



East Region

Health Status Report Summary



NOVEMBER 2024

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*

November 2024

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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 2022 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 2022. 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 leading causes of death in 2022 for East Region, outlining the relative burden of a specific cause of death compared to other causes.
- 3) **Health Outcomes:** Deaths on this report refer to the underlying cause of death, except for all opioid overdoses, chronic kidney disease, and traumatic brain injury which are multiple cause of death. Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for certain causes of external injury, which may appear anywhere in the medical record. This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following groups 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 (2022): EAST REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 502,639

(15.3% of San Diego County's population)

Age Distribution:

- 0-4 years old (6.3%)
- 5-14 years old (12.6%)
- 15-24 years old (12.7%)
- 25-44 years old (27.9%)
- 45-64 years old (24.9%)
- 65+ years old (15.6%)

Median Household Income: \$92,827

Population Below 200% Federal Poverty Level (FPL): 27.0%

Population with Health Insurance: 93.7%

Population with Disability: 13.0%

Households Receiving Food Stamps/SNAP/CalFresh: 12.5%

MORTALITY MEASURES

Overall Life Expectancy: 78.5 years

Top 5 Leading Causes of Death:

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

LEADING HEALTH OUTCOMES

Highest Rates	Death Rate	ED Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	Overall Cancer 195.9 per 100,000	Overall Heart Disease 2,277.6 per 100,000	Overall Heart Disease 1,352.0 per 100,000
Communicable (Infectious) Diseases	COVID-19 60.3 per 100,000	COVID-19 1,438.5 per 100,000	COVID-19 284.7 per 100,000
Injury Indicators	Poisoning 38.7 per 100,000	Falls 2,535.8 per 100,000	Falls 552.9 per 100,000
Behavioral Health Indicators	All Opioid Overdoses 26.3 per 100,000	Suicide Attempt/ Ideation/Intentional Self-Harm 333.6 per 100,000	Alcohol Related Disorders 98.6 per 100,000
Alzheimer's Disease and Related Dementias	98.0 per 100,000	33.2 per 100,000	21.6 per 100,000

Maternal and Child Health Indicators

Total Live Births: 6,190	Preterm Births: 9.3% Low Weight Births: 7.4% Very Low Weight Births: 1.3% Teen Births: 0.5% Received Early Prenatal Care: 85.7%	Infant Mortality Rate (2021): 3.4 per 1,000 Total Live Births Fetal Mortality Rate: 4.0 per 1,000 Live Births and Fetal Deaths
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DEMOGRAPHIC CHARACTERISTICS

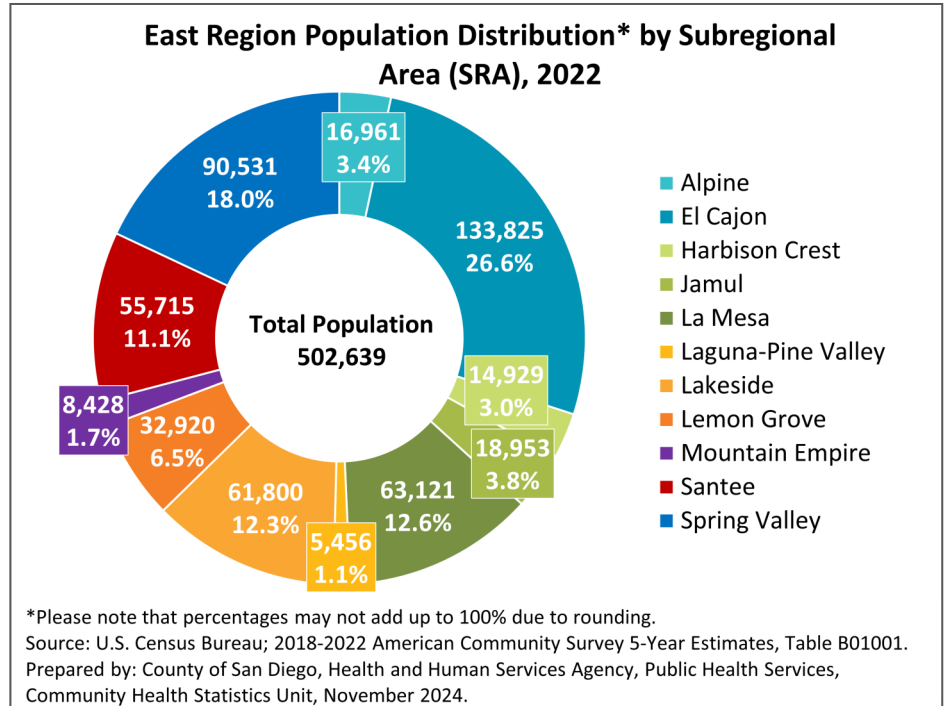
POPULATION CHARACTERISTICS

In 2022, East Region was home to an estimated 502,639 residents, representing 15.3% of the San Diego County population (3,289,701).

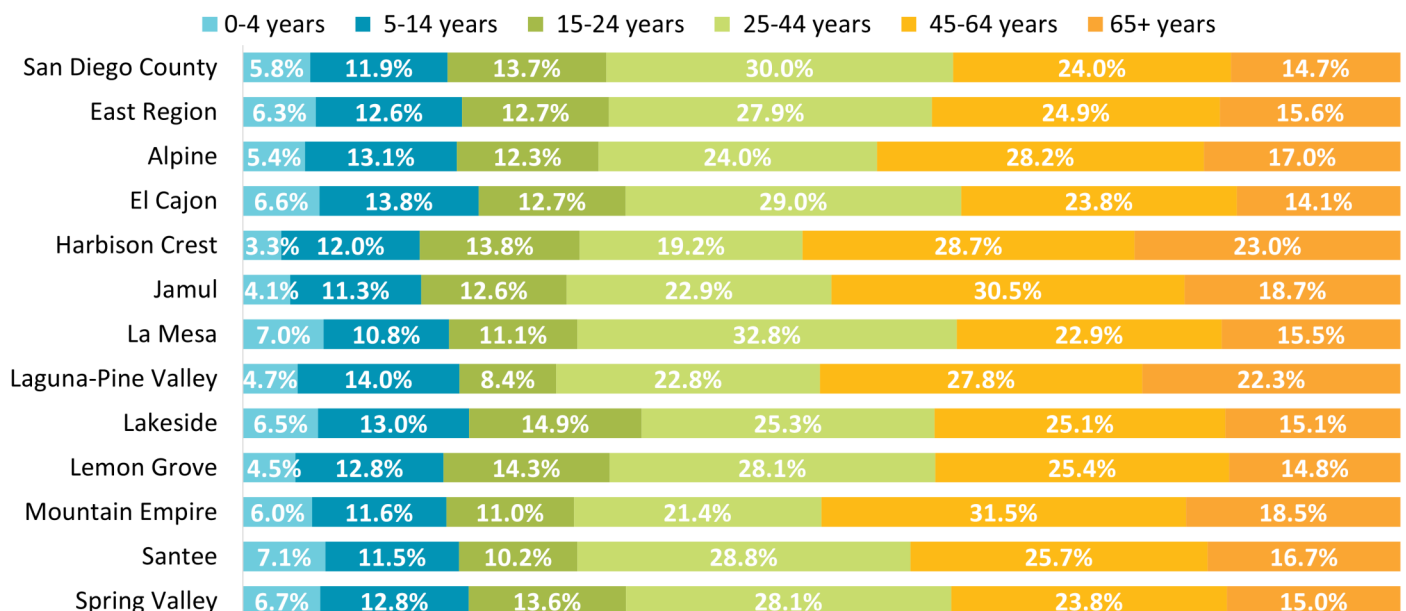
Adults aged 25-44 years old constituted the highest proportion of East Region residents (27.9%), followed by residents 45-64 years old (24.9%). Among East Region

subregional areas (SRAs), La Mesa had the highest proportion of adults

aged 25-44 years old (32.8%), followed by El Cajon (29.0%), and Santee (28.8%). Among East Region SRAs, Harbison Crest SRA had the highest proportion of a residents 45 years and older (51.7%), followed by Laguna-Pine Valley SRA (50.1%) and Mountain Empire (50.0%).



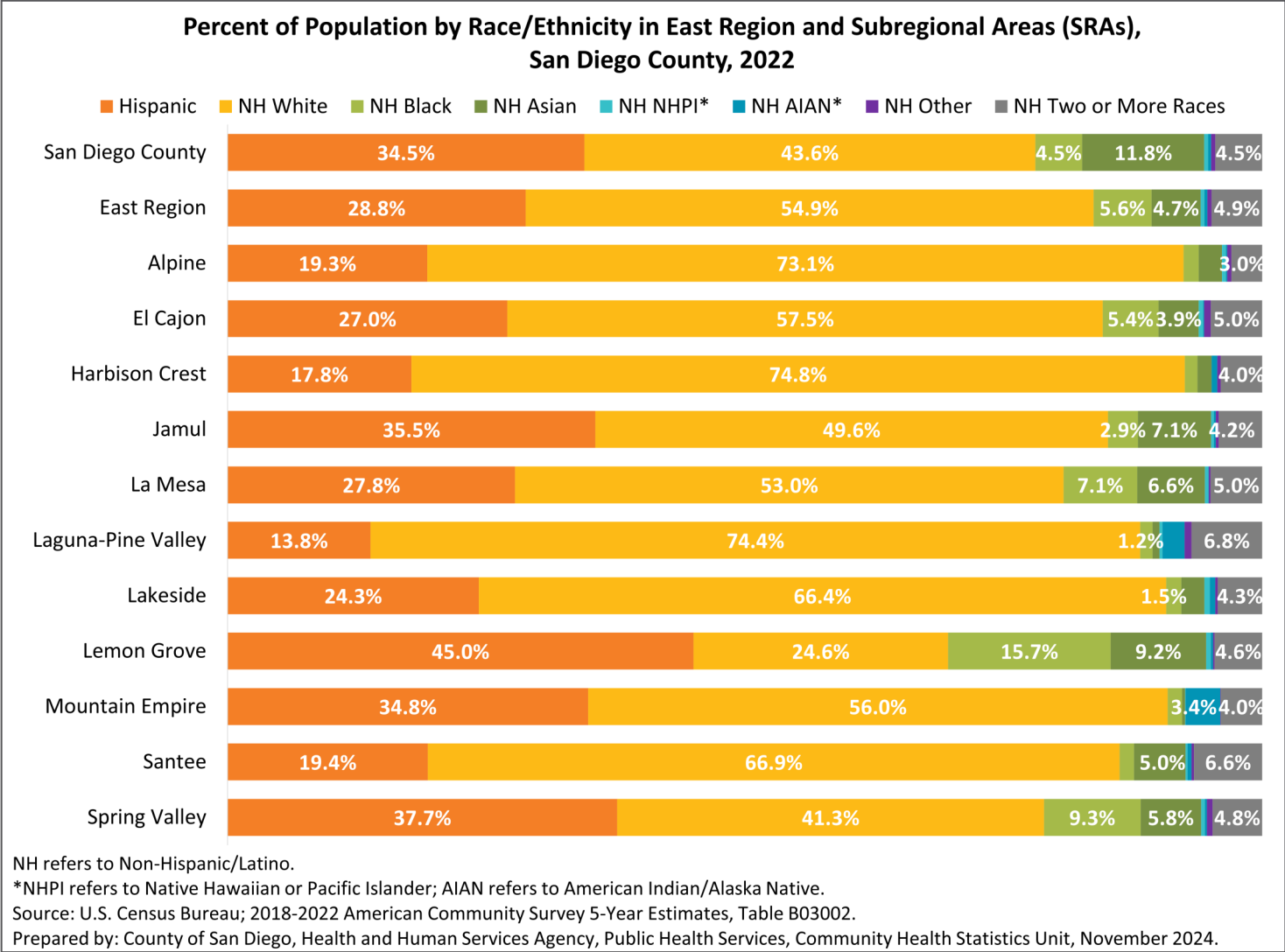
Percent of Population by Age in East Region and Subregional Areas (SRAs), San Diego County, 2022



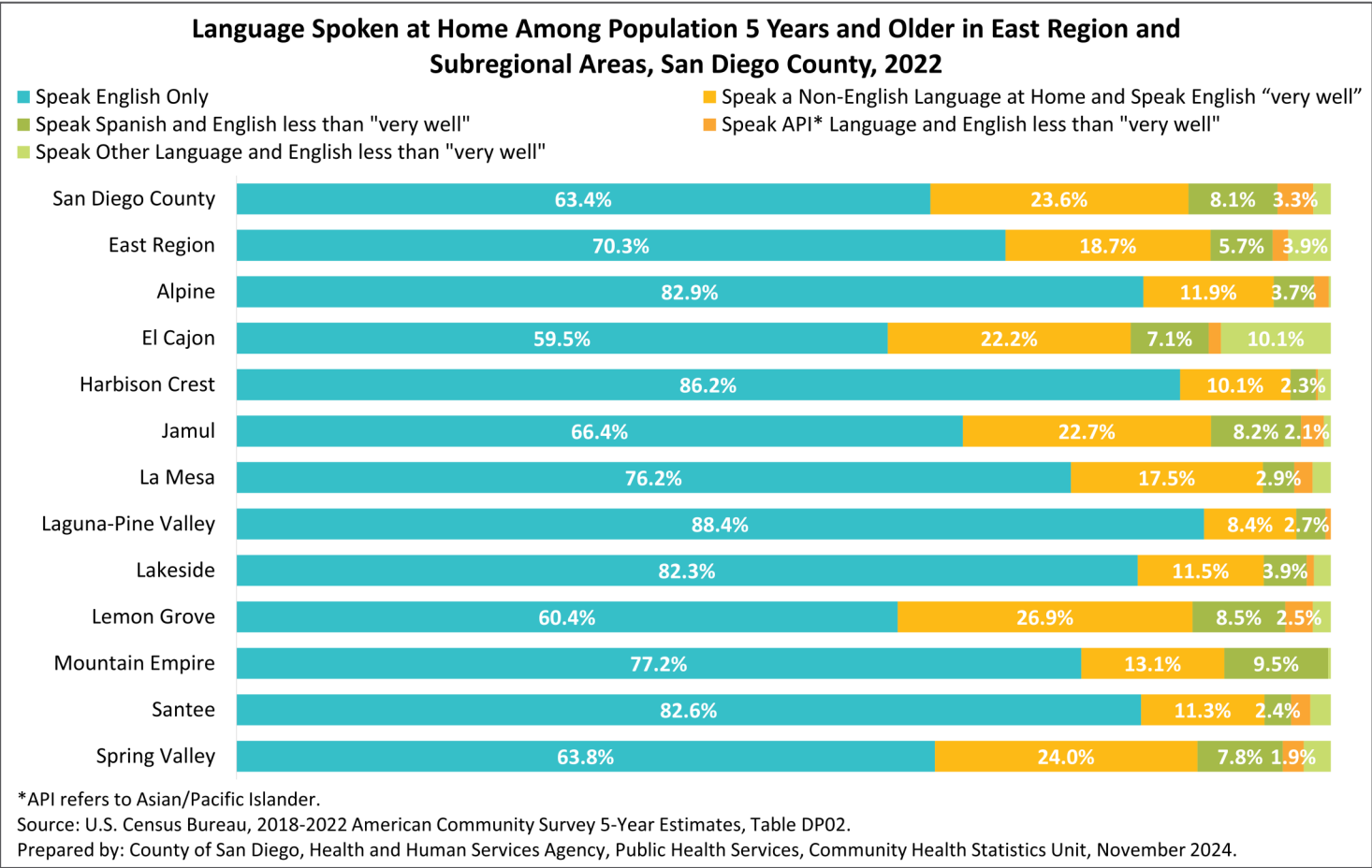
Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B01001.

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

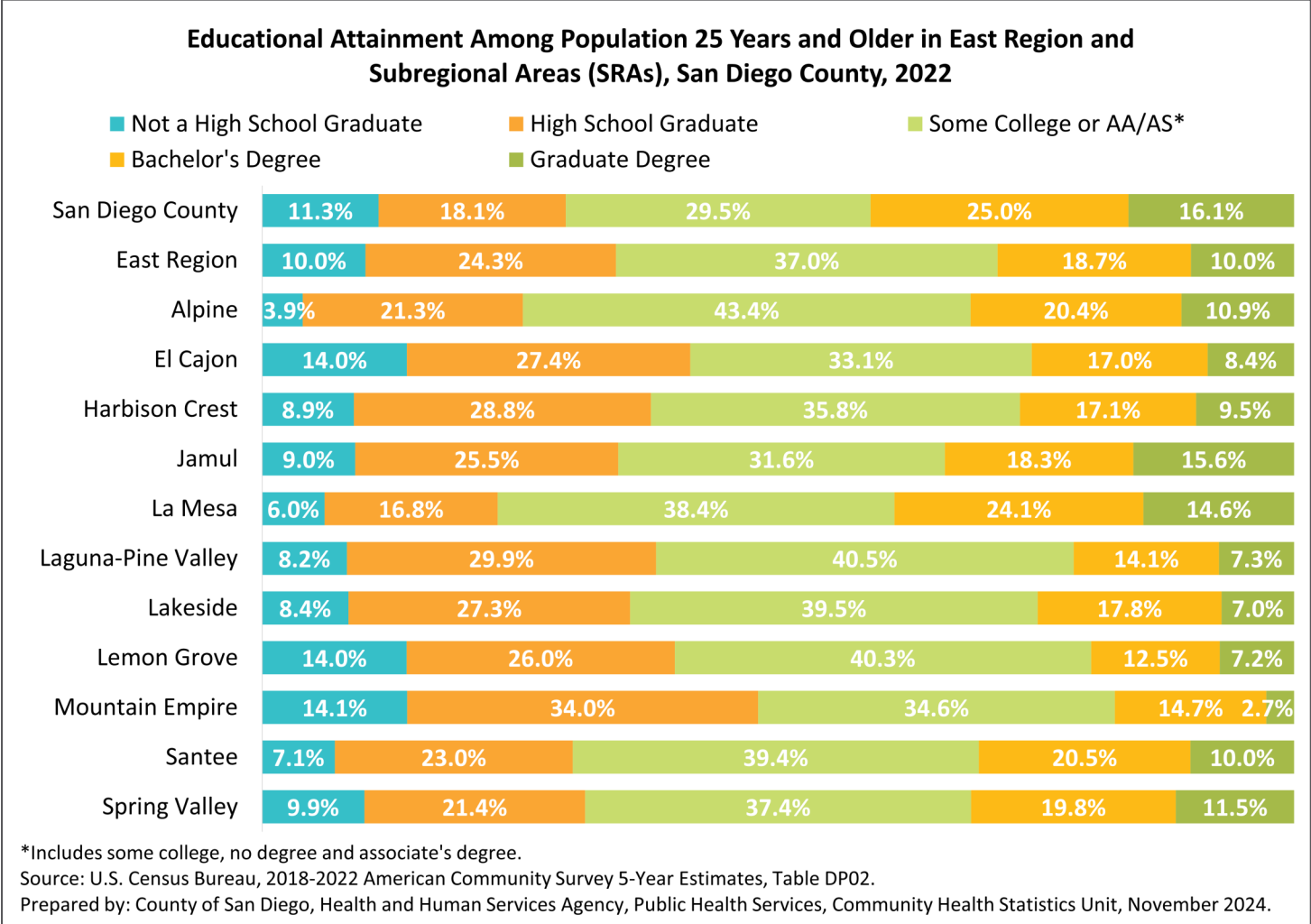
In 2022, residents in East Region were primarily non-Hispanic (NH) White (54.9%), followed by Hispanic (28.8%), NH Black (5.6%), NH residents with two or more races (4.9%), NH Asian (4.7%), NH Native Hawaiian and Other Pacific Islander (0.4%), NH Other (0.4%), and NH American Indian/Alaska Native (0.3%). Among East Region SRAs, Lemon Grove had the highest proportion of Hispanic residents (45.0%), while Laguna-Pine Valley had the lowest proportion (13.8%). In 2022, Lemon Grove SRA had the highest proportion of NH Black residents (15.7%), while Harbison Crest SRA and Laguna-Pine Valley SRA had the lowest proportion (1.2%).



