



East Region

Health Status Report Summary



SEPTEMBER 2023

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

East Region Health Status Report Summary

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

September 2023

This document was developed by the Community Health Statistics Unit of County of San Diego and is in support of *Live Well San Diego*.

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INTRODUCTION

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

The key segments of this report include:

- 1) **Demographic Characteristics:** This section includes an overview of the 2021 population characteristics (e.g., age, race/ethnicity, household income, health insurance coverage, disability status, etc.) for East Region. Characteristics for SRAs are reported in comparison with East Region and San Diego County.
- 2) **Mortality Measures:** This section includes a summary of the overall life expectancy for East Region and its SRAs in 2021. Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. This section, additionally, lists the Top 10 Leading Causes of Death in 2021 for East Region, outlining the relative burden of a specific cause of death compared to other causes.
- 3) **Health Outcomes:** This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following group of health conditions and indicators:
 - a) Non-Communicable (Chronic) Diseases,
 - b) Communicable (Infectious) Diseases,
 - c) Injury Indicators,
 - d) Behavioral Health Indicators,
 - e) Alzheimer's Disease and Related Dementias, and
 - f) Maternal and Child Health Indicators.

HEALTH STATUS OVERVIEW (2021): EAST REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 506,023

(15.4% of San Diego County's population)

Age Distribution:

- 0-4 years old (6.7%)
- 5-14 years old (12.5%)
- 15-24 years old (12.9%)
- 25-44 years old (28.0%)
- 45-64 years old (25.0%)
- 65+ years old (15.0%)

Median Household Income: \$85,551

Population Below 200% Federal Poverty Level (FPL): 27.4%

Population with Health Insurance: 93.9%

Population with Disability: 12.6%

Households Receiving Food Stamps/SNAP/CalFresh: 11.6%

MORTALITY MEASURES

Overall Life Expectancy: 78.0 years

Top 5 Leading Causes of Death:

- 1) Malignant Neoplasms (Cancers)
- 2) Diseases of the Heart
- 3) COVID-19
- 4) Accidents/Unintentional Injuries
- 5) Cerebrovascular Diseases (Stroke)

LEADING HEALTH OUTCOMES

Highest Rates	Death Rate	ED Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	Overall Cancer 204.1 per 100,000	Overall Heart Disease 2,397.5 per 100,000	Overall Heart Disease 1,301.7 per 100,000
Communicable (Infectious) Diseases	Urinary Tract Infection 4.0 per 100,000	Urinary Tract Infection 736.9 per 100,000	Urinary Tract Infection 151.2 per 100,000
COVID-19	100.9 per 100,000	1,232.8 per 100,000	450.6 per 100,000
Injury Indicators	Unintentional Injuries 64.9 per 100,000	Unintentional Injuries 6,305.1 per 100,000	Unintentional Injuries 1,242.5 per 100,000
Behavioral Health Indicators	Alcohol Related Disorders 28.3 per 100,000	Suicide Attempt 341.7 per 100,000	Alcohol Related Disorders 103.2 per 100,000
Alzheimer's Disease and Related Dementias	117.4 per 100,000	44.8 per 100,000	35.3 per 100,000
Maternal and Child Health Indicators			
Total Live Births: 5,903	Preterm Births: 9.0% Low Weight Births: 7.0% Very Low Weight Births: 1.4% Teen Births: 0.3% Received Early Prenatal Care: 88.0%	Infant Mortality Rate (2020): 3.7 per 1,000 Total Live Births Fetal Mortality Rate: 4.0 per 1,000 Live Births and Fetal Deaths	

DEMOGRAPHIC CHARACTERISTICS

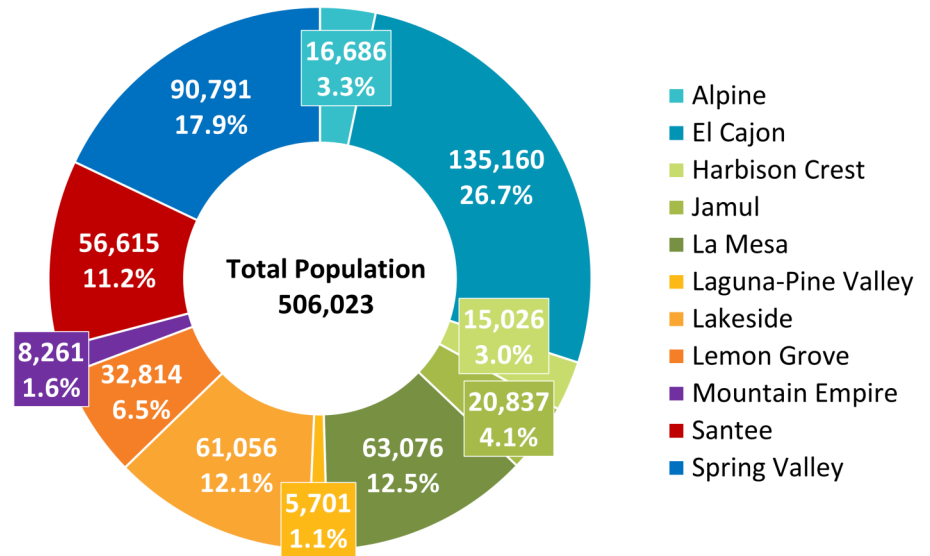
POPULATION CHARACTERISTICS

In 2021, East Region was home to an estimated 506,023 residents, representing 15.4% of the San Diego County population (3,296,317).

Adults aged 25-44 years old constituted the highest proportion of East Region residents (28.0%), followed by residents 45-64 years old (25.0%). Among East Region subregional areas (SRAs), La Mesa had the highest proportion of

adults aged 25-44 years old (32.2%), followed by Lemon Grove (29.2%), and El Cajon (29.1%).

East Region Population Distribution* by Subregional Area (SRA), 2021

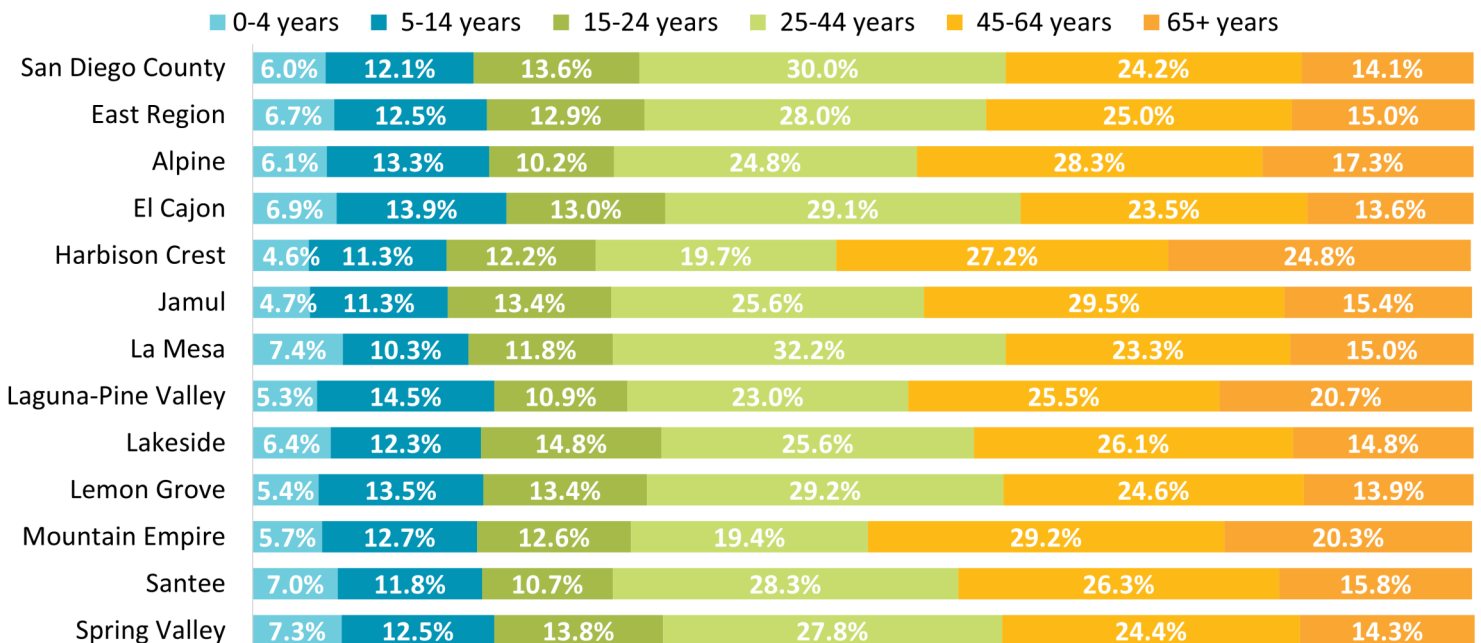


*Please note that percentages may not add up to 100% due to rounding.

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

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

Percent of Population by Age in East Region and Subregional Areas (SRAs), San Diego County, 2021

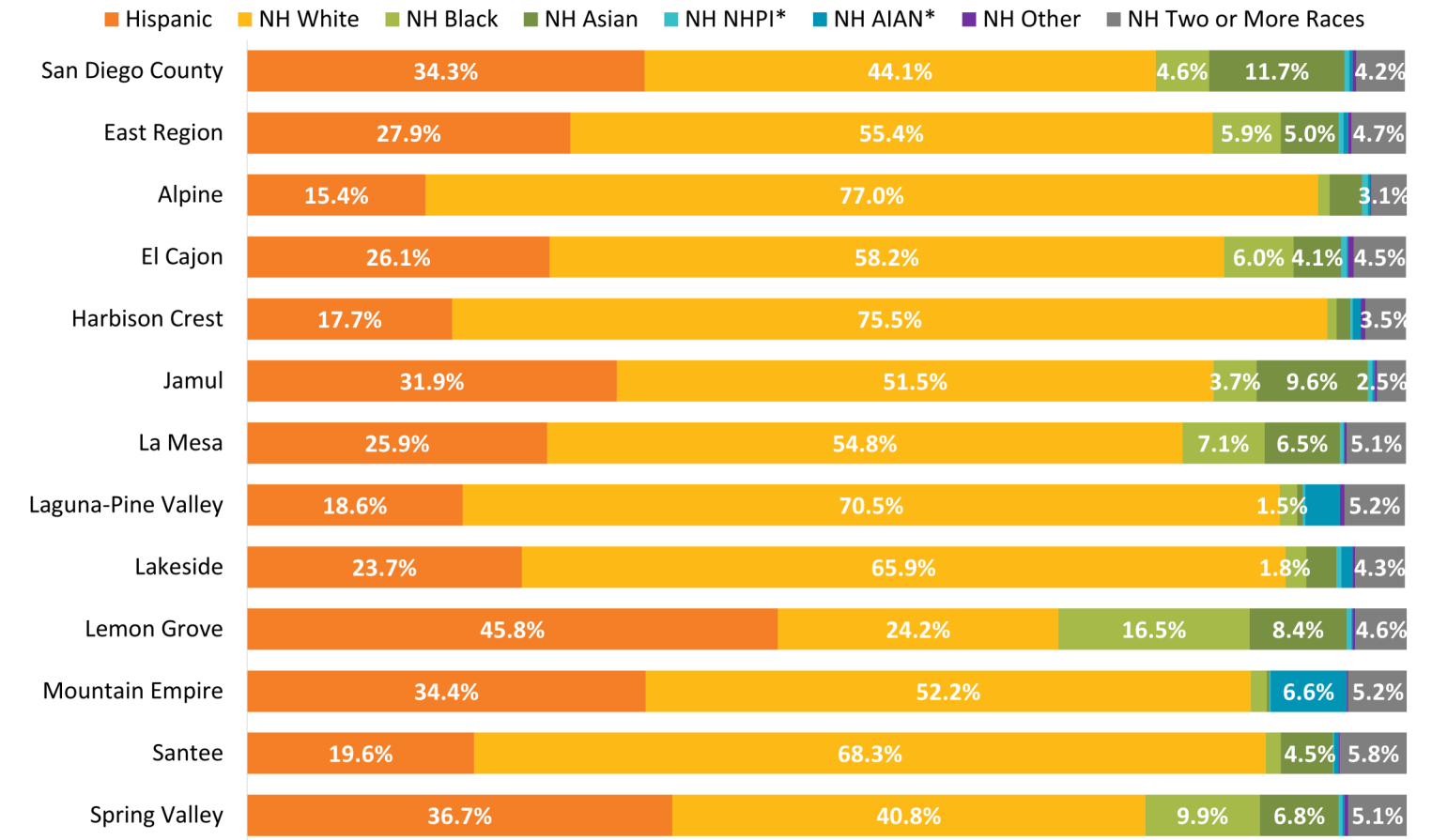


Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B01001.

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

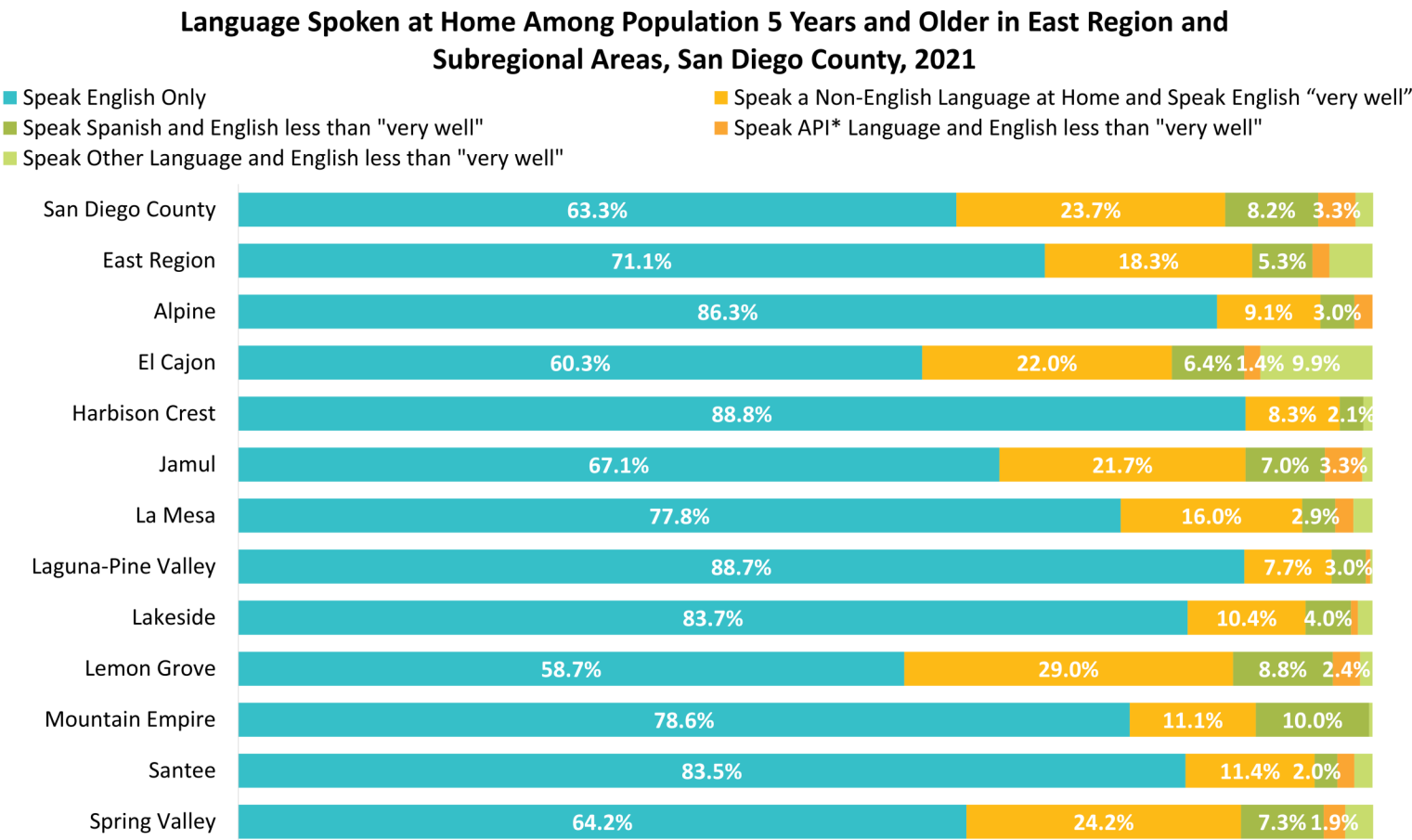
In 2021, residents in East Region were primarily White (55.4%), followed by Hispanic (27.9%), Black (5.9%), Asian (5.0%), residents with two or more races (4.7%), American Indian/Alaska Native (0.4%), Native Hawaiian and Other Pacific Islander (0.4%), and Other (0.3%). Among East Region SRAs, Lemon Grove had the highest proportion of Hispanic residents (45.8%), while Alpine had the lowest proportion (15.4%). In 2021, Lemon Grove SRA had the highest proportion of Black residents (16.5%), while Harbison Crest SRA had the lowest proportion (0.8%).

**Percent of Population by Race/Ethnicity in East Region and Subregional Areas (SRAs),
San Diego County, 2021**



NH refers to Non-Hispanic/Latino.
*NHPI refers to Native Hawaiian or Pacific Islander; AIAN refers to American Indian/ Alaska Native.
Source: U.S. Census Bureau; 2017-2021 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, September 2023.

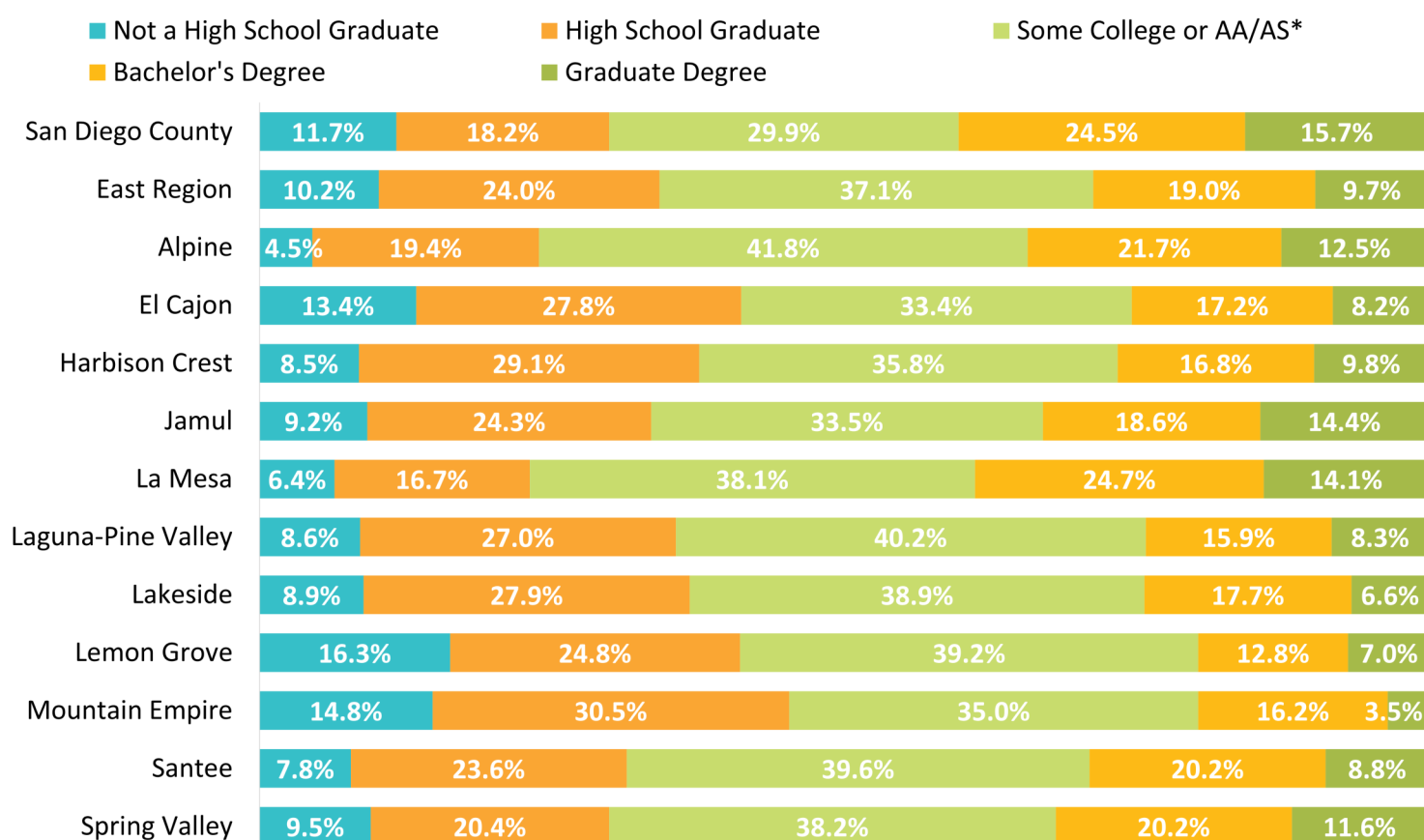
In 2021, just over 7 out of 10 residents (71.1%), aged 5 years and older, in East Region spoke only English at home. Nearly 1 out of 5 residents (18.3%), aged 5 years and older, in East Region spoke English “very well” and another language at home. Among East Region SRAs, Harbison Crest had the highest proportion of residents speaking only English at home (88.8%), while Lemon Grove had the lowest proportion (58.7%).



