

# Community Health Assessment Presentation: East Region

Presented by Christopher O'Malley

Presented to East Region Community Leadership Team

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

May 15th, 2025



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN SERVICES AGENCY



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# 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.

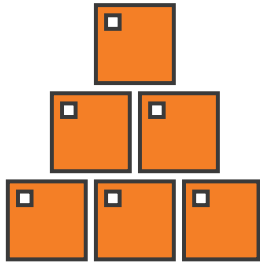
## **Rates tell you how many per a given population and allow you to compare year to year or group to group.**

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

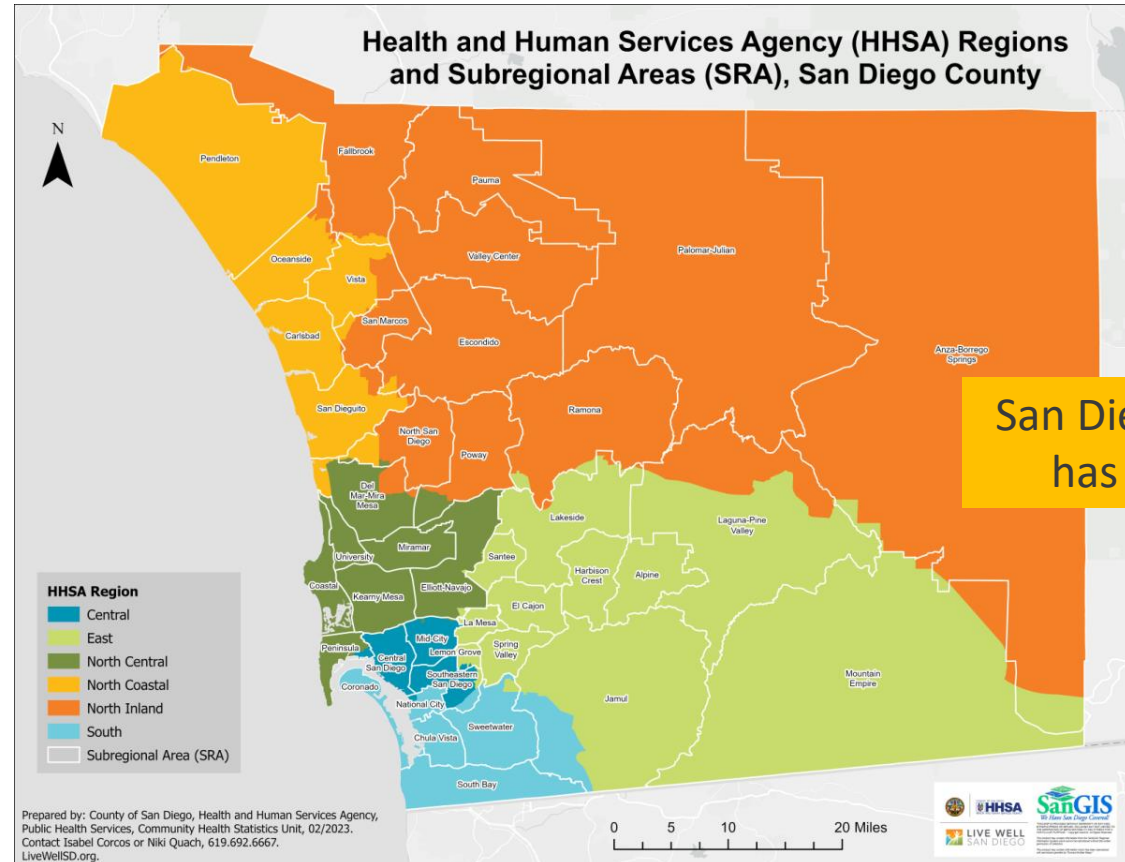


# What are subregional areas (SRAs)?

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



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.



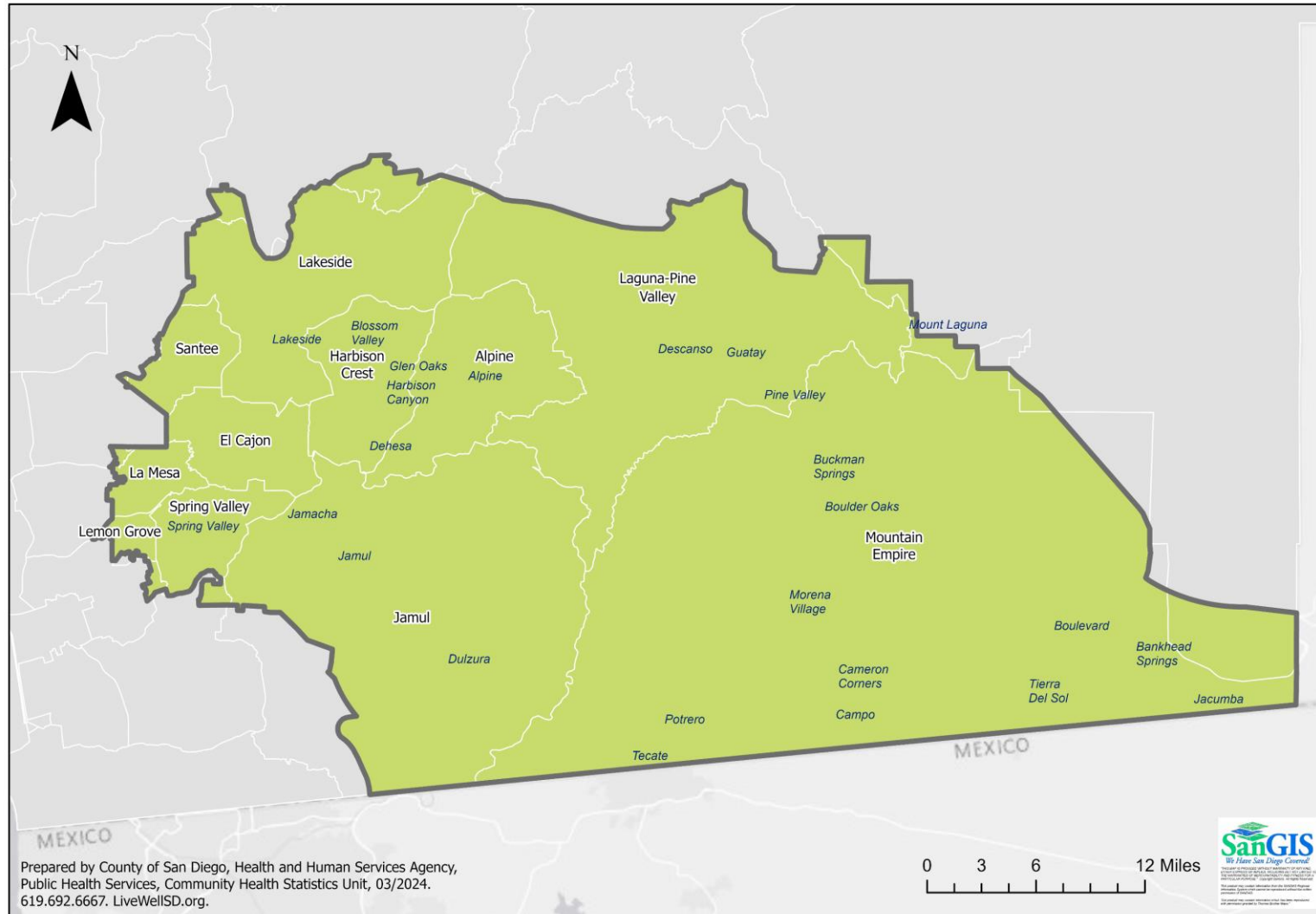
San Diego County  
has 41 SRAs



# GEOGRAPHY



## San Diego County Health and Human Services Agency East Region and Its Neighborhoods



### Subregional Areas (SRAs) in East Region:

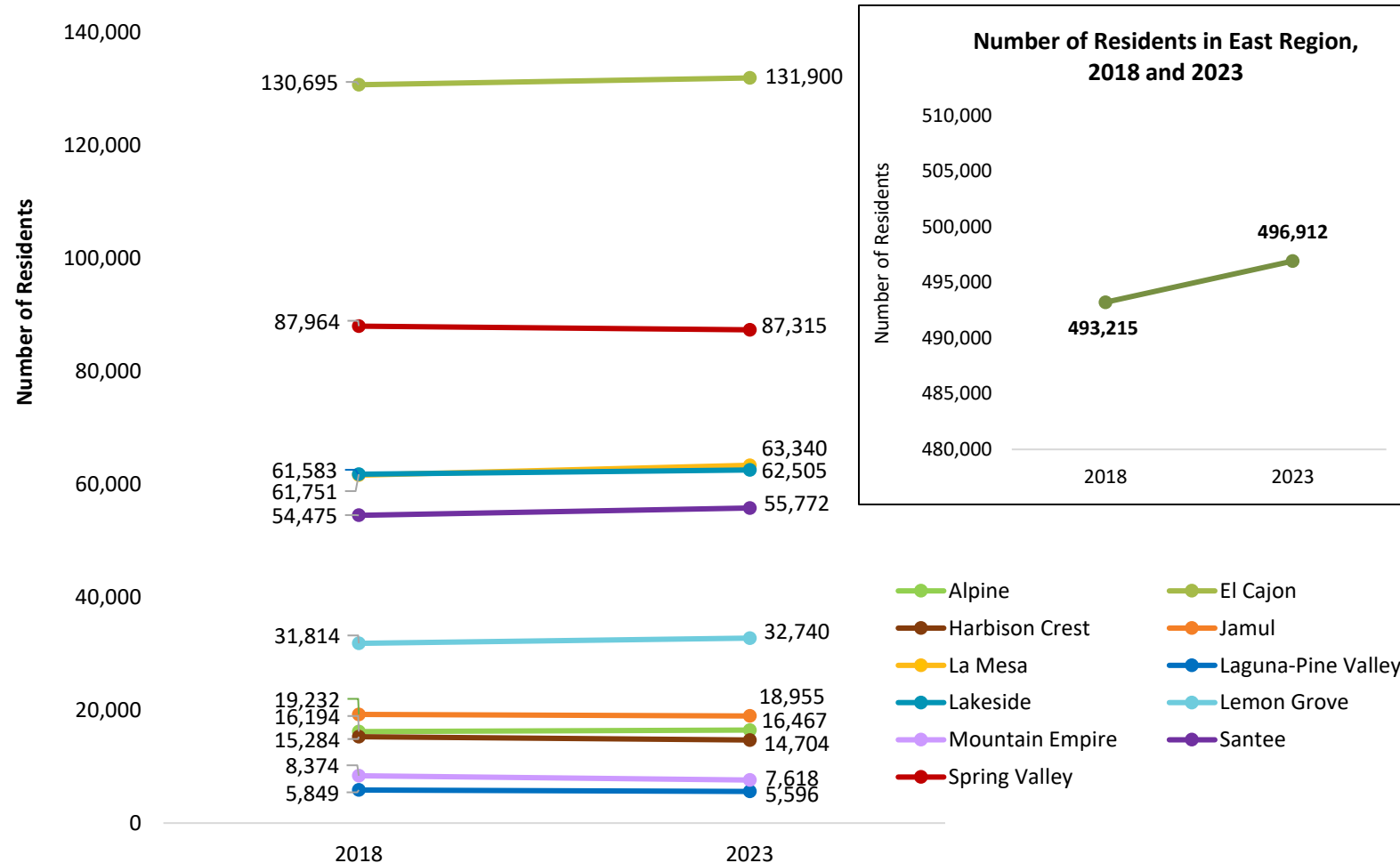
- Alpine
- El Cajon
- Harbison Crest
- Jamul
- La Mesa
- Laguna-Pine Valley
- Lakeside
- Lemon Grove
- Mountain Empire
- Santee
- Spring Valley



# POPULATION



**Number of Residents in East Region and its Subregional Areas (SRAs), 2018 and 2023**

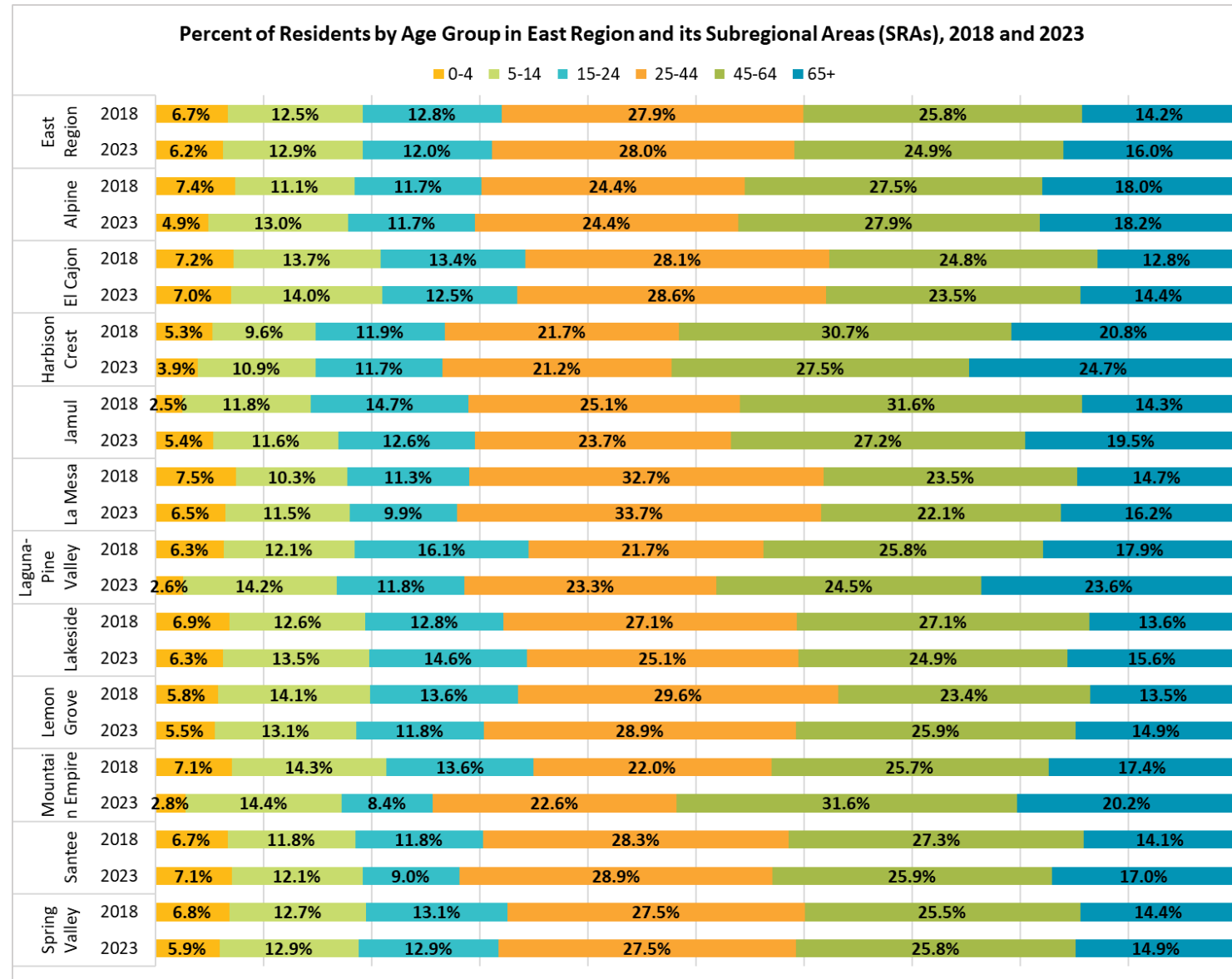


In 2023, East Region was home to 496,912 residents or 15.1% of San Diego County's population.

- Overall, the number of residents in East Region remained stable between 2018 and 2023.
- La Mesa SRA and Lemon Grove SRA experienced the highest percent population increase between 2018 and 2023 (2.9%).
- Mountain Empire SRA experienced a 9.0% population decrease between 2018 and 2023.



# POPULATION BY AGE



In 2023, nearly one-third (31.1%) of East Region residents were 0-24 years old.

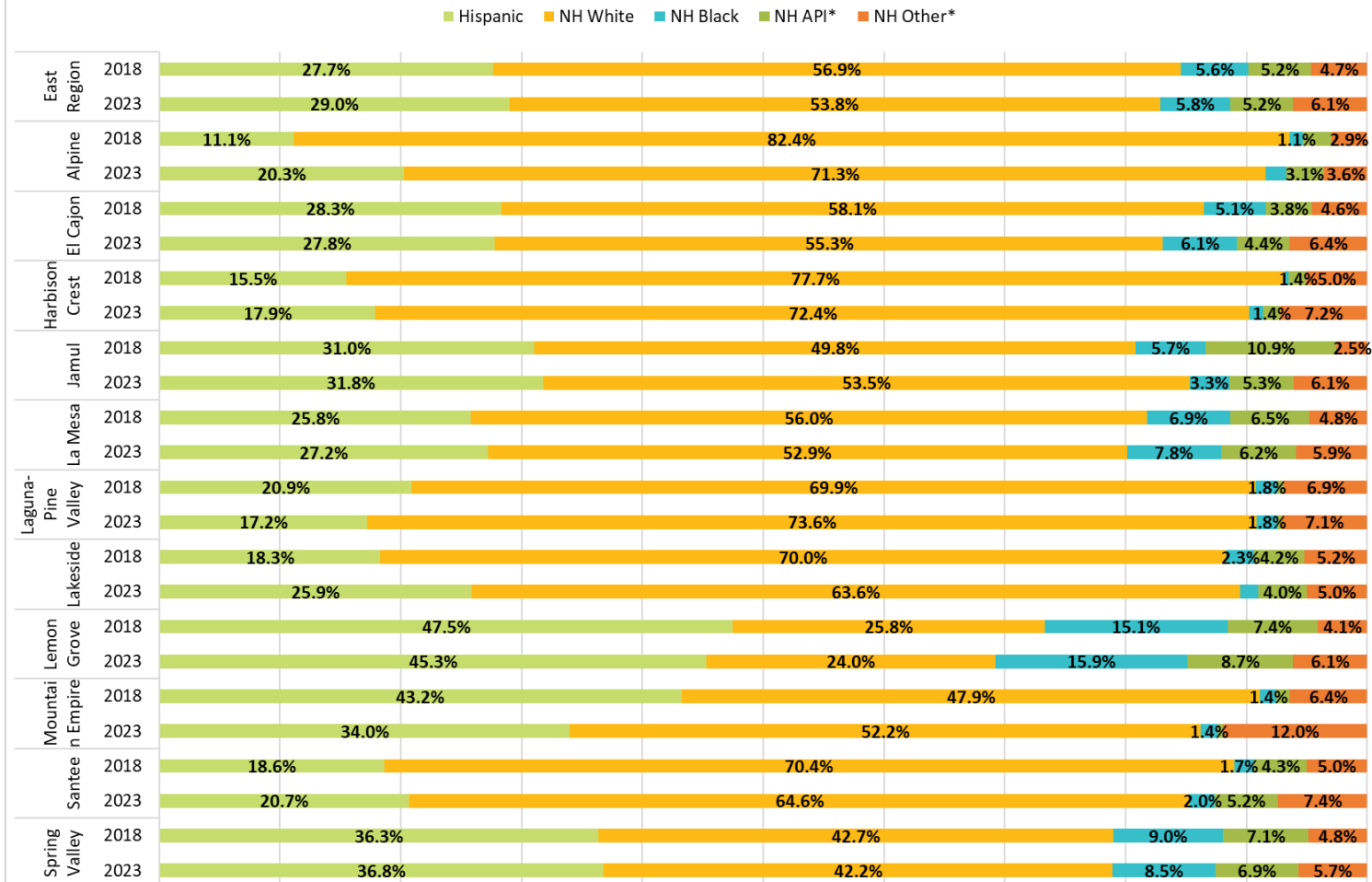
- Between 2018 and 2023, East Region and most of its communities had increases in the number of residents aged 5-14 years and 65 years and older.
- Among East Region SRAs, Laguna-Pine Valley had the highest increase in the percent of 5-14 year olds, followed by Alpine, from 2018 to 2023.
- Jamul SRA had the highest percent increase in the older adult population aged 65 years and older between 2018-2023.



# POPULATION BY RACE/ETHNICITY



Percent of Residents by Race/Ethnicity in East Region and its Subregional Areas (SRAs), 2018 and 2023



In 2023, Hispanic (29.0%) and non-Hispanic White (53.8%) residents made up nearly 83% of East Region's population.

- Compared to other regions in 2023, East Region had the highest proportion of NH White residents at 53.8%.
- Between 2018 and 2023, the percentage of Hispanic, NH Black, 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 2018 and 2023.

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; 2014-2018 American Community Survey 5-Year Estimates, Table B03002; 2019-2023 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, May 2025.



# Economic and Education Development



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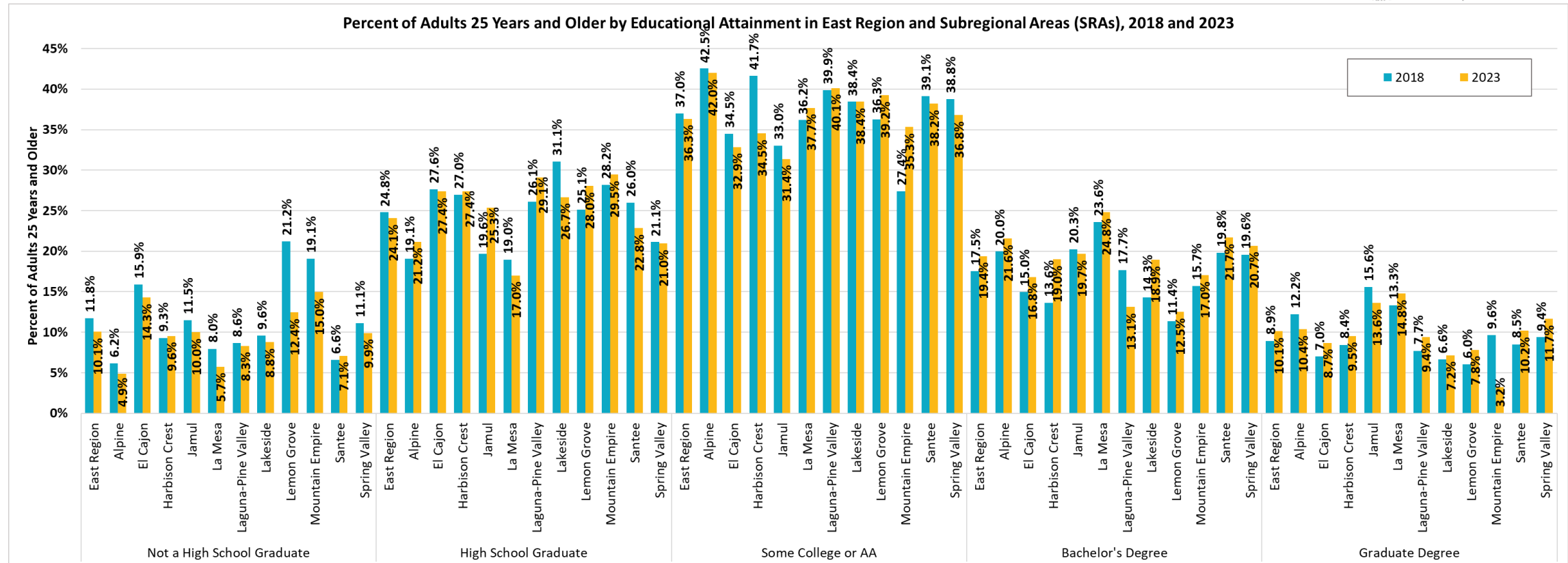


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# EDUCATIONAL ATTAINMENT



In 2023, compared to other regions in the county, East Region had the second lowest percent of adults 25 years and older with a bachelor's degree or higher.

- Overall, the percent of adults 25 years and older with a bachelor's degree or higher increased in East Region and its SRAs from 2018 to 2023, except in Jamul, 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 Alpine 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 (39.6%) in 2023.



# LABOR FORCE BY OCCUPATIONS



2018						
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	225,283	35.5%	20.1%	23.7%	10.0%	10.8%
Alpine	7,849	38.6%	17.1%	22.3%	12.5%	9.6%
El Cajon	57,066	29.1%	23.9%	24.9%	10.3%	11.7%
Harbison-Crest	7,240	34.6%	17.7%	23.8%	14.2%	9.7%
Jamul	6,818	57.1%	11.4%	20.0%	5.2%	6.4%
La Mesa	30,200	44.4%	17.0%	22.6%	7.8%	8.3%
Laguna-Pine Valley	2,592	31.3%	18.1%	26.6%	14.4%	9.7%
Lakeside	29,819	34.0%	18.7%	23.0%	12.1%	12.2%
Lemon Grove	14,399	30.5%	22.4%	22.7%	11.4%	13.1%
Mountain Empire	2,661	29.2%	20.5%	21.8%	17.4%	11.2%
Santee	26,293	38.9%	17.2%	24.7%	8.3%	10.9%
Spring Valley	40,346	34.9%	21.6%	23.8%	8.8%	10.8%
<b>San Diego County</b>	<b>1,564,930</b>	<b>41.7%</b>	<b>19.5%</b>	<b>21.7%</b>	<b>7.6%</b>	<b>9.5%</b>
2023						
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	226,030	39.0%	18.1%	22.1%	9.3%	11.5%
Alpine	7,490	40.1%	20.1%	21.3%	8.4%	10.0%
El Cajon	58,186	32.8%	20.7%	24.2%	8.4%	13.9%
Harbison-Crest	6,360	44.1%	12.6%	22.2%	11.3%	9.7%
Jamul	7,183	47.6%	15.6%	22.7%	7.5%	6.6%
La Mesa	31,531	47.0%	17.7%	19.2%	6.9%	9.2%
Laguna-Pine Valley	2,241	35.5%	15.8%	16.4%	12.0%	20.3%
Lakeside	28,153	40.4%	18.7%	18.6%	10.9%	11.4%
Lemon Grove	15,088	34.0%	18.8%	23.8%	10.0%	13.4%
Mountain Empire	3,312	28.9%	19.1%	24.0%	16.8%	11.3%
Santee	26,576	43.9%	15.0%	21.7%	8.8%	10.6%
Spring Valley	39,910	37.9%	16.6%	23.9%	11.0%	10.5%
<b>San Diego County</b>	<b>1,576,445</b>	<b>46.9%</b>	<b>17.4%</b>	<b>19.0%</b>	<b>7.1%</b>	<b>9.6%</b>

- In 2023, 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 2018 and 2023.

Source: U.S. Census Bureau; 2014-2018 American Community Survey 5-Year Estimates, Table DP03; 2019-2023 American Community Survey 5-Year Estimates, Table DP03.  
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.



# LABOR FORCE BY INDUSTRY



## Top 5 Industry Types, 2018

Rank	Industry	East Region %
1	Educational services, and health care and social assistance	21.1%
2	Retail trade	12.6%
3	Professional, scientific, and management, and administrative and waste management services	12.4%
4	Arts, entertainment, and recreation, and accommodation and food services	11.6%
5	Construction	8.2%

## Top 5 Industry Types, 2023

Rank	Industry	East Region %
1	Educational services, and health care and social assistance	22.4%
2	Professional, scientific, and management, and administrative and waste management services	12.3%
3	Retail trade	11.5%
4	Arts, entertainment, and recreation, and accommodation and food services	9.7%
5	Construction	8.8%

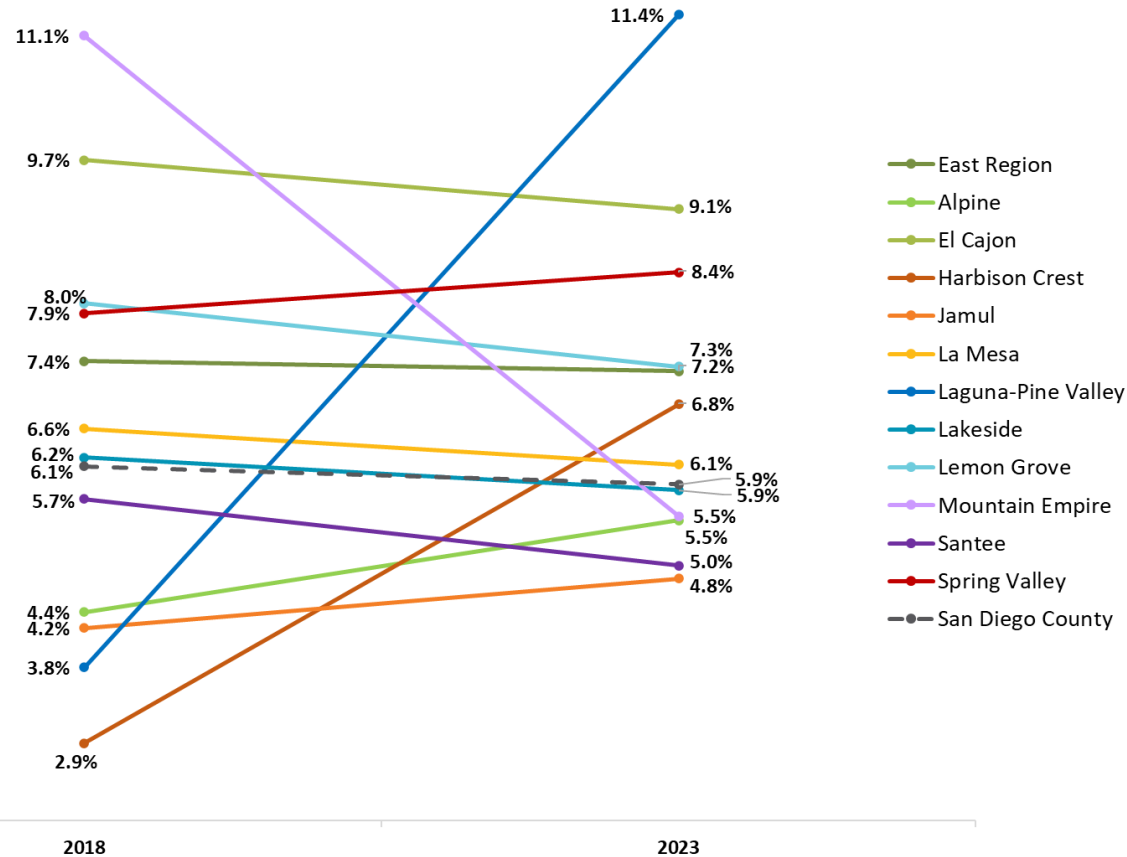
- The percent of workers in the *arts, entertainment, and recreation, and accommodation and food services* industry decreased in East Region between 2018 and 2023, from 11.6% in 2018 to 9.7% in 2023.
- The top 5 industry types in East Region did not change from 2018 to 2023.



# UNEMPLOYMENT



Average Percent of Unemployment\*, 2014-2018 and 2019-2023



In East Region, the 5-year average percent of unemployed residents 16 years and older remained stable from 2018 to 2023.

- East Region had the second highest 5-year average percent of unemployment from 2018 to 2023, compared to other regions in San Diego County.
- Among East Region SRAs, Alpine, Harbison Crest, Jamul, Laguna-Pine Valley, and Spring Valley had increases in the 5-year average percent of unemployment between 2018 and 2023.
- Between 2018 and 2023, Laguna-Pine Valley had the highest increase in the 5-year average percent of unemployment.

\*Percent unemployed was derived from the number of unemployed persons out of the 16 year and older eligible labor force. Eligible labor force includes employed civilians, unemployed, and persons in the armed forces.

Source: U.S. Census Bureau; 2014-2018 American Community Survey 5-Year Estimates, Table DP03; 2019-2023 American Community Survey 5-Year Estimates, Table DP03.

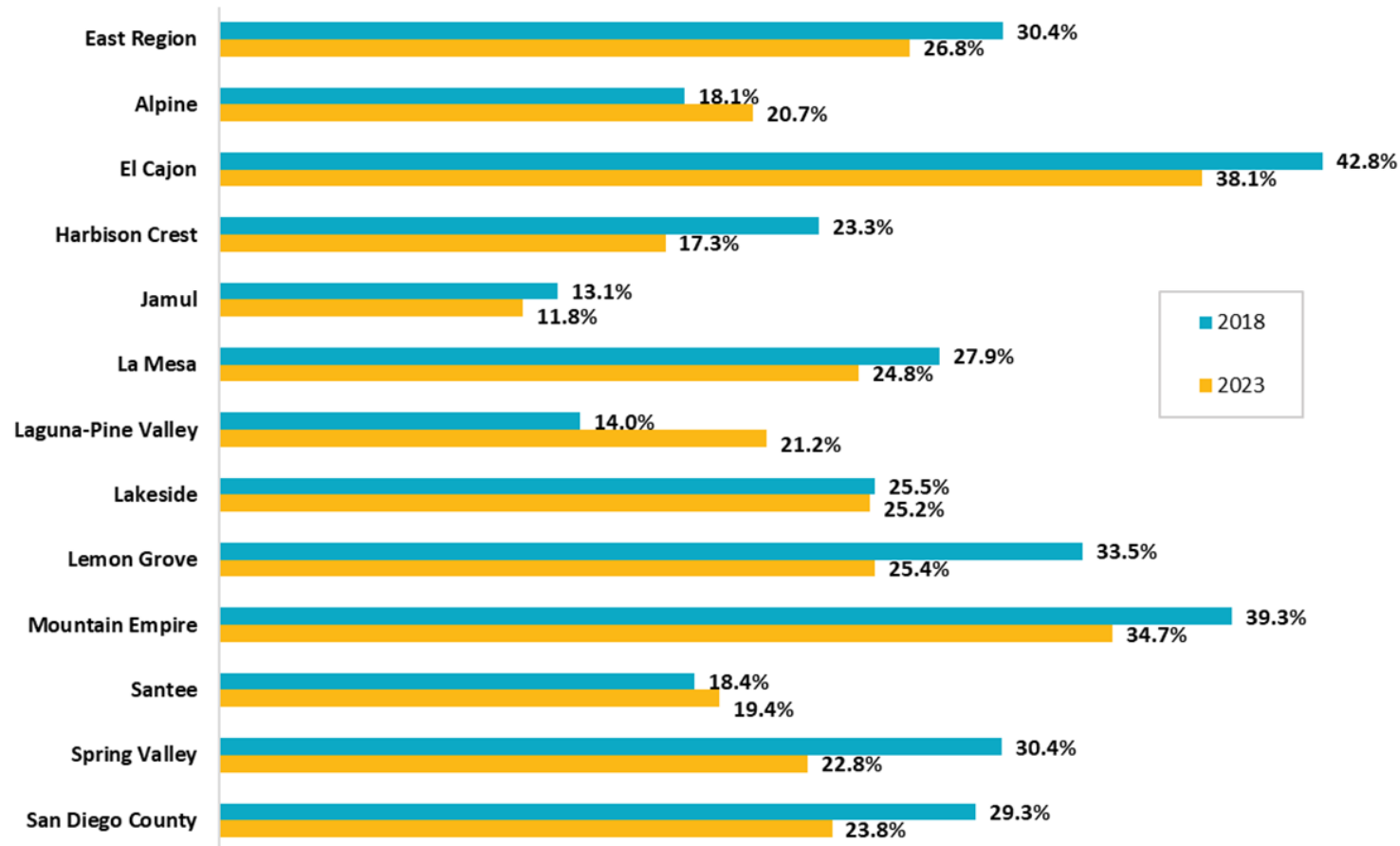
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.



