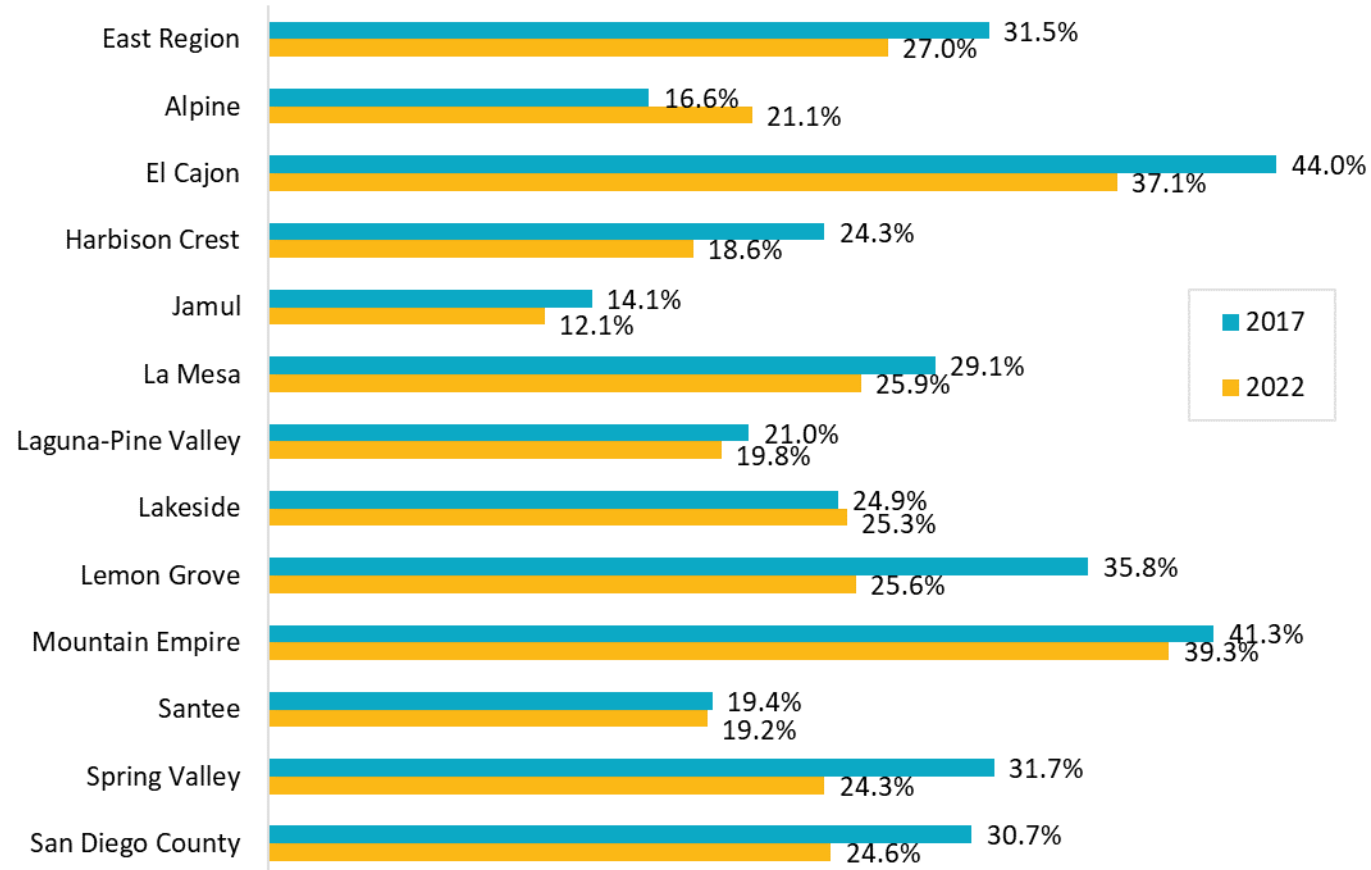
Between 2017 and 2022, the proportion of population living below 200% FPL in East Region decreased from 31.5% to 27.0%.

- The proportion of population living below 200% FPL decreased in East Region and its SRAs, except in Alpine and Lakeside.

- Compared to other SRAs in East Region, Mountain Empire and El Cajon had the highest proportion of population living below 200% FPL in 2022.

- Jamul SRA has the lowest proportion of population living below 200% FPL in 2022.

FOOD INSECURITY

Food Insecurity Among Adults with Income Less than 200% Federal Poverty Level (FPL), 2018-2022^

Region	Percent
San Diego County	33.5%
Central	29.1%
East	39.4%
North Central	35.9%
North Coastal	35.8%
North Inland	34.6%
South	27.0%
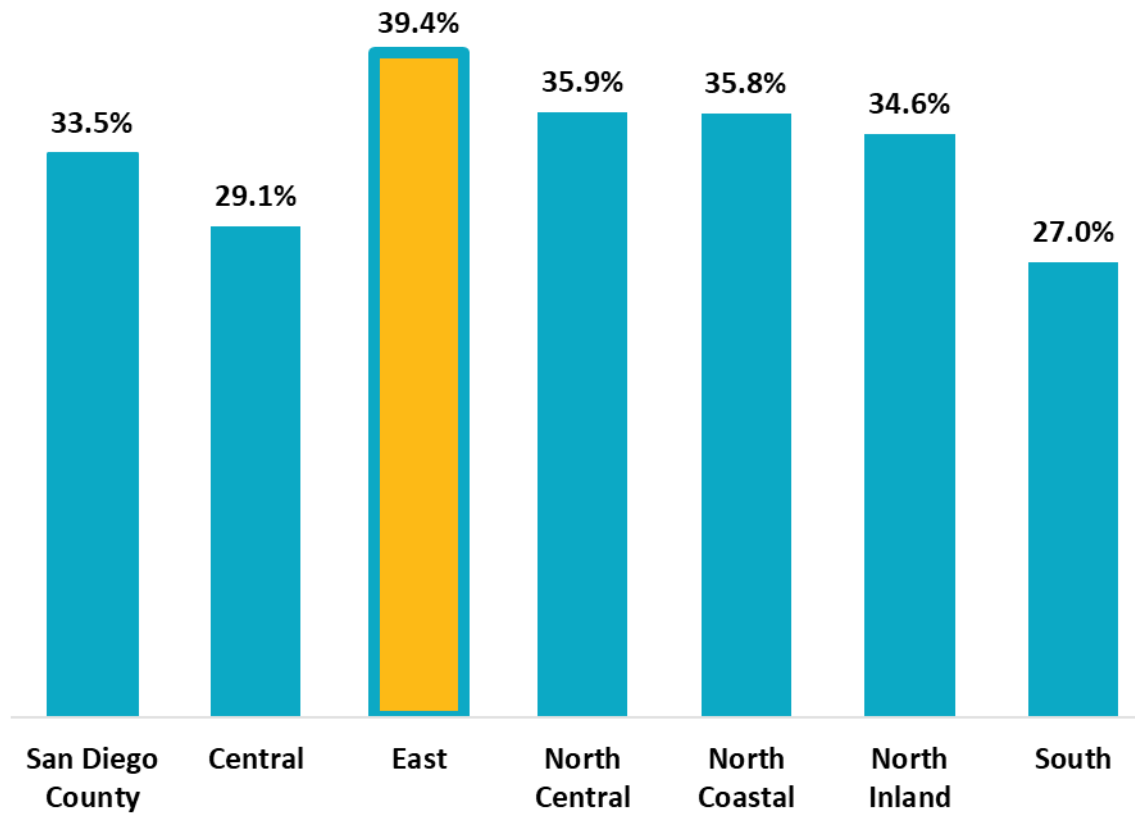
Percentage of Adults Food Insecure (Not Able to Afford Enough Food), East Region, 2018-2022^

Year	Percent^
2018	42.2%
2019	39.6%
2020	58.1%
2021	*
2022	30.7%

- Nearly 40% of adults with income less than 200% FPL reported having an inability to afford enough food in East Region between 2018-2022.

- 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 2018-2022.

* = 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 2018-2022. Available at http://ask.chis.ucla.edu. Exported on February 14, 2024.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

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, 2023^
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 a 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), 2023
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)	$23.52	$23.27
Monthly	$8,155.12	$8,065.59
Annual	$97,861.45	$96,787.13

Monthly Contribution to Emergency Savings Fund

San Diego County	Alpine SRA
$157.90	$155.05

Annual Self-Sufficiency* Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), Alpine SRA, 2023

Alpine $96,787.13

Monthly Expenses for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), 2023
The average amount spent per month by expense type to meet basic necessities without public or private assistance.

	San Diego County	Alpine SRA
Housing	$2,485.71	$2,340.00
Transportation	$1,309.58	$1,501.75
Childcare	$1,492.07	$1,232.36
Food	$1,062.00	$1,062.00
Healthcare	$707.28	$782.80
Taxes	$735.79	$757.86
Miscellaneous	$705.66	$691.89
Child Care Tax Credit	($140.42)	($106.25)
Child Tax Credit	($63.04)	($71.12)
Excess Earned Income Credit	($139.53)	($125.69)

2023 Self-Sufficiency Dashboard

INCOME

Median Household Income in East Region and Subregional Areas (SRAs), 2017 and 2022

	2017	2022
East Region	$71,075	$92,827
Alpine	$93,420	$117,479
El Cajon	$62,189	$79,344
Harbison Crest	$83,199	$103,890
Jamul	$112,878	$138,840
La Mesa	$62,009	$86,182
Laguna-Pine Valley	$89,639	$95,474
Lakeside	$77,560	$97,858
Lemon Grove	$62,197	$82,804
Mountain Empire	$42,893	$78,371
Santee	$82,338	$106,405
Spring Valley	$69,592	$93,740
San Diego County	$70,588	$96,974

The median household income in East Region increased from $71,075 in 2017 to $92,827 in 2022.

- The median household income increased in East Region and its SRAs from 2017 to 2022.

- In 2022, Jamul SRA had the highest median household income in East Region, followed by Alpine SRA.

HOUSING OCCUPANCY

Housing Occupancy Distribution, East Region and Subregional Areas (SRAs), 2017 and 2022
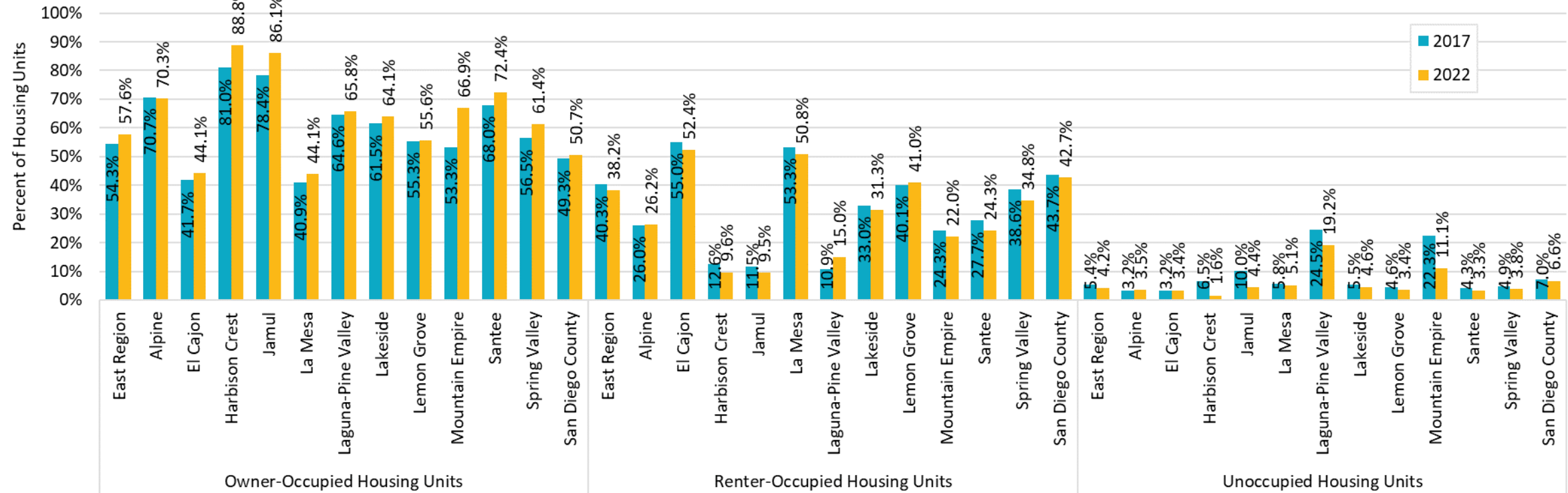
From 2017 to 2022, the proportion of owner-occupied housing units increased in East Region and its SRAs, except in Alpine.

- The proportion of rent-occupied housing decreased in East Region and its SRAs, except in Alpine, Laguna-Pine Valley, and Lemon Grove, from 2017 to 2022.

- The proportion of unoccupied housing decreased in East Region and its SRAs, except in Alpine and El Cajon, from 2017 to 2022.

MEDIAN GROSS RENT & MEDIAN HOUSE VALUE

Geography	Median Gross Rent (2017)	Median Gross Rent (2022)
East Region	$ 1,499	$ 1,996
Alpine	$ 1,993	$ 2,519
El Cajon	$ 1,386	$ 1,799
Harbison Crest	$ 1,767	$ 2,322
Jamul	$ 2,203	$ 2,665
La Mesa	$ 1,397	$ 1,863
Laguna-Pine Valley	$ 1,257	$ 2,692
Lakeside	$ 1,606	$ 2,010
Lemon Grove	$ 1,301	$ 1,901
Mountain Empire	$ 929	$ 792
Santee	$ 1,672	$ 2,209
Spring Valley	$ 1,481	$ 2,071
San Diego County	$ 1,467	$ 2,011

- In East Region, the median gross rent increased from $1,499 in 2017 to $1,996 in 2022.

- From 2017 to 2022, the median house value in East Region increased from $421,382 to $611,620.

Geography	Median House Value (2017)	Median House Value (2022)
East Region	$ 421,382	$ 611,620
Alpine	$ 513,300	$ 740,267
El Cajon	$ 412,622	$ 587,004
Harbison Crest	$ 424,333	$ 582,875
Jamul	$ 589,900	$ 830,350
La Mesa	$ 461,077	$ 682,513
Laguna-Pine Valley	$ 369,950	$ 488,300
Lakeside	$ 405,760	$ 590,900
Lemon Grove	$ 372,333	$ 561,071
Mountain Empire	$ 237,300	$ 331,600
Santee	$ 391,433	$ 578,321
Spring Valley	$ 420,944	$ 629,994
San Diego County	$ 484,900	$ 725,200

Housing Affordability

Area Median Income (AMI) is defined as the midpoint of a specific area's income distribution and is calculated on an annual basis by the Department of Housing and Urban Development (HUD).

Home Ownership Affordability estimates assume that a family can afford to purchase a home valued at three times their annual salary.

- In 2021, less than 11% of homes were affordable for families that were low income (at or below 80% of AMI) in nearly 68% of census tracts in East Region.

- Similarly, for those with very low income (at or below 50% of AMI), less than 11% of homes were affordable in 69% of census tracts in East Region.

Homeownership Affordability in East Region

Percent of All Homes Affordable for 80% AMI Family by Census Tract, San Diego County, 2021

Legend:
- 0.0 - 10.9%
- 11.0 - 20.9%
- 21.0 - 39.9%
- 40.0 - 59.9%
- 60.0 - 79.9%
- 80.0% or more
- Military census tract
- No data available

Military census tracts include substantial military group quarters population, a special population with unique demographics, needs, and resources.

© 2024 Mapbox © OpenStreetMap

20 mi
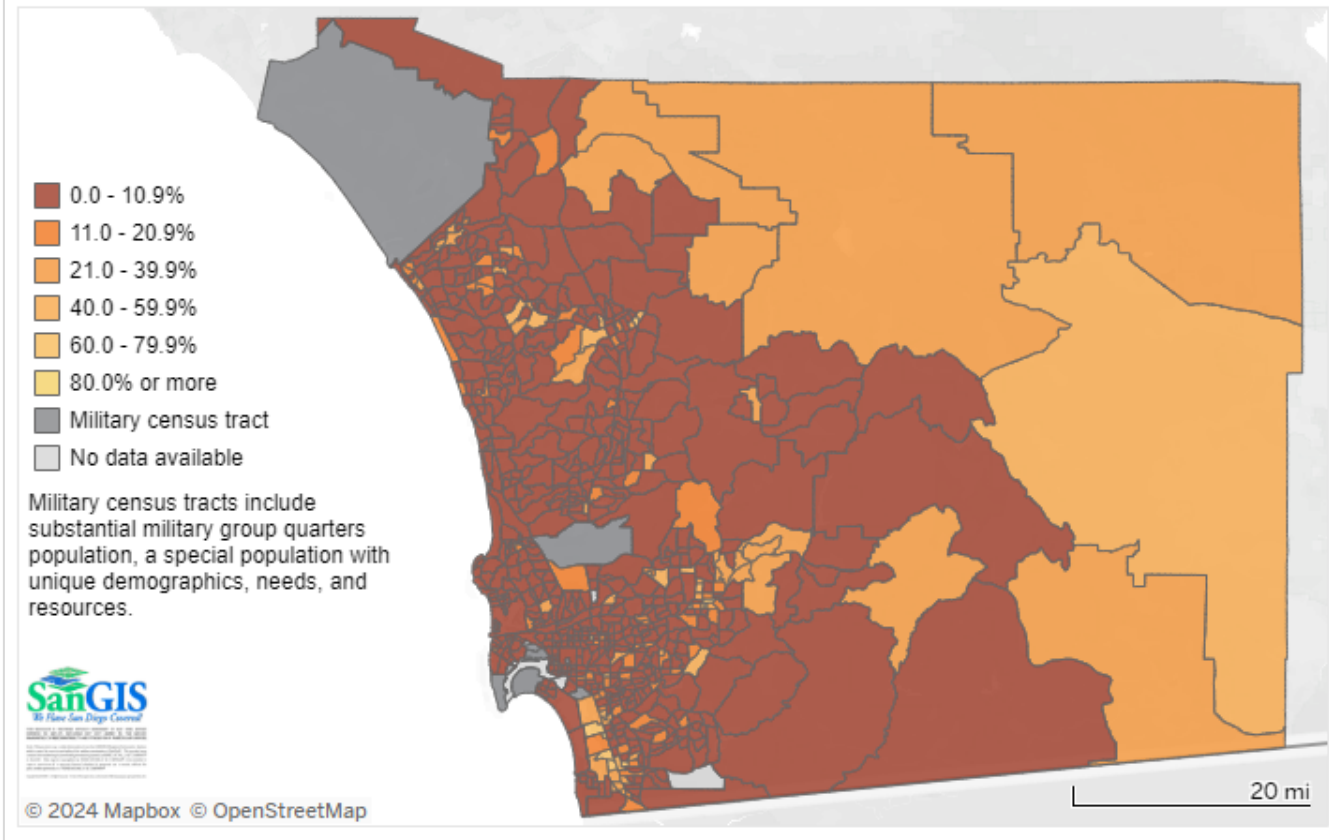
Housing Affordability

Rental Unit Affordability in East Region

Percent of 2 Bedroom Rental Units Affordable for 4-Person Family 80% AMI by Census Tract, San Diego County, 2021
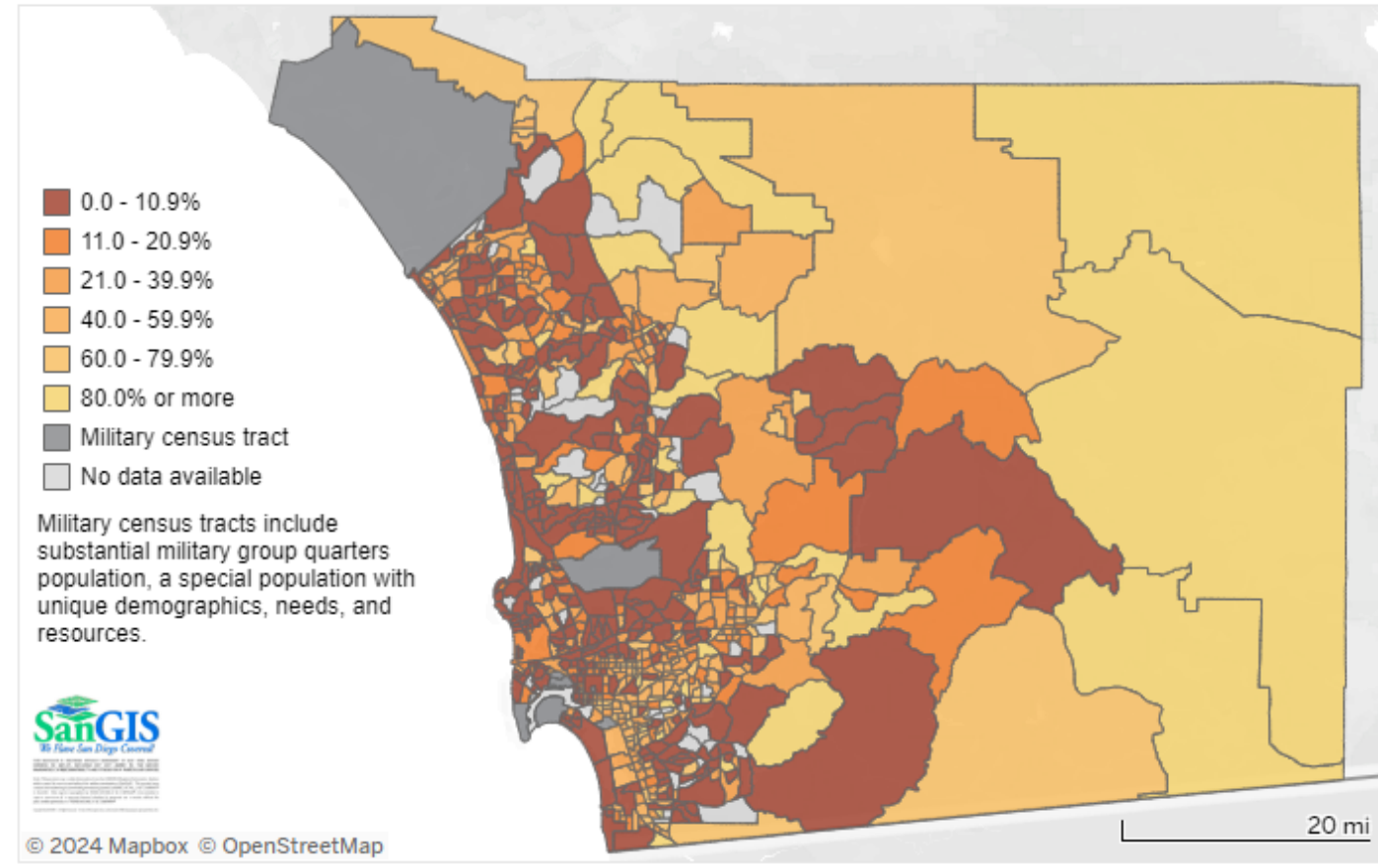
Rental Affordability calculations assume that a family can afford to <u>spend 30% or less of their income on rent</u>, which corresponds to the threshold for housing cost burden as defined by the Census Bureau.

- In 2021, less than 11% of 2-bedroom rental units were affordable for low-income 4-person families (at or below 80% of AMI) in 19% of census tracts in East Region.

- The 2-bedroom rental unit affordability was the same for both very low income (50% of AMI) families in East Region.

