COMMUNITY HEALTH ASSESSMENT: EAST REGION UPDATE

Presented by Leslie Upledger Ray
Presented to East Region Leadership Team
February 17, 2022
PURPOSE AND AGENDA

PURPOSE: SHARE AND RECEIVE INFORMATION ABOUT THE HEALTH AND WELL BEING OF THE PEOPLE WHO LIVE IN EAST REGION.

What is the Community Health Assessment and why is it important?

What are the demographic, economic and social determinants of health and well being in East Region?

- New resources: Self Sufficiency Dashboard and the ARPA/HPI Dashboard

Mortality and morbidity data

- 3-4-50, COVID-19 and Alzheimer’s Disease and Related Dementias (ADRD)
- New resources: Community Profiles Dashboard and Medical Encounters of Homeless Persons Dashboards
- Regional Health Status Reports and Regional Briefs

Health and well being impacts of racism and poverty

- New resources: Racial Equity Dashboard
Adhere to Robust Planning Process

Mobilizing for Action through Planning and Partnerships (MAPP) Model

There is lots of flexibility in how we approach planning going forward

MAPP is Evolving

Health Equity & Authentic Community Engagement

Community Health Assessment

What is the Community Health Assessment (CHA)?
- Continuous community collaboration about the data

Why is the CHA Important?
- Captures needs of the community
- Guide planning for the future
- Informs Community Enrichment Plans (CEPs)

Ongoing community collaborative process for continuous enhancement of the community health assessment that in turn informs the community (regional) plans.

CHSU – Community Health Statistics Unit
CLT – Regional Community Leadership Teams
CHIP – Community Health Improvement Plan
CEP – Community Enrichment Plan
Tracking Results

• Critical that we track results to show collective impact

• For population data, Community Health Statistics Unit is an important resource

• For community activity and program data:
  • Work Plans are useful
  • Clear Impact, a performance management tool is available for tracking community activities and program data—technical support available through the Performance Improvement Unit, PHS Admin
Survey Monkey

- Due: 2 weeks after receiving link!
- Survey Monkey link sent after data presentation
- Capture needs of the community
- Responses will help plan for future
City Demographic Profiles
2019
San Diego County

County of San Diego
Health and Human Services Agency
Public Health Services
Community Health Statistics Unit
Published May 2021
DEMOGRAPHIC CHARACTERISTICS
WWW.SDHEALTHSTATISTICS.COM

2019 Supervisorial District Demographic Profiles
San Diego County

Poverty Level for the Population

Source: U.S. Census Bureau, 2015-2019 American Community Survey 5-Year Estimates, Table B19025.

For this indicator, shown is the percentage of the population for whom poverty was determined at specific poverty levels. Poverty status was only determined for people not institutionalized, living in households, in college dormitories, or people aged 6-11 living alone or with unrelated non-family members.

Poverty status was determined by applying the Consumer Price Index (CPI) - Urban Poverty Index (CPI-U) to the poverty thresholds that are the same for all geographic areas in the United States. While each year may have different geographic poverty thresholds, the same thresholds were used for all geographic areas in the United States.

How to interpret these data: In 2015-2017, the poverty level of the San Diego County population fell below 100% federal poverty level (FPL). Specifically, 1.1% lived below 100% FPL, 2.2% between 100% and 138% FPL, and 7.1% between 138% and 199% FPL.
In 2019, East Region was home to an estimated **494,619 residents**, representing **14.9%** of San Diego County population (3,316,073).

### Subregional Areas

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

### East Region Population Distribution by Subregional Areas, 2019

- Total Population: 494,619
- Alpine: 26.37%
- El Cajon: 17.94%
- Harbison Crest: 11.18%
- Jamul: 12.45%
- La Mesa: 12.48%
- Laguna-Pine Valley: 6.51%
- Lakeside: 4.00%
- Lemon Grove: 3.09%
- Mountain Empire: 0.00%
- Santee: 0.00%
- Spring Valley: 0.00%

**Source:** U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table B01001. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.
In 2019, adults aged **25-44 years old** constituted the highest proportion of East Region residents (**28.35%**).

45-64 years old constituted the second highest proportion of East Region residents (**25.46%**) in 2019.

In 2019, **La Mesa SRA** had the highest proportion of adults aged 25-44 years old (**32.97%**) in East Region.

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

<table>
<thead>
<tr>
<th>Area</th>
<th>0-4 years</th>
<th>5-14 years</th>
<th>15-24 years</th>
<th>25-44 years</th>
<th>45-64 years</th>
<th>65+ years</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego County</td>
<td>6.32%</td>
<td>11.93%</td>
<td>14.00%</td>
<td>29.77%</td>
<td>24.29%</td>
<td>13.69%</td>
</tr>
<tr>
<td>East Region</td>
<td>6.86%</td>
<td>12.21%</td>
<td>12.65%</td>
<td>28.35%</td>
<td>25.46%</td>
<td>14.46%</td>
</tr>
<tr>
<td>Alpine</td>
<td>7.02%</td>
<td>12.11%</td>
<td>10.22%</td>
<td>25.02%</td>
<td>27.89%</td>
<td>17.75%</td>
</tr>
<tr>
<td>El Cajon</td>
<td>7.49%</td>
<td>13.22%</td>
<td>12.90%</td>
<td>28.76%</td>
<td>24.73%</td>
<td>12.89%</td>
</tr>
<tr>
<td>Harbison Crest</td>
<td>5.05%</td>
<td>9.94%</td>
<td>12.01%</td>
<td>21.74%</td>
<td>30.13%</td>
<td>21.12%</td>
</tr>
<tr>
<td>Jamul</td>
<td>3.54%</td>
<td>11.58%</td>
<td>13.60%</td>
<td>25.41%</td>
<td>30.21%</td>
<td>15.67%</td>
</tr>
<tr>
<td>La Mesa</td>
<td>7.06%</td>
<td>10.13%</td>
<td>11.41%</td>
<td>32.97%</td>
<td>23.62%</td>
<td>14.81%</td>
</tr>
<tr>
<td>Laguna-Pine Valley</td>
<td>5.64%</td>
<td>12.38%</td>
<td>15.87%</td>
<td>21.34%</td>
<td>26.67%</td>
<td>18.11%</td>
</tr>
<tr>
<td>Lakeside</td>
<td>6.82%</td>
<td>11.28%</td>
<td>13.15%</td>
<td>27.24%</td>
<td>26.84%</td>
<td>14.67%</td>
</tr>
<tr>
<td>Lemon Grove</td>
<td>5.47%</td>
<td>14.52%</td>
<td>13.24%</td>
<td>29.27%</td>
<td>23.63%</td>
<td>13.87%</td>
</tr>
<tr>
<td>Mountain Empire</td>
<td>7.04%</td>
<td>15.28%</td>
<td>12.85%</td>
<td>21.49%</td>
<td>25.36%</td>
<td>17.98%</td>
</tr>
<tr>
<td>Santee</td>
<td>7.49%</td>
<td>11.52%</td>
<td>11.79%</td>
<td>29.22%</td>
<td>26.34%</td>
<td>13.64%</td>
</tr>
<tr>
<td>Spring Valley</td>
<td>7.06%</td>
<td>12.68%</td>
<td>13.19%</td>
<td>27.90%</td>
<td>24.62%</td>
<td>14.55%</td>
</tr>
</tbody>
</table>

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S0101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.
The community with the highest proportion of Hispanic residents was Lemon Grove SRA (46.46%) and the lowest was Alpine SRA (11.76%).

The community with the highest proportion of Black residents was Lemon Grove SRA (15.41%) and the lowest was Harbison Crest SRA (0.29%).

*API-Asian/Pacific Islander.
**AIAN-American Indian/Alaska Native.

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table B03002.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

<table>
<thead>
<tr>
<th>Geography</th>
<th>Hispanic</th>
<th>White</th>
<th>Black</th>
<th>API*</th>
<th>AIAN**</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego County</td>
<td>33.70%</td>
<td>45.56%</td>
<td>4.71%</td>
<td>12.01%</td>
<td>0.38%</td>
<td>3.64%</td>
</tr>
<tr>
<td>East Region</td>
<td>26.88%</td>
<td>57.02%</td>
<td>5.93%</td>
<td>5.48%</td>
<td>0.55%</td>
<td>4.15%</td>
</tr>
<tr>
<td>Alpine</td>
<td>11.76%</td>
<td>81.03%</td>
<td>1.46%</td>
<td>2.62%</td>
<td>0.18%</td>
<td>2.95%</td>
</tr>
<tr>
<td>El Cajon</td>
<td>26.46%</td>
<td>59.96%</td>
<td>5.12%</td>
<td>3.83%</td>
<td>0.21%</td>
<td>4.42%</td>
</tr>
<tr>
<td>Harbison Crest</td>
<td>13.79%</td>
<td>80.60%</td>
<td>0.29%</td>
<td>0.96%</td>
<td>1.27%</td>
<td>3.10%</td>
</tr>
<tr>
<td>Jamul</td>
<td>31.59%</td>
<td>48.38%</td>
<td>6.01%</td>
<td>12.30%</td>
<td>0.21%</td>
<td>1.51%</td>
</tr>
<tr>
<td>La Mesa</td>
<td>24.11%</td>
<td>56.43%</td>
<td>7.64%</td>
<td>7.38%</td>
<td>0.09%</td>
<td>4.36%</td>
</tr>
<tr>
<td>Laguna-Pine Valley</td>
<td>21.75%</td>
<td>69.57%</td>
<td>2.03%</td>
<td>0.62%</td>
<td>3.62%</td>
<td>2.40%</td>
</tr>
<tr>
<td>Lakeside</td>
<td>18.43%</td>
<td>69.27%</td>
<td>2.28%</td>
<td>4.53%</td>
<td>1.68%</td>
<td>3.82%</td>
</tr>
<tr>
<td>Lemon Grove</td>
<td>46.46%</td>
<td>24.99%</td>
<td>15.41%</td>
<td>8.50%</td>
<td>0.04%</td>
<td>4.60%</td>
</tr>
<tr>
<td>Mountain Empire</td>
<td>42.94%</td>
<td>48.41%</td>
<td>1.71%</td>
<td>0.11%</td>
<td>4.80%</td>
<td>2.03%</td>
</tr>
<tr>
<td>Santee</td>
<td>18.03%</td>
<td>70.38%</td>
<td>1.99%</td>
<td>4.60%</td>
<td>0.42%</td>
<td>4.57%</td>
</tr>
<tr>
<td>Spring Valley</td>
<td>36.48%</td>
<td>41.46%</td>
<td>9.87%</td>
<td>7.26%</td>
<td>0.24%</td>
<td>4.69%</td>
</tr>
</tbody>
</table>

 Indicates highest Race/Ethnicity proportion within each geography
In 2019, 7 out of 10 residents aged 5 years and older (70.85%) in East Region spoke only English at home.

In 2019, nearly 1 out of 5 residents aged 5 years and older (18.25%) spoke English “very well” and another language at home in East Region.