# POVERTY



Percent of the Population Living Under 200% Federal Poverty Level in East Region and Subregional Areas (SRAs), 2018 and 2023

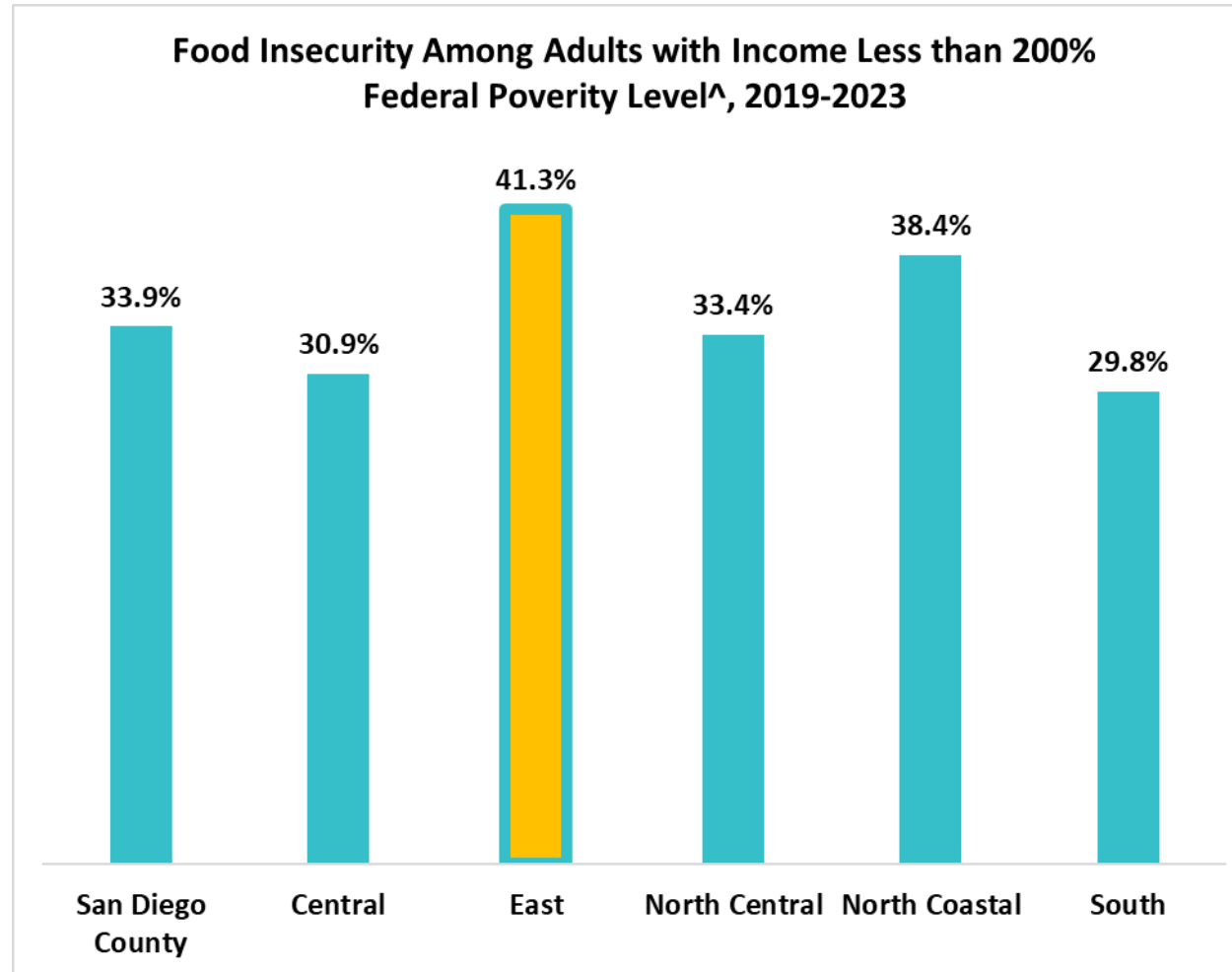


Between 2018 and 2023, the proportion of population living below 200% FPL in East Region decreased from 30.4% to 26.8%.

- The proportion of population living below 200% FPL decreased in East Region and its SRAs, except in Alpine, Laguna-Pine Valley, and Santee, from 2018 to 2023.
- Compared to other SRAs in East Region, El Cajon and Mountain Empire had the highest proportion of population living below 200% FPL in 2023.
- Jamul SRA has the lowest proportion of population living below 200% FPL in 2023.



# FOOD INSECURITY



- Over 40% of adults with income less than 200% FPL reported having an inability to afford enough food in East Region between 2019-2023.
- 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 2019-2023.

<sup>^</sup>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 2019-2023. Available at <http://ask.chis.ucla.edu>. Exported on April 2, 2025.

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

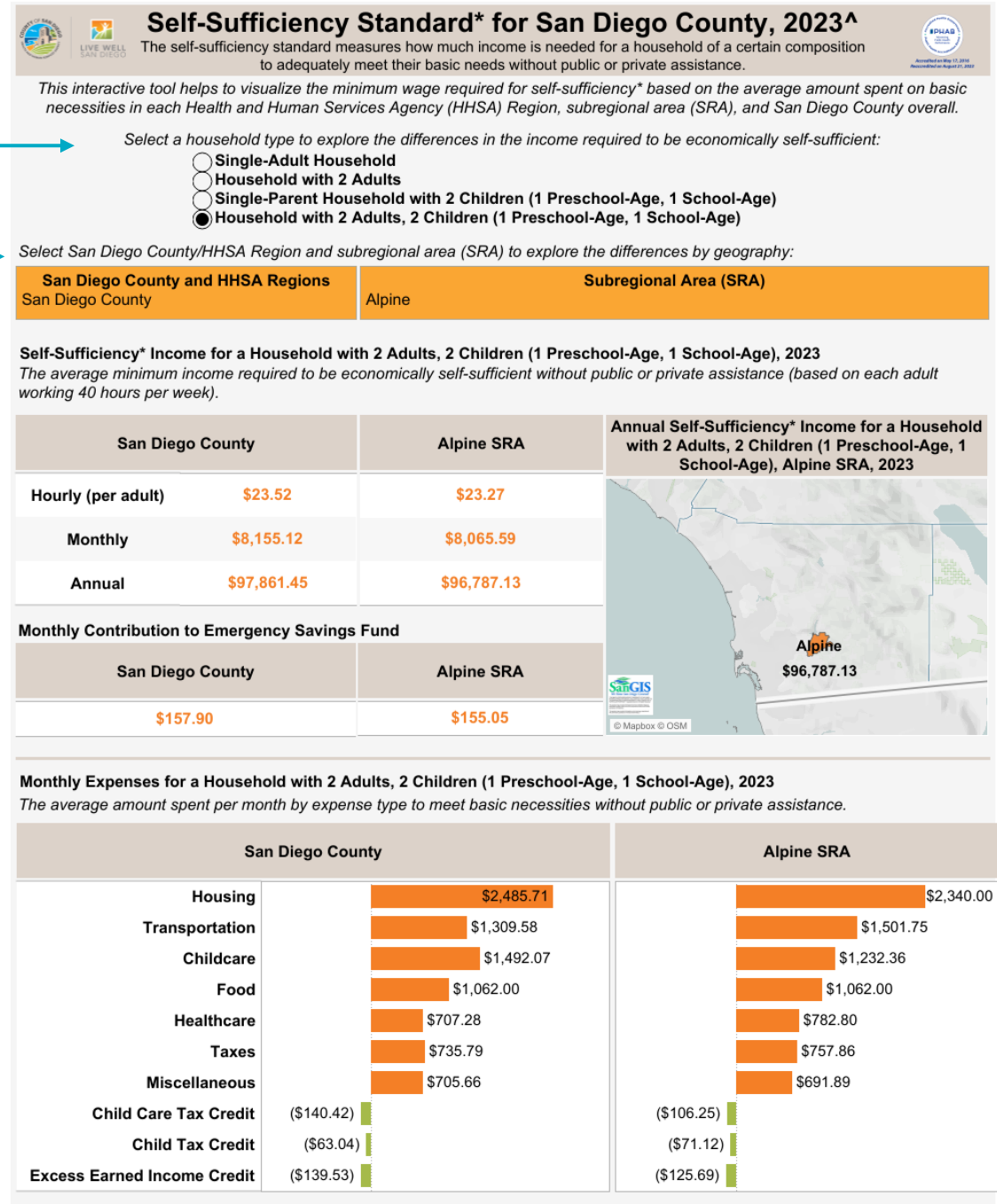


# SELF-SUFFICIENCY

Select household type

Use the drop-down filters to choose geography

- 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.





# Housing for All



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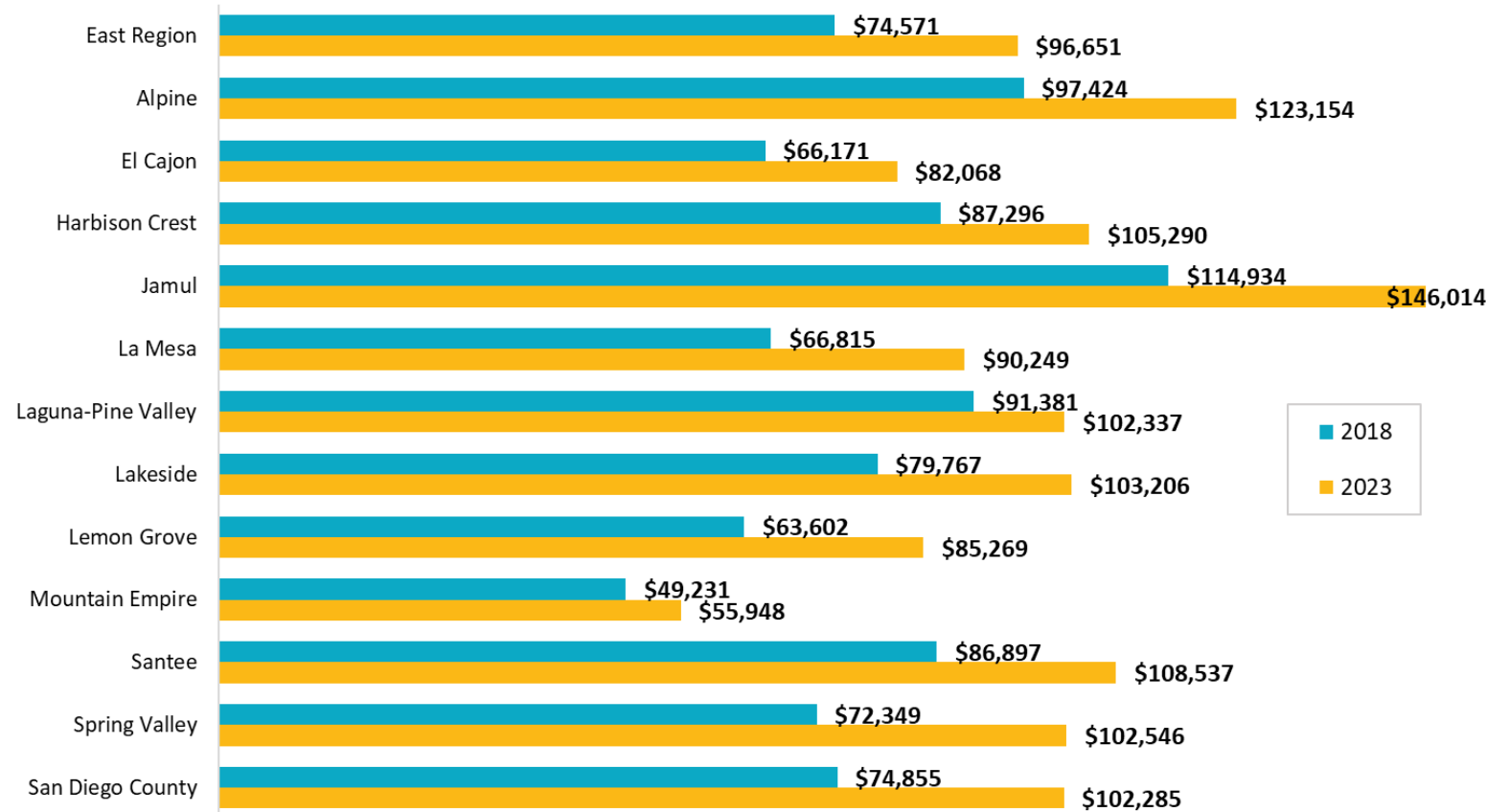




# INCOME



Median Household Income in East Region and Subregional Areas (SRAs), 2018 and 2023

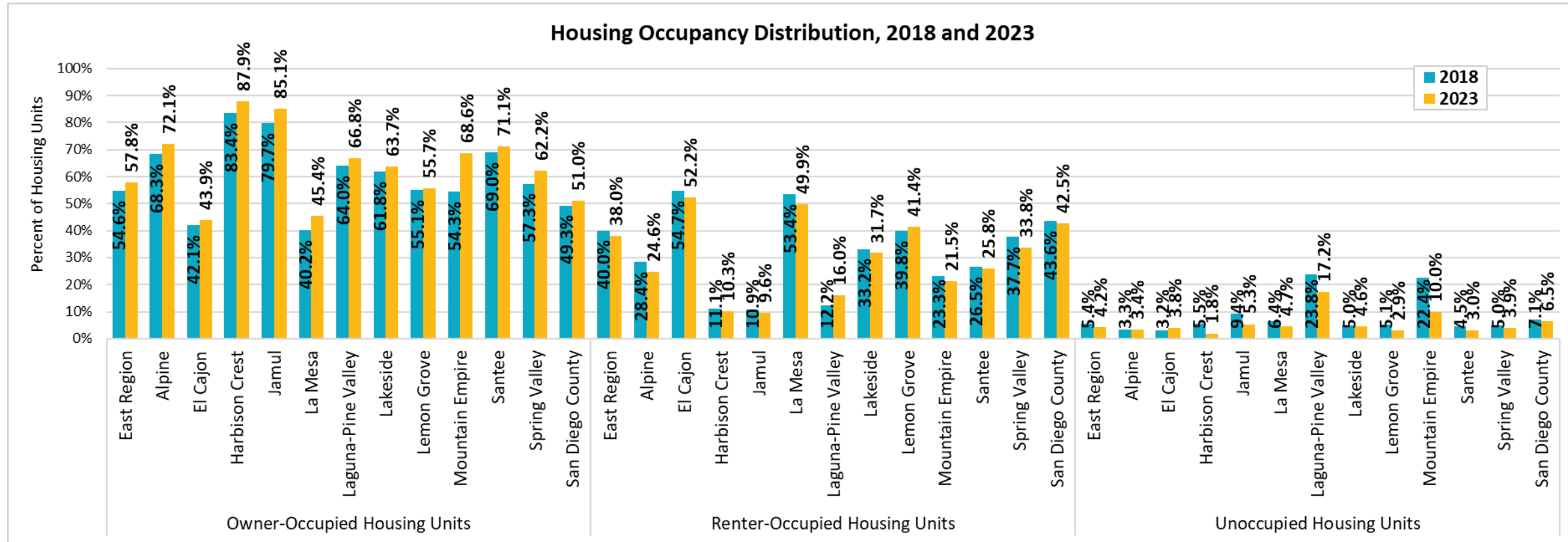


The median household income in East Region increased from \$74,571 in 2018 to \$96,651 in 2023.

- The median household income increased in East Region and its SRAs from 2018 to 2023.
- In 2023, Jamul SRA had the highest median household income in East Region, followed by Alpine SRA.



# HOUSING OCCUPANCY



From 2018 to 2023, the proportion of owner-occupied housing units increased in East Region and its SRAs.

- The proportion of renter-occupied housing decreased in East Region and its SRAs, except in Laguna-Pine Valley and Lemon Grove, from 2018 to 2023.
- The proportion of unoccupied housing decreased in East Region and its SRAs, except in Alpine and El Cajon, from 2018 to 2023.



# MEDIAN GROSS RENT & MEDIAN HOUSE VALUE



Geography	Median Gross Rent (2018)	Median Gross Rent (2023)
<b>East Region</b>	<b>\$ 1,563</b>	<b>\$ 2,086</b>
Alpine	\$ 1,788	\$ 2,073
El Cajon	\$ 1,478	\$ 1,897
Harbison Crest	\$ 1,644	\$ 2,288
Jamul	\$ 2,100	\$ 2,854
La Mesa	\$ 1,476	\$ 1,999
Laguna-Pine Valley	\$ 1,346	\$ 3,163
Lakeside	\$ 1,664	\$ 2,026
Lemon Grove	\$ 1,355	\$ 1,933
Mountain Empire	\$ 1,018	\$ 1,919
Santee	\$ 1,798	\$ 2,329
Spring Valley	\$ 1,545	\$ 2,140
<b>San Diego County</b>	<b>\$ 1,569</b>	<b>\$ 2,154</b>

- In East Region, the median gross rent increased from \$1,563 in 2018 to \$2,086 in 2023.
- From 2018 to 2023, the median house value in East Region increased from \$445,603 to \$662,516.

Geography	Median House Value (2018)	Median House Value (2023)
<b>East Region</b>	<b>\$ 445,603</b>	<b>\$ 662,516</b>
Alpine	\$ 548,900	\$ 785,900
El Cajon	\$ 425,013	\$ 644,116
Harbison Crest	\$ 459,867	\$ 610,825
Jamul	\$ 625,767	\$ 909,225
La Mesa	\$ 495,677	\$ 728,493
Laguna-Pine Valley	\$ 403,300	\$ 527,700
Lakeside	\$ 430,320	\$ 644,258
Lemon Grove	\$ 391,786	\$ 610,314
Mountain Empire	\$ 264,900	\$ 370,500
Santee	\$ 418,367	\$ 632,321
Spring Valley	\$ 449,589	\$ 672,572
<b>San Diego County</b>	<b>\$ 526,300</b>	<b>\$ 791,600</b>



# Homelessness



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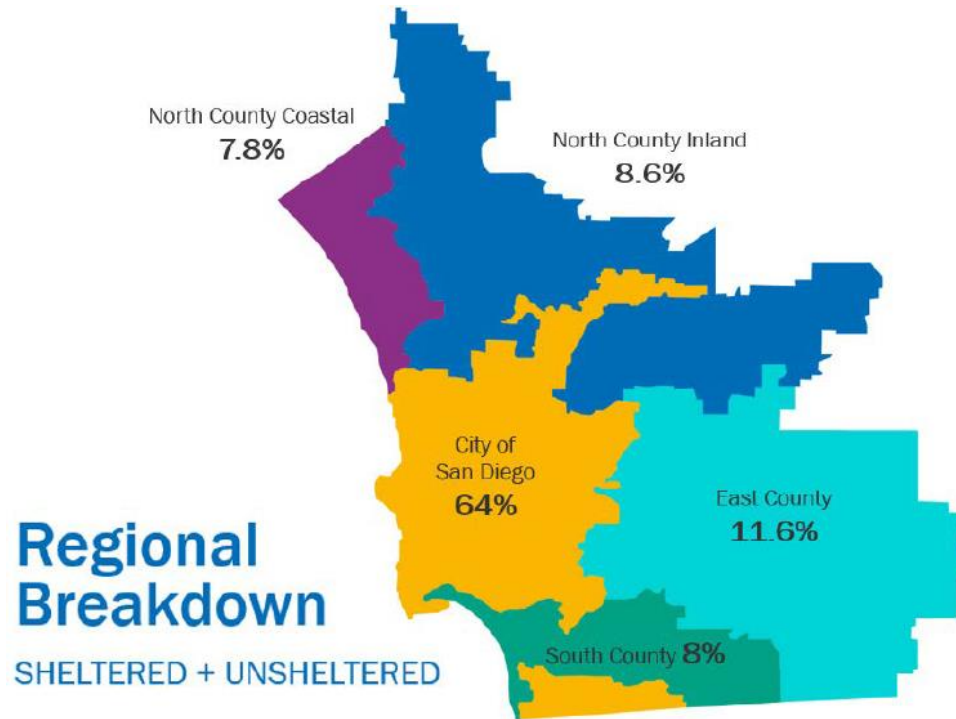


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# 2024 Point-In-Time Data



	% 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

		2024 Sheltered				2024 Unsheltered	2023 Unsheltered	2023-24 Unsheltered Change
Region	City	ES	TH	SH	Total	Total Unsheltered	Total Unsheltered	% Change
Central Region	San Diego City	2,650	588	56	3,294	3,489	3,285	6.2%
North Coastal Region	Carlsbad	38**	0	0	38	112	60	86.6%
	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)	121**	62	4	187	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. \*\* Correction made 6/6/2024, updated information from ICS  
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*
<b>Total: 1,232</b>			

\* 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%
<b>2024 Sheltered Count breakdown by Project Type</b>						
	ES		TH		SH	
	168		363		0	



# Persons Experiencing Homelessness – ED Discharges



## Persons Experiencing Homelessness in San Diego County

2022 Emergency Department Discharge Data Among Persons Experiencing Homelessness

Demographics

Health

Top Diagnosis Groups

Navigation

Point-in-Time Count (PITC)

Student Data

ED Discharges

Hospital Discharges

Mortality

Number of Individuals Experiencing Homelessness Discharged from the ED

12,027

Total Number of ED Discharges Experiencing Homelessness

35,637

Average Number of Visits per Person

3.0

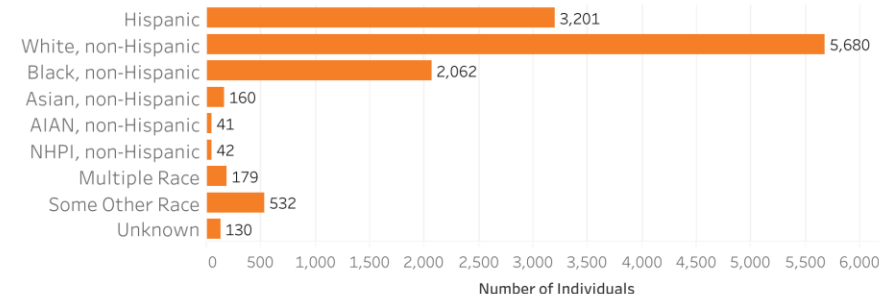
Median Age

43

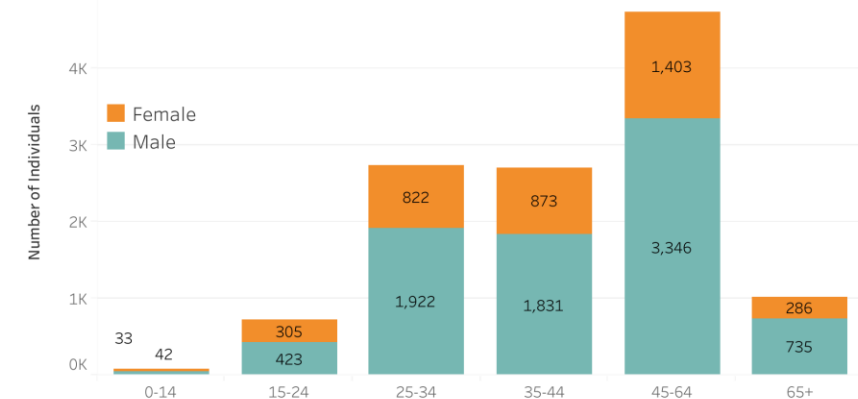
Age Range

0 to 99 years old

Race/Ethnicity



Gender by Age\*



Preferred Language Spoken

English	11,524
Spanish	439
Other	37
Unknown	27

Footnote: Additional discharges of the same individual were removed from the total. AIAN: American Indian/Alaska Native. NHPI: Native Hawaiian/Pacific Islander. \*Individuals with unknown gender or age are not included in count of gender by age. Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2022. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 07/2024.



# Youth



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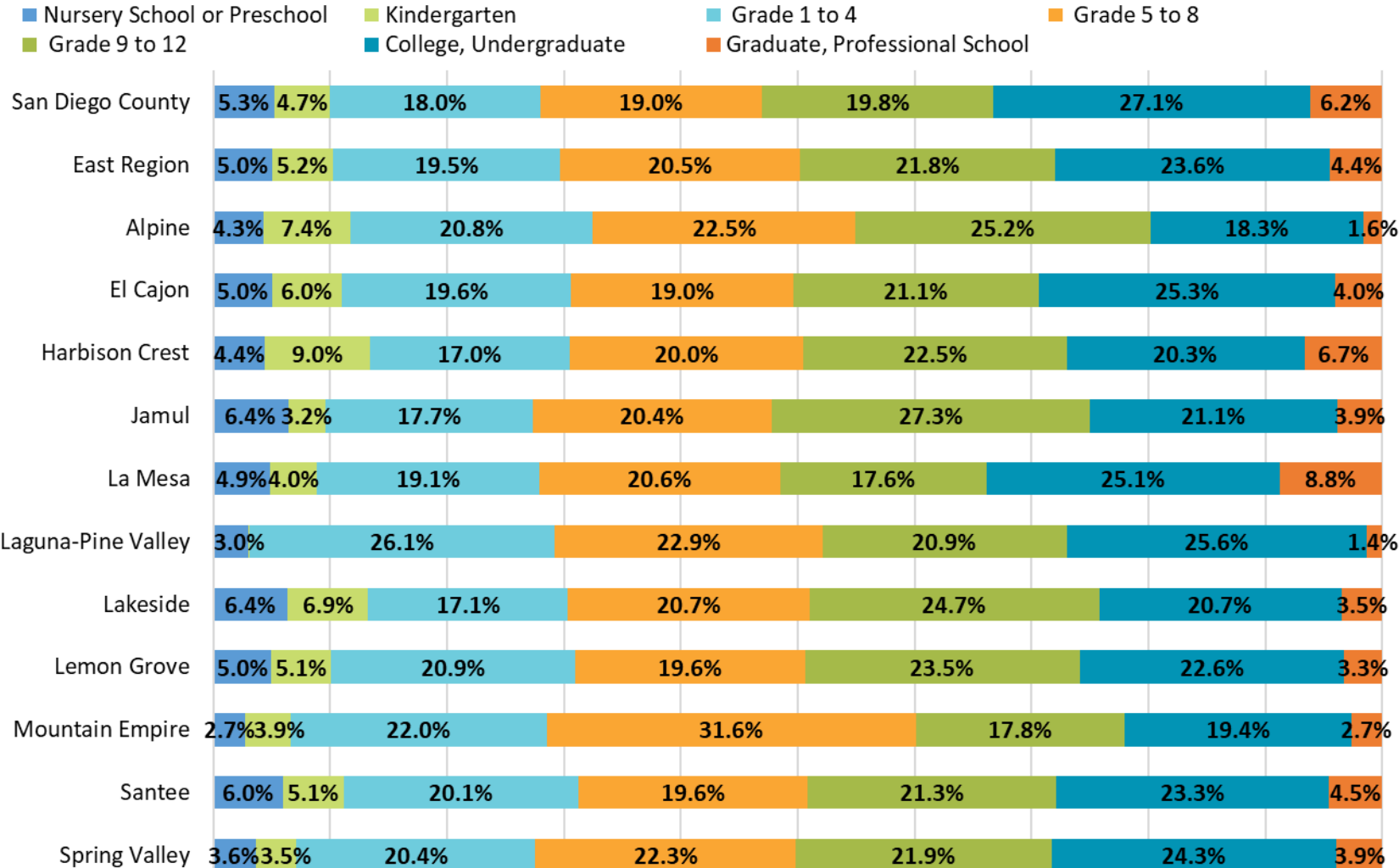




# SCHOOL ENROLLMENT BY GRADE LEVEL



**School Enrollment by Grade Level, East Region and its Subregional Areas (SRAs), 2023**



**Number of Residents Aged 3+ Years Enrolled in School, East Region and Subregional Areas, 2023**

Geography	Number
East Region	125,014
Alpine	3,589
El Cajon	35,836
Harbison Crest	3,136
Jamul	4,681
La Mesa	14,876
Laguna-Pine Valley	1,171
Lakeside	16,914
Lemon Grove	8,367
Mountain Empire	1,683
Santee	12,873
Spring Valley	21,888
San Diego County	819,980

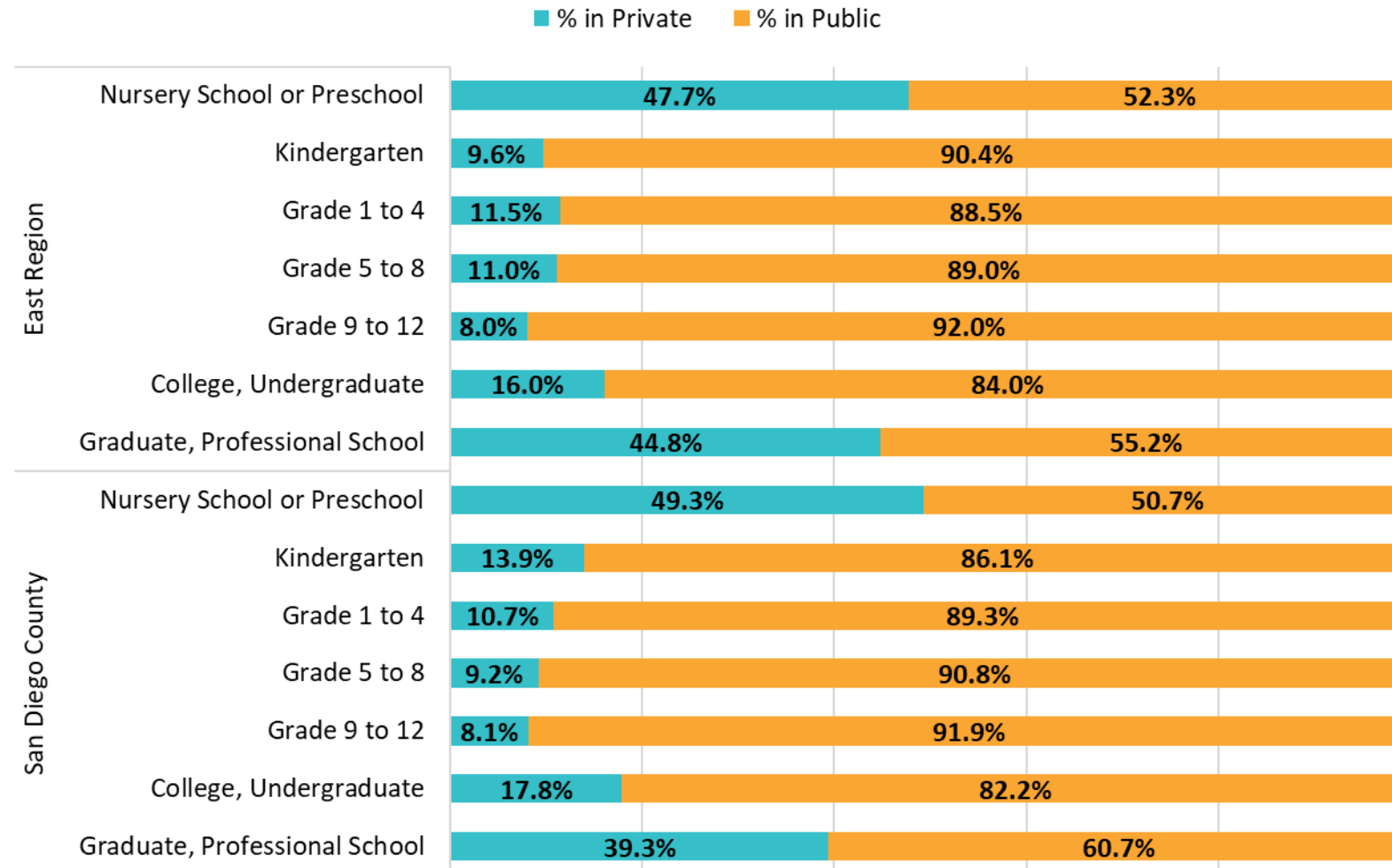
Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table S1401.  
 Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.



# SCHOOL ENROLLMENT BY TYPE



**School Enrollment by Type of School, East Region, San Diego County, 2023**

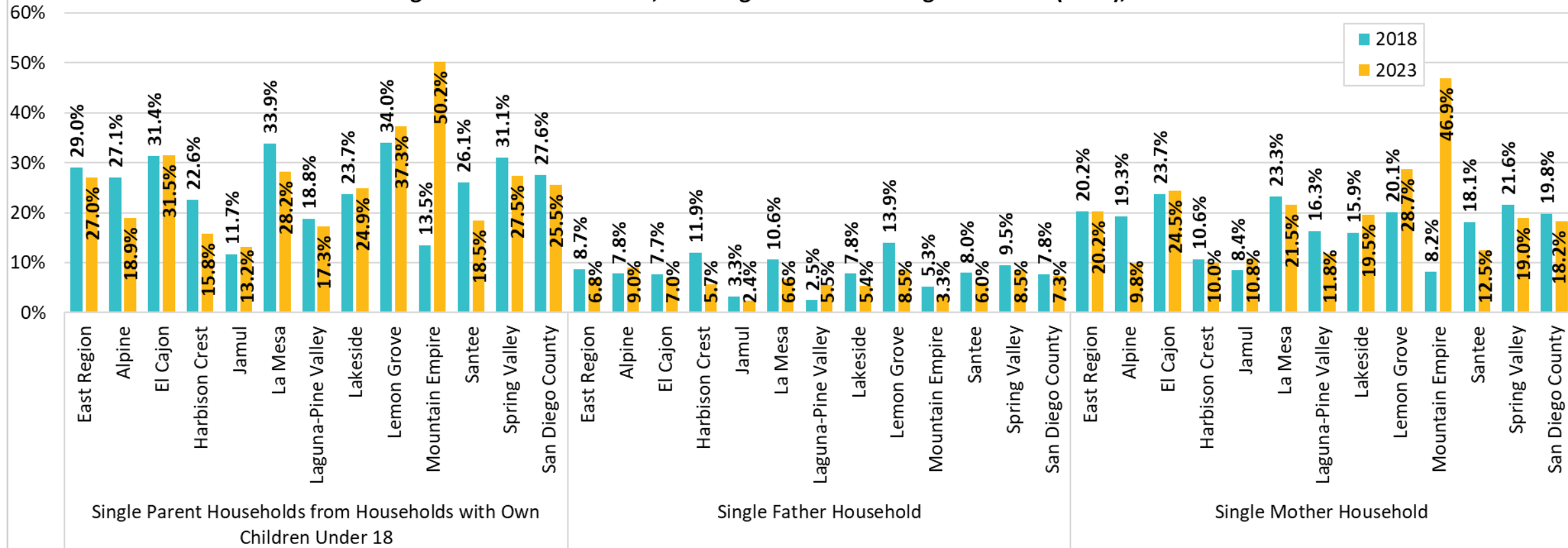


In 2023, most East Region students were enrolled in public school in all grade levels.



# HOUSEHOLD TYPE

Single Parent Households\*, East Region and its Subregional Areas (SRAs), 2018 and 2023



Among East Region SRAs, Mountain Empire had the highest proportion of single parent households in 2023.

- In 2023, Alpine SRA had the highest proportion of single father households.
- Mountain Empire SRA had the highest proportion of single mother households in 2023.

