



LIVE WELL
SAN DIEGO

East Region Health Status Report Summary



March 2026

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*

March 2026

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 2023 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 2023. 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 2023 for East Region, outlining the relative burden of a specific cause of death compared to other causes.
- 3) **Health Outcomes:** Deaths in this report refer to the underlying cause of death, except for COVID-19 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 Non-Alzheimer's Dementia, and
 - f) Maternal and Child Health Indicators.

HEALTH STATUS OVERVIEW (2023): EAST REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 496,912

(15.1% of San Diego County's population)

Age Distribution:

- 0-4 years old (6.2%)
- 5-14 years old (12.9%)
- 15-24 years old (12.0%)
- 25-44 years old (28.0%)
- 45-64 years old (24.9%)
- 65+ years old (16.0%)

Median Household Income: \$96,651

Population Below 200% Federal Poverty Level (FPL): 26.7%

Population with Health Insurance: 94.3%

Population with Disability: 13.5%

Households Receiving Food Stamps/SNAP/CalFresh: 13.7%

MORTALITY MEASURES

Overall Life Expectancy: 80.6 years

Top 5 Leading Causes of Death:

- 1) Disease of the Heart
- 2) Malignant Neoplasms (Cancers)
- 3) Accidents/Unintentional Injuries
- 4) Cerebrovascular Diseases (Strokes)
- 5) Chronic Lower Respiratory Diseases

LEADING HEALTH OUTCOMES

Highest Rates	Death Rate	ED Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	Overall Heart Disease 174.1 per 100,000	Overall Heart Disease 2,503.4 per 100,000	Overall Heart Disease 1,473.8 per 100,000
Communicable (Infectious) Diseases	COVID-19 (multiple cause of death) 25.5 per 100,000	Urinary Tract Infection 834.5 per 100,000	Urinary Tract Infection 186.8 per 100,000
Injury Indicators	Poisoning 30.2 per 100,000	Falls 2,773.1 per 100,000	Falls 606.8 per 100,000
Behavioral Health Indicators	All Drug Overdoses 29.4 per 100,000	Suicide Attempt/Ideation/Intentional Self-Harm 354.3 per 100,000	Alcohol Use/Abuse/Dependency 102.8 per 100,000
Alzheimer's Disease	Alzheimer's Disease 40.5 per 100,000	Alzheimer's Disease (any mention) 82.3 per 100,000	Alzheimer's Disease (any mention) 110.3 per 100,000

Maternal and Child Health Indicators

Total Live Births: 5,819	Preterm Births: 9.3%	Infant Mortality Rate (2022): 3.9 per 1,000 Total Live Births
	Low Weight Births: 7.1%	
	Very Low Weight Births: 1.1%	Fetal Mortality Rate: 5.1 per 1,000 Live Births and Fetal Deaths
	Teen Births: 0.4%	
	Received Early Prenatal Care: 86.0%	

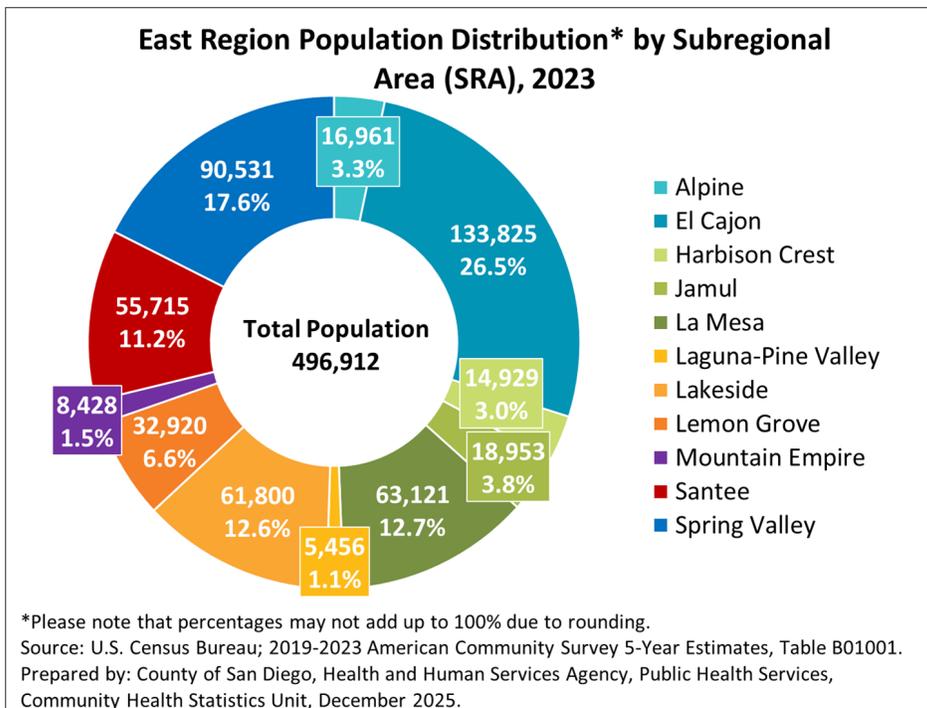
DEMOGRAPHIC CHARACTERISTICS

POPULATION CHARACTERISTICS

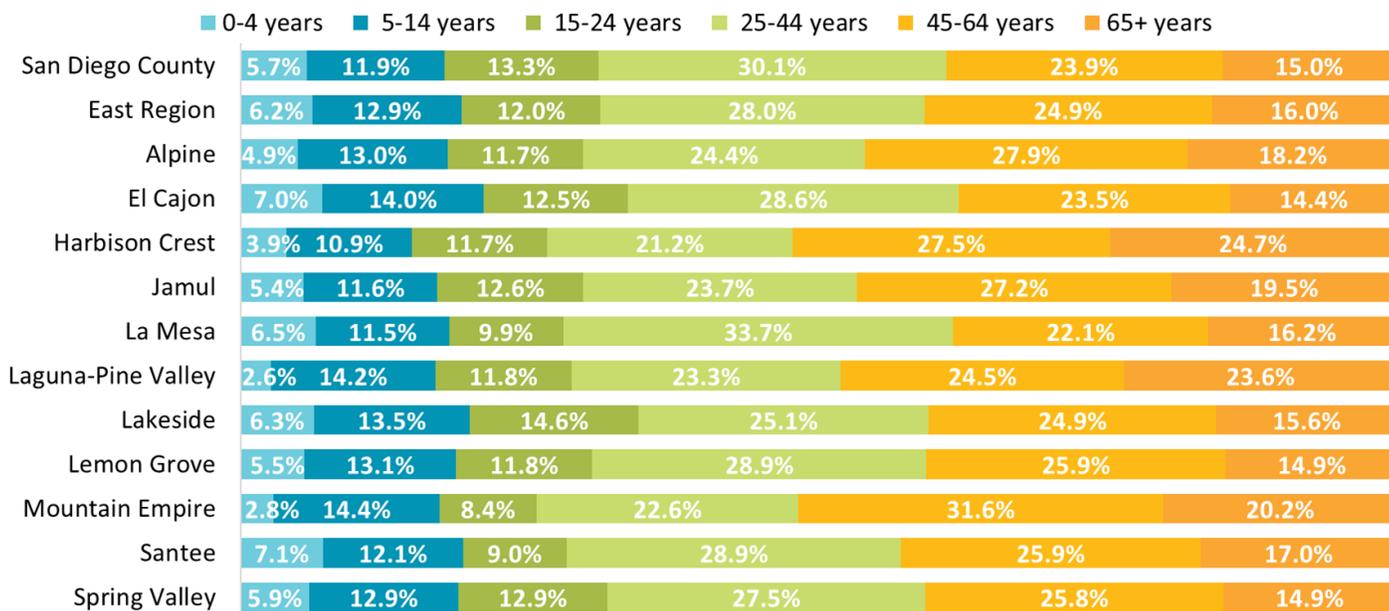
In 2023, East Region was home to an estimated 496,912 residents, representing 15.1% of the San Diego County population (3,282,782). Adults aged 25-44 years old constituted the highest proportion of East Region residents (28.0%), followed by residents 45-64 years old (24.9%).

Among East Region subregional areas (SRAs), La Mesa had the highest proportion of adults aged 25-44 years

old (33.7%), followed by Lemon Grove (28.9%) and Santee (28.9%). Among East Region SRAs, Harbison Crest SRA had the highest proportion of residents 45 years and older (52.2%), followed by Mountain Empire (51.8%).

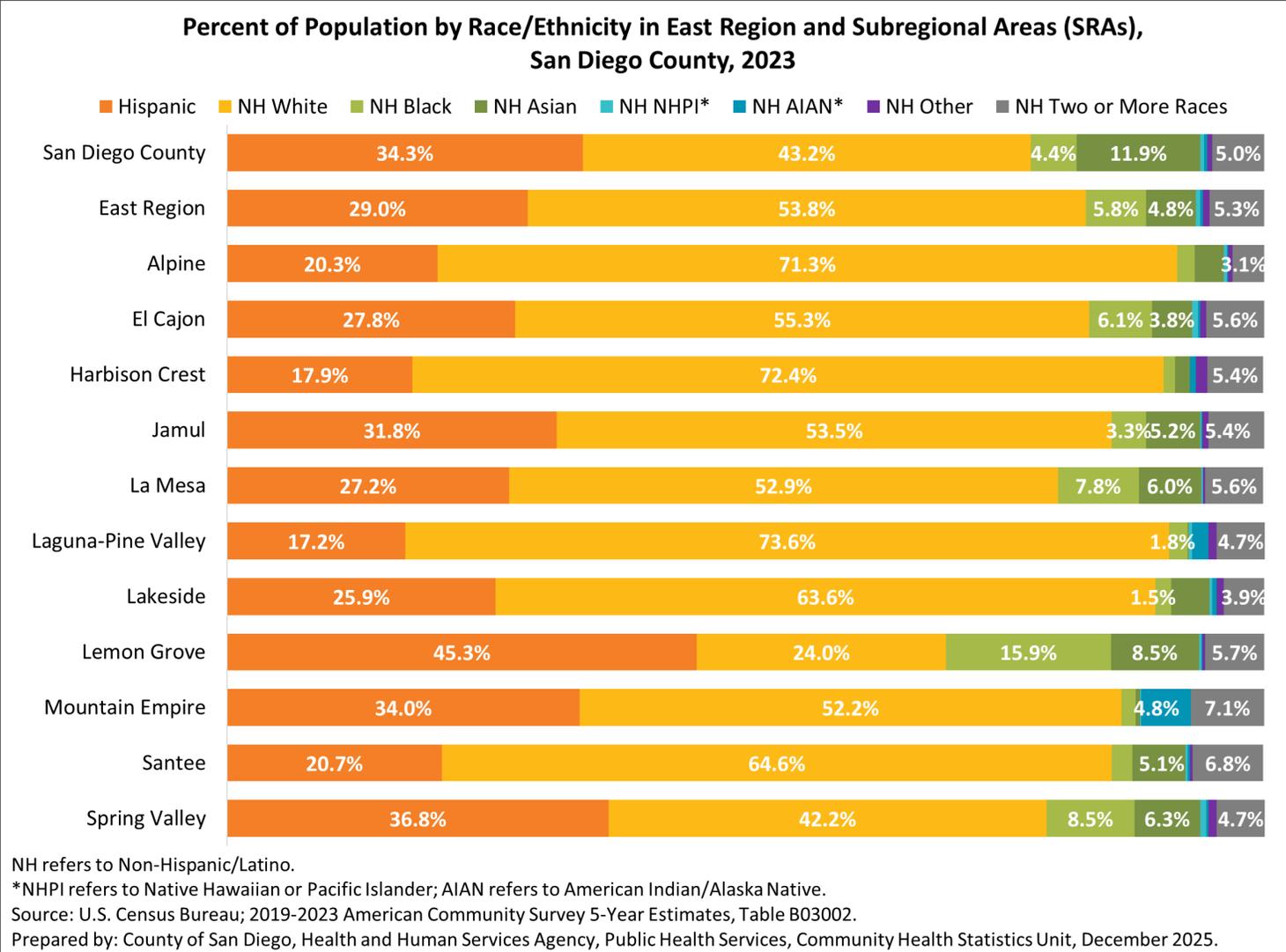


Percent of Population by Age in East Region and Subregional Areas (SRAs), San Diego County, 2023



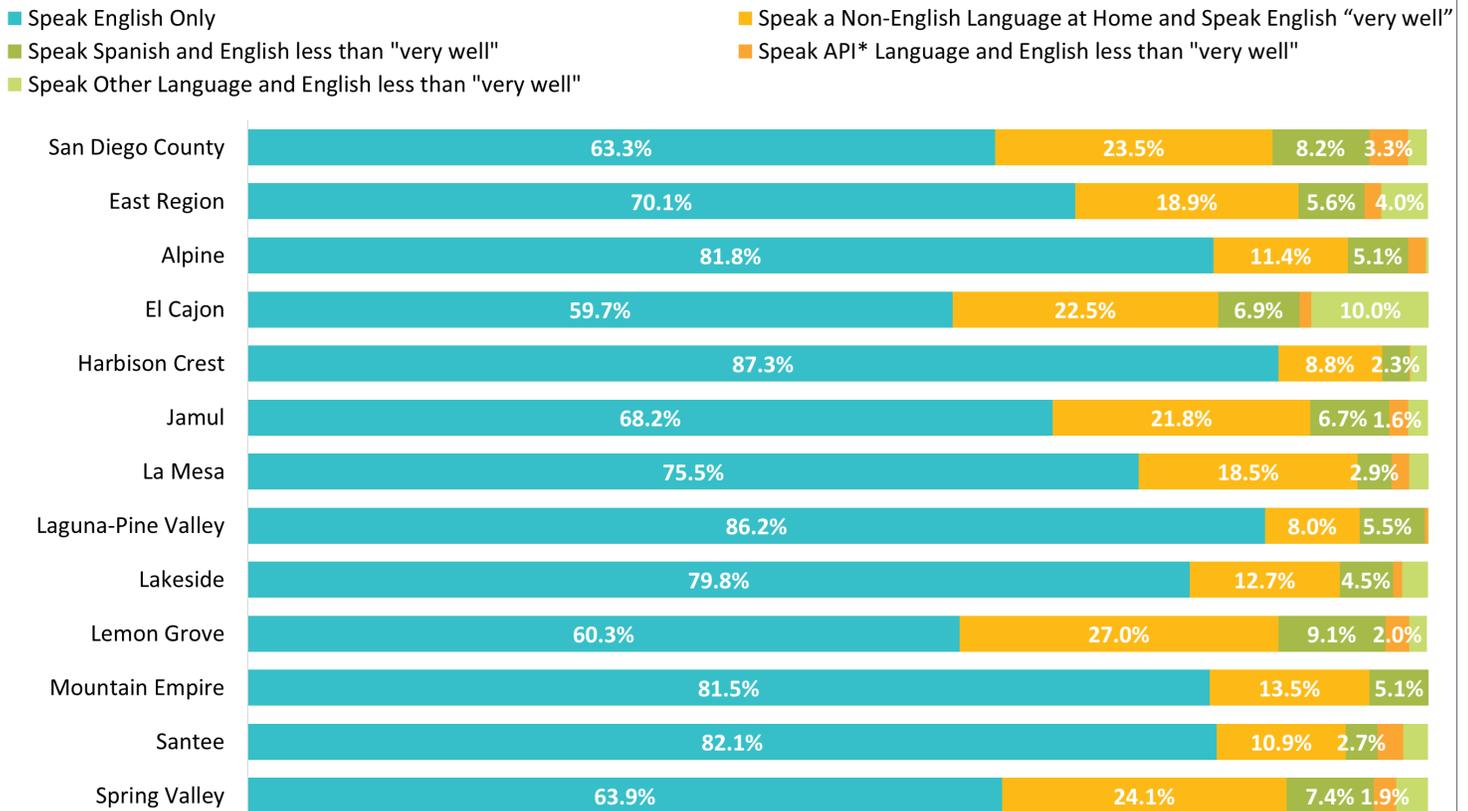
Source: U.S. Census Bureau; 2019-2023 American Community Survey 5-Year Estimates, Table B01001.
 Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

In 2023, residents in East Region were primarily non-Hispanic (NH) White (53.8%), followed by Hispanic (29.0%), NH Black (5.8%), NH residents with two or more races (5.3%), NH Asian (4.8%), NH Other (0.6%), NH Native Hawaiian and Other Pacific Islander (0.4%), and NH American Indian/Alaska Native (0.3%). Among East Region SRAs, Lemon Grove had the highest proportion of Hispanic residents (45.3%), while Laguna-Pine Valley had the lowest proportion (17.2%). In 2023, Lemon Grove SRA had the highest proportion of NH Black residents (15.9%), while Harbison Crest SRA and had the lowest proportion (1.1%).



In 2023, 7 out of 10 residents (70.1%), aged 5 years and older, in East Region spoke only English at home. Almost 1 out of 5 residents (18.9%), 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 (87.3%), while El Cajon had the lowest proportion (59.7%).

Language Spoken at Home Among Population 5 Years and Older in East Region and Subregional Areas, San Diego County, 2023



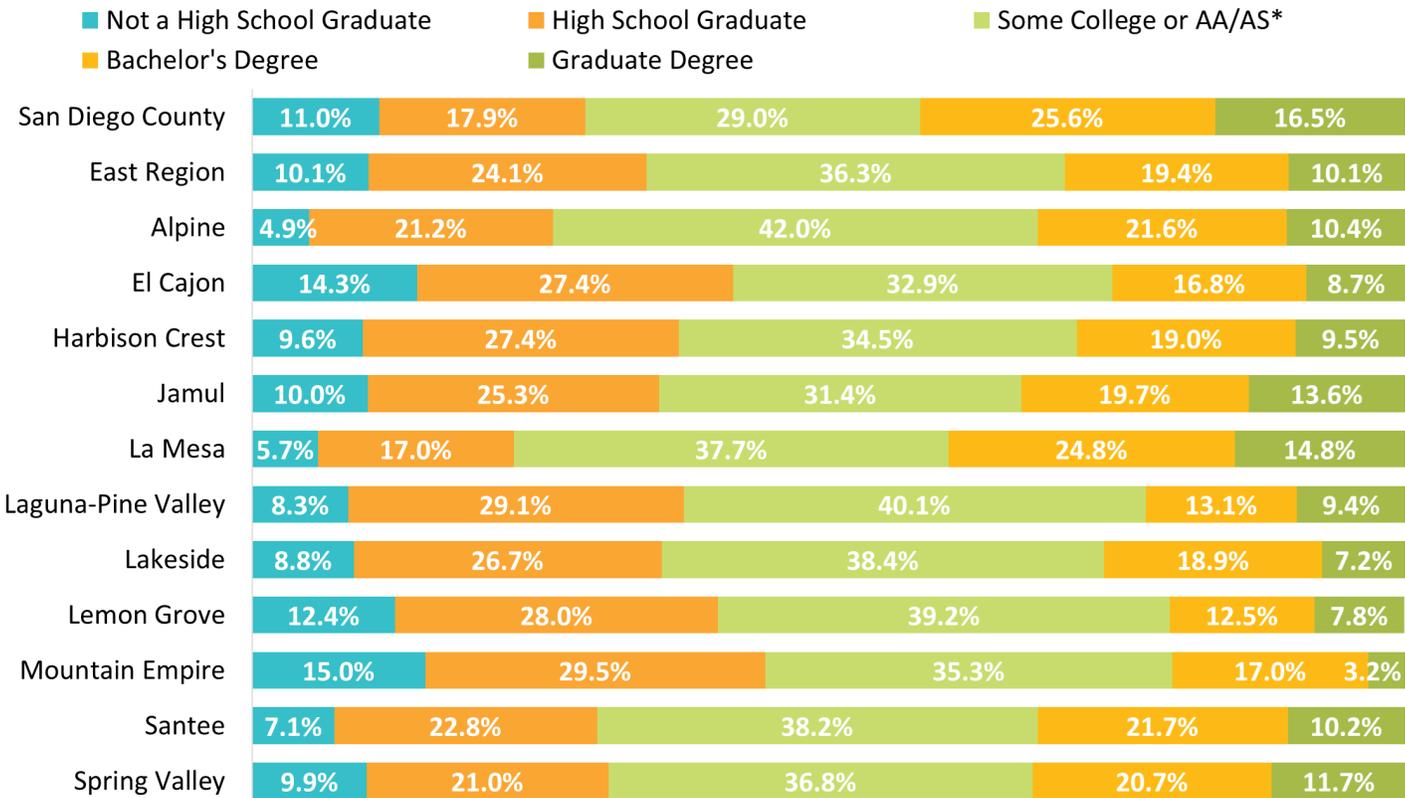
*API refers to Asian/Pacific Islander.