Homelessness

2024 Point-In-Time Data

Regional Breakdown — SHELTERED + UNSHELTERED
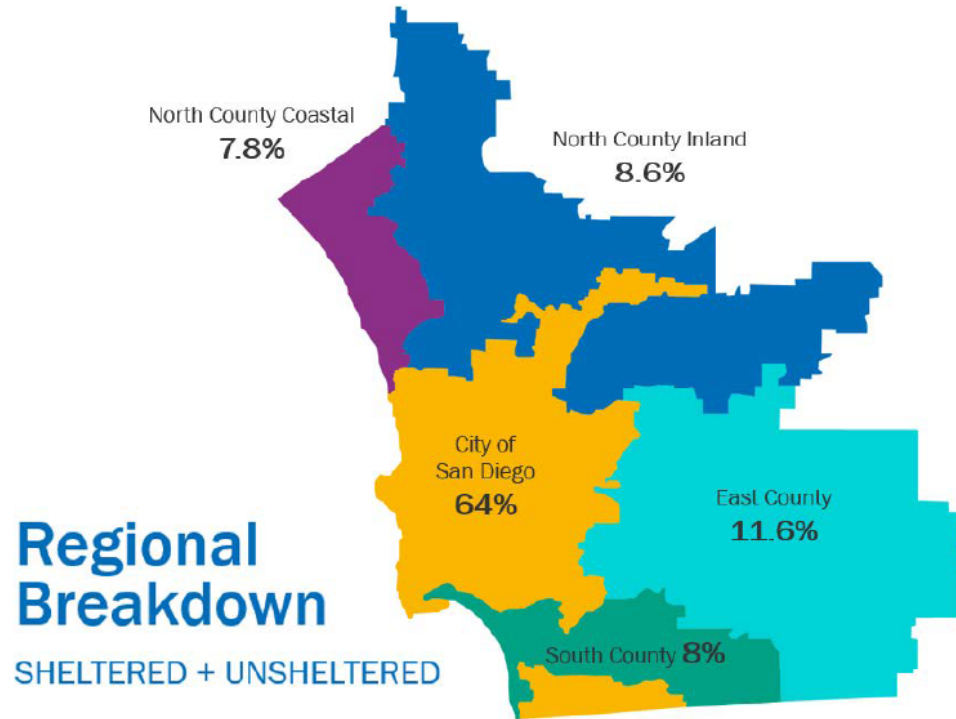
	% of the Region	Total Homeless Persons
City of San Diego	64%	6,783
North County Inland	8.6%	876
North County Coastal	7.8%	865
South County	8%	849
East County	11.6%	1,232

Region	City	2024 Sheltered				2024 Unsheltered Total Unsheltered	2023 Unsheltered Total Unsheltered	2023-24 Unsheltered Change % Change
		ES	TH	SH	Total			
Central Region	San Diego City	2,650	588	56	3,294	3,489	3,285	6.2%
North Coastal Region	Carlsbad	77	0	0	77	112	60	86.7%
	Oceanside	90	71	0	161	361	290	24.5%
	Encinitas (San Dieguito, Solana Beach & Del Mar)	14	17	0	31	123	73	68.5%
South Region	Coronado	0	0	0	0	0	1	-100.0%
	National City	0	5	0	5	174	159	9.4%
	Chula Vista (Sweetwater)	72	75	0	147	503	318	58.2%
	Imperial Beach	0	0	0	0	20	19	5.3%
East Region	El Cajon	160	357	0	517	283	203	39.4%
	La Mesa	8	6	0	14	53	36	47.2%
	Lemon Grove	0	0	0	0	111	60	85.0%
	Santee	0	0	0	0	73	76	-3.9%
	Alpine (Crest-Dehesa)*	0	0	0	0	0	4	-100.0%
	Lakeside*	0	0	0	0	52	78	-33.3%
	Spring Valley (Casa de Oro)*	0	0	0	0	129	71	81.7%
North Inland Region	Escondido (NC Metro & Hidden Meadows)	82	62	4	148	401	304	31.9%
	Vista (Bonsall)	24	77	0	101	170	88	93.2%
	Poway	0	0	0	0	1	2	-50.0%
	Fallbrook*	0	0	0	0	7	19	-63.2%
	San Marcos	0	0	0	0	35	2	1,650.0%
	Ramona*	0	0	0	0	13	23	-43.5%
	TOTAL	3,177	1,258	60	4,495	6,110	5,171	18.2%

*Regions with an asterisk represent unincorporated regions.
Source: San Diego Regional Task Force on Homelessness. WeAllCount (PIT): 2024 Regional Breakdown; 2024 Regional & Cities Breakdown.

2024 Point-In-Time Data: East Region

East Region			
Emergency Shelter	Safe Haven	Transitional Housing	Unsheltered
168	0	363	701*
Total: 1,232			

* Includes Caltrans Count of 126

Homeless Profile	% of Unsheltered Persons*	# of Homeless Persons	% Sheltered Persons*	# Sheltered Persons
Veteran	8%	53	5%	28
Female	27%	97	49%	261
Families	2%	11	66%	349
Youth	6%	43	47%	252
Chronically Homeless	44%	305	4%	22

*Percentages rounded to nearest whole number

Housing Inventory	Beds	Utilization
Emergency Shelter	230	73%
Safe Haven	-	-
Transitional Housing	486	75%
Permanent Supportive Housing	15	73%
Rapid Re-Housing	601	100%
Other Permanent Housing	-	-

2023-2024 Year Comparisons

	2023 Total	2024 Total	2023-2024 Overall Change
Region	Total	Total	% of Total
East	1703	1232	-28%

	2023 Unsheltered	2024 Unsheltered	2023-2024 Unsheltered Change
Region	Count	Count	% of Total
East	528	701	33%

	2023 Sheltered				2024 Sheltered	2023-2024 Sheltered Change
Region	ES	TH	SH	Total	Total	% of Total
East	881	294	0	1175	531	-55%
2024 Sheltered Count breakdown by Project Type						
ES			TH			SH
168			363			0

Source: San Diego Regional Task Force on Homelessness. WeAllCount (PIT): 2024 PITC Data East Region.

| Demographics | Health | Top Diagnosis Groups |

Hospital Discharge Data for Persons Experiencing Homelessness in San Diego County

Demographics

Number of Individuals Experiencing Homelessness Discharged from the Hospital

4,820

Total Number of Hospital Discharges Experiencing Homelessness

8,655

Average Number of Visits per Person

1.8

Median Age

53

Age Range

0 to 98 years old

Sex by Age

Female
Male

Age	Male	Female
0-14	4	1
15-24	74	51
25-34	428	204
35-44	596	221
45-64	1,899	571
65+	599	172

Race/Ethnicity

Race/Ethnicity	Number of Individuals
Hispanic	1,064
White, non-Hispanic	2,495
Black, non-Hispanic	766
Asian, non-Hispanic	76
AIAN, non-Hispanic	22
NHPI, non-Hispanic	12
Multiple Race	115
Some Other Race	235
Unknown	35

Preferred Language Spoken

Language	Number
English	4,600
Spanish	196
Other	17
Unknown	7
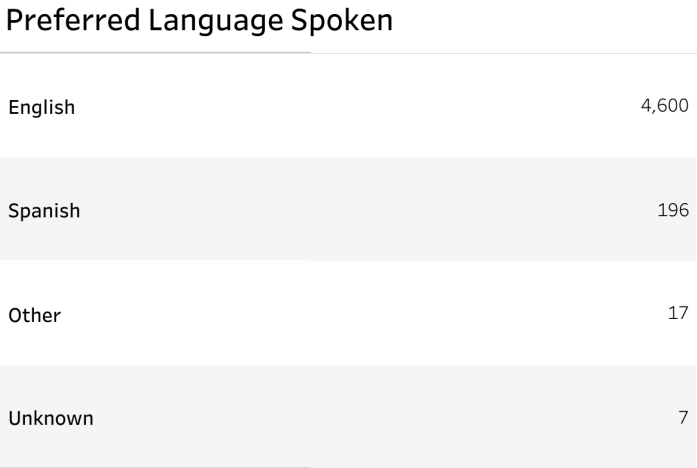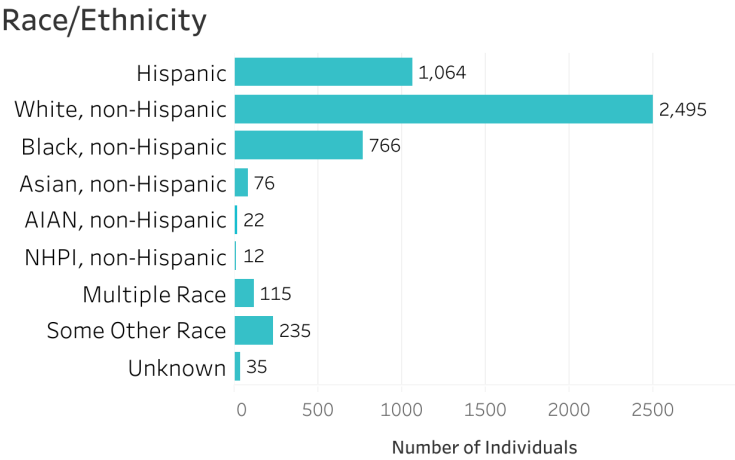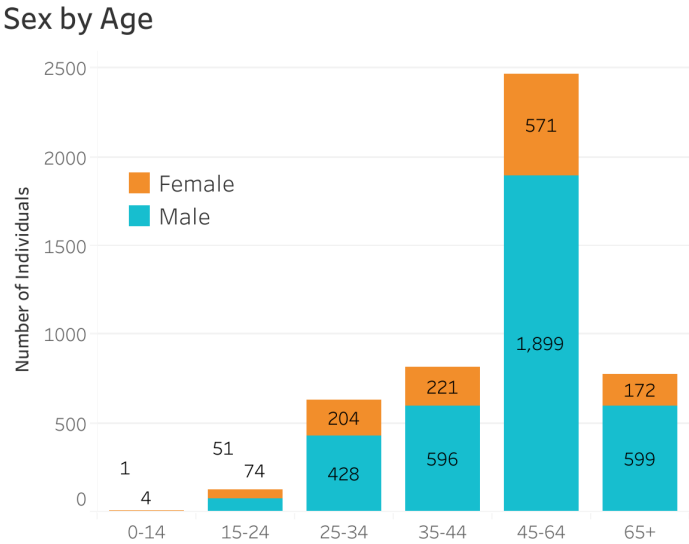
Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. AIAN: American Indian/Alaska Native. NHPI: Native Hawaiian/Pacific Islander. Source: California Department of Healthcare Access and Information (HCAI), Patient Discharge Data, 2021. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2023.

Demographics	Health	Top Diagnosis Groups

Hospital Discharge Data for Persons Experiencing Homelessness in San Diego County

Health

Admission Day and Month

Day	Number
Sun	653
Mon	699
Tues	699
Wed	711
Thur	729
Fri	696
Sat	633

Number of Individuals

Month	Value
Jan	433
Feb	448
Mar	432
Apr	484
May	424
Jun	433
Jul	369
Aug	371
Sep	373
Oct	324
Nov	326
Dec	403
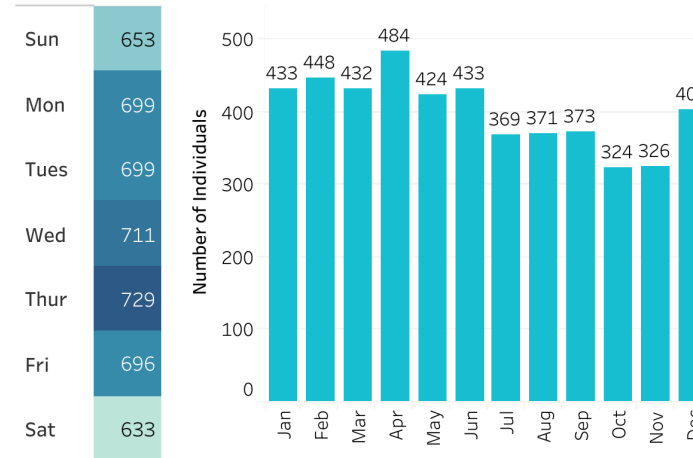
Average Length of Stay: 7 days

Top 5 Facility Zipcodes

Zipcode	Count
92103	2,328
91942	640
92123	376
92037	217
92120	197

Top 5 Expected Sources of Payment

Source	Count
Medi-Cal	3,442
Medicare	1,053
Private Coverage	115
Other Government	99
Self-Pay	93

Top 10 Primary Diagnoses

Diagnosis	Count
Septicemia	609
Skin and subcutaneous tissue infections	437
Alcohol-related disorders	249
Heart failure	233
Poisoning by drugs, initial encounter	222
Diabetes mellitus with complication	155
Coronavirus disease - 2019 (COVID-19)	146
Traumatic brain injury (TBI); concussion, initial encounter	90
Fracture of the lower limb (except hip), initial encounter	76
Cerebral infarction	72

Top 3 Patient Dispositions

Disposition	Count
Discharged to home or self care (routine discharge)	2,897
Discharged/transferred to skilled nursing facility (SNF) with Medicare certification in in anticipation of skilled care	865
Left against medical advice or discontinued care	475

Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. Source: California Department of Healthcare Access and Information (HCAI), Patient Discharge Data, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2023.

Demographics	Health	Top Diagnosis Groups

Hospital Discharge Data for Persons Experiencing Homelessness in San Diego County

Top Diagnosis Groups

Top 10 Primary Diagnoses

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Traumatic brain injury (TBI); concussion, initial encounter	90
Fracture of the lower limb (except hip), initial encounter	76
Cerebral infarction	72

Top 10 Primary Diagnoses by Age Group**

	15-24	25-34	35-44	45-64	65+
Septicemia	13	91	106	309	90
Skin and subcutaneous tissue infections		67	97	225	37
Alcohol-related disorders		25	50	135	35
Heart failure			15	157	55
Poisoning by drugs, initial encounter	11	40	57	99	15
Diabetes mellitus with complication			15	25	92	20
Coronavirus disease - 2019 (COVID-19)			18	85	35
Traumatic brain injury (TBI); concussion, initial encounter		13	13	44	16
Fracture of the lower limb (except hip), initial encounter		13	14	41	
Cerebral infarction				51	19

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

Hispanic		
Septicemia		147
Skin and subcutaneous tissue infections		98
Coronavirus disease - 2019 (COVID-19)		44
Diabetes mellitus with complication		44

White, non-Hispanic		
Septicemia		322
Skin and subcutaneous tissue infections		252
Alcohol-related disorders		175

Black, non-Hispanic		
Septicemia		86
Heart failure		64
Skin and subcutaneous tissue infections		48

*Hispanic, Non-Hispanic White, and Non-Hispanic Black make up 90% of homeless individuals who were discharged from a hospital in 2021.

Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. **Counts less than 11 were surpressed. Ages 0-14 had no top 10 diagnoses greater than 11. Source: California Department of Healthcare Access and Information (HCAI), Patient Discharge Data, 2021. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2023.
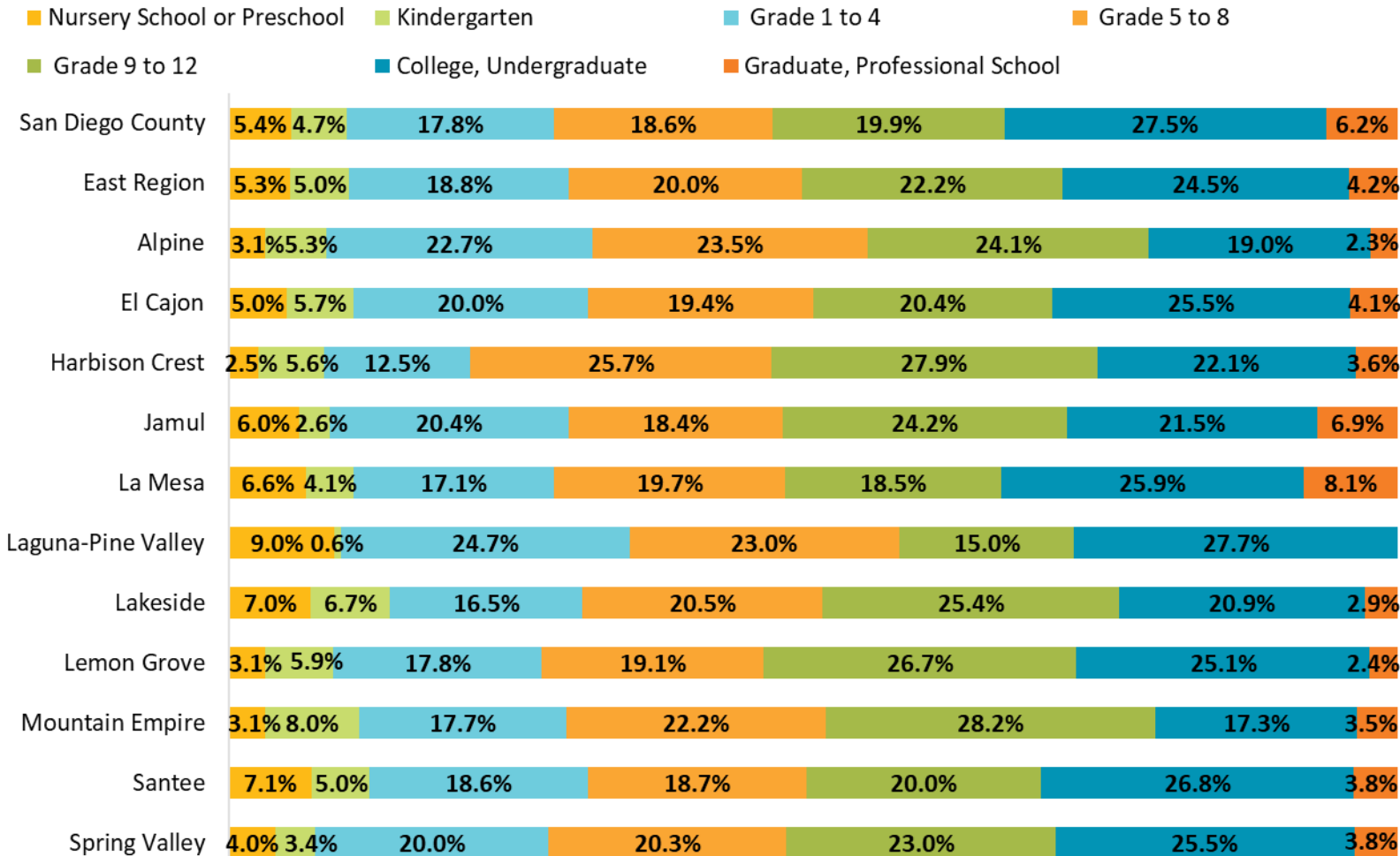
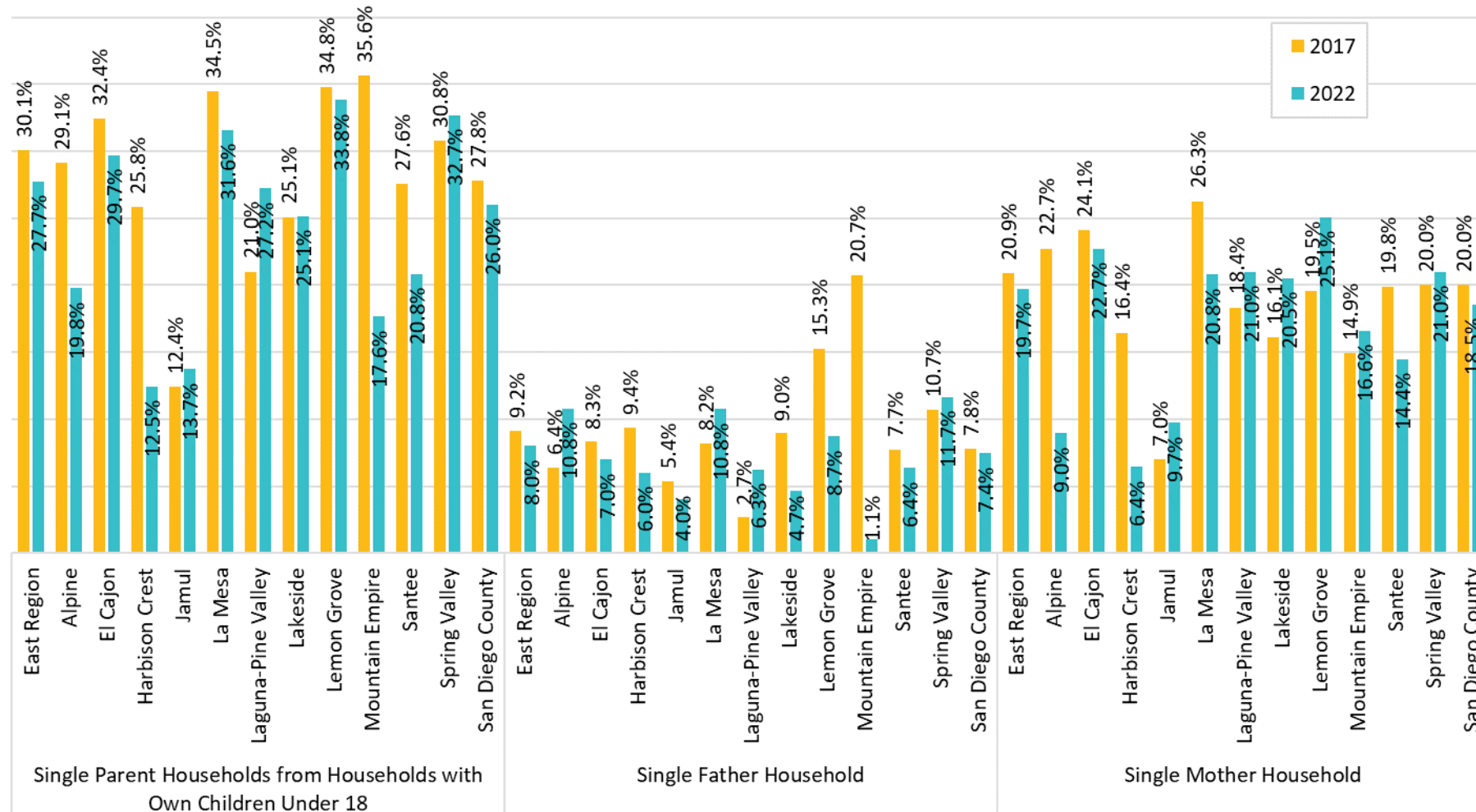# Emergency Department Discharge Data for Persons Experiencing Homelessness in San Diego County

Demographics

Demographics	Health	Top Diagnosis Groups

Number of Individuals Experiencing Homelessness Discharged from the ED

11,549

Total Number of ED Discharges Experiencing Homelessness

35,790

Average Number of Visits per Person

3.1

Median Age

43

Age Range

0 to 97 years old

Sex by Age*
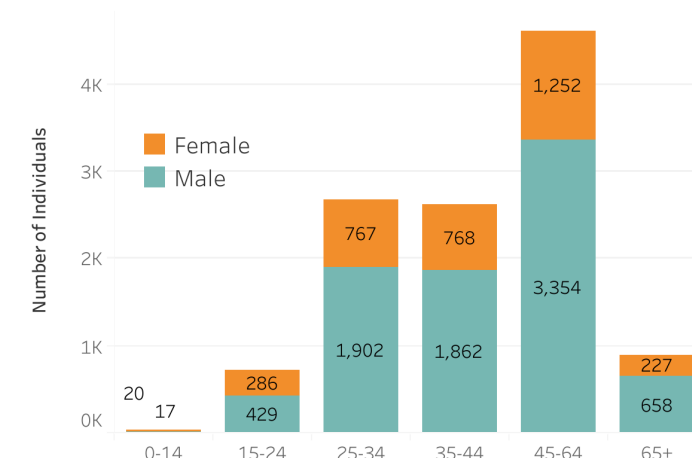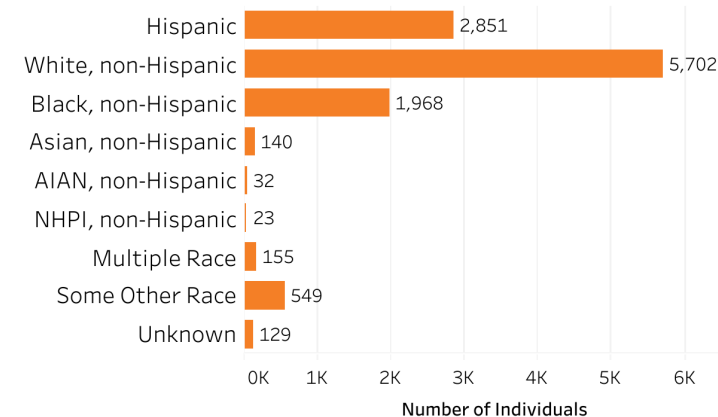
Number of Individuals

- Female
- Male

Age	Female	Male
0-14	20	17
15-24	286	429
25-34	767	1,902
35-44	768	1,862
45-64	1,252	3,354
65+	227	658

Race/Ethnicity

	Number of Individuals
Hispanic	2,851
White, non-Hispanic	5,702
Black, non-Hispanic	1,968
Asian, non-Hispanic	140
AIAN, non-Hispanic	32
NHPI, non-Hispanic	23
Multiple Race	155
Some Other Race	549
Unknown	129

Preferred Language Spoken

English	11,139
Spanish	357
Other	37
Unknown	15
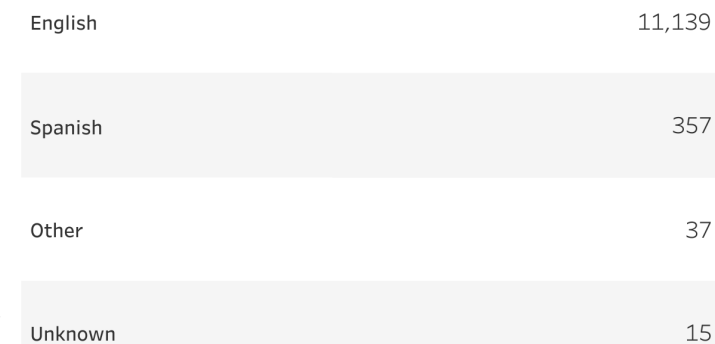
Footnote: Additional discharges of the same individual were removed from the total. AIAN: American Indian/Alaska Native. NHPI: Native Hawaiian/Pacific Islander.

*Individuals with unknown sex or age are not included in count of sex by age.

Source: Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021. ..

| Demographics | Health | Top Diagnosis Groups |

Emergency Department Discharge Data for Persons Experiencing Homelessness in San Diego County

Health

Admission Day and Month

Day	Number
Sun	1,538
Mon	1,684
Tues	1,647
Wed	1,737
Thur	1,692
Fri	1,688
Sat	1,563

Number of Individuals by month:

Month	Number
Jan	1,575
Feb	1,148
Mar	1,302
Apr	855
May	851
Jun	957
Jul	898
Aug	896
Sep	887
Oct	725
Nov	680
Dec	775

Top 10 Primary Diagnosis Groups

Diagnosis Group	Count
Skin and subcutaneous tissue infections	728
Schizophrenia spectrum and other psychotic disorders	562
Alcohol-related disorders	491
Suicidal ideation/attempt/intentional self-harm	458
Musculoskeletal pain, not low back pain	452
Superficial injury; contusion, initial encounter	441
Abdominal pain and other digestive/abdomen signs and symptoms	421
Poisoning by drugs, initial encounter	354
Nonspecific chest pain	343
Stimulant-related disorders	281

Top 5 Facility Zipcodes

Zipcode	Count
92103	6,109
91942	1,521
92123	701
92025	580
92120	481

Top 5 Expected Sources of Payment

Source	Count
Medicaid (Medi-Cal)	8,415
Medicare Part B	988
Self-Pay	865
Health Maintenance Organization (HMO) Medicare Risk	640
Health Maintenance Organization	186

Top 3 Patient Dispositions

Disposition	Count
Discharged to home or self care (routine discharge)	10,106
Left against medical advice or discontinued care	549
Discharged/Transferred to a psychiatric hospital or psychiatric distinct part unit of a hospital	352

Footnote: Additional discharges of the same individual were removed from the total.
Source: Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2023.