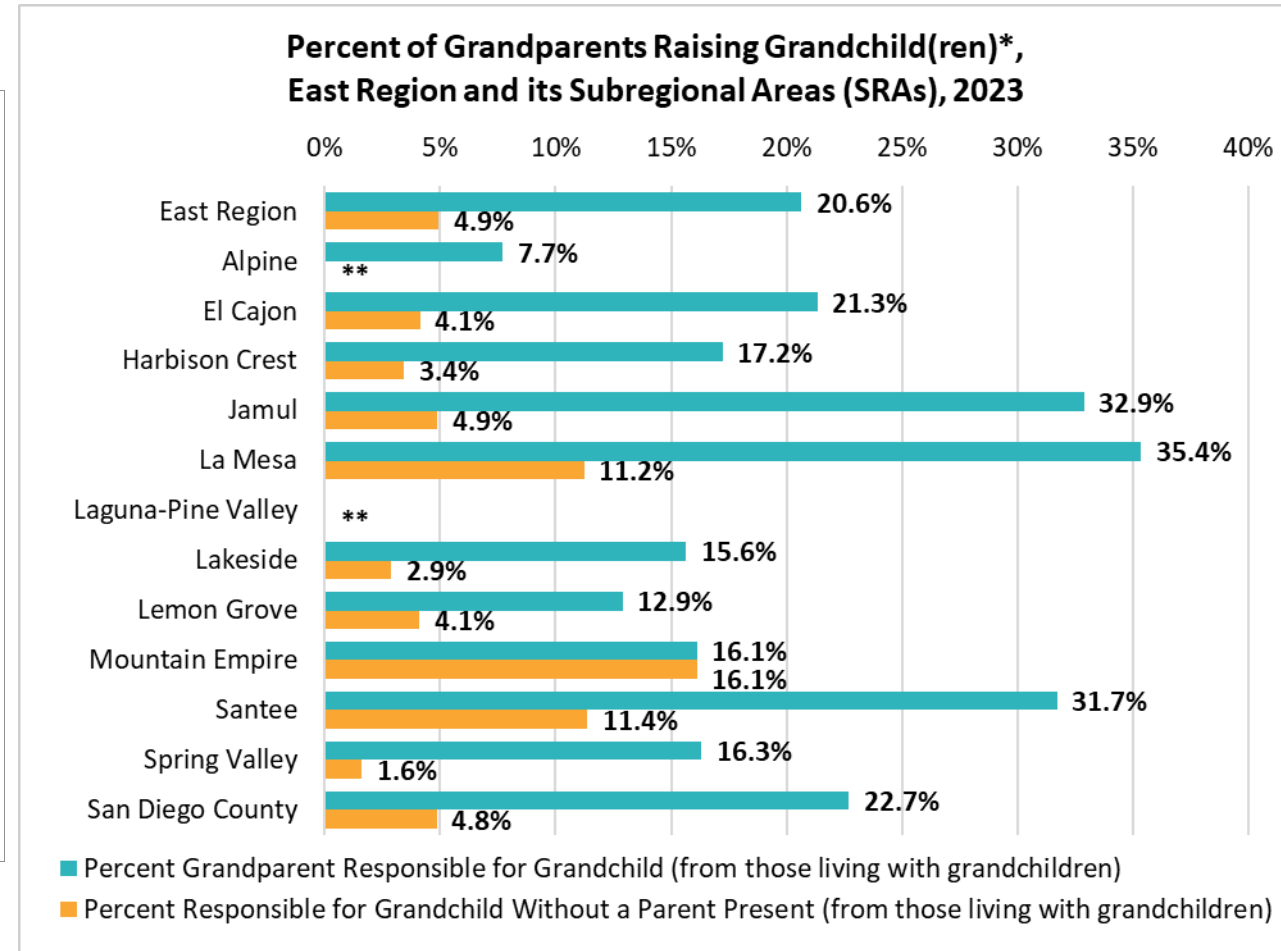
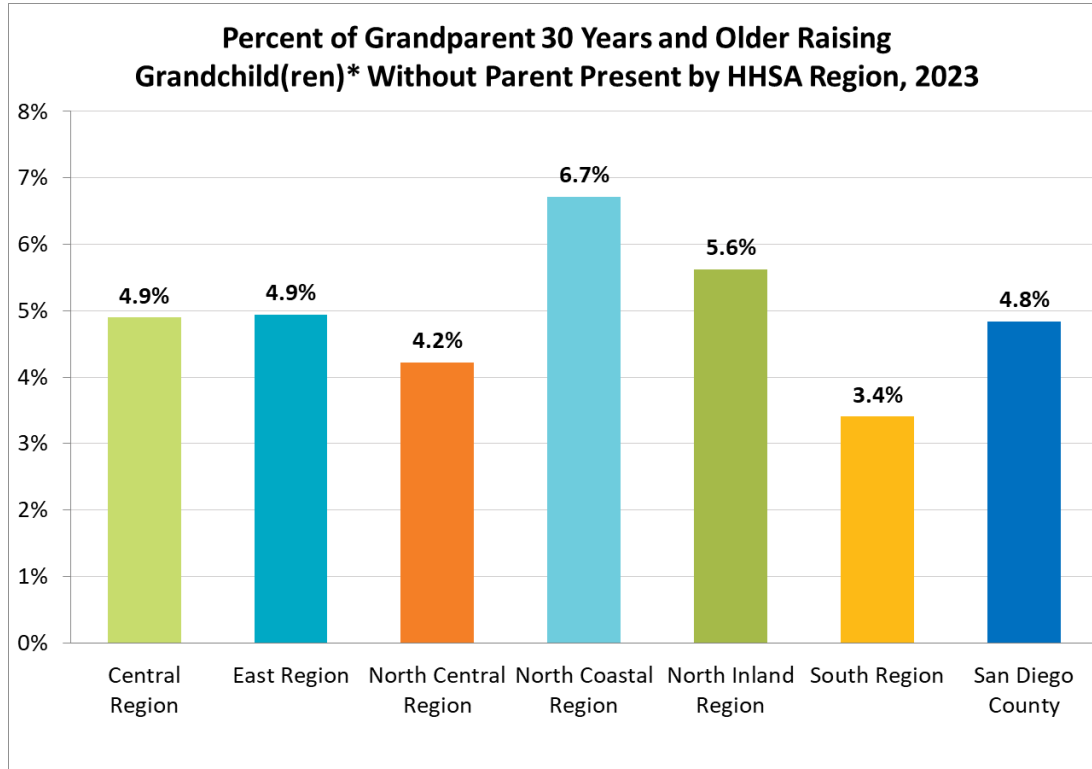
\*The percentages are of households with children under 18 years of age, not out of all housing units.

Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimates, Table S1101; 2019-2023 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, May 2025.



# GRANDPARENTS RAISING GRANDCHILDREN



- Among East Region SRAs, La Mesa 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 2023.

\*Grandparent raising own grandchildren under 18 years in households out of households with grandparents living with grandchildren.

\*\*Data unavailable for subregional area.

Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table B10051.

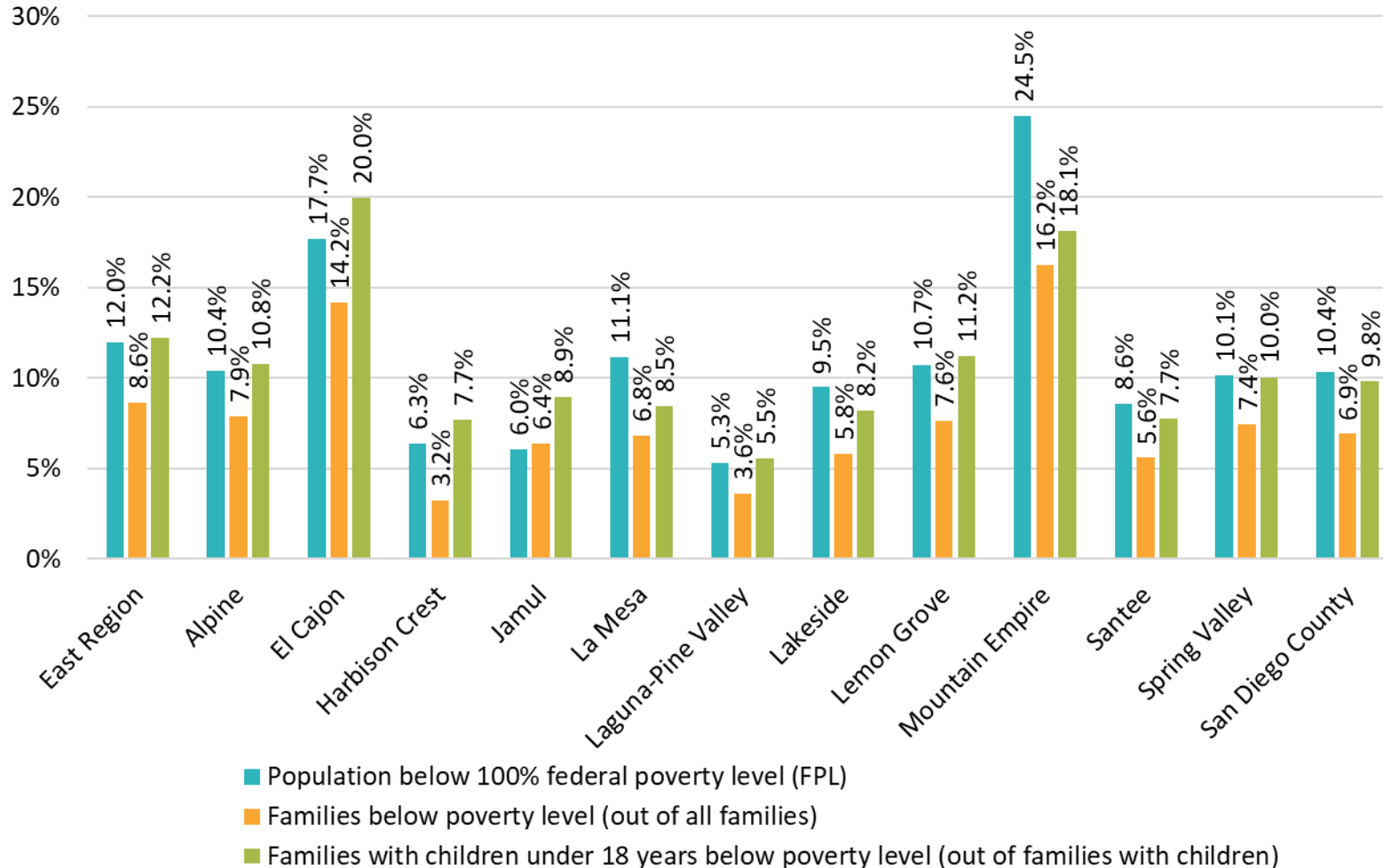
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.



# FAMILY POVERTY



Percent Below Poverty Level, East Region and Subregional Area (SRAs), 2023



In East Region, 12.2% of families with children under 18 were living below Federal Poverty Level (FPL) in 2023.

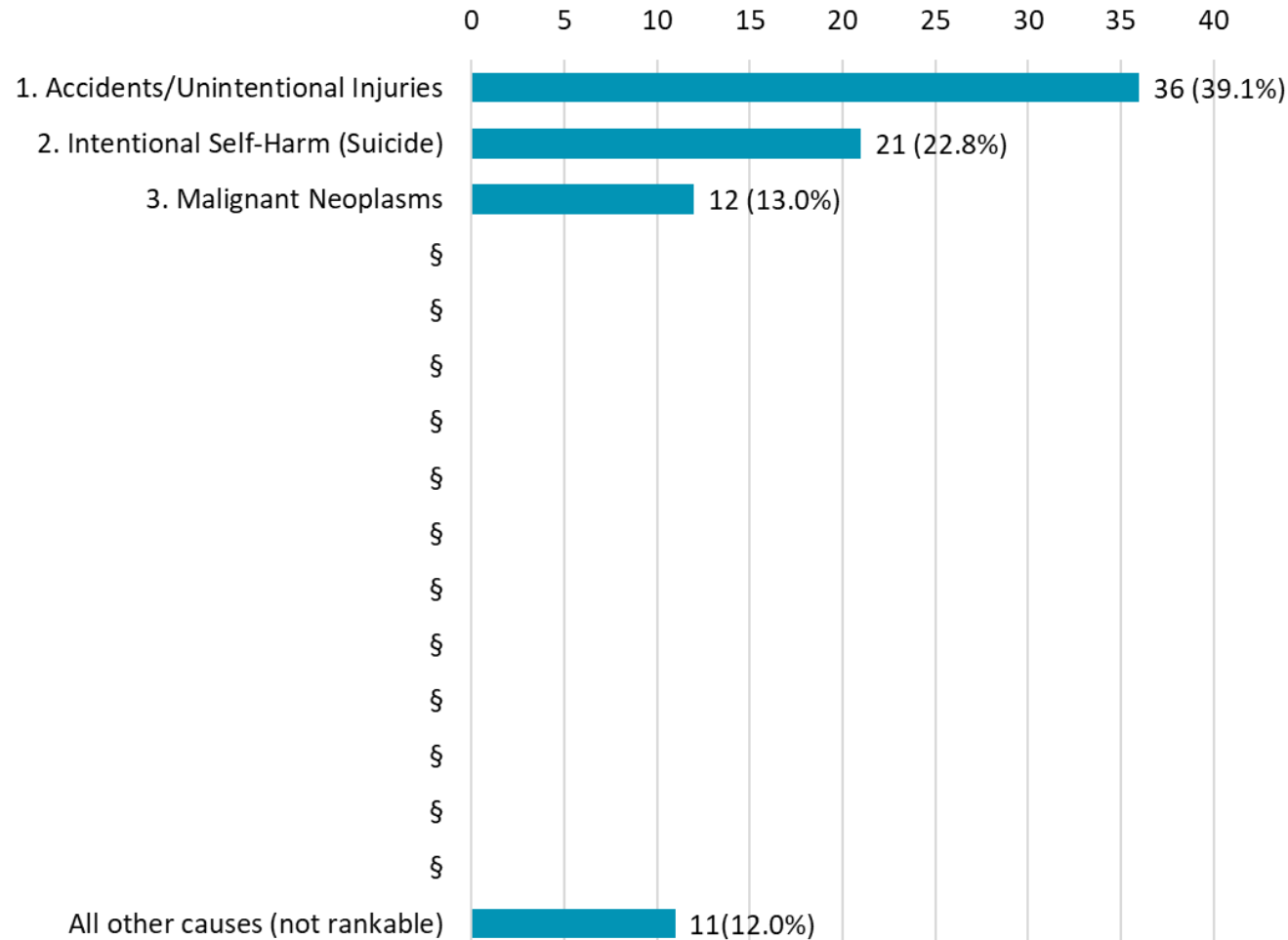
- Among East Region SRAs, El Cajon had the highest proportion of families with children under 18 living below FPL in 2023.
- In 2023, Mountain Empire SRA had the highest proportion of population living below FPL and proportion of families living below FPL.



# LEADING CAUSES OF DEATH - YOUTH



**2023 Leading Causes of Death<sup>1,2</sup> Among San Diego County Residents by Age: Ages 10-19**



In 2023, there were **92 deaths** among San Diego County residents aged 10-19.

- In 2023, the leading causes of death among San Diego County residents aged 10-19 were:
  - Accidents/Unintentional Injury
  - Intentional Self-Harm (Suicide)
  - Malignant Neoplasms (Cancer)

1 Rank is based on total number of deaths in each of the National Center for Health Statistics (NCHS) "rankable" categories. The top 15 leading causes of death presented here are for San Diego County residents for 2023.

2 Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes.

3 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.

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

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

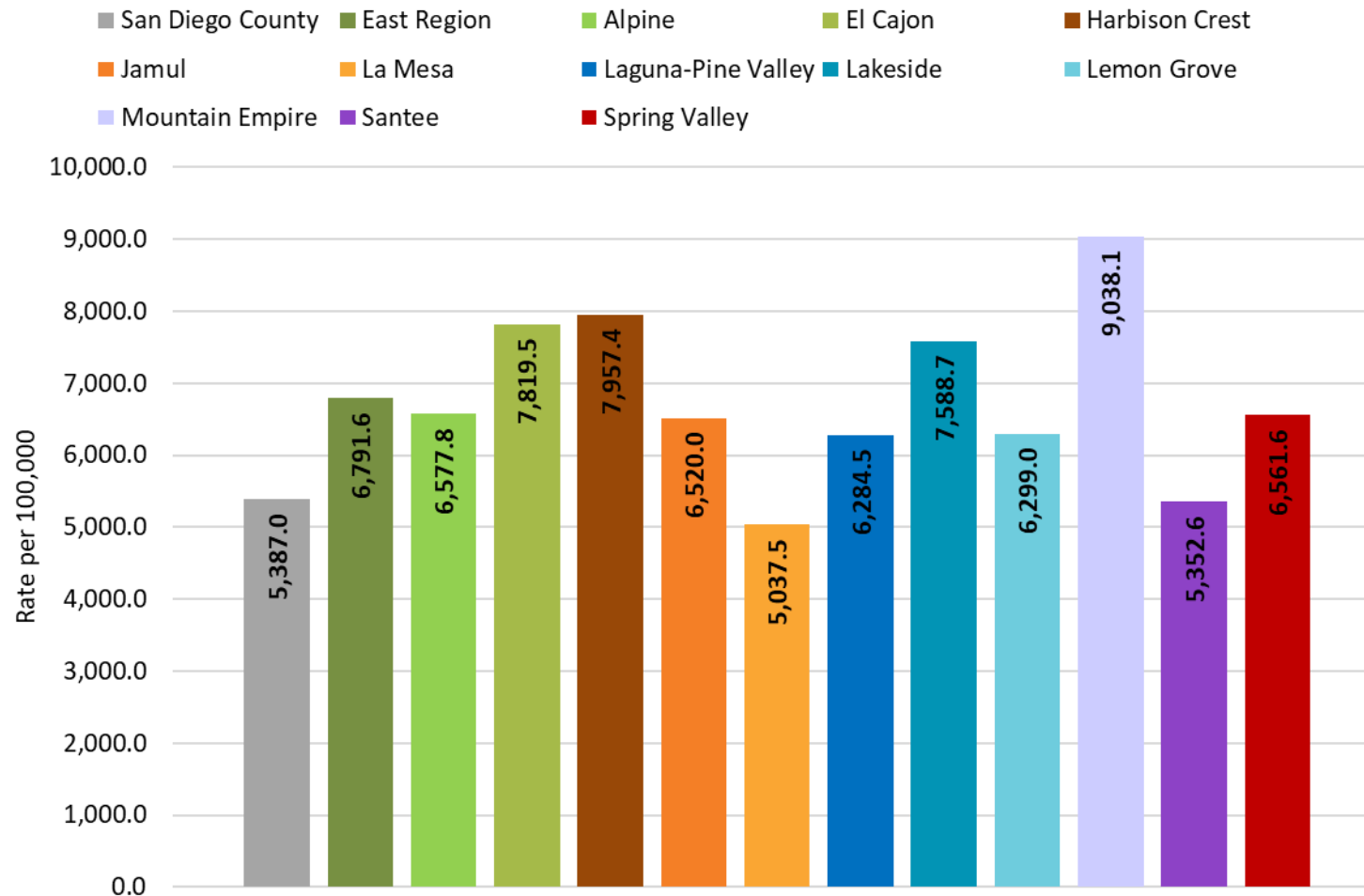
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.



# MEDICAL ENCOUNTERS - YOUTH



## Emergency Department (ED) Discharge Rates due to Accidents/Unintentional Injuries Among Youths Aged 0-17, East Region and Subregional Areas (SRAs), 2023



### Accidents/Unintentional Injuries

East Region had a **higher** ED discharge rate due to **accidents/unintentional injuries** among youths aged 0-17 compared to the county overall in 2023.

Among East Region SRAs:

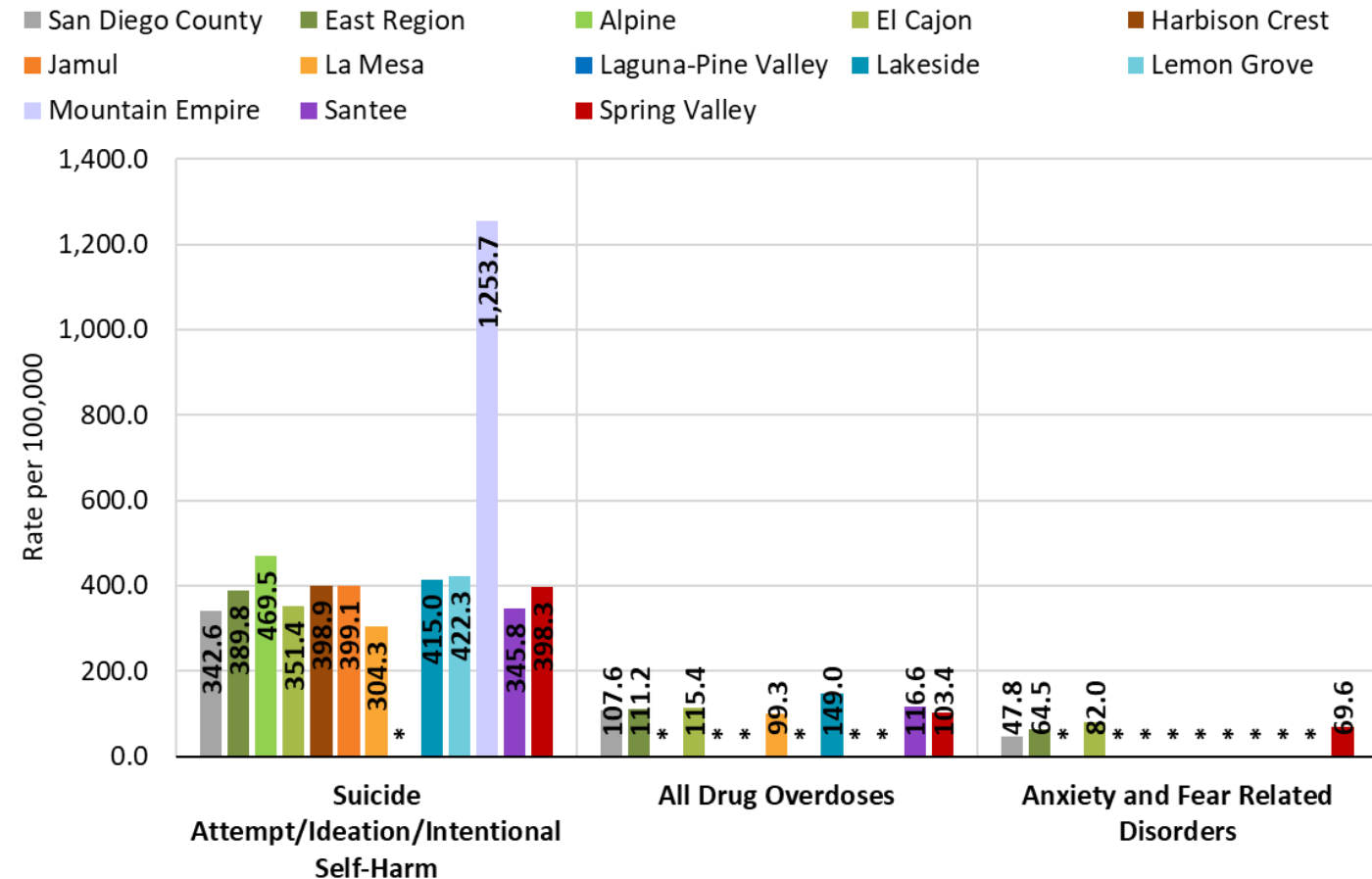
- **Mountain Empire** had the highest ED discharge rate due to **accidents/unintentional injuries** among youths aged 0-17 in 2023.



# MEDICAL ENCOUNTERS - YOUTH



## Emergency Department (ED) Discharge Rates\* due to Behavioral Health Conditions Among Youths Aged 0-17, East Region and Subregional Areas (SRAs), 2023



### 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 0-17 compared to the county overall in 2023.

Among East Region SRAs:

- **Mountain Empire** had the highest ED discharge rate due to **suicide attempt/ideation/intentional self-harm** among youths aged 0-17 in 2023.
- **Lakeside** had the highest ED discharge rate due to **all drug overdoses** among youths aged 0-17.
- **El Cajon** had the highest ED discharge rate due to **anxiety and fear related disorders** among youths aged 0-17.

\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2023. SANDAG Population Estimates, 2023 (v1/2025). 2023 estimates were derived from the 2020 decennial census.

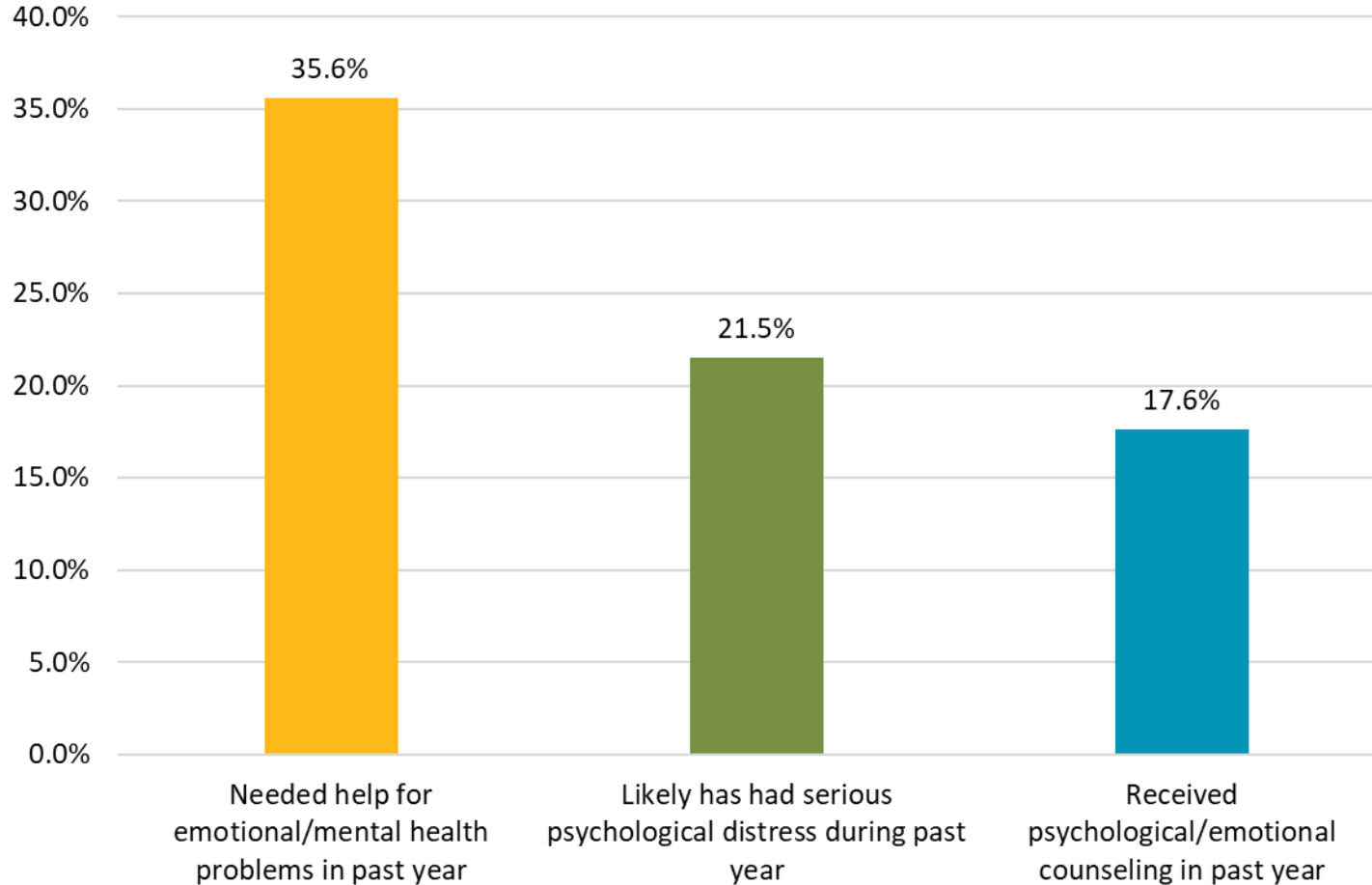
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.



# MENTAL HEALTH - TEENS



**Mental Health Survey Responses, Teens ages 12-17, San Diego County, 2022-2023**



In 2022-2023, over **1 in 3 teens (35.6%)** in San Diego County reported needing help for emotional or mental health problems.

Over **1 in 5 teens (21.5%)** in San Diego County reported likely having serious psychological distress during the past year in 2022-2023.

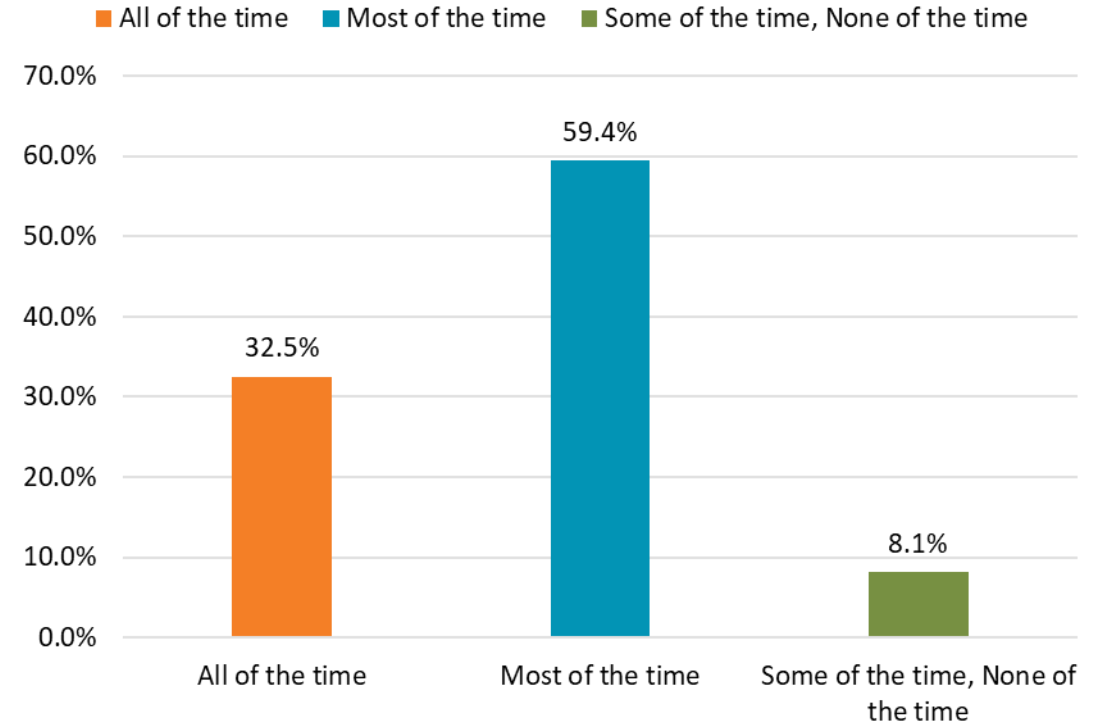
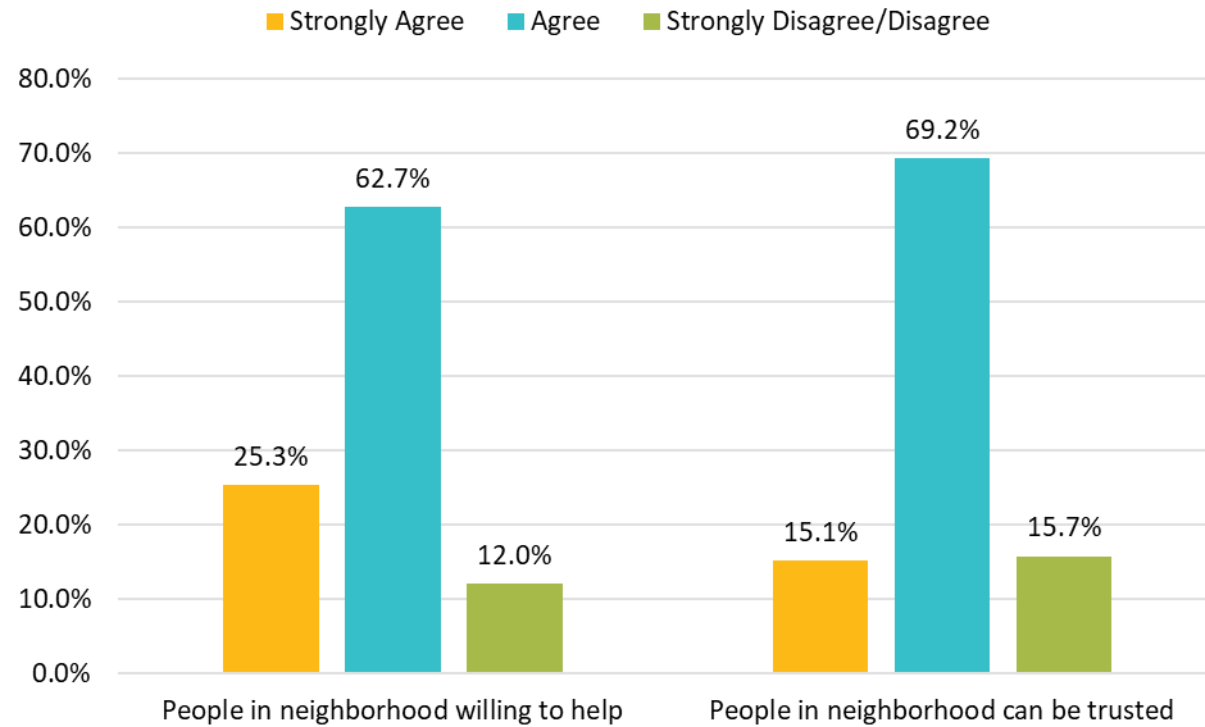
In 2022-2023, **17.6%** of teens in San Diego County reported receiving psychological or emotional counseling in the past year.



# NEIGHBORHOOD SAFETY - TEENS



## Neighborhood Safety Survey Responses among Teens aged 12-17, San Diego County, 2021-2023



Among teens in San Diego County from 2021-2023, **88%** reported that they **agreed or strongly agreed** that people in their neighborhood were willing to help them and **84%** reported that people in their neighborhood could be trusted.

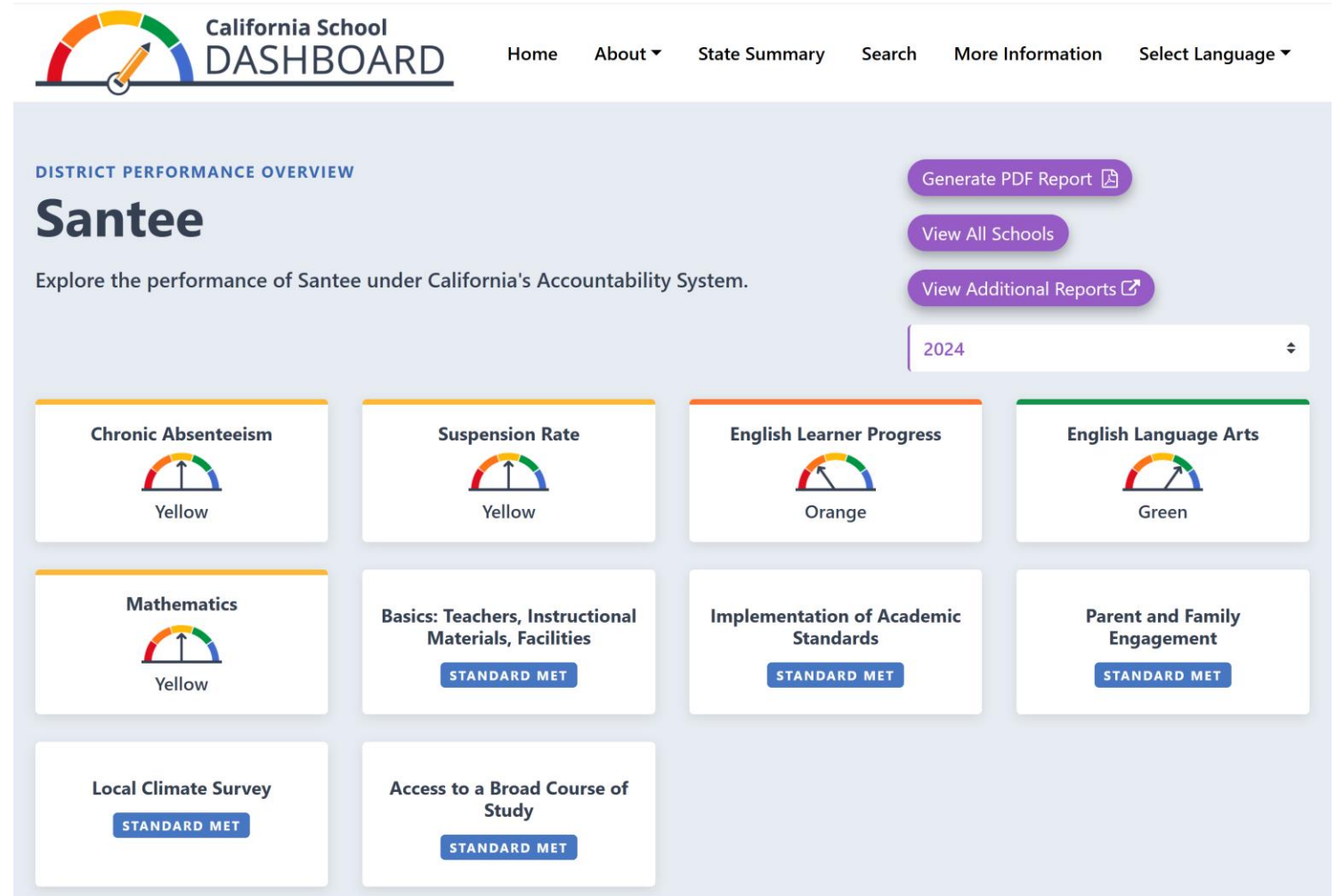
In 2021-2023, **92%** of teens in San Diego County reported that they felt safe in their neighborhood **most or all the time**.