Source: U.S. Census Bureau, 2019-2023 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, December 2025.

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 2023, 9 out of 10 adults in East Region (89.9%), aged 25 years and older, had at least a high school diploma or General Education Diploma (GED). Almost 3 out of 10 adults (29.5%), 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 (15.0%), while Alpine had the lowest proportion (4.9%) in 2023.

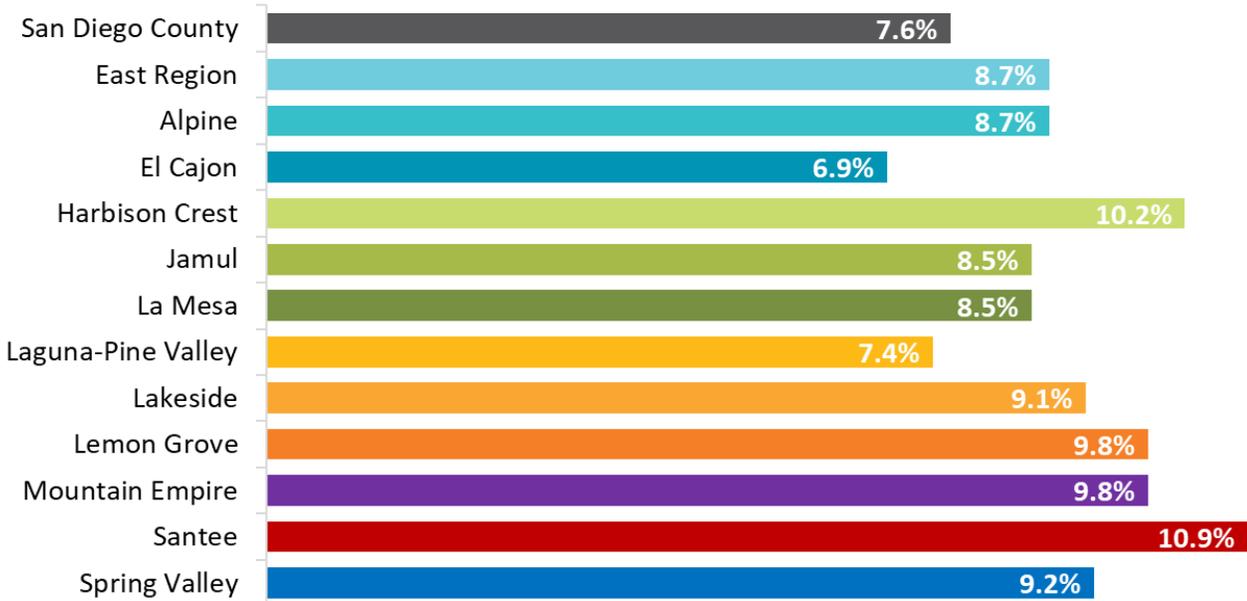
Educational Attainment Among Population 25 Years and Older in East Region and Subregional Areas (SRAs), San Diego County, 2023



*Includes some college, no degree and associate's degree.
 Source: U.S. Census Bureau, 2019-2023 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, December 2025.

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 2023, 8.7% of residents in East Region were veterans. Among East Region SRAs, Santee had the highest proportion of veterans (10.9%), followed by Harbison Crest (10.2%).

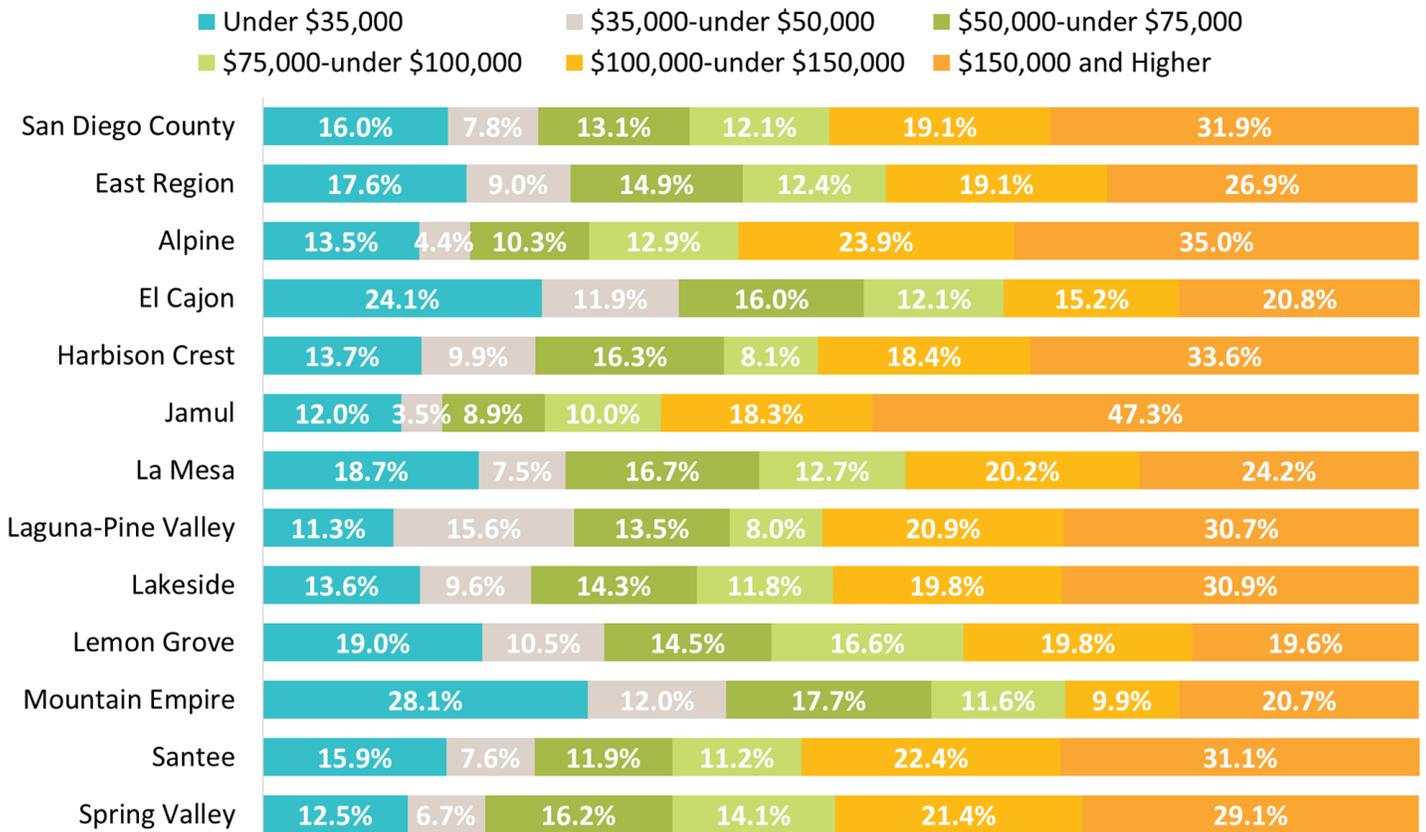
Percentage of Veterans in East Region and Subregional Area (SRAs), San Diego County, 2023



Source: U.S. Census Bureau, 2019-2023 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, December 2025.

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. Over 1 out of 6 households (17.6%) in East Region had an annual income of less than \$35,000 in 2023. Among East Region SRAs in 2023, Mountain Empire had the highest proportion of households with an annual income of less than \$35,000 (28.1%), while Laguna-Pine Valley had the lowest proportion (11.3%).

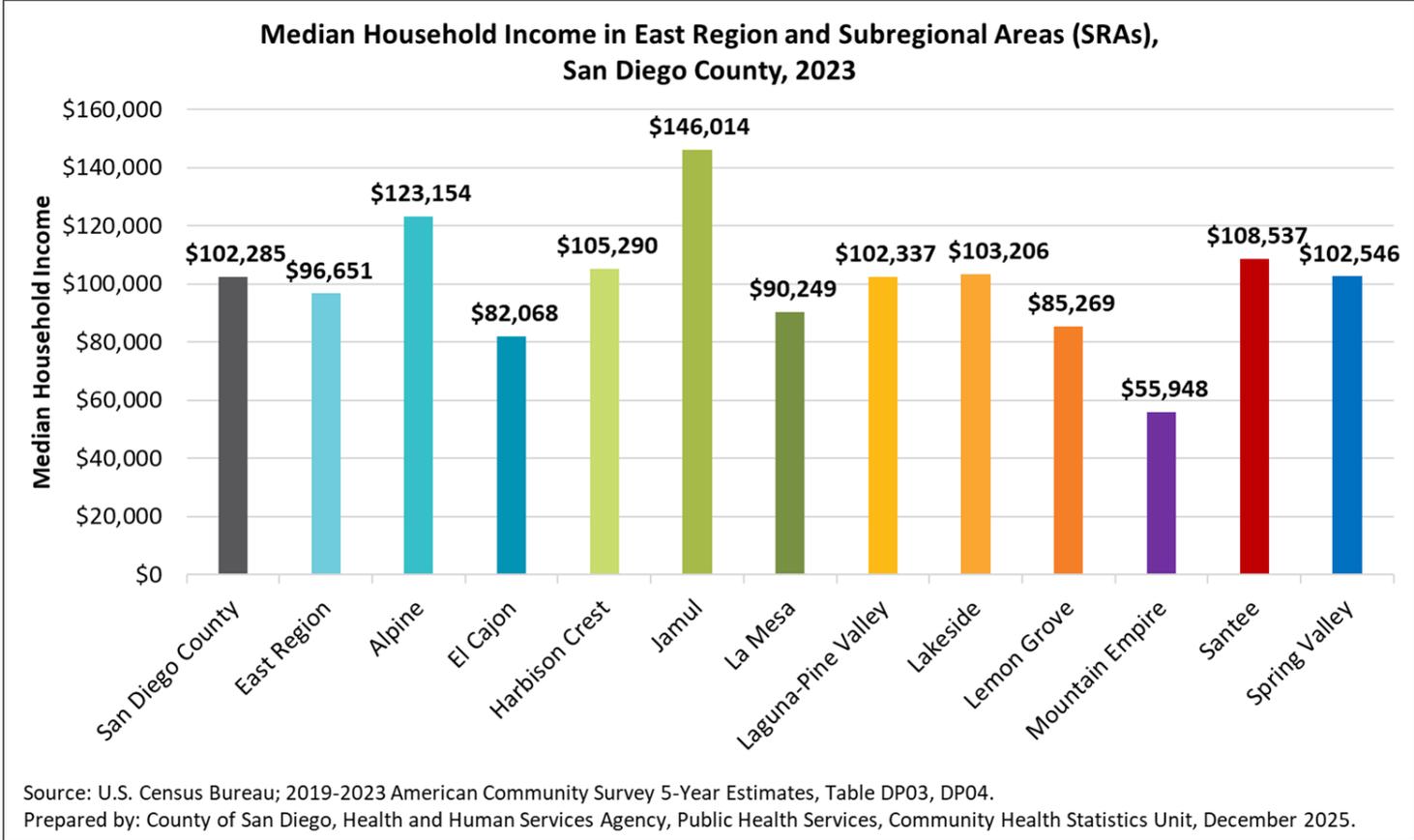
Percent of Households by Household Income in East Region and Subregional Areas (SRAs), San Diego County, 2023



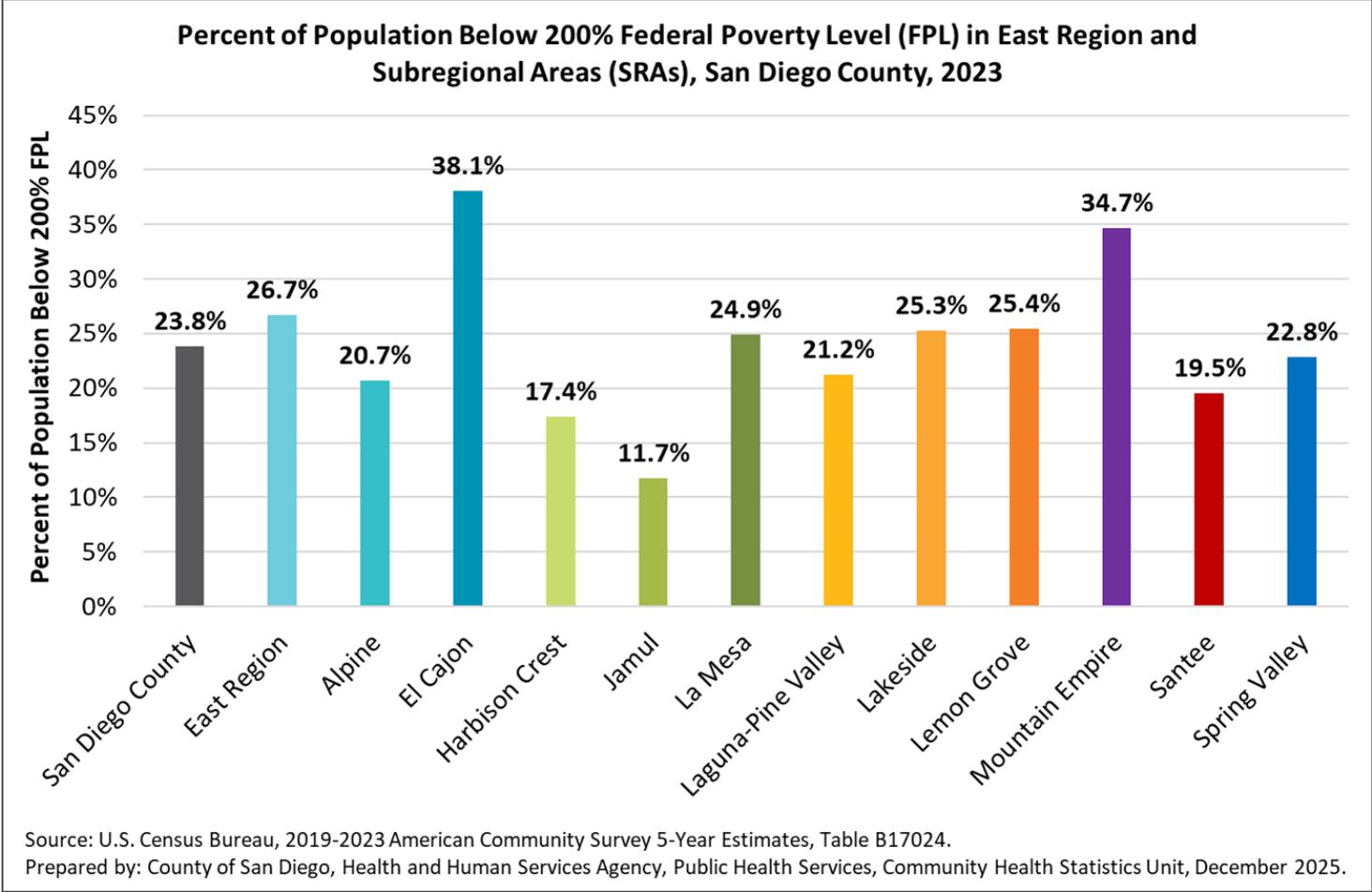
Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table DP03.

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

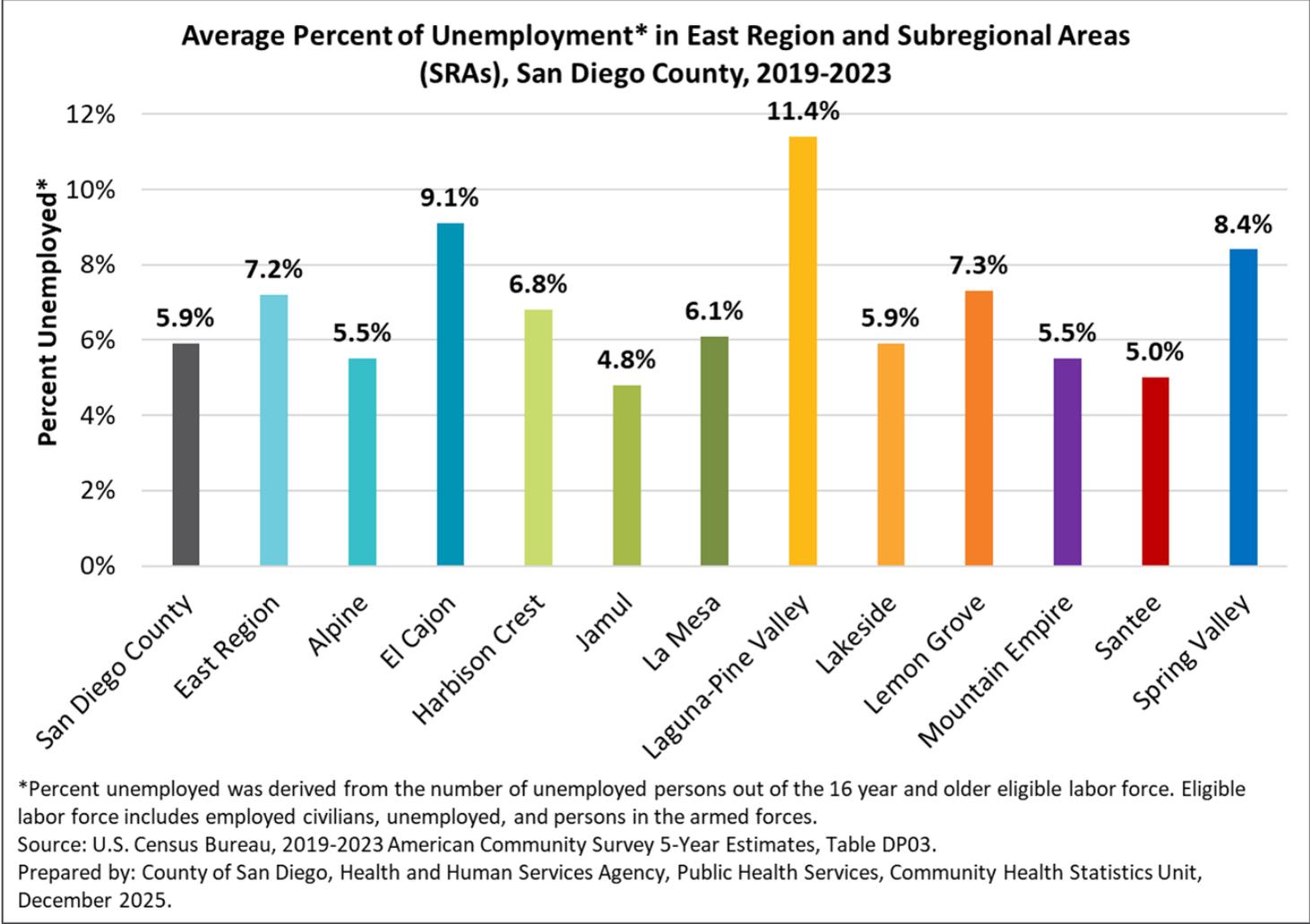
The median household income in East Region was \$96,651 in 2023, which was lower than the median household income in San Diego County overall (\$102,285). Among East Region SRAs, Mountain Empire had the lowest median household income (\$55,948), followed by El Cajon (\$82,068). Among East Region SRAs, Jamul had the highest median household income (\$146,014), which was higher than the median household incomes in East Region (\$96,651) and San Diego County overall (\$102,285).



Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2023, over 1 in 4 residents (26.7%) in East Region lived below 200% FPL. Among East Region SRAs, El Cajon had the highest proportion of residents living below 200% FPL (38.1%), followed by Mountain Empire (34.7%). Furthermore, the proportion of residents living below 200% FPL in East Region was higher than San Diego County overall (26.7% vs. 23.8%).