*API refers to Asian/Pacific Islander.
Source: U.S. Census Bureau, 2017-2021 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, September 2023.

Educational attainment refers to the highest level of education completed in terms of the highest degree, or the highest level of schooling, completed for the population 25 years and older. In 2021, nearly 9 out of 10 adults (89.8%), aged 25 years and older, had at least a high school diploma or General Education Diploma (GED), while almost 3 out of 10 adults (28.7%), aged 25 years and older, held a bachelor's or graduate degree in East Region. Among East Region SRAs, Lemon Grove had the highest proportion of adults, aged 25 years and older, without a high school diploma (16.3%), while Alpine had the lowest proportion (4.5%) in 2021.

Educational Attainment Among Population 25 Years and Older in East Region and Subregional Areas (SRAs), San Diego County, 2021

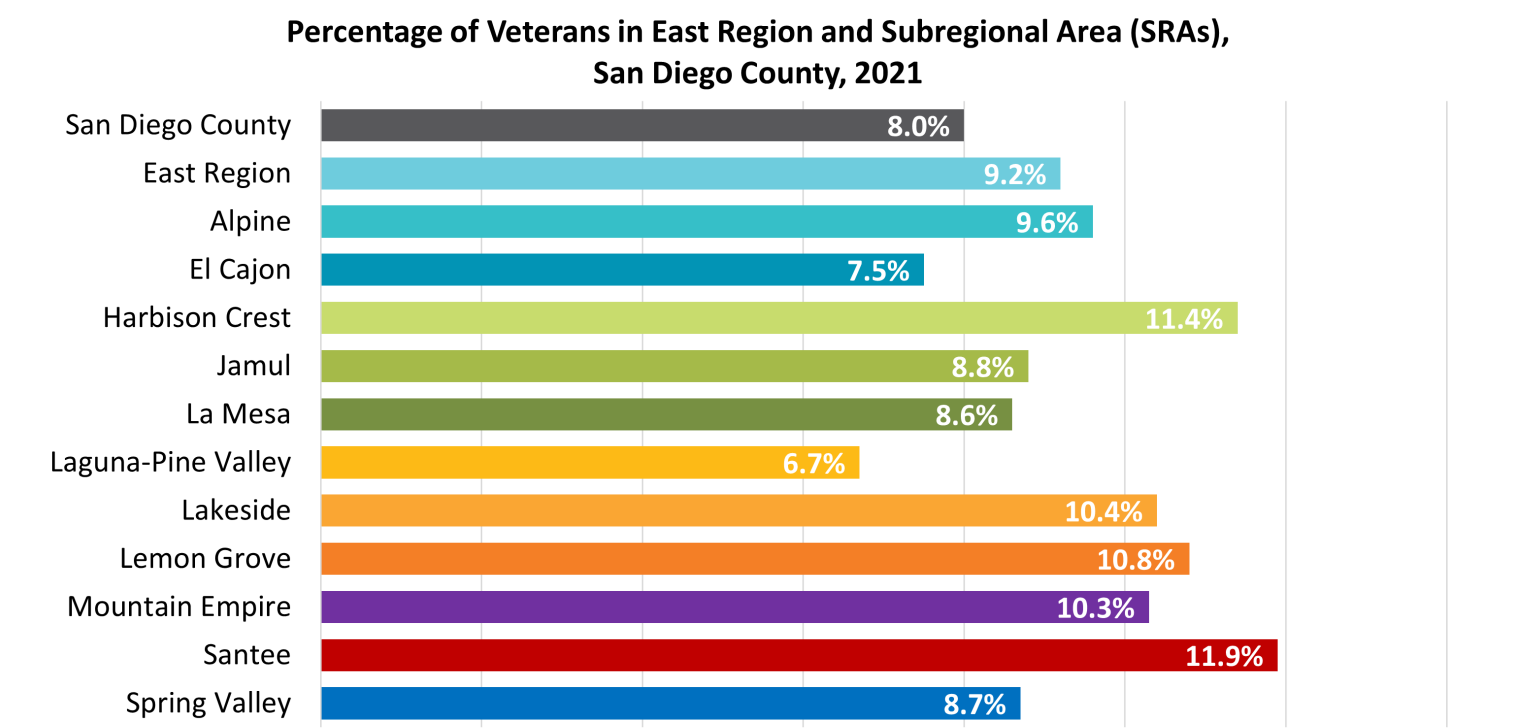


*Includes some college, no degree and associate's degree.

Source: U.S. Census Bureau, 2017-2021 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, September 2023.

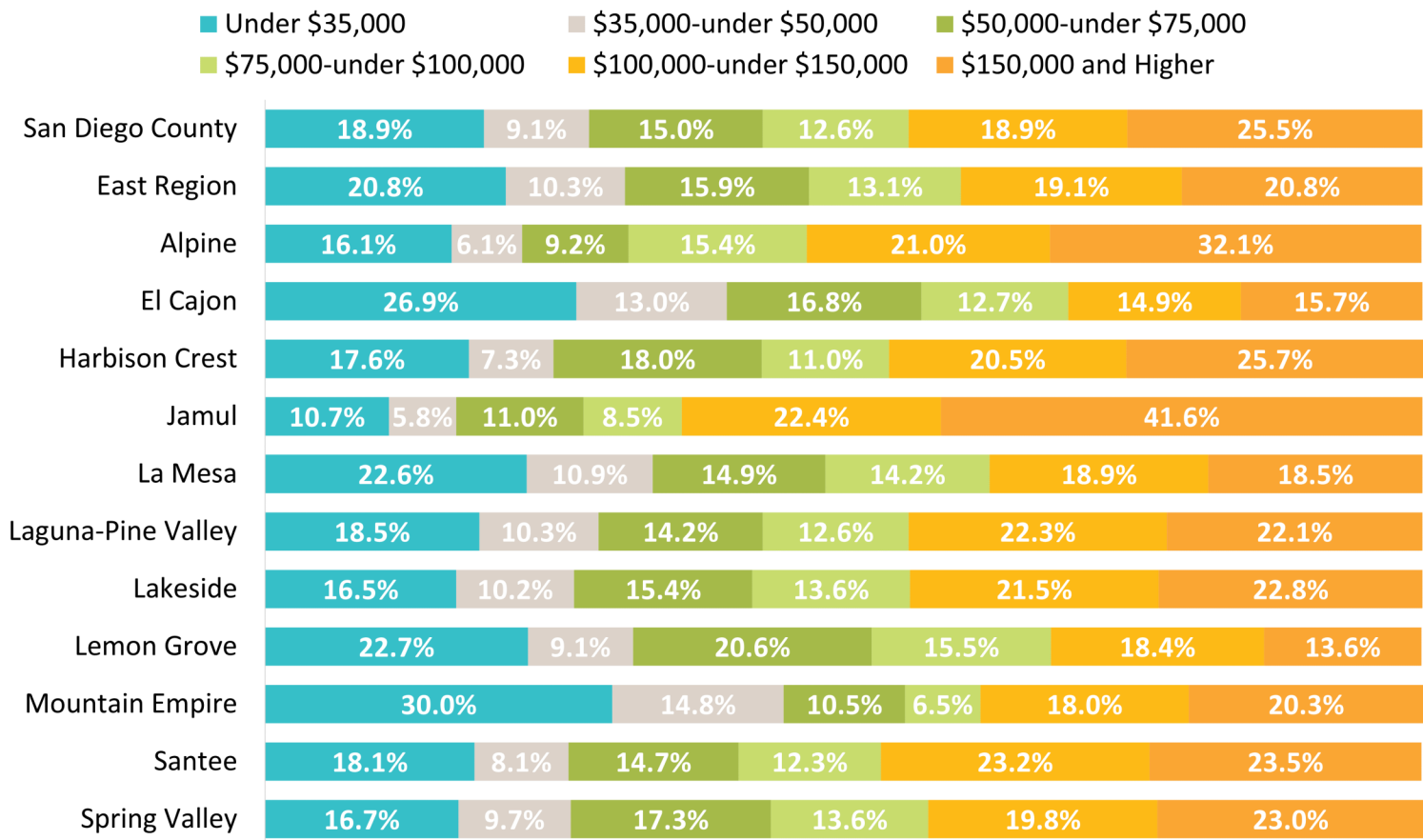
Veterans are civilians who have served officially or non-officially domestically or at war, for any amount of time, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who served in the National Guard or Reserves are classified as veterans only if they were ever called or ordered to active duty, not counting the 4-6 months for initial training or yearly summer camps. In 2021, 9.2% of residents in East Region were veterans. Among East Region SRAs, Santee had the highest proportion of veterans (11.9%), followed by Harbison Crest (11.4%). Laguna-Pine Valley SRA had the lowest proportion of veterans (6.7%) in 2021.



Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table S2101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

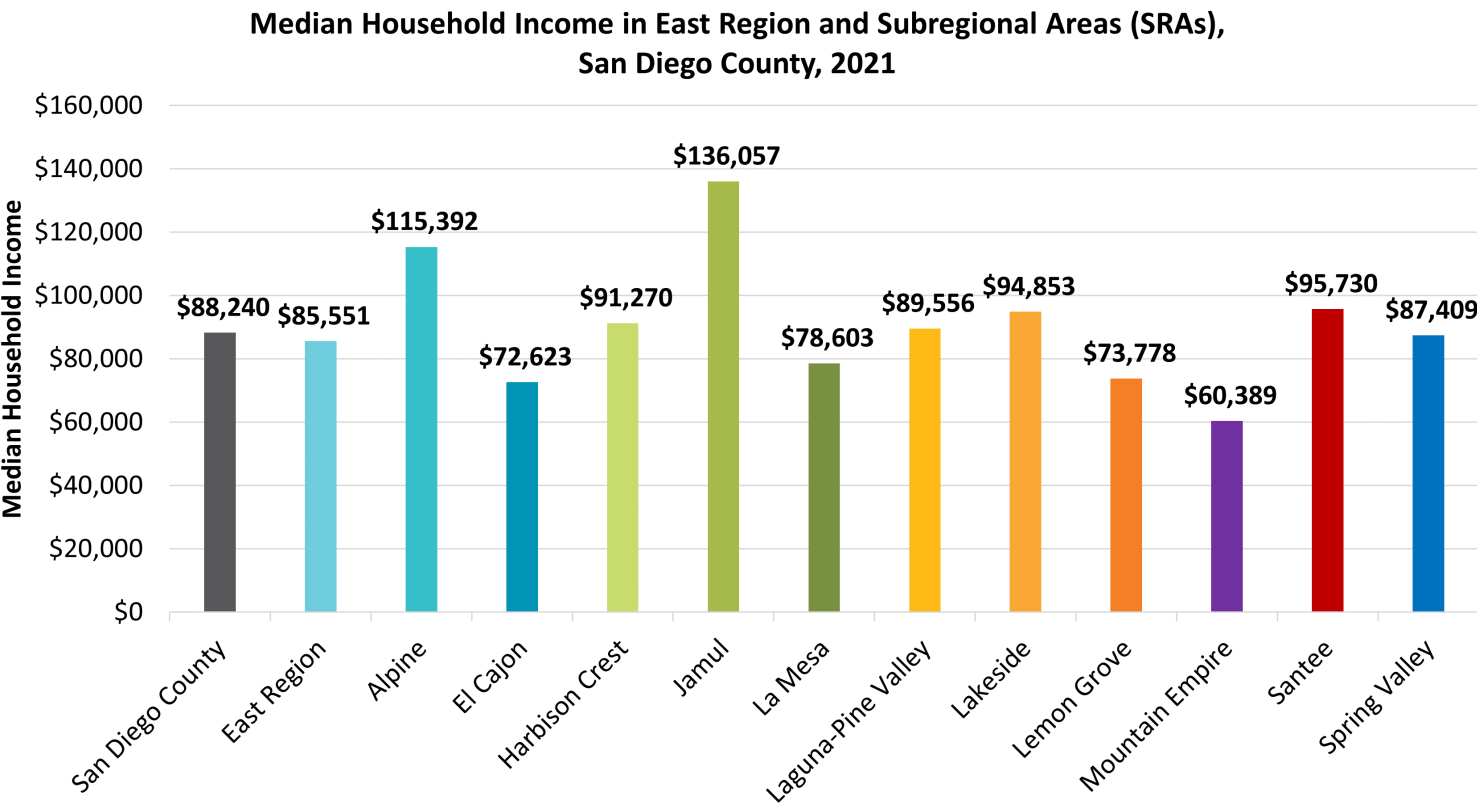
Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. Just over 1 out of 5 households (20.8%) in East Region had an annual income of less than \$35,000. Among East Region SRAs in 2021, Mountain Empire had the highest proportion of households with an annual income of less than \$35,000 (30.0%), while Jamul had the lowest proportion (10.7%).

Percent of Households by Household Income in East Region and Subregional Areas (SRAs), San Diego County, 2021



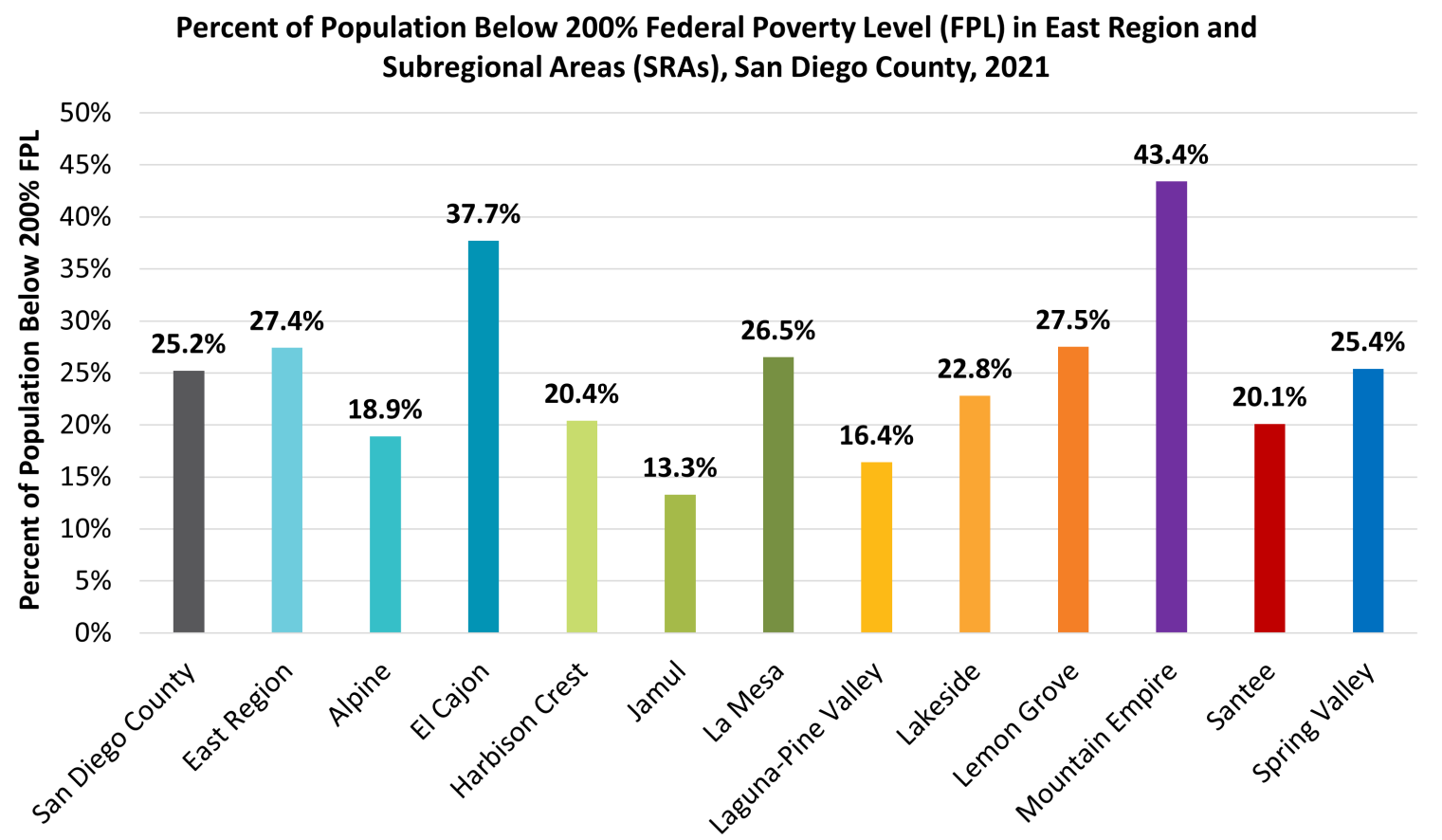
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

The median household income in East Region was \$85,551 in 2021. Among East Region SRAs, Mountain Empire had the lowest median household income (\$60,389), while Jamul had the highest median household income (\$136,057).



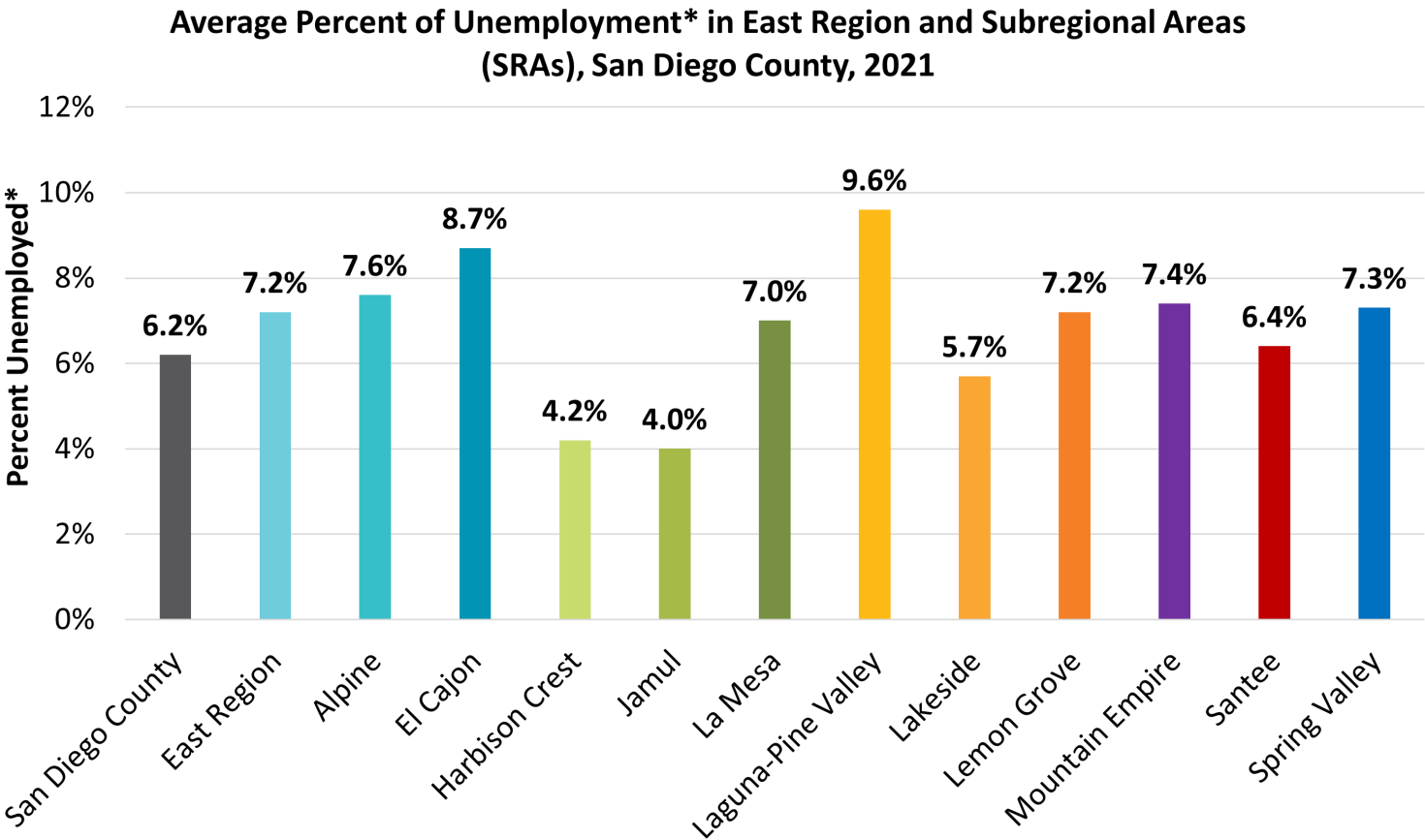
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table DP03, DP04.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2021, over 1 in 4 residents (27.4%), in East Region, lived below 200% FPL. Among East Region SRAs, Mountain Empire had the highest proportion of residents living below 200% FPL (43.4%), followed by El Cajon (37.7%). Furthermore, the proportion of residents living below 200% FPL in East Region was higher than San Diego County (27.4% vs 25.2%).



