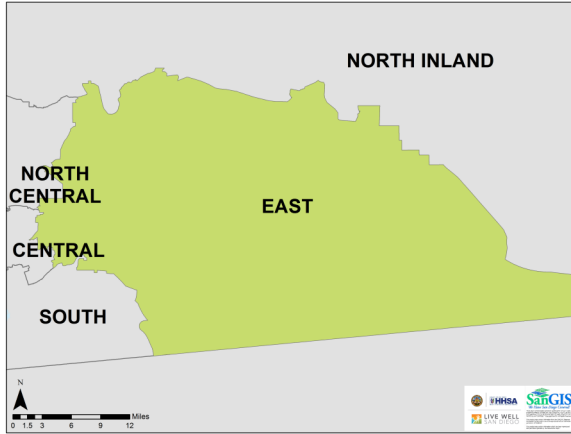


San Diego County Health Briefs

East Region, 2020



Demographics ¹	East Region (%)	County (%)
Ages 0-9	12.9%	13.1%
Ages 10-19	13.2%	13.7%
Ages 20-29	12.7%	14.1%
Ages 30-39	12.6%	13.2%
Ages 40-49	11.9%	12.4%
Ages 50-59	12.9%	12.2%
Ages 60-69	12.1%	10.8%
Ages 70-79	7.5%	6.7%
Ages 80+	4.1%	3.8%
White	55.4%	46.0%
Black	5.7%	4.8%
Hispanic	29.0%	34.2%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	12.1%	10.9%

Health Outcomes ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	461	96.9	2,519	75.6
Hospitalization	989	207.8	5,214	156.5
Emergency Department Discharge	222	46.6	1,107	33.2
Stroke				
Death	283	59.5	1,722	51.7
Hospitalization	1,135	238.5	6,035	181.2
Emergency Department Discharge	438	92.0	2,505	75.2
Overall Heart Disease[^]				
Death	904	190.0	4,853	145.7
Hospitalization	5,497	1,155.1	28,265	848.5
Emergency Department Discharge	10,144	2,131.5	52,136	1,565.0
Acute Myocardial Infarction (Heart Attack)				
Death	134	28.2	712	21.4
Hospitalization	593	124.6	3,439	103.2
Emergency Department Discharge	100	21.0	496	14.9
Heart Failure				
Death	188	39.5	1,056	31.7
Hospitalization	1,115	234.3	6,012	180.5
Emergency Department Discharge	473	99.4	1,928	57.9

For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs

East Region, 2020



Non-Communicable (Chronic) Disease

Health Outcomes continued ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Overall Hypertensive Diseases~				
Death	194	40.8	987	29.6
Hospitalization	1,660	348.8	8,607	258.4
Emergency Department Discharge	1,561	328.0	7,774	233.4
Cancer, All Causes				
Death	874	183.7	4,939	148.3
Hospitalization	1,378	289.6	7,948	238.6
Emergency Department Discharge	196	41.2	1,098	33.0
Diabetes				
Death	175	36.8	852	25.6
Hospitalization	988	207.6	4,436	133.2
Emergency Department Discharge	852	179.0	4,569	137.2
COPD & Chronic Lower Respiratory Diseases				
Death	206	43.3	896	26.9
Hospitalization	425	89.3	1,614	48.5
Emergency Department Discharge	621	130.5	2,621	78.7
Asthma				
Death	<11	§	34	1.0
Hospitalization	144	30.3	695	20.9
Emergency Department Discharge	935	196.5	4,976	149.4
Parkinson's Disease				
Death	62	13.0	427	12.8
Hospitalization	21	4.4	129	3.9
Emergency Department Discharge	16	3.4	83	2.5
Lupus and Connective Tissue Disorders				
Death	<11	§	34	1.0
Hospitalization	47	9.9	268	8.0
Emergency Department Discharge	14	2.9	111	3.3
Access and Utilization⁵ (2018-2020)		East Region (%)		County (%)
No Usual Source of Care (ages 18-64)		14.3%		15.3%
Uninsured All or Part of Year (ages 18-64)		16.2%		14.6%
Visited Emergency Room in the Past Year (ages 18-64)		22.6%		17.4%