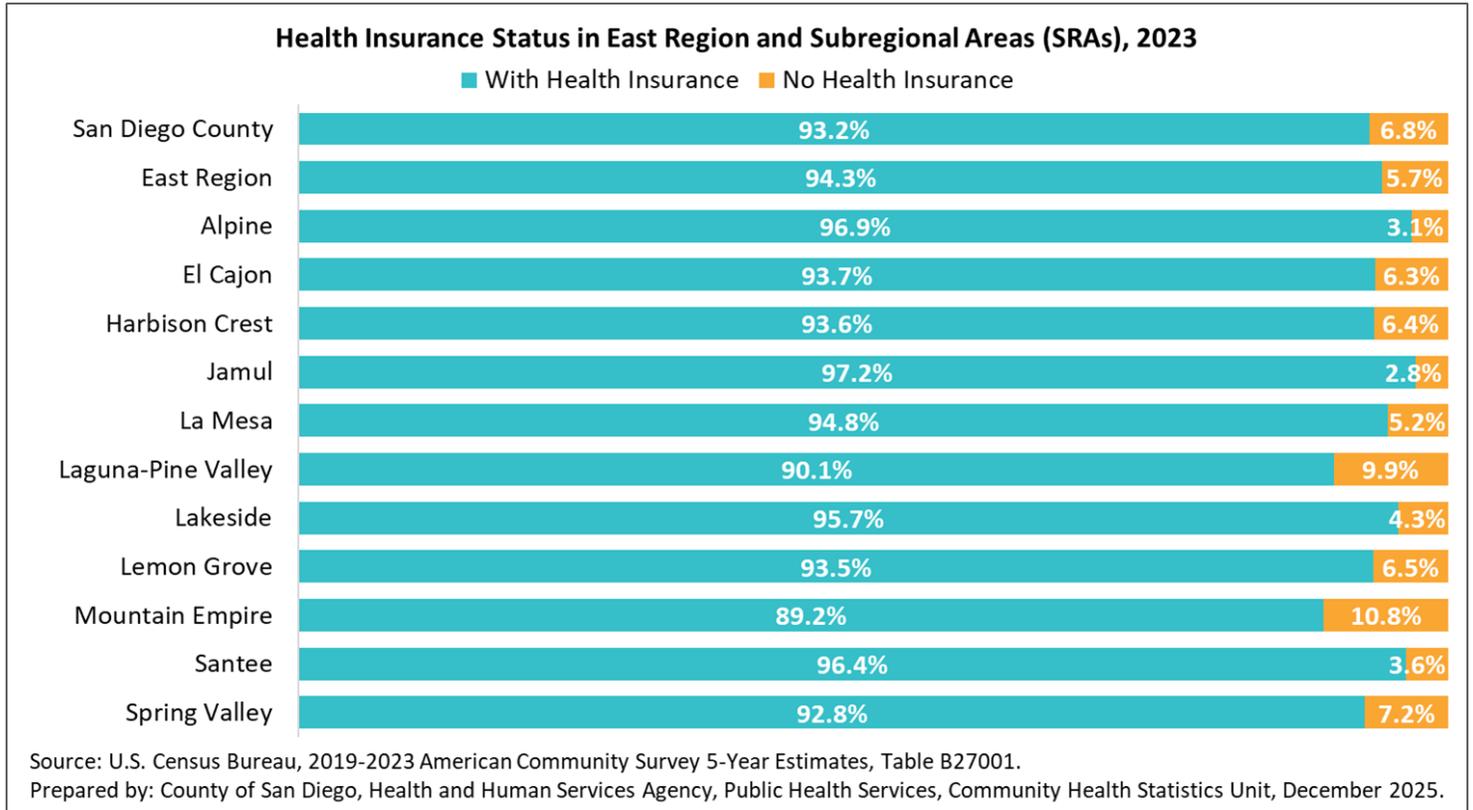


The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed persons, and persons in the armed forces. Between 2019-2023, the 5-year average unemployment rate in East Region was 7.2%. Among East Region SRAs, Laguna-Pine Valley had the highest 5-year average unemployment rate (11.4%), while Jamul had the lowest 5-year average unemployment rate (4.8%) between 2019-2023.

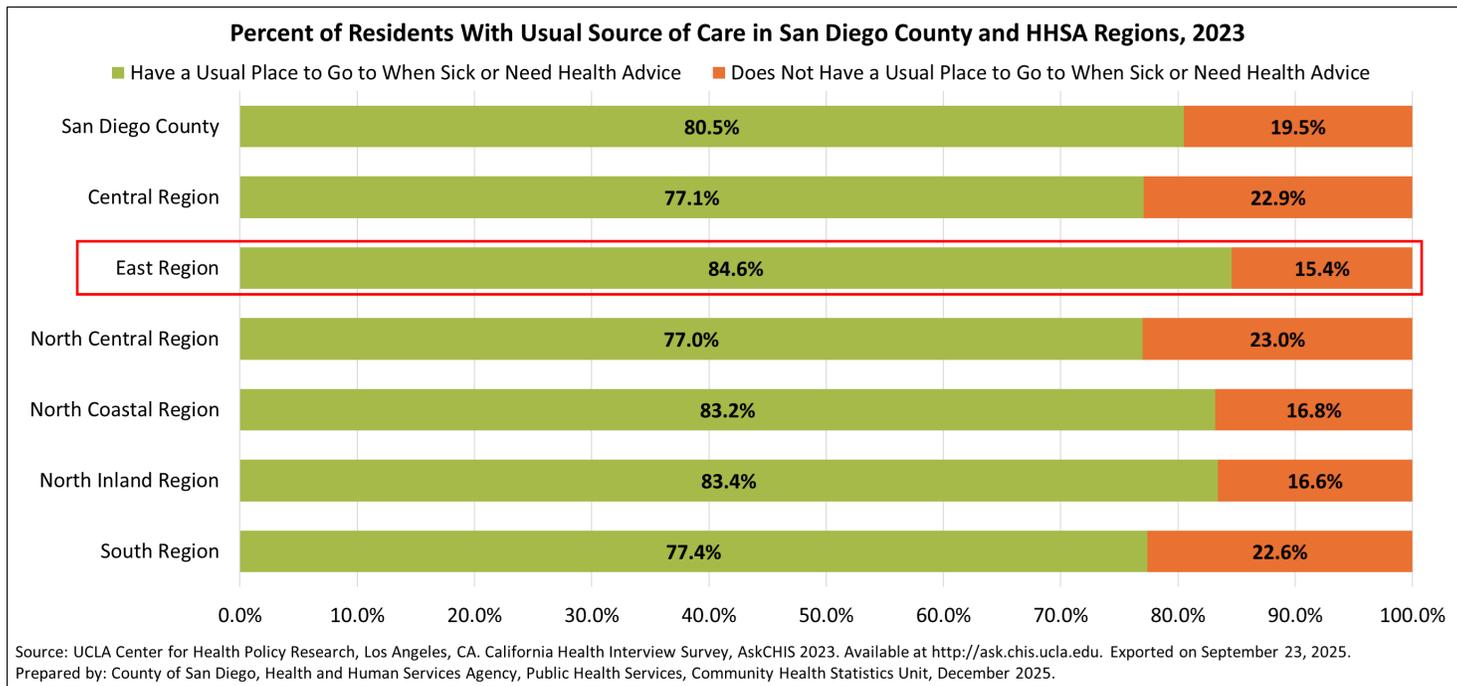


INSURANCE, ACCESS, AND UTILIZATION

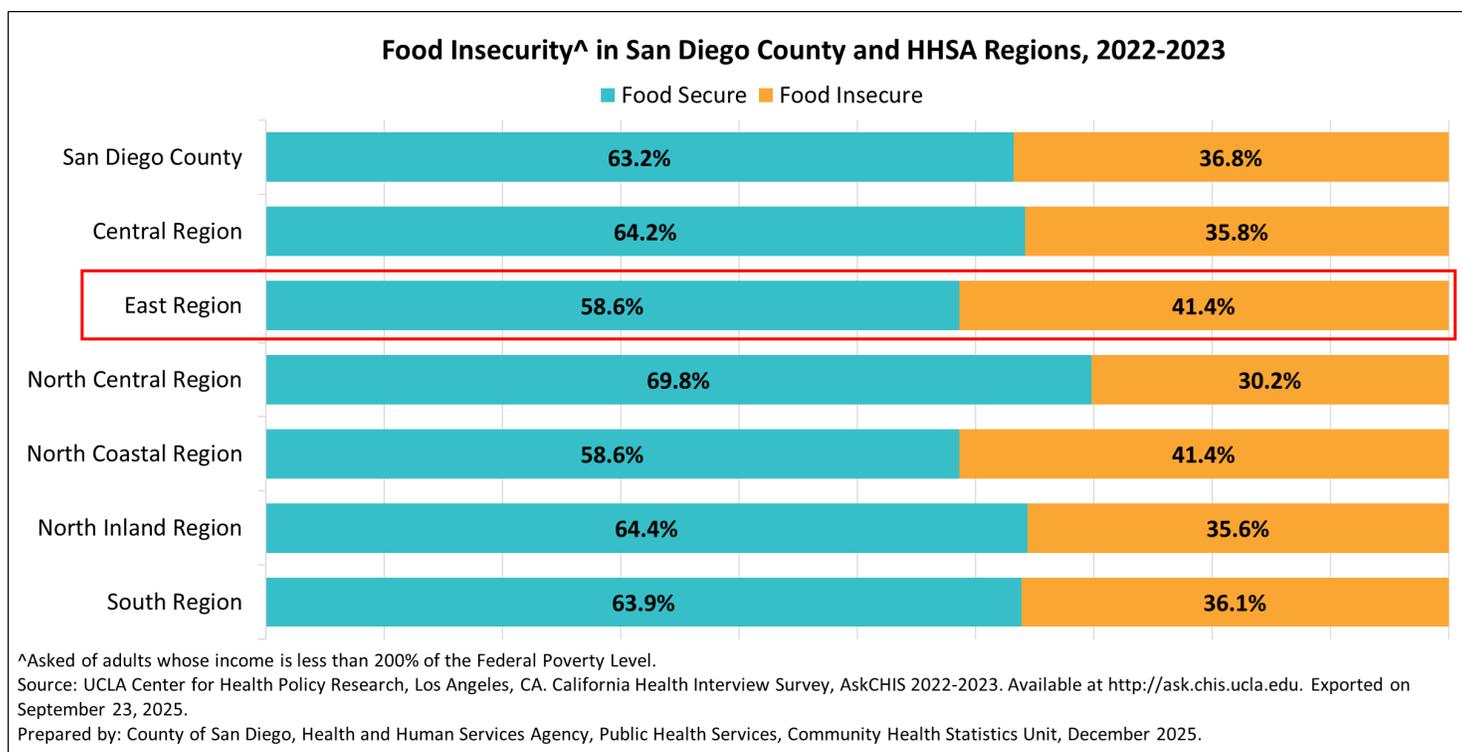
In 2023, 94.3% of residents in East Region were insured through private or public programs, while 5.7% of residents did not have any health insurance coverage. Among East Region subregional areas (SRAs), Mountain Empire had the highest proportion of residents without health insurance (10.8%), followed by Laguna-Pine Valley (9.9%).



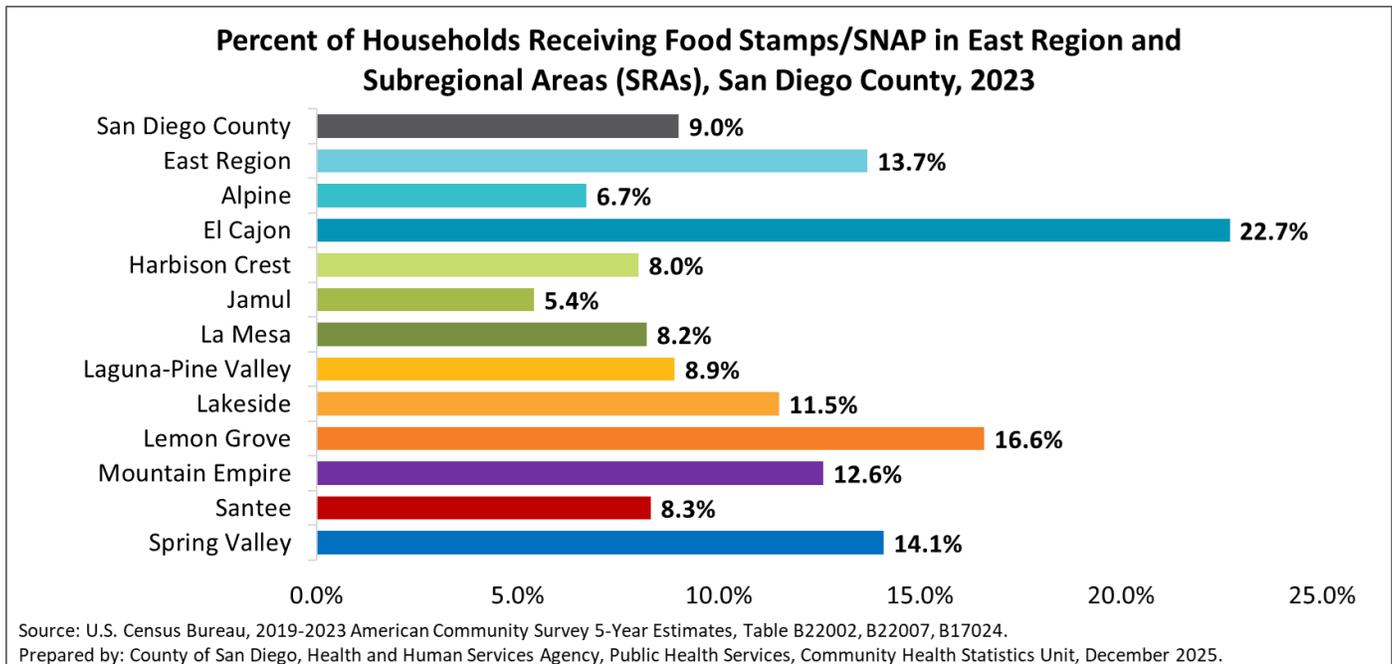
In 2023, over 4 out of 5 residents (84.6%) in East Region reported having a usual place to go when sick or needing health advice. Among HHSAs regions, East Region had the highest proportion of residents who have a usual place to go when sick or needing health advice.



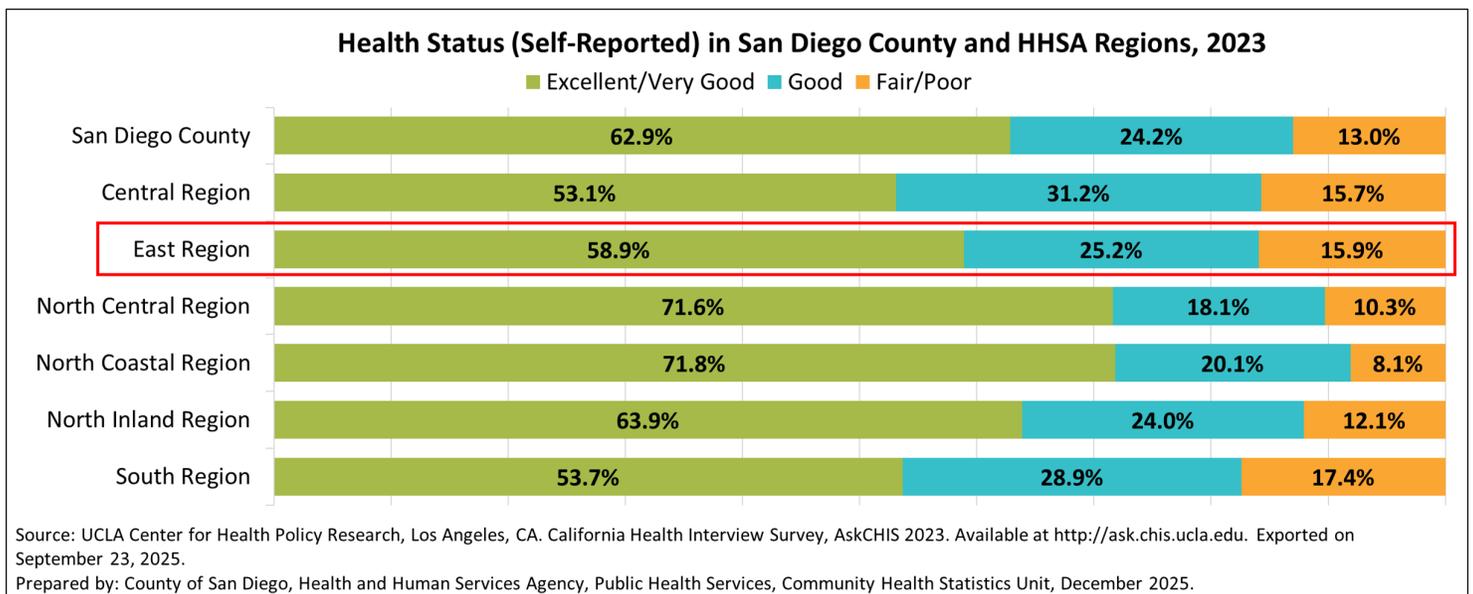
Among the HHSAs regions, East Region, along with North Coastal Region, had the highest proportion of adults with income less than 200% of the Federal Poverty Level (FPL) reporting food insecurity (41.4%) in 2022-2023. Over 2 out of 5 adults (41.4%), with income less than 200% FPL, reported an inability to afford enough food in East Region in 2022-2023.



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 2023, 13.7% 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 (22.7%), followed by Lemon Grove (16.6%).

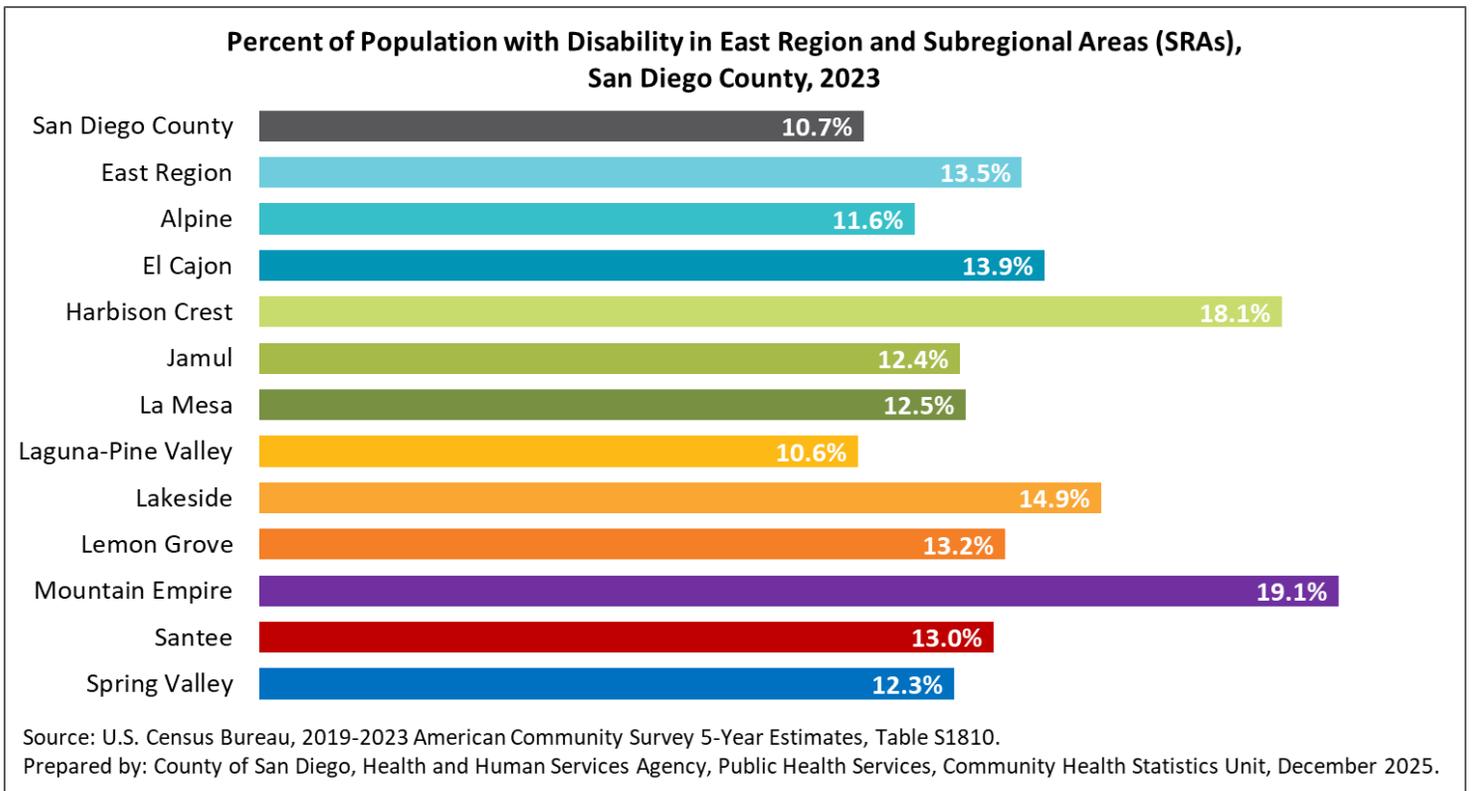


In 2023, almost 3 out of 5 residents (58.9%) in East Region reported excellent or very good health. However, 15.9% of residents in East Region reported fair or poor health, which was the second highest proportion compared to other HHS regions in 2023.