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

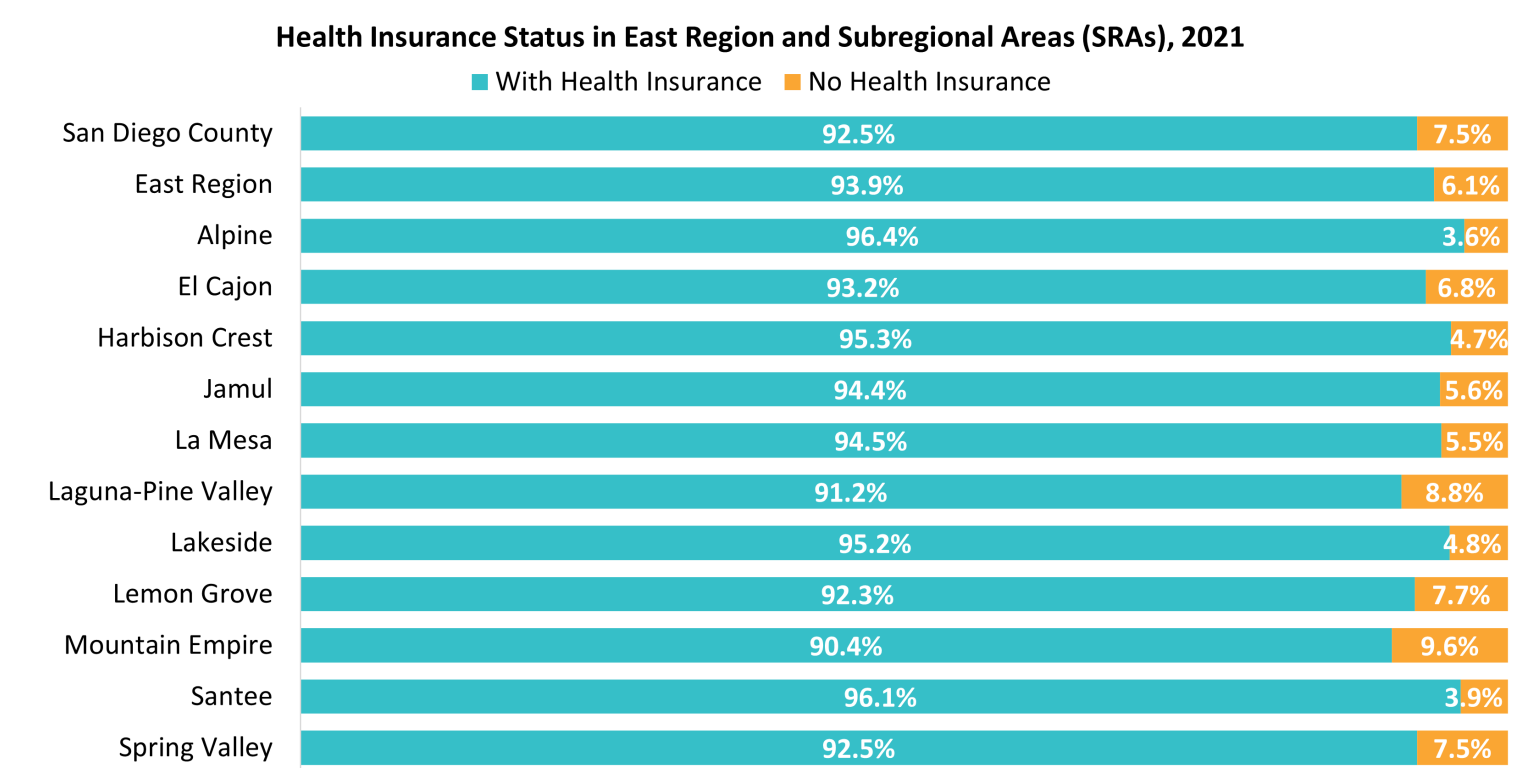
The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed, and persons in the armed forces. Between 2017-2021, the 5-year average unemployment rate in East Region was 7.2%. Among East Region SRAs, Laguna-Pine Valley had the highest 5-year average unemployment rate (9.6%), while Jamul had the lowest 5-year average unemployment rate (4.0%) between 2017-2021.



*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, 2017-2021 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

INSURANCE, ACCESS, AND UTILIZATION

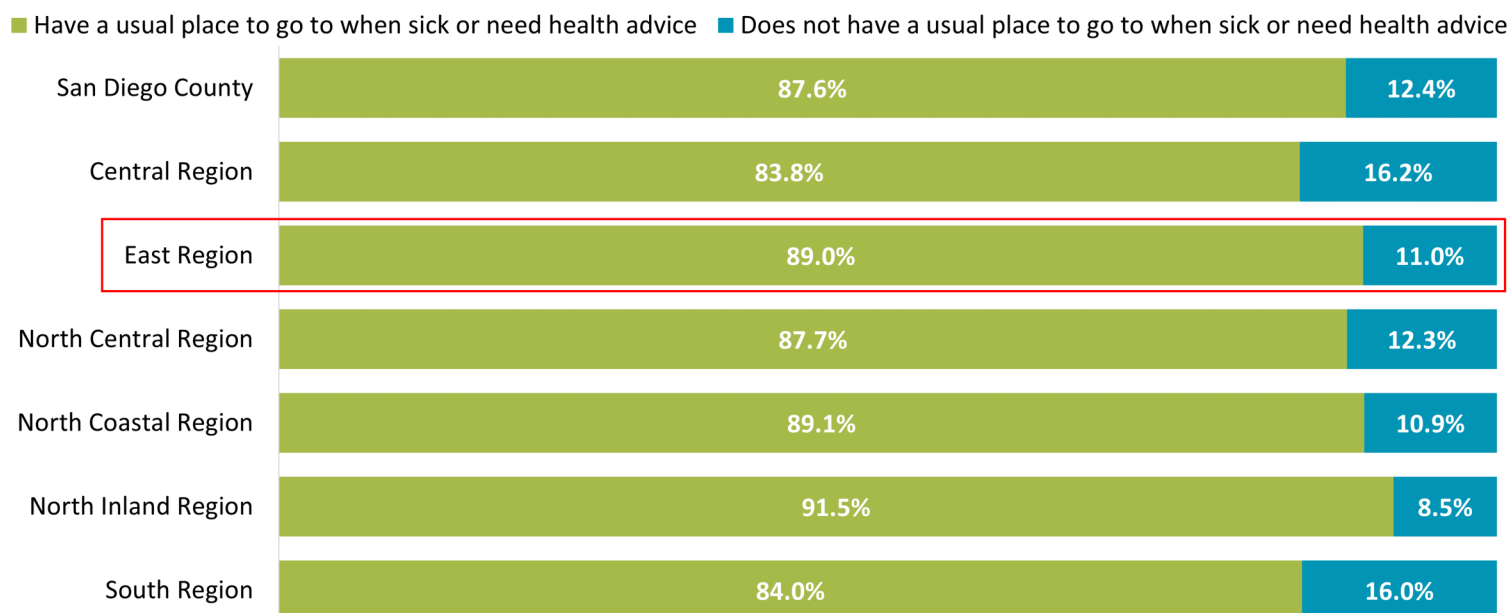
In 2021, 93.9% of residents in East Region were insured through private or public programs, while 6.1% of residents did not have any health insurance coverage. Among East Region subregional areas (SRAs), Mountain Empire had the highest proportion of residents without health insurance (9.6%), followed by Laguna-Pine Valley (8.8%).



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

In 2021, nearly 9 out of 10 residents (89.0%) in East Region reported having a usual place to go when sick or needing health advice.

Percent of Residents with Usual Source of Care in San Diego County and HHSA Regions, 2021



Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2021.

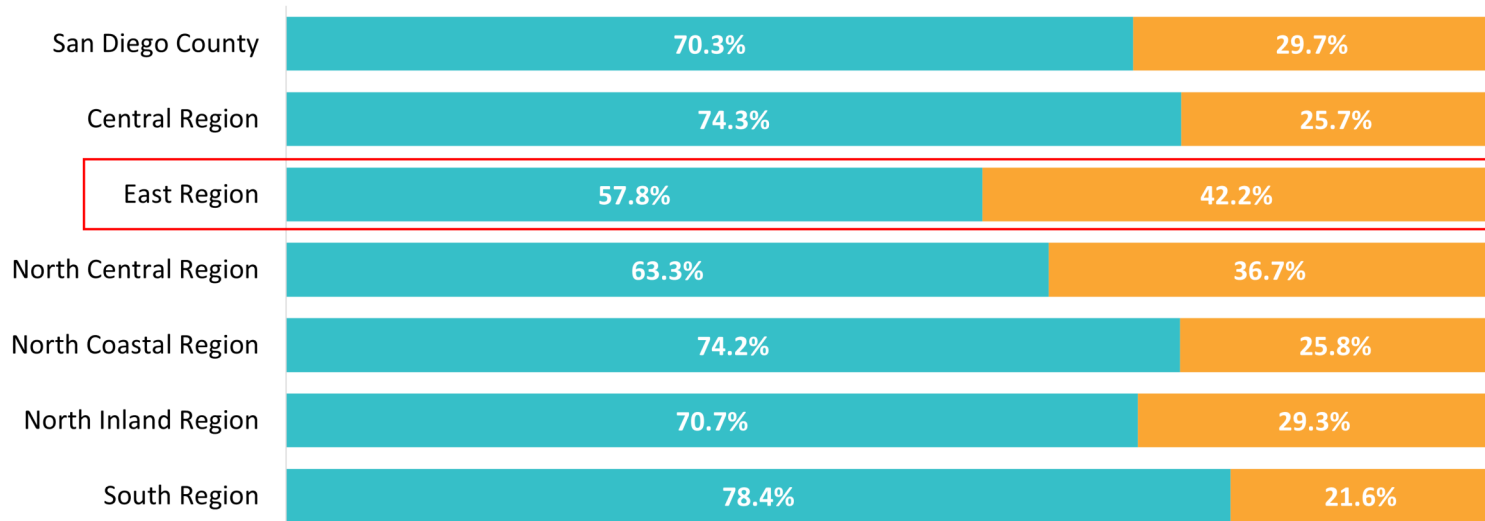
Available at <http://ask.chis.ucla.edu>. Exported on June 22, 2023.

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

Among HHSA regions, East Region had the highest proportion of adults with income less than 200% of the Federal Poverty Level (FPL) reporting food insecurity (42.2%) between 2020-2021. Over 2 out of 5 adults (42.2%), with income less than 200% FPL, reported an inability to afford enough food in East Region in 2020-2021.

Food Insecurity[^] in San Diego County and HHSA Regions, 2020-2021

■ Food Secure ■ Food Insecure



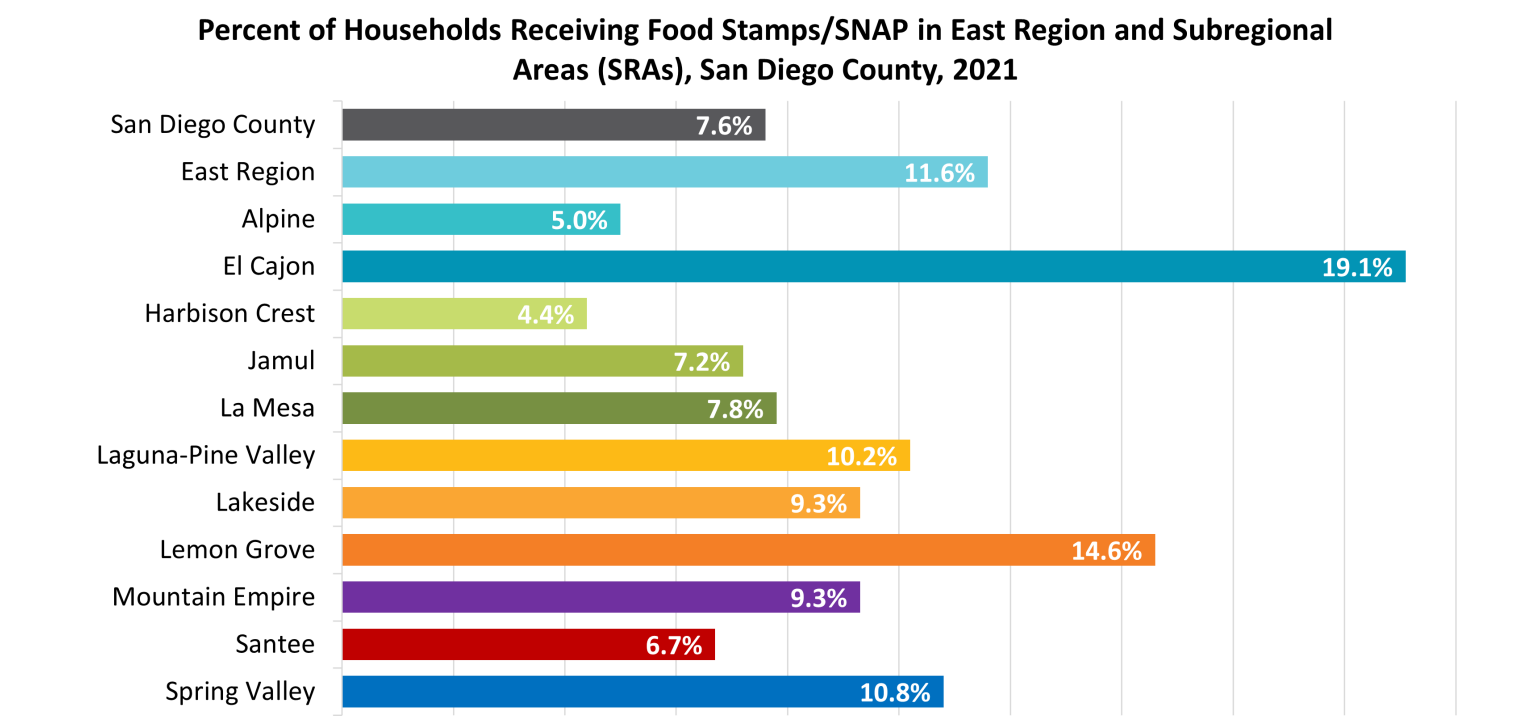
[^]Asked of adults whose income is less than 200% of the Federal Poverty Level.

Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2020-2021.

Available at <http://ask.chis.ucla.edu>. Exported on June 28, 2023.

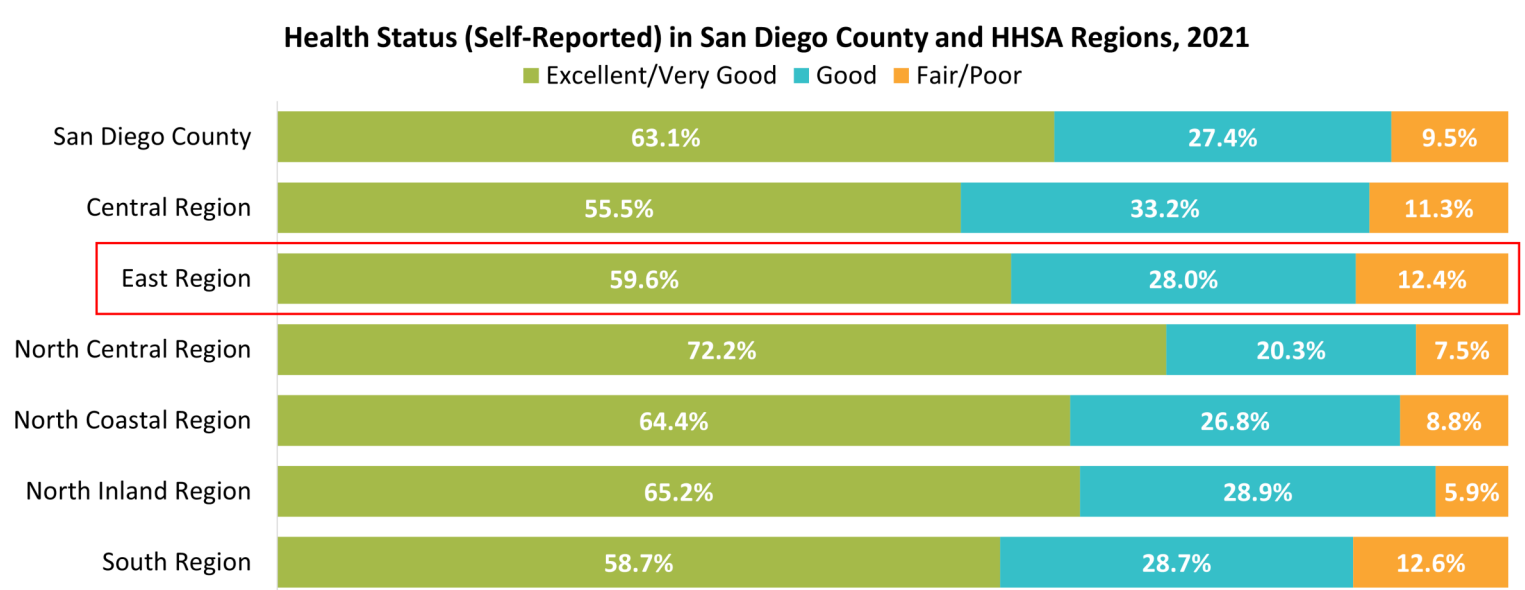
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, is a federally-funded program aimed to increase the potential of a nutritious diet in low-income households. In 2021, 11.6% of all households in East Region reported receipt of SNAP. Among East Region SRAs, El Cajon had the highest proportion of households who reported receipt of SNAP (19.1%), followed by Lemon Grove (14.6%).



Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B22002, B22007, B17024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

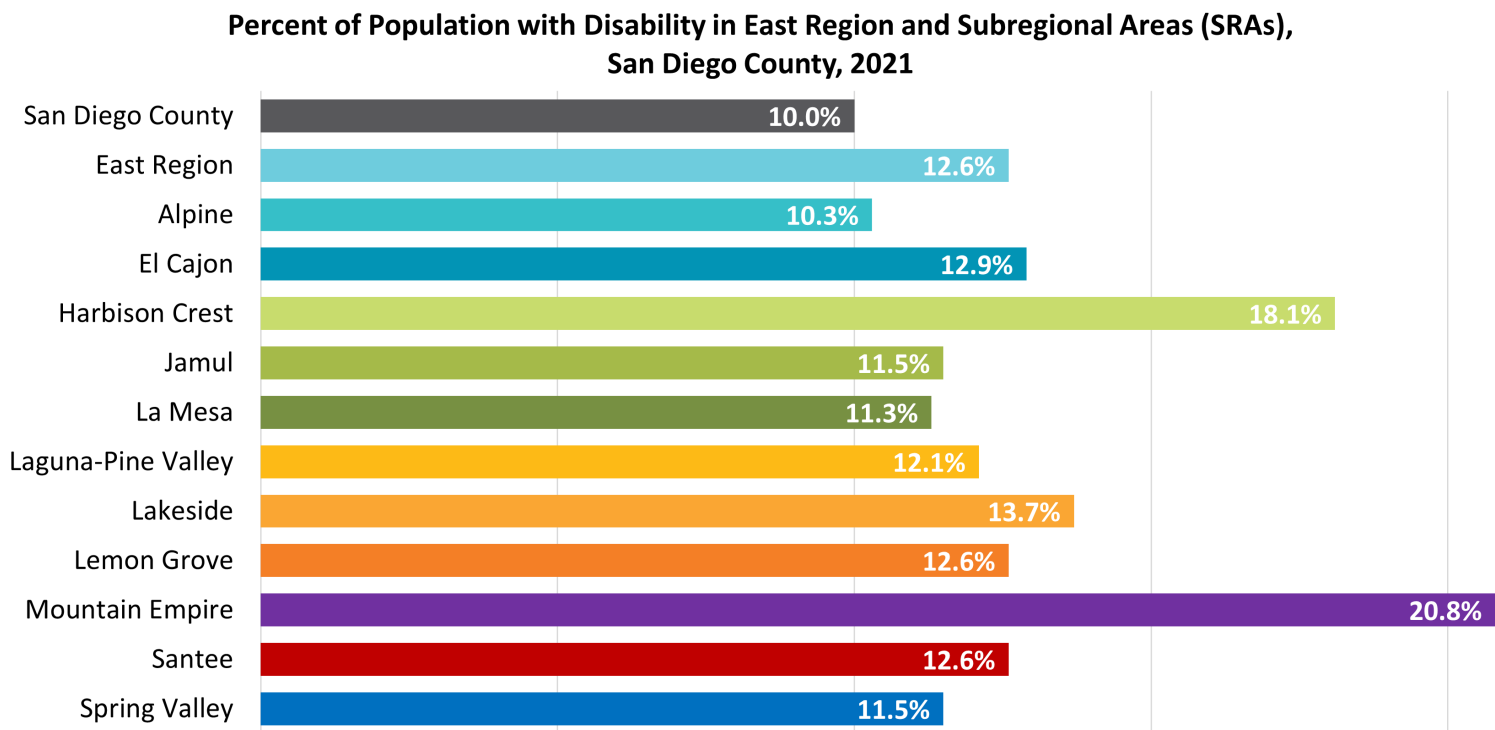
In 2021, nearly 3 out of 5 residents (59.6%) in East Region reported excellent or very good health.



Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2021.
Available at <http://ask.chis.ucla.edu>. Exported on June 22, 2023.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

DISABILITY STATUS

Disability is a dynamic concept that changes over time as one’s health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2021, 12.6% of the East Region population reported having one or more disabilities. Among East Region subregional areas (SRAs), Mountain Empire had the highest proportion of the population with a disability (20.8%), followed by Harbison Crest (18.1%), while Alpine had the lowest proportion (10.3%).



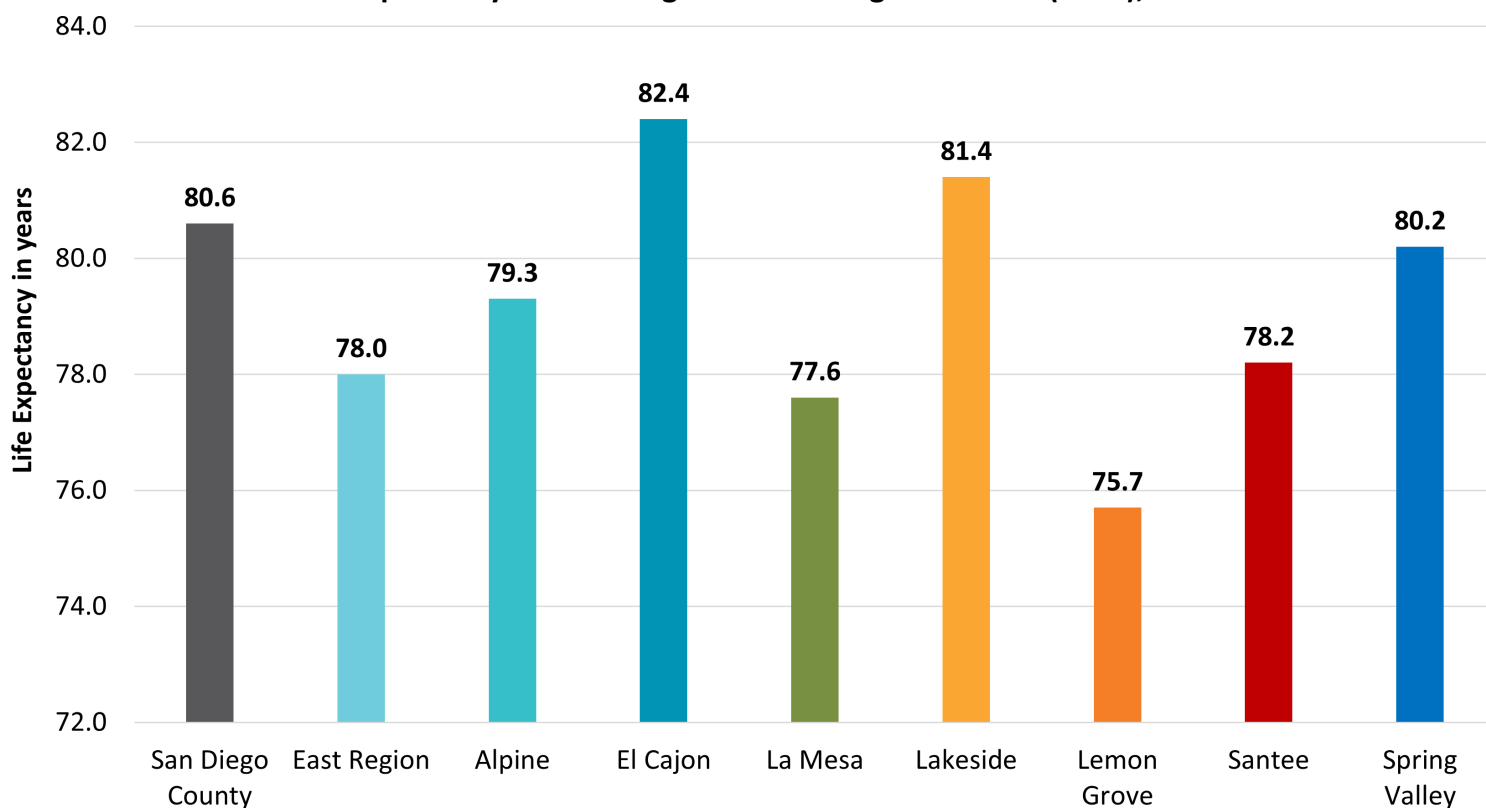
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table S1810.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

MORTALITY MEASURES

LIFE EXPECTANCY

Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's Live Well San Diego vision for healthier, safer, and thriving communities. In 2021, a baby born in San Diego County had a life expectancy of 80.6 years, while a baby born in East Region had a life expectancy of 78.0 years. Among East Region subregional areas (SRAs), El Cajon had the highest life expectancy (82.4 years), followed by Lakeside (81.4 years). Lemon Grove had the lowest life expectancy of 75.7 years.

Life Expectancy* in East Region and Subregional Areas (SRAs), 2021



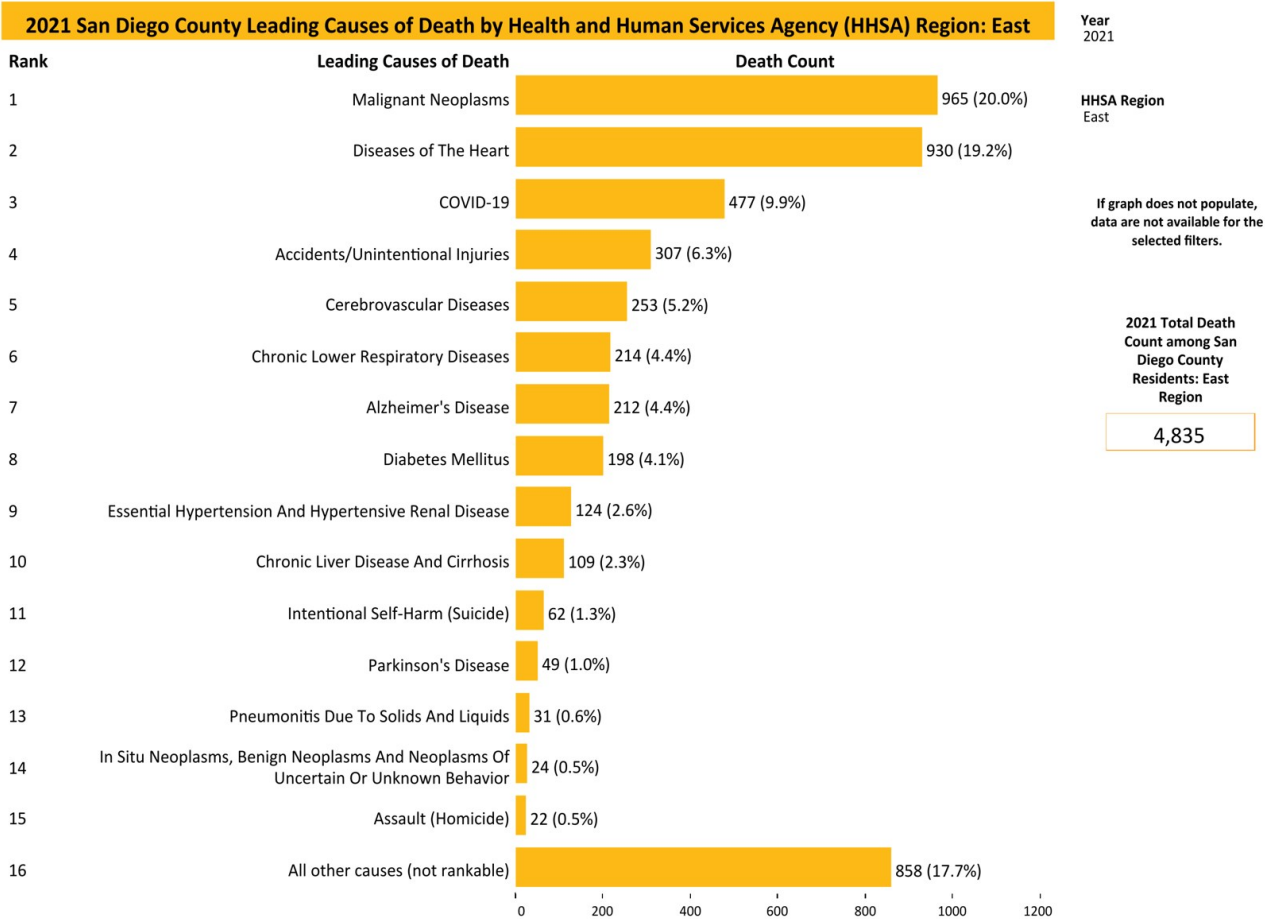
*Only SRAs with life expectancies are displayed on graph.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

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

LEADING CAUSES OF DEATH

The Leading Causes of Death rankings represent the most frequently occurring causes of death. These rankings help in assessing the relative burden of a specific cause of death, compared to all other causes. In 2021, the leading cause of death in East Region was cancer (malignant neoplasms), followed by diseases of the heart. In East Region, 3 out of the top 5 leading causes of death in East Region were non-communicable (chronic) diseases (cancer, heart disease, and cerebrovascular diseases, also known as stroke).



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

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

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

The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Leading Causes of Death.

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

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

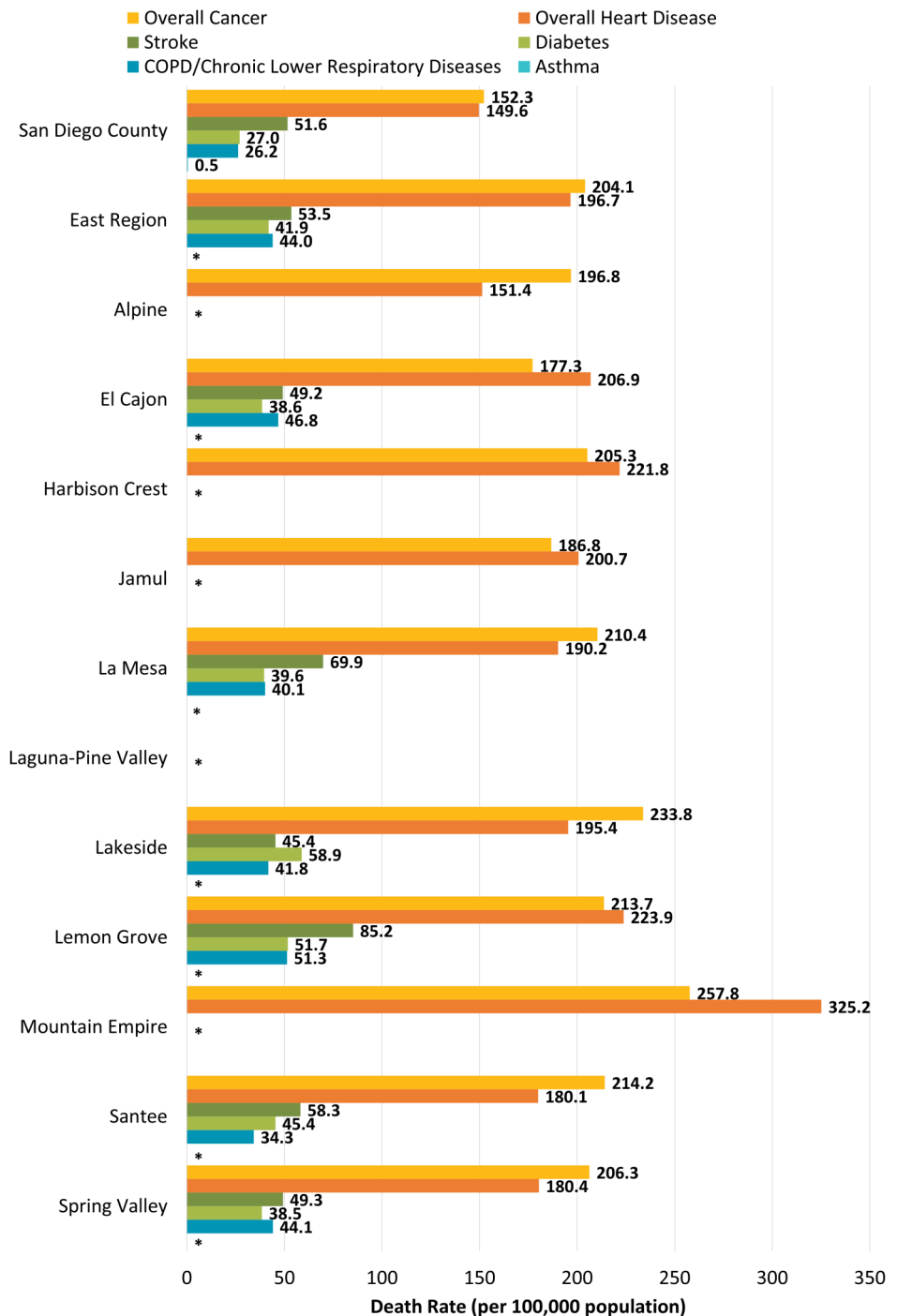


HEALTH OUTCOMES

NON-COMMUNICABLE (CHRONIC) DISEASES

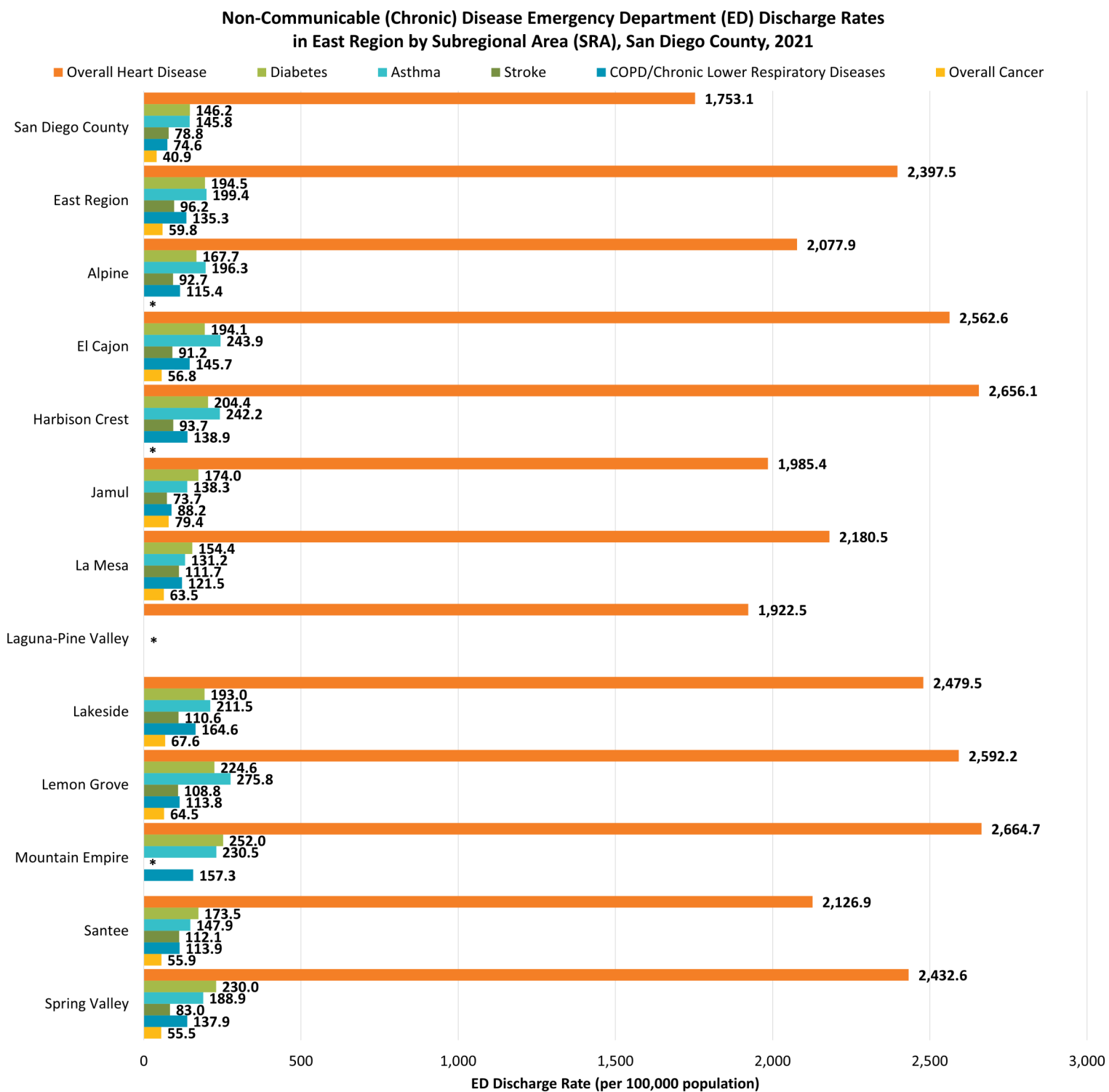
Among non-communicable (chronic) diseases in East Region, the highest rate of death was due to overall cancer, followed by overall heart disease, in 2021. Among East Region subregional areas (SRAs), Mountain Empire had the highest rate of death due to overall cancer (257.8 per 100,000), which was higher than East Region (204.1 per 100,000) and San Diego County overall (152.3 per 100,000). Among East Region SRAs, Mountain Empire also had the highest rate of death due to overall heart disease (325.2 per 100,000), which was higher than East Region (196.7 per 100,000) and San Diego County overall (149.6 per 100,000). Among Health and Human Services Agency (HHSA) regions, East Region had the highest death rates due to overall cancer, overall heart disease, diabetes, and chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases in 2021.

Non-Communicable (Chronic) Disease Death Rates in East Region by Subregional Area (SRA), San Diego County, 2021



* Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. September 2023.

