

# San Diego County Health Briefs

## Central Region, 2021



Demographics <sup>1</sup>	Central Region (%)	County (%)
Ages 0-9	12.9%	12.9%
Ages 10-19	13.2%	13.8%
Ages 20-29	15.2%	14.0%
Ages 30-39	14.1%	12.9%
Ages 40-49	13.7%	12.4%
Ages 50-59	11.8%	12.1%
Ages 60-69	9.9%	11.0%
Ages 70-79	6.0%	7.0%
Ages 80+	3.3%	3.9%
White	34.8%	45.8%
Black	9.7%	4.8%
Hispanic	40.4%	34.3%
Asian/Pacific Islander	11.0%	11.0%
Other	4.1%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	16.2%	10.7%

Health Outcomes <sup>2, 3, 4</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Coronary Heart Disease</b>				
Death	417	80.7	2,604	78.5
Hospitalization	840	162.5	5,640	170.1
Emergency Department Discharge	148	28.6	1,205	36.3
<b>Stroke</b>				
Death	234	45.3	1,710	51.6
Hospitalization	1,009	195.2	6,607	199.3
Emergency Department Discharge	284	54.9	2,614	78.8
<b>Overall Heart Disease<sup>^</sup></b>				
Death	740	143.2	4,961	149.6
Hospitalization	4,990	965.3	31,941	963.4
Emergency Department Discharge	10,077	1,949.5	58,124	1,753.1
<b>Acute Myocardial Infarction (Heart Attack)</b>				
Death	101	19.5	670	20.2
Hospitalization	561	108.5	3,735	112.7
Emergency Department Discharge	70	13.5	484	14.6
<b>Heart Failure</b>				
Death	147	28.4	1,090	32.9
Hospitalization	1,282	248.0	7,023	211.8
Emergency Department Discharge	450	87.1	2,095	63.2

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

# San Diego County Health Briefs

## Central Region, 2021



### 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	175	33.9	1,055	31.8
Hospitalization	1,909	369.3	10,192	307.4
Emergency Department Discharge	1,680	325.0	9,153	276.1
<b>Cancer, All Causes</b>				
Death	657	127.1	5,050	152.3
Hospitalization	1,200	232.1	8,532	257.3
Emergency Department Discharge	214	41.4	1,357	40.9
<b>Diabetes</b>				
Death	164	31.7	895	27.0
Hospitalization	1,039	201.0	4,943	149.1
Emergency Department Discharge	1,151	222.7	4,847	146.2
<b>COPD &amp; Chronic Lower Respiratory Diseases</b>				
Death	103	19.9	870	26.2
Hospitalization	292	56.5	1,453	43.8
Emergency Department Discharge	609	117.8	2,473	74.6
<b>Asthma</b>				
Death	§	§	17	0.5
Hospitalization	188	36.4	846	25.5
Emergency Department Discharge	1,168	226.0	4,833	145.8
<b>Parkinson's Disease</b>				
Death	32	6.2	399	12.0
Hospitalization	20	3.9	179	5.4
Emergency Department Discharge	14	2.7	116	3.5
<b>Lupus and Connective Tissue Disorders</b>				
Death	§	§	29	0.9
Hospitalization	71	13.7	314	9.5
Emergency Department Discharge	31	6.0	129	3.9
<b>Health Behaviors<sup>5</sup> (2019-2021)</b>		<b>Central Region (%)</b>		<b>County (%)</b>
Current Smoker (ages 18+)		7.8%		5.9%
Overweight/Obese (ages 18+)		59.7%		58.1%
Rated Overall Health as Fair or Poor (ages 18+)		18.3%		12.1%
Ever Diagnosed with High Blood Pressure (ages 18+)		22.7%		24.1%
Ever Diagnosed with Diabetes (ages 18+)		10.5%		8.4%
Ever Diagnosed with Asthma (all ages)		15.6%		14.4%

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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), 2021.
3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2021.
4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed October 31, 2022.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2021 (\$13,788 for single person, \$27,479 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 May 24, 2023.