DISABILITY STATUS

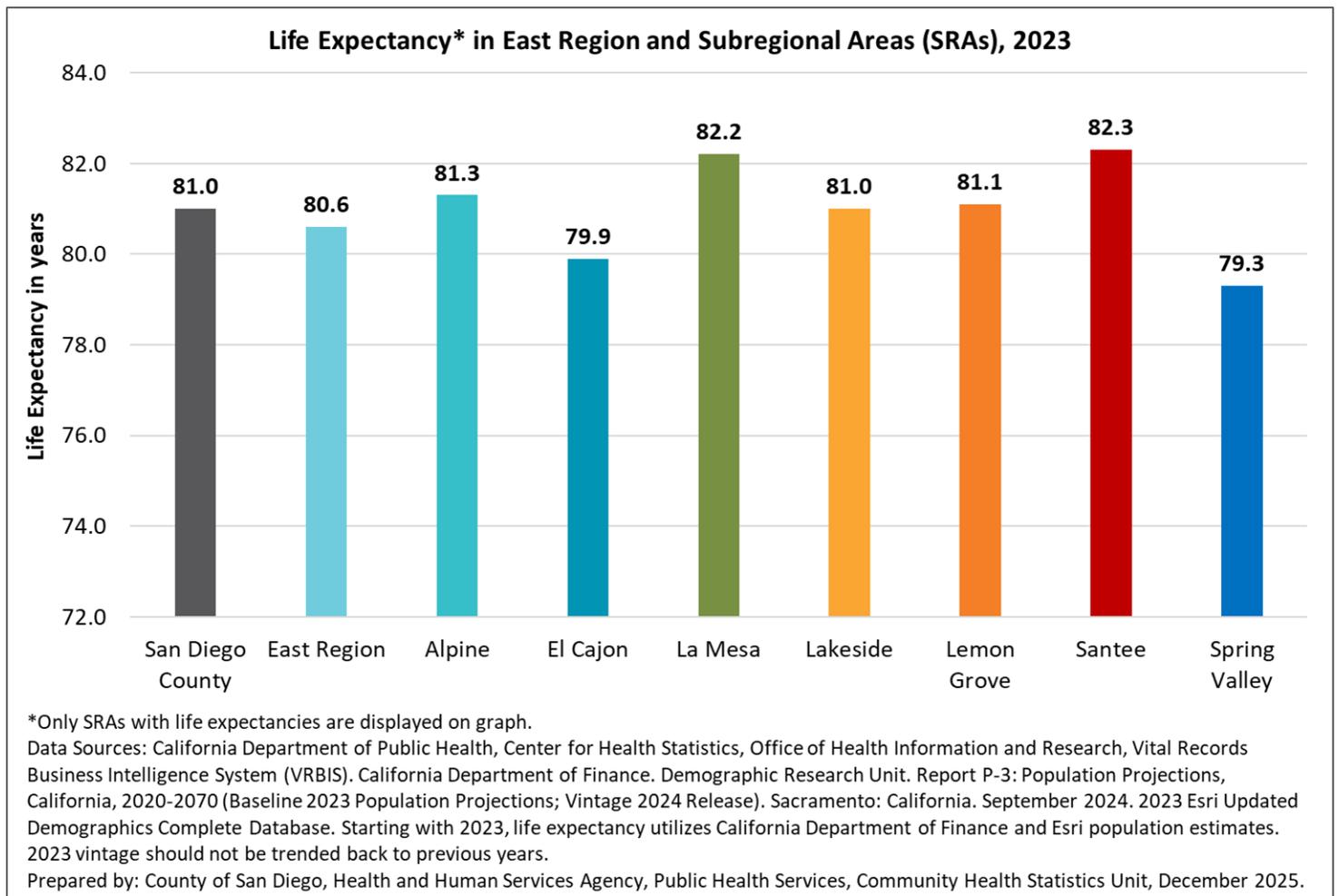
Disability is a dynamic concept that changes over time as one's health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2023, 13.5% 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 (19.1%), followed by Harbison Crest (18.1%), while Laguna-Pine Valley had the lowest proportion (10.6%).



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 2023, a baby born in San Diego County had a life expectancy of 81.0 years, while a baby born in East Region had a life expectancy of 80.6 years. Among East Region subregional areas (SRAs), Santee had the highest life expectancy (82.3 years), followed by La Mesa (82.2 years). Spring Valley SRA had the lowest life expectancy of 79.3 years.

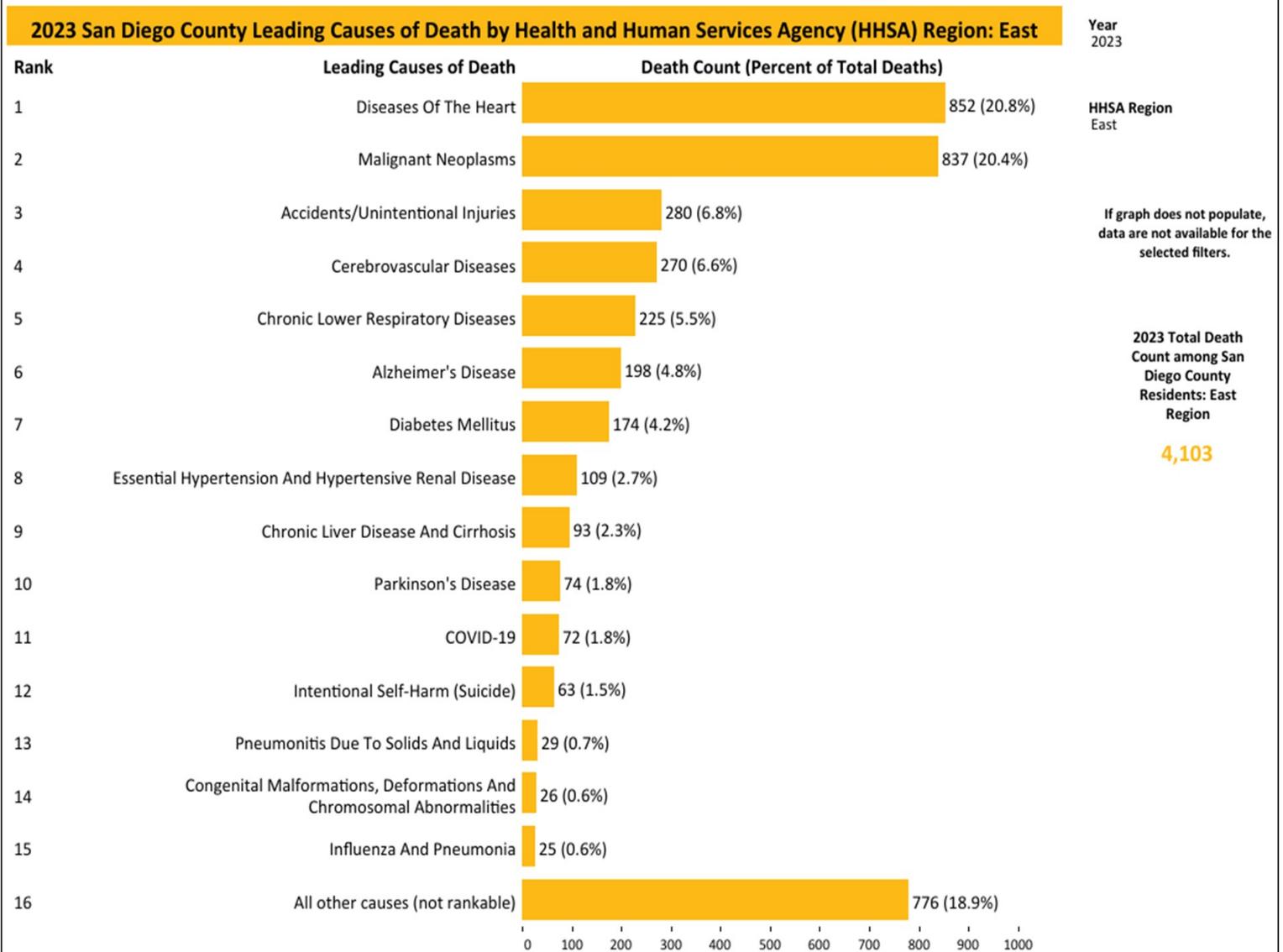


LEADING CAUSES OF DEATH

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 2023, the leading cause of death in East Region was diseases of the heart, followed by cancer (malignant neoplasms). In East Region, 4 out of the top 5 leading causes of death in East Region were non-communicable (chronic) diseases (heart disease, cancer, cerebrovascular diseases, also known as stroke, and chronic lower respiratory diseases).

LEADING CAUSES OF DEATH AMONG SAN DIEGO COUNTY RESIDENTS



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

For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Leading Causes of Death.

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

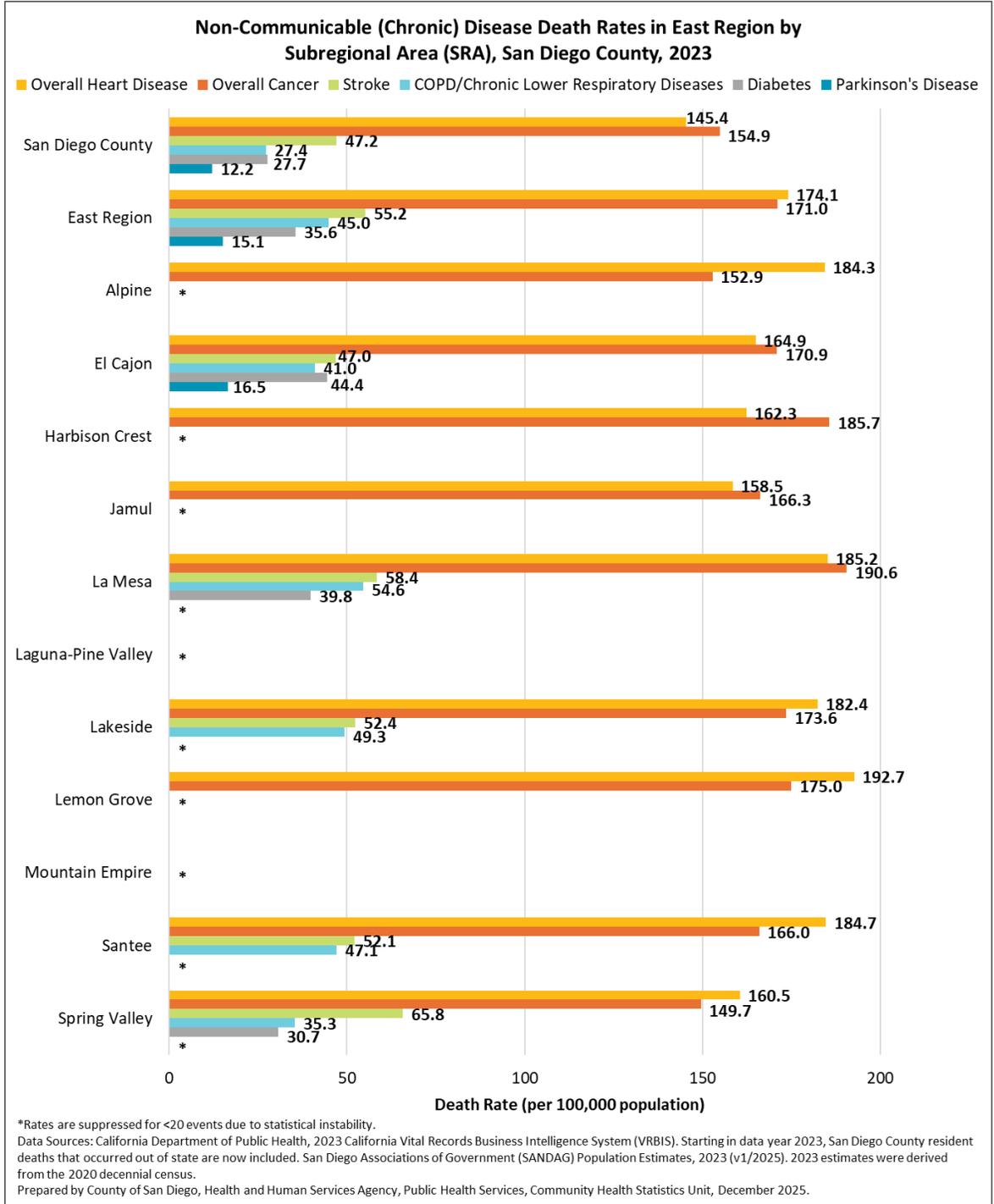
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2011-2023.

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

HEALTH OUTCOMES

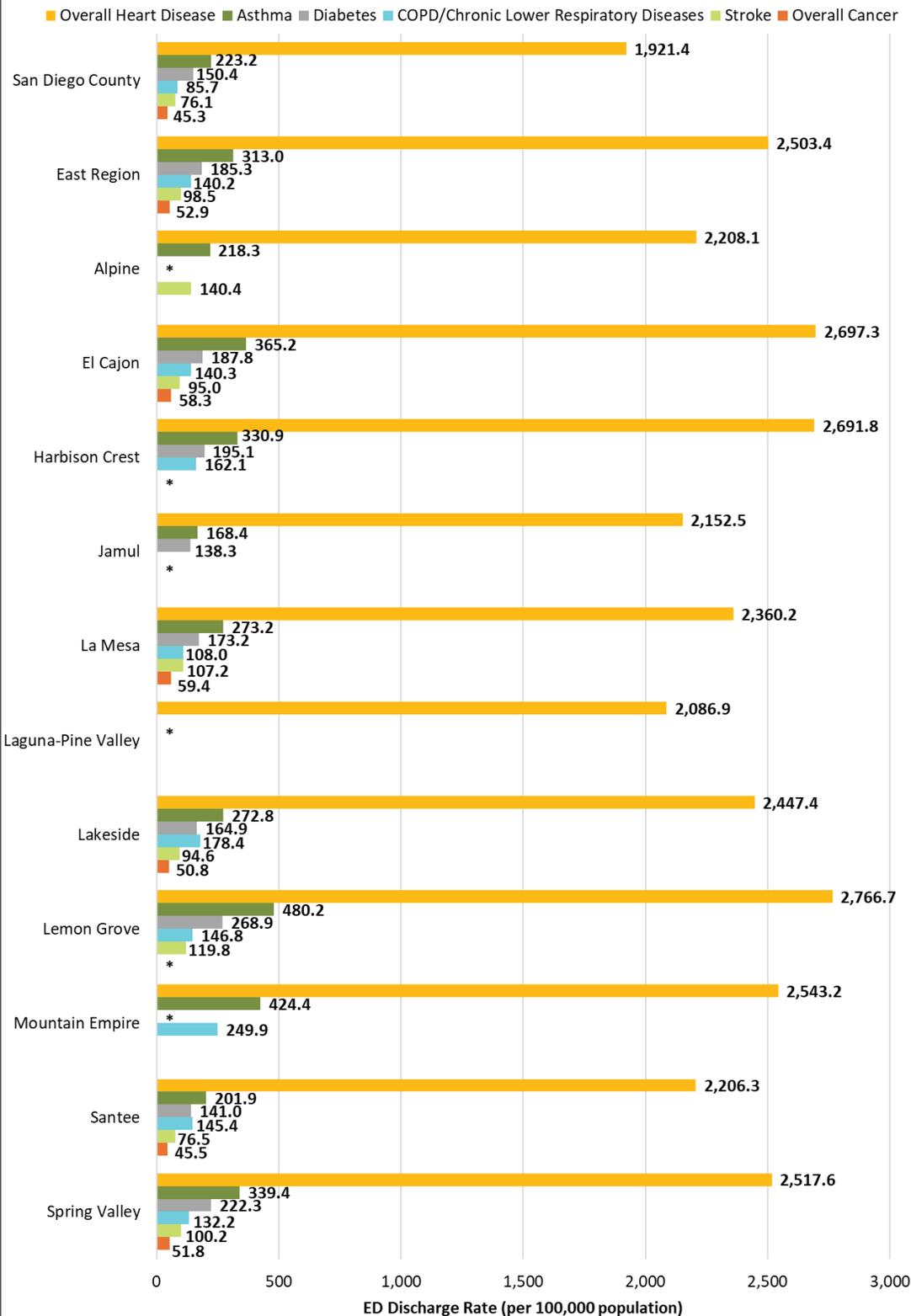
NON-COMMUNICABLE (CHRONIC) DISEASES

Among non-communicable (chronic) diseases in East Region, the highest rate of death was due to overall heart disease, followed by overall cancer, in 2023. Among East Region subregional areas (SRAs), Lemon Grove had the highest rate of death due to overall heart disease (192.7 per 100,000), which was 1.1 and 1.3 times, respectively, higher than East Region (174.1 per 100,000) and San Diego County



overall (145.4 per 100,000). Among East Region SRAs, La Mesa had the highest rate of death due to overall cancer (190.6 per 100,000), which was higher than East Region (171.0 per 100,000) and San Diego County overall (154.9 per 100,000). Among Health and Human Services Agency (HHSA) regions, East Region had the highest death rates due to overall heart disease, overall cancer, and COPD/chronic lower respiratory diseases in 2023.

Non-Communicable (Chronic) Disease Emergency Department (ED) Discharge Rates in East Region by Subregional Area (SRA), San Diego County, 2023

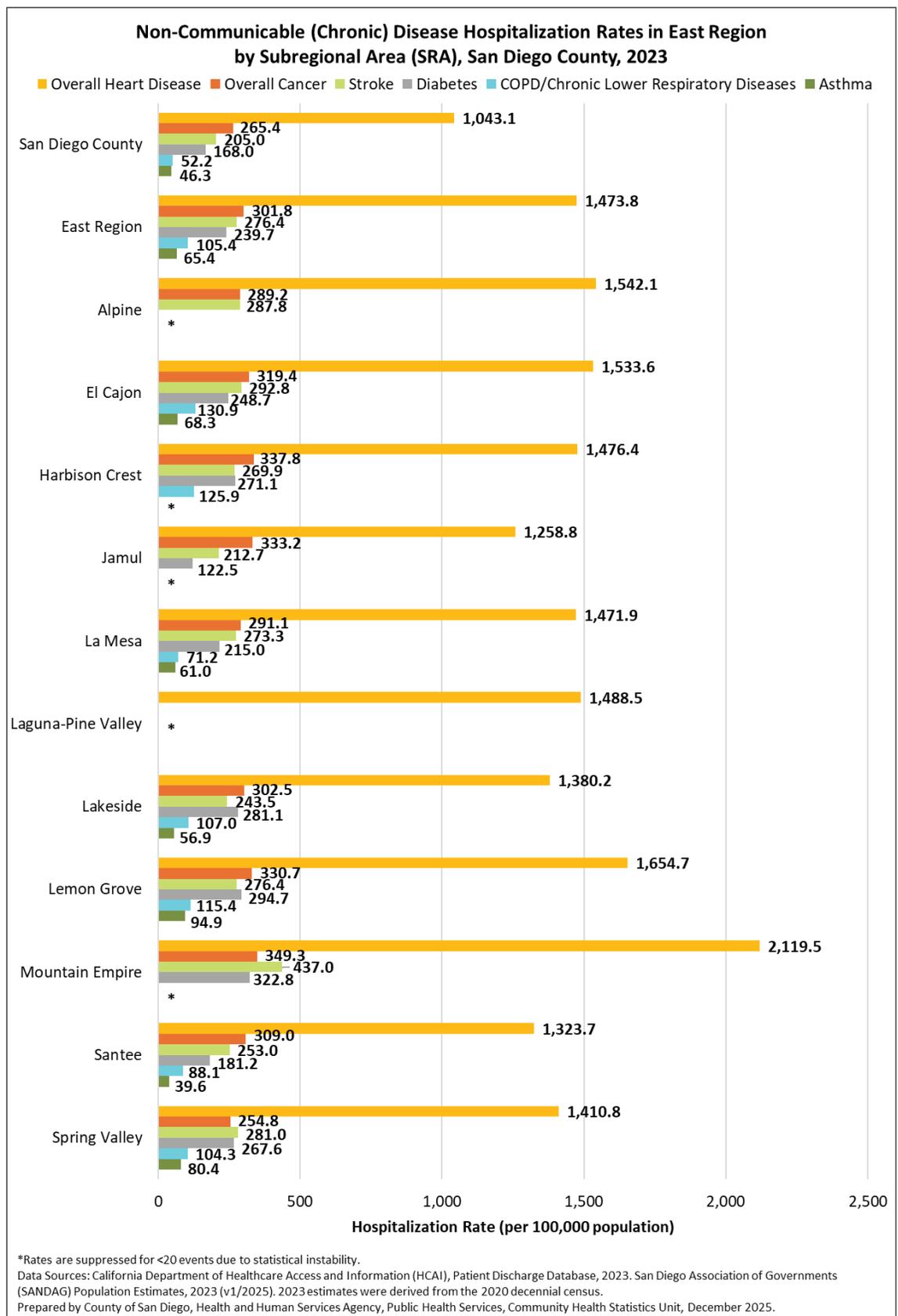


*Rates are suppressed for <20 events due to statistical instability.
 Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). 2023 estimates were derived from the 2020 decennial census.
 Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

East Region had higher emergency department (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 2023. Among non-communicable (chronic) diseases in 2023, the highest ED discharge rates were due to overall heart disease in East Region and its SRAs. Among East Region SRAs, Lemon Grove had the highest ED discharge rate due to overall heart disease (2,766.7 per 100,000), asthma (480.2 per 100,000), and diabetes (268.9 per 100,000). Among HHS regions, East Region had the highest ED discharge rates due to

overall heart disease, COPD/chronic lower respiratory diseases, and stroke in 2023.