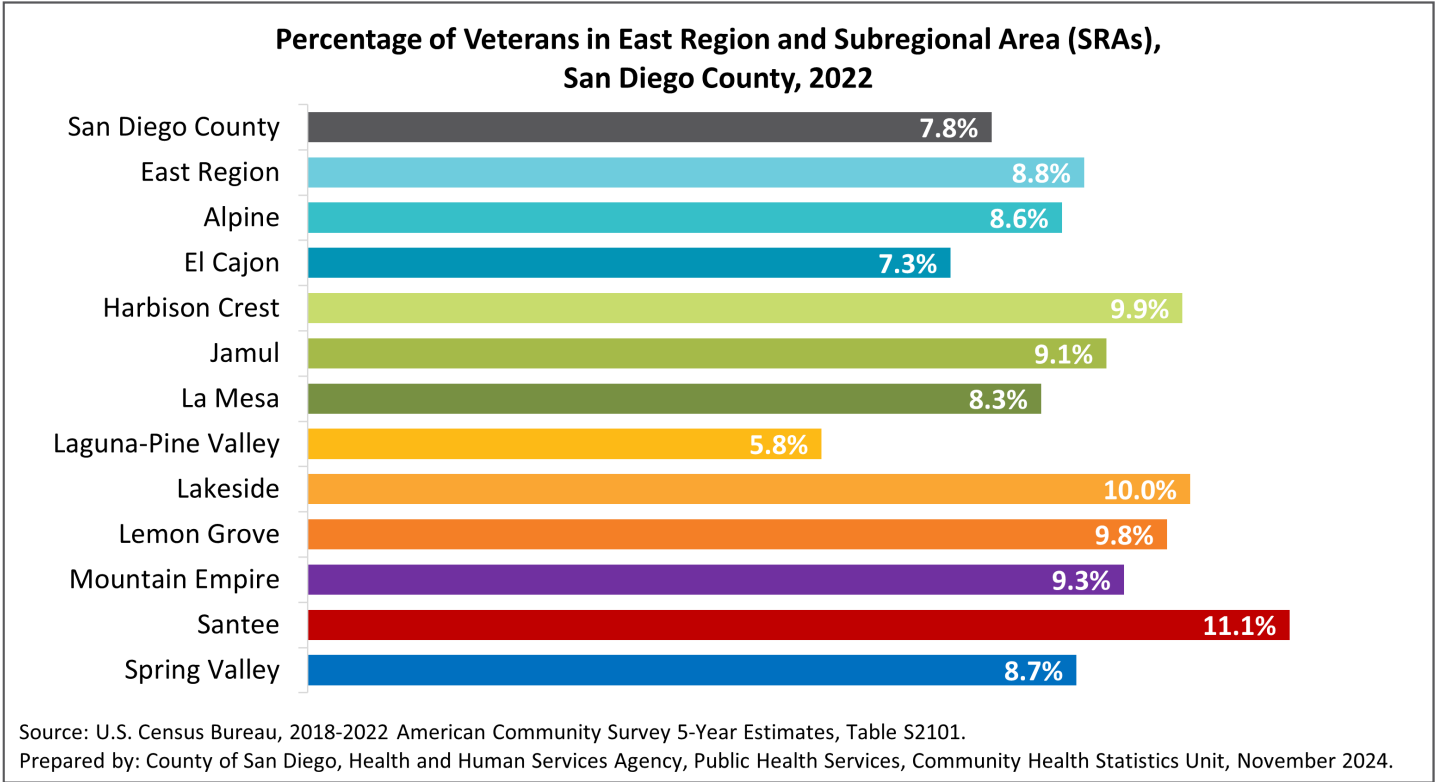
In 2022, 7 out of 10 residents (70.3%), aged 5 years and older, in East Region spoke only English at home. Nearly 1 out of 5 residents (18.7%), aged 5 years and older, in East Region spoke English “very well” and another language at home. Among East Region SRAs, Laguna-Pine Valley had the highest proportion of residents speaking only English at home (88.4%), while El Cajon had the lowest proportion (59.5%).



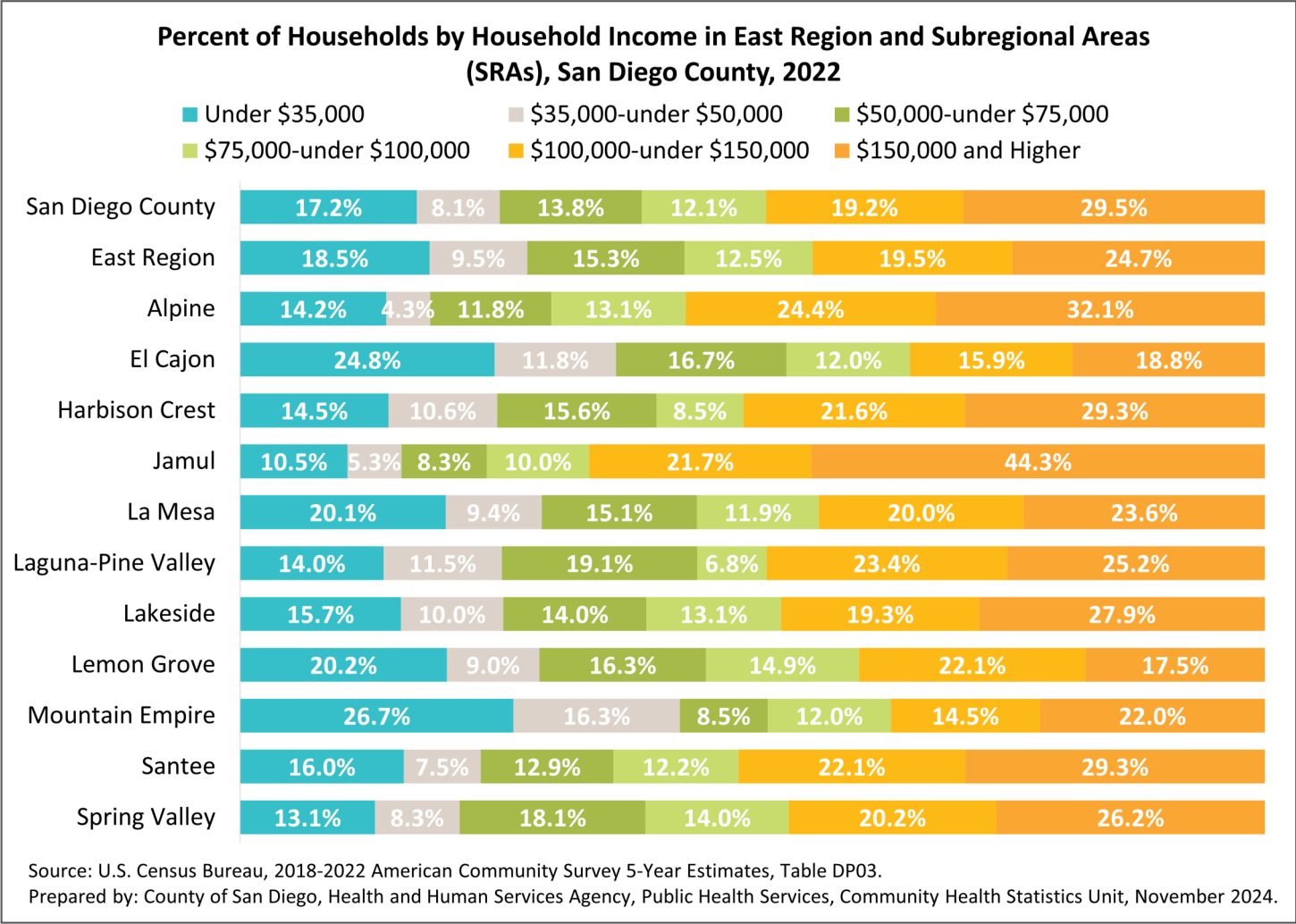
Educational attainment refers to the highest level of education completed in terms of the highest degree, or the highest level of schooling, completed for the population 25 years and older. In 2022, 9 out of 10 adults in East Region (90.0%), aged 25 years and older, had at least a high school diploma or General Education Diploma (GED). 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, Mountain Empire had the highest proportion of adults, aged 25 years and older, without a high school diploma (14.1%), while Alpine had the lowest proportion (3.9%) in 2022.



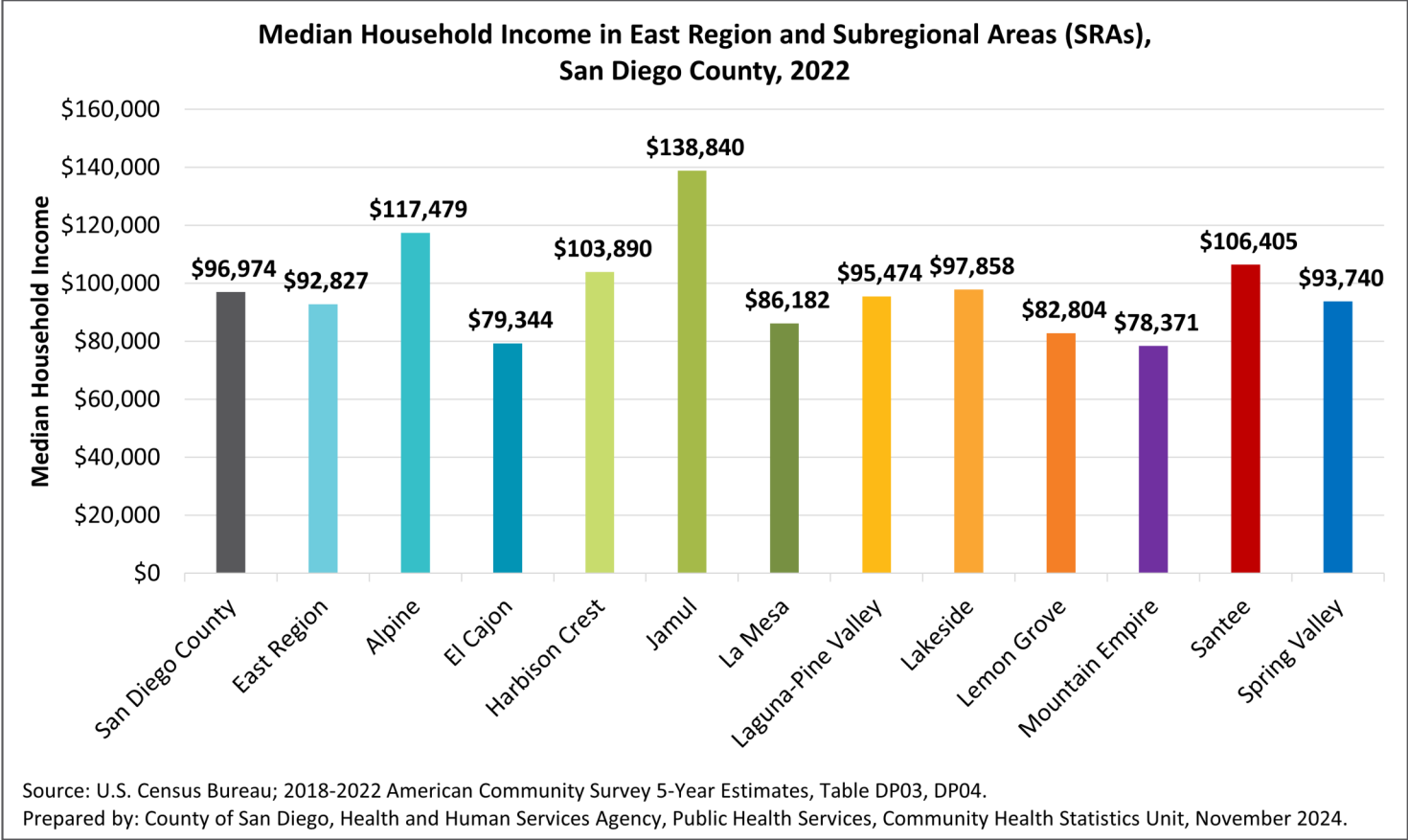
Veterans are civilians who have served officially or non-officially domestically or at war, for any amount of time, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who 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 2022, 8.8% of residents in East Region were veterans. Among East Region SRAs, Santee had the highest proportion of veterans (11.1%), followed by Lakeside (10.0%).



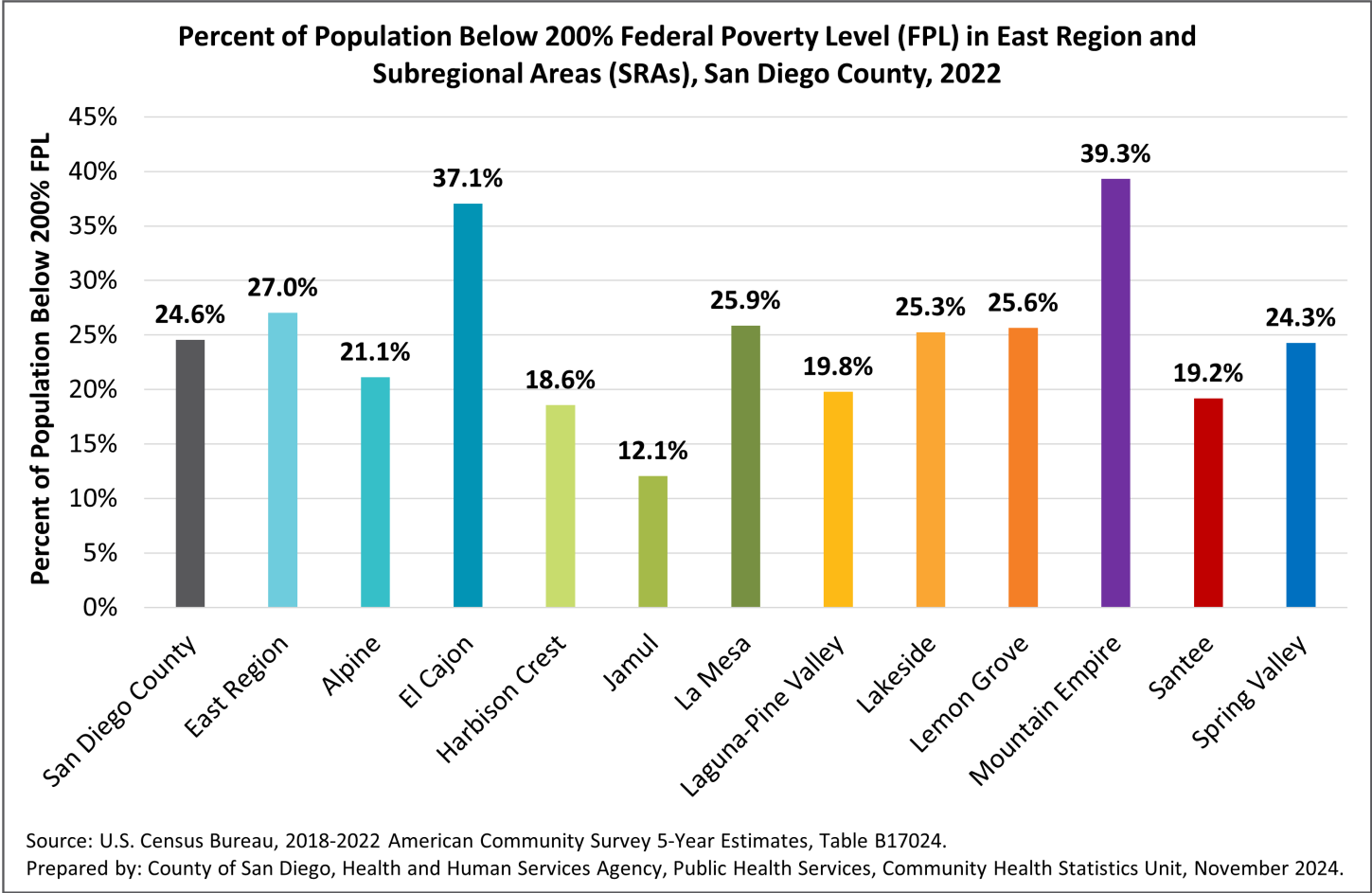
Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. Nearly 1 out of 6 households (18.5%) in East Region had an annual income of less than \$35,000. Among East Region SRAs in 2022, Mountain Empire and El Cajon had the highest proportion of households with an annual income of less than \$35,000 (26.7% and 24.8%, respectively), while Jamul had the lowest proportion (10.5%).



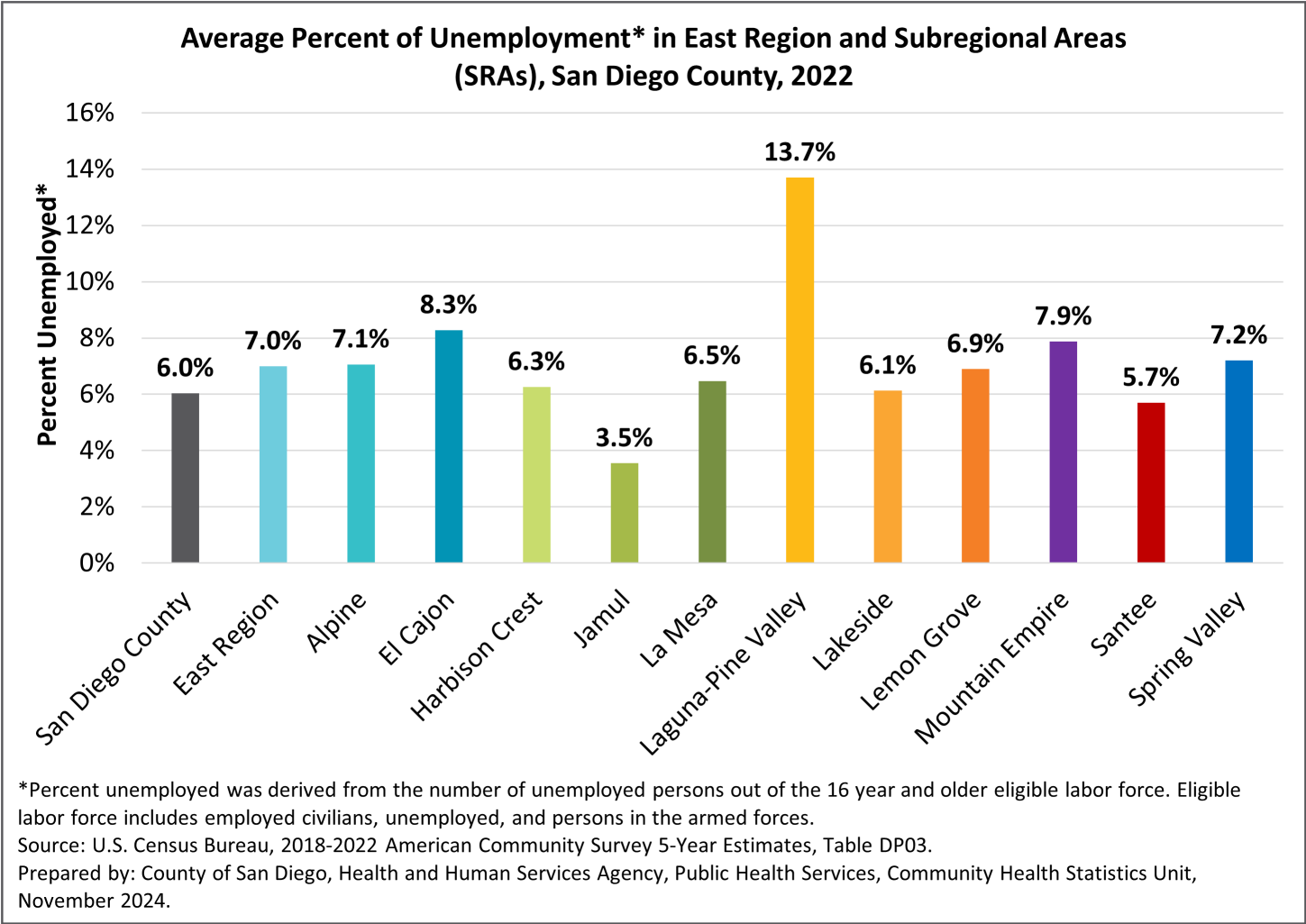
The median household income in East Region was \$92,827 in 2022, which was lower than the median household income in San Diego County overall (\$96,974). Among East Region SRAs, Mountain Empire had the lowest median household income (\$78,371), followed by El Cajon (\$79,344). Among East Region SRAs, Jamul had the highest median household income (\$138,840), which was higher than the median household incomes in East Region (\$92,827) and San Diego County overall (\$96,974).



Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2022, over 1 in 4 residents (27.0%), in East Region, lived below 200% FPL. Among East Region SRAs, Mountain Empire had the highest proportion of residents living below 200% FPL (39.3%), followed by El Cajon (37.1%). Furthermore, the proportion of residents living below 200% FPL in East Region was higher than San Diego County (27.0% vs 24.6%).

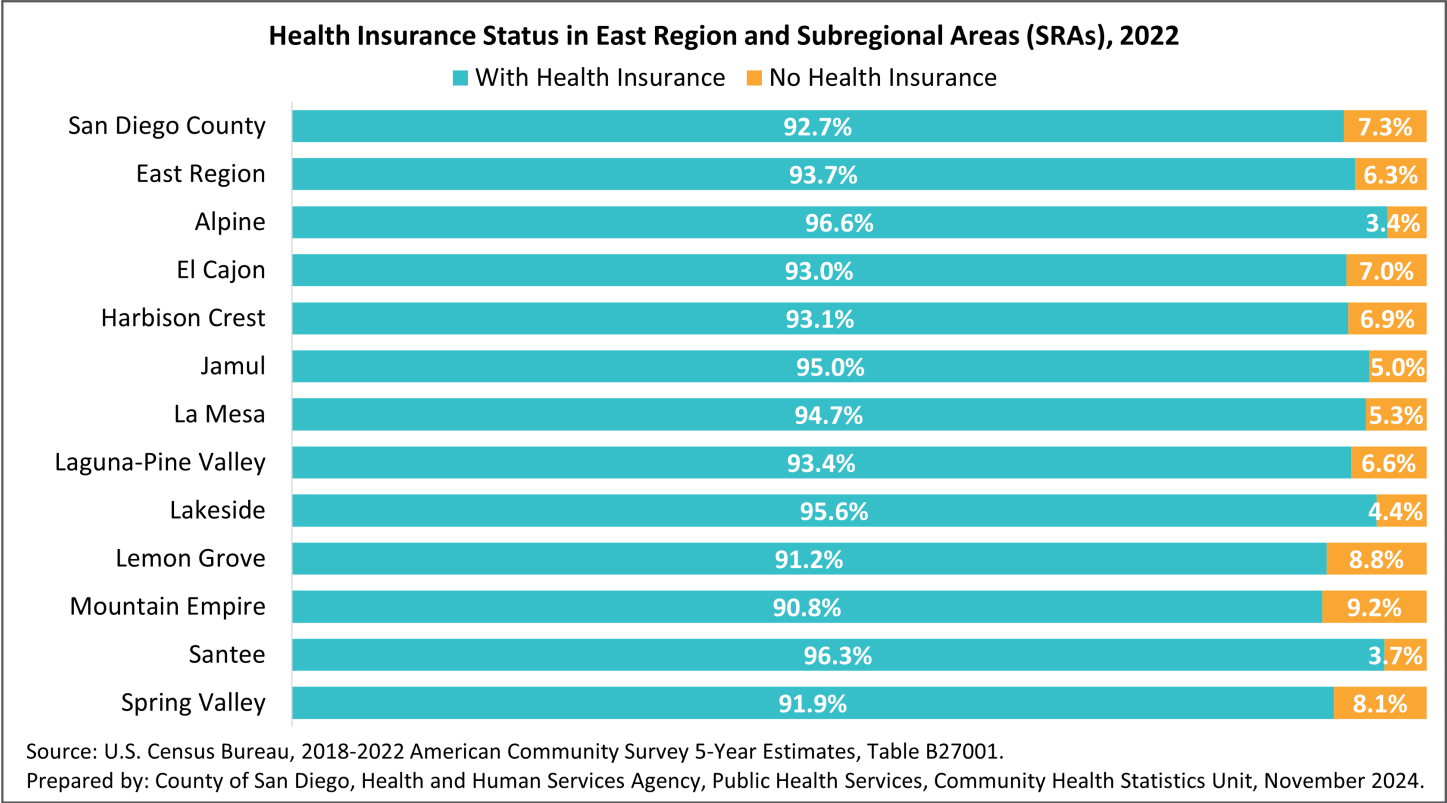


The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed persons, and persons in the armed forces. Between 2018-2022, the 5-year average unemployment rate in East Region was 7.0%. Among East Region SRAs, Laguna-Pine Valley had the highest 5-year average unemployment rate (13.7%), while Jamul had the lowest 5-year average unemployment rate (3.5%) between 2018-2022.

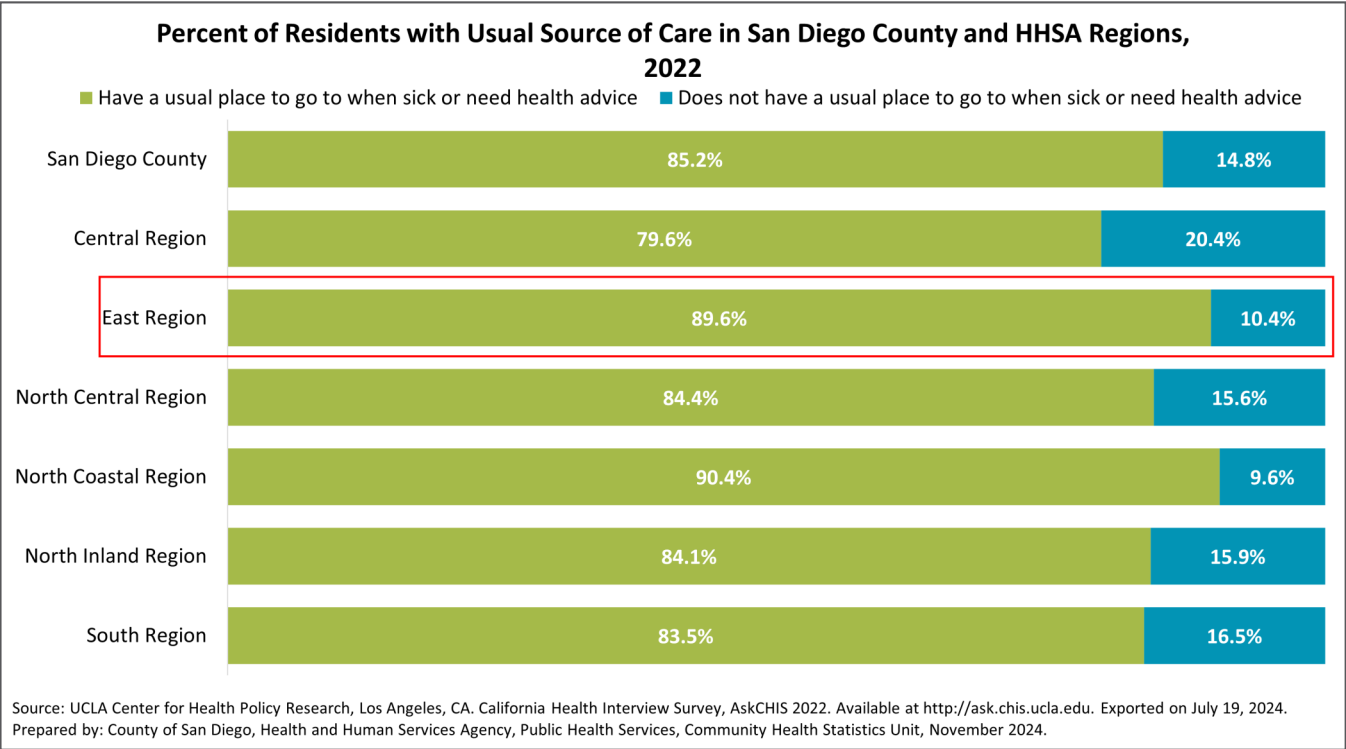


INSURANCE, ACCESS, AND UTILIZATION

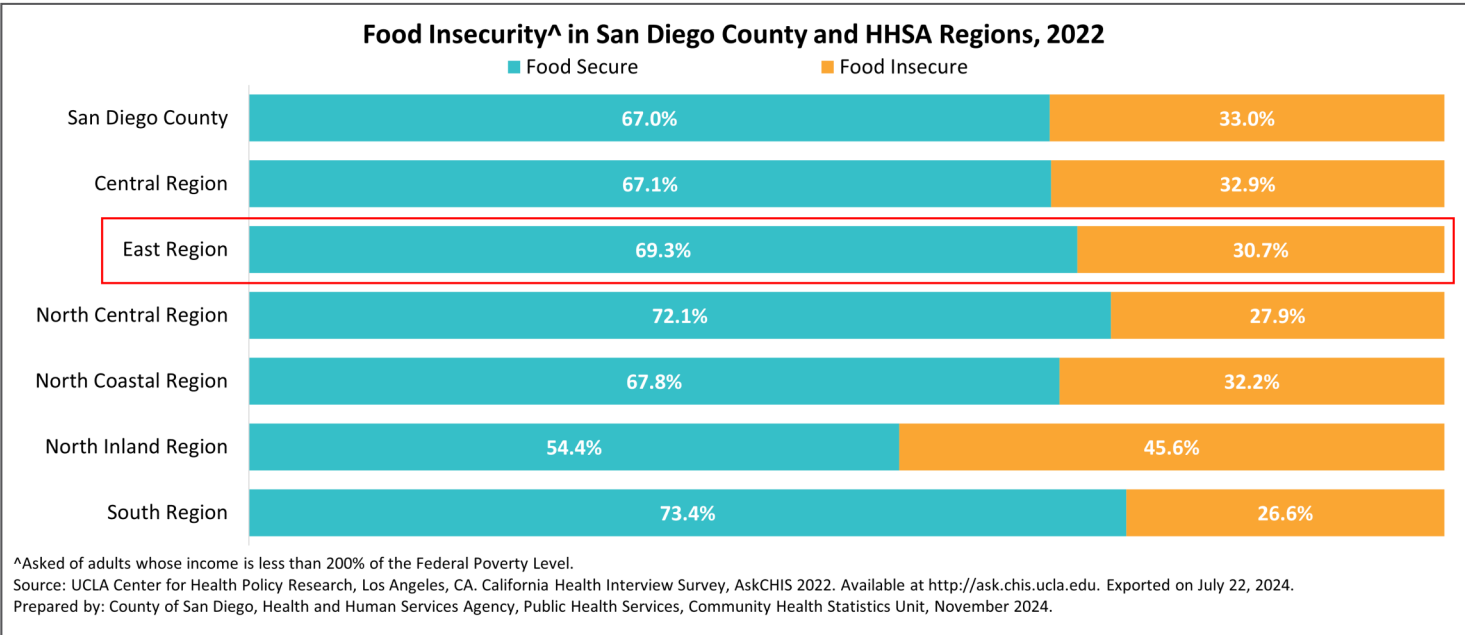
In 2022, 93.7% of residents in East Region were insured through private or public programs, while 6.3% of residents did not have any health insurance coverage. Among East Region subregional areas (SRAs), Mountain Empire had the highest proportion of residents without health insurance (9.2%), followed by Lemon Grove (8.8%).



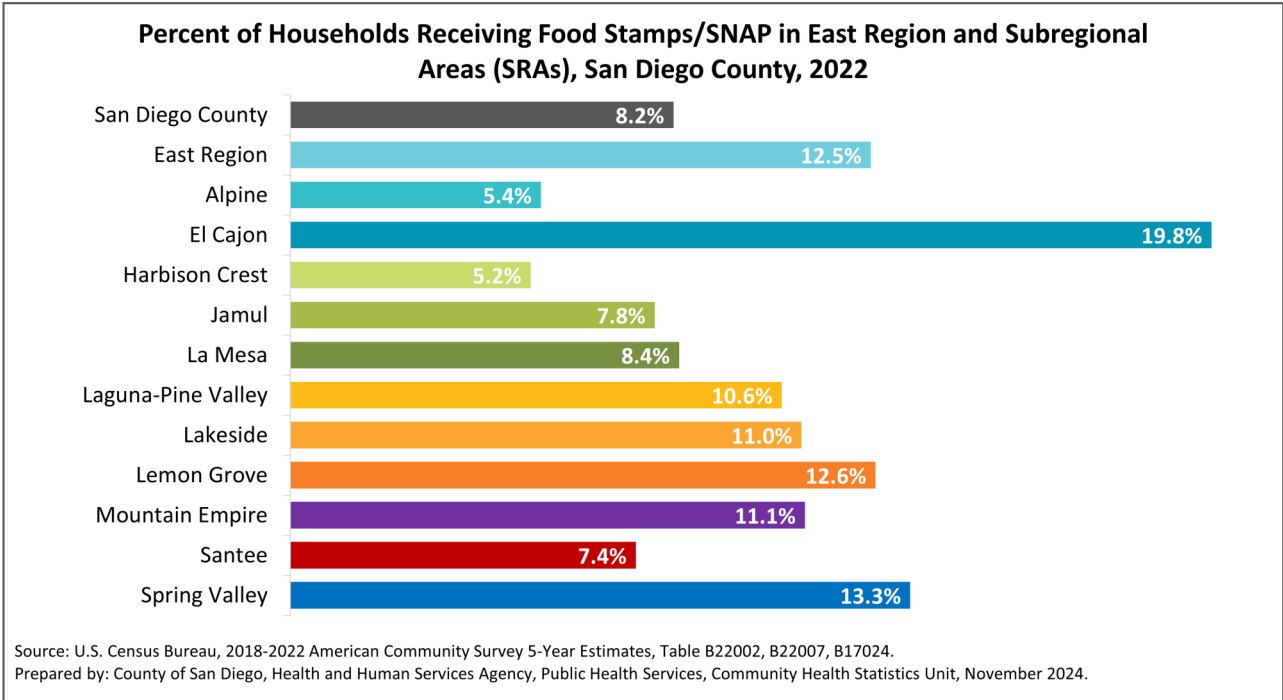
In 2022, nearly 9 out of 10 residents (89.6%) in East Region reported having a usual place to go when sick or needing health advice. Among HHSA regions, East Region had the second highest proportion of residents who have a usual place to go when sick or needing health advice (89.6%).



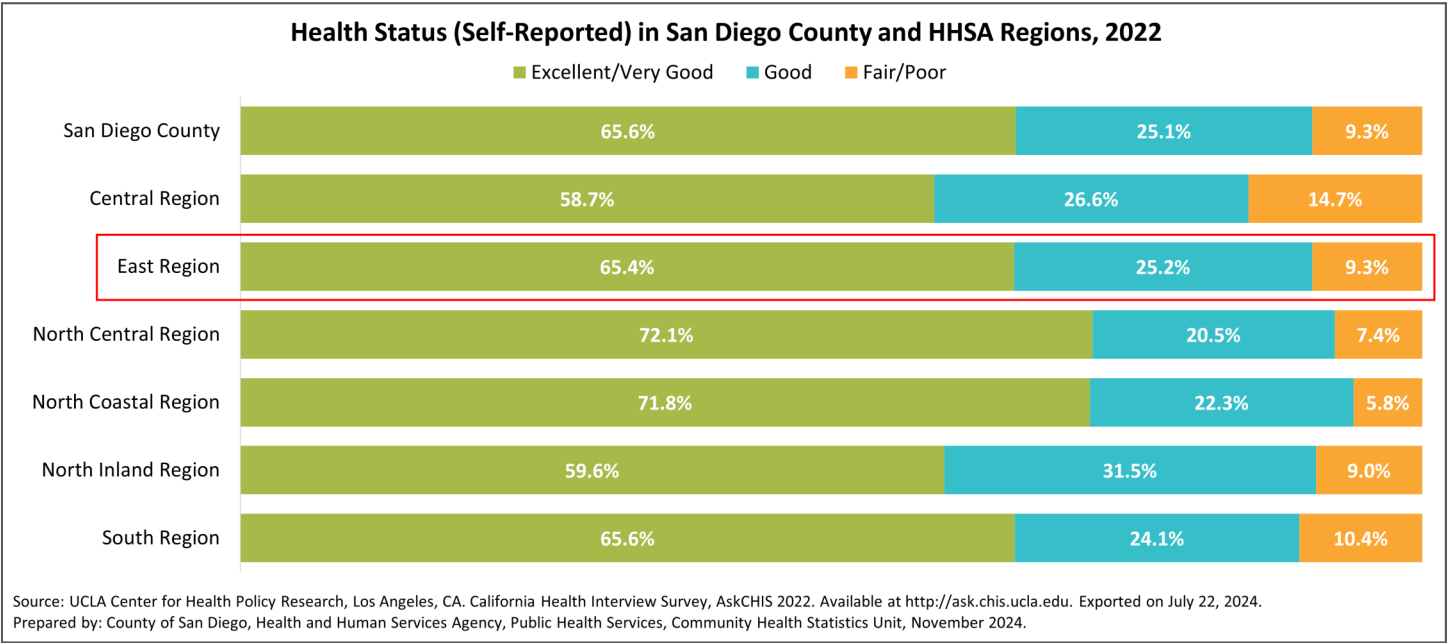
Among the HHSA regions, East Region had the third lowest proportion of adults with income less than 200% of the Federal Poverty Level (FPL) reporting food insecurity (30.7%) in 2022. Almost 1 out of 3 adults (30.7%), with income less than 200% FPL, reported an inability to afford enough food in East Region in 2022.



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 2022, 12.5% 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 (19.8%), followed by Spring Valley (13.3%).