For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs

East Region, 2020



Health Behaviors ⁵ (2018-2020)	East Region (%)	County (%)
Current Smoker (ages 18+)	10.5%	7.5%
Overweight/Obese (ages 18+)	67.2%	58.2%
Spent 5 or More Hours on Sedentary Activities on Typical Weekend Days (ages 2-11)	39.6%	38.5%
Rated Overall Health as Fair or Poor (18+)	14.7%	14.4%
Ever Diagnosed with High Blood Pressure (ages 18+) (2019-2020)	27.4%	23.0%
Ever Diagnosed with Diabetes (ages 18+)	10.6%	8.8%
Ever Diagnosed with Asthma (all ages)	13.5%	14.9%

Sources

- 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.
- California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2020.
- California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2020.
- California Department of Health Care Access and Information (HCAI), Emergency Department Data, 2020.
- 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.

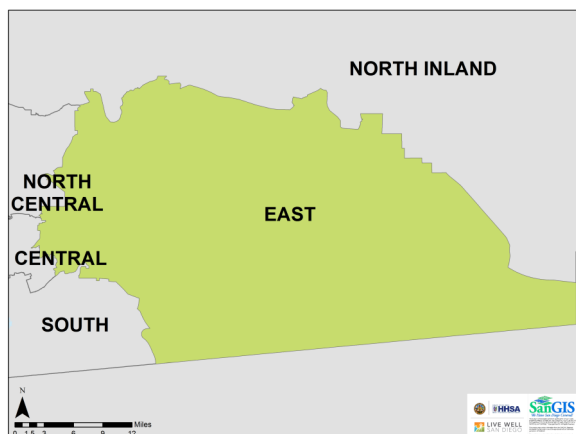
~ Includes Primary Hypertension.

San Diego County Health Briefs

East Region, 2020



Communicable Disease



Demographics ¹	East Region (%)	County (%)
Ages 0-9	12.9%	13.1%
Ages 10-19	13.2%	13.7%
Ages 20-29	12.7%	14.1%
Ages 30-39	12.6%	13.2%
Ages 40-49	11.9%	12.4%
Ages 50-59	12.9%	12.2%
Ages 60-69	12.1%	10.8%
Ages 70-79	7.5%	6.7%
Ages 80+	4.1%	3.8%
White	55.4%	46.0%
Black	5.7%	4.8%
Hispanic	29.0%	34.2%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	12.1%	10.9%

Health Outcomes ^{2, 3, 4, 5, 6}	East Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	13.0	2.7	192.0	5.8
Chlamydia Reported	2,183.0	458.7	18,170.0	545.4
Gonorrhea Reported	829.0	174.2	6,060.0	181.9
Primary and Secondary Syphilis Reported	106.0	22.3	1,118.0	33.6
Deaths				
Influenza (Flu) and Pneumonia	49	10.3	297	8.9
Hospitalizations				
Influenza	173	36.4	826	24.8
Pneumonia	500	105.1	2,642	79.3
Emergency Department Discharges				
Influenza	1,658	348.4	9,765	293.1
Pneumonia	785	165	4,775	143.3
Health Behaviors & Related Health Factors⁷ (2020)	East Region (%)		County (%)	
Has had Flu Vaccination in Past 12 Months (ages 18+)	—		53.9%	
Access and Utilization⁸ (2018-2020)	East Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	14.3%		15.3%	
Uninsured All or Part of Year (ages 18-64)	16.2%		14.6%	
Visited Emergency Room in the Past Year (ages 18-64)	22.6%		17.4%	

For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs

East 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.

-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.

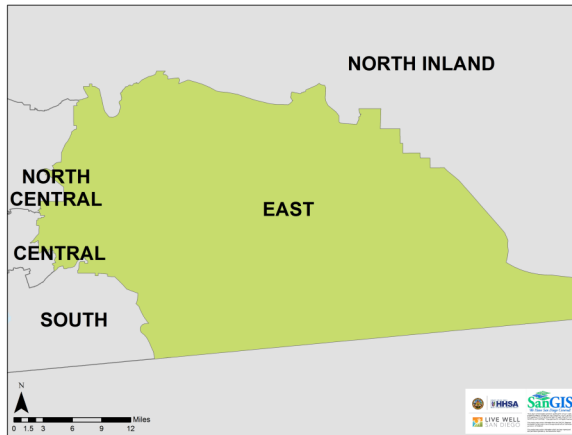
* Rates are per 100,000 population.