In 2023, 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 2023. Among East Region SRAs, Mountain Empire had the highest hospitalization rate due to overall heart disease (2,119.5 per 100,000), overall cancer (349.3), stroke (437.0 per 100,000), and diabetes (322.8 per 100,000).

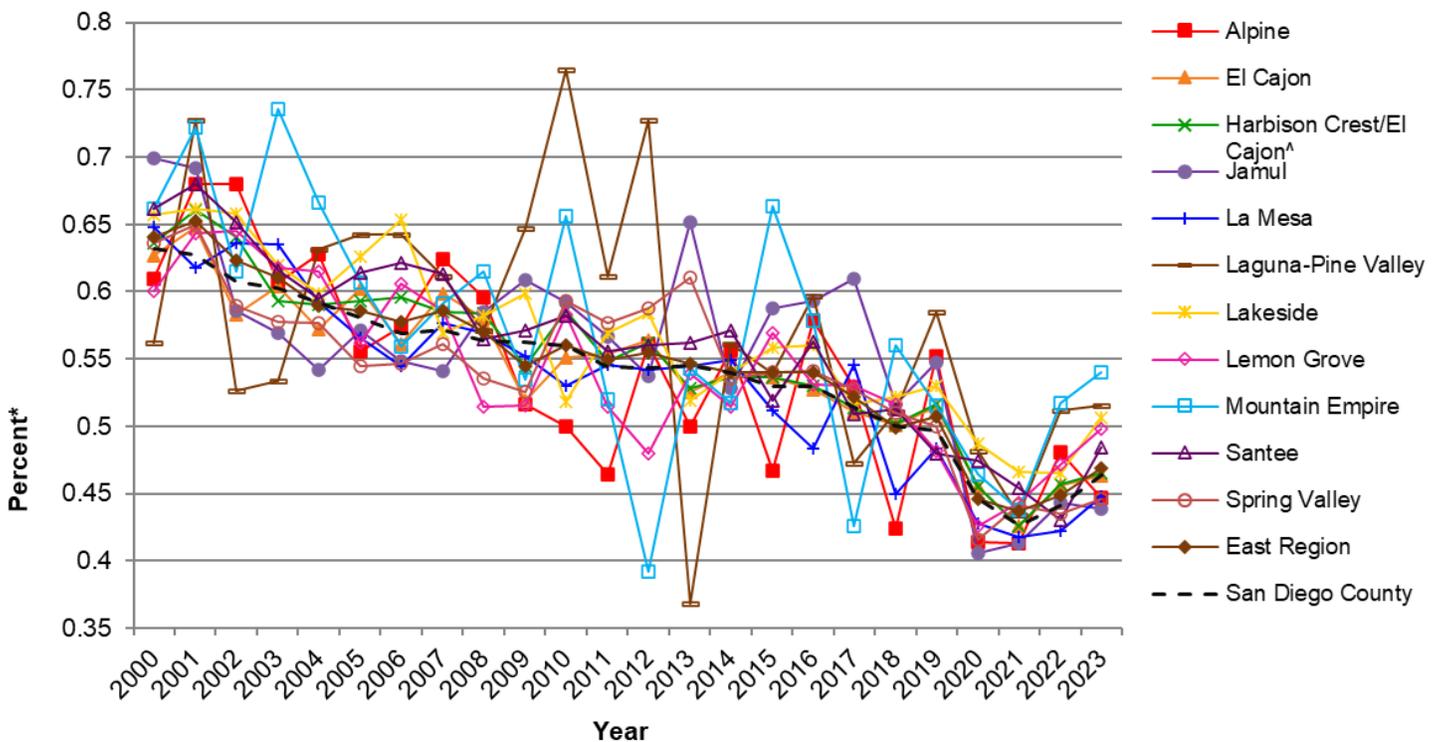


East Region had the highest hospitalization rates due to overall heart disease, overall cancer, stroke, COPD/chronic lower respiratory diseases, and asthma compared to other HSA regions in 2023.

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 2023. In 2023, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 47% 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 (54%) in 2023.

**3-4-50 Death† Percentages
Among San Diego County Residents,
East Region, 2000-2023****



*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).percentage of all cause deaths.

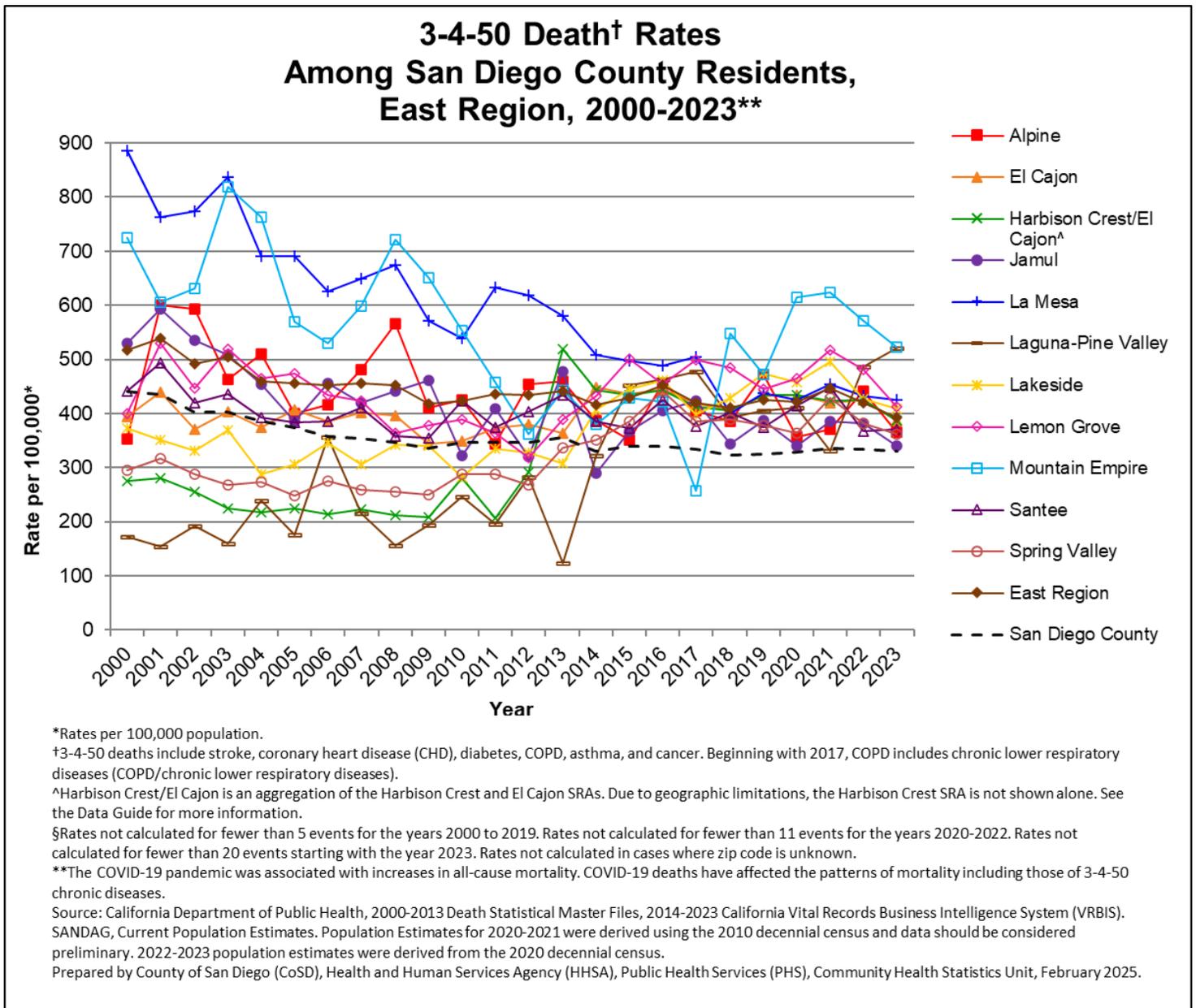
[^]Harbison Crest/El Cajon is an aggregation of the Harbison Crest and El Cajon SRAs. Due to geographic limitations, the Harbison Crest SRA is not shown alone. See the Data Guide for more information.

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

§Percents not calculated for fewer than 5 events for the years 2000 to 2019. Percents not calculated for fewer than 11 events for the years 2020-2023. Percents not calculated in cases where zip code is unknown.

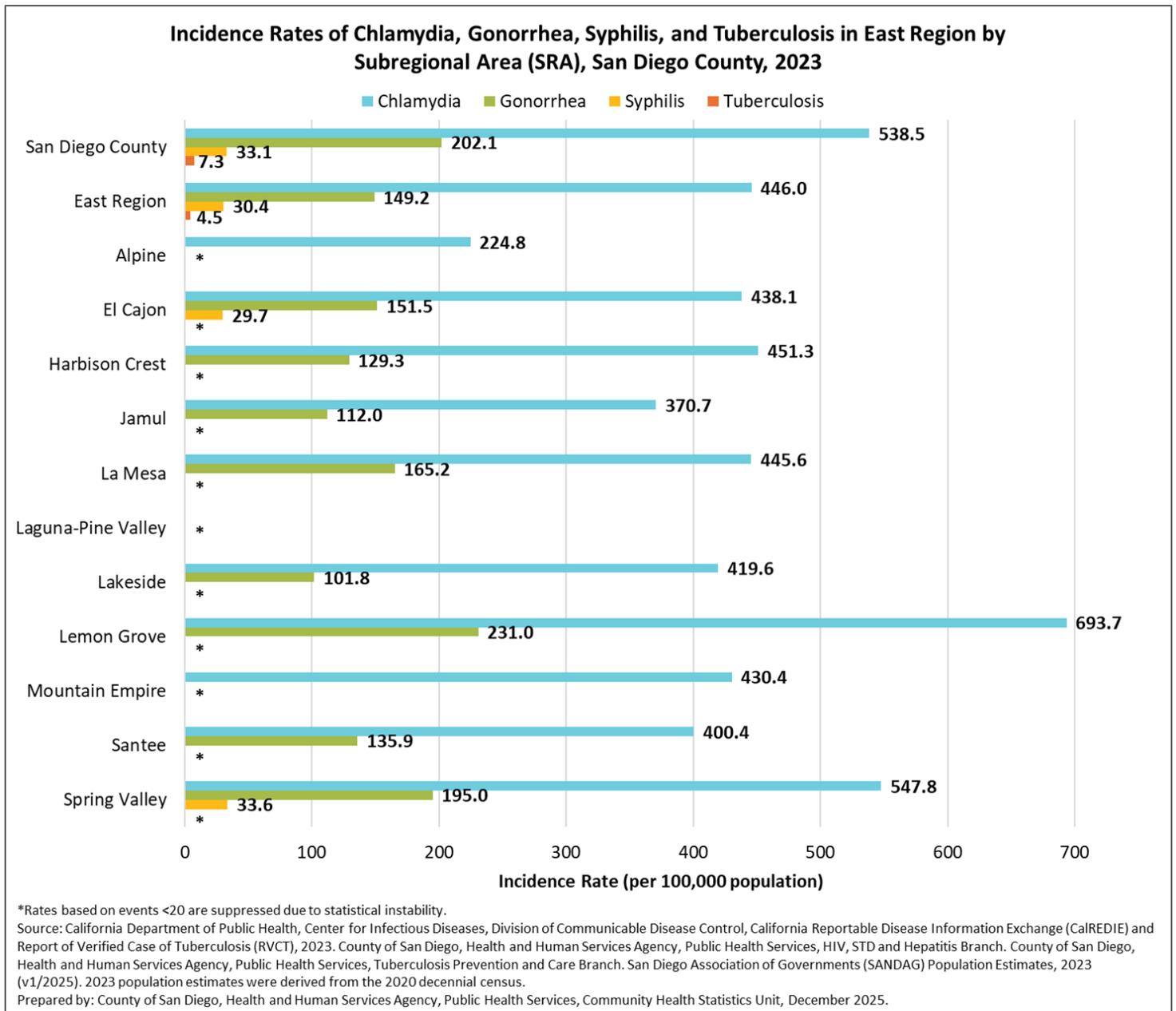
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2023 California Vital Records Business Intelligence System (VRBIS). Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, February 2025.

Overall, the rate of death due to 3-4-50 chronic diseases decreased in East Region and five of its SRAs (El Cajon, Jamul, La Mesa, Mountain Empire, and Santee) from 2000 to 2023. Although Mountain Empire SRA had the highest death rate due to 3-4-50 chronic diseases (522.9 per 100,000) in 2023, it was one of the subregional areas that had a decreased death rate from 2000 to 2023 (-27.9%). Laguna-Pine Valley SRA had the highest increase in death rate due to 3-4-50 chronic diseases from 2000 to 2023 (+202.6%).

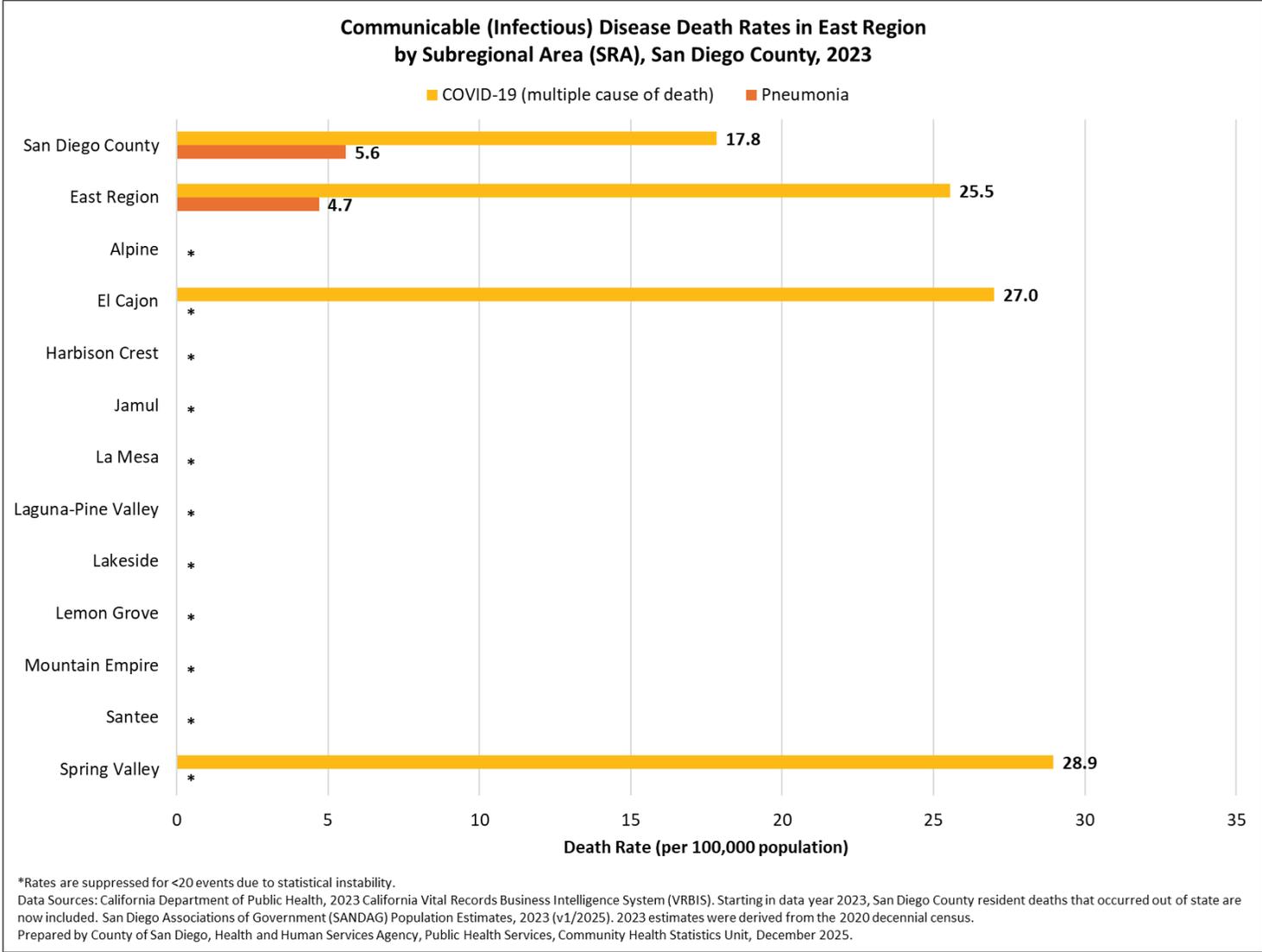


COMMUNICABLE (INFECTIOUS) DISEASES

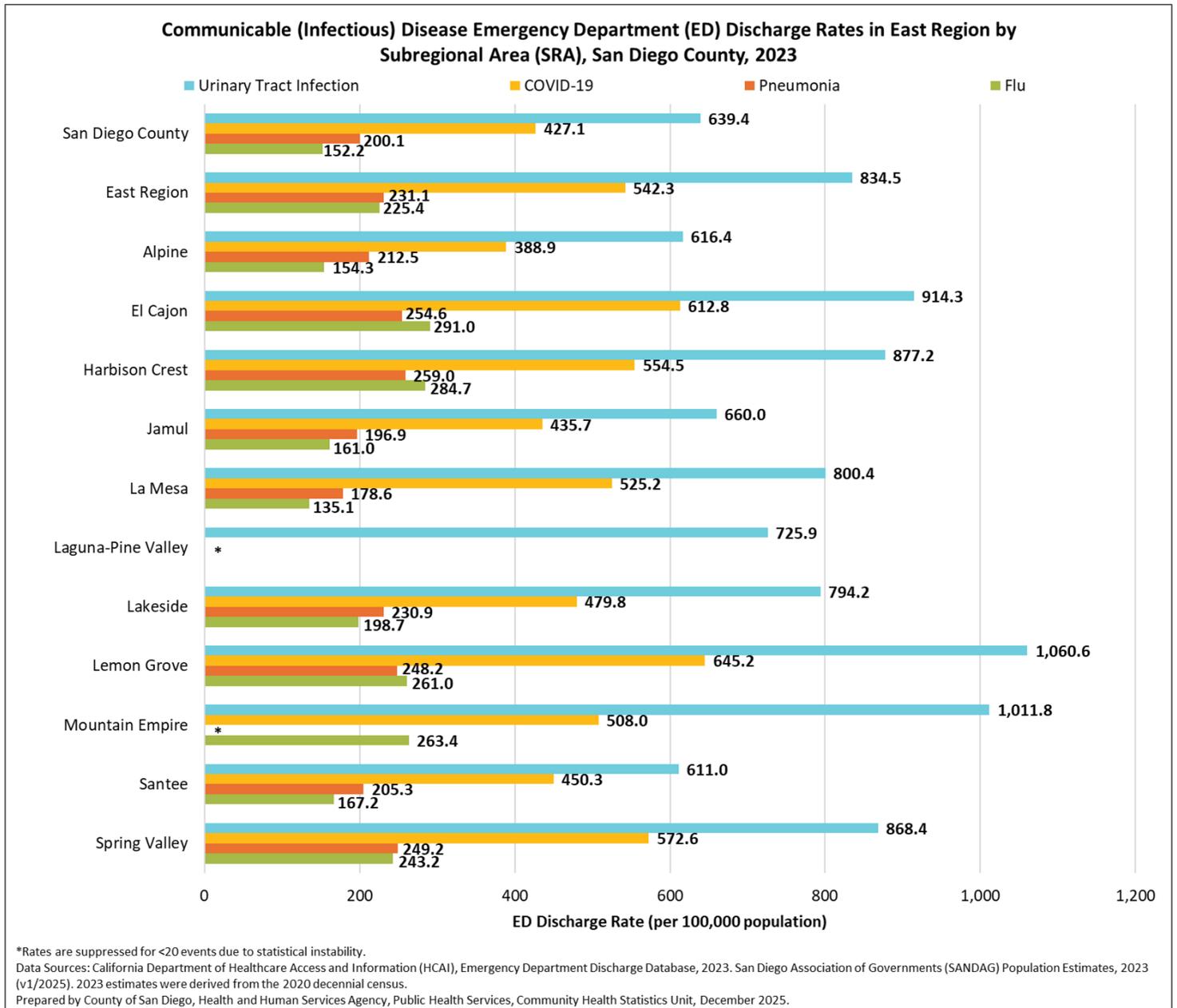
In 2023, the incidence rates of communicable (infectious) diseases chlamydia, gonorrhea, syphilis, and tuberculosis in East Region were lower than San Diego County overall. Among East Region subregional areas (SRAs), Lemon Grove had the highest incidence rate of chlamydia (693.7 per 100,000), which was higher than East Region (446.0 per 100,000) and San Diego County overall (538.5 per 100,000). Similarly, among East Region SRAs, Lemon Grove had the highest incidence rate of gonorrhea (231.0 per 100,000), which was higher than East Region (149.2 per 100,000) and San Diego County overall (202.1 per 100,000). Among East Region SRAs, Spring Valley had the highest incidence rate of syphilis at a rate of 33.6 per 100,000 residents in 2023.