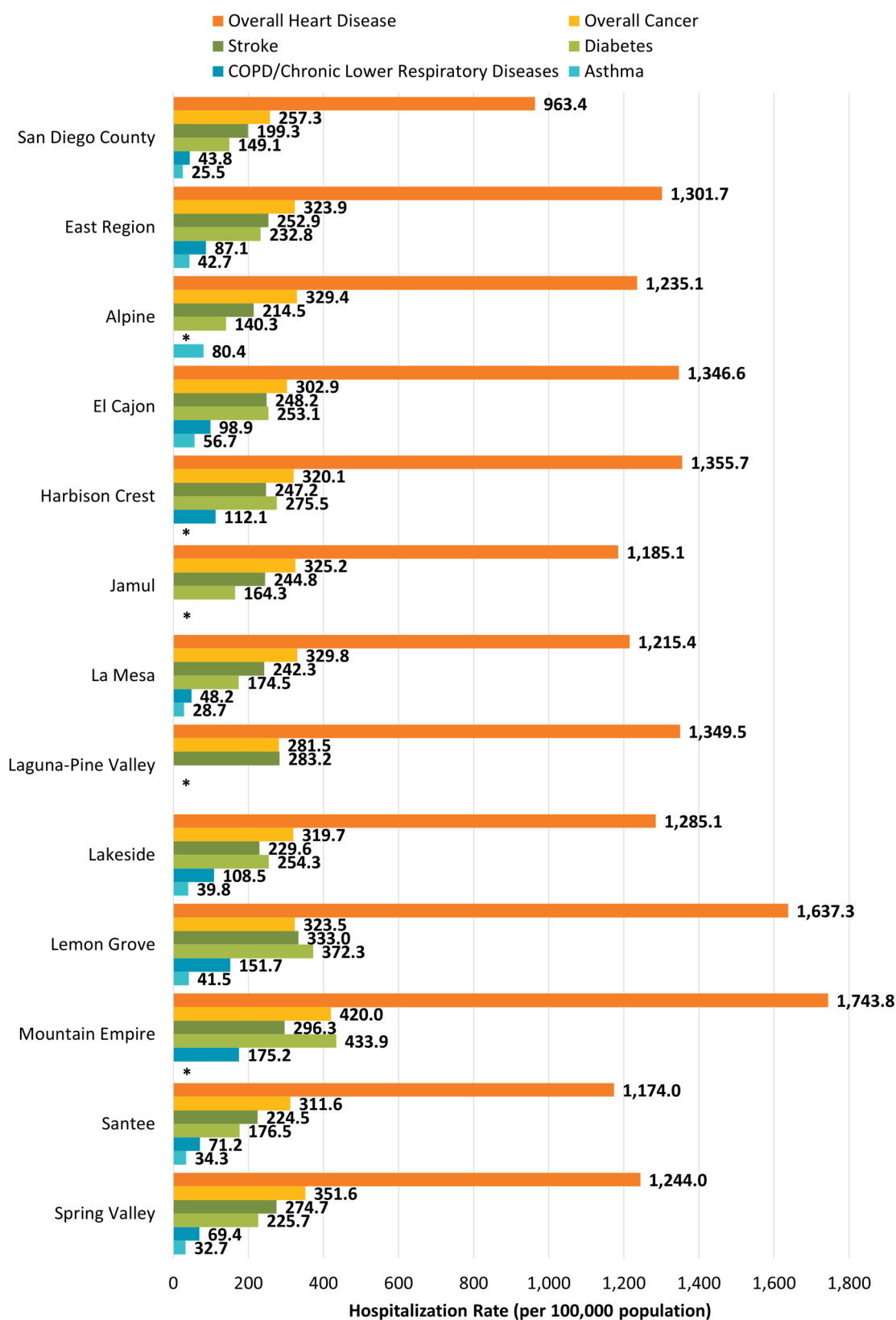
Among non-communicable (chronic) diseases in 2021, the highest emergency department (ED) discharge rates were due to overall heart disease in East Region and its SRAs. Among East Region SRAs, Mountain Empire had the highest ED discharge rate due to overall heart disease (2,664.7 per 100,000), followed by Harbison Crest (2,656.1 per 100,000).



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, the highest hospitalization rates were due to overall heart disease in East Region and its SRAs. Among East Region SRAs, Mountain Empire had the highest hospitalization from overall heart disease, overall cancer, diabetes, and COPD/chronic lower respiratory diseases. Lemon Grove SRA had the highest hospitalization rate due to stroke (333.0 per 100,000), while Alpine SRA had the highest hospitalization rate due to asthma (80.4 per 100,000).

Non-Communicable (Chronic) Disease Hospitalization Rates in East Region by Subregional Area (SRA), San Diego County, 2021

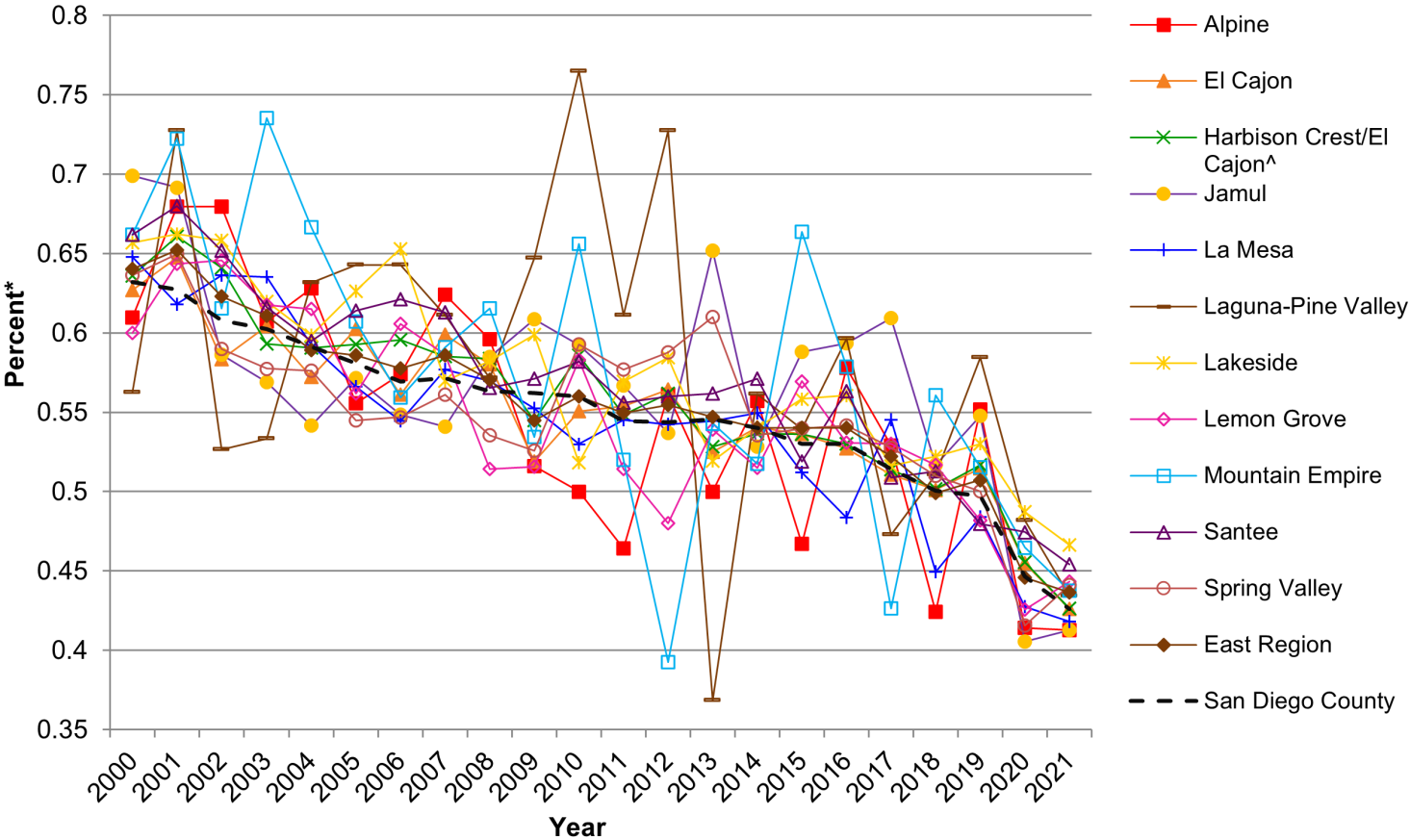


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

3-4-50: CHRONIC DISEASES

Three behaviors (poor diet, physical inactivity, and tobacco use) contribute to four chronic diseases (cancer, heart disease and stroke, type 2 diabetes, and lung diseases such as asthma) that result in over 50% of all deaths worldwide. Overall, the percentage of deaths due to 3-4-50 chronic diseases decreased in East Region from 2000 to 2021. In 2021, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 44% of all deaths in East Region. Among East Region subregional areas (SRAs), Lakeside had the highest percentage of deaths due to 3-4-50 chronic diseases (47%).

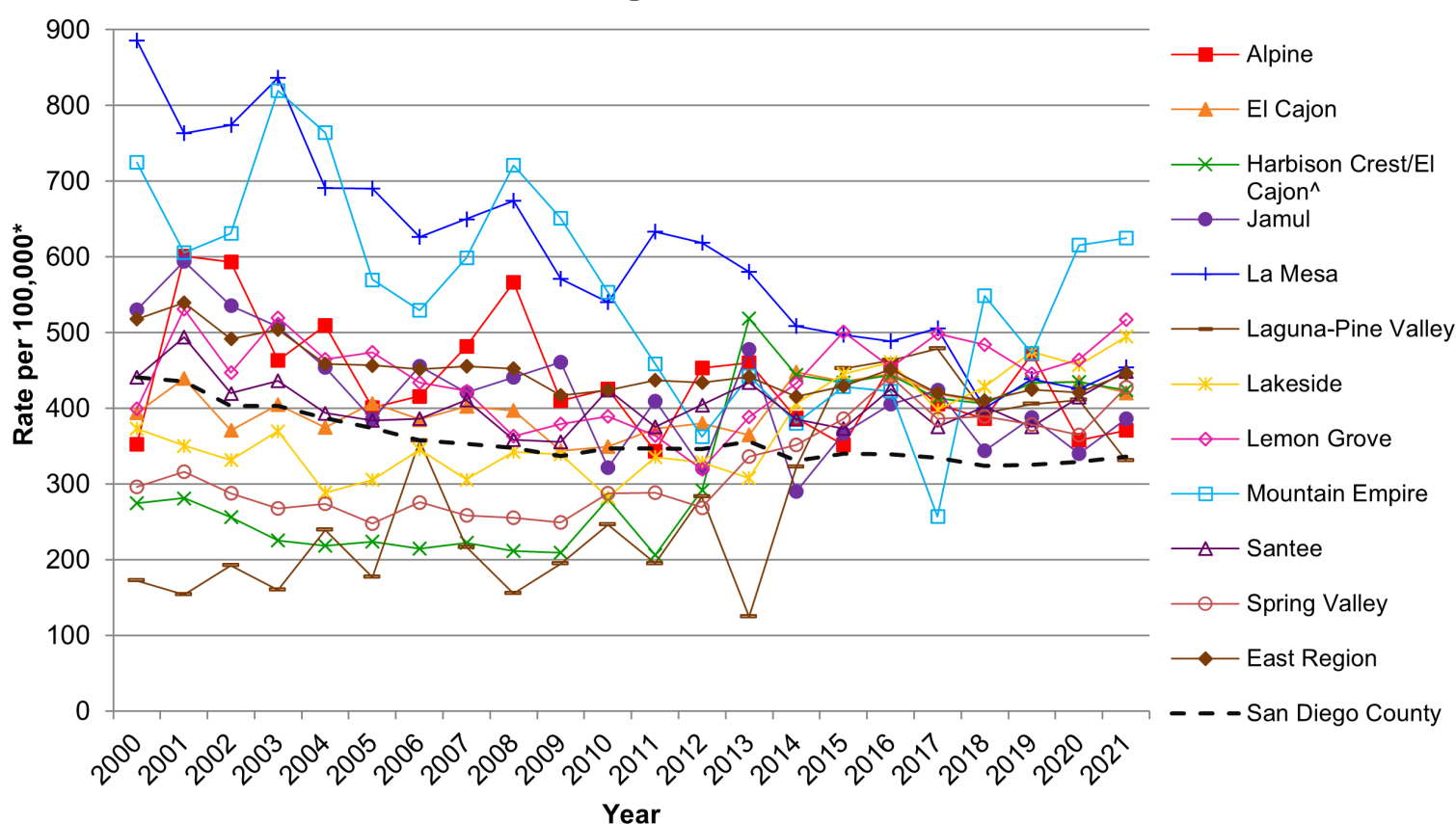
3-4-50 Death† Percentages
Among San Diego County Residents -
East Region, 2000-2021**



*3-4-50 deaths as a percentage of all cause deaths.
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
^Harbison Crest/El Cajon is an aggregation of the Harbison Crest and El Cajon SRAs. Due to geographic limitations, the Harbison Crest SRA is not shown alone. See the Data Guide for more information.
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.
§Percents not calculated for fewer than 5 events for the years 2000 to 2019. Percents not calculated for fewer than 11 events for the years 2020 and 2021.
Percents not calculated in cases where zip code is unknown.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2021 California Vital Records Business Intelligence System (VRBIS).
Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHS), Public Health Services (PHS), Community Health Statistics Unit, April 2023.

Overall, the rate of death due to 3-4-50 chronic diseases decreased in East Region and three of its SRAs (Jamul, La Mesa, and Mountain Empire) from 2000 to 2021. Although Mountain Empire SRA had the highest death rate due to 3-4-50 chronic diseases (624.6 per 100,000) in 2021, it was one of the subregional areas that had a decreased death rate from 2000 to 2021 (13.8%). Laguna-Pine Valley SRA had the lowest death rate due to 3-4-50 chronic diseases (330.7 per 100,000), but had the highest increase in death rate due to 3-4-50 chronic diseases (91.9%) from 2000 to 2021.

3-4-50 Death[†] Rates Among San Diego County Residents - East Region, 2000-2021**



*Rates per 100,000 population. Population estimates for 2020 and 2021 were derived using the 2010 Census and data should be considered preliminary.

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

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

[§]Rates not calculated for fewer than 5 events for the years 2000 to 2019. Rates not calculated for fewer than 11 events for the years 2020 and 2021. Rates not calculated in cases where zip code is unknown.

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

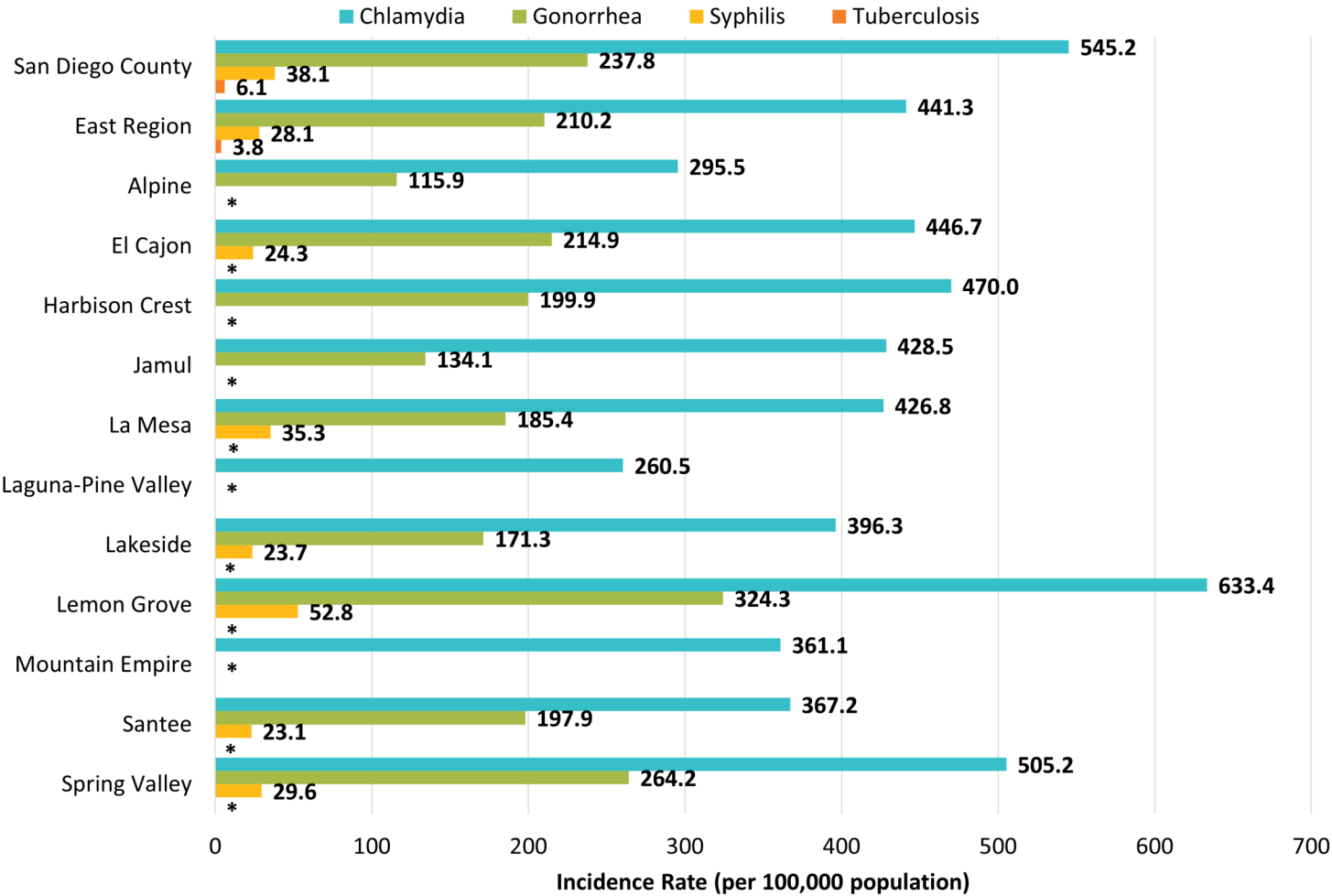
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2021 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHS), Public Health Services (PHS), Community Health Statistics Unit, April 2023.

COMMUNICABLE (INFECTIOUS) DISEASES

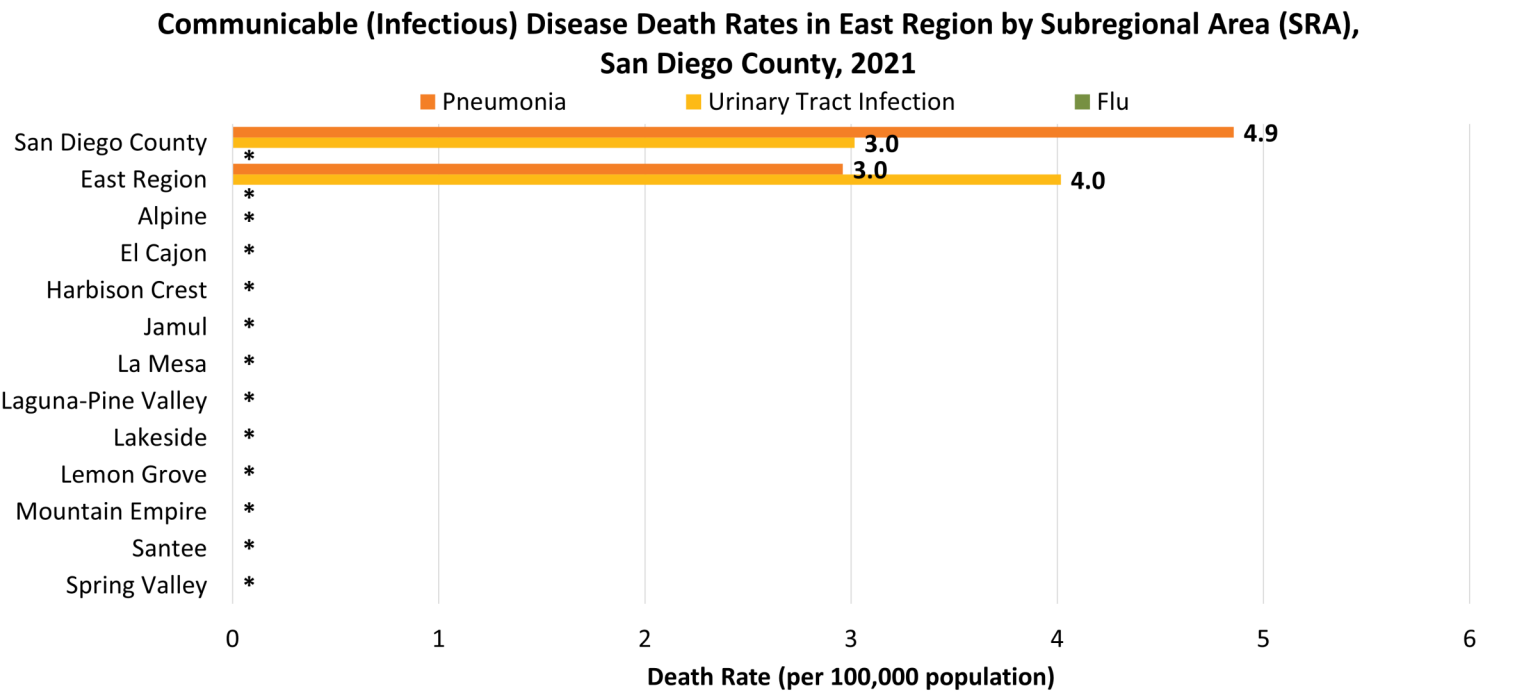
In 2021, the incidence rates of communicable diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) in East Region were lower, compared to San Diego County overall. However, among East Region subregional areas (SRAs), Lemon Grove had the highest incidence rate of chlamydia (633.4 per 100,000), which was higher than East Region (441.3 per 100,000) and San Diego County overall (545.2 per 100,000). Similarly, among East Region SRAs, Lemon Grove had the highest incidence rate of gonorrhea (324.3 per 100,000), which was higher than East Region (210.2 per 100,000) and San Diego County overall (237.8 per 100,000). Lemon Grove SRA also had the highest incidence rate of syphilis at a rate of 52.8 per 100,000 residents.