# 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/>

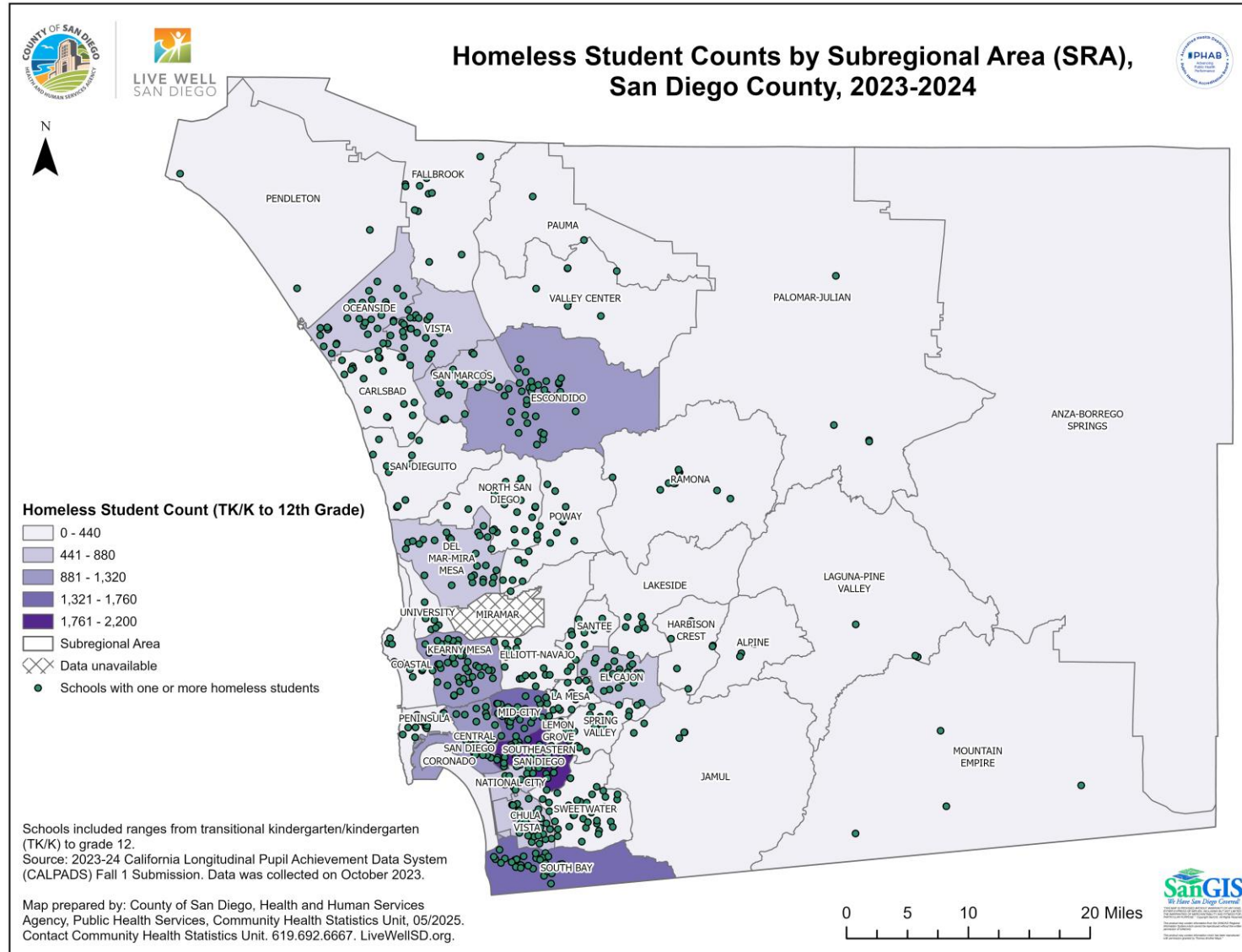




# YOUTH EXPERIENCING HOMELESSNESS



LIVE WELL  
SAN DIEGO



During the 2023-2024 school year, there were **2,054 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**.

**28% of homeless students** in East Region were reported in **El Cajon SRA**.



# Health and Well-Being



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN SERVICES AGENCY



LIVE WELL  
SAN DIEGO

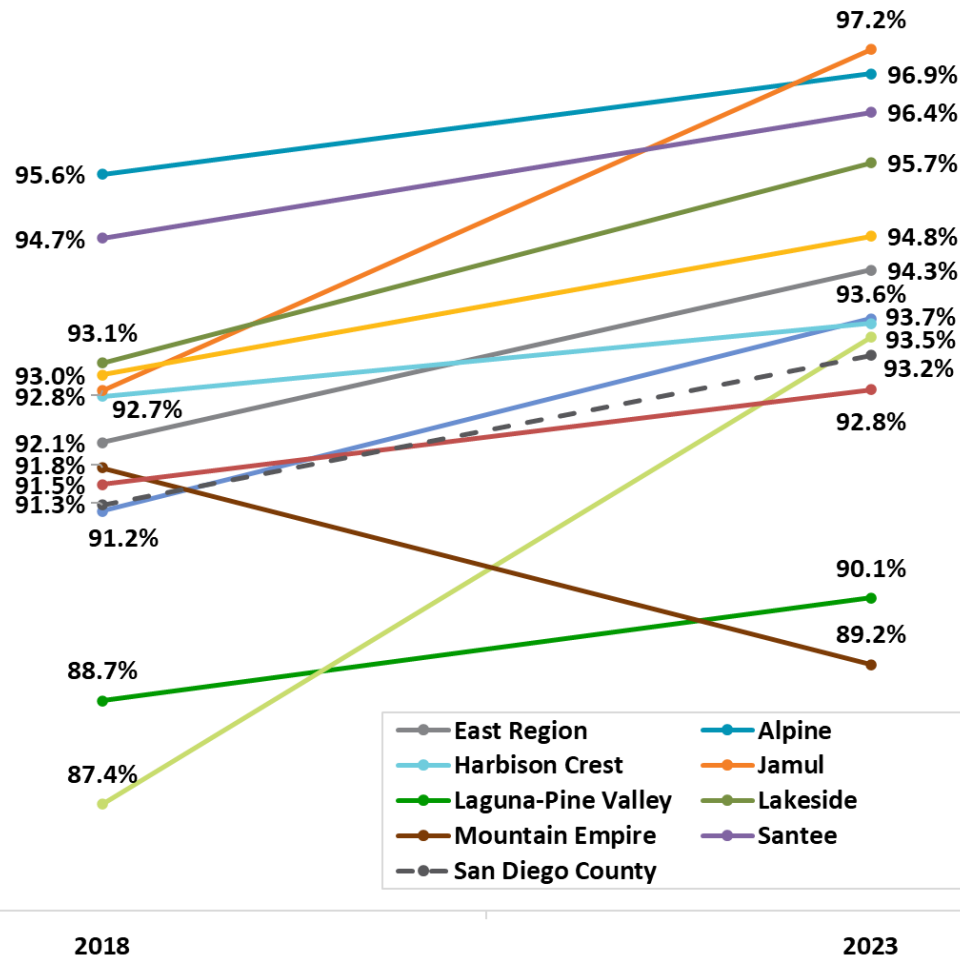




# HEALTH INSURANCE



Percent of the Population with Health Insurance, 2018 and 2023



East Region had a higher proportion of residents with health insurance than San Diego County overall in 2018 and 2023.

- The proportion of residents with health insurance increased between 2018 and 2023 for East Region and its SRAs, except Mountain Empire.
- Among East Region SRAs, Lemon Grove had the highest increase in the proportion of residents with health insurance from 2018 to 2023.

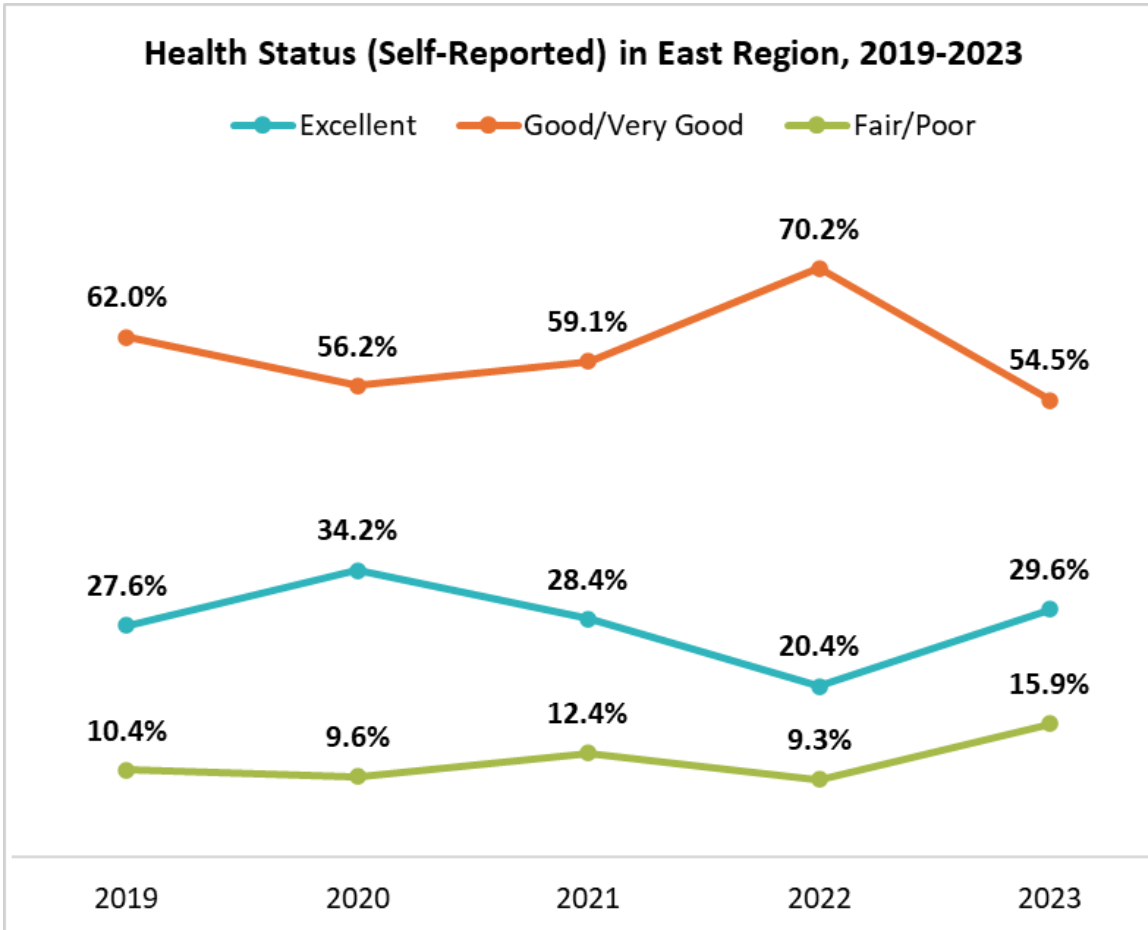


# HEALTH STATUS AND USUAL SOURCE OF CARE



## Percent of Residents with Usual Place to Go When Sick or in Need of Health Advice, East Region, 2019-2023

Year	Percent
2019	91.9%
2020	86.3%
2021	89.0%
2022	89.6%
2023	84.6%



### Health Status

- Nearly **1 in 6 East Region residents (15.9%)** self-reported their health status as fair or poor in 2023.
- The percentage of East Region residents reporting good or very good health **decreased** from 62.0% in 2019 to 54.5% in 2023.

### Usual Place of Care

- In 2023, **84.6% of residents** in East Region reported having a usual place to go when sick or in need of health advice.



# DISABILITY



## Number and Percent of Residents with any type of disability, East Region and Subregional Areas (SRAs), 2018 and 2023

Geography	Any disability, 2018		Any disability, 2023	
	#	%	#	%
<b>East Region</b>	<b>58,786</b>	<b>12.2%</b>	<b>65,340</b>	<b>13.5%</b>
Alpine	2,026	12.6%	1,916	11.6%
El Cajon	16,086	12.5%	18,077	13.9%
Harbison Crest	2,051	13.5%	2,658	18.1%
Jamul	1,974	12.6%	2,092	12.4%
La Mesa	6,696	11.1%	7,633	12.5%
Laguna-Pine Valley	662	12.1%	565	10.6%
Lakeside	7,510	12.3%	9,151	14.9%
Lemon Grove	3,807	12.1%	4,230	13.2%
Mountain Empire	1,407	17.4%	1,423	19.1%
Santee	5,494	10.5%	7,048	13.0%
Spring Valley	11,073	12.7%	10,547	12.3%
<b>San Diego County</b>	<b>314,897</b>	<b>9.8%</b>	<b>339,293</b>	<b>10.7%</b>

East Region had the highest proportion of residents reporting a disability compared to other HHSA regions in 2023.

- The percent of residents with any disability in East Region increased by 10.2% from 2018 to 2023.
- Among East Region SRAs, Mountain Empire (19.1%) had the highest percent of residents with any disability in 2023, followed by Harbison Crest (18.1%).



# Mental and Behavioral Health



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN SERVICES AGENCY



LIVE WELL  
SAN DIEGO

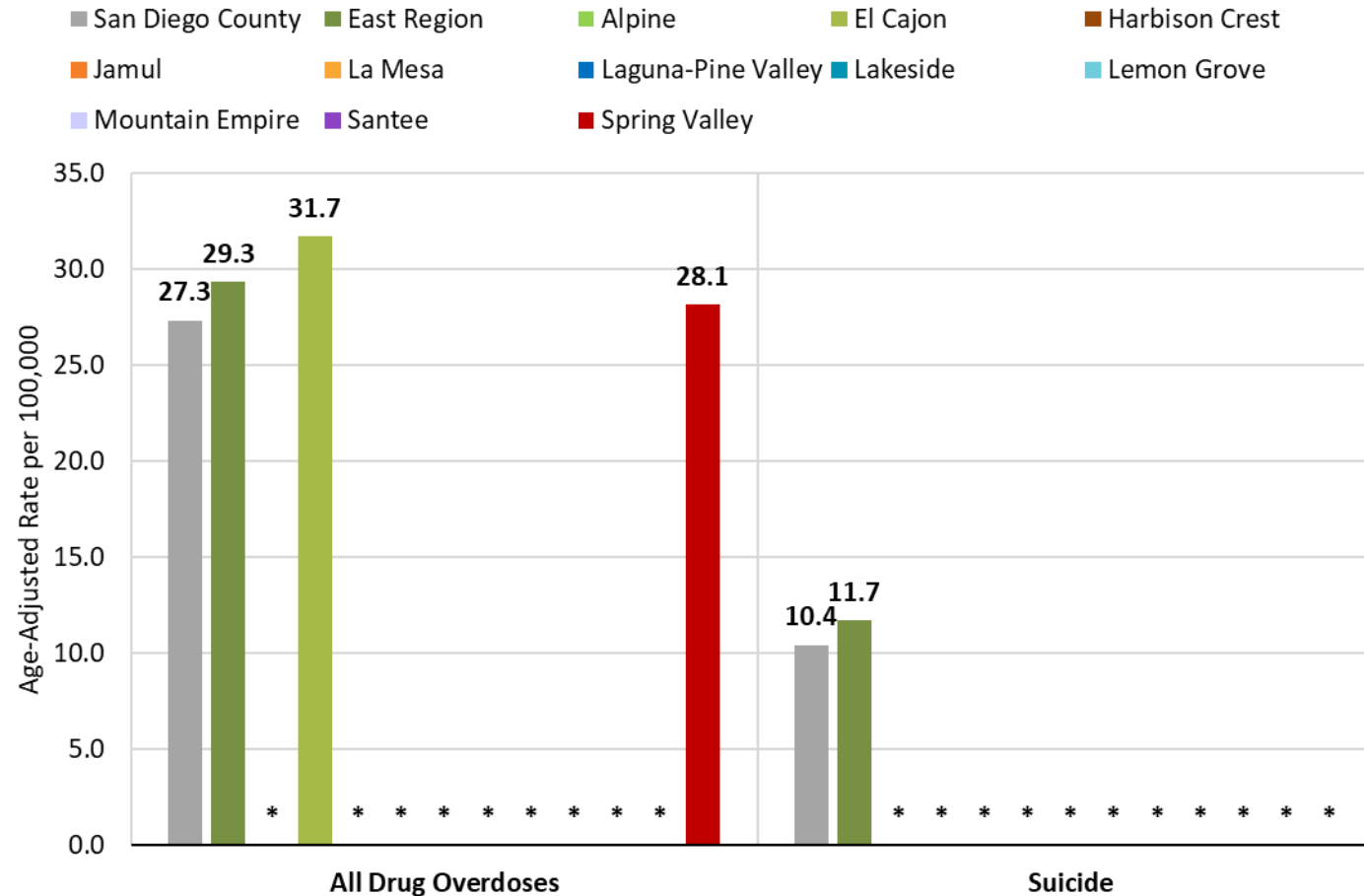




# Behavioral Health



## Age-Adjusted Death Rates due to All Drug Overdoses and Suicide in East Region and Subregional Areas (SRAs), San Diego County, 2023



In 2023, East Region had **higher age-adjusted death rates** due to **all drug overdoses** and **suicide** than the county overall.

Among East Region SRAs, **El Cajon** had the highest age-adjusted death rate due to **all drug overdoses**.

\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Public Health, 2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2023 (v1/2025). 2023 estimates were derived from the 2020 decennial census. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

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



# Mortality Measures



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN SERVICES AGENCY



LIVE WELL  
SAN DIEGO

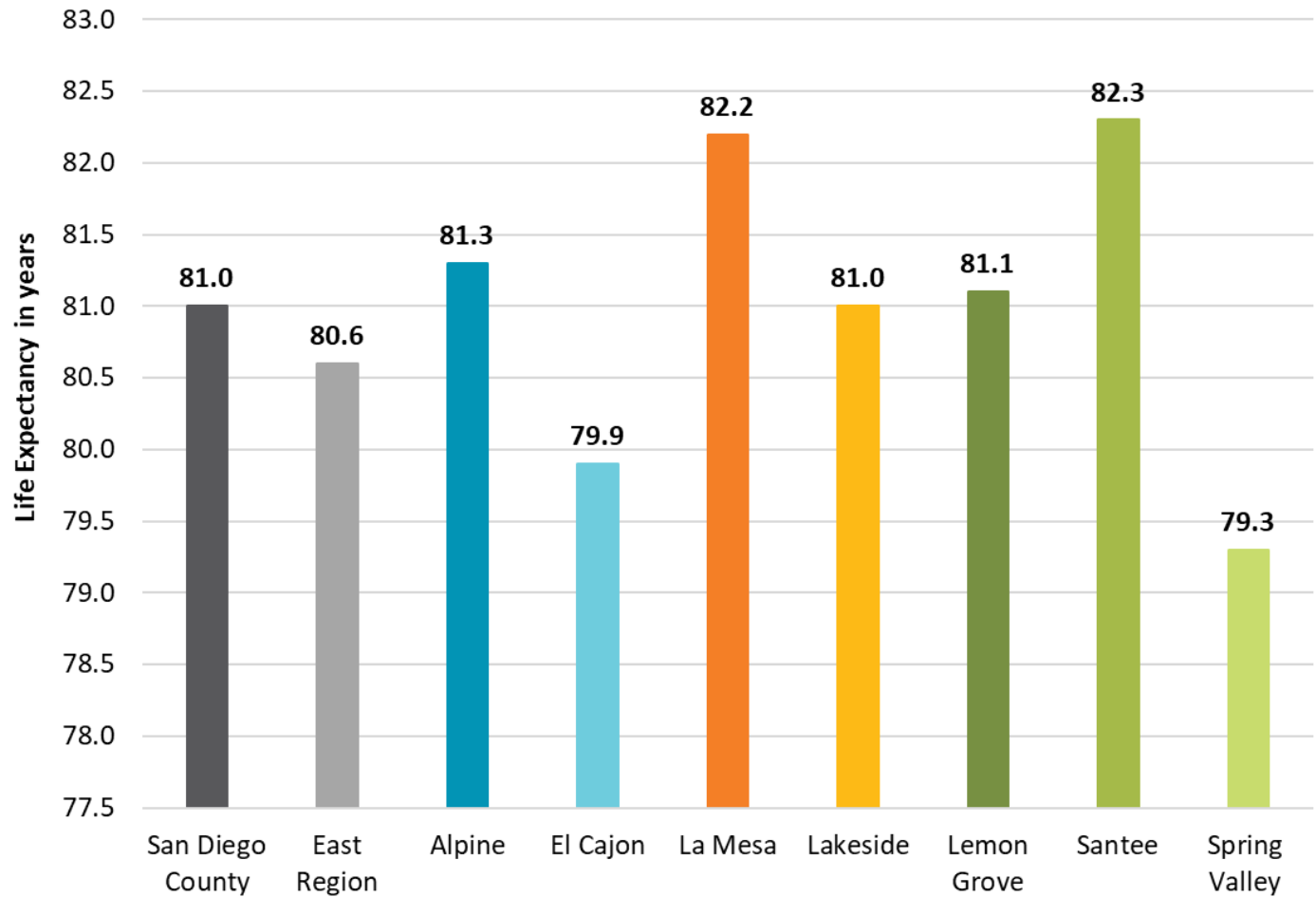




# LIFE EXPECTANCY



Life Expectancy in East Region and Subregional Areas (SRAs)\*, 2023



Among East Region SRAs, **Santee** and **La Mesa** had the highest life expectancy in 2023.

Among East Region SRAs, Alpine, La Mesa, Lemon Grove, and Santee had **higher** life expectancies than East Region and the overall county in 2023.

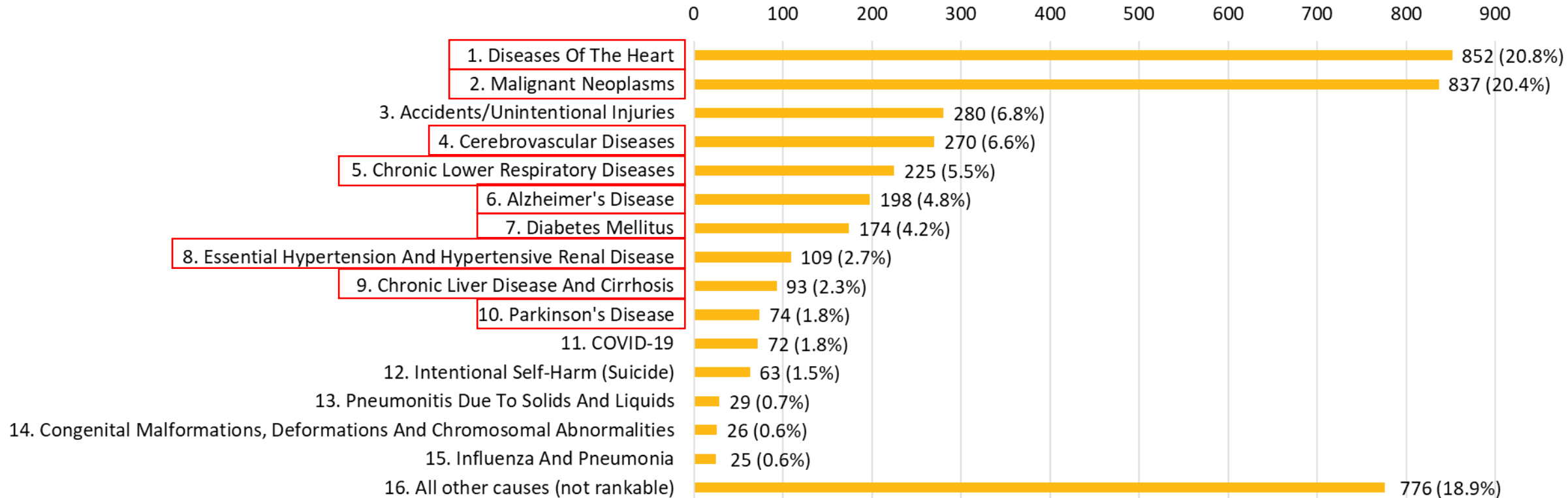
\*Only SRAs with life expectancies are displayed on graph.  
Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS). California Department of Finance. Demographic Research Unit. Report P-3: Population Projections, California, 2020-2070 (Baseline 2023 Population Projections; Vintage 2024 Release). Sacramento: California. September 2024. 2023 Esri Updated Demographics Complete Database. Starting with 2023, life expectancy utilizes California Department of Finance and Esri population estimates. 2023 vintage should not be trended back to previous years.  
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.



# LEADING CAUSES OF DEATH



2023 Leading Causes of Death<sup>1,2</sup> Among San Diego County Residents by HHSA Region: East Region



In 2023, there were **4,103 deaths** among East Region residents.

In 2023, **diseases of the heart** were the number one leading cause of death in East Region.

In East Region, **9 out of the top 10** leading causes of death were due to chronic diseases in 2023.

<sup>1</sup> Rank is based on total number of deaths in each of the National Center for Health Statistics (NCHS) "rankable" categories. The top 15 leading causes of death presented here are for San Diego County residents for 2023.

<sup>2</sup> Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes.

<sup>3</sup> Deaths for specific demographics or geographic area may not equal the total deaths for San Diego County due to missing data.

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

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

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



# 3-4-50: Chronic Diseases Deaths



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](http://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.



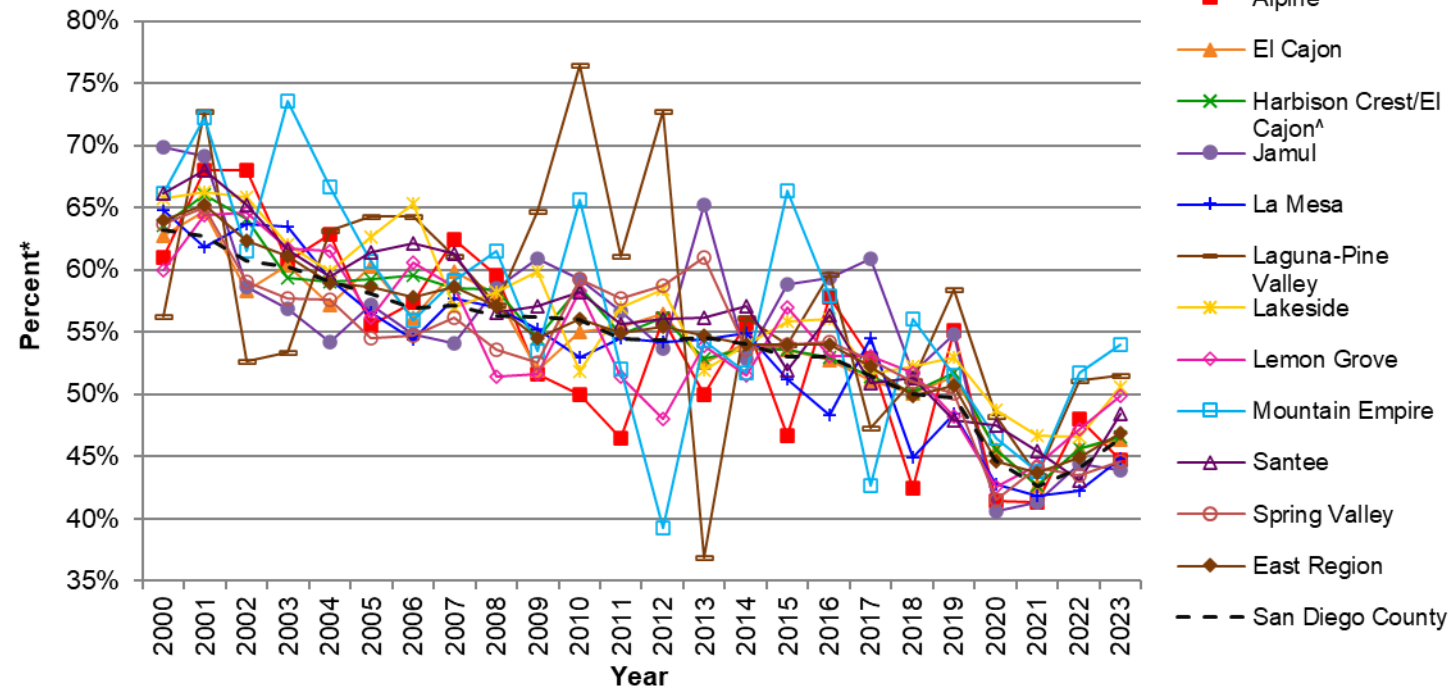


# 3-4-50: CHRONIC DISEASE DEATHS



## PERCENTAGES, TREND 2000-2023

**3-4-50 Death<sup>†</sup> Percentages  
Among San Diego County Residents,  
East Region, 2000-2023\*\***



The proportion of deaths due to 3-4-50 chronic diseases in East Region **decreased** from 64% in 2000 to 47% in 2023.

Among East Region SRAs, **Mountain Empire** had the highest percent of deaths due to 3-4-50 chronic diseases in 2023 (54%).

Despite a decrease, 3-4-50 chronic diseases accounted for **47%** of all deaths in East Region in 2023.

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

<sup>†</sup>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).

<sup>^</sup>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 2020-2023. Percents not calculated in cases where zip code is unknown.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2023 California Vital Records Business Intelligence System (VRBIS).

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

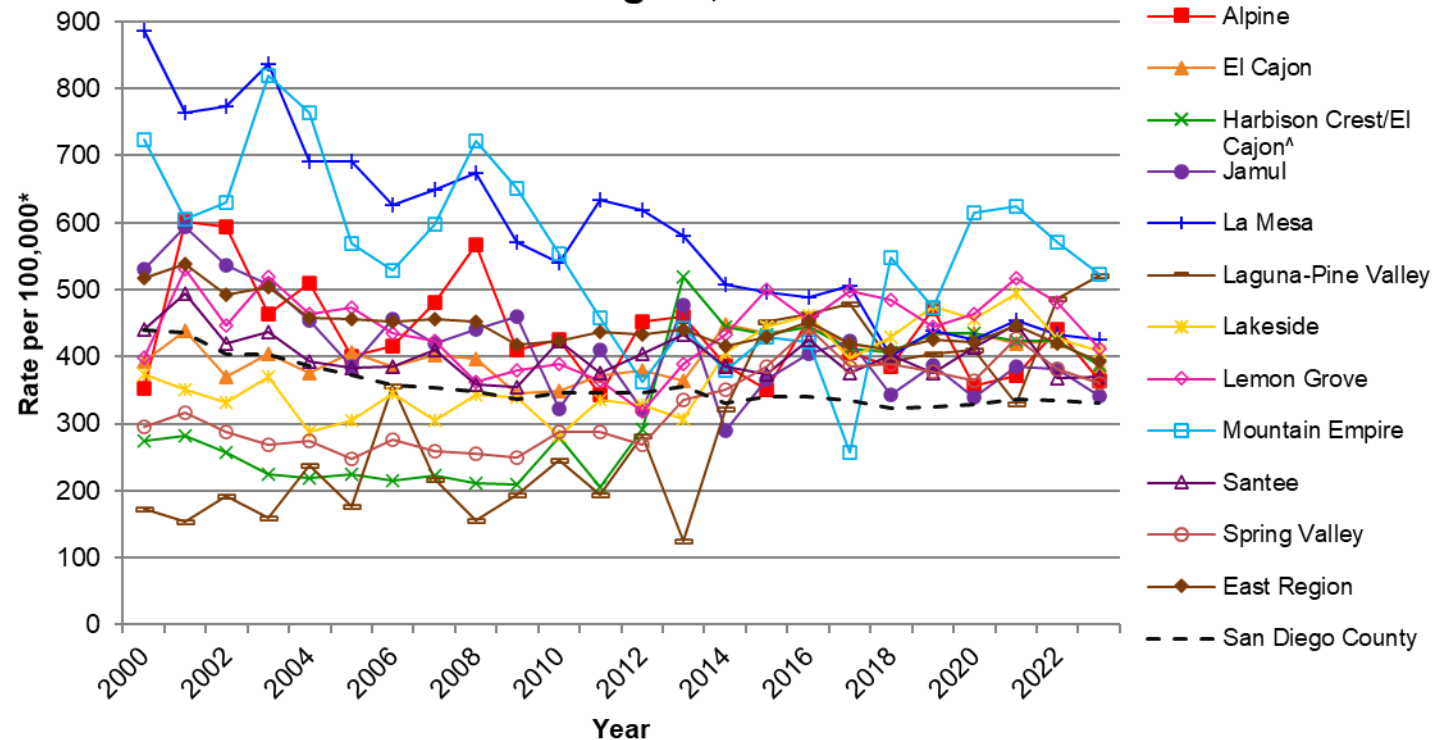


# 3-4-50: CHRONIC DISEASE DEATHS



## RATES, TREND 2000-2023

**3-4-50 Death<sup>†</sup> Rates  
Among San Diego County Residents,  
East Region, 2000-2023<sup>\*\*</sup>**



The 3-4-50 chronic disease death rate in East Region **decreased** from 517.7 per 100,000 in 2000 to 392.7 per 100,000 in 2023.

Among East Region SRAs, **Mountain Empire** had the highest death rate due to 3-4-50 chronic diseases in 2023.

Overall, 3-4-50 chronic disease death rates have decreased in **East Region, El Cajon SRA, Jamul SRA, La Mesa SRA, Mountain Empire SRA and Santee SRA**, from 2000 to 2023.

\*Rates per 100,000 population.

<sup>†</sup>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).

<sup>^</sup>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.

<sup>§</sup>Rates not calculated for fewer than 5 events for the years 2000 to 2019. Rates not calculated for fewer than 11 events for the years 2020-2022. Rates not calculated for fewer than 20 events starting with the year 2023. Rates not calculated in cases where zip code is unknown.