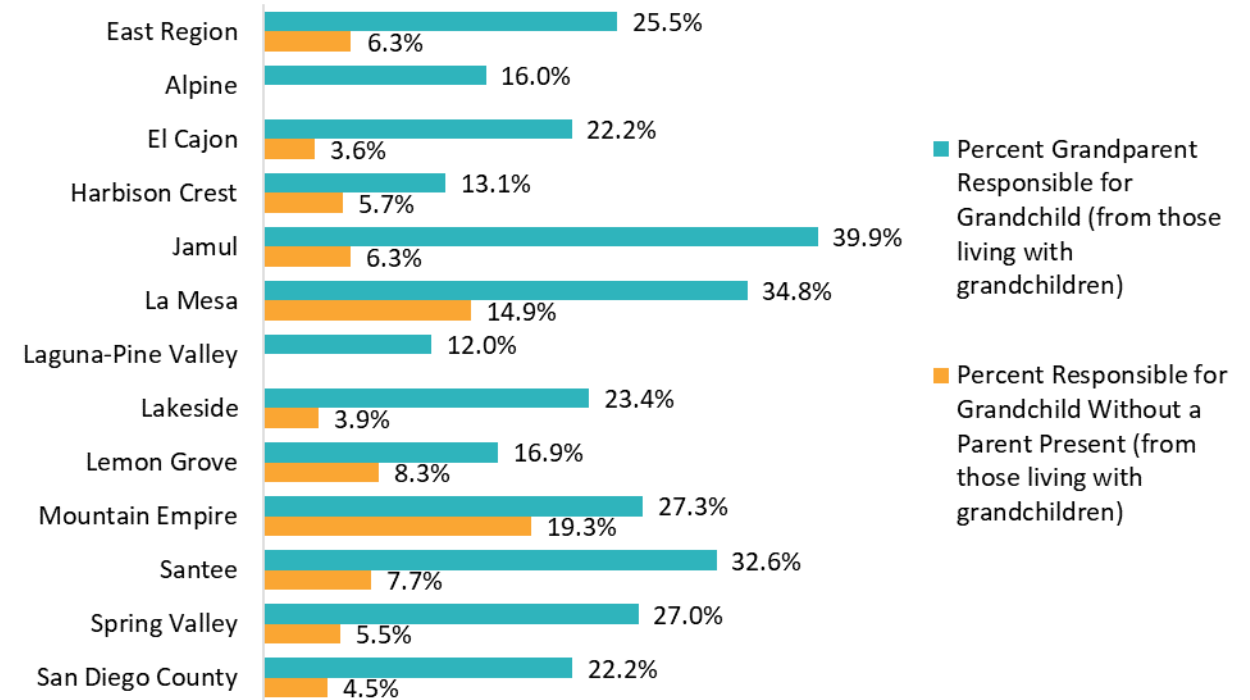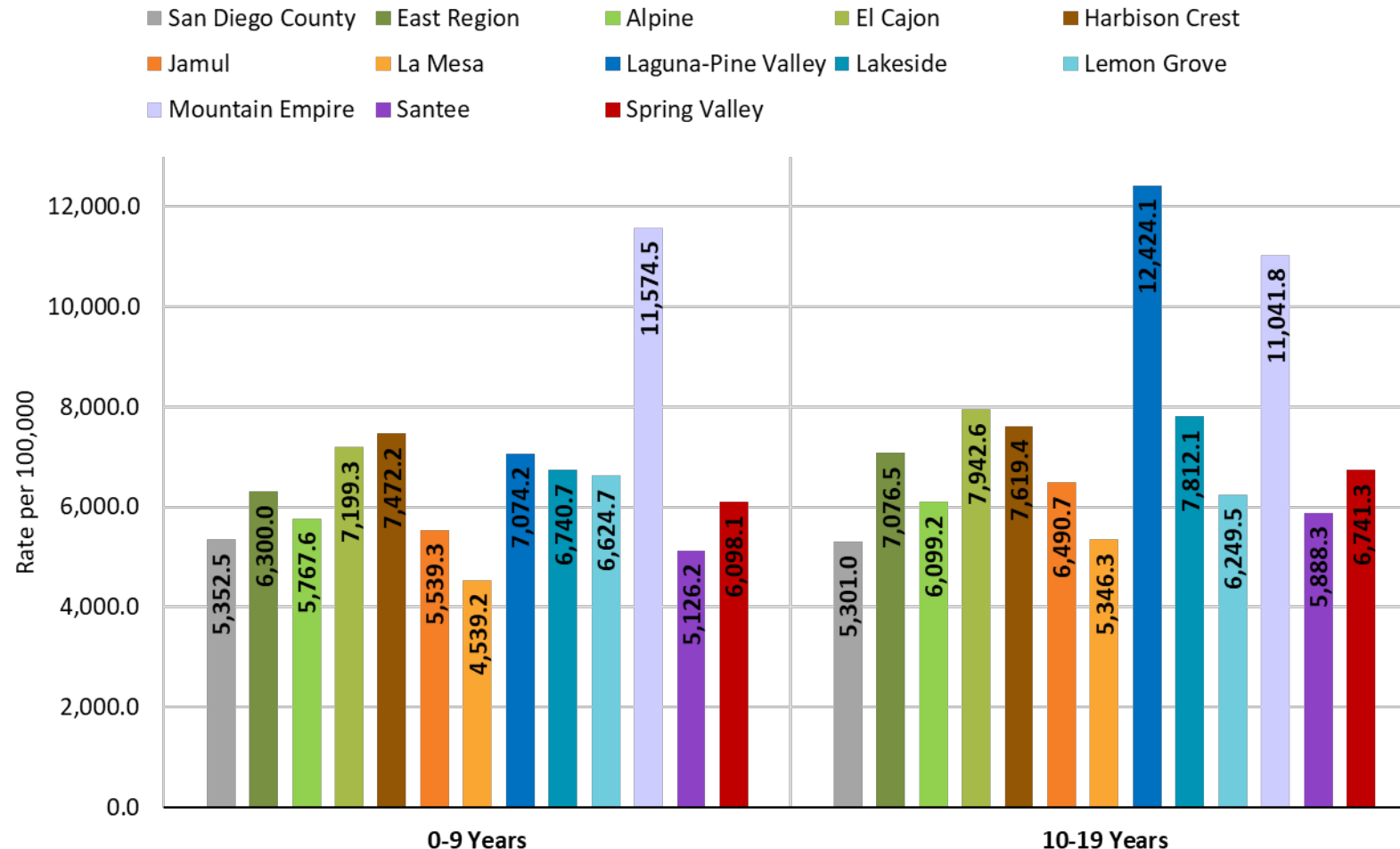| Demographics	Health	Top Diagnosis Groups

Emergency Department Discharge Data for Persons Experiencing Homelessness in San Diego County

Top Diagnosis Groups

Top 10 Primary Diagnosis Groups

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Poisoning by drugs, initial encounter	354
Nonspecific chest pain	343
Stimulant-related disorders	281

Top 10 Primary Diagnosis Groups by Age Group**

	15-24	25-34	35-44	45-64	65+
Skin and subcutaneous tissue infections	24	175	216	281	32
Schizophrenia spectrum and other psychotic disorders	45	189	144	164	20
Alcohol-related disorders	16	83	121	231	40
Suicidal ideation/attempt/intentional self-harm	61	130	110	136	20
Musculoskeletal pain, not low back pain	14	78	92	221	46
Superficial injury; contusion, initial encounter	46	97	94	174	29
Abdominal pain and other digestive/abdomen signs and symptoms	34	85	86	177	36
Poisoning by drugs, initial encounter	27	128	98	94	
Nonspecific chest pain	15	42	69	178	39
Stimulant-related disorders	26	87	80	83	

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

Hispanic
- Skin and subcutaneous tissue infections — 191
- Superficial injury; contusion, initial encounter — 125
- Abdominal pain and other digestive/abdomen signs and symptoms — 117

White, non-Hispanic
- Skin and subcutaneous tissue infections — 426
- Alcohol-related disorders — 306
- Schizophrenia spectrum and other psychotic disorders — 267

Black, non-Hispanic
- Schizophrenia spectrum and other psychotic disorders — 126
- Musculoskeletal pain, not low back pain — 99
- Suicidal ideation/attempt/intentional self-harm — 84

* Hispanic, Non-Hispanic White, and Non-Hispanic Black make up 91% of homeless individuals who presented to the emergency department (ED) in 2021.

Footnote: Additional discharges of the same individual were removed from the total. **Counts less than 11 were surpressed. Ages 0-14 had no top 10 diagnoses greater than 11. Source: Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021. Prepared by: County of San ..

LIVE WELL SAN DIEGO

Youth

SCHOOL ENROLLMENT BY GRADE LEVEL

School Enrollment by Grade Level, East Region and its Subregional Areas (SRAs), 2022

Legend:
- Nursery School or Preschool
- Kindergarten
- Grade 1 to 4
- Grade 5 to 8
- Grade 9 to 12
- College, Undergraduate
- Graduate, Professional School

Geography	Nursery School or Preschool	Kindergarten	Grade 1 to 4	Grade 5 to 8	Grade 9 to 12	College, Undergraduate	Graduate, Professional School
San Diego County	5.4%	4.7%	17.8%	18.6%	19.9%	27.5%	6.2%
East Region	5.3%	5.0%	18.8%	20.0%	22.2%	24.5%	4.2%
Alpine	3.1%	5.3%	22.7%	23.5%	24.1%	19.0%	2.3%
El Cajon	5.0%	5.7%	20.0%	19.4%	20.4%	25.5%	4.1%
Harbison Crest	2.5%	5.6%	12.5%	25.7%	27.9%	22.1%	3.6%
Jamul	6.0%	2.6%	20.4%	18.4%	24.2%	21.5%	6.9%
La Mesa	6.6%	4.1%	17.1%	19.7%	18.5%	25.9%	8.1%
Laguna-Pine Valley	9.0%	0.6%	24.7%	23.0%	15.0%	27.7%	
Lakeside	7.0%	6.7%	16.5%	20.5%	25.4%	20.9%	2.9%
Lemon Grove	3.1%	5.9%	17.8%	19.1%	26.7%	25.1%	2.4%
Mountain Empire	3.1%	8.0%	17.7%	22.2%	28.2%	17.3%	3.5%
Santee	7.1%	5.0%	18.6%	18.7%	20.0%	26.8%	3.8%
Spring Valley	4.0%	3.4%	20.0%	20.3%	23.0%	25.5%	3.8%

Number of Residents Aged 3+ Years Enrolled in School, East Region and Subregional Areas, 2022

Geography	Number
East Region	**127,290**
Alpine	3,749
El Cajon	36,200
Harbison Crest	3,524
Jamul	4,764
La Mesa	14,719
Laguna-Pine Valley	1,115
Lakeside	16,112
Lemon Grove	8,543
Mountain Empire	1,782
Santee	13,029
Spring Valley	23,753
San Diego County	**830,504**

SCHOOL ENROLLMENT BY TYPE

School Enrollment by Type of School, East Region, San Diego County, 2022

■ % in Private　■ % in Public

East Region

Grade Level	% in Private	% in Public
Nursery School or Preschool	49.1%	50.9%
Kindergarten	6.6%	93.4%
Grade 1 to 4	10.7%	89.3%
Grade 5 to 8	11.2%	88.8%
Grade 9 to 12	8.5%	91.5%
College, Undergraduate	15.2%	84.8%
Graduate, Professional School	44.7%	55.3%

San Diego County

Grade Level	% in Private	% in Public
Nursery School or Preschool	50.3%	49.7%
Kindergarten	11.5%	88.5%
Grade 1 to 4	10.5%	89.5%
Grade 5 to 8	9.0%	91.0%
Grade 9 to 12	8.0%	92.0%
College, Undergraduate	16.6%	83.4%
Graduate, Professional School	40.4%	59.6%

- In 2022, most East Region students were enrolled in public school in all grade levels.

HOUSEHOLD TYPE

Single Parent Households*, East Region and its Subregional Areas (SRAs), 2017 and 2022

Legend: 2017, 2022

Single Parent Households from Households with Own Children Under 18 — *Single Father Household* — *Single Mother Household*

Among East Region SRAs, Lemon Grove had the highest proportion of single parent households in 2022.

- In 2022, Spring Valley SRA had the highest proportion of single father households.
- Lemon Grove SRA had the highest proportion of single mother households in 2022.

*The percentages are of households with children under 18 years of age, not out of all housing units.
Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates, Table S1101; 2018-2022 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, 2024.

GRANDPARENTS RAISING GRANDCHILDREN

Percent of Grandparent 30 Years and Older Raising Grandchild(ren)* Without Parent Present by HHSA Region, 2022

Region	Percent
Central Region	3.8%
East Region	6.3%
North Central Region	3.9%
North Coastal Region	4.9%
North Inland Region	5.3%
South Region	3.5%
San Diego County	4.5%
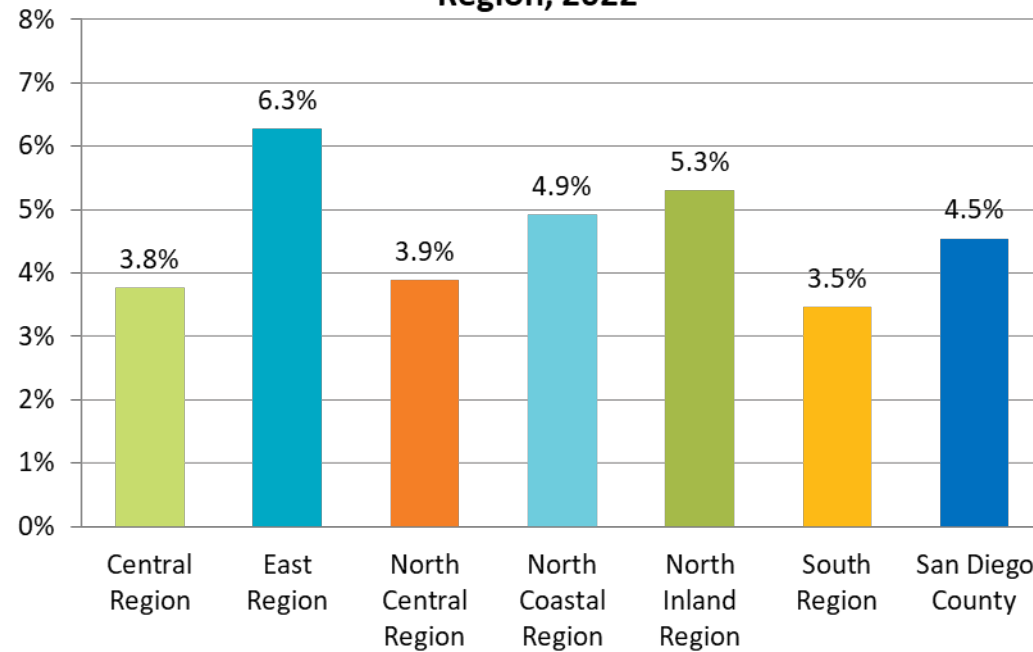
Percent of Grandparents Raising Grandchild(ren)*, East Region and its Subregional Areas (SRAs), 2022

SRA	Percent Grandparent Responsible for Grandchild (from those living with grandchildren)	Percent Responsible for Grandchild Without a Parent Present (from those living with grandchildren)
East Region	25.5%	6.3%
Alpine	16.0%	
El Cajon	22.2%	3.6%
Harbison Crest	13.1%	5.7%
Jamul	39.9%	6.3%
La Mesa	34.8%	14.9%
Laguna-Pine Valley	12.0%	
Lakeside	23.4%	3.9%
Lemon Grove	16.9%	8.3%
Mountain Empire	27.3%	19.3%
Santee	32.6%	7.7%
Spring Valley	27.0%	5.5%
San Diego County	22.2%	4.5%

- In 2022, East Region had the highest percent of grandparents raising grandchildren without a parent present compared to other Health and Human Services Agency (HHSA) regions in San Diego County.

- Among East Region SRAs, Jamul had the highest percent of grandparents raising grandchildren with or without a parent present while Mountain Empire had the highest percent of grandparents raising grandchildren without a parent present in 2022.

*Grandparent raising own grandchildren under 18 years in households out of households with grandparents living with grandchildren.
Source: U.S. Census Bureau, 2018-2022 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, 2024.

FAMILY POVERTY

Percent Below Poverty Level, East Region and Subregional Area (SRAs), 2022

Chart legend:
- Population below 100% federal poverty level (FPL)
- Families below poverty level (out of all families)
- Families with children under 18 years below poverty level (out of families with children)

SRA	Population below 100% FPL	Families below poverty level	Families with children under 18 below poverty level
East Region	11.7%	8.3%	11.8%
Alpine	9.0%	6.4%	8.8%
El Cajon	16.8%	13.4%	18.8%
Harbison Crest	5.7%	2.8%	5.8%
Jamul	6.4%	5.9%	8.7%
La Mesa	11.2%	7.0%	8.5%
Laguna-Pine Valley	6.5%	4.8%	12.9%
Lakeside	8.2%	4.6%	6.1%
Lemon Grove	10.0%	7.4%	10.8%
Mountain Empire	27.9%	16.3%	24.6%
Santee	8.4%	5.5%	7.8%
Spring Valley	11.1%	7.6%	11.5%
San Diego County	10.6%	7.0%	10.1%

In East Region, 11.8% of families with children under 18 were living below Federal Poverty Level (FPL) in 2022.

- Among East Region SRAs, Mountain Empire had the highest proportion of families with children under 18 living below FPL in 2022.

- In 2022, Mountain Empire SRA also had the highest proportion of population living below FPL and proportion of families living below FPL.

LEADING CAUSES OF DEATH - YOUTH

2022 Leading Causes of Death among San Diego County Residents by Age: Ages 10-19

Year 2022

Age Ages 10-19

Rank	Leading Causes of Death	Death Count (Percent of Total Deaths)
1	Accidents/Unintentional Injuries	22 (27.8%)
2	Assault (Homicide)	14 (17.7%)
3	Malignant Neoplasms	11 (13.9%)
4	§	
5	§	
6	§	
7	§	
8	§	
9	§	
10	§	
11	§	
12	§	
13	§	
14	§	
15	§	
16	All other causes (not rankable)	13 (16.5%)

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

2022 Total Death Count among San Diego County Residents: Ages 10-19

79
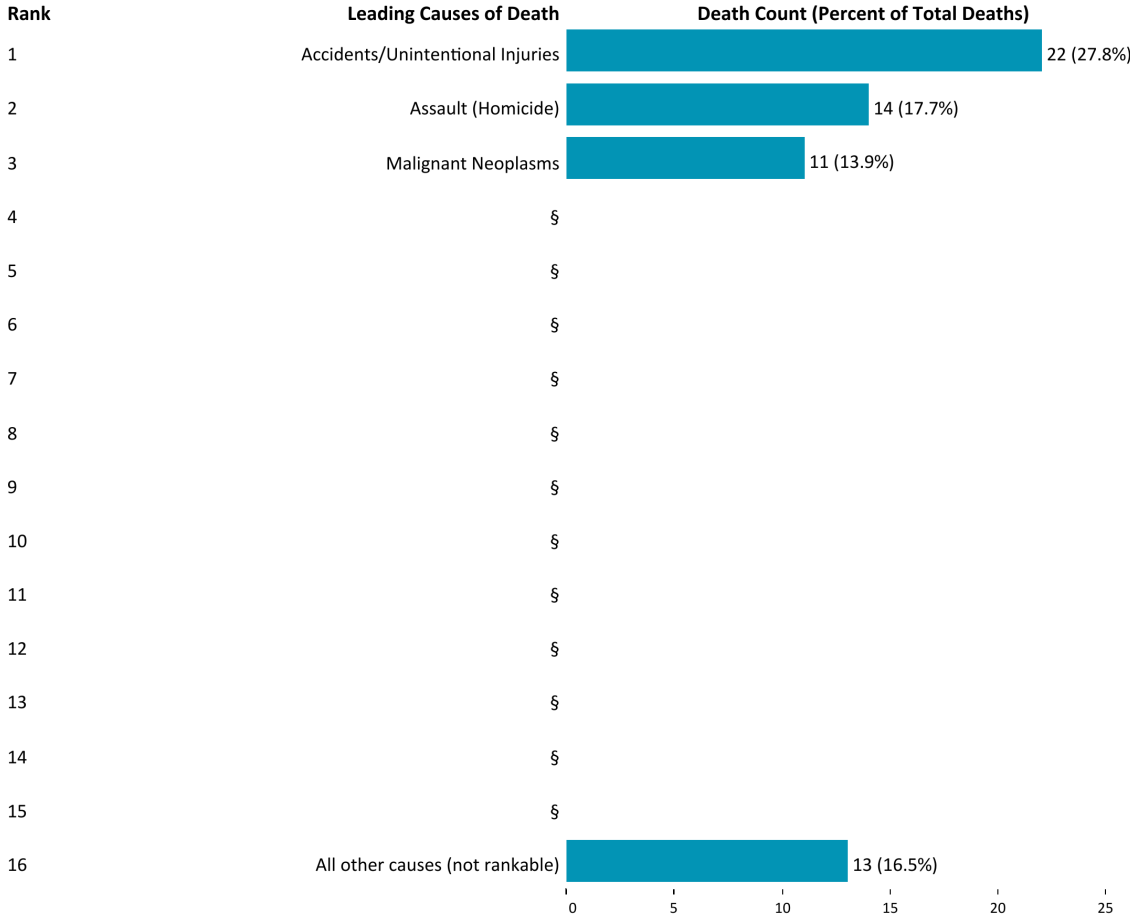
In 2022, the leading causes of death among residents aged 10-19 years in San Diego County were:

- Accidents/Unintentional Injury
- Assault (Homicide)
- Malignant Neoplasms (Cancer)

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.
§ Not shown for fewer than 11 deaths for years 2020-2022.
The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Leading Causes of Death.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System.
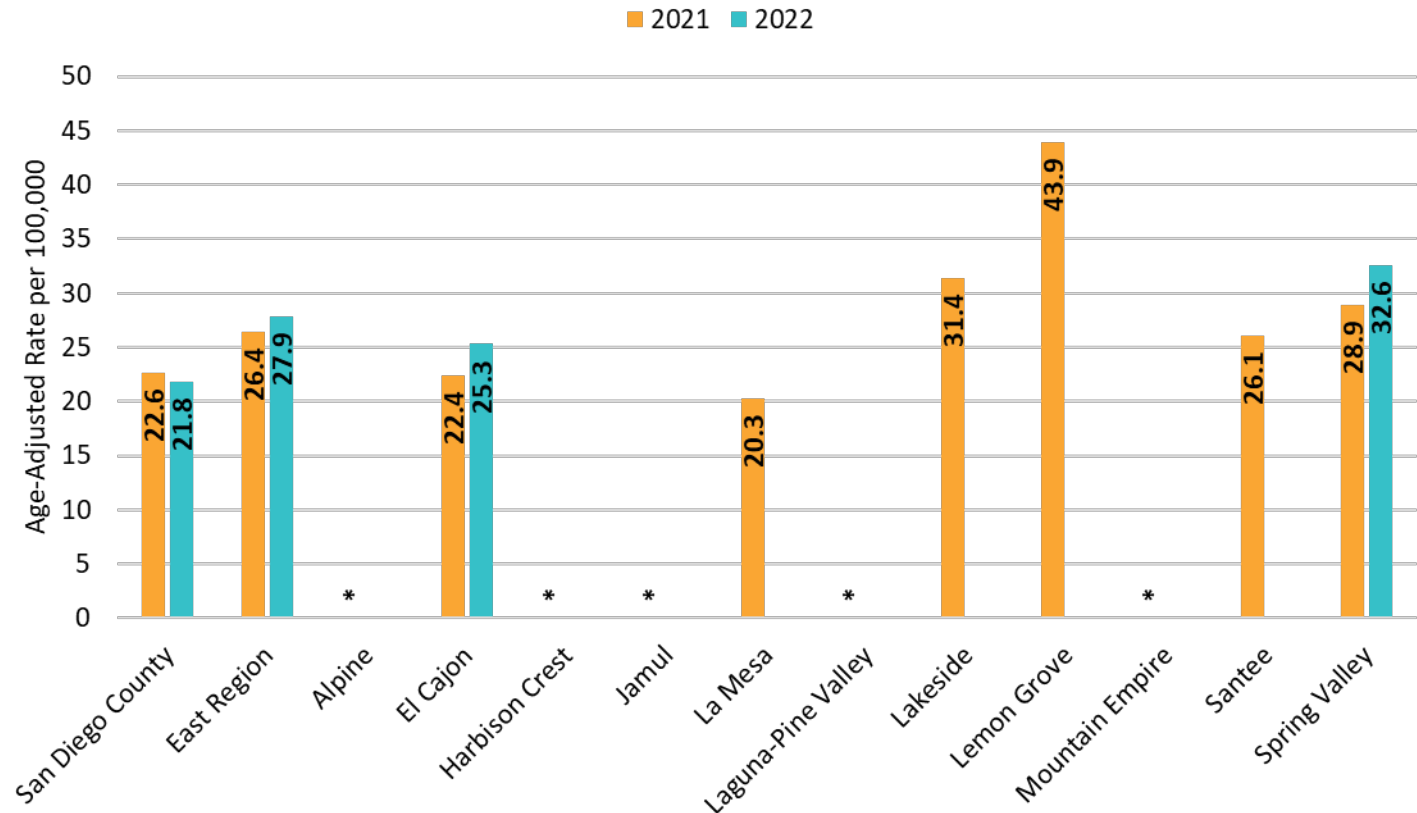Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, January 2024.