Incidence Rates of Chlamydia, Gonorrhea, Syphilis, and Tuberculosis in East Region by Subregional Area (SRA), San Diego County, 2021



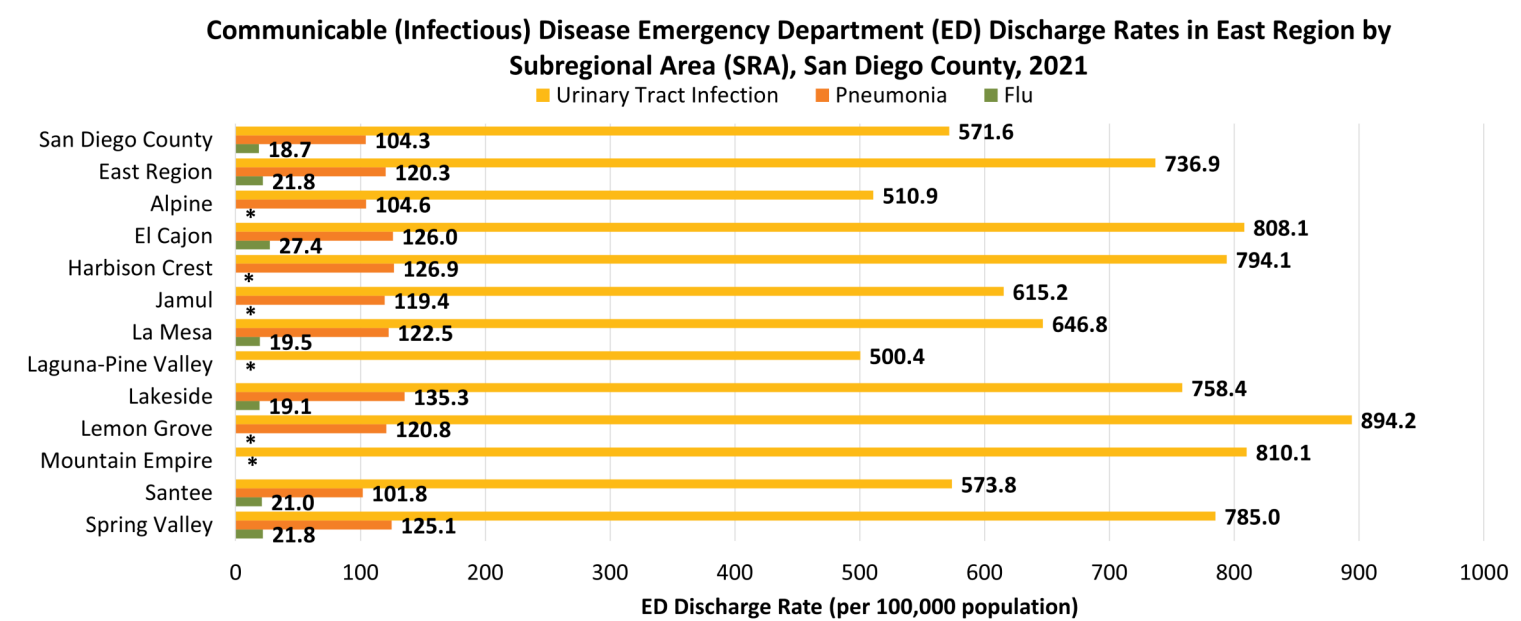
*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Infectious Diseases, Division of Communicable Disease Control, California Reportable Disease Information Exchange (CalREDIE) and Report of Verified Case of Tuberculosis (RVCT), 2021. County of San Diego, Health and Human Services Agency, Public Health Services, HIV, STD and Hepatitis Branch. County of San Diego, Health and Human Services Agency, Public Health Services, Tuberculosis Control and Refugee Health Branch. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, the highest rate of death among communicable (infectious) diseases was due to urinary tract infections in East Region (4.0 per 100,000).



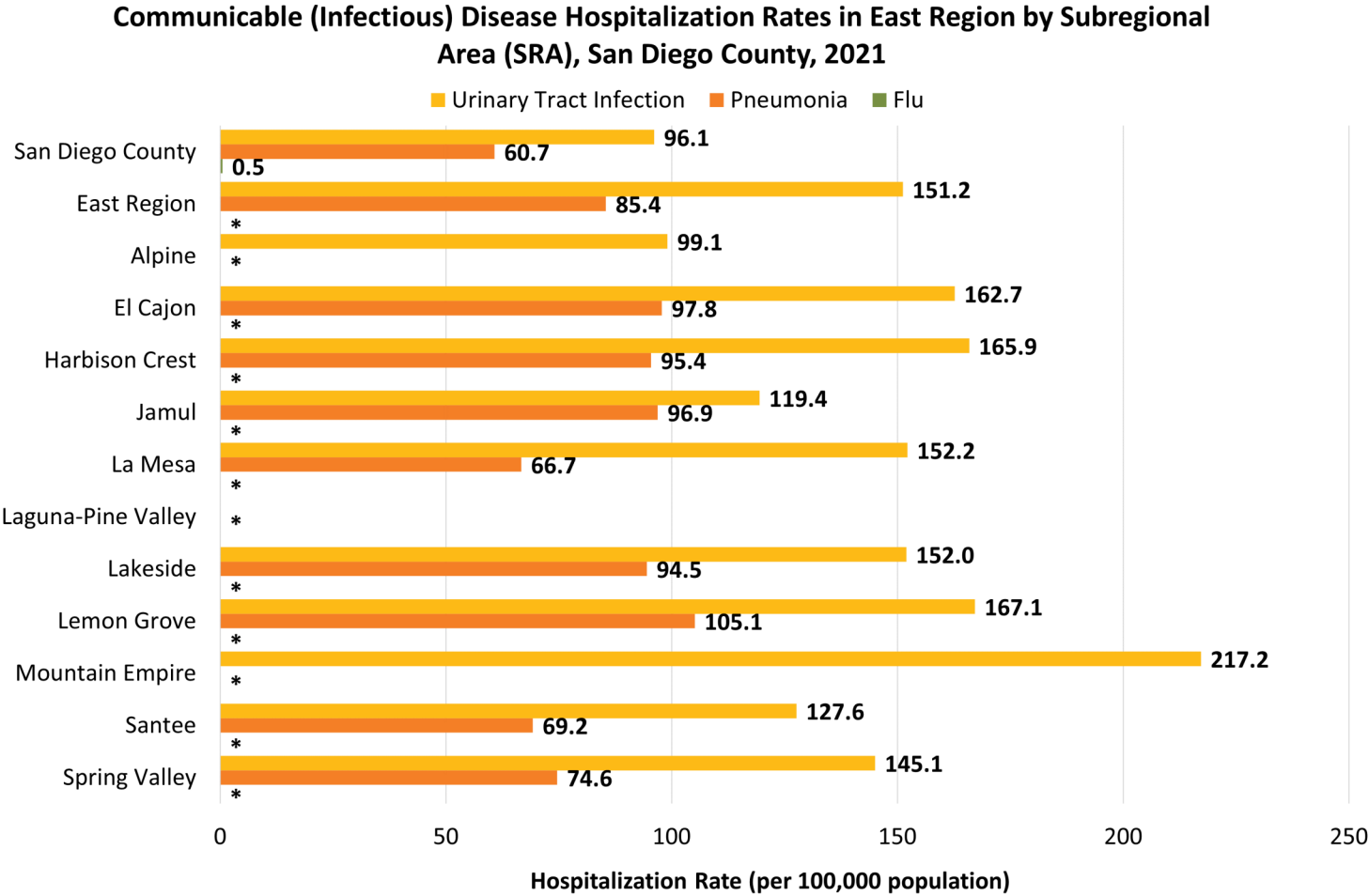
*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among communicable (infectious) diseases in 2021, the highest emergency department (ED) discharge rates were due to urinary tract infections in East Region and its SRAs. Among East Region SRAs, Lemon Grove had the highest ED discharge rate due to urinary tract infections (894.2 per 100,000).



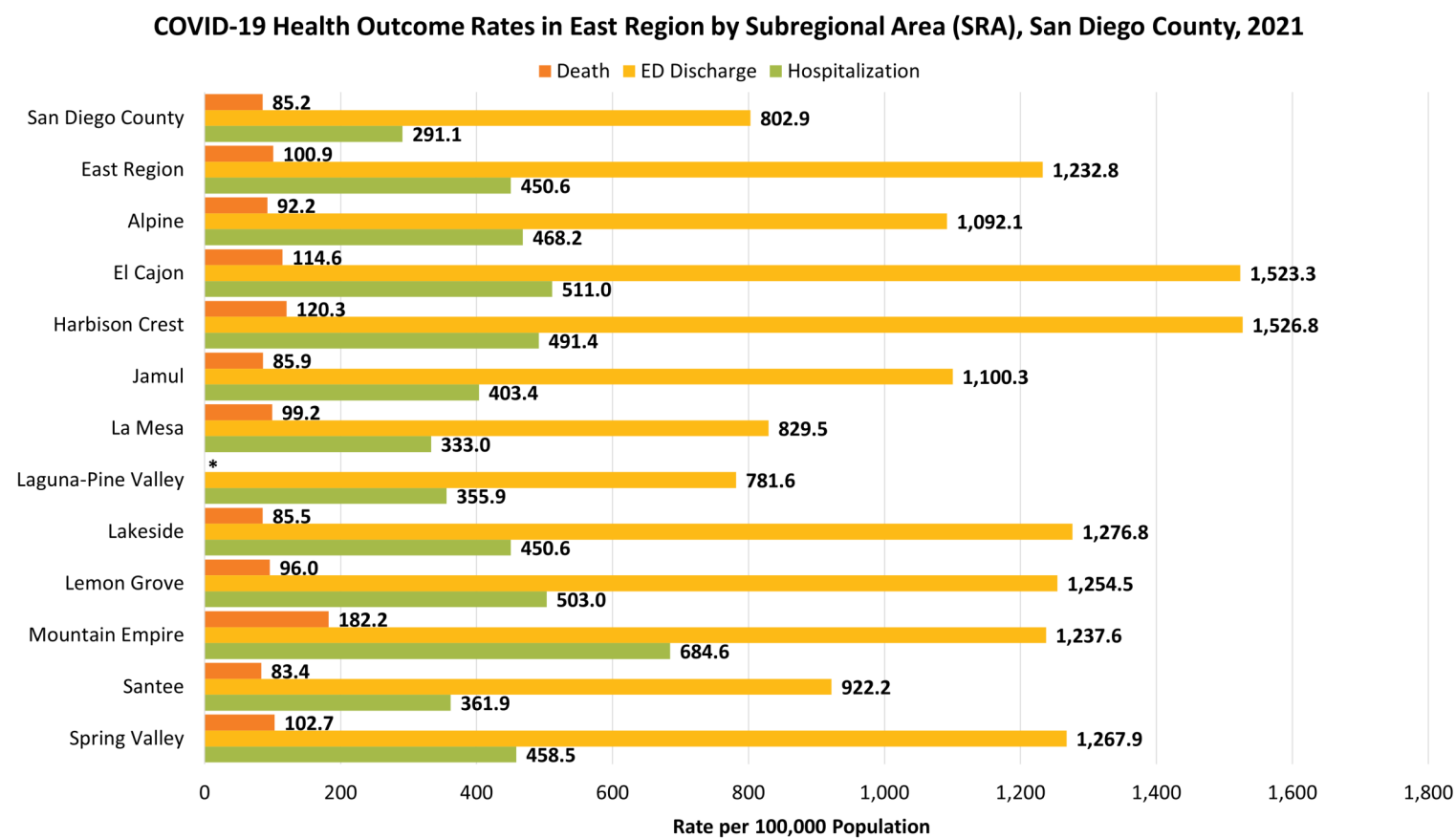
*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among communicable (infectious) diseases in East Region and its SRAs, the highest hospitalization rate was due to urinary tract infections in 2021. El Cajon, Harbison Crest, La Mesa, Lakeside, Lemon Grove, and Mountain Empire SRAs had higher hospitalization rates due to urinary tract infections than East Region and San Diego County overall. Among East Region SRAs, Lemon Grove had the highest hospitalization rate due to pneumonia (105.1 per 100,000), which was higher than East Region (85.4 per 100,000) and San Diego County overall (60.7 per 100,000).



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

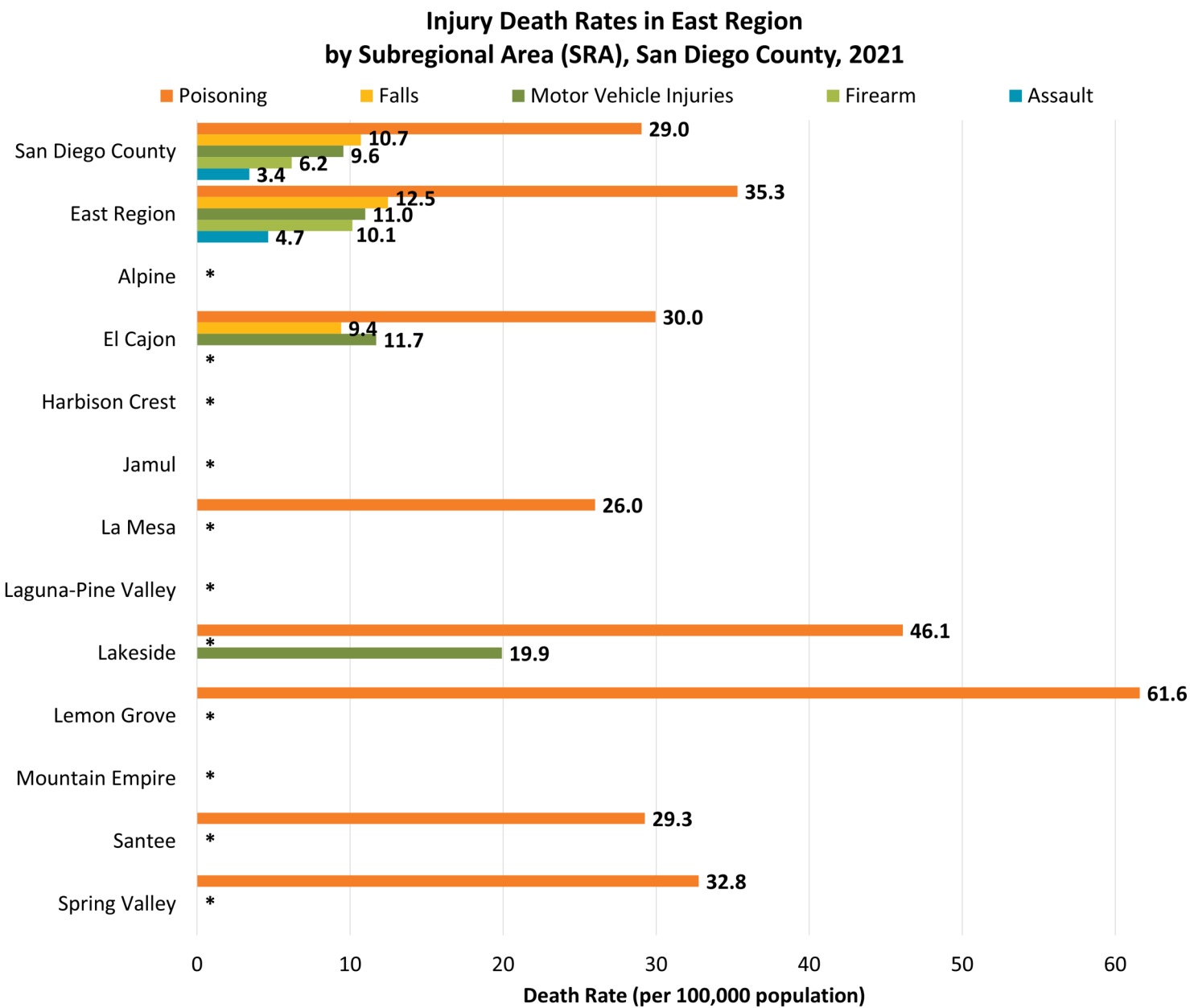
In 2021, the ED discharge rate due to COVID-19 was higher than the death and hospitalization rates due to COVID-19 in East Region and its SRAs. Among East Region SRAs, Mountain Empire had the highest death rate due to COVID-19 (182.2 per 100,000), followed by Harbison Crest (120.3 per 100,000). Harbison Crest SRA had the highest ED discharge rate due to COVID-19 (1,526.8 per 100,000), while Mountain Empire SRA had the highest hospitalization rate due to COVID-19 (684.6 per 100,000) in 2021.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Most recent COVID-19 data are available from the Epidemiology and Immunization Services Branch (EISB) at:
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/status/COVID19_Cases_Hospitalizations_Deaths_by_Demographics.html.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

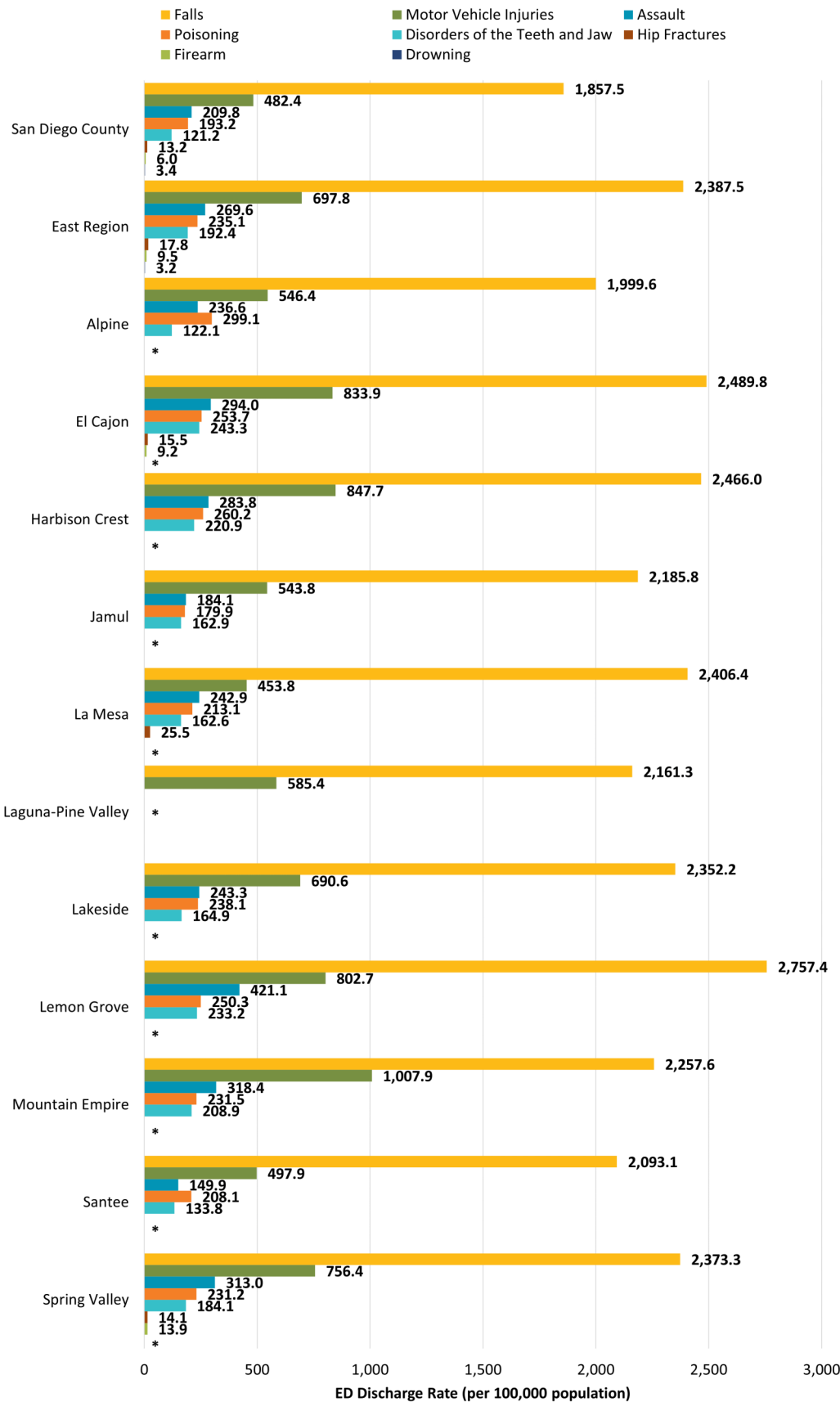
INJURY INDICATORS

Among injuries, the highest rates of death were due to poisoning in East Region and its subregional areas (SRAs). Among East Regions SRAs, Lemon Grove had the highest rate of death due to poisoning (61.6 per 100,000) in 2021, which was higher than East Region (35.3 per 100,000) and San Diego County overall (29.0 per 100,000). Lakeside SRA had the highest rate of death due to motor vehicle injuries (19.9 per 100,000), which was higher than East Region (11.0 per 100,000) and San Diego County overall (9.6 per 100,000). In 2021, El Cajon SRA had the highest rate of death due to falls (9.4 per 100,000) compared to all other East Region SRAs.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Injury Emergency Department (ED) Discharge Rates in East Region by Subregional Area (SRA), San Diego County, 2021