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

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

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



# Non-Communicable (Chronic) Diseases



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN SERVICES AGENCY



LIVE WELL  
SAN DIEGO





# Non-Communicable (Chronic) Diseases



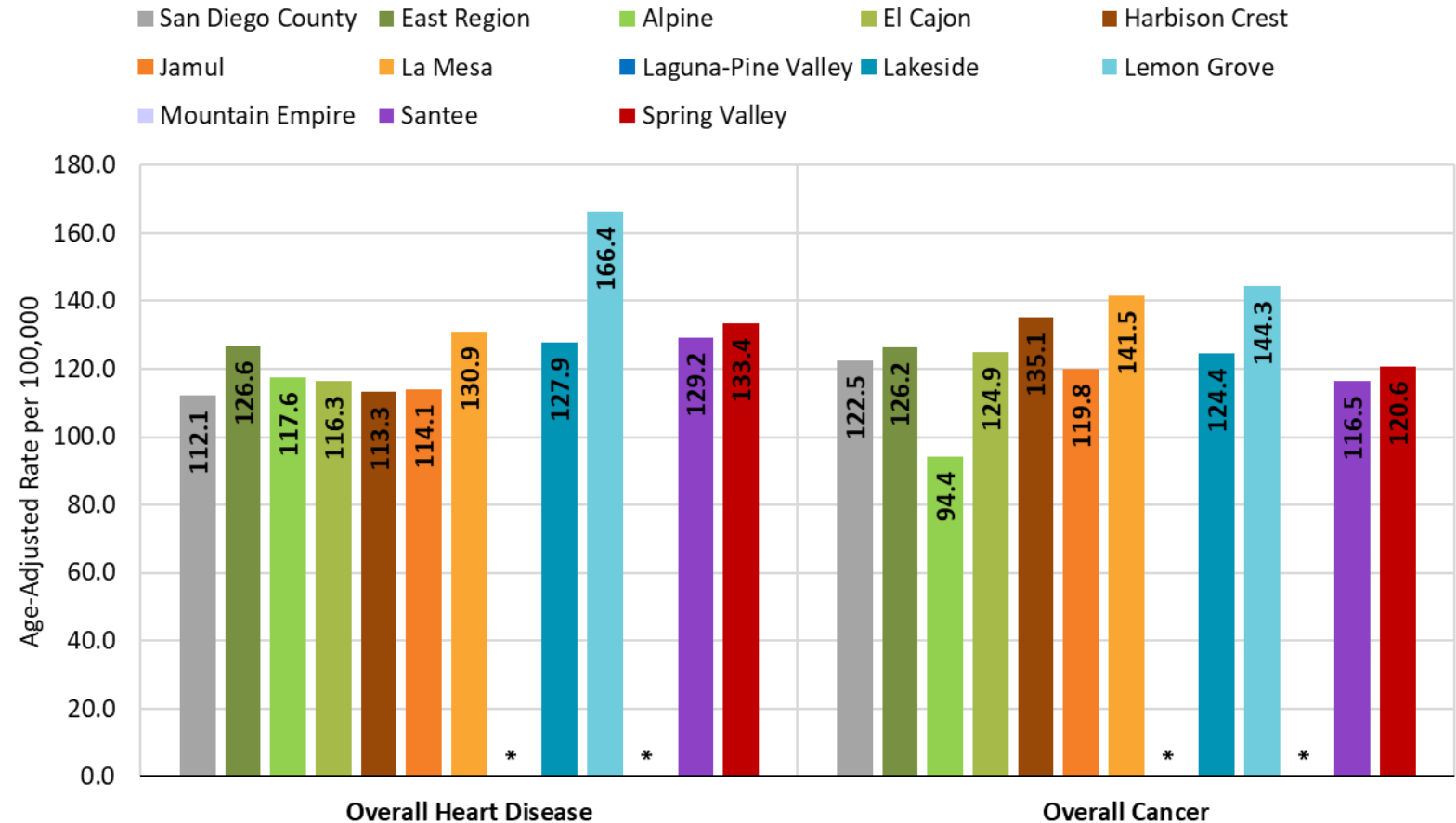
## Leading Causes of Death

- Overall Heart Disease
- Overall Cancer

In 2023, the age-adjusted death rates due to **overall heart disease** and **overall cancer** in East Region were higher compared to the county overall.

Among East Region SRAs, **Lemon Grove** had the highest age-adjusted death rate due to **overall heart disease** and **overall cancer** in 2023.

Age-Adjusted Death Rates for Leading Non-Communicable (Chronic) Diseases in East Region and Subregional Areas (SRAs), San Diego County, 2023



\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Public Health, 2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2023 (v1/2025). 2023 estimates were derived from the 2020 decennial census. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

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

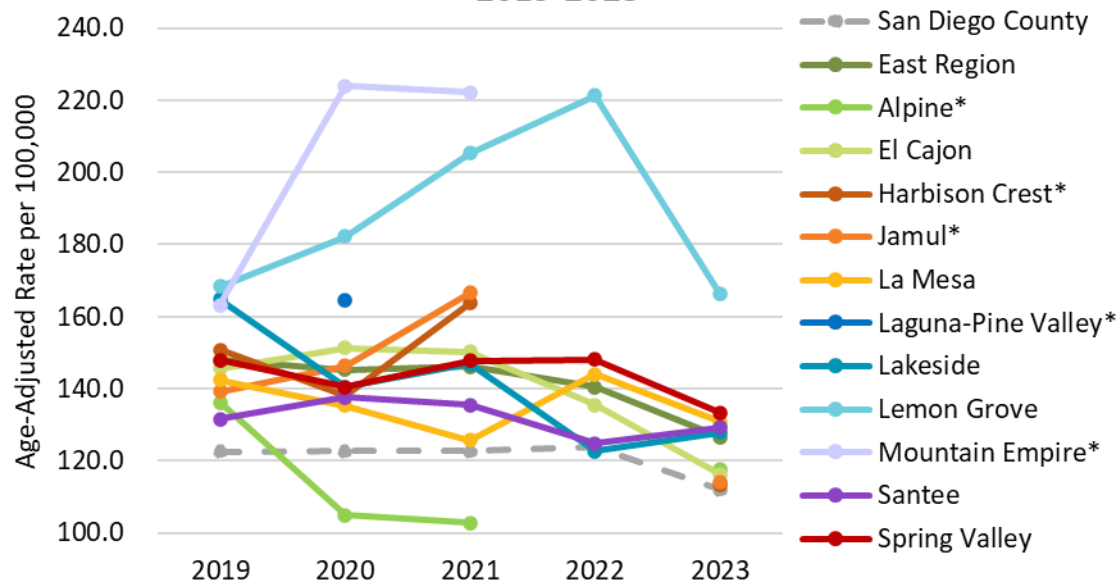


# Non-Communicable (Chronic) Diseases



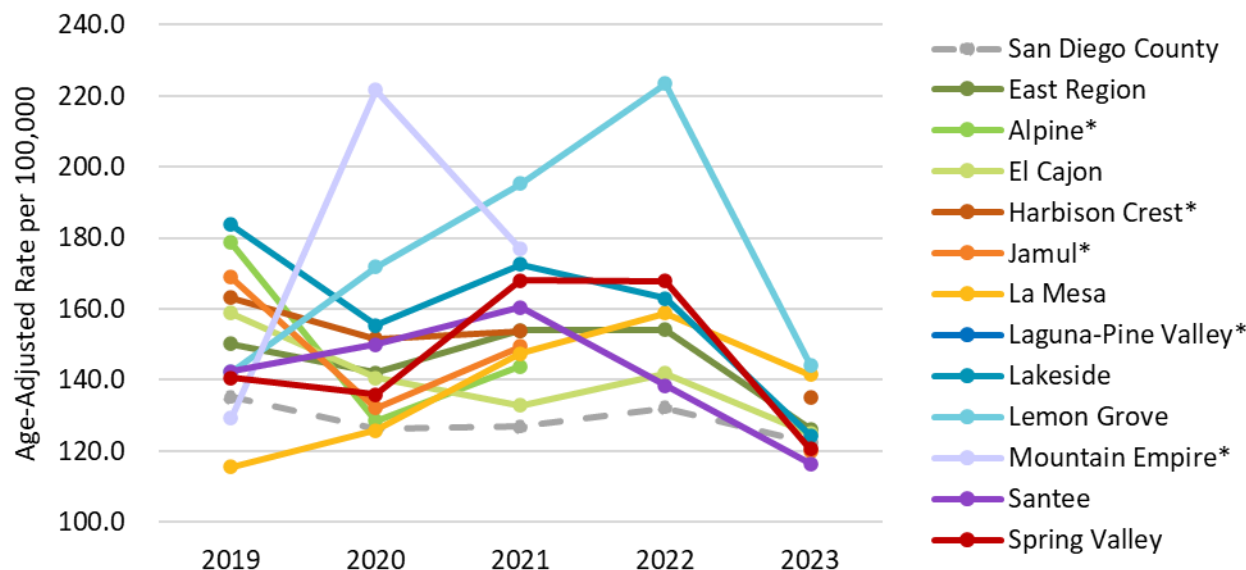
## Death Rates, 2019-2023

Age-Adjusted Death Rates due to Overall Heart Disease in East Region by Subregional Area (SRA), San Diego County, 2019-2023



From 2019-2023, the age-adjusted death rates due to **overall heart disease decreased in East Region and its SRAs**. Among East Region SRAs, **Harbison Crest** had the highest decrease in the age-adjusted death rate due to overall heart disease from 2019-2022 (-25%).

Age-Adjusted Death Rates due to Overall Cancer in East Region by Subregional Area (SRA), San Diego County, 2019-2023



The age-adjusted death rates due to **overall cancer decreased in East Region and its SRAs**, except La Mesa and Lemon Grove, from 2019-2023. Among East Region SRAs, **La Mesa** had the highest increase in the age-adjusted death rate due to overall cancer from 2019-2023 (+23%).

\*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Public Health, 2019-2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 estimates were derived from the 2020 decennial census. For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.



# Non-Communicable (Chronic) Diseases



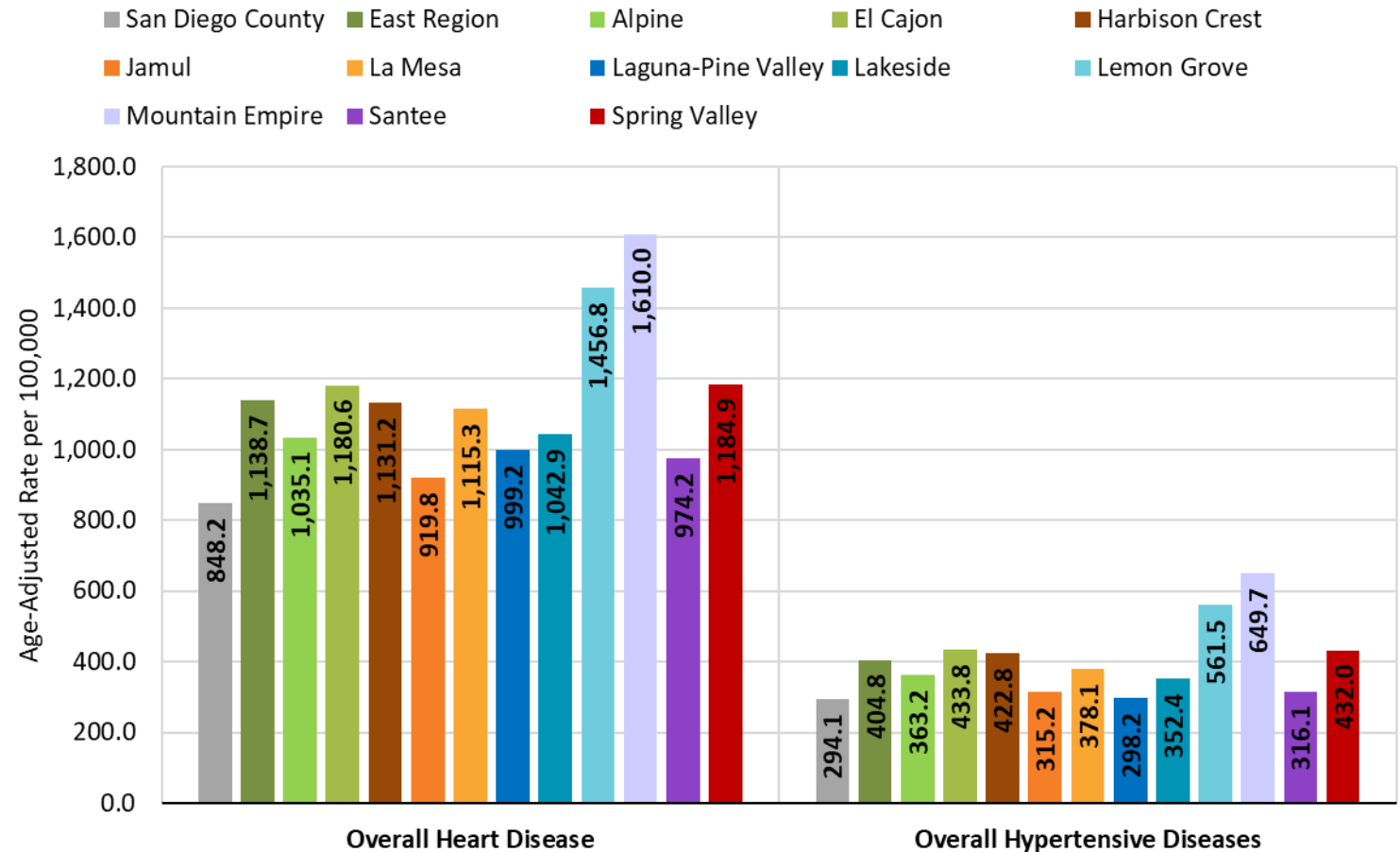
## Leading Causes of Hospitalization

- Overall Heart Disease
- Overall Hypertensive Diseases

In 2023, the age-adjusted hospitalization rates due to **overall heart disease** and **overall hypertensive diseases** in East Region were higher compared to the county overall.

Among East Region SRAs, **Mountain Empire** had the highest age-adjusted hospitalization rates due to **overall heart disease** and **overall hypertensive diseases** in 2023.

Age-Adjusted Hospitalization Rates for Leading Non-Communicable (Chronic) Diseases in East Region and Subregional Areas (SRAs), San Diego County, 2023



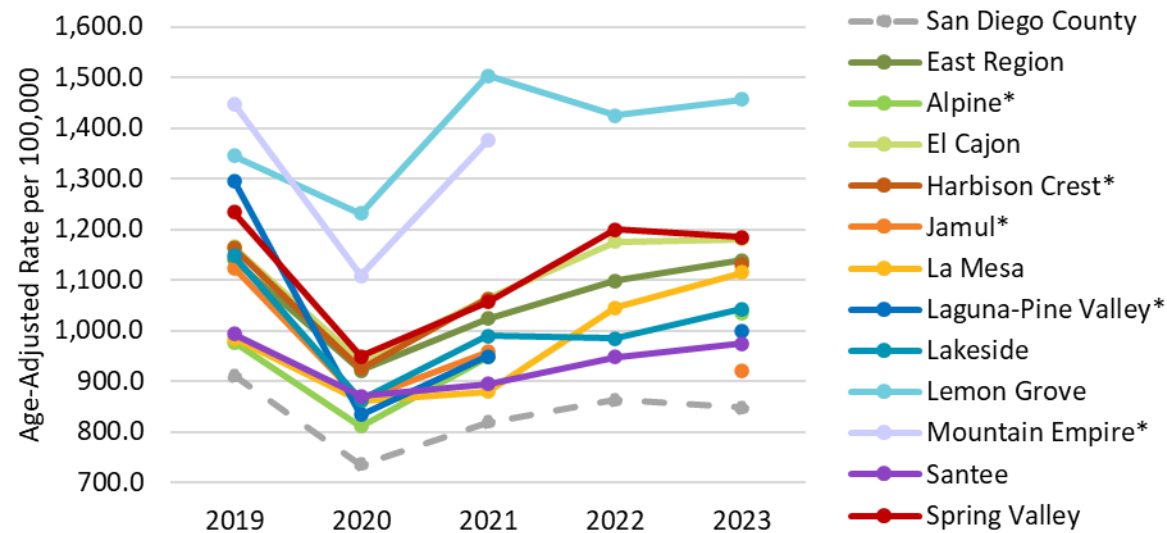


# Non-Communicable (Chronic) Diseases



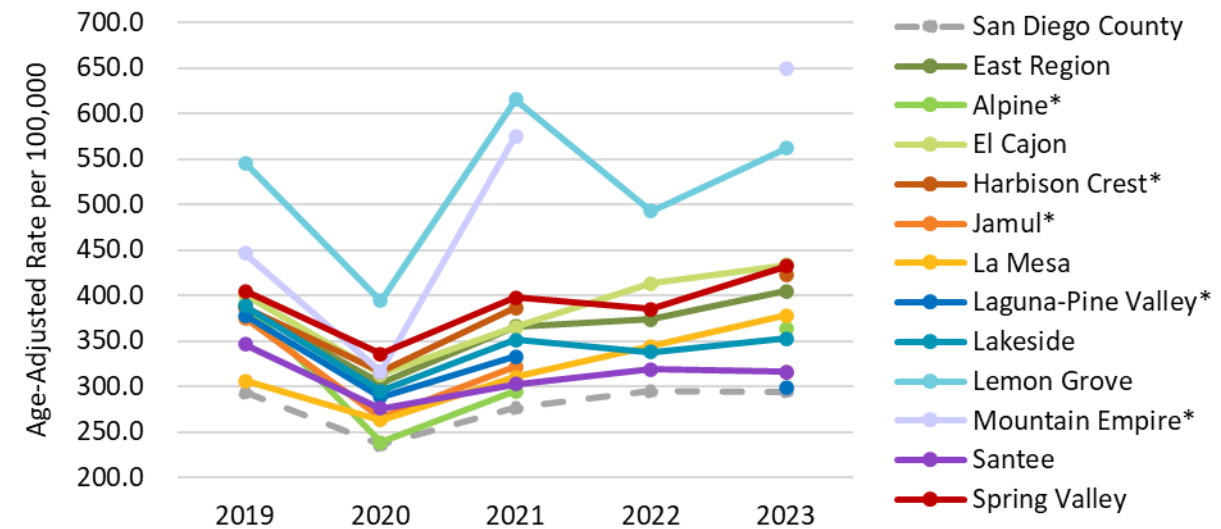
## Hospitalization Rates, 2019-2023

Age-Adjusted Hospitalization Rates due to Overall Heart Disease in East Region by Subregional Area (SRA), San Diego County, 2019-2023



The age-adjusted hospitalization rates due to **overall heart disease decreased in East Region and its SRAs**, except Alpine, El Cajon, La Mesa, Lemon Grove, and Mountain Empire, from 2019-2023. The age-adjusted hospitalization rates due to overall heart disease were **higher** in East Region and its SRAs than in the county overall from 2019-2023.

Age-Adjusted Hospitalization Rates due to Overall Hypertensive Diseases in East Region by Subregional Area (SRA), San Diego County, 2019-2023



From 2019-2023, the age-adjusted hospitalization rate due to **overall hypertensive diseases increased in East Region**. Among East Region SRAs, **Mountain Empire** had the highest increase in the age-adjusted hospitalization rate due to overall hypertensive diseases from 2019-2023 (+46%).

\*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Patient Discharge Database, 2019-2023. SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 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, May 2025.



# Non-Communicable (Chronic) Diseases



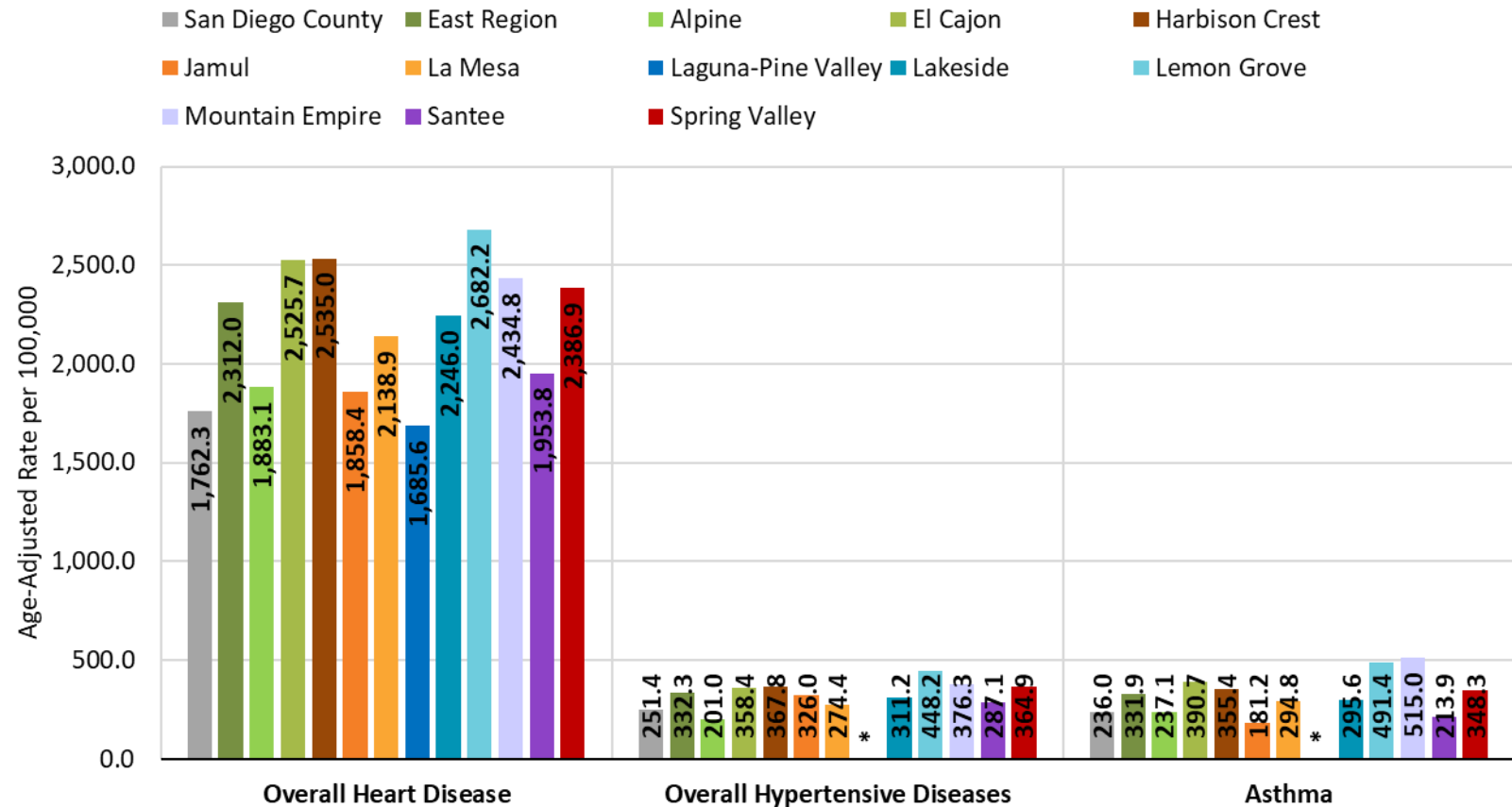
## Leading Causes of ED Discharge

- Overall Heart Disease
- Overall Hypertensive Diseases
- Asthma

In 2023, 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** and **overall hypertensive diseases**, while **Mountain Empire** had the highest age-adjusted ED discharge rate due to **asthma** in 2023.

Age-Adjusted Emergency Department (ED) Discharge Rates for Leading Non-Communicable (Chronic) Diseases in East Region and Subregional Areas (SRAs), San Diego County, 2023



\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2023. SANDAG Population Estimates, 2023 (v1/2025). 2023 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, May 2025.

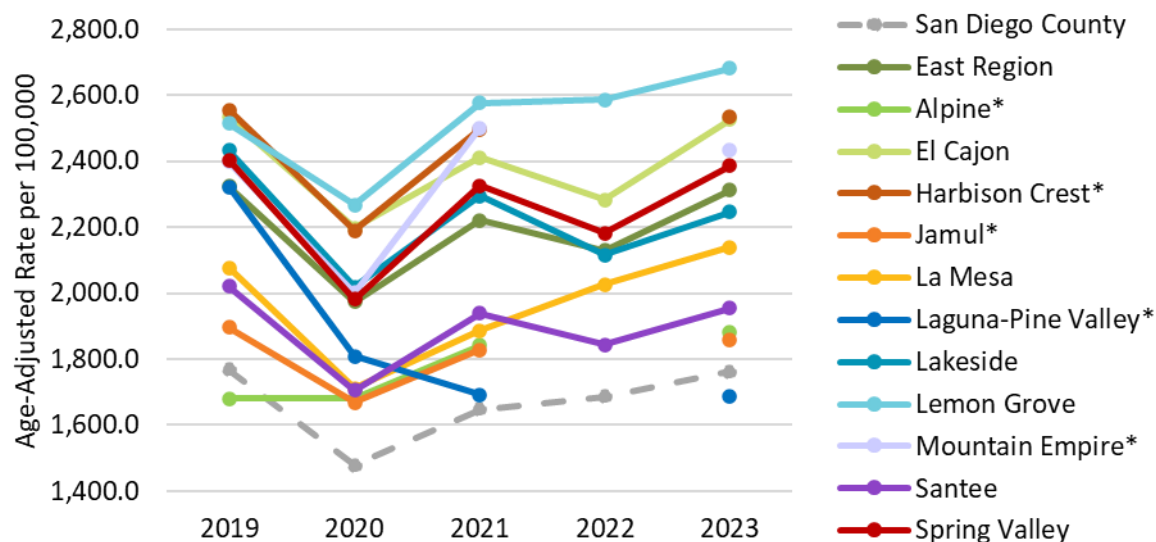


# Non-Communicable (Chronic) Diseases



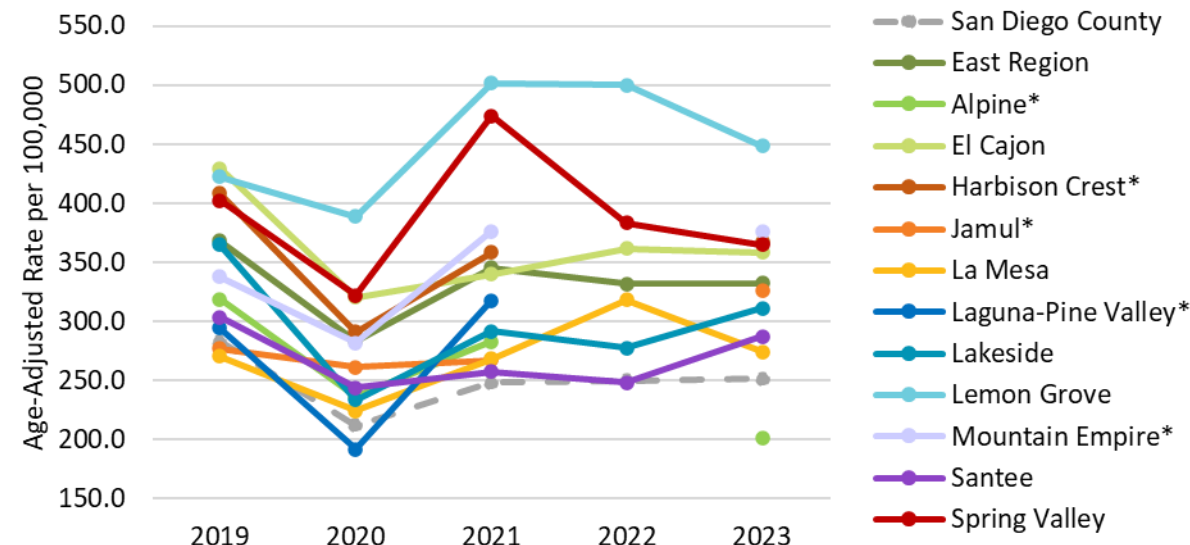
## ED Discharge Rates, 2019-2023

Age-Adjusted Emergency Department (ED) Discharge Rates due to Overall Heart Disease in East Region by Subregional Area (SRA), San Diego County, 2019-2023



The age-adjusted ED discharge rate due to **overall heart disease** was **higher** in East Region than in the county overall every year from 2019-2023. Among East Region SRAs, **Alpine** had the highest increase in the age-adjusted ED discharge rate due to overall heart disease from 2019-2023 (+12%).

Age-Adjusted Emergency Department (ED) Discharge Rates due to Overall Hypertensive Diseases in East Region by Subregional Area (SRA), San Diego County, 2019-2023



The age-adjusted ED discharge rates due to **overall hypertensive diseases** decreased in **East Region** and its SRAs, except Jamul, La Mesa, Lemon Grove, and Mountain Empire, from 2019-2023. Among East Region SRAs, **Jamul** had the highest increase in the age-adjusted ED discharge rate due to overall hypertensive diseases from 2019-2023 (+18%).

\*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2019-2023. SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 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, May 2025.



# Non-Communicable (Chronic) Diseases

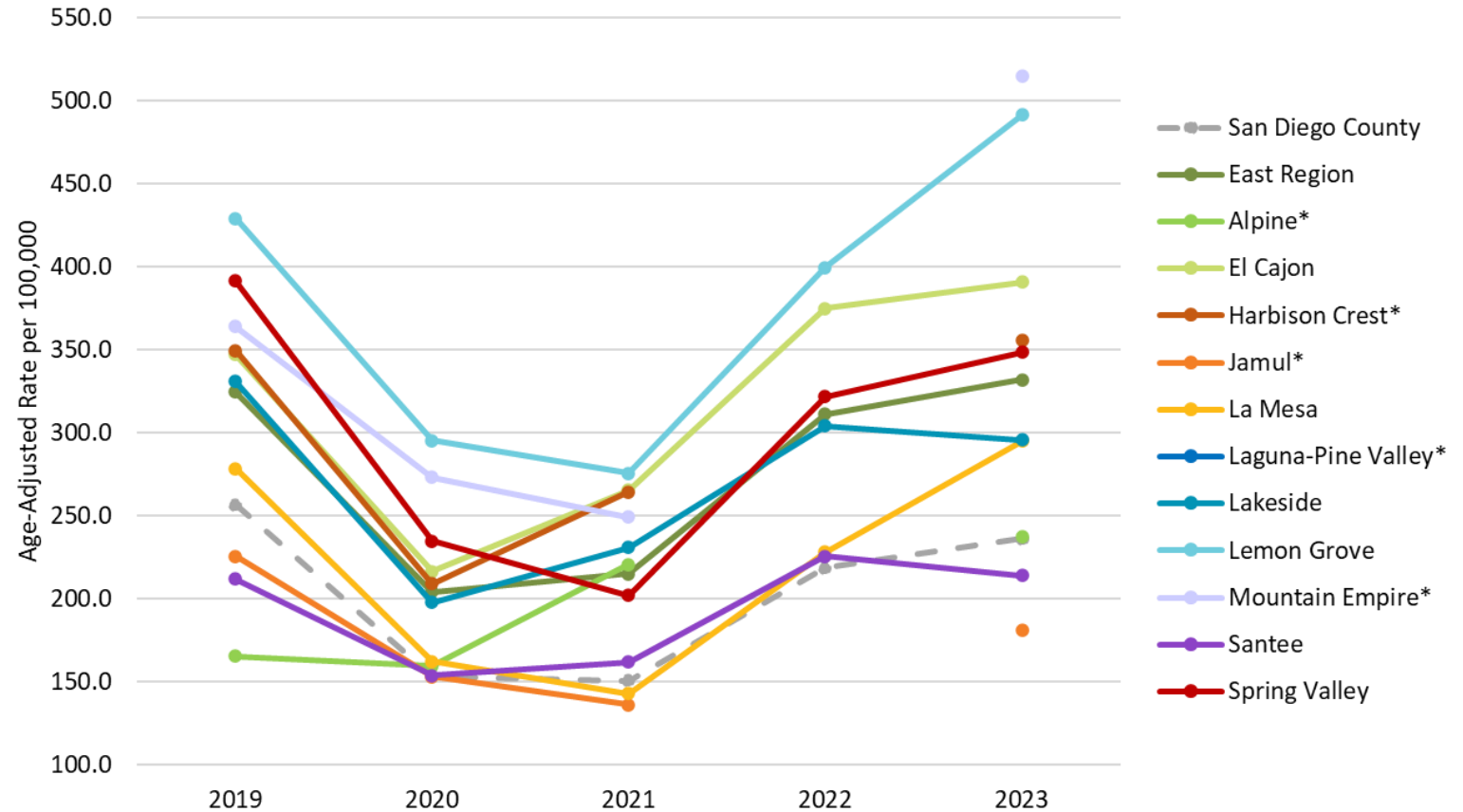


## ED Discharge Rates, 2019-2023

The age-adjusted ED discharge rate due to **asthma** was **higher** in East Region than in the county overall every year from 2019-2023.

Overall, the age-adjusted ED discharge rates due to asthma **increased** in **East Region and its SRAs**, except Jamul, Lakeside, and Spring Valley, from 2019-2023.

Age-Adjusted Emergency Department (ED) Discharge Rates due to Asthma in East Region by Subregional Area (SRA), San Diego County, 2019-2023



\*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2019-2023. SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 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, May 2025.



# Alzheimer's Disease and Non-Alzheimer's Dementia



COUNTY OF SAN DIEGO  
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LIVE WELL  
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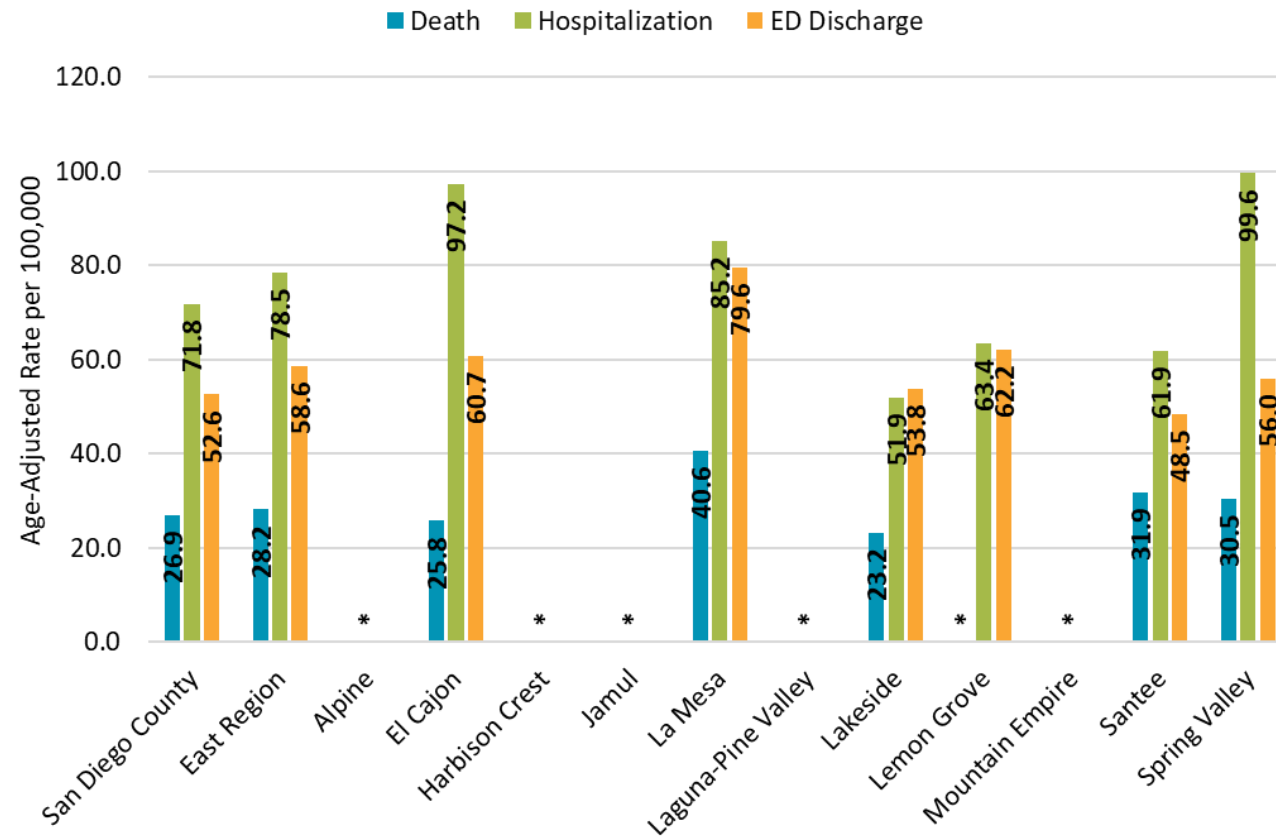




# Alzheimer's Disease: Mortality and Morbidity



Age-Adjusted Death, Hospitalization, and Emergency Department (ED) Discharge Rates due to Alzheimer's Disease in East Region and Subregional Areas (SRAs), San Diego County, 2023



In 2023, East Region had **higher age-adjusted death and ED discharge rates** due to Alzheimer's Disease than the county overall.