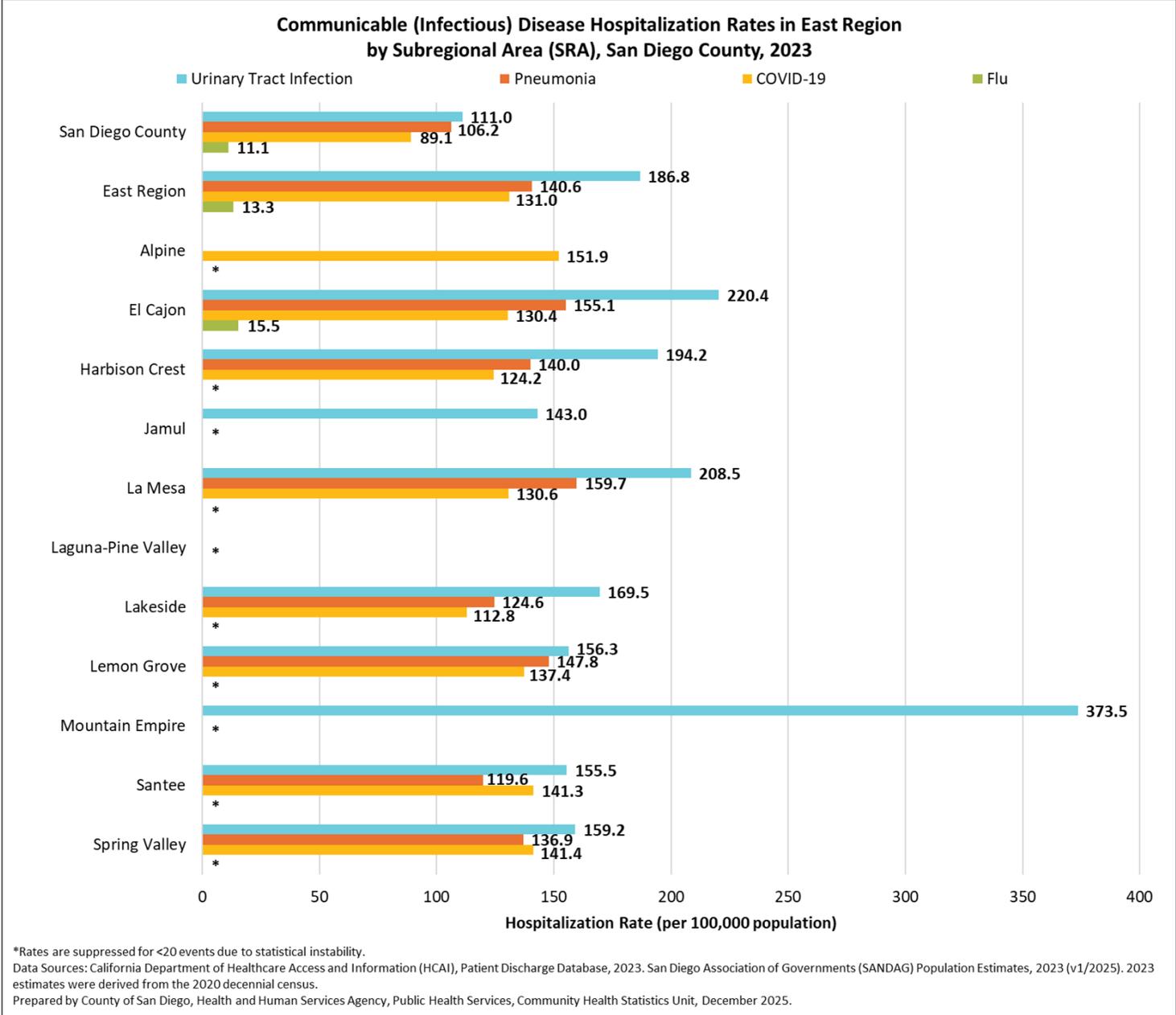
Among Health and Human Services Agency (HHSA) regions, East Region had the highest death rate due to COVID-19 (multiple cause of death) in 2023 (25.5 per 100,000). The highest rate of death among communicable (infectious) diseases was due to COVID-19 (multiple cause of death) in East Region in 2023, which was 1.4 times higher than San Diego County overall (17.8 per 100,000). Among East Region SRAs, Spring Valley had the highest death rate due to COVID-19 (multiple cause of death) (28.9 per 100,000), followed by El Cajon (27.0 per 100,000). The death rate due to pneumonia in East Region was 4.7 per 100,000, which was lower than in San Diego County overall (5.6 per 100,000).



In 2023, East Region had higher emergency department (ED) discharge rates due to urinary tract infection, COVID-19, pneumonia, and flu than San Diego County overall. Among East Region SRAs, Lemon Grove had the highest ED discharge rate due to urinary tract infection (1,060.6 per 100,000), followed by Mountain Empire (1,011.8 per 100,000). Additionally, Lemon Grove had the highest ED discharge rate due to COVID-19 compared to other SRAs in East Region. Among East Region SRAs, Harbison Crest had the highest ED discharge rate of pneumonia (259.0 per 100,000), while El Cajon had the highest ED discharge rate of flu (291.0 per 100,000).

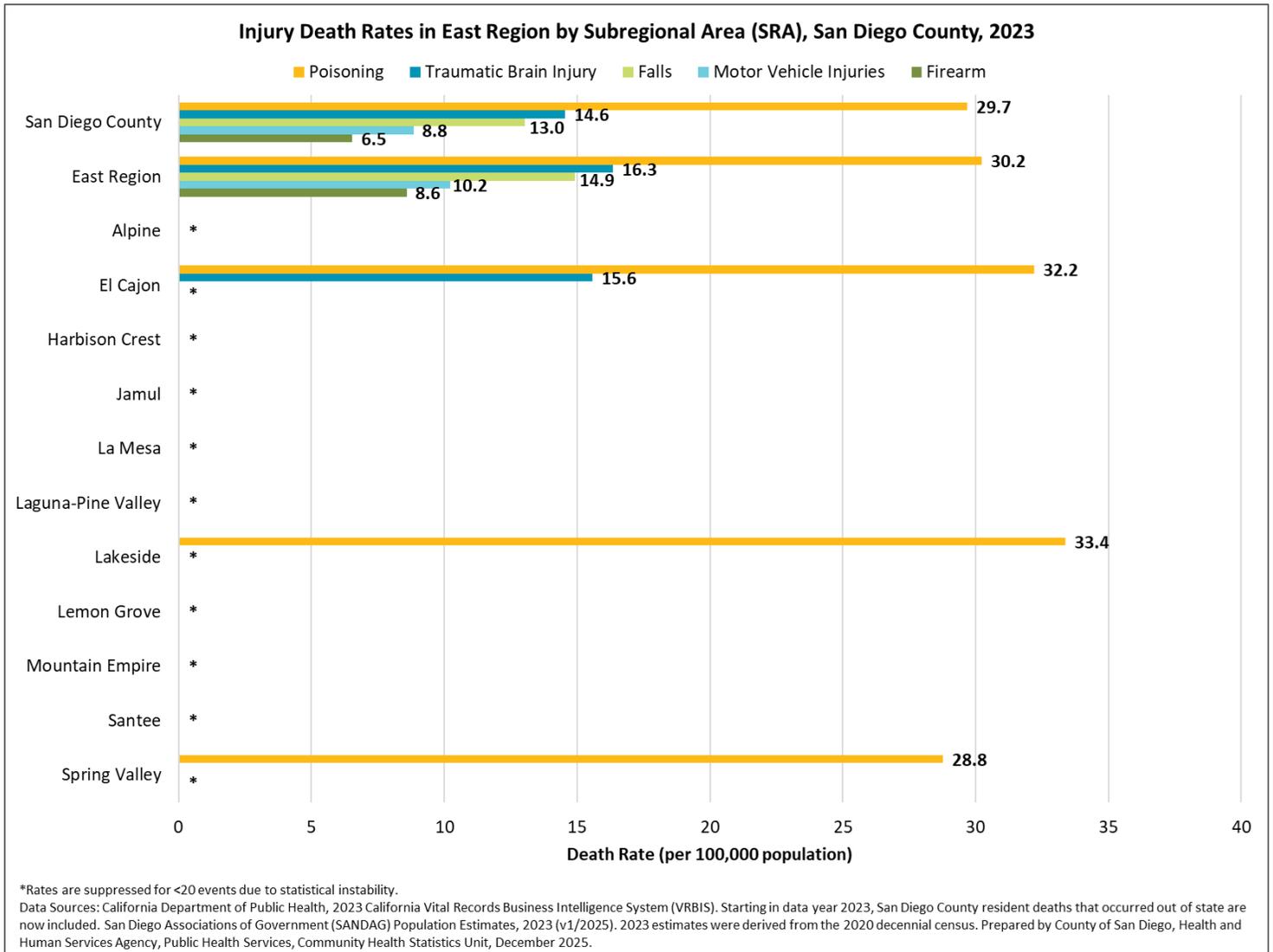


Among communicable (infectious) diseases in East Region and its SRAs, the highest hospitalization rates were due to urinary tract infection, followed by pneumonia, in 2023. Mountain Empire SRA had a hospitalization rate due to urinary tract infection of 373.5 per 100,000, which was the highest among East Region SRAs and nearly 3.4 times higher than San Diego County overall (111.0 per 100,000). Among East Region SRAs, La Mesa had the highest hospitalization rate due to pneumonia (159.7 per 100,000), followed by El Cajon (155.1 per 100,000). East Region had higher hospitalization rates due to urinary tract infection, pneumonia, COVID-19, and flu than San Diego County overall in 2023. Among HHS regions, East Region had the highest hospitalization rates due to urinary tract infection, pneumonia, and COVID-19 in 2023.

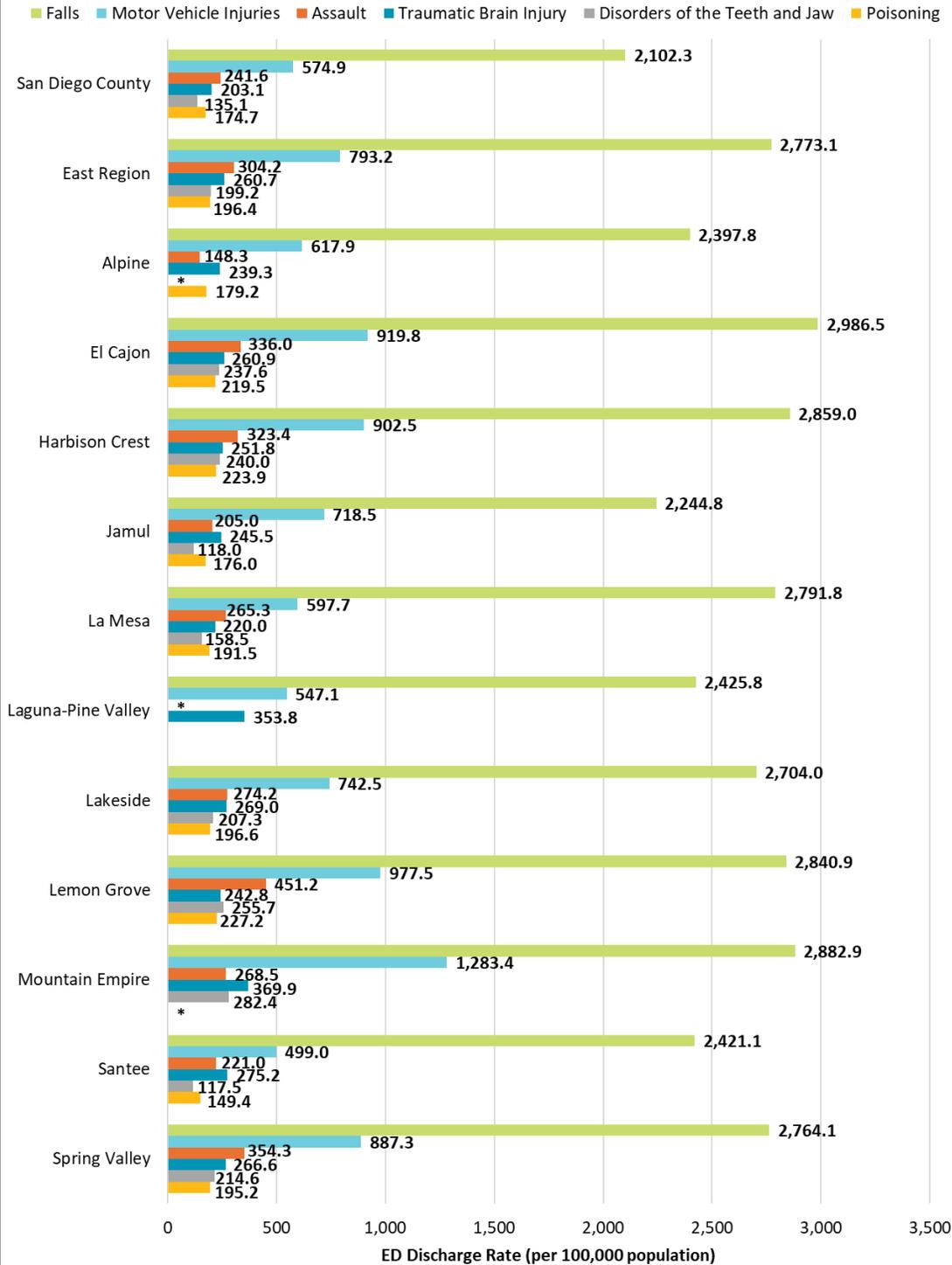


INJURY INDICATORS

Among injury indicators, the highest rates of death were due to poisoning in East Region and its subregional areas (SRAs) in 2023. Among East Region SRAs, Lakeside had the highest rate of death due to poisoning (33.4 per 100,000), followed by El Cajon (32.2 per 100,000), which were both higher than East Region (30.2 per 100,000) and San Diego County overall (29.7 per 100,000). The death rate due to traumatic brain injury in East Region was 16.3 per 100,000, which was higher than the death rate due to traumatic brain injury in San Diego County overall (14.6 per 100,000). East Region had higher death rates due to poisoning, traumatic brain injury, falls, motor vehicle injuries, and firearm-related injuries than San Diego County overall in 2023. Among Health and Human Service Agency (HHS) regions, East Region had the highest death rate due to firearm-related injuries in 2023 (8.6 per 100,000).



Injury Emergency Department (ED) Discharge Rates in East Region by Subregional Area (SRA), San Diego County, 2023



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

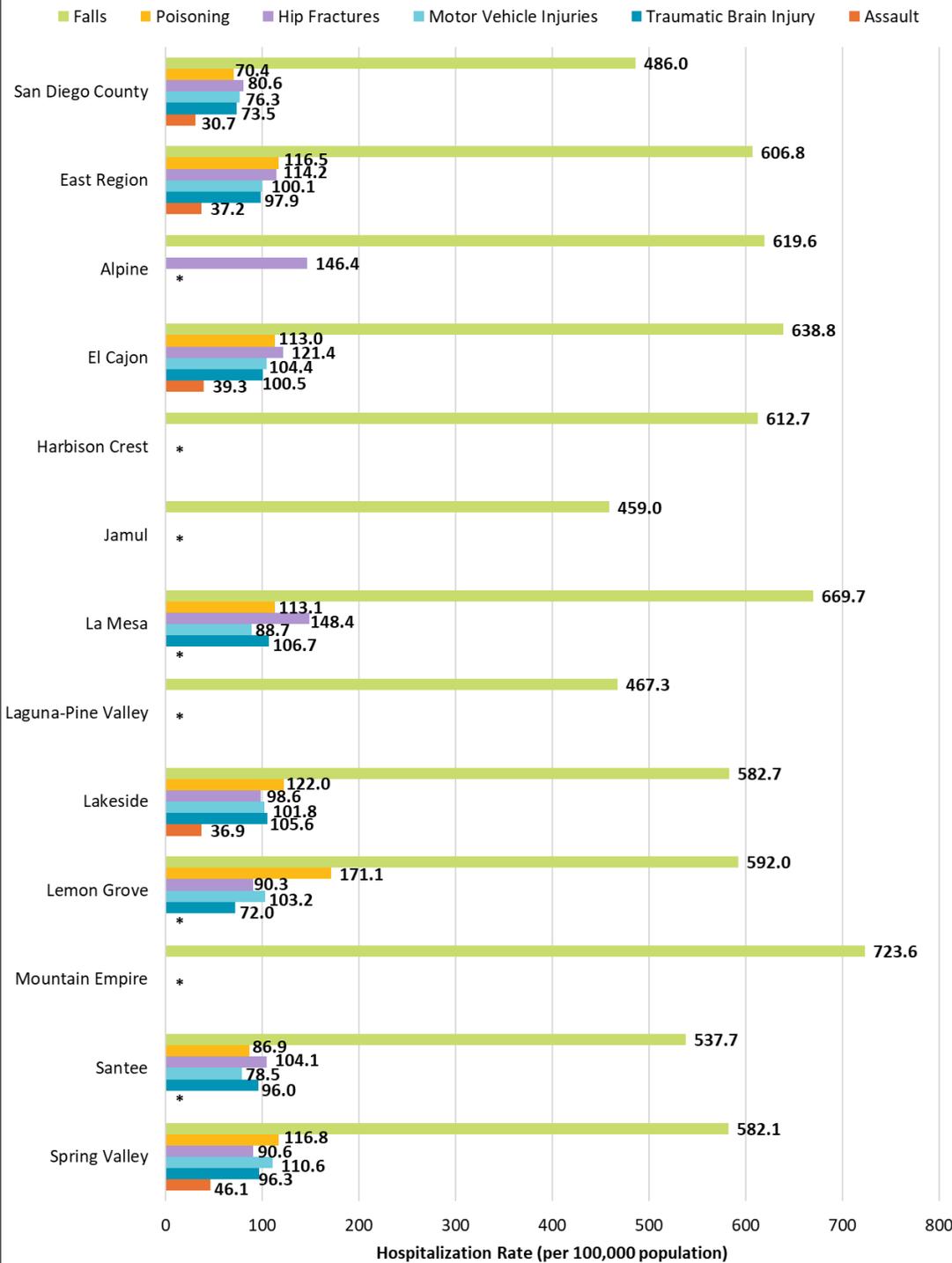
Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). 2023 estimates were derived from the 2020 decennial census.

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

In 2023, East Region had higher emergency department (ED) discharge rates due to falls, motor vehicle injuries, assault, traumatic brain injury, disorders of the teeth and jaw, and poisoning 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 2023. Among East Region SRAs, El Cajon had the highest ED discharge rate due to falls (2,986.5 per 100,000), followed by Mountain Empire (2,882.9 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 (1,283.4 per 100,000), followed by Lemon Grove (977.5 per 100,000). Among Health and Human Services Agency (HHS) regions, East Region had the highest ED discharge rates due to falls, motor vehicle injuries, and traumatic brain injury in 2023.