Among East Region SRAs, the proportion of residents speaking only English at home was highest in Alpine (89.64%) and lowest in Lemon Grove (55.77%).

*Among population 5 years and older **Asian/Pacific Islander.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.
EDUCATIONAL ATTAINMENT*

In 2019, nearly 9 out of 10 adults 25 years and older (88.85%) had at least a high school diploma in East Region.

Nearly 3 out of 10 adults 25 years and older (27.24%) held a bachelor’s or higher degree in East Region in 2019.

In East Region, the proportion of adults 25 years and older without a high school diploma was highest in Mountain Empire SRA (22.97%) and lowest in Alpine SRA (4.81%) in 2019.

*Among population 25 years and older. **Includes Some college, no degree and Associate’s degree.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.
In 2019, nearly 1 out of 4 households (23.46%) in East Region had an annual income of less than $35,000.

In 2019, among East Region SRAs, Mountain Empire had the highest proportion of households with an annual income of less than $35,000.
In 2019, the median household income in East Region was $77,796.

Among East Region SRAs, the median household income was lowest in Mountain Empire ($45,288) and highest in Jamul ($118,372).

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

<table>
<thead>
<tr>
<th>Geography</th>
<th>% Population below 200% federal poverty level (FPL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego County</td>
<td>27.82%</td>
</tr>
<tr>
<td>East Region</td>
<td>29.43%</td>
</tr>
<tr>
<td>Alpine</td>
<td>18.56%</td>
</tr>
<tr>
<td>El Cajon</td>
<td>39.09%</td>
</tr>
<tr>
<td>Harbison Crest</td>
<td>22.08%</td>
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<tr>
<td>Jamul</td>
<td>13.47%</td>
</tr>
<tr>
<td>La Mesa</td>
<td>28.37%</td>
</tr>
<tr>
<td>Laguna-Pine Valley</td>
<td>14.80%</td>
</tr>
<tr>
<td>Lakeside</td>
<td>25.06%</td>
</tr>
<tr>
<td>Lemon Grove</td>
<td>33.68%</td>
</tr>
<tr>
<td>Mountain Empire</td>
<td>42.17%</td>
</tr>
<tr>
<td>Santee</td>
<td>19.49%</td>
</tr>
<tr>
<td>Spring Valley</td>
<td>29.53%</td>
</tr>
</tbody>
</table>

### Unemployment

In East Region, the **average unemployment rate** was highest in Mountain Empire SRA (9%) between 2015-2019.

In East Region, **Mountain Empire SRA had the highest proportion of population living below 200% FPL (42.17%) in 2019.**
FOOD SECURITY* AMONG ADULTS WITH INCOME LESS THAN 200% FEDERAL POVERTY LEVEL

<table>
<thead>
<tr>
<th>Region</th>
<th>Food secure</th>
<th>Food insecure</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego County</td>
<td>62.70%</td>
<td>37.30%</td>
</tr>
<tr>
<td>Central Region</td>
<td>66.50%</td>
<td>33.50%</td>
</tr>
<tr>
<td>East Region</td>
<td>62.20%</td>
<td>37.80%</td>
</tr>
<tr>
<td>North Central Region</td>
<td>63.90%</td>
<td>36.10%</td>
</tr>
<tr>
<td>North Coastal Region</td>
<td>57.10%</td>
<td>42.90%</td>
</tr>
<tr>
<td>North Inland Region</td>
<td>65.10%</td>
<td>34.90%</td>
</tr>
<tr>
<td>South Region</td>
<td>63.50%</td>
<td>36.50%</td>
</tr>
</tbody>
</table>

On average, nearly 2 out of 5 adults with income less than 200% FPL, reported an inability to afford enough food in East Region between 2017-2019.

Between 2017-2019, among HHSA regions, the proportion of adults with income less than 200% FPL reporting food insecurity was second highest in East Region (37.80%).

*Among adults whose income is less than 200% of the Federal Poverty Level.
Food security (ability to afford enough food) (San Diego County Health Regions).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.
**ACCESS TO HEALTHCARE**

### HEALTH INSURANCE (HI)

<table>
<thead>
<tr>
<th>Geography</th>
<th>% with HI</th>
<th>% with no HI</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego County</td>
<td>92.16%</td>
<td>7.84%</td>
</tr>
<tr>
<td>East Region</td>
<td>93.08%</td>
<td>6.92%</td>
</tr>
<tr>
<td>Alpine</td>
<td>96.78%</td>
<td>3.22%</td>
</tr>
<tr>
<td>El Cajon</td>
<td>92.25%</td>
<td>7.75%</td>
</tr>
<tr>
<td>Harbison Crest</td>
<td>93.87%</td>
<td>6.13%</td>
</tr>
<tr>
<td>Jamul</td>
<td>93.07%</td>
<td>6.93%</td>
</tr>
<tr>
<td>La Mesa</td>
<td>93.93%</td>
<td>6.07%</td>
</tr>
<tr>
<td>Laguna-Pine Valley</td>
<td>89.87%</td>
<td><strong>10.13%</strong></td>
</tr>
<tr>
<td>Lakeside</td>
<td>93.93%</td>
<td>6.07%</td>
</tr>
<tr>
<td>Lemon Grove</td>
<td>90.25%</td>
<td>9.75%</td>
</tr>
<tr>
<td>Mountain Empire</td>
<td>92.87%</td>
<td>7.13%</td>
</tr>
<tr>
<td>Santee</td>
<td>95.32%</td>
<td>4.68%</td>
</tr>
<tr>
<td>Spring Valley</td>
<td>92.23%</td>
<td>7.77%</td>
</tr>
</tbody>
</table>


### USUAL SOURCE OF CARE

<table>
<thead>
<tr>
<th>Geography</th>
<th>% with usual source of care</th>
<th>% does not have usual source of care</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego County</td>
<td>88.40%</td>
<td>11.60%</td>
</tr>
<tr>
<td>Central Region</td>
<td>86.50%</td>
<td>13.50%</td>
</tr>
<tr>
<td>East Region</td>
<td>87.60%</td>
<td>12.40%</td>
</tr>
<tr>
<td>North Central Region</td>
<td>88.10%</td>
<td>11.90%</td>
</tr>
<tr>
<td>North Coastal Region</td>
<td>89.10%</td>
<td>10.90%</td>
</tr>
<tr>
<td>North Inland Region</td>
<td>90.00%</td>
<td>10.00%</td>
</tr>
<tr>
<td>South Region</td>
<td>88.50%</td>
<td>11.50%</td>
</tr>
</tbody>
</table>


**East Region residents were less likely to report having a usual place for health care compared to other HHSA regions, except Central Region.**

**Among East Region SRAs, Laguna-Pine Valley had the highest proportion of residents with no health insurance (10.13%), followed by Lemon Grove (9.75%).**
In 2019, nearly 7 out of 10 residents (67.70%) in East Region reported excellent or very good health.
### SELF-SUFFICIENCY STANDARD DASHBOARD

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

The self-sufficiency standard measures how much income is needed for a household of a certain composition to adequately meet their basic needs without public or private assistance. This interactive tool helps to visualize the minimum wage required for self-sufficiency, based on the average amount spent on basic necessities in each Health and Human Services Agency (HHS) 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:

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

Select San Diego County/HHS Region and Subregional Area (SRA) to explore the differences by geography:

<table>
<thead>
<tr>
<th>San Diego County and HHS Region</th>
<th>El Cajon</th>
<th>Subregional Area (SRA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Region</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Subregional Area (SRA)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Annual Self-Sufficiency Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), 2021</th>
<th>El Cajon SRA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), 2021</td>
<td>$120.77</td>
</tr>
<tr>
<td>Monthly Contribution to Emergency Savings Fund</td>
<td>$100.00</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>East Region</th>
<th>El Cajon SRA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child Care Tax Credit</td>
<td>$48.17</td>
</tr>
<tr>
<td>Earned Income Tax Credit</td>
<td>$189.47</td>
</tr>
<tr>
<td>Earned Income Tax Credit</td>
<td>$137.07</td>
</tr>
<tr>
<td>Taxes</td>
<td>$565.72</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>$566.72</td>
</tr>
<tr>
<td>Healthcare</td>
<td>$528.03</td>
</tr>
<tr>
<td>Food</td>
<td>$286.00</td>
</tr>
<tr>
<td>Childcare</td>
<td>$1,219.55</td>
</tr>
<tr>
<td>Transportation</td>
<td>$1,754.04</td>
</tr>
<tr>
<td>Housing</td>
<td>$1,138.61</td>
</tr>
</tbody>
</table>

**Annual Self-Sufficiency Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age) by Subregional Area (SRA), San Diego County, 2021**

![Map showing isochron lines for various subregional areas (SRAs) in San Diego County.](image)

### Sources & Data

- [California Department of Social Services](https://www.cdss.ca.gov) - [Accessed November 2021](https://www.cdss.ca.gov)
- [San Diego Gas & Electric](https://www.sdge.com) - [Accessed November 2021](https://www.sdge.com)
- [San Diego Water Utility](https://www.sdvwd.org) - [Accessed November 2021](https://www.sdvwd.org)
- [San Diego Regional Chamber of Commerce](https://www.sdrcc.org) - [Accessed November 2021](https://www.sdrcc.org)
- [San Diego Central Library](https://www.sdlc.org) - [Accessed November 2021](https://www.sdlc.org)
- [San Diego County Assessor-Recorder](https://www.sdcounty.ca.gov/assessor) - [Accessed November 2021](https://www.sdcounty.ca.gov/assessor)

**Note:** All data is self-reported by households, as per the self-sufficiency standard methodology.
Map of San Diego County by Census Tract

Census Tract 165.02
Qualified Census Tract: Yes

A Qualified Census Tract is defined as any census tract in which at least 90 percent of households have an income less than 60 percent of the Area Median Gross Income (AMGI), or which has a poverty rate of at least 25 percent.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
AMERICAN RESCUE PLAN ACT (ARPA) DEMOGRAPHICS BY CENSUS TRACT, 2019

Employment Characteristics of Selected Census Tract, 2019

Population Age 16 and Older in Labor Force
3,850

Five-Year Average Percent Unemployed
Population Age 16 and Older in Labor Force
4.5%

Occupation of Workers by Type of Industry
Workers Age 16 and Older

<table>
<thead>
<tr>
<th>Industry</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agriculture, forestry, fishing, and hunting</td>
<td>2.4%</td>
</tr>
<tr>
<td>Construction</td>
<td>10.2%</td>
</tr>
<tr>
<td>Manufacturing</td>
<td>3.6%</td>
</tr>
<tr>
<td>Wholesale trade</td>
<td>2.6%</td>
</tr>
<tr>
<td>Retail trade</td>
<td>13.0%</td>
</tr>
<tr>
<td>Transportation and warehousing, and utilities</td>
<td>5.6%</td>
</tr>
<tr>
<td>Financial intermediation and real estate</td>
<td>5.7%</td>
</tr>
<tr>
<td>Professional, scientific, and technical</td>
<td>14.8%</td>
</tr>
<tr>
<td>Educational services, and health care</td>
<td>0.6%</td>
</tr>
<tr>
<td>Arts, entertainment, and recreation</td>
<td>24.8%</td>
</tr>
<tr>
<td>Other services, except public administration</td>
<td>4.4%</td>
</tr>
<tr>
<td>Public administration</td>
<td>2.6%</td>
</tr>
</tbody>
</table>

Income & Benefit Characteristics of Selected Census Tract, 2019

Median Household Income
$59,230

Percent of Household per Household Income

- Less than $10,000: 4.2%
- $10,000 to $14,999: 4.9%
- $15,000 to $19,999: 12.5%
- $20,000 to $24,999: 7.6%
- $25,000 to $29,999: 15.4%
- $30,000 to $34,999: 17.7%
- $35,000 to $44,999: 18.2%
- $45,000 to $54,999: 11.8%
- $55,000 to $74,999: 3.0%
- $75,000 to $99,999: 4.6%
- $100,000 to $124,999: 3.0%
- $125,000 to $149,999: 4.6%
- $150,000 to $199,999: 4.6%
- $200,000 or more: 4.6%

Percent of Population by Poverty Level

- Below poverty level: 34.2%
- 100% to 124.9% of poverty level: 65.8%

Food Stamps/SNAP/CalFresh Receipt

- Total number of households in census tract: 2,320
- Percent of households receiving SNAP: 21.1%
- Total number of households with children under 18 years old: 912
- Percent of households with children under 18 years old with SNAP: 40.0%
MORTALITY MEASURES

WWW.SDHEALTHSTATISTICS.COM

Start Your Data Journey Here!

