

# San Diego County Health Briefs

## Central Region, 2020



Demographics <sup>1</sup>	Central Region (%)	County (%)
Ages 0-9	13.1%	13.1%
Ages 10-19	13.1%	13.7%
Ages 20-29	15.3%	14.1%
Ages 30-39	14.6%	13.2%
Ages 40-49	13.6%	12.4%
Ages 50-59	11.7%	12.2%
Ages 60-69	9.6%	10.8%
Ages 70-79	5.7%	6.7%
Ages 80+	3.1%	3.8%
White	34.7%	46.0%
Black	9.8%	4.8%
Hispanic	40.4%	34.2%
Asian/Pacific Islander	11.1%	11.0%
Other	4.0%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	16.5%	10.9%

Health Outcomes <sup>2, 3, 4</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Coronary Heart Disease</b>				
Death	375	72.0	2,519	75.6
Hospitalization	711	136.6	5,214	156.5
Emergency Department Discharge	131	25.2	1,107	33.2
<b>Stroke</b>				
Death	200	38.4	1,722	51.7
Hospitalization	916	175.9	6,035	181.2
Emergency Department Discharge	294	56.5	2,505	75.2
<b>Overall Heart Disease<sup>^</sup></b>				
Death	673	129.3	4,853	145.7
Hospitalization	4,249	816.1	28,265	848.5
Emergency Department Discharge	9,087	1,745.3	52,136	1,565.0
<b>Acute Myocardial Infarction (Heart Attack)</b>				
Death	99	19.0	712	21.4
Hospitalization	452	86.8	3,439	103.2
Emergency Department Discharge	58	11.1	496	14.9
<b>Heart Failure</b>				
Death	118	22.7	1,056	31.7
Hospitalization	1,108	212.8	6,012	180.5
Emergency Department Discharge	331	63.6	1,928	57.9

For more data and statistics, visit [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# San Diego County Health Briefs

## Central Region, 2020



### Non-Communicable (Chronic) Disease

Health Outcomes continued <sup>2, 3, 4</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Overall Hypertensive Diseases~</b>				
Death	156	30.0	987	29.6
Hospitalization	1,662	319.2	8,607	258.4
Emergency Department Discharge	1,371	263.3	7,774	233.4
<b>Cancer, All Causes</b>				
Death	639	122.7	4,939	148.3
Hospitalization	1,136	218.2	7,948	238.6
Emergency Department Discharge	150	28.8	1,098	33.0
<b>Diabetes</b>				
Death	159	30.5	852	25.6
Hospitalization	930	178.6	4,436	133.2
Emergency Department Discharge	1,117	214.5	4,569	137.2
<b>COPD &amp; Chronic Lower Respiratory Diseases</b>				
Death	111	21.3	896	26.9
Hospitalization	336	64.5	1,614	48.5
Emergency Department Discharge	650	124.8	2,621	78.7
<b>Asthma</b>				
Death	<11	§	34	1.0
Hospitalization	149	28.6	695	20.9
Emergency Department Discharge	1,230	236.2	4,976	149.4
<b>Parkinson's Disease</b>				
Death	30	5.8	427	12.8
Hospitalization	18	3.5	129	3.9
Emergency Department Discharge	11	2.1	83	2.5
<b>Lupus and Connective Tissue Disorders</b>				
Death	<11	§	34	1.0
Hospitalization	56	10.8	268	8.0
Emergency Department Discharge	32	6.1	111	3.3
<b>Access and Utilization<sup>5</sup> (2018-2020)</b>		<b>Central Region (%)</b>		<b>County (%)</b>
No Usual Source of Care (ages 18-64)		17.6%		15.3%
Uninsured All or Part of Year (ages 18-64)		17.9%		14.6%
Visited Emergency Room in the Past Year (ages 18-64)		17.9%		17.4%

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# San Diego County Health Briefs

## Central Region, 2020



Health Behaviors <sup>5</sup> (2018-2020)	Central Region (%)	County (%)
Current Smoker (ages 18+)	9.9%	7.5%
Overweight/Obese (ages 18+)	56.9%	58.2%
Spent 5 or More Hours on Sedentary Activities on Typical Weekend Day (ages 2-11)	35.0%	38.5%
Rated Overall Health as Fair or Poor (18+)	19.2%	14.4%
Ever Diagnosed with High Blood Pressure (ages 18+) (2019-2020)	22.6%	23.0%
Ever Diagnosed with Diabetes (ages 18+)	10.7%	8.8%
Ever Diagnosed with Asthma (all ages)	15.8%	14.9%

### Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2020 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2020.
3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2020.
4. California Department of Health Care Access and Information (HCAI), Emergency Department Data, 2020.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2018-2020.