MEDICAL ENCOUNTERS - YOUTH

Emergency Department (ED) Discharge Rates due to Accidents/Unintentional Injuries Among Youths Aged 0-19, East Region and Subregional Areas (SRAs), 2022

Legend:
- San Diego County
- East Region
- Alpine
- El Cajon
- Harbison Crest
- Jamul
- La Mesa
- Laguna-Pine Valley
- Lakeside
- Lemon Grove
- Mountain Empire
- Santee
- Spring Valley

Chart values — Rate per 100,000:

0-9 Years:
- San Diego County: 5,352.5
- East Region: 6,300.0
- Alpine: 5,767.6
- El Cajon: 7,199.3
- Harbison Crest: 7,472.2
- Jamul: 5,539.3
- La Mesa: 4,539.2
- Laguna-Pine Valley: 7,074.2
- Lakeside: 6,740.7
- Lemon Grove: 6,624.7
- Mountain Empire: 11,574.5
- Santee: 5,126.2
- Spring Valley: 6,098.1

10-19 Years:
- San Diego County: 5,301.0
- East Region: 7,076.5
- Alpine: 6,099.2
- El Cajon: 7,942.6
- Harbison Crest: 7,619.4
- Jamul: 6,490.7
- La Mesa: 5,346.3
- Laguna-Pine Valley: 12,424.1
- Lakeside: 7,812.1
- Lemon Grove: 6,249.5
- Mountain Empire: 11,041.8
- Santee: 5,888.3
- Spring Valley: 6,741.3

*Starting with data year 2022, all rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 estimates were derived from the 2020 decennial census. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

Accidents/Unintentional Injuries

East Region had **higher** ED discharge rates due to **accidents/unintentional injuries** among youths aged 0-19 compared to the county overall in 2022.

Among East Region SRAs:

- **Mountain Empire** had the highest ED discharge rate due to **accidents/unintentional injuries** among youths aged 0-9 in 2022.

- **Laguna-Pine Valley** had the highest ED discharge rate due to **accidents/unintentional injuries** among youths aged 10-19.

MEDICAL ENCOUNTERS - YOUTH

Emergency Department (ED) Discharge Rates due to Behavioral Health Conditions Among Youths Aged 10-19, East Region and Subregional Areas (SRAs), 2022

Legend: San Diego County, East Region, Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley

Suicide Attempt/Ideation/Intentional Self-Harm: 778.4, 910.1, 1,118.5, 922.0, 1,010.2, 860.0, 783.7, *, 972.1, 903.7, *, 872.7, 846.7

All Drug Overdoses: 204.9, 231.1, *, 273.1, *, *, *, *, *, *, *, *, 187.6

Anxiety and Fear Related Disorders: 147.8, 205.6, 194.1, *, *, *, *, *, *, *, *, *, 223.0

Rate per 100,000
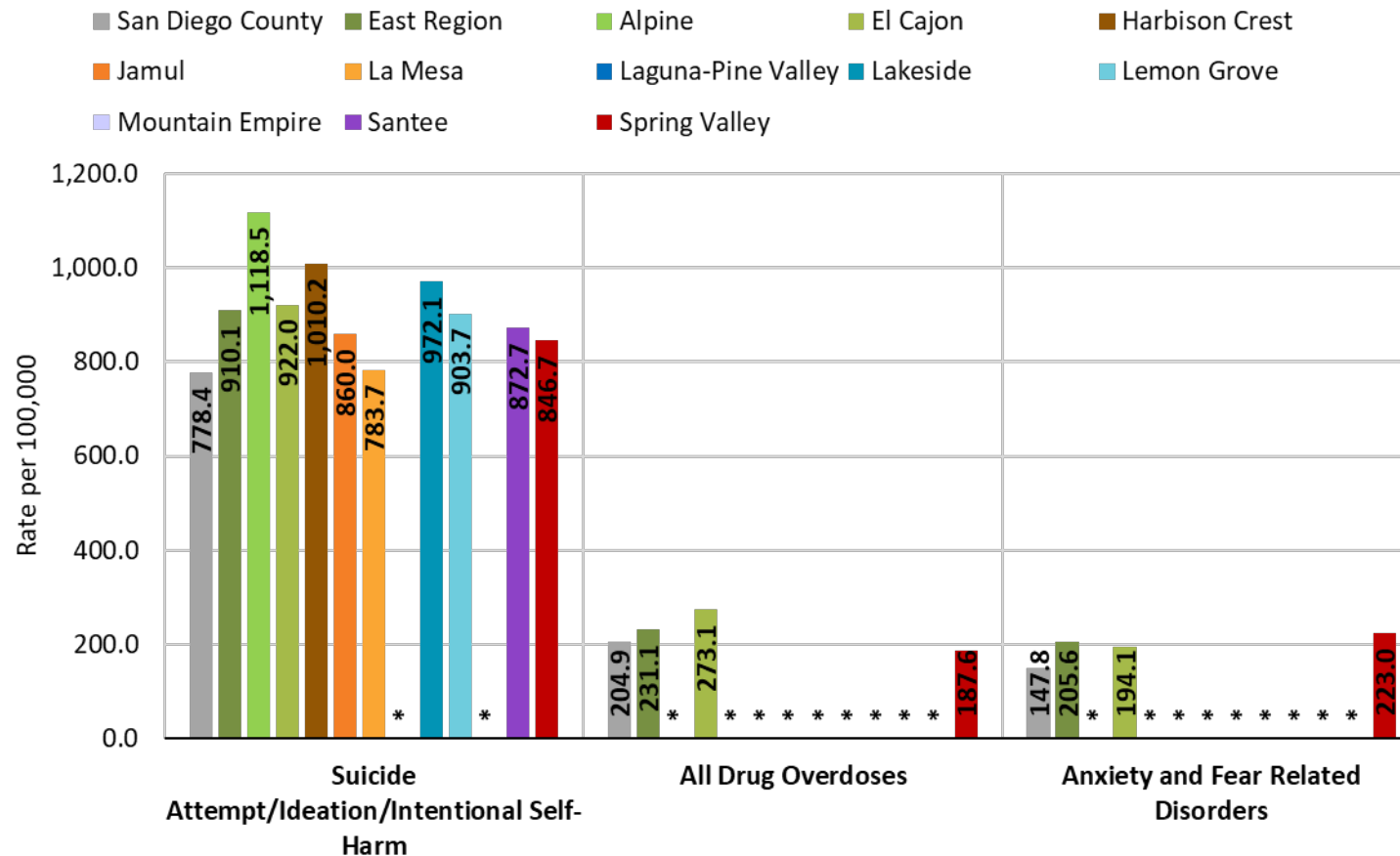
Behavioral Health Conditions

East Region had **higher** ED discharge rates due to **suicide attempt/ideation/intentional self-harm, all drug overdoses and anxiety and fear related disorders** among youths aged 10-19 compared to the county overall in 2022.

Among East Region SRAs:

- **Alpine** had the highest ED discharge rate due to **suicide attempt/ideation/intentional self-harm** among youths aged 10-19 in 2022.

- **El Cajon** had the highest ED discharge rate due to **all drug overdoses** among youths aged 10-19.

- **Spring Valley** had the highest ED discharge rate due to **anxiety and fear related disorders** among youths aged 10-19.

*Starting with data year 2022, all rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 estimates were derived from the 2020 decennial census. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

MENTAL HEALTH - TEENS

Mental Health Survey Responses, Teens ages 12-17, San Diego County, 2022

Response	Percentage
Needed help for emotional/mental health problems in past year	40.1%
Likely has had serious psychological distress in past year	24.4%
Connected with a mental health professional online in past year	8.1%
Sought help from an online tool for mental health or alcohol issues in past year	8.6%
Received psychological/emotional counseling in past year	20.7%
Connected with people online with similar mental health or alcohol/drug status	16.2%

In 2022, **2 in 5 teens (40.1%)** in San Diego County reported needing help for emotional or mental health problems and almost **1 in 4 teens (24.4%)** reported likely having serious psychological stress in the past year.

Less than 10% of teens in San Diego County connected with a mental health professional online in the past year or sought help from an online tool for mental health or alcohol issues in the past year in 2022.

In 2022, **1 in 5 teens (20.7%)** in San Diego County reported receiving psychological or emotional counseling in the past year.

NEIGHBORHOOD SAFETY - TEENS

Neighborhood Safety Survey Responses among Teens aged 12-17, San Diego County, 2021-2022

Legend (left chart): ■ Strongly Agree ■ Agree ■ Disagree

Left chart data:
- People in neighborhood willing to help: Strongly Agree 26.8%, Agree 64.1%, Disagree 8.6%
- People in neighborhood can be trusted: Strongly Agree 16.2%, Agree 70.8%, Disagree 12.6%

Legend (right chart): ■ All of the time ■ Most of the time ■ Some of the time, None of the time

Right chart data (Teen feels safe in neighborhood):
- All of the time: 32.9%
- Most of the time: 60.4%
- Some of the time, None of the time: 6.7%

Among teens in San Diego County from 2021-2022, **91%** reported that they **agreed or strongly agreed** that people in their neighborhood were willing to help them and **87%** reported that people in their neighborhood could be trusted.
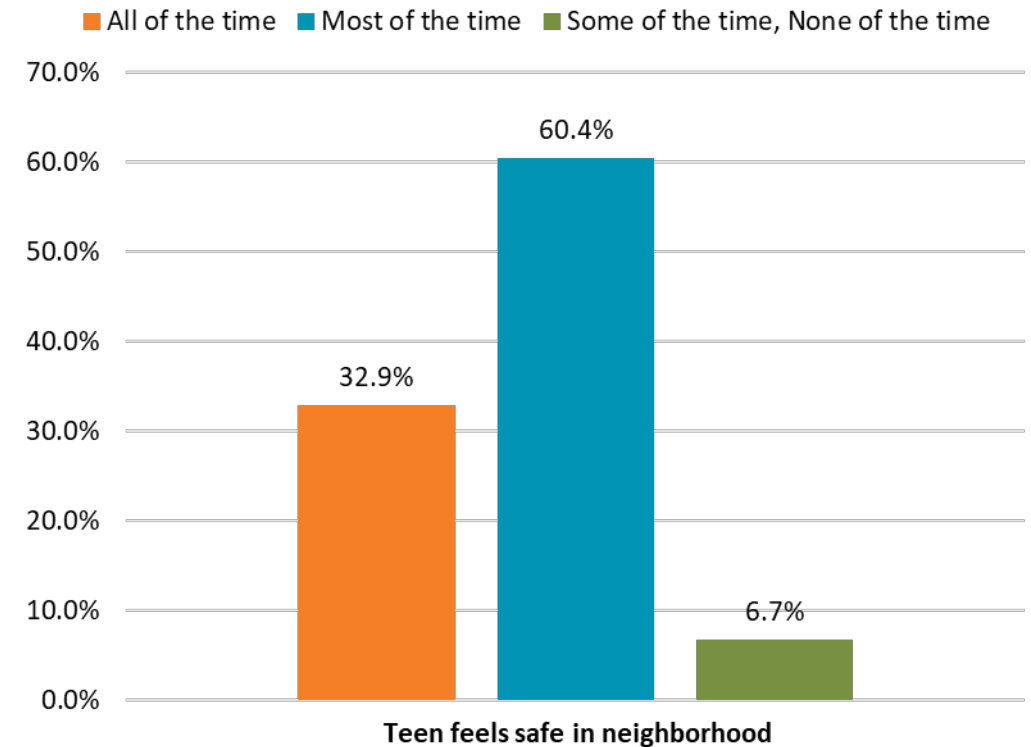
In 2021-2022, **93%** of teens in San Diego County reported that they felt safe in their neighborhood **most or all the time**.

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/

Youth Experiencing Homelessness

Homeless Student (Preschool-Adult) by Subregional Area, San Diego County, 2022-2023

Homeless Student Count (Preschool-Adult)

- 1 - 476
- 477 - 951
- 952 - 1,427
- 1,428 - 1,902
- 1,903 - 2,377
- Subregional Area
- Data unavailable
- Schools with one or more homeless students

Schools included may range from preschool to adult schools.
Data Source: California Department of Education, California Longitudinal Pupil Achievement Data System (CALPADS), 2022-2023.

Map prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 05/2024.
Contact Community Health Statistics Unit. 619.692.6667.
LiveWellSD.org.

During the 2022-2023 school year, there were **1,969 homeless students** reported by schools in East Region.

Among all East Region SRAs, all schools (for which there were data) reported having **at least one homeless student**.

21% of homeless students in East Region were reported in **El Cajon SRA**.

Mental and Behavioral Health

California Overdose Surveillance Dashboard

Any Opioid-Related Overdose Deaths - San Diego County Total Population
Age-Adjusted Rate per 100,000 Residents - **2023 data are preliminary**
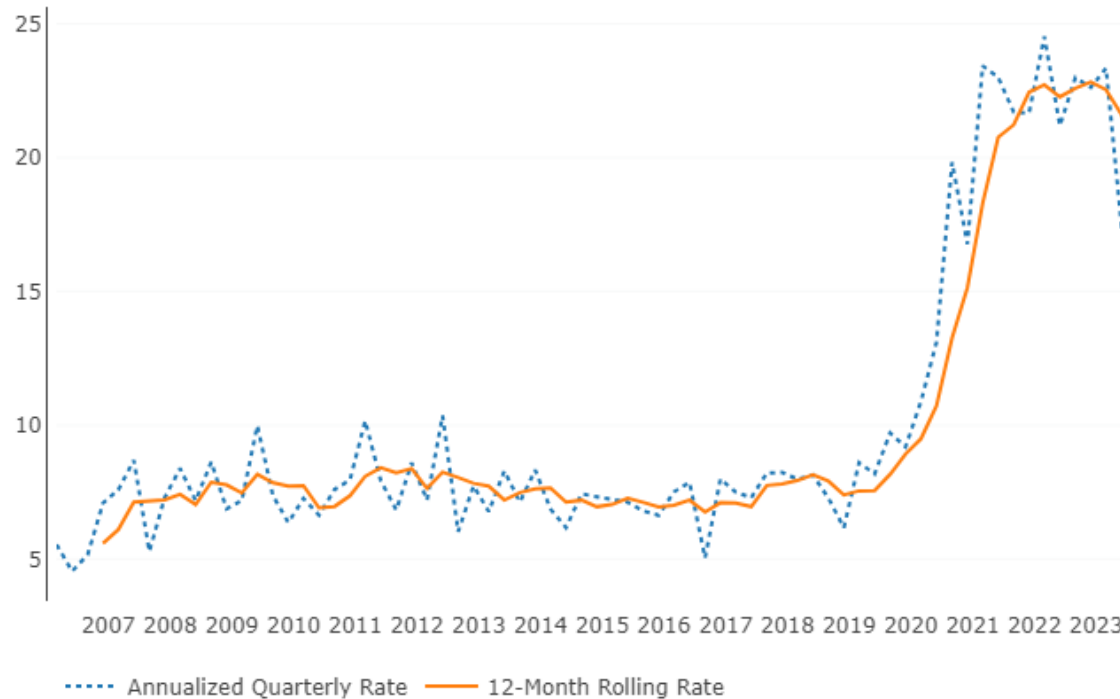
Any Opioid-Related Overdose ED Visits - San Diego County Total Population
Age-Adjusted Rate per 100,000 Residents
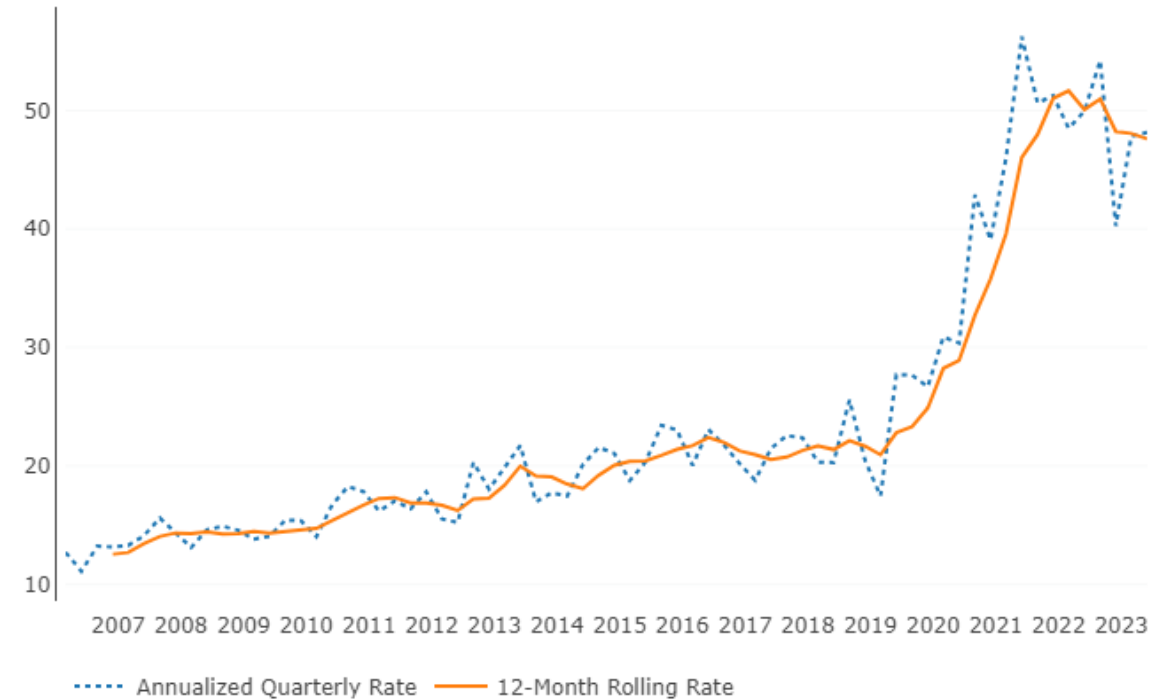
Mental and Behavioral Health

Leading Causes of Death
- All Drug Overdoses
- All Opioid Overdoses
- Alcohol Related Disorders

In 2022, the age-adjusted death rates due to **all drug overdoses, all opioid overdoses, and alcohol related disorders** in East Region were higher compared to the county overall.

Among East Region SRAs:

- **Spring Valley** had the highest age-adjusted death rates due to **all drug overdoses and all opioid overdoses** in 2022.

- **El Cajon** had the highest age-adjusted death rate due to **alcohol related disorders** in 2022.

Age-Adjusted Death Rates for Leading Behavioral Health Conditions in East Region and Subregional Areas (SRAs), San Diego County, 2022

Legend: San Diego County, East Region, Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley

All Drug Overdoses: San Diego County 29.1, East Region 38.5, El Cajon 36.9, Lakeside 37.4, Spring Valley 44.1

All Opioid Overdoses: San Diego County 21.8, East Region 27.9, El Cajon 25.3, Spring Valley 32.6

Alcohol Related Disorders: San Diego County 16.2, East Region 20.7, El Cajon 23.1, Spring Valley 23.0

Y-axis: Age-Adjusted Rate per 100,000

*Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability.

Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 estimates were derived from the 2020 decennial census. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

Mental and Behavioral Health

The age-adjusted death rates due to **all opioid overdoses increased in East Region** from 2021-2022. Among East Region SRAs, **Spring Valley** had the highest age-adjusted death rate due to all opioid overdoses in 2022 (32.6 per 100,000 residents).

Age-Adjusted Death Rates due to All Opioid Overdoses in East Region by Subregional Area (SRA), San Diego County, 2021-2022

■ 2021 ■ 2022

SRA	2021	2022
San Diego County	22.6	21.8
East Region	26.4	27.9
Alpine	*	
El Cajon	22.4	25.3
Harbison Crest	*	
Jamul	*	
La Mesa	20.3	
Laguna-Pine Valley	*	
Lakeside	31.4	
Lemon Grove	43.9	
Mountain Empire	*	
Santee	26.1	
Spring Valley	28.9	32.6

Age-Adjusted Rate per 100,000

Mental and Behavioral Health

Leading Causes of Hospitalization
- Alcohol Related Disorders
- All Drug Overdoses
- Suicide Attempt/Ideation/ Intentional Self-Harm

In 2022, the age-adjusted death rates due to **alcohol related disorders, all drug overdoses, and suicide attempt/ideation/ intentional self-harm** in East Region were higher compared to the county overall.

Among East Region SRAs:

- **Lakeside** had the highest age-adjusted hospitalization rate due to **alcohol related disorders** in 2022.

- **Lemon Grove** had the highest age-adjusted hospitalization rate due to **all drug overdoses** in 2022.

Age-Adjusted Hospitalization Rates for Leading Behavioral Health Conditions in East Region and Subregional Areas (SRAs), San Diego County, 2022

Legend: San Diego County, East Region, Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley

Y-axis: Age-Adjusted Rate per 100,000

Alcohol Related Disorders: 60.7, 96.1, 103.4, *, *, *, 110.3, *, 129.2, 114.7, *, 69.3, 58.9

All Drug Overdoses: 52.0, 68.4, 84.7, *, *, 38.3, *, 54.0, 90.2, *, 47.5, 77.7

Suicide: 20.8, 24.1, 31.9, *, * * * * * * * * *, 26.3

*Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability.
Data Sources: California Department of Healthcare Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 estimates were derived from the 2020 decennial census.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

Mental and Behavioral Health

Leading Causes of ED Discharge
- Suicide Attempt/Ideation/Intentional Self-Harm
- Alcohol Related Disorders

In 2022, the age-adjusted ED discharge rates due to **suicide attempt/ideation/intentional self-harm and alcohol related disorders** in East Region were higher compared to the county overall.

Among East Region SRAs:

- **El Cajon** had the highest age-adjusted ED discharge rate due to **suicide attempt/ideation/intentional self-harm** in 2022.

- **Lemon Grove** had the highest age-adjusted ED discharge rate due to **alcohol related disorders** in 2022.

Age-Adjusted Emergency Department (ED) Discharge Rates for Leading Behavioral Health Conditions in East Region and Subregional Areas (SRAs), San Diego County, 2022

Legend: San Diego County, East Region, Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley

Suicide: San Diego County 242.8, East Region 356.5, El Cajon 407.2, La Mesa 304.7, Lakeside 385.4, Lemon Grove 367.8, Santee 290.6, Spring Valley 324.8

Alcohol Related Disorders: San Diego County 258.1, East Region 326.9, El Cajon 313.2, La Mesa 404.3, Lakeside 314.6, Lemon Grove 496.4, Santee 267.6, Spring Valley 293.1

*Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability.
Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 estimates were derived from the 2020 decennial census.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

Suicide/Suicide Attempt/ Ideation/Intentional Self-Harm

Age-Adjusted Death, Hospitalization, and Emergency Department (ED) Discharge Rates due to Suicide/Suicide Attempt/Ideation/Intentional Self-Harm in East Region, San Diego County, 2018-2022
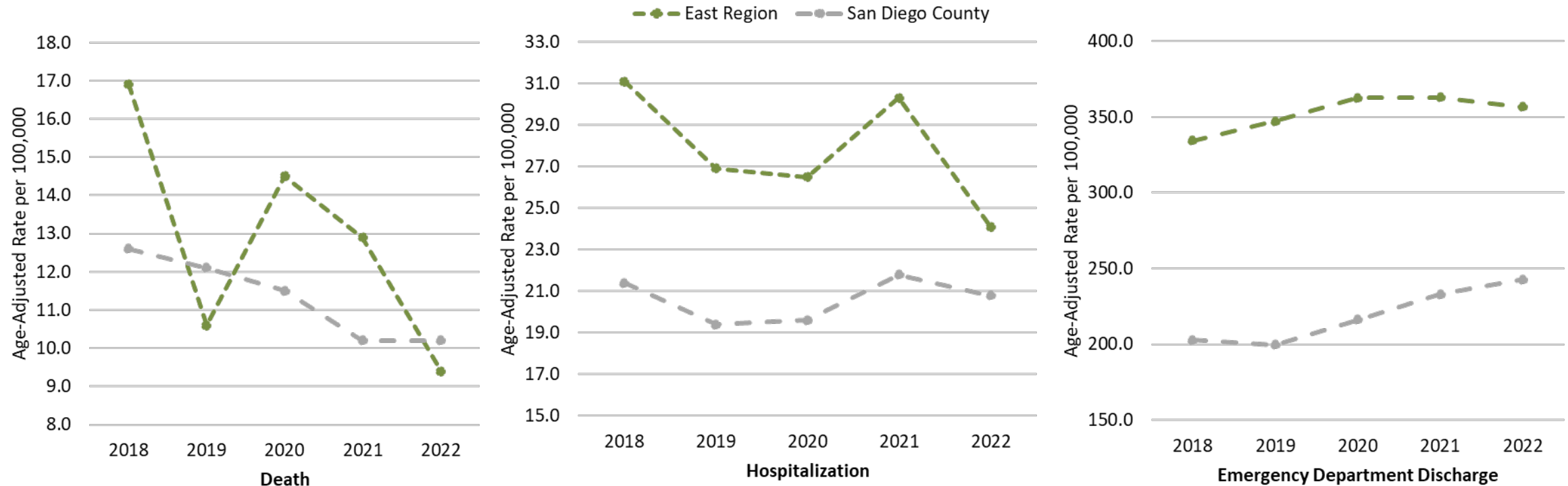
- Overall, **age-adjusted death and hospitalization rates due to suicide and suicide attempt/ideation/intentional self-harm**, respectively, **decreased** while the **age-adjusted ED discharge rates increased** from 2018 to 2022.
- East Region had **higher age-adjusted death rates due to suicide** than the county overall in 2018, 2020, and 2021.
- East Region had **higher age-adjusted hospitalization and ED discharge rates due to suicide attempt/ideation/intentional self-harm** than the county overall every year from 2018-2022.