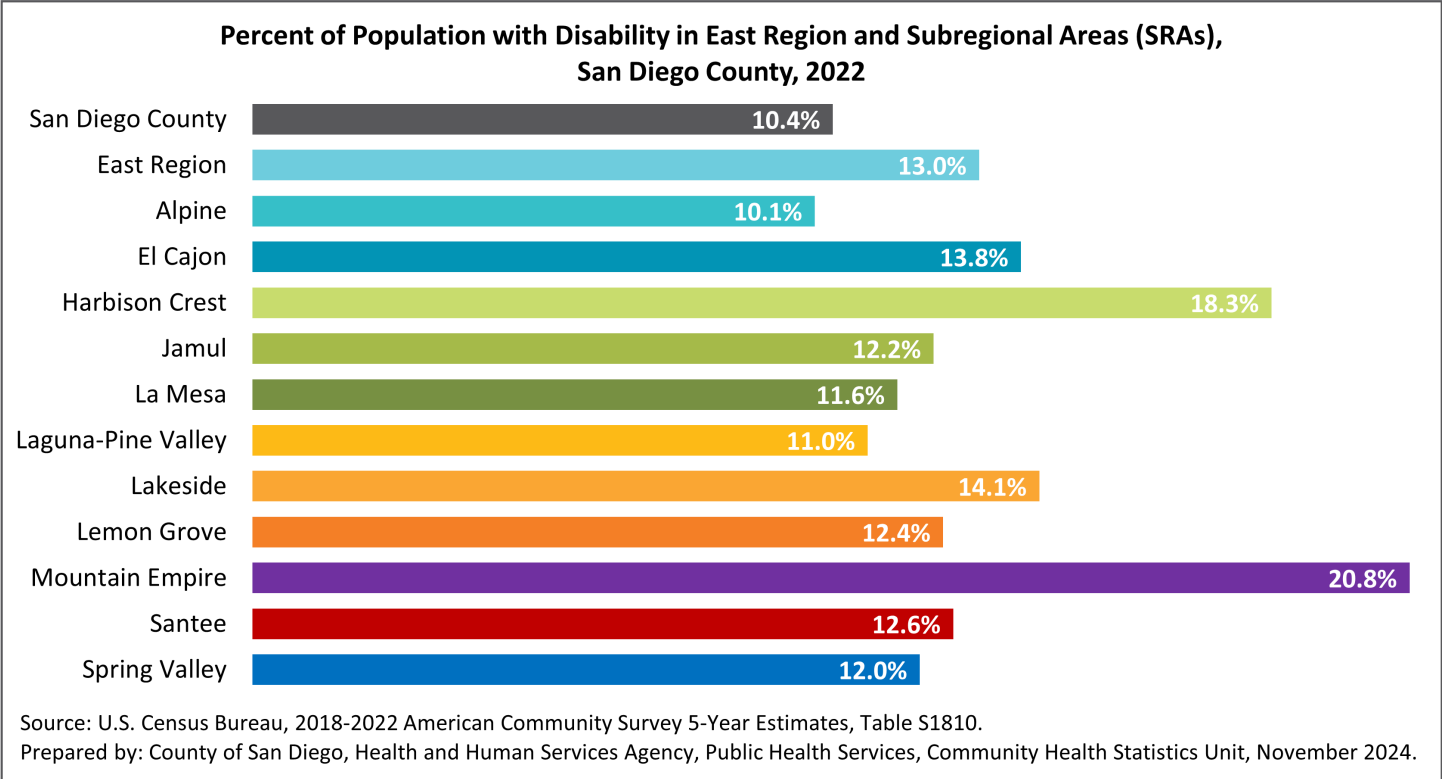


In 2022, over 3 out of 5 residents (65.4%) in East Region reported excellent or very good health. However, 9.3% of residents in East Region reporting fair or poor health, which was similar to San Diego County (9.3%).



DISABILITY STATUS

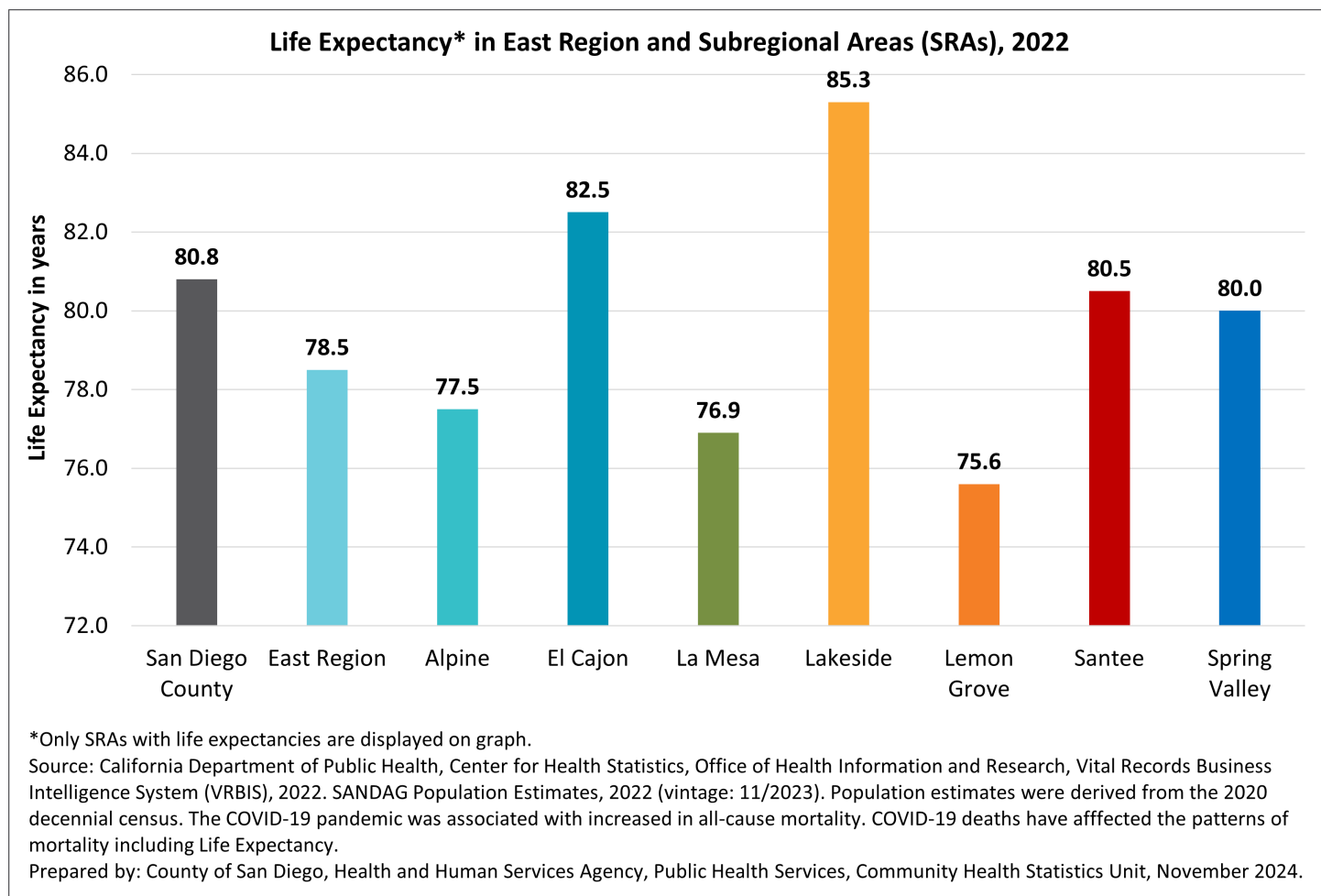
Disability is a dynamic concept that changes over time as one’s health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2022, 13.0% 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 (18.3%), while Alpine had the lowest proportion (10.1%).



MORTALITY MEASURES

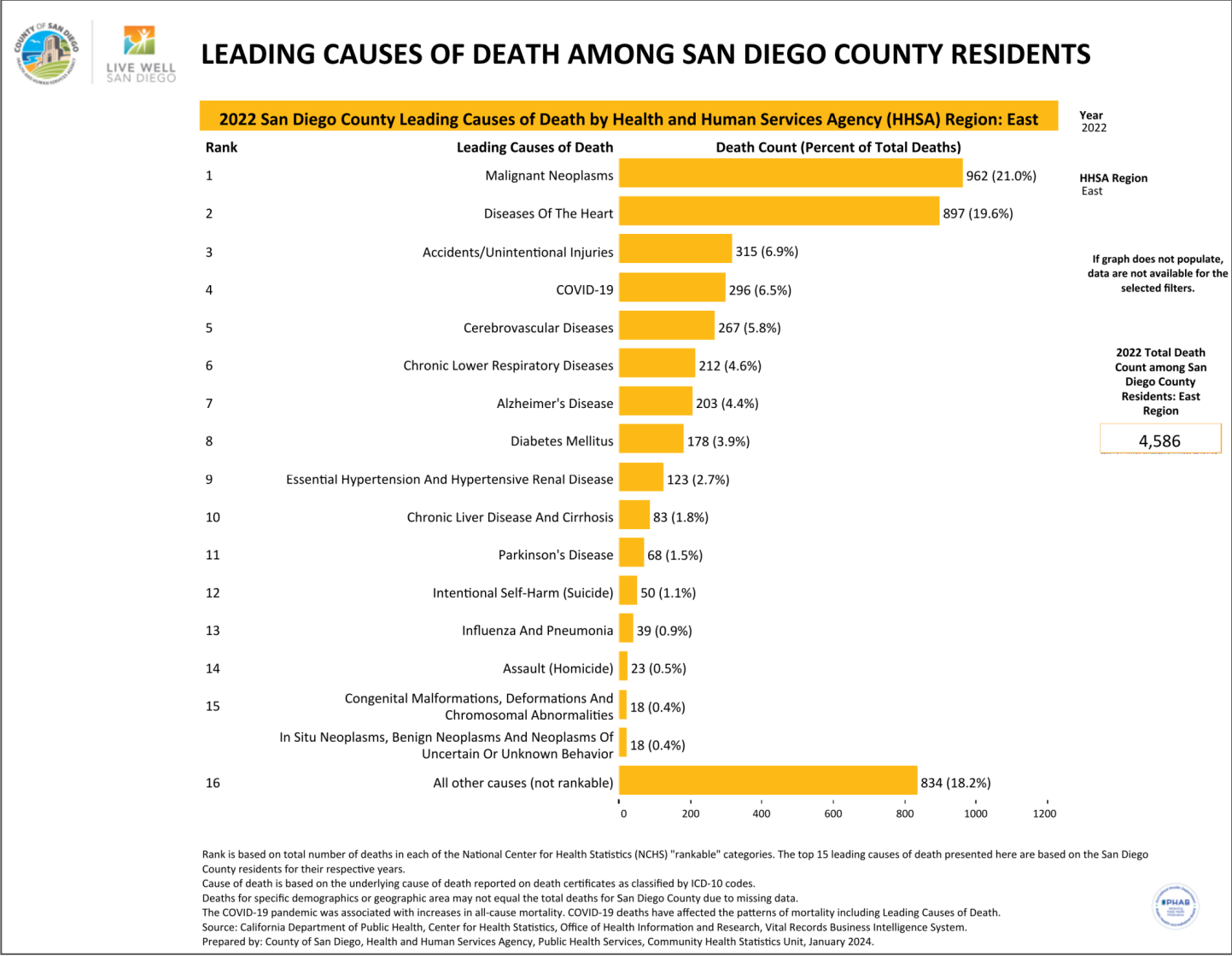
LIFE EXPECTANCY

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 2022, a baby born in San Diego County had a life expectancy of 80.8 years, while a baby born in East Region had a life expectancy of 78.5 years. Among East Region subregional areas (SRAs), Lakeside had the highest life expectancy (85.3 years), followed by El Cajon (82.5 years). Lemon Grove had the lowest life expectancy of 75.6 years.



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 2022, 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).



HEALTH OUTCOMES

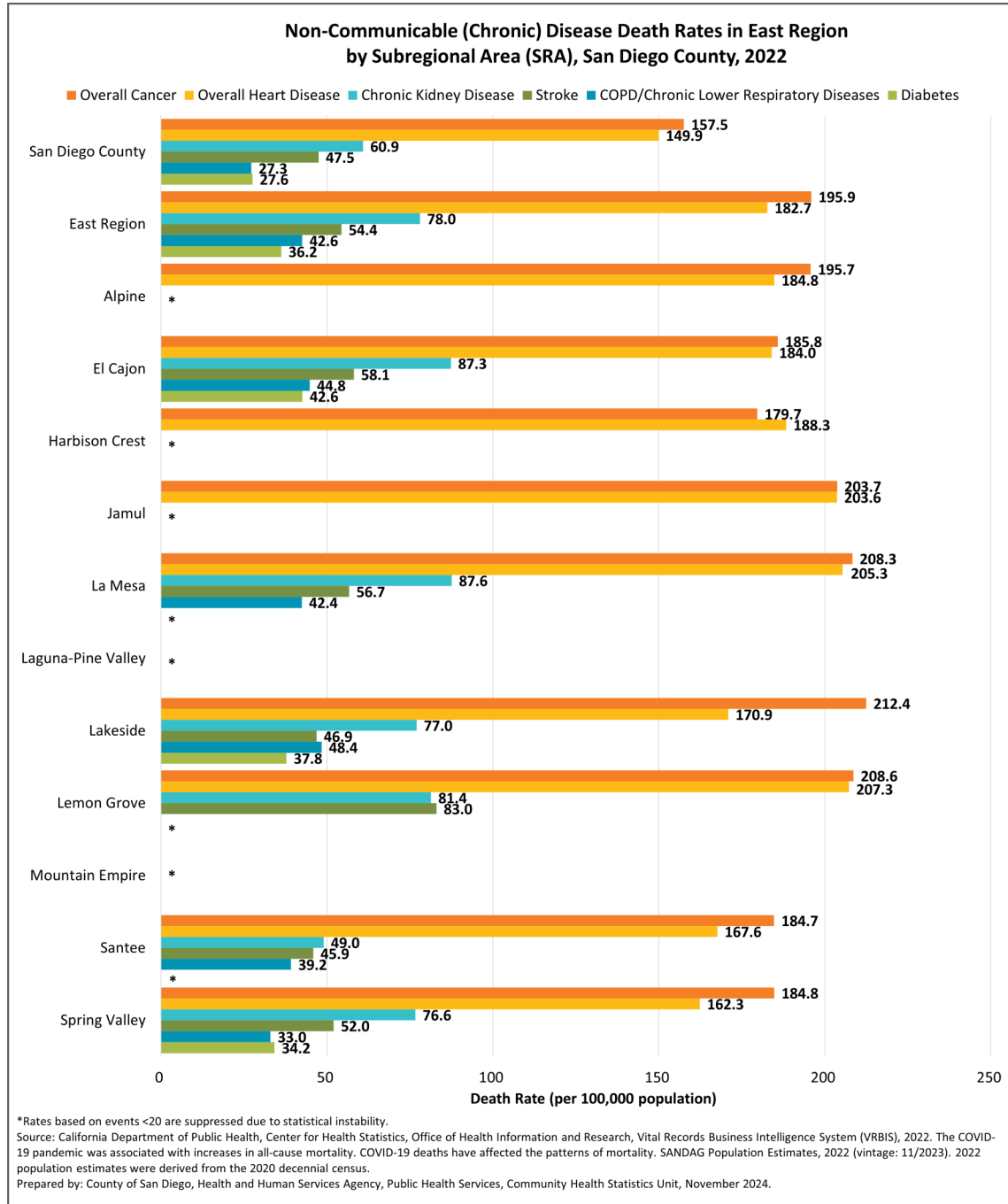
NON-COMMUNICABLE (CHRONIC) DISEASES

Among non-communicable (chronic) diseases in East Region, the highest rate of death was due to overall cancer, followed by overall heart disease, in 2022.

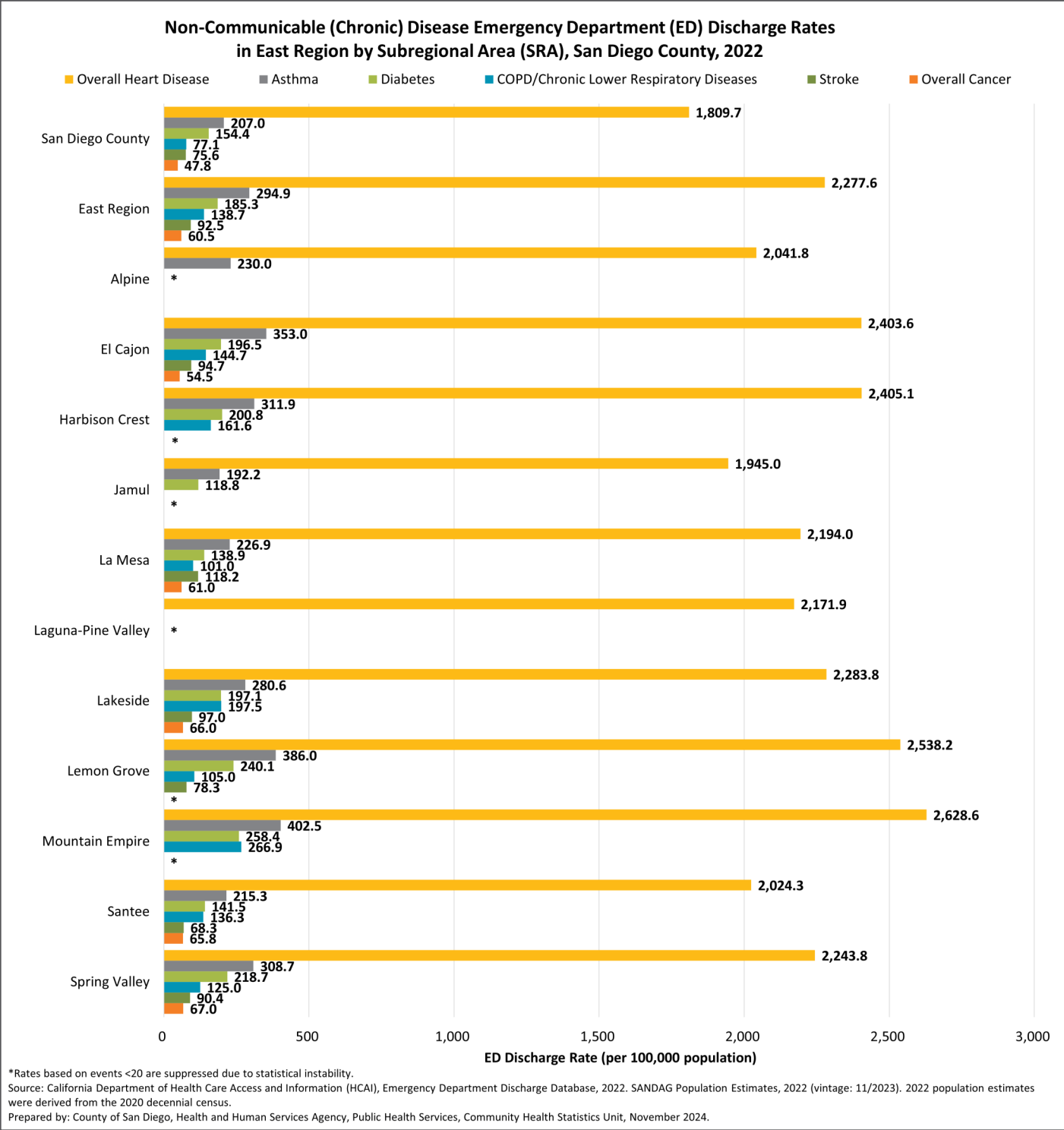
Among East Region subregional areas (SRAs), Lakeside had the highest rate of death due to overall cancer (212.4 per 100,000), which was higher than East Region (195.9 per 100,000) and San Diego County overall (157.5 per 100,000).