† Source: U.S. Census Bureau; 2016-2020 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2020 (\$13,171 for single person, \$26,246 for four-person-family [2 adults with 2 related children under 18 years]) per the U.S. Census Bureau, "Poverty Thresholds," accessed from <https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html> on December 5, 2022.

\* Rates are per 100,000 population.

§ Rates not calculated for fewer than 11 events.

^ Includes entire ICD-10-CM diagnosis chapter for diseases of the circulatory system.

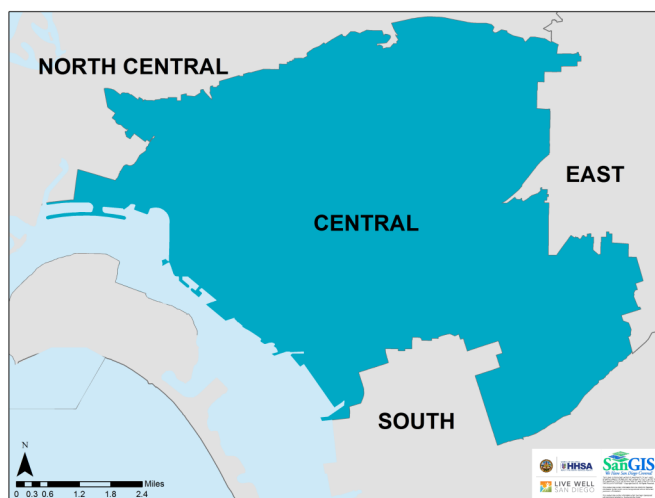
~ Includes Primary Hypertension.

# San Diego County Health Briefs

## Central Region, 2020



### Communicable Disease



Demographics <sup>1</sup>	Central Region (%)	County (%)
Ages 0-9	13.1%	13.1%
Ages 10-19	13.1%	13.7%
Ages 20-29	15.3%	14.1%
Ages 30-39	14.6%	13.2%
Ages 40-49	13.6%	12.4%
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Ages 70-79	5.7%	6.7%
Ages 80+	3.1%	3.8%
White	34.7%	46.0%
Black	9.8%	4.8%
Hispanic	40.4%	34.2%
Asian/Pacific Islander	11.1%	11.0%
Other	4.0%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>+</sup>	16.5%	10.9%

Health Outcomes <sup>2,3,4,5,6</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	53	10.2	192	5.8
Chlamydia Reported	4,386	842.4	18,170	545.4
Gonorrhea Reported	2,027	389.3	6,060	181.9
Primary and Secondary Syphilis Reported	520	99.9	1,118	33.6
<b>Deaths</b>				
Influenza (Flu) and Pneumonia	38	7.3	297	8.9
<b>Hospitalizations</b>				
Influenza	157	30.2	826	24.8
Pneumonia	414	79.5	2,642	79.3
<b>Emergency Department Discharges</b>				
Influenza	2,068	397.2	9,765	293.1
Pneumonia	811	155.8	4,775	143.3
<b>Health Behaviors &amp; Related Health Factors<sup>7</sup> (2020)</b>		Central Region (%)		County (%)
Has had Flu Vaccination in Past 12 Months (ages 18+)		—		53.9%
<b>Access and Utilization<sup>8</sup> (2018-2020)</b>		Central Region (%)		County (%)
No Usual Source of Care (ages 18-64)		17.6%		15.3%
Uninsured All or Part of Year (ages 18-64)		17.9%		14.6%
Visited Emergency Room in the Past Year (ages 18-64)		17.9%		17.4%

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# San Diego County Health Briefs

## Central Region, 2020



### Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2020 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
  2. County of San Diego, Health and Human Services Agency, Tuberculosis Control Program, County TB Registry; SANDAG, Current Population Estimates, released 09/2022.
  3. County of San Diego, Health and Human Services Agency, HIV, STD and Hepatitis Branch, Morbidity Database; SANDAG, Current Population Estimates, released 09/2022.
  4. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2020.
  5. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2020.
  6. California Department of Health Care Access and Information (HCAI), Emergency Department Data, 2020.
  7. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey (BRFSS) Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2020.
  8. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2018-2020.
- † Source: U.S. Census Bureau; 2016-2020 American Community Survey 5-Year Estimates, Table B17024.