Injury Hospitalization Rates in East Region by Subregional Area (SRA), San Diego County, 2023



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

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

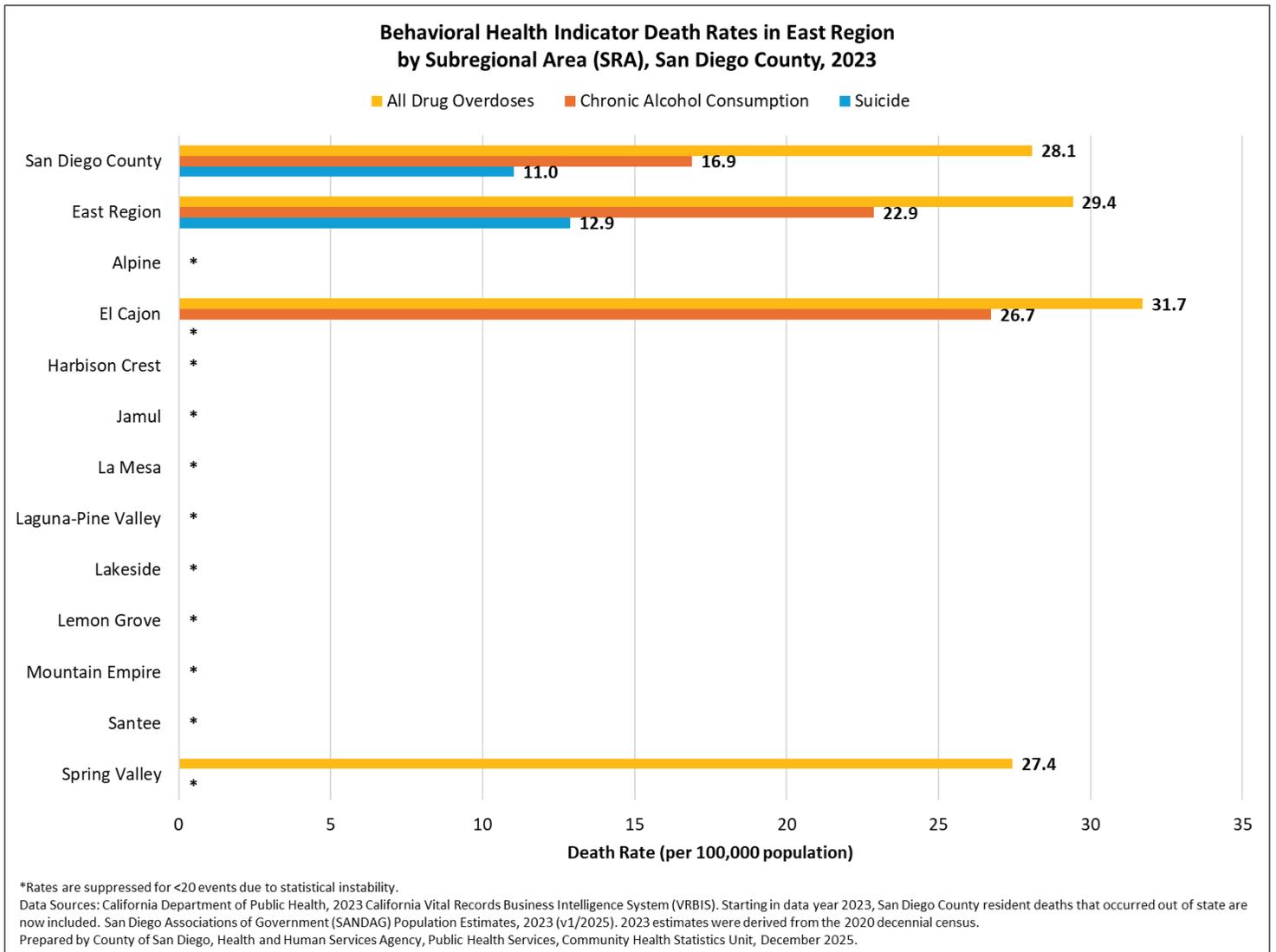
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

The highest hospitalization rates were due to falls in East Region and its SRAs in 2023. Among East Region SRAs, Mountain Empire had the highest hospitalization rate due to falls (723.6 per 100,000), followed by La Mesa (669.7 per 100,000). In 2023, the second highest hospitalization rate was due to poisoning in East Region (116.5 per 100,000). Among East Region SRAs, Lemon Grove had the highest hospitalization rate due to poisoning (171.1 per 100,000), followed by Lakeside (122.0 per 100,000). East Region had higher hospitalization rates due to falls, poisoning, hip fractures, motor vehicle injuries, traumatic brain injury, and assault than the county overall in 2023.

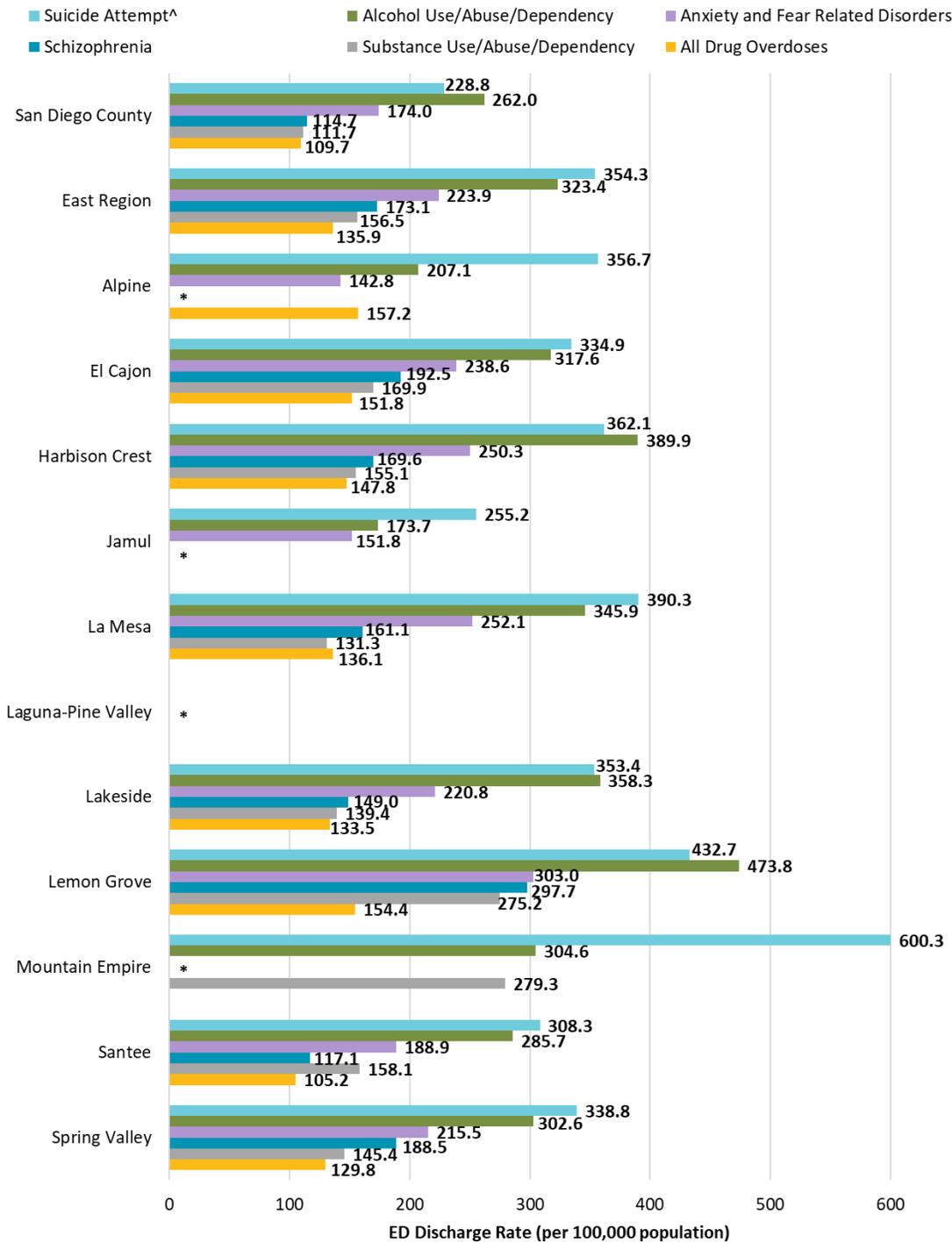
Additionally, East Region had the highest hospitalization rates due to falls, hip fractures, traumatic brain injury, and poisoning compared to other HSA regions in San Diego County in 2023.

BEHAVIORAL HEALTH INDICATORS

In 2023, among behavioral health indicators, the highest rates of death were due to all drug overdoses (29.4 per 100,000), followed by chronic alcohol consumption (22.9 per 100,000) and suicide (12.9 per 100,000) in East Region. Among East Region subregional areas (SRAs), El Cajon had the highest death rate due to all drug overdoses (31.7 per 100,000), followed by Spring Valley (27.4 per 100,000). El Cajon SRA had a death rate due to chronic alcohol consumption of 26.7 per 100,000, which was the highest among East Region SRAs and 1.6 times higher than San Diego County overall (16.9 per 100,000). In 2023, East Region had higher death rates for all drug overdoses, chronic alcohol consumption, and suicide compared to San Diego County overall. Additionally, East Region had the highest death rates due to chronic alcohol assumption and suicide compared to other Health and Human Services Agency (HHS) regions in San Diego County in 2023.



Behavioral Health Indicator Emergency Department (ED) Discharge Rates in East Region by Subregional Area (SRA), San Diego County, 2023



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

[^]Suicide attempt includes suicide attempt/ideation/intentional self-harm.

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

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

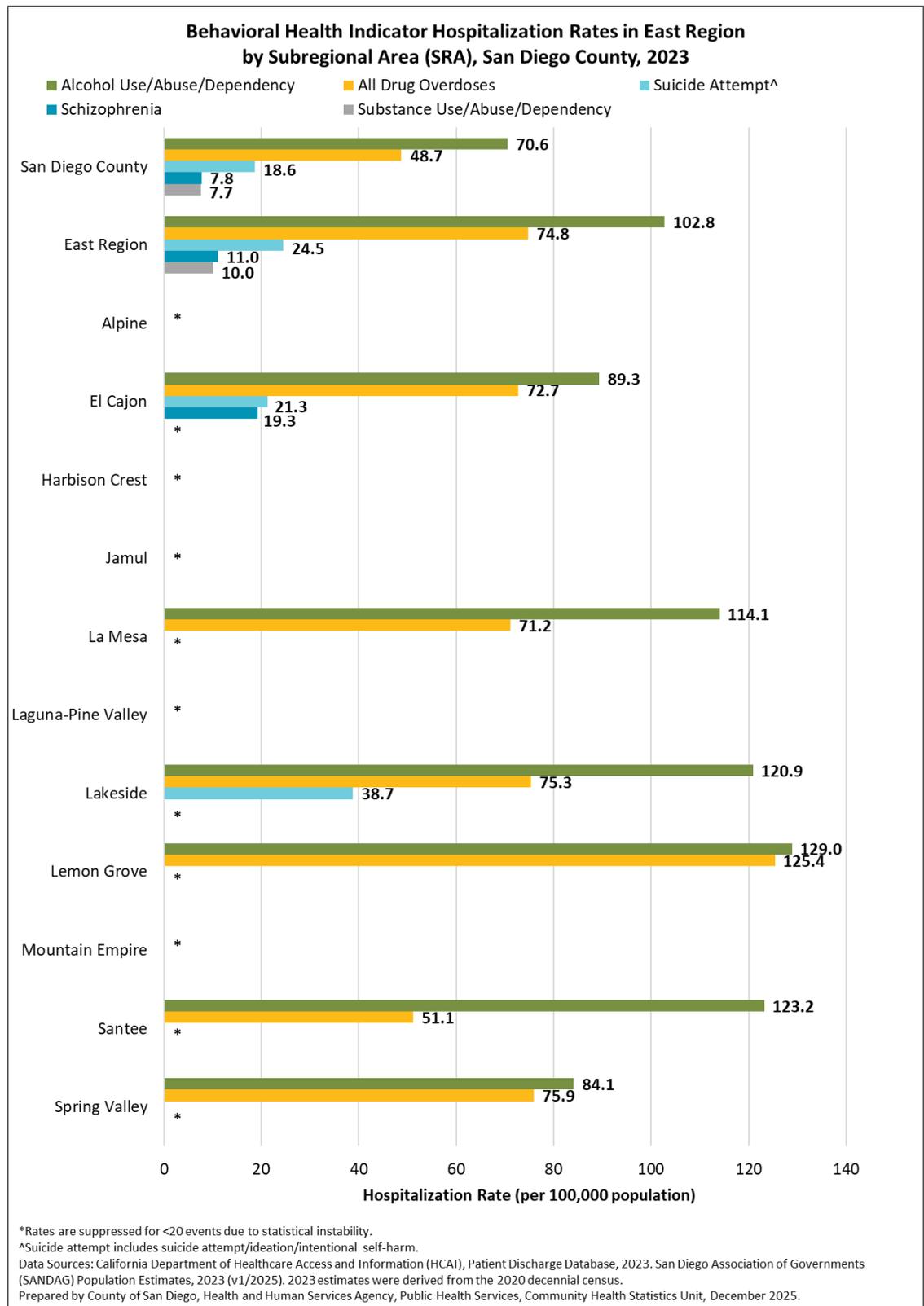
Among behavioral health indicators, the highest emergency department (ED) discharge rate was due to suicide attempt/ideation/intentional self-harm in East Region and its SRAs, except Harbison Crest, Lakeside, and Lemon Grove, in 2023. Among East Region SRAs, Mountain Empire had the highest ED discharge rate due to suicide attempt/ideation/intentional self-harm (600.3 per 100,000). The second highest ED discharge rate in East Region was due to alcohol use/abuse/dependency (323.4 per 100,000). Among East Region SRAs, Lemon Grove had the

highest ED discharge rate due to alcohol use/abuse/dependency (473.8 per 100,000). Compared to San Diego County overall, East Region had higher ED discharge rates due to suicide attempt/ideation/intentional self-harm, alcohol use/abuse/dependency, anxiety and fear-related disorders, schizophrenia, and substance use/abuse/dependency, and all drug overdoses in 2023.

In East Region and its SRAs, the highest hospitalization rates among behavioral health indicators were due to alcohol use/abuse/dependency in 2023. Lemon Grove SRA had a hospitalization rate due to alcohol use/abuse/dependency of 129.0 per 100,000, which was the highest among East Region SRAs and 1.8 times higher than the county overall. Among behavioral health indicators, the second highest hospitalization rate was due to all drug overdoses in East Region (74.8 per 100,000).

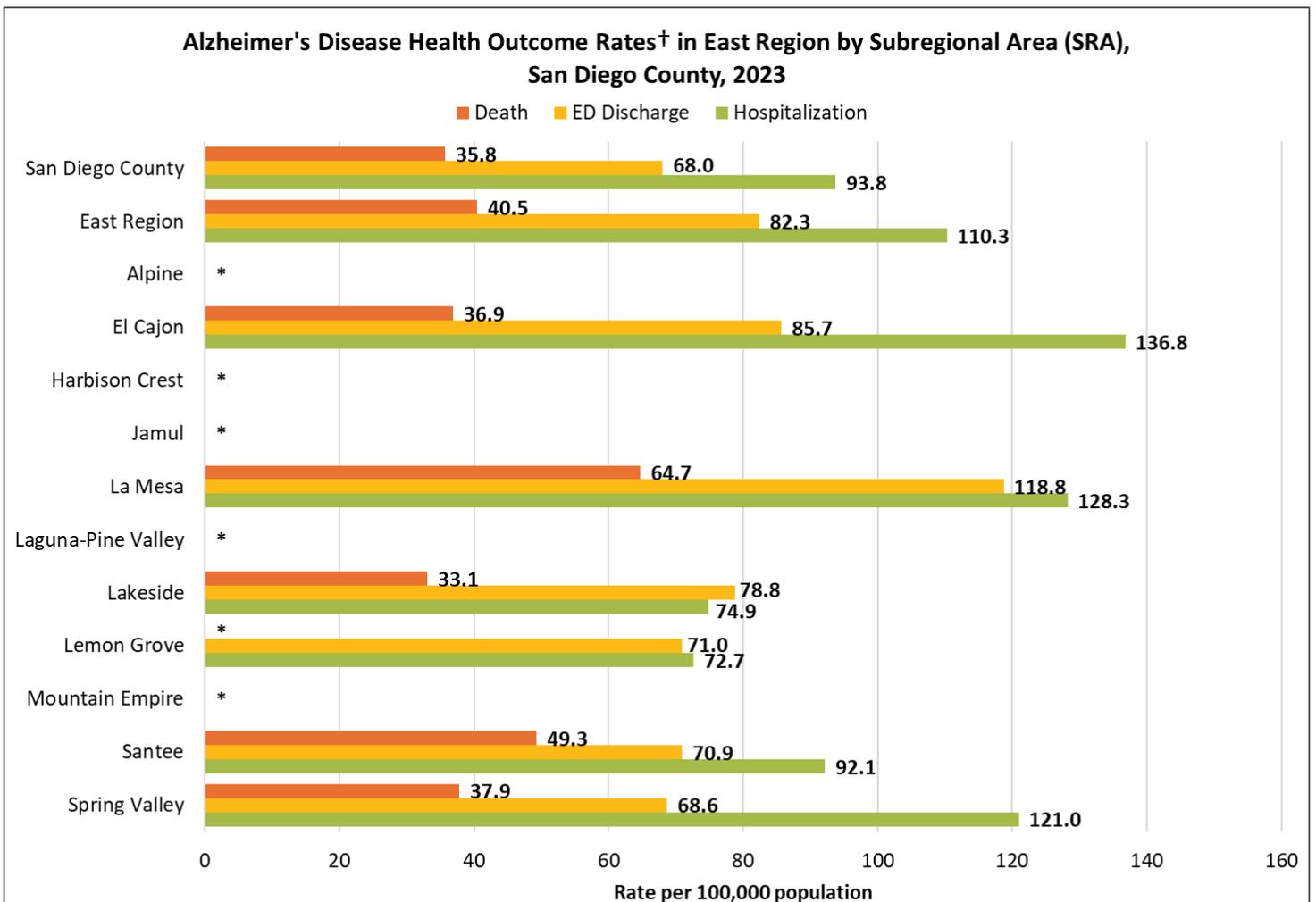
Among East Region SRAs, Lemon Grove also had

the highest hospitalization rate due to all drug overdoses (125.4 per 100,000), which was 2.6 times higher than San Diego County overall. East Region had higher hospitalization rates due to alcohol use/abuse/dependency, all drug overdoses, suicide attempt/ideation/intentional self-harm, schizophrenia, and substance use/abuse/dependency than San Diego County overall in 2023.



ALZHEIMER'S DISEASE AND NON-ALZHEIMER'S DEMENTIA

In 2023, East Region had a higher death rate due to Alzheimer's Disease than San Diego County overall. Among East Region SRAs, La Mesa had the highest death rate due to Alzheimer's Disease (64.7 per 100,000), which was 1.8 times higher than the overall county rate. Additionally, East Region had higher rates of emergency department (ED) discharge and hospitalization due to any mention of Alzheimer's Disease than San Diego County overall in 2023. Among East Region SRAs, La Mesa had the highest ED discharge rate due to any mention of Alzheimer's Disease (118.8 per 100,000), which was 1.7 times higher than the ED discharge rate in San Diego County overall. El Cajon SRA had a hospitalization rate due to any mention of Alzheimer's Disease of 136.8 per 100,000, which was the highest among East Region SRAs and 1.5 times higher than the county overall (93.8 per 100,000).