- Within East Region, **La Mesa SRA** had the highest age-adjusted death and ED discharge rates due to Alzheimer's Disease.

The **age-adjusted hospitalization rate** due to Alzheimer's disease was **higher** in East Region than in San Diego County overall in 2023.

- Among East Region SRAs, **Spring Valley** had the highest age-adjusted death rate due to Alzheimer's Disease.

\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Public Health, 2023 California Vital Records Business Intelligence System (VRBIS). California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge and Patient Discharge Database, 2023. SANDAG Population Estimates, 2023 (v1/2025). 2023 estimates were derived from the 2020 decennial census. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

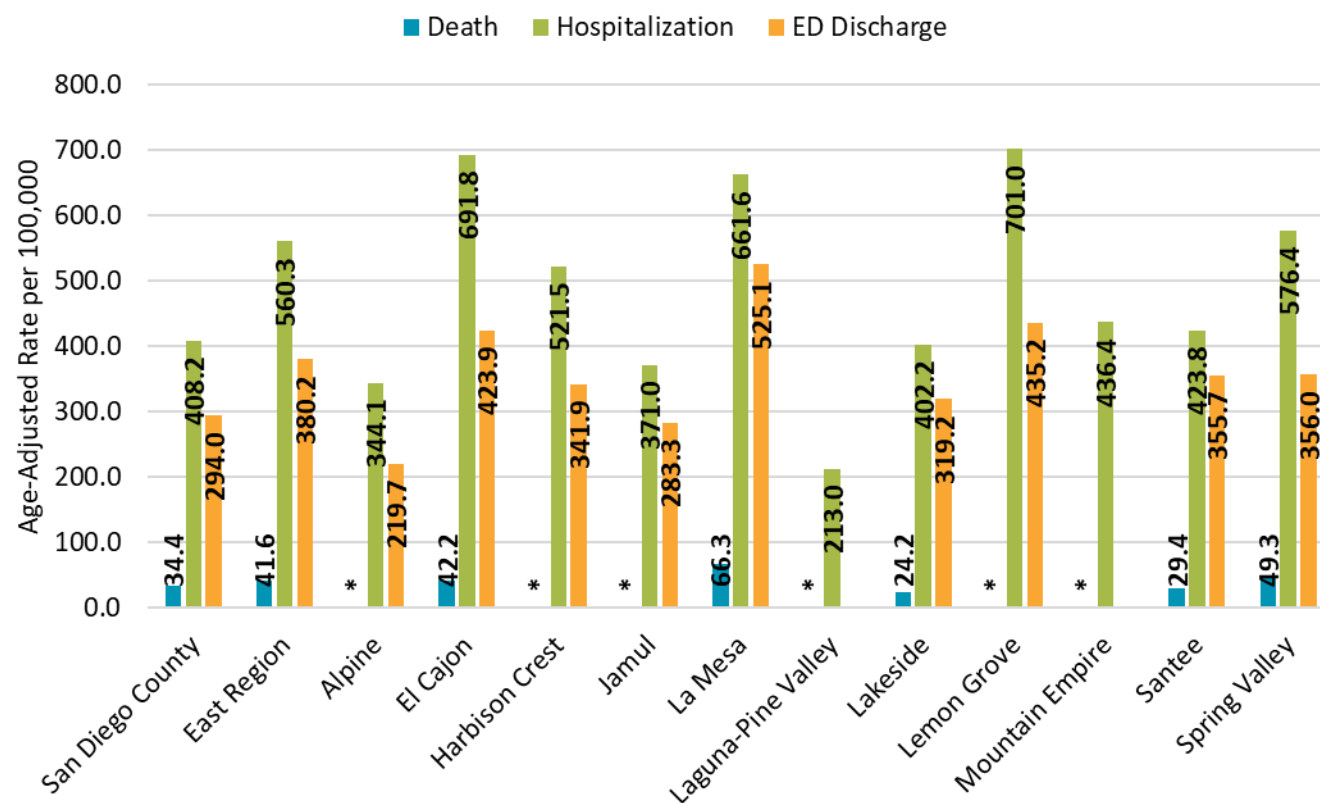
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.



# Non-Alzheimer's Dementia: Mortality and Morbidity



Age-Adjusted Death, Hospitalization, and Emergency Department (ED) Discharge Rates due to Non-Alzheimer's Dementia in East Region and Subregional Areas (SRAs), San Diego County, 2023



In 2023, East Region had **higher age-adjusted death and ED discharge rates** due to Non-Alzheimer's Dementia than the county overall.

- Within East Region, **La Mesa SRA** had the highest age-adjusted death and ED discharge rates due to Non-Alzheimer's Dementia.

The **age-adjusted hospitalization rate** due to Non-Alzheimer's Dementia was **higher** in East Region than in San Diego County overall in 2023.

- Among East Region SRAs, **Lemon Grove** had the highest age-adjusted hospitalization rate due to Non-Alzheimer's Dementia.

\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Public Health, 2023 California Vital Records Business Intelligence System (VRBIS). California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge and Patient Discharge Database, 2023. SANDAG Population Estimates, 2023 (v1/2025). 2023 estimates were derived from the 2020 decennial census. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

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

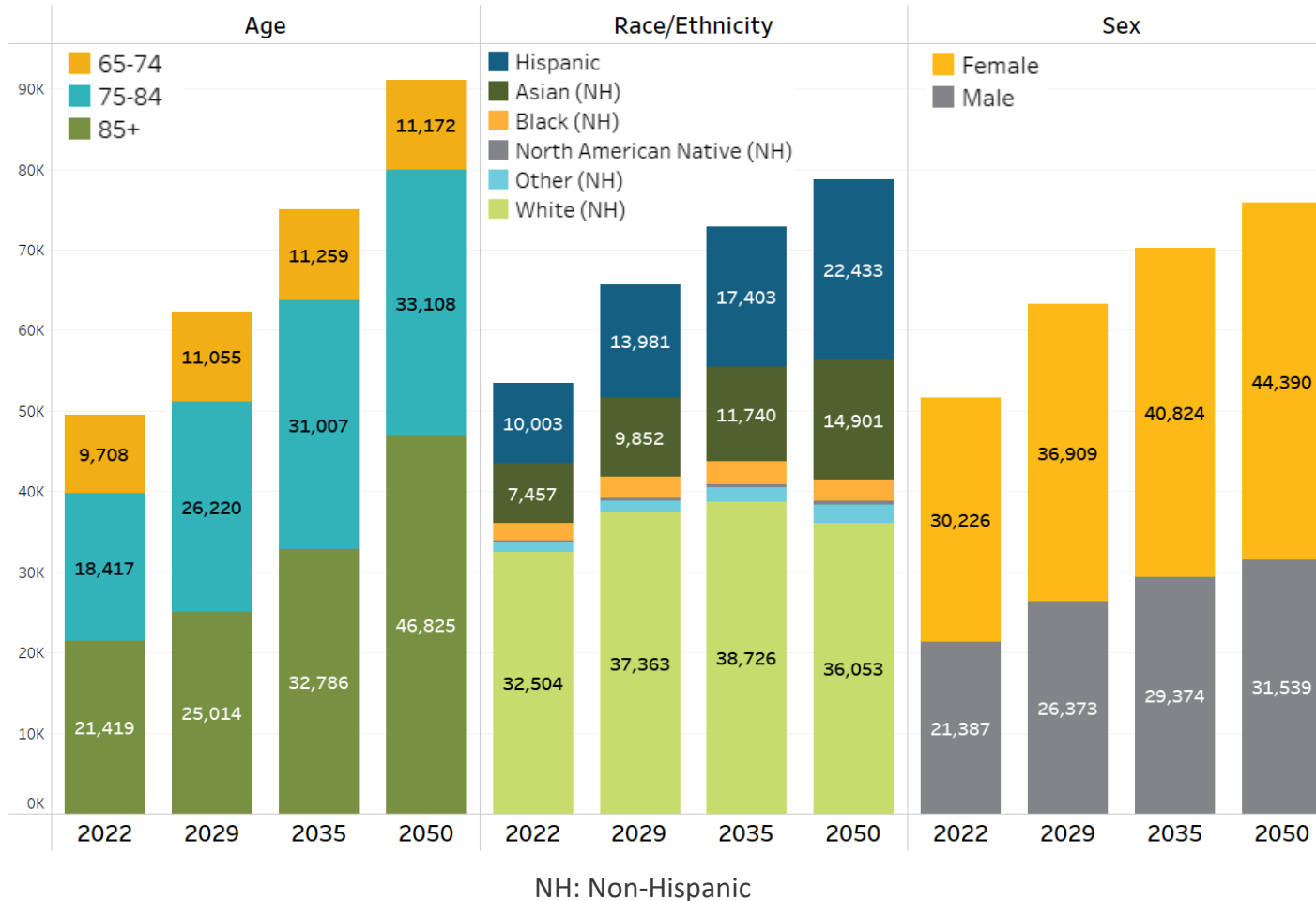


# Alzheimer's Disease and Non-Alzheimer's Dementia Prevalence



## Forecasted Prevalence of Alzheimer's Disease and Non-Alzheimer's Dementia

Among San Diego County Residents Ages 65+, 2022-2050



- An estimated **49,500 to 53,500** individuals aged 65 and older were living with Alzheimer's disease or non-Alzheimer's dementia in San Diego County in 2022.
- Alzheimer's disease and non-Alzheimer's dementia are more prevalent as individuals age and are most common among non-Hispanic White and female residents.
- **By 2050**, there could be **76,000 to 91,000** individuals in the county living with Alzheimer's disease or non-Alzheimer's dementia.



# Unpaid Caregivers



In 2022, there were an estimated

**94,500 to 102,000**  
**unpaid caregivers**

of people with Alzheimer's disease or non-Alzheimer's dementia in San Diego County.

Unpaid caregivers play a critical role in supporting people with Alzheimer's disease and non-Alzheimer's dementia. Often being family members or friends, caregivers juggle caregiving with careers and other responsibilities, leading to stress, burnout, and financial strain.

Providing caregivers with resources and support services helps their well-being and strengthens their ability to provide quality care.

**128.3 to 138.6 million**  
hours of unpaid care

Valued at  
**\$3.0 to \$3.3 billion**



# Dementia Resources



## Community members

- Dementia Friends sessions
- Dementia Friendly Activities Toolkit
- Caregiver Handbook

## Healthcare providers

- Physician Guidelines
- On-Demand CME Webinars

## Service providers

- Sector guides and trainings





# Get Connected



## Dementia & Brain Health Team

- 3<sup>rd</sup> Tuesday of every other month, 10:30am – 12:00pm
- 2025 meetings: 5/20, 7/15, 9/16, 11/18
- Lead: [Rachel.Lehnert@sdcounty.ca.gov](mailto:Rachel.Lehnert@sdcounty.ca.gov)

## Helpful links:

<https://championsforhealth.org/alzheimers>

<https://www.livewellsd.org/dementia>

<https://www.sdalzheimersproject.org>

<https://www.sandiegoimperialgwep.com>



# Communicable Disease



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN SERVICES AGENCY



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# Communicable Diseases



## Leading Causes of Death

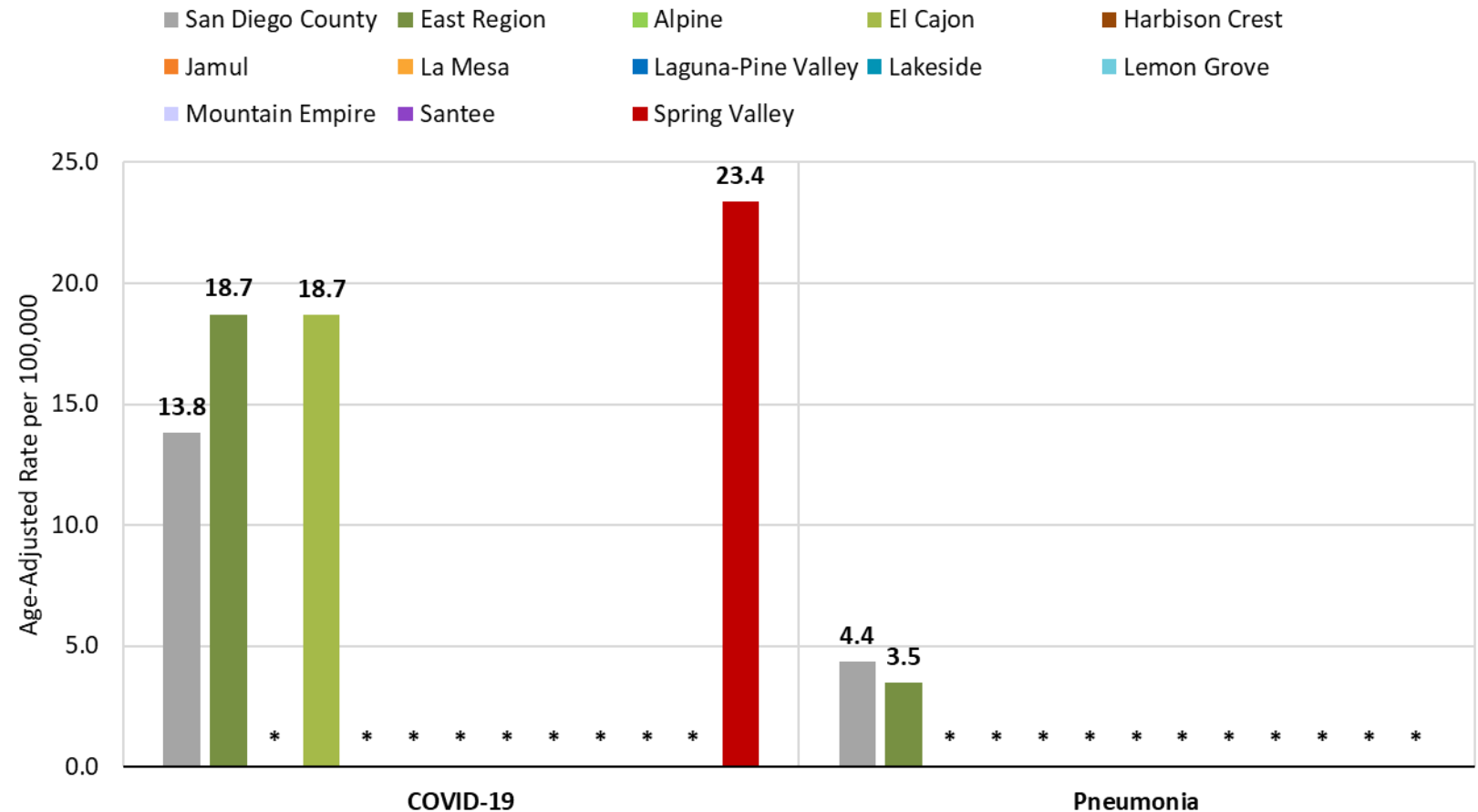
- COVID-19
- Pneumonia

In 2023, the age-adjusted death rate due to **COVID-19** 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 **COVID-19** in 2023.

In 2023, the age-adjusted death rate due to **pneumonia** in East Region was **lower** compared to the county overall.

Age-Adjusted Death Rates for Leading Communicable (Infectious) Diseases in East Region and Subregional Areas (SRAs), San Diego County, 2023



\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Public Health, 2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2023 (v1/2025). 2023 estimates were derived from the 2020 decennial census. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

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

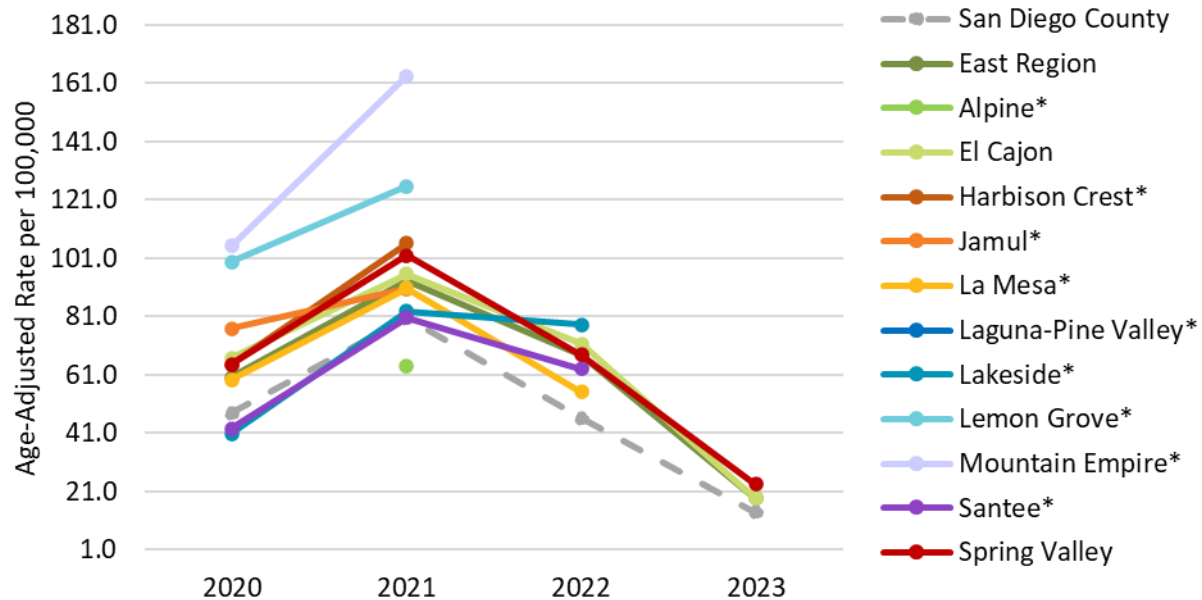


# Communicable Diseases



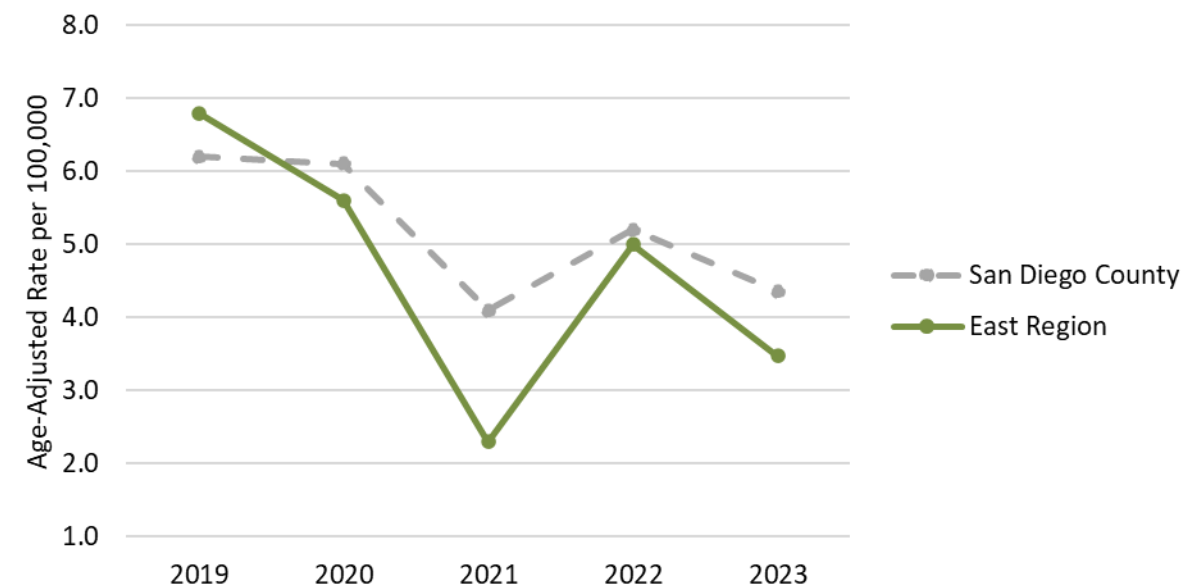
## Death Rates, 2019-2023

Age-Adjusted Death Rates due to COVID-19 in East Region, San Diego County, 2020-2023



The age-adjusted death rates due to **COVID-19 decreased in East Region and its SRAs** from 2020-2023. The age-adjusted death rates due to COVID-19 were **higher** in East Region than in the overall county from 2020-2023.

Age-Adjusted Death Rates due to Pneumonia in East Region, San Diego County, 2019-2023



From 2019-2023, the age-adjusted death rate due to **pneumonia** in East Region **decreased by 49%**. East Region had **lower** death rates due to pneumonia compared to the overall county from 2020-2023.

\*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Public Health, 2019-2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 estimates were derived from the 2020 decennial census. For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.



# Communicable Diseases



LIVE WELL  
SAN DIEGO

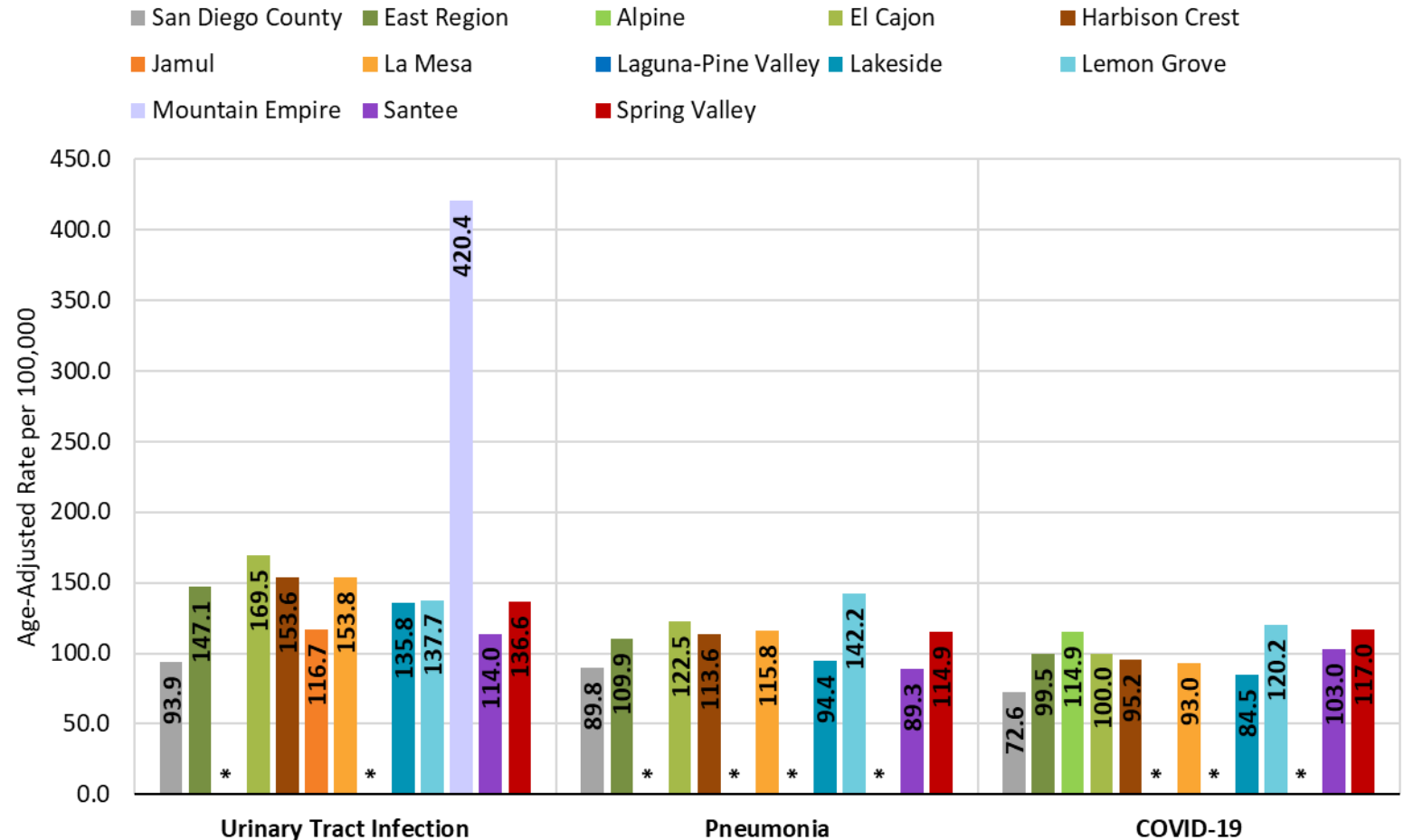
## Leading Causes of Hospitalization

- Urinary Tract Infection
- Pneumonia
- COVID-19

In 2023, the age-adjusted hospitalization rates due to **urinary tract infection**, **pneumonia**, and **COVID-19** in East Region were higher compared to the county overall.

Among East Region SRAs, **Mountain Empire** had the highest age-adjusted hospitalization rate due to **urinary tract infection**, while **Lemon Grove** had the highest age-adjusted hospitalization rates due to **pneumonia** and **COVID-19** in 2023.

## Age-Adjusted Hospitalization Rates for Leading Communicable (Infectious) Diseases in East Region and Subregional Areas (SRAs), San Diego County, 2023



\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Patient Discharge Database, 2023. SANDAG Population Estimates, 2023 (v1/2025). 2023 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, May 2025.

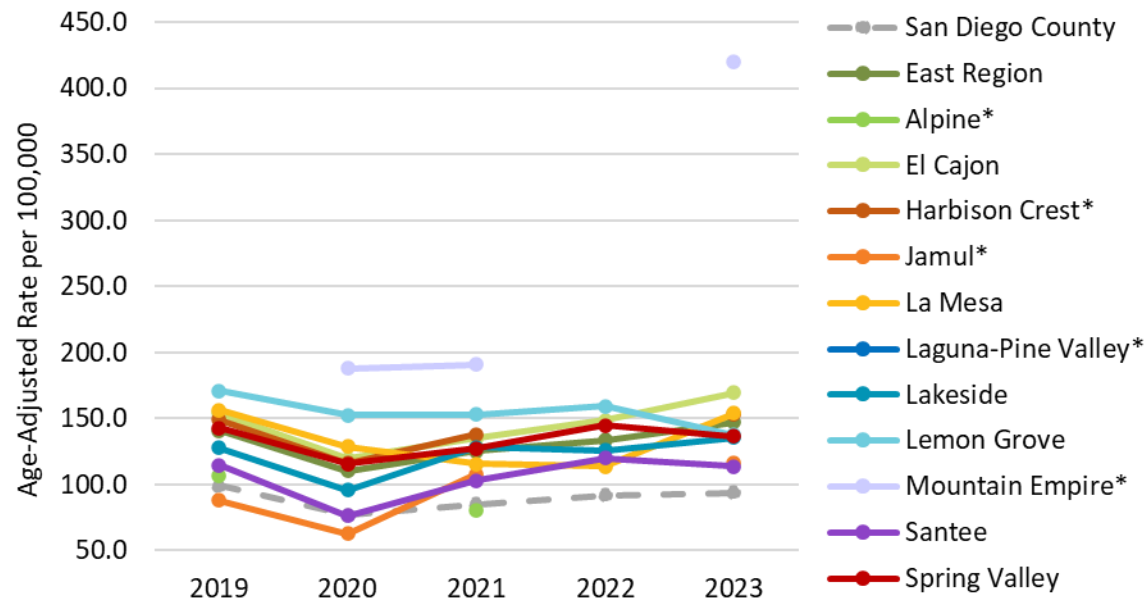


# Communicable Diseases

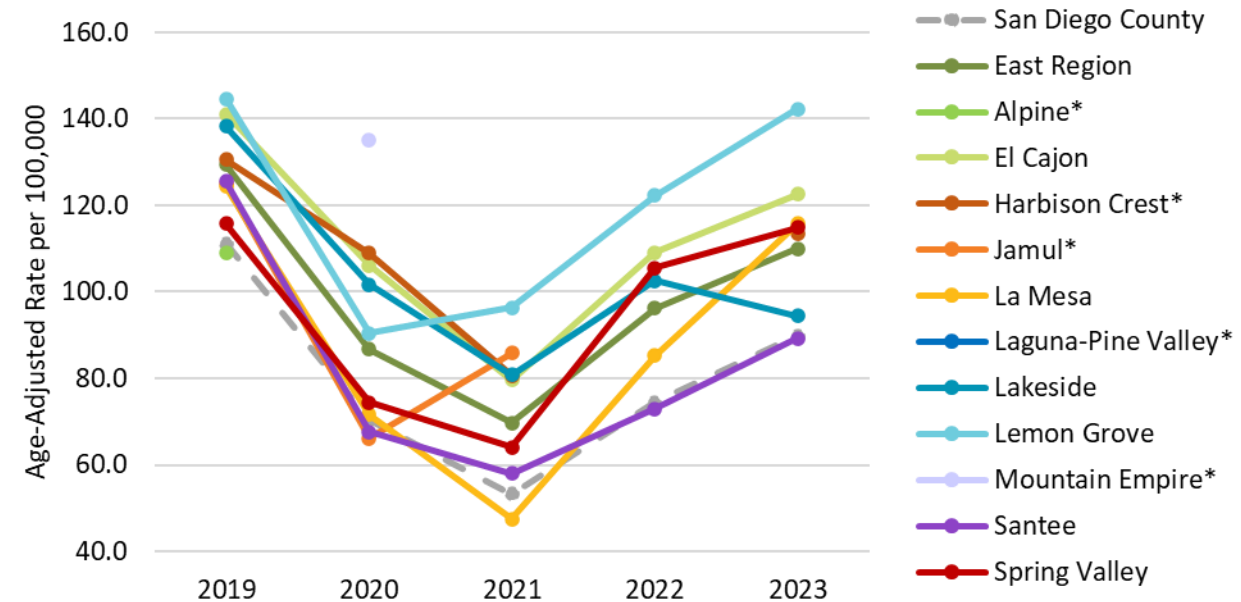


## Hospitalization Rates, 2019-2023

Age-Adjusted Hospitalization Rates due to Urinary Tract Infection in East Region, San Diego County, 2019-2023



Age-Adjusted Hospitalization Rates due to Pneumonia in East Region, San Diego County, 2019-2023



The age-adjusted hospitalization rates due to **urinary tract infection** were **higher** in East Region than in the overall county from 2019-2023. Among East Region SRAs, **Jamul** had the highest increase in the age-adjusted hospitalization rate due to urinary tract infection from 2019-2023 (+32%).

From 2019-2023, the age-adjusted hospitalization rates due to **pneumonia decreased** in **East Region and its SRAs**. East Region had **higher** hospitalization rates due to pneumonia compared to the overall county from 2019-2023.

\*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Patient Discharge Database, 2019-2023. SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 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, May 2025.



# Communicable Diseases



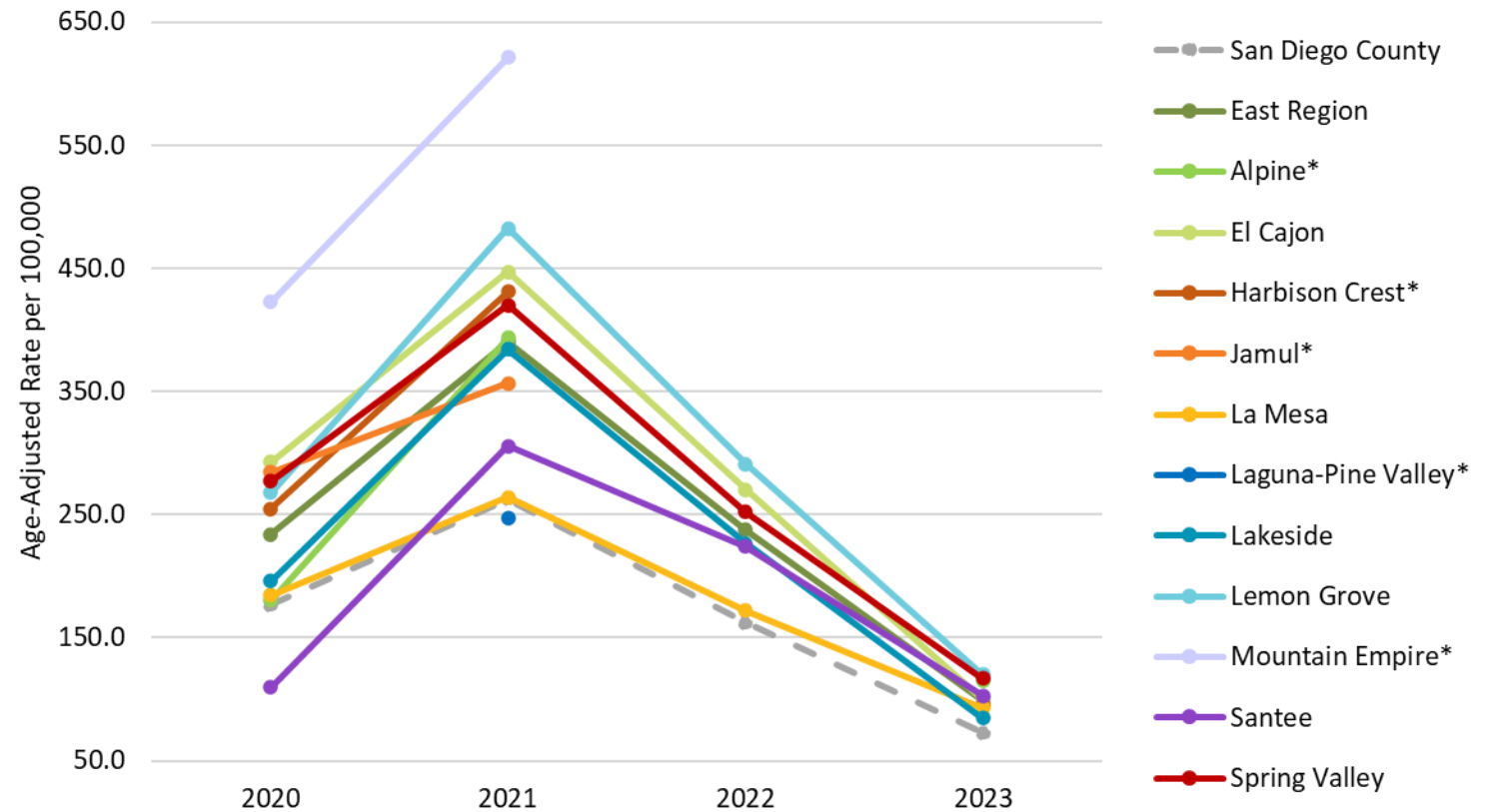
## Hospitalization Rates, 2020-2023

The age-adjusted hospitalization rate due to **COVID-19** was **higher** in East Region than in the county overall every year from 2020-2023.

Overall, the age-adjusted hospitalization rates due to COVID-19 **decreased** in **East Region and its SRAs**, from 2020-2023.

Among East Region SRAs, **El Cajon SRA** had the highest decrease in the age-adjusted hospitalization rate due to COVID-19 from 2020-2023 (-66%).

Age-Adjusted Hospitalization Rates due to COVID-19 in East Region, San Diego County, 2020-2023



\*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Patient Discharge Database, 2020-2023. SANDAG Population Estimates, 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 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, May 2025.