Among East Region SRAs, Lemon Grove had the highest rate of death due to overall heart disease

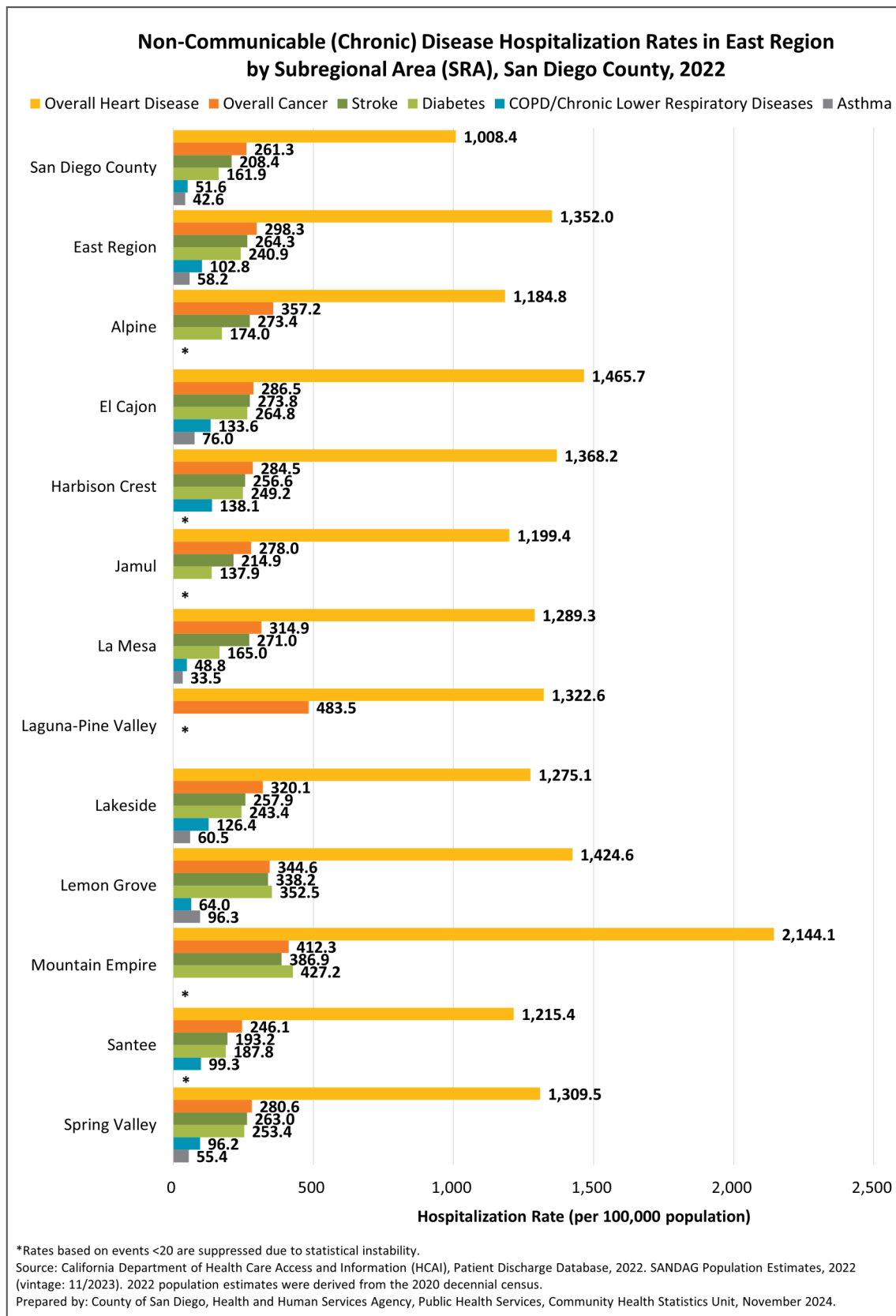
(207.3 per 100,000), which was higher than East Region (182.7 per 100,000) and San Diego County overall (149.9 per 100,000). Among Health and Human Services Agency (HHSA) regions, East Region had the highest death rates due to overall cancer, overall heart disease, chronic kidney disease, stroke, and COPD/chronic lower respiratory diseases in 2022.



East Region had higher ED discharge rates due to overall heart disease, asthma, diabetes, COPD/ chronic lower respiratory diseases, stroke, and overall cancer compared to San Diego County in 2022. Among non-communicable (chronic) diseases in 2022, 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 (2,628.6 per 100,000), followed by Lemon Grove (2,538.2 per 100,000).

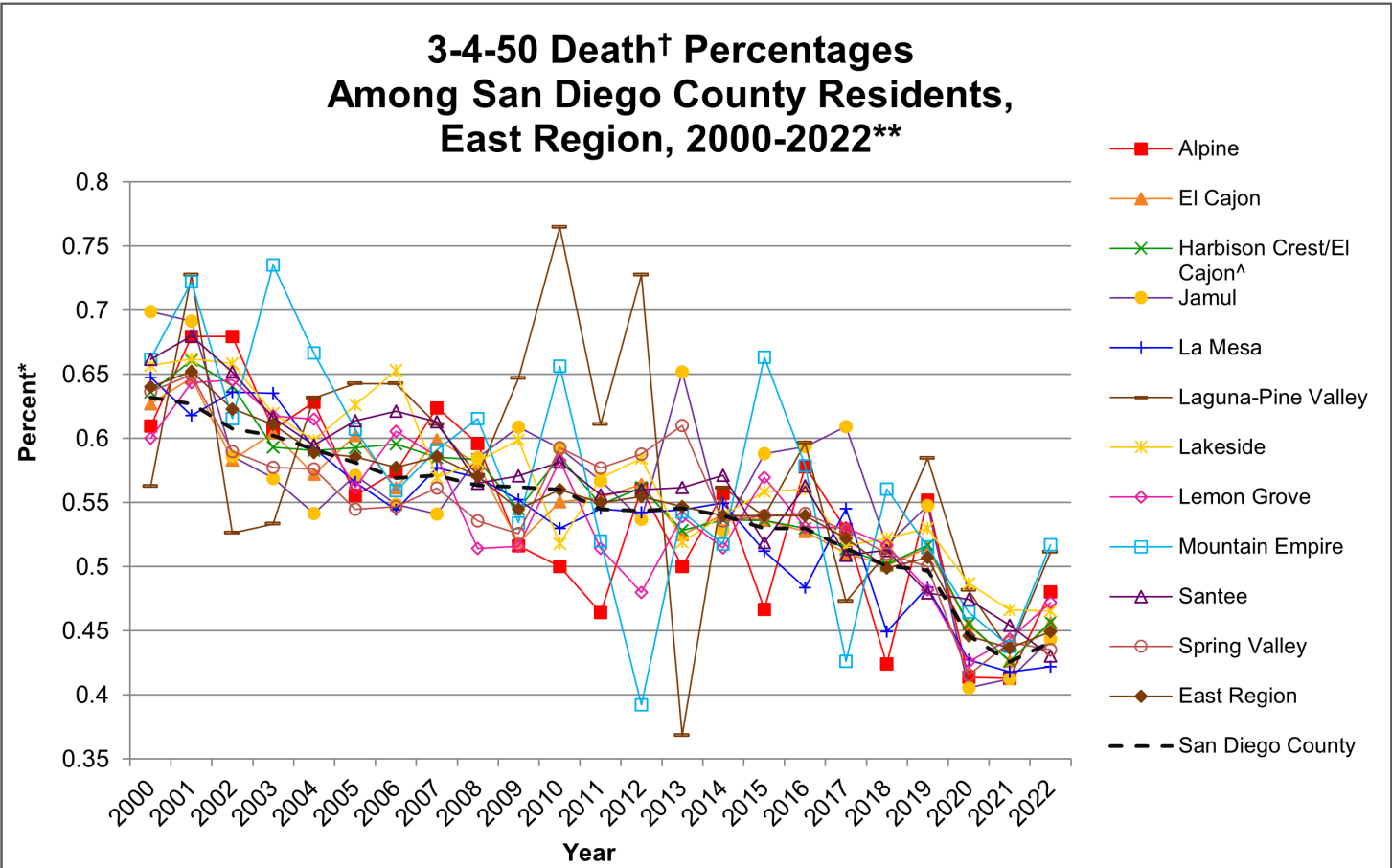


In 2022, East Region had higher hospitalization rates due to overall heart disease, overall cancer, stroke, diabetes, COPD/chronic lower respiratory diseases, and asthma compared to the overall county. The highest hospitalization rates were due to overall heart disease in East Region and its SRAs in 2022. Among East Region SRAs, Mountain Empire had the highest hospitalization rate due to overall heart disease (2,144.1 per 100,000), stroke (386.9 per 100,000), and diabetes (427.2 per 100,000). Laguna-Pine Valley SRA has the highest hospitalization rate due to overall cancer (483.5 per 100,000).



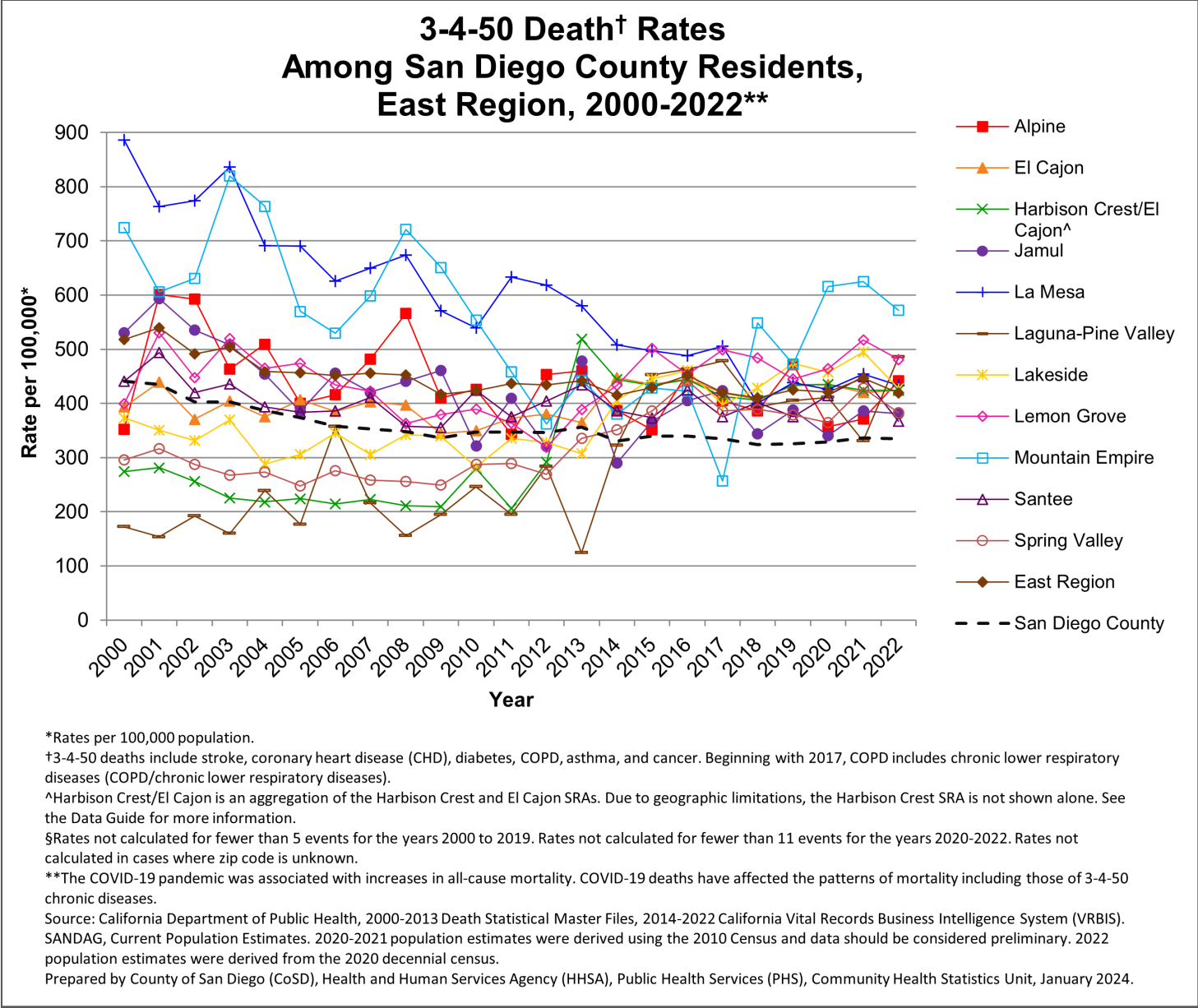
3-4-50: CHRONIC DISEASES

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 2022. In 2022, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 45% of all deaths in East Region. Among East Region subregional areas (SRAs), Mountain Empire had the highest percentage of deaths due to 3-4-50 chronic diseases (52%) in 2022.



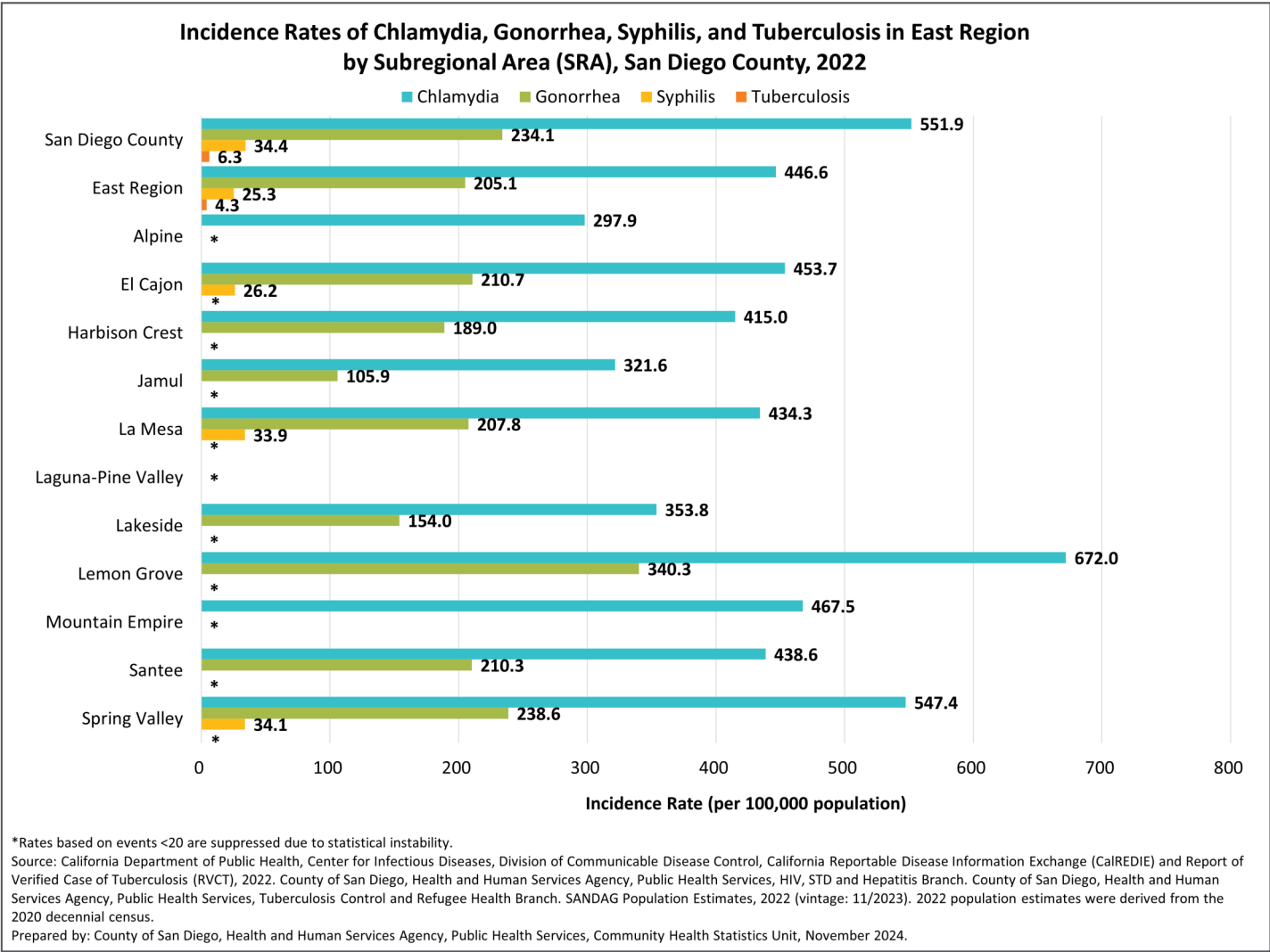
*3-4-50 deaths as a percentage of all cause deaths.
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
^Harbison Crest/El Cajon is an aggregation of the Harbison Crest and El Cajon SRAs. Due to geographic limitations, the Harbison Crest SRA is not shown alone. See the Data Guide for more information.
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.
§Percents not calculated for fewer than 5 events for the years 2000 to 2019. Percents not calculated for fewer than 11 events for the years 2020-2022. Percents not calculated in cases where zip code is unknown.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2022 California Vital Records Business Intelligence System (VRBIS). Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, January 2024.

Overall, the rate of death due to 3-4-50 chronic diseases decreased in East Region and four of its SRAs (Jamul, La Mesa, Mountain Empire, and Santee) from 2000 to 2022. Although Mountain Empire SRA had the highest death rate due to 3-4-50 chronic diseases (571.5 per 100,000) in 2022, it was one of the subregional areas that had a decreased death rate from 2000 to 2022 (21.1%). Laguna-Pine Valley SRA had the highest increase in death rate due to 3-4-50 chronic diseases from 2000 to 2022 (181.9%).