\* 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, 2021



### Communicable Disease



Demographics <sup>1</sup>	Central Region (%)	County (%)
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Ages 20-29	15.2%	14.0%
Ages 30-39	14.1%	12.9%
Ages 40-49	13.7%	12.4%
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Black	9.7%	4.8%
Hispanic	40.4%	34.3%
Asian/Pacific Islander	11.0%	11.0%
Other	4.1%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	16.2%	10.7%

Health Outcomes <sup>2,3,4,5,6</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	44	8.5	201	6.1
Chlamydia Reported	4,494	869.4	18,074	545.2
Gonorrhea Reported	2,759	533.7	7,883	237.8
Primary and Secondary Syphilis Reported	556	107.6	1,262	38.1
<b>Deaths</b>				
Influenza (Flu) and Pneumonia	21	4.1	164	4.9
<b>Hospitalizations</b>				
Influenza	§	§	18	0.5
Pneumonia	296	57.3	2,014	60.7
<b>Emergency Department Discharges</b>				
Influenza	137	26.5	621	18.7
Pneumonia	568	109.9	3,459	104.3

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## Central Region, 2021



### Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v09/2022). **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), 2021.
5. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2021.
6. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

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\* Rates are per 100,000 population.

§ Rates not calculated for fewer than 11 events.

# San Diego County Health Briefs

## Central Region, 2021



### Maternal & Child Health



Demographics <sup>1</sup>	Central Region (%)	County (%)
Ages 0-9	12.9%	12.9%
Ages 10-19	13.2%	13.8%
Ages 20-29	15.2%	14.0%
Ages 30-39	14.1%	12.9%
Ages 40-49	13.7%	12.4%
Ages 50-59	11.8%	12.1%
Ages 60-69	9.9%	11.0%
Ages 70-79	6.0%	7.0%
Ages 80+	3.3%	3.9%
White	34.8%	45.8%
Black	9.7%	4.8%
Hispanic	40.4%	34.3%
Asian/Pacific Islander	11.0%	11.0%
Other	4.1%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	16.2%	10.7%

Health Outcomes <sup>2, 3, 4</sup>	Central Region		County	
	Number	% of Region	% of County	Number (%)
Live Births	5,468	100%	14.6%	37,436 100%
Live Births to Teens, Ages 15-17	28	0.5%	17.0%	165 0.4%
Live Births with Early Prenatal Care, % of Known Prenatal Care	4,616	84.9%	13.9%	33,270 89.2%
Live Births Born Preterm	496	9.1%	15.1%	3,279 8.8%
Low Birth Weight Births	411	7.5%	15.9%	2,581 6.9%
Very Low Birth Weight Births	62	1.1%	15.3%	404 1.1%
Health Outcomes <sup>3</sup>	Number	Rate*		Number Rate*
Infant Mortality, Rate per 1,000 live births	20	3.7		102 2.7
Health Behaviors <sup>5</sup> (2019-2021)	Central Region (%)		County (%)	
Adults Under 200% FPL Unable to Afford Enough Food	27.7%		32.0%	
Rated Overall Health as Fair or Poor (18+)	18.3%		12.1%	
Women with a High School Degree or Less Education (ages 25+)	37.5%		30.0%	
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages 6 and under)	**		13.8%	
Agree or Strongly Agree that People in Neighborhood can be Trusted (ages 12-17)	**		86.6%	
No Dental Insurance Coverage in the Past Year (ages 3-11)	**		7.5%	

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# San Diego County Health Briefs

## Central Region, 2021



### Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v09/2022). **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, 2021.
3. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, 2021.
4. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files, 2021.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed October 31, 2022.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2021 (\$13,788 for single person, \$27,479 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 May 24, 2023.

\* Rates are per 1,000 population.

\*\* Indicates statistically unstable estimate.