# Communicable Diseases



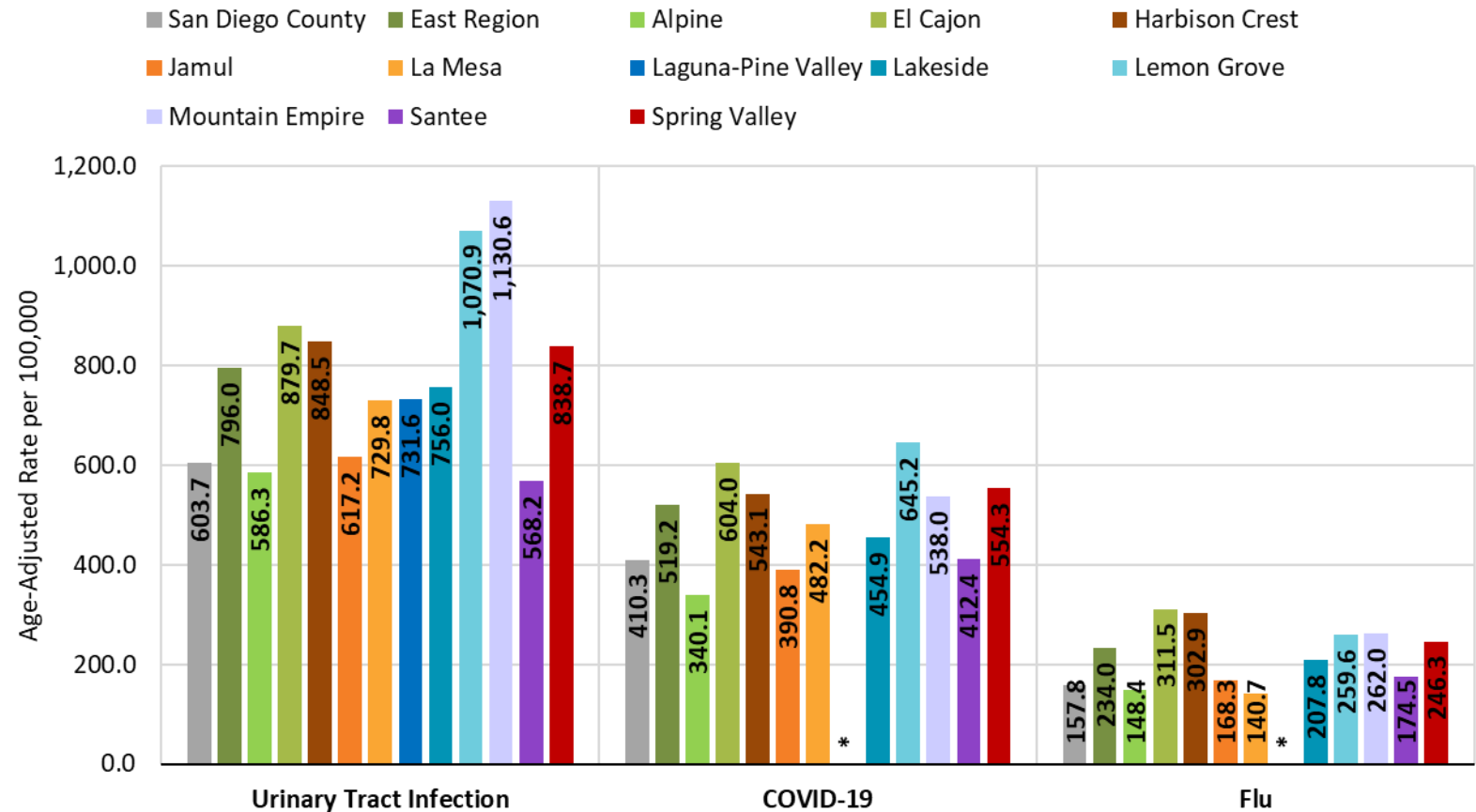
## Leading Causes of ED Discharge

- Urinary Tract Infection
- COVID-19
- Flu

In 2023, the age-adjusted ED discharge rates due to **urinary tract infection**, **COVID-19**, and **flu** in East Region were higher compared to the county overall.

Among East Region SRAs, **Mountain Empire** had the highest age-adjusted ED discharge rates due to **urinary tract infection** and **flu**, while **Lemon Grove** had the highest age-adjusted ED discharge rate due to **COVID-19** in 2023.

**Age-Adjusted Emergency Department (ED) Discharge Rates for Leading Communicable (Infectious) Diseases in East Region and Subregional Areas (SRAs), San Diego County, 2023**



\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2023. SANDAG Population Estimates, 2023 (v1/2025). 2023 estimates were derived from the 2020 decennial census.

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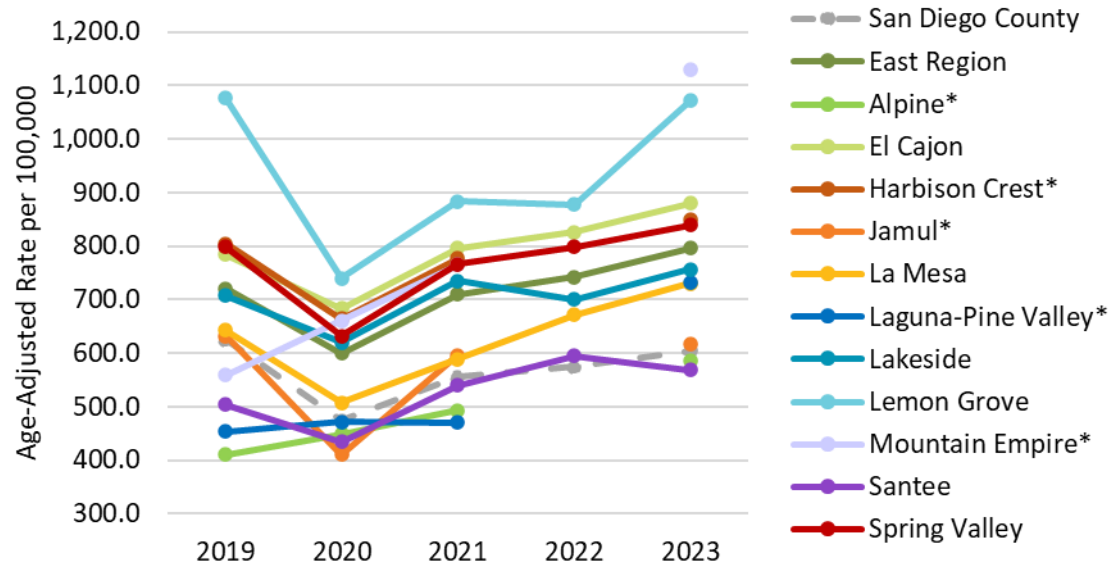


# Communicable Diseases



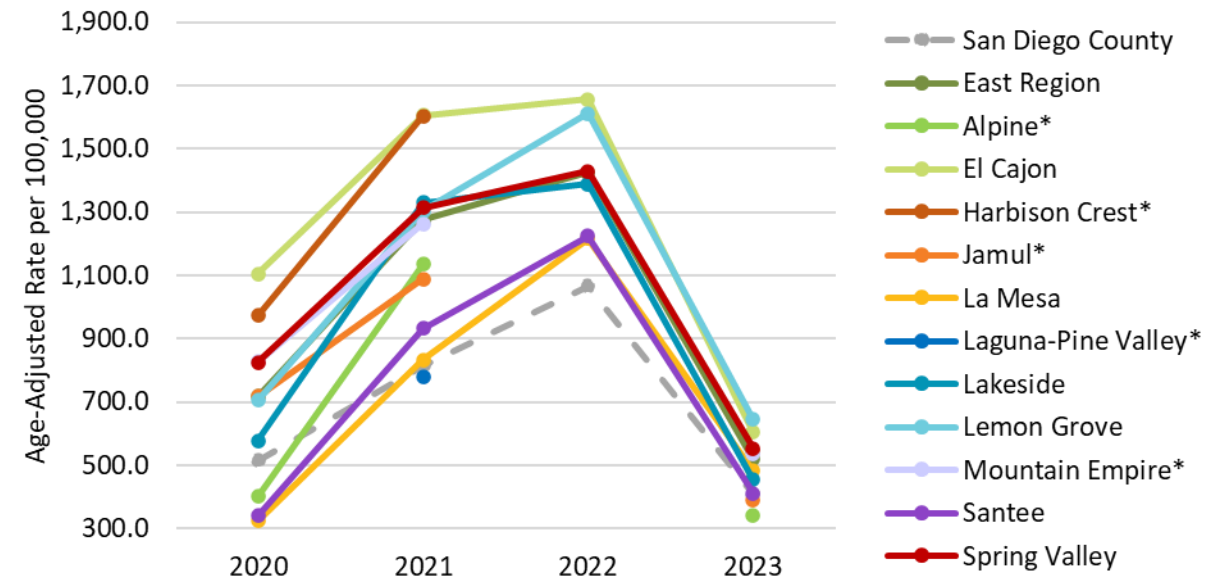
## ED Discharge Rates, 2019-2023

Age-Adjusted Emergency Department (ED) Discharge Rates  
due to Urinary Tract Infection in East Region,  
San Diego County, 2019-2023



The age-adjusted ED discharge rates due to **urinary tract infection increased in East Region and its SRAs**, except Jamul and Lemon Grove, from 2019-2023. Among East Region SRAs, **Mountain Empire** had the highest increase in the age-adjusted ED discharge rate due to urinary tract infection from 2019-2023 (+102%).

Age-Adjusted Emergency Department (ED) Discharge Rates  
due to COVID-19 in East Region, San Diego County, 2020-2023



From 2020-2023, the age-adjusted ED discharge rates due to **COVID-19 decreased in East Region and its SRAs**, except La Mesa and Santee. East Region had **higher** ED discharge rates due to COVID-19 compared to the overall county from 2020-2023.

\*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2019-2023. SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 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, May 2025.



# Communicable Diseases

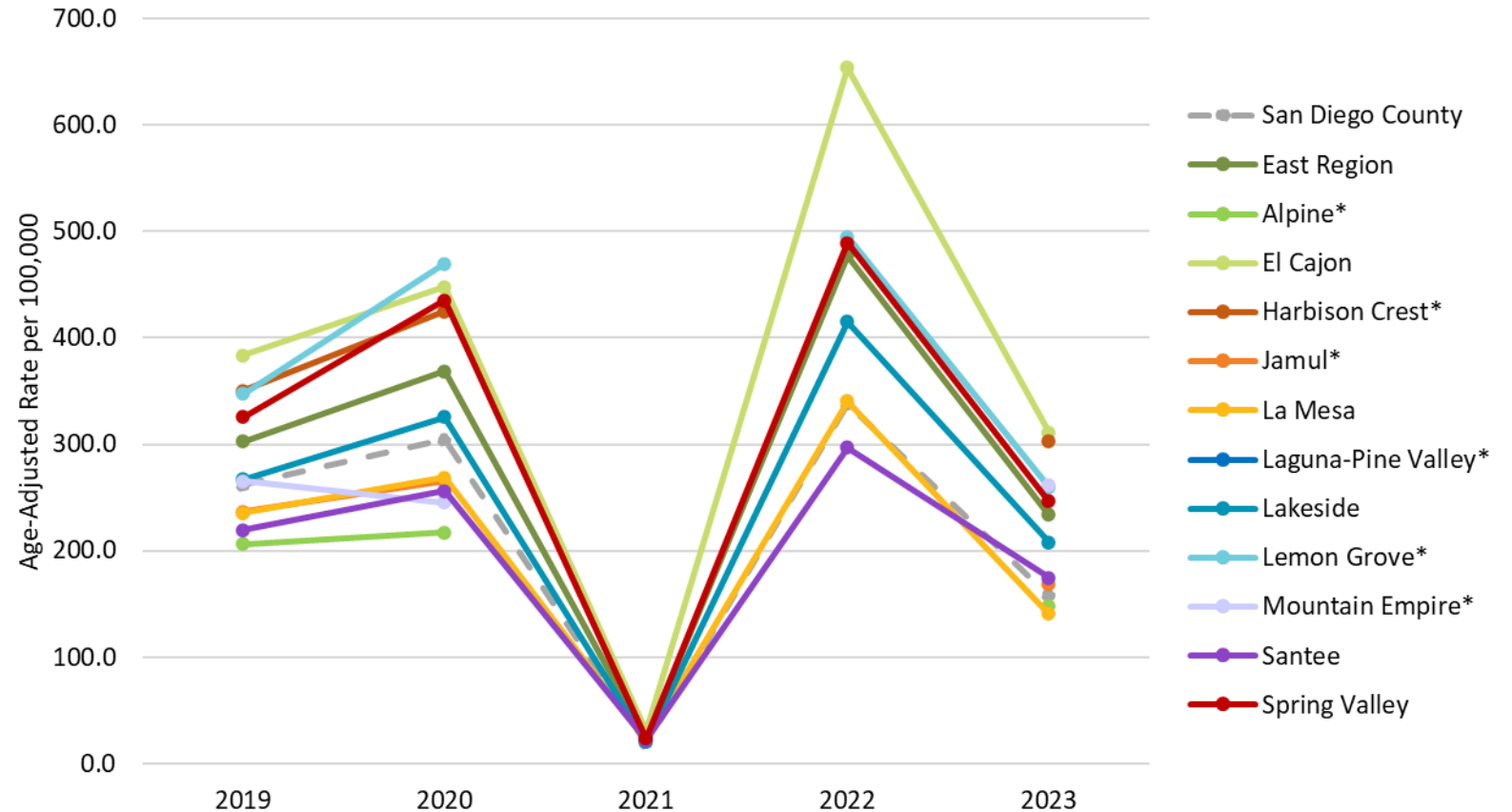


## ED Discharge Rates, 2019-2023

The age-adjusted ED discharge rates due to **flu** were **higher** in East Region than in the county overall every year from 2019-2023.

Overall, the age-adjusted ED discharge rates due to flu **decreased** in **East Region and its SRAs**, from 2019-2023.

Age-Adjusted Emergency Department (ED) Discharge Rates due to Flu in East Region, San Diego County, 2019-2023



\*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2019-2023. SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 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, May 2025.



# Injury Outcomes



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN SERVICES AGENCY



LIVE WELL  
SAN DIEGO





# Injury Outcomes



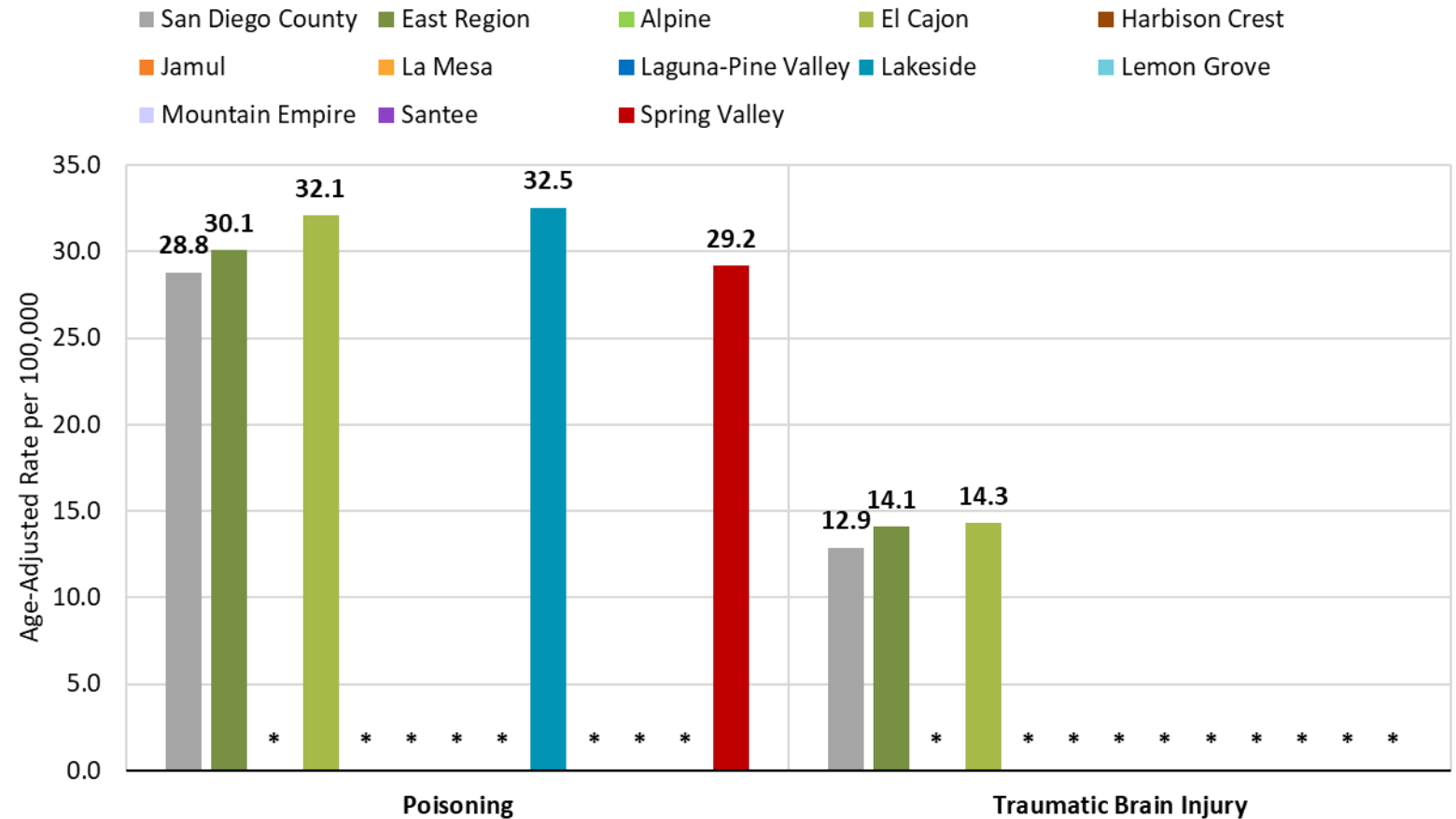
## Leading Causes of Death

- Poisoning
- Traumatic Brain Injury

In 2023, the age-adjusted death rates due to **poisoning** and **traumatic brain injury** in East Region were higher compared to the county overall.

- Among East Region SRAs, **Lakeside** had the highest age-adjusted death rate due to **poisoning**, while **El Cajon** had the highest age-adjusted death rate due to **traumatic brain injury** in 2023.

Age-Adjusted Death Rates for Leading Injury Indicators in East Region and Subregional Areas (SRAs), San Diego County, 2023



\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Public Health, 2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2023 (v1/2025). 2023 estimates were derived from the 2020 decennial census. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

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

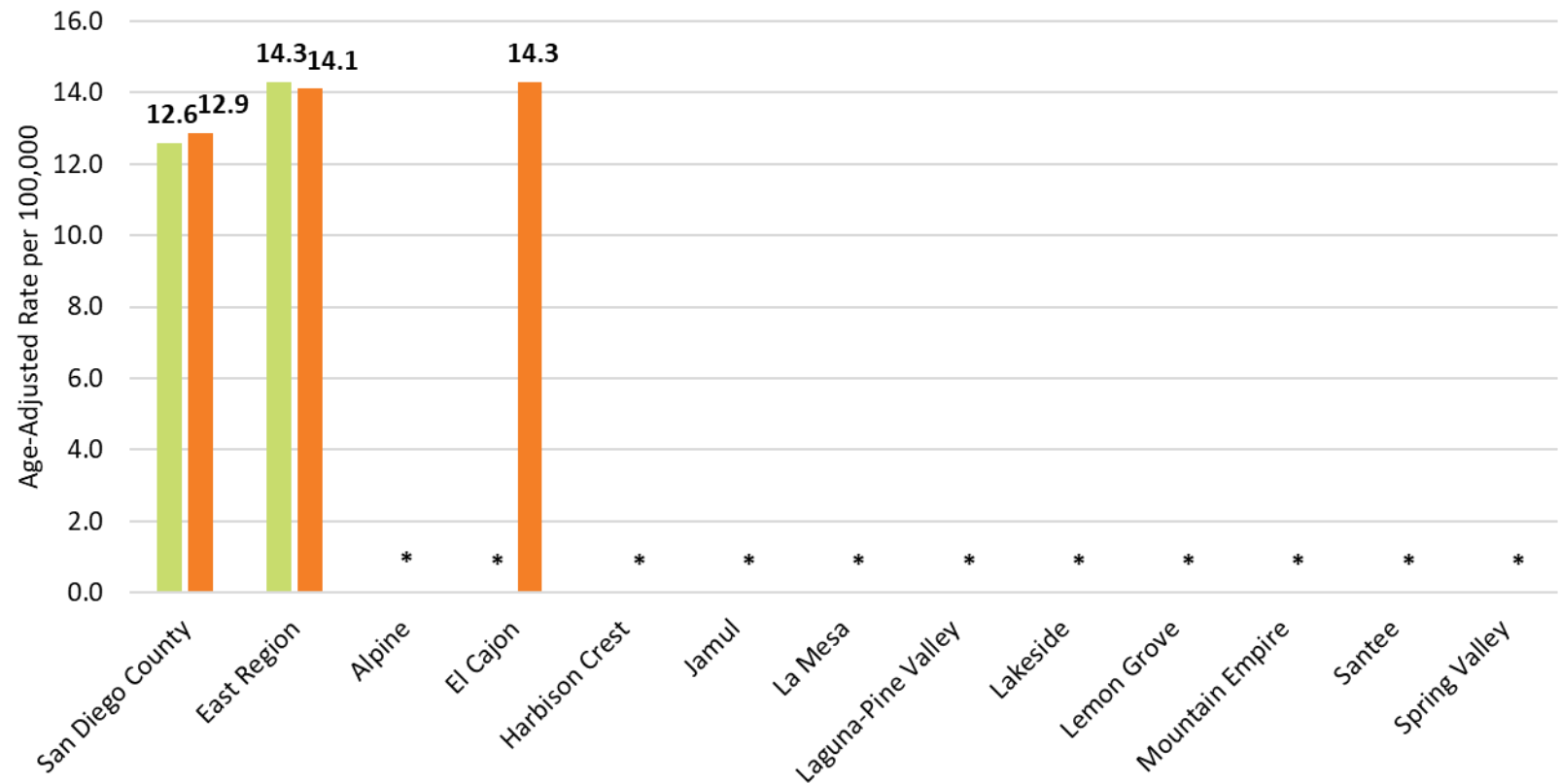


# Injury Outcomes



Age-Adjusted Death Rates due to Traumatic Brain Injury in East Region by Subregional Area (SRA), San Diego County, 2022-2023

2022 2023



## Death Rates, 2022-2023

The age-adjusted death rates due to **traumatic brain injury** were **higher** in East Region than in the county overall from 2022-2023.

Overall, the age-adjusted death rate due to **traumatic brain injury** **remained stable** in East Region from 2022-2023.

\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Public Health, 2022-2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2022 (v11/2023), 2023 (v1/2025). 2022-2023 estimates were derived from the 2020 decennial census. For data year 2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

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



# Injury Outcomes



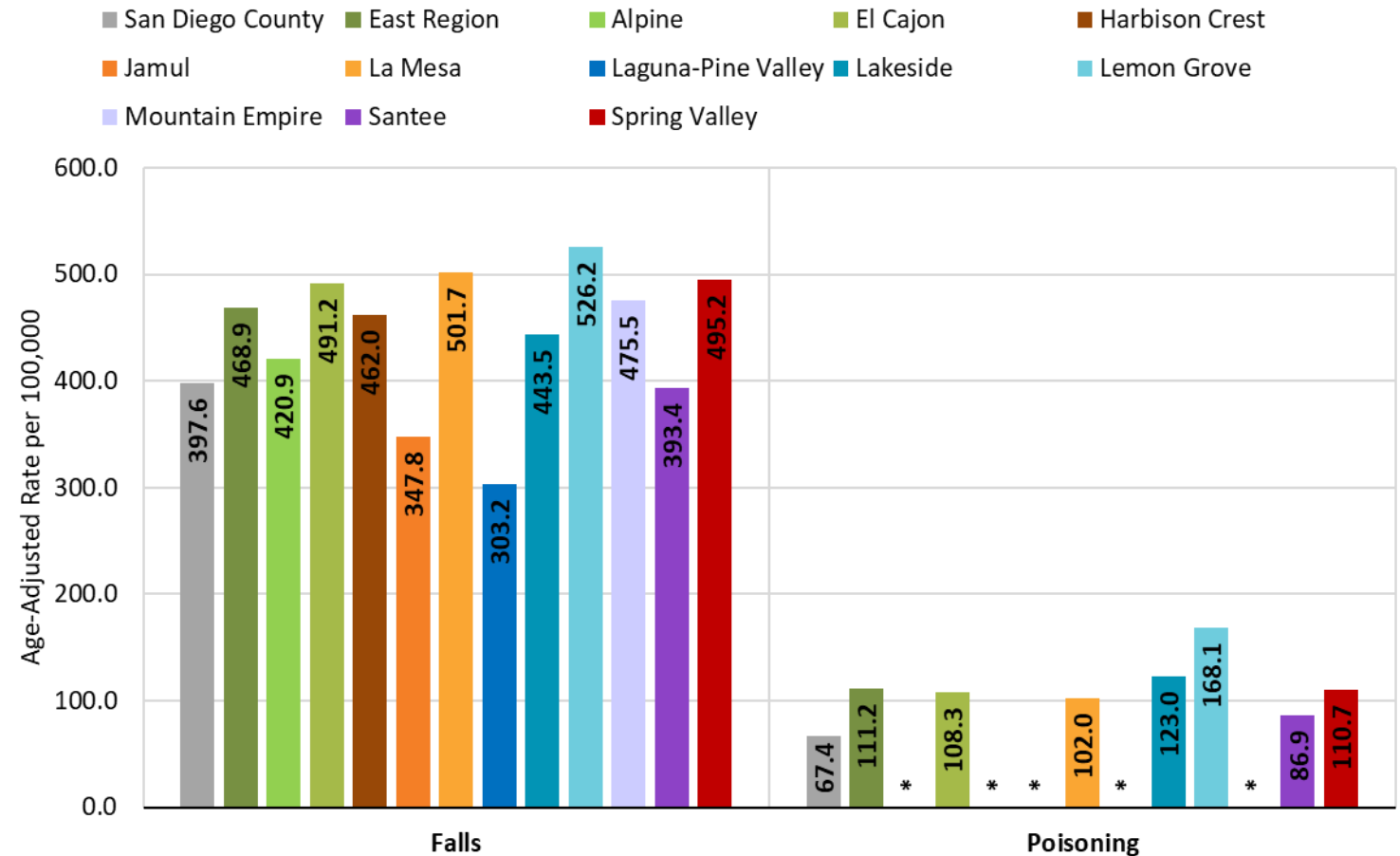
## Leading Causes of Hospitalization

- Falls
- Poisoning

In 2023, 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 rates due to **falls** and **poisoning** in 2023.

Age-Adjusted Hospitalization Rates for Leading Injury Indicators in East Region and Subregional Areas (SRAs), San Diego County, 2023



\*Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Patient Discharge Database, 2023. SANDAG Population Estimates, 2023 (v1/2025). 2023 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, May 2025.

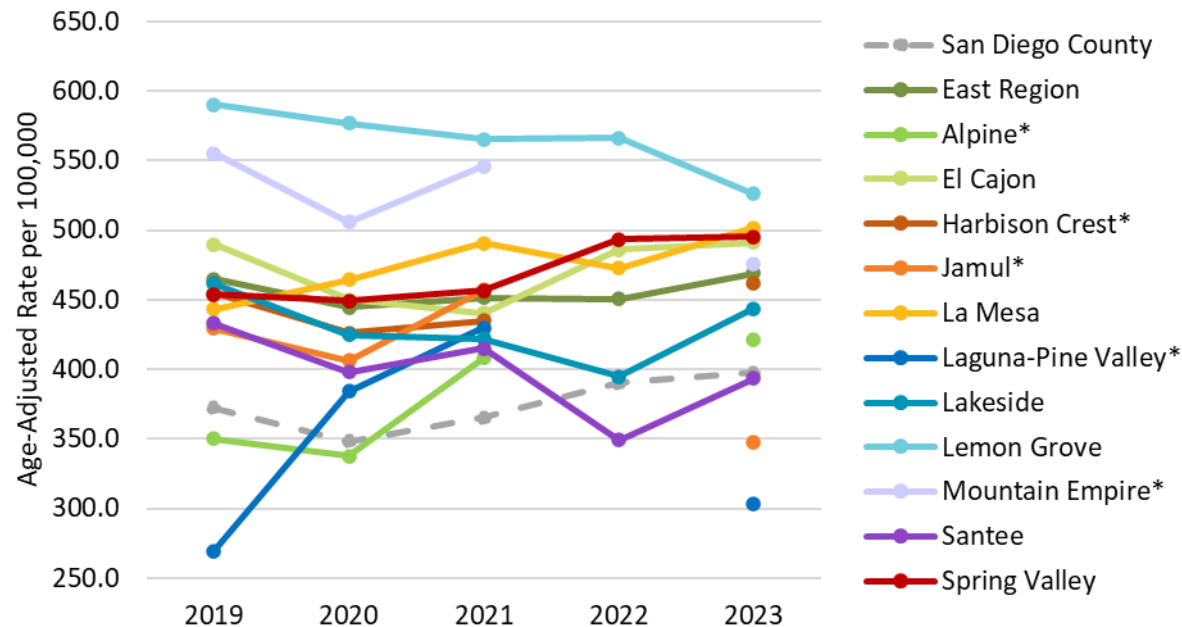


# Injury Outcomes



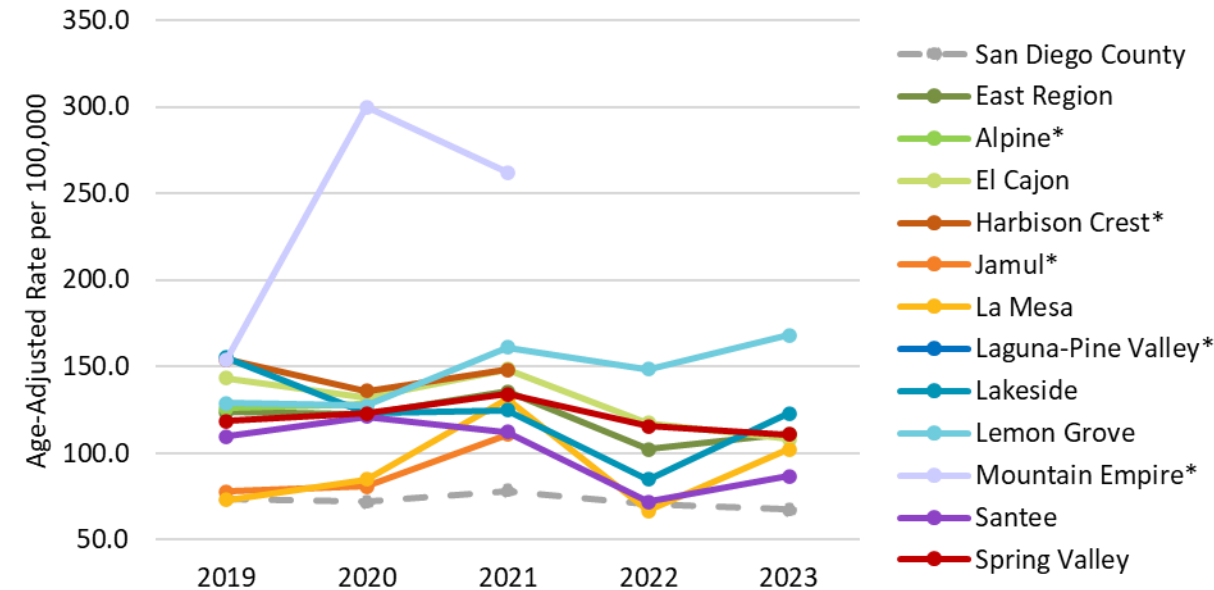
## Hospitalization Rates, 2019-2023

Age-Adjusted Hospitalization Rates due to Falls in East Region by Subregional Area (SRA), San Diego County, 2019-2023



East Region had **higher** hospitalization rates due to **falls** compared to the overall county from 2019-2023. Although **Lemon Grove SRA** had the highest age-adjusted hospitalization rate due to falls from 2019-2023, the age-adjusted hospitalization rate due to falls **decreased by 11%**.

Age-Adjusted Hospitalization Rates due to Poisoning in East Region by Subregional Area (SRA), San Diego County, 2019-2023



From 2019-2023, East Region had **higher** hospitalization rates due to **poisoning** compared to the overall county. Among East Region SRAs, **La Mesa** had the highest increase in the age-adjusted hospitalization rate due to poisoning from 2019-2023 (+40%).

\*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Patient Discharge Database, 2019-2023. SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 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, May 2025.



# Injury Outcomes



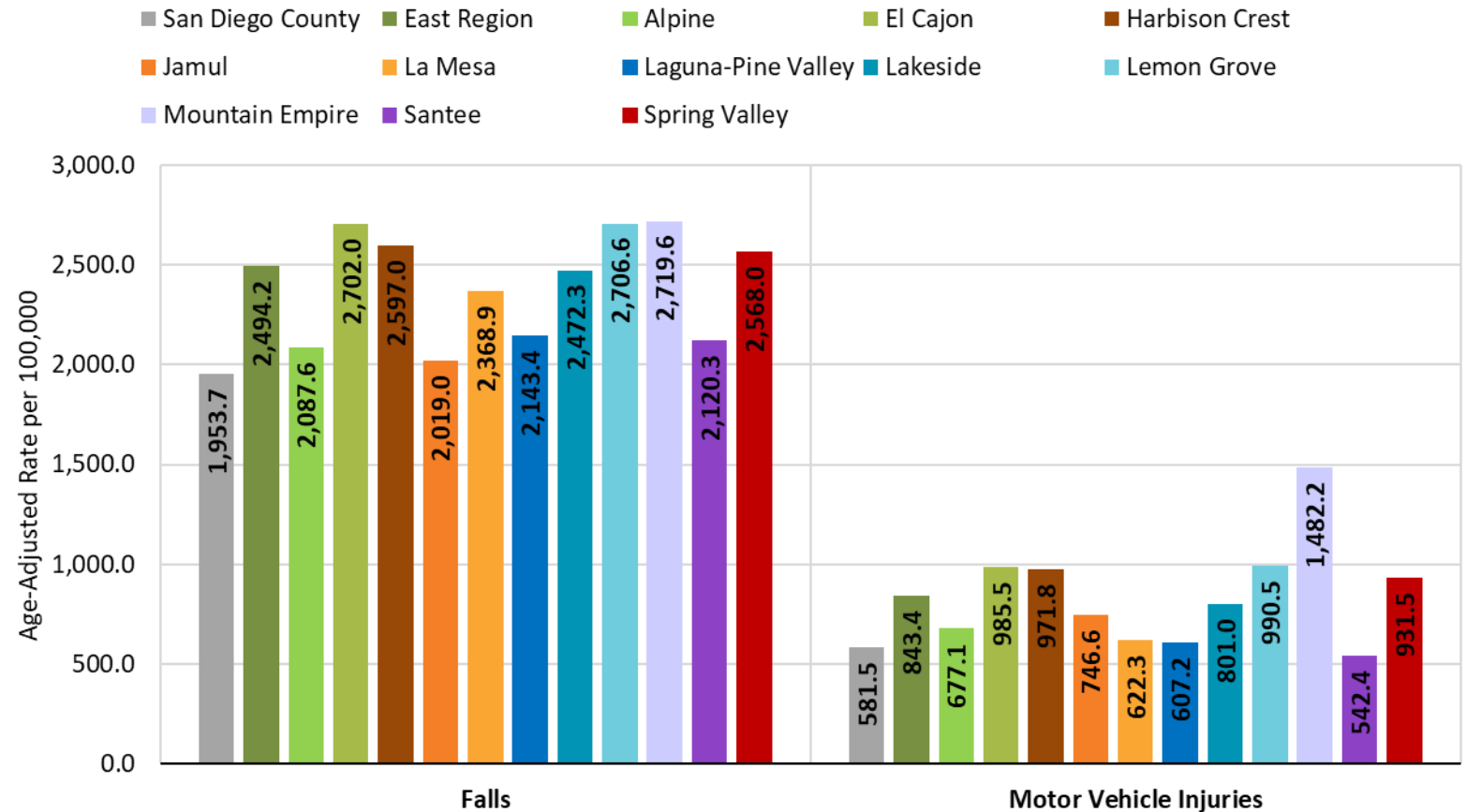
## Leading Causes of ED Discharge

- Falls
- Motor Vehicle Injuries

In 2023, 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 Regions SRAs, **Mountain Empire** had the highest age-adjusted ED discharge rates due to **falls and motor vehicle injuries** in 2023.