I am looking for...

Demographics:
- Population size
- Race/Ethnicity
- Languages spoken
- Poverty level
- and more...

Health Data:
- Deaths, Hospitalizations, and ED Discharge data
- Health Status
- Motor Vehicle Crashes

Regional Data:
- Regional Health Status Reports
- Regional Presentations

Reports:
- Publications

Maps and Spatial Data:
- Disease Ailments
- Community Features Ailments

Measures of Mortality:
- Leading Causes of Death
- Life Expectancy
- Smoking Attributable Mortality
In East Region, 9 out of the top 10 leading causes of death were chronic diseases in 2019.

1. Cancer
2. Heart Diseases
3. Cerebrovascular Disease (Stroke)
4. Chronic Lower Respiratory Diseases
5. Accidents/Unintentional Injuries
6. Alzheimer’s Disease
7. Diabetes Mellitus
8. Essential Hypertension and Hypertensive Renal Disease
9. Chronic Liver Disease and Cirrhosis
10. Parkinson’s Disease

In 2019, among East Region SRAs, Spring Valley had the highest life expectancy (84.3 years), followed by El Cajon (83.6 years).
3-4-50: CHRONIC DISEASE DEATHS

**San Diego County**

The proportion of deaths due to 3-4-50 chronic diseases in San Diego County dropped from 63% in 2000 to 50% in 2019.

**East Region**

The proportion of deaths due to 3-4-50 chronic diseases in East Region dropped from 64% in 2000 to 51% in 2019.

---

**Change your life by...**

- Walking for 30 minutes every day
- Eating healthy, at least 5 fruits and veggies daily
- Not smoking!
3-4-50: CHRONIC DISEASE DEATHS

Percentages, Trend 2000-2019

The proportion of deaths due to 3-4-50 chronic diseases in East Region dropped from 64% in 2000 to 51% in 2019.

Among the East Region SRAs, Laguna-Pine Valley had the highest percentage of deaths due to 3-4-50 chronic disease (58%) in 2019.

Despite a decrease, 3-4-50 chronic diseases accounted for 51% of all deaths in East Region in 2019.

*3-4-50 Deaths as a percentage of all cause deaths.
**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.
†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).
§Percentages not calculated for fewer than 5 events. Percentages not calculated in cases where zip code is unknown.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.
Among the East Region SRAs, **Lakeside** had the highest 3-4-50 chronic disease death rate (474.3 per 100,000) in 2019.

Overall, 3-4-50 chronic disease death rates have decreased in the East Region and its SRAs except Alpine, El Cajon, Harbison-Crest/El Cajon, Laguna-Pine Valley, Lakeside, Lemon Grove, and Spring Valley SRAs, where the rates increased from 2000-2019.
# Non-communicable (Chronic) Diseases

<table>
<thead>
<tr>
<th>Geography</th>
<th>Death Rate (per 100,000)</th>
<th>Hospitalization Rate (per 100,000)</th>
<th>ED* Discharge Rate (per 100,000)</th>
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<tbody>
<tr>
<td></td>
<td>Highest</td>
<td>Second Highest</td>
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</tr>
<tr>
<td>San Diego County</td>
<td>Cancer (149.7)</td>
<td>Heart Disease (139.9)</td>
<td>Heart Disease (994.0)</td>
</tr>
<tr>
<td>East Region</td>
<td>Cancer (182.1)</td>
<td>Heart Disease (181.7)</td>
<td>Heart Disease (1,335.1)</td>
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<tr>
<td>Alpine</td>
<td>Cancer (232.8)</td>
<td>Heart Disease (183.3)</td>
<td>Heart Disease (1,201.8)</td>
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<tr>
<td>El Cajon</td>
<td>Cancer (193.9)</td>
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<td>Cancer (198.1)</td>
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<td>Jamul</td>
<td>Cancer (191.0)</td>
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<td>La Mesa</td>
<td>Heart Disease (202.6)</td>
<td>Cancer (159.1)</td>
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<tr>
<td>Laguna Pine-Valley</td>
<td>Heart Disease (149.7)</td>
<td>Cancer (141.9)</td>
<td>Heart Disease (1,643.9)</td>
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</tbody>
</table>

*Indicates highest rate due to specified condition compared to other SRAs

# NON-COMMUNICABLE (CHRONIC) DISEASES

<table>
<thead>
<tr>
<th>Geography</th>
<th>Death Rate (per 100,000)</th>
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<tr>
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<td>Cancer (149.7)</td>
<td>Heart Disease (139.9)</td>
<td>Heart Disease (994.0)</td>
</tr>
<tr>
<td>East Region</td>
<td>Cancer (182.1)</td>
<td>Heart Disease (181.7)</td>
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</tr>
<tr>
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<tr>
<td>Lemon Grove</td>
<td>Heart Disease (180.4)</td>
<td>Cancer (151.4)</td>
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<td>Heart Disease (218.0)</td>
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<td>Cancer (171.7)</td>
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<td>Spring Valley</td>
<td>Heart Disease (163.1)</td>
<td>Cancer (155.8)</td>
<td>Heart Disease (1,336.9)</td>
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</tbody>
</table>


Indicates highest rate due to specified condition compared to other SRAs
In 2019, the incidence rates for infectious diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) were lower in East Region overall compared to San Diego County overall.

In 2019, the incidence rates for chlamydia and gonorrhea in Lemon Grove SRA were higher than that in East Region and San Diego County overall.
<table>
<thead>
<tr>
<th>Geography</th>
<th>Death Rate* (per 100,000)</th>
<th>Hospitalization Rate* (per 100,000)</th>
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<td>San Diego County</td>
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<tr>
<td></td>
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<tr>
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<td>UTI***</td>
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<tr>
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<td>UTI*** (4.8)</td>
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<td>-</td>
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<tr>
<td>Jamul</td>
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<tr>
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</tbody>
</table>

- Indicates highest rate due to specified condition compared to other SRAs

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.
<table>
<thead>
<tr>
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<td>East Region</td>
<td>Pneumonia (7.8)</td>
<td>UTI*** (4.1)</td>
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<td>Pneumonia (125.1)</td>
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</table>

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Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.
<table>
<thead>
<tr>
<th>Geography</th>
<th>Death Rate* (per 100,000)</th>
<th>Hospitalization Rate (per 100,000)</th>
<th>ED** Discharge Rate (per 100,000)</th>
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<tbody>
<tr>
<td></td>
<td>Highest</td>
<td>Second Highest</td>
<td>Highest</td>
</tr>
<tr>
<td>San Diego County</td>
<td>Poisoning (14.0)</td>
<td>Suicide (12.4)</td>
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<tr>
<td>East Region</td>
<td>Poisoning (19.8)</td>
<td>Falls (12.7)</td>
<td>Falls (544.9)</td>
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<tr>
<td>Alpine</td>
<td>-</td>
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<tr>
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<td>Jamul</td>
<td>-</td>
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<td>Falls (469.2)</td>
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<td>La Mesa</td>
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<tr>
<td>Laguna Pine-Valley</td>
<td>-</td>
<td>-</td>
<td>Falls (338.7)</td>
</tr>
</tbody>
</table>

*Indicates highest rate due to specified condition compared to other SRAs

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
**Emergency Department.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.
<table>
<thead>
<tr>
<th>Geography</th>
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<tr>
<td></td>
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</tbody>
</table>

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Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.
## BEHAVIORAL HEALTH INDICATORS

<table>
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<tr>
<th>Geography</th>
<th>Death Rate* (per 100,000)</th>
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<td>Alcohol-Related Disorders (24.4)</td>
<td>Alcohol-Related Disorders (69.5)</td>
</tr>
<tr>
<td>La Mesa</td>
<td>ADRD*** (125.7)</td>
<td>Alcohol-Related Disorders (24.4)</td>
<td>Alcohol-Related Disorders (69.5)</td>
</tr>
<tr>
<td>La Mesa</td>
<td>ADRD*** (125.7)</td>
<td>Alcohol-Related Disorders (24.4)</td>
<td>Alcohol-Related Disorders (69.5)</td>
</tr>
<tr>
<td>Laguna Pine-Valley</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

*Indicates highest rate due to specified condition compared to other SRAs.

* Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
## Behavioral Health Indicators

<table>
<thead>
<tr>
<th>Geography</th>
<th>Death Rate* (per 100,000)</th>
<th>Hospitalization Rate* (per 100,000)</th>
<th>ED** Discharge Rate (per 100,000)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Highest</td>
<td>Second Highest</td>
<td>Highest</td>
</tr>
<tr>
<td>San Diego County</td>
<td>ADRD*** (85.2)</td>
<td>Alcohol-Related Disorders (13.0)</td>
<td>Alcohol-Related Disorders (50.5)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alcohol-Related Disorders (14.0)</td>
<td>Alcohol-Related Disorders (270.2)</td>
</tr>
<tr>
<td>East Region</td>
<td>ADRD*** (106.2)</td>
<td>Alcohol-Related Disorders (14.7)</td>
<td>Alcohol-Related Disorders (81.2)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alcohol-Related Disorders (11.7)</td>
<td>Opioid Overdoses (23.8)</td>
</tr>
<tr>
<td>Lakeside</td>
<td>ADRD*** (105.2)</td>
<td>Alcohol-Related Disorders (11.7)</td>
<td>Alcohol-Related Disorders (111.7)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alcohol-Related Disorders (12.0)</td>
<td>Opioid Overdoses (17.7)</td>
</tr>
<tr>
<td>Lemon Grove</td>
<td>ADRD*** (135.3)</td>
<td>-</td>
<td>Alcohol-Related Disorders (79.6)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-</td>
<td>Alcohol-Related Disorders (401.7)</td>
</tr>
<tr>
<td>Mountain Empire</td>
<td>-</td>
<td>-</td>
<td>Alcohol-Related Disorders (157.2)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-</td>
<td>Anxiety~ (281.1)</td>
</tr>
<tr>
<td>Santee</td>
<td>ADRD*** (86.0)</td>
<td>Alcohol-Related Disorders (12.0)</td>
<td>Alcohol-Related Disorders (49.6)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alcohol-Related Disorders (14.9)</td>
<td>Alcohol-Related Disorders (17.7)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alcohol-Related Disorders (77.1)</td>
<td>Alcohol-Related Disorders (258.9)</td>
</tr>
<tr>
<td>Spring Valley</td>
<td>ADRD*** (96.5)</td>
<td>Alcohol-Related Disorders (10.9)</td>
<td>Alcohol-Related Disorders (77.1)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alcohol-Related Disorders (18.9)</td>
<td>Anxiety~ (343.8)</td>
</tr>
</tbody>
</table>

*Indicates highest rate due to specified condition compared to other SRAs

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.