Health and Wellbeing

HEALTH INSURANCE

Percent of the Population with Health Insurance, East Region and Subregional Areas (SRAs), 2017 and 2022
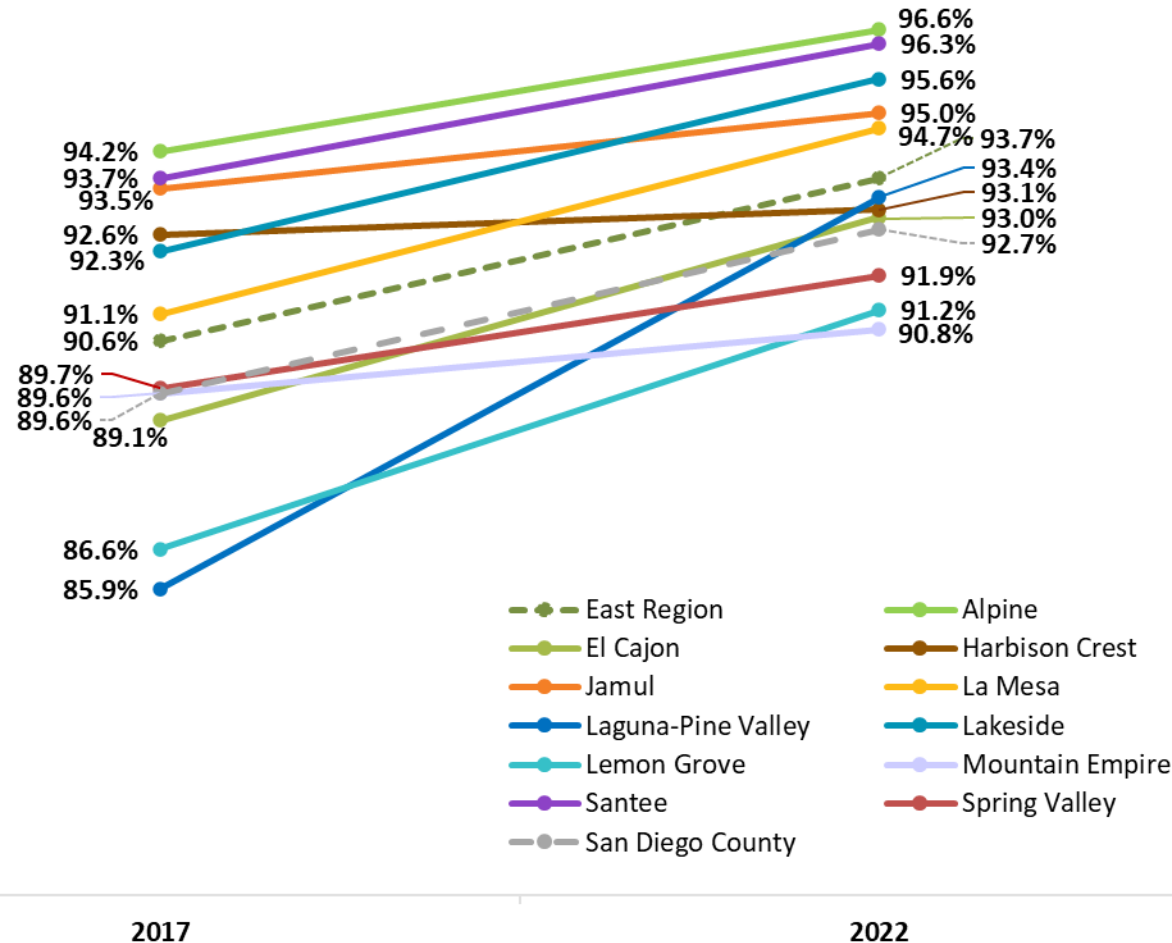
East Region had a higher proportion of residents with health insurance than San Diego County overall in 2017 and 2022.

- The proportion of residents with health insurance increased between 2017 and 2022 for East Region and its SRAs.

- Among East Region SRAs, Laguna-Pine Valley had the highest increase in the proportion of residents with health insurance from 2017 to 2022.

HEALTH STATUS AND USUAL SOURCE OF CARE

Health Status (Self-Reported) in East Region, 2018-2022

Legend: Excellent — Good/Very Good — Fair/Poor

Good/Very Good: 63.5%, 62.0%, 56.2%, 59.1%, 70.2%
Excellent: 24.2%, 27.6%, 34.2%, 28.4%, 20.4%
Fair/Poor: 12.3%, 10.4%, 9.6%, 12.4%, 9.3%

Years: 2018, 2019, 2020, 2021, 2022
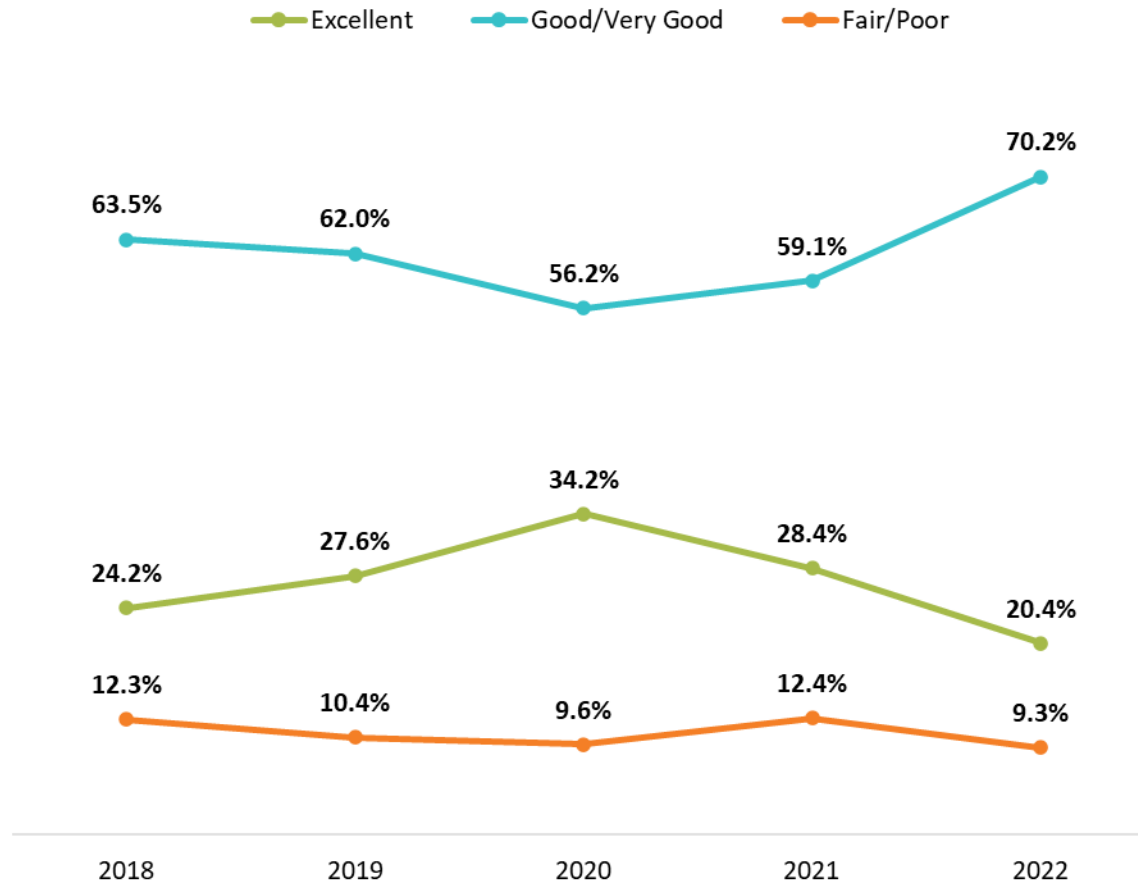
Percent of Residents with Usual Place to Go When Sick or in Need of Health Advice, 2018-2022

Year	Percent
2018	*
2019	91.9%
2020	86.3%
2021	89.0%
2022	89.6%

Health Status

- Over **1 in 11 East Region residents (9.3%)** self-reported their health status as fair or poor in 2022.

- The percentage of East Region residents reporting good or very good health increased from 63.5% in 2018 to 70.2% in 2022.

Usual Place of Care

- In 2022, **89.6% 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 2018-2022. Available at http://ask.chis.ucla.edu. Exported on February 14, 2024.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.
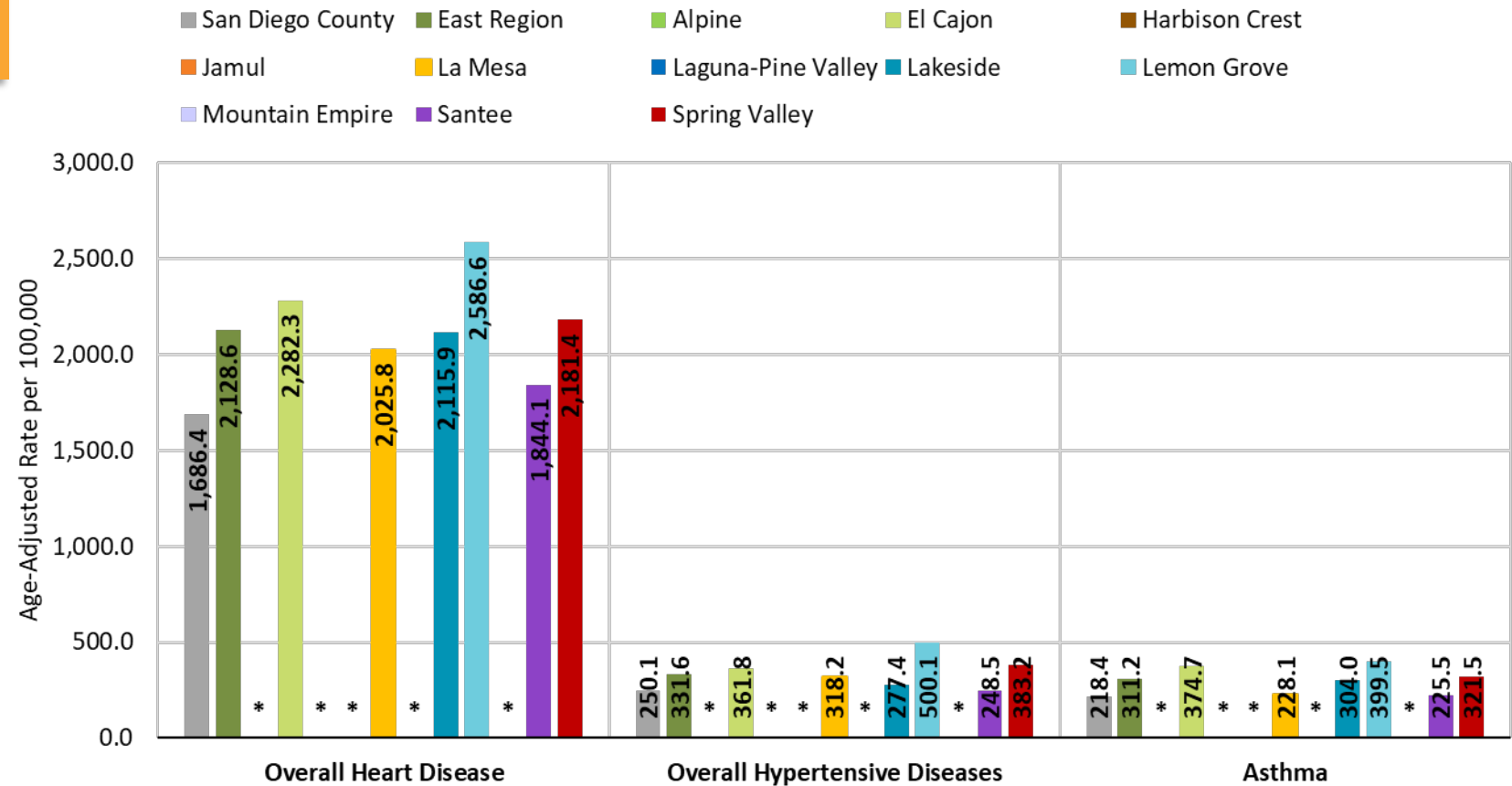
DISABILITY

Number and Percent of Residents with any type of disability, East Region and Subregional Areas (SRAs), 2017 and 2022

Geography	Any disability, 2017		Any disability, 2022	
	#	%	#	%
East Region	**60,338**	**12.7%**	**64,102**	**13.0%**
Alpine	2,201	14.0%	1,710	10.1%
El Cajon	16,620	12.8%	18,176	13.8%
Harbison Crest	2,301	15.2%	2,727	18.3%
Jamul	1,769	10.9%	2,058	12.2%
La Mesa	7,204	12.0%	7,103	11.6%
Laguna-Pine Valley	667	12.3%	587	11.0%
Lakeside	7,503	12.6%	8,610	14.1%
Lemon Grove	3,744	12.1%	3,982	12.4%
Mountain Empire	1,505	21.0%	1,677	20.8%
Santee	5,739	11.1%	6,798	12.6%
Spring Valley	11,085	12.9%	10,674	12.0%
San Diego County	**312,565**	**9.8%**	**331,418**	**10.4%**

East Region had the highest proportion of residents reporting a disability compared to other HHSA regions in 2022.

- The percent of residents with any disability in East Region slightly increased from 12.7% in 2017 to 13.0% in 2022.

- Among East Region SRAs, Mountain Empire (20.8%) had the highest percent of residents with any disability in 2022, followed by Harbison Crest (18.3%).

Mortality Measures

LIFE EXPECTANCY

Life Expectancy in East Region and Subregional Areas (SRAs)*, 2018-2022

Legend: San Diego County, East Region, Alpine, El Cajon, La Mesa, Lakeside, Lemon Grove, Santee, Spring Valley

Life Expectancy in East Region and Subregional Areas (SRAs)*, 2022

Area	Life Expectancy
San Diego County	80.8
East Region	78.5
Alpine	77.5
El Cajon	82.5
La Mesa	76.9
Lakeside	85.3
Lemon Grove	75.6
Santee	80.5
Spring Valley	80.0
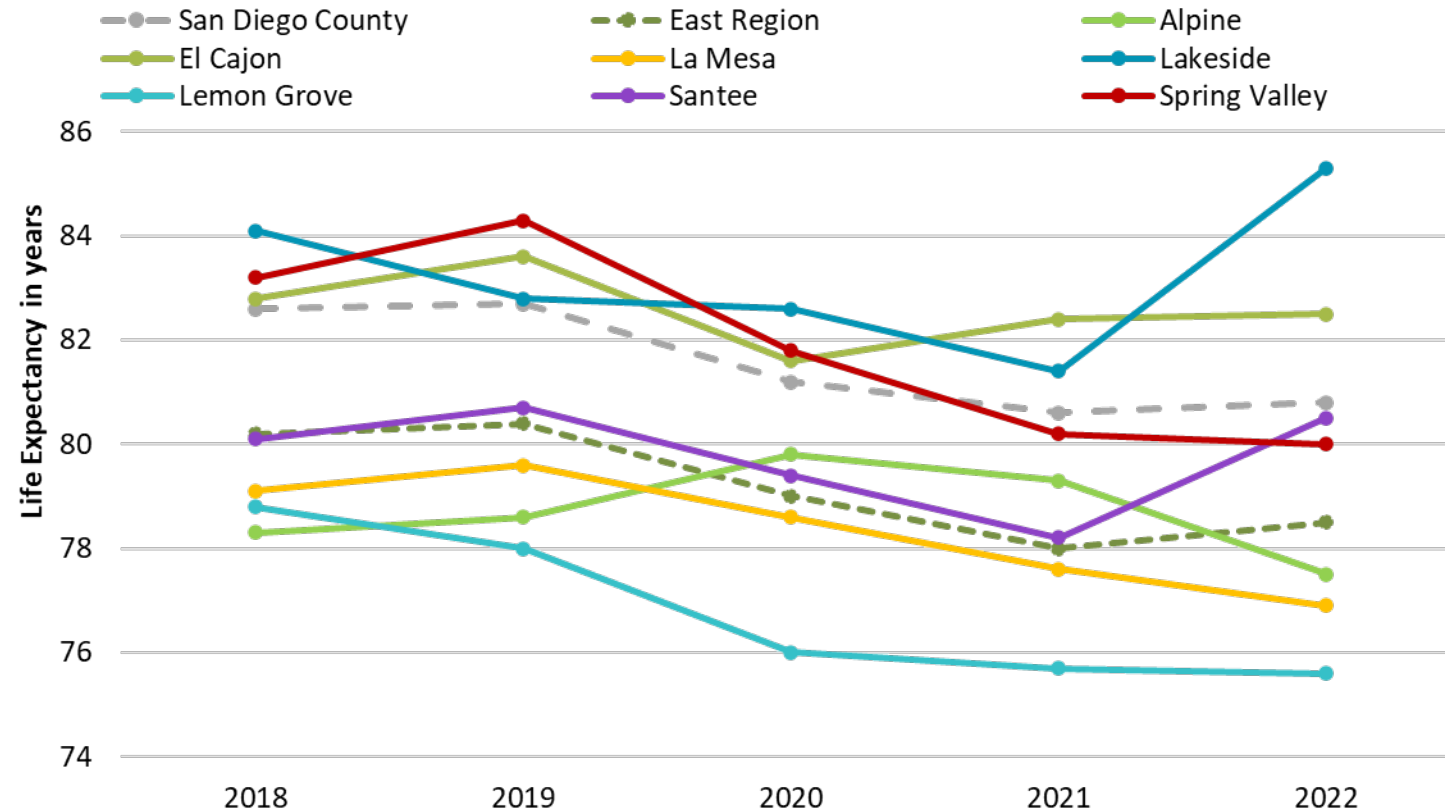
East Region had a lower life expectancy than the county overall from 2018 to 2022. All East Region SRAs, **except Lakeside and Santee**, had a decrease in life expectancy from 2018-2022.
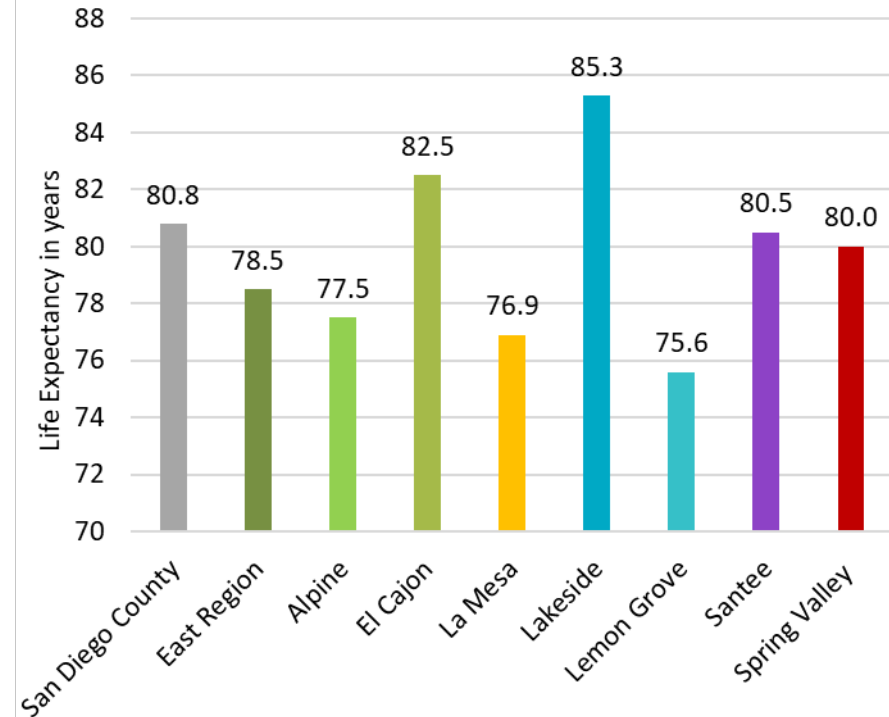
Among East Region SRAs, **El Cajon** and **Lakeside** had the highest life expectancy in 2022.

*Only SRAs with life expectancies are displayed on graph.
Source: California Department of Public Health, 2018-2022 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, 2024.
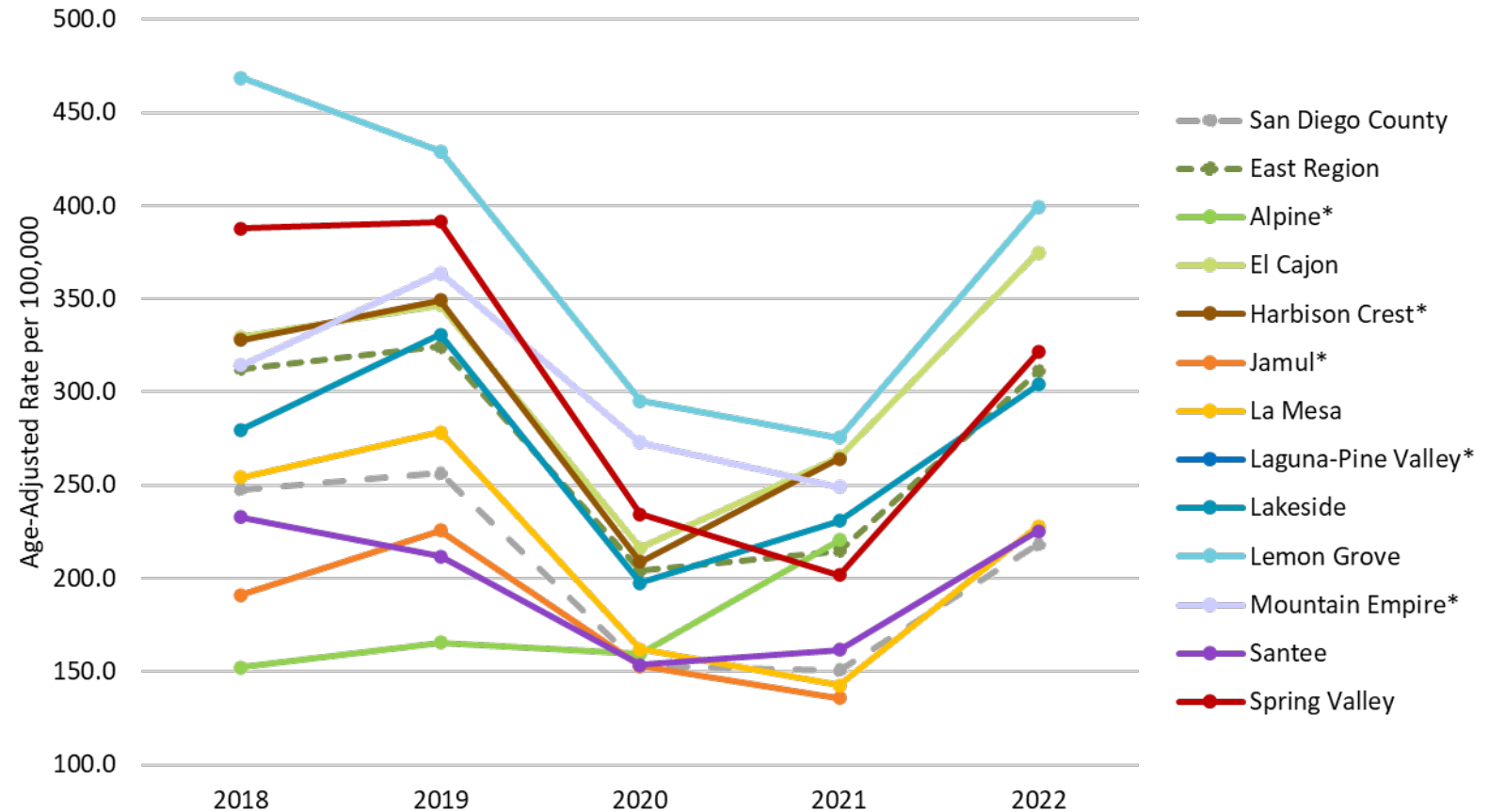
LEADING CAUSES OF DEATH

2022 San Diego County Leading Causes of Death by Health and Human Services Agency (HHSA) Region: East

Year 2022

HHSA Region East

Rank	Leading Causes of Death	Death Count (Percent of Total Deaths)
1	Malignant Neoplasms	962 (21.0%)
2	Diseases Of The Heart	897 (19.6%)
3	Accidents/Unintentional Injuries	315 (6.9%)
4	COVID-19	296 (6.5%)
5	Cerebrovascular Diseases	267 (5.8%)
6	Chronic Lower Respiratory Diseases	212 (4.6%)
7	Alzheimer's Disease	203 (4.4%)
8	Diabetes Mellitus	178 (3.9%)
9	Essential Hypertension And Hypertensive Renal Disease	123 (2.7%)
10	Chronic Liver Disease And Cirrhosis	83 (1.8%)
11	Parkinson's Disease	68 (1.5%)
12	Intentional Self-Harm (Suicide)	50 (1.1%)
13	Influenza And Pneumonia	39 (0.9%)
14	Assault (Homicide)	23 (0.5%)
15	Congenital Malformations, Deformations And Chromosomal Abnormalities	18 (0.4%)
	In Situ Neoplasms, Benign Neoplasms And Neoplasms Of Uncertain Or Unknown Behavior	18 (0.4%)
16	All other causes (not rankable)	834 (18.2%)

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

2022 Total Death Count among San Diego County Residents: East Region

4,586

In 2022, there were **4,586** deaths among East Region residents.