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— Data are unavailable.

# San Diego County Health Briefs

## Central Region, 2020



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Ages 60-69	9.6%	10.8%
Ages 70-79	5.7%	6.7%
Ages 80+	3.1%	3.8%
White	34.7%	46.0%
Black	9.8%	4.8%
Hispanic	40.4%	34.2%
Asian/Pacific Islander	11.1%	11.0%
Other	4.0%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	16.5%	10.9%

### Maternal & Child Health

Health Outcomes <sup>2, 3, 4</sup>	Central Region		County	
	Number	% of Region	% of County	Number (%)
Live Births	5,476	100.0%	14.7%	37,159 100.0%
Live Births to Teens, Ages 15-17	43	0.8%	21.9%	196 0.5%
Live Births with Early Prenatal Care, % of Known Prenatal Care	4,596	84.4%	14.0%	32,891 88.8%
Live Births Born Preterm	514	9.4%	16.2%	3,180 8.6%
Low Birth Weight Births	426	7.8%	17.1%	2,493 6.7%
Very Low Birth Weight Births	79	1.4%	19.6%	403 1.1%
Health Outcomes <sup>3</sup>	Number	Rate*	Number	Rate*
Infant Mortality, Rate per 1,000 live births	26	4.8	119	3.2
Access and Utilization <sup>5</sup> (2018-2020)	Central Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	17.6%		15.3%	
Uninsured All or Part of Year (ages 18-64)	17.9%		14.6%	
Visited Emergency Room in the Past Year (ages 18-64)	17.9%		17.4%	
Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL) (2019-2020)	19.9%		11.3%	
Currently Receiving TANF or CalWORKS (all ages, up to 200% FPL) (2019-2020)	**		6.2%	

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# San Diego County Health Briefs

## Central Region, 2020

### Maternal & Child Health

Access and Utilization (continued) <sup>5</sup> (2018-2020)	Central Region (%)	County (%)
Children Age 6 and Under Currently on WIC (up to 200% FPL) (2019-2020)	**	45.6%
Residents Receiving Food Stamps (all ages, up to 200% FPL ) (2019-2020)	28.3%	20.8%
Women Below 200% FPL (ages 18-64)	38.7%	32.4%
Health Behaviors <sup>5</sup> (2018-2020)	Central Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	26.9%	34.7%
Rated Overall Health as Fair or Poor (18+)	19.2%	14.4%
Children Who Eat Less Than 5 Servings of Fruits and Vegetables Daily (ages 2-11)	64.7%	65.9%
Women with a High School Degree or Less Education (ages 25+)	31.2%	29.1%
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages <6)	**	16.5%
Agree or Strongly Agree that People in Neighborhood can be Trusted (ages 12-17)	**	89.8%
No Dental Insurance Coverage in the Past Year (ages 3-11)	**	11.0%

#### Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2020 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
2. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2020.
3. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, 2020.
4. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files, 2020.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2018-2020.

† Source: U.S. Census Bureau; 2016-2020 American Community Survey 5-Year Estimates, Table B17024.

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\*\* Indicates statistically unstable estimate.

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# San Diego County Health Briefs

## Central Region, 2020



### Injury



Demographics <sup>1</sup>	Central Region (%)	County (%)
Ages 0-9	13.1%	13.1%
Ages 10-19	13.1%	13.7%
Ages 20-29	15.3%	14.1%
Ages 30-39	14.6%	13.2%
Ages 40-49	13.6%	12.4%
Ages 50-59	11.7%	12.2%
Ages 60-69	9.6%	10.8%
Ages 70-79	5.7%	6.7%
Ages 80+	3.1%	3.8%
White	34.7%	46.0%
Black	9.8%	4.8%
Hispanic	40.4%	34.2%
Asian/Pacific Islander	11.1%	11.0%
Other	4.0%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>+</sup>	16.5%	10.9%