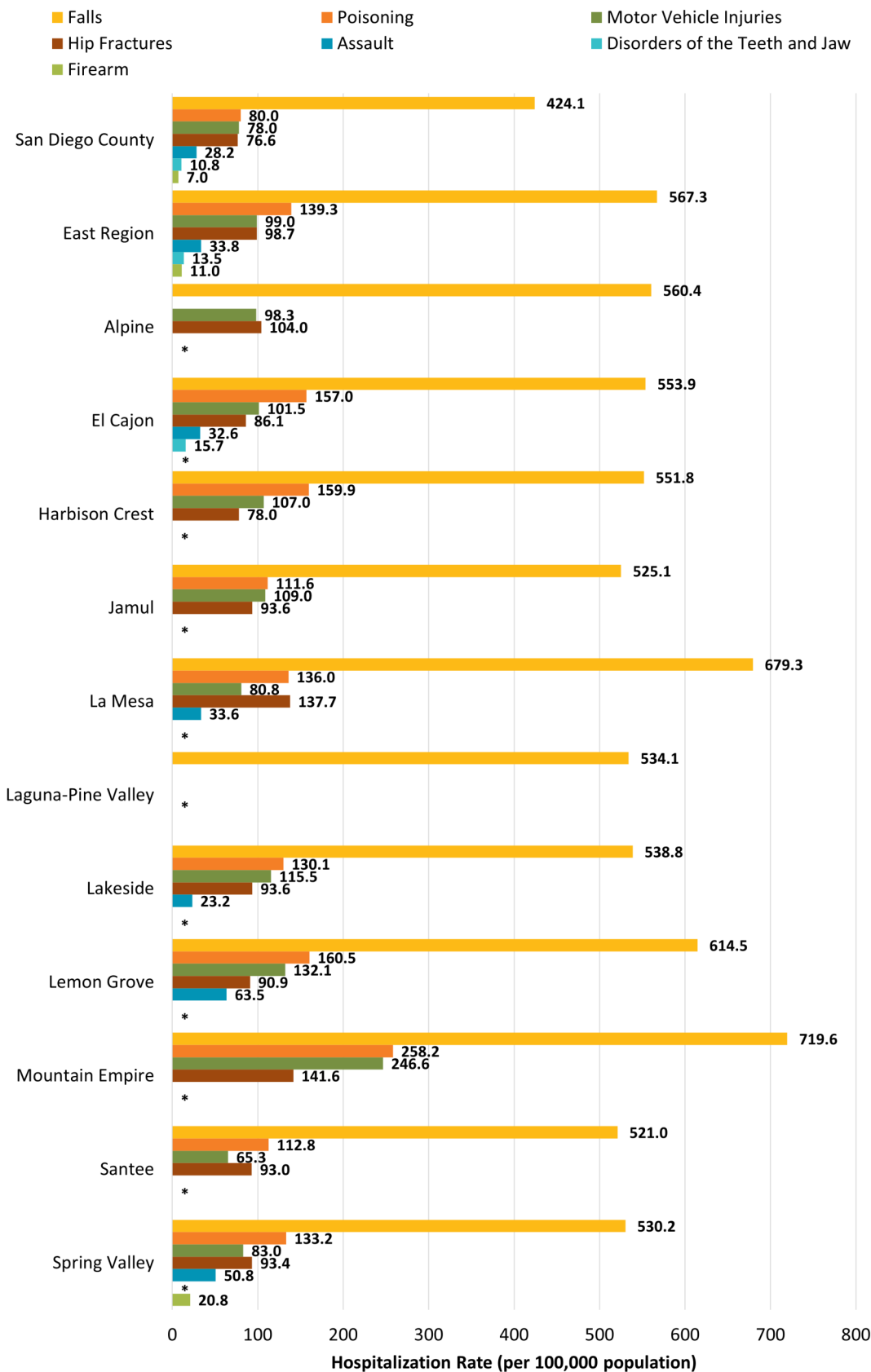


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

The highest emergency department (ED) discharge rates among injury indicators were due to falls in East Region and its SRAs in 2021. Among East Region SRAs, Lemon Grove had the highest ED discharge rate due to falls (2,757.4 per 100,000), followed by El Cajon (2,489.8 per 100,000). In East Region, the second highest ED discharge rates were due to motor vehicle injuries. Among East Region SRAs, Mountain Empire had the highest ED discharge rate due to motor vehicle injuries (1,007.9 per 100,000), followed by Harbison Crest (847.7 per 100,000).

Injury Hospitalization Rates in East Region by Subregional Area (SRA), San Diego County, 2021



The highest hospitalization rates were due to falls in East Region and its SRAs. Among East Region SRAs, Mountain Empire had the highest hospitalization rate due to falls (719.6 per 100,000), followed by La Mesa (679.3 per 100,000). In 2021, the second highest hospitalization rates were due to poisoning in East Region and its SRAs, except Alpine, Laguna-Pine Valley, and La Mesa.

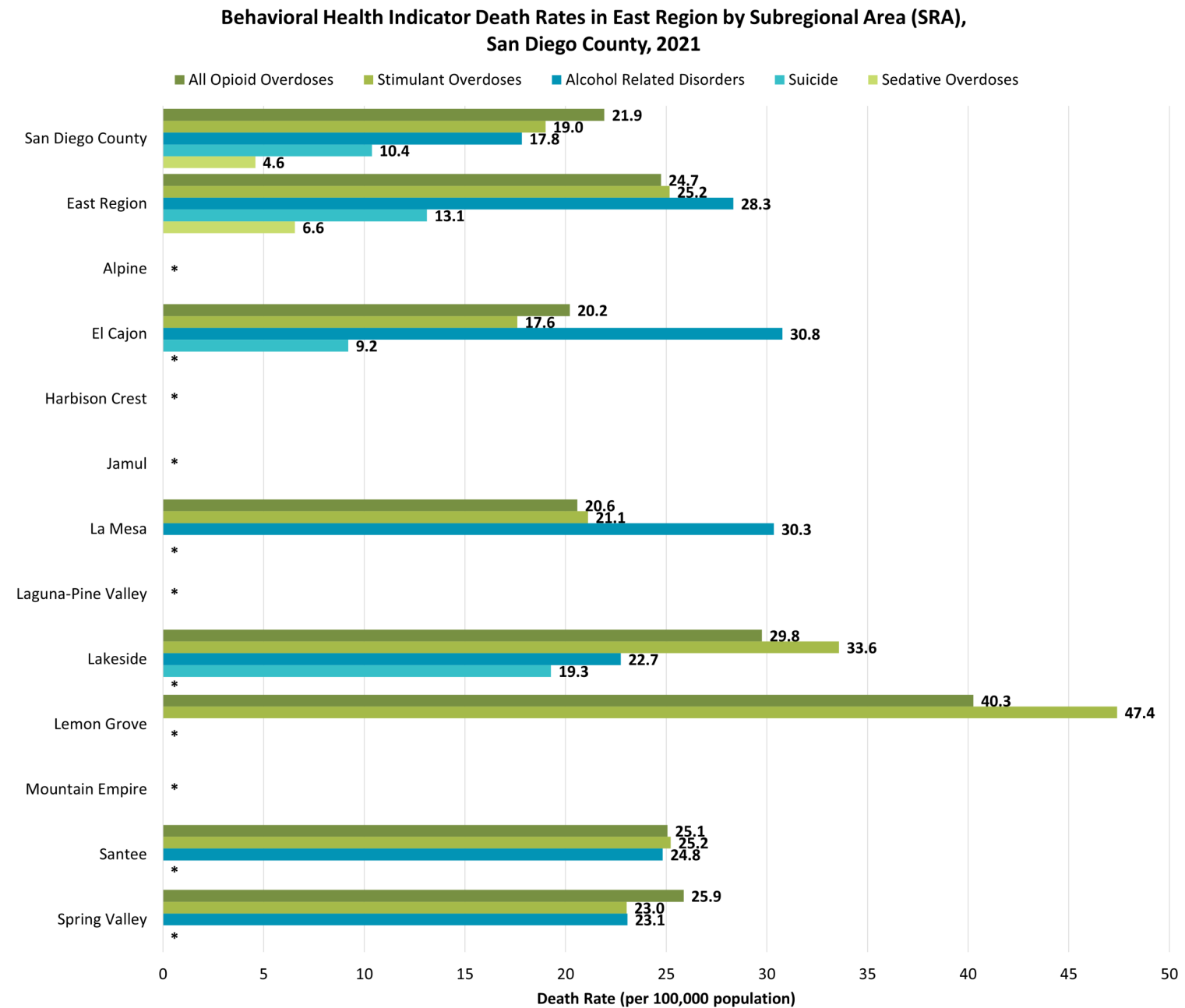
*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

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

BEHAVIORAL HEALTH INDICATORS

In 2021, among behavioral health indicators, the highest rates of death were due to alcohol related disorders (28.3 per 100,000) and stimulant overdoses (25.2 per 100,000) in East Region. Among East Region subregional areas (SRAs), El Cajon had the highest rate of death due to alcohol related disorders (30.8 per 100,000), followed by La Mesa (30.3 per 100,000). Both SRAs had higher death rates due to alcohol related disorders than East Region (28.3 per 100,000) and San Diego County overall (17.8 per 100,000).



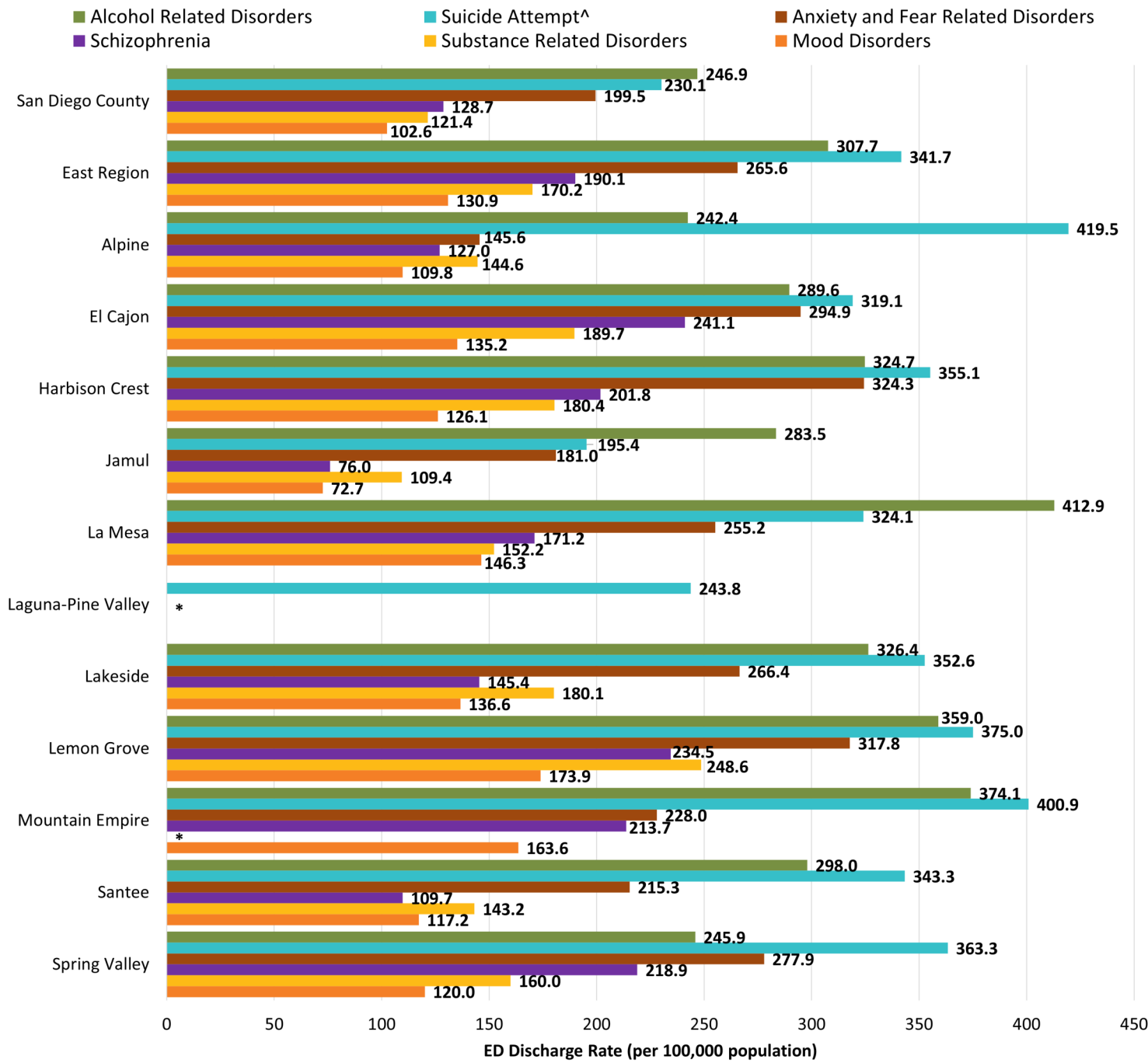
Beginning with data year 2021, the “All Opioid Overdoses” indicator is an expansion of the “Opioid Overdoses” indicator that includes specific synthetic narcotic ICD-10cm codes (fentanyl, tramadol, other synthetic narcotics) in addition to the general codes, to reflect morbidity more broadly. Mortality is the same for both indicators due to no changes in ICD-10 mortality codes.

*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

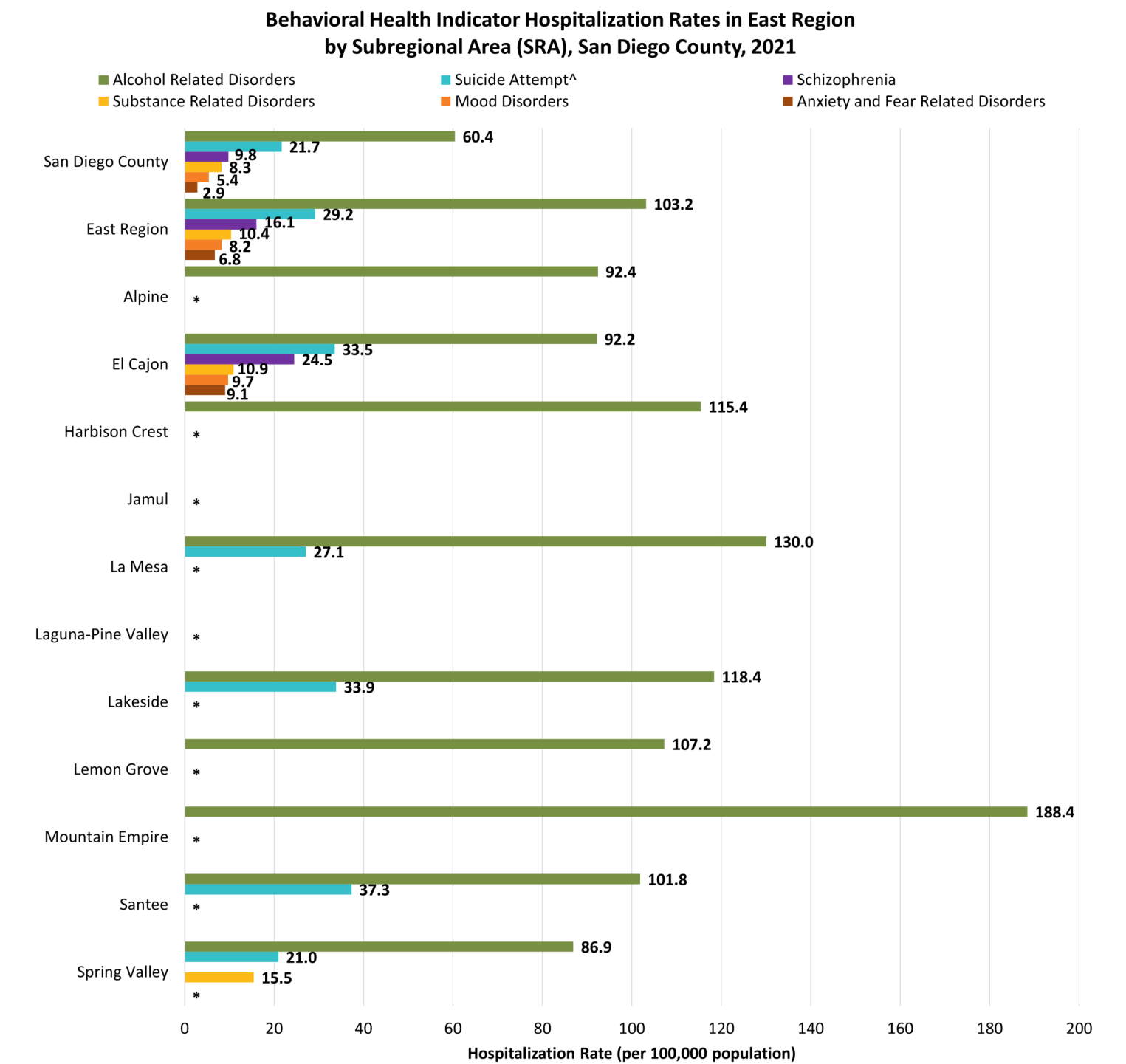
In 2021, East Region had the highest emergency department (ED) discharge rate due to suicide attempt compared to all other HHSA regions. Among behavioral health indicators, the highest ED discharge rate was due to suicide attempt in East Region and its SRAs, except Jamul and La Mesa. Among East Region SRAs, Alpine had the highest ED discharge rate due to suicide attempt (419.5 per 100,000).