# San Diego County Health Briefs

## Central Region, 2021



### Injury



Demographics <sup>1</sup>	Central Region (%)	County (%)
Ages 0-9	12.9%	12.9%
Ages 10-19	13.2%	13.8%
Ages 20-29	15.2%	14.0%
Ages 30-39	14.1%	12.9%
Ages 40-49	13.7%	12.4%
Ages 50-59	11.8%	12.1%
Ages 60-69	9.9%	11.0%
Ages 70-79	6.0%	7.0%
Ages 80+	3.3%	3.9%
White	34.8%	45.8%
Black	9.7%	4.8%
Hispanic	40.4%	34.3%
Asian/Pacific Islander	11.0%	11.0%
Other	4.1%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	16.2%	10.7%

Health Outcomes <sup>2, 3, 4, 5</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Unintentional Injury (All Causes)</b>				
Death	338	65.4	1,795	54.1
Hospitalization	4,826	933.6	28,792	868.4
Emergency Department Discharge	27,874	5,392.4	157,155	4,740.1
<b>Fall-Related Injury</b>				
Death	41	7.9	355	10.7
Hospitalization	2,045	395.6	14,062	424.1
Emergency Department Discharge	10,039	1,942.1	61,585	1,857.5
<b>Poisoning</b>				
Death	224	43.3	963	29.0
Hospitalization	575	111.2	2,651	80.0
Emergency Department Discharge	1,266	244.9	6,405	193.2
<b>Motor Vehicle Injuries</b>				
Deaths due to Motor Vehicle (MV) Injury Collision	46	8.9	317	9.6
Hospitalizations due to MV Injury Collision	494	95.6	2,587	78.0
Emergency Department Discharges due to MV Injury Collision	3,213	621.6	15,993	482.4
Injuries due to MV Injury Collision (2020) <sup>5</sup>	2,183	419.3	15,042	451.5

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# San Diego County Health Briefs

## Central Region, 2021



### 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	18	3.5	101	3.0
Hospitalizations due to MV Injury Collision	76	14.7	282	8.5
Emergency Department Discharges due to MV Injury Collision	169	32.7	663	20.0
Injuries due to MV Injury Collision (2020) <sup>5</sup>	219	42.1	920	27.6
<b>Assault</b>				
Homicide	45	8.7	113	3.4
Hospitalization	281	54.4	935	28.2
Emergency Department Discharge	1,771	342.6	6,956	209.8
<b>Suicide (or Suicide Attempt)</b>				
Death	52	10.1	344	10.4
Hospitalization	142	27.5	719	21.7
Emergency Department Discharge	1,289	249.4	7,630	230.1
<b>Firearm-Related Injuries</b>				
Death	42	8.1	205	6.2
Hospitalization	72	13.9	231	7.0
Emergency Department Discharge	55	10.6	199	6.0
<b>Health Behaviors<sup>5</sup> (2020)</b>				
Alcohol-Involved MV Injury Collisions	327	62.8	2,262	67.9
Drinking Drivers Involved in MV Injury Collisions	233	44.8	1,582	47.5
<b>Health Behaviors<sup>6</sup> (2019-2021)</b>				
Ever Seriously Thought About Committing Suicide (ages 18+)	17.2%		15.8%	
Binge Drinking in the Past 30 days (ages 18+) (2021)	26.8%		20.5%	

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## Central Region, 2021



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  3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2021.
  4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
  5. California Highway Patrol data from Transportation Injury Mapping System (TIMS), accessed 08/17/2022. 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), 2019-2021. Accessed October 31, 2022.
- † Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.
- Federal Poverty Level Thresholds for 2021 (\$13,788 for single person, \$27,479 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 May 24, 2023.
- \* Rates are per 100,000 population.

# San Diego County Health Briefs

## Central Region, 2021



### Behavioral Health



Demographics <sup>1</sup>	Central Region (%)	County (%)
Ages 0-9	12.9%	12.9%
Ages 10-19	13.2%	13.8%
Ages 20-29	15.2%	14.0%
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Ages 40-49	13.7%	12.4%
Ages 50-59	11.8%	12.1%
Ages 60-69	9.9%	11.0%
Ages 70-79	6.0%	7.0%
Ages 80+	3.3%	3.9%
White	34.8%	45.8%
Black	9.7%	4.8%
Hispanic	40.4%	34.3%
Asian/Pacific Islander	11.0%	11.0%
Other	4.1%	4.1%
Population with income less than 100% Federal Poverty	16.2%	10.7%