Health Outcomes <sup>2, 3, 4, 5</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Unintentional Injury (All Causes)</b>				
Death	276	53.0	1,513	45.4
Hospitalization	4,584	880.4	28,144	844.8
Emergency Department Discharge	23,057	4,428.4	130,940	3930.6
<b>Fall-Related Injury</b>				
Death	47	9.0	360	10.8
Hospitalization	1,822	349.9	13,168	395.3
Emergency Department Discharge	8,515	1,635.4	52,870	1,587.1
<b>Poisoning</b>				
Death	171	32.8	733	22.0
Hospitalization	543	104.3	2,475	74.3
Emergency Department Discharge	1,101	211.5	5,742	172.4
<b>Motor Vehicle Injuries</b>				
Deaths due to Motor Vehicle (MV) Injury Collision	42	8.1	301	9.04
Hospitalizations due to MV Injury Collision	364	69.9	2,144	64.4
Emergency Department Discharges due to MV Injury Collision	2,620	503.2	12,952	388.8
Injuries due to MV Injury Collision (2019) <sup>5</sup>	3,029	588.0	19,928	594.5

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# San Diego County Health Briefs

## Central Region, 2020



Injury

Health Outcomes continued <sup>2, 3, 4, 5</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Pedestrian Injuries</b>				
Deaths due to Motor Vehicle (MV) Injury Collision	14	2.7	78	2.3
Hospitalizations due to MV Injury Collision	70	13.4	238	7.1
Emergency Department Discharges due to MV Injury Collision	162	31.1	609	18.3
Injuries due to MV Injury Collision (2019) <sup>5</sup>	326	63.3	1,196	35.7
<b>Assault</b>				
Homicide	29	5.6	110	3.3
Hospitalization	260	49.9	870	26.1
Emergency Department Discharge	1,622	311.5	6,066	182.1
<b>Suicide (or Suicide Attempt)</b>				
Death	66	12.7	391	11.7
Hospitalization	142	27.3	659	19.8
Emergency Department Discharge	1,253	240.7	7,121	213.8
<b>Firearm-Related Injuries</b>				
Death	37	7.1	213	6.4
Hospitalization	60	11.5	165	5.0
Emergency Department Discharge	40	7.7	152	4.6
<b>Access and Utilization<sup>6</sup> (2018-2020)</b>		<b>Central Region (%)</b>		<b>County (%)</b>
No Usual Source of Care (ages 18-64)		17.6%		15.3%
Uninsured All or Part of Year (ages 18-64)		17.9%		14.6%
Visited Emergency Room in the Past Year (ages 18-64)		17.9%		17.4%
<b>Health Behaviors<sup>5</sup> (2019)</b>		<b>Central Region</b>		<b>County</b>
		<b>Number</b>	<b>Rate*</b>	<b>Number</b>
Alcohol-Involved MV Injury Collisions		349	67.7	2,518
Drinking Drivers Involved in MV Injury Collisions		245	47.6	1,756
<b>Health Behaviors<sup>6,7</sup> (2018-2020)</b>		<b>Central Region (%)</b>		<b>County (%)</b>
Ever Seriously Thought About Committing Suicide (ages 18+)		16.5%		15.3%
Binge Drinking in the Past 30 days (ages 18+) (2020)		—		16.8%

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  2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2020.
  3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2020.
  4. California Department of Health Care Access and Information (HCAI), Emergency Department Data, 2020.
  5. California Highway Patrol data from Transportation Injury Mapping System (TIMS), accessed 12/20/2021. The location (city or unincorporated county area) is based on reports filed by law enforcement report and may not contain specific geographic coordinates.
    - Data pertains to motor vehicle collisions that occurred on public roads, where at least one victim was injured/killed.
    - Geographic location pertains to where the collision occurred.
  6. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2018-2020.
  7. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey (BRFSS) Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2020.
- † Source: U.S. Census Bureau; 2016-2020 American Community Survey 5-Year Estimates, Table B17024.
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- Data are unavailable.

# San Diego County Health Briefs

## Central Region, 2020



### Behavioral Health



Demographics <sup>1</sup>	Central Region (%)	County (%)
Ages 0-9	13.1%	13.1%
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Ages 60-69	9.6%	10.8%
Ages 70-79	5.7%	6.7%
Ages 80+	3.1%	3.8%
White	34.7%	46.0%
Black	9.8%	4.8%
Hispanic	40.4%	34.2%
Asian/Pacific Islander	11.1%	11.0%
Other	4.0%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	16.5%	10.9%