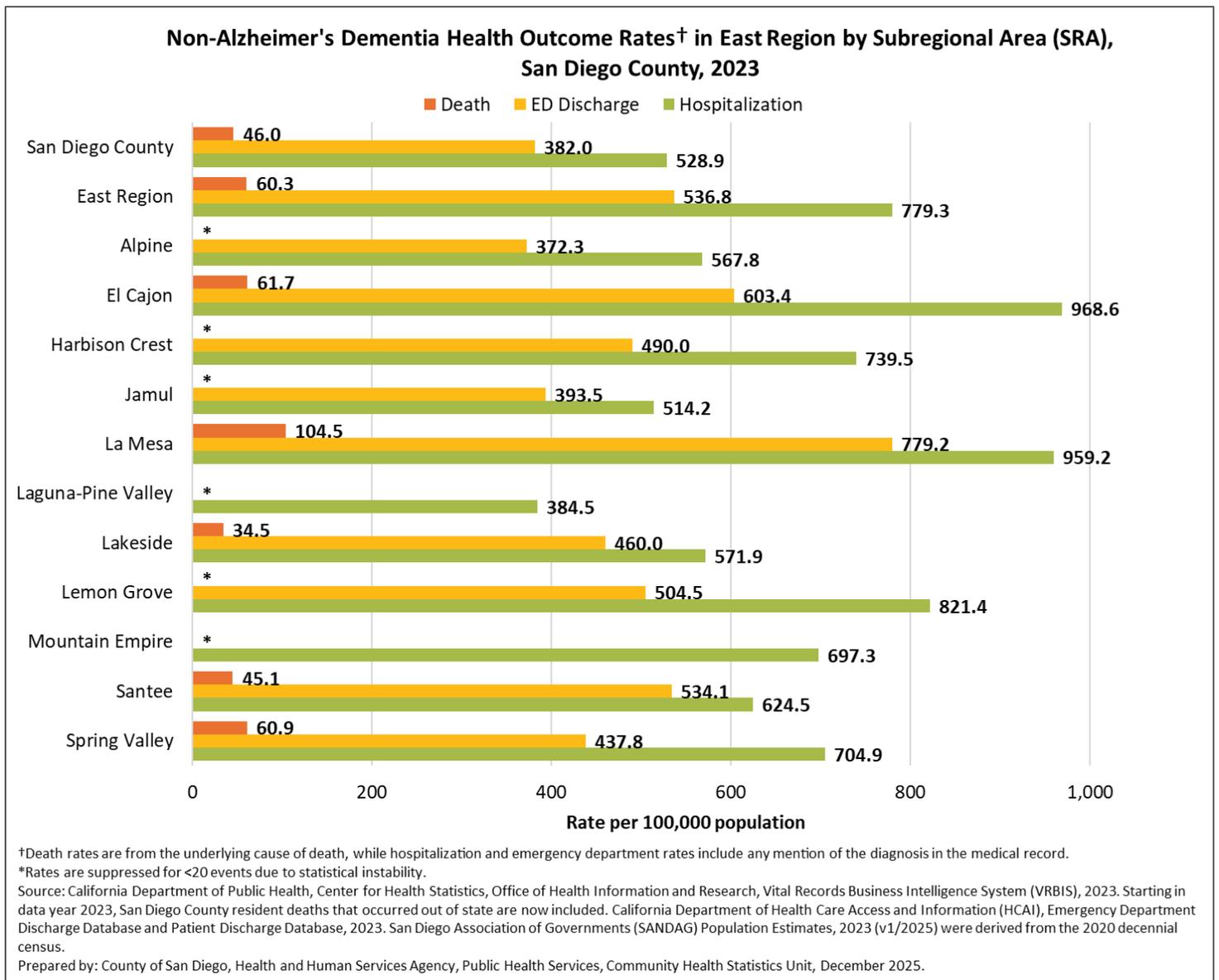
†Death rates are from the underlying cause of death, while hospitalization and emergency department rates include any mention of the diagnosis in the medical record.

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

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

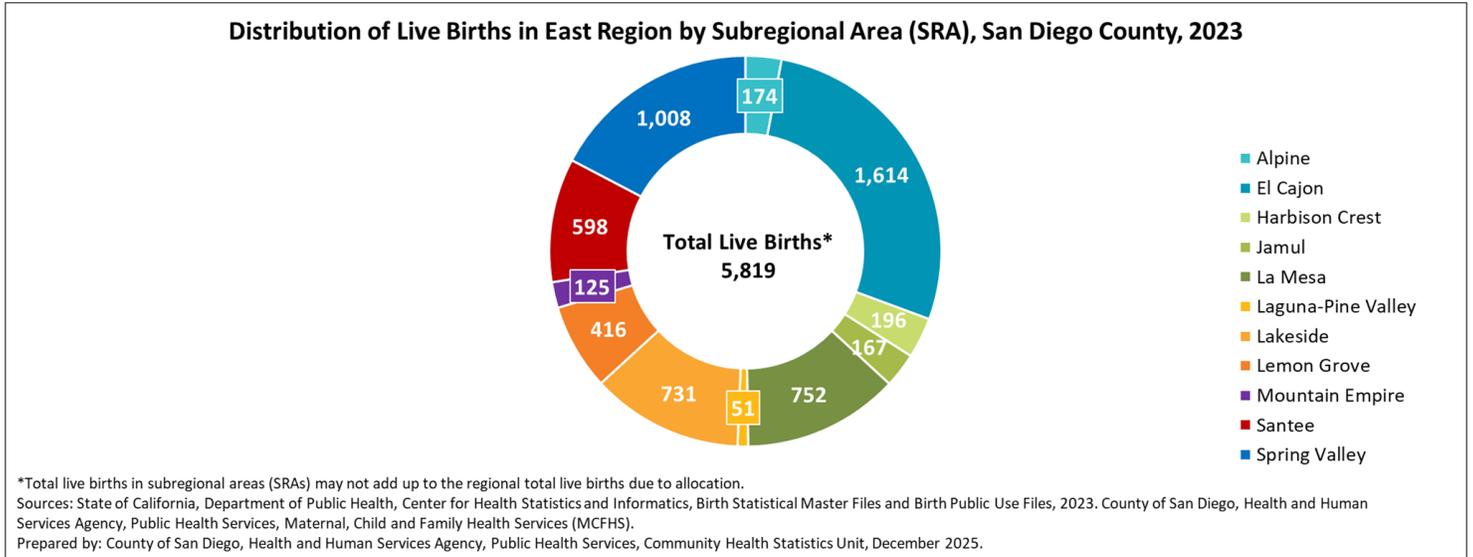
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

In 2023, the death rate due to non-Alzheimer’s Dementia in East Region was higher than in San Diego County overall. Among East Region SRAs, La Mesa had the highest death rate due to non-Alzheimer’s Dementia (104.5 per 100,000), which was 2.3 times higher than the county overall. Additionally, East Region had higher ED discharge and hospitalization rates due to any mention of non-Alzheimer’s Dementia than San Diego County overall. Among East Region SRAs, La Mesa had the highest ED discharge rate due to any mention of non-Alzheimer’s Dementia (779.2 per 100,000), which was 2.0 times higher than the overall county rate. El Cajon had a hospitalization rate due to any mention of non-Alzheimer’s Dementia of 968.6 per 100,000, which was the highest among East Region SRAs and 1.8 times higher than the county overall (528.9 per 100,000).

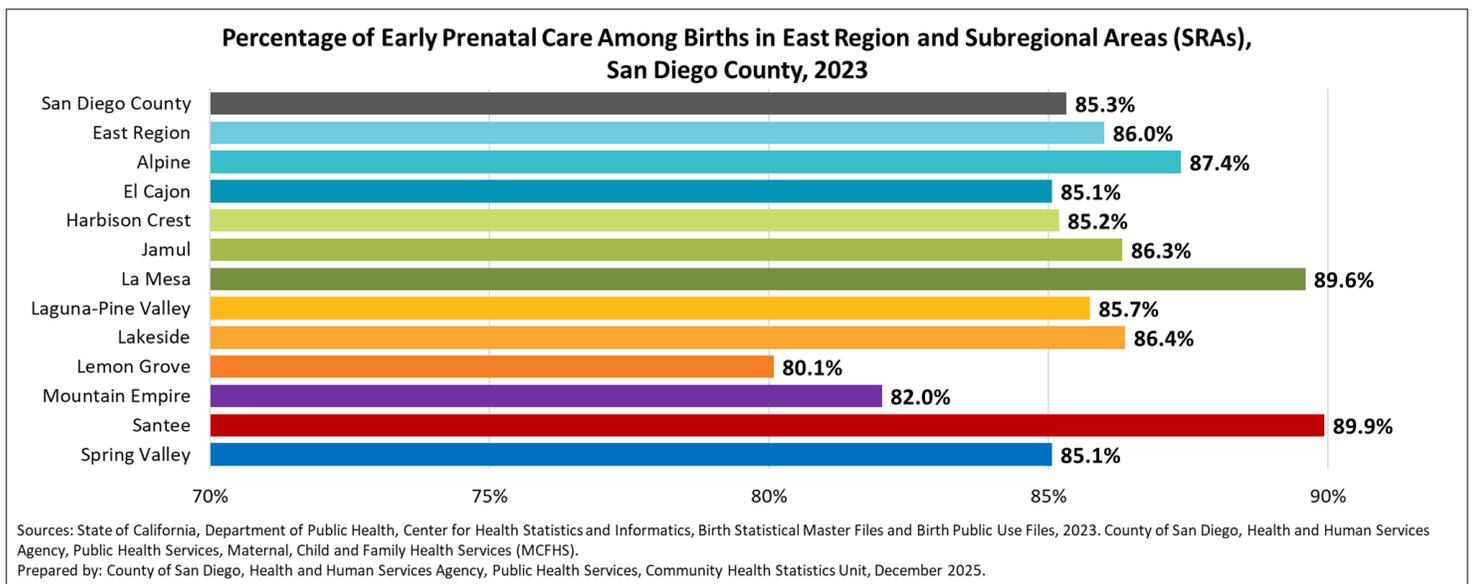


MATERNAL AND CHILD HEALTH INDICATORS

In 2023, there were 5,819 total live births in East Region, which represented 16.3% of the total live births in San Diego County (35,713). In 2023, over 1 out of every 4 live births (27.7%) in East Region were in El Cajon subregional area (SRA).

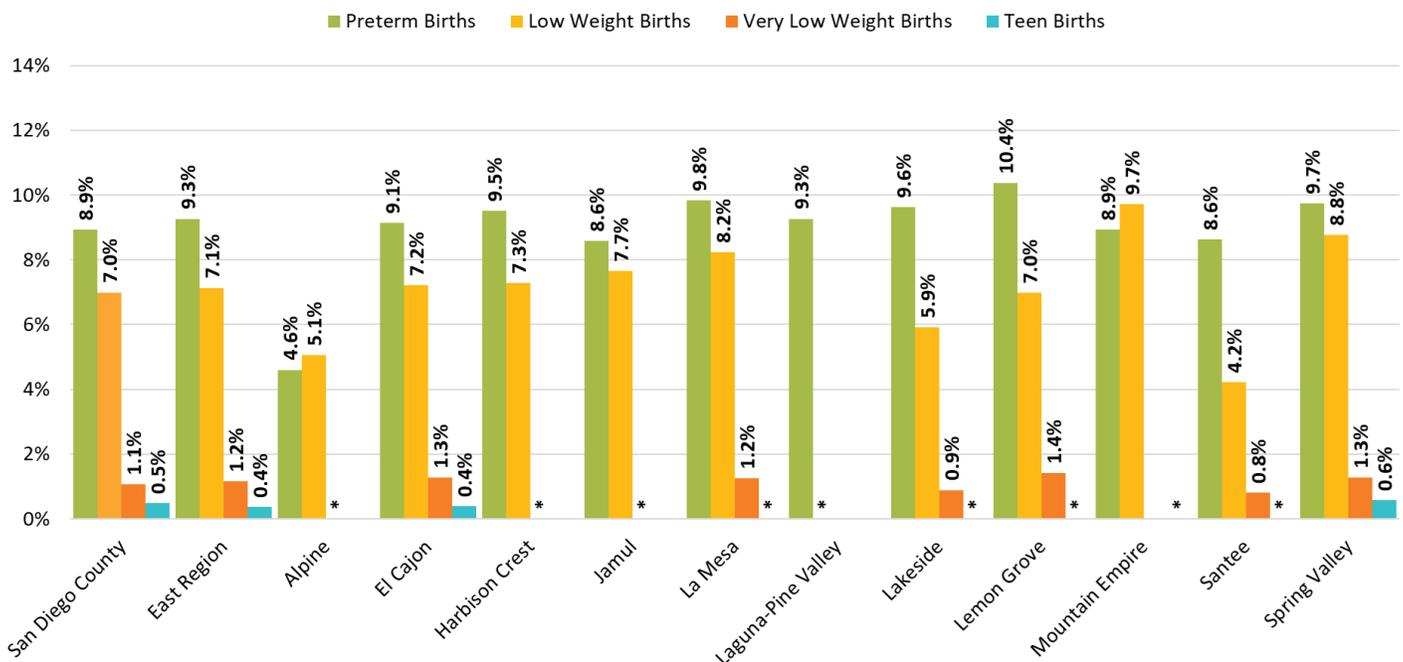


Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In 2023, the proportion of mothers who received early prenatal care in East Region was 86.0%, which was slightly higher than the proportion in San Diego County overall (85.3%). Among East Region SRAs, Lemon Grove had the lowest proportion of mothers who received early prenatal care (80.1%), followed by Mountain Empire (82.0%).



Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2023, the proportion of preterm births in East Region (9.3%) was higher than in San Diego County overall (8.9%). Among East Region SRAs, Lemon Grove had the highest proportion of preterm births (10.4%), while Alpine had the lowest (4.6%). 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 (7.1%) was higher than in San Diego County overall (7.0%). Additionally, the proportion of very low weight births in East Region (1.2%) was higher than in San Diego County overall (1.1%). Among East Region SRAs, Mountain Empire had the highest proportion of low weight births (9.7%), followed by Spring Valley (8.8%). In 2023, Lemon Grove SRA had the highest proportion of very low weight births (1.4%), followed by Spring Valley SRA (1.3%). 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 2023, Spring Valley SRA had the highest proportion of teen births in East Region (0.6%), followed by El Cajon SRA (0.4%).

Percentage of Preterm Births, Low Weight Births, Very Low Weight Births, and Teen Births in East Region by Subregional Area (SRA), San Diego County, 2023

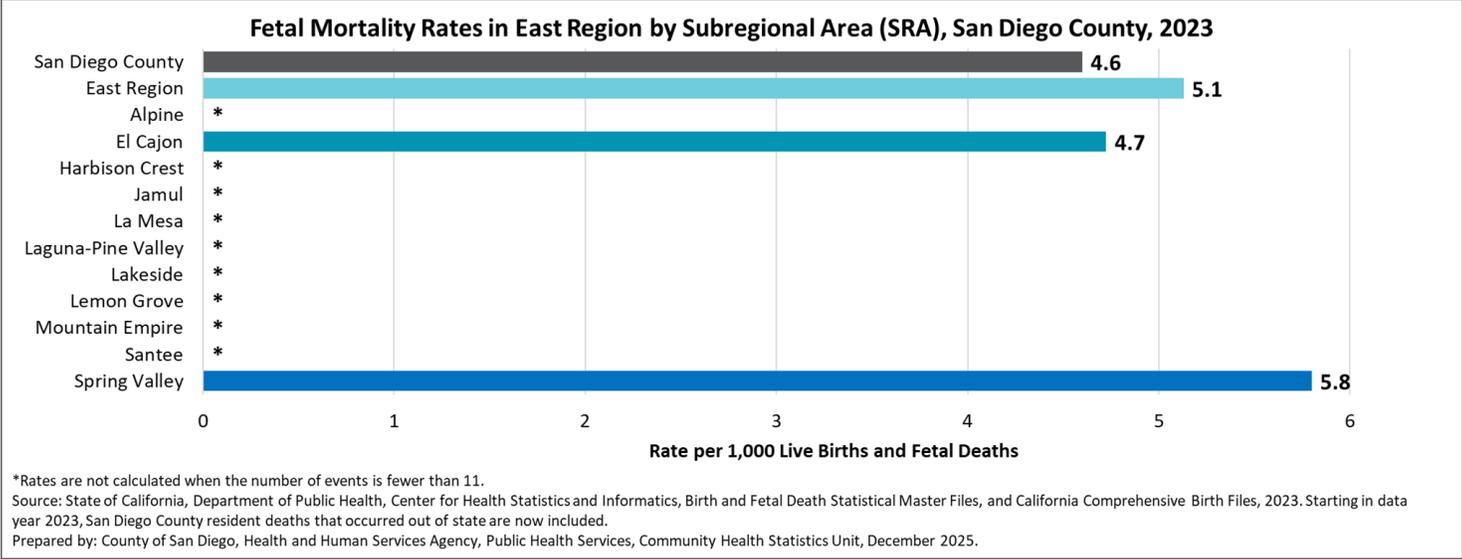


*Percentages not calculated for fewer than 5 events. Percentages not calculated in cases where zip code is unknown.

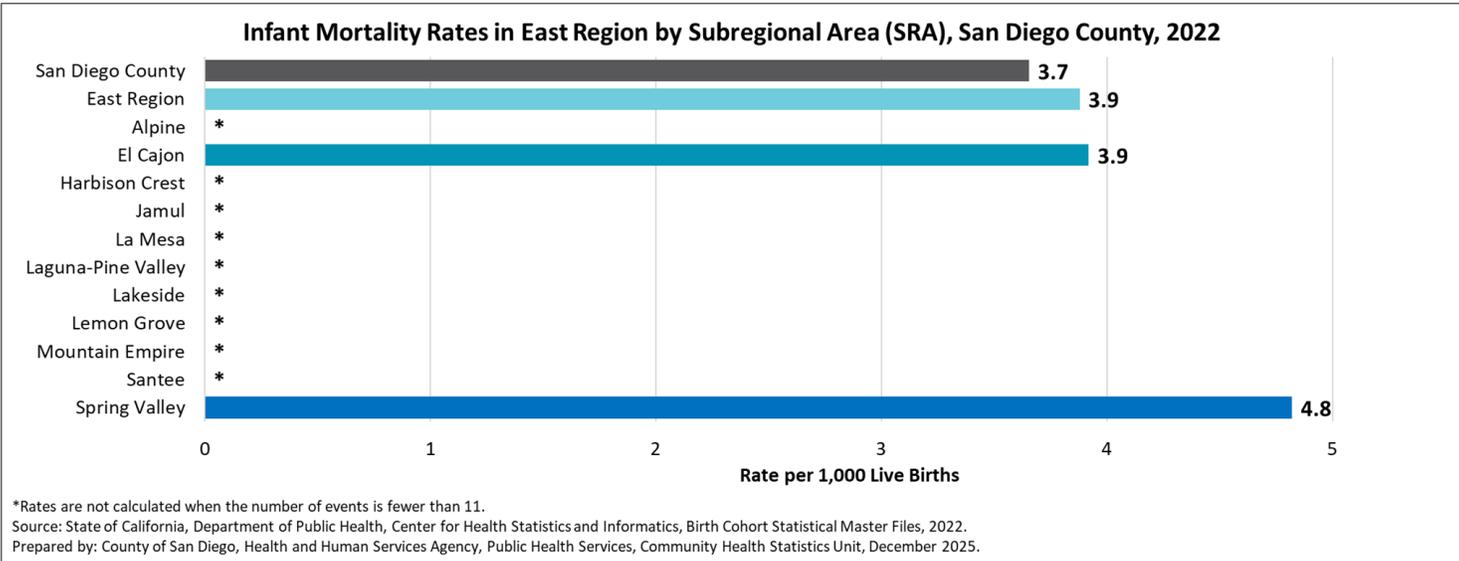
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2023. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).

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

Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2023, the fetal mortality rate in East Region (5.1 per 1,000 live births and fetal deaths) was higher than in San Diego County overall (4.6 per 1,000 live births and fetal deaths). Among East Region SRAs, Spring Valley had the highest fetal mortality rate (5.8 per 1,000 live births and fetal deaths).



Infant mortality refers to an infant's death before one year of age. In 2022, the infant mortality rate in East Region (3.9 per 1,000 live births) was higher than in San Diego County overall (3.7 per 1,000 live births). Among East Region SRAs, Spring Valley had the highest infant mortality rate (4.8 per 1,000 live births), which was 1.3 times higher than in San Diego County (3.7 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 2023, East Region was the fifth most populous region in San Diego County, representing 15.1% of the total county population.
- Residents ages 25-44 years made up the highest proportion of residents living in East Region in 2023.

Socioeconomic Factors

- In 2023, East Region had the second lowest median household income (\$96,651) and the highest proportion of households receiving food stamps/SNAP/CalFresh (13.7%) in San Diego County.

Health Outcomes

- Among East Region SRAs, the emergency department (ED) discharge and hospitalization rates among behavioral health, non-communicable (chronic) diseases, and injury indicators were generally higher in Lemon Grove and Mountain Empire in 2023.
- Compared to other East Region SRAs, the death and ED discharge rates due to Alzheimer's Disease/any mention of Alzheimer's Disease and non-Alzheimer's Dementia/any mention of non-Alzheimer's Dementia were higher in La Mesa while the hospitalization rate was higher in El Cajon in 2023.

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 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.