Health Outcomes <sup>2, 3, 4</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Schizophrenia</b>				
Hospitalization	131	25.3	324	9.8
Emergency Department Discharge	1,054	203.9	4,267	128.7
In-Patient Treatment Facility Discharge	1,091	211.1	3,999	120.6
<b>Suicide (or Suicide Attempt)</b>				
Death	52	10.1	344	10.4
Hospitalization	142	27.5	719	21.7
Emergency Department Discharge	1,289	249.4	7,630	230.1
<b>Mood Disorders</b>				
Hospitalization	60	11.6	180	5.4
Emergency Department Discharge	772	149.3	3,400	102.6
In-Patient Treatment Facility Discharge	1,033	199.8	6,297	189.9
<b>Depression</b>				
Hospitalization	40	7.7	116	3.5
Emergency Department Discharge	513	99.2	2,169	65.4
In-Patient Treatment Facility Discharge	590	114.1	3,971	119.8
<b>Alcohol-Related Disorders~</b>				
Death	95	18.4	591	17.8
Hospitalization	345	66.7	2,004	60.4
Emergency Department Discharge	1,827	353.4	8,185	246.9
In-Patient Treatment Facility Discharge	234	45.3	1,449	43.7

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# San Diego County Health Briefs

## Central Region, 2021



### Behavioral Health

Health Outcomes continued <sup>2, 3, 4</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Substance-Related Disorders~</b>				
Death	§	§	41	1.2
Hospitalization	98	19.0	274	8.3
Emergency Department Discharge	1,073	207.6	4,026	121.4
In-Patient Treatment Facility Discharge	73	14.1	498	15.0
<b>Opioid-Related Disorders~</b>				
Hospitalization	46	8.9	97	2.9
Emergency Department Discharge	291	56.3	1,258	37.9
In-Patient Treatment Facility Discharge	28	5.4	245	7.4
<b>Cannabis-Related Disorders~</b>				
Hospitalization	§	§	29	0.9
Emergency Department Discharge	208	40.2	669	20.2
In-Patient Treatment Facility Discharge	§	§	25	0.8
<b>All Opioid Overdoses^</b>				
Multiple Cause of Death	167	32.3	727	21.9
<b>Sedative Overdoses^</b>				
Multiple Cause of Death	30	5.8	152	4.6
<b>Stimulant Overdoses^</b>				
Multiple Cause of Death	165	31.9	630	19.0
<b>Mental Health Behaviors &amp; Related Health Factors<sup>5</sup> (2019-2021)</b>				
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	13.9%		14.2%	
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	8.0%		7.0%	
Emotions Severely Impaired Social Life in Past Year (ages 18+ with moderate to severe psychological distress in past year)	13.8%		11.2%	
Emotions Severely Impaired Work in Past 12 Months (ages 18-70)	9.6%		8.5%	
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year)	70.9%		57.7%	
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	18.7%		16.8%	
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)	12.4%		10.8%	
Ever Seriously Thought About Committing Suicide (ages 18+)	17.2%		15.8%	
<b>Substance Abuse Health Behaviors &amp; Related Health Factors<sup>5,6</sup> (2019-2021)</b>				
Ever Tried Marijuana or Hashish (18+)	56.4%		52.3%	
Binge Drinking in the Past 30 days (ages 18+) (2021)	26.8%		20.5%	
Binge Drinking in Past 30 Days (11th grade)	—		6.0%	

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4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed October 31, 2022.
6. California Department of Education, California Healthy Kids Survey (CHKS), 2019-2021.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

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\*Rates are per 100,000 population.

— Data are unavailable.

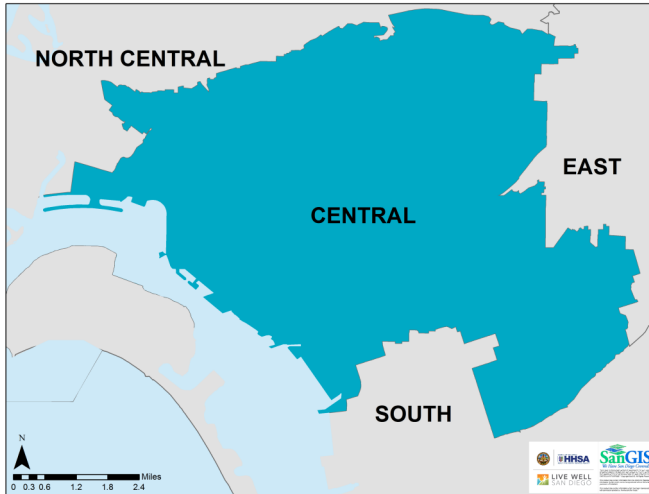
§ Rates not calculated for fewer than 11 events.