Health Outcomes <sup>2, 3, 4</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Schizophrenia</b>				
Hospitalization	75	14.4	242	7.3
Emergency Department Discharge	1,017	195.3	4,154	124.7
In-Patient Treatment Facility Discharge	1,199	230.3	4,490	134.8
<b>Suicide (or Suicide Attempt)</b>				
Death	66	12.7	391	11.7
Hospitalization	142	27.3	659	19.8
Emergency Department Discharge	1,253	240.7	7,121	213.8
<b>Mood Disorders</b>				
Hospitalization	44	8.5	162	4.9
Emergency Department Discharge	640	122.9	3,159	94.8
In-Patient Treatment Facility Discharge	1,244	238.9	6,798	204.1
<b>Depression</b>				
Hospitalization	36	6.9	117	3.5
Emergency Department Discharge	415	79.7	2,005	60.2
In-Patient Treatment Facility Discharge	722	138.7	4,122	123.7
<b>Alcohol-Related Disorders<sup>~</sup></b>				
Death	82	15.7	487	14.6
Hospitalization	309	59.3	1,718	51.6
Emergency Department Discharge	1,770	339.9	7,282	218.6
In-Patient Treatment Facility Discharge	293	56.3	1,639	49.2

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# San Diego County Health Briefs

## Central Region, 2020



### Behavioral Health

Health Outcomes continued <sup>2, 3, 4</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Substance-Related Disorders~</b>				
Death	12	2.3	49	1.5
Hospitalization	67	12.9	221	6.6
Emergency Department Discharge	993	190.7	3,484	104.6
In-Patient Treatment Facility Discharge	111	21.3	640	19.2
<b>Opioid-Related Disorders~</b>				
Hospitalization	33	6.3	96	2.9
Emergency Department Discharge	295	56.7	1,091	32.8
In-Patient Treatment Facility Discharge	46	8.8	322	9.7
<b>Cannabis-Related Disorders~</b>				
Hospitalization	<11	§	29	0.9
Emergency Department Discharge	157	30.2	561	16.8
In-Patient Treatment Facility Discharge	<11	§	37	1.1
<b>Opioid Overdose</b>				
Multiple Cause of Death	115	22.1	528	15.8
<b>Sedative Overdose</b>				
Multiple Cause of Death	25	4.8	147	4.4
<b>Stimulant Overdose</b>				
Multiple Cause of Death	120	23.0	477	14.3
<b>Mental Health Behaviors &amp; Related Health Factors<sup>5</sup> (2018-2020)</b>		<b>Central Region (%)</b>	<b>County (%)</b>	
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)		10.1%	12.1%	
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)		5.1%	5.8%	
Emotions Severely Impaired Social Life in Past 12 Months (ages 18+)		9.5%	10.1%	
Emotions Severely Impaired Work in Past 12 Months (ages 18+)		6.5%	6.7%	
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress)		70.0%	57.8%	
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)		17.3%	17.7%	
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)		13.6%	12.0%	
Ever Seriously Thought About Committing Suicide (ages 18+)		16.5%	15.3%	
<b>Substance Abuse Health Behaviors &amp; Related Health Factors<sup>5,6,7</sup> (2018-2020)</b>		<b>Central Region (%)</b>	<b>County (%)</b>	
Ever Tried Marijuana or Hashish (18+)		56.9%	53.6%	
Binge Drinking in the Past 30 days (ages 18+) (2020)		—	16.8%	
Binge Drinking in Past 30 Days (11th grade) (2019-2021)		—	6.0%	

For more data and statistics, visit [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# San Diego County Health Briefs

## Central Region, 2020



### Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2020 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2020.
3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2020.
4. California Department of Health Care Access and Information (HCAI), Emergency Department Data, 2020.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2018-2020.
6. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey (BRFSS) Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2020.
7. California Department of Education, California Healthy Kids Survey (CHKS), 2019-2021.

† Source: U.S. Census Bureau; 2016-2020 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2020 (\$13,171 for single person, \$26,246 for four-person-family [2 adults with 2 related children under 18 years]) per the U.S. Census Bureau, "Poverty Thresholds," accessed from <https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html> on December 5, 2022.

\*Rates are per 100,000 population.

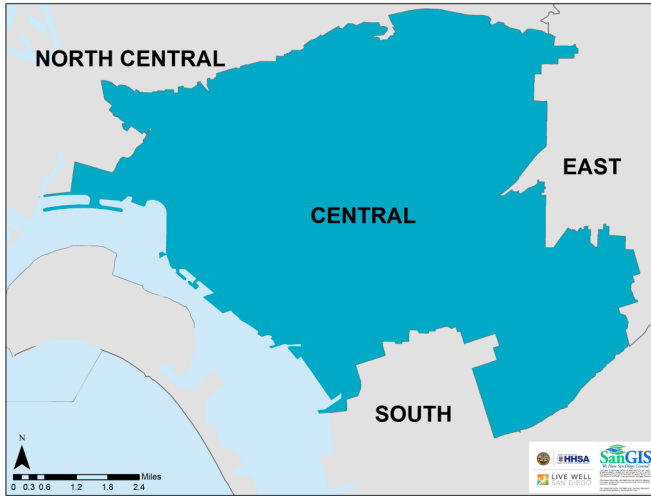
— Data are unavailable.