In 2022, **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 2022.

Rank is based on total number of deaths in each of the National Center for Health Statistics (NCHS) "rankable" categories. The top 15 leading causes of death presented here are based on the San Diego County residents for their respective years.
Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes.
Deaths for specific demographics or geographic area may not equal the total deaths for San Diego County due to missing data.
The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Leading Causes of Death.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, January 2024.

3-4-50: Chronic Diseases Deaths

3 Lead to **BEHAVIORS**
No Physical Activity
Poor Diet
Tobacco Use

4 Result in **DISEASES**
Cancer
Heart Disease & Stroke
Type 2 Diabetes
Lung Disease

More than **50** **PERCENT**
of Deaths
in San Diego

The proportion of deaths due to 3-4-50 chronic diseases in San Diego County decreased from 63% in 2000 to 44% in 2022.

www.sdhealthstatistics.com

Improve your health by…

Walking at least 30 minutes every day.

Eating healthy foods (5 servings of fruits and vegetables).

Not smoking.
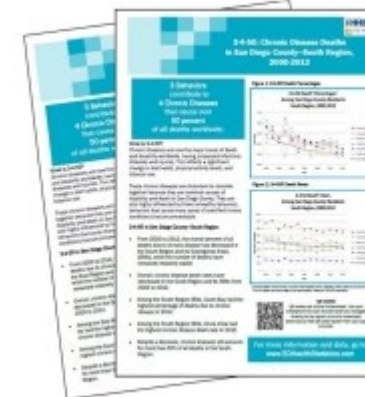
3-4-50: CHRONIC DISEASE DEATHS

PERCENTAGES, TREND 2000-2021

3-4-50 Death† Percentages Among San Diego County Residents, East Region, 2000-2022**

Legend: Alpine, El Cajon, Harbison Crest/El Cajon^, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley, East Region, San Diego County
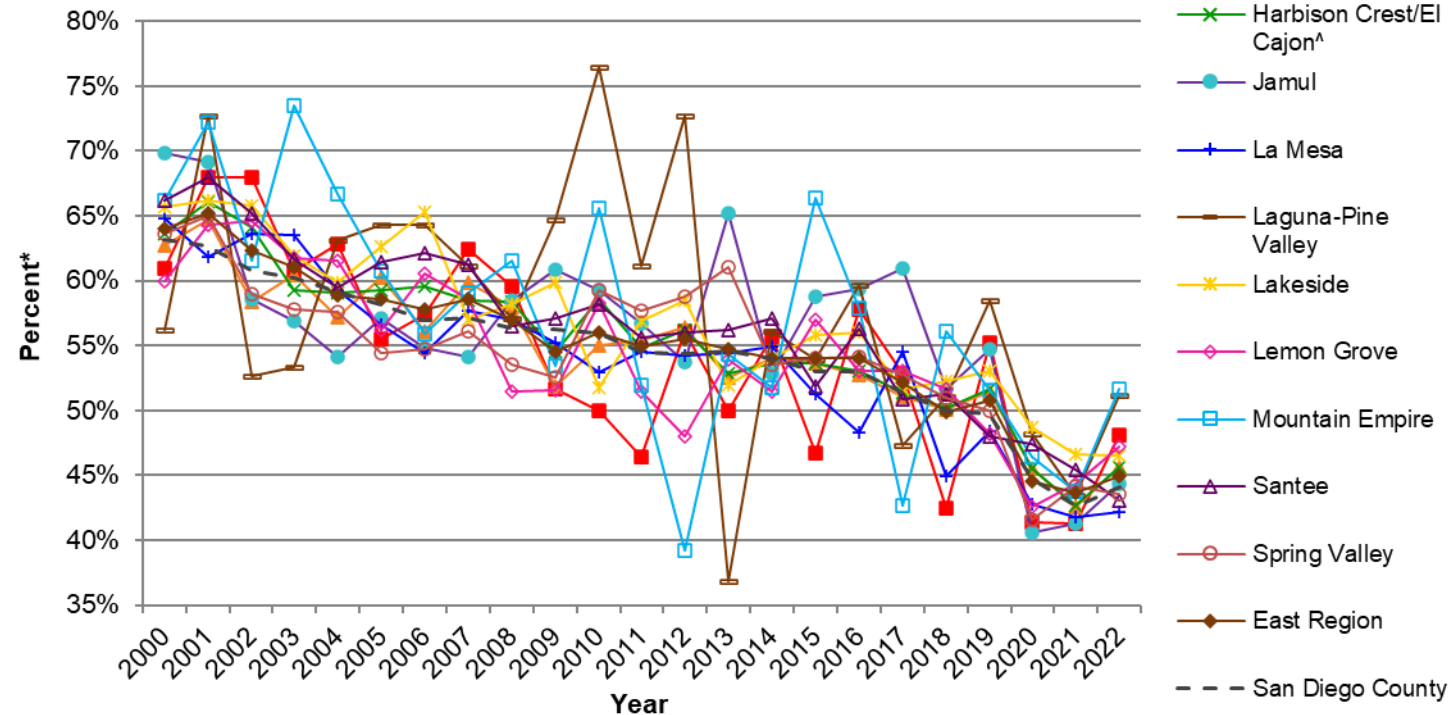
The proportion of deaths due to 3-4-50 chronic diseases in East Region **decreased** from 64% in 2000 to 45% in 2022.

Among East Region SRAs, **Mountain Empire** had the highest percent of deaths due to 3-4-50 chronic diseases in 2022.

Despite a decrease, 3-4-50 chronic diseases accounted for **45%** of all deaths in East Region in 2022.

*3-4-50 deaths as a percentage of all cause deaths.

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).

^Harbison Crest/El Cajon is an aggregation of the Harbison Crest and El Cajon SRAs. Due to geographic limitations, the Harbison Crest SRA is not shown alone. See the Data Guide for more information.

**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 2020-2022. Percents not calculated in cases where zip code is unknown.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2022 California Vital Records Business Intelligence System (VRBIS).

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, January 2024.
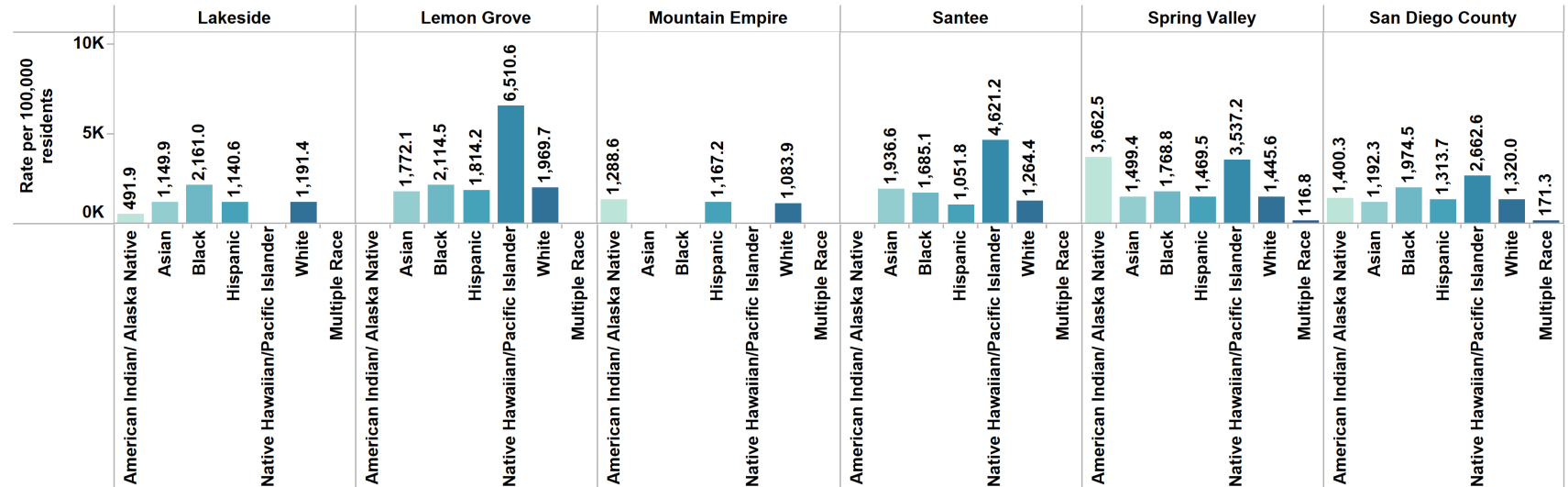
RATES, TREND 2000-2021

3-4-50 Death† Rates Among San Diego County Residents, East Region, 2000-2022**

Legend: Alpine, El Cajon, Harbison Crest/El Cajon^, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley, East Region, San Diego County
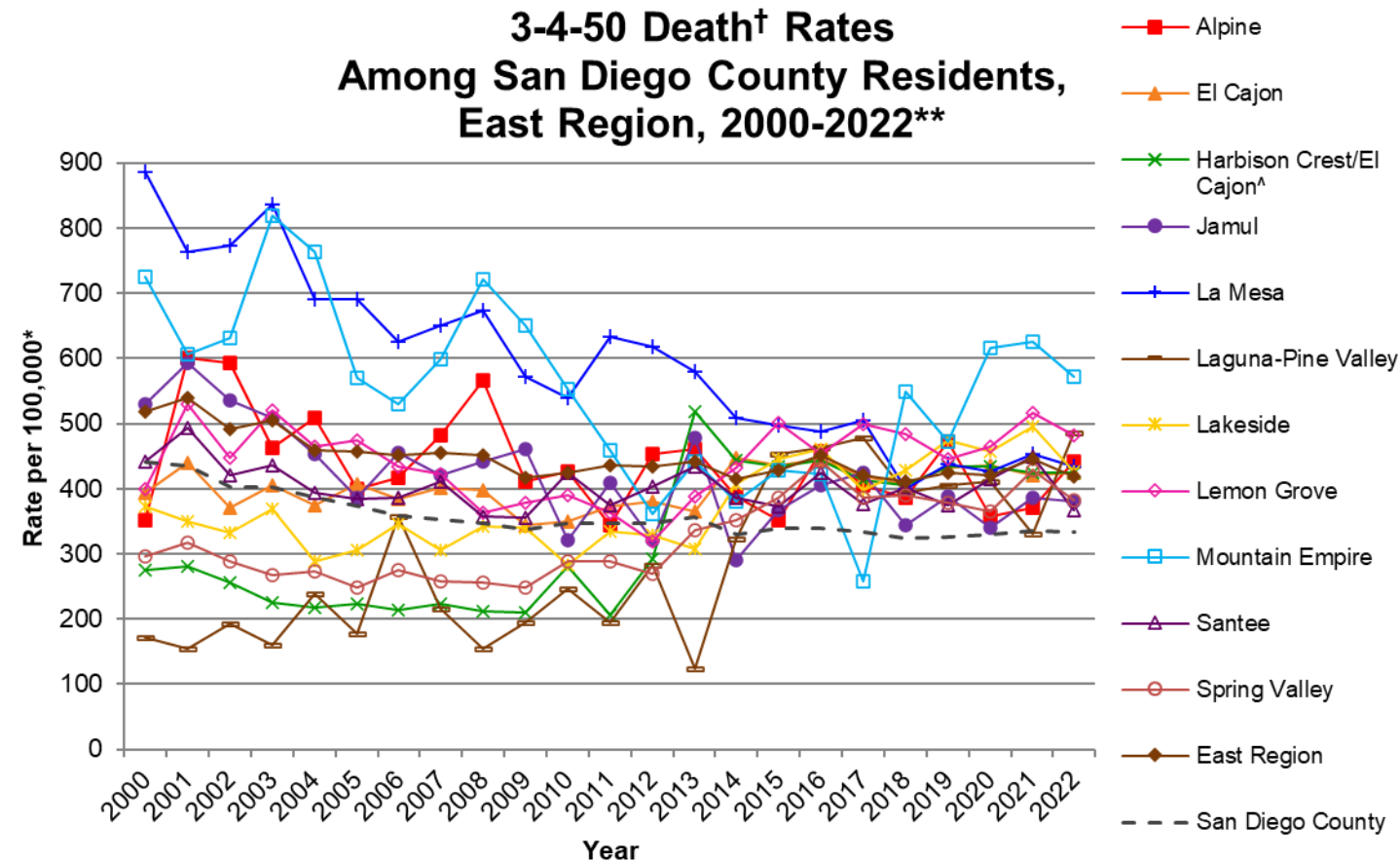
The 3-4-50 chronic disease death rate in East Region **decreased** from 517.7 per 100,000 in 2000 to 419.5 per 100,000 in 2022.

Among East Region SRAs, **Mountain Empire** had the highest death rate due to 3-4-50 chronic diseases in 2022.

Overall, 3-4-50 chronic disease death rates have decreased in **East Region**, **Jamul SRA, La Mesa SRA, Mountain Empire SRA and Santee SRA**, from 2000 to 2022.

*Rates per 100,000 population.
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
^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 2020-2022. Rates not calculated in cases where zip code is unknown.
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2022 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates. 2020-2021 population estimates were derived using the 2010 Census and data should be considered preliminary. 2022 population estimates were derived from the 2020 decennial census.
Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, January 2024.
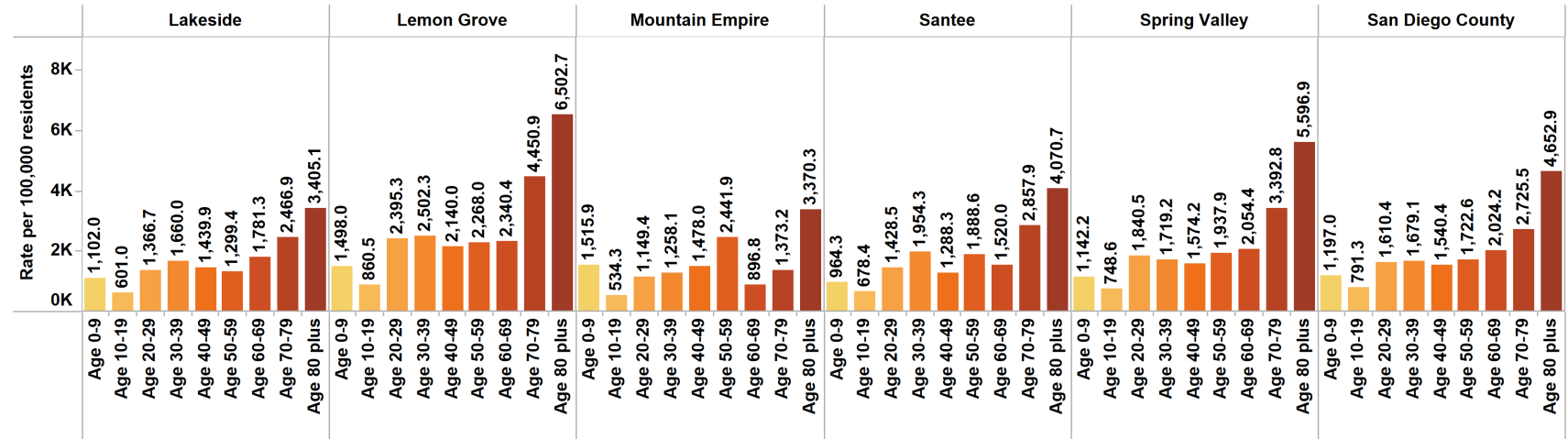
Non-Communicable (Chronic) Diseases

Non-Communicable (Chronic) Diseases

Leading Causes of Death
- Overall Cancer
- Overall Heart Disease

In 2022, the age-adjusted death rate due to **overall cancer** in East Region was higher compared to the county overall.

- Among East Region SRAs, **Lemon Grove** had the highest age-adjusted death rate due to **overall cancer** in 2022.

In 2022, the age-adjusted death rate due to **overall heart disease** in East Region was higher than the county overall.

- Among East Region SRAs, **Lemon Grove** had the highest age-adjusted death rate due to **overall heart disease** in 2022.

Age-Adjusted Death Rates for Leading Non-Communicable (Chronic) Diseases in East Region and Subregional Areas (SRAs), San Diego County, 2022

Legend: San Diego County, East Region, Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley

Overall Cancer
- San Diego County: 132.1
- East Region: 154.1
- El Cajon: 141.8
- La Mesa: 158.8
- Lakeside: 163.0
- Lemon Grove: 223.4
- Santee: 138.4
- Spring Valley: 167.9

Overall Heart Disease
- San Diego County: 124.0
- East Region: 140.5
- El Cajon: 135.5
- La Mesa: 144.0
- Lakeside: 122.7
- Lemon Grove: 221.2
- Santee: 124.8
- Spring Valley: 148.1

Y-axis: Age-Adjusted Rate per 100,000 (0.0 to 250.0)

*Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability.

Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

# Non-Communicable (Chronic) Diseases

Leading Causes of Hospitalization
- Overall Heart Disease
- Overall Hypertensive Diseases

In 2022, the age-adjusted hospitalization rate due to **overall heart disease** in East Region was higher compared to the county overall.

- Among East Region SRAs, **Lemon Grove** had the highest age-adjusted hospitalization rate due to **overall heart disease** in 2022.

In 2022, the age-adjusted hospitalization rate due to **overall hypertensive diseases** in East Region was higher than the county overall.

- Among East Region SRAs, **Lemon Grove** had the highest age-adjusted hospitalization rate due to **overall hypertensive diseases** in 2022.

Age-Adjusted Hospitalization Rates for Leading Non-Communicable (Chronic) Diseases in East Region and Subregional Areas (SRAs), San Diego County, 2022

Legend: San Diego County, East Region, Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley

Overall Heart Disease: San Diego County 863.6, East Region 1,098.5, El Cajon 1,175.7, La Mesa 1,044.9, Lakeside 984.2, Lemon Grove 1,425.4, Santee 947.7, Spring Valley 1,199.9

Overall Hypertensive Diseases: San Diego County 294.5, East Region 373.7, El Cajon 412.9, La Mesa 344.2, Lakeside 337.6, Lemon Grove 492.5, Santee 318.4, Spring Valley 385.2

Non-Communicable (Chronic) Diseases

Leading Causes of ED Discharge
- Overall Heart Disease
- Overall Hypertensive Diseases
- Asthma

In 2022, the age-adjusted ED discharge rates due to **overall heart disease, overall hypertensive diseases, and asthma** in East Region were higher compared to the county overall.

Among East Region SRAs, **Lemon Grove** had the highest age-adjusted ED discharge rates due to overall heart diseases, overall hypertensive diseases, and asthma in 2022.

Age-Adjusted Emergency Department (ED) Discharge Rates for Leading Non-Communicable (Chronic) Diseases in East Region and Subregional Areas (SRAs), San Diego County, 2022

Legend: San Diego County, East Region, Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley

Overall Heart Disease: San Diego County 1,686.4; East Region 2,128.6; Alpine *; El Cajon 2,282.3; Harbison Crest *; Jamul *; La Mesa 2,025.8; Laguna-Pine Valley *; Lakeside 2,115.9; Lemon Grove 2,586.6; Mountain Empire *; Santee 1,844.1; Spring Valley 2,181.4

Overall Hypertensive Diseases: San Diego County 250.1; East Region 331.6; Alpine *; El Cajon 361.8; Harbison Crest *; Jamul *; La Mesa 318.2; Laguna-Pine Valley 277.4; Lakeside 500.1; Lemon Grove *; Santee 248.5; Spring Valley 383.2

Asthma: San Diego County 218.4; East Region 311.2; Alpine *; El Cajon 374.7; Harbison Crest *; Jamul *; La Mesa 228.1; Laguna-Pine Valley *; Lakeside 304.0; Lemon Grove 399.5; Santee 225.5; Spring Valley 321.5

*Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability.
Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 estimates were derived from the 2020 decennial census.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.
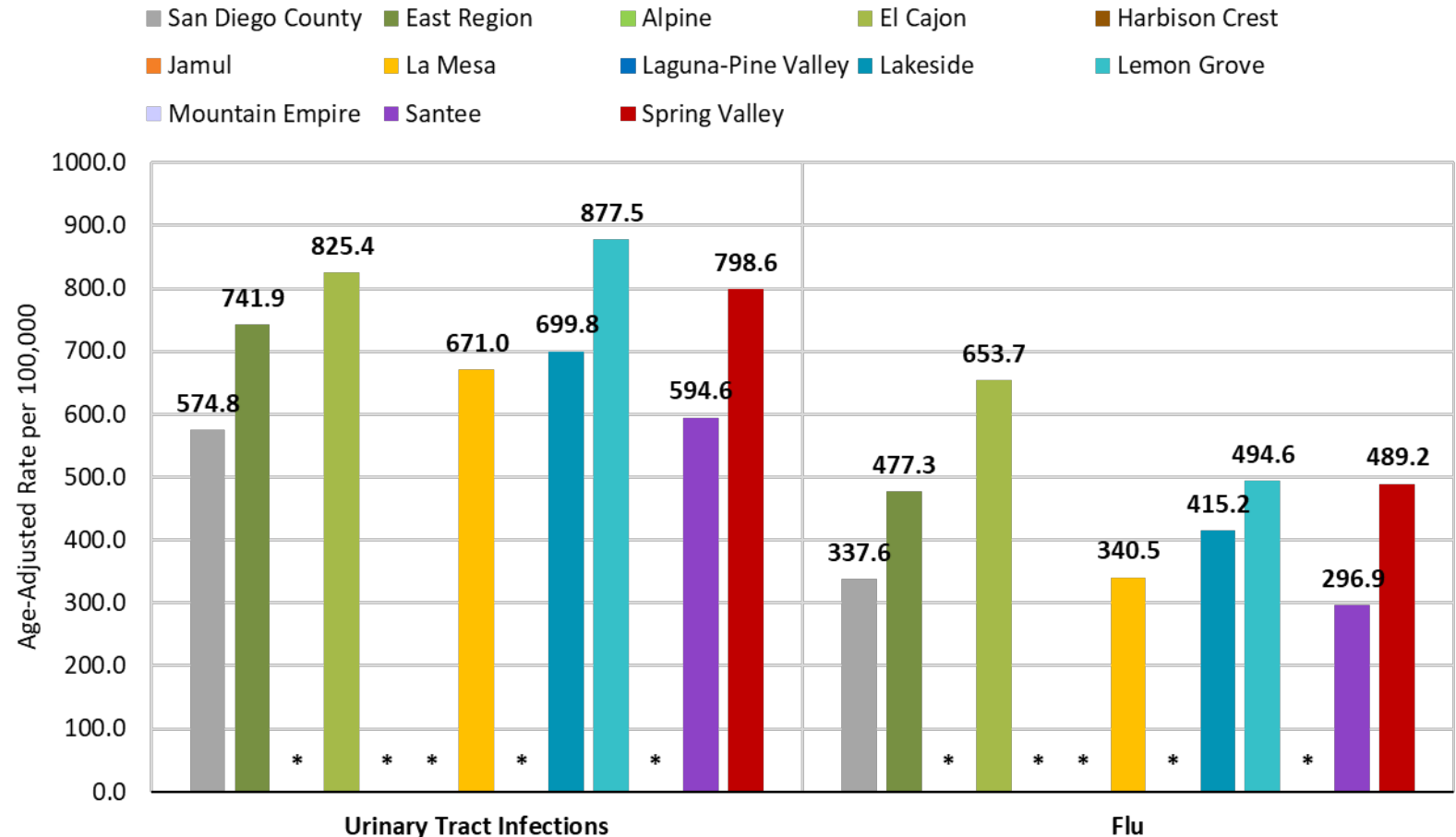
Non-Communicable (Chronic) Diseases

The age-adjusted ED discharge rates due to asthma were **higher** in East Region than in the county overall every year from 2018-2022.

Overall, the age-adjusted ED discharge rates due to **asthma decreased** in **East Region and its SRAs**, except El Cajon and Lakeside, from 2018-2022.

Among East Region, **Lemon Grove SRA** had the highest ED discharge rates due to asthma every year from 2018-2022, with rates higher than East Region and the county overall.