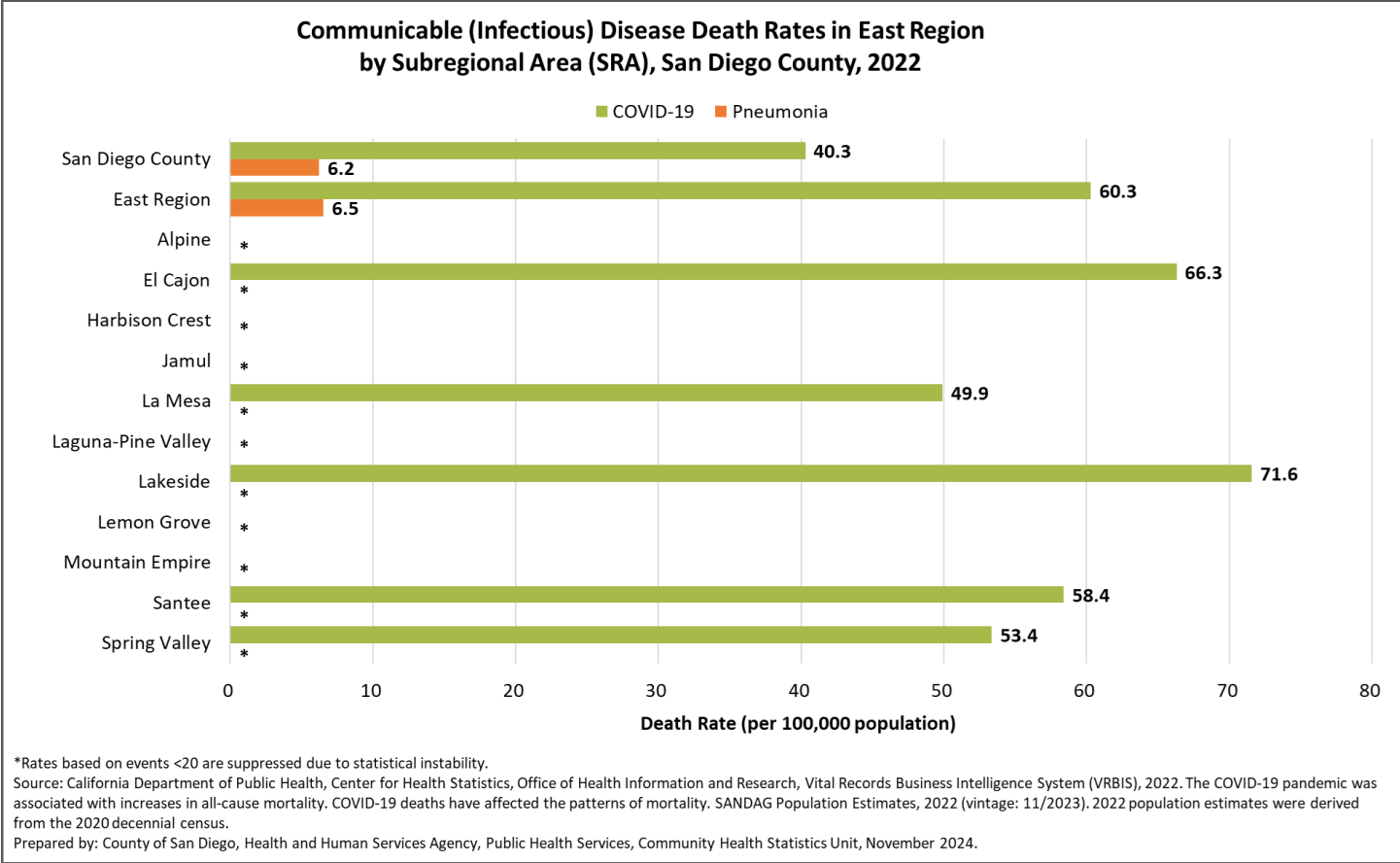


COMMUNICABLE (INFECTIOUS) DISEASES

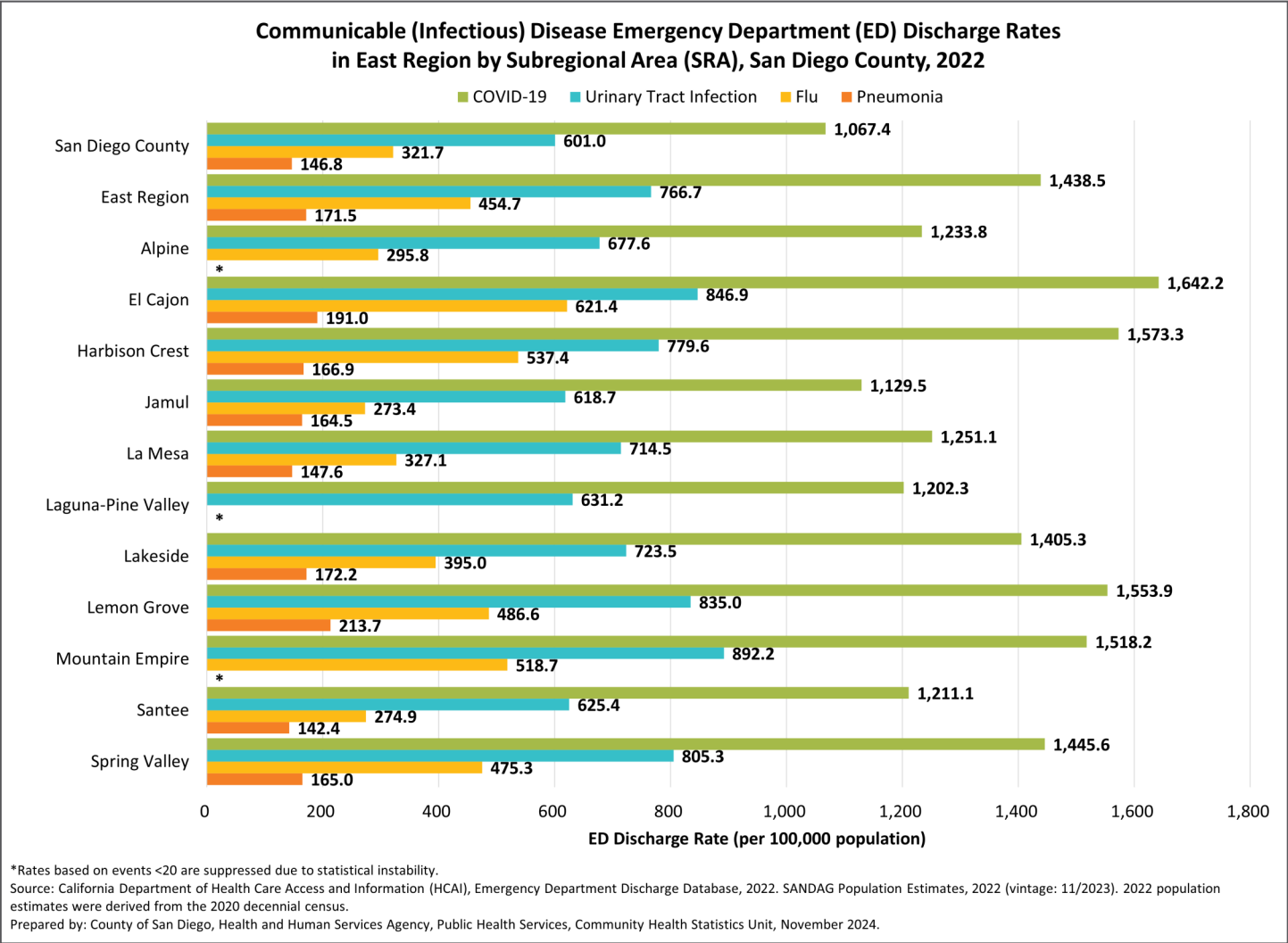
In 2022, the incidence rates of communicable (infectious) diseases chlamydia, gonorrhea, syphilis, and tuberculosis in East Region were lower than San Diego County overall. Among East Region subregional areas (SRAs), Lemon Grove had the highest incidence rate of chlamydia (672.0 per 100,000), which was higher than East Region (446.6 per 100,000) and San Diego County overall (551.9 per 100,000). Similarly, among East Region SRAs, Lemon Grove had the highest incidence rate of gonorrhea (340.3 per 100,000), which was higher than East Region (205.1 per 100,000) and San Diego County overall (234.1 per 100,000). Among East Region SRAs, Spring Valley had the highest incidence rate of syphilis at a rate of 34.1 per 100,000 residents in 2022.



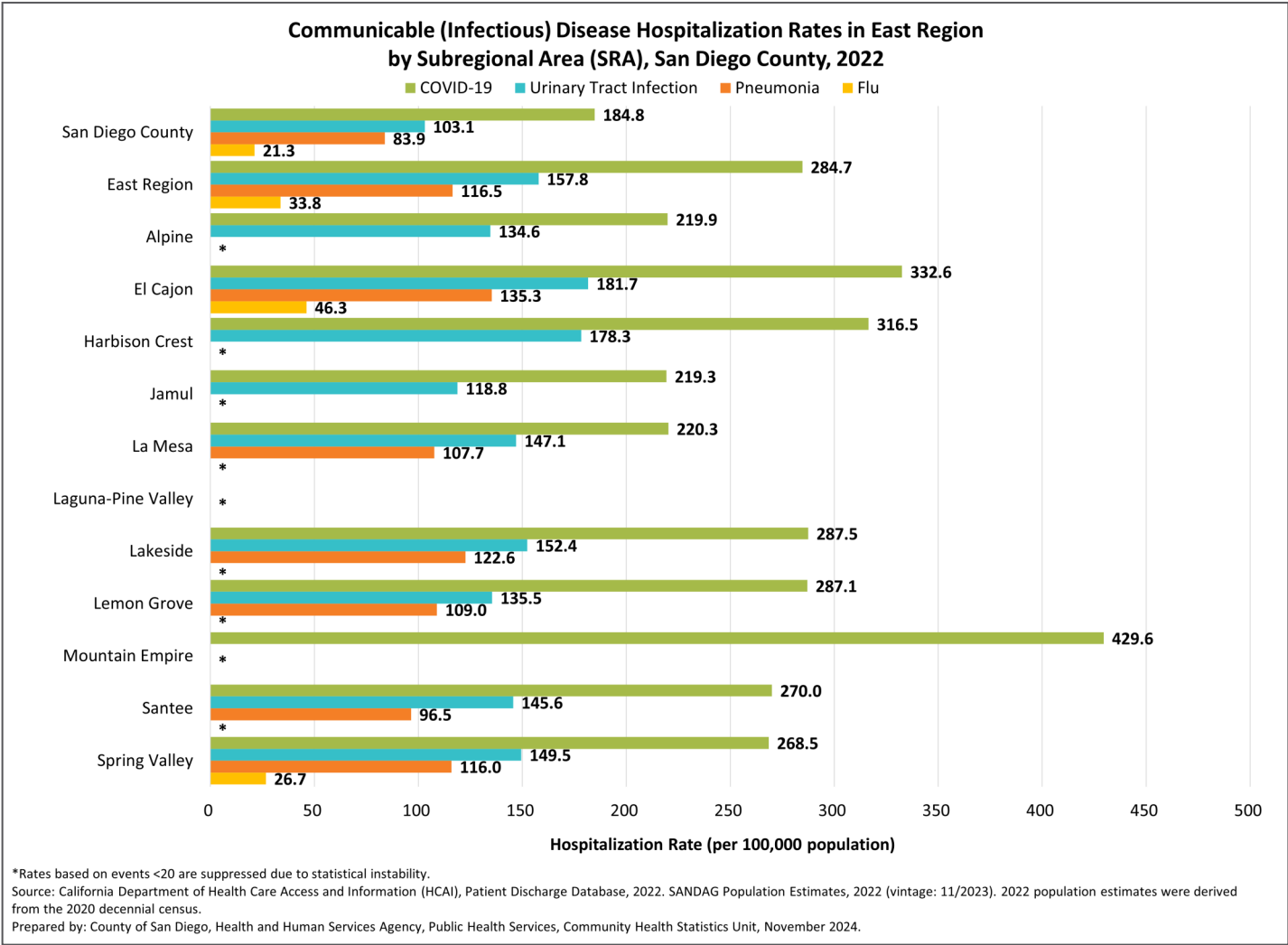
In 2022, the highest rate of death among communicable (infectious) diseases was due to COVID-19 in East Region (60.3 per 100,000), which was higher than San Diego County overall (40.3 per 100,000). Among East Region SRAs, Lakeside had the highest death rate due to COVID-19 (71.6 per 100,000), followed by El Cajon (66.3 per 100,000). The death rate due to pneumonia in East Region was 6.5 per 100,000, which was higher than in San Diego County overall (6.2 per 100,000).



Among communicable (infectious) diseases in 2022, the highest emergency department (ED) discharge rates were due to COVID-19 in East Region and its SRAs. Among East Region SRAs, El Cajon had the highest ED discharge rate due to COVID-19 (1,642.2 per 100,000), followed by Harbison Crest (1,573.3 per 100,000). The ED discharge rate due to urinary tract infections in East Region was 766.7 per 100,000, which was higher than in San Diego County overall (601.0 per 100,000). Among East Region SRAs, Mountain Empire had the highest ED discharge rate due to urinary tract infections (892.2 per 100,000), followed by El Cajon (846.9 per 100,000). East Region had higher rates of ED discharges due to COVID-19, urinary tract infections, flu, and pneumonia than the overall county in 2022.

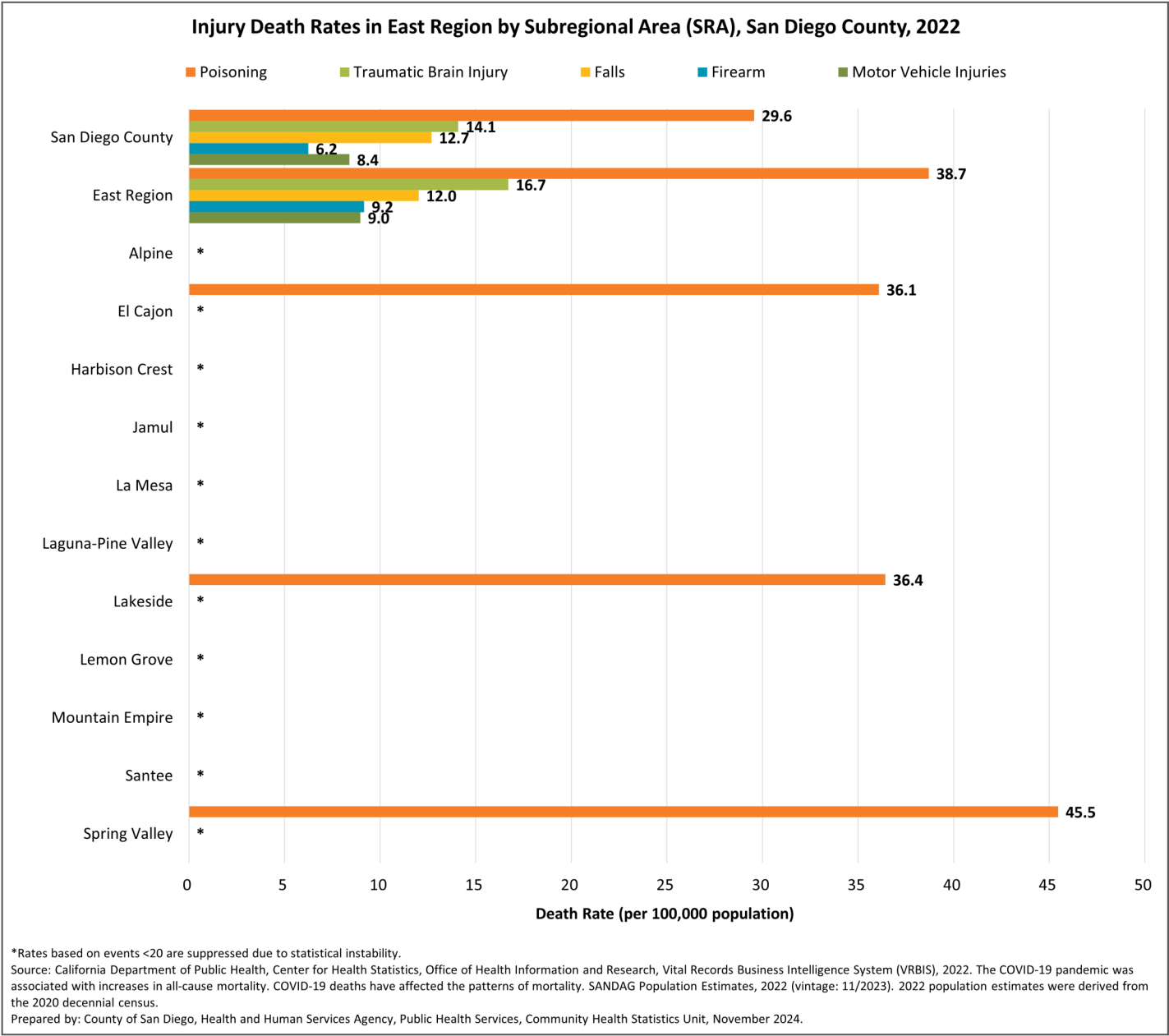


Among communicable (infectious) diseases in East Region and its SRAs, the highest hospitalization rates were due to COVID-19, followed by urinary tract infections, in 2022. Among East Region SRAs, Mountain Empire had the highest hospitalization rate due to COVID-19 (429.6 per 100,000), followed by El Cajon (332.6 per 100,000). El Cajon and Harbison Crest SRAs had higher hospitalization rates due to urinary tract infections than East Region and San Diego County overall. Moreover, El Cajon SRA had the highest hospitalization rate due to urinary tract infections in East Region (181.7 per 100,000). Among East Region SRAs, El Cajon had the highest hospitalization rate due to pneumonia (135.3 per 100,000), which was higher than East Region (116.5 per 100,000) and San Diego County overall (83.9 per 100,000). In 2022, East Region had higher hospitalization rates due to COVID-19, urinary tract infections, pneumonia, and flu than San Diego County overall.

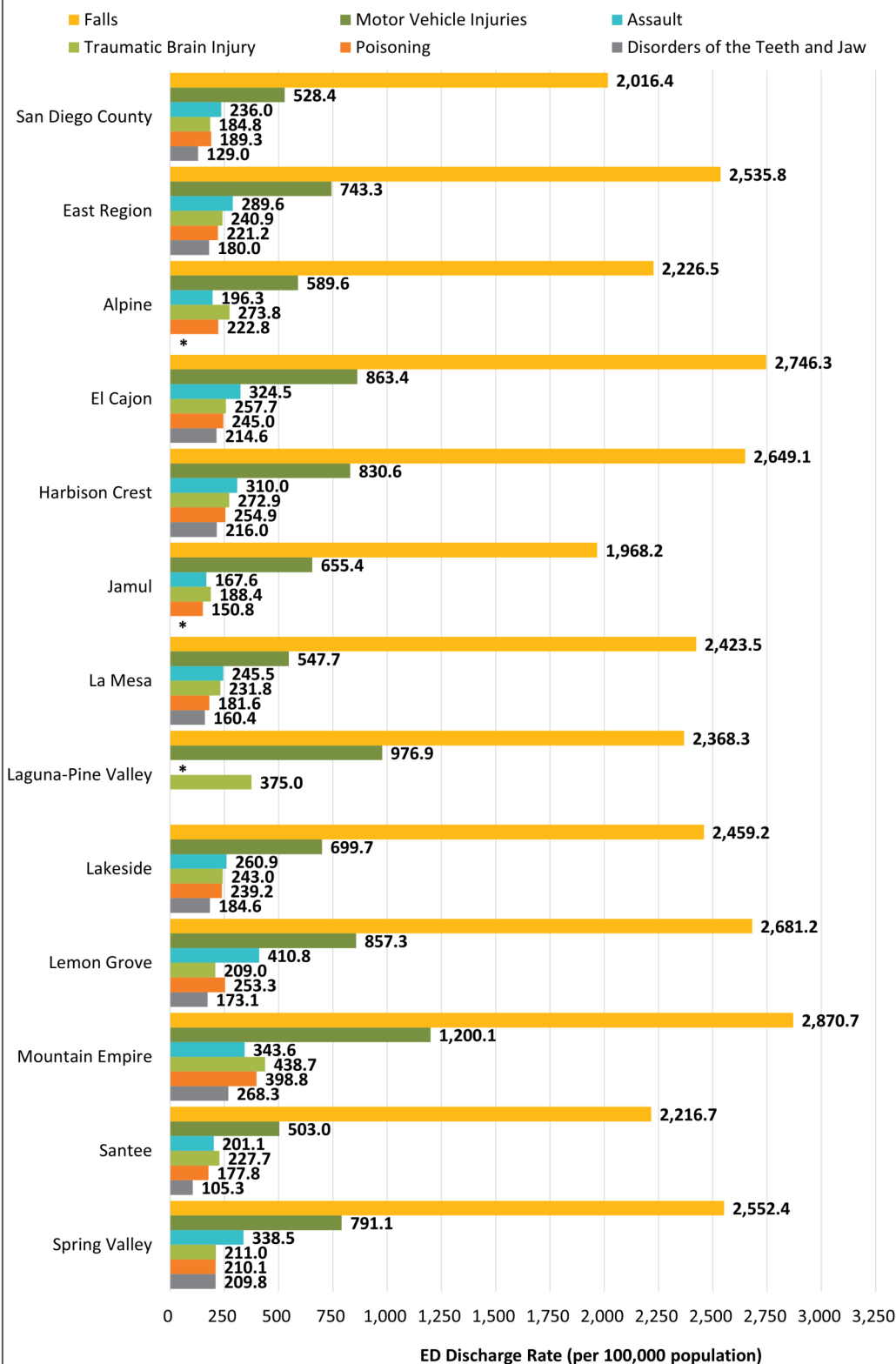


INJURY INDICATORS

Among injury indicators, the highest rates of death were due to poisoning in East Region and its subregional areas (SRAs) in 2022. Among East Regions SRAs, Spring Valley had the highest rate of death due to poisoning (45.5 per 100,000) in 2022, which was higher than East Region (38.7 per 100,000) and San Diego County overall (29.6 per 100,000). The death rate due to traumatic brain injuries in East Region was 16.7 per 100,000, which was higher than the death rate due to traumatic brain injuries in San Diego County overall (14.1 per 100,000). East Region had higher death rates due to poisoning, traumatic brain injuries, firearms, and motor vehicle injuries than San Diego County overall in 2022.



Injury Emergency Department (ED) Discharge Rates in East Region by Subregional Area (SRA), San Diego County, 2022



*Rates based on events <20 are suppressed due to statistical instability.