In San Diego County, Alzheimer’s disease and related dementias had the second largest absolute increase in number of deaths from 2019 to 2020 (+241 deaths) compared to other selected causes of death.

- Increases in death due to ADRD are consistent with long-term increasing trends.
ALZHEIMER’S DISEASE AND RELATED DEMENTIAS (ADRD) IN SAN DIEGO COUNTY

- 2015: 84,405
- 2030: 115,194
- 2045: 157,214
- 2060: 214,562

Adults over the age of 55 who will have a diagnosis of ADRD, if nothing changes.
DEMENTIA PREVENTION

DEMENTIA PREVENTION, INTERVENTION, AND CARE

- Article published in The Lancet in July 2017, updated in 2020
- Research team working with the World Health Organization
- Big data analysis
  - All studies done relating to Alzheimer’s Disease and Related Dementias (ADRD)
    - Purpose: to identify modifiable risk factors
- Determined that 40% of ADRD cases could be prevented through behavioral and lifestyle changes

## Alzheimer’s Disease and Related Dementia Risk Factors by Life Stage

<table>
<thead>
<tr>
<th>Childhood (7%)</th>
<th>Mid-Life (15%)</th>
<th>Older Adulthood (18%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Low education (7%)</td>
<td>• Hearing loss (8%)</td>
<td>• Smoking (5%)</td>
</tr>
<tr>
<td></td>
<td>• Traumatic brain injury (3%)</td>
<td>• Depression (4%)</td>
</tr>
<tr>
<td></td>
<td>• Hypertension (2%)</td>
<td>• Social isolation (4%)</td>
</tr>
<tr>
<td></td>
<td>• Obesity (1%)</td>
<td>• Physical inactivity (2%)</td>
</tr>
<tr>
<td></td>
<td>• Excessive alcohol consumption (1%)</td>
<td>• Air pollution (2%)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Diabetes (1%)</td>
</tr>
</tbody>
</table>

EARLY & MID-LIFE RISK

RISK FACTORS FOR ALZHEIMER’S DISEASE AND RELATED DEMENTIAS (ADRD) AND PERCENT OF ADRD ATTRIBUTED TO RISK FACTORS, SAN DIEGO COUNTY

*U.S. Census Bureau, 2019 American Community Survey 1-Year Estimate, Table DP02.
**U.S. Census Bureau, 2019 American Community Survey 1-Year Estimate, Table B99182.
HEALTHY BODY, HEALTHY MIND

HEALTHY BODY, HEALTHY MIND

Your health is up to you! Make it fun!

Eating healthy is easy & colorful!
- Try adding a new fruit or vegetable to your meals each month
- Pick foods of all different colors for your plate
- Olive and avocado oils are healthy fats to use instead of animal fats
- Choose fresh fruits available for your family instead of candy and pastries
- Choose whole wheat and whole-grain breads instead of white flour for breads
- Read package nutrition information and look for products with at least 5 grams of fiber
- Avoid food items that are hard to maintain and tend to promote weight gain after their use

Have fun increasing your activity!
- Pick one or two activities you really enjoy, and do consistently
- If you are getting started with activity, start slow and build up over a few weeks
- Try to get moderate exercise 30 minutes a day, three or four days a week
- Drink water, dancing, biking can improve the health of your heart, lungs, and circulatory system
- Make it a family activity! Get the kids out with you to improve their health as well.
- Gardening is a great strengthening activity for the whole family.
- Try a new activity, like cycling, flying a kite with children, or exploring a new area of the community
- Be sure to stretch your muscles when you are done with your activity to keep muscles from aching

Social connection keeps you happy!
- Stay in touch with family and friends, even if it is on the telephone
- Plan and enjoy meals with friends and other families
- Your faith community can be an important social connection
- Take a class for social connection and meeting your peers
- Find group activities you like, such as singing in a choir, joining a walking group or bowling league

Test your brain!
- Learn a new subject by reading or watching videos
- Sing songs from your childhood as well as new ones
- Try your hand at a new puzzle or word games
- Tell your children and grandchildren stories about your life experiences
- Take a cooking class

Know your health numbers!
- 0 smoking, vaping, or chewing tobacco
- 7-8 hours sleep nightly
- Know your blood pressure, weight, cholesterol, and blood sugar (A1C) and keep them in check
- 100% - take all your medications as prescribed

For more information, contact your health provider.

https://championsforhealth.org/programs/alzheimers-and-dementia/
In 2019, there were **6,030 total live births** in East Region representing nearly **16%** of the total live births in San Diego County (38,445).

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

<table>
<thead>
<tr>
<th>Subregional Area</th>
<th>Preterm Births</th>
<th>Low Weight Births</th>
<th>Very Low Weight Births*</th>
<th>Teen Births*</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego County</td>
<td>8.68%</td>
<td>6.84%</td>
<td>1.02%</td>
<td>0.54%</td>
</tr>
<tr>
<td>East Region</td>
<td>9.01%</td>
<td>6.92%</td>
<td>0.85%</td>
<td>0.36%</td>
</tr>
<tr>
<td>Alpine</td>
<td>8.82%</td>
<td>6.75%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>El Cajon</td>
<td>9.06%</td>
<td>6.91%</td>
<td>0.61%</td>
<td>-</td>
</tr>
<tr>
<td>Harbison Crest</td>
<td>9.32%</td>
<td><strong>7.70%</strong></td>
<td>-</td>
<td><strong>0.53%</strong></td>
</tr>
<tr>
<td>Jamul</td>
<td>8.05%</td>
<td>6.67%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>La Mesa</td>
<td>6.86%</td>
<td>6.17%</td>
<td>0.69%</td>
<td>-</td>
</tr>
<tr>
<td>Harbison Crest</td>
<td><strong>9.32%</strong></td>
<td>7.70%</td>
<td>-</td>
<td><strong>0.53%</strong></td>
</tr>
<tr>
<td>Jamul</td>
<td>8.05%</td>
<td>6.67%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>La Mesa</td>
<td>6.86%</td>
<td>6.17%</td>
<td>0.69%</td>
<td>-</td>
</tr>
<tr>
<td>Laguna-Pine Valley</td>
<td>10.27%</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Lakeside</td>
<td>9.97%</td>
<td><strong>7.70%</strong></td>
<td><strong>1.34%</strong></td>
<td>-</td>
</tr>
<tr>
<td>Lemon Grove</td>
<td>10.05%</td>
<td>7.58%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Mountain Empire</td>
<td>8.40%</td>
<td>4.27%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Santee</td>
<td>6.99%</td>
<td>6.56%</td>
<td>1.03%</td>
<td>-</td>
</tr>
<tr>
<td>Spring Valley</td>
<td><strong>10.56%</strong></td>
<td>7.27%</td>
<td>0.98%</td>
<td>-</td>
</tr>
</tbody>
</table>

*Subregional areas (SRAs) may not add up to the regional total live births due to allocation.

The proportion of low birth weight infants among all live births within East Region were **highest in Harbison Crest and Lakeside SRAs (7.70%, each)** in 2019.

In East Region, the proportion of preterm births was highest in **Spring Valley SRA (10.56%)** in 2019.

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
In 2019, East Region had a lower percent of births with early prenatal care compared to the county overall. In East Region, **Santee SRA** had the highest percent of births with early prenatal care (89.41%) in 2019.

<table>
<thead>
<tr>
<th>Geography</th>
<th>Early Prenatal Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego County</td>
<td>88.24%</td>
</tr>
<tr>
<td>East Region</td>
<td>84.47%</td>
</tr>
<tr>
<td>Alpine</td>
<td>87.04%</td>
</tr>
<tr>
<td>El Cajon</td>
<td>81.78%</td>
</tr>
<tr>
<td>Harbison Crest</td>
<td>82.30%</td>
</tr>
<tr>
<td>Jamul</td>
<td>85.14%</td>
</tr>
<tr>
<td>La Mesa</td>
<td>88.57%</td>
</tr>
<tr>
<td>Laguna-Pine Valley</td>
<td>83.08%</td>
</tr>
<tr>
<td>Lakeside</td>
<td>86.45%</td>
</tr>
<tr>
<td>Lemon Grove</td>
<td>82.77%</td>
</tr>
<tr>
<td>Mountain Empire</td>
<td>61.39%</td>
</tr>
<tr>
<td>Santee</td>
<td><strong>89.41%</strong></td>
</tr>
<tr>
<td>Spring Valley</td>
<td>85.07%</td>
</tr>
</tbody>
</table>

In 2018, the fetal mortality rate in El Cajon and Spring Valley SRAs were higher than those in East Region and San Diego County overall.

<table>
<thead>
<tr>
<th>Geography</th>
<th>Fetal Mortality Rate per 1,000 (2018)*</th>
<th>Infant Mortality Rate per 1,000 (2019)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego County</td>
<td>3.92</td>
<td>3.67</td>
</tr>
<tr>
<td>East Region</td>
<td>4.41</td>
<td>2.82</td>
</tr>
<tr>
<td>Alpine</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>El Cajon</td>
<td>6.42</td>
<td>-</td>
</tr>
<tr>
<td>Harbison Crest</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Jamul</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>La Mesa</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Laguna-Pine Valley</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Lakeside</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Lemon Grove</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Mountain Empire</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Santee</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Spring Valley</td>
<td><strong>6.17</strong></td>
<td>-</td>
</tr>
</tbody>
</table>

*Indicates higher proportion/rate compared to East Region


*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
2019 COMMUNITY PROFILES IN TABLEAU
Navigate to data by various lenses of health equity

Use the drop-down arrows to filter by condition and outcome

Hover to see more data
2019 COMMUNITY PROFILES

HEALTH CONDITION RATE PER 100,000 RESIDENTS BY RACE/ETHNICITY, EAST REGION SUBREGIONAL AREAS (SRA)

Alzheimer’s Disease and Related Dementias (ADRD) Death Rate (per 100,000 residents) by Race/Ethnicity, East Region SRA

Legend:
- NH White
- NH Black
- Hispanic
- NH API
- NH Other Race

Note:
- NH: Non-Hispanic
- API: Asian/Pacific Islander
- Other Race: American Indian/Alaska Native (AI/AN), multiple races, or some other race.