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

^Drug overdose deaths represent only a small proportion of the overall burden of drug misuse, dependence, and overdose.

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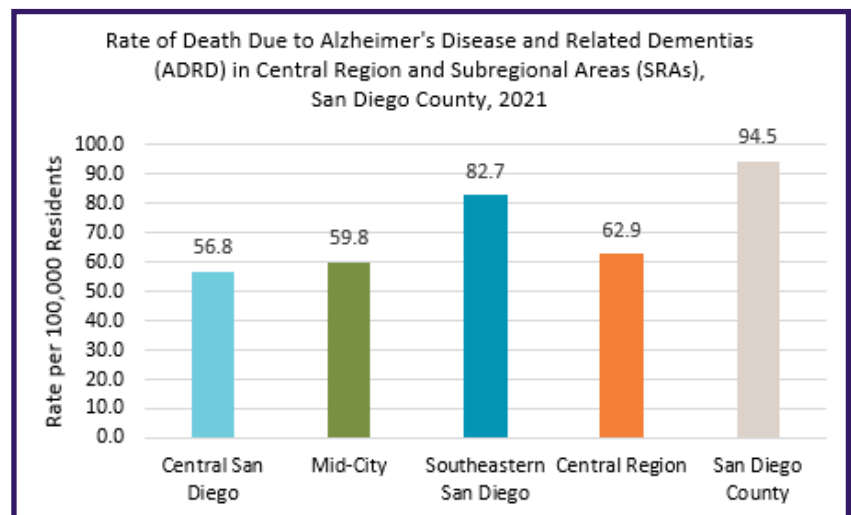


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Ages 0-9	12.9%	12.9%
Ages 10-19	13.2%	13.8%
Ages 20-29	15.2%	14.0%
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Ages 40-49	13.7%	12.4%
Ages 50-59	11.8%	12.1%
Ages 60-69	9.9%	11.0%
Ages 70-79	6.0%	7.0%
Ages 80+	3.3%	3.9%
White	34.8%	45.8%
Black	9.7%	4.8%
Hispanic	40.4%	34.3%
Asian/Pacific Islander	11.0%	11.0%
Other	4.1%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	16.2%	10.7%

Health Outcomes <sup>2, 3, 4</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Alzheimer's Disease and Related Dementias (ADRD)</b>				
Death	325	62.9	3,133	94.5
Hospitalization	94	18.2	751	22.7
Emergency Department Discharge	132	25.5	917	27.7

### 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 2021.
- Within Central Region, Southeastern San Diego subregional area (SRA) had the highest rate of death due to ADRD in 2021, with a rate of 82.7 deaths per 100,000 residents.
- Central San Diego SRA had the lowest rate of death due to ADRD in 2021, with a rate of 56.8 deaths per 100,000 residents.



# San Diego County Health Briefs

## Central Region, 2021



Health Behaviors <sup>5</sup> (2019-2021)	Central Region (%)	County (%)
Current Smoker (ages 18+)	7.8%	5.9%
Overweight/Obese (ages 18+)	59.7%	58.1%
Rated Overall Health as Fair or Poor (ages 18+)	18.3%	12.1%
Ever Diagnosed with High Blood Pressure (ages 18+)	22.7%	24.1%
Ever Diagnosed with Diabetes (ages 18+)	10.5%	8.4%
Ever Diagnosed with Asthma (all ages)	15.6%	14.4%

### Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v09/2022). **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), 2021.
3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2021.
4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed October 31, 2022.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2021 (\$13,788 for single person, \$27,479 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 May 24, 2023.