§ Rates not calculated for fewer than 11 events.

~Related Disorders groups contain specific abuse, dependence, use, and poisoning ICD-10 codes.

# San Diego County Health Briefs

## Central Region, 2020

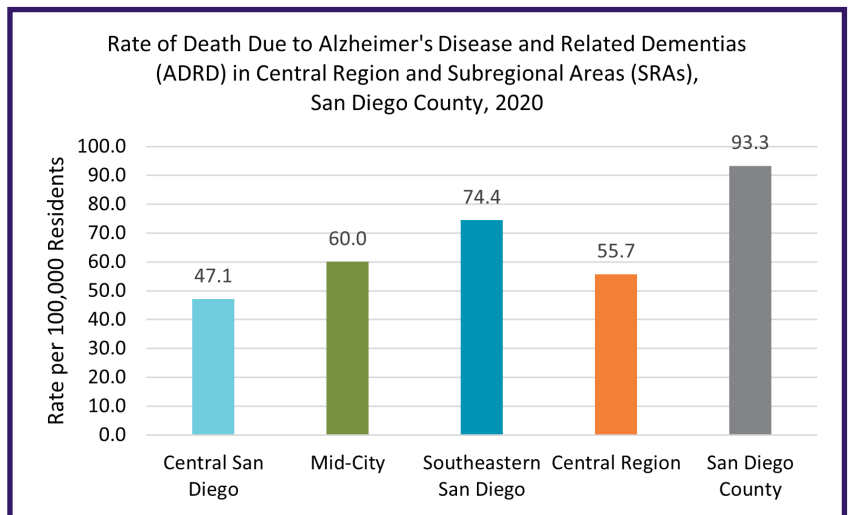


Demographics <sup>1</sup>	Central Region (%)	County (%)
Ages 0-9	13.1%	13.1%
Ages 10-19	13.1%	13.7%
Ages 20-29	15.3%	14.1%
Ages 30-39	14.6%	13.2%
Ages 40-49	13.6%	12.4%
Ages 50-59	11.7%	12.2%
Ages 60-69	9.6%	10.8%
Ages 70-79	5.7%	6.7%
Ages 80+	3.1%	3.8%
White	34.7%	46.0%
Black	9.8%	4.8%
Hispanic	40.4%	34.2%
Asian/Pacific Islander	11.1%	11.0%
Other	4.0%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	16.5%	10.9%

Health Outcomes <sup>2, 3, 4</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Alzheimer's Disease and Related Dementias (ADRD)</b>				
Death	290	55.7	3,108	93.3
Hospitalization	87	16.7	611	18.3
Emergency Department Discharge	95	18.2	726	21.8

### Alzheimer's Disease and Related Dementias (ADRD) in Central Region

- In San Diego County, Central Region had the lowest rate of death due to Alzheimer's Disease and Related Dementias (ADRD) compared to the other regions in 2020.
- Within Central Region, Southeastern San Diego subregional area (SRA) had the highest rate of death due to ADRD in 2020, with a rate of 74.4 deaths per 100,000 residents.
- Central San Diego SRA had the lowest rate of death due to ADRD in 2020, with a rate of 47.1 deaths per 100,000 residents.



# San Diego County Health Briefs

## Central Region, 2020



Health Behaviors <sup>5</sup> (2018-2020)	Central Region (%)	County (%)
Current Smoker (ages 18+)	9.9%	7.5%
Overweight/Obese (ages 18+)	56.9%	58.2%
Spent 5 or More Hours on Sedentary Activities on Typical Weekend Day (ages 2-11)	35.0%	38.5%
Rated Overall Health as Fair or Poor (18+)	19.2%	14.4%
Ever Diagnosed with High Blood Pressure (ages 18+) (2019-2020)	22.6%	23.0%
Ever Diagnosed with Diabetes (ages 18+)	10.7%	8.8%
Ever Diagnosed with Asthma (all ages)	15.8%	14.9%

### Sources

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