How to interpret rates: A rate is the number of cases divided by the population, usually multiplied by a constant (100,000) to get a rate. For example, 987 cases, divided by population of 1,505,233, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150-154 cases would be expected.

Data source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS); California Office of Statewide Health Planning & Development (OSHPD), Emergency Department and Patient Discharge data, 2013. All conditions are primary diagnoses unless preceded by “Any Mention”. “Any Mention” diagnoses are any mention of the condition in the discharge record. Data suppressed for counties < 5. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 12/2/2021.
2019 COMMUNITY PROFILES
HEALTH CONDITION RATE PER 100,000 RESIDENTS BY AGE, EAST REGION SUBREGIONAL AREAS (SRA)

**Alzheimer’s Disease and Related Dementias (ADRD) Death Rate (per 100,000 residents) by Age, East Region SRA**

**Legend**
- Ages 0-14
- Ages 15-24
- Ages 25-44
- Ages 45-64
- Ages 65+ Plus
- Total Rate

**How to interpret rates:** A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in this example). For example, 507 cases, divided by population of 654,321, would be a rate of 150.8 per 100,000 populations. This means for every 100,000 people, 150-151 cases would be expected.

Data source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records (Business Intelligence System (VIBIS)); California Office of Statewide Health Planning & Development (OSHPD), Emergency Department and Patient Discharge data, 2018. All conditions are a primary diagnosis unless preceded by "Any Mention". "Any Mention" diagnoses are any mention of this condition in the discharge record. Data suppressed for counts <5. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 12/1/2021.
2019 COMMUNITY PROFILES

HEALTH CONDITION RATE PER 100,000 RESIDENTS BY GENDER, EAST REGION SUBREGIONAL AREAS (SRA)

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

Alzheimer’s Disease and Related Dementias (ADRD) Death Rate per 100,000 Residents by Gender, East Region SRA

Data source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research. Vital Records Business Intelligence System (VRBIS), California Office of Statewide Health Planning & Development (OSHPD), Emergency Department and Patient Discharge data, 2019. All conditions are a primary diagnosis unless preceded by “Any Mention”. “Any Mention” diagnoses are any mention of the condition in the discharge record. Data suppressed for counts < 5. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 12/9/2021.
2019 COMMUNITY PROFILES
HEALTH CONDITION RATE PER 100,000 RESIDENTS BY RACE/ETHNICITY, GENDER, SOCIOECONOMIC STATUS, AND AGE
BY EAST REGION SUBREGIONAL AREA (SRA)

East Region Subregional Area
- La Mesa

Condition
- Alzheimer's Disease and Related

Outcome
- Deaths

Note:
- NH: Non-Hispanic
- API: Asian/Pacific Islander
- Other Race: American Indian/Alaska Native (AIAN), multiple races, or some other race

How to interpret a rate:
A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the following example). For example, 587 cases, divided by population of 654,321, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150-151 cases would be expected.

Race/Ethnicity (rate per 100,000 residents)

Gender (rate per 100,000 residents)

Socioeconomic Status

Age (rate per 100,000 residents)

Geography
- 2021 Median Household Income

La Mesa
- $74,582

La Mesa
- 750.3

Ages 0-14: 125.7
Ages 15-24: 125.7
Ages 25-34: 125.7
Ages 35-44: 125.7
Ages 45-64: 125.7
Ages 65+: 125.7
Total Rate: 125.7

HOSPITAL AND EMERGENCY DEPARTMENT DISCHARGE DATA FOR PERSONS EXPERIENCING HOMELESSNESS, 2019
2019 Hospital Discharge Data for Persons Experiencing Homelessness

Number of Individuals Experiencing Homelessness Discharged from the Hospital: 4,116
Total Number of Hospital Discharges Experiencing Homelessness: 6,945
Average Number of Visits per Person: 1.7

Median Age: 54
Age Range: 0 to 92 years old

Race/Ethnicity:
- Hispanic: 647
- White, non-Hispanic: 2,203
- Black, non-Hispanic: 657
- Asian, non-Hispanic: 47
- AIAN, non-Hispanic: 13
- NHPI, non-Hispanic: 17
- Multiple Race: 51
- Some other race: 173
- Unknown: 28

Preferred Language Spoken:
- English: 3,944
- Spanish: 153
- Other: 20
- Unknown: 9

Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. AIAN: American Indian/Alaska Native. NHPI: Native Hawaiian/Pacific Islander. Source: California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2019. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
2019 Hospital Discharge Data for Persons Experiencing Homelessness

Admittance Day of Week and Month

Average Length of Stay: 6 days

Top 5 Facility Zipcodes

Top 5 Expected Sources of Payment

Top 3 Patient Dispositions

Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. Source: California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2019. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
2019 Hospital Discharge Data for Persons Experiencing Homelessness

Top 10 Primary Diagnosis Groups

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Septicemia</td>
<td>554</td>
</tr>
<tr>
<td>Skin and subcutaneous tissue infections</td>
<td>425</td>
</tr>
<tr>
<td>Alcohol-related disorders</td>
<td>249</td>
</tr>
<tr>
<td>Heart failure</td>
<td>197</td>
</tr>
<tr>
<td>Diabetes mellitus with complication</td>
<td>163</td>
</tr>
<tr>
<td>Poisoning by drugs, initial encounter</td>
<td>91</td>
</tr>
<tr>
<td>Chronic obstructive pulmonary disease</td>
<td>89</td>
</tr>
<tr>
<td>Pneumonia (except that caused by tuberculosis)</td>
<td>66</td>
</tr>
<tr>
<td>Fracture of the lower limb (except hip), initial encounter</td>
<td>68</td>
</tr>
<tr>
<td>Cardiac dysrhythmias</td>
<td>63</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Diagnosis</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>Septicemia</td>
<td>116</td>
</tr>
<tr>
<td></td>
<td>Skin and subcutaneous tissue infections</td>
<td>95</td>
</tr>
<tr>
<td></td>
<td>Alcohol-related disorders</td>
<td>50</td>
</tr>
<tr>
<td>White, non-Hispanic</td>
<td>Septicemia</td>
<td>316</td>
</tr>
<tr>
<td></td>
<td>Skin and subcutaneous tissue infections</td>
<td>284</td>
</tr>
<tr>
<td></td>
<td>Alcohol-related disorders</td>
<td>100</td>
</tr>
<tr>
<td>Black, non-Hispanic</td>
<td>Septicemia</td>
<td>78</td>
</tr>
<tr>
<td></td>
<td>Heart failure</td>
<td>58</td>
</tr>
<tr>
<td></td>
<td>Skin and subcutaneous tissue infections</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>Alcohol-related disorders</td>
<td>39</td>
</tr>
<tr>
<td></td>
<td>Diabetes mellitus with complication</td>
<td>80</td>
</tr>
</tbody>
</table>

Top 10 Primary Diagnosis Groups by Age Group**

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>15-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-64</th>
<th>65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Septicemia</td>
<td>18</td>
<td>72</td>
<td>95</td>
<td>285</td>
<td>84</td>
</tr>
<tr>
<td>Skin and subcutaneous tissue infections</td>
<td>12</td>
<td>68</td>
<td>98</td>
<td>213</td>
<td>34</td>
</tr>
<tr>
<td>Alcohol-related disorders</td>
<td>21</td>
<td>44</td>
<td>155</td>
<td>27</td>
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<tr>
<td>Heart failure</td>
<td>5</td>
<td>12</td>
<td>139</td>
<td>40</td>
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<tr>
<td>Diabetes mellitus with complication</td>
<td>14</td>
<td>23</td>
<td>100</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Poisoning by drugs, initial encounter</td>
<td>5</td>
<td>24</td>
<td>18</td>
<td>36</td>
<td>8</td>
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<tr>
<td>Chronic obstructive pulmonary disease</td>
<td>67</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pneumonia (except that caused by tuberculosis)</td>
<td>11</td>
<td>47</td>
<td>83</td>
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<tr>
<td>Fracture of the lower limb (except hip), initial encounter</td>
<td>17</td>
<td>13</td>
<td>49</td>
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<tr>
<td>Cardiac dysrhythmias</td>
<td>38</td>
<td>20</td>
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</tbody>
</table>

*Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. Hispanic, Non-Hispanic White, and Non-Hispanic Black make up 92% of homeless individuals who were discharged from the hospital in 2019. **Counts less than 5 were suppressed. Ages 0-14 had no top 10 diagnosis groups greater than 5. Source: California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2019. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
2019 Emergency Department Data for Persons Experiencing Homelessness

Number of Individuals Experiencing Homelessness Discharged from the ED: 6,724
Total Number of ED Discharges Experiencing Homelessness: 16,376
Average Number of Visits per Person: 2.4

Median Age: 47
Age Range: 0 to 98 years old

Race/Ethnicity:
- Hispanic: 1,255
- White, non-Hispanic: 3,725
- Black, non-Hispanic: 1,144
- Asian, non-Hispanic: 96
- AIAN, non-Hispanic: 29
- NHPI, non-Hispanic: 14
- Multiple Race: 101
- Some other race: 317
- Unknown: 53

Preferred Language Spoken:
- English: 6,545
- Spanish: 133
- Other: 23
- Unknown: 13

Footnote: Additional discharges of the same individual were removed from the total. AIAN: American Indian/Alaska Native. NHPI: Native Hawaiian/Pacific Islander.
Source: California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Discharge Data, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
2019 Emergency Department Data for Persons Experiencing Homelessness

Service Day of Week and Month

Top 10 Primary Diagnosis Groups
- Skin and subcutaneous tissue infections: 461
- Schizophrenia spectrum & other psychotic disorders: 417
- Alcohol-related disorders: 394
- Suicidal ideation/attemp/intentional self-harm: 309
- Musculoskeletal pain, not low back pain: 301
- Superficial injury, contusion, initial encounter: 251
- Abdominal pain & other digestive/abdomen signs/symptoms: 197
- Nonspecific chest pain: 191
- Depressive disorders: 163
- Stimulant-related disorders: 161

Top 5 Expected Sources of Payment
- Medicaid (Medi-Cal): 4,421
- Medicare Part B: 881
- Self Pay: 710
- Health Maintenance Organization (HMO): 381
- Medicare Risk: 381
- Health Maintenance Organization (HMO): 121

Top 3 Patient Dispositions
- Discharged to home or self care (routine discharge): 6,086
- Discharged/Transferred to a psychiatric hospital or psychiatric distinct part/unit of a hospital: 222
- Left against medical advice or discontinued care: 209

Footnote: Additional discharges of the same individual were removed from the total.
Source: California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Discharge Data, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
# 2019 Emergency Department Data for Persons Experiencing Homelessness