Behavioral Health Indicator Emergency Department (ED) Discharge Rates in East Region by Subregional Area (SRA), San Diego County, 2021



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

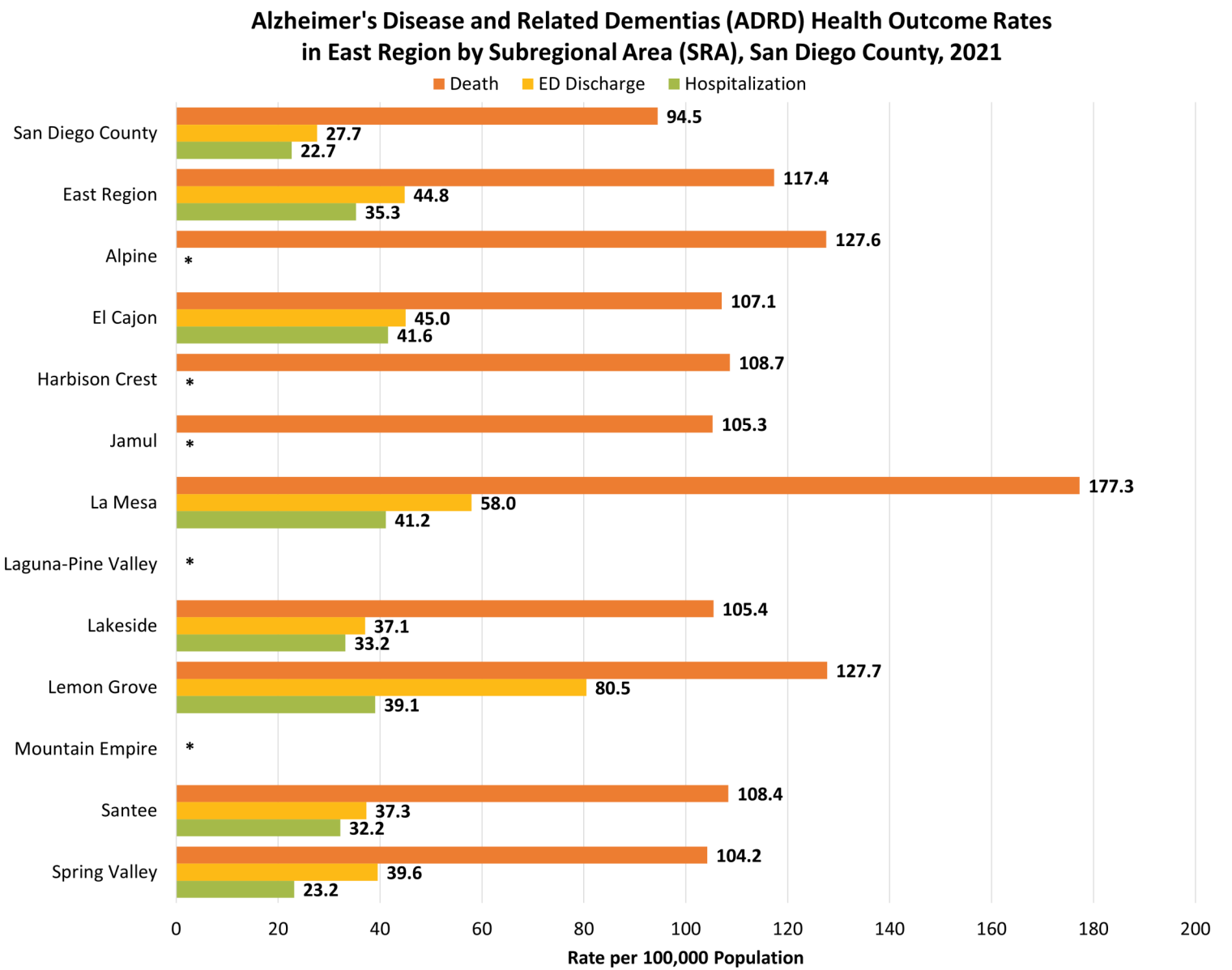
In East Region and its SRAs, the highest hospitalization rates among behavioral health indicators were due to alcohol related disorders in 2021. Among East Region SRAs, Mountain Empire had the highest hospitalization rate due to alcohol related disorders (188.4 per 100,000), which was higher than the hospitalization rate in East Region (103.2 per 100,000) and San Diego County overall (60.4 per 100,000). Among behavioral health indicators, the second highest hospitalization rate was due to suicide attempt in East Region and its SRAs in 2021.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

ALZHEIMER’S DISEASE AND RELATED DEMENTIAS

In 2021, the death rate due to Alzheimer’s Disease and Related Dementias (ADRD) was higher than the ED discharge and hospitalization rates in East Region and its subregional areas (SRAs). Among East Region SRAs, La Mesa had the highest death rate due to ADRD (177.3 per 100,000). Additionally, Lemon Grove SRA had the highest ED discharge rate due to ADRD (80.5 per 100,000) while El Cajon SRA had the highest hospitalization rate due to ADRD (41.6 per 100,000). Among the HHSA regions, East Region had the highest death, ED discharge, and hospitalization rates due to ADRD in 2021.

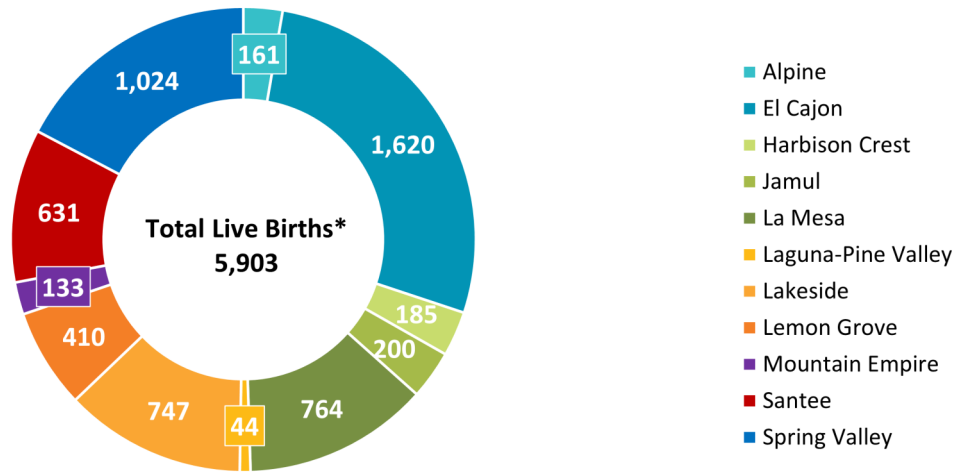


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

MATERNAL AND CHILD HEALTH INDICATORS

In 2021, there were 5,903 total live births in East Region, which represented 15.8% of the total live births in San Diego County (37,436). In 2021, over 1 out of every 4 live births (27.4%) in East Region were in El Cajon subregional area (SRA).

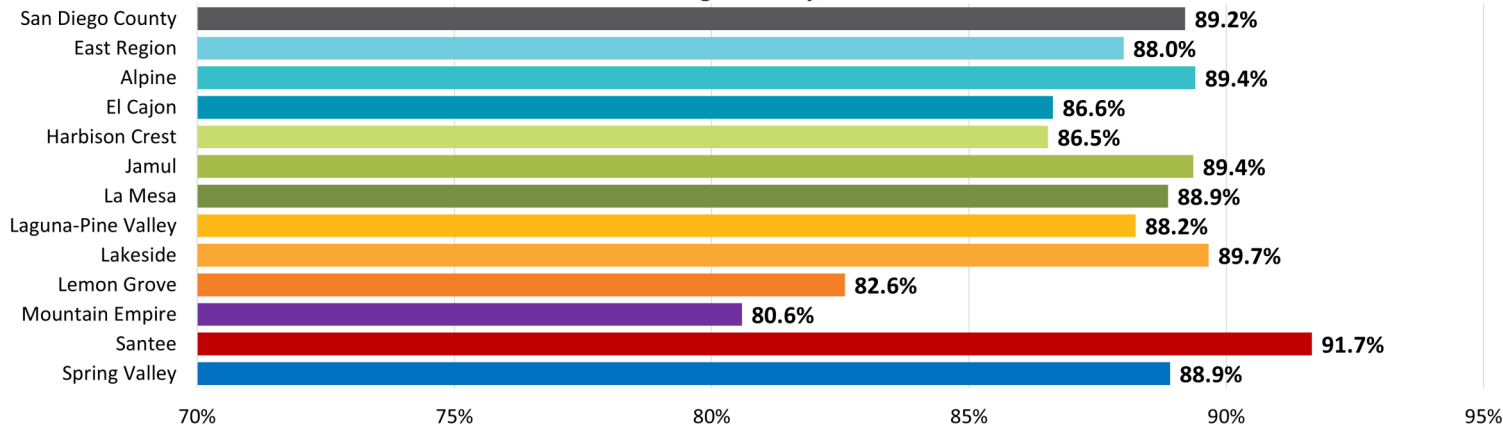
Distribution of Live Births in East Region by Subregional Area (SRA), San Diego County, 2021



*Total live births in subregional areas (SRAs) may not add up to the regional total live births due to allocation.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In 2021, the proportion of mothers who received early prenatal care in East Region was 88.0%, which was lower than the proportion in San Diego County overall (89.2%). Among East Region SRAs, Mountain Empire had the lowest proportion of mothers who received early prenatal care (80.6%), followed by Lemon Grove (82.6%).

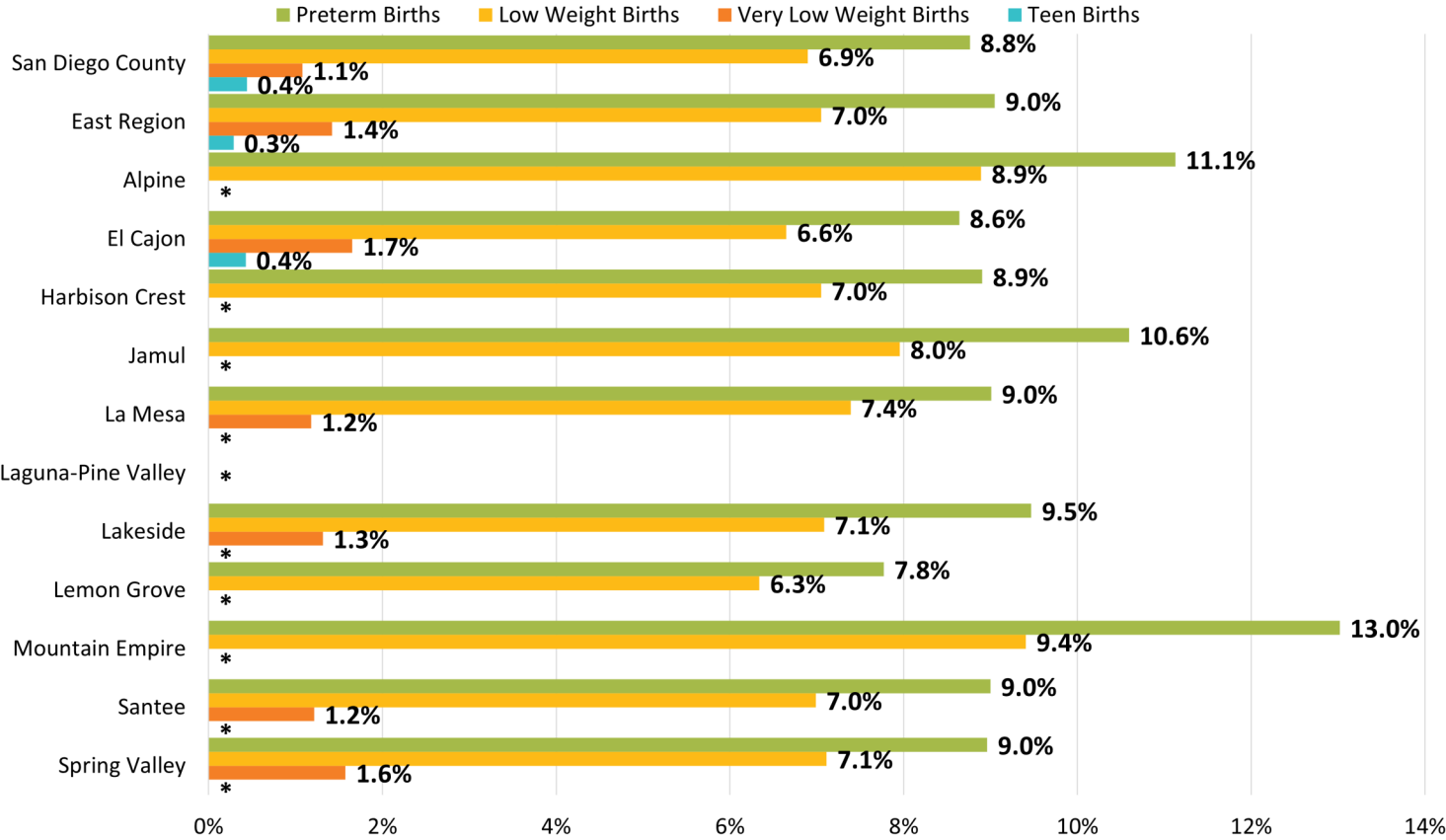
Percentage of Early Prenatal Care Among Births in East Region by Subregional Areas (SRAs), San Diego County, 2021



Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

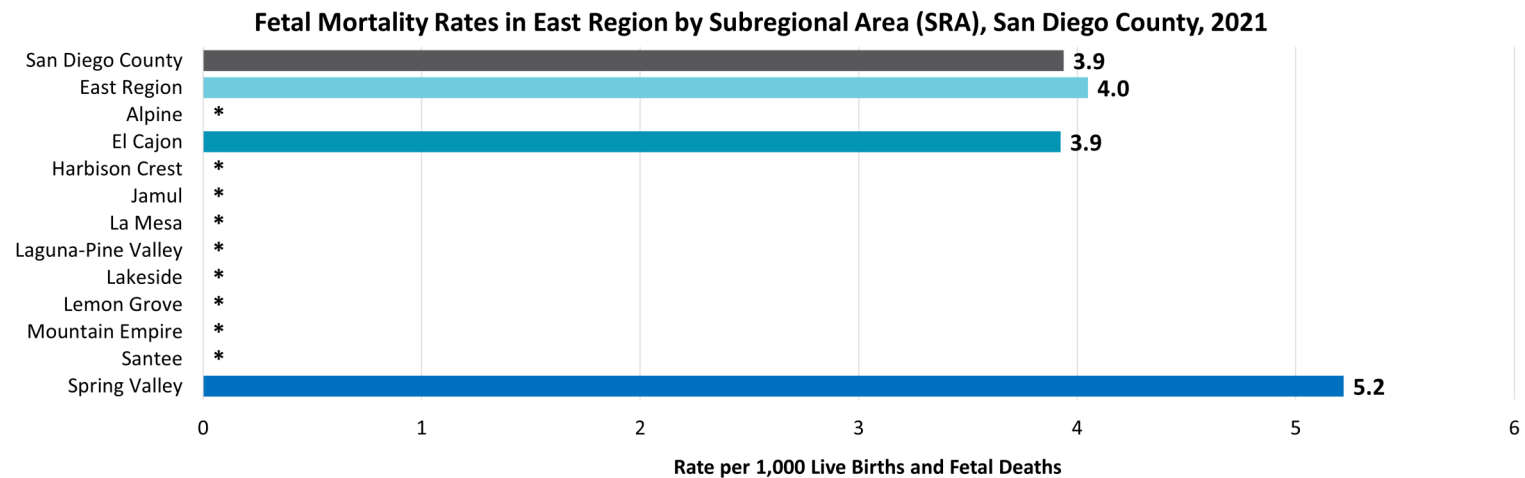
Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2021, the proportion of preterm births in East Region (9.0%) was higher than in San Diego County overall (8.8%). Among East Region SRAs, Mountain Empire had the highest proportion of preterm births (13.0%), while Lemon Grove had the lowest (7.8%). A baby with a birth weight less than 2,500 g (approximately 5 lbs., 8 oz.) is considered to have low birth weight, while a baby with a birth weight less than 1,500 g (approximately 3 lbs., 5 oz.) is classified as very low birth weight. The proportion of low weight births in East Region (7.0%) was similar to San Diego County overall (6.9%), while the proportion of very low weight births in East Region (1.4%) was higher than in San Diego County overall (1.1%). Among East Region SRAs, Mountain Empire had the highest proportion of low weight births (9.4%), followed by Alpine (8.9%). In 2021, El Cajon SRA had the highest proportion of very low weight births (1.7%), followed by Spring Valley SRA (1.6%). The percentage of teen births (aged 15-17 years) out of all live births in a specific area is referred to as the teen birth percentage. In 2021, the proportion of teen births in El Cajon SRA (0.4%) was higher than in East Region (0.3%).

Percentage of Preterm Births, Low Weight Births, Very Low Weight Births, and Teen Births in East Region by Subregional Area (SRA), San Diego County, 2021



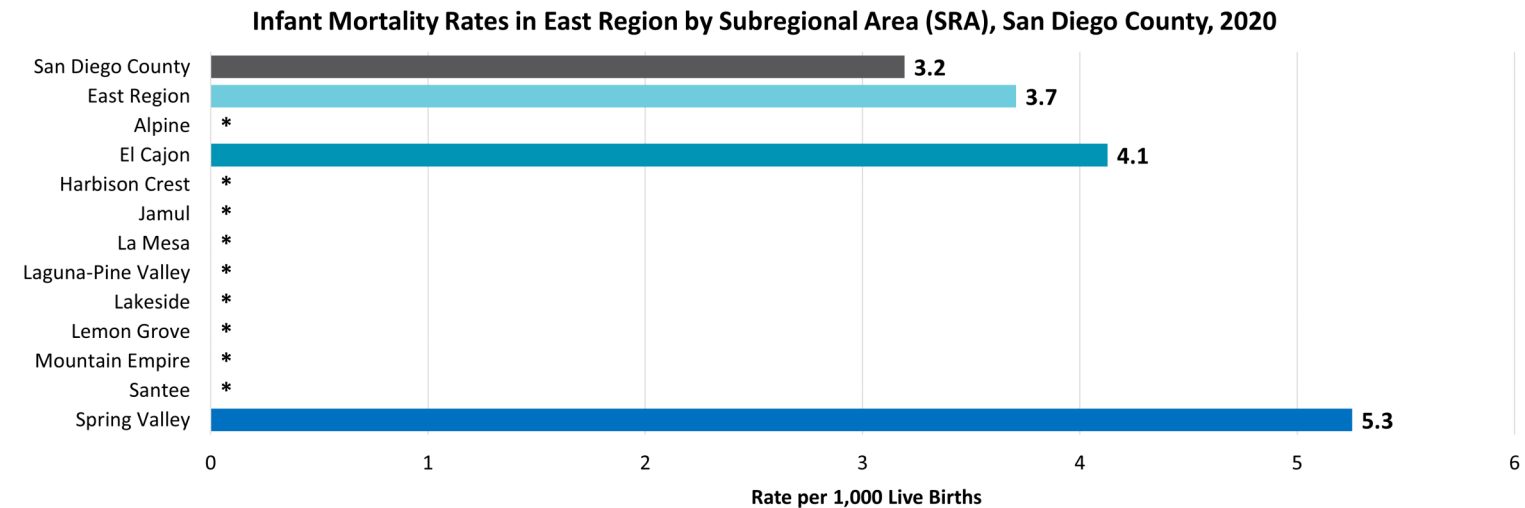
*Percentages not calculated for fewer than 5 events. Percentages not calculated in cases where zip code is unknown.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2021, the fetal mortality rate in East Region (4.0 per 1,000 live births and fetal deaths) was higher than in San Diego County overall (3.9 per 1,000 live births and fetal deaths). Among East Region SRAs, Spring Valley had the highest fetal mortality rate (5.2 per 1,000 live births and fetal deaths), followed by El Cajon (3.9 per 1,000 live births and fetal deaths).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Sources: VRBIS: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2021. Cohort file: State of California, Department of Public Health, California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Infant mortality refers to an infant's death before one year of age. In 2020, the infant mortality rate in East Region (3.7 per 1,000 live births) was higher than in San Diego County overall (3.2 per 1,000 live births). Among East Region SRAs, Spring Valley had the highest infant mortality rate (5.3 per 1,000 live births), which was 1.7 times higher than in San Diego County (3.2 per 1,000 live births).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Sources: State of California, Department of Public Health, California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files, 2020. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

CONCLUSION

The East Region Health Status Report Summary provides descriptive information on demographic and socioeconomic characteristics, as well as morbidity/mortality rates for various health conditions. Below is a summary of the demographic characteristics, socioeconomic factors, and health concerns in East Region and its SRAs.

Demographic Characteristics

- In 2021, East Region was the fifth most populous region in San Diego County, representing 15.4% of the total county population.
- In San Diego County, East Region had the second highest proportion of residents aged 65 years and older (15.0%) in 2021.

Socioeconomic Factors

- In 2021, East Region had the second lowest median household income (\$85,551) and the highest proportion of households receiving food stamps/SNAP/Calfresh (11.6%) in San Diego County.

Health Outcomes

- Among East Region SRAs, Lemon Grove and Mountain Empire generally had the highest death, emergency department (ED) discharge, and hospitalization rates among several health conditions and indicators in 2021.

This information can be used by both Health and Human Services Agency (HHS) internal as well as external stakeholders, such as local community organizations, in the process of identifying evidence-based decisions to inform health policy by assessing the health status and factors that may



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