San Diego County Health Briefs

East Region, 2020



Maternal & Child Health



Demographics ¹	East Region (%)	County (%)
Ages 0-9	12.9%	13.1%
Ages 10-19	13.2%	13.7%
Ages 20-29	12.7%	14.1%
Ages 30-39	12.6%	13.2%
Ages 40-49	11.9%	12.4%
Ages 50-59	12.9%	12.2%
Ages 60-69	12.1%	10.8%
Ages 70-79	7.5%	6.7%
Ages 80+	4.1%	3.8%
White	55.4%	46.0%
Black	5.7%	4.8%
Hispanic	29.0%	34.2%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	12.1%	10.9%

Health Outcomes ^{2, 3, 4,}	East Region			County	
	Number	% of Region	% of County	Number	(%)
Live Births	5,930	100.0%	16.0%	37,159	100.0%
Live Births to Teens, Ages 15-17	35	0.6%	17.9%	196	0.5%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,115	86.4%	15.6%	32,891	88.8%
Live Births Born Preterm	522	8.8%	16.4%	3,180	8.6%
Low Birth Weight Births	383	6.5%	15.4%	2,493	6.7%
Very Low Birth Weight Births	67	1.1%	16.6%	403	1.1%

Health Outcomes ³	Number	Rate*	Number	Rate*
Infant Mortality, Rate per 1,000 live births	20	3.4	119	3.2

Access and Utilization ⁵ (2018-2020)	East Region (%)	County (%)
No Usual Source of Care (ages 18-64)	14.3%	15.3%
Uninsured All or Part of Year (ages 18-64)	16.2%	14.6%
Visited Emergency Room in the Past Year (ages 18-64)	22.6%	17.4%
Currently Receiving Supplemental Security Income (SSI) (18+, up to 200% of FPL) (2019-2020)	**	11.3%
Currently Receiving TANF or CalWORKS (all ages, up to 200% of FPL) (2019-2020)	**	6.2%

For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs

East Region, 2020



Maternal & Child Health

Access and Utilization continued ⁵ (2018-2020)	East 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)	25.8%	20.8%
Women Below 200% FPL (ages 18-64)	31.6%	32.4%
Health Behaviors ⁵ (2018-2020)	East Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	46.6%	34.7%
Rated Overall Health as Fair or Poor (18+)	14.7%	14.4%
Children Who Eat Less Than 5 Servings of Fruits and Vegetables Daily (ages 2-11)	72.7%	65.9%
Women with a High School Degree or Less Education (ages 25+)	36.7%	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

- 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.
- State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2020.
- State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, 2020.
- State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files, 2020.
- 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.

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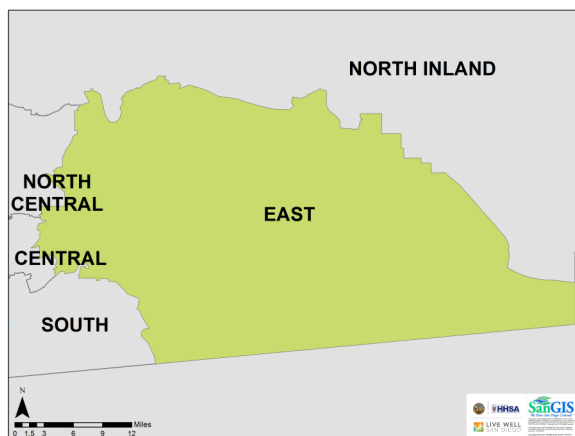
** Indicates statistically unstable estimate.

— Data are unavailable.