## Top 10 Primary Diagnosis Groups

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin and subcutaneous tissue infections</td>
<td>463</td>
</tr>
<tr>
<td>Schizophrenia spectrum &amp; other psychotic disorders</td>
<td>417</td>
</tr>
<tr>
<td>Alcohol-related disorders</td>
<td>394</td>
</tr>
<tr>
<td>Suicidal ideation/attempts/intentional self-harm</td>
<td>309</td>
</tr>
<tr>
<td>Musculoskeletal pain, not low back pain</td>
<td>301</td>
</tr>
<tr>
<td>Superficial injury, contusion, initial encounter</td>
<td>251</td>
</tr>
<tr>
<td>Abdominal pain &amp; other digestive/abdomen signs/symptoms</td>
<td>197</td>
</tr>
<tr>
<td>Nonspecific chest pain</td>
<td>181</td>
</tr>
<tr>
<td>Depressive disorders</td>
<td>182</td>
</tr>
<tr>
<td>Stimulant-related disorders</td>
<td>151</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Diagnosis</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>Skin and subcutaneous tissue infections</td>
<td>78</td>
</tr>
<tr>
<td></td>
<td>Schizophrenia spectrum &amp; other psychotic disorders</td>
<td>70</td>
</tr>
<tr>
<td></td>
<td>Alcohol-related disorders</td>
<td>70</td>
</tr>
<tr>
<td>White, non-Hispanic</td>
<td>Skin and subcutaneous tissue infections</td>
<td>314</td>
</tr>
<tr>
<td></td>
<td>Alcohol-related disorders</td>
<td>259</td>
</tr>
<tr>
<td></td>
<td>Schizophrenia spectrum &amp; other psychotic disorders</td>
<td>211</td>
</tr>
<tr>
<td>Black, non-Hispanic</td>
<td>Schizophrenia spectrum &amp; other psychotic disorders</td>
<td>91</td>
</tr>
<tr>
<td></td>
<td>Musculoskeletal pain, not low back pain</td>
<td>70</td>
</tr>
<tr>
<td></td>
<td>Suicidal ideation/attempts/intentional self-harm</td>
<td>65</td>
</tr>
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</table>

## Top 10 Primary Diagnosis Groups by Age Group**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Diagnosis</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24</td>
<td>Skin and subcutaneous tissue infections</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td>Schizophrenia spectrum &amp; other psychotic disorders</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>Alcohol-related disorders</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Suicidal ideation/attempts/intentional self-harm</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Musculoskeletal pain, not low back pain</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Superficial injury, contusion, initial encounter</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Abdominal pain &amp; other digestive/abdomen signs/symptoms</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Nonspecific chest pain</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>Depressive disorders</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>Stimulant-related disorders</td>
<td>14</td>
</tr>
</tbody>
</table>

**Footnote:** Additional discharges of the same individual were removed from the total. *Hispanic, Non-Hispanic White, and Non-Hispanic Black make up 92% of homeless individuals who presented to the emergency department (ED) in 2019. Counts less than 6 were suppressed. Ages 0-14 had no top 10 diagnoses greater than 5. Source: California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Discharge Data, 2019. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
Health Briefs are easy-to-read, printable health statistics by Region using data from the Community Profiles and the California Health Interview Survey (CHIS). Each health brief is divided into non-communicable disease, communicable disease, ADRD, maternal & child health, injury, and behavioral health data.
COMING SOON: REGIONAL HEALTH SUMMARIES, 2019

Regional Health Summaries are a compilation of information made available to the public health community and public policy-makers to better understand and manage the health and well-being of the resident of our county.

The purpose of this report is to provide detailed information about the health and characteristics of people in San Diego County.

It is designed to help the Health and Human Services Agency (HHSA) staff in each of the Health Service Area Regions (HHSA Regions) identify problems and priority needs within their communities.
HEALTH EQUITY DASHBOARD SERIES
Racial Equity Dashboards

These interactive Tableau dashboards help to visualize the demographic data, social determinants of health, and health outcomes disaggregated.

Please click the dashboard buttons below to navigate. Click the home button on any dashboard to return to this page.

Demographic Data

- **Demographics Dashboard-1**
  - Population distribution by age, gender, geography, and race/ethnicity.

- **Demographics Dashboard-2**
  - Population distribution by age, gender, geography, and race/ethnicity. Represented as population pyramids.

- **Demographics Dashboard-3**
  - Marital status by geography, race and ethnicity.

Social Determinants of Health by Race and Ethnicity

<table>
<thead>
<tr>
<th>Health Dashboard-1</th>
<th>Knowledge Dashboard-1</th>
<th>Standard of Living Dashboard-1</th>
<th>Community Dashboard-1</th>
<th>Social Dashboard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disability</td>
<td>School enrollment</td>
<td>Household Income</td>
<td>Means of commute</td>
<td>Voter engagement</td>
</tr>
<tr>
<td></td>
<td>Educational attainment</td>
<td>Employment status</td>
<td>Tenure</td>
<td>Psychological distress</td>
</tr>
<tr>
<td></td>
<td>Field of bachelor’s degree</td>
<td>Poverty status</td>
<td></td>
<td>Incarceration rate by family income</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Upward economic mobility</td>
<td></td>
<td>Students: Alcohol, cigarette, e-cigarette, ..</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Supplemental Nutrition Assistance Program (SNAP)</td>
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</table>

Social Determinants of Health by Race/Ethnicity

<table>
<thead>
<tr>
<th>Health Dashboard-2</th>
<th>Knowledge Dashboard-2</th>
<th>Standard of Living Dashboard-2</th>
<th>Community Dashboard-2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Expectancy</td>
<td>Early childhood education</td>
<td>Food insecurity</td>
<td>Neighborhood safety</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dropout rate</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Home loan mortgage denials</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Home purchase loan denials</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Subsidized housing</td>
</tr>
</tbody>
</table>

Health Outcomes by Race/Ethnicity

Race and Ethnicity Dashboards: Data are presented with an overall Hispanic category, and then under separate race categories. There is overlap between the Hispanic category and the race categories – that is, an individual who identifies as Hispanic will be counted in the Hispanic category and counted again under the race category that they also identified. Race/Ethnicity Dashboards: Data are presented as Hispanic (of any race) and non-Hispanic race. Individuals included in the Hispanic category may be of any race. Individuals in non-Hispanic race categories do not identify as Hispanic. For detailed information, visit [insert link]. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
DEMOGRAPHIC INDICATORS - POPULATION DISTRIBUTION BY RACE/ETHNICITY, 2020

Proportion of Total Population by Race/Ethnicity, East Region, 2020

Age Group 45-54 years

Proportion of Population Ages 45-54 years by Gender and Race/Ethnicity, East Region, 2020

Legend
- Hispanic
- NH White
- NH Black
- NH Asian
- NH NHPI
- NH AIAN
- NH Other Race
- NH Multiple Race

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th>Male</th>
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</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>6.0%</td>
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<td>NH White</td>
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<td>6.3%</td>
</tr>
<tr>
<td>NH Black</td>
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<td>6.0%</td>
</tr>
<tr>
<td>NH Asian</td>
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<td>7.1%</td>
</tr>
<tr>
<td>NH NHPI</td>
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</tr>
<tr>
<td>NH AIAN</td>
<td>8.8%</td>
<td>6.7%</td>
</tr>
<tr>
<td>NH Other Race</td>
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<td>4.6%</td>
</tr>
<tr>
<td>NH Multiple Race</td>
<td>3.9%</td>
<td>3.0%</td>
</tr>
</tbody>
</table>

Note: NH indicates Non-Hispanic. NHPI: Native Hawaiian/Pacific Islander. AIAN: American Indian/Alaska Native.
If blank, data is statistically unavaiable or unavailable.
## POPULATION DISTRIBUTION BY AGE, GENDER, AND RACE/ETHNICITY, 2020

### Geography

<table>
<thead>
<tr>
<th></th>
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</table>

### Hispanic

<table>
<thead>
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<tr>
<td>85 years and over</td>
<td>0.6%</td>
<td>1.2%</td>
</tr>
<tr>
<td>75-84 years</td>
<td>2.2%</td>
<td>2.3%</td>
</tr>
<tr>
<td>65-74 years</td>
<td>3.8%</td>
<td>4.0%</td>
</tr>
<tr>
<td>55-64 years</td>
<td>5.0%</td>
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</tr>
<tr>
<td>45-54 years</td>
<td>6.7%</td>
<td>7.0%</td>
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<tr>
<td>35-44 years</td>
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</tr>
<tr>
<td>30-34 years</td>
<td>4.6%</td>
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</tr>
<tr>
<td>25-29 years</td>
<td>4.1%</td>
<td>4.1%</td>
</tr>
<tr>
<td>20-24 years</td>
<td>4.4%</td>
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</tr>
<tr>
<td>15-19 years</td>
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<td>4.0%</td>
</tr>
<tr>
<td>10-14 years</td>
<td>4.3%</td>
<td>4.6%</td>
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<tr>
<td>5-8 years</td>
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<td>3.0%</td>
</tr>
<tr>
<td>&lt; 5 years</td>
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</table>

### NH White

<table>
<thead>
<tr>
<th>Age Group</th>
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<th>Female</th>
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</thead>
<tbody>
<tr>
<td>85 years and over</td>
<td>0.8%</td>
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</tr>
<tr>
<td>75-84 years</td>
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<tr>
<td>65-74 years</td>
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</tr>
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</tr>
<tr>
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<td>3.4%</td>
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<tr>
<td>25-29 years</td>
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<td>3.7%</td>
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<tr>
<td>20-24 years</td>
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<tr>
<td>&lt; 5 years</td>
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### NH Black

<table>
<thead>
<tr>
<th>Age Group</th>
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<th>Female</th>
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</thead>
<tbody>
<tr>
<td>85 years and over</td>
<td>1.0%</td>
<td>1.3%</td>
</tr>
<tr>
<td>75-84 years</td>
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<tr>
<td>65-74 years</td>
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</tr>
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<td>55-64 years</td>
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<td>5-8 years</td>
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</tr>
<tr>
<td>&lt; 5 years</td>
<td>4.5%</td>
<td>3.6%</td>
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### NH Asian

<table>
<thead>
<tr>
<th>Age Group</th>
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<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>85 years and over</td>
<td>1.7%</td>
<td>2.8%</td>
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<tr>
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<tr>
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</tr>
<tr>
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### NH NHPI

<table>
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<tr>
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<th>Male</th>
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</tr>
</thead>
<tbody>
<tr>
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</tr>
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<tr>
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<tr>
<td>15-19 years</td>
<td>2.4%</td>
<td>5.8%</td>
</tr>
<tr>
<td>10-14 years</td>
<td>2.4%</td>
<td>5.8%</td>
</tr>
<tr>
<td>5-9 years</td>
<td>1.5%</td>
<td>3.1%</td>
</tr>
<tr>
<td>&lt; 5 years</td>
<td>6.2%</td>
<td>1.3%</td>
</tr>
</tbody>
</table>