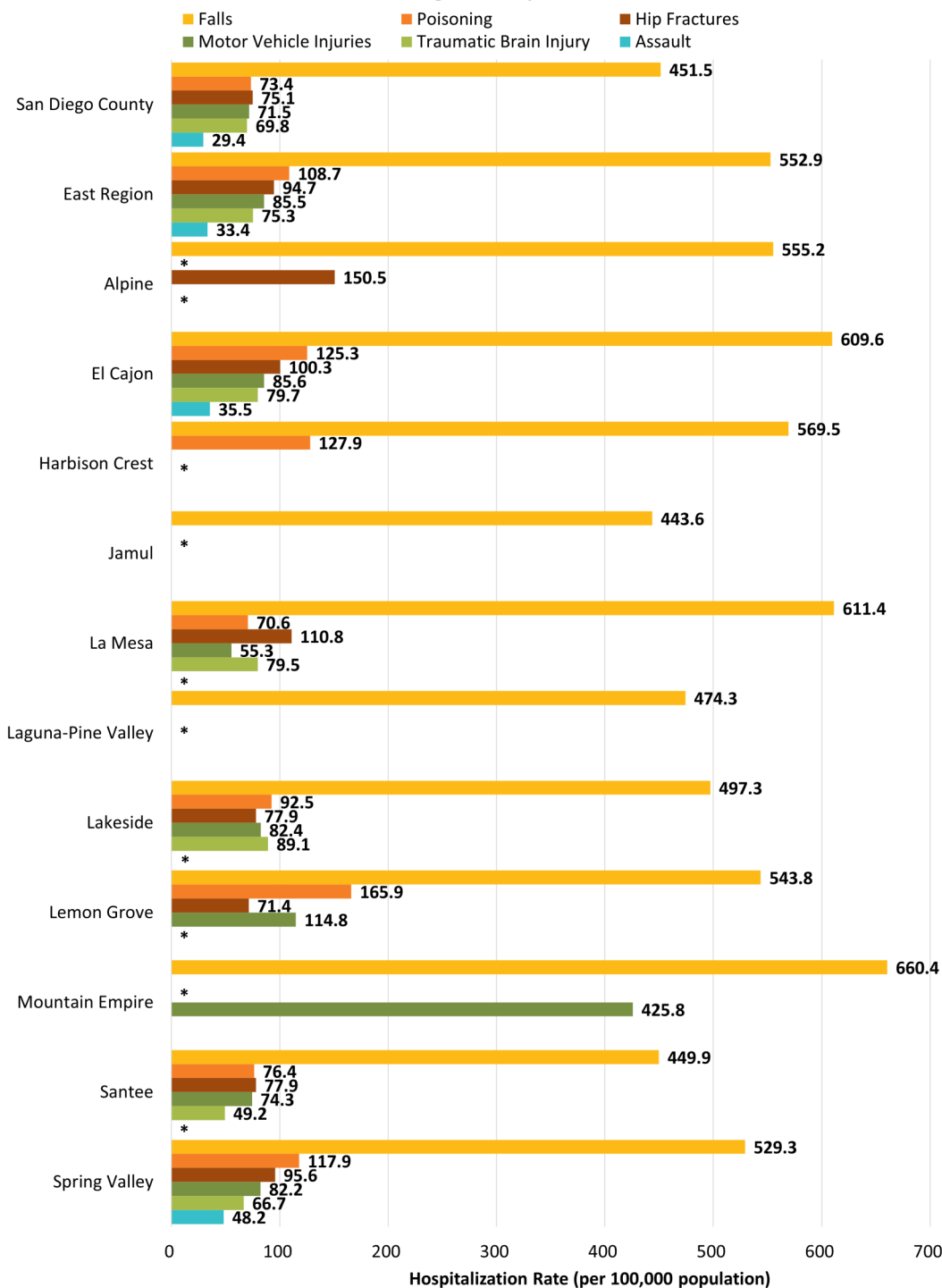
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 population estimates were derived from the 2020 decennial census.

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

In 2022, East Region had higher emergency department (ED) discharge rates due to falls, motor vehicle injuries, assault, traumatic brain injuries, poisoning, and disorders of the teeth and jaw compared to San Diego County overall. The highest ED discharge rates among injury indicators were due to falls in East Region and its SRAs in 2022. Among East Region SRAs, Mountain Empire had the highest ED discharge rate due to falls (2,870.7 per 100,000), followed by El Cajon (2,746.3 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 (1,200.1 per

100,000), followed by Laguna-Pine Valley (976.9 per 100,000).

Injury Hospitalization Rates in East Region by Subregional Area (SRA), San Diego County, 2022



*Rates based on events <20 are suppressed due to statistical instability.

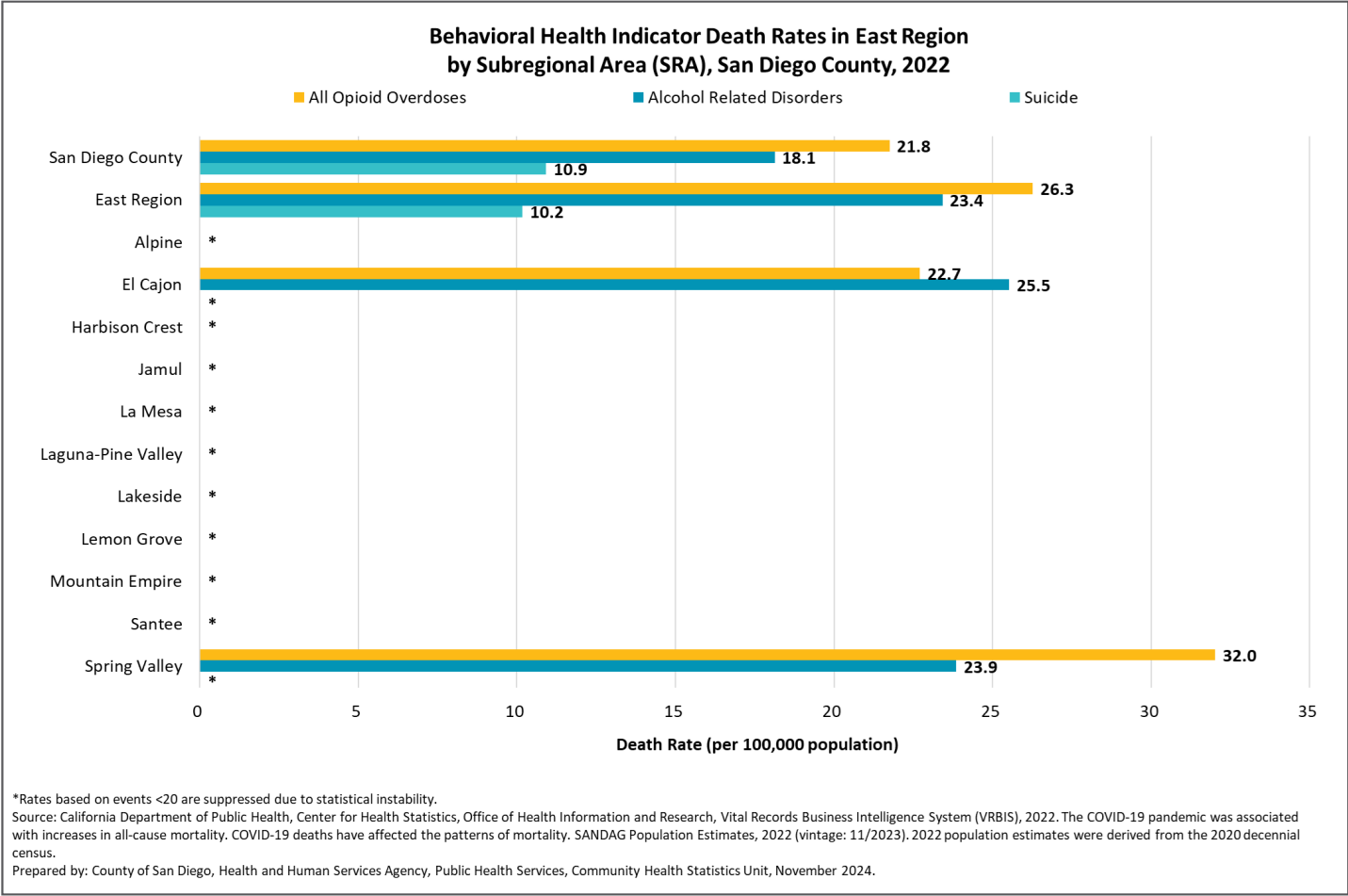
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 population estimates were derived from the 2020 decennial census.

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

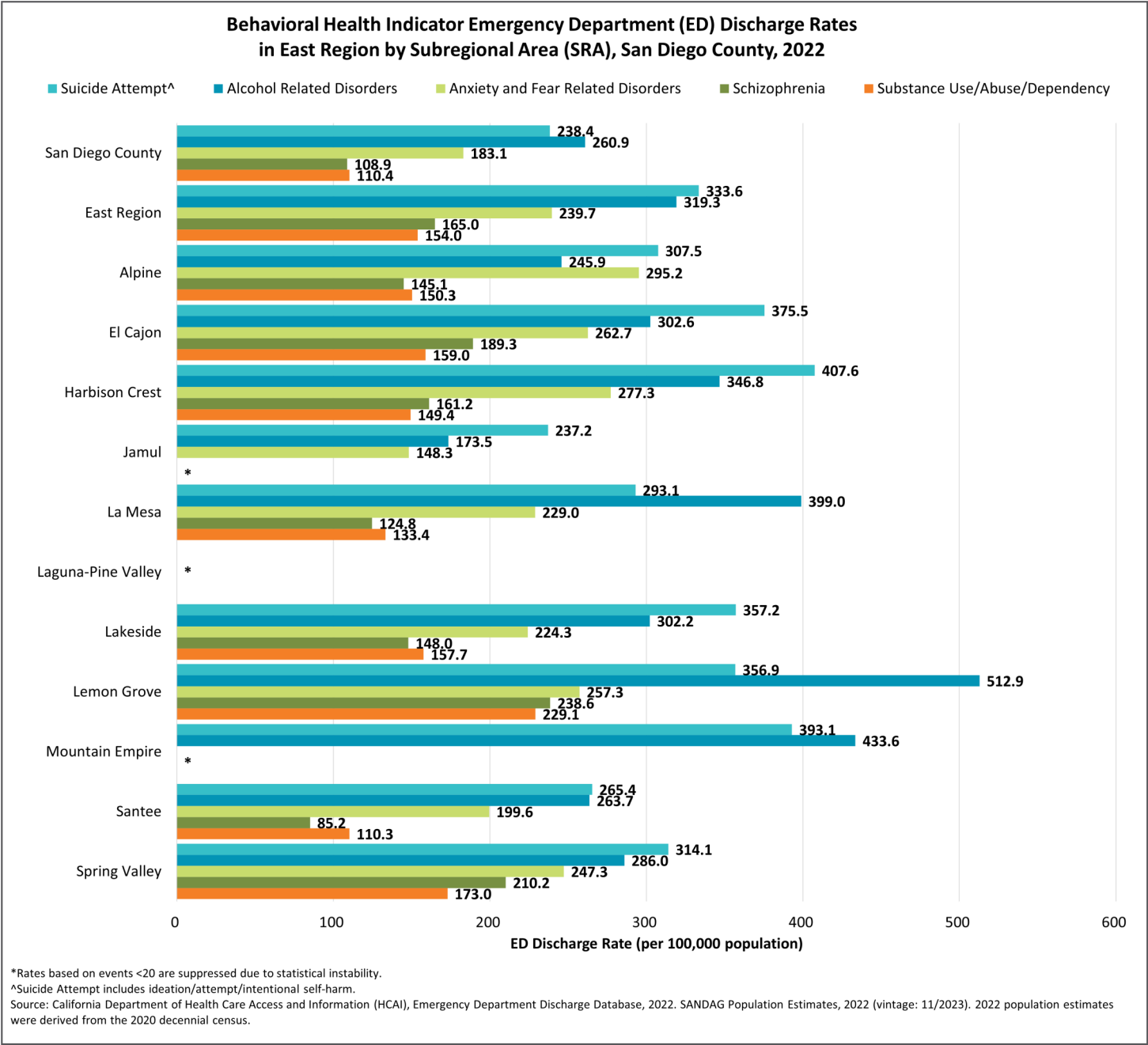
The highest hospitalization rates were due to falls in East Region and its SRAs in 2022. Among East Region SRAs, Mountain Empire had the highest hospitalization rate due to falls (660.4 per 100,000), followed by La Mesa (611.4 per 100,000). In 2022, the second highest hospitalization rate was due to poisoning in East Region (108.7 per 100,000). Among East Region SRAs, Lemon Grove had the highest hospitalization rate due to poisoning (165.9 per 100,000), followed by Harbison Crest (127.9 per 100,000). East Region had higher hospitalization rates due to falls, poisoning, hip fractures, motor vehicle injuries, and assault than the county overall in 2022.

BEHAVIORAL HEALTH INDICATORS

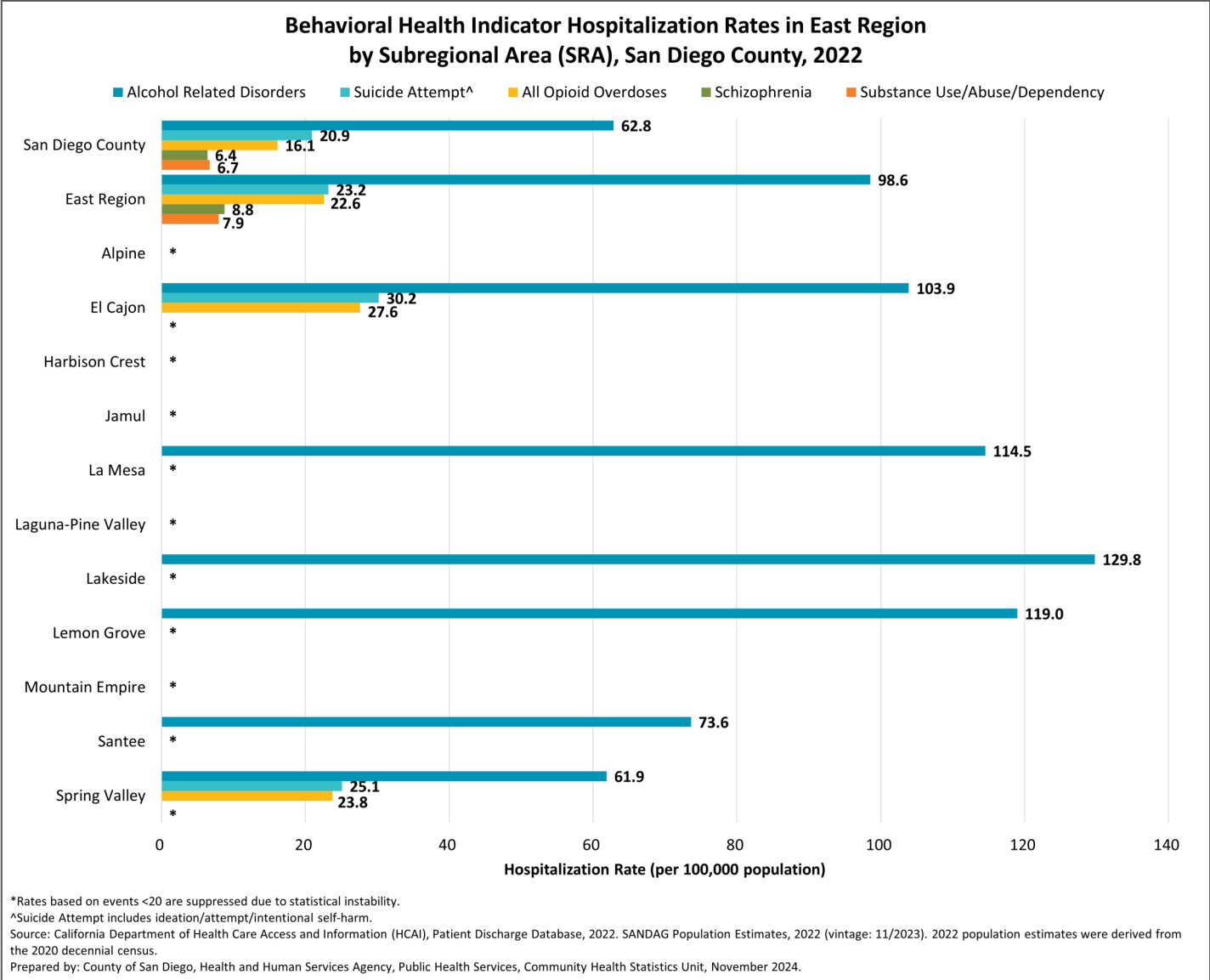
In 2022, among behavioral health indicators, the highest rates of death were due to all opioid overdoses (26.3 per 100,000) and alcohol related disorders (23.4 per 100,000) in East Region. Spring Valley SRA had a higher death rate due to all opioid overdoses (32.0 per 100,000) than East Region (26.3 per 100,000) and San Diego County overall (21.8 per 100,000). Additionally, El Cajon SRA had a higher death rate due to alcohol related disorders (25.5 per 100,000) than East Region (23.4 per 100,000) and San Diego County overall (18.1 per 100,000).



Among behavioral health indicators, the highest ED discharge rate was due to suicide attempt/ideation/intentional self-harm in East Region and its SRAs, except La Mesa, Lemon Grove and Mountain Empire. Among East Region SRAs, Harbison Crest had the highest ED discharge rate due to suicide attempt/ideation/intentional self-harm (407.6 per 100,000). The second highest ED discharge rate in East Region was due to alcohol related disorders (319.3 per 100,000). Among East Region SRAs, Lemon Grove had the highest ED discharge rate due to alcohol related disorders (512.9 per 100,000) in 2022. Compared to San Diego County overall, East Region had higher ED discharge rates due to suicide attempt/ideation/intentional self-harm, alcohol related disorders, anxiety and fear related disorders, schizophrenia, and substance use/abuse/dependency in 2022.