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San Diego County Health Briefs

East Region, 2020



Demographics ¹	East Region (%)	County (%)
Ages 0-9	12.9%	13.1%
Ages 10-19	13.2%	13.7%
Ages 20-29	12.7%	14.1%
Ages 30-39	12.6%	13.2%
Ages 40-49	11.9%	12.4%
Ages 50-59	12.9%	12.2%
Ages 60-69	12.1%	10.8%
Ages 70-79	7.5%	6.7%
Ages 80+	4.1%	3.8%
White	55.4%	46.0%
Black	5.7%	4.8%
Hispanic	29.0%	34.2%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	12.1%	10.9%

Injury

Health Outcomes ^{2, 3, 4, 5}	East Region		County	
	Number	Rate*	Number	Rate*
Unintentional Injury (All Causes)				
Death	255	53.6	1,513	45.4
Hospitalization	7,255	1,524.50	28,144	844.8
Emergency Department Discharge	24,446	5,136.80	130,940	3930.6
Fall-Related Injury				
Death	51	10.7	360	10.8
Hospitalization	2,603	547	13,168	395.3
Emergency Department Discharge	9,662	2,030.30	52,870	1,587.1
Poisoning				
Death	120	25.2	733	22.0
Hospitalization	617	129.6	2,475	74.3
Emergency Department Discharge	1,012	212.7	5,742	172.4
Motor Vehicle Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	68	14.3	301	9.04
Hospitalizations due to MV Injury Collision	444	93.3	2,144	64.4
Emergency Department Discharges due to MV Injury Collision	2,544	534.6	12,952	388.8
Injuries due to MV Injury Collision (2019) ⁵	3,401	695.9	19,928	594.5

For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs

East Region, 2020



Injury

Health Outcomes continued ^{2, 3, 4, 5}	East Region		County	
	Number	Rate*	Number	Rate*
Pedestrian Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	23	4.8	78	2.3
Hospitalizations due to MV Injury Collision	50	10.5	238	7.1
Emergency Department Discharges due to MV Injury Collision	93	19.5	609	18.3
Injuries due to MV Injury Collision (2019) ⁵	156	31.9	1,196	35.7
Assault				
Homicide	18	3.8	110	3.3
Hospitalization	175	36.8	870	26.1
Emergency Department Discharge	1,128	237	6,066	182.1
Suicide (or Suicide Attempt)				
Death	75	15.8	391	11.7
Hospitalization	128	26.9	659	19.8
Emergency Department Discharge	1,642	345	7,121	213.8
Firearm-Related Injuries				
Death	42	8.8	213	6.4
Hospitalization	27	5.7	165	5.0
Emergency Department Discharge	32	6.7	152	4.6
Access and Utilization⁶ (2018-2020)				
	East Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	14.3%		15.3%	
Uninsured All or Part of Year (ages 18-64)	16.2%		14.6%	
Visited Emergency Room in the Past Year (ages 18-64)	22.6%		17.4%	
Health Behaviors⁵ (2019)				
	East Region		County	
	Number	Rate*	Number	Rate*
Alcohol-Involved MV Injury Collisions	424	86.8	2,518	75.1
Drinking Drivers Involved in MV Injury Collisions	284	58.1	1,756	52.4
Health Behaviors^{6,7} (2018-2020)				
	East Region (%)		County (%)	
Ever Seriously Thought About Committing Suicide (ages 18+)	16.9%		15.3%	
Binge Drinking in Past 30 Days (ages 18+) (2020)	—		16.8%	

For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs

East 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. 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.
- 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.

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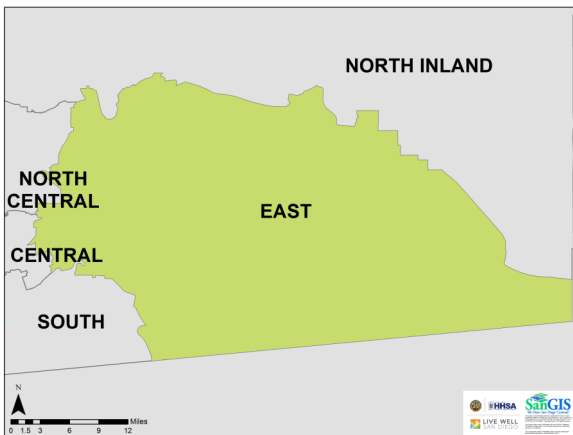
— Data are unavailable.