### NH AIAN

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>85 years and over</td>
<td>2.5%</td>
<td>0.8%</td>
</tr>
<tr>
<td>75-84 years</td>
<td>4.2%</td>
<td>4.5%</td>
</tr>
<tr>
<td>65-74 years</td>
<td>9.0%</td>
<td>8.0%</td>
</tr>
<tr>
<td>55-64 years</td>
<td>6.7%</td>
<td>8.8%</td>
</tr>
<tr>
<td>45-54 years</td>
<td>9.7%</td>
<td>8.0%</td>
</tr>
<tr>
<td>35-44 years</td>
<td>2.3%</td>
<td>2.2%</td>
</tr>
<tr>
<td>30-34 years</td>
<td>2.5%</td>
<td>1.6%</td>
</tr>
<tr>
<td>25-29 years</td>
<td>2.4%</td>
<td>7.0%</td>
</tr>
<tr>
<td>20-24 years</td>
<td>1.2%</td>
<td>3.8%</td>
</tr>
<tr>
<td>15-19 years</td>
<td>1.9%</td>
<td>2.1%</td>
</tr>
<tr>
<td>10-14 years</td>
<td>2.4%</td>
<td>1.7%</td>
</tr>
<tr>
<td>5-9 years</td>
<td>1.5%</td>
<td>3.1%</td>
</tr>
<tr>
<td>&lt; 5 years</td>
<td>1.5%</td>
<td>3.1%</td>
</tr>
</tbody>
</table>

### NH Other Race

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>85 years and over</td>
<td>2.3%</td>
<td>2.1%</td>
</tr>
<tr>
<td>75-84 years</td>
<td>4.7%</td>
<td>4.5%</td>
</tr>
<tr>
<td>65-74 years</td>
<td>4.6%</td>
<td>7.1%</td>
</tr>
<tr>
<td>55-64 years</td>
<td>8.2%</td>
<td>8.3%</td>
</tr>
<tr>
<td>45-54 years</td>
<td>4.2%</td>
<td>4.0%</td>
</tr>
<tr>
<td>35-44 years</td>
<td>5.0%</td>
<td>4.0%</td>
</tr>
<tr>
<td>30-34 years</td>
<td>3.5%</td>
<td>4.4%</td>
</tr>
<tr>
<td>25-29 years</td>
<td>4.3%</td>
<td>4.8%</td>
</tr>
<tr>
<td>20-24 years</td>
<td>4.2%</td>
<td>4.1%</td>
</tr>
<tr>
<td>15-19 years</td>
<td>4.4%</td>
<td>4.1%</td>
</tr>
<tr>
<td>10-14 years</td>
<td>4.4%</td>
<td>4.1%</td>
</tr>
<tr>
<td>5-9 years</td>
<td>2.8%</td>
<td>4.6%</td>
</tr>
<tr>
<td>&lt; 5 years</td>
<td>2.8%</td>
<td>3.4%</td>
</tr>
</tbody>
</table>

### NH Multiple Race

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>85 years and over</td>
<td>1.3%</td>
<td>1.2%</td>
</tr>
<tr>
<td>75-84 years</td>
<td>2.7%</td>
<td>3.6%</td>
</tr>
<tr>
<td>65-74 years</td>
<td>3.0%</td>
<td>3.9%</td>
</tr>
<tr>
<td>55-64 years</td>
<td>5.4%</td>
<td>5.4%</td>
</tr>
<tr>
<td>45-54 years</td>
<td>4.2%</td>
<td>4.1%</td>
</tr>
<tr>
<td>35-44 years</td>
<td>4.4%</td>
<td>3.2%</td>
</tr>
<tr>
<td>30-34 years</td>
<td>4.4%</td>
<td>3.2%</td>
</tr>
<tr>
<td>25-29 years</td>
<td>4.4%</td>
<td>3.2%</td>
</tr>
<tr>
<td>20-24 years</td>
<td>5.0%</td>
<td>5.2%</td>
</tr>
<tr>
<td>15-19 years</td>
<td>6.0%</td>
<td>5.4%</td>
</tr>
<tr>
<td>10-14 years</td>
<td>5.0%</td>
<td>5.2%</td>
</tr>
<tr>
<td>5-9 years</td>
<td>8.7%</td>
<td>7.7%</td>
</tr>
</tbody>
</table>

---

**Note:** NH indicates Non-Hispanic. NHPI: Native Hawaiian/Pacific Islander. AIAN: American Indian/Alaska Native. If blank, data is statistically unstable or unavailable.

---

**Sources:** SANDAG, 2020 Current Population Estimates (Data extracted on: 08/11/2021).

**Prepared by:** County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
Proportion of Population Divorced by Race and Ethnicity, East Region, 2019

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Divorced Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic*</td>
<td>9.9%</td>
</tr>
<tr>
<td>White</td>
<td>12.1%</td>
</tr>
<tr>
<td>Black</td>
<td>10.2%</td>
</tr>
<tr>
<td>Asian</td>
<td>8.3%</td>
</tr>
<tr>
<td>NHPI</td>
<td>18.9%</td>
</tr>
<tr>
<td>AIAN</td>
<td>17.2%</td>
</tr>
<tr>
<td>Other Race</td>
<td>9.3%</td>
</tr>
<tr>
<td>Multiple Race</td>
<td>9.1%</td>
</tr>
</tbody>
</table>

NHPI: Native Hawaiian/Pacific Islander, AIAN: American Indian/Alaska Native.

*Data by race and ethnicity includes possible overlap between racial and ethnic groups, as Hispanic includes population of Hispanic/Latino origin of all races and each racial group includes population of all ethnicities. If blank, data is statistically unstable or unavailable.

### Percentage of Population with Disability by Race and Ethnicity, San Diego County, 2019

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic*</td>
<td>7.6%</td>
</tr>
<tr>
<td>White</td>
<td>10.2%</td>
</tr>
<tr>
<td>Black</td>
<td>12.7%</td>
</tr>
<tr>
<td>Asian</td>
<td>8.6%</td>
</tr>
<tr>
<td>NHPI</td>
<td>10.9%</td>
</tr>
<tr>
<td>AIAN</td>
<td>13.4%</td>
</tr>
<tr>
<td>Other Race</td>
<td>7.4%</td>
</tr>
<tr>
<td>Multiple Race</td>
<td>7.9%</td>
</tr>
</tbody>
</table>

### Percentage of Population by Health Insurance Status and Race and Ethnicity, San Diego County, 2019

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>With Health Insurance</th>
<th>Without Health Insurance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic*</td>
<td>86.3%</td>
<td>13.7%</td>
</tr>
<tr>
<td>White</td>
<td>92.1%</td>
<td>7.9%</td>
</tr>
<tr>
<td>Black</td>
<td>93.0%</td>
<td>7.0%</td>
</tr>
<tr>
<td>Asian</td>
<td>94.7%</td>
<td>5.3%</td>
</tr>
<tr>
<td>NHPI</td>
<td>95.3%</td>
<td>4.7%</td>
</tr>
<tr>
<td>AIAN</td>
<td>83.9%</td>
<td>16.1%</td>
</tr>
<tr>
<td>Other Race</td>
<td>85.5%</td>
<td>14.5%</td>
</tr>
<tr>
<td>Multiple Race</td>
<td>94.5%</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

*Data by race and ethnicity includes possible overlap between racial and ethnic groups, as Hispanic includes population of Hispanic/Latino origin of all races and each racial group includes population of all ethnicities.

If blank, data is statistically unstable or unavailable.

Sources: U.S. Census Bureau, 2015-2019 American Community Survey 5-Year Estimates, Tables S1810; C27001A-GI.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
## Health Domain Indicators by Race/Ethnicity

### Usual Source of Care (2015-2019) by Race/Ethnicity, San Diego County

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Did not have a usual source of care</th>
<th>Have a usual source of care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>17.0%</td>
<td>83.0%</td>
</tr>
<tr>
<td>NH White</td>
<td>9.1%</td>
<td>90.9%</td>
</tr>
<tr>
<td>NH Black</td>
<td>9.0%</td>
<td>91.0%</td>
</tr>
<tr>
<td>NH Asian</td>
<td>10.6%</td>
<td>89.4%</td>
</tr>
<tr>
<td>NH Multiple Race</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Life Expectancy (in years) by Race/Ethnicity, San Diego County, 2019

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Life Expectancy (years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>84.9</td>
</tr>
<tr>
<td>NH White</td>
<td>81.5</td>
</tr>
<tr>
<td>NH Black</td>
<td>79.2</td>
</tr>
<tr>
<td>NH Asian</td>
<td>89.0</td>
</tr>
</tbody>
</table>

Note: NH indicates Non-Hispanic. AIAN: American Indian/Alaska Native.

If blank, data is statistically unstable or unavailable.
## KNOWLEDGE DOMAIN INDICATORS BY RACE AND ETHNICITY

### School Enrollment, Ages 3 Years and Older (2019)

#### School Enrollment, Ages 3 Years and Older (2019) by Race and Ethnicity, San Diego County

<table>
<thead>
<tr>
<th>Nursery School or Preschool</th>
<th>Kindergarten</th>
<th>Grades 1-4</th>
<th>Grades 5-8</th>
<th>Grades 9-12</th>
<th>College/Undergraduate School</th>
<th>Graduate/Professional School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic*</td>
<td>5.8%</td>
<td>4.6%</td>
<td>15.6%</td>
<td>20.1%</td>
<td>24.3%</td>
<td>26.0%</td>
</tr>
<tr>
<td>White</td>
<td>6.1%</td>
<td>5.3%</td>
<td>16.1%</td>
<td>17.3%</td>
<td>21.8%</td>
<td>24.0%</td>
</tr>
<tr>
<td>Black</td>
<td>4.9%</td>
<td>4.7%</td>
<td>13.2%</td>
<td>20.1%</td>
<td>22.7%</td>
<td>27.6%</td>
</tr>
<tr>
<td>NHPI</td>
<td>4.4%</td>
<td>4.5%</td>
<td>10.3%</td>
<td>20.1%</td>
<td>21.7%</td>
<td>27.6%</td>
</tr>
<tr>
<td>Other Race</td>
<td>3.1%</td>
<td>4.6%</td>
<td>15.1%</td>
<td>20.7%</td>
<td>24.5%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Multiple Race</td>
<td>5.2%</td>
<td>5.3%</td>
<td>19.5%</td>
<td>21.3%</td>
<td>24.6%</td>
<td>31.2%</td>
</tr>
</tbody>
</table>

#### Notes:
- NHPI: Native Hawaiian/Pacific Islander, AIAN: American Indian/Alaska Native.
- *Data by race and ethnicity includes possible overlap between racial and ethnic groups, as Hispanic includes population of Hispanic/Latino origin of all races and each racial group includes population of all ethnicities.