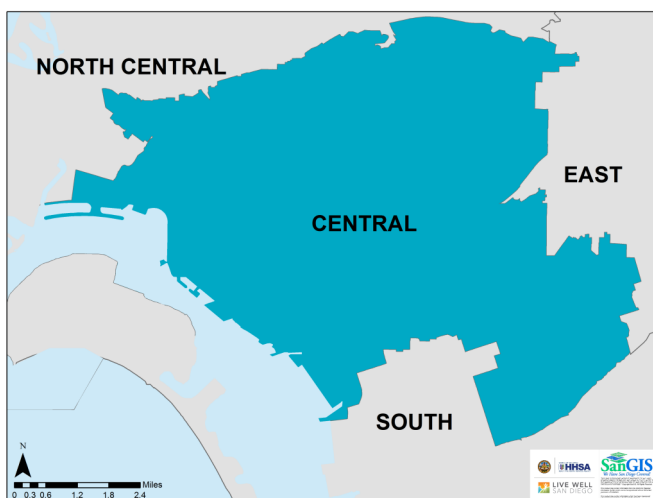
\*Rates are per 100,000 population.

# San Diego County Health Briefs

## Central Region, 2021



### Environmental Health



Demographics <sup>1</sup>	Central Region (%)	County (%)
Ages 0-9	12.9%	12.9%
Ages 10-19	13.2%	13.8%
Ages 20-29	15.2%	14.0%
Ages 30-39	14.1%	12.9%
Ages 40-49	13.7%	12.4%
Ages 50-59	11.8%	12.1%
Ages 60-69	9.9%	11.0%
Ages 70-79	6.0%	7.0%
Ages 80+	3.3%	3.9%
White	34.8%	45.8%
Black	9.7%	4.8%
Hispanic	40.4%	34.3%
Asian/Pacific Islander	11.0%	11.0%
Other	4.1%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	16.2%	10.7%

Health Outcomes <sup>2, 3, 4</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Asthma</b>				
Death	§	§	17	0.5
Hospitalization	188	36.4	846	25.5
Emergency Department Discharge	1,168	226.0	4,833	145.8
<b>Coronary Heart Disease</b>				
Death	417	80.7	2,604	78.5
Hospitalization	840	162.5	5,640	170.1
Emergency Department Discharge	148	28.6	1,205	36.3
<b>Cancer, All Causes</b>				
Death	657	127.1	5,050	152.3
Hospitalization	1,200	232.1	8,532	257.3
Emergency Department Discharge	214	41.4	1,357	40.9
<b>COPD &amp; Chronic Lower Respiratory Diseases</b>				
Death	103	19.9	870	26.2
Hospitalization	292	56.5	1,453	43.8
Emergency Department Discharge	609	117.8	2,473	74.6
<b>Diabetes</b>				
Death	164	31.7	895	27.0
Hospitalization	1,039	201.0	4,943	149.1
Emergency Department Discharge	1,151	222.7	4,847	146.2

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



# San Diego County Health Briefs

## Central Region, 2021



### Environmental Health

Health Outcomes <sup>2, 3, 4</sup>	Central Region		County	
	Number	Rate*	Number	Rate*
<b>Depression</b>				
Hospitalization	40	7.7	116	3.5
Emergency Department Discharge	513	99.2	2,169	65.4
In-Patient Treatment Facility Discharge	590	114.1	3,971	119.8
<b>Heat Illness/Injury</b>				
Hospitalization	11	2.1	46	1.4
Emergency Department Discharge	21	4.1	153	4.6
<b>Air Quality<sup>5</sup> (2019-2021)</b>				
	Central Region		County	
Percent of Days that Air Quality was Rated as Unhealthy for Sensitive Populations (2020)	—		13.4%	
Average of Ozone Concentration of the 4th high 8-hr intervals over a 3 year period (2019)	0.061		—	
3-Year average of the 98th percentile of collected samples for a 24 hr standard (particulate matter 2.5) (2019)	24.7		—	
<b>Place of Residence<sup>5, 6</sup> (2019-2021)</b>				
	Central Region		County	
Feels Safe in the Neighborhood All or Most of the Time (among adults 18+)	85.8%		91.0%	
Agree or Strongly Agree that People in the Neighborhood can be Trusted (among adults 18+)	70.8%		82.9%	
Agree or Strongly Agree that People in the Neighborhood are Willing to Help (among adults 18+)	72.9%		79.3%	
Agree or Strongly Agree that there is a Nearby Park or Playground that is Safe During the Day (children ages 1+)	**		90.3%	
Percent of Population Living within 1/4 mile from Park or Community Space (2021)	78.7%		62.0%	
Rate of Recreational Facilities per 100,000 People (2020)	—		21.8	
Percent of Population using Public Transportation to Work (2020)	5.5%		2.6%	
Percent of Population with Travel Time to Work over 60 Minutes (2020)	7.5%		7.3%	