San Diego County Health Briefs

East Region, 2020



Behavioral Health



Demographics ¹	East Region (%)	County (%)
Ages 0-9	12.9%	13.1%
Ages 10-19	13.2%	13.7%
Ages 20-29	12.7%	14.1%
Ages 30-39	12.6%	13.2%
Ages 40-49	11.9%	12.4%
Ages 50-59	12.9%	12.2%
Ages 60-69	12.1%	10.8%
Ages 70-79	7.5%	6.7%
Ages 80+	4.1%	3.8%
White	55.4%	46.0%
Black	5.7%	4.8%
Hispanic	29.0%	34.2%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	12.1%	10.9%

Health Outcomes ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Schizophrenia				
Hospitalization	48	10.1	242	7.3
Emergency Department Discharge	698	146.7	4,154	124.7
In-Patient Treatment Facility Discharge	952	200	4,490	134.8
Suicide (or Suicide Attempt)				
Death	75	15.8	391	11.7
Hospitalization	128	26.9	659	19.8
Emergency Department Discharge	1,642	345	7,121	213.8
Mood Disorders				
Hospitalization	33	6.9	162	4.9
Emergency Department Discharge	455	95.6	3,159	94.8
In-Patient Treatment Facility Discharge	1,230	258.5	6,798	204.1
Depression				
Hospitalization	20	4.2	117	3.5
Emergency Department Discharge	293	61.6	2,005	60.2
In-Patient Treatment Facility Discharge	765	160.7	4,122	123.7
Alcohol-Related Disorders[~]				
Death	99	20.8	487	14.6
Hospitalization	421	88.5	1,718	51.6
Emergency Department Discharge	1,250	262.7	7,282	218.6
In-Patient Treatment Facility Discharge	266	55.9	1,639	49.2

For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs

East Region, 2020



Behavioral Health

Health Outcomes continued ^{2,3,4}	East Region		County	
	Number	Rate*	Number	Rate*
Substance-Related Disorders~				
Death	<11	\$	49	1.5
Hospitalization	39	8.2	221	6.6
Emergency Department Discharge	660	138.7	3,484	104.6
In-Patient Treatment Facility Discharge	120	25.2	640	19.2
Opioid-Related Disorders~				
Hospitalization	17	3.6	96	2.9
Emergency Department Discharge	231	48.5	1,091	32.8
In-Patient Treatment Facility Discharge	73	15.3	322	9.7
Cannabis-Related Disorders~				
Hospitalization	<11	\$	29	0.9
Emergency Department Discharge	96	20.2	561	16.8
In-Patient Treatment Facility Discharge	<11	\$	37	1.1
Opioid Overdose				
Multiple Cause of Death	79	16.6	528	15.8
Sedative Overdose				
Multiple Cause of Death	22	4.6	147	4.4
Stimulant Overdose				
Multiple Cause of Death	88	18.5	477	14.3
Mental Health Behaviors & Related Health Factors⁵ (2018-2020)		East Region (%)	County (%)	
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)		13.0%	12.1%	
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)		5.9%	5.8%	
Emotions Severely Impaired Social Life in Past 12 Months (ages 18+)		11.0%	10.1%	
Emotions Severely Impaired Work in Past 12 Months (ages 18+)		6.4%	6.7%	
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress)		47.2%	57.8%	
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)		16.9%	17.7%	
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)		12.4%	12.0%	
Ever Seriously Thought About Committing Suicide (ages 18+)		16.9%	15.3%	
Substance Abuse Health Behaviors & Related Health Factors (2018-2020)^{5,6,7}		East Region (%)	County (%)	
Ever Tried Marijuana or Hashish (ages 18+)		57.4%	53.6%	
Binge Drinking in Past 30 Days (ages 18+) (2020)		—	16.8%	
Binge Drinking in Past 30 Days (11th grade) (2019-2021)		—	6.0%	

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San Diego County Health Briefs

East 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.