Knowledge Domain Indicators by Race/Ethnicity

School Enrollment (2019-2020) by Race/Ethnicity, San Diego County

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Transitional Kindergarten (TK) Program Participation</th>
<th>School Enrollment (Overall) (K-12)</th>
<th>Charter School Enrollment (K-12)</th>
<th>Non-Charter School Enrollment (K-12)</th>
<th>Matched Foster Students</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hispanic: 46.7% NH White: 39.0% NH Black: 4.1% NH Asian: 0.4% NH NHPI: 1.7% NH Other Race: 6.7% NH Multiple Race: 0.8%</td>
<td>Hispanic: 48.3% NH White: 39.6% NH Black: 4.3% NH Asian: 6.2% NH NHPI: 0.9% NH Other Race: 7.3% NH Multiple Race: 0.7%</td>
<td>Hispanic: 52.0% NH White: 39.8% NH Black: 5.5% NH Asian: 3.5% NH NHPI: 0.6% NH Other Race: 5.8% NH Multiple Race: 0.4%</td>
<td>Hispanic: 47.8% NH White: 39.7% NH Black: 5.0% NH Asian: 6.7% NH NHPI: 0.5% NH Other Race: 6.2% NH Multiple Race: 0.6%</td>
<td>Hispanic: 49.9% NH White: 39.9% NH Black: 4.1% NH Asian: 6.7% NH NHPI: 1.0% NH Other Race: 6.3% NH Multiple Race: 0.8%</td>
</tr>
</tbody>
</table>

Note: NH indicates Non-Hispanic. NHPI: Native Hawaiian/Pacific Islander. AIAN: American Indian/Alaska Native. If blank, data is statistically unstable or unavailable.


Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
Food insecurity among adults whose income is <200% FPL (2015-2019) by Race/Ethnicity, San Diego County

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Able to afford enough food</th>
<th>Not able to afford enough food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>60.4%</td>
<td>39.6%</td>
</tr>
<tr>
<td>NH White</td>
<td>60.8%</td>
<td>39.2%</td>
</tr>
<tr>
<td>NH Black</td>
<td>53.9%</td>
<td>46.1%</td>
</tr>
<tr>
<td>NH Asian</td>
<td>67.1%</td>
<td>32.9%</td>
</tr>
<tr>
<td>NH Other Race</td>
<td>56.3%</td>
<td>46.4%</td>
</tr>
</tbody>
</table>

Note: NH indicates Non-Hispanic, AIAN: American Indian/Alaska Native.
If blank, data is statistically unstable or unavailable.
STANDARD OF LIVING DOMAIN INDICATORS BY RACE AND ETHNICITY

Employment Status in the Past 12 Months (2019)

Employment Status in the Past 12 Months (2019) by Race and Ethnicity, San Diego County

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Employed (in labor force)</th>
<th>Unemployed (in labor force)</th>
<th>Not in Labor Force</th>
<th>Armed Forces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic*</td>
<td>62.8%</td>
<td>4.7%</td>
<td>30.6%</td>
<td>0.1%</td>
</tr>
<tr>
<td>White</td>
<td>59.4%</td>
<td>3.5%</td>
<td>34.6%</td>
<td>1.9%</td>
</tr>
<tr>
<td>Black</td>
<td>61.0%</td>
<td>4.6%</td>
<td>35.6%</td>
<td>2.6%</td>
</tr>
<tr>
<td>Asian</td>
<td>62.7%</td>
<td>3.3%</td>
<td>29.7%</td>
<td>1.5%</td>
</tr>
<tr>
<td>NHPI</td>
<td>64.4%</td>
<td>4.2%</td>
<td>28.7%</td>
<td>1.5%</td>
</tr>
<tr>
<td>AlAIN</td>
<td>63.2%</td>
<td>4.8%</td>
<td>31.2%</td>
<td>1.3%</td>
</tr>
<tr>
<td>Other Race</td>
<td>62.7%</td>
<td>5.5%</td>
<td>28.6%</td>
<td>2.7%</td>
</tr>
</tbody>
</table>

Geography

East Region

Median Household Income by Geography, 2021

East Region

$77,818

Average Median Household Income by Race and Ethnicity, East Region, 2019

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Median Household Income (2019)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic*</td>
<td>$74,997</td>
</tr>
<tr>
<td>White</td>
<td>$77,990</td>
</tr>
<tr>
<td>Black</td>
<td>$69,897</td>
</tr>
<tr>
<td>Asian</td>
<td>$93,265</td>
</tr>
<tr>
<td>NHPI</td>
<td>$107,573</td>
</tr>
<tr>
<td>AlAIN</td>
<td>$69,084</td>
</tr>
<tr>
<td>Other Race</td>
<td>$93,765</td>
</tr>
<tr>
<td>Multiple Race</td>
<td></td>
</tr>
</tbody>
</table>

Legend

- Hispanic*
- White
- Black
- Asian
- NHPI
- AlAIN
- Other Race
- Multiple Race

Legend

- Hispanic*
- White
- Black
- Asian
- NHPI
- AlAIN
- Other Race
- Multiple Race

NHPI: Native Hawaiian/Pacific Islander.
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COMMUNITY DOMAIN INDICATORS RACE AND ETHNICITY

Means of transportation to work (2019)

Means of transportation to work (2019) by Race and Ethnicity, San Diego County

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Drove alone (via car, truck, or van)</th>
<th>Carpool (via car, truck, or van)</th>
<th>Public Transportation (excluding taxicab)</th>
<th>Used taxicab, motorcycle, or other means</th>
<th>Walked</th>
<th>Worked from home</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>76.4%</td>
<td>11.1%</td>
<td>4.0%</td>
<td>2.4%</td>
<td>1.1%</td>
<td>5.9%</td>
</tr>
<tr>
<td>White</td>
<td>75.5%</td>
<td>11.6%</td>
<td>3.7%</td>
<td>2.8%</td>
<td>1.2%</td>
<td>4.7%</td>
</tr>
<tr>
<td>Black</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asian</td>
<td>71.0%</td>
<td>10.7%</td>
<td>4.0%</td>
<td>2.6%</td>
<td>1.0%</td>
<td>4.3%</td>
</tr>
<tr>
<td>NHPI</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AIAN</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Race</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multiple Race</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Homelessness by Race and Ethnicity, San Diego County, 2020

<table>
<thead>
<tr>
<th></th>
<th>Sheltered</th>
<th>Unsheltered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic*</td>
<td>30.0%</td>
<td>28.0%</td>
</tr>
<tr>
<td>White</td>
<td>61.0%</td>
<td>71.0%</td>
</tr>
<tr>
<td>Black</td>
<td>30.0%</td>
<td>21.0%</td>
</tr>
<tr>
<td>Asian</td>
<td>1.0%</td>
<td>2.0%</td>
</tr>
<tr>
<td>NHPI</td>
<td>2.0%</td>
<td>2.0%</td>
</tr>
<tr>
<td>AIAN</td>
<td>2.0%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Multiple Race</td>
<td>5.0%</td>
<td></td>
</tr>
</tbody>
</table>

NHPI: Native Hawaiian/Pacific Islander; AIAN: American Indian/Alaska Native. If blank, data is statistically unstable or unavailable.

*Data by race and ethnicity includes possible overlap between racial and ethnic groups, as Hispanic includes population of all races and each racial group includes population of all ethnicities.

Feel that people in their neighborhood can be trusted (2015-2019) by Race/Ethnicity San Diego County

<table>
<thead>
<tr>
<th>Agree/strongly agree that neighbors can be trusted</th>
<th>Disagree/strongly disagree that neighbors can be trusted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>78.0%</td>
</tr>
<tr>
<td>NH White</td>
<td>87.1%</td>
</tr>
<tr>
<td>NH Black</td>
<td>83.3%</td>
</tr>
<tr>
<td>NH Asian</td>
<td>86.8%</td>
</tr>
<tr>
<td>NH NHPI</td>
<td>83.0%</td>
</tr>
<tr>
<td>NH Other Race</td>
<td>22.0%</td>
</tr>
<tr>
<td>NH Multiple Race</td>
<td>17.0%</td>
</tr>
<tr>
<td>NH NHPI</td>
<td>12.9%</td>
</tr>
<tr>
<td>NH AIAN</td>
<td>16.7%</td>
</tr>
<tr>
<td>NH Asian</td>
<td>13.2%</td>
</tr>
<tr>
<td>NH Other Race</td>
<td>17.0%</td>
</tr>
</tbody>
</table>

Note: NH indicates Non-Hispanic. NHPI: Native Hawaiian/Pacific Islander. AIAN: American Indian/Alaska Native. If blank, data is statistically unstable or unavailable.

Racial discrimination, through various social and economic factors, can lead to physical and mental health disparities.[1] Based on this framework, groups who experience racial inequity tend to experience measurable disparities in certain health conditions such as depression, anxiety, substance use disorders, cardiovascular diseases, increased blood pressure, and physical injuries.[1] All conditions are a primary diagnosis unless preceded by “Any Mention.” “Any Mention” diagnoses are any mention of the condition in the discharge record. Data suppressed for counts < 5.


Heart Failure Hospitalization Rate (per 100,000 residents) by Race/Ethnicity, 2019

<table>
<thead>
<tr>
<th>Subregional Area (SRA)</th>
<th>Outcome</th>
<th>Total Rate (per 100,000 residents) of Hospitalization due to Heart Failure, El Cajon SRA, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>El Cajon</td>
<td>Hospitalization</td>
<td>129.6 Hispanic, 319.0 NH White, 502.0 NH Black, 150.6 NH Other Race</td>
</tr>
</tbody>
</table>

NH indicates Non-Hispanic. API: Asian/Pacific Islander. Other Race: American Indian/Alaska Native (AIAN), multiple races, or some other race.

Source: California Department of Public Health. Center for Health Statistics, Office of Health Information and Research. Vital Records Business Intelligence System (VRBIS), California Office of Statewide Health Planning & Development (OSHPD), Emergency Department and Patient Discharge data, 2019. All conditions are a primary diagnosis unless preceded by “Any Mention.” “Any Mention” diagnoses are any mention of the condition in the discharge record. Data suppressed for counts < 5.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.
WE NEED YOUR VOICE!

PLEASE TELL US YOUR EXPERIENCES, YOUR STORIES, YOUR REALITIES SO WE CAN MAKE MEANINGFUL CHANGE TOGETHER.

- There is a renewed emphasis at all aspects of county government on the demographic, economic and social factors that impact our diverse populations.
- I can tell you what I know from our databases, but that is only part of the story. We need to hear from you.
- Please go to https://www.surveymonkey.com/r/B33YRJW to complete the survey. It should take only 10 minutes of your time. Your responses are important to help guide our future efforts. Please feel free to voice the issues we missed in the text boxes.
- If you have questions or concerns or if you want us to look for data on a specific issue, feel free to email us!
  - Leslie.Ray@sdcounty.ca.gov
  - Maria.Pena@sdcounty.ca.gov
  - phs.chsu.hhsa@sdcounty.ca.gov
Live Well San Diego focuses on creating an environment that encourages all San Diego County residents to live healthy, safe, and thriving lives.

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

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Leslie.Ray@sdcounty.ca.gov