Age-Adjusted Emergency Department (ED) Discharge Rates due to Asthma in East Region by Subregional Area (SRA), San Diego County, 2018-2022

Legend: San Diego County, East Region, Alpine*, El Cajon, Harbison Crest*, Jamul*, La Mesa, Laguna-Pine Valley*, Lakeside, Lemon Grove, Mountain Empire*, Santee, Spring Valley

*Rates not calculated for fewer than 11 events prior to 2022. Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2018-2022. SANDAG Population Estimates, 2018 (v7/2019), 2019 (v5/2020), 2020, 2021 (v09/2022), 2022 (v11/2023). 2020 and 2021 population estimates were derived using the 2010 Census and data should be considered preliminary. 2022 estimates were derived from the 2020 decennial census. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.
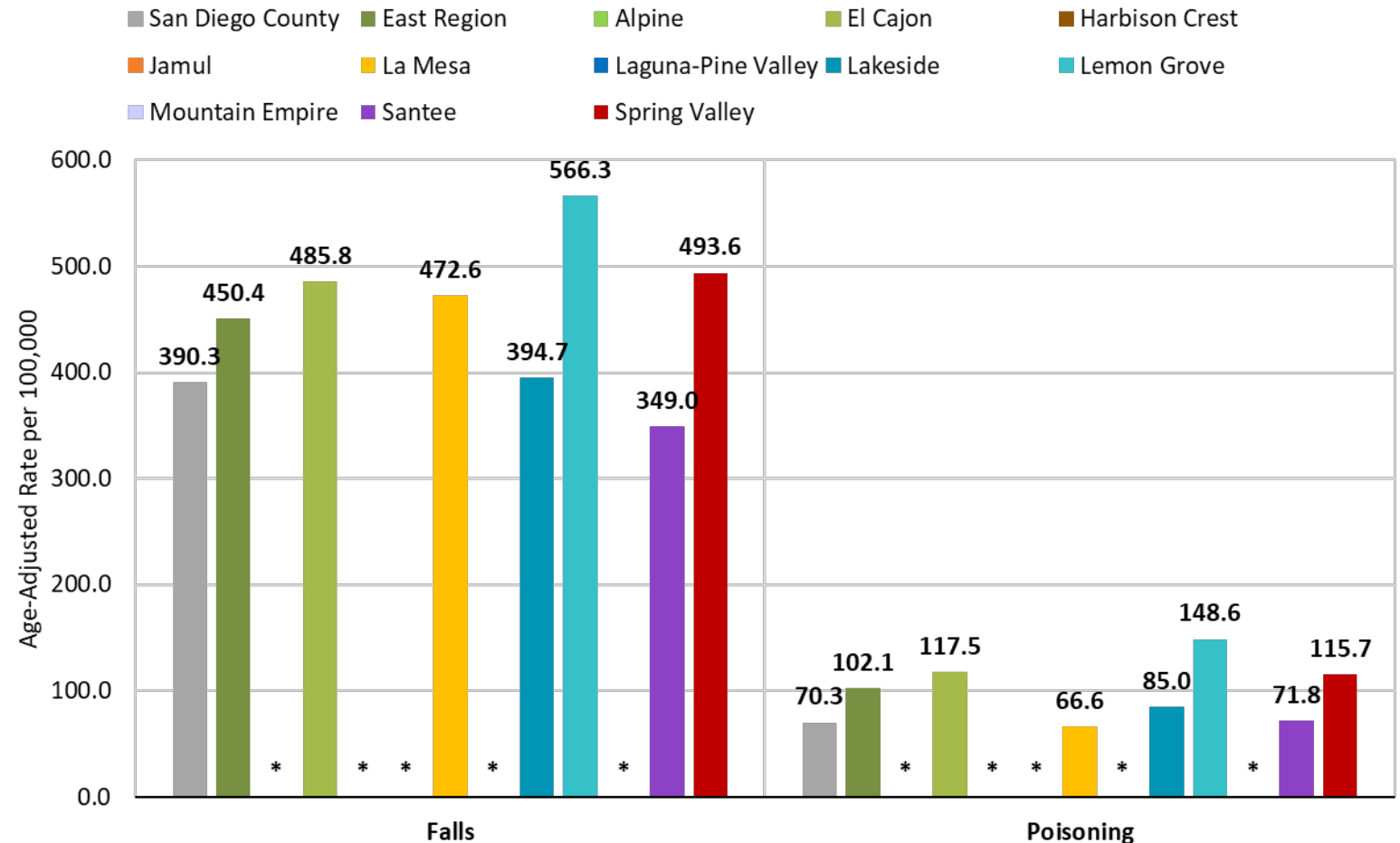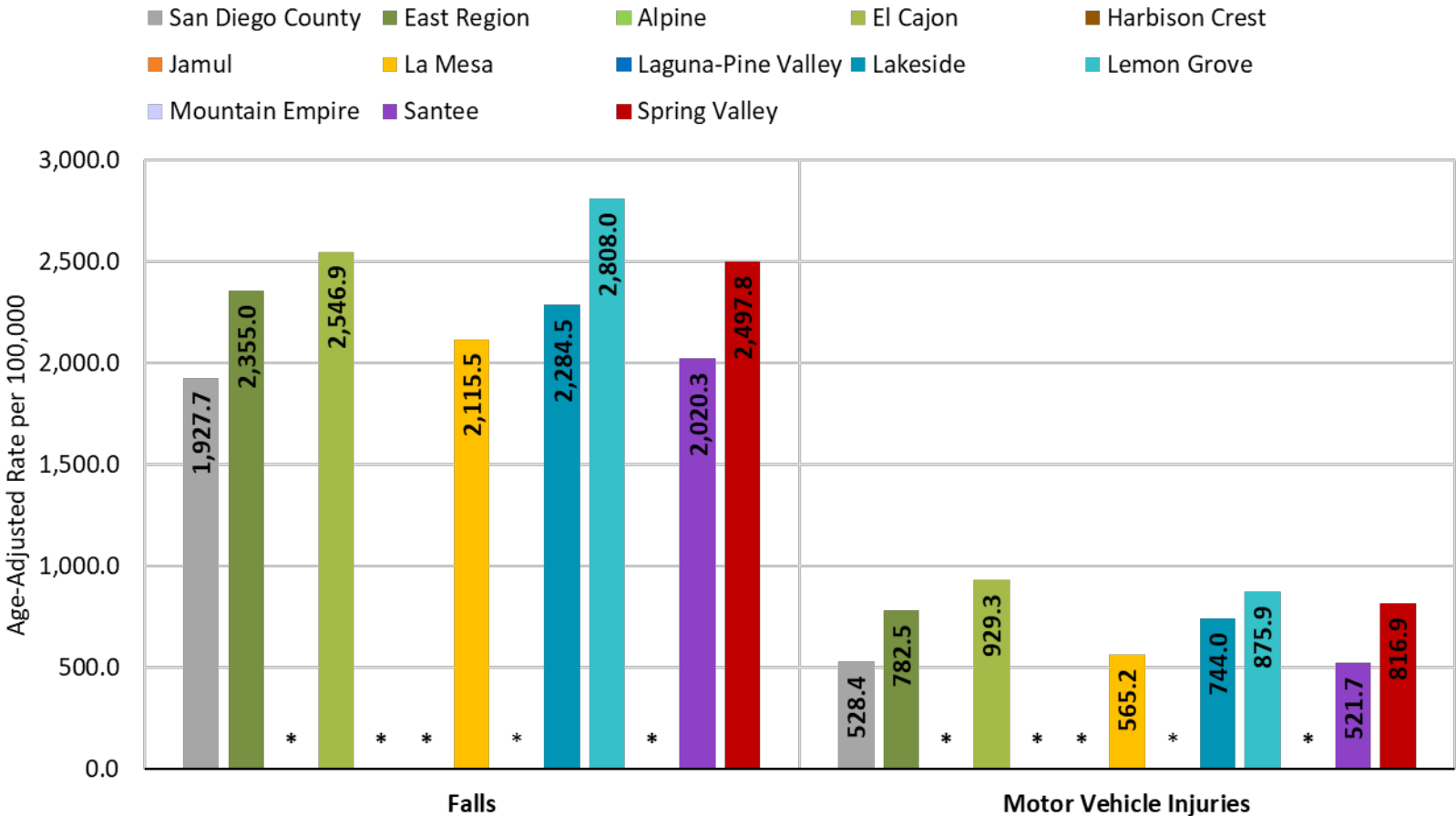
Alzheimer's Disease and Related Dementias

Age-Adjusted Death, Hospitalization, and Emergency Department (ED) Discharge Rates due to Alzheimer's Disease and Related Dementias (ADRD) in East Region and Subregional Areas (SRAs), San Diego County, 2022
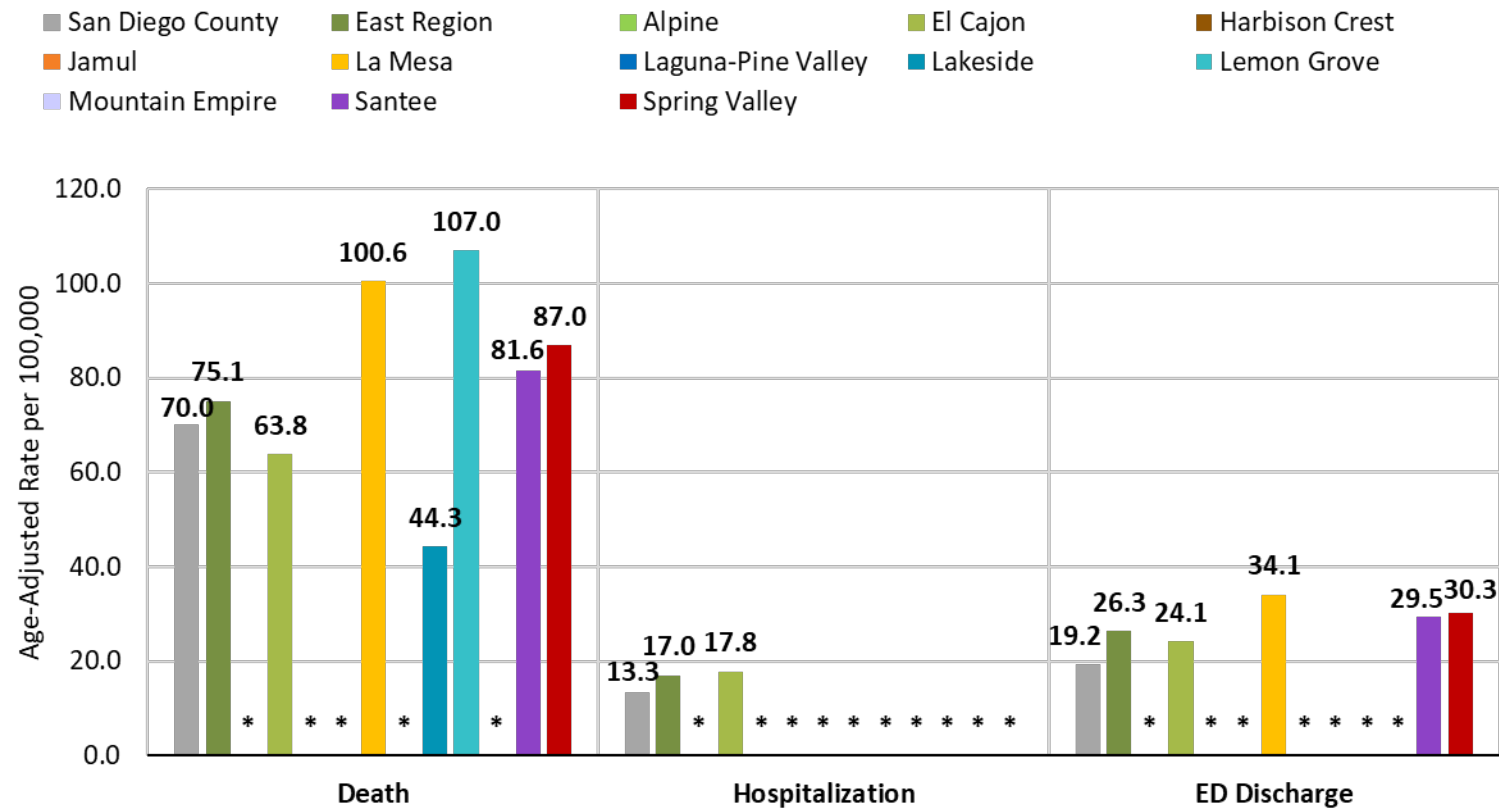
- In 2022, **East Region** had a **higher age-adjusted death rate** due to Alzheimer's Disease and Related Dementias (ADRD) than the county overall.
  - Within East Region, Lemon Grove SRA and La Mesa SRA had the highest age-adjusted death rates due to ADRD.

- The **age-adjusted hospitalization and ED discharge rates** due to ADRD were **higher** in **East Region** than in San Diego County overall in 2022.

*Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability.
Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 estimates were derived from the 2020 decennial census. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

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

Area	COVID-19 Female Rate	COVID-19 Male Rate
Alpine	1,408.1	1,156.0
El Cajon	2,076.7	1,653.1
Harbison Crest	1,859.5	1,446.9
Jamul	1,808.8	1,210.8
La Mesa	1,831.4	1,606.7
Laguna-Pine Val..	1,160.4	1,263.3
Lakeside	1,697.7	1,293.6
Lemon Grove	2,591.8	1,757.5
Mountain Empire	1,698.5	1,084.1
Santee	1,804.4	1,400.9
Spring Valley	2,086.2	1,471.1
San Diego Coun..	1,867.2	1,508.4
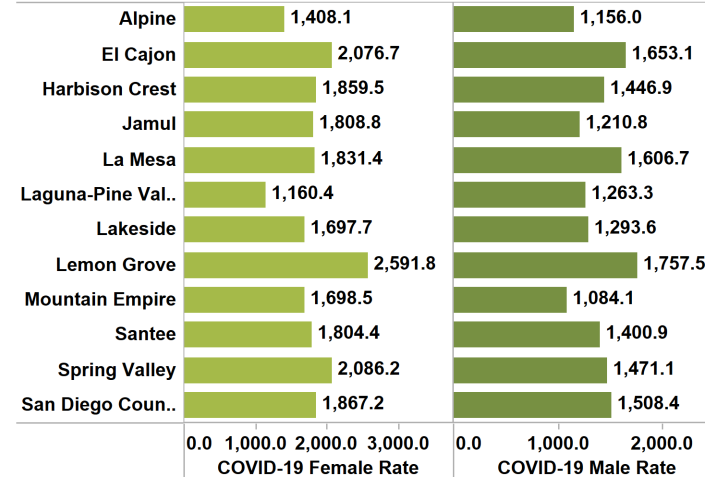
SAN DIEGO COUNTY COVID-19 RATE BY EAST REGION SUB-REGIONAL AREAS (MEDIAN HOUSEHOLD INCOME IN DOLLARS)

COVID-19 Rate per 100,000
1,213.7 — 2,211.7

Lakeside $93,282
Laguna-Pine Valley $100,538
Santee $101,790
Harbison Crest $104,249
Alpine $108,249
La Mesa $81,489
El Cajon $68,836
Spring Valley $90,970
Lemon Grove $76,815
Jamul $133,638
Mountain Empire $57,957

© 2024 Mapbox © OpenStreetMap
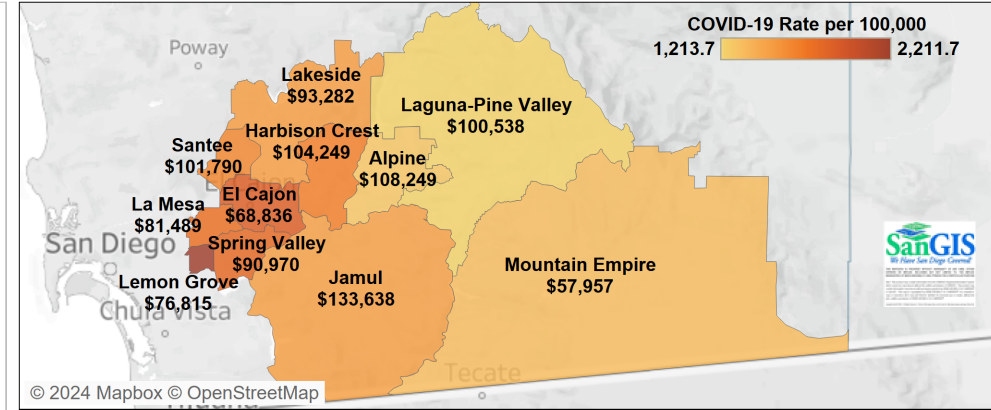
Median household income source: ESRI Community Analyst, 2022. *A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the following example). For example 987 cases, divided by population of 654,321, would be a rate of 150.8 per 100,000 population. This means 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 MORTALITY RATES BY EAST REGION SUB-REGIONAL AREAS

Area	COVID-19 Mortality Rate per 100,000 residents
Alpine	
El Cajon	22.4
Harbison Crest	
Jamul	
La Mesa	23.3
Laguna-Pine Valley	
Lakeside	23.6
Lemon Grove	
Mountain Empire	
Santee	17.5
Spring Valley	25.7
San Diego County	16.2

Data through 1/1/2023-12/31/2023. 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, 2/26/2024.

COVID-19

COUNTY OF SAN DIEGO
Health and Human Services Agency

LIVE WELL SAN DIEGO

SAN DIEGO COUNTY CUMULATIVE COVID-19 RATE* PER 100,000 RESIDENTS BY EAST REGION SUB-REGIONAL AREAS^
(DATA THROUGH JANUARY 1, 2023 - DECEMBER 31, 2023)

COVID-19 RATE BY RACE/ETHNICITY**, EAST REGION SUB-REGIONAL AREAS

*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.

SAN DIEGO COUNTY CUMULATIVE COVID-19 RATE* PER 100,000 RESIDENTS BY EAST REGION SUB-REGIONAL AREAS^
(DATA THROUGH JANUARY 1, 2023 - DECEMBER 31, 2023)

SAN DIEGO COUNTY, EAST REGION SUB-REGIONAL AREAS, COVID-19 RATE BY AGE

*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

Data through 1/1/2023-12/31/2023. 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, 2/26/2024.

Communicable Diseases

Leading Cause of Death
- Pneumonia

Age-Adjusted Death Rates due to Pneumonia in East Region, San Diego County, 2022

Legend: San Diego County, East Region
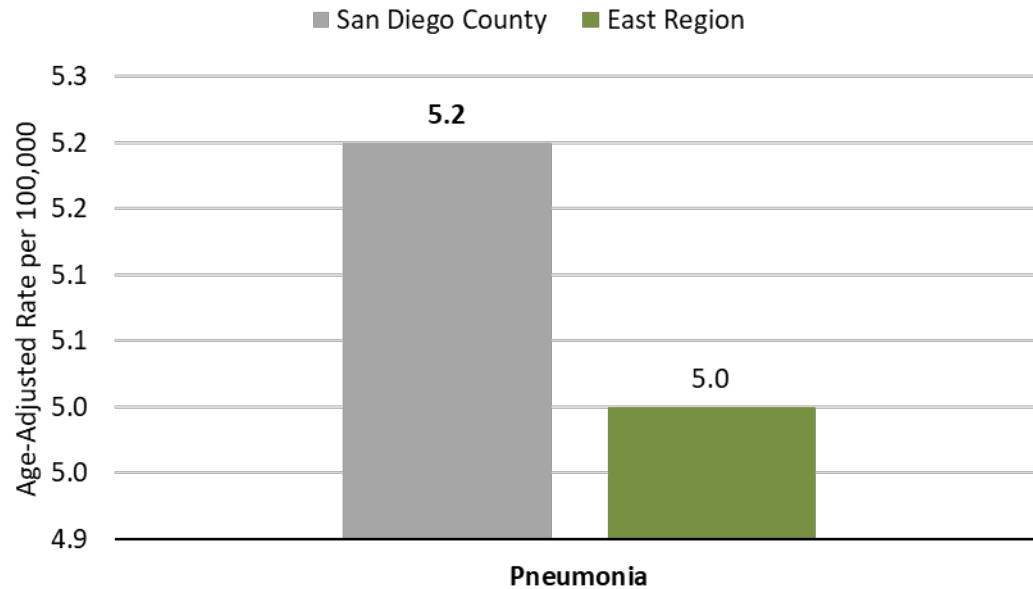
In 2022, the age-adjusted death rate due to **pneumonia** in East Region was lower compared to the county overall.

Age-Adjusted Death Rates due to Pneumonia in East Region, San Diego County, 2018-2022
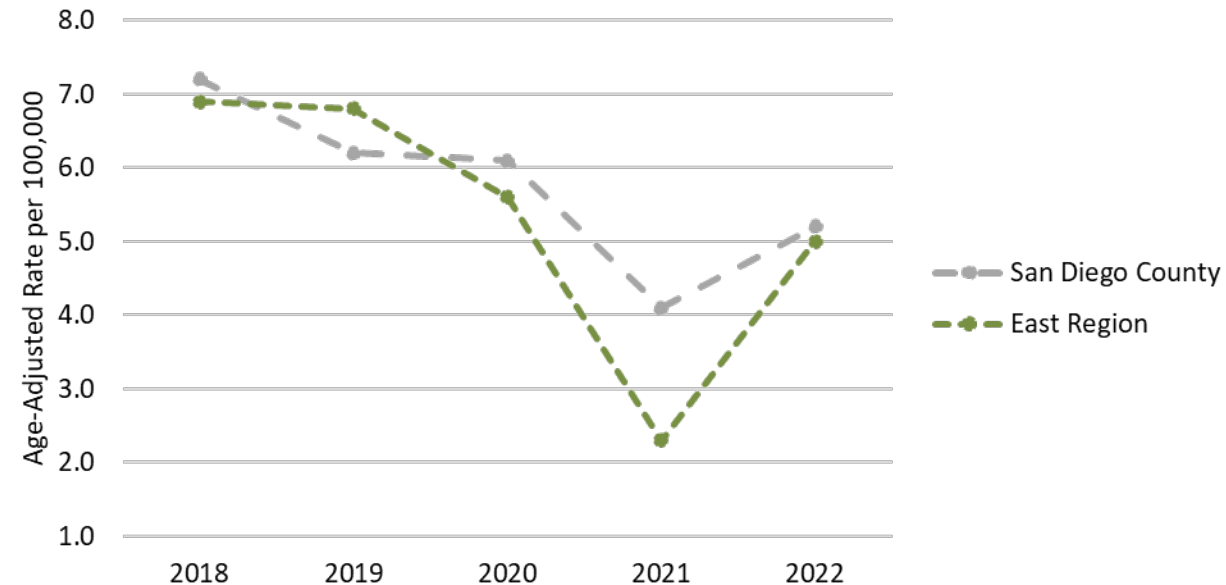
The age-adjusted death rates due to **pneumonia decreased by 28%** in East Region from 2018-2022. East Region generally had **lower** death rates due to pneumonia compared to the overall county from 2018-2022, except in 2019.

Communicable Diseases

Leading Causes of Hospitalization
- Urinary Tract Infections
- Pneumonia

In 2022, the age-adjusted hospitalization rates due to **urinary tract infections and pneumonia** in East Region were higher compared to the county overall.

Among East Region SRAs, **Lemon Grove** had the highest age-adjusted hospitalization rates due to **urinary tract infections and pneumonia** in 2022.

Age-Adjusted Hospitalization Rates for Leading Communicable Diseases in East Region, San Diego County, 2022

Legend: San Diego County, East Region, Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley

Urinary Tract Infections: San Diego County 91.7, East Region 133.7, El Cajon 148.8, La Mesa 113.9, Lakeside 126.1, Lemon Grove 159.2, Santee 119.9, Spring Valley 144.7

Pneumonia: San Diego County 74.4, East Region 96.2, El Cajon 109.1, La Mesa 85.3, Lakeside 102.5, Lemon Grove 122.3, Santee 72.9, Spring Valley 105.6

Communicable Diseases

Leading Causes of ED Discharge
- Urinary Tract Infections
- Flu

In 2022, the age-adjusted ED discharge rates due to **urinary tract infections and flu** in East Region were higher compared to the county overall.

- Among East Region SRAs, **Lemon Grove** had the highest age-adjusted ED discharge rate due to **urinary tract infections** in 2022.

- Among East Regions SRAs, **El Cajon** had the highest age-adjusted ED discharge rate due to **flu** in 2022.

Age-Adjusted Emergency Department (ED) Discharge Rates for Leading Communicable Diseases in East Region, San Diego County, 2022

Legend: San Diego County, East Region, Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley

Urinary Tract Infections: San Diego County 574.8, East Region 741.9, El Cajon 825.4, La Mesa 671.0, Lakeside 699.8, Lemon Grove 877.5, Santee 594.6, Spring Valley 798.6

Flu: San Diego County 337.6, East Region 477.3, El Cajon 653.7, La Mesa 340.5, Lakeside 415.2, Lemon Grove 494.6, Santee 296.9, Spring Valley 489.2

*Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability.
Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 estimates were derived from the 2020 decennial census.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

Injury Outcomes

Injury Outcomes

Leading Causes of Death
- Poisoning
- Traumatic Brain Injuries

In 2022, the age-adjusted death rate due to **poisoning** in East Region was higher compared to the county overall.

- Among East Region SRAs, **Spring Valley** had the highest age-adjusted death rate due to **poisoning** in 2022.

In 2022, the age-adjusted death rate due to **traumatic brain injuries** in East Region was higher than the county overall.

Age-Adjusted Death Rates for Leading Injury Outcomes in East Region and Subregional Areas (SRAs), San Diego County, 2022

Legend: San Diego County, East Region, Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley

Poisoning:
- San Diego County: 29.1
- East Region: 39.7
- Alpine: *
- El Cajon: 38.1
- Harbison Crest: * *
- La Mesa: 32.8
- Laguna-Pine Valley: *
- Lakeside: 37.9
- Lemon Grove: * *
- Spring Valley: 45.2

Traumatic Brain Injury:
- San Diego County: 12.6
- East Region: 14.3

Falls:
- San Diego County: 10.6
- East Region: 9.2

Y-axis: Age-Adjusted Rate per 100,000 (0.0 – 50.0)

*Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability.

Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

Injury Outcomes

Leading Causes of Hospitalization
- Falls
- Poisoning

In 2022, the age-adjusted hospitalization rates due to **falls and poisoning** in East Region were higher compared to the county overall.

Among East Region SRAs, **Lemon Grove** had the highest age-adjusted hospitalization rate due to **falls and poisoning** in 2022.

Age-Adjusted Hospitalization Rates for Leading Injury Outcomes in East Region and Subregional Areas (SRAs), San Diego County, 2022

*Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability.
Data Sources: California Department of Healthcare Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 estimates were derived from the 2020 decennial census.
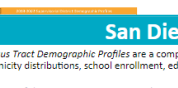Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

Injury Outcomes

Leading Causes of ED Discharge
- Falls
- Motor Vehicle Injuries

In 2022, the age-adjusted ED discharge rates due to **falls and motor vehicle injuries** in East Region were higher compared to the county overall.