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# San Diego County Health Briefs

## Central Region, 2021



### Environmental Health

Climate Change <sup>6</sup> (2021)	Central Region (%)	County (%)
Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+)	22.8%	30.3%
Mental Health was Affected by Extreme Weather-Related event in Past 2 Years (among adults 18+)	4.9%	4.9%
Physical Health was Affected by Extreme Weather-Related event in Past 2 Years (among adults 18+)	**	2.6%
Property or Finances Harmed by Extreme Weather-Related event in Past 2 Years (among adults 18+)	**	2.1%
Climate Change Makes you Nervous/Depressed/Stressed (among teens ages 12-17)	**	32.5%

#### Sources

- San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v09/2022). **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), 2021.
- California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2021.
- California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
- Live Well San Diego, Built Environment, 2022. Accessed January 4, 2023. <https://www.livewellsd.org/i-want-to/learn-more/data-indicators/built-environment>
- UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed May 24, 2023.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.  
 -Federal Poverty Level Thresholds for 2021 (\$13,788 for single person, \$27,479 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 May 24, 2023.

\*Rates are per 100,000 population.  
 § Rates not calculated for fewer than 11 events.  
 \*\* Indicates statistically unstable estimate.  
 — Data are unavailable.

# San Diego County Health Briefs

## Central Region, 2021



### Access to Care



Demographics <sup>1</sup>	Central Region (%)	County (%)
Ages 0-9	12.9%	12.9%
Ages 10-19	13.2%	13.8%
Ages 20-29	15.2%	14.0%
Ages 30-39	14.1%	12.9%
Ages 40-49	13.7%	12.4%
Ages 50-59	11.8%	12.1%
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White	34.8%	45.8%
Black	9.7%	4.8%
Hispanic	40.4%	34.3%
Asian/Pacific Islander	11.0%	11.0%
Other	4.1%	4.1%
Population with income less than 100% Federal Poverty Level (FPL)†	16.2%	10.7%

Access and Utilization <sup>2</sup> (2019-2021)	Central Region (%)	County (%)
No Usual Source of Care (ages 18-64)	20.3%	16.1%
Visited Emergency Room in the Past Year (ages 18-64)	17.2%	14.5%
Had a Routine Check-Up with a Doctor in Past Year (adults 18+)	60.3%	65.8%
Had Difficulty Finding Specialty Care (asked of adults who needed specialty care)	20.6%	13.6%
Delayed or Didn't get Other Medical Care (all ages)	17.2%	15.4%
Delayed or Didn't get Prescription Medicine (all ages)	10.5%	8.2%
Insurance <sup>2</sup> (2019-2021)	Central Region (%)	County (%)
Uninsured All or Part of Year (ages 18-64)	17.9%	14.3%
Covered by Medi-Cal (all ages)	28.5%	19.1%
Insurance Not Accepted by General Doctor in Past Year (adults 18+ with health insurance)	6.5%	4.1%
Medical Debt <sup>2</sup> (2019-2021)	Central Region (%)	County (%)
Ever Had Problems Paying for Self or Household family's Medical Bills in the Past Year (adults 18+)	7.3%	8.3%
Ever Unable to Pay for Basic Necessities due to Medical Bills (asked of adults 18+ who have had problems paying for self or household's medical bills)	47.8%	32.8%

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# San Diego County Health Briefs

## Central Region, 2021



Public Program Participation <sup>2</sup> (2019-2021)	Central Region (%)	County (%)
Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	18.0%	12.0%
Currently Receiving TANF or CalWORKS (all ages, up to 200% FPL)	7.0%	7.2%
Children Age 6 and Under Currently on WIC (up to 200% FPL)	50.3%	44.5%
Residents Receiving Food Stamps (all ages, up to 200% FPL )	28.9%	23.7%
Women Below 200% FPL (ages 18-64)	44.5%	29.7%

### Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v09/2022). **Population estimates were derived using the 2010 Census and data should be considered preliminary.**

2. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed May 24, 2023.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2021 (\$13,788 for single person, \$27,479 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 May 24, 2023.