Age-Adjusted Emergency Department (ED) Discharge Rates for Leading Injury Indicators in East Region and Subregional Areas (SRAs), San Diego County, 2023



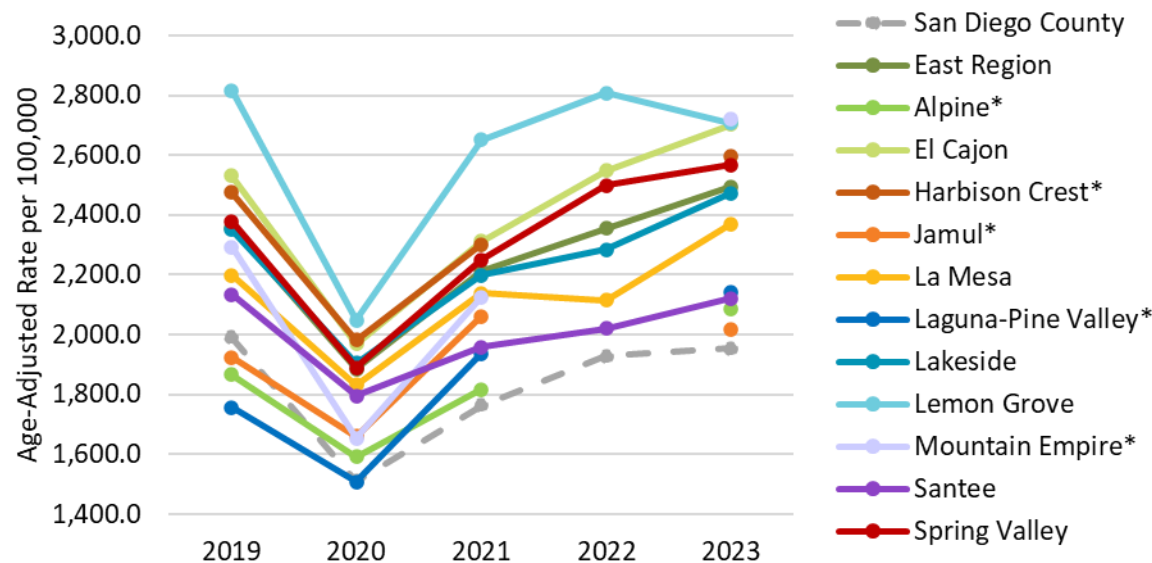


# Injury Outcomes



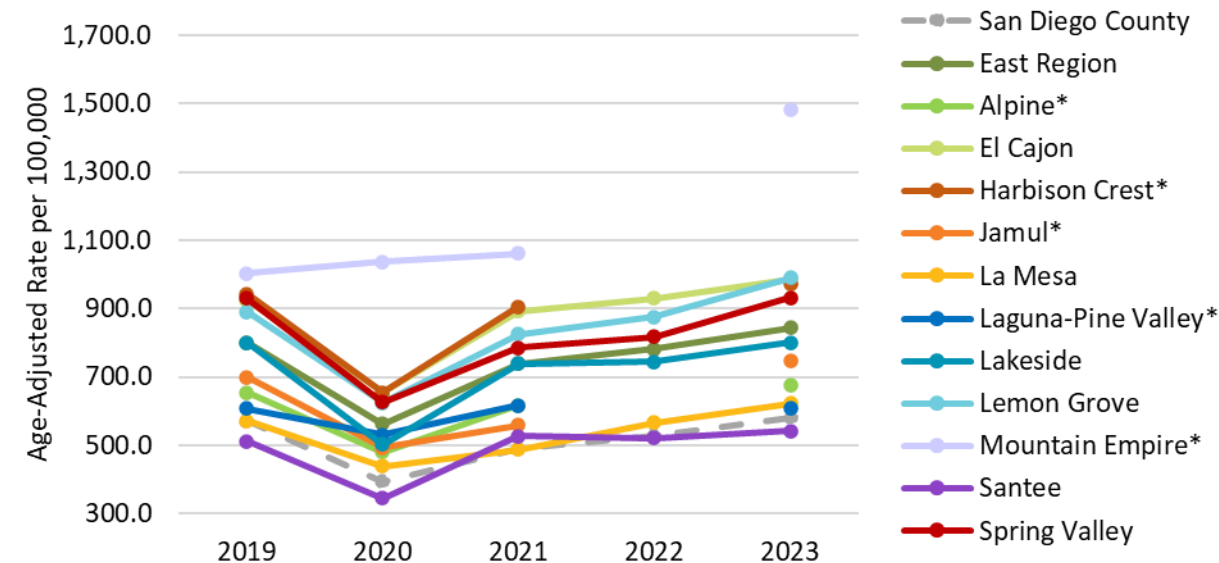
## ED Discharge Rates, 2019-2023

**Age-Adjusted Emergency Department (ED) Discharge Rates due to Falls in East Region by Subregional Area (SRA), San Diego County, 2019-2023**



The age-adjusted ED discharge rates due to **falls increased in East Region and its SRAs**, except Lemon Grove and Santee, from 2019-2023. Among East Region SRAs, **Laguna-Pine Valley** had the highest increase in the age-adjusted ED discharge rate due to falls from 2019-2023 (+22%).

**Age-Adjusted Emergency Department (ED) Discharge Rates due to Motor Vehicle Injuries in East Region by Subregional Area (SRA), San Diego County, 2019-2023**



The age-adjusted ED discharge rates due to **motor vehicle injuries increased in East Region and its SRAs**, except Laguna-Pine Valley, from 2019-2023. Among East Region SRAs, **Mountain Empire** had the highest increase in the age-adjusted ED discharge rate due to motor vehicle injuries from 2019-2023 (+48%).

\*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2019-2023. SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 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, May 2025.



# Summary



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN SERVICES AGENCY



LIVE WELL  
SAN DIEGO





# Key Takeaways



## In East Region...



**Higher educational attainment (bachelors degree and higher)** among East Region residents ages 25+ has **increased** from 2018 to 2023.



The percent of East Region residents who were living **below 200% FPL decreased** from 30.4% in 2018 to 26.8% in 2023.



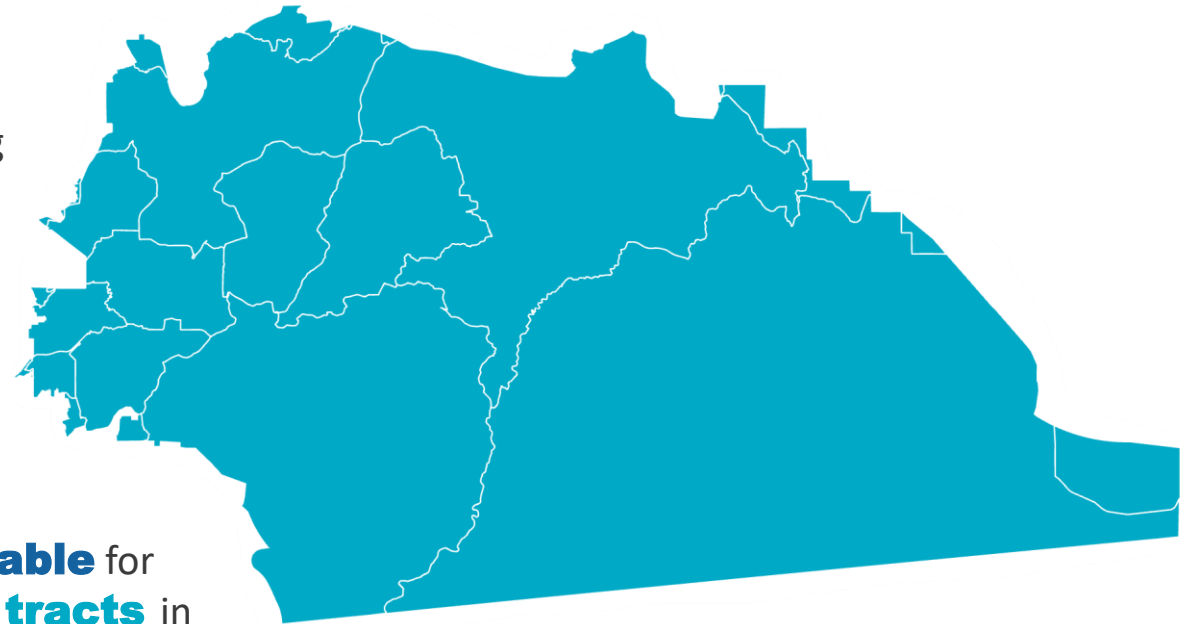
The 5-year average percent of **unemployment** in East Region **remained stable** from 2018 to 2023.



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 2023-2024 school year.





# Key Takeaways



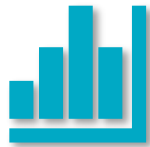
## In East Region...



The **life expectancy** in East Region was **80.6 years** in 2023, which was **lower** than the life expectancy in San Diego County overall.



In 2023, **diseases of the heart** was the number one **leading cause of death** in East Region.



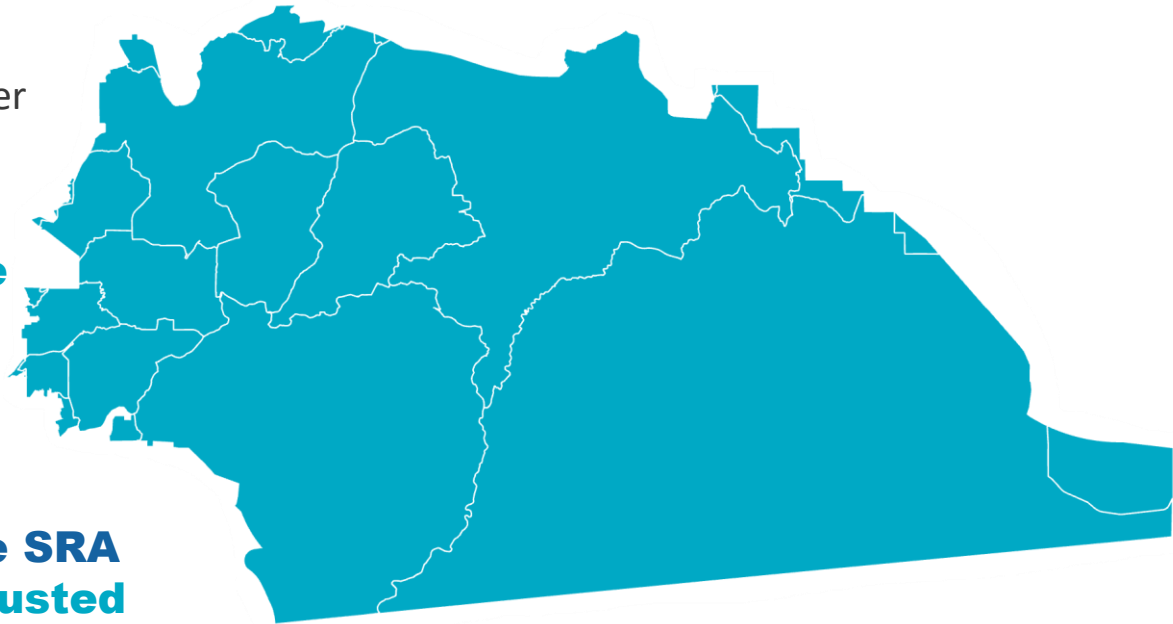
**Lemon Grove SRA** faced **disproportionate mortality and morbidity age-adjusted rates** of **chronic diseases** compared to other East Region SRAs from 2019 to 2023.



**Lemon Grove SRA and Mountain Empire SRA** faced **disproportionate morbidity age-adjusted rates** due to **injuries** compared to other East Region SRAs from 2019 to 2023.



**La Mesa SRA** had the **highest age-adjusted death and ED discharge rates** due to **Alzheimer's Disease** and **Non-Alzheimer's Dementia** compared to other East Region SRAs in 2023.





# CHSU Products



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN SERVICES AGENCY



LIVE WELL  
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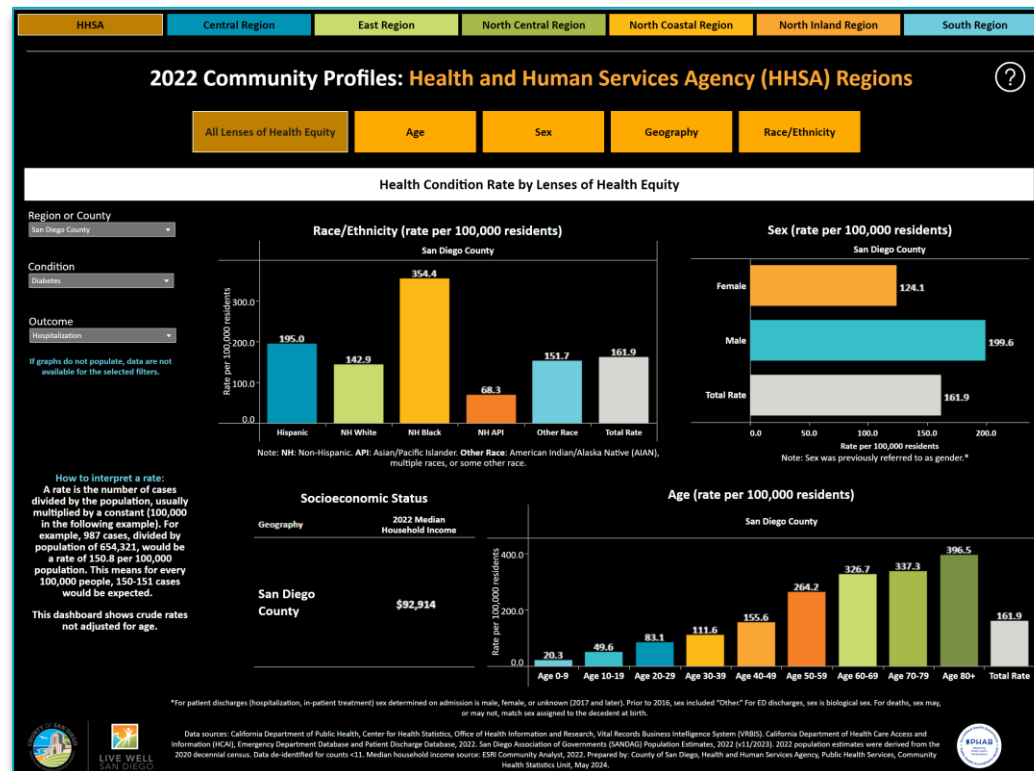


# Health Dashboards

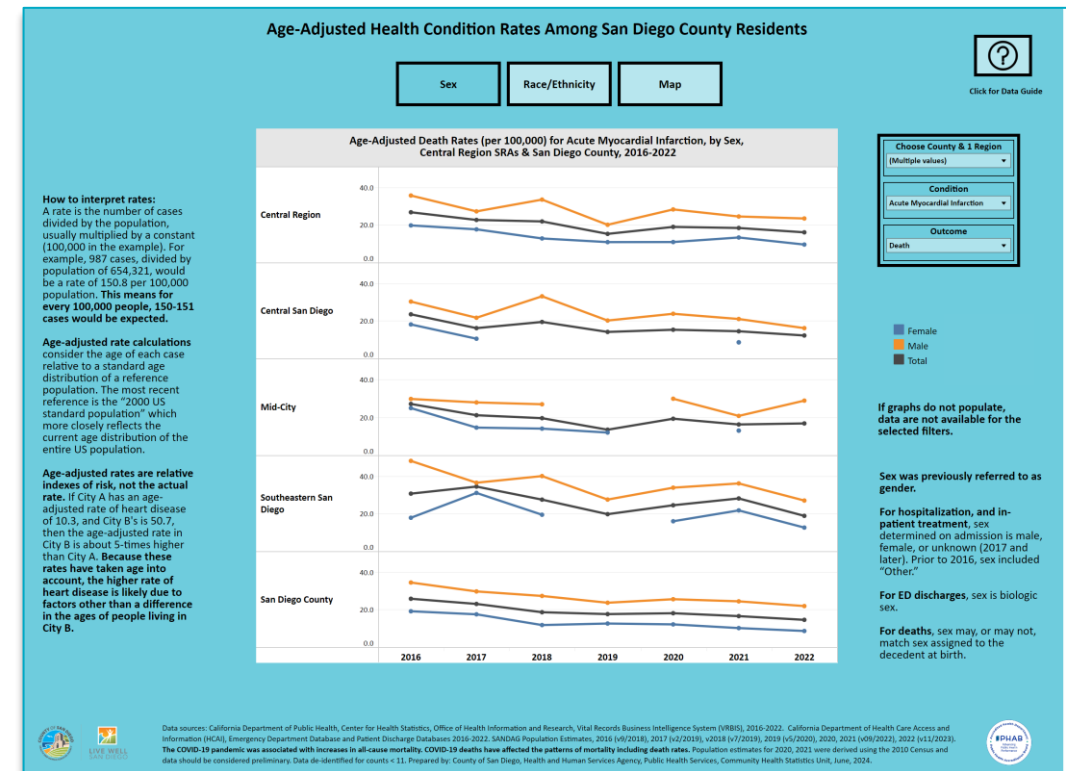


LIVE WELL  
SAN DIEGO

## Community Profiles (by Region or Municipality)



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





# Health Dashboards



## Small Populations Dashboards

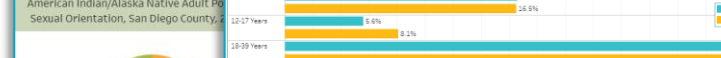
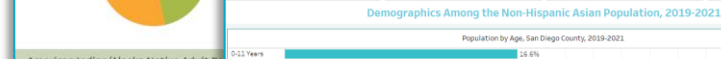
## Childhood Experiences Dashboard

### The American Indian/Alaska Native Population in San Diego County

Demographics Mortality and Morbidity Health and Well-Being Healthcare Access and Utilization

#### Demographics Among the American Indian/Alaska Native Population, 2016-2020

From 2016 to 2020, there were **58,175** American Indian/Alaska Natives (AIAN) in San Diego County. The AIAN population makes up almost **1.8%** of San Diego County's total population.

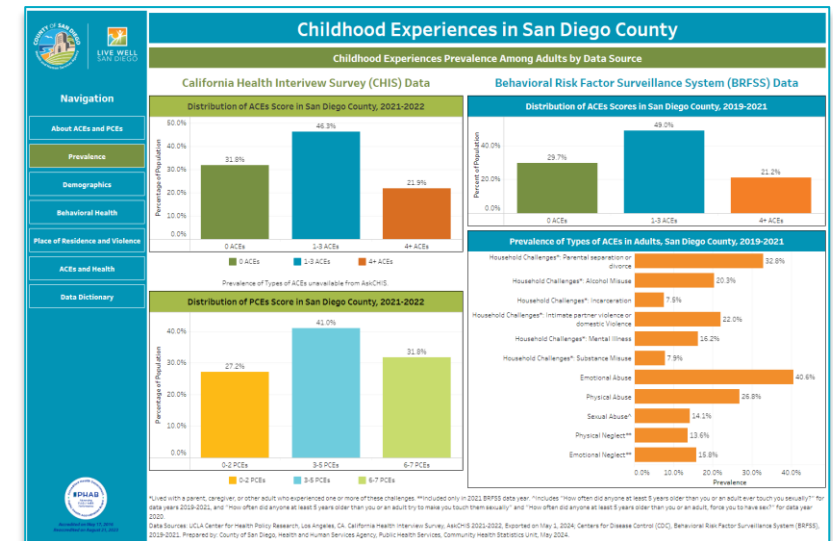
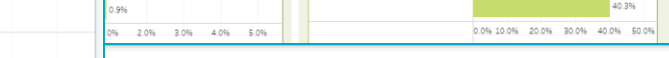
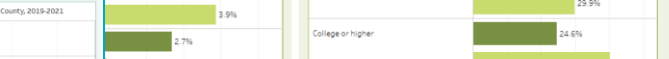
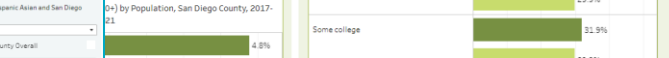
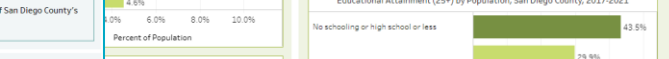
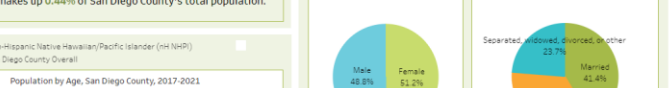


### The Non-Hispanic Native Hawaiian/Pacific Islander Population in San Diego County

Demographics Mortality and Morbidity

#### Demographics, 2017-2021

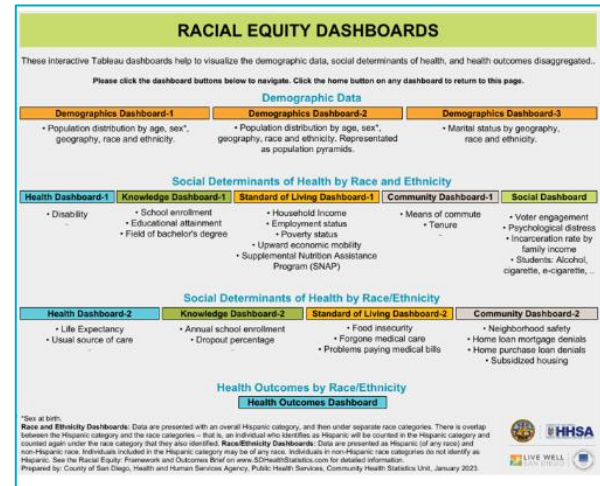
On average, there were **14,522** non-Hispanic Native Hawaiian/Pacific Islanders (NH NHP) in San Diego County from 2019 to 2021. The non-Hispanic Native Hawaiian/Pacific Islander (NH NHP) population makes up **0.44%** of San Diego County's total population.



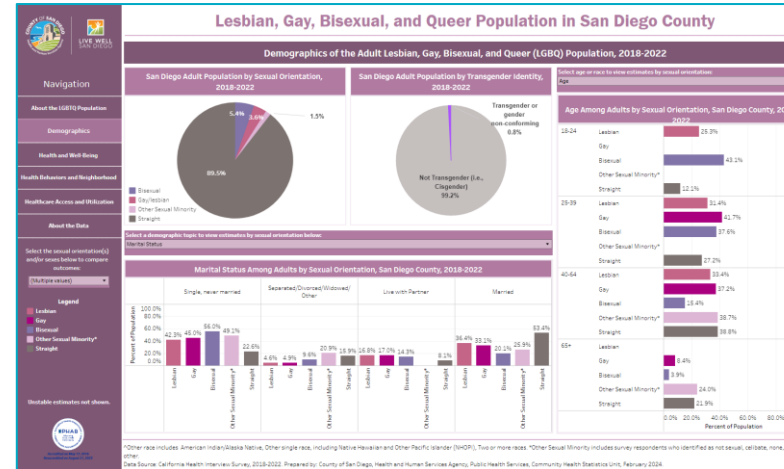


# Health Equity Dashboards

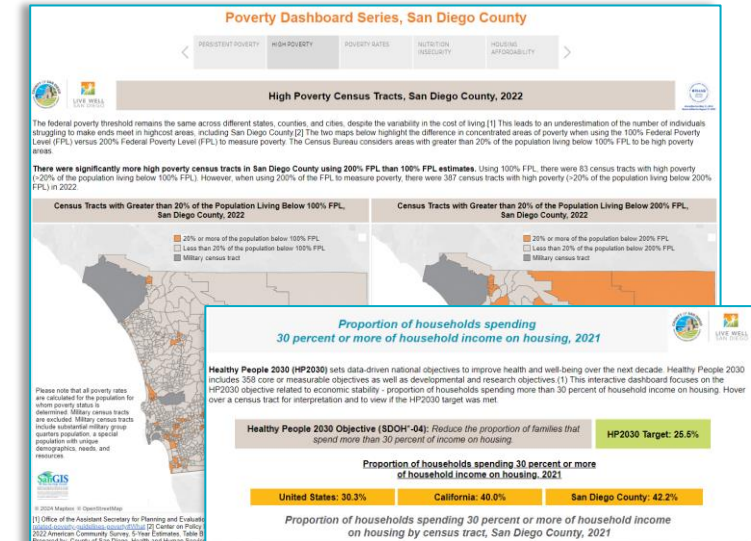
## Racial Equity Dashboard



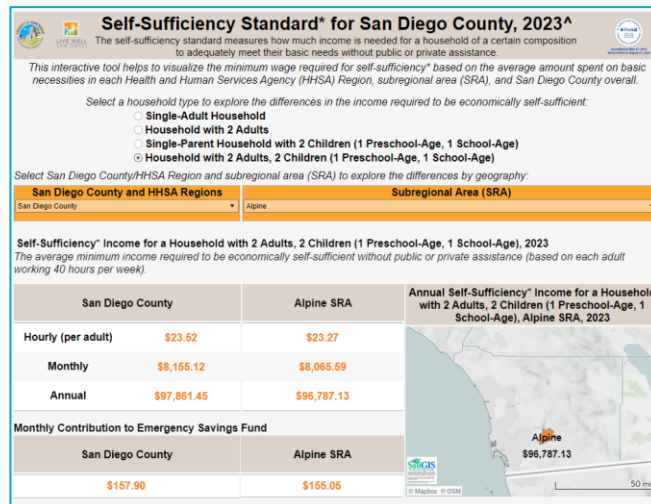
## LGBTQ Adult Dashboard



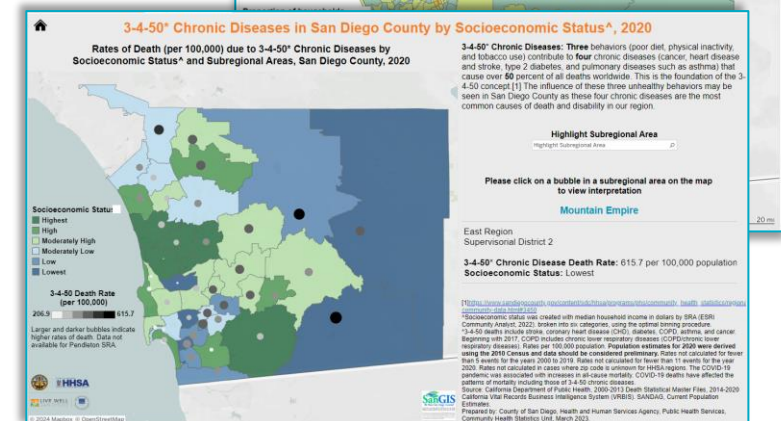
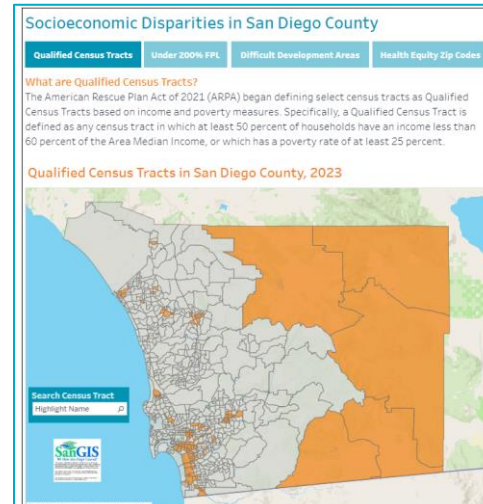
## Poverty Dashboard Series



## Self-Sufficiency Dashboard



## Socioeconomic Disparities Dashboard





# Demographic Profiles



## Demographic Profiles

### San Diego County: 2019-2023 Region/Subregional Area (SRA) Demographic Profiles - Navigation Page

The *Regional/Subregional Area (SRA) Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data by HHS Region and subregional area (SRA) including age, sex, race/ethnicity distributions, school enrollment, educational attainment, income, occupation, housing, and other social/economic data. Many of these factors have been implicated at the roots of health disparities.

The purpose of the *Regional/Subregional Area (SRA) Demographic Profiles* is to provide detailed information about the characteristics of the people living in San Diego County. It is designed to help HHS staff in each of the Health and Human Services Agency Regions and other local organizations, including *Live Well San Diego* recognized partners, identify and prioritize needs within their communities. These profiles are made available to the public health community and public policymakers to better understand and manage the health and well-being of the residents of our County.

Click on an image to go to that tab  
Population Map Population Characteristics Population - API Population - Language

### San Diego County: 2019-2023 City Demographic Profiles - Navigation Page

The *City Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data for municipalities (incorporated cities) and the unincorporated area including age, sex, race/ethnicity distributions, school enrollment, educational attainment, income, occupation, housing, and other social/economic data. Many of these factors have been implicated at the roots of health disparities.

The purpose of the *City Demographic Profiles* is to provide detailed information about the characteristics of the people living in San Diego County. It is designed to help HHS staff in each of the Health and Human Services Agency Regions and other local organizations, including *Live Well San Diego* recognized partners, identify and prioritize needs within their communities. These profiles are made available to the public health community and public policymakers to better understand and manage the health and well-being of the residents of our County.

Click on an image to go to that tab  
Population Map Population Characteristics Population - API Population - Language

#### Population Map



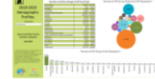
Map of population distribution

#### Population Characteristics



Residents by sex, race/ethnicity, and age distribution; Population 15+ by marital status; Older Adults by household type; Foreign-born population

#### Population - API



Asian and Other Pacific Islander (API) population by group

#### Population - Language



Language spoken at home for the population 5+ by ability to speak English

#### Housing Characteristics



Housing units and by tenure, median gross rent, median house value, monthly housing costs as percentage of household income, vehicles in housing unit

#### Income and Benefits



Median household income, income and benefits in households, households by household income, food stamps/SNAP/CalFresh, specific income eligibility criteria

#### Poverty



Percent of the population at specified federal poverty levels, percent of the population in poverty by age group and for specific subpopulations

#### Economy



Unemployment, labor force by occupation and industry, means of commuting to work, and older adults in the labor force

#### Education



School enrollment by age group, grade level, and grade and type of school; educational attainment

#### Kinship



Children by household type and relationship to householder, single parent households, grandparents responsible for grandchildren

#### Health Insurance and Disability



Health insurance status and by age group; persons with a disability, type of disability, and by age group

#### Veterans



Veterans by sex, age, race/ethnicity, educational attainment, period of service, median income, and percentage below poverty

For additional information, including data, resources, and reports: [www.sdhhsstatistics.com](http://www.sdhhsstatistics.com)  
Contact the Community Health Statistics Unit at 619-692-6667 or email us at [PHS.CHSU.HHSA@sdcounty.ca.gov](mailto:PHS.CHSU.HHSA@sdcounty.ca.gov)  
A PDF version of the 2023 City Demographic Profiles by indicator can be accessed [here](#).  
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit

### 2019-2023 Supervisorial District Demographic Profiles - Navigation Page

The *Supervisorial District Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data for each of the five supervisorial districts including age, sex, race/ethnicity distributions, school enrollment, educational attainment, income, occupation, housing, and other social/economic data. Many of these factors have been implicated at the roots of health disparities.

The purpose of the *Supervisorial District Demographic Profiles* is to provide detailed information about the characteristics of the people living in San Diego County. It is designed to help the Board of Supervisors and other local organizations, including *Live Well San Diego* recognized partners, identify and prioritize needs within their communities. These profiles are made available to the public health community and public policymakers to better understand and manage the health and well-being of the residents of our County.

Click on an image to go to that tab  
Population Map Population Characteristics Population - API Population - Language

### San Diego County: 2019-2023 Census Tract Demographic Profiles - Navigation Page

The *Census Tract Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data by census tract including age, sex, race/ethnicity distributions, school enrollment, educational attainment, income, occupation, housing, and other social/economic data. Many of these factors have been implicated at the roots of health disparities.

The purpose of the *Census Tract Demographic Profiles* is to provide detailed information about the characteristics of the people living in San Diego County. It is designed to help HHS staff in each of the Health and Human Services Agency Regions and other local organizations, including *Live Well San Diego* recognized partners, identify and prioritize needs within their communities. These profiles are made available to the public health community and public policymakers to better understand and manage the health and well-being of the residents of our County.

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Population Map Population Characteristics Population - API Population - Language

#### Population Map



Map of population distribution

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

## Interactive Tableau Dashboards available for:

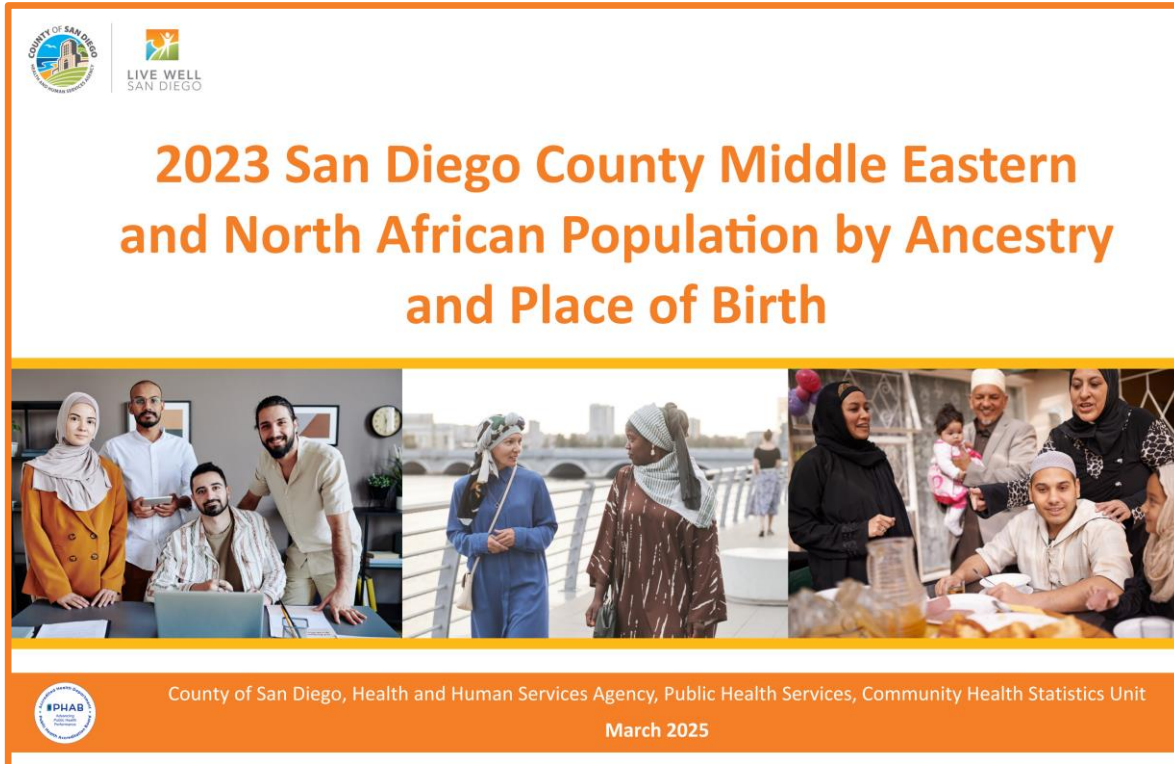
- Census Tracts
- Regions and Subregional Areas
- Supervisorial Districts
- Cities and the Unincorporated Area

## Demographic profiles in PDF format available for:

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



# 2023 MENA Profile



The **MENA Profile** explores the Middle Eastern and North African (MENA) population by ancestry and place of birth in lieu of a direct method to estimate this population.

Data is available by region, subregional area, municipality, and supervisorial district.

Scan the QR code to access the latest version of the MENA Profile!

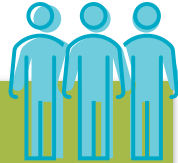




# Regional and Population Data



## 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](http://www.SDHealthStatistics.com)

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Community Health Statistics Unit  
[PHS.CHSU.HHSA@sdcounty.ca.gov](mailto:PHS.CHSU.HHSA@sdcounty.ca.gov)

# 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.*