- Among East Region SRAs, **Lemon Grove** had the highest age-adjusted ED discharge rate due to **falls** in 2022.

- Among East Regions SRAs, **El Cajon** had the highest age-adjusted ED discharge rate due to **motor vehicle injuries** in 2022.

Age-Adjusted Emergency Department (ED) Discharge Rates for Leading Injury Outcomes in East Region and Subregional Areas (SRAs), San Diego County, 2022

Legend: San Diego County, East Region, Alpine, El Cajon, Harbison Crest, Jamul, La Mesa, Laguna-Pine Valley, Lakeside, Lemon Grove, Mountain Empire, Santee, Spring Valley

Falls: San Diego County 1,927.7; East Region 2,355.0; El Cajon 2,546.9; La Mesa 2,115.5; Lakeside 2,284.5; Lemon Grove 2,808.0; Santee 2,020.3; Spring Valley 2,497.8

Motor Vehicle Injuries: San Diego County 528.4; East Region 782.5; El Cajon 929.3; La Mesa 565.2; Lakeside 744.0; Lemon Grove 875.9; Santee 521.7; Spring Valley 816.9

*Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 estimates were derived from the 2020 decennial census.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

Summary

Key Takeaways

In East Region…

Higher educational attainment (bachelors degree and higher) among East Region residents ages 25+ has **increased** from 2017 to 2022.

The percent of East Region residents who were living **below 200% FPL decreased** from 31.5% in 2017 to 27.0% in 2022.

The 5-year average percent of **unemployment** in East Region **decreased** from 8.2% in 2017 to 7.0% in 2022.

In 2021, less than **11%** of **homes were affordable** for low-income families in **nearly 68% of census tracts** in East Region.

In East Region, **City of El Cajon** had the **highest** count of **unsheltered persons experiencing homelessness** in 2024 and **El Cajon SRA** had the **highest** count of **homeless students** in the 2022-2023 school year.
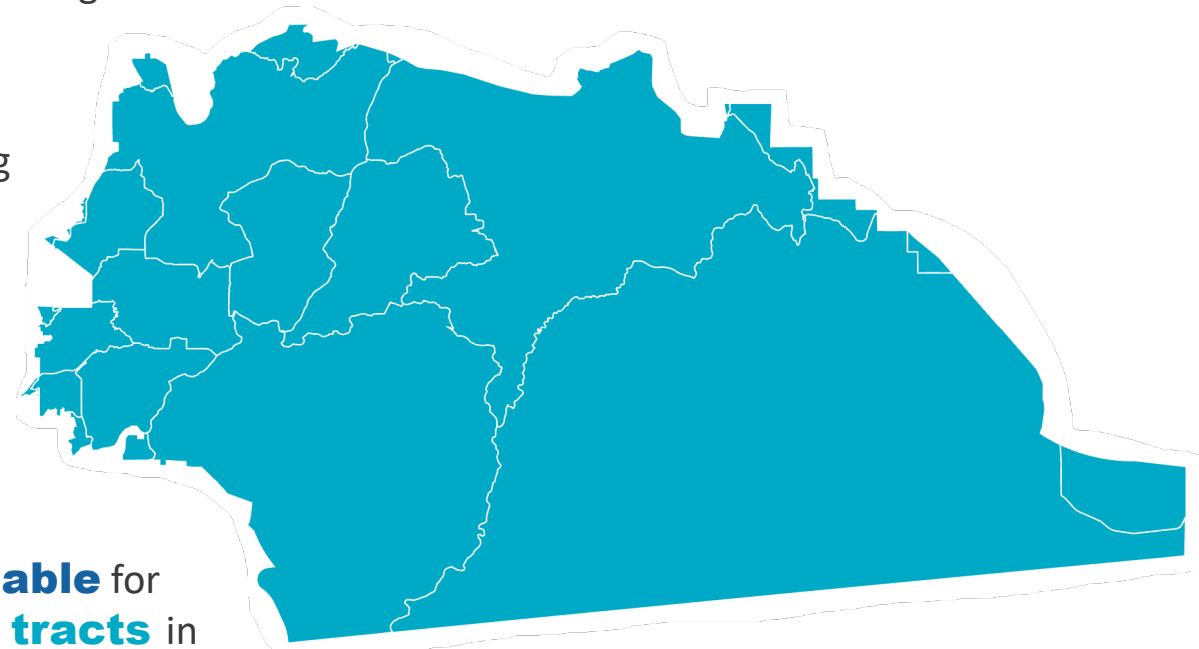
Key Takeaways

In East Region…

Life expectancy decreased in East Region from 2018 to 2022.

In 2022, **cancer** was the number one **leading cause of death** in East Region.

Lemon Grove SRA faced **disproportionate mortality and morbidity age-adjusted rates** of **chronic diseases** compared to other East Region SRAs from 2018 to 2022.

East Region had **higher age-adjusted hospitalization and ED discharge rates** due to **suicide attempt/ideation/intentional self-harm** than the county overall every year from 2018-2022.

El Cajon and Lemon Grove SRAs had the **highest increases** in **hospitalization and ED discharge rates** of **mental and behavioral health conditions** compared to other East Region SRAs from 2018 to 2022.
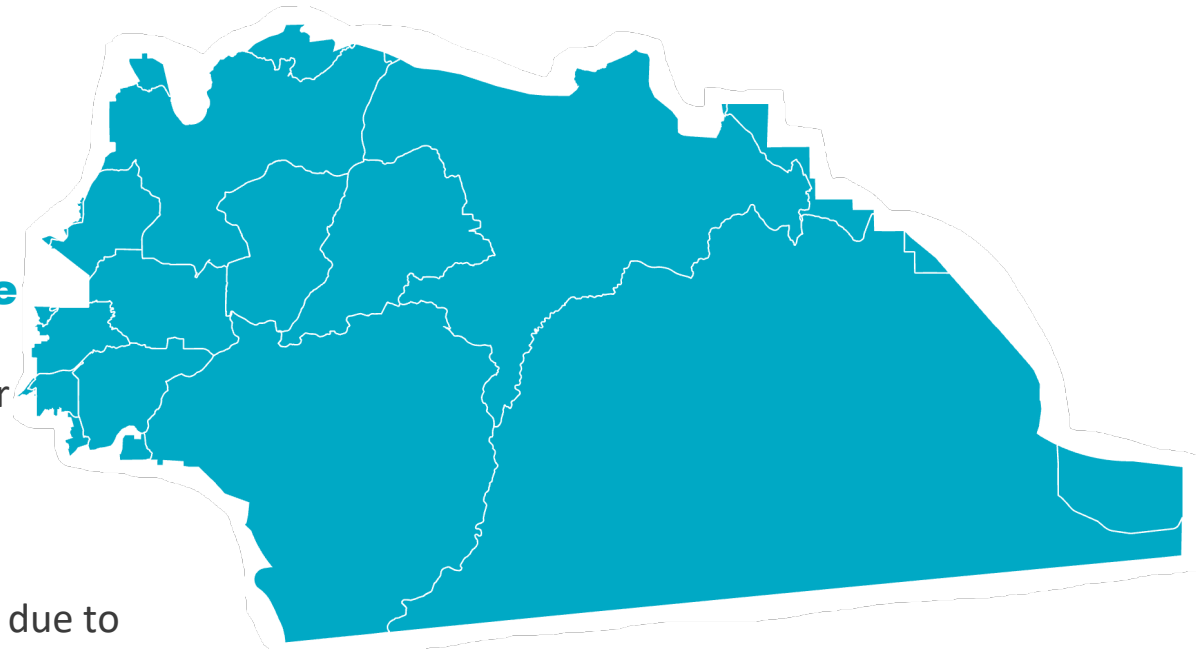
CHSU Products

Health Dashboards

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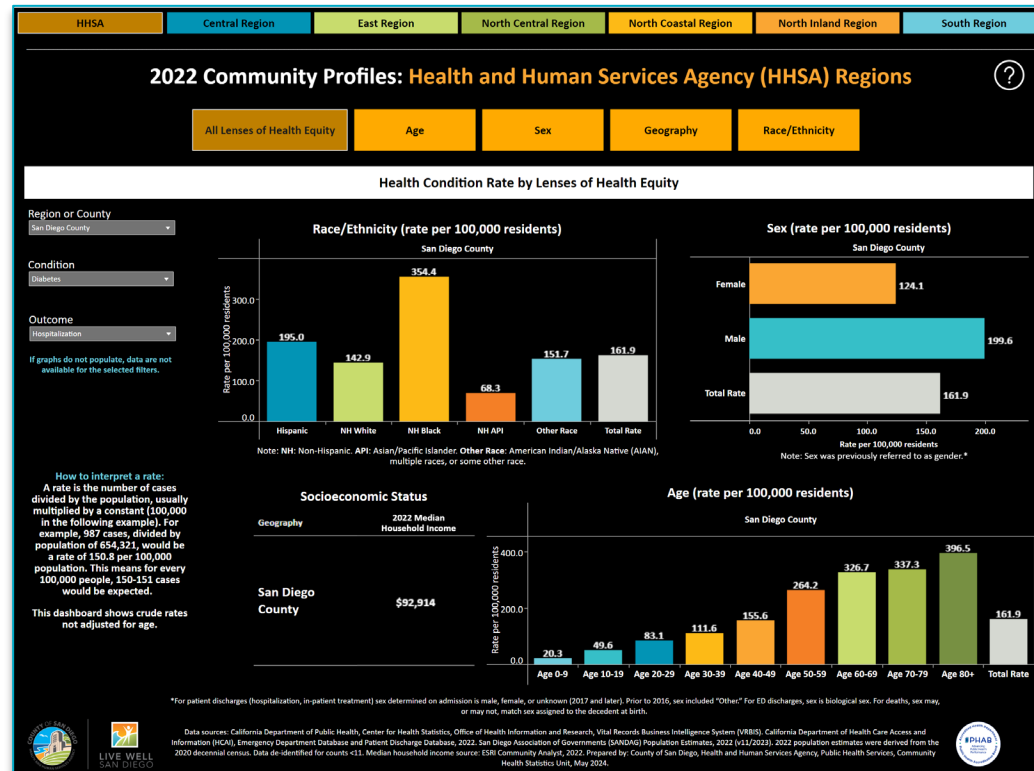
Community Profile Age-Adjusted Trends
(by Region or Municipality)
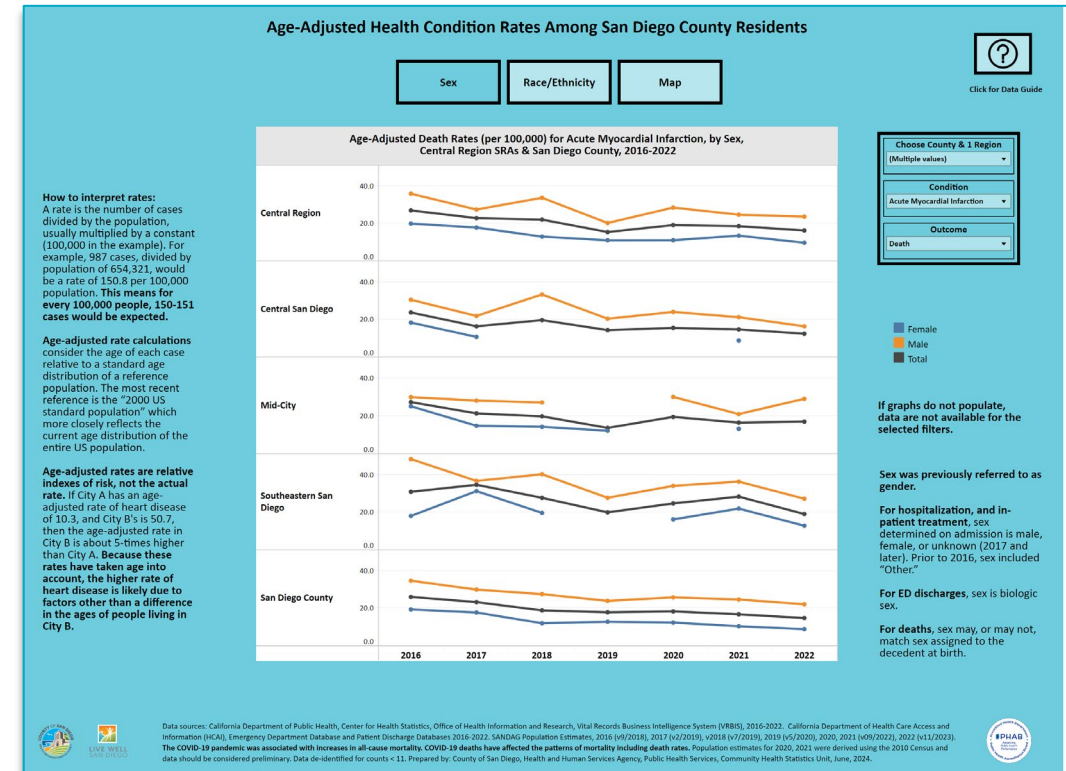
Health Dashboards

Small Populations Dashboards

Childhood Experiences Dashboard
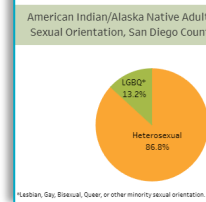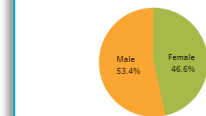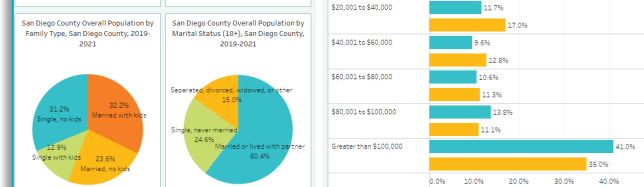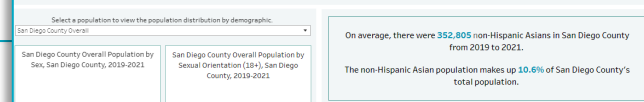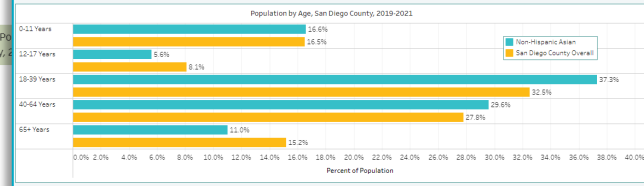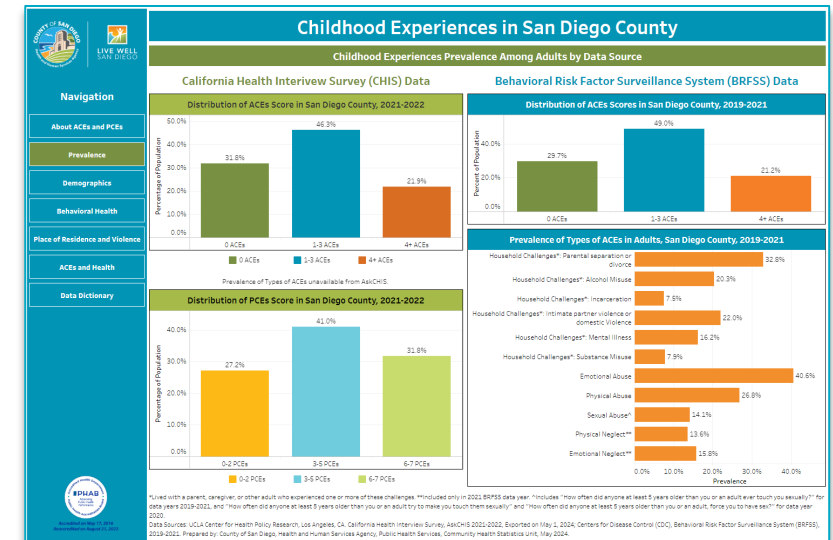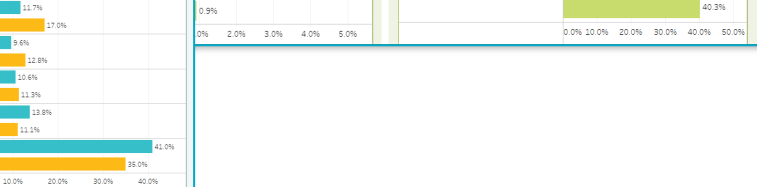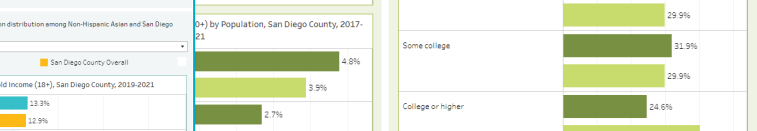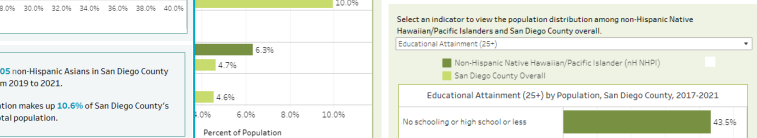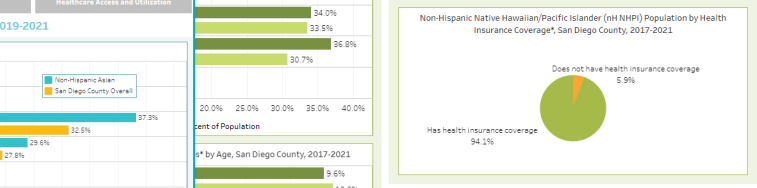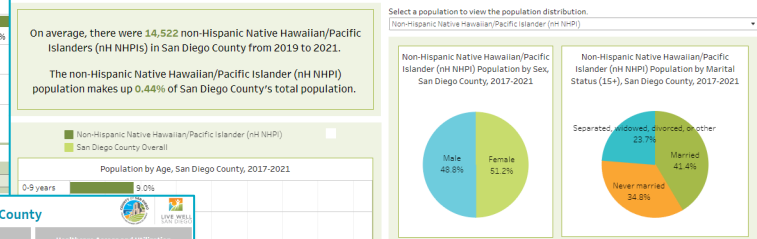
Health Equity Dashboards

Racial Equity Dashboard
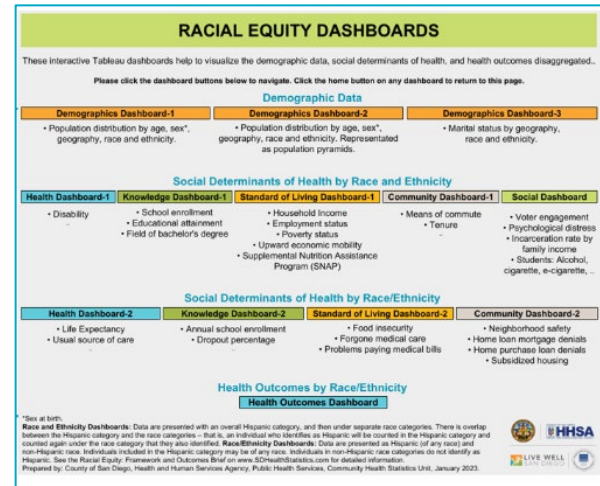
LGBQ Adult Dashboard
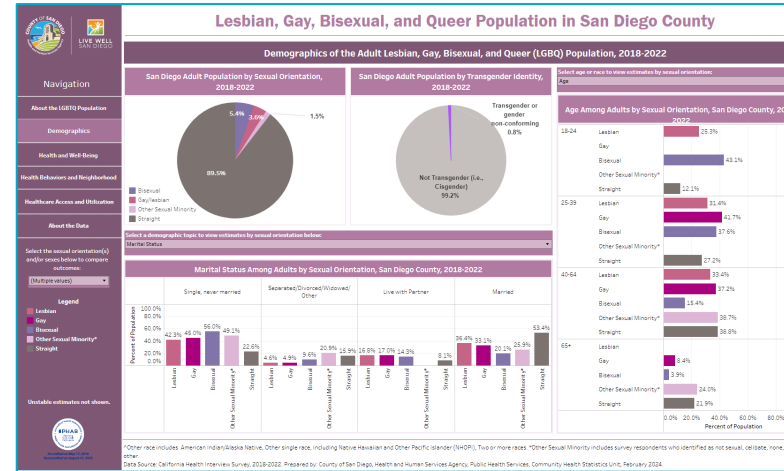
Poverty Dashboard Series
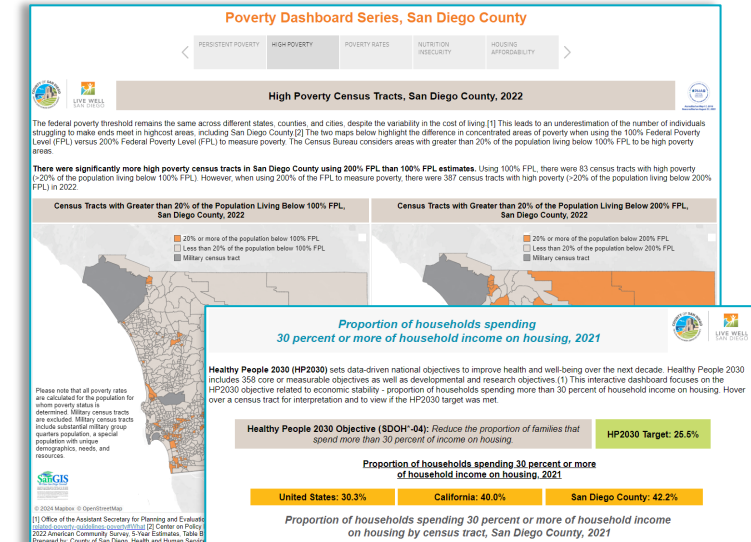
Self-Sufficiency Dashboard
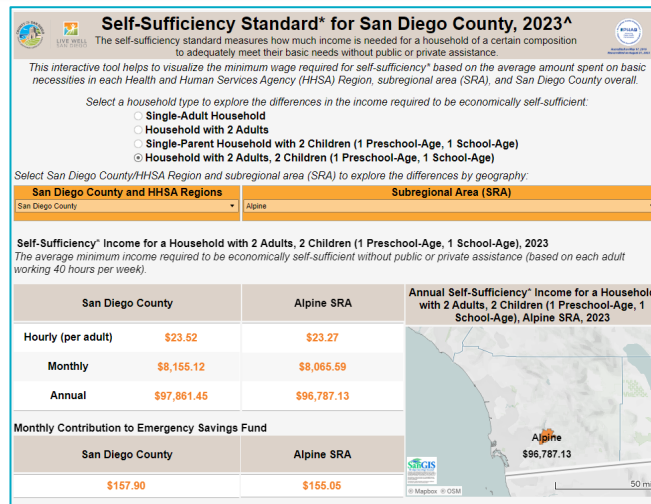
Socioeconomic Disparities Dashboard
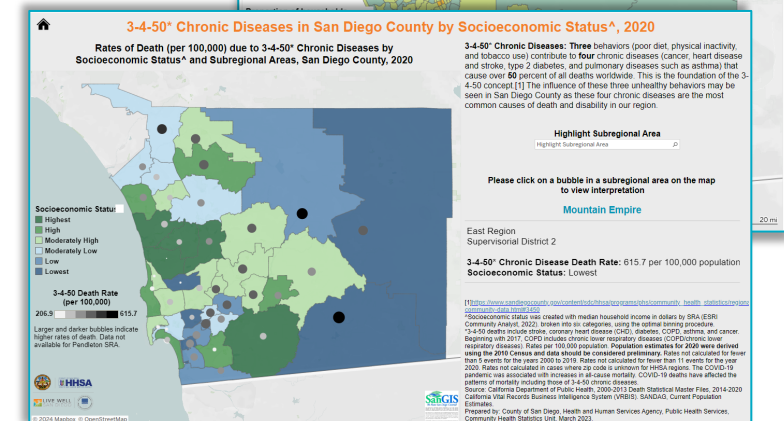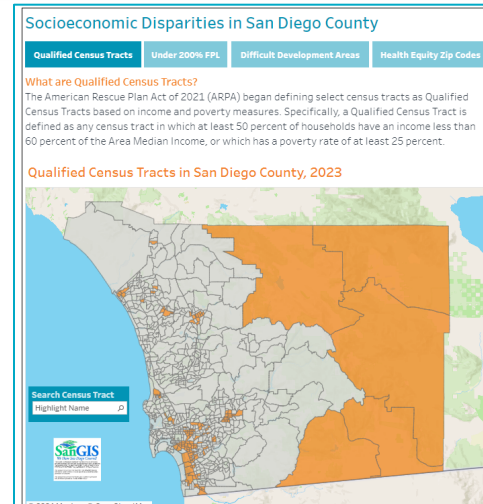
Demographic Profiles

Demographic Profiles

Interactive Tableau Dashboards available for:

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

Demographic profiles in PDF format available for:

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

Regional and Population Data

Regional Data

- Community Health Assessment Presentations
- Health Briefs
- Health Status Reports

Maps and Spatial Data

- Disease and Injury Atlases
- Maps:
  - Healthy Places Index
  - Economic Hardship Index
  - Walkability Index

Population and Health

- Population Health and the Environment
  - Brief and Dashboard
- Water Quality

Disease Information

- Chronic Disease Prevalence and Health Behaviors
- Disease Information Packets
  - Fact Sheet, Descriptive Summary, Slide Set, and Critical Pathway

For more information, including data, resources and reports, from Public Health Services:

www.SDHealthStatistics.com

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THANK YOU!

The Public Health Services department, County of San Diego Health and Human Services Agency, has maintained national public health accreditation, since May 17, 2016, and was re-accredited by the Public Health Accreditation Board on August 21, 2023.