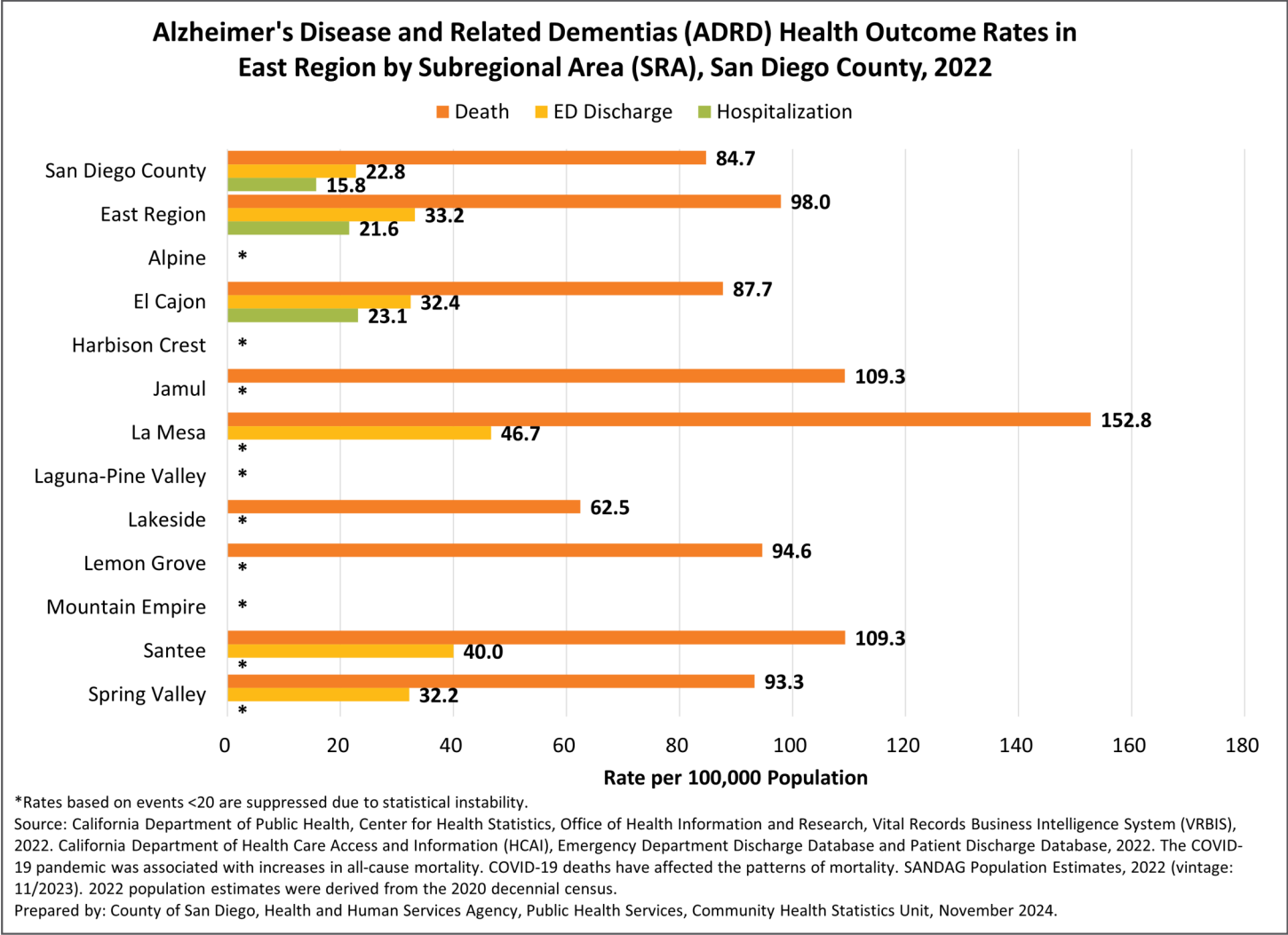


In East Region and its SRAs, the highest hospitalization rates among behavioral health indicators were due to alcohol related disorders in 2022. Among East Region SRAs, Lakeside had the highest hospitalization rate due to alcohol related disorders (129.8 per 100,000), which was higher than the hospitalization rate in East Region (98.6 per 100,000) and San Diego County overall (62.8 per 100,000). Among behavioral health indicators, the second highest hospitalization rate was due to suicide attempt/ideation/intentional self-harm in East Region (23.2 per 100,000). Among East Region SRAs, El Cajon had the highest hospitalization rate due to suicide attempt/ideation/intentional self-harm (30.2 per 100,000) in 2022. East Region had higher hospitalization rates due to alcohol related disorders, suicide attempt/ideation/intentional self-harm, all opioid overdoses, schizophrenia, and substance use/abuse/dependency than San Diego County overall in 2022.



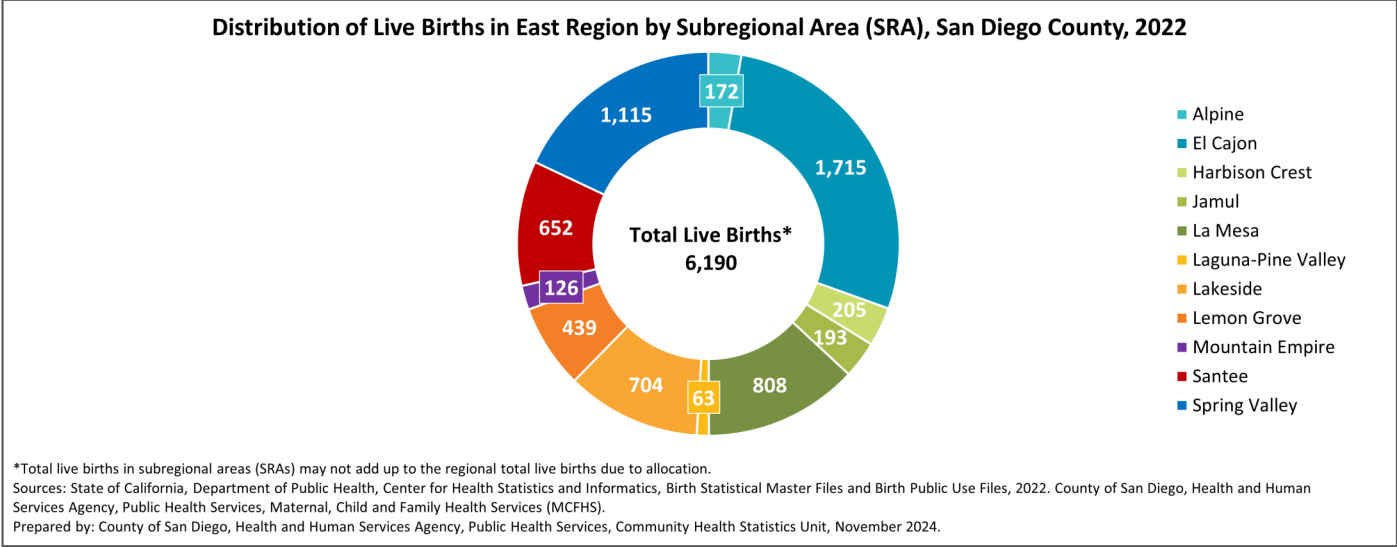
ALZHEIMER’S DISEASE AND RELATED DEMENTIAS

In 2022, 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 rates of death (152.8 per 100,000) and ED discharge (46.7 per 100,000) due to ADRD, while El Cajon SRA had the highest hospitalization rate due to ADRD (23.1 per 100,000). In 2022, East Region had higher death, ED discharge, and hospitalization rates due to ADRD than the overall county.

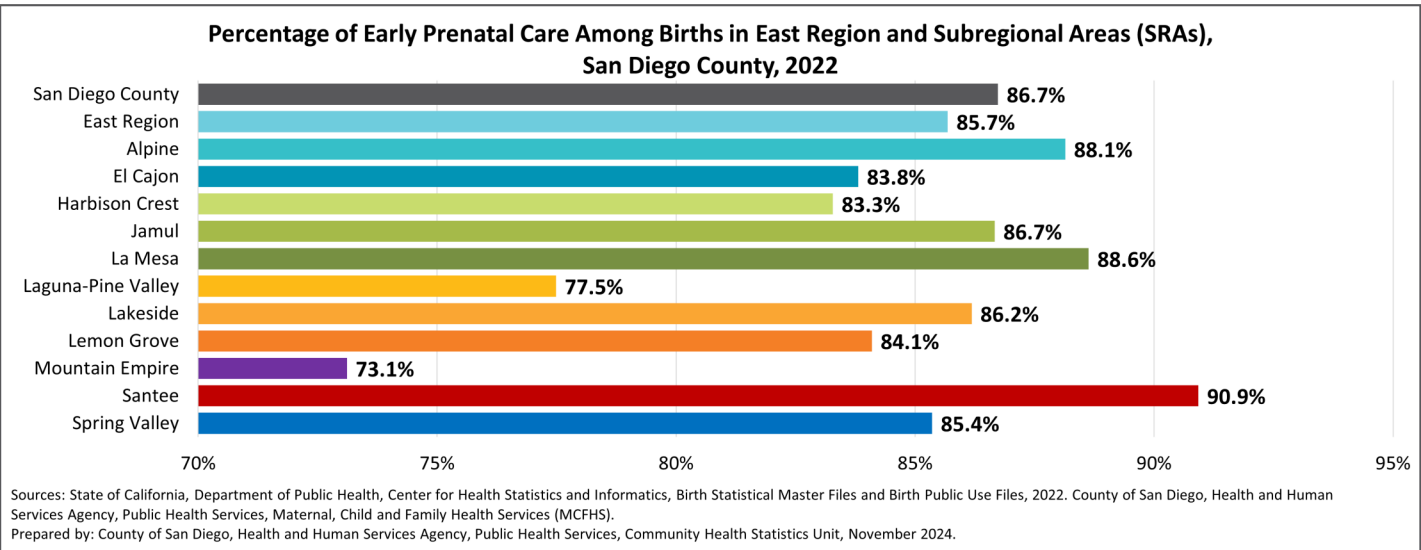


MATERNAL AND CHILD HEALTH INDICATORS

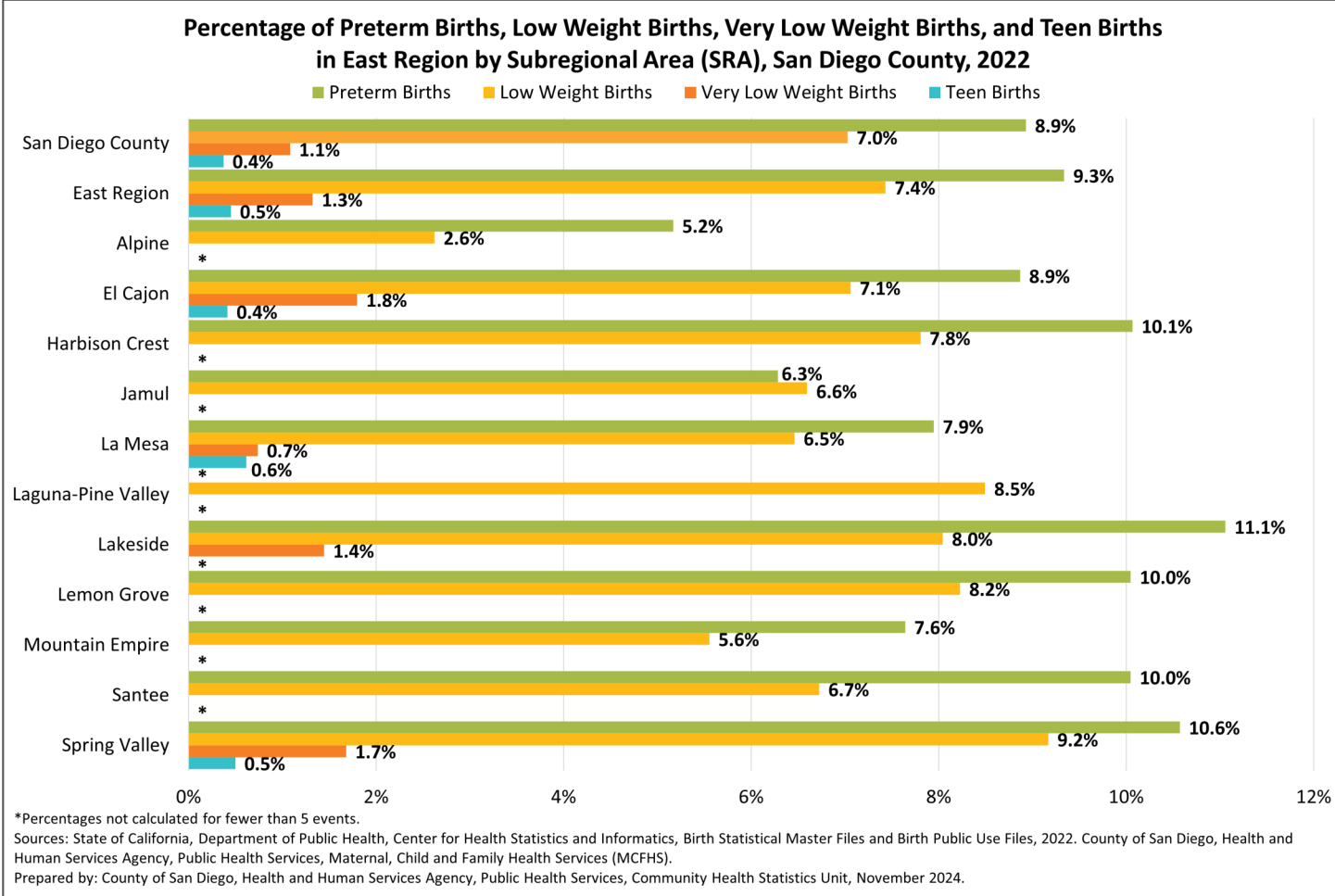
In 2022, there were 6,190 total live births in East Region, which represented 16.4% of the total live births in San Diego County (37,753). In 2022, over 1 out of every 4 live births (27.7%) in East Region were in El Cajon subregional area (SRA).



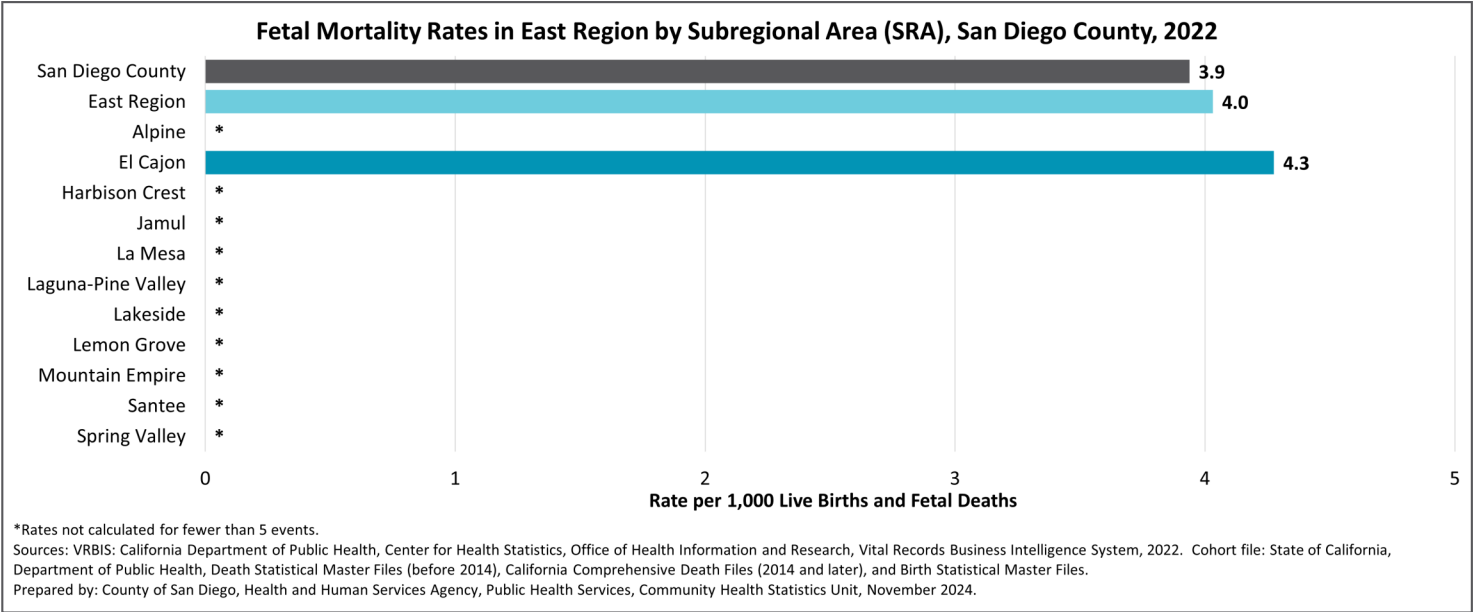
Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In 2022, the proportion of mothers who received early prenatal care in East Region was 85.7%, which was lower than the proportion in San Diego County overall (86.7%). Among East Region SRAs, Mountain Empire had the lowest proportion of mothers who received early prenatal care (73.1%), followed by Laguna-Pine Valley (77.5%).



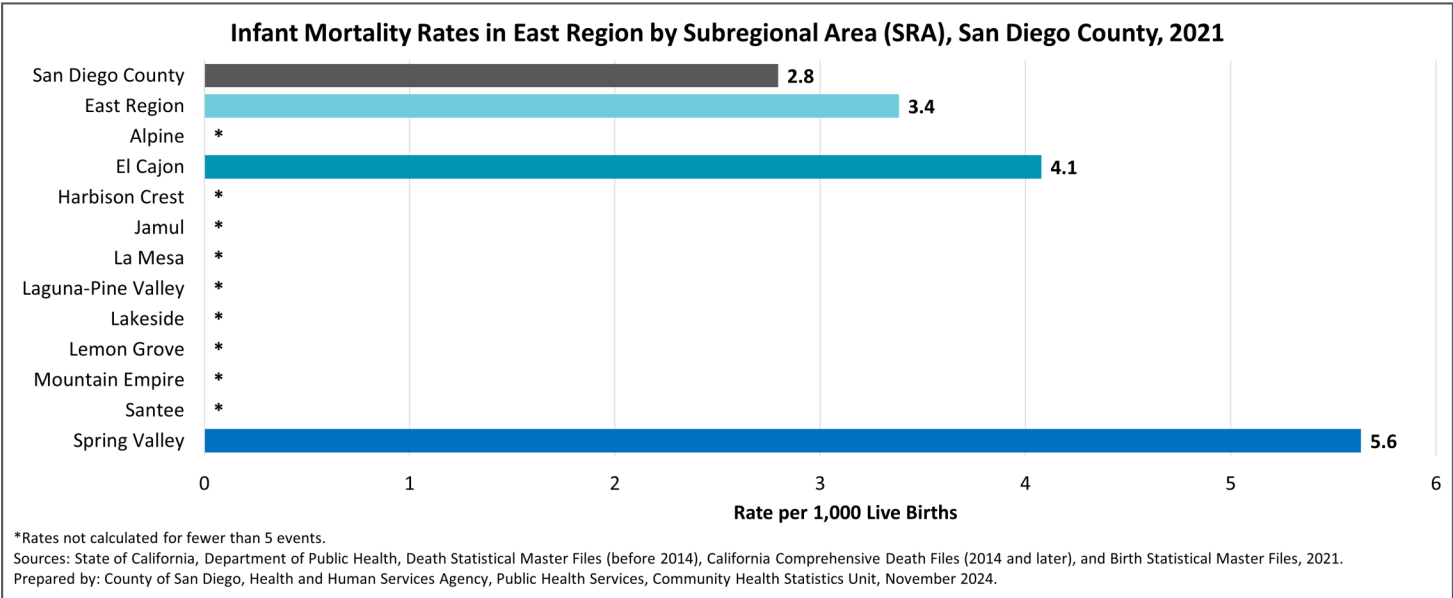
Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2022, the proportion of preterm births in East Region (9.3%) was higher than in San Diego County overall (8.9%). Among East Region SRAs, Lakeside had the highest proportion of preterm births (11.1%), while Alpine had the lowest (5.2%). 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 (7.4%) was higher than in San Diego County overall (7.0%). Additionally, the proportion of very low weight births in East Region (1.3%) was higher than in San Diego County overall (1.1%). Among East Region SRAs, Spring Valley had the highest proportion of low weight births (9.2%), followed by Laguna-Pine Valley (8.5%). In 2022, El Cajon SRA had the highest proportion of very low weight births (1.8%). 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 2022, La Mesa SRA had the highest proportion of teen births in East Region (0.6%).



Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2022, 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, El Cajon had the highest fetal mortality rate (4.3 per 1,000 live births and fetal deaths).



Infant mortality refers to an infant's death before one year of age. In 2021, the infant mortality rate in East Region (3.4 per 1,000 live births) was higher than in San Diego County overall (2.8 per 1,000 live births). Among East Region SRAs, Spring Valley had the highest infant mortality rate (5.6 per 1,000 live births), which was 2 times higher than in San Diego County (2.8 per 1,000 live births).



CONCLUSION

The East Region Health Status Report Summary provides descriptive information on demographic and socioeconomic characteristics, as well as morbidity and 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 2022, East Region was the fifth most populous region in San Diego County, representing 15.3% of the total county population.
- In San Diego County, East Region had the second highest proportion of residents aged 65 years and older (15.6%) in 2022.

Socioeconomic Factors

- In 2022, East Region had the second lowest median household income (\$92,827) and the highest proportion of households receiving food stamps/SNAP/Calfresh (12.5%) in San Diego County.

Health Outcomes

- Among East Region SRAs, the emergency department (ED) discharge and hospitalization rates among non-communicable (chronic) diseases and injury indicators were generally higher in Mountain Empire in 2022.
- Compared to other East Region SRAs, the ED discharge and hospitalization rates among communicable (infectious) diseases were generally higher in El Cajon in 2022.

This information can be used by both Health and Human Services Agency (HHSA) 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 contribute to the overall health and well-being of East Region.

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