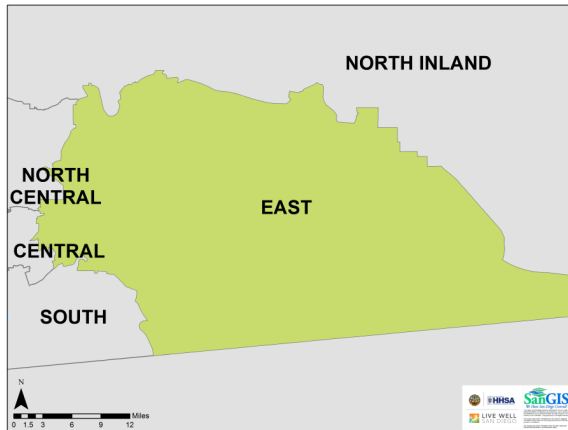
— Data are unavailable.

§ 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

East Region, 2020

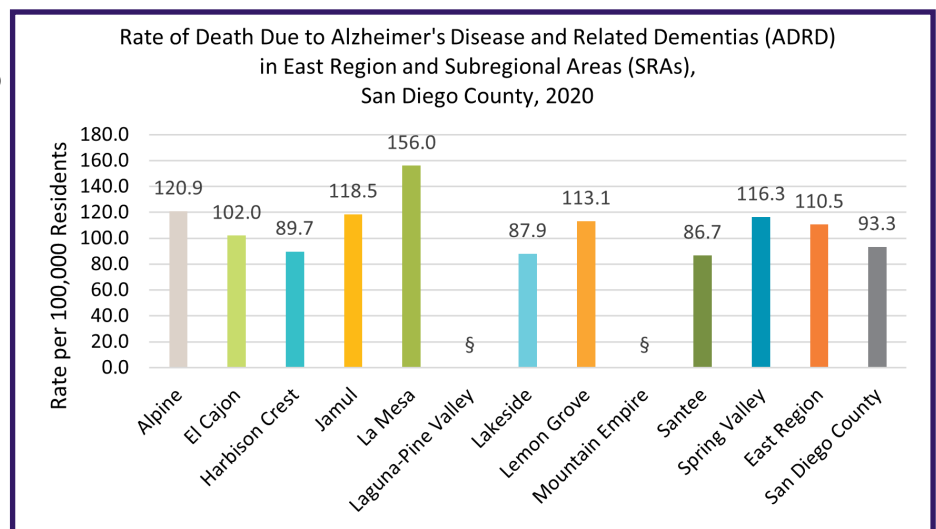


Demographics ¹	East Region (%)	County (%)
Ages 0-9	12.9%	13.1%
Ages 10-19	13.2%	13.7%
Ages 20-29	12.7%	14.1%
Ages 30-39	12.6%	13.2%
Ages 40-49	11.9%	12.4%
Ages 50-59	12.9%	12.2%
Ages 60-69	12.1%	10.8%
Ages 70-79	7.5%	6.7%
Ages 80+	4.1%	3.8%
White	55.4%	46.0%
Black	5.7%	4.8%
Hispanic	29.0%	34.2%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	12.1%	10.9%

Health Outcomes ^{2, 3, 4}	East Region		County	
	Number	Rate*	Number	Rate*
Alzheimer's Disease and Related Dementias (ADRD)				
Death	526	110.5	3,108	93.3
Hospitalization	130	27.3	611	18.3
Emergency Department Discharge	145	30.5	726	21.8

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

- In San Diego County, East Region had the second highest rate of death due to Alzheimer's Disease and Related Dementias (ADRD) compared to the other regions in 2020.
- Within East Region, La Mesa subregional area (SRA) had the highest rate of death due to ADRD in 2020, with a rate of 156.0 deaths per 100,000 residents.



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East Region, 2020



Health Behaviors ⁵ (2018-2020)	East Region (%)	County (%)
Current Smoker (ages 18+)	10.5%	7.5%
Overweight/Obese (ages 18+)	67.2%	58.2%
Spent 5 or More Hours on Sedentary Activities on Typical Weekend Day (ages 2-11)	39.6%	38.5%
Rated Overall Health as Fair or Poor (18+)	14.7%	14.4%
Ever Diagnosed with High Blood Pressure (ages 18+) (2019-2020)	27.4%	23.0%
Ever Diagnosed with Diabetes (ages 18+)	10.6%	8.8%
Ever Diagnosed with Asthma (all ages)	13.5